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International Day for Elimination of Violence against Women

The UN observes International Day for the Elimination of Violence against Women on 25th November. This observance raises awareness of the continuing toll of gender-based violence. Globally, it is estimated that one in three women will experience physical or sexual abuse in her lifetime. Increasingly, gender-based violence is recognized as a major public health concern and a violation of human rights. From 25 November, the International Day for the Elimination of Violence against Women, to 10 December, Human Rights Day, '16 Days of Activism against Gender-Based Violence' campaign is organized to galvanize action to end violence against women and girls around the world.

While talking about the effects of gender-based violence, the most common ones are reproductive health and aspects of physical and mental well-being. Along with

injury, violence also increases a women's long-term risk of other health problems like chronic pain, physical disability, drug and alcohol abuse, and depression. Women subjected to continuous physical or sexual abuse are also at increased risk for unintended pregnancy, sexually transmitted infections, and adverse pregnancy outcomes. Yet it is often seen that victims of violence who seek care from health professionals often have needs that providers do not recognize, do not ask about, and do not know how to address. Therefore, it is necessary to enlighten and educate everyone about gender-based violence and its effects.

What Is Gender-Based Violence? Violence against women and girls includes physical, sexual, psychological, and economic abuse. It is often known as "gender-based" violence because it evolves in part from women's subordinate status

in society where we have often seen women playing the subservient role. Many cultures have beliefs, norms, and social institutions that legitimize and therefore perpetuate violence against women. Acts directed at women by their family members and relatives often go unchallenged which otherwise would be punished if it was directed at an employer, a neighbor, or an acquaintance. Two of the most common forms of violence against women are - abuse by intimate male partners and coerced sex, whether it takes place in childhood, adolescence, or adulthood. Domestic violence, wife-beating, and battering is accompanied by psychological abuse and in one-quarter to one-half of cases by forced sex as well. An atmosphere of terror often permeates abusive relationships.

Violence against women escalated to pandemic proportions because of



experiencing extensive abuse and their stories should be brought to light.

This is why the UNiTE Campaign's global advocacy theme this year is: Orange the World: #HearMeToo. Under the theme Orange the World: #HearMeToo, the UNiTE partners are encouraged to host events with local, national, regional and global women's movements, survivor advocates and women human rights defenders and create opportunities

reference: <http://www.un.org/en/events/endviolenceday/>

impunity, silence and stigma. The time for change is here and now. Survivors and activists are voicing out through campaigns such as #MeToo, #TimesUp, #Niunamenos, #NotOneMore, #BalanceTonPorc and others. These movements have reached a crescendo that cannot be silenced any more. While the names and contexts are different across geographic locations, women and girls everywhere are

for dialogue between activists, policy-makers and the public. As in previous years, the colour orange will be a key theme unifying all activities, with buildings and landmarks lit and decorated in orange to bring global attention to the initiative.

Nisha Mukherjee

#MeToo Movement takes the Nation by Storm

An affair or a relationship gone wrong is not #MeToo, a man trying to flirt with you is not #MeToo. A Relationship that once reaped benefits is no #MeToo. The movement shouldn't be diluted. Not all men are bad, not all women are good.

A lot has been written, read and said about sexual harassment after the #Me Too movement which is gaining momentum every day. To begin with, there has been a lot of ignorance and lack of understanding of the issue. There are varying levels of consent & harassment and people seem to be making fun of actual harassment stories.

Passing sexual remarks, commenting on the body parts, the dressing and the way of talking in a professional environment is harassment. Asking for sexual favours/dates etc by threatening someone's career is harassment. If it's business party

and you're flirting with a colleague and she says she's uncomfortable. STOP! Do not continue. Invading her personal space, inappropriate touching, inappropriate commenting on her looks/body/dress,

you know her only professionally is harassment.

This movement in India gained momentum after the Hollywood #MeToo movement. The film industry,



passing sexual innuendos, sending graphic sexual content or sending sexual messages to colleague when

media, journalism, corporate etc. and many other different kinds of work place is spreading like wild-

fire which seemed to have been simmering for all these years and decades. The victims were quiet about the harassments they have endured is a reflection of the patriarchal society. The previous generation is partly to be blamed in a way for getting us into this mire. However this is the modern and progressive India in its second decade of the 21st century where finally we are talking about it. Women are showing strength, courage and speaking fearlessly. They will speak out. As a society we shouldn't let this movement fizzle and make it count and set examples for generations to follow. #MeToo is a revolution and hopefully #MeToo India is here to stay!

