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PRE PRATIBIMB-THE SPIRIT OF MOTION 2019

Celebrating the Onset of Spring

Spring is the season of new beginnings. Fresh buds bloom, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise. The timing of these changes varies depending upon location.

What most people call spring, relies on the astronomical definition of the word. Spring is generally considered the period between the spring equinox and the summer solstice. Defined by the angle of Earth's tilt toward the sun, astronomical spring relies on equinoxes and solstices to define it.

SPRING AWAKENING

In the hemisphere that is tilted closer to the sun, temperatures become warmer. Warmer temperatures means the ground, which may have frozen over the winter months, grows softer and more yielding to plants. Spring is often marked by increased rainfall, which helps to water the infant seeds taking root in the ground.

Animals that spent the winter in hibernation come out of their dens, while those that traveled to warmer regions return. Many animals give birth in the spring. Winter coats are shed by those that sported them, and some animals may change



coloration to blend in with their new surroundings. The rising rainfall of spring may bring with it an increase in flooding as melting snow overwhelms rivers. Spring may also boast storms, as warm air from the equator combines with still-cool air farther north or south.

A TIME OF CELEBRATION

Many cultures celebrate the return of spring, the blossoming of nature or the rise of the vernal equinox.

In Japan, the annual blossoming of cherry trees has become a significant national event. Hanami, or cherry blossom viewing, is a time for festivals and gatherings at parks and shrines, according to the Japan National Tourism

Organization. Cherry blossoms, or sakura, symbolize the transience of life, which is a major theme in Buddhism.

People of the Jewish faith celebrate Passover, which commemorates when the Jewish people were freed from slavery to Egypt, according to History. The day falls on the first full moon after the northern spring equinox and lasts for seven days.

Spring in many countries with a strong Christian tradition is marked by Easter, which celebrates the resurrection of Jesus Christ and his triumph over physical death. However, it has roots in older traditions.

"Easter is derived from a much

older celebration of fertility and rebirth, the Celtic festival of Ostara," Cristina De Rossi, an anthropologist at Barnet and Southgate College in London, told Live Science. "The bunnies and the eggs are symbolic of fertility and reproduction."

Albania celebrates Dita e Verës on March 14, which also stems from pagan roots. Pilgrimages were once made to the peaks of the Albanian mountains, where prayers were offered to the Sun God for a prosperous year.

Mayday celebrations are common around Europe. The Maypole dance is a popular folk festival, particularly in parts of Germany and the United Kingdom. "The pole symbolizes sacred trees, the world axis, the phallus, growth and regeneration," said De Rossi.

SPRING QUOTES

It's spring fever. That is what the name of it is. And when you've got it, you want — oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!

— Mark Twain

Life stands before me like an eternal spring with new and brilliant clothes.

— Carl Friedrich Gauss

Spring is nature's way of saying, "Let's party!"

— Robin Williams

Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!

— Sitting Bull

O, wind, if winter comes, can spring be far behind?

— Percy Bysshe Shelley

In the spring, at the end of the day, you should smell like dirt.

— Margaret Atwood

Spring is God's way of saying, 'One more time!'

— Robert Orben

Sweet spring, full of sweet days and roses, a box where sweets compacted lie.

— George Herbert

Autumn arrives in early morning, but spring at the close of a winter day.

— Elizabeth Bowen

Sweet April showers do spring May flowers.

— Thomas Tusser

Nisha Mukherjee

Spring Festivals in India

Spring brings with it a sense of rejuvenation and coming back to life after the winter. However, in the vast nation of India, where the climate has only three main seasons (winter, summer, and monsoon), spring is largely based on Vedic astrology and a season on the Hindu calendar rather than a change in weather. Hence, many of the spring festivals in India have religious reasons behind them. Others have agricultural significance. India is home to some of the most exuberant festivals in the world, and some of the best take place when the hardness of winter gives way to warming spring. There is no better way to experience the country's rich and historic culture than to plunge into one of these events.

