

Kalom à

Lyon



Bongs of Lyon



# *Bongs of Lyon*



## Editorial

The essence of Bengal flows not merely through its rivers but through its language, a luminous cadence entwined with memory and imagination. It is a heritage untethered from geography, an eternal song carried by the winds of time. Tagore's "*The Call of the Road*" whispers of freedom, Jibanananda Das's "*Ruposhi Bangla*" dreams in twilight hues, and Bibhutibhushan's "*Aranyak*" breathes with the primeval rhythm of the earth. These echoes are not relics but roots—roots that, even in exile, weave an unseen sanctuary where language becomes light, and the self finds its truest reflection. In this second issue of *Kalom à Lyon*, we trace the pathways of those roots—unbroken, flowing, and timeless. On the rippling waters of the Rhône, one hears the defiance of Nazrul, the tender humanism of Sarat Chandra, and the vast, uncharted skies of Sunil Gangopadhyay. Here, the eternal soul of Bengal merges with the artistic pulse of Lyon—a city that wears its love for literature and art like a second skin. In Lyon's poetry-filled streets, in the chiaroscuro of its galleries, one feels an unspoken kinship with Bengal's ceaseless quest for beauty and truth. Together, they compose a symphony of shared creation, where the local becomes universal and the personal infinite.

*“Through the veiled whispers of faraway lands,  
In the imagined contours of language and longing,  
We seek the breath of roots that anchor the wandering soul’s”*

Let this be our collective voyage -journey where lost roots sing of new beginnings, where the boundaries of place dissolve in the shared cadence of words, and where creation, like light, knows no end.

### সম্পাদকীয়:

ভাষার অন্তর্লীন সুর আর স্মৃতির অন্তঃসলিলা ধারায় গড়ে ওঠা বাঙালির ঐতিহ্য শুধু ভৌগোলিক সীমানায় আবদ্ধ নয়। রবীন্দ্রনাথের “ঘরছাড়ু”-র মুক্তি, জীবননন্দ দাশের “রূপসী বাংলা”-র গোধূলি-স্বপ্ন, কিংবা বিভূতিভূষণের “অরণ্যের আত্মা”—এ সমস্ত কাব্যিক প্রতিধ্বনিই আমাদের অবশ্যস্তাবী শিকড়, আমাদের প্রত্যন্ত হাদয়ের এক অন্তর্লীন ঘর, যেখানে আমরা ভাষার আলোয় কেবলই আশ্রয়-অব্দ্বী। ‘Kalom à Lyon’-এর দ্বিতীয় সংখ্যা সেই বহমান শিকড়েরই উদ্যাপন। Rhône-এর তরঙ্গে যেন ধরা পড়ে নজরুলের বিদ্রোহ, শরৎচন্দ্রের মানবিকতা আর সুনীলের বিস্তৃত কল্পলোক। প্রতিটি পৃষ্ঠা যেন এক নিরবচ্ছিন্ন সংলাপ, যেখানে বাংলার অবিনশ্বর আন্তর্জাতিক আত্মা মিশে যায় লিয়নের সৃষ্টিশীল হাদয়ের সঙ্গে। সাহিত্য, শিল্প, আর কবিতার প্রতি লিয়নের যে নৈবেদ্য, তা বাংলার সৃজনশীলতার সঙ্গে এক গভীর ঐক্যে বাঁধা পড়ে। লিয়নের গ্যালারির আলো-ছায়ায়, তার রূপময় রাস্তায়, এবং তার শিল্পপ্রাণ আকাশে যেন প্রতিধ্বনিত হয় বাংলার মরমী চেতনা, যা প্রবাস-জীবনের অস্তিত্বকে নব নব ব্যাঞ্জনায় ভরিয়ে তোলে।

“পৃথিবীর পথে পথে, ভাষার কল্পনাতেও  
আমরা শেকড়েরই ঘ্রাণ খুঁজি।”

এই যাত্রায় আপনারাও সঙ্গী। আসুন, একসঙ্গে লিখি আমাদের আমাদের ‘দিবা-রাত্রির কাব্য’— যেখানে হারানো শিকড়, নতুন সৃষ্টির গানে নিরন্তর বেজে ওঠে।

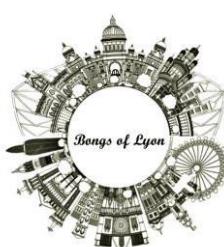
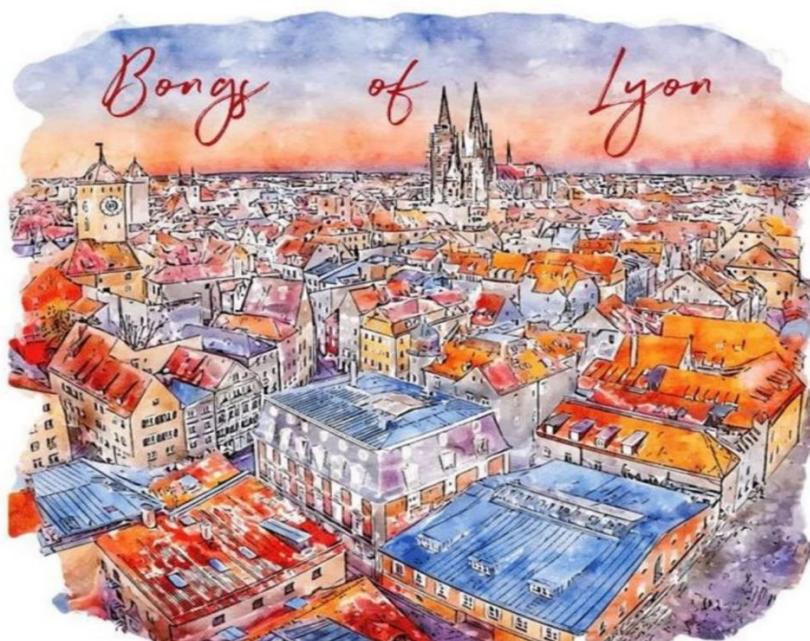


## Éditorial

L'essence du Bengale ne coule pas seulement dans ses fleuves, mais dans sa langue, une cadence lumineuse mêlée de mémoire et d'imaginaire. C'est un héritage détaché des frontières, une mélodie éternelle portée par les vents du temps. "L'Appel de la Route" de Tagore murmure la liberté, "La Bengale Élégiaque" de Jibanananda Das rêve en teintes crépusculaires, et "La Forêt Vivante" de Bibhutibhushan résonne avec le souffle primordial de la terre. Ces échos ne sont pas de simples réminiscences : ils sont des racines — des racines qui, même en exil, tissent un sanctuaire invisible où la langue devient lumière et l'âme trouve son reflet le plus authentique. Dans ce deuxième numéro de *Kalom à Lyon*, nous suivons les sentiers de ces racines—intactes, fluides, et intemporelles. Sur les vagues frémissantes du Rhône, résonnent l'insoumission de Nazrul, l'humanisme tendre de Sarat Chandra, et les cieux immenses et inexplorés de Sunil Gangopadhyay. Ici, l'âme éternelle du Bengale fusionne avec le souffle artistique de Lyon—une ville qui porte son amour pour la littérature et l'art comme une seconde peau. Dans les rues imprégnées de poésie de Lyon, dans le clair-obscur de ses galeries, on ressent une affinité silencieuse avec l'inlassable quête de beauté et de vérité du Bengale. Ensemble, elles composent une symphonie de création partagée, où le local devient universel et le personnel infini.

*« Dans les murmures voilés des terres lointaines,  
Dans les contours imaginés de la langue et du désir,  
Nous cherchons le souffle des racines qui ancrent l'âme vagabonde. »*

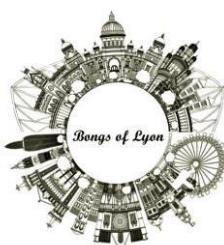
Que ceci soit notre voyage commun—une odyssée où les racines perdues chantent de nouveaux commencements, où les frontières du lieu s'effacent dans la cadence partagée des mots, et où la création, à l'image de la lumière, n'a pas de fin.





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## A LOOK BACK- 2024

Angelika Chatterjee Sen

### SARASWATI PUJA

We, the Bongs of Lyon wonderfully celebrated our 2nd Saraswati puja on 25th February 2024 as we ushered in the vibrant spring season. This festival honors Ma Saraswati, the goddess of knowledge, wisdom, art and learning. Her blessings not only brought us together to celebrate this tradition but also fostered a sense of community and joy. Ma Saraswati has blessed Bongs of Lyon to keep moving forward with success.

The air was filled with excitement as we all came together in our traditional attire to seek her blessings. The invocation was followed by the cultural program featuring performances that showcased our rich heritage including music, dance and poetry.

After the soul-stirring performances, we eagerly gathered for the bhog. It was a moment of togetherness, laughter and gratitude making the event a truly memorable one and leaving us anticipating more.

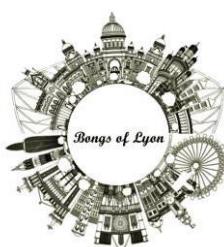


### POILA BOISAKH

Poila Boishak, the Bengali New Year, is a vibrant and joyous occasion and we celebrated it with immense enthusiasm and cultural pride on 21st April 2024. This day was not just a time for renewal but also a way for us here in Lyon to honor our rich cultural heritage.



We, the Bongs of Lyon, young and old alike, came together to share our talents and express our joy. From soulful singing to recitation to traditional dancing. Our cultural program created a mesmerizing audio-visual spectacle. The cultural extravaganza was further enriched by a delectable array of delicious food.





## PICNIC AT LAKE MIRIBEL

*A blanket of sunshine and a basket full of laughter- Yes, that's what a picnic is!*

The Bongs of Lyon organized a delightful potluck picnic on 15<sup>th</sup> June 2024, that brought us all together under the open blue sky. It was a fun-filled day. The ladies thoughtfully curated a

diverse selection of dishes, making the picnic a feast for the senses. From children to adults, everyone had a great time singing, swimming or just strolling through the greens.

