An Academic Journal

MISCELLAWY

Dept. Of English Chhaygaon College, Chhaygaon Miscellany: A creative journal by the

Department of English, Chhaygaon College, Chhaygaon

Kamrup, Assam, Pin: 781124

Edition: Eleventh, September 2023

Published by: Department of English, Chhaygaon College.

Printing and Binding: DIGIT PRINTERS

Chhaygaon Ouguri Road: Kamrup: Assam

Ph: 03623261111, 7002784566

Chief Advisor : Dr. Rajiv Deka

Teacher guide : Manoj Kr Goswami

Dr. Lakhyadhar Sharma

Jogesh Bhatcharyya

Priyanka Das

Pankaj Lochan Das

Anamika Thakuria

Editorial Board : Rashmi Boro

Dipankar Boro

Literary Assistant: Prakash Kalita, Sanjib Kalita,

Tapashi Rabha, Urbashi

Rabha, Bhobani Rabha,

Debaleena Biswas, Faruk

Sheikh



OFFICE OF THE PRINCIPAL CHHAYGAON COLLEGE, CHHAYGAON, KAMRUP, ASSAM

Affiliated to Gauhati University, NAAC Grade 'B' Registered under 2(f) & 12 (B) of the UGC Act, 1956

Message from the Principal

It gives immense pleasure to have learnt that the department of English of our college is going to publish an Academic Journal namely 'Miscellany' within short period of time. I think the attempt of the department of English will definitely the writing habits as well as the creative skill among the students. Let it be a mirror of discussion, analysis of thoughts regarding different affairs of not only the state rather across the globe. Hope, it will percolate down the everlasting fragrance of thoughts towards our surrounding society where we are being indispensable part to do for their upliftment.

With best wishes

(Dr. Naba Kumar Kalita)

Principal

Chhaygaon College, Chhaygaon



From the desk of HOD

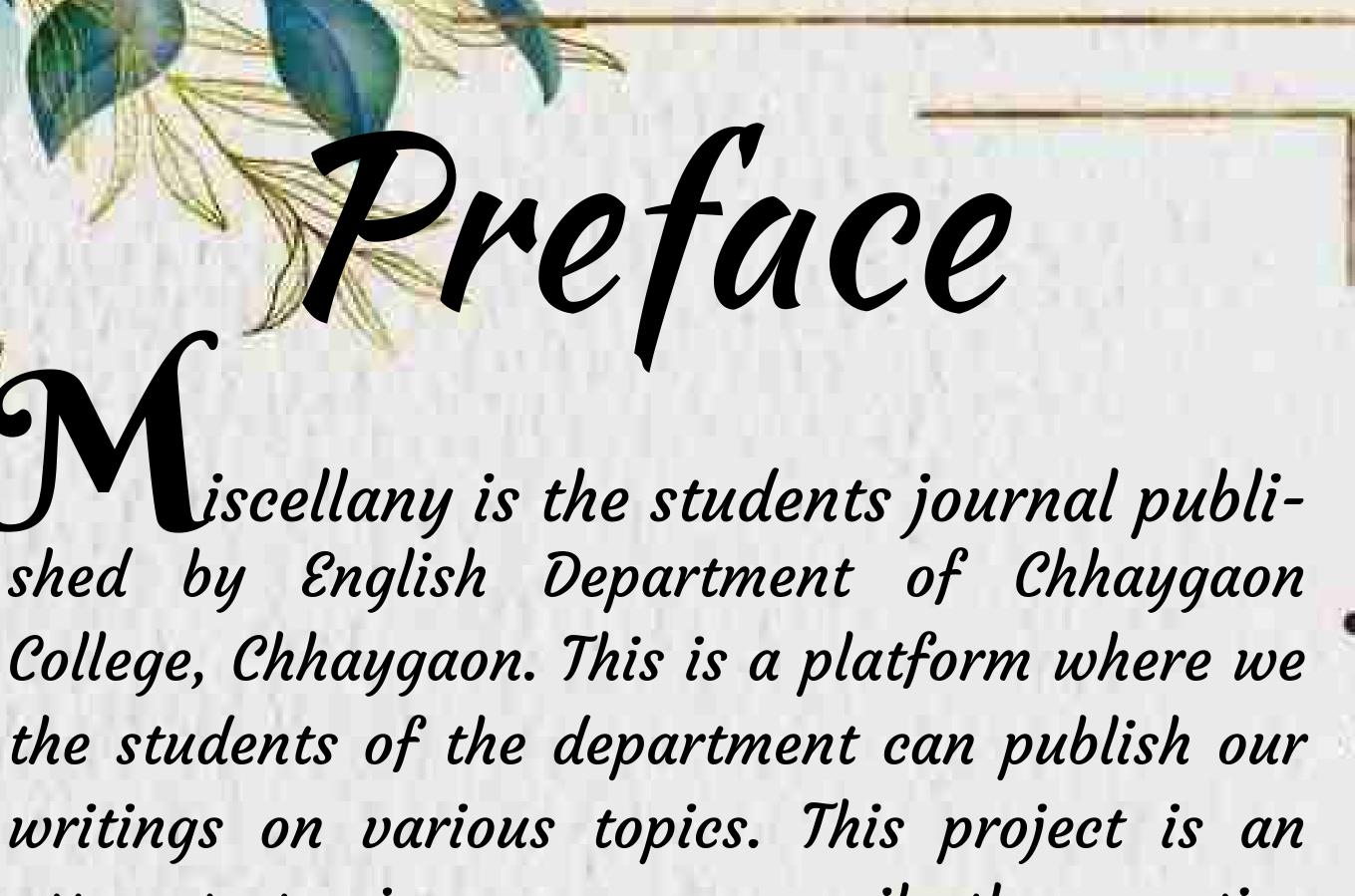
It is an immense pleasure for the faculty members of the department of English Chhaygaon College that the students' yearly journal 'Miscellany' is going to be published for the year 2023.

'Miscellany' is proceeding towards completing a decade. It has now become the signature that the students' endeavour to publish their non-academic write ups. The existence of 'Miscellany' might be like a hand-boat in an ocean of gigantic waves, still it has become successful in climbing the waves to continue the journey towards a brighter horizon.

I appreciate all the students of the department for working hard to publish this issue of 'Miscellany'. Along with all the teachers, specially I must pronounce the name of Mr. Jogesh Bhattacharyya, the teacher guide who was actively participating in all steps of the publication process of the journal.

I congratulate the editorial board and wish them a success on the verge of release of the journal.

Prof. Dr. Rajiv Deka HOD, Department of English Chhaygaon College, Chhaygaon



attempt to improve or unveil the creative facilities of the students of the department.

We the students of English Department are very grateful to our principal Dr Naba Kumar Kalita for encouraging us. We offer our gratitude to Dr Rajiv Deka, the Head of the Department of English, for giving us such an opportunity. We thank our respected teachers for their encouragement, guidance and support. We thank all the students for their contribution in making the Departmental magazine a success.

Errors are natural. Miscellany may also not be an exception. Therefore we accept your suggestion and advises so, that the next issue of miscellany can emerge as better specimens.

