



# Expressions

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## PINK TOILETS...

# ...in 'pink' of health but how many know?

Ashna Ali

The Lucknow Municipal Corporation (LMC), under the Safe City Mission, a part of Swachh Bharat Abhiyan, has been successful in setting up hygienic lavatories 'Pink Toilets' for women. The initiative has garnered a lot of praise, however, lack of awareness among women about facilities here vis a vis old public toilets is proving to be a dampener for this scheme.

## LOO AND BEHOLD!

With the hope of boosting and encouraging welfare of women 34 such facilities are already being constructed across different locations in the city, including 1090 Crossing, Janpath Market, Hazratganj Crossing, Aminabad, Qaiserbagh, Rajjipuram, Charbagh Bus Station, Alambagh, Chandernager, Ashiana, Chowk Market and old city areas as informed by the Nagar Nigam officials in an article by The Hindustan



Times. The officials further added, about the surveys being conducted in densely located areas and having shortlisted some 40 spots out of which some of them are the one's mentioned above.

During a visit to Chowk, Express-

sions Reporter found out the existing reality of these installations. While on the one hand, the workers over there had a positive outlook about it, the passerbys and the visitors did not.

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# Editor's Desk

## Internship puts everything in perspective

Come summer and students across universities start looking for Internships in the industries to hone their skills and understand the nuances of the real-world experiences. Equipped with a working atmosphere and a proper office drill, this unique opportunity helps build professional network and learn new skills.



Post Covid-19, Summer-2022 opens new vistas to work from office after nearly two years of Work from Home (WFH). However, many companies are a bit sceptical and still wanting students for WFH internships.

While students are quite excited and open to work in office internship, parents say "it will be good if child stays at home as the pandemic threat is still there and they would like to go for a safer option".

As someone who has spent many years with the industry, I would love if my students did internships from 'workplace' as there is no substitute to get some real test of their capabilities and learn the skills, which otherwise, they read in theory books.

Internships teach students about what the real world looks like. They also help students figure out what they want to do with their lives and how to get there when it comes to placement after a year later. The 'face to face' working with professionals in the industry helps assess oneself about their capabilities and make connections that could be incredibly beneficial down the road.

It's heartening to mention most of our students have been selected for Internships both paid & unpaid beginning June 1. Though this comes as summer break in lieu of their regular classes, I wish & hope they will utilise the time in honing their technical knowledge. Working with professionals in a tight deadline will help see prospects of a full-time job after graduation & pursue career goals.

Pandemic has already made companies to come out with a new business model and if you do well, you stand a great chance to be absorbed subsequently for the placement.

A lot many start-up companies have come up recently and they are perhaps the better organization, though small for the learning. It does not matter whether you are paid or not.

I know each one of you is determined to explore career paths, passions and interests and you are in to fulfil your long-term career.

Cheers & best of luck.

Prof (Dr) Sanjay M Johri

## ASCO- A potter shaping future on your terms

Every individual holds immense potential to achieve success; all it takes is determination to attain the goal and a mentor who helps unlock that passion, and Amity School of Communication (ASCO) is just that.



In 2015, when I entered the B.A. (J&MC) Sem 1 class, I had no idea how my life was about to change. While my peers had set eyes on their goals, I had zero clue about what I wanted to do with my life. I wanted to be a journalist in News Writing class, but in the Radio class, my inner voice channelled the radio jockey that hooks listeners with the art of storytelling.

For the first two semesters, I enjoyed college, and then during holidays, when every other batchmate started internships,

I was still at home. I still remember connecting with Dr Sanjay Mohan Johri sir about an internship offer in The Hindu when he asked, 'You want to pursue this or are you just doing this because your friends are?' and I realized this was not it. During Abhirachna, I discovered writing as my forte.

My first professional stint was to work with Cognizant. It was not a regular content writing job, and it gave me adequate exposure to how SEO helps an organization rank high on A.I. platforms organically. There has been no looking back since. After this, I worked at K.R. Mangalam University and just recently completed another year as a content writer at upGrad Abroad, upGrad's Study Abroad Verticle. When I joined my current company, AdLift India, I realized how much there is to learn in content writing.

If you are reading this and thinking about how you still do not know what to do in life, just hear me out. Trust the process, work on yourself, enjoy this time and utilize it to explore your passion. There will be times when you might feel like a failure but understand that you can only fail if you try. So go ahead, spread your wings, and take that leap of faith; the whole sky is yours.

