

The Sydenhamite

THE BULLETIN OF SYDENHAM COLLEGE ALUMNI ASSOCIATION/

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From the Editorial Team

Dear Readers,

We would like to extend our heartfelt gratitude for the overwhelming response to our September Edition.

In September, Sydenham Alumni Cell continued with 'Alumni Talks' where we invite our illustrious Alumni to speak on varied issues, share some profound college memories and guide the young Sydenhamites.

Our speaker this time was Mr. Dileep Choksi, a successful Chartered Accountant and a director of leading companies in India. He shared some valuable learnings and insights for the students. This edition will also cover some key highlights of the interview.

The October Edition covers a plethora of articles on topics ranging from Dussehra to Mental Health to the T20 World Cup and much more. Along with this, we have our Alumni Mr. Uday Sathe share some beautiful memories from his time in college.

We hope you like the newsletter as much as we do.

Do feel free to reach out to us, also don't forget to share the newsletter!

Happy Reading!

A Sneak Peek into the October Edition



1. My Sydenham Days by Uday Sathaye

Sydenham laid the foundation for many in achieving their goals and becoming the best entrepreneurs Globally. Achieving success early was possible because of the teachings of Sydenham."

2. Highlights from the event Alumni Talks with Mr. Dileep Choksi



"....Sydenham is a place where you go for overall development. It's not only the knowledge that you get out of books, it's the interaction with the professors and students."



3. The relevance of Mahatma Gandhi's Non Violence

"....Generations to come will scarcely believe that such a one as this ever in flesh and blood walked upon this earth."

4. Dussehra: Victory over Evil

"....the day marks the end of a nine-day fasting period known as Navratri. The immersion of Goddess Durga's motif also falls on this day."



5. A Ride Called Life by

Mr. Mozam P Murzban



"....1973 it was a rainy day (heavy drizzle coming off and on) and me standing in the line at the booking counter...adorning my windcheater jacket hood on to purchase two tickets for the first-day first show screening 2 Balcony tickets..."

6. She Is Little, She Is Fierce



"....who encourage and inspire others by the gift of their own example, and to those countless others, both women and men, who support, uplift and empower women by opening doors of opportunity that might otherwise remain closed."

7. T20 World Cup

"The men in blue have established themselves as one of the most formidable and well-known cricket teams in the world."



8. Mental Health



"....The pandemic has emphasized the impact of inequality on health outcomes, and no country, no matter how wealthy, has been entirely prepared. People of all ages have been and will continue to be affected by the epidemic in a variety of ways."

9. Rotaract Club of Sydenham College's Installation Ceremony

"...In a world full of questions and possibilities, the Rotaract Club of Sydenham College held their Second Installation Ceremony themed "WHAT IF - Reimagining the world around us", on September 26, 2021."



10. Alumni Association Meet



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**Sydenham College,
the First
Commerce College
in Asia
established in 1913
is in its 109th year.**



Cross section of Audience

I am from the 1976 batch. I was fortunate as I got a chance to participate in all activities particularly Diamond Jubilee Celebrations in 1973-74.

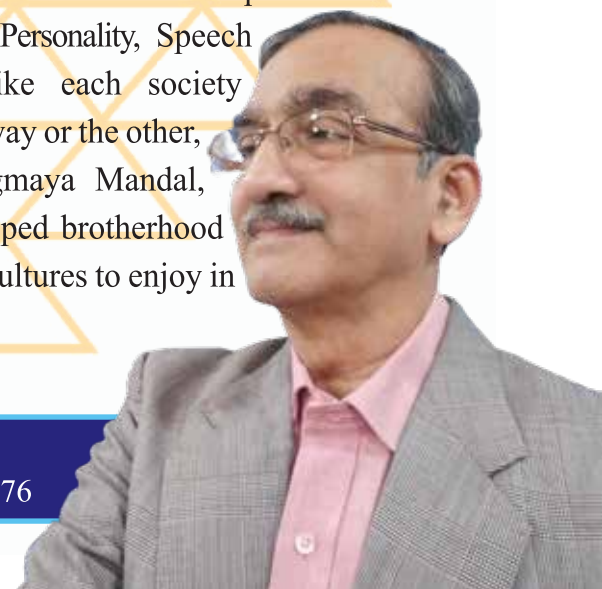
Imparting knowledge is of course a Primary Function of any Educational Institution. Our Sydenham is beyond that. It is known to share much more than basic knowledge through its various Extra Curricular Activities. These are hidden teachings in life. This helps students to deal successfully with different and difficult situations in life. These teachings were through various Cultural Events and Societies that functioned in the college.

Planning Forum, Canteen Society, Cooperative Stores, Public Speaking and Debating Society (PSDS), Poor Students' Educational Relief Fund (PSERF), PhotoGraphy Society, Social Service League (SSL) and so on.

