

The Sydenhamite

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From the Editorial Team

Dear Readers,

We present to you the November Edition of 'The Sydenhamite.' With this edition, we would also like to thank you for your support and appreciation of the newsletter from the beginning.

This edition covers Alumni Talks with Ms. Vidhi Kasliwal, a producer, director and the founder of Landmarc Films. It also celebrates the achievement of Dr. Kishwar Joonas, an Alumni from the batch of 1975.

With this, we have some wonderful articles on Diwali, International Men's Day, International Vegan Day among others.

We hope you like the newsletter as much as we do.

Do feel free to reach out to us, also don't forget to share the newsletter.

Happy Reading!



A Sneak Peek into the November Edition



1. Diwali:

An exuberant festival of light

"...Diwali is India's biggest spectacle.

It is a festival around which Indians, particularly Hindus, schedule their annual vacations and visits to family."



2. Alumni Talks with Ms. Vidhi Kasliwal

"...Sydenham Alumni Cell

conducted another episode of "Alumni Talks" and this time we had an extremely talented and mesmerizing personality Ms. Vidhi Kasliwal a producer, director, and the Founder-CEO of Landmarc Films."



3. Outstanding Educator Award for Dr. Kishwar Joonas

- Dr. Kishwar Joonas (Batch: 1975)

"...An educator's teaching philosophy and its implementation manifests the values, personality, expertise, and experience that he or she wants to share with students."

4. International Men's Day



"...Men are encouraged to impart the values, character, and duties of being a man to the boys in their life on International Men's Day. Only by leading by example, both men and women, will we be able to build a fair and secure society that allows everyone to succeed."

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The Great Modernizer of India

- Mr. Rajendra Aneja (Batch: 1971)



"...Pandit Nehru realized that to propel the country forward it would be necessary to modernize rapidly. Very wisely he evolved the concept of a "mixed economy"

6. Children's Day



".....The children of today will make the India of tomorrow. The way we bring them up will determine the future of the country."

7. Gurunanak Jayanti



".....Guru Nanak Jayanti, also known as Gurpurab, is the most important religious event for Sikhism devotees. It is observed to honour the birth anniversary of Guru Nanak Dev, the first Sikh Guru."

8. International Vegan Day



"...Though veganism started off as a diet fad and then eventually grew into a lifestyle option."



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Diwali

An exuberant festival of light



As we approach India's biggest festival, homes are lit up in the same way as a sparkling candle, welcoming Goddess Lakshmi to grace their homes with wealth and prosperity. In no way is the return of Lord Rama not celebrated gloriously as children and adults alike indulge in bursting crackers, exuding laughter of pure joy lighting up the sky during the night as if it were day.

Diwali is India's biggest spectacle. It is a festival around which Indians, particularly Hindus, schedule their annual vacations and visits to family.

Families have planned visits to maternal houses since ancient times, and this tradition continues today with certain variations.

Brothers organize visits to a sister's marital household, and so on.



It is a single-day festival with a build-up for a year and over-in-a-flash. It stretches for 5 days. And as Indians will vouch, the five days fly in a blink. It is a celebration that makes excellent market sense from the local potter to the jeweler, through Dhanteras, Naraka Chaturdashi, Lakshmi Puja, Govardhan Puja, and Bhai Dooj. There is a lot of buying going on, and this market activity enables even the poorest and most marginalized members of society to earn money through legal ways. Let's take a look at the significance of each 5 days of Diwali:

DHANTERAS



The word 'Dhanteras' originates from two Sanskrit ones- Dhan, that is wealth, and Teras, ie. the 13th day of the Krishna Paksha of the Hindu lunar calendar month of Kartik. Also called Dhantrayodashi, Hindus worship Lord Kubera and Goddess Laxmi or the God and Goddess of wealth on this day. It is believed that Goddess Lakshmi came out of the ocean during 'Amrit-Manthan' - the churning of the milky sea - holding a pot of gold and showering wealth on this day. Most people consider this an auspicious day to buy gold, silver, clothes, gadgets, etc. Also on Dhanteras is Dhanvantari Pujan. Dhanvantari, the God of medicine - is also considered Lord Vishnu's avatar. He has four arms, which each hold conch, Sudarshan chakra, the nectar of eternity (Amrit), and medicines respectively. God Dhanvantari appeared during the Amrit Manthan too

