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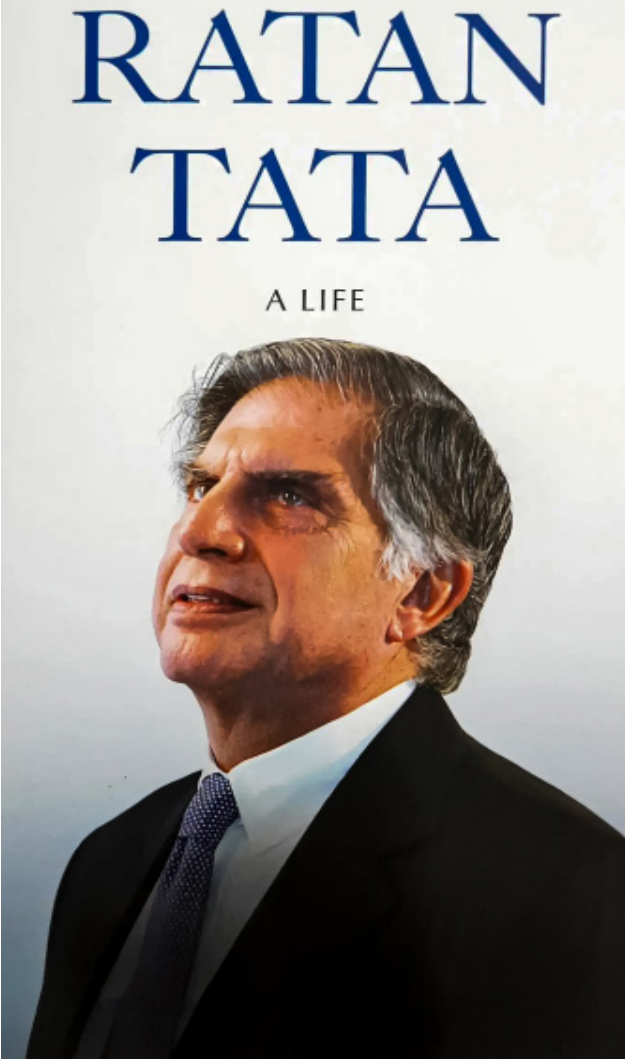
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Not just a business empire, but a way of leading responsibly

After the 26/11 attacks, when fear spread across Mumbai and sirens echoed through the night, a man stood quietly outside the Taj Mahal Palace Hotel. Smoke rose from the building, and uncertainty hung in the air. While the attack was still ongoing, he did not step away to safety or issue statements. He stayed there—speaking to employees, listening to families, and waiting alongside those who feared the worst. There were no cameras invited, no speeches prepared. His presence was steady, almost silent, yet reassuring. In that moment, leadership was not about control or authority, but about standing with people when it mattered most. Long before any decisions were taken in boardrooms, this one was made on the street outside the Taj. The man who chose to stay was Ratan Tata.

is frequently loud and success is tested by clarity, Ratan Tata stands out as a rare example of calm strength. He was known for his honesty, kindness, and long term vision. He has played an important role in shaping the India we see today. More than transforming Indian industry, Ratan Tata has changed the thinking of today's youth, inspiring them to value morals, innovation and responsibility.

Ratan Tata took over the leadership of the Tata Group in the year 1991, it was time when India was changing and opening its economy to the world. Under his leadership, Tata Group grew internationally, and bought well known global brands like Jaguar, and Land Rover. These moves showed the world that Indian companies can also compete at a global level. For young people in India, this created confidence and pride in the country's strengths. What sets Ratan

Tata apart is his commitment towards the common people's development. One of the best examples is the 'Tata Nano', a project which was made because of his concern for middle class families. He wanted to make a car which would be safe and affordable for the common people. Even though the Nano did not become very successful, the idea behind it was special. This showed that business should be also focused on helping people, not just making money. This approach encouraged young minds to create ideas that could also solve real problems.

Ratan Tata has also done a lot for the people of India through the 'Tata Trusts'. In this a large part of the Tata Group's earnings is used for social work. These trusts supports education, healthcare, clean water, and rural development. They have also helped build hospitals, supported cancer treatment,

improved schools, and helped people during difficult times like the COVID 19 pandemic. Ratan Tata has also constantly supported young entrepreneurs by investing in startups among fields like technology, healthcare and sustainability. His faith in young innovators has made India's startup culture stronger. Many young people today feel encouraged to follow their dreams, take risks, and work on ideas that can help society.

What made Ratan Tata very special is because of his simple and humble nature. Even with such great success, he remained down to earth and respectful. In today's world, where fame is always more important than values, his personality teaches young people that true leadership comes from honesty and care for others.

In a time when success is often measured by speed, scale, and profit, Ratan Tata offered a

different definition of achievement. His life showed that leadership is not only about building companies, but about standing by people when it matters most. Whether through ethical business decisions, quiet acts of compassion, or long-term investments in education and innovation, his choices reflected responsibility over recognition. He proved that ambition does not have to come at the cost of values. For many young people, his journey remains a reminder that it is possible to aim high without losing empathy. The true strength of his legacy lies not in numbers or titles, but in the mindset he shaped—one where progress includes accountability, and success is meaningful only when it contributes to society. That is the lasting lesson of Ratan Tata.

