

# Solasta Writes

*New Beginnings*

*The Official Newsletter of Stella Maris College*

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## A LETTER FROM THE UNION!

Dear Stella,

It has been exactly 3 months since we took up the role of being Student Union members for the year 2021-22, but it feels like a day and year at the same time somehow. We came in with many plans and ideas to take our college a step further in maintaining a vibrant and active student community. Here is one of our more nascent initiatives - *Solasta Writes*! The idea planted itself when one of us was binge watching *Gilmore Girls*. "The Yale Daily", a journalistic community for young minds to explore, learn and voice their opinions on things that matter caught our attention. Watching the lead character of the show, using this opportunity to write along with her academics, led to the inception of an opportunity we hope to give each and every Stella Marian, via *Solasta Writes*. Stella Maris College has always been a beacon of hope for the education and independence of women. Now, as the Union of this prestigious institution, we hope to play our part in enabling our voices to be heard, read and acknowledged. Because we matter, our ideas matter and no one can tell us otherwise!

*Solasta Writes* is a bi-monthly newsletter exclusively for Stella Marians. It is a platform for students as well as faculty to share their thoughts about topics they are passionate about. We hope to make this initiative more informative, fun filled and inclusive to our audience in our upcoming newsletters. Thank you so much for your support thus far and we hope to have your confidence and enthusiasm for the year ahead!

We would like to thank the faculty advisors, the writers of "*Solasta Writes*", and Stellaideoscope for making *Solasta Writes* come to life!

Lots of Love,  
Solasta 21-22



Photo credit: Deepti. K, President Photography Club

## TEACHER'S DAY AT STELLA

by Srinidhi Alladi, III Commerce (Accounting and Finance)

Walking through the towering gates towards the blue-grey building that proudly welcomes its people, personally made me feel complete again. Our campus, which hadn't seen its students for so long, would finally have its day in the sun for Teacher's Day. Hours before the event, one could still see the dedicated Office Bearers of the Student Union sprinting from one corner of the OAT to the other to catch up to a teacher or to flag down one of the technicians in charge of the event. The Union Members were delighted to be back on campus, especially to host their first offline event of the year. "We're really, really excited that we got a chance to come offline and do this in person. It's a lot of fun and a little hectic, but we're looking forward to many more events like this!", said Student Body President Aliya Fathima Sheriff.

As with all events in college, the heart and soul of it belongs with the Event Management Club. EMC President Shree Lakshmi commented, "A lot of Google Meets went into the planning of this event but we feel happy to be back in college and see all the new volunteers as well." The setting was incredibly done by the cooperative effort of the EMC Office Bearers and their volunteers – KUDOS EMC!

The Teacher's Day event kicked off with a Welcome Address given by Vice President Aayushi, who welcomed all the students and teachers back to campus and promised them an afternoon of festivities. Sister Susan Matheikal also addressed the gathering with a prayer: "We pray for our teachers to continue their good work, so that they may beacon – the light that guides our students." This year has been truly eventful for Stella Maris. In addition to celebrating our 75th anniversary, we also rightfully celebrated 10 teachers who have completed their 25th year of teaching in Stella. One of the recipients of this honour, Dr. Lakshmi Priya Daniel, IQAC Coordinator and Associate Professor of the Fine Arts Department said, "Wow, I can't believe it that I finished 25 years – it feels like yesterday! I believe that I was destined to be a teacher. I can't imagine not being a teacher!"

Following all the kind words, the performing clubs finally got up on stage to put on a great show for the teachers. General Secretary Karthika delivered the Vote of Thanks and we were all ready to disperse. Little did the teachers know – the DEBSOC Club had something special under their sleeve for them. The blissfully air-conditioned F21 hosted a secret event filled with DEBSOC's specialty – A QUIZ! Created by the DEBSOC Office Bearers, the quiz was oriented towards famous teachers in history and their accomplishments.

To lighten the mood, there was a hypothetical situation segment. Take the word of this on-site reporter – it was a RIOT!. The Club neatly wrapped up their event with nostalgia as they got the teachers to reminisce about their initial teaching days and what they consider to be their biggest accomplishments. Dr. Jayshree, Assistant Professor of the Biotechnology Department narrated me a touching story: "Two months ago, a student of mine from the 2018 batch called me and said that she attended an interview for a PhD in Biochemistry in Germany. Apparently, the first question her interviewer had asked was whether she liked Biochemistry – and she was one of the students who didn't raise her hand when I asked the same question. In her interview, she mentioned what I said in that first class – and now she has got a PhD in Biochemistry! I'm on the right track with teaching. I'm making a difference. You students motivate us!"