LAKSHMI PUJA



Laxmi Pujan is also called the main Diwali. Laxmi puja - the worship of Goddess Laxmi - the Goddess of Wealth - falls on Amavasya (new moon day) of Krishna Paksha (dark fortnight) of the Hindu lunar calendar month of Kartik (Ashwin, as per the Poornimant calendar of the North). This is the third day of Diwali or Deepawali and is considered the main festive day. Goddess Laxmi, the wife of Lord Vishnu the protector, gives abundance and wealth. People keep valuables in worship (puja) rituals on this day. Families sit together to carry out the pooja and so as to manifest Laxmi's arrival, small rangolis of dainty feet coming into the house are etched at the entrance. This was also the day Lord Ram returned to Ayodhya after defeating Ravana. The citizens of Ayodhya welcomed their prince (who was to become the king) by lighting up the houses and streets with earthen lamps filled with oil. Even now, Hindus follow that ritual. Small earthenware lamps filled with oil are lighted and placed in rows along the parapets of temples and houses. Lord Ganesha is worshipped at the beginning of every auspicious act as Vighneshvara and he has a place of prime importance on Laxmi Pujan Day too.

NARAKA CHATURDASHI



According to ancient Indian texts, this is the day Lord Krishna and his wife Satyabhama fought the demon named Narakasura and defeated him, killing him. The 14th day of the Krishna Paksha of Kartik month is celebrated as Narak Chaturdashi by waking up early in the morning and bathing with ritualistic scrubs called ubatan (made of herbs). The oil-scrub bath is a ritual that does wonders to the skin in the dry winter season. In the evening by lighting lamps. This day is also called Chhoti Diwali.

GOVARDHAN PUJA



This festival is celebrated in honor of the feat that Lord Krishna carried out near Mathura. Once, when Lord Indra decided to punish the people of Mathura for not appeasing him, he rained the clouds on them till the point of drowning. So Lord Krishna lifted the Govardhan mountain to hold it over the heads of the people and cattle that then assembled underneath it. Since then, Govardhan has become a venerated object and on Govardhan Puja day of Diwali, miniature clay and cow-dung figures are made to depict the event. The tithi or date for Govardhan Puja is the first day of Shukla Paksha (Waxing fortnight) of the Kartik month of the Hindu lunar calendar.

BHAI DOOJ



The fifth day of Diwali is Bhai Dooj. In the western part of India, it is called Bhau Beej, and in the east as Bhai Phonta. This day, brothers visit their sisters. Sisters ready an aarti platter with Diya, sweetmeats, gold ring, kumkum tilak, and do an or aarti ritual, praying for the long life of the brother. Brothers surprise the sisters with gifts, and sweets are prepared and shared.

Just as Diwali symbolizes the victory of light over darkness, good over evil, and knowledge over ignorance we all should strive to change that any bad habit that has been around forever.

Alumni Talks with Ms. Vidhi Kasliwal

Sydenham Alumni Cell conducted another episode of "Alumni Talks" and this time we had an extremely talented and mesmerizing personality Ms. Vidhi Kasliwal a producer, director, and the Founder-CEO of Landmarc Films.



She has produced and directed Memoirs of Blockbuster movies like Prem Ratan Dhan Paayo and many other films like Vivah, Ek Vivaah Aisa Bhi and has worked in the Marathi Film industry and produced movies like Vazandaar, Vidyoday and much more.

She has also produced award-winning documentary Block By Block and another corporate film Building For The Future.

Here's a glimpse of the question answer round from the interview:

Q. So ma'am, what made you choose commerce as a field and Sydenham College as the college you want to graduate from?

Ans. My father was a role model to me and he was a successful businessman and I wanted to follow in his footsteps and that's why I chose commerce as my field and as we all know Sydenham is the best place for pursuing a career in commerce and the only college I applied in.

Q. We all know that you are a true Sydenhamite. You have spent more time in Sydenham than in your house during your college days. When you think of Sydenham, what is the first thing that comes to your mind?

Ans. The first thing that comes to my mind is all the good memories that I had during the 5 years of college life. I participated in every college activity and was a part of many societies. My father specifically told me to enjoy these crucial 5 years because these are never coming back, and I obediently followed his instructions.

Q. What role did participating in extracurricular activities have in your career?

Ans. It shaped my career in fact, as I mentioned earlier that I wanted to become a Businesswomen and make a career in the field of commerce but being part of the clubs and participating in all kinds of different activities helped to channel my creativity. I found my passion here and if it was not for the extracurricular activities that took place in Sydenham, I would not be able to reach where I am today. Wherever I am today is because of Sydenham.

Q. What made you choose the film industry and how did you begin this beautiful journey?

Ans. In the year 2005 when I had completed 3 years of college and was still exploring what I want to do in my life, one day I went to my maternal uncle Mr. Sooraj R. Barjatya, a famous director, asked if he has any kind of work that I can do. He very enthusiastically replied, yes sure we have a new schedule starting next week. You can come on the set of Vivah and see how things work and if you like it and if it doesn't we will find something else for you. On the 26th of December 2005 when I first entered the set of Vivah and found out exactly at that moment that I wanted to do this for my entire life. From that day on Set, it has always been my happy place and always will be and, if given a choice I would never ever leave it.