Tata Group Scale (Under His Leadership & Legacy)

- » Tata Group operates in 100+ countries across six continents.
- » More than 30 companies under Tata Group during his tenure.
- » Tata Group employs over 1.15 million people worldwide (2025).
- » \$180 billion+ in combined revenues for Tata companies (2024–25).
- » 26 publicly listed Tata companies, with market capitalisation over \$328 billion.

~ Shivani Kedar
Sybamm Journalism

Imagine receiving Masters in mechanical engineering at the Michigan State University and then being sent in the interior parts of Gujarat to lead an experimental milk plant. Doesn't seem so fascinating right? Dr Kurien had a similar thought, but he still reluctantly agreed, which in turn led to India becoming one of the largest producers of milk in the whole world. His work not only changed the dairy sector in India but also educated millions of farmers by giving them knowledge, confidence, and independence. He proved that education isn't just about learning, it is about analysis and strategy as well.

Instead of staying abroad, he came back to serve his country. The very decision showed how meaningful a purpose education serves: It is to be utilized for the well-being of society, not to benefit particular individuals.

Dr Kurien was sent to Anand as a part of a government bond, in return for the fellowship he had received. When Dr. Kurien started work in the Anand region of Gujarat, the majority of farmers knew little or hardly anything about modern dairying. Middlemen paid extremely low prices for the milk, and farmers were wholly dependent on them. Dr. Kurien felt that education would change this scenario. He trained farmers about scientific methods of milk production, storage, and transportation. Through the meetings of cooperatives and training programs, farmers also picked up some basic management skills. This kind of vocational education helped them in improving their earnings and lifestyles. The most valuable contribution of Dr. Kurien was the creation of AMUL, India's

most successful dairy cooperative. Though he was not always ready. Dr Kurien wanted to somehow pass through his time to complete his bond. However, Dr Tribhuvandas Patel, founder of the Kaira District Co-operative Milk Producers' Union, convinced him to stay and showed him the vision of White Revolution. Amul proved to be a boon for farmers. It did away with middlemen and ensured that the farmers got a good remunerative price for their milk in time. The profit accruing from AMUL was shared with the farmers themselves rather than big companies. Farmers were provided with veterinary services, cattle feed, and technical advice. Farmers felt secured, dignified, and confident about their future because of AMUL. The White Revolution completely revolutionized the lives of farmers, and their opinion about this has been largely positive. Farmers felt that for the



first time, they had control over their own produce. So much so that Manthan, a movie about the Kaira Co-operative directed by Shyam Benegal, was crowd-

funded by farmers. Farmers say that the White Revolution gave them dignity, stable income, and social status. It encouraged unity among villagers and showed

them the power of working together. Women farmers became actively involved, which improved the economic condition of rural families. Dr. Kurien believed in value-based education. Farmers needed to be taught honesty, discipline, unity, and leadership. Education should reach villages and empower the common people.

Dr Kurien was conferred with the Padma Shri, Padma Bhushan and the Padma Vibhushan for his contribution to the growth of India's dairy industry. Alongside, he was also awarded with the Karmaveer Chakra Award by the United Nations and the Indian Confederation of NGOs in 2011. Dr Verghese Kurien was indeed a change maker, and his contribution in imbibing an entrepreneurial mindset in rural India will always inspire and educate the future generations of the country.

Through the lens of his vision, a humble milk can become

a vessel of national pride and economic freedom. He proved that the greatest engineering feat isn't built of steel and glass, but of human dignity and collective strength. Today, every

drop of milk in a million Indian homes carries the legacy of a man who chose a village over a career, and in doing so, nourished a nation's soul.

Did you know?

During Operation Flood, Kurien worked with organizations such as the FAO, UNICEF, and the World Bank to support and expand dairy cooperatives in India. Between 1970 and 1979, he focused on setting up cooperatives in major milk-producing regions and linking them to nearby cities to capture urban markets. This helped farmers gain better prices and direct access to consumers. The programme later expanded nationwide, reaching smaller towns and rural areas. By 1985, over 4.25 million milk producers were connected through 43,000 village cooperatives, significantly strengthening India's dairy sector and improving rural livelihoods

~ Shraddha gaikwad
Tybammc

Lessons Beyond the Blackboard

Did you know?

For Bhaurao Patil, education was about self-respect, not charity. Through the earn and learn system, he encouraged students to work while studying. This helped them support their own education with dignity. He believed that lack of money should not stop anyone from learning, and that hard work could lead to equality, not dependence.

Rayat Shikshan Sanstha, established by Karmaveer Bhaurao Patil, has turned into one of India's most respected educational institutions, providing value-based quality education since 1919, educating over 4,34,000 students.



One afternoon in Islampur, a teacher noticed a young boy sitting on the ground outside a classroom, listening closely to a lesson through an open window. He was not being punished. He was simply not allowed to sit inside. When the teacher asked why, the boy softly said he belonged to an untouchable community. Without giving a speech or seeking attention, the teacher took him to a hostel and arranged for his stay and education. That boy, Dyandev Gholap, later became a legislator and editor of Mooknayak (a Marathi fortnightly newspaper founded by B. R. Ambedkar in 1920). The teacher who made that quiet decision was Karmaveer Bhaurao Patil.

