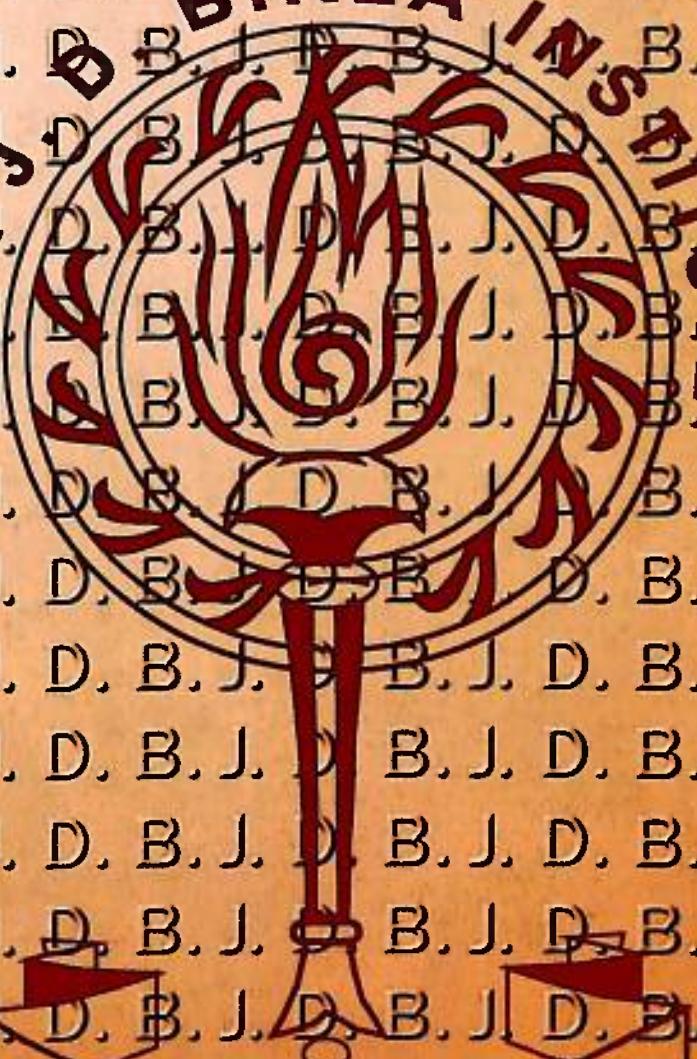


JDB Times 2005 - 2006



Editorial

With God's shower of love and blessings, *JDB Times* is a year old. A year of achievements galore for JDBI – a year of seminars, research, teaching-learning, excursions, fests and of course the fun-filled 'DJ Nite'!

This second edition of *JDB Times* is thus a wonderful fruition of all these inputs. The entire gamut of the written word, springing from the heavily technical and arching towards the cerebral literary, finds expression in variegated articles, charming vignettes and soul-searching poetry.

As the seedling of Management and the sapling of Commerce bloom and flower, in this our garden, the 'redwood' of Home Science continues to mature quietly, yet strongly.

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Principal of Smt. J. D. Birla Institute



Education is in-depth thoroughness of knowledge. It polishes a chunk of coal with great influence of culture, decency and mannerisms to turn it into a diamond. This cultured diamond shines brighter than the brightest gem.

Today the whole wide world is open before us and we actually are students throughout our lives, learning something new every single moment. All that we know is nothing more than a grain of sand on a beach that reaches to infinity. Today every eye must possess a dream for future, and dreams come true only for those who work while they dream.

The era in which we live today is completely career oriented. We, here at Smt. J. D. Birla Institute, leave no stone unturned to gain and impart knowledge and wisdom to move up the ladder of success in life. But we also bear this in mind that "wisdom ceases to be wisdom when it is too proud to weep, too grave to laugh and too selfish to seek other than itself."

Dr. (Mrs.) Jharna Sengupta
Principal

Education for HUMAN DEVELOPMENT

Sustainable development means development that lasts. Current generations should meet their needs without compromising the ability of future generations to meet their own needs. Such conservation is possible only with sustained improvement in human well-being. For this to happen we need higher levels of economic growth. However, higher levels of efficiency and productivity alone cannot sufficiently ensure conditions for human development. Any imbalance between the creation of capabilities in people, which is what human development aims to achieve, and the absorption of these capabilities in productive activities, which is what economic growth can result in, can create social upheavals. Wastage of human resources can be detrimental to any society.

A human development strategy must, therefore, align itself to effective policy management to ensure a more even spread of investment benefits in human capital. This will ensure for the largest section of society, an acceptable level of living indicated by long life, good health, adequate education and participative decision-making.

Enhancing human development means augmenting the stock of country's capital in all facets – physical, natural and especially, human. This also implies that knowledge skills acquired in a variety of ways including formal education, training, learning through internships, informal contacts, information media, and reflection all help in enlarging human capabilities and human choices.

However, do we make our own choices? Do we understand togetherness? Do we have a mind of our own? We need to introspect and like a swan learn to segregate the milk from the water! The young achievers, who demand instant gratification, are ferociously demanding and change jobs frequently. The consumerist blitz launched by the TV and media is blamed for fuelling exaggerated ideas of personal worth seen in degrees got from institutions having foreign affiliations. The youth now value people for what they have and not what they are. Fresh MBAs often command greater market value than collective remuneration of four or five professors who taught them the course. MNCs continue to employ them at rates several times higher than the pay of the chief secretary of the state, or the chief justice in the country, and while that happens the percentage of urban poverty crosses the figure of those below the poverty line in rural India. This social chasm, however, worries

no one.

The answer lies in allocating public expenditure in an efficient manner, in social sectors and on social priority areas, such as elementary education, water supply and sanitation, health care. Countries that have accorded high priority to human capital formation have performed relatively better in terms of economic growth, employment, reduction of income inequality and alleviation of poverty. When asset distribution is highly skewed, the gains from public expenditure fail to spread to the people at large.

Well-designed social expenditures targeting on specific groups can help to resolve the problems. But, two common mistakes often occur in such public expenditures – when people not intended to be included among the beneficiaries nonetheless receive benefits, and when persons targeted as beneficiaries by programmes nonetheless fail to be covered. Efforts to reduce the first mistake often can result in increasing the other mistake. While broadly managed programs are easier to manage, sharply focused programs



often help to mitigate the financial resource constraints.

Human development is multidimensional. It is necessary to make the people participate in decision-making. A democratic framework with a fair degree of decentralisation is necessary, as are changes in social attitudes and perceptions to catalyse the development. This implies we stress on gender equality, equal opportunities for all, and acquire the mental strength to overcome prejudices and propaganda.

Our paramount concern ought to be: how do all organisations set about working – for transformation of society towards production of life and not production of profit. What is needed is a heroic attitude towards education and life to bring about a change that would be practical to apply – to be followed with equality. However, rational education is yet to arrive, encompassing the spirit of active toleration and understanding while seeking unity in diversity. It seeks to harmonise the aspirations of life and soul. Never before has the need been felt so much. This is the only antidote to terrorism, intolerance and hatred that permeates the world today.

~ Dr. Suman K. Mukerjee
Director
Smt. J. D. Birla Institute

AESTHETIC Sense

Most of our misconceptions of art arise from a lack of consistency in the use of words art and beauty. A good arrangement of colour, sound, gesture and other elements can be called beautiful, and thus a work of art. But people in general can relate themselves to art that is close to nature and if the abstraction is greater they call it 'Modern Art' and believe that it is created by intellectuals and not meant for the common man. But if art was to be merely a record of the appearances of nature, the closest imitation would be the most satisfactory work of art, and in that case photography should replace painting. An artist normally does not copy the visual appearance of anything but tries to tell us something about it. This something may be a personal observation or emotion or an original discovery. Thus, from time immemorial, an artist has been depicting what has inspired him in his own way which is not a copy from nature.

Aesthetic sense is inherent in most people irrespective of their intellectual standing. This is very clear when we study the art of primitive people. The surviving examples of 'prehistoric' art of the Paleolithic period fall in three geographical groups (Franco-Cantabrian, Eastern Spanish and North African). Parallel in development with such prehistoric art we have the much more recent art of the Bushmen of Southern Rhodesia and South-West Africa. All these groups have certain features in common. The representations show no attempt at perspective. The purpose is rather to represent the most expressive aspect of each element in an object - the side view of the foot, for example, being combined with the front view of the eyes. The art of these people was not naturalistic. There is a definite abandonment of details in favour of symbolism. The details of natural forms are rejected or distorted in order to suggest the prime significance of the object represented, for example the body of the bull is elongated to suggest the act of leaping. It is coloured in such a way that it emphasises the lines of movement in the animal's body. When a group of objects is represented by Eastern Spanish and Bushmen types, we can see that the group has been conceived as an integral whole. The places where these paintings are found were probably regarded as sacred in some way as there is evidence to show that the paintings are often repainted. Aesthetically the paintings are remarkable so one must not assume that it could be painted by anyone. As the

Bushman is more closely related to nature, he experiences more strongly the plastic character of the object, its form colour and movement. To him the object is a reality, not symbolism as it is to the animistically oriented Negro. Therefore, in comparison to an anti-vital art like that of the Negro, the Byzantine artist, or the

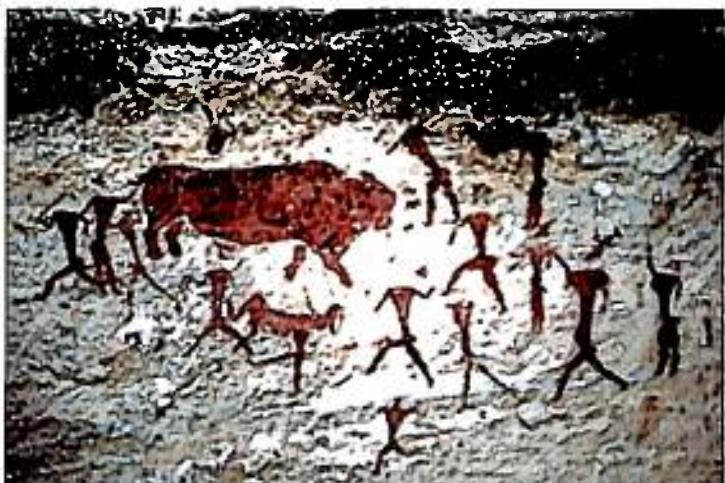


Figure 1: Art of Bushman



Figure 2: Cubism by Picasso

modern Cubist, Bushman's art is an art in which every line expresses movement and life. (See Figures 1 and 2)

For primitive man artistic creation meant an escape from the arbitrariness of life. He lived from day to day and from hand to



Figure 3: A bag from Kutch

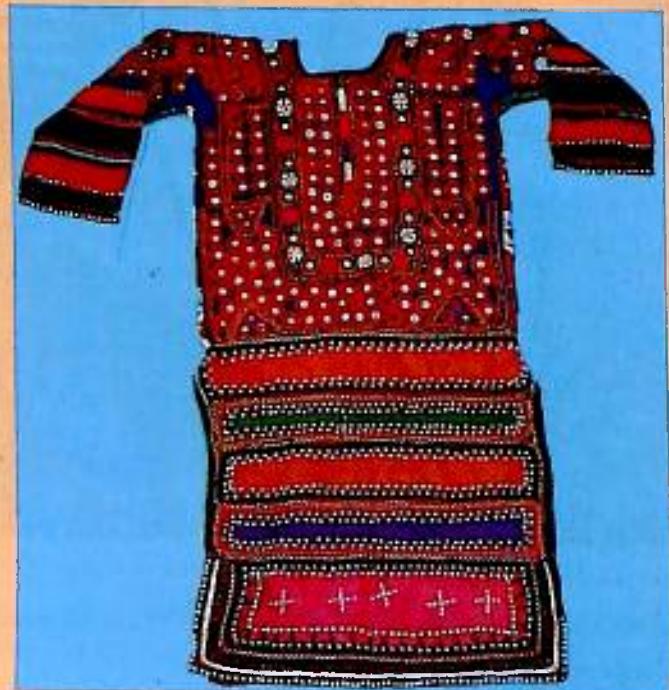


Figure 4: A textile piece from the deserts of Sindh

mouth. There was no permanency in his life, no sense of duration and therefore acts instinctively at every turn of events. When, therefore, he creates a work of art, as an act of magic propitiation, he escapes from the otherwise prevailing arbitrariness of his experience, and creates what is for him a visible expression of the absolute. For a moment he has arrested the flux of existence and has made a solid and stable object; out of time he has created space, and he has defined this space with an outline; and under the stress of his emotion this outline has taken on an expressive shape, has become an order, a unity, a formal equivalent to his emotion.

There are two distinct modes of securing this desired result - the organic and geometrical. It has been suggested that fundamentally these two opposed types are determined by contrasting environment. Where the forces of nature are felt to be inimical, as in the frozen north and the tropical desert, art takes a form of escape not only from the flux of existence, but anything symbolic to it. The organic curve, to reduce to its simplest element is considered unsympathetic, the artist therefore geometricises everything, makes everything as unnatural as possible. Nevertheless a work of art must be dynamic, it must arrest the attention of the onlooker, move him, infect him. The geometry of this abstract art is therefore very agitated. It is mechanical but it moves. The vital art of primitive people, on the other hand, is sympathetic towards nature. It adopts the organic curve, enhances its liveliness. It is the art of temperate shores and fruitful lands. It is the art of joy in living, of confidence in the world. Plants, animals, the human form itself are portrayed with loving care, and here art departs from exact imitation in the direction of the enhancement of a vitalistic urge. (See Figures 3, 4 and 5)

In its origins Greek art of the classical period is essentially an organic art. It differs from its primitive relations only in the degree of its organisation, the complexity of its associations, and the superior technical achievements of its accompanying civilisation. But the Greeks were very scientific a race. Not content with the vitality of nature and art, they sought to explain this vitality by formula. They discovered, or thought they discovered, certain fixed ratios both in nature and in art. These ratios (The Golden Section) were deliberately applied. (See Figure 6)

The two types of contrasted art - geometrical and organic, persist all through the history of art. Naturally, as civilisation spread and races interpenetrate, fusion takes place, and indeed the main current of art eventually expresses just such a compromise. Yet we notice that both the geometrical and the organic types continually tend to reappear in all its original purity. The geometrical art style was developed by the mathematically minded Arabians in Spain



Figure 5: A textile piece from Lush Bengal



Figure 6: A Greek sculpture

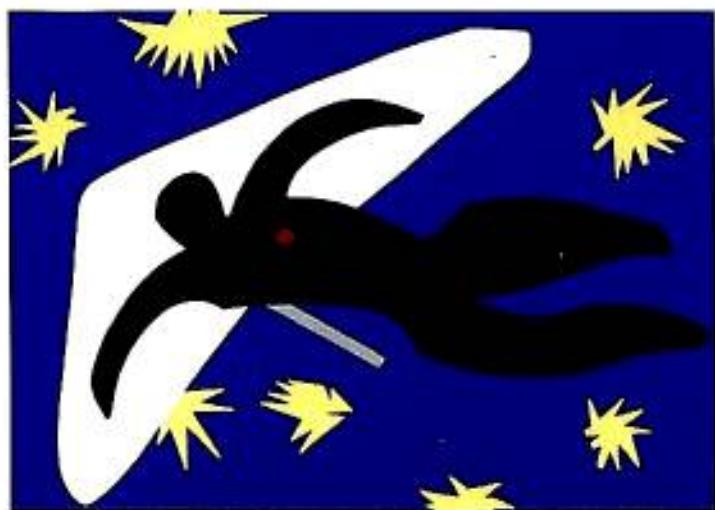


Figure 7: A painting by Matisse

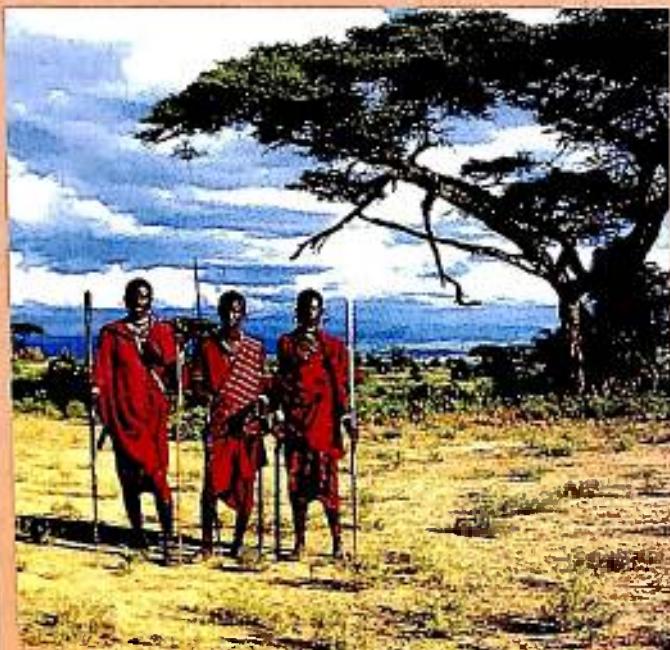
and Egypt. We get it in Byzantine and Romanesque art, in the art of Peru and Mexico, Java and Japan. It reappeared in modern Cubist art.

Henry Matisse said, "Expression for me is not found in the passion which blazes from the face or which is evident from some violent gesture. It is the whole disposition of my picture – the place occupied by the figures, the empty space around them, the proportions – everything plays its part. Composition is the art of arranging in a decorative manner the various elements which the painter uses to express his sentiments. In a picture every separate part will be visible and will take up that position, principal or secondary, which suits it best. Everything which has no utility in the picture is for that reason is harmful. A work of art implies a harmony of everything together. Every superfluous detail will occupy, in the mind of the spectator, the place of some other detail which is essential." (See Figure 7)

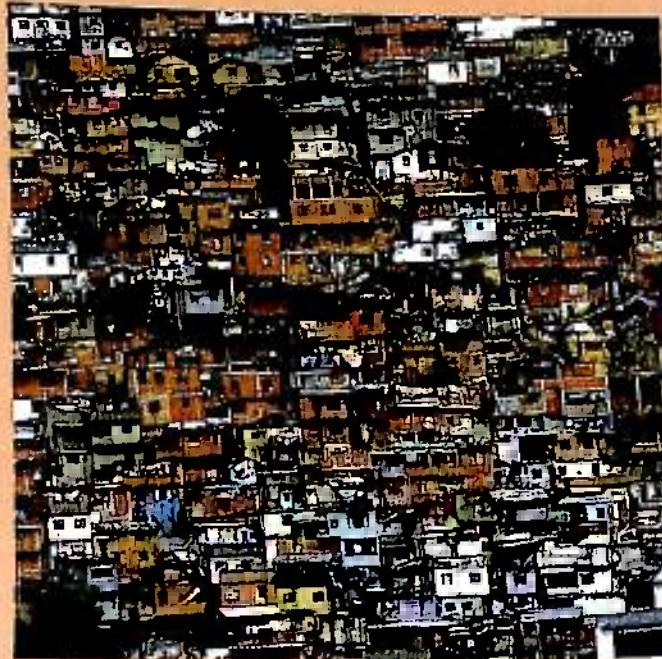
We say that the artist should not only succeed in expressing his feelings but also in transmitting it. But if we keep the expression of artist on one side and 'every man' on the other side, then the art must be so intelligible that the simplest of peasants can appreciate it. In that case it will be 'Good Bye!' to Shakespeare, Beethoven, Ghatak, Mira Nair, classical dance and music and many others of the kind. In fact, only folk songs and religious epics and the kind remain. Thus we can say that the real function of art may be expressing feelings and transmitting understanding. We do react to harmony, rhythm, unity but they do not agitate us and thus this experience is different than that of the artist's. Thus an artist by his special gifts can take the heat out of our emotional problems. The artist depends on the society of which he is a member for his intensity and adds his individual character and intuition to it when he creates. In expressing himself he will use materials available to him according to the circumstances of his time: at one period he scratched on the walls of his cave, at another he will build or decorate a temple or a cathedral, at another he will paint on a canvas. The true artist is indifferent to the materials and conditions. He accepts any condition as long as they permit him to express his will-to-form. Then, in wider mutation of history his efforts are magnified or diminished by forces he cannot predict nor is he worried about.

~ 'Art in Everyday Life' Studies

POPULATION Growth & ENVIRONMENT



Grazing activities are blamed for loss of woodlands



The crowded housing of the poor in Rio De Janeiro in Brazil illustrates the effect of population on environment

Some issues are basic to the study of environmental science – most important of which is the rapid human population growth. Ultimately, we cannot hope to solve our environmental problems unless we learn to limit the total number of people on the earth. The last century has seen the most dramatic increase of population in human history with the current figure being above six billion.

Human population growth remained low and steady for as long as our ancestors were hunters and gatherers, which was for a couple of million years. The first major increase took place with the rise of agriculture and industrial revolution.

An important factor contributing towards increase in population has been technology, which has also ironically increased the ability if the environment to sustain the population. Technology, on the other hand, also affected the environment directly. Until the time we travelled in bullock carts and horse carriages, air pollution was hardly given a thought to. Before refrigerators and air conditioners, nobody had heard of ozone holes. Before the industrial revolution, rivers were never polluted.

Interestingly, the industrial revolution in Europe 400 years back followed an epidemic of the bubonic plague when millions died. Large populations lived in cramped, unhealthy surroundings which led to a rapid spread of the disease. At the end of it with the great reduction in labour force, technologies had to be developed for essential activities like agriculture. Wages increased, contributing to an increase in the standard of living. This, in turn, contributed in a large measure to an increase in the population, not just in Europe but worldwide.

However, no population can sustain a rapid growth indefinitely. Eventually, it will run out of space and food.

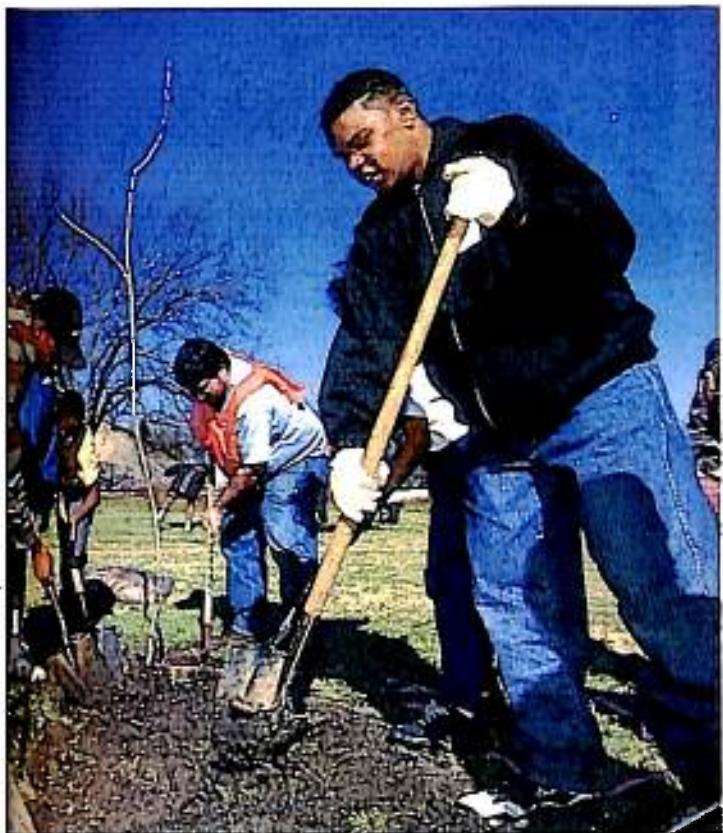
Reduction in the birth rates requires a change in attitude, knowledge of the means to control birth, and the ability to afford the means. Change in attitude often comes about by an increase in income and lifestyle. A wide variety of approaches have been used to control populations in various countries. The first country to officially adopt a population policy was India where the programme was initiated in 1952. In China, there are benefits to families with single child, which include financial subsidies.

