



Sorba Snippets

Master Class

This masterclass we bring to you the words of a man whose diligence, passion, and love for his craft has made him one of the most recognised actors on the silver screen - Mr. Aanjian Srivastav. He started his journey by moving from Kolkata to Mumbai, where he took up various roles in many films and theatres. His parents disapproved of his career choice but he never faltered - knowing one day, he will make them proud. As luck would have it, he came across a very important man- Mr. R.K. Laxman, a person he largely credits for shaping him as an actor. Under his guidance, Aanjian Srivastav learned to hone his acting skills and launched his most life-changing work - Wagle Ki Duniya. "While shooting Wagle Ki Duniya..I learned a lot about acting. In that time, actors had to be loud and have a unique personality to make characters stand out ...in Wagle, I learnt to put the character forward, to bury my personality and become the person I was playing....and when it came out- my father stopped telling me to find a real job. "The series became a hit because it captured the struggles of the common man, from a middle-class lifestyle...which was something a lot of people in that time could relate to."



Aanjian Srivastav

Aanjian Srivastav has great respect for theatre- "Theatre teaches people a way of life," he says "it teaches discipline. Every actor will benefit a lot if he starts his career from theatre." "Theatre is always evolving with the times, it is a lot different now with all the OTT and streaming platforms...but at its core, theatre brings out passion, and it will only grow and attract more actors and fascinate the audience." His love for acting has not dimmed with age. His fascination only grows and there's always more to learn! In his charming way, Aanjian Srivastav showed us that love doesn't just exist on the silver screen. It seeps into everything you put your heart into, whether its work, relationships, or life in general.

Master Class

Vinod Dua, an acclaimed man of the media, has been around since Doordarshan, been awarded a Padma Shri and till today, is a recognised name in the industry and in people's minds.

While modern media harps about celebrity scandals and hypes irrelevant issues to distract from the real news plaguing our world, Vinod Dua sets an example for what real and honest journalism looks like. His time in the industry has helped him accumulate a lot of experiences that have shaped his life and his values. One core value he learnt is, "Entertainment is a social need. It will be consumed by the audience... for that very reason, news channels need to focus on giving the audience what they NEED, not what they WANT." Vinod Dua did not go about choosing his career the traditional way. Instead, he applied a clever elimination process- "I wasn't sure about what I wanted to do, but I knew what I did NOT want to do." He says, "I knew I didn't want to be in a hierarchy... I wanted to say whatever I wanted.. and I wanted to live and die by my words."



Vinod Dua

His reputation as an ethical journalist has gained him a lot of respect and admiration. He says, "I come from a time when news was just news. It was clean, true and honest." "The most important elements of a story," he explained, "are 1) Do not "announce" things. Make it a conversation. 2) Ensure that your viewers understand the concepts explained. 3) See to it that viewers have a takeaway, a moral lesson. That is how you can make your story a success." "If you were to start a news channel.. you need to determine your ethics, determine what matters to you, and determine what the public really needs to hear? And then chart your course" His ethics, his values and his passion for his line of work were truly a lesson in humility for all of us and left us with a very important message- to use our liberty with responsibility.

Master Class

“The first rule of comedy should be - you must be very lazy. Whoever works should be immediately removed.” These are the words Cyrus Broacha lives by. According to him, if someone has to work on being funny, they are not cut out for it. Cyrus Broacha is someone with multiple talents, he is described as a child prodigy. A man as skilled as him is extremely uncommon, and SoBA allowed us the chance to communicate with and gain from him. He is forever his most liveliest self and unfathomably genuine. He doesn't gloss over things and tells them the way they are. His list of his talents is very long. He is a TV anchor, theatre personality, comedian, political satirist, columnist, podcaster and an author. “Life is what happens when you are making plans”, he replied when asked about the importance of planning. He revealed to us numerous silly stories which had significant life lessons hidden in them. Broacha lives by his own rules and is unapologetically real. He helped us acknowledge what life is. He was a very positive presence to be near, and we gained a great amount from him.



Cyrus Broacha

He offered us extraordinary guidance regarding how to better our podcast and YouTube channel. He was brimming with astounding ideas which would truly enable us to succeed. He genuinely understood what went through our minds. He is conceivably, one of the few grown-ups we met who was so relatable. Through his amusing anecdotes and life experiences, he taught us a lot.

A gifted communicator, an eloquent speaker and a veteran trainer in areas of etiquette and grooming Ms. Gunita Chadha, enlightened us with her take on the world of communication and its relevance to the present world. Below is an insight into her revolutionary thoughts and ideologies regarding the same

What are the greatest challenges to good communication?

It is important to understand your target audience and cater to them. Not only is it essential to have knowledge and be clear about what you are going to say but it is equally important to make sure that the message is received and understood correctly. The greatest challenge is when a person feels that his view is correct and he is not willing to listen and learn. Another challenge could be your emotions, when you are angry or upset the tone of your voice overshadows your message.

How important is listening in communication?

I feel listening requires more concentration and focus than any other form of communication and you learn the most when you have mastered the skill of listening.

Can culture, gender, nationality or social class have an effect on communication?

People from different cultures and nationalities may think and behave differently. Different television channels cater to different nationalities, and some are even gender specific. Media is doing a great job of communicating with different sections of society by giving them exactly what they want.

Communication being a novel course, do you believe that teenagers could benefit from it and how?

The ability to express your views accurately, using good vocabulary and clear speech is definitely an important life skill for our teenagers. Happiness and success in your personal and professional life is enhanced by good communication. Being able to convince or persuade people to see your point of view will work in your favour, whichever career field you choose.

MINDSET MENTORS

What are the problems that you see when it comes to the digital age and communication?

Sometimes I do feel that we have lost our freedom, we are addicted to sharing and receiving information and we are constantly looking for validation. Another thing that comes to my mind is that our language is suffering due to excessive use of abbreviations and social media lingo. The bottom line is moderation and let's not make it the focal point of our lives.