“ I can't imagine not being a teacher!

When I talked to a few more teachers, I really understood what students meant to them. Dr. Sugi, Assistant Professor of the English Department said, "It's refreshing after those two years of break, because we thrive on students' energy – we need that infectious energy, not just to take class or to make sure it reaches you. But beyond that, to keep us going day to day." To one of the questions I had asked: 'What does being a teacher mean to you?' Assistant Professors Ms. Pavithra and Ms. Jesintha Preethi Francena of the Commerce Department responded, "That is what we've dreamed of so it's like a dream come true. It's our passion; we've been wanting to teach young minds and that is what we've been doing. Every year has been a great experience – online and offline."

All in all, I can tell you students this: our teachers cannot wait for the day to begin offline college again.



# ஸ்டெல்லாவின் கதைகள்

by Gayatri B, II Chemistry (PG)

"சொலாஸ்டா"-வுடைய முதல் மாதாந்திர கல்லூரி இதழுக்காக, ஸ்டெல்லாவின் கதைகள் ஒரு தொடர் எழுதலாம்-னு முடிவு பண்ணினோம். கல்லூரி முழுக்க சுத்தி திரிஞ்சு பழைய முகம் புது முகமுன்னு பார்க்காமல் ஒரு கதை சொல்லுங்களேன்னு கேட்டுட்டு வந்தேன். நிறைய கதைகள் கேட்டாலும் எல்லா கதைகளும் ஏதோ ஒன்ன தொலைச்ச மாதிரி ஒரு எண்ணம். அந்த கதைகள் எல்லாம் இதே தொடரில் அடுத்தடுத்து பதிப்புகள் பதிவிடப்படும்.

"பாதி வரை கேட்கும் கதை முடியாதெனில், மீதி கதை சொல்லாமல் யார் செல்லுவார்?"-னு ஒரு அழகான பாடல் வரி தூண்டின ஒரு ஆர்வத்துல, முடிவு தெரியாத பல கதைகளை ஒன்றன்பின் ஒன்றாக நான் தேடி போயிட்டே இருந்தேன்.

ஒரு வாரம் அங்க வாழ்ந்தாலே ஓராயிரம் கதைகள் சொல்லும் இடம் ஸ்டெல்லா மேரிஸ். 20 வருஷமா அங்கேயே பல்லாயிரக்கணக்கான கதைகளை பார்த்த, வாழ்ந்த ஒருத்தர்கிட்ட கதை சொல்லுங்க-ன்னு கேட்டேன். பேரும் போட்டோவும் வேண்டாமன்னு அவங்க விரும்பி கேட்டுக்கிட்டதுனால் அவங்க கதையை மட்டும் பகிர்கிறேன். "பள்ளிக்கூட வாசலையே 3-ஆம் வகுப்புக்கு மேல மிதிக்காத எனக்கு முழுநேரம் கல்லூரி வேலை-ன்னு எம்புள்ள என்ன அடிக்கடி கிண்டல் பண்ணுவாம்மா,"-ன்னு சொல்லி வெட்கப்பட்டு சிரித்த அக்காவை பார்க்க அவ்வளவு அழகா இருந்தது.

"6 பொண்ணுங்கள் 6 வது பொண்ணு நா. எல்லாருக்கும் பெரியவன் அண்ணன். அவன் மட்டும் 8-வது வர படிச்சான். சாப்பாட்டுக்கு மட்டும்தான் என் குடும்பம் கஷ்டப்பட்டது இல்ல. பால் வித்து அம்மாவும், பருத்தி வயல் வேலை பாத்து நாங்களும், தென்னை மரம் ஏறி அப்பாவும் கொண்டு வர மிச்ச சொச்ச பணத்துல தான் குடும்பம் நடக்கும். கூரை வீட்டுல வளர்ந்த என்ன-ஓட்டு வீட்டு மாப்பிள்ளைக்கு கட்டி கொடுத்ததே எங்கப்பாக்கு அவளோ பெரும் அந்த காலத்துல. 87-ல அவரு வேல செஞ்ச factory-ய இழுத்து மூடவும் பொழப்பு தேடி சென்னை வந்தோம். வந்த மொத வருஷத்துல ஒரு பொண்ணு.

