

THE CROSSROADS



Celebrating 50 years of
Chinmaya Yuva Kendra

GAME THEORY: THE ORIGINS

Nityam Pasari – YEI, CIRS

राष्ट्र पुनरोदय हेतु जन जन का आह्वान

Mrigraj Jalan

01

THE DANGERS WE DO NOT SEE

The Editorial

HARNESSING YOUTH POTENTIAL THROUGH DYNAMIC SPIRITUALITY
THEME OF THE YEAR 2025

CONTENTS

#CIRSCaptures - A curated collection of the many candid moments cherished by our student body.

The Editorial - The Dangers We Do Not See, Part II
Adithyan Diwakar Vidya

Creative Corner - A creative deluge of student expression, showing the widespread creative potential of our students.

#CIRSCaptures - Saanvi Bagaria & Parineeti Pokharna, National Youth Day Yatra Photography - Vivaan Jain (XI)

01

Game Theory: The Origins

Nityam Pasari - Youth Economics Initiative, CIRS

02

राष्ट्र पुनरोदय हेतु जन जन का आह्वान
Mrigraj Jalan

03

Rebirth - New Beginnings

Ramkrishna Kulkarni - Chinmaya Yuva Kendra, CIRS

04

Shower Thoughts

Rajeshwari Kejriwal

05

The Role of Women in India's Growth

Pranavi Adavani - Girl Up Mahattva, CIRS

06

Through His Lens: Sri. Keshav M.
The Editorial Team

07

When Day Becomes Night

Aaradhya Saraf

09

6 Tips to Ace Your Exams

The Editorial Team

10

Cosmos

Krishnav Deorah - Cosmos, CIRS

11

The Impact of Social Media on Art

Rayan Sindol

08

Role of Romanticism in Indian Freedom Struggle

Prapti Lunawat

THE DANGERS WE DO NOT SEE, PART II

Dear readers,

Hari Om!

My previous article had outlined the concept of ideological conversion. It is my humble request for you all to read the editorial of the previous issue, so you may better grasp the contents of this one.

I had signed off with a spirited attempt at positing the dangers of ideological conversion to our nation, and implied their use, by certain ill-meaning aliens, to control the modern Bharatiya. This editorial will contain a few examples of the same, to paint a picture of the merciless scale at which this conversion occurs.

Our first destinations in this investigation are schools. Students (no different from the ones at the restaurant table in the previous article) flock in staggering hordes to these brick-and-mortar hunks in the pursuit of learning, only to gorge upon volumes and volumes of intentionally altered knowledge. Nowhere better is this phenomenon highlighted than in the so-called 'history' textbooks. A simple glance at the very index page tells us all that we need to know.

Contents	
Foreword	xi
In this book	xi
1. Tracing Changes Through A Thousand Years	1
2. New Kings And Kingdoms	16
3. The Delhi Sultans	30
4. The Mughal Empire	43
5. Rulers And Buildings	64
6. Towns, Traders And Craftspersons	73
7. Tribes, Nomads And Settled Communities	91
8. Devotional Paths To The Divine	104
9. The Making Of Regional Cultures	122
10. Eighteenth-Century Political Formations	138

Contents	
Foreword	xi
Revolutionization of Content in the Textbooks	xi
1. Introduction: How, When and Where	1
2. From Trade to Territory: The Company Establishes Power	8
3. Ruling the Countryside	28
4. Tribals, Dalits and the Vision of a Golden Age	39
5. When People Rebel: 1817 and After	51
6. Civilising the 'Native', Educating the Nation	65
7. Women, Caste and Reform	73
8. The Making of the National Movement: 1870s-1947	93

The first page is concerning by itself; one would look at the index and assume that Bharat's entire story was confined to Delhi and Mongolia (where the Mughals originated from). But there are still more irreverent examples to come.

How does one go about removing a population from its inherently glorious culture? Well, it begins with a subtle tarnishing of Indian role models, while simultaneously varnishing those of the colonizing country. Observe what follows.

Chhatrapati Shivaji Maharaj is an emperor worth looking up to by every man, woman and child in Bharat. He is nothing short of a God to the Maratha people. Naming him without his honorifics, that is to say, simply calling him "Shivaji", would be considered utterly blasphemous by any true Maratha. Our history textbooks, however, seem to be indifferent.

Such an address is, to say the least, outrageous. If there were ever to be a fool that would go on the streets of Nasik or Pune and invoke "Shivaji" without his titles, he would be summarily flung out of the state, and in

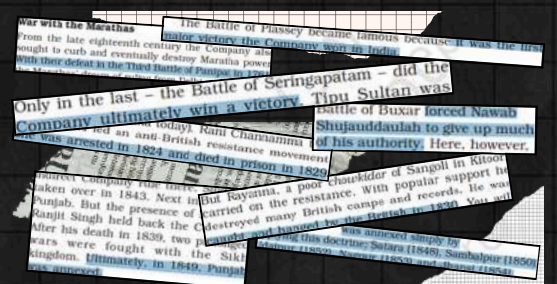
general be given the same reverence as the local dumpster. And yet, this disregard is rampant in the pages of our much-adored history textbooks.

Now, while on the one hand we have an indifferent address of Chhatrapati Shivaji Maharaj, we see a flagrant dishing-out of titles and honorifics to the British overlords.

While this may seem like unnecessary rambling over a few prefixes, I urge you to think about what this results in. It is now a very real possibility that we may see a class of Indians who know and admire 'Lord' Hastings, but will throw around the name 'Shivaji' without the 'Chhatrapati' or 'Maharaj', as though he was just another one of the bejeweled puppets that were conquered by the British.

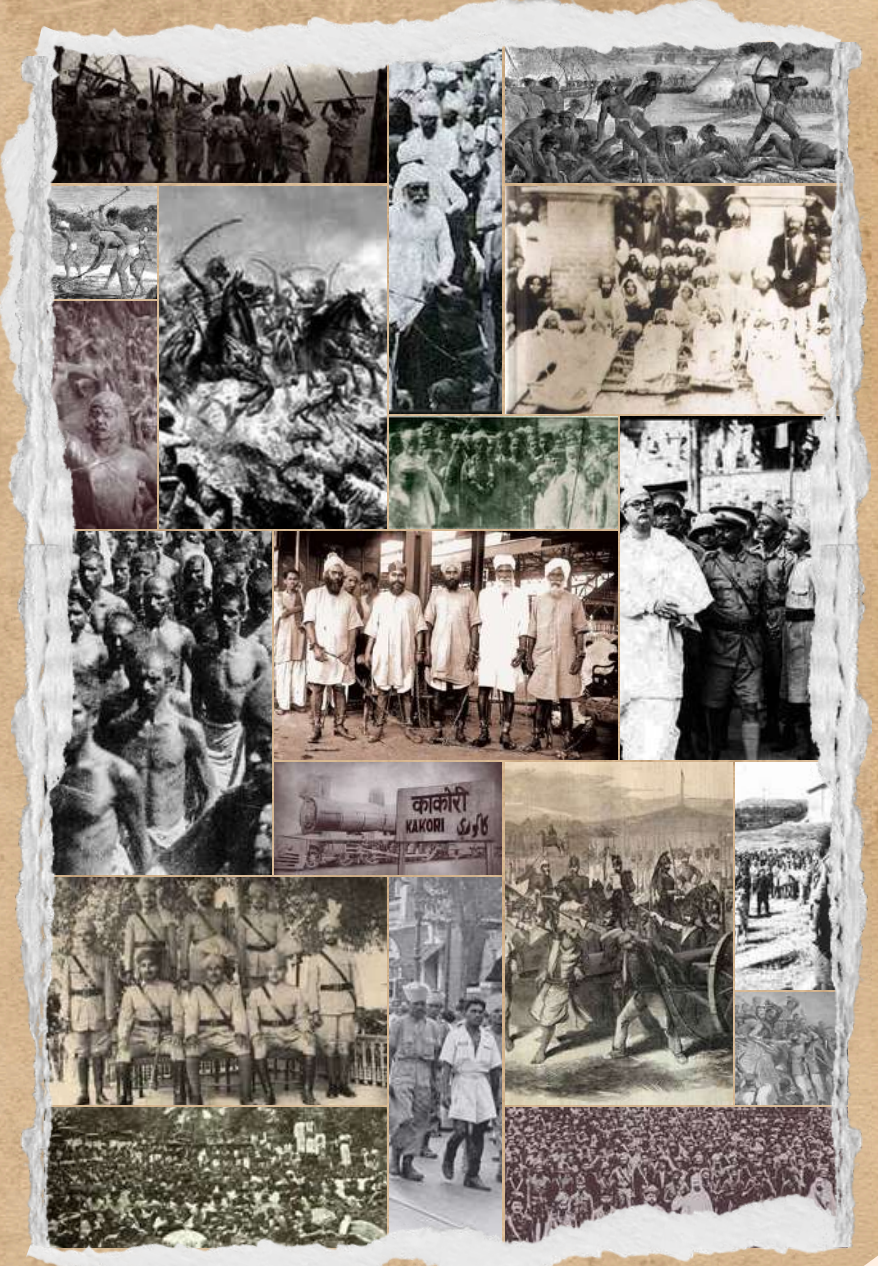
If this is not sufficient, then allow me to illustrate with another example.