The digital age has brought many new ways to communicate such as email, Twitter, and Facebook. How has communication changed? What is helpful?

The new communication methods definitely keep us connected to our family and friends. It has become easier to see our family across the globe and share our special moments at the drop of a hat. We can spread awareness on the issues that matter to us using email, Twitter and Facebook. At times it feels good to see a nice picture with a story attached to it and you get to learn from the experience of others.

What have been the biggest lessons you have learned about communication?

Communication is constantly evolving and there is something new we learn everyday to help us become better speakers, writers and listeners. If your body language is in sync with what you are saying you become more believable and you are successful in conveying your message. The good news is that we can all get better at our communication skills with a little bit of effort.



Ms. Gunita Chadha

What are some hurdles you faced while establishing your business?

We didn't have any prior knowledge on manufacturing And we started with very little capital. We got experts to help us solve this and got some extra capital from competitions and other things. We always look for solutions, rather than problems.

What's the scope of the sustainability and environmental startups in India?

It is an upcoming thing, like online shopping. This is also one of the trends, where Millennials and younger people will choose from brands which are more socially and environmentally conscious. So there is scope going forward, post COVID.

Do you think there will be a rise in the amount of social entrepreneurship ventures in the coming years in India?

Yes, there always has been a rise. That's why we still are stepping into it and just that - more younger people are needed to really scale those ventures. They are definitely there at a small scale, starting up. They are there but we'll see some scale, I think, in the next 5-7 years, in different companies.

It's astonishing to see the younger generation getting into the social undertaking and NGO space and helping alleviate the more fragile areas of society. We got an opportunity to talk to one such youthful firearm, Shriyans Bhandari, who is the co-founder of Greensole. It's a social enterprise which accepts donated shoes and recycles them sustainably to provide them to children in need. Shriyans is a passionate Marathon runner who started as an athlete from Mumbai and runs hundreds of kilometers each year and in the process, he went through several pairs of sports shoes. He realised wasted sneakers have no future life, it just increases the pollution. This passion gave him the unique business idea of reusing the discarded shoes.

What is some advice you have for budding entrepreneurs?

People should just START without spending too much time wondering if their plan will work or not. No plan is perfect till it is executed, because situations can change once you are in the plan.

What do you look for whilst hiring someone in your company?

Firstly, the average age in the team is 25 years. We see that people should be ready to grow with us, to handle a lot of responsibility, more than what they're ready for, show a lot of initiative and thinking on the feet. We make them do some tasks where all these things are tested. Their prior degrees and education doesn't matter.

MINDSET MENTORS

Briefly describe your journey of how you started Greensoles and where it stands today. What Future plans you do have for it?

I was 19 years old, I used to run in the park with my friend and co-founder - Ramesh. So I thought of doing some work with the shoes - trying to mend them. I was also into athletics so I thought of how the shoes go to waste. Making a bigger waste and what happens after that. So thinking about the problem and taking initiative on it was our key quality from which we started Greensoles. It started as a project, coming together and trying to solve a problem. Slowly with a lot of effort it has come to this level. As for the future plans - it is slowly becoming a mainstream brand. The retail line is expanding, we're going to different countries also. In social work, we're not just making footwear but also started making them skill center's for stitching and women employment. So, on all fronts we'll keep going.



Mr. Shriyans Bhandari

What do you have to say about the current sustainability industry in India?

It is coming up. We do have a lot of material which are available, lots of people who are claiming about sustainability. But it will take time, genuine standards are developed, sustainable products come in the market and people will also take some time to pay for premium for the custom products.

What prompted you to start a business focusing on environmental and economic development?

We started this company not knowing it will benefit the society or environment. But once we had the product and knew that this is what we could do, we were very happy that instead of profit, we could do these additional things. So that's what motivated us.

Based on the life of Shriyans Bhandari - Written by Somma Banerjee With a special chapter on businesses post COVID-19. The perfect guide to everything entrepreneurial, learn the lessons of Entrepreneurship through the life of Shriyans Bhandari, the Co-founder of environmental sustainability venture, Greensole and Heritage Girls School, Udaipur.

“Lessons of a curious soul”

01 October 2020

Soba Snippets

Madhuri Dadia, a counseling psychologist with an experience of over 15 years in designing and executing Soft skills Training Programs as well as a certified tutor for Suicide First Aid. She is the type of person one should encounter atleast once in their lifetime. Motivating, charismatic and ever-smiling, she is a reservoir of knowledge and at same time she is an equally fun loving person for during our entire session on such a heavy topic as suicide, not once did anyone feel uncomfortable and were completely engrossed in what she was saying.

What are some of the ways we can be there for someone who's grieving from a loved one's Suicide?

1. Suicide in a family may leave all those left behind feeling an array of emotions such as:- Complex grief which could take a long time to heal
 - Insecurities with the sudden loss
 - Miss the presence of the member and therefore reinforced feeling of a loss and emptiness
 - Guilt for not being able to recognize the signs or shame
 - They could be hounded by 'why' questions and hence connect to everything the person said or did in the past
 - Lack of closure
 - The stigma attached to behaviour- finally, as research says, they're 60% more vulnerable to thoughts of suicide themselves
2. And so the support one can extend to them is:- Allow them to grieve and do not ask them too many questions or negate their feelings (in the hope that would make them feel better or 'forget' about 'it'
 - Do not advice
 - Do not judge
 - Engage in empathetic listening to see what that means for them (and not for you)
 - Observe their behaviours and if you could spot the signs of suicide in them, getting them the help that they need may make them feel supported.
 - Connecting them to support groups such as 'We Hear You' which is bereavement support group for all those who have lost a loved one to suicide would also help.

