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## PRESIDENT'S ADDRESS RTR. KUSHAL MANDHYAN

"Vision without action is merely a dream.

Action without vision just passes the time.

But vision with action can change the world."

– Joel A. Barker



Every Rotaract journey begins with a simple vision - to serve. But what truly defines it is the action that follows. Through Rotaract, I've seen first hand what happens when ideas are backed by initiative, when intent meets execution, and when a team chooses to move forward together. Its in these moments that true growth happens - When we transform ambition into service, and service into lasting change.

Leading the Rotaract Club of RVCE has been one of the most fulfilling chapters of my life. It's a journey that has transformed me—not only as a leader but as a person. I've come to realize that service isn't just about outreach; it's also about connection. And this year, we built bridges that reached far beyond borders.

One of the most inspiring experiences was our collaboration with the Rotaract Club of University of Colombo, Faculty of Arts. We collaborated on Naivedyam 3.0, which was more than just an event. It was an embodiment of empathy and cross-border solidarity. Our joint projects Break the Taboo and Cultural Fusion added new dimensions to this collaboration. Coordinating with our Colombo counterparts reminded me how compassion and culture speak the same language—one of kindness and hope.

These experiences weren't just milestones in our calendar—they were reflections of something deeper: our belief in the theme that guided us all year—"Strength in Unity, Power in Purpose." Time and again, we saw that when people come together with conviction and clarity, the impact is magnified. Every initiative we took on, whether local or international, was driven by this sense of collective purpose.

As we look ahead, I carry with me a simple belief: When service is rooted in unity, we not only fulfill our commitments but also take the opportunity to push boundaries, challenge ourselves, and make an impact that resonates for years to come.

# PRESIDENT'S ADDRESS RTR. VIBHAVEE SARATHCHANDRA



It is with great pride and pleasure that I extend warm greetings on behalf of the Rotaract Club of University of Colombo, Faculty of Arts, officially confirming the twin club agreement with the Rotaract Club of R.V.C.E.

With the motto of "Unity in Service, in Fellowship We Stand", our club has been engaging in efforts to spread the joy of fellowship and contribute to the Rotaract movement with our passionate drive for volunteering and service. With our diverse and multicultural background, our club has thrived for 15 years in Rotaract.

To us, the twin club agreement is more than just a formality. It's the start of a meaningful journey of fellowship that crosses borders and boundaries, bringing together cultures, communities and Rotaractors from Sri Lanka and India. Through this, we hope to not only create fellowship and commemorate the Rotaract bond, we also hope to create an impactful collaboration between the Rotaract Club of University of Colombo, Faculty of Arts and the Rotaract Club of R.V.C.E.

The true strength in Rotaract lies in Rotaractors. As twin clubs, we now have the opportunity to build lasting friendships and to learn from one another and grow. Let us continue to share the spirit of Rotaract together as we embark on this new journey.

Here's to a successful twin club agreement and a partnership of success and fellowship.

Yours in Rotaract,

Rtr. Vibhavee Sarathchandra,

President 2024-25,

Rotaract Club of University of Colombo, Faculty of Arts.

## ISD ADDRESS RTR. ISHITA PODDAR

o much."

"Alone we can do so little; together we can do so much."

— Helen Keller

It is with immense pride and profound enthusiasm that we present this special address, marking a pivotal milestone in our Rotaract journey – the celebration of the Twin Club Agreement between our clubs. This collaboration is more than a formal accord; it is a testament to the shared spirit of unity, growth, and international camaraderie that defines Rotaract.

The agreement represents an improved bridge that crosses boundaries and unites people's hearts between our two clubs. It marks the start of a flourishing collaboration based on respect for one another, common goals, and a shared vision for making a difference in the world. We are welcoming a future full of opportunity and vibrant in variety by encouraging collaborative efforts and meaningful relationships.

The collaboration opens up a world of opportunities for our members. The advantages are numerous and significant, ranging from networking possibilities that open doors to enduring friendships and career advancement to cultural exchange programs that enable us to recognize the depth of one another's background. It promotes communication, comprehension, and a common goal that raises the bar for the Rotaract experience.

