

CLIMAX OF THE CASCADING SEASONS



C R E S C E N D O

# DUNES IN TIME


THE CURTAINS OF FALLING SEASONS

Edition 1.2

*SORT & LITERARY CLUB - TCET*

ACCADEMIC YEAR - 2021-22





IF IT'S SORT,

*Reform*

WE INVITE YOU TO



IT'S UNIQUE

*Transform*

"DUNES IN TIME"



# VISION

We have tied up with VVKI (Vyakti Vikas Kendra India), which is an organization that will help us with spiritual activities and YES! (Youth Empowerment and Skill-building) program to incubate professional skills, entrepreneurship, and self-reliance by means of seminar, workshop, activities, and events. The literary club exists to create a platform for you to express yourself. The purpose of this club is to invite students to write what they think, speak what they believe in, and learn from others what might help them become a better version of themselves. We hope to create a circle of peers where they can share their interests with a zeal unbound.



# MISSION

S.O.R.T. envisions to be a platform that helps the students to work on themselves in order to be physically, mentally, emotionally fit and also to rediscover themselves as a spiritual, skillful and happy individuals. We envision creating a community that is passionate about learning, indulging, and expressing various literary skills. A place where they can pursue their passion for literature, calligraphy, or art. A club where students can work on their personality grooming while helping others.







# ABOUT US

**S.O.R.T and Literary Club is an initiative by Thakur College of Engineering & Technology (TCET) supported by Art of Living. It aims at social transformation and building a society lead by students who have concrete beliefs and sharp personalities. It was established in October 2019 with amazing mentors as our backbone.**

**As our motto goes- “If its sort, it's unique”, we celebrate the uniqueness of every individual who is a part of the SORT & Literary Club. We strive to provide you with opportunities and a platform to show your skills amongst your peers.**

**If you're a writer, a singer, a book reader, a leader or just a curious learner, then SORT & Literary Club is the best place for you! From writing contests to entrepreneurship events, we provide you with the liberty to explore and develop. Our objectives include self-development, talent incubation, spirituality, physical fitness, personality development, and many more, including the ideas that you might bring to us.**

**We conduct skill enhancement activities, debate competitions, lifestyle workshops and literary events with a pinch of fun! SORT helps you to develop a spiritual connection with yourself and become an individual with a strong personality. We are here to help you become a better version of yourself, physically and mentally.**





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# EDITOR'S MESSAGE



**Ms. Preeti Verma**  
Chief Editor (SORT)

The seasons trickle by and i can feel them as they do. I can feel the nostalgia that hits with the fall shedding its leeaves. I can feel the excitement when the spring fairies bloom. I feel the joy of sharing a cold treat with my dear ones, I ceel the zeal invogorate me when the monsoon shower drenches me to the core. And i feel the warmth of all the kind souls sourrounding me in the chilly winters. I feel them carese my existence and leave a mark on my memory, shaping my dreams, and giving wings to my arpirations.

"Once upon a time, there lived a fairly simple girl. You could easily call her naive. But as the summers passed and scorched her with their withering glares, she melted and hardened again. As the winters broke her up with their harsh howling whips, she collected the broken parts and linked them back again. With the thunders slapping her in each rain she made herself as strong as a storm. And now she reigns her demons, like beasts leashed. Yet she loves her dear ones with the warmth of the summer, chiding of the winter with sparkling eyes and mischievous as the rain."


Allow yourself to feel the emotons of the writers flowing through your being. Take a fresh breath of aspiration to move ahead. Hike the ride to the wonderland of dreams, nostalgia, aspirations, and the happiest memories here. Feel yourself slip through the memories of your childhood and reclaim your ownself. Weave a story of your own.

We at SORT & Literary Club, welcome you on a brand new journey  
Crescendo of Dunes in Time.

Happy reading...!







*Words  
of  
Wisdom*







## MRS. LOCHAN JOLLY MENTOR

The educational qualification of the students should be skilled enough to suit the high requirements of the numerous technology-based industry. Technical Education is the backbone of every nation and is the stepping stone for a country to move into the niche of a developed nation. TCET has over the years significantly bolstered the quality and availability of technical education, doubling the employment rate of graduates who are now better suited to the needs of the Indian industry. Being a Student and Staff Welfare Dean, I have always strived to provide each and every member of the TCET family to get acquainted with everything that's possible. Students coming into this institute must not only be provided with the academic part but also be developed enough to meet industry standards, such as after passing out he/she should be presentable enough in front of the corporate world. With this motive, we have many Extracurricular and cocurricular activities that strengthen the process of learning by teaching students the value of hard work, discipline, and fair play. We strongly encourage students to participate in these activities and showcase their talent.







## CDR. VIJAY PRATAP SINGH MENTOR

**It is a great pleasure for me to be part of the TCET SORT& Literary club as a mentor. It was primarily established for the development in students' personalities, managerial & organizing skills, enhancement of communication & literary skills (written & spoken). While serving in the Indian Armed forces for 35 years, I came across many great personalities, bureaucrats, technocrats and foreign dignitaries. I realized that strong personality traits along with sound communication, management, and leadership skills are essentially required to achieve success in the career of choice. As students come from different family backgrounds and environments, they carry different personalities with them. Poor personality traits generally become stumbling blocks to achieving success in a career. Streamlining of basic personality attributes and development of progressive mindset of students are the main objectives of the club. Having this idea in mind, TCET SORT & Literary club was formed during the academic year 2020-21 for the overall development of students with help of various activities and skill-based learning.**







## CDR. VIJAY PRATAP SINGH MENTOR

**TCET SORT & Literary Club is considered one of such platforms, where students can showcase their different talents, take part in various activities related to personal development, mental and physical growth. They get opportunities to learn various skills such as talent management, event management, organizing skills, writing skills, public speaking, leadership qualities, improving mental and physical health etc. SORT club seeks to motivate young men and women, particularly students, to build character, develop personality, improve decision-making ability and impressive writing skills. The SORT & Literary club publishes a magazine to portray the literary, writing, editing, compiling, and presentation skills of a dynamic team of students associated with the club. The main focus of the magazine is to improve the soft skills, mental health, literary acumen and personal qualities of readers. I wish that SORT & Literary club magazine unfolds the truth of mental stability, positive attitude, team spirit and organizing capabilities of students in days to come.**

**Jai Hind. All the Best!**







## MRS. RAJESHWARI SINGHANIA MENTOR

Being an experienced faculty, we decided to form S.O.R.T. Club which will create a platform that will help students to grow in all aspects whether that's peer learning, or attaining some values through the percept of perceiving spirituality or self-esteem. S.O.R.T. Club will help members to learn tools that will help them in their professional and social life. By having indigenous participation in activities held by S.O.R.T. Club, they can have an increase in their sense of well-being which includes overall happiness, mental health and wellness quotient which count in important pursuits of living well. Creating a happy and well sustainable surrounding for ourselves as well as other is one of the motives of S.O.R.T. Club. By being a member and interacting on a level, it will imbibe and express a sense of social and civic duty which must be a part of everybody's routine. I hope S.O.R.T. Club will always be a backbone in students who genuinely want to achieve big in life and we will always mimic our process to create leaders who will be ready for giving Social transformation much needed.







