



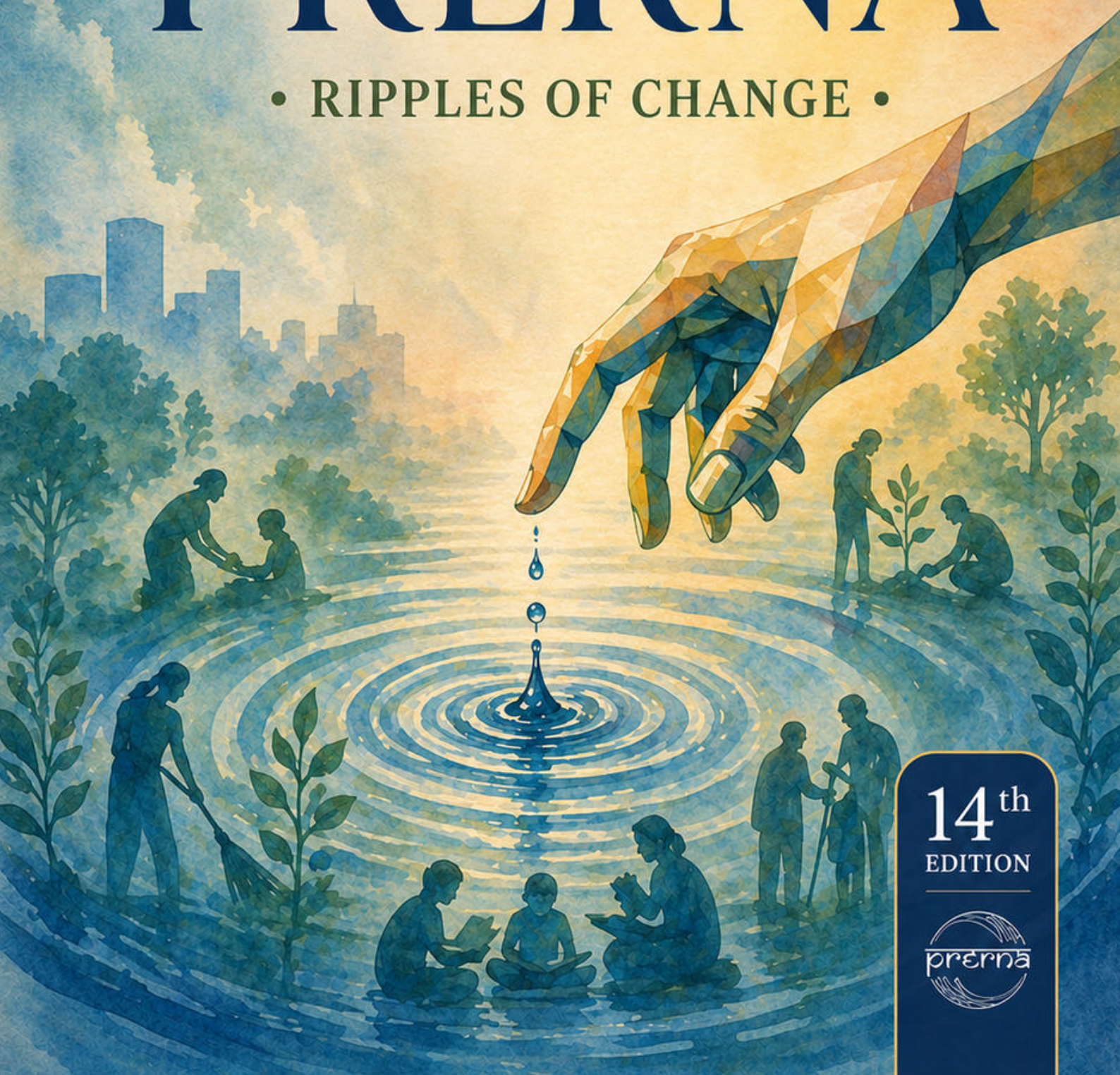
NATIONAL SERVICE SCHEME
SHRI RAM COLLEGE OF COMMERCE

presents

THE ANNUAL MAGAZINE

PRERNA

• RIPPLES OF CHANGE •



14th
EDITION





Ripples of Change

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FROM THE PRINCIPAL

“Be the change you wish to see in the world.”

-Mahatma Gandhi



Prof. Simrit Kaur

This profound insight from the father of our nation perfectly embodies the ethos of the National Service Scheme (NSS) at Shri Ram College of Commerce. Our college has always emphasized the importance of compassion and service alongside academic excellence.

It is truly inspiring to witness the unwavering dedication of our students as they earnestly endeavor to create a positive ripple effect in society.

Throughout the year, Team NSS through its several laudable activities promotes, the deeply ingrained motto of *“Heart For Service”*.

The diligence and courage to initiate positive, social and cultural transformation are reflected in their noble deeds, awareness campaigns, and wing activities.

Throughout the year, the NSS team lives out our motto, *“Heart For Service”*, through various impactful initiatives. From raising awareness to organizing blood donation drives and setting up free dental check-ups, their dedication and courage continue to spark positive change. Their selfless actions inspire not only our stakeholders but also the broader society to unite in the name of humanity.

Under the capable guidance and support of Convenor Mr. Ashwani Kumar, the NSS team has been instrumental in nurturing socially responsible citizens. Their tireless efforts serve as a beacon of hope and inspiration, guiding others towards a path of service.

FROM THE PRINCIPAL

I extend my heartfelt congratulations to the team on the release of thirteenth edition of 'PRERNA', our annual magazine. This year's theme, "Ripples of Change", is particularly relevant during these transformative times. I hope the insights shared in this magazine will enrich and inspire its readers.

“I wish the NSS team continued success in all their future endeavors, as they continue to make a meaningful difference in the lives of others.”

FROM THE TEACHER IN CHARGE



Mr. Ashwani Kumar

“The highest education is that which does not merely give us information but makes our life in harmony with all existence.”

— Rabindranath Tagore

Education means little if it focuses only on personal success and neglects social welfare and community development. In today's competitive world, individual achievements often come before the well-being of society. The National Service Scheme is a platform where we try to develop a sense of social service among young minds through engagement in social welfare activities. We believe our students have the capability and potential to become key decision-makers in policy formulation for the country and the various community engagement programs undertaken by NSS help them understand the various problems in society and eventually find their probable solutions at the grassroots level.

It is my privilege to be associated with the NSS unit of Shri Ram College of Commerce. Teaching and guiding the best minds of our country is certainly a great feeling. I am proud to say that our volunteers are admirably adhering to the NSS Motto of **“NOT ME BUT YOU”** and trying their best to bring positive changes around them through their work.

The NSS unit of SRCC remains the most active student body on campus, with a dedication that begins on the first day of admissions and continues through the final day of the session. Our impact is best seen in our grassroots initiatives. Notably, our volunteers have been at the forefront of the **Nasha Mukti (Anti-Drug) campaign**. To address this critical issue with data-driven insights, our team conducted an extensive survey report on substance abuse. This research was complemented by creative outreach in samarpan, including a thematic skit on Nasha Mukti designed to instill healthy values and awareness in young children.

The office-bearers and volunteers have played a crucial role in elevating the social contributions of NSS SRCC. I express my sincere gratitude to them for turning the objectives of NSS into tangible realities. Additionally, I would like to congratulate the editorial team for bringing this thirteenth issue of PRERNA to our readers. We hope it will provide you with a fresh perspective and inspire you in many respects.

FROM THE CHIEF EDITOR



Ms. Muskan Noor

Upon reflecting, the past 2 years, were a whirlwind; so much has changed. Delhi meant navigating a new home, and college felt like an unknown world. Amidst the chaos of classes, career tensions, shifting friendships and the looming fear of being left behind, I found a place of purpose – a place where you come for serving the society and CV pointers but stay for the soul – NSS.

It began as a random day in college as a fresher where I ended up attending the orientation of a random society. The orientation was like that of any other society, except the part where the seniors were sweet and radiated a genuine bond, where they actually liked each other – it was NSS.

Like any other person who joins NSS, I too had always wanted to do something to make the society a better place to live, but didn't have the means to do it on a scale that mattered, but with NSS, it became possible.

I joined a few societies initially, but I only continued with NSS, it seemed as a safe place to own your personality and to grow. I still remember my wing orientation that ended with laughter and fun games, by the end of the meeting, I had made a decision that – I want to become the next Research and Editorial (RnE) Wing Head. However, the path wasn't linear. After an initial burst of hard work and bonding, I felt myself drifting, and solely focused on myself. I re-evaluated whether NSS is the best fit for me due to the extreme time commitments, but then came SAMARPAN, and I busied myself in everything possible, whether it was Case-o-Cause, the flashmob, the choreography team of the flashmob and also the marketing team, while contributing to the decor and survey team as well.

FROM THE CHIEF EDITOR

I spent a significant amount of time in college with my NSS peeps, which changed my perspective a lot. Seeing our hard work pay off on Day 2 of Samarpan was an incredible validation of our efforts. Every minute spent obsessing over the details was worth it—not just for the event’s success, but for the incredible network of people I befriended along the way.

At the end of samarpan, I realised that doubting anything without giving it my all was the wrong path. This learning stayed with me when I applied for a position in the Junior Cabinet, to become a part of a cohort, I had envisioned since the day of orientation of NSS. Vestiges of doubts still clawed at my heart, but this was a “canon-event”.

The day I became the RnE head remains a core memory and so is the day of our orientation. I knew half the people in the cabinet when we began our tenure but now, all of them are my “precious gems”. My JC was always there when I needed to cry about things, rant about work or just take long walks to the McD. In NSS I didn’t just find colleagues, I ended up finding a support system.

Now, I worked along with my juniors as well. The roles reversed this year; now my juniors grapple with the similar confusion and hurdles that I did when I was in their shoes. They seek guidance and advice from me, and helping them felt profoundly right, just like my seniors did for me. Then came Samarpan, again. A year ago, I only imagined being a part of samarpan again, and here I was, as the organizer of samarpan’26. Three months of preparation and hard work, culminated across both the days.

Today, I see the difference we have made, impacting so many lives, with a ripple of change that we took. My life was still water, NSS was the gentle breeze that made hundreds of ripples of changes in my life. NSS has been the defining chapter of my college life. It taught me that while we might join for the "service," we stay for the bonds. These memories and the people who made them will stay with me long after I leave these halls. As we say, “Once in NSS, always in NSS”.

FROM THE PRESIDENT



Nainika

Prerna, our annual magazine, embraces the theme Ripples of Change this year, a gentle reminder of the power held

by the smallest acts of service. As I sit down to write this, I find myself reflecting on my three year journey with the National Service Scheme, SRCC, a journey that has quietly transformed the way I see the world and my place in it.

When I first joined as a volunteer, there was always a small question in my mind. Would the work we do truly make a difference in the long run? Could our efforts really create change that lasts? As the months turned into years, this beautiful organisation slowly answered those questions for me.

I began to understand what even the smallest gesture of help and hope means to someone. Time and again, I witnessed how little acts of service can create waves of transformation far beyond what we imagine.

For someone who had never been involved in social service before and was distant from the idea of creating change, NSS became a turning point. It taught me humility, empathy, and the true value of the smiles we spread through our work.

It made me believe that as long as spaces like NSS exist, humanity and kindness will continue to thrive. If this place could change me, it truly means anyone can create positive change through even the smallest actions.

Over time, NSS became more than an organisation. It became our safe space in the chaos of college life, a place where we could confide without hesitation, grow without fear, and always find a sense of belonging. That feeling of belonging is something I know will stay with all of us forever.

FROM THE PRESIDENT

My journey with NSS, which I lovingly call my **SAFARNAMA**, is one I will always cherish deeply. Every person I have worked with during these three years has been a beautiful soul driven by dedication and compassion.

Their passion to serve and their unwavering belief in creating change have inspired me in ways words cannot fully express.

As my tenure as President comes to an end and I look back at this past year, my heart feels incredibly full of gratitude. Together, we have worked across ten wings and projects, each carrying its own story of hope.

From Project Sanskar, where one of our students secured admission to SRCC this year and gave us a truly full circle moment, to Project Vishwas where we began the initiative Darzinama to support underprivileged tailors in earning a livelihood.

From Project Kali's social upliftment work in Dayabasti to Project Ankush's regular food distribution drives, every effort has been a reminder of what collective compassion can achieve.

Alongside this, we have continued supporting the specially abled, advocating for the environment and raising our voice for empowerment through our Social Wings and L&M wings, the backbone that keeps our work moving forward. Across every domain we serve, we remain guided by our unit's belief, "Heart for Service" and the NSS motto, "Not Me But You."

As I pass this journey forward, this is a note to the future generations of NSS SRCC. Keep working for what is right. Keep this place safe. Carry the values of NSS wherever life takes you. There is one thing we all hold close to our hearts, "Once in NSS, always in NSS." And I know this will always prevail.

With love,

Nainika

President (2025-26)

National Service Scheme, SRCC

FROM THE SECRETARY



Khushi Sarawgi

Some journeys don't feel extraordinary while you're living them but when you look back, you realise they quietly changed everything.

I began as a first-year volunteer, unsure of what NSS would come to mean to me. A large part of my journey began with Project Sanskar, where we taught underprivileged children.

What started as a simple act of teaching soon became the most fulfilling part of my days their smiles, their eagerness to learn, and the joy they carried made every effort worthwhile. Those moments, simple yet powerful, slowly began to shape who I was becoming.

In my second year, as the Project Sanskar Head, that connection deepened. It was no longer just about teaching it was about taking responsibility for something that truly mattered. Being able to contribute more meaningfully and ensure that those same smiles continued made the experience even more special. This year, as Secretary, changed my perspective in the most beautiful way. It gave me people I will always be grateful for. They made this journey what it is. Working alongside them, I witnessed the heart of NSS up close the effort behind every initiative and the sincerity behind every person. It showed me how much stronger everything becomes when done together.

Somewhere along the way, NSS stopped being just a part of my college life it became a space I could always return to. It grounded me, shaped me, and stayed constant. It taught me how to lead with empathy, stay committed, and care without expecting anything in return.

FROM THE SECRETARY

As I write this in my final days in NSS, it doesn't feel like an ending. It feels like something I'm carrying forward. Because what we build here doesn't fade it stays, in the people we've met, the lives we've touched, and in ourselves.

To everyone who has been a part of this journey thank you for the memories, the trust, and the shared purpose.

And to those who will take NSS forward keep showing up. One day, you'll realise it meant everything erything.

And even as I move forward, a part of me will always stay back here.

With gratitude and a full heart,

Khushi Sarawgi

Secretary (2025–26)

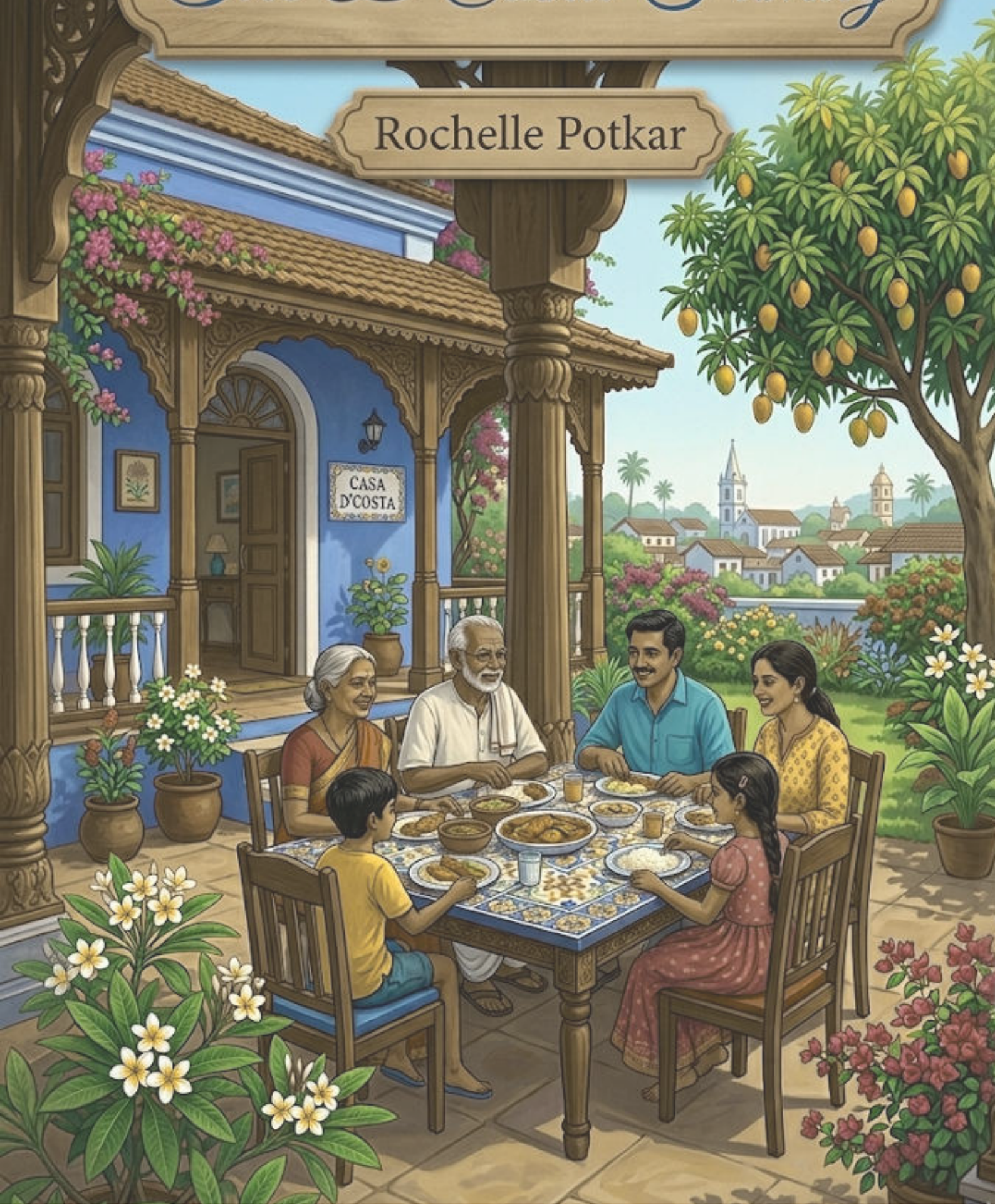
National Service Scheme, SRCC

CALL FOR CHANGE



The D'Costa Family

Rochelle Potkar



THE D'COSTA FAMILY

1. Burgundy House, The 1990s

The shrill twittering of birds in the Burgundy House backyard stopped Rita D'Costa from eavesdropping on what her eldest son Pedro was saying to visitors in his den. This morning it was the hurly burly Sashi Vaswani the most important element in their lives saviour, kingmaker, and key-maker to all their locks and deadlocks.

What she could hear were snippets of laughter and whiffs of phrases that made no sense. Even after she shushed the maids in the kitchen, saying, "Use the stone grinder. The masala mixer is too noisy," she couldn't hear a word.

So, she had marched into the backyard, with her jaw firm over her obstinacy to study the birds swelling in their nests on the mango tree. Their ruckus amplified into the town's silence.

At 5 feet 2" and at 67, Mrs. Rita D'Costa stood back straight over the length of her spine. No misery or tiredness of any day could ever let her stoop. That was her preserve of pride and self-respect the only thing gifted from her family, the Joseph family. Never mind that her lacy camisole hem showed longer than her floral dress. There was a time her grandmother would scold her for that. Now she was a grandmother herself, her talcumed face gleaming with wrinkles around her green eyes, framed by her silver hair that was bob-pinned into a puff. She dabbed her sweating forehead with a handkerchief pulled from the front of her dress.

Around, the dusty town of Callian a satellite town to Bombay, rolled into a new day as if it were yesterday. Even if this town picked up speed in hiccups, it appeared on standstill. Like another Malgudi, thought Rita, squinting at the canopy of the mango tree.

THE D'COSTA FAMILY

Babu, the Callian Municipal Corporation (CMC) tree-cutter had arrived and stood beside her. She nodded at him. Puny, cock-eyed, and knock-kneed, he was agile at climbing the tree almost apelike. Rita found it difficult to trace him over the bark and branches. She followed the bare of his back that clung to his sweaty, loose vest.

The tree-cutter enjoyed the view of the esteemed Burgundy Estate. No tree-cutter in CMC had the noble fortune of viewing this huge plot from the inside its empty grounds flanked by 20 cottages for tenants, and on the other side, the landlord's mustard, red-roofed bungalow with porches, ornamental columns, pilasters, and embellished veranda railings. A balcão with built-in seating on a high plinth flowed out to a maroon staircase that faced the main road. The calligraphic lettering under the roof read: Burgundy House | 1935, standing proud, as if looking down at the tenant settlement through its dome-arched windows with mother-of-pearl panes

Rita, in her red-checked apron, yelled at Babu, pointing to the twittering knot at the left side of the tree. She inserted her little fingers into her ears and rang them as the birdsong grew shrill.

Babu held his long garden scissors, as a wooden axe dangled from his waist. He couldn't help laughing, flashing his tobacco-gutted teeth. "What's wrong bai? They're just singing their song!"

"Singing!? If they were in chorus in a choir that would be good. But look! All at different times. I am going deaf!"

"Not only sparrows. Mynahs, parrots, rollers, robins, koels, pittas, bulbuls..."

"Yeah, so you can't cut the birds, no? You have to cut the branches and the leaves... so do it now! Get on the job!"

"But this is natural music, bai. Unlike road traffic or loudspeakers or what plays during our weddings and festivals..."

"Cut! Cut! Cut! I want to hear no more of your pah, pah pah even," Rita closed her ears with her palms

THE D'COSTA FAMILY

Babu hacked away a branch but another one loosened, breaking his balance. He fell close to where Rita stood. They shrieked and yelped out of each other's ways in that leafy mess. She was a ball of leaves and mud, and the tree cutter had the privilege of holding her hand and putting all his force and breath into yanking her up to her feet, while ignoring her wrinkled, spider-veined thighs.

But this was enough to hunt the twittering ruckus away. A cloud of birds flew and smattered over Callian's skies and over its horizons returning to them a deafening swatch of peace.

It wasn't that Mrs. Rita D'Costa was heartless. At one point, she had loved lawns and gardens, enjoying the fluff and fur of rabbits and puppies and admiring the flutter of yellow butterflies. But that was when she was in her father Anton Joseph's home. Now, and for many years before this, things had been difficult. Hard and cold as metal, where all soft things had gone elsewhere to roost.

Rita walked through the rooms of Burgundy House. Not on any given day could she forget that the furniture in the D'Costa's house had come from her own — the Josephs' home. The Burma teak carved almirah, the grand piano, the rosewood swing, and the home shrine that roofed Joseph, Mary, and Infant Jesus.

The D'Costas had picked these from there on the Day of Bloodshed. These that were now loving pieces of her wounded heart, polished with Brasso — handles and knobs — and varnished in strong-scented polish. These stood like racketed and harvested organs implanted into this godforsaken abode.

She stood in front of the shrine and crossed her heart, murmuring a prayer, as the smell of death lingered, as if the Angel of Death had decided to stay on. That's why she could never sleep on any night. Not a wink from the time she first came to this house many years ago as a bride.

THE D'COSTA FAMILY

Now, she proceeded to do what she hated most.

Don Pedro, her eldest son, all of 39, was pacing in the foyer, chewing on his lower lip — something he did when no one was looking. His bodyguards — Barrett, Jarrett, Brandon, and Landon — two sets of twins stood pinned to the wall with empty AK-47s, like wax statues.

“Mummy, what happened? Is everything alright?” asked Pedro.

Every time he called her Mummy, the hair on her nape stood on end.

“Yes, your Papa’s fine. But I just wanted to ask...,” said Rita.

He knew it already. “Not again, Mummy. You know this will distract you. Everything is bought for, isn’t it? What’s less is in the house? What do you need money for?”

“Even children have pocket money!” snapped Rita. “You won’t even let me buy the greens and groceries without your stamp!”

“Oh, come on! If you are careless, you know the maids might steal it, or you might forget where you kept it. Why bother? Ask me what you want, and I will get it for you.”

“Seneca’s marriage is up. We need to buy dresses... materials...,” said Rita, biting her lip to stop it from quivering.

“I will send the money directly to the shops, don’t you worry.”

“The marriage will cost so much. Arrangements! Everyone wants cash.”

“Then send them to me. With bills and receipts. I am there to handle it.”

THE D'COSTA FAMILY

Rita's face reddened as her voice turned crotchety.

"You think I can't manage money. In my father's house, in my days, I would be given so much, just lying here and there. I couldn't even count all the notes..."

"Mummy, mummy, why dig up the past? This is not your father's or grandfather's house. Or those days. Those days are gone!"

Rita realized the impossibility of this talk again.

...

Theodore's chest heaved with an attack of sudden realization that his wife had never really loved him.

This was not the feeling one should have had to die with. But in death, there are no choices of what reasons might emerge as the final bidding of goodbyes.

Theodore D'Costa died with no peace.

But then peace wasn't on top priority in the D'Costa Family.

It never had been.

And not from when the Joseph Family had been in town.

THE D'COSTA FAMILY



Rochelle Potkar is a prize-winning poet, author, playwright, and screenwriter, based in Mumbai. Her books include *Four Degrees of Separation*, *Paper Asylum* - shortlisted for the Rabindranath Tagore Literary Prize 2020, *Bombay Hangovers* (also now in Hindi), *Coins in Rivers* – shortlisted at The Wise Owl Literary Award 2025 and longlisted for the Sarojini Naidu Poetry Award 2026.

Alumna of the prestigious Iowa's International Writing Program, USA and a Charles Wallace Writer's fellow, University of Stirling, she was invited four time over as a creative-writing mentor to Iowa's International Writing Programs - Summer Institute 2019 and *Between the Lines* 2022, 2023, and 2024.

She also teaches poetry at the Himalayan Writing Retreat. Her writings have been translated into Arabic, Hungarian, French, Spanish, Hindi, Marathi, Macedonian, and German. Widely-anthologized, she has read her poetry in India, Bali, Iowa, Macao, Stirling, Glasgow, Hongkong, Ukraine, Hungary, Bangladesh, Nepal, Dubai, and the Gold Coast, Australia.

She was granted an honorary Doctorate in Literature from Sanskriti University, Mathura by the former President of India Mr. Ram Nath Kovind. Her first screenplay was an NFDC India Screenwriters Lab 2018 selection and won a quarterfinalist at the Atlanta Film Festival 2020. Two of her projects were in the Top 30 Book to Box Office vertical of NFDC Film Bazaar 2023, Goa. Her short film scripts *Catharsis*, *Salad*, and *Ali Guli Maane* have won accolades in short script and playwright competitions.

THE D'COSTA FAMILY

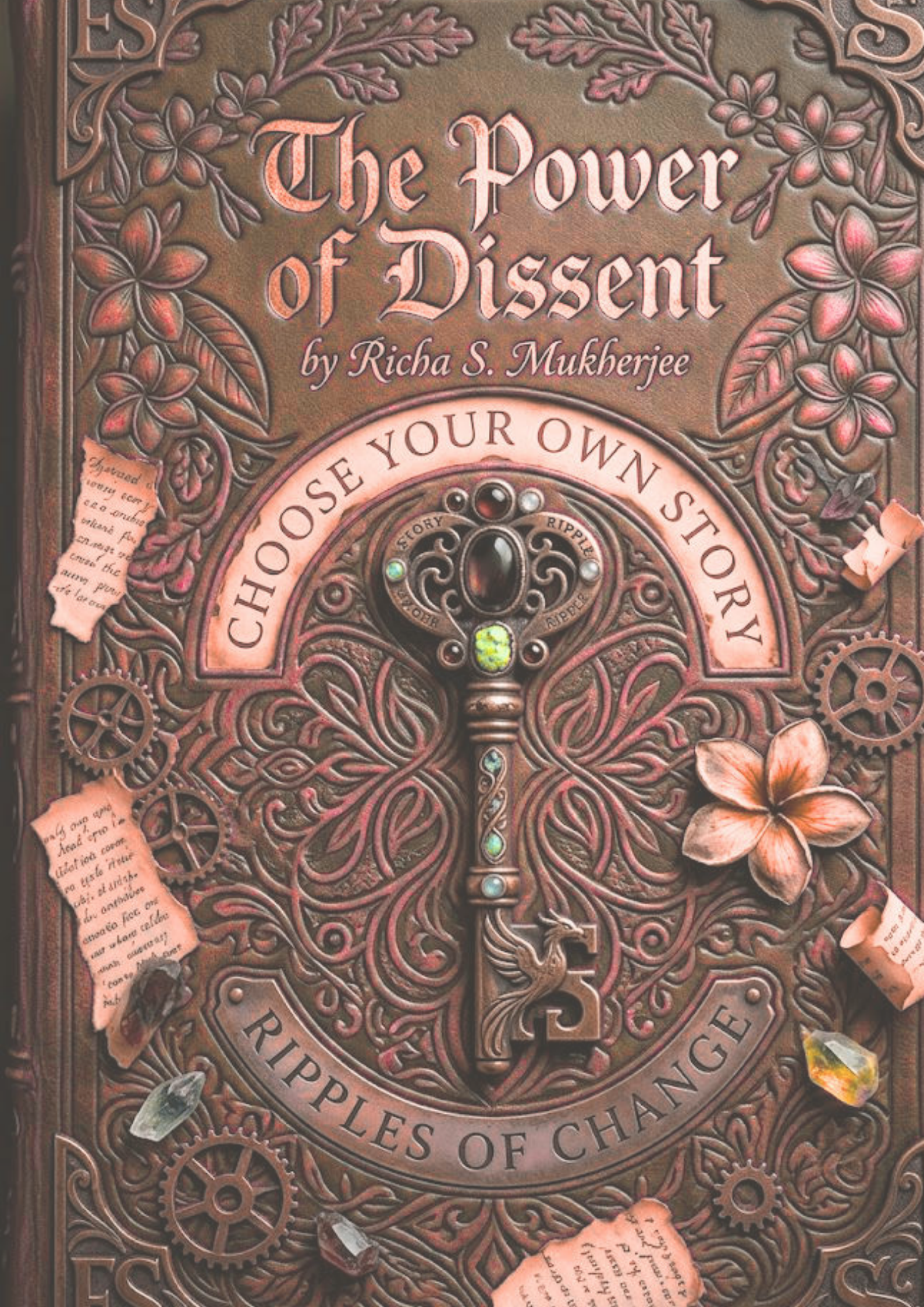
Her short film Salad based in Goa (Shezari) directed by Sonu Anand will release soon. Her latest novels are: The D'Costa Family – a black comedic debut around Goans, greed, and gangsters; and The Fabric Goddesses about three women around the global fashion and garment industry. Her thriller feature script Coonoor Inn topped Scriptors India Best of 2025, and her Feature script (a romance/heist) 'Badhrang mein Satranga' was shortlisted at the Reborn India Film (RIF) Screenwriter's Lab 2026.