Lastly, what do you have to say about how seriously mental health and sensitivity towards suicide awareness is being taken and handled by the media and society as a whole, after the shocking news of a celebrity's death recently?

1. Media can either add to the stigma to take away from it, busting the myths around it or exacerbate it. While they have a role to be responsible, sometimes the lack of knowledge on their part with regards to suicide, depiction, use of language may invariably result in strengthening the stigma rather than breaking it down.

What are some common trigger situations or topics that we can avoid, when we're around someone who's had trauma related to past experiences with suicide attempts or a loved one/someone they know who has died by suicide?

1. Each person has their own individual trauma trigger and per say no triggering topics however, judgement, opinion, criticising, bullying, coward, giving advice are not useful in such situations. It is imperative we become good listeners.

What are some effective/free resources that can be availed by at risk youth?

1. There are quite a few helplines who are doing an amazing job in such trying times
 - Samaritans Mumbai is one such helpline -
 - +91 84229 84528 /
 - +91 84229 84529 /
 - +91 84229 84530write to them on talk2samaritans@gmail.com

Demographically, who is at the highest risk for Suicide in India?

Suicide was the most common cause of death in both the age groups of 15-29 years and 15-39 years. About 800,000 people die by suicide worldwide every year, of these 135,000 (17%) are residents of India, a nation with 17.5% of world population. 5% of the population may have thoughts of suicide at any point in time.

MINDSET MENTORS SUICIDE PREVENTION

What's the first thing you're supposed to do if you happen to be around someone attempting/thinking about suicide in that moment?

1. Suicide is on a continuum and going by that, what actions to be taken while someone has had thoughts versus someone attempting are very different.
2. For those who are attempting suicide, have progressed from thoughts and are about to plan or prepare, so it's imperative for us to get them to a place of safety, removing the means that could pose as risk is a priority thus getting the person to place of safety
3. When the person has been thinking about Suicide, it is important that after building a rapport with them while talking to them with care and empathy, listening to them and helping them explore other options would help.



Why do people attempt Suicide? Is it impulse/trigger driven?

1. Suicide isn't a result of a single event but an interplay of many factors such as biological, psychological and past history. The particular current life event can exaggerate the 'pain' for them as they see it making them feel as though this is their only option
2. It could arise out of long standing, unresolved past traumas too.
3. Suicide isn't impulsive but a result of some intolerable pain coupled with a feeling of hopelessness and desperation.
4. Therefore, between the act and the thought, there is a time period and if we can actually get the help that they need, chances are that we'll see them alive tomorrow.

What is the first thing you're supposed to do when someone reaches out to you and they're at risk?

1. When someone is at risk, they're asking for help which we can't provide when
 - (a) we don't listen and
 - (b) have attitudes that come in the way of lending that help.Therefore when somebody reaches out to you, based on the first response, brief Intervention Model you do:- Recognise the sign
 - Listen and Explore option
 - Do the safety planning to make them feel supported and keep them safe for now
2. While, these may seem obvious, the skills need to be learnt through training.



Ms. Madhuri Dadia



Genius is Born - Not made



Learners Launchpad

Work

We've done

HOPE

There is something which lights up the universe like fireworks in the dark sky, like a hug that makes everything alright.

Hope is that last item,
let out into the world from Pandora's mystical box.

Oh! Hope is like a cute child who encourages,
adores you and sometimes even enlightens you.

She is the one who wraps you in her warmth when your day has had an apocalyptic end.

She always glides beside you,
never letting you cross the line to evil,
insanity or utter darkness.
There are times when your pain will feel unbearable,
your thirst unquenchable but hope is the

coat that will always fit,
When despair, like the stalker it is,
knocks at your door, hope is the kind,
loving friend who will open it with you.
Hope gives you the calmness to escape from the box of anxiety or depression which might lock in on you occasionally,
So even though the flame of hope may flicker at times, never give up, keep it burning, burning bright!

- Shika Desouza
Batch'23 - Div B

The Discovery

City lights encompassed by grey skies I see, with my blurry eyes.

I know where I am, this is home.
Yet in all this crowd I feel alone?
Familiar faces becoming stranger,
With that I see my sense of security in danger.
Future uncertain, visages unfamiliar,
I know where I'm going but the destination is unclear.

I live with this fear, at the end of the year.
Awake I lay, waiting for day.
I know only the way, for a destination I pray.
I know only the way, but for a destination I prey.

- Daksh Kumar
Batch'23 - Div A

LIFE

Life is about the rising sun,
life is all about having the fun.
Life is about the little things
like the song your heart sings.

Life is about the shining stars,
life is all about healing the old scars.
Life is not about the cries at night
but it is about the tries one might.

Life is about living your dreams,
life is all about having faith in your God's schemes.
Life is about those passing hours
that are sure to enhance your powers.

So, Live Everyday as if it was the last.
Live Everyday as if there was no past.

