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ZOOLOGY DEPARTMENT
MAITREYI COLLEGE

Iridescence

ILLUMINATING MINDS

*Let your dreams be the
light paving your
path through
darkness.*



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MESSAGE FROM SCIENTIST

I am very happy to know that the Department of Zoology, Maitreyi College, University of Delhi has taken an innovative step to publish its e-magazine, the “Iridescence”. The name of the e-magazine is very aptly chosen to represent the multifaceted, multidimensional interdisciplinary subject such as Biological Science/ Life Sciences. The Zoology/ Life Sciences, just like Iridescence, show different hue and color when viewed from different angles/ approaches. This e-magazine will definitely provide a unique platform to the students and teachers of the College to showcase the rainbow of their scientific, literary and artistic talents.

I congratulate the fraternity of the Department of Zoology, Maitreyi College, University of Delhi on this endeavor and wish all the best for the success of the “Iridescence”.



Madan Mohan Chaturvedi

Prof. Madan Mohan Chaturvedi, Ph.D., F.N.A.Sc.
Laboratory for Chromatin Biology
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EDITORIAL BOARD



EDITOR

I once read "If you only do what you could do, you'll never be more than what you are now". Learn to embrace all the things that's coming towards you. We all are oblivious to our journey ahead, blind to what may unfold in the future and thus, it is acceptable of us to fidget and make wrong choices. And at these very moments, the thing which can hurt us the least is not to back off or procrastinate.

I would like to both thank and congratulate all the team members for their unstoppable enthusiasm and drive, and with resplendent optimism we together present our magazine 'IRIDESCENCE'.

ISHITA KALSHYAN [B.Sc. (H) Zoology III Year]

EDITOR

I believe ingenuity amalgamated with dedication and irresistible courage can turn all impossibilities into possibilities. By reading, one can find the path of ingenuity.

Read to evolve, read to grow.

Read to make this world glow.

So readers, what are you waiting for? Make a go!

Iridescence is the creativity in disguise. Thanks to all the members of team Iridescence. Hope this realm of creativity enchants our readers. Hope this magazine resonates with the heart of our readers. Long live Iridescence!

TRISHA TEWARI [B.Sc. Life Sciences III Year]



SUB-EDITOR

In times of uncertainty and a figment of a literal historical event, we celebrate the birth of our very first thoughts on print. "IRIDESCENCE" has been a part of our lives for the last few months and we have passionately conceived every single page of it, with our collective efforts. I feel great pleasure in sharing our magazine, with intentions to irradiate our readers with a little more knowledge, a little more awareness and a little more experience for the path that lies ahead.

DEBARPITA DAS [B.Sc. (H) Zoology III Year]



SUB-EDITOR

I believe in persistence with experimentations to achieve the occasion.

My experience being a sub-editor at 'IRIDESCENCE' was phenomenal, I learned a lot of new things, polished my old skills and created a lifelong memory along the way.

Thank you to all involved for making me a part of this endeavor.

AANANDITA BHAGAT [B.Sc. Life Sciences III Year]



EDITORIAL BOARD



CREATIVE HEAD

“Iridescence” gives the glimpse of talents hidden within students by providing a great platform. Creativity, originality and hard work always combine to give great outcomes. It has been a great journey overall and all the team-members have done a great job to bring to you our ideas, thoughts and imagination through this magazine in such a successful manner. I wish you have a great time reading this magazine.

DRUSHTI SABLE [B.Sc. (H) Zoology III Year]

CREATIVE HEAD

‘Iridescence’ in these past few months has become a very significant part of my life, giving me an opportunity to harness my creative inclination through an academic perspective and a scientific outlook. Nature provides us with the best inspiration and following through with this thought, all the team members along with our teacher advisers have worked hard to compile and curate this magazine. I wish for Iridescence to get many more editions in the future and continue to radiate fresh ideas.

PADMAAKSHI CHAKRAVARTTY [B.Sc. Life Sciences II Year]



HEAD DESIGNER

Trapped wings of imaginations, thriving their way on paper, the thoughts came out. Artists painting their canvas with words and swords of colours, the imaginations were expressed.

IRIDESCENCE gave these thoughts a pedestal to stand bold.

Being part of Iridescence helped me explore my capabilities better.

Happy Reading.

RITIKA KALRA [B.Sc. (H) Zoology III Year]



ASSISTANT DESIGNER

“Never deterred by the troubles we meet, brave in the hour of sore defeat.” These lines have been profoundly imprinted in the minds and hearts of Zoology Department of Maitreyi College and thus have been successful in maintaining the balance between curricular and co-curricular activities even during this pandemic time. The Zoology Department has worked effectively on the proverb ‘actions speak louder than words’ and has put honest efforts in putting down the magazine “Iridescence”.

RIYA [B.Sc. (H) Zoology II Year]



ADVISORY BOARD

“Great writers experience their dreams. They put them on paper, where others can read about them.”

— Ellen J. Barrier (The Price We Must Pay for Our Father's Sins)

It is with profound pleasure, humility and anticipation that we celebrate the launch of the Zoology Department e-magazine. We feel proud to be a part of this exciting expedition in creating the first issue of 'IRIDESCENCE'. A magazine is not only a platform to share knowledge, inner thoughts, diversity of talents but also a guide for next generation in many intellectual ways. The main aim behind the departmental magazine was to bring out the talent and yet unexplored inclinations of the students, at a scale that is manageable by them, both at administrative and execution level. It was conceived that the magazine shall not be limited to contributions in the field of science, but would also showcase the diversity of interest that the students harbor. And that it should include, not just the desiring and capable students, but also those who are shy to come forward, motivating them keeping in mind their interest, aptitude and individuality.

We floated the idea with our students, both from Zoology and Life Sciences, in June 2020. We were delighted to see the enthusiasm of the students. We were overwhelmed by the applications for the editorial board, and had a tough time selecting a few out of so many deserving others. In time, the magazine was christened "Iridescence" and the contributions came flooding from all the batches of students. Even our alumni contributed showing their talent and gratitude towards the department and college. When interviewed, recent graduates couldn't stop talking about how many life lessons they had learned during their time at the department and how it shaped them into the person they are today.

The magazine would not have been possible without the whole-hearted efforts of our students. The dedication and hard work of the editorial board under the able guidance of the advisory board played a key role in the inception, creation, compilation and presentation of the magazine.



Dr. Renu Gupta



Dr. Anshu Arora Anand

ADVISORY BOARD

We feel privileged to be a part of this first issue of the magazine, which is a stupendous achievement of our students. We firmly believe we have accomplished the aim with which we started and that our students have enjoyed as much as we have in bringing out this magazine.

The enthusiastic and whole hearted contributions from our students, alumni and faculty are greatly appreciated. We would like to express our gratitude to our principal for her constant support and guidance. We sincerely hope that scientific, literary, and artistic content of the magazine would be intriguing to our readers and would inspire our students to be more creative and demonstrative.

It is the first issue and your suggestions are most welcome. One can never know how much words or actions influence lives of those around us. But we choose to imbibe positive influence in a way that could change our lives within the walls of where we study or work. We assure all readers that we will keep growing to give you better experience and knowledge.

We close this message by inviting everyone to submit their exciting contributions.

We hope to hear from you soon, and we welcome your feedback!

If you have any questions, suggestions, or concerns, please address them to zoomagazine2020@gmail.com

Thanks for being here and patient reading.



Dr. Archana Aggarwal



Dr. Tejendra Kumar

Iridescence

ENRAPTURING WORDS





THE PLIGHT OF ANIMALS CAPTIVE IN ZOOLOGICAL PARKS

A zoological park is a place where wild animals of various species are kept in for study, display and for producing more kinds. A careful environment is made for them to feel homely. Animals are beings who can communicate only through sounds and expressions. They behold most of their emotions. Emotions of being away from their community, emotions of being at a particular area for their whole lives and many other emotions which are mostly observed in animals that are captive in zoological parks.

Zoological parks do provide an environment of safety and soundness to the animals, but it tends them to yearn for their natural habitat.

On September 5 2019, I visited Delhi Zoological Park with my batch mates for a group project. We observed all the animals there. It came to our notice that most of the animals showed continuous patterns of running away after seeing a visitor, tending to stay inside when they see a crowd and many other reactions. They were frightened to the end that many even didn't eat the food that was provided to them. We also observed a group of young men throwing stones and making sounds to

attract the animal to themselves, which was equally painful and infuriating to see. These scenarios have been observed by many other visitors in various zoological parks in our mainland and countries worldwide.

"Zoos have this almost sacred kind of role in conservation," says Neil D'Cruze, WAP's (World Animal Protection) global wildlife advisor who contributed to the report published by National Geographic on August 15, 2019. Many worldwide reports have also stated that visitors have been allowed to feed, manhandle and stroke the animals alongside an animal trainer. These incidents turn animals to vicious selves and thus animals are misunderstood as being harmful to one's community. "Getting [animals] to the point where they're completely safe around people involves a whole level of different training and breaking of the animal's spirit," quoted D'Cruze in his report, which gets us thinking about breaking one's spirit. How cool will it be with us, if someone will train us for days and nights just for a selfish purpose and take the soul from the body of a living being? This question arises every time one sees the devastating

condition of animals nearby them.

These circumstances come from the mere fact that many organizations slip into the act of using animals for commercial use and entertainment. Many snake chambers in various zoological parks have trained snakes which hiss according to the crowd. Their freedom is lost, they are trained to work for the opening hours and set a show for the visitors. Many schools also organize trips for their students and thus, children from their growing age learn to power upon the poor animal. There are many stressful experiences that an animal bears in its lifetime, but being captive in a zoo tops the list.

Zoological Parks should be restricted to study and protection purposes only. This will help the animals in living with the environment of a zoo. It will help them to adapt to a different environment easily. Also, authorities should take serious actions if any animals are found dead in a particular zoo due to ill treatment. Animals are beings too who yearn for a fruitful and joyful living.

The Global Pandemic has led us all to love our near and dear ones and appreciate the moments we had spent thus, it leads me to ask our readers, “How were you feeling inside your house with a daily routine that had caged us like the zoo animals?”

KAMAKSHI UPRETI

B.Sc. Life Sciences

II Year





HERD IMMUNITY: A FUTURE FIGHTER?

Herd Immunity is achieved when the majority of a population becomes immune to an infectious disease, either because they have become infected and recovered, or through vaccination as stated by The Economic Times article stating that not every single individual may have immunity, but the group as a whole has protection because there are fewer people with high-risk of contracting infection overall. At least 70% of a population must typically be immune to achieve herd immunity. The disease peters out when the infection rates drop. Herd immunity protects vulnerable populations including babies and those whose immune systems are weak and deprived of resistance on their own.

We frequently ponder “How to achieve herd immunity?” Herd immunity can be achieved by the following two ways:

Firstly, it can be through development of natural resistance when our body is exposed to a virus or bacteria, making antibodies to fight off the infection. When we recover, our body keeps these antibodies and leads our body to defend against another infection. Just as happened in the case of Zika virus outbreak stoppage in Brazil. Two years after the outbreak began, 63% of the

population had the exposure to the virus & researchers thought that the community had reached the right level for herd immunity.

Second, is of course the use of vaccines that can also build resistance. Vaccines make our body believe that a virus or bacteria has infected it and without us getting sick our immune system makes protective antibodies, resulting in making our body ready to fight off that bacteria or virus when it meets again. This stopped polio in the United States earlier.

Another question that comes to our mind regarding the topic of herd immunity is “When does a community reach it?”

This is answered by the Reproduction Number or R_0 which tells us the average number of people that a single infected person with the virus can infect, if those people aren't already immune. Higher the R_0 , more is the resistance people need to reach herd immunity. R_0 for COVID-19 is between 2 and 3 as predicted by the researchers. Implying that one person is capable of infecting 1 or 2 people at a time, meaning that 50-67% of the population would need to be resistant before herd immunity kicks in and the infection rates start to go down.

Director General of the Council of Scientific and Industrial Research (CSIR), Shekhar Mande said- Developing herd immunity banks to fight Coronavirus is too risky for any nation and only timely interventions can mitigate the spread of COVID-19. Further responding to a question on whether India is viable to achieve herd immunity, he mentioned it as a great deal of risk for any country. For herd immunity to function requires 60-70 % population of a country to be affected which is too large a risk to ask for any nation.

Thus, "surveillance, diagnostic, intervention through development of new therapies, hospital assistive devices and supply chain models" has been much emphasized and focused by CSIR as a five-pronged approach in the fight against COVID-19.

Herd immunity is not something smooth to achieve. It's further challenged by many rising factors; especially the one that mainly challenges developing herd immunity to COVID-19 right now is that the virus that causes the disease is novel or new since it hasn't infected humans before and everyone is at risk of infection. There's no existing immunity to build on. Another potential barrier is that we don't know how strong the immune protection is or its duration that will last in people who've had COVID-19. Early research on monkeys showcased that they made antibodies to the virus that protected them from a second infection a month later. But this only persists if the Coronavirus is like the flu, then we can expect a few months of protection.

With herd immunity one also faces a drawback; the people who have the same beliefs about vaccinations living in the same neighborhood, going to the same school, or attending the same religious services, giving an idea of potentially large groups of unvaccinated people close together. Thus, as soon as the percentage of vaccinated individuals in a population drops (below the herd immunity threshold) an exposure to or encounter with a contagious disease could spread very rapidly at fast pace throughout the community.

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ARCHITA KEDIA & NAVDHA THUKRAL

B.Sc. Life Sciences

2017-2020 Batch

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<https://www.pexels.com/photo/people-wearing-face-mask-for-protection-3957986/>

TIME



KID of the YEAR

SCIENTIST
AND INVENTOR

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KID OF THE YEAR

“INNOVATIVE MINDS LEADS TO DISCOVERY”

Gitanjali Rao, a 15 years old girl was selected for the “KID OF THE YEAR” in a science magazine. She introduced herself as a curious and motivated girl who is an activist, scientist and a great researcher. Rao is an Indian-American from Colorado. The flint water crisis was the motivation behind her invention “Tethys”. The idea behind her invention came when Gitanjali watched her parents trying to test their drinking water with a homemade strip. So, the brilliant mind of hers discovered a device named Tethys (a Greek word, meaning goddess of fresh water). This device detects lead contamination present in water. The lead contaminated water is harmful and has adverse effects on one’s body causing serious problems like cardiovascular diseases, hypertension and a decreased kidney function.