Q. *Ma'am, were there any major obstacles that you faced when you started your career and are there any challenges that you face even today?*

Ans. Everybody has to face challenges but if you have a good mentor and have the courage to face the problems then everything becomes easier, and luckily. I was blessed with a great mentor and was very focused on my work. Mr. Barjatya always told me there would be many distractions and the Film Industry looks very glamorous from the outside but if you want to

make things work out you will have to be passionate about your work and have to work hard no matter what.

Q. *Being a producer/ or a director is definitely a challenging role and since most of us are unaware of the responsibilities...we would like you to explain what it is like to be in these roles?*

Ans. I will first start with the role as a director because first I am Director and then comes the role of producer. So, if you think the film industry is glamor, name, fame let me break it to you it's not. You have to be passionate about your work, willing to do all hard work and you will have to believe in yourself that the work that you're going to present to the whole world will be criticized and everyone will judge you but you will still have to stick to your plan and make it all work till the end.

Now as a Producer, I learned on the job, to be honest. I found out that the pressure a producer has to handle is way greater than the director. Because you have to handle everything from the spot boys to the marketing strategy of the film, all the responsibilities are on your shoulders. Being a producer is way more than finding investors or institutions to acquire financing for a project.

Producers are the ones who develop a film and oversee it from start to the end. Producers have to work with the creators of the project such as writers and at times they also have to develop an idea themselves.

Q. *One moral value or principle that you received from someone during a casual conversation and that has stayed with you forever.*

Ans. Well, it wasn't a causal chat I'd say but one advice that I got while I was leaving for a short creative producer's program from the UCLA Film School was that, " While working and competing their what will make you stand apart is your "Indianness", it is not a thing to be changed or hidden, you should be proud of it and that will hold you forever."

And I feel our origin and roots are our biggest strength and it makes us stand out in the world.

Q. *What major differences do you see when doing a movie with a highly successful actor and a person who is comparatively new?*

Ans: An actor who is new to the industry or someone who is well experienced both comes with their sets of ease and challenges. Speaking in technical terms, if you work with an actual Camera Lens - an experienced actor will accurately emote the feelings and expressions and the craft gets easy but it can also be a little monotonous at times whereas a new actor comes with their own freshness and rawness which beautifully works and all they need is a little guidance and support. **And the job is on you as Filmmaker that the craft of acting is taken care of and the art/film isn't suffered.**

Q. *In the current scenario, what is the scope for a person without any film background to enter the film industry?*

Ans: I think it's a great time to enter this industry, maybe you aren't renowned but if your art has a uniqueness and connects with the audience from anywhere round the globe the barriers and pressure gets reduced and more doors open for the person. E.g: Bachpan Ka Pyaar Song where Social Media played a key role in the recognition of the boy.

Q. *What do you think will be the future of the OTT platforms considering the approach of the audience in the pandemic?*

Ans: A good story which is well told always finds its audience, however large or small it is. I think it reaches the correct place so this is a great time to be in this industry (OTT) and explore various things.



Q. *Your advice for today's youth.*

Ans: One thing that I have seen is that they have a lot of options and they are confused about the decisions they make.

So, if you have chosen something that you want to do, give it that due time, respect and efforts it will definitely result in something and shape your career.

You may not receive instant gratification but you have to trust the process, believe in yourself and stick to it and work towards it and be determined.

The interaction with Ms. Kasliwal was a convivial conversation where she shared valuable teachings and instilled deep values among the students and the viewers which will help us improve and become a better version of ourselves. The event premiered live on YouTube and garnered over 1000+ views within 24 hours of being released.



Outstanding Educator Award

For DR. KISHWAR JOONAS

-Batch of 1975



The Association of Collegiate Marketing Educators (ACME) (www.acme-fbd.com), an associate of the Federation of Business Disciplines (www.fbdonline.org), is a professional marketing organization founded “to encourage exploration and development of superior marketing practices from academic and practitioner perspectives”. The Association conferred the prestigious 2021 ACME Outstanding Educator Award at a ceremony at its virtual 48th Annual Conference on March 19. The winner was Dr. Kishwar Joonas, Associate Professor of Marketing in the College of Business at Prairie View A&M University. According to a letter from ACME President Mel Zuberi, “This award recognizes an individual who demonstrates excellence in teaching, research, and service, and serves as a leader and mentor to others in marketing education. To be selected as the recipient for this award is an honor and a prestigious achievement.” The competitive award is based on stringent criteria that included a statement of teaching philosophy, accomplishments in teaching, research, and service, as well as service to ACME.

