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Northeast Media Echoes Human Rights Stories



North East India, a landlocked region and a home to various ethnic groups suffered heavy setbacks due to ethnic conflicts and India's counter insurgency strategies resulted to a widespread human rights abuses in the region. Media in Northeast plays a proactive role in coverage of human rights abuses, press in particular and other forms of media in general. Some of the major news organisation in Northeast India are Arunachal Times (Arunachal Pradesh), Dainik Agradoot (Assam), Eastern Chronicle (Assam), The Sangai Express and Poknapham (Manipur), Sikkim Express (Sikkim), Shillong Times (Meghalaya), Nagaland Post (Nagaland), Morung Express (Nagaland), Newslink and The Mizoram Post (Mizoram) and Tripura Times (Tripura). Television channels are still in the nascent stage, having a minimum of 1-2 local

channels where its transmission reaches within a limited area.

Most of the news reports in mainstream media on Northeast are based on conflict reporting. Media is one of the potent tools to address or highlight the issues pertaining to the region. One such issue is human rights problems which is one of the key areas where Northeast media have been giving adequate space in popular dailies. Cases of human rights abuses are associated with India's counter insurgency operations which widely deploy excessive forces including extra judicial killings, torture, mass rape, mass detention, forced disappearances, restrictions on freedom of assemble and curbing freedom of speech and expression. Therefore, human rights abuses occur when state actors violate the

rights of an individual.

Armed Forces Special Powers Act (AFSPA) is considered to be the root cause of human rights violations in North East India. Many headlines often read repeal of AFSPA or scrapping AFSPA, demanded by various civil society organisations, non-governmental organisations and also from media fraternity working actively in the region. The amount of media coverage on human rights indicates the role of media towards rebuilding the region and its response to address human rights abuses by sensitizing the issue.

Any developing story on AFSPA is considered to be lead story. News on Manipur fake encounter cases filed in Supreme court were covered as lead stories and media follow ups were innumerable. It is

interesting to cite that human rights defenders working in the state have compiled news reports and brought certain cases under the purview of human rights violation, making a clear distinction between sheer human rights violation and crime. 'Newspaper reports are documented in order to identify whether an incident is human rights violation or just a crime', said Babloo Loitongbam, Human Rights Alert, an organization committed to the cause of human rights in Manipur.

Recently in Assam, Amnesty International India called the state government to end human rights violations to persons declared foreigners by Foreigner Tribunal. The organization also questioned the state on its constitutional right to life and liberty to everyone including

foreigners. The government needs to address the issue to safeguard the rights of people of Assam before taking any extreme measures that aggravate the situation.

This year is significant as it marked the 70th anniversary of the United Nations adoption of Universal Declaration of Human Rights, a document that proclaimed rights which everyone is inherently entitled to as a human being, on 10 December, 1948. Moreover, India has also become a new member of the United Nations Human Rights Council (UNHRC) for a period of three years now. The status of human rights situation in the country can be re-examined and scrutinized. This also implies that media needs to play an indispensable role in reporting human rights stories to ensure functioning of a vigilant government.

The role of media is not only to inform and educate the masses but it also has a sole responsibility to promote and protect human rights for equality, justice and human dignity in a region like North East India where the region is susceptible to human rights abuses due to the ongoing conflict. A vigilant media is the need of the hour. Balance and truthful presentation of news stories can be achieved by supporting and promoting local reporters to take part in news gathering and reporting of complex local issues which mainly national media fails to report and overlook.

Dr. Sakila Nongmeikapam

The Good Samaritan Law

Life itself is a composition of various derivatives. It takes intense courage, awareness and knowledge for an individual to harness the problems that others happen to face. A law related to this module is the "Samaritan Law". Here are the requisite facts and individualistic viewpoints:

According to a report by the World Health Organization "skilled and empowered bystanders play a crucial role in saving lives". This shows that in case of emergency situations bystanders can save lives when they are in a position that enables them to help others and not be worried of the consequences of this act to negatively affect them. Here it is important that the bystanders are not deterred from pro-

The Court's decision is a crucial step in changing the mindset of people to help road accident victims and to be satisfied that they will not be harassed at hospitals or the police or in case of court trials.



viding help. Thus the report goes on to state that or enabling bystanders to help injured people it is necessary "to provide a supportive legal and ethical environment

The Supreme Court has approved

the guidelines that were issued by the Centre for the protection of Good Samaritans at the hands of the police and other authorities. The Court's decision is a crucial step in changing the mindset of

people to help road accident victims and to be satisfied that they will not be harassed at hospitals or the police or in case of court trials.

