

SOLA CHRONICLE

From the heart of SoLA



2025
edition

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**2025
edition**

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From The Vice Chancellor's desk



Dr. Anil SubbaRao Paila
Vice Chancellor
IMS Unison University

It gives me immense pleasure to extend my warm greetings to all the readers of the SoLA Chronicle, the official newsletter of the School of Liberal Arts at IMS Unison University. The SoLA Chronicle stands as a reflection of the vibrant intellectual and creative spirit that defines our university.

At IMS Unison University, we believe that education is not just about acquiring knowledge—it is about nurturing critical thinking, creativity, and a sense of responsibility toward society. The School of Liberal Arts has consistently upheld these values, encouraging students to explore new ideas, engage in meaningful discussions, and express their unique perspectives through various platforms, including this very newsletter.

I would like to commend the faculty and students of the School of Liberal Arts for their unwavering dedication and enthusiasm in bringing out this edition of the SoLA Chronicle. It is heartening to see the collective effort that has gone into curating thought-provoking articles, insightful essays, creative pieces, and artistic expressions. This initiative not only strengthens the academic community within our university but also serves as an inspiration to others.

As we move forward, IMS Unison University remains committed to fostering a learning environment that promotes innovation, inclusivity, and excellence. The SoLA Chronicle is a testament to this commitment, highlighting the talent and potential of our students and faculty.

I encourage all students to continue participating actively in such enriching initiatives. Your voice matters, and your contributions help shape the academic and cultural identity of our university. Together, let us continue to create, inspire, and achieve greatness.

Wishing you all the very best for your academic and personal journeys.

From the Dean's desk

I extend my heartfelt congratulations to my dear students for reviving the SoLA Chronicle and bringing out its second edition in 2025. The inaugural edition in 2023 was a testament to the high intellectual and creative calibre of our students, a remarkable initiative facilitated by our dedicated faculty.

I commend the SoLA faculty fraternity, especially Dr. Nayani Sarma, for working closely with students to inspire and guide them in curating a collection of insightful articles, thought-provoking essays, evocative poetry, and compelling artworks. Our faculty members, exceptional in their scholarship and commitment, continue to set high standards—something we take great pride in. I am particularly delighted that this edition features contributions from both students and faculty, enriching the Chronicle with diverse perspectives.



Dr. Madhu Prabakaran
Professor & Dean SoLA

As E.F. Schumacher wisely said, "Small is beautiful." Though we may be the smallest school in the university, our aspirations and achievements are anything but small. Strength lies not in numbers but in excellence, and our humble beginnings only lay the foundation for greater heights. When we grow, we shall echo the words of our former Ambassador to the United Nations: "Big is bountiful," underscoring the importance of sustainability and responsible growth.

Congratulations to all the students who have turned this vision into reality! May this tradition of intellectual and artistic expression continue to thrive.

Hands behind the pages

Dear Readers,

It is with immense pride that I present the resumption of the SOLA Chronicle. This newsletter, rekindled by the students' initiative in October 2024, has been a labor of love for the past six months. We are building on the foundation of the inaugural 2022 edition.

As the Teacher Coordinator, I have had the privilege of witnessing the dedication and collaborative spirit of students from all three batches. They have poured their energy into every aspect of this publication, from design to content curation. Their commitment to this project is a testament to their talent and hard work.

I firmly believe in the potential of our SOLA students. Our curriculum is designed to foster their holistic development, and the SOLA Chronicle is a tangible demonstration of their capabilities.

To our graduating students, I extend my best wishes for your future endeavors. May you carry the lessons and experiences gained here with you. To our first and second-year students, I encourage you to continue this legacy, ensuring the SOLA Chronicle remains a vibrant part of our community.

I hope that as you read this newsletter, you appreciate the effort and dedication invested by these students. I trust you will find it both enjoyable and insightful.

Sincerely,

Dr Nayani Sarma
Teacher Coordinator, SOLA Chronicle
School of Liberal Arts, IMS Unison University

CORE TEAM

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Rishika Reddy
Chandrika
Shruti Prakash
Aditi Mamgain
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Ana Khan
Nikita Tewari
Divyansh
Sachin
Zara
Charita

Convocation Highlights: A Celebration of Excellence



The 2024 Convocation Ceremony of IMS Unison University was a moment of immense pride for the School of Liberal Arts, as we celebrated the remarkable achievements of our graduating students. Two individuals, in particular, shone brightly, embodying the spirit of dedication and excellence that SOLA strives to cultivate:



Sarthak Baluni (Psychology, 2021-24): Sarthak's academic journey culminated in the prestigious Founder Chairman Medal and the University Gold Medal. Isha Kansal (English, 2021-24): Isha's contributions extended far beyond the classroom. She was awarded the President Medal and the Best All-Rounder Gold Medal



Udgar: National Liberal Arts Festival (NLAF) – A Grand Celebration of Ideas and Expression

The National Liberal Arts Festival (NLAF) – Udgar was a remarkable one-day event that showcased the intellectual and creative spirit of IMS Unison University. Organized under the able leadership of Dr. Abhishek Juneja, the festival brought together a proactive team of students from the university's student club, Abhibyakti, along with enthusiastic participants from the School of Liberal Arts (SoLA).



As the flagship event of SoLA, Udgar featured a diverse range of engaging competitions, including:

Mock IAS – A simulation of the civil services examination to test analytical and decision-making skills.

Creative Writing – A platform for participants to showcase their literary prowess.

Quiz – A battle of wits covering a wide spectrum of knowledge.

Film Review – An analytical take on cinema and storytelling.

Debate – A forum for thought-provoking discussions on pressing societal issues.

The festival witnessed over 300 participants from across India, making each event a houseful success. Udgar truly lived up to its name, providing a space for students to express, engage, and excel in the liberal arts.



Deep Immersion (26th–31st December)

A remarkable deep immersion project took place in the picturesque village of Lambgaon. This unforgettable class trip was not just a learning experience but a journey of personal growth and cultural understanding. As part of the initiative, we traveled to several villages—Dangi, Bausadi, Sem Mukhem, and Pokhri—where we engaged directly with local communities to survey their issues and gain insights into their daily lives.