This Twin Club Agreement is not merely a document—it is a living, breathing connection that will nurture innovation, inspire collaborative service projects, and deepen our understanding of global citizenship. It offers a platform to exchange ideas, challenge perspectives, and celebrate the multitude of cultures that make up our global community.

As we embark on this journey together, let us celebrate the beauty of unity in diversity. Let us continue to be torchbearers of collaboration, cultivating empathy and global awareness through every conversation, project, and initiative.

May this Twin Club Agreement not just be a bridge – but a vibrant highway of ideas, kindness, and shared success.

In solidarity and service.

## ISD ADDRESS RTR. SANDITHI KALANSOORIYA



It is with immense pride and pleasure that I pen this message for our very first Joint Bulletin—an inspiring outcome of the Twin Club Agreement between the Rotaract Club of the University of Colombo, Faculty of Arts, and the Rotaract Club of RVCE. This initiative stands as a testament to the shared values, creativity, and commitment that bind our two clubs together in the spirit of Rotaract.

From the moment we began discussions, it was clear that this partnership had the potential to transcend geographical boundaries and create lasting impact. It laid the foundation for cross-cultural exchange, joint initiatives, and most importantly, enduring friendship.

This bulletin captures not only our joint efforts and projects but also the voices and talents of our members. From service initiatives that bridged communities across two countries to cultural exchanges that allowed our members to experience and appreciate one another's traditions, our collaboration has already begun making a difference. Each project reflects not only teamwork but also the beautiful blend of diversity and unity that defines our clubs.

Coordinating this initiative has been one of the most fulfilling experiences of my Rotaract journey. It has reaffirmed my belief in the power of partnerships, and the incredible things we can achieve when we come together with open hearts and united goals. I would like to extend my deepest gratitude to everyone who contributed to this bulletin—the design and editorial teams, and every member who played a role in bringing this vision to life.

As we look forward to more collaborative ventures under our Twin Club Agreement, may this bulletin serve as both a milestone and a motivation—a reminder of what we can achieve when we come together with purpose and passion.

In service and fellowship,
Rtr. Sandithi Kalansooriya,
International Service Director 2024-25,
Rotaract Club of University of Colombo, Faculty of Arts.

#### **DESIGN ADDRESS**

"A symphony requires every instrument. Alone we make music, but together, we create harmony."

It is with great joy that we introduce to you the first joint collaborative edition of our combined newsletter — a joint effort by the Rotaract Club of R.V..C.E. and the Rotaract Club of University of Colombo, Faculty of Arts. This edition is a testament to the commitment, imagination, and common vision that has united our teams across borders and backgrounds.

By means of this special issue, we not only want to keep you abreast but bring you into contact with the living pulse of our collective experience. Within these pages, you will find tales of significant projects, milestones, and achievements that capture the essence of our clubs. Through casting light on both parties' extraordinary achievements and landmark achievements, this bulletin aims to achieve better comprehension, build on foundations, and spark even larger partnerships in the years to come.

As the design team responsible for this effort, we have committed ourselves entirely to creating an experience that speaks to each and every reader. All aspects have been deliberately curated — from the visual design to content flow — to make your time spent within these pages effortless, engaging, and rewarding. Our ideal was to find a perfect balance between beauty and ease of navigation, so the message of our work would stand out with elegance and clarity.

We want to take a moment to thank each team member whose time, ideas, and energy have turned this publication into a reality. It is their individual gifts and team work that have brought this idea to tangible form.

As we embark on what is yet to come, we encourage you to join us on this journey of development and service. If you are an existing Rotaractor, a potential member looking to leave your mark, a valued partner, or member of our greater community, we hope that this newsletter not only informs but inspires and reinvigorates dedication to our mission.









### **DESIGN ADDRESS**

It is such a joy to be here as we unveil something that's been weeks in the making — the very first joint bulletin between the Rotaract Club of R.V.C.E. and our home club, the Rotaract Club of University of Colombo, Faculty of Arts.