Each of these societies have some peculiarity. Cooperative Stores & Canteen teaches you about procurement and sales, maintaining accounts and particularly how to budget for No Profit No Loss. This is a practical training of Commerce & trade. I still remember that Sydenham in those days was one of the largest consumers of Coca-Cola. Being together we learnt in SSL camps. Public Speaking helps develop Personality, Speech and Presentation Skills. Like each society provides experience in some way or the other, societies like Marathi Wangmaya Mandal, Hindi Sahitya Mandal developed brotherhood and made available different cultures to enjoy in a Cosmopolitan atmosphere.

Mr. Uday Sathe

Batch 1976



Leadership, Goal Setting, Meeting Challenges, Setting Targets, Time Management and Planning helps a lot in life. This has laid the foundation for many in achieving their goals and becoming the best entrepreneurs Globally. Achieving success early was possible because of these teachings of Sydenham.

In those days admission in Sydenham was possible if a certain minimum percentage of marks in SSC or equivalent exam were scored. Naturally the cream layer of students used to come to Sydenham.



Cross section of Audience



Photographs taken at Three Act Play
“ Tuze Aahe Tuj Pashi”
 written by renowned play write in Marathi
 Late. shri. P. L. Deshpande, staged during
 “ Diamond Jubilee Celebrations”
 of Sydenham College.

Performance by th then past Students and Professors.

Reading, Writing and Listening were the ways of gaining knowledge. As Basic Intelligence was there amongst students, even the time pass dialogues were also educational. Absence of computers and Mobiles made personal meetings compulsory to communicate. This, I consider as blessings.

The respect for Professors was natural though fearful. Our Professors always used to be in formal outfits. Memories of all these Professors are still fresh. These unforgettable personalities are behind shaping Best Citizens of India.

The bonding and the camaraderie that developed 45 years ago, with friends as students of Sydenham in those days, still exists. When we meet today anywhere the conversation starts as if we have met yesterday in Sydenham

Hence, Sydenham is very close to my heart.

To conclude Nobody understands the reason why we all meet in this journey of life !

*We may not be related by blood. We may not know each other from the beginning,
 But God put such together to be wonderful RELATIONS by heart...*

Alumni Talks with Mr. Dileep Chokshi



Sydenham Alumni Cell organized a session to interact and learn about one of the glorious Alumni of the college who has touched the greatest heights in his illustrious career.

From the Balance sheet of humanity to the Profit & Loss account of emotions, he is good in all books. Mr. Dileep Choksi is a rank holder at the intermediate and final examinations of chartered accountancy and has been in practice for more than 40 years. He advises some of India's large business houses on various strategic matters, including family succession and on wills and trusts. Mr. Choksi was the former Joint Managing Partner of Deloitte in India until 2008, before the setting up of C.C. Chokshi Advisors Pvt. Ltd. of which he is the Chief Mentor. Mr. Choksi is on the Board of well-known companies including as a member of their committees.

Mr. Choksi has contributed to various papers and has spoken at various seminars organized by the RBI, the ICAI, etc. He has also contributed to the preparation of Kanga and Palkhivala's - The Law and Practice of Income Tax (Eighth Edition) – the last edition written by the late Mr. N.A. Palkhivala and Mr. B.A. Palkhivala.

Here are some questions asked by students during the talk:

1. *What are some cultural values that you learned as a child and still stick to them?*

- i. To respect each individual whether it be animals, people who are less fortunate in life, family members, business-associated, or friends.
- ii. To always have an ideal in your life. Sir also explained that if at all you face any kind of problem try to think and act in the way your ideal would have acted, and if you do you will get an answer.

2. *As we know you moved to commerce as your stream, what made you choose Sydenham for the same?*

Sydenham has always been an outstanding institution, the faculty was stupendous and if you want to make a career in commerce the best college for that was Sydenham.

3. *If at the time when you were in college, would you have got an option between online and offline, what would you have chosen?*

Offline college without any doubt because according to him Sydenham is a place where you go for overall development. It's not only the knowledge that you get out of books, it's the interaction with the professors and students. Taking part in sports activities, going to the library, interacting with friends. This contributes to your overall development which is not possible in an online college.

4. *Time management today is a very important skill to master. How do you manage your time and make sure projects and your work stay on schedule?*

To manage time and stay on schedule is very easy, set your goals straight and make sure to prioritize things to achieve these goals. Time has never been a constraint to anybody who has achieved great things in life.

5. *As a professional, you must have had bad days. How did you overcome those?*

According to Mr. Choksi, you should always give your best to anything that you do. Success isn't always in your hand all the time. Sometimes things don't go the way you plan they would but if you give your best you would have no regrets.

6. *Many students here are going to give placement interviews this year so, what qualities do you look for in people when you recruit them to work with you?*

Mr. Choksi looks for people who are honest and have strong moral principles and are good at teamwork. He also mentioned that when they call a candidate for a senior position, they make them wait for at least an hour to check how one reacts to this situation. After waiting for so long, and answering the question without any signs of irritation this shows the integrity of the person and how well of a team player he/she is.