அடுத்த வருஷமே ஒரு புள்ள. எனக்கு வாழ்க்கையில் ஒரே கங்கணம்மா. என் புள்ளைங்களை எப்படியாவது படிச்ச ஆளாக்கிடனும்னு. அதுங்களும் நல்லா படிச்சதுங்க. பொண்ணு ஏழாம் வகுப்பு படிக்கும்போது அவளை ஸ்கூலில் விட்டபின் வேலைக்குப் போன அவரு திரும்பி வரவே இல்லை. அடுத்த ஒரு மாசம் திக்கு தெரியல. ஒரு நாள் நைட்டு, எம்பொண்ணு என்கிட்ட கேட்டா, "நா வேணா உன்சூட வேலைக்கு வரவாம்மா?கீழ்வீட்டு பாட்டி வாடகை கேட்டு வந்தாங்க மூணு தடவ இன்னிக்கி"- னு. என்னைக்கோ கட்டின கங்கணம் அன்னிக்கு தலைக்கு ஏரிச்சம்மா. ஏதோ ஒன்னு என்ன இழுத்து கொண்டு வந்து இந்த காலேஜ் கேட் முன்னாடி நிப்பாட்டுச்சு. இன்னிக்கு பொண்ணு காலேஜ் முடிச்ச வேலைக்கு போயிட்டா, புள்ள காலேஜ் முடிக்க போறான். வாழ்க்கை நல்லா இருக்கு. அவ்ளோத்துக்கும் நா நன்றி சொல்ல வேண்டியது இந்த காலேஜ்-க்கு தான். 21 வருஷமாச்சம்மா, நா இந்த காலேஜோட கையையும், இந்த காலேஜ் என்னோட கையையும் இறுக்கி பிடிச்சு. இன்னிக்கு வர நானும் அது கைய விடல, அதுவும் என் கைய விடல. என்னோட சேர்த்து, என் குடும்பத்தையும் அக்கரைக்கு இழுத்துட்டு வந்த இடம்மா இது"-ன்னு சொல்லி, கலங்கின கண்ணை அந்த பக்கமா திரும்பி தொடர்ச்சுக்கிட்டு, ஒரு கடைசி சிரிப்போடு அடுத்த வேலையை பார்க்க போய்ட்டாங்க.

நீங்க சொல்ல வேண்டிய கதை எதுவும் இருந்தாலும் கீழ்க்கண்ட மின்னஞ்சலுக்கு அனுப்பி வைக்கலாம்.

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# HEAR FROM AN ALUMNUS TURNED FACULTY

*Interviewed by Shakti Shree, II Economics; and Shaheen Fathima, II Zoology*

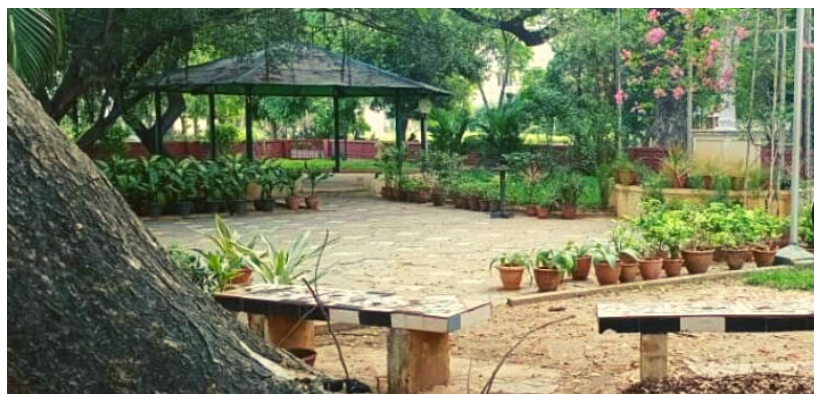
Now imagine this. It's the Valedictory Day, you are at the OAT, with your candles lit... cherishing all the lovely memories that these classrooms hold... finally bidding goodbye to the college... wondering if you'll ever return back. And VOILA, you find yourself back in those very classrooms but with the roles switched. That's exactly what happened with Ms. Tracy Jose, an Assistant Professor, from English Department Shift 1. Shakti Shree and Shaheen from the Solasta Writes team had the privilege of interviewing her and this is an excerpt from the interview.

**Shakti:** So the first thing I wanted to ask you was: becoming a professor, was it an accident or a choice? And, what is it like being a professor of English Literature?

**Ms. Tracy Jose:** I don't think I have always wanted to be a college teacher. I have been incredibly fortunate because I have had some wonderful lecturers at both the bachelors and masters levels. And I always hoped that I would also be able to get students excited about all the things that I have personally enjoyed learning about in literature. It's a lot of fun teaching the subject, because I get to read and find out about so many different things and also talk to so many people about it. I think that's the really great part about the job. Literature is also constantly changing and evolving. And while this is challenging, it's also very exciting, because you're never really teaching the same thing for too long. Classes also depend a great deal on how students respond to and interact with the texts we are dealing with. I find that I always learn something different each year with each new batch of students.

