



CORONAVIRUS: Response and Cultural Impact

Coronavirus and Class Divide

On Tuesday, March 24, 2020 Prime Minister Narendra Modi announced a 21-day nationwide lockdown, starting from 12:01am on March 25, to prevent the spread of novel Coronavirus. This made India the 22nd country to announce a centralised lockdown. Following the video address, Ministry of Home Affairs issued guidelines which included a list of essential services not to be suspended in the period. However, as a major blindspot, the guidelines did not have anything comprehensive to ease the anxiety faced by India's 45 million migrant workers who had witnessed a steep decline in income as public life came to a halt over panic and now will have the limited income slashed due to the lockdown. What followed was mass migration of these daily wage earners back to their villages, covering hundreds of kilometers on foot. Defying government guidelines and risking arrest, workers argued that without any income, survival in cities is impossible. Interviewing one such worker waiting near Anand Vihar ISBT on March 24, NDTV's Mukesh Sengar's report shows him breaking down for not being able to get any bus service for three days while police officers patrolled streets, manhandling him and others found outside. When social distancing is the need of the hour, hundreds of workers walking back in groups or travelling in crowded vehicles increases the risk of spreading the virus exponentially, as health experts already predict stage three of the virus around the corner. However, it is important to understand that this mass movement comes as a



A Migrant Worker at Anand Vihar ISBT

result of lack of agency with daily workers to protect themselves against starvation and homelessness. Unfortunately, popular sentiment does not share this empathy and is a broad mirror to the class-divide India still struggles with. Journalist and Rajya Sabha member Balbir Punj shared his opinion on Twitter, calling the migration irresponsible, adding, "It's to utilize their paid chutti (vacation) to catch up with their families and run errands back home." AltNews founder Prateek Sinha also noted that an appeal for policemen to behave humanely had elicited many jeering comments that they were actually being too humane. What's interesting to note here is that not too long ago, we had students and professionals stranded in remote parts of the world flown back by the government and kept in isolation, rather commendable work by airport security staff and health agencies. While magnitude is a factor to be

considered, one cannot look over the lack of dignified treatment shown towards one of the biggest economic factions of the country. In Uttar Pradesh, around 5,000 of these workers were sprayed with bleach, otherwise used to disinfect buses. Sometimes poetry can be cruel. As central and state governments are responding to the crisis, it comes at least 5 days and hundreds of kilometers after the initial hysteria. Caught in the frenzy of not being included in emergency plans, lack of agency and antagonistic public opinion, the most vulnerable section of India was let down by us, again. Even as this comes late, hopefully providing help and not exclusion will help us together to fight this global pandemic. Meanwhile, there are multiple charities working to provide food and shelter to those at high risk.

You can contribute at bit.ly/Doyourbit

Will we be able to Afford Food?

When the lockdown was announced on March 25, the Central Government asked citizens not to panic and reassured them that essential services such as groceries and medicines would still be available. However, multiple reports of people hoarding up on supplies continue to emerge, which raises the question of whether India's food supply is sufficient to meet demand during this unprecedented lockdown. From the perspective of preparation, things seem to be up to the mark. Against the requirement of 214 lakh tonnes of wheat and rice at the beginning of the year on January 1, 2020, the Food Corporation of India (FCI) had 565.11 lakh tonnes, which means roughly two-and-a-half times more than the essential requirement. In addition, India already has a buffer stock of 30 lakh tonnes of sugar, which the government is planning to raise to 40 lakh tonnes this fiscal year. It has been trying since December to offload 8.47 lakh tonnes from its buffer stock of pulses. Thus,

The government is using the Public Distribution System to ensure direct cash transfers and food grains. However, nearly 85 percent of India's population works in the informal sector and migrants, in particular, do not have access to these resources, due to which mass migration has occurred over the past week causing further risk of the virus spreading. Moreover, the prices seem to have risen. According to reports by India Today, in the national capital, prices have gone up by 10% to 20% according to estimates. Amit Jain, a wholesale shopkeeper in Lahori Gate, was among the few who are still operating their businesses. "Prices of pulses have gone up by Rs 10 to Rs 20 per kg. Retailers add a margin of Rs 20 to Rs 30 per kg and it results in common people buying at much higher prices," he said. It remains to be seen what the trend will be and how the government will provide supply of commodities, in case of an extended lockdown.

About Racism



A Manipuri Girl was Spat on in Delhi

The coronavirus pandemic has led to another unexpected set of problems, a prominent one being racism. Recently, a 25-year old Manipuri woman was spat paan on and called "corona" near Vijay Nagar in North Delhi. This was one of several racially motivated incidents, where an innocent person has been harassed after the outbreak of Coronavirus. This adds to the many accounts of racism and xenophobia reported across the world. In the United States, President, Donald Trump has referred to Coronavirus as the Chinese-virus repeatedly, which has fuelled the already prevailing racism against Asian Americans in the country. Some people believe that it is not wrong to call a virus by the name of the place it originated from as China deflects blame. What they fail to understand is the term effects the wrong communities. There are ways to hold China accountable without side-lining an entire race and spreading hatred towards the people of Chinese descent. It seems like the hysteria comes as a result of repressed racism and people's inability to differentiate race from nationality. This comes at a time when humanity needs to unite to fight against a common enemy and gerrymandering for political advantage will help no one.

Afterthought: What about the Economy?

Declaration of the pandemic has led to a global lockdown which has hampered growth rate by impacting jobs and thus, business. Guidelines like 'work from home' are not suitable for every industry, especially underpaid, unskilled and informal industry leaving a huge chunk of population vulnerable. In the US, CNN reported recently that "more than half of American jobs are at risk because of coronavirus primarily in areas like retail, manufacturing, construction and education." Since China makes up one third of the manufacturing sector globally, a complete halt in the operation of factories and a virus induced trust-deficit in Chinese products have majorly affected exports worldwide. Meanwhile, The rupee has plunged against the US dollar and the Sensex has crashed by 30% in the month of March. The sensex suffered its biggest loss since 2008 owing to investor scepticism and turmoil in the oil market as

tensions fuel after Saudi Arabia's price war. The USA has been worst affected by the pandemic with the greatest number of total positive cases. With the world's largest economy shrinking at the fastest rate since 1946, the global economy stands at the brink of collapse with soaring unemployment overburdening government resources. Mr. Trump's response to it has been careless, if not criminal. Downplaying the threat and being in denial has only worsened it further. India saw mass migration of unskilled and daily wage labourers to their hometowns, threatening the risk of further spread. Not all lockdown hit businesses can shift online in a country with limited internet penetration. Furthermore, Real estate, Aviation and hospitality sectors are hard hit due to the lockdown and the government hasn't come up with sector specific action plans. Hopefully, we will survive this pandemic, but what is to follow is equally grave.

