

My death, my choice

Aruna is finally free

Sananya Datta



Aruna Shanbaug, 67 had died on the night of November 27 1973, when she was brutally raped and strangled by ward boy Sohanlal Valmiki. She died, according to our understanding on May 18 2015. Finally after four decades of torture and injustice, Aruna is free. Free from her comatose and bed ridden life, free from the obligation of depending onto the society's norms and country's law to grant her death. A death which already took place when she was strangled

by a dog leash which cut the blood supply to her brain. A death which struck her again when her rapist walked away free in 1980. Does

just staying conscious define life, define living??

If how we live our life is our choice, in cases like Aruna's the choice of death should be theirs too. But alas even that choice died with her 42 years ago.

On 18th May, 2015, Aruna



Shanbaug former nurse at King Edward Memorial Hospital finally let go of her barely lived life at 8:30 p.m. A gloom descended on the hospital campus, where Aruna was not treated as a patient but was a member of the family. It was an unsaid rule that every nurse who was assigned ward no 4 had to attend to the special patients needs and care. In all 42 years Aruna didn't get a single bed sore because of the care and love that was bestowed upon her by the nurses of KEM hospital.

Pinki Virani, writer activist and pro euthanasia voice had moved to the court with Aruna's case seeking mercy killing. "The woman who died a thousand deaths on the night of her brutal rape, the woman who was denied both the right to life and right to death

by this society has left India a huge legacy", Virani was quoted saying. In 2011 the court

passed the historic verdict allowing passive euthanasia in principle – under strict conditions and high court supervision.

Aruna Shanbaug has passed away, but she did leave behind something very powerful for all of us to look up to – HOPE.

Are celebrities above law?

Koustabh Das

Every crime has its punishment and is always defined by the gravity of it. India is a vibrant democratic country with 'Freedom of expression' being used quite freely. Our country has an alert, free media and an independent judiciary to safeguard our democracy. However many a times it appears that our glitterati



gets quite overwhelmed by the glamour, fame and power of their profession and ends up in trouble assuming that they are above law. The Press Council

of India's Chairman Markande Katju had once said that Sanjay Dutt should be pardoned for his previous crimes because he has suffered for many years and has a family. While one can appreciate his acting talents, Sanjay Dutt deserves no special sympathy so as to grant him a pardon. Such comment from the opinion



leaders of the society certainly plants a wrong impression in the minds of the citizens.

A recent case of celebrity conviction and equally fast release was Jayalalitha's. A High

For all the spectacle and circumstance, the only thing that Prime Minister Narendra Modi's recent visit to China will be remembered for - will be his candid speaking. And it is by no means a small achievement.

Over the years, Indian leaders have gone to China and said what the Chinese wanted to hear. Namo altered all that when he openly "stressed the need for China to reconsider its approach on some of the issues that hold us back from realising full potential of our partnership" and suggested that "China should take a strategic and long-term view of our relations".

Through his eloquence at the Tsinghua University too, Modi went beyond the rhetorical flourishes of Sino-Indian cooperation and pointed out the need to resolve the border dispute and in the interim, clarify the Line of Actual Control to "ensure that our relationships with other countries do not become a source of concern for each other".

India and China have gone through a dramatic change in relationship over the past 5 decades. The post-cold war era has offered a whole bunch of opportunities to the two countries to move in the direction of a 'productive relationship'. Both countries have realized the need for cooperation in diverse

Court in Karnataka overturned the corruption conviction of Jayalalitha Jayaram, a former actress and former chief minister of Tamil Nadu. She was convicted on charges that she had accumulated more wealth and property than her verifiable assets. Her case dragged on for more than a decade before



she spent 21 days in jail. She went into seclusion after being released. Other celebrities who got convicted under law were Navjot Singh Sidhu, he was accused of fatally assaulting

Indo – Sino relations

Deals worth \$22 billion signed during Modi's China visit

Arunim Das Purkayastha

areas, especially in the trade and economic domains, in the long-term interest of peace and stability in Asia as well as for faster economic development and prosperity at home.

The Chinese president Xi Jinping was the first head of the state to visit India in 8 years, on September 2014 and was warmly welcomed by PM Narendra Modi. But this was overshadowed with



the border crisis when PLA troops entered the Indian territory in Chumar and Ladakh. Such issues have been really a hindrance in development of the bilateral ties and

developing a relationship of full potential.

Beijing has also been pushing on the acceleration of the multibillion-dollar project of the rail link from New Delhi to Chennai and such cooperation could ease out on the tensions between the neighboring countries caused because of disputes at the Himalayan border.

Moreover keeping aside India's openness for trade and business, he has offered Chinese investors to visit India. Contracts worth more than 22 billion were signed where the contracts were mainly in the Banking, Telecom, Steel, Solar Energy and Film Sector.

Critics will be critical as usual but Modi has somehow broken the ice between Indo-Sino relationships. Now the time will tell how far he is successful...