The highlight of the picnic was an electrifying cricket match, which revived our memories of the gully cricket played back home. The fun really kicked off with some playful roughhousing over the scoreboard,

turning the game into an even more thrilling and laughter-filled experience. The picnic was a complete package of fun, togetherness and unforgettable moments. This incomparable experience created lasting memories for everyone, sparking a growing excitement for what's to come next.



## BIJOYA SAMMELANI



Bijoya Sammelani, the grand finale of Durga Puja represents the victory of good over evil. The event was an extraordinary experience for us as we celebrated it on 10<sup>th</sup> November 2024. Emotional recitations, soulful songs and a warm meet and greet set the tone of the day.

Following our cultural spectacle, everyone was in for a surprise as an exciting game "Trick or Treat" had been organized. The game with its constant back and forth twists was amusingly frustrating, utterly captivating and kept





everyone on their toes. Be it the cultural program or the enthralling game, our little champs were enthusiastic participants throughout.

After the challenging game we soothed our highly energized souls with some delicious food.

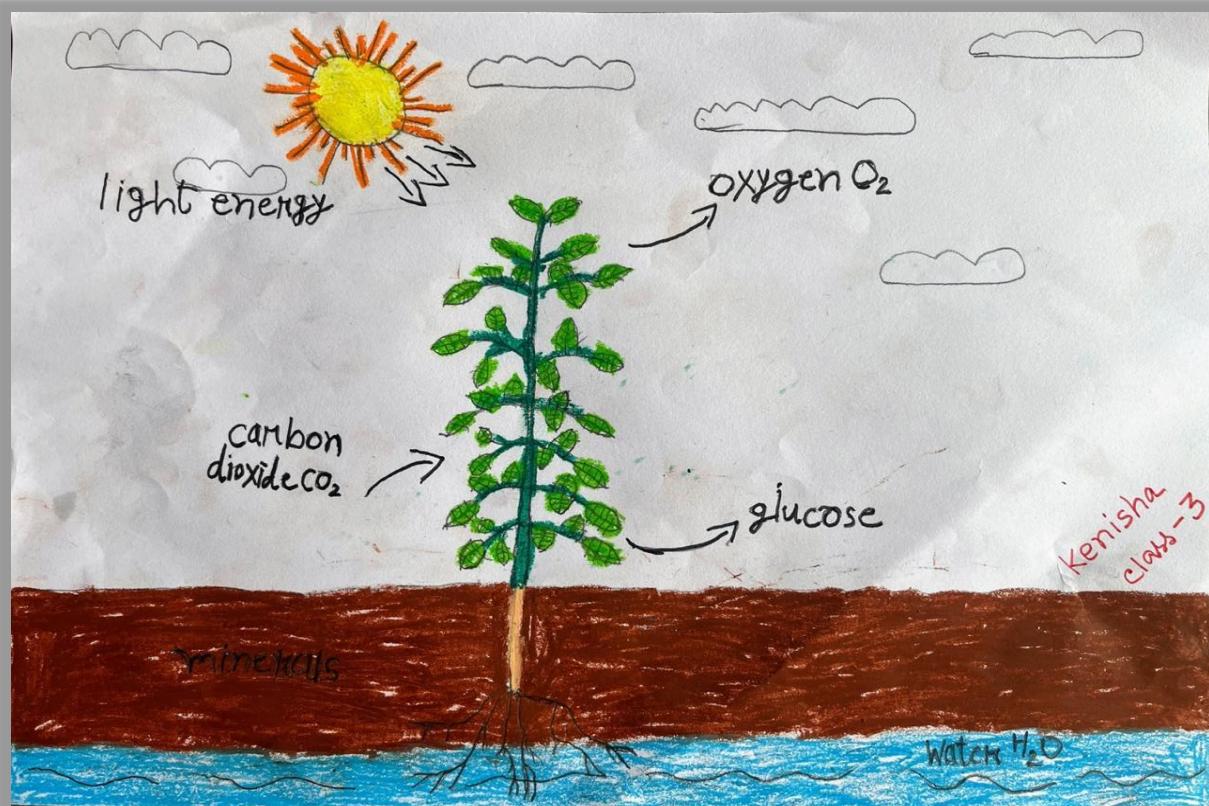


All the four activities of 2024 were a resounding success. For the indoor activities it was the generous support of Mr. Debdatta Gupta, who graciously offered us the opportunity to conduct them at his restaurant, Deb's Bistro. All the members of "Bongs of Lyon" extend our deepest gratitude and sincere thanks to him for the same.





Abhigyan Purohit



Kenisha Chowdhury





## Counting Truths

Dr. Sreyash Sarkar

Variables of the day  
Speak to me in tones  
    Of red mad flesh  
As a never-setting sun  
    Stares back at me  
        And I ask  
        Of wings, lost  
Measuring days in venom

Mahler's 5th messes  
    Me up

My mind goes to my body  
    My body to my heart  
    My heart to my feet  
    I start walking  
As verdancy is paralyzed  
And purple pleasures, evanesce  
    Roots appear on my feet  
Arguing how did they get there  
    A divan out of nowhere  
Books, excruciating books  
    Covered in sap

A service truck

Empties corpses of  
    All my truths

I count them one by one  
    Put them to bed  
Pulling the duvet covers  
Except that they are short  
    Of complacency  
    I huddle closer  
To tell them stories  
Carpentered for eternity  
Stories that remind them  
    Of who I am.

It is surely about what I am  
It is surely about where I am at  
    That you are interested in,  
        I ask.

and not signatures of light  
    and not nights of neon  
        and not how I am.

A leaf blows in,  
Nestling between me  
    and them

I remind myself  
I rinse myself off of red

I write poems in a burning world  
    I plant saplings  
    I can grow myself

In afternoons, therefore  
    I  
    insist  
    That I know  
    How truths are.

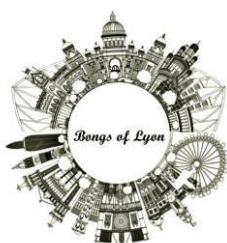
Granular moments  
Melt on afternoons  
Of stunned silences

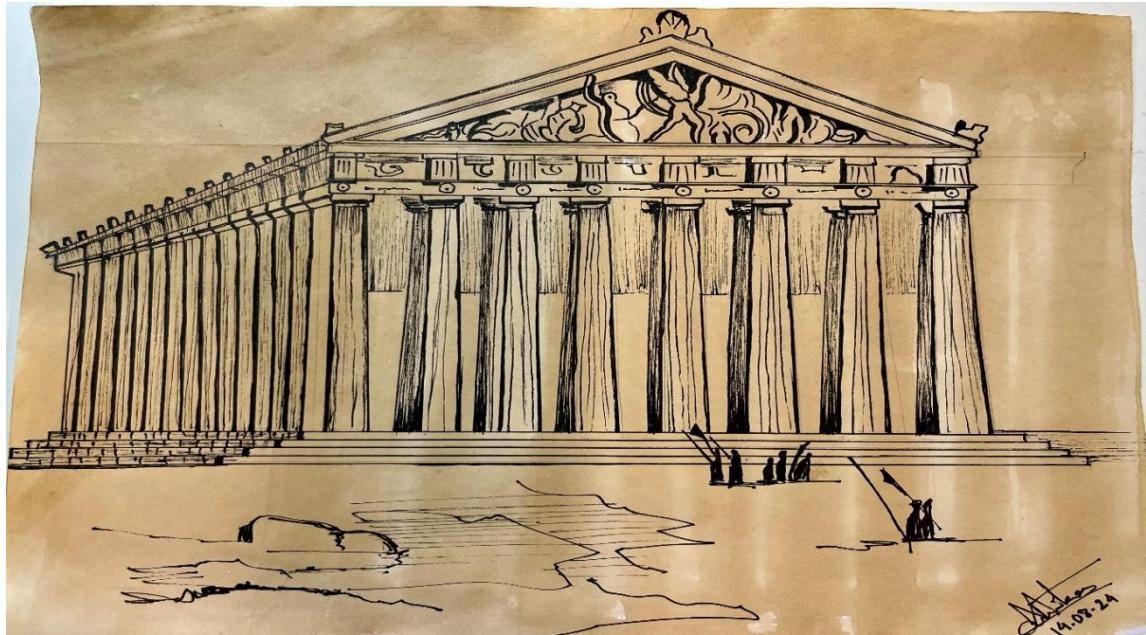
And I lie in bed  
    Marking my death,  
In no uncertain wishes.  
    As my body  
    Quietly aches in beauty

Drama de jour  
    They said,  
In paints and pleasures.

In diaphanous wings  
Through conspiring truths.

In afternoons, therefore  
    I  
    insist  
    That I know  
    Of you.

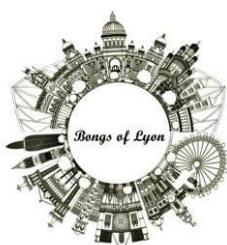




*The Parthenon, temple of goddess Athena which symbolizes Athenian democracy*  
Anamika Das



*There's something magical while standing on Passerelle du Collège.*  
Anamika Das





## Couple of Spices

### Upasana Chatterjee

What is food without any spice! Does that sound too objective? I am sure the answer is NO. Spices blend the food with aroma, texture, extracts nutrients and bind any dish altogether in a tasty palatable form. They are used in different forms like whole, chopped, ground, roasted, sautéed, fried or even just as a topping in innumerable cuisines around the world. While we may find different varieties of spices grown round the globe but owing to the geographical location and varied suitable climatic conditions India has been entitled as the Land of spices, naturally making this nation the largest exporter of spice and related products. The story of Indian spices is deeply rooted in the rich culinary traditions that dates back millennia. Spices not only foreground the flavors and aroma to the dish, when correctly paired they come with complimentary health benefits too. Indeed, spice pairing can reveal a lot about holistic health practices and true wisdom behind Ayurvedic cooking making it an interesting fact to consider in our daily lives.