## MRS. PRIYANKA DESHMUKH MENTOR

**It gives immense pleasure, and I feel proud to be a part of this edition of the SORT club e-magazine. I am filled with pride and Joy, seeing another successful activity come to an end by this club. I came in contact with this team of students to start the work for this edition of the magazine. I was surprised as well as encouraged to see their positive approach towards their work. Everyone is ready to do something new, something special with their capability. They only need appropriate direction. I would like to extend my heartfelt appreciation to our club magazine team for their time and efforts to make this magazine.**

**This magazine is one of the best platforms for our students to put forward their innovative ideas. The magazine intends to bring out the creativity and marvellous thoughts of the minds of the students. It is an initiative to evoke the habit of reading in students. Here every minute, we can learn something new. We have tried to make the magazine informative as well as fun. On a concluding note, I would like to say all the best to students for their future endeavours.**







## GURUDEV SRI SRI RAVI SHANKAR

**Signs of a youth: 1. Being ready to take on challenges 2. Undying enthusiasm! When you light a candle and turn it upside down, the flame still burns upwards. That is how our life should also be – regardless of which direction life goes, the spirit should always move upwards. One who is able to maintain his sense of enthusiasm regardless of the situation in life is a youth in the true sense. Enthusiasm is a sign of youth. What do you think are the challenges that come to you in life? One of them is when you think, “Oh, how will my life be in the future? Will I get a job? Will I be able to make it as an entrepreneur? Will my business thrive?” There is some kind of insecurity in your mind about yourself. Or you worry by thinking, “Oh, will I pass my exams? What marks will I score? Will I get a seat while applying to colleges for higher studies?” These kinds of insecurities suppress your potential. This is where you need a firm foundation, or an anchor to which you can place all your faith; which makes you believe that you can overcome and progress forward.**







## MRS. VASUDHA JHUNJHUNWALA MENTOR

**Maximizing Human resource potential would mean capacity building of an individual. Which also means maximizing abilities of the mind. As humans we have inherited the finest piece of engineering. While we have made huge advancements in the outer world of engineering and learnt to harness the power of wind, water, sun etc. Lot more needs to be done in the field of Inner engineering. Progress in this direction alone will bring sustainable growth.**

**The SORT & Literary club powered by the Art of living foundation, provides such a platform for students in colleges for self mastery. 21st century education tools integrated with Indian spiritual techniques- Yoga, Pranayama, Meditation, Vedic knowledge etc are made available to students through this club platform for advancement in the realm of inner technology. So that with mental discipline and heightened energy these students succeed in their material life and also become committed for giving back to society.**







## MRS. MAMTA PANDYA MENTOR

**SORT & Literary Club aims following three things:-**

- 1. Education is meant not to just make us tablets of information but living examples of high standards of ethics. Education is to make us such strong personalities, which would spread harmony, which would bring progress in the society and spread love and compassion. This is what I strongly believe. So we need to educate ourselves and people around us.**
- 2. Education is to make one a strong personality, a personality which would stand up to criticism and give constructive criticism.**
- 3. A personality which would create friendliness all over, which has humor and a sense of belongingness along with it and this is what the world is looking for today.**

**Creativity comes up in a person when he has such an opportunity of free thinking and everybody in this planet is supposed to have free thinking. Unfortunately it is not there. We think in boxes, we think in limited spheres; we have to get out of this. We have to think freely and keep our mind free of narrow ideologies.**







## MR. SIDDHARTH MISRA PRESIDENT ( 2021 - 22 )

**As anyone who is close to me knows, there is nothing more important to me than family. Family first. That's my motto. When someone tells me they can't make an event because they have a family obligation, I tell them, "Yes, of course! Go be with your family." Quality time with our loved ones gives us the strength we need to go out and give of ourselves. We cannot fill another's bucket if our own is empty.**

**However, Sortians are a kind of family as well – a really big family with all kinds of people with their unique traits and identity and a lifetimes of stories to share. I'm proud to be a part of this Sort family. And I want for Sortians to grow , learn , be motivated and confident. I want the members of this club to achieve all their pursuits in different walks of life . And we as a sort family will help and put in our best efforts to help our members achieve the same. I wish you all best of luck in all you future endeavors .**





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S U M M E R

THE HAZE OF SHARED  
SMILES







# ALL ABOUT SUMMER



Summer is the warmest season of the year, falling between spring and autumn. Temperatures over the period differ based upon the location on the Earth; regions near the equator are typically warmer than those lying near the poles. This is because, due to the curve of the Earth, these places receive the most sunlight, according to Pedagogy in Action. The areas around the Earth's poles also have ice, which reflect a lot of the sun's rays.

The summer equinox occurs when the sun passes directly above the equator because of the tilt of the Earth. When the seasons are based on the Earth's position in relation to the sun, it is called astronomical summer. In the Northern Hemisphere, astronomical summer happens on or around June 21. The North Pole is tilted at the greatest angle toward the sun at this time. In the Southern Hemisphere, summer occurs on or around Dec. 22, according to the National Oceanic and Atmospheric Administration (NOAA), when the South Pole is

Astronomical summer runs from the summer solstice until the autumn equinox. The summer solstice is the day of the year in which the sun is up the longest, while the equinox occurs when night and day are approximately the same length.

There is another definition for summer, though. A meteorological season is defined as the 12 months of the year being divided up into four seasons with three months each, NOAA states. June, July and August are considered summer, north of the equator, and December, January and February are summer to the south. During these months, temperatures tend to be higher than over the rest of the year.

*Siddharth Misra*







# SUMMER MEMORIES 2K21



Last Year when my Dad told us about a plan to visit Kashmir for the summer, I was really excited to visit this Heavenly place because I has heard this place has the best atmosphere with the snowy Himalayas, cold climate, and beautiful and cherish full places with the Heavenly scenery of the mountains and beautiful lush green terrains.

Our trip began with a flight journey from Mumbai to Srinagar, and we flew in the early morning which was the best time to see a sunrise from an aircraft. After few hours of our takeoff, we were flying on top of the Himalayas and I was shocked after seeing the snowy mountains.



As soon as we landed at the Srinagar airport the atmosphere was so cold that we had to wear a 2 layer jacket.

Srinagar City was a central point for major attractions like Gulmarg, Pahalgam, Yousmarg, Sonamarg, and other places.

We visited several gardens in Srinagar. And the other day we went on a Shikara ride in the most beautiful lake in INDIA, the Dal Lake.

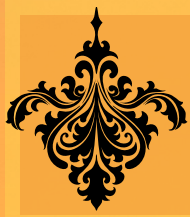


After a good day at Srinagar, we left for Pahalgam the very next day.

Pahalgam can be your best memory of the entire Kashmir trip. The sound of crystal clear blue water touching the rocks and hills gleaming like gold







# SUMMER MEMORIES 2K21



follow you throughout your road trip in Pahalgam.

There is not a single point where waters stop following you. If that is not enough, visit Betaab Valley- where Sunny Deol starrer 'Betaab' was shot and you would feel like never coming back. Green waters of Betaab with snow-clad peaks of Amarnath shrine in the background is like a dream. With its separate taxi union, you have to hire a taxi from the Pahalgam taxi stand for visiting Betaab valley, Aru valley, Chandanwari, etc. Lidder river banks are equally mesmerizing.

We did a Horse ride and climbed a mountain from where we could see the whole City Of Srinagar and the dal lake, but unfortunately, we were unlucky that the fog had blocked our views.



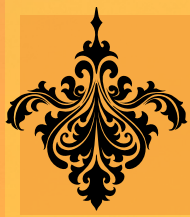
The horse riding was so hard that we all were scared because of falling on the slippery Mountains because due to rain the road was slushy and was very risky but we had faith in the Horses we were riding on they were very stable and powerful.

Though we had beautiful memories of the horse riding and we visited so many beautiful places in Pahalgam.

We visited Baisaran, and many more places during our Horse riding mesmerized in the most beautiful weather with fog all around no visibility till 5 meters, and walking on the snowy ground and playing with the snow was a good vibe.







# SUMMER MEMORIES 2K21



After a day in Phalgam we headed back to Kashmir after spending a night in Pahalgam and taking rest the next day we left on our way towards Gulmarg.

Gulmarg is the only place where you can feel a little chilled so a light warmer, shawl or jacket will help. Gondola ride- world's second highest cable car works in two phases. You can book your tickets in advance on government website instead of falling in net of guides there.

If an adventure buff, you will love the snow on phase 2 which however requires a lot of hard work to climb the slippery rocks and mini heart attacks. If not, you can enjoy the ride till phase 1. On the downhill are the two must-visit places- a small church in Gulmarg valley is where the opening shot of Yash Chopra's 'Jab Tak Hai Jaan' was shot. The church offers a 360-degree view of Gulmarg valley. Either hire a horse or take your vehicle through pucca route to reach the church. Also nearby is a small Bani Temple which the last

Kashmir ruler Raja Hari Singh built-in memory of his wife.