News In Brief

Bengal shines

Three students have shared the top position for ICSE 2015 Class 10th examinations with a score of 99.20% - Sougata Chowdhury from Kolkata, Tezan Papan Sahu from Mumbai and Ananya Harshad Patwardhan from Mumbai. While Arkya Chatterjee from Kolkata scored a whopping 99.75% to secure the top position in ISC class 12th Results.

Citizens behind currency

The British public will for the first time be able to help decide which historic figure - in this case a creative one - appears on the next version of the country's 20 pound note according to Bank of England.



Renault launched

Renault launched a premium compact car in India to challenge rivals such as local leader Maruti Suzuki, becoming the first European automaker to debut an international model in the world's sixth-largest car market.



Syria massacre

A Syrian teacher was killed and 23 students were wounded when a mortar shell hit a school on Wednesday, 20th May in the heart of Damascus. The Syrian Observatory for Human Rights, said two mortars hit the school and that most of the wounded were in critical condition.

Bhaji returns

Sidelined for more than two years, off-spinner Harbhajan Singh returned to India's Test squad for the cricket tour of Bangladesh.

Harbhajan's inclusion was the lone surprise in the Test side, which would be led by star batsman Virat Kohli after Mahendra Singh Dhoni retired from the format in January.



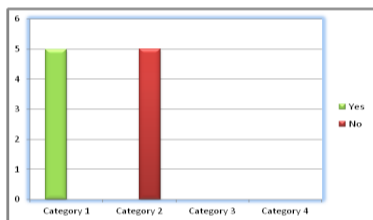
prevention of crime. Moreover, the ugly celebrity culture which has become a major menace in India should be wiped out for the young generation to respect law in this country.

Campus Buzz

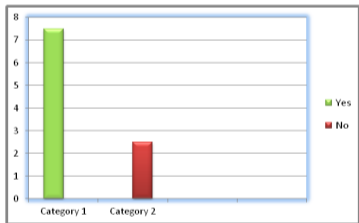


Exams, mock tests, syllabus revision, last minute solving of past question papers... June marks the onset of all this. Silently what accompanies are hypertension, exam anxiety, exam stress and phobia, fear of failure, psychological depressions, health disorders. Everyone gets stressed during exams. What is important is not to get out of control. No success is absolute, neither is any failure. There is always a second chance and one can retrace one's path. Campus Buzz of this issue discusses and collects opinion of the campus on certain issues pertaining to exam phobia.

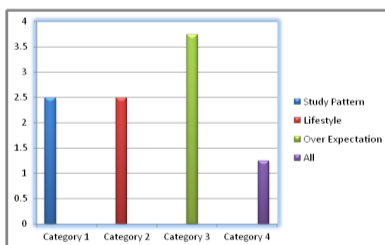
1. Should educational institutions abolish exams?



2. Do you think exam stress affect your result?



3. What causes stress?



Titans fall from Kolkata to Madrid

Subhasish Mitra

Last season's champions are biting the dust. Contrasting seasons are often a case in sports and although reality might be hard to accept, consistency has become the most sought after and often the least achieved virtue in sports today.

IPL, the self proclaimed 'India ka tewhar' has proven morose to some while ecstatic to others at the same time. Kolkata Knight Riders, the defending champions from the 2014 season bowed out before reaching the playoffs in the 2015 issue.

Inconsistency plagued the campaign as they failed to capitalise on good wins. Vital loses to Rajasthan, Bangalore, Chennai, Hyderabad and Mumbai left the team low on overall points

and ultimately having to pray for the match between Mumbai and Hyderabad on 18th May to get cancelled for them to qualify for the playoffs. That didn't happen as Mumbai defeated an error ridden Hyderabad team



and booked their ticket for the playoffs. Eden gardens had to witness the concluding final of the 2015 issue without their home team and Shah Rukh Khan being the focus point.

From cricket to soccer, Kolkata to Madrid, the story remains same. Madrid is a story of two

teams failing to lift their city to the grandeur of the 2013-14 seasons. Atletico Madrid winning the league title and Real Madrid winning the Copa Del Rey and the much coveted UEFA Champion's League (La Decima,



their 10th European title) spoiled the fans. They expected their teams to repeat the same feat in 2014-15 and keep the silverware coming back to the city but that was not to be.

Atletico lost star players Diego Costa and Thibaut Courtois to Chelsea and expectedly lost

some of the charm that made them champions of the 2013-14 after eighteen years without a league title. Real Madrid, having started the season better compared to arch rivals Barcelona lost composure as the season progressed after injury to key players Luka Modric, James Rodriguez, Benzema, and Sergio Ramos. Gareth bale, who was bought at a whopping 100 million euros from Tottenham Hotspur, failed to display the magic he had shown in his first season at Real Madrid as they crashed out of the Champions League Semi Final against a resolute Juventus side.

Barcelona on the other hand won the league and progressed to the finals by beating Bayern Munich who simply had no answer to the attacking threat of Messi, Neymar, and Suarez. The final is expected to be nail biting as Barcelona face Juventus on the 6th of June at Olympiastadion, Berlin.

