

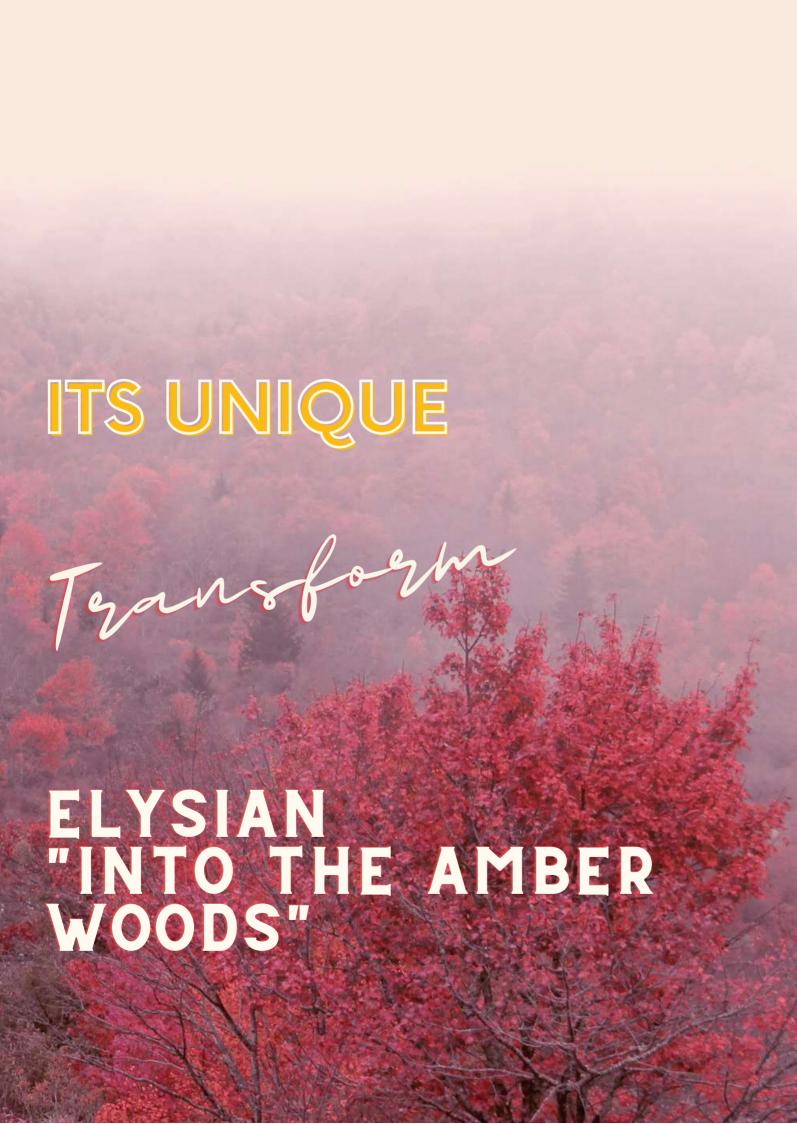
Into The Amber Woods

SORT & LITERARY CLUB

EDITION 1.1

ACADEMIC YEAR: 2022-23

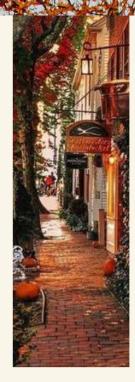














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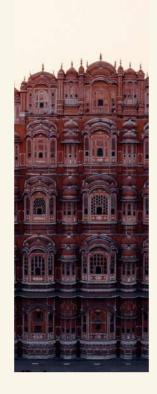
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Thank You



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 seminars, workshops, 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 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 led 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 it's 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.





EDITORS NOTE

The rustling of maple leaves, the comfort of red scarfs, the warmth of cocoa coffee and the dew drops on a cold window compels us to celebrate the wonders of autumn. With each different shade, autumn brings upon us different flavors and meaning to life. As it begins, the world remains in its green lushful avatar, reminding us of the fulfilling nature of this season, telling us that indeed it's a season of harvest.

As the days approach towards the middle of this season, we notice how slowly and gracefully our nature unveils its beautiful crimson appearance. With the shedding of the leaves and the arrival of fall, we experience something magnificent and meaningful - it's now the beginning of the end.

Through our magazine "Elysian", we want our readers to go on a trail and experience the blissful and heavenly form of autumn. Autumn represents constant change and all the uncertain hurdles of life and hence, this magazine was an attempt to celebrate those uncertainties of life and have a strong will to be accepting of all situations.

It's a season where people hold on to their hot cup of coffee and are engrossed in their favourite books or sometimes are occupied in their own little world that plays in their minds. We hope that this magazine reminds you and reflects on you the comfort that you enjoy in your own cozy space.

We hope that this fall reminds you of SORT & Literary Club and this beautiful magazine of ours! From SORT & Literary Club to our dear readers, Happy Autumn!

THE DREAM TEAM

EDITORIAL & DESIGN



JAYESH POTLABATTINI



STUT

KHUSHI GUPTA



DEVESH SINGH





SORT & LITERARY CLUB 2022-23







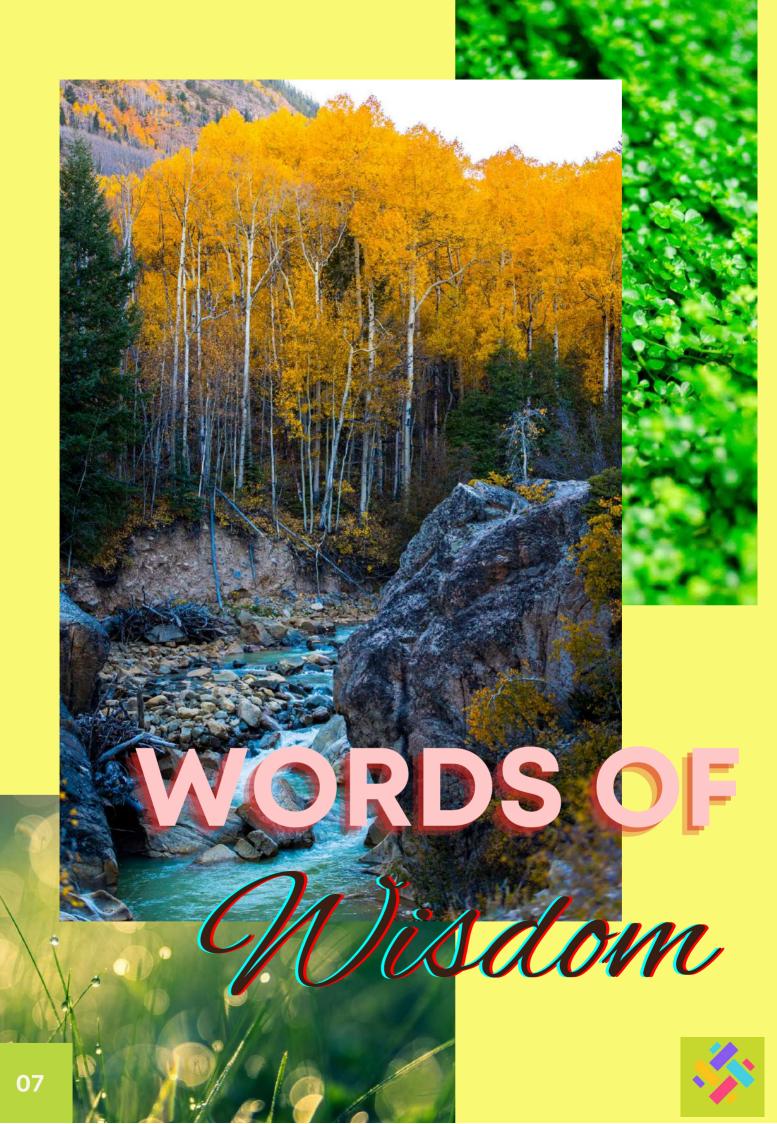












FACULTY INCHARGE
SORT & LITERARY CLUB

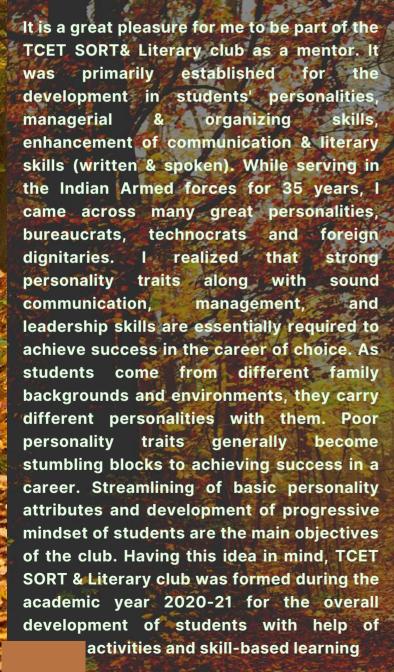


The educational qualifications of the students should be skilled enough to suit the high requirements of the numerous technologybased industries. Technical education is the backbone of every nation and is the stepping stone for a country to move into the niche of a developed nation. TCET has over the 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 with the opportunity 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.

