

# THE STUDENT

**Lawyers' Musings**



**Vol. XIII, Issue I February 2024**  
**An ICF AI Law School Publication**

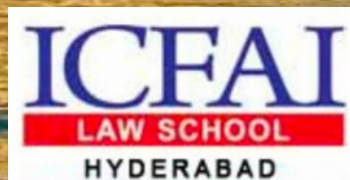


Photo credits : Ms. Kalva Sirichandana  
winner of photography competition

# FOREWORD

**Dear Reader,**

We hope you are safe and doing well.

I welcome you to another edition of our magazine. Over the years, this magazine has matured due to the efforts of our students at ICFAI Law School, Hyderabad. It is the brilliance behind each individual's effort who intends to bring to you the best of their abilities. In this edition, like always, they have showcased their uniqueness by relaying their thoughts on various issues in an exemplary manner.

The current edition is a proper culmination of talent and displays the efforts of all those who have taken it upon themselves to showcase their thoughts and ideologies.

As we progress further, it is a promise from my side to bring to you an evolved edition in the coming future. We wish to have the same kind of support from students in the near future.

For feedback or suggestions, kindly reach out to us at [ergaliterarium@ifheindia.org](mailto:ergaliterarium@ifheindia.org).

**Laxmi Neeharika Neela**  
**Editor-In-Charge**

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# CONTENTS

<b>Foreword</b> .....	I
<b>Our Contributors</b> .....	II
<b>Events</b> .....	01
I. Poem by Harsh Sinha .....	08
II. Poem by H.Niharika ravi.....	09
III. Poem by Vishnu Sisir Duggirala.....	10
IV. Photo by Mridul Shrimali.....	11
V. Poem by Pavani Bajamahal.....	12
VI. Poem by Riddhima das .....	13
VII. Article by V.Rakshitha.....	14
VIII. Photo by Sumanth sagar.....	18
IX. Poem by Riddhima Das.....	19
X. Photo by Satwika Masanipalli.....	20
XI. Photo by N.Bhanu Teja.....	21
XII. Drawing by Mridul Shrimali.....	22
XIII Poem by K.Laxmi Santoshi .....	23
XIV. Photo by Megha kumari .....	24
XV. Drawing by Megha Kumari.....	25

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# CONTENTS

XVI. Book review .....	26
XVII. Article by Adyasha Nupur.....	28
XVIII. Interview.....	33
<b>Previous Publications.....</b>	<b>39</b>
<b>Editorial Board.....</b>	<b>X</b>



# OUR CONTRIBUTORS



## साम दाम दंड भेद

Harsh Sinha

Harsh Sinha is a 3rd year BA LLB student. Passionate about writing poems and generating informative content for his audience, you will always find him entertaining his people.



## Whispers in Solitude

H. Niharika Ravi

A 3rd year BA LLB student, she fervently channels her passion for self-expression through evocative poems and compelling plays. Her artistic endeavours consistently aim to emphasise the significance of gender equality and freedom of expression.



## Aurora

Vishnu Sisir Duggirala

Vishnu is a 3rd-year student of BBA-LL.B. (Hons.). He reads and writes stories of all genres to kill time, and he is trying his hand at poetry as well.

# OUR CONTRIBUTORS



## Photo

Mridul Shrimal

A Law student. A spontaneous and keen learner trying to convey his inexplicable feelings through sketching and photography. A curious person by nature and a traveler.



## Poem

Pavani Bajamahal

She writes about things that are seldom appreciated. Writing keeps her serene. She feels that she's complete when she sits with paper and a pen. Because poetry always gets her!



## Brave personified

Riddhima Das

Riddhima is a 1st year BBA LLB (Hons) student. She is passionate about reading and acting and is trying her hand at writing.

# OUR CONTRIBUTORS



## CRISPY FRIES

V. Rakshitha

Rakshitha is passionate about photography, and she is enthusiastic about capturing the moment with pictures.



## Photo

A. SUMANTH SAGAR

Sumanth Sagar is a 5th year student of ICFAI Law School and is a member of photography club & is passionate about photography.



## Landscape of the Mind

Riddhima Das

Riddhima is a 1st year BBA LLB (Hons) student. She is passionate about reading and acting and is trying her hand at writing.

# OUR CONTRIBUTORS



## **Photo**

V. Rakshitha

Rakshitha is a 3rd year student. She is enthusiastic about photography, and she is passionate about capturing the moment through pictures.



## **Photo**

N. Bhanu Teja

Bhanu Teja is a 1st year BBA-LLB student. He is an enthusiastic guy who loves to know about new things in life. He believes challenges shape your personality and mould your future. Ciao!



## **The Role of the United Nations in International Peace and Security**

Adyasha Nupur

Adyasha Nupur is a B.B.A.LL.B. (Hons.) student at ICFAI Law School, Hyderabad, with experience in Civil, Criminal, Family law, GST, and Insolvency gained through significant internships. Her proficiency lies in conducting thorough legal research, drafting, and practical application of diverse legal skills.



# OUR CONTRIBUTORS



## Photo

Srinidhi Mantripragada

Srinidhi is a 3rd year student she is a curious soul who is interested in almost everything and taking good pictures is a part of it.



## Photo

Sawika Masanipalli

Sawika is a 1st-year student of BBA LLB (Hons). She is enthusiastic about photography. She is also very passionate about music.



## Photo

N. Bhanu Teja

Bhanu Teja is a 1st-year BBA-LLB student. He is an enthusiastic guy who loves to know about new things in life. He believes challenges shape your personality and mould your future. Ciao!



# OUR CONTRIBUTORS



## Drawing

Mridul Shrimal

A Law student. A spontaneous and keen learner trying to convey his inexplicable feelings through sketching and photography. A curious person by nature and a traveler.



## ADHD

K.Laxmi Santoshi

K. Laxmi Santoshi is a 1st-year student of BBA LLB and takes inspiration from her mom. She tends to express herself through various forms of art. Poetry has always been her go-to way to convey what she feels.



## Photo

Megha Kumari

A law student with a dual love for justice and creativity. Balancing the scales of legality and the lens of artistry, capturing the nuanced beauty in both the courtroom and the world beyond.

# OUR CONTRIBUTORS



## **Drawing**

**Megha Kumari**

A law student with a dual love for justice and creativity. Balancing the scales of legality and the lens of artistry, capturing the nuanced beauty in both the courtroom and the world beyond.



## **Interview of Adv. Sumant Batra**

**Soujanya V. Kulkarni**

Soujanya is a 3rd-year student of BBA-LL.B (Hons.). She is very passionate about books, music and playing the violin.



## **Interview of Adv. Sumant Batra**

**Aparna**

Aparna is a student from 3rd year BBA LLB(Hons). She likes to study and cook. She loves to listen to music.

# OUR CONTRIBUTORS



## **Event Photographer**

A.SUMANTH SAGAR

Sumanth Sagar is a 5th year student of ICFAI Law School and is a member of photography club & is passionate about photography.



## **Event Photographer**

Sai Pranav S

Sai Pranav S is a student of 3rd year BBA LLB. He loves to write and kill spare time by reading books, not the smart ones, usually fantasy novels where school kids learn spells.