The Power of Dissent

by Richa S. Mukherjee

CHOOSE YOUR OWN STORY

RIPPLES OF CHANGE



The Power of Dissent

Every society in the world, no matter how ancient, rooted and sagacious, has its own angularities and dynamics. These are birthed by myriad forces over a considerable amount of time and shapes people and how they react to situations. Take for example, the discomfort, the inability to say something very simple. No. As a post-colonial society that has struggled with scarcity of resources, burgeoning populations and never being indispensable, we have been raised with this innate fear. That compliance is easier because we know only too well the consequences of being too forthright or refusing people. It's difficult, but it is also the starting point of where the ripple of change that shaped my world was created by the two people who we so often take for granted. My parents.

This handsome duo could well have been a poster couple for an anti-family planning campaign; given the fact that they had four children but what they couldn't contribute towards population control was adequately compensated by their determination and clarity about how our world was to be shaped despite the traditional constraints and strictures that they had grown up with.

The first defiance came when they were asked to 'give' one of us to a childless relative since there were too many of us. That casually. Like we were spare carrots. A resounding 'over my dead body,' from our characteristically compliant mother sent them scurrying away, resentful, but quiet. Then came the matter of education. Co-ed schools, autonomy to choose careers, a social life. All flagrant nonsense and utterly scandalous. Get your girls in line, my father was told. A gentle, but firm 'no' yet again.

The Power of Dissent

But with all the social bombardment they endured on the outside, we were safe on the inside, oblivious of these tiny, discreet, daily battles that were being waged on our behalf. It was life as usual for us, laced with tantrums, teenage grumblings, rebellions, the predictable fare. And that's the beauty of it. When you are given the stage, agency and empowered without any grandstanding, it feels natural, organic. As if its in your fibre and not an arduously earned endowment from your parents. That was their special gift to us. Some quiet enduring revolutions are birthed not on a stage with millions watching but with determination and love when no one is in attendance..

This attitude seeped into us, becoming entwined with our very being. It prevented us from becoming rebels without a cause, but encouraged us to make decisions for ourselves with courage and tenacity, without fear. 'You can't change the way someone else thinks but you can certainly be in control of your story,' was something we heard often.

We are compelled to make decisions every single day. Some small and easy ones, others not so much. But when you have someone constantly in your corner, giving you the room to make mistakes and grow, you feel unstoppable. And perhaps this confidence allowed me to start saying 'no,' as well, something women are innately engineered and also conditioned into deleting from their vocabulary because everyone knows that a lady who can't adjust and is too mulish, can't be the right sort. It was meek at first, then it became more audible as I became more surefooted.

Competitive exams, civil services, that's the path for you.

The Power of Dissent

No. There is another path. Commerce. Advertising.

Mere new age nonsense. You'll fail.

That's alright. I'll deal with it.

Commerce and journalism? What a strange combination. This has no future.

Leave it.

No. I'll make both work. I'll be a business journalist.

You've done your MBA. Now get into a good company and settle down.

No. I want to pursue advertising.

God help you.

And God did. Because I chose to follow my instinct and my heart while navigating from a traditional path to journalism, then onto advertising. It seems willy nilly but I was meant to be on this journey, where I learnt to be a good observer, an excellent listener, someone who understood the value of words, human emotions and fundamentals of good communication, qualities that might not fit neatly into one particular mainstream profession but that allowed me to learn new skills and grow as a professional.

But I wasn't done upsetting the apple cart. In the arms of motherhood, entrenched in the uncertainty and apprehensions of being responsible for a whole new life, I had to make a very hard decision, to let my professional life take a backseat. Years of hard work and toil and on my way to the top had to be parked aside, with a realisation gnawing at my insides. That this was it. I might never be able to find my way back. I needed the flexibility which no job was ready to accede to me and postpartum depression had sunk its talons in me. Just when I was about to give up, a tiny, stubborn voice piped up deep inside of me. No. This is not it. You are meant to march on. Get up. Give yourself another chance. And I did, returning to the comfort of words that had held me in good stead as a reader and through my journalism and advertising days.

The Power of Dissent

I did something that surprised the socks off my own feet! I wrote a book. A funny diary style fictional (not entirely!) account of a mother navigating a surprise pregnancy called *I Didn't Expect To Be Expecting*

The naysayers have a tendency of tracking me down. After I was published by one of the largest publishing houses in the world, I decided to write a funny thriller, about a small-town detective with big dreams, somewhere reflecting my own desire to break out of convenient compartments.

Women can't write thrillers. Write some chick lit.

No. I believe in my story.

And that belief eventually led me to becoming a Ted X speaker, an author of five novels, three of which are headed for screen adaptations, a writing mentor, and everything I could never have imagined nor had planned for. All because two beautiful people believed in their daughters and raised them to be women who would decide to take the road that was more difficult but make it a journey to remember. Tiny ripples that went very far. And it all started with a simple no, a vocabulary that I hope to share with my daughter. A refusal that sparked a lifelong revolution. As a beautiful quote by Dan Milman says- *"The secret of change is to focus all of your energy not on fighting the old, but on building the new."*

Career- civil services. No

Marriage- intercaste not possible. No.

"The secret of change is to focus all of your energy not on fighting the old, but on building the new."

About the Author



Richa S. Mukherjee is a Ted X speaker, an award-winning writer, ex-journalist and ex-advertising professional. She is the author of five novels, three of which are headed for screen adaptations. *Vigil-Aunties*, a cozy, comedic thriller was recently launched. She is a blogger and travel writer and contributes to several platforms.

Her work and words have featured in publications such as *The Times of India*, *Mid Day*, *The Asian Age*, *New India Express*, *The Bombay Times* and *Hindustan Times*. *Rolling Stones Magazine India* featured her as part of a Women In Creativity initiative in 2023 and she serves on the jury for the South Asian chapter of the Laadli Media and Advertising awards for Gender sensitivity. She has authored e-singles, anthologies and audio books. She is an avid traveler, fitness enthusiast and a Kathak dancer.

RIPPLES OF CHANGE

Sujata Parasha



RIPPLES OF CHANGE

'Aapko baat karne ki tameez nahi hai?' 'Don't you know how to be polite when you speak?'

asked the eight-year-old girl, looking vexed.

She confronted the tall, burly man without hesitation, rebuking him. Earlier, she had been playing with her new friend when the man in question approached them and asked her friend in Hindi about her dad's whereabouts, addressing him as "baap", a loose or slang Hindi word.

The next day, the girl discovered that the man was none other than the school principal her father had taken her to for admission. When she met him, he laughed gently and warned, 'You are blunt and outspoken. Check that habit lest it lands you in trouble.'

Little did he know that the trait would later turn that girl into a writer. Yes, dear readers, that outspoken girl was me.

I am an accidental writer. My debut novel, published in 2009, became a bestseller within months. It was inspired by a real encounter with married women, many of whom confided in me about their husbands' infidelity or having two wives. Yet they couldn't leave their husbands due to financial dependence or social pressure. This interaction deeply unsettled me, prompting me to write a story for myself. After months of writing, I decided to share it with some publishers, and the rest is history. The book was picked up by a well-known publisher and became a bestseller. My debut novel's success launched my writing career, and I soon realised the responsibility I carried: my words could influence readers.

RIPPLES OF CHANGE

Having authored thirteen books across genres, including "Going Solo - Raising Happy Kids," a non-fiction work based on my experience as a single mom, and featuring contributions from 50 other single parents (both men and women), I understood that my triggers often stemmed from a need to voice issues I found unjust or taboo.

I am an expressionist—someone compelled to respond to unkind or unfair behaviour, discriminatory social norms, or societal wrongs. Writing became my creative outlet, especially after the success of my first novel, allowing me to leverage my imagination and storytelling skills.

In sharing this, I aim to illustrate that small actions—or "ripples of change"—can lead to significant transformations in self and society.

Humans have an innate instinct to question injustice and show compassion, which drives them to act and create change. As a child, I was encouraged to think independently, ask uncomfortable questions, and express myself honestly. Later, these very traits helped me write and discuss taboo subjects such as infidelity, second chances, the intricacies of modern-day relationships, sexual violence, rape culture, and single parenting.

I also authored a book titled "Sunflowers," a collection of short biographies of twelve remarkable Indian women artists, aimed at inspiring youth to value the arts.

RIPPLES OF CHANGE

Beyond writing, I work as a talk therapist and run a platform called the Talk it Out Express, where we help people creatively express what they can't say—due to fears of ridicule, stigma, or conflict avoidance—through poetry, stories, and dialogue. We encourage young writers and aspiring artists to join us and celebrate diverse forms of expression at our quarterly Talk Buddies Club events.

This initiative was inspired by my experience as a psychosocial trainer delivering workshops to the haemophilia community, especially parents of affected children. Since, in this genetic disorder, blood doesn't clot if injured, children (mostly boys) and their families face stigma. Parents are so focused on managing their kids' medical conditions that they often remain unaware of each other's issues and how the lack of communication affects their marriage. To address such gaps, I started the Talk it Out Express (TiOE) in 2019, offering workshops and talks on mental health and emotional wellness issues, which later expanded to include another vertical, the Talk Buddies Club, where we promote all forms of creative expression, as mentioned above.

Again, the psychosocial platform came into being out of my desire to help people express the unexpressed creatively so that not only do they share their innermost thoughts and emotions, but also feel acknowledged and understood.

The eight-year-old girl who was once cautioned against being too expressive became a fiction writer and a talk therapist and continues to use her innate ability to express without inhibition, hopefully connecting, sharing, and influencing people.

About the Author



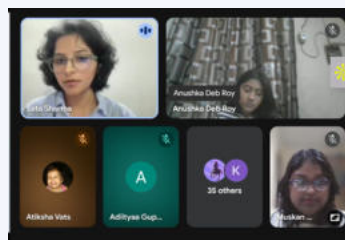
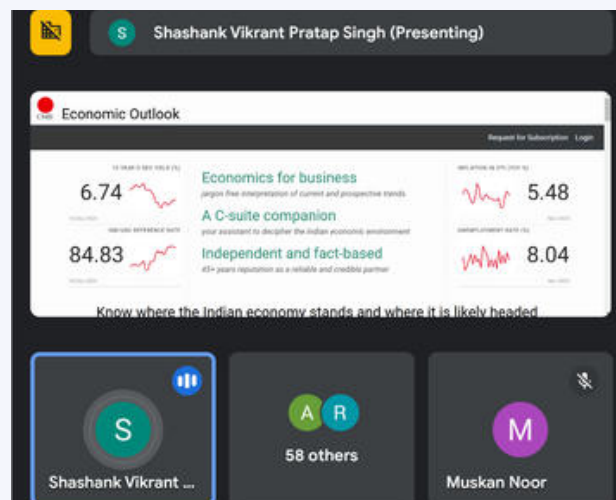
Sujata Parashar is a celebrated novelist, short-story writer, and poet, and the founder of The Talk-it-Out-Express (TiOE). She currently serves as the Vice President of the WICCI Delhi Arts Leadership Council and is a member of the Asia Pacific Writers and Translators (APWT) network. Recognized globally for her contributions to literature and women's leadership, she has been honored as a Global Women Leader 2023 by WWLC, and as one of the Iconic Women Creating a Better World for All by the Women Economic Forum in 2022.

Recognized globally for her contributions to literature and women's leadership, she has been honored as a Global Women Leader 2023 by WWLC, and as one of the Iconic Women Creating a Better World for All by the Women Economic Forum in 2022.

Sujata is a recipient of multiple awards for her literary excellence, including the PVLFF Author Excellence Award 2022 by Pragati Vichaar Lit Fest & Frontlist Media, the Global Progressive Women Award 2022 by Aesthetics International, Women Achievers 2021 by Apeksha Sandesh News, and the Best Fiction Award 2021 by ALF. She has also been recognized with the 100 Women Faces Award 2018 by Wommenovator, and received the Karmaveer Chakra Award & Rex Fellowship in 2016 and 2019, instituted by iCongo and launched by the United Nations. Sujata Parashar continues to inspire through her literary work, leadership, and advocacy for creativity, empowerment, and social change.

SAMSHODHANA

Student Research Programme



WHAT IS A LITERATURE REVIEW?

A literature review is a summary and analysis of what has already been written or discovered about a topic. It's like doing homework on what others have studied before you start your own work.

Purpose of a Literature Review

1. **Understand the field** -- It helps you know what's already known and what questions remain unanswered.
2. **Avoid duplication** -- Stops you from repeating research that's already been done.
3. **Build credibility** -- Shows you have read and understood the main ideas in your subject area.
4. **Provide a foundation** -- Helps you connect your own work to existing knowledge.

What is research?

- **Research process** of asking questions, gathering evidence and drawing conclusions
- Controlled in time / place and audience
- General
- Limited in scope
- The research cycle

Question

Answer

Conclusion

Yachna

50 others

4:37 PM | Session 1

Samshodhana

Research | Seek Deeply | Refine Through Inquiry

INTRODUCTION

600+ Applicants	~60 Selected Interns	8 Sessions	7+ Speakers
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What is Samshodhana?

Samshodhana is a Sanskrit word meaning research to seek deeply, to refine through inquiry. It is a one-month Student Research Internship Program run by the National Service Scheme (NSS) of Shri Ram College of Commerce (SRCC), New Delhi, now completing its second successful edition.

The program received over 600 applications from students across India. From that pool, approximately 60 interns were carefully selected making it a genuinely competitive and prestigious opportunity. The goal was straightforward but powerful: introduce young people to research

before the world tells them it isn't for them.

Why It Was Created

Most students finish school and even college without ever being properly taught how to research. They associate it with labs and theses and academics far older than themselves. Samshodhana was created to break that assumption.

“

Research is not something that happens to other people. It is a way of engaging seriously with the world — and every young person deserves the chance to try it.

”

The program had three clear objectives : demystify research for young minds with no prior exposure ; prove that research is a real and rewarding career path ; and equip participants with actual skills — not just awareness, but ability .

Who Participated — A Truly Diverse Cohort

The 60 selected interns came from across India — a genuinely pan-India cohort spanning multiple states and regions . The group included students from government schools and private schools alike, which was intentional. Research culture has historically been more accessible to students with resources ; Samshodhana created space for both, and was richer for it.

Participants came from three academic stages Class 11 and 12 students, recent graduates, and first-year undergraduates which meant every session had multiple perspectives in the room. A student from a government school in a smaller town and a first-year college student from Delhi would work through the same research problem together . That kind of exchange doesn't happen by accident. It was by design.

The Speakers & Knowledge Partner

Seven distinguished speakers guided participants across the sessions, drawn from some of India's and the world's most respected institutions . ISDM the Institute of Social Development and Management served as the official Knowledge Partner, bringing institutional depth to the program's structure and content .

- **JNU:** Speakers from one of India's premier research universities, bringing academic rigour and familiarity with India's research landscape .
- **IIM Indore:** Faculty offering the lens of management research and how inquiry shapes policy and real-world decisions .
- **ISDM (Knowledge Partner):** Researchers at the intersection of social development and academic work showing what research looks like when it connects to real lives .
- **Independent Research Institutes:** Voices from specialized institutions outside the traditional university system, expanding what a research career could look like .

- **Oxford University Alumna:** A researcher who showed participants that global academic conversations are ones they have every right to join .

Eight Sessions : The Journey of Learning

What Is Research?: Dismantling myths. What research actually is, what it is not, and how to ask a question worth answering.

Methodologies: Qualitative vs. quantitative research, hypothesis formation, and how a good study is structured.

Literature Review: How to read what already exists, find the gaps, and position your own work within a conversation.

Evolution of Research Topics: Why certain questions matter now, and how to identify topics that are both timely and meaningful.

Research & Social Relevance: How academic inquiry connects to communities, policy, and the real lives of real people.

Academic Writing: Structuring arguments, citing sources, and writing clearly for different audiences.

Research as a Career: Honest conversations about what a research career actually looks like — its demands and its rewards.

Finalising the Research Piece: Teams applied everything they had learned to complete their original research submissions.

The Final Deliverable : Real Research, Not a Test

At the end of the internship , every participant was required to submit an original research piece an article, a research paper, or an equivalent form of academic writing . Not a quiz . Not a presentation. A piece of work they had to think through, research, and write themselves .

For many participants , this was the first time they had produced genuine research work from scratch. Writing forces you to actually know what you think . It forces your argument to hold together. Samshodhana asked its interns to do the hard thing and they did .

The top three research pieces were selected for publication in Prerna 14.0 NSS SRCC's flagship publication . For students who had never written a research paper six weeks earlier, seeing their work reach an actual audience was a genuinely transformative moment .

When a student sees their research in print, something shifts. They stop waiting to become a researcher and start being one."

The NSS Connection :

Samshodhana is rooted in the NSS philosophy of holistic student development the belief that education must grow not just academic ability , but the person. The initiative asked participants to combine knowledge with social awareness: to see research not as a personal achievement , but as a tool for understanding and improving the world they are a part of .

That is why the diversity of the cohort mattered . That is why speakers spoke honestly about struggle, not just success. And that is why the final deliverable was a piece of research something that required participants to take a position , build an argument, and put their thinking on the line .

What Samshodhana Really Is

On paper: a one-month research internship. In practice: the experience of being taken seriously as a thinker before the world has gotten around to doing that for you .

Over 600 students applied . 60 were selected . They came from government schools and private ones, from small towns and big cities, from Class 11 to the first year of college. They spent a month learning from researchers at JNU, IIM Indore, Oxford, and ISDM . They asked real questions . They wrote real research. And at the end of it, the best of their work was published . That is not a small thing. That is the beginning of something .

IMPACT OF MICROFINANCE ON WOMEN'S EMPOWERMENT IN RURAL INDIA

1. Abstract

Microfinance, more commonly known as microcredit, is a financial service extended to disadvantaged people or groups who would otherwise have no access to conventional banking facilities. Its history traces back to the early fifteenth century. Though microfinance has been an event for the past 500 years, women, particularly those from marginalized communities, only started experiencing the major influence of microfinance from the 1980s. This research investigates the impact of microfinance on the economic welfare, decision-making authority, and community participation of women. According to our findings, the lives of rural Indian women have been greatly enhanced by microfinance. Yet, most of the prevailing socio-economic conditions are left unremedied, establishing uncertainty in this inspiring support. This study emphasizes the intricacies of microfinance and calls for further investigation into its impact on women's empowerment.

2. Introduction

Finance, according to the *Cambridge Dictionary*, is “(the management of) a supply of money.” It encompasses the study and practice of money, which dates back to ancient civilisations like Babylon and Sumer, where treasures were stored in temples. Over time, this evolved into coins and banking systems in Greek, Roman, and medieval societies. Today, finance includes quantitative analysis, strategic financial planning, and defined roles for financial managers. “Macrofinance” refers to funding for large-scale initiatives like infrastructure and economic development, involving policy drafting and multi-year projects aimed at generating employment. In contrast, “microfinance” provides financial services to individuals and small enterprises

IMPACT OF MICROFINANCE ON WOMEN'S EMPOWERMENT IN RURAL INDIA

lacking access to traditional banking. This approach empowers economically disadvantaged individuals, promoting financial inclusion for sustainable livelihoods. The roots of microfinance trace back to 15th-century community pawnshops by Franciscan friars, but modern microfinance gained traction in the 1970s through Muhammad Yunus's Grameen Bank in Bangladesh, offering small loans without collateral. The bank's innovative group lending model encouraged borrowers to form small groups, ensuring collective accountability and higher repayment rates. In 2006, Yunus and the Grameen Bank were awarded the Nobel Peace Prize for their groundbreaking work in alleviating poverty.

3.Literature Review

https://docs.google.com/document/d/1Rp8-pDJmf4LKflJhIUbodX6mls8XD1gV_6F2AgIqStQ/edit?usp=sharing

4. Research Methodology

This study follows a secondary research approach combining qualitative review and quantitative data. Data points were collected from government publications such as Economic Survey of India, NABARD reports etc. Even the NGO reports, academic journals and survey-based studies published between 2010-2025 have been a strong reference point in this research paper. The analysis of the findings on the relationship between microfinance participation and women's empowerment in Rural India has been thoroughly incorporated.

Women's empowerment was assessed using these three key indicators:

- 1.Economic empowerment - access to credit, savings behaviour, income generation and asset ownership.

IMPACT OF MICROFINANCE ON WOMEN'S EMPOWERMENT IN RURAL INDIA

2. Decision-making empowerment - participation in household decisions related to education, healthcare and financial expenditure.

3. Social empowerment - community participation, leadership involvement and public engagement.

The quantitative points were extracted from previous historical studies including indices measuring and reflecting financial control, household decision-making, as well as SHG repayment statistics and the data on credit distribution. Qualitative insights were framed through the thematic analysis of research literature and policy reports to identify patterns, merits and limitations of microfinance programs.

As the research relies heavily on secondary data from published reports, casual relationships could not be directly established and regional variations might not have been fully captured. However, triangulation of multiple datasets strengthens the reliability of observation variables between microfinance participation and women's empowerment in Rural India.

5. Findings

This study shows that microfinance has had a positive impact on women's empowerment in rural India.

This can be seen in three areas:

1. **Economic Status:** It can be seen that through participation in microfinance initiatives, access to credit and savings have increased, as well as the growth of small-scale entrepreneurial activities.

IMPACT OF MICROFINANCE ON WOMEN'S EMPOWERMENT IN RURAL INDIA

Women involved in SHGs are no longer limited to traditional dependence on male family members for financial needs. They are now able to secure loans, manage group savings, and reinvest in income-generating activities. This has resulted in higher household incomes, improved financial stability, and greater security against economic shocks. In many cases, women have also been able to purchase or manage small assets, indicating a gradual shift toward asset ownership. Such outcomes emphasize the role of microfinance not just in providing financial access, but in creating a foundation for sustainable livelihoods in rural communities.

2. Decision-making power: Microfinance has also had a positive effect on women's participation in decision-making. Studies show that women engaged in SHGs are more involved in children's education, healthcare, and family budgeting. The shift to being active contributors within households has increased bargaining power and confidence in financial discussions. While traditional male dominance in decision-making remains a challenge in many regions, this increased participation of women in financial activities has begun to normalize their role in decision-making. Over time, this can contribute to greater gender dynamics within households, enabling women to voice their opinions in matters that directly affect their families and futures.

3. Social status: Apart from finances and decision making, microfinance participation has helped women gain recognition and respect within their communities. SHG improves independence, collective problem-solving, and support, which increases confidence and visibility in society. Women who previously faced restrictions are now actively participating in community meetings, local development initiatives, and group decision making processes.

IMPACT OF MICROFINANCE ON WOMEN'S EMPOWERMENT IN RURAL INDIA

This has changed their roles from dependents to contributors to the community. Although structural barriers such as patriarchy and cultural traditions still limit complete equality, the growing acceptance of women's collective action marks a significant step toward empowerment at the community level.

6. Conclusion

This study highlights the transformative role of microfinance in advancing women's empowerment in rural India, particularly keeping in mind Self-Help Groups (SHGs) on the empowerment of women in rural India. While reviewing and analysing secondary data and existing literature from 2010 to 2025, the analysis revealed that microfinance has played a transformative and well-needed role in improving the economic status, decision-making power, and social participation of rural women.

Through the research, we can see that women who participate in microfinance programs within their communities are demonstrably more financially independent. By providing these women access to small-scale credit, financial literacy training, and collective platforms through Self Help Groups (SHGs) these microfinance initiatives have improved women's economic conditions and it also shown that women who participate in microfinance programs within their communities are demonstrably more financially independent, they have greater control over household decisions, and are more actively involved in community development initiatives which further improve on their standard of living.

The effectiveness of SHGs in reaching women, providing credit access, and organizing collective action has not only enhanced the livelihoods of individuals but also helped in broader community building and economic resilience.

IMPACT OF MICROFINANCE ON WOMEN'S EMPOWERMENT IN RURAL INDIA

Strong loan repayment rates and the growing involvement of women in micro-enterprise development indicate the strength and sustainability of these microfinancial systems.

Looking at the economic perspective, we can see that microfinance has helped rural women to start and maintain small businesses, add to household income, and save. We can conclude that access to credit and group-based financial support structures are key determinants of women's financial autonomy.

In addition, SHGs have inculcated a culture of savings, responsibility, and group bargaining power, therefore enhancing women's economic resilience. The empowerment provided by microfinance is not just monetary. Socially, women have gained higher status in society, with increased confidence in expressing their views and taking up leadership roles.

Further, the high repayment rates of SHGs, as the Economic Survey of India also points out, indicate not just the creditworthiness of rural women but also their resolve for long-term financial prudence and collective advancement. With respect to decision-making, women's participation in family financial decisions, education, and health decision-making has increased significantly with the involvement of microfinance.

Although patriarchal barriers continue to be a problem, microfinance has established a legitimate platform where women can negotiate and assert themselves within family formations. Through microfinance, women are pushing beyond economic empowerment to break up traditional gender Hierarchies.

IMPACT OF MICROFINANCE ON WOMEN'S EMPOWERMENT IN RURAL INDIA

However, through the course of the study, we also voice the ongoing limitations and challenges faced by women, which include patriarchal norms, regional disparities, limited access to education, and the risk of over-indebtedness. These factors do continue to restrict the full potential of microfinance in achieving better results in the part of empowerment.

In conclusion, although microfinance is not a universal cure for gender inequality, it remains an effective enabler. Combined with good policies, education, healthcare, and institutional setup, microfinance can be the anchor pillar for sustainable women's empowerment in rural India

Breaking Barriers: Inter-caste and Inter-religious Marriages as Catalysts for Social Transformation in India

"The Brahmins have made the Shudras and Ati-Shudras their slaves by keeping them in ignorance and making them believe that their lowly status is God-given. They have created a system where marriage becomes the final fortress of oppression—for it is through matrimonial bondage that they ensure the purity of exploitation remains uncontaminated by the possibility of human equality."

Abstract

Last year, my friend Priya called me crying. Her parents had discovered her relationship with Ahmed, a classmate from our engineering college. What followed wasn't just family drama but threats, broken relationships, and an impossible choice. Priya chose family. Ahmed transferred colleges. Their story isn't unique.

This research began with such personal observations. Despite India's claims of being a modern democracy, marriage remains bound by caste and religion. Fewer than 10% of marriages cross these lines, and many face social ostracism or even honour killings.

Yet, every successful inter-caste or inter-religious marriage we studied created ripple effects—less prejudice among children, adaptability in families, and gradual breakdown of stereotypes.

Our analysis suggests that if such marriages rose to 30–40% over two to three generations, India could see sharp declines in caste violence, segregation, and discrimination. Marriage, we argue, may be India's most underutilized tool for social change.violence, religious polarization, social reform

Breaking Barriers: Inter-caste and Inter-religious Marriages as Catalysts for Social Transformation in India

1. Introduction: Why We Started This Research

Our personal college experiences served as the starting point for this investigation. We studied, ate, and celebrated with friends from many castes and religions as children, but invisible barriers appeared when the topic of marriage came up. Open-minded families grew cautious out of concern for "culture," "influence," or "tradition."

Over 90% of Indian marriages still take place within the same caste, and interfaith unions are even less common, according to the data. However, we observed that members of intercaste or interreligious families frequently appeared less constrained by social distinctions and more open. This raised a straightforward but impactful query: perhaps cross-border marriage not only reflects but also initiates social change.

