



# ARTHIKA

VOL.9 (2020-21)

## COPING WITH THE PANDEMIC







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COPING WITH THE PANDEMIC

Vol. 9 (2020-21)



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# WORDS OF ENCOURAGEMENT

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It's inspiring to see this department's students come together to form such a well-balanced ensemble of intellectual and creative skills, as shown in this magazine. I express my profound gratitude and blessings to the entire editing team and the faculty members who, despite a worldwide health crisis, patiently and thoroughly pulled this together.



***Rev Fr Varkey Perekkatt SJ***  
***Manager***  
***St. Xavier's College, Jaipur***



***Rev Fr Dr A Rex Angelo SJ***  
***Principal***  
***St. Xavier's College, Jaipur***

As the head of an institution like St. Xavier's College in Jaipur, this is a very inspiring occasion to witness. The Department of Economics and Psychology, which is one of the most active departments, has once again demonstrated its worth with the successful publishing of the ninth edition of its annual magazine, 'Arthika.' I congratulate the department's professors and students and wish them the best of luck in their future endeavors.

It is indeed a proud moment for the Department of Economics and Psychology to release the ninth edition of their annual magazine 'Arthika'. This publication provides an excellent platform for the students to showcase and explore their intellectual interests and creative talents. Furthermore, it promotes unique thinking and a sense of success. I express my gratitude to the Editorial team and Faculty for completing this task despite the challenging circumstances.



***Rev Fr Dr Sherry George SJ  
Vice Principal and Treasurer  
St. Xavier's College, Jaipur***



***Rev Fr Dr Raymond Cherubin SJ  
Vice Principal and Administrator  
St. Xavier's College, Jaipur***

It delights me greatly that the Department of Economics and Psychology has published the ninth edition of their yearly magazine, 'Arthika.' This magazine provides a glimpse of the latent talent and unspoken ideas and achievements of the students of this department. I would want to congratulate everyone, including the faculty members for their unwavering support, the editorial team for their tremendous efforts, and all of the students who contributed to the magazine.

# MESSAGES FROM THE FACULTY

I am immensely delighted to announce that the Department of Economics and Psychology is publishing the 9th edition of the departmental magazine - 'Arthika'. As an educator, it has always been a gladdened feeling to witness the students work on different projects and achieve success. Through the means of this magazine, we successfully provide the students a platform to express their ideas, thoughts, and knowledge on different issues that further motivates the students to develop their skills and show off their talents in various fields. I would like to congratulate the editorial team for putting in their commendable efforts. As a team, we hope you enjoy reading this piece of art and also, add value to your life by learning something new.



**Ms Poorvi Medatwal**  
**Head of the Department**



**Mr Yashwardhan Singh**  
**Assistant Professor**

I am more than proud of my students that have successfully crafted the ninth volume of our magazine - 'Arthika'. The magazine is not only an expression of the intelligence and innovation of the students of our department but also an ode to their perseverance and resilience. I am delighted that despite the tribulations of the past year, our editorial team, through its hard work, has assembled a beautiful account of the successes of our students and our department as a whole. I wish the team more success in the future. May you continue to spread your energy to the current and upcoming batches.

"The mind is not a vessel to be filled, but a fire to be kindled."-Plutarch

Our Department Magazine, 'Arthika,' inspires our students' creativity. I congratulate the students who presented their ideas using a variety of mediums. We may be sure of learning as long as our ideas are voiced and thoughts are sparked because everything starts with an idea. Every student who shared the thrill of participating in Arthika is appreciated. It's the icing on the cake that we go above and beyond. 'Participate rather than just belong. Help instead of just caring. Don't just believe it; put it into practice. Be kind in addition to being fair. Don't only forgive; forget. Work instead of dreaming.'



**Dr Boola Choudhary**  
**Assistant Professor**

It is a matter of great pride that the students of our department have brought back Arthika with its ninth edition. The editorial team has done an excellent job by putting a fresh twist to the magazine this time, which parallels the new perspective that we have all gained this year. Once again, Arthika has provided a platform to all the students of our department to manifest their knowledge and ideas in ingenious ways. I am gratified to be a part of this beautiful and fruitful journey. Congratulations to the magazine committee and the department for this successful culmination of ideas.



***Ms Maharishi Sharma***  
***Assistant Professor***



***Ms Sunita Choudhary***  
***Assistant Professor***

At Xavier's, we always edify our students to step a foot into every corral and expertise in every field, seize every opportunity because learning should not only be limited within the confinement of the classroom rather it should also be open to co-curricular activities and experiences. It is a moment of great pride for the Department of Economics and Psychology to release the 9th edition of the department magazine 'Arthika'. This magazine has been a wonderful medium for the students to orderly express their thoughts and showcase their artwork. I would like to congratulate all the students and appreciate the editorial team for their sincere efforts.

I am delighted to announce the publication of the 9th volume of Arthika, our departmental magazine. This year's issue stands out not only because of the exceptional content but also because of the distinctive representation design. The adoption of a psychological viewpoint has offered the publication an all-new dimension. I am grateful to have been a part of Arthika's journey, from the initial concept to the finishing touches, and I commend the editorial team for their patience and zeal in giving meaning to these pages of pictures and words. I hope the readers appreciate Arthika as much as the team enjoyed writing it.



***Ms Nupur Chauhan***  
***Assistant Professor***



***Ms Shiromi Chaturvedi***  
***Assistant Professor***

It is indeed a proud moment for the Department of Economics and Psychology to release the ninth edition of the annual magazine - 'Arthika'. This magazine provides a glimpse of the latent talent, unspoken ideas, and achievements of the students of this department. Arthika is always focused on the multi-faceted development of students in the same direction. I applaud the editorial team that worked tirelessly for this magazine. I am gratified to be a part of this wonderful effort which has entailed immense learning and growth.



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# THE EDITORIAL TEAM



**Chief Editor**  
**Lukansha Sharma**  
**MA Eco.- Final**

I have been a part of Arthika for a long time now. It almost feels like an extension to my college life. Looking far and beyond is the vision of this edition of Arthika. With this edition of Arthika, we have sought to look ahead for possibilities of a bright future while keeping our holistic development at pace. We looked into what has been, what is, and what could be. Covid-19 had brought about a huge change in the way things were, quite obvious but what was astonishing was how quickly we adapted to it. It showed us new opportunities that we could explore. We have tried to cover these topics under the umbrella that is Arthika. Being a part of this magazine has helped me explore my editorial skills and creative abilities. I hope the readers enjoy this magazine just as much as we did while making, editing, and then re-editing it.



**Chief Editor**  
**Rishabh Somani**  
**MA Eco.- Final**

I am a person who enjoys solitude and prefers to live simply. This is my first time taking on such a responsibility, and it has been a long and winding road. As one of the major editors, the onus of success or failure also rested on my shoulders, and I have done everything in my power to live up to the expectations. Fortunately, I was assigned to a team that is dedicated, active, and analytical. This group has put in a lot of time, effort, and talent to put on the presentation you are about to see, and I am extremely proud of each and every one of them. The entire period, beginning with the outbreak of the Covid-19 pandemic, has been exceedingly trying for several people and it is critical to maintain one's commitment and wits. The 9th Edition of Arthika is presented to you with the aim of enriching and enlightening the mind and understanding in these trying times.



**Associate Editor**  
**Bhavisha Manglani**  
**BA (H) Eco.- II**

Being a part of Arthika was truly a once-in-a-lifetime opportunity for me because I've never been a part of something that extraordinary and amazing. For all of us, Arthika 20-21 has been a roller coaster experience. We've finally finished this issue of Arthika, despite some unexpected highs and lows. It's incredible how well-coordinated and tirelessly the crew worked in these extraordinary times to complete yet another successful Arthika edition. Being a part of this publication not only aided me in discovering my untapped potential and creative side, but the team also aided me in discovering my unexplored potential and creative side. Finally, I'd want to convey my heartfelt gratitude to all of our readers, and I hope you like this edition of Arthika.



**Associate Editor**  
**Naman M. Sogani**  
**BA (H) Eco.- II**

I am a person who is driven by a desire to learn new things and take on new challenges, and I am continuously on the lookout for new chances. My time with team Arthika has been incredible, and I've enjoyed every minute of the magazine's many meetings, discussions, arguments, and edits throughout the previous year. Working with such dedicated and talented individuals has greatly aided me in honing my skills as a student, and being a part of a group of people with diverse views, creativity, and a strong desire to succeed has been a fantastic experience. I sincerely hope that our efforts to bring together the creative works, thoughts, experiences and a wide range of Departmental activities are reflected in this edition and that Arthika serves as a true representation of our Department for our readers.

# THE EDITORIAL TEAM



**Assistant Editor  
Pauravi Mittal  
BA (H) Psy. - I**

I feel tremendously fortunate to have been selected to join the creative team. Working with the talented seniors and my amazing friends made the process both informative and enjoyable. I'm grateful beyond words to have been chosen for assistant editor representation on the creative team; this chance not only allowed me to explore new elements of the world, but it also provided me with a fresh perspective on nearly everything. Despite the fact that this year's event will be held virtually owing to the apparent, I am confident that Arthika will exceed your expectations! Arthika's mission remains powerful and bold, and the platform is accessible to everyone who believes they have something to say to the rest of us. But don't forget, my dear friends, that a pinch of originality is all you'll need. Problem-solving is an essential part of the creative process, from the technical specifics of writing, sketching, or composing to the challenge of creating. Creativity motivates us to continue learning throughout our lives. I am confident that our efforts to be the best will not be in vain. I'm certain this will be a trip to remember!



**Assistant Editor  
Tarisha Badaya  
BA (H) Psy. - I**

This is my first year contributing to Arthika's development. Working on the magazine allowed me to explore my creative side while also challenging myself to keep a balance with academics. It means a lot to me to be a part of the committee because this is my first team and my first collegiate experience. Arthika has provided a platform for diverse and brilliant individuals to collaborate on a beautiful aim, and as a result, I now have a group of seniors and friends with whom I can interact in a way that is unique to us. We attempted to create a magazine around the concept of Covid and I hope you, the readers, enjoy not only the overall picture but also the finer points of this organic process that we have curated.



**Assistant Editor  
Pavitra Arora  
BA (H) Psy. - I**

Hello, good people. I'm Pavitra, and I'm thrilled to be a part of Team Arthika. It's been an honor to be a part of such a positive and creative team. I'm grateful for the magazine because it offered a creative outlet and allowed me to see things from different perspectives. It has enriched my passion for creativity and design with an additional dosage of knowing and exploring with enthusiastic seniors and friends. The magazine's reach continues to grow in order to fulfill its goal of being a fully representative student publication. This year, we attempted to combine it virtually around the pandemic theme. Arthika's mission is to give you all a voice and express your views, and I am confident that you will appreciate the team's hard work.



**Assistant Editor  
Devansh Saxena,  
BA (H) Eco. - I**

As a member of Team Arthika, I learned a lot from the various team members, whether they were seniors or my classmates. They taught me to work hard and to be motivated at all times. While producing and editing the magazine, it brought back many memories of our department's activities. Arthika is a collection of all of those events, webinars, and seminars, as well as a lot more. I am ecstatic and honored to be a member of the Department of Economics and Psychology and the Arthika team.

# PRESIDENT'S MESSAGE

We all have to face a universal truth: whether we like it or not, everything finally comes to an end, and one never realizes how difficult farewells are until it's time to leave and say goodbye.

The Department of Economics and Psychology has provided me with countless possibilities, lessons, and memories that I will treasure for the rest of my life, as well as the opportunity to uncover my strengths and potential. It has played a huge role in molding me into the person I am today. This three-year adventure has been tremendously rewarding and unlike anything I had anticipated, but it has made me more responsible, confident, and adaptable.

Synergy '20 was a massive challenge for all of us, especially planning the entire festival digitally in such unusual times, which we triumphed over. But, as the saying goes, a team is nothing without its members, so I'd want to express my heartfelt gratitude to all of the Eco-Soc members, as well as the full Synergy '20 team, for their efforts, support, diligence, and hard work. I also want to thank our mentors, our dear professors, who have always been there for us and have helped us through every step of this trip, and for entrusting me with such a great responsibility. I hope that even after us, the department thrives and our juniors would not leave any stone unturned in carrying on this tradition.

College is said to be a period where you will broaden your mind, learn new things, have thought-provoking experiences, and, if you're lucky, find your passions and understand your life's calling. The individuals you let into your life, the people we met along the way who shared our experiences and made us feel a little better every day, are for me the reason why it is so unique.

"It's never easy to say goodbye," but I can't leave this message without mentioning my class, the Class of 2021. Class of 2021, congrats, and let's go make some more memories!

These three years, whether it was the people or the memories, will forever be etched in the deepest sections of my life experiences. My admiration for the department will never wane.



Aashita Pandey  
BA (H) Eco.- III

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# "INHALE PEACE, EXHALE STRESS"

The modern day lifestyle is such where we struggle with physical and psychological stress on a daily basis. And to add to our seemingly unending list of trials and tribulations, came the pandemic of COVID 19. "The COVID-19 pandemic has caused global uncertainty, which has had a direct, detrimental effect on so many people around the world. People have been unsure when they would see relatives again, job security has been rocked, there is an increased threat to many people's health, and government guidance is continuously changing, leading to much uncertainty and anxiety." After analyzing the reports and data it was found that almost 25% of the respondents experienced significantly worse anxiety and depression during lock-down.

This is where yoga can come as a rescue. We all have been told, at least once in our lives, about Yoga and its benefits for the mind and body. It is common knowledge that incorporating yoga into your daily routine will help you keep the doctors away. Yoga helps in curing the endured. Yoga and breathing exercises are a good way to stay fit and de-stress as they help in increasing lung capacity and aid in better oxygenation. During this ongoing pandemic, when we're all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. Being confined at home for such long periods of time will naturally be mentally challenging for us. Even before the Pandemic hit, one hardly got any time to take care of oneself. Many of us were unable to relax our minds thereby increasing stress and anxiety. The postures and asanas of yoga help us to reduce muscle tension, joint issues and thus, relax our sympathetic system resulting in relaxed mind.