**Shakti:** You were an Assistant Editor at Oxford University Press. Could you tell us what exactly your job was, how you got in, and what was your biggest takeaway from it?

**Ms. Tracy Jose:** Right. So I actually joined OUP (Oxford University Press) shortly after I completed my master's degree at Stella. I actually just applied directly through their website, I cleared the written test and an interview with the publishing director and joined soon after. I joined as an editorial trainee, and became an assistant editor with the School Education team. It was a great learning experience, because I now know the different stages a book goes through, right from the manuscript to the different printed versions of a book. And while I learnt a lot there, I think my biggest takeaway, strangely enough, was that editing as a profession was just not my cup of tea.



Ms. Tracy Jose's favorite spot in Stella Maris College.

photo credit: @smc\_memes\_ on Instagram.

I suppose sometimes you just have to spend some time with a job to come to the conclusion that it's not the right fit for you. I missed the classroom so much. I also missed reading for fun, and not just reading for editing. I think that was the main reason why I decided to quit my job with OUP, although I learnt a lot there. So shortly after that, I got my first teaching job at Mount Carmel College in Bangalore. And then one semester later, I joined Stella.

**Shakti:** What is your favourite thing about Stella? Is there a favourite spot, or a favourite ritual that you are particularly fond of?

**Ms. Tracy Jose:** I think my favorite part about the Stella campus is the Green Hut. I find that it's one of the most peaceful places on campus. When I was a student, my classmates and I used to go and spend a lot of time there. When we had extra-curricular activities to do, the Green Hut was our go-to place. I have also taken a few of my classes there.

As far as the specific events go, at Stella, I think I love Valedictory day. I feel like that is such an emotionally packed day. The OAT also looks beautiful with all the candles.

“ I learn something new with each batch of students.

Want to know what “film studies” is? Wondering which book to pick up next for those late-night reads?

Click on the link below to read the entire interview with Ms. Tracy Jose to know more :

[FULL ARTICLE](#)



**Ms. Tracy Jose**

Check out this document designed by 20UECA020 20UECA020.

canva.com

# MINING THE 'ORDINARY' IN THE EXTRAORDINARY: THE MIGHT OF ONE PERCENT

by Nikita Biswas, III Mathematics

Imagine standing on a hill, overlooking stretches of what looks like a sunbathing session for Midas' personal belongings at the first glance: a sea of daffodils. Quite naturally, the scenario would evoke a slew of thoughts among which, 'how?' would dominate the mind. A humble board stuck on a tree says, "50,000 tulips. One woman to plant them all." Suddenly, the tenacity of the human will strike as more realistic than the seemingly impenetrable and mystifying halo it is made to be.

Popularized as the Daffodil Principle, this idea from Jaroldeen Edwards' book under the same name, successfully highlights the significance of a well-known yet often overlooked, widely aspired element: consistency. As creatures of habit, it is quite amusing to find ourselves rattled in the face of repetition with potential for higher returns. Our appetite for Netflix and the bittersweet relation with the Skip Ads button would possibly suggest contrasting evidence. The question however remains: What lies behind such contradictions?

The practice of working consistently on a skill often yields improvement in the learning curve; the end-result being beautiful and satisfying as opposed to the unappealing nitty-gritties of the actual process. Stripped of the pomp and show, consistency ultimately boils down to something very elementary: dedicated repetition. The power of a single act done religiously is immensely underrated and the difference between improving and regressing is best illustrated by the following example: Assume an action to be done as 1. If done every day for a complete year, the result would be unchanged i.e., 1 raised to the power 365 is 1. If is regressed by one percent and done consistently, the results do not look encouraging enough i.e., 0.99 raised to the power 365 is 0.03. If improved by the same amount and done consistently, the results differ widely i.e., 1.01 raised to the power 365 is 37.8.

The quality of being consistent often complements diligence and constitutes a significant part of a student's life. As Stella Marians, consistency is a key factor in most of our successful endeavors. Starting right from the plethora of club activities or the responsibilities that ensue to the rigorous curriculum and assignment deadlines, being consistent goes a long way in ensuring a seamless learning experience. At Stella Maris, we consistently strive towards becoming the best versions of ourselves. After all, who doesn't like the idea of avoiding a total meltdown right before the eleventh hour?