ASCO is an experience that I will cherish forever. I would love to go back in time and relive those days.

-Sachi Singh, BA(J&MC)- Batch- 2015-18  
Content Writer, AdLift Marketing Pvt. Ltd.  
(Gurgaon)

### ALUMNI CORNER

# Pink Toilets in 'pink' of health but how many know?

Continued from P1

Sobha Devi, a worker said: "I feel it's a very good initiative taken by the government. These toilets are operational from 6 am to 10 pm with proper filled soap dispensers, hand dryer and towels, decently cleaned basins, and the restroom is equipped with proper functioning sanitary napkin vending machine".

**In Swachh Survekshan 2017, Lucknow ranked 269 out of 434 cities, this year the city is making all the efforts to improve its rank drastically, Pink Toilets being one such step**

Contrary to this view, Um-mah Hani, a visitor quipped, "I came here to avail the facility of sanitary napkins. Though, it had separate cleaned Indian and Western toilet system, yet I myself would never use such public toilets, which are unhygienic and one can get urinary infections".

Surprisingly, most visitors were unaware of what Pink Toilets actually are. "I had no idea about such a thing. I knew about normal public toilets, but those were such pathetic and unhealthy lavatories. Who would actually want to use such toilets with zero sanitation and maintenance?", added Mahima, an E-rickshaw driver in the locality.



Although, these pink toilets stand a bit different from the rest because of the facilities it provides, but the main issue, as to why people are averse to them can be accounted to lack of awareness it has. One of its staff, Gauri Singh mentioned, "Since most public toilets have lost credibility due to inappropriate maintenance, the same has been applied to Pink Toilets as well. Even after facilities such as proper exhaust fans and 24-hour water supply for preventing any discomfort to the visitors, they are not being used just because of the notion, that public toilets are contaminated."

The installation of Pink Toilets in the city has taken Swachh Lucknow Mission to greater heights as it puts an end to the lack of proper washroom facilities for women. Though, this women-centric initiative provides much relief as it focuses on catering to the needs of women, however, it is time that raising awareness about it is taken on priority otherwise it may not have the desired impact.

**“The toilets will be ultramodern and packed with amenities of all sorts. The agency that will ensure the installation of the toilets**

**Official of Nagar Nigam**

**Pink Toilets are being set up in areas around markets, across colonies, Mohalla's, main roads and other frequented places**

**Ajay Dwivedi | MUNICIPAL COMMISSIONER (IN AN ARTICLE BY KNOCKSENSE)**



# Life in the Metro for Lucknowites

Nupur Kezia Robinson

Ask a student or anyone in a 9-5 job about their mode of commuting to their colleges or workplace and you'll surely find at least 50% of them mentioning the Metro (if their city has the very means of transport). So is the case with Lucknow. The prime reasons for metro becoming a popular means of transport among Lucknowites being cost-effective, time saving and convenient.

Expressions Reporter spoke to Lucknowites about their reasons for taking the metro and this is what they had to say.

Shikha, a passenger who had taken the metro to go for some shopping and was not a regular commuter said, "I always prefer taking the metro rather than e-rickshaws or buses because they're safe and I have people around me." Another passenger Ansh said, "Metro is like a blessing in disguise as it saves a lot of time and energy." Many other peo-