- Aditi Rai
Batch'23 - Div A

Genius is Born - Not made

Learners Launchpad

Work

We've done



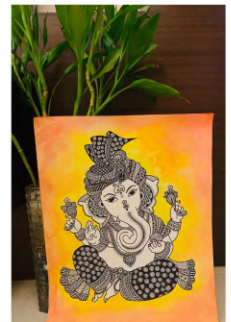
Jivika Jain
Batch'22



Vanshika Khanna
Batch'22



Dhwani Handa
Batch'22



Aashvi Agarwal
Batch'23 - Div A



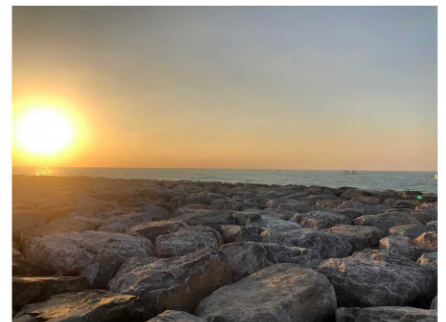
Medha Kanoria
Batch'23 - Div B



Shreya Anup
Batch'22



Yashvi Velani
Batch'22

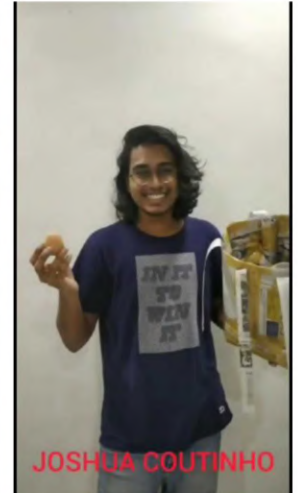


Kaysah Mulani
Batch'23 - Div A

TACTICAL PURSUITS

Egg Activity

When the juniors of SoBA heard our beloved Pratih Sir say “Let’s do an egg activity”, the only thing that ran through our minds was omelettes, scrambled, and sunny side up. You can imagine our faces when he instructed us to work with our team members and drop the egg from the first floor without cracking. Materials? Only newspapers, tape, and rubber bands. Although the task sounded impossible to most of us, we were determined to make this egg not end up like old Humpty Dumpty. Every team created different models like cones, cylinders, and other contraptions to ensure success. One team even threw it into a pool. We were able to gather the prime parts of everyone’s ideas and create the best outcome possible. Majority succeeded without a single crack. Through an egg, we learned the importance of working as teammates and came together to fight what is normally deemed as impossible. It emphasized that seemingly impossible tasks are things that give us purpose and stimulate our brains. So take on the “impossible”, work together and success will be inevitable.



Navarasa

Can you recount every single feeling you have ever felt? We can! The human mind feels 9 different emotions in varying situations (also defined as Navarasa). In the creative development class for the seniors batch, we were given the assignment of portraying love, laughter, sorrow, anger, courage, fear, disgust, surprise, and peace through a short film. We were divided into 9 teams. We were positive that by working together we would create something beautiful. Because of lockdown, the film titled “Doorriyan” stuck out the most. We created a relatable love story impacted by the distance brought between two lovers, living in different states due to the coronavirus. Like in any relationship, the couple faced various issues but overcame them due to their eternal love. The incredulous aspect of this film was that there was no dialogue present, simply acting and music. Like peanut butter and jelly sandwich, we were able to tastefully intertwine songs that paralleled the emotions during the course of these films. Through our artistry, teams provided the audience with insight into the multiple layers that make up one emotion. To portray a sentiment as intense as love without words was simply remarkable. It shone a light on just how creative the minds at SoBA truly are!

Movie Mashup

Have you ever finished a movie and wondered what you just watched? When a story is woven together while trying to balance numerous other storylines, it usually turns into chaos. The senior batch was asked to make one cohesive video with 50-100 clips from different movies. Sounds like a recipe for disaster right? We thought the same. Fortunately, we were able to prove ourselves wrong. A film we created highlighted the journey of an overweight protagonist who was bullied by his peers to then losing weight and carrying out a hitlist getting revenge on those that mocked him. Our movies made thousands of miles seem like a walk in the park as we meshed together clips from different genres and industries! Hollywood movie clips were combined with Bollywood ones while still maintaining a clear plotline. Another hilarious creation we made was a talk show video with two characters from two different movies. The video was brimming with humor that had us laughing for hours. This assignment attested that the creativity present within us could make the nonsensical flourish into something full of logic, entertainment, and comedy. It added more weight to the concept that creativity occurs when we begin to reformulate, break down, and play around with concepts that already make sense.



TACTICAL PURSUITS

Theatre Lesson

The Batch of 2019 was given the incredible opportunity to work with Mr. Ranji David, a professional in theatre and an immensely talented director. Throughout our theatre lessons, Mr. David always made it a point to get us out of our comfort zones. We would dance crazily in front of our classmates, act as animals with different emotions, behave as inanimate objects, and more. Because of these activities, we loosened up and realized that we do not need to take everything so seriously. Many of us shared personal stories with the entire class which we then utilized to make our own compositions (writing and picture) with different storylines. But the fun did not end there! We were introduced to three other phenomenal directors: Madhukar Niyogi, Prithesh Bhandary, Khadir. They all specialised in different emotions but one thing that stuck with us through their teachings was their love for theatre and acting. After these sessions, we hosted an event on the 25th of September where 4 teams with the aforementioned directors made various plays. Everyone from SoBA came to watch! The plays had themes such as horror, love, moral values, hypothetical situations, and more. We were laughing one minute and holding on to the edge of our seats in the next. It was incredible to see how much we had grown just from four lessons. Not only did we gain a great foundation in acting, we learned values to apply in all aspects of our lives. Open mindedness, freedom, and the expression of the self.



Leadership

SoBA is introducing some revolutionary incentives soon. A podcast by the Batch of 2019 and a YouTube news channel by the Batch of 2020; content for the youth, by the youth. Our students have never failed to prove their capabilities when put to the test. This time was no different. Different departments were created in an organized manner with elected heads which made the entire transition smooth sailing. Ever heard of how perfect two peas in a pod are? Well, we were just like that due to our management skills. Hundreds of us were able to get behind one cause under various leaders. The student heads listened to the worries of their team members regarding logos, logistical issues, etc, and resolved it like magic. They ensured that every member felt listened to and appreciated. A great leader knows when to be a team player. If you saw us working, you would think no such management exists. All the heads of various departments were not only delegating orders, but working with the team all day and night. Can you imagine the willpower? It was all because we realized that leaders and team members are just labels for people. People who have the same drive, the same passion for an ultimate end goal. And for us, our ultimate goal is to lead by example through our podcast and news channel.