HOLI- One of the major festivals of India, Holi is celebrated with

enthusiasm and gaiety on the full moon day in the month of March. Heaps of various hues of coloured powder, water guns and sprays, water balloons etc are sold on the roadside. Holi marks the arrival of spring, the season of hope and joy and the departing of the gloom of winter. Nature too, it seems, rejoices at the arrival of Holi and wears its best clothes. Fields get filled with crops promising a good harvest to the farmers and flowers bloom colouring the surroundings and spreading fragrance into the air. At night in a special ceremony a huge bonfire is burnt while people surround it and chant sacred incantations.

VASANT PANCHAMI- Vasant Pachami marks the beginning on spring on the Hindu calendar and is considered to be an auspicious day for new beginnings such as

starting a new business, getting married, holding a housewarming ceremony, or other important work. It's celebrated across India in various ways depending on the region. Yellow, which represents the brilliance of nature, widely features in the festivities. In the agricultural state of Punjab in northern India, people dress in yellow to match the yellow mustard fields in full bloom. Goddess Saraswati, the Hindu goddess of knowledge and the arts, is also worshiped on this day.

AOLING FESTIVAL- After the sowing of seeds is done, the infamous head hunter Konyak tribe of Nagaland's Mon district celebrate their spring festival with a great deal of merriment. Dressed in their traditional costumes, they sing, dance, drink, and eat throughout the day and night. A special rice beer is brewed in advance and



consumed in excess.

UGADI- Ugadi is another New Year festival that falls on the first day of Vasant Navami. It marks the beginning of the New Year in the Deccan region of India, particularly the states of Andhra Pradesh and Karnataka. Family meals are the highlight, with a traditional dish made of neem buds, jaggery, green chili, salt, tamarind juice, and unripen mango. Each ingredient is chosen to signify six emotions that people can feel.

BOHAG BIHU-Bihu is the main

festival of Assam, in Northeast India. This agricultural festival happens three times a year but the prominent celebration, known as Bohag Bihu or Rongali Bihu, starts on the sidereal equinox in April. This is seeding time in spring. The first day is dedicated to cows, which are vital to agriculture. The second day is spent visiting friends and relatives, along with plenty of singing and dancing. On the third day, deities are worshiped.

Atreeye Bandyopadhyay

Facebook to Celebrate its 15th Birthday

The world's most popular social networking website Facebook was launched on the 4th of February by 19-year-old computing and psychology student Mark Zuckerberg 15 years ago which has since made him \$33bn. Facebook now has over 2.2 billion active users who use the site to keep in touch with friends and relatives, learn more about their own areas of interest and share information and pictures.

In 2003 Zuckerberg had built a website called Facemash, in which he placed two photos of Harvard students next to each other and had people vote on which was the more attractive. This had got him into trouble with the university, while marking him out as a programming prodigy to other students.

The popularity of Facemash inspired Zuckerberg to create 'The Facebook', a networking site initially

just for Harvard students. His friend and future colleague Dustin Moskovitz claims that within 24 hours of the site's launch on February 4, between 1,200 and 1,500 students had signed up to it. A keen computer programmer, Mr. Zuckerberg had already developed a number of social-networking websites for fellow students, including Coursematch, which allowed users to view people taking their degree, and Facemash, where you could rate people's attractiveness.

Fellow students Moskovitz, Chris Hughes, Eduardo Saverin and Andrew McCollum were brought on board to help with programming, design, marketing and financing.



By the summer, The Facebook was available to all the Ivy League colleges.

A week after the site's launch, Zuckerberg was accused by students Cameron and Tyler

Winklevoss and Divya Narendra of having stolen the idea from them. The dispute led to a full-blown lawsuit, which was finally settled in 2008 with the Winklevosses and Narendra receiving \$65 million.

The network was promptly extended to other Boston universities, the Ivy League and eventually all US universities. It became Facebook.com in August 2005 after the address was purchased for \$200,000. US high schools could sign up from September 2005, and then it began to spread worldwide, reaching UK universities the following month.