Spending a good day in Mansbal Lake and experiencing the Shikara ride again and visiting a garden near Mansbal Lake was an amazing experience.

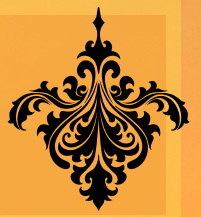
The very next day and our last few days in Kashmir we visited Sonamarg.

At first glance, it feels like a dreamlike sequence. The meandering road, up in the high Himalayas from Srinagar to Sonmarg seems endless, as your eyes remain transfixed on the beauty of it all. We reached Sonmarg by noon, and the clouds above our heads hung low in a threatening stance. But soon enough it got brighter, and t!





# SUMMER MEMORIES 2K21



green around us seemed greener, and the warm sun felt warmer. Far across, you can see the grandiose of the mountains, parts covered in snow, and mostly covered with sublime mist. The one-hour drive does not bore you, we were of course, of course, being adventurous, but even otherwise it is a great drive full of spectacular views. We were driving towards Leh, as the pass is located between Srinagar and Leh, and all around us, the vegetation started to go scarce. Reaching the past we realised that the journey was the best part. It is so full of life and beauty, the rivers, and mountains, the endless clouds floating by; Zoji La Pass got our adrenaline rushing, while also soothing our eyes. The road can get a lot bumpy from time to time.

By evening we returned to Srinagar and sat down at a restaurant to spend the evening. The driver charged us extra for the trip to Zoji La Pass, but then again, it was fine. So now, when someone seeks my advice on the

next holiday, I simply direct them towards Sonmarg. So here was when our trip finally ended after enjoying and experiencing the most beautiful place in India.



**“Up in the north, away from all the filth,  
there's a land of pure where angels descend.  
And live between the rivers and trees.  
There's a place known as Kashmir.”**

*Tenil Vala*







# THE FIRST LESSON OF MY ADULT LIFE



It was the most awaited day of my life. I was waiting for it so eagerly. Finally I was going to experience a lot of freedom. Freedom to vote, freedom to express, freedom to take decisions and the freedom to have a license to ride a bike.

Yes, it was my 18th birthday. I was now an adult. My father gifted me a brand new Hero Honda. Though my mother was unhappy with his decision, he still fulfilled my wish. Giving the keys to me he said, "Beta, you're more precious to me than anything else, so take care of yourself and promise me that you will follow all the traffic rules." I assured him with a tight hug and a big smile.

Then on, my days started with the ride on the beast and ended also on it. I was on cloud nine but eventually I started taking the traffic rules for granted; seldom wore helmet, broke the signals and raised at the speed of 120 Km/hr.

Till one day when I witnessed my own dear friend meeting a fatal accident before my very eyes. He was hit by a car. He was in a pool of blood as he was not wearing the helmet. I was dumbfounded, shocked and startled. That night I cried a lot. I had almost lost him. It took him six months to recover. I learned the importance of prevention and precaution. Today I ride my bike but I follow all the rules.

*Ruchi Yadav*







# MASTER YOUR EMOTIONS



**“The mind in its own place, and in itself can make a heaven of Hell, a hell of Heaven.”**

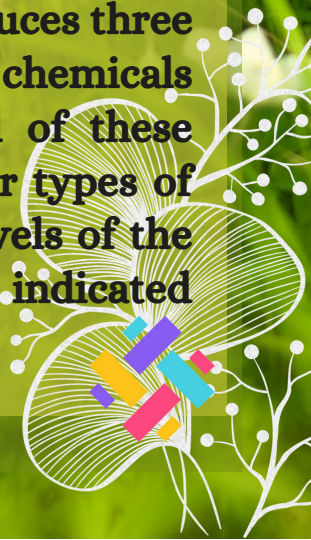
**John Milton**

**Why is it important to talk about emotions?**

**How you feel determines the quality of your life. Your emotions can make your life miserable or truly magical. That's why they are among the most important things to focus on. Your emotions colour all your experiences. When you feel good, everything seems, feels, or tastes better. You also think better thoughts. Your energy levels are higher and possibilities seem limitless. Conversely, when you feel depressed, everything seems dull. You have little energy and you become unmotivated. You feel stuck in a place (mentally and physically) you don't want to be, and the future looks gloomy.**

**Your emotions can also act as a powerful guide. They can tell you something is wrong and allow you to make changes in your life. As such, they may be among the most powerful personal growth tools you have. Neither your teachers nor your parents taught you how emotions work or how to control them. It is you who has to learn as to how to control your emotions.**

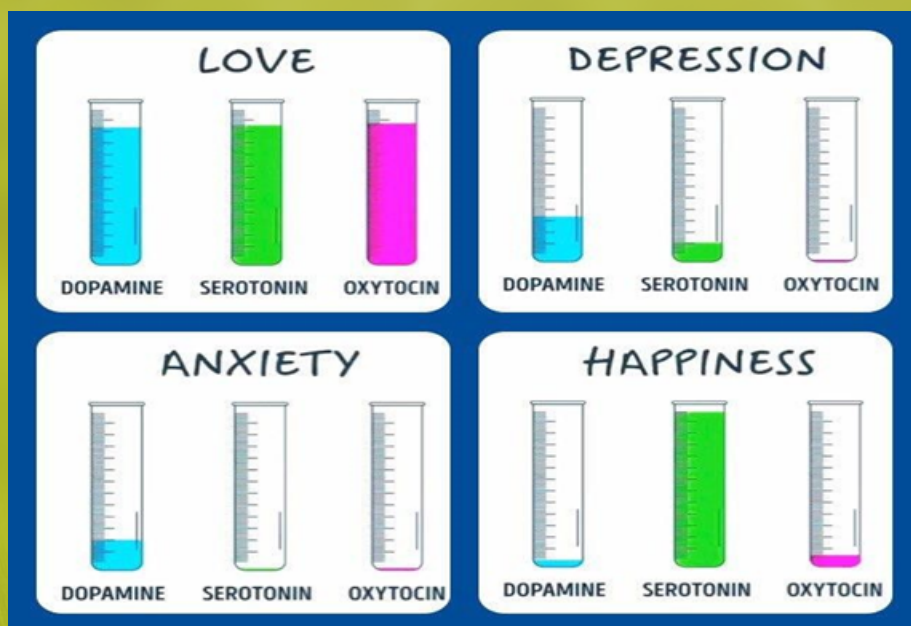
**Human brain is controlled by neuro transmitters. Brain produces three types of neurotransmitters in human brain. These also called chemicals i.e. Dopamine, Serotonin and Oxytocin. Quantity or level of these chemicals decides the status of mood of any individual. Four types of moods or emotions are generally discussed based on the levels of the chemical or neurotransmitters present in human brain as indicated**







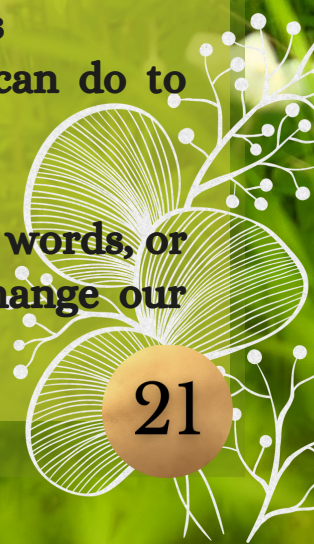
# MASTER YOUR EMOTIONS



It is observed that the level of the chemicals in any human brain decides the type of mood or emotions.

The following efforts are recommended to be undertaken for better mood or emotion management.

- v Understand what emotions are and how they impact your life
- v Identify negative emotions that control your life and learn to overcome them
- v Change your story to take better control over your life and create a more compelling future,
- v Reprogram your mind to experience more positive emotions
- v Why we are wired to focus on negativity and what we can do to counter this effect.
- v We should understand how our beliefs affect our emotions.
- v We should understand the role our body, our thoughts, our words, or our sleep, play in our life and how we can use them to change our emotions.