# EVENTS

## THE MAGAZINE LAUNCH

On September 20, 2023, Erga Literarium, The literature club of ICFAI Law School, Hyderabad, launched its bi-monthly magazine.

The magazine, featuring an array of poems, short stories, and thought-provoking essays, was launched in the presence of Dr. Y Pratap Reddy, Dean, ICFAI Law School, Hyderabad, faculty coordinators Asst. Prof. Anwasha Panigrahi and Asst. Prof. Rupak Das, other faculty members, students, and members of the club. The 2023 edition of Volume XII, Issue III, The Student showcased the diverse talents of the club members and demonstrated their dedication to literature and creative expression.

The highlight of the event was a skit titled 'From Inkpots to Pixels', where the main goal was to create a humorous and insightful exploration of how these timeless figures would connect with today's tech-savvy and socially aware generation. The skit was written, directed, and enacted by the students themselves throughout all the semesters.

Their performance and dialogue delivery were captivating and eye-catching. The event concluded with giving prizes to the winners of 'Bhasha Matrix', which was an event conducted on the occasion of International Mother Tongue Day.





# EVENTS

## POEM RECITATION COMPETITION

On 10th January 2024, the Cultural Club of ICFAI Law School organised a poem recitation competition on the occasion of National Youth Day. Youth Day promotes unity and emphasises the crucial role young people play in driving positive change globally. The competition was conducted during the activity hours in the conference hall in the presence of the cultural club head, Assistant Prof. Dr. Iti Vyas, among other faculty members and students. Around 15 students from different semesters participated and lit the hall with their powerful words.

The winners were awarded certificates along with exciting cash prizes!





# EVENTS

## KITE-MAKING COMPETITION

On 10th January 2024, the Literary Club of ICAFI Law School, Hyderabad, Erga Literarium, The Literature and Magazine club, ICAFI Law School, Hyderabad, held a kite-making competition. The competition was held on the occasion of Makar Sankranti. It was conducted during the activity hours, and students from various semesters participated in the event. The participants crafted beautiful kites using their artistic skills. The participants included their innovative and quirky taglines along with their splashy kites.

The competition was conducted during the activity hours in the presence of Prof. Dr. Pratap Reddy sir, Dean, ICAFI Law School, and the faculty coordinators of Erga Literarium, Assistant Prof. Anwesha Panigrahi, and Assistant Prof. Rupak Das.



# EVENTS

## NATIONAL YOUTH DAY

On 12th January 2024, the Cultural Club of ICFAI Law School, Hyderabad, celebrated National Youth Day. The event was conducted in the presence of Prof. Dr. Pratap Reddy, Dean, ICFAI Law School, Assistant Prof. Dr. Iti Vyas, other faculty members, and students. The event started with a speech, followed by a skit and a group song. The event was concluded by a group dance of students from various years.

The highlight of the event was the skit that portrayed a scene from Swami Vivekananda's school life and the speech given by Swami Vivekananda at the Art Institute of Chicago.

The celebration of Youth Day has been an integral part of the institution, as it signifies youth and the positive and potential change that they can bring to society.

## LAUNCH OF FRIEDEN - ADR CLUB LOGO

On 12th January 2024 the ADR Club launched their logo on the occasion of National Youth Day. The unveiling of the logo commenced with a warm welcome by the faculty coordinators as well as the student coordinator, who highlighted the importance of their new logo in reflecting the values and ethos of the ADR Club. The name "Frieden," was chosen to signify peace and resolution since it shows the core principles of the club, which can be seen as the club's commitment to fostering peaceful dispute-resolution practices.

Faculty and student coordinators of the ADR Club were present during the launch, which made it more cheerful.

# EVENTS

## HANDWRITING COMPETITION

On 17th January 2024 the Cultural Club of ICFAI Law School, Hyderabad, organised a handwriting competition on the occasion of Republic Day. Many students from various semesters participated in the competition to showcase their beautiful handwriting. The students were given half an hour to write an excerpt of the Indian Constitution, which was presented on the screen.

The winners of the competition were awarded cash prizes on 25th January 2024.

The competition was held in the presence of the head of the cultural club, Assistant Prof. Dr. Iti Vyas.

## LEGAL AID CLUB EVENT

On 24th January 2024, on the occasion of Republic Day, the Legal Aid Club of ICFAI Law School visited a government school near Shankarpally to educate the school students on the importance of literacy.

The same was portrayed through a skit that emphasised the importance of education in one's life.

The event concluded with a speech and a song, which were enjoyed by the students in the presence of Associate Prof. Mr. K. Durga Prasad and Assistant Prof. Dr. S. Kannan.

# EVENTS

## CREATIVE WRITING

On 24th January 2024, the book club of ICFAI Law School, Hyderabad, under the aegis of the literature club Erga Literarium, conducted a creative writing competition. The competition was conducted during the activity hours in the presence of Asst. Prof. Anwesa Panigrahi and Asst. Prof. Rupak Das, along with the participants and the club members.

The event aimed at providing the students with a platform to share their speculations and sentiments on various ongoing social problems or just express their feelings on paper. To prepare for the competition, the students were given ample time to discuss and research the topics.

The competition lasted for approximately ninety minutes in complete silence as the participants racked their brains, quickly jotting down their solitary opinions of their chosen topics.



# EVENTS

## REPUBLIC DAY CELEBRATIONS

On 25th January 2024, The Law school was lit up with the feeling of patriotism. The students were very energetic and welcomed the faculty with a group song, which was followed by a skit about the importance of having a life with freedom and how one should lead a meaningful life.

Photography club competition on occasion of republic day -

1st prize



Ms. Kalva Sirichandana  
Semester: VIII

2nd prize



Mr. Anshula Shreshth  
Semester: VIII



# साम दाम दंड भेद

BY HARSH SINHA

साम दाम दंड भेद  
कर्म का है ये खेल

अग्नि की ये भूमि है  
दर्द के कदम चले,  
कर विजय तू भक्ति का  
अभिमन्यु है तू रक्त देख ॥

साम दाम दंड भेद  
कर्म का है ये खेल

देख तेरी भुजा का मेल  
रक्त छाप रण विजय,  
तू सांस ले दहाड़ दे  
कर्म को ये ज्ञात है ॥

साम दाम दंड भेद  
कर्म का है ये खेल

हर सांस में तू डर रहा  
तू है प्रलय ये जान ले,  
वायु तेरा प्राण है और यही अभिमान है  
ये ज्ञात कर दहाड़ दे ॥

साम दाम दंड भेद  
कर्म का है ये खेल

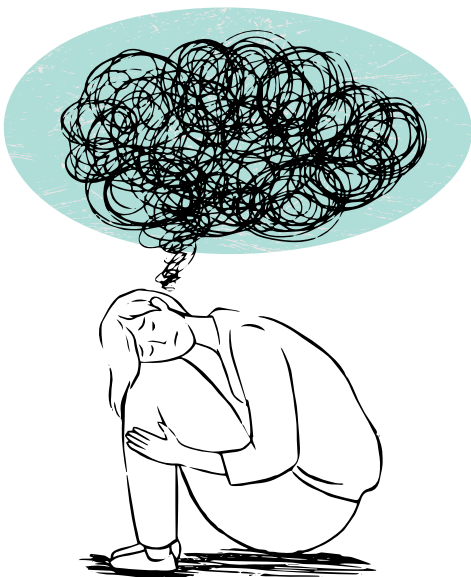
# WHISPERS IN SOLITUDE

BY H. NIHARIKA RAVI

SMILE ALL DAY AND DON'T LET THEM KNOW  
LAUGH YOUR WAY THROUGH THE DAY AND EVERYTHING WILL BE  
ALRIGHT  
DON'T LET THEM KNOW IT BOTHERS YOU; YOU'RE WEAK THEN  
DON'T LET THEM GET UNDER YOUR SKIN  
DON'T THINK ABOUT IT AND IT'LL BE FINE  
YOU THINK TOO MUCH.