She first learned about the water crisis in the City of Flint, State of Michigan, US where peak levels of lead were detected to be around 127 parts per billion. Surprisingly, this was not only limited to a city in Michigan and hundreds of thousands residents nearby, but is a worldwide problem. This motivated her to do something for mankind.

Ms. Rao said that she always wanted to put a smile on someone’s face. At TEDx, with her empowering speech,

she pointed out the extent of India’s degraded water quality. How many of us are absolutely sure that the water we are drinking is safe and contamination free? Today we face many challenges and one of them is drinking water. Rao made everyone focus on this issue by inventing the device “Tethys”. In her speech she said that her story has a lot of science in it, and spoke on how we can collectively encourage science and technology and together solve the impending problem in our society.

Rao is a great inventor, author and a STEM promotor. She won the Discovery Education 3M Young Scientist Challenge and was also recognised on “Forbes 30 under 30” for her innovation. Now, she has been selected for the “KID OF THE YEAR” as well.

Rao said that she wants to make the world a better place and believes that every problem demands innovation. By doing this she set forth an example for the youth that if they have dedication, devotion and determination then they can surely change the world. Discovery doesn’t require any age limit, it demands an innovative mind. In the end, I would like to say if she can do it, then we can also do it.

GUNJAN
B.Sc. (Hons.) Zoology
I Year

Iridescence, 2020-21

Zoology Department, Maitreyi College

Hack
the
Patriarchy

TRACING BACK THE LADY STEPS: A NOT SO ANCIENT HISTORY LESSON

Coming from a coeducational school and attending a women's college in New Delhi had brought forth several realisations. The funnier ones being, we actually do have more peace in our college premises than school. But the most important ones being, to live in a strong community of sisterhood and being in a roaring atmosphere of feminism. Thriving in the most active times of women empowerment, we often forget that women have not really enjoyed being treated as equals and walking in the same shoes as their male counterparts since several centuries.

Do we even realise that the last sati was not even half a century ago and education for all is still not a realised dream in remote villages? Female foeticide is still a very much reality and several young girls are made to stay at home or to get married just after they get their first period or even earlier.

The rights and choices we enjoy are the products and by-products of years of women raising voices and not being the "ideal" lady, the society wanted to see.

A collective movement in the Indian subcontinent by

several women and allied activists to gain the political enfranchisement granted women the right to vote in several princely states occurred between the years 1919-1929. Before which, women were considered neither fit to vote or contest elections by the Government of India Act 1919, except a particular academic and economic background. The women suffragette movement was pioneered by the Women's Indian Association, Madras, founded by the Margaret Cousins with the membership of Annie Besant, Hera bai Tata, Sarala bai Naik, Kamala devi Chattopadhyay, Sarojini Naidu. The association fought for several social reforms including educational, social and political empowerment.

Education for women was still a far-fetched thought for many young girls until the early 1800s. Christian missionaries opened schools for girls, but were not well received due to the fear of conversion. Still schools remained a distant dream for the majority of the subcontinent's women. Bethune school became the first school to provide secondary education for girls from the year 1849, but still lacked in quality of education

to women especially, in the scientific sphere.

Women were allowed to study college courses for the first time in 1875 in Madras Medical College. The first woman to sit for a University exam (in Calcutta University) was Chandramukhi Basu, who despite clearing the examination in 1876 had to wait for two years to formally start her degree course along with another female student. Thus, making them the first ever graduates of the first women's college of India, Bethune College in 1883.

Women of India pioneered paths for their successors in every possible way adorning them with their blood, sweat and tears in fields of arts, science, politics, medicine and the legal sphere.

The first lady physicians our country saw was Kadambini Ganguly, the first-ever-lady physician in the whole of South Asia, who was also one of the two graduates of Bethune College and Anandi Bai Joshi who was one of the first few to get educated in western medicine in the United States of America in 1887.

The first woman to do Bachelor of Laws was Cornelia Sorabji in 1892, who was also the first female graduate of Bombay University as well as the first woman to graduate Somerville College, Oxford University with a law degree. Some pioneer women who fought for the right to practise law include Regina Guha and Sudhanshubala Hazra who had to pass numerous hurdles to be able to plead their appeal. None were able to practice until a long-fought battle which came to an end in 1923, with women being able to be barristers.

The Indian Civil Services was started by Lord Cornwallis in the late 1800s, but women were commissioned more than a century later. C.B. Muthamma was the first woman to ever be commissioned to the civil services, as well as the first lady IFS officer. This though did not come without hiccups, and she will be remembered forever for bringing forth gender equality in the Civil Services with a long-fought court battle with the Services. The first lady IAS officer was Anna Rajam Malhotra in the year, 1951. The first women IPS officer came even later with Kiran Bedi in 1975. The Civil Services in present with all its glory, is accredited to many such women officers who did not let their gender be the reason for their

dreams to come to a halt.

In politics, women have always been in front as well as behind fighting for the cause. We have seen some women empresses as well as reformers in ancient India. The first women in modern politics happened to be in the year 1915, with Annie Besant (though not an Indian by blood) being a member of INC. She became the first woman President of INC and later the governor of the United Provinces (now Uttar Pradesh) after 15 August 1947. The first Indian woman to be elected as the president of the UN general assembly came with Vijaylakshmi Pandit in the year 1953. The first lady CM Sucheta Kriplani became the CM of UP in 1963. One of the largest impacts of women in politics came with Mrs. Indira Gandhi becoming the PM of India in 1966. This caused waves in world politics that are still stirred and are often seen as inspiration. Even today, women constitute just around 10% of the total seats.

Women in military services were introduced in 1888 during the British Raj as Indian Military Nursing Services. Priya Jhingan in 1992 wrote a letter to the army chief in order to allow lady cadets in the army thus, becoming the first female cadet along with 24 others to be in short service commission of Indian army. In 1994, Gunjan Saxena was one of the 25 women of the first batch of trainee pilots. She later became the first woman in combat during the Kargil War. Even after several small contributions, women have not enjoyed permanent commission in several military services until this very year of 2020, when women have been granted permanent commission. There is still a long way to go on this front as we see the services arguing how the soldiers are "not yet ready" to take women as officers in command.

When we see this timeline, we realise that it has not been a long-haul trip for women empowerment taking proper shape in our nation or the world in general: it has been a recent development and for good. As the fire of equality burns with vigour, we try a little harder to push the closed doors to finally realise the dreams of an equal society.

DEBARPITA DAS
B.Sc. (Hons.) Zoology
III Year





Asola Bhatti Wildlife Sanctuary - Part of Delhi Ridge
(Acts as Green Lungs of the City)

URBAN ECOLOGY OF DELHI

"To shape urban ecology, jarring change from urban environment to ecological transformation is extremely inspiring" quoted recently in National Geographic Society journal, explaining the ecological connection humans have with nature.

Urban ecology is a subject matter of studying the ecosystem of a city. Delhi being an open urban ecological laboratory, and most noteworthy is that urban populace within a nation offers so much not only for scientists, eco-researchers, analysts, but also for nearby inhabitants to investigate. Delhi ecosystem has numerous parks and forests, majority of them constituted by Delhi Ridge which is the life supporting system, acting as green lungs of Delhi along with river Yamuna. Delhi ridge is also responsible for earning Delhi the tag of the world's second most bird-rich capital city and lies in the Northern Aravalli Panther wildlife corridor. This city being the perfect blend of modernization and traditional architecture has experienced several ecosystem transformative experiences.

Lutyens' Delhi is dominated by more invasive, exotic and generalist species resulting from the historical

backdrop. Most commonly encountered invasive tree on the Delhi Ridge is *Prosopis juliflora*. Talking about urban adaptors as faunal elements, Nilgai is a very common species of antelope in Delhi and the most common primate companion is *Rhesus macaque*. Other species of animals with whom we share Delhi's urban ecosystem include Nilgai (blue bull antelope), monkeys, snakes, butterflies, dragonflies, porcupine, civet cats, jackals, etc. These animals are sighted in the Yamuna floodplain and the Delhi Ridge. Chance encounters with hares, jackals, fireflies and the silence and moonlight streaming through the canopy of the trees, all make it an experience that people want to relive. Every time as one explores, he/she discovers something new. Species like Castor, Aak and Datura are always found in ignored spaces around railway & construction sites and larger highways. Wilder greens include Nooniya, Amaranth, *Chenopodium*, wood sorrel, purslane, mallows and chickweed. These faunal and floral elements are urban connectors.

Delhi hosts 6 biodiversity parks-Yamuna, Neela Hauz, Aravali, Tilpath Valley, Tughlaqabad and Kamla

Nehru biodiversity park (which is located near Delhi University) making the capital city exceptionally biodiverse. Most spectacular part of Yamuna biodiversity being the herbal garden, sacred grove and butterfly conservatory.

However, being the fastest sprawling agglomeration, there is a growing demand for land due to the increasing pressure of population, changing the urban ecology and forcing the environmental engineers to rethink & reconsider the urbanisation pattern of the city. The rapid increase paralleled deficit infrastructure, apathetic attitude of residents towards the environment, growing economic disparity and lack of urban planning not equipped to handle population. Developments on flood plains and encroachment of Delhi ridge has hit hard the biodiversity and the ecosystem of Delhi. The urban stakeholder crisis needs to be managed in Delhi by spreading environmental education and awareness among the residents of Delhi.

Sustaining the city growth and development of the NCT of Delhi is the end result of a highly complex and very challenging issue. This makes Delhi a notable open urban ecological laboratory and a remarkable study area for exploring city ecology and mastering the urban ecosystems, considering the circles of sustainability as well.

NIYATI
B.Sc. Life Sciences
III Year



Asola Bhatti Wildlife Sanctuary - Part of Delhi Ridge



Tughlaqabad Bhatti Mines (Delhi Ridge)



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Ulsh, A. (2019, August 28). Blue Water. Pexels.
<https://www.pexels.com/photo/blue-water-2860705/>

THE MAN WHO ESCAPED THE DEVIL'S TRIANGLE

Death is probably the only stark reality or universal truth, standing tall and invincible.

It applies to all things, formations and beings encompassed within this universe, citing no exception whatsoever. In fact, even the universe is hypothesised to die down after having outstretched to its maximum capacity. It is commonly said that one can escape from anything in life, just not death. But what if one were to ditch the very doors of death, and live to tell the tale of anomaly.

Bermuda Triangle, also known as the Devil's Triangle is a bedrock for modern day folklore surrounding sea monsters, a lost underwater city, a portal to another world, and so on. Situated in the western region of North Atlantic Ocean, it's more than 550,000 sq. miles in area and flanked by the Bermuda Islands: Miami and San Juan Puerto Rico on its sides forming a triangle.

It's infamous for its notorious involvement in the mysterious disappearances of ships and aeroplanes coursing through that region. Even Christopher Columbus had mentioned seeing strange lights and his compass needle going haywire while sailing over this area. With so many tragic endings, and the my-

stery still far from resolved, one can't help but associate with Bermuda theories beyond science. And if in such a scenario, there happens to be a man who survived near death and was willing to tell the world how he escaped the devil's triangle, what would your take be?

Bruce Gernon, then a young businessman, was flying from Andros Island in the Bahamas to Miami, Florida with his father and business partner. A well-versed pilot, Bruce was flying a Beech Bonanza at a speed of 110 km/hr. As they rose to an altitude of 1000 ft, he noticed that the clouds were gradually rising and growing with them. Ten minutes after having passed through the cloud he rose to a height of 11,500 ft, where he encountered another massive cloud. Gernon failed to avoid the cloud due to its sudden appearance and surprising speed. As he flew into the cloud, everything around him immediately turned eerily dark. Presuming to have been caught in a thunderstorm, Gernon was surprised to see no rain or lightning, instead he saw very bright flashes in the clouds that lit up everything around them. All navigation tools started spinning crazily and appeared to have malfunctioned.



After about half an hour of vigorously trying to escape, he realised that this was the same cloud through which they had flown earlier. The cloud seemed to keep growing and had taken the shape of a circulating ring. Just when he had almost given up the hope to break free, Bruce saw a tiny clearing about 16 km ahead forming a tunnel about 1.5 km wide. As soon as the plane entered the tunnel, the walls of the tunnel started

closing in with the clouds spinning in an anticlockwise direction. Accelerating to maximum speed Bruce somehow managed to break free from the captivity of the clouds. Relieved to be in the open sky, he set out to contact ground control to establish their location. The dispatcher at first couldn't locate the plane on radar, but when he did, what he found was mind boggling. The plane was already over Miami, having covered a trip that usually takes at the minimum 75 minutes, in just 47 minutes. This simply seemed impossible, as the design of the aircraft rendered it incapable of flying at a speed required to cover the huge distance in such a small period of time. After landing, Bruce checked the fuel tank to find its quantity more than the expected amount. It seemed like the plane had teleported to Miami instead of having actually flown there. Bruce went on to later theorise the cause of teleportation as dark energy, a hypothetical energy responsible for the accelerated expansion of the universe. Some scientists believe that with dark energy one can cover large distances in a very short time.

With the best plausible reason being a hypothesis, the mystery of the Bermuda Triangle is still at large. This reminds me of what Vincent Gaddis had said about the Triangle, "The Bermuda Triangle underlines the fact that despite swift wings and the voice of radio, we still have a world large enough so that men and their machines and ships can disappear without a trace." Places like these act as a constant reminder, telling us no matter how technologically advanced we have deemed ourselves to be, there's no beating nature. We are yet to unravel the many convolutions this universe is made up of, which is why the art of questioning and the state of curiosity should flourish in minds of all eras and time.