**Kolkata was the first city in the country to have a metro**



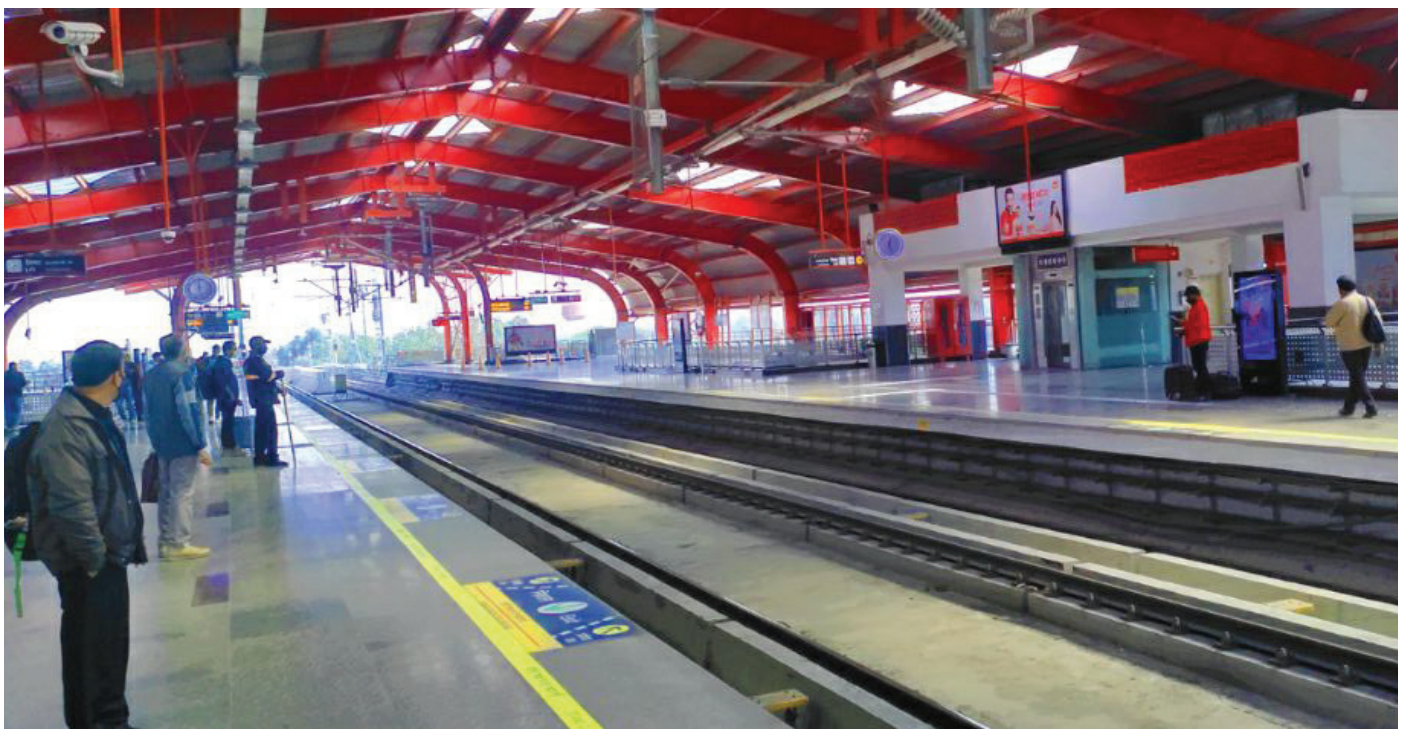
**As of December 2021: India has 751.50 kms of operational metro**

**604 stations**

ple too had similar responses and all of them did mention the fact that taking the metro was much cheaper for them than hiring a taxi and more convenient than taking a rickshaw.

People who took the metro daily did have some varying responses. "It's very monotonous but I have to do it every day as I have no other option," shared Avantika, a student of Amity. "Commuting through the metro has become a part of my daily routine now but sometimes I wish I lived closer to my workplace." Santosh Singh, a bank clerk added, "I like travelling by metro every day. I've even made some friends here as we see each other daily at the station.", Ashish, another student of Amity shared.

Talking to all kinds of people on the same platform showed how differently the same experience can be seen by different people. For some the metro is a part of their daily routine, for some it's fun, and for others it's just a convenient mode of transport.





## PHIA FOUNDATION WORKSHOP

# 'One in four women face sexual abuse'

Drishti Vanaik

Although, there have been several instances where a woman has been exploited and abused sexually outside homes, there are multiple incidents when she faces the same murky situation within the four walls of her house. In India, 1 in 4 women are sexually abused in their lifetime, according to the Department of Justice. "96 % of sexual abusers of minors in India are relatives or friends of the family", as mentioned in an article by the Goa Chronicle.

These facts were discussed during a workshop organized by Phia Foundation at Amity University recently. Stuti, who is working as a Campaign Lead at Phia Foundation, shared some such cases she has dealt with. One such real-life incident, which happened with Mahek, currently a working professional in Lucknow, still terrifies her to the core. "Mahek was in class 2 when her distant relative, whom she used to refer as chacha, visited her place during vacations. She never liked him. One day before Mahek was about to leave for her tuition, he dragged her to his room and started to touch her at inappropriate places", mentioned, Stuti, who further added, that Mahek was fortunate enough, as her father appeared at the right time and saved her.

