

**3**

## **SINGLE DADS: REDEFINING FATHERHOOD**

Single dads have a greater risk of mortality than partnered mothers

**5**

## **DELHIITES BRAVE THE HEAT & ADAPT**

They are finding ways to adapt and continue with their work and routines

**9**

## **STUDENT SUICIDES: A POINT OF CRISIS**

Between 2014 and 2019, 27 students across 10 IITs attempted suicide

**10**

## **STORYTELLING: WEAVING MAGIC GLOBALLY**

Digital storytelling has totally changed how one viewed storytelling earlier

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Pictures: SUPRIYA SRIVASTAVA

# **HEATWAVE**

## Taking toll on laborers

80% chances are that the world will temporarily cross the 1.5°C threshold in the next five years.

# Heatwave: Taking toll on laborers

**SUPRIYA SRIVASTAVA**

Bachelor of Journalism & Mass Communication

**D**o you recall the summer of 2022? It was referred to as the hottest summer ever. But then came the summer of 2023, which exceeded 2022.

As temperatures rise to unprecedented levels across India, the country's labor force faces extreme challenges. Even today, 75% of Indians, that is three out of four people, are dependent on labour related work like farming, constructing buildings, setting up roadside stalls, rickshaw pullers and porters just to name a few professions.

Seema Pal, a laborer who works at a complex in Mohanlalganj says, "Earlier when my husband was alive, we both never worked in the heat and yet we could support ourselves. But after he died, I am the sole breadwinner for my family, therefore I am now habitually working in this temperature."

The heatwave has also taken a toll on productivity. Laborers are forced to take frequent breaks slowing pace of work.

Ramesh, a 33-year-old construction worker in Lucknow, recounted his experience while talking with Expressions. "We

start work early morning, but by noon, the heat is unbearable. Many of us feel dizzy and exhausted, but we have no choice but to continue working. Missing a day means missing a day's wage, something we can't afford."

Reports from hospitals indicate a sharp rise in the number of patients suffering from heat-related conditions.

For 27-year-old Sandeep Prajapati of

Earlier when my husband was alive, we both never worked in the heat and yet we could support ourselves. But after he died, I am the sole breadwinner for my family, therefore I am now habitually working in this temperature

Seema Pal

Krishna Nagar, a wet towel beneath his helmet and a water bottle are the only respite from the scorching sun as he rides through the city carrying a bag on his back to deliver food orders. "There are very few people who offer me water to drink. I take maximum orders in a day to increase profit due to which my back has started hurting a lot," he added.

According to World Health Organization, El-Nino Southern Oscillation is the second biggest cause that changes the Earth's climate. It is a complex climate pattern that originates in the Pacific Ocean but has far-reaching global impacts on weather and climate.

While talking to Expressions, Lucknow Meteorological Center scientist Mohammad Danish said, "Maximum temperature will not increase further, but the effect of heat wave will remain. Due to western winds heat wave conditions have become more severe in daytime and nights have also become warmer."

A community group, Jal Sathi in Lucknow is making a difference, albeit on a limited scale whose Initiatives are distributing free water bottles, setting up temporary shelters, and conducting awareness campaigns on heatstroke prevention. ■



# Single dads: Redefining fatherhood

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Bachelor of Journalism & Mass Communication

**W**ith a focus on work-life balance, gender-balanced parental leave policies are on the rise. In India, paternity leave is provided by the Central Civil Services (Leave) Rule 551 (A), 1972. The framework states certain benefits for eligible male employees who are in government jobs.

But as gender-balanced parental policies are introduced, it is worthwhile to ponder that whether dads, as children know them, are getting their due credit or not as a single parent or with their spouses? Even as conversations center around single mums, studies show that single dads have a greater risk of mortality than partnered mothers, poorer self-rated health and mental health, higher levels of psychological distress and generally, lower socioeconomic status.

Single fathers are largely understudied and less credited compared to single mothers. Single fathers may experience a range of emotions, including loneliness, guilt, and frustration. They may struggle to adjust to the new role of being a single parent and dealing with the emotional needs of their children. Remember Kramer vs Kramer?

Talking to Expressions, Jai Bhanushali says, "Men or fathers are made this way that they don't express themselves. That conditioning of mind justifies how we men are less expressive." Nand Kishore Khandelwal adds, "It's true to say that a home doesn't feel like a home without a life partner and their mother.