Photo credit: Dan Wallace, Unsplash

Listed below are some insights to help you get started on your next consistency streak:

**Rome wasn't built in a day! Set manageable expectations:**  
Setting small yet reasonable expectations everyday is a great way to start. The sense of satisfaction obtained from achieving the set goals for a day, feeds the motivation required to achieve the next goal.

**Piece by piece! Strive for improvement, not perfection:**  
The process of consistency is all about focusing on getting better than what we were yesterday. Attaining mastery over your craft is a gradual process which relies heavily on improvement at every step of the way.

**Don't shy away from tweaking a few corners; refine:**  
Make adjustments according to the progress made so far. In Dr. Marshall Goldsmith's words, "what got you here won't get you there."

**Say hello to yourself! Be self-aware:**  
The awareness regarding what works and what doesn't is integral to the process. We are uniquely built in our ways and so are our instinct. It is perfectly okay if something does not work for you!

“*If improved by the same amount and done consistently, the results differ widely i.e., 1.01 raised to the power 365 is 37.8.*”

**C'est La Vie, failures are successes turned inside out:**

The illusory view of success could be likened to that of an iceberg: the spectators are often enchanted by the posh looking top view while the bottom of the iceberg wallows in an intangible concoction of failures, sacrifices, compromises, tough decisions and the sort. It is this ugly bottom half which is overlooked yet forms the supporting structure of the iceberg!

**Happy Hustling!**





## BACK IN CIRCULATION

*A look at what the Stella Maris College Library means to the student community.*

*by Prabhavathy K, III English*

When I recently stepped into the college campus after almost six months to interview librarian Dr. Mahalakshmi for this feature, I was immediately struck by the distinct atmosphere of learning that set it apart from the hustle and bustle of the city. Right from the gates where you are requested to show your ID cards, to the billboards commemorating the 75th anniversary of the college, the campus speaks for itself as an educational space with a long-running legacy, intentionally created for communities to come together to share knowledge.

The push to get students back in campus even as COVID-19 continues reminds us of the role that the physical space, infrastructure, and other services of the college campus play in creating meaningful learning experiences.

### Meeting new challenges :

The library had kept itself alive through the lockdown and assisted remote learning by making D-space (a digital repository of research papers, syllabi and question papers) accessible online. Having reopened after nearly six months, the library has now gone through a thorough eco-friendly pest control procedure and is back to offering extensive collections of resources and services to the community. It also looks forward to conducting events to commemorate the 75th anniversary of the college.

### Catering to the Stella community:

Not all libraries are the same. Librarian Dr. Mahalakshmi who is an expert at Library Science highlighted how ours is unique from others around the city. The approach taken in arranging books, the kind of books in collection, the technology used to access it, and preservation methods give each library a distinct personality. A quick browsing of the different services of our library gives an idea of its objectives. While a local neighbourhood library might prioritize light reads, the Stella Library caters mainly to the Stella community and focuses on fulfilling their information needs, aiding the curriculum and extra research. It is also a space for Stella students, alumnae and faculty to exhibit their work and houses research papers and books written by them.

### Opportunities offered:

The library is inclusive of the diversity of the Stella community and has computers with JAWS and NVDA software for visually challenged students and also employs students from economically weaker sections of the society for paid part time jobs and trains them in library maintenance under the Earn While You Learn scheme. Its state-of-the art Dropbox facility and Self-check Kiosk improves ease of use and also introduces students to innovative methods of Library Science which is an up and coming field of study with promising careers according to Dr. Mahalakshmi who also spoke of rewarding internships at the US Consulate American library and British Council library.

“ *It is also a space for Stella students, alumnae and faculty to exhibit their work and houses research papers and books written by them.* ”

### Deepening our experience:

The library is also a Stella Marian's go-to place for getting a better sense of the community they are part of. Stellarchives which is housed in the mezzanine floor documents the history of the institution from its founding in 1947 to the present day. Some of the interesting archives on display include:

Facets of evolving dress codes and life styles as seen in the students of the past and the present, their families and the society of the times, as well as geographical changes in the vicinity of the College.

Photographs of College buildings document the changes in architectural styles and the growth of infrastructure on campus since the College was founded.

As physical learning resumes again, the library is at the heart of creating wholesome learning experiences and the Stella community once again, perhaps more than ever.

*(Column written with inputs from librarian Dr. Mahalakshmi and the college website)*

# STUDENT SPOTLIGHT

Interviewed by Srisahana Srikanth, II Commerce (Honours)

Bhavani is a III year student at Stella Maris College. She is currently pursuing her degree in Business Administrations. She is a talented dancer, choreographer with 10+ years of experience. She also likes organizing, arts and crafts.