OH! THE THINGS YOU SAY TO YOURSELF TO GET THROUGH THE DAY.  
THE THINGS THAT HELP YOU TAKE THINGS ONE AT A TIME.  
YOU ARE ALONE IN THIS GAME, AND IT'S TIME TO REALISE THERE'S NO  
WINNING OR LOSING.  
YOU ONLY HAVE TO GET TO THE OTHER SIDE.

HOLD YOUR RIVER OF TEARS TILL YOU'VE LOCKED YOUR BEDROOM DOOR  
MAKE SURE EVERYONE'S ASLEEP AND THERE'S NO ONE AROUND  
OH! THE THINGS YOU DO TO JUST BE A NORMAL HUMAN.  
WONDER WHEN IT'LL BE OKAY TO BE VULNERABLE  
NO ONE SEES WHAT I SEE, EVEN IF THEY SEE IT TOO.



# AURORA

BY VISHNU SISIR DUGGIRALA

Through the night sky, a vision divine,  
A rhythmic aurora on a gentle night,  
Around stars that glimmer and shine,  
With an audience that is quiet yet infinite.

The rays of light that swirl and sway,  
A beauty that echoes through the night,  
A view reminiscent of a Shakespearean play,  
As the lights dance to our heart's delight.

In the night's veil, like a divine prayer,  
With featherlike steps and a gentle breeze,  
An aurora dances, ethereal and rare.  
The envy of the vast seven seas.

With each dancing colour, the heavens cheer,  
Each flash lasts but for a moment.  
As the aurora dances at the edge of the sphere,  
A vision beyond wonder, a memory so potent.



# PHOTO

BY Mridul Shrimali



SACRED ECHOES IN STONE: CAPTURING THE TIMELESS BEAUTY OF THE TEMPLE TRANQUILITY THROUGH MY LENS.

# POEM

BY PAVANI BAJAMAHAL

TO WHERE SHOULD I GO WHEN HOME IS NOT  
HOME ANYMORE?

TO WHOM SHOULD I RUN WHEN MY LEGS  
ARE DEAD AND BROKEN?

TO WHOM SHOULD I OFFER LOVE WHEN I  
CAN'T EVEN LOVE MYSELF?

TO WHOM SHOULD I OFFER CONDOLENCES,  
FOR I WAS THE ONE WHO KILLED AND  
BURIED MYSELF?

TO WHERE SHOULD I GO WHEN HOME IS NOT  
HOME ANYMORE?





# BRAVE PERSONIFIED

BY RIDDHIMA DAS

Brave is a little girl taking the first steps towards her destiny.

For she is afraid but has to fill her world with dreams and laughter.

Making her house a home, her career a success

Brave is a woman, treading upon dark roads unafraid

For she leads others to the light.

Dauntless, bold, shameless, call her what you may.

But brave she is, for she stands her ground while everyone else tries to bring her down.

Brave is a woman who brings life into the world, for her love and valour know no end

She's a fighter, a lover, and a supporter because she does the impossible, simply because she can

Because most important of all,

Brave is a woman, for from her the world is born.



# CRISPY FRIES

BY V.RAKSHITHA

The long, perfectly sliced, crispy, gold-coloured, crunchy on the outside, soft on the inside delicacy—you might have already guessed it: the delicious French fries. These can fill our stomachs, but no quantity of them is enough to fill our hearts. It is the most easily available dish and is very popular among all generations. Many new dishes have been invented, but nothing could replace these amazing fries. No one can resist these mouth-watering fries. It's wonderful how they just melt in our mouths when we dip them in ketchup or mayonnaise. Many have found different ways to style these fries according to their culture.

French fries can be made using different potatoes. Usually, many prefer white Idaho potatoes, but they can also be prepared with Yukon potatoes, sweet potatoes, and several other types of potatoes.

French fries happen to have the fastest growth rate of more than 30% annually for modern retailers and frozen retailers, even in fast-food chains. French fries constitute one of the top three billings at KFC and McDonald's. Even in retail stores like Big Bazaar and Spencer's, it is one of the most popular frozen foods.

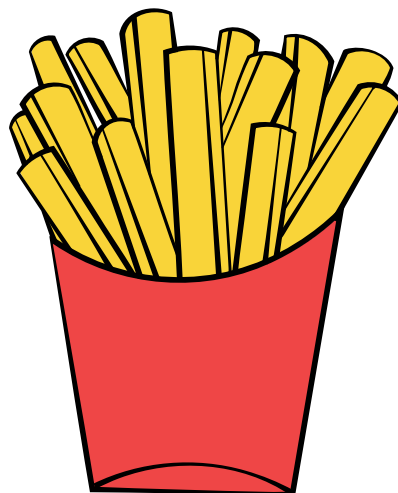
The Wall Street Journal revealed that Belgians consume the most French fries compared to any other country. There is a museum dedicated to French fries in the city of Bruges, Belgium. It narrates two golden stories about French fries. The countries that consume French fries the most are the United States of America, France, the Netherlands, Greece, Canada, South Africa, England, Japan, Kenya, Peru, Tanzania, Ireland, Ukraine, Bulgaria, and India.

We would be wrong to think that France is the origin of French fries just because of the word "French" in the name. According to sayings, the birthplace was Belgium. During the winter of 1680, in the city of Namur, when the local river froze, the inhabitants had to shift from fried fish to potato fries. The word "French" indicates the method of slicing the ingredients. In general, it involves slicing to expose all sides of the ingredients. It appears that it was the French who introduced French fries to the Americans, who made them popular in non-European countries too through fast-food chains. French fries were introduced to America by Thomas Jefferson, who was an American minister in France.

The majority of people prefer ketchup or mayonnaise with their fries. People eat French fries as a side dish because they are filling and satisfying. Many people like it as an additional dish for lunch or dinner. Here are some examples of dishes with which people prefer French fries: Baked Asparagus, grilled corn on the cob, hamburgers, Mac & cheese, grilled veggies, fried mozzarella sticks, steak, Turkish eggs, and fried fish.