Astika Chattopadhyay

Chocolate Cake



Do you need a crowd pleasing cake which is easy to bake? Well here's a recipe for all those chocolate lovers out there. Here is a recipe for a super squidgy chocolate fudge cake, which is an instant baking win. It's so easy and fudgy that it will keep well for 3 to 4 days.

INGREDIENTS:

- 225g/8oz plain flour
- 350g/12½oz caster sugar
- 85g/3oz cocoa powder
- 1½ tsp baking powder
- 1½ tsp bicarbonate of soda
- 2 free-range eggs
- 250ml/9fl oz milk
- 125ml/4½fl oz vegetable oil
- 2 tsp vanilla extract
- 250ml/9fl oz boiling water

METHOD:

1. Preheat the oven to 180C/160C Fan/Gas 4. Butter and line two cake tins.
2. Place all of the cake ingredients, except the boiling water, into a large mixing bowl. Using a wooden spoon, or electric whisk, beat the mixture until smooth and well combined.
3. Add the boiling water to the mixture, a little at a time, until smooth. The cake mixture will now be very runny.
4. Divide the cake batter between the cake tins and bake in the oven

for 25–35 minutes, or until the top is firm to the touch and a toothpick inserted into the centre of the cake comes out clean.

5. Remove the cakes from the oven and allow cooling completely, still in their tins, before icing.

6. For the chocolate icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove the pan from the heat and whisk the mixture until smooth, glossy and thickened. Set aside to cool for 1 to 2 hours or until thick enough to spread over the cake.

7. Then assemble the cake, and run a round-bladed knife around the inside of the cake tins to loosen the cakes. Carefully remove the cakes from the tins.

8. Spread a little chocolate icing over the top of one of the chocolate cakes, then carefully top with the other cake.

9. Transfer the cake to a serving plate and ice the cake all over with the chocolate icing, using a palette knife.

N. Akshaya Rao
Tejashwini Naik
Nidhi Ajith
Oormila Uthaman
Nikhil Agarwal

REMEMBERING CHARLES DICKENS

With the 207th birthday of Charles Dickens quickly approaching on 7th February, and an entire series of events planned, what is the lasting legacy of his work and his causes? Charles Dickens is one of the most important writers of the 19th Century. But his influence goes far beyond just literature. Many of his phrases, characters and ideas have engrained themselves in modern culture.

Two centuries on, what are the things still seen today that Dickens first offered us in his writing?

A White Christmas

Modern commentators have described Dickens as "the man who invented Christmas". Not obviously the religious festival, but the wider popular culture phenomenon that surrounds it. In the early 19th Century, Christmas had become "scarcely worth a mention", according to critic and writer Leigh Hunt. As an example, the committee of the Carlton Club, which ran the Conservative Party at the time, arranged ordinary business meetings on Christmas Day itself. Many believe that Dickens's popular depictions of the festive period became a blueprint for generations to come. Specifically, the idea of a white Christmas - which was and still remains a relatively uncommon occurrence in much of the UK - appears in A Christmas Carol as if it happened each and every year.

'Dickensian' poverty

One of the things Dickens cared about most was those at the bottom. He was one of the first to offer an unflinching look at the underclass and the poverty stricken in Victorian London. His father had little skill in financial management and this eventually put him and all of his family in a debtors' prison for six months. The young Dickens worked in a cousin's shop, pasting labels on blacking bottles for six



shillings a week. After he became famous, Dickens helped popularize the term "red tape" to describe the bureaucracy in positions of power that particularly hurt the weak and poor. "Dickensian" has now become the easiest word to describe an unacceptable level of poverty. This less than perfect England was described by other authors like Benjamin Disraeli and Mrs Gaskell but it is Dickens's view that has really resonated through the ages.