It is therefore important to understand that no long term solution to our environmental problems is possible unless the human

population stops growing at its present rate. This makes the human population problem a top priority.

The human population problem epitomises the connection between values and scientific knowledge. Increasing scientific and technological knowledge has helped us cure diseases, increase life span and lower death rate. We can solve the population problem by confronting the connection between the way we value human life and our scientific knowledge of human population growth and environmental effect.

~ 'Ecology & Environment' Studies



Replanting trees is the first step in ecological restoration



A forest area little affected by human population



MANAGERIAL Abilities & SKILLS

Management is an art of getting things done through and with people in formally organised groups. Although 'Family Resource Management' is a commonly used term and everyone knows in general what it means, it is wise to clarify the meaning as a basis for further discussion. Reduced to its simplest terms, Family Resource Management consists of purposeful behaviour involved in the creation and use of resource to achieve family goals. Once this is recognised, the value of management and the challenge it presents become clear. Management is the major means of achieving the family's goals. Managers are challenged to use their resources for purposes they consider important. These resources include not only time, energy, money and material goods but also knowledge, interests, abilities, skills, attitudes of family members, procedures, physical space, standing plans, and community facilities. The resources in the second group are less frequently recognised than those in the first group, but they are equally important.

Abilities of Managers

Fayol observed that the abilities needed by the managers in a given organisation depend on the manager's position in its hierarchy. For example, in a lower level job, specific technical skills (but very little managerial skills) are needed. As we move up the hierarchy, managerial abilities become more important as technical skills. Thus, the general manager of a firm needs more managerial ability and less technical abilities than a lower level manager.

Fayol noted that the need for managerial abilities is also related to the size of the organisation. Chief executives in a large business, for example, need a greater measure of managerial skill than chief executives in a small one.

This last point had a strong influence on the development of Fayol's idea that management should be taught. He noted that as the number of large businesses grew, the need for better managers increased. Fayol therefore called for the introduction of formal managerial training in schools rather approved then in use. An added benefit of such managerial training, he suggested, would be that it would help people function better in all areas of life.

Fayol always believed managerial ability could be applied to the home, the church, the military, the polity, the business, as well as to industry.

Managerial Skills

The selection and training of good administrators has been widely recognised as one of the industry's most pressing problems today. However in their intensive research for the 'ideal manager' companies tend to concentrate on listing out specific traits or qualities. In doing so, they stand in danger of losing sight of their real concern: what a man can accomplish.

A more useful approach is the Three Skill Approach that concentrates on three skills as identified by Robert L. Katz. This approach is based not on what good executives are (their innate traits and characteristics), but rather on what they do (the kinds of skills they exhibit on carrying out their jobs effectively). A fourth skill, identified later, has also been incorporated here.

A skill implies an ability which can be developed, not necessarily inborn, and which is manifested in performance, not merely in potential. A manager is defined as one who -

- Directs the activities of other persons.
- Undertakes the responsibility for achieving objectives through these efforts.

Thus, successful administrations appear to rest on four basic skills-

- Technical skill
- Human skill
- Conceptual skill
- Design skill

It cannot be denied that these skills are very closely interrelated, yet it is highly profitable to study each of these separately and to develop them independently.

Technical Skill

This implies an understanding of, and proficiency in, a specific kind of activity, particularly one involving methods, processes, procedures or techniques. It involves specialised knowledge, analytical ability within that specialty and facility in the use of the tools and techniques of the specific discipline. Of the four skills, technical skill is the easiest to identify as it is most concrete and because in our age of specialisation it is the skill required of the greatest number of people. In our business organisation various technical skills are required by personnel of different departments and vary from level to level.

Example: A company that manufactures and sells shoes has the following departments -

- The Manufacturing Department that makes the shoes.
- The Marketing Department that creates a place for the company's product in the market through various forms of advertising.

- The Accounting Department that oversees the financial position of the company at all times.
- The HRD or Personnel Department that takes care of the company's employees, their problems and problems created by them.

Each department requires technical skills of various types. In the Manufacturing Department, it would be related to knowing the different parts of a shoe, using, maintaining and repairing of machines, etc. In the Marketing Department, skills related to recognising market demands, good advertising, handling of public relations, etc. take on more meaning. The Accounting Department requires people proficient in accounting methods, using of computers, typewriters and other such equipments. The HRD Department requires people skilled in the art of communication and interpersonal relationships.

Human Skill

This is the executive's ability to work effectively as a group member and to build cooperative effort within the team he leads. Human skill is primarily concerned with working with people. It is demonstrated in the way an individual perceives (and recognises the perceptions of) his superiors, equals and subordinates, and in the way he behaves subsequently.

A person with a highly developed human skill is aware of his own attitudes, assumptions and beliefs about other individuals and groups, and is able to see the usefulness and limitations of these feelings. By accepting the existence of viewpoints, perceptions and beliefs, which are different from his own, he is skillful in understanding what others really mean by their words and behaviour. He is equally skillful in communicating to others, in their own contexts, what he means by his behaviour.

He works to create an atmosphere of approval and security in which subordinates feel free or express them without fear of censure or ridicule, by encouraging them to participate in the planning and carrying out of those things which directly affect them.

This skill enables a manager to realise that any action he does or does not undertake for the betterment of the organisation as a whole, affects each individual and he must take into account the personal feelings of each of him or her before he says or does anything.

Real skill in working with others must become a natural, continuous activity, since it involves sensitivity not only at times of decision-making but also in the day-to-day behaviour of the individual. Human skill cannot be a randomly applied nor can



personality traits be put on or removed like an overcoat. This skill must be naturally developed and unconsciously, and consistently, demonstrated in his every action. It must become an integral part of his whole being.

As human skill is so vital a part of everything the administrator does, examples of inadequate human skill are easier to describe than are highly skillful performances.

Example: In a textile mill employees are required to use heavy machinery. Sometimes, serious injuries may be inflicted on an employee not necessarily due to his own negligence. In such cases it is the law-bound duty of the organisation to provide for medical care and some kind of compensation. The way in which this duty is performed can have varying effects. A manager may just provide the minimum payable amount as per law and wash his hands off the entire episode or may as a human being be a part of this catastrophe and taking into account personal requirements and real need of the individual ensure a just and generous compensation. The first instance, the manager would perform his 'duty' but it would be a law-bound performance and would make other employees apprehensive of their place in the organisation. In the second instance the duty performs would be moral-bound and would strengthen the faith of the employees and increase their loyalty to the company.

Conceptual Skill

This is the ability to see the big picture or the enterprise as a whole, to recognise significant elements in a situation and to understand the relationships among these elements so as to know how changes in one part affect all the others. It extends to visualising the relationship of the individual business to the industry, community and political, social and economic forces of the nation as a whole.

Not only does the effective coordination of the various parts of the business depend on the conceptual skill of the administrators involved but so also does the whole future direction and tone of the organisation. The attitudes of a top executive colour the whole character of the organisation response and determine the 'corporate personality', which distinguishes one company's ways of doing business from another's. These attitudes are a reflection of the manager's conceptual skill (or his 'creative ability') - the very way he perceives and responds to the direction in which the business should grow, company objectives and policies and stockholders and employees interests.

Example: Supposing there are two companies manufacturing



cosmetics. The top executives of both companies come across a small but much hyped article on the effects that aerosols have on the environment and the cruelty subjected by cosmetic companies on animals in order to test their products. The top executive of company A pounds over this, reaches a conclusion that this may soon become a worldwide campaign against his company and its products. The executive of company B reads it only to forget it, giving it no importance at all. Manager A is soon proved to be right in his assumption and is said to have greater conceptual skills than his counterpart.

Design Skill

This is the ability to solve problems in ways that will benefit the enterprise. This skill is closely related to the conceptual skill and it is used should generally be immediately after, if not along with, the use of the conceptual skill. While conceptual skill refers to the perceiving of problems, the design skill involves the solving of the same. A manager who makes use of his conceptual skill alone is a problem-watcher, that is, he identifies the problem but does not attempt to solve it, whereas a manager who makes use of his design skill has first used his conceptual skill to identify the problem and then solves it, that is, he is both a problem-watcher and problem-solver. Thus, this skill is of utmost importance as failing to act towards solving as identified problem would lead to the fall of the organisation.

Example: Referring to the example given under conceptual skill – After executive A has identified his problem, that is, that his products may not be accepted as widely as they currently are. If he is a problem-watcher, he will not do much to overcome this foreseeable problem. If he is a problem-solver he will attempt to undertake research that will provide him with cosmetics made of natural material, without requiring them to be tested on animals and find ways to decrease emission of toxic waste into the atmosphere.

Skills and Managerial Levels

At Lower Levels

Technical skill is indispensable to efficient operation, yet it has greatest importance at the lower levels of administration. As long as skilled subordinates are

present, higher level managers need for technical skill is decreased. At the top, technical skill may be almost non-existent and yet the manager may be most effective. Example: Professional managers/consultants.

At Every Level

Human skills are required at all levels. At lower levels it is most important as the number of direct contacts is greater than at the top. In some cases it is possible for a manager with little human skill to be very effective.

At the Top Level

Conceptual and design skills are of utmost importance at this level as the decisions made by the top-level managers set the tone and direction of the organisation and may lead to its fall or its glory.

Training of Managers

Most people would agree that the technical, human and conceptual skills described are important to managers. How effectively can these skills be taught? Natz believes that technical skill is the easiest for a manager to acquire. It is generally well covered in courses at the undergraduate and graduate levels, and in company sponsored training programs; most top managers have college degrees. As we might expect, however human skill is far more difficult to teach or learn than technical skill. Human relations involve many complex emotional elements, and it is difficult to demonstrate that a particular interpersonal approach is more effective than another. Also, even though it may be easy for us to admit that we are ignorant about some technical matter, it is much harder for us to admit that we need to be taught new ways of dealing with people. It is harder still to change our habitual and well rationalised ways of relating to others.

Nevertheless, serious attempts are being made in business, schools and company programs to help present and future managers improve their methods of dealing with people. These programs are based on the social sciences of anthropology, sociology, and most important, psychology.

Natz believes that conceptual skill has been difficult to teach, mainly because it involves mental habits that have to be developed early in life. Courses in strategic planning are one method designed to help future managers in their conceptual skills. Managers who are likely to be prompted to general management are frequently sent to executive development programs to improve this skill.



MYTHS, Misconceptions and Realities of DISABILITY

*Come writers and critics
Who prophesies with your pen
And keep your eyes wide
The chance won't come again
And don't speak too soon
For the wheels still in spin
And there's no tellin' who
That its namin'
For the loser now
Will be later to win
For the times they are a-changin'.*

(Bob Dylan from "The Times They Are A-Changin")

The lyrics of Bob Dylan's song "The Times They Are A-Changin" could have been written for the field of special education. The passing years have seen especially dramatic changes in the education of exceptional individuals and current thinking of special educators 'as reflected in the professional literature' that indicates that the field is poised for still more changes.

Don't let fear and uncertainty keep you away from getting to know people with disabilities. The general community has a fear when dealing with people with disabilities. And when we fear something we come up with myths to protect ourselves from this fear.

The message is – *It is ability, not disability, which counts!*

There are myths and misconceptions about people with learning disability, mental retardation, visual and hearing impairment and physical disorder. Some myths and misconceptions, with their realities, are –

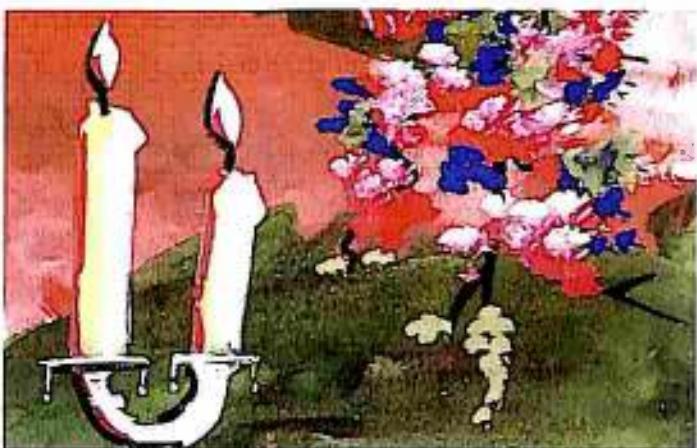
- Myth – A person with a disability is sick.
Reality – Disability is a natural condition of human experience, and it is not the same as being sick. Individuals with disabilities have varying degrees of need, and are sometimes sick, just as non-disabled are sometimes sick.
- Myth – People with disabilities have poor quality of life.
Reality – This is one of the most common and damaging stereotypes, because it discourages social interactions and the development of mature relationships. People with disabilities

have needs just like who are not disabled, and they strive for a high degree of quality of life as other individuals. Moreover, society handicaps individuals by building inaccessible schools, theatres, buses etc.

- Myth – People with disability are helpless and dependent.
Reality – With good attitude and favourable learning experiences, people with disability can be as independent and possess as strong a personality as a non-disabled person.
- Myth – Blind people have an extra sense or exceptional hearing.
Reality – Blind people do not have an extra sense. They can develop an 'obstacle sense' provided they have the ability to hear. A person's vision or lack of vision, does not affect their hearing. However, someone who is blind may be more attuned to sounds than a sighted counterpart.
- Myth – All hearing impaired people can read lips.
Reality – Only about 15-25 percent of what we say is actually visible on the lips. Therefore, someone with a hearing impairment relies on other cues such as facial expressions, body language and residual hearing. In addition to reading someone's lips, all the cues combined are more accurately known as 'speech reading'.
- Myth – Hearing aids correct hearing impairments.
Reality – Hearing aids are not replacement for our ears. A hearing aid is an amplification device, which enhances and augments sounds. Only certain types of hearing losses – those due to lack of amplification – can be effectively aided. People who are deaf have to be trained to efficiently use their hearing aids.
- Myth – Cerebral Palsy is a contagious disease.
Reality – Cerebral palsy is not a disease. It is a non-progressive neurological injury. It is a disorder of muscle control and coordination caused by injury to brain before or during birth or in early childhood.
- Myth – Physically disabled people are less intelligent.
Reality – A person may be severely physically disabled by cerebral palsy, epilepsy or another condition, but have a brilliant mind.

The biggest barriers that people with disability face and the hardest barriers to remove are other peoples' negative attitude and wrong images of them. To dispel these myths and misconceptions, we should support and promote public awareness, promote the inclusion of people with disabilities into all community setting.

People with disabilities are individuals with families, jobs, hobbies, likes and dislikes, problems and joys. While disability is an integral part of who they are, it alone does not define them. Don't make them into disability heroes or victims but treat them as individuals.



~ Radhika Chandak
Final B.Sc. in Home Science
Human Development Section

(All four pictures on Pages 12 and 13 are prints of cards painted by the students of the Indian Institute of Cerebral Palsy, Kolkata.)

An Artist's OBSESSIONS with Confessing...

A look at Obsessive Compulsive Disorder

Mark was a 28-year-old single male with severe obsessions about causing harm to others, including committing crimes. The obsessions were accompanied with excessive and lengthy checking rituals. At the time he came to an anxiety disorder clinic, he was no longer able to live by himself, and had been forced to move back home with his parents after having lived for several years on his own since college. His obsessions about harming others or confessing to his crimes were so severe that he was virtually confined to his room and could only leave it if he had a tape recorder with him so that he would have a record of any crimes he confessed to. The clinic was several hours away from his home; his mother usually had to drive.

One day when he drove he began obsessing that he had caused an accident at an intersection and felt compelled to spend several hours driving and walking around all parts of that intersection to find evidence of the accident. He could not speak on the phone for fear of confessing to some crime that he had not committed, and he could not mail a letter for the same reason. He also could not go into a store alone or into public bathrooms, where he feared he might write a confession on the wall.



Mark was a very bright young man with considerable artistic talent. At first, the focus was on the possibility that he would be implicated in some crime that he had not committed; only later did it evolve that he was actually afraid that he might commit a crime and confess to it. The checking rituals and avoidance of all places where such confessions might occur eventually led to his giving up his career and his own apartment and move back in with his family.

Diagnostically, Obsessive Compulsive Disorder (OCD) is defined by the occurrence of unwanted and intrusive thoughts or distressing images; these are usually accompanied by compulsive behaviors designed to neutralise the obsessive thoughts or images or to prevent some dreaded event or situation. More specifically, according to the *Diagnostic and Statistical Manual for Mental Disorders* (DSM - IV), obsessions involve persistent and recurrent intrusive thoughts, images, or impulses that are experienced as disturbing and inappropriate. People who have such obsessions try to ignore or suppress them, or to neutralise them with some other thought or action.

Compulsions can involve either overt repetitive behaviours (such as hand washing, checking, or ordering) or more covert mental acts (as counting, praying or saying certain words silently).

A person with this disorder usually feels driven to perform this compulsive behaviour in response to an obsession, and there are often very rigid rules regarding how the compulsive behavior should be performed. It is now recognised that there is a continuum of 'insight' among obsessive-compulsives about exactly how senseless and excessive their obsessions are. In most cases these people do have some recognition that their obsessions or compulsions are excessive or unreasonable, but they cannot seem to control them. These seemingly involuntary behavior cause a person marked distress, consume excessive time (over an hour a day), or interfere with occupational or social functioning.

Most of us have experienced minor obsessive thoughts, such as whether we remembered to lock the door or turn the stove off. In addition, most of us occasionally engage in repetitive and stereotyped behaviour, such as checking the stove or the lock on the door. In the case of Obsessive Compulsive Disorder, however, the thoughts are more persistent and distressing.

Behaviour Patterns in OCD

Cognitive

- **Symptom – Obsessions.** Recurrent, persistent ideas, thoughts,

images, or impulses involuntarily coming in to awareness.
Example - A person has ideas of contamination, dread, guilt; urges to kill, attack, injure, confess or steal.

- **Symptom** - Ruminations. Forced preoccupation with thoughts about a particular topic, associated with brooding, doubting, and inconclusive speculation.

Example - A person spends several hours per day in worried anticipation that a former lover may attempt to establish contact.

- **Symptom** - Cognitive Rituals. Elaborate series of mental acts that the individual feels compelled to complete. Termination depends on proper performance.

Example - Before retiring for the evening, the individual feels required to recite mentally a long series of prayers learnt in childhood.

Motor

- **Symptom** - Compulsive motor rituals. Elaborate, often time-consuming activities, frequently associated with everyday functions such as eating, toileting, grooming, dressing and sexual activity.

Example - A patient evidences hand washing (sometimes reaching 400 or more washes per day), compulsive counting (of say, passers-by), or 'checking' of objects.

- **Symptom** - Compulsive avoidances. Substitute actions performed instead of appropriate behaviour, which induces anxiety. *Example* - A student becomes involved in several distracting activities before examinations, leaving no time to study.

~ Human Development Section

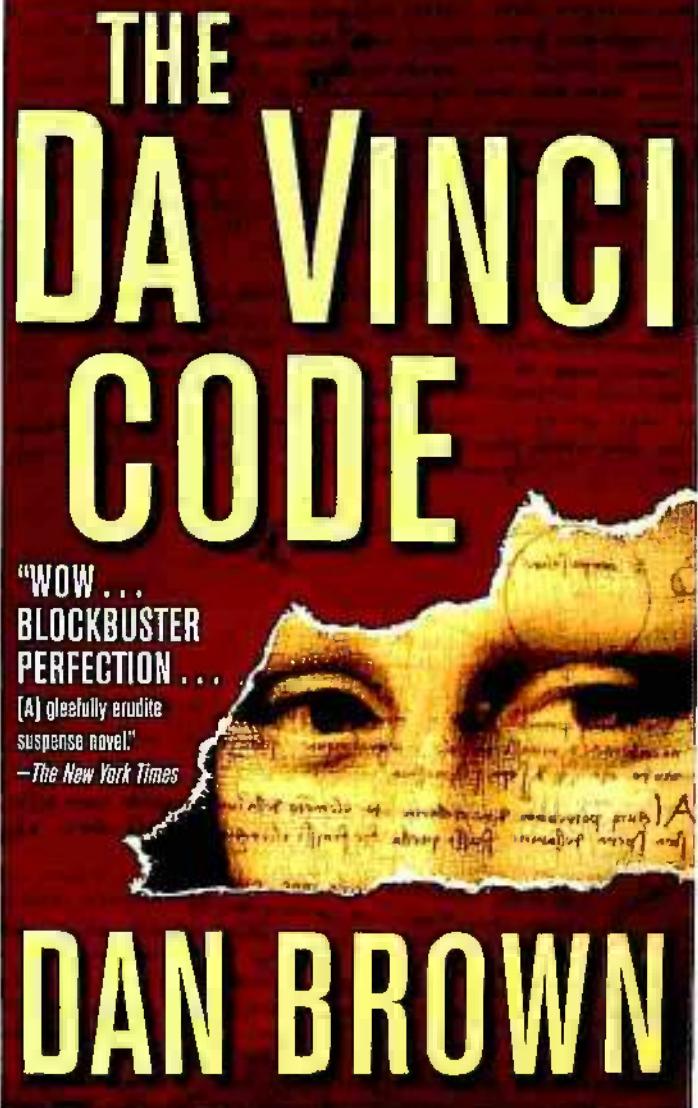
Book Review ~

'THE DA VINCI CODE' by Dan Brown

"Every faith is built on fabrication. That is the definition of faith – acceptance of that which we imagine to be true, that which we cannot prove. Every religion describes God through metaphor, allegory, and exaggeration, from the early Egyptians through modern Sunday school. Metaphors are a way to help our minds process the unprocessable. The problems arise when we begin to believe literally in our own metaphors."

While in Paris, Harvard symbologist Robert Langdon is awakened by a phone call in the dead of night. The elderly curator of the Louvre has been

#1 NEW YORK TIMES BESTSELLER



murdered inside the museum, his body and the floor around him covered in baffling symbols. As Langdon and a gifted French cryptologist, Sophie Neveu, sort through the bizarre riddles, they are stunned to discover a trail of clues hidden in the works of Leonardo Da Vinci – clues visible for all to see and yet ingeniously disguised by the painter.

Even more startling, the late curator was involved in the Priory of Sion and he guarded a breathtaking historical secret. Unless Langdon and Neveu can decipher the labyrinthine puzzle – while avoiding the faceless adversary who shadows their every move – the explosive, ancient truth will be lost forever."

The Da Vinci Code by Dan Brown boasts that all descriptions of artwork, architecture, documents, and secret rituals in this novel are accurate. He brings to light the fact that The Priory of Sion – a European secret society founded in 1099 – is a real organisation. In 1975, Paris' Bibliothèque Nationale discovered parchments known as Les Dossiers Secrets, identifying numerous members of the Priory of Sion, including Sir Isaac Newton, Botticelli, Victor Hugo, and Leonardo Da Vinci.

The people belonging to this school of thought believe and say that they have proof of the fact that during the rule of Constantine, at the Council of Nicaea, many aspects of Christianity were debated and voted upon – the date of Easter, the role of the Bishops, the administration of sacraments, and, of course, the divinity of Jesus. It is believed that until that moment in history, Jesus was viewed by His followers as a mortal prophet... a great and powerful man, but a *man* nonetheless. Not the Son of God. His divinity was the result of a relatively close vote.

The establishment of Christ's divinity was critical for the unification of the Roman Empire and to the new Vatican power base. By officially endorsing Jesus as the Son of God, Constantine turned Jesus into an entity whose power was unchallengeable, who existed beyond the scope of the human world. This precluded further pagan challenges to Christianity and now the followers of Christ were able to redeem themselves *only* via the established sacred channel – the Roman Catholic Church. It was all about power.

But this was not the end. Because Constantine upgraded Jesus' status almost four centuries *after* Jesus' death, thousands of documents already existed chronicling His life as a *mortal* man. To rewrite the history books, Constantine knew he would need a bold stroke. From this sprang the most profound moment in Christian history. Constantine commissioned and financed a new

Bible, which omitted those gospels that spoke of Christ's *human* traits and embellished those gospels that made Him godlike. The earlier gospels were outlawed, gathered up and burnt including those that proved Jesus Christ's marriage to Mary Magdalene and the birth of their daughter Sarah.

