

**JGi JAIN COLLEGE | જ્યૈન્ કાલેજ**

# CAMPUS BUZZ

M O N T H L Y E - N E W S L E T T E R

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**DEPARTMENT OF  
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## HOD's Note

Dear Readers,

Greetings from the Department of Humanities, JAIN College, powered by Knowledgeum!

Yet another newsletter falls into your hands. This issue should be of special importance to all of us, as the fresh batch of students surge into their classrooms with a vision of being global players. Indeed that is what the Humanities programme is about: to establish a 'Global' mindset with an ability to respond to local issues holistically.

As the new Academic Year sets in, it will take some time for the students to acclimatise themselves, and educator-mentors will have a role to play in this process, aligning students' activities to their vision.

We promise nothing less than an exciting year ahead. We will have a small orientation to begin with to introduce students to the challenges they need to be ready for. This is of critical importance as students will be entering professional education next year. Making themselves formidable candidates for the Undergraduate Programme in top Universities, requires them to build an excellent portfolio of academic work. The academic work we are referring to here, involves evidence of the application of knowledge, skills of analysis and critical thinking along with a pragmatic awareness of what is needed to be happy and successful.

The summer tasks that the students have taken up will certainly help them in this endeavour.

We wish them the best, and await their arrival for an exciting journey together!

Jagdish Chandra

## What's Up Next?

|    |   |
|----|---|
| a) | College reopens<br>for the II PUC May 6 <sup>th</sup> |
| b) | Refreshment<br>programme May 6 <sup>th</sup>          |
| c) | Regular classes commence<br>from May 7 <sup>th</sup>  |



# Navigating the College Admission Process

The former students of JAIN College have begun their exciting journey of college admissions. When selecting a college, it's essential to consider factors such as course variety, location, extracurricular activities, job placements, and finances. Making an informed decision that aligns with your goals and personal growth is crucial. We interviewed three former 2nd PUC Humanities students about their inspiring college admission journeys.



**Chinmayi V Rao** is an accomplished individual who is passionate about travelling. Initially, she contemplated taking a year off to explore her interests and gain clarity. However, after consulting with her educators, she decided to apply to colleges that align with her goals. She sought institutions that offered well-rounded education, flexible courses, and extracurricular activities. Geography was also an important consideration, and while her search primarily focused on the United Kingdom, she also explored options in India and the United States. Chinmayi ultimately plans to pursue a degree in Liberal Arts, which will provide her the flexibility to explore different courses until she can find the one that best suits her. Her ultimate goal is to effect positive change in society, and she believes that earning a degree will increase her chances of working with international organisations.

**Mehak Chilukuri** is an ambitious student who is passionate about social work. She's considering studying Sociology or International Relations in India, prioritising quality education over college reputation. Her educators have inspired her to pursue her passion for the subjects. She has been researching colleges that offer fieldwork opportunities, internships, placements, and research facilities. Additionally, Mehak has also explored the idea of Liberal Arts education, as she believes that it will allow her to experiment with a variety of courses and broaden her horizons. The biggest obstacle she faced was self-doubt but with the help of her educators, she overcame that obstacle to pursue her interest.



**Pushkar Kumar** is a highly creative individual with a passion for art and design. He is a student who is interested in pursuing Communication Design and is currently looking for colleges that offer academic programs that align with his field of interest. Additionally, he is seeking colleges that provide placement opportunities, and extracurricular activities, and contribute to aspects like communication skills, time management, and other life skills that are necessary to succeed in the real world. Although he is interested in various forms of art and creative fields, his primary focus is on design.

The students' hard work and dedication were truly impressive, and it's worth highlighting the significant role played by their educators. These mentors not only encouraged but also guided them through each step of the process, from selecting a course to researching colleges, writing a statement of purpose, submitting necessary documents, and meeting other expectations. College is not just a destination but a journey. It is not merely a ticket to higher education but a transformative experience that opens doors to endless opportunities for personal growth, intellectual exploration, and career advancement.





## The Journey of a Powerlifter

Powerlifting is a sport where athletes lift maximal weights in the squat, bench press, and deadlift. They compete in specific weight classes to ensure fairness. It promotes strength development, discipline, and dedication to training.

At JAIN College, among the 1st PUC students of Humanities, we find a successful powerlifter, Disha Mohan. Let's explore her success in district-level competitions.

