



INTERNATIONAL STUDENTS' HOUSE

MANY NATIONS - ONE HOUSE

UNIVERSITY OF DELHI

ISH DIGEST
YEARBOOK 2017-2018

WELCOME TO THE INTERNATIONAL STUDENTS' HOUSE

INTRODUCTION

The International Students' House was set up in 1964 by Indian Council for Cultural Relations at the University of Delhi to provide accommodation facilities to foreign and Indian students. The objective was to contribute to the growing role of India in promoting international understanding. It was taken over by the University of Delhi in 1968. Over the years, International Students' House has proved to be valuable experiment in international understanding and cosmopolitan living. Students coming from over 35 countries live here presenting a happy blend of many cultures.

While furthering its basic aim of promoting an atmosphere for academic excellence, the International Students' House provides an ambience for nurturing creative talents to grow. It seeks to create a healthy environment through cultural and sports activities. Every resident is encouraged to take advantage of these facilities and contribute to corporate of the House. The House is consciously engaged in the task of building an environment of mutual understanding, warm friendship and appreciation among the residents.

The International Students' House is a Men's Hostel for full time postgraduate students of the University of Delhi. A few full time foreign undergraduate students may be considered for admission to the House.

The Provost is the Head of the Institution. He is assisted by the Warden, who is in-charge of day-to-day administration of the House and the Resident Tutor who takes care of the extra-curricular activities and general welfare of residents.

EDITORIAL NOTE



Editor- In- Chief
Chanda Katema

We have seen it all and we have experienced it. Like the human life on earth, it certainly feels like we landed on the right place. With all the goings-on in the International Students' House, hostel life would have been incomplete for most of us. The warm welcomes, the multinational food tastes, the cooperative, understanding and helping authorities and general workers, the breaking of stereotypes among residents from various different countries and many others.

Overtime as we have lived together, we have come to accept and identify among ourselves as brothers, friends and family. It is this fraternity that has brought us together as one and most importantly, made our stay in the hostel a memorable one.

Of course we can't forget the events that took over the academic year 2017-2018. Especially in an International Students' House, International news took the order of the day. With Donald Trump been sworn in as 45th President of the United States, Robert Mugabe & Zimbabwe, Britain triggering Article 50 of the Lisbon Treaty, West Indies carrying the cricket world cup, Chelsea F.C and Manchester city lifting the cup as champions of England. The events are endless.

Lastly but certainly not the least, the idea of the yearbook was initiated by the House Union of 2017-2018. The main objective was to share our memories and experiences of the House as well as to connect housemates as they leave the hostel to their hometowns and countries. I hope that the next union will carry on with this initiative and make it even better.

To those of us graduating in 2017-2018, I wish you all the best in your future endeavours. To those still in the House, enjoy the experiences it has to offer, don't hesitate to create family and friends and make this place your home.

May the force be with you.

EDITORIAL TEAM



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Leon Lhendup Wangdi

President
ISH Union

Keeping on Pace with the break neck speed of time, when every aspect of life is sucked into its vortex, we can't afford to be waiting while life is aspiring to reach the best and most prosperous form of its existence, or die in the process of achieving it.

It is with great honour to bring forward to your notice that International Students' House is issuing its first edition of the yearbook, 'ISH DIGEST 2017-2018'. The journal reflects the talent that the diverse house possesses in the form of short stories, poems and most importantly moments from the activities that was conducted in the academic year 2017-2018.

The International Students' House since its inception in 1964 has been hosting its Annual Cultural program, Milestone. To couple along, we the ISH Union in the current session year conducted Annual Sports Week, Freshers' Program, Farewell Program, International Exchange Cultural dinners, Art of Living Workshop and not to forget special dinners in the occasion of various Cultural Festivals.

I'm sending out my heartiest and sincere good wishes to everyone at the International Students' House. In conclusion, I congratulate members of Union and fellow residents who made it possible for the issues of ISH DIGEST 2017-2018.

Happy viewing and Au- Revoir!



Ishan Raj Pokharel

Deputy President
ISH Union

It gives me immense pleasure to pen down a few words for the first ever yearbook of ISH Union, “ISH Digest”. I am proud to say that the year 2017-18 has been a successful year for ISHU. I would like to congratulate the entire team of ISHU as together we were able to take the union to new heights and milestones by improving not the quantity but definitely the quality of the activities and events this session. Thus it is a source of great pride for me to be associated with the union.

