

A PODAR WORLD COLLEGE INITIATIVE



# MELIORA

THE OCTOBER ISSUE



Cover by Kalyani Deshpande



**S**ince I joined Podar almost 2 decades ago and then later took up the deanship in 2014, the enormous talents, capabilities, achievements and potentials of our senior leadership team, faculty, staff, students and alumni have never stopped to amaze me. Our teaching faculties are leading scholars, best teachers and experts in their respective subjects. Our students are among the brightest in Podar and our alumni are some of the most influential in their own profession. Podar has always been highly regarded and consistently ranked as the country's top educational institution since its foundation in 1927. Podar is committed to excellence in the delivery of education and providing students to access highest quality teaching, learning and recreation services.

Ensuring Podar remains at the leading edge; in 2017 our new education building was completed in Mumbai at our Santacruz campus. The largest redevelopment projects in the Mumbai city in recent years, this 155000 sq. ft. facility with basement plus ground plus 7 floors will transform the delivery of interdisciplinary teaching in Mumbai. Podar is wholly focused in developing future leaders who make a difference worldwide. We take pride in providing rigorously evaluated programme which is globally recognised and respected qualification from the University of London. The University of London International Programme offers undergraduate degrees in economics, management finance and the social sciences to students worldwide. Academic direction for these courses is provided by London School of Economics and Political Science. Our curricula put together the strengths of global excellence with regional relevance and a focus on India.

Innovative content, market-oriented enrichment programmes, international exchanges, internships, mentorship programme, active student organisations and a highly globalised student base nurture communication and leadership, on top of the pursuit of academic excellence.

You are sincerely invited to get to know more about us and our undergraduate programmes. I look forward to the opportunity of welcoming you to join our family – where successful leaders of the future are nurtured.

**Dean,**

*Dr. Mrs. Vandana Lulla.*

**Podar World College**



# *Editor's Note*

This issue of Meliora is a special one. We wanted to shine a light on some organizations which work day in day out to try and make the world a better place.

Look out for our feature on NGOs which is presented in collaboration with our very own Community Service Avenue

“Every time someone steps up and says who they are, the world becomes a better, more interesting place.”- Captain Holt

Inclusivity is more important today than ever before. Everybody deserves to be seen and heard. Check out our recommendations for the best examples of diversity and inclusivity in pop culture.

On an entirely different note, you can also find entries from our horror story writing competition which will surely send a chill down your spine.

Like in the previous issue, we have a section dedicated to the excellent events organized by RCPC in the last month. We also have amazing contributions in the form of art and photography. Don't forget to try your hand at some games featured at the end of the magazine.

*Team Editorial*

# INDEX

NGO Spotlight

TV Show Recommendations

Horror Stories

Artwork

Previously on RCPC

Games

# NGO SPOTLIGHT

This feature in Meliora is dedicated to some of the most amazing charities across India who transform lives and shape the future each day.

---

## Muskurahat foundation

Muskurahat foundation is a Youth NGO in India working for children education and protection of child rights. Their aim is to:

- Be the unwavering support system for every child and its ecosystem that we work with to help them grow into – a happy, independent and responsible contributing members of society.
- Become knowledge and implementation partner for CCI's, educational institutions and other like-minded organisations.

## Robinhood Army

The Robin Hood Army is a volunteer-based NPO that works to get surplus food from restaurants to the less fortunate sections of society in cities across India and 10 other countries. Their aim is:

- Simple really, beat global hunger and bring out the best of humanity using food as a medium.
- The idea is to create self-sustained chapters across the world who will look after their local community. And in the process, inspire people around us to give back to those who need it most.

## AngelXpress Foundation

Angel Xpress believes that an involved, educated adult can lead a child to discovering his or her own true potential and every child deserves that opportunity. This is their mission:

To equip every empathetic adult with a volunteering opportunity  
They intend to provide every empathetic adult with volunteering opportunities to act as a mentor for first-generation learners from slums. Through teaming up with committed, loving and enthusiastic mentors, they want to give people the opportunity to positively impact society. As a knowledge partner, they want to collaborate with local communities, schools, corporates, government agencies, and other developmental bodies.

## Adolescent Health Champions

Adolescents between the ages of 10 to 19 worldwide face unique health challenges and unmet needs in areas such as nutrition, gender affirming care, mental health, personal safety, and sexual & reproductive health.