The SaveLIFE Foundation has been the organization which has been the driving force in this case. They had filed the original Public Interest Litigation in the court in the year of 2012 which has now led to these developments. They had then obtained an interim order on the necessity to frame specific guidelines to protect those who help in such emergency situations. The SaveLIFE Foundation, on the basis of their study, submitted that three out of four people hesitate to help in case of road accidents worrying about the hassles they might face during the investigatory proceedings.

Needless to say that such obstacle makes people hesitant to help others in case of emergency. This can make a huge difference, especially when the matter deals with extreme cases of life and death.

The guidelines are just a starting step and it is essential now to have a legislature in this regard. It is highly necessary to keep in mind the number of deaths that occur in the nation due to lack of help and assistance provided on-the-spot. The constitutional rights that have been given to every citizen include the Right to Life. And thus it also becomes the duty of the State to facilitate the amount of help and care an individual needs at that very instant of time.

Nisha Mukherjee

PHILANTHROPY-THE BEDROCK OF HUMAN RIGHTS

Philanthropy has been well known in all of the history of western society and has in long periods played an essential role. From the middle ages, the church played an essential role by sustaining social security. Later, from the 18th century, the rise of capitalism led to increased poverty in the growing big cities. Again, private donors were needed to sustain social life.

However, the world is no longer what it was before. The power of the welfare state is declining and attitudes are changing in the entire Western world. The personal engagement to do well has become a public value. This is the case for individuals and also institutions. Therefore, in the last couple of decades, philanthropy has become a concern which is taken seriously in the Western world. Normal people give donations and volunteer on a large scale within the institutions of civil society. This is the case for business corporations as well, who now have to act with a form of personal responsibility.

At the same time, the richest people in the world are establishing foundations with the aim of doing philanthropic work, on a national

and an international scale. They engage in welfare projects, democratic development and health care all over the world – especially in Africa. Bill Gates, Warren Buffet,

welfare programs in the world.

Philanthropy is a concept that as a long and meandering history is connected to all the cultural and social development in

is inherent in a broad spectrum of personal, societal and cultural values that are bound to specific forms of societal order. In our age, philanthropy as theory and

people in the world that, with an idealistic motive, will do the good; but perhaps the same people consider that it is necessary and useful for them as well. There are two different perspectives but they can be united in praxis. This is the practical moral ground for philanthropy in a modern global world.

In conclusion, philanthropy is a social praxis that in our time is carried out by universal norms. Philanthropy is exercised locally, nationally and globally and it can have many practical expressions – from concrete projects in the community to a global economic effort. Philanthropic projects are different, but they can all be understood in relation to the universal normative standard, formulated in human rights, which has become the normative standard of our time. In this way philanthropy has become, in a modern sense, a charitable act with the aim to promote human happiness independent of gender, class, race, etc.