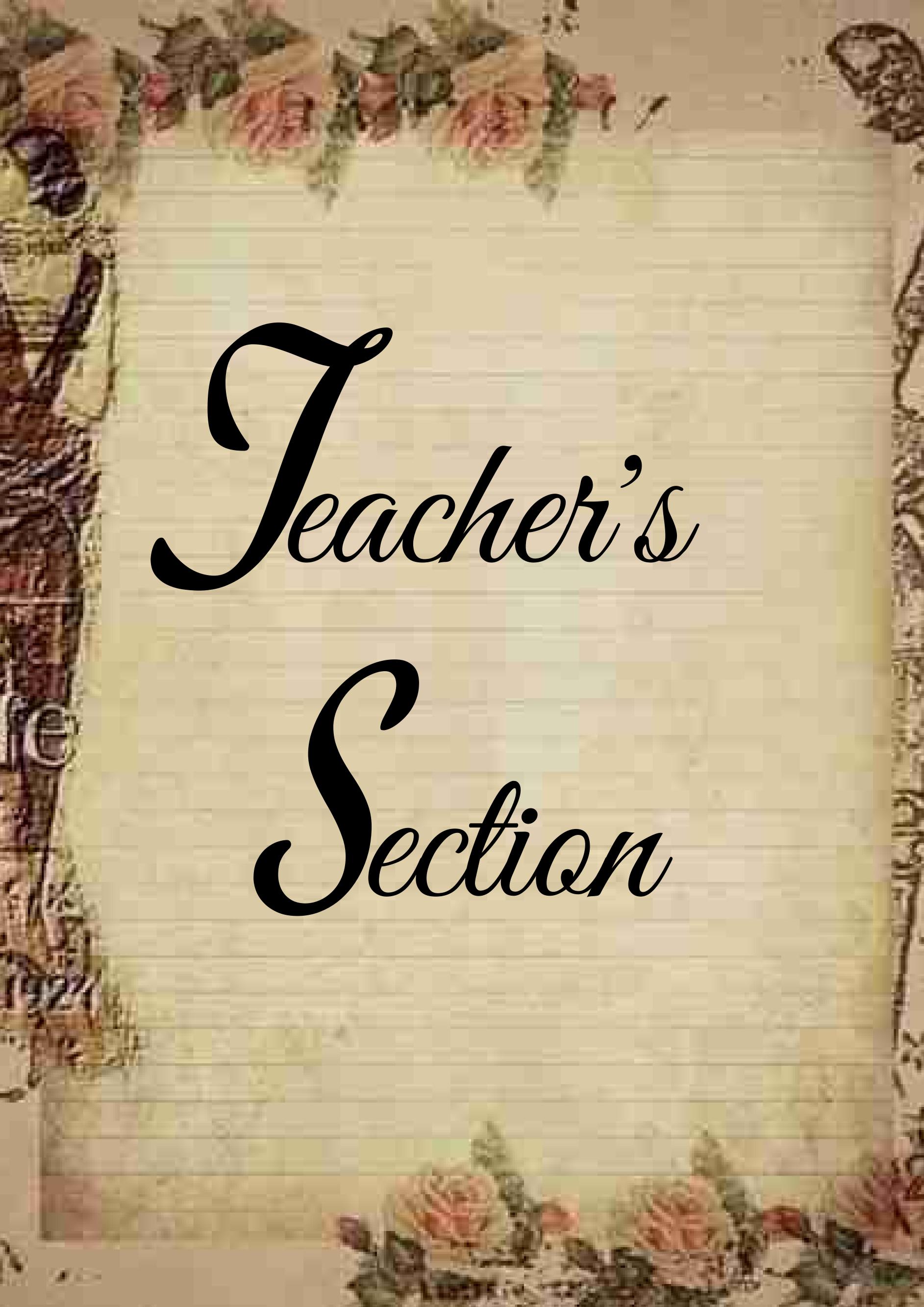
Contents... Prose Section

1.	My Solo Trip (part-1)	Anamika Thakuria	7
2.	My Solo Trip (part-2)	Anamika Thakuria	12
3.	To The Canyons	Pankaj Lochan Das	18
4.	Everyone is Unique and	Rashmi Boro	24
	Necessary Love Yourself		
	You are Important		
5.	Never Give Up	Shreya Choudhury	26
6.	Healing The Hurt Child	Jyoti Prasad Boro	28
7.	Selection of a Right	Tapashi Rabha	30
	Book and It's Benefit		
8.	Is It Mandatory?	Dipshikha Das	33
9.	Honouring Yourself	Jyoti Prasad Boro	35
10.	Stealing Is Wrong	Dipannita Baruah	37
11.	Mental Health Matters	Debaleena Biswas	38
12.	The Impact of Social	Bhaswati Rabha	41
	Media on Mental Health		
13.	Issues Of The Nation	AG Sadhna Sarkar	44

Poetry Section

1.	My Life	Bhobani Rabha	49
2.	Happiness	Pallabi Das	50
3.	Dear Me	Amisha Das	52
4.	My Secret Crush	Urbashi Rabha	53
5.	A Modern Student	Dipankar Boro	54
6.	A Dream of Nature	Santana Boro	55
7.	Believe In Yourself	Arjina Begam	57
8.	A Girl Behind Me	Sandhyamani Boro	58
9.	A Journey	Debaleena Biswas	59
10.	Hara-Kiri	Faruk Sheikh	60
11.	Chandrayan To	Mridupaban Choudhury	61
	Chandrama		





My Solo Trip Part-1

August 24, 2022

I don't know the perfect definition of a solo trip or how many hours can make a trip to be called a solo trip...all I know is that a solo trip is a trip where you travel all alone by taking care of yourself and of course with a communication known as "Intrapersonal communication." and ...I think it doesn't matter how long the journey is...

Now I'm going to reveal certain friendly things of mine. I hope you won't mind.

Actually from my childhood I have this habit of talking with myself., simply you can say a kind monologue where other people can't hear my voice except me as it is a silent talk this talk helps me too in creating a "stream of consciousness" on my mind And I still enjoy such Intrapersonal talks.

There is a poem written by Pablo Naruda named "Keeping Quite" where he also brings this concept of introspection. Means ontordrishti(in Assamese), says that by doing introspection we experience an unusual feeling, filled with no hur-

ry or no worry just a deep realization of everything.

Similarly, when I spend time with myself by keeping in isolation, I dig my mind like in the poem 'Digging' by Seamus Heany and start to analyze things very deeply. I ask question to myself and then also give answer to that questions by accepting all the perspectives and arguments and later come up with a fine answer. Therefore all the outcomes of my various questions are deeply attached to me for which I prefer a lonely walk rather than standing in a crowd.

Well, I know a solo trip is not only limited to talking with our self; it also makes us strong enough to face challenges that may occur during the trip. Most probably when we travel we all have a proper destination. If you are going on a long trip then after arriving at the destination you must find a room, a restaurant or whatever you think necessary to make yourself comfortable.

Recently one of my beloved friends went to Meghalaya and I learned that a solo trip not only helps us in understanding ourselves better but also makes us able to adjust to all the circumstances along with the management of money. It teaches the management of money like where to save or where to spend. My friend succeeded in making the trip of rupees five thousand only where he saved one thousand from the mentioned amount. (I guess)

Anyway, my solo trip is a little different. Being a girl(though sounds derogatory still using) I can not allow myself to a long solo trip like Shillong. (Though I want) but every problem has a solution and every desire can be filled with proper planning.

I decided too to make my solo trip. It was a trip to Guwahati. I told my mother that I have some necessary works to do in Gauhati so I need to go. And that's how I took her permission.

It was Tuesday and around 5.30 a.m I woke up and ready myself for the so-called 'solo' trip. I was very happy. I wore a white color Kurti with a plazo, made a ponytail, applied eyeliner on eyes, and little lipstick on lips I, oohh wore a watch too on where I didn't set the time.

Father gave me two hundred rupees for my bus fare and around 6 o'clock I took a bus. The driver was saying -" Guwahati Guwahati maligaw maligaw.....bhonti kot jaba?"

I said -"Guwahati jam."