The annual yearbook serves as a platform for the residents of ISH to express themselves and showcase their creativity and share memories of their hostel life with everyone at ISH. I am also sure that readers will enjoy the edition too.

Lastly I would like to congratulate the fellow residents who are graduating this year with me and wish them success in their future endeavors. I hope that the friendships and connections we've made in the ISH would last even after we leave the hostel.



H. Uchenna Okoronkwo (Yucee)
(SIR/Advisor/Convenor – 2017/2018 Session)
Room No. 74, ISH
Ph.D. Scholar, Faculty of Law,
DU (2015-2018).

DIGEST THE DIGEST.

The future belongs to those who believe in the beauty of their dreams.
— Eleanor Roosevelt

In my official capacity as the Senior International Resident (SIR) of this outgoing session, I draw inspiration from the above statement of the former United States First Lady. I wish to urge you, my friends and co-residents, to be determined in this life. The future is brighter to those who can see. We must believe and pursue our ambition vigorously. Do not listen to doubting voices, which are bound to sound. Instead, focus your eyes on the ball and soar higher. Our dreams and future are, indeed, beautiful.

Our meeting in this “Mini United Nations” called ISH is not accidental. No. We are destined to cross each other's path for good. Let us savour the connection and maintain the brotherhood as the world gets more globalised.

To my fellows graduating this year 2018, let's keep the banner of our motto, “Many Nations – One House”, flying steadily high. For those with more year(s) to spend, let not the fire extinguish in your time. Maintain the momentum of your academic and social relay race and pass same onto the upcoming session(s).

Finally, remember that success has stopped knocking on doors. You must dig deep to find her.

As you Digest the Digest, I wish you happy reading of ISH Digest!

ANNUAL HOSTEL REPORT

The first event of the academic year was the Eid Al- Adha celebrations. Eid Al-Adha is a very holy and joyous event for Muslims across the globe. It was in this regard that considering the immense religious diversity of our hostel, where we have a good number of Muslims, we decided to celebrate it in a special way. A special breakfast was served in order to commemorate Eid Al- Adha. A chief cornerstone of our hostel is brotherhood and mutual love amongst one another and thus the breakfast was not served to Muslims exclusively but was served to everybody so that we all have food together as the family that we are.

On 4th November, 2017 we had our Freshers' Welcome Party. Since even our Indian residents are not from Delhi, the transition to such a metropolitan environment can be quite a challenging phenomenon. It is with this in mind that the ISH family organizes the Freshers' Welcome Party to make the new residents feel at home and help them adjust to the new surroundings. This event is highlighted by welcome speeches, musical performances and welcoming gifts for the new residents. This chain of events is followed by a special dinner and eventually a DJ Night to cap it all.

We also have an annual sports week. This is a week set apart for the participation of residents in various sports competitions. This year it was from 20th to 25th January, 2018. The number of residents that participated was enormous. The sports that they took part in included football, cricket, volleyball, table tennis and chess, badminton, carrom board. To cap the sports week, the hostel usually holds a mini marathon. During this academic session, it took place on 28th January, 2018. A good number of residents took up the challenge of having a run on that cold Sunday morning. Sanjeet Kumar eventually emerged victorious with Nitesh being the runner up.

The landmark event of every academic year is the ISH Night, usually known as Milestone.. It was held on 24th of February, 2018 and boasted a footfall of more than 400 attendees. Attendees ranged from diplomats, college officials and even students. The performances were even more diverse. The cultural performances and cultural ramp walk encompassed participants from more than a whopping 22 countries from almost all the continents. A cultural feast followed performances and a lively DJ night sealed the night.

Sadly, all good things come to an end and on 14th April, 2018 it was finally time for the passing out students to say goodbye. Due to the long distances between the countries of our respective residents, the chances of ever meeting your fellow hostellers again are very slim and thus the goodbyes are harder than any other hostel. 45 residents were completing their studies this year. The farewell night was lit up by musical performances and farewell speeches. Tokens of appreciation were also given to the residents that participated in the sports week, mini marathon, the organizing of the ISH Night and the ISH students' union. The function was followed by a special dinner and was wrapped up by one last DJ Night for the departing residents.