ISHA KUMARI

B.Sc. (Hons.) Zoology

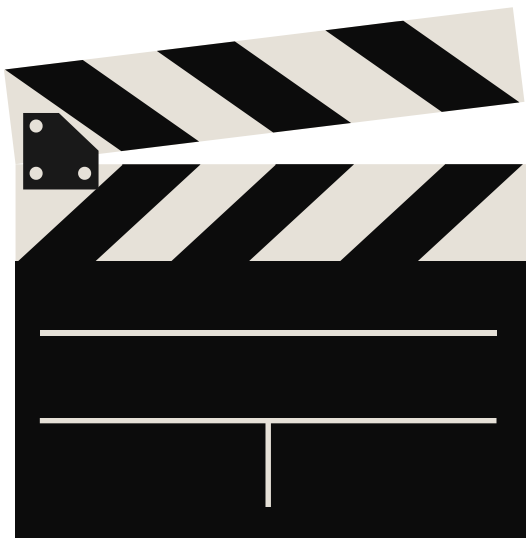
III Year

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THE INGRAINED PATRIARCHY IN THE FILM INDUSTRY



Lights, camera, action....

Films that are blockbuster

Glorifying male chauvinism and patriarchy

Impeccably showcasing the gender inequality

Already encased in the society

What about the female actor?

Oh! She is a mere component of glamour

Cut-cut-cut there needs to be a retake on the perspectives.

When our favourite actor plays a stunt, saves the heroine, a fight between the villain and the hero, romanticized dialogues, gimmicks, and of course a happy ending: what an exhilarating film it was. Wasn't it? Wait, we need to rethink. Let us unbind ourselves from the shackles of the norm of society and what most of the mainstream cinemas have continuously portrayed.

Films play a massive role in our lives. Some films galvanize, some motivate while some entertain. Some movies force us to see the world from a different glass and force us to change our perspectives when we leave the theatres. Movies influence us in varied ways. Absorbed in the movies, enjoying the songs, and accustomed to seeing what is being shown, we least bother to notice the portrayal of inequality and indifference. Bollywood movies have been an amalgamation of gender inequality, male chauvinism, and patriarchy. Although these have never really bid adieu from the minds of the so-called modern denizens of society, films continue to water it and help it to bud and bloom.

Certain movies have added more prejudice in the platter of women and continued stigmatizing them. The mainstream Bollywood movies have always clung on the idea of “entertainment, entertainment and entertainment” forgetting about the values being shown. Women have always been presented as a meek, submissive figure. Echoing the same sentiments, here goes our society blindfolded on the path shown by the films. Henceforth, male chauvinism neither elapses from society nor the films.

The female protagonist in the film ought to be an ideal wife, an ideal daughter-in-law who has to bear all kinds of injustices against her. The gullible, meek character usually falls into the trap of villains playing gimmicks and is molested, abducted, and raped. Hence, comes her saviour, the hero of the movie. Cinema also continues to justify all the derogatory acts of heroes in the name of “so-called love”. Female actors mainly have unequal roles in films. It adds fuel to the already existing fire of prejudice. Misogyny has always been served on the platter by Bollywood films which could never resist objectifying women. The lewd songs often portray women as objects and promote stalking, molesting to get women’s love, embellishing it with famous dialogues such as “everything is fair in love and war”.

Movies like Mirch Masala, Mohra, Dhadkan, or the films of the 90s era like Hum Aapke Hain Koun, Dil To Pagal Hai, Biwi No. 1 etc., where women were shown as a decorative material with no career or ambitions, meeting all the aspects of male fantasy. Then comes a recent blockbuster movie such as Kabir Singh which again deepened the already existing wound. Certain

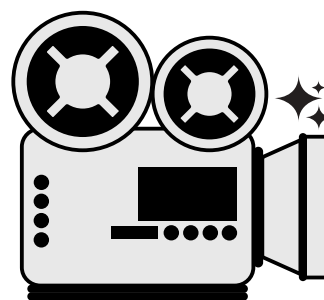
films come up to bring the social issues into the limelight like Chhapaak, English Vinglish etc., but fail to move into the 100-crore club.

Bollywood has become a business and a source of minting money. It leaves no stones unturned to satisfy its’ majority of viewers and follow the mainstream cinema’s norms.

But, are only the scripts and the directors accountable? Aren’t we blamable too? While it is much easier to scrap a particular movie and revolt against it when our religious sentiments get hurt, than when gender inequality is promoted. We are being shown what we love to see. All absorbed in the gimmicks of the film, the indifferences never meet our gaze.

While the romantic dialogues outshine, the outburst of equality fails to make its space. Entertainment outweighs the major social issues. It raises a question that for how long will the indifference and inequality be adorned with social norms and rituals, and glorified and portrayed in the cinemas and films? For how long will we continue to enjoy such things in society and also in cinemas because we are accustomed to it? When will the consciousness awake? When will we change our glasses of prejudice and see this world from a different perspective? There are many such unanswered questions. But this is high time to realize that while movies do act as a mirror of society, they also influence in many ways. To see what is being shown, or to show what people love to see will keep on denigrating the quality of Indian films and keep on disparaging the status of women in the films and the society.

Let us change our vision and our choice. Let us not be negligent and cover all the injustices shown in the film under the veil of entertainment. Let not the so-called entertainment justify all the injustices.



TRISHA TEWARI
B.Sc. Life Sciences
III Year

NEPOTISM AND ITS IMPACT ON PROFESSIONALISM

Nepotism can be defined as the act of using power, money, or any other unethical means to further the cause of near and dearness irrespective of talent or qualification. Nepotism has existed from the start of time. The first use of the word can be dated back to the 1670s about the papacy and with deep roots in the catholic church.

The vital part of a functional society is its lowest, basic yet, the most important unit 'family'. Multiple families form a tribe, and multiple tribes form communities-city, nation, etc.

The basic unit is ultimately the family, and according to the law of nature, one's protectiveness for their own is, but, natural and essential. So, a tension between loyalty towards family and loyalty towards the state has been a debate ever since the existence of mankind.

History is filled with examples of nepotism from all over the world. The fall of the great Roman Empire was because of the same. The infamous assassination of Roman politician Julius Caesar involved nepotism. Instead of appointing a close political ally, Caesar willed his position as dictator and his fortune to a grandnephew, Octavian, who would become the first Roman emperor and take the name, Caesar Augustus. The promotion of relatives rather than competent people is what led to the decline.

The modern era is brimming with nepotism. The 'Nehru-Gandhi family rule' in India.

Indonesia President Suharto's resignation took place due to the famous abbreviation "KKN- Corruption, collusion and nepotism."



Picture Credits:

Frans,J. (2019, October 15) Women's Red Scoop neck long-sleeved Dress. Pexels <https://www.pexels.com/photo/women-s-red-scoop-neck-long-sleeved-dress-3082843/>

President Donald Trump gave his daughter and son-in-law top government official positions even though none of them have any experience whatsoever.

And how can we forget the oh-so famous 'Kangana Ranaut' debate over the prevalence of nepotism in our beloved Bollywood?

It's clear that nepotism is like a bug that weakens the system from the roots, but is it so bad?? Does it only have negative side effects and if so, why can't it be eradicated??

Nepotism is here to stay and that has been made clear over the centuries. But the prevalence of nepotism is positive in ways you may not believe. A good example of the same is the popes and his nephews. During the Middle Ages and the Renaissance, the Catholic Church was as much political power as a religious one. The transition from one pope to the next could result in destructive power struggles that would harm nations throughout Europe. Using nepotism to fill important positions with loyal family members allowed new popes to shore up their support within the church quickly, creating stability and reducing the risk of damaging battles for power and influence [1].

This pattern is also present in other nations where a family has come to rule and pass leadership on to an appointed heir. The whole British Royal Family is based on nepotism and so have the many other families ruled royalties.

Nepotism brings stability in an environment where nothing else is predictable. Though it's a trade-off for corruption, it increases the chances of survival in this cut-throat world.

The benefits of nepotism in an anthropological sense are applied everywhere, every day because the urge to help our own is just too strong.

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AANANDITA BHAGAT

B.Sc. Life Sciences

III Year



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MY BRIGHTEST STAR

I was again standing beneath the willow tree, and today was the thirtieth day I was standing here waiting for her. She had promised me before that she'd come, but she also believed in the saying "Promises are meant to be broken". I knew if she broke her promise it would break my heart too, but I couldn't do anything because she was way too far away from me, so far that I couldn't even call her or text her. Never had I thought that staying away from her was going to pain me so much that I was unable to soothe the pain, no matter what I did.

From the past half an hour the rain was pouring like never before. Just like it had been pouring from the past thirty days, from the time she left me. As I was lost in her memories, I saw the clouds fading away and the moon rising gradually. A ray of hope shone in my heart, just like it had done in the sky with the presence of the moon. She would come for sure now as I knew that she loved the moon like anything and now that the moon was up she would come.

As I came out of the willow tree, I saw her. Finally, my wait was over and there she was in the beautiful night sky twinkling with the other stars. I looked at her and smiled, but unlike other times she didn't smile back at me and was just twinkling up over there.

Just as I was thinking a few minutes ago, she had fulfilled her promise but not completely, she had promised me that she'd smile at me, but now she wasn't doing it, she was just twinkling up over there making my eyes swell up.

And now, at this particular moment I regretted my decision of letting her go when she had asked me before. How I wish I had refused her and stopped her right there from going away from me. How I wish I had stopped her when she was reciting her last prayers. How

I wish I had stopped my mother from going away from me. She told me to let her go because a mother could never forget her child and now her body had started being a burden for her, and here I being a gullible child believed her words and let her go. She took a promise from me that I would look at the stars in the night daily and try to find her. When I asked how would she answer, she said that the brightest star in the sky would be me.

At this moment, I don't want to remember any promise and want to cry my heart out until I feel peace. But I have always fulfilled the promises I made to her, so wiping away my tears, I looked up with a smile on my face watching her as she disappeared into the red hues of the sun.



PRATIBHA AGNIHOTRI
B.Sc. Life Sciences
I Year

Picture Credits:

Moura, A. (2019, August 2). Silhouette Photo of Woman. Pexels.
<https://www.pexels.com/photo/silhouette-photo-of-woman-2747553/>

STRESS: A NATURAL KILLER OF YOUR BODY

In the present scenario, people live at a frantic pace and in a nearly constant state of competition. Their mind is always preoccupied with tasks to be accomplished. At this fever pitch, stress is a natural response created by our bodies. It is a body's reaction to any transformation that requires an adjustment or a response.

Stress has a degenerative effect over time and is highly psychosomatic, affecting everything from our digestive system to our skin. It affects our brain cells, as it changes the way the brain's neurons communicate with each other. Chronic stress can cause our brain, nervous system, and our behaviour to adjust to a vigilant and reactive state. It promotes cellular aging by weakening of cell structures known as telomeres, which affects cellular regeneration. Studies have revealed, the greater the stress, the greater the degenerative effect on cells. Researchers have discovered that our antibodies react to stress the same way they react to pathogens, activating the proteins that trigger an immune response. The problem is that this response not only neutralizes harmful agents, but also damages healthy cells. Its secondary effects include insomnia, depression, irritation, anxiety, and high blood pressure.

There are many known ways of managing and overcoming stress. Shifting our diet from junk to healthy, acts as an initial step for controlling it. A healthy diet improves our immune system and lowers blood pressure. It helps our brain to stay active for



Picture Credits:

Ushakova, V.(2019, October 17).

Woman doing Yoga inside a room. Pexels <https://www.pexels.com/photo/woman-doing-yoga-inside-a-room-3094215/>

longer and reduces lethargy. Just as physical exercise is necessary to keep our body fit, mental exercise is also very important.

It is often said that the health of one is connected to that of the other. Lack of mental exercise causes our neuronal connections to deteriorate. A mental workout is very important for creating new positive stimuli in our minds. The best stress-reduction method is focusing on the self: noticing our behaviour and the responses created by our body. Question yourself, and try finding answers on your own. Talk with yourself and know the requirements of your body. Remember, we are our best counsellor. No one can guide us better than us. Know your strengths and work on your weaknesses.

Meditation helps a lot. It is a miracle. Sit relaxed and try to concentrate all your positive energy at the center of your mind. Practice breathing. Every time you exhale, eliminate all the negative energies and while inhaling absorb the positive ones. Meditation acts as a source of constant motivation. Though, it is not easy to meditate, but what seems to be easy at first? Do we learn to walk in a single day? Just like everything requires time and practice, meditation too requires it. But once you incorporate meditation in your lifestyle, you yourself will notice a change. The journey of a thousand miles begins from the first step, so take it.

Changes in our lifestyles can help a lot. Grow plants. Studies prove that plants reduce stress and anxiety. Spending time caring for plants is a great way to look after your mental health. Nurturing the buds and seeing the plants grow can be very rewarding and helps to boost self-esteem.

Spend some quality time with your well-wishers, anyone with whom you feel comfortable. Talk to them whenever you feel stressed. Piling up negative thoughts in your mind and not sharing them makes you sicker. One can always read some motivational books



and can inculcate a habit of writing. Write what makes you feel stressed and then work upon it.

I conclude by writing that overcoming stress is the need of the hour. To achieve the state of mental balance and homeostasis, tone up your system.

There's a beautiful quote by Paul Brandt, "Who says the sky's the limit when there are foot prints on the moon?" Always remember that you are the best, and can achieve anything with your determination and hard work. What all you need is to 'believe'.

SIMRAN SHARMA
B.Sc. Life Sciences
III Year

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Cottonbro.(2020, May 28). Hands Woman Sitting plant. Pexels.
[https://www.pexels.com/search/Cottonbro.2020,%20May%2028\).%20Hands%20Woman%20Sitting%20plant.%20Pexels](https://www.pexels.com/search/Cottonbro.2020,%20May%2028).%20Hands%20Woman%20Sitting%20plant.%20Pexels)

UNMUTE



We live in a fast-paced world laden with expectations, responsibilities and decisions. We face a plethora of demands all at once, and to keep up in a society which constantly needs us to be at our best state of mind it is imperative we pay attention to our mental health.

Mental health is barely talked about nowadays and is often stigmatized, but everyone knows that the human experience has its own inevitable ups and downs. A renowned psychologist Carl Rogers stated, “What is most personal is most universal.” We all have our triumphs and setbacks, joys and sorrows, excitements and fears. All of us have battles we’re fighting, yet we hesitate to generate a conversation on them. That’s where we go wrong. Staying silent will not vaporize our troubles.

No one can know if there’s a problem or help us solve it if we’re not vocal about it. Author Antoine de Saint-Exupery once said, “What saves a man is to take a step. Then another step.” The first step to solving any problem is to acknowledge there is one. And when we open up about it, we see that we’re not alone. Someone might share some valuable inputs, speak from their experience, or simply lend a listening ear to us. We may often be too biased or invested to understand what next step to take and thus, we need someone else to nudge us and guide us in our journey of resolution.