It is believed that the Vatican tried to bury this secret in the fourth century. The threat Mary Magdalene posed to the men of the early Church was potentially ruinous. Not only was she the woman to whom Jesus had assigned the task of founding the Church – and not Saint Peter as it is popularly believed – but she also had physical proof that the Church's newly proclaimed Son of God had spawned a mortal bloodline. The Church, in order to defend itself against Magdalene's power perpetuated her image as a whore and buried evidence of Christ's marriage to her, thereby defusing any potential claim that Christ had a surviving bloodline and was a mortal prophet.

But the proof of this union is everywhere.

Leonardo Da Vinci's famous painting of the *Last Supper*, which is ideally believed to be of thirteen men, is but a painting of *twelve men and a woman*. The two heading the table are said to be Jesus Christ and his wife Mary Magdalene.

The Priory of Sion, to this day, however, still worships Mary Magdalene as the Goddess, the Holy Grail, the Rose and the Divine Mother.

The top notch members of The Priory of Sion are kept a secret and women hold high ranks in the organisation. Members of the Priory, all these years has protected the documents of the Holy Grail and the tomb of Mary Magdalene. Another more important duty that the Priory performs is of protecting the *bloodline of Christ and Mary Magdalene* to this day.

If the documents were to be revealed then it is believed that the Vatican would be facing a crisis of faith unprecedented in its two-millennium history. For this reason the Church and the Priory have had a tacit understanding for years. That is, the Church does not attack the Priory, and the Priory keeps the documents of the Holy Grail hidden.

~ Human Development Section

Sexual Exploitation in SCHOOLS

A person reveals a lot of himself by what he says and how he says it. Speech is a birthright and enables a person to voice his opinions, indicate his likes and dislikes about any situation, build a personality, and speak against any kind of injustice or crime. But it is often seen that very few people tend to make use of this birthright in places where they have been treated unfairly or they have undergone any kind of harassment. We see that most commonly people tend to quieten down if they have gone through any kind of sexual harassment. It especially has a tremendous influence on the lives of students who might have faced it in schools by their teachers and other colleagues. Far from being a problem only for schools with few resources, sexual violence permeates the whole of the education system. Human Rights Watch in South Africa interviewed girls from a variety of different social, economic and ethnic background. In documenting their cases, human right watch learnt that girls, much more than boys, are raped, sexually assaulted, abused and sexually harassed by their classmates and even by their teachers.

"There must be an end to the practice of teachers demanding sex with students or colleagues. It shows selfish disrespect for the rights and dignity of the person." Further interviews with educators, social workers, children and parents with underage students are widespread. Teachers have raped, sexually assaulted or sexually abused students. Sometimes reinforcing sexual demands with threats of physical violence or corporal punishment, teachers have sexually propositioned girls and verbally degraded them using highly sexualised language. Sometimes teachers would abuse their authority by offering better grades or money to pressure girls for sexual favours or 'dating relationships'.

Human Rights Watch interviewed MC, a fifteen-year-old high school student in the northern suburbs of Johannesburg. MC was living on the campus of her high school when one of her teachers asked her to come to his flat, also on the school campus after class hours. MC told Human Rights Watch what happened next: "I thought he is a teacher, it will be fine. He gave me a key so that I could get to the boy's hostel (where he lived). I went to his dorm and walked to the lounge. He gave me an alcoholic drink and I was lame. I knew what was happening, but I couldn't move. He picked me up and took me to his room and... When I came to senses I got



up and went to my dorm. My friend said I looked high. I went to bed. Then I just left it. I was scared to tell anyone because I was afraid no one would believe me. I had been raped before and no one believed me then."

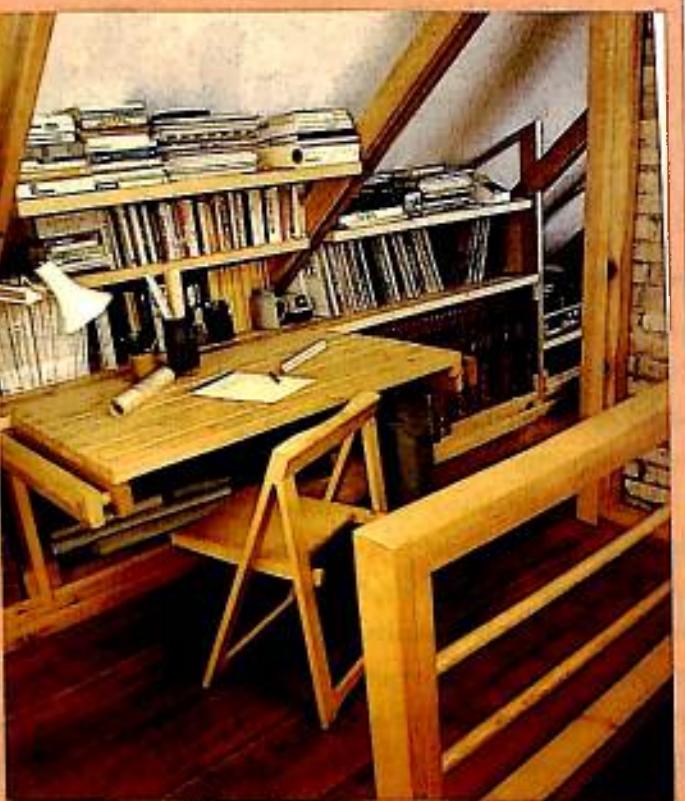
MC thought she would just forget about the rape, but the aggressor would not let her. Shortly after the alleged rape, the teacher persisted in pursuing MC for sex. She told Human Rights Watch. "The next day he asked me to come back. I gave him back his key and said I didn't want to have anything to do with him. The teacher still did not leave her as she hoped. The teacher tried different approaches to lure MC back to his room, once under the pretense of private language tutoring..."

It has been seen that many students interrupted their schooling or left school because they left unsafe in such a violent environment. Most girls, however, remained at school and suffered in silence, having learnt a lesson that sexual violence at school was inevitable and inescapable. Interviews with girls subjected to sexual attacks, their parents, teachers and social workers showed that these girls were not performing up to full potential. Too often, school authorities conceal sexual violence and delay disciplinary action against perpetrators of violence. Schools respond with hostility and indifference to students who complain about sexual violence.

Sometimes student don't understand that they are being sexually harassed. Michelle often says he often sees students endure harassment because they are not sure how to respond. "It's usually just like touching, pat on butt – stuff like that. Kids really don't report it to anybody. Usually what happens is the person will get angry and try to retaliate. But usually what happens is that the person reacts playfully. They will try to hit the person but still have a smirk on their face. They don't know how to react."

Harassment or misconduct that is ignored is liable to get worse and progress to physical forms of abuse. This is a huge public health and human rights problem. It's like the elephant in the room and no one is talking about it.

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Want to work from HOME?!

A few INTERIOR DESIGN guides...

World over several professionals are shifting from the idea of working in regular office cubicles over to one's home office; an idea that offers numerous advantages, such as no daily commute, relaxed environment, and a more flexible work schedule (Not to forget the free, unrestricted access to a fully-stocked refrigerator.) It may tempt you too, but remember that a home office setup involves certain challenges that need sincere thinking. Some guidelines –

Legality

Zoning and other regulations determine whether it's legal to have offices in residential premises. First find out whether home-based businesses are permitted in your location/building; some cities/zones don't allow businesses to be operated in residential areas.

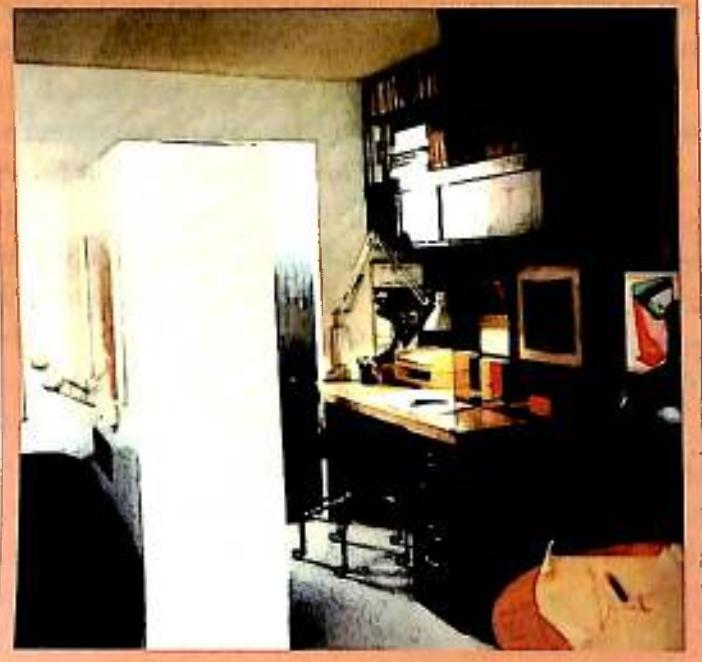
Distractions and Compartmentalisation

Choose an appropriate room/area for the home office. It's important to have a designated space, preferably a room where you can work in isolation, away from distractions. If you're going to consult with clients on the premises, consider the space the client will have to walk through to get to the office room. Clients would surely not form a good impression of your operation if made to stroll through laundry and over your children's toys, before getting to talk business.

A separate entrance from the lobby to the office is therefore crucial – adding to its dignity, privacy and management. This is vital if you have a couple or more of office workers (in addition to yourself); and also lends a 'business-like' imprint to the office. This would also reduce constant intrusions into the daily lives of your family members. Additionally, don't forget commonplace distractions such as television, phone, or non-business related acquaintances that have a habit of just "dropping in" during business hours. Providing sound insulation in the office walls can do further alleviation of these sufferings; remember that noise, especially domestic noise, in your office environment can have a greater negative impact on productivity than you may think. Also, fix a solid door to the office that displays exact timings/rules pertaining to business/social visit hours. Surely, an attached toilet is a big boon.

Size and Traffic

- The home office space should have enough floor space for all required furniture, equipment, storage and other features; else,



you'll be forced to wander through your home looking for this or that.

- **Clear the paths.** Because they're situated in residential spaces, home offices often resemble obstacle courses. The planter that has traditionally stood there doesn't have to continue staying there. Forget nostalgia for you need free space around the desk; get rid of unnecessary furniture.

Infrastructure

Your home office space is a 'working' space, so focus upon its infrastructure – power, lighting and ventilation. Commercial office spaces have adequate built-in infrastructure for office work, which will probably not be so with your apartment/building wherein you've located your home office.

- **Power** – Setting up a home office means that you will be greatly increasing your power use. For instance, a small laser printer consumes 300-400 watts. Think of all the office equipment you're about to install in your home office. Suppose you have a PC, a monitor, a laser printer, a fax machine, a scanner and a phone. Find if the existing circuitry is for all equipment and related lighting features. You could however cut down the power requirement by 'combining' some equipment; say, instead of having a separate printer, fax, copier and scanner, get a 'multifunction machine' that performs all these functions (provided you get a dependable one). **If building your home office from scratch, wire smartly.** Consider wiring the walls with the new-age hybrid telephone cable that mixes traditional copper lines, coaxial cable, and fiber-optic technology. That way, if and when your telecommunications and electrical needs expand, you won't have to break through the walls to upgrade. If you experience electrical danger signs, such as breakers popping or lights dimming when various pieces of equipment are operating, have an electrician check your circuitry and do some simple rewiring. In my experience, older houses are often wired eccentrically and need an electrical 'cleanup' or updating.
- **Lighting** – Lighting, both natural and artificial, is a key factor in preventing fatigue, eyestrain, and headaches. Locate your office in an area that has at least one window for entry of natural light. In terms of artificial lighting, few residences would have rows of fluorescent lights as commercial office spaces do; you don't need to go that far, but could incorporate strong overhead and task lighting,

by purchasing/installing new/additional light fixtures. Fortunately, today's markets offer several types of suitable track lighting that are easily installed. Position desk lamps at key workstations.

- **Ventilation** – Focus upon ventilation in office design, for you and your office equipment both need it. First, if your office isn't adequately ventilated, working there can be extremely uncomfortable for you; so don't choose a neglected 'hot box' type spot as your home office. Second, the more equipment you operate, the more heat is generated; and excessive heat damages delicate office equipment. Consider cooling options such as fan/s of adequate size/s, or better, a small airconditioner in hot-humid environs (such as ours).

Furniture and other features

- Definitely a desk – large enough for a computer while leaving enough desktop work space, and an office chair. The rest depends on the nature of your business and equipment needed. If meeting clients, get some attractive chairs and a coffee table.
- Choosing proper flooring – Not the types used in living rooms but hardwood flooring or commercial-grade carpets that allow you to roll easier on chairs with wheels, and are far more resilient. There are also economical brands of laminate (imitation) flooring available, they are extremely resistant to scratching and denting.
- Roman shades and Venetian blinds compliment office interiors; remove the old bulkier curtains. A light tinting of the window with sunfilms would reduce glare and lower room temperature on hot summer days, it could also add some privacy.
- A second phone line, exclusively for your business, is a home office essential. Sharing one line for the home and home office makes you 'look' unprofessional (A second phone line helps answer the phone in a professional manner, aided further by an exclusive answering machine).
- Place diplomas/credentials on office walls, within easy view of the clients.
- A few magazines on a small table and water/tea/coffee arrangements are good ideas.

The Final Word

A last small note on 'familial conduct' – Your family members need to support you to the degree that they'll give you the time and space to smoothly run a home-based business. And you, on your part, must resist the temptation of a quick television break or snack that can result in lost productivity.

FLORA in Interiors



An interior without 'living greenery' is rather like a meal without salt or spices - it may serve its basic purpose, but is dull and uninspiring. Plants bring vitality and visual excitement to a room. They serve as much more than ornaments, thanks to the added dimension brought by their living, growing, ever-changing character and their subtle variations in tone and texture.

But to incorporate plants into an interior design scheme in a really effective way is a demanding as well as an exciting aspect of indoor gardening. As room dividers or screens, or as focal points within an interior, plants become an integral part of the visual whole, highlighting or modifying architectural features. Hence, it is essential to take into account the characteristics of both the plants and the room if you are to make the best use of either.

Design Guidelines

Many varieties of indoor plants can be used very effectively in interior design; ultimately the choice depends on the imagination and inspiration of the gardener, and on whether conditions meet with the plant's requirements. Nevertheless, it is a good idea to take some basic guidelines into consideration when choosing plants:

- Foliage varieties whose appearance does not change radically from season to season are usually the best choice for permanent plants.
- Shape, leaf form and texture must be distinctive, so that the plant creates a definite effect.
- The amount of pruning, cutting back and general care that will be required should also be taken into account when plants are to be permanently on view. Like fine furniture, they look their best only if they are properly cared for and kept in good condition.
- The relationship between a plant's size and the scale of the room in which it is to grow is all-important. A full-grown *Ficus elastica* (rubber plant) will dwarf a small living room; a solitary fern adds nothing to a spacious, open-plan modern interior.
- Matching leaf forms and plant shapes to architectural style is another factor. Traditional rooms usually require plants with comparatively delicate foliage: grape ivy, ferns and asparagus for examples. Spacious, high-ceilinged interiors can be exceptions, however, and often provide settings suitable for larger tropical plants such as tall palms and *Dracaenas*. Small-leaved plants, such as *Ficus diversifolia* can also be displayed attractively in modern interiors, but the stark lines of



contemporary architecture provide an ideal background for the distinctive leaves of tropical varieties such as *Monstera deliciosa* and the rubber plant.

- Most plants are seen to best advantage against plain backgrounds, but varieties with strong foliage forms can be effectively displayed against patterns, provided there is a definite contrast between the size of the leaves and the motifs in the pattern. The delicate foliage of an asparagus fern contrasts well with large, abstract designs. But never try to display a plant with vividly coloured or patterned leaves against an equally bold wall covering; the effect will be sheer visual chaos.

Using Plants Purposefully

- Open-plan interiors are very much a feature of modern homes and indoor plants can be used effectively to separate the various living areas. Plants used in this way should be tall but not spreading. Climbers such as *Philodendrons*, *Monstera*s and *Syngoniums*, that have been trained on canes will create a visual division in their own right, and are especially suitable where a token separation between living area and dining area for example, is required. Other appropriate choices for plants used as room dividers are large foliage specimens (species and varieties of *Dracaena*, *Schefflera* and varieties of *Codiaeum variegatum*, *Coleus blumei* and *Cordyline terminalis*), hanging basket stands (species and varieties of *Chlorophytum*, *Episcia*, *Pellionia*, *Tradescantia* and *Zebrina*), small and medium potted plants (species and varieties of *Aglaonema*, *Calathea*, *Dieffenbachia*, *Pilea* and plants like *Aphelandra squarrosa*, *Dizygotheca elegantissima*, *Episcia cupreata* and *Euonymus japonica*) on shelves or in a combination.
- Alternatively, plants may be trained over a room-divider or screen. A small-leaved ivy like *Hedera* will give visual continuity to the areas concerned, while a denser plant such as a *Philodendron* will provide a more complete separation. Again, plants may climb upwards from floor level or cascade from a container placed on top of the divider.
- Floor-level plant boxes housing a varied group of specimens define the areas within an interior without detracting from its spaciousness. They are especially useful in smaller apartments, for instance in the entrance area if a front door opens directly into a living room.
- Contrasting the shape and outline of indoor plants with the dominant lines of an interior can alter a room's scale. A high-

beamed ceiling is 'lowered', for example, if hanging baskets are suspended from the beams.

Brightening Dull Spots

- An empty wall becomes a decorative asset if it is used as a background for a distinctively foliages specimen such as a 'silhouette plant' (*Dracaena marginata*) or a trailing plant.
- The imaginative use of plants will also transform alcoves, niches and dull corners into positive decorative assets. Unfortunately, these areas are usually dark and generally not conducive to plant growth. One solution is to use plants such as *Sansevierias*, *Aspidistras*, ferns or the tougher *Dracaenas* that enjoy (or at least will survive in) these conditions. Colour can be provided by introducing flowering plants or cut flowers in season.
- Dramatic spotlights will enhance the plants' appearance and backlighting can be extremely effective with, say, a fern; or if proper growth light is needed, you could rotate the plants to better-lit positions regularly.

Windows: Link With Outdoors

- Plants here can help to break the plainness of a large expanse of glass. More significantly, plants used at windows help create more interest at the window.
- Arrangements here may range from simple windowsill groupings to window gardens with small flowering plants. These can be well arranged on transparent supports.
- Plants suitable for window boxes are species and varieties of *Aglaonema*, *Caladium*, *Calathea*, *Dieffenbachia* and *Peperomia*, varieties of *Coleus blumei* and *Impatiens walleriana*; plants like *Aechmea fasciata*, *Begonia semperflorens*, *Cordyline terminalis*, *Euonymus japonica*, *Euphorbia fulgens*, *Fittonia argyroneura*, *Gynura sarmentosa*, *Hypoestes sanguinolenta* and many others depending on intensity and duration of light when the temperature is optimum.
- Plant stands supporting similar or blending specimens of tall plants will extend the window display into the room.
- If a living room opens out onto a balcony, a sense of spaciousness and unity is created by visually linking the interior with the exterior by matching outdoor plants with similar indoor specimens.
- To help unify the interior and exterior schemes, similar containers (and same flooring material) can be used inside and outside.

Go GREEN In Your OFFICE

Uplift Moods, Increase Productivity... and Look Human!

Houseplants today are less and less restricted to houses. There has been a tremendous upsurge in the use of living plants and flowers in beautifying offices, hotels and almost all public buildings. Whether it is the result of a lone secretary making a single-handed attempt to brighten up her surroundings with a lonesome potted plant, or of a deliberate policy decision by a company to enhance the entrance hall aesthetics of its exalted office building with an elaborate plant arrangement, the green invasion has reached the commercial world in force. Surprisingly enough, it is even extending to the industrial world, and as factory conditions improve, more and more of them are being decorated with vegetation.

The reasons are many, but the restfulness of natural greenery and the ability of plants to break up and counteract the harsh lines of modern office buildings and their furnishings are high on the list. What is more, plants can have other important utilitarian functions, acting as screens and pleasant dividers for open-plan office areas.

The physiological and psychological paybacks of greens in the work environment to the office workers are plenty – the colour green soothes their eyes, the sight of 'living' elements around is reassuring to the heart, the 'natural' contours and silhouettes of the greens calm the mind... and all this is bound to improve work performance. Additionally, the view of plants adds a human face to the office for its visitors to see. And hence, as more company managers realise how much better their employees work in pleasant – even landscaped – surroundings, so office plants are changing from being a 'prestige' luxury to a necessity.

Conditions and Care

Ideally, office plants need much the same conditions as any plants indoors – reasonable light, fresh air (but not draughts), steady temperature and careful attention in respect of watering. Unfortunately, the conditions in many work places are often far from ideal. While the lack of light is one common problem in modern buildings, the other is of the baking-hot sun streaming through large windows. Even more harmful is excessive heat that gets combined with dry air and tobacco smoke.

The best, and sometimes the only, effective answer to other adverse conditions is to choose tough plants in the first place. Gay and exciting though *Codiaeums* (crotons), *Dracaenas* and *Calatheas* may be, it is much more sensible to choose more durable plants at the beginning. Watch how they respond to the conditions and



treatment for a few months before trying more exotic kinds.

Watering is much less of a problem these days, thanks to self-watering containers that have a water reservoir in the base. Nylon wicks carry moisture up into the potting mixture as needed, and the only attention necessary is to top up the reservoir every two to three weeks. Containers of this kind are available in many shapes, sizes, colours and styles that will suit almost any office interior. They are of course a trifle expensive.

Even with such aids, however, a maintenance arrangement with a commercial office plant contractor is the best way to keep any large group of plants in good trim. It is certainly better than relying on the uncertain knowledge and erratic attention of one of the staff or the office cleaner. Two kinds of contracts are generally available. The contractor either supplies the plants on hire and keeps them in good condition, replacing them as necessary. Or he simply maintains – usually by weekly visits – plants owned by the company.

Choosing the Plants

The first rule when acquiring office plants is to select mature plants growing in at least five-inch pots. These will settle down in the new environment much better than young plants in very small pots – which have a high mortality rate in office conditions. Secondly, avoid plants that prefer especially cool conditions – such as vines and ivies. Look out for plants that can withstand considerable draught, and moderately varying temperatures.

For grander displays, varied groupings of houseplants are often created, but in lofty, spacious areas it is equally effective to use large individual specimens or groups of several plants of a single kind. Large *Schefflera actinophylla*, *Monstera deliciosa*, *Philodendron hastatum* are among the very best. Watch out for plants that have viciously saw-edged leaves – position them out of the way of passers-by.

For single-species groups, *Sansevieria trifasciata laurentii* can be extremely effective if a number of mature plants with leaves three to four feet tall are grouped together. Many of the taller-growing *Dracaenas* are also useful in the same way, and the spiky leaves of *Dracaena marginata* can be very handsome in well-lit areas. If possible, choose plants of varying heights; multi-headed specimens can be particularly effective.

When designing mixed plantings, remember that a hotchpotch of different plants seldom looks as good in offices as the same container planted with fewer, more mature plants. Three or four well-established plants will usually be enough to create a striking effect. For a simple arrangement in a container two feet in diameter

for example, you need little more than a four-foot *Ficus benjamina*, a two-foot *Sansevieria trifasciata laurentii* and a two-foot *Sansevieria trifasciata laurentii* and a spreading *Fatsia japonica* some 12 inches tall. The last is one of the most useful and durable of all indoor plants. For filling in around the base of other plants, *Chlorophytum capense variegatum* (spider plant) is a useful alternative to the *Fatsia*, but it is best to use two or three specimens to achieve the same effect.