In such and other cases, NGOs like Phia and many have been coming forward to provide support to these victims and encouraging them to use the helpline numbers



created for such purposes. When asked about the effectiveness of these helpline numbers, Stuti, further mentioned, "Helpline Numbers are effective, provided that they are used for a suitable purpose. I myself have used them several times for various other purposes. The helpline numbers for such exploitation are 1098, 1091, 1090 etc".

Talking about the confidentiality of the cases, "These helpline numbers deal with such cases secretly and do regular trails and checks to make sure that the person registering the complaint is not going through any such issues again", said Komal, a team member at Phia Foundation. The credibility and reliability of such helpline numbers

can be gauged from the fact that, "They not only listen to one side of the story, but they verify the details and information available to them. They cross check the sit-

uation by taking full consent of the person concerned", added Chandni Nirmal, working as a Change maker at Phia Foundation.

While these helpline numbers, prove to be effective, ambulances on the other hand seem lethargic and not in a good state. "You might have to wait for an ambulance for more than half an hour, just to respond, if faced with an issue of any form of exploitation, they are getting poor at their work day-by-day", added, Stuti.

Phia Change makers also informed about organizations that provide legal support to the victims. Aali, an organization in Lucknow, deals with any form of sexual exploitation, be it at the domestic level or somewhere outside. It has its presence on social media platforms as well. "Aali undertakes strong research, activism and direct response with a strong focus on violence against women and their right to choose and decision-making in a relationship", mentioned Mahvish, who works as an intern for Aali's socials. Furthermore, "Sakhi Kendra, an organization in Kanpur, which also provide legal aids to such victims and has worked constructively well during Covid, when the cases for domestic violence were on a surge", added Stuti. Another such organization Humsafar Trust aids girls, boys and the LGBTQ+ community who have faced sexual exploitation. Growth and development of such organizations are empowering the victims to come out and speak for justice. "#MakeHomeASafeSpace", a free digital campaign by Sakshi Foundation, in Delhi, provides people with aid, information and tools, to address child sexual abuse", according to an article on the Your Story Website.

While organizations are working to curb sexual exploitation, your role as a contributor and as a citizen is to respect the women around you and treat them with dignity and grace, for all the sacrifices they make for us.

Out of 3.07 lakh calls received  
**92,105 calls**  
 of which were about the  
 abuse and violence on  
 children and women

Source: Ministry for Women and  
 Child Development



# Here names leave you GOBSMACKED!

Lensman: Trilochan S Kalra



Lucknow, famously known as, “Nawabon Ka Sheher”, isn’t just a term given for its prominent historical past, but the delicacies and lace of fineness it encapsulates within, is astounding and remarkable in its own way. Walking down the bright streets of Lucknow, one would come across a bunch of food spots and stalls, which besides being enticing have another ‘x’ factor that beckons passer-bys—unique names.

From, “Dosto ki Chai”, to “Chai-waala.com”, it presents to the visitors the best spots to sit, and chit-chat with friends around. Distinctive yet fascinating, these names instil a wave of curiosity to relish the elixir of life—Tea. Not only, one would find such tea stalls but, also food stalls, with names that will amaze you. Such names trigger the food-



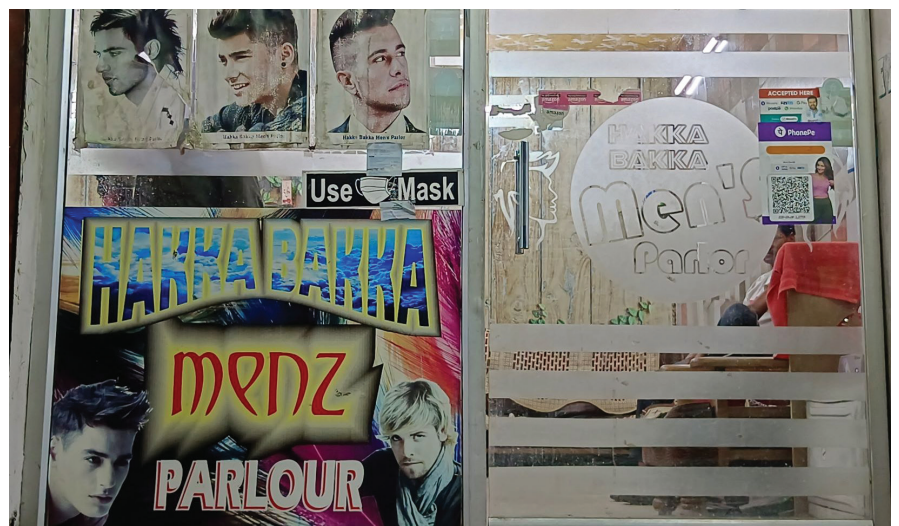




ie within you while also making one chuckle. Catching up with the favourite snacks, dishes with hot and sour flavours, and having the 'Maggie Time', is what these spots with quirky names bestows upon.