Literature Review:

<https://docs.google.com/document/d/1wD-U4j-TaQ74du5bOhGw3tCU-Prun6hvRd2KYeOV6O8/edit?usp=sharing>

2. Our Research Questions

2.1 Main Question

How do caste hierarchies and religious divisions combine to create stigma and violence against couples who marry across traditional boundaries, and what social, economic, and political factors fuel this resistance?

Breaking Barriers: Inter-caste and Inter-religious Marriages as Catalysts for Social Transformation in India

2.2 Secondary Questions That Emerged

Many professionals still favor traditional marriage options in their personal lives, even though they are educated and aware of discrimination.

Old barriers are frequently reinforced, particularly when it comes to intercommunity marriages within families, even on social media and in middle-class spaces that support equality.

2.3 Our Big Idea

According to our research, one of the most effective strategies to lessen prejudice and discrimination in India may be through intercaste and interreligious marriages. These marriages naturally bring about change in families and communities, as opposed to top-down policies or educational reforms. Caste violence, segregation, and discrimination may significantly decrease in India if the number of such unions increases from less than 10% today to 30–40% over a few generations.

ResearchMethodology:

<https://docs.google.com/document/d/1jYUo5HNtDyX-5W-dD7hbfZhHF17OLkzh4OPvo3j1ME/edit?usp=sharing>

3. What We Found

3.1 The Unexpected Power of Tradition

Regardless of location, socioeconomic status, or educational attainment, more than 90% of Indian marriages still take place within the same caste, despite decades of social change. Modernization has reframed traditional restrictions as compatibility and shared values, while still subtly maintaining the same exclusionary norms, rather than doing away with them.

Breaking Barriers: Inter-caste and Inter-religious Marriages as Catalysts for Social Transformation in India

3.2 Using Violence as a Warning

Instead of occurring occasionally, violence against couples who defy expectations is systematic. By sending messages to others considering similar relationships, public assaults serve to reinforce fear and compliance. Violence unites communities against what they see as a common threat by punishing those who cross boundaries. Families who feel that their social standing is in danger turn to violence as a way to show that they are following tradition and to protect their status.

3.3 The Middle-Class Contradiction

What we discovered among India's educated middle class was possibly the most unsettling. We encountered people who could calmly insist that their own children marry within the community while clearly outlining the negative effects of caste discrimination. This is "performative progressivism": using contemporary terminology without altering behavior. Prejudice is reduced to "practical concern," endogamy is reframed as cultural preservation, and private decisions are kept apart from public opinions. "I'm not casteist," one college professor said, "but marriage is different." His remarks mirrored a painful reality: ingrained conditioning cannot be reversed by education alone.

3.4 Digital Echo Chambers

Diverse offline interactions can weaken prejudices, but in digital spaces where everyone agrees, they can flourish. Growing nationalist discourse has further legitimized opposition to inter-religious marriages by rephrasing personal prejudice as cultural protection—or even patriotic duty. Online platforms frequently serve to strengthen rather than to dissolve divisions.

Breaking Barriers: Inter-caste and Inter-religious Marriages as Catalysts for Social Transformation in India

4. The Transformative Power of Cross-Boundary Marriage

4.1 How Change Actually Happens

Even with resistance, inter-caste and inter-religious marriages do happen—and when they do, they slowly change families from within. Children grow up more open-minded, families interact across communities, and real-life examples replace fear with understanding. As one grandmother said, what once worried her now feels like “the best of all worlds.”

4.2 Projecting the Impact

If such marriages rise to 30–40% in the next few generations, India could see less caste discrimination, fewer honor violence cases, better community relations, and more equal opportunities. This hope is based on how social change has happened in other diverse societies—not just optimism.

5. What This Means for Policy and Society

5.1 The Real Process of Change

Intercaste and interreligious marriages do occur despite opposition, and when they do, they gradually transform families from within. Real-life examples replace fear with understanding, families engage across communities, and children become more tolerant as they grow up. What used to worry one grandmother now seems like “the best of all worlds,” as one grandmother put it.

5.2 Estimating the Effect

India may experience fewer cases of honor violence and caste discrimination, improved community relations, and more equal opportunities if the number of such marriages increases to 30–40% in the coming generations. This hope is not merely optimism; it is grounded in the

Breaking Barriers: Inter-caste and Inter-religious Marriages as Catalysts for Social Transformation in India

ways that social change has occurred in other diverse societies.

6. What We Couldn't Do and What Should Come Next

There are limitations to our study. There is a dearth of trustworthy data on intercaste and interreligious marriages, and although there are clear connections between intermarriage and less prejudice, longer-term studies are necessary to establish a direct cause. Future research should follow families over time, compare various regions, and take inspiration from other multicultural societies because of the diversity of India, which may cause results to differ across communities and regions.

7. Conclusion: Love as Revolution

As we draw to a close, we observe both the significance of tradition and the optimism for change in India. While caste-based marriages continue to reflect ingrained disparities, every intercaste or interreligious marriage subtly questions these historical structures. The couples we met changed families and futures by choosing love, but they had no intention of changing society. The courage of two people choosing equality over fear, one relationship at a time, will be the foundation of real progress, but it will also require legal, educational, and cultural work.

CLICK FOR A VISUAL REPRESENTATION

<https://claude.ai/public/artifacts/860e19f9-b824-499d-961b-3db2eced3b26>

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Loneliness epidemic and hyperconnectivity in the modern world

ABSTRACT

Despite increasing digital interconnectivity, many young people today experience a profound sense of disconnection. The loneliness epidemic has emerged not from a lack of people, but from a lack of meaningful relationships, as society increasingly values quantity over quality. Our research broadens the focus to include both teenagers and young adults, the most digitally connected yet comparatively under-explored generation.

We examined the rise of loneliness within digitally immersed environments and its effects on emotional well-being and social cohesion. Using a mixed-method approach, primary data was collected through a Google survey targeting teenagers and young adults to assess the quality of their online and offline connections. Secondary insights were gathered from carefully selected academic articles, reports, and credible publications.

The findings indicate that while online platforms enable global connectivity, FOMO and the pressure to maintain an online presence hinder the formation of genuine bonds. The COVID-19 pandemic further intensified these feelings by disrupting regular physical interaction. Offline relationships with friends and family were rated as the most effective remedy to rising loneliness. The study discourages the quantification of relationships and emphasizes authentic, off-screen connections. It highlights the need to create spaces that foster community bonds in a rapidly evolving digital world, where individuals can share experiences without fear of judgment and strengthen their mental well-being.

KEYWORDS

Loneliness Epidemic, Hyper-connectivity, Relationships, Social Media Paradox

Loneliness epidemic and hyperconnectivity in the modern world

INTRODUCTION

In today's world, most individuals carry mobile phones, giving them constant access to the internet and online platforms such as social media and video-streaming applications. While these platforms create a false sense of connectivity, many of these digital relationships remain superficial.

The curated and idealized lives portrayed online often trigger social comparison, leading to feelings of inadequacy, disappointment, and eventually loneliness or depression. Real-life interaction has declined, as people increasingly prefer staying home and scrolling in search of dopamine rushes. The rise of "Instagram Reels" and "YouTube Shorts" culture has reduced patience and sustained excitement, contributing to a heightened dopamine baseline and its psychological consequences.

Technology is gradually replacing the time once invested in building authentic and lasting relationships. Social participation has declined significantly, while cases of depression, anxiety, and panic attacks have risen. This hyperconnectivity has paradoxically contributed to widespread loneliness and dissatisfaction.

Teenagers and young adults, in particular, face constant pressure to gain likes and followers, which they see as achievement.

LITERATURE REVIEW

https://docs.google.com/document/d/1qXc76T_P3g2EcXdj66uRH_9wuuC-utUD6BCVFqAm-TF0/edit?tab=t.0



Loneliness epidemic and hyperconnectivity in the modern world

METHODOLOGY

1. Quantitative Survey:
2. Literature Review and Secondary Analysis

The study began with review of existing research to develop a conceptual understanding of the topic. A variety of academic databases, like Google Scholar, etc were consulted. The main aim is to identify the key existing theories and find gaps that our research could address.

The final stage involved synthesizing findings from both primary and secondary sources to develop a comprehensive understanding of the factors contributing to contemporary loneliness. Observations from secondary data available from official sources like IHDS, WHO, and ELSA would also be included.

Result and Findings:

Link of all charts: [Charts](#)

1. The survey allowed respondents to identify their reasons for loneliness from a set of provided alternatives. 'Reduced in-person Interactions (63.6%)' is shown as the largest contributor to loneliness, followed by 'Lack of genuine connections (62.1%)'. Interestingly both 'Excessive Social Media Use (46.2%)' and 'Fear of Missing Out (38.6%)' were identified as significant contributors to feelings of loneliness. This suggests that Digitalization along with Reduced Social Interactions are contributing to the loneliness epidemic.

Loneliness epidemic and hyperconnectivity in the modern world

2. The data shows that although people have built numerous connections, 32.8% respondents have rated the quality of these relationships as excellent. But a contrast is visible, $(4.6+9.9+25.2= 39.7\%)$ of the respondents do find the quality of their connections in a poor to average view-point, which is quite concerning.
3. Paradox Proposed by Social Media Usage: On a scale of 1 to 10, respondents agree that social media, despite its power to bring people together globally, can paradoxically increase feelings of loneliness. This suggests the lack of genuine connections, which ultimately lead to increased loneliness.

4. Impact of COVID 19: (How would you rate the impact of the COVID-19 pandemic and subsequent lockdowns on your feelings of loneliness?) Due to the COVID-19 pandemic, the world shifted to online mode. Although connected, through likes, shares and comments, it has rendered the world into an ever-growing pit of loneliness. People have lost the physical touch with their surroundings, which has largely contributed to a surfacing epidemic-Loneliness Epidemic as visible from this overwhelming positive response (65.8%) to the statement.

5. Barriers in Online Connections

6. Emotions in Online Interactions

As suggested from the graph, people have a dual mindset towards their Emotions in Online Transactions. Feeling of CONNECTION (40.5%), JOY (33.3%) and BOREDOM (32.5%) dominate the emotional state of the respondents. Ironically, LONELINESS, ANXIETY (19.8%) make a striking contrast with INSPIRATION (23.8%) AND VALIDATION (21.4%)

Loneliness epidemic and hyperconnectivity in the modern world

7. Time Spent in Direct One-On-One Conversations :

The reduced amount of direct conversations has put a direct impact on the quality of connections and heightening the feelings of loneliness.

8. Effectiveness of Types of Interactions (How would you rate the effectiveness of different types of interactions in making you feel more connected?)

9. Activities for Coping

Community Events and Gatherings (78.9%) show the importance of direct conversation, and sense of familiarity and touch in building stronger connections. Closely following are Mental Health Counselling (33.3%) and Workshops on Social skills (29.4%) which mark the importance of quality of connections which are fostered by performing such activities.

DISCUSSION AND ANALYSIS SECTION

Restating Key Findings

This study shows that loneliness in the digital age results from both societal changes and technological dependence. Reduced in-person interaction (63.6%) is the leading cause, followed by lack of genuine connections (62.1%) and the dominance of digital lifestyles. While social media expands networks, it often creates superficial relationships, producing the paradox of feeling isolated despite being connected. The COVID-19 pandemic intensified this issue, with 65.8% reporting increased loneliness due to reliance on virtual interaction.

Comparison with Previous Studies

These findings align with earlier research showing loneliness is widespread and varies across age groups. During the pandemic, loneliness among older adults rose from about 22.4% to 36.5% (BMC Public Health, 2023).

Loneliness epidemic and hyperconnectivity in the modern world

Studies on younger generations similarly indicate that social media can heighten social anxiety and comparison. Consistent with *The Journals of Gerontology* (2024), our results confirm that face-to-face interaction is more effective than digital communication in reducing loneliness.

Addressing Limitations

The study has several limitations. Survey demographics were not detailed, limiting comparisons across gender, ethnicity, culture, or community. Self-reported responses may include over- or under-reporting due to social expectations. Additionally, the short-term data restricts understanding of long-term loneliness trends, particularly before the pandemic.

Suggestions for Future Research

Future research should examine loneliness across age groups and urban-rural settings. Cross-cultural comparisons could determine whether the digital loneliness paradox is universal. Intervention-based studies, including mindfulness and other support programs, are also needed to evaluate effective solutions.

CONCLUSION

Our research finds that loneliness among young people stems from a lack of quality, authentic connections rather than a lack of people. Online interactions marked by FOMO, fear of judgment, and the effects of the COVID-19 pandemic further increase loneliness, while face-to-face contact remains the most effective remedy.

The findings stress the need for meaningful bonding in schools, mindful digital literacy, cross-cultural future research, and practical support such as peer groups, offline time, and family conversations. Combating loneliness ultimately requires a collective effort grounded in emotional connection.

Prapti Bhattacharya

Grade 12 Kokilaben Dhirubhai Ambani Reliance Foundation School



I signed up for Samshodhana to gain experience in research and writing. During the one-month sessions and coursework, I learned far more than I had intended. The program covered leadership, time management, and communication, followed by research and writing. This paper would not be what it is now without the contributions of my teammates, Anugraha and Michelle, who were highly cooperative and friendly throughout the research program.

Our research paper, titled "Impact of Microfinance on Women's Empowerment in Rural India," focused directly on underprivileged women who have taken initiatives of their own to contribute to Indian society, particularly in non-urban regions. In writing this paper, I learned how these women navigate financial constraints and differences to effect even the smallest changes in India's economic sphere. These women play a major role in lifting and encouraging the independence and self-sufficiency of disadvantaged women. Since the dawn of modern microfinance in the 1980s, these self-help groups operated by women have been part of the Indian financial network and will continue to contribute as much as they can in the future.



Michelle Charles

Grade 12 The Choice School

My experience with the Samshodhana team was truly enriching and insightful. Working on our research paper on the Impact of Microfinance on Rural Women helped me understand how financial inclusion can empower women socially and economically. The process enhanced my research, analytical, and teamwork skills. It was a valuable learning journey that strengthened my interest in social and economic development.

Authors' Bio

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Breaking Barriers: Inter-Caste and Inter-Religious Marriages in India



Zakiya Akhtar

Grade 11 La martiniere girls college, Lucknow

As an Indian, I believe that the caste system is one of the oldest, most deeply entrenched, and most damaging issues in our country. Despite decades of reforms, policies, and promises of equality, a dangerous gap still exists in people's mindsets when it comes to caste and racial discrimination. The educated middle class, in particular, often projects itself as progressive and tolerant of all religions, yet reveals deep hypocrisy when it comes to marriage, where caste and religion suddenly become non-negotiable. This contradiction exposes how deeply caste prejudice continues to survive, even in modern society.

My research paper, titled Breaking Barriers, confronts this uncomfortable reality head-on. Instead of focusing on the past, it examines the modern face of casteism where discrimination no longer appears openly, but operates silently within educated households. The paper highlights how individuals who claim to be non-racist still refuse to allow their children to marry outside their caste or religion. It critically analyses the social damage caused by the caste system and argues that inter-caste marriages are one of the most powerful tools to dismantle it. Supported by mathematical and economic evidence, my research demonstrates how inter-religious marriages can weaken caste boundaries and contribute to the overall betterment and unity of society.

Samshodhana showed me the core importance of research and also taught me its fundamentals. At the same time, it made me question the world around me and look for the details that are not perfect or could be made perfect. It also taught me that research has the power to change the world. If you think something is wrong around you, write about it, talk about it, spread awareness, and provide a credible link so that people can understand the issue better. Through Samshodhana's programme and the guidance we received from our mentors, it shaped me to not look at things only factually, but personally as well, and to see the core problems present in society.

Authors' Bio

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The Loneliness Epidemic and Hyperconnectivity in the Modern World



Harshita Jaiswal

Shri Ram College of Commerce, 1st Year

My experience with Samshodhana was academically enriching and collaborative. The internship strengthened my research, data analysis, and critical thinking skills, while my research paper enhanced my understanding of methodology and evidence-based writing.



Tejas Arvind Nahata

Grade 12th Delhi Public School, Pune

I feel incredibly fortunate to have participated in Samshodhana, the flagship research program organized by the NSS cell at Shri Ram College of Commerce (SRCC). Working alongside a dedicated team of peers and mentors, I realized how much I had to learn about the complexities of social developmental issues. The experience offered a rewarding learning curve, shifting my perspective from simple observation to structured, evidence-based analysis. With the patient guidance of my mentors, I was able to channel my curiosity into a formal research paper that allowed me to contribute to meaningful conversations in the social sector. While I'm still just beginning my journey in this field, this internship provided the foundational tools and the supportive community I needed to grow as a researcher.



Jainika Jain

11th Grade BCM Arya Model Sr Sec School, Shastri Nagar, Ludhiana

My experience with Samshodhana was a once in a lifetime experience filled with knowledge which was never known to me. Every weekend, I learnt something powerful which has constantly helped me in my daily life. This internship programme aided me with the power of writing, which could change the perspective of the world. Thankyou so much NSS SRCC for providing me with the opportunity to be a part of this internship.

Research Report

Under the Influence: Care not Cure

A study on substance abuse amongst college students conducted by the National Service Scheme, Shri Ram College of Commerce.

EXECUTIVE SUMMARY

This report presents the main insights from a survey conducted by volunteers of **NSS SRCC** as part of the annual fest **Samarpan**, inspired by the **theme 'Rooted in Purpose'**. The idea behind the survey was to understand how people view substance use, what experiences are connected to it, and how it affects both individuals engaged in substance use and those around them who are not engaged in substance use. Rather than looking at the issue only from a distance, the survey attempted to capture real opinions and experiences of users.

A total of **378 responses** were collected in this survey. Most of the respondents were **students**, making up more than **93 percent** of the sample, and the **average age was close to 20 years, with 18 being the most common age**. The responses show that the majority of participants identified themselves as **non-users of substances, which is 82.5%**, while 17.5 percent reported that they currently use some form of substance to which they are addicted.

Among those who reported substance use, smoking, alcohol, and tobacco appeared most frequently. Many users shared that their first experience with substances occurred during high school years or in the early years of college. These years often bring new social environments, greater freedom, and different kinds of pressures, which may influence a person to experiment. The most common reasons given for substance use were enjoyment, recreation, habit, and stress relief. For some individuals, substances were also seen as a way to relax, socialise, or take a break from academic or personal stress.

At the same time, many users were aware that substance use can have negative consequences. Several respondents mentioned possible effects on health, including harm to their lungs or liver. However, the willingness to quit substance use in them was low to moderate, with an average score of around 2.6 on a scale of 1 to 5, with 5 being the highest. This suggests that although people may recognize the risks, they do not always feel that strong motivation to stop substance use, especially if they feel their use is occasional or manageable by them.



The survey also shows some differences between people who use substances more frequently and those who use them rarely. Individuals who reported a higher frequency of use were more likely to say that it had affected their personal or professional relationships. In contrast, people who use substances occasionally mainly reported that their use did not create any major problems in their daily lives, but in reality, it creates huge problems for them.

Responses from non-users offer another perspective. Many of them believe that people dealing with substance use often feel misunderstood. A large number of non-users also reported that they know friends, classmates, or colleagues who use substances. While the majority of non-substance users did not intervene in the habits of substance users they knew, however, some of them did and reported that they had tried to ask these individuals to quit, but the reactions were often indifferent or negative at least. This suggests that even when concern is expressed, it does not always lead to change.

Looking at these findings, several areas stand out where positive steps could be taken. Since most respondents are young students, educational institutions have an important role to play. Regular awareness sessions, discussions, and workshops on substance use can help students better understand both the short-term and long-term effects of substance use on them. At the same time, stronger mental health support systems are important, especially because stress was one of the reasons many users mentioned for starting or continuing substance use.

The findings indicate that prevention initiatives ought to concentrate on the time frame when individuals typically start substance experimentation, such as during high school years or the start of college. It could make a big difference if students in college had programs that helped them deal with peer pressure, stress, bad mental health, and learn healthy ways to deal with problems. Making places where students can talk about their problems and help each other may also make them less likely to use drugs and alcohol to deal with their problems.

The results show that many things can affect substance use, such as the social environments, peer groups, stress, and personal choices. To deal with it, we need to know not only about the health risks that substance use causes but also about the situations and pressures that young people face every day.



OBJECTIVE

Addiction doesn't kill the addict.
It kills the family, kids and people who tried to help.

The objective of the Substance Use Survey is to understand the patterns, habits, and attitudes related to substance use among students and professionals. Learning more about how the prejudices related to substance use affects people directly and indirectly is also one of its core aims. This report aimed to explore whether individuals have experimented with/regularly used substances such as alcohol, tobacco or other drugs and the reasons behind such behavior. It also explores factors that influence substance use including peer pressure, stress, curiosity and exposure. It aims to broaden the horizons of understanding in terms of the challenges faced by people in relation to substance use in various forms. Overall, the goal is to generate insights that can help promote awareness and healthy life choices and also find solutions to the countless obstacles faced by people on this journey.



INTRODUCTION



Exploring the Human Side of Substance Use

The idea for this survey grew from the theme of our annual fest of NSS SRCC **SAMARPAN'26** – ‘**Rooted in Purpose**’. The theme encourages us to reflect on real social issues and try to understand them with empathy and openness. Substance use is one such issue that affects many lives around us. While a person starts it for different reasons, it often leads to serious challenges, such as impacting a person’s health, relationships, and overall well-being, and sometimes creating difficulties for the people around them as well.

As volunteers of NSS SRCC, we believe that meaningful awareness begins with listening and understanding rather than judging someone. Through this report, we hope to learn more about the realities and experiences which are connected to substance use. By hearing different perspectives and thoughts, we aim to encourage more thoughtful conversations and broader understanding of the challenges surrounding substance use in our society.





Methodology

PART 1: QUALITATIVE METHODOLOGY

1.1 Research Design and Method of Survey & Data Collection

This study involves an objective descriptive survey to examine substance use patterns among **people aged between 18-25**. This age group represents a demographic with documented vulnerability to substance use initiation and escalation.

The primary data collection tool was a structured digital survey form. The questionnaire was designed and distributed using Google Forms, allowing for standardized responses across all respondents along with room for subjectivity in responses. The **survey was made accessible in both offline and online forms** of data collection.

1.2 Domain

The survey was conducted within the Delhi University campus, specifically targeting students, whether at the undergraduate level, master's, or PhD. Data was collected across numerous college campuses. The academic setting was chosen as it represents a key environment where the initiation of substance use and similar patterns are widely prevalent among young adults, especially those who are aware of its use, effects, consequences, and availability of resources to quit, but still choose otherwise.

PART 2: QUANTITATIVE METHODOLOGY

Sample Size

A total of 378 responses were collected for this study. All 378 responses were deemed valid and included in the final analysis.

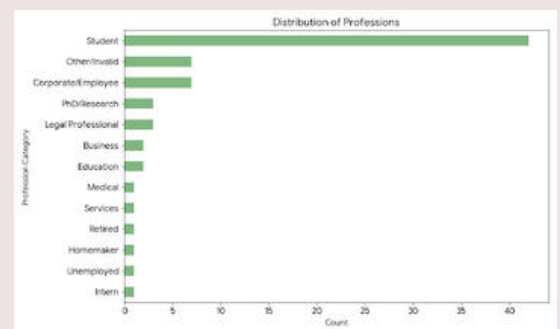
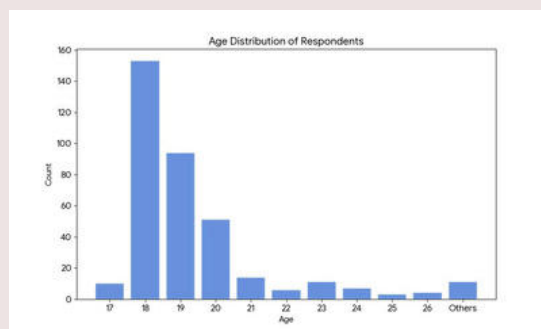
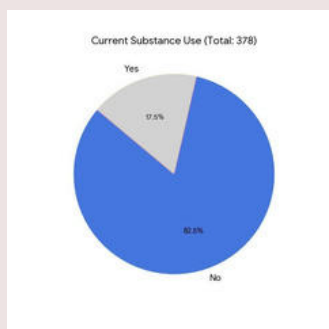
Metric	Value
Total Responses Collected	378
Valid Responses Used for Analysis	378
Mode of Collection	Online and Offline (Digital Survey Form)
Survey Tool	Google Forms
Domain	Delhi University (North Campus)

Analysis

1. DEMOGRAPHICS

Most of the respondents who filled out this survey are young people , mainly college students. The average age is close to 20 years , and 18 is the most common age among the responses . This is a stage of life where many people are going through new experiences . Students often enter new social environments , meet different kinds of people , and begin making their own decisions more independently than before. At the same time, they are also dealing with academic pressure , expectations about the future, and the natural desire to feel included among their peers .

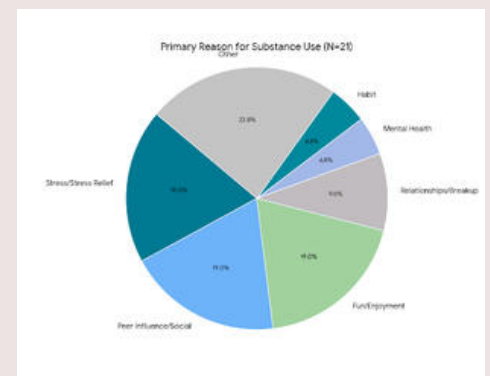
Because of this , people respond to these experiences in different ways. Some students may experiment with substances out of curiosity, social influence, or the feeling of not wanting to be left out. Others, however , consciously choose to stay away from substances because of their personal beliefs, awareness of health risks , or the values they have grown up with . This difference can be clearly seen in the survey as well . Out of 378 respondents , 312 people (82.5%) said they do not use substances, while 66 respondents (17.5%) reported that they currently do .



2. REASONS FOR SUBSTANCE USE

When users were asked why they started or continued using substances, the responses were quite straightforward and reflected everyday situations. The most common reasons mentioned were enjoyment, recreation, habit, and stress relief. Among high-frequency users, about 52% said enjoyment or habit was the main reason, while 24% mentioned stress relief. Among low-frequency users, 40.6% reported recreation and 31.3% mentioned stress relief.

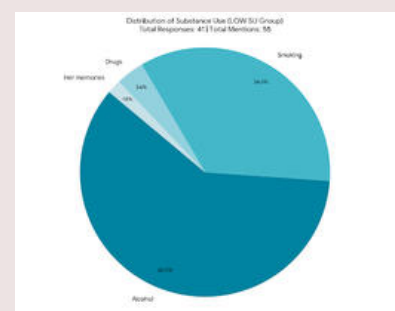
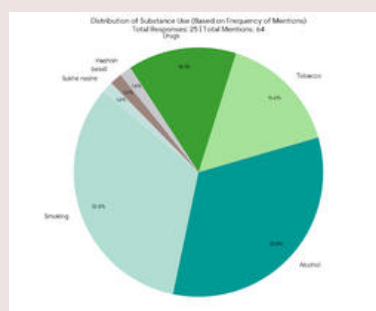
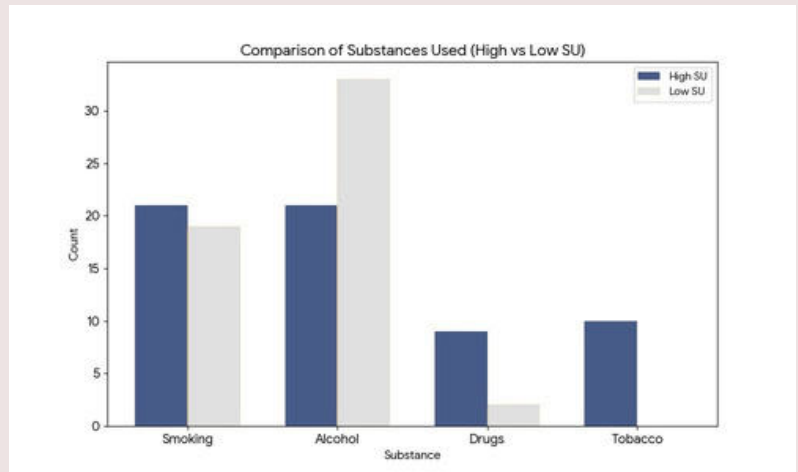
For many people, substance use does not begin with a serious intention . Often it starts in very ordinary situations spending time with friends, attending a gathering , or simply being curious about something new. At first, it may feel like a small or occasional decision that does not carry much weight . But when something becomes connected with relaxation , social bonding, or moments of escape from stress , it can slowly become part of a routine without the person fully realising when that shift took place.



3. DIFFERENCE BETWEEN HIGH AND LOW FREQUENCY USERS

The survey responses also show a difference between people who use substances frequently and those who use them only occasionally. Among the 25 high-frequency users, about 52% shared that their substance use had affected their relationships in some way, while 48% felt that it had not created such problems.