Battles, many times, define the course of history. An account of a nation's battles may instill a fervent patriotism in the reader; alternately, it can also jettison his existing patriotism by feeding defeatist poisons into his psyche. This, unfortunately, seems to be the exact mission of our textbook makers. Let us now examine the "accurate" depictions of wars during the colonial period.



Such an account would give any reader the idea that the sole reason for Bharat's existence was to be conquered and thrown around like a ragdoll by the privileged colonial hands. Yet, a proper analysis of the past yields different results.

- 1907 Punjab unrest
- Amara Sullia rebellion
- Amko Simko massacre
- Anglo-Khasi War
- Babbar Akali movement
- Bastar rebellion
- Battle of Kikrūma
- Chittagong Armoury raid
- Christmas Day plot
- Coolie-Begar movement
- Cotiote war
- Eram massacre
- Ghadar movement
- Ghadar mutiny
- Indigo revolt
- Kallara-Pangode struggle
- Kakori train robbery
- Kalmyk project
- Khaksar movement
- Khudai Khidmatgar
- Malabar rebellion
- Munshiganj Raebareli massacre
- Mandi conspiracy
- Paika rebellion
- Pajhota agitation
- Prajha Mandal's agitations in Himachal
- Prajha Mandal's agitations in Orissa
- Polygar War I
- Polygar War II
- Qissa Khwani massacre
- Royal Indian Navy mutiny
- Silk Letter movement
- Spin Tangi massacre



What you see above is just a meager speck amidst the vast swathes of rebellion against the British. Mutiny after mutiny, massacre after massacre, and yet, all that we read about are the Plasseys and Buxars of colonial victory.

So it is no great surprise that we today see aspiring young Bharatiyas who address the suited white man of the past as 'Lord' but fail to afford the same respect to the Chhatrapatis and Maharajas, who worship the culture of suits and ties, and who think of their homeland as nothing more than a colonial doormat. This is the true venom of ideological conversion. We have seen a small dosage here, in the schools of modern India. But there is still worse to come. Stay alert. Stay aware.

Hari Om!





Game Theory: The Origins



Kick-starting the session with a fascinating game of mock-poker to illustrate the topic, the students of the Youth Economics Initiative (YEI) club explained to us the focus of their session on the evening of 17th January: The Economics of Gambling and Game Theory. Relating the theory to the smallest of decisions such as playing rock, paper, scissors, to the greatest of dilemmas like nuclear warfare, they showed us that this theory finds application in all fields! Soon, we got down to brass tacks and took a deep dive into the exciting fields of gambling and game theory.

At the outset, many of us thought of gambling in casinos and over online platforms as an easy way of making money. There is always a rush of adrenaline that pushes us to play further when we think of how big we may win in the next round. However, this belief was completely destroyed thanks to the startling facts about gambling that the session brought to light. As it turns out, the odds are always stacked against you, and there is hardly a chance of you even recovering the money you originally invested into the game, much less earning more. Ultimately, we learnt that casinos and digital gambling spaces are hugely profitable businesses that earn crores out of fooling ignorant customers who fall for the cheap thrills of the roulette wheel and poker tables.

Then the topic shifted to insurance companies. Here, we were in for yet another jaw-dropping revelation. Much to our surprise, we understood that even taking an insurance policy is akin to gambling. Confused? We were too. In this scenario, insurance companies are betting on us to stay healthy. In reality, the odds are against us meeting with an accident, and it is really the insurance companies that earn a huge profit by collecting hefty insurance premiums from us month after month.

The second half of the session focused on game theory. To put it simply, game theory states that all the decisions that you take in any situation will be interdependent on the decisions of your opponent. For example, while playing a hand of poker, it is the subconscious application of game theory that makes you choose between betting big or folding. This decision dictates whether you win the bet or end up losing all you have. To understand this concept better, we played a few games such as the popular Prisoner's Dilemma that forced us to use game theory to think on our feet to win. These were highly interesting and informative activities that helped us internalize the applications of game theory more effectively.

As we came to the end of the forum, we wound up with an action-packed question-answer session that had students asking some tough questions on the ethics of gambling to the organizers. This debate made the topic much more relatable, and frequently put students in the hot seat as they scrambled to counter a point. This session taught us a lot about the truth behind gambling that will definitely aid us in making informed decisions in the future. The mind-blowing exploration of game theory is also something that we will put to good use in our day to day lives. A big shoutout to the YEI team for organizing this enriching session for all of us, and teaching us so much in such a fun way throughout the entire forum.

NITYAM PASARI | XI MGMT, CIRS

राष्ट्र पुनरोदय हेतु जन जन का आह्वान

MRIGRAJ JALAN | ALUMNUS, CIRS



मङ्गलाचरण

आर्याणां च असौ माता हरिपदैरलङ्कृता ।
वेदस्तुता महाधात्री भारतगां नमाम्यहमा ॥

विषय- राष्ट्र पुनरोदय हेतु जन जन का आह्वान ।

राष्ट्र। यह शब्द सुना हुआ होने पर भी जनमानस के लिए अज्ञात ही है। कोई राष्ट्र को। देश वा भूखण्ड समझता है। कोई इसे संविधान द्वारा स्थापित विधि अन्यथा प्रशासन। किन्तु राष्ट्र शब्द तो अपौरुषेय श्रुतियों में यजुर्वेद का शब्द है। वह काल का शब्द है। जिस काल में न भौगोलिक सीमाएँ थी और न ही राजकीय प्रशासन क्योंकि छत्राष्ट्र की प्रतिकल्पना ही सनातन है। एक देश तथा भूखण्ड के रूप में भारत अपने अखण्ड स्वरूप अफगानिस्तान। पाकिस्तान। भारतीय गणराज्य ल्म्यानमारहू। बंगलादेश। तिब्बत। नेपाल आदि क्षेत्रों का भौगोलिक स्वरूप है।