Public figures from the Bollywood industries, media, corporate, politicians have come under scrutiny due to this movement which was in a way paved by a former Hindi film actress Tanushree Dutta who ac-

STOP VIOLENCE AGAINST WOMEN



cused veteran actor Nana Patekar of harassing her on a film set, back in 2008. Imminent personalities like Sajid Khan, Alok Nath, Vikas Behl, Suhel Seth, Vairamuthu, Rajat Kapoor, BJP union minister M.J. Akbar are now in the eye of the storm. The women coming out of their shells and closet to tell their stories should be supported. We need to look at it in a moralistic perspective rather than a legal recourse even though "one is innocent till proven guilty" is a concept that we are fed with everyday.

Whatever lies ahead, this is a watershed moment for the Indian society, a tip of the iceberg where more is to come.

Aditya Chakroborty

National Summit on Technology and Entrepreneurship by Research and Innovation Council

On 24th November, Garden City University organized a National Summit on Technology and Entrepreneurship by Research and Innovation Council. The prime objective of this summit was to develop and strengthen corporate and academic leadership through best research practices.

The summit began at around 9 a.m. with the Pro Vice Chancellor, of the university, Dr. Alexander giving the inaugural speech. The guests of honours for the event were Mr. Murali Krishna who has 29 years of rich and versatile experience in Operation, Supply Chain Management which involves production, Mr. Thangamani, who



Lamp lighting ceremony by Dr. Mathew J Manimala is the Chief Operating Officer of NuDigiTranz Pvt. Ltd. Bengaluru, Dr. Mathew J Manimala who is also the chairperson of OBHRM Area in the Indian Institute of

Management, Bengaluru. He is a recipient of the Lifetime Achievement Award of the National Federation for Entrepreneurship Development. The program was unique in nature and brought participants from diversified background. It facilitated expert sharing sessions and panel discussions to understand the best practices and innovations that can be adopted in the corporate and academic leadership.

This program was a huge success and helped in developing Industry Institute interaction and facilitated incubation activities in the



Mr. Thangamani addressing the audience University.

Astika Chattopadhyay

ISTL- Inter School Taekwondo League

Garden City University organised Inter School Taekwondo League on the 24th of November. The event was an interschool taekwondo competition where more than 14 schools from all over Bengaluru took part in. It was organised by the Global Taekwondo Mission, World Taekwondo, Taekwondo Federation of India and Karnataka Taekwondo Association.

The event started at 8 in the morning. The Guests of Honour for the event were Mr. Shashi Vardhan, Karnataka Taekwondo Association's Secretary and Advocate Mr. John Peter. Students from the 2nd standard to the 10th standard participated in the event. They were divided into a group of 6 members and each group had to compete against each other. Gold and bronze medals were awarded to the winners and runners up respectively. The magnificent trophy was kept for the ultimate champion. The footfall of the event was more than 500.

The event was successful and the organiser Mr. Yoganand John wishes to continue this tradition for years to come.

Atreyee Bandyopadhyay



Students from various schools participated in the event.



Students of Dev Mata Central School with the winners cup

Last Minute Tips before taking Examinations



Sometimes life gets away from us and we find ourselves on the eve of an exam feeling under-prepared. But all might not be lost. Instead of throwing in the towel, take a deep breath and get your head in the game because it's time to rise to the challenge. As the students of Garden City University are taking the examinations, here are some last minute tips to go through with it.

1. YOU DON'T KNOW WHAT YOU DON'T KNOW

Planning and preparation is important. Use highlighters to review your course materials and separate the content you know well, know a bit or do not know at all.

2. KEEP DISTRACTIONS AT BAY

Find the right study environment which will have minimal disruptions. Where you study is important to help put you in the right state of mind and keep you calm.

3. ASK FOR HELP

Ask around to see which content you should concentrate on when you have a very limited time frame to revise. Your goal is to come to a consensus on the core areas.