Adolescent Health Champions addresses this issue by training adolescents as youth health leaders (Champions) so they can help their peers navigate these health challenges and thrive during adolescence.

This peer education model builds on the social dynamics of adolescence, as youth often turn to each other for sensitive health information and support.

This model aims to provide youth with the knowledge, dialogue, support, and prevention strategies they need to navigate their health needs during adolescence and early adulthood with a specific emphasis on gender inequality and the adverse impacts it has on youth.

## GiveIndia

GiveIndia exists to alleviate poverty by enabling the world to give. Established in 2000, GiveIndia, together with its partners, is the largest and most trusted giving platform in India. Give enables individuals and organizations to raise and donate funds conveniently to any cause they care about, with offerings including crowdfunding, corporate giving, cause marketing, and philanthropy consulting. Give's community of 2.6M+ donors supports 2,800+ verified nonprofits, serving 15M+ people across the country.

## The Akansha Foundation

The Akanksha Foundation is a not-for-profit organisation with a mission to build a network of high performing and innovative schools to empower children & young adults from underserved communities and to influence the ecosystem. The Foundation believes that when we reimagine learning for our students, we can pull their entire families out of poverty and address several allied Sustainable Development Goals.

The Akansha Foundation's story began 30 years ago with after-school centres. Today, Akanksha supports 13,000 students through the formal-school education program and 4,000 alumni from low-income backgrounds across Mumbai, Pune and Nagpur. Their 26 schools run from kindergarten to grade 10 in partnership with municipal corporations and no fee is charged to the student. Going forward, the Akansha Foundation seeks to expand this network of schools through public-private partnerships, share their effective practices and advocate for school reform for children across India.

The Foundation aspires for excellence in their pedagogy that holistically empowers students with life skills and enables them to lift their families out of poverty.

### Mendlife Foundation

Founded in October 2017, Mendlife Foundation started with working for the cause of educating and empowering the underprivileged youth of Delhi to help them achieve sustainable livelihood. As Mendlife grew successfully with the support of many generous contributors and the collective efforts of like-minded individuals it is now spread across multiple states of India. As it has flourished and flies on the goodwill of many it not only focuses on the cause of education and livelihood but also working towards making a radical change in the lives of people from other marginalized groups such as the LGBTQ+ community, economically disadvantaged children, and women.

### Stray animal Foundation of India

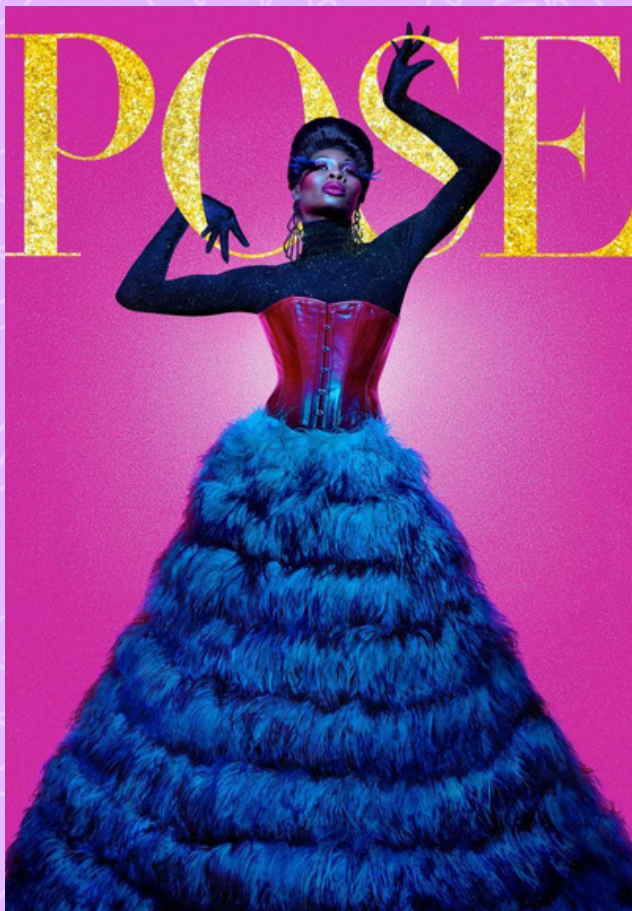
#### FORGING NEW LIVES FOR INDIA'S FORGOTTEN ANIMALS -

SAFI is a 501(c)3 charitable organization founded by Ujwala Chintala in Florida, USA to fight for India's animals. They are shelter-focused, working to build a strong, compassionate animal welfare network in Hyderabad, India, providing shelter infrastructure, vet care, supplies, guidance, resources, education, and manpower.

