

Lohri Celebration



January 13, 2021: Satyam Fashion Institute celebrated Lohri on the 13th of January 2021 in the College Campus. The event was also shared live, for students who could not come to the campus through zoom. Students and teachers from Satyam Fashion Institute, Satyam School of Journalism and Mass communication, and Satyam College of Education were in attendance. The event was graced by the Chairperson Mrs. Sneh Singh, Secretary Mr. Pradeep Gupta, Principal Dr. Vandana Jaglan, HOD Dr. Neetu Malhotra, SCE Principal Dr. Bineeta Agarwal, SCE HOD Ms. Preeti Goyal, SJMC Dean Dr. M. Alam, and SJMC Programme Head Ms. Priyanka Sarkar. The event began with the launch of the newsletter published by the Publishing cell.

The Lohri festivities began with the story of the significance of

the day followed by the lighting of the Lohri fire along with Boliyan. To kick up the energy, first-year students of B.Des. Showed us a Bhangra performance on catchy Punjabi songs, followed by a Gidda performance by BMM students. Finally, Ms. Kanishka Sonik, our campus Punjaban showed us a power-packed performance. This was followed by a presentation of artwork created by Ms. Minakshi Prakash and a mesmerizing song sung by Ms. Mahima Anand.

The college had invited Dhol players to the campus as well, so the event was wrapped up by all teachers and students responsibly dancing to the beats of the Dhol. Finally, the host wrapped the event up with the vote of thanks. Inauguration of the newsletter was done by the Publication Cell on this occasion.

ALUMNI MEET-2020



January 17, 2021: Satyam Fashion Institute's Alumni Cell organized 'Alumni Meet' on 17 January 2021, Sunday. The event was attended by Chairperson Mrs. Sneh Singh, SFI Principal Dr. Vandana Jaglan, SFI HOD, Dr Neetu Malhotra and Satyam Group of Institutions Team, students of SFI and Cell members.

The Alumni Cell organized this event to felicitate the old batches who have once joined the Satyam family and became its member forever. The event started with registration form filling, and the link was shared with all the esteemed guests.

Honorable Chairperson Mrs. Sneh Singh greeted our guests with some graceful words, and then HOD, Dr. Neetu Malhotra took the lead and greeted the occasion and gave a brief description of SFI achievements and new ventures. To encourage the guests, some ice-breaking dance activities like dance performances by 1st year B.Des students. SFI sports cell created some interesting activities like Guess the Gibberish, Would You Rather and Kahoot Quiz etc. Furthermore, everyone participated with great

enthusiasm. A presentation followed this by Alumni Cell In-charge, Ms. Devanshi Arora about SFI's Alumni cell's vision for the upcoming years of forming an Alumni Association. The Alumni were requested to participate and nominate themselves for President, Secretary & Treasurer. SFI faculty Mr. Ujjwal Ankur greeted the guests and recited a beautiful, heartwarming poem from his recently published book "Chuppi Ki Awaz".

All the faculty members at SFI greeted the guests and gave them best wishes and blessings. To motivate and uplift the hardworking spirit of the students, Alumna, Ms. Ananya Vandanand, and others shared their experiences and inspirational views. Finally, the event concluded with a vote of thanks and final words of encouragement and appreciation shared by the HOD, Dr Neetu Malhotra.

The session and the initiatives shared were very well received by the Alumni, and the future plan was highly appreciated by all of them.

Celebrating National Girl Child Day



January 24, 2021: Beautiful creations by students during poster making activity organised by the Extension Cell of SFI on the occasion of National Girl Child Day held on 24th January, 2021. Extension Cell, Satyam Fashion Institute celebrated the occasion of National Girl Child Day by giving the opportunity to the students for creating creative posters to spread the word for betterment.

Republic Day 2021

January 26, 2021: Satyam Fashion Institute virtually celebrated Republic day on the 26th of January 2021. The event was attended by our honourable Chairperson Mrs. Sneh Singh,



Secretary Mr. Pradeep Gupta, Principal Dr. Vandana Jaglan, HOD Dr. Neetu Malhotra, SCE Principal Dr. Bineeta Agarwal, SCE HOD Ms. Preeti Goyal, SJMC Dean Dr. M. Alam, SJMC

Programme head Ms. Priyanka Sarkar and the entire team of Satyam group of institutions and students.



The event began with the hoisting of the National Flag and singing of the national anthem. Students were also then told the story and the significance of the day and the traditions of its celebrations. B.des. Student Ms. Anushree Malviya then presented a dance performance for all, followed by BMM student Shubhangi Dutta and B.Ed. Students with a group dance along with Ms. Nisha Bora with a beautiful song. All of them embodied the spirit of beauty and patriotism splendidly. Keeping the celebration short, the event was then summarily wrapped up with a final bow of respect and a vote of thanks.

Inauguration of Gymnasium & Indoor Stadium



February 1, 2021: The inauguration of Gymnasium, Makeover Studio and Boutique at Satyam Group of institutions took place in lively a ceremony held on 1st February 2021.

Mrs. Sneh Singh, Chairperson, Satyam Group of Institutions, graced the occasion and inaugurated the Gymnasium, Makeover Studio and Boutique by cutting the ribbon. SCE Principal, Dr. Bineeta Agrawal, HOD Ms. Preeti Goel, SFI Principal Dr Vandana Jaglan, HOD Dr. Neetu Malhotra, Dean SJMC Dr M. Alam, Programme Head Ms. Priyanka Sarkar, all the



faculty members, non-teaching staff and students attended the ceremony. Chairperson Mrs. Sneh Singh shared some motivational thought on the importance of physical fitness, personal grooming, and how this facility will inspire all the learners and teachers to fit.

Sports Cell in-charge Mr. Manoj Kaushik briefed the audience about the importance of Gymnasium with his demonstration of all types of equipment and sports supplies. The students and staff appreciated the efforts to create an excellent facility for indoor games and, of all kinds, a facility that would enable the college to organise Inter-University and Inter-College sports events.

A short Aerobics session was also organised to celebrate the occasion with a few energetic moves, where both students and staff participated with equal enthusiasm. The program was managed by all Sport Cell in-charges, including Ms. Devanshi Arora (SFI) and Ms. Vandana Verma (SCE) and was concluded with the vote of thanks proposed by Sports Cell in-charge Ms. Charu Ahluwalia (SJMC) & Mr Manoj Kaushik.



Anti-Ragging Measures Workshop

February 3, 2021: The Anti-Ragging Cell organized a Workshop on "Anti-Ragging Measures" at Chic of the Campus on 3rd February 2021. The workshop was attended by Mrs. Sneh Singh, Chairperson, Dr. Vandana Jaglan, SFI principal, Dr. Neetu Malhotra, SFI HOD, Faculty and student members of Anti-Ragging cell and other students of SFI & SJMC.