COLLEGE NEWS

Updates from College in Midst of the Pandemic

As cases of Coronavirus increased in India, educational institutions took a leap to contain any further spread. On March 12, two days before colleges were supposed to reopen after the semester break, Delhi University declared an extension, closing all institutes till March 31, which was further extended to April 14 after the announcement of a nationwide lockdown. As many classes had syllabus, assignments and tests left to be covered in the month and a half before semester examinations started, teachers were quick to adapt to the crisis. After a meeting, they announced a plan of covering syllabus for their respective subjects. By March 15, teachers had begun communicating with students through WhatsApp groups and sending reading material and assignments via email. As teaching styles differ in the classroom, so did they in the way teachers adapted to the online transition. While some teachers took to webinars to cover essential topics in real time and take doubts, others sent recorded video lectures and presentations for students to cover on their own schedule while being open to doubts and calls. What remained common was that communication was clear, student queries were being addressed and feedback was considered to make the transition to online education as smooth as possible. Although students were initially overwhelmed with keeping up with the lectures, assignments and especially online tests; like any learning curve, overtime students grew more comfortable with the concept. Classroom teaching when compared



Shaheed Sukhdev College of Business Studies

to online lectures definitely have their own advantages, but as Ms. Sandra Suresh puts it, "With physical college being closed, students save time usually lost in travel and other distractions between classes so they can now make best use of this time studying without unnecessary breaks. The key is discipline."

CDC also prepares as previously scheduled companies on campus revisit the dates and mode of interviews. One member puts, "Although the shift came suddenly, we tried to make sure that students are informed and opportunities keep flowing."

For hostel students, the pandemic brought complications with respect to social distancing, as the university had declared extended break to avoid students accumulating in the same space, and having hostel rooms occupied defeated the purpose. An-

other hurdle were international students who, having foreign travel forfeited, had only the hostel to call home. Aditi Yadav, a first year hostel resident talks about the transition, "We received the notice that college will remain shut till March 31st but no particular guideline about hostel rules. Hostellers living in and near Delhi, including myself, did not have as big a problem as certain outstation and international students who were considering staying till the duration of the extended break. Amit Sir (boys hostel warden) personally talked to students about how it was safer to leave which cleared a lot of people's apprehensions. In hindsight, it was great that he talked to us as the lockdown that followed would have forced us in hostels and put us all at risk." Although, thankfully people left in time, international students were forced

to stay, things could have gotten worse were they living in a crowded hostel. As of now, around four students are still residing in the hostel, all of them international students. While not at risk, the fear of living away from family, with no one around does take a toll on a person. Ali, a first year student from Kenya shared his experience still living in the hostel, "The environment is just as expected, quiet, boring. Nevertheless, half a loaf is better than none. Thankfully the hostel authorities, cooks, cleaners, guards are here with us."

Another consequence of the pandemic for CBS has been on students appearing for internships and MBA interviews. Due to the nationwide lockdown, many companies and MBA colleges have suspended their interviews till further notice. CDC contacted the recruiters and the potential leads and pitched them the option of extending work-from-home opportunities to the students so that the internships can be pursued remotely. They are also keeping close contact with the HRs of the companies and ensuring no student misses out on any step of the process.

With an increasing number of cases and reports of the pandemic only growing, the existential crisis often comes to haunt. But what is important for us to understand is that we have the best resources and minds working to protect us at the frontlines. Having the option to stay safely at our homes is a luxury very few can afford, so, in classic CBS fashion, why not make the best of what we have?

Bored? Try Some Chatar Patar

As the college experiences a wave of cultural ideas becoming mainstream, added to the list is college's very own podcast. Shivansh Jindal of BMS 3FA released its introductory episode on 13th March, which is a part of a new production, 'ChatarPatar' started alongside Himanshu Kumar, Vibhor, and Arjun Jaiswal. They plan to extend their team, which would include photographers, cinematographers, fictional writers, graphic designers, and musicians. The podcast aims at exploring different ideas artists from various fields have, whether it is dance, music, or theatre. ChatarPatar is an initiative to bring all kinds of art-forms under one so that people with different interests can get inspired. Shivansh's passion for music, entrepreneurial nature and curiosity were enough to make him take the first step. This is an example of starting out something new and fresh to build a community in college. As many of us share similar taste, or at least appreciate new discoveries in art and cinema, having a podcast accessible to us and run by one of our own, might bring about opportunities to not just know about new artists, but even have our music/movie taste shared with people we see everyday. Next time you find yourself bored in quarantine, maybe give a listen to their newest podcast, featuring our college's very own, Hanita Bambhri, now a professional musician. ChatarPatar's new campaign, Lockdown Blues, would be live on 8th April; tune into instagram @aslichatarpatar.

CBS Alum Stars in Netflix Movie

While known for our usual placement record, CBS is rarely in the limelight for taking unconventional roads. This isn't necessarily a milestone for institutional success but for the artistic talent found in the nook of Nescafe, it rarely materializes beyond Delhi's collegiate circuit. Even the patrons of these arts focus only on the managerial aspect of their time in cultural societies to further their academic goals. Among many reasons why people don't choose unconventional career paths, lack of a precedent to follow might be one of the frontrunners. Breaking this cycle, Chayan Chopra, CBS Batch of 2019, explored performing arts as a viable career. His debut movie, Guilty, released as a Netflix Original on March 6, 2020. Trending on first place on Netflix India and several other countries, the movie starring Kiara Advani, Akansha Ranjan Kapoor and Gurfateh Pirzada received both critical and popular acclaim.



A Still From Guilty

Having served as president of CBS DramSoc, Fourth Wall Productions, Chayan had been performing on stage for the past three years. Setting a new precedent on the viability of taking unconventional career paths, he joins seniors Akshay Raheja who worked with playwright Abhishek Majumdar and Hanita Bambhri, a professional sing

er, who recently signed a record deal with Sony. As the list of those who travel the road less travelled elongates, it might no longer be less travelled. CBS Post would like to congratulate Chayan for this monumental achievement. We're proud of you!