Gizmos And GUPSHUP



“

Innovation distinguishes between a *leader* and a *follower*”

”

Facebook and US Elections

Facebook plays a major role in the U.S. elections as it is the most used social network. It has previously been criticized for misleading information, such as Donald Trump's post about mail-in ballots. This year, to reduce misinformation and election interference, Facebook has decided to stop accepting new political ads one week before the U.S. elections take place (Nov 3rd). However, it will allow existing campaigns to run, which doesn't entirely solve the problem of misinformation. Due to the coronavirus pandemic, there will be a surge in the number of people who vote by mail. Facebook is partnering with Reuters to showcase official voting results.

General Motors to launch electric truck

To compete against rival Tesla's Cybertruck, General Motors plans to manufacture and produce its first electric/hydrogen truck called Badger, with the assistance of Arizona-based startup Nikola. GM is receiving an 11% stake in Nikola as part of the \$2 billion tie-ups. Thanks to the increased consumer confidence in electric cars recently, this move was necessary to upgrade GM's product portfolio and cater to the market's demand. We can expect the Badger to be publicly revealed in early December while production will commence in 2022. While Tesla operates utilizing batteries, the Badger will operate by combining hydrogen gas and oxygen.

Contact tracing apps reduce the spread of Covid-19

According to a study published by Google and Oxford University, it was discovered that making use of contact-tracing apps can sharply diminish the spread of Covid-19, even when only a few people utilize them! When as little as 15% of the population uses an app, it could still lead to a 15% reduction in infection rates and an 11% decline in Covid-19 casualties. The researchers gathered this data through simulations of the spread of the virus, based on interactions at homes, schools, offices, and social gatherings in Washington. An app developed by Apple Inc. and Google notifies people anonymously if a person they have encountered recently contracts Covid-19 by using Bluetooth signals. However, it is important to recognize that a model is a highly simplified version of a complex reality, which tends to affect the accuracy of results.

ART OF BUSINESS COMMUNICATION

WE THANK YOU.

Our national heroes have been at the forefront in tackling the pandemic, working in and out, for the sake of the country. With an aim to put a smile on their faces during these hard times, students of SoBA took an initiative to post hand-written letters to the BMC commissioner and the Nurse's association. They say gratitude can be expressed in the smallest of gestures, the least we could do for our frontline workers is to acknowledge their hardwork. Through our letters, we were able to let our emotional birds fly free, express our sentiments in the most authentic manner and pause and reflect on how the virus binds us, yet holds us apart.

To: NURSE ASSOCIATION

You all are our guardian angels who put their soul and heart in taking care of others while risking their own lives.

- Vanshika Khanna

To: NURSE ASSOCIATION

Most people don't work in a setting where they are exposed to risks and dangers daily, the way you are.

- Shreya Sanghvi

To: NURSE ASSOCIATION

I am deeply saddened yet proud to have an association like this present in Mumbai that is working day in and out for the people.

- Sanskar Chhparia

To: BMC

They say a true leader can shine in the darkest of places and light the way, you are one such leader.

- Manya Kumar

To: BMC

With such commendable service, you have set another meaning of BMC which is Best Municipality Corporation.

- Hrithik Kochhar

To: BMC

We owe a profound debt of gratitude to all of you who have been working selflessly during this crisis.

- Sakshi Shah

ART OF BUSINESS COMMUNICATION

Taking the most advantage of the wide array of opportunities SoBA offers us, we were thrilled to post handwritten letters to our influential heroes and role models. We did our research, organised the information and expressed our emotions through the simple means of letters. It was an interesting activity which not only improved our writing skills but also inspired us in plethora of ways!

To: Mr. Shekhar Kapur

People often run away from the chaos but you taught us how to embrace it because 'if you want change, you need to invite chaos.' You are the only adult who told us that it is okay to be rebellious because out of rebellion, emerges creativity.

- Dhvani Handa

To: Oprah Winfrey

I want to thank you for making me believe that I can do it, if I truly want to. I want to thank you for reminding me to ask myself what my purpose is, what my calling is. I want to thank you for explaining to me that who I want to be is more important than what I want to be.

- Shanaya Kumar

To: Mr. Naryan Murthy

You are so comfortable with taking risks and the way you trivialize it, it brings me all the josh of doing it, whatsoever. I promise you to keep applying the life lessons you preached all my life, as an entrepreneur, as a decision maker, and as any other role I might play in the future.

- Srishti Keshwani

To: Dr. Kiran Bedi

Beyond a shadow of doubt, you have instilled a sense of national pride in the core of our hearts. Thank you for dismantling stereotypes, sowing seeds for the future of women and leading to a paradigm shift in women's continued career growth.

- Shubh Baheti

To: Ms. Aditi Gupta

When I learnt about Menstrupedia, I was thrilled to find out who was the face behind it! That's how I came to know about you. The moment I read about you, something inside me changed, something inside me was moved.

- Chitrangana Jain

To: Mr. Shekhar Kapur

Whenever I experience the slightest hint of self-doubt I remember your words, "Know that it will work out in a way you didn't expect it to. In a new moment, you never would have thought of". And yes, it is set as a daily reminder on my alarm.

To: Mr. Narayan Murthy

Because of you I stopped believing in things like I have to be the best in everything I do, now I only wish I'm the most improved from everything I learn, I stopped believing in the unrealistic standards of success society has set. I stopped believing that failure is the worst thing that could happen to me.

- Saakshi Chadha

To: Ratan Tata

You have given me the confidence to take risks and trust my gut. As you said and I quote, "I don't believe in making the right decisions. I take decisions and then make them right." This quote always reassures me and reminds me of the world of opportunities that are out there, yet unexplored.

- Milan Agarwal

ART OF BUSINESS COMMUNICATION

WE THANK YOU.