There is any number of variations that you can employ when arranging plants in containers. The most important requirement is to ensure that the composition has a well-balanced look, and that plant sizes and heights are in proportion to the dimensions of the tub or trough.

Special Features

One good way of counteracting the dryness and stuffiness of office air is to grow small plants in a terrarium (glass box). If closed, this will need very little attention. Elaborate built-in kinds with artificial lighting can be made into effective features for foyers and entrance halls. Bottle gardens are equally easy to maintain, but smaller.

Few things are as soothing and tranquil as the sound of running water, and, where space permits, an indoor garden that has water as its main attraction will make a really dramatic yet restful effect in an office entrance or hotel foyer. Plants reflected in the water will add an extra dimension to the display. But first make sure that there will be no problems with condensation. Of course, where dry air is a problem, the presence of water will help to counteract it.

Also, however grand or modest the office-planting scheme, the important thing to realise is that plant life should not be used simply to conceal unsightly objects or to brighten up darker areas. To be seen at their best, plants ought to have prominent positions in good light where they can be admired and set off to best advantage. If the prospect is of the plants being put in an ill-lit, poorly ventilated and inadequately heated corner, it is quite frankly better not to bother, as the chances of them surviving are poor.

Finally, ideas in books and magazines for displaying plants should never be followed slavishly. The most successful and effective arrangements are those that reflect your own office or corporate personality. When treating plants as an aspect of office décor, remember to let joy be unconfined but exuberance somewhat restrained. It's not your home where you can afford to go overboard, if at all; so make it a point play it down rather than overdo it.

SYNDROME X

Syndrome X is a common, deadly, treatable and poorly recognized problem. The term was first coined by Gerald M. Reaven in the year 1988. Metabolic Syndrome X is a constellation of metabolic disorders that result from the primary disorder of insulin resistance, and therefore this disease is also known as 'Insulin Resistance Syndrome'. Many people are unaware that they have Metabolic Syndrome (Syndrome X), even though the American Heart Association estimates that 20-25 percent of the adult population of the U.S. suffers from this disorder – between 58 and 73 million men and women.

Syndrome X isn't a disease in itself. It is the name for a collection of simultaneously occurring conditions that cause an increased risk of disorders such as diabetes and heart disease. For example, a person with Syndrome X quadruples his risk of heart disease, and is six times more likely to die prematurely. Insulin Resistance vastly reduces the number of insulin receptor sites or 'doorways' on the walls of your cells. The average healthy person has some 20,000 receptor sites per cell, while the average overweight individual with Metabolic Syndrome can have as few as 5,000. If you have too few receptor sites, glucose bounces off the cell wall, instead of passing through the insulin 'door' to be burned as energy. With the cell 'door' almost closed to it, glucose remains in the blood stream, causing elevated levels of blood sugar, which are sent to the liver. Once there, the sugar is converted into fat and stored via the blood stream throughout the body. This process can lead to weight gain and obesity, key factors in Metabolic Syndrome.

Metabolic Syndrome is characterised by having at least three of the following symptoms –

- Insulin Resistance – when the body can't absorb blood sugar or insulin properly
- Abdominal fat – In men this means a 40 inch waist or larger, in women 35 inches or larger
- High blood sugar levels – at least 110 milligrams per deciliter (mg/dL) after fasting
- High triglycerides – at least 150 mg/dL in the blood stream
- Low HDL (the 'good' cholesterol) – less than 40 mg/dL
- Pro-thrombotic state (for example, high fibrinogen or plasminogen activator inhibitor in the blood)
- Blood pressure of 130/85 mmHg or higher

The conditions of Syndrome X are intricately linked with each other. A person who is insulin resistant will typically have higher

than normal triglyceride levels. High blood triglycerides tend to be associated with low levels of HDL cholesterol (high density lipoproteins), which is considered to be the 'good' or protective cholesterol. In turn, raised triglycerides and reduced HDL cholesterol are risk factors for atherosclerosis (narrowing of the arteries), which is a contributing factor in heart disease. Lastly, a person who is insulin resistant is also likely to be overweight or obese – a risk factor in itself for conditions such as high triglyceride levels, high blood pressure and atherosclerosis.

Causes of Syndrome X

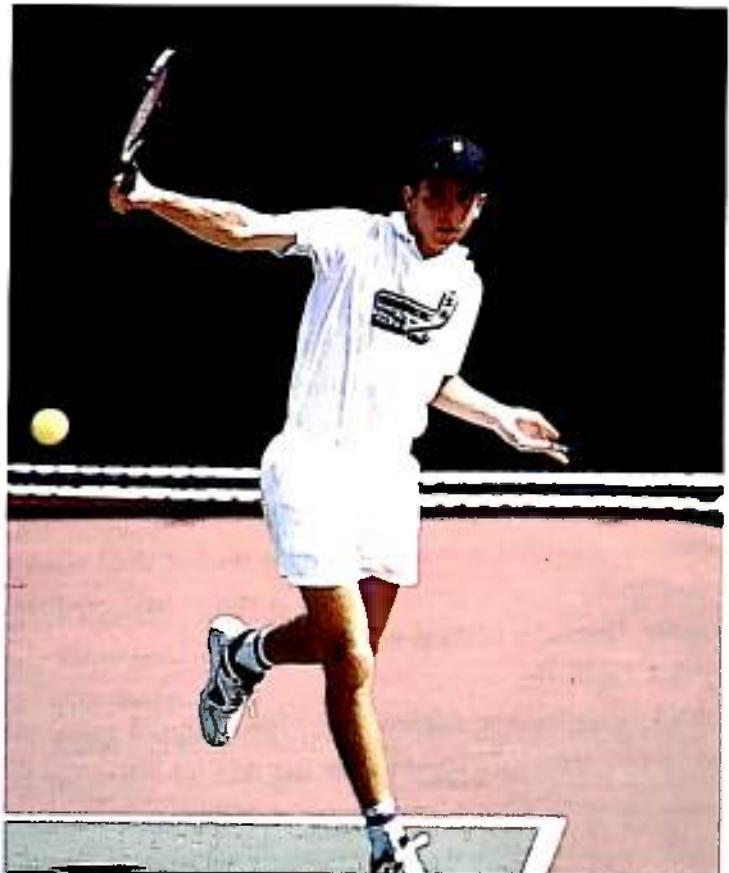
- Incorrect diet
- Excess weight
- Insulin resistance
- Polycystic ovarian syndrome
- Genetic factors
- Fitness and exercises
- Medication

Treatment of Syndrome X

- Make dietary changes – eat less of fats, especially saturated fat and sugars, which will lower triglyceride levels, result in less insulin being secreted by the pancreas, and help you lose body fat.
- Increase levels of physical activity – regular exercise is known to raise the level of HDL cholesterol, and will help you lose excess body fat. Exercised muscle cells are also more sensitive to insulin.
- Manage your weight – with more physical activity and improved eating habits, you will lose excess body fat. As a result, your blood pressure will drop and your cells will be more sensitive to insulin.
- Don't rely on 'low fat' products for weight loss – low fat products often contain greater amounts of sugar than regular products to make up for loss of taste and texture. A diet high in sugar may be a possible risk factor for insulin resistance and leads to weight gain. Instead, eat plenty of natural wholegrain foods, lean meats, and fresh fruits and vegetables.

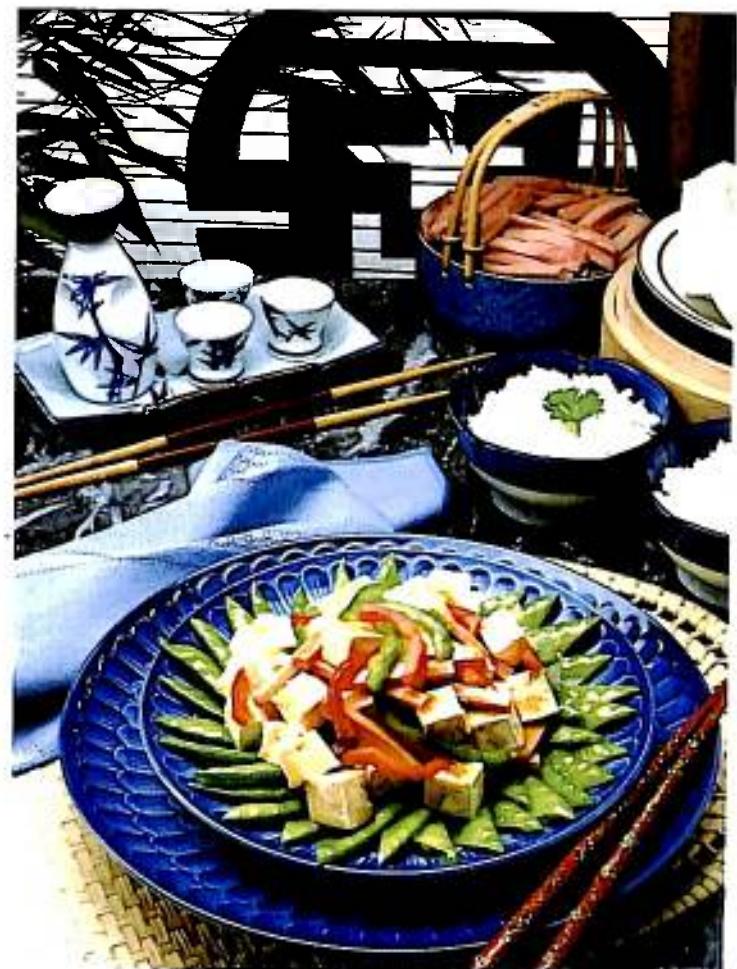
Incorporate as many lifestyle changes as you can – taking steps to eat a healthy diet, exercise regularly and lose weight will dramatically reduce your risk of diseases associated with Syndrome X, such as diabetes and heart disease.

Change in lifestyle, with specific avoidance of substance abuse, smoking cessation, and reduced intake of caffeine and simple sugars. Behaviour modification, including a change in eating patterns



and amounts of various foodstuffs eaten. A modified low carbohydrate lifestyle with exclusion of simple sugar is valuable. Food that does not deliver a high glucose load is preferred (low glycemic index foods). Exercise matched to the level of the subject's aerobic fitness, with medical advice or advice from professional trainers, recommended before beginning an exercise program and periodically thereafter. A diet with a reduced intake of simple sugars, salt, and saturated fat; a controlled protein intake; and an increased intake of healthy fats, such as essential fatty acids in fish oil. Use of nutritional factors specifically designed for managing metabolic syndrome, including oat beta-glucan; antioxidants from berries; alpha-lipoic acid (ALA); chromium; biotin; vanadium; vitamins that will reduce blood homocysteine levels.

~ Neha Rathi
Final B.Sc. in Home Science
Food & Nutrition Section



Capillary FRAGILITY

Capillary Connections

Unlike arteries and veins, capillaries are very thin and fragile. Capillaries are one epithelial cell thick. They are so thin that blood cells can only pass through them in a single file. The exchange of oxygen and carbon dioxide takes place through the thin capillary walls. The red blood cells inside the capillary release their oxygen, which passes through the wall and into the surrounding tissue. The tissue releases its waste products, like carbon dioxide, which passes through the wall and into the red blood cells. Arteries and veins run parallel throughout the body with a web-like network of capillaries, embedded in tissues. When the smallest blood vessels – capillaries – become weak, a person is said to have capillary fragility. Capillaries might even get dilated.

Dilated Capillaries

Dilated capillaries (also referred to as *broken capillaries*) appear as red or pink thread-like lines, usually less than 0.2 millimeters in width. However, when a large number of capillaries are clustered together they may have the appearance of a red patch or a *bruise* that never disappears. Besides the legs, they are often seen on the face and nose.

Bruising after traumatic injury is a normal body response. It is only when bruising occurs often and from very minor (often unnoticed) trauma that a problem may exist. While easy bruising is usually not a cause for concern, people who experience this problem should consult a physician to rule out more serious conditions that may cause bruising accompanied by capillary fragility. Medical causes of easy bruising sometimes may be diagnosed from a few blood tests conducted by a doctor. More often, however, no clear cause for easy *bruising* is found.

Symptoms of Bruising

Bruises look like areas of blue to purple-coloured skin that may turn yellow to dark brown over the course of a few days.

Conventional Treatment Options

The conventional treatment is to manage any underlying medical condition, such as liver or kidney disease, blood disorders (for example, hemophilia, platelet dysfunction, thrombocytopenia, leukemia, and multiple myeloma), connective tissue disorders (for example, scurvy, Marfan Syndrome, and Ehlers-Danlos Syndrome), or the use of blood-thinning drugs. Marfan Syndrome is a rare disorder of connective tissue, resulting in abnormalities of the eyes, bones, heart, and blood vessels.

In Marfan Syndrome, which is caused by a dominant gene, some fibres and other parts of connective tissue undergo changes that ultimately weaken the tissue. The weakening affects bones and joints as well as internal structures, such as the heart, blood vessels, eyes, and intestines. Weakened tissues stretch, distort, and can even tear. For example, the aorta may weaken, bulge or tear. Connective tissues that join structures may weaken or break, separating formerly attached structures. For example, the eye's lens or retina may separate from its normal attachments. There is neither cure for Marfan Syndrome nor any way to correct the abnormalities in the connective tissue.

Dietary Treatment

Even minor dietary deficiencies of Vitamin C can lead to increased bruising. People who experience easy bruising may benefit from eating more fruits and vegetables – common dietary sources of Vitamin C and flavonoids. Flavonoids are often recommended along with Vitamin C. Flavonoids are vitamin-like substances that can help strengthen capillaries and therefore also help with bruising.

Herbs that may be Helpful

In traditional herbal medicine, a compress or ointment of sweet clover is applied to bruises. Enough should be applied to cover the bruise, and several applications per day may be necessary to improve healing. *Arnica* is considered by some practitioners to be among the best vulnerary (wound-healing) herbs available.

Quercetin

Quercetin belongs to a class of water-soluble plant pigments called flavonoids. It is considered to be a phytoestrogen (a plant substance with similar functions as that of estrogen). Quercetin can be found in onions, apples, green tea, and black tea. Smaller amounts are found in leafy green vegetables and beans. Since flavonoids help protect and enhance Vitamin C, quercetin is often taken with Vitamin C.

Fruits and Vegetables

Fruits are often the most nutritious part of the plant and, unlike vegetables, their high water content allows most to be eaten without cooking. Because they are usually sweet, fruits are often eaten as a dessert, for breakfast, or as a refreshing snack.

~ Nitu Agarwal
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Food & Nutrition Section

Understanding ARTHRITIS... And MANAGING it through NUTRITION

Arthritis is one of the most common medical problems in the world, and also perhaps one of the most ancient. Early caveman suffered from it and so did dinosaurs! Fossilised bones of dinosaurs and other reptiles of 200,000,000 years show that they had arthritis.

Arthritis strikes people of all ages, of both sexes, across geographical locations and ethnic backgrounds. Women are at special risk, accounting for almost two-thirds people with arthritis. The exact numbers may vary between different geographical areas, and it may be difficult to cite statistics for each, but if we consider America as a pointer, one person in seven, or nearly forty million Americans have some form of arthritis. With life expectancy on the rise, the number of people with these potentially disabling conditions is expected to go up still higher.

Arthritis is a major cause of disability. The word 'arthritis' is a blend of Greek word 'arthron' for 'joint', and 'itis' for 'inflammation'. So, arthritis literally means 'joint inflammation'. Although people often talk about arthritis as a disease, it is not. There are more than 100 forms of arthritis. Some forms occur gradually as a result of natural wear of joints, and others suddenly appear and then disappear, recurring at a later date regardless of treatment. Other forms are chronic and may be progressive.

Joint pain, a sense of discomfort after periods of rest or inactivity and stiffness are probably the best known general symptoms of arthritis but arthritic disorders frequently affect more than joints alone. Some forms can affect other organs in your body and can



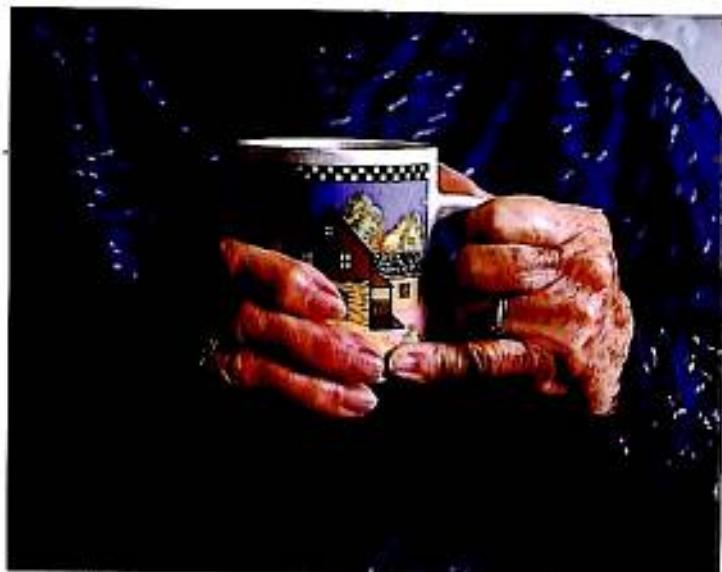
even threaten your life. Thankfully, these potentially fatal forms are rare.

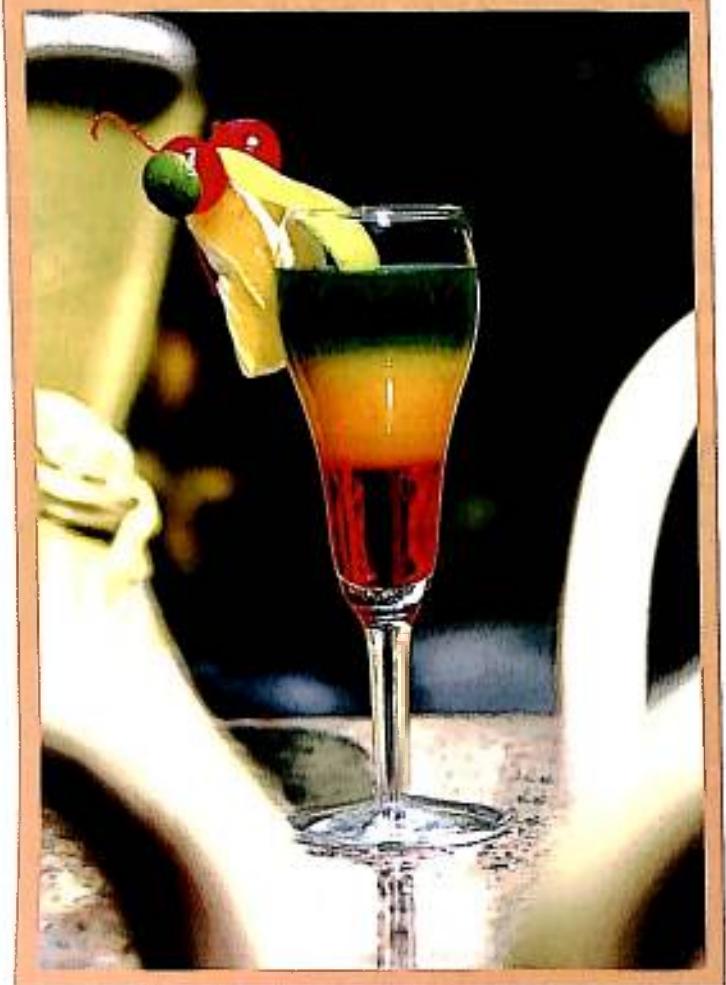
The onset of the disease is usually gradual, with fatigue, morning stiffness (lasting more than one hour), diffused muscular aches, loss of appetite, and weakness. Eventually, joint pain appears, with warmth, swelling, tenderness, and stiffness of the joint after inactivity. Majority of people with arthritis have one of two forms – Osteoarthritis or Rheumatoid Arthritis. And the other less common prevailing arthritis types are –

- Gout
- Scleroderma
- Lupus erythematosus
- Ankylosing spondilitis
- Polymyositis
- Polymyalgia rheumatica
- Polyarteritis nodosa
- Fibromyalgia

Osteoarthritis, sometimes called 'degenerated arthritis', 'degenerative joint disease' or 'osteoarthritis', makes up about half of all kinds of arthritis. Essentially a joint failure, by the age of 65 years 80 percent of people show X-ray evidence of the disease. Men and women are both affected but it is more severe and more generalised in older women. It may affect in any joint in your body.

With osteoarthritis, the problem lies in the cartilage that cushions the end of bone in your joints. Over time, the cartilage deteriorates and its smooth surface roughens. Eventually, if the cartilage wears down completely you may be left with bone rubbing on bone and the ends of your bones become damaged. This is generally painful.





On the contrary, rheumatoid arthritis is a chronic systematic inflammatory disease of unknown cause that primarily affects the peripheral joints in a symmetric pattern. Constitutional symptoms including fatigue, malaise, and morning stiffness are common. Extra articular involvement of organs such as the skin, heart, lungs and eyes can be significant. Rheumatoid Arthritis (RA) causes joint destruction and thus often leads to considerable mobility and mortality.

Joint involvement in RA usually affects both sides of the body equally – the arthritis is therefore referred to as symmetrical. Wrists, fingers, knees, feet, and ankles are the most commonly affected joints. Severe disease is associated with larger joints that contain more synovium (joint lining). When the synovium becomes inflamed, it secretes more fluid and the joint becomes swollen. Later, the cartilage becomes rough and pitted. The underlying bone eventually becomes affected. Joint destruction begins 1-2 years after the appearance of the disease.

The cause of rheumatoid arthritis (RA) is unknown; however, the condition involves an attack on the body by its own immune cells (auto-immune disease). Different cases may have different causes. Infectious, genetic, and hormonal factors may play a role. Rheumatoid arthritis often is more disabling than osteoarthritis. A painful, deformed joint may lead to loss of mobility and stability. Joints affected will be swollen, painful, tender and warm during the initial attack and during flare-ups. In rheumatoid arthritis involvement is of smaller joints of hand and feet whereas in osteoarthritis bigger joints are involved.

Eating for Better Health

If one has rheumatoid arthritis or osteoarthritis, the food choices you make can have an impact on the day to day quality of life. Symptoms of stiffness or pain may limit your ability to prepare foods, in turn; you may rely on whatever is handy rather than well-balanced meals. Poor food selections may result in unwanted weight gain, limited activity and further aggravation of symptoms. In addition the medication that one is taking may alter one's appetite and nutrients need. It is also important to establish good eating and activity patterns.

Many people think that choosing a healthful diet requires making drastic change in what they eat. Often, that's not the case at all. For many a few small gradual changes make a big difference in the long run. Diet plays an important role in preventing and speeding up bone loss in men and women. Deficiencies in or excessive amounts of certain nutrients may increase the risk for low bone density and osteoporosis. Calcium and Vitamin D



deficiencies, of course, are important factors in the risk for osteoporosis. Those who don't get enough calcium or protein may be more likely to have osteoporosis. That's why people who constantly diet are more prone to the disease. People who do not consume enough calcium or who have Vitamin D deficiency are also more likely to develop osteoporosis.

Do food including red meat, citrus fruits, tomatoes, aspartame or alfalfa sprouts aggravate rheumatic conditions? -people with arthritis frequently ask questions such as this one. Because the symptoms of arthritis may vary from day to day, it seems natural to think that what you eat might affect how you feel. There is no scientific evidence that any particular food makes joint pain or inflammation better or worse. If you believe a particular food increases your symptoms it's probably fine to omit that food from your diet. However do not omit whole food groups or a large no of food groups without consulting a dietician.