It's challenging to navigate life without her. I make every effort to keep my children happy, but a father can never replace what a mother can do. I will do

whatever I can to ensure my children's happiness."

Single fathers often bear the sole financial responsibility for their families. They may have to juggle work and parenting responsibilities, which can be demanding and stressful. Financial pressures can add to the stress, especially if they have limited resources or face difficulties in meeting the needs of their children. Additionally, single fathers may have limited support networks too. This lack of support can contribute to feelings of isolation and stress.

"Allocate time for self-care and indulge in activities that help you relax, recharge, and reset. This can include meditation, journaling, socialising, exercising, or any other activity of your choice. Taking care of your mental well-being can largely improve the quality of love and care that you give to your children." says Dr Sugandha Mahajan.

"My fellow men, never forget that just as you want to see your children happy, they also desire the same for you. By doing everything in your power to ensure their well-being, you can make a profound impact on their lives. However, it's

equally important to remember that seeking and accepting help when needed is not a sign of weakness but a testament to your love and dedication as a parent. Embracing assistance from family and friends can lighten your load and create a better life for both you and your children." Nihal Verma adds.

"I feel a deep sense of pride and accomplishment as I see my child thrive, despite the daily hurdles. When my wife passed away, I had to quickly adapt to being both mom and dad. It was overwhelming at first, but each bedtime story, each school project, and every shared laugh makes my journey worthwhile."

says Shariz Khan. Adds Faisal Aziz, "After my divorce, I worried about maintaining a strong bond with my children. Through late-night talks, weekend adventures, and being there for every milestone, I've built a relationship with them that's stronger than ever."

Connecting with other single parents, joining support groups, accessing counselling services, and reaching out to family and friends can be beneficial in managing these mental health challenges. ■



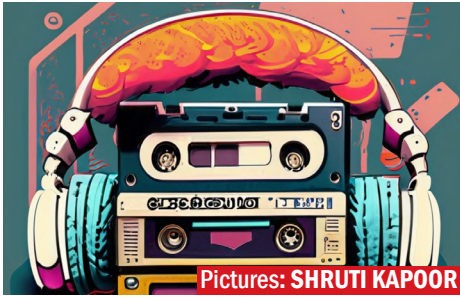
Picture: ARHAMA ALI

*It's true to say that a home doesn't feel like a home without a life partner and their mother. It's challenging to navigate life without her*

*Nand Kishore Khandelwal*

According to Satjyot, Founder and Mental Health Expert at Well-being Action and Research Initiative, the new age single fathers need to learn to communicate effectively. In Indian context, usually mothers play a role in communicating with children and at the same place we have seen fathers either scolding or giving silent treatment to their children but this is the narrative we need to change so communication becomes a crucial element as part of parenting.

# It's the sound of music



**SHRUTI KAPOOR**

Bachelor of Journalism & Mass Communication

Perhaps it is the charm of the lyrically enriched tunes of the Nineties, that even after three decades of the 21st century, these melodies hold their own. Contrasting this with the emotional connect of the past, today's music scene is a vibrant mosaic of genres and styles, especially in the realm of English tracks.

From the rhythmic beats of hip-hop to the infectious hooks of pop anthems, contemporary music offers something for every mood and moment. While the lyrical depth might sometimes seem overshadowed by catchy tunes, the advanced production techniques and global



influences create a unique listening experience.

Expressions surveyed 50 people using Google Forms which revealed that a balanced appreciation for both the music of the 90s and today's modern hits. Many respondents say that both eras have an equal influence on their musical preferences. Soulful melodies are highly regarded in Hindi music, with classics outranking English recordings. However, there is a sizable sector that appreciates English music, demonstrating the diversity of tastes.

A respondent shared vivid memory that driving with his family through the bustling streets, the car's cassette player blaring "Pehla Nasha" by Udit Narayan. The emotional connect with these songs is undeniable, providing not just enter-

tainment but a profound sense of identity and belonging. The music from the 1990s, which is frequently listened to while relaxing at home or driving, has a strong sentimental appeal. Emotional connect and situational mood play important roles in music selection, demonstrating how personal experiences influence musical choices.

Interestingly, Hindi music predominantly represents the identity of respondents, though a fair number also identify with English music or both. This duality showcases the cultural blend that defines modern musical tastes. Additionally, many believe that 90's music will have a lasting impact on future generations, despite a slightly smaller group favoring contemporary hits.