4. USE YOUR TIME WELL

Simply reading and copying notes is not the best way for absorbing information. Try being an active learner. If you have key information to memorize use 'mnemonics' or make flash cards to test your recall.

5. REVISE AND TEST

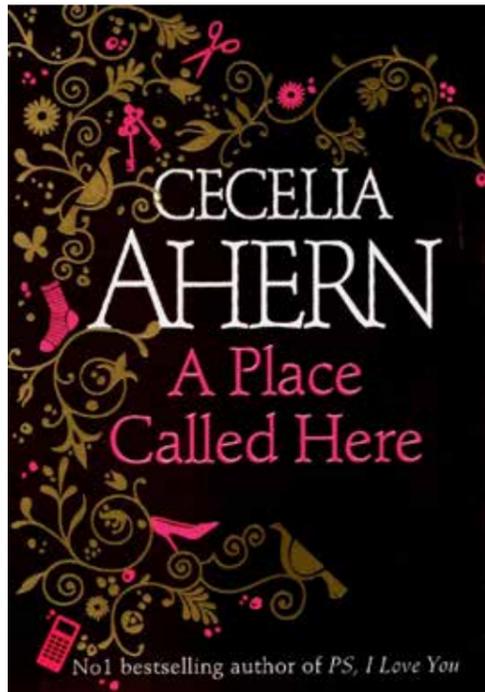
Test your recall to make sure you have absorbed the information. Try accessing previous exams or practice questions that will help you understand the format of the test.

6. STAY POSITIVE

Fear and regret will only slow you down. So stay positive and calm, eat well, drink plenty of water and try to get a decent night's sleep.

Atreyee Bandyopadhyay

A PLACE CALLED HERE: A Book Review



Author: Cecelia Ahern

Rating : 8/10

A Place Called Here is a wonderful masterpiece of Cecelia Ahern. Along



UNINHIBITED
By - Rushali Bakshi



SUSTAINANCE
By - Ashutosh Sinha

with “If you could see me now”, “Where the rainbows end” and “Thanks for the memories”, this book has successfully built the romantically magic world for Cecelia and her readers. It’s the world where you can find yourself inside, in the bittersweet situation and stories and finding the dreams you may get lost in the busy society you are living. As one of the feedbacks was made for Cecelia’s novel “There’s more than a touch of the fairytale about Cecelia Ahern’s novel”. With her, everything seems to be so unreal but scientifically reasonable at the same time, no questions were

asked when reading this book. I personally like the theory that everything missing goes to a place, sometimes because of our choices,

sometimes because of forces beyond our control but “when we learn about what our soul needs to learn, the path presents itself” and the most wonderful thing about being lost is that “we are found” if someone is still searching for us outside, we are always found.

I love the world of words Cecelia uses in each book. It’s just beautiful, simple but sweet and touching. I love the way Cecelia expresses simple things about life and love, it’s just so touching to me, it’s just so me. I did burst into tears when I read her words about the feeling of “lover’s smell that is lost because I know that feeling. I miss the smell of the guy I like but somehow now I cannot recall it anymore. More than that, I’m afraid of losing memories about his voice and his laugh”. Everything she wrote in this book is so touching and so beautiful, simple but bittersweet beauty.

Shubhang Kamavisdar

“THE CAPTAIN” MOVIE REVIEW



Director: Robert Schwentke

Screenplay: Robert Schwentke

Starring: Max Hubacher as Herold, Milan Peschel as Freytag and Frederick Lau as Kipinski

Release Date: March 15, 2018

Rating: 7/10

‘The Captain’ (2017) is a horrifying story of a man named Willie Herold played by Max Hubacher,

a German deserter who poses as a Nazi captain and slaughters many innocents who theoretically commands his empathy. This story takes place in Germany, two weeks before the end of the war.

The main character portrays uncharacteristic confidence for someone who is not an actual captain but slides into that role with ruthless effort. With the chilling performance by Herold Hubacher, the movie bring chills down your spine and keep your fingers drumming with anticipation on what will happen next.

It has a taste of sadism in it. It also shows to what extent a person can go to save himself. Ever seen a person gain blind belief and control over something so powerful with just his wits and a clever mind? If not, this is your movie to watch.