Whether you have osteoarthritis or rheumatoid arthritis if you are carrying extra weight, weight reduction can reduce stress on your back, hips knees and feet all places where you feel pain. Obesity clearly makes the symptoms of arthritis worse. Excess weight adds stress to your weight bearing joints worsening pain, stiffness and inflammation. A decrease in weight of just 5-10 percent may affect mental and physical aspects of arthritis by -

- Decreasing pain
- Increasing mobility
- Increasing energy level
- Improving self-image
- Providing a sense of control
- Increasing ability to exercise
- Improving balance, which may prevent fall

According to the British Medical Association, a vegetarian diet is known to confer a wide range of health benefits. Researchers have shown vegetarians to suffer less heart disease, hypertension, obesity, diabetes and rheumatoid arthritis. It was found out that vegetarians made 22 percent of the visits to hospital out-patients of non-vegetarians, and spent a similarly reduced proportion of time in hospital.

Researchers have discovered that eating more yellow/orange fruits and vegetables may help reduce the risk of developing inflammatory disorders like rheumatoid arthritis. Previous studies have suggested that Vitamin C and the pigment beta-cryptoxanthin, both of which are found in the mentioned fruit and vegetable, may act as antioxidants, and protect the body against the oxidative damage which can cause inflammation. Ginger is described in Ayurvedic and Tibb systems of medicines to be useful in inflammation and rheumatism.

To conclude, it can be said that there are no cure for arthritis, but with appropriate treatment and right kind of diet, the disease can be kept under control. There is still no drug or remedy which will wipe out the disease in all cases.

Arthritis may be mild, moderate or severe. For most people who begin to follow a proper treatment program early in illness, the amount of permanent joint damage is small. In fact, most disabilities due to arthritis are preventable. With appropriate treatment, diet and weight control most patients can look to future with confidence.

~ Rabia Sultana

M.Sc. Final in Composite Home Science



The Mystery of OBESITY

'Grade 3' Type

Health is a dynamic life process, which begins at birth, and is governed by a number of factors like genetic, nutritional and environmental, throughout life. But due to the sedentary lifestyles and advancement of technology several health problems have crept into people's lives, among which obesity is predominant – a life threatening problem giving rise to various complications. Obesity is a condition marked by a generalised accumulation of excess adipose tissue in the body leading to more than 20 percent of the desirable weight. During the past 20 years, obesity has risen significantly.

Assessment – The most preferred way to assess obesity is through BMI (Body Mass Index), which is, weight divided by height in metre square.

BMI (kg/m ²)	WHO Class	General Term
< 18.5	Underweight	Thin
18.5 to 24.9	—	'Normal'
25.0 to 29.9	Grade 1 overweight	Overweight
30.0 to 39.9	Grade 2 overweight	Obese
> 40	Grade 3 overweight	Morbid Obesity

Grade 3 Obesity

Also called 'Morbid Obesity', this is the most serious type of obesity.

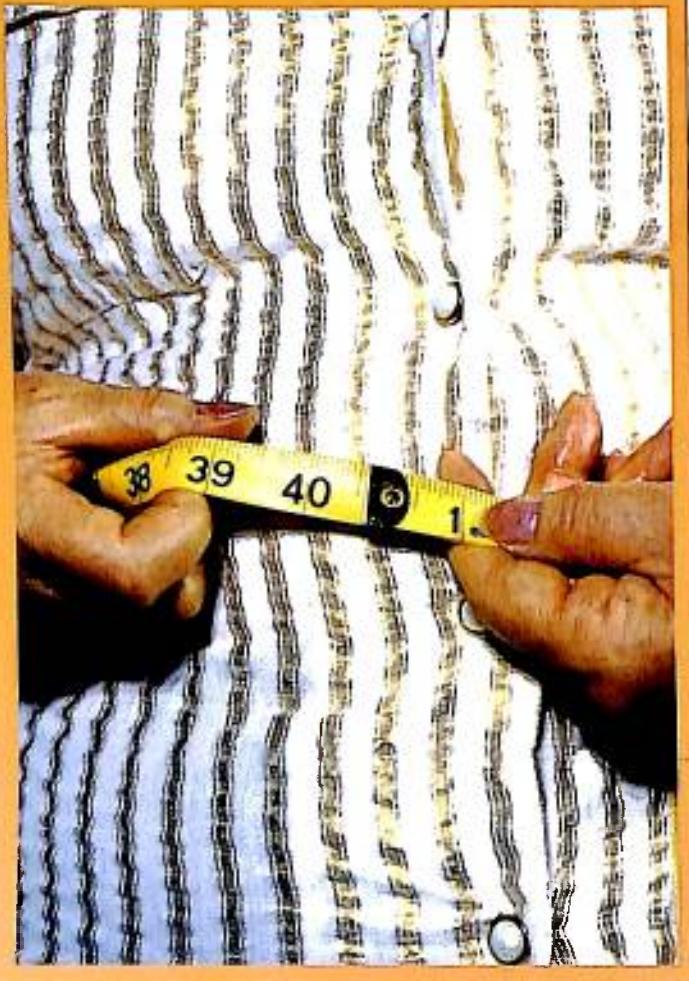
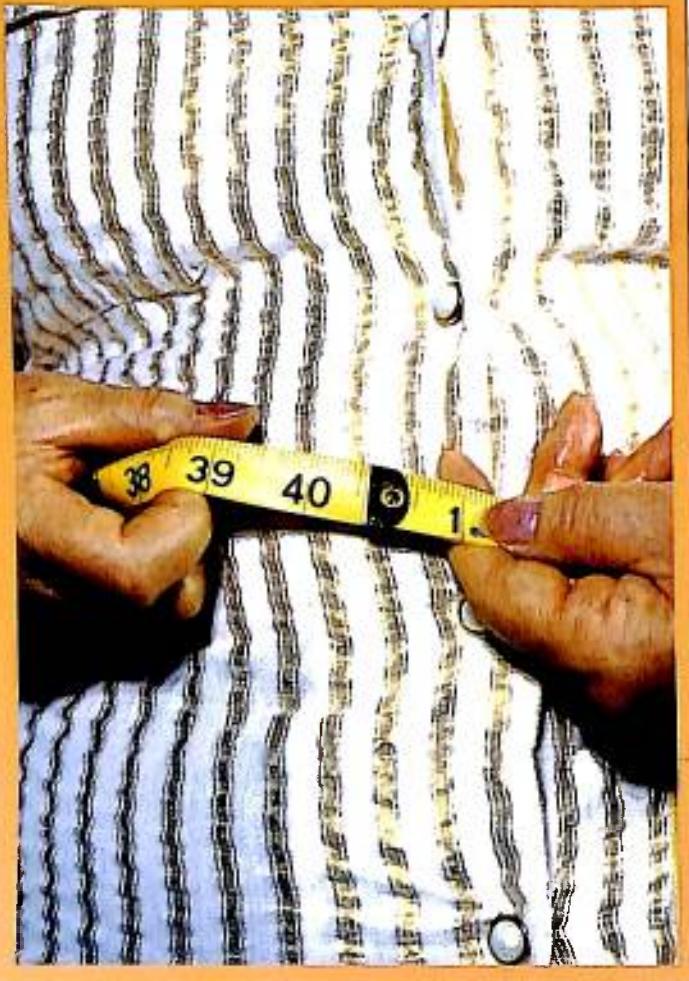
Its causes –

- Genetic factors
- Environmental factors
- Medical condition
- Childhood obesity

The general disabilities faced by these extremely over weight individuals include –

- Respiratory restrictions (Picwickian Syndrome)
- Increased abdominal pressure
- Oesophagitis
- Nephrotic syndrome
- Focal glomerulosclerosis
- Osteoarthritis
- Prone to accidents
- Urinary stress incontinence

Its treatment includes an initial weight loss by 10 percent in six months that can be achieved by –



- Dietary treatment that includes giving the patient a low calorie diet, 500-1000 fewer calories than the normal requirement or a very low calorie diet of 400 to 500 kcal. Moreover, saturated fats (butter, ghee) should be limited, and diet should be rich in fibre and fluids. Lastly, a balanced diet integrating all food groups should be followed.
- Physical activity that includes practice of aerobic exercises like dancing, brisk walking, jogging, cycling and swimming.
- Drug therapy — Three drugs namely Orlistat/xenical (fat blocker), Phentermine (appetite suppressant) and Sibutramine (gives signal of fullness) can be safely used.
- Surgical intervention becomes necessary in cases of morbid obesity. Some of the commonly and successfully used methods include gastric bypass, vertical banded gastroplasty and Roux-en-Y gastric bypass. By the above operations, the stomach size is reduced by stapling a portion or by different ways. Consequently, the patients feel full after consumption of very little food and hence eat less than the body's requirement and lose weight.



Useful Tips to Reduce Obesity

- Consumption of PPN (Peach, Plum, Nectarine) improves anthropometric measurements, specially waist circumference, and reduces the risk of elevated blood pressure. Reason – They are rich in fibre, calcium, magnesium and potassium, and low in glucose.
- Consumption of Whey Proteins helps to lose fat, preserves lean muscles, stabilises blood glucose levels, lowers blood pressure and protects against toxins. Reason – High in Leucine, an amino acid.
- Avocado can be used as a fat replacement in baked goods. It has a pleasing taste and low glycaemic index, and is very healthy and filling. It is low in cost and is easily available. Reason – High in MUFA (Mono unsaturated fatty acid), contains phytochemicals, glutathione and sitosterol.
- Consumption of whole cereals, organ meat, eggs, green vegetables, carrots and lettuce helps in converting body fat to energy. Reason – High in pantothenic acid.
- Consumption of yeast, wheat germ, egg yolk and liver reduces obesity by acting as a fat burner. Reason – Because it is high in choline and inositol.
- One glass of warm water, lemon (one teaspoon), and honey in the morning helps reduce obesity. Reason – Contains fat loosening substances and kickstarts the metabolism and therefore help to burn calories.

~ Kavita Bajoria
Final B.Sc. in Home Science
Food & Nutrition Section

Food PACKAGING

Packaging is an art of presenting a product. Changes in the way food products are produced, distributed, stored and retailed, reflecting continuous increase in consumer demand for improved quality and extended shelf life, creates demand on the performance of food packaging.

Functions of Food Packaging

- Protection of the food from chemical hazards like moisture, oxygen, heat and cold, and mechanical causes like stress and vibrations
- Prevents contamination by micro organisms
- Protects the form, shape and texture of food inside
- Prevents the loss of flavours and odours
- Increases the shelf life of the product
- Provides a medium to the manufacturers to convey information like product features, nutritional contents and ingredients
- Assures the customers about the authenticity of commodities

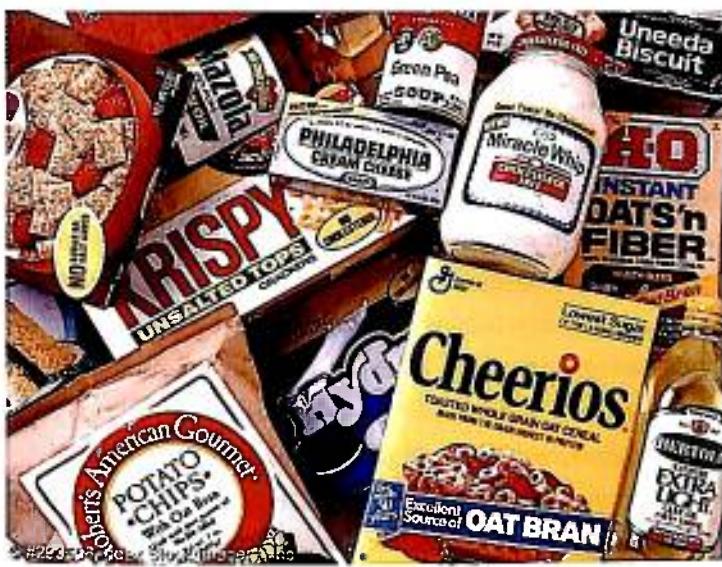
Scientific and technological advances have brought revolutionary changes in the area of food packaging. The success of a product depends on a great extent on its packaging. Manufacturers can cut down on the cost of advertising but not packaging. The package is the 'silent salesman'. Good packaging may not save a bad product, while bad packaging can definitely derail a good one.

Modified Atmospheric Packaging (MAP)

Modified atmosphere is a common technical definition that describes the practice of modifying the composition of internal atmosphere in a food package in order to increase the shelf life. MAP is a technique used for improving the shelf life of fresh or minimally processed foods. The shelf life of perishable products like meat, fish fruits, vegetables is especially prolonged through MAP.

Gases present in a modified atmosphere package – The atmosphere in a MA package consists of nitrogen, oxygen and carbon dioxide. By reducing the oxygen level and increasing the carbon dioxide level, deterioration of foods like ripening of fruits, respiration can be slowed down. Oxygen is essential when packaging fruits and vegetables. Absence of oxygen leads to anaerobic respiration in the package, which accelerates spoilage. So while packaging such foods, oxygen level in the package is kept at 3-5 percent, whereas carbon dioxide level is kept above 10 percent to suppress fungal growth significant.





Modified Atmospheric Packaging is of two types – Gas Flushed Packaging, and Vacuum Packaging.

- **Gas Flushed Packaging** — Under this technique, certain proportion of the air is taken out of the package and the package is then flushed with the desired gas mixture. No vacuum is created in this technique and because of its cheapness it is more widely used than the vacuum packaging method. Products packaged under this method are cheese, fruits like papaya, and vegetables like cabbage and lettuce.
- **Vacuum Packaging** — Vacuum packaging involves complete



removal of air from the package to create a vacuum. The package is then inserted with the desired gas mixture. Products packaged under this method are mainly coffee, snacks and spices.

Packaging Films

There are broadly two types of packaging films used in modified atmospheric packaging –

- **Permeable Films** – These films are suitable for respiring products like fruits and vegetables as there is a need to transmit air to and from the package. Examples of films used as permeable films are HDPE (High Density Poly Ethylene), PVC (Poly Vinyl Chloride), and EVA (Ethylene Vinyl Acetate).



- **Barrier Films** – These films are designed to prevent exchange of gases in and out of the package and are suitable for non respiring products like meat and fish. Examples of films used as barrier films are co extruded films like Polyesterene-Polyvinylidene chloride-Polyethylene.

Advantages of Modified Packaging

- Prevents the growth of pathogenic organisms
- Increases shelf life
- Cuts surface browning
- Prevents water loss

Disadvantages of Modified Packaging

- Expensive technology
- Suitable only for fresh products
- Knowledge about respiration rates of food products is essential

*~ Rachita Shroff
Final B.Sc. in Home Science
Food & Nutrition Section*

TECHNICAL Textiles

Technical textiles are defined as textile materials and products used primarily for their technical performance and functional properties rather than their aesthetic or decorative characteristics.

In addition to the well-known processes of weaving and knitting, non-woven fabrics are also used to make technical textiles. Technical textiles produced by the non-woven process constitute a very significant part of the total technical textiles. Among the different fibres, polyester and polypropylene are used extensively in the manufacture of technical textiles.

Technical textiles maybe used individually or as a component part of another product. Based on the end-use application, technical textiles have been grouped into the following 12 sectors on the basis of their application:

Agrotech (Agriculture, Horticulture and Forestry)

Light weight spun bond non-wovens are extensively used for crop protection. (See Figures 1 and 2)

Buildtech (Building and Construction)

Textile reinforced structural composite panels are used in building construction. Fibre reinforced textile composites are also increasingly being used in shuttering, landscape applications, weatherproof exteriors of buildings, mobile homes, waterproof doors and windows, outdoor furniture, etc.

Clothtech (Clothing and Shoes)

The interlining used in shirt collars and cuffs (fusible and non-fusible) maybe a non-woven. Except for the bottom sole, shoes may have several non-woven components such as heel, toe stiffener, linings, and insoles. etc.; the insole in sport shoes is generally non-woven, the inside linings are non-wovens. The stiffeners in the heels and toe are non-woven. The shoe uppers maybe polyurethane coated non-woven and not actually leather. The manufacture of high quality leather like fabric by polyurethane coating of a specially processed non-woven is extensively being used in the shoe industry.

Geotech (Civil Engineering)

Needle-punched and spun-bond felts offer very good properties of fluid transmission, filtration, separation, drainage reinforcement and protection in civil construction. These are known as geo-textiles and are now extensively used in construction and reinforcements of roads, separating the soil layer in road construction, construction of pavements, stabilisation for railway tracks, soil erosion control, slope stabilisation, canal linings, drains, dams, etc. (See Figures 3 and 4)



Figure 1: Textiles used in Crop Protection

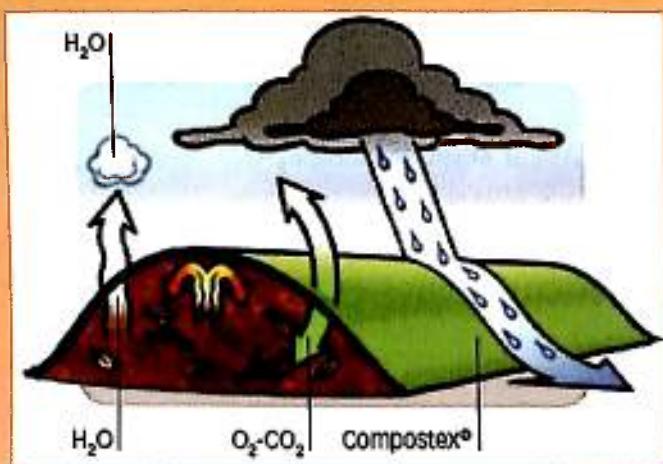


Figure 2: Textiles used in Crop Protection

Hometech (Furniture, Household Textiles and Floor Coverings)

Needle-punched carpets, wall-coverings, vertical blinds, paddings or quilting for upholstered furniture and mattresses could be made from non-woven fabrics. Non-woven waddings for quilts and pillows (siliconised polyester is used because it does not make a crackling sound when compressed) and non-woven felts for blankets and mattress are used extensively.

Indutech (Filtration, Cleaning and other Industrial Use)

Non-woven bag filters for collection of dust are used in cement factories. Liquid filtration, fresh-air filters (Hi-loft waddings), insulating cover for cable wrapping, bitumen composites for waterproofing in construction are all non-wovens. The mop used to clean the floor and the scrubber used to clean utensils maybe of non-woven. Coffee filter and the coffee maker may be a non-woven.

Meditech (Hygiene and Medical)

- **Implantable Medical Textiles** such as vascular grafts, artificial ligaments are used in replacement surgeries. Filament extruded and coated yarns are used to prevent leakage of blood. Carbon fibre is a popular material for tissue repair and replacements. Suspensory and reinforcing surgical meshes are used in plastic surgery. Hydrophobic Sonavel felt dressings are popular in treatments of burns.
- **Extra Corporeal Devices** such as artificial grafts, artificial skin, artificial kidney, artificial liver, artificial heart and mechanical lungs could be made of textiles.
- **Non-implantable Medical Textiles** such as protective eye pads, adhesive tapes, sutures, surgical dressings and wound-pads for cuts and wounds could be of non-wovens. Orthopedic cushion bandages are used under plaster casts as compared to the cotton waddings, which were used earlier. The mask, caps and gowns used by doctors/dentists may be a non-woven. Bed-linen, pillow covers, etc in hospitals are also made from non-woven fabrics.



Figure 3: Drainage Reinforcement

Mobiletech (Automotive, Railway and Aerospace)

Non-wovens are very extensively used as carpets, insulations, headliners, door panels, parcel shelf, padding in seats etc. in automobiles. The carpet, door panels, parcel shelf, roof liner, etc in a car could all be of non-woven. Also non-woven felts are extensively used for insulation of heat, noise and vibration in cars.

Oekotech (Environmental Protection)

Solid waste, both municipal and industrial is best contained in a landfill, which provides better environment to the urban people. Non-woven geo-synthetics are extensively used in landfills.

Packtech (Packaging)

Tapes and split yarns mostly extruded from polyolefins (polypropylene and some polyethylene) are used for ropes, cords,



Figure 4: Reinforcements of Roads

sacks and bags. Tea bags maybe of a light non-woven fabric and not paper. Industrial shipping pellets for various commodities are being increasingly made from fibre reinforced textile composites.

Protech (Personal and Property Protection)

Hi-loft waddings made from hollow polyester fibres are used for winter jackets, etc. Cover-stock for sanitary napkins and baby-diapers for children are non-woven. Protective clothing for ballistic body armours are made of non-wovens.

Sporttech (Sport and Leisure)

Sportswear, including full body suits, sweatpants, sweatshirts, jogging suits, T-shirts, golf jackets, elastic-waist shorts, skiwear and sports shoes, are made of spandex, lycra and latex fibres. Rubber is used in bats gripper to prevent slippage. Rubber covered with felt is used for making soft balls for children. Football kneepads are made of synthetic foams covered with acrylic sheets to prevent injury. Certain technical textiles are also being used in the construction of tennis courts and fields for certain indoor games.

Miscellaneous: The computer floppy has a non-woven liner. Photocopying machines have non-woven pads. The stamp pad has non-woven felt impregnated with ink.



Post WTO Challenges and OPPORTUNITIES for INDIAN TEXTILES

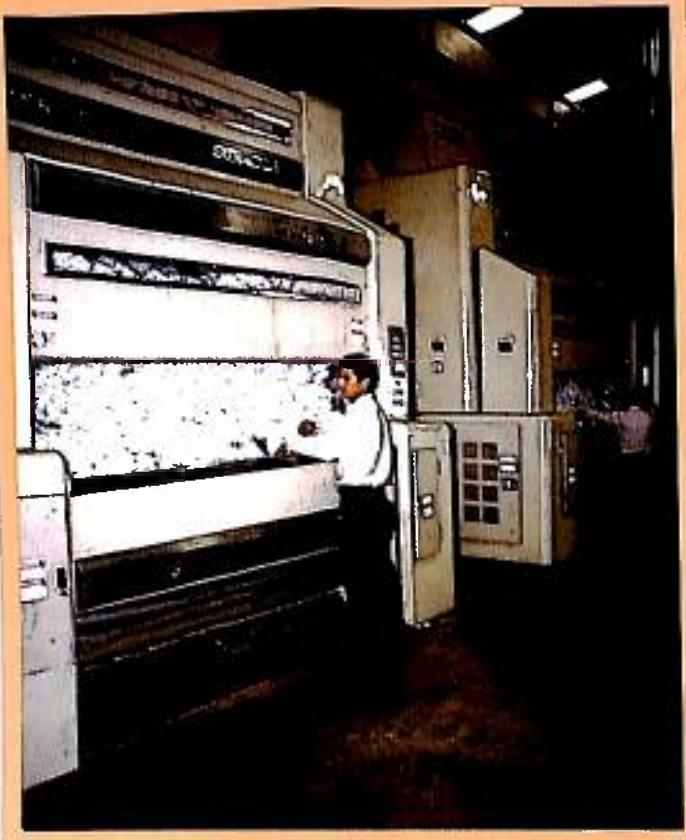
WTO (World Trade Organisation) is an international organisation comprising of members from 124 countries, which governs worldwide merchandise trade. Its basic objective is to achieve expansion and progressive liberalisation of world trade. Additional functions include setting of rules governing trade behaviour, setting environmental and labour standards, protecting intellectual property, resolving disputes between members and serving as a form for trade negotiations.

Under the jurisdiction of the Textile Committee of GATT (General Agreement on Tariffs and Trade) created by the WTO after World War II, the MFA (Multi Fibre Agreement) was negotiated in 1974 as a transitional arrangement to bridge the gap between previous trade restraints and trade liberalisation policies. The MFA was a framework for bilateral agreements or unilateral actions that established quotas limiting imports into those countries whose domestic industries were being seriously threatened and damaged due to rapidly increasing imports. The quotas were the most visible feature of the MFA and conflicted with GATT's general preference for customs tariffs instead of measures that restrict quantities. There were also exceptions to the GATT agreement and hence all the trading partners were treated equally since the new agreement specified how much the importing country was going to accept from individual exporting country.

The MFA was replaced in 1995 by WTO's ATC (Agreement on Textiles and Clothing), which set out a transitional process for the ultimate removal of these quotas. The system of quotas has now been phased out with effect from 1st January 2005 leaving developing countries like India to strengthen their position on their own inherent merit. With a skilled labour force, strong raw material base and large domestic market, India holds a competitive edge and can easily emerge a winner in this respect.