Modern character comedy

Dickens's live readings were said to be filled with humour and performance, with Dickens himself taking on the accents and mannerisms of the characters he was portraying. And it is the way the characters speak that often brings a smile from the reader. "We're put off by this notion we have of Charles Dickens as this great Victorian novelist because it implies that he's serious," says writer and comedian Armando Iannucci. "In fact, I think he's the finest comedian we've ever

produced. Much comedy today is conditioned by the way Dickens wrote it in the 19th Century and comedy writers today owe a huge debt to him. "It's that sense of the rhythms, the colloquialisms and the way we speak. In reality, we don't finish our sentences and we all interrupt each other."

Meaningful names

The development of the characters in Dickens is often heralded as one of his greatest achievements. The Dictionary of British Literary Characters lists 989 named characters in his work, including everyone from Pickwick

Papers' Arabella Allen right through to Our Mutual Friend's Eugene Wrayburn. While characters in many novels before had used symbolic names, what Dickens did differently was refine the practice to suggest character traits and their role. Some are obvious - Mr M'Choakumchild, the teacher in Hard Times, or ambitious lawyer CJ Stryver in The Tale of Two Cities - but others are less so. In Great Expectations, Magwitch has a number of different interpretations - from a magpie representing theft to Magi, a Biblical reference to the wise men. This technique has since been used by everyone from James Joyce and Thomas Pynchon to F Scott Fitzgerald and Martin Amis. A couple of the most famous characters have become so recognisable that they have entered the language as nouns - somebody mean-spirited or lacking generosity being described as a Scrooge, for example.

Nisha Mukherjee

Department of Physiotherapy Organizes IAP Preconference Workshop



nine in the morning till five in the evening at the auditorium of Garden City University.

Dr. Suresh Babu Reddy, organizing secretary of IAP conference was invited as the Chief Guest. The event was addressed by the eminent guests, Dr. Harry Kardamilas, consultant Physiotherapist and Clinical Director of CARE at London and Dr. Muraliraj Rajan, Musculoskeletal specialist and senior Physiotherapist of care at London. The Workshop not only escalated the knowledge but also enhanced the practical view point. Different domains of Physiotherapy were looked upon and were dealt with depth knowledge. There was a thriving interaction with audience making them volunteer and participate in the practical approach of knowledge.

In a world where everyone is engaged in a race against time and money, one often forgets to deal with the pain that comes with the struggle. The conference intends on taking out the time and giving required attention to our stressed out bodies

Yoshita, Aashika



Jaded with freight of everyday work and social life, one surely forgets to ponder upon health and physical capabilities. In order to understand the importance of health, the Department of Physiotherapy from the School of Health Sciences

orchestrated the IAP Preconference workshop. This two day event conducted on 30th and 31st of January 2019 invited an extensive audience with the delegates and students of Garden City University. The workshop was conducted from

The Department of Hotel Management and Catering Technology organizes Culinary Studio



Cookery is not the chemistry. It is an art. It requires Instinct and taste rather than exact measurement. Department of Hotel Management and catering Technology is organizing an event 'Culinary Studio' which is going to be held on 7th February 2019 from 11 am to 12:45 pm by the 2nd Semester BHM students under the guidance of 6th Semester and 8th Semester students. This will be held in Green area. This event will be emphasizing not only on the art of cooking but also the skills of Entrepreneurship of the students. The investment is done by the students. The main motive of the event is to focus

on the skills of student such as Standard Purchase Specification which means concise description of quality, size, weight or count factor desired for particular items. It does not only focus on this but also the skills like Standard Yield, Marketing and Sales skills and Communication skills. The items which will be sold are Crispy Potato Cutlet, Aloo Jhupka, Sev Puri, Barbeque Chicken Sticks, Chicken Nuggets, Pastry Hawaiian, Chicken Skewers, Paneer Manchurian, Gajar Halwa, Chicken Safla, Fish Fry, Pani Puri.

Samar Pratap Shahi

Republic Day: Col. Raj Narayan inspected the GCU Parade

The 70th Republic day was celebrated in all its solemnity and grandeur with patriotism and pride at Garden City University on 26th January 2019. The students assembled near the open stage at 8:30 a.m. The ceremony was graced by the presence of the Chief Guest, Col. Raj Narayan.

