

# Yuva Vani

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BMM Yuva March 2020  
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## Upcoming Events

by **Gargi Khadse**

The Bruhan Maharashtra Mandal (BMM) Yuva group has so much in store for the future. Here are some upcoming events and competitions that you should stay tuned for: Mr. and Mrs. BMM, Arts and Painting Competition, Sports Championships (including but not limited to table tennis, chess, and carrom), and a dance competition. All of these events are being organized by the Yuva group. Stay tuned for more information.

## Sports Center

by **Pinak Chitnis**

Badminton is an easily accessible, fun sport that is played all throughout India. Here are some highlights of the Badminton season in February 2020:

[India Today - Feb 7]: Indian women's team has pulled out of the Badminton tournament in the Philippines due to the threat of coronavirus.

[India Today - Feb 15]: Indian men's team took 3rd place at Badminton semifinal round against Indonesia in this very same tournament. A very hard fought game against the defending champions, the team went down valiantly.

But even badminton cannot trump the popularity of India's oldest and most widespread sport - Cricket. Here are some major cricket updates in the month of February 2020:

India vs New Zealand, 3 ODI Series

- February 5; New Zealand beats India by 4 wickets
- February 8; New Zealand beats India by 22 runs
- February 11; New Zealand beats India by 5 wickets

## A Walk to Remember

by **Pinak Chitnis**

India has had a long and eventful history. The events taken place through her history are scattered throughout the days of the year, but here are a couple interesting events that happened in the month of March.

**March 1st:**

- a. A very successful and famous producer of Indian movies, Manmohan Desai, passed away in 1994 at the age of 57. His family was the owner of Paramount studios from 1931-1941, and some of his best productions include Golden Gang and Circus Queen.
- b. Nitish Kumar, the Chief Minister of Bihar, was born on this day in 1951. He has served this position in the state of Bihar since 2017, and is a very well reputed and respectable Indian politician.

**March 12th:**

- a. Mahatma Gandhi led a march to Jalapur (200 miles). This was a protest against the British tax on salt, and the earliest budding of Indian independence protests from the nation of Great Britain

**March 20th:**

- a. The Dutch East India Company was founded on this day in 1602. This was a charter company that conducted business operations within India to quest for more wealth and trade routes to take advantage of within India.

## College Scoop: Decision Making

by **Gargi Khadse**

College: what a daunting yet exciting thing. We have all thought about it since our freshman year of high school. We wondered what we would do and where we would go and what it would feel like. Now we're seniors and most of us have finished the application process; so what's next? Well, the next step is the one that requires the most thought: making a decision.

Some people are already aware of which college they are going to decide on when they start their applications. Others... are not so sure. But fear not, for this is a compiled guide of what to consider when deciding on a college or university.

### 1. **Major**

First and foremost, you should be considering your major. Not all colleges may have the major you want. For example, if you wanted to major in neuroscience, you would not go to the University of Georgia (UGA) because they do not offer that major. Furthermore, you should also take into account the standing of the major and programs at a college. Research is your best friend in this regard. Research the different programs at different colleges and universities, look for where you can find the most opportunities. Your major is your main focus in college, therefore, wherever you go should have a quality program surrounding that major.

### 2. **Scholarships and Fees**

Second, and one of the most important factors, is money. It is important to consider your future as a whole and that is why money is so important. By this time, you have probably researched, applied for, and even received scholarships. But what most people don't realize is that they can look further than just colleges and state scholarships. Third-party scholarships are there too, and they can be quite beneficial. Some websites you can look for third-party scholarships include niche.com and fastweb.com.

### 3. **Extracurriculars**

The next thing to consider is extracurriculars. Not only do they look spectacular on graduate school applications, they are also a great way to maintain hobbies, socialize, broaden your horizons, and simply stress relieve. Being involved on campus is just as

important as studying and maintaining a GPA. It helps you become a well-rounded person and it could also lead to future opportunities. For example, a campus organization particular to your major or career path might help you get an internship or shadowing opportunity. They also act as a way to network which can help you create your own opportunities.

#### 4. Environment/Location/Extra Stuff

Lastly, you should consider the location, the environment, the college life; basically all the extra stuff. Obviously, the environment should be one you feel comfortable in and are able to accomplish your goals in. This is why college tours are so important. They are a great way to experience the environment of a college or university and get a feel of how that environment suits you. The location depends on how far you are comfortable with being from home. Most of the extra stuff is like the cherry on top.

This is just a simple breakdown of the aspects of deciding on a college. You can break this further into smaller categories. The best way to start, is to make a list of possible colleges based on where you were accepted (or where you might be accepted if decisions have not released yet) and research

Some other great resources to help you decide is your school counselor, and your college or university assigned counselor. Every college or university assigns counselors by region and applicants of that region can contact them for help. These counselors are important because not only can they guide you through application processes for scholarships and programs, but they can also help you answer any other questions you have about the college or university. If you organize your thoughts, and take it step by step, the process will be much less confusing and daunting as it may seem now.

