

Change Is The Only Constant In Life

Zia Mirza, F.Y.B.A.

☞ Start where you are. Use what you have. Do what you can.' - Arthur Ashe.

Life is beautiful and full of blessings but only a few see it. Perhaps because of the trials and battles that life has given them. It all started with chocolates at that grocery store, toys at uncle's place, crying for your favourite cars and dolls on your birthday and then you grow up. Change is an imperative part of life. All we need to do is accept the change with a smile. We should initiate and embrace the internal and external changes because life doesn't treat everyone equally. Not everyone is rich. Not every human is healthy. Not everyone has a good job. But that's okay because nobody is flawless. Everyone will get through obstacles in life and that is normal. It doesn't matter how big or small it is. The only thing that matters is how you are going to deal with it.

Always look at the brighter side wh-

en you are at your darkest point. Life itself is a blessing. You're lucky enough and blessed to have these experiences. There are others as well who never get to feel how radiant a flower is, how painful it is to get your heart broken by someone. Always remember not everybody has it. God gives tough battles to his strongest soldiers. Believe that everything happens for a reason - be it good or bad. Everything will change tomorrow, even though it doesn't seem that way sometimes. What is important today may not hold the same place tomorrow. Nothing is constant in life, not even that heart that is beating inside you. It also beats with a rhythm.

As soon as we start accepting the most powerful quote "Change is the only constant in life", we will be relieved of all the pain that we think life has given us. Life is full of fun when it's chaotic and weird. So smile, breathe but don't go with the flow, be the flow.

Two Sides

Saumya Sawant, F.Y.B.A.

Change is something all of us experience everyday. It can be good or it can be bad. Sometimes it can be something we needed for a long time and sometimes it's something we never wanted. From changing the surroundings to big social changes every little thing matters. It is important for the growth of our society. If man had never tried to change things around him millions of years we would have never been able to live the life we live today. From changing the surroundings to big social changes every little thing matters. It is important for the growth of our society. If man had never tried to change things around him millions of years we would have never been able to live the life we live today. Technology has connected the world in the past few decades. People basically do everything online. Everything is googled. Cars have replaced horse carts. Cell Phones have replaced written letters. Women now don't just work for their

family but also do jobs in various other fields. So much has changed and changes almost every hour, from the cells in our body to the stars in space, surviving these changes is a main part of evolution. The changing environment has caused the extinction of certain animals and bird species. Maybe there will be a time when human species will be on the verge of extinction because of all the changes we have made in this world. Everything has two sides - some changes can be beneficial to others while others can be non beneficial.

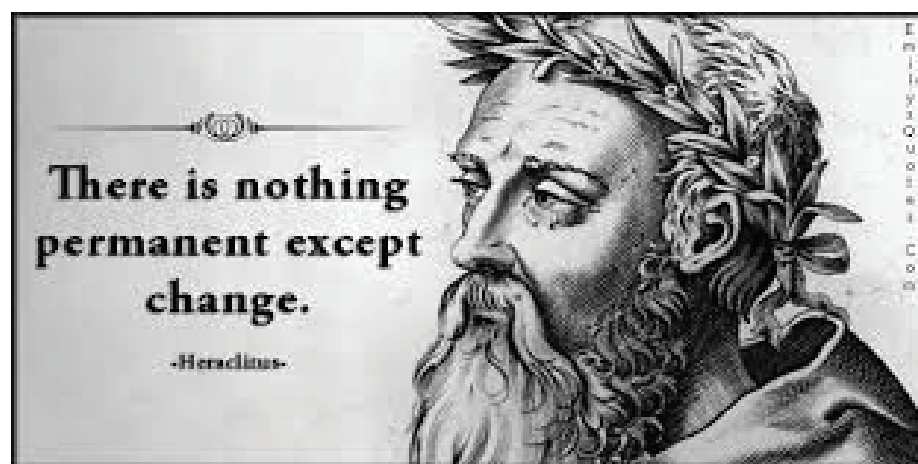
This pandemic has also affected people in different ways. Some lost their jobs while some worked and achieved their dream jobs and both the situations were life changing. We cannot have a life without changes. Change helps us to grow and learn and evolve. Painful times motivate us and good times help us to become better. Change is a need and the irony of life for change is the only constant in it.

Philosophy of Change

Heraclitus, a Greek philosopher, who gave us the quote "The Only Constant in Life Is Change."

He asserted that the world exists as a coherent system in which a change in one direction is ultimately balanced by a corresponding change in another. He stressed the need for people to live together in social harmony but complained that most people failed to comprehend the universal principle through which all things are interrelated.