7. *As we know, you have worked for so many years now, How do you maintain a proper balance between your Professional and Personal life?*

Always keep your Professional life out of your personal life and vice versa. It's simple: the things which are discussed and said in the office should not come home and your matters should not affect work. It's important to enjoy your time with friends and family and discussion about work makes the conversation boring, so it's best to keep professional and personal life separate to maintain a balance

8. *Graduation is a very important phase in a person's life so according to you what are the things that one should be certain about while graduating keeping in mind the future goals?*

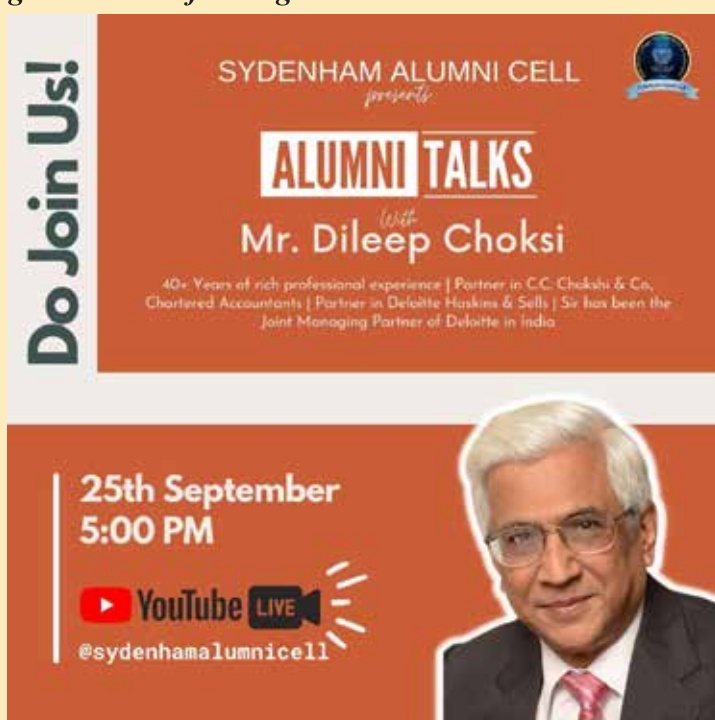
"Be clear what you want in life " You should have your goal set in life and should work hard to achieve them. If you do so nothing is impossible.

9. *What would you suggest to the younger generation about maintaining Personal finance?*

Finance is the backbone on which everything rests because that's the only yardstick by which performances are judged. Finance as a field over the years has grown tremendously, you should have their fundamentals clear and so you should have a very clear mind about which field you want to pursue in finance, there are a lot of fields to choose from and a lot of mechanization is also taking place as the introduction of artificial intelligence, machines have taken over.

10. *Sir, your advice for today's youth.*

To be very frank and honest there is a lot to learn from our youth, this generation is a lot smarter than we were at their age, so according to me, I have a lot to take from this generation rather than giving.



The interaction with Mr. Choksi definitely created value in the lives of the students and gave us important lessons, which would go beyond textbooks and help us improve as an individual and build our skillset. The event was also premiered on YouTube and garnered over 500 views within a few hours of being premiered.

The Relevance Of Mahatma Gandhi's Non-violence

“Have you heard of Gandhi? Do you know of him?” was a question asked of me frequently by my colleagues, as I traveled for work, in faraway countries like Brazil, Colombia, and Ecuador. Sure, as an Indian, I had known of the sterling role of Mahatma Gandhi in India's freedom struggle. However, I was amazed to see his fan following in distant countries, after the epic film, “Gandhi” by Richard Attenborough. The film, which won eight Oscars, took Gandhiji into the far corners of the world. I was also tickled that Richard Attenborough, a Britisher, had made the film, on a man who had spent almost his entire life fighting the British.

The 2nd October is the birth anniversary of Mahatma Gandhi, the messiah of non-violence and a globally revered leader. He enshrined truth, in all his relations and politics. He proclaimed, “Truth is as old as the hills.” His message of non-violence, is as relevant today, as it was in the 1930s and 1940s when he led the Indian freedom struggle. The means were as important as the ends, to Gandhi. As the greatest scientist Albert Einstein, “Generations to come will scarce believe that such a one as this ever in flesh and blood walked upon this earth.”

In persuading the British to grant independence to India, Gandhiji followed a policy of non-violence. He asked all the freedom fighters to undertake peaceful resistance but never resort to violence against the police. There are times when he would call off a national struggle (“satyagraha”) because some Indians indulged in violence. Every human life was precious for Mahatma Gandhi, even the lives of those who opposed India's quest for freedom. Those who respect human life, never indulge in violence. By following a policy of non-violence, Gandhiji appeal to the conscience of his opponents.



Mahatma Gandhi impacted the thinking of some global leaders also. Martin Luther King and Nelson Mandela were both followers of the non-violence philosophy of Mahama Gandhi. They enshrined his thinking of non-violence in their struggles, in their own countries.

Mahatma Gandhi spearheaded India's freedom struggle. However, he never became a pure politician. Gandhiji was involved in a political struggle but was guided by his spirituality. Gandhiji evoked respect from his opponents too. The British leaders knew that Gandhiji was a person of principles and was always above board. He meant what he said. He never had a hidden agenda.