TEACHING PHILOSOPHY

An educator’s teaching philosophy and its implementation manifests the values, personality, expertise, and experience that he or she wants to share with students. In Dr. Joonas’ case too, these factors have shaped her teaching philosophy, and proved responsible for her successful and satisfying career as a marketing educator.

Born and raised in Bombay, a diverse city, which is India’s business capital, Dr. Joonas earned her undergraduate as well as graduate business degree there, and also spent many years in industry as a successful marketing professional. Being a second-generation college graduate, and coming from a family of highly educated, successful,

public-spirited professionals, she had witnessed at first hand, and held a deep-rooted belief in, the power of education to transform and uplift individuals, families, and communities.

Her first exposure to American students came on joining Louisiana Tech University as a doctoral student and graduate assistant. Louisiana is one of the poorest states in the country, and she found that her students were first-generation college goers, struggling to navigate the world of academia and employment. In her first, and only job after getting her doctoral degree in Business, she observed a similar pattern, while interfacing with a special population of students in Prairie View A&M University,

designated as a Historically Black College or University (HBCU). Here too, her students aspired to break from underprivileged moorings, and sought a guiding light to navigate their course work, job, and career. It became her passion to be that guiding light, to hold their hand through the process. Students did not have to be “in class” to avail of her counsel, and they could depend on her for clarity in their career choices, for personalized letters of reference, or directing them to appropriate contact points for answers to their varied questions.

Her focus is not so much on “teaching” as on “learning” – the solution to transform students’ lives, to become productive members of society, and to take on their full potential as citizens. To this end, her classroom is a space for students to collaborate, conduct research, work with real-world projects, and present quality solutions to “clients” or community partners. Experiential learning is a measurable pedagogical method in the achievement of institutional and stakeholder aspirations. Quality teaching/learning, research, and service are integral to the mission and goals of the College of Business as well as PVAMU. In addition, research and service are integral tools of student learning, and need to be included in course implementation as well as evaluation for various reasons. Further, because course textbooks are outdated “on arrival” into the market, experiential learning helps students to gain knowledge that is current and relevant, and in tune with the changing global business environment. Moreover, underprivileged and socio-economically backward students are often denied co-op, internship and employment opportunities on account of low academic performance based on primarily theoretical assessment. It is through constructivism, becoming co-creators of knowledge, and experiential learning, that students will concertize theoretical concepts, and confidently slot themselves as potential assets in an organization. They will view diversity as a strength, and will internalize classroom ideas of ethics, social responsibility, and service into their future roles as organizational citizens. The tools she uses are service-learning, and student research, both of which call for a professor’s qualities of resilience, empathy, patience, and people skills.

Through service-learning, students as “thinker-doers” navigate cycles of learning, integrating, and applying, to a real-life community need or issue. Under guidance, students get engaged and involved in understanding the community need or problem, they actively conduct research and identify alternatives to address it, and arrive at what they view as a viable solution. Validation and feedback from external judges as well as the community partner softens the border between the roles of “student” and “intern”, and potentially creates an “employee”. Reflection, which is an essential step in service-learning, leads to deep learning and heightens the sense of power of their knowledge.

A prime example is a Marketing Communications class of 43 students partnering with the FBI, with a \$3500 spending budget, aimed to create, implement, and measure a collegiate

marketing and recruitment campaign. Student teamed up in “departments” to carry out the various functions of an advertising and public relations consultancy, including designing, planning, and executing. They created a questionnaire, conducted primary research in five colleges on campus, using it as a base to design and produce and put up posters, flyers, and banners. They worked to set up a promotional/recruitment event “FBI On the Hill”, complete with a music tent, a disc jockey, an announcer promoting FBI’s job opportunities, a team of FBI agents as speakers, souvenir giveaways, and a random drawing with sponsored prizes that they raised. The event was inaugurated by the Provost, accompanied by a host from the University top brass. After the event, students conducted a second survey, ran a pre-and-post attitude analysis, and wrapped up by making a final presentation to the FBI. The event created numerous ripple effects, and became “the talk of the town”; both students and professor earned a new respect across campus as “marketing consultants”. The Panther Newspaper blessed the event with two half-page reports, one of them authored by a student. This spawned a plethora of effects on student enlightenment, engagement, recruitment, retention, internships, and employment opportunities. Written student reflections provided evidence of deep learning, and the achievement of personal, professional, course, as well as institutional goals. A crucial outcome was generating a pipeline of diverse initiatives and entities as “clients” or community partners to her classes.