The experience was transformative as we moved beyond classroom learning, embracing the rich culture and traditions of these rural villages. Conversations with locals revealed the challenges they face, providing us with a fresh perspective on community development. By becoming 'de-class' and immersing ourselves in their world, we left Lambgaon with more than just memories—we gained a deeper appreciation for diversity, empathy, and the power of firsthand learning. It was truly an enriching and unforgettable experience for all involved.



Guest Lecture

There's something about hearing a subject expert speak that can make even the most familiar concepts feel entirely new. That's exactly what happened when IMS Unison University hosted a two-day guest lecture series, inviting distinguished professors to share their wisdom.



Dr. Richa Joshi Pandey from Doon University walked into our English lecture with an air of quiet confidence, and soon, we were hanging onto her every word. The way she unraveled the nuances of literature—making connections we'd never considered before—felt like watching a master weaver at work. Prof. Atri Nautiyal from UPES, on the other hand, took us on a journey through sociology's evolving landscape, shedding light on how the world around us is shaped by unseen forces. Each two-hour session blurred the lines between academia and lived experience, transforming dense theories into tangible insights.



What struck me most was the interactive nature of these sessions. Instead of passively absorbing information, we found ourselves engaging in discussions that challenged our assumptions and deepened our understanding. It was a reminder that education isn't just about learning—it's about questioning, exploring, and seeing the world through a more nuanced lens.



Unleashing Creativity: Storytelling & Performing Arts Workshops

On November 29-30, 2024, dive into the art of storytelling in our "How to Tell a Story" workshop.

Whether through spoken word, writing, or performance, this session will unravel the magic of narratives, equipping participants with techniques to captivate an audience.

The Art and Craft Workshop (Performing Arts) in collaboration with Shreeswati Foundation on January 10-11, 2024, will celebrate the fusion of artistic expression and performance. From visual storytelling to stagecraft, this hands-on experience will push creative boundaries and inspire fresh perspectives.



Book Launch

Book Discussion on Innovation and Development: Insights from Mr. Gaz Bisht and Dr. Sanjeev Chopra

The School of Liberal Arts recently hosted a compelling book discussion featuring Mr. Gaz Bisht and Dr. Sanjeev Chopra. Mr. Bisht, author of *British Raj to Amrit Kaal*, shared his insights on India's socio-economic and political evolution, highlighting five transformative initiatives crucial for national development — revamping education, fostering urban growth, ensuring healthcare equity, and driving environmental recovery. His thought-provoking concept of a Sherpa in nation-building left many intrigued.

Dr. Chopra enriched the discussion with his deep dive into Modern and Postmodern Indian history, engaging in a riveting dialogue that reinforced Mr. Bisht's vision. A lively Q&A session, ignited by faculty member Dr. Juneja, captivated the audience, making the event an intellectually stimulating experience. As the discussion unfolded, one message stood clear — progress demands sacrifice, and collective action is the key to shaping India's future.

The Book Discussion Session conducted by SoLA and VoW was covered by Garhwal Post, an English daily of Dehradun.



Social Outreach

As part of our social outreach initiatives, we had the opportunity to visit two impactful places, each dedicated to important causes. First, we traveled to Banjarewala to conduct an awareness campaign on gender sensitization. Through engaging discussions and interactive sessions, we aimed to foster a deeper understanding of gender equality and promote respectful attitudes within the community. The response was overwhelmingly positive, and the experience proved to be a powerful reminder of the importance of continuous education and dialogue on such vital issues.

we visited the All Mussoorie Senior Citizens Welfare Association. Our time spent with the senior citizens was filled with warmth and meaningful conversations. We listened to their stories, shared moments of joy, and reflected on the importance of supporting and valuing our elderly community. Both visits were deeply rewarding, reinforcing our commitment to social responsibility and creating a lasting impact in the communities we serve.



National Conference Explores Shifting Roles in Media and the Workplace

On March 16, 2024, IMS Unison University's School of Liberal Arts (SOLA) and School of Hospitality Management (SOHM) hosted the National Conference titled Representation of Shifting Roles: Old Media, New Media, and the Workplace. The event brought together scholars, industry experts, and students to analyze how evolving media landscapes are reshaping professional dynamics.

Discussions delved into the interplay between traditional and digital media, highlighting their impact on communication, employment, and societal narratives. Experts explored pressing questions about media ethics, job transformations, and the digital revolution's influence on representation. Engaging panel discussions and thought provoking presentations enriched the discourse, offering valuable perspectives on the fluidity of roles in today's fast-changing world.

With an enthusiastic exchange of ideas, the conference provided a platform for critical reflection and future forward discussions, reaffirming the university's commitment to academic excellence and industry relevance.





Snippets from our Saturday events at
SOLA
(Jan 2024- Feb 2025)



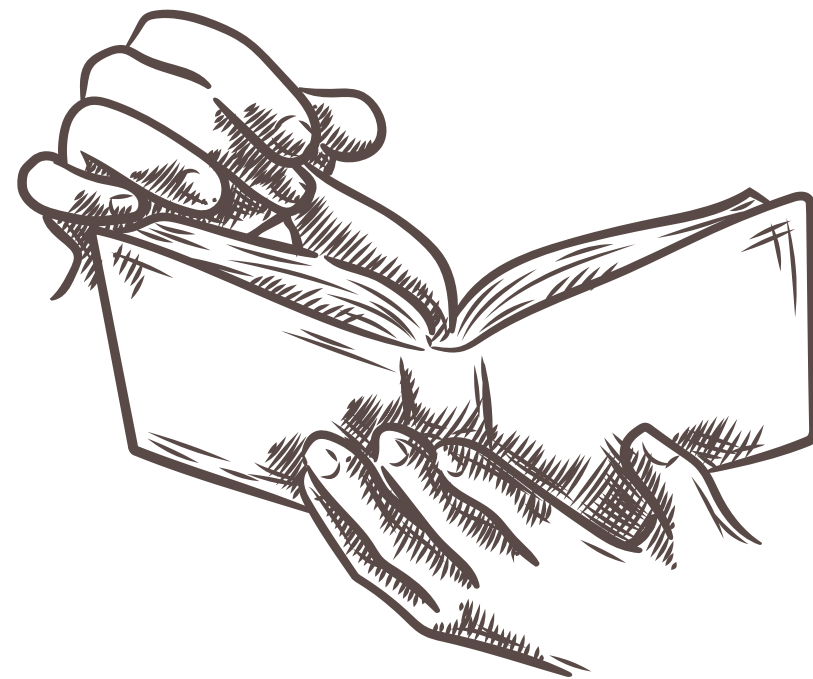
CELEBRATING TRIUMPHS

Book Hunt



SONAL BAUNTHIYAL

The Book Hunt event was successfully held in the library on 27th July 2024, with 25 enthusiastic students participating. After an exciting search, **Sonal** emerged as the winner, while **Neha** and **Aditi** secured the runners-up positions.