### Swades Foundation

Founded by Ronnie and Zarina Screwvala, the Swades Foundation operates with the single-minded focus of empowering rural India. Their vision is rural empowerment through best practices, modern technology and values.





### 1. Pose

"Pose" is the first television series to feature multiple transgender women of color in leading roles, and has been hailed as a bastion of inclusion and authentic LGBTQ storytelling. Beginning in the ballroom scene of the late-1980s and jumping ahead as its explosion in popularity following Madonna's "Vogue" coincides with the AIDS crisis, "Pose" boldly portrays the community's history in all of its pain and glory. You can watch it on Disney+ Hotstar.



## 2. Sex Education

Raised by a therapist mom, a teenage boy begins doling out amateur sex advice to his classmates for a small fee. "Sex Education" is full of characters of all persuasions you're sure to fall hard for, but Ncuti Gatwa's Eric is the show's gay heart and soul. Boasting fabulous style, a supportive religious family, and a love triangle for the ages, Eric is the joyous gay teen character we all deserve and he is also my best friend. You can watch it on Netflix.

## 3. Schitt's Creek

The comedy about a rich family adjusting to life in a podunk town after losing all of their wealth found ample opportunity to skewer archetypes and upend expectations. David won the hearts of viewers, even as he messed up over and over again, becoming one of the most beloved gay characters on TV. You can watch it on Netflix



## 4. Euphoria

While each character in Euphoria brings their own individual complexities to the show, the way in which queer people's identities is examined is groundbreaking because being queer isn't their main character trait. Each LGBTQ character has their own battles to fight, and their sexuality or gender identity is always shown as secondary to their plight: never the cause of it.





## 5. Made in Heaven

Its rare to find Indian media portraying realistic and well rounded :LGBTQ+ characters but this is one show that does such a good at it. Made In Heaven has been commended for many things – its dissection of weddings as a concept in modern India, layered female characters, depiction of class struggle, and most importantly, the dignified treatment of queer characters outside of the stereotypes we're so used to seeing. Karan is one of the protagonists of the show and his story is truly groundbreaking for our country. A closeted gay man drowning in debt and personal conflicts, Karan's identity is beyond the stereotypical gay men Indian filmmakers have often forced at us. Despite being aware of the taboo he has to live with every single day, he doesn't perceive his sexuality as a burden. Even in the era of Section 377, Arjun's character is as unperturbed as can be. In fact, in one of the earlier episodes, he even tells a foreigner he met at a bar that in India, people do what they want to do anyway.

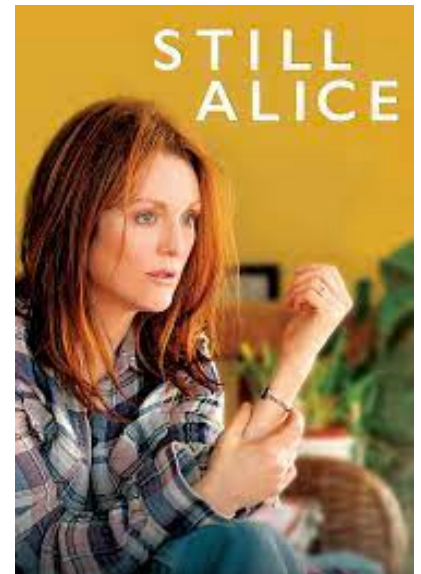
Editor's note: Made in Heaven is one of my favourite shows of all time and I cannot recommend it enough

# Top Movies & Shows on Mental Health

Too often, movies can stigmatise or distort mental health concerns, making characters with an issue seem different from everyone else. However, these movies & shows stand out and humanise such issues, thereby playing their role in helping us understand & tackle mental health issues better as a society.

