

31ST JANUARY, 2021

JDSOLA's Independent Student Publication

THE LIBERAL CANON



EDITORS NOTE

February can be described as a month which is rather ignored. After new year celebrations and hopes of a fresh start, people tend to come back to their routine lives and accept monotony. While some do succeed in keeping their resolutions, February is when the dust settles and life is as usual.

The most notable date is 1st February as the Budget is announced. It is of great national significance and impacts the lives of every citizen. Meet Bhandari has taken the toll of explaining the Budget to every layman through his article this edition.

Earlier in the month, as part of Paper Planes (which is happening in March!), students of JDSoLA were able to discuss a topic that is extremely important - Sexual Harassment. While in conversation with two therapists and a lawyer, two paths of emotional as well as legal action were explained. The stigmas surrounding sexual harassment or anything remotely sexual have allowed for suffering in silence. This panel discussion comes as a breath of fresh air as experts in their fields empowered students by educating them. The panel discussion has been concisely reported by Aashritha Murali - please do take a look, it is essential for everyone to know their key rights and how to combat such horrific situations. Along with that, simply being educated on the topic enables you to help others around you.

Consistent with this, Anonymous has written a must-read that rightly encaptures the frustrations and disappointment with cases of rape and women being mistreated. The anger reflected permits all of us to relate and apologises through its lament to everyone who's hurt. This is a beautiful piece of art that expresses the sentiments of the state.

On a lighter note, we also feature an inspiring fictional story by Ananya Mishra on how a girl finds her creativity. Lastly, Akanksha Das's poem 'Hecate' an ode to the same name, commends her and provides the readers with solemn charm.

Hope you enjoy this edition! It truly encompasses crucial topics. Apart from all the mundanity, we hope The Liberal Canon can be the break and entertain you thoroughly while addressing important issues.