This isn't just a document filled with project reports and photos — it's a homage to the beauty of collaboration, connection, and creativity across borders. And for us, especially as the team behind the design, this bulletin means a little something more.

Design, to us, isn't just about making things look nice. It's about telling stories. It's about capturing the feeling of something — the energy of a project, the heart behind the work, the quiet pride behind every milestone. And that's what we tried to bring into every page. We wanted the experience of reading this bulletin to be easy, engaging, and above all — meaningful.

Behind every page are meeting and calls, edits, re-edits, and most importantly — a team that genuinely cared.

A huge thank you to every single person who poured their time, energy, and ideas into this project. It's your work that made this more than just a newsletter. And to our friends at R.V.C.E — thank you for trusting us, for bouncing ideas with us, and for coming into this partnership with open minds and full hearts.

If you're a fellow Rotaractor, a potential member, we hope this bulletin doesn't just inform you. We hope it moves you. We hope it reminds you of what's possible when people come together not just to get something done, but to build something great.

Here's to more bold ideas, partnerships, and pages to come.





#### LITERARY ADDRESS

"Coming together is a beginning; keeping together is progress; working together is success" - Henry Ford

With great pride and joy, we present this unique edition of our joint bulletin — a shared canvas painted with the efforts, expressions, and experiences of RaC RVCE and the RaC UOCFOA. This publication is not just a chronicle of events, but a reflection of friendship across boundaries.

What started as a concept between two clubs quickly became a fruitful journey of cooperation. Enthusiastic conversations, a love of storytelling, and a sincere desire to honour what Rotaract means to each of us influenced this effort. Inside these pages, you'll encounter heartfelt reflections, powerful writing, and glimpses into the initiatives that brought our clubs together. More than documentation, this edition serves as a bridge—connecting communities, amplifying shared values, and celebrating every small triumph along the way. We would like to extend our sincere gratitude to all the contributors who penned the pieces of this bulletin together. Your efforts stitched together the vibrant tapestry of this bulletin and made this collaboration truly special.

As we turn this page in our Rotaract journey, we look forward to future endeavours where creativity meets purpose once again. May this edition ignite conversations, spark new ideas, and remind us that though our clubs may be rooted in different places, our goals and dreams intertwine beautifully.

Thank you for walking this path with us.

From the Literary Services Avenue of the Rotaract Club of R.V.C.E.







### LITERARY ADDRESS

Bringing this bulletin to life has been nothing short of an adventure — one made richer by countless conversations and shared ideas, and a genuine passion for storytelling. As the first collaborative edition between the Rotaract Club of RVCE. and the Rotaract Club of University of Colombo, Faculty of Arts, this publication stands as a proud milestone for both our clubs.

This isn't just a mere record of what we've done — it serves as a mirror for who we are. Every article, caption, and write-up that you find within these pages was written with care, with the intention of capturing more than just events. We wanted to highlight the people behind the initiatives, the laughter that made them truly worthwhile, and the passion that pushes us forward.

For us, content is about creating connection. It's about weaving words into something that makes you feel part of the moment, even if you weren't there. And that's what we set out to do here. Not just to inform, but to evoke; not just to write, but to resonate.

We are immensely grateful to our teammates, whose support and dedication turned scattered drafts into something cohesive and compelling. And to our friends at RVCE — thank you for your enthusiasm, openness, and the sense of camaraderie you brought into this project. Collaborating with you has been such a pleasure.

#### To our readers:

Whether you're deeply rooted in Rotaract or just getting to know us, we hope this bulletin offers you a glimpse into the spirit of service and fellowship that guides our work. If even a single page makes you feel inspired, curious, or connected, then our job is considered done.







## NAIVEDYAM 3.0

On the momentous occasion of World Food Day, the Rotaract Club of RVCE orchestrated Naivedyam 3.0, an aweinspiring global food drive on 19th October 2024. This initiative united 21 Rotaract clubs from across the globe under one resolute purpose—to combat hunger and spread the warmth of humanity. With a combination of monetary contributions and on-ground feeding this efforts. transcended borders to serve as a beacon of hope for underprivileged communities.