तथा एक राज्य के रूप में भारतीय गणराज्य जो भारतीय संविधान तथा उसके द्वारा प्रतिपादित विधि और प्रशासन ही भारत है। किन्तु एक राष्ट्र के रूप में भारत एक चेतना है। स्वभाव है। एक विश्वास है। एक अति सभ्य संस्कृति तथा आदर्शों पर अडिग रहने का साहस है।

संभवतः कुछ लोग अब यह सुनकर इतना विस्मित हो गए होंगे कि यह समझना उनके लिये कठिन हो गया है। उदाहरणस्वरूप सिंधु सरस्वतिबगि सभ्यता जिसका एक विशाल भाग पाकिस्तान के शासकीय क्षेत्र में आता है किन्तु यह सभ्यता भारतीय चेतना का अभिन्न अङ्ग है। अतः हमारे हिन्दु राष्ट्र का अङ्ग है। तथा कम्बोडीया का अंकोर वाट मन्दिर जो न ही भारतीय राजकीय क्षेत्र का अङ्ग है और न ही भारत के अखंड स्वरूप में आने वाले किसी क्षेत्र में आता है किन्तु आज भी हमारे भारतीय चेतना तथा सांस्कृतिक गौरव का पाषाण स्वरूप है अतः इस भारत राष्ट्र का अङ्ग है। वर्षों तक देश में तथा राजकीय क्षेत्रों में म्लेच्छ शासन के कारण हमारा राष्ट्र तथा हमारी राष्ट्रानुभूत चेतना का बल क्षीण तो हुआ है किन्तु हमारा राष्ट्र नष्ट नहीं जो इसके निर्माण अन्यथा पिता य राष्ट्रपिता आदि संबोधन फ की आवश्यकता हो। आचार्य कौटिल्य विष्णुगुप्त चाणक्य का कथन है कि एक राष्ट्र तब तक पराजित नहीं होता जब तक वह अपनी संस्कृति तथा सभ्यता का संरक्षण कर सके जो भारत ने भारत गणराज्य में किया।

अतः यह महान राष्ट्र अभी पराजित नहीं हुआ तथा कभी पराधीन नहीं हुआ अपितु दुर्बल हुआ है। अतः आवश्यकता है कि प्रत्येक व्यक्ति राष्ट्रीय चेतना की ज्योति धर्मानुशासन तथा वेद सम्मत पद्धति को पुनः अपने चिन्तन तथा व्यवहार में दैदीप्यमान करेज यदि प्रत्येक जन इस राष्ट्र की पुनरुन्नति के लिये प्रयासरत हो जावे । यदि युवा इस परम्परा के संरक्षण हेतु तत्पर होवे तो ही इस राष्ट्र का पुनरोदय होगा। सहस्रदीधिति भारत का पतन नहीं हुआ। केवल यह मलेच्छ अतिक्रमणों के कारण मेघों में छिपा हुआ है। अब केवल आवश्यकता है कि कृत्ति। ज्ञान। राष्ट्रप्रेम। स्वाभिमान तथा धर्मालम्बन की रश्मियों से इन मेघों को चीर पुनः पृथ्वी को जौज्वल्यमान करें। भासमान भारत का उदय केवल जनजन के निज प्रयासों से तथा

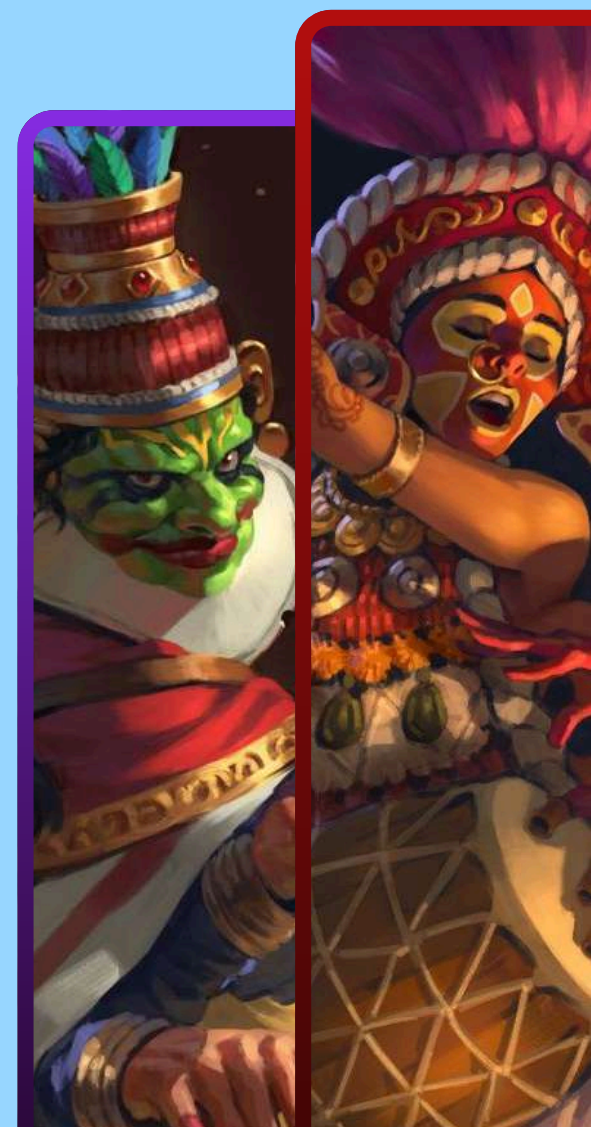
प्रत्येक जनमानस को म्लेच्छकृत हीनताओं से अनाच्छादित कर ही संभव है । अतः जन जन का अब आह्वान है। इस भारत राष्ट्र तथा देश बने भव्य बनाने के लिये। यह भारत राष्ट्र तथा देश भव्य बने।

यह ज्योति है चेतना जो अग्नि अनादि काल से है दैदीप्यमाना ।

करना इसे है निज-निज तन-मन में ज्वल्यमाना ।।

न होगा यह राष्ट्र पराजित कभी आतताई मेघों से ।

चीर घनजलदों को चेतारश्मि से । भारत मा होगी भासमाना।।



REBIRTH- NEW BEGINNINGS



RAMKRISHNA KULKARNI | XI MGMT, CIRS

The concept of rebirth is one that is both central and common to multiple cultures, civilizations, religions and philosophies across the world. Most of us consider concepts such as these extremely complex and completely unrelated to our daily lives. However, although we don't realize it, a simple shift in our perspective of and attitude towards these concepts can lead to a drastic improvement in the quality of our living. And it is this very idea that is explored here by delving into the subtle concept of rebirth.

In the context of religion, rebirth is most often understood as the result of the cycle of birth and death or of creation and destruction. Besides this, rebirth is a concept almost solely confined to the realm of philosophical and spiritual knowledge. However, such a limited view of concepts like these, that are deeply ingrained in the ancient knowledge systems and pedagogy of Bharat, is extremely counterproductive to our growth as individuals. But the aim of this article is not to debate upon the truth of such concepts from a philosophical point of view. Instead, this article strives to shed light on how exactly we can correct our deeply rooted misconceptions, implement these concepts in our lives and grow steadily to become the best version of ourselves.

Let's return to the concept that we started with - rebirth. Rather than simply thinking of rebirth as the repetition of the cycle of birth and death, let's attempt to redefine it using another term that all of us use on a daily basis: change. Change is a constant in and of our lives. Every second of every hour, the objects, situations and people around are changing. We ourselves are undergoing change all the time: our body's cells and mind's thoughts are changing at the speed of light even as you read this article. Everyone and everything that makes up this world is a temporary illusion undergoing the process of rebirth, time and time again. Hence, it is imperative that we recognise the impermanence and unreality of this ever changing world that we live in.



