

THE SYDENHAMITE

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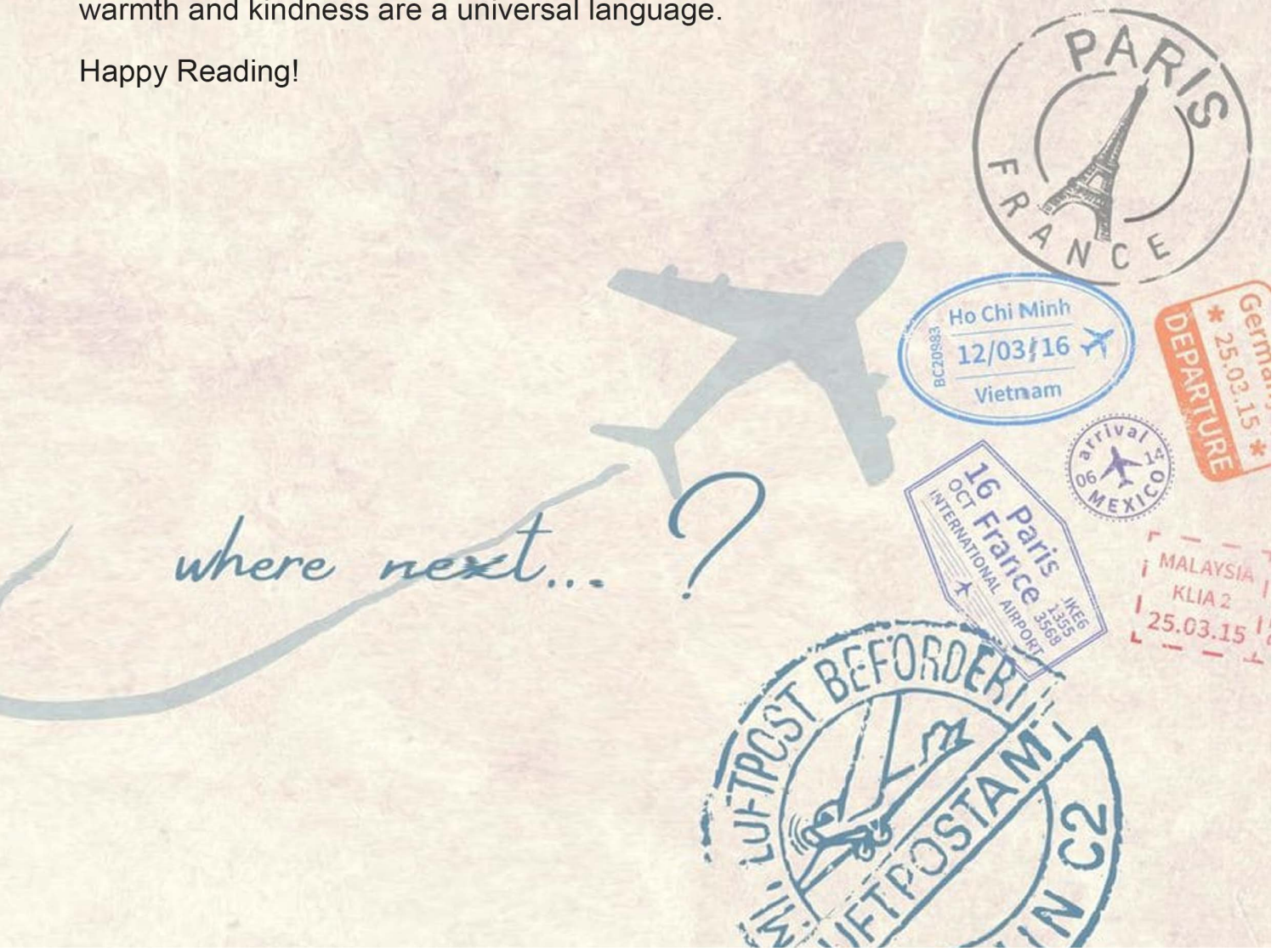
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EDITOR'S MESSAGE

Greetings,

Welcome to the February Edition of The Sydenhamite. February, the month of love and gratitude, reminds us that affection knows no borders. Around the world, people celebrate love in unique ways from heartfelt letters in Japan to lantern lit skies in Jaipur and friendship filled gatherings in Finland. In this edition, we've curated captivating topics to keep you engaged and inspired. Embracing the spirit of this lovely month, we bring you thought-provoking articles filled with valuable insights. From the psychological effects of the brain and AI to entertainment, heartfelt narratives, and music, this edition promises to engage your mind and heart. Whether through grand gestures or simple acts of kindness, this month unites us in appreciation for the people who make life special. Let's embrace love in all its beautiful forms and share gratitude across cultures, reminding ourselves that warmth and kindness are a universal language.

Happy Reading!





Neglected Pieces of Sheer Art

~Abhishek Karankale

A book defying poetic beauty, here, we are talking about the collection of poems compiled in a book titled "Neglected Poems" by Gulzar ji

The book carries a negligible essence, yet it holds relevance in its writing. It covers all aspects of life; love, romance, hope, recreation. Every poem in the book connects with some past instance of our own, making us relate to its words.

The poems are raw, under-constructed, yet they hold an uncertain conviction that gives them depth on a personal level. The poet shares his personal experiences through the power of words.

Another magnificent aspect of the book is that each and every poem has layers within it. For instance, a line from one of the poems says, "Machis dabbe pe jo tumhe pedh banaya tha, ab uspe phool khile." This line alone carries deep layers and metaphorical significance, symbolizing blossoming love. The layers unfold, making one reflect on its meaning, and the most wonderful feeling is owning those lines.