Since India is a major textile producing country with single largest contribution in export, the post WTO situation has obviously thrown a big challenge before the country, which needs to be converted into an opportunity.

The following points highlight the same:



- The Indian textile industry has a large and diverse base.
- In India the textile industry accounts for nearly 13.5% of the industrial production and almost 25% of the total exports.
- The textile sector, next only to agriculture, is the single most important source of employment with 35 million employed directly, and provides total employment of 93 million. The decentralised handloom sector employs about 6.5 million workers, while the power loom sector employs about 4.2 million.
- The Indian textile industry makes 4% contribution to GDP, 7% in manufacturing, and 27% in net export with 2-3% in import and contributes 8% to excise revenue.
- World Trade in Textiles and Clothing in 2002 was to the tune of US\$ 352.6 billion. India's share of US\$ 13 billion contributes to 3.6% of the total world export in textiles – making India rank 6th, while China is the leader with a share of \$79 billion constituting 20% of world export.
- Against the world capacity of 174.8 million spindles (cotton and wool together), India's capacity stands at 39.7 million, which is 22.7% of the world capacity, and ranks India the 2nd largest after China.
- Against global capacity of 8.3 million rotors, India has 0.46 million which constitutes 5.55% and ranks India 5th with Russia in the lead.
- Against 4 million shuttle looms in the world, India has 1.8 million, which constitutes 45% share ranking India as the leader.
- Against 0.76 million shuttle-less looms in the world, India has only 0.62 million, placing India at 9th position while China leads in the sector.
- India has an installed capacity of 3.9 million handlooms constituting 85% of the world capacity and ranking India as 1st.
- India also ranks 1st in jute and jute goods with 61% share in the world.
- It ranks 2nd in production of raw silk with 18% share.
- India occupies the third position in production of cotton with 12.5% share in the world.
- India stands 5th in the world for synthetic fibre/yarn with 6% share.
- India largely depends on import for wool from Australia and New Zealand with 2% share in domestic production ranking 12th in the world.
- It stands 2nd in production of cotton yarn and fabric with 11% share. China is the leader.
- It also stands 2nd after China with 16% share in production of cotton cloth.
- Technical Textiles like Geo-tech for roads, railways, meditech for nappies and diapers, filters, footwear, crop covers under agro-tech etc. has large potential and India can be major player in this sector with a market potential of \$ 127 billion.

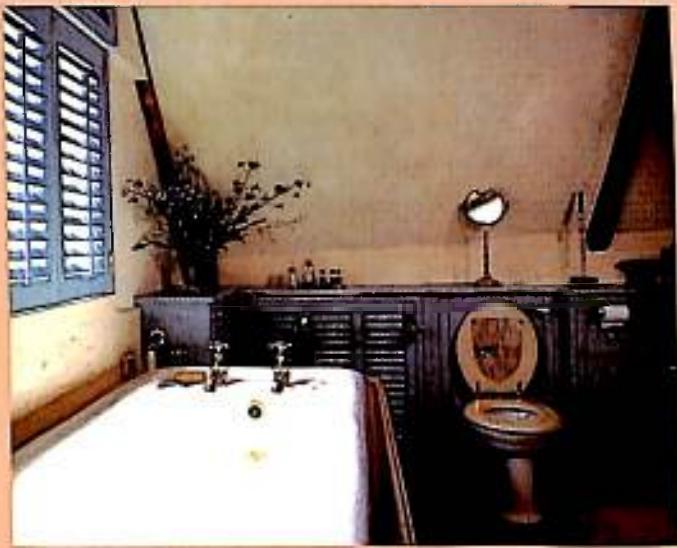
What we Need To Do

- Create an opportunity of a large market with a well-defined strategy, which can help in providing greater dividends to the textile sector.
- Upgrade technology and scale up operations to produce quality and volume and make the Indian products competitive at the international level.
- We need to focus on apparel segment and establish brands.
- Improvement is needed in the processing sector, which is perhaps the weakest link in the chain.
- Knitting sector needs to be explored and exploited with world-class technology.

Target for India

- By 2010, the Indian Textiles and Clothing industry can achieve a total of \$ 85 billion; \$ 45 billion from domestic market, with per capita consumption increasing from 19 metres to 32 metres and \$ 40 billion from exports with global share increasing from 3% to 6%.
- India's share of export of textiles could rise to 35%, aggregating to \$ 40 billion by 2010 from the level of \$ 11 billion in 2002 with an average growth of 18%.
- We need to double our share in the global textile market from current level of 3% to 6%.

~ Textiles & Clothing Section



The Art of BATHING

Water is the essence of life. Our body is made up of 60 per cent water and our brain has 90 per cent of it, so it is no wonder that water plays such an important part in our lives. It is a natural element which also has a strong effect on our home and personal environment. Scientists have found that ground water under a building can create energy imbalances which affect the residents' health and quality of life. Much energy is carried in water; and due to its capacity to cleanse electromagnetic vibrations, water has been used symbolically to cleanse the human mind and spirit. People still bathe in holy rivers, use water for religious rituals and drink spa water for its healing properties.

The revival of hydrotherapy in the current 'New Age' shows the usage of the electrical properties of water to improve the electromagnetic balance in the human body, which in turn stimulates the body's systems into activity. Water can stimulate and relax and help relieve and heal a host of ailments. It can also purify the subtle atmosphere of a room.

To use water effectively to improve your health and quality of life, you need to provide a comfortable and well-designed space in which you can enjoy its benefits.

The Lost Art of Bathing

It is only during the last century that bathing became a private affair. For centuries, bathing was an essential part of social life; the baths were an important meeting place, a social center for relaxation and debate. However, due to the constraints of having to go to a public place to bathe, bathing was gradually (and relatively recently) brought to the home where it could be performed more often. The result is that bathing has now become a rather solitary and mundane pursuit. To add to it, people now hold the attitude that one bathes out of necessity and for hygienic purposes only, which is why the bathroom is mostly confined to being the smallest and darkest room of the house. And the act of bathing today is, for the most part, a clinical affair, where we scrub away our natural body oils and odours, and our skin's protective covering, and then replace our lost oils with body lotions and perfumes.

Revival of the Art

Bathing must be restored to its rightful place as both a pleasurable and relaxed activity. Often it is the only time we have to ourselves in the day, so we should make the most of it and in an environment which offers us the best opportunity to de-stress. And for this, the design of baths/bathrooms requires our high-priority treatment.



■ Bathing Space

Since water is one of the four natural elements, it has a strong connection with the other three: earth, air and fire. So a place of bathing can be enhanced by linking it to nature by opening it to a garden or the sky. Agreed that this is not always feasible in today's apartment buildings; but here too the bathroom could be fitted with large windows where the choice of glass could maintain the required inner privacy and large wide louvered windows (fitted with awnings) could increase the inside-outside interface. And yes, if you're lucky to have a penthouse, a farmhouse (there are a plenty of these springing up these days) or one of those secluded houses (set amidst greens), just go in for an open-top bathroom or fix movable skylights above. Then, with a stunning view of the greens and blues, you could take in a book or magazine, chat with a friend over a tall glass of cool punch, or simply pay attention to your toiletries!

■ Bathing Water

The quality of the water we consume in the home has a direct bearing on the quality of life we will enjoy. So much ground water has become contaminated through toxic sprays and chemicals used on the land that we have almost forgotten the healing qualities of water. Metal compounds also leak into our water from industry and old lead pipes, and it is pretty impossible to get pure water from our water supply.

It is now up to us to make sure we can enjoy pure water. Water filtering is the safest way of obtaining pure water and there are various products available which do this. They take out harmful chemicals/minerals and improve the taste and the smell of the water. Ensure that a proper (and well-serviced) water filtration plant is installed in your building / housing complex.

■ Bathing Styles

Rather than thinking of the bathroom as a place to clean your body, create your own 'health spa' at home so that it includes a variety of relaxation aids such as sound, colour, light, air and moisture-loving plants. You can choose from several 'spa styles' –

■ Showers – A shower needs to be big enough for you to move around without knocking your elbows when washing your hair. It also needs to have a good strong pressure which keeps the water at an ambient temperature. Try to purchase a quality shower head with a pulsating and jet spray. This will enable you to have a massage on your shoulder and back. Remember people are of different heights, so having a shower fixed at one particular height may be all right for one person but not for another.

- Flotation tank – If you do have the privilege of a bath tub (readymade or custom-built), then you can achieve the deepest relaxation by suspending yourself in a watery environment of a 'floatation tank'. Making a simulated flotation tank at home is easy – Into the bath water at body temperature, mix in Epsom Salt (500 grams), sea salt (250 grams) and one dessertspoon of clear iodine (so it does not stain the bath). Use an eye mask and have some restful music playing in the background. Lie in the bath for 20 minutes, topping up with hot water as you require.
- Turkish bath – The ancient custom of Turkish bathing is based on the progression from hot to warm to cold chambers, finishing with a body shampoo and a warm shower which is gradually turned cold. Alternatively, a plunge into a cold pool finishes off the bath, leaving your refreshed and invigorated. It is no doubt difficult to provide several rooms to experience a Turkish-style bath in our modern city homes, but, with a little time and inclination, these principles can be incorporated into your bathing sequence.
- Whirlpool or Jacuzzi – Whirlpools are expensive to buy and run, although they are a good aid when creating a home health spa. The water is passed through pressurised jets and when the water is mixed with air this provides a very fine water massage. Try to immerse yourself at a temperature of 95-104°F (35-40°C) as this gives a sense of buoyancy. Jacuzzis are an excellent way of reducing stress and stimulating the flow of blood into the muscles. Add three drops of your favorite essential oil to the water. Close your eyes and use a creative visualization while you relax in your jacuzzi or hot tub.
- Sauna – The traditional European sauna has now taken over as the favourite way of cleansing the skin by heat. The combination of free perspiration and rapid cooling stimulates the liver and circulation, reduces the amount of muscular and nervous tension and heightens mental awareness. But for this you'd probably need to drive down to your club/gym/spa. The traditional sauna is a log cabin lined with pine boards and heated by an electric or gas stove. Experts claim that the sudden ionization of the air by water produces maximum benefit to the occupant.

The Final Word

So, go ahead and indulge in the art of bathing. And do remember – Bathing should be a true celebration of the human form!

How to DRESS Well

What does it take to dress well? Having lots of money? Well, that helps, but most of all it takes organisation, knowing yourself and your body and taking the time to get it right. Being well dressed is not about wearing the latest fashions; it is about knowing yourself and the styles that look best on you, regardless of the latest trends. Keeping up with the latest trends is not only time consuming and costly but hard work.

If you keep up with current trends and you do it correctly then you probably have an eye for line and design; being fashionable is important to you and because you are a natural, it comes easy. However, for most women this is not the case. For some, it's a struggle to put colours together, let alone patterns, shapes and fabric. To bring those elements together and keep them in harmony with hair, makeup and accessories can be a huge challenge.



The elements of being well dressed -

- Organisation: An organised dresser knows what she owns and the items she needs to complete a look. When she goes shopping she has a list and sticks to it. Her clothes are neat and organized, where they can be easily seen and outfits can be put together quickly.



- Knowing yourself: A well-dressed woman knows her personal style so she is never tempted to buy an item that is not perfect for her. She has assessed her lifestyle, her personality and knows what style looks best on her and what she feels most comfortable wearing.
- Knowing your body type: Women who know their body type and what lines look best on them feel better about the choices they make. Shopping is much simpler because unflattering shapes can be passed over and a lot of money saved when she knows what looks best.

So, you are organised, you know yourself and your body type. Is there anything else? A well-dressed woman is able to take all these elements and put them together with ease. She knows how to match styles, how accentuate, what to wear to certain events and is confident about her choices. In every situation she is feels confident about how she is dressed and is free to tackle the business at hand.

You may be thinking, whew!! That's a lot to learn. The bottom line is – it can be learnt. All of us can be well dressed if we take the time and learn about ourselves and what styles look best on us.

Good POSTURE

You convey a lot of non-verbal information about yourself by the way you hold yourself. A confident, easy, natural walk will make every man's head turn your way more than a pricey perfume or a couture outfit.

Standing Posture

You can find your natural vertical by imagining your spine as a plumb weight. If that's too hard to imagine, watch a 5 or 6 year old child as he/she stands and walks. Children at that age are closer to the ground and haven't yet learned any bad habits, like hunching or walking with their eyes looking at their toes.

Stand in front of a full-length mirror in your bare feet. Put your feet bout 2 feet apart and make sure they're facing forward. Lift your chin. Loosen the tension from your shoulders by lifting them up and letting them fall back in place. Shake your arms to encourage a natural drop from your shoulders. Try to stretch your body higher without moving your feet. Pull in your hips. You should now look relaxed and natural.

Walking Posture

If you're accustomed to carrying a heavy tote bag, you probably have assumed a posture that is slightly hunched. Your shoulders tend to tuck forward to support the weight you're carrying, and you probably also lean forward to align the weight over your natural centre of gravity. You probably have a heavy tread because of the extra weight you carry. This is a useful adaptation but it should be limited to only when you're actually carrying a backpack or tote bag.

There are few more effective ways to ruin your impression by walking as if you're always carrying a heavy load. Take time to be aware of how you walk the next time you're empty-handed: Are you still hunching your shoulders and leaning forward? Are you still stomping each step? These habits can be broken.

Models on a runway exaggerate the swing of their hips and thrust their hips far too forward to be natural, but notice how they keep their chin up and look straight ahead. This is how you want to hold your head when you walk.

Try not to swing or pump your arms when you walk. Arm motion often helps propel you forward when you're in a hurry but to cultivate a sophisticated walk, minimise how much you swing your arms. Taking shorter strides will help you keep your arms from pumping.

Make your step softer by landing toe-first rather than heel-first. The fashion preference for flat shoes has made millions of women comfortable but has resulted in women forgetting how to walk softly. Take small steps and do not rush.

I think knowing how to walk in high heels is an essential skill for every woman. I like to wear high heels because they tighten the muscles in my legs and make them look fabulous, and the



secret to wearing heels is that you don't try to put all your weight on your heels. High heels can be painful if the toe-box of the shoe squeezes the ball of your foot and discourages you from landing toe-first. Heels also demand that you slow down when you walk.

Sitting Posture

Crossing your legs at the knee will encourage varicose veins later in life. Therefore, I suggest that when you are alone or in an informal setting, do not cross your legs at the knee. Sit with your legs flat on the ground. If you want to cross your legs, put your ankle to the opposite knee. Some people think crossing your legs at the ankle is more lady-like, but I think it looks immature.

Crossing your legs at the knee should be saved for important occasions. Always test a new outfit by sitting in a chair to ensure that it does not ride up your leg too highly or that it is not too tight for you to sit comfortably. You will probably spend more time in your outfit sitting, so it does not make sense to judge it solely by how it looks when you're standing in front of a mirror.

When you cross your legs, keep them still. Don't jiggle or tap your feet, don't swing your leg to and fro. These are distracting motions, and will imply that you are impatient with your company and want to leave. This is not a very polite message.

Use the same posture when you sit as when you stand. Don't slump or hunch your shoulders. Keep your back straight and your chin up. Rest your arms either on the chair or in your lap. Place your briefcase and purse on the floor, to the side of your chair so they are out of the way and will not trip a passerby. Try to look relaxed and confident. If the chair is too deep, causing your feet to leave the floor (this happens when designers make seating for men's bodies and forget that women are generally shorter), sit only as far back as you can with your knees against the cushion so you can keep your feet on the floor.

If you are sitting on the floor on a cushion, it's best to sit with both legs to one side. You'll balance your weight on the opposite side of where you've tucked your feet. This may not be the most comfortable position, but it will enable you to keep your back straight. To rise, ask for a man's hand to help pull you up.

~ Resource Management Section

BODY Language

Body language is a broad term for forms of communication using body movements or gestures instead of, or in addition to, sounds, verbal language, or other forms of communication. It forms part of the category of paralanguage, which describes all forms of human communication that are not verbal language.

Paralanguage, including body language, has been extensively studied in social psychology. In everyday speech and popular psychology, the term is most often applied to body language that is considered involuntary, even though the distinction between voluntary and involuntary body language is often controversial. For example, a smile may be produced either consciously or non-consciously.

Voluntary body language refers to movement, gestures and poses intentionally made by a person (that is, conscious smiling, hand movements and imitation). It can apply to many types of soundless communication. Generally, movement made with full or partial intention and an understanding of what it communicates can be considered voluntary.

Involuntary body language quite often takes the form of facial expression, and has therefore been suggested as a means to identify





the emotions of a person with whom one is communicating.

Origins of Body Language

The relation of body language to animal communication has often been discussed. Human paralanguage may represent a continuation of forms of communication that our non-linguistic ancestors already used, or it may be that it has been changed by co-existing with language. Some species of animals are especially adept at detecting human body language, both voluntary and involuntary: this is the basis of the Clever Hans Effect (a source of artifact in comparative psychology), and was also the reason for trying to teach the chimpanzee Washoe American Sign Language rather than speech – and perhaps the reason why the Washoe project was more successful than some previous efforts to teach apes how to dance.

Body language is a product of both genetic and environmental influences. Blind children will smile and laugh even though they have never seen a smile. The ethologist Iraneus Eibl-Eibesfeldt claimed that a number of basic elements of body language were universal across cultures and must therefore be fixed action patterns under instinctive control. Some forms of human body language show continuities with communicative gestures of other apes, though often with changes in meaning. More refined gestures, which vary between cultures (for example the gestures to indicate "yes" and "no"), must be learned or modified through learning, usually by unconscious observation of the environment.

Social Uses

When one thinks of body language one may think of one-on-one communication; however, there are indications that body language may be even more important in group communication. In a group situation, one is aware of the non-verbal communication of each individual in the group, whereas speaking is typically limited to one person at a time. In other words, the larger the group, the

more impact body language has.

Body language is also a factor in human courtship as a subconscious or subtle method of communication between potential mates. Researchers such as Desmond Morris have devoted extensive study toward this behaviour, publishing various works on the subject. Examples

Showing one's palms to the listeners may mean openness and honesty; hiding the palms may mean deceit. Moving the hands close to the mouth or touching the nose may also indicate deceit. It is assumed this is because in the early evolution of human kind showing open palms showed that one had no hidden weapons or purposes. With children it can easily be seen that hiding hands in the pockets or behind the back is more common when telling a lie. A more advanced version in adults is simply not showing open palms. Open palms with raised shoulders exaggerate the expression, further showing "I have nothing to hide".

People often indicate interest by pointing with their leg or knee. Pointing at another person implies interest in or acceptance of that person. Pointing the body away from the hearer implies disinterest and the desire to focus attention in the other direction.

Silence itself can often be a form of paralanguage. It has a variety of interpretations, usually dependent on the individual. Silence accompanied with avoiding direct eye contact, is often taken to mean that a person is thinking about a problem that emotionally affects them. In Western culture, not looking into an individual's eyes often indicates deceit. Specifically, it indicates a desire to be elsewhere, motivated by the discomfort or anxiety that may accompany dishonesty.

~ Resource Management Section

(Inspired by M. Argyle's 'Bodily Communication'; New York: International Universities Press)

Scholars' SCRIPTS



Just A Dotted Island

How does it feel?

To climb the highest pinnacle,
And come rolling down like thunder.
To promise, your heart belongs to someone,
And yet, that one heart is just not enough.
To earn respect from the most honourable firm,
But the shock of unemployment loses it all.
To fight the toughest gladiator,
And for others just an evening of pleasure.
To possess all the possible jewels,
Alas...not a soul left behind, that wealth... futile.
To return back home after the eight hour,
Worse still...not a comforting word discussed.
To shed streams of tears, made of sweet wine,
And yet, no sign of sympathy for the lonely child.
To win the Olympics, the title of gold,
Yet no smile of pride ornamented with kisses and hugs.
To grasp the epitome of beauty,
Which sooner or later refuses to stand by.
alone we entered, alone we exist,
this world is just a dream, and its glory...transient.
there may be myriad souls crying for companionship,
but after all... man is merely a dotted island.

~ Zainab Limbdiwala
First B.Sc. in Home Science
Section B

Victims

Under the darkness
within the prey
the softest skin
pierced by the beats.
the beats of a heart
fallen victim to the beast.
ripping it in a flash
without an intention to kill.

"beneath thy shrine,
I hereby declare...
weakest art thou contemporaries
and those to come"
flashy, ornamented... yet inscribed
by the crippled poet...
a victim of HIS HIGHNESS.

surrounded by the richest walls
enclosed within the prisons of pine
fallen short of insight
and most of all LOVE
left all alone...not a gentle soul beside.
there lies the wealthiest man...
abound in misery
wasn't he a victim of power?

little that we know...
walking with heads held high
holding our own sceptre with utmost pride...
bent to wade through all storms
shattering the intervening mist...
and yet too small as we watch ourselves
falling victims to THE BASIC INSTINCT.

~ Zainab Limbdiwala
First B.Sc. in Home Science
Section B

Knowledge

Three things to Cultivate	-	Sympathy, Cheerfulness, Contentment
Three things to Stick to	-	Love, Friendship, Promise
Three things to Value	-	Time, Health, Wealth
Three things to Respect	-	Teachers, Parents, Elders
Three things to Prevent	-	Sloth, Idleness, Falsehood

~ Shital Saroogi
First B.Sc. in Home Science
Section B

She Laughs Like A Child



I see her waving across my window,
As fresh as the morning breeze,
She feeds the birds as though they are her bosom...
And yet no sign of grief
I find, as she laughs like a child.

I see her standing there in the evenings too,
The crimson rays shimmer through her wrinkled face.
The bustling city flashes by her,
And yet she waits there... smiling like a child.

The next morning, when I wished her...
"good day ma'am",
I saw that sparkle lurk in her dying eyes.
That excitement, that vigour,
Which is so hard to find
And yet fails to overpower her loneliness inside,
An attempt to hide, she laughs like a child.

She waits and waits for the doorbell to ring,
Turning to the left, the telephone lies, as always, silent.
But hope she believes is never to be lost...
She wraps 'their' gifts, she bought for Christmas.

Then one morning...I saw her again,
But that innate joy and sparkle was missing.
She read it again and again... disbelieving
the words written
The letter read - "Mother, busy during holidays...
cannot make it...hope you like the present we sent".

There she stands... all alone
Miles away from where she belongs.

The next day when I looked outside,
Hoping to see that childlike glimmer,
As though with deceiving eyes...
She was seen nowhere.

The birds were chirping, the wind was light,
And yet there was something... truly missing.
She never came... ever again.
But I do know, she's happy now...
The place where she truly belonged
Welcomed her like a child in a mother's arms...

~ Zainab Limbdiwala
First B.Sc. in Home Science
Section B

In Pain



When you're in pain and
It seems like no one understands
When it has gotten exhausting
To even talk about the way you're suffering
Remember God.
Others may turn their back to you
But He never will.
You need explain nothing to Him.
He knows how you suffer and
He can see what's in
Your heart.
Lean on Him.
Put your faith on Him.
He promised that He would
Never forsake you and
You can depend on Him.

~ Aakanksha Bhivaniwala
Inter B.Sc. in Home Science
Section A

Can't Help Myself



I'm not supposed to want you to care
And yet I spend my time dreaming of all
That we could share.

I'm not supposed to think about you or
Wonder where you have been,
But no matter how I fight
Thoughts of you sneak in.

I'm not supposed to ponder
Where you are each night
But you creep into my vision
When the stars shine bright.