IFSA Goes to Harvard Again

Global Case Competition at Harvard is a Business & Finance Case Competition organised by Harvard's Graduate Business Club with it being widely considered as the world's most prestigious case competition. Out of 140 teams, the team from CBS consisting of Kunal Vats, Ojas Jhamb, Aanand Negi, Raghav Nath and Sparsh Sehgal qualified for the International Finals as one of the Top 10 teams, notably being the only team from India to qualify. The case aims to provide participants

with a real-life M&A experience where in they perform financial analysis, conduct valuation and create pitchbooks. The case went live on 24th February 2020 with a submission deadline of 20th March. This year's case was an M&A scenario based on Amazon and Netflix, requiring all teams to deeply study the companies, the industry, and their financials. Talking about the feat, the team said that "The journey is not over yet as the next stage will require a greater degree of ded

ication and commitment. We are thrilled about the Finals as we would be competing against teams hailing from top global universities such as MIT, LBS, HEC Paris etc. We worked relentlessly and moved into a single house to focus on the case. It is safe to say that this was the most exciting project of our college lives." This is the second consecutive year that IFSA Network India has qualified for the International Finals of the Global Case Competition at Harvard University.

NEWS EXPLAINED

LIC Initial Public Offering: Decoded

As India's economic growth slumps to 4.5% amid worldwide recession and a global pandemic, Finance Minister of India, Mrs. Nirmala Sitharaman, presented the Union Budget for FY21 on 1st February with the three themes: Aspirational India, Economic Development and Caring Society. This is the third year in row in which India has failed to meet its fiscal deficit target so one of 3.5% of GDP, seems a little too ambitious. The country is looking at major structural changes to revive growth.

In order to raise funds to meet the deficit, the Government plans to sell a part of its stake in LIC, through an IPO in the second half of the financial year ending in March 2021. LIC, completely owned by the Government of India, is the largest financial institution in India. This move will bring huge funds to the government and help meet a significant portion of the disinvestment target of Rs. 2.1 lakh crore. It would also give retail investors an opportunity to participate in the wealth so created. LIC will follow the lead of Recent IPOs of Rail Vikas Nigam, IRCTC and Bharat ETF which cumulatively raised around Rs. 21,000 crores. The Government also aims to privatise Air India and BPCL along with disinvestments of many other such corporations including Concor, Shipping Corporation of India and Neepeco.

However such disinvestment initiatives are often viewed through a lense of nationalism which overpowers business prudence, with the government facing criticism for reducing their stake in public sector units while it's still viable. Addressing this myth, listing of a company does not mean privatization as long as the government's stake is more than 50%.

The IPO becomes all the more important when one considers the crucial role that the LIC plays for the government by providing it with the financial backing clout to complete a large number of corporate bail-outs and provide it with the funds to enact fiscal stability measures and potentially even bail the government out in certain cases. With its listing, that may become more complicated for the government.

Scindia and the Political Dilemma

Jyotiraditya Scindia's switch from Congress to the BJP on March 10 2020 sent shockwaves throughout the political arena. Mr Scindia had been elected to the Lok Sabha from the Guna constituency in Madhya Pradesh from 2002-2019 on a Congress party ticket.

The family's foray into electoral politics began in 1962 with Vijayraje Scindia, the maharani of Guna, being elected to the Lok Sabha. As she grew disillusioned with the Congress she switched over to the Swatantra party and the Bhartiya Janta Party. Her son, Madhavrao Scindia, who never lost an election since 1971 started through the Jansangh Party before switching over to the Congress in 1980. A major reason for the success of royal families in electoral politics is the command that they held over the voter base of the region as former rulers, which has been further evidenced by empirical examples such as Maharani Gayatri Devi achieving the world's largest landslide victory in 1962, winning 192,909 votes out of 246,516 cast.

However, the voting patterns have matured with the voters learning to vote differently in the central and state elections. A perfect example of this is Jyotiraditya Scindia losing the Guna Lok Sabha seat, a family stronghold, in 2019 and falling victim to the Modi-wave. A year later he contested and won a seat to the state assembly and remains an eminent state leader, with great popularity in the Chambal valley

With total investments of 28,01,483 crore in the 13th five-year plan, LIC is the largest institutional investor in India, further highlighting its strength as an institution for the government. On the other hand, this poses a risk for investors as they have to account for not only the risks present in the insurance industry in India, but also country risks, accounting for potential bailout packages.

From the investors standpoint, not everything indicates a rosy picture for LIC as it is also a company that faces a great deal of statutory exposure, such as the detrimental impact of the removal of tax deductions in the current budget on LICs insurance book.

Over the years, there has been a steady increase in the NPA levels at LIC which have further been accentuated by the decline of the NBFC sector in India. Currently, LIC has NPAs of around Rs. 31 lakh crores as it had become the government's financing arm. This might change as listing of LIC will ensure more transparent and regular disclosure of its investments and loan portfolios. Hence, this would not only provide the government with the much-needed funds, but would bring good governance to LIC and other such corporations. Furthermore, it is important to understand the statutory environment around LIC which is governed by the provisions of the LIC Act 1956. Attributed to the large base of policyholders of LIC is the sovereign guarantee attached to it, as mentioned in the act. Another section reserves only 5% of the surplus to be distributed as dividends. Amendments to these sections hold the key to make the IPO more lucrative for investors. Furthermore, as another reminder of its commitment to make the activities of the LIC more transparent it should allow all decisions with respect to the utilization of surplus to the shareholders. Although this will probably not impact the end decision as the government still maintains a majority shareholding but it will reduce some of the statutory opaqueness around LIC.

region. However, post the state elections, his side-lining was evident. Mr. Scindia submitted his resignation addressed to Party president Mrs. Gandhi with statements such as "My aim and purpose remain the same...to serve the people of my state and country, I believe am unable to do so." Minutes later, the Congress released a statement expelling him "with immediate effect" for "anti-party activities".

Soon after Mr. Scindia left the party, he was followed by 27 loyalist MLAs. With the Congress having lost command of the state and BJP back in power, Mr. Scindia's switch becomes more significant than ever. The move seems to be driven due to his personal ambition of holding the Chief Minister's office in Madhya Pradesh and gaining prominence as a national leader by benefitting from brand Modi, the well-oiled BJP electoral machine. However, considering that the BJP already has significant local leaders who can take the mantle from Shivraj Singh Chouhan and that Majority of Scindia's influence is centred in the Gwalior-Chambal belt, which might not be enough to instantly propel him into a national leader.

Another interesting aspect of the decision is BJP's clear stance against political dynasties. It would be intriguing to know how BJP would accommodate Mr. Scindia and his Chief Ministerial ambitions considering the tag that comes along with him.

Fall of the Hollywood Predator



Harvey Weinstein found guilty of sexual assault and rape

On January 24th, Harvey Weinstein, 67, was found guilty of sexually assaulting former production assistant Mimi HALEY and raping former actress Jessica Mann. Hence the renowned producer was sentenced to 23 years in the landmark #MeToo case.