Karmaveer Bhaurao Patil (1887–1959) emerged as a transformative reformer who reshaped the meaning of education in India. Growing up in a modest farming family in Maharashtra, he saw how poverty

and discrimination silently shut children out of classrooms. These early realities awakened in him a lifelong mission to create an education system where every child, regardless of background, felt seen, included, and empowered. This vision later took form in the Rayat Shikshan Sanstha, an institution that continues to uplift countless lives. In fact, his mission from the very beginning was to make learning universally available to all. His life's mission became clear: to make learning accessible to the common people (Rayat), not just the privileged. This vision was the guiding star of the entire Bhaurao Patil's journey. The underprivileged students from rural and marginalized backgrounds lacked not only the credit and access but also the facilitations. However, one of the main revolutionary ideas of Bhaurao "Earn and Learn" was the procedure through which such students got their confi-

dence back and facts to prove that the money should never decide a kid's future or in other words, limit a kid's education.

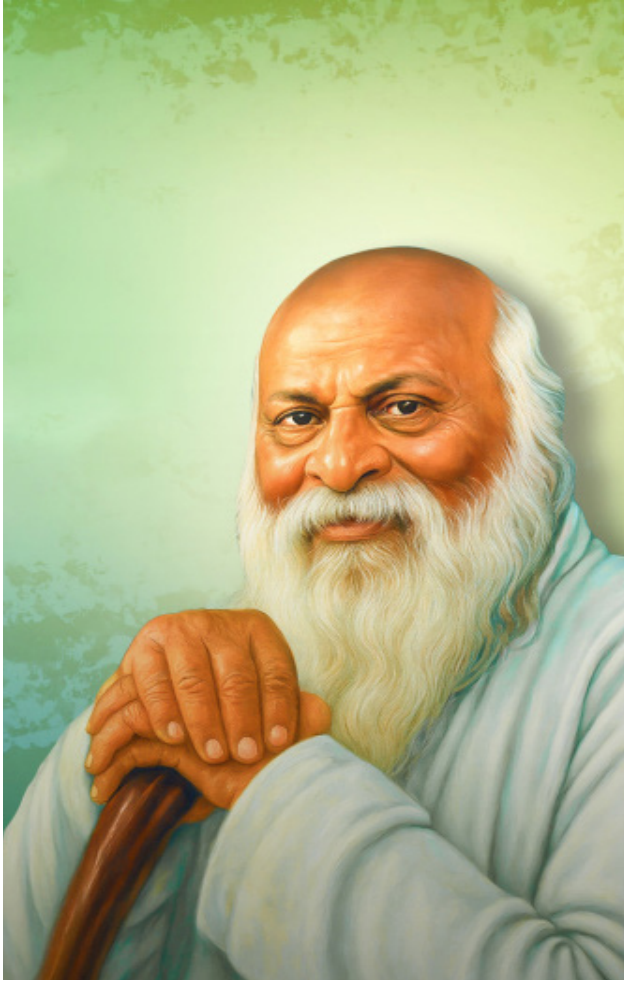
Bhaurao Patil significantly changed the perception of the youth about the purpose of education. He argued that a perfectly educated person should not only himself be the beneficiary of enlightenment but also the society. Many students, who are following this philosophy, nowadays, are indulging in such activities which include teaching poor kids, working in the villages, and fighting against the discrimination. The changing perspective of the young people is seen in their preference of choosing the professions like social work, education, and community leadership over taking the easy route of self-centered success.

His vision and the results are much visible in the light of India's youth. It can be observed that first-generation

learners are becoming doctors, engineers, civil servants, entrepreneurs, and teachers. Students from rural and economically disadvantaged backgrounds no longer feel outpaced in academic or professional environments. They now participate with greater confidence and a strengthened sense of belonging. His legacy endures each time a young mind grows with confidence, questions inequality, and trusts that education is a right for all.

Remembering Padma Bhushan Dr. Karmaveer Bhaurao Patil is less about awards and more about the values he stood for. He believed education should be a right, not a privilege. By breaking social barriers and supporting the marginalized, he showed that real change comes from steady effort and equal opportunity—ideas that continue to matter even today.

~ Yogita dhanure
Tybammc



A Vision That Rebuilt Indian Cinema

While Indian cinema was struggling to find its identity and was largely limited to predictable love stories and comedies, Shantaram Rajaram Vankudre entered the industry with a clear vision. He believed that films could do much more than just make people laugh;they could inform, innovate, and inspire change. He understood the power of cinema and believed that movies influence people's thinking and, in turn, could help create a better society.

Shantaram originally began his career in theatre as an actor. He later transitioned into the early silent film era, where he also started experimenting as a director. Through this journey, he learned how every image, movement, and gesture could convey meaning. This direct experience shaped him into a filmmaker who was deeply concerned with both artistic expression and social messaging. Instead of viewing reality through blurred spectacles, he chose to portray it honestly and directly.

His films addressed subjects that audiences had rarely seen on screen before. Duniya Na Mane portrayed the emotional reality of forced marriage with sensitivity and realism. Manos focused on the oppression of women, while Dr. Kotnis Ki Amar Kahani presented a humane and heroic war narrative. These films were not lectures or propaganda-heavy works; they were powerful stories woven with strong social messages. Through them, Shantaram proved that socially relevant cinema could also be engaging and emotionally compelling.