A PARTY AND A PART

CDRAYAP PRATAP SINGH

MENTOR
SORT & LITERARY CLUB



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 JAISINGHANI

MENTOR SORT & LITERARY CLUB

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 professional and social lives. Bv 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 others 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.



MS. PRIYANKA DESHMUKH

MENTOR SORT & LITERARY CLUB



It gives me 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 capabilities. 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.

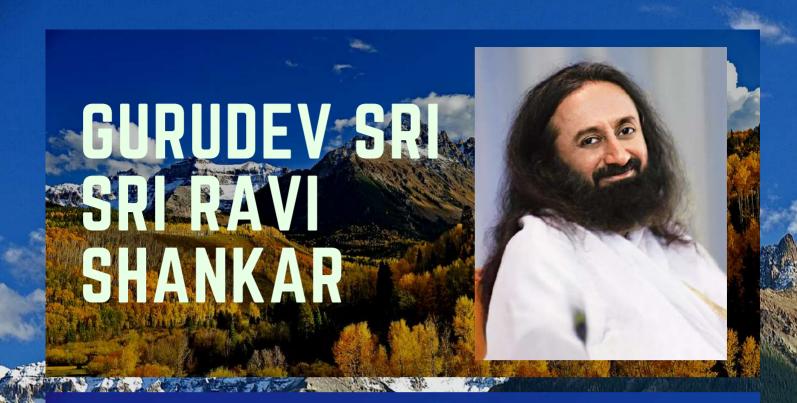


VASUDHA JHUNJHUNWALA

MENTOR SORT & LITERARY CLUB

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** 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.





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.

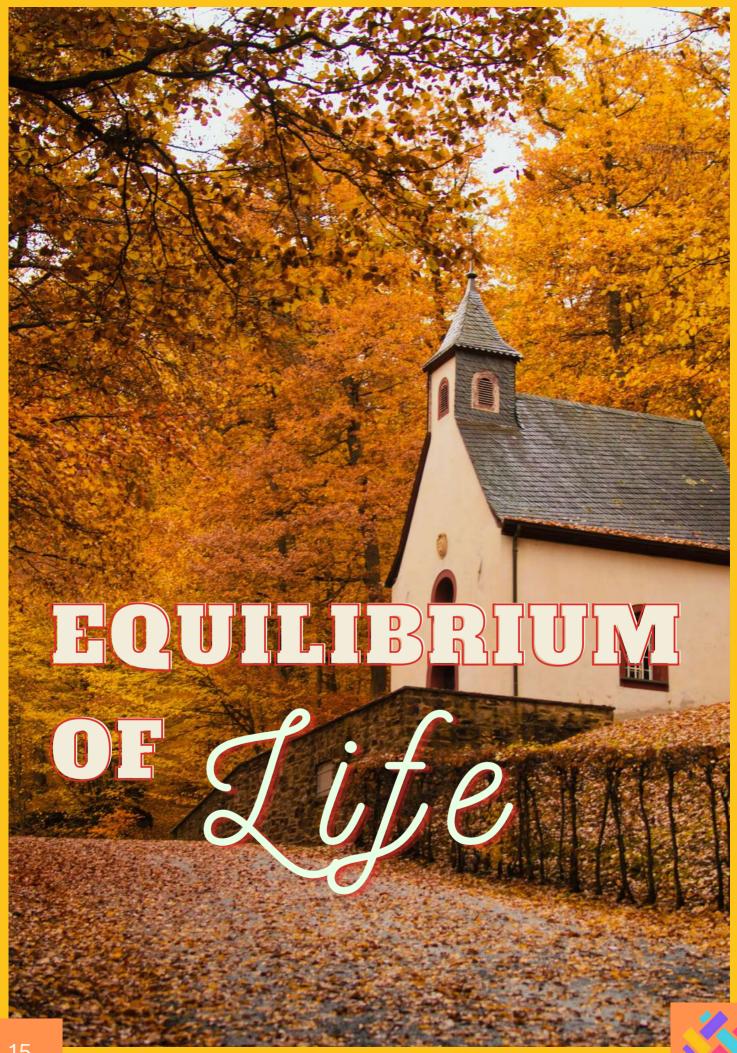




ARKUR YADAV

PRESIDENT SORT & LITERARY CLUB

Developing self-confidence, improving self-skills, and growing one's self are key to achieving many things in life: self-confidence for expressing yourself, self-improvement for developing new skills, and self-growth for feeling motivated, for forming positive habits. The process of self-development shouldn't be limited to academics and exams. It's something every individual can gain when they challenge themselves to step out of their comfort zones and participate in the real world. Apart from this, an individual should possess interpersonal skills to be able to compete well and make positive relationships with others. Instilling these values and empowering students are the primary goals of our club. By allowing students numerous opportunities to express themselves through various activities. our club strives help intellectually, practically, and spiritually. We are here to help you become a unique and powerful individual!!



Importance of Work-life balance

Stuti Soni

The phrase "work-life balance" has remained popular throughout the past few years. This is partly a result of millennials predominating the workforce.

Employers have been working extremely hard to figure out how to best attract millennial workers. By 2025, the millennial generation is expected to make up 75% of the workforce, leading many executives to believe that it is time to reevaluate what work-life balance actually entails.

healthy work environment includes good work-life a balance. Keeping a healthy worklife balance lowers stress and prevents burnout at work. One of prevalent health most problems at work is chronic stress. Physical side effects include hypertension, intestinal issues, persistent aches pains, and cardiac issues might result from it.

Because chronic stress is associated with an increased risk of depression, anxiety, and sleeplessness, it can also have a negative impact on mental health.

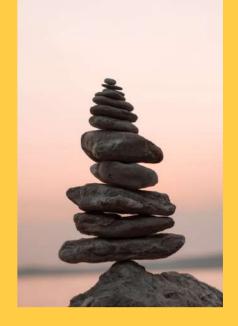
Burnout at work results from prolonged periods of high stress. Burnout is a major concern for workers who put in a lot of overtime. Fatigue, erratic moods, anger, and a decline in work performance are all signs of burnout.

This is terrible news for businesses since, according to Harvard Business Review, the cost of healthcare in the United States for psychological and physical issues caused by burned-out workers ranges from \$125 billion to \$190 billion annually. Employers can save money while maintaining a happier, more productive workforce by establishing a work climate that values work-life balance.

Importance of Work-life balance

But what does a true balance between work and life look like?

That's where things can become a little difficult, though. Everybody has a slightly different definition of work-life balance. Employers may find it useful to understand the divergent views held by Baby Boomers, Generation X, and Millennials given the ongoing evolution of information and approaches around work-life balance.



It's important for employers to realize that balance work-life is about more than just hours. In addition to flexibility, encouraging employers should also strive to improve the overall workplace experience for their employees.

Prioritizing a healthy corporate culture and maintaining а happy work environment promotes work-life balance. When employees are happy in their roles, work will feel more like a home away from home and less like working for a paycheck. Employers should prioritize competitive compensation, pleasant office opportunities conditions, career and opportunities for social connection.



Attitudes towards work-life balance will evolve with cultural, generational and economic changes. Flexible leaders may update or reinvent their workplace culture try something new when employees report poor work-life balance. While maximizing employee productivity will always be an ongoing goal, ensuring employees are having the time they want away from the office and enjoying the time they are in the office is the best way to attract talented employees, maintain and improve perceived generational differences throughout life.



Health & Mind

Zaxmi Gupta

Balancing your health and mind can be challenging, but it's essential. Here's HOW TO MAINTAIN BALANCE Of HEALTH AND MIND?

There's a lot of information out there about finding balance in all things. Ideally, to maintain balance, we have a mix of work and play, of things we have to do and things we want to do, of things that drain us and things that feed us.