Interestingly, travelling along the roads of Lucknow, you can even see places other than food stalls such as salons, with names which have been never heard before. The peculiarity associated with these names, such as 'Hakka Bakka Men's Parlour', astonishes the passer-by's, owing to the meaning of Hakka Bakka- which itself means Astonishing. Striking a laughter, and leaving a smile, is what these amusing yet creative names bring to the people.

-Drishti Vanaik





# How passion made Samreen ‘fly high’

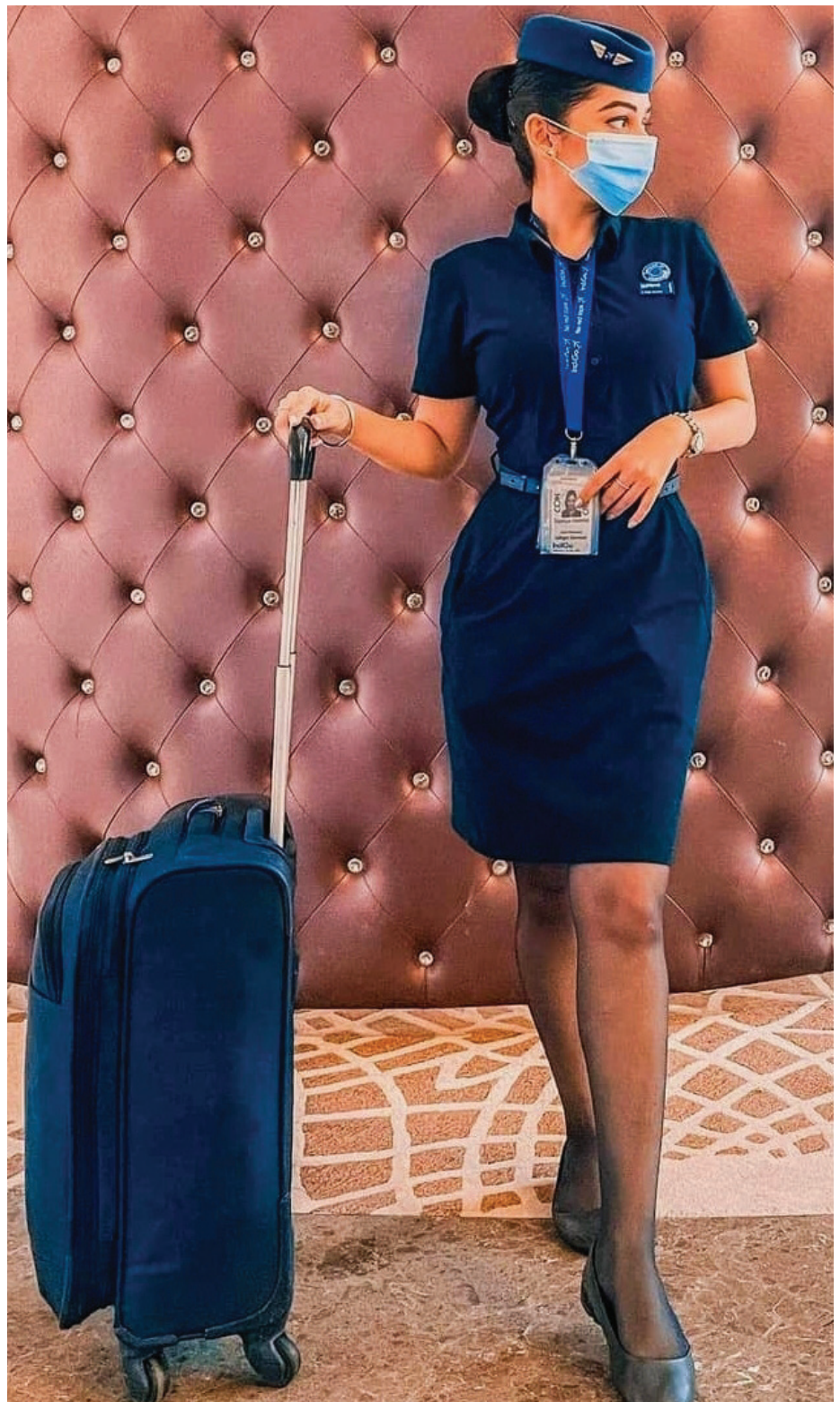
Deeba Huda Sethi

“**Y**ou are trained not only to serve customers but also fight fire; handle several kids onboard patiently and even to help with childbirth if required. Sometimes you have to be a psychologist, other times you have to provide medical care or manage unruly passengers,” recounts Samreen Ahmad, a 25-year-old from Air India Delhi, who left her engineering course midway to become an air hostess.

“If not this I’d have loved to complete aeronautical engineering but I’m more than happy being an air hostess,” quips Samreen. Her advice to those who dream to pursue their career in this field is, “Firstly understand whether this career suits your personality. Post this assessment, figure out whether you require coaching classes or you can manage to get selected through self-learning. Develop your personality to crack the interview. You’ve already made an excellent choice. Just grow your own wings and fly.”

Born and raised in Lucknow, she studied in La Martiniere Girls’ College and later continued her schooling from a boarding school in Hisar. She was in the second year of engineering when one of her friends told her about the air hostess application form. After thinking for a while she finally decided to go for it. She gave the interview, went through the selection process and got selected.

Samreen completed her training and got a permanent job. Initially, she worked for an airline on domestic routes for about 2 years. Then she was promoted to international routes to nearby countries and finally to long haul international flights.



According to Samreen, working as a cabin-crew is one of the best jobs out there. Though one has lots of responsibilities and ought to wear lots of hats, she finds this job exciting. There are a lot more advantages than disadvantages in