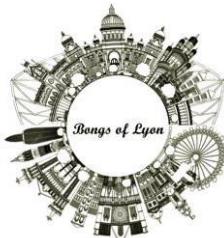
Let us dig a little deeper to know about them in a scientific way. Turmeric or holud as Bengalis call it, is the heart of almost all the curries except our most loved Sada alur torkari with Luchi, contains 'Curcumin' which entails anti-inflammatory, anti-microbial and antioxidant properties. It is also renowned for improving skin conditions, boosting immunity, and supporting joint health. When turmeric is combined with black pepper which contains 'Piperine' a compound that increases the absorption of curcumin in our body up to 2000% makes this excellent pair for improving conditions like arthritis, digestive issues and common cold. Cinnamon aka daruchini another aromatic spice has made



its way into sweet and savory dishes is rich in 'Cinnamaldehyde' which has anti-microbial properties help to reduce blood sugar levels, supports heart health, and reduces inflammation. While the 'Eugenol' present in the cloves reduces oxidative stress in our body, improves liver function, with analgesic and antiseptic properties supports oral health and boosts immunity. When cinnamon and cloves are combined, the individual effect gets multiplied providing better health conditions. When we curate any Indian dish with rich gravy or Curry or Jhol specially

for the Chicken, fish, egg, or mutton the imperative ginger garlic paste has always topped the list. 'Gingerol' in ginger has anti-nausea, anti-inflammatory and pain-relieving properties whereas 'Allicin' in garlic has anti-microbial, anti-viral and anti-fungal properties. It also lowers cholesterol and regulates blood pressure.

Thus, the combination of ginger and garlic complement each other in boosting immune function, fighting off infections, strengthening metabolism and supporting cardiovascular health. Even in our busiest mornings a piping hot plate of Upma or Poha or idlis with coconut chutney for breakfast is something quite tempting to savour in. And in this context the power couple mustard seeds and asafoetida or hing comes to mind. This sizzling tadka not only brings aroma and delectable taste to the dish but also a powerhouse of digestive health. Rich in omega-3-fatty acids, the mustard seeds help to stimulate our digestive enzymes while asafoetida acts as a natural remedy for bloating, flatulence, and indigestion.





Coming to kebabs, sandwiches, pakoras or Vada pav the complimentary coriander mint chutney is probably the unparalleled one. Coriander is rich in antioxidants and fiber and have detoxifying properties. It helps with digestion and lowers blood sugar levels. Coriander has cooling properties which compliments mint, which aids in soothing the digestive tract by helping the muscles of the bowel wall to relax. Thus, this duo helps to relieve gas, improves indigestion, increases appetite and combats with nausea providing a calming effect on the body. Anyone who loves South-Indian or Maharashtrian cuisine will know the joy of having curry leaves and the tangy tamarind in their plate and indeed it plays a magical twist to the tastebuds. Curry leaves contain Vitamin A, B, C, anti-oxidants, and minerals like calcium, phosphorous and iron which helps to lower cholesterol levels, promotes hair growth, and controls blood sugar levels. Tamarind is full of 'hydroxycitric acid' which aids in digestion, helps weight loss and acts as a potent detoxifier. In combination with curry leaves, it maintains metabolism and takes care of the skin and hair. After a heavy and over satisfied wedding lunch or dinner, meals are usually accompanied by vaja mouri-jowan or so-called roasted fennel and carrom (ajwain) seeds.

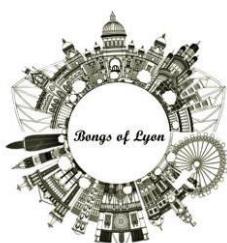
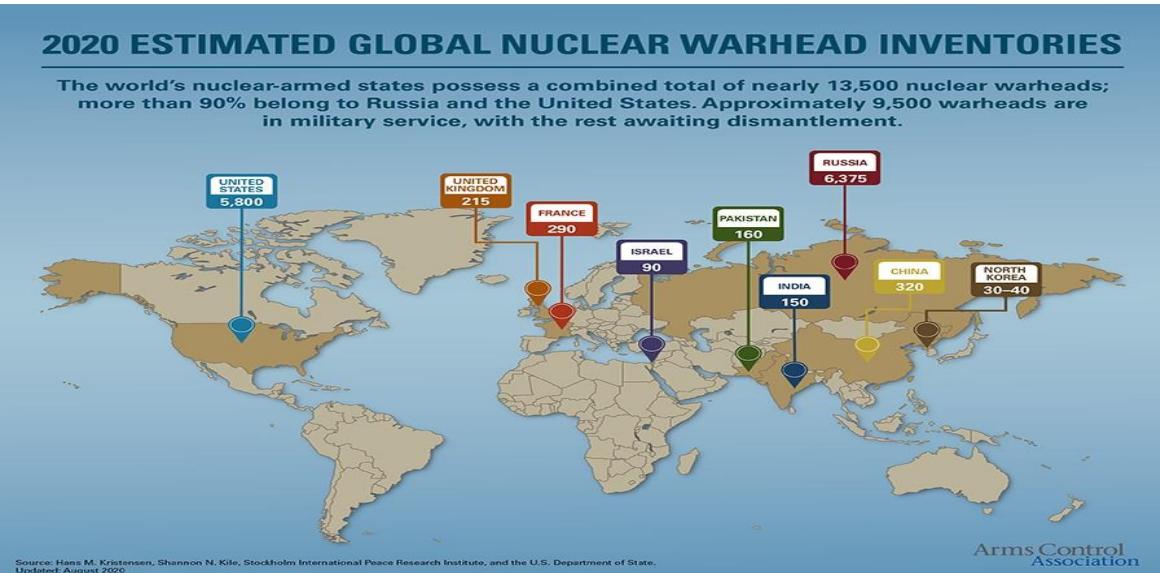
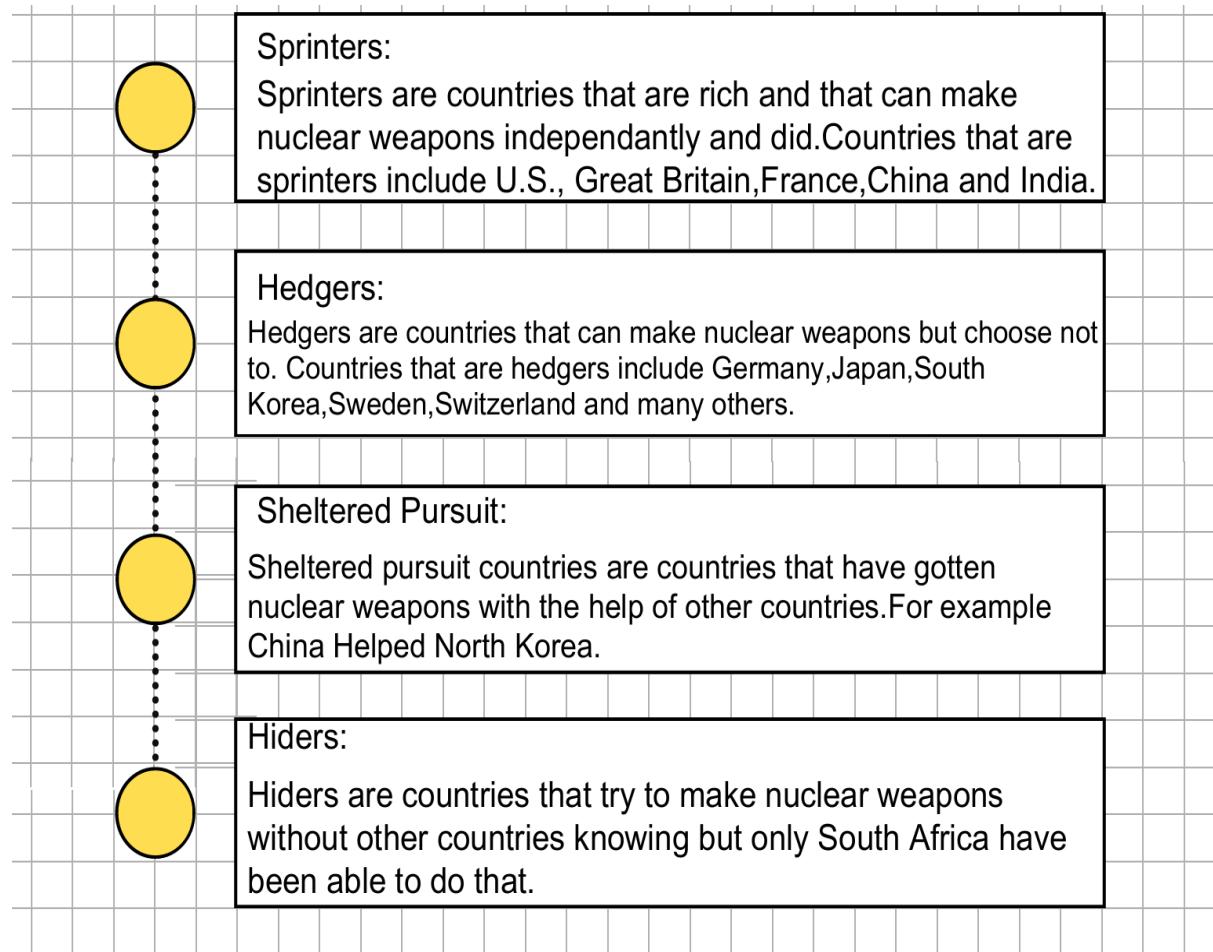
Fennel seeds help improve digestion, reduce bloating, and flush out toxins, while ajwain seeds boost metabolism and aid fat breakdown. Together, they create a powerhouse remedy that not only helps you feel lighter but also supports your body's natural ability to burn fat more efficiently. This traditional Indian practice has been trusted for generations, and it is a simple, effective addition to a healthy lifestyle. Be it just a cup of milk or in decadent desserts Saffron or kesar always stands out than the rest. Touted as the world's most expensive spice for a reason, it is considered a healthy elixir for youthfulness due to its richness in antioxidants 'Crocin and Safranal'. It is known to improve mood, alleviate symptoms of depression, improve skin health, and aid in digestion. Nutmeg or jaiphal contains 'myristicin' which has anti-inflammatory, antioxidant, and pain-relieving properties. It supports cognitive function, improves sleep quality, and aids digestion. Saffron and nutmeg are both considered mood enhancers, and they are an excellent pair for reducing stress, improving sleep, and enhancing overall mental well-being. Apart from these pairs of spices, many other combinations are still working wonders under our consciousness in different forms, different flavors and different tastes. The art of combining spices goes beyond culinary enjoyment—it's a tradition that connects us to the healing properties of nature. By understanding how these spices interact, we can better appreciate their therapeutic potential and integrate them more into a healthy diet. So, are there any better ways to consume them in our daily meals to gain the maximum benefits out of it, the answer stays yes, and it totally depends on your choice and how much you consume. Let the spicy journey ramp up the ticket to your good health and let the overall mental well-being shine!