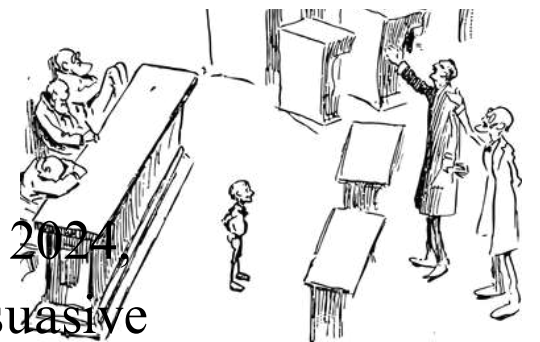


The Literature and Cinema event on 17th August 2024 featured 15 passionate participants. **Somya and Tanya** claimed victory, with **Sonal** as the runner-up.

Literature & Cinema Analysis

Debate

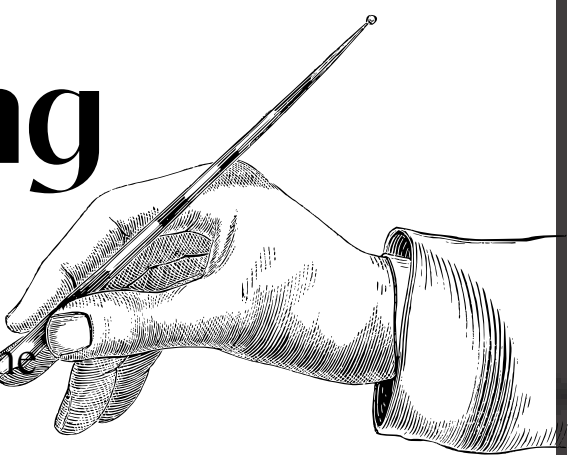
The debate competition on September 21, 2024, was a brilliant display of intellect and persuasive skills. With ten participants presenting well-researched arguments, the event was both engaging and thought-provoking. Congratulations to **Neha Nauriyal (1st place)**, **Vagisha Jha (2nd place)**, and **Varad Raizada (3rd place)**.



NEHA NAURIYAL

Essay Writing

The School of Liberal Arts (SOLA) held an Essay Competition on November 16, 2024, with the theme "Life in 2030." Around 20 students participated, showcasing outstanding, out-of-the-box ideas. **Jivisha Keswal(1st year)** secured the first place, followed by **Aditi Mamgain(2nd year)** and **Sachin Thakur(1st Year)**. The event highlighted the students' creativity and vision for the future.



Sachin Thakur



VARAD RAIZADA



NEHA NAURIYAL



Jivisha Keswal

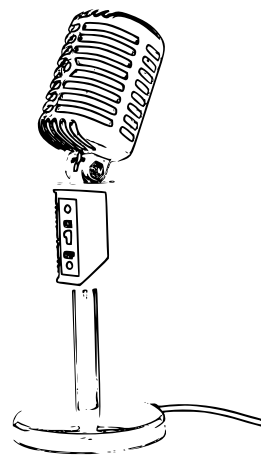


Aditi Mamgain

CELEBRATING TRIUMPHS

Open mic

The Open Mic Competition held on November 23, 2024, was a captivating showcase of talent, creativity, and confidence. With 25 participants delivering outstanding performances, the event was engaging and inspiring. Congratulations to **Apurva Negi** for securing 1st place, **Rishika Reddy** for achieving 2nd place, and **Zara Khan** for winning 3rd place.



APURVA NEGI



RISHIKA REDDY



ZARA KHAN



Sports



SOLA Shines in Sportathalon 2025!

In a spectacular display of teamwork and skill, the combined team of Liberal Arts, Mass Communication, and Hospitality Management clinched the gold medal in the inter-college football championship at Sportathalon 2025 on February 28. Representing the School of Liberal Arts, **first-year student Sachin** and **third-year students Sarthak and Thupden** played key roles in securing this remarkable victory. Congratulations to the champions! 🎉⚽🏆

QUIZ

(A) Variant 1

(B) Variant 2

(C) Variant 3

On February 1, 2025, a highly engaging Quiz Competition was held, featuring eight teams competing in a battle of knowledge and quick thinking. After an intense contest, **Daksh Kumar, Sachin Thakur, and Rahul Rawat** secured 1st place, followed by **Zoya Bilal and Swati Barthwal** in 2nd place, and **Rishika Reddy and Romesh Negi** in 3rd place. Congratulations to all the winners for their outstanding performance and to all participants for their enthusiasm and competitive spirit. Their achievements reflect dedication, teamwork, and a passion for learning.

Quiz

INTERCOLLEGIATE EVENTS

SOCH AUR SAMVAAD, 2025

📍 Tula's Institute



On February 21, 2025, Tula's Institute hosted an exciting inter-university event, where IMS students showcased their talent and intellect among 100 participants from various universities. In the Open Mic competition, **Shruti, Apurva, Hafsah, and Akshita** secured spots in the Final Round. Meanwhile, in Vichar Sangram (Group Discussion), **Ridhima and Varad** represented IMS with confidence and eloquence. A special congratulations to **Varad from Liberal Arts** for securing 1st place among 12 finalists, demonstrating exceptional analytical and communication skills. This outstanding achievement reflects the dedication and potential of our students, bringing pride to IMS on such a prestigious platform.



VARAD RAIZADA

EXPRESSIONS'25

📍 College of engineering,
Roorkee



Dr. Abhishek Juneja

On February 26, four Abhivyakti students—**Charita, Akansha, Jivisha, and Zoya**—represented IMS at Expressions, the prestigious inter-university literary fest of CoER University, Roorkee. Demonstrating exceptional skill and determination, **Charita** reached the Finals of MockIAS, securing an impressive 4th place, while **Akansha** advanced to the Pre-Finals. **Zoya** showcased remarkable advocacy in the Moot Court, and **Jivisha** put up a strong fight in MockIAS. Adding to the honor, **Dr. Abhishek Juneja, Assistant Professor, School of Liberal Arts, IMS UNISON UNIVERSITY**, was invited as a distinguished judge for the events.