As the title suggests, they are *neglected*, some poems feel like mere thoughts penned on paper. It also raises the question of how one could possess such a beautiful thought process. The book does not trigger any specific feeling or emotion; rather, it is a mix of every human emotion. This makes the book suitable for everyone who can feel.

The Psychology behind Food Cravings

~Bridget D'souza

Well, firstly, some might be confused about the difference between cravings and hunger. Hunger is your body telling you that you need to eat to maintain your energy and nutrient levels. Whereas, you might crave food even when you might not be hungry, and it is very specific, only satisfied by a particular food. It is usually intense, like an urgent desire.

The brain is responsible for memory, pleasure and reward; these three things play a vital role in food cravings. When a person is dieting, they deprive themselves of certain foods which may be unhealthy. This causes a person's dopamine level to drop significantly, causing them to be angry or cranky most of the time. If they have the food that they deprived themselves of, dopamine is released and the person feels pleasure and happiness pass through them.

There are many triggers that may cause cravings, such as sight, smell or a particular sound can also cause cravings. For some, their emotions may be their trigger. "Comfort eating" is a term that's commonly used for eating when a person is stressed or overwhelmed.

A few ways to prevent frequent cravings is to recognize the trigger. For example, the habit of eating chocolate after lunch is hard to break. After lunch, one might not feel finished until they have a piece of chocolate. Finding a way to break the habit, instead of having chocolate one may find another way to reward themselves. Breaking the trigger of having chocolate after lunch would make a person stop craving it. Knowing the trigger and changing the way to reward oneself is one of the ways to stop craving unhealthy foods.

Not recognizing the craving and ignoring it, trying to choose healthy alternatives is a trial and tested method that does not work for many. Cravings are a natural and typical aspect of life. When out with people, seeing people eat something you crave, while you deprive yourself of it is something that causes the cravings to increase. It is recommended to eat the craving as soon as you crave it, as it will immediately satisfy it and you will be able to control the amount of food taken in. But if one chooses to ignore the craving, it would only intensify and, in the end, it would be impossible to ignore it. The person would start to eat what they crave in large amounts, trying to fulfill their cravings and would not be able to hold in and control the amount of food that they intake.

Food cravings can be caused by a variety of physical and mental factors. They may be a sign of hormonal imbalance, high level stress, lack of sleep or lack of physical activity. Managing your cravings for food is crucial for maintaining a balanced diet. By eating enough calories, avoiding restrictive diets, staying hydrated, and practicing mindful eating, individuals can effectively control cravings and make healthier food choices. So next time you crave something, don't restrict yourself, only reduce it.

Pasta, burgers, curry, foods that cause salivating even from thinking about it. Foods that you suddenly crave all of a sudden for no rhyme or reason. Why? Why is it exactly that food that I am craving? Why not something else? Let's dissect it, shall we?



COLD MAILS AT COLDPLAY

~ Hemanshu Jadhao

The tickets for the Coldplay concerts, scheduled in India for January 2025, were sold out instantly. Moreover, due to the high demand, a new show was also added! But it's not just limited to Coldplay. The tickets for Diljit Dosanjh's Indian leg of the Dil-Luminati Tour were also sold out in minutes!

India's ticket revenue market is worth ₹15,347 crore (\$1.8 billion). This market is divided into three categories: cinema, music, and sports. Music events, in particular, have been growing fast—about 20% year-on-year between 2017 and 2024. Today, just the music event segment is worth ₹1,864 crore (\$223 million).

But do you know what goes into making these events a reality? What could be some interesting job roles and career opportunities that will spring up with this live events revolution? Lets find out.

Event Coordinator

Job Description: Manages the entire process of coordination of the event making sure the events are executed perfectly.

Qualifications required: A degree/ diploma in Event Management is recommended

Pros and cons:

No two events are the same. You'll work on a wide range of projects, such as weddings, corporate events, festivals, and fundraisers, keeping the work fresh and exciting. Work will often be physically taxing.

Head of Logistics

Job Description: Oversees the transportation and setup of equipment for live events.

Qualifications required: BBA in supply chain management, logistics or a related field. An MBA is recommended for career progression.

Pros and cons: Depending on the scale of the event and the organizers, you will get to travel to different cities and even countries.

This role requires work experience thus it will be difficult to find high paying gigs right off the bat.

Sound Engineer

Job Description: Manages the audio setup and ensures high-quality sound during live performances.

Qualifications required: A B.tech degree in sound engineering is recommended

Pros and cons: Unlike Head of Logistics, a Sound Engineer's job is just not limited to live events but a wide array of other sectors. The nature of work is too technical and might not excite some.