Shantaram's influence extend-

ed beyond social themes. With the formation of Prabhat Film Company and later Rajkamal Kalamandir, he transformed the very foundation of Indian filmmaking. He changed cinema from a largely casual and improvised practice into a disciplined and organized industry. At a time when filmmaking was uncertain and unstructured, he introduced systematic production processes, proper departments, rehearsals, and planned shooting schedules. This marked a major shift in how films were made in India. By doing so, he elevated cinema from improvisation to craftsmanship, emphasizing that filmmaking requires training, research, and responsibility. While others played it safe, Shantaram encouraged experimentation and pioneered techniques such as slow motion, symbolic imagery, advanced set design, and visual metaphors.

The impact of his working style is still visible in today's Indian film industry. Realistic storytelling, character-driven narratives, and socially conscious themes all trace their roots back to the



— Shubham Lad
FYBAMMC

The Journey from Taboo to Triumph: The Legacy of Durgabai Kamath

Today's era of Bollywood can easily be called the era of women-centric films. But would this have been possible if Durgabai Kamath had not taken a bold step and entered the film industry back in 1913?

She stands as one of the most prominent figures in the history of Indian cinema because of her revolutionary act of becoming the first-ever Indian actress to appear in an Indian film. That single step not only shaped her own career but also permanently opened the doors of the silver screen for countless women who followed. In 1913, after the release of his first film Raja Harishchandra, Dadasaheb Phalke faced a dilemma. In his early films, all female characters were portrayed by male artists such as Annasaheb Salunke. For his next project, Mohini Bhasmasur, he struggled to find a woman willing to act in his film. At the time, both the film and theatre industries were dominated by men, and women from respected backgrounds were discouraged, often forbidden from participating.

During this period, Durgabai was part of a travelling theatre troupe called the Chittakarshak Natak Company, leading a nomadic life. She accepted Dadasaheb Phalke's offer to star in his film, bringing his long search to an end. Her willingness to play the role of Parvati in Mohini Bhasmasur proved to be a major turning point in the history of Indian cinema.

The film also featured Durgabai's own daughter, Kamlabai Kamath, who essayed the role of Mohini. With this, Kamlabai

became the first Indian female child artist, making the mother-daughter duo among the earliest female performers in Indian cinema. Together, they shattered deep-rooted taboos and created history.

Durgabai's bold decision to act in films while single-handedly raising a child led to her exclusion from the conservative Brahmin community. At the time, acting was often equated with prostitution, and women who chose this profession faced severe social ostracism. However, her determination helped break the walls of social conservatism. Though gradual, her entry into the industry encour-



— Aarya Nakhye
TYBAMMC (Adv)

groundwork laid by V. Shantaram. His emphasis on quality, authenticity, and relevance set benchmarks that filmmakers continue to strive for.

He demonstrated that Indian cinema was capable of developing its own ideas rather than relying on external influences. By thinking deeply, working efficiently, and treating filmmaking as a powerful social tool, he took the industry to a new level. The risks he took and the choices he made continue to shape the visual and narrative language of Indian cinema.

Shantaram did not merely leave behind a body of great films; he left behind a direction for the industry to follow. His work continues to remind filmmakers that cinema is not just a source of entertainment, but also a social responsibility, a powerful platform through which India can reflect upon itself.

The Father Of Indian Cinema

Imagine a time, over a hundred years ago, when the only movies people in India watched were silent films imported from Europe or America. They were interesting, but they did not reflect Indian stories, emotions, or faces. There were no Indian films and no Indian filmmakers. It was in this cultural vacuum that Dhundiraj Govind Phalke, popularly known as Dadasaheb Phalke, emerged as a visionary artist and a determined man who would go on to make the first Indian film. He is rightly remembered today as the Father of Indian Cinema.

The turning point in Phalke's life came in 1911 when he watched a film about Jesus Christ. While watching it, a powerful thought struck him: "Why can't we tell our own great stories like the Ramayana and Mahabharata on screen?" At that moment, he began to see cinema not merely as entertainment, but as a powerful medium to share India's rich cultural heritage with its own people. For Phalke, cinema was an engaging and accessible way of spreading Indian culture. However, India at that time had no film industry, no filmmaking equipment, and no trained technicians. It was a complete blank slate. Phalke understood that if

this dream was to become reality, everything would have to be created from scratch.

To raise money for his ambitious venture, Phalke took an extraordinary step. He sold everything he owned and even pawned his wife's jewellery. With this money, he travelled to London to study the technical aspects of filmmaking. There, he learned about cameras, film processing, and projection techniques, and returned to India with essential equipment, including a camera and film-printing tools. In many ways, he became a one-man film studio. He directed and produced his films, wrote the scripts, designed the sets, handled the camera, and even developed the film himself in a small darkroom.

Phalke's entire family was deeply involved in this journey. His wife, Saraswatibai Phalke, was not merely a supportive partner; she became India's first female film technician. She worked on the perforating machine and assisted in almost every aspect of the filmmaking process. This collective effort resulted in the release of Raja Harishchandra in 1913. Based on a legendary tale from Hindu mythology, the film became India's first full-length feature film. Its success