The program began with the welcome note given by the hosts of the event followed by paying respect to the Father of the Nation, Mahatma Gandhi. The crowd stood up in respect as the Chief Guest Col. Raj Narayan hoisted the national flag and the national anthem was played.

The program continued with the profile reading of the Chief Guest. The Principal of Garden City University, Prof. Sibi Shaji felicitated the guest. The parade commander RSM Rajkumar Singh guided the chief guest for the inspection of the parade. The Parade included the first year students of the university along with the NSS volunteers and NCC Cadets.

The ceremony witnessed a proud moment as the book "A Text book on Radio Production" by the HOD of the Media Department, Dr. Shiba Daveskar was released by the chief guest in the esteemed presence of the principal, Prof. Sibi Shaji & Prof. Anjali Suresh followed by which



the cultural program by the NSS volunteers commenced. Muskan captivated the audience with a solo song that was accompanied by a dance performance by Vishaka and group. The dance was followed by another solo song by Snigdha and a duet performance by Bhagya and Ayesha. The chief guest then addressed the gathering and motivated them to serve others and live a life of humility.

The event that was celebrated to commemorate the date and moment when the constitution of India came into effect ended with the vote of thanks by Prof. Ivin followed by the closure of the parade.

Stacy Mathai



UPCOMING EVENTS

PRE PRATIBIMB-THE SPIRIT OF MOTION 2019

We, the inhabitants of this beautiful planet were sent long ago for a reason, the reason that will lead our existence towards the eternity. We were bestowed with the things that are heavenly and magical, things that are never-ending and ever-shinning that can be cherished forever. All of us have the ability to see, think, know and learn and to improve ourselves. And it starts with Knowledge.

The greatest philosopher of all time Aristotle said, "The roots of education are bitter, but the fruit is sweet."

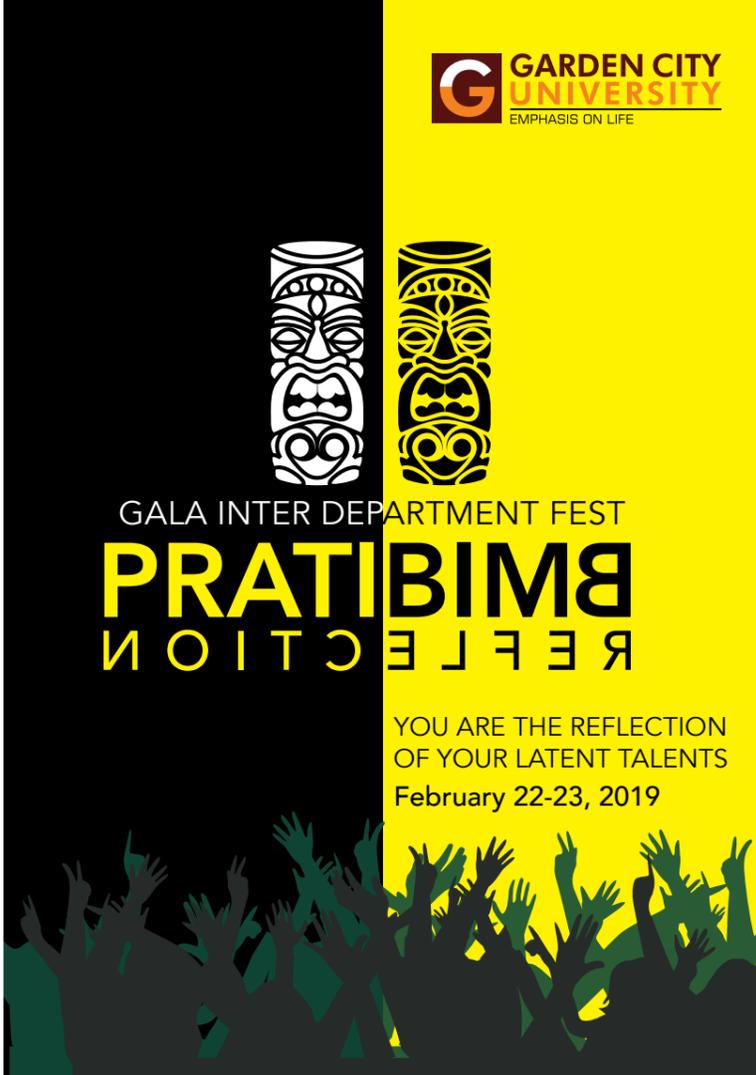
A magnificent tale has begun revealing the first chapter in the book of knowledge and path of education by our University, where students cherish their few years of education like living a whole life. Garden City University is a place