# MASTER YOUR EMOTIONS



**30 Simple Strategies to Master Your Emotions. Do you struggle to let go of negative emotions?**

## Short-term strategies

### Change your emotional state

- 1. Distract yourself:** An emotion is only as strong as you allow it to be. Whenever you experience a negative feeling, instead of focusing on it, get busy right away. If you're angry about something, cross something off your to-do list. If possible, do something that requires your full attention.
- 2. Interrupt:** Do something silly or unusual to break the pattern. Shout, do a silly dance or speak with a strange voice.
- 3. Move:** Stand up, go for a walk, do push-ups, dance, or use a power posture. By changing your physiology, you can change the way you feel.
- 4. Listen to music:** Listening to your favorite music may shift your emotional state.
- 5. Shout:** Talk to yourself with a loud and authoritarian voice and give yourself a pep talk. Use your voice and words to change your emotions.

### Take action

- 6. Do it anyway:** Leave your feeling alone and do what you have to do. Mature adults do what they have to do whether they feel like it or not.
- 7. Do something about it:** Your behavior indirectly changes your feelings. Ask yourself, "What action can I take in today to change the way I feel?" Then, go do it.







# MASTER YOUR EMOTIONS



## Become aware of your emotions

- 1. Write it down:** Take a pen and paper and write down what you worry about, why, and what you can do about it. Be as specific as possible.
- 2. Write down what happened:** Take a piece of paper and write down what exactly happened to generate the negative emotion. Don't write down your interpretation of it or the drama you created around it. Write down the raw facts. Now ask yourself, in the grand scheme of your life, is it really that big a deal?
- 3. Talk:** Have a discussion with a friend. You may be overreacting, making things worse than they are. Sometimes, all you need is a different perspective.
- 4. Remember a time when you felt good about yourself:** This can help you get back in that state and gain a new perspective. Ask yourself the following questions, "How did it feel?" "What was I thinking at the time?" "What was my outlook on life at the time?"
- 5. Let your emotion go:** Ask yourself, "Can I let that emotion go?" Then, allow yourself to release it.
- 6. Allow your emotions to be:** Stop trying to resist your emotions or to change them. Allow them to be what they are.
- 7. Embrace your emotion:** Stay with your emotions. Look at them as closely as possible while doing your best to remain detached. Become curious about them. What are they exactly at their core?







# MASTER YOUR EMOTIONS



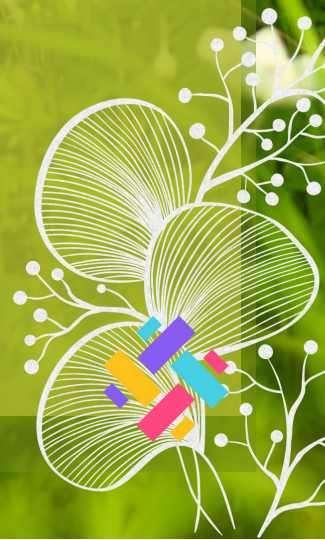
## Just relax

- 1.**Rest:** Take a nap or a break. When you're tired, you're more likely to experience negative emotions than when you are properly rested.
- 2.**Breathe:** Breathe slowly to relax. The way you breathe affects your emotional state. Use breathing techniques to calm you down, or to give you more energy.
- 3.**Relax:** Take a few minutes to relax your muscles. Start by relaxing your jaw, the tension around your eyes and the muscles on your face. Your body affects your emotions. As you relax your body, your mind also relaxes.
- 4.**Bless your problems:** Thank your problems. Understand they are here for a reason and will serve you in some way.

## Ask for help

- 1.**Consult a professional:** if you have deep emotional issues such as extreme low self-esteem or depression, it might be wise to consult a professional.

*CDR. Vijay Pratap  
Singh*





# Games

## Spot The Difference



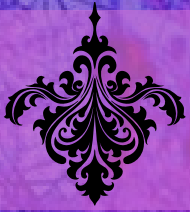


# WINTER

THE PILLOW OF BEAUTIFUL DREAMS







# WHAT IF??



The curiosity has always been a very important and amazing abstract in the world, so called universe. It has created it but it has been the reason for us to go on, to discover more, to dig more and to get more and that's why how we are here, in our future!

Let's have mini test to make ourselves believe its power. Open any search engine and type "what if", and you will find each and every question asked that you already had in your mind. It doesn't see age, group or status. We all are born curious and should be, it can be reason of the amazing or adventurous turning points in your life.

BUT, What if you lied to your boss and lose your job?

What if you failed in your exam you have been preparing for long time?

What if you buy a car and meet with an accident?

What if you lose your documents on a business trip?  
What if you get ditched in a relationship?

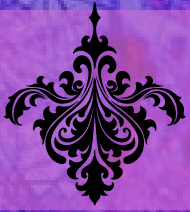
AND MANY MORE WHAT IFs!!

Well, think about it, these and many such questions wander in your mind whenever you do something new or different, any day or everyday. These are the barriers for a change and a change is never good or never bad, it is just meant to be right for YOU!

There are obviously always gonna be the bad sides of every coin, and unfortunately we are attracted towards the thought of bad one only. Keep it little strange from now, or different, let's think about the positive side. How every deed can be beneficial for you, how you can bring good in everything you face, and see how choosing this can be a turning point in your life.







# WHAT IF??



Lying for something good will not make you suffer for long, not even boss or job!

Failing in exam benefits you experiencing the exam!

Buying the car can buy you your dreams or luxury!

Fear of documents should not affect your peace at business trip!

Ditching may be the part which may help you make right choices!

AFTER ALL, GOOD THINGS ARE EXPERIENCED AFTER BAD EXPERIENCES ONLY!

When you feel scared to jump, this is exactly when you jump, otherwise you keep staying at the same place forever.

*Sakshi Porwal*







# LOST



Is it just me who thinks that the people nowadays are just lost  
Lost in imagining themselves with someone else  
Lost thinking of someone they desperately want  
Lost dreaming about living a lavishing life being a billionaire  
Lost in pleasing and begging others to stay in their lives  
Lost dragging themselves to places they don't matter  
Lost in finding someone perfect  
Lost regretting the decisions in the past  
Lost being concerned about the future.

People are just not themselves anymore.

In this day to day struggle people have managed to cross an invisible line. It feels like they've come to a place they thought they'd have to come to. And they themselves don't know how they came here. A place where they're just lost thinking or wondering about all the things that aren't worth losing into. A place where they're lost imagining a perfect life with someone special but their someone special doesn't last more than a few months. A place where they're lost thinking about thriving into their best selves but are just lost thinking about it. A place where they have lost themselves in their own heads.

Being lost isn't a bad thing after all. It all depends on where you are lost  
Being lost in this abyss of the world enjoying every small moments of your life.

Being lost in finding missing piece of yourself that completes your life's puzzle.

Being lost in doing things that you love doing for yourself

Being lost driving a car that leads you down the memory lane reminding you of how happy you were.







# LOST



Being lost all summer in someone's eyes and those eyes confusingly staring back at you.

I get lost too. I lose myself in my dreams sometimes to be found stranded in an open field with crops. This spot where everything I'd ever lost since my childhood had washed up, and I stand there in front of it, and if I wait long enough, a tiny figure would appear on the horizon across the field and gradually get larger until I'd see myself just younger and happier, and he'd wave, and maybe even call. I'd lose myself in my dreams just to be woken up in a place where people have lost themselves.

*Kailash Ahir*







# LIGHT UP MY WORLD



Freezing the time until forever,  
not wanting you to go away ever.  
You keep my heart in peace,  
Holding close all of it's pieces.  
I wonder if you are the only soul,  
Made for me in the whole wide world.  
I feel my heartbeat in sync,  
As if it came back home,  
and found its missing link.  
To you I owe all of my smiles,  
Lighting up my world every single time.  
How would I even tell you,  
How truly I Love You!