The objective of this workshop was to bring awareness among the students about the Anti-Ragging measures taken by the Government and Statutory bodies.



The workshop started with introducing the Cell by Dr. Sakshi Shail (Anti-Ragging Cell member) & Dr. Neetu Malhotra (HOD, SFI, IQAC coordinator), who briefed about the Anti-Ragging Guidelines given by Government and Statutory bodies.

The event concluded with the words of inspiration and appreciation shared by Mrs. Sneh Singh, Chairperson, Dr. Vandana Jaglan, SFI Principal, Dr. Neetu Malhotra, SFI HOD and Vote of Thanks by Dr. Sakshi Sahil.

"SELF-SANITIZATION" Workshop

February 3, 2021: A Workshop on Self-sanitization was organized by Women Cell on 3rd February 2021 at Chic of the Campus, Satyam Fashion Institute, Noida. The workshop was attended by Mrs. Sneh Singh, Chairperson, Dr. Vandana Jaglan, SFI principal, Dr. Neetu Malhotra, SFI HOD, Faculty members and students of women cell and other students of SFI & SJMC. The Objective of this activity was to bring awareness among the



students about the self sanitization process, where sanitize your hand often and wash your hands properly and different sanitization point provided by the institution. The

workshop started with the introduction of the Cell by Dr. Sakshi Shail (Women Cell member) & Dr Neetu Malhotra (HOD, SFI, IQAC Coordinator) who briefed about the self sanitization process, where sanitize your hand often and wash your hands properly in such a manner so that it is made bacteria-free and elementally clean all types of microbes and viruses that can infect the human body. The event concluded with the words of inspiration and appreciation shared by Mrs. Sneh Singh, Chairperson, Dr. Vandana Jaglan, SFI Principal, Dr. Neetu Malhotra, SFI HOD and Vote of Thanks by Dr. Sakshi Sahil.

Organising Craft workshop



Satyam Fashion Institute organised a craft cluster by very renowned artisans. Artisans Mr. Khetaram and Mrs. Debu Devi for made this online craft cluster workshop a success with their constant cooperation and immense skills. Students learnt a lot through their imparted knowledge in the young minds.

Celebrating the achievement of our Alumna, Harshita Srivastava.



Our Alumna Harshita Srivastava's contributions covered in Hindustan newspaper is a proud moment for us! Satyam Fashion Institute proudly announced Harshita Srivastava. Part of the SFI family who participated in being one of the helping hands by spreading the technique of embroidery.

Talent Hunt & Style Icon competition



February 10, 2021: – Everyone's a winner for us, but some excelled beyond par! Results of Talent Hunt & Style Icon competition held during Orientation 2020. Satyam Fashion Institute is proud to have each of you! The first and foremost Orientation event was held virtually for the B. Design Foundation batch, which gave opportunities to the new batchmates and gave a new platform.

Resume writing & Designing Workshop



February 10, 2021: – A Workshop on writing and designing a Professional resume was conducted by our alumna Harshita Srivastava for the students who are ready to step into the industry. Satyam Fashion Institute always grab opportunities for students to show their hidden talent, which designing students have in them. The session was very fruitful and beneficial for the participating students for making their resume for placement and internship.

Official Launching of “Chuppi Ki Awaz”



February 14, 2021: Chuppi ki Awaz, a book written by SFI faculty Mr. Ujjwal Ankur. The book carries the compilation of his Hindi poems along with the beautiful illustrations done by very famous illustrator, Mr. Kapil Lakhwan. Foreword of the book is written by an eminent historian and author Mr. Ashok Kumar Pandey. “Chuppi Ki Awaz” was officially launched by Mr. Irshad Khan Sikandar, a renowned writer, Mr. Sanjay Srivastava, a very renowned journalist and Mr. Kapil Lakhwan. A revolutionary journalist, Ms. Meena Kotwal has hosted the event. With the valuable sayings, everyone gave best wishes to this new journey of Mr. Ujjwal Ankur and his “Chuppi Ki Awaz”.

The book has been re-launched in Satyam Fashion Institute under the esteemed presence of Honorable Chairperson, Ms. Sneha Singh, respected Principal, Dr. Vandan Jaglan, HOD, Dr. Neetu Malhotra. The whole organisation has celebrated the new venture. “Chuppi ki Awaz” is available on all leading online portals from where it can be ordered.



Congratulations to the Academic Achievers



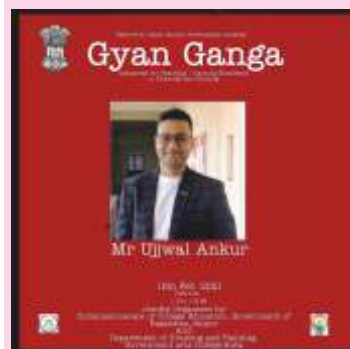
February 11, 2021: – Satyam Fashion Institute has a legacy to produce academic achievers. Every year our student/s get a Gold Medal from the university for scoring top marks in their examinations. Our Students were among University toppers. The whole organisation congratulates their bright achievers!

Styling Show by Foundation year Students

February 11, 2021: – Foundation is the first and foremost part of anything. It needs to be nourished strongly to face all the further obstacles. Keeping this in mind, a Styling Fashion show by B.Design Foundation students was organised. The students were mentored by the HOD, Dr. Neetu Malhotra. Students presented their skill of styling in front of the whole college. The parents were virtually connected through different online meeting platforms to watch the creativity of their children. The event was very well received by the media and design fraternity. This occasion was celebrated with beautiful dances, Songs by SFI students and ended up with kite Flying competition in which faculties and students both took part and high kite flying awards were given to Mr. Lalit and Mr. Laxman Rawat.



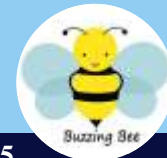
SFI Faculty lecture in Gyan Ganga



February 16, 2021: The esteemed Faculty of Satyam Fashion Institute, Mr. Ujjwal Ankur was invited by Commissionerate of College Education, Government of Rajasthan to speak on the topic of Art and Technology in its program Gyan Ganga. Gyan Ganga is a Faculty Development program initiative for Teaching-Learning excellence in Drawing

and Painting. Several academicians of every level have attended Ujjwal's lecture. The lecture was followed by a pen discussion and question-answer session.





CII Conference on Digital Manufacturing

February 26, 2021: – Satyam Fashion Institute believes that only classroom studies are not sufficient for the overall growth of the students. They need to go out, have the first-hand experience in



the industry, and meet intellectual scholars of the field. Continuing this thought, Students of the organisation were sent to attend the Conference on Digital Manufacturing organised by CII.