Mahatma Gandhi never thought along religious lines. Gandhiji read the Bible, the Quran, and the Bhagwat Gita, with equal fervor. He noticed the commonalities in all the religions and advocated mutual respect. Throughout the freedom struggle of India, he involved the Muslims and Christians with equal fervor. Khan Abdul Ghaffar Khan and Maulana Azad were among his close associates, who struggled for India's freedom.



Gandhiji often proclaimed that he was not just a Hindu. He was a Hindu, Muslim, Christian, and Jew all rolled into one. His vision of India as a country, where people of all religions lived harmoniously.

Mahatma Gandhi was the greatest unifier of India. His heart broke at the partition of the country in 1947. He wanted the Hindus and Muslims to live together harmoniously. He was assassinated by extremists who were unhappy with his policy of appeasing the Muslims. Gandhiji gave his life for his dream of a united India.

Gandhiji practiced what he preached. If the Hindus and Muslims rioted, during the partition period, Gandhiji would personally go to reside in the afflicted localities and undertake a fast unto death, till peace was restored. If any Muslim children were orphaned, he would insist that some Hindu families should adopt them. Gandhiji never judged a man by his religion, he focussed on the deeds of people.

Gandhiji practiced what he preached. In his “ashrams”, (retreats, in which small communities lived by Gandhiji’s teachings and principles), the residents had the responsibility of cleaning the toilets too. Traditionally, toilets in India were cleaned by a group of people who were considered “untouchables.” Gandhiji was against any discrimination. He respected all forms of work. So, in his “ashrams” people cleaned all toilets by rotation. As Gandhiji said, “Be the change you want to see in the world”.

Gandhiji’s autobiography, “My Experiments with Truth”, is written with absolute candor, in simple, basic English, which everyone can understand. It should be made a mandatory textbook for school children. It is important to expose youngsters to leaders, who ushered significant changes in our world, without any violence or firing a single shot from a gun.



Mr. Rajendra Aneja Batch 1971

Younger generations would also benefit by reading “The Life of Mahatma Gandhi” by the American author, Louis Fischer. This book was my Bible, in my younger days. It is the best book on Gandhiji, written in a very simple style. Fischer spent seven days with Gandhiji at Sevagram Ashram, in Wardha. The author was surprised to see that Gandhiji kept only a black and white picture of Jesus Christ, in his bare room.

However, in most parts of the world, while Mahatma Gandhi is celebrated with statues and postage stamps, his message of non-violence is ignored.

The world over flows with armed struggles in Afghanistan, Palestine, Syria, Lebanon, etc. Armed militancy movements like Al Qaeda, ISIS in the Middle East, and rebel groups in Colombia and Peru have resulted in the death of thousands of people, in the name of ideological struggles. Many of the embattled people, may not even have heard the name of Mahatma Gandhi. If the Palestinians deploy non-violence, it will attract global attention to their cause. The world needs to subordinate religion to economics. We need to provide more money, food, and medicines to about 36 percent of the global population, living below the poverty line of about US\$ 2 per day. The world needs to re-discover Mahatma Gandhi again.



The world needs to re-discover Mahatma Gandhi again. Feeding and clothing the destitute of the world is the highest religious duty, we can perform.

As Martin Luther King wrote, Mahatma Gandhi “belonged to the ages.”



Dussehra: Victory over evil

Dussehra, also known as Vijayadashmi, is a major Indian festival that takes place on the tenth day of the Hindu calendar's Ashvin month. This day usually occurs in September or October, with this being on the 15th of October. In Hindu customs, the day marks the end of a nine-day fasting period known as Navratri. The immersion of Goddess Durga's motif also falls on this day.



The day commemorates Lord Rama's victory over the wicked Ravana. The slaying of the demon Mahishasur by Goddess Durga is also the reason for celebration. The Dussehra festival propagated the message of good triumphing over evil.

We are all familiar with the mythologies such as the Ramayana, where Ravan was killed by Lord Rama as an act of vengeance against the brutal kidnapping of Goddess Sita (Lord Rama's wife) by the latter. And other which goes as Goddess Durga killing demon Mahishasura after an extended spell of cruelty and domination by Mahishasura.

Yet another story connected with the origins of this day is the showering of gold coins. After Kautsa asked King Raghu for 140 million coins to be given as a present to his Guru in return for his knowledge and teachings, Raghuraja went to Indra for help who then asked Lord Kuber to shower coins on the city of Ayodhya. After giving 140 million coins to his Guru, Kautsa circulated the remaining coins to the people who lived in Ayodhya.



Did you know, the festival of Dussehra is thought to have begun in the 17th century when the ruler of Mysore

ordered a lavish celebration of the day. Since then, the day has been commemorated with great zeal and vigor.