This remarkable participation highlights the talent and dedication of our students, bringing pride to IMS on an esteemed academic platform!

Open conversations

Question 1) How did you get the idea of becoming what you've become?

Answer) Ever since I was a kid, I wanted to do something great. When I was in 12th, I topped in the Kumaun region. Someone then asked me - "what do you want to be?" And I answered - I don't want to be, I want to do. That was the foundation of becoming what I've become today. I would also want to recall a little incident. As a kid in Pauri Garhwal, when I used to go to school, a lot of kids had to walk up to 5-6 km carrying heavy loads. Since then I knew that I wanted to change that- to create better facilities someday. a little bit of body text

Question 2) Were there any back-up plans that you had in mind when you were preparing for the UPSC exams?

Answer) Initially I had no backup plan in mind, and wanted to exhaust all of my attempts. However, over the course of time I realised that backups are important. I decided to keep law as my backup plan, and would advise other aspirants to have a backup plan with them as well. I myself had joined Campus Law Centre in Delhi after my mains examination, even though I was sure that I would clear it. If we keep in mind the percentage of students who pass the exam, it becomes evident that having a backup career is very important.



Anshul Bhatt
UPSC AIR- 22 (2023)

Question 3) Do you think there are any characteristics that are needed to crack the UPSC exams?

Answer) There are many qualities that are required to crack the UPSC exams. You need to be resilient, you need to know how to face adversities, to be punctual, to be disciplined and more. But one of the most important qualities is - you need to have the aptitude and willingness to learn. As we grow up, we become rigid, and lose the flexibility of learning, unlearning, and re-learning. Everyday, a new technology arises, and we need to have the potential to adapt to them very quickly.

Question 4) What advice would you like to give to the aspirants?

Answer) - One advice I would like to give to all aspirants is to find your 'why'. Because that 'why' will motivate you to get out of bed every morning, to work hard every day- reading the same books over and over again. It should not be something materialistic, like becoming rich or famous - instead something like bringing joy to people, improving healthcare infrastructure. For many aspirants becoming a civil servant is the last step in this journey - however, I would say that becoming a civil servant is the first step, and after that more steps need to be taken to fulfill your 'why'.



ETHNIC DAY 2025



ART OF POETRY

Winter rain

*Jivisha Kestwal, B.A (Hons),
2024-27*

The cold winter rain
Breaks me out of my dreams
A sudden, unforgiving hug
Piercing my skin, with a relentless
rhythm
It carries a thousand whispers,
Echoes of laughter long gone
And when the rain halts-
Before you know, it returns again.
In this ceaseless cycle
A strange comfort resides
One so isolated- and yet so warm
Such is, the cold winter rain.

The Real Death!!

*Chilukuri Chandrika, B.A (Hons),
2023-27*

Death is not merely because of
Murders, Suicides and Mass
Killings!!
" When a person comes into your
life with love, hope and trust and
stabs into the heart mercilessly "
"When a known hand turns into a
sharp sword stabs behind your
back"
That's Real Death !!!

Silver quill

Vedeka Sharma, BA (Hons), 2024-27

Its been a while has it not?,
Did you miss me even a little bit?,
Maybe even a little late?,
Moon,
In my garden of dreams,
And sapphire flowers,
I have waited with bated breaths,
I deem only of you.
My luna,
I searched for love,
Yearned for it with my whole heart,
Searched for it in rotten places,
In deepest hells with littlest traces,
Can rot ever have beauty?,
My dearest,
A ache in my heart,
A touch with little tart,
And all the while on the run,
Did you miss me atleast a little bit?,
Atleast a little too late?,
In the dark stary night,
In Pages of nocturnal hue,
Spilled my blood
With A silver quill,
Waiting for you,
So moon tell me,
Did you whisper my name,
A prayer on your lips,
Deep into sunrise,
Tell me,
Did you miss me?,
even for a little while,
Even a little late,
Even when everything was great.

हयात

Apurv Negi, B.A (Hons), 2024-27

यूं तो इस बाहरी दुनिया में मोहब्बत की तलाश
अक्सर मैं करता रहा...

कमबख्त यह आज जाना कि खुद से ही था मैं
लड़ता रहा ।

और खुद से खुद की इस जंग में मैंने कितने ही
सैनिक गवा दिए...

आज उनकी लाशें गिनने बैठा तो पूरा दिन
गुज़र गया ।

फ़क़त चाहता था कि मुझे भी तो कोई प्यार
करे...

अब फिर से लिखने बैठा हूं तो क्यों ना इस
बात पर गुमान करें...

की यारों इस दुनिया का कोई धर्म नहीं है
मानो या ना मानो, पर सबूत है कि इसका
कोई कर्म नहीं है...

कब तक मोहब्बत इस बेअदबी दुनिया में तुम
तलाशोगे

तुम इस जाल में खुद को ही बस फांसोगे
क्यों ना आज तुम्हें फिर से मोहब्बत कराएं
(खुद से)

देखो कितनी खूबियां हैं तुम्हारे इस आलम
में, क्यों ना यारों आज साथ में मुस्कुराएं



अब मैं मैं नहीं रहा

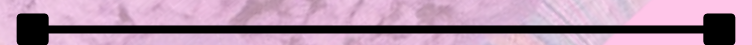
श्रुति प्रकाश, B.A (Hons), 2023-27

अब मैं मैं नहीं रहा
जिसे तुम जाना करते थे
अब मैं मैं नहीं रहा
जिसे तुम माना करते थे
बदल गया हूँ, खो गया हूँ
ना जाने कैसे ऐसा हो गया हूँ
अब मैं मैं नहीं रहा
जिसे तुम चाहा करते थे
बैठो उसे बुला कर लाता हूँ

शायद यहीं कहीं होगा
उसी आंगन में होगा
जहां हम बैठा थे
शायद उसी किताब में होगा
जो हम साथ में पढ़ा करते थे
शायद उन्ही चूड़ियों में होगा
जो मैंने तुम्हें दी थी
रुको जरा
उसे ढूंढ कर लता हूँ