**Q: Can you tell us more about your small business Vrithi and how you started it?**

A: First of all, thank you so much for this opportunity. Vrithi was established in August of 2020. Vrithi in tamil means growth and sustainability which was suggested by my mother for my small business. At Vrithi, we originally sold handmade jewellery like terracotta and beaded jewellery. We also focused on different beads that symbolise/emit various emotions for people to buy and wear. We focused on getting beads from all over India as one of my main motives was to depict Indian culture. This year we introduced fabrics - handbags, clutches, salwars, kurtis etc.

**Q: Do you have any inspiration that you look upto who has motivated you to start this business? I'm sure your mother plays a big part in this.**

A: Yes of course. When I started this business, I was clueless as to where it was going. My friends and family (especially my mother) have been the ones who have supported me since the beginning. Seeing that I usually make a lot of things for myself (jewellery, greeting cards etc), they pushed me to start selling my creations during the lockdown considering that they found it beautiful and creative.

In the picture: Bhavani, III BBA



**“ At Vrithi, we originally sold handmade jewellery like terracotta and beaded jewellery**

**Q: I noticed that you started your business during the lockdown phase, what were the challenges you faced? How did you reach the level where your business started getting recognised by people that were not in your circle?**

A: There are quite a few challenges that I faced. First, I was not a social media person - I joined instagram during the pandemic so navigating my way through it was a huge obstacle. Understanding a business page - its features, how it works etc was a challenge. Second, the instagram algorithm. It was extremely hard to understand how it worked. I had to be very consistent. Third, establishing my brand name. People usually define a brand's legitimacy by the number of followers it has. Getting a good number of followers is a problem I still face. Instagram promotions is something I tried out which unfortunately didn't work for me.

**Q: Yeah, I think a lot of the small businesses go through this and haven't figured how to get out of it. So, do you sell only on Instagram or do you have other means?**

A: I initially started out on Instagram but I do have a whatsapp group and a facebook page.

**Q: Oh nice, what do you think you want to achieve in the next 5 years in terms of your small business?**

A: I want to expand my business internationally. Sitting abroad, a lot of buyers are wary of buying from India considering that they might not reach on time and especially during a pandemic, in case anything happens, it is very hard for it to reach on time. They are being scammed into paying more for counterfeit/cheap products. I want to be able to solve this and branch out my brand.

**Q: Wow! Lastly, what advice would you give to other entrepreneurs/small business owners?**

A: First, I'd like to say that never invest too much in raw materials. Make small investments because when you're just starting getting orders is pretty hard. As you gain orders, start making bigger investments. Second, have a business plan. Research on the market and your target audience.

**S: Thank you so much! I'm sure all other entrepreneurs will be enlightened by this. We wish you the best and hope you get more and more orders!**

B: Thank you so much! .

**“ We focused on getting beads from all over India as one of my main motives was to depict Indian culture.**



**Check out @\_vrithi\_\_ on Instagram to order!**

**<https://www.instagram.com/vrithi/>**





The Debate, Quiz & Current Affairs Club President - Gayathri Aravind

# CLUB FEATURE

## THE DEBATE, QUIZ & CURRENT AFFAIRS CLUB

by Prabhavathy K, III English

*Club President Gayathri Aravind talks about the club's compassionate and inclusive approaches to debating.*

**You've been a part of DEBSOC since you were a fresher. What does DEBSOC mean to you?**

It has really changed me as a person. DEBSOC is a space that has helped me broaden my worldview and cultivate my interest in various topics. Interacting with diverse groups of people has given me a more wholesome, multi-dimensional understanding of issues and made me more compassionate. Dissecting debate motions (which is basically looking at a topic from different angles) with a group of people over a period of time makes it second nature.

I got to bond with a wider community of people: seniors, students from other departments, and people who I wouldn't have met or become friends with otherwise. In that regard, I'm grateful that DEBSOC at Stella Maris is very inclusive and there are no barriers to entry. In a lot of other places, you need to prove that you are a good debater/quizzier to get in, but here, anyone is welcome. This year, we are making the club even more inclusive by conducting events in Tamil and Hindi.

**Debate models like MUNs seem to be all about proving one's arguing abilities and often the issues being debated become secondary. How does debating help build knowledge and compassion amidst this?**

To be honest, I don't debate much in competitive models like MUNs. The competitive element is always going to be there within MUN and Debating circles, but, it is not everything. And it most definitely isn't what the Debate, Quiz and Current Affairs Club at Stella Maris is about. We want to start conversations and introduce new ideas to people. We prioritise knowledge sharing and learning as a community. The debates we have in college are all conducted in that spirit. We are not aiming to mould cutthroat debaters, but to produce globally aware citizens. Our previous Presidents Anna and Vandhana used to often say: 'Forget the competition. You sit and learn because you want to.'