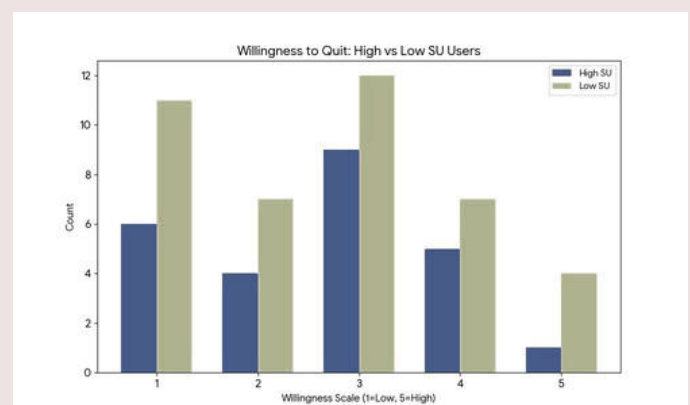
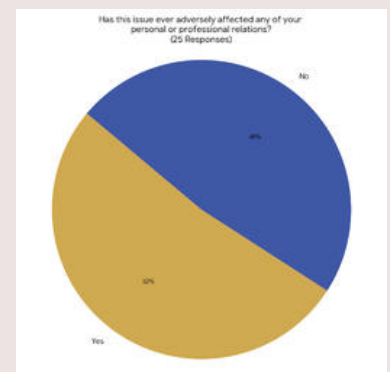
Among the 41 low-frequency users, the picture looks somewhat different. Most respondents in this group said their use had not affected their relationships. About 95.12% reported no impact, while only 4.88% said it had caused problems. This difference may be because occasional use is often seen as limited to certain social situations. In contrast, frequent use gradually becomes part of daily habits and may begin to influence relationships or responsibilities.



4. WILLINGNESS TO QUIT SUBSTANCE USE

The survey also looked at how willing users are to quit. On average, the willingness to quit was 2.64 among high-frequency users and 2.66 among low-frequency users on a scale from 1 to 5, which suggests that the motivation to quit is generally low to moderate.

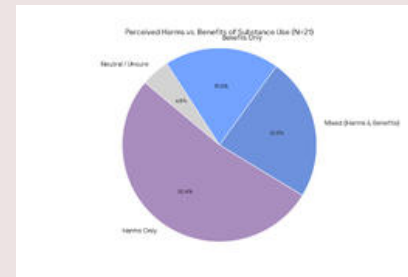
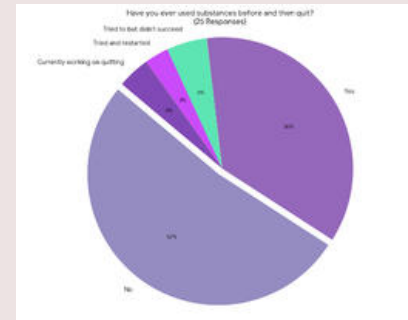
There may be several reasons behind this. Many individuals do not feel that their substance use has reached a point where it has become a serious concern. Some believe they still have control over it and can stop whenever they choose. Others feel that because their use is occasional, it does not require immediate attention. In addition, the short-term feelings of relaxation or enjoyment that substances may provide can make quitting seem less urgent in the moment.



5. AWARENESS OF HARM

Another interesting observation from the responses is that many users are already aware that substance use can harm their health. Respondents mentioned possible effects such as lung damage from smoking, liver problems from alcohol, and other long-term health risks.

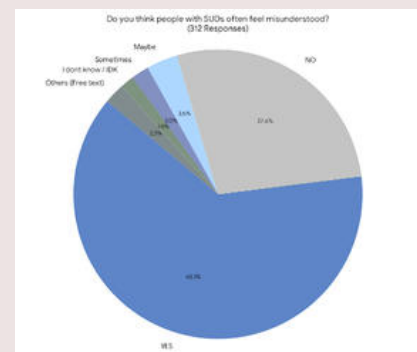
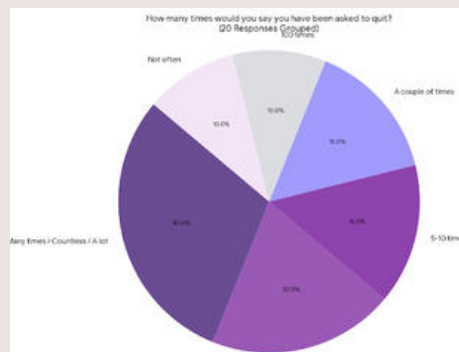
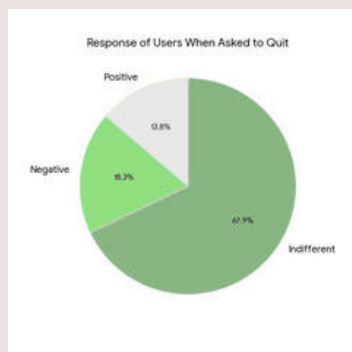
However, knowing something is harmful does not always make it easy to change behaviour. The survey shows that 52% of high-frequency users and about 70.73% of low-frequency users have not had a successful quit attempt in the past. This suggests that even when people understand the risks, habits, social environments, and everyday coping patterns can make it difficult to stop.



6. INTERACTION BETWEEN USERS AND NON-USERS

The responses also show that users and non-users sometimes see the situation differently. Among non-users, 63.1% believe that people dealing with substance use often feel misunderstood. At the same time, 59% of non-users said they had asked someone they know to quit using substances, which shows that many people try to intervene when they are concerned about someone close to them.

However, the reactions reported by users suggest that these conversations do not always have the intended effect. According to the responses, 67.9% reacted indifferently when asked to quit, 18.3% reacted negatively, and only 13.8% reacted positively. This shows that even when concern is expressed, the message may not always be received in the way it was meant.



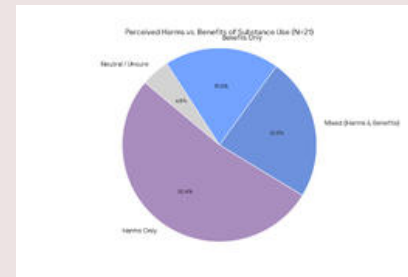
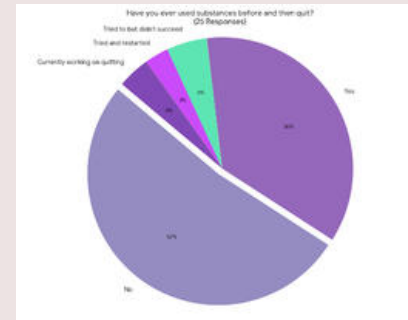
7. PERCEPTION GAP AND SOCIAL STIGMA

Some responses reflected this feeling as well. A few users shared that when people talk to them about quitting, it can sometimes feel like they are being lectured. At the same time, many non-users explained that they ask someone to quit simply because they care about their well-being. This shows that the issue is not only about substance use itself, but also about how people communicate with one another and how empathy and understanding shape those conversations.

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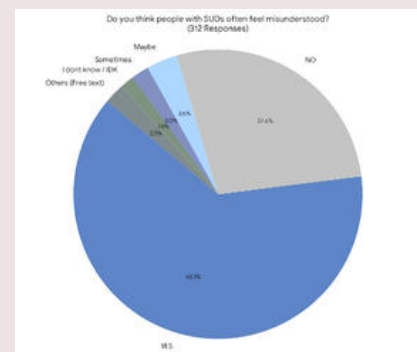
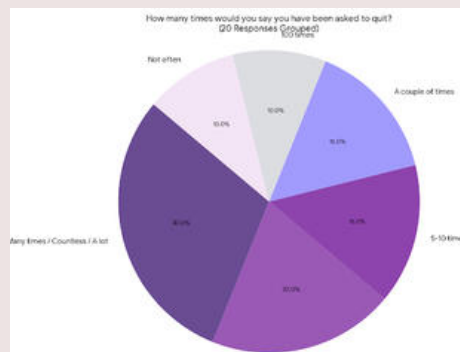
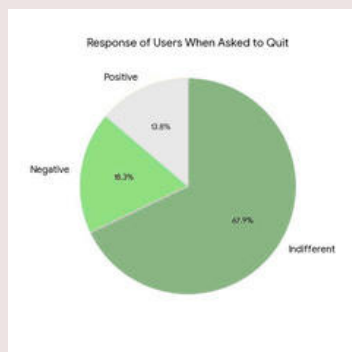
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Recommendations

Based on the findings of the survey, the following recommendations can be suggested to address substance use and increase awareness among young individuals.

1. Teaching Proper Recognition of Problematic Substance Use

Since the majority of respondents in our study were students and the average age was 19.99 years, the focus should be on helping them recognise the stage where their substance use starts to shift from occasional behaviour to a hazardous habit. This can be done by conducting discussions and counselling sessions that encourage students to introspect and understand the importance of addressing substance use patterns early on. Such initiatives can help students view substance use not as a harmless, temporary phase but as an issue to be resolved before it becomes life threatening. Introspection and journaling should be promoted, since many low frequency users are willing to quit and can be encouraged to do so by practicing self care.

2. Improving Mental Health and Stress Management Support

Stress relief was one of the major motivations for substance use. Educational institutions should strengthen their mental health support systems by providing accessible counselling services, stress management workshops and wellness programmes.. These services should be genuinely functional and approachable rather than existing only as a formality. All of this can help students avoid substance abuse as an immediate response to stress

3. Early prevention during high-risk stages

The findings show that many users first tried substances during high school or in the first year of college and then became dependent. Preventive measures should focus on these transition phases by introducing orientation sessions that help address peer pressure and encourage responsible decision-making from middle school itself. At this age, children are particularly sensitive to their social environment and media such as films and video games. By reducing the implied glamour associated with such activities in an attempt to be “cool”, we can prevent substance use initiation in students.

4. Encouraging supportive action by non-users

During interviews, it was observed that the majority of the non-users of substances reported not objecting to the habits of the substance users because they felt it might harm their personal relationships. They also mentioned feeling that it was none of their business, and substance use was a personal choice. Other non-users reported asking individuals with substance use problems to quit, but the responses from users were mostly indifferent or negative. Training people to communicate their concerns in a supportive and non-judgmental manner may increase the effectiveness of peer intervention. Also, learning how to accept negative responses and still act convincingly must be taught. Consistent prodding and intervening may be ineffective and even harmful, as it leads to defiance by users.

5. Campus peer support networks

Since substance use mostly occurs in social circles and parties, educational institutions may consider developing peer support groups where students can openly discuss stress, academic pressure and lifestyle challenges. Anonymous guidance can be initiated. This will provide non-judgmental and relatable solutions to users. These groups can act as a safe space for sharing experiences and may help reduce the reliance on substances as a coping mechanism.

6. Use of awareness campaigns highlighting social norms

The survey revealed that a large number of respondents were non-users. Awareness campaigns that highlight this fact may help correct the perception that everyone among the youngsters uses substances. This can reduce the 'FOMO' or Fear of Missing Out that many youngsters experience. This approach can reduce social pressure and encourage healthier behavioural choices.

Key Findings

The report gathered key findings across three different sections: Demographics, Substance Users and Substance Non Users.

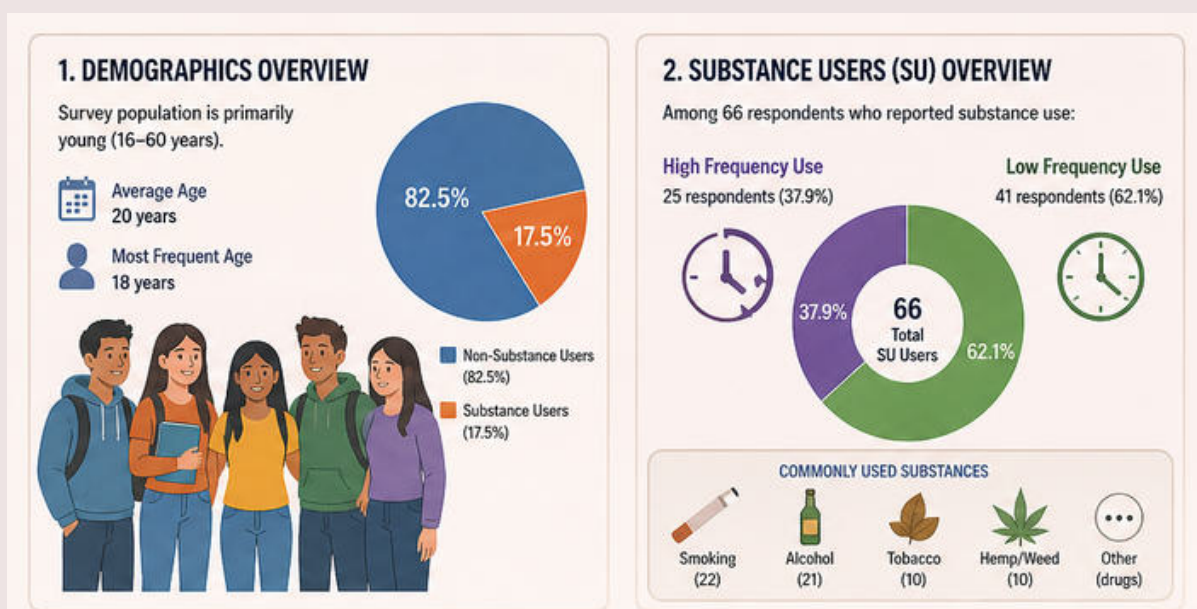
1. Demographics

The survey population is primarily focused on youngsters and students.

- **Age Profile:** The age ranges from 16 to 60 years. The average age of respondents is approximately 20 years, with the most frequent age being 18.
- **Profession:** The majority of respondents are students, making up for more than 93 percent of all respondents. Other professions like lawyers, researchers etc make up the remaining 7 percent.
- **Respondent Profile:** The survey is heavily focused towards individuals who are not currently using substances:

1. Non-Substance Users: 82.5% (312 respondents)

2. Substance Users: 17.5% (66 respondents)



High Frequency Substance Users

(25 responses) [37.9%]

Substances: Smoking (22 responses), Alcohol (21 responses) and Tobacco (10 responses) were cited as the primary substances used. Others mentioned certain drugs like hemp and weed.

Age, Cause of Initiation and Motivations: High school years along with the first year of college were the years when most high frequency substance users started. Top reasons for SU were enjoyment and habit (52%) and stress relief (24%). Initial motivations also included curiosity and a way to have fun but for one person it was a tool for handling loneliness and another reported stress as the starting factor. One respondent stated they didn't realise they had an addiction until they tried to quit.

Age: High school and early college years act as a transitional phase characterised by increased independence, social experimentation and peer influence. During this period individuals often experience reduced parental supervision and increased exposure to social gatherings like parties where substances may be present.

Motivation: Several respondents linked their use to emotional regulation factors such as dealing with stress, loneliness or academic pressure. Substance use in such cases functions as a coping mechanism that temporarily relieves them of the emotional discomfort of daily life.

Cause of Initiation: For many respondents, their initial motivation was curiosity or the desire to participate in social activities. Repeated recreational use can gradually develop into habitual behaviour when individuals begin associating the substance with enjoyment or relief and fall into a cycle of dependence.

Adverse Relationship Impact: This result is almost evenly split: 52% reporting adverse effects on their personal or professional relationships compared to 48% who reported no adverse effects. Some respondents reported conflicts and arguments with family members and peers due to concerns about health, finances or behaviour changes, while others did not perceive any noticeable changes.

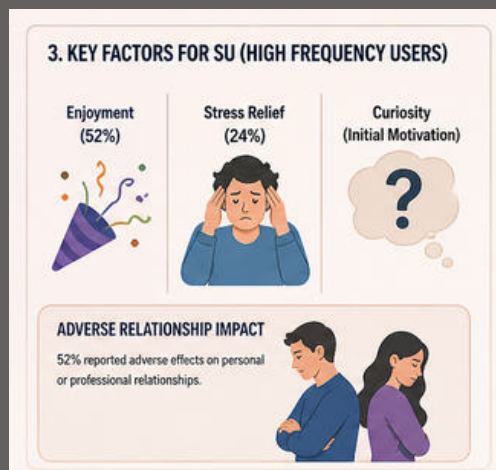
High Frequency Substance Users

(25 responses) [37.9%]

Misconceptions observed: Users reported facing misconceptions such as questions about their character and personality (33%). This includes people generalising them as “bad individuals” with no morality. The next most commonly prevalent misconception was about their reasons of use (17%). This includes assuming people smoke to look cool or for fun. Others were related to wrong perception of behaviour and intent. These misconceptions often arise from social stigma associated with substance use and behaviour is interpreted as a reflection of bad character rather than circumstances such as stress, curiosity or environmental influences.

Willingness to Quit: The average willingness to quit is 2.64 (on a scale of 1 to 5), indicating a low to moderate level of motivation. A comparison with the frequency of use and external pressure suggests that repeated requests from others do not necessarily mean a higher motivation to quit.

Frequency of Being Asked to Quit: Only 9 respondents reported being asked to quit only a few times or never. The remainder mentioned that they have been asked to quit “countless times” or “more than 100 times”. This indicates that family members, friends or partners frequently attempt to intervene when substance use becomes frequent and hampers daily functioning.



High Frequency Substance Users

(25 responses) [37.9%]

Feelings when asked to quit: Almost half of the 21 respondents experienced negative emotions like guilt, anger, violence etc. 7 experienced outright anger. The rest were indifferent or felt the requests were valid. Such reactions may arise from feelings of guilt, defensiveness or a perceived threat to personal independence when confronted directly about substance use.

Prior Quit History: 52% of these users have no prior history of a successful quit attempt while 36% have previously used and quit. Others reported failed attempts to quit. This suggests that quitting becomes increasingly difficult once frequent use begins.

Perceived Harms and Benefits: Users are aware of the health risks (e.g. impact on lungs and liver) and long term effects while mentioning stress relief as a key perceived benefit. Top harms mentioned were adverse effects on physical health and mental health impacts. Benefits listed were temporary enjoyment and stress relief.

Experience with Non Users: Users expressed a negative sentiment towards non users who they feel patronise themselves or put themselves on a pedestal over substance use. Some users reported feeling judged or stereotyped, which can lead to defensive attitudes toward people who tell them to abstain from substance use.



Low Frequency Substance Users

78

(41 responses) [62.1%]

Substances: Alcohol (33) and Smoking (19) were cited as the primary substances used with Drugs (2) being the third most cited. This suggests that substance use in this group is mostly limited to socially accepted and commonly known substances consumed occasionally in social settings.

Cause of Initiation and Motivation: The top reason for SU was enjoyment (40.6%), followed by stress relief (31.3%). For most respondents, substance use is occasional and associated with celebrations, social gatherings or relaxation.

Adverse Relationship Impact: The majority reported no adverse effects on their personal or professional relationships, with 95.12% saying NO and only 4.88% saying YES. The few cases reporting relationship issues are related mainly to alcohol related incidents such as disagreements in social situations or concerns raised by family members.

Willingness to Quit: The average willingness to quit is 2.66 (on a scale from 1 to 5), indicating a low to moderate level of motivation which is similar to the High SU group. The similarity suggests that frequency of use does not significantly influence the perceived motivation to quit.

Prior Quit History: A vast majority (70.73%) have no prior history of a successful quit attempt while 26.83% have. Compared to the High SU group, this larger proportion likely reflects the fact that many low frequency users have not attempted to quit because they do not perceive their behaviour as problematic.

Perceived Harms and Benefits: Key responses include the harm of possible health effects and also monetary harms and the benefit of socialisation and relaxation or acting as a mind reliever. Respondents also emphasised that moderation was important when dealing with substances.

Experience with Non Users: The top responses regarding being asked to quit showed that for 32.3% of the respondents, the question of being asked to quit was not applicable or left blank since they felt their use was too infrequent to bother anyone. Among the remaining responses, most indicated that they had not been asked to quit, and reactions were generally positive with a greater willingness to quit compared to High SU users.

Substance Non-Users

(312 responses) [82.5%]

Reasons for not engaging in Substance Use: The primary reasons for not engaging in substance use were personal choice, lack of interest, and awareness of negative health effects. Many respondents were simply not interested or did not feel the need to try substances. Health concerns about harm to the body were also commonly mentioned. Some cited family upbringing, moral values, or personal principles.

Overall, abstinence among non users is mainly due to personal choice (45%) and health related concerns (34%).

Relation to person with a Substance Use Disorder: A large proportion of non substance using respondents reported knowing someone with a substance use disorder. The most common groups known to have SUD are Friends (113), and Peers/Co-Workers (51).

Whether others' substance use has bothered respondents: 45.8% of non users reported being bothered by the substance use of people they know, showing that its effects go beyond the individual. Respondents mentioned discomfort due to behavioural changes, conflicts, neglect of responsibilities, financial strain, and emotional distress affecting families and friends.

Prior Use: A large majority of non users (91.7%) reported that they have never used substances at any point in the past. This indicates that the cycle of initiation, maintenance and addiction is what mostly causes and supports SUDs.

Asking someone to quit substance use: Around 59% indicated that they had asked the person to stop using substances. In contrast, about 41% reported that they had not asked the individual to quit. This suggests that while a majority attempt some form of intervention, a significant proportion prefer not to interfere directly, possibly due to fear of damaging relationships or uncertainty about how to address the issue.

Perception of misunderstanding: 63.1% of non users believe that people with SUDs often feel misunderstood. Approximately 27.6% felt that individuals with SUD do not feel misunderstood while some selected options like "Maybe" or "Sometimes". The high perception of misunderstanding among non users of substances is aligned with the feeling of being judged or stereotyped that was reported by users.

Substance Non-Users

(312 responses) [82.5%]

Response by Substance Users: When asked to quit, the user's response was categorized mostly as Indifferent (67.9%), followed by Negative (18.3%) and Positive (13.8%).

Perception of motivating factors: The most frequent responses revolved around the addiction factor and the inability to quit. Peer pressure was the second most common reason cited by respondents. Stress relief was also mentioned.

Steps taken to help others quit: Among the 257 non SU respondents, the majority did not take a step to help. Among those who did, the most common form of intervention was direct advice given by some respondents. Fewer individuals offered emotional support and only a very small number reported seeking professional help. This suggests that most attempts to help are informal and conversational rather than structured or professional.

Conclusion

This survey on substance usage gathered a total of 378 responses, since the primary focus on participants belonged to the 18–19 age group. Hence, the data sheds light on different perspectives of college students. Our findings show that the majority of them reported that they do not consume substances such as alcohol, cigarettes, or drugs, while a smaller proportion admitted to using them.

Among the ones who do use different substances, a huge number of respondents mentioned that their usage is frequent. Smoking and alcohol emerged as the most commonly used substances, followed by tobacco and certain other drugs.

Responses regarding when substance use began, show that many individuals were first exposed to it during school, under peer pressure, or due to social settings.

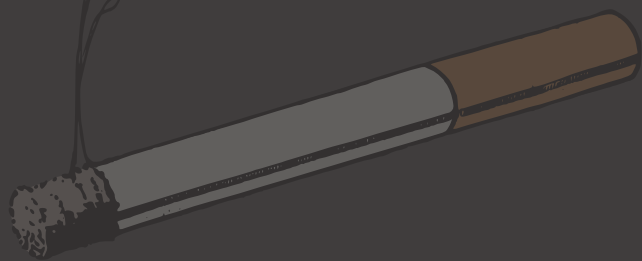
When asked whether or not use of substances had ever affected their relationship with others whether in the professional or personal setting, almost all of them voted for a no while the rest voted for a yes.

Overall, the results of this survey showed that substance use among young individuals is influenced by a variety of social and personal factors. Even though most of the respondents said they do not engage in such behaviors, a smaller group does require better awareness systems as they are the ones indulging in these activities.

Considering everything, it is clear that schools and communities play an extremely vital role in creating safe environments where students feel safe and not judged while discussing these topics.

Google form responses:

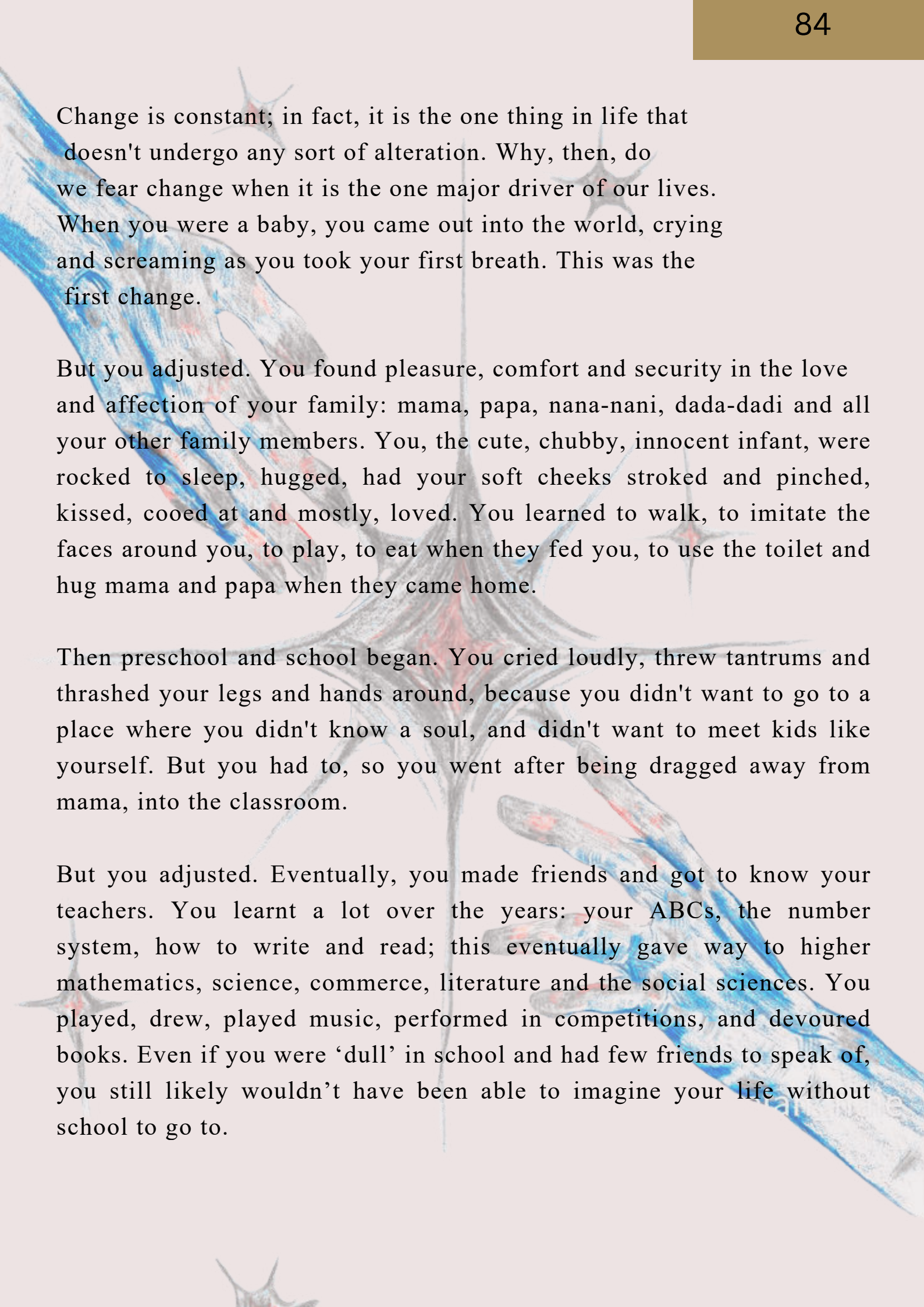
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THE
RIPPLING
EFFECT

**WHY
FEAR
CHANGE
WHEN
IT
IS
EVERYWHERE**

BY- PRAKRITI GHOSH

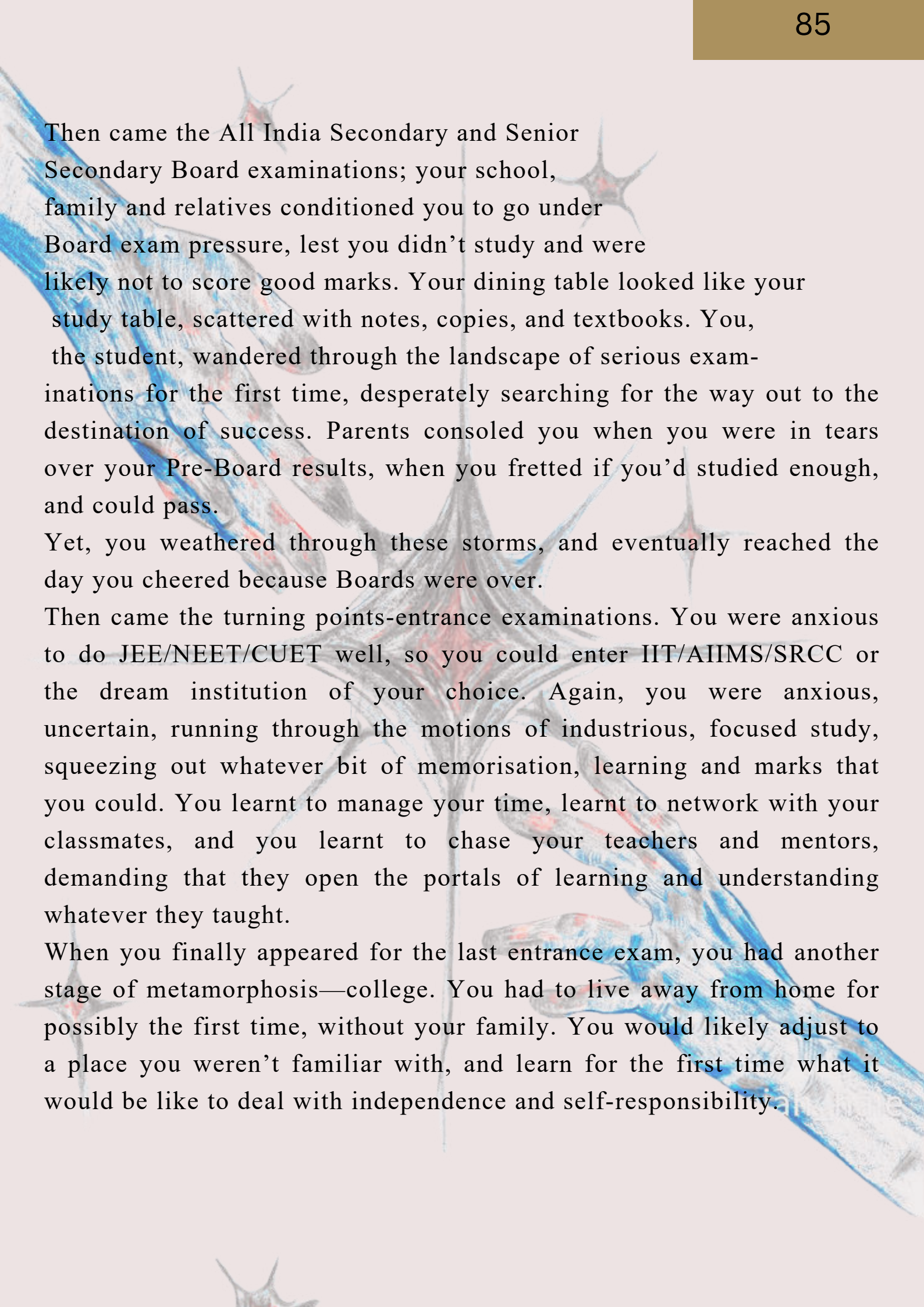


Change is constant; in fact, it is the one thing in life that doesn't undergo any sort of alteration. Why, then, do we fear change when it is the one major driver of our lives. When you were a baby, you came out into the world, crying and screaming as you took your first breath. This was the first change.