SANAH SHAH

ACCIDENTALLY CREATIVE

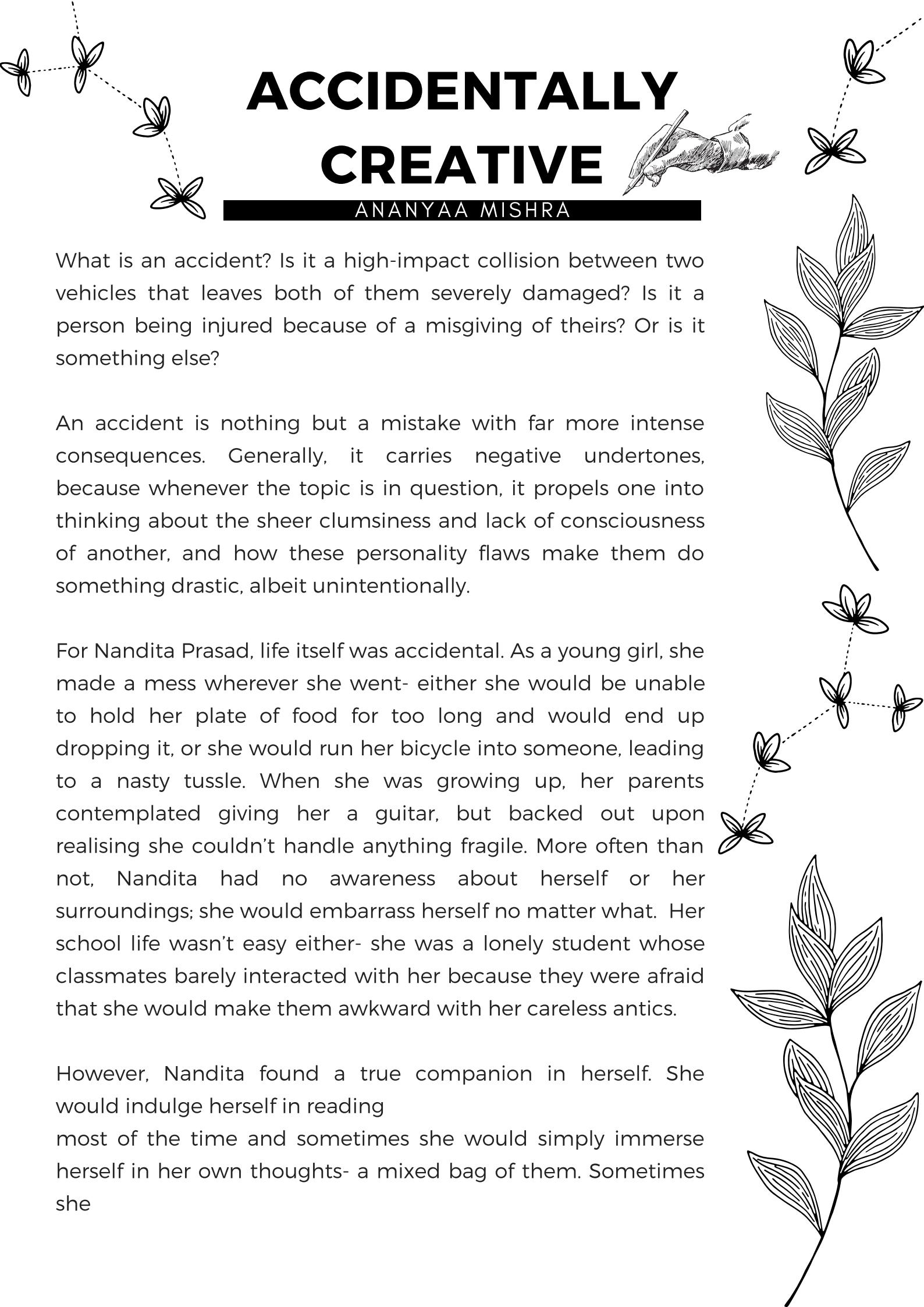
ANANYAA MISHRA

What is an accident? Is it a high-impact collision between two vehicles that leaves both of them severely damaged? Is it a person being injured because of a misgiving of theirs? Or is it something else?

An accident is nothing but a mistake with far more intense consequences. Generally, it carries negative undertones, because whenever the topic is in question, it propels one into thinking about the sheer clumsiness and lack of consciousness of another, and how these personality flaws make them do something drastic, albeit unintentionally.

For Nandita Prasad, life itself was accidental. As a young girl, she made a mess wherever she went- either she would be unable to hold her plate of food for too long and would end up dropping it, or she would run her bicycle into someone, leading to a nasty tussle. When she was growing up, her parents contemplated giving her a guitar, but backed out upon realising she couldn't handle anything fragile. More often than not, Nandita had no awareness about herself or her surroundings; she would embarrass herself no matter what. Her school life wasn't easy either- she was a lonely student whose classmates barely interacted with her because they were afraid that she would make them awkward with her careless antics.

However, Nandita found a true companion in herself. She would indulge herself in reading most of the time and sometimes she would simply immerse herself in her own thoughts- a mixed bag of them. Sometimes she



thought about the bird's nest on the classroom window, and sometimes the worries of being judged by her peers, plagued her.

Being an avid reader gave Nandita the superpower of imagination. She would zone out in between classes, and start to visualise things that were on her mind. Maybe it was her good luck, but no teacher ever caught her red-handed, lost in her thoughts. But those thoughts of hers did lead to an accident. The inter-school writing competition was held for the first time, and participation was compulsory. When Nandita was handed the ruled sheet to write her entry, she felt a shot of energy that motivated her to get going. She wrote down everything that was on her mind, without pausing to think about what she was writing. Once again, her impulse drove her actions. But that time, she was not careless but carefree.

Nandita secured the first prize for the competition. While handing her the trophy, her principal said she was destined to become a writer. His very words made Nandita's shoulders straighten in confidence, and her face adorned a bright smile. She couldn't contain her smile, which exudes joy, pride, and realisation, that being unbound by her imperfections, had set everything straight.

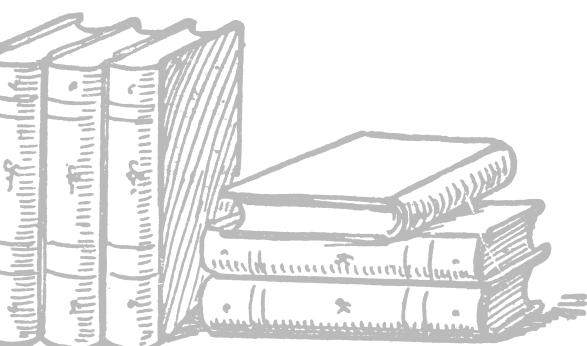
Nandita found her true self that day, because she chose to be herself and found beauty in her flaws.

UNDERSTANDING THIS YEAR'S BUDGET

MEET BHANDARI

After a tough year (in terms of literally everything), the government finally announced the Budget for the financial year 2021-22 on 1st February. It was one of the most anticipated Budgets in the history of India due to the financial troubles brought about last year by the pandemic. Although Sensex gained a few points right after the Budget was announced, which reflects the positive public sentiment regarding the budget, it is not safe to assume that this Budget is the best ever. This is because the government only proposes the estimated revenue and expenditures in the Budget, and these may differ from reality. Also, because after a punishing financial year in which the growth rate dropped to -23.9%, the government does not wish to disappoint the public and neither does it wish to give false hopes. So, surely, achieving a middle ground would have been a Herculean task for the government.