Self Defence Workshop



March 8, 2021, On the occasion of International Women's Day a self defence workshop was organised at Satyam Fashion Institute for two days i.e, 8th March 2021 and 9th March 2021 where Shihan Amar Chauhan(Taekwondo expert) and his team took stupendous efforts

to impart helpful self defence techniques to our students. Several techniques of protecting oneself from different kinds of offences and perpetrators were taught during this workshop. The workshop was very well conceptualised



keeping in mind the innumerable dangerous scenarios that women face on a daily basis. Smaller details of every scenario were addressed with a solution, which made the students more

confident in dealing with wrong-doers in a variety of situations and with limited resources a regular person would carry with themselves. The part where how can small things like handbag, hair pin, pen/pencil, long nails etc be used a tools of



self defence, reassured the students that not much is needed to protect oneself cleverly. Anatomical weak points of the human body were pointed out to show how even a person with smaller body type or less body strength can release themselves from a difficult situation.

The students found the workshop very useful and interactive and came up with a lot of questions during and after the class. They came out feeling more confident in protecting themselves. With the hold up of Chairperson Ms. Sneha Singh, SFI Principal Dr. Vandana Jaglan, SFI HOD Dr. Neetu Malhotra- hc and the incharges of Sports Cell Ms. Charu Ahluwalia (SJMC) , Ms. Devanshi Arora (SFI) & Mr. Manoj Kaushik (SFI) coordinated the event.

Internship on the Bio Plastic Project

March 5, 2021: – Internship is something that let the students understand the professionalism of the workplace. SFI students are sent to the different professional bodies in every session to do their internship and learn. This time the students got an opportunity to do it inside our campus only. One of our Alumna, Saloni Manav has shortlisted a few SFI Students for working on the Bio-Plastics project as an entrepreneur. This is a very visionary project, and the intern students have gained an experience to create garments.



Celebrating International Women's Day



March 8, 2021:– Satyam Fashion Institute has celebrated International Women's Day in a unique way. The Self-Defense Workshop was organised by the Sports

Cell of SFI. Mr. Shihan Amar Chauhan and his National level Martial Art experts guided students about how to self protect themselves from different kinds of attacks. The workshop went on for two consecutive days. It was fun and learn activity. Students learnt about different poses and stances of Self-Defence. The confidence in self-protection was clearly reflecting in the faces of the participating students. On the same day, Sanitary Pads were distributed to all the female housekeeping staffs. The media very well appreciated the whole activity.

Congratulations to Afroz Parveen

March 18, 2021: – On behalf of all the management, faculty members, and associates, Satyam Fashion Institute congratulates its student Afroz Parveen for winning the accolade at Design Utsav organised by IIGJ. You made Satyam proud!



Celebrating Graduation Ceremony 2020



March 20, 2021: – Graduation Ceremony is one of the most awaited functions for SFI as well as its students. This year too, it was celebrated with the same enthusiasm. The whole world was

living under the harsh shadow of deadly COVID-19, So, all the safety measures were taken. Graduating students with their parents joined the occasion. A virtual meeting was organised for those who couldn't join it physically. The ceremony was graced with the presence of



Chief guest Dr. Meena Prakash Kute from SNDT University. All the dignitaries from the side of Management including Chairperson, Ms Sneh Singh, Secretary Mr. Pradeev Gupta were present on this special occasion. SFI Principal Dr. Vandana Jaglan presented the annual report. All the faculty members were present to felicitate the graduating students. The ceremony was closed with the vote of thanks given by the HOD, Dr. Neetu Mahotra. Everyone gave their best wishes to the degree holders of Batch 2020 for their future endeavors!



Design Quest and Advanced Research Journal of Design was granted an ISSN number



March 23, 2021: - Another feather in the cap for Satyam Fashion Institute. The biannual research Journal, Design Quest and Advanced Research Journal of Design was granted an ISSN number. It is a path-breaking achievement for a SFI, because very few design colleges published their research journal across the country. Design Quest is now an internationally recognised publication.



Webinar on Block Printing

March 26, 2021: – A webinar on Block Printing was organised for the students. The expert for this webinar was Dr. Preeti Singh, faculty member of Satyam Fashion Institute. With the vision of "Learning must not stop due to Covid -19", the webinar was organised.



Holi Celebration



March 26, 2021: - Holi is a famous ancient Hindu festival, also known as the "Festival of Love", the "Festival of Colours", and the "Festival of Spring". The festival celebrates the eternal and divine love of Radha and Krishna. It also signifies the triumph of good over evil. Satyam Group of Institute celebrated Holi on 26th March 2021. Everyone at the campus followed all safety measures due to Covid 19 & celebration was done with sweets & gujiyas.



CII Membership

April 6, 2021:- Satyam Fashion Institute Noida celebrated another milestone in their journey, becoming a proud member of the Confederation of Indian Industry (CII) on the 6th of April 2021. This esteemed alliance is giving a platform healthier industry relations and increased opportunities for students in the future.



Creative Innovation Tour

April 30, 2021 – Satyam Fashion Institute organised a workshop on 30th April 2021, for aspiring design students on the various courses offered by the college and the career opportunities that follow. The event was coordinated



by HOD Dr. Neetu Malhotra and was anchored by Ms. Ananya Majumdar. Students were given clarity on how college education helps open up a wide array of opportunities in the future.

Tie and Dye Expert Workshop



April 16, 2021:- Satyam Fashion Institute organised an expert workshop for aspiring design students on basics of tie-dyeing techniques on 16th April 2021. The workshop was hosted and taught by Assistant professor Dr. Preeti Singh and Technical staff Ms. Neetu Sharma. Students learned with live instructions and made beautiful prints and varieties of tie and dye. Masks were also prepared with the use of same technique.

Rich Indian Heritage Workshop

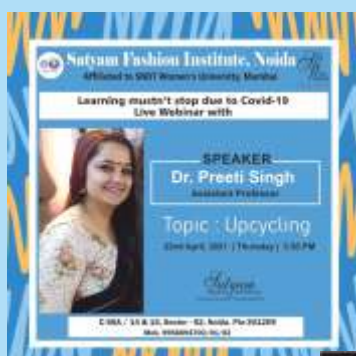


May 6-8, 2021 – Satyam Fashion Institute organised a three-day workshop from 6th to 8th May 2021 taught by HOD Dr. Neetu Malhotra and Assistant Professor Ms. Preeti Singh, and was hosted by Ms. Ananya



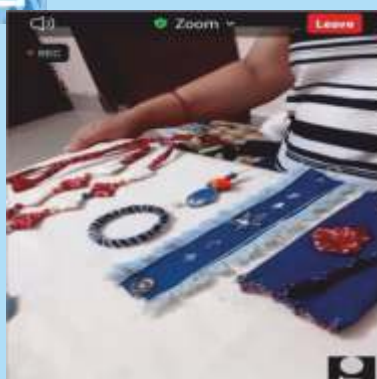
Majumdar. The workshop introduced aspiring design students to the various embroideries, fabrics across India and their uses for the product and garment development.