But you adjusted. You found pleasure, comfort and security in the love and affection of your family: mama, papa, nana-nani, dada-dadi and all your other family members. You, the cute, chubby, innocent infant, were rocked to sleep, hugged, had your soft cheeks stroked and pinched, kissed, cooed at and mostly, loved. You learned to walk, to imitate the faces around you, to play, to eat when they fed you, to use the toilet and hug mama and papa when they came home.

Then preschool and school began. You cried loudly, threw tantrums and thrashed your legs and hands around, because you didn't want to go to a place where you didn't know a soul, and didn't want to meet kids like yourself. But you had to, so you went after being dragged away from mama, into the classroom.

But you adjusted. Eventually, you made friends and got to know your teachers. You learnt a lot over the years: your ABCs, the number system, how to write and read; this eventually gave way to higher mathematics, science, commerce, literature and the social sciences. You played, drew, played music, performed in competitions, and devoured books. Even if you were 'dull' in school and had few friends to speak of, you still likely wouldn't have been able to imagine your life without school to go to.



Then came the All India Secondary and Senior Secondary Board examinations; your school, family and relatives conditioned you to go under Board exam pressure, lest you didn't study and were likely not to score good marks. Your dining table looked like your study table, scattered with notes, copies, and textbooks. You, the student, wandered through the landscape of serious examinations for the first time, desperately searching for the way out to the destination of success. Parents consoled you when you were in tears over your Pre-Board results, when you fretted if you'd studied enough, and could pass.

Yet, you weathered through these storms, and eventually reached the day you cheered because Boards were over.

Then came the turning points-entrance examinations. You were anxious to do JEE/NEET/CUET well, so you could enter IIT/AIIMS/SRCC or the dream institution of your choice. Again, you were anxious, uncertain, running through the motions of industrious, focused study, squeezing out whatever bit of memorisation, learning and marks that you could. You learnt to manage your time, learnt to network with your classmates, and you learnt to chase your teachers and mentors, demanding that they open the portals of learning and understanding whatever they taught.

When you finally appeared for the last entrance exam, you had another stage of metamorphosis—college. You had to live away from home for possibly the first time, without your family. You would likely adjust to a place you weren't familiar with, and learn for the first time what it would be like to deal with independence and self-responsibility.

Your professors(not teachers) weren't going to be running after you like your schoolteachers did-you were responsible for your studies, no matter how difficult you found it. But then you set foot in college.

You went through countless ups and downs: commuting on your own, juggling multiple priorities, learning to adjust to a place that wasn't always the way you wanted it to be, making mistakes along the way, picking up valuable lessons as you kept going.

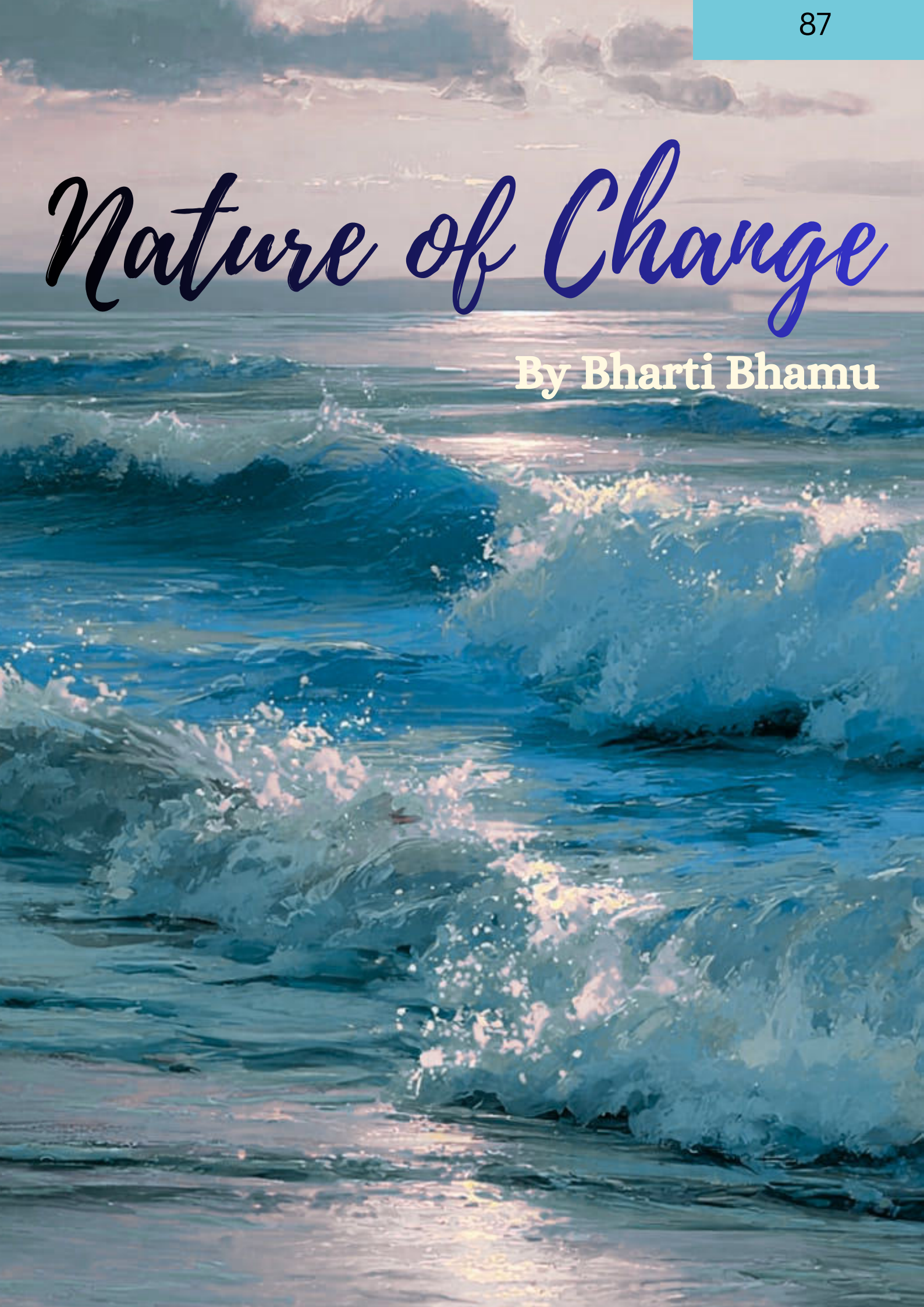
Most of us will go through all this, and there will be more change as the years go by: entering the world of employment, marriage, family, living through our children's and grandchildren's childhood, becoming old, and finally, the inevitable moment in life when we must depart, leaving all that we left behind, created and destroyed.

Always, as we are about to open the door to each stage of life, we are seized with fear and unwillingness to do so, not wanting to face the worst behind the door, as well as brimming with excitement and joy, waiting impatiently to open it and seek the treasures behind it. But open the doors we must-and change.

~Prakriti Gosh

Nature of Change

By Bharti Bhamu



Change.

Ironic word.

Don't we all love changing stepping stones in our lives?

Don't we all hate when something does change withdrawing a familiarity alongside?

It's a stage really.

Going through phases starting excitement, curiosity to dread to monotonous again.

Changes are constant.

Oxymoronic.

**The way a tiny change ripples through our entire life
is significant.**

**One little impact done without much too mind
being payed
can sometimes bring such long lasting effects
beyond comprehension.**

~Bhari Bhamu



SMALL THINGS DO CREATE BIG DIFFERENCE

~ By Sarvagya Rastogi

SMALL THINGS DO CREATE BIG DIFFERENCE

My life amounts to no more than one drop in a limitless ocean, yet what is any ocean but a multiverse of drops? An ocean isn't born with certain drama or with announced arrival. It accumulates. But that certainty lies in convergence & reinforcement. A drop becomes two, two become thousands, and then millions surrender their individuality & participate to rewrite the fate with the miracle and that's PERSISTENCE.

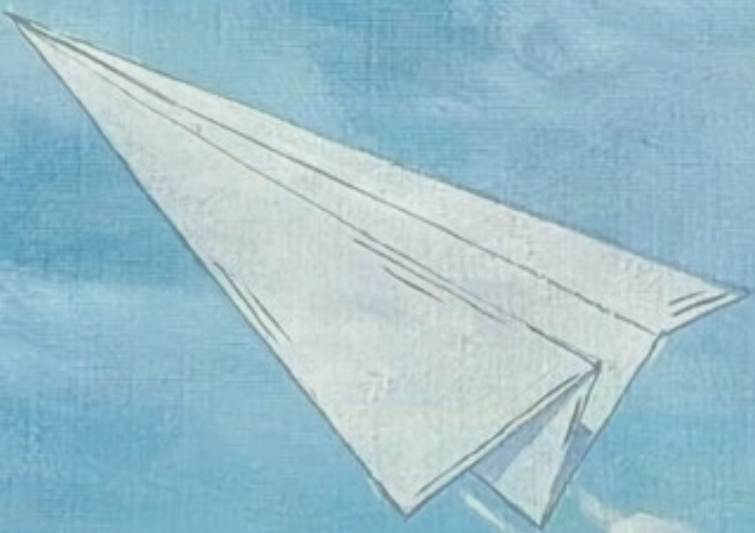
A single drop by itself is almost trivial in its smallness; it evaporates, gets overlooked, and feels replaceable but what keeps bringing it back to earth is the trust, trusting the maths of existence. Humans analogously don't build an empire overnight, they start it from scratch over and over to fall again but what if they rise? Not sheerly but ploddingly with small changes which works because they don't scare you. Your mind resists revolution but it allows acclimation, the same way the drop doesn't decide to become ocean in one go, it falls over and over and with the wheel of time gravity pulls them together and time does the rest.

Failing never inescapably leads to failure but by the virtue of cosmic events which doesn't definitely will to happen when we rise to the level of our holy grail but when humans fall to the level of their systems when you choose again and again to align your smallest actions with the vastness of the life you still see in the dreamy mirror where you stand after nudging it to look back and realise the distance between who you were and who you have become was built by the momentum where you believed changes aren't conquest but subtle increments and these fractions of momentum from stagnation creates deviations sustained over time changes the final horizon of time entirely.

Consistency doesn't demand external validation but internal reparation which lets us slip past resistance and settle into the marrow of who we are. These minor decisions which recalibrate identity when goes unacknowledged the mind interprets them as futile and futility is corrosive. The Art of showing up diurnally, the impulse to reshape your posture before they upheaval the circumstances are the small changes which further lit up as quiet rebellion against entropy.

The universe doesn't remunerate intensity alone but it pursues continuity, the consistency which becomes a form of faith to revamp the fate. So, the ocean never questioned its worth when it was a drop; it was born from that surrender to process not from ambition alone but with the urge to sustain long enough to turn into mass!

~SARVAGYA RASTOGI



PAPER PLANES

~ By Shami Vaghela

PAPER PLANES

The little boy toyed with his paper plane, his tiny chubby hands gripping it a little too tightly. After all, his dear father had shown him how to make it a few moments ago. He stretched his hand up, his arms flexing as he shot the paper in the air. With wide eyes he watched it fly all over the room, until it disappeared out of the window. Disappointed, he sat down to make another one.

Meanwhile, the plane flew alongside the wind, finally free of its aviary. Eventually it landed on a faded balcony, its wallpaper bleak and stripped.



The man was restless, a slight tremor barely noticeable in his foot as he walked. He had tanked several job interviews, he couldn't risk having the same fate meet this one. The fresh air in the balcony was supposed to help him clear his head, not weigh him down. His eyesight getting blurry on the edges, he could hear his heart thumping in his throat.

At this moment he saw a white object shining at him from a distance. Walking over and picking it up, he saw that it was a paper plane, its edges crinkled from use. His mouth curved up, he hadn't seen these in ages. He remembered making them when he was young, his mother helping him cut out old newspaper sheets for him while his little brother watched them in rapt attention. Unbeknownst to him, his mother would set aside those sheets just for them.

He smiled in memory, his heart finally calming down. He carefully put the craft in his pocket, as if he could almost relive the memories his mother granted him. Taking a few deep breaths, he walked back inside, ready to face the world with the plane in his pocket.

~ SHAMI



UNHIDDEN PRIDE

n eerie silence and the dark of the night,
The wind whispers, but the mind screams.
A mental turmoil, an inner conflict.
Before them is a world of myths and murmurs,
Where love wears a mask to survive its own name.
Their shadows stretch behind them,
held by the reluctant moonlight,
As if they themselves are the shadows,
hiding from the world in the wake of their own bodies.

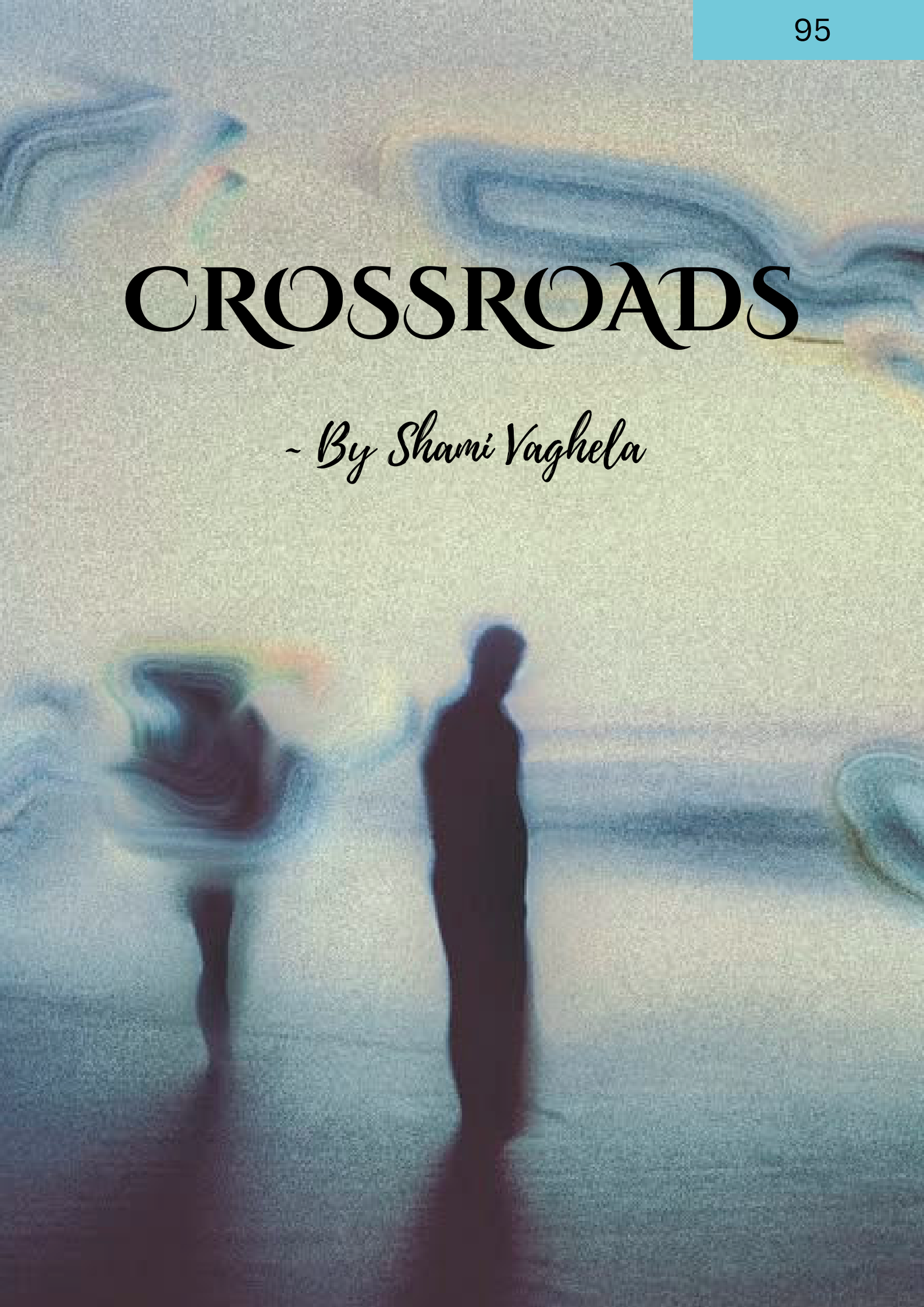
“When ever will we be free”
One whispers to the night.
“For I do not wish to hide.
An emotion I wish to express abundantly,
a belief I wish survives.
Is love tied to a rule,
a chain we cannot see?”
The other whispers, a realization out loud,
“Why must we hide at all?
Why shrink under the weight of the eyes,
that never saw true love and pride?”

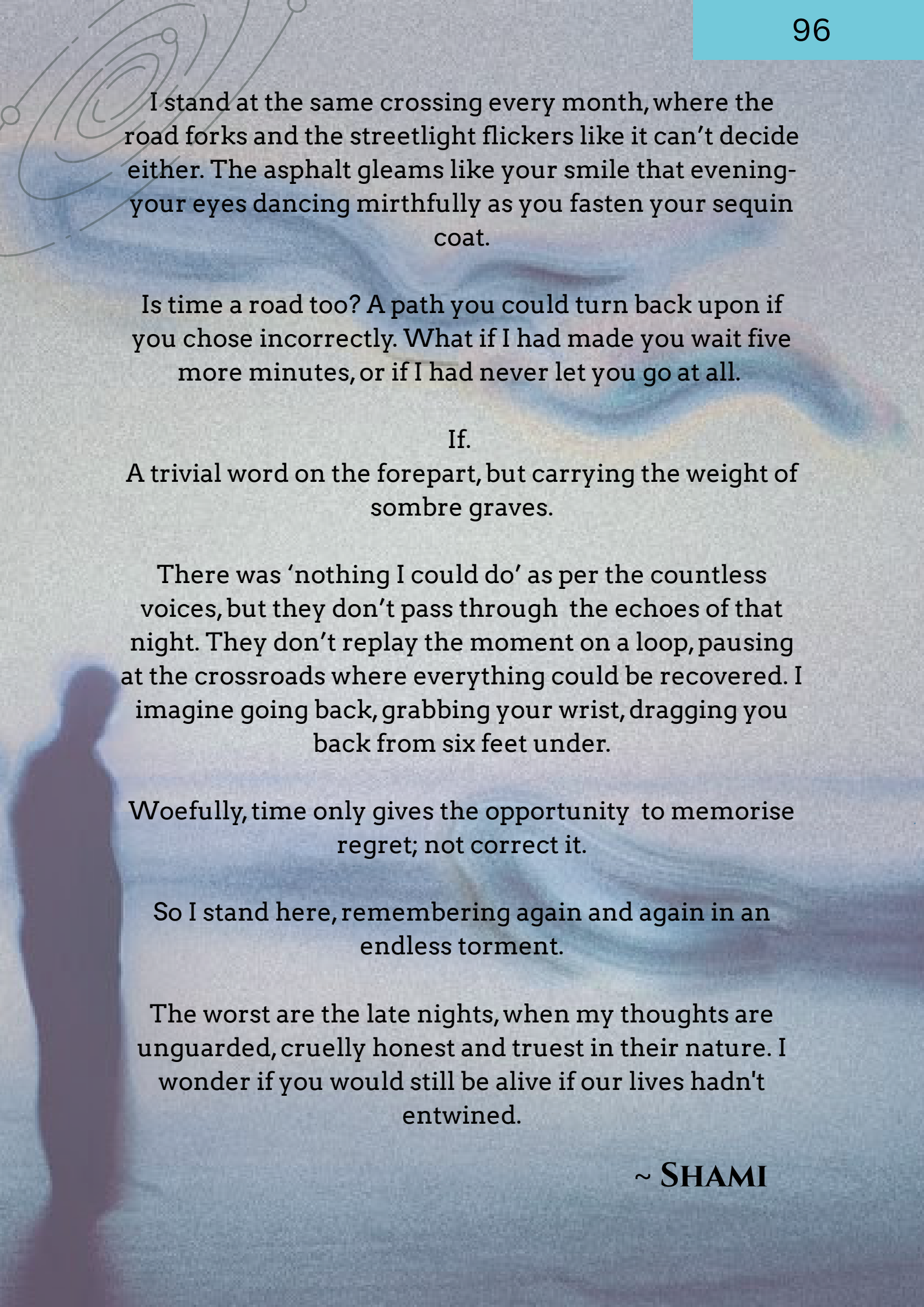
An eventual transformation - of fear and turmoil,
“Oh, how could we stay stranded,
In a pool of melancholy and dread,
When our hearts call for expression of the true self, a free way ahead?”
The night sighed, loosening its final hold,
as the first hints of gold spilled across the floor.
Echoed a mutual understanding, though quiet and safe,
And the shadows dissolved into the floor beneath them, barely leaving a
trace.

- Naina

CROSSROADS

~ By Shami Vaghela





I stand at the same crossing every month, where the road forks and the streetlight flickers like it can't decide either. The asphalt gleams like your smile that evening—your eyes dancing mirthfully as you fasten your sequin coat.

Is time a road too? A path you could turn back upon if you chose incorrectly. What if I had made you wait five more minutes, or if I had never let you go at all.

If.

A trivial word on the forepart, but carrying the weight of sombre graves.

There was 'nothing I could do' as per the countless voices, but they don't pass through the echoes of that night. They don't replay the moment on a loop, pausing at the crossroads where everything could be recovered. I imagine going back, grabbing your wrist, dragging you back from six feet under.

Woefully, time only gives the opportunity to memorise regret; not correct it.

So I stand here, remembering again and again in an endless torment.

The worst are the late nights, when my thoughts are unguarded, cruelly honest and truest in their nature. I wonder if you would still be alive if our lives hadn't entwined.

~ SHAMI



The Butterfly Was Never Loud

~ Aastha Raj

They say a butterfly
flapping its wings somewhere
can change the course of a
storm

far away.

I wonder

if they have ever noticed
how a smile does the same.

A name spoken correctly,

A joke that never lands
because someone chose
silence instead,

A seat offered,
a question asked gently,
a truth allowed to exist.

These are not revolutions.

No headlines follow them.

No applause.

But for someone

to survive invisibly

these moments feel seismic.

One act of respect

does not change the world.

But it changes a day.

And a day changes confidence.

And confidence slowly changes a
life.

That is how storms shift.

Acceptance does not arrive
loudly.

It grows through small,

repeated kindness

until fear forgets how to breathe.

Maybe the butterfly

was never meant to cause
destruction.

Maybe it was always meant

to remind us

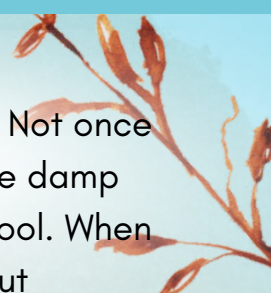
that gentleness, too,

has consequences.

~AASTHA RAJ

THE WEIGHT OF ONE SMALL ACTION

-ATHARV SHARMA



A boy rides the metro behind you each Tuesday, always three seats back. Not once have you said a word to him, yet his exhaustion feels familiar – it clings like damp clothes after a long shift, the sort that follows double shifts and night school. When an older woman stepped aboard last week at Rajiv Chowk, he rose without thinking, as if muscle memory took over, giving up his spot. Her grin came quick. A small nod was his reply. Wheels groaned. The city rolled past outside.

It sticks around, that moment, though you can't name a reason.

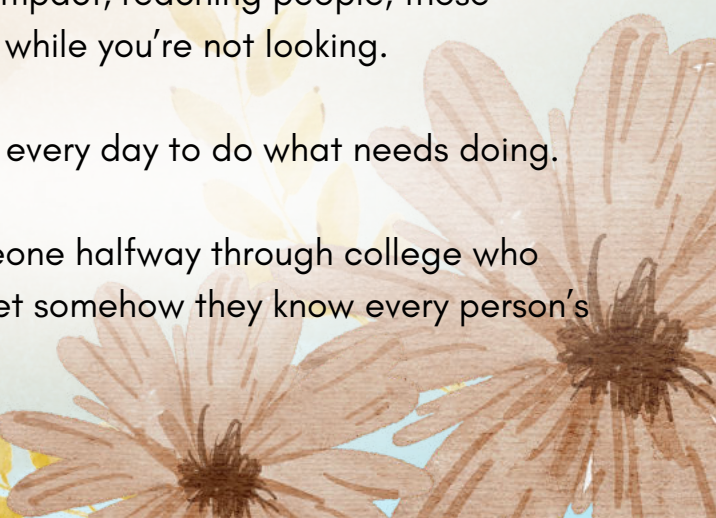
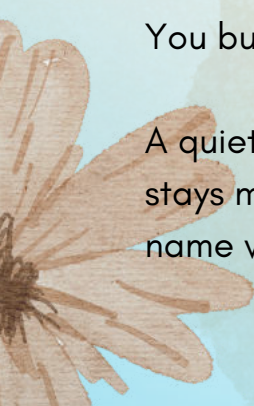
Perhaps silence made it matter. No cheers followed, no updates shared online. It never showed up in feeds. Just a kid deciding to stay upright when tired, while someone gray-haired found rest. They passed time like coins – fifteen seconds handed over. Yet something inside you keeps turning that moment, now into its seventh day.

Change comes up often at college. Sessions dive into it, papers analyze it, free time gets spent chasing it. People say we're tomorrow's hope – a thought that lifts spirits yet drains energy just the same. Yet after round three of meetings and one too many team assignments, shifting things feels far off – like an event tied to having answers, support networks, reach, or visibility.

It's the quiet shifts at the edges that slip through unnoticed. Most overlook how much moves just beyond the center. Little gets said about transformations hiding in the outskirts. Changes far from the spotlight often go unmentioned. The real difference shows up where attention doesn't follow.

That first year? It's messy. Everything looms large – the campus stretches too wide, the city hums unfamiliar rhythms, choices pile up like unread textbooks. Showing up at a meeting might come from curiosity, sure, yet there's also that quiet thought: will this look good later? Talk floats around – impact, reaching people, those global goals everyone quotes. Meaning shifts while you're not looking.

You bump into a person who simply shows up every day to do what needs doing.



A quiet presence shows up each week – someone halfway through college who stays mostly silent when the group gathers. Yet somehow they know every person's name without trying.

Later, when you're packing up, a senior says something that sticks: "I used to think I needed to do something big to matter. Now I think showing up consistently might be the biggest thing I can do."

Right now, college feels new, so moments land harder. Slowly, you're noticing how ordinary things can matter just as much.

Perhaps change isn't found in grand upheavals. It hides instead in quiet repetition – returning day after day, regardless of exhaustion, regardless of applause, despite the weight of enormity pressing against a gesture that seems laughably tiny.

Perhaps wisdom is simply saying you do not know, yet still shaping clearer questions. Not rushing to solve might open space for presence. Sitting beside unease could matter more than changing it. Letting another hold their tale untouched – no edits, no rescue – might be enough.

Perhaps it's seeing how the kid on the train didn't fix transit for everyone. Instead he eased a single trip for someone, that day. Because of him, one ride felt lighter. That might be what matters. It could begin like that.