This trip through musical tastes, reinforced by poll results, demonstrates a significant preference for the emotional and nostalgic aspects of 90's music, as well as a respect for the variety and production quality of modern songs.

Music continues to grow, merging the old and the new, yet it remains a tremendous force in defining identities, memories, and emotions. The timeless classics of the 1990s, combined with today's successes, create a rich and dynamic image of musical appreciation. ■

## Trolling should be curbed: City residents



**ARYAN RAJ**

Bachelor of Journalism & Mass Communication

Once a tool for rapid sharing of information, social media is now more or less spreading negativity termed as trolling. Trolling can be described as where people make nasty or disruptive comments.



Talking to Expressions, locals in Hazratganj commented that how trolling affected their mental health, made them afraid to share their opinions and said stricter rules were needed to prevent this behavior. Mahi, a college student who loves social media said, "Social media is great for expressing yourself and staying in touch with friends. But trolling is a big problem. It's sad to see people hiding be-



hind screens to spread hate. This can really hurt people, especially young ones." Mahi also mentioned that she has seen many friends suffer from anxiety and stress due to constant online harassment.

Deepak, a shop owner in Hazratganj worries about the impact of trolling on free speech. "Trolling is a problem because it makes people afraid to share their opinions. No one wants to be

attacked online. Social media should be a place where everyone feels safe to say what they think." Deepak's views highlight how trolling can stop people from speaking freely as they become scared. Deepak also shared a personal story of a friend who had to shut down his social media account due to relentless trolling after posting a political opinion.

Rinku, a software engineer, thinks stricter rules are needed to fight trolling. "We need better rules for how people behave online. Social media platforms

should do more to stop trolling. If people knew they could be punished for trolling, they might think twice before doing it." Rinku believes that stricter rules could make social media safer. If there were clear consequences for bad behavior, fewer people might engage in trolling. He also pointed out that some countries have already started implementing strict laws against online harassment, and India could learn from them.

It is obvious that social media users are impacted emotionally by trolling spe-

cially teenagers and young adults. They believe that more awareness and education about the effects of trolling could help mitigate this issue. Moreover, there is a strong call for social media companies to take more responsibility. Many feel that platforms like Facebook, X and Instagram should implement better monitoring systems and stricter penalties for those who engage in trolling. Some suggested features like instant reporting and quicker responses to complaints as ways to improve the current situation. ■

# Delhiites brave the heat & adapt

**DIVYA KOTWANI**

Bachelor of Journalism & Mass Communication

**A**s summer 2024 descends upon Delhi, unprecedented heatwaves grapple the city. With temperatures soaring to record-breaking highs, daily life for Delhiites has become a test of endurance and adaptability. Despite the searing heat, Delhiites are finding ways to adapt and continue with their work and routines.

Ramesh Anand, a watchman, says, "It's tough out there. I have to keep myself hydrated, so I carry a big bottle of water with me. I also try to take breaks in the shade whenever possible, and wear a cap and sunglasses to protect myself from the sun." Despite the challenges, Ramesh remains committed to his job. "The heat is tough, but I can't let it affect my work. I need to support my family," he adds with a determined smile.

The relentless heat affects everyone, from those working in air-conditioned offices to laborers braving the sun. Each group faces unique challenges and has developed specific strategies to cope.

Anita Kapoor, who works with a multinational in Connaught Place, says, "Our office has air conditioning, but the commute is tough. I take the metro in-



stead of driving to avoid traffic and the heat." Office attire is really a challenge in this heat, so everyone must opt for light fabrics and comfortable shoes. With Delhi facing more frequent and intense heatwaves, environmental awareness is growing like encouraging the habit of minimizing waste by recycling materials, practicing water-saving techniques, and participating in tree-planting initiatives to increase green cover and combat air pollution.

Innovative solutions like mist fans, cooling vests, and shaded breaks are crucial for outdoor workers like Ramesh Anand.

Workers in various sectors have adapted their schedules and have equipped themselves with tools to endure the intense heat, ensuring productivity while safeguarding health.