His central claim is summed up in the phrase *Panta Rhei* recognizing the essential, underlying essence of life as change. Nothing in life is permanent, nor can it be, because the very nature of existence is change. Change is not just a part of life in Heraclitus' view, it is life itself. All things, he claimed, are brought into and pass out of existence through a clash of opposites which continually create and destroy



Heraclitus took the ideas further in his famous assertion that "Life is Flux". If one understands that change is the only constant in life then one will more easily recognize what Heraclitus is saying in his writings when he claims such things as, "The way up and the way down are one and the same. Living and dead, waking and sleeping, young and old, are the same." These things are the 'same' in that they are all subject to change, arise from one change to vanish into another and, are in flux and are, in that regard, the same.

A central aspect of the Heraclitean philosophy is recognition of the changing nature of objects with the flow of time. That is, Heraclitus recognized an impermanence called "becoming". According to Plotinus, Heraclitus seems to say, paradoxically, change is what unites things, pointing to his ideas of the unity of opposites and the quotes "Even the kykeon falls apart if it is not stirred".

There are also notable mention of changes or impermanence in many

Aryan Yadav, S.Y.B.A.

eastern philosophies. Anicca (Pali word for impermanence) appears extensively in the Pali Canon as one of the essential doctrines of Buddhism. The doctrine asserts that all of conditioned existence, without exception, is "transient, evanescent, inconstant".

The term Anitya (impermanence in Sanskrit) in the sense of impermanence of objects and life, appears in verse of the Katha Upanishad, one of the Principal Upanishads of Hinduism. It asserts that everything in the world is impermanent, but the impermanent nature of things is an opportunity to obtain what is permanent. A Hindu scripture presents its doctrine about Atman (soul). The term Anitya also appears in the Bhagavad Gita in a similar context. Buddhism and Hinduism share the doctrine of Anicca or Anitya, that is "nothing lasts, everything is in constant state of change"

CHANGE: THE INFINITE REALITY

Meera Chadwa, F.Y.B.A.

Change, the everlasting and forever dynamic term. It can be defined as an act or a process through which something becomes different. But I would define it with the example of a tree which I see from my window everyday. The colours of its leaves that change and fade away throughout the year. Seeing it turn from light green to dark green and then a light shade of brown -the stage of infancy, then in its youth and leading the last days of its lifespan before fading away-

Change is something a person can feel every minute. You can feel the heat on your body, your heartbeats in your chest and the never-ending list

of thoughts that brings the reformation that change entails. We experience change every microsecond. This makes us so used to the change that the continuous difference in one moment than the previous one is a constant to us.

We see the change happening right in front of our eyes every millisecond and our brain absorbs every single stimulus it gives away. But the only reason for the change which is never-ending and everlasting to be our constant is that our brain even after absorbing the stimuli doesn't react to all of it. If the brain keeps reacting to every single stimulus, a person will get overstimulated. It will practically

make the person too overwhelmed to condition and process any stimuli at all. If someone wants to know what change is happening in the world, in people, their behaviours and lifestyle, one should ask the elderly in their society. The time through which they have experienced the change makes them wise or it makes them oblivious to any variation happening in their surroundings at all. These people have an ample amount of time to observe the world from a very unbiased perspective, for, they have no goal or wishes left to be fulfilled. Their wise eyes see their children grow up and then become parents themselves; then look at their grandchildren grow

up, before they themselves fade away from the change that takes away their lives from this world to the next.

Change is the law of life to survive in this world full of obstacles ready to destroy you if you don't adapt to the changes happening around you. It is the same as when Charles Darwin said that there is always survival of the fittest. To become the fittest person to survive one must be cooperative with the forever dynamic world. Death is inevitable but the only thing that can keep it away till the appropriate time arrives is a person's precise ability to adapt to change.

ALL AROUND US

Faiza Patel, F.Y.B.A.

Life is a series of natural and spontaneous changes. We see Life is a series of natural and spontaneous changes. We see changes in each and every aspect of our daily lives and so all around us. May it be changes in nature, relationships, social interactions or in our thoughts. We are all affected by change. But we need to have a healthy attitude towards the changes in our life. Change can have an adverse or minimal effect in our life. It can make a beautiful flower wither and on the other hand make a seed to bloom into a



beautiful flower. These Changes are temporary yet constant.