## Different ways countries get nuclear weapons

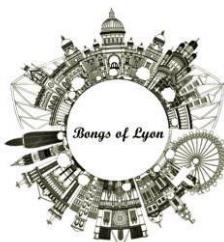
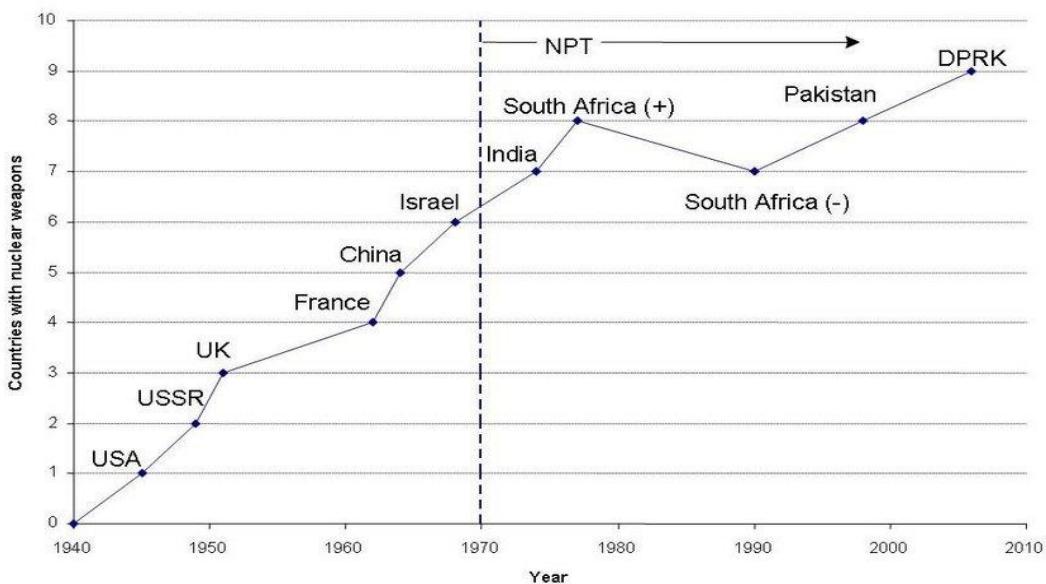
Ainesh Kaushik



## Nuclear Weapons Time History Timelines

Ainesh Kaushik

	<p><b>1938</b> German Physicists Otto Hahn, Lise Meitner and Fritz Strassmann accidentally discover how nuclear fission works. The news of their discovery gets out to the allied countries and they think that Germany are working on a bomb capable of mass destruction.</p>
	<p><b>1939</b> Scientists fleeing Nazi Germany including Leo Szilard, Enrico Fermi and Eugene Wigner Told Albert Einstein to send a letter to the US president Franklin D. Roosevelt telling him about the dangerous nuclear technology.</p>
	<p><b>July 16 1945</b> The trinity test. The first ever nuclear weapon ever used. The test happen in New Mexico, US</p>
	<p><b>August 6 1945</b> President Harry Truman asked Japan to surrender or face mass destruction. Japan refused to surrender. President Truman allowed the use of the Nuclear bomb and they dropped it on Hiroshima. The day after the bombing, President Truman again asked Japan to surrender but they said NO!</p>
	<p><b>August 9 1945</b> Since Japan didn't surrender, President allowed the use of the second nuclear bomb. The second bomb was dropped on Nagasaki. After the bombing of Nagasaki, Japan instantly surrendered and World War 2 ended.</p>





## Quantum Entanglement: Computing's Spooky Connection

Dr. Biswajit Dutta

Quantum computing is a new type of computing that uses the principles of quantum mechanics to solve problems that are too difficult for classical computers. Classical computers use bits, which can be either 0 or 1 (it's either on (1) or off (0)) shown in the left-hand side panel of cartoon. Quantum computers use qubits, which can be 0, 1, or both at the same time. This is called superposition; a typical depiction of a superposed state is shown in the right-hand side panel of cartoon. One simple example of quantum bit is any two-level quantum system, such as a spin in a magnetic field or a single photon, I will give few more examples in the future sections.

Left hand side panel depicts the representation of classical bit and the right-hand side panel represents a quantum bit with some superposition almost 65% (1) and 35% (0). This super position generated by using simple python code.

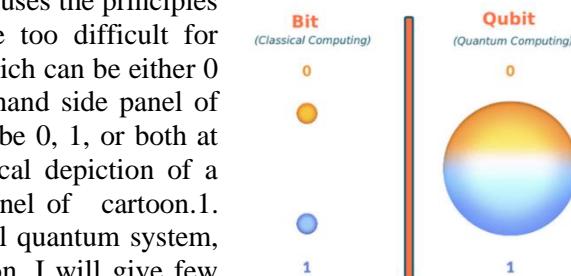
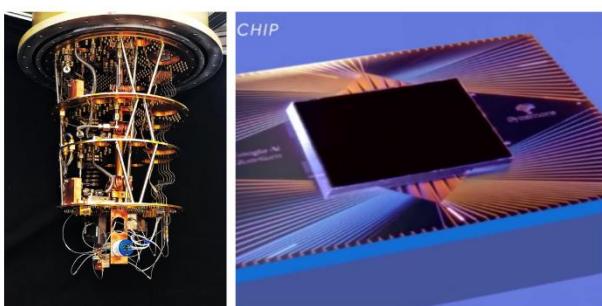


"You might be thinking, 'Why do we need quantum computers? Classical computers work just fine for me!' And you're right, for many everyday tasks, your laptop or smartphone is more than enough. You probably don't need a quantum computer to check your email or browse the web."



But trust me, you won't need to trade in your smartphone for a quantum device anytime soon (though wouldn't that be a cool gadget?). It may be a while before quantum computers enter our everyday lives. And even when they do, you probably won't need to learn any new tricks. We're working hard to keep things simple. So, let's get to the heart of the matter: why do we need quantum computers in the first place? But before we dive in, let's have a look at what this mysterious machine actually looks like. Prepare to be amazed...

"tan tannnee.....



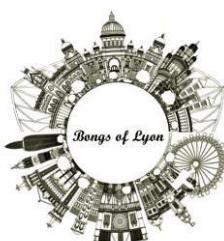
The right side is the chip from Google (named the Sycamore chip), and the left one is a dilution refrigerator, a machine that can cool it down to almost absolute zero (-273.15 °C). Why so cold? Well, qubits are incredibly fragile. Imagine them like tiny spinning tops that are easily disturbed by the slightest noise or vibration. To keep them spinning in their delicate quantum states, we need to create an extremely cold and isolated environment. That's where the dilution

refrigerator comes in. This incredible machine, shown on the left, helps to protect the qubits from interference and maintains their 'quantum Ness'. It's a bit like creating a tiny, isolated universe where the laws of quantum mechanics can reign supreme."

The importance of quantum computer is unlike classical bits, which can only be in a state of 0 or 1, qubits can exist in a superposition of both states simultaneously.

**Parallelism:** Superposition allows quantum computers to explore multiple possibilities simultaneously, leading to massive parallelism and speedups for certain types of calculations.

**Entanglement:** Entanglement creates a strong correlation between two or more qubits, even if they are physically separated. Measuring the state of one entangled qubit instantly reveals information about the state of the others. Entanglement is a crucial resource for many quantum algorithms, enabling tasks like quantum teleportation and superdense coding. There are many other fields like Drug discovery,





Financial modelling, Machine learning, Cryptography etc, where it is proposed that the quantum algorithm can be used. Let's discuss about entanglement in more details which is at the heart of quantum computing, imagine two coins spinning in the air, mysteriously linked. When one lands heads, the other instantly lands tails, no matter how far apart they are. That's kind of like an entanglement. In quantum physics, entangled particles are connected. Measuring

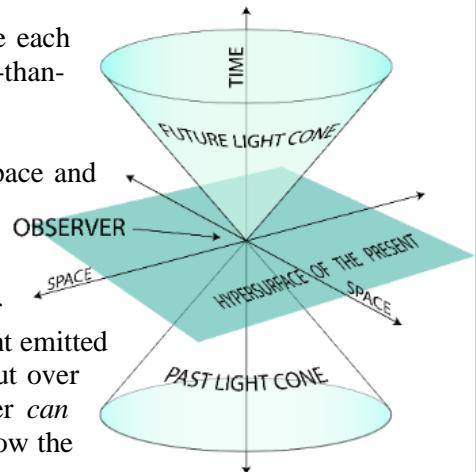
one instantly tells you the state of the other, even if they're miles apart. This is "spooky action at a distance" because it seems to violate his own theory of relativity, which states that nothing can travel faster than light. It can be described very easily by considering the concept of space and time in the context of general relativity,

### Light Cones: The Limits of Causality

Imagine a beam of light spreading out from a point in spacetime. The light cone represents all the points that the light can reach. Events within the light cone can influence each other because information can travel between them at or below the speed of light.