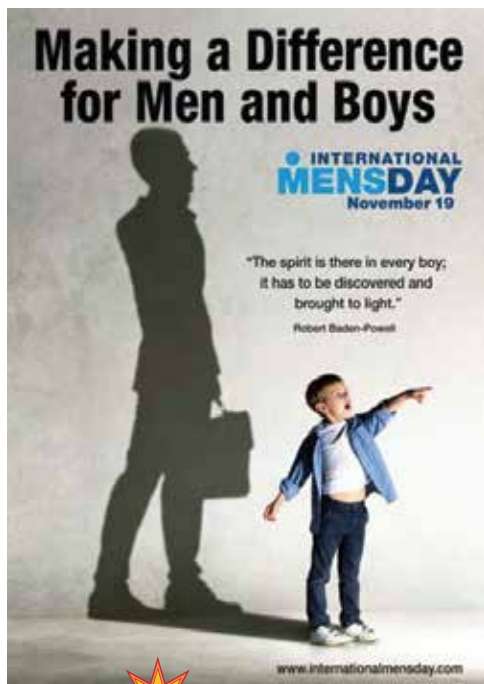
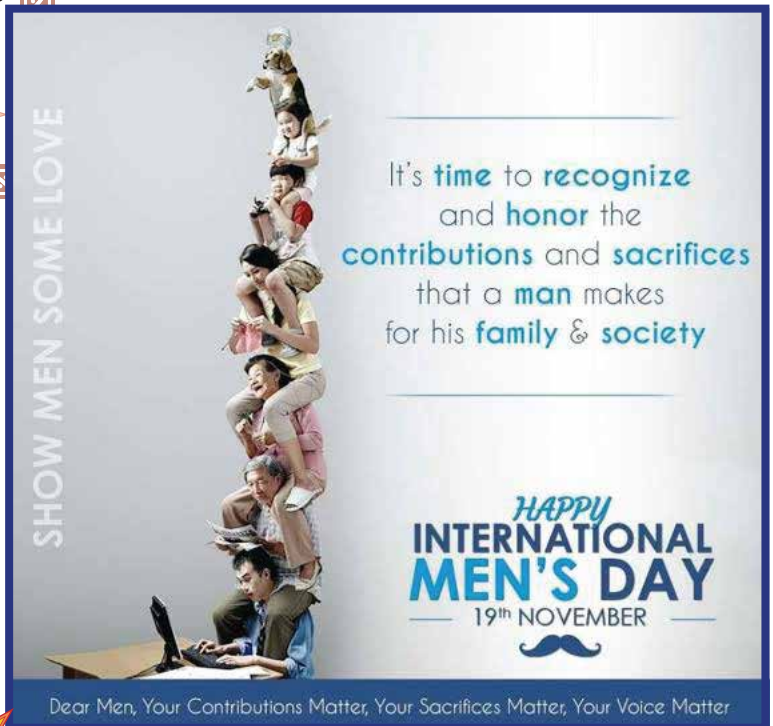
As stated above, she also incorporated research into course work, both at undergraduate as well as the graduate level. Student research in her classes comprises article summaries, analysis of current research handouts, and blogs/ commentaries on video cases (based on individual effort), or literature reviews (typically based on team effort). Themes include current issues, globalization, and culture, and are anchored to specific courses and the prescribed text book content. Peer evaluations enable distributive and procedural justice in the evaluation process. As with service-learning, reflections are an essential element in student research, and students are encouraged to verbalize the goals that they achieved through these writings. Further, research-based assignments provide balance to a course grading scale, allowing students to evidence their learning through grade items other than conventional testing through multiple choice and essay questions. Also, research-based learning is often tied in with presenting at a University, regional, or national symposium, seminar, or conference. Many students reported securing a job offer (and sometimes, multiple job offers), by driving and directing the job interview, speaking to their experiences and capabilities in addressing marketing research, projects, tasks, and collaborating with diverse demographics.

In sum, her teaching philosophy, as operationalized through service-learning and student research, shapes students to position themselves as professional marketers, and opens the doorway to their becoming engaged employees and citizens.

International Men's Day

The world celebrates International Men's Day on 19th November to honor the positive contributions men make to the world, their families, and their communities. Men's health, strengthening gender relations, showcasing male role models, and fostering good displays of masculinity are all highlighted on International Men's Day.

It's a platform for people of goodwill all around the world to acknowledge and appreciate the men in their lives and the contributions they make to society for the better welfare of everyone. It focuses on positive role models and raises awareness about men's health.



Men are encouraged to impart the values, character, and duties of being a man to the boys in their life on International Men's Day. Only by leading by example, both men and women, will we be able to build a fair and secure society that allows everyone to succeed.