Atrejee Bandyopadhyay

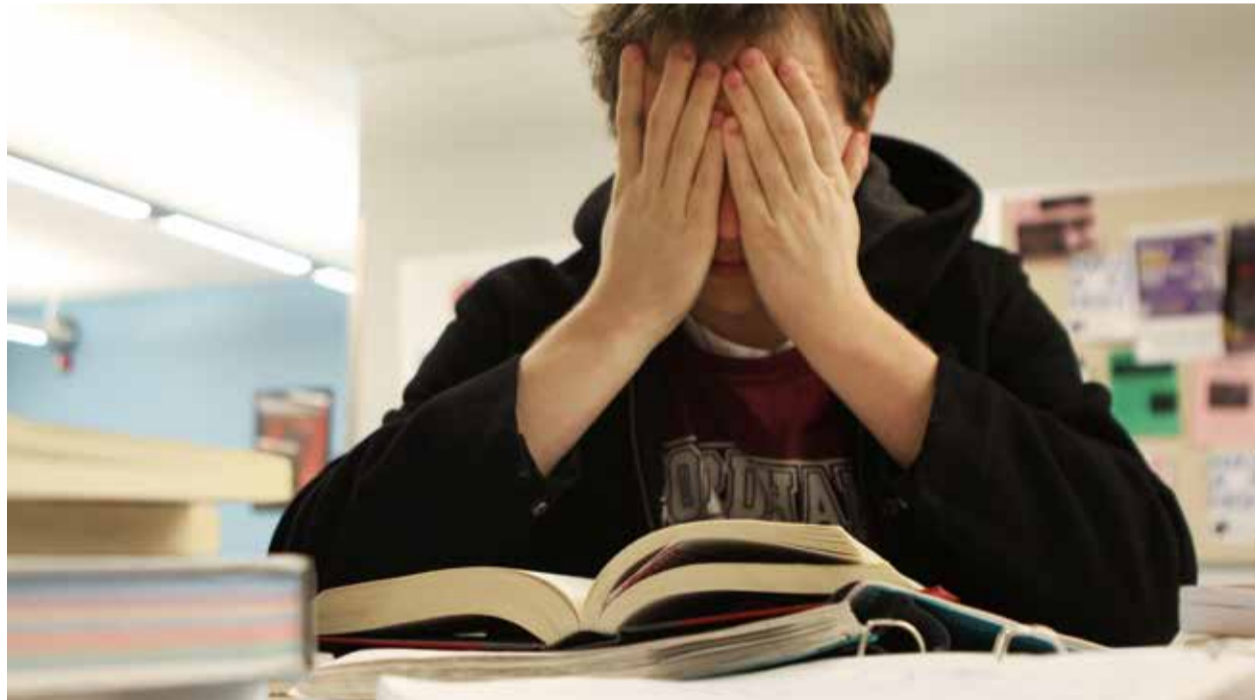


Georges Soros and many others have started foundations and organizations with a size and power that can compete with even the biggest national and international

Europe and USA. Philanthropy is connected with the development of the fundamental values in these societies. As it should be clear from this presentation, philanthropy can be seen as a moral value, which

practice should be seen in the same perspective. Philanthropy is carried by idealism, but it is at the same time carried by the necessity and coercion of realism. There are

Beating-Stress during Exams



Stress during exams is something which is expected no matter how prepared one is. But what is more important is how to remain calm and de-clutter and destress. It is but natural to get worried about your performance in the exams. Taking stress, however, will only make things worse. Here are few

tips that can be adopted during the stressful examination days.

1. Get enough sleep. A good, quality sleep will rejuvenate you. Not sleeping right can lead to irritability resulting in more stress. In the weeks prior to the exams, make sleep a priority. Maintain a regular bedtime. Go to sleep around the

same time each night.

2. Eat right. You may be tempted to binge eat on junk food due to stress. However, this is unlikely to make you feel more relaxed. Food has a direct effect on your mood, so make sure to eat right. Avoid high-fat and high-sugar foods. Instead, go for plenty of fruits and

vegetables, whole grains etc.

3. Avoid caffeine. Drinking coffee, tea, energy drinks, and other highly-caffeinated beverages can actually make you more anxious or nervous.

4. Have perspective regarding your exam. If you're stressed out over an exam, you may be placing too much importance on it. It's good to be conscientious of your grades. However, try to keep things in perspective. One exam is not going to make or break your life.

5. Follow a consistent routine. A lot of stress comes from feeling inadequately prepared. If you are studying regularly, you'll feel more prepared and therefore less stressed.

6. Figure out what works best for you. If you're a morning person, study in the morning. If you focus better at night, study in the evening. Pick a regular place to study that's free from distractions.

7. Accept imperfections regarding your academic performance. There is no such thing as a perfect

student. Keep this in mind as you study. You need to accept the fact that you will struggle on certain occasions. Allowing yourself to be imperfect will reduce your stress over an exam.

8. Focus on only the exam. When you're in the exam room, do not let your mind wander. As soon as the exam starts, focus your energy there and nowhere else.