The driver said-"utha utha utha aami jamei aru" I replied -"thik ase, muk Adabarit rokhai dibo'

And then I found a window seat and finally, the bus started to move. For some time I listened to some Hindi songs but suddenly I told myself that no, I'm not gonna listen to any song at least today on this trip. Because wherever I travel I use to listen to some fav songs of mine and enjoy the world of imagination. And that day I wanted to change something. I wanted to travel with a conscious mind enjoying the present time by not going deep into my fictional world. I took care of myself for not to get disturbed by any unseen thoughts. And kept my mobile and earphone in my bag. And started to observe the passengers on the bus.

Before reaching my Adabari destination I gave fifty rupees (bus fare) to the conductor. After reaching Jalukbari, many passengers got off from the bus and I thought"bus khn Adabari jabo ne nai," I was a little worried. And don't know what happened to me that day that I forgot the Adabari bus station. Out of anxiety, I asked a passenger-"dada Adabari par holu nki?" He said - "nai nai pam aru"

So, finally, I too got off from the bus and saw the shopping mall, near the station which is still under construction I guess. And after seeing the mall, I took a breath of relief.

Then I took another bus and set my next destination to Bhangagarh. (This is the destination where I felt something deep and enjoyed also)...

Anamika Thakuria Asst. Professor

My Solo Trip Part-2

August 27,2022

So I set my destination to Bhangagaarh.

After reaching Adabari, I waited for a little and got a city bus. after entering I saw many empty sits on the bus.

I was little confused about my seat. Later I started to manage alphabetically then realized that I stand for the first seat 😂 . From matriculation to post-graduation, I have always been sitting on the first bench. And we all know that a first bench/sit teaches us how to be focused, loyal, honest, or sober during exams, or else you'd be punished or there are chances of expelled too (2). Finally, after this long analysis, I told myself that the first seat belong to me. And I sat on the first sit alone. Because it was a single sit .

The weather was too hot that day and sitting on the first seat the rays of the sun touched my body. But I was helpless. Like John Donne in his poem "The Sunne Rising", I too felt a little disturbed due to its rays. Than I saw that

there are two conductors on the bus. They were 24 or 25 years old at most. The driver was too young.

Around 9:40 I reached Maa Kamakhya temple. The bus stopped. Some passengers got off or some new ones entered. I realized that the conductors become too funny when they call some other passengers to enter the bus. One of the conductors said by looking at some teenagers – "a munu kot jaba..aha aha gotai gari Khan Khali hoi ase, aha munu ahaaaaa" and the innocent munus were in a state of confusion \(\end{a}\) ...like Shakespeare's play "Hamlet", I felt the famous line 'to be or not to be.. they were like uthu ne nuthu bus t ...jaw ne najaw\(\end{a}\) but...

The soft words of the conductor melted their hearts and finally after entering one munu ... the remaining munus also came along with her. And the conductor said- "dekhsa na ata munui gotai gitake Tani anla

Being a passenger I was silently enjoying their work and talks. But suddenly I realized that both of them are trying to make me laugh through their funny talks. Well, I ignored both and looked at the rearview mirror and noticed that the driver is looking at me. And before also he said some slangs to the conductors. Maybe to create an image of a 'cool man'; as people think 'slang makes them cool' But I ignored him too and thought to sleep for a while as I woke up too early.

So, I was trying to take a nap and after ten or fifteen minutes the driver said -" kiba val sai gaan lage di oo, manuh gilai tupni jaba dhorse". So, indirectly he pointed towards me. And one of the conductors played a song by connecting mobile Bluetooth.

I kept my eyes closed and was listening to the music silently and the lyrics of the song are -

"O piti Maru na dub

Mara na namra nu kya"

"Gotei okhomot baaaanpani,

Office kasarit jabo nuwari

Amar baritu baanpani.." baanpani...

well, It is a song sung by Kumar Bhavesh. The song broke my serious mood a little and the next song played and the lyrics are-

"Relation t najaba kintu Xodai xodai breakup howar chance "Relation t najaba bondhu" 😂 Now this song finally succeed to make me laugh a little. But it was a smile of irony. I thought about the Assamese music industry and the so called new singers.

Suddenly I laughed a little louder listening the lyrics and they looked at me. I tried to control and without any delay, I wore my mask so that they can't see any expressions of mine.

After some time I reached Paltan Bazar. And due to the traffic, the bus stopped. And for the sweltering hot weather, I removed my mask for a while and used my handkerchief to wipe away my sweat. I didn't know that the driver was noticing everything.

After some time I again wore my mask. And the driver said to the conductor-" emn goromoto manuhe keneke mask pinva pare," the conductor said-" hoyde oi.. corona ahilei val. Jdi ethano mask pindhu e aami tatse corona a ahak.. olp rest a Pam".

I was a little offended and thought why they are minding other's business. I realized that they are still immature. They forgot to act their age.

I realized how ironic the situation is..! as the song is motivating not to enter into any relationship but the people are doing the opposite. They are trying to impress me. (By using slang like seriously.. too funny):

I again laughed silently by thinking how badly they are going to fail in their mission and also felt sorry that people are working hard on this kind of stupid thing!

Later I decided to leave the bus before arriving at my destination because of their silly behavior and I said to the conductor—"dada mk Bora service t rokhai dibo, bridge napautei" he said— "Bora service t numiba...thik ase."

The driver was listening to our conversation and he started to drive the bus a little slowly and again we were stuck in traffic.

The driver called the conductor and I too was noticing them at that moment. He said something in his ear and I knew that he was surely saying something about me. And according to my assumption, the conductor came to me and said-" tumar number tu dia sun". I didn't give a respond and ignored him without uttering a word.

Later I got off from the bus and the conductor again asked me-"phone number tu diyasun please" and he too got off from the bus and came close to me. I noticed the driver instructed him to take another bus after collecting my number. I was little scared that time.

I said-" ki faltu kori ase aibur? number kio lage, go and mind your own business." Though I said it roughly, yet I was nervous by thinking what to do if he follows me.

Then by God's grace, he disappeared and I along with some people crossed the road and that day I realised a solo trip is not an easy task. It can be dangerous sometimes. Thus, I want to say my reader that if you are also thinking for a solo trip always be sure that you know self defence techniques and never ever go without any safety procedures.

Thank you 🙂

Anamika Thakuria Asst. Professor

To The Canyons

William Hazlitt in his famous Essay has already said what needs to be regarding traveling solo. It's his essay which inspired me to take up my own to the abode of clouds. Meghalaya. Home to the Khasi Tribe and a dream destination of many down at sea level. But...

First things first. I saw one of my acquaintance's whatsapp status. And there I saw Laitlum for the first time. I took an oath immediately that I am visiting that beauty of a mountain or whatever it is sooner than I start dreaming. Dreams after all have this crazy style of remaining dreams. So I resolved not to let that happen. If you don't know me I am a peculiar person with some strange habits. Like for example if I fear that I won't be able to do something in time i do say that i can. In front of some honorable people whom I respect the most.

Than my mind and and soul becomes bound to do that thing as soon as possible. I did say to my teachers and seniors that I am going Laitlum this vacation. Solo.

Well Guess what, I did it. People discourage me from the venture saying it this and that, until I too felt the fear whether I would be able to pull of this first solo travel of mine. But I remind me of the big show that I had made earlier in front of my seniors and the sense of shame was too powerful not to do it. Booked Tickets in the ASTC online via the app called MakemyTrip. Cost me 170 INR. Voila, and one fine morning I set sail to Meghalaya. Well the trip cost me less than 1000. Only in the return trip I used a private shared cab costing 500 rupees.