Our national heroes have been at the forefront in tackling the pandemic, working in and out, for the sake of the country. With an aim to put a smile on their faces during these hard times, students of SoBA took an initiative to post hand-written letters to the BMC commissioner and the Nurse's association. They say gratitude can be expressed in the smallest of gestures, the least we could do for our frontline workers is to acknowledge their hardwork. Through our letters, we were able to let our emotional birds fly free, express our sentiments in the most authentic manner and pause and reflect on how the virus binds us, yet holds us apart.

To: NURSE ASSOCIATION

You all are our guardian angels who put their soul and heart in taking care of others while risking their own lives.

- Vanshika Khanna

To: NURSE ASSOCIATION

Most people don't work in a setting where they are exposed to risks and dangers daily, the way you are.

- Shreya Sanghvi

To: NURSE ASSOCIATION

I am deeply saddened yet proud to have an association like this present in Mumbai that is working day in and out for the people.

- Sanskar Chhaparia

To: BMC

They say a true leader can shine in the darkest of places and light the way, you are one such leader.

- Manya Kumar

To: BMC

With such commendable service, you have set another meaning of BMC which is Best Municipality Corporation.

- Hrithik Kochhar

To: BMC

We owe a profound debt of gratitude to all of you who have been working selflessly during this crisis.

- Sakshi Shah

ART OF BUSINESS COMMUNICATION

Responses we got from our role models :-

From: Aditi Gupta

To: Chitrangana Jain

Kind words such as yours inspire us to be better and do more.

From: Aditi Gupta

To: Srishti Keshwani

The future of our nation looks very right to me. Thank you for affirming it with your action.

From: Cora's mom

To: Rishi Agarwal

I was in tears as we were going through them(letters).

From: Ratan Tata

To: Arya Sivaram

Please accept his best wishes for success in all your endeavours.

From: Raghu Rajan

To: Nishka Grover

Every small step helps, and small steps add up to big ones.

From: Ratan Tata

To: Jinisha Jain

We take this opportunity to thank you for the kind sentiments that you have expressed.

From : BMC

To: Rishabh Suri

We feel acknowledged by this kind gesture of yours. Thank you.

SoBA से सलाम

"हिन्दी द्वारा सारे भारत को एक सूत्र में पिरोया जा सकता है।"- स्वामी दयानन्द सरस्वती के ये बोल हिन्दी भाषा को पूर्ण रूप से परिभाषित करते हैं। हिन्दी, भारत की आत्मा है जो हर हिन्दुस्तानी के दिल में बसती है। इस भाषा की सहजता और सरलता सभी का मन मोह लेती है।

हिन्दी में एक अलग ही मिठास और अपनापन है और इन्हीं मूल्यों को ध्यान में रखते हुए इस साल SoBA के छात्रों ने मिलकर यह तय किया की इस हिन्दी दिवस क्यों ना उन लोगों का आभार माने जिनके कारण इस महामारी में भी सब अपना जीवन बड़े ही आराम से जी पा रहे हैं।

विद्यार्थियों ने इन अदृश्य दुश्मनों (कोरोना) से लड़ने वाले योद्धाओं जैसे चौकीदारों, सब्जी वालों, रिक्शा वालों आदि को धन्यवाद व्यक्त करते हुए एक छोटा सा उपहार या घर का बनाया हुआ खाना दिया। हमारे सिर्फ इतना करने से उनके चेहरों पर एक बड़ी सी मुस्कराहट आयी और इस से हम सब को यह सीखने मिला की हमारे एक छोटे से कदम से हम किसी का दिन बना सकते है और यह भी जाना कि हमें छोटे या बड़े, अमीर या गरीब सब लोगों का आदर करना चाहिए और सबसे विनम्रता से पेश आना चाहिए।



"इत्ती सी हँसी, इत्ती सी खुशी, इत्ता सा टुकड़ा चाँद का, ख्वाबों के, तिनकों से चल बनाएँ आशियाँ।"

कुछ दे कर तो देखो अच्छा लगता है। प्यार बाट कर तो देखो प्यार वापस मिलता है।

SoBA के छात्रों द्वारा लिए गए इस कदम से सभी कोरोना **Warriors** के पास शब्द नहीं थे, अपनी भावनाएं व्यक्त करने के लिए बस उनके चेहरों की बड़ी सी मुस्कान और आखों में अलग चमक देख हमें यह यकीन हुआ की 'हाँ हमारी ये कोशिश सफल हुई!'

Tanisha Nagpal, Shubhika Agarwal, Vishwa Kundariy,
Dhruvi Rupani, Naisha Aswani, Yashvi Singhania, Prapti
Jain, Tanushka Panjwani, Akshita Gupta, Divya Nayak,
Vamika Aggarwal

SoBA से सलाम

ना केवल हमारे कॉलेज के विद्यार्थियों ने पर हमारी अध्यापिका एवं हमें सदा मार्गदर्शन देने वाली Reah ma'am जिन होने हमें यह कार्य करने के लिए भी प्रभावित किया उन्होंने भी स्वयं हमारे साथ मिलकर अपने चौकीदारों और सब्जी वालों को अपना आभार प्रकट किया।



उन हैरान और खुशी से चमकती हुई आँखों से देखते हुए उन चौकीदारों और सब्जी वालों ने केक स्वीकार किया और कहा, "धन्यवाद बेटा, तुम और तुम्हारा परिवार बहुत नेक दिल का है!"

-Reah Ma'am

जब चौकीदारों को एक प्यारा सा कार्ड और बनाना ब्रेड दिया गया तो उनकी आंखे नम सी हो गई, उन्होंने अपनेपन के भाव से कहा "हमेशा खुश और सूखी रहो, बेटा।"

-Ragnyee Aich



जब कचरा इकट्ठा करने वाली आंटी को कुछ पैकेट बिस्किट और आलू पूरी दी तो उनके चेहरे पर एक बड़ी सी मुस्कान आ गई। उन्होंने शुक्रिया करते हुए कहा "यह खाना मैं घर पर अपने बच्चों के साथ मिलकर खाऊँगी।"

-Unatti Kohli

"यह सब गरम-गरम खाना हमारे लिए है?" यह प्रश्न था उन चौकीदारों का जब उन्होंने घर का खाना, उस डब्बे में देखा। "हमने ऐसी परिस्थिति के कारण ऐसा गरम-गरम खाना बहुत समय बाद खाया है,आपका धन्यवाद!"