## HEAT SAFE STRATEGIES

**Wearing light-colored and loose-fitting clothing to reflect sunlight and facilitate air circulation.**

**Some workers, particularly those in outdoor occupations, use cooling vests that help regulate body temperature.**

**Sharing information and heatwave alerts through community networks and social media to keep everyone informed.**

**Consuming foods with high water content, such as fruits and vegetables, to stay hydrated naturally.**

Temperatures in India's capital soared to a national record-high of **52.3** degrees Celsius (126.1° Fahrenheit)



From auto-rickshaw drivers navigating early morning shifts to office workers strategizing their commutes and street vendors innovating with cooling solutions, each person's story reflects a determination to persevere despite challenging conditions. ■

### Day 1: Ice-Breaking and Photography

The program began with an ice-breaking session by ASCO faculty Dr Alisha Syedain. The attempt was to create an interactive atmosphere for the attendees. ASCO faculty Namita Pathak welcomed the guests while Prof. (Dr.) Sanjay Mohan Johri, Director and Hol of ASCO emphasized the growing importance of mass communication skills for students of all disciplines.

The participants were given a tour of Amity University campus and ASCO facilities.

**Session on photography:** This session was led by faculty member Dr Neelu Sharma and faculty guest Kunal Karthik. The session began with a theoretical introduction to diffuser, reflector, blocker, ISO, and composition. This was followed by a hands-on practical session where students were given an opportunity to experiment with camera and settings. They explored various shooting techniques.



### Day 2: News Writing and Advertising

The session on Basics of News talked about theoretical and practical aspects of news writing and advertising. Dr Johri led an interactive session on the basics of news writing involving students in quiz and writing activities. ASCO faculty Dr. Bhavna Wal presented a talk on importance of content creation and why content is king. She elaborated on crafting compelling news stories that adhere to journalistic principles and then later addressed students' queries.

**Exciting world of advertising:** ASCO faculty Dr Mohit Sharma led the session on advertising, bringing creative expertise to the table. The session began with a discussion about students' perceptions of design, prompting them to think beyond aesthetics and consider a deeper message that an advertisement conveys. Answers ranged from 'design is creativity' to 'it represents emotions'. In the practical activity, students divided into 10 groups, were tasked with designing an advertisement for Ben and Jerry's ice cream. This real-world scenario allowed students to put their design thinking skills to the test.



# 5-DAY CERTIFICATE PROGRAM

## for students of Class XII

### Bytes to content: Intro to World of Journalism

The aim was to introduce college initiates to the mesmerizing and riveting world of journalism, an aura of glamor, good career options and infotainment hitherto not experienced in any other profession. Given this background, Amity School of Communication (ASCO), Amity University, Lucknow Campus, held its second edition of One Week Certificate Program (OWCP) in Journalism and Mass Communication from May 27-31, 2024. The

first edition was held in 2023.

The five-day program was split to showcase the profession's various countenances to the Class XII graders who are leaving school and at the threshold of college life.

On display were interesting variations like photography, content writing, the colorful realm of advertising, film-making, radio broadcasting, video production and anchoring.

Report by: PAVNI TANDON

### Day 3: Filmmaking and Radio Broadcasting

When ASCO faculty Shivanshu Pathak started the Day 3 session with filmmaking, students were all ears. The session provided an overview of filmmaking process, from pre-production (storyboarding) to post-production.

**Audio is supreme:** The afternoon session explored the world of radio with a session by Dr Syedain. She began the session with the audio nature of the radio, lights off, while introducing herself as an RJ and presenting a short RJ link. Industry expert RJ Shruti from Red FM also addressed the students, sharing her experiences and insights into the radio industry. Students learned about the importance of confidence, communication skills, tonality, extensive reading, and preparation for a career in radio broadcasting. They then participated in a group activity where they discussed and wrote RJ links on the topic of elections.



### Day 5: Valedictory Session & Experience Sharing

The final day witnessed celebrations, reflections and farewells. It began with a presentation titled 'Introduction to Marketing and Digital Communication', a comprehensive dive into the ever-evolving digital marketing landscape. This session, addressed by Dr Iftikhar Alam, equipped students with valuable knowledge about the objectives of digital marketing.

Students also shared their experiences. They spoke about the challenges they faced and the skills they acquired. Later, outstanding students were felicitated for their achievements as they were awarded certificates. The program, all in all, captured a week filled with exploration, discovery, and the birth of budding media enthusiasts. As the final bite was taken and goodbyes were exchanged, a sense of hope and possibility lingered. The participants left the workshop not just with certificates, but with the confidence and skills to embark on their journeys in the exciting world of Mass media.