## Topic of Interest: Impact of Pressure on Mental Health

by **Janhavi Kulkarni**

India is currently home to a bustling one billion people. Rich with history, culture, and traditions, India is a spectacle. Along with harboring one of the oldest religions on Earth, India is a birthplace of various globally impacting ideas and people. In addition, India's mixed economy is the world's fourth largest, producing over \$9 trillion in goods and services every year. Bollywood, India's ingenious and profitable film industry, contributes more than four billion dollars to India's GDP per year. India is the motherland for countless talented, intelligent, and hardworking men, women, and children. That, however, comes with a cost. Overpopulation, growing competition, and a multitude of other factors impact the mental health of teenagers and young adults all over India causing severe stress and anxiety that, seemingly, goes unnoticed.

The stigma around mental health is slowly receding, but in India, many still retain negative attitudes towards mental health. As a result of the increasing competition, self pressure, parental pressure, and societal pressure skyrocket. There is a constant need to fit into the "perfect" societal mold. There is a constant need to keep up the public appearance. There is a constant need to prove oneself worthy. Moreover, the existence of the still operating caste system hinders opportunities for several boys and girls who have worked every day and night to achieve something. Reservations in college admissions, as its counterpart, affirmative action, in the United States, even now are topics of controversy.

Furthermore, during the past twenty five years, the education system has been trying to change as the world changes. Students, in turn, have a difficult time conforming to so many changes at the same time. The decreasing effectiveness and, overall, enthusiasm of teachers cripples the mentorship that students need in order to succeed.

The accumulation of these factors cause 1 in 5 Indians to suffer with stress and anxiety. That is almost 200 million Indian citizens and almost one third consists of young adults between the ages of 14 and 25. Due to the stigma associated with mental illness, a lack of awareness, and limited access to professional help, only 10-12% of these sufferers will seek help. Not only does it affect school-going children, but young Indians with jobs are affected almost at the same level. In regards to their counterparts, millennial Indians spend far more time at work - 52 hours a week on average. Job insecurity, challenging projects, ambitious targets, tough deadlines, and heavy performance pressures can all lead to elevated stress levels. As a result, the estimated cost to the global economy due to depression and anxiety is \$1 trillion per year in lost productivity.

Awareness needs to be made. The negativity around depression and stress needs to be overturned. People need help and they should not be embarrassed to ask for it. India is one of the countries' that produces the world's smartest engineers, doctors, and scientists, and children, women, and men. Therapy and professional help are the remedy, the medicine. Sometimes, it is as simple as taking cold medicine for a cold. What matters is the effort. The journey will be as enlightening as the destination.

## Creative Corner: *Haunting Peace*

A piece by **Janhavi Kulkarni** written from the point of view of an impoverished war veteran reflecting on the crippling ordeals he or she faced as a soldier.

I've been craving for this storm to pass. Yet the lightning hasn't ceased. The thunderous roar in the sky still shudders my bones. Dark pellets of rain still claw at the windows leaving scratch marks. I attempted to crawl my way through the depths of the sea to catch a glimpse of the dry land. Before I could, I was dragged back into the water. Submerged. Muffled. It doesn't stop. Suddenly, I wake to the blaring sound of my alarm clock, and, begrudgingly, continue my machine-worked day. Everything has been the same: same people, same noise, same dullness. Nothing ever seems to change. I am not okay.

No one listens to the voices they call rackets and no one helps them. Sometimes I wonder, does anyone else think about their cries? When the whole country settles into the quietness of the night and the bliss of their homes, those innocent souls thrown in the arms of cruelty lay in agony. I feel this pain. I understand it. It haunts me when I'm left alone with my thoughts. Everytime I close my eyes, I see the barren ground littered with bloody elbows and knees. The banging of the complicated machinery explodes through the deafening silence. The screams blend into a unified melody that finally breaks my trance. The memories spiral upward and release with a force. The force almost knocks me down. Almost. I steady myself on my hands despite the threat of toppling down again. Memories and nightmares, rain and storm, peace and chaos; they are a part of me. They are that part of me that you can never erase. They are that part of me that the world tries to suppress. They are that part of me that I will never hide. In the end, despite you or the world, I am okay that I am not okay.

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# Call to Action: Immigration Education

by **Yash Kankariya**

Hello Readers,

My name is Yash Kankariya and I am a junior at Solon High School in Ohio; I am also a documented immigrant from India. I am writing this for two reasons.

First and foremost, I want to bring awareness to the current issues surrounding immigration. There are approximately 1 million legal student immigrants living here in America but they have been restricted from many educational opportunities. Personally, I have faced these restrictions and I have been denied multiple educational opportunities, such as RSI, individual olympiads, NASA internships, and College Credit Plus (CCP) because of my immigration status. They all responded the same way: "You can't because you're an immigrant". I have been living here for over 13 years now, about 80% of my life and yet, I am continuously denied opportunities due to my legal status. However, this problem is worse for those who attend schools which already have very few opportunities and they are also denied the opportunities they could have due to their immigration status. Along with the fact these students faced restrictions on or have been barred from educational opportunities, they will also be applying as international students, giving them an inherent disadvantage. Our society was created on a foundation of immigrants, yet we continue to deny them the same opportunities in education and other aspects of their lives as well.