## ***Still Alice***

Warning: This one's a tear-jerker. *Still Alice* follows a linguistics professor (Julianne Moore) as she faces her diagnosis for early onset Alzheimer's disease. As her memory fades and she struggles to keep her life in order, the heartbreaking film chronicles the efforts of the family members who stay by her side and the ones who can no longer watch her deteriorate. Be sure to watch this one on Amazon



## ***The Aviator***

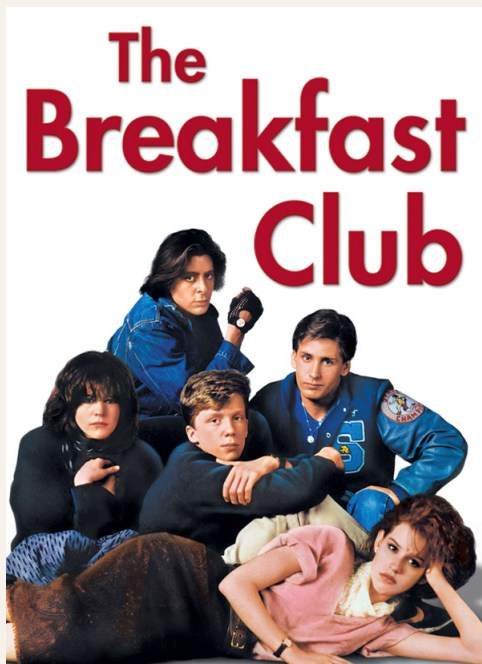
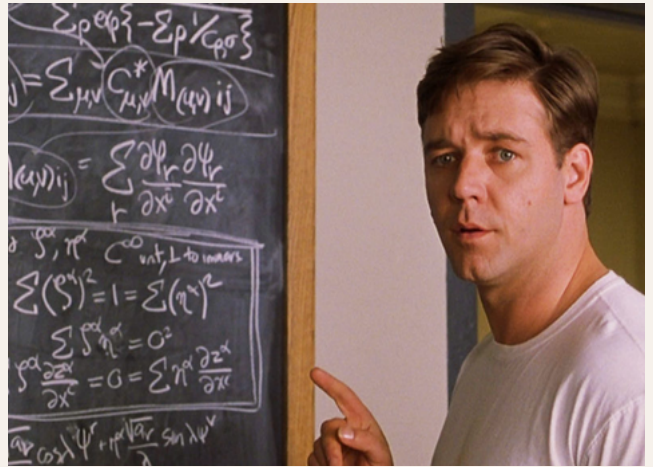
*The Aviator* is a psychological biopic-drama that follows the life of Howard Hughes (Leonardo DiCaprio), a famous business mogul, movie director, and pilot whose life of frivolous spending and liaisons with Hollywood actresses is compromised as his obsessive compulsive disorder (OCD) begins to take control. As his condition worsens and his life begins to plummet, we learn that his family has a history of OCD. You can watch it Amazon.

## *A Beautiful Mind*

The movie *A Beautiful Mind* was inspired by the true story of John Forbes Nash Jr. and the biography *A Beautiful Mind* by Sylvia Nasar.

Though he is a bit of an outsider, the mathematician John Nash makes a quick claim to fame when he discovers a “game theory” that contradicts over a century of past economic theory.

But as the government continues to vie for his attention, his paranoid schizophrenia (a mental illness during which someone loses touch with reality) begins to take complete control. It’s a powerful film about overcoming a progressive mental illness.



## *The Breakfast Club*

When a group of seemingly different high school kids are sentenced to detention on a Saturday afternoon, we immediately see the stereotypes: rebel, nerd, athlete, popular girl, and kook. But we soon learn that each of them deals with some form of pressure that compromises their mental health. The movie explores that space between those who appear to be “just fine” and those on the brink of collapse — something many people can relate to. If there’s anything to take away from the movie, it’s this line: “We’re all pretty bizarre.

Some of us are just better at hiding it, that’s all.”

# TV Shows

## *Lady Dynamite*

Comedian Maria Bamford stars as a fictionalised version of herself in this show she wrote and created, chronicling the life of a woman who has just gone through a debilitating manic episode that lands her in the psychiatric ward of a mental health facility. This show's twin triumphs were removing the stigma around bipolar disorder and manic-depression (both from which Bamford suffers in real life), and the manipulation of traditionally straightforward scripted television to portray hallucinations and flashbacks that blur the lines between what's real and what's not.



## *Atypical*

Atypical tells the story of 18-year-old Sam, who has Autism Spectrum Disorder (ASD), which leads him to display repetitive behaviours and leaves him with acute social anxiety. What made Atypical stand out from other shows that have had characters on the autism spectrum is the way in which it represented the diversity of experiences and behaviours experienced by autistic people.