Fries are a common ingredient, but the citizens of different countries prefer them in their own way. Canadians prepare a dish where the fries are placed in the centre and front with a topping of cheese, curd, and gravy. In Greece, fries are added to veggies, meat, and falafel to prepare a dish called Pita Gyros. The English like the fries along with fried battered fish topped with lemon juice, malt vinegar, and/or tartar sauce to make it more delicious. France adopted a Belgian dish, moules frites, which is made of mussels steamed in white wine and served with fries. Americans crave fries drenched in nacho cheese, then they add chilli. This dish is called chilli cheese fries. Salchipapas are not only famous in Peru but also in Latin America. The platter contains fries topped with sausages served with ketchup, mayonnaise, mustard, and aji. The street vendors of Tanzania and East Africa prepare chipsi mayai, an omelette with fries, and some veggies. The citizens of Kenya fry their French fries and then mix them with a tomato-based masala sauce and a few drops of lemon juice.

With changing times and increasing interest in cooking, many have started cooking at home. One of the best things about French fries is that they can be easily made at home. It is not very difficult to prepare. We need to follow certain simple steps to prepare these yummy fries at home. Firstly, we need to



wash the potatoes and then peel them. The potatoes should be julienned, i.e., sliced into long sticks. Next, soak the sliced potatoes in a bowl of water for 20 minutes or up to an hour. The third step is to drain the potatoes and dry them by placing them on a cloth. The fourth step is to take a large, heavy pot, add oil, and let it get hot. Then add the potatoes and fry them for 5 minutes. It is advised to fry them in small quantities so that they don't get soft and soggy. Make sure they are cooked through, but they should be pale. Take out the fries from the oil and let them cool for 15-20 minutes. After that period, deep fry the fries again for the second time. This step ensures the fries are crispy on the outside and soft on the inside. It also gives a golden texture to the fries.

Those who avoid fried food, because it is unhealthy, can prefer baked fries. It is simpler than the deep-fried version. The first step is to preheat the oven to 235°C. Then slice the potatoes like matchsticks. Then soak the potatoes in hot water for 15-20 minutes. Put the fries on a cloth, then pat them with a cloth to dry them. Take these sliced potatoes into a bowl, add oil and spices like chilli powder and garlic powder, and toss the slices so that they mix well. Bake the slices in the preheated oven until they are golden brown for about 45 minutes. The crispy fries are ready.

There are different types of French fries around the world, like crinkle-cut fries, curly fries, waffle-cut fries, potato wedges, steak fries, loaded fries, tornado fries, tater tots, truffle fries, sweet potato fries, pommes soufflés, Carne asada fries, bratkartoffeln, potato bravas, war fries, sweet and salty butter fries, and peri-peri fries.

Every coin has two sides. These yummy fries also have effects. From gaining weight to many other side effects caused by these delicious fries. They can cause stomach pain. One might experience brain fog. These might lower our immunity. French fries have a high content of oil as well as salt. They will increase the risk of heart attack and stroke. It also increases the chance of Alzheimer's. These delicious fries can also affect us mentally. These fries are connected to a 12% higher risk of anxiety and a 7% higher chance of depression. These are high in cholesterol. The potatoes and oils are very high in calories. Generally, fried foods have a higher content of trans fat. These fries are fried in processed vegetable oil, which also contains trans fat. This trans fat increases the risk of obesity, heart disease, cancer, and diabetes. French fries can also lead to an increase in blood pressure.

It was claimed that consuming French fries more than twice a week can double the risk of death. This is mainly due to a higher level of oil and salts. There's negligible effect on health from consuming fries once a week or less. We can prepare the fries at home by baking them.



wasThat was one side—the bad side. On the other side of the coin—the good side—it is claimed that French fries also have benefits. The main ingredient in French fries is potato. Potatoes are rich in potassium, vitamin C, and fibre. Some iron and protein are added to the potatoes when they are fried. Fried in vegetable oils, they give us healthy fats like monounsaturated and polyunsaturated fats. The fibre aids in digestion and promotes better bowel movements. French fries might contain potential anti-inflammatory properties, contributing to improved early brain development. These fries may also reduce oxidative stress and promote weight maintenance. They are also a low-cost source of nutrients.

The nutritional values in French fries are as follows: calories – 196; fat – 13.1g; sodium - 141 mg; carbohydrates - 18.5mg; fibre - 1.6g; sugars - 1.3g; protein – 1.9g; and vitamin C – 9.7mg. It is important to remember that fries prepared in unhealthy oils are detrimental to our bodies. They should always be consumed in moderate quantities and as part of a proper diet.

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# PHOTO

BY A.SUMANTH SAGAR



# LANDSCAPE OF THE MIND

BY RIDDHIMA DAS

The dreary landscape was dull and lifeless.  
The strongest tree struggled to stand right in the vast and endless land.  
The landscape changed, erupting into a fiery volcanic land.  
The eruptions shook the very core of the mind.  
The volcanic land calmed, and the soil healed  
The life of the land slowly peeked out of its green snout.  
The landscape came to life with the flowers blooming and the sun  
shining.  
The dark thunderclouds threatened to show up now and then.  
The land, however, gained back its true spirit, and nothing now could  
shake the very roots of the landscape.

## Explanation

*The poem here draws a parallel between the landscape and the mind of a person. The mind, when traumatised, cannot comprehend anything, but with time and proper care, it regains its proper self, just like how the land comes back to its former glory.*