9. Exercise to reduce exam-related stress. If you exercise regularly, do not neglect your workout routine during exam time. It's okay to cut out 10 or 15 minutes from your regular routine if you're low on time, but you should not stop exercising altogether because an exam is coming up. Try walking or going for a bike ride for 15 minutes a day.

10. Listen to music. Music is known to bring calmness. Plug in some good music to calm down the nerves, ease out the stress.

Lt Col. K.G. Nathan



GCU Campus

1984 :A Book Review

Author: George Orwell

Penguin, 1949

Genre: Dystopian, Political Fiction, Social Science fiction

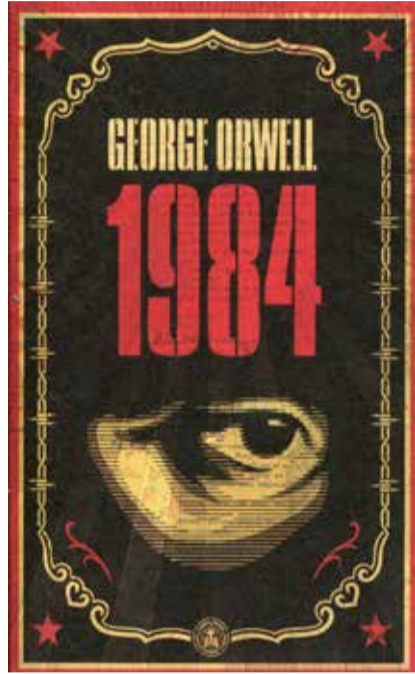
Rating: 7.5/10

"If you want a picture of the future, imagine a boot stamping on a human face – forever".

1984 is one of the most famous dystopias ever written. Orwell's picture of the future describes the boot and its stamping of a human face in all the detail necessary to frighten everyone from the pessimistic misanthropes to the idealistic optimists. The book could only be written from the most profound conviction that such a future could indeed happen, a conviction motivated by societies where Big Brother already existed in large part when Orwell wrote the book. But 1984, has become a touchstone of our culture in the way that it functions as a warning.

The book echoes Foucault's theories of discipline. Foucault makes it clear that he thinks power and discipline permeate all areas of society, whether totalitarian or democratic. In another parallel, I think that Orwell's idea of doublethink is not restricted by any means to the fictional society of Oceania. The Party taught that 'proles' were natural inferiors who

must be kept in subjection, like animals, by the application of a few simple rules. However, the book's lasting power lies not in all of this social theory, but rather the concrete details of its story. From the smell of boiled cabbage in the



hallway of Winston's apartment building to the political architecture ensuring that the powerful stay in power – the entire range of human experience is here. Winston Smith is a thought criminal when we first meet him, and his story is premised on that leap. We follow him in his job, where he alters history according to instructions. We follow him through a love affair with the woman named

Julia, and it's a strange romance. Winston says to Julia, "I hate purity, I hate goodness. Winston and Julia still participate in the Two Minute Hate, another effective form of catharsis and social control.

Unfortunately, the last half of the book is not very interesting. Orwell continues to use many fascinating ideas, and the images of Winston under torture are indeed horrific. But the story comes to a crashing halt. This Big Brother society is too well-constructed to break apart in the face of one man's resistance. But the momentum is picked up when Winston was released and his meeting with Julia might be some of the best writing in the novel. Perhaps the strongest aspect of the last half of the novel is Orwell's blunt answer to the question of why. When he asks O'Brien this question, the answer is as blunt as could be imagined: power for the sake of power. And we are confronted, not with some abstract homily about absolute power, but the reality of complete and utter social power perpetuating itself, confident of its own immortality. There should be tears in our eyes at the ending, for different reasons than Winston's tears, as Winston sits in the Chestnut Tree, thinking about how much he loves Big Brother.

Nisha Mukherjee



Your Right to Food, Clothing and Shelter

It is our fundamental right to access food, clothing and shelter and our responsibility to provide the same to the society!!