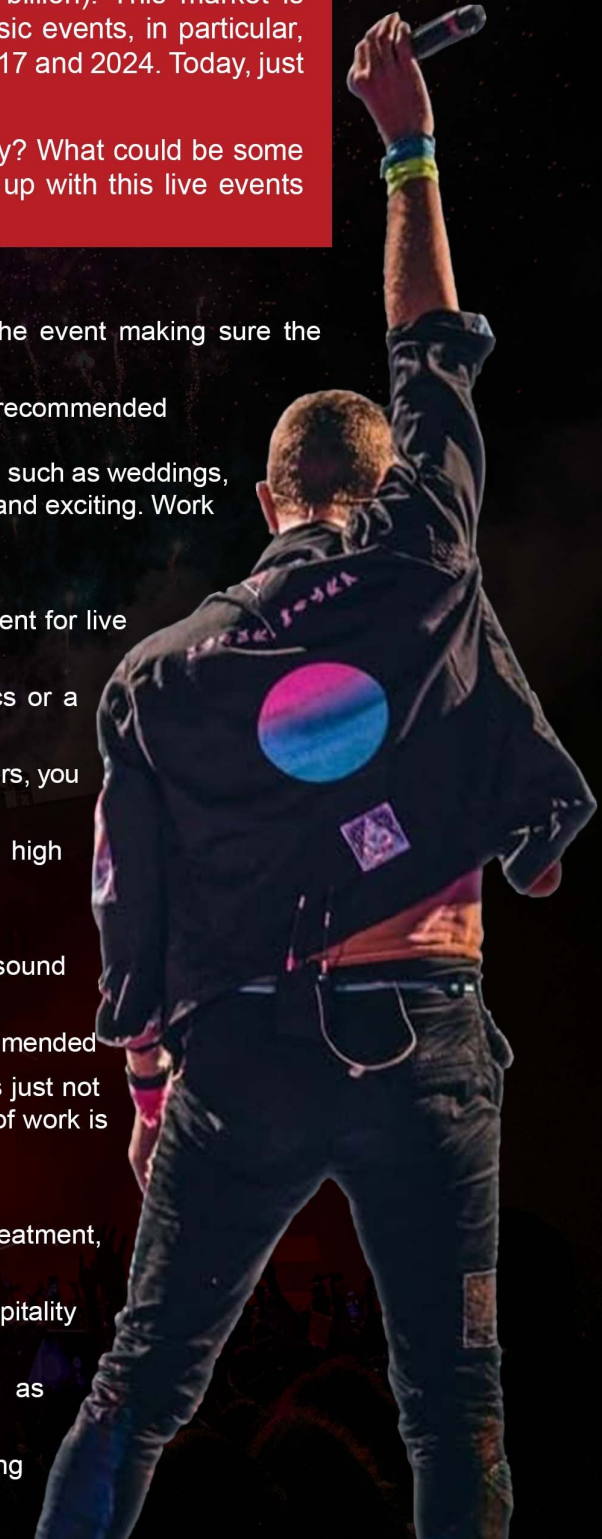
Hospitality Manager

Job Description: Manages guest services, including VIP treatment, accommodations, and catering.

Qualifications required: a bachelor's degree in hospitality management or a related field. Work experience is desired.

Pros and cons: Opportunities to work in different locations, such as luxury hotels, resorts, cruise ships, or event venues.

Hospitality Managers often face complaints, conflicts, and challenging customer behavior, which can be emotionally draining.



Is Working 70 Hrs a Week **REALLY NEEDED**

~ Pranav Dhabale

There's been a real uproar lately about working hours, and it's basically split everyone into two camps: the "business crowd" and the "employee crowd." It all kicked off when Narayan Murthy, the founder of Infosys, suggested in an interview that we should all be putting in 70 hours a week. Then, S.N. Subrahmanyan, the CEO of L&T, chimed in with a whopping 90 hours! This really stirred the pot, bringing to the surface the constant tug-of-war between what businesses need and what's good for employees.

The "business crowd," which includes business owners, top executives, and those who are really focused on economic growth, argues that these crazy long hours are essential for the country to progress and stay competitive on the world stage. They often bring up examples like post-war Japan or South Korea, which saw incredible economic booms thanks to a culture of intense dedication to work. They argue that in today's cutthroat global market, companies need their employees to go above and beyond just to keep up. You also hear some prominent voices like Elon Musk (Tesla, SpaceX) and Jamie Dimon (JPMorgan Chase) echoing similar sentiments about the need for hard work and long hours. Some even suggest that younger generations just don't have the same work ethic as previous ones and need a bit of a push.

On the other side, the "employee crowd"—workers, labor rights advocates, and anyone who values a decent personal life—are completely against these extreme work hours. They argue that consistently working 70-90 hours a week is a recipe for burnout, mental health problems, and all sorts of physical health issues. They stress how important a healthy work-life balance is for having good relationships, pursuing hobbies, and just generally being happy. They also question whether these crazy hours actually lead to better productivity in the long run, suggesting that tired and stressed-out employees are more likely to make mistakes and be less efficient overall. And let's be real, for many workers, especially in sectors like manufacturing, construction, and even some tech jobs, these kinds of hours are already a reality, leading to documented cases of stress, sleep deprivation, and other health problems. They also point out that this disproportionately affects lower and middle-income workers who often don't have the power to negotiate their hours.

This whole debate isn't just about numbers; it's about fundamentally different values. Businesses naturally prioritize output and growth, while employees prioritize their well-being and personal lives. Finding a middle ground is key. We need to find a way to implement reasonable working hours, encourage efficient work practices, and build a work culture that values both productivity and employee well-being. Open communication between employers and employees, along with sensible government regulations that protect workers' rights, are essential for creating a more sustainable and fair work environment. At the end of the day, a healthy society needs both successful businesses and healthy, happy people.

MUSIC AN ESSENTIAL

~ Kaifi Khan

Alexa, "Play Yeh Hai Bombay Meri Jaani"

While travelling my friend once told me, "If I just have my earphones I can travel or walk for hours, I love walking. I simply plug in my earphones listen to music and keep on walking, Its my favourite thing to do." After that day, I started noticing that everyone around me; whether it was in trains, markets or simple evening walks everyone had some device plugged in their ears. They listened to podcasts, music, watched their favourite shows and so much more.

If we talk about social media platforms, the most prominent one as of now is Instagram and we spend hours and hours scrolling away, but what makes them so addictive? Its SONGS!. Whenever somebody posts something or puts up a story. What completes it, is a song which matches the vibe. It doesn't matter which language it is, Spanish, English, French, Latin or even Russian. All that matters is the rhythm and the speed of the songs to fit your personal needs.

That's not all, Music helps you let yourself loose, groove to the beats and jam along. If you attended Nexus, you'll know how Mr. Mehmood Curmally; a die hard Elvis fan gave us a glimpse of Mr. Presley himself and as soon as he started singing "Falling in Love with you" the audience started singing along. We are such hopeless romantics and moments like this really helps to relieve all our stress and sadness for a while and just live in the moment.