It could also be something you can motivate others in your family and social circle to do, as it could help them get through these times a bit easier and emerge a bit healthier. Here I suggest few exercises like Pranayama, Surya Namaskar, balancing poses, twisting, etc. Regular physical activity can strengthen your immunity and help your body fight off infections and viruses. Yoga brings its own flavour and benefits to the table, which can be performed by people of all ages and provides you with a holistic sense of health

TRUE WEALTH IS HEALTH!

Pragya Meena  
MA Eco.- Final





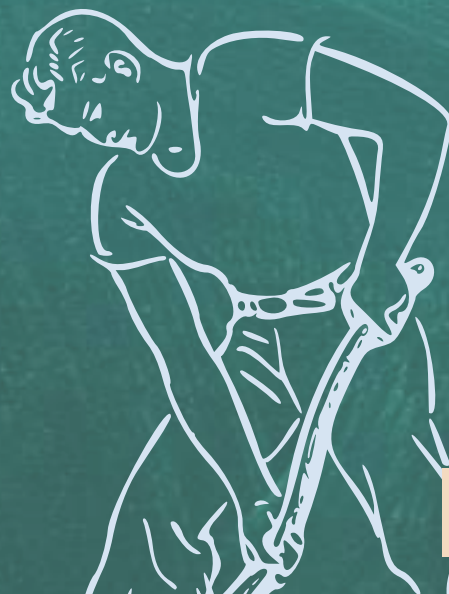
## AGRICULTURAL REFORMS IN INDIA

Agriculture is the pre-cursor for the economic development of a nation; it is the sector that forms the foundation of the multisectoral building of the economy whose height and stability depends on the depth and strength of the foundation that the nation puts. Now the problem is that no decision made by the mortal beings that tread this planet is impeccable, and rightfully so there were some decisions made by our policy maker during the infancy years of our independent nation, that laid a faulty foundation on which we made this skyscraper of an economy. Thus, time and again agriculture has required reforms to fix various issues plaguing this sector, but we all know what might happen if one muddles with the foundation of a skyscraper, ground zero might happen!

Presently in India we can find two very peculiar and daunting features of the agricultural sector. According to the data, nearly 50% of the working population is employed in agriculture and allied industries, but the contribution of this sector to our national income is just 15.4 %. These are extremely off-putting numbers for our nation, as this means that this sector absorbs so many working age people but has a contribution of less than a fourth to our national income. This shows the backwardness of the agricultural sector of our economy, since the eve of independence there have been challenges in this sector like low productivity, low income, disguised unemployment, dependence on rainfall, lack of modern inputs, persistent increase in the number of small holdings, etc., that have stood the test of time. Therefore, there is a dire need for reforms, and even though there are several caveats related to carrying out any drastic variations in this sector, change is necessary.

During the Five Year Plans a series of Technical, Institutional and General reforms were taken by the government which are collectively called the Agrarian Reforms. Under Technical aspect of these reforms use of HYV (High Yielding Variety) seeds, chemical fertilizers, insecticides and pesticides, scientific farm management practices and mechanized means of cultivation, etc., were introduced in farming to increase the overall productivity and produce of all the major cash crops.

The Institutional reforms acted as the panacea for all the problem related to the Zamindari system, i.e., the exploitative system of the intermediaries that is present in this sector and focus was also given to regulation of rent, land holdings and cooperative farming. Lastly, the general reforms focused on expansion of irrigation, mobilization of credit for farmers and one of the most important the Price Support Policies. Thus, the Agrarian reforms were quite successful in increasing the productivity, area under cultivation and self-sufficiency, but more than just that it led to a change in the farmers outlook triggering a perceptible shift from subsistence to commercial farming.





Thus, the Agrarian reforms were quite successful in increasing the productivity, area under cultivation and self-sufficiency, but more than just that it led to a change in the farmers outlook triggering a perceptible shift from subsistence to commercial farming.

The latest developments related to agricultural reforms and probably one of the most heated one in our history are the three controversial Farm Bills: The Farmer's Produce Trade and Commerce (Promotion and Facilitation) Bill, 2020, The Farmers (Empowerment and Protection) Agreement of Price Assurance and Farm Services Bill, 2020 and the Essential Commodities (Amendment) Bill, 2020 that were cleared amid high drama by the Parliament and now have been approved by our President Ram Nath Kovind on September 24, 2020. The net effect of these reforms is that they will loosen rules around sale, pricing and storage of farm produce, rules that have protected India's farmers from the free market for decades. One of the biggest changes that have been introduced, are the provisions for the entry of private players in this market - farmers will be allowed to sell their produce at a market price directly to agricultural businesses, supermarket chains and online grocers, while most the farmers currently sell the majority of their produce at government-controlled wholesale markets or mandis at assured floor prices or the MSP (Minimum Support Price). Also, a number of cash crops have been removed from the essential commodities which will allow their prices to rise, which might not be beneficial for the consumer but is a plus point for the income of the farmers. These new laws are primarily focusing not on the production aspect of the actual crops, but on the selling aspect of the produce. These reforms were passed with a view to empower the farmers to choose the prices of their produce, eliminate the exploitative involvement of the middlemen from the system

and allow new developments or improvements to take place in this sector while moving towards privatization and liberalization. But there is a problem, these reforms are getting a lot of rollback from the opposition parties and surprisingly the farmers are extremely agitated furious about these changes that have been implemented. Tens and thousands of farmers from the Northern states of India have marched to capital city to protest against these laws and blocked five major highways, demanding 'Complete removal of these three laws and putting MSP into law'. Even after various round of talks between the heads of the farmers union and the government, no fruitful decision has been taken and the government is still defending its stance while the farmers attempt to disrupt the status quo. Now one important thing that is to be kept in mind is that over the years, influenced by government interventions like MSP, HYV seeds, subsidies, establishment of APMC mandis our agricultural sector has become completely dependent on them. These interventions which came in the 1960s were once essential for food security, which having been achieved, should have been tweaked to bring agriculture in tune with market demands, incentivize crop diversification and create infrastructure to modernize agriculture.

But the base of the farmers agitation is the major fear that the APMC mandis will be eradicated and with them the system of MSP (minimum support price) will also vanish. But it is not stated in any of the acts that the system of APMC mandis and MSP will be done away with and various political heads as well as the Prime Minister himself has stated this in many press conferences. However, the farmers claim that it is implied in the acts, as by creating a parallel free market where farmers can directly engage with the private seller and sell their produce tax free at higher price, will cause more farmers to shift their selling activities and in some time the mandis will become redundant.





Also, the private companies will try and drive out the mandi competition by offering higher prices and other incentives to the farmers. With the mandi system abolished the farmers feel that the MSP will also die out and then they will be left in losses when no one will buy their surplus crops. There are also other concerns, like farmers believe that the government is doing away with the system of middlemen just to replace it with the system of super middlemen of private companies who will start dictating the prices of the produce and if the farmers have no mandis to back them up, then they will have no option but to succumb to them. The relationship between the farmer and these middlemen is not one which is purely based on business, there exists a personal bond and understanding between them. The middlemen help collect, transport, and sell farmers produce, sometimes even providing them with credit during times of need. Now if the mandis vanish, these people will soon be absorbed by the private player and the relation will shift to that of a purely commercial one.

All these fears of the farmers are based on speculations and not on any concrete data. Hence, this suggests that the problem is not in the Acts, but rather in the way that they were implemented.

While the bill was being debated in Rajya Sabha, despite repeated requests from the opposition, the Bharatiya Janata Party (BJP) refused to extend the debate over the bill to the next day or refer it to a special committee, where members could discuss it and refine it further. A pandemonium erupted - opposition MPs stormed the well of the house, while the deputy chairman of the house, chose to go ahead with the vote. The sudden implementation of these new laws created an environment of fear and uncertainty among farmers who felt like they were being cheated. Additionally, there have been procedural inadequacy in the reforms and many key stakeholders were not consulted, as well as the regulatory architecture and its ambiguity making accountability a cause for worry.

Thus, what is needed is not the complete removal of these laws, as increasing the income, status and living condition of the half a billion people engaged in this sector should be the top priority of our nation. What is needed is a more systematic and safer way of implementing these laws into the system. These three Farm Laws intend to break the logjam in the agriculture sector and if they are to be repealed, it will be a death blow to the efforts to bring about the much-needed improvement in this sector, for no other political party will have the power and guts to bring about such reforms ever again.

**NAMAN MADHAV SOGANI**  
BA (H) ECO. - II



# The Hallucination

As the night grew in,  
The slumber set  
My eyes shut down  
The dream of seclusion began,

Gazing at the alluring blue planet  
from the peak of Olympus moons;  
Eyes filled with the pleasure of the view  
Ahh, this view!

Shiny blue-green planet decorating the  
soulful darkness of shy with millions of  
silver dots.

Shooting stars were icing on the cake  
In that precious pinpoint of time  
my blissful soul was singing the rhyme

In that beautiful space  
Blowing through my hair  
the wind kisses my face.

Smelling the red sand,  
with the beauty of grand  
I was lost in the while  
viewing the marvelous galaxy  
With the broad smile.

This view  
Ahhh! this view.

**Niranjan Rathore**  
BA (H) Eco.- I



# ASSOCIATING BUSINESS STRUCTURE WITH SPORTS CULTURE

Do you ever think about why businesses fail? The most common reason why businesses fail is inclusion of faulty business models and actively following up these faulty models. Big business companies form as a result of strong decisive powers and competent management, but sometimes these big giants fail because of their inability to implement a business model which fits best and also a laggard attitude towards accepting changes in their internal and external business environment.

Have you ever thought about sports? Football, basketball, volleyball, etc. teams competing each other using their combined decisive powers and skills to win the game. Now the question arises, can we promote a new way of how we manage businesses while thinking of business as a sport? The answer is Yes! In any given sport the team with best players usually wins and sports are almost always fun and give us a feeling of self accomplishment and delight.

Now just consider this, who is the one doing most of the work in a normal company? It is not the managers or those in the high offices but the engineers, guys on shop floor and the sales representatives. They are the players who are on the field. A manager is like a coach. During the span of our careers we might encounter a couple of really bad managers, many mediocre managers and only few outstanding ones.

So what qualifies a manager to be a perfect coach for his team? An American research institute found out in a study that 60 per cent of employees are disengaged from work due to incompetent managers.

Now let's take the example of international football teams, how do they do it? They select the right people, make them productive, explore all possible angles to come up with the best solution, establish a good working environment and make a high performance culture.

Today most businesses are following a type of hierarchical model, in which whoever brings most sales is made the head sales executive, same with marketing and management. But in a football team it is not necessary that the one who scores the most goals is made coach or captain for the team. It's always decided on the basis of their leadership skills, their ability to synchronize efforts of all members to achieve a particular goal and their ability to manage things efficiently.

Today businesses are failing because of one reason, Adaptability. Change is now necessary in the old hierarchical models. It is rightly said that "Yesterday we were clever that's why we want to change the world but today we are wise that's why we want to change ourselves" in the sense that change starts from within.



As a reference, consider Lionel Messi, obviously he is earning more than his coach, managers and his fellow teammates, combined, but ultimately he has to follow orders from his coach as he is the person-in-charge. In organisations too, we can implement the same model where managers might get paid less than the group of people working under them. The reason being that a manager requires leadership skills to synchronize efforts to create high performance culture. They need not necessarily be the best player, but they just have to be an effective leader.

Now, the time has come to incorporate this culture into organisations at every level. Also it may improve performance, as in a football team everybody knows that winning is their prime objective, but in a hierarchical model of business, employees and managers often end up competing against each other.

Today, on the surface level every person is considered important in a company and it's all about being a team player but when we come down to it, each employee is judged by their individual performance. So, what businesses may adopt today by incorporating sports culture in their organisation is overall increase in productivity through optimization of individual skill and efficiency similar to how the athletes subject themselves to perpetual training and improvement whether they are playing at a regional level or in the World Cup Finals.

There should also be increased transparency in organisations. Earlier it was common to witness promotions and undue benefits given to people rolling on back of their seniors/bosses in exchange for 'special' favors, but when we adopt sports culture, we give way to a meritocratic system based on quantitative and qualitative assessment of people in positions of control and management which is a much healthier and much more trustworthy way of human resource management. In team matches, it is necessary to evaluate the impact of individual performances on the collective one to assess the extent of effectiveness of each player as the same is witnessed by the audience which in turn affects the overall popularity of the team and so should be the case in a business organization.

In a match, when a team wins they celebrate like there's no tomorrow, in businesses we may incorporate this as well because joy is an important criteria for motivation and moving forward.

Concluding I must say businesses should adopt following things from sports culture-

1. High performance culture
2. Extremely transparent individual performance
3. Consistent training to improve individual and in turn, collective efficiency
4. The way in which they pick their true leaders
5. The way they celebrate!

**ADITYA AGARWAL**  
**BA (H) ECO. - II**



# Whispers To The Night



Two days ago, i was smiling  
Ear to ear, whispering  
"Huh aren't you thriving"

Moving on to the night with the smallest crescent I'd  
ever seen  
Feeling so pretty because i just saw a shooting star in  
the seemingly dead black sea  
Stared at the sky, feeling like the person who I'm  
supposed to be

But it all goes as quick as it comes  
Leaving a void, a darkness to which my soul succumbs  
Tear streaked pillow, singing myself a song which the  
world no longer hums

"The moon" I remember, get up the stairs for just a  
sight.  
Talking to him might just make everything alright  
That's when i realized, that it was a moonless night.

And like the road I'm walking on makes me feel lost in a  
hundred ways  
How that beautiful burning sun in the sky sets, leaving  
me in a perpetual daze.  
So, the moon must turn black once in a while, oh well,  
it's just one of those days.

PALAQ DIXIT

BA (H) PSY. - I



# FUTURE OF ANIMATION AND VFX IN INDIA

The Animation and Visual Effects (VFX) industry continues to steadily gain acceptance with Indian talent and is competing on the global level. They stepped into India in the mid-90s and have had remarkable growth since. The market statistics between 2017 and 2025 show a growth rate of 15.5% per annum (₹59.5 billion). This is driven primarily by growth rates of 31% and 9% in VFX and animation markets, respectively.

As this entertainment field continues to evolve and grow, the Indian industry has very much gained global respect and recognition on a quality production and technology side. Studios such as Pixar, Disney, DreamWorks, Industrial Light and Warner Brothers etc. often outsource their critical projects to India. Parts of animation and VFX for films like Up, Avatar, Life of Pi, and TV series Game of Thrones was done in India. India's own animation and VFX industry has seen growth with films like Bahubali, Ra-One, and Krrish etc.