Powerlifting requires a continuous and evolving preparation process that involves daily training and upskilling to build the strength and endurance necessary for competition. To excel in powerlifting, one must focus on all facets of their training, including grit, diet, and maintaining body weight. Additionally, staying informed about the latest developments, rules, techniques, and standards of the sport is essential for success.

Powerlifting demands a focused training approach with proper form to minimise the risk of injuries. It is crucial to have a thorough understanding of the geography, available resources, and climatic conditions of the competition location. However,

maintaining a positive outlook and avoiding becoming overly focused on one's opponents is critical. Instead, one should concentrate on performing at their best and continuously improving themselves. With the right mindset and a commitment to self-improvement, participants can achieve success in any competition.

Disha is fortunate to have the guidance of an expert powerlifting coach, Shri. Vishwanath Ganiga, an international powerlifter and Commonwealth record holder. Her family, teachers, and friends keep her motivated. While physical strength is undoubtedly crucial in this sport, one's mental well-being cannot be ignored. Maintaining unwavering determination and a positive outlook is essential, and Disha follows the philosophy that "it's not about winning, but about improving from the last time."

Each competition brings a unique experience, allowing individuals to identify their strengths and areas for improvement while providing growth opportunities. Powerlifting has had a profound impact on Disha's life, inspiring her to pursue her dream of becoming an international powerlifter and setting new records. The path to success in the world of powerlifting requires unwavering consistency, dedication, self-discipline, a positive mindset, personal sacrifices, and a supportive and nurturing environment.

Being a college student with a strong drive and passion for athletics can be quite challenging when it comes to managing rigorous training schedules and academic commitments. However, she is fortunate to have supportive educators, family members, and her coach who understand and encourage her dual passions for powerlifting and academic success. This sport, along with her physical well-being, has also improved her mental well-being. The challenges and triumphs of competition have instilled valuable virtues such as good sportsmanship, respect for her fellow competitors, and the significance of maintaining equilibrium in her personal and social spheres.

Powerlifting helps individuals grow by identifying their strengths and weaknesses. For Disha, it inspired her to become an international powerlifter. Success requires consistency, dedication, self-discipline, sacrifice, and a supportive environment.

- Janvi Kankariya, I HEPyS



# The Impact of Social Media on Mental Health: Finding Balance in a Digital Age

You open Instagram to reply to messages before bed, and suddenly it's 2 AM and you've been scrolling through reels for 4 hours straight! The worst part is, you can't bring yourself to stop.

In this digital era, we have reached a point where the first thing we do when we wake up is reach for our phones. From setting alarms to making calls, sending messages, and finding places with maps, we've become almost entirely dependent on it to survive. However, what we do not realise is our growing addiction to these devices- and how it can impact our physical and mental health.

## The Attention Span of a Goldfish

The average human attention span was 12 seconds in the year 2000. In 2015, Microsoft conducted a study that found the average person's attention span had decreased to just 8 seconds, which is shorter than the attention span of a goldfish. From 2000 to 2015, the average human attention span decreased by almost 25%.

A huge contributor is an increase in the amount of consumption of short-form content, i.e. Instagram reels, YouTube shorts, etc. This type of content is specifically designed to captivate our attention for a short period of time, and the habit of consuming brief, easily digestible content can make it challenging to engage with longer and more complex material.

Along with this, people tend to want instant gratification- in a world where unlimited information is available to us at the touch of a screen, people may become frustrated when tasks require sustained effort or delayed rewards.

## The Perfectionism of Social Media

Platforms like Instagram and Facebook offer glimpses into the lives of others while allowing us to share snippets of our own. However, when we are constantly looking at picture-perfect models who are amazingly fit and healthy, friends who seem to be doing way better in life, etc. we tend to start comparing our lives to theirs and wonder what we are doing wrong.

The thing is, what we see online might not be the reality at all. The models you see all have their photos heavily edited by professionals, and have personal trainers and dieticians to help them look the way they look. Your friends may be doing great in their career, but struggling in a different aspect. Social media has become a highlight reel of your best moments in life- nobody showcases the struggle or the pain they're going through. So the next time you're chasing after the perfect life you see on social media, remember that it doesn't actually exist.

## Reducing our Screen Time: Importance and Tips

Stop what you're doing for a minute. Go check your screen time. Is it over 3 or 4 hours? Was most of it completely unnecessary? Chances are, the answer is yes.