Secondarily, I am asking for you to take a stand and help fight against this injustice. Like I stated previously, I was denied access to CCP because of the lack of understanding of my immigration status. I had to pay for the college classes I have taken in high school, which added up to about \$700. I was able to change that by bringing awareness to my specific situation and talking to the chancellor of higher education in Ohio where he changed that policy. I then tried to convince him to create a database which will be continuously updated as we learn more about different immigration situations. That idea was put down, but the fact that I was able to change a policy, no matter how small that change was, lit a spark in my heart.

Our youth group is another facilitator of this change. We currently are creating two groups that can advocate for immigration education. The first is creating a website so that educational leaders, like counselors, can learn about the immigration situations their students are in. The second group will be facilitating research into these immigration situations while trying to create change in programs that will not allow immigrants to apply.

The smallest people can make the biggest changes. That's the concept we have all been taught by the leaders of our society. It's time for us to act upon their advice and bring change to this inherent inequality.

Thank you for your time,

Yash Kankariya

P.S. For more information on how you can join us to create change or on how to join our advocacy group, please contact me at [yashk12345@gmail.com](mailto:yashk12345@gmail.com)



# The Sea to the Sky *Photography by Gargi Khadse and Yash Kankariya*



**Above: 35000 ft off the ground  
Upper Left: morning at the  
beach from the perspective of a  
seashell.**



**Bottom Left: a beautiful moon rise over  
the ocean; taken at Daytona Beach.  
Below: the raging wintertime Ocean**





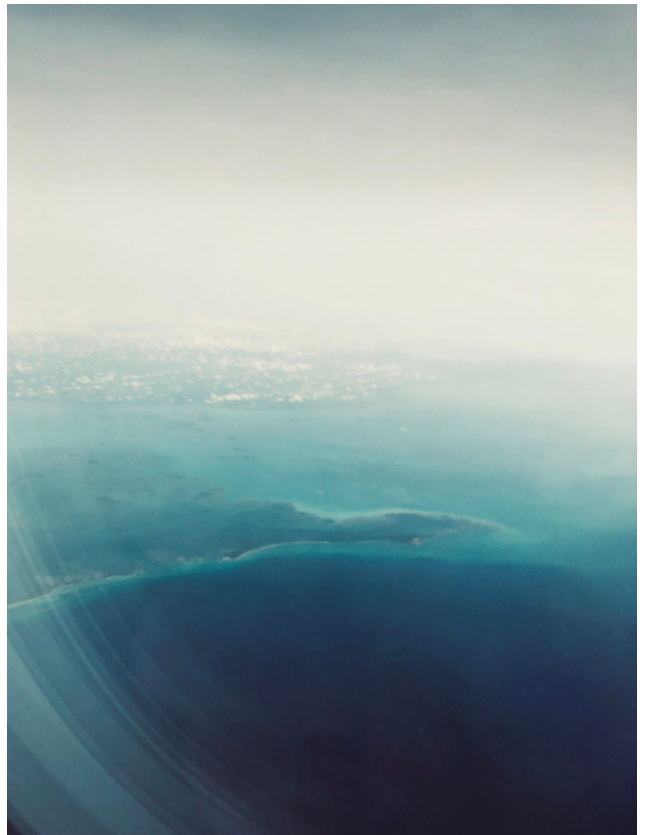
**Right: soaring above the Gulf of Mexico**  
**Below: the brilliance of a sunrise**



THE AZURE WAVES OF THE OCEAN SURGE FORWARD  
BECKONING YOU; THE CLOUDS GLIDE AHEAD,  
ENTICING YOU. THE BRILLIANT COLORS AND THE  
DARK DEPTHS AWAIT FOR YOU TO EXPLORE. THE  
LIMITLESS BEYOND POSES ONE, SILENT  
QUESTION: WILL YOU FOLLOW?



**Above: the colors of the sunset**  
**Right: an aerial view of the island of Jamaica**



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# Note from Editors

Hello readers,

As you can see, our Newsletter contains more than just typical fact-based articles. We want to give opportunities to the youth around the nation, allowing them to explore their creative side as well as give them a platform to voice their opinions. After this issue, we are opening the gates for all youth to submit their journal articles, creative writing, photography, or nonfiction writing . Every month, our team will choose the best from each category, and it will be displayed in the upcoming issue. So, simply put, even if you are a fierce advocate for change or someone who enjoys knitting together the threads of their vast imagination for fun, this newspaper has a place for you. Submit your work at the email provided below and we will try our best to incorporate your work into the Bruhan Maharashtra Mandal (BMM) Newsletter.

Thank you for reading,

Pinak Chitnis, Yash Kankariya, Gargi Khadse, Janhavi Kulkarni

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