We can no longer afford to live in denial that shedding light on mental health is important- it affects our physical health, our performance and our quality of life. The consequences of ignoring it can be debilitating and devastating to not only just us, but to those around us as well. Suffering in silence not only hinders us from functioning effectively and delivering the best we can. It also prevents us from reaching our full potential in all walks of life: be it academic, personal or professional.

To deal with whatever life throws at us and remain positive and hopeful even in times of crisis, we must create a supportive environment and generate discussion on what matters to us. Opening up is not a sign of weakness. It is a sign of strength and courage, that you’re ready to face the challenge head on and do whatever it takes. Any battle is fought more effectively with insight and aid, and the same applies to our inner battles as well. We all need help from time to time.

Let’s put an end to decades of silence and unmute ourselves.

PRASHANSA

B.Sc. (Hons.) Zoology

I Year

Picture Credits: Chung, Z. (2020, October 6). Woman in Blue Tank Top Sitting on Brown Wooden Bench Using Silver Macbook. Pexels. <https://www.pexels.com/photo/man-people-woman-relaxation-5538593/>

WANNA GO UNDERWATER???

SAY YESSSSSS!!!!

If you have seen “Zindagi Na Milegi Dobara”, then you’ve definitely heard of this underwater sport called scuba diving. Well I did this in Andaman and Nicobar Islands, the islands rich in fringing reefs. You might have seen the islands’ image on the Indian 20 rupees note, the old one actually. It is the North Bay islands, perfect for water sports and has a rich coral reefs experience as well.

Scuba diving has remained as one of the most precious and charming experience of my life. I’m a student of zoology, so naturally all the corals on these islands fascinated me. Well, to bemuse you guys, my experience of scuba diving was quite funny and scary. With every instructor you’ll find this thing common, if you don’t know swimming they’ll be glad, it’s much better because swimming and all the unnecessary limb movements gonna drive the fishes away.

Each instructor has got 45 minutes to train you and in the same time limit he’ll be taking you for the underwater adventure as well. You’ll be all equipped with these scuba tanks and these heavy buoyancy compensators and the heaviest of all, your inner thoughts. As for me, I had the hardest time learning the breathing technique. I made the silliest mistake in trying to breathe through the mouthpiece and it’s also a bit uncomfortable since you have to completely rely on your mouth for breathing and not your nose. But don’t you worry the real fun starts when he takes you all 20-40ft down without any prior warning and soon as the thought of realisation hits you hard you are no less than a wriggling dying worm in the deep sea.

But just after a few minutes when your body adapts to the surrounding water you feel like a mermaid, very slowly you feel the water with your hands. We usually have these particular thoughts regarding unusual sensations but slowly you just fall in love with everything that’s inside water. And your heart screams with joy. And for that moment, you want to be part of the water, and just like Dory in Finding Nemo says, “Just keep swimming, just keep swimming...” It was really an exhilarating

experience and now has the honour to be in the list of my top most charismatic experiences.

If you really loved this underwater experience, don’t limit yourself to scuba diving. You can also go for this undersea walking and snorkeling. Undersea walking is best suited for people who don’t want to stress themselves out with the breathing techniques and unlike, scuba diving you’ll be walking on the sand instead of floating over it. Snorkeling has a similar experience and I guess you should go for it before undersea walking and scuba diving ‘cause you can communicate much more conveniently through mouth and your guide will also be able to explain you about all the details and the miseries of underwater creatures. Happy swimming!



Picture Credits:

Pia(2019, October 7) Person diving in blue water. Pexels

<https://www.pexels.com/photo/person-diving-on-blue-water-3046637/>

ISHITA KALSHYAN
B.Sc. (Hons.) Zoology
III Year

Iridescence, 2020-21

Zoology Department, Maitreyi College

JUGGLING BETWEEN ACADEMICS AND EXTRACURRICULAR: MY ENCOUNTER WITH COLLEGE

Stepping into college is a big step in everyone's life. Along with advanced courses we are introduced to, we come in terms with the real world. We become more independent of our choices and learn the knacks of life as we tread through the decisions we make. My honest first week experience at college was to promise myself to not get stuck in this mundane routine of endless travelling from home to college, attend classes and go back home. The classes were not to blame but the orientation programs and stalls of societies lured us towards them. I won't be lying if I told all of us thought to join as many societies as possible. On this note, I planned to join the college basketball team. I was a good basketball player back in school so this seemed to be a good idea. When I joined the team and went to practice, it came to me as a surprise that very few students were from the science department. In school, we had no such disparity within streams and equal participation in sports, drama, dance etc. irrespective of the streams were seen. As days passed by, I realized it was difficult to balance academics with sports, especially if you are a science undergraduate. You have long laboratory schedules which you can't miss along with your regular classes. Plus, there is a preconceived notion that students who are into sports can't be good in academics. I don't know who made this norm, but it is quite prevalent among peers. Eventually, I had to quit basketball in 2nd year as the academic work increased and it started affecting my marks.

Again, I was back to square one and was determined to

find other skills I am good at. I participated in many competitions held in the departmental fests to know my capabilities. I discovered quizzing and scientific writing through these competitions. So, I made a point to participate in as many quizzes that came across and went to other colleges. Some I won, some I lost but, I learned in every one of them. My interest in scientific writing landed me in the Summer Internship held by our college. There was no turning back. I have written and published papers, submitted abstracts and posters in international conferences, and also discovered this is what I can do in future.

Be it basketball or quizzes, I don't regret making time for these at all. I agree it takes a lot of effort to pull off all these, but I will always recommend to pursue what you like. College gives us a plethora of opportunities and it's on us to take them or leave them. Fear of losing should not stop you from pursuing what you love. Academics improve your knowledge and extracurriculars improve social skills. I feel both are equally important in life. We are in a learning phase of life and it's the right time to hone our skills. No skill is futile and efforts don't go waste. You always emerge as a better person and that's what should be our aim in life, to be a better person than we were yesterday. I would like to conclude by saying, "It's better to be tired today, than to regret tomorrow."

GARGI NANDI
B.Sc. Life Sciences
2017-2020 Batch



DOWN THE MEMORY LANE

“Padharo mhare desh” is the first thing that leaps in our minds when we hear of Rajasthan, and the day when it was announced that we are going to the “Land of the Kings” we couldn’t hold our excitement. Our 4-days trip was planned to “Jodhpur and Jaisalmer”, the magnificent cities of Rajasthan. We started our journey by train at night, and in the morning, we were in the “Blue city-Jodhpur”, amazed and astonished.

We first landed at our resort that was testifying the royalty the city holds, designed traditionally, magnificent in ambience. Then, we all went to our allotted rooms and dressed up. Our first destination to visit in Jodhpur was Umaid Bhawan Palace, one of the largest royal residences in the world, even more beautiful than we imagined. The museum was full of royal paintings, porcelain, crockery and weapons from the 19th and 20th century, it also displayed a collection of ornate and antique timepieces from European countries. Till the time we were there, we could sense the feeling of royalty.

Our next destination was The Mehrangarh Fort, carved on a majestic hill. Entering the fort felt like entering the past, it rests 410 feet above the ground with many balconies sculpted from the sandstone that are unique to

historic buildings of Rajasthan. Looking down from the Fort, the past and the present seemed to fuse seamlessly. Below are the blue painted houses that make Jodhpur a “Blue City”. Climbing so many stairs was never so profitable than in this Fort. We entered glittering, glass-walled and painted chambers – Sheesh Mahal, Rang Mahal, Moti Mahal... There was even a small market of traditional and handmade items of Rajasthan, so we bought some clothes as souvenirs. We made our way down slowly and when we turned back from our vehicle our spirit rose as we saw the majestic Mehrangarh kissing the blue sky. From a day long sight-seeing we came back to our resort at night but that was not the end of the day, as we enjoyed the folk music and traditional cuisine.

Our next destination on the trail was Jaisalmer. The buildings were made up of yellow stone justifying it the title of ‘The Golden City’. We visited the Akalwood forest that showcased years old stones and tree logs. Then we reached the city, which was no less in royalty, and made our way to the Jaisalmer fort through small lanes looking like a maze. We were instructed to follow the guide, but we also managed to lurk and have a look at the

craftsmanship. After a while we arrived at the fort, we went straightway to the top to experience the beauty of The Golden city, no less beautiful than the Blue City.

We then travelled to Gadisar lake and enjoyed boating there, the water was cold, but still warm and what an astonishing view! The Sun was overhead and after having a delicious lunch we set back on our trail. We finally arrived at the Sand Dunes: the sand was everywhere to be seen, even at the farthest sight. As we got off our bus, we saw camels waiting to take us on the safari. We enjoyed the camel safari but that was not enough to suffice us, so we pounced together on the camel cart and enjoyed the ride. As we got down the cart, we saw the sun setting down, painting the sky in shades of orange and red. Shoes filled with sand, we went to our desert camps for the night stay. Deserted from the main city, but the camps were full of amenities.

We rested for a while and came outside to enjoy the cultural night- Rajasthani folk dance, fire dance, music and we were just awestruck by their performances. The next day, all ready to leave the camps, we suddenly heard someone shouting, "We are going for jeep safari" and we both jumped in excitement as we knew we were going to experience something amazing. The driver took us to the middle of the dunes with great speed, making us save ourselves from not falling down. The jeep went up and down the dunes resulting in jerks; at the end our muscles shrieked voices that only we could hear, but despite all this, it was a great experience. We then headed towards Kuldhara, also referred to as 'The Ghost Town'. This place was once a prosperous city, many stories prevail why this city was abandoned by the people. After spending some time there, we were on our return journey.

In the middle we stopped by the Jaisalmer War Museum built to remember the valour of our great soldiers. The museum showcased our military's history and its victories. After spending some time there, we headed towards Jodhpur, and then back to Delhi. Everybody was tired, sleep deprived but no complaints as we all came back with an ocean full of memories, which are going to stay with us forever.

ANAMIKA SHARMA & DRUSHTI SABLE

B.Sc. (Hons.) Zoology

III Year



Iridescence

EVOCATIVE STROKES





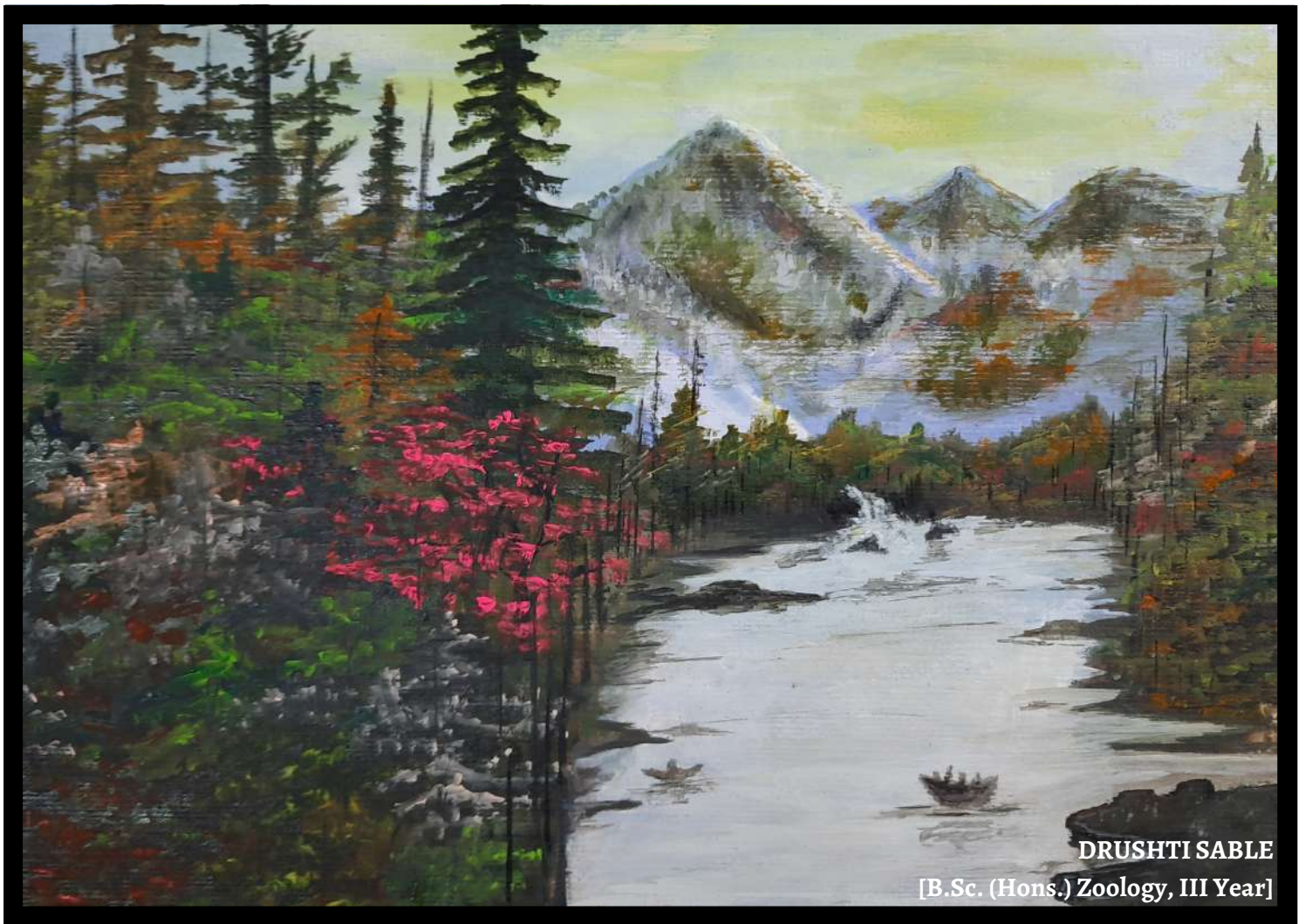
ANJALI RAWAT
[B.Sc. Life Sciences, III Year]



RAJNI SINGH
[B.Sc. (Hons.) Zoology, I Year]