Apart from full-length feature films, short films, tv shows and advertising, animators and VFX artists are in high demand due to the advent of Augmented Reality/Virtual Reality (AR/VR) technologies used in gaming. Animation has spread its wings wide open in the fields of education, automobile, medicine, architecture, games etc which has increased opportunities for those interested and involved in these creative fields.

With the increase to easily access internet and the digital content, freelancing too has opened its door to animation and the visual effects content. The biggest strengths of Indian animation and VFX are its creative diversity and cost-effectiveness. That is why global industry leaders try to deploy their production houses straight away in India. These production houses are young, well prepared, and have an international focus to explore the field with passion, and they have a strong grip and understanding of the evolving and changing business. One indication of this animation and VFX have become part of the syllabus in visual art studies at esteemed institutions like IIT Mumbai. This has helped in enabling artists and creative talent to be better prepared than ever to take the Indian animation industry at new heights.

The animation career scope in India is growing. An animated film goes through many stages as a supply chain, each of which has its own importance. There are various roles that a person can perform if he/she chooses to work at an animation studio, to name a few, Storyboarding Artists, 3D modellers, Motion graphics artists, and character animators etc. VFX and animation go hand-in-hand. Therefore, the VFX career scope in India grows with animation. Some of the career choices in VFX include Previsualisation Artists, Compositors, and Match-Moving Artists.

**RISHABH KUMAR  
MA ECO.- FINAL**



# STRANDED ALONE ON AN ISLAND

On an island  
Backpacking across the world, I stumble,  
Around the ocean, I discover,  
A getaway place for me to be humble,  
As blue moon rose by the island's cover.  
Fall in love  
Just dive in, shedding a part of your ego  
Fall.

Feel the wind like never before  
As it touches you, you swirl as it makes you  
dance.

The water may find scary  
Trust love and dive  
Dive in style.

The bit and bit you emerge with water  
Feel the calm, the depth  
The love radiating within you.

The smallest creature came to greet you  
And the largest ones too.

With love you dance with every little thing  
born on the planet.

The air inside the water, the molecules inside  
them....every one is bound and everyone is free  
Blissful every thing becomes as you shed your ego.

Beautiful it will be to live and love

**SANIA GOGIA**  
BA (H) ECO. - I



## COUNTRY REPORT: BHUTAN

Deep in the Himalayas, on the border between China and India lies the Kingdom of Bhutan, which has pledged to remain carbon neutral for all time. "The country's mission is to put happiness before economic growth and set a world standard for environment preservation", shares Bhutan's Prime Minister - Tshering Tobgay.



Bhutan's goal is to balance economic growth with stability, sustainability, social development, and environment preservation. This is the best example of holistic growth and development. The World recognizes Bhutan as their Gross National Happiness is more important to them than the Gross National Product. This is a great vision to improve the happiness and well-being of the people of Bhutan. Although, this is easier said than done when Bhutan is one of the smallest economies in the world, not to mention, an underdeveloped one. Bhutan lies between the world's 2 most populous countries and that too with population of just 7.63 lakh people. With such conditions, GDP is less than 2 billion dollars, still, Bhutan is thriving because of the great kings of the Kingdom of Bhutan. But there are some areas which are interesting-

- Education is completely free.
- Medical consultation, medicines, and healthcare are completely free.
- They preserve their culture while maintaining economic growth.

Bhutan's traditional dress has the biggest pocket in which they can keep iPad, mobile, books even babies. Bhutan manages this as they use their limited resources very carefully. 72% of Bhutan is still under forest cover.





Their Article 5, section 3: the Constitution of the Kingdom of Bhutan says :

"The government shall ensure that, in order to conserve the country's National resources and document degradation of the ecosystem, the minimum of 60% of Bhutan's total land shall be maintained under forest cover for all time." Democracy was adopted by the King himself through a constitution for the people. Moreover, he made further provisions to empower people to be able to impeach their Kings. Bhutan is not just carbon neutral, instead of its carbon negative. The entire country generates 2.2 million tonnes of CO<sub>2</sub> and its forests sink in themselves three times this amount.

Hence, the forests are sinking a net of 4.4 million tons of CO<sub>2</sub>. Bhutan exports renewable energy to neighboring countries, which means it is offsetting carbon even beyond its borders. Contrary to the efforts, it is suffering from environmental changes, like the melting of glaciers due to global warming that causes disasters in the country.

Recently, the melting of a single glacier caused massive floods in valleys and Bhutan has 2700 glaciers like this. Bhutan is landlocked and mountainous hence it has kept this carbon neutrality provision in its constitution. The question arises, "How is Bhutan maintaining and stabilizing its climate?"-

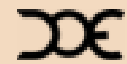
- A) By providing free renewable electricity to its people to prevent firewood use.
- B) Providing subsidy on LED lights and automobiles in its policies.
- C) Taking the initiative of 'Clean Bhutan'
- D) By planting trees - 'Green Bhutan'

Concluding, it is to be noted that all countries must take examples of leadership and resource management from Bhutan. We all are here to dream together, work together, and fight climate change together. We might revel in our differences but we must remember that we all share the same planet, today and forever.

**ADITYA AGARWAL**  
**BA (H) ECO. - II**



*Bhutan's Prime Minister, Tshering Tobgay, holding a book.*



*"We're not supposed to conform, we're not supposed to be like somebody else, we're not supposed to act like somebody else and as long as you stay true to exactly who you are, you will be rewarded in ways that you can't imagine."*

*- Ellen DeGeneres*

What comes to your mind when I say 'LGBTQ'? Probably, the same thing as mine that it is the community of lesbians, gays, bisexuals, and transgenders, but the fact is that most of us don't know is what 'Q' stands for. It stands for 'Questioning' as in still exploring one's sexuality or queer or sometimes both. To be able to understand this fully, first, we need to accept that they are normal people like us, who deserve equal treatment and the same rights as anybody else not because they breathe in the same air, but because they are also humans!

Human sexuality has been a hot topic for debate in modern times, especially after the striking off of Section 377 on 6 September 2018 as it was regarded as 'unconstitutional'. Many people started coming out after this by revealing their truer self, orientation and not feeling shy to talk about this. But just striking off a law won't work until the mindsets of people don't change.

If I talk about our Indian society, there are kids and adults who are still struggling to tell their families and seek acceptance. And if they do, they are still afraid to tell this to society because the first thought that will cross their mind would be, 'Will I be accepted by them, and what if I tell them and they treat me like a social pariah? I don't want them to treat me differently because of my sexuality, I just want them to treat me like every other normal person. In my opinion, homosexuality should be seen in the light of changing times where live-in relationships, single parents, and artificial fertilization have become normal. Many people nationally and internationally have come out altogether via different platforms where they ask for equal rights. But this wasn't the case earlier in India, this traces back to the time when the British Raj criminalized sexual activities "against the order of nature", including homosexual sexual activities, under Section 377 of the Indian Penal Code which was enforced in 1861. Since then, India has had a limited culture for LGBTQ people due to widespread homophobia.

*love is love*



But there came a turning point when in 1977 Shakuntala Devi published the first study of homosexuality in India. The book contained interviews with homosexual men, set against the backdrop of the Emergency years. She wrote, "rather than pretending that homosexuals don't exist, it is time, we face the facts squarely in the eye and find room for homosexual people." It didn't only open the first closed-door for them but came as a change in the history of LGBTQ in India. Many protests started taking place, political representation came up, movies depicting gay love came in the making.

Movies like Dostana, Ek Ladki ko Dekha Toh Aisa Laga, Shubh Mangal Zyada Savdhaan, Kapoor And Sons, and Indian web series like Sacred Games, etc. depicting non-heterosexual relationships in a better light were liked by the audience. International web series like Riverdale, was the shows that went on to feature a homosexual character and a bisexual character, furthering evidence that Jughead's (Riverdale's protagonist character) asexuality was intentionally unacknowledged by the writers as an LGBTQ+ identity. Another American Tv series 'The Originals', where the character Freya Mikaelson (Riley Voelkel) had a lesbian relationship with Keelin (Christina Moses) was deemed to be normal and the series got viral not only in the US but even in India. In another beautiful series - 'One day at a time', Elena Maria Alvarez who is an activist and feminist teenage daughter of Penelope, after dating Josh, a classmate, and watching porn, discovers that she is lesbian and comes out to her family. When she came out as a lesbian to her father in Quince, he rejected her, which caused her to realize that people would hate her just because she's a lesbian, before knowing anything else about her.

This show has brought us a glimpse of a type of family that rarely gets their story told and part of that has involved queer representation through poignant storytelling involving memorable characters. Though it is important to tell one's parents about their true self, they should be given some time to accept this fact. Due to their cultural upbringing, it might be possible that they have very limited knowledge or negative views. It will take time but gradually they'll understand and accept the fact. The 2018 film 'Love Simon' was a huge hit and was acknowledged as the 'first mainstream gay teen movie'. Another latest American series that has been liked by many is 'Never Have I Ever' wherein the character Fabiola (Lee Rodriguez) was afraid to tell her mother about her lesbian relationship with Eve (Christina Karchner) but once she did, her mother supported her. There have been increased occurrences of LGBTQ characters and themes in children's shows across channels such as Nickelodeon, Cartoon Network, and Disney Channel. Hopefully, this will develop a positive outlook and increased acceptance towards the LGBTQ people. The world belongs to us all. It holds the same beauty for everyone, reaps the same fruit for everyone, and shows the same rainbow to everyone. When mother nature treats us all equally then who are we to discriminate? If we want the change to happen, we must begin by changing ourselves.

LET US LEAD THE WAY!

**Meghna Raj Saxena**  
BA (H) ECO. - II

# सुकून का व्यापार

दोष वक्रत को ही ढूँ या न भी ढूँ पता नहीं,  
कैसे कह ढूँ हम इंसानों की कुछ खता नहीं।  
ये वक्रत तो अपने कदम यूँ ही रोज़ बढ़ाता है,  
कितनी ही दफ़ा हमें सच से रूबरू कराता है।  
हम ही हैं जो ज़िन्दगी हथेली पर लिए फिरते हैं,  
नोटों की उस सुगंध को बराबर में तोला करते हैं।

इन नोटों पर निर्भर ख्वाबों का क्या ठिकाना है?  
रोज़ एक उभरता है,  
जिसे कल पूरा हो जाना है।  
ख्वाब तो हर रोज़ यूँ तुझे नया मिल जायेगा,  
पर उस मिलन की आड़ में मुसाफ़िर,  
तू कितना सुकून गवायेगा?

अपनी रकम को ना सही, सुकून ही तू बाँट ले,  
जब देखे तू फ़लक से नूर, ये बाइज़ज़त तेरा नाम ले।  
ये लोग नुक्ता-चीं हैं कही तो कसर निकालेंगे,  
गर पल सुकून के बाँट लो तो शायद कमी छुपा लेंगे।  
ये ज़िन्दगी कुछ आसान ही है,  
बस लेन देन का व्यापार है,  
तोहफे के बदले तोहफे,  
इज़ज़त के बदले प्यार है।

कंविका शर्मा  
बी ऐ (एच) इको. - II

# LINKING CREATIVITY AND DEPRESSION

Creativity is defined as the use of imagination or original ideas to create something new and useful. It is also referred to as 'out of the box thinking.'

Depression is a mood disorder that is characterized by a diverse set of symptoms but mainly the experience of truly profound unhappiness. It is the most common disorder and can affect any age group or gender belonging to any community whatsoever. Ever wondered that there could be a link between these two concepts? As bizarre as it might sound, creativity and depression are said to go hand in hand, where one can give rise to the other i.e. creativity can trigger depression and vice versa.

WHO estimates that 121 million people worldwide suffer from depression or some form of it and that creative people tend to suffer most from this disorder. This points to strong connectivity between creativity and depression. To cite some examples, some famous personalities like Ernest Hemingway, Virginia Wolf, Michael Angelo, Beethoven, Abraham Lincoln, Pablo Picasso who rose to fame because of their creative style of thinking and expression also suffered from depression.

Sylvia Plath, another famous and extraordinary writer, whose works portray a great sense of emotion and philosophy committed suicide. It is believed that suicide is one of the major consequences of depression. Iconic personalities such as Deepika Padukone, Chris Evans, Eminem, Lady Gaga, and J.K Rowling are perceived to be emotionally strong and quite capable of taking care of themselves. However, they boldly confessed to the world how they battled depression and anxiety. Poets, musicians, and artists have also claimed that the greatest pieces of work that were produced by them were during the dark phases of their lives. It was a defense that transformed their psychological pain and depression into highly creative and extraordinary forms of art. Creative people have a unique mindset and a different thought process and thus have ideas that are novel and may sound even unusual or impossible to implement. The major obstacle that creative people and their ideas face in society is - Acceptance. Though most useful, they are non-conservative, non-conventional, and often non-conforming too. Due to the sheer uniqueness of their ideas and art, creative people feel alienated and dejected which increases the risk of them slipping into depression.

.Akinola and Mendes conducted a research in 2008 to study the role of rejection on creativity. Participants were given a negative, positive or no feedback in a speaking task. They were then asked to produce artistic collages. It was noted that the collage of those participants that were given a negative feedback was much creative than those who were given positive or no feedback. This suggests that societal rejection which is a particular cause of depression leads to creativity.

While one might not lead to the other, there certainly is a strong link which connects creativity and depression in a population at large.

Thus, creativity might make one stumble towards the road of depression and depression too can spark creativity in the person suffering. Nevertheless, we always have the power to train our minds to think creatively and not let that creativity and unique thought process board the train to depression.

Yet, without any doubt, dwelling over the same thought may result in creative ideas. It may appear that the artist is being too harsh on himself/herself. However, the same traits can also result in excellence in their work.

From the above discussions we can conclude that creativity and depression, lie on the same spectrum where creativity is somewhere along the middle and depression at one extreme. We often find similar patterns in celebrities who were once demeaned and rejected by society but eventually proved

themselves worthy of attention and fame. So, we can say that the anger and sadness associated with rejection does contribute to creativity. It is believed that writers, artists, musicians, often indulge in overthinking, neuroticism and rumination which are traits associated with depression.