Finally, the concluding event of the year was a Youth Empowerment & Skills workshop conducted by The Art of Living & WorldAlliancefor Youth Empowerment. This was held on 15th April, 2018. The seminar addressed issues concerning students' mental health and how to cope with the stress of university life.



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 29th April
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"Everything we experience in life either bad or good will increase our wisdom, knowledge, and give us a clue as how to live a better life, more successful and happier life."



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 27th July
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 Hans raj College,
 Computer Science
 2016-2019

"My year of abundance"



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 17th August
 Tanzania
 Faculty of Law, LL.M
 (Comparative Laws)
 2016-2018

"Na einai kalytero anthropo ton patera tou"



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 21st November
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 MA Psychology
 2016-2018

"Learn the rules like a pro, so you can break them like an artist."



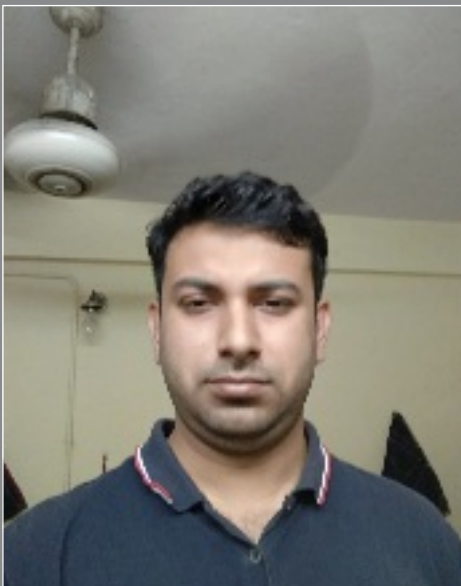
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 7th October
 Indonesia
 Germanic and Romance Studies
 Department, Art Faculty.
 2016-2019

"Why fit in when you were
 born to stand out?"



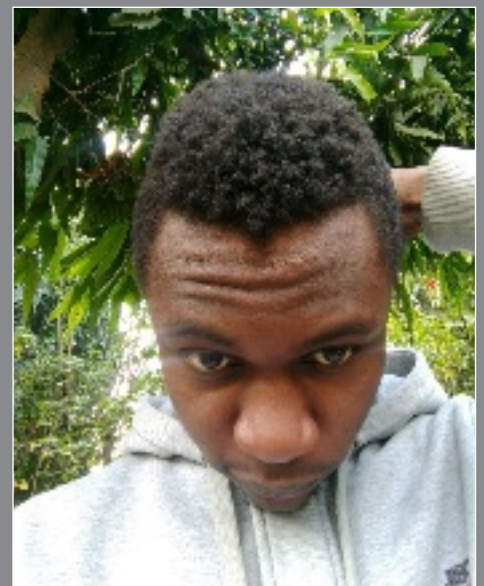
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 29th July
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 Campus Law Centre,
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 2016-2019

"Great things never come from comfort
 zone"



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 7th March
 India
 Hindu college , Sanskrit, MA (F)
 2016-18

"अप्य दीपो भवः (be an island unto yourself)"



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 15th October
 Zambia
 Hindu College,
 BA (Hons) Economics,
 2015-2018

"You either maintain or leave it as you
 found it. Do not destroy."



"i don't see conflict as necessarily negative"

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20th February
India
Campus Law Center, Faculty of Law



Deepak Pant
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27th July
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ACBR,
MSc Biomedical Science,
2016-18

"Definitely a nice place to be a part of, with so many people from across the world you get to learn a lot."



"Live life to the fullest."

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14th August
Bhutan
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14th December
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"It seems impossible untill it gets done."
(Nelson Mandela)



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India

Sri Venkateswara college/ Chemistry

Department, M. Sc. Chemistry,

2016-2018

"You can never be happy if you are trapped in the past and fearful of the future. Living in the present is the only way to be happy."

H. Uchenna Okoronkwo, SIR

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30th April

Nigeria

Faculty of Law/Ph.D

2015-2018



"Ahead>Ahead>>®"



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11th November

Nepal

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2016-2018

"Study Hard - Party Harder"

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16th August

India

M.A Sociology

2016-2018



"Insert inspirational quote, preferably in bad english."