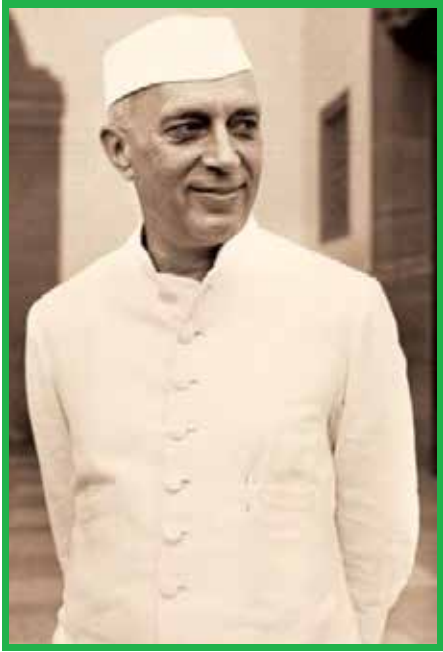
Thomas Oaster established International Men's Day on February 7, 1992, and it was resurrected by Jerome Teelucksing, who decided on November 19 to commemorate his father's birthday. He also picked November 19th to commemorate the day when Trinidad and Tobago's football squad unified the country to qualify for the World Cup in 1989.

In India, the prominent men's rights organization India Family first commemorated International Men's Day in 2007.

One of International Men's Day's six objectives is to enhance gender relations and promote gender equality, not just for men but also for women.

"Better relations between men and women" is the theme for 2021.

JAWAHARLAL NEHRU: THE GREAT MODERNISER OF INDIA



He ensured that India remained secular

Pandit Nehru, the first Prime Minister of India after independence, laid the foundation of a modern nation. He focused on industrial development, science and technology, and reviving rural India. The various states in the country were woven into a Republic. A Constitution was adopted on 26 January 1950. Pandit Nehru had a strong faith in parliamentary democracy. He believed in consultation and consensus. He tried to carry the opposition leaders with the government on key issues.

Nehru, managed India for 17 years, after independence. He has always been highly respected and revered, not merely in India, but also globally. Nehru won serious admiration for his efforts to ensure global peace. President Dwight Eisenhower wrote him a letter dated 27 November 1958, saying, "Universally you are recognized as one of the most powerful influences for peace and conciliation in the world. I believe that because you are a world leader for peace in your capacity, as well as a representative of the largest neutral nation."

-Rajendra Aneja
Batch of 1971



Educated in England at Harrow School, Trinity College, Cambridge, he became a barrister and practiced at the Inner Temple. He could have had a flourishing legal practice, yet he chucked it aside and immersed himself fully in the freedom struggle of India.

Nehru became the right man, the "go-to man" for Mahatma Gandhi. He led the various, non-violent agitations and "satyagrahas" (civil resistance) in the cities, streets, and villages. Nehru was imprisoned nine times by the British Government. He spent 3,259 days in prison, which is almost 10 years of his life. However, he remained undaunted in his quest for India's independence. He represented Gandhi and India in the negotiations with the British, for the freedom of the country.

After becoming the Prime Minister, Nehru laid a strong foundation of democratic institutions in the country. India was a poor country at the time of independence. Pandit Nehru realized that to propel the country forward it would be necessary to modernize rapidly. Very wisely he evolved the concept of a "mixed economy", whereby the public and private sectors would play a parallel role in development. He comprehended that investments in infrastructure industries like steel, coal, railways coaches, electric power, would yield profits only gradually. So, projects like dams, roadways, etc, which had long gestation periods, were spearheaded by the public sector. Consumer products like automobiles, two-wheelers, textiles, foods, were left open to the private sector.

Indian agriculture went through a metamorphosis during Nehru's era. Agricultural universities were established in many states, to focus on augmenting food production. These universities researched high-yielding seeds and mechanisms to boost production. High-yielding varieties of wheat and rice were being studied in Mexico and the Philippines. Punjab state ushered in a Green revolution in India, leading to increases in crop production.

Nehru also evolved and advocated the policy of "non-alignment" and peaceful co-existence. After the end of World War II, the world was ruptured by the Cold war between the Western bloc led by the USA and the Eastern bloc led by the USSR. Most countries aligned with one of the two groups to receive foreign aid and military assistance. Nehru kept India away from global tensions and focussed on economic and social development.

Nehru ensured that India remained secular. He realized that India was home to Hindus, Muslims, Christians, Buddhists, Jains, etc. With his modern, western exposure in his youth, he realized it would be perilous to have a state religion. Thus, secularism was enshrined in the Constitution of India, to ensure that all religions coexist peacefully.