Now we know that rebirth is nothing but a moment of change that occurs in us and our surroundings constantly. Armed with this knowledge of the Truth about the world, we can craft for ourselves a winning mentality that empowers us to strive to achieve perfection in living. But how can we actually, practically do this in spite of our packed schedules that demand so much from us? The secret is that while all of us do nurture a deep desire to change and transform ourselves, don't we keep postponing and procrastinating our efforts at self evolution and improvement to a later day and date?



By repeatedly promising ourselves that we will act to better ourselves tomorrow, aren't we delaying and denying ourselves the life of perfection that can be ours today? And that is precisely where the concept of rebirth steps into the equation. For it tells us that transformation is not something that we need to mark on our social or professional calendar; we must not keep waiting for the big day to finally arrive before starting to put in the hard work. Remember that rebirth in various forms takes place around us all the time, it is constant change that happens right here, right now. Thus, when we want to make a difference in our lives and actions we must start to change right here, right now. But what do I mean when I urge you to change in this instant? Let me present it to you with an example.

Say that your New Year resolution for this year was to get your body in shape. You had decided to wake up early on the 1st of January and unroll the yoga mat you gifted yourself for last year's resolution. But fagged out after a night of intense partying to welcome the New Year, the only yogasana you end up doing is shavasana. Guilty at having broken your resolution so soon, you consistently work out for the next few days. But you quickly realize that doing yoga in the morning means cutting time on the 30-minute skincare routine you simply must do, and also reduces your slot for breakfast. Things that had never seemed so difficult before soon appear impossible to finish. And all because your New Year's resolution was to get fit! Finally, you give up yoga as not for you, and take membership at the local gym instead. But you only start next month as you have a lot going on right now, thereby postponing getting your body in shape once again and going back to the complacent, mediocre lifestyle you lived earlier. Sounds familiar?



But imagine an alternate scenario where although you did party on New Year's eve, you ensured to turn in early enough for you to comfortably wake up to workout the next day. You followed your exercise routine with commitment and dedication despite any and every obstacle that came your way. If you did not have the time to tie yourself into knots on the yoga mat one day you ensured you still got that hip stretch by sitting cross legged on the floor rather than on a chair. Knowing your tendency to procrastinate you fixed up with a like-minded buddy to come workout with you so you could motivate each other. If you missed a day in the middle you carried on without feeling guilty and deciding to restart the next Monday. In other words, you started transforming yourself in small, yet impactful ways that inspired you to make an honest effort every single second. Dates and plans for later did not distract you by fixating your attention on a point in the future when you will presumably take charge of your destiny.

Now, take a moment and apply your newfound knowledge to the goals and aspirations that you envision to achieve. Self-audit your progress towards these goals until now. Has seeking a romantic date with the elusive Lady Change made you miss out on the improvement and excellence that could have been yours now? What are some simple tips and tricks that you can implement to dramatically increase your chances of success? Once we identify, understand and internalize these steps, we are able to effortlessly navigate the bumps and boulders on the path to self perfection. This is the key to effective action, practicing which we can entertain thoughts, form habits and forge characters conducive to achieving the higher, nobler purpose of our lives.

Hari Om!

Shower Thoughts

RAJESHWARI KEJRIWAL | IB II YEAR, CIRS

Considering myself to have become quite the shower connoisseur, I have made a striking discovery. As someone who could never have even imagined taking a shower in waters below the temperature of 80 degrees just a few months ago, imagine my shock when an accidental wave of frigid water changed my perception of what relaxation felt like. The first few seconds were painful, unbearable even, as if I had been dunked straight into the Arctic Ocean. But after the initial discomfort, my body felt more comfortable, relaxed, and even ready to conquer the world. Seems rather odd, right? How can a simple shower make you feel so much?! Well, let me introduce you to your handy-dandy new friends - receptors. Pricked your finger on a pin? It's your receptors feeling the pain! Enjoy running your palm over the velvety blanket on your bed? It's your receptors feeling the softness!

Found in literally every inch of your body, these unassuming little receptors are actually the very reason we feel anything at all.

It is now clear that the shock our body experiences when we first step into that freezing stream of water is also due to your receptors. When you experience a cold shower, your body reacts by activating thermoreceptors (which detect changes in temperature) in your skin. These receptors send signals to the brain about the temperature change, which triggers a series of physiological responses. The initial shock of cold water causes your blood vessels to constrict, which conserves heat and redirects blood flow to vital organs. As the body starts to adapt, you begin to feel a sense of happiness due to the release of endorphins - the body's natural "feel-good" chemical. This process helps to reduce muscle soreness, improve mood and increase alertness. A much required lifesaver after a very challenging workout session!

After having conducted a survey on this subject amongst a group of dorm-mates, I concluded that though people's mindset before going into a shower may not always be the same, coming out of one has always produced the same result: Feeling relaxed and rejuvenated! So it would be safe to say that showering is beloved by all. After all, nothing beats a warm shower at the end of a tiring and hectic day, relaxing your tensed muscles and clearing your mind. Some respondents also claimed that a hot shower makes them feel like a whole new version of themselves as they allegedly wash away all their

tensions and worries along with the dirt and grime sticking to their body. But as I continued questioning, I found that a warm shower may not always be preferred. After a humid day during the summer, or a sweaty workout, people preferred swapping the warm, relaxing shower, for a cold, invigorating one! But don't think that a warm shower does you no good. It also has its own benefits and some of them might amaze you!

When you take a hot water shower, your body's thermoreceptors detect the increase in temperature. This in turn triggers your blood vessels to expand, increasing blood circulation to the skin and muscles. The warmth also promotes the relaxation of tensed up muscles, which is why we feel so relaxed after a hot shower. Additionally, warm water helps to open up the pores on your skin, making it a must after an oil bath as it washes out the dirt from your now open pores. The soothing sensation also activates the parasympathetic nervous system, which helps reduce stress and enhance feelings of peace and relaxation.

So next time you decide to shower, don't just think of it as a chore. Rather see it as an elevating experience for your body, and enjoy the process of not just staying physically clean, but also having a refreshed mind and uplifted moods. Such is the power of a single shower! Be it hot or cold!





THE ROLE OF WOMEN IN INDIA'S GROWTH

PRANAVI ADAVANI | IB 1ST YEAR, CIRS



Did you know that just by supporting and offering equal opportunities to women India can add nearly \$ 700 billion to its GDP by 2025? This is a rather shocking statement to start with right? But then this isn't just a number, it is a reflection of the immense potential hidden in women. In women who are deprived of opportunities. In women who society discourages. In women who are ready to break the barriers and step forward.

Even after ages of suppression and discrimination, despite the societal barriers that still exist today, women are moving forward with determination. What is truly inspirational is the resilience and dedication they put into their work and goals. A striking example is India, where 20.37% of women are MSME (Micro, Small and Medium Enterprises) workers. This accounts for nearly one-quarter of the labor force in India. That is 13 crore women! Women are not just employees or self-employed individuals, they are also entrepreneurs, creating and leading huge enterprises. Nearly 45% of startups in India are established by women. These institutes provide job opportunities to both men and women alike. They provide direct employment to 22-27 million people! For women, it is not just about fulfilling their own goals, but also addressing the unmet needs of society, leading to the creation of many social projects. This reflects the fact that their mission is not just limited to themselves but to bring forward as many people as they can.

The numbers we saw above are just a small fraction, roughly one-tenth of what women can actually achieve by unlocking their true potential and inner strengths.

Women across India are realizing the potential they hold and are becoming confident to pursue their goals.

Further, there are many organizations and governmental schemes and policies to support them. Schemes like Dena Shakti and Udyogini are aimed towards women entrepreneurs looking to start their own businesses. Pradhan Mantri Mudra Yojana is also a scheme that seeks to help people set up micro enterprises, and out of the 5 million USD given as credit, nearly 3 million has been availed by women.