*Nikita Bharati*







# LIGHT

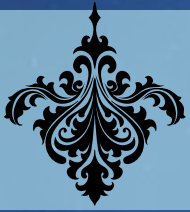


**LIGHT** a symbol of hope and goodness was just a mere mirage that hallucinated Man. Man always wanted **LIGHT** when surrounded by darkness. He thought "**LIGHT**" drove out the darkness that he fears but never understood its true nature. **LIGHT** showed him the real world. When the truth unfolded Man was dissatisfied with the world. This world that Man loved and wanted to know the truth about is now afraid of it. He was now afraid of **LIGHT**. We can easily forgive a child who is afraid of the dark; the real tragedy of life is when Men are afraid of the **LIGHT**. After being fooled by Light Man was again surrounded by darkness but this time he endures it. As **LIGHT** was never what it seemed to him. **LIGHT** was not something which was out there in the world but **LIGHT** was something within him since the start.

The Man's broken brilliance now shines as a **LIGHT** in the darkness. He realises that the "**LIGHT**" he was searching for at the end of the tunnel was never there but he himself was the **LIGHT**. The **LIGHT** of a thousand suns that could drive out the most menacing and dense darkness in the world which was the one and only thing that he himself wanted, the "**LIGHT**" that showed him the truth. "**LIGHT**" was the darkness that corrupted people made them hungry of power just to move a step closer to the "**LIGHT**" which meant goodness for them. He realized that **LIGHT** was not what he needed but the thunder; he needed the storm the whirlwind the earthquake that would shake people to their cores and made them realize that "**LIGHT**" they thought helped them see the world was actually blinding them.







# LIGHT



He knew that people needed to keep their minds as bright and clear as the vast sky, the great ocean, and the highest peak, empty of all thoughts. They needed to keep their bodies filled with LIGHT and heat. LIGHT that didn't blind people but the light that spread a ray of sunshine which helps others to make the world we live a better place for everyone. And to live in the new LIGHT of a new day and an unimaginable future which is unpredictable people must become fully present to a deeper truth. Not a truth from your head but a truth from your heart; not a truth from your ego, but a truth from the highest source, their souls.

*Kailash Ahir*







# THUNDER IN THE DARK



Once I was broken  
Frozen to the bone  
Devoid of hope  
Completely alone

There was a storm rolling by  
Destruction raging pure  
Dark was the sky  
Seeming very very sure

And I stood there motionless  
Looking at the rain  
Pouring down  
Like tears in pain

And then you came  
Like a thunder in the sky  
Brightening the way  
For every passerby

I saw you move  
In your skin of gold  
Adorning the zeal  
In your eyes bold

And you took me by my hand  
Warming my heart cold  
You built me again  
As if in another mould

You stood by me  
While I wept for the past  
When all I could see  
Was hopelessness vast

All you gave me  
Was a powerful zap  
Made me high  
Like some energy sap

And now  
When I lay  
In your arms  
Forever I want to stay

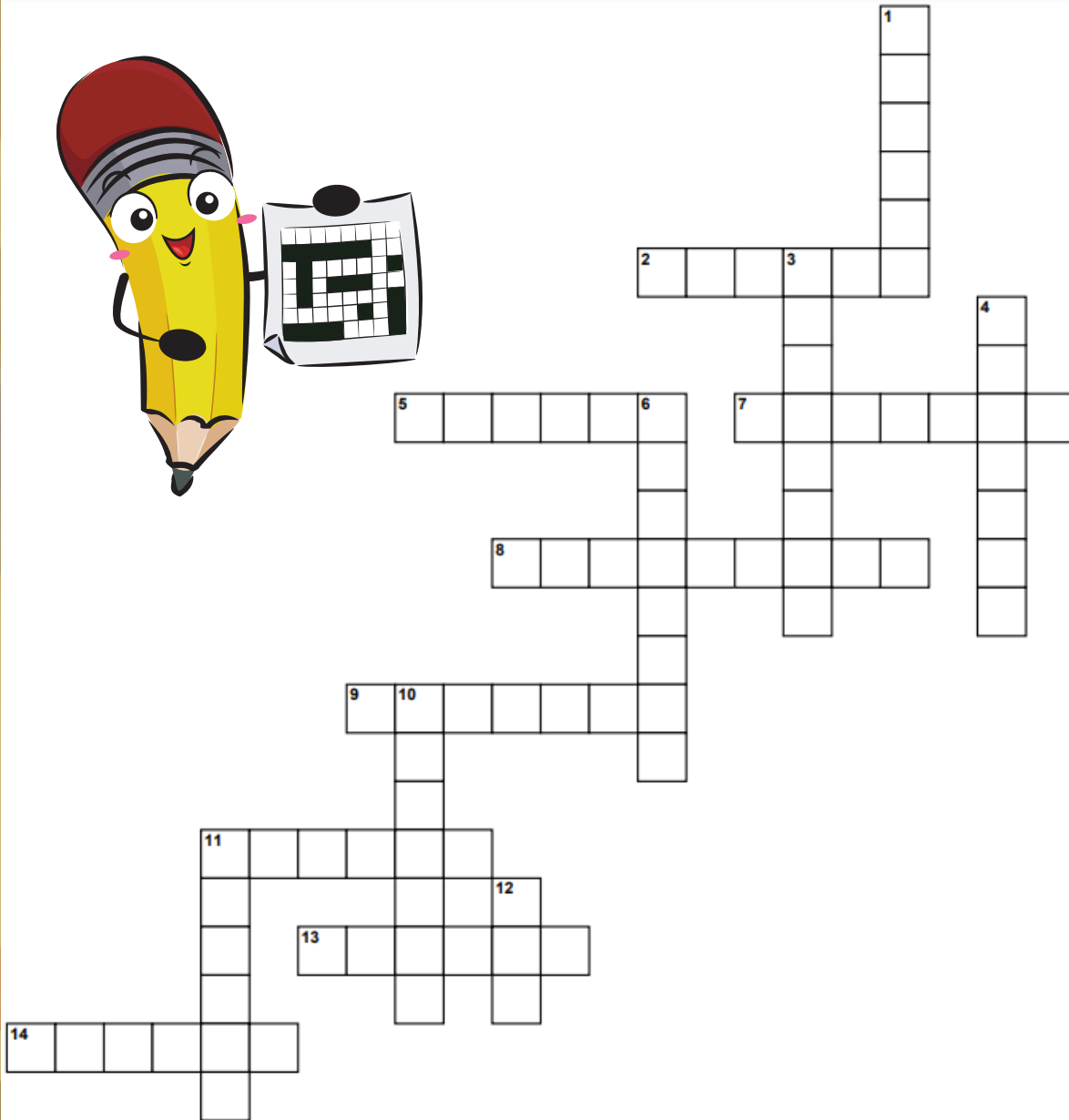
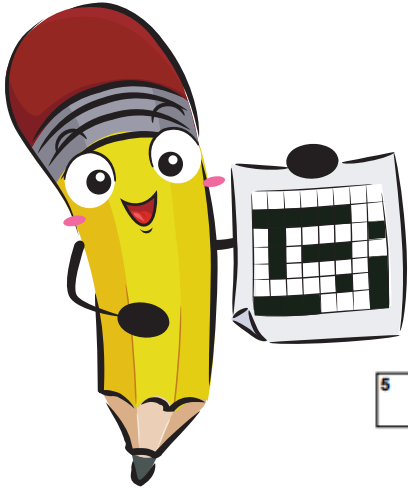
For I can feel the love  
I can feel the hope again..