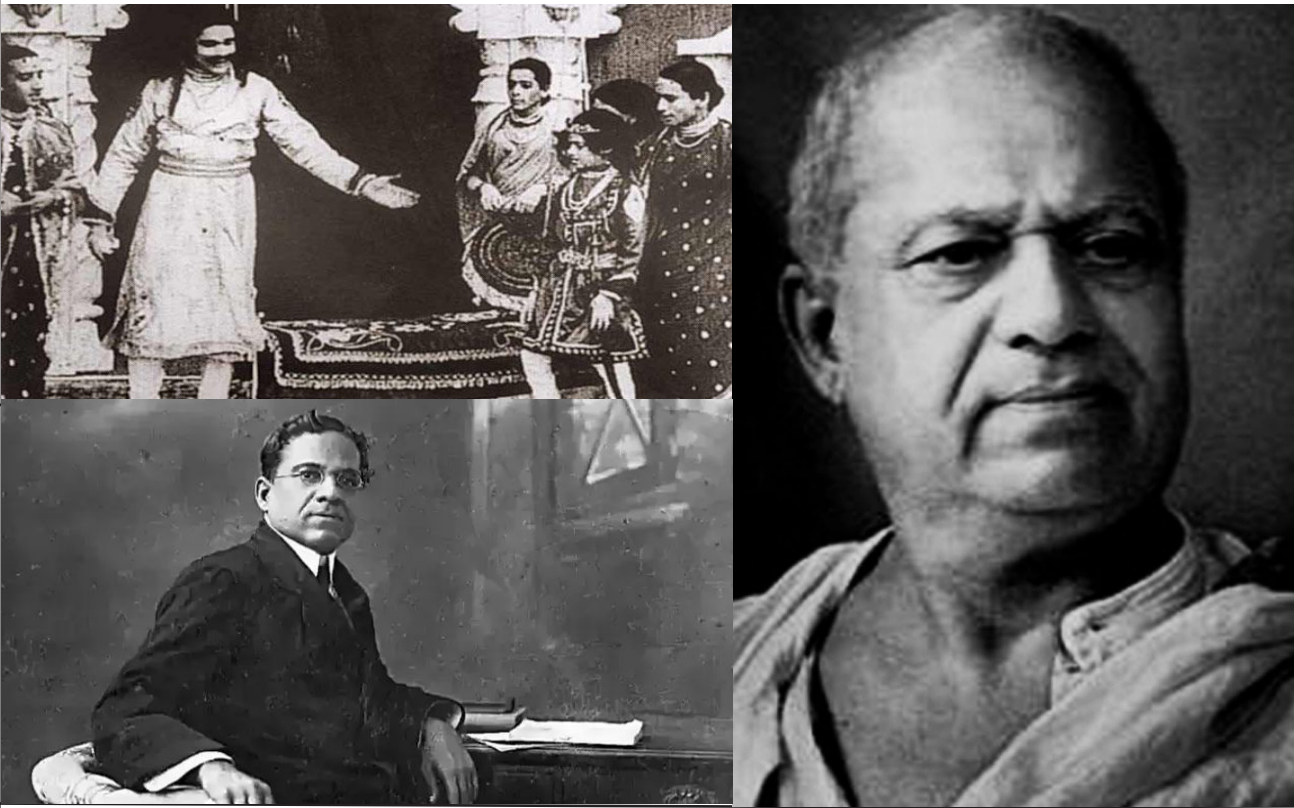
was immediate and overwhelming, marking the official birth of the Indian film industry. Beyond technical difficulties, Phalke also faced severe social challenges. In the early 1900s, acting was considered inappropriate for respectable women. When casting Raja Harishchandra, Phalke was unable to find a single woman willing to appear on screen. As a result, he had to cast a male actor to play the female role.

Determined to bring change, Phalke knew that cinema could not grow without women's participation. For his second film, Mohini Bhasmasur (1913), he successfully persuaded Durgabai Kamat and her daughter Kamalabai Gokhale to act in the film. This decision proved to be a major cultural breakthrough. It challenged rigid social norms and opened the doors for future generations of women to enter the film industry.

Dadasaheb Phalke laid the foundation for everything that followed. The Marathi film industry, Bollywood, Tollywood, and numerous regional cinema industries exist today because of his relentless effort, sacrifice, and belief in Indian storytelling. He was the pioneer who introduced real female actors to

Indian cinema, boldly ignoring societal resistance and criticism. Phalke gave India its own authentic voice on screen and demonstrated that cinema could be a powerful mass medium rooted in local culture. Although he faced financial difficulties later in life, especially with the arrival of sound films or "talkies," his contribution remains unparalleled. Today, the Indian film industry is one of the largest in the world, and its origins can be directly traced back to Phalke's singular vision. In recognition of his immense contribution, the Government of India instituted the Dadasaheb Phalke Award in 1969, the highest honour for lifetime achievement in Indian cinema. He was a true changemaker, a man who, with a simple camera and immense passion, built an empire of dreams. He did not just build Bollywood; he laid the foundation for the entire Indian cinema industry.

— Daksh Gharve
FYBAMMC



The Man Who Changed Comedy

A boy on the struggling streets of London, fully unaware that one day he would become a global symbol of comedy. His childhood was marked by hunger and loneliness, yet he carried these struggles as strength and grew up to be Charlie Chaplin, a man whose films spoke beyond words.

Chaplin entered world cinema during the silent era, yet he transformed it into a powerful tool to reflect real life. His iconic character, The Tramp, became deeply loved by ordinary people, showing that hope and resilience can survive even in the harshest conditions. He used comedy not to escape reality but to expose it. Chaplin became known not only for humour but also for bringing social issues to the forefront through his films.