One of the first mistakes that I made after reaching there is booking a cheap hotel. Folks it is a big gigantic myth that you get five star facilities under 1000. My room cost me 700 but the robotic face of the receptionist made the day even more gloomier than it already was. I had no issue with the room being a believer of floor culture (I eat and sleep on the floor back home). But But But, I cannot stand shared toilets even if there be hundreds of them. Neither can I

You travel to entertain yourself not to torture and a cheap room does the later after being paid too. I had trouble bathing. I who usually bath at least twice a day, did not not bath there during my entire stay!

After keeping the clothes in the shelf, which apparently had one of the doors removed(I thought it to a modern design at first glance) I called home to assure everyone that I reached my place. By the way one of the window panes too, did not exist. But this one did not pass as good interior design, it was pure carelessness in its glory. I guess that comes with the price. Ignoring things I headed outside.

'Laitlum, Laitlum' I hear calls,

And Immediately I bargain with Bah Deng (which I found was his name later on) for 1500 rupees to show me the canyons. He agreed and we set sail on a cute Maruti alto. I always wanted to get on such a black and yellow cab. My mind was at ease and I got the ride of my life. Bah Deng was a sneaky devil of a driver. Took such sharp turns and narrow lanes that made me wonder the day I would be able to drive so.

And in case I become able I would plan for beating some F1 racer before it all becomes a dream.

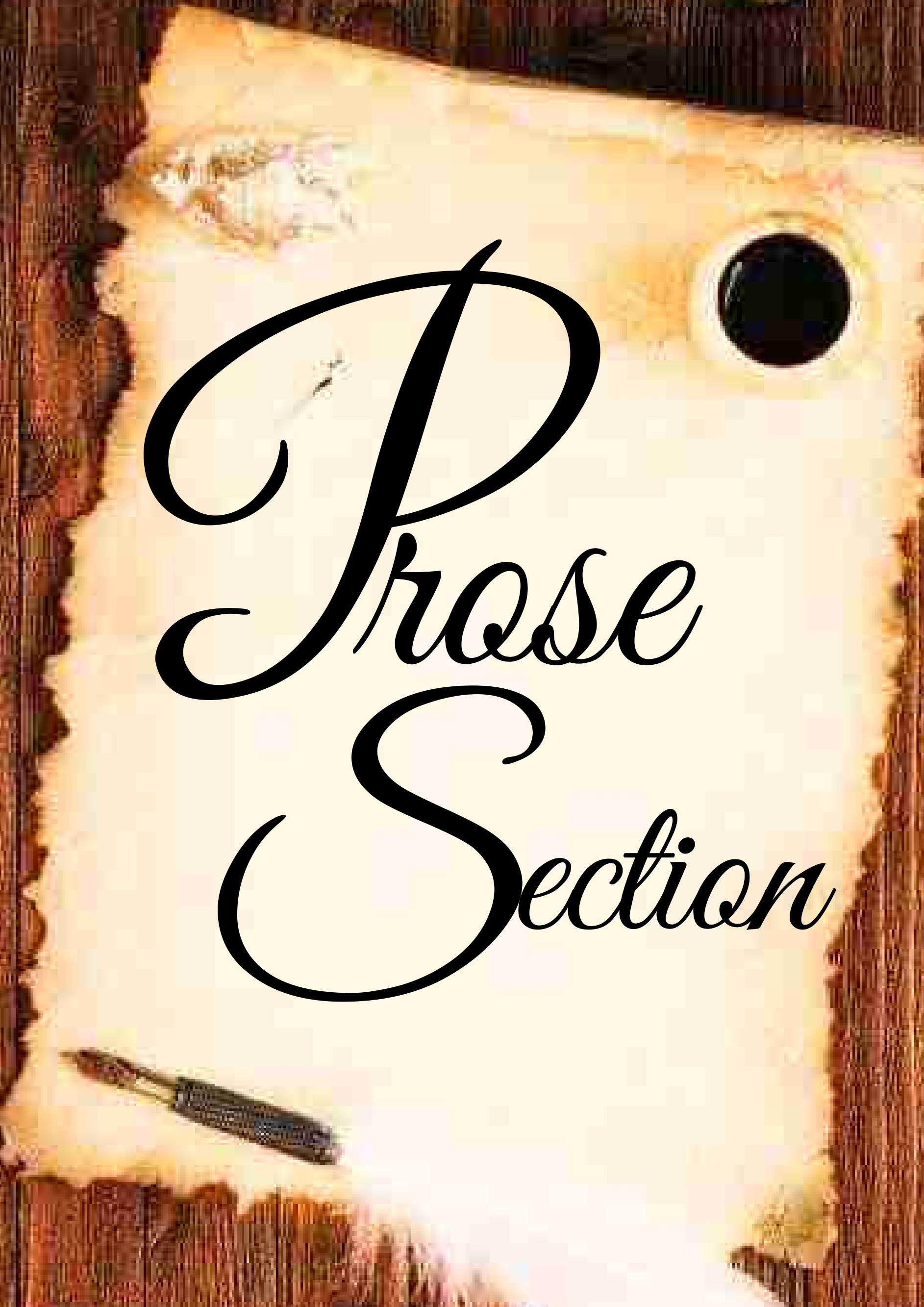
It took us almost an hour to reach the canyons. And as we neared the place, it was as foggy as a cold winter morning that I have never seen! When I reached the spot I immediately jumped for the edge and expected to see the valley beneath it. But it was as white as clouds. Scary White. Looked like a monster is about to appear without any warning! The sound gave the Chilly feeling of it. I could hear a whistling sound as if a storm is going on beneath it. I thought it to be safe to stay away from the edge. But it was all too tempting for an adrenaline rich guy. Also, I was simply angry. I came all they way, 163 kms from home to see Laitlum Canyons. And now I am among pure clouds and couldn't see no damn Canyons. I felt my 1500 rupees! with a certain emotion. Finally I consoled me saying I will visit again and in the meantime to appease my hunger andand anger with some tangy salted hot corn, the local vendors sell there. Munching the corn I walked to and fro feeling the cloudy ambience and gradually felt cold and my hair wet. I saw

all that can be seen in thick foggy clouds. Thus the reason for my anger. Missed the Forest Beauty because of the trees! Spending about an hour or so I told Bah Deng to return me to my hotel. Bah Deng the friendly Guide cum Driver.

On reaching my hotel, I swore immediately within my heart to return again to the same place soon, in fact I had a great mind to spend 1500 once more the next day, But sound reason overtook me and I postponed the venture, as per the advice of Ravana to Laxhmana that: delay all, that is not good!

So to speak of the journey I learnt a heck lot than just staying home and watching reel on facebook and Whatsapp. More important are the lessons and feeling I got. I felt Myself and my near and dear ones distinctly. Its only when you are far away from home you realize the value of a family. Moreover regarding to the journey I would advice one not to be in a haste for any sort of sightseeing. Let the day of your arrival end with good rest in your hotel room. Venture out to have a relaxed mind but only nearby. Engage in your work with a fresh mind and a fresh day. You will know what I mean and I too will the next time I visit the Canyons again. Till then...

Pankaj Lochan Das Asst. Professor



Everyone is Unique and Necessary, Love Yourself you are Important



"No one is ever going to love you more than you love yourself"

oving yourself is one of the most important thing a person can do for their mental emotional and physical well-being. Society instilled in us the belief that we need to be perfect in order to be accepted and loved.

The most important goals in life are personal calm and peace of mind, yet these objectives are very difficult to attain if we are trying to live by someone else's rules. No one knows what makes us happy other than ourselves. When you are being yourself, it is easier to know what you truly want out of life. You exactly know who you are as a person and the people around you can see it as well.