Healthline says "Music exerts a powerful influence on human beings. It can boost memory, build task endurance, lighten your mood, reduce anxiety and depression, stave off fatigue, improve your response to pain, and help you work out more effectively."

But even with all the pros of listening to music, there are certain cons, Next time when you plug in and shut out the voices of the world what I want you to remember is Alex Prol a guitarist says "You can fall into a trap of sounding repetitive over time and get stuck in a rut. Taking some time apart from music may make your fingers a bit rusty, but also may give you new ideas and drive." But for the other times maybe your heart knows best?, that I'm leaving up to you.

LIFE ON THE *Streets* ~ Sai Thorat

Mumbai is always said to be the City of Dreams to everyone who wants to prosper in their field of passion but Mumbai is not only about people working in extraordinary skyscrapers, Churchgate, or any South Bombay part. It is also about the people working in Kumbharwada, Nagpada, and Dharavi. Whenever there's a conversation on India, it is mostly concerned with Mumbai, it being a prime location, and how the city just goes with its flow. There's a common ideal thought that people living in Mumbai are really lucky. There is always a comparison between Mumbai and another city, if you've experienced Mumbai's Night Life you have experienced something epic. People often say that this city is great just because they get chai and sutta every night from the person selling it on his cycle but they never think that he is compelled, he doesn't have any other option because it is hard to live in a city where every person is in search for some kind of job to thrive in this fast-paced city and no one talks about how the people of this city survive day by day and how it treats the people living. There are many untold stories that this city holds and every story is different from one and the other.

Just like that this is bound to take you on a complete rollercoaster of emotions. I discovered a girl, a 15 year old walking on the streets of Mumbai. This is the story of Mangala. A girl forced to perform tricks and plays burdened by her responsibilities to provide for her single mother and starved siblings.



She was born in the northern part of India and now she's living on the streets of Mumbai. Mangala shifted to this city with her family of five people, her mother, father, and two younger siblings. When I was talking to her she mentioned that her family belongs to the 'Nat community' where every person is skilled in this art form. Her family shifted to Mumbai when she was just 10 years old, her family had been performing for generations. She mentioned that this was her family tradition. She mentioned that two years back her father died while doing an odd job to earn some extra keep. Mangala always used to feel sad remembering her father. People around her family used to do the same work and they never used to dream of something big but her parents were willing to break this cycle by making Mangala a heart surgeon so they always supported her, but destiny had decided something different for Mangala and when her father died they were devastated and heartbroken, they had no idea how to move on, people around them also started to think the same thing "How were they going to survive?".