Movies like The Kid portrayed the innocence of childhood with emotional depth, while City Lights captured how kindness can exist even in a world driven by money and material value. Audiences of that time saw themselves reflected in his stories, and even today, young viewers relate to his portrayal of inequality and the silent struggle for dignity. In Modern Times,

Chaplin highlighted the pressure of machines and industries that slowly swallowed the lives of workers. His courage reached a powerful peak with The Great Dictator, where he directly challenged the rise of Adolf Hitler and his ideology. At a time when speaking against power was dangerous, Chaplin dared to mock authority and exposed the cruelty and blind obedience that followed it. The film proved that laughter, when used wisely, can become a strong non-violent weapon.

What made his influence even more significant was how he redefined comedy itself. Earlier, humour was largely meant for light entertainment and escape, but Chaplin used it to reveal inequality, poverty, and human fragility. Through comedy, he made the suffering of the streets visible without making it unbearable. Filmmakers across generations continue to follow his style of blending emotion with humour. Aspiring actors still see him as a teacher and an inspiration, showing how deeply his ideas have shaped modern

cinema worldwide. He proved that entertainment does not always need to be merely fun, but can be truthful as well.

Chaplin encouraged people to think, question, and feel. By turning his personal struggles into art, he helped society notice the ignored and care for them. Even today, his films teach young minds that humour has the power to heal, inspire, and challenge the world.

— Shubham Lad
FYBAMMC



Legacy Continued

V. Shantaram's legacy continues through his son, Kiran Shantaram, who has played a key role in preserving and promoting Indian cinema. As chairman of the V. Shantaram Foundation, Asian Film Foundation, and Prabhat Chitra Mandal, he has worked to uphold his father's cinematic values. As trustee of the V. Shantaram Trust and general manager of Mumbai's iconic Plaza Cinema, he has ensured the protection of film heritage while actively contributing to national film culture and institutions.



DID YOU KNOW?

Gangaram Ghavankar was a social worker and a powerful voice for the Malvani people. His iconic play Vastraharan gained massive popularity and became a turning point for Malvani theatre. Through his plays, Ghavankar played a key role in popularising the Malvani dialect and culture across Maharashtra and beyond, giving it recognition as a strong stage language. His dramas portrayed rural life with authentic humour, compassion, and warmth, encouraging people to stay rooted in their traditions while working for society's betterment. He passed away in late October 2025 at the age of 86. His life reminds us that lasting change does not arrive loudly, but grows when a community finds its own voice.



Dr. P. S. Ramani: A Lifelong Gift to Healthcare

True change is born where knowledge meets compassion and service becomes purpose. In healthcare, changemakers are not only those who heal bodies, but those who build systems that outlive them. Dr. P. S. Ramani's life truly reflects this philosophy, where medical excellence was transformed into lifelong service to society.

In the landscape of Indian medical innovation, Dr. P. S. Raman, namely Prem-anand Shantaram Ramani, stands tall as a pathbreaker whose work reshaped the country's spine and neuro-surgical healthcare system. Born on 30 November 1938 in the small village of Wadi, Talaulim in Goa, he not only emerged as one of India's finest neuro-spinal surgeons but also transformed the way India understands and treats spinal disorders.

Dr. Ramani's medical journey began in Mumbai at the prestigious Topiwala National Medical College and Nair Hospital, where he completed his MBBS and later his MS in neurosurgery. At a time when specialized spine surgery expertise was extremely limited in India, Dr. Ramani played a pioneering role in developing and advancing this field. He worked relentlessly to make advanced spinal care accessible to ordinary people, especially in a country where awareness and access to specialized treatment were once very limited. Beyond his sur-

gical excellence, Dr. Ramani made a historic contribution to India's healthcare system by addressing one of its most critical gaps, the shortage of trained spine surgeons. He founded one of the country's first structured and high-standard spine surgery training programs, through which more than 3,000 surgeons from India and abroad were trained. This single initiative created a powerful ripple effect, as more trained specialists led to improved access to care and better patient outcomes across regions.

He introduced world-class spinal and neurosurgical techniques to India at a time when such advanced procedures were rare and often unaffordable. This proved to be a major turning point in the healthcare system, significantly raising the standard of neurosurgical care in the country. Dr. Ramani did not merely treat patients; he built an entire ecosystem of quality spine care for India.

As a senior neuro-spinal surgeon at Lilavati Hospital, Mumbai, he handled some of the most complex and challenging cases with exceptional precision, discipline, and commitment. Through decades of medical practice, his techniques and expertise have positively impacted the lives of lakhs of Indians. During the Covid-19 pandemic, Dr. Ramani also extended his service beyond

surgery by donating essen



tial medical equipment such as suction machines, ECG machines, IV drip facilities, and other critical resources. Dr. Ramani is also a prolific writer. His ability to communicate complex medical science in simple, understandable language has empowered people to better understand their health and medical conditions. His life and contributions have even inspired a Marathi film titled "Taathkana", released on November 25 this year, which portrays his journey, struggles, and dedication to the field of medicine, serving as a source of inspiration for many.

Today, Dr. P. S. Ramani remains a powerful sym

bol of medical excellence and social impact, a teacher, healer, innovator, and positive changemaker whose work continues to strengthen the backbone of India's healthcare system through innovation, education, and unwavering dedication.

His remarkable work has been recognized with several prestigious awards, including the Gomant Vibhushan (2019), Saraswat Ratna Puraskar, and multiple Lifetime Achievement Awards.