*Preeti Verma*





# Crossword



## Across

- [2] the coldest season
- [5] it is the season after summer
- [7] time of the day when you see sunrise
- [8] time of the day after lunch
- [9] the time when you sleep
- [11] the season when flowers bloom and trees are greener
- [13] the day in between Sunday and Tuesday
- [14] it is the last day of the weekdays

## Down

- [1] the hottest season
- [3] it always comes after today
- [4] the first month of the year
- [6] the month before Christmas
- [10] time of the day when you see the moon and stars
- [11] What day is it today?
- [12] the month when we have golden week







# CONNECTING STROKES



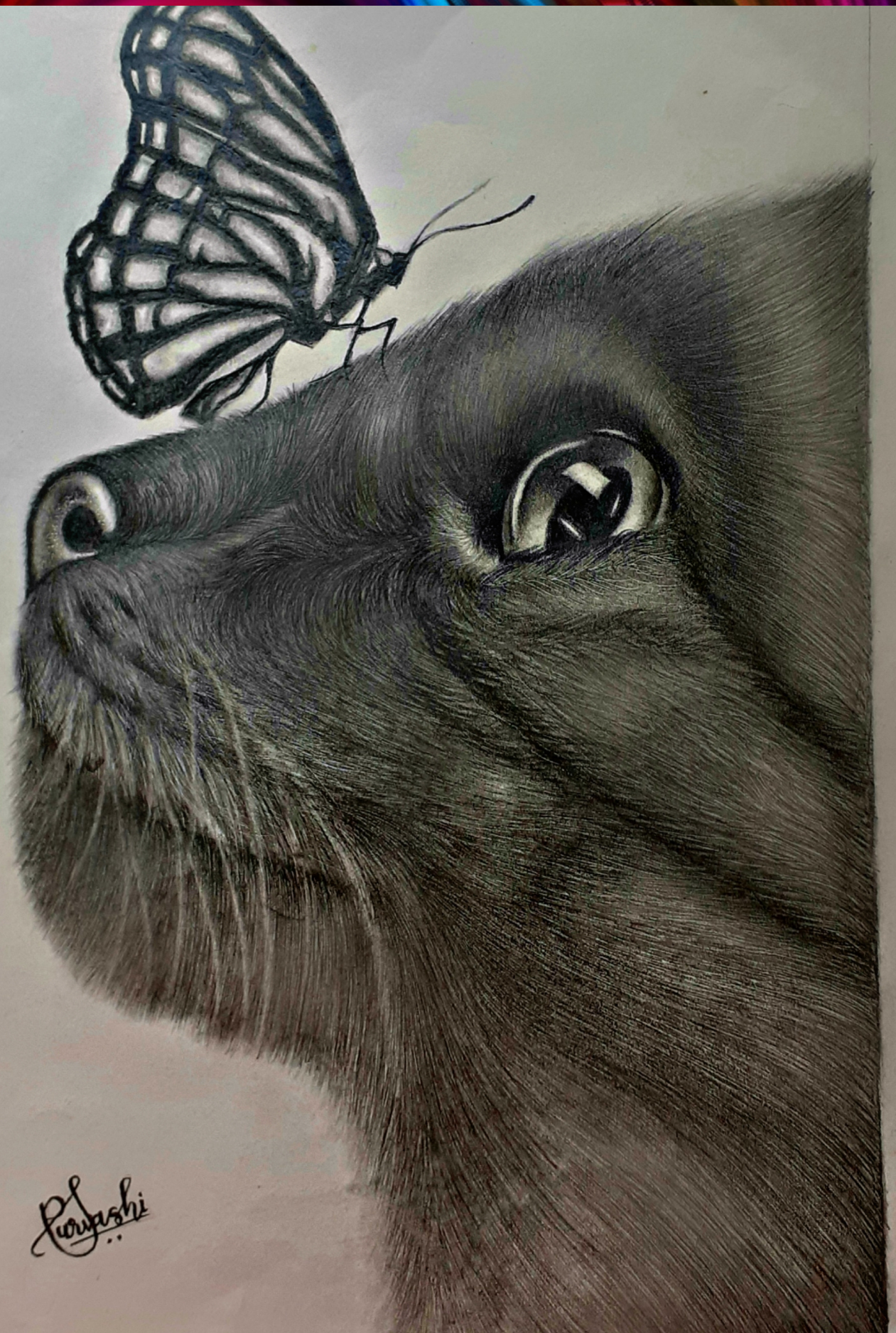




Uday Vyas











Uday Vyas











Uday Vyas











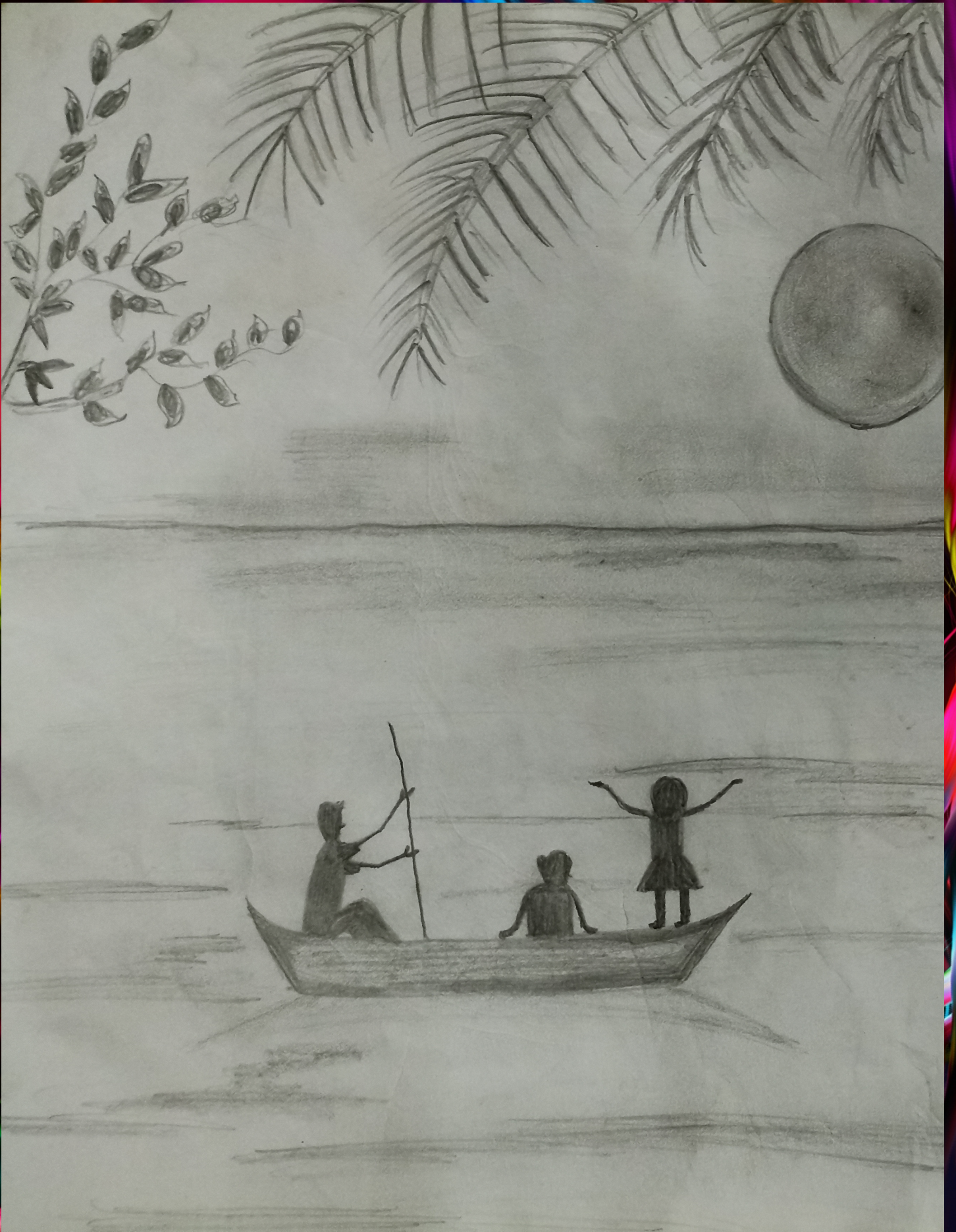
Jenil Vala











Anurag Gaur









# Riddle-o-mania

**1: I AM WHAT YOU REMEMBER WHEN YOU THINK,  
THERE IN YOUR MIND EVEN WHEN YOU BLINK,  
SOMETHING OTHER THAN YOUR DREAMS,  
FLOWING IN YOUR MIND LIKE SEAMLESS STREAMS**

**2: I KEEP ALL YOUR MEMORIES,  
SOMETHING YOU WERE AND MIGHT BE STILL,  
SEARCHING FOR ME, WILL YOU LOOK BACK,  
IF TOMORROW IS A MYSTERY, THEN I WANT TO BE YOUR  
HISTORY**

**3: YOU CAN'T GO OUT WITHOUT BLINKING,  
TOO HOT FOR YOUR SKIN TO BE FLINCHING,  
BUT I AM NOT SOMETHING LIVING IN SPACE,  
IF THERE IS BLOOMING BEFORE ME, RAIN AND FROST AFTER,  
WHAT AM I?**

**4: END OF THE YEAR ANTICIPATION BUILDS,  
SMILES AND LAUGHS ARE ON THEIR WAY,  
EXAMS WERE A LOT OF WORK,  
BUT RELAXATION HAS A LOT OF PERKS,  
THE DAYS ARE FOR FUN AND GAMES,  
GATHER AROUND, HERE I COME.**





A U T U M N

THE OF MEMORIES  
WILLOW FALLING







# IST COVID LOCKDOWN



Thamsi gayi hai Duniya,  
Bas bimaari ka shor hai,  
Raaste pai bhagte bacche,  
Aaj ghar par baithke hue bore hai  
...