impossible at first. Through numerous extracurricular activities, lectures, seminars and competitions, the students are given a platform to rise and shine and discover themselves. The students are always encouraged to participate and know their skills and talents.

The annual intra and inter collegiate fest at Garden City University is an extravaganza in itself. It started long ago and has been continuing to provide students with a platform to showcase their talents as well as providing an exposure. The flagship event of Garden City University is very evidently one of the most awaited youth fests and has earned a legendary reputation amongst its peers. It now has scaled a new epitome. Due to the overwhelming response for participation, this year it will be celebrated in two phases. The first - a reflection or Pratibimbh (an inhouse event for Gardenians) and phase two- an inter school and inter college mega event.

As an institution of great repute for its practices of inclusivity Garden City University extends itself to accommodate participation from schools at a national level. As Primary and Secondary level schooling prepares students to join fine institutions such as GCU to be chiseled thereafter. GCU takes the onus to provide them with platforms such as Gardenia as a stepping stone into the life on GCU campus. Hence the second phase would invite participants from schools to provide a sneak preview of the same.

Pratibimbh which is slated for 21st and 22nd February 2019, invites enthusiastic participation from all departments of GCU. The two day event will conduct cultural and creative competitions between its departments. In order to set the pace and energy of Pratibimb, a Pre-Pratibimb event named as "Spirit in Motion" starting from 11th Feb to 18th Feb is also being



GARDEN CITY UNIVERSITY
EMPHASIS ON LIFE

PRATIBIMB REFLECTION

GALA INTER DEPARTMENT FEST

PRATIBIMB REFLECTION

YOU ARE THE REFLECTION OF YOUR LATENT TALENTS
February 22-23, 2019



Now in a very broader sense knowledge can be synonymous with education. We think that to be educated and knowledgeable is to evolve. The most important part played here, in the process of evolving with the help of knowledge and education, is by the schools and colleges.

Knowledge or education is something, which needs a person's listening skill and a sharp open mind to grasp and use it. In colleges and schools we get the opportunity to open more stages and mysteries of life, slowly where we

things and rediscover ourselves.

that lets you forget all your pain and welcomes you to a new world of joy, love and education, a place where education is fun and life. We here are all dreamers, achievers and winners of life. Our beloved Chancellor, Dr. Joseph V.G, has immense faith and love for all the students and believes in bringing out the best from all the simple things which we see around us. All the students from around the globe work and learn based on the path of his principles and beliefs. Garden City University has always encouraged its students to push beyond the boundaries and achieve what one might think



organised, wherein each department will showcase its cultural performance. The winner of the event will get an opportunity to perform during the cultural night of Pratibimb.

The theme Tribal Tryst has been selected to celebrate the United Nation's year of indigenous languages to raise awareness of the consequences of the endangerment of Indigenous languages across the world and it aims to establish a link between language, development, peace and reconciliation. It provides a platform to hold discussions on the relevant topic with the objective to inculcate the knowledge about various tribes, in the students. There are various inter departmental competitions that will be organized that will help to hone the knowledge and skills if the students. Pratibimb would also teach the students the significance of team work as the whole event is managed by the students themselves working in groups or committees. The competitions

develop the spirit of sportsmanship in them as well.

Nisha Mukherjee

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