For the first time, the budget was presented in a digital form using a tablet and not read out from paper. To prevent inconsistency in tax rates, the government hasn't increased or decreased the income tax rates this year. As unemployment rose and national output fell, as many businesses shut down, millions of Indians expected a tax cut. The government is aiming for consistency in tax rates, which will result in people being able to calculate their tax returns with ease. The government plans to spend Rs. 34.83 lakh crore in the FY 2021-22, which is approximately 4 lakh crores more than what was proposed in the previous budget.



So, a revenue crunch owing to the pandemic and a plan to increase expenditure means that the government cannot compromise on tax revenues. This is also why the prices of diesel and petrol have been allowed to remain so high of late despite a drastic fall in the global prices.

Senior citizens above the age of 75 need not file their income tax returns themselves. The banks providing them their pension can do it for them, making their life easier.

Healthcare sector: Spending on the healthcare sector has been doubled to Rs. 2.2 lakh crore, of which Rs. 35,000 crores will be allocated for vaccinating the entire country against Covid-19. The government announced a new scheme, the Prime Minister Atmanirbhar Swasth Bharat Yojana, under which Rs. 64,180 crores will be spent over six years to build new primary health care centers and improve existing healthcare infrastructure.

Farmers Protests: The ongoing farmer's protests increased anticipation for and expectations from this Budget as the government was expected to change the Farm Bill laws. They announced that a Minimum Support Price (MSP) that is 1.5 times the cost of production will be given to the farmers. But the problem of very few farmers actually benefiting from MSP remains unsolved.

Gig economy: For the workers in the gig economy, the government plans to make an online portal that will contain all the relevant information about the people working in the unorganized sectors. Taxi drivers, Delivery workers for companies like Zomato and Swiggy, or people working for a short time without any formal agreement in place make up the gig economy.

This portal will require them to register themselves to benefit from the social security schemes, insurance and pension benefits. Along with gig workers, construction, labour and migrant workers will also benefit from the various credit, housing, food and insurance schemes proposed.

Privatization of various PSUs (Public Sector Undertakings): The government has planned for disinvestment for many public sector companies. Disinvestment means selling a part of the government-owned company to the private sector. Companies like Air India, Shipping Corporation of India, Bharat Petroleum, IDBI Bank, etc. can get disinvested. Privatization of these nationally owned companies can result in increased efficiency and better running of the company by private players and some of these companies, such as Air India, which have been loss-making for a long time, can even become profitable. But it may give private players a lot of power as they will have ownership of national assets. Disinvestment can also result in the public criticizing the government for granting favors to capitalists. Clearly, privatization has its own advantages and disadvantages. Also, the government plans to bring the Initial Public Offering (IPO) of LIC of India, which is the country's biggest insurance company. In the insurance sector, the government also plans to increase Foreign Direct Investment (FDI) and has increased the permitted ownership of non-government parties from 49% to 74%.



Infrastructure development: The government plans to spend 34.5% more than last year on infrastructure development. Highway construction work has been proposed in Kerala (1,100 km), Tamil Nadu (3,500 km), West Bengal (675 km), and Assam (1,300 km) all of which have elections soon. Improved infrastructure and road connectivity is always welcome as it improves the logistics of the country. FASTag, a national electronic toll collection system in India, has also been made mandatory for all vehicles. The vehicle owner is given a barcode which can be put on the car as a sticker, and a bank account is linked to each vehicle. Each time a vehicle crosses a toll booth, the toll tax will automatically get deducted from the registered bank account of the user. Only a prepaid balance is required to be maintained in the bank account. This will ensure that nobody is able to exempt themselves from the toll tax and will surely lead to an increase in the revenue of the government.

What will become expensive:

- Imported agricultural products like apples (35% cess), peas (30% cess), chickpeas (50% cess), lentils (20% cess)
- Urea (a fertilizer, will have a cess of 5%), Crude, soyabean and sunflower oil (20% cess), cotton (5% cess + custom duty)
- Cell phones (due to a 2.5% increase in custom duty on mobile parts and components), air conditioners, fridges
- Custom duty of 15% on automobile parts will make vehicles more expensive, leather products, solar inverters and lanterns (although this may discourage people from using renewable sources of energy).

Imported goods are being made more expensive to promote the Aatmanirbhar



scheme of the government in which it wants to reduce its reliance on imported products.