Water keeps a memory of stones even when eyes lose the waves. Outward they roll, these rings born from one small drop, yet tracking each curve feels impossible. Measurement slips away, vanishing like mist at dawn. Still, movement happens – something stirs that once stood still. Trust builds there, quiet, beneath what sight can hold.

Now and then, it hits you how every choice spreads out unseen. Through what we wonder about, through helping without fanfare, via tiny judgments of where love gets spent. Often, these moments seem too faint to count. Then comes a day when you're held up by another person's soft act – and suddenly it clicks: little things carry weight after all.

The kid rides the train each week on Tuesdays. His name? Never learned it. Lately though, I've caught myself eyeing empty spots beside me – especially if another rider seems tired or carrying something heavy. A tiny moment really. One quick decision, barely half a minute gone.

Maybe someone's out there looking.

-Atharv Sharma

It is a privilege

- Aditi sharan



It is a privilege to choose not to leave a warm bed. It is a privilege to have a warm cup of tea in your hands when the weather takes a sudden chill, to not have to worry about being too cold or too hot, to think of education as a burden and not a blessing when for so many it is a dream—just out of reach. We often overlook these common things that make up our lives, not thinking that it is not so common for some.

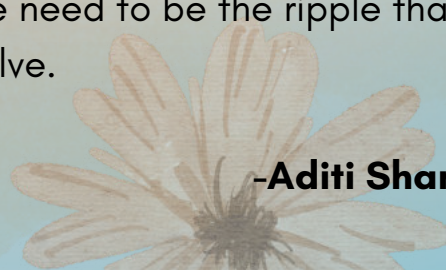
To bear witness to things that supposedly make some “different” than us is anything but fair. It is unfair to our humanity, to our existence and our purpose. Yet, it all unfolds before us in different ways here and there. And what do we do to change it? Do we try to bring even the minutest of difference in the lives lived by the underprivileged?

Let's forget others for a moment, as individuals, we ought to focus on playing our parts first.

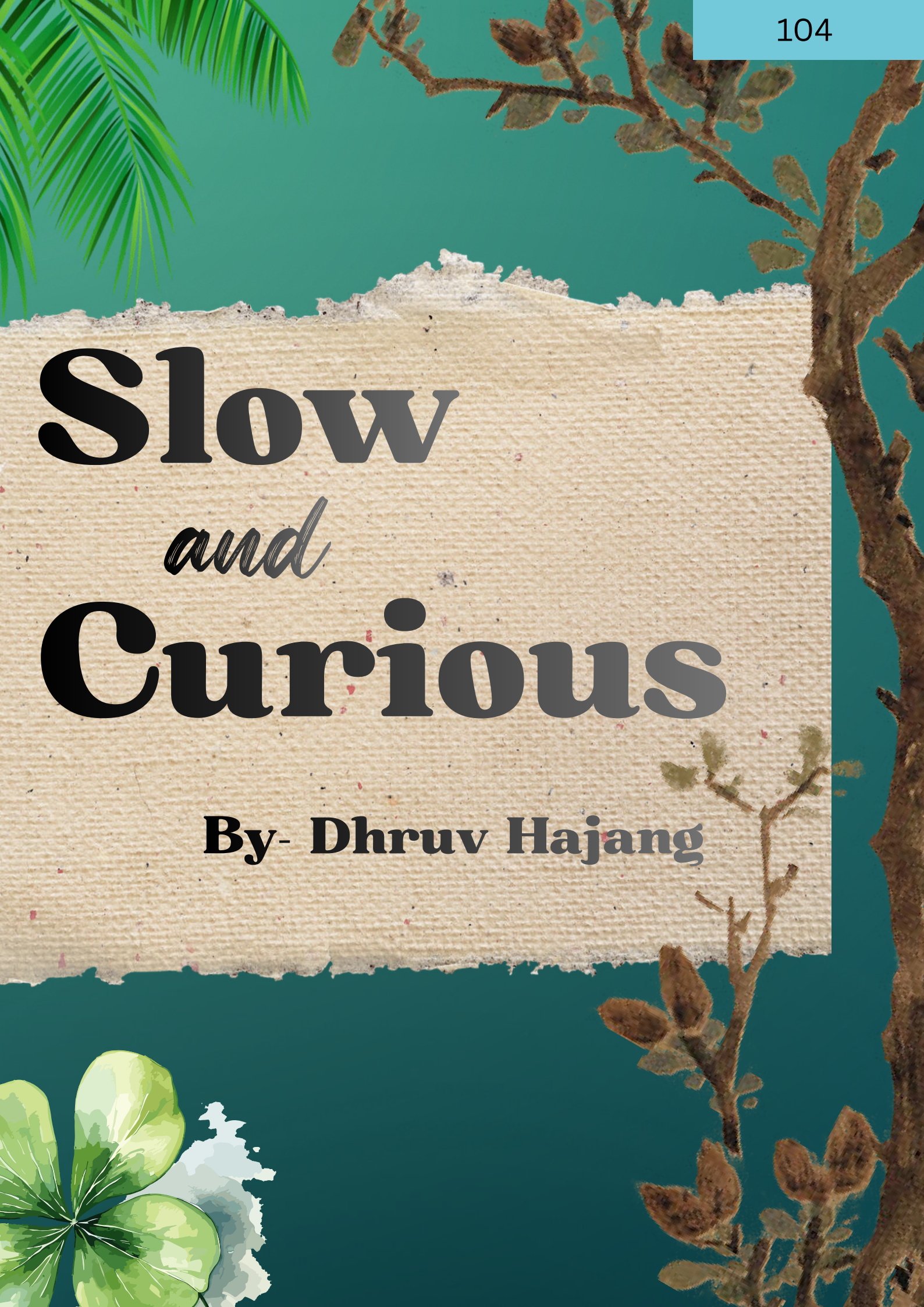
Most don't bother about such trivial matters, they have bigger things to deal with than contributing to the betterment of the prejudiced and divided society that we are a part of. We talk of charity, compassion, empathy, why doesn't it reflect in our actions then? It is because there is performative empathy haunting every corner of our world, we want the government to provide basic facilities to the poor but will hardly ever come forward with a helping hand, we want the underprivileged to experience the joys of life, for their children to not have their childhood pass them by, but when it comes to the real part, one that requires action and initiative, there is hesitation tugging us back with the twisted and convenient thought: “Why should I have to?”

The truth is, people have all the resources, and can make time, they just need to be willing.

It might help to recall that whatever faith a person might believe in, all of them have the same message to deliver, that is to practice what we preach, and we preach brotherhood, fraternity, empathy and kindness. It might get lost somewhere along the way but it is our duty to find our way back to it. To remember our shared culture, our shared purpose in this brief time we have together. To leave behind our performances that help no one, and become real human beings in this very real world to face its challenging reality. In this vast ocean, we need to be the ripple that brings transformation which helps us evolve.



-Aditi Sharan



Slow *and* Curious

By- Dhruv Hajang

Slow & Curious

Don't know who is reading this right now, whether it is my junior or my senior, but I am sure it will be worth the time. You may be going through "Prerna" for the next work, or you are just a curious individual. You may be in a hurry as the deadline approaches, reading for fun, or procrastinating right now. Let's keep it personal and precise. We, as individuals living in a world where time stops for no one and we stop for nothing (well, I am generalizing here), know most of us fall under this generalization. But what happens when we want to be slow? What does being slow means actually? We already assumed and associated it with being challenged at something or a hurdle where we take time. But being slow isn't a disability of the mind; it is a luxury of the soul.

Philosophy of Slow Living

"Nature does not hurry, yet everything is accomplished."- Lao Tzu

"The most important of all for happiness is the avoidance of those voluntary evils that are unnecessary to our existence; and the prime cause of this is the hurry

and bustle that mark our existence, the rapid alternation of excitement and ennui...and the constant stimulation that results from our complex social and economic arrangements. For it is to these that we owe that fevered restlessness which throws us into the arms of the manifold illusions we mistake for happiness". - Arthur Schopenhauer, *The Wisdom of Life*, 2.10

"I am not going to quote all philosophers" – writer.

The philosophy of slow living is not actually moving at a snail's pace; it is about moving at the right pace. It is a conscious rejection of "hustle culture" and the obsession with productivity as human worth. We think we can become better and happier by doing this or that, engaging in new hobbies, and creating new goals, but we often forget that we are also carrying the bad habits that make us not satisfied with ourselves; it can be external, like scrolling, consuming processed food, not exercising, etc., or it can be internal, like feelings like inferiority complexes, body dysmorphia or even jealousy. When we try to engage ourselves in more and more work, we often forget the internal baggage.

We get into the illusion that achieving more will satisfy us.

Philosophy of slow living is a mental shift in how we value ourselves, and moving at the right pace, rather than being at a fast pace, but on the wrong path. I know it is somewhat hard to comprehend with our short

attention span, so let me try to make it more consumer-friendly with examples

The Hustle Pace: Starting a pottery class and immediately thinking about how you could sell the pots on Amazon or how the finished product will look on your Instagram post.

The Right Pace: Getting your hands dirty and enjoying the literal feel of the clay. It won't matter if the pot turns out ugly, as the true value was in the hour of creation, not the object produced

Understanding it with Food Philosophy

Let's say you are starting to prepare a meal. The first thing you should do is shift your mindset and reject the hustle culture that says a quick, processed meal is better because it saves time for more work. The idea here is that you are not starting to finish.

experience of the hour of the creation. When you stop seeing the 30 minutes as lost time that could have been used for work. Instead, you see those 30 minutes as the reward itself. While preparing, being present is what makes going to worth it. Avoiding the inner thoughts by listening to a podcast or music while preparing the food steals the joy of cooking. The experience becomes blurred, and the actual joy of the activity diminishes. After the preparation comes the main event of having it. While having it the mind should be free from outside stimulation, such as watching a video, or scrolling, as the flavours of the food only come when you immerse yourself in the process.

Answers of Individuals when asked what is their opinion on slow living

In my opinion, slow living isn't actually a physical way of life, but a mindset. It's about not letting the external chaos affect your internal state. It involves being deeply aware of your own strengths and weaknesses and maintaining a constant willingness to work on them. Furthermore, I don't believe there is a single 'right' way to do things. If a particular path brings you peace,

it doesn't matter what others think or what pace you are moving at. To sum it up: it's about doing what you truly want to do, free from peer pressure or FOMO (Fear Of Missing Out). It's about pursuing your goals one step at a time because you genuinely want to achieve them, not because you're being chased. Ultimately, it's about praising your small, daily efforts without obsessing over the results—just being there for yourself without worrying about 'what people will say.' When the outside chaos fades, your mind is at peace, and you are doing what you've always wanted to do without the pressure of competition—that, I believe, is true slow living.

Individual 1 (internal peace with slow living)

"Agree, but it is hard to be slow in a world where the data transfers and flows at the speed of light, and not being able to catch up with the rest of my peers makes me anxious. I know it is somewhat part of internal baggage, but whenever I walk and eat or exercise, I try to reduce the stimulus." - Individual 2 (doing selective slowing).

"Speaking in general, I think that, like most people, I would love to embrace a slow-living lifestyle."

However, whether we want it or not, the reality of a fast-paced life often makes that impossible to achieve fully. I personally try to make an effort to enjoy the moments meant for fun or when I'm traveling, ensuring that I don't rush through them. But daily, many small things inevitably get left behind due to the heavy workload. In my opinion, we should simply accept this as a part of life; you try to make the most of the moments you have, and there's no point in overthinking the things you missed out on."- Individual 3(also doing selective slowing).

Final Thoughts (Curiosity)

Instead of living "fast and furious," try living slow and curious.

The best parts of life are not found in the rush, but in the reflection. By taking a moment to read and think about this idea, you have already practiced this new art.

You weren't just consuming content- you were being present with a thought. That curiosity is exactly what makes the slowness worthwhile.

By- Dhruv Hajang

*one decision -
one step -
countless ripples -*

A RIPPLE I LIVE WITH

- By Mrinalini Vajpayee -

*The butterfly effect—
a simple action,
a single event,
a solitary step
that can completely
alter the course
of our lives.*



UNNAO JUNCTION

To,
Bauji



To Do List

- ✓ Dream
- ✓ Work Hard
- ✓ Learn
- ✓ Keep Going

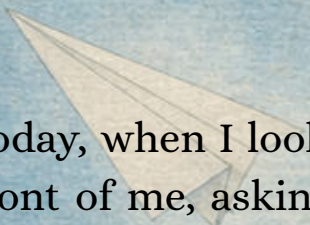


The Butterfly Effect- a term that almost all of us have heard of, but very few truly understand. A simple action, a single event, a solitary step that Who would hire a village boy who wasn't even a full adult yet? They say the universe has a habit of finishing sentences we leave incomplete.

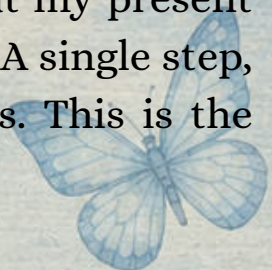
His room mate suggested getting a job at the New Delhi World Book Fair taking place at Pragati Maidan, its very first edition. The so called low skill job of putting books in order at the stall gave him unwonted joy. Yet, he knew this wasn't what fate had in plan for him, and soon enough fate intervened yet again. The stall owner, a middle aged man from Kerala exclaimed one day "Son, why don't I teach you some English? That way you'll get a high position in the government!".

Eager to learn and grow, the boy agreed. English gave him confidence much before it gave him employment. One thing led to another and a year later, he had successfully landed a permanent job at the Embassy of the United States. Delighted, he sent a letter back home, informing his father of his employment. Like every traditional Indian father, he arranged for his marriage with my grandmother. And just like that, began a new chapter of their life.

His wife, a highly intelligent and hardworking young woman, raised two kids when she was merely twenty years of age. He himself worked day and night, begging for his bosses to give him overtime so he could manage to feed his kids and educate them. In an era where even well-off families refused to educate girls, my grandparents provided equal opportunities to my father as well as my aunt. All this paid off, their kids managed to become doctors and engineers, a dream come true for every Indian family! The rest is history, or if I may say so, my present.



Today, when I look into the gleaming eyes of the eighty year old man in front of me, asking me about my day at college, smiling, cracking jokes about his wife, I see traces of the confused eighteen year old who once boarded a train without knowing where it led. I realise that my present rests on a decision I never made, on a journey I never took. A single step, barely noticed at the time, sent ripples across generations. This is the butterfly effect I live with every day.



~Mrinalini Vajpayee

The Trifold of Life

By Sanskar Garg

When we were kids, the days never ended.
We ran, we fell, and finally got up laughing.
Our bodies were strong, and the world felt ours.
Only our pockets were empty.

As we grew up, skill came to our hands,
Money followed, just like it promised.
But that's when the clock felt sprinting,
We kept saying "someday soon," and our years
slipped away in moments.

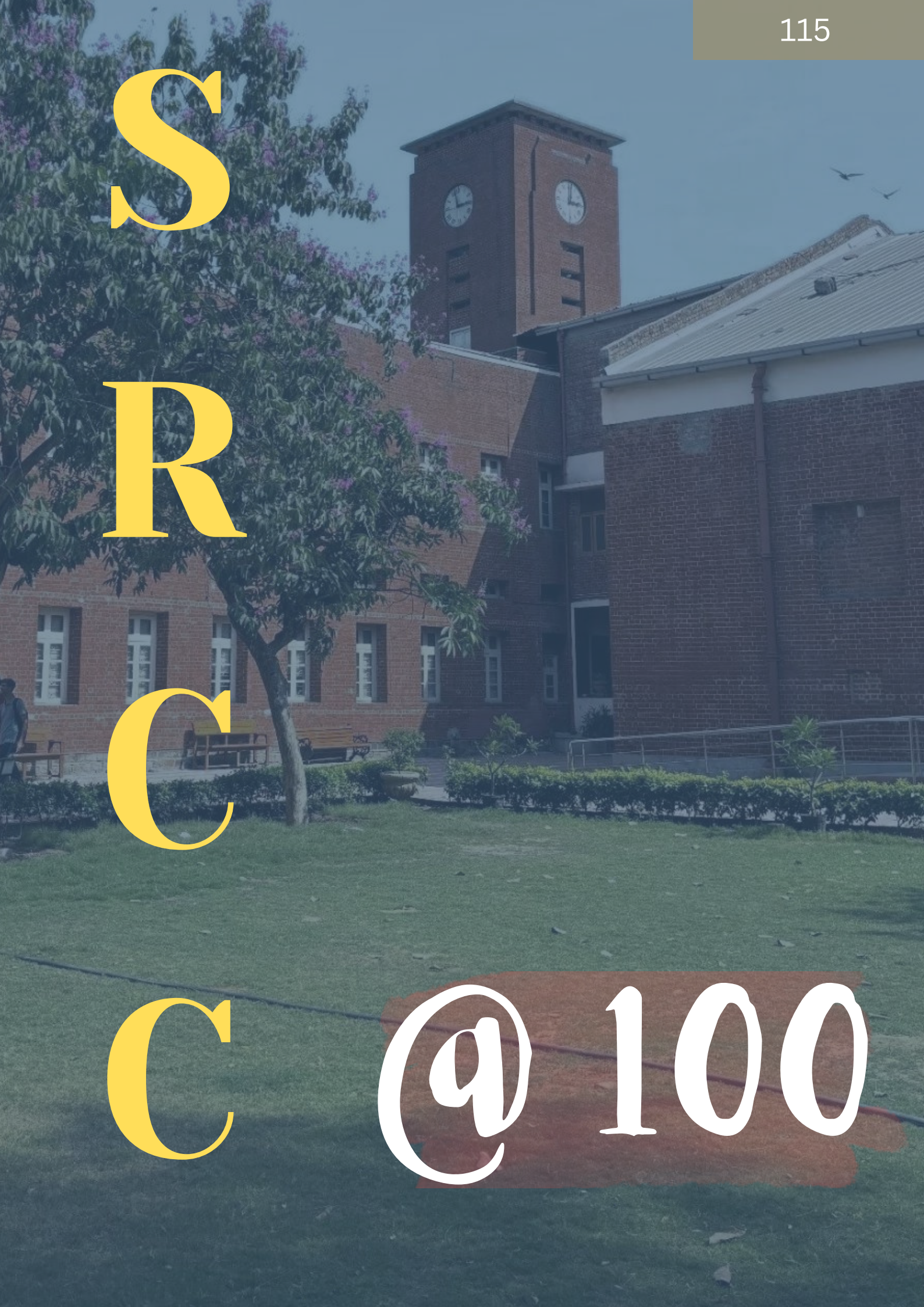
As I looked in the mirror today,
I realised clock is not moving with that pace now,
enough funds laying in the bank now, might be idle.
But my knees hurt when I climb the stairs,
And my calendar is filled with reminders to take my pills.

Life always kept three gifts on the table; Health, Time and Wealth.
But we could only ever choose two,
That's how we learned the value of the third.

So pause for a moment,
Look at yourself and ask, "The thing I have today, Am I living it,
or saving it for later?"

In the end, no one will ask about your bank balance.
You'll be asked about the moments you set aside
for 'later' and never lived.



A large graphic for SRCC's 100th anniversary. The letters 'S', 'R', and 'C' are in a large, yellow, serif font, stacked vertically on the left. The letter 'C' is at the bottom left, partially overlapping a dark red, brush-stroke-like shape. To the right of this shape, the text '@ 100' is written in a white, serif font. The background is a photograph of a brick building with a clock tower, a tree with purple flowers, and a grassy lawn.

S
R
C
C @ 100

Reservoir — of — Legacy:

Where Alumni
Stories Flow

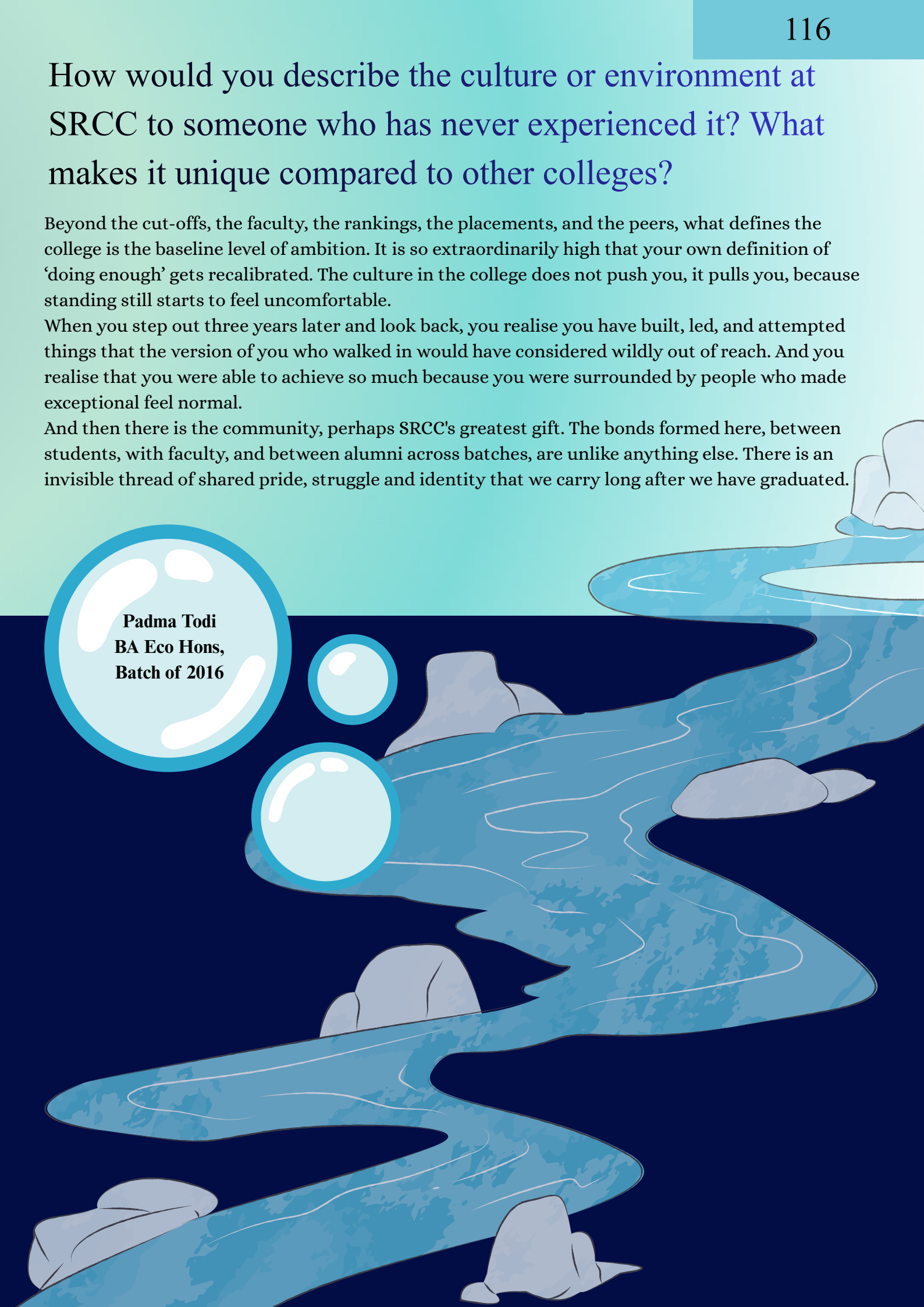


How would you describe the culture or environment at SRCC to someone who has never experienced it? What makes it unique compared to other colleges?

Beyond the cut-offs, the faculty, the rankings, the placements, and the peers, what defines the college is the baseline level of ambition. It is so extraordinarily high that your own definition of 'doing enough' gets recalibrated. The culture in the college does not push you, it pulls you, because standing still starts to feel uncomfortable.

When you step out three years later and look back, you realise you have built, led, and attempted things that the version of you who walked in would have considered wildly out of reach. And you realise that you were able to achieve so much because you were surrounded by people who made exceptional feel normal.

And then there is the community, perhaps SRCC's greatest gift. The bonds formed here, between students, with faculty, and between alumni across batches, are unlike anything else. There is an invisible thread of shared pride, struggle and identity that we carry long after we have graduated.

The background of the page features a stylized illustration of a river or stream flowing from the top right towards the bottom left. The water is depicted in various shades of blue with white outlines for ripples. Several grey, rounded rocks are scattered along the banks and in the water. Three light blue bubbles with white highlights are floating in the upper left area. A large circular callout bubble on the left contains the text.

Padma Todi
BA Eco Hons,
Batch of 2016

1. From the outside, what role do you believe that our college and our society NSS SRCC has played in impacting the world and its social issues?

From where I stand now, working in the field of Global Education, including corporate social responsibility, I see SRCC as playing a quiet but significant role in shaping socially aware professionals. It introduces students early on to the idea that their training in commerce and business can extend beyond corporate spaces into addressing real social challenges. What may begin as small engagements during college often evolves into long-term commitments, influencing how alumni approach CSR, equity, and community impact in their professional lives.

-Namrata Sharma

As a premier educational institution, SRCC has rightly served its role towards societal good by giving us business leaders who are aware of their social responsibility and impact of their businesses for the larger welfare of people. The SRCC alumni are indeed sensitised and empowered to adapt to challenging issues that come up in various spheres of life.

- Rajat Gupta

I think it has played the role of inculcating in bright young minds (which would presumably go on to achieve something in life both professionally and personally), the importance of giving back to society, at a very early and formative stage of their lives.

- Venkatesh P

2. How would you describe the culture or environment at SRCC to someone who has never experienced it? What makes it unique compared to other colleges?

SRCC is an environment that is both demanding and deeply formative. There is a strong sense of ambition, but it is embedded within a culture of collaboration, active student societies, and constant intellectual exchange.

- Namrata Sharma

SRCC attracts the best of the talent from across the nation and it is indeed a privilege and a unique experience to be a part of its culture. Not only do you compete with the best of the best, but also you become aware of pressing issues that present before you, being fully equipped to handle them confidently.

- Rajat Gupta

Well rounded, that hones one's academic and social skills as well as enhances ones emotional quotient very unobtrusively yet effectively

- Venkatesh P



Q3. As SRCC marks 100 years, what traditions or values do you hope the college preserves, and what changes or improvements would you like to see in the future?

I hope SRCC continues to preserve its commitment to academic excellence, student initiative, and a strong institutional ethos that encourages leadership and responsibility. At the same time, I would like to see greater integration of global perspectives, sustainability, and ethics into the learning experience, along with more structured engagement with communities. Strengthening inclusivity and aligning business education with evolving global challenges would further enhance its impact in the future.

- Namrata Sharma

SRCC stands for “no compromise in quality of education” - both faculty and student wise - I think is the value it should guard and preserve in future too. At the same time, it should adapt to the changing needs of the corporate environment and demand made by the industry from time to time.

-Rajat Gupta

It should preserve the richness of its cultural and social fabric. In terms of change, there is possibly a need to use more than just academic performance as selection criteria although I do understand this is not within the College’s control and is governed by University rules/ regulations

-
Venkatesh P

Q4. "Prerna" signifies inspiration and the impact of social work. With Prerna's theme being "Ripples of change", how did being part of SRCC redefine your understanding of 'success' from individual achievement to the collective impact you were a part of creating?

My time at SRCC shifted my understanding of success from being purely individual to something more collective and enduring. While achievement initially felt tied to academics and career outcomes, my experiences highlighted the importance of contributing to something larger than oneself. Today, my work in Global Education is about building inclusive systems, and creating impact that extends beyond immediate results - very much in line with the idea of ripples of change.

- Namrata Sharma

For me, success is being able to find solutions to problems that present in front of you; giving your best shot and effort and being content that you did your best without worrying about the results.

- Rajat Gupta

And somewhere in that quiet, your perspective begins to shift.

You start to realize that impact rarely comes from grand, visible moments. It comes from small acts repeated consistently — the conversations, the hours given, the times you showed up when it wasn't convenient. Those are the ripples.

That's what "Ripples of Change" means to me. Not a single big achievement, but countless small efforts that gently accumulate into something larger.

I felt this most powerfully when I saw that Prerna is now in its 14th year. Having been part of the launch team, it was an incredible feeling — a reminder that something we built in those early days is still alive, still creating ripples long after we set it in motion. That, to me, is what real impact looks like.

- Venkatesh P

Being a part of NSS SRCC fundamentally reshaped my understanding of success—from a metric of individual accomplishment to a reflection of collective, sustained impact. Earlier, success for me was largely defined by personal milestones and measurable outcomes. However, through NSS, especially while engaging with initiatives like Prerna and grassroots projects, I began to appreciate the silent, incremental “ripples” that meaningful work creates in society.

These experiences made me realise that impact is rarely immediate or individually attributable—it is cumulative, built through consistent efforts of a committed group. The idea of “Ripples of Change” resonated deeply, as even small contributions, when aligned with a shared purpose, can lead to significant transformation over time.

NSS instilled in me a sense of humility and responsibility—teaching me that success lies not just in achieving for oneself, but in contributing to a larger social good. It shifted my perspective from competing in isolation to collaborating with empathy, where the true reward is the difference we make together, not the recognition we receive individually.

- Rudra Akshay Kumar



Looking back, which single NSS experience at SRCC continued to influence your personal or professional choices long after college?