**VASUNDHARA PURAWAT**  
**BA (H) Psy. - I**





# INTROVERT, HOPE NOT

I am an introvert.

I used to think for long that it means, I am quiet, reserved, and thoughtful.

Anyone who knows me would tell you that how none of this and all of it applies to me at the same time.

I talk for hours, only to stay quiet for more.  
I filter people out, but through a net, anyone can pass through.

I think a lot, but most of them are fantasies about me being a superhero.

Being an introvert does sound cool, but the catch is that there won't be anyone to show this coolness off,

And don't get me wrong, I love to spend time by myself,

And it's all good until my thoughts wander off in a direction,

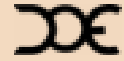
That brings me to the edge of desperation.

I am filled with frustration about scenarios that only exist in my imagination.

The world seems like a manifestation of a dream, that shouldn't have come true.

I read, and I write, I watch the world crumble down to pieces only to be built back just enough,

So that when the other person even touches it, it breaks down again,



And the cycle repeats itself.

Being an introvert is like being an observer in the world of players,

Players who are playing a team sport, but are not aware whose side they are on.

I don't want to be an introvert.

I want to be the life of the party, the one whom everyone likes,

The one who has people to show his coolness off to,

I do not have enough energy to be the one,

For me, being an extrovert is like climate change, it's hot at all the wrong places.

At most, I can hold that form for a minute, which even then feels like an eternity.

It is like getting a drunk bad taste, a couple of moments of happiness, and then nothing but vomit.

But this doesn't mean I never try, after all, you know what they say that alcohol is an acquired taste,

And I am planning to be the alcoholic, rehabilitation centers refuse to help.

I am an introvert, desperately trying not to be one.

**TANISHQ ISRANI**

BA (H) ECO. - III





# TRAVELOGUE: The Journeys That Count

I understand that the Coronavirus Pandemic has stopped most, if not all, of us from traveling. But in order to take a little break from all the pandemic-centered literature and information, I would like to provide a brief throwback, if you will, to a unique traveling experience I had, a one-of-a-kind journey. I know that this kind of an article may come across as rubbing salt into the wound, but I promise it is not so; nostalgia is just my forte. With that, I would like to take you on my journey back in 2019, when traveling didn't feel like a crime.

My family and I were used to traveling back and forth between India and the USA every other summer, and each time, my little sister and I used to observe and envy (her openly and I in secret) the solo travelers and families, who would make the 20-hour journey seem effortless. So this time, my sister and I, finally seeing eye-to-eye on something, quite literally instructed our mom on a few DOs and DONTs. For the first time ever, we were going to be flying internationally without our loyal companions: extra handbags, mild paranoia, and the paratha and bhindi ki sabzi combo (which always leaked oil, no matter how tightly we packed it). We were so naive to think that we were creating history for ourselves by avoiding the aforementioned, but that would make for a very boring story.

So we embarked on our journey as we drove to Dulles International Airport, Washington DC. After some minor interruptions and with Starbucks in hand we boarded the plane at exactly 2100 HRS.



17A

PREMIUM 400

17



18

PREMIUM 400

18



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PREMIUM 400

19



I was very excited to see my family after a whole year. But 30 minutes had passed by and there was no sign of us taking off. When an hour passed the pilots announced that the delay was due to technical issues in the cockpit which were being resolved. Within the next 30 minutes, the crew was allowing passengers to leave with their bags and the paramedics had arrived because there had been a medical emergency on board. Thankfully, everyone was calm and dealt with the situation patiently. At 1:18 AM everyone sighed with relief, the kind which you feel only after a 4-hour delay, as we were finally ready to take off.

Thirteen hours later, minutes after our arrival at the Frankfurt Airport, we huddled in front of the United Airlines Desk to piece together how 150 of us will reach India now that we had missed our connecting flights. What the staff told us, was a blessing in disguise. There were no flights to Delhi available until the next day. Now, my dad, being the master negotiator and reward point collector that he is, coupled with the fact that this was technically the airline's fault, got us food and accommodation for the rest of our layover (we were extremely lucky because one, not all passengers got this privilege, and two, Western Europe is quite expensive). With just our cabin luggage and handbags, we went to visit our two hotel rooms. I don't know what I was expecting.

Regardless, what I saw was something one-of-a-kind. These rooms were no more than the size of an extended dining table, but they had it all: a closet, a shower, and toilet (segregated from the rest by the glass with realistic clouds painted scantily), a TV, a bed, and best of all, a killer view. That night, we fell asleep to airplanes parked in front of us and the next morning, took a shower while watching them take off a little further beyond on the runway.

The four of us took a hot shower (personally, the cleanest I have felt on an international trip) and, along with another passenger who had been stuck for 2 days now, took to the rest of the airport in search of food.

It was as if the airport was open just for the five of us. At only 6:00 PM the airport was filled with silence and the sounds of footsteps of a few wanderers like us. With the soft sunlight falling on us, we saw little cafes covered in fairy lights, stores with souvenirs-- keychains, magnets, carved clay mugs, cuckoo clocks, beautiful journals, and restaurants waiting for someone to taste their menu. There was this large area shaped like a roundabout that, on two of



Its sides led away to the designer stores, and in the middle was a hollow, cylindrical glass structure, extending from the floor to the ceiling, becoming wider as it got taller. On its panels were the pictures of German composers and a piano on one of its sides. To our delight, a confident passerby started playing a sweet melody, and soon after we ate a light dinner, and returned to the hotel. We made sure to taste all of the teas they had to offer as the sun melted into the horizon at around 9:45 PM, and luckily, one of the staff members gave each one of us an ice-cream cone.

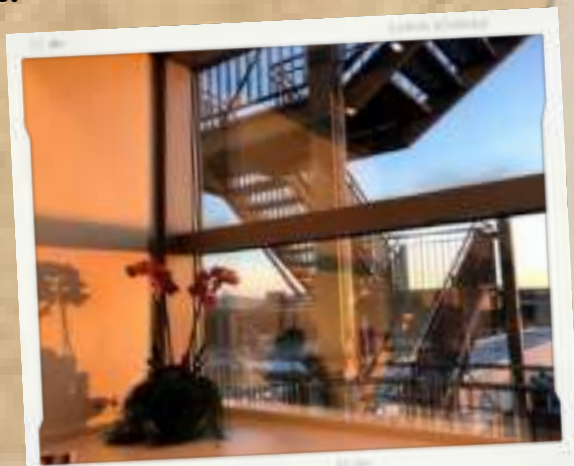
We woke up at 4 AM and had plenty of time to kill until our checkout. So after another refreshing shower, I quietly watched the sunrise and paint the skies over the airplanes also lighting up the hallway. I remember the sunlight being so soft and gentle (how come no one talks about the golden hour at dawn?). Instead of seeing birds on trees, I watched each Lufthansa plane take off only 6 feet away from my eyes and fade into the pastel sky (I did desperately try to get a good video of this). A few hours later, this time after packing our bags, checking and rechecking our rooms, and bidding them adieu, we left for good.

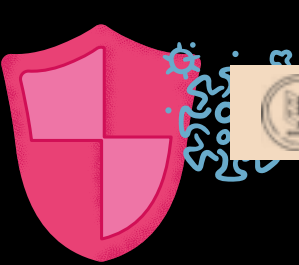
We found a nice breakfast corner and used our vouchers, down to the Euro, to order one of the most complete and beautiful breakfasts I've had ( I'm the kind of person who used to just have a bowl of bland oatmeal before running to catch the school bus). I still have the paper bag from the café. From there we stopped at the Movie and TV area and finally made our way to the gate. This is not the first time someone is saying it but Indians collectively do have a presence of their own. While the rest of the airport was relatively quiet and calm, that one gate with the coveted flight to Delhi was teeming with people eager to get out. A staff member announced that they were ready for boarding and all 150 of us stood up.

This was an unconventional journey, the journey that never ended because to be quite honest and quite cheesy, a piece of Frankfurt still lies in my heart and all I wonder is that if my experience at an airport was so wonderful, then what about when I step outside?

I know that if someone else were to live out the story in my Travelogue then it'd probably be just a one-time conversation for them. So maybe I tend to romanticize the little things because in my point of view there was something surreal about this place. It was fun observing the similarities and differences between the body language and dressing of the people there with what I have seen my whole life. People spoke a language other than English or Hindi (P.S. three words in English = literally one German word; talk about small talk — shoutout to The Office fans) and life there seemed to be a lot less mainstream. The beauty was ephemeral because I knew that this brief halt, little detour if you will, was just that. But that made it even more precious.

Tarisha Badaya  
BA (H) PSY.-I





25 AUGUST 2020

## Beware But Don't Be Scared *COVID-19: Precautions We Can Take*

As the world is experiencing really tough times during the prevailing pandemic, COVID-19, we too are affected by it. Coronavirus disease is a contagious infection caused by a newly identified coronavirus.

As at this time, there is no specific treatments for COVID-19, it is continuing to build immense fear in the lives of people. It has bought a lot of chaos and myths along with it in the world.

A webinar was organized by the SAP Committee (Sanitation and Hygiene Unit) in collaboration with the Department of Economics and Psychology, St. Xavier's College Jaipur on- 'Beware but don't be scared, COVID-19: Precautions we can take.' To understand the nature of disease, the transmission and prevention techniques were the major objectives of this webinar.



Dr. Sheetu Singh

To address all the queries, myths and worries regarding the subject, two eminent doctors who have been working day and night during these tough times to serve humanity and the patients, Dr. Sheetu Singh, Associate Professor, IRD, SMS Medical College and Hospital, Jaipur and Dr. Ashu Agarwal, Assistant Professor, vitreoretinal and ROP services, Department of ophthalmology, SMS Medical College and Hospital Jaipur were invited for the discussion.

The webinar was graced with the presence of Rev. Fr. Varkey Perekatt SJ (Manager), Rev. Fr. A. Rex Angelo SJ (Principal), Rev. Fr. Raymond Cherubin SJ (Vice-Principal and Administrator) and Fr. Sherry George SJ (Vice-Principal and Treasurer). Fr. Rex welcomed the speakers and commenced the webinar. Around 150 participants participated in the webinar including students, faculty members, office staff, parents, and a few more vigilant citizens.

The best ways to prevent and slow down its transmission were discussed in the webinar. After the presentation of the resource persons, questions from the audience were answered very diligently, clearing all their doubts and breaking all their myths.



Dr. Ashu Agarwal

The webinar was highly appreciated as it focused on the topics which were needed to be discussed and all the participants found it beneficial and relevant for them. At the end, Dr. Boola Choudhary, co-ordinator of the program expressed her gratitude towards the college management and the honourable speakers and participants for helping in the successful and smooth conduction of the program.





## *Mental Health Drive*

### **LIVING IN THE TIMES OF A PANDEMIC: PSYCHOLOGICAL IMPACT OF LOCKDOWN AND SELF ISOLATION**

19 SEPTEMBER 2020

On March 24, 2020, the Government of India under Prime Minister Narendra Modi ordered a nationwide lockdown, thus limiting the movement of the entire 1.3 billion population of India as a preventive measure against the COVID-19 pandemic situation. The novel coronavirus has caused severe threats to the physical and psychological well-being of individuals. Although self-isolation, which is an outgrowth of lockdown, helped in achieving the goal of reducing the infection at the same time, it limited the access to family, friends, and other social support systems thus leading to loneliness and seclusion, which eventually influences mental health negatively.

With the objective to acknowledge the need to talk and discuss mental health during the pandemic, the Department of Economics and Psychology organized a webinar on Living in the Times of a Pandemic: Psychological Impact of Lockdown and Self Isolation on 19 September 2020. The Programme Coordinators for the event were Ms Poorvi Medatwal and Ms Nupur Chauhan. The Resource Person for this webinar was Ms Mimansa Singh Tanwar, Lead Clinical Psychologist and Programme Head, Clinical Psychology and Mental Health, Fortis Healthcare, Gurugram. The event started with the introduction of the topic and a formal welcome of the resource person. Ms Mimansa then addressed the students and teachers and asserted the importance of recognizing the issues related to mental health as much as it is important for physical health.

The need to unmute oneself and start talking about matters related to mental health was also one of the key topics discussed in the webinar as it will not only help to break down the stigma attached to mental health problems but also facilitate individuals to talk and share about their thoughts and emotions without any kind of embarrassment. She also shared her views on how one can engage themselves in constructive activities that may help to combat negative thoughts during the lockdown period and hence improving the quality of life.

A brief question and answer session was also planned and held during this webinar so that the students could ask all their queries and get an expert's opinion on it. Students actively participated in this session, expressed their experiences during the lockdown inquired about the guidelines to identify negative thought patterns and strategies to cope with the ongoing stress. Overall 125 participants joined this webinar and thus added one more feather of achievement to the department.



Ms Mimansa Singh Tanwar



# ALUMNI INTERACTION SESSION - I

30 September 2020

On 30 September 2020, the Department of Economics and Psychology hosted an online Alumni Interactive session for the department's students. The session began with the welcome of Ms Isha Koolwal and Mr Shubham Saxena of batch 2015-18 by the event coordinator, Ms Sunita Choudhary.

Mr Shubham Saxena, after his bachelor's from St. Xavier's College - Jaipur, went on to Gokhale Institute of Politics and Economics, Pune to pursue an M.Sc. in International Business Economics. Currently, he is working as an Analytics Advisor (Data Science) at Think Analytics India Pvt. Ltd., Mumbai. Ms Isha Koolwal went to K.J. Somaiya, Mumbai to pursue MBA in Financial Services. Currently, she is working with J.P. Morgan Chase & Company. Isha and Shubham mentioned the importance of student's involvement in the activities organized by the department. With the special mention of 'Synergy' (the annual department fest), they stated that such events teach you teamwork, cooperation, and management. They explored how preparing and writing different research papers had helped them.

Shubham shared that internships and real-life experience are very important, students should at least complete one internship in their three years of graduation. Isha added that developing a deep conceptual understanding of the subjects and their subsequent relevance and application is very important.



Mr Shubham Saxena

Towards the end of the session, students from the department asked several questions to which the alumni shared their insights. The session was very enlightening. At the end of the session Ms Sunita thanked the alumni for joining and sharing their experience with the current students.