This is a very important concept to realise and stand up for what we belief in and show the

world the beauty of what makes us unique. For many people, the concept of self-love in an overblown theory and often ignore the importance. Self love is not a destination but a journey that starts by making a conscious effort to accept and appreciate yourself for who you are. Therefore you must be yourself and do exactly what you love in order to have a fulfilling and liberating life.

Self loving is the key to happiness. Loving yourself is a journey that requires time, effort and commitment. By practicing self-care, self-compassion and focusing on your strength, you can cultivate a strong sense of self-love.

Rashmi Boro BA 5th Semester

NEVER GIVE UP!!!

We often hear these words as an advice from many people. But a question come here, Do we really don't give up in our bad times? We may advice others not to give up in any difficult situation. In this generation, humans often advice others for good but they don't cultivate the habit of advising themselves. The answers of the question may probably be'yes' beacuse we often realize only when some kind of this question are asked to us. The answer 'yes' is only in our mouth or it may be in mind for a few seconds. But often a moment later it goes out of our mind.

Today,in our books we read topics on great scientist such as Thomas Alva Edison, Albert Einstein, Stephen Hawking,etc. The topics motivate us . But did these great persons get the same advices as we are getting now from books, parents, others or other sources? No, they develop their own skills . If one has a will to do a task, they will surely succeed in the task even though they fail for a hundred times . We just only need to keep our minds active in the task.

The great scientist Thomas Alva Edison was partially deaf when he was for years old. He came home with a note in his pocket from his teacher. In the note it was written as ,"your Tommy is too stupid to learn ,get him out of school ". One day his mother read the note and said," My Tommy is not too stupid to learn , I will teach him myself ". And that Tommy grew up to be a great scientist. He had studied only three months of formal schooling . But his courage and determination enabled him to do the impossible. This is a beautiful example that can inspires us ; with our will can do the impossible .

So its my only advice to myself and also to others, 'Never give up 'because giving up is not the only way to be free from everything. Try again even though we may fail for a thousand times. We will surely succeed because mistakes are necessary to improve ourselves. We learn many things from mistakes and it motivates us to do the same work for the next time with better effort.

Shreya Choudhury BA 3rd Semester

Healing The Hurt Child



s all of us have a child within, irrespective of our sequential age. Often, it's a wounded child, hurt in many ways by many. As adult, we find that we are reacting from that place feeling ineligible and unlovable to the present day situations, as angry, hurt, immature and scared individuals! We can learn to take responsibility without taking the blame. We can proceed to own and honour the child within ,without feeling deceived. Once we do the necessary steps, we can liberate the "wonder child"and "little genius" inside us to live and enjoy life to the fullest.

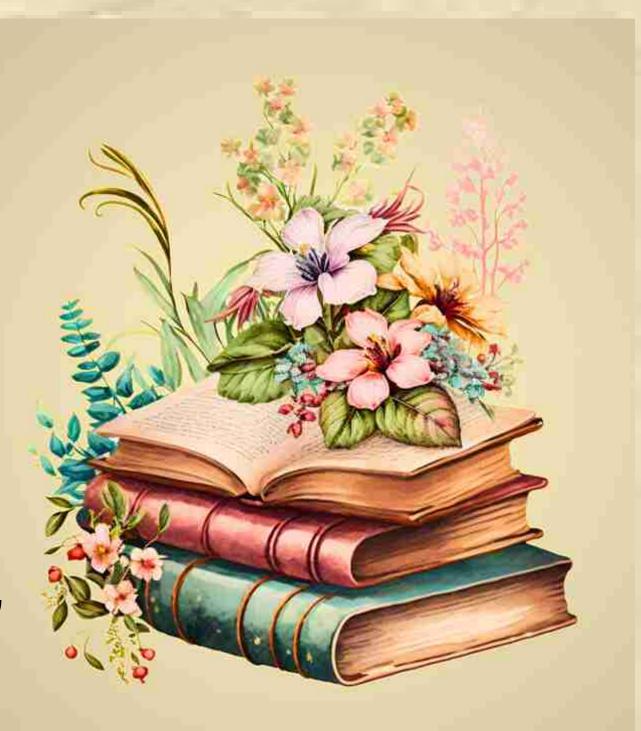
Children are master manipulators. Sometimes when their childhood needs are not met, they are at a loss to know who they are and hence lose touch with their own feelings and

depend solely on outside sources to let them know who they are and what they are feeling. Children confuse 'dependency' with love. This needs correction as they grow into adults. Or else, they become 'adult children's children trapped in adult bodies. Giving appreciate kinds of nourishment required at different development stages of growing. When this is not done, the hurt inner child runs amok in the present.

"Eventually we will come to understand that love heals everything, and love is all there is ."

Jyoti Prasad Boro B.A. 3rd Semester

Selection Of A Right Book and It's Benefit



book that is popular or enjoyable for everyone may be bothersome for you. Even after that there are many people who never stop reading and forcefully read it until the end. The purpose, however is simply to finish their reading, they don't get any usefulness and satisfaction by reading these kind of books. It is not advisable to read book just for reading. If you do not like reading a particular book or it is not interesting then it is better to end it there. If there is no pleasant feeling from that book, there is no point in reading it.

Choosing which book to read, which books are suitable for you is actually a difficult task. Because there are thousands of book and thousands wil be more but the main question is which book or what kind of book is suitable for

a particular person? The first and foremost thing in this regard is what kind of person you are or choose books that are appropriate for the stage of your life you are currently entering. Start with your favourite writer or one whose writing style reflect your own feelings and life situation. This is a good way to choose a right book to read. Selection of a right book and study can change the pace of a person's life.

It can be a little difficult at first to make it a habit to read books, but once you get used to it, there is no escape from it. When the habit of reading book become an addiction, it gradually gives a person the strength to deal with the various challanges he faces in his life. The only difference between this addiction and other destructive addiction is that the other addictions destroy people gradually but book addiction creates people in their own new form. A book really has such power that a reader can perceive the different minds and characterstics of different authors through the study of different books. Moreover through the books written, the readers sometimes learns things or paths which becomes a suitable guide for a reader in future. Book study helps us to understand things a little differently. Sometime it creates an inner anxiety that makes people curious about what the end of the book is. It enhances a persons critical thinking and analytical skills. Reading books not only strengthen the muscles of the brain but also increases the strength of remembering. It relieves not only the frustration and stress but also takes people to a different world. There are different types of novel, stories, poems. Reading these can attract the readers in various way. It can also help you to take a step forward intellectually and mentally.

Tapashi Rabha BA 5th Semester



Is It Mandatory?



know Lizy's love for flowers since my childhood. She is the one, who has made me fall in love with flowers. She always adores them specially the dead ones and stores them in a huge vase, which is made of glass. I still remember the sentence that she said to me when I asked her the reason of storing the dead flowers. She said,"Dead flowers are the hub of memories."

Lizy is a very sensitive girl, which make her think about the things in a deeper way. Sometimes she feels the things to such extent, which leads her towards depression. When Lizy and I had been studying in college, she used to collect the wild flowers from the field and stores them in her house. While storing, she says to them, "Oh dear! Don't feel inferior. You may not know about your preciousness, but people climb the huge mountains only to see you."

One day suddenly, some people begin to laugh and criticise Lizy for her nature of collecting wild flowers from the field. They begin to pass trivial comments on her and even ask her what she is going to do with those useless an smelless flowers. On hearing all the comments specially the word useless, Lizy goes back to the flashback of an incident that has taken place in her life, during her teenage period. When Lizy was a teenager, she had a huge interest in sports. So, one day she went to a basketball team. But the coach rejected her without examining and even insulted her infront of everyone by calling her as "Useless fellow with short height." When she remembers all these things, she becomes so sad and it makes her to ask some return questions to the people who laughs at her for collecting wild flowers. She asked them,"Is it mandatory to have smell in every flower? Aren't they beautiful enough to attract you towards them ? Do you know the importance and value of these flowers?" That day Lizy realises that if she raised her voice on that day infront of the coach then she would have been a part of the basketball team.