-Bhakti Dresswalla



"मेरा जन्मदिन ऐसे अनोखे तरीके से मानने के लिए धन्यवाद! मैं तो सिर्फ आपके घर पर काम करनेवाला एक सहायक हूँ, पर आज मुझे ऐसा महसूस हुआ जैसे मैं इसी घर का सदस्य हूँ।" यह कहते हुए उस सहायक ने उस केक की तस्वीरें अपने गाँव में रहते परिवार को भेजी।

-Medha Kanoria

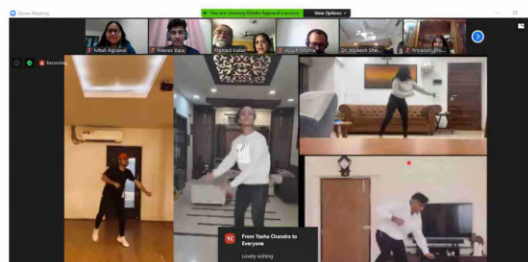
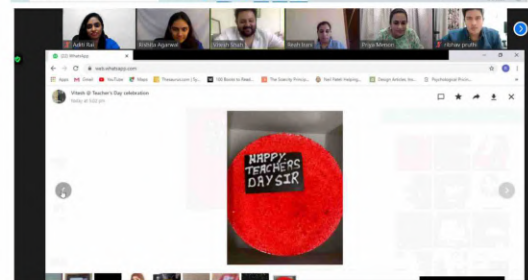


This International Day of Families on May 15 was different indeed. Unlike past years, the onset of the global pandemic and the resultant lockdown has given families across India and the world a new lease of familial bonding that was otherwise hard to come by. For the first time in a long time, parents and kids and even grandparents are all under the same roof, round-the-clock. And this enforced togetherness can deepen relationships for years to come. The lockdown has slowly changed, With more and more people making use of the time to improve their relationships with not just immediate family, but also re-establishing bonds with other relatives this lockdown has given us an opportunity to understand them and to learn what quality time is. The students of SoBA also shared their experiences. Students stated how lockdown has worked to their advantage and how they made the best use of it. students got more time to find common interest with their families, while others got an opportunity to re-light their bond with their grandparents. This lockdown has helped in breaking gender roles; the roles have now been reversed in households. Men are now venturing to the kitchen to make meals for their kids. While others got to know themselves better by introspecting and figuring out where they lacked. While people wait for this pandemic to die down, the world that they may step out into will definitely be different. The positive effect, however, will be families continuing to strengthen their bonds forever. These are the best memories they shared and will always remember. It will also help people to learn more and accept the fact that they have adapted new qualities and have become better people.

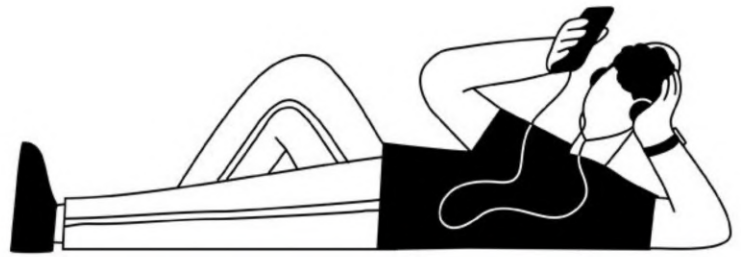


Teacher's Day Celebration

'A good teacher is like a candle, they consume themselves to light the way for others', this adage is accurately exemplified by the teachers at SoBA who with their unflinching support pave the way for their students and this teacher's day, we found the perfect opportunity to acknowledge all the unwavering efforts of our guiding lights. The event commenced with a classical dance performance as a tribute to all our gurus followed by words of appreciation by the students that our extraordinary faculty deserved to hear and were all smiles fulfilling the very purpose of this celebration. To fuel the excitement further, the teachers were engaged in various exhilarating games such as 'Who's Most Likely To', 'Who's Line It Is?', 'Never Have I Ever' [Teacher's Edition], and 'Guess the Movie' from its song while bringing in an item related to it and all our teachers with their childlike zeal, participated with the utmost gusto and dynamism. Our Music club mesmerized everyone with their angelic voices and exquisite talent of playing the different instruments and created magic on-screen. Not to forget our drama club who prepared an incredible show which was a perfect blend of emotions and comic relief that reinforced our belief that our teachers - with their idiosyncrasies - are truly one of a kind! Last but not least was a scintillating, power-packed performance by our supremely talented dance club that lifted everybody's spirits. The event was brought to an end by presenting heartfelt videos made by the students for this exceptional institution.

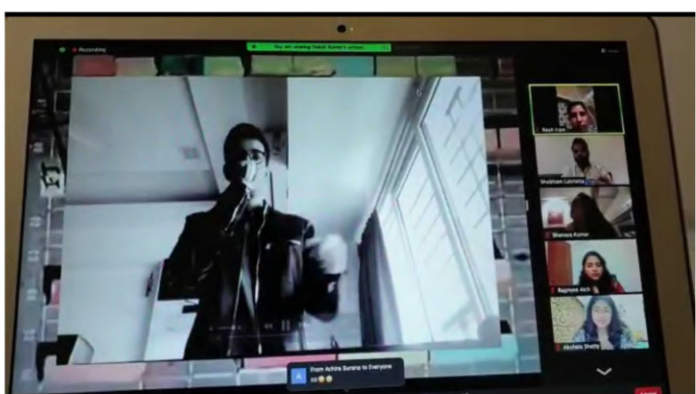


Everyone was glued to their screens for over four hours on a rollercoaster ride where each one felt emotional but at the same time, were proud to be a part of this college. All the efforts that the teachers invest to bring out the best in us can never be repaid in mere words and actions, we can only be grateful and honored to be able to learn from them every day.