# Horror Stories

“Can u make a strong red wine”

She asked the bartender, while stressing over her work routines  
Grabbing the high chair , she took a sip and felt mitigated,  
She spotted a guy next to her , a bit melancholy ,  
Gaining up the strength to speak she asked him,  
“ just negative thoughts” he replied anguished ,  
She could notice and indulge in his deep thoughts ,  
Joining the dots, severe depression was the cause ,  
Everyone seems to battle with mental health every single day ,  
And only a few overcome and vibe with positivity ,  
She wanted to help him, but he refused to take support ,  
Only to find out next day , that it was his death anniversary that night.

- by Prisha Kasera

Both of them were sitting there all alone. It was getting dark. "Let's stay a little while more!" she said. "No I don't think we ought to, anyways I'm feeling a bit light and weird. God knows why." he replied thoroughly confused. "Only a couple of minutes..please! I feel comfortable out here with the cool breeze, and anyway the watchman has already come up once and surprisingly didn't see us but he soon will come to shoo us away as he always does! that old man needs specs, he does!" she said smiling, a little too openly for her liking. He barely gave a nod. "How long have we been here?" she asked. "I'm not sure, two hours possibly." he said. As if the thought of staying here long made him wince. Suddenly he motioned her to keep quiet. They heard footsteps and there emerged the watchman and both their families on the landing of the terrace. "What are they doing here?" she whispered. "I don't know!!" he said getting tense.

"Sssshhh!"

Both the families bore a heartbroken expression. They soon reached the end of the terrace and they bent down over two corpses. Both of them got up to have a closer look at the bodies. Now the the heartbroken expressions on their families' faces were transformed into unstoppable sobs. As both of them got closer, they heard a snip of conversation. "...had come two hours ago. Never dreamt this would happen, I should have warned them before coming up. It's too risky to come up here. Might have lost balance these two. This is terrible, terrible..." the watchman was saying. As they got closer they could perfectly make out themselves lying dead.

by Kalyani Deshpande





*by Juhi Kastuya*

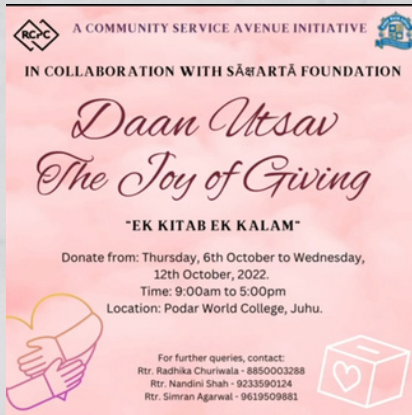




*by Harshita Chatani*



# Previously on RCPC



## 1. Joy of giving

We take a moment to appreciate the true happiness that giving back to society imparts, and actively make an effort to add a little light to the lives of the underprivileged. The community service avenue organized a donation drive for the Saksharta Foundation, which aims to empower people through literacy.



## 2. Podar Debate Competition

A heated debate took place which was arranged by the finance and editorial avenues. The topics included stock buy-backs and universal income.



## 3. Online Gaming Tournament

An online event was organized by the sports avenue which included three exciting games: 8 ball pool, Bowling King and Chess.



## 4. The Perfect Pitch

An event organized by the professional development avenue where members had to prepare a pitch based on the products allotted to them. This helped to build a strong profile in marketing and advertising.

# Themed Week

As our college came to an end for the Diwali break, Club service avenue organized Themed Week. Each day had a different theme and dress code along with fun activities and games on campus.



## Bollywood Day

**Students showed of their fashion sense by dressing up as their favourite Bollywood Character.**



## Anything but a Bag

**Strictly no bags allowed. Students got creative using pizza boxes, first aid kits, and folders in place of the traditional bag.**



## Halloween

**Students dressed up in their favourite spooky outfit. There was also a horror stories event the entries of which you can find in this very issue.**



**Breast Cancer Awareness and Rose Day**  
Students wore pink to show support to breast cancer patients. Students could send roses to anyone in college. The proceeds from Rose Day went to a charity.