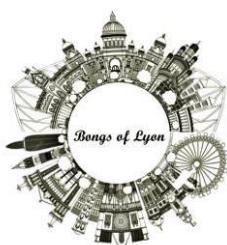
However, events outside each other's light cones cannot influence each other because communication between them would require faster-than-light travel, which is forbidden by relativity.

The diagram represents spacetime, the combined framework of space and time. It's depicted here with two spatial dimensions (for simplicity) and one time dimension. Any point on this diagram represents an event – something happening at a specific location and time. The point labeled "OBSERVER" represents someone or something at a particular point in spacetime. Imagine a flash of light emitted from the observer. The light cone shows how that light spreads out over time. **The upper cone** represents all the events that the observer *can* potentially influence, as there's enough time for a signal (at or below the speed of light) to reach those events.



**The lower cone** represents all the events that *could have* influenced the observer, as there's enough time for a signal from those events to have reached the observer. The flat plane represents the "present" relative to the observer. It shows all the events that the observer would perceive as happening at the same time. However, this notion of simultaneity is relative and can change for observers moving at different speeds. **Why a "Cone"?** The sides of the cone have a specific slope related to the speed of light. This shows how far light can travel in each amount of time. Since nothing can travel faster than light, anything the observer does can only affect events within the future light cone. The core idea is to draw an analogy between the geometry of a light cone and the state space of two qubits. The surface of a sphere (or a circle in a simplified 2D representation) at a specific time slice of the light cone is likened to a Bloch sphere. The Bloch sphere is a geometrical representation of the state of a qubit.

**Mapping Particle Motion to Qubit States:** The paths particles take through spacetime are called world lines. The idea is to link the speed of a particle to the entanglement between these two imaginary qubits (one associated with the future cone, the other with the past). Particles traveling at the speed of light have world lines on the surface of the light cone. This is analogous to the two qubits being in a product state (not entangled).





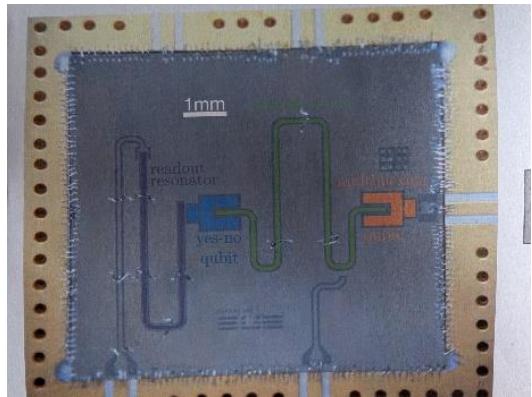
**Types of Qubits:** Superconducting qubits, Trapped ion qubits, Photonic qubits, Defect-based qubits.

### The Jaynes-Cummings Model:

The Jaynes-Cummings model is a fundamental theoretical framework for understanding the interaction between light and matter at the quantum level. It describes a two-level system (a qubit) interacting with a single mode of an electromagnetic field (a photon in a cavity). The Hamiltonian, which describes the energy of the system, is given by:

$$H = \hbar\omega_c a^\dagger a + \hbar\omega_a \sigma_z / 2 + \hbar g(a^\dagger \sigma^- + a \sigma^+),$$

Now, let's dive a little deeper into the quantum mechanics behind this. Don't worry, I'll keep it simple! This equation, called the Jaynes-Cummings Hamiltonian, describes how our qubit interacts with light. Think of it like a recipe that tells us how the qubit's energy changes when it absorbs or emits a photon.



This term indicates the entanglement between the qubit and the electromagnetic field. The type of qubit used in a quantum computer influences its properties and capabilities. The Jaynes-Cummings model provides a theoretical framework for understanding how these qubits interact with light, leading to entanglement. This entanglement is a crucial resource for quantum computing, enabling powerful algorithms and applications that are impossible with classical computers.

In our lab, we're working with a cutting-edge **Transmon qubit**, similar to the one shown here. It's a fascinating device that allows us to explore the strange and wonderful world of quantum mechanics.

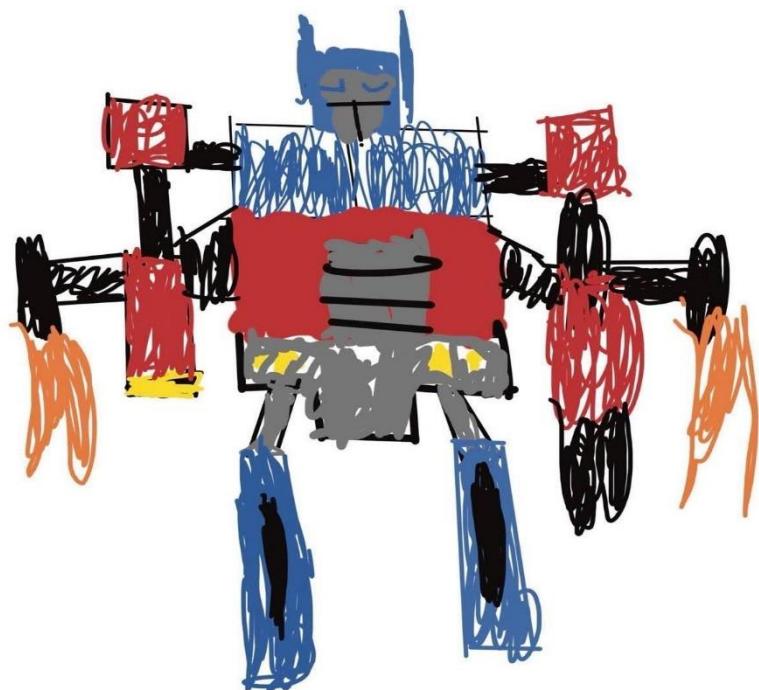
At last, my favourite quote

"The journey of a thousand miles begins with a single step."  
- Lao Tzu





*Shrihan Sarkar*



*Rishaan Kaushik*





## Caged Bird

Angelika Chatterjee Sen

The blue sky has white clouds drifting in tranquility.  
Birds singing in the boughs, merry leaves fluttering in the breeze.  
With closed eyes, all these I can clearly see.  
Beautiful colours and the bright sparkling dew,  
coz, once my eyes open, **Bars of captivity** block my view.

I lookback at my childhood through my quivering closed eyes.  
O what fun, what frolic, and we could all fly....  
With confidence from mom and courage from dad  
I plunged myself into freedom, in the blink of an eye.

Flew, we did....in circles and squares,  
with singing and laughter and diving and dares.  
In and out and up and down,  
nothing bothered us as we raced through the town.

Then, one day all thought of an outing!  
What fun and excitement were in the waiting.  
Planning and chirping and counting of numbers.  
Hold on! said our elders, take it easy,  
over excitement leads to blunders.

Out we zoomed to our planned destination.  
O what beauty! look at God's creation!  
The park was alive with balloons, music, fun and a vibrant glow.  
There were fathers and mothers with children in tow,  
chips, fruits, corn, peanuts all put up in a row.

Everything looked fine, there was no fear.  
Greedily I plunged into the corn, lying quite clear.  
I dug into the pleasure and a dark net embraced me.  
In a flash, I was captive..... Now somebody's treasure.

My human was happy, but not was I.  
Children ran in to see me. O my! O my!  
They held me tight, lest I escape,  
and shoved me into a golden white cage.  
Bright eyes peeped in; pink lips whistled  
but I was tremulous, bewildered and in a daze.





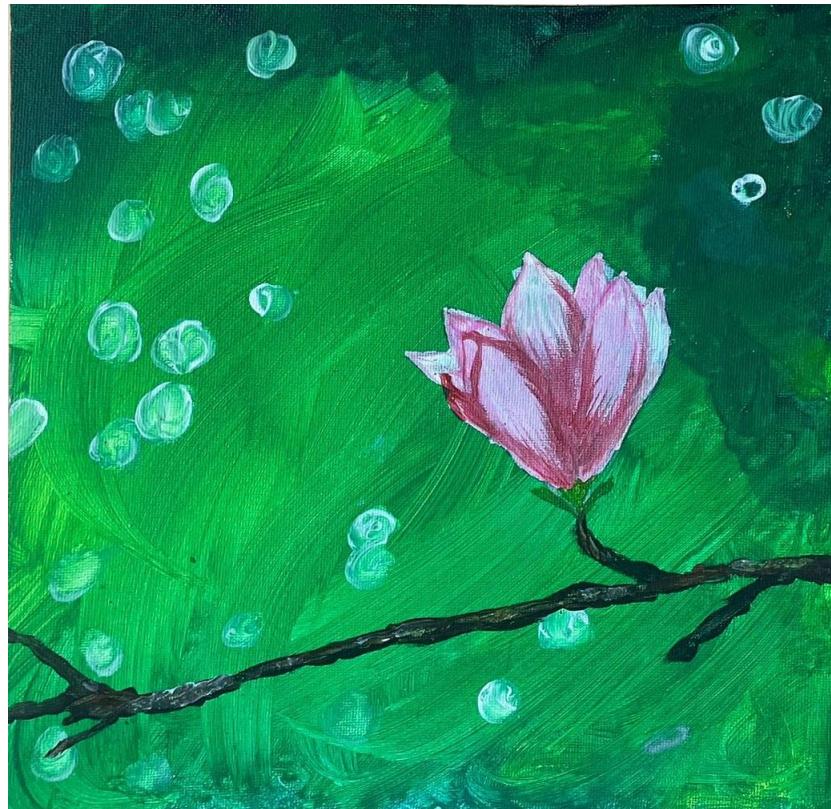
Time flies! Yes, days turned into weeks then months and years,  
I still am waiting to return to my dears.