हां सही कहा तुमने
गुम हो गया है वो
शायद तुमने आवाज़ भी दी हो
पर ना सुन सका वो
ढूंढता हुआ खुद को खुद में
तकरा गया वो खुद से
पर ना पहचान सका वो खुद को खुद से
हां वक्त लगता है मुसाफिर को ढूंढने में

जो गुम गया हो खुद में
रुको जरा
बैठो उसे बुला कर लाता हूँ



Gates

*Tanishka Paliwal, B.A(Hons),
2024-27*

There are gates you walk through,
Gates you see through,
Some open
Some close, resolutely.
Firmly, stubbornly
There's no point pushing them
They won't open.
Some people open their gates to you,
Some people keep you locked outside,
There's no point pushing them,
They won't open.
Gates sometimes open
In places you don't expect.
Walking through them is unnerving,
They open on to unfamiliar ground.
Sometimes there's a path to follow,
Often it is just rough and grassy, With the
slightest indentation of a route already
trodden
When we walk through them we usually
stumble upon the way home.



I am

*Jivisha Kestwal, B.A(Hons),
2024-27*

I am what I don't want to be
I'm a puddle of chaos,
Bound to blend into the sky
I'm a chilly winter breeze
That no one wishes to come across.
I'm an insubstantial name
Constituted in nobody's voice
And I'm a trifling soul,
That cannot find a home.
My heart aches in agony
From the austerity of my own self
And yet I continue to be,
What I don't want to be.

Hope of Dream

*Chilukuri Chandrika, B.A(Hons),
2023-27*

A girl with a hope of dream
Which she couldn't make it in her
life,
But she never lost hope as the girl
growing herself in a different way,
A girl who's searching for love,
where she got it in her family and
who gave her wings to fly,
She's flying & flying high all her
way to the sky crossing all the
clouds between!!!
Can she reach the sky?

ARTICLES

The Cage of Carnage: Where MMA Gladiators Reborn Conquer or Die

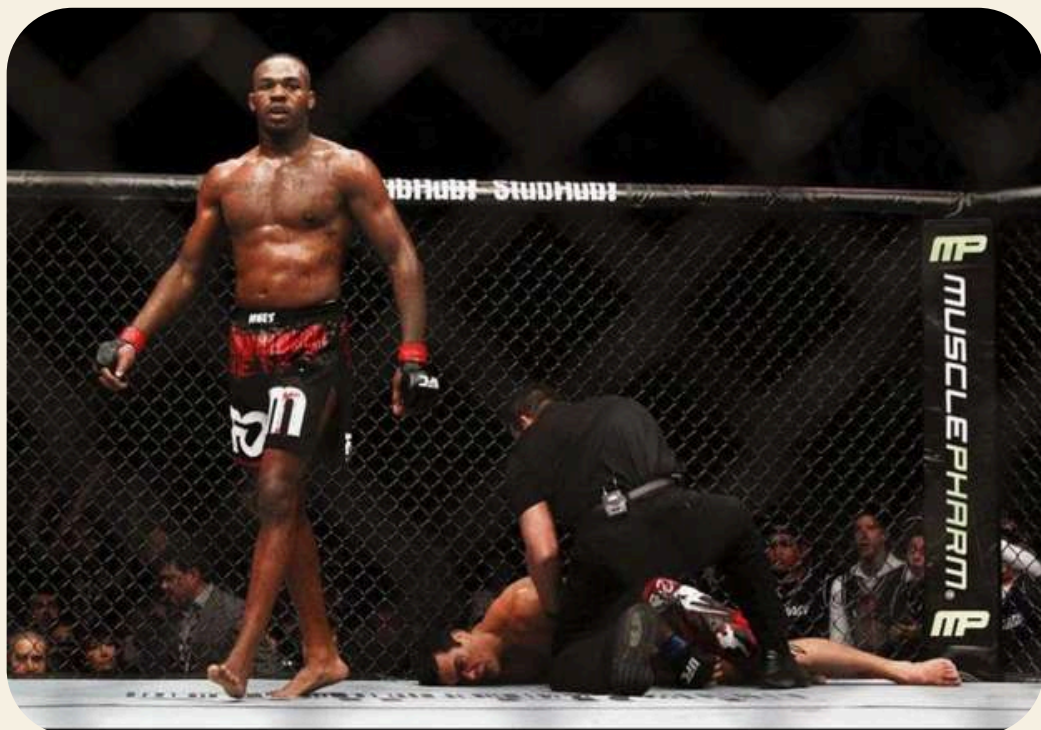
Divyansh Binwal, B.A. (Hons), 2024-27

History:

Mixed Martial Arts (MMA) is a sport that has evolved drastically over time, blending various martial arts disciplines into one brutal contest of skill, strategy, and survival. Its roots trace back to ancient civilizations, where combat was often a test of strength and endurance. In ancient Greece, for example, pankration was a form of no-holds-barred fighting that allowed both striking and grappling. Similarly, the gladiatorial battles of Rome were a deadly spectacle that foreshadowed the intense nature of modern MMA.

UFC:

The UFC (Ultimate Fighting Championship) emerged in 1993 as a direct response to the growing demand for a platform that could showcase the best fighters from different disciplines. Its first event, UFC 1, aimed to determine which martial art was superior, with no weight classes, time limits, or specific rules.



The early UFCs were known for their raw, brutal nature, where fighters like Royce Gracie used Brazilian Jiu-Jitsu to dominate larger opponents. Over time, UFC fighters began to adapt, integrating various styles into their training.

The Epic Rivalry of Conor McGregor and Khabib:

One of the most iconic rivalries in MMA history is that of Conor McGregor and Khabib Nurmagomedov. Their feud culminated in UFC 229, one of the most highly anticipated fights in MMA history.

McGregor, known for his brash personality and knockout power, faced Khabib, the undefeated Dagestani grappler and dominant champion. The buildup to the fight was intense, with McGregor's trash talk stoking the flames of their rivalry, while Khabib remained calm and focused on his mission to defend his title. The fight itself was a clash of styles, with McGregor trying to land a knockout punch while Khabib worked his grappling game. Khabib dominated the fight, eventually submitting McGregor in the fourth round.