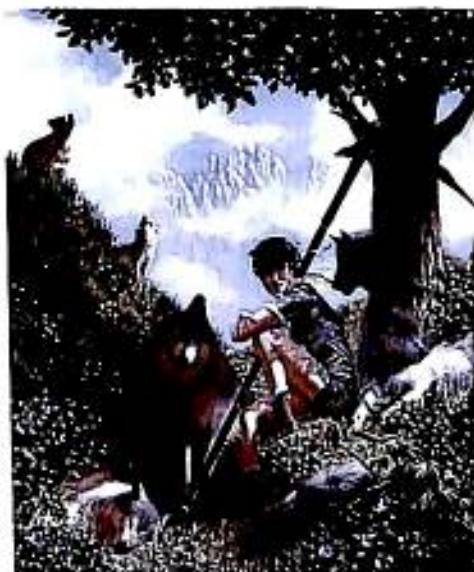
I'm not supposed to yearn so
Always wishing you were here
But I hunger for your kisses
And I long to draw you near.

I'm not supposed to imagine
Where you are and what you do
I know I shouldn't cater
To a single thought of you.

I'm not supposed to need you
I know these things to do
And yet I can't help myself.
Because I am in love with you...

~ Aakanksha Bhutwanivala
Inter B.Sc. in Home Science
Section A

I Fight Like A Girl



*In this world, where girls are still not being given the respect they deserve,
this blank verse is worth considering and reflecting upon.*

I fight like a girl who refuses to be a victim.
I fight like a girl who's tired of being
IGNORED and HUMOURED and BEATEN and RAPED.
I fight like a girl who's been pushed
Too far.
I fight like a girl who has a lifetime
Of ANGER and STRENGTH and PRIDE
Pent up in her girly body.
I fight like a girl who does not
Believe in FEAR and SUBMISSION.
I fight like a girl who knows
That THIS BODY and THIS MIND
Are mine.
I fight like a girl who knows that
YOU ONLY HAVE AS MUCH POWER
AS I GRANT YOU.
I fight like a girl who will never
Allow you to take more than
I offer.
I fight like a girl who FIGHTS BACK.
So, next time you think you
Can distract your self from your insecurities
by victimising
A girl...
THINK AGAIN...
She may be ME and
FIGHT LIKE A GIRL.

Compiled
~ Snigdha Agarwal
Inter B.Sc. in Home Science

The World Has Become A Drama

The world has become a drama
Where artists are its people
Money is the moral
Nothing is left real

Cruelty is the theme
Fraud has its own scheme
Love is kept in prison
Faith has lost its vision

Minds are the machines
Heart is divided into teams
Jealousy is the playback song
Hatred has won the crown

Friendship is a game
People kill to earn fame
Emotions are not allowed to enter
Stealing has become the main centre

If a world like this exists for long
Then every right will become wrong
Only we can do something about it!
It's better if now we realise it.

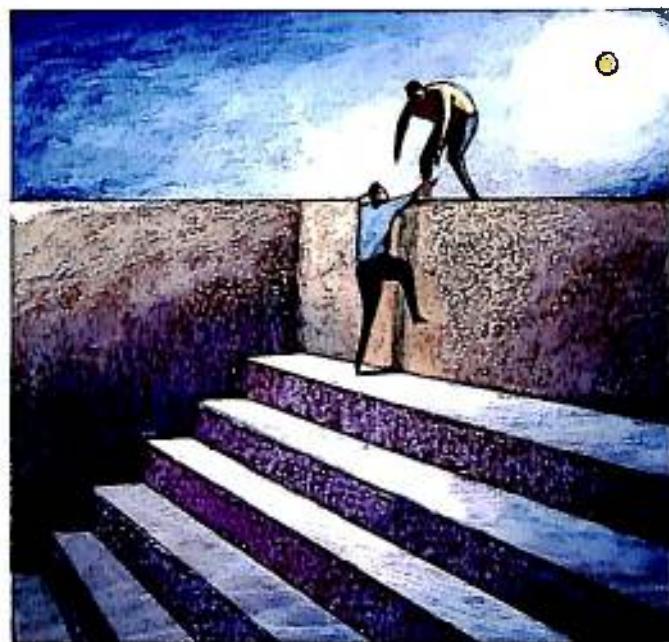
~ Sonika Agarwal
Inter B.Sc. in Home Science
Section B

If You Want

If you want to KEEP
Keep your promise.
If you want to CULTIVATE
Cultivate good manners.
If you want to READ
Read good books.
If you want to DRESS
Dress wounds of others.
If you want to KILL
Kill your pride.
If you want to WRITE
Write your mistake.
If you want to SOW
Sow seeds of love.
If you want to DIE
Die for your country.

~ Shital Sarangi
First B.Sc. in Home Science
Section B

Good Quotes



The good you do today,
People will often forget
Tomorrow;
DO GOOD ANYWAY.

If you are successful, you
Will win some false friends
And some true enemies;
SUCCEED ANYWAY.

If you are kind, people may
Accuse you of being selfish,
And having ulterior motives;
BE KIND ANYWAY.
What you spend,
Years building,
Someone may try
To destroy overnight;
BUILD ANYWAY.

If you are honest and
Frank, people may
Cheat you;
BE HONEST AND FRANK ANYWAY.

Give the world the
Best you have, and
It may never be enough;
**GIVE THE WORLD THE BEST
YOU HAVE ANYWAY.**

If you find serenity
And happiness, they
May be jealous;
BE HAPPY ANYWAY.

You see, in the final
Analysis, it's between
You and God;
**IT WAS NEVER BETWEEN YOU
AND THEM ANYWAY.**

~ Payal Shah
Inter B.Sc. in Home Science
Section B

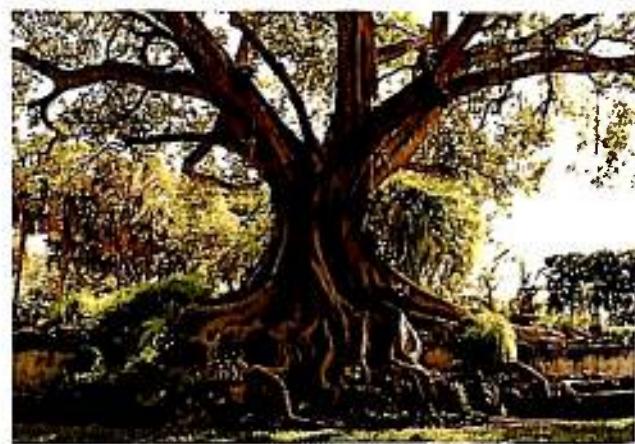
Super Seven Slogans



- Try to get things you like,
Else you will be forced to like what you get.
- Raise your glass to the sky,
With hopes and dreams held high.
- Seven days without laughter = A Weak.
- I will graduate no matter how long it takes.
- Stop terrorism, stay single.
- You smile when you are happy,
I smile when you are happy.
- Trying to forget someone you love,
Is like trying to remember someone you've never met.

~ Payal Shah
Inter B.Sc. in Home Science
Section B

Tree



Why can't you bear my survival?
Why do you cut me down?
Why don't you help me grow up?
So that I can be more useful all around

Love, care and protection is all that I want from you
And in return I shall help you in things that you do

Come to me, be with me and then you will realise my survival
I also feel, I also breathe, so don't cut me down my dear people.

~ Sonuka Agarwal
Inter B.Sc. in Home Science
Section B

Memories

Remembering my classmates after few years,
My eyes were filled with tears,
Everyone is now busy a lot,
No one escaped destiny's plot.

Saw the guy, whom once I thought as my best friend,
Oops! Today he is somebody else's boyfriend,
After months, remembered about him for a while,
Heard he is happy, that made me smile.

Project reviews to campus interviews,
Nicknames to last bench games,
Cultural rehearsals to love proposals,
Short term crushes to classroom blushes.

Everything is fresh in my mind,
Wish life could just rewind,
Let's laugh, play and rejoice,
Once again become college gals.

Chatting and laughing, we all were in elation,
Till the painful moments of separation,
When it was time to part,
We returned with a heavy heart.

Today life is full of commitments,
And to many worries,
But those cherished moments,
Will live forever in our memories!!!

~ Megha Kejriwal
Inter B.Sc. in Home Science
Section B

Life... A Reality

You may close your eyes
And may go into a deep sleep
Can forget for that while...
Your present
Your worry for future

In those silent hours of the night,
You may dream an impossible dream...
You may see everything in the dark
That may not bless your waking eyes:
You may hear in the silence,
That may you want to hear.

But remember, life is not a passing sleep
For when you wake up,
Things may not be like as you want them to be.

So, make a move...
Walk up to your destiny with your eyes wide open.
Dream... Dream... Dream...
Only
While you walk.

Wake up, before it is too late
Wake up....Wake up....to
REALITY

~ Sonam Gupta
First B. Sc. in Home Science
Section B

Miss You Badly...

While I'm sleeping tonight,
you can bet that I'll be
dreaming about you.

I miss you badly!
I spend my days
thinking about you.
I spend my nights
wishing you were here.

I can't wait until
you return to wipe away
these blue tears.
I love you,
and I'm always
thinking of you!



I guess I'll keep dreaming
until the day that you
come home to me.
Then everything will be golden
just like it used to be.

~ Aakanksha Bhutwanwala
Inter B.Sc. in Home Science
Section A

To A Heartless Friend

I used to dream of having a friend
Whose love and care had no end.
Soothing and heart-touching as dew
Who can be compared to only few.
Always at my help to curb my evil fiend
And accompany me on paths of sand



Oh! Precious was the day when I found you
Still more precious were the moments shared with you?
The happiness the joy seem to come along
No more my feelings and me all alone
I too got someone who has deep concern for me
Ah! I realise I was incomplete without thee

Alas! I mistook in choosing a friend
Who gave my life a disastrous end?
Turned away and left me fighting with my emotions
Friends are feelingless is my unchanged notion
Falling from heaven down on earth
Oh! I am deprived of my life's joy and mirth

Haunting memories sharp and cutting as knives
With beautiful exteriors, friends are similar to beehives
My friend you made me realise
You are the mistake of my life
Never more can I trust friends now
Away from friends is my vow
Friend this whole credit goes to you
You are the one to give me this ugly view.

~ Priyanka Goel
Human Development Section

Restart Again...

One fine morning it may so happen that you get up
To find everything in a mess.

Your FRIENDS not around you,
Your ENEMIES laughing at you,
Your WELL WISHERS gone in fear of supporting you,
Your RELATIVES not wanting to lend their shoulders to cry on.

MONEY would say: I have to go to another person.
BEAUTY would say: I no longer want to stay with you.
PRIDE would say: You have taken enough advantage of me.
REVENGE would say: Who shall I fight with?

In that situation, when even your soul denies to live in you,
You will find only one and only one to be standing by you,
And that is EDUCATION,
With which you can start to live and exist again
And which will bring you near and nearer to GOD.

So don't let your EYES deceive you
Understand the true value of education
Which is precious than any other ornamentation.

Care for EDUCATION...
Otherwise you may forget to
RESTART AGAIN.

~ Sonam Gupta
First B.Sc. in Home Science
Section B

Test Your Tongue

Here are some tongue twisters. Try them.

- If you understand, say "understand". If you don't understand, say "don't understand". But if you understand and say "don't understand", how do I understand that you understand? Understand!
- Mr. Inside went over to see Mr. Outside. Mr. Inside stood outside and called to Mr. Outside inside. Mr. Outside answered Mr. Inside from inside and told Mr. Inside to come inside. Mr. Inside said "No", and told Mr. Outside to come outside. Mr. Outside and Mr. Inside argued from inside and outside about going outside or coming inside. Finally, Mr. Outside coaxed Mr. Inside to come inside, then both Mr. Outside and Mr. Inside went outside to the riverside.
- I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.
- A sailor went to sea to see what he could see. And all he could see was sea, sea, sea.
- If two witches were watching two watches, which witch would watch which watch?
- I thought a thought. But the thought I thought wasn't the thought I thought I thought. If the thought I thought I thought had been the thought I thought, I wouldn't have thought so much.
- If one doctor doctors another doctor does the doctor who doctors the doctor doctor the doctor the way the doctor is doctoring doctors? Or does the doctor doctor the way the doctor who doctors doctors?
- If you tell Tom to tell a tongue-twister his tongue will be twisted as tongue-twister twists tongues.

Love

One night I had a dream
A girl in red asked me
Do you know what love is
I thought a lot
And then innocently said I know not
She smiled and laughed
Gazed at me strangely
But sweetly calmly said to me
Love is a blessing
Love is life for those
Who truly knows the worth of it
It's a relation of affection and care
Divinely bestowed
And is itself divine
A streak of light
In a dark bleak home
Hope of the optimist
Strength of the warrior
Source of pathos for a broken heart
Extremely glad to hear her
I looked at her admiringly
She expressed as sweetly as herself
And I came to know what love is
But still sad to know
It's less valued now
More sympathetic than this
We miss this golden bliss

~ Priyanka Goel
Human Development Section

~ Sapna Makhija

First B.Sc. in Home Science
Section A

Love Awkwardly... Song Of My Heart

I yearn to love and be loved. Yet I am whole without it. Because if you allow yourself to be governed by love to the extent that either you are depressed by its absence or more seriously, you – the individual – are suppressed by its presence in your life, it only brings more unhappiness than the happiness love can ever offer.

"You can't own a human being and thus you can't lose what you don't own."

For instance, I don't think Nafisa Joseph's (who hanged herself after her fiancé called off their marriage) suicide was about love. It was a response that alludes to lack of emotional well being. Though I don't really claim to know what love means to today's youth, in my private dictionary it is an emotion that is felt rather than expressed, dreamt rather than lived.

Love is the power that changes oneself – makes and moulds oneself into a beautiful person. Not only because the people themselves change, but the relationship is the definition of one's self. Love is also imperfect. Perfect love does not exist. Take it or leave it.

But I live with perfect love – in my dreams...it is the song of my heart, my definition, my real self. It is like the white clouds lingering onto the clear blue sky. Love is the most beautiful emotion on earth, and really does not need any one to love. One can just love...Just like me...

The song I begin to sing remains unsung to this day
The time has passed over me, while playing
And not playing, stringing and unstringing
My instrument to the tune of love.
He came beside me, when the night was
Still dark, leading to eternal nothingness and
I was alone.
My eyes woke not; I was deep into my sleep
Enjoying it – was I cursed? A question, which had no answer
Oh! It's a terrible feeling, butterflies in my stomach,
I am immobile, shivering
From top to bottom.
A feeling trying to overpower me, drive me along,
Whisk me off, making me fly on the wings
Of a white dove, enveloped in love.
He was there with open arms,
Making my dreams play, stringing the
Tunes of love.
Alas! I am still lost – why?
Will I always fail to see him whose breath
Touches my heart, refreshes my soul...
Dawn is yet to come – I could feel the wind
Rushing by, touching me with loving care
Waiting for me to wake up – as a different being,
A precious flower.
I have yet not seen his face, but know
He is pleasing to the eye,
I have not heard his voice, but know
It is deep and melodious,
I have not seen his eyes, know not
What colour they are – but know that
It is deeper than any ocean.
I have only heard his footsteps, coming
Towards me
And my pulse – beating with every step he takes...
Love is immortal, but life is not
I live till this day in the hope – to meet him

But when?
The time has not come; the music is yet to
Start
Only the wish to meet him remains in my
Heart.
He will meet one day, surely
The meeting will be as hot and pious
As the fire
As innocent as the little dove and the morning dew,
As sweet as the nightingale's song,
As vibrant as the sun's rays glittering on the
Mountain peaks...
We will meet one day!

My eyes opened...By the time I managed to distinguish between dream and reality, to shake off the remnants of the beautiful feeling, the sky outside was awash with gray light, the clouds hanging low. As the present gradually came back into focus, I stood dazed. It was such a different feeling, a whole new world of emotions developing inside me. My heart jumped for joy, I could feel the harsh wind, could feel the rain fall on me like an endless stream – each drop seemed like the very epitome of love and affection. I felt as if the heaven is pouring all its blessings on me. And I realised that I am in love, in love with my imagination, my dream – with the voice that is unheard, eyes that are unseen – this is love for me which defines me: innocent, pure, and perfect world of utopia. I realised that this is a non-practical dream, but then, if dreams provide happiness and help to mould you into a better person, then what harm is there in dreaming? That too, if they are about love? I would love to live with my dreams – my eyes will open to the morning sun caressing me lovingly. Till then let me remain immersed in my dreams, heart and soul.

"Was it a vision, or a waking dream?
Fled is that music. Do I wake or sleep?
~ John Keats

I'm in love, but awkwardly.

~ Shradha Damani
B.Com. (Hons.) 1st Year

Fashion Parade or Foolish Charade



What is fashion? What is style?
A waste of money, clothes in a pile...
And all these trends just last awhile.

Ads on the radio, papers and TV
You don't need to buy everything you see
Because out there nothing is for free!

Clothes, cars, cell phones and everything 'cool'
It's just another adline, don't be a fool
A trick to get buyers – a shopkeeper's tool.

~ Anuja Goenka
B.Com. (Hons.) 1st Year

Power Of Words

"No man means all he says, and yet very few say all they mean, for words are slippery and thought is viscous." ~ Henry Brooks Adams in 'The Education of Henry Adams'

It is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times. So read and understand this story to know the worth of your words –

A group of frogs were traveling through the woods, and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead. The two frogs ignored the comments and tried to jump up out of the pit with all of their might. The other frogs kept telling them to stop, that they were as good as dead. Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died. The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?" The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

Moral of the Story

- There is power of life and death in the tongue. An encouraging word to someone who is down can lift him up and help him make it through the day.
- A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say. Speak life to those who cross your path.

"Never lose a chance of saying a kind word." ~ William Makepeace Thackeray

~ Sapna Makhija
First B.Sc. in Home Science
Section A

Key To Success

IF you read less and write more,
IF you talk less and think more,
IF you play less and study more,
IF you avoid less and try more,
IF you hate less and love more,
There is no doubt of you will succeed more.

IF you order less and obey more,
IF you blame less and play more,
I swear people will trust you more...

IF you eat less and digest more,
IF you sleep less and stay aware more,
IF you worry less and work more,
IF you weep less and laugh more,
Believe me you will be healthy more.

IF you work less and produce more,
IF you hold less and give more,
IF you are proud less and submit more,
IF you sit less and act more,
I assure you your popularity will be more...

~ Rashmi Dubey
B.Com. (Hons.) 1st Year

Facts Of Life

Caution! You are about to enter a world where many despise entering, some hate while some get bored in it; yet it is a paradise for all book lovers. Welcome to the world of literature which is filled with a variety of books and enriched with thoughts. The million of words printed in the pages of a book are expressions of the author's thoughts, views and imagination. Many times we are able to associate our emotions and feelings with those of the writer's because we are all created by One Supreme Being and therefore share similar human experiences.

Recently I read a book entitled 'The Chamber' written by John Grisham. The story is about a criminal who is convicted of murder and is awaiting trial. However, his grandson, a lawyer by profession, comes to defend him and tries to save him from a possible death sentence. He tries very hard to defend his grandfather but his attempts proved futile. Towards the end of the novel, the author gives a vivid description of human emotions on how a person wants to cling on to life at the time of death and no one no matter how hard-hearted or cruel, does have some trickle of emotions buried deep inside their hearts.

The story has emphasised on how precious and uncertain life is. We may imagine what our life could be ten years down the line, but it may not turn out to be so. Today we are here living, breathing; tomorrow we may be dead and gone, because the future is unknown, vague and unpredictable and no one knows what the future has in store for us. The greatest tragedy of this world is that we tend to take everything for granted beginning from the love, affection, comforts, necessities that our parents bestow on us to the greatest gift of all – life. What we fail to realise is that many of the people all over the world yearn for all those basic that we have in abundance. We fortunate ones do not realise their value until they are taken away from us, and then we can do nothing but regret our past mistakes. Lastly, this novel highlights the fact that we must not hold grudges against anyone because we never know when it may be too late to apologise. So friends, why lead such a regretful life when it is still not too late to amend our ways?!

~ Lee Fung Chun (Fiona)
B.Com. (Hons.) 1st Year

Superstitions

Superstition – beliefs which are not founded on facts, those which arise out of ignorance and the fear of the unknown. In our everyday lives, in someway or the other we do certain things which have no scientific explanations. For example, while leaving the house if someone sneezes, one has to sit for sometimes and then leave. Some more of these –

Black Cat Crossing The Road – The most common superstition people believe in is that of the black cat crossing the road, but most of them could not give any explanation and that they acquired it by hearsay. From our research we have found out that this superstition has originated from Christianity. Not only in Christianity, but also in Hinduism and Egyptian mythology, the cat is considered as the guardian of the underworld or the keeper of the spirit world. So if the 'guardian' crosses the path it definitely means something evil is suppose to befall!!!

Evil Mask – A common sight on a newly built house in India is an ugly mask displayed on the front door or the wall. This is of course to ward off any evil spirits that may be lurking around the house. It is believed that is new is especially attractive to the evil spirits who will do anything to damage it. So the obvious solution is to hang an old and ugly mask in front of the house, which will take away the newness and the beauty of the house, so the spirit will not do any harm.

Breaking Mirrors – It is another superstition that breaking a mirror bring seven years of bad luck. This superstition dates back to the Roman civilisation, when believed that the reflection in the mirror is actually the soul. So breaking a mirror means bringing bad luck upon oneself because one's soul is damaged!! To prevent this they had gazing pools in their gardens in which they could look at themselves.

Walking Under The Ladder – It is said that it's bad to walk under the ladder. This came from early Christian belief that since the ladder forms a triangle with the wall it leans against and the ground, it forms the Trinity, and one must never violate the Holy Trinity by walking through a triangle, because if one does so, it means that you are on the side of the devil.

All these are harmless superstitions. It doesn't harm any body to sit for some time if someone sneezes or to wait for a while if a cat crosses the path. But there are few superstitious beliefs, which cause bloodshed and loss of lives. Faith on supernatural concepts makes people ignorant and blind to rationality. In this age of science and technological revolutions, where we judge by facts and not by fiction, we still find people believing in untouchability, sorcery, witchcraft and wizardry.

Excerpts from a seminar presented by
~ Sudipta Dey, Saheli Dhol, Satarupa Patra, Debolina Chakraborty and Shreya Kanjilal
Inter B.Sc. in Home Science

Trips & TOURS

Annual Trip to Mumbai and Goa in December 2005

December – the word brings to our mind the notions of Christmas tree, Santa Claus, warm woolens and of course the ‘annual college excursion’. So when the end-semester examinations got over, we put our pens and papers out of sight and packed out traveling bags to set out for a nice sojourn to Mumbai and Goa.

After two nights on a moving train, we were more than relieved to finally set foot on solid ground at Mumbai Station. Fresh after bath and breakfast, we left the hotel for the world-famous Elephanta Caves. There are three entrances to the main temple in the complex – from the north, east and west. The main gallery is divided by



columns into equal rows and aisles. To the west, and outside this area, is a square sanctuary containing a monolithic ‘linga’. The huge, high-relief works in the main cave, on both sides of the three entrances and on the south wall, are characteristic of the cult of Siva and considered to be among the most perfect expressions of Indian art of their time. The most well-known is the six metre high ‘Trimurti’, showing Siva in the three roles of creator, preserver and destroyer. This sculpture is supposed to be one of the centerpieces of the Indian sculptural tradition.

Next day, we left for Goa. We understood why Goa is known as the “Pearl of the Orient” – the scenic beauty, with its virgin beaches, bays and estuaries, shady coconut and cashew groves dotted with tiny picturesque villages! First place on our itinerary was the Aguada Fort. The Fort derived its name from several fresh water springs (‘Aguada’ means ‘water’ in Portuguese) that existed on its site. For the ships that sailed from Portugal, it was the first

stop after a long journey for fresh water supplies before moving inland. On the northern side, it provides a harbour for local shipping. The fort, at present, houses the central jail. A 19th century built lighthouse is situated inside the fortress. From there it was all sea, sand and surf all along – Calangate beach, Vagotore beach, Anjuna beach – to name a few! Next morning, we visited Dona Paula, made famous for its association with a romantic myth (legend says a viceroy’s daughter threw herself off the cliff), is one of the hottest



tourist spots in Goa. The view from the top was truly magnificent!