In both India and Bangladesh, the festival is widely observed. The city of Mysore has the most well-known Dussehra celebrations in India. Other well-known Dussehra celebrations in India include those in Kullu, Himachal Pradesh, Kolkata, and Orissa, where the festival lasts for a week. In many other areas of India, performances are organized throughout the cities representing the Ramayana story, which culminates in Ravana's death

on this day.

Last year the entire world was ravaged by the novel coronavirus to such a degree that we were on the verge of a global standstill. Therefore this Dussehra lets pray for the subjugation of all the negative and evil that transpired during the year and work towards a prosperous society.

A Ride Called Life

A Theatre called Liberty

Memories are fresh of taking a 107 bus to the metro, getting off walking in the Bombay Hospital lane towards Liberty cinema to purchase tickets for a movie called Abhimaan. The year was 1973 it was a rainy day (heavy drizzle coming off and on) and me standing in the line at the booking counter...adorning my windcheater jacket hood on to purchase two tickets for the first-day first show screening 2 Balcony tickets yes it took forty minutes to reach the counter such was the craze of watching Amitabh Bachhan movies when he was rising to fame (and yet is the craze).

Construction work at our cinema began in 1947. Mr. Habib Hoosein was the owner and the name was derived from the Independence achieved by our country in that year. By 1949 the first film was released Andaz it was the first and the last movie when two evergreen stalwarts of Bollywood acted together Dilip Kumar and Raj Kapoor wooing the same gal Nergish. What a triangular affair. Brilliant acting by the trio. Those were the days of B/W films in the next 50 years to follow. Our theatre screened some of the biggest hits that Bollywood ever created.

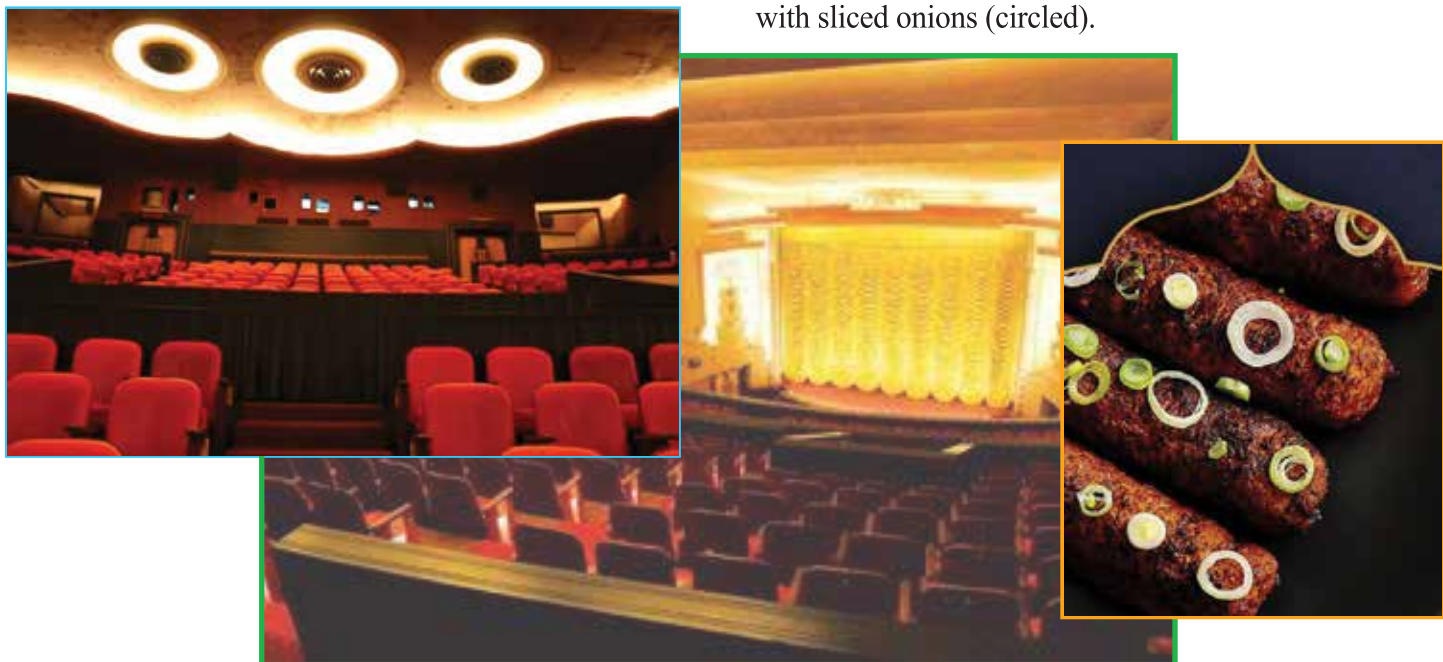
1957 was the release of Mother India another Golden Jubilee and in the early nineties Bollywood was revived (yes Bollywood was as good as non-existent from 1982 onwards no big stars hardly any releases Theatres were going empty) with the release of Hum Aapke Hain Kaun a movie which had a run of more than 3 years (after 2 years it ran during morning shows). And the show began again for Bollywood. Other super-duper hits released in our cinema (which I can recollect) were Nanak Haram, Upkaar (what a song kasmé vade pyar wafa sab baatein hai baaton ka kya.....), Dharmatma, Kuch Kuch Hota Hai, Kabhi Khushi Kabhi Gham, Kal Ho Na Ho and many more super hits. Yes, Liberty was the only posh and royal theatre of SOBO showing Hindi movies. There were Capitol talkies (oldest theatre of Bombay) and Defence cinema (R.C. Church) but both were functional theatres. Go in time for the movie, sweat it out at times, buy snacks during intervals and rush back to your seat not interesting. We needed some more entertainment.