Indian Mixed Martial Artists: Anshul Jubli, Puja Tomar, and Angad Bisht:

MMA in India has been growing rapidly, and athletes like Anshul Jubli, Puja Tomar, and Angad Bisht are leading the charge. Anshul Jubli has made a name for himself on the international stage, showcasing his well-rounded skill set and determination. His rise is a testament to the growing popularity of MMA in India and the potential for Indian athletes to shine in the sport.

Puja Tomar, one of India's top female MMA fighters, has broken barriers for women in a traditionally male-dominated sport. With her tenacity and skill, she has earned respect both in India and abroad, inspiring many young women to take up the sport.



Angad Bisht, another promising Indian talent, is known for his explosive striking and wrestling. As MMA continues to grow in India, these fighters represent the bright future of the sport in the country, proving that Indian gladiators can compete on the world stage.

Conclusion:

MMA stands as the ultimate test of physical and mental strength, where skill, strategy, and raw determination collide. From its brutal origins to the modern-day cage, it's a sport that continues to evolve, captivating fans around the world. Whether in the UFC or on the global stage, MMA remains a brutal battlefield where gladiators are reborn and only the fiercest emerge victorious.

Simultaneous elections in India: one nation, one election

Shruti Prakash, B.A (Hons), 2023-27

The concept of "One Nation, One Election" (ONOE) in India proposes conducting simultaneous elections for the Lok Sabha and state legislative assemblies across the country. The idea is to synchronize national and state elections to improve governance, reduce electoral costs, and enhance efficiency.

History:

Initially, India conducted simultaneous elections in 1951-1952, but this practice was disrupted in 1967 due to the premature dissolution of some state assemblies. Since 2014, Prime Minister Narendra Modi has advocated for the idea, suggesting it would save money, improve governance, and reduce the frequency of elections, which often hinder development work due to the Model Code of Conduct. Several countries, including Pakistan, Nepal, and Sweden, hold simultaneous elections at various levels of government, which has led to the proposal gaining attention in India. A 2018 report from the Legislative Council recommended that simultaneous elections could save public funds, ease the strain on security and administrative forces, and improve the quality of governance. India elections are expensive; the 2019 Lok Sabha election cost approximately ₹60,000 crore.



The high-level committee led by former President Ram Nath Kovind recommended synchronizing elections across national, state, and local levels, suggesting constitutional amendments and the introduction of a Single Electoral Roll. The main benefits of ONOE include significant cost savings. Holding simultaneous elections would reduce the burden on election-related personnel, including over 10 million polling officials. Additionally, the Model Code of Conduct, which hinders governance during election seasons, would be less disruptive. By reducing the frequency of elections, ONOE would allow governments to focus on long-term policy implementation rather than short-term electoral goals.

However, ONOE also has several challenges. One concern is that it could overshadow local issues during state assembly elections.

Local candidates addressing issues like healthcare or education might struggle to compete with national topics, making it harder for voters to make informed choices. The reduced frequency of elections could also weaken political accountability. In India, regular elections ensure that representatives remain answerable to the public. With less frequent elections, political leaders might become less responsive to the electorate's changing needs. Implementing ONOE would also involve substantial logistical challenges. Coordinating elections across India's diverse regions, while ensuring a smooth and efficient process, could be difficult. Additionally, the dominance of larger national parties with more resources might marginalize regional or smaller parties, weakening local representation. This could disproportionately benefit the central government and undermine India's federal structure, which is based on the principle of decentralization. Furthermore, critics argue that ONOE could lead to the centralization of power. The proposal may weaken regional governments by prioritizing national issues over local concerns.



The ongoing debate around the electoral bond scheme, which allows anonymous donations to political parties, raises concerns about the potential for undue influence from wealthy corporations and individuals. This could further consolidate power at the national level and diminish the effectiveness of regional voices. Some critics, including former Chief Election Commissioner S.Y. Quraishi, emphasize the logistical difficulties and inequities that may arise from ONOE. Long government terms without election pressures could reduce responsiveness and accountability. Additionally, as political analyst Yogendra Yadav notes, this system could reduce voter participation at the state level, where regional parties often address local concerns. In conclusion, while ONOE promises to streamline the electoral process, reduce costs, and improve governance efficiency, its implementation raises significant concerns about federalism, democratic representation, and the centralization of power. Critics argue that ONOE could undermine India's diverse political landscape and weaken the integrity of the electoral system, particularly if paired with practices that obscure financial transparency. The debate on ONOE reflects a complex balance between efficiency and the preservation of democratic principles, highlighting the need for careful consideration and broad political consensus before implementation.



Alumni

NETWORK TALKS!!



***Sarthak Baluni (Specialization- Psychology)
(Batch-2021-24 BA-Hons)***

“Every time I used to see the Dean Sir, I used to smile because he is so adorable and he’s cute. I had to think of him as a power position and I’m not really associated cuteness with people in power positions, and he never imposed himself on us.”

***Isha Kansal (Specialization- English)
(Batch-2021-24 BA-Hons)***

“My experience with IUU was really good, it was like a journey in which I learnt a lot of new things and met many people. My suggestion to my juniors is to attend classes, there is much for you to do, participate in activities and events.”



***Sunil Kumar (Specialization- Economics)
(Batch-2021-24 BA-Hons)***

“My journey in IUU is mixed kinds of things, there were moments where we had fun. We participated in many of the events and the experience was very enriching. Like it brought a lot of changes in my personality, which I appreciate a lot. Assignments, I was the one who gave the assignment first during first year. But as the time passed on, second, third, at the last semester, I remember I was the last person who submitted the assignment.”





Divya Aggarwal (Specialization- Economics)
(Batch-2021-24 BA-Hons)

“Talking about one memory, we entered college in a car listening to loud music, singing windows down and left after taking a round in the campus. I won’t like to tell the after effects but yes, the last two years of my college was fun. To all the students, studies are important but make sure to enjoy every bit of your college life. Create as much memories as you can. This is never coming back.”



Riya Joshi
(Batch-2022-24)
(MA-English)

“I am currently working as a content writer. For those in BA, my advice is to make the most of the great faculty you have. Interact with your peers. At first, it might feel a little awkward, but once you open up and start connecting with people, it’s a lot of fun. Just have hope and enjoy the journey.”