In Bangalore, the event reached its crescendo as 15 dedicated volunteers from RaC RVCE, supported by 2 from RaC Bangalore Orchards, 1 from RaC INC. 4 from RaC NMIT-MBA. 3 from RaC Marathahalli, and 1 from RaC APSCE. poured their hearts into individuals in feeding 700 the Banashankari slum area. This act of selflessness was mirrored across the world, as 80 volunteers collectively fed a staggering 1,300 people through localized efforts in their respective regions.







Naivedyam 3.0 stands as a shining testament to the unparalleled power of collaboration, altruism, and shared purpose. It exemplifies how communities, united in their resolve. can transform lives, one meal at a time. In the spirit of World Food Day, this initiative was not merely about filling empty stomachs but about igniting hope, fostering empathy, and reinforcing the belief that when humanity comes together. nø challenge is insurmountable.

As the ripples of Naivedyam 3.0 continue to spread, it reminds us that true wealth lies not in material riches but in our capacity to care for one another. Together, we can envision and create a world where no one goes to bed hungry—a world where kindness and compassion reign supreme.

## BREAK THE TABOO

In a bold effort to confront societal taboos and ignite open, meaningful dialogue, the Rotaract Club of the University of Colombo, Faculty of Arts, in collaboration with RAC RVCE, organized "Break the Taboo." Held on November 6th, 2024, this impactful session on sex education and reproductive health aimed to dismantle the stigma surrounding these essential yet often silenced topics. With a focus on awareness. empowerment, and dialogue, the initiative brought students together in a safe, inclusive space to explore the realities of sexual wellness and rights — marking a significant step toward informed, respectful, and stigmafree discussions