Ms Isha Koolwal



*Mental Health Drive*  
**MENTAL HEALTH  
FOR ALL**

**9 October 2020**

**MENTAL HEALTH FOR ALL: GREATER INVESTMENT – GREATER ACCESS,**

Focusing on the theme for this year's World Mental Health Day, the Department of Economics and Psychology organized an online Interactive Session on 9 October 2020.

Dr Pradnya Deshpande, Clinical Psychologist; Member, Prevention of Sexual Harassment at Work (POSH), Psychiatric Centre, Jaipur; Consultant, Centre for Advocacy and Research (CFAR); Project Director, Healing Centre for Women, Jaipur was invited as the resource person. The coordinators of the event were Ms Poorvi Medatwal, Ms Nupur Chauhan, and Ms Shiromi Chaturvedi.

The event took off with a formal introduction of Dr Pradnya Deshpande, following which she highlighted the modern definition of mental health given by WHO which is broader and more relevant in today's world. She also differentiated between common mental health disorders and severe mental disorders that helped break the myths around them.

The session further moved to her addressing issues of students, which they had submitted prior to the session anonymously through Google Forms. Topics covered were anxiety: healthy and unhealthy and how to cope with it; disorders like Attention Deficit Hyperactivity Disorder (ADHD) and Obsessive-Compulsive Disorder (OCD), the seriousness of the disorders and the importance of seeking to help from a mental health professional; depression, stress, and negative thoughts: biological and psycho-social factors around it, etc.



After talking about few disorders, some very common and relatable issues like body shaming among teens, societal and family factors, self-image were discussed; generation gap, bringing both perspectives together, how to handle such situations tactfully; insecurities in relationships and friendships, trust issues and how to cope with it were shared by her. More serious topics like rape and the need to learn self-defense was also touched upon. She helped break the stigma around these topics and encouraged the students to talk about them.

The session was brought to an end by her bringing out the positive spectrum of COVID-19 and how we can make the best of it. Overall the event was a great success and post-event a feedback form was also provided to the students for future recommendations regarding such enlightening sessions.



Dr Pradnya Deshpande



# Economics Lecture Series

## *India's Middle Class- How Many are They, Who are They?*

16 October 2020

A webinar on 'India's Middle Class - How many are there, and who are they?' was organized by the Department of Economics and Psychology in collaboration with the Meghnad Desai Academy of Economics on October 16, 2020.

The Department's principal goal was to provide its students with a thorough understanding of India's Middle Class and the Middle Class's growing prominence in India. Dr Sandhya Krishnan, Assistant Professor at the Meghnad Desai Academy of Economics in Mumbai was the resource person for the webinar.

The webinar began with the blessings of Rev Father Dr A Rex Angelo, SJ, Principal of St. Xavier's College in Jaipur.

Dr Krishnan highlighted the rise of India's 'new' middle class. She shared her research with the students on the middle class for the duration of 1999 to 2012. According to the research, the proportion of people in the middle class in the whole population was 28.9% in 1999 and it rose to 50.3% in 2012. She also explained the reasons for the increase in the middle class of the country after the 2008 global crisis.

This session also shed light on how big the current Indian middle class is and who makes up the Indian middle class, based on an the economic definition of the middle class in terms of consumption. The discussion also touched on the importance of the Indian middle class in boosting consumer demand.

The webinar concluded with the queries of the students which were eloquently answered by the speaker, Dr Krishnan.



Dr Sandhya Krishnan





# MOVIE SCREENING

28 October 2020

## THE SOCIAL DILEMMA

On 28 Oct 2020, the Department of Economics and Psychology, St. Xavier's College, Jaipur organized a screening of the documentary - 'The Social Dilemma' for the students. The documentary very effectively portrayed the present day scenario of excessive human dependence on their devices and the internet.

It showed the truth behind the workings of the prominent social media platforms and how they control the lives of their users by keeping a track of every single activity in their daily lives. It also emphasized the importance of human self-reliance and freedom, in the face of rapidly growing influence and involvement of Artificial Intelligence in our daily lives especially through social media.

It also depicted the truth behind the working mechanisms of the prominent social media platforms.

The students along with all the faculty members enjoyed the screening and gained awareness from this infotainment session. The Department also organized an essay writing competition following the screening, on the topic - 'What is more important: connectivity or freedom?' The students took inspiration from the documentary and compose their essays.



# ALUMNI INTERACTION SESSION - II

31 October 2020

The Department of Economics and Psychology organized an online interactive alumni session on 31 October 2020. The session commenced with the formal welcome of alumni by Vice President of ECOSOC, Rishabh Somani. The invited alumni for the session were Mr Anshul Bhatt and Ms Ishita Agarwal. Anshul Bhatt graduated from Xavier's, Jaipur in 2014 with a Bachelors's degree in Economics and then obtained Master degree in Development from Azim Premji University. Currently, she is working as a Program Associate under Action Aid Association. Ishita Agarwal graduated from Xavier's, Jaipur in 2017 with a Bachelors's degree in Economics and then received her Master degree in Advertising and Marketing Communications from Xavier Institute of Communication (XIC), Mumbai. Presently, she is working as a Strategy Planner in a Mumbai-based advertising agency.



*Ishita Agarwal*

Anshul stated her interest in humanitarian work and her desire to pursue a career that would allow her to contribute to the betterment of society. She has vast experience working with NGOs throughout Rajasthan and has shared her insights. Anshul encouraged the students to pursue developmental studies if they truly desired to make a difference in society.



*Anshul Bhatt*

Ishita revealed that she was first perplexed when deciding on a professional path, but she eventually settled on advertising and marketing. In the sphere of advertising and marketing, Ishita stressed the relevance of Economics as a discipline. When asked what one quality attribute every individual should possess, Ishita mentioned acceptance of one's failures.

Both speakers urged students to engage in co-curricular activities and shared their personal experiences with the importance of such activities in overall personality development. Both of them expressed gratitude to their teachers for always being there to guide them for the future.



## Cost of Covid Treatment In India: *Who Bears the Burden?*



3 NOVEMBER 2020

A webinar on 'Cost of Covid Treatment in India: Who Bears the Burden?' was organized by the Department of Economics and Psychology, St Xavier's College, Jaipur on November 3, 2020.

Rev Fr Dr A Rex Angelo SJ began by welcoming the speakers and motivating the audience with his words of encouragement.

The major goal of hosting this webinar was to help students comprehend the relevance of India's healthcare sector during the COVID pandemic, as well as to highlight the necessity to redefine health care by introducing desirable and required improvements to the Indian healthcare system. The webinar was divided into two parts. For the first half, Prof Indrani Gupta from the Institute of Economic Growth serves as the resource person and for the second half, the resource person was Dr Saktivel Selvaraj from the Public Health Foundation of India.

Prof Indrani highlighted the various facets of Covid, its impact on the healthcare system, and educated the audience on the current state of Covid in India through her presentation. She also spoke about India's healthcare sector's preparedness for pandemics, emphasizing the importance of prioritizing the healthcare sector for improved performance in such unprecedented circumstances.

Dr Selvaraj the second presenter, spoke about the financial aspects of COVID-19, its effects on financial markets, and how it has resulted in significant income losses,

increased unemployment, and disruptions in the transportation, service, and industrial industries.

He also attempted to convey and clarify the the exact cost of Covid treatment in India using relevant facts.



Dr Saktivel Selvaraj



Prof Indrani Gupta

This webinar was the second in the Economics and Psychology Department's annual lecture series dedicated to highlighting different aspects of Economics, and drew participants from around the state.

## *Mental Health Drive*

6 NOVEMBER 2020

# **SELF AWARENESS: KNOWING YOURSELF**

The Department of Economics and Psychology at St Xavier's College, Jaipur organised a session on self-awareness on the 6th of November. The Programme Coordinators were Ms Poorvi Medatwal and Ms Shiromi Chaturvedi. The eminent resource person for the session was Dr Sudhesh NT, currently an assistant professor of Psychology at Christ University, Bangalore. He is also a published editor and the author or multiple articles in national and international journals; has worked in Global Funds for AIDS, Tuberculosis and Malaria (GFATM), a project under MG University, Kerala; President of Indian Association of Life Skills Education (IALSE) Bangalore; and is also the Coordinator of Project Spandan.

With the objective of raising awareness within our community about the importance of being self-aware, how we can do so, and its effect on our mental health, the department organised this session. Over 100 students participated in this webinar and discovered the tools for self awareness.

The session began with an introductory presentation by the student coordinators followed by Dr Sudhesh's address. He introduced the concept of self awareness while engaging the students in multiple insightful and introspective activities. He then explained in intrinsic detail the SWOT or SWOC analysis, a professional tool used by

people to identify their strengths, weaknesses, opportunities, and threats or challenges. The webinar thus helped the students to not only better understand themselves but also understand why being self-aware is critical in our personal and professional lives. Dr Sudhesh's presentation was easy to follow and interesting regardless of one's expertise and interest in the subject of psychology.

After the message by Dr Sudhesh, a Question and Answer session took place in which the students actively participated. The topics discussed included finding a balance between introspecting and overanalyzing and tips on how to deal with one's own negative traits. Overall, Dr Sudhesh very nicely conveyed how self-awareness is a process that requires patience and reflection of an individual's role in their own lives and the lives of those around them.



Dr Sudhesh NT



# DONATION DRIVE

**Ek Abhilasha:  
An Effort Toward Making  
Dreams Come True**

**22-23 November 2020**

“Those who love us will miss us”  
-Keanu Reeves, (when asked about  
his views on what happens after a  
person passes)



Exactly one year ago, it was a normal day for the rest of the world, but for the Department of Economics and the entire family of St Xavier's College, it was the day on which the final rites of Sapna Ma'am, Nitin sir (her husband), and their youngest son, Darsh were performed. A day that was supposed to bring celebration and cheer (their anniversary) had turned into a day of mourning, condolences, and gut-wrenching despair. Indeed, it was one of the darkest days this institution had witnessed. The untimely and tragic demise of one of the most respected, loved, cherished and brilliant teachers had left everyone shell shocked and numb. Dr Sapna was loved, cherished, and respected by all her students, colleagues, and each and every member of the institution. Apart from being a teacher, who treated all her students like her own children, she was also a philanthropist, an avid researcher, and a person who wanted to bring out the best in whomever she connected with.

To honor her memory, the Economics Society successfully organized a Donation Drive in which groceries, clothes, toiletries, stationery items were collected to help and support needy people of the Mother Teresa Old Age Home (C-scheme, Jaipur) and little children of SOS Children's Village (Jhotwara, Jaipur). These items were collected by faculty coordinator Dr Boola Choudhary, on the college campus over a period of 5 days (17th Nov to 21st Nov 2020) and donated by students, teachers, alumni, and countless well-wishers. On the afternoon of the 21st, the donated items were duly segregated, sorted, and packed by the volunteers of the day (Kanvika Sharma, Dhruv Joshi, Akshat Agarwal, Rishabh Somani) under the supervision of faculty coordinators (Mr Yashwardhan Singh, Mrs Maharishi Sharma, Mrs Sunita Choudhary). On the next day, 22nd Nov 2020 the items meant for the old age home were transported there by Yashwardhan Sir and Shiromi Ma'am accompanied by student volunteers Samyak Lodha and Aditya Agarwal. The donations were kindly received by the staff and administration of Mother Teresa Home. On 23rd November, the donations meant for SOS children's Village were transported by Yashwardhan Sir, Boola Ma'am, Maharishi Ma'am accompanied by student volunteers Aditya Agarwal, Rohan Upadhyay, Kaushal Prajapati. These too were kindly received by the administration and the entire team from the institution was very warmly appreciated for this initiative. The event process was duly managed by the student coordinators, Nandini Gupta and Anushka Sharma under the supervision and support of EcoSoc President Aashita Pandey and Vice Presidents Akshat Agarwal and Rishabh Somani.

Although nothing can replace her generosity and benevolence, this initiative is the first step towards fulfilling her legacy. We hope and strive to achieve what she idealized, even if we move one step at a time, we will not stop. Ever.



## Alumni Interaction Session - III

DATA SCIENCES: A ROADMAP TO FUTURE PREDICTION

28 November 2020

With the motive of making the students understand the concept of Data Science in more detail, the Economics Society of the Department of Economics and Psychology conducted an interactive session on the topic "Introduction to Data Science: A Roadmap to Future Prediction" on 28th November, 2020. Mr Shubham Saxena an alumni student of the St Xavier's College, Jaipur who is currently working as an Analytics Advisory (Data Sciences) at Think analytics Pvt. Ltd., Mumbai was invited as the resource person.

The event commenced with a formal introduction of Mr Shubham Saxena, following which he explained about the concept of Data Sciences in detail. The detailed discussion on the topic included the explanation of what is Data Sciences, how is it useful, where is it used, what are the different career options in being a data scientist.

The session further included a question answer session with Mr Shubham. The questions were taken from the students in advance by circulating a Google Form. The session was filled with enthusiasm and the active participation showed the zeal of the students. The session also elaborated upon the use of the various catalysts in order to understand Data Sciences, such as R programming, Python etc. The interaction also helped the students to gain knowledge about the use of Data Science in Fintech and how the massive databases can be analyzed with the help of this science. The session concluded with the explanation of the importance of this science in this post covid era and what significance it will hold in the coming time.

14 December 2020

ALUMNI MEET 2020

On the 14th of December 2020, the Department of Economics and Psychology, St Xavier's College, Jaipur hosted its second Alumni Meet. Principal, St Xavier's College, Jaipur, Rev Fr Dr A Rex Angelo, welcomed the Department's alumni, stressing the importance of alumni to the institute. He noted that while teachers and management can come and go, alumni remain a part of the St Xavier's family for the rest of their lives. It is the institute's most important body.

Ms Poorvi Medatwal, Head of the Department, Economics and Psychology, introduced the alumni to the newly established Economics Society SXCJ, which has two major bodies: the Economics Society, which is made up of current students in the department, and the Economics Society Alumni, which comprises alumni students. Further, she told the alumni about the various scholarships established by the Economics Society in honour of Dr Sapna Newar, as well as other departmental initiatives such as the Dr Sapna Newar Departmental Library and Ek Abhilasha: The Donation Drive.

