



# MES College of Arts, Commerce & Science

**THE ENGLISH DEPARTMENT**  
proudly presents

*Meraki*

To do something with soul,  
creativity or love

**Edition 2**

# Letter from the Team

Hello MESites,

Here is the second edition of the English Club Wall Magazine, the Creative Corner named “Meraki” here once again to celebrate the creativity of young minds and the beauty of seeing art in everything.

This magazine is all about presenting a platform for our students where they can freely release the artist in them and showcase it to everyone. Art in any form is encouraged because to find beauty in anything is a great gift and should never be looked down upon.

The word 'Amateur' is often spoken as if it were a dirty word. 'Amateur' comes from the Latin word 'Amare' which means “to love”, to do things for the love of it, so, it is okay to be an amateur because it just shows that there is something that you love, that your heart is capable of doing something more than just pumping blood.

With that in mind, we hope that there will always be art in the world and we will all try to keep it alive as much as possible.

Hoping to comfort your minds with our vision.

**-The Team of Meraki**



## Poems

### Romanticizing the rain

Rushing for that window seat  
Or yearning to sit in the balcony  
A cup of coffee and playlist in que  
Is a perfect solace.

Drizzle & drenching brings  
moments of joy & reminiscence.

The rain that induces emotions,  
That sweeps the pain.

So, why not romanticise the rain?

**-Pallavi M Hattarki**  
**II B.Com (B)**



## Personal Prayer

“ The yin and yang of life”

Uncertain time with dearth of dime

Can't shake the pillars of a sublime mind.

Journey is arduous, Men are prone to fail

but night will be over and dawn will prevail.

Until dawn arrives a long battle has to be fought,

A ruthless one that will leave many distraught,

The perilous night will crush some dreams eagerly longed,

their wait for victory further prolonged.

But what about the few who battle with grit,  
even the night fails to quell their spirit.

They emerge victorious with zealous fervour

with rekindled desire , they begin their next endeavour.

But a point will come ,

where the even the warm dawn will tempt,


to stop the few men from making another glorious attempt.

The cold night will then become an unlikely friend,

as only the uncertain time with dearth of dime,

can extract the ultimate potential of a sublime mind.

**- Keshav Anand**  
**II B.A. (HES)**



## I hope you're okay


As I sat there staring at the stones on my father's grave,  
I found myself desperately yearning for a chance  
that would let me see his face.


Thinking back to all the times I kept pushing him  
away,  
Not realizing I'd be a father someday.

Not realizing how he must have felt  
being in that horrible place.

Everytime that he asked for me, we went our  
separate ways,  
cos the time wasn't right, and they were different  
days.

Those late nights he had after a long working day.  
He'd be sitting there and worrying if his son was  
okay.





While I was busy choosing fake friends and love that  
was fake.

He was yearning for his son while I kept him awake.

While I was going out and ruining myself day after  
day,

Doing nothing but wasting away.


His hard earned money mixed with his blood and his  
sweat.

Leaving him all alone to fight for that bread.

And now I regret everything that I left unsaid,  
and all the times I disobeyed any request that he had  
made.

I miss you with every step that I take.

I hope you're okay



**-Manav Tiwari**  
**I B.A. (PJ)**




## Articles

### Artificial Intelligence and its Ethical Implications

“Technology is giving life the potential to flourish like never before or to self-destruct”

The above sentence becomes quite significant, once you deep dive into the intricacies that the world of artificial intelligence, popularly referred to by its acronym “ AI”, entails. Artificial intelligence is the non-biological intelligence or the intelligence demonstrated by machines as opposed to the natural intelligence displayed by humans. The applications of AI can be found in every field, ranging from a simple web search to intricate medical surgery. As AI is becoming more ubiquitous, it is raising some ethical concerns among researchers, politicians, and traditional Luddites, who oppose any progress. The most propounded concern is the issue of a possible “Singularity” due to super-intelligent AI.