Liberty was a class apart theatre, it was a lavish five-storied building at the end of New Marine Lines open car parking area (on the side going towards Sasanian Restaurant), mini 30 seater preview theatre on the fifth floor (for trial shows and film journalists). Grand. Gold and Black Doors (theme color of Liberty) to enter whiff of A/c hitting you zooo.....zooo....ruffling your hairFlooring fully red-carpeted royal red color. Turn right about 10 meters ahead would be the softy carpeted staircase halfway through climbing, we would be confronted by a gigantic mirror where we all would peep to notice our appearances (wonder why we use to look directly at ourselves some things in life are never understood) turn left or Right climb further and destination reached. Well-spaced out the lobby, comfortable leather brown chairs (really relaxing) placed on the left-hand area, Canteen in the middle (mini canteen where even 20 people could sit and have their snacks) display windows of forthcoming attractions placed on the right-hand side and sofas placed all around there would also be two mini takeaway stalls at the left and right-hand side of the canteen (so friendly na). Photo frames hung on the walls of our veteran Film Stars.



Old ads of Coca Cola Tastiast chutney sandwiches to be relished & yes... yes....the Goan / Parsi preparation of sweet and hot chutney, piping hot Punjabi Samosa sold in brown packets before and during interval golden-brown crust melt in the mouth, potatoes no green peas slight garam masala, not spicy but Yummilicious just the way we enjoyed our favorite snack.

Dress Circle would be our preferred seating place either E row or F row.... Gangway seats were assured so we could stretch our legs. Spacious red-colored seat rich golden curtain going up at show timing...lights dimming every second advertisement slides begin ads takeover.....La la la la La la la la la la.....followed by the Indian News documentary (time for a ciggy break and pick up snacks to munch) soon followed by their Forthcoming attractions (how we loved trailers)



Our gigantic screen had a unique background, on the left and right-hand side was a huge vertical rectangular Black and Golden pane. Black was the background and gold was the structural design of what we would describe as seats (so identical looking). Large gold seats are designed from below, the middle gold panel followed by a small gold panel, resembling opera theatre seats. Stamp of Royalty. Classy architecture. One can view these classy interiors in a film called Dil Chahta Hai... Saif Ali Khan and Sonali Bendre go for a movie at Liberty. The song is “Woh Ladki hai kahan” in just about 10 seconds flat a good Dekho of the screen, panels, and our red seats. (I am sure most of you all have viewed DCH).

If Hema Malini ever looked more beautiful than beautiful it was in Dharmatma viewed twice at

Liberty, pink skin glowing in the sunlight, yellow hairband adorning silver trinkets on her forehead slight, very slight makeup & what innocent eyes. Feroze Khan singing " Kya khoob lagti ho..... badi sundar dikhti ho " Hema looking ravishingly stunning. Just loved her performing that song.

Parineeta and Namaste London ended our visits to our wondrous cinema. Both are good movies.Entertaining but it never crossed our mind it could be bye bye.....and the major plus point of visiting Liberty was relishing a meal at Balwas restaurant either before the 3 pm show or after the 6 pm show savor a creamy Butter chicken with roti.....kadak...kadak roti with butter floating on top of our orangish-red gravy, succulent tandoori pieces of chicken too tasty... followed up with a Chicken Biryani. Truly delectable preparation of saffron rice....marinated with a leg piece of chicken and eaten with sliced onions (circled).

So delicious that we would wait in anticipation of our next release to Liberty to feast on our specialties of Balwas. Not knowing that the end would have come so soon (status yet unknown).

Art deco structure which began in 1933 with the opening of Regal cinema ended in 1949 when Liberty opened its doors to the public, 1200 seater theatre still standing status speculated by many no films to project some report will open soon. Could be an era of single-screen theatres that have come to an end.

C'est la vie.

Mozam P Murzban -Batch 1981



She Is Little, She Is Fierce

“Among the people who helped build New Shephard, Blue Origin’s unmanned suborbital rocket is a young engineer from Maharashtra’s Kalyan district: Sanjal Gavande.”

“A single mother who worked as a sweeper to feed her two toddlers, Asha Kandara defied the odds to crack RAS and become a deputy collector at Jodhpur Nagar Nigam.”

“Medhavi Keerti, Range Forest Officer posted in Uttarakhand’s Badrigaad Range launched Dhatree, an initiative to train women in making and selling organic soaps, cutlery, rhododendron juice, and other such products. They now earn up to Rs 1 lakh.”