LEHREIN

You may not be crammed into your favourite live concerts physically, but if you're in SoBA, you can recreate those memories even while being quarantined in your homes. Our Music Club - LehreIn - organised its first ever event and we're proud to say that it was a wild success. The club aims to provide a recreational platform to spread musical joy and nurture the talent of every budding musician. The event was organised over zoom and all the students joined in to have a magical, thrilling and a night full of everlasting experiences. The night was charged up with enthusiasm, exciting games with the audience and melodious performances by the members. To promote our lovely culture, we were all dressed up in elegant ethnic wear and best-dressed winners were also announced. This event reminded each and every one of us to embrace the positives - keep the energy vibrant and active during these unprecedented times. The invisible thread of music connected all of us, no matter where we all were.



Itch summit

At the third edition of The Itch Summit, in February 2020, we had fifteen speakers come and share their stories and experiences. We had dreamers and we had doers, but most importantly we had dreamers who do.

Amongst these fifteen inspiring people there was Chandro Tomar, popularly known as Shooter Dadi.

A person once said, "An entire sea of water cannot sink a ship until it gets inside of the ship. Similarly, the negativity of the world can't put you down unless you allow it to get inside you."

This quote accurately defines the mindset that led Chandro dadi to victory. Apart from her love for what she does, her ability to block out society's comments is what led to the massive success of India's octogenarian sharpshooter.

A little over two decades ago, at the age of 65, she picked up a gun at a shooting range for the first time. She picked up the gun, aimed, pulled the trigger and she shot. Bullseye.

Neither was she trying to nor did she expect to get it right the very first time she did it. Little did she know she was a natural.

She was elated, euphoric. And that's what she got addicted to. That feeling of joy meant everything to her, but she knew it couldn't have been easy. She knew that her family and the other residents of her village wouldn't approve of her leaving her house, let alone being a sharpshooter. She was afraid of what they'd say. But that fear and uncertainty wasn't enough to stop her. She went on and did what she needed to, to let them know that this was it for her.

She started to gain acknowledgement and respect as a sharpshooter when she started winning medals. As of today, she has won over a 100 medals in countless shooting competitions. This was only possible because she had the Itch to do more than what she was 'supposed' to do. She had the Itch to be a sharpshooter.

Chandro Dadi has said that she wants to be shooting right until her last breath. She has earned her fame and respect. But there's something more that drives her. More than just a sport, sharpshooting is self defence. This is what she believed when she started out and this is now the opinion of young girls in her village. These girls watched her and gained interest in the sport. And this is what she is the most proud of. The biggest moment of pride for the World's Oldest Female Sharpshooter is being able to train other young women in her community today.



Chandro Dadi

Itch summit

What if I told you that the job you do or how old you are doesn't always matter when you have big dreams to achieve?

To give you an example, let's delve into the story of Balaji and Mohana Vijayan.

They are an enterprising and inspiring couple, both of whom are over the age of 70, and they sell tea to travel the world.

Owners, managers and employees of Sree Balaji Coffee House in Kerala, the couple has been married for over forty five years. The two had a dream and they wanted to see the world together, but monetary factors weren't in their favour. So, fifty-five years ago, Vijayan started selling tea on the streets and this delicious tea is their only source of income which they used, to visit over 23 countries across the globe.

The walls of their small, cozy tea shop in Kochin exhibit world maps, posters and bills of places they've been and photographs of their travels. Vijayan believes that travelling has the ability to change a person's mind, their culture'.

With approximately 300 customers coming into their shop everyday, they have a simple and smart money-saving strategy. They save roughly around Rs. 300/- everyday but since that isn't enough to sustain their preferred travel lifestyle, they take out bank loans to fund their adventures. After their trip ends, they spend an average of three years repaying those loans. And this cycle repeats trip after trip, destination after destination. But that's never a matter of concern because they're happy and fulfilling their goal of travelling the world.

Nobody needs a million dollars to follow their heart. They need an Itch, a drive. Balaji and Mohana Vijayan have an Itch to see the world and there's no stopping them. "We have only one lifetime to do everything; you can't create extra time for it" says Vijayan, who proves that neither age nor monetary factors stand a chance to come in their way of living their dream.



Vijayan and Mohana

01 October 2020

Ready, Set



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

Crossing Tyres

1. Goodyear
2. TVS Srichakra
3. CEAT
4. Apollo
5. Balkrishna
6. MRF
7. JK Tyres
8. Yokohama

Emoji quiz- Cars



1. 🐛 ☕
2. 🪑
3. 🏄‍♀️ 🌊 🦌 🗡️ 🛌
4. 🪑 🚤 🇬🇧
5. 🌋

Bugatti
Volvo
Mercedes
Citroen
SEAT



COMING SOON

We at SoBA are always looking to learn, grow and do more. This time, the students of SoBA proudly present to you, the QNA podcast !

QNA stands for Questions that Nobody Answers, and is a podcast for the youth, by the youth. It is aimed at helping teenagers and young adults find new perspectives, and encouraging them to create new ways of dealing with many unanswered questions of our time.

No more hush hush. Let there be truth.

Tune in on the 10th of October for the launch of our very first episode, in which we present to you the answer to a pressing question: Should the youngsters of today be judged by the youngsters of yesterday ?

We can't wait for you to see what we've been working on!

Don't miss out on anything! Follow us on :-



@qnapodcast



question nobody answers



@qnapodcast