What will become cheaper:

- Nylon products, iron, copper, platinum, gold and silver
- Shoes
- Electricity - government will allow people to choose their power supplier. Multiple power supplying companies will be allowed to supply in an area, which will increase competition and efficiency, and can result in customers choosing the power supplier which provides the best service at reasonable rates. Across India, private sector companies are blamed for charging exorbitant rates. So, this policy may make things better.

New developments for the future: As Bitcoin reaches its all-time high, the Finance Ministry has finally decided to take some action. The Supreme Court of India lifted the ban on Cryptocurrency in India on 4th March 2020, two years after the Reserve Bank of India issued it. The government is planning to introduce The Cryptocurrency and Regulation of Official Digital Currency Bill 2021 soon, which will regulate the use of cryptocurrency in India. Finance Minister Nirmala Sitharaman said that an Inter-Ministerial Committee has suggested the introduction of an official digital currency which will be regulated by the Reserve Bank of India. As per reports, approximately 70 lakh Indians hold cryptocurrencies worth over \$1 billion.

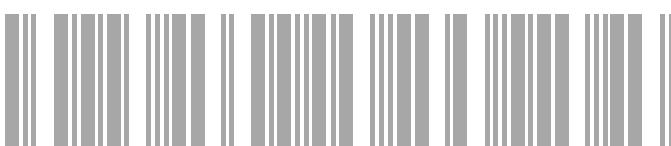


HECATE

AKANKSHA DAS

As the popularity and acceptance of crypto around the world is rising, it is right to say that more Indians will want to invest in it. Hence, a proper legal framework and more regulation should be introduced by the government so that illegal trading does not happen, and Indians can start trading cryptocurrencies in INR rather than in USD\$.

The government has also decided to capitalize on the benefits of sea-weed farming in fighting climate change. Seaweed or sea vegetables, a form of algae commonly found in Asian cuisine, are edible plant-like organisms. The government is planning to set up a multi-purpose seaweed plant in Tamil Nadu. Seaweed absorbs Carbon Dioxide (CO₂) and thus, will help to fight climate change. It can also be used as animal and livestock food, as a fertilizer, in beauty products, and can help in reversing the process of acidification in oceans. It is a wonderful natural resource and can be used in combating quite a lot of global environmental problems.



Oh! mother goddess, bathed in darkness
Won't you help me see the light
My finger tracing black ink on dove shaded
paper marvels at the starkness
Of the colours on paper planes, as my
trembling words take flight

As you emerge from bloodied waters, won't
you help cleanse my soul of the dirt
When I'm blinded by the haze of comfort,
won't you help me unearth the hurt

Oh! preserver of nature, oh! nurturer of the
young
Won't you ignite the flame of vengeance
when no words can leave my tongue

When I strike out to avenge my own,
Mother, won't you let me try?
To express all that I've never shown
To flood rivers from the tears I cry

When I sing my last swan song before I'm
enslaved,
Oh, daughter of Persei
If you change my form in the guise of
punishment, you will have me saved
I will sing songs of your glory, oh mercy

Oh! goddess of the crossroads, will our paths
ever entwine
So, you can separate me from the arrogance I
possess for all that was never mine

Oh, teacher of sorcery, as magic floods my
veins
I marvel at how it is you who nourishes me
and you who rids me of my stains

As your lone flaming torch helped a goddess
-: grieving mother once

Find her young maiden lost

I pray you help me find the parts of
innocence
That I shed for fear of what keeping it would
cost

Teach me to be brave , mother
Teach me to be true
So, I don't hide myself to please another
Mother, teach me to be you

Mystic goddess divine, Hecate
Wearer of the sickled moon in its ark
I find my fears ricochet
When I embrace the dark.



TRIGGER WARNING

EMPOWERMENT THROUGH EDUCATION

A LEGAL AND MENTAL HEALTH
PERSPECTIVE ON SEXUAL HARRASMENT

Panelists:

AMRITA KAJARIA

MANASI CHAUDHARI

DEEPIKA BHANDARI

Q. What law is missing currently with respect to sexual harassment in India?

Ms Chaudhari: India has really strong laws in favour of women. What is missing is the implementation. We have laws on paper, but this does not translate into rights. If you face harassment, you should go and file a police complaint, but not many of us really do. There is a barrier. Therefore, implementation is what is missing in India.