A survey conducted amongst 1,500 parents showed that 69% of children aged 12 and above possessed their own smartphones, giving them unrestricted access to the internet. Globally, people average 6 hours and 58 minutes of screen time per day. That's almost 30% of 24 hours. Like it or not, we are addicted to our phones.

There are various ways to be more mindful of our usage of mobile phones. Here are some tips to be more



aware and reduce your screen time:

- No phone for at least an hour in the morning- it is very easy to open your phone to check the time and get lost in the array of messages, emails, etc. Not using your phone directly after you wake up can also help you feel more awake and in the moment.
- No phone for an hour before you go to bed- you can use other distractions to help you unwind and relax, like a good book.
- Timers for distracting apps- If you feel you are spending too much time on a particular app, setting a timer is a great way to keep track of the amount of time you spend and slowly reduce it.
- Detox days- Have one day of the week where you don't touch your phone for the entire day. This reduces your dependence on your phone plus gives you more time to spend creatively.

- Spatika Sm, I HEPyS

## India still relies on British Laws despite 75 Years of Independence

The relevance of ancient Indian scriptures of legal jurisprudence and an urgent necessity to restore it for a Socialist, Republic and Democratic Bharat.

The Indian Contracts Act of 1872, The Indian Penal Code (IPC) of 1862, The Indian Evidence Act of 1872 and many more British-era laws still hold significant importance in the legal system of independent India. On 12th of December 2023, the Parliament introduced the Bharatiya Nyay Sanhita (BNS), Bhartiya Nagrik Suraksha Sanhita (BNSS) and passed them on the 20th of the same month, thus replacing the 162-year-old British era law. It was seen as one of the steps to restore the Indian essence in our legal systems, thereby making them suitable for our diverse society and evolved polity. Though the opposition criticised these laws for their names, as they consider criticising every policy of the Government as an obligation, the replacement of the century-old laws is yet another huge step in reclaiming the civilisational independence of Bharat even in the legal spectrum. The laws, as the Home Minister deliberated in the Parliament Houses, have been tailored to adjust and be applicable for the next 100 years. Following this huge policy change, the following month saw the Pran Pratishtha of Ram Lalla at Ayodhya, another significant milestone in the Indic history of its people reclaiming their civilisational identity. This sets the roadmap for further and similar repealing of British laws, often deemed irrelevant and unsuitable by jurists, in the future years. While doing so, our lawmakers should and must refer to our great ancient scriptures, a rich treasure house of legal philosophies and concepts, though ancient, still pertinent to the country's essence of socialism and service.

The Rig Veda, from which the Indian culture and magnificent civilisation draws itself from, is also the primary proponent of legal theories. However, a prodigious amount of deliberation upon legal concepts and ideas of political aspects has been done in the Dharmashastra. If the Indian legal system were to undergo a major revamp and base itself on an Indic version of legal perspective and theories, the 'Socialist' and 'Democratic' essence of Bharat, a proudly asserted virtue of our country, would be further strengthened. Nevertheless, there is no strict tenet of adopting ancient concepts as they are, for they need to be modified to assimilate to the changes driven by science and technological evolution.



The Dharmashastra, which played a major role as the provider of legislation and laws, was never acknowledged by the outsiders. That negligence probably led to the current decay of our legal system due to the unending dominance of British laws. Initially, the Muslim invaders overlooked the Dharmashastra and later the same suit was followed by the British. They vehemently and mindlessly coerced the British legal system upon us Indians, expecting us to adjust to something entirely alien to us. However, the past being the past, can't be undone and caution must be taken to ensure such costly laxity doesn't repeat itself.

Evolution of the Indian jurisprudence started with the introduction of the concept of sovereignty. Sovereignty is considered one of the fundamentals of legal and political studies as it is that entity which determines the potency and prowess of a State. To understand the exceptional comprehension of this concept by great thinkers of the past, we could make a simple comparison of the same idea in Indian and British contexts. The English regarded, through a famous maxim of theirs, that 'The King could do no wrong'. This meant that the State was the King and there existed no differentiation between them whatsoever. Contrary to this, the famous Indian political thinker and commentator Kautilya, also known as Vishnu Gupta or Chanakya, gave a much more acceptable explanation of sovereignty with the true essence of democracy in it. He propounded that the King or Swamin had no more rights than of his people or Janapada, only except that he was a representative of the State. The people would revolt against the King without hesitation if the Sovereign were to rule in a tyrannical manner. Another aspect introduced in this sense by Dharmashastra is the forfeiting of royalty rights of the King, if he were to deviate from Dharma (i.e. to do a 'wrong').