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19th November

Sri Lanka

M.A. Music

2016-18\

"Live let live"

Matli

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26th April

Lesotho

CIE



"Ignite your Passion! Is all you need to succeed.& Discovery consists of seeing what eveybody has seen thinking what nobody has thought "



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27th March

Germany

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(Jan 2018 - June 2018)

"Wisdom is a virtue of old age, and it seems to come only to those who, when young, were neither wise nor prudent." - Hannah Arendt

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"Look for happiness inside, you will get it."



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20th June

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"Life is like an eigenvalue equation,
what constant we will get depends
on what operator we have used."

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2015- 2018

"The best preparation for tomorrow is
doing your best today."

"It's been three years and the only thing I
regret is believing Qatsa was a
professional barber."

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"We are human beings who can do
whatever we want to develop
independent, freedom, happiness in
understanding and loving. "



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"Look at your past Happily, don't regret anything but be critical of yourself, learn from your mistakes, and shape your future performing your best Today."



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 2015-2018

"Hard work beats talent"



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"Be simple do special"



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"make this life simple and carry on up to hundred with dedication to serve others."



"Your attitude determines your altitude in life."

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2017-2020



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2015-2018

"Learning is the key to success."



"Arise, awake and don't stop until the goal is reached."

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5th April
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Department of Geography,
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Economics
2016-2018



Shankit

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"Love and peace"



"Manners maketh man" Kingsman

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 Hindu college, M.sc(OR)
 2017-2019



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 4th January
 Afghanistan
 Kirori mal college ,
 political science , M.A.
 political science
 2017-2019



"The best and most beautiful things
 in the world cannot be seen or
 even touched they must be felt."

Vishwanath Ramphal
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 27th April
 Mauritius
 Shaheed Sukhdev College of Business Studies,
 Bachelor of Business Administration
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"Always try never give up no matter what
 is the situation there is always something
 good there waiting for u at the end...."



Sirinda
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"Learn the rules like a pro, so you can
 break them like an artist."



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6th June

Rwanda

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"God is good, All the time. It was my privilege and honour to study here in India, it is not just studying it was also about life experience as well.

So I wish everyone a bright future."

Somnath Saha

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20th April

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MSc in Computer Science
 2016-2018



"See kids? I told you I was sexy in College ;)"



Leon Wangdi

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4th September

Bhutan

MBA,

Faculty of Management Studies
 2016-2018

"My year of abundance"

INTERNATIONAL STUDENTS' HOUSE UNION

2017-2018



Left>Right- [Sitting]: H. Uchenna Okoronkwo(Senior Advisor), Lahiru Gimhana Komangoda(Treasurer), Abubakar(Vice President), Leon Wangdi(President), Ishan Raj Pokharel(Deputy President), Nedson Dumisani Ng'oma(General Secretary), Uchibori(Reading Room-In-Charge).

Left>Right-[Standing]: Theogene Ingabire(Health & Sanitaion Secretary), Chanda Katema(Cultural Secretary), Sohan Kumar(Common & Computer Rooms-In-Charge), Qatsa Leshota(Mess Chairman), Ritesh Tularam(Mess Co-ordinator), Amadou Sarjo Jallow(House Secretary), Somnath Saha(Mess Co-ordinator)



AM TIRED OF YOU

By H. Uchenna Okoronkwo
Ph.D Scholar (2015-2018)
Faculty of Law
Advisor/Convenor/SIR

One day, a woman wanted to know how her husband would react if she left without telling him where she had gone. So, she decided to write him a letter saying that she was tired of him and didn't want to live with him anymore.

After writing, she strategically put the letter on the table in the bedroom and then hid under the bed. When the husband came back home, he saw the letter and read it. After reading it, he replied on the same paper and then began to sing and dance, changing his clothes.

He got his phone, 'dialed' someone, then said, "Hey babe, I am just changing clothes, then I will join you; as for the other fool, it has finally dawned on her that I was fooling around with her and has left. I was wrong, really wrong to have married her. I wish I had known you earlier. See you soon!". The husband walked out of the room and left.

In tears and very very upset, the woman got up from under the bed and decided to go and read to what the husband replied on the letter. When she got the letter, it said, "I COULD see your feet under the bed, I did not make any phone call. I am going to the nearby grocery to buy bread. Stand up, stop your silly games and prepare me a meal please..."