Q. I read an article about you on The Quint. Give us a legal insight into dealing with sexual harassment.

Ms Chaudhari: Sexual harassment is not just physical. It can be both verbal and non-verbal. Verbal can be spoken words. For example, if someone on the road calls you names. Non-verbal harassment includes gestures. For instance, you may see it while travelling by public transport, when someone's body language makes you uncomfortable. The first step would be to file a police complaint, but it is tough and I know this is not the easiest solution. Always try to collect whatever evidence you can- CCTV footage or a picture of the number plate of a car. We don't quickly remember that we need to take these steps in that moment. We should file a complaint in the area where the nearest police station has jurisdiction. Another thing to know is we can file what is called a zero FIR. This is a right that every woman should know about - a zero FIR can be filed in any police station irrespective of where the crime has taken place.

Q. How did you start with Pink legal?

Ms Chaudhari: We wanted it to be a platform that answers legal queries. I wanted to create a platform where women can understand their rights. From a personal experience, one reason that propelled me to start was from the time when I was in Hyderabad. I was driving home at night when my car met with a minor accident with another vehicle. Two men got off the vehicle, started banging on my window, and broke my sideview mirror. There was no one to stop them. Luckily I had the presence of mind to take a picture of the number plate of their vehicle. I got back home safely. I was very affected by this incident.

But I was determined to file a police complaint. I knew the law, and the police took my complaint seriously. I filed a police complaint and got my FIR in two days.

Having studied the law is different from going to the police station and filing a complaint. This made me realize that for any other woman, doing this would've been very difficult. If any woman is in trouble, she should go ahead and take these steps. We have a section in Pink Legal that contains procedures to file a complaint, procedures police should follow while dealing with women, etc.

Q. You have been trained in psychotherapy. What are the effects of sexual harassment?

Ms Bhandari: With sexual harassment, the reaction to it is similar to having gone through extreme stress. There is also anger, guilt, and the one feels disconnected from their self and surroundings. One may also feel dirty and withdraw into themselves. These are some short-term effects.

Some other effects are feeling like you have been wronged or feeling like you don't know your rights, feeling like it is your own fault or a feeling that others may start judging you, a constant feeling of needing to prove something, of disappointing people, hopelessness, anxiety, guilt among others.

Q. How do you suggest we combat trauma with animals and other approaches?

Ms Bhandari: Animals are extremely comforting. With them, you feel like you're not being judged. Another thing is that you cannot touch a client, any touch can be misinterpreted.

When someone is going through something major, sometimes the touch is important to provide comfort. An animal is a breakthrough through that. There can be an extreme feeling of distrust with people who have either caused the trauma or have not reacted properly. Animals serve as a substitute for trust, and then gradually translate to people, of course, with a therapist in the room. People also tend to be more compassionate to animals. One thing I usually tell my patients is "Treat yourself the way you would treat an animal".

Q. How does one deal with sexual Harassment?

Ms Bhandari: One needs the reassurance that they can reach out to people. Victims know that people around them are aware of them and how they are feeling. Educate yourself. The more you do so, you know how harassment affects people and therefore you can modify your behaviour accordingly. Victims also many times feel cornered and have an "us vs them" feeling. When they talk to people, one needs to look at them as beyond what has happened.

Q. What are the laws when it comes to cyber harassment?

Ms Chaudhari: There are two types of laws :IPC (the Indian Penal Code) which is the main criminal law in India, and the IT Act that deals with cybercrime among other laws. Our law has not evolved where it accounts for all cyber bullying. For Example, sharing a woman's picture, recording something without consent, etc. is protected under these Acts, (but) we don't have laws for rape threats that occur over the internet. We don't have police educated about that. So, in that respect, there is a legal vacuum. I strongly believe we need one law for rape

threats. When these crimes are online, it doesn't count as anything. There is no specific law for cyberbullying. Already existing laws are interpreted to deal with these crimes.

Q. How can we understand from a psychological perspectives signs of sexual harassment?

Ms Kajaria: At the individual level, one needs to recognize the trauma caused through abuse or bullying. This translates into psychoeducation in clinical work to understand at a neuropsychological level, what we are doing with that trauma and how we prevent the trauma. At an organizational level, there needs to be sensitivity training, a redressal mechanism, and recognizing underlying patriarchy where it is normalized.

We need to bring in the social justice component into therapy. Part of it is to normalize the talk. Lot of abuse is normalized. The more we talk about it, justice will be put in place. We are taught to be ignorant about abuse. Breaking the shame associated with the act for the person facing it is important, otherwise we are not motivating them to reach out.

Q.What are some miscommunications and misconceptions about sexual harassment?

Ms Kajaria: The idea that harassment is only verbal: it can't not be harassment just because the other person was joking or the idea that it needs to happen more often for it to be called harassment. It is important to understand - that constitutes bullying. It is sometimes not a joke or a compliment. A joke or a compliment comes across very differently. It is important to take a stance

and communicate effectively to break the stigma around it. Sometimes victims fear losing their jobs or respect.