It is also remarkable to note, as we delve deeper into the evolution of Indian jurisprudence, that the concept of 'Rit' or Order was among the first to be organised and evolved. Rit also happens to be the root word of 'Right' in English, 'Rectus' in Latin and 'Recht' in German. Rit, in the ethic-philosophical perspective, refers to the splendid order manifested in the society and its people by the Divine force. It has been understood through multiple lenses of reality and divinity. Social harmony and preservation of order have been an important component of Rit. It even defines the consequence of trying to disrupt or engaging in acts to disrupt the existing order. From this, we draw the roots of the concept of 'Punishment' or Danda. Punishment as a concept has been deliberated upon by Kautilya. However, in the present times, punishment is viewed as a force to coerce citizens to comply with the laws.

If we slightly deviate from the objective concepts of law and state and dive into antique Indian legal philosophy, we will witness the opening of a Pandora's Box. The Rg-Veda was the base of all knowledge and the Dharmashastra drew a particular study of law and morality from it. Dharmashastra was formulated by ancient scholars, and experts in legal studies, to maintain order in the society- order or Rit (which has been spoken about earlier), in the physical, emotional and moral aspects of the Janapadas. One of the verses of the revered Purusha Sukta states that Dharma is that natural and cosmic order that exists from eternity and which has been offered holy sacrifices by the Gods themselves. Drawing from the initial evolution of ancient Indian legal theories, we can conclude that Indian law was customary in nature and not statutory. It drew its facets and interpretations from the evolving morals and ethics of people. However, the foremost part that it failed to cover was the issues arising between the individuals. For instance, if a person were to die, who would inherit his property? Such questions were left unanswered by the Dharmashastra and to address this void, Smritis (commentaries of reputed thinkers) emerged. Among the many celebrated Smritis, the most studied ones include the oft-controversy-sparking Manu Smriti and the Yajnavalkya Smriti. We have seen multiple interpretations of the Constitution by respectable Judges, jurists, lawmakers and advocates. In a much more similar manner, ancient legal concepts also witnessed diverse interpretations which can be considered a classic example of its evolution. While the Manu Smriti is too extensive, lengthy and disorderly, with about 3000 verses, the Yajnavalkya Smriti is comparatively shorter, organised and specific with only 1010 verses.

Yajnavalkya Smriti offers a balanced view of subjective and objective aspects of legal systems and philosophies. The subjective components include Dharma and righteousness, Achara, proper conduct, ethical dilemmas, and Prayascita. The objective part constitutes criminal law, methods of punishment and duties, rights, and obligations of people. Yajnavalkya distinguished between courts appointed by the king and those which were formed by communities of intermediate groups. He then portrayed these courts as a part of a system of hierarchical appeals. While Yajnavalkya has been credited for beautifully weaving the various fabrics of Indian legal studies and stitching them with the likes of Agni Purana and Garud Purana, he has also been celebrated for offering a liberal stance on many aspects of Indian society. His view on the rights of women has been seen as a mould-breaking perspective in Indian culture. Yajnavalkya, in his Smriti, says:

A woman is to be respected by her husband, brother, father, kindred, mother-in-law, father-in-law, husband's younger brother, and the bandhas, with ornaments, clothes and food. (Yajnavalkya Smriti 3.82)

While revolutionising the Indian legal system, much referencing of Yajnavalkya Smriti and his exuberant ideas is to be done.

It is so surprising, as well as a pity, that our very own scriptures and texts have not been employed while framing the laws of our country even after we gained our independence. The British dumped their draconian laws upon us to rot as a mute slave of the Crown as was their intention to introduce English education to us. Even when we knew that these laws were formulated for the selfish gains of the British colonists, we embraced them and revered them as the laws of the land. However, observing the famous statement, 'Better late than never', we must leave no stone unturned as we free ourselves from the blood-stained clutches of colonial-era British legislations by basing our entire legal system on our rich scriptures of legal theories and philosophies.

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# A Showcase of Creativity

Krithika Seervi, EPPyS