The basic right of every human being in the universe is it to get food, shelter and clothing. Unfortunately, the world is filled with poverty and richness at the same time. A segment of people in the society enjoys luxurious food, shelter and clothing and another segment of people struggles to find food, shelter and clothing. The underlying factors for two distinct scenarios include disparity in geographical location, climate, educational qualification, government regulations, the attitude of the people, employment opportunities, religion, lifestyle, habits, bio-diversity etc. It is not possible to create a magic to change the experience of the marginal segment of the society who are deprived of basic necessities required to lead a life.

Tips to access the right food, clothing and shelter

Food

To cultivate your own food, you don't require a farming land and work 24/7. The concept of urban gardening is picking up in recent times and the need for handling the wastages are also increasing. The best way to create your own food,

- Collect discarded/ worn-out bins from the garbage trash. Keep one bin for composting and one bin

for planting.

- Collect vegetable/fruit base wastages. Start the composting in one bin and fill the soil in another bin. Plant required vegetables/fruits/green leafy vegetable. By the time, the plant grows, the composting will be ready to act as good manure.
- Harvest your own organic vegetables/fruits/green leafy vegetables in your home.

Clothing

The apparels used by the luxury segment are discarded after few usages. The same can be collected and distributed to the needy segment in the society i.e. Community Retail Store.