So, the people should be wise while choosing words before uttering them. Because their words can destroy someone's life and can even leads them towards depression.

Dipshikha Das BA 3rd Semester

HONOURING YOURSELF

Those who know
Do not speak
Those who bow
Do not break

Honouring ourself is probably the most important of all life skills. This is the root of all other life skills. When we honour, we learn to honour others.

Honouring ourself is nurturing lifeaffirming beliefs. It is intuitively making lifepreserving choices. That includes making and acting upon life-enhancing decisions. It is accepting and loving ourself unconditionally, not being judgmental about anything at all. Acknowledge the sacred truth that, in this vast universe, there's only you. We honour ourselves when we are not too full of ourselves..... We need to leave some empty space inside for new insights/abundance/possibilities/energy to flow in .

Whisper of the soul Settles in the navel Flutter of the good Revels in the novel.

Jyoti Prasad Boro BA 3rd Semsester

Stealing is Wrong

In a village there was a very big and old tree stood on the bank of a small stream. A great variety of bird's had their nests on this tree and the birds were chirping in the tree. Every year, during the spring season, they came to the tree and laid their eggs. The birds went out to collect food during the day.

One day a little boy named Gopal, looked up the tree and he saw a nest. He knew there were eggs in the nest. He decided to steal the eggs. Then the boy began climbing up the tree on his way up he put his leg on a thin branch. He fell down with a thud. He was severely injured. His parents came running and rushed him to hospital.

To the boy, it was a lesson that stealing, even from birds is wrong.

Dipannita Baruah B.A 3rd semester

Mental Health Matters



"You are not your illness you have a individual story to tell. You have a name, a history, a personality staying yourself is part of the battle"

- Julian Seifter

ental health is a state of mental well-being that enables a people to cope with the stress of life realise heir community. Mental health is important at every stage of life from childhood and adolescence through adulthood. Mental health can be broken down further into three major components congnitive health, emotional health and behavioral health.

Four types of mental health are mood disorder, anxiety disorder, personality disorder, psychotic disorder.

Symptoms are steep or appetite changes (Dramatic sleep and appetite change or decline in personal care), problems thinking (Problem with

centration, memory or logical thought and speech that are hard to explain). Nervousness fear or suspiciousness of others or a strong nervous feeling) and many more.

There are three types of prevention:

Primary prevention: Stopping mental health problems before they start. Example include anti-stigma campaigns such as Mental Health Awareness week or teaching school children about emotions and mental ill health.

Secondary prevention: Supporting those at higher risk of experiencing mental health problems. For example: people who have experienced trauma, people with long-term physical health conditions and victims of hate crimes.

Tertiary prevention

: Helping people with mental health problems to stay well. For example this helps people with mental

ill-health stay well and have a good quality of life. It aims to reduce people's symptoms, empower them to manage their well-being and reduce the risk of relapse.

Therefore your mental health should be your first priority.

Debaleena Biswas BA 5th Semester

The Impact of Social Media on Mental Health

n today's date social media has taken all over the world. The impact of social media is very immense in people's life, having both negative and positive side. Indeed social media has help us to communicate, share information, and connect with each others. However, the rise of social media platforms has lead havoc to the younger generation. Nowadays, even eleven, twelve years old children are having social media platforms like facebook, instagram. The problem is that at the age of playing around, they are using a platform where some content can be shown in an inappropriate way which effect their mind at such early age. Imagine getting sexual content in an inappropriate way for a kid.

The purpose of social media is to communicate, share and to stay connect with people. But ironically social media has made pe-

ople more insecure, depressed. Such platform has made people more insecure than ever because people compare on social media with other lives and create an unrealistic beauty standard, lifestyle. "We struggle with insecurity

cause we compare our behind-the-scenes with everyone else's highlight reels." One of the most fake part of social media i.e highlighting the perfect moments. People tend to showcase only the positive aspects of their lives on social media, such as their





success, achievement, vacactions or by shoing their excessive financial level. Meanwhile, they also endure failure, struggle, ups and down which they cover it by facking to live a perfect body and ap-

presence. This can initiate unrealistic beauty standard and create a fake sense of perfection. Moreover, social media has made people to take step like suicide. The excessive use of social media has lead to more threats, sexual harrasment, bullying, sharing nudity on internet.

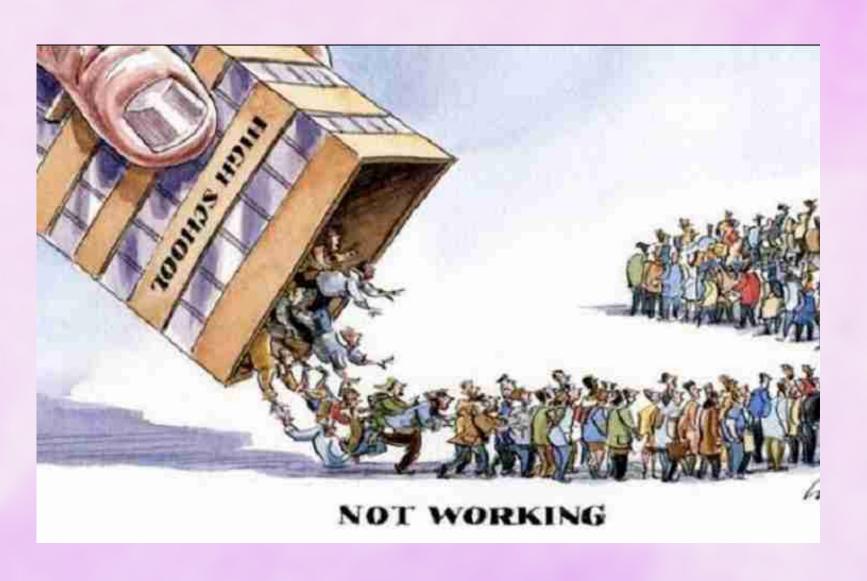
Social media has

become poison to the youth, the excessive amount of time we spent definitely effect on our health both physically and mentally. Through social media has benefit and can help us but it has also cause more harm, destruction in a lot of ways. It is better to let go of social media and live in the moment. Therefore we need to draw our boundaries with such platform to balance out life with real world.



Bhaswati Rabha BA 3rd Semester

Issue of the Nation



oday I am going to highlight one of the major problems which the present generation is facing so badly. Now a days, We are observing that most of the youngstars are going though a trauma because of the unemployment. It is not only our local problem, in fact it become a pandemic problem, millions of students are reaming place to place only to get a job. Lots of youngsters are suffering from depression for this serious issue, unemployment'.