Food and water plentiful and music playing in my ears  
but what life is this? despairing and flooded by tears.

Back home, I wonder.... do they still miss me?  
Do they still fly in circles like before- merrily?  
How do they look? All grown and mature!  
Their bright faces etched in my mind, so vivid and clear.

Here, I have no worries for food and no fear.  
Nonetheless I only wish and hope,  
that one-day I'll break open and fly out,  
to take deep breaths of freedom and live a life,  
long desired, imagined and visualised.  
Where none is captive, and dreams come true,  
as we have only one life,  
to either go down or soar high into the sky!





Abhiraj Das



মুখোমুখি-Inti Ray





## Pérouges: A Journey into France's Medieval Past

Agniv Chakraborty

Imagine stepping into a world where time seems to slow down, where cobbled streets wind past ancient stone buildings, and the echoes of history whisper in the air.



This is Pérouges, a beautifully preserved medieval village perched on a small hill in the Ain department of France, not far from Lyon. It's a place where you can truly escape the hustle and bustle of modern life and immerse yourself in the charm and simplicity of a bygone era.

As you approach Pérouges, you'll immediately be struck by its dramatic setting. The village sits atop a gentle rise, its stone walls and towers standing proud, against the surrounding countryside. It feels as though you're approaching a fortress, a haven from the outside world. The narrow entrance, framed by ancient stone archways, only adds to this sense of stepping back in time.

Once inside the village, you'll find yourself on a labyrinth of winding, cobbled streets. These uneven pathways lead you past timber-framed houses with

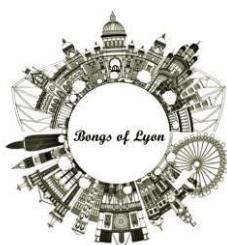
terracotta roofs, each building seemingly telling its own story. The stone walls, weathered by centuries of sun and rain, have a rugged beauty, while colorful flower boxes add splashes of warmth and life to the scene. There's an enchanting, almost otherworldly quality to the atmosphere.

Pérouges is a place where you'll want to wander without a specific destination in mind. The village is small enough to explore on foot, and every turn brings a new discovery. You'll find yourself captivated by the small details – the ironwork of a door, the curve of a stone window frame, the subtle variations in the color of the stone. It's these tiny elements that make Pérouges so unique and captivating. The central square, the Place du Village, is the heart of Pérouges. It's here that you'll find the old church, the Hostellerie, a historic inn, and the village's ancient lime tree. The square is a hub of activity, where locals and visitors alike gather to relax, chat, and soak up the atmosphere. It's a perfect spot to pause, have a drink at a café, and imagine what life must have been like here centuries ago.



The Hostellerie, with its charming courtyard and rooms filled with antique furniture, is a particularly special place to visit. It gives you a taste of what daily life might have been like in the medieval period. The aromas of traditional cooking often waft from its kitchens, further adding to the authentic experience. You can

savor some local specialties, like the famous "galette de Pérouges," a sweet, thin tart, and indulge in the flavors of the region.





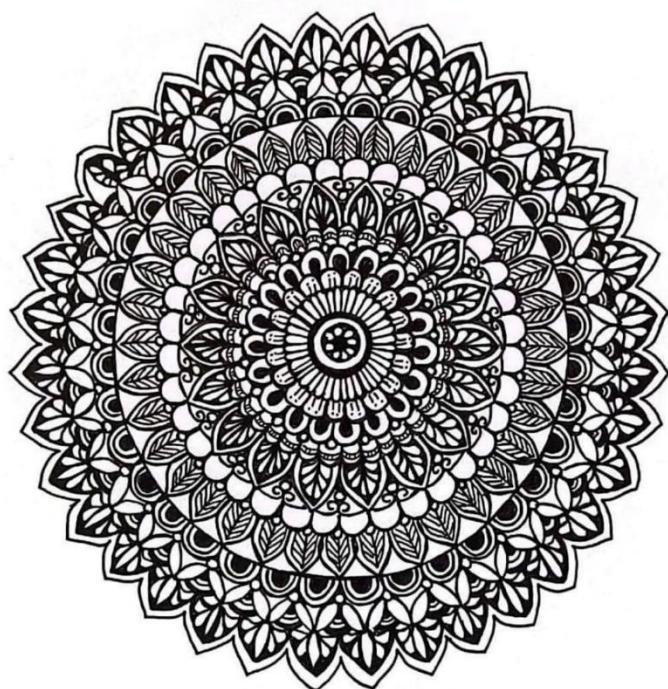
Pérouges is more than just a collection of old buildings; it's a living, breathing village where history is still very much alive. Although it's a popular destination for tourists, it has managed to retain its unique character. The friendly locals, who are proud of their heritage, add to the warm and welcoming atmosphere.

Beyond the village walls, the surrounding countryside offers stunning views of rolling hills and

agricultural fields. Taking a stroll around the perimeter of Pérouges allows you to appreciate its strategic position and its integration with the natural landscape. It's also a chance to escape the narrow lanes and enjoy the fresh country air.

Visiting Pérouges is like stepping into the pages of a storybook. It's a place where you can leave the modern world behind, immerse yourself in the charm of the past, and discover the beauty and simplicity of medieval life. Whether you're interested in history, architecture, or simply escaping to a beautiful and unique place, Pérouges is a destination that will captivate your senses and leave you with lasting memories. It's a true gem of France, waiting to be explored and enjoyed.





*Angelika*





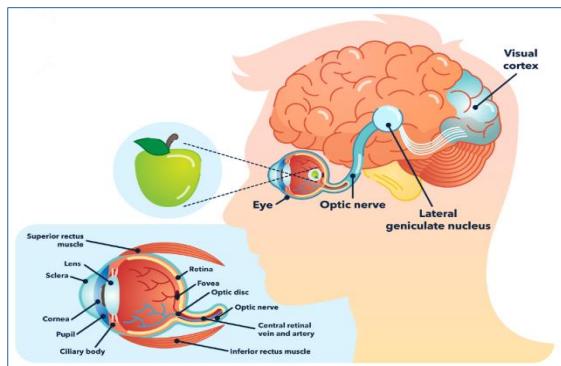
## Who We Are: The Quest to Understand the Mind

Dr. Manoj Kumar Nandi

The search for understanding the mind and self has deep roots in human history. Ancient Indian sages, through profound introspection and philosophical inquiry, laid the foundation for exploring the question, "Who are we?" Through practices like meditation, they sought to unravel the mysteries of the human mind, its nature, and its connection to the world. Their insights formed the bedrock of philosophies that emphasized the power of thought, consciousness, and the pursuit of self-awareness.

Fast forward to modern times, the quest to understand the mind has evolved into the scientific discipline of cognitive neuroscience. This field bridges psychology, neuroscience, and technology to explore the biological underpinnings of thought, memory, emotions, and behavior. Through experiments that utilize cutting-edge tools such as functional (magnetic resonance imaging) MRI, electroencephalogram (EEG), and computational modeling, scientists are uncovering the neural mechanisms that govern cognition. From understanding how we make decisions to exploring the depths of memory, these advancements are shedding light on the intricate workings of the brain.

Think of the brain as a highly advanced electrical circuit. It's made up of billions of tiny units called neurons, which act like wires in a massive network. These neurons don't just pass electricity, they "talk" to each other by sending signals. The connections between neurons, called synapses, are where the real magic happens. They act like switches, controlling how signals flow and which paths are strengthened or weakened over time.



[Schematic diagram to explain the learning process.  
Image source: <https://www.perkins.org/the-visual-pathway-from-the-eye-to-the-brain/>]

Let's imagine how this works when you learn something simple, like recognizing an apple. The first time you see an apple, your eyes take in the image, and light-sensitive cells in your retina send an electrical signal to your brain. This signal travels to the visual center, where neurons "decode" the apple's shape, color, and texture. This information is then sent to other parts of the brain that connect it to the word "apple" and the idea of "fruit" [see the figure].

The next time you see or hear about an apple, the same neurons light up again. With repetition, the connections between these neurons get stronger, making it easier and faster for your brain to recognize an apple. This process of strengthening connections is called "synaptic plasticity." It's a bit like a shortcut forming in a circuit, each use reinforces the path, making it more efficient.

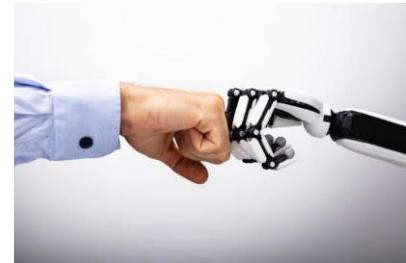
However, unlike simple electrical circuits, the brain is constantly changing. Neurons can form new connections, adapt to new information, and even rewire themselves after injury. Understanding this adaptability is key to solving puzzles about how we learn, remember, and make decisions. Scientists use tools like EEG (which measures electrical signals from the





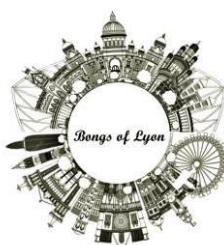
brain) and fMRI (which tracks blood flow) to observe this activity. But while these tools give us a big-picture view, they don't show us the fine details of how each "wire" works. That's where computational models come in. By simulating brain activity on computers, we can test ideas about how neurons interact and adapt. For instance, we can explore how changes in neural circuits affect learning, memory, or even mental health.