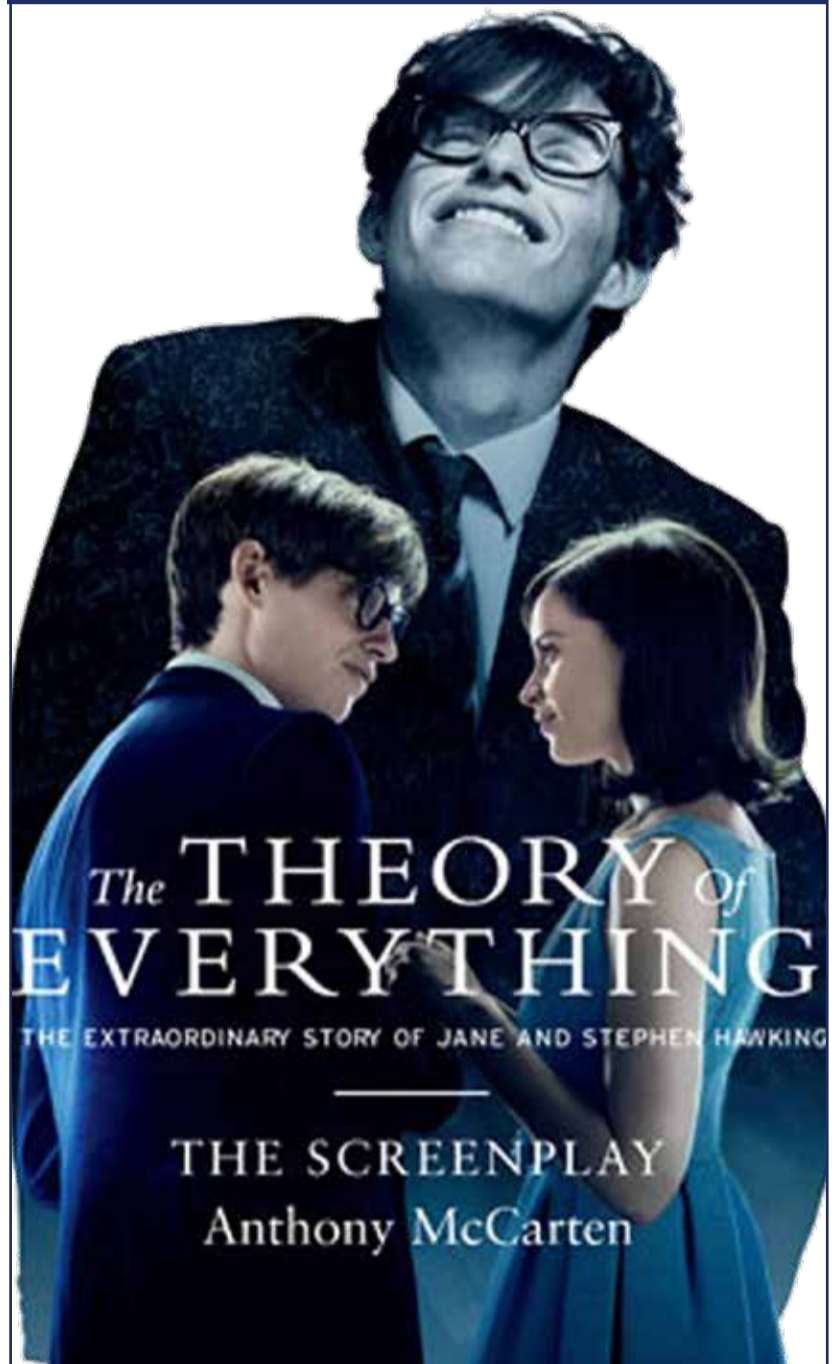
Shelter

The concept of the sleeping pod will address the issue. The sleeping pod can be prepared by using any worn-out materials.

The above strategies may help to reduce the number of people deprived of food, clothing and shelter and help to fulfil the basic right of the human beings in the universe.

Dr.D.P.Sudhagar
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"THE THEORY OF EVERYTHING" MOVIE REVIEW



Director: James Marsh

Screenplay: Anthony McCarten

Starring: Eddie Redmayne, Felicity Jones, Charlie Cox, David Thewlis

Release Date: 7 November, 2014

Rating: 7.7/10

A compassionate and inspiring look at an extraordinary life is what the movie 'The Theory of Everything', directed by James Marsh; is to many. Released in 2014, it is an inspirational biopic centered around the great British physicist Stephen Hawking played by Eddie Redmayne an excellent actor; about his mind-over-body struggle with motor neuron disease.

The story begins with Stephen in Cambridge, talks about his love Jane Wilde played by Felicity Jones who he later marries and has children with. Instead of talking more about his scientific findings, the plot concentrates more on

how this disease affects his relationships, about the sacrifices from both his end as well as his wife's end. About how he never gave up on knowledge and on finding "The theory of everything".

The music and cinematography, capturing Cambridge's lush prettiness, add glow. For those expecting a science lesson though, this film provides only fleeting moments of diet-physics. Instead, the focus is on Hawking's emotional discoveries, his "simple, elegant equation to explain everything" - love, hope and human endeavor, balancing the sadness of 'If only' with the courage of 'What if...?'

I guess you can call it a love story between Hawkings, Jane and Physics. This movie reportedly made Stephen Hawking cry. Watch it. You'll see why.

Pooja Prasad
Dano Dune Lyngdoh

UPCOMING EVENTS

WORLD ENERGY CONSERVATION DAY

The National Energy Conservation Day is being celebrated every year on December 14 since 1991. The Bureau of Energy Efficiency (BEE), under Ministry of Power spearheads the celebrations every year. The objective to celebrate the National Energy Conservation Day is to drive mass awareness about the importance of energy efficiency and conservation.

The actual meaning of energy conservation is to avoid unnecessary use of energy and to use at least energy so that energy sources can be saved for future use. In order to make energy conservation plan more effective, every person should include energy conservation in their behavior. That is how the national energy conservation day came into being. It is celebrated to sensitize people about the importance of energy as



well as conserving or saving more energy by lesser wastage. Efficient use of energy is indispensable for storing energy for future use.

Fossil fuels, crude oil, coal, natural

gas etc. generate sufficient energy for the use in daily life but increasing its demand day by day creates the fear of reducing or diminishing the natural resources. The only way in replacing the non-renewable

resources of energy with the renewable energy is energy conservation.

The government has come up with energy or carbon taxes in different countries to decrease the unnecessary wastage of energy. It is expected that imposing a tax on high energy consumption will reduce the energy use by the users as well as will promote limited energy use among users Petroleum Conservation Research Association (established in 1977) and Bureau of Energy Efficiency (established in 2001) are the two major initiatives by the Government for better energy efficiency and conservation.

It is essential for each and every

citizen of India to be aware of how to use efficient energy, how to save the energy for their own future safety and many more ways. In order to support the energy efficiency, the Government of India has implemented certain rules, regulations and policies which need to be followed by the citizens of India. They can pay their direct contribution to the campaign to reduce energy use throughout the 11th Five Year Plan period. Children are one of the big expectations and hope for the country to bring positive changes as well as to improve the economic being of the country.

Astika Chattopadhyay



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