Singularity refers to a hypothetical point in time at which the technological growth of AI will become radically faster and uncontrollable, resulting in unforeseeable changes to human civilization, however,





it is considered by many mainstream AI researchers as implausible. These digital utopians fear that AI paranoia would delay the natural and the desirable outcome of AI or could cause a military takeover of AI, who would then actually try to use AI certainly for nefarious purposes.

But the researchers who have a pragmatic view, say that questions raised by the success of AI are not merely intellectually fascinating; they are also morally crucial because our choices can potentially affect the entire future of life. We might create societies that flourish like never before on earth or an Orwellian global surveillance state so powerful that it could never be toppled.

A recent revelation by a google engineer made headlines around the world; he claimed that LAMDA (Language model for dialogue applications), an AI that Google uses for natural language processing has become self-aware or sentient. The claim was made on the fact that LAMDA scored very high on an impromptu "Turing Test", a test designed by pioneering computer scientist and genius mathematician, Alan Turing to judge if a computer can emulate human behaviour. The claims have not been





verified but it has certainly brought the debate regarding the ethical concerns of AI to public light.

AI is still actually at a nascent stage, we are far away from a place where it can achieve Human-level artificial general intelligence. The application of AI, right now is specific, like self-driving cars or detecting possible diseases. The claims of machines turning evil are far-fetched. The real worry is not malevolence, but. Competence. No AI robot would kill in future, but a super-intelligent machine could outclass us and make humanity redundant. Therefore we need to ensure that the goals of AI must align with our goals

**- Keshav Anand**  
**II B.A. (HES)**



# Body Shaming

Do you ever stop and think about how often we are told to change our appearance?

## What is Body Shaming?

A: "The action or practice of humiliating someone by mocking or by making critical comments on their body size or shape."


It has become a norm to criticize aspects of our bodies as some type of bonding experience with friends – if we all hate our bodies, it somehow makes us feel connected and united. Body shaming can lead to a vicious cycle of judgement and criticism.

## 9 BODY SHAMING BEHAVIOURS WE NEED TO STOP

Here are nine ways in which we inadvertently body shame. Once we identify these behaviours, we can work towards stopping, questioning and correcting those thoughts.

### **1) Focusing On Diets Rather Than Nutrition:**

Our body runs like an engine, which means it needs a steady flow of fuel to reach its full potential. One of the main sources of this fuel is a nutritionally balanced diet. Now, what is a balanced diet?




“A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.” By counting or cutting out carbs, we are acting on our desire to look a certain way, rather than focusing on supporting our body functioning in the way we need it to.

## **2) Refusing To Indulge:**


Cooking a hearty meal, sharing a glass of wine and maybe having a decent piece of dessert are ways in which you can give your body a treat. Despite knowing the pleasure these choices offer... We often get to hear these two statements: "You're Too Wise To Refuse Dessert"; "A Moment On Your Lips Forever On Your Hips."

It's important to remember that many healthy alternatives can be consumed through which one can treat themselves. For Example, a couple of chocolate-covered almonds won't harm the way your metabolism works. So, relax, just enjoy your life but be cautious of what you eat.

## **3) Idolizing the body types as they are presented by the media:**



While it may seem cliché, stopping body shaming starts with the realization that bodies come in all shapes and sizes, and that few particular body types are overwhelmingly portrayed by the media.



#### **4) Shaming People Who Are “Too Skinny” Or “Too Fat”:**


Nature has created so many body types, that it's unrealistic to expect all humans to look the same and have the same shape and be the same size. It's often overlooked that thinner people get shamed for being “Too Skinny”, “Too Anorexic” and the chubby people get shamed for being “Too Fat”.... Just like everyone else, they're human too...they too are entitled to be free from the judgement of others when it comes to how their body functions.


#### **5) Judging The Variety Of Body Types In The Exercise Room Or The Gym:**

When I was Training for Badminton...one of my coaches would keep taunting keep about my size indirectly...I was a chubby girl (still am), He used to tell the other coaches “she's a bit plump for this training, don't you think?” That's the kind of statement that people should mend. It's not about body figure, it's not about how plump or skinny a person is... The skill and stamina are attained through practice, not body shape.