The policy of secularism has paid rich dividends in India. Temples, mosques, and churches coexist next to each other in every village and town. Citizens of all religions work in the government, armed forces, police, etc. Government recruitments are based on competitive examinations. The public and private sector companies recruit on merit and not religion. Secularism has laid the foundation of a strong India.

Nehru was a learned and widely read person. He is the author of many widely read books. His books like Glimpses of World History, An Autobiography, Letters from a Father to a Daughter, Discovery of India, etc., reveal his astonishing knowledge and deep understanding of international history and cultures. Nehru was very refined and cultured. He spoke Hindi and English fluently. He was always dressed impeccably.



Nehru was an immensely popular Prime Minister. He was respected for his integrity, wisdom, and his pivotal role in the freedom struggle. Whenever he traveled to any town or village, thousands of people would flock to the roads and streets to greet him. His fan-following was much more than that of any movie star or a rock star. Nehru was in India.

Whenever Nehru visited Bombay (now Mumbai), in the 1950s, he invariably addressed a public meeting, at the iconic Shivaji Park, in Dadar. The enormous park overflowed with people. I would accompany my father to listen to Nehru's speeches, even when I was only 10 years old. Nehru would explain the policies of the government, in simple, elementary language, so that even children could understand him. I also remember his motorcade passing several times through Gokhale Road, where I lived. The footpaths were jammed with people, waiting to see and wave to him. Police held back the frenzied fans. Nehru traveled in an open-top car. He waved untiringly to the people.



Nehru connected spontaneously with Indians of all walks of life. Decades of working with Indians during the freedom struggle had endeared him to his countrymen. He understood and empathized with them. Nehru also knew rural India.

Nehru loved India passionately. He loved its people, mountains, rivers. After he passed away, his ashes were scattered across India to merge with its soil and seas, according to his wish.

Winston Churchill said in 1955, "Nehru is the light of Asia and a greater light than Gautama Buddha". This is an exquisite tribute to a great believer in peaceful co-existence.

Nehru's focus on democracy, secularism, science, technology, infrastructure development has some applicability even today; in developing countries in Asia and Africa.

Children's Day



"The children of today will make the India of tomorrow. The way we bring them up will determine the future of the country."- Pandit Jawaharlal Nehru

In India, November 14 is observed as Children's Day, commemorating the birth anniversary of Jawaharlal Nehru, India's first Prime Minister who was born on this day in 1889. India used to mark Children's Day on November 20th before 1964. Following Pandit Nehru's demise in 1964, it was proposed that his birthday be commemorated as Children's Day.

Nehru and his vision for India's future

Nehru was recognised for his devotion and love for children, whom he saw as the country's future. He had a clear vision of what modern India should look like and he set out to realise his dreams by establishing strong pillars which would support the newly independent nation back then. He was a strong advocate for children's education and was instrumental in the founding of several universities in the country that are now regarded as some of the best in the country.

On November 14th, schools and universities host a variety of events, including plays, contests, cultural events, and the distribution of sweets, books, stationery, and other presents to kids. The day

serves as a message that every kid deserves the finest education, care, and opportunities. They are the foundation of the country, thus how well they are raised determines the country's destiny.

To conclude, "Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow. Only through the right education can a better order of society be built up."



Guru Nanak Jayanti

Guru Nanak Jayanti, also known as Gurpurab, is the most important religious event for Sikhism devotees. It is observed to honour the birth anniversary of Guru Nanak Dev, the first Sikh Guru. The event is held on Kartik Purnima, the fifteenth lunar day of the Hindu month of Kartik, which occurs in the month of November on the Gregorian calendar.

Guru Nanak Jayanti 2021 will be held on Tuesday, November 30th, to commemorate Guru Nanak's 552nd birth anniversary.

History of Guru Nanak Jayanti

Guru Nanak was born on April 15, 1469, at Rai Bhoi Ki Talwandi, near Lahore, which is in Sekhpura district of modern-day Pakistan. A Gurudwara was built at his birthplace in the city now known as Nankana Sahib. It is located in the Punjab province of Pakistan. Guru Nanak is regarded as a spiritual teacher who founded Sikhism in the 15th century. He started writing the Guru Granth Sahib and completed 974 hymns.

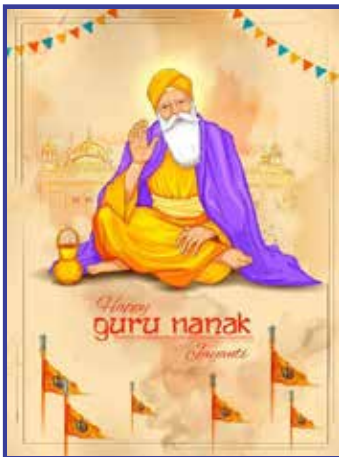
The main verses from the Guru Granth Sahib elaborate that the creator of the universe was one. His verses also preach selfless service to humanity, prosperity and social justice for all, irrespective of differences. The role of a Guru as a spiritual and social master forms the base of Sikh religion.