**What do you want to say to students who are interested but hesitant to participate?**

Remember that the club offers so many opportunities. If you don't like talking, there are always quizzes. If you like observing, you become an adjudicator. You can also just join our meetings as audience. We want everyone to find a space in the club. The online medium is also a safe space where you can turn off your cameras if it is not your cup of tea. All of us struggle with different inhibitions that keep us from taking the first step which is the hardest. After that we can grow slowly and steadily together. So don't hesitate to contact me, I'll be more than happy to help you.

“*In a lot of other places, you need to prove that you are a good debater/quizzier to get in, but here, anyone is welcome.*”

**It has been heart-warming talking to you. I remember us attending MUNs together as freshers and now here we are. One final question. What is your favourite memory from DEBSOC?**

A group of us were sitting opposite Maggi Station one day. Vandhana was giving us a lecture on Marxism and Capitalism, and we were feeding a stray cat some food. Suddenly, a crow swooped in to snatch up some food and started pecking at us. We immediately got up and were running away when someone quipped, "Hey if we are going to talk about equally sharing resources, the crow deserves to sit here with us and dine!" It was such a fun day and also how I fondly remember our club meetings. Sitting together below trees, surrounded by cats and crows, eating and talking. That's the one reason I'd give anyone on why to join the club!

If that doesn't sell it I don't know what will. Thank you so much!





# LIST OF UPCOMING ONLINE WORKSHOPS / CONFERENCES

- **Call for papers: Young Researchers' Conference:** The Department of English, Jamia Millia Islamia is organizing a Young Researchers' Conference on the topic "*As a Matter of Affect: Making Sense of Planetaryity*" and invites research papers on the same.

**Dates: 2nd December 2021 - 3rd December 2021**

### Call for papers

- IIT Indore is inviting the undergraduate students from various Colleges, Institutes and Universities to pursue online internship under the guidance of a faculty mentor of IIT Indore. The undergraduate students will get an opportunity to interact with the IIT Indore faculty mentor in an online mode.

### Link to additional information

- **Second International Conference on Advancements in Interdisciplinary Research (ICAIR 2021)** to be organized by the Department of Mathematics, Dr. Bhimrao Ambedkar University, Khandari Campus, Agra, India in association with FIRMS (Forum for Interdisciplinary Research in Mathematical Sciences, India)

**Dates: 29th October 2021 - 31st October 2021**

### Link to additional information



- **Ten-week online Seminar on Feminist Research Methodologies and Digital Feminist Research to be organized by The New University in Exile Consortium, New York.**

This ten-week seminar is designed for students who wish to pursue research with a feminist theoretical framework. While it focuses on technique, it also hones in on the theoretical background of feminist research including, epistemology critiques and feminist standpoints. Course discussions will revolve around feminist theories, epistemologies and research methods within feminist frameworks.

**Dates: 30th September 2021 - 9th December 2021**  
**Every Thursday, 9:00-10:30am (ET)**

**[Link to additional information](#)**

- The Department of English, Providence Women's College, Kozhikode invites papers for the 2021 issue of its annual journal, *Diotima's: A Journal of New Readings* (ISSN: 2319-4189) on *Culture in the Digital Age*.

**[Call for papers](#)**

- Two weeks training program titled '*Online Training Program in Research in Mental Health and Non-Communicable Diseases*' under the project titled "*Improving Outcomes in Mental and Physical Multimorbidity and Developing Research Capacity (IMPACT) in South Asia*" by Department of Psychiatry, National Institute of Mental Health & Neurosciences [NIMHANS], Bengaluru

**Dates: 18th October 2021 – 1st November 2021**

**[Link to additional information](#)**

- UGC sponsored Online Three - Month Executive Development Programme/Certificate Course On Human rights by the Centre for human rights and environmental studies, Ramanujan College, University of Delhi

**Dates: 3rd October 2021 to 8th January 2021**

**[Link to additional information](#)**



# SOLASTA RECOMMENDS

## Songs:

- New Beginnings - BUEUZ, Neffex
- Epiphany - BTS
- NAAN - BIBI
- Beautiful Pain - BTOB
- Butterfly - LOONA
- Cover Me in Sunshine - P!nk ft. Willow Sage hart
- Ghost Town - Chole George
- Wings - BTS
- I'm Still Standing - Taron Egerton
- The View - Stray kids
- 2!3! - BTS
- A-O-K - Tai Verdes