We also need to carve out enough time for sleep, relationship which sustain us, exercise, healthy meals, and other life-affirming activities in our lives so we don't drown in only work and chores. But what does maintaining balance look like?

What is healthy mind, and why is it important to balance?





Having a healthy mind is key to your overall health and well-being. A healthy mind includes emotional, psychological, and social well-being and affects how you think, feel and act. It works in unity with your body and influences how you handle stress, relate to others and make choices.

How Do You Know Your Life Is Off-Balance?

You'll want to pay attention to signs of burnout. Burnout results from things like chronic stress, perfectionism, dissatisfaction with your job or relationships, and generally just not taking enough time away from your busy schedule.

Health & Mind



Signs of burnout include:

- 1. Emotionally distancing yourself from people
- 2. Exhaustion (physical or emotional)
- 3. Feeling irritable, annoyed, angry, or sad
- 4. Feeling numb
- 5. Headaches or stomach aches
- 6. Reduced performance

If you find that you're dreading more things in your life than you are looking forward to, you may be experiencing burnout. While most of us experience burnout from time to time, you can view it as an opportunity to recalibrate and reprioritize what makes you happy and more relaxed.



Strategies to Maintain Balance in Life!!

1. Take a Break

Research shows that taking breaks from work and even from personal commitments helps refuel energy and promote well-being. While it's beneficial to take mental health days and vacations, remember that taking even five minutes during your day to listen to music, watch a funny video, or simply relax can help you get back in balance.

2. Just Say No

Think about all the things you need to do. Which ones do you want to do, and which ones do you have to do? Ideally, there should be a mix of both in order to keep balance in all things. You might find that saying no to yourself and others is challenging, especially if you're not used to it. But saying no for the sake of your well-being is a reflection of emotional intelligence (EQ). In fact, research shows that people with high EQ levels have a higher quality of mental health and increased job performance.

Health & Mind

3. Set Boundaries

Setting boundaries is something that can help you in saying no and it's an important part of having relationships in general. It's also a method of safeguarding your emotional and physical space so that you carry less stress around and don't feel responsible for the feelings of others.

4. Ask For Help

It can sometimes be easier for an outsider—someone who is not you—to see when you're getting out of balance and recognize what you can do to get some balance back. Everything in your busy schedule may seem vital (and sometimes it is), but if there's something that you can let go of safely, it's often a good friend, close relative, who can help you recognize that. You can even talk to your teacher and parents.





5. Read and learn often.

Your education shouldn't stop once you're out of school. Open your mind to new possibilities, beliefs, and interests by reading, taking online classes, watching documentaries, and attending workshops.

7. Meditate regularly.

Meditation improves memory, attention, mood, immune system function, sleep, and creativity. All it takes is a few minutes a day to start reaping the benefits.

8. Practice yoga.

Yoga is amazing for your overall health. It helps you build strength, coordination, and flexibility while calming your mind. It also encompasses the mind-body-soul connection.

Your health and wellness are the most important things in your life. They impact how everything else happens and is received by you!!

Self Care in Autumn

Devesh Singh

If you've put off exercise for a while, here are some useful tips:

Enjoy it

The most important thing is to find something you love. If you enjoy it you will want to do it more and that is the best motivation. Try out different things and decide if there's something you enjoy doing. Most people who dislike exercise just haven't found the right exercise.

Set goals and stick with them

Set realistic goals, measure results and look to others who have achieved what you want. Schedule in your workout and place it at the top of your priority list.







Eat well

Keeping a food diary will make you conscious of what you're eating and drinking. Your diet should be healthy and nutrient-dense if you're seriously intending to become fitter. Experts say 90% of training is diet and 10% is activity - there is no point training hard if you eat rubbish.

Don't do it alone

Training with friends or groups can help you keep motivated for longer.

Self Care in Autumn

Sleep

Aim for 7-8 hours per night, as poor-quality sleep reduces our ability to train and make good food choices.



Be ready

Get your workout clothes and trainers ready the night before. This way you'll have no choice but to wear that outfit and you'll be 100% ready. It's like wearing a uniform and being in a constant state of 'ready'. In other words, your afternoon walk might turn into a brisk one or even a jog, if you're dressed appropriately.

Why starting now will see you through winter and beyond

With the days getting shorter our urge to hibernate really starts to kick in in late autumn. In terms of exercising and fitness, preparation is key .Another thing to consider is how exercise can impact on our mental health at this time of year. Exercise can help stimulate body chemicals called endorphins which are natural mood boosters.

Staying Motivated

Most new fitness regimes fail within six weeks. Make yourself accountable to family and friends.

Crush the exercise demons by telling yourself daily affirmations.

As you get fitter, increase the intensity of your exercise.

Set yourself SMART goals - these should be specific, measurable, achievable, realistic and timely.





Yin & Yang arvird Gupta

The concept of Yin & Yang lies at the basis of Taoist philosophy. It makes a lot of appearances in popular and consumer culture, representing things like balance and inner peace. But the profundity of yin and yang goes way beyond that. When we really get this mysterious philosophy, it may change our view of the universe forever. The idea behind yin and yang is kind of paradoxical. The black and white stand for two opposing forces that are also complementary.



This constant mutual attraction and repulsion cause constant change, that manifests in what we call the universe. Phenomena like life and death, winter and summer, and matter and emptiness are all physical manifestations of yin and yang. Yin and yang can be translated as darklight or negative-positive and is often referred to as masculine versus feminine. Especially in the ancient masterpiece written by Lao Tzu called the Tao Te Ching, we can see that he talks about the feminine, or the great mother, being the mysterious, receptive, and passive force represented by the black part of the yin-yang symbol, and the masculine, being the active force that is basically most visible and prominent, represented by the white part. Men and women both possess yin and yang characteristics, which was also observed by Swiss psychologist Carl Jung, who spoke about the unconscious masculine side of the woman the animus - and the unconscious feminine side of the man - the anima. Moreover, when we look at the yin and yang symbol, we see a black dot in the white area and a white dot in the black area, representing the idea that both feminine and masculine carry the seed of one another.

Yin & Yang



So, what are the differences between yin and yang? And what can be considered yin and what can be considered yang? Before I'm able to explain this, it's important to note that there are no absolutes. What's yin or yang really depends on the situation. Here's what Lao Tzu wrote in chapter 2 of the Tao Te Ching:

- Being and non-being produce each other.
- Difficult and easy complement each other.
- Long and short define each other.
- High and low oppose each other.

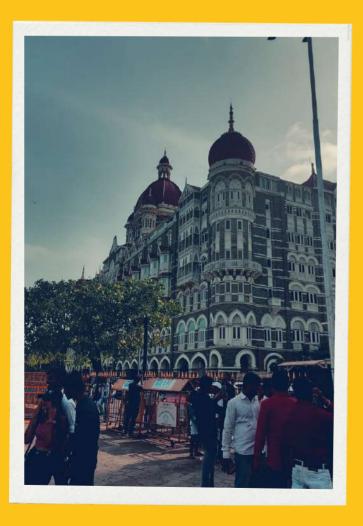




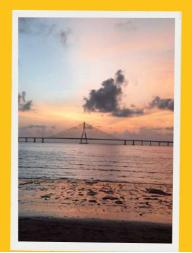
Yin and yang are everywhere; in every object, every living organism, every cell, and every single component can be endlessly divided into masculine and feminine. Non-doing or effortless action. The trick is 'knowing' when to act and when not to, so our actions won't be strenuous but more in a 'flow state'. Thus, by embracing yin we become more receptive to the natural course of the universe. In many cases, there's no need to act. Furthermore, acting oftentimes only worsens the situation. By backing off we enter a yin state. The key is knowing when to back off and when not to. Too much passivity can be as bad as too little. No matter what you do, there will always be a dark and light side to everything.