Why does this matter? Understanding the brain has far-reaching benefits. In medicine, it helps us diagnose and treat conditions like Alzheimer's, ADHD, and depression by identifying what goes wrong in the brain's "wiring." This knowledge also supports innovations like brain-controlled artificial limbs, giving people new levels of independence. Our brain sends electrical signals to control every movement in our body. For example, when we want to move our hand, neurons in a specific part of our brain send signals through our nerves to the muscles in our hand. With artificial limbs, we use these brain signals that would go to a missing limb, trained the limb according to the signals and also send the feedback to the brain that the limbs does the work. Physiotherapy for stroke (when blood flow to part of the brain is blocked or reduced, cutting off oxygen and nutrients. This causes brain cells to die, leading to sudden symptoms like weakness, difficulty speaking, or loss of coordination) patients focuses on retraining the brain and body to regain lost functions. After a stroke, some parts of the brain may become damaged, but thanks to neuroplasticity (the brain's ability to rewire itself), other parts of the brain can often adapt and take over. Physiotherapy plays a crucial role in encouraging this learning process. Beyond healthcare, studying the brain inspires advances in artificial intelligence and robotics, helping machines mimic human thought and behavior.



As researchers, we're on a fascinating journey to uncover the brain's secrets. Every discovery not only deepens our understanding but also holds the potential to transform lives. While we've made remarkable progress, there's still so much left to explore to truly understand how the brain works. For instance, we know that certain brain regions are more active during specific tasks, while others remain less active, thanks to tools like functional magnetic resonance imaging (fMRI) and EEG. But when it comes to individual neurons, we still have many unanswered questions. Are specific neurons dedicated to specific tasks, like recognizing a face or recalling a memory? Or do they work as a flexible network, adapting to different situations? Another big mystery is how the brain defines the pathways for processing external stimuli. Why and how do only certain neurons get involved in a response while others stay silent? What governs this selection process? These are questions that continue to puzzle us. With time, dedication, and advancing technology, I believe we'll unlock these mysteries and gain a clearer picture of ourselves. One day, we may fully understand how the billions of neurons in our brain shape who we are, how we think, and how we experience the world.

I'll end with a quote from my bachelor's superintendent that has always stayed with me: "Repeated thinking leads to actions. Repeated actions become habits. A bundle of habits reflects your character, and your character defines who you are. In essence, we are nothing but our own thinking."





**Living a French dream... Dipanjali Kalita Sanyal**





## Queen Bees

### The vibrant kitty group of the wonderful ladies of Lyon.

Inti Ray

Dipanjali Kalita Sanyal

Angelika Chatterjee Sen

There's something truly remarkable about a woman. She's a blend of love, grace, strength, intelligence, fearlessness and courage.

Take a little break from your daily hustle to know the Queen Bees of Lyon. Yes, that's the Kitty group of us ladies here in Lyon. Our parties are filled with fun, laughter, games and delicious food.

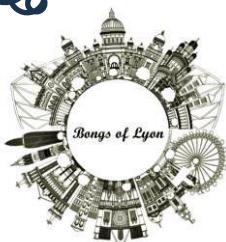
***Home is not a place- it's a feeling of being embraced and cherished!***

To make Lyon feel like home, we began a ladies' kitty group with just a few members. Over time, it has grown steadily, and now we are a lively and vibrant group of 11 women and counting....

We maintain the lively spirit of our get-togethers by choosing color themes for each party. Everything from blue to red to orange to brown, and even the entire spectrum of rainbow hues. Our luncheon parties feature a diverse array of cuisines like Chilli chicken, chicken with peanut curry African style, kochur loti diye chingri, Assamese Pithe with Lal Cha, Maharashtrian Drumstick curry, Assamese style fish curry, chingri malai curry etc ,inspired by the seasons, different countries, special celebrations like Durga Puja, Poush Parbon and sometimes simply by the preferences of our palates.



How beautiful to be  
a cloud floating in  
blue!





To make our meetings even more exciting and vibrant, we incorporate a variety of games like Ludo, Memory game, Housie etc. The day passes in the blink of an eye, filled with laughter and merriment. It's a delightful escape from our daily mundane routines once a month, and each time, we eagerly look forward to the next one.



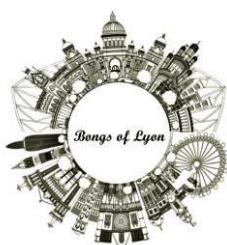
Buzzing queen bees!



Golden coins flaunted by the black beauties!



Crimson Queens





Our youngest bee among the floral  
themed queens!



Traditional Divas!



Red and Radiant!



Pinkastic!



The Spirit of freedom lives in our hearts





কোজাগরীর রাত

দীপাঞ্জনা সাহা

কী রাঁধছিলে কোজাগরীর রাতে?  
 চাঁদের স্বপ্ন?  
 শাড়ীর ভাঁজে লেগে থাকা হলদে দাগ,  
 স্পষ্ট দেখলাম!  
 চাঁদের কুসুম হড়কে পড়ল,  
 গড়িয়ে গেল কিশোরীর স্বপ্নের মতো।  
 ধরতে আজকাল ঘেন্না বুঝি?  
 লক্ষ্মীর পাকস্থলী কেটে রক্ত।  
 তাতে নুন- মরিচ মিশিয়ে যে  
 ভোগ রাঁধা হচ্ছিল ভোররাতে,  
 আলোকজগৎ পেরিয়ে  
 তার নাম লেখা হল দোরে দোরে।

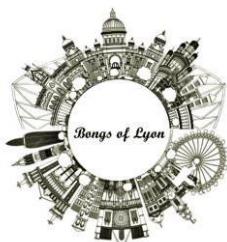




এলোকেশন - Inti Ray



Beautiful, Fierce and Free - Dipanjali Kalita Sanyal





## রাতের বেলা দুপুর যদি হয়

### ইন্টি রায়

কবিগুরুর এই অব্যক্ত বাণী যে আমার সামনে এভাবে সত্যি হয়ে উঠবে তা ভাবিনি....

অনেক সময় দুপুর বেলা অনেক ঘুমালে আমাদের অনেকের ই মনে হয় হয়তো সকাল বেলা উঠছি....

কিন্তু আমাদের তো জীবনে সবই উল্টো, রাত দুটোর সময় পাশের জন ঠেলা মেরে উঠিয়ে বলে "এই সন্ধ্যে হয়ে গ্যাছে ওঠো ওঠো চা খাই চলো"

আমি বললাম" না এখন রাত এই তো খেয়ে দেয়ে ঘুমাতে এলে, ঘুমাও, পাগল নাকি!"

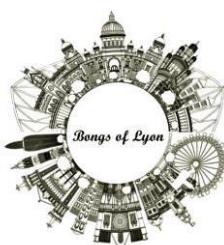
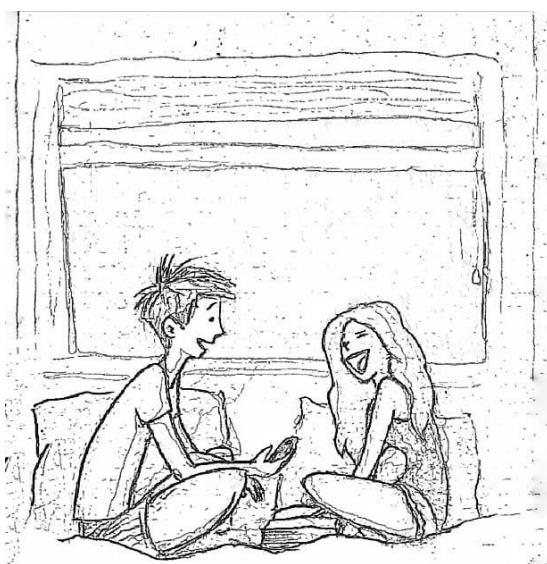
বেশ হেসে হেসে বলছিলাম, হাসি পাবার ই কথা! ওনার তাই হয়তো বিশ্বাস হয়নি ভেবেছে মজা করছি তাই শুধু বলেই তিনি ক্ষ্যান্ত হননি, উঠে দরজা খুলে নীচে পর্যন্ত চলে গেলেন! - "চাআআ খেতে" (খাবোনা আমরা চাআ!!)

আমি এতক্ষন শুয়েই ছিলাম এবার উঠে বসে পড়লাম এই সব কাণ্ড দেখে!! মনে বেশ হাসি মিশ্রিত ভয় - আমার জ্বালাতনে বরমশাইয়ের মাথাটা কি সত্যি করে খারাপ হল নাকি!!!

মিনিট খানেকের মধ্যেই ওনার আবিভাব ঘটল... জিজেস করলাম "চাআ খাওয়া হল? এবার তবে ঘুমাও..." এবার মোবাইলে দেখিয়ে বললাম এখন রাত আড়াইটা!!! ওদিকে তখন ওনার মুখ লুকোতে না পারার অবস্থা!!! বেশ হাস্যকর... কি বলবে আর খুঁজে পাচ্ছেননা শুধুই হেসে চলেছেন...