In an era where youth are increasingly health-aware, socially engaged, and willing to volunteer, the values promot

ed by Dr. Ramani such as medical care, training, and community welfare remain deeply relevant. Youth volunteers today actively support communities through blood donation drives, medical camps, and health awareness initiatives. When young people combine education and professional careers with social responsibility, they contribute meaningfully to building a sustainable culture of health and social welfare.

— Yuga Pol
TYBAMMC -ENG

Changing How India Talks About Mental Health, One Conversation at a Time

According to a press release by the Government of India in February 2025, a large proportion of people with mental health conditions do not receive treatment; estimates show a treatment gap of up to 70 – 92 % in India.

Change is the true essence of life. As the world rapidly transforms across every sector, the human mind constantly struggles to keep pace, seeking stability in the midst of uncertainty. While physical health concerns are treated as urgent alarms, mental health is often dismissed, overshadowed by stigma and denial, reduced to phrases like, "I am not mad, I don't need a mental

hospital."

For decades, mental health remained confined to the shadowed corners of hospital departments and urban centres, far from the communities that needed it most. The person who challenged this mindset and carried mental health care into communities, schools, and primary healthcare systems is Dr. Vikram Patel. He is an Indian psychiatrist and researcher best known for his work on child development and mental disability in low-resource settings.

Dr. Patel's research focuses on the nature of mental health problems, their social determinants, and the use of community resources for their prevention and treatment. His work spans child development, adolescent mental health, and mental health problems in adulthood. He played a central role in the emergence and development of the field

of global mental health, galvanising policy, civil society, and donor action to address the large unmet need for care for people with mental health problems, both in low- and middle-income countries and in low-resourced contexts of high-income countries.

He has published over 250 peer-reviewed scientific articles. Dr. Patel's contribution to mental health is firmly grounded in research that has influenced policy and practice worldwide. He has been closely associated with landmark publications such as No Health Without Mental Health (2007) and the Lancet Commission on Global Mental Health and Sustainable Development (2018), both published in The Lancet, which highlighted the global burden of mental illness and called for its inclusion in development agendas. His research has consistently examined the links between poverty, gen-

der-based violence, depression, and suicide, particularly in low-resource settings. One of his most significant contributions has been the development and evaluation of task-sharing models, including large-scale trials in Goa that demonstrated how trained lay counsellors can effectively treat common mental disorders within primary healthcare systems. Through this body of work, Dr. Patel has helped shape the global understanding of how mental health care can be delivered beyond hospitals and specialist centres, reaching communities where it is needed most.

Born in 1964, Dr. Patel studied at the University of Mumbai (Bachelor of Medicine, Bachelor of Surgery, 1987), the University of Oxford (Master of Science, 1989), and the University of London, where he was awarded a PhD in 1997 for research on mental disorders in Harare. He is also the co-founder of Sangath, a pioneering Indian NGO that works at the grassroots level to make mental health care accessible beyond hospitals. Sangath won the MacArthur Foundation's International Prize for Creative and Effective Institutions (2008) and the WHO Public Health Champion of India Prize (2016). Through Sangath, Dr. Patel explored innovative models such as task-sharing, where mental health care is delivered by trained community-based workers and primary healthcare professionals.

Dr. Patel currently serves on four Government of India committees, including the Mental Health Policy Group, which drafted India's first

National Mental Health Policy launched in 2014. He is also associated with the National Rural Health Mission ASHA Mentoring Group, the National Human Rights Commission Core Committee on Health, and the Technical Advisory Group of the Rashtriya Kishor Swasthya Karyakram. He was the Founding and Joint Director of the Centre for Global Mental Health. In recent years, he has increasingly focused on mental disorders and developmental disabilities in children, seeking to integrate mental health care with broader healthcare treatments, particularly those involving chronic illnesses. However, beyond awards and recognition, Dr. Vikram Patel's true contribution lies in the change he has brought to countless lives, guiding communities towards understanding, care, and a healthier tomorrow.

— Tanuu Bari
SYBAMMC-ENG

Accolades

- 2009: Chalmers Medal, Royal Society of Tropical Medicine and Hygiene (UK)
- 2009: Elected Fellow, Academy of Medical Sciences
- 2016: Chanchlani Global Health Research Award
- 2019: Canada Gairdner Global Health Award

Youth for Sustainable Development: A Transformative Journey at the NSS 7-Day Special-Residential Camp 2025–2026



The NSS Unit of Vidya Prasarak Mandal's K. J. Joshi College of Arts and N. G. Bedekar College of Commerce successfully organized the 7-Day Special Residential Camp 2025–2026 from 3rd to 9th December at Umbermali, Shahpur, the adopted village. A few volunteers reported earlier on 2nd December for pre-camp arrangements and logistical preparations. A total of 90 volunteers participated in the camp, which was conducted under the theme "Youth for Sustainable Development with Special Focus on Watershed Management and Wasteland Development."

During the camp period, volunteers carried out various Shramdaan activities, including Bandhara construction, surveys, cleanliness drives, and creative wall painting. The Bandhara construction work contributed to watershed management efforts in the village. The Abha Card survey and the Post-Umbermali Development Survey were conducted to collect information, interact with villagers, and support awareness initiatives. Wall painting activities were carried out in the village school, with special emphasis on cyber security themes, enhancing

the visual environment while conveying informative messages. Sports and games were also organized for school children, followed by prize distribution, encouraging participation and community engagement.