Anecdotes through your lense



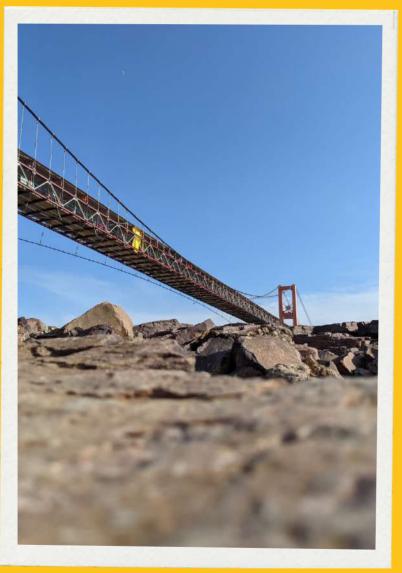




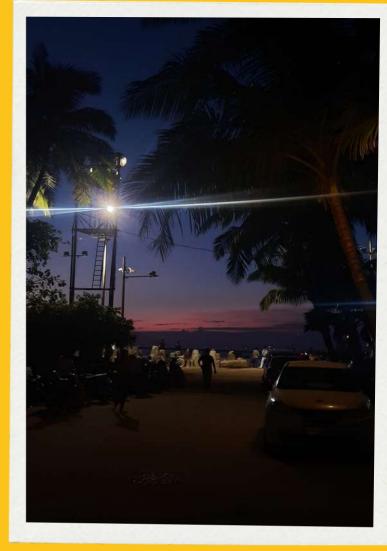


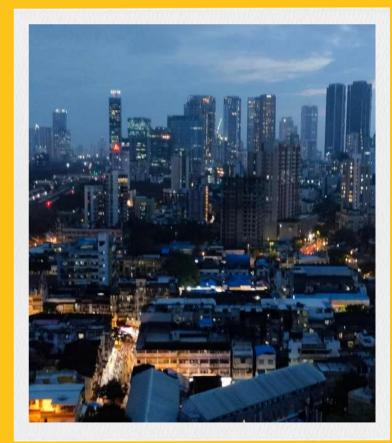




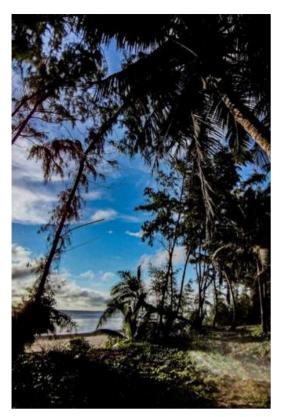


















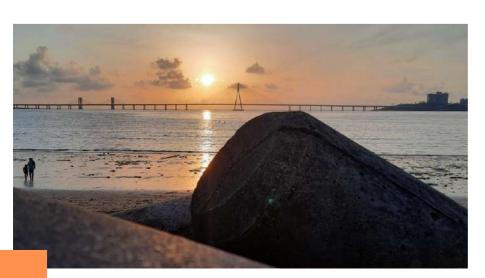
















Thoughts

66



Arvind Gupta

My thoughts are deep as ocean,
That I am flying towards the horizon.
But when I want to end,

It moves ahead to the next one.

When the sun shine i want you in front of mine yes I am talking about you my peaceful mind.



Hatake Kakashi

Sohan Chhangani

Hello and greetings so from the title you might have come across the motive of this article that is my comfort character. My name is Sohan Chhangani, an engineering student who actively watches anime so definitely you guessed it right this character is from one of the big three anime that is Naruto, yes the most famous and watched anime across the globe.



Hatake Kakashi ("Copy Ninja Kakashi" or "kakashi of the sharingan") is most renowned, well-respected and coolest character in entire Naruto and Naruto Shippuden. Before mentioning why I like him so much that I willing to write an article on him let see his back story. Right from beginning of school days he was famous for two things first being the son of Sakumo Hatake (white fang of the leaf village) and on the other hand he was known as the child prodigy since he was not only the topper of the ninja academy but due to his achievement and excellence he completed the genin level training at age 5, chunin level at age 6, jonin at age 11-12 and by the age of 13 he was promoted to anbu.



The reason these are some of the important mentions are because clear chunin level is considered super tough for a child of age less than 10-12 while around this age he was already a jonin which is the record unbreakable till date. Later on he also became the Hokage of the leaf village. His journey right from being till being Hokage is most systematic and hardworking way.



Hatake Kakashi

He didn't skip any step of the entire process. Apart from his success journey he saw a lot of hardships every person he cherished in his life met some or the other tragic faith, yet he is always looking forward with a smile on his face which we cannot see because of his iconic style of covering his face with mask which got quite famous and was adapted as a fashion statement in real-world and the covid just gave it a little push you could say... Now as we are discussing his fashion lets discuss nature as well. Apart from positive mindset towards life he is quite a funny character who generally doesn't lose his temper and handle every situation with calm and cool mind, there have been various scenes in series where apart from him most of the character go crazy in life-death situations. Even though he loves to read romantic novels (like icha icha paradise) but is still single as for him missions and protecting village was at top priority while relationships came next to it. So here comes the answer of why is kakashi my comfort character.



Firstly its no-brainer why such exceptional shinobi won't be anyone's favourite but still here are few points. He is a gentleman who excels in almost all field he works, think carefully with a cool and calm mind, has a positive outlook and helping nature. So for me it's one of the most well written character I have encountered so far. That's it hope you like it and if yes do watch the anime or read manga named: "Naruto" and "Naruto Shippuden".



66 Self Reflection

Sarika Gurav

This is the rush of time Don't know what to do? Don't wanna stop Won't shake Cause fire burning in my bone Turning my power on, Making hustle, Opening up the doors Looking at the higher floors Swinging vine, Loosing sleep Dreaming about the things could be Kickstart my heart, For shining into the flashlight Sending big waves into the motion Making explosion Being the master of the sea



Taking my message from my veins,
Thinking from the brains
Falling my ashes to the ground
You made me, kick me, shoot me
Letting the bullet fly
Shooting start over the sky line
Running till the end of time
Always losing the game
Now just addicted to winning the
race
While people are laughing,

I was moving far towards the skyline meeting the sea
I'm born to run
I'm born to see
I'd do whatever it takes,
I feel the adrenaline rush through my veins

Small voice in quite,
Pulled me out the crowd,
To get louder,
Blowing the speaker
To be the leader.



Khushi Gupta

is better together

While the summer is the time to show off how amazing you look without much clothing, the fall is the time to show off what you can do with your wardrobe. Tuck yourself into your bulky sweaters and wear the same pair of blue jeans all week long. Learning how to layer without coming off as a penguin dressed in a sleeping bag is an important part of fall fashion, as is pulling out your favourite pieces of transitional clothing, such as your favourite pair of thick ankle boots or your trusty old trench coat. We'll teach you how to copy the fall ensembles of street style icons with nary a headache.







Entrenched in it

If you don't already have a well-tailored trench coat, you should get one before the weather turns chilly in the fall. You may achieve classic French girl chic by wearing yours with denim, clogs, and your go-to top.

Pulled Together Polo

A thin, ribbed knit polo in a classic colour like navy can pull any outfit together. Pair it up with a warm jacket, a flannel shirt or cute coat and you are set for the subtle cold weather.





Sweater Vested

In the fall, a sweater vest is the most versatile layer you can own.

Wear it with a pair of jeans, layered over a flowy maxi dress, or even as an alternative to a button-down shirt.





Blazer as Outerwear

It's possible to get by with just a blazer in the early fall, when the cool morning air and evening hours are bearable. Whether you're looking for a piece to wear every day of the week or a show-stopping accessory, you can find one that suits the bill. Whatever the case, blazers are a great garment to have in your closet because they can be worn with anything from jeans to skirts throughout the in-between seasons.





Fill Your Outfit With Autumnal Colors

If the summer is all about bright hues like pinks and yellows, then the fall is the season for more subdued colours like burnt orange and deep burgundy. You'll quickly realise that warm colours like brown and orange are as flexible as cooler ones like black and blue. Feel free to experiment with combining different patterns and colours in this palette. The beige and tan tones are my absolute favourites:3

Sweater Weather Layer With Thin Turtlenecks

Putting on multiple layers can help you adapt to the unpredictable nature of transitional weather. Use a thin turtleneck sweater as a layering piece to transition your summer linen jumpsuit into the cooler October weather. In case the weather is fine, you can forego the jacket.



Incorporate a Plaid Print Into Your Outfit

A plaid shirt and jeans are the quintessential Fall attire. Known worldwide as a must-have for cool autumn days, plaid is a Scottish classic. The timeless pattern is updated for the Fall/Winter season with chic pencil skirts, loose-fitting shirts in the California style, and voluminous coats. Since it is based on time-tested styles, it will appeal to purveyors of vintage wear, nature lovers, and posh women. Traditional male patterns such as gingham, tartan, and plaid are modernised to make a strong statement. Give some respect to the past by channelling Rory Gilmore and Chilton's plaid outfits XD.