With more than 100 women complaining against Weinstein, the #MeToo movement was fuelled up against sexual abuse and harassment. Influential Hollywood producers leave a legacy through their movies, however, Weinstein's legacy will be that of misconduct.

Weinstein's actions propelled the #MeToo movement, started in 2006, to the mainstream more than two years ago, and hence the trial was not just an arbitrariness of his guilt, but also a victory for the movement. The verdict challenged the notion that those high in the hierarchy have the power to control the truth. However, it is just a partial victory. It's impossible to put a number on what the survivors go through. The disgraced producer, though got a 23 year prison time, was cleared of the most serious charges against him. The court may have proved him guilty, but the producer stood innocent in his eyes when he denied all allegations against him and reasoned it behind a 'confused' state of mind, portraying no signs of remorse.

Fashioning poetic relevance, the movement worldover has given bittersweet results. The movement is credited for creating a platform for women to come forward, changing the narrative from questioning the victims and asking for character certificates to believing all victims, propelling the

argument that women have only justice to gain by telling their stories, as observed by the Brett Kavanaugh hearing in the US. But this immunity is selective. Women of colour and in third world countries still continue to fight alone. When the MeToo movement reached China, circling the education space and bringing out horrible abuse of power by college professors, the protestors were violently jailed. Even the hashtag MeToo was banned from Chinese firewall, which brought creative ways for the Twittersverse to show solidarity.

In India, Unnao rape victim was murdered after her father and brother faced the same fate before her rapist, BJP's Kuldeep Sengar was imprisoned for life.

The cultural shift in how we talk about sexual assault is still the biggest victory of the movement. Accountability from the structures which allow sexual misconduct to happen, the lack of female representation in boards who sweep workplace harassment under the rug and a legitimacy debate around "locker room talk" have brought about fundamental changes in the source of oppression, ripples of which will be felt for years to come. The movement has come full circle by actively working to represent women suppressed by class and race divide who lack the agency to stop, report or speak out against abuse, the underlying philosophy being that the time of sexual misconduct anywhere is up.

It is a reminder of how far we have come fighting the battle for equality and safety and how far we still have to go. It is a step forward, a huge step indeed, but we still have miles to go.

Yes Bank Crisis: Explained

The crisis at Yes Bank dates back to 2015 when UBS published a report saying that Yes Bank has borrowed 125 percent of its net worth to stressed companies. This was followed by an asset quality review by the RBI which showed that it's NPAs stood at Rs. 8000 crores than the Rs. 2000 crores as declared by the bank. In 2018, RBI asked Mr. Rana Kapoor, the then CEO of Yes Bank to step down from his position and appointed Mr. Ravneet Gill as the new CEO. But the situation continued to decline.

The problem took a serious toll in the initial week of March when the price of shares of Yes Bank fell down by 62% in a single day. On 5th March 2020, RBI imposed a moratorium on the bank under Section 45 of the Banking Regulations Act, 1949. Mr. Prashant Kumar, RBI appointed administrator superseded the board of directors at Yes Bank to become the new CEO and MD. A reconstruction scheme was announced by the RBI to bring the bank back on track.

Under this scheme, a restriction was

imposed on the withdrawal limits above Rs. 50,000. The AT 1 Bonds issued by the bank were decided to be permanently written down. A lock-in period of 3 years was imposed on the shareholders for 75 percent of their shareholdings, with exemption for those holding upto 100 shares.

Although the restrictions to withdrawal were removed after 13 days on 18th March 2020, the investment lock down still poses a threat to the investors of the Bank.

RBI has also prompted State Bank of India along with HDFC Bank, ICICI Bank, Axis Bank, Kotak Mahindra Bank, Azim Premji Trust, and other private bodies to invest and own a 49% stake in the bank to pull it out of the crisis.

The crisis faced by the Yes Bank raises the question as to why preventive measures were not taken when the RBI was aware of the leaning danger over the bank. Although the government must be praised for its quick actions in rescuing Yes Bank, it cannot be denied that somewhere, the Central Bank is also responsible for this fallout.

MANAGEMENT

Making it in Investment Banking

Ankita Bagri, an Investment Banking Analyst at Nomura, she shares her perspective of women in Investment Banking

What brought you to your current job? Did you always want to be an investment Banker?

I had heard about I-Banking straight from the horse's mouth in a pre-placement talk held by Goldman. The projects in an IB division range from helping a bank raise an ESG bond which would fund women-run SMEs in under-served communities of Tunisia, valuing an off-shore wind farm as Europe pushes for renewable energy, to figuring out the evolution of the music industry over the next decade. Broadly, there are product and industry teams in all major IBs and the activities range from financial advisory to driving value in businesses through M&A and underwriting.

I was fascinated by both finance and the markets and ended up interning for Goldman's equity research division where we developed investment thesis on a portfolio of stocks based on macro and fundamental analysis. A quest for getting more transactional experience brought me to my current role as an IB analyst with Nomura.

How different is your role as an Investment Banker from what you may have expected? How has your experience been compared to your expectations going in?

I was pretty well networked before joining Nomura thanks to my internship and college alumni so I had a fair idea of what to expect.

One's experience is heavily dependent on the team which is why fit as important as technicals in an IB interview. You might have heard of the airport test wherein the interviewer checks whether being stuck with the interviewee at the airport for a couple of hours would be exciting. You spend anywhere between 60-80 hours with your team mates every week so that's a fair ask.

As for my experience, it has been tremendous, challenging, and truly international. We had a fairly rigorous and comprehensive training session and campus development program which eased us into work life.

What's a regular day at Nomura like?

Each day is a different beast but the mornings are the most consistent and methodical, often

full of team meetings and sending out a punchy update on the markets to the client and getting their thoughts on the deals. After that, as an analyst, one works on company valuation, creating models, and putting together pitch books. There are often many iterations and nits in the books which need a fix which contribute to the long hours.

What's the work-life balance like? Do you see IB as a long term career option?

While a career in an IB is intense, there are factors like seasonality, macro-environmental conditions, and the stage of the deal which influence one's volume of work. It's common to see people take a week or a fortnight off after each quarter to unwind and travel.

In terms of day to day responsibilities, it's more important to be crisp, efficient and thoughtful than trying to be the hardest working person out there and burn out. People seldom care about facetime as long as you are equitably pulling your weight; output is much more important.

One shouldn't take a linear perspective to work-life balance but focus on the most important task for the day, be that working on a live deal, or attending a friend's wedding. If you pace yourself well, there is no reason why working and having a life have to be mutually exclusive.