### Day 4: Video Production and News Anchoring

During the video production session, Dr Amit Massey guided participants through the fundamentals of video production. From the interplay of lighting, editing, audio, and video to mastering different camera types and their applications, students gained a strong foundation. The practical training included students to create a one-minute movie on a topic of their choice. As classrooms converted into bustling production sets, students were asked to incorporate three of the learned shot types into their films. This hands-on activity saw students writing scripts, acting, directing, and shooting their mini-masterpieces.

**Art of news anchoring:** ASCO faculty Namita Pathak emphasized the importance of thorough preparation and research for aspiring anchors. To get a taste of this, students wrote 100-word script for "piece to camera" segments.

Pictures: SURESH SAHU & ABHISHEK SINGH



# At OWCP, students get a taste of journalism

**BHAVNA SONI**

Bachelor of Journalism & Mass Communication

“This program provided me with a taste of everything from news anchoring to film-making to content creation,” Pavini Tandon of La Martiniere Girls’ College just couldn’t help gushing as she spoke. Tandon was referring to the recently held 2nd one-week certificate program (OWCP) in Mass Communication and Journalism by Amity School of Communication (ASCO), Amity University. The program was aimed at motivating school graders to come into the mesmerizing world of mass communication.

The five-day certificate program which saw its second edition in May this year was held to initiate college starters into the exciting world of journalism and mass communication. The first edition was held in 2023.

Following the ice-breaking activity compered by ASCO faculty Alisha Syedain, students engaged in discussion on journalism to foster a relaxed environment. Another ASCO faculty Namita Pathak welcomed the guests following which ASCO Direc-

tor Prof. (Dr) Sanjay Mohan Johri spoke on the discipline of mass communication and its future prospects.

Day 1 was devoted to campus tour and photography. Bhumika Chowdhary from Manipal Public School said, “ASCO’s campus tour was definitely a surreal experience, witnessing such a beautiful campus with all the facilities available for learners was such a delight.” Students visited the radio and multimedia labs, video editing lab, and library. During the much-awaited photography session which was conducted by resource person Kunal Karnik and ASCO faculty Dr Neelu Sharma went well with students. Students had a chance to have a hands-on practical session.

Delving into the various aspects of news writing and advertisement, Day 2 was initiated by Dr. Johri and Dr. Bhavna Wal.

The session focused on importance of content writing. “The ad designing activity was my favourite part,” stated Manasvi. ASCO faculty Mohit Sharma led the session bringing their creative expertise to the table, dividing the students into groups and giving the task to design ad. “This exercise not only enhanced our



Pictures: BHAVNA SONI

designing skills but helped us to socialise and work effectively," said Kanika Sharma, Delhi Public School.

Stepping into the exciting world of filmmaking and radio broadcasting, ASCO faculty Shivanshu Pathak conducted a session on filmmaking on Day 3. The afternoon session was much appreciated with industry expert RJ Shruti from Red FM addressing students. Through a combination of lectures, discussions, hands-on activities and guest speaker presentations, students gained valuable knowledge and skills sparking their interest in potential careers in broadcasting.

Day 4 kicked off with ASCO faculty Dr. Amit Massey guiding participants through the fundamentals of video production. "Day 4 was my favourite because we learned about film and video production, as I love to create content," opined Ananya Singh, DPS. The day's afternoon transformed classroom into bustling production sets.

Armed with their newfound knowledge, students were challenged to create a one-minute movie on a topic of their choice. Post lunch, Namita Pathak's session on anchoring was a huge success. Students were excited as they practiced their delivery and then stepped in front of the camera for live video sessions.

The final day of workshop was pot-pourri of celebration, reflection and farewells. Beginning with a presentation titled 'Introduction to marketing and digital communication' by ASCO faculty Dr Iftekhar Alam, the session equipped students with valuable knowledge about the objectives of digital marketing. The session was continued online by Varsha Shukla, social media influencer. She stressed the importance of consistency and following one's passion for long term success.

Day 5 concluded with a valedictory speech and Dr. Johri addressing students and motivating them for their future endeavours. Certificates were distributed to winners of various activities. Navya Bhakta, Delhi Public School, said, "Overall, the program was quite engaging as we were exposed to different fields of Mass Communication." This emotion was echoed by many attendees as many said they would love to make a career in Mass Communication. ■

# Student suicides

## A point of crisis

**MARIA SIDDIQUI**

Bachelor of Journalism & Mass Communication

Of late, India has been witnessing a worrying trend - surge in suicide numbers across various demographics. Statistics show that one in every five individuals suffers from some form of mental health illness symptoms. Fifty per cent of mental health conditions begin by 14 years of age and 75% of mental health conditions develop by age 24.