The student led organisations are meant to shape the personalities of individuals beyond their capacities. While each group at college aims in such endeavour, the NSS group at college is very unique in that it considers projects of social interest. NSS made me believe in contextual realities rather than isolated meritocracy. It made me understand social realities and privileged access for education and other key opportunities. NSS made me humble and grounded while routing my response to impact whenever I was given two heterogeneous and exclusive choices.

- Rudra Akshay Kumar

For me, it was building Prerna in my third year.

It wasn't just a magazine—it was all of us figuring things out together. From arranging funds to chasing stories, writing, editing, and somehow pulling it all together—we did it in those small SRCC classrooms that turned into our little war rooms.

No roles, no roadmap—just ownership, teamwork, and a shared belief that we'd make it happen.

That stayed with me. Even today, how I build teams and take decisions comes from that experience—when purpose was enough, and people showed up for each other to create something that actually mattered.

- Kriti Anand

Teaching some of the less privileged children a few academic and life lessons. I have tried to perpetuate this in the later stages of my life too. It is both immensely satisfying and highly impactful

- Venkatesh P

Was there a challenging moment during your NSS or college journey that shaped you significantly? What did you learn from it?

The balance between active student clubs volunteering and studies was of great challenge in my college days. Learning from it, I made a conscious effort to balance it more meticulously during my masters and professional career. The impact became more than a part time exercise after looking at efforts of volunteers at Project Sanskar, Vishwas etc. I wished to take this impact lesson as a permanent feature of my life. I am still struggling to get the impact in the right place and portion, but on it definitely.

- Rudra Akshay Kumar

One moment that really shaped me was learning how to deal with failure—quiet, internal failure. In college,

I was used to doing things well, being prepared, staying on top of things. But there was a phase when I took on too much—academics, NSS, responsibilities—and I couldn't keep up the way I expected from myself. Things slipped, not publicly, but enough for me to feel it.

That was uncomfortable. Not because of what others thought, but because it challenged how I saw myself.

What I learned from that phase was balance and self-awareness. That you don't have to prove something all the time. That it's okay to slow down, recalibrate, and come back stronger. It made me more grounded. Even today, I'm better at prioritizing, asking for help, and not tying my self-worth to constant performance.

- Kriti Anand

We often call NSS a family; what has been the most significant impact this family has had on your journey at SRCC?"

NSS is a unit of impact and unique abilities. Each one goes beyond their defined part to ensure a real impact is created. I benefited immensely morally to take home the hunger team carried on impact. They are hardworking, determined and more importantly gentle towards social complexities. The collective energies of the team made me a better person.

- Rudra Akshay Kumar

A project or a drive where things didn't go as planned. How did you pivot under pressure?

There were logistic issues while publishing Prerna. The leads of NSS and team for that matter are very supportive and guided me to finish the task at hand more meticulously.

- Rudra Akshay Kumar

How did SRCC shape your understanding of success—from personal achievement to collective impact?

It taught me that success lies beyond just academics. Cultural enrichment, social enlightenment and emotional maturity play an equally (if not more) important role in life and go a far greater length in shaping society

- Venkatesh P



A short note (or words of advice from you)

Start small, but show up fully.

You won't always see the impact right away—and that's okay. The work you do, the people you meet, and the effort you put in quietly create ripples that go much further than you imagine.

Stay consistent, stay grounded, and don't underestimate the power of doing simple things with genuine intent. And don't hesitate to reach out—SRCC and NSS create a bond that lasts well beyond college.

- Kriti Anand

The Legacy: Which NSS experience still influences your life today?

My time with NSS SRCC, especially in Project Sanskar shaped how I understand impact. Over two years, I taught 3 kids in my first year and 2 in my second. It wasn't something very big or visible, but it was consistent. That's what made the difference. I realised that you don't need a big position or authority to create change. Even small efforts, when done regularly, can matter in someone's life.

That experience shifted my mindset. I stopped waiting for the “right opportunity” or a bigger platform to contribute. Instead, I started believing that impact can be created at any stage, in your own way.

NSS didn't just give me an experience, it gave me a way of thinking that still influences my actions.

- Ayush Banka

**THE CATALYST:
BEST WING/PROJECT OF
THE YEAR?**

ENVIRONMENT WING!



The Environment Wing champions sustainability through hands-on restoration and advocacy.

Across **12 diverse drives**, the team tackled deforestation and pollution with strategic events. They successfully planted over **750 saplings** to expand the city's vital green cover. Volunteers removed thousands of kilograms of waste from Sanjay Van and the Yamuna.

A single massive effort at Yamuna Ghat successfully cleared **1,500 kg of pollutants**. Creative "**Waste to Art**" workshops transformed discarded materials into functional items. The wing engaged 150+ volunteers, fostering a deep sense of duty among the youth.

Collaborations with 25 NSS units amplified their reach across the entire university. Partnerships with NGOs like Smiling Tree provided essential resources and expertise. Their systematic approach combined physical labor with educational nature walks.

By setting and breaking waste collection goals, they maintained high momentum all year. This blend of consistency, scale, and creativity makes them the most impactful wing.



MEET

2025

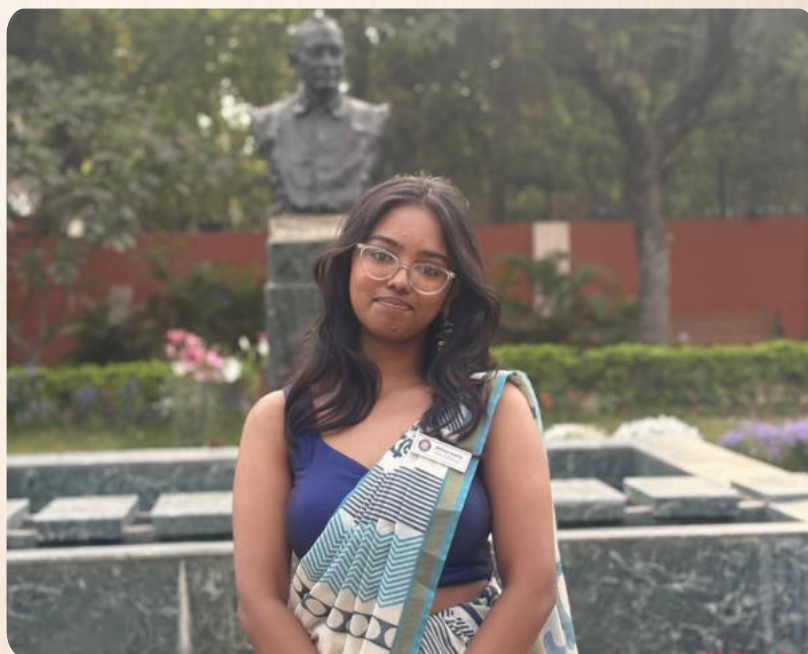
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THE -26 AM



PROJECT SANSKAR



**MEDHA
GUPTA**





Being a part of NSS has truly been the most meaningful and fulfilling aspect of my college life. The moments we spent teaching students, helping people, and simply being there for one another are memories I will always cherish. Ever since I was a child, I carried a quiet desire to give back to the community, to make a difference in whatever small way I could. NSS turned that desire into reality, and for that, I will always be grateful.

Teaching the students has been, without a doubt, the most beautiful experience of my journey. The best part of my day has always been the time I spend with them, listening to their stories, understanding their perspectives, and watching their curiosity unfold. Their innocence, resilience, and joy have a way of bringing a smile to my face, no matter how the day has been. When I decided to take on the role of Sanskar Head, I had one simple goal to bring smiles to the faces of these children. But in the process, I realized that they were the ones who brought endless smiles into my life. Every interaction, every small moment, became a reminder of the impact of compassion and connection.

Beyond the experiences, NSS has also shaped me as an individual. It has taught me patience, responsibility, and the true meaning of leadership. It showed me that even the smallest efforts can create a meaningful difference. The bonds formed here, the lessons learned, and the purpose I discovered will stay with me long after this journey ends.

NSS, for me, is not just an experience, it is a feeling, a family, and a part of who I have become. And I know that wherever life takes me, a part of my heart will always belong here.

PROJECT SANSKAR



Prarthna
Saproo



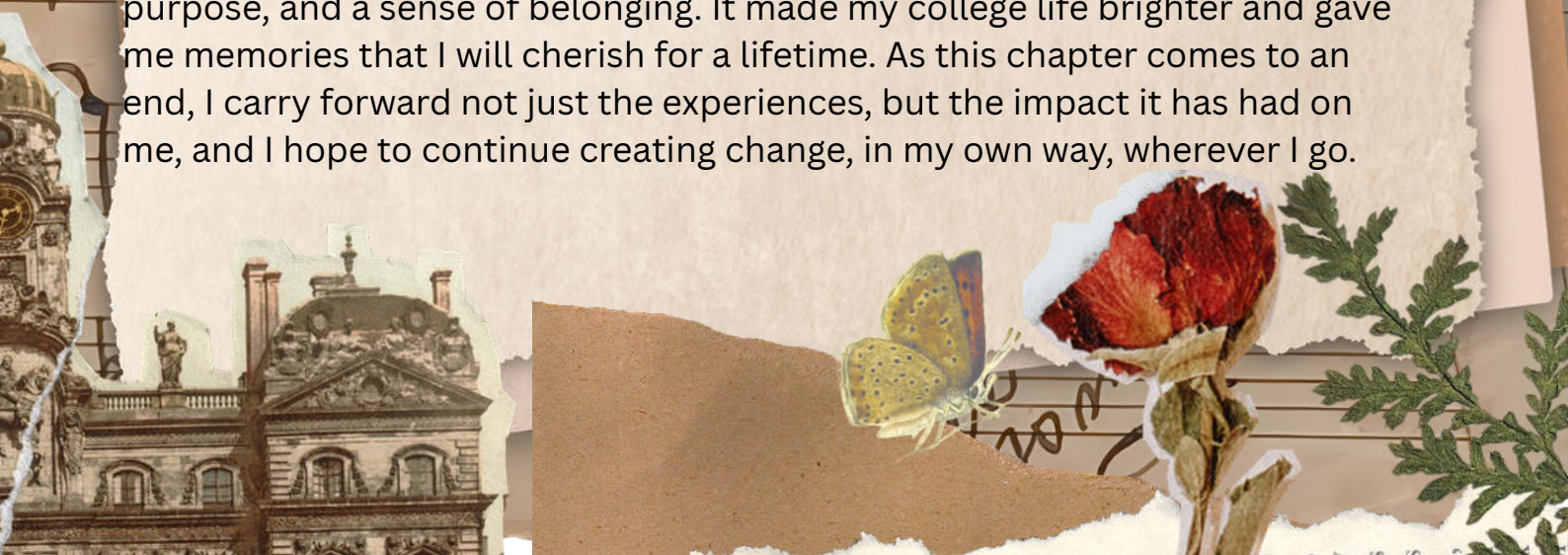


This year truly passed in the blink of an eye, and standing at the end of this journey feels both surreal and fulfilling. Being the Head of Project Sanskar has been one of the most special parts of my NSS journey. The moments spent with the kids are something I will always hold close, especially the way they light up when they see you, running towards you with pure joy in their eyes. Those small moments made everything feel worthwhile and reminded me why we do what we do.

My tenure as a cabinet member has been a journey of immense growth. From learning how to lead a team and coordinate effectively, to managing responsibilities during events like Samarpan, every experience taught me something new. It helped me develop leadership skills, patience, and the ability to work through challenges with resilience. There were also moments of hustle, pressure, and uncertainty, times when things didn't go as planned or felt overwhelming. But looking back, those were the moments that truly shaped me. They pushed me out of my comfort zone, taught me how to adapt, and made every success feel even more rewarding.

What made this journey even more meaningful were the people. My fellow JC members became like a family, people who never judged, always supported, and were constantly there for each other. Working alongside such a warm and understanding group made every task enjoyable. At the same time, having seniors who were always ready to help, without hesitation and even at the cost of their own work, made a huge difference. Their guidance and support shaped this experience in the best way possible.

To me, NSS is more than just a society. It is a space that gives me comfort, purpose, and a sense of belonging. It made my college life brighter and gave me memories that I will cherish for a lifetime. As this chapter comes to an end, I carry forward not just the experiences, but the impact it has had on me, and I hope to continue creating change, in my own way, wherever I go.



PROJECT ANKUSH



Anuja CS

“Not all of us can do great things, but we can do small things with great love.” - Mother Teresa

NSS SRCC has been an incredible journey, and I'm so grateful to have been a part of it. To me, NSS is more than just a society - it's a family that shares warmth, laughter, and a sense of purpose. The memories I've made here are unforgettable, and I'm proud of the impact we've created together. Being a cabinet member during the 2025-26 tenure has been a transformative experience, teaching me the value of leadership, teamwork, and selfless service. I've learned to listen, adapt, and grow alongside an amazing team that's always striving to make a difference.

The past two years in NSS have been nothing short of unforgettable. From stepping into the society as a volunteer to eventually becoming the Head of Project Ankush, the journey has been incredibly special. What started as small contributions gradually turned into larger responsibilities, and with every step, I found myself learning something new. It was a path filled with growth, challenges, and moments that truly defined my experience.

As Project Ankush Head, I loved every moment of it, and I'm so proud of what we've achieved. The journey was filled with moments that challenged me, shaped me, and helped me discover the power of collective effort. This journey has been deeply transformative for me. It pushed me out of my comfort zone, helped me discover my strengths, and taught me how to navigate uncertainties with confidence. More than anything, it gave me relationships and bonds that I will carry forward long after this chapter ends.

To all the volunteers, you're the backbone of NSS SRCC - this wouldn't have been possible without you. Your dedication, passion, and commitment are what make NSS SRCC truly special. Looking back, it's not just the milestones or achievements that stand out, but the little moments, the shared laughs, the teamwork during hectic times, and the collective passion to create an impact.

The joy and satisfaction I get from being part of NSS is unmatched. I've learned so much, grown as a person, and had the best time doing it. NSS has taught me that impact isn't always loud; sometimes, it lies in the quiet, consistent efforts we make. It's a reminder that even the smallest actions can create ripples of change.

Once in NSS, always in NSS

PROJECT KALI



**Ankit Singh
Chauhan**





“Let yourself be strangely driven by the strange pull of what you truly love.”

Looking back, I honestly didn't join NSS with a very strong reason. It was quite random. But somewhere deep down, I was always fascinated by the idea of teaching kids not just teaching, but sitting with them, listening to their innocent stories, and forming those small, genuine bonds. And today, I can say that this “random” decision turned out to be one of the most meaningful parts of my college life.

Being the Project KALI Head for the tenure 2025–26 has been an experience I cannot fully put into words. Working in Daya Basti, interacting with the community, and understanding lives so different from ours it changes you. One of the moments that truly stayed with me was conducting a health check-up camp so far away from college. It wasn't just about organising an event, it was about seeing those smiles, that sense of relief on people's faces. And then came the documentary talking to people, capturing their raw emotions, their ambitions, their reality. Somewhere in that process, I realised that impact is not always about changing everything. Sometimes, it's just about being there, listening, and making someone feel seen.

NSS, for me, has been a journey of growth in the truest sense. From being an introverted, shy person to someone who can now interact fearlessly, negotiate, and even stand up and fight for what feels right this transformation didn't happen overnight, but NSS made it happen. It constantly pushed me out of my comfort zone and helped me discover a version of myself I didn't know existed. But more than the work, NSS is about its people. There's a reason we call it a family because it genuinely becomes a home away from home. I feel extremely fortunate to have had such amazing seniors and juniors, people who stood by me, supported me, and made this journey what it is. The NSS room will always remain that comfort place from serious discussions to random jamming sessions, it holds some of the best memories.

Because beyond projects, beyond positions, beyond everything it is the people, the bonds, and the feeling of belonging that truly stay with you.

And I know this for sure no matter where life takes me, a part of me will always belong here.



PROJECT KALI



**SIDHI
AGRAWAL**





Two years ago, I joined NSS as a volunteer, not really knowing what I was signing up for... and somehow it turned into my entire personality.

From having the most wholesome seniors to the best co-volunteers, my first year of college was basically NSS working for it, talking about it, and honestly just finding reasons to be around those people. It never felt like “just a society,” it felt like a space where I belonged.

What stayed closest to my heart was the ground experience. The visits, the real interactions, and the feeling that what we were doing actually mattered.

The volunteer tenure was so good that I ended up applying for the cabinet (still wondering where that confidence came from), and somehow became the Project Kali Head. And that’s when everything changed. More responsibility, more chaos, more pressure... but also so much more growth. Leading a project, managing people, figuring things out along the way it shaped me more than I expected.

And in between all of this, there were the fun parts too making reels for the informal page, random laughs, inside jokes, and those “just 5 minutes more” conversations that never really ended.

NSS has given me more than I can put into words people who became constants, experiences that changed my perspective, and memories that I’ll carry for a long time.

I wouldn’t say I’m overly emotional... but this is hard. Leaving something that felt like home is never easy. I genuinely cannot imagine my college life without NSS. It wasn’t just a part of it - it was the best part of it. These two years? Unforgettable. And always close to my heart.

PROJECT VISHWAS



RHIYA





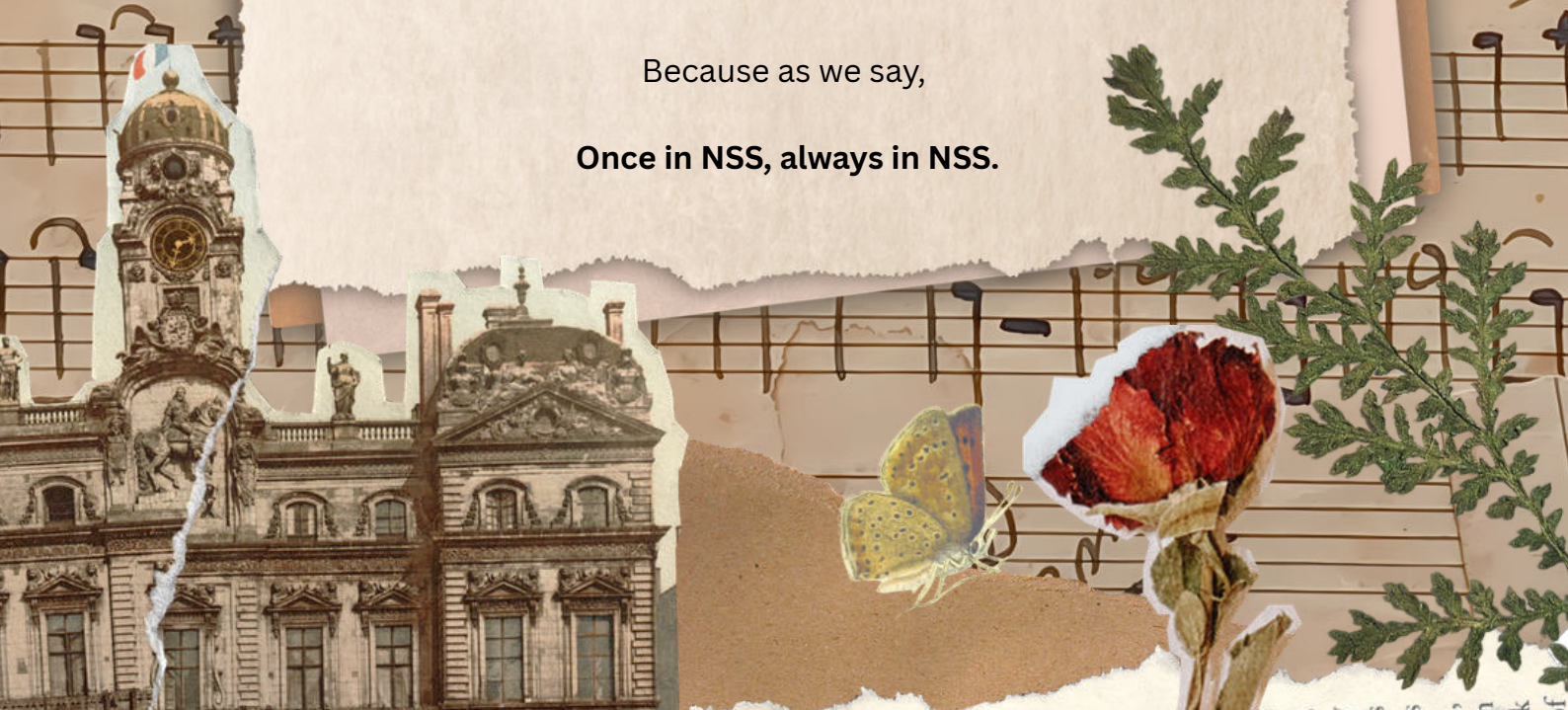
NSS has always been my safe haven, the backbone I look back on whenever I need grounding. As a student fresh out of school, navigating the unfamiliar environment of SRCC and its social landscape, NSS gave me something irreplaceable: a community. It brought me seniors and batchmates I can rely on without hesitation, people I can call in the middle of the night, whether the matter is personal or professional, and know they will show up for me.

Being the Project Vishwas Head only deepened my love for NSS. Leading an entire project taught me what leadership truly means, not just directing, but listening, empathising, and understanding the struggles of every volunteer under my wing. The experience built in me a confidence I hadn't known before. And Darzinama? It holds a permanent piece of my heart. It is not just an event; it is a part of who I am.

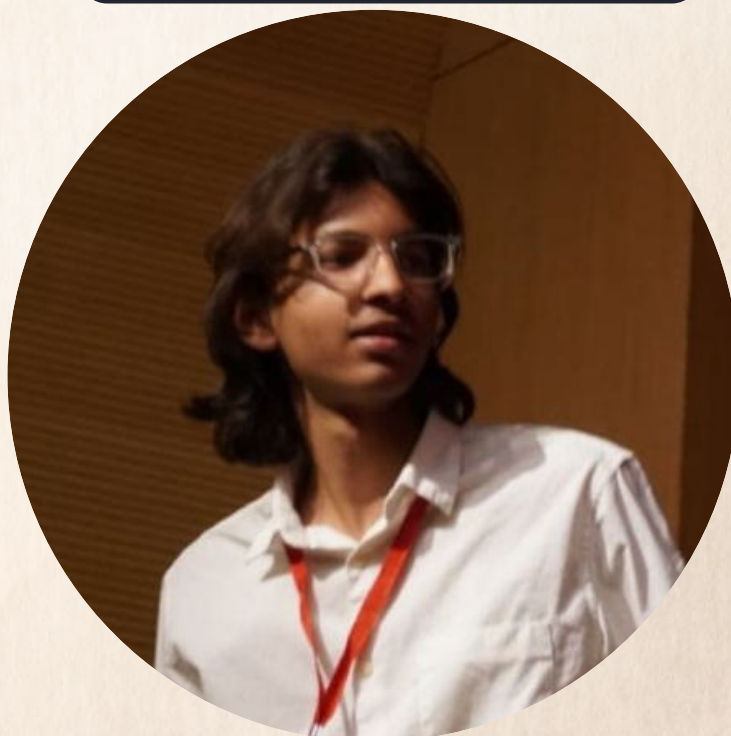
The NSS journey, in its entirety, has felt like finding a family, not one assigned to you by fate, but one you choose, and one that chooses you back. I was deeply connected to NSS during my volunteer years, though I wasn't entirely sure what challenges and expectations the role of Vishwas Head would bring. Yet here I stand, at the end of a two-year tenure that passed in the blink of an eye, a chapter I could neither hold onto nor slow down. I carry NSS in my heart, and wherever life takes me, I will strive to keep the lessons it gave me alive within me.

Because as we say,

Once in NSS, always in NSS.



PROJECT VISHWAS



**VANSH
YADAV**





When I joined NSS in my first year, I looked fine from the outside. Confident enough, put-together enough. But inside, I was uncertain in ways I didn't fully have words for yet. I said yes to NSS the way you say yes to things when you're still figuring out who you are. Casually, without weight.

And honestly, that first year didn't change much. I was present but not invested. I did the work but didn't feel the work. Looking back, I think I was just too busy performing okayness to actually let anything in.

But something about staying, just choosing to come back, changed the equation.

When I became Project VISHWAS Head, I stopped being a spectator. Suddenly I was in real conversations with real people, people who had been quietly overlooked by systems and circumstances that never thought twice about them. And somewhere in one of those conversations, one I didn't see coming, something I had believed without questioning got taken apart, slowly, and rebuilt into something far more grounded. That's what genuine exposure does. It doesn't just teach you. It rearranges you.

I learnt what it means to lead without making it about yourself. To do the unglamorous work, the planning that almost falls apart, the efforts no one claps for, the follow-throughs that happen in rooms with no audience, and to find that quietly, deeply satisfying. Not because anyone noticed, but because it was real.

Project VISHWAS taught me that believing in people others overlook is not a small thing. It is, in fact, the whole thing.

Two years. That's all it's been. And yet I look back at the person who walked in curious but uncommitted, performing confidence he didn't fully feel, and I barely recognise him. Not because I've become someone louder or more impressive, but because I no longer need to be. I know what I'm capable of. I know what kind of work matters to me. I know how to show up for something without waiting for it to feel glamorous first.

NSS didn't give me a title or a highlight reel. It gave me something quieter and harder to explain. A version of myself I can actually stand behind.

And if you're reading this as someone just starting out, still unsure if any of this will mean something to you, I was you. And I promise, if you let it, it will find you too.





RESEARCH & EDITORIAL



**MUSKAN
NOOR**

The Research and Editorial Wing is the best part of my NSS journey. The experience and the memories will always linger on my soul.

I have always enjoyed reading and writing, but never thought to do anything purposeful out of it, but then came the moment when I was drawn to this wing on the very day of orientation.

I joined it and had the most sweetest and reliable as my head and mentor through out my journey. My peers and my experiences with them have molded my perspectives and deepened my interest in research and writing.

Becoming the RnE head was one of the greatest blessings in my life. My love for creative writing had only expanded, growing into something meaningful.

My most valued lesson as the head is that “the volunteers in the content team, designing team and forefront team, along with their heads, who guide them and scold them, who themselves are guided and motivated by their senior heads, this is what makes changes happen.

A change maybe started by one, but it stops at none, for it is how, lifes change and Prerna came.

A special mention to the OG Prerna head Ms. Kirti Anand (2010-13) who started with the idea of Prerna which is a legacy now.

SOCIAL SUPPORT



ANANYA
PRIYA



"The smallest act of kindness can create the biggest smile, that's where true happiness lies." NSS has always been just more than a society to me, it is the place that has shaped me, taught me values, equipped me with skills and more than that, has been like a home to me in college. Since the induction to this day, it has been nothing short of a roller coaster ride for me. I still remember the enthusiasm during the first blood donation camp and the first visit to daya basti that will forever remain etched in my heart. First year as a volunteer I learnt so many things that are difficult to put in words here. The most important phase was the second year as a junior cabinet member. Being the head of the social support wing I learnt the importance of time management, strengthened my leadership skills and garnered more professionalism. Samarpan was one event that is special to all the members of NSS, and being a JC member, organising convergence, being actively engaged in all the activities, staying late night made me realise how lucky I am to be part of this place. At NSS it was not just about organising events, it was more about the work we did, the smiles on faces of kids, the happiness we felt after seeing others happy and most importantly the satisfaction after successfully creating an impact. NSS has truly blessed me with friends, juniors and seniors who have stood by me whenever I needed them, people who motivated me at every step and that is the reason why we call it NSS FAMILY. A lost soul wandering in college, unsure about her future and not knowing what to do, stumbled upon NSS and that place answered her questions. With this I pray that NSS SRCC always soars high, it continues to create impact and most importantly may the people carry the legacy given to it with honour and grace. Thank you NSS for everything, signing off as the last social support head 2025-26.



SOCIAL EMPOWERMENT



MANSI



"Sometimes the most beautiful growth happens when you don't even realise you're growing."

This year may have passed quickly, but when I pause and reflect, it feels like so much more than just a year. My journey in NSS, especially as the Head of the Social Empowerment Wing, began with uncertainty. I didn't have everything figured out, and that made it both overwhelming and real.

Gradually, through small steps, mistakes, and learning, things started to fall into place. Somewhere along the way, I found myself doing things I never thought I could. Today, I feel a quiet sense of pride, not loud or boastful, but deeply personal. Proud of myself, my wing, and the meaningful space we built together.

What truly made this journey special were the people. NSS never felt like just a society, it felt like a family, supportive, grounding, and real. It gave me confidence, direction, and strength I didn't know I had.

In the end, it wasn't just about what we did, but who we became. And without even realising it, NSS became more than just a part of my college life, it became a part of me.



ENVIRONMENT WING



**PRAGATI
DEEP**

"Some places don't just become a part of your life...they become a part of your heart."

NSS has always been more than just a society. It's a space that constantly pushes you, holds you and shapes you in ways you don't even realise in the moment. There's something about it, the people, the purpose, the chaos and the comfort that makes it feel different from everything else. You walk in thinking it's just another part of college but somewhere along the way, it becomes something much more personal.

Being the Environment Wing Head in this space has been one of the most real experiences for me. It wasn't always easy..there were moments of confusion, pressure and self-doubt. There were days when I questioned if I was doing enough or handling things the right way. But in between all of that, there was constant learning. Figuring things out as they came, interacting with new people, taking responsibility and slowly growing into a role that once felt overwhelming.