Upcycling Expert Workshop



April 22nd, 2021 – Satyam Fashion Institute organised an expert lecture on the basics of upcycling, an integral sustainability practice for aspiring design students on 22nd April 2021. The workshop was coordinated by HOD Dr. Neetu Malhotra,

Assistant professor Dr. Preeti Singh and Technical staff Ms. Neetu Sharma. Bits and pieces of embellishments and appliques were used to make beautiful decorations.



IEEE Women Empowerment Workshop

May 9, 2021- Members of Satyam Fashion Institute Noida attended an insightful webinar on Women Empowerment and the Pandemic conducted by speaker Dr. Ramalatha Marimuthu, member



IEEE. The webinar provided a great insight in the effects of the pandemic on women in our country.

Rich Indian Heritage and Product development workshop

May 12 – 13, 2021 – Satyam Fashion Institute organised a 2-day workshop on 12th and 13th May 2021 coordinated by HOD Dr. Neetu Malhotra, along with Assistant Professor Ms. Preeti Singh and Technical staff Ms. Neetu Sharma and was



anchored by Ms. Ananya Majumdar. Students learned about the various

handicrafts of the country and developed a bottle cover from scrap material at home with the help of virtual session and using hand stitching technique.

Visual Merchandising Workshop

May 19, 2021 – Satyam Fashion Institute organised a workshop on the topic of Visual Merchandising for aspiring design students on 19th May 2021. HOD Dr. Neetu Malhotra coordinated the workshop, and the guest lecturer for the event was Ms. Divi Sukhija. Ms. Ananya Majumdar anchored the event. The students were taught the fundamentals of the field of visual merchandising in an interactive and engaging session.



Live Session on Appreciation for Indian Art and Architecture – Method of Visual Interpretation

May 23, 2021 - Esteemed faculty of our college, Mr. Ujjwal Ankur was invited to speak about the Appreciation for Indian Art and Architecture- Method of



Visual Interpretation on 23rd May 2021 on the eVidya platform provided by the National Council of Educational Research and Training (NCERT), Government of India.

The session was telecasted live on YouTube and DD channel on T.V. Students, Scholars, Academicians and Art connoisseurs across the globe got benefited through this live session and asked their questions directly to the expert. The whole recorded session can also be watched on the NCERT official YouTube Channel.

Workshop on NAAC-AQAR Criteria

May 13, 2021: A 9-day workshop session for the AQAR filling was executed by HOD & IQAC coordinator Dr. Neetu Malhotra. Attended by the team members of SFI Dr. Sakshi Shail, Mr Ujjwal



Ankur, Ms Devanshi Arora, Mr Yashveer Singh the workshop ran from 5th May to 13th May 2021 where all the norms of NAAC AQAR filling were discussed, in regards to Satyam Fashion Institute. The workshop was an interactive one and the outcome was a comprehensive report generated for the year of 2019 with the combined efforts of SFI team.

Role of Extension Activities and Sports Webinar

May 17, 2021 – The Satyam Fashion Institute team attended a Role of Extension activities and sports webinar organised by B.M. RUIA Girl's college and Sitaram Deora Management Institute on the 17th May 2021.



The webinar provided an insight on the Role of Extension activities and sports webinar as introduced by the National Education policy 2020.

Introduction to Fashion Industry – Workshop by Alumna, Ms. Ananya Vandanand

May 27, 2021 – Satyam Fashion Institute organised a workshop for aspiring design students on 27th May 2021 that introduced them to the basics of the fashion industry. The workshop was coordinated by HOD Dr. Neetu Malhotra



and the guest speaker of the day was Stylist and Entrepreneur Ms. Ananya Vandanand. The event was anchored by Ms. Ananya Majumdar. The attendees were walked through the fundamentals of various careers in the fashion industry thoroughly.





Students being featured in the music video "Tujh Sang Gaaya"



May 29, 2021: Satyam Fashion Institute is spreading its wings to different fields of creative sectors. Our Alumna, Ms. Anjul Rajput is featured in a music video called "Tujh Sang Gaaya". The costume designer of this music video is again our student, Ms. Anushka Motla. Both are being



highly appreciated.

Their work in the video can be watched on Youtube with the name "Tujh Sang Gaaya".

'Commit to Quit' session

May 31, 2021: To spread awareness about the ill effects of smoking, especially in the time of the pandemic where lung health is in



increased vulnerability, Satyam Fashion Institute organised a session called 'Commit to Quit' on World No Tobacco Day 31st May 2021. It was attended by students and team of SFI.

Learning Google Tools



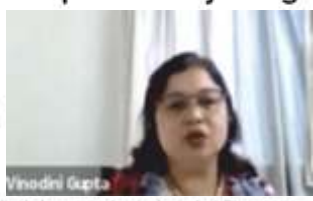
June 1, 2021: Ms. Devanshi Arora undertook the Google Certified Educator course which is a specialisation course for teachers/professors that enables them to take Online classes with much more ease and expertise by acquainting them with 15 Google tools for teaching and learning. This was taken as a part of the Faculty Development Program. The course is a 5-week course with focus on enabling all educators to be more Tech Savvy by

teaching them correct use of tools like Google Sheets, Slides, Forms, Classroom, Earth, Site etc.

After learning from the course Ms. Devanshi Arora also took virtual sessions to upskill the entire staff of Satyam Group of Institutions on the key takeaways from this course.

Why this course/platform by Google

- 21 Century Skill Set
 - Critical thinking
 - Problem solving
 - Communication
 - Collaboration
- Move from Teachers Led classroom to students led Classroom



Forecast your Style & Home Workshop



June 3, 2021: Satyam Fashion Institute organised a workshop on the topic Fashion Forecasting for aspiring design students on 3rd June 2021. The event was coordinated by HOD Dr. Neetu Malhotra and the speaker for the event was Ms. Divi Sukhija, with anchoring done by Ms.



Ananya Majumdar. The students were taught about fashion forecasting and how it can be applied in the various fields of designing.

World Environment Day 2021

June 5, 2021:

Commemorating world environment day, 5th June 2021, Satyam Fashion Institute organised a competition encouraging students to be aware and participate in sustainable practices in their



everyday life, where they were required to send a photo of them taking the initiative to improve our environment. Students from the 1st year actively participated and sent many entries. College also did its best and introduced eco-friendly recycled decoration

and utility products in the campus.

The students and team of Satyam Fashion Institute also attended a webinar on 'Environment: Towards a Greener World' organised by Bahona College, Jorhat, Assam on June 5th, 2021.