“Sharda Chouragade, a single mother from Nagpur sold vegetables and worked as a domestic help before starting her stall in 2004.”

Waking up to news like this, just brightens our day and strengthens our belief that there is no force more powerful than a woman determined to rise. History has witnessed, most girls don't grow up in a world of opportunities. They build one.

We have come a long way on the path to gender equality, but we have miles to go to ensure equal endowments, participation, and voice for women.

This article is dedicated to those women, both known and unknown, who encourage and inspire others by the gift of their own example, and to those countless others, both women and men, who support, uplift and empower women by opening doors of opportunity that might otherwise remain closed.

In patriarchal societies, where men hold the control and make all the rules and women’s rights and privileges are not spoken about which become a cause of their suffering and pain. Starting from female infanticide to gender inequality to sexual abuse, there is no dearth of issues. Thus, to curb this menace and to recognize girls’ rights and the unique challenges girls face around the world, International Girl Child Day is observed every year on October 11.

The theme for this year is Digital generation. Our generation. As coronavirus lockdowns swept across the world, the fallout for girls came fast and hard. While the pandemic has accelerated digital platforms for learning, earning, and connecting, as per UNICEF, some 2.2 billion people below the age of 25 still do not have internet access at home in which girls are more likely to be cut off. The gender gap for global internet users grew from 11 percent in 2013 to 17 percent in 2019. In the world’s least developed countries, it hovers around 43 percent.

The gender digital divide is about more than just connectivity. Moreover, girls are also less likely than boys to use and own devices and gain access to tech-related skills and jobs. Only by addressing the inequity and exclusion that span

geographies and generations can we usher in a digital revolution for all, with all. During these times, the risk of gender-based violence and harmful practices soars during an emergency – especially for girls living under restricted movement and socioeconomic decline.

To quote the famous early 20th century Armenian novelist and activist, Zabel Yesayan, “a woman is not born into this world to be pleasing. A woman is born to develop her mental, moral, and physical abilities.”

Over the course of history, many women have embarked on a path of self-realization to the benefit of our society. Some are famous, some less so, but each contributed to advancing the world, whether by promoting human rights and peace, forging ahead in science, or serving on the front lines to save human lives and protect public health.

Bhimrao Ramji Ambedkar, the architect of the Constitution of India has said, “I measure the progress of a community by the degree of progress which women have achieved.” A country that empowers women empowers every individual! We have to start with protecting the girl child, ensuring that her birth is greeted with joy and she receives all the care and love needed to grow to her full potential. We need to work to ensure that she gets every opportunity to realize her potential. By celebrating, protecting, and educating the girl child, we empower her- the hand that rocks the cradle, the procreator, the mother of tomorrow.

Last, but certainly not least, this article is dedicated to every woman and girl who has ever struggled to find and live her own voice out loud. May all the girls around the globe be educated, encouraged, and inspired to step up!



TOP CONTENDERS FOR T20 WORLD CUP 2021

The ICC men's T20 world cup 2021, the most anticipated global cricket tournament of the year, is inclined to feature some exciting matchups. After more than five years, the T20 World Cup will return in UAE and Oman, pitting 16 nations against each other. The current event was supposed to take place in 2020, however, due to the Covid issue, ICC had to postpone it until 2021.

All of the teams are putting in a lot of effort to prepare for this massive ICC tournament. On that note, let's take a look at the top contenders for the T20 WC 2021.



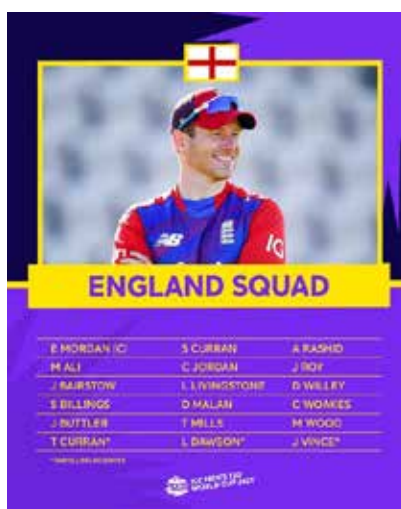
INDIA

There's no doubt that India starts as favorites to clinch the World Cup trophy. When it comes to any ICC tournament, India are usually a clear frontrunner. The men in blue have established themselves as one of the most formidable and well-known cricket teams in the world. In the recent 3-4 years, the team has risen to the occasion under the excellent captaincy of Virat Kohli, who has decided to call it quits as a T20 skipper after the conclusion of the mega event. A world cup title would be the perfect way for him to sign off on his captaincy career.



PAKISTAN

Pakistan are considered among the most deadly T20 teams in the world. They have a number of talented players in the squad. Also, the recent form of their skipper Babar Azam and wicket-keeper Mohammad Rizwan has been exceptional. Pakistan will also benefit from the fact that the tournament will be held in the United Arab Emirates, which they see as a second home. Pakistan appears to be a strong squad for the ICC men's T20 cricket world cup 2021, as the pitches will suit their demands.