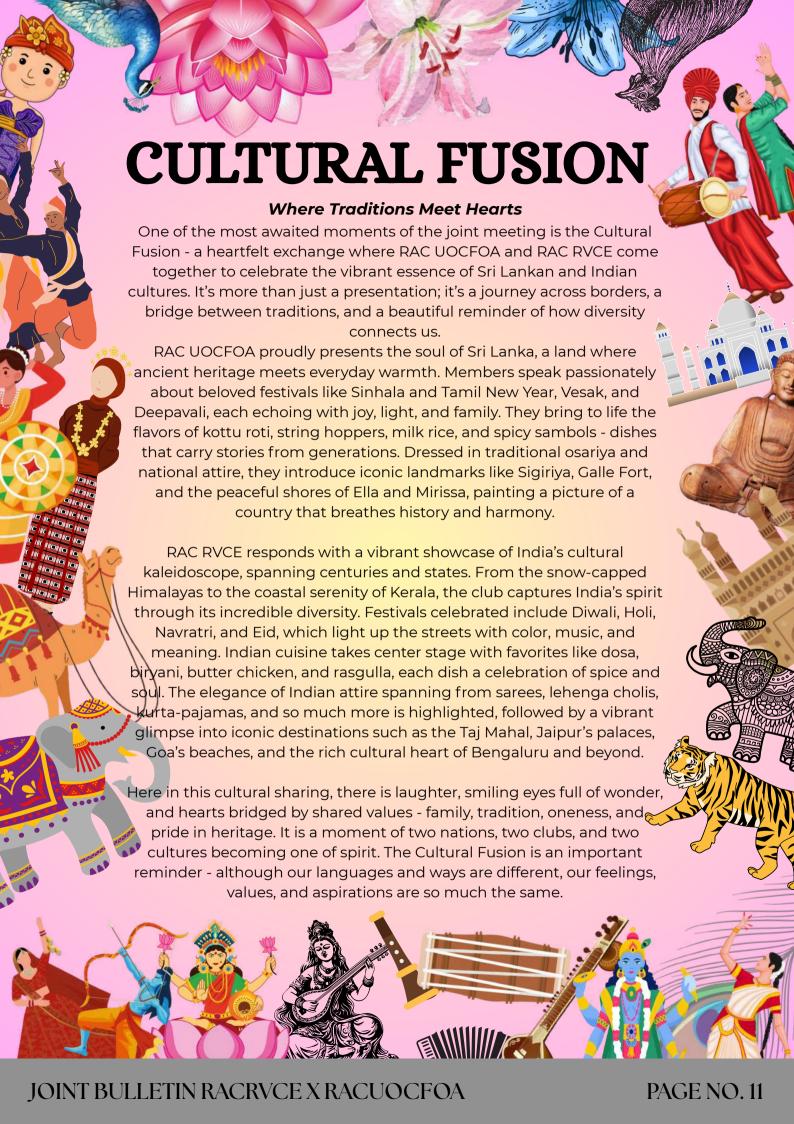




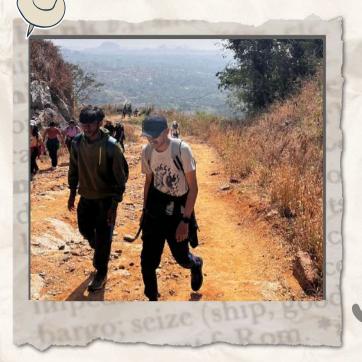


With over 30 in-person attendees and 15 participants joining online, the session created a warm, inclusive space where students could explore topics of sexual wellness and rights without fear of judgment. Leading the conversation were two distinguished experts: Dr.Lalindra Kaththiriarachchi. Senior Lecturer in Physiology at Sir John Kotelawala Defence University, and Dr. Piyumi Perera, a Veneriologist with the STD Clinic in Puttalam and the National STD/AIDS Control Program.

From STI prevention and contraceptive choices to the importance of consent, gender equality, the conversation was rich, real, and relevant. But Break the Taboo wasn't just about education. It was about transformation — shifting how young people think about their bodies, relationships, and boundaries. By diving into topics that often get overlooked, Break the Taboo was a game-changer — giving students the tools to confidently navigate one of life's most natural yet misunderstood aspects. It wasn't just a session; it was a step towards breaking down barriers, building empathy, and embracing respect.



## FAST TREK 3.0



The long-awaited highlight of the season, Fast Trek 3.0, took place on 12<sup>th</sup> January 2025. The Rotaract Club of RVCE meticulously organised it, and it exceeded all expectations with remarkable success. After an intense stretch of back-to-back exams, this trek was the perfect escape—an opportunity to breathe in fresh air, soak in nature's beauty, and unleash the adventurer within.

The excitement was off the charts as 500+ participants gathered early in the morning, eagerly waiting for the buses to roll out. By 8 am, the journey kicked off, and the buses set course towards the mesmerising Narayangiri Hills. The vibe was electric—laughter, chatter, and music filled the air as everyone geared up for a day packed with thrills and unforgettable memories. The trek began, and with every step, the enthusiasm only grew. The rocky terrain, the cool breeze, and the endless sky above made for a magical experience.

As the cruised buses towards destination, anticipation soared. A quick 10-minute halt along the way gave the adventure crew a chance to refresh and re-energize before reaching the starting point of the trek. Upon our arrival, we were met with a scene of quiet splendour; the majestic vistas of the Narayangiri Hills unfolded before us, leaving all in quiet admiration. Nature revealed itself in its purest form, offering an idyllic setting for those with a spirit of adventure.





Team spirit was at an all-time high, with everuone motivating each other and embracing the challenges of the trail with excitement. Conversations flowed. sheer friendships strengthened, and memories were etched in the heart forever. Of course, no adventure is complete without fuel for the journey! Refreshments were provided along the way to keep the energy levels soaring, ensuring everyone stayed hydrated pumped up. By noon, a delicious, fulfilling lunch was served, giving everyone the chance to sit back, relax, and relish the moment amidst the scenic beauty.

Safety, security, and comfort were given top priority throughout the event. Every aspect was precisely planned to ensure a smooth and enjoyable experience for all. As the sun started to dip, the trekkers made their way back, making one last 10-minute halt to refresh before heading home. With tired legs but happy hearts, the buses returned to RVCE, marking the end of an adventure that will be talked about for days to come.

to come.