Q. Please stress the importance of emotional intelligence in dealing with harassment.

Ms Kajaria: Before even opting for the legal aspect, some form of support is required. One needs to feel supported and not isolated - the idea that a community is protecting them, not a feeling of being blamed that they called for it - that leads to shutting out any form of support. They don't want pity. To be able to offer support is to be enabling them to reach out. We might not be competent in providing legal advice. Redirecting them to the appropriate people and encouraging them to report is a correct step. Questioning the narrative rather than believing it is where emotional intelligence comes into play.

Q. How do we help a friend that is dealing with a situation like this?

Ms Kajaria: To help them means to be able to offer support to the extent you can, and discard the notion that only if this situation occurs, it is traumatic. What a person has gone through is their subjective experience, and if one is stuck at judging the situation or asking them to brush it off, one is not going to be able to offer support. One needs to be able to redirect them to the appropriate channels, because you don't know what victims are going through. Only then we can empathize with them.

Ms Bhandari: You are telling them the channel is open, I'm sure it takes a toll on you as well. It is right to be admitting that one is not competent to deal with this, and then redirect them.

Educate yourself about what are the things you can say and what you can't. There are a lot of resources available online. And if it takes a toll on you, tell them. They would appreciate it most of the time.

Q. Do you think movements like #metoo have encouraged speaking about harassment?

Ms Bhandari: So many stories of harassment have come up, some have been too triggering at times, but you do want to know what they have gone through. One positive impact is that people are talking about it more. One might think that they could have reported it before, but at that moment of it happening, they did not know what to do and whom to go to. Though people have been encouraged to share, it hasn't gone beyond that.

Ms. Kajaria: Victims are told to keep quiet about it, that "you're not supposed to say anything about it." A lot of stories came out on what happened and what needs to be done but nothing on what is being done until now to improve the situation such as what kind of support systems are in place. At a mental health level, reading these stories, for some, can be retraumatizing and that could cause anxiety and overwhelm.

Q. Recently, a proctoring scandal took place in our college where male proctors stalked female students and harassed them. The institute then promised to replace them with female proctors. Does this give an idea that "men will be men"? What is the future course of action?

Ms Bhandari: One thing we need to understand that some people choose to engage in harassing others and some don't. For those who have chosen to, penalizing

them, or replacing female proctors is not going to be very useful.

Ms Kajaria: The solution of replacing male with female proctors is like a bandaid. There needs to be a more effective mechanism. One needs to check what are proctors' qualifications. One can't just appoint anyone and everyone to proctor an exam. Doing a background check to ensure safety for students is important to understand safety. It requires a lot of in depth exploration.

Q. What do you think of male sexual harassment? Do you think it is given enough credit?

Ms Kajaria: It is real. There is a lot of underlying social conditioning that men are supposed to stay strong or the saying "mard ko dard nahi hota". This shows how men are projected and leads to a lot of ignorance. This is a real issue and deserves attention. There is this act that is happening which is not justified. It is not spoken about much. It is unfair and traumatising.

Ms Bhandari: People are not aware of what qualifies as male sexual harassment. Sometimes even men are not aware of what constitutes harassment. Men are encouraged not to read into the situation like women usually do. We are socially conditioned to not view men as victims.

Q. How do we sensitize ourselves to sexual harassment?

Ms Kajaria: Sometimes advertisements shape the narrative of how men are portrayed. There are norms for how men should be resilient and there are stereotypes attached. One should check the validity of these stereotypes - of whether it is resulting in a lot of internalized feeling of sadness and

aggression. A part of this step is to recognize and challenge these norms.

Ms Bhandari: Stereotypes have been normalized at times. We need to normalize openness, creating an inclusive space. If a man expresses feminist ideas and interests, treat it like something that happens everyday instead of ridiculing it. This also helps in understanding self and others.

BEING AN ACTIVE BY STANDER

LISTEN & SUPPORT

BELIEVE YOUR FRIEND

THE SURVIVOR NEEDS TO BE REASSURED THAT ALL EMOTIONS UNDERSTANDABLE AND ACCEPTABLE.

BE PATIENT

ENCOURAGE THE SURVIVOR TO SEEK MEDICAL ATTENTION, REPORT THE ASSAULT.

RESPECT THEIR PRIVACY

IT'S IMPORTANT FOR THE SURVIVOR IS TO IDENTIFY WAYS IN WHICH THEY CAN RE-ESTABLISH THEIR SENSE OF PHYSICAL AND EMOTIONAL SAFETY.