Ms Sunita Chondhary then outlined crucial points from the Economics Society SXCJ's constitution and introduced the Economics Society's office bearers to the alumni. Ms Irina Chowdhary, Vice President of the Economics Society Alumni, spoke about the society's mission and vision. She expressed her thoughts about the upcoming events to be organised by the Economics Society Alumni and requested suggestions for future alumni activities.

Mr Yashwardhan Singh stressed the importance of creating an alumni network that will assist current students as well as alumni in developing a broad network. Ms Irina Chowdhary, Vice President of the EcoSocAlumns, thanked everyone for helping shape the society at the end of the session.



# Dr Sapna Newar Memorial Lecture

14 December 2020

The Economics Society (EcoSoc), organized a lecture on the topic “Genesis and implications of the recent Farm Acts” as a part of the Dr Sapna Newar Memorial Lecture Series which is an annual event of the Economics Department held in the honor and memory of Late Prof Dr Sapna Newar. This was the second lecture of the series.

The motive behind holding this lecture was to make the students aware about the origin and formation of the Farm Acts, its effects on the farmer community and the reasons behind the mass agitation led by them against the government amid the pandemic. In order to provide a factual and impartial perspective, distinguished Prof R S Deshpande was invited to shed some light and enlighten the students about the same.

Prof Deshpande is currently the Honorary Visiting Professor at Institute for Social and Economic Change (ISEC), Bangalore. He was formerly a Rajiv Gandhi National Fellow, Indian Council of Social Science Research (ICSSR) and the Director of ISEC prior to that. Dr Deshpande holds a Bachelor of Science and Masters’ Degree with a PhD in Economics. Initially, he worked as a faculty member at ISEC till 1988.



Prof R S Deshpande

Prof Deshpande began his lecture by informing the students about the genesis of the Farm Acts in which he educated them about the APMC Act, reforms of the early nineties and surveys on farmer suicides. Prof Deshpande stressed that the APMC Act failed to benefit the farmers directly and in turn provided benefit to traders and other middlemen. He enlightened then students about the various features of the Farmer’s Produce Trade and Commerce Bill 2020, Farmer’s Agreement on Price Assurance and Farm Services Bill 2020 and the Farmer’s Essential commodities (Amendment) Bill 2020 and laid emphasis on the basic impacts of the Bills mentioned above. He informed us that these Acts will have a direct impact on the APMC market, mentioning that the arrivals in APMC will go down and so will their source of income which may result in further degradation of infrastructure. The employment dependent on APMC may shrink and the possibility of cartels will almost be eliminated. Effective implementation of the Acts will require participation by the states and the farmers.

Post the lecture, the room was open for the students where they asked thought provoking questions like “If the farmers were happy with the prices they were getting through APMC and the traders, why did they need MSP?” making the lecture even more engaging. All the questions were answered by Prof. Deshpande with due diligence and patience.

The webinar indeed helped the students in understanding the true picture about the controversial Acts recently passed by the Indian Government and its implications on the Indian Economy currently facing the pangs of the pandemic.



Lt Dr Sapna Newar



# MOVIE SCREENING

19 December 2020



PERHAPS IT IS GOOD TO  
HAVE A BEAUTIFUL MIND,  
BUT AN EVEN GREATER  
GIFT IS TO DISCOVER  
A BEAUTIFUL HEART.

## *A Beautiful Mind*

The general perception of mental illness has improved over the past decades, but the stigma around mental illness is still powerful, largely due to stereotypes and lack of education. So with the spirit of spreading awareness about mental health and mental illnesses, the Department of Economics And Psychology at St Xavier's College, Jaipur organised an online movie screening of A Beautiful Mind on the 19th of December 2020. The session began with a brief introduction about John Nash, who suffered from the psychotic mental illness known as schizophrenia. Shortly after, the movie screening began. The movie was around 2 hours long, and was attended by over 50 students along with the faculty members.

The film is about the psychologically ill mathematician John Nash and the difficulties he faced in his life until the time he was awarded the Nobel Prize. It provides proof of how love can conquer delusions and how genius and mental illness can both coexist in the same person.

John Nash's story and its artistic representation gives us all hope and inspiration. It highlights how determination, patience, and a loving support system (even if it includes only one person) can help a person not merely cope with the effects of even a debilitating illness such as schizophrenia, but also achieve their biggest aspirations. The objective of this webinar was not just spreading awareness but also helping students gain insight about living and dealing with mental illness.

The movie screening was followed by a movie review competition which was to be submitted by 23rd December, 2020. Students had to use their literary and analytical skills to write an essay on the film.

Overall, the movie screening and review engaged the students and was a significant break from their daily routine. It was a thought-provoking end to the week with a great learning experience.



*Economics Lecture Series*

# UNEMPLOYMENT IN THE TIMES OF COVID 19: CHALLENGES AND SOLUTIONS

6 January 2021

Covid 19 not only impacted the healthcare system but also increased the unemployment levels. The Department of Economics and Psychology at St Xavier's College, Jaipur organized a webinar on Unemployment in the Times of Covid 19: Challenges and Solutions on the 6th of January 2021. The webinar was attended by more than 200 students and faculty members of the college. The resource person was Dr Ashish Kulkarni, Assistant Professor at Gokhle Institute of Politics and Economics.



Dr Ashish Kulkarni

The student coordinators commenced the program by introducing the resource person. Soon after, Dr Kulkarni began his presentation and explained the current unemployment status through graphs. He then highlighted the different aspects of unemployment and the possible solution in order to reduce it.

After the completion of the lecture, the students from the audience asked their questions about the present scenario, and Dr Kulkarni addressed them and guided them eloquently.





# Dr Sapna Newar Library

9 January 2021

This day marked the establishment of Dr Sapna Newar Library, which is one of the many initiatives taken by the Department of Economics and Psychology in the memory of our beloved teacher Lt Dr Sapna Newar. It has been established with the aim of providing a platform for knowledge sharing and increasing the reference material available to the current students as well as the alumni of the Department.

The Inauguration Ceremony was held on the 9th of January 2021. The departmental library was unveiled by College Manager, Rev Fr Varkey Perekatt S J and Principal Rev Fr Dr A Rex Angelo S J. The program began at 9:30 am as the Principal and the Manager cut the ceremonial ribbon together and marked the occasion. This ceremony was attended by all the faculty members and students of the Department. Subsequently, photographs were taken of all present to record the proceedings of the event.

Although humble, this initiative is the first step in the direction of larger collective goal pioneered by the Department in order to uphold the values of Sapna ma'am and move closer towards fulfilling her aspirations bit by bit. The Department hopes to grow the Library to a full-fledged entity so that it can benefit all the students of the institution.





# NATIONAL SYMPOSIUM

15 January 2021

Looking Through an Intermediate Lens:  
Green and Inclusive Growth



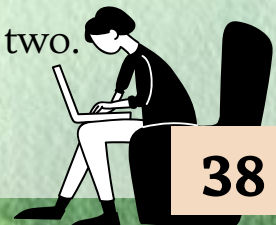
Dr Aditi Sawant

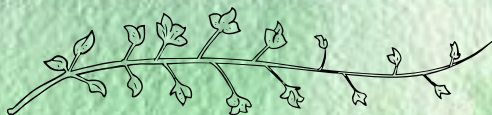


Dr Manas Roy

The Department of Economics and Psychology at St Xavier's College, Jaipur organized a National Level Symposium on the topic - Looking Through Intermediate Lenses: Green And Inclusive Growth, on the 15th of January 2021. The symposium was attended many students from various colleges across the country alongside various faculty members. The Judges were Dr Aditi Sawant Currently Head of the Department (Economics), St. Xavier's College, Mumbai, and Dr Manas Roy, Assistant Professor, Manipal University, Jaipur.

The symposium started with the blessings of Rev Father Varkey Perekatt. Then Dr Aditi Sawant delivered a lecture which briefed the audience about the condition and plight of the farmers. The Symposium was divided in two technical sessions with varying themes. After Dr Sawant's address, the students from different colleges started presenting their papers. There were 11 teams in technical session one and 11 teams in technical session two.





After the presentation of all the research papers, the results were announced. Best Paper Award was won by Harshita Jangid and Diksha Sharma. Best Presentation Award was won by two teams. The first team comprised one member, Devansh Saxena and the second team comprised three members, Lakshita Bhargawa, Isha Jain and Samyak Lodha.

Overall, the National Symposium provided a great opportunity to students for expanding their knowledge through their own research and those of others. The various themes addressed different aspects of inclusion and green growth providing a diverse and rigorous academic experience. The National Symposium continued to create a thought-provoking and fruitful experience for all.





# SYNERGY'20

## VIRTUALIZATION OF IDEAS

The Department of Economics and Psychology organized its annual fest 'Synergy' on January 16 and 17, 2021. The ninth edition of Synergy lived up to its mark with the appropriately selected



theme 'Virtualization of Ideas'. This year, Synergy witnessed registrations of more than 250 students, covering colleges across the Nation. Sri Ram College for Women, HR College Churchgate, Christ University, IIT Kharagpur, Nirma University, Mithibai College, NMIMS, St Xavier's College,

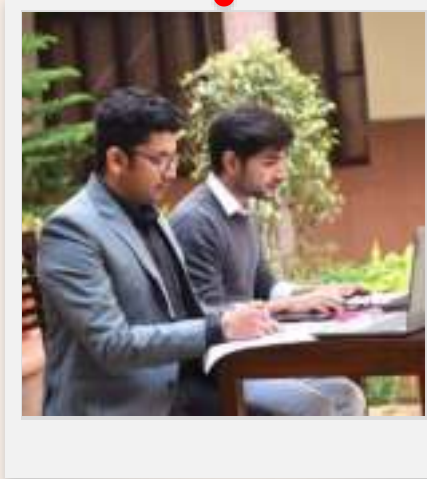
Ahmedabad, to name a few, participated virtually in this festival celebrating Economics and Psychology. This year Synergy also saw participation from New York University and \_ University. As usual, Synergy started with an ever-so-enriching annual Conclave. Keeping in mind the Covid-19 precautions, the members of the management, Chief Guest and the faculty members joined the opening ceremony in the college auditorium and students were welcomed on the virtual platform Zoom.

The event commenced with the illuminating words of the chief guest, Mr Om Thanvi, Vice-Chancellor, Haridev Joshi University of Journalism and Mass Communication, Rajasthan ILD Skills University (RISU), and Maharshi Dayanand Saraswati University, Ajmer who enlightened the gathering about Indian values and traditions.



The theme of the Conclave this year was 'Vocal for Local'. The panelists for the discussion were Mrs Manisha Jain, Director and Co-founder, Indigreenz, Innovation, Pvt Ltd, Mrs Saloni Sacheti, founder, Baansuli and Mr Manan Issar, CEO and founder, Piltover Technologies, Pvt Lt who drew attention to the importance of manufacturing and purchasing local objects in uplifting the Indian economy.

This was followed by 9 events namely Bid for Bait, Pandanomy, State of the Nation, Devil's Advocate, Inquesta, Cyber Hunt, Press Quest, Restructuring the Precedent, Virtual Warriors, and Cyber Hunt that were organized over the course of 2 days. All these events were a perfect blend of Economics, Psychology, and fun for the participants. Keeping in line with Synergy traditions, an open mic was also organized on the second day of the fest which saw captivating performances from participants across the country.



All the committees- Content Writing, PR, Marketing, Digital Outreach, Photography, Technical, Administration, and Registration worked day and night to make this fest a huge success. The results were announced in the valedictory session where St Xavier's Ahmedabad stood as an overall winner of the fest. Synergy was a massive success even if its ninth edition could bring students together only virtually. The bar was raised higher once again offering its participants to showcase their creativity and harness their hidden talents. Synergy 20-21 proved that no obstacle can prevent it from being a resounding success.







# VIRTUAL WORKSHOP

## Research Methodology

### DAY 1

#### 8 February 2021

The Department of Economics and Psychology at St Xavier's College, Jaipur organized a Research Methodology Workshop for enhancing the research methodology and academic writing skills of the students. The research methodology workshop was divided into four sessions, two on each day.

The resource person for Day 1 was Dr Preeti Bhatt, Associate Professor, Department of Humanities and Social Science, MNIT Jaipur. Session one touched upon the extremely pertinent key areas of research writing, systematic literature review, and referencing.

Session two covered other essential themes pertaining to research ethics, resource findings, and targeting appropriate journals.

After the lecture by the resource person, students from the audience asked their questions and the resource person guided them and addressed them eloquently.



**Dr Preeti Bhatt**





## DAY 2

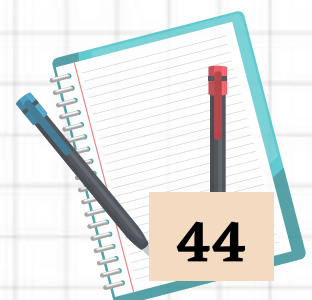
### 9 February 2021

On the second day of the research methodology workshop, two sessions were organised. The resource person was Dr Bhavana Arya, Associate Professor of Psychology, School of Humanities and Social Sciences, Manipal University, Jaipur.

In the first session for Day 2, Dr Arya discussed and elaborated upon the basics of designing a research proposal and deciding an appropriate research design. In the final session of the research methodology workshop, Dr Arya focused on the basics data collection and data analysis.

This session was especially beneficial for the students since it was extremely interactive and provided hands-on research training. The session was followed by a question and answer round in which Dr Arya addressed each query with patience and expertise.

The research methodology workshop by the Department was conducted at an opportune time to assist and prepare students for the upcoming (insert title) and was attended by over 100 students.





## Mental Health Drive

# *Connection Between Mind and Body*

16 February 2021

The Department of Economics and Psychology at St Xavier's College, Jaipur conducted its fourth online webinar on the 16th of February under the Mental Health Drive. The subject of this webinar was "Connection Between the Mind and Body".



Dr Raghav Shah

The guest speaker for the event was Dr Raghav Shah, Consultant, and Director, Department of Psychiatry and De-Addiction, Rajasthan Hospital, Jaipur. Dr Shah holds the distinction of being the only super-specialist in Psychiatry Medicine in Rajasthan.

The Webinar commenced with the introduction of the resource person and the formal welcoming of the audience. Principal Rev. Fr. Dr. A Rex Angelo emphasized on the importance of general holistic well-being and its maintenance, covering both the physical and psychological aspects of it. Dr Shah elaborated on the strong connection between one's body and mind through an informative and enlightening PowerPoint Presentation.