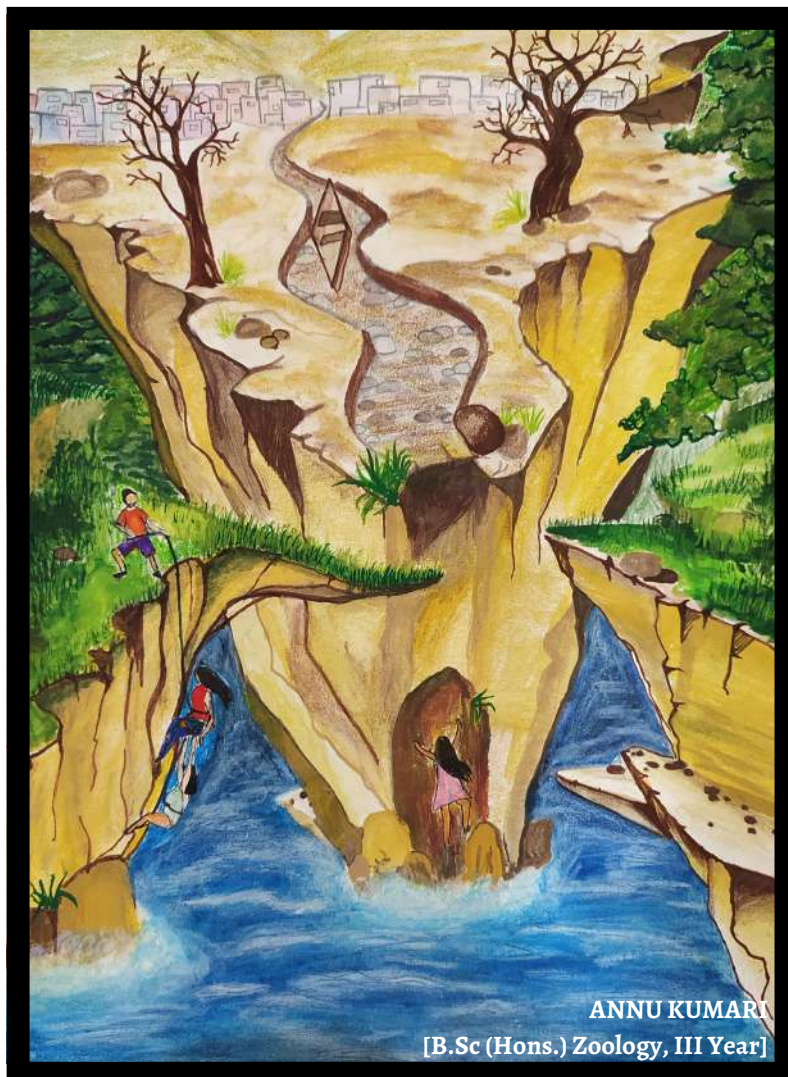
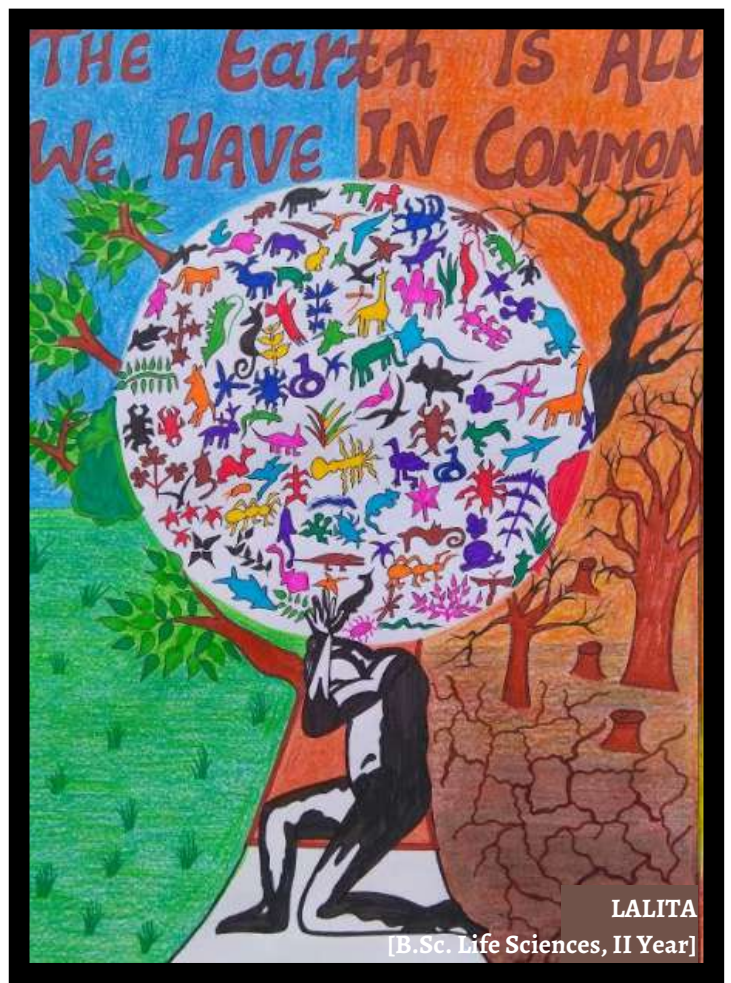
DEEPIKA DAYAL
[B.Sc. (Hons.) Zoology, I Year]



DRUSHTI SABLE
[B.Sc. (Hons.) Zoology, III Year]

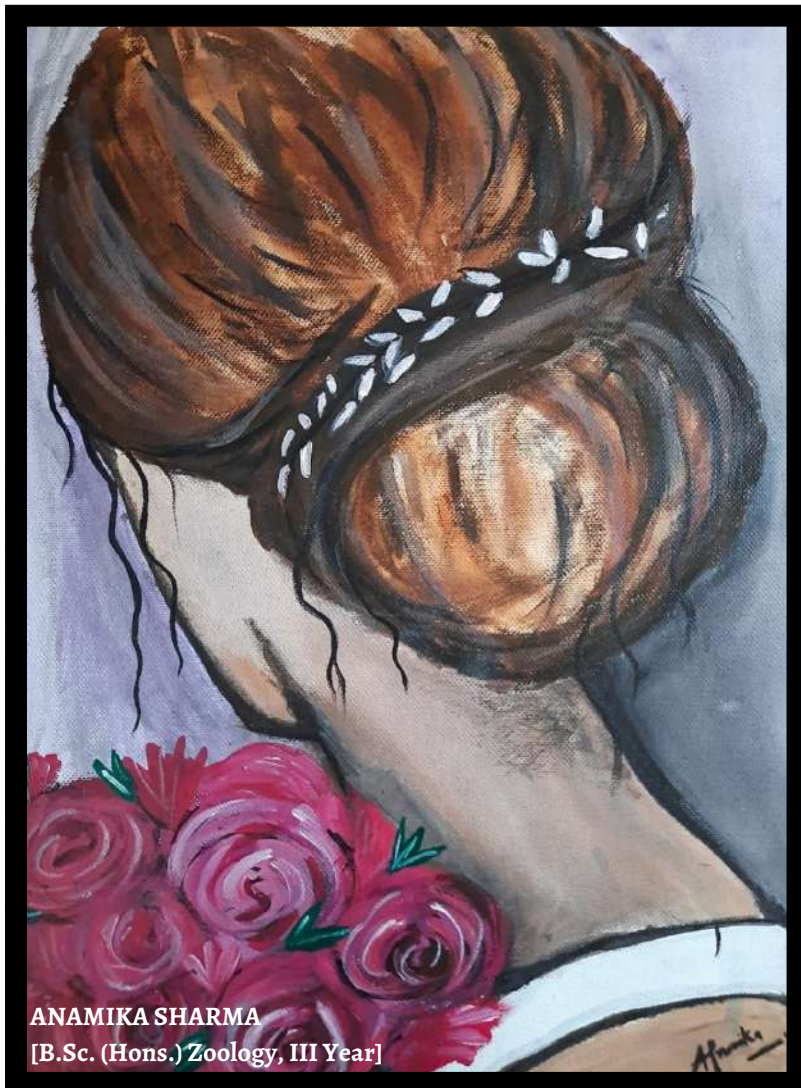


RIYA
[B.Sc. (Hons.) Zoology, II Year]





ANJALI RAWAT
[B.Sc. Life Sciences, III Year]



ANAMIKA SHARMA
[B.Sc. (Hons.) Zoology, III Year]



HARLEEN KAUR
[B.Sc. Life Sciences, II Year]

Iridescence

FORESIGHT OF THE MAVENS





FAREWELL, LIFE SCIENCES BATCH 2015 -18

TURNING BACK THE CLOCK!

I still remember the scrunched-up noses of individuals when I told them, "I was pursuing my Bachelor's from Maitreyi." (An all girls' college in the University of Delhi)

Usually the first response to my statement was:

"How will you survive?"

"All girls is such a bore."

"You won't have any fun. Transfer."

Keeping all these notions in mind, I entered the wrought iron gates wondering about my survival since I've been brought up in a co-ed surrounding.

However, after a few weeks of constant pressure of completing lab work and incessantly drawing diagrams until my fingers bled, I came to the realisation of how wrong people were. Maybe that's why they say: Never listen to people.

From the very beginning, I found people in every nook and corner of the campus ready to help me with whatever I wanted and that included completing each other's file work, which I can tell with utmost sincerity is quite a huge deal. There are some things you can't do without ending up as good friends, and bunking classes, and going on trips are a few of them!

Here I found the most amazing people 'My Sunshine Tribe' who'd break any other stereotype that was associated with girl gangs. We've laughed, cried, talked incessantly on topics ranging from the latest couture collection to climate change. Despite what people might say, girl gangs are the fiercest and kind species you could ever hope to find. They'll always have each other's back. No matter what, you'll always find them standing in the front row, cheering you on.

Fast forward to 2020... 2 years after graduation, I can say without an iota of doubt studying Life Sciences from Maitreyi College has been the best decision of my life.

Joining DebSoc, finding my voice, getting in touch with the creative side with all the diagram making, paying attention to every detail as I erased and tried to draw a straight line in the file. Again. Quite a bittersweet experience there!

The amazing faculty who helped me figure out what I really want out of life.

Having random pizza parties near Chemistry Dept. to missing Labs and running off to historical landmarks to prepare dances for farewell.

The memories associated with this place are countless. I would give everything to turn back time and relive it all. Safe to say, this college will have my heart always and forever.

MARIA RAZZAQ
B. Sc. Life Sciences
2015 -2018 Batch

Iridescence, 2020-21

Zoology Department, Maitreyi College

DISGUISED BLESSINGS IN BITTER TRIALS

“Failure is simply the opportunity to begin again. This time more intelligently”

-Henry Ford, the Founder of Ford Motors

As it's well known, success is a subjective concept. Its criteria vary from person to person. For certain people it's just wealth or power. Throughout my life I have witnessed a lot of struggles, but I never allowed them to conquer me. Every time I fought against all adversities with the strength and blessings from the Almighty. I strongly believe success doesn't depend on your possession or power.

Biology has always been an attraction for me. Hence, I opted Science stream for study. During the schooling itself, I could explore my aptitude and thirst for acquiring knowledge in Science. My teachers and family members too promoted this with their active support in all my endeavours. My dream of becoming a doctor who serves the suffering made me prepare for Medical Entrance. I couldn't join a govt. Medical College for MBBS. My financial constraints didn't allow me to study in a semi-govt or private college. Still I was reluctant to face failure and I opted for B.Sc. Life Sciences.

By God's grace, I got into Maitreyi College where I was blessed with the best faculty for my course study. Through them I happened to know about the advanced facilities available through globally topped International Universities. During the final year of my study, I began my search in this regard. By this time, I had already conquered all my despair and despondency.

My applications and write up were accepted by the U.K. Universities. Here again, my constant problem of financing the study appeared as the main 'Villain'. I opted for scholarships, but most of them were not sufficient for a student like me to pursue M.Sc. in the U.K.

A new vigour and energy have been my possession and, in the middle, I could achieve a good IELTS score. Later, I happened to know that Glasgow University of U.K. nominated me for the GREAT Award. Glasgow



University of U.K. nominated me for the GREAT Award. Glasgow University and British Council together give this to one Indian student. It includes the whole tuition fee which was about 21 lakhs. After many write-ups and interviews I was selected to be the GREAT Awardee of Glasgow University for 2019-20.

My boundless ecstasy is inexplicable through these words. Ultimately, what I learnt from my life is that there is no success without a failure. My failure drove me forward to be successful.

This is what the life of many successful scientists and inventors like Thomas Edison and Wright Brothers teach us.

Thank You!

Riya Roy Chethalan
B.Sc. Life Sciences
2016-2019 Batch

Picture Credits:
Piacquadio, A. (2020b, February 25). Woman in Blue Denim Jeans Sitting on Floor. Pexels. <https://www.pexels.com/photo/woman-in-blue-denim-jeans-sitting-on-floor-3807737/>

SUDDEN FEELINGS!



You understand how much you have changed with the time spent in college

3 crazy years and you stand out as a completely different person you are today

Time to grow up

You 'actually' have to

It's hard to realise, but...

You are cherishing some special bonds as well as forgetting some things you had been carrying since long

It's an uncanny feeling altogether

Suddenly life goes on a slow-motion mode

Your friends are hugging you, there are tears in your eyes, the ambiance is now different

Canteen is no more 'THE' spot

From now the adda will probably change

There is a sudden realisation that these moments will never come back

You want to party hard and live the moment with your friends

#OneLastTime

You check all your pictures from first year till now

The makeover from being ugly to pretty!

And some of your stupid status updates regarding college life

You are judging yourself right now

#MemoriesMade

You start thinking about how time passed

How some relationships with your friends changed

Some for good, some for bad and some for unknown reasons

There is a riot of mixed emotions going inside you

To be sad? or to be happy? or to be both? You don't know

You are just going with the phase

You can't believe it's all actually happening

Not to forget, you're a pro

Just look back and see the number of girlfriends you made

#GirlsCollege. Haha!

AISHWARYA SINGH

B.Sc. Life Sciences

2015-2018 Batch

WITH GRATITUDE...