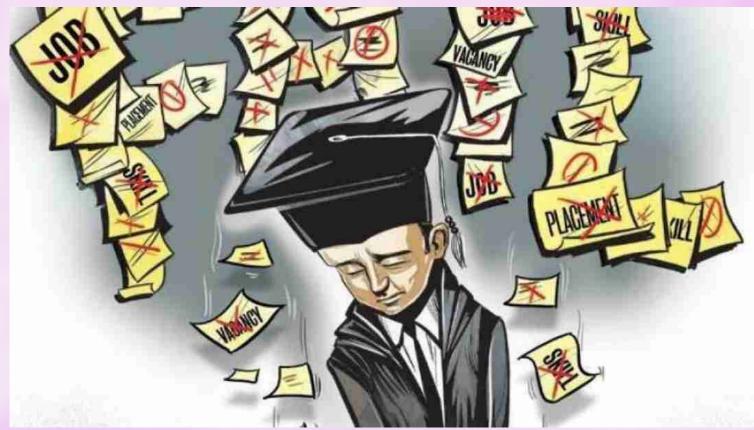
If we focous in India the rate of unemployment is found 7.33% as per a survey of 2022. In India, Haryana is the highest unemployed state, On the country. Odisha is the state where lowest percentage of unemployed is found. However there are some reasons behind this

unemployment problem such as -

- ★ High population is the major problem for this miserable situation. Now a days it is common to see that if there is 1 lakh vacancies of job, 5 lakh student apply for that job. The 1 lakh students gets job but the remaining 4 lakh students remain unemployed.
- ★ Defective Education is also a reason of unemployment where students are only getting certificates without any proper knowledge. Since these students are educated, they feel shame to do low standard work and as a result they remains unemployes.
- ★Technology has become so advanced that less workers are needed. As technology need less time and it saves money, people prefers technology than human workers.
- ★ Excessive burden on agriculture and low productivity in agricultural sector combined with lack of alternative opportunities for agricultural workers has become series issue for unemployment.

These problems of unemployment has also thrown a major impact in the economy of the nation. The economy of a nation is based on the human wealth of that nation and their living condition. So, to make a nation economi-





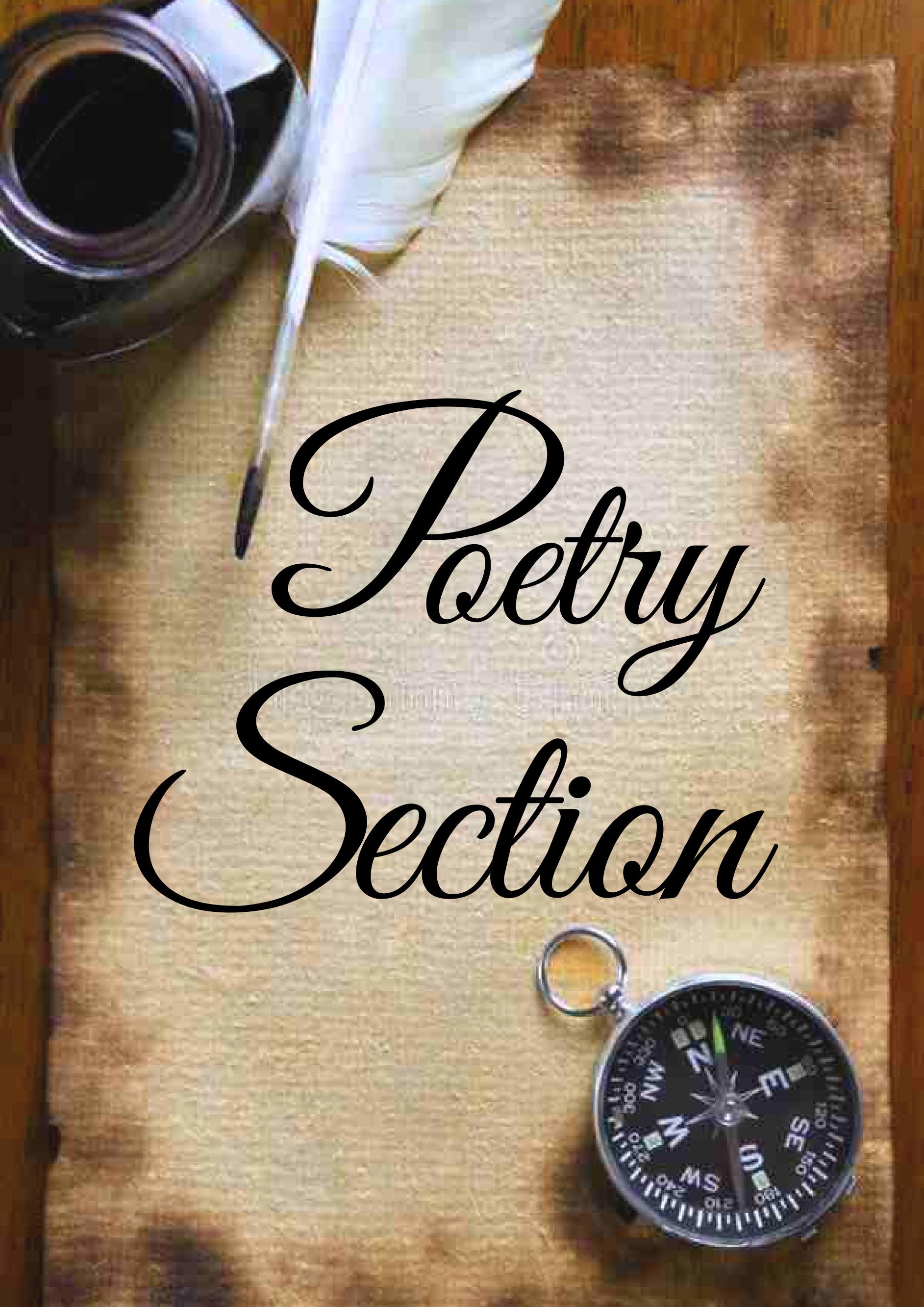
economically strong, it is obligatory to solve the problems of the people. As unemployment become a serious problem among the people, the government should take step to solve this problem. The solutions that the government may apply such as-

- ★Strengthening the rural economy is effective way to reduce this problem. By focusing on rural development schemes such as skill training for rural industries, agriculture modernization, rural infrastructure development, so on.
- ★ Changes in education system. Vocational education should be encouraged so that after education, people do not to have to face problems in getting jobs.
- ★ Creating several microfinancial programs can give some relief to the people.
- ★Encouraging in public-private partnership.
 Collaboration between the public and private sector is crucial in tackling unemployment.

★ Encouraging the common people to start their own business, so on

In conclusion, we can say that the problem of unemployment has reached a critical level. There is no easy solution to the problem of unemployment is this rising population. But if the problem of unemployment solved it will help in development of the country.

AG Sadhana Sarkar BA 3rd Semester



I take my life, like an old woman taking an afternoon walk.

I listen for the singing bird and spot the baby dog gather beneath the bushes.

The flowers of the world are old friends from my home, The trees are my good friends that are always near.

The beautiful and brittle things hail me everyday and I can do

Nothing else but smile,

I see all of nature and think of home.

Bhobani Rabha BA 5th Semester

HAPPINESS

Happiness comes now and then We cannot be sure just when But when it's there, enjoy each hour Because happiness has such power. Joy to you it will bring Even make someone else sing What peace of mind happiness can show Making you and others glow, Nurture it, make it last Forget the troubles of the past. Never fear that happiness will go For it could always grow. And the tomorrow there it will be, For happiness can set you free. You cannot buy happiness "Cause happiness is free" Don't you know or don't you guess, It's there for you and me. And what you do with you've got, Can change the way you feel. Just do your best and smile a lot,