Pooja Prasad
Dano Dune Lyngdoh

Recipe of the Week

DETOX YOUR BODY AND MIND!!

The atmosphere we live in today is so polluted that the life expectancy rate of the human being as all well as wild animals are gradually reducing. Pollution also attracts several deadly diseases at an early stage of life due to the lack of immunity in our body. Thus, it is necessary to have one day in a week as detox day to remove the physical chemicals accumulated in our body and to eliminate the mental stress occurring from our hectic lifestyle. Ideally, detox day is recommended on Sunday or any day you are at home completely.

PLAN FOR YOUR DETOX DAY – PHYSICAL

1. The detox process should start from a day before the detox day, take a light dinner and take a glass of garlic milk (peeled garlic pearls boiled in milk and mix with honey). The garlic can be consumed along with the milk.
2. Wake up early morning before 6:00 a.m. and take 1000 ml of water. If you don't like plain water, try flavoured water (soak mint leaves or apple peels or orange peels overnight. Flavoured water is rich in vitamins.
3. Perform light belly exercise and go for emptying the bowel and then drink 1000 ml of plain or flavoured water. Water helps to cleanse all the physical chemicals stored in your body.
4. Prepare an oil with cumin seeds and fennel seeds. Virgin coconut oil is recommended. Soak the spices one day in advance and apply lavishly on your head

and take a head bath with natural herbal powders.

5. Prepare a drink with lemon and hot water and consume it in lukewarm temperature
6. Take a light vegetarian meal for the all the meals for the day.

PLAN FOR YOUR DETOX DAY-MENTAL

1. Refrain from using smartphones
2. Refrain from watching television
3. Do not read the newspaper
4. Establish a conversation with your family members/ neighbourhood
5. Involve in gardening work
6. Walk and go for purchase in a grocery shop
7. Prepare your meals
8. Dine together with your family
9. Conduct funny games and involve your family members
10. Listen to your favourite music

For customized detox day plan, contact:

Dr.D.P.Sudhagar
Associate Professor
School of Professional Studies
Department of Hospitality
Management & Catering
Technology
Garden City University.

UPCOMING EVENTS

Present Human Rights Issues and Challenges in India

All through the ages people have been governed by rulers who followed different system and forms of government and used their power and authority to suppress the common people. It was only in 1947 when India got its independence from the British rule and adopted democratic form of government which encouraged India to get its new face. Now even after 70 years of Independence, India still continues to suffer from significant human rights violations, despite framing many laws and policies and promising and making commitments to tackle the problems.

Human Rights in simple sense refers to the certain basic or fundamental rights which are universal for humanity and is entitled to each person of our society irrespective of caste, creed, color, race, origin, sex, religion etc. The Principle Objective of human rights involves the protection of human life and liberty, to preserve the dignity of people, promote healthy development, maintain equality etc. In India, the violations of human rights is equal to the violations of the democratic principles which is enshrined in the Constitution of India. The United Nations has adopted a charter of Human Rights for the respect of people and on 10th December 1948, the UN adopted the Universal

Declaration of Human Rights for the protection of Human Rights. India was a signatory to the Universal Declaration of Human Rights, but the violations and atrocities are still prevalent. Due to this wide scale violation of human rights like extra-judicial killings, custodial deaths and atrocities by the security force particularly in Kashmir, the Indian Government set up the



NHRC (National Human Rights Commission) in 1993. Basic and fundamental rights of the people are denied due to the economic and political interest of politicians, big industrialist and power-drunk people. There are numerous incidents of the violations of human rights and some of them are described below.

Issue: With the rising crimes, violations, scams and scandals human rights are being violated and taken for granted and in the recent years conditions have become worst and deteriorated in India. Violence against women is increasing at an alarming rate and

they are at a high risk of sexual harassment, trafficking, and forced labour including violations of equal participation in political, economic and social life. In fact, the recent molestation case in Bengaluru was shocking and condemned by all sections of our society. Such horrifying incident took place on the night of 31 December 2016 where many people gathered on the streets and started molesting women. And just after the New Year incident another molestation case occurred in Bangalore which was triggered by two hooligans nearby East Bengaluru. The circumstances for women rights and their freedom seems to have deteriorated, with not only people committing women rights violations but also powerful politician and police who are easily compromising with the security of women. This unfortunate incident reminds about the Nirbhaya Case, one of the most heinous crime of gang rape of a young women which took place on 16th December, 2012. Despite the various strong laws and acts framed by the government, women across India still continue to suffer from domestic violence, acid attacks, rape and murder etc.