Thinking about the time that I have spent in college and especially the department, fills my heart with so much joy. The encouragement provided by the faculty members is commendable. They gave me a platform to showcase my talent, helped in inculcating leadership values and most importantly, taught the significance of working as a team. I strongly believe that along with academics, such life skills are necessary to help one reach his/her goals in life.

It is very early to talk about my success story, but yes, I want to become a teacher and I am halfway there, and

one thing that I am sure of is that all the lessons (academic as well as the rest) that the college has taught me is definitely going to help me reach my goal. I am forever grateful to all the professors and the lab staff of the Zoology Department of Maitreyi College for the role that they have played in my life.

RESHMA EMILIN

B.Sc. (Hons.) Zoology

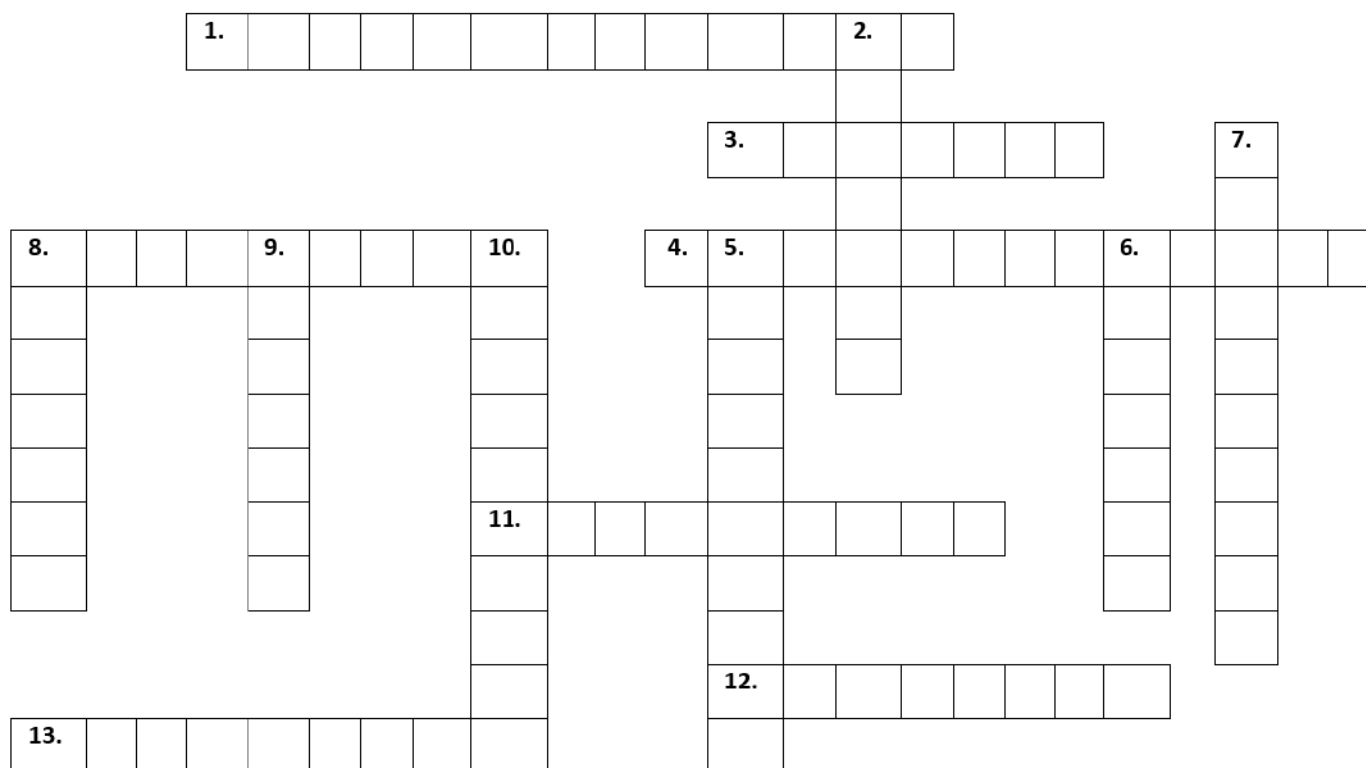
2014-2017 Batch

Iridescence, 2020-21

Zoology Department, Maitreyi College

THINKING INSIDE THE BOX!

Get ready for some brainstorming and challenge yourself to solve this
CROSSWORD PUZZLE within 10 minutes.



ACROSS

1. Study of Glands
3. Study of Animals
4. Study of Biological Rhythms
8. Study of Magnetism
11. Study of Bones
12. Study of Genes
13. Study of Celestial Bodies and Phenomena

DOWN

2. Study of Earth Science
5. Study of Blood
6. Study of the Ear
7. Study of Physics of Biological Phenomena
8. Study of Muscles
9. Study of Environment
10. Study of Earthquakes

Iridescence

VERSES FROM THE HEART



EXPLORING PEACE



In the buzz, amidst the chaos
In the cacophony of racing clocks.
In the patter of raindrops,
I have searched you in all the odds.

On the beaches, in the mountains
In nature away from the sirens.
Even in the ominous silence,
I have searched you without any defiance.

Searched everywhere,
But could not succeed.
All my attempts failed at ease,
Thought peace was great at playing hide and seek.

Is peace a thing?
A thought pounced in my mind,
'No' answered my failed attempts with great kind.

Set final sail with great consideration,
No anger, no hustle were prime attention.
Continued to practice with some additions
Living happily and freely were the only conditions.

Slowly and steadily calm conquered my soul and mind,
Everything felt great, everything nice.
This is the actual peace I was searching for since time.

As a deer wanders in the forest to search musk,
We people wander to find peace in the world.
Unknowingly both search for a thing,
That is already present within.

DRUSHTI SABLE

B.Sc. (Hons.) Zoology

III Year

Picture Credits -

Adrijana. (2018, November 4). Brown Rocks Balancing. Pexels. <https://www.pexels.com/photo/brown-rocks-balancing-1565389/>

CAPTOR



You are a captor of my mind,
You are a captor of my existence.
Let me handle my life.
Let me seize my spirit.

Be with me, not over me.
Hold my hand, not tie-up with rope.
Cover me with full of glance,
Don't pluck me as a bud,
I want to be wholly a flower.

Care for me as a human,
You are a man but I am a woman.
Don't mind,
When I am,
The captor of my mind.

NAVYA PALIWAL
B.Sc. Life Sciences
(2017-2020 Batch)

Picture Credits -

Masucol, R. 2020, August 9). Calm woman with shadow from green leaf. Pexels. <https://www.pexels.com/photo/calm-woman-with-shadow-from-green-leaf-5067697/>

Iridescence, 2020-21

Zoology Department, Maitreyi College

SIX YARDS OF ELOQUENCE



Triumphed all dresses
It oozes out the hidden feminine.
Fluidly it goes
Bejewelling every curve.

Every drape, every pleate
Unique to its owner.
A graceful decoration fallen right from heaven.
Pride of the one who adorns.

Donning it,
One carries forward the tradition.
It speaks, symbolizing her way of life
Each similar, yet diverse.

Is there any dress
Which honors every curve,
Yet intensify the sensuality tacitly.

Women in saree,
A muse gracing the eyes.

ISHITA KALSHYAN
B.Sc. (Hons.) Zoology
III Year

Picture Credits -
Baghel, V. (2019, March 9). Woman Standing Near Plant Pots. Pexels.
<https://www.pexels.com/photo/woman-standing-near-plant-pots-1999895/>

LET IT BE THE WAY YOU CAN HANDLE

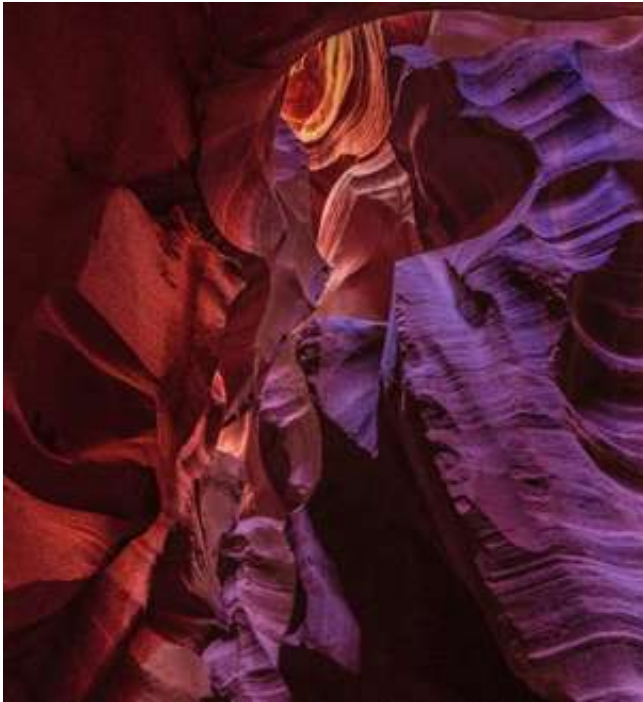


Let the stars shine for you, if you couldn't make it to
the brightest light,
It's okay,
You can be a sparkle of someone's eyes.
Let your worries land on someone else's shoulder if
you can't bear the burden anymore,
It's okay,
You can relax and loosen up yourself for better.
Let the tears roll down your cheeks and pillow if you
can't hold them,
It's okay,
You will feel lightened and calm.
Let the courage gear up and try again if you tasted the
failure again,
It's okay,
After all, failure is the pillar of the success.
Let your light shine like a diamond in the sky if you feel
like dwelling in the dark,
It's okay,
You will come out as a warrior not a survivor.
Let it be the way you can handle.

ARCHITA KEDIA
B.Sc. Life Sciences
2017-2020 Batch

Picture Credits -
Miller, V. (2019, August 12). Woman Standing Under Yellow Leaf Tree. Pexels.
<https://www.pexels.com/photo/woman-standing-under-yellow-leaf-tree-2788852/>

LIKE THE...



Like the emergence of a phoenix,
From its ashes.
Like the birth of a neutron star,
From a supernova.
Like the delusion of reprieve sought,
By a condemned man.
I wish to be hatched out of the shell,
Of monotony and stability and leap into the world of
curiosity and uncertainty.

ISHA KUMARI
B.Sc. (Hons.) Zoology
III Year

LIKE US



I wonder are they like us?
All those who are existing.

Do lions brag to each other about the food they had?
Do they live because death is painful or they love
living?

Do flowers have superiority complex too?
Do words like ugly exist in their world?

Do all cuckoo birds sing?
Or
Some avoid doing so, thinking they have a bad
voice?

Are they self-centred too?
Or
They actually help each other?
Or
They pretend doing so?

Do trees get tired of growing, growing and growing?
And get peeved when their fruits are plucked!

I Wonder!

NEERU DUSHAD
B.Sc. (Hons.) Zoology
III Year

Picture Credits -
Palés, I. (2019, September 1). Photo Of Canyon During Daytime. Pexels.
<https://www.pexels.com/photo/photo-of-canyon-during-daytime-2877375/>

Picture Credits -
Pixabay. (2016, November 20). Macro Photography of Tree. Pexels.
<https://www.pexels.com/photo/ball-ball-shaped-blur-color-235615/>

LIFE IS IN YOU



You the forefather,
You the maker of your life.
Born out from the womb of a mother,
Till the graveyard of death.
From the first cry of birth,
Till the last breath of death.
From the beginning of the first day in class,
Till the end of the job.
You begin with yourself,
You end with yourself.

You the starter,
You the diminisher.
From beginning of the relationship,
Till the breakup.
From the commitment of the marriage,
Till the end of the journey.
From the happiest moments,
To the saddest profiles.
You begin with yourself.
You end with yourself.

Nobody the precursor,
Nobody the guide.
Life needs to be driven by you,
So live happily,
Work hard,
Enjoy crazily,
Life is in you.

TIYA CHIKARA
B.Sc. (Hons.) Zoology
I Year

Picture Credits -
Goncharenok, M. (2020, May 17). Woman in White Long Sleeve Shirt Raising Her Hands. Pexels.
<https://www.pexels.com/photo/man-love-people-woman-4423748/>

AN URGE TO BE LOVED AGAIN



I am her book, I touched her heart,
Once loved, now ignored.
Chosen from many, luck was mine,
Scarce of words, from where to start.

She came across me, to satisfy her mind.
I became her priority from dusk to dawn.
Hanging together in her room, we became friends.
She gave me love, her loyalty I defend.

Flipping through my pages, she found a new world.
I gave her the jewels of words, to let her mind bloom.
The sunshine entered through the drapes of her
bedroom.
Completing my story her heart got swirled.

Finally started declining the levels of her love.
Withdrawal is something I found tough.
She moved on with a new one.
I am so used to the affection, I can't rise above.

Everything in this room, the TV, the bed, the curtains,
the cushions and the chair,
They feel the essence of her touch.
I am left alone in this room of hers.
I know you are sympathetic for my look of despair!

MUSKAAN AGGARWAL
B.Sc. Life Sciences
III Year

Picture Credits -
Magni, O. (2019, March 18). Sakura Tree. Pexels. <https://www.pexels.com/photo/sakura-tree-2033997/>

THE JOY OF MONSOON



Barren was the land for years.
Drought, dehydration were some lurking fears.
For water, starved the whole region.
The awaited monsoon, just a namesake season.
God's punishment, fate, destiny, sin,
Some mere consoling reasons.
But no ray of hope in those dependent hearts,
Cries of children, death of elders;
Malnutrition remained the torch bearer,
Water! Only in an oasis could it be seen.
It's reality, far thought it has been!
Every cloud has a silver lining,
Even in it's dark, there is a star shining.
Suddenly two drops started whining,
Astrologers predicting,
Happiness sensed in those screaming,
With a wave of strong craving,
Drop fell, another, and it started raining.
Sigh of relief, every person heaved.
That's the joy of monsoon, strongly believed.

RISHIKA MALHOTRA
B.Sc. (Hons.) Zoology
III year

Picture Credits -
Pandit, R. (2019, August 19). Photo Of Person Holding An Umbrella. Pexels.
<https://www.pexels.com/photo/photo-of-person-holding-an-umbrella-2816625/>

TELL ME



What should I prefer?
Death in freedom or life in a cage,
What should I prefer?
Suffering in open or happiness bound in chains,
What should I prefer?
A mundane routine or an unpredictable change,
What should I prefer?
Safety in shackles or freedom in pain,
What should I prefer?
This aching silence or this calming noise,
Should I just listen to them or find my own voice?
What should I prefer?
This beating in my heart or the voice in my brain?
This is one question that shall forever remain...
Enclosed within the confines of my heart,
While I desperately try to break apart
These bondages that I have built,
Where gloominess persists and darkness is filled.
And yet I can't decide a stance,
Should I comply with the world or take a chance...?
Tell me what should I prefer...