We must strive to make changes that benefit the welfare of others, and bring the necessary changes required to better everything around us. Nothing in this world is permanent except the change it entails. Don't you think the world or be it life would be pretty dull without change? Wonder if nothing had ever changed would we have ever known the other side of the things which we do know now? Quite monotonous or amazing, we never know!

ADAPTABILITY QUOTIENT

Aryan Yadav, S.Y.B.A.

Adaptability Quotient (AQ) is the ability to determine what's relevant, to forget obsolete knowledge, overcome challenges, and adjust to change in real time. There is now a need to focus more on AQ in individuals and institutions alike to equip us with the time ahead.

Since the beginning of this decade, all of us have experienced the drastically changing landscape around us. The term 'unprecedented times' was then often used to describe the situation. I would argue that we are still living in and going to live in these unprecedented times.

No one is ever certain what the future holds, but many have indicated that our lives are henceforth forever changed. We are deep in the climate crisis, while also battling new covid variants. Economic uncertainty combined with the growing disparity and political difficulties are now a significant trend around the world. Hence it might be safe to assume, the world we are heading into is going to be constantly changing, ever more so than previously, changing for good and for bad. We are on the edge of technological breakthroughs, AI is already bad. We are on the edge of techno-

logical breakthroughs, AI is already playing a significant part in our society. The entire domain of human interaction is changing towards a virtual reality. So Adaptability is going to be a skill one must master to live through these times.

The art of adaptation is necessary to change ourselves to better accommodate the changes that will happen. There is also a growing need to better understand the changes on the ground level and make institutional changes accordingly. As we further ourselves in this volatile future, we have to be on all levels prepared for sudden changes in our lifestyle and

our day to day lives.

Adaptability is a key feature of all living organisms. It is the main reason these organisms still exist. But changes and the methods of adapting to that change are meticulous and time-consuming, often taking decades. We don't have decades, because we have accelerated 'Time'. Only in a century have humans changed the entire planet. Effect of that is the fast approaching climate crises. This crisis and many other problems to be faced by us would require higher AQ to manage the changes.



MAN IN THE MIRROR

In 1987, Michael Jackson released a song titled “Man in the Mirror.” The theme of the song is clear: If you want the world to be different, if you want it to be a better place, the change needs to start with you—the person in the mirror. The song included the lines, “I’m starting with the man in the mirror. I’m asking him to change his ways. . . . If you want to make the world a better place, take a look at yourself, and then make a change.”

It’s a great message for each of us about personal responsibility. It’s easy to sit back and complain about the way things are. It’s easy to point a finger at others and criticize what they’re doing. It’s easy to blame others for what has happened. But what are you doing to make things different or better?

All too often, those of us who consider ourselves leaders take to the ring around us. We rail against injustice or point at the wrongs others do, but we fail to examine the in the mirror. We don’t take the time or the effort to remedy the



situation; we only call attention to it. And words without action are meaningless. I vividly remember a conversation I had after 9/11 in which I was told that President George W. Bush had failed as a leader because he didn’t capitalize on the opportunity to rally the citizens of his great nation around a cause after the tragedy. In the opinion of the person I was speaking with, President Bush had the responsibility to take this opportunity to reduce their reliance on foreign oil. Who among the Americans wouldn’t make a sacrifice by trading their gas

guzzler for a more fuel-efficient—even electric—vehicle? This person was bemoaning the fact that the president had-n’t seized the moment. When I asked this person why he wouldn’t go ahead and make that sacrifice—to start with the man in the mirror—he said something to the effect “Because I’m just one person, and my sacrifice won’t matter. I’ll do it when everyone else does it, and that’s not going to happen because the opportunity has been missed.”

What would this world be like if every one of us held ourselves responsible for making it a better place? What if the change we wanted to see in the world had to start with us? The same is true at work. We often complain about things that are going on at work. Maybe we think there’s lack of leadership from the top or the com-

pany’s strategy is all wrong. Whatever it is, we don’t like it, and we share our displeasure with anyone who will listen. But words without action are meaningless. When you disagree with what’s happening at work, do you stand up for what you believe? When you see something that you believe is wrong, do you just complain, or do you do something about it? When things aren’t working, do you criticize, or do you offer an alternative plan? Look, I get it. You’re not always in charge. Sometimes other people are calling the shots. But that doesn’t mean you can’t voice your opinion. It doesn’t mean you can’t openly share your ideas and offer alternatives. It doesn’t mean you can’t take personal responsibility for your role in whatever is going on at work. There are many things we can’t change in life, but that doesn’t mean we shouldn’t try. There are many things we can’t control. That’s a fact we must accept, but there is one thing you are fully in charge of—yourself.