THINGS YOU CAN SAY:
IT'S NOT YOUR FAULT
I'M SORRY THIS HAPPENED
HOW CAN I HELP YOU
YOU'RE NOT ALONE
I'M HERE TO TALK, IF AND WHEN YOU NEED

The Root of All Evil

ANONYMOUS

I'm fed up with the mass subjugation in this nation.

Fed up of the crap, and I'm done being patient

I cannot have another girl raped in my country

Need them safe in the country, this is hate for the dummies

Who just don't understand where the problem really lies

The source of the problems, what we need to realize

The assaults are nothing but the tip of berg
Implications of the issue make me rage and be stern

The fact is that, all of us really, need to shower Attention, on this issue, it's the need of the hour

I'm a political poet pointing to our bloody power

All the girls, I know that the system isn't ours
And I'm sorry for the trauma, I am sorry for the pain

I am sorry for the fact we ain't treated as the same.

Livin' in delusions, patriarchy is ingrained
Which makes them oblivious, the victim gets the blame

I don't know what it's like to be living with some fear

Assuming that it's scary when a man comes near

That fact that you even have to feel this emotion
They cover up assaults, and seal the commotion
I can't deal with the notion that it's the victim's fault
One should always do what he or she wants.

It's on you if you engage in any form of assault.
Sexual in nature and you're the one who's wrong
I speak from some privileges, I know I don't belong
To the ones who feel it everyday, but still I wrote this song

I tell you all I could, only through this small verse
Humans were a blessing, humanity's a curse.

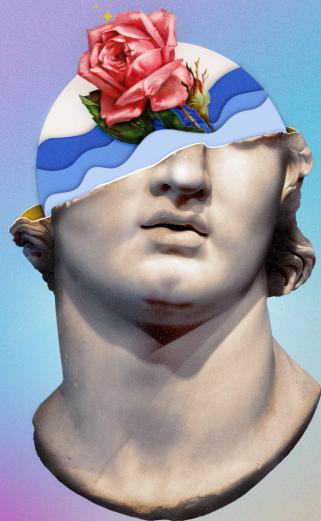


PASSION PROJECTS

F. 081

OPEN YOUR MIND

DROWN IN THE WAVES OF SELF LOVE



DAKSHITA NAIK © 2021

@pap.phactory

DAKSHITA NAIK

FURRY FRIENDS OF JDSOLA

Hi I am Buzzo! I am such an attention sneaker that if no one is looking at me I'll go and sit in the middle of flowers. I don't like sharing my cuddles.

Buzzo, 8 years



Lia, 50 days

Hi I am Lia! I am the newest member of the family! Though I am moody, yet I love cuddles! I scratch the hell out of people. I love to sleep!



Angel, 7 years



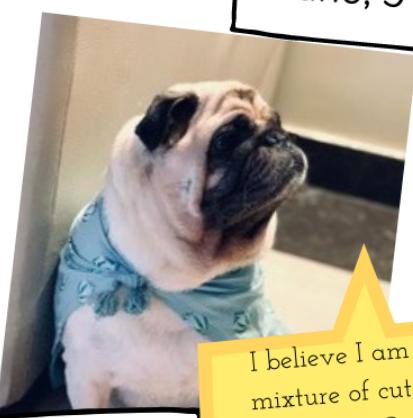
Henlo friends! I'm Angel and I'm a white fluffy Persian cat who loves to eat chicken and sleep all day. If you give me treats you will be my most favourite hooman in this whole world :) Purrrr

Milo, 11 years



Hi I am milo! I am the oldest pet in the house and all I do is sleep on my comfortable bed! I like constant petting!

Bruno, 9 years



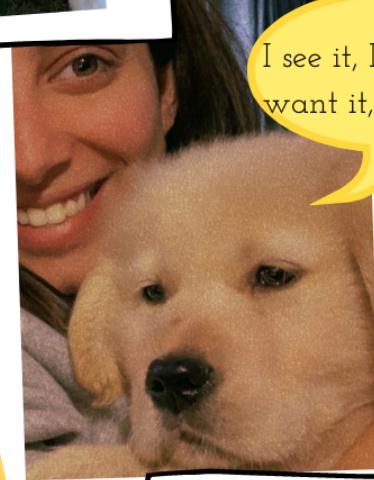
I believe I am a perfect mixture of cuteness and hotness. Eat, Go for a walk, sleep and repeat is my motto. Kids love me but I find them very annoying.

Haru, 9 months



Hi I am Haru! The naughtiest labra on this planet and I like to eat everything inedible. I love tummy rubs!

I see it, I like it, I want it, I bite it!