But if women are given so much financial support from various institutions, why are they still hesitant to step up and achieve their goals? The answer is us. Despite knowing that women are capable of making extraordinary contributions, we still struggle to accept and acknowledge the fact that they deserve the same opportunities and recognition as their male counterparts. We still refuse to accept that the best contribution we can make to our families, our homes, our country, and even our world, is to support women and help them overcome the societal stereotypes that hold them back.

Let us take an example: Sudha Murthy. A very well-known author, educator, philanthropist, retired Chairperson of Infosys, and currently a member of the Rajya Sabha. But did you know that she was the first woman in many, many fields? In 1968, she graduated as the only girl in her class of 150 students in Electrical and Electronic Engineering. In 1974, when she was searching for a job as an MTech graduate she saw a job advertisement from Telco (now Tata Motors) which stated that the company required young, bright, hardworking engineers with an excellent academic background. Just another advertisement, right?

But when she saw one particular line that was written below these words, she couldn't believe her eyes: Lady candidates need not apply. This was one of the most direct forms of discrimination which explicitly stated that the selectors were so biased towards the male candidates that they were not even considering the possibility of women working for them. This made Sudha ji really angry. So much so that she wrote a postcard directly to JRD Tata himself!

And less than 10 days later, she received a telegram calling her to Pune for a job interview at the company's expenses. Soon, she successfully became the first female engineer to be hired at Tata Motors. This incident, even if unheard of, is very important in the growing presence of women in the economy and in other fields.

Women today are not only reaching their goals, but also contributing to the society that tried to stop them. Despite efforts by many organizations, women still face these barriers on a daily basis. It is now up to us to challenge these limitations by correcting our thoughts and doing our part in condemning such discriminatory practices when we see them.

“—
“When I transform, We transform”
“When we transform, The nation transforms”
“When the nation transforms, The world transforms”
—”



THROUGH HIS LENS



SHRI. KESHAV M.

Born in Chennai and brought up in Pune, Ahmedabad and Mumbai. A graduate in chemistry and a post-graduate in journalism. Employed in a national daily and founder of a corporate training company. There is little that Mr. Keshav M has not achieved. But what makes him of special interest to all of us here at CIRS is his long standing association with the Chinmaya Mission, and the fact that he was one of Gurudev's OG CHYKsters! Since Mr. Keshav visited CIRS on the 5th of this month, the Crossroads Editorial Team caught up with him for an exclusive interview. *Excerpts follow.*



Amongst all the wonderful memories you must have of Gurudev, is there any particular one that stands out in your mind? Something that really touched you and left a lasting impression?

Oh yes, lots of them! I'll share one with you that comes to mind. Actually, it was by serendipity that I got appointed as the secretary of the Chinmaya Yuva Kendra. I had just finished graduation in Mumbai, and was spending some time in Sandeepani because my parents had left Mumbai by then. It was around when CHYK had just been started, and I was one of the first to be selected as the secretary of the organization. So since then I was shaped by Gurudev! One of the first programs we did was a huge theater production of the Kamba Ramayan. It was in Tamil and I didn't know a word of Tamil when I took it up! But because of Gurudev's grace we managed to do it. I always say it was like doing an MBA. (laughs) CHYK made me business savvy, it made me situation savvy. I think I actually earned my MBA during my Chinmaya Yuva Kendra days!

We actually experienced Gurudev's touch, and that is something so memorable you can never get it out of your system. Even today I think of my parents very often because they are no longer with me. Of course, my wife, daughter, son, grandchildren, I think of them all. But to me the most impactful and important in my life was Pujya Gurudev. So my first thought would be of Him. The rest of the world only comes afterwards.

A lot of students today are aiming to found startups in the future. Being an entrepreneur yourself and having a rich experience of over 30 years in the corporate world, what would be your advice to these youth as they start off their entrepreneurial journey?

This is the best time in history that India is going through for startups. And one thing that I would say is never step back when you can take a step forward. Take slow steps, but never step back.

Take your time before you start something, but once you start, have no doubts! That mindset is what destroys the business. It's not the idea or the market, it's the entrepreneur who makes or breaks the business. So give anything you do your 100%! If you fail, just learn from it and you will be a better businessman than before. And I think that's exactly what startup founders need: a lot of self-belief.

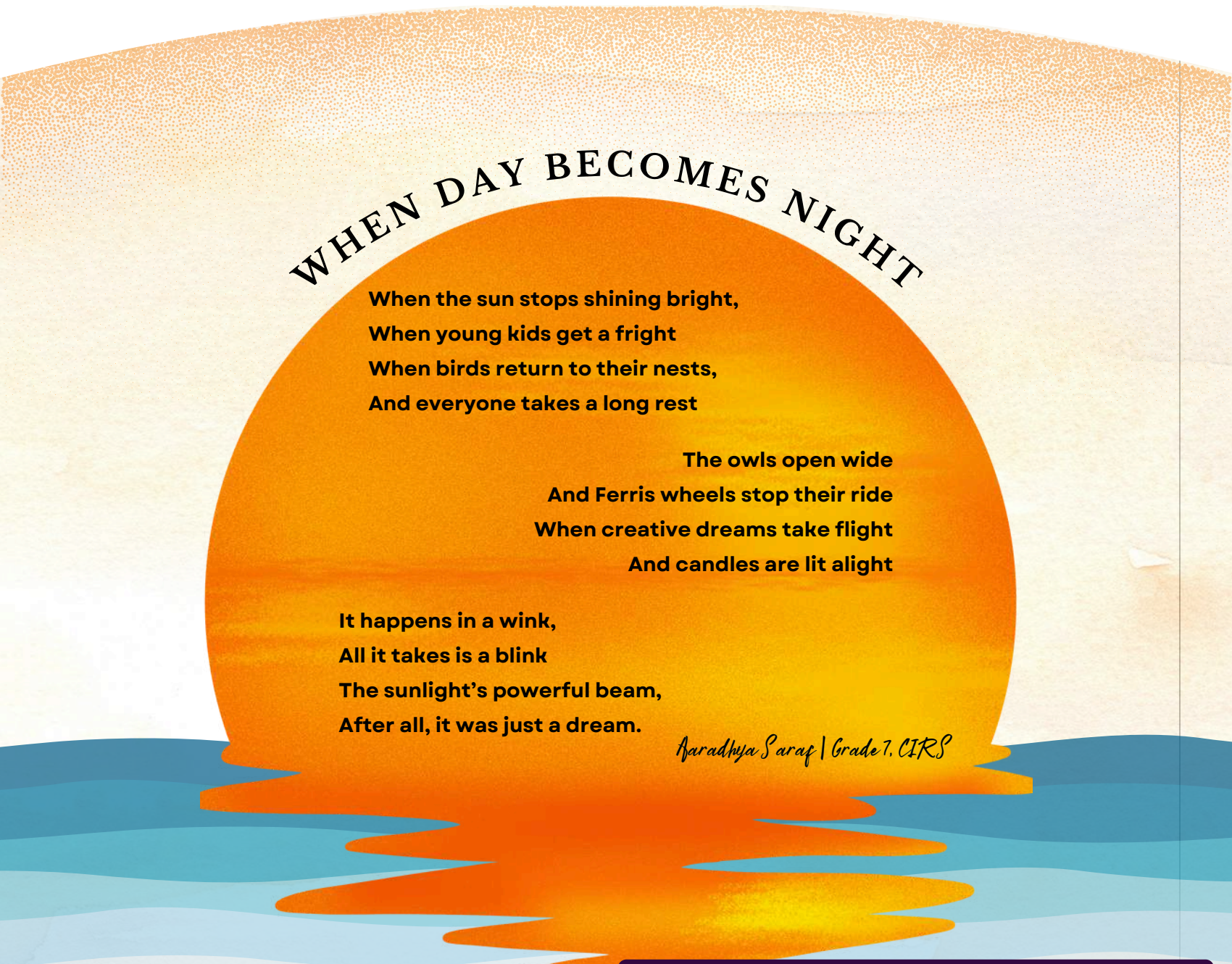
You know, Gurudev is a fantastic example of self-belief. He had tremendous self-confidence. He could walk into a room, and speak with anybody as an equal. "What will they think of me?" was never a question for him. I think if you can be an entrepreneur like that with great self-belief, sooner or later you will make it big. It may take longer for some, but if you don't give up you're going to succeed eventually.