'Happiness is not just to heal'.
'Cause happiness is made for you',

Just take a bite and see

That happiness is what you do,

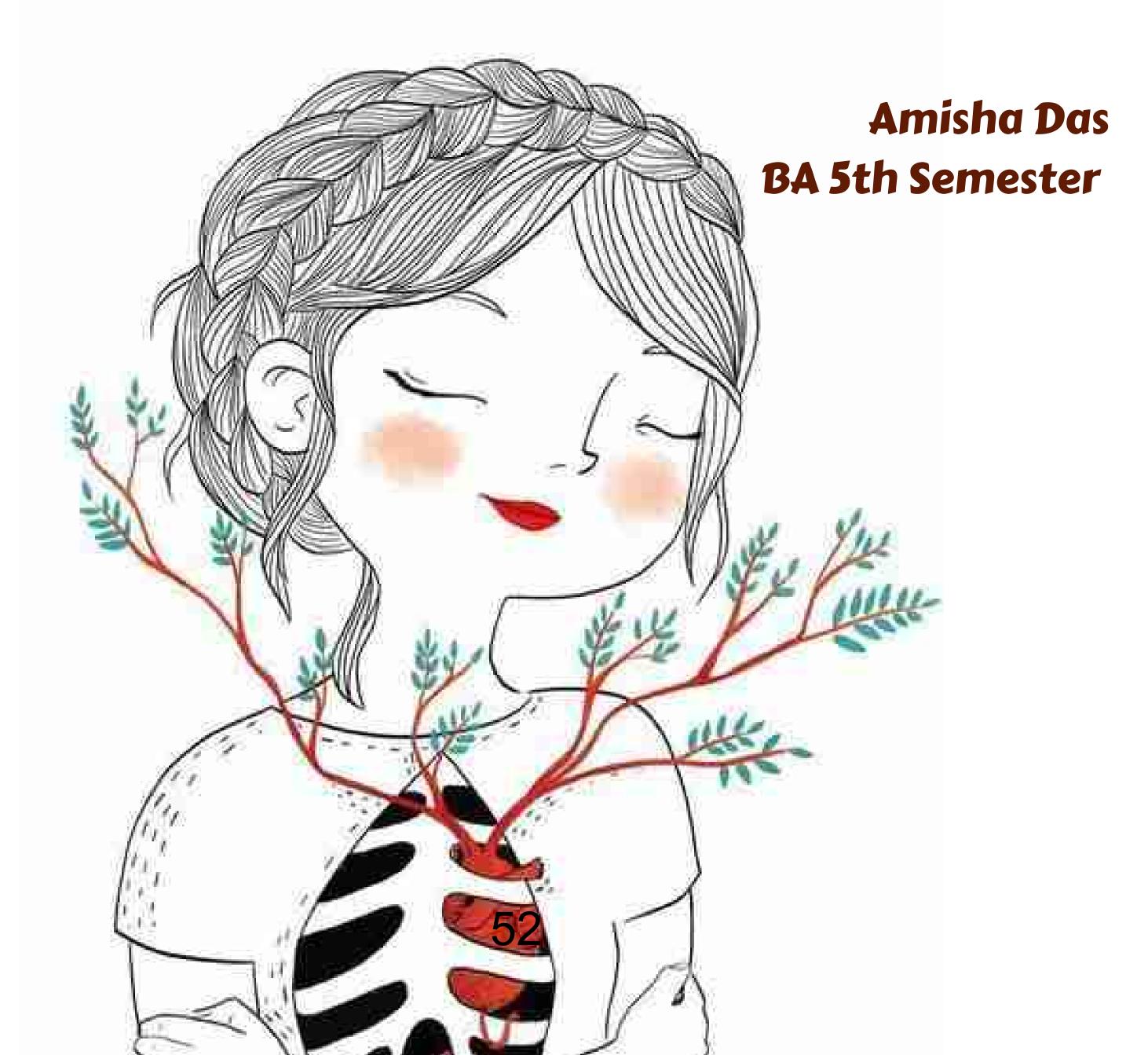
With something that is free.

Pallabi Das BA 3rd Semester



DEARME

You have a bad habit,
That you never learned
How to give a little;
For if someone asks
For a single drop;
You would create rain.



My Secret Crush

I wish I could explain How wonderful you are How I could look into, Your eyes and Never get tired. I wish I could tell you How I feel about you, You have no idea How much I think about you. I try not to stare at you, Not to wait for you But when I see you once I forget everything. Wherever you go My heart will follow But I hope my heart will Never be broken All because of my Love unspoken.

> Urbashi Rabha BA 5th Semester

A Modern Student

With tight jeans and stylish hair, the modern student just doesn't care. He wants to be in the realm of beauty but have a very little sense of duty. He is rarely found in the study hall, Likes to eat in the nearby stall. Roaming around wearing sunglasses. He rarely attends his classes. Talks of movie all day long, and likes to Sing latest songs. He thinks he is some sort of hero, but in studies always gets zero. Wearing boot 4 inches high he thinks of touching the sky. He never prepares notes for the books but says he will pass "By hook or by crook" Thinks that studies are nothing But a burden And then likes himself to be Called a modern!

> Dipankar Boro BA 5th Semester

A Dream of Nature

I went to a garden,
Where all the things were colourful
So many trees, flowers, butterflies were there,
I saw that sunbeam
Came between two blossomed trees beautifully:
The sunlight made me energetic
And the incense of flowers
Made my day beautiful and happy.

The forest, near the garden and
It was dark night, I decided
To see the night view of there,
I was sitting under a tree
In the garden: I saw there in the forest,
A black tall shadow, and got scared.
Like a Dinosaur came close to me
And swallowed me in a second.

Oh God! Save me! Save me!
Please, looking so seary surroundings
Some were flying with white clothes,
Some were like red light,
Ran and ran to save myself

I saw a river, Saranayadu
It was a day, felt good
I followed the river, and saw something
Different view of there
I saw the clean blue water, hills:
Little stones in the river and
The huge bridge over the river.

I sat on the shore alone
Felt the fresh cold wind, and saw
Mystery that hill was an elephant
Enfolding everything by his trunk.
The ancient big rock where
Written the other languages, and
Somewhere ancient shivalinga.

I went to close of that,
Surprised that could talk.
Said that you have to be brave
Learn to walk alone,
You are going to know
More about yourself
More about this natural world.

Santana Boro BA 5th Semester

BELIEVE IN YOURSELF

Self-belief is the super key,
Believe in yourself,
Believe after failure,
Believe when all others doubt.

Tell yourself everyday,
I know I will get to my target,
I know my heart,
I can do, there is no doubt
I will win.

My mind is strong,
My mind is stronger than all others.
I will not stay from my goals,
I will not break from my target.

Do you hear me? I will win, I will get to my target.

> Arjina Begam BA 5th Semester

A GIRL BEHIND ME

A girl behind me
With many laughs,
But she is not happy with anybody.
She smiles and she screams,
She locks her face in the pillow,
And says that everything is okay.
The reality is that she locks her pain
And cry all night on the bed.
She is broken inside!

Sandhyamani Boro BA 5th Semester

AJOURNEY

I am standing strong like a buloke
My root is like ginkgo
My erown is like eanopy
Cyclone come and break my branch
But I am more stronger, deeper,
Glorious than before
It is a journey from me to me.

Debaleena Biswas BA 5th Semester

HARA - KIRI

The more I think about it
The more sense it makes
The more mistakes I make
The more hate I take
The more I try to gain
The more I got addicted
With pain.
The more I get attached
The more shitty my mental
health gets.



Faruk Sheikh BA 5th Semester

CHANDRAYAN TO CHANDRAMA

TEN, NINE, EIGHT, SEVEN, SIX, FIVE, FOUR, THREE, TWO, ONE, AND ZEROOO..... There goes chandrayan to chandrama With the scientific vision For the unusual mission, To unveil the mystery To create a history, Carry out experiments Of all logics to implement, All head behind are wise To dig out the frozen ice, H-3 of huge energy to trace Clam down queries of human race, Journey to explore. To know the lunar more, Coming are the days soon Where there would be trip to moon Salute to every tail For flying up tricolor on moon's soil.

Mridupaban Choudhury
BA 3rd Semester

Snapshots