Styling in Bollywood Workshop

June 10, 2021: Satyam Fashion Institute organised a workshop on the topic Styling in Bollywood for aspiring design students on 10th June 2021. The coordinator and speaker for the event was HOD Dr. Neetu Malhotra joined by Ms. Divi Sukhija and was anchored by Ms. Ananya Majumdar. The event educated the students on the various styling areas in Bollywood, for instance, interiors, costumes, graphics, etc. It was an interactive and fun session.



SFI in Green Fashion India 2021

Satyam Fashion Institute attended Green Fashion India 2021 – A Prelude held on 10th June 2021 organized by School of Fashion Technology, Pune. Principal Dr. Vandana



Jaglan was invited among the panel of eminent jury members. Green Fashion India 2021 – A Empowering the Roots through and Co-creations was held on 10th and 11th June 2021, to enable Industries, Institutions and Social Entrepreneurs share

Prelude . Collaborations



their Insights and Innovations.

Concept for the Conference were based on Empowering the Roots-The Power of Collaborations and Co-Creations, Innovation (Technology and Advancements), Rebuilding the Past (Revival of Crafts) *, Circular Economy (Sustainable Practices and Processes)

Design Dimensions (Problem Solving, Special Needs, Special Products, Social Design & Business Models) ,Social Well-Being (Community, NGO, Industry, Academia)

12 students from Satyam Fashion Institute have participated in the event and worked on the

inspirational concepts .The design competition entries of Satyam Fashion Institute students were coordinated by Dr. Vandana Jaglan and Dr.Neetu Malhotra

1. **Mehak -Power of Kantha Embroidery**
2. **Sharda- Kantha Embroidery on Products**
3. **Akshita- Visual Impairment, Drishti, Jute Bag**
4. **Payal- ECO –D The Green Denim jewelry**
5. **Muskan -Stylish pants for sustainable living - Concept.**
6. **Charu -Repurposed Garment- Childhood BABY- FROCK**
7. **Transformed into- Home Furnishings/Décor Lamp**
8. **Manvi –Tavqoo using kashida embroidery**
9. **Nimisha- Art of Flat Lay, Sustainable fashion**
10. **Tanushree-Writing for well being, essay competition**
11. **Divya- Organically Inorganic, Formal Wear**
12. **Khyati- Utility Wall Hanging using denim**

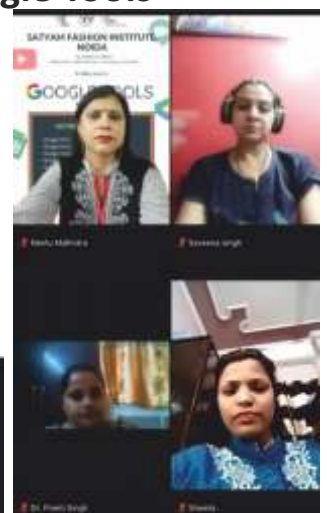
Ms Mehak Kansal has won 3rd Prize in the Power of embroidery competition. She has deigned innovative products using Kantha Embroidery.

As an institute Satyam Fashion Institute participated in the green Fashion Initiative 2021 . In the Better Life Ahead – Green Fashion Initiative On Institution Level and the entry was created by the academic team of SFI –Dr Vandana Jaglan, Dr. Neetu Malhotra, Dr.Sakshi Shail,Ms Devanshi Arora , Ms Vandana Singh



Empowering Faculty Members Through Google Tools

June 25, 2021: Satyam Fashion Institute organised virtual sessions to up skill the entire staff of Satyam Group of Institutions on the key takeaways from Google Certified Educator Course taken up by Assistant Professor Ms. Devanshi Arora. She took 45 minute sessions every week with all members to share her



learnings from the course and teach them the important yet unknown usages of 15 Google Tools that can be applied in teaching and learning practices. The topics covered in the session were Google Site, Google Slide, Google Classroom, Goggle Docs, Google Calendar , Google Keep to name a few.



Role of Youth in Anti-Terrorism

Youth is the building block of the future. Whether it's infrastructural development or societal development, one cannot expect progress without calculating the enormous involvement of the youth, for it is the youth that will take up influential arenas of the world and dictate the norm. It is the same reason that ethics, values, rights, duties and virtues are emphasized and internalized during formative years of life. And up to a certain point, the youth has stood up for that in the real-world scenario today. When we look at protests going on around the world for better causes like gun violence, racial equality, religious equality, peace and opportunities, it's the youth that initiates, carries and concludes them. The Millennial and Gen Z culture of voicing opinions and implementing the teachings taught to them, not settling for any less than the bare minimum, is a global phenomenon.



Ananya Majumdar
B.Design (FC) - V

When we start the dialogue of terrorism, one must realize the fact that it is not limited to a certain area, religion, ethnicity and/or caste. The true definition of terrorism, according to the Oxford English Dictionary is

'The calculated use of violence or threat of violence to inculcate fear. Terrorism is intended to coerce or intimidate governments

we need to see in the world because when we ourselves change, the people change, when people change, a country changes and when countries change, the world shifts. Our generation, the youth is the most connected to the global scenario than any other, we form opinions on global facts rather than the word of mouth of what might be a biased source. We have a plethora of sources that are perused and criticized altogether within hours of being available. Not only do we gain knowledge through this rapid dissemination of information, but we also share and voice the red flags, voice our discretion and engage with people around the world in an almost international forum through the comfort of our homes. And this is not even our primary engagement in life, or for that matter in our day. It is an everyday part of our lives, to involve ourselves in the international and national issues of the world and hold the people in the wrong accountable.

The way that the youth take up charge of the world, the way that we chose to move in the true route is a ray of hope in a desolate time of humanity where the select few are leading us into darker times. There is trust that only the correct ways would be chosen in the future because if not, we do not know any other way but to hold the incorrect accountable and get them back on track for cohesive and coWalking down a lane, llective excellence.



or societies in the pursuit of goals that are generally political, religious, or ideological.'

This can happen anywhere in the world, causing and affecting any people globally. Unlike the rather Islamophobic association to South Asian countries like Afghanistan, Pakistan, etc., there are numerous instances where terrorism, in the name of welfare, or blatantly in the name of dictatorship or fascism, is rampant. The instances of North Korea, Israel and Palestine, or even our very own country and the government's attempt at genocide targeting various sections of the society, come to mind. Curbing this violence has to begin in the minds of people. Things like detecting and attacking a segment of people being equated to love for their own, no sense of social responsibility and blaming have to end. The youth, through active participation in politics, opinion formation, voting, healthy progressive parenting, etc have to participate in the world. Often, when we converse about pressing issues like terrorism are concerned, the dialogue is straightaway taken to international alliances, policies, military and world leaders, catastrophically discounting the role of the average citizen and their ability to change the world, without having to change anything but themselves. There is a reason that Gandhi said that we need to be the change

Walking down a lane...

between those trees It felt like wind was touching me,
those birds were talking to me

"Afraid?", my mind asked.