Morals of the story:

1. We are daily battling with the fear of tomorrow. Like the rest of us, the mistake of the woman, in the story, is the fear of the future.
2. Many of us have the unshakable belief that they will eventually make it in life after the many trials of this world. But if you can trust your God and believe in yourself, you will make it today and be sure of your future success.
3. Refuse to imagine the worst of what your partner: wife, husband; children, staffers, colleagues, friends or even your enemy is planning to do against you in the future.
4. Refuse anxiety over tomorrow. The past has passed, today is here. Enjoy it in Peace!

WAVES OF PEACE (poem)

By Suchir Peddireddi
BA (Hons) Economic student

I dream of a wave of peace, A giant wave,
Moving deep inside our hearts, As peace it imparts.

A wonderful wave,
Drenching all minds, and all wrong that blinds,
Penetrating deep in hearts, from everywhere it starts.

A Tsunami
Devastating all walls of greed, to help everyone in
need,
Destructive to violent thoughts, to make love with
whom we fought.

A wave of peace,
Enveloping the world, like never untold,
Softening hearts, as anger it departs.

Just peace,
Changing souls forever, to help reach our endeavor,
Let's dream and believe, in a wave of peace.

A determined wave of peace, to help us live with ease,
To reduce military police, and increase internal peace
with ease.

Everyone say CHEESE!
And smile please, as you look at the smiling trees,
On the everlasting peaceful streets.

Keep laughing, forever!!
And fight? Never!
As everyone comes together, and stays happy
whatsoever.

With this I bid farewell, and I hope everyone
understood peace well,
Then only will the world excel, there is nothing more to
tell.

WHAT LIFE IS

By Bhikkhu Nguyễn Ngọc Ánh
MA. Philosophy (2016-2018)

Life is not difficult but also not easy. Why? If we think
it is difficult we will get stressful. On the other hand, if
we think life is easy we will be lazy and then getting
failure. Hence what should we think about life?

Life is living not to think. Because when we think what
life is, it is making a circle of ideas, not more not less.

It is called our illusion. First is thinking easier than
living, only in our mind, not in reality. Second is to
remember that everything is normal, not difficult not
easy. Because difficult or easy is the way of our
thinking, not what the thing really is. Lastly, man
should live as what we are, not look at past or future.
Clearly, life is what we live or enjoy, not what we think.

Let's enjoy here and now, to stop making more
illusions, to live, to cognize, to feel peaceful and
happiness at every moments. However, we cannot live
without thinking the meaning of our life.

What is GST? How would it benefit the Indian economy?

By Ishan Raj Pokharel

Student of M.Com

Delhi School of Economics

GST stands for Goods and Service Tax. It is an inclusive indirect tax which is collected on sale of manufactured goods as well as services at the national level. This tax, “GST” will be alternate for all indirect tax which is levied by the central and the state government. It applies to all goods and services except crude petroleum, motor spirit, diesel, aviation turbine fuel and natural gas. Direct tax like corporate tax, income tax and capital gain tax will not be affected by GST.

The GST will cut down the huge number of taxes such as central VAT or excise duty, service tax, central sales tax, entertainment tax, luxury tax and entry taxes levied by municipalities. This will help in creating a uniform market which would further help in seamless movement of goods across states and reduce the transaction cost of business, which results in bringing down logistical costs. Therefore, one of the most important benefits of implementing the GST is it integrates the economy and provides for a common national market across the country.

The successful implementation of GST would also give a green signal to investors of foreign countries about our ability to support business which will have a positive and long term effects on the economy. Cost can also come down exceptionally as one nation one tax structure reduces the long and winding queues at the border check points and other entry points between and within the states. It would be far more simpler than the existing system where a good is taxed numerous times at different rates. The basic principle here is to tax good at the consumption point rather than production.

With its implementation, consumers will not be subjected to double taxation. All the taxes which are levied at the time of purchasing goods will include both the taxes of central as well as state government. This can boost to the rise in economic growth by up to 2% as per the source. Greater tax compliance has the capacity to uplift the revenue for the government.

It will also facilitate ease of doing business as integration of existing multiple taxes into single tax rate will reduce the cost of tax compliance and also the cost of transaction. Stable and transparent tax will also encourage local investment creating job opportunities to people. Another important aspect of GST is that it will help in reducing the corruption, tax evasion and scope for generation of black money, thus leading to productive use of capital coming to the other part.