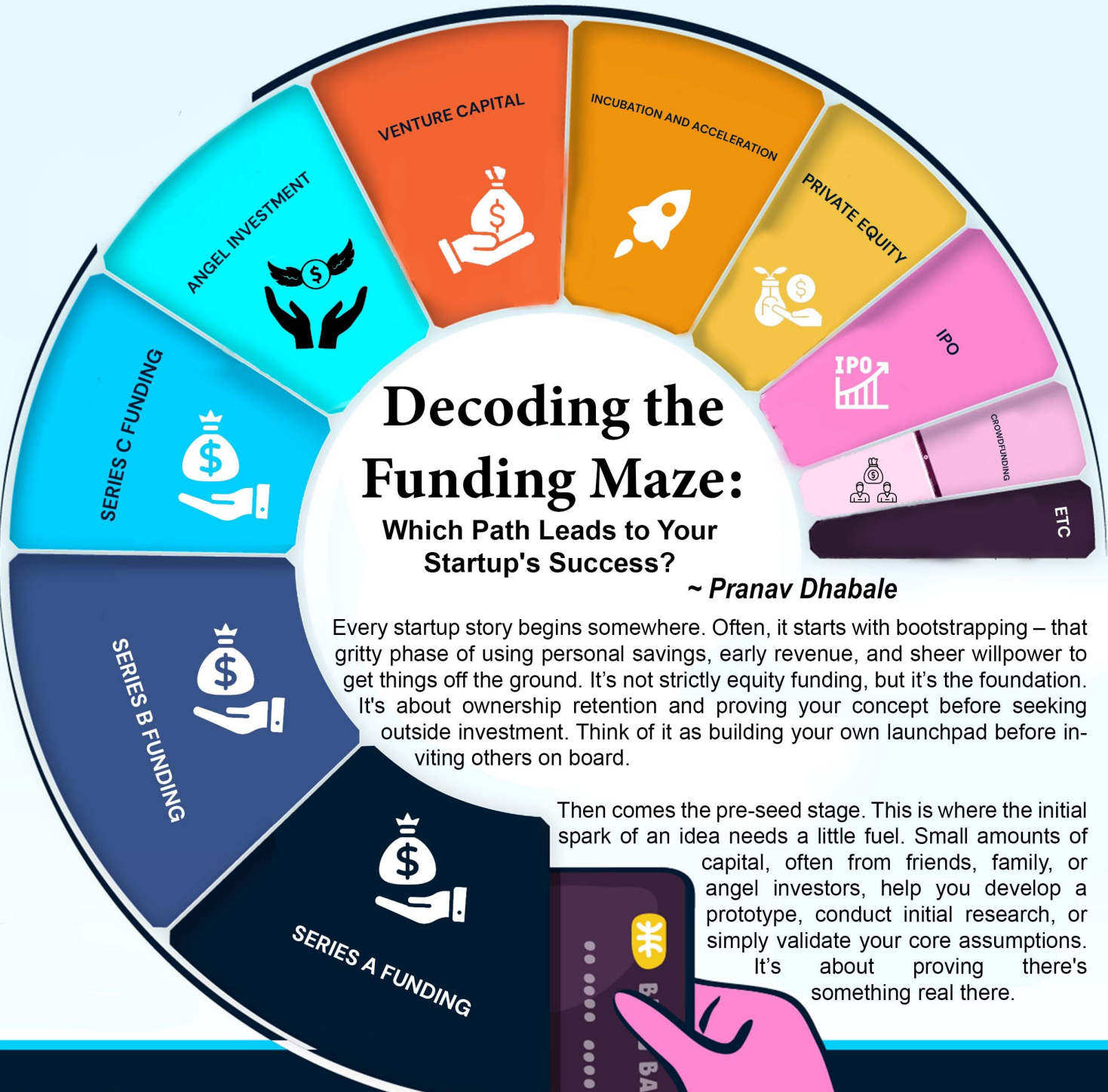


So, Mangala decided to take the situation into her own hands and earn bread for her family. Mangala passionately continued her rope walking but her mother always saw the spark of studying in Mangala so she decided she would work day and night to make her a successful doctor. So she started selling flower

garlands on the streets of Mumbai. After a couple of months, her mother's hard work shone through and she enrolled Mangala into a night school. At the end, When I asked her "Don't you get scared while doing this?" she replied, "Nothing scares me more than seeing my family starving for food and not having money to fulfill even their basic needs". The responsibility of her family had turned her into a very mature person at a young age. There are many more Mangalas in every street of the world working hard to achieve their dreams and survive.

From this story, I realised that the heaviest thing in this world is an empty pocket, which can make you do anything at any age which you never thought.





Decoding the Funding Maze:

Which Path Leads to Your Startup's Success?

~ Pranav Dhabale

Every startup story begins somewhere. Often, it starts with bootstrapping – that gritty phase of using personal savings, early revenue, and sheer willpower to get things off the ground. It's not strictly equity funding, but it's the foundation. It's about ownership retention and proving your concept before seeking outside investment. Think of it as building your own launchpad before inviting others on board.

Then comes the pre-seed stage. This is where the initial spark of an idea needs a little fuel. Small amounts of capital, often from friends, family, or angel investors, help you develop a prototype, conduct initial research, or simply validate your core assumptions. It's about proving there's something real there.

Seed funding is the first real step into the world of external investment.

You've got a promising concept, maybe even some early traction, and now you need resources to build a team, develop your product, and start operating. Angel investors, seed funds, and sometimes equity crowdfunding become your partners in this phase.

Now, let's talk Series Funding. This is where the real scaling begins.

Series A: You've proven your concept, you're generating revenue, and you're ready to expand. Series A funding, primarily from venture capitalists (VCs), fuels your growth. It's about optimizing operations and reaching a wider market.

Series B: You've successfully navigated Series A, demonstrating strong growth. Series B funding helps you further scale, expand into new markets, or invest in new product development. It's about solidifying your market position.

Series C: (and beyond): For companies eyeing aggressive growth, international expansion, or strategic acquisitions, Series C and subsequent rounds (D, E, etc.) provide the necessary firepower.

Beyond the series funding, there are other critical players:

Angel Investors: High-net-worth individuals who invest their own money in early-stage companies. They often bring valuable experience, mentorship, and connections to the table.

Venture Capital (VC): Professional investors who manage pooled funds. They invest in high-growth startups, typically from the seed stage onwards, and often take an active role in the company's development.

Incubators and Accelerators: These organizations provide resources and support to early-stage startups, including mentorship, office space, and sometimes seed funding. They nurture startups, helping them refine their business models and prepare for larger funding rounds.

Private Equity (PE): These firms invest in established companies, often for restructuring or operational improvements. They're not typically involved with early-stage startups.

Initial Public Offering (IPO): The ultimate step for many startups – offering shares to the public. This raises significant capital and provides liquidity for early investors.