Talking to Expressions, Kinjal Yadav, a psychology student pursuing master's degree from Delhi University says, "Mental illness if left untreated can compromise one's cognitive clarity and sleep cycles thereby making their bodies susceptible to illnesses."

India has only 43 state-run mental institutions with only 3,800 psychiatrists available as against a requirement of 11,500. That means there is only one psychiatrist available for every four lakh Indians.

Dr Rajiv Agarwal, MBBS MD says, "Stigma stands as the clandestine assailant of mental health. As one goes for regular check-ups one should also do regular mental health checkup yearly or as and when needed. The mind is as susceptible to illness as the body therefore it is imperative that we prioritize mental health with the same urgency as physical health."

Factors like competitive exams, societal expectations, and institutional pressure to succeed adversely affect students' mental health.

'Live a little every day, ek hi zindagi mili hai' were final words on a suicide note written by a student studying at IIT Hyderabad. Between 2014 and 2019, 27 students across 10 IITs attempted suicide, according to the statistics from the Department of Higher Education. Suicide is the second biggest cause of mortality among college

STATE	NO. OF SUICIDES
MAHARASHTRA	1,487
MADHYA PRADESH	927
TAMIL NADU	914
KARNATAKA	673
UTTAR PRADESH	603

**Infographic: MARIA SIDDIQUI**

students. Why? As time is spent in just studying, socializing takes a backseat. This is a new challenge during the first few years of college provided students then begin to develop social skills right away. Another factor is parental pressure on children to succeed and qualify for IITs. "I spent a lot of money on you" or "I expect this from you" or "What will others say if you fail" are constant parental refrains keeping students under pressure. When students do not succeed, they take their own lives.

On June 4, as India was receiving the Lok Sabha results, the National Testing Agency published results of NEET UG. The results garnered immediate attention due to the extraordinary large number of candidates getting a perfect score of 720/720, and for the reason that some of the candidates got 718 or 719 – marks that others claim was impossible to get in this scheme of the exam. A day after the results were announced, an 18 year old aspirant hailing from Madhya Pradesh died by suicide in Rajasthan's Kota. This is the 11th case of suspected student suicide in Kota this year. Due to recent mishaps like paper leak, students in spite of securing high marks are still not being able to go to universities of their choice.

"I feel like we're constantly walking on a tightrope, balancing between the pressure to excel in every test and the fear of falling short. Sometimes I wonder if the pursuit of perfection is worth sacrificing our mental well-being," says Ayman Zafar, a student at Allen Career Institute. ■





Pictures: MOLLY SINGH

# STORYTELLING

## Weaving magic globally

**MOLLY SINGH**

Bachelor of Journalism & Mass Communication

Storytelling is a shared human experience, deeply rooted in culture, history, and tradition. Diverse societies around the world have created distinctive narrative styles that capture their values, worldview, lifestyles and the rich tapestry of human ingenuity. Aspirations, ideals, and beliefs of society have been influenced and reflected in the ways that stories are developed. Storytelling is a timeless human practice that exceeds geographical boundaries and cultural differences.

From oral traditions passed down through centuries to modern multimedia manifestations, storytelling methods and styles differ greatly, each providing insights into the rich fabric of human creativity and imagination. Oral storytelling is one of the oldest forms of storytelling passed down via spoken words. These stories not only entertained but also held a pivotal role in preserving the cultural identity of the communities that widely practiced it. "As a griot, storytelling is my heritage and my duty. It's not just about reciting history-it's about infusing life into the stories, capturing the essence of our culture through rhythm, gesture, and voice" quoted an African griot on Oral storytelling.

The forms of storytelling evolved across the globe from oral to visual to written and now digital. Each of them have a strong cultural significance and identity. Visual storytelling encompassing various forms of paintings and representations like scroll paintings and carvings whereas written narration involved preservation of the stories, these

**Digital storytelling has totally changed how one viewed storytelling earlier, movies like 'Avatar' and 'The Lord Of Rings' showed extremely compelling VR narratives**

**Shobhum Verma**

methods have influenced modern storytelling methods and artists. "Painting is my journey of discovery and expression, crafting that evokes emotion and imagination," said Sana Shaheen, a 20 year old painter. Visual storytelling are prominent depictions of a person or communities thoughts and beliefs.