"No" said the Heart!

I was born here,

My mind walks through those memory lanes,

Then the trees whisper 'to me "We remember you too dear"

And I wish to always stay there

Aahh!! the alarm rings, I open my eyes and walk while thinking to go back in.

Stuck in the same time loop

I'm stuck in the same time loop

I want to escape but happy moments

Make me go through It again and again,

like this light was meant to be blue

And I didn't want to grow

Those flowers are fading

Telling me to stay

Will I ever get to escape or?

Will I keep telling me to stay



Divya Tyagi
B.Design (FC) - V



Ananya Majumdar
B.Design (FC) - V



Shayna Mahna
B.Des.
(Foundation)-II

मैं अपनी माँ की लिखावट हूँ |

मेरी माँ,
जिसने मुझे लिखा है,
आज उसका दिन आया है।
अब उसकी तारीफ़ में क्या लिखूँ,
जिसने मुझे बनाया है?
बस ये कुछ बातें कहनी थी मुझे अपनी माँ से,
के माँ?
जब से मैं पहली बार रोई थी,
तब से तुमने हसाया है,
मुझे एक रोते हुए चिड़चिड़े बच्चे से,
हंसता खेलता एक इंसान बनाया है,
जिसे चम्मच पकड़नी नहीं आती थी,
उसने पढ़ा लिखा कर काबिल बनाया है,
मुझे जब जब तूफ़ानों ने घेरा,
तूने तब तब गले से लगाया है,
मेरी परीक्षाएँ मुझसे ज़्यादा तुम्हें खाती थी,
ज़िन्दगी की अहम चीज़ों का महत्व समझाया है,
जब जब मैंने खुद से हार मानी है,
तब तब तुमने एक चट्टान बनकर,
मुझे खुद पे विश्वास करना सिखाया है।
कभी मैंने तुमको कोई दुख पोँचाया हो तो माफ़ करना,
अर ताज़्जुब है ये तो,
के तुमने इतना कुछ सेहकर भी अपना किरदार बखूबी निभाया है।
तुमसे शुक्रिया कहूँ तो छोटा शब्द होगा माँ,
तो लो आज मैंने,
अपनी कलम से तुम्हारा ज़िक्र दोहराया है।

मेरी हर छोटी बड़ी खुशी में साथ रहना,
कोई गलती करू तो समझा देना,
फिर भी ना समझूँ मैं?
तो ये कविता फिर से पढ़ा देना।



Shalini Madaan
B.Design (FC) - V



Shreya Sachan
B.Design (FC) - V



Aayushi Malhotra
B.Design (TD) -III



SJMC organizes "FRESHER'S 2K21"



School of Journalism and Mass Communication under the aegis of Satyam Fashion Institute, Noida affiliated by SNDT Women's, University, Mumbai organized, "FRESHER'S 2K21" on 6th March 2021 for the B.A.(Mass Media) 2020-23 batch. The party was awesome. The program began remembering God(Lord Ganesh) with the energetic dance performance by the seniors. With this, the seniors welcomed the newcomers to the SJMC family, spreading the feelings of togetherness. They tried their level best to make fresher's comfortable and confident enough. Moreover, they set up different games for fun. The day became more fervent when the fresher's exhibited their talent. The first round started with the ramp walk of the new batch. The fresher's were exquisitely dressed up with the theme "Bollywood". Each fresher participated in different rounds to achieve the title of Ms. Fresher. Besides, the round continued to the next level i.e; the introduction round. With the talent round, the competition became more difficult for our judges to shortlist. The talent round was escorted with flawless dancing skills, acting skills and melodious singing. The judges picked up their top 6 finalists for the question answers round, out of which, three won the title of The Best Attire (Ms Sanskriti Shahi), Ms. Versatile (Ms Deeksha Pandey) and Ms. Fresher (Ms Gaiety Bhabya). Subsequently, the fresher's were given sumptuous snacks. The event was full of fun and entertainment. It ended with the cake cutting ceremony and stunning dance performance by the seniors. The program was very well executed and organized. Kudos to SJMC.

BY:-
Shubhangi Datta

Workshop on Self Defence Conducted to mark International Women's Day



The students of School of Journalism and Mass Communication under the aegis of Satyam Fashion Institute, Sector 62, Noida participated in two days "Self Defence

Workshop" on the College campus ground on 8th and 9th march 2021 to mark International Women's Day, initiated by SFI Sports Cell. Mr. Shihan Amar Chauhan, renowned Martial Art Expert was the Resource Person of the Workshop along with his three associates. The workshop began with great enthusiasm and high

spirit. He, along with his team members provided many tips of self-defense that were indeed helpful in daily life. More than 90 students participated in the workshop. Through this workshop, Satyam students comprehended different techniques of self-defense to be acted in different situations. It was all about that the safety was in our own hands. The students learned to be more aware about their safety. Besides, the experts explained and exhibited the uses of everyday items such as a pen and a dupatta as safety weapons.

The practical experience with the experts helped in gaining confidence, to be alert and brave. Also, the friendly interaction between students and experts took place under the doubt session. Moreover, the guest inspired girls with his motivational speech. He considered a woman as a Tigress, one who is strong enough that no one dares to prey her. Furthermore, the workshop ignited the spark in the girls and ended with a positive impact with the Vicky Kaushal's punchline from the Bollywood Film URI, "How's the Josh?High Sir! Satyam institute acknowledged and commended the trainer Mr. Shihan Amar Chauhan and his team for sparing their valuable time and congratulated the Sports Cell for their best efforts.

By:-
Shubhangi Datta

SJMC hosts Television Show on International Women's Day



School of Journalism and Mass Communication under the aegis of Satyam Fashion Institute, Noida affiliated by SNDT Women's, University, Mumbai celebrated International Women's Day with JK 24X7 news. The Anchor of JK 24X7 News was Radhika Chaudhary and the Guest was Seema Dhaka, Delhi Police Women Head Constable. The Guest was escorted by Dr.M. Alam, Dean, SJMC and Ms. Priyanka Sarkar, Programme Head, SJMC



The programme was focused on Women's Day and covered a lots of issues and questions that every woman faced before stepping out of their homes or had ever come to their mind. One of our talented women Khushi Chaudhary recited her poem "kabhaktad tirahengibetiyar" and Shweta Singh sang a song "Naaaanaa is deshlaado" which talked about issues bothering the women a lot.

Some amazing questions were also asked and were beautifully answered by our guest and her presence motivated us a lot to do whatever we wanted to. This was an encouraging conversation held inside the SJMC campus.