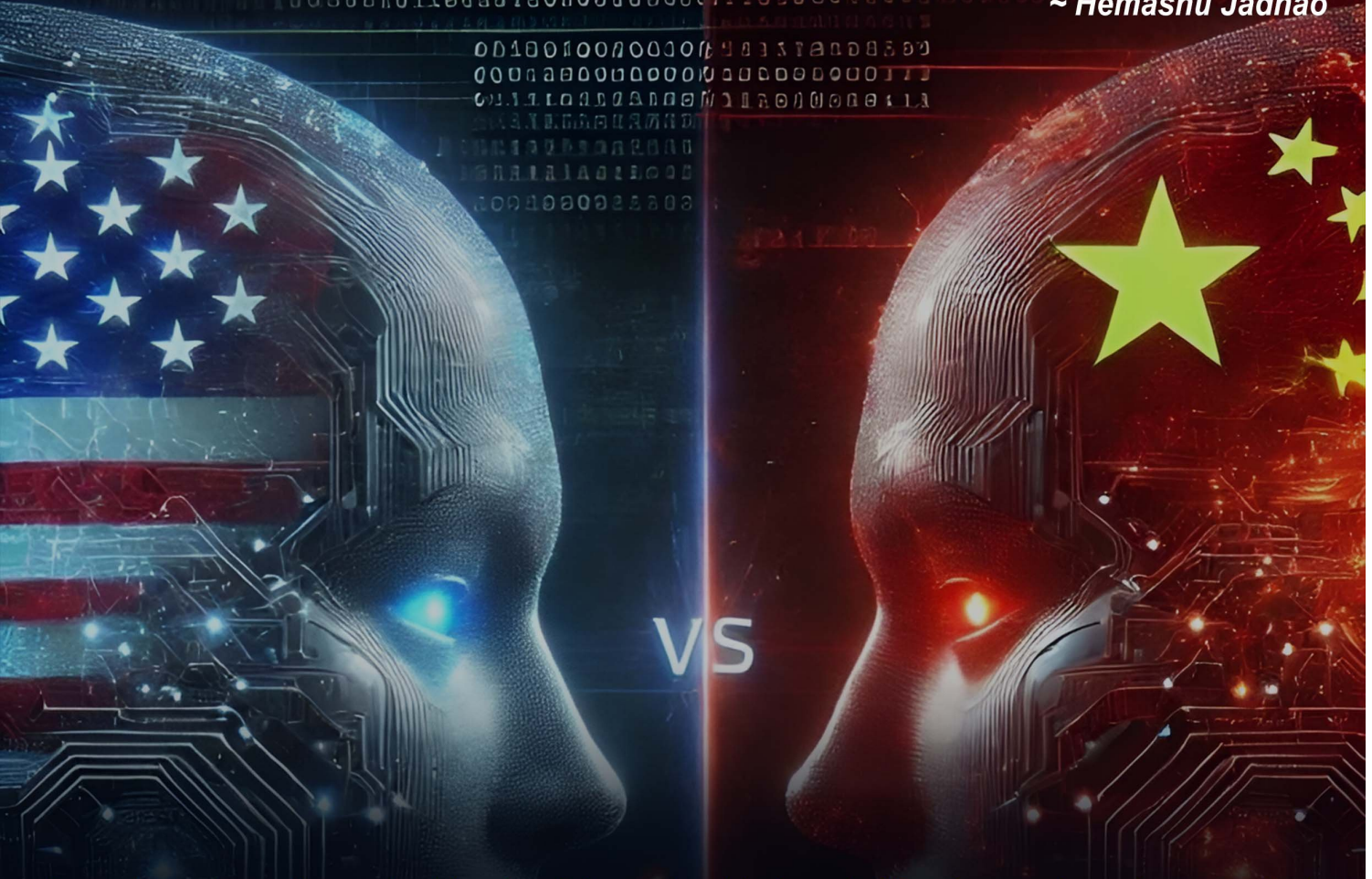
Each funding stage presents its own set of challenges. Successfully navigating this complex landscape requires a strategic, financially astute mindset. It's about understanding your company's valuation, negotiating favorable terms, and cultivating strong relationships with investors. It's also about discerning when to decline a deal that doesn't align with your long-term vision.

Understanding the nuances of each funding type, the motivations of different investors, and the challenges that lie ahead is essential. It's not just about securing capital; it's about building a sustainable, thriving business. It's a journey, and the right funding strategy can be the key to unlocking your startup's full potential.



DID THE AI BUBBLE JUST BURST?

~ Hemashu Jadhao



In a sharp turn of events, Nasdaq futures tumbled early Monday, as investors reacted to growing unease over China's latest technological leap—DeepSeek. The ambitious AI project, which has been making waves in the global tech community, has sparked concerns about the US tech sector's ability to maintain its competitive edge in the face of rapid advancements from China.

DeepSeek, a state-backed initiative focused on artificial intelligence and machine learning, has reportedly achieved breakthroughs that could challenge the dominance of US tech giants. The project's progress has raised alarms among investors, who fear that American companies may struggle to keep pace with China's accelerating innovation. As a result, Nasdaq futures dropped by 2.3% in pre-market trading, with major tech stocks like Apple, Amazon, and Microsoft all seeing declines.

The timing of DeepSeek's rise is particularly troubling for the US tech industry, which is already navigating a challenging landscape of supply chain disruptions, regulatory pressures, and slowing growth. The prospect of losing ground in the global AI race has added another layer of uncertainty, prompting analysts to warn of potential long-term consequences for US tech leadership.

The concerns have also reached policymakers in Washington, where discussions are reportedly underway about how to bolster the US tech sector's competitiveness. Proposals on the table include increased federal funding for AI research, tax incentives for tech innovation, and stricter controls on the export of critical technologies to China. However, any such measures are likely to face political and logistical challenges, leaving the industry in a state of limbo.

For investors, the immediate concern is the heightened volatility in the tech sector. With Nasdaq futures under pressure, many are bracing for a turbulent week ahead. "The market is reacting to the uncertainty surrounding DeepSeek and what it means for US tech companies," said portfolio manager Sarah Lee. "Until there's more clarity, we can expect continued volatility."

As the global tech race intensifies, the stakes have never been higher. DeepSeek's emergence has underscored the fierce competition between the US and China in the realm of artificial intelligence, with far-reaching implications for the future of technology and global economic power. For now, all eyes are on how the US tech sector will respond to this latest challenge—and whether it can reclaim its position at the forefront of innovation.



DOES POPULARITY MEAN EVERYTHING?

~ Bridget D'souza

Popular? Yes, I like being popular. Popular? No, I don't want to be known.

There are two sides to being popular. A person may run to be in the spotlight, trying to be popular, while another might try to run out of the spotlight, trying to appear unknown. Popularity is something that every human being at least once craved. It is said to be a poisoned apple that can either make one fall into it, or make a person immune to it.

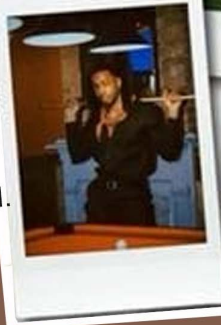
So what exactly is popularity? It is when a person is liked, admired and supported by many. Well, if that's the case, then why do some people not want to be popular? Being popular comes with its disadvantages. You are judged on everything you do, you have an expectation and if you don't meet it even once, your popularity will fall immensely. You might still be known, but not in a good light. The clause for being popular is a tight rope which is easy to slip and fall.

Popularity starts off in a good light. A person comes to be known for their nature, talent and communication skills. Some remain the same in nature as they were before they became popular, while others change. Some become addictive. Some become unable to escape from it. It grants them validation that they were unable to obtain in their childhood. Being popular may give them a sense of identity. But with that sense of identity, one may grow to be bratty, arrogant, rude and may think that one is better than someone else.