Just to be in the presence of realised spiritual masters such as Pujya Gurudev is an incredibly transformative experience that we would give anything to have. Is there anything that you learnt from Gurudev purely by being in His physical presence? Something that no one else would ever have the chance of knowing?

To be honest, I still wonder whether I made full use of my proximity to Pujya Gurudev since my childhood. (laughs) But I'm positive it has refined me into a much, much better person. I think Gurudev's presence has made a big difference in my life by making me reflect upon how I'm living, and how I can get more out of life?

Being with Him for so long, I noticed that Gurudev was very much at home wherever he went. So much so that he made it easy for other people as well. Sometimes he would walk into a five-star hotel and businessmen in three-piece suits would drop their briefcases and touch his feet! He would lift them up and say, "Krishna, Krishna, Krishna! Where are you coming from?" He would never question why they were touching his feet, or tell them not to. He just rolled into a conversation without correcting you. He would give you the freedom to resist and find your own way of acceptance.

Another major thing I have learnt from Gurudev is universality. We see everyone as one, whether they are Hindu, Christian, Muslim, Sikh, believer or non-believer. We respect every human being as a human first, and only then see the differences. As a result, you start to become aware of your biases and try to be less judgmental about people. You learn to accept others for what they are, and not have huge expectations from them. On the contrary, have big expectations from yourself, continually set higher ideals and goals to chase. Without a doubt, I think this universal vision is surely my deepest learning from Gurudev.



WHEN DAY BECOMES NIGHT

**When the sun stops shining bright,
When young kids get a fright
When birds return to their nests,
And everyone takes a long rest**

**The owls open wide
And Ferris wheels stop their ride
When creative dreams take flight
And candles are lit alight**

**It happens in a wink,
All it takes is a blink
The sunlight's powerful beam,
After all, it was just a dream.**

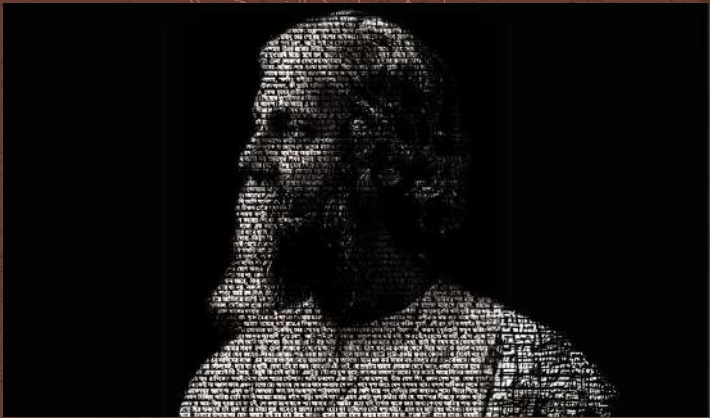
Aparadhya Saraf | Grade 7, CIRS

ROLE OF ROMANTICISM IN THE INDIAN FREEDOM STRUGGLE



— PRAPTI LUNAWAT | IB I YEAR, CIRS —

The Uprising of 1857, widely known as The Revolt of 1857, is considered a significant turning point in Indian resistance against British rule. For this was the awe-inspiring incident during which the seeds of the Indian freedom struggle were sown. Moreover, another fascinating product of this revolt and its aftermath is what came up as a response to the Britishers rapid industrialization and urbanization of society during this period. This product is a fascinating social movement called Romanticism that I wish to tell you about in this very article.



Romanticism is characterized as a socio-cultural response that focuses on emotions, intuition and mystical feelings while criticizing the glorification of science, reason and rational thoughts of humanity. This was not only a socio-cultural response to the political realities of 19th-century Bharat but a movement in itself. A movement that reshaped literature, art, music and philosophy by emphasizing emotion, nature and individual experience. A movement that fostered and instilled a strong sentiment for the nation leading us to freedom against a stifling suppression by the British. This was expressed by introducing vernacular language newspapers, poetry, paintings, varied art forms, and reviving folklore. One such strong example is artist Bankim Chandra Chattopadhyay who had a strong romantic appreciation for the nation. A hymn we sing every Tuesday now – Vande Mataram – was composed by him in the 1870s to propagate the greatness of the motherland of Bharat.

Vande Mataram played a significant role in the Swadeshi Movement in Bengal. It instilled a strong sense of patriotism within the people of the state. In every protest and mass movement that took place all cheered and chanted this slogan. Inspiring everyone young or old, student or farmer, woman or child of Bharat. It promoted self-reliance and the strength of unity. This particular hymn inspired many other such artists and painters who wove elements of mythology and folklore into their works. Likewise, Abanindranath Tagore painted his famous image of Bharat Mata portraying her as an ascetic figure. Bharat Mata, evoked within the people a deep respect for the nation. Hence, when Indian society started to see the nation in the forms of such allegories, it added support to the movements.

The cumulative effect of all such romantist-nationalist pieces by the people of Bharat was that a strong wall was built against the invading colonialism by protecting the young people from mental corrosion. This extensively united people. Soon, came the now famous slogan of 'Unity in Diversity'. It brought together people of different religions using one ultimate goal – to achieve freedom and end the British rule. As it turns out, unity is the most essential factor for resolving problems, destroying colonialism and building a strong state where harmony prevails.





With this, Indians began looking into the past to discover India's great achievements. More of such symbols and icons were recognised. They wrote about the illustrious developments in ancient times when art and architecture, science and mathematics, religion and culture, law and philosophy, crafts and trade had flourished. This glorious time, in their view, was followed by a history of decline, when India was colonised. These nationalists, poets and artists urged the readers to take pride in India's greatest achievements of the past and struggle to change the miserable conditions of life under British rule. From every little slogan like "जननी जन्मभूमिश्च स्वर्गादपि गरीयसी।" meaning that 'the mother and the motherland are greater than the heaven' to the biggest movements like the Swadeshi movement. All the revived books, stories, folk tales, visual images and songs carried the glorious past of Bharat and its contributions to the world. This provoked the Indians to awaken the chauvinism within them. The anger grew against colonialism and the colonial government united them. This powerful tool united Indians and built endurance in an incredible way. Suggesting to the world that the power lies within.

In conclusion, it is clear that the impact this movement has left upon Bharat's culture during the Indian freedom struggle can be seen till date. In the ongoing exploration of nature, the emphasis on personal and emotional depth, and the use of rich, imaginative language in the literary tradition, one can observe this enduring, inspiring and fiercely nationalistic movement of Romanticism. Jai Hind! Jai Bharat!