DR. MANALI LONDHE
I/c Principal

S.K. Somaiya College of Arts, Science and Commerce

Q. How does it make you feel being the Head of an institution in this always changing times?

A. I do feel the changes pose certain questions before you but as the head of an institution there’s been no major changes. We had moved to offline working from July 2020, no doubt the earlier four-five months were difficult. I feel there was more impact psychologically, so in the first month of lockdown I took motivational lectures for the non-teaching staff. Teachers were occupied with their online classes but the administrative staff, whose work was office based, had some financial, emotional and social concerns, which we tried to address.

Q. How was your experience of the virtual mode of education?

A. Being a teacher I have always enjoyed the offline in-person learning method, the atmosphere of a classroom. We have adopted the technological aids required for a virtual class but in an offline class those technologies are additional benefits for the class. Offline learning method has many benefits over virtual, one being that it is in person so the teacher gets the immediate feedback from students and we get it if students are understanding or not

and there is also a direct interaction. As a student of philosophy I believe interaction should be more than just theory so I try to include live examples in the class which is more effective in the classroom. Recapitulation of earlier classes is more lively in offline lectures. In this unprecedented time, the virtual class was helpful for education but still I’m looking forward to more offline classes.

Q. What are your thoughts on hybrid mode of education and do you think it should forever remain as an option?

A. We are as per the directives of the university conducting hybrid classes but when these changes are sudden it might not be possible to have our classrooms technologically well equipped. When it’s a hybrid mode you need to have tripods for the camera and proper wi network etc. When an institution is not prepared then it will become difficult for Teachers to conduct hybrid lectures. For subjects like mathematics or accounts where the use of blackboard is necessary there is a problem in the hybrid mode. If an institution is not equipped with these facilities it will be harder to conduct hybrid lectures

CALIBRE CORNER

Aryan Yadav, S.Y.B.A.

Q. Do you think the admissions process should permanently shift towards the online model?

A. Yes, It saves energy, money, time and also curbs down on any corruption that might happen at other institutions. It’s also easier for the students and convenient in payment of fees and application forms. So I do second for an online admission process. A challenge as of now is training of the administrative staff so that they can manage the online application and admission process.

Q. What are some changes you would like to see in the education system in India?

A. The new education policy is very encouraging, where I think there is a focus on holistic development of a student. I think the curriculum has to undergo a lot of changes, there’s a need for an updated syllabus. One thing which I like the most about this new policy is the electives provision, which allows students from all fields to study a subject that wouldn’t necessarily be prescribed for their course. This interdisciplinary approach is necessary for a holistic development and also required in this competitive world. Also the motivation and inspiration for research needs to be inculcated in the students from junior college.

Q. How do we better incorporate changes in our institution?

A. There are seven criteria prescribed by NAAC like research, governance and leadership, so we are trying to incorporate those changes criteria wise. As the NAAC team visited in

2019, all the suggestions made by them are being considered. Also, we are trying to incorporate the recommendations of the new education policy. As for the infrastructure and resources allocated to us, we would try our best to inculcate those changes

Q. Any life changing advice you ever received that you would like to share with us?

A. I would like to mention two organizations, one is Anandwan which was founded by renowned social worker Baba Amte. This organisation takes care of people afflicted with leprosy and tries to make them self reliant. Everything from agriculture to water management is taken care of by people with leprosy itself. We visited this organisation in 2005, when we were shooting a documentary of the lives of doctors, patients and everyone else in the organisation. That visit changed my outlook towards life. What I learned from this and what it made me realise was to count our blessings for what we have and render our services to underprivileged peoples of our society. Second is Manu Shakti Kendriya, which tries to bridge the gap between episteme and wisdom of Vedas. We may not reach a transcendental level of self realisation like a sage. But when we do decide to follow that particular path can definitely bring changes in our attitude, observations, experiences, understandings and we try to respond in a better way. Also both these organisations use a nature centric approach and teach us that being a human it is our duty to take care of nature.

Thank You, Pandemic

Venu Sharma, S.Y.B.A.

For a change let's play a game.' Jhansi just had to insist. Pandemic made us desperate in that sense, desperate for anything that we could call interaction. It was tragic as it was beautiful but then again, everything tragic is everything beautiful. She had always been that restless like Alkhananada when it falls on the Himalayas. I could never imagine what stagnancy meant to her. I had always been oceanic, restless and nothing else, lockdown was easy on me. That is the reason I never protested her game, I pitied her.