## Books:

- You Can Heal Your Life by Louise Hay
- LAGOM (not too much not too little, just right.) by Shree Charani. R
- Washington Black by Esi Edugyan
- Ponninyin Selvan by Kalki
- Think Like a Monk by Jay Shetty
- Wings of Fire by A. P. J. Abdul Kalam and Arun Tiwari
- Tuesdays with Morrie by Mitch Albom
- Alchemist - Paulo Coelho

## TV Shows:

- The Good Place
- 18 Again
- At A Distance, Spring Is Green
- Brooklyn Nine Nine
- Hospital Playlist
- Game of Thrones
- 2 Broke Girls
- Money Heist
- No Rules Rules: Netflix and the Culture of Reinvention

## Movies:

- Moxie
- Little Women
- I Still Believe
- Mamma Mia (2008 & 2018)
- The Shawshank Redemption
- The Apu Trilogy
- The Fundamentals of Caring

*A space to share your personal recommendations to the student body of Stella Maris.*





# QUIZ CORNER

1. The only continent without a desert is -----?  
-----?

- a) Europe
- b) Asia
- c) Australia
- d) Antarctica

2. Which country was the first to make seat belts compulsory for journeys?

- a) China
- b) Czechoslovakia
- c) France
- d) India

3. Which was the first country that allowed women to vote?

- a) Australia
- b) New Zealand
- c) Canada
- d) America

4. Which principle do ball pens function on?

- a) Boyle's law
- b) Gravitational force
- c) Surface tension
- d) Viscosity

5. Which country gifted the "Statue of Liberty" to USA in 1886?

- a) France
- b) Canada
- c) Brazil
- d) England

# HOROSCOPE FOR SEPTEMBER



**ARIES:**  
Never turns their camera and mic on.



**TAURUS:**  
Continuously finds a way to rectify the teacher.



**GEMINI:**  
Frequently complains about network issues.



**CANCER:**  
Exceptionally loud. Protect your ears.



**LEO:**  
Has 200 different tabs while class is going on.



**VIRGO:**  
Don't ask notes from them - they don't know either.



**LIBRA:**  
Always checks their phone during class.



**SCORPIO:**  
Frequently gets caught by the educator.



**SAGITTARIUS:**  
Blames network for being faulty.



**CAPRICORN:**  
Constantly asks questions during the class.

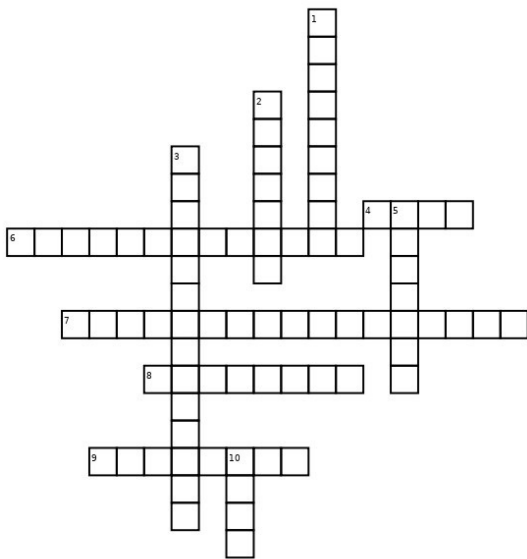


**AQUARIUS:**  
Still in bed with a soft blanket during classes.



**PISCES:**  
Watches TV till late at night and appears late for classes.

Answers 1.a) Europe 2. b) Czechoslovakia 3. b) New Zealand 4. c) surface tension 5. a) France



Down:

- 1. Father of environmental health .
- 2. One of the most polluted cities in the world, nicknamed "Valley of Death".
- 3. Taj mahal is threatened due to (gas).
- 5. Greenhouse gas produced from food waste.
- 10. The council which launched the world environmental health day, in short.

Across:

- 4. Smoke + Fog =
- 6. Organisms living at water depths greater than 4000 m.
- 7. Peeling of ozone umbrella, which protects us from UV rays, is caused by, in short.
- 8. The most abundant gas on earth's atmosphere.
- 9. Amount of water vapour in the air.

## Commuting to college.



# CROSSWORD!

Answers to the crossword puzzle will be published in the next issue. ✌️



Entertainment Section by:  
Danisha S, III Commerce (Corporate Secretaryship) & Naveena Shree, III Mathematics