By:-
Varalika Rawat

SJMC-ACHIEVEMENTS

Preceding the Fashion Trends with Modeling has always been a very lucrative Career opportunity. Not only it makes a mark on the Glitz of the Fashion Industry but embarks your journey to influence Fashion. Following steps to succeed in such a competitive yet booming industry, Ms. Anushka Dhaka, a 3rd year B.A. Mass Media of Satyam Group of Institutions has set a benchmark for her forthcoming batches. She has truly done a remarkable job in displaying how to brace opportunities that come along your way and showcase her talent.



2020-2021

MEMORANDUM

This is to certify that Ms. Anushka Dhaka has successfully completed an internship with our company, Lakme Fashion Communications starting from 01.03.2021 for a period of 60 days.

During the period, her work quality and performance were commendable. She has worked hard, learnt a lot, and gained valuable experience. We appreciate her hard work and dedication.

We expect further to see her growing, success accomplished in her work. We wish her all the best for her future endeavours.

[Signature]

With Approval,
Chief Executive Officer,
Lakme Fashion Communications
New Delhi

She received an opportunity to walk Fashion Shows for a week as a pool model (selected for every show) held at the FDCI office in Okhla, Delhi. All the shows were pre-shot and later telecasted live on FDCI and Lakme social media handles, and YouTube. She did shows for top designers like Anamika Khanna, Suneet Verma, Ritu Kumar, Payal Pratap, Bloni, and many more. She was also featured in Grazia, Miss Malini Instagram handles, and internet articles of Hindustan Times.

Fashion Design Council of India and Lakme Fashion Week for the first time came together and collaborated to showcase designers across India and their collections. FDCI and Lakme are separate bodies that organize fashion shows in Delhi and Mumbai separately.

Being a role model isn't about showing people how to look like you. Being a role model is about using your freedom to show other people it's safe to be themselves.

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Being a role model isn't about showing people how to look like you. Being a role model is about using your freedom to show other people it's safe to be themselves.



To, Date: February 23, 2021

Ms. Reshu Hora
New Delhi

Subject: Internship Offer Letter

Dear Reshu,

Please find Offer Letter from **The Communication Council** for the position of "Intern" in our organization. As discussed your date of joining would be **March 01, 2021 (Monday)**.

Other Details:

- Job Type** : Given the COVID-19 situation, it will be a virtual joining for the first month. From second month onwards, you will be required to work from office or as advised by the management.
- Working Days** : Monday - Saturday (Alternate Saturdays off).
- Working Hours** : 10:00 am to 06:00 pm (Monday-Friday), 11:00 am to 03:00 pm (Working Saturdays).
- Duration** : It will be for the period of **02 months**.
- Stipend** : - It will be a **paid** internship.
- For the first month, you will be paid **Rs. 3000/-** (work from home) &
- From second month onwards, you will be paid **Rs. 5,000/-** (work from office) as stipend during your internship period.
- Leave Policy** : You will not be entitled for any paid leave during the period of internship.

Please confirm your acceptance to this offer by returning us a signed copy of this letter (scanned) or a confirmatory email.

We look forward to your joining our organization.

Yours Sincerely,
For The Communication Council

[Signature]
Nitika Kochhar
HR Head

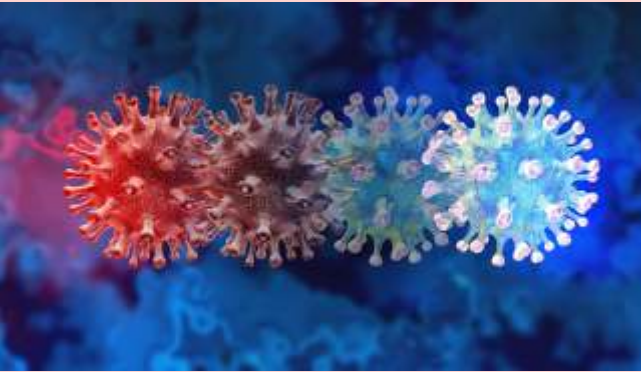




In The Awake Of The Pandemic, Sjmc Students Interviewed Corona Warriors

While I was busy in my world know about this lady Mrs. additionally I got to know the road she crossed being a answer was the same; she family was infected she got keeping positiveness in mind during home quarantine pollyannaism she informed and take care with each and taking steam daily, having a doing exercises and yoga As well as I raised my

AN INTENT DISCUSSION TO DEFEAT CORONA



thinking about this pandemic I got to Soni Mukherjee (housewife) and about my queers. I questioned her about covid patient and as she is beautiful her acknowledged us. Between her whole infected too. She was in a great agony but but not in ailment, and taking precautions with good results today. At last with us to be prepared to get self dependent, every emergent strategies provided like proper diet, social distancing and also daily.

curiosity in front of Mr. Aashvik Singh (employee) who was admitted to Patna hospital of Bihar because of the pandemic he personally faced, I asked him about the hospital and I came to know with worthwhile news, that the staff members nature was really indisputable and immaculateness was also perfectly good, doctor's psyche was also interactive. He concluded with praising about the workers' courage and doctor's hardwork in during this widespread. At last he wanted to spread this message that "**PRECAUTIONS IS BETTER THAN CURE**". We are living in a time of uncertainty and it is the time how we as an individual and society stands up and support each other in the time of crisis. I had an interview with a COVID-19 recovered patient- Mr. Ashish Sahu.

When I asked him about symptoms of COVID-19, he told in the starting he was suffering from fever and cough, but he ignored it. On the fifth day he came to know that he was also affected with breathing problems. As soon as he got he got the report he hospitalized himself. After that we have heard that of sugar, heart patients, blood pressure get infected faster in comparison to others. And he he was suffering from sugar since 2 years, therefore being a sugar patient too he recovered in 30 days and have to take precautions tougher than a normal patient, and he also told that after recovery he faced a bit problem of weakness too. By ending the interview he suggested to take precautions, use masks and sanitizer, take balanced diet daily.

Regarding covid pandemic we had a conversation with Riya Sindhani(a college student). She was asked about her experience during her COVID positivity. She said, " It wasn't good enough offcourse! But still she learnt many things like how to handle emotions and healthy alone positively." Questions was asked that when did she got to know about the infection and places visited contemporarily , she replied her cousin was contaminated and after four days she founded herself covid positive too. She also told us how she was home quarantined and had weakness, headache, pain in body and red eyes. She came out through this after 14 days of self isolation, and she asked everyone to take relief, do not panic with this.

As soon as we completed this we had a deep conversation with Insha Siddiqui (a college student). Her experience was asked regarding the infection and she answered that she never want to experience such things in life again. The body pain was unbearable, weakness was at the forfeit and she was unable to move from one week. As we came to know her family was tested positive, so after asking this question about oxygen she replied she didn't faced the problem but her mother was hospitalized. She told she took fifteen days to recover but ended up with good results and today she and her family is alright taking happily precautions and want this covid to get finished from root.