Junior, 2 months

FURRY FRIENDS OF JDSOLA

Woody is the jealous one who likes to embarrass me during online classes and by her law, no door in the house shall ever be closed.

Woody, 7 years



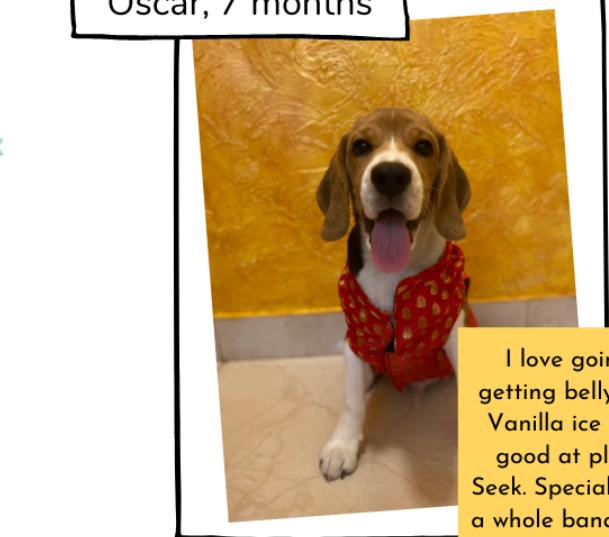
Dash, 2 months

Hi guys, I'm Dash! I love sleeping all day and giving my mom an attitude. I also love making new friends and everyone says I'm pawsome!



Oscar, 7 months

I love going for walkies, getting belly rubs and eating Vanilla ice cream. I'm really good at playing Hide and Seek. Special talent - I can eat a whole banana in 30 seconds. Ps. I have a girlfriend called nugget.



Pepper, 5-6 years



I was used for breeding and then abandoned. My hoomans found me wandering two years ago outside their building and adopted me. I love paneer.

Tuffy, 5 years



Tuffy is the queen who rules us all with 24/7 pampering services and you are not allowed to disturb her beauty sleep, any attempt will endanger you.



PASSION
PROJECTS

SIDDHANSH AGRAWAL

This is a venture founded by me, running this since August 2020. Attaching a description below. During the coronavirus pandemic, a lot of people had their mental health going for a stroll. From isolation anxiety to post-traumatic stress disorder, a lot of people needed someone to check on them, and not just their family or friends, professional help was something that was the need of the hour. But being trapped inside our homes, we could only do much. While we recognize the effort of the frontline workers in the medical field and rightfully so, we fail to look at mental health professionals who are equally important during, and even after COVID-19 is eradicated. That is where Mentep steps in. Mentep is an online platform for people facing mental health issues to get help, no matter how remote they are. Qualified and experienced professional therapists are available on demand.

Being an online platform, it solves the logistical problems of "going to a therapist", and is also reasonably priced because of the same. It's also really easy to get an appointment booked, takes no more than 2 minutes.

Despite being a toddler in the field of health-tech startups, Mentep has managed to gather the trust of prominent people, which includes established psychiatrists, social workers and startup consultants. The organization also tries to do its part for society. To raise social awareness, Mentep organized a webinar-based on sex education in association with Rotary Club Midtown, Prayagraj which had almost 80 registrations and a concurrent audience of 50 during the course of the session. A part of the capital raised was donated to non-profit.



He is a 2-time co-author and is currently studying Liberal Arts at NMIMS Mumbai, India. Join him as he sits down with interesting people to discuss various subjects like content, philosophy, etc. He dives deep down into some topics in each episode to provide value for everyone watching.

SIT WITH SID

JD16 LOVES

OUR FEBRUARY FAVOURITES

MUSIC

DNA

KENDRICK LAMAR



BOOKS

A PROMISED LAND -
BARACK OBAMA

WEB-SERIES

BRIDGERTON



RESTAURANT

PIZZA BY
THE BAY



STUDENT ESSENTIALS

WIFI EXTENDER



MENTAL WELL BEING

HEADSPACE



GAMES

FIFA
2021



DIY

SCENTED
CANDLES



ONLINE SHOP

WESTSIDE



WORKOUT STUDIO

BLOOM



ONLINE COURSE

GORBLIMEY! STUDY LIKE
HARRY -HOGWARTS IS HERE



MOVIES

TO ALL THE BOYS
ALWAYS AND FOREVER



TECH-PRODUCTS

BOSE FRAMES



DREAM

DESTINATION
MOROCCO



ART

WEAPON OF VOICE
BAMBI



PODCAST

NO MORE EXCUSES: STUFF YOU MISSED IN
HISTORY CLASS-TRACY WILSON AND HOLLY FRAY



MEET THE TEAM

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