"Writing gives me a sense of connectivity from my soul and makes me feel deeply rooted in my culture, I like to read a lot of mythology books and puranas in my free time and I try to inculcate some traditional methods from it in my writings as well " said Vishal Sharma, a budding writing and storyteller. Written storytelling is not only about jotting down events but it also the most common way of preserving heritage or even one's own thoughts. "We have often heard our parents say that the best way of remembering any text or formula for a longer period of time is to write it down," said Ayushi Singh, a second year student of Arts.

In contemporary times, storytelling took a leap and digital storytelling came into force, with the advancement of technology and multimedia. Storytelling now has a new approach altogether and that is digital storytelling, making it efficient for both artists and fascinating for the spectators. Digital storytelling includes movies, television, digital illustrations, animated video games, VR headsets and many more. "Digital storytelling has totally changed how one viewed storytelling earlier, movies like 'Avatar' and 'The Lord Of Rings' showed extremely compelling VR narratives" said Shobhum Verma, an animation geek.

Storytelling methods have changed, evolved and enhanced with time reflecting human creativity and innovations. ■

# Indie games: Empowering Hobbyists

**ABHINAV VARMA**

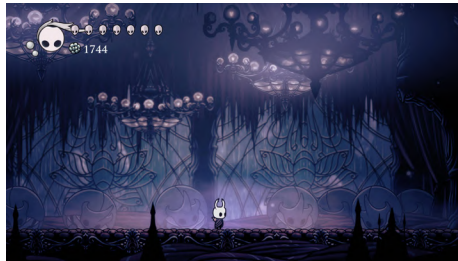
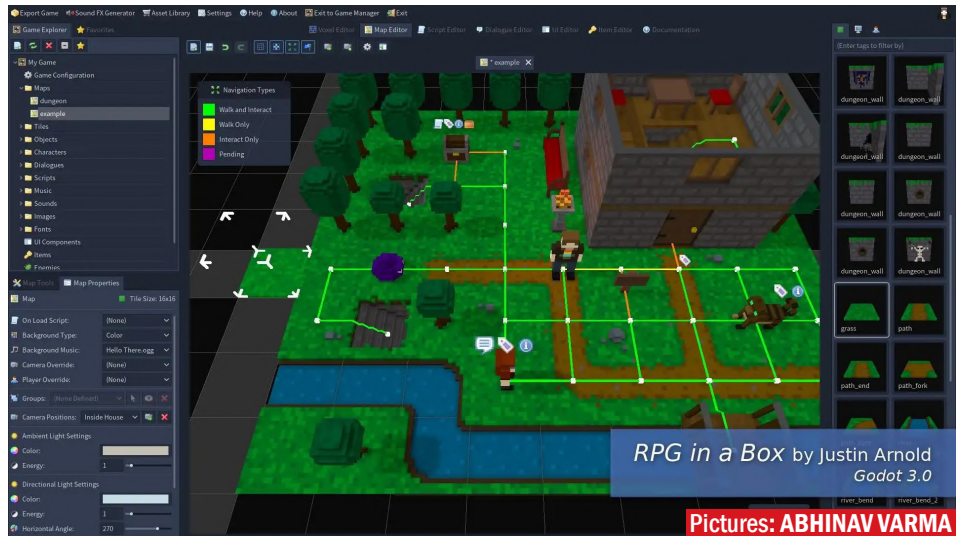
Bachelor of Journalism & Mass Communication

“Indie game Development has gone from something that very few people knew about to a huge community where hobbyists and professionals alike successfully publish game titles,” said Asbjorn Thirlund, world famous YouTuber and Indie Game Developer, marking his return to the industry nearly after a three year long hiatus.

Maturing as a discipline, game development has evolved from a niche, a highly specialized field into an accessible hobby and career path for many. This transformation can be attributed to a number of factors like availability of user-friendly engines like Godot and Unity, as well as explosion of free high quality tutorials available on platforms like YouTube and Spotify. These resources have lowered the barrier to entry and have enabled aspiring developers from all walks of life to bring their creative visions to life.

Celeste and Hollow Knight stand as powerful inspirations for aspiring game developers and hobbyists alike. These indie games, created by small, passionate teams, showcase what can be achieved with dedication, creativity, and accessible tools. Both games prove that even small teams can create critically acclaimed, commercially successful titles, motivating hobbyists and new developers to pursue their game development dreams and explore their creative potent. All these attempts have laid the groundwork in making Video Games a mainstream component of the umbrella “Mass Communication” and allowing it grow as per the penchant of the audience.