Some questions were raised regarding covid With regards to this rampant pandemic, we had a conversation with Mr. Jatin Sharma about how he fought with corona, on this he said that his journey was very difficult, he had to stay far away from his family during this ailment. Society even used to treat him like an untouchable instead of encouraging him. He also added that might be people were very intimated because they themselves were very intimated by this menace. When he interrogated related to lack of oxygen, he said that there was not that much problem as he had oxygen available in his home. When asked about the contribution of ayurvedic medicine in the battle of corona, he said that he cured himself from home remedies and took maximum prescriptions and did not consume much ayurvedic however he used ramdev baba's corona kit which helped him to recover soon. He registered his words as such, " take maximum precautions because only healthy and cautioned India can get rid of this looming pandemic.

A journey to defeat Corona Coming out of our curiosity, very patiently we asked our first question with Ms Jiya (a board student), where did she went before testing corona positive, and we came to know that she was a board student and she went to the school for her pre-boards and practicals were going on. She also had to cancel her practical as was tested corona positive. We then asked her being a covid patient and a student of boards how she handled her psychological way to get negative she replied, that her family supported and motivated her especially her mother who kept on encouraging her, but during those days because of fever and body pain she was unable to study and revise. But still she kept her negative mind away from her and today she is well prepared to write the exam. With speaking last words of interview she suggested everyone to be at home as much as possible unless it's an emergency.

Compiled By Gaiety Bhbhya (bmm 1st Year)

Interview By Soni Mukherjee And Aashvik Singh By Gaiety Bhbhya(bmm 1st Year)

Ashish Sahu By Sakshi Sahu (bmm 1st Year)

Riya Sindhani And Insha Siddique By Ritika Sarswat (bmm 1st Year)

Jatin Sharma By Priya Jha (bmm 2nd Year)

Jiya By Subhangi Dutta (bmm 1st Year)



महामारी और मजदूर



इक्कीसवीं सदी में आयी महामारी से सभी प्रभावित हुए हैं, क्या राजा और क्या रंक कोई इससे अछूता नहीं रहा। मजदूर वर्ग के बारे में तो क्या ही कहना! इनकी स्थिति तो सबसे ज्यादा दयनीय रही है। लेकिन असम के चायबगानों के मजदूरों की स्थिति देश के अन्य मजदूरों से थोड़ी बेहतर थी। इस बात की पुष्टि स्वयं वहाँ के मजदूरों ने की। उनमें से कुछ ने मेरे साथ अपने कोरोना काल की स्थिति बयांकी। चाय बगान में काम करने वाली 'मिनालीटोंगला' ने बताया कि उन्हें उतनी दिक्कतों का सामना नहीं करना पड़ा। परंतु जब देश में संपूर्ण लॉकडाउन था, जिसका पालन कड़ाई से किया जा रहा था, तब इन्हे थोड़ी मुश्किलें हुईं। यातायात बंद होने की वजह से वे बाहर नहीं जा पा रहे थे। रोजमर्रा की जरूरतों को पूरा करने के लिए इन्हें थोड़ी जद्दोजहद अवश्य करनी पड़ी। वहीं दूसरी ओर अन्य मजदूर 'चिन्मोयतांती' का कहना है कि इन्हें समय पर तंखा मिलती रही। यहाँ पर गौर करने वाली बात ये है कि चाय बागानों के मजदूरों को किसी विशेषआर्थिक तंगी का सामना नहीं करना पड़ा। औरतो और, इन मजदूरों के अनुसार इन के पास राशन पर्याप्त मात्रा में था जिसकी बदौलत इनके घरों में रोजचूल्हा जला, रोजखाना बना। सरकार और मैनेजमेंट ने इस बात का विशेष ख्याल रखा। गौरतलब बात ये भी है कि बागानों में साफ- सफाई और स्वच्छीकरण (sanitization) का खास ध्यान रखा गया। बागानों में सभी के लिए मास्क पहनना एवं सामाजिक दूरी का पालन करना अनिवार्य कर दिया गया। यहाँ ये बताना जरूरी है कि मजदूरों को मास्क खरीदना नहीं पड़ा बल्कि मैनेजमेंट की तरफ से दिया गया। शायद इसी वजह से हम ये कह सकते हैं कि महामारी ने चायबागानों के उन तमाम मजदूरों की जिंदगियों को उतना प्रभावित नहीं किया।

संस्कृति शाही
BMM (1st year)

कभी तो शुरुआत करनी होगी

कभी तो शुरुआत करनी होगी
मंजिल अपनी पानी होगी
मंजिल कितनी दूर सही
इंसान कितना मजबूर सही
राहों में कठिनाई कितनी सही
ख्याल रहे हौसला कभी टूटे नहीं
सपनों का घोंसला कभी छूटें नहीं
पक्षी बन एक दिन उड़ जाना है
संगले चल सपने अपने
उनको पूरा कर दिखाना है
कभी तो खुद की पहचान बनानी होगी
कभी तो शुरुआत करनी होगी



By:-
Anjali Kashyap
Sem-IV



"If you let go a little, you will have a little peace. If you let go a lot, you will have a lot of peace." One of the hardest lessons of life is letting go. whether its Guilt, Anger or People. Holding back any of these can be toxic for one's life. Leaving and Letting go can be a bit difficult but its outcome will be amazing for sure. It is okay to stop somewhere if you don't like to go further. It is okay to take break. It is okay to have a new fresh start in your life. It is okay to make mistakes but it is not okay to keep the guilt of it over you for lifetime. If you had made a mistake, firstly, try to avoid a talk with anyone because it is that state of mind which is created by someone else but you become harsh on your loved ones. Let your anger go and let peace, calmness, positivity enter your body and mind. And the most importantly let people go. I know we are social animals and it will be hard for us to survive but try to understand that sometime holding is harder and more harmful then to letting it go. Some of us think that holding on makes us strong; But sometimes it is letting it go which is far better. It is like if you want to fly in the sky you need to leave the ground. If you want to move forward, you need to let go the past that drags you down. So, I would like to suggest you some ways how you will let go and feel less pain. If you are inguilt confess it to anyone or God is always there to listen us. If you are frustrated cry it out aloud, cry away your negative feelings. If you are in anger remind yourself that anger hurts you more than the person who upset you, or use stress ball and express your anger physically. And if you are letting go a person. It is better to have face to face talk and still your matter doesn't get resolve leave that person with a happy note. But never have any grudges for that person as it will never give peace in your life. So, I'm winding it up and that you will give yourself time, care and love. And don't be tough with yourself, first find peace for you then for others. Invest time on yourself, learn new skills, make TO-DO list give yourself gifts and treats, perform meditation and yoga. Do anything that makes you happy. So, now are you ready to letting go of your fears? And being free from unwanted branches?

By:-
Saachi Sagar
Sem-III