To some, being popular for a while may give them "Impostor Syndrome". It is a psychological phenomenon where people of a high status, or someone who is popular experience self-doubt and feeling worthless despite their success. In which being popular leads to their own demise. One may also have a strain on their relationships thinking that they might be with them due to their popularity, and are only with them to use them for their own gains. This causes them to be overwhelmed and would lead them to neglect personal relationships with their closed ones.

But not all roads of popularity lead to downfall. Being popular opens up new opportunities like meeting influential people, career advancement or even expanding social circles. It can even help in the betterment of oneself, by motivating and showcasing one's talent, helping one grow in ways that others might not. Popularity can be used as a way to enhance not only oneself but also the people around you, by providing opportunities for growth, support and inspiring them.

While popularity can seem desirable, it has its upsides and downsides which are inseparable. Popularity has its benefits of success and fame, but it comes at a cost of anxiety, loneliness and a lack of authenticity. Ultimately, being authentic and having relationships which one can trust is what guarantees joy and lifetime fulfillment, and not the fleeting feeling of being popular.



Wonders of महाकुंभ

~ - *Abhishek Karankale*

Mahakumbh is the world's largest spiritual and religious gathering, held in India every four years, with a grander version occurring every twelve years. What makes it special is how it is celebrated, commercialized, organized, and marketed on a global level by the government, providing both economic and cultural benefits to the nation. This time, it took place in Prayagraj (formerly Allahabad).

A key aspect of this year's Mahakumbh was the significant funding by the government to ensure proper provisions for visitors. One of the complementary benefits of marketing and commercializing the Kumbh Mela is that it generates interest in religious values and inclines the youth toward spirituality.

This year's Kumbh Mela was full of surprises, with many celebrated personalities, including actors, politicians, and business tycoons, visiting the event, further glorifying the cultural spectrum among the youth.

One of the most fascinating aspects of Kumbh Mela was the presence of the so-called "Internet Babas." In an unusual incident, a reporter exploring the mela found himself in conversation with a sage who claimed to be an IITian. This story went viral on the internet, transforming the sage into a spiritual influencer. There were many such instances of highly qualified individuals choosing the path of spirituality, signifying how diverse and profound our culture is. Another intriguing aspect of Kumbh Mela is the presence of sages and spiritual leaders who are rarely seen on regular occasions.

Rather than calling it just a gathering, I would describe it as the most beautifully diverse experience one could imagine, with a mystical and sacred energy filling every corner of the mela.

In my opinion, everyone should visit at least once to experience such divinity and culture.



HPCL:

FUELING INDIA'S PROGRESS WITH PURPOSE ~ Praneet Kodkani

Hindustan Petroleum Corporation Limited (HPCL) is not just a company that refines and sells petroleum products. It is a crucial part of India's daily life and economic backbone. Whether it's the fuel that powers our vehicles, the LPG cylinders that cook our meals, or the lubricants that keep industries running, HPCL is deeply woven into the fabric of the nation.

A Legacy Built Over Decades

HPCL was established in 1974 and since then, has grown into one of India's leading public sector oil and gas companies. With having own refineries in Mumbai and Visakhapatnam, and joint venture refineries in Mangalore and Bhatinda, along with an extensive distribution network, HPCL ensures that fuel reaches every corner of the country, from bustling metros to remote villages. It connects the country in ways we often don't notice.

A Commitment to Sustainability and Innovation

The energy industry is changing rapidly, and HPCL is evolving with it. As the world moves towards cleaner and more sustainable fuel options, HPCL is investing in renewable energy, biofuels, and electric vehicle charging infrastructure. The company is actively working on reducing its carbon footprint by incorporating green energy solutions and improving refinery efficiency.

HPCL is also a leader in innovation. With research and development centers focused on advanced fuels and lubricants, it continues to develop new solutions that improve efficiency and reduce emissions. The company's initiatives in digitalization such as mobile apps for fuel purchases and smart LPG booking are making life easier for consumers.

More Than Just an Oil Company

HPCL is not just about fuel; it is about people, progress, and sustainability. It has been a silent force behind India's growth for decades and continues to adapt to new challenges. Whether you see an HPCL petrol pump on the highway or use an HP gas cylinder at home, you are witnessing a company that fuels not just vehicles but also dreams and aspirations across the country.

Also, Sydenham Alumni Cell's flagship event Alumni Nexus was privileged to have HPCL as the title sponsor this year. Sydenham Alumni Cell expresses its heartfelt gratitude to HPCL for playing a significant role in making Nexus 3.0 a huge success!

Reaching Every Indian Home and Business

Imagine waking up in the morning and making a cup of tea. The gas in your stove might be coming from an HPCL cylinder. Later, as you drive to work, the petrol or diesel in your vehicle might have been refined and distributed by HPCL. The bus that takes children to school, the trucks that deliver goods, and the planes that fly across the country, all run on fuel that HPCL plays a key role in providing.

Beyond Business: HPCL's Social Responsibility

A company's success is not just measured in profits but in how it contributes to society. HPCL is actively involved in corporate social responsibility (CSR) initiatives, focusing on education, healthcare, skill development, and environmental conservation. It supports programs for underprivileged communities, builds schools and hospitals, and provides clean drinking water in rural areas.

NEXUS

Season 3

~ Kaifi Khan

It all began with a simple phone call, "Would you like to be part of the Nexus Planning Committee". No one would surely like to pass up on an opportunity like that. Exhilarated to be chosen, these creative minds started working behind the scenes. We started planning, jotting down ideas, mixing and matching; what came out was the theme of Nexus '25 Around the World in One Day. Months flew by, weeks and days gone in the blink of an eye. When the cell members all confided in room no. 25.