R. SUBHIKSHA
B.Sc. Life Sciences
2017-2020 Batch

Picture Credits -
Casiano, S. (2018, March 16). Brown Wooden Cubes. Pexels.
<https://www.pexels.com/photo/brown-wooden-cubes-944773/>

A SURREAL ESCAPE



Oh! These bewitching rainy day evenings,
I love the way they pull me out of my lame days
Into a world, as if created entirely for
my own being

The purple colored sky, ruled by the song-filled clouds,
And these gleaming dew drops sitting
Still on the edges of the leaves

All of it making my evening stroll
'A Surreal Escape' and

While walking into the woods,
I wonder if love is so pure...
How do these tiny entities knew,
That it would rain for sure.

RASHMITA BAJAJ
B.Sc. Life Sciences
I Year

Picture Credits -

Pixabay. (2017b, July 5). Purple Leaf. Pexels.
<https://www.pexels.com/photo/purple-leaf-459301/>

MEMORIES



Once again the memories escaped her head,
Started climbing on her each breath.
Until they reached her eyes,
Wondering if it's beautiful outside?
The memories begged their way out,
They wanted her to drop her pride,
By spilling the marine liquid filled inside her eyes.

She lifted her head,
Stretched her neck,
Untied her hair,
Fetched little extra air,
And smiled.

She smiled with those closed eyes,
And let the ocean dry,
When she hugged them tight.
It felt like consoling an uninvited kid on Christmas night.

She explained,
That it's not her pride, even she also tried
But it's always...
Too much inside and limited time,
too long, too boring,
Not that bad happened,
Just smile and remember to keep it wide.
It's just too judgmental outside,
So, this is the best she can decide.

MEGHA LAKHERA
B.Sc. Life Sciences
III Year

Picture Credits -

Fotios, L. (2019, January 18). Close-Up Photo of Pictures On Wooden Box. Pexels.
<https://www.pexels.com/photo/close-up-photo-of-pictures-on-wooden-box-1812527/>

Iridescence, 2020-21

Zoology Department, Maitreyi College



COLOURS OF MY VISION



Colours mixed in my fathom of thoughts,
Colour embraced my plethora of emotions.
My heart felt the colours,
They mixed like never before,
They blessed my visuals like never before.

Dipped in my ocean of thoughts,
Colours expressed my thoughts.
From shades of yellow making me dive into bucket of hope,
To shades of blue enriching my limits.
They mixed like never before,
They blessed my visuals like never before.

I understood the colours of the nature like never before,
Enlightening my beads of thoughts, the nature,
Embraced me into its lap like never before.

RITIKA KALRA
B.Sc. (Hons.) Zoology
III Year

CALL-OUT THE SAVIOUR



When denunciations break her heart in smithereens,
And apprehensions bind her with shackles and chains.
There comes her saviour, the fond hope to mitigate the pain.
When the overpowering emotions make the heart sunk deep,
There comes the inner-faith to assemble the splinters and keep.
Intricacies and complexities are dart,
Oh! But the chimerical smile adds ecstasy to the cart.
The fear that hits the chords and plays on pianoforte,
The obduracy beats in a different way.
She searched for a kin
She searched for a chum,
But her heart found solace in none.
Least did she realize they all lie within.
They lie inside the heart encased,
With every beat they resurface.
To all those who have decided to submit,
When all crumbles and falls apart,
Pick yourself and restart.
No one else can force you to smile,
No one else can push you to walk an extra mile.
Make the courage your benefactor,
And obduracy your protector.
Life is a package of topsy-turvy aisles,
Call-out all those saviours.
With them you will find the way out of the labyrinth,
With them you will survive with grace,
With them you will thrive in this race

TRISHA TEWARI
B.Sc. Life Sciences
III Year

Picture Credits - Anthony. (2018b, January 10). Closeup Photography of Purple Silk Flowers With Dewdrops. Pexels. <https://www.pexels.com/photo/closeup-photography-of-purple-silk-flowers-with-dew-drops-794494/>

Picture Credits - cottonbro. (2020b, July 21). Woman in White Dress Walking on Forest. Pexels. <https://www.pexels.com/photo/woman-in-white-dress-walking-on-forest-4921125/>

Iridescence, 2020-21



ख़्वाब की मंज़िल



ख़्वाब जो इन आँखों ने देखे, लगता है अब पूरे होंगे।
तक़्दीर की लकीर अब, लंबी तो ज़रूर होगी।।

गिरता रहा, संभलता रहा, पर हार कभी ना मानी।
कंकर आये, काँटे आये, पर सीख सभी से पाई।।

माँ की एक बात को, हमेशा याद रखा मैंने।
उठो, गिरो, फिर उठो, पर पीछे कभी ना देखो।।

धुआँ जो आज छाया है, हटना तो इसे भी होगा।
हवा के इक झोंके से, बिखरना तो इसे भी होगा।।

सूरज भी डूबता है, पर फिर हर सुबह निखरता है।
हीरा अगर चमकता है, तो पहले तराशना पड़ता है।।

मुझे भी जलना होगा, हर दिन परिश्रम करना होगा।
मंज़िल अब दूर नहीं, बस इरादा पक्का करना होगा।।

कुछ और दिन, कुछ और पल, चाल तुम्हारी मैं चलने दूँगा।
पर ख़ुदगर्ज़ हूँ, एक आग हूँ, बाज़ी तो मैं जीतकर रहूँगा।।

पसीना जो बहाया है, अब मोती बनकर चमकेगा।
रातों में जो जागा हूँ, अब सुकून से सोऊँगा।।

पर हाँ, जब फिर आँखें खुलेंगी, तो सपना फिर एक देखूँगा।
उसे पाने की कोशिश में, हर रुकावट मिटा दूँगा।।

निश्चय अब कर लिया, या हारूँगा, या जीतूँगा।
तक़्दीर की इस कच्ची लकीर को, लंबी तो करके छोड़ूँगा।।

अनामिका शर्मा
बीएससी (ऑनर्स) जूलॉजी
तृतीय वर्ष

Picture Credits -
Bishop, J. (2019, May 30). mountain range.
Pexels. <https://www.pexels.com/photo/mountain-range-2397645/>

मेरी सोच के पहिये, वक़्त से तेज़!



मैं यहीं, मेरा देह यहीं,
पर क्यों मेरा दिल, दिमाग़ है और कहीं।
मैं ठहरी हुई, मेरी आँखें भी नहीं झपक रही,
फिर क्यों यह घड़ी की सुइया भाग रही?

मैं क्यों नहीं हिल पा रही,
चलते वक़्त के पहिए को बस बेबस होकर निहार रही।
मेरी सोच के पहिये महाशय तो वक़्त से भी तेज़,
चारों और दौड़ कर, मेरे दिल को ही पहुँचा रहे ठेस!

अरे!! ओ दौड़ती सोच थोड़ा थम तो सही,
इस दिल की भागती धड़कन बेचारी थक सी है गई !!

किताब के उड़ते पन्नों को भी चैन नहीं,
शायद याद दिला रहे मुझे की भूल तो नहीं गयी हमें कहीं।
तुम तो समझो ज्ञान की देवी,
जब मेरा दिल दिमाग़ है ही नहीं,
कैसे ध्यान लगाये आप पर मुझ जैसी बेचारी!

शिवांगी चौहान
बीएससी जीव विज्ञान
तृतीय वर्ष

Picture Credits -
Giallo. (2018c, February 8). Assorted Silver-colored Pocket Watch Lot Selective Focus
Photo. Pexels. <https://www.pexels.com/photo/assorted-silver-colored-pocket-watch-lot-selective-focus-photo-859895/>

Iridescence

SEAMLESS SHOTS





PADMAKSHI
B.Sc. Life Sciences, II Year



PRATIBHA TIWARI
B.Sc. Life Sciences, 2017-2020 Batch



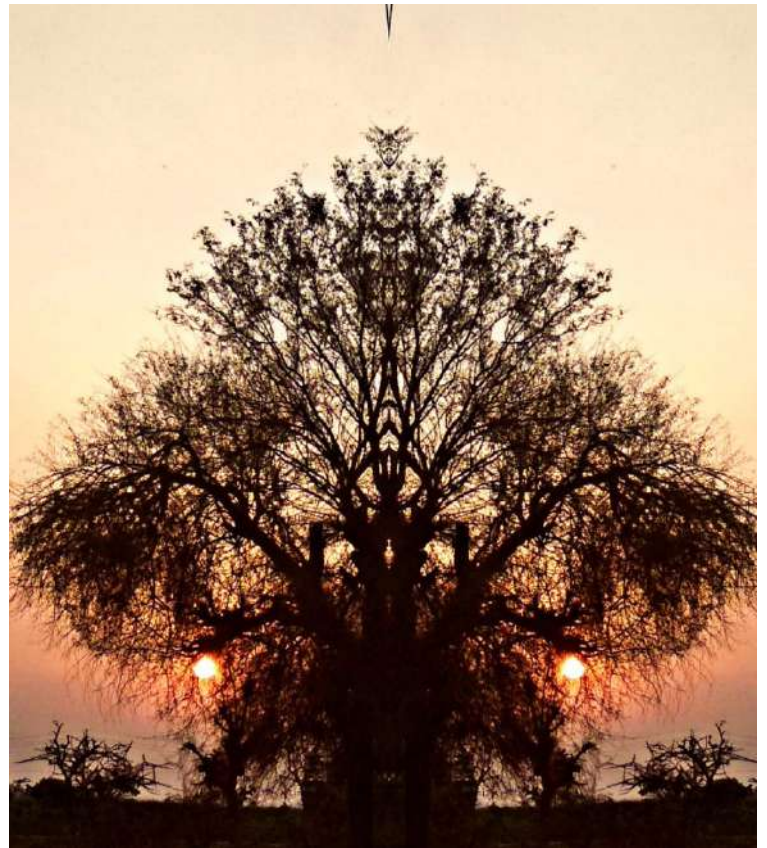
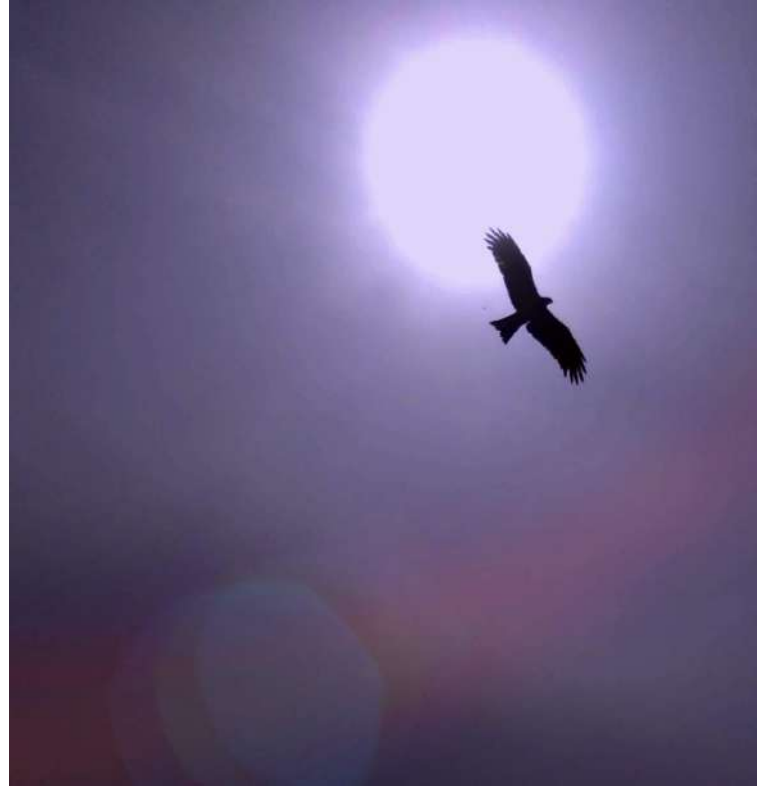
TANISHQUA CHOPRA
B.Sc. Life Sciences, 2017-2020 Batch



TANVI MOHANTY
B.Sc. Life Sciences, I Year



GARIMA
B.Sc. (Hons.) Zoology, II Year



GURMEET BODWAL
B.Sc. (Hons.) Zoology, III Year

Iridescence

RENDEZVOUS



INTERVIEW WITH PRACHI DADHICH

Prachi Dadhich, our esteemed alumna has completed her Masters in Ecology from Universität Bremen, Germany.

She graduated in Zoology (Hons.) in 2017.
Let's know her journey and struggle behind.

Q. What do you aspire to be?

I am always curious to read and know about the behavior of insects, especially pest species. Professionally, I see myself as a Scientist working in the field of Applied Entomology at some research institute. Personally, I want to become a person with a never giving up and no self-doubt attitude.

Q. You have completed your masters in Ecology from Universität Bremen, Germany. How was your experience there?

It was certainly the dream come true moment for me. This opportunity opened up gates to explore so many new things. I had an amazing experience being completely independent and learning new courses. Fortunately, this Master course trained me how to design your own scientific research, work independently in the lab conducting different experiments, take suggestions from different people and present your work in different ways. All these skills are really important if you want to pursue some career in the academic field. I certainly had to work hard to adapt to the alternative ways of teaching and learning. But at the end it was all worth it. Not only on the academic front, you grow as a person when you start living on your own. I guess this is an excellent experience which changes the way you see the world. I am a completely changed person who appreciates every little thing in life as I understand the value of it now.

Q. How difficult was it to get into a foreign university?

Personally, I do not believe anything is difficult if you have the will to do it. Same applied to me, I decided by the end of the first year in my bachelors that I am going to pursue my Masters from some foreign university. After that there was no looking back. There was only one goal of making an impressive CV as well as scoring good grades.



Luckily, when you study in University of Delhi there is no shortage of opportunities. So, by the end of my Bachelors I had a nice CV as well as good grades.