# PHOTO

BY SATWIKA MASANIPALLI

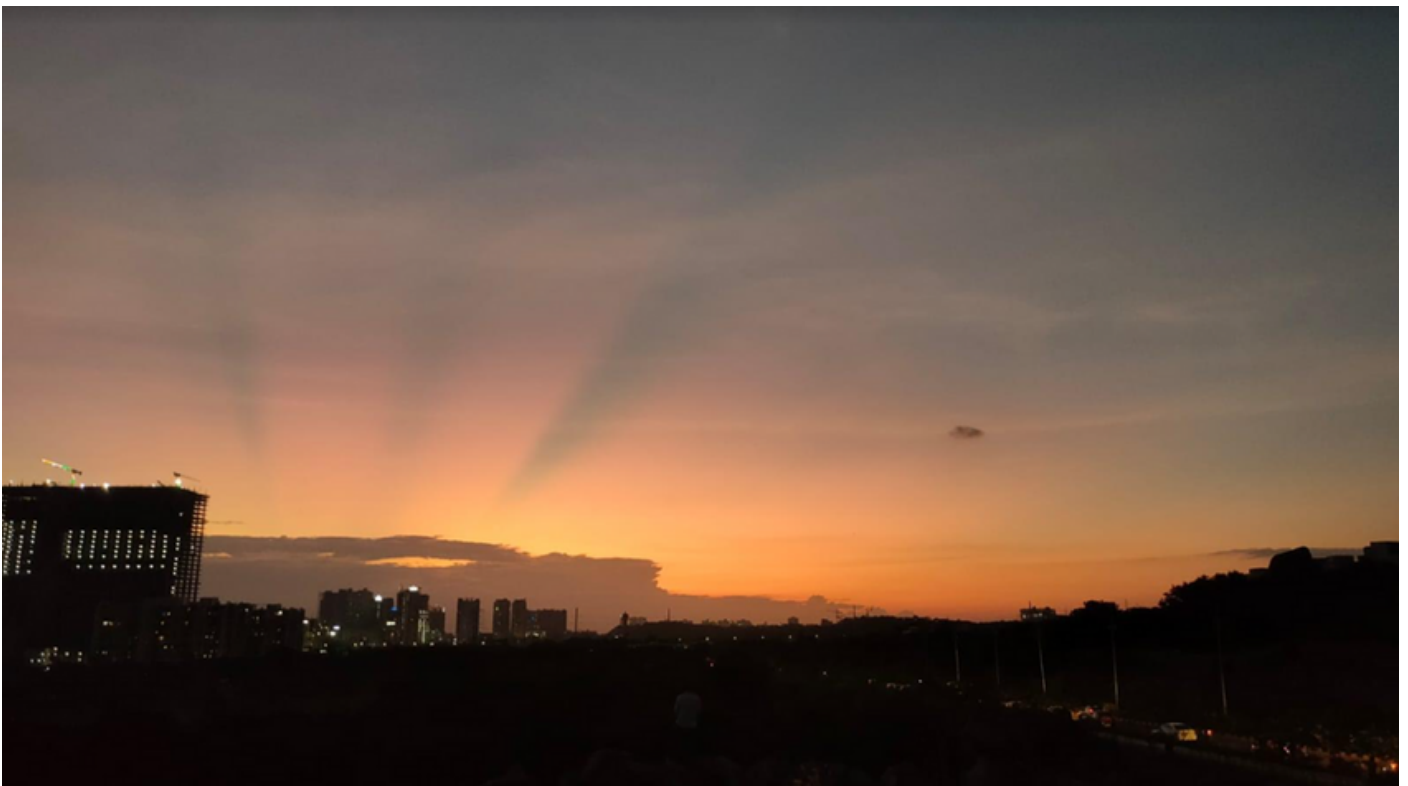


“BEING A PHOTOGRAPHER IS ABOUT CAPTURING A MOMENT AND PRESERVING A MEMORY FOR A LIFETIME.”



# PHOTO

BY N. Bhanu Teja



In the current trend of urbanisation, sunsets like these are a rare treat!

# Drawing

BY Mridul Shrimali



"Narsimha Bhagwan: Roaring divinity, embodying courage and protection."

# ADHD (Attention Deficit Hyperactivity Disorder)

BY K.Laxmi Santoshi

I wish I could tell you how it feels  
Scrolling on the phone all day, watching all relatable reels  
To have an exaggeration of every little detail  
I try to explain, but somehow I always fail.  
It's not all rides on the slides, flowers, and butterflies  
To be hyperactive and scattered all around  
It's not always rainbows in the skies  
To be so stressed that I can't get up from the ground.

It's forgetting someone because I don't see them every day  
It's the peak of all emotions  
Die worth love, or I won't be with you on your death day  
It's sleeping for 36 hours straight  
Or missing six days of sleep as I wait  
It's either binge eating or  
Even the thought of food feels like a beating  
It's cold hands and feet  
From the anxiety that comes when a new place or person I meet

ADHD has gotten me  
Too much or too little I do, can't you see?  
Doing everything I want but can't concentrate  
I'm listening to you physically, but my mind is late.  
Every activity is in process, nothing's quite done  
I should exercise but my mind's always on the run  
I want to write more but this is all I can do  
Lost track of what I was saying, this poem is about who?

# PHOTO

BY Megha Kumari



Nature's Kaleidoscope: A tapestry of leaves showcasing the rich biodiversity of our ecosystem.



# Drawing

BY Megha Kumari



"Peace comes from within. Do not seek it without." -  
Buddha

# Book Review

## ATOMIC HABITS

By Book Club of Erga Literarium

Atomic Habits has been one of the most popular self-help books since 2018. It is a straightforward, practical, and insightful read. Most of the book delves into habit-making and the importance of repetition of particular habits, and it reiterates the fact that the quality of our lives is dictated by the quality of our habits. The author begins by relating the tale of the British cycling team that had suffered abysmal results for more than a century. Then they hired Dave Brailsford, who implemented small changes that ultimately led to the team enjoying unprecedented success and growth. James Clear suggests that, rather than radical changes, small changes bring about remarkable changes. The major takeaway from the book is that setting a goal is the wrong way to go about it. Rather, we should focus on the system and the process. The author makes it clear that winners and losers have the same goals, and achieving a goal is only a momentary change. This is mainly because goals are at odds with long-term progress. Although setting goals is as important, if not more, than focusing on the process, focusing only on the goals and not the system will not bring about the best results but could work the other way around (focusing on the system and not on the goals). But we should tread a path where both of these are balanced. Clear uses various examples to convey the importance of sticking to a particular habit, and they make it so much easier for readers to understand those points.

The author offers the helpful observation that every time we take our desired action, we cast a vote that affirms our new identity. The longer you maintain your habit, the more ingrained it becomes in your identity.



Clear argues that people are driven by unconscious habits and thoughts. Positive change cannot take place until we identify our operating beliefs and thought processes. Clear cites Carl Jung, who suggested that “Until you make the unconscious conscious, it will direct your life, and you will call it fate.”

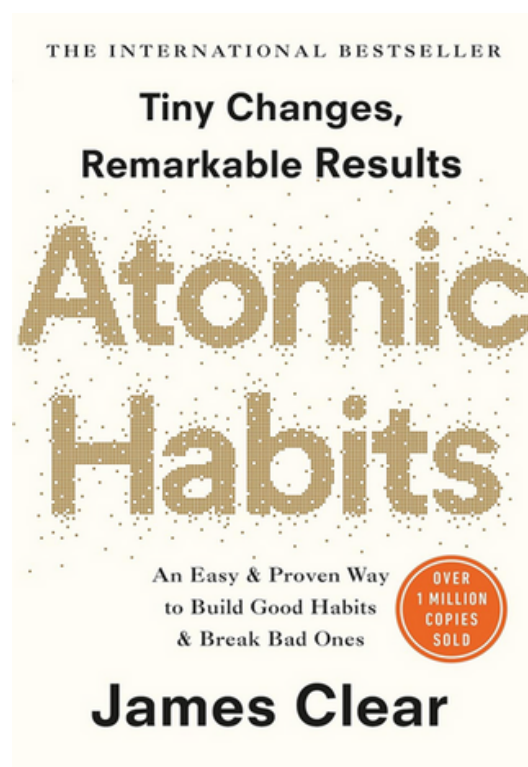
The time and location of a particular habit matter a lot, and people who have a clear plan as to what to do and what not to do are more likely to follow that habit. Clear observes that “the labels of ‘good habit’ and ‘bad habit’ are slightly inaccurate. There are only effective habits.”

Clear also explains the importance of linking changes to one's identity to see long-lasting changes. Behind every system of action is a system of beliefs. The caveat is the fact that these beliefs should never be incongruent with oneself.

The rest of the book revolves around the importance of sticking to a particular habit.

Habit is a multifaceted phenomenon in which consistency and repetition are paramount aspects.

It is a must-read for people who want to achieve their goals faster and more efficiently, and this is one of the many reasons why this book is so popular. Habit building and constant repetition are the only ways you can efficiently achieve your goals.



# The Role of the United Nations in International Peace and Security

BY Adyasha Nupur

According to the preamble of the UN, one of its beaming agendas is “to save the succeeding generations from the scourge of war”. The chaos and bloodshed, the resources and lives lost and the failure of the League of Nations established in 1919 after World War I shook the core of the globe. Therefore, since the inception of the UN on 24th October, 1945, it has actively joined forces to prevent conflicts. It has henceforward promoted peace and harmony and prospered upon the idea of alliance.