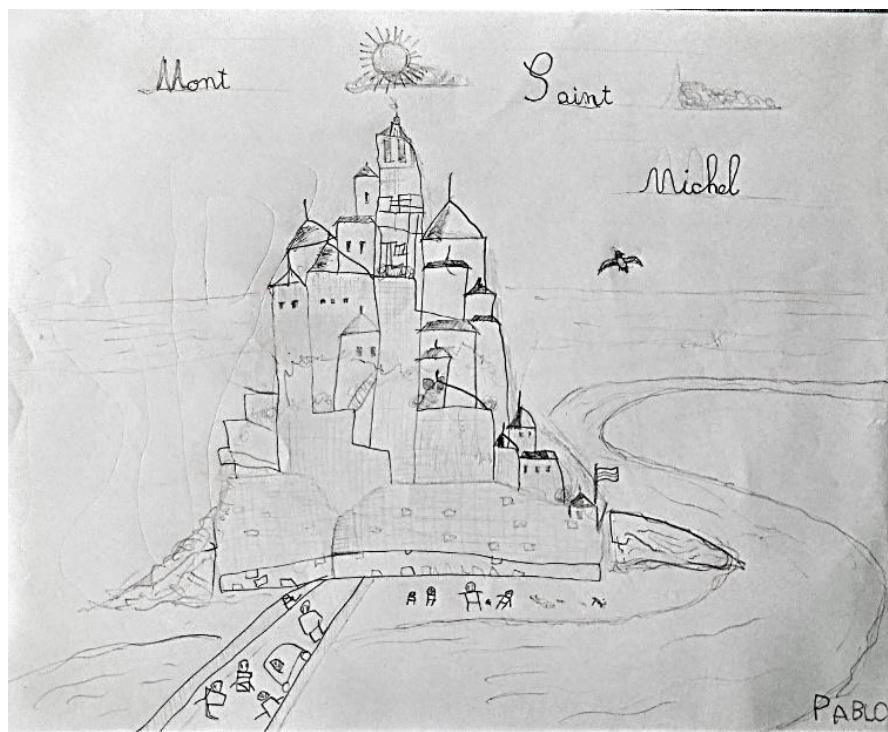
হ্যা হ্যা এমন একজন "পার্মানেন্ট রুমমেট" থাকলে রাত-দুপুরে এসব ও সহ্য করতে হয় আর কি

পুনশ্চ: বর কে একবার বর বললে তার অর্থ পরিপূর্ণ হয়না তাই দুবার বলি।

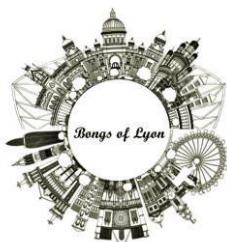


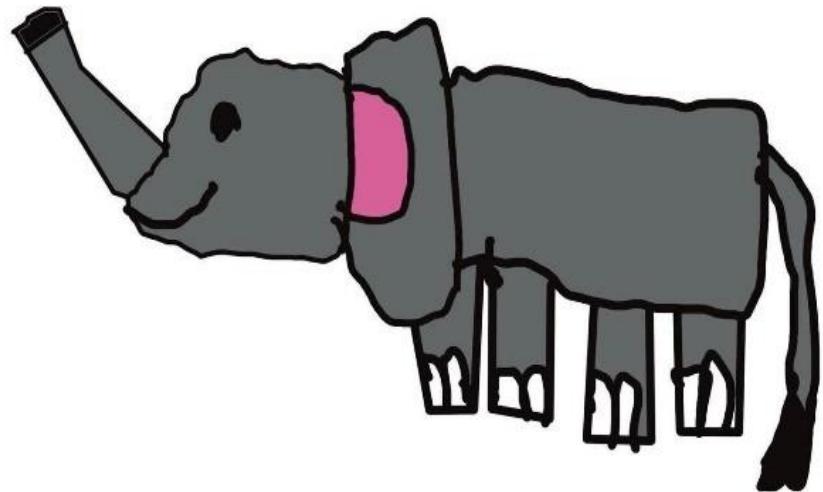


**Colosseum-The monument stands for bread and circuses**  
Anamika Das



**Abhigyan Purohit**

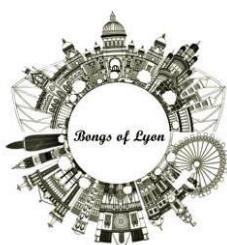




**Rishaan Kaushik**



**Rishaan Kaushik**





# COMMITTEE



Angelika Chatterjee



Madhubanti Sarkar



Inti Ray



Dipanjana Saha



Agniv Chakraborty

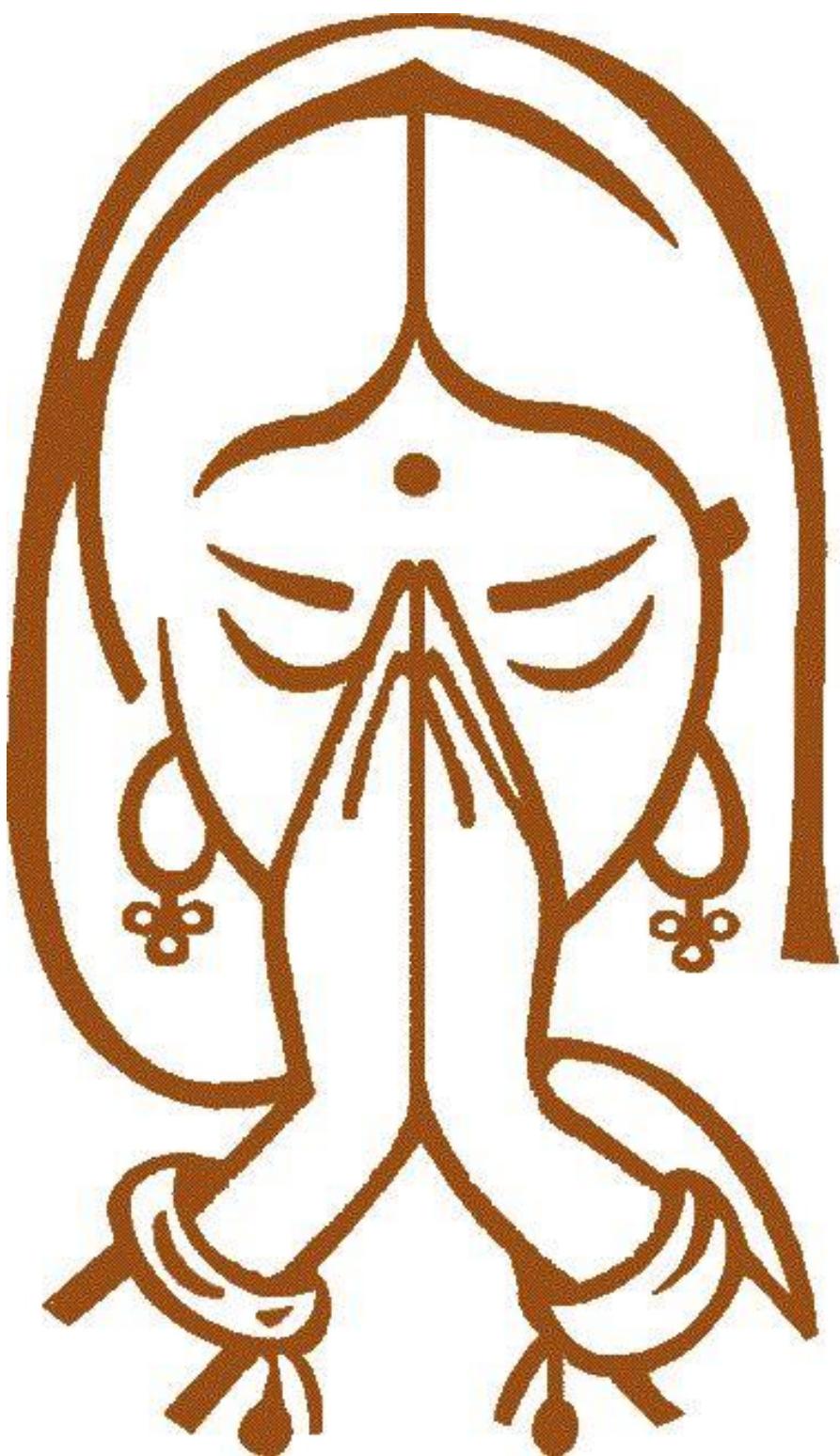


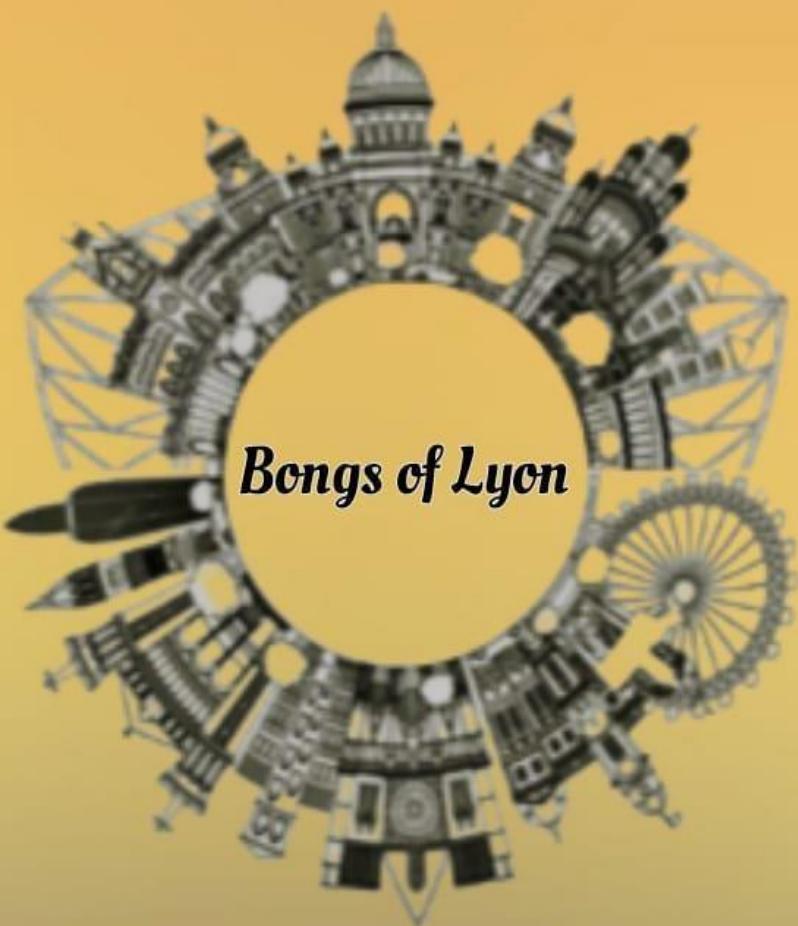
Dr. Manoj Kumar Nandi



Sandip Kumar Sen







*Songs of Lyon*