Q. What kept you inspired and motivated during that time?

Majorly two things kept me motivated. First, the dream of studying in a foreign university. I was so confident and engrossed in the preparation of my applications that I did not even prepare for any Indian university entrance exams. Second, the constant support and guidance from my family. I wanted to achieve something so great that my parents will be proud of me. This fact still motivates me to achieve great things.

Q. How did Maitreyi College prepare you for your career?

Maitreyi College taught me how to strive in the competition of the outside world. All the teachers taught us really well.

Q. How is Maitreyi College special to you?

Maitreyi College is really special to me. It made me a really confident person. Maitreyi College gave me so many opportunities to evolve that I will be forever grateful to Maitreyi College.

Q. The major missing moments of Maitreyi College.

I was very close to the Students' Union. I used to help them all the time with the functions that used to take place in the college. I used to love working for the fests and other functions. This made me a confident person. I actually learnt how to deal with people. I was a very shy person when I entered Maitreyi College but after that I became a very confident person. This is the major missing moment for me.

Q. Your favourite fest that you still long to attend.

I never attended any event in the north campus of DU. Maybe if I get a chance to attend one of the fests there.

Q. Can you describe Maitreyi College in one line?

A turning point in my life.

Q. How and why did you decide to pursue Zoology Hons from Maitreyi?

I always had a soft corner for animals. I have immense interest in animals and I wanted to do something that I love.

Q. The gardens of Maitreyi College are a part of its heart and also of the Maitreyians. How are you connected with it?

As I am a photographer, I mostly do wildlife or nature photography. I used to love capturing the flowers from different angles. Mostly people go there to take selfies but for me the gardens were meant for photography. I had a lot of good shots of them.

Q. Your favourite hang-out spot.

Sarajini market was my favourite hang-out spot.

Q. You worked as a coordinator in Umeed NGO during your college time. How was the experience?

Being a coordinator was a huge responsibility because the major role of a coordinator is to have more and more memberships from their college and

to tell everyone about this NGO so that it gets more volunteers. It was a great experience. When you do something for a good cause, it feels great.

Q. You were a member of Vista. How did it help you?

I always wanted to join the photography society, but couldn't make through the auditions in the first year. I got selected in second year. I used to love being a part of Vista. The seniors were so good.

Q. You have published many scientific articles. Would you like to share the experience.

I worked as an intern in Down to Earth magazine and luckily, I was able to publish 5 articles within the span of one month. That was an experience that taught me how to coordinate with other people, how to listen to other people and how to grab good things out of other people.

Q. A piece of advice that you would like to give to your juniors.

Enjoy three years of your life, they are immensely important. Try and learn new things. Evolve as a person. When you will do masters, you won't get much time for yourself, in bachelor's you have a lot of opportunities. In Delhi University you have many opportunities around you. You just have to grab them. Don't be afraid to do something new. Don't do something just because your friends are doing it. Explore your options for the future. Explore your chances. Take help of your teachers, connect with them, they will help you in all ways.

Interviewed by Trisha Tewari

INTERVIEW WITH GARIMA LUNIA

Garima Lunia, our marked alumna who has bagged the prestigious accolade, the Karamveer Chakra Award. She has completed her masters from BHU.

She Graduated in B.Sc. Life Sciences in 2018.

Let's know her journey and struggle behind.

Q. What do you aspire to be?

I aspire to bring sustainability and environmentalism justice at each door. I wish to make environmentalism services eco-friendly, ethical and economical to all.

Q. How did Maitreyi College shape your dream of becoming an eco-enthusiast?

Maitreyi College, it's a Star College of science and has proved for me again and again. Noticeboards full of opportunities and availability of professors digitally/physically was the gateway for relentless improvement and growth. It gave platform to my persistent hard work and efforts.

Q. Why did you decide to pursue B.Sc. Life Sciences from Maitreyi college?

Since B.Sc. Life Sciences is an interdisciplinary science, it gives a platform to relearn the science in a deeper and broader way. It also gives the students time to understand and build confidence to find the core interest.

Q. How was the journey till getting this Karmaveer Chakra Award?

It has been a journey of constant push and pull. I believe in positive pressure and persistence to keep going. It does take time to understand what is the better path for you, but constant hustle and commitment have ripened the fruits for me. Opportunities are not always knocking at your door but my undying efforts and hard work to work on myself and be a better version of myself each passing day has led me to this award.



Q. So after getting this award, how did the outlook of people change towards you?

Journey after award has definitely changed a lot. My work in solid waste management was perceived with very low eyes but now is a very important futuristic sector. It has also boosted my confidence and helped me to work harder and smarter. It has definitely made the belief system of people upon my work very positive. I have seen people reflecting environmental conscious choices voluntarily which itself is an award for me.

Q. Can you elucidate about the work you did in the Plastic Free July Campaign?

I started being conscious of choices I made and came to the conclusion that I can have a low impact lifestyle with my work schedule. Inspired by Plastic Free July Global challenge, I organized this as a small digital community program. To involve more people, I focused the topic on "Threats of plastic to the health of Planet and People". My team of eco-warriors consisted of 24 people from 22 cities across the country. The age group of participants varied from 19-30 years and professions varied from students to air hostesses, chefs, farmers, physicists, research scholars, dancers, engineers and shop owners. This involvement itself made the initiative a success. The theme of the month was 8 sustainability R's i.e Rethink, Refuse, Reduce, Reuse, Refurbish, Repair, Repurpose and Recycle. Each week two topics and two pledges were discussed. Total topics covered over 30 daily utility products and insights on the latter happened till micro plastics and microbeads.

Q. How about the discussion on the substitute of sanitary pads?

Sanitary napkin is one of the most polluting and untreated waste. It also threatens the life of people who are supposed to manage this because of excessive contamination. Thus, this was very deftly discussed in the campaign. Menstrual cups are the best option for hygiene and safety-wise. But there are more options such as reusable pads that can be soaked and washed quickly. Adapting to these, women can divert a major chunk of their waste from landfill, leading to better environmental and social health.

Q. You participated in a poster presentation competition in your college days. Would you like to share the experience with us?

One of the faculty brought this idea of poster presentation. Automatically I calculated that presenting this poster would be the door to all the conferences happening in and around the science field, with other 10 people, I grabbed this chance. In a matter of two months we completed a project and made the poster. This poster was presented at national and international level conferences. It gave me the perfect chance to project my presentation skills and made me understand several things like how to network with people and more importantly to understand the system.

The poster was in the zoology field, but I kept working in different fields also. With constant exploration, I finally worked on a project on biopesticide with a friend, the topic related to solid waste management. I went on to present to Anna Hazare ji in IISC, Bangalore who accepted our model and we won a prize for the same. I started taking part in conferences discussing various aspects of environmentalism. This gave me a chance to experience top accredited universities of India. This helped me understand the deeper sense of how people and systems work together.

Q. Can you describe Maitreyi College in one-line?

It is a Star College for science.

Q. How do you visualise your work? How do you organise something?

I have been journaling for almost 8 years now. This has been the most important thing for me to plan and organise things eventually. Various Google websites, magazines like Down-to-Earth, subscribed mails to various organisations have been quite helpful to research in various topics. Apart from this, I keep talking to people in various sectors to acquire knowledge.

Q. Any message for the teachers?

In my school life, I have known what is the importance of professors and a good institution. All these qualities, I could really feel in Maitreyi College, especially in science building. To be honest, I have talked to almost every professor and felt that energy. I'm immensely grateful to everyone for different sorts of things.

Q. A piece of advice that you would like to pass onto your juniors.

Look for your interests and keep exploring the same. If you find your purpose, only complementing qualities like discipline, focus, persistence and dedication will come along the way. The key is to find your purpose and I would like to repeat it again and again. Keep exploring, researching, talking to people, understanding and keeping your door always open. Keep faith in the process. If you are willing to do it, it will definitely happen physically, sooner or later. Persistence is the key.

Interviewed by Ishita Kalshyan and Trisha Tewari



Iridescence

TAKE IT FROM THE GURU





MY TEACHING PHILOSOPHY

Learning is a dynamic process and for any learning to occur, the precondition is the conducive environment of the classroom. Students should feel comfortable and made aware of the fact that resources available are for their use and they should take responsibility for those. Students would take ownership only when they are given some choices and freedom. It is important that both teachers and students are eager to learn without which no matter how well our system is equipped with facilities, learning would not take place. The extra baggage should be left outside the class and the mode of content delivery should be constructed inclusively. Medium and level of subject coverage must address the issues of diversity (students with different socio-economic and cultural backgrounds), so that in the end learning outcomes are met. Classroom is a place where both teachers and students are involved in learning and there should be free and healthy discussions. Everyone should be given an equal opportunity to ask questions and solve their queries. Addressing the questions at the right time keeps the learner engaged throughout the topic as it helps them to follow or keep pace with the topic as it is being taught.

“The highest education is that which does not merely give us information, but makes our life in harmony with all existence”
~Rabindranath Tagore

Multiple methods of pedagogy should be included for learner engagement. Especially in the current scenario, where we are dependent on virtual platforms, it is important to understand that irrespective of the platform utilized for e-content sharing, it must be accessible to each and every student. Note-taking is an art and both teachers and students should be guided on how important it is to take proper notes as it reinforces the concept leading to enhanced learning. It is imperative that the right pace is being maintained to facilitate the process. As an educator for undergraduate science students for past ten years, there is continuous effort with an objective to nurture the inbuilt aptitude of students. To increase the knowledge base of students, it is indispensable to involve real-life examples because it leads to better appreciation for the subject. Also, when they know how the particular concept is going to help them in their day-to-day life they would be motivated. It is important to give breaks at regular intervals for peer discussion where students get an opportunity to express themselves with freedom. It makes the classroom dynamic and helps breaking the monotony. Assessment is a crucial activity to be conducted and for this, some liberty may be given to students with respect to time and date selection.

The conduct of a teacher is also an important parameter that controls the learning of students and impacts their holistic development. The teacher is a role model for students and it is of utmost importance that our future generation is ready to work hard and possess the basic qualities of honesty, integrity, sincerity, and are assets to any society or nation. There are various barriers to the teaching-learning process and need to be minimized and efforts should be taken to enhance the learning. Taking feedback and doing assessments is an important barrier in the University system with limited time. Digital platforms are not only supporting the education system in current unprecedented time in terms of content sharing but also enabling refinement of the assessment process. Although, it is still not to the desired extent and needs a lot of improvement.

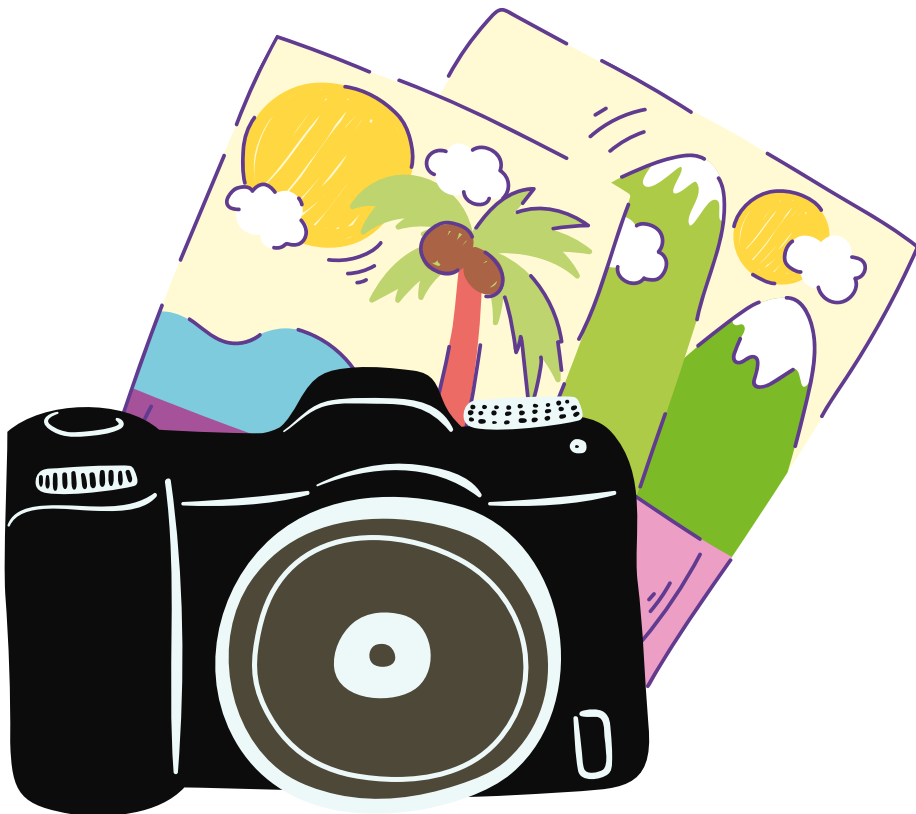
My philosophy of teaching is based on what I know and have experienced at this point in my career path. I am sure that my teaching philosophy will change as I would be able to implement some feedback mechanism both for myself and students. This is an area where there is a lot of scope for improvement. I believe teaching is a noble profession and gives us an opportunity to be surrounded by young minds to keep us motivated. It is important to keep the spirits high and keep on learning, as your confidence and spirit would definitely excite your students as well. I am excited about the opportunities that lie ahead for learning to go on.

Dr. Archana Aggarwal
Assistant Professor
Zoology Department



Iridescence

INCANDESCENT MEMORIES





Zoophoria, Zoology Fest, March 2020





Jodhpur- Jaisalmer Trip, January 2020





Trinite, Life Sciences Fest, March 2020



ANSWERS:

Don't try to take a sneak peek.

Ready for the answers. Each correct answer accounts for 5 marks, wrong answer 0 and for each sneak peek -1.

1.E N D O C R I N O L O										2.G Y											
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8.M A G N				9.E T I C			10.S			4.C 5.H R O N O B I				6.O L O G Y		I					
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13.A S T R O N O M Y																					

Scores-

65- You are wonderful! Keep it up.

64-50- Wow! Great effort.

49-30- Good Job!

29-0- Nice effort. Better luck next time!

Drushti Sable

B.Sc. (Hons) Zoology

III year



Iridescence Illuminating Minds

*Zoology Department
Maitreyi College
University of Delhi*