“Exam stress can actually be good for you—if in the right amount”

All exams induce stress -that's a fact of life. But whilst appearing for a serious examination, a different level of stress is attained which impacts the performance of the student. Y.News Correspondent ,Madhushri Banerjee and Subheccha Mitra interviewed Dr. Anuttama Banerjee, Psychologist who said exam stress can actually be good for you—if in the right amount. She added that, “Anxiety is both psychological and physiological- it takes an equal toll on your cognition and your health. So begin preparing well in advance to minimize this stress.”

1. What causes stress amongst students giving exams?

Stress occurs when resources fall shorter than the demand. Some students become over-threatened by the demand (such as completing the examination syllabus). Not being able to organize and prioritize their work causes stress. Poor diet and lack of sleep coupled with psychological triggers like inter-peer competition, work load and



Dr. Anuttama Banerjee, Psychologist

leaving everything to the last minute cause stress that can be avoided. Students start to develop headaches, black-outs, feel ill or nauseous, feel like they will forget everything they have studied, get numb hands and feet right before the exam.

2. How can a student overcome this stress?

It is important to develop a study habit or strategy, which will ease such stress in the long-term. In an anxious mental state, it will be difficult to memorize even the simplest things. This is easy to prevent by preparation and

rehearsal well in advance! There is no substitute to this!

- Prepare well in advance
- Take a break when you notice you are losing concentration
- Avoid cramming information in the last minute- instead do revision of known topics
- Calm yourself by listening to your favorite songs or through meditation
- Do not compare your preparation with your friend's.
- Never skip meals or go to the exam hall with an empty stomach
- Get a good night's rest

You must positively reinforce and acknowledge that you are doing your best and have a logical self-expectation. Approach the exam with confidence and visualize your success.

3. Why do even well prepared students forget what they have learnt due to nervousness?

As the examination dates approach, the student's mind becomes filled with apprehensions and negative thoughts. This affects the responses, or answers that have been prepared. But, no

matter how nervous or stressed they are, a response which is learnt well won't be forgotten. Only the responses that we have not prepared well become susceptible to this tension and the students may tend to black out or forget them.

4. Is it true that a little stress can actually be good for the student?

Yes. Pre-exam tension is not always a bad thing. A little bit of tension is always required. If you're too relaxed, you won't perform at all. Stress is a curve and you perform best at the optimal level. The relationship between stress and performance follows an inverted 'U'-shaped curve. At the top of this curve, our optimal stress level is attained and this helps us perform our very best. Insufficient stress and a casual attitude will leave us feeling bored, tired and lethargic. When the examination begins and you see the invigilator walk in, your stress level rises. When the bell rings, your stress level is at its optimal. This helps you give your best.

Skylight gives an unexpected view of the world

Adriana E Hazra

Originally being staged by National Theatre Live in 1995, David Hare's Skylight opened last year and has been live broadcasted and screened worldwide, and been critically acclaimed ever since. Directed by Stephen Daldry, starring Carey Mulligan and Bill Nighy, Skylight is one of many plays, musicals and ballets to be screened in Indian theatres by National Theatre Live.

A captivating drama centering on the story of former lovers who now live in different worlds.

Skylight uses the interactions of these characters to not only tell a sentimental story, but also make points about society and morality. The play is set in the home of Kyra Hollis, a passionate young teacher who works in one of the more troubled school districts of the UK. The story is set into motion as her former lover, Tom Sergeant, a successful restaurateur comes into her life expecting to win her back, after the death of his wife. As they go over their history together and Kyra's youth working for and

being a friend of Tom's family, the story brings up everything from poverty and the education system, to capitalism and the veil, wealth puts on people's eyes.

The dialogues are light and humorous, and the interactions casual but engaging. The exchanges made between the characters often inexplicably make the audience laugh, even while retaining the intensity of the scene. Carey Mulligan has played Kyra with both passion and elegance. Even the curtest

of comedic lines are delivered with a captivating fervor. The impassioned exchanges between the characters would manage to sweep the audience up in the emotion and chemistry of the scene, without swaying from the social message meant to be conveyed through them.

Set in a simple studio apartment at night, the background weather and lighting was used as a device to set in the mood with simple transitions. Snow was most notably used to juxtapose between the constantly changing

emotional atmospheres in each scene. While both the set design and the lighting design were fairly simple, they were some of the most beautiful aspects of the play and perfectly complemented the energies radiated by the characters.

Being screened worldwide in its second successful run, Skylight is definitely worth a watch and one of the most captivating plays of this year. Among other recent and successful plays, we can hope to see an encore screening of Skylight as well, in Kolkata.

The team: Anshu Dubey, Adriana Eternity Hazra, Madhushri Banerjee, Nikita Baid, Sushobhita Kar, Sudeepa Banerjee, Sanjana Sharma, Tapatrisa Das, Zev Axil Gomes

Design Team: Nibedita Chatterjee, Banhishikha Ghorai, Rishin Bose

Chief Mentor: Dr Buroshiva Dasgupta Mentors: Debanjan Banerjee, Reshmi Naskar, Barnali Ray, Sourav Basu, Bhaswar Bhattacharyya