Through their united endeavours. participants partook in a truly remarkable trekking experience while simultaneously advancing the cause of environmental preservation in meaningful conscientious manner. Fast Trek 3.0 was more than just a trek-it was an experience filled with thrill, laughter, and a deep appreciation for the great outdoors. Until next time, adventure calls, and we can't wait for the next one!





## FIST FULL





Fistfull was conducted from the 15th to the 29th November, concluded with overwhelming success this year, showcasing the immense power of community collaboration and compassion. Over 1,750+ students actively participated, contributing 6,750 kg of rice and 800 kg of dal.

The organized in event was collaboration with Rotary Club of Bangalore Spandana, District 3191, and the collected provisions will donated to six different organizations, including NGOs, schools, and old age homes. This initiative not only provides immediate support to those in need but also raises awareness about the impact of small, consistent efforts in addressing hunger.

Participants were encouraged to set aside a fistful of rice or dal every time they cooked, gathering 5 kg of rice or 2 kg of dal over time. This simple act created a ripple effect, bringing together individuals with a shared purpose of feeding the underprivileged and underserved.

'FistFull 2024' is a testament to the power of collective action in making a meaningful difference in society. This year, we smashed previous donation records, setting a new benchmark for the 'FistFull' event. We hope to carry this momentum forward and continue this incredible trend in future editions, making an even greater impact on the lives of those in need.



SECRET SANTA

Secret Santa – turning small surprises into big smiles because the best gifts aren't just wrapped, they're felt. This Christmas, the Rotaract Club of RVCE embraced the spirit of giving with our heartwarming event, Secret Santa. As part of this initiative, we visited multiple orphanages and NGOs, spending time with the children and spreading joy through games, activities, and gifts.



The moment we stepped in, the kids welcomed us with bright smiles and cheerful songs, instantly melting our hearts. One little boy ran up to us, eager to know our names, while another, a budding magician, amazed us by pulling chocolates and candies from his Santa cap.

A young girl, an incredible dancer, not only performed for us but even taught us a few steps! We played games like pass the ball, kho kho, and cricket, laughing and bonding with the kids. "Pass the ball" was a huge hit—their excitement was infectious!



They had also prepared a special dance performance for us, and we even created a fun reel together to capture the moment. But what amazed us the most was a simple request that spoke volumes. As we sat with the kids, expecting them to ask for mobile games or trending songs, they instead requested us to play devotional songs.





In a world where most children their age are drawn to screens, their love for spirituality and music left us truly inspired. To make the day even more special, we celebrated with a cake-cutting ceremony and gifted each child a stationery kit, hoping to support their education in a small but meaningful way.

The joy on their faces and the warmth in their hearts made this experience truly unforgettable. This event reminded us that kindness doesn't have to be grand—sometimes, the smallest acts of love create the biggest impact.





# Healing Hearts

The Community Service Avenue of the Rotaract Club of University of Colombo, Faculty of Arts, launched the project Healing Hearts in two meaningful phases, aiming to raise awareness about mental health and suicide prevention.

Phase one was carried out in collaboration with the Sumithrayo Foundation, a government-approved organization providing emotional support. A special session was held for Ordinary Level and Advanced Level students, at Kottawa Philip Artiyagala School on January 23rd, 2025, focusing on how to recognize and manage stress, support others who may be struggling, and where to seek help. The session also addressed the rising concern of student suicides, offering guidance on prevention and early intervention. Alongside this, a PR campaign targeted university students to further spread awareness and encourage open conversations about mental health.







Phase two was conducted on April 2nd, 2025 in partnership with the Suwa Arana Indira Gandhi Cancer Trust, which supports underprivileged cancer patients and provides a safe, comforting space for children battling late-stage cancer. This phase focused on giving these children a joyful and uplifting experience through drawing, singing, and fun interactive activities. The goal was to offer them a break from their daily challenges and promote emotional well-being in a supportive environment.

Through both phases, Healing Hearts served as a compassionate initiative to foster hope, understanding, and support for mental health across various age groups and communities.