Let us delve into an examination of the manner in which it has been accomplished; The board of Security Council at the UN has specifically helped deal with cases of International Peace and Security for an extensive period of time. The primary responsibility has always been to express and implement a peaceful settlement, investigate and mediate as per the priorities of the nations or even put the officials to task in order to protect world-peace. However, this has not always resolved the problem at hand which is why the UN has been found to have implemented its peacekeeping operations such as ceasefire, etc., to provide some stability until further actions can be taken. Amongst the other operations that the UN can commission are enforcement measures, economic sanctions, or collective military action. Under Article 25 of the Charter, all UN members agree to accept and carry out the decisions of the Security Council. While other organs of the UN make recommendations to Member States, the Council alone has the power to take decisions which Member States are obligated to implement.<sup>1</sup>

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<sup>1</sup> [HTTPS://PEACEKEEPING.UN.ORG/EN/ROLE-OF-SECURITY-COUNCIL](https://peacekeeping.un.org/en/role-of-security-council)



To elucidate further, Chapter VI of the UN Charter deals with Pacific Settlement of Disputes wherein Article 34 allows the Security Council to investigate disputes or situations with the potential to disrupt international peace. Article 35 permits any UN member to bring such matters to the attention of the Security Council or the General Assembly, while non-member states may do so if they accept the pacific settlement obligations. Article 36 empowers the Security Council to recommend dispute resolution procedures, considering existing methods and encouraging referral to the International Court of Justice. Article 37 requires parties to unresolved disputes under Article 33 to refer them to the Security Council, which can decide on an action or recommend settlement terms. Article 38 grants the Security Council the authority, upon request, to make recommendations to the parties for a peaceful dispute resolution, thereby complementing the preceding articles and emphasizing diplomatic solutions to maintain international peace and security.

Furthermore, Chapter VII of the UN Charter discusses Action with Respect to Threats to the Peace, Breaches of the Peace, and Acts of Aggression, in which, Article 39 vests the Security Council with the authority to determine threats to peace, breaches of peace, or acts of aggression, and to recommend measures under Articles 41 and 42 to restore international peace and security. Article 40 allows the Council to issue provisional measures to prevent escalation before making recommendations. Article 41 empowers the Council to decide on non-forceful measures, including economic sanctions and communication interruptions, and call on UN members to implement them. Article 42 grants the Security Council the right to use armed force if non-forceful measures prove inadequate, encompassing actions by air, sea, or land forces. Article 43 obligates UN members to provide armed forces, assistance, and facilities for peacekeeping purposes, regulated by special agreements. Article 44 allows non-Security Council members to participate in decisions regarding the use of their armed forces. Articles 45 and 46 detail arrangements for immediate air force contingents and military planning, respectively. Article 47 establishes a Military Staff Committee for advising the Security Council on military matters, consisting of the Chiefs of Staff of permanent members. Article 48 mandates UN members to execute Security Council decisions directly or through international agencies. Article 49 underscores mutual assistance among UN members in implementing Security Council measures.

Article 50 allows states facing economic issues due to Council measures to consult for a solution. Article 51 upholds the right of individual or collective self-defence until the Security Council acts, requiring reporting on self-defence measures without compromising the Council's authority. Together, these articles outline a comprehensive framework for maintaining international peace and security through diplomatic, economic and military means.

Let us deliberate upon an illustrative case study i.e., of Afghanistan, which examines the United Nations' involvement in the country's post-conflict scenario, focusing on state-building efforts. This highlights the UN's promotion of liberal democratic ideals, including the establishment of governance structures based on Western principles. During this case the rapid implementation of these structures in Afghanistan, aiming at democratization, rule of law, and economic restructuring. However, the outcome was less than successful. The governance structures proved to be neither representative nor accountable. The rushed nature of these efforts, overlooking the complexities of Afghan society, contributed to the failure of the state-building initiative. The case study points out that imposing Western values in a top-down fashion did not consider the multidimensional nature of Afghan society, leading to significant consequences. Therefore, the Afghanistan case study underscores the challenges faced by the UN in state-building endeavors. The attempt to transplant liberal democratic ideals without considering local nuances resulted in governance structures that failed to meet the needs of the Afghan population. This case serves as an illustration of the pitfalls associated with not adopting an inclusive, bottom-up approach in post-conflict situations. It emphasizes the importance of recognizing and respecting the diversity of societies to achieve sustainable peace and development.<sup>2</sup>

Another panel that has consistently delved into matters of Peace and Security is the General Assembly. Established as the first constituent of the UN, the General Assembly functions at its core by policymaking, taking up chief operations and codifying International Law. Today, it stands at a total of 193 countries as its member nations.

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<sup>2</sup> [HTTPS://WWW.E-IR.INFO/2020/11/08/HOW-SUCCESSFUL-HAS-THE-UN-BEEN-IN-MAINTAINING-INTERNATIONAL-PEACE-AND-SECURITY/](https://www.e-ir.info/2020/11/08/how-successful-has-the-un-been-in-maintaining-international-peace-and-security/)

This entity of the UN makes general principles to be followed for maintaining international peace and security to facilitate friendship among nations. Pursuant to its “Uniting for Peace” resolution of November 1950 (resolution 377 (V)), the General Assembly may also take action if the Security Council fails to act, owing to the negative vote of a Permanent Member, in a case where there appears to be a threat to, or breach of peace, or an act of aggression. The Assembly can consider the matter immediately in order to make recommendations to Members for collective measures to maintain, or restore, international peace and security. 3 Some of its other powers are to:4

- Examine and approve the budget of the United Nations, as well as determine the financial contributions required from its Member States.
- Elect non-permanent members of the Security Council, as well as members of various United Nations councils and organs. Additionally, following the recommendation of the Security Council, appoint the Secretary General.
- Deliberate on and provide recommendations regarding the general principles of cooperation to uphold international peace and security, with a focus on issues such as disarmament.
- Address and offer recommendations on any matter related to international peace and security during discussions, excluding instances where the Security Council is actively engaged in the topic. Provide suggestions based on such deliberations.
- Engage in discussions and offer recommendations on questions falling within the purview of the Charter or impacting the powers and functions of any United Nations organ, except when the Security Council is actively addressing a dispute or situation.
- Initiate studies and propose recommendations aimed at fostering international political cooperation, advancing the development and codification of international law, promoting the realization of human rights and fundamental freedoms, and facilitating international collaboration in the economic, social, humanitarian, cultural, educational, and health domains.

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3. <https://www.un.org/en/global-issues/peace->

4. [security%20%20https://www.un.org/en/ga/about/background.shtml](https://www.un.org/en/ga/about/background.shtml)

- Propose recommendations for the peaceful resolution of any situation that has the potential to strain friendly relations among countries.
- Review reports from the Security Council and other UN organs and provide feedback and insights on these matters.
- In summary, the UN, through its Security Council and General Assembly, actively pursues its mission to prevent war and promote peace globally. The Afghanistan case study underscores the need for inclusive and bottom-up approaches in state-building endeavours. The General Assembly's role in policymaking and addressing threats to peace further complements the UN's multifaceted efforts in maintaining international peace and security.