A game engine is software that provides essential tools and frameworks for developing, designing and deploying video games. The rise of game engines like Godot and Unity provide beginners a comprehensive suite of tools that simplify the process. The current favorite and rapidly growing Godot is perhaps the perfect tool for any beginner, offering the



**Indie games have raised millions of dollars through crowdfunding platforms like Kickstarter. For instance, some games have exceeded their funding goals by over 2000%.**

**Udemy, Coursera, industry reports**

ability to create 2D as well as 3D games for Windows, Mac, Android, iOS, Web as well as Linux. Godot's node (a block like a lego) based architecture allows for intuitive workflow, as well as its open-source nature ensures that it is free for everyone, just download it from the website and you are good to go.

The availability of free tutorials on YouTube as well as podcasts on Spotify, have further democratized game development. Channels dedicated to teaching game development have proliferated; creators like Brackeys, Game Maker's Toolkit, and BornCG have amassed large followings by providing clear, concise and engaging tutorials. These channels cover every aspect of game development, in-

cluding art design, scripting, level design, and marketing. The ability to pause, rewind, and rewatch these tutorials allows learners to progress at their own pace, making complex topics more digestible.

“Largely because of how successful these FOSS (free open source software) 3rd party engines have become, game development industry has become the largest industry in the world far surpassing music and movie combined,” commented Thirlund while also sharing that game development has never been more accessible to the larger mass than it is today.

Internet communities and game jams play a crucial role in helping aspiring developers by providing a platform for collaboration, learning, and networking, seeking help from individuals who are also passionate about the same creative medium. Game jams, like Global Game Jam and Ludum Dare, encourage developers to create games within a limited timeframe, promoting creativity and problem-solving. Game development is a vital component of mass communication, offering unique ways to convey stories, educate, and connect people. ■



# YUVA YODDHA

## Young Leaders, BIG IMPACT

**ASHKA JAIN**

Bachelor of Journalism & Mass Communication

“In an era defined by rapid change and global challenges, the innovative spirit and compassion of the younger generation are paving the way for a better future. Yuva Yoddha, a non-profit organization (NPO) led by students of City Montessori School demonstrates this trend, showcasing the incredible impact young minds can have on their communities and beyond.

For the uninitiated, a non-profit organization is an entity that operates for purposes other than generating profits for their shareholders and founders. These organizations are often dedicated to addressing social, educational, cultural or environmental issues and providing public benefits.

During 2021, when the Pandemic shut down the world, Anaika Pathak a student of University of Massachusetts felt the need to step in and channel the potential of youth of the country and give back to society, therefore she formed a team of like-minded people and found Yuva Yoddha. It is led by students aimed

at creating a global impact and making lives better.

The impact of this student-led NPO is substantial, proving that age is no barrier to effecting meaningful changes. The team of Yuva Yoddha has been working for different causes since 2021 to help society. For example, recently on the oc-

Studying in the US gives me a lot of time and opportunities to think about how I could create an impact big enough to help someone live an easier life

Anaika Pathak

casation of Mother's Day their team in Mahanagar distributed sanitary napkins in the city suburbs to those who could not afford them. Similarly the river cleanups, feeding stray animals, planting trees, and teaching children living in rural areas are some of the spectacular initiatives taken

by Yuva Yoddha. Pathak initiative was recognized by the Founder-Director of her school City Montessori Bharti Gandhi who donated a huge sum of money to their NPO and also provided a stage for them to interact and present a small talk on their work.

To raise funds, use of public fundraisers is being made online based on specific projects, collecting funds from people who are interested in the cause.

Speaking to Expressions Pathak discussed as to what impact Yuva Yoddha has had on her life. She said, "I have become more compassionate, learnt to think about more than just myself, everywhere I go I try to look for potential problem that my team and i could solve and most importantly, it has taught me patience. Studying in the US gives me a lot of time and opportunities to think about how I could create an impact big enough to help someone live an easier life."

The NPO invites volunteers. Each area has its own team which carries out clothes distribution, cleanliness drive etc every Sunday or once a week at least.

As of now Yuva Yoddha stands strong with its own branch in Varanasi with plans to expand. ■