**Diwali Party**  
We celebrated the festival of light together on the last day of college before the break.

# Business Management Crossword

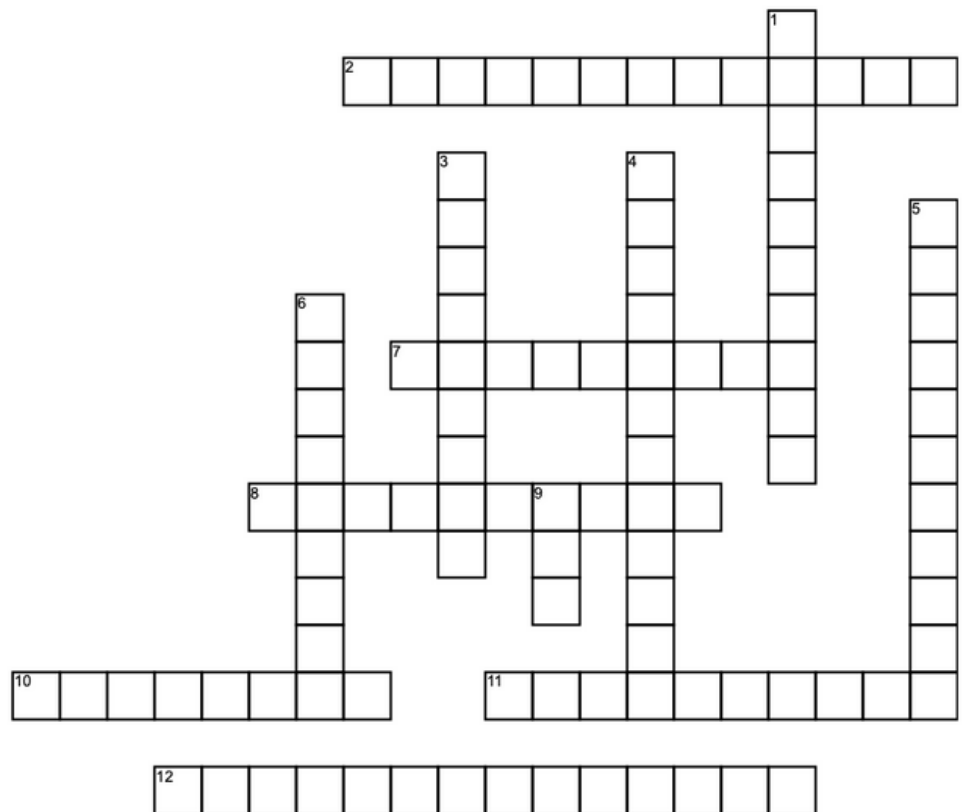
## Across

2. the market where the initial shares of a public company are first floated (2 words)

7. you can earn an income from shares by either selling stock, or receiving \_\_\_\_ (plural, 1 word)

8. a person who is the exclusive owner of a business. they are entitled to keep all profits for themselves after tax has been paid, but has unlimited liability (2 words)

10. the name for the Hong Kong stockmarket index (2 words)



11. a market with a decline and a drop in share prices and demand (2 words)

12. a stock in a corporation which has a great reputation, is reliable and operates well (plural, 3 words)

## Down

1. companies like McDonald's are known as \_\_\_\_ (1 word)

3. the availability of liquid assets to a market or company (1 word)

4. a person who sets up a business(es), taking on the financial risks in hope of profit (1 word)

5. \_\_\_\_ is the share price of a share when it is floated on the secondary market (2 words)

6. the 4 P's of marketing include price, placement, product and \_\_\_\_ (1 word)

9. the Australian share market (abbreviated)