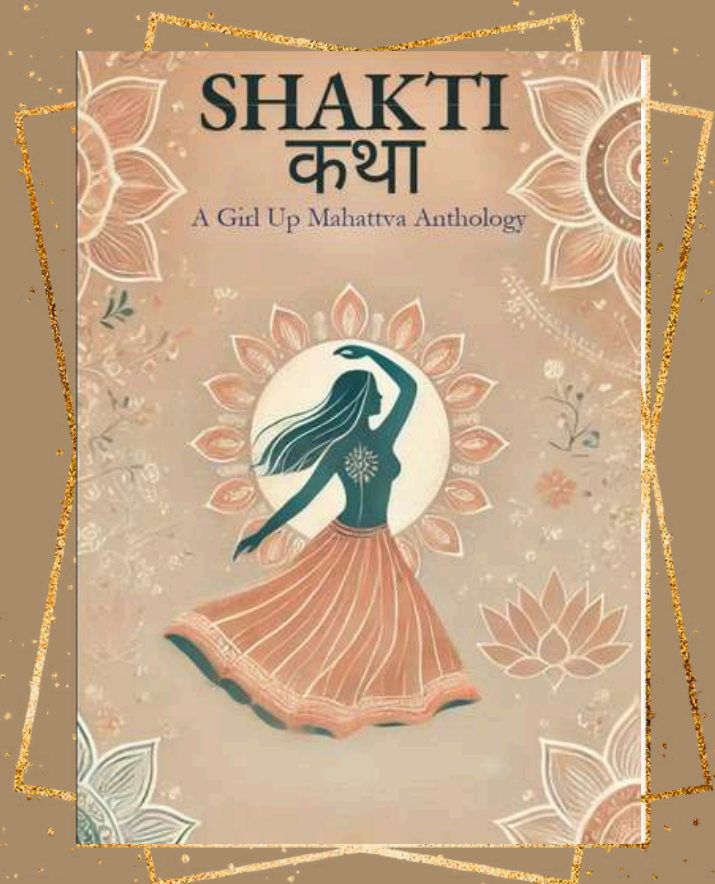
girl
up
महत्त्व

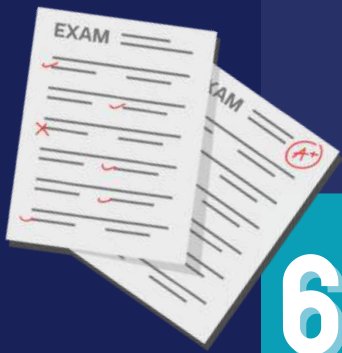
GIRL UP MAHATTVA, CIRS

The Girl Up Mahattva club is thrilled to announce the release of Shakti Katha, an anthology of poems celebrating stories of strength, courage and resilience through time.

In a society that demands that we fit in, Shakti Katha shines as a beacon of resilience by retelling stories that inspire and empower. From historic legends to present day idols, these tales bring to light the incredible journeys of women who exhibited sheer fortitude and depth of character as they overcame their challenges to leave lasting impact in their fields.

Get ready to be inspired by the magic of poetry, and discover the power of Shakti within you.





6 TIPS TO ACE YOUR EXAMS

THE CROSSROADS EDITORIAL TEAM



ORGANISE YOUR ROOM SIMPLY

A lifestyle of simplicity is a lifestyle of beauty. Simplicity is all about stripping away what is not useful. Hold onto positive things that will truly be required. Only when the distractions disappear can true excellence shine through.



GROUP STUDY IS NOT ALWAYS STUDY

While group study certainly helps you learn in a fun way. It can also divert your focus and disrupt your thought patterns. Ultimately, think whether saying yes to joining your friend group for a study session the night before the exam will genuinely help you perform better the next day.



TIDY UP YOUR DESK

People who have tidy desks are most likely to perform better. On the other hand, those with cluttered work-spaces usually have trouble concentrating. Take a few minutes to clean up your workspace. With every swipe of the cloth, you'll clear out the dust in your mind.



DO NOT NEGLECT MEALS

The 20 minutes of study you gain from skipping breakfast is actually not as helpful as you may think. Low blood sugar and migraines are proven side effects of missing this much-needed meal. Alternatively, a healthy diet can keep you going strong when you're burning the midnight oil.



BECOME ADEPT AT SWITCHING MODES

Create gates within your mind and develop the ability to switch off and take a chill pill when you need one. Ensure to study while studying, eat while eating and enjoy while enjoying. It seems simple but goes a long way in making your exams smooth sailing.



DO YOUR DAILY SADHANA

You practice math everyday, right? Then why not practice how to focus too? Chanting the Gayatri mantra 24 times a day with full concentration in the morning is a simple key to unlocking your full potential and improving your attention span.



COSMOS

WHERE SCIENCE COMES ALIVE

KRISHNAV DEORAH | GRADE 9, CIRS

For the uninitiated, the aim of the Cosmos Club in CIRS is to improve the thinking ability of the student body and ignite the spark of curiosity within their minds. In simple language, Cosmos is a place for all the students who want to experience learning in a completely different way. When we read our names on the lists put up in the dorms, we felt as though we were the smartest people in the world. We arrived for the first session with minds racing at full creative potential and hearts bursting with enthusiasm to learn. All of us were slightly skeptical about the club at first, but any such doubts were quickly put to rest by the energetic and enriching introductory session.

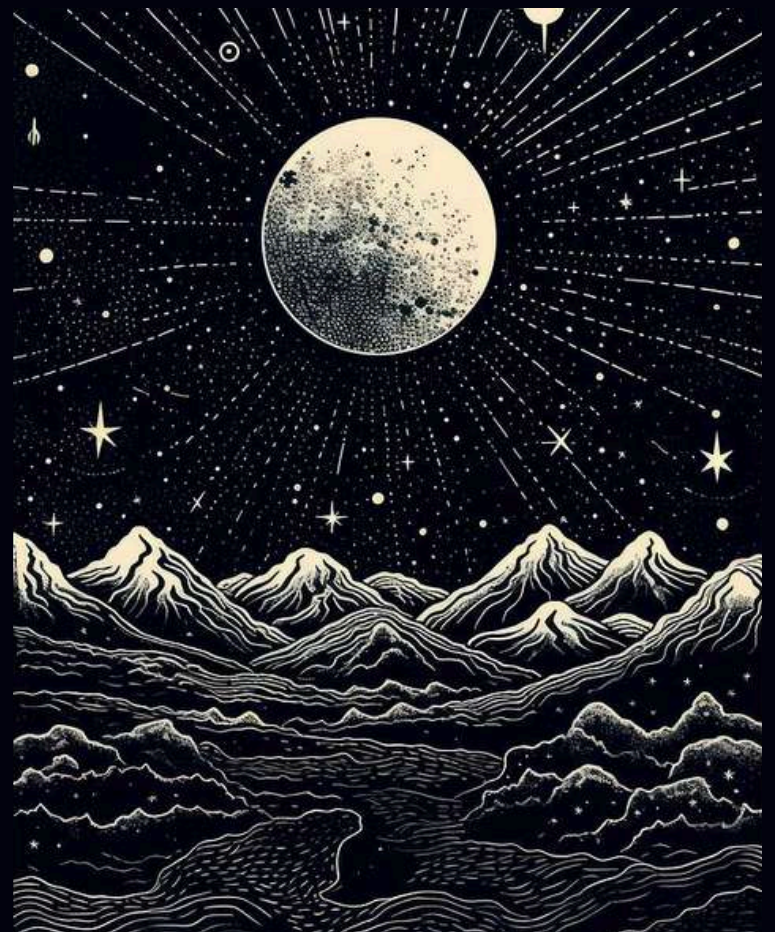
Now let me give you a sneak peek into the fun-filled activities we had. In one session we faced challenges at various stations that we were supposed to complete and learned several skills along the way. All this gave us amazing hands-on experience that we would never have found in a classroom. Undoubtedly, our favorite activity was the Zombie Apocalypse. It involved us learning how to fashion weapons using stones and sticks and clothes using banana leaves! After finishing the obstacle course, the real cherry on top was cooking an apple with the first fuel we found - gunpowder! Ultimately, the activities we undertook may have only been hypothetical situations but the knowledge we have gained through them will surely help us in the future. Even if it is something as simple as lighting a fire while on a trek, we can assure you that we will be the best at it.