# BAILA >>>





Baila Night is a dazzling display of rhythm, jointly organized by the Club Service Avenues of the Rotaract Club of Cinnamon Gardens and the Rotaract Club of the University of Colombo, Faculty of Arts. Over 200 young individuals gathered for this event to enjoy an unforgettable evening of dance and delicious food, where the star of the show was one of Sri Lanka's most beloved musical genres – Sri Lankan Baila Music.

This event also carried a deeper humanitarian purpose. From alleviating the thirst of underprivileged communities to facilitating the education of future generations, Baila Night is a hidden blessing — transforming lives across the country. With concrete proof of the social service accomplished through the proceeds of this event, the two clubs hope to carry it forward, continuing to improve the lives of as many as possible.

The evening was a celebration of the rich culture associated with Baila and a perfect escape from the stress of everyday life. A spirited crowd, energized by performances from artists, lit up the dance floor, adding to the vibrant atmosphere. Friends danced to the catchy beats of Baila, and new friendships blossomed in its festive spirit. Baila united them all in the rhythm of the night.

Baila Night has even earned recognition from Rotary International District 3220 for its outstanding execution and impact as a community service initiative. It is not just a fun-filled night where the rhythms of Baila reign, but a powerful effort committed to the betterment of society as a whole.





# PURAWARA KATHIKAWATHA

Purawara Kathikawatha'24 was not just your average debating competition — it was an arena of bold ideas, critical thinking, and youth empowerment. With every word spoken and every pause held, the event turned into a platform where young minds could truly shine.

Originally launched by the Rotaract Board of 23/24, the competition was set up in three phases: the first round, the semi-finals, and the grand finale. While the first two rounds took place last year, some unavoidable circumstances delayed the final showdown. But this year, with renewed excitement, the Professional Development Avenue proudly picked up where things left off — hosting the thrilling final round and a celebratory award ceremony to wrap it all up.





The finals, held on January 22nd, 2025, showcased a thrilling battle between two standout teams: Sirimavo Bandaranaike Vidyalaya and Royal College, Colombo. What followed was a high-energy, respectful clash of intellect, where every argument was sharpened and perspectives rigorously challenged. It was not just a debate; it became a space where ideas collided, pushing participants to test their thinking and go beyond the obvious, and Royal College secured the victory.

"Purawara Kathikawatha'24" turned out to be more than just a competition. It was a moment where ideas clashed, perspectives shifted, and minds were opened to new possibilities, leaving everyone with a renewed sense of curiosity and inspiration.

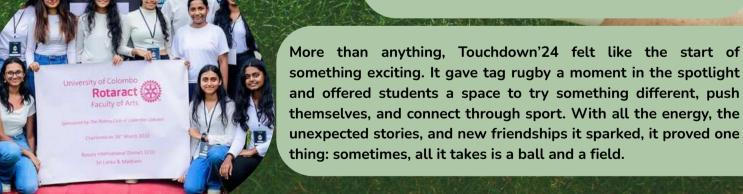
## TOUCHOOWN'24

Sometimes, all it takes is one bold step to spark something new. Touchdown'24 was exactly that — a fresh beginning for tag rugby at the University of Colombo. Organized by the Rotaract Club of the Faculty of Arts in collaboration with the university's rugby team, this event was not just about competition; it was about connection, energy, and celebrating a shared love for the game.



Behind the scenes, the organizing team worked tirelessly for months, ironing out every detail from schedules to sponsorships. It was not always smooth sailing, but the way they pulled together mirrored what was happening on the field — focused teamwork and full commitment.

The tournament which was held on November, 17th, 2024 brought 10 teams together, each bringing their own mix of passion, strategy, and teamwork. The matches were fast-paced, full of surprises, and wide open to anyone — whether you were a seasoned player or just testing the waters. Off the field, too, players bonded over wins, near misses, and everything in between — creating an arena that was as supportive as it was competitive. A standout moment was the appearance of Tharin Ratwatte, captain of the national rugby team, as the chief guest.