Somewhere along this journey, I also found myself genuinely falling in love with doing drives. What started as a responsibility slowly became something I looked forward to. Being around nature, working closely with it, and contributing in even the smallest way made me feel more connected, not just to the environment, but also to a calmer, more grounded version of myself.

What truly made this journey special were the people. The cabinet never felt like just a team, it felt like a place where I could be completely myself. There was support in the smallest moments, comfort in the chaos, and a sense of belonging that I didn't even realise I needed. Even on the most stressful days, there was always someone who made things feel a little easier.

And somewhere between all of this, I changed. I became more confident, more patient and more sure of myself. This journey wasn't just about responsibilities or work, it was about growth in the most genuine sense.

When I look back now, I don't just see what I did here. I see what NSS made me become. And I think that's what makes this journey so special, not just the impact we create outside, but the change it quietly creates within us.

FINANCE & OUTREACH



AADYA
HISARIA



When I joined the National Service Scheme (NSS) two years ago, I was driven by a desire to contribute meaningfully to society. What I did not realize then was how deeply this journey would shape my perspective, values, and understanding of impact. Reflecting on my time in NSS, particularly as a part of Project Vishwas and the Finance & Outreach Wing, I can confidently say that these two years have been among the most transformative of my college life.

Being a part of Project Vishwas gave me the opportunity to understand social service through a more sustainable and empowering lens. Working towards building social entrepreneurship models for underprivileged communities taught me that real impact goes beyond temporary assistance—it lies in creating systems that empower individuals with long-term opportunities and self-reliance. Project Vishwas showed me the power of combining empathy with innovation, and how thoughtful, sustainable solutions can create meaningful change at the grassroots level.

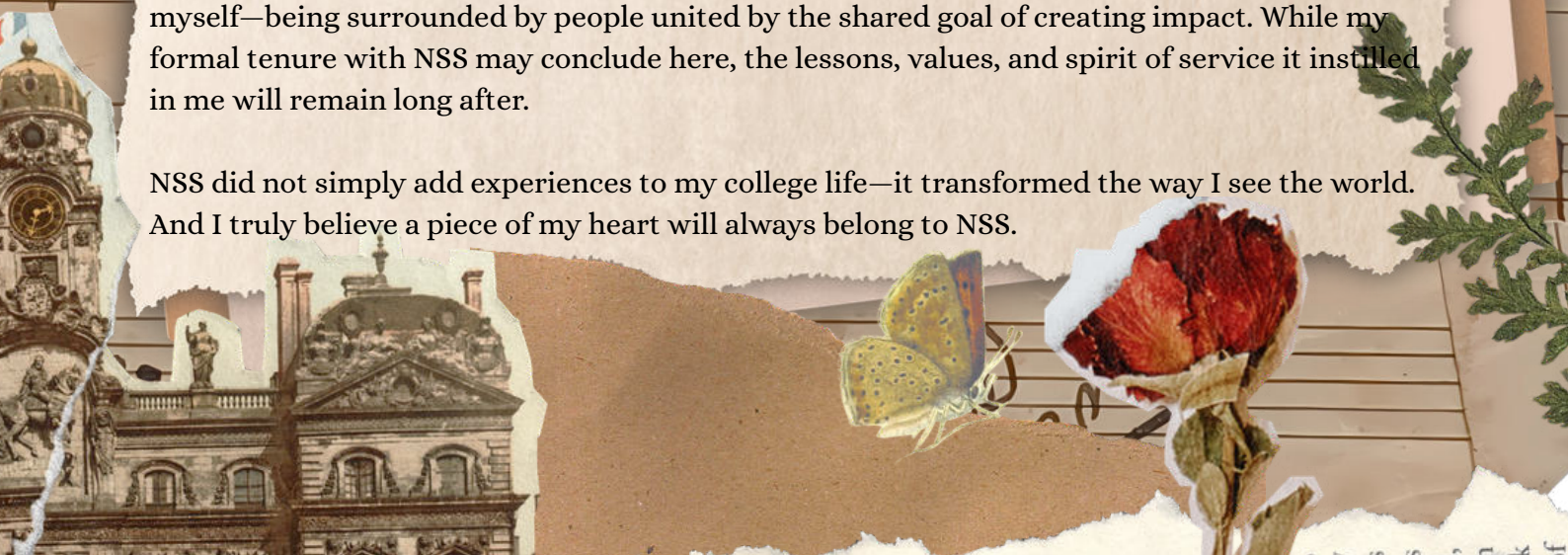
Simultaneously, my journey in the Finance & Outreach Wing exposed me to the operational backbone behind every successful initiative. I learned that impactful ideas require strong financial planning, strategic outreach, and effective communication to come to life. Managing resources, building partnerships, and ensuring our projects received the visibility and support they deserved taught me the significance of structure and strategy in social work.

Together, these experiences helped me develop a holistic understanding of service—one that balances compassion with execution, and vision with practicality. They challenged me to think critically, work collaboratively, and grow into a more responsible and socially conscious individual.

As this chapter comes to an end, I find myself filled with gratitude and nostalgia for everything NSS has been to me. It was never just an organization—it became a family, a learning space, and a source of purpose. The countless meetings, brainstorming sessions, events, and shared moments of both stress and celebration have left behind memories I will always treasure.

What I will miss most is the unparalleled feeling of belonging to something greater than myself—being surrounded by people united by the shared goal of creating impact. While my formal tenure with NSS may conclude here, the lessons, values, and spirit of service it instilled in me will remain long after.

NSS did not simply add experiences to my college life—it transformed the way I see the world. And I truly believe a piece of my heart will always belong to NSS.



FINANCE & OUTREACH



**RIDDHI
PANDEY**

A Two-Year Journey of Memories

Stepping into the National Service Scheme (NSS) two years ago, I was looking for a way to give back. What I didn't realize then was how much I would receive in return. Looking back at my first year as a volunteer, specifically within Project Sanskar and the Finance and Outreach Wing, the memories are a vibrant blur of meetings and the quiet satisfaction of seeing a plan come to fruition. My first year was nothing less than a masterclass in empathy and execution. In Project Sanskar, the focus was always on the "human" element—learning that service isn't just about charity, but about building dignity and connection. Simultaneously, working within the Finance and Outreach Wing taught me the "backbone" of social work. I learned that every impactful project requires the fuel of resource mobilization and the bridge of communication. Balancing the emotional weight of grassroots volunteering with the analytical precision of outreach was a challenge that fundamentally shifted my perspective.

Transitioning into the role of Wing Head for my second year was a transformative leap. Moving from executing tasks to steering the vision of the Finance and Outreach Wing felt like a heavy but honorable mantle. Leadership in a social service context is unique; it's not about authority, but about stewardship. This past year was defined by strengthening our network to ensure our projects had the visibility they deserved, while navigating the complexities of budgeting to ensure no initiative was stalled by a lack of resources. Perhaps the most rewarding part, however, was the mentorship aspect—watching new volunteers find their footing and passion, just as I once did.

As this chapter draws to a close, there is a specific kind of "Homely feeling"—the kind you feel after celebrating a festival or a vacation with your family—that I know I will strangely miss. Missing NSS isn't just about missing the work; it's about missing the feeling of being part of something much larger than that. It's about the silence that follows a year of constant, purposeful noise. While my formal tenure ends, the "Sanskar" of service remains. NSS didn't just change my resume; it changed my lens on the world.

TECHNICAL & MARKETING



**HARDIK
VERMA**

“There are no right choices in life. What you do after makes them right.”

-Hardik Verma

This is something I didn't fully understand when I first read it. But over time, through my journey in NSS, it started to make sense in ways I didn't expect. What began with that interview in a corridor slowly turned into an experience that shaped me far beyond what I had imagined.

NSS became more than just work or responsibilities. It became a space where I found people who genuinely supported me, especially during times when things weren't going right. That kind of support is something I'll always cherish.

Now, as my second year is coming to an end, it honestly doesn't feel like two years have passed. From being part of Samarpan twice and serving as the Technical & Marketing head, to all the small moments in between, this journey has left a lasting impact on me.

Okay, enough of the formal stuff, I'd like to mention my sweet techies <3

Whether it was SOCH Episode 1 on a Saturday, or the fun marketing reels, they've always been there! Those fun marketing reels phase was the best for me btw :p

For me, NSS stands for something very simple,
“Not Me, But You.”

Yes, this is our motto. It's about showing up, contributing in whatever way you can, and being part of something bigger than yourself. And somewhere along the way, those small efforts turn into something meaningful. <3

GO NSS!

TECHNICAL & MARKETING



**PRANJAL
SINGH**



My journey with NSS SRCC has been nothing short of unforgettable. What started as a volunteer experience soon turned into one of the most defining chapters of my college life. Over time, I grew into the role of Technical and Marketing Head, and with it came not just responsibilities, but countless memories, lessons, and relationships that I will always cherish.

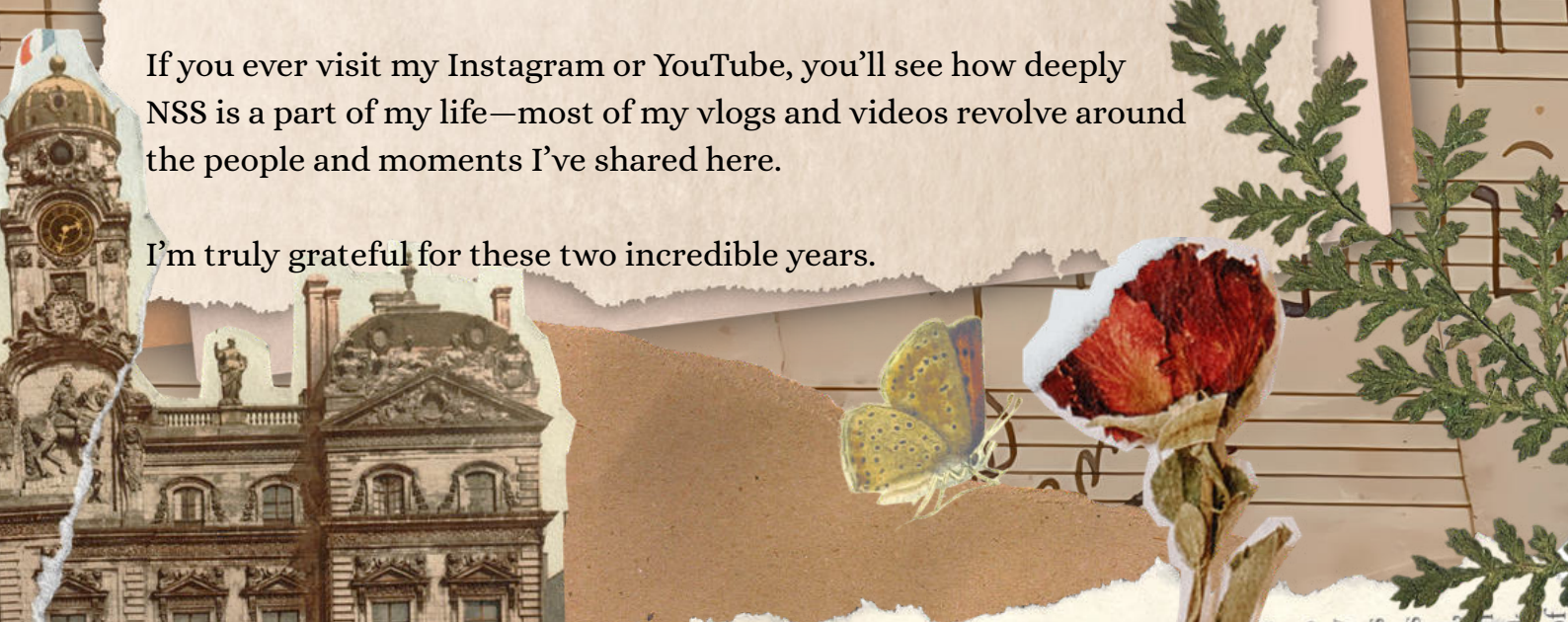
Working alongside my co-head, Hardik Verma, was one of the highlights of this journey. From brainstorming ideas to creating countless reels together, we truly built something special. The most enjoyable part, however, was the kind of content we created with our team—content that went beyond just work, the “kaam se hatke” moments that brought us all closer and made the experience even more meaningful.

I would also like to express my gratitude to our President, Nainika, and our Secretary, Khushi di. While Khushi di may have been strict with the tech team at times, it always came from a place of care and dedication. Her kindness and commitment never went unnoticed.

NSS has shaped me in ways I never imagined. It was never just a society for me—it became a second home, a family that I could always rely on. The bonds I formed, the experiences I gained, and the person I’ve become through this journey are things I will carry with me forever.

If you ever visit my Instagram or YouTube, you’ll see how deeply NSS is a part of my life—most of my vlogs and videos revolve around the people and moments I’ve shared here.

I’m truly grateful for these two incredible years.





NSS SRCC

March-2026

SAMARPAN' 26

ROOTED IN PURPOSE

SAMARPAN' 26



Samarpan, the annual flagship social fest organized by the National Service Scheme of Shri Ram College of Commerce, stands as a compelling demonstration of the transformative potential of student-led initiatives and their capacity to drive meaningful social impact. The fest not only highlights the enthusiasm and commitment of young individuals toward community service but also reinforces the idea that collective action at the grassroots level can lead to tangible societal change.



“ROOTED IN PURPOSE”

This year, the event made a powerful return under the theme **“Rooted in Purpose,”** a concept that underscores the significance of introspection, empathy, and the conscious decision to extend one’s efforts beyond personal ambitions in order to contribute to the welfare of others. The theme encouraged participants to remain grounded in their values while actively engaging with real-world social challenges, thereby fostering a deeper sense of responsibility and civic awareness. It featured a diverse range of events, including the Convergence, Socio Bee, Kiddo Fest, Case-O-Cause, and Flashmob.

AAGMAN

**THE CURTAINS ROSE ON SAMARPAN, WITH ITS GRAND
OPENING CEREMONY: AAGMAN.**

THE CHIEF GUEST MS. RUCHIKA KATYAL

**AS THE INAUGURAL EVENT OF THE FEST, AAGMAN SERVED
AS A SOULFUL BRIDGE BETWEEN OUR YEAR-LONG
COMMITMENT TO SOCIAL SERVICE AND THE FESTIVE
CELEBRATION OF OUR COLLECTIVE IMPACT.**

**A SIGNIFICANT ADDITION TO THIS JOURNEY WAS UDAAN,
AN INSPIRING ALUMNI PANEL THAT HAS SUCCESSFULLY
NAVIGATED THE UPSC PATH. WE WERE HONORED TO HAVE
RAGHAV JHUNJHUNWALA (SRCC '22, AIR 4, UPSC CSE)
AND DEEPANSHU JINDAL (SRCC '22, AIR 38, UPSC CSE)
GRACE THE EVENT. THEY SHARED THEIR FIRSTHAND
EXPERIENCES AND INSIGHTS, GUIDING ASPIRANTS
THROUGH THE PATH THEY SUCCESSFULLY NAVIGATED.**

**THE PRESENCE OF OUR ESTEEMED CHIEF GUEST FURTHER
ELEVATED THE OCCASION, AS THEIR INSIGHTS PROVIDED A
PROFOUND REMINDER OF THE RESPONSIBILITY WE CARRY
AS YOUNG LEADERS AND AGENTS OF SOCIAL CHANGE.**



CONVERGENCE

Convergence served as a platform for student-led change, bringing together passionate volunteers to tackle one of society's toughest challenges. A total of 18 NSS units from across Delhi NCR registered for the event, with 13 teams making it to the final round to present their work and vision.

We were privileged to host Ms. Yogita Bhayana, a renowned activist and pioneer for women's rights known for her leadership during the Nirbhaya Movement, and Dr. Jahnavi, a Forbes India Award recipient and UNGA speaker recognized globally for her work in gender equality.



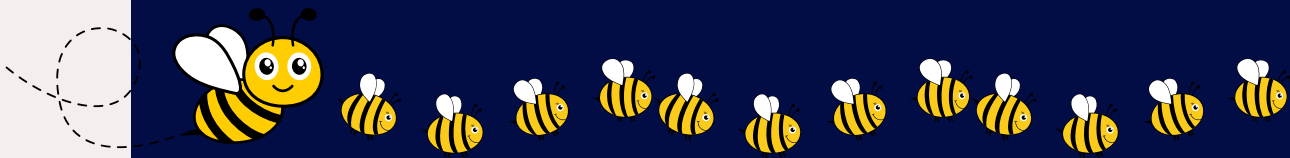
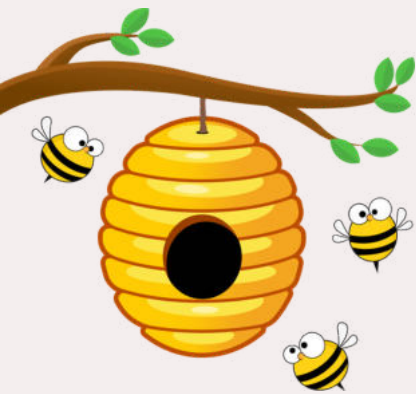


SOCIO-BEE



Socio Bee 12.0 challenged aspiring entrepreneurs to pitch business plans that prioritized social purpose over simple profits. The opening round was a whirlwind of compelling pitches. Our judges, the best in their respective fields, brought a wealth of experience to the event, meticulously evaluating each proposal for its feasibility and resonance.

We were honored to host Dr. Amit Kumar, a skilled Risk and Finance Planning Expert and certified Career Planner, alongside Mr. Ayush Agarwal, an SRCC alumnus and Product Manager specializing in tech-driven solutions for e-commerce and fintech.



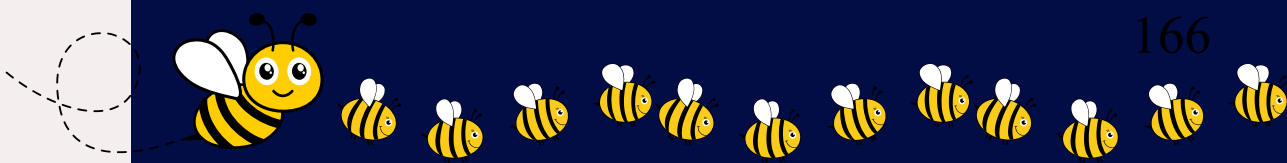
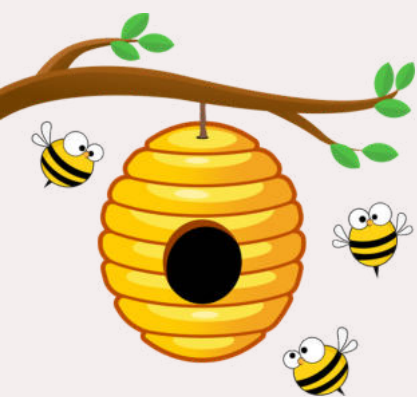


SOCIO-BEE



Their combined expertise in financial analysis and product strategy provided participants with invaluable mentorship.

The competition focused on business as a force for good, with teams pitching models centered on rural empowerment and inclusive development. From creating local employment to building sustainable grassroots solutions, each proposal demonstrated how innovation can uplift marginalized communities. Ultimately, Socio Bee 12.0 proved that economic viability and social welfare go hand-in-hand, leaving behind a roadmap for a more equitable future driven by socially-minded enterprise.

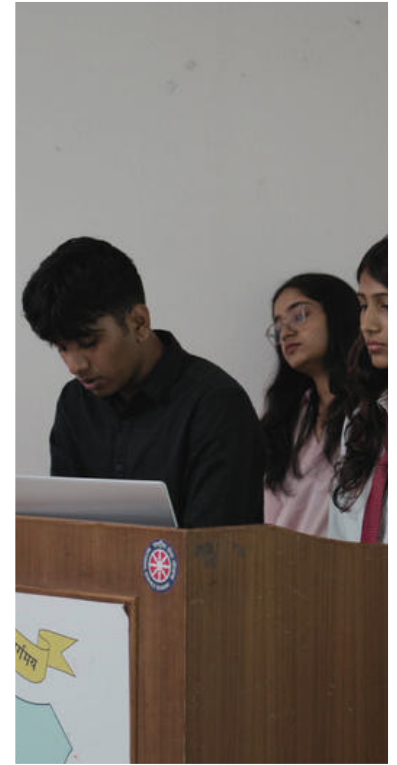


FLASHMOB



The Flashmob at Samarpan'26 was a high-energy event that transformed a public space into an impromptu stage, using performance to build a sense of community.

The event featured several dances and choreographies performed by members of NSS SRCC. Through synchronized movement and upbeat music, the volunteers showcased the unity and energy that define the society. It was a powerful way to engage the crowd, proving that creative expression can be just as impactful as any speech.



CASE-O-CAUSE

Case-O-Cause 3.0 provided a stage for participants to bridge the gap between strategic business thinking and social responsibility. The event pushed competing teams to look beyond traditional metrics, requiring them to design solutions that were both operationally sound and socially transformative. With over 1300+ registrations, the competition was narrowed down through three intensive rounds, culminating in the selection of the final 10 teams who presented their solutions to our esteemed panel.





CASE-O-CAUSE



We were joined by Mr. Sudhanshu R and Ms. Sonal P, both IIM Lucknow alumni and Co-Founders of MBA Litmus, who brought extensive backgrounds in strategy consulting and corporate leadership from firms like Reliance and Bharti Airtel. Their perspective was complemented by Ms. Sanjana Kaushik, Manager for Outreach at ISDM, whose nine years of experience in social development ensured that every proposal remained rooted in the realities of community impact.



KIDDO FEST

Kiddo Fest was a vibrant celebration of joy and creativity, designed to give children a day filled with wonder and laughter. The atmosphere was electric as the event kicked off with high-energy dance competitions, featuring talented students from various NSS units who brought their best moves to the stage.

The energy was further matched as the amazing artist Ms. Urvashi worked her magic, turning little faces into everything from playful kittens to colorful rainbows. The stage was further graced by an incredible panel of judges who brought both style and substance to the festivities.





We were joined by Ms. Karishma Yadav Bhalla, who transitioned from inspiring thousands with her fashion on Instagram to guiding our young performers, and Ms. Kanishka Chaudhary, who brought her sharp insights and ramp-walk elegance to the judging table. Their presence added a touch of stardom to the extraordinary talent being showcased.

Laughter and amazement were the themes of the day, thanks to our fantastic guest performers. Mr. Raman, a brilliant ventriloquist, had the entire audience in splits with his witty and entertaining performance. Meanwhile, Mr. Sarvesh SK took the excitement to a whole new level with a mesmerizing magic show. Kiddo Fest was more than just an event; it was a heartwarming reminder of the beauty in simple joys, leaving behind memories as bright and enduring as the colors on the children's faces.



MARKETING TEAM



Mixing creative flair with digital impact, the Marketing Wing of NSS SRCC serves as the digital heartbeat of our society.

In the age of digitalisation, it aims to inculcate basic technical skill among different sections of our community, including our wing members.

The wing captures the flow of different events and seminars under NSS SRCC through creative marketing strategies: engaging reels, posters and more.

This vision comes to life most vibrantly through reel-making, which has evolved into a key medium for storytelling and outreach. The team goes on-site to capture the candid moments of every event as they happen. Much thought goes into the ideation stage, figuring out which themes will actually grab attention and what kind of energy works best for the message being shared. This hands-on approach to video editing has helped in building a consistent aesthetic for the society's page. It's about using the tools of the day to ensure the message of each seminar or drive reaches the student community effectively.

By applying these creative efforts, the wing ensures that the core values of NSS SRCC are always front and center in the digital space. Ultimately, it is about creating a space where social work and storytelling meet to inspire the community, one post at a time.



CLOSING CEREMONY

SAMARPAN: A VIBRANT FINALE TO THE EVENT



The closing ceremony of Samarpan was elevated by captivating musical showcases that brought a vibrant energy to the conclusion of the event, featuring a powerful performance by the student-led band 'Naqaab,' on day 1.

This was followed on Day 2 by a sophisticated performance of and soulful Ghazals by the band 'Shubhanjali Live,' providing a melodic and memorable finale to the festivities.

MUSKAN NOOR

CHIEF EDITOR

*"THE PURPOSE OF LIFE COMES FROM WITHIN, BUT IT IS THE FLOW OF THE OUTER WORLD
THAT HELPS YOU TO FIND IT. LET THE LIFE GUIDE YOU TO FIND ITSELF."*

مسكان نور

मुस्कान नूर



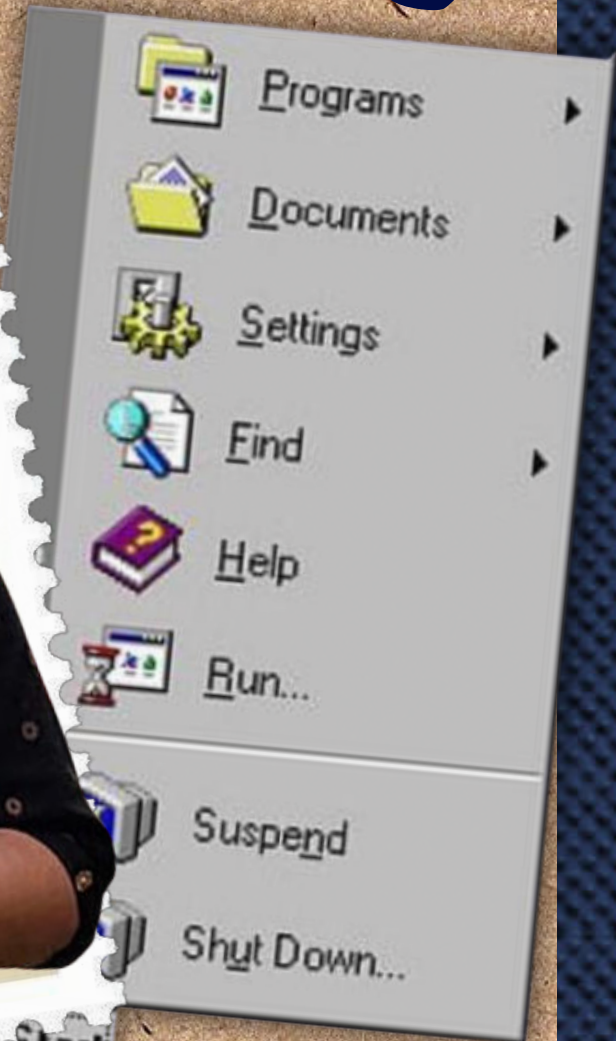
HARDIK VERMA

CHIEF DESIGNER

“

*THERE ARE NO RIGHT CHOICES IN LIFE. WHAT YOU DO AFTER
MAKES THEM RIGHT.*

”



PRANJAL SINGH

CHIEF DESIGNER

ہارڈک ورا

پرانجل سنگھ



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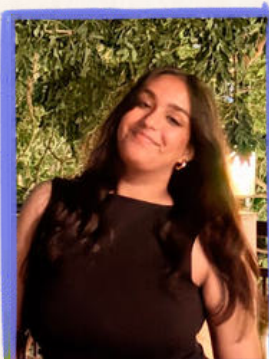


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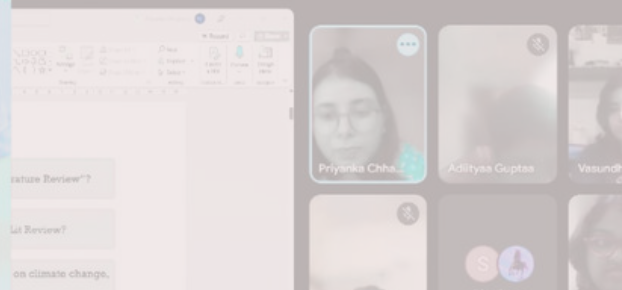
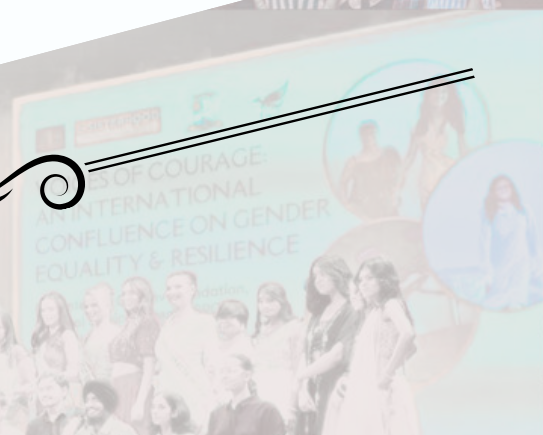
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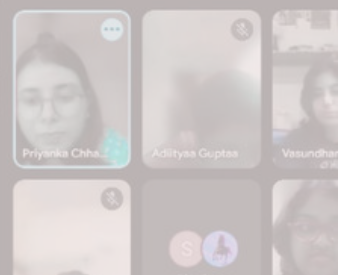
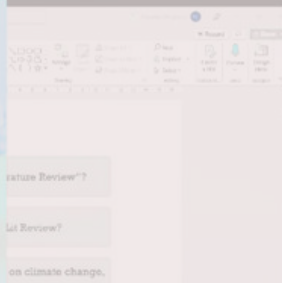


SAKSHAM
SHARMA



PANKAJ
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