# INTERVIEW

# Adv. Sumant Batra

BY SOUJANYA AND APARNA



**1. You have published numerous articles, papers, and books, both in a professional and personal capacity. What role has writing played in your life?**

Writing is something everyone does. People write poems in their diaries. People write their thoughts as notes. So writing is something that everyone does. Sometimes the writing happens in your mind, in your thoughts, and then you pen them down in your words on a piece of paper. As one gets more time or when one makes it a profession, people start writing in a more organized and structured way.



Add a little bit of body text. Be it as a writer, be it as a poet, be it as a researcher, or someone like me who has written professionally and has written on topics other than topics of my profession. So, I feel that is how writing is for every human who is a thinker, who has a heart that beats, and who believes that thoughts and feelings need to be expressed. and writing at the end of the day is a means of expression.

## **2. What inspired you to write your recent book, titled Anarkali?**

Before I tell you about Anarkali, I want to tell you about other kinds of writing. Anarkali is my fourth book on topics other than my legal writings. I have written hundreds of articles and books in my legal profession and co-authored many others. All these have appeared on many platforms. My first book was a book of poetry which I had written in my school and early college days and only published once I became a lawyer. It was a bit of a courageous decision to write poems, which determined who you were as a teenager or in your early youth days because you were quite rebellious. So, I published when I had already started practicing. The second book I wrote was a coffee table book: The Indians, which was one of the best sellers. The third book was the authorized biography of the late actor Sanjeev Kumar, which has also been a best seller. Now Anarkali.

To answer your question, I was inspired to write Anarkali for three reasons. The first reason is that Anarkali is one of the most distinct and enigmatic characters in the history of Hindustan, not just because she forms one of the members of love stories that have resonated with us for 400 years but because she continues to remain one of the most interesting characters. She is known as a rebel; she is known for her very tragic, sad love story where she was bricked alive. A Some believed she was allowed to escape, but what intrigued me further was how come we know so little about this. So it was the absence of literature around her that gave me a legitimate reason to write about her. Nobody in the last 450 years has written about her, so I thought, Why not?

The second reason was for the person she was then, who took up the mighty Akbar and refused to succumb, surrender to his command, and give up on her love in itself. This challenged me to find out what kind of personality she would have had when she chose her life over giving up on love, and that too when asked by one of the powerful emperors of Hindustan when she knew that the 'no' meant that her life would be gone. So, I think that in itself was a big challenge for me.

The third reason was an immediate provocation when I was in Fateh-pur-Sikri during one of my travels.

I used to travel to Fateh-pur-Sikri quite often. During one such trip, the travel guide told me about the story of how Anarkali was allowed to escape; she ended up in Delhi through the underground tunnel, and then she went to Lahore. I refused to believe him, saying, How can there be an underground tunnel from Fateh-pur-Sikri to Delhi? That's quite long! I can understand there could be secret exits from the fort but a tunnel that goes on for more than 100 km is something I don't believe in. The travel guide got offended and asked me if I had a good story. So, I thought, why not find out her story, and then I would have my answer? So, these were the three reasons.

**3. You have written books not related to law, like *An Actor's Actor*, which is a biography of Sanjeev Kumar. What inspired you to diversify into non--law genres?**

I have been a firm believer that, whether you are a lawyer, a businessman, a doctor, a judge, or a banker, all of these are professions, but you are also a human being! People must have varied interests. We have different senses and skills that we are inherently born with. There are interests that we develop during our childhood and youth that somehow get buried with dust and time because we get preoccupied with our profession. I was a firm believer from the very beginning that

I would not allow my professional success or occupation to take away from me the different kinds of interests that I had, and I believe that I am capable of an equal amount of passion and pursuit of those and perhaps make a success out of them. I did not want my profession, which I love nonetheless, to cloud my other interests. I also loved reading and writing, and therefore this is something that I always wanted to do;

it is a different matter that I couldn't, in the first 15-20 years of my legal profession, spend as much time on this because, in the times that I had lived in and grew up as a professional, our struggles were very different. I had to work very hard and pave my way up with no godfathers. I had moved from a small town to a big city, completely self-made and I had to make my career, so I had to be very focused and committed to what I have been doing, but that did not mean that I had to lose my interests. I took a sabbatical of 4-5 years during the pinnacle of my success. I went to the mountains, into the Himalayas, where we got a summer house, and I converted it into a boutique hotel. The summer house had no architecture or design when I first saw it. So, I lived there for four and a half years, got the construction done, commissioned a hotel, and now it is rated as one of the best boutique hotels in India. So I just took every opportunity that came my way, and even if it did not come my way, I went after it to make sure that my other interests did not get affected.

Of course, you know, besides writing and the boutique hotel, we (my team and I) also run a foundation called the Indian Cinema Heritage Foundation, which documents the history and heritage of Indian cinema. We are the largest collectors of vintage typewriters and radios in Asia. So we have a huge number of other collections. So, my advice to all the young people, including the students of ICFAI and everyone else in the country, is that please work hard, work sincerely, and work passionately for your profession, whichever profession you join, but do not at any point in time let your other passions, besides your legal profession, drop in importance or any manner fade away. These will continue to stimulate your creative instincts; they will give you a sense of happiness and accomplishment. They will also work as a good break from your monotonous professional routine. They will infuse fresh energy within you. They will give you a 360 degree of growth as a human being. They will also bring in a different perspective of life to enter your thinking, which will enrich your way of living, your way of dealing with situations, and your way of seeing success, and eventually help you grow as a human being, alongside the professional growth to which you aspire.

**4. What inspired you to pursue a career in law and finance at a juncture when most of the young advocates were tilted towards litigation? What were the challenges you faced?**

I tell you that I joined litigation initially, and I saw very encouraging success in the first three and a half years of my career. I think very rarely did people at that time—I'm talking about the early 90s—see that kind of success at a young age because that was still the era of the closed economy where people believed in grey-haired lawyers with much more experience. The young had to wait for 10-15 years just as a tail to the seniors and wait for their turn. But I was very fortunate. With the blessings of God and, of course, the hard work that I put in and the opportunities that were sent my way, was able to do I good, which also allowed me to see litigation very closely and enjoy its fruits. But that was also the time when the Indian economy was opening up for globalisation. Economic reforms were introduced in the early 90s, and those reforms were starting to manifest in many ways. We saw that, as young lawyers, . it was going to change dramatically, both the legal field, the economic space, and the opportunities that would come along the path of that change that was happening.

Therefore, I identified that big opportunities would come in other sectors like corporate, M&A, private equity, securities, and insolvency. It so happened that in the first 3-4 years, I got a lot of opportunities on the insolvency, private equity, and M&A sides, and I moved to those, and the rest is history.