While the GST simplifies tax structure, it will increase the burden of documentary compliance which results in increasing number of return. There will also be impact on cash flow and working capital of business organization as they will have to pay the tax at full rate on transfer of stock from one states to another. The actual regime of GST may not be as expected too as many exemption could undermine the levy, high tax rate would poke the inflation and there will be chances of having fiscal stress if expected collection efficiency doesn't take place early. Telecom, banking and airlines services will also become expensive and it will take some time for people to understand its indication being a new tax.

Lastly, we can say that GST is a long term strategy and its positive impact can be seen only in the long run rather than in the short run provided that it is introduced at a nominal rate which results in beneficial not only to the common men but to the country as a whole.

Unrequited love :Love is not something you find. Love is something that finds you.

By Mohammad Farid Fahiz

Student of M.A. Psychology

The moment you hear the word “love”, you get the thought of being in a mutual romantic relationship. Although love is an emotion which you feel it with inner self but express it with outer self. The emotion of love is a strong, deep, and sensitive and a long lasting process in a person towards another which makes a relationship in between them worth experiencing. So if the emotion of love is experienced by either sides then it is mutual love but if this emotion is one sided then it is the experience of unrequited love.

Psychologists have devoted a great deal of efforts in understanding how relationships begin, are maintained and break apart. Research indicates that for most of the people; romantic relationships are the most meaningful element of life, providing a source of deep fulfilment.

There are strong tendencies for people to like those who like them. As long as attraction elicits reciprocal attraction, unrequited love is found to be rare. Findings of equity and romantic attraction. One pattern that may cause unrequited love is the initial romantic attraction seems to depend on the partner’s desirability, such that the most desirable partners elicit the most attraction and greatest enjoyment of initial dates.

The other path into unrequited love is through platonic friendship. Although romantic love may depend on physical attractiveness, platonic friendship may not and so people may form a close friendship with members of opposite sex who are not matched in romantic desirability. In such cases, the friendship may produce an increasing intimacy.

Often people are attracted to reminders of their first love. Experts claim that the first love sets the foundation for other future relationships. If that first love was a parent who was unable to meet your emotional or physical needs or was absent and disconnected, then it is more likely that such people will continue to be attracted to unavailable people.

Somehow people have experienced an unmet or twisted love need. They may have been raised in such an environment, where their parents did not give them the love and affection they needed. As a result, people may still be unconsciously trying to win this love by attempting to find success in similar ‘unavailable’ relationships, until they earn the mutual love in this relationship.

People often suffer from low Self Esteem / a lack of Self Worth. At times, they do not believe that they are worthy of love. This may be an attitude that was instilled in them since childhood or may be the result of a previously damaging relationship. Because of this low self-worth, people tend to find themselves attracted to people whom they know are not likely to return their feelings. Since they believe it then they will be disappointed, hurt and discouraged.

According to some researchers, the love holders’ psychological well-being is effected by unrequited love experience. All the reports indicate that those who have an experience of the unrequited love emotion have had experienced persistent negative and obsessive thoughts towards the beloved and through these thoughts, the self-worthless, hopelessness, sadness, repression and lack of enthusiasm come and will cover the entire attention of the lover and won’t allow him/her to do the daily tasks.

So the unrequited love is a pure love but one-sided to which whether the other side is not aware or not interested in. Being in a mutual love can be a huge motivation for improvement in the life but unrequited love might affect on your daily life and may makes you feel weak to fight the life obstacles. But still there is a hope to get out of all weaknesses and that is introspective and discover your inner strength in such a way that your inner world can produce whatever you want but only when you request.

Love is a pure feeling of peace and contentment. It is a process of growth where an individual tend to grow into his higher state or version, no matter it is unrequited or mutual, it gives a lesson for life which is worth learning. It directs the path of being a blissful being or a gloomy person but the choice of it lies on the person who experiences it. Since it is a beautiful and powerful emotion, it is actually in its truest sense worth experiencing because Love is the only emotion that is prevalent in the same manner in all living beings which is actually depicting the “nature of giving to the other with a selfless feeling and action”.

“The greatest gift that you can give to others is the gift of unconditional love and acceptance !”









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