Get Matchy Matchy

effort into your outfit, then matching sets are your salvation. Assemble the set by throwing on the top and the coordinating bottoms. Pants and a blazer are a great choice for cooler weather, while a matching skirt and top are great for days when the temperature is on the rise again, as it often is in the fall. Finding something that goes with another is as simple as it gets. (I usually just go all black

Sweater Weather Cozy Up in a Thick Sweater Dress

In the fall, when temperatures are mild but not cold, a sweater dress can be worn without risk of overheating. Instead of accessorising with a belt, wear a waist bag to draw attention to your waist and to break up your outfit.





Conclusion

Out of the thousands upon thousands of potential outfit ideas, these ten were handpicked as the best. After writing this, it was hard for me to resist the temptation to go out and get myself a few of these coats, so I hope they were helpful to you as well. Ick... well, best wishes to everyone for a happy and healthy fall! Joyeux automne à tous;)

Sweater WeatherFaux Fur, Baby

The mercury is dropping, and there's only one coat that will make you appear as fancy as your favourite dressing gown while keeping you as warm as it does outside: a faux fur. In addition to keeping you warm, in the coldest even temperatures, it dresses formal clothes adds and immediate glitz to more casual ensembles.

Wearing faux fur coats is a surefire way to impress both the weather and the crowds.



Comfort Characters

from the lands of fandom & fiction

The character 'Deepak Chaudhary ' from 'Masaan' played by Vicky Kaushal is such an amazing character !! How a young man falls in love with an upper caste girl and tries to play every card right to get her and live a happy life with her !! The scene were she is talking and delivers a shayari to Deepak via phone i.e 'Tu kisi rail se guzarti hai ' is just so beautiful though Deepak wouldn't even understand anything but he nods that he understood that moment is so precious!!! And lastly the picturization of the scene were he got the news when her lover died in an accident is just so heart taking !!! Overall the Character development is also very very fantastic!!



Movie: Masaan

Character: Deepak Chaudhary

Actor: Vicky Kaushal





Comfort Characters

from the lands of fandom & fiction

For me Bollywood and films are like religion!
But if they ask me for one and only character which clearly impressed me was "Anand Sehgal" from the movie "Anand" who is afflicted with incurable intestinal cancer, and counting his days. But he remains positive and spreads cheer in the lives of people around him till his very death. The way Rajesh Khanna enacted his character!! He brought smiles to our faces everytime. He appears and at climax made us compelled to cry like a kid

Dhaiwat Mehta

Movie: Anand

Character: Anand Sehgal Actor: Rajesh Khanna



Dhaiwat Mehta

Movie: Shutter Island Character: Teddy Daniels Actor: Leonardo Dicaprio



There are many characters I wanna name... which are astonishingly beautiful... But if the question is about one than "Treddy Daniels" from "Shutter Island" Indeed !! The character was so... deep into his memories, his own world that whole asylum came together to put a story !! But the interesting part was that climax was to put you in a dilemma. You have to decide for yourself. Its your perception at the end. Climax makes you the writer and leaves you with two options at the ending. He was a patient. He was being set up. Now it's your call to decide. This is why shutter island is so great. Leonardo DiCaprio is awesome we all know and yeah that character was very difficult to play I feel, way he played like smooth butter.

Comfort Characters

from the lands of fandom & fiction

Hey Folks, my comfort character is Ted Mosby from the 2005 Sitcom How I met your mother where Ted Mosby, tells his children the wonderful story of how he met their mother. It's a Comedy Drama, Romantic comedy and Mystery genre show. I feel, the show is different from other similar Sitcoms because they cover every life phase - Happiness, Sadness, Grief, Birth, Failure, Success, Heartbreak, a lot of heartbreak. They cover everything soo perfectly that you will end up crying and laughing and the same time. Each character gives a different lesson on how you shall go through the difficulties faced in your life. The show doesn't just has laughing all the time, it moments everything!

So lets discuss why Ted Mosby played by Josh Radnor gives me most comfort.



Jayesh Potlabattini

Series: How I Met Your Mother

Character: Ted Mosby Actor: Josh Radnor

His dating life, Ted is a hopeless romantic and is on the journey to find The One! The one perfect girl that matches his whole checklist. He finds the one in the first episode itself, but things don't workout quite as good but they end up being being friends. He further gets into many relationships but none of which workout. He faced it all -Long Distance, Cheating, Getting left at altar (his fiancé leaves his at the wedding), betrayal, craziness, getting his house on fire. Might I add, all done in different relationships one after another. The amount of efforts this guy showed in all his relationships was really exceptional. From stealing the Blue French Horn to 2-minute Date One. The romantic creativity of Ted Mosby is most commendable. Even after having soo moments. all his areat relationship's continued to fail. might wonder how is he still standing...



Comfort Characters Jayesh Potlabattini

from the lands of fandom & fiction

His career life, Ted Mosby is a Architect which is what he dreamt of being for very long and worked very hard to be one. Its not a secret that his field is very hard to get success in. He went through many failures in his career. Getting laid off, not getting projects, starting a business which did success and had to shut down, working under soo many people who don't respect you, getting a huge project and losing it for financial reasons, well its suffice to say his career was not going well at all. So he changed paths quite a bit to see what is working. He became Architecture professor in a university, started his own architecture business / firm, getting approved for huge projects and later the project getting shut down. Even though he changed how he worked, one thing stayed consistent his love and dedication Architecture. He always worked in Architecture Field. After you complete a degree in Architecture and still don't find success for soo long or a stable income stream, these things can easily break someone.



Series: How I Met Your Mother

Character: Ted Mosby Actor: Josh Radnor

The amount of heartbreak and failure the character went through was really depressing. But the writers portrayed the characters development is such mystery that we always knew he was going to marry the most perfect woman, he was going to be huge architect. And that is what happened, in the ending seasons, he meets the "mother" in "How I met your mother". She is the most perfect person for Ted and is loved by every person who has watched the show. She is the character who has no haters at all. She is soo perfect and the fact that the writers introduced her soo late in the enrages many but it was all worth it. She is the most perfect wife anyone could ask for. Also, he further in his career gets successful as he gets his first big break! He builds a huge tower for Goliath National Bank, which is very visible and one of the tallest building in the Manhattan Skyline. After this, he finds stability in his career and was called as one of the few successful Architects of New York.

While his whole journey, he never loses hope. That is what Ted Mosby is, the guy who never loses hope. His grip to hope is what I find very inspirational and he became my Comfort character! Don't loose hope people, you will success, everywhere, you

deserve success, everywhere!



Autumn: The Season Of Colourful Flowers

Khushi Gupta

What is there not to like about the fall season? It's that magical time of year when the nights no longer feel like ovens and the days shorten from long. During the fall, there is supposedly an abundance of different kinds of fruit, nuts, and seeds.



Flowers that produce fruit are also present wherever trees are. The tenderness of the flowers that accompany autumn, with their spectacular multitude of colours, forms, and sizes, produces a melancholy feeling that is unique. Chlorophyll, the green pigment in leaves, breaks down when days get shorter and temperatures drop. This shows the yellow and orange pigments underneath, which will be lost when the leaves fall off in the fall.

Aster

Asters are popular flowers that look like daisies and have been growing in the wild for thousands of years. The flower itself means patience, a love of variety, elegance, daintiness, and afterthought. When you give someone a



bouquet of asters in the fall, it will remind them of how many different colours they have. Like blue, pink, purple, lavender, and white. They also last for a long time in a vase—up to two weeks!

Autumn: The Season Of Colourful Flowers

Pansy

The pansy is a cute little flower that is loved for its versatility and beauty. It is the birth flower of February and stands for loving thoughts, love in idleness, and remembering. The pansy is a rare flower



in and of itself, and they come in many different colours, including many shades of blue. They usually come in tri-color, solid, or soft pastel colours like apricot, peach, and shell pink, which show a gentle, caring attitude toward another person.

Cosmos

Cosmos come in bright colours such as white, pink, orange, yellow, and scarlet. The name comes from the Greek language, and it means "orderly, beautiful, and ornamental". When the smell and bright colours are put



together, it gives off feelings of peace, wholeness, and modesty. This flower is also often called a "love flower." In the past, this flower has been used to show how much you care about and love someone special to you. It has also been used as a home decoration, and in every way it shows the beauty and balance of autumn.

Spider Lily

They are called spider lilies because their flowers look like spiders. This flower comes from East Asia, especially China and Japan. It represents death and rebirth. The most popular color is called Red Spider Lily, Red Magic Lily, or Hurricane Lily. In Japan, they are called "Higanbana," which roughly means "the flower that blooms during the autumnal equinox."