'What kind of game?' Mishita laughed. The airhostess from Kolkata stared at Jhansi with a strange fascination. Sadly that was all I knew about her. Pandemic had changed us all in ways we could not imagine. Four people who had lived together for two years, had never exchanged more than a "How are you?" with each other. Now we all sat around each other, tired and desperate for any kind of exchange.

'Not Ludo, I hope.' Arjan shrugged. He was the Delhi boy stereotype, a young Jat who was fresh out of NLU, working with firms. For days I have only heard him yell on the phone at his girlfriend, seeing him whisper was a rather strange fear.

'Oh, it is way better.' She smiled broadly. I had never seen her at home before. She left before any of us woke up, and returned when we were

long asleep. To see her in the afternoon was like seeing the moon in the morning, unlikely but gorgeous. 'We all call one person we have truly loved and we tell them that we love them.'

A sudden silence fell on us. We should have stopped there, walked back to our rooms and buried ourselves in Netflix. But if there is one thing I know about humanity, it is that it cannot deny the prospect of love.

'That is so stupid.' Arjan laughed. He did not find it stupid he found it scary.

'Wimp!' Jhansi teased. She was afraid too; my theory is she always wanted to do it. The pandemic got to her before sanity could. She was just looking for people to make a fool of themselves with her.

'Make the first call then.' He challenged. Never challenge the woman named after the queen of Jhansi herself. So the namesake pulled her phone out. We all stared wide eyed as she began to look for numbers.

'Who are you calling?' Mishita asked.

'A professor.' Everyone wooed with fascination. 'First year in the big city and I was just a girl from Imphal, then I saw him. A young philosopher who knew the world like nobody did.'

We waited. Never had I seen blades rain.

'Hello!' Jhansi breathed relieved and out of breath. 'May I talk to Dr. Anirrudh Shekhawat, I am an ex-student.'

Silence. Silence. Silence.

'You did not hear?' The woman asked.

Silence. Silence. Silence.

'Dr. Shekhawat committed suicide a week ago.'

Beep. Beep. Beep.

The phone fell from her hands. We all stood still as quiet sobs escaped her. Mishita stopped beside her and embraced her shoulders. I wish I could too but affection is a lesson learned hard.

'It is always those poets and philosophers.' She chuckled sadly. She wiped her tears and sniffled. 'This was a stupid idea.' She began to run towards her room until a voice came.

'My turn.' Mishita had picked up the phone. We asked no questions. We needed it, Jhansi could not be the only tragedy in the room.

Do look at the sky, it has gone on fire. 'Hello?' He asked. 'Captain, it's Mishita this side.'

'It's been awhile.'

'It has, indeed.'

Silence. Silence. Silence.

'I wished to tell you Captain, that I love you, I always have.' She whispered.

'That is outrageous Mishita, I am.....'

Change... change... change.

When Jhansi stooped beside her, the grim reaper had come to scoop up the rules.

'My turn.' Arjan dared. When he dialed a number and waited, it was Mishita's phone that lit up. Her lips shivered as she put the device to her ear.

'I love you, Mishi.' I could hear his heart.

She did not even bother hanging up, she just stood up ready to leave for once and for all. 'Wait!' I yelled.

'It's my turn.'

'Tasmay, please.' She begged.

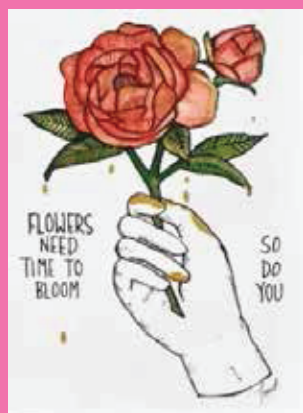
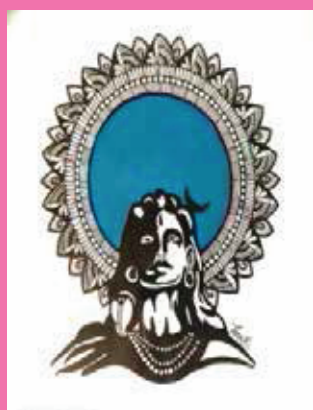
'My turn.' I smeared the ashes of a burnt heart and I demanded salvation.

'Tasmay, you have not called since we broke up.'

'I love you Ishaan, if I was not afraid I would keep loving you.'

They were all looking at me wide eyed and scared. For all our deaths and disease and our lands different and our differently cracked hearts and our broken beliefs, we were all together. Thank you, Pandemic.

Tanvi Raiththa, T.Y.B.A.



Riya Nantu Maity, F.Y.B.A.



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