this profession. A person who is attentive, possesses customer-service skills, effective communication skills, persistence and can tolerate stress will be happy in this career. Someone who is fond of travelling will really love this job.



# A tale of two sides

Muskan Bakshi

Anjali got a special cake and gift on Mother's Day, celebrated each year on second Sunday of May, to thank her mom for everything. In the evening, the cake was cut amidst joy, laughter as the family gushed over the lady of the house. Meanwhile, maid Seema, who was busy scrubbing the dishes, looked confused as Anjali offered her a piece of cake. "Yeh kyun baby?, Kya aaj mummy ka birthday hai?" and she was told about Mother's Day, the woman had



no clue and neither did her children who lived in a shanty.

This stark contrast showed the typical situation where the race to 'make ends meet' trumped over everything else.

For instance Ramu, a labourer's son said, "What is Mother's Day? It is never celebrated in our house and we were not even told about this. If we had known then too we would have done nothing for our mother because after the death of our father, my mother takes care of the household expenses and sometimes we had to sleep on empty stomach during Covid; so how can I celebrate Mother's Day?"

Seema too echoed the same sentiments. "Our children don't even know what Mother's Day is. I also found out when I went to work and kids there were celebrating Mother's Day. They were cutting the cake and celebrating. For us every day is a struggle as we listen to the taunts of husband, take care of children,



manage household chores and also work to earn money. It is a big thing for us that someday someone will talk to us with love."

Meanwhile, Anjali, a college goer said the day held special significance for her for obvious reason. "My mother is my backbone. I cannot imagine my life without her. I celebrated Mother's Day in her honour and spent the entire day with her, making her feel good and special. I also gifted her a saree of her favourite colour. Mothers are like glue, even when you can't see them, they are still holding the family together," she ended on an emotional note.





# Quench thirst of stray animals, place water bowls outside

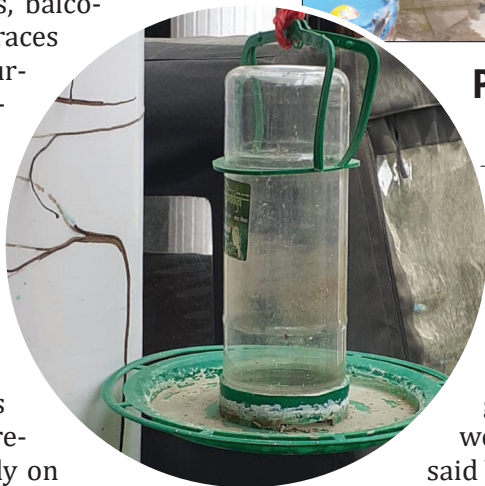
Garima Dobhal

**E**xtrême heat wave has made life miserable for humans and animals alike. Several good Samaritans have set up small kiosks distributing water among people. How about doing the same for stray animals who have no one to look after them?