Autumn: The Season Of Colourful Flowers

It's also called "Manjushage," which means "flower of heaven." People think that its bright colours and striking appearance lead souls to the afterlife.

On a less sad note, Brooklyn White has the right kind of red that looks like the Spider Lily. Unlike the lily, the Heliconia in the bouquet represents pride and youth.



The colors in this bouquet give it a feeling of the tropics. Perfect as a gift when you're invited to someone's house for dinner.

Chrysanthemum



These long-lasting flowers come in all the colours of the rainbow. This is the classic fall flower, and because it's so popular, you can find it in many different sizes.

They represent hope and happiness, just like the family gatherings that happen in the fall. They represent the sun to the Japanese. As the chrysanthemum's petals open, they form in an orderly way that represents perfection.

Not only could they be used as cut flowers, but when they were dried, they could also be used to make a tea that would be refreshing on a hot day in Malaysia.



Places you should not miss visiting when it's autumn in India

Niraj Raut

My favorite time of the year, autumn, is when you can dust off your backpacks, put on walking shoes, book some tickets and be off on a dream vacation in India. While India's scorching summers are nothing less than stifling apart from its Himalayan states, the monsoon puts a halt to all vacation ideas if you are not the one to step out when it



pours. Autumn is also the start of festival time in India, which translates to more vacations that the rest of the year. If you are hooked on the idea of a lifetime trip with some autumn wind in your hair, these places are waiting to be explored.

Kashmir

Think of the best place to visit in autumn in India, and not naming Kashmir would be almost a sin. Autumn is when Kashmir looks radiant, under endless layers of Chinar leaves. You will not mind getting off the internet



and all the social media buzz once you let the golden, orange magic of Kashmir in the autumn wash over you. This is a treat for the senses, and also a great idea before winters leave the meadows all snowed up. So yes, GO NOW.

Places you should not miss visiting when it's autumn in India

Jaisalmer

Jaisalmer in autumn is bliss because this is when the tourist inflow has still not picked pace and the typical heavy rains are gone too. An evening by Gadisar Lake or some nights of camping in the Thar Desert will set your heart soaring, especially if you are trying to get over the monsoon blues that hit most of the country every year.



A must if you crave a place that offers stunning vistas, delicious food, and a peek into the state's rich culture and folk arts

The Great Himalayan National Park



If not Kashmir, some days of solitude in the Great Himalayan National Park in autumn is enough of a lure. Not to be missed, this national park looks all perky and welcoming in the season. These are the most pleasant months to explore the park and the region around, for rains have washed over all the last year's snow, treks are no longer slippery, and you still have a radiant Sun shining on the faraway, iced-up peaks. A must if you have a penchant for bonfire nights and welcoming strangers.



Places you should not miss visiting when it's autumn in India

Pondicherry

Well, Pondicherry has been a forever love, little wonder that even the French loved it. This place sees tourists all year round, but autumn is when you can get away from the typical Chennai heat and have a fun time at the beaches here. Also, do not forget to visit Auroville; with some luck, you might even be able to volunteer at one of the many sustainable projects here



Kalimpong



If you wish to ward off the tourists that make for a typical day in Darjeeling, head off to Kalimpong, the quainter neighbor of Darjeeling. This place will appeal to you more if you are old-school, and can merrily spend days visiting ancient churches, mostly solitary city lanes, cozy cafes, and mist -

that often comes rolling in over the roads. Autumn in Kalimpong is more splendid than you can imagine, for it comes abuzz with fresh greens in the hills around after the monsoon showers.



"Stress" a great hurdle in shaping personality

Cdr. Vijay Pratap Singh sir

Pleasing personality is easy to recognize but difficult to define. Personality is combination of all our physical, mental, social and character traits that create a favourable impression upon others.



Personality is indicator of physical, emotional, intellectual, social, psychological & spiritual characteristics of an individual.

In order to build a dynamic personality, a person needs to develop positive aspects, erase the negative influences, promote assertive, dynamic and creative qualities and use inner potential.

Good or Bad Personality is directly linked with individual's inner feelings, behaviour, thoughts, habits & attitudes which he developed in his life so far.

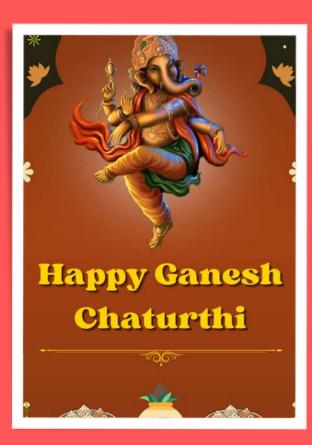
Stress of any kind; physical or mental; both plays a great role rather become roadblock in shaping individual's personality.

Stress among all age groups of people and in every walk of life is much talked about problem during 21th century. It is understood that everyone seems to have experienced stress at any stage of life. Nowadays stress is major stumbling block in one's life and career.

Stress is even extremely bad for any organisation if its employees are undergoing continuous stress due to any reason. Therefore, stress management has become essential for almost everybody and organisations irrespective of nature of work or life style.



ART WORK



Haushal Agarwal



Arushi Nirala



Maitri Vaghasiya







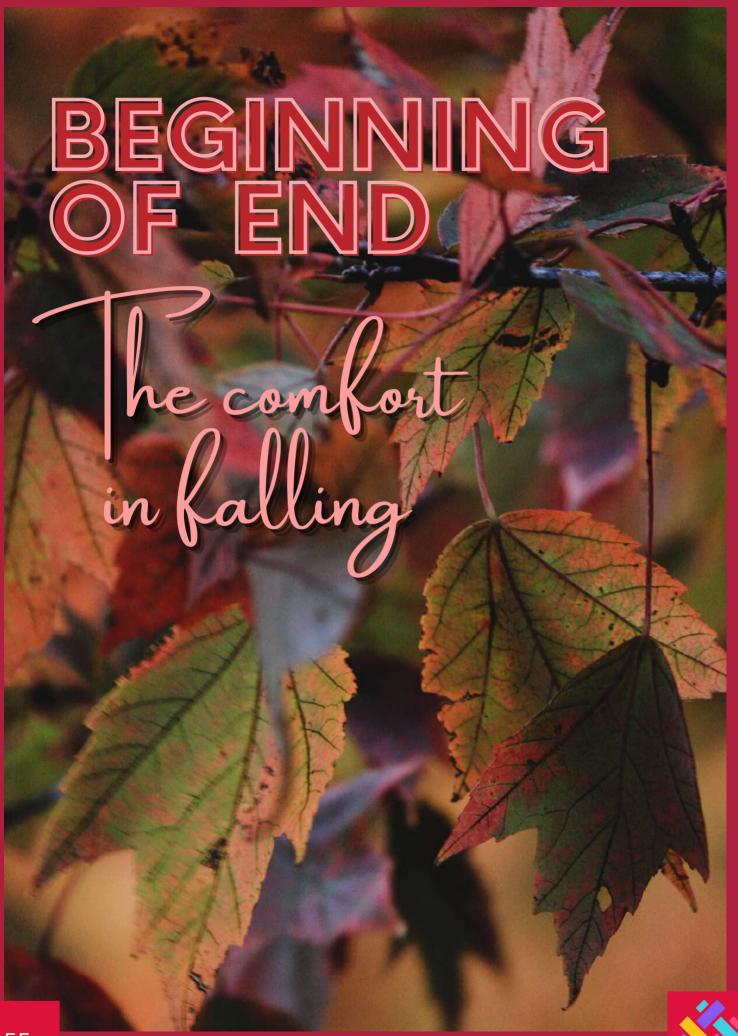
"Autumn
dresses up in
gold; the
richest season
of the soul."













Success Arvind Gupta

Every morning when I open my eyes I want to see different sites.

For me success is something which makes me excite.

I want to see the same sun with different eyes.

When so ever I think of future it should make me excite.

I want to climb the mountain with highest height.

I want to die with peaceful mind,

I want a Life with joy of happiness in my eyes, which I can share with me and mine not the money which make my dreams hide.





Self love

Kiarah Patel

You're allowed to feel off and take as many breaks as you need to. Your biggest responsibility is taking care of yourself. You're allowed to not have your life figured out. You're allowed to be 'behind' because where you are is fine. Where you are is where you need to be right now. Work doesn't define you. Grades don't define you. Medication doesn't define you.

Anxiety doesn't define you. The past doesn't define you. Relationships don't define you. Words don't define you. Looks don't define you.