Dr Shah's discourse was followed by a brief Q&A session, which was open to the audience to receive an expert opinion on various psychological issues that they deal with and the coping mechanisms that can be devised to overcome stress in our everyday life. The topics discussed involved behavioral management for anger issues, the causes and solutions for procrastination, and dealing with psychosomatic symptoms. Students actively participated during the entire session, bringing up a variety of issues and mental health concerns faced by them personally or observed in their social interactions. Additionally, Dr Shah, with his experience and expertise, suggested some tips and tricks for stress management and breaking the chain of maladaptive habits.



# YOGA WORKSHOP

5 - 6 March 2021

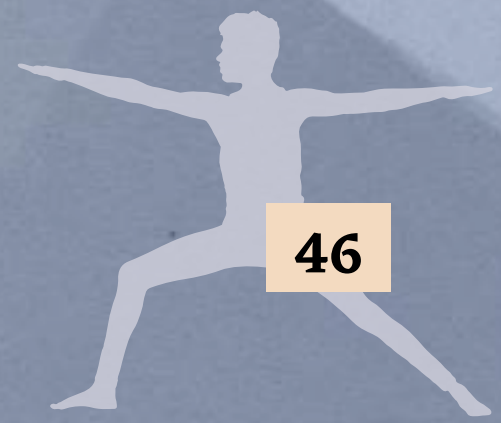
The Yoga Club, St Xavier's College, Jaipur organized an online two day Yoga workshop in association with the Department of Computer Science and the Department of Economics and Psychology on 5th and 6th March 2021. The speaker for the workshop was Mr Atul Anand, Head Program Management Officer, Toll Technology Center, Australia. He has been practicing Yoga and Meditation for more than a decade and has trained thousands of people from more than 11 nations around the world. He is the author of the award-winning book "Experiencing Life As A YOGI" which is one of the best sellers around the world. He is a certified Digital Transformational Leader having industry experience of more than 15 years. The workshop began on 5th March 2021 with a formal welcome and blessings from Rev Fr Dr A Rex Angelo SJ, Principal, St Xavier's College, Jaipur. Among other things, he explained that Yoga teaches us that we are divine beings whose souls need nourishment through meditation and other practices. It aids in the relaxation of our soul and mind.

Mr Anand spoke to the participants on the first day about the positive effects yoga has on our lives. He also demonstrated various Aasans and explained how chanting "Aom" 11 times a day will help us maintain body balance and mental peace. At the conclusion of his presentation, he informed the participants about the existence of yoga and the importance of Surya Namaskar and Kapalbhathi.

On the second day of the workshop, Mr Anand explained to the students how the right and left nostrils function, and how they reflect an active day and a peaceful mind, respectively. He continued by demonstrating various forms of Pranayama, which aid in mind control and mental peace. He stated that words that end with the letter "M" are as good as mantras and can assist you in making transformational changes. Mr Anand also demonstrated various Aasans, such as Bhramani, Kapalbhathi, Bhadrika, and Vajrasan that help to calm the mind and reduce the volume of negative thoughts. He also showed some eye, migraine, and cold-related exercises. At the conclusion of each session, there was a question and answer round in which the students participated with much curiosity. He ended the session by emphasizing the importance of sleep in student life.



Mr Atul Anand





# SDP ACHIEVERS

**Aarteey Harpalani**

**A+**

**Tanishq Israni**

**A+**

**Raghav Mittal**

**A**

**Saloni Agarwal**

**A**

**Shailee Saboo**

**A**

**Aashita Pandey**

**B+**

**Edwin Jacob**

**B+**

**Rishabh Kumar**

**B+**





# INTERNSHIP EXPERIENCES

Last year I started an internship with a start-up named **Conscious Living** which is an e-commerce platform offering vegan and organic products to consumers from hundreds of brands across India. My role in the company is to pitch new brands to partner with us and list their products on the website. In addition to this role, last month the company offered me the opportunity to handle their website and orders as well. Now, I contact brands to partner with us and list their products on our portal. Additionally, I manage and process the orders which are placed on the website by the consumers.

The founders of the company have been extremely helpful and supportive of me. From the very beginning I had informed them about my college and academic commitments, so they made it quite easy and flexible for me to work by asking me to dedicate only 2-3 hours a day and on busy days, just 30 minutes per day.

The executives helped me learn how to effectively communicate with people in the corporate world and finalise contracts. I've been able to get around 10-15 brands on board till date and I'm in communication with approximately 30 more brands.

It has been an interesting and great learning experience for me, helping me to build my confidence and learn the tactics and ethics of the corporate world.

Kanvika Sharma  
BA (H) ECO.-II





Last year I worked as an operations intern for a period of three months under **Intellfiy**, an organization under **Solve Foundation**. The main objective of Intellify is to “solve” the problems plaguing the Indian education system. I was working on the objective of identifying the teachers who were facing difficulties teaching students via online platforms, understanding their nuanced issues and then working on a solution for the same. For this purpose, I contacted teachers from all across India. It was a tedious task as there were a lot of hurdles, but I sailed through and collected enough data to devise a solution.

Post the data collection period, I was appointed as the head of the solutions team, and we were given the responsibility of finding a method to implement the solution which we had devised. This stage involved more experimentation and brainstorming rather than research work. We tested various methods of providing information to the teachers in a solution-focused manner that was targeted at their problems and was simple and easy to understand. Finally, during the last month, The primary objective was to establish a system integrating the ideas and setting them into motion resulting in an automated system that could render the desired output required by the teachers in the selected medium and provide a feedback mechanism to keep the content up-to-date. Developing an application and matching it up with a suitable targeted marketing strategy was the way to go about it effectively.

It was a wonderful experience. During my tenure, the main learnings were interpersonal skills including approaching people, understanding their issues, working with a diverse team to find solutions for various problems, engaging in brainstorming sessions and amalgamating different ideas, as well as delivering a pitch and ultimately, transforming an idea into a real-life asset.

Naman Madhav Sogani  
BA (H) ECO.-II





During the trying time brought on by the pandemic, I participated in a 15 day Summer Internship Programme organized by the Department of Mental Health and Behavioural Science at **Fortis Hospital**. It was conducted under the guidance and patronage of Dr Samir Pareek (Chairperson of Mental Health Department). During the course of 15 days, each day was marked with different topics, from Orientation, Clinical Disorders, the Applied Field of Psychology, Understanding about Self, and Health Psychology, to Psychological Interviewing. We were introduced to various mental disorders, discussed the factors which led to such disorders, the symptoms, the ways a patient should be handled and the course of therapy to be provided.

At the start, all interns were assigned a mental health project and the first task was to spread awareness regarding mental health via social media platforms. We started by learning about Psychological Interviewing where we were introduced on how such interviews should be conducted and what goes on in the conversation between a therapist and their patient. We got to know about the various applied fields of Psychology and what career paths can be taken up by someone respective to their interests and qualifications. We also learned about the field of Health Psychology in great detail and how it can be different from other fields. The session about Experiential Understanding of the Self was all about self-understanding & self-actualization methods.

Upon completion of the internship and the social media project, we were granted authorized certificates by the organization. The whole internship was supported by presentations, illustrations & photos to articulate the program for better understanding. We also participated in various other programs such as introduction to their online fun quiz (Psyched) where we tested ourselves with mind-blowing psychological facts, myths and concepts.

It was a very interesting and impactful experience and a pleasure to gain knowledge about psychology as a subject and its various fields. We were also encouraged to be a part of the conversation leaving aside all the myths and taboos. The webinars were extremely helpful and were conducted professionally under expert supervision. All doubts were answered during the webinars and even on social media. It was indeed a great experience!

Kanishka Jain  
BA (H) PSY.-I





One benefit of the quarantine and lockdown during the pandemic has been that many of us have been able to focus on our hobbies and develop new ones. During Covid-19, people have launched their small businesses worldwide, and many have seen rapid growth due to the shift toward online and minimum-contact platforms.

My mom and cousin started a venture of their own last year before Rakshabandhan: **Out of the Basket**. The idea is to create customized yet economical hampers, trays, baskets, and boxes for everyone. With the help of Canva and years of being on social media, they launched the business on Instagram, and despite nail-biting and notification-longing moments, they did quite well within their first few weeks. This is why, when I joined, their innovation had laid the foundation for me. I had never envisioned myself as a business person, but as we know, the pandemic has been a reason for many unexpected occurrences.

Being one of the three stakeholders of OOTB has been an important learning experience for me. I am working on creating Instagram posts of our products and maintaining a posting schedule for them. The three of us have and still are learning to communicate with clients and understand their own vision. Our business also involves keeping up with the trends, browsing, and brainstorming our own, unique ideas for each and every order.

Lastly, and perhaps most importantly, we are becoming more professional and better at managing criticism. Not only are we very new to the game, but Covid has put its own twist on businesses like ours. Due to our limited resources or ability to gain them at the moment, we have developed methods to be as efficient and resourceful as possible. While we have temporarily paused our work during the second-wave, and despite experiencing other dry spells, the three of us at OOTB are constantly creating, be it through our hands or in our minds.

Tarisha Badaya  
BA (H) PSY.-I







This summer, I interned at a non-governmental organization called the **Aashman Foundation** for three months. The organization is India's first and only NGO working for single income family widows, operating a free women's empowerment center and Nishulk Pathshala (free school). Through their various endeavors, they aim to protect and promote the well-being of underprivileged sections of our community and create a positive impact as responsible stakeholders of society.

I was part of the social media marketing team, which was responsible for promotions on platforms such as Instagram, Facebook, and LinkedIn. I believe that the role we played was particularly important as it helps bring donations to help Aashman continue doing its good work. On the first day of the internship, we were welcomed by the vice brand ambassador and social media marketing team leader, and they taught us how to be resourceful members of the foundation. All of us were assigned our roles, and the rules and regulations were clearly explained to us. All members of the foundation, regardless of their positions, are very helpful and active, and our mentors always guide us to do our very best.

My biggest impression of the Aashman Foundation is that it strongly believes in education. Not only does it strive to make it easier for all children to receive education as they are budding members of society but it also motivates students like us to apply practical knowledge in daily life and do something good every day. They have always been committed to providing their interns with the best learning experience.

Working with the Foundation has been a positively overwhelming experience for me, and the high-quality work required of the interns has left a deep impression on me. It's truly fulfilling to be part of a great cause and help others during these trying times.

Pauravi Mittal  
BA (H) PSY.-I



**ALUMNI SPEAKS****Naman Narain****Q. How would you describe your experience in college?**

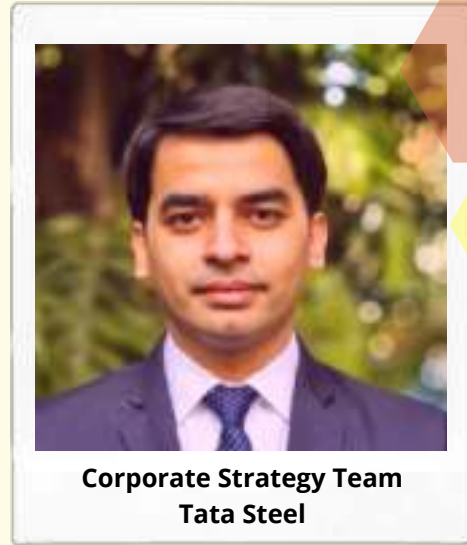
It was a formative experience. Yash sir and Sapna ma'am were incredibly helpful, assisted me in making career choices when there was no clarity. I made friends that remain close a decade later. The lack of campus life was always a sore point. But all things considered, great 3 years.

**Q. Why did you choose Economics as a subject to graduate in and how do you think that has helped you?**

I always liked Economics which made the decision easier. It paved way for my Masters at London School of Economics (LSE), which in turn led to a plethora of career opportunities. Interestingly, in my previous job, I landed up in the Chief Economist's team at Tata Sons. So choosing Economics in hindsight turned out to be one of the best decisions I ever made.

**Q. What was your outlook at the threshold of your graduation about your career and what were the things that affected or changed it?**

Just after graduation, I had joined TISS (Mumbai). So there wasn't any confusion on next steps after graduation. But I was waiting for confirmation from LSE, which I eventually joined.



**Corporate Strategy Team  
Tata Steel**

**Q. In your opinion how is the current employment scenario in terms of scope and growth? What viable areas/sectors would you suggest that students of Economics should pursue?**

I think the employment scenario has never been better. There are incredible opportunities out there. Covid is a temporary blip. Things will get back to normal soon. I think joining startups is a great place to start. The learning and growth there is immense.

**Q. Which profession/line of work are you in today and why did you choose to pursue it? Is there any particular experience of yours that you would like to share?**

I am currently in the corporate strategy team at Tata Steel. I picked this role because it gives me an overall view of how a large and complex organization is run. The most interesting experience has been the ability to work remotely for a manufacturing company, unlike a startup. The transition has been smooth and the work remains exciting.

**ALUMNI SPEAKS****Naman Narain**

**Q. What were the most challenging aspects regarding finding Employment? Please also enlighten us about any interview experience you may have had.**

My first job was at a venture capital firm in Bengaluru. In hindsight, I was incredibly lucky to get that opportunity. Interviews are not very difficult. Getting an interview opportunity at a competitive place is much harder. To anyone who doesn't come from target colleges (IIT, IIM, DU, etc.), I always recommend reaching out to senior people in the organizations. If you don't have a strong network, then send cold e-mails. Show genuine interest. It will do wonders.

**Q. Would you advise the graduating batch to pursue higher education in the field of Economics and/or related disciplines or rather to actively seek employment right after graduation?**

Higher education is always recommended. There is no significant advantage if you join a company at 21 or at 24. But one/two extra years of learning, especially at a top-tier education institution can make a big difference and eventually, lead to better career opportunities.

**Q. How should one inculcate growth in themselves to achieve their career objectives? (Any habits or virtues)**

Reading. Most of what I know has come from reading books.

**Q. Any advice or suggestion that you would like to give to the current students?**

A lot of career growth is about having confidence, the self-belief that you can make it. I think it is very important to maintain that. Sometimes poor grades, professor feedback, peer comments, college rankings, or life, in general, can hit that confidence badly. So have faith in yourself. Be good. Work hard. Things will work out eventually.