To answer your other question, I faced challenges like any other, but many of them were not unique, and there is nothing I can boast of because I have to say that I was fortunate to get opportunities. I was at the right place at the right time. I decided to relocate from Chandigarh to Delhi at the right time. When I was in Delhi, I worked hard and honoured the trust and confidence of the people who gave me opportunities. The Indian economy opened, and I had the foresight to see where the opportunities were. I saw challenges as opportunities to learn how to overcome them. . One comment I can make is that that was the time when everyone believed that you needed mentors, godfathers, and people already in the legal profession to be successful. All of this proved wrong in my case. Any support is welcome, of course, and those who have it can get it; they are fortunate, but that doesn't necessarily ensure success. Even if you have everything ready-made on a platter, you still have to work hard to make it happen. At the same point in time, if you get challenged and work harder, you will see success, which only proves how resilient you are. You own it, and you need to be proud of it. You need to continue to create a positive narrative for everyone.

**5. Given your highly successful career, are there any unfulfilled aspirations or goals?**

I have to say that I have seen success very early in my life, and I have achieved success at levels that I have never contemplated. I am so humbled and thankful to God. So I do aspire to go in there further professionally. Over the last 3 years, I have been committed to giving back to society—not that I have not done that earlier.

All my professional earnings over the last 3 years are going into the 2 foundations that we have set up. One is the Insolvency Law Academy, and the other is the Indian Cinema Heritage Foundation. I would like to form both of those formidable institutions that would benefit society in different ways. If at all, this is the only aspiration that I can have to keep going forward, to give back to the legal profession, insolvency in particular, and to give back to society and cinema and the learnings that come from that, by building these two world-class institutions with the support of the members of society.

**6. Acknowledging that your father was engaged in policy drafting and considering the potential influence he may have had on your career, could you elaborate on the significance of having a role model in your life?**

You need a role model in your life. A role model, a guru, or, more particularly, a guide. So for me, my guru was the late Jawaharlal Gupta, Retd. Chief Justice, Kerala High Court.

He was the senior counsel with whom I had started working. He was a brilliant lawyer. He is the best lawyer I have ever met, even though he is no more. I had worked for 1 -2 years with him, and he had a great influence on me both as a lawyer and as a person. As a lawyer, I used to walk with him, dress up like him, used to wear the same trousers he wore, get my shoes made from where he got them, and stand the way he stood. I used to argue the way he argued. That was the deep influence that he had on me, as well as the ethics and advocacy skills that I learned from him. He is the only one who has ever left the deepest impression on me as a person, even though it was a very short time to work with him. The other person was, of course, my father. He was my idol in two areas. First, hard work, sincerity, and commitment—and how to rise from the ground to the top. He was a role model for sheer hard work, complete honesty in service, and complete dedication. Second, humility. He was one of the most successful people I have seen in the country. Yet he was so modest; he was so humble and grounded, and he spent so much time with his people. He used to help people find jobs in every possible way. I think these are the two influences that come from him. So there is always one person in everybody's life in their subconscious that you look upon as someone who is very impressionable and influences in many ways. I suggest that everybody should have a role model in their life.

**7. What advice would you like to give to young law students who are interested in the field of insolvency and bankruptcy and to law students in general?**

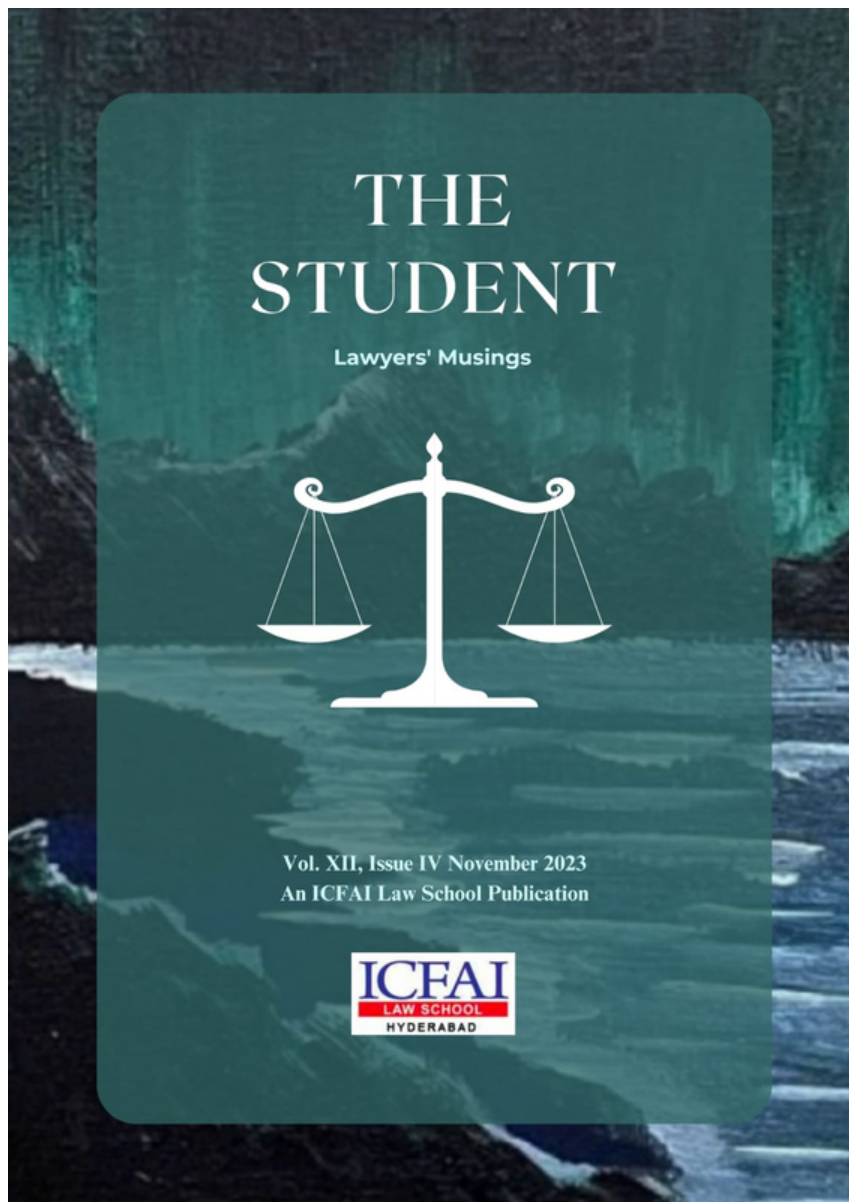
The general advice is that there is no shortcut to success. You have heard it many times, but that is something you still need to remember. The next thing is ethics. Never, ever, under any circumstances, compromise with them. As a lawyer, you should not only focus on knowledge and skills but also on your personality, because what makes you a lawyer is not just how much law you know and how you present it, but also how you come across as a person and as a human being. Without us knowing what energy is coming out of you while you are standing in court or sitting in meetings advising clients, your positive energy and character are what create deep communication with the court and the clients. It has an impact on you. Always try to be a good human being, despite being a good lawyer. As far as insolvency is concerned, it is one of the most futuristic, complex, sophisticated, dynamic, and rewarding professions and careers to be in. It is very niche, so you have to realise and accept that you won't be able to see success immediately, but when you do, there will be no looking back because the opportunities will be few, but few are the people as well. To get specialization you need to start as early as possible. If you are willing to devote 3-4 years of your life to this, if you can, this is where opportunities are going to come to you.



# Previous Publications

▬ November 2023

<https://www.ifheindia.org/fol/student-magazine/The-Student-November-2023.pdf>



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