Guru Nanak Jayanti celebrations

Celebrations start in Gurudwaras two days prior to the day of Guru Nanak Jayanti. A 48-hour non-stop recitation of the Guru Granth Sahib, called Akhand Path, is held. A day before Guru Nanak's birthday, a procession called Nagarkirtan is organised. The procession is led by five men, referred to as the Panj Pyare,

holding the Sikh triangular flag, Nishan Sahib.

The holy Guru Grant Sahib is placed in a palanquin during the procession. People sing hymns in groups and play traditional musical instruments and also display their martial art skills. The joyful procession passes through streets decorated with flags and flowers.



Langar

Originally a Persian word, Langar translates as 'an almshouse' or 'a place for the poor and needy'. In the Sikh tradition, that is the name given to a community kitchen. The concept of Langar is to provide food to anyone in need – irrespective of their caste, class, religion or gender – and always welcome them as the Guru's guest.

It is said that Guru Nanak, when he was a child, was given some money and told to visit the market by his father to do 'Sacha Sauda' (a good bargain). His father was a well-known trader of his village and wanted young Nanak to learn the family business when he was just 12 years old. Instead of doing a worldly bargain, the Guru instead bought food with the money and fed a large group of saints who had been hungry for days. That is what he said was the "true business".

On Guru Nanak Jayanti, the processions and celebrations are followed by a langar arranged at Gurudwaras by volunteers.

Sikhism and community service

In recent times, we have seen many gurudwaras come forward and provide food and shelter to those in need. Whether in India or abroad, wherever the need arises, the Sikh community can be seen helping people out in the best ways possible.

Stake for your Steak



"Your choice of diet can influence your long-term health prospects more than any other action you might take." From Keto Diet to Intermediate Fasting, Paleo Diet to Vegan Diet, food fads have been a thing for as long as I could remember. Through the internet, many of us have already come across the word 'Vegan' quite a few times.

World Vegan Day is celebrated on 1st November annually by vegans across the globe. It is observed to motivate people to follow a vegan lifestyle, which is beneficial for animal welfare and the environment. The day marks the founding day of The Vegan Society in the United Kingdom.

Across the globe, World Vegan Day is celebrated exuberantly through exhibitions, seminars, restaurant specials, and events. This one day allows countless opportunities for vegans to promote their lifestyle as well as for anyone wishing to adopt it.

Though veganism started as a diet fad and then eventually grew into a lifestyle option.

The joys and benefits of veganism are advocated on this dedicated day, highlighting just how easy it is to go for this cruelty-free lifestyle as well as generate awareness on rights for our furry friends.

Veganism is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing, or any other purpose. For these reasons, the vegan diet is devoid of all animal products, including meat, eggs, and dairy. Even though veganism calls for the rejection of all animal-based products, a plant-based diet is the best way to encourage this change; with thousands of delicious vegan recipes or altered versions of meat and dairy dishes posted online.

With the growing population of vegans, Ritesh Deshmukh and Genelia D'Souza's 'Imagine meats', Nestle's 'Garden Gourmet', Good Mylk, Vezelay, Live Yum, Papa Cream, and many more have started food companies in India. From vegan milk to vegan eggs, plant-based meat to vegan ice creams, they have it all.

Veganism has been gaining a lot of attraction lately, with a lot of its popularity owed to prominent celebrities who have committed to veganism over the past few years- Ellen DeGeneres, Zac Efron, Ariana Grande, Benedict Cumberbatch, Bill Clinton, Ellen Pompeo, Mayim Bialik, Jason Mraz, Miley Cyrus, Peter Dinklage, and many more. Athletes like Cody Elkins, Dustin Watten, Tia Blanco, Yolanda Presswood, Harvey Lewis, Sofia Jokl, Austin Aries, Meagan Duhamel, etc.

The most challenging shift towards veganism has been for the food industry. Fortunately, what was once thought of as a finicky diet, is now widely available at restaurants and supermarkets, offering a plethora of plant-based alternatives. Even our favorite fast-food chains like KFC and Burger King offer vegan burgers now, so we can all let out a sigh of relief now and still get our fast-food fix.

Some of the cafés and restaurants that serve vegan food in Mumbai are La Cane Bistro, Earthlings Café, Aharveda Restaurant, Burma Burma, Yogi Sattva, Rare Earth, and Imagine Café.



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