Considering Investment Banking is tagged as a 'Man-Dominated' field, has being a woman impacted your experience in your career?

Pop culture depicts the perplexing world of finance as a veritable playground for men rife with intense boardroom negotiations and dark suits. In the real world, this is tagged as a pipeline problem where lack of diversity in the viable pool of candidates results in a lack of females in the field. Let's think of the single most important attribute to succeed in an IB - developing an investing perspective. This entails both numbers and narratives. As Wall Street's dean of valuation, Aswath Damodaran, says, "Valuation is neither art nor science but a craft, a skill you learn by doing. And the more you do it, the better you get."

Instead of clogging more of the same pipeline with number crunchers, we need to broaden



Ankita Bargi, Investment Banking Analyst, Nomura, Mumbai

the pipeline by giving importance to skills like natural intuition, relationship building, and emotional intelligence which are arguably harder to teach.

Even if one jumps through this hoop, we need more female role models to emulate because women have to make different choices than men. I have been very fortunate to have worked with not one but three female managers. No doubt, it's important to be thick skinned but they are all refreshingly different in their career, working style, and life choices.

Banks have started taking a few steps to hire more females. For example, Goldman says 50% of its entry level staff needs to be female or that they won't take a company public unless said company has at least one diverse board member. You can hear a similar tune across IBs with initiatives like mentoring and female networking sessions (finding a right mentor for a female is also a difficulty!), returnship programs, and diversity quotas. Find mentors, keep yourself updated of these events, and on a more idealistic note, be the change you wish to see in the world and all that good stuff!

What's next for you?

The hierarchy in an IB is pretty well defined and work morphs into a different beast as you climb up. Markets have been very challenging off late, providing a great learning experience. Going forward, I am excited to fine tune

my financial skills and coach and mentor juniors in the team.

Would you like to give some advice to our young readers?

I recommend trying the internship route to an IB as that's a bit like dating, it's not just the firm assessing you, but you trying to understand whether working in an IB is something you want. Do the heavy lifting of networking and polishing your technical skills a little bit before the placement season to get an edge. You need to be on your toes and actively tracking these opportunities because they are limited in number but have historically popped up out of the blue.

In terms of soft skills, know how to hold a good conversation, be humble, a good team player, and focus on thinking like an investor - if you want to do PE/HF later on, this might be your single most important point.

There is an entire gamut of jobs in an IB ranging including core IB, equity research, asset management, and sales and trading. Don't make IB the be all and end all, try to understand how each of these field is different and what work and lifestyle suits your temperament. Create that optionality for yourself because choosing the wrong career path is a bit like being the rainmaker in the hurricane, you can add much more positive value elsewhere with your skills. As it is said, your career is a marathon, not a sprint.

EDITORIAL

Is Women Empowerment Still a Myth? What to Expect from Expectations?

Saurbhi Singh
BMS 3FB

The wife cusses the mistress while the man watches. The society too defames the mistress, only her. The man has the license to infidelity, the mistress doesn't, so the woman doesn't. One speculates that the wife hasn't been able to satisfy the man, causing him to be distracted. The man can't be reprimanded.

What I described above is the general course of actions for situations like these in our society. A man's unbounded space to practice his will and the general hesitancy in questioning the practices simply reassure us of the existence of maleficent oppressive forces at work. What they also suggest is how men are not always the designated drivers of patriarchy as one would tend to believe.

Many of us continue to define Women Empowerment in these narrow terms - the economic and social upliftment of women - suggesting that an empowered female is economically independent and socially active. Do we then not, by corollary, or even inadvertently also state that other women such as those involved in domestic chores are not empowered because they are not economically productive?

There also is a lack of acknowledgment of the tasks that women are then expected to do forcing them to aspire for tasks traditionally assigned to men namely the duty of earning and so, our attempts at empowering women are entirely displaced because of our willingness to fit them into the system governed by the patriarchy.

So, it seems, there is a need to propose a more relevant, a more justified and a more appropriate definition of empowerment such as this: the freedom to exercise one's will and to make choices without hesitation. The sense of having choices in most societies is frankly just an illusion. What else can explain that geographically and temporally separated women must most often struggle with to choose, apparently between a career and domestic responsibilities. Somehow, it seems that motherhood compromises a woman's intellect and working ability. Fatherhood, apparently doesn't reap the same effects for a man.

I also consider it necessary to mention how women and their choices in our society work like a pendulum. A pendulum is defined as a body swinging to and fro between two fixed points, its movement defined and restricted by a fixed string. When you add life to a pendulum, it takes the form of a woman, the woman being the weight at the centre who is guided by the stringy social ideas of what a real woman is supposed to be. She continues her monotonous trajectory which, in turn, disables her from exploring other choices than what are presented to her. She lives as a desolate even as she is accompanied by other pendulums, not knowing that there are other viable possibilities as well! Women empowerment is still a myth and shall remain so unless we liberate ourselves of our conventional ideologies.

Aryaman Wadhwa
BBA(FIA) 2A

It was Hideaki Anno who once said: "I'm often told that those who don't like themselves set high expectations for themselves, but I think people who say that don't really understand how painful that is."

All of us are missing something; all of us are flawed. With all that happens in the world, all the chemical reactions that take place in even the simplest of things, the way atomic particles react; even amongst all of that, the most complex part of our lives is our emotions, and at the centre of this complexity is our image of the world and ourselves. But when exactly it is that we start hating ourselves? I've come to see that it depends a lot on the kind of expectations that we have of ourselves. Expectations are really just beliefs, but our relationship with expectations often reveals a lot about the way we interact with ourselves, and the way we interact with ourselves affects the way we move forward through life.

It's when we make expectations unrealistic or rigid as a means of putting pressure on ourselves that it slowly starts to chip away at us. Most of us have a dichotomous way of dealing with expectations; we either turn inward away from the world and the people in it or turn outward to get people to notice us and to prove our worth.

You might think by turning inward; your expectations would focus on yourself. However, we, in turn, place our expectations on the people around us and expect the world to change before we do. By doing what we're told, by doing what people want, by doing what society says is ideal, we hope that the people around us might acknowledge us how we want. We use this as an excuse to run away from dealing with ourselves, so we can blame others when things don't go our way. Ignoring what we want, what we need, in favour of people-pleasing, we continually give away our worth by

giving others the power to decide how we should feel about ourselves.

By placing our expectations outwards, we strive to achieve all that we can and use those achievements to cover up our insecurities. We expect great things of ourselves, so when our place in a hierarchy is threatened, it starts a decline in our mental well-being. By giving so much weight to our achievements, we have made them our defining features. When the desire to be great becomes a need, it leads to a big problem.