Yaadh aa rahi hai apne yaaro ki,  
Unki pukaar sunne ke liye kaan  
taras gaye hai,  
Yaadh aati hai khule aasman mai  
chalte pairo ki,  
Aaj Baarish bhi khali sadko pai  
baras rahi hai ...

chhut si gayi hai zindagi,  
Sahi raste pai lana hai,  
Milke dukh batne ki aadat  
chhutsi gayi hai  
Mere dost ye video call ka  
zamaana  
hai ....

Ye pata hai ki ek din zaroor  
milenge  
Par social distancing ke karan  
galle  
nhi mil payenge ....

Ye waqt hai, ye bhi guzar  
jaayega,  
Aane wala samay phir se  
khushiya  
lekar aayega,  
Sath milkar iss mushkil haalaat  
se  
ladh jaayenge,  
Sab pehle jaise hone ke badh  
sadko  
par Dodh kar hum aayenge,  
sab ke aakon mai khushiyon ke  
aasu  
chehre pai muskan paayenge,  
Yaadh karte karte woh pal hum  
sab  
yaar phirse gal le lag jaaenge ..... !

*Niraj Raut*





# MOON & I



It's me and the moon today,  
Talking about you I guess.  
He says he misses you though,  
And so do I.

The stars have seen us grow,  
From friends to something more.  
The night is calm and composed,  
But my heart singing in chaos.  
Out of habit, I turned around,  
To show you a shooting star,  
Finding you nowhere,  
I realised you are gone too far,  
I wished I know how you are..  
I want you to be safe and secure.  
The city shining brightly with lights,  
Feels lonely that you are not around.  
I miss you smiling, looking at the small things  
And the way it would light up my face.  
I hope I'll meet you again,  
Even if it means for a second.  
All I know is that I loved you true.

*Nikita Bharti*







# MOON



As the night bleeds to bring  
dawn with colours bright  
She tries hiding her beauty out  
of our sight  
Slipping behind the veils of her  
favourite mist  
Disappearing smile explaining  
the night in gist  
Holding the secret of each  
endeavour  
Every sin that she savours  
I'll wait for you  
With stories new  
Come soon  
Moon!!

*Preeti Verma*





# LEADER



ALWAYS SPEAK LIKE A LEADER, WHETHER YOU ARE ONE OR NOT!

Today I'm gonna share with you some speaking secrets, whether you are speaking or writing a speech for someone else or you may be writing for yourself too.

I don't know whether you know this or not , but there is a secret language of leadership that we all used to be taught at school.

So what I am gonna do in my article is revive an ancient art of rhetoric and share with you six techniques so that you can all speak like leaders.

## 1. LOOK LEFT, LOOK RIGHT, LOOK CENTER!!

How are you feeling like?

Distressed? Anxious? Little bit edgy?

That is because I am mimicking, hyperventilating!

This is the authentic sound of fear, and that fear transfers to you. This is an ancient rhetoric device, they used to call it asyndeton. And it is one leaders still use today.

So David Cameron uses it as : "Broken homes, failing schools, sink estates."

Tony Blair used to use it as well : " Education, education, education."

Barack Obama too : " A World at War, a planet in peril, the worst financial crisis in a generation."

WHY THREE?

Well, three is a magic number in rhetoric.

"Government of the people, by the people, for the people."

"One people, one empire, one leader."

"Eat well, laugh often, love much."







# LEADER



This is also an ancient Roman rhetorical device. They used to call it Tricolon, which makes it sound like a peculiar part of the digestive system. But its just putting things in threes. Put your argument in threes, it makes it sound more compelling, more convincing, more credible.

JUST LIKE THAT!

And so we find the rule of three: here, there and everywhere. And so indeed you can tell the history of Verona through nothing more than the rue of three. Of course, far and away the most momentous event in Verona's history is today's TEDx : " Reinvent, Rethink, Relay."

2. Let's move on, number two, three sentences in which opening clause is repeated. Now this is what Winston Churchill did with his, " We shall fight on the beaches, we shall fight on the landing grounds, we shall fight on the fields and in the streets." Of course he could have said this a whole lot quicker. But he wanted to communicate his emotion, so he repeated it. When we are emotional about things, our perspective distorts and this then manifests in our speech. And so this is the authentic sound of passion. It sweeps people away. And this is why this technique is used by slick salesmen and by market traders. It sweeps people onto the next point, which is free balance in statements.

3. "Ask not what your country can do for you, ask what you can do for your country."

There is nothing wrong with India, that cannot be cured by what's right with India.

If the sentence sounds as if it is balanced, we imagine that the underlying thinking is balanced, and our brain is tuned to like things that are balanced. Balanced minds, balanced diets, balanced lives. And so we are drawn to these kinds of sentences, we are attracted to them even if that balance is actually just an illusion.





# LEADER



Like we are looking to the future, not the past. We are working together, not against one another. We are thinking about what we can do and not about what we can not do.

Now let's move to the number four

4. Metaphor is probably the most powerful piece of political communication. But it's the bit no one ever talks about, the elephant in the room, so to speak, which is extraordinary because we use metaphor once every sixteen words on average. so our conversation is littered with metaphors, scattered with metaphors. We can't speak very long without reaching for a metaphor, and metaphors are very loaded. See, metaphors are over the places, and they are political in that they are used by people to lead people towards things, or indeed to make them recoil. And so we use beautiful images, images of people, images of love, images of family, of sunshine, in order to draw people towards things, and we use disgusting images-vermin, scary monsters, disease, sickness, in order to make people recoil. And they are all lies, and they are never challenged. And yet they have an enormous impact on the way that people behave and respond. There has been research showing changing nothing more than the metaphor in a piece of text can lead to fundamentally different reactions from people on questions ranging from whether or not they will invest in a company, whether or not they will back particular crime policies to even whether or not they will support a foreign war. And so this is really important stuff and it is all around us.

So, just let me take three of the big metaphors: "The Arab Spring, Sun's shining, flowers blooming."

"This is a time of regrowth, rebirth, and rejuvenation." And yet it is a big lie, isn't it? Even the most optimistic, geopolitical experts look at the Middle East and say this is going to take two generations to recover.

**Let's take one more " The Financial Storm"**







# LEADER



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# LEADER



The financial storm for the financial crisis, was the financial crisis really an act of nature as the storm metaphor suggests? So it has nothing to do with the greedy bankers? Or timid politicians? Or ineffective regulators? The storm plants a phony image in our minds that this is something that just swept in, naturally and equally will just sweep away with no need for action on our parts. It is a big lie.

There are the five steps. And using these five steps you can make the most absurd arguments sound plausible.