“The most important thing we can do during the summer is to give water to stray animals who are fending for themselves in this extreme heat. We should respect them and it's our responsibility to do so. Animals and birds, like humans, require water to quench their thirst. It will be ideal to have a shallow cement water container in front of our house to allow dogs, cows and birds to drink”, said Prabhat Mishra, 20-year-old university student, who loves animals. Mishra has kept a water container outside his house for animals to quench their thirst.

Like Prabhat you can do your bit by placing water bowls outside your homes, offices, local walkways, gardens, balconies, and terraces so that our furry and feathered creatures can stop for a drink to relieve their thirst in the scorching heat. “I love animals as first and foremost, they rely on us, and they will not bite us if we do not harm them. They are pure souls in today's world, and their love for humans is unconditional because animals

**“** Yes, water for birds and other animals is required. It is our responsibility to provide fresh water for them. Humanity also expects us to do so. Water is required for survival. There would be no life on Earth if there is no water. We should also provide water by storing water on our balconies **”** - **ISHITA ARYA | WORKING PROFESSIONAL**



## People frequently place water outside in a container from which birds and animals can drink

lack a voice and can't even ask for help. Providing them fresh drinking water in the summer season is good karma which we humans are doing”, said Yash Katyal, 25-year-old college student who gives fresh drinking water to animals every day.

During summer, many stray animals and birds perish due to lack

of drinking water. Many water bodies have dried up significantly, reducing the availability of drinking water, notably for animals and birds. “When I watch thirsty dogs, animals, and birds being forced to drink from open gutters, drains, leaking pipes, and other sources of dirty water, I feel bad. Dehydration and lack of safe drinking water kills many animals. The least we can do is keep fresh drinking water for them”, said Harshita Singh, 30-year-old working professional.



# Down but not out, Suman fights to survive

Ankita Bhatt

**S**ober by nature and dusky in color, Suman, a woman in her 50s, has been working as a maid in Shreya Girls Hostel Lucknow for the past two years. Behind the pleasant face, big heart and welcoming nature of Suman lies a story of hardships and courage.

Suman didn't get the chance to study due to financial reasons and was married off when she was eighteen. Her husband is a post-graduate and his love for science led him to open a coaching center. The blend



of his knowledge and teaching skills made him popular among kids and they were doing well financially. They also had a son who is currently in the 12th standard. Everything in life was running smoothly for Suman and her family when Covid-19 hit the country.

Recalling the days, the lady says, "Covid-19 was the worst period of our life. I had never imagined I would witness such a harrowing situation that turned out to be so disastrous for humanity." After the government imposed a nation-wide lockdown in India their lives turned upside down. Initially they thought

the lockdown would not last long, but all their hopes were shattered. The pandemic led to the closure of her husband's coaching center as people were hesitant in sending their children due to fear of infection. Suman's husband's mental health deteriorated due to the loss suffered and he moved to his village as he couldn't find any work in the city.

This left Suman with no other option but to go out and earn a living. She said, "I decided to take charge of my situation and started working as maid to meet my daily needs." When she started working at the girls hostel it served as a beacon of hope in her gloomy life. Her hard work and dedication paved way for her to be given more responsibilities and now caring, feeding and handling tantrums of students has become a part of her life. Sindhuja, one of the students in the hostel said, "Hats off to her courage and willingness to not give up. I can't think of anyone else who can take care of us like Suman aunty does."

Not just the students, Suman is also loved and respected by the hostel staff who are always ready to help her out. Sharing her views about Suman, Rupa Khare, warden of Shreya Girls' hostel said, "Suman is cooperative and helpful by nature and has been working diligently from day one. She has never let her family issues affect her work and we love to have her here."

Suman concluded her story by saying, "I am standing on my own feet and don't have to depend on anyone now for livelihood and I'm proud of myself for coming this far." Suman's story is of grit and grind, which serves as an inspiration to many that no matter how hard you fall, you can always get up and overcome your situation.