Atreyee Bandyopadhyay

World AIDS Day: Why premarital HIV test is still a taboo?



The life of a women can shatter in a moment when they realise that they have tested positive for HIV post marriage. They are even more devastated, when they realise that they have contracted the life-threatening virus from their husband, but there is little they can do.

While these cases are not unusual, youngsters who are looking for a match are still not vocal enough to ask for their partners to undergo a HIV test before marriage. Neither the matrimonial sites nor does the family set-up encourages young people to bring up the issue before they get married.

Although, the need to check medical compatibility is understood by youngsters, the traditional marriage set-up is not encouraging them to speak up for it. The Government is actively considering the move to make HIV test mandatory before

marriage, there hasn't been much progress on this front.

Our society is very worried regarding matching Kundali, but not for tests like HIV. These tests should be conducted before marriage, but this might upset the family and the girl. On one of the matrimonial sites, there is a column for medical history. The major matrimonial websites in India still do not have a mandatory column to fill in medical history details. The local matrimonial platforms, through their workshops make people aware about these tests, but leave it optional on the candidates.

Discrimination against people affected with AIDS is very much prevalent in our society. AIDS is seen as an immoral act and there is a stigma associated with AIDS patients. This isolates those suffering from it. To change this picture there is a need to talk more about the subject so that the discomfort associated with it goes away with time.

Disha Nihalani

National Pollution Control Day

Pollution is a major problem that India is not only facing, but the whole world is battling with it. It is also known as environmental pollution. We can define pollution as the addition of any substance, whether solid, liquid or gas or any form of energy like heat, sound etc. to the environment. To make people aware about the effects of pollution, problems that people are facing because of it, National Pollution Control Day is observed every year on 2nd December. It is observed in the memory of those who have lost their lives in the Bhopal Gas tragedy on 2nd December, 1984.

There are many factors that are responsible for causing pollution like bursting of crackers, vehicles running on the roads, bomb blast, leakage of gases via industries, etc. Nowadays, problem of pollution is increasing day by day and it is the duty of the respective Government and also people to reduce the level of pollution. We should generate ideas and plans to control pollution.

OBJECTIVES OF NATIONAL POLLUTION CONTROL DAY

The main objective is to make people aware, spread awareness in the industries that cause various pollution like water, air, soil, noise and affect the



environment and obviously health. As, Bhopal gas tragedy in which leakage of poisonous gas 'Methyl Isocyanate (MIC)' is the worst tragedy happened in the world so far, it is

also important to give knowledge to the people regarding pollution so that a better or clean environment can be formed. Government in India had made various laws to combat with pollution, like in Delhi vehicles running on the road were decreased. National Pollution Control Board (NPCB) is the main governing body,

National Pollution Control Day 2nd DECEMBER

that regularly conducts checks on industries to know whether they are following environmental regulations or not.

Main reason as discussed above is to control the Industrial disaster and to reduce the level of pollution. Various laws are made by the Government all over the world to control and prevent pollution.

On 2nd and 3rd December 1984, Bhopal Gas tragedy in which a poisonous chemical MIC (Methyl Isocyanate) and some other chemicals were released from a pesticide plant UCIL (Union Carbide India Limited) in Bhopal, MP. More than 500,000 people were exposed to MIC poisonous gas. Around 2259 died immediately and later MP government declared that around 25,000 died. In the history world wide it was identified as the biggest industrial disaster.

PREVENTIVE MEASURES TAKEN BY THE INDIAN GOVERNMENT

Indian government has launched various acts and rules for controlling and preventing pollution in India.

- Water (Prevention & Control of Pollution) Act of 1974
- Water (Prevention & Control of Pollution) Cess Act of 1977
- Air (Prevention & Control of Pollution) Act of 1981
- Environment (Protection) Rules of 1986

Astika Chattopadhyay

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