**Q. If you could go back in time, what things would you like to change about your time in college?**

I wish I would have leveraged MOOCs more. Indian curriculum is limited to the chosen subjects. In American universities, students can choose any subject of interest. So online courses now allow students to take courses of interest not available in the college.

**Q. In your opinion what positive change would you recommend in the Department and/or the College?**

We need more senior international faculty from top global colleges. Not just guest lectures but actual classes. It's a difficult task. But that one thing could significantly improve the overall experience in the Department as a student.



# STROKES

*A Collection of Artworks*



# Gallery

**MANAS SHARMA**  
BA (H) ECO.-II



**BHAVISHA MANGALANI**  
BA (H) ECO.-II



**PRIYA CHOUHAN**  
BA (H) ECO.-II



# Gallery



**ROHAN UPADHYAYA**  
BA (H) PSY.-I



**PAURAVI MITTAL**  
BA (H) PSY.-I



**MANAV HARULA**  
BA (H) ECO.-II



# GOLDEN HOUR

INSPIRED THROUGH THE LENS



**PAVITRA ARORA**  
BA (H) PSY.-I



**NIRANJAN RATHORE**  
BA (H) ECO.-I



**TARISHA BADAYA**  
BA (H) PSY.-I



**SAMYAK LODHA**  
BA (H) ECO.-II

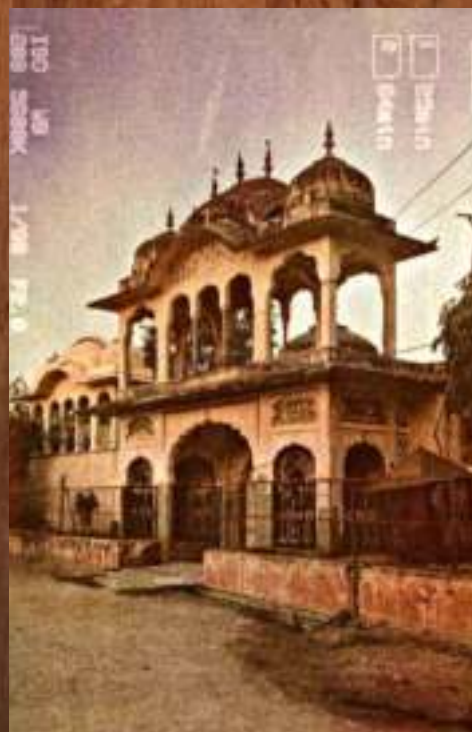




**VASUNDHARA PURAWAT**  
BA (H) PSY.-I



**PAVITRA ARORA**  
BA(H) PSY.-I



**PAURAVI MITTAL**  
BA(H) PSY.-I



**TARISHA BADAYA**  
BA(H) PSY.-I



**SAMYAK LODHA**  
**BA(H) ECO.-II**



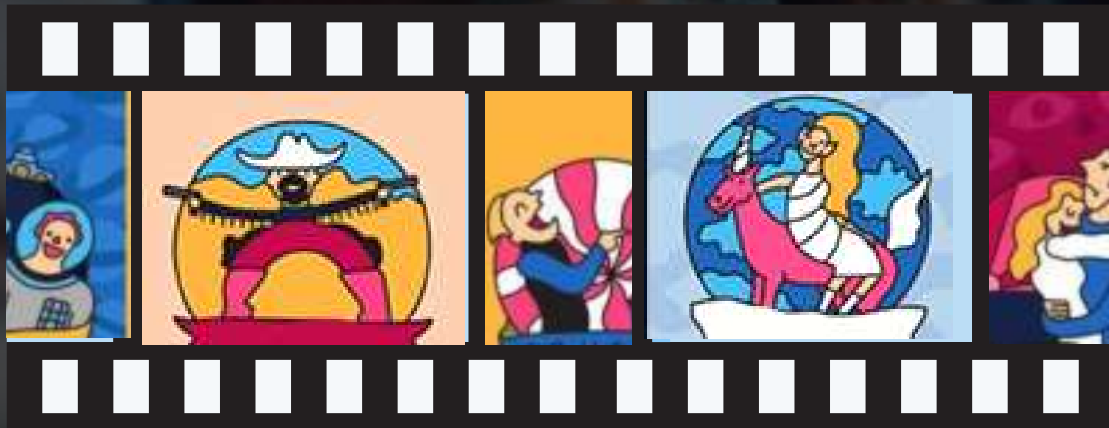
**PAURAVI MITTAL**  
**BA(H) PSY.-I**



**SUHANI KHANDELWAL**  
**BA(H) PSY.-I**

# BINGE WATCH

## MOVIES



In these difficult and trying times, when going out wasn't an option and the stress was at its peak, there was some binge worthy content that helped us break the monotony.

Team Arthika has curated a list especially for you so sit back, get some popcorn and enjoy!

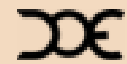




**N**

# ACTION AND THRILLER





**N**



# LIGHT HEARTED





# BINGE WATCH

## WEB SERIES





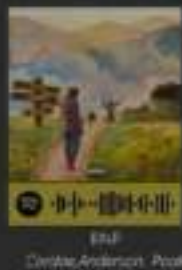
**SCAN THE CODE**  
**ENJOY THE PLAYLIST**



# CHILL VIBES- ENGLISH

BY ARTHIKA 3854 LIKES

PLAY



HEY THERE DELIAH  
Palm Wells, T3

DANCING QUEEN  
Abac

THE LESS I KNOW THE BETTER  
Tame Impala

SHOWER  
Riky G

MAGIC IN THE HAMPTONS  
Social House, Lil Yachty

HOPE  
2007merican





ARTHIKA



# CHILL VIBES- HINDI

BY ARTHIKA.4734 LIKES

PLAY



KAHN TOH  
Ravi B. Arora, Anand Sharma, Daya



SHAM  
Anil Tripathi, Neha D'Souza



DL MERE  
The Local Train



NANJA  
Anil Tripathi



DOORVA  
Meha Chaudhri



JAB SE TERE NAAM  
Anny Sharma, Shweta



SALMA  
Shamir, Daya, Rishi Ali



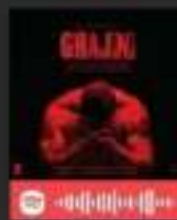
MULLA MERE MULLA DAHI  
At D'Neer



PA BHEJA JAYE  
Vishal Puri



SHAPOSHEN  
Anu Jha



BEHTA  
Kunal



HUM TUM  
Jaya Lal, Anu Jha



HOKAMA  
A.K. Sharma, Jatin D'Souza



IN DINO  
Anam, Sahar



KYA FARDON  
Shamir, Chetan-Lal



MERE BHA  
Anam, Neha D'Souza



DARNA  
Anu



TU HI MERI SHAAD HAI  
Anu



FOR ASHA  
WRISHA



VO DEKHNA HAI  
At D'Neer



KARWAAN  
Pratik Khatwal



KWAH  
Rishu Arora



PERU NAZAM MEIN  
Ajay Arora



POPCORN  
Hiral Datta, Anam



# What's Your Personality Type?

-a quick and simple guide

For all the psychology nerds, here is a shortened and simplified version of the Myers-Briggs Type Inventory so that you can put your complex personality into simple words.

**Instructions:** There are four dimensions. Choose the letter corresponding to the dimension based on *your preferences/tendencies most of the time*. Once you have a combination of four letters, refer to the personality profiles to learn more about yourself!

## EXTRAVERTS E

Generally sociable  
Gain energy by spending time with others  
Talkers & conversation starters  
Talk first, then think  
Many friends & interests

OR

## INTROVERTS I

Generally quiet  
Gain energy by spending time alone  
Listeners  
Think first, then talk  
Few deep friendships & refined interests

## SENSORS S

Pay attention to detail  
Accurate & observant  
Practical & realistic  
Prefer doing things the established way  
Think in concrete terms

OR

## INTUITIVES N

See the big picture  
Creative & imaginative  
Idealistic & speculative  
Prefer to try out new ideas  
Think abstractly

## THINKERS T

Use their head  
Make decisions based on logic  
Describe the world scientifically  
Interested in ideas & things

OR

## FEELERS F

Use their heart  
Make decisions based on values  
Describe the world poetically  
Interested in people & emotions

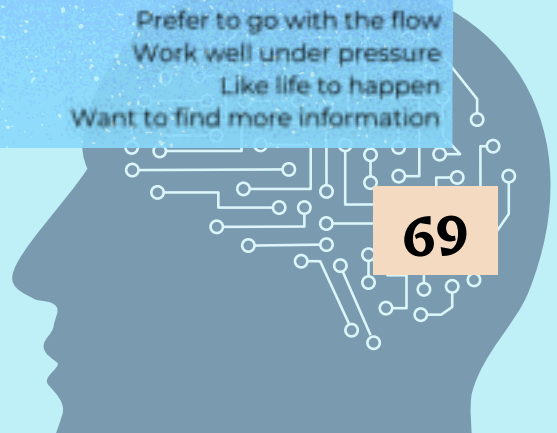
## JUDGERS J

Organized, structured & firm  
Prefer planning & setting goals & deadlines  
Stress when under pressure  
Like to be in control of their life  
Want to finalize decisions

OR

## PERCEIVERS P

Casual, relaxed & flexible  
Prefer to go with the flow  
Work well under pressure  
Like life to happen  
Want to find more information





# Personality Profiles

## INTJ

### The Architect

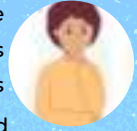


Logical, pragmatic & creative  
 Leaders & prefer working alone  
 Value knowledge & competence  
 Focus on generating ideas & solutions

Famous INTJs:  
 Michelle Obama, Elon Musk, Christopher Nolan, Petyr Baelish, Professor Moriarty

## INTP

### The Thinker



Quiet, thoughtful & innovative  
 Dislike illogical customs & traditions  
 Drawn to principles & theories  
 Independent & do not like to lead

Famous INTPs:  
 Einstein, Descartes, Bill Gates, Leslie Winkle, Neo, Jack Ryan

## ENTJ

### The Commander



Leader, goal-oriented & independent  
 Leaders and prefer working alone  
 Value efficiency & organization  
 Love interacting with others

Famous ENTJs:  
 Margaret Thatcher, Steve Jobs, Gordon Ramsey, Doctor Strange, Miranda Priestly

## ENTP

### The Inventor



Clever, enthusiastic & innovative  
 Value intelligence & competence  
 Love challenges & finding innovative solutions  
 Can see complex interrelationships

Famous ENTPs:  
 Thomas Edison, Mark Twain, Sarah Silverman, Jim Halpert, The Joker

## INFJ

### The Advocate



Sensitive, conscientious & idealists  
 Aim to better others' lives  
 Value relationships, especially one-on-ones  
 Have vivid inner lives

Famous INFJs:  
 James Wilson, Mother Teresa, Nelson Mandela, Atticus Finch, Jon Snow

## INFP

### The Mediator



Polite, harmonious & good listeners  
 Passionate about their beliefs  
 Unorganized but perfectionists  
 Care about other's emotional well-being

Famous INFPs:  
 JRR Tolkien, Shakespeare, Arwen, Alicia Keys, Johnny Depp

## ENFJ

### The Mentor

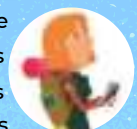


Charismatic, encouraging & supportive  
 Conversationalists with many friends  
 Committed, reliable & team players  
 Loyal & expect loyalty

Famous ENFJs:  
 Barack Obama, Skyler White, Malala Yousafzai, Ben Affleck, Morpheus

## ENFP

### The Campaigner



Enthusiastic, creative, initiate change  
 Strong set of values  
 Pursue many interests & skills  
 Posses excellent people skills

Famous ENFPs:  
 Jennifer Keller, Robert Downey Jr, Will Smith, Willy Wonka, Michael Scott



# Personality Profiles

## I S T P



### The Craftsperson

Practical, hands-on & quiet  
 Focus on finding the roots of problems  
 Haphazard & closeted daredevils  
 Self-sufficient & humorous observers

Famous ISTPs:

Bear Grylls, Tom Cruise, Arya Stark, James Bond, John McLane

## I S F P



### The Artist

Peaceful, considerate & deep thinkers  
 Live & let live approach  
 Enjoy solitude & a few deep relationships  
 Carefree but serious, focused & humble

Famous ISFPs:

Frida Kahlo, Jungkook, Lana Del Ray, Jesse Pinkman, Thea Queen

## E S T P



### The Doer

Energetic, sociable & hands-on  
 Action-oriented & love decision making  
 Natural leader & the center of attention  
 Can sense subtle changes in people

Famous ESTPs:

Madonna, Ernest Hemmingway, Eddie Murphy, Seth Grayson, Ant Man

## E S F P



### The Performer

Lively, empathetic & peacemakers  
 Love people & new experiences  
 Unconventional & live in the moment  
 Hands-on & dislike routines

Famous ESFPs:

Adele, Jamie Foxx, Marilyn Monroe, Captain Marvel, Penny

## I S T J



### The Investigator

Organized, traditional & logical  
 Prefer practicalities over theory  
 Value precise & accurate guidance  
 Work sensibly toward resolutions & goals

Famous ISTJs:

George H.W. Bush, Angela Merkel, Sting, Hermione Granger, Mr Darcy

## I S F J



### The Defender

Observant, meticulous & trustworthy  
 Emotionally intelligent & practical  
 Keep their thoughts to themselves  
 Ready to defend loved ones

Famous ISFJs:

Aretha Franklin, Anne Hathaway, Beyoncé, Pam Beesly, Dr Watson

## E S T J



### The Executive

Practical, realistic & traditional  
 Good organizers & administrators  
 Dedicated, honest & dislike laziness  
 Headstrong, detail-oriented & model citizen

Famous ESTJs:

Rockefeller, Ella Baker, Frank Sinatra, Dwight Schrute, Claire Dunphy

## E S F J



### The Consul

Caring, responsible & popular  
 Thrive in structured & secure environments  
 Values based on community ethics  
 Work to make people happy

Famous ESFJs:

Taylor Swift, Steve Harvey, Bill Clinton, Monica, Larry Bloom



# ARTHIKA

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“Imperfections are not inadequacies, they are reminders that we’re all in this together.”

— Brené Brown



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