Tenzin Namdol
(Batch 2022-24)
(MA-English)

“There was this one incident, Faisal Sir used to be strict, and I would sit in the first row. When he was teaching, I could never fully concentrate on his lectures because I didn’t understand much, so I’d just gaze out the window, and then, out of nowhere, he’d call on me and ask a question, and I’d be totally caught off guard, not even knowing what he was teaching at that moment!”



Karishma Kirola
(Batch 2022-24)
(MA-English)

“From the start, I was more of an ambivert, but over time, I’ve completely transformed into someone much more extroverted. It’s been an incredible experience, growing and learning alongside such wonderful people. Abhishek Sir has been a huge influence, always offering unwavering support as one of the best professors I could have asked for.”

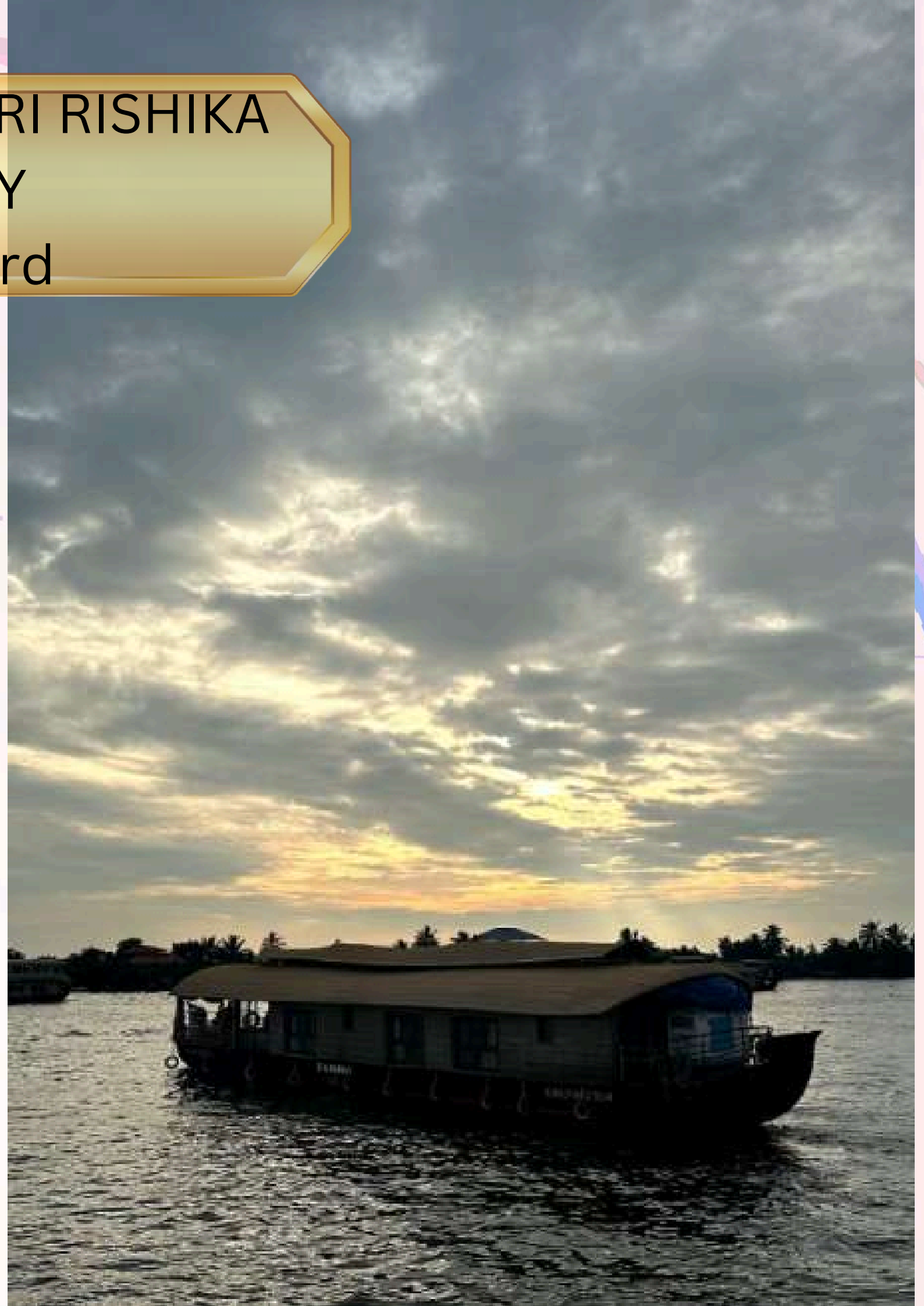
MINTU SINGH
YEAR 3rd



SONAL BONTHIYAL
YEAR 3rd

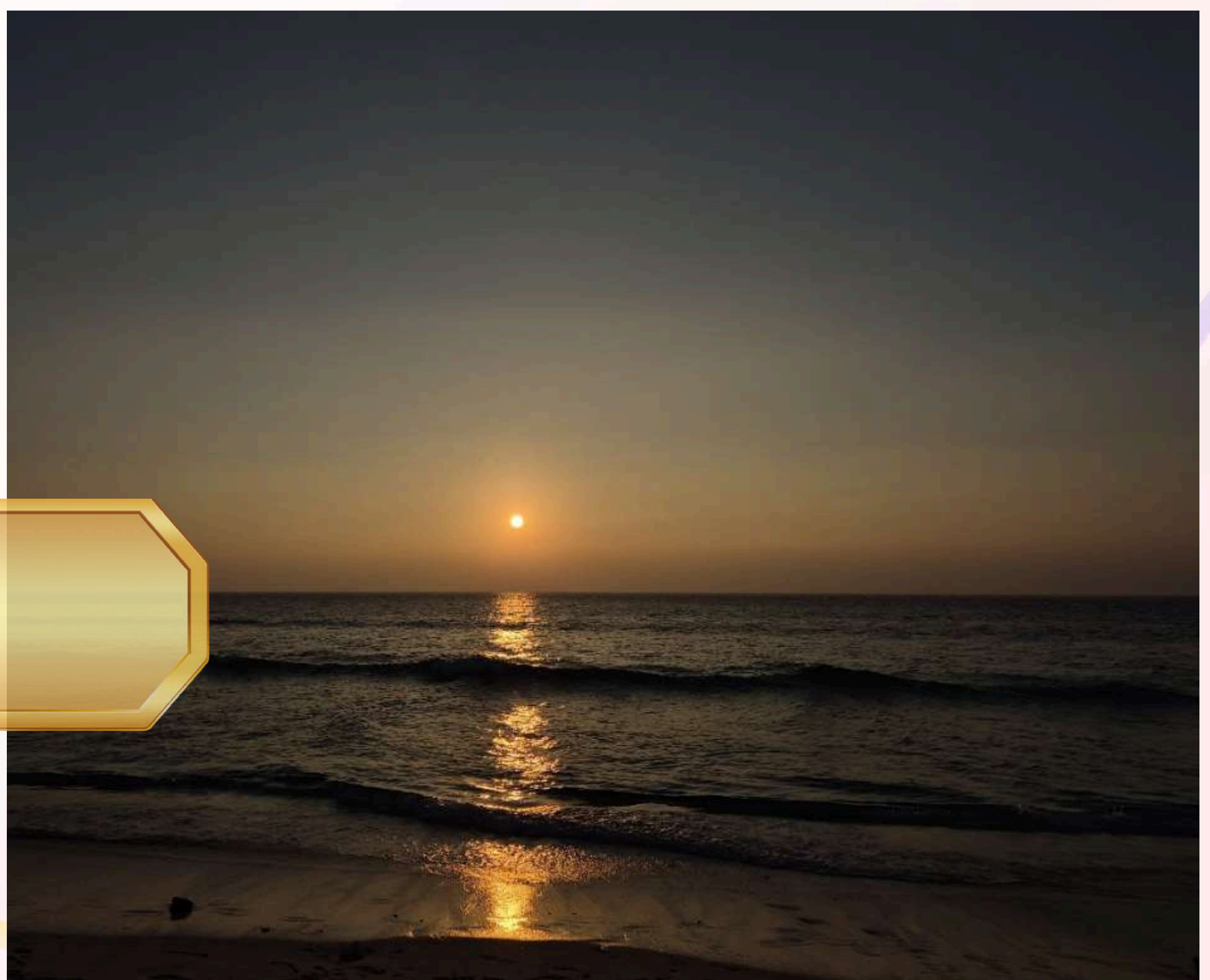


CHOWDARIGARI RISHIKA
REDDY
YEAR 3rd



CHOWDARIGARI RISHIKA
REDDY
YEAR 3rd

AKANSHA NEGI
YEAR 1st



A Gratitude to our Guiding Lights

-Rishika reddy

Teachers are the nurturers who shape our futures beyond textbooks. At SOLA, our professors are more than educators—they are mentors, guiding us with wisdom and warmth. From delivering insightful lectures to helping us navigate research, organizing events, and collaborating with experts, they prepare us for success in every way. Their unwavering support goes beyond academics, teaching us valuable lessons for life. We are grateful for their dedication, shaping us into confident individuals ready to take on the world.



Teacher's CORNER

DID YOU KNOW?



"PROFESSORS SPILLED THE FUN FACTS... AND THEY'RE HILARIOUS!"

Dr. Rai Ganguly

"I have a song for every word you end your sentence with, and I will probably sing it if I am in a good mood."



Dr. Manisha Mishra

I still daydream like a kid..



Dr. Madhu Prabakaran

I like to collect unique and interesting pens..



Ms. Treenasri Ghosh

I tend to drift off into my own headspace—whether I'm in the middle of a conversation or just walking down the street. It's honestly a miracle I haven't been hit by a car yet... or maybe I should thank my friends for doubling as my bodyguards!