After an early breakfast next morning, we left for Mumbai. On the way, we visited the famous Se’ Cathedral, Church and Convent of St. Francis of Assisi, Chapel of St. Catherine, Basilica of Bom Jesus. The Church of Bom Jesus with its facade decorated with Ionic, Doric and Corinthian pilasters, shows the application of the Classical order. The Se’ Cathedral, with its Tuscan exterior, the Corinthian columns at its portals, the raised platform with steps leading to the entrance, the barrel-vault above the nave, is yet another example of Renaissance. The paintings in the churches were done on wooden borders and fixed between panels having floral designs as in the chapels housing the tomb of St. Xavier and the arches above the altars in the transept of the Se’ Cathedral. The Church of Saint Francis was built in 1661 on a place where the Franciscans built a small chapel, which was pulled down. This church is perhaps the most interesting building in Old Goa. It contains the gilded and carved woodwork, old murals depicting scenes from the life of St. Francis, and a floor substantially made of carved gravestones. Some of the family coat of arms is also kept here. The convent at back of the Church has been converted into an Archaeological museum. This museum has a rich collection of



Portraits of Portuguese viceroys, fragments of sculpture from Hindu sites, images from the animist cult, which flourished in this part of India.

Back to Mumbai, where we checked out the holy temple of Siddhi Vinayak. This popular temple dedicated to Ganesh was rebuilt on the site of a 200-year-old temple. Built of black stone, the idol of Ganesh is two and a half feet in height and two feet in width. An unusual feature of the statue is that the trunk turns to the right, not often found on Ganesh idols.

The afternoon was all devoted to shopping and lazing, and thereafter to Mumbai Airport for our flight back to Kolkata.

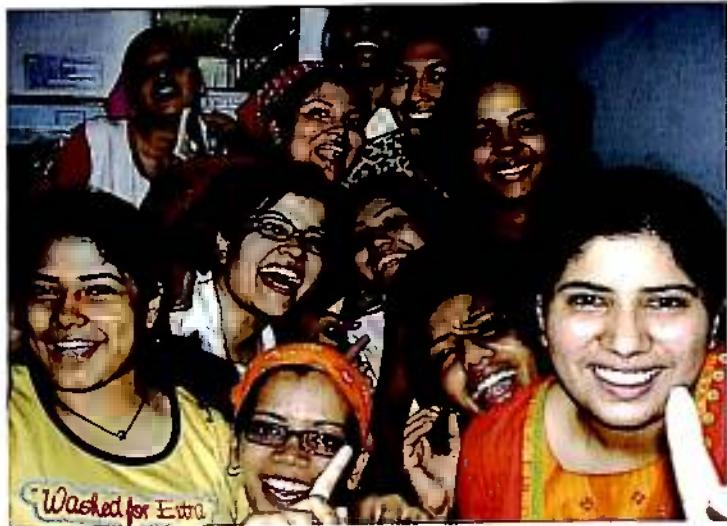
~ Department of Commerce

From Kolkata to Hardwar... From Dreams to Reality

*Full of memories, full of excitement;
Full of discoveries, full of adventure;
Full of ecstasy, full of life;
And loads of masti...*

Is all that flashes in our mind on remembering about our pleasure trip from Kolkata to Hardwar.

Ha ha, ho ho!!! These were the words that were reverberating from the bogies of Bagh Express on 11th of October, 2005, when 31 students and four teachers from our collage boarded the train for our fun-filled journey to Lucknow. With the moving wheels of the train our journey full of enjoyment started. Being together



with all friends and teachers for 15 days was like dream of yesterday turning into a reality of today.

Lucknow, the city of palaces, was the first destination and everyone was at cloud nine. We beheld many historical monuments and landmarks of the city which included State Museum, Bara Imambara and Bhulbhulaiya. From the scorching heat of Lucknow we landed in the midst of mesmerising beauty of Nainital. We were carried away by its charm and it seemed as if we were in the lap of nature. Greenery and scenery were all around us. The chilling wind, joy and frost slapped our faces, but we young souls full of enthusiasm and joy overlooked it all. Touching Ranikhet, where we grasped knowledge about varieties of trees and their uses, we moved ahead to Kausani where we caught the enchanting sunrise and sunset. Mussoorie was our next destination. To prevent the attack of chilling breeze, we had a bonfire organised by our teachers. We finally reached Hardwar where we performed certain rites and rituals before the deities. Hardwar was thronged not only by Indians but foreigners at large, who were adapting and believing the sacredness of Ganges with complete devotion and faith. We attended the aarti and took the holy dip in the Ganges.

End of joy, end of masti; end of adventure, end of trip...

But still the memory lingers whenever we flap the pages of our album – our remembrances that we treasure.

Department of Home Science
~ Ragini Goyal, Rashi Agarwal and Lata Premchandani
Inter B.Sc. in Home Science

Report from ACTIVITY Group

NSS Cell

The National Service Scheme (NSS) unit of the Institute strived to carry on its good work as last year in the field of social awareness. Recognising the growing threat of the deadly HIV-AIDS in our life, NSS Regional Centre, Kolkata, under the Ministry of Youth Affairs & Sports, organised various awareness programmes during the year. As a part of such activity, our Programme Officer and eight students of the Institute, participated in the Peer Educators' and Community Youth Leaders' training titled 'University Talk Aids, Phase II' at Bangabasi Evening College.

Continuing our pledge to eradicate illiteracy from the society the students of Department of Commerce conducted a 'Literacy Programme' by taking the responsibility of teaching one illiterate person each.

To mark our joy and gratitude for being liberated from the rule of British colonists, the student unit of NSS (Department of



Commerce) enacted a social play on post-independence India titled 'India Shining' as part of Independence Day celebrations.

The NSS unit of the Institute organised a lecture demonstration on First Aid. The talk was ably delivered by Mr. Bhakti Sengupta of St. John's Ambulance Association and was attended by many students who found his advice on emergencies such as burns, and fractures immensely helpful.

On 18th August 2005, the Principal, along with two Programme Officers, attended a seminar on 'HIV-AIDS' at Taj Bengal, organised by the Confederation of Indian Industries (CII) under the aegis of Project - Access to Care & Treatment (ACT), co-partnered by the Indian Business Trust for HIV/AIDS and the West Bengal State AIDS Prevention & Control Society. Renowned personalities from the corporate world gave an insight regarding the organisational

policies for HIV-AIDS afflicted employees and their families.



Disasters manifest as hazards exacerbating vulnerable conditions and exceeding individuals' and communities' means to survive and thrive. Chances of survival after a disaster are greatly improved when people, local governments and emergency services, businesses and national governments prepare survival plans and assemble survival gear beforehand. With this objective, the Programme Officers of the Institute attended a one-day workshop on 'Disaster Management' for NSS officers of West Bengal, organised by National Service Scheme of Jadavpur University on 3rd September 2005.

The students of the Institute undertook donation of old clothes, food packets and medicines to 'Bharat Sevashram Sangha' for the flood-affected people of Sunderbans on 28th September 2005.

To assess the dietary pattern of growing children belonging to the age groups 7-9 years till 16-18 years, a diet survey was conducted in different schools of Kolkata during the month of November 2005. This data helped to know the eating habits of the students and also brought out any unhealthy dietary practices thereof. This provided a valuable basis for future nutritional counseling of the students.

A lecture demonstration was conducted by the students of Food & Nutrition Section of the Institute on diarrhoea among the residents of emergency ward of CINI. Also, young and expectant mothers were counselled regarding the importance of proper nutrition, both for them and their family.

A seminar on 'Organ Donation and Transplant' was organised by the NSS unit of Jadavpur University on 10th January 2006 at the university campus to create awareness in this matter.

Samagam 2005

Samagam, the inter college fest organised by Loreto College, was a dais for budding talents. The events organised were quiz, debate, creative writing, century reflection, colour merging, elocution, table tennis, western dance, music, on-spot designing, photography and many more events. Our girls participated in all the events and won a few. A look –

Events	Winners	Results
Cartooning	Prachi Gupta	First
	Mamta Bagri	First
Colour Merging	Payal Shah	Second
	Nisha Singh	Second
Century Reflection	Sudipta Dey	Third
	Shafaque Hanum	Third
Cine-que-rade	Pratigya Pulasaria	Third
	Chitra Lakhota	Third
Table Tennis	Swati Sultania	Third
	Aneesha Mehta	Third
	Bedika Goel	Third

Project Work At The Institute

Department of Commerce

Trade Liberalisation and it's Impact on Forests – A Case Study of India; Objectives – To assess the positive and negative environmental impacts of trade liberalisation policies and multilateral trade rules on the Indian forestry sector, taking into account social and economic impacts. To enhance coordination between India's stakeholders and increase the country's expertise in the use of integrated assessment tools in order to identify and quantify both negative and positive environmental, social and economic impacts of trade liberalisation. To enhance and support national capacity in international trade policy research, strengthen human and institutional capacity in the selection, design and implementation of economic instruments which can assist in addressing the negative impacts of trade liberalisation policies in the sector. To enhance national stakeholders' understanding of the implications of multilateral trade rules and trade liberalisation on national sustainable development and the environment.

Department of Home Science

Construction of a Scale to Measure the Life Satisfaction of Elderly Parents of NRI Children; This is an ongoing research project undertaken with the aim to construct a condition specific scale to measure a trait that commonly manifests in the elderly parents of a developing country. These parents are under two conflicting stress situations. On the one hand they expect their offsprings will be a filial as they are traditionally expected to be. And on the other hand, they are happy and proud of the fact that their children are living and working abroad. While the economic security offered by the children produces elation in the parents, lack of their proximity gives rise to various concerns.

Solid Waste Management; A project on National Environment Awareness Campaign 2005-06 approved by the National Empowered Committee of the Ministry of Environment and Forests, Government of India. The action component of the awareness campaign related to solid waste management is vermicomposting. Vermicomposting using vegetable waste, flowers, leaves and straw has started on an experimental basis in the college premises. The other activities are running concurrently.

Extraction of Colouring Matter from Waste Flowers Cultivated in West Bengal; The project envisages extracting the colouring part from flowers – Hydrophilic part (water soluble) and Hydrophobic part (solvent soluble). Also, of finding out suitable substrate for these extracts – in the form of textile (hydrophilic and hydrophobic fibres), and in the form of other substrates (like wax, paper, etc.). Finally, it aims to study storage of colouring matter of these flowers to prevent attack of fungus and mildew specifically.

Capacity building project on street food services; The Ministry of Health and Family Welfare, Government of India had implemented the capacity building project with assistance from World Bank in 2005. The survey of street food has been designed to provide information based on the study of factual situation of different categories of street food units in 16 cities of the country, representing various regional, social, cultural and ethnic backgrounds. The survey has also been envisaged to create a comprehensive database so that it may serve as an input towards formulating strategies for bringing about the needful improvements related to food safety through hygiene, sanitation and other food quality parameters.

Results of Annual Sports 2005 – 2006

Events	Winners	Runners-up
Badminton		
Students Singles	Aneesha Mehta	Manjari Mohta
Students Doubles	Harmeet Kaur	Shruti Agarwalla
	Stuti Patwari	Swati Saraoji
Students v/s Alumni Doubles	Harmeet Kaur	Ms. Avantika Puri
	Stuti Patwari	Ms. Shaila Jassal
Teachers Doubles	Ms. Madhu Parasuram	Ms. Komal Sharma
	Ms. Boishali Agarwal	Ms. Anita Chamarria
Table Tennis		
Students Singles	Aneesha Mehta	Nisha Dhanani
Students Doubles	Bedika Goyal	Sonam Aggarwal
	Aeesha Mehta	Nisha Dhanani
Students v/s Alumni Doubles	Bedika Goyal	Ms. Shaila Jassal
	Aneesha Mehta	Ms. Avantika Puri
Teachers v/s Alumni Doubles	Ms. Shaila Jassal	—
	Ms. Avantika Puri	—
Inter-Departmental Teachers Doubles	Ms. Komal Sharma	Ms. Madhu Parasuram
	Ms. Vipasha Chakraborty	Ms. Chaitali Chowdhury
Carrom		
Students Singles	Stuti Patwari	Isha Nahata
Students Doubles	Harmeet Kaur	Girija Mundhra
	Stuti Patwari	Shruti Agarwalla
Teachers Doubles	Ms. Madhu Parasuram	Ms. Komal Sharma
	Ms. Chaitali Chowdhury	Ms. Vandana Pruti
Throw Ball		
	Harmeet Kaur	—
	Maria Siyawala	—
	Manjari Mohta	—
	Anubha Taparia	—
	Aditi Taparia	—
	Ayushi Bajaj	—
	Namrata Goyal	—
	Natasha Kedia	—
	Sheetal Lakhotia	—
Flat Races		
	Megha Kumar	Shradha Periwala
	Girija Mundhra	Saloni Ritolia
	Shruti Agarwala	Preety Agarwal
	Pallavi Sharma	Ujjaini Basu
	Saba Islam	Harshita Mallick
Relay Races		
	Neha Pitty	Harmeet Kaur
	Nidhi Halan	Phorum Shah
	Jyoti Nopani	Harshita Mallick
	Jyoti Gelera	Harmeet Kaur
	Preety Lakhotia	Ujjaini Basu
	Baishakhi Bhaumick	Amrita Sawhney
	Khushboo Manoi	Agrata Wahi
	Nisha Singh	Manjari Mohta
	Phorum Shah	Aditi Taparia
	Ujjaini Basu	Shreya Khaitan
	Shreya Khaitan	Garima Fatesaria
	Gaima Fatesaria	Ruchika Kharkia
	Ruchika Kharkia	Manjari Mohta
	Manjari Mohta	Caroline Mao
	Garima Goyal	Ridhi Parekh
	Shreya Khaitan	Megha Kejriwal
		Baishakhi Bhaumick

Student Council Members for the Session 2005 – 2006

Department of Home Science

Post	Student's Name	Class
Head Girl	Aditi Taparia	Final B.Sc. (Human Development)
Assistant Head Girl	Surabhi Chaurasia	Inter B.Sc. (Section A)
Assistant Head Girl	Payal Shah	Inter B.Sc. (Section B)
Class Representative	Tenzing Wangmu Bhutia	Final B.Sc. (Human Development)
Class Representative	Rachita Shroff	Final B.Sc. (Food & Nutrition)
Class Representative	Manjari Mohta	Final B.Sc. (Resource Management)
Class Representative	Harmeet Kaur	Final B.Sc. (Composite Home Science)
Class Representative	Sakina S. Madaraswala	Final B.Sc. (Textiles & Clothing)
Class Representative	Natasha Kedia	Inter B.Sc. (Section A)
Class Representative	Sudipta Dey	Inter B.Sc. (Section B)
Class Representative	Shradha Thacker	First B.Sc. (Section A)
Class Representative	Neha Goel	First B.Sc. (Section B)

Department of Commerce

Post	Student's Name	Class
Head Girl	Poorvi Singhal	3rd Year - A
Assistant Head Girl	Urvi Bantia	2nd Year - B
Class Representative	Shraddha Periwal	3rd Year - A
Class Representative	Iti Agarwal	3rd Year - A
Class Representative	Shreya Bhansaly	3rd Year - B
Class Representative	Shalini Bothra	3rd Year - B
Class Representative	Radhika Khanna	2nd Year - A
Class Representative	Panna Kakkad	2nd Year - A
Class Representative	Komal Kandoi	2nd Year - B
Class Representative	Sweety Sureka	2nd Year - B
Class Representative	Aneesha Mehta	2nd Year - C
Class Representative	Priyanka Das	2nd Year - C
Class Representative	Poonam Kakkad	1st Year - A
Class Representative	Prerna Tantia	1st Year - A
Class Representative	Shraddha Damani	1st Year - B
Class Representative	Shalu Damaka	1st Year - B
Class Representative	Priyanka Sen	1st Year - C
Class Representative	Nisha Tater	1st Year - C

Recipients of University Gold Medals

Session 2003–2004

Department of Home Science

B.Sc. Final (FN)	Ms. Deepika Choudhary
B.Ed. in Home Science	Ms. Priyanka Ghosh Roy
M.Sc. Final (CH)	Ms. Neha Agarwala
M.Sc. Final (HD)	Ms. Tanushree Dhandhania

Department of Commerce

B.Com.	Ms. Divya Chopra
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Session 2004–2005

Department of Home Science

B.Sc. Final (FRM)	Ms. Shilpa Agarwal
B.Ed. in Home Science	Ms. Simran Kaur Warna
M.Sc. Final (CH)	Ms. Priyanka Benjamin
M.Sc. Final (HD)	Ms. Tamanna Shewakramani
M.Sc. Final (FRM)	Ms. Anisha Goyle

Department of Commerce

B.Com.	Ms. Mona Agarwal
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Department of Management

B.B.A.	Ms. Pooja Baid
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STOP PRESS!



The Alumni Association of Smt. J. D. Birla Institute organised a musical evening on 18 February 2006 at Birla High School. All got together to dance to the foot-tapping music played by DJ Harish. The laughter and the cheers of the guests were in tune with the pulsating beats.

We are looking forward for many such events in the near future, which will strengthen the ties between alumni and the present students.

List Of Toppers In University Examinations, 2004

Department of Home Science

First B.Sc	Ms. Sakina Lakdawala
B.Sc. Part I	Ms. Shilpa Agarwal
B.Sc. Final (CH)	Ms. Puja Shah
B.Sc. Final (HD)	Ms. Ruchi Nangalia
B.Sc. Final (FRM)	Ms. Sheel Bhatia
B.Sc. Final (FN)	Ms. Deepika Choudhary
B.Sc. Final (TC)	Ms. Simran Kaur Warna
B.Ed. in Home Science	Ms. Priyanka Ghosh Roy
M.Sc. Part I (CH)	Ms. Priyanka Benjamin
M.Sc. Part I (HD)	Ms. Tamanna Shewakramani
M.Sc. Part I (FRM)	Ms. Kavina Bajaj
M.Sc. Final (CH)	Ms. Neha Agarwal
M.Sc. Final (HD)	Ms. Tanushree Dhandhania

Department of Commerce

B.Com. (Hons.) 1st Year	Ms. Swati Lohia
B.Com. (Hons.) 2nd Year	Ms. Mona Agarwal
B.Com. (Hons.) 3rd Year	Ms. Divya Chopra

Department of Management

B.B.A. 1st Year	Ms. Prachi Gupta
B.B.A. 2nd Year	Ms. Pooja Baid

List Of Toppers In University Examinations, 2005

Department of Home Science

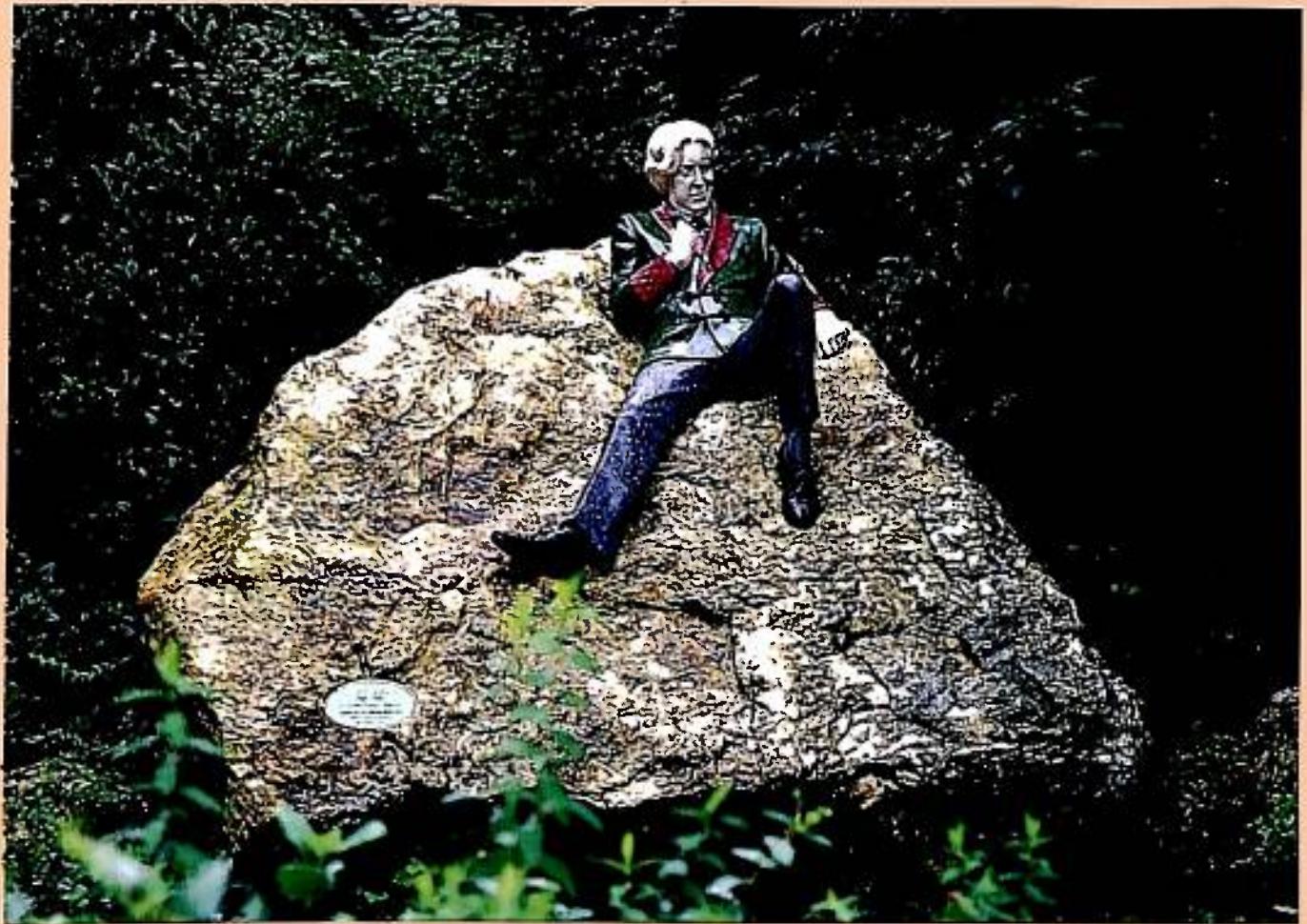
First B.Sc.	Ms. Swati Sarogi
Inter B.Sc.	Ms. Neha Rathi
B.Sc. Final (CH)	Ms. Shuchi Rungta
B.Sc. Final (HD)	Ms. Titas Nandi
B.Sc. Final (FRM)	Ms. Shilpa Agarwal
B.Sc. Final (FN)	Ms. Sabori Mitra
B.Sc. Final (TC)	Ms. Subhadra Somani
B.Ed. in Home Science	Ms. Simran Kaur Warna
M.Sc. Part I (CH)	Ms. Bindiya Lalwani
M.Sc. Part I (HD)	Ms. Ruchi Tandon
M.Sc. Part I (FRM)	Ms. Sucharita Roychowdhury (nee: Ganguly)
M.Sc. Final (CH)	Ms. Priyanka Benjamin
M.Sc. Final (HD)	Ms. Tamanna Shewakramani
M.Sc. Final (FRM)	Ms. Anisha Goyle

Department of Commerce

B.Com. (Hons.) 1st Year	Ms. Khushboo Jain D.
B.Com. (Hons.) 2nd Year	Ms. Swati Lohia
B.Com. (Hons.) 3rd Year	Ms. Mona Agarwal

Department of Management

B.B.A. 1st Year	Ms. Priyanka Goel
B.B.A. 2nd Year	Ms. Vasudha Bagri
B.B.A. 3rd Year	Ms. Pooja Baid



(Oscar Wilde's famous statue at Merrion Square, Dublin, Ireland; Photographer: Scott Smith)

*"Everything is okay in the end.
And if it is not okay, it is not the end."*

~ Oscar Wilde

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