#### **6) Judging Other for Conformation Behavior, Despite Understanding the Pressures They Face from Society:**

Pressure to conform to our society's beauty standard infiltrates us, often in subtle ways. It becomes difficult to untangle what we do to live up to these






standards from that which is authentic and will genuinely make us feel beautiful. Learning to accept and love your body can be a lifelong journey, not without its hiccups.

When we judge someone for undergoing plastic surgery, or for wearing high heels, we are engaging in a form of body shaming. Even when the judgement is meant to be a rejection of societal ideals, it can have the opposite effect, leading to a step back rather than a step forward.

### **7) Judging Expressing of Sexuality:**

Sexuality can be expressed in the way we choose to reveal our bodies, through clothing or movement. Judging people on the way they do this, or denying certain people the right to express their sexuality based on their body types is a form of body shaming. Expressing sexuality is a natural human need to which, I think, we all are entitled.

### **8) Not Knowing Our Bodies:**



If we want to know how deeply ingrained body-shaming has become, we can simply turn to how we learned to fear the mirror or, sometimes, to feel discomfort when naked. We refrain from spending time exploring our bodies and consequently limit our understanding of ourselves.



## 9) Defining Beauty As A Look Rather Than A State Of Mind:

When we realize that we're more than just our body, we can begin to let go of some of the pressure we place on ourselves. The body is a strong vehicle, but it is not the sole medium through which we experience life. Beauty also comes from attributes such as humour, compassion, selflessness and intelligence.

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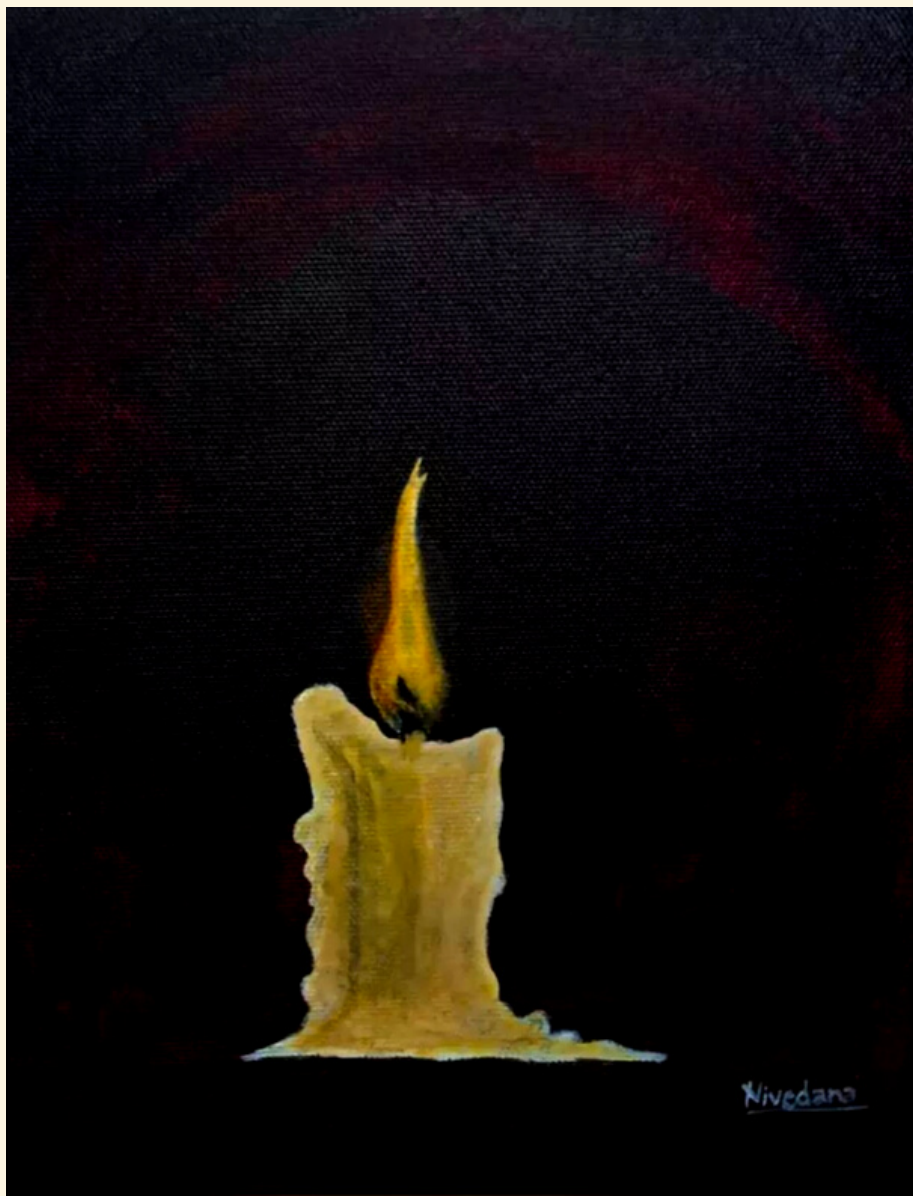
We spend so much time witnessing advertisements about how to make our eyelashes millimetres longer and how to get whiter teeth that it'd be nice to counter some of that by celebrating what we do have. Maybe, despite your body image struggles, you love new hairstyles you have discovered. Maybe you've noticed how much stronger you feel with balanced eating. Find something physical/non-physical that makes you, You and celebrate it every day.