ENGLAND

England are the top ranked T20 side in the world currently and have produced some outstanding cricket in recent years under the leadership of Eoin Morgan. Their team appears to be well-balanced, with individuals who can contribute as and when needed. They also have several talented all-rounders in their team, which will be a huge benefit. Also, they will be having a lot of confidence having lifted the 50-over World Cup in 2019.



WEST INDIES

When it comes to T20 cricket, you cannot miss the name of the defending champions West Indies. They have the best players in the lineup such as Dwayne Bravo, Kieron Pollard, Chris Gayle, and many more who have excelled in T20 leagues all around the world. Windies are also the most lethal team coming into the tournament with multiple match winners in the squad.

WORLD MENTAL HEALTH DAY 2021

World Mental Health Day is commemorated to promote global awareness of mental health concerns and galvanize support for mental health. The day is also observed to raise awareness about the societal prejudice linked with mental illness. The World Federation for Mental Health (WFMH), a worldwide mental health organization with members in over 150 countries, established the day for the first time in 1992.

What is Mental Health?

Mental health is one of the most overlooked aspects of public health. The issue of mental health illnesses is exacerbated by social stigma, discrimination, and human rights violations against persons with mental health issues.

We've all had instances when we've felt depressed, anxious, or scared. Those sensations usually pass, but they can sometimes turn into a more severe situation, and it might occur to any of us. Everyone is distinct, and although some people can recover quickly after a setback, others may be burdened by it for a long time. Our mental health does not always remain the same as situations alter and we go through different phases of life.



Theme of World Mental Health Day 2021

The World Federation of Mental Health (WFMH) have determined the theme for World Mental Health Day 2021 as "Mental Health in an Unequal World." The theme was selected because the globe is getting increasingly divided, with the ultra-wealthy growing even affluent while the number of people living in poverty remains alarmingly high.

This theme will emphasize that access to mental health care remains uneven, with the majority of individuals with mental illnesses in low- and middle-income nations unable to receive any treatment. Many persons with mental illnesses do not receive the care they are entitled to and need, and they, along with their family and caregivers, continue to be stigmatized and discriminated against.

The COVID 19 pandemic has emphasized the impact of inequality on health outcomes, and no country, no matter how wealthy, has been entirely prepared. People of all ages have been and will continue to be affected by the epidemic in a variety of ways.

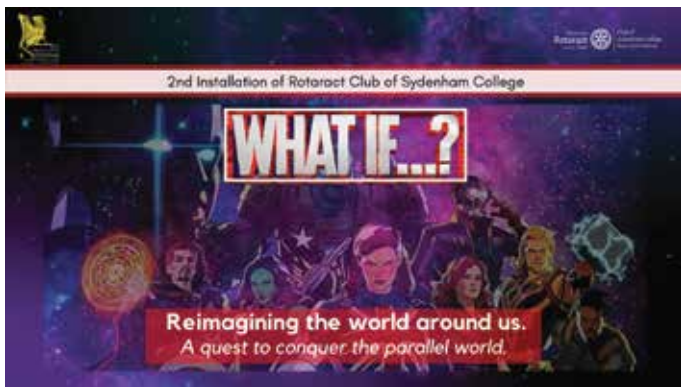
The theme of 'Mental Health in an Unequal World' aims to concentrate on the factors that contribute to mental health disparities both locally and worldwide. It wants to help civil society organizations take a more active role in addressing inequality in their communities. It aims to encourage academics to communicate what they know about mental health disparities, as well as practical solutions.



Second Installation Ceremony,

RCSC all set for an exhilarating year

In a world full of questions and possibilities, the Rotaract Club of Sydenham College held their Second Installation Ceremony themed "WHAT IF – Reimagining the world around us", on September 26, 2021.



Bidding adieu to the team of 2020-21 and welcoming Rtr. Deepanksha Khetawat & her Team of Heroes for 2021-22, the installation ceremony was a beautiful celebration of last year's achievements and a welcoming of the new team as they took up their responsibilities with the same amount of grit and enthusiasm as their previous team.

The motivating words of Professor In-Charge Mr. Rajendra Mali and the Head of the Proposed Alumni Association of Sydenham College Rtn. Ajit Lalvani inspired the members of the club to forge ahead with grit and pride, while receiving support and encouragement from the special guests, the Rotaract Committee Chair, Rtn. Murad Currawalla, DRR for the year 2021-22, Rtr. Bharat Patel and ZRRs Rtr. Punit and Rtr. Rutuja, infused aspirations to make a change and leave a mark.

We wish the Committee of 2021-22 of RCSC all the luck in their future endeavors!

Sydenham College Alumni Association Meeting Update

A meeting of the Alumni was held at the Willingdon Sports Club on 23/9/2021 to discuss about the Memorandum, Articles and other documentation required to establish the Association.

Members Present:

Mr. Ajit Lalvani,
Mr. Shyam Kotak,
Mr. Hosi Charna and
Mr. Ashok Pradhan





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