## POEMS AND ARTICLES

### A Green Tomorrow for a City today

Welcome to the city of modern magic Where dreams come alive, A hustling city that never sleeps Is the place where I live. Stayed here my whole life Place to place I have travelled and wandered to roam, Seen so many people, so many innovations But could never call this place home. Why? Home is where the heart is And my heart is where peace stands, And this city? Is where development happens And with development goes natural lands. Progress has consumed our landscapes History tells us of a rich flora, Now it's merely a technological city Filled with mute buildings with no aura. But it's not alone The surrounding hills are always by its side as before, Nature is unpredictable - It always finds a way Be it through manmade electric machines or natural downpour.

In this rat race of today

Many doubt this approach of tomorrow's care,

They say, "Diamonds are the most precious."

Can I ask, "Where else in the universe can you find trees and clean air?"



Life blooms when you begin to live.
When you smile through the pain,
And let your heart brim with sunshine.

Ce n'est pas toujours romance, Sometimes, it's the souls we stumble upon: Those who fold us into their warmth like we were always meant to belong.

Family. Friends. Strangers.

Even the quiet boy
who meets your gaze with a blush.

Life is fleeting.
So love,
boldly,
gently,
as much as your heart can hold.

## HEALTH IS TRUE WEALTH

Anu was a college girl who had joined the college's dance team recently. She was passionate towards dance and she was very thrilled to be a part of the team along with this she was managing her academics, load of classes and other clubs in the college. She used to spend her day attending classes, completing assignments, rehearsals, project works, exam loads her friends used to appreciate the enthusiasm with which she would always work.

She used to inspire people around her too. She was managing everything to the best possible in the initial days. After this she started pushing herself for weeks, she started skipping meals, survived on energy drinks, the thought that she had at that point of time was that she could rest once all of her work is done, let me complete everything first. But soon her body started to give some signs, she started feeling dizzy and tired during the rehearsals and also found it hard to awake in classes she lost that enthusiasm that she had earlier.

She started relying on tablets whenever she used to feel tired and had headache and started pushing herself.

One evening during intense practice, Anu fainted. Her teammates took her to the hospital in the college. The Doctor advised that her exhaustion and low immunity were consequences of malnutrition and overexertion. He also explained Anu that her body needs to be supplied with the proper food and rest her body couldn't sustain more intense work.

Anu realized how she was dealing with her body it would even cause adverse effects on her body in the future. She had mistaken pushing her limits for productivity, but her body had reached its breaking point. After all this Anu determined to change her habits adopted healthier habits. She set a proper schedule covering proper sleep, made time for meals, and took breaks to recharge herself when she was mentally or physically drained.

She balanced her workload with time for herself, her energy and enthusiasm returned. She excelled in dance academics and also felt happier. Later reflecting her journey Anu shared that "Health is true wealth- I learned the hard way that success means nothing if you are not well enough to enjoy it".

## It's the little things I fall in love with

Having something you love is not just about pursuing happiness. I believe having a passion that you can turn to when you are feeling too much of any positive or negative emotion is necessary. We can love anything, be it a person or an inanimate object, but having that emotional outlet truly helps make a more stable, grounded person. For me, it's the small things in life. This might seem like a cop-out because this could mean anything and everything. But truly, what brings me pleasure is a coffee on a cold evening, a new episode of my favourite series, a new song from my favourite singer or even revisiting a book or song I loved long ago for that sweet sense of nostalgia. Personally, it's hard for me to really lock into anything in particular, so the happiness I get from little things that I fall in love with keeps me going when life is challenging.

Now, this might not resonate with everyone because we are all fundamentally different. The people we meet, the relationships we build, the experiences we gain, and the life lessons we learn all make each of us truly unique. That is why there is no limit to what you can love, provided it is within moral and legal boundaries. And that is not too much to ask, considering the world of possibilities that is available nowadays.

This brings me to my point. When we say what we love is x, y, or z, it is highly subjective and depends on how we evolve as individuals or even our current state of mind. Whatever it is, it is important to know that what we love is not just a source of happiness but also peace in a world of chaos.