**-Sunayana Acharya  
II B.A. (PJOE)**



# Drawings

## Candle



- Nivedana R  
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# Man with bird on the shoulder



**-Vinutha S**  
**III B.Sc. (BZPY)**



# Krishna



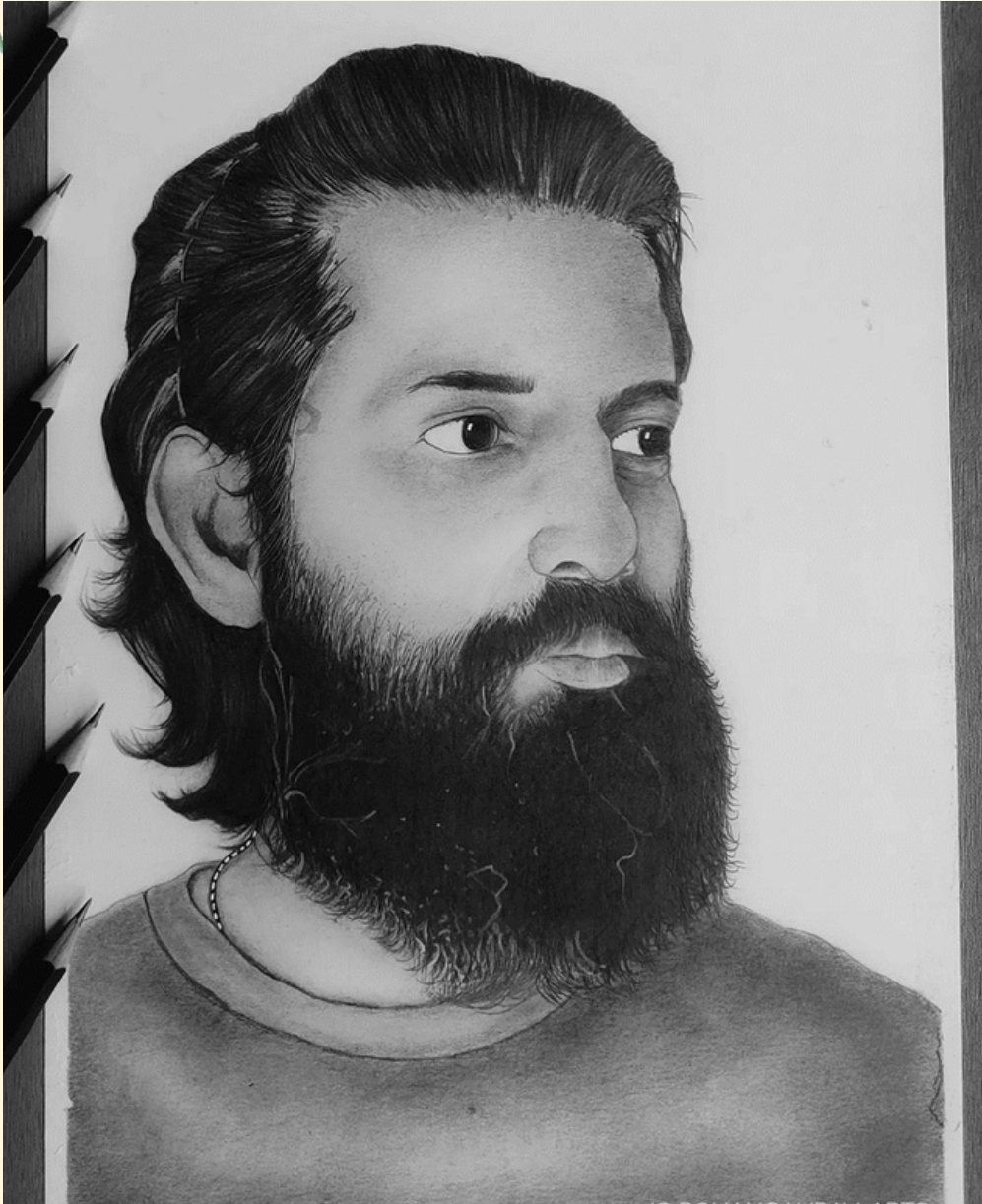
- Tejaswini A.  
III B.Com (B)