# Solutions

## Business Management Crossword

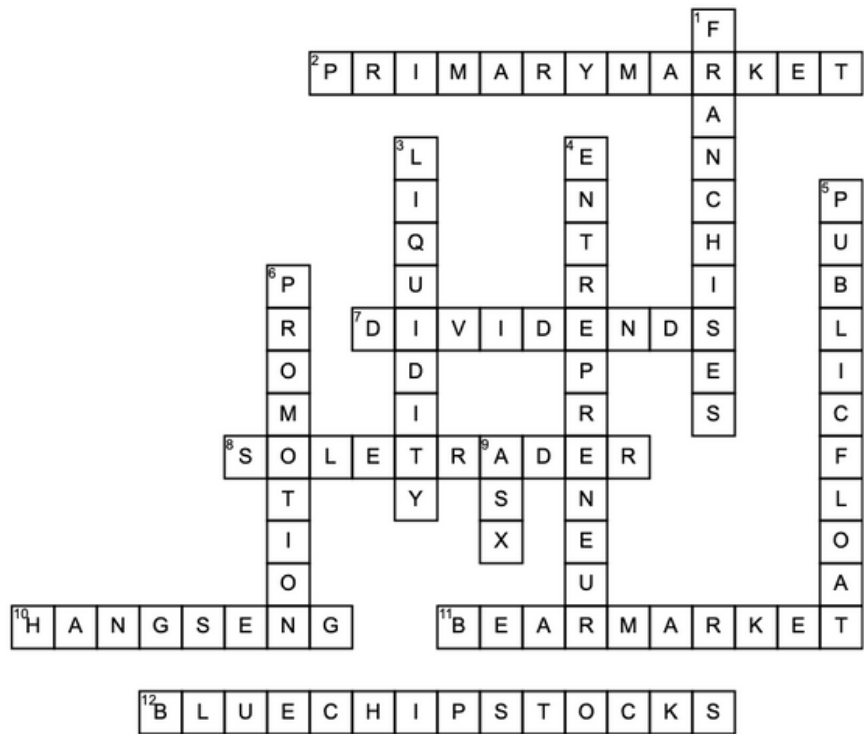
### Across

2. the market where the initial shares of a public company are first floated (2 words)

7. you can earn an income from shares by either selling stock, or receiving \_\_\_\_ (plural, 1 word)

8. a person who is the exclusive owner of a business. they are entitled to keep all profits for themselves after tax has been paid, but has unlimited liability (2 words)

10. the name for the Hong Kong stockmarket index (2 words)



11. a market with a decline and a drop in share prices and demand (2 words)

12. a stock in a corporation which has a great reputation, is reliable and operates well (plural, 3 words)

### Down

1. companies like McDonald's are known as \_\_\_\_ (1 word)

3. the availability of liquid assets to a market or company (1 word)

4. a person who sets up a business(es), taking on the financial risks in hope of profit (1 word)

5. \_\_\_\_ is the share price of a share when it is floated on the secondary market (2 words)

6. the 4 P's of marketing include price, placement, product and \_\_\_\_ (1 word)

9. the Australian share market (abbreviated)





# Word Search

## Seinfeld

E	S	T	E	L	L	A	T	A	N	Y	T	T	N
W	N	T	L	R	S	M	N	D	E	N	T	L	E
O	N	D	S	R	E	N	A	A	P	C	M	A	K
N	L	R	B	G	I	U	R	Y	T	H	A	B	S
Y	M	E	I	A	N	N	U	A	U	I	F	E	S
T	N	M	G	O	F	C	A	D	A	N	T	L	I
I	A	A	S	B	E	L	T	A	N	E	N	M	D
N	M	R	A	N	L	E	S	Y	O	S	E	A	B
E	W	K	L	A	D	L	E	A	R	E	M	K	I
R	E	L	A	I	N	E	R	D	T	F	T	E	Z
E	N	R	D	O	D	O	S	A	S	O	R	R	A
S	A	T	R	O	E	N	M	Y	A	O	A	E	R
N	A	Y	R	R	E	J	O	A	R	D	P	O	R
G	E	O	R	G	E	P	T	E	I	T	A	L	O

BIZARRO  
TOMS RESTAURANT  
ELAINE  
YADA YADA YADA  
JERRY  
ASTRONAUT PEN  
NEWMAN  
BIG SALAD  
SERENITY NOW  
APARTMENT  
CHINESE FOOD  
LABELMAKER  
STELLA  
GEORGE  
KRAMER  
SEINFELD  
UNCLE LEO





# Solutions

E	S	T	E	L	L	A	T	A	N	Y	T	T	N
W	N	T	L	R	S	M	N	D	E	N	T	L	E
O	N	D	S	R	E	N	A	A	P	C	M	A	K
N	L	R	B	G	I	U	R	Y	T	H	A	B	S
Y	M	E	I	A	N	N	U	A	U	I	F	E	S
T	N	M	G	O	F	C	A	D	A	N	T	L	I
I	A	A	S	B	E	L	T	A	N	E	N	M	D
N	M	R	A	N	L	E	S	Y	O	S	E	A	B
E	W	K	L	A	D	L	E	A	R	E	M	K	I
R	E	L	A	I	N	E	R	D	T	F	T	E	Z
E	N	R	D	O	D	O	S	A	S	O	R	R	A
S	A	T	R	O	E	N	M	Y	A	O	A	E	R
N	A	Y	R	R	E	J	O	A	R	D	P	O	R
G	E	O	R	G	E	P	T	E	I	T	A	L	O