In reality, unrealistic expectations are just the way we punish ourselves. They live on the parts of us that we can't accept, the ones that we're trying to crush into submission. So who can we rely on to save ourselves from these rigid creations of our minds? Do we find solace in religion? In film? In music? In art? No. What about other people? But the others are just as flawed as us. No one knows what they're doing; we make it up as we go along. If there's nothing to rely on, then who will save us? Well, only we can save ourselves.

We find our salvation nowhere but within ourselves. Until we realize that everything that we don't necessarily like about ourselves is a part of us, we can never get to know our true selves. Give the little imperfections a chance, and try to change only those things that you can.

It's so simple, and yet so hard. It's not at all easy to accept 100% of ourselves. But limitations and working around them is what makes life move forward. No one's perfect, so stop expecting yourself to be but don't use that as an excuse not to try harder.

When it comes down to it, you have to carry your weight, and you'll only feel lighter once you stop choosing who you think you should be, and start choosing who you are.

The Hero We Chose to Forget

Sagnik Monga
BBA(FIA) 2B



Dhyan Chand (R) in the semi-finals of the 1936 Summer Olympics



Dhyan Chand, the wizard of Indian hockey who led India to the hockey gold

August 29, ring a bell? If you don't live under a rock, the National Sports Day is celebrated in India every year on that very day. It also marks the birthday of arguably the greatest player to ever grace the game of Hockey - Major Dhyan Chand. Interesting story of how Dhyan Singh became Dhyan "Chand" is that the maestro used to practice Hockey under the moonlight after completing his daily service hours for the Indian Army.

Leading India to three Olympic Golds in 1928, 1932, and 1936, Chand and his younger brother, Roop Singh, had created quite a frenzy with the Germans lining up to catch a glimpse of the duo at the Berlin Olympics in 1936. Adolf Hitler even offered them a position in the German Army, but

the brothers were too loyal to their country to fall for an opportunity like that.

But why does the title say "THE HERO WE CHOSE TO FORGET?" What could be the reason for ignoring the legend who single-handedly changed the face of Indian Hockey for years to come? Shouldn't we question ourselves and the authorities for not recognising the contribution and not conferring him with the achievement he deserves? It is astonishing and ironical, to say the least, that the man who lends his name to the Lifetime Achievement Award in Sports and Games has himself been devoid of India's highest civilian honour, the Bharat Ratna.

Post amending the rules making sports persons eligible for the prestigious award,

Dhyan Chand was nominated at four different occasions by the Sports Ministry but both UPA and the NDA have paid no heed and their indifferent attitude towards "The Wizard" has caused many fans to express disappointment and resentment for having their demands falling to deaf ears.

Sachin Tendulkar was conferred with the Bharat Ratna just a year after he hung up his boots. This makes me wonder, what more should have Dhyan Chand done to be eligible for the same?

Of course, I do not want to put Sachin vs Chand and debate about their service to the country - that would just be insulting and subverting their lifetime efforts and struggles. But just on the grounds of seniority, shouldn't the Hockey maestro have de-

served to being regarded worthy enough to become the first sportsperson to be conferred with the highest civilian award of the country? Sandeep Singh, ex-Indian Hockey Captain had this to say, "It's a shame that a person who has done India proud in so many occasions hasn't been given the highest honour of the country, yet."

We as countrymen can just hope that the government realizes the efforts the great man has put for the game and the nation and finally recognizes his contributions. Bharat Ratna or no Bharat Ratna, Major Dhyan Chand was, is, and will always be the greatest of all time. And since he is yet to be conferred with the award, whose loss is it actually?

CULTURE



A Fresh Lick of Paint

Shiva Lohia
BMS 2B

The streets of Delhi often seem alive. They speak the words and sing the songs of the rebels, the poets, the downtrodden and the commoners. Street art has made its place in being an effective way of voicing the people’s political opinions. Apart from being a delight to look at, it has the ability to simplify complex issues by breaking it down into a single frame for the viewer. Its eye-catching, thought-provoking, and leaves behind a lasting visual reminder of somebody saying that my opinion matters.

Graffiti and installations have a long-standing historical relationship with driving political movements and encouraging dissent. The 2019 pro-democracy protests saw the walls of Hong Kong marked with expressions of people, often aiming to spread awareness over the extradition bill. The Egyptian revolution of 2011 saw the streets of Cairo painted with depictions of police brutality and has been credited to have made street art mainstream in the political arena.

The Anti-CAA-NRC protests across the country saw a plethora of graffiti and installations coming up in the city,

drawing inspiration from the works of poets like Faiz Ahmed Faiz to revolutionaries of the Indian Independence movement. Art in the movement has acted as a silent cry against police brutality, against what the people feel are discriminatory laws.

On 24th March, soon after the announcement of the nationwide lockdown to stop the spread of the novel coronavirus, the government acted swiftly to remove the installations and cover up the graffitied walls across the city. It raises the point of covering up only the artwork related to the Anti-CAA-NRC movement while multitudes of illegally painted murals continue to exist peacefully within the walls of places like Hauz Khas Village and ShahpurJat.

Ironically, the term vandalism was coined in 1794 by Henri Grégoire, bishop of Blois, to describe the destruction of artwork following the French Revolution and has largely been associated with the destruction of art of historical significance, which leads us to question, who is the true vandal?

Clockwise from the top: A mural of late freedom fighter Shaheed Bhagat Singh at Jamia Milia Islamia, wall art in Cairo raising a stance against police brutality and lack of political freedom, the Lennon Wall with more than 10,000 Post-It notes in Hong Kong, a 40 foot structure of India’s Map at the Shaheen Bagh protest site, a worker covering up graffiti at Hauz Khas village.

Major Minus the Mirror

Mayank Srivastava
BMS 3FB

Art is often the mirror to society but it is also a hammer through which we shape society as Bertolt Brecht has said. It’s easy to reminisce over easier times when you are confined within four walls. One of my favourite past times in these grim days is opening my old laptop and searching through my “Music Library” which is basically a list of songs I “borrowed” off the internet way back when streaming wasn’t a big thing. One of the more famous bands during that time was ‘Coldplay’ who were putting out good music with bits and pieces of somewhat of a concept album within their discography. One of their more known works “Mylo Xyloto” should ring a bell. That album with the songs ‘Paradise’, ‘Princess of China’ and ‘Charlie Brown’? Yes, the one that gives you a hard time pronouncing its name so you basically stopped recommending it to people. Fun fact, the album mirrors with its own story and I like to think it’s one of those evergreen pieces of art that will hold strong today, tomorrow and forevermore. It talks about a war set in a bleak and dull world against sound and colours by a supremacist government. The Orwellian society called Silencia is ruled over by a dictator, Major Minus, who controls the population through media and propaganda



Mylo Xyloto Album Cover

Major Minus’ main aim is to take away sound and colour from the streets to drive the ‘feeders’ who prey using energy from the same. Like every fictional universe, this one has its own rebels who are called “Sparkers” people who create lights and sparks comparable to graffiti in our world. Mylo, a ‘silencer’ is tasked to hunt down these sparkers, and one day fate brought him face to Xyloto, the most wanted sparker. This is a turning point in the story. Mylo learns about his sparker abilities and his parents who created “the Car Kids”, a major sparker faction. All this fed into a 6-part comic book series by the same name.