Personally, Cosmos has left a very positive impact on me. It has empowered me to look at scenarios and resources in a completely different manner. A perspective that I would never have experienced had I not joined Cosmos. I would urge the next batch of students to join this club because it teaches you more than just the skill of creative thinking, it shows you a new way of life.

To all those wondering why they should join this club if they are not planning to pursue Science in higher classes, I have a simple answer.

When you are out in the field with no knowledge of how you can possibly make anything function, it is the quality of undying curiosity that Cosmos teaches that will act as a spark for your creative fire to burn.

Cosmos wasn't started to create scientists. It was built to cultivate a questioning attitude in the young minds of the students of CIRS. It has forged a new generation of independent thinkers with the capability to challenge anything and everything in their quest for excellence. Attending Cosmos' sessions have taught us many things. But above all, we have learnt that, whatever we do, it is never the result, but the process that is more important. It is this flame of knowledge and this spark of curiosity that we pledge to carry forward in our minds from this point onwards.



THE IMPACT OF SOCIAL MEDIA ON ART



The art of self expression is lost in a void of online forums and creativity has vanished in the blink of an eye. This is just the start of this era but the situation is still in our hands.



RAYAN SINDOL | IB I YEAR, CIRS

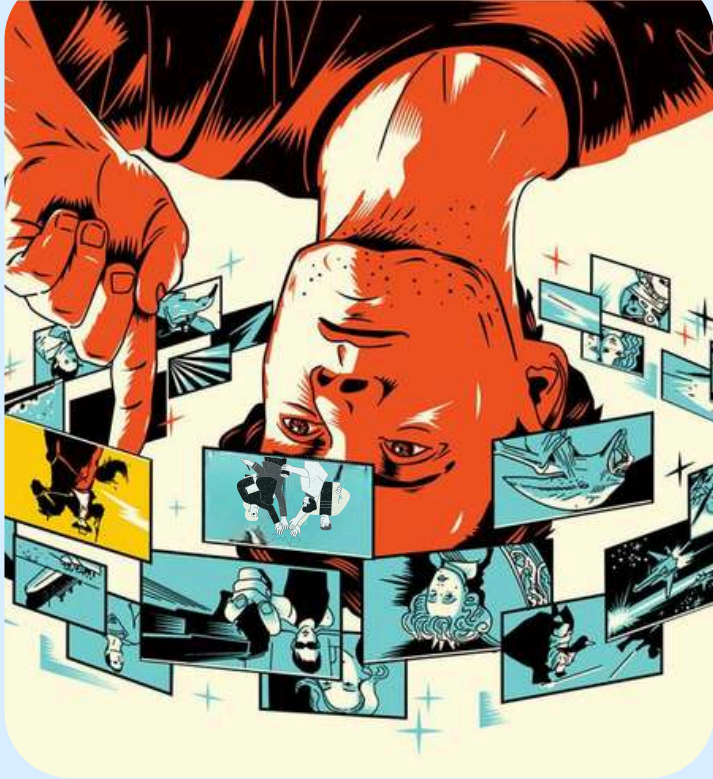


Trends catch on like wildfire in this dynamic and ever-evolving generation, with social media serving as the primary channel for the trade of these ideas. In this modern era, people's thoughts cannot be controlled or governed for the purpose of exchanging ideas, and a significant segment of these influential platforms is art. Many creators share their work, journeys and experiences on social media; which millions of people, both adults and children alike, view. However, is it solely beneficial, or can there be negative impacts? For instance, let's take the example of my friend Ajay. Ajay's currently in a good mood, feeling creative,

and wants to sketch and paint something. He immediately opens Pinterest and starts browsing through ideas and references. Eventually he settles on a lovely hillside composition. After gathering his materials, he takes his supplies and sits down to make a quick sketch before applying a wash of watercolours.

This scenario can be interpreted in many ways; one interpretation could be that he got to learn a new technique, fulfilled his desire to paint, and practiced his craft by creating a new piece. All while also supporting the original creator by following his work and liking his pieces; in fact, he could also pose

as a potential buyer. This scenario also provides the original creators with business opportunities, idea sharing and expanding their fan base. These artists can connect with like-minded individuals, collaborate on projects and receive feedback from a supportive community. Social media has also made it easier for content creators from distinguished backgrounds to share their work on a global platform. Now Ajay assumes that he is a good painter, which is true, but he identifies himself as an ARTIST, which is partially wrong. This then leads us to question who an artist is.



Literally, the definition is: A person who creates art (such as a painting, sculpture, music or writing) using conscious skill and creative imagination. Coming back to Ajay's story, his art is definitely his own version with variations and not the original production. Enter the second interpretation: Where this process is not beneficial on the societal or the individual level. Ajay completely loses his originality and creativity and forgets the true purpose that his art holds - to express his thoughts and ideas through this medium.

As we have seen above, this also impacts the person on the other side of the screen. One can see an overwhelming competition among creators, all trying to be unique in their own ways. But all are ultimately crushed by the sheer volume of such content found on social media. In such an age, one cannot help but forget the true purpose of art in pursuit of mere aesthetics of the piece, and neglect to add their own meaning and significance to it.

The art of self expression is lost in a void of online forums and creativity has vanished in the blink of an eye. This is just the start of this era but this situation is still in our hands. Still think that this is a small thing which cannot hurt any soul? Wrong.

The historic artworks, that pave their way from mere cave illustrations to the contemporary masterworks like photorealism and abstract impressionism, have tremendously contributed in shaping today's world. Earlier, art was a medium for story telling and did not confine itself to plain eye appeal or aesthetic value, but to also the story it narrates. The numerous interpretations, perspectives, ideas, expressions and styles have come down to a narrow slit of originality.

So, what can we, as individuals do to change this trend and save art from evolving in this direction? From now on, everyone anytime you come across a cool image of your favorite character from any series or animation and you want to bring it to life on paper, stop yourself and think for a second, how can you turn this into your original piece or just start drawing and create a doodle and slowly and you will keep improving by trying out new styles and genres. You will only get better by practice and practice alone. No one can become a Da Vinci or Van Gogh in one day. But remember that never at the cost of originality.



Captures







CREATIVE CORNER



Ayush G. ~ VIII 🎨



Mithra A. ~ V 🎨



Aaryan ~ VII 📷



Abarna R ~ XI 🐒



Sanjay Saravanan ~ XI 📷



Aadhya A. ~ VIII 🎨



Devansh S. ~ VII 🎨



Radha G. ~ X 📷



Ritesh S. ~ VII 🎨



Yuvraj T. ~ VIII 🎨



Ronav A. ~ VII 🎨



Pranitha ~ VI 🎨



Vaidehi M. ~ IB I 📷

To handle yourself use your head. To handle others, use your heart.

January 2025 | Living the Vision of the Visionary through Empathy

Spotlight on Talent!

We're thrilled to feature our very own Revathi Soundarajan ji, who has created two stunning pieces of colored yarn art honoring



Gukesh D, the 2024 World Chess Champion



Late Shri. Ratan Tata, Chairman Emeritus, Tata Sons

Her incredible work has been showcased on local Tamil TV channels and newspapers across Tamil Nadu!
We're grateful to have Revathi ji's exceptional talent as part of our pastoral team here at CIRS.