Let us consider a topic Donald Trump. I would like to speak for the topic: "Plain speaking, honest, authoritative, America has been waiting for someone to grab it by the scruff of its neck, and pick it up. America has been waiting for a politician who can dare to tell the truth. America has been waiting for someone who can really show leadership. Trump's being knocked by the liberal establishment, but he is winning support from the people. That's because he is not spinning, he is telling it like it is. And he is not speaking to America at its heart, but he is speaking to a truth across the world now. The world has been waiting for enlightenment from someone like Trump for a long while now. And I will tell you what, we ought to be thanking our lucky stars that for once we have got genuine political debate taking place in the US. Maybe who knows we might get something like this in India one day. Strange things have happened. "

It's a playful exercise but the point I am making here is very serious. The reason we all used to listen was because it was seen as a basic entry point to society. How could society be fair, unless everyone has equal ability to articulate and express themselves?

This is how you need to express your words, making your speech more effective.

Make it practical!!

*Sakshi Porwal*







# SPACE WORD SEARCH

Circle words in the puzzle below

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

earth  
sun  
moon

stars  
mars  
saturn

venus  
mercury  
gravity

comet  
orbit  
lunar





# MONSOON



**THE THUNDER OF RISING  
ASPIRATIONS**







# TOGETHER



Somewhere around the parallel  
line we would meet,  
I'll be with you goofing around,  
We could walk a mile more  
With your hand holding mine.  
I'll look at you with love-filled  
eyes,  
Never wanting to look away,  
You can talk about anything you  
like,  
I'll hear it out like my favourite  
music,  
Maybe I'll miss a detail or two ,  
So if I ask you to, would you  
please repeat it again?  
Street lights lighting up our  
paths,  
With you around, I am someone I  
never knew.  
My heart knows no despair or  
grief.  
For every time it sings a new  
song,  
With every moment I spend with  
you,  
There's a flower that blooms  
somewhere along.  
I don't want to lose us in hopes  
of forever,

Nothing really matters if I have  
you here right now.  
You were the missing piece of  
the art I was working on,  
Surprised at how my heart lits  
up  
At the mere mention of you.  
if only our fate was entwined,  
We could have been smiling,  
watching the moon together.

*Nikita Bharti*







# ILLUSIONS



## Illusions – Are You Really Being Yourself

Growing up, there would be at least a time when your parents or teachers have said you to be yourself. Everyone will acknowledge you if you are being yourself. But what does that actually mean?

We are fed an image of what is normal from our childhood. You must have once in your life read magazines or books or watched videos on social media about how to be yourself and happy. But life isn't that simple and flawless. What we see in these videos or magazine covers is not always what it seems. All this is just an illusion sold to us in the name of living a perfect life. We humans are very good at staging an illusion and become very good at playing it, especially on social media. But does this identity created by you always match what you feel inside?

We humans are always afraid of people judging us, so afraid that we create these illusions about our identity. Many of you would have talked to yourself about how you are not beautiful or handsome or smart or worse you are a failure. It always comes down to these words NOT GOOD ENOUGH. This fear of judgment stops us from achieving our full potential.

We knowingly or unknowingly become a part of a group that is not for us. Like in school, in trying to fit in the crowd or please them we either become a bully or the victim in some sort of way. We start to isolate ourselves pretending to be OK and keeping a smile on our faces.

But... But what about the reality shows or our favourite actor/actress we grew up watching who were being themselves and happy.







# ILLUSIONS



Well, if you ever worked with them behind the scenes, you will find out that you and they are not very different. They are not as intimidating or secure or perfect as seen but also like us tends to get nervous or you know what “make mistakes”, the thing we are most afraid of. The GREAT REALITY SHOWS that we adore is just an ILLUSION.

When we stop thinking about others’ thoughts, we will find out what we want to do. You should not let this fear stop you. The meanest critic you will ever find is yourself. While constructing Eiffel Tower, Mr. Gustave Eiffel received many criticisms that the project is not artistic and no one will like to see it. But as we all know today many people come especially to Paris to see the Eiffel Tower.

You are always GOOD ENOUGH. Break these illusions and live your life.



*Kaushal Agarwal*







# FEAR



## FEAR SHOULD MOTIVATE, NOT PARALYZE!

Another name of life is problem, which is the main cause of the fear. We all have our fears. Fear of failing, fear of height, fear of losing people, fear of taking risks, fear of speaking, fear of driving, fear of the dark or any other phobia.

Many of our fears motivate us, other do paralyze. People who find motivation in their fears are hereby successful in the things they do, others who find fears too scary end up doing nothing other than being scared. They aren't even aware of why results are important to them, because they didn't dare to experience them.

However, the question that arises here is, how to get motivated by your fear instead of getting paralyzed?

Let us go reverse from here to find the right strategy used, from the success to the process. People who are successful have good experiences, these good experiences come from improving the mistakes, you will be able to improve the mistakes if you will make a mistake, that is your bad experiences and that comes from doing the things, obviously.

Whenever you face the fear, you always have two choices, either just take one more step, fight from it, have some courage and just make it, here the fear has motivated you to be strong and confident about the scary things, the next time, the same fear will never be a barrier for you.

However, for the other option, if you stop and do not dare to take the step, you keep staying at the same place without even knowing the results, curious and scared! This doesn't show that you even tried or not, everything is meaningless if you do not even try. Here, the fear of failing stops you from taking that step.







# FEAR



FEAR SHOULD MOTIVATE, NOT PARALYZE!

Fear is not always a negative abstract, it's upon your vision, what you consider it to be. Don't leave yourself with other option, otherwise you will be paralyzed. Fear of failing in a competition makes you prepare and practice for the competition, this is motivation. But if you let the same fear affect your mental health or cause you anxiety, then you aren't safe here! Don't allow it to affect you!

After all, it's all your choice. CHOOSE WISELY!

*Sakshi Porwal*







# SCARY STUFF



"

## WHY YOU NEED TO DO THIS SCARY STUFF?!?

**There are few things that people don't like more than public speaking. Getting up in front of a group and talking is often described as more frightening than death. Even informally introducing yourself to a group can produce nervousness, fear, tension and anxiety."**

What makes people so terrified of communicating to others and even more so, to a group? And what's the origin?"But because of this fear, that is not even real, you are losing a lot that you do not even deserve to lose! What valuable results are you missing by carrying this fear of public speaking with you?

The consequences to be paid are great, you do not dare to ask for a salary, you do not dare to be with people you want to be with the most, do not undertake your projects, you lose sales, you do not expose your ideas, you find it difficult to ask, and the saddest thing is that this fear can inherit your future generations.

Symptoms like the consequences of fear speaking in public are diverse, When you have to expose yourself to a group of audiences either small or large if you carry on fear the emotional states are almost the same, you go into terror, your hands sweat, your feet shake, change coloration of your face, you panic, you have anxiety, shyness, etc. the list does not end.

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## WHY YOU NEED TO DO THIS SCARY STUFF?!?

The consequences to be paid are great, you do not dare to ask for a salary, you do not dare to be with people you want to be with the most, do not undertake your projects, you lose sales, you do not expose your ideas, you find it difficult to ask, and the saddest thing is that this fear can inherit your future generations.

**THIS LOSS SHOULD NOT BE BEARED!**

**WAKE UP AND go into ACTION**

And a very common cause of being afraid to speak in public is feeling not enough, I mean that you are not trained in the subject you have to talk about, in this case it is recommended that you improve your skills and that I expanded your knowledge and thus feel able to perform a good dissertation.

Practice your speech in front of the mirror as if you were talking directly to someone. If you really want to learn how to improve public speaking skills then Pay attention to:

- His facial expressions
- Your gestures
- Your body movements
- How cozy you look

When you have soft expressions and a quiet attitude when you speak, it will be more welcoming to your audience.

*Sakshi Porwal*





# MAZE





SETTLING  
OF  
THE  
MIST  
**Epilogue**







# ACKNOWLEDGEMENT

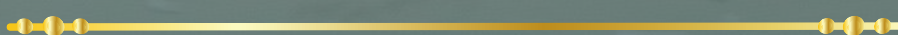


Perseverance, endurance and innovation is the key to achieving success team SORT has always been persistent in bringing the best out of the team every year. With the same commitment and hard work, we have brought this edition of SORT & Literary magazine - Dunes in Time.

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**“Not all those who wander are  
lost.”**

J.R.R. Tolkein







“Time slips away like grains of sand, never to return.

But each grain is a vast ocean of experience we earn.”



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