On the third track ‘Paradise’, which is one that most of us are familiar with,

the lyric “when she was just a girl, she expected the world” talks about how when Xyloto was a little girl she expected freedom and all she got was restrictions on her and her inherent spark. “Life goes on, it gets so heavy; the wheel breaks the butterfly” talks about how as she grew up, life was not as it was in the fairy tales and literally quite the opposite. ‘Charlie Brown’ is a coming of age track that describes how Mylo steals car keys to go to a party where he meets Xyloto and they fall in love and he discovers his sparker abilities as by the lyrics “we’ll be glowing in the dark”. In ‘Us Against the World’, as the title implies, it is them against everyone in the world as Major Minus runs rampant. “Every Teardrop is a Waterfall” prophesies how Mylo is the chosen one but he is torn as he is a ‘silencer’. The instrumental interlude ‘M.M.I.X.’ instils a fear of silence in the listeners and how ‘Major Minor’ shows us that everyone is being watched and Orwell’s classic ‘2+2=5’ by the lines “They got one eye watching you; And one eye on what you do; So be careful ‘cause nothing they say is true”. ‘Up in Flames’, ‘A Hopeful Transmission’, ‘Don’t Let it Break Your Heart’ and ‘Up with the Birds’ comprise the last and, in my opinion, the most interesting part of the album, making up how the story unfolds and ends.

I’ll Give You the Sun: Review

Aditi Yadav
BMS 1B

I’ll Give You the Sun, written by Jandy Nelson, presents the journey of self-discovery of twins, Noah and Jude, who suffered from loss and heartbreak and learnt to accept life in all its glory. It is narrated through the intense alternating perspectives of the twins with a time difference of 3 years. At 13 years of age, they are close to each other and are preparing to get into the art school their mother wishes for them to go to. Jude is the extroverted girl, who wants to discover new things and make mistakes, while Noah is the quiet child, who is extremely passionate about art. After three years, a tragedy occurs and their personalities switch completely and their relationships fall apart. Jude turns into a loner and is introverted, whereas Noah gains popularity and becomes the person everyone wants to talk to.

What made this book stand out from other contemporary fiction novels, is the way in which it is written, filled with metaphors and hints of magical realism, adding a feeling of whimsical beauty to it. The way the story unfolds with an air of mystery and how the story lines of different characters begin to weave in with one another is extremely remarkable. The characters are so unique and have been developed with so many layers to them. The book highlights duality of individuals through its protagonists and shares how grief and art can transform a person.

CAREER

Acing the Exams: the Known Question, Oddly Unasked, Hereby Answered by CBS

With the exams coming around the corner, we are here to provide you with a detailed and specific methodology and study tips to ace your exams quoted by the most meritorious students of CBS.

1. Full review of syllabus and notes: Merely scanning the syllabus is not enough to understand the nuances of the topics. A full synopsis of the list of topics should be prepared and discussed with the professor to understand which topics are most important from the examination point of view and which topics will act as a supplement to their understanding which can be out of the purview of the syllabus as well. Every student has a different study pattern and preparation methodology

while borrowing notes or referring to student council notes can be handy, to really study for the exam and elevate your knowledge base, handwritten notes and referring to the book is suggested.

2. Scanning past year questions: This might be a very generic tip which many students already do, but only referring the past year papers to get familiar with important topics is not enough. Observing the language of the question, inter-disciplinary questions and HOTS questions is a must for scoring good in the exams. Delhi University exams can be predictable only if abundant time is dedicated to studying the pattern and frame of the questions.

3. Prioritizing and time management:-

Making timetables and dedicating appropriate time to each subject on the basis of difficulty level is always advised, but following timetables become far-fetched for a lot of students when other activities are equally important and dynamic. Asking a third-year student, Pancham Gupta about the overall extensive goals and vastness of the campus and niche in and vastness of the campus and niche interactions, he quoted, "When you're trying to develop yourself, it's important to do it in a way that you enjoy, instead of a set pattern. Someone's learning comes through the society work, and someone's comes through courses and what not. What's important, is to remember that even though your goals are

your own, more often than not you're not alone in that. Be it extensive society work, or even CAT/GMAT or Placement prep. Surrounding yourself with like-minded people, who share your goals and your zeal, makes it easier to go around to achieving your goals. This creates a semblance of college life a lot of times."

4. Specific tips for writing exams: Highlight specific points and keywords in exams, supplementing answers with practical and theoretical examples, drawing figures and graphs for illustrations, preparing the derivations in subjects like IM, BSI thoroughly and completing the paper within 2.5 hours and full reading and revision of answers for improvisation in the last 30 minutes.

MiM, the Future of Management Degrees

Raghav Aggarwal
BMS 3FA

"Masters in management is one of the plethora of programmes available for students in their early careers that serves as an alternative to MBA for those who don't wish to gather the work experience required to apply for an international MBA. MiM is a European concept that usually involves one year of study in various fields of management and involves experiential modules to help students stitch together what is taught in class with what happens in the real world. These experiential modules can include international trips to business centres around the world, a consultancy project with a reputed company, a gap year for work experience or internships.

In my second year of CBS, I was faced with the dilemma of going for an MBA or an MiM right after college. Deciding on an MiM I applied to many colleges but chose LBS for several reasons.

London Business School, is one of the few top universities to offer an MiM programme with a 96% international student diaspora comprising some of the smartest people in the world with an alumni community of 42000 spread across 155 countries.. I chose LBS because of its balance of theoretical knowledge with practical experience and its wide range of more than 60 electives enabling me to customise the course. Moreover, as part of the programme, LBS takes its students on Global Immersion Field Trips (GIFTs) which exposes us to the key themes of entrepreneurship, sustainability, and social impact, and helps us understand how businesses function around the world.

Given the various benefits that MiM has to offer, I would recommend it to everyone who is looking for an experiential educational programme."



The London Business School campus at Regent's Park, London in United Kingdom.