# Ballerina



**-Monika Gupta  
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# Portrait



**-Rohan Gaurav N  
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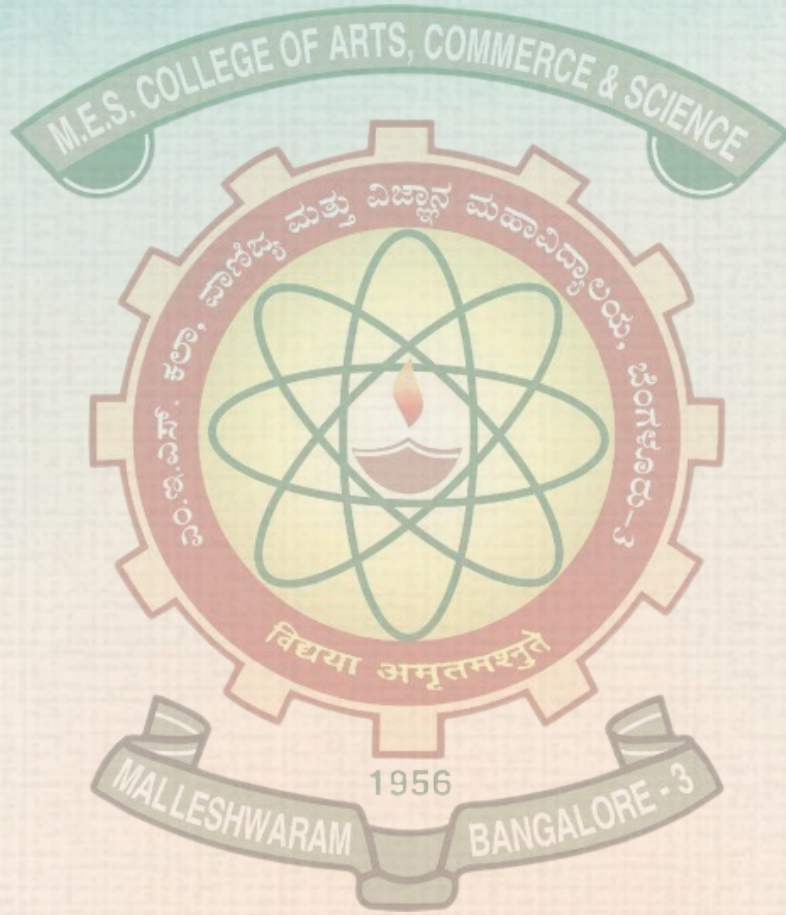
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