How you love defines you. How you use your gifts to help others defines you. Your gifts are part of your purpose. Even if you say you don't know what your purpose is, you have purpose. Start with your heart.

Start with how you love naturally. Start with how you're able to help others. You know more about yourself than you think you know.



This planet needs love more than anything. Love looks like being kind. Love looks like trusting. Love looks like helping people where you can. Love looks like patience. Love looks like getting up in the morning and doing the best you can. Love looks like you.

Self love

Everything is coming together. I know from deep experience that even when nothing makes sense you must keep going. You must stay open. You must experience pain. You must try not to be hard on yourself. You must keep going because your purpose here is so important.

You are safe. You are not a burden. You are loved beyond knowledge. Trust your process.

Shayri Anand Pandey

Iss Patjhad ke tarah bhikhera mujhko....

Ab ye bedard hawayein mera Rukh badal dete hai ..



Illusions-Are you really being yourself?

Kaushal Agarwal



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 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

Illusions-Are you really being yourself?

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. 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.





Maximise personal effectiveness

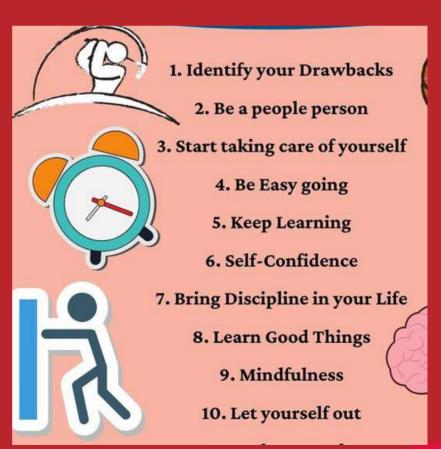
Cdr Vijay Pratap Singh Sir

We all love a good quote. A good quote can do many things. It can sum up in just a few words what it takes a whole day to learn. It can deliver something that has taken someone a lifetime of experience to discover. It can make us smile with the its accuracy and wisdom. It can delight us with its turn of phrase. And it can hit the spot in encapsulating something we have come to understand ourselves. When asked for their favourite quotations, ones that mean something to them or ones that they were given and have used throughout their lives to help them gain some insight, most people can usually quote a quote.

Therefore, title of the article is best understood by reading through number of specific quotes which provide ways and means to Maximize Personal

Effectiveness.

Personal effectiveness can be better understood under following modules: -



Maximise personal effectiveness

1. Assertiveness

"People spend too much time finding other people to blame; too much energy finding excuses for not being what they are capable of being; and not enough energy putting themselves on the line, growing out of the past, and getting on with their lives."

2. Maximising your potential

"Consult not your fears but your hopes and dreams. If you wish to succeed in life, make perseverance your bosom friend, experience your wise counsellor, caution your elder brother, and hope your guardian genius."

3. Stress Management

"A mind that is fast is sick. A mind that is slow is sound. A mind that is still is divine. Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm."

4. Thinking Skills

"A new idea is delicate. It can be killed by a sneer or a yawn; it can be stabbed to death by a joke or worried to death by a frown on the right person's brow."

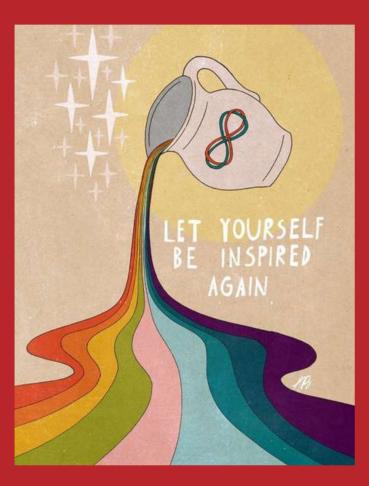
5. Time management

"Time is the most undefinable yet paradoxical of things; the past is gone, the future is not come, and the present becomes the past even while we attempt to define it and, like the flash of the lightning, at once exists and expires."



Just thoughts

Kaushal Agarwal



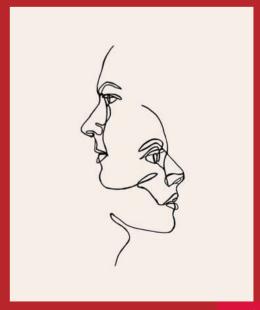
Slowly we reach the limit but we don't realise it and continue to either suppress these thoughts or let them out in emotional outbursts.

These outbursts are often non intentional and our closest friends become the victim of it. We start to isolate ourselves or they themselves become distant because honestly no one likes to have an emotional baggage suddenly dropped on them.

Now we could argue that they are our closest friends and all, but everyone has their limits and we

Life is not always picture perfect; we all know this. Life has its ups and downs. Sometimes you ride the high while at times life tests your limits whether it's physical or emotional.

We know when to quit and work on it when we reach our physical limits. But the most challenging one is the emotional phase. Humans are complex, so are our brains. Instead of letting things go we tend to accumulate these emotions in our mind.



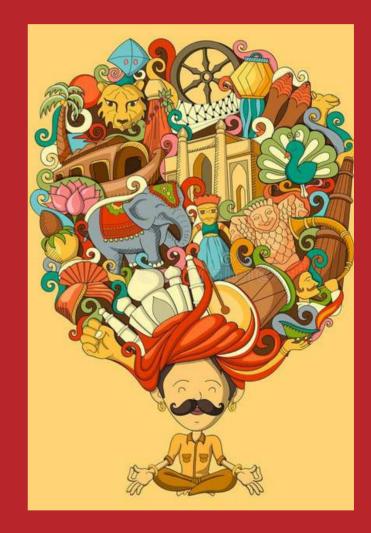


Just thoughts

only add fuel to this by not giving any explanation or not having an honest conversation with them. We just come, say and leave. This is not a conversation.

We have to let go off this emotional pride that we have in ourselves and focus on our mental well-being. Otherwise, one day this will consume us and you could do things which you will wish in future you didn't.

It's better to accept how things are going and try to change it. Whether it is a failed relationship or some other thing it is all a part of life. Instead of accumulating these negative things, focusing on yourself and moving on with life is the best option. Do what you want even if it is childish. "The joy of being an adult is having the freedom to be a child."

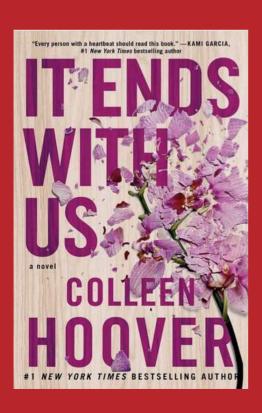




IT ENDS WITH US - Colleen Hoover

Khushi Gupta

This book shows a young girl living in an abusive household where her father is physically violent toward her mother, who then grows up and marries a man of similar traits. The book dedication is so beautiful - "For my father, who tried his very best not to be his worst. And for my mother, who made sure we never saw him at his worst." Books have given me many varied emotions: joy, laughter, tears, new insights, and even intrigue. I'd never done this before, but this book inspired me to try something new. I read this book with no preconceived notions, and it blew my mind that Colleen Hoover was able to portray the one component of every violent relationship that has always left observers from a few feet away thinking, "Why did she/he stay?" — the excuses.



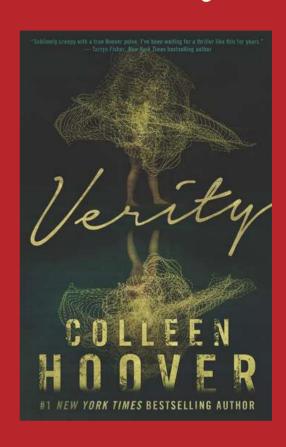
It's one thing to have empathy for the victim, but it's another to try to fathom what drove their actions. The expense of experiencing it oneself or witnessing it in a loved one. I was both saddened and comforted by this book. To get to safety, you may have to sacrifice everything you hold dear. It's the hardest part of the deal, and Collen Hoover has done a superb job of depicting it in the form of a novel, drawing on her own experience.

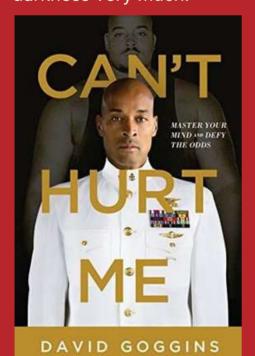


VERITY – Colleen Hoover

This was my second Colleen Hoover novel, and I'm saying so up front since it bears some bearing on my review. Though I am aware that some critics have stated that this book is too "dark" and "edgy" for a new Colleen Hoover reader, I must say that I am completely blown away by it. For the life of me, I can't figure out how to describe the way this narrative ended. I enjoyed it thoroughly, right down to the gory specifics. The writing style immediately engaging, and the book's rapid pace kept me reading until the very end. The atmosphere felt eerie and unsettling. However, I enjoyed the darkness very much.