## Entrepreneur Nancy soars high with 'The Creators Closet'

Pallavi Singh



**A**ccomplishing dreams doesn't require a definite age. What it requires is persistence, consistency and diligence. And with a blend of all these qualities, **Nancy Mishra** is one such youngster who has successfully been able to establish a flourishing E-Commerce business 'The Creators Closet', that sells clothes to influencers and freelancers.

A student of biotechnology, Nancy's voyage from just being a normal college goer to a prosperous entrepreneur is an inspiring tale.

In conversation with Nancy, Expressions Reporter found out the struggles that she had to face in this journey of success. After having prepared rigorously for CAT, to dropping it off, just because it wasn't her cup of tea, and then getting depressed wasn't something she had bargained for.

Talking about her experience Nancy said, "I had to create something big one day. So, I started listening to successful people and then along with a friend I decided to begin a startup". The startup as a part of the coping mechanism was definitely a

▶  
tough decision, as she mentioned, "Being in (Undergrad) 2nd year with absolutely no knowledge of how to begin a startup was hard. But I was determined and therefore I started finding gaps in society as business is all about solving a problem".

In the beginning most of her ideas didn't work well. "Initially, I worked to create an app where people can find and book coaching centers, but developing an app was expensive. Next, I planned to start a Shopify E-Commerce store, for the daily use items of hostellers but again there were obstacles in the way, which acted as barriers in the implementation of the idea", added Nancy.

Although, what she accounts to, is that an entrepreneurial journey has to be a patient one. Learning from experiences, whether good or bad keeps you going and gives the willpower of not to stop. Speaking of going on, she mentioned, "After so many highs and lows, I finally invested myself in social media marketing where I conducted social outreach campaigns for local restaurants, which was successful and I made handsome amount out of it. However, unfortunately Covid struck and lockdown was imposed thereby completely stalling my marketing business".

Lockdown was certainly a period of lows for her, but she didn't stop. "I started to work on digital marketing, thereby creating a community of lakhs of people on social media platforms under the username "THECYNOSUREGIRL". Expanding my dreams on E-commerce, I began a store selling good clothes for influencers, freelancers etc. With the website name 'The Creators Closet', I could see a huge escalation in sales within just one month", she shared.

Nancy sets an excellent example for those who back off after a failure. Failure is a part of the journey, because with it, comes success. If you are keen to learn, you need to have patience and should not give up on your dreams.



# Beginning of a new world?

Kashika Nigam

**W**henver we pause and think, that what more development science can do, it surprises us with yet another unimaginable thing possible. Rising of a new world in an existing world, sounds ominous but fascinating and engrossing at the same time. Imagine while sitting in your own room you can feel and experience a 3D virtual space connecting users in all aspects of life and meet people from the corners of the world...well welcome to the world of 'Metaverse.'

The term 'Metaverse' was coined by Neal Stephenson in a 1992 science fiction novel 'Snow Crash' where humans were programmed as avatars and lived in a virtual world which was then used as a metaphor and now it has become a reality which Stephenson himself had never imagined.

People all over world are going gung-ho about Metaverse. A case in point famous Indian singer Daler Mehndi bought a property in the Metaverse and named it 'Balle Balle Land'. Although he was not the first celebrity in the world to do so. A number of celebrities like Snoop Dog have bought a land worth \$450,000 which he will use for virtual concerts, parties, shopping and car exhibitions. Another celebrity

who bought land in the Metaverse was Paris Hilton, who calls it as 'Paris World' and recently had a fashion show in the 'New World'.

Not only celebrities but also college and school students are equally driven by this augmented reality. For student Vishwas Saxena, digital world is the most fascinating place for him. When quizzed about digital world especially the world of Metaverse his eyes sparkle and he gushes, "Metaverse is the most intriguing thing that has happened in my life. I feel that the beginning of Metaverse is the biggest change the world will ever witness and it will take youngsters to another level." When asked whether he would buy virtual world will he buy? to which he unflinchingly says, "Yes."

Meanwhile, there are some people who do not have land in the real world or have insufficient resources to purchase food and shelter; there are people who are buying land in virtual world with digital money, which is more expensive. It is very much true that where one human's minds stop, another human's mind begins. Sometimes it feels that this is just the beginning and what's more surprising is left for us humans to witness in this ongoing and engrossing world, because no one ever imagined that there would be a new world inside an existing world.