Mr. Amit Kumar Rath

"Can assemble a PC"



Ms. Astha Tripathi

"I am also a Farmer"



"Professors Say the Funniest Things... or Don't!"

Dr. Abhishek Juneja

I have a fear of heights, which meant that between 2012 and 2024 I refused to step onto an airplane, which meant that I could not travel to any place that was far away. I start feeling dizzy from the second floor onwards. The bright side to this sad story is that one of my favourite footballers, Denis Bergkamp, had the same fear, making him miss a lot of overseas matches.



Dr. Surendra Kumar Yadawa

I can make everyone laugh more than Kapil Sharma by not uttering a single word.

Dr. Nayani Sarma

My secret talent. Saying what's on my mind... Before I even know what's on my mind.



Dr. Rachna Sharma

I like to collect pebbles and colour them to create them as art piece.



Dr. Neha Goyal

I'm scared of water thanks to a dream where I'm stranded, surrounded by it!

Dr. Ram Prakash

I plan my trips based on history, not tourist attractions.



MOST LIKELY TO

DR. NAYANI SARMA

MOST LIKELY TO BE
MISTAKEN FOR A
STUDENT

DR. RAI GANGULY

MOST LIKELY TO BE IN
THREE PLACES AT
ONCE AND STILL ON
TIME

DR. RACHNA SHARMA

MOST LIKELY TO DO
THE HARD WORK SO
YOU DON'T HAVE TO

DR. ABHISHEK JUNEJA

MOST LIKELY TO
MAKE YOU RETHINK
EVERYTHING YOU
THOUGHT YOU KNEW

DR. MADHU
PRABAKARAN

MOST LIKELY TO
LEAVE YOU WITH
MORE QUESTIONS
THAN ANSWERS (ON
PURPOSE)

MS. ASTHA TRIPATHI

MOST LIKELY TO
MAKE EVERY THEORY
SOUND LIKE IT'S
ABOUT YOU

DR. NEHA GOYAL

MOST LIKELY TO
LOOK STRICT UNTIL
YOU ACTUALLY TALK
TO HER

DR. SURENDRA
KUMAR YADAWA

MOST LIKELY TO
HAVE AN ACADEMIC
PUBLICATION FOR
EVERY QUESTION
YOU ASK

DR. MANISHA MISHRA

MOST LIKELY TO
MAKE A WAR SOUND
LIKE A FRIENDLY
DISAGREEMENT IN
HER CALMEST TONE

DR. RAM PRAKASH

MOST LIKELY TO
MAKE A SINGLE DATE
SOUND LIKE AN EPIC
SAGA

MS. AMIT KUMAR RATH

MOST LIKELY TO SAY
'CARPE DIEM' AND
TRULY MEAN IT

MS. TREENASRI GHOSH

MOST LIKELY TO ASK
A QUESTION RIGHT
WHEN YOU ZONE
OUT

Hands on the Deck