Khushi Gupta





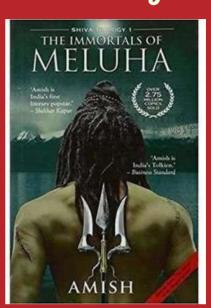
Can't Hurt Me - David Goggins Rutul Bokade

Can't Hurt Me is the story of David Goggins, who went from being overweight and depressed to becoming a record-breaking athlete, inspiring military leader, and world-class personal trainer.

The Shiva Trilogy - Amish Tripathi

Hello and greetings to all, My name is Sohan Chhangani, not A bibliophile or bookworm but a series of the book I read and would like to review iis THE SHIVA TRILOGY by Amish Tripathi. What a fascinating book by Amish, the detailing of each event and the character development was off the chart. Being a fan of animation and visuals this is the one series of the book I would want everyone to read as the wording itself gives you enough definition that you can imagine/visualize. Worth a read for sure.

Sohan Chhangani



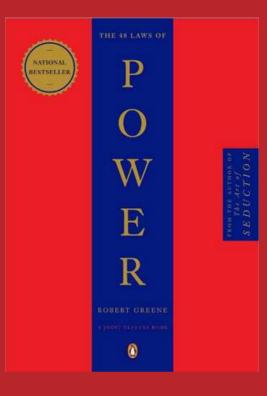
55 Questions to ask yourself- Manoj Chenthamarakshan Sparsha Shetty

55 Questions to ask yourself, across 8 dimensions for a new you by author Manoj Chenthamarakshan consist of 8 chapters on questioning yourself to unlock some hidden things that you never knew. The 55 questions are based on self-discovery, goals, beliefs, values, actions, habits, accountability and celebrating. Each topic begins with a small intro, quotes, question and answers based on it. Every question is thought-provoking. Each content will make you think more deeper and you will be able to unravel interesting versions of yourself. The writing style is simple. The language is lucid. The cover and title perfectly matched the concept.

48 Laws of power - Robert Greene

Rutul Bokade

The 48 Laws Of Power draws on many of history's most famous power quarrels to show you what power looks like, how you can get it, what to do to defend yourself against the power of others and, most importantly, how to use it well and keep it.



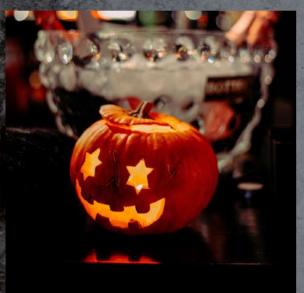






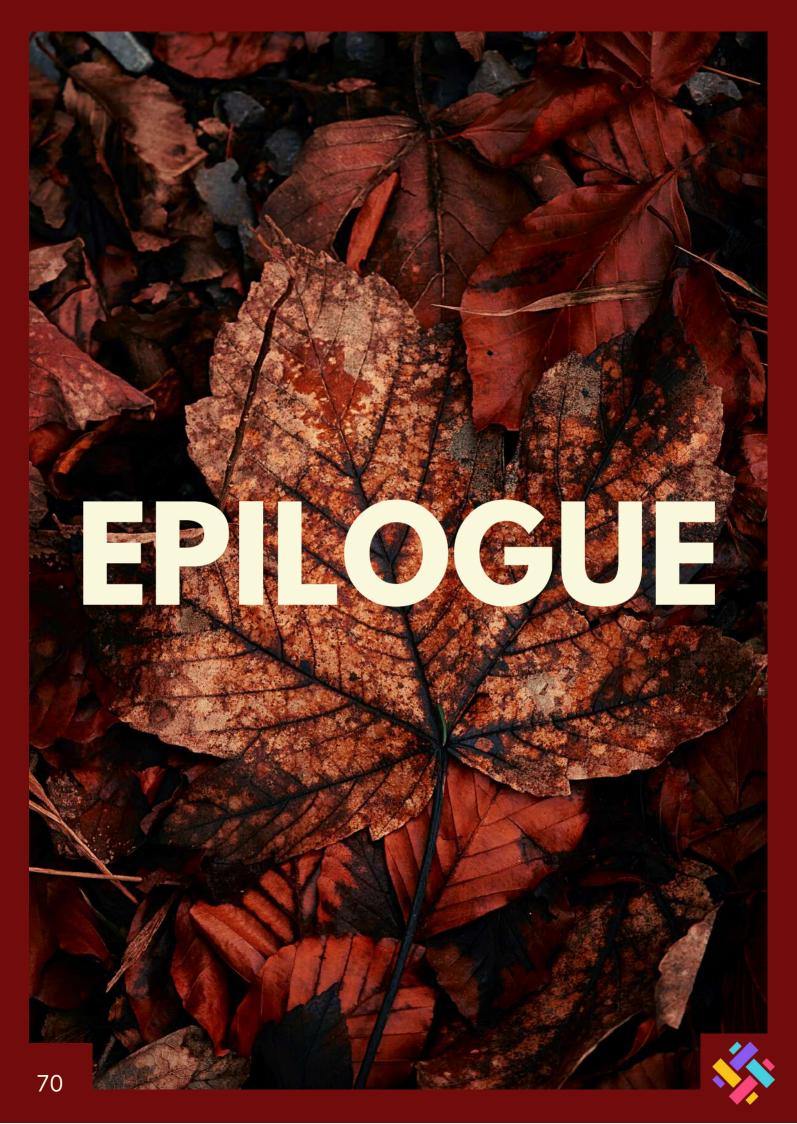
"Autumn embraces change, even as she is falling to pieces."











Anand Pandey

Ankur Yadav

Arushi Nirala

Arvind Gupta

Cdr Vijay Pratap Singh Sir

Devesh Singh

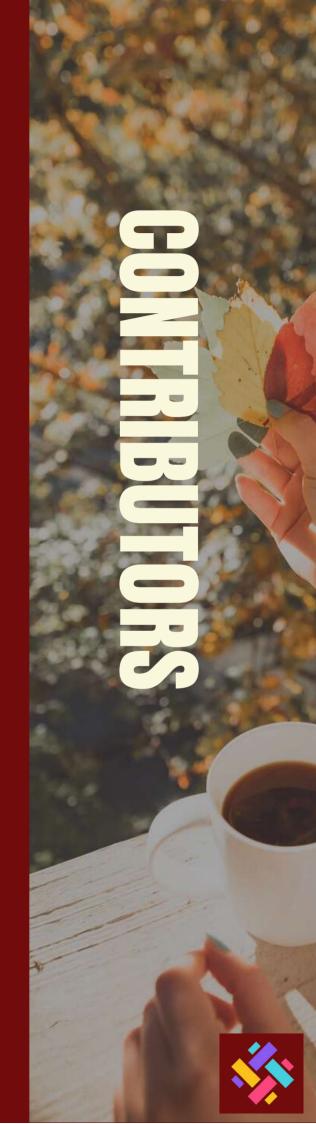
Dhaiwat Mehta

Harsh Verma

Jayesh Potalbattini

Kaushal Agarwal

Keshav Misra





Keshav Yadav

Khushi Gupta

Kiarah Patel

Laxmi Gupta

Maitri Vaghasiya

Niraj Raut

Rutul Bokade

Sanika Gurav

Sohan Chhangani

Sparsha Shetty

Stuti Soni

Tanmay Godha





SORT & Literary Club believes in striving for success. With each year's magazine we have always proved with our diligence and have shone the brightest. With the Editorial & Designing team's hard work & creativity we have made this year's edition of magazine - "Elysian" a grand success!

We would like to thank our Chairman, Trustees and the Thakur CEOs of Educational Group. We are also very honoured to have the support and guidance of our Principal - Dr B.K. Mishra, Mentor Dean - Dr Lochan Jolly and Vice President - Dr Deven Shah, Club Mentor -Cdr Vijay Pratap Singh, Mrs Rajeshwari Jaisinghani and all our esteemed mentors and faculty incharges.

We are very thankful to all our contributors who chose our magazine to put forth their thoughts into words and expressed their inner writer through their articles & poems.