Courses amidst COVID-19



Online Learning site Coursera

The COVID-19 pandemic has struck the education industry globally by driving students and teachers alike to the safety of indoors in pursuit of containing the virus. In India, the 21-day lock-down, announced by the Prime Minister Narendra Modi on 24th March 2020, has brought the whole industry to a standstill. In response to the ongoing crisis, various stakeholders have decided to provide educational material free of charge to encourage learning and social distancing.

On March 12, Coursera, a popular online learning platform, launched a 'global effort' to aid the universities impacted by COVID-19 pandemic through the 'Coursera for Campus' program. This program enables enrolled students of an impacted university to access a catalog of more than 3800 courses and 400 specializations free of charge CBS has enrolled itself for these courses offered. A notification of the same has been mailed to all students. Institutions that sign up for Coursera for Campus will have the access till 31st July 2020 and their students who enroll on or before July 31 will be able to access the courses till 31st September 2020. Furthermore, many of Coursera's previously premium resources were issued gratis through 31st May 2020.

Oracle announced that they are offering free access to online certification

courses that cover Oracle Cloud Infrastructure and Oracle Autonomous Database. The program commenced on 30th March 2020 and will continue until 15th May 2020 and will have quick and easy access to more than 50 hours of online training and 6 certification exams. To encourage reading during the 21-day lock-down, The Ministry of Human Resource's National Book Trust has made over 100 e-books freely accessible on their official website. Companies like Bharti Airtel and Amazon also joined in this movement by making a wide array of e-books/audio-books in the libraries of their respective online platforms -Juggernaut Books and Audible - accessible gratis to their subscribers. Besides the general academic material, these apps provide an assortment of select digital novels across various genres. Efforts have been made by the educational institutions, government organizations and private companies to promote learning via online media. Even though the traditional classroom studying cannot be replaced by the alternative available online, during this time of crisis, availing the benefit of resources accessible free of cost will enable students to add value to their long-term professional goals and career aspirations.

IFSA Team Finalists, Duff&Phelps YOUniversity Challenge

A group of two students from our college, members of IFSA Network India, took part in YOUniversity Deal Challenge conducted by Duff & Phelps. A total of approximately 80 teams across India participated in the competition and only three teams were shortlisted for the final round. This team from our college, ended up as one of the finalists and was the only undergraduate team of students. The students had a chance to present their solution in front of the Managing Director of Duff &

Phelps, India at their Mumbai Office. The competition aimed to test the students' understanding of M&A Advisory, Transaction Opinions, Valuation Services and Disputes Service Line. It revolved around real-life problems faced by the companies. When asked about how one should prepare for such competitions, one of the team members advised there is no fixed hard and fast approach that needs to be followed to win such competitions

Just some simple things that need to be kept in mind:

1. Rather than aiming for 10 different competitions and distributing time for each of them focus on one single competition and give it the proper time it requires.
2. When preparing for any particular competition do it with utmost dedication rather than just doing it for the sake of participation cause that will only lead to sheer wastage of your time

3. Try to develop a regular reading habit of news related to business, consulting and finance as it helps in broadening one's horizons and hence you learn different ways to approach research. Such competitions provide a perfect opportunity to the students to recognise their strengths and work upon them. Bringing yet another achievement to the college's hall of fame, these students reflect the talent and proficiency that SSCBS aims to harvest.

From the Desk of the Counsellor

Lockdown – Unlocking Happiness

As we all know that the only way to combat this COVID-19 virus is ‘social distancing’, and our country is presently under Lockdown for 21 days. This means being trapped inside our houses, away from our peers and the world outside.

For most of us, these are unusual times, bringing mixed emotions, for it can be tough to sit at home 24*7, especially when we are out of the habit of sitting with our family members for such a long period. Elaborating mixed emotions, this lockdown may prove to be a challenge to our mental health, leading to anxiety, frustration, anger, irritability and eventually making us run out of patience! For those at home, the lockdown period can be like the family-time we often miss out on, but for some, it can be like the time brought upon you only to test your patience. In the latter case, things can be stressful when we might be checked upon all the time, our waking – sleeping time being under constant scrutiny, and being flooded with several queries regarding our habits and at times the dreaded ‘future’.

“Things are becoming quite boring and irritating. Only NETFLIX and Instagram are fun! My parents are so fed up with me that they find humour in anything I say. Any mistake and they say ‘It’s all because of this phone of yours.’” - A student at home

“I’ve been reading a lot . Also, baking keeps me happy and I am helping Papa in his garden.” - A student at home

“I don’t like staying at home for a long time and it’s a pain, surrounded by people, who neither understand you nor try to, even in this time. Still, I am working, doesn’t matter how much, in such conditions. I’ve completed an online course in SQL.” - A student at home

“I can’t sleep, eat, study and I am mentally exhausted. I usually handle things but since the lockdown, I noticed that I am losing myself.” - Student based in P.G

“I have always been interested in fashion, so I have started a project on that. During arguments with my dad, I have been able to confront him when he is being unreasonable. This has helped me a lot.” - A student coping with aggressive father

These are the testimonies of a few students on how they are coping with these circumstances. We need to accept the things as they are. We can feel down but not defeated. The only option we have is to come up with coping mechanisms and enhance our patience, which can prove to be the toughest victory of ours. Sharing a few tips to cope with this unprecedented situation and be in good physical and mental health:

- Set up a daily routine- Start your day with greeting your family members, followed by a lukewarm glass of water and then practising yoga/meditation/exercise.
- Set your daily goals – for course studies, work from home, reading novels, NETFLIX time, video-chatting, Instagram, virtual games. Engage in activities like music, dancing, playing Ludo and chess with your family members or even giving rest to your mom and taking charge of the kitchen for a day!
- Try to work out for 20 minutes in three slots, daily.
- Identify the triggers that make you feel low- This is the right time to reflect on your mental health and identify any triggers. Reach out virtually, someone you trust and who could be non-judgmental and lend you a patient ear. One such person is your Counsellor .
- Do not spend much time in news viewing and discussing the same.
- Stay connected with your friends, virtually.
- Eat healthy food, sleep more and smile – Most of the time, we undermine the value of these, but these play a significant role in our mental well-being.

Be grateful to small things, the big things and everything in-between. Remember, it might be stormy right now, but it can’t rain forever. So, let’s be strong and happily count our blessings for being with our family members, for there are people who are struggling to get back to their respective homes at this time. It can be the best time to connect with our value system, invest in our family bonds and initiate some life-time memorable happy moments.

Hence, a symbolic time for unlocking our happiness!

Best wishes,
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