People came and people went by, helping whoever was in need. A room filled with laughter and memories was born. A place where the team not losing a second of time, observing all these moments filled us with immense joy. The core watching their family work so hard, Excited yet scared whether the efforts will pay off. Looking at how hard every single member was working. Nexus was going to be a blast again!



The day finally arrived. Every member was running here and there to make sure everything is perfect and it was! Nexus was commenced with the traditional lighting of the lamp, Words of inspiration by the panel and chief guest Mr. Dilip Piramal followed by amazing performances by Sydenham's very own alumni.

First up was Mr. Snehal Muzoomdar's performance which left everyone completely awestruck with his incredible santoor playing skills. Then Mr. Mehmood's performance made us realise that when he said "If I can give audiences even a glimpse of Elvis's power, it makes me the happiest" it was completely true because it felt like we were teleported back in time. Next up was Mr. Darshan Jariwala's insightful session which answered students self doubts and helped them excel in their life.

Along with this inter- collegiate events were going on simultaneously. CEO of the Day, The Open Mic Curveball, Billboard Masterpiece, Youth Parliament and Nexus Chronicles. Students were invigorated and uplifted by an engaging dance workshop led by Ms. Swetha Nikalje, filling the space with enthusiasm and joy. The "Unlock Success" session with Mr. Vikram Kothari provided valuable wisdom, empowering students with knowledge and motivation for their future endeavors. Enhancing the lively atmosphere, delightful stalls filled with treats and goodies added an extra touch of excitement, making the event an unforgettable experience.



Nexus 2025 came to a heartfelt close with a memorable speech, where Tanaya Patil, Chairperson of the Alumni Cell, left everyone inspired with hope and gratitude. The event was a beautiful celebration of Sydenham College's legacy, bringing together learning, entertainment, and excitement. From inspiring alumni talks to high-energy performances and hands-on workshops, every moment was designed to spark excitement and leave a lasting impact. As the event wrapped up, it left participants with a deep sense of pride, unity, and lasting memories, setting the stage for even greater milestones ahead.





GRAD GLORIES

SHACKLED IMMIGRANT DREAMS : CREATE OPPORTUNITIES AT HOME

~ Rajendra Aneja Alumnus of Sydenham College Former Managing Director of Unilever Tanzania

Like Indians across countries, I was aghast to see Indian immigrants, who were in the US illegally, returning home in shackles and handcuffs. It's embarrassing that after 75 years of independence, my countrymen were returning in a demeaning manner. Sure, it was their fault for having overstayed their legal welcome in America. Nevertheless, the episode left a bitter taste.

Indians are highly respected across the world. Indian managers manage many multinational corporations, like Google, in America and Europe. Indian-origin businessmen keep the wheels of industry and trade moving in East and West Africa. Indians are well-accepted in South-East Asian countries, such as Singapore and Malaysia.

All eyes were on President Donald Trump, as to how he would actually deal with immigrants in the US. He had threatened to send them back to their countries, by the planeload. He has started the process.

The important question is, why do people from Asia and Africa want to migrate to America and Europe? Quite simply, because they do not have adequate job opportunities and livelihoods in their own countries. They find life easier in the West because of higher social security and medical benefits. They are also able to get jobs, even if it is as delivery staff for pizzas. They are assured of incomes and can feed their families. These people are unhappy in their own home countries. Hence, they seek jobs and livelihoods in the West. Happy people don't migrate to other countries.

The long-term solution to illegal immigration is to develop employment opportunities in the countries from where they come. Mexico, India, Pakistan, and the African countries are the principal regions from where the immigrants hail. These countries should create massive job opportunities and develop their social support services.

Promote Meritocracy

Many years ago, when I worked in Brazil, I observed that the local managers did not want to be expatriated to other countries, even to Europe. They were delighted with the local salaries, work conditions, and the culture of the country. Even a promotion or an expatriate salary did not lure many Brazilians. I do hope that someday, Indians also opt to work at home rather than seek careers abroad.

Countries like India should also promote meritocracy and opportunities for growth within corporations. India is proud that top corporations in the US, such as Microsoft and IBM, are managed by CEOs of Indian origin. We hero-worship these highfliers. However, why could India not retain these bright CEOs? They had to go abroad and prove themselves in a foreign country, perhaps because there were inadequate opportunities locally. We need to foster an atmosphere of learning, research, and scholarship, in our universities and corporations to retain our talent. We also need to revamp our urban infrastructure on a war-footing, to inspire youngsters to stay in the country. India, as the fifth-largest economy in the world, with ambitious plans for growth, should focus on creating labor-intensive jobs. When youngsters cannot get well-paying jobs in their own countries, they take grave risks and pay large amounts to dubious agents, to migrate to America.

Manage Population

India should also make efforts to promote family planning and harness its population growth. In Punjabi, we have an idiom, “Jitney chaddar ho, utne paer felane chaayie” (Stretch your legs according to the length of the sheet covering you). It means assess your resources and then plan your life. About 7% of India’s population lives below the poverty line. Then, there is a need to limit the number of children a family should plan for.

During the Emergency imposed by former Prime Minister Indira Gandhi from 1975-77, family planning was imposed with coercion across the country. Officials in states, towns, and even villages had targets for vasectomies. The policy was executed haphazardly. People were upset, and Indira Gandhi lost the election.

Since then, most governments have fought shy of promoting family planning. It is time to encourage family planning and birth control through education and awareness.

The US should deal with its illegal immigrants in a humane manner. It is not the fault of the immigrants that they seek a bit of the sky. They are merely looking for a living, a better life for themselves and their children. We should be generous to our fellow men, who have not had the same opportunities of nutrition, education, and exposure that others have had.



THE SYDENHAMITE

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