The daily schedule began at 6:00 AM with physical activities such as exercises, yoga, and running. Meals during the camp were prepared by the volunteers, ensuring smooth coordination and shared responsibilities. Post-morning Shramdaan sessions included expert lectures on cyber security, local plant species, government schemes, and disaster management. An alumni interaction session was also organized, during which former NSS volunteers shared their experiences and addressed the current volunteers.

Evening sessions focused on personality development and group activities, including Minefield, poster-making, skit competitions on major social issues, Rumal Daav, and other interactive activities. These sessions promoted participation, coordination, communication, and team-based involvement among the volunteers.

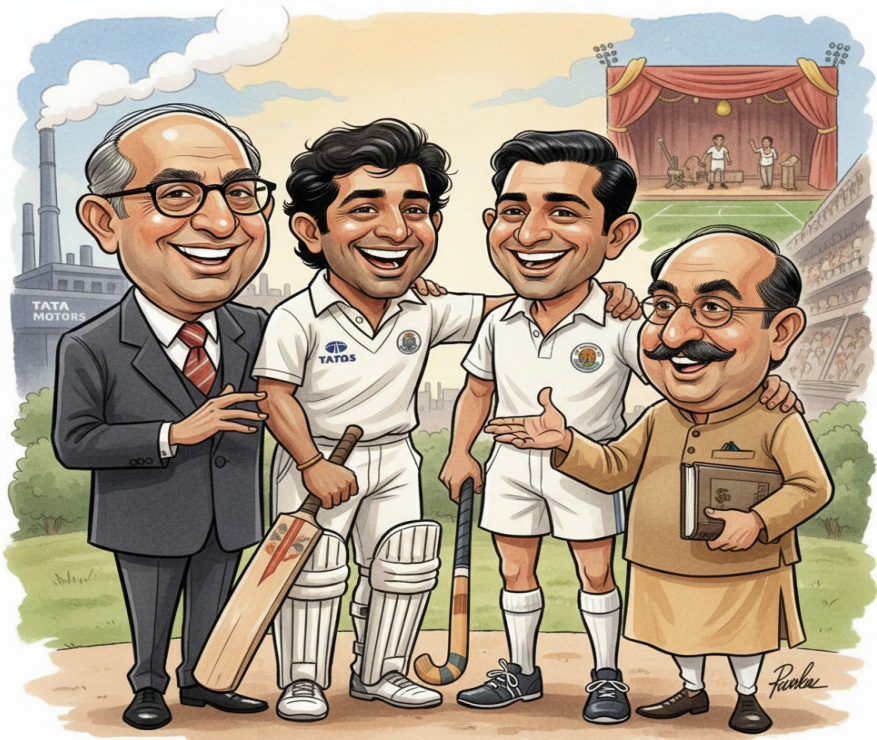
The Cultural Night

was organized as part of the camp programme, during which volunteers presented dances, songs, and group performances. The seven-day residential format without the use of mobile phones facilitated structured interaction, coordination, and collective participation among volunteers. Over the course of the camp, group bonding and teamwork were observed, contributing to the overall effectiveness of the programme.

At the conclusion of the camp, a feedback session was conducted in which volunteers shared their responses regarding the camp activities and arrangements. The feedback received was largely positive and reflected overall satisfaction with the camp experience.

Overall, the camp effectively reflected the objectives of the NSS programme by emphasizing community service, discipline, unity, leadership, and collective responsibility, in alignment with the NSS motto — "Not Me, But You."

— Rhea Vishwakarma



"Change Is Not An Event; It Is A Habit Practiced Over Time"

Change does not arrive suddenly or through grand moments alone. It is built through small, repeated choices made every day. That is why changemakers stand apart—they turn consistency into courage. Through steady effort, ordinary actions become extraordinary impact.



Kabbadi: A journey from vedic roots to world arena

India has always shared a deep and emotional bond with cricket. The game finds its way into every nook and alley of the country, uniting millions across regions, languages, and generations. However, despite its

immense popularity, cricket is not of Indian origin. It was introduced during the British era by the East India Company in the 18th century and was later embraced as a national passion. Yet, India is home to a sport

that is far older, deeply rooted in its cultural and historical consciousness; a game born from the Vedic soil itself and now steadily gaining global recognition. That sport is Kabaddi. One of India's most traditional

games, kabaddi demands agility, muscular coordination, sharp reflexes, lung capacity, and an acute ability to anticipate an opponent's movement. More than just a competitive sport, kabaddi reflects the principles of

yoga and ancient Indian science, promoting a harmonious balance of physical strength, mental focus, and inner well-being. It stands today as a powerful reminder of India's indigenous sporting legacy, one that is now poised to claim its place on the world stage.

Kabaddi: From Ancient Indian Roots to Global Sporting Aspirations

Kabaddi on the World Stage in 2025

As of 2025, kabaddi has firmly established itself as a competitive international sport, with India continuing its unparalleled dominance. The 2025 Kabaddi World Cup, conducted under the aegis of World Kabaddi, was hosted in the West Midlands, England, marking a significant milestone in the sport's global outreach. The tournament featured both men's and women's competitions and witnessed India lifting the World Cup titles in both categories, reaffirming its position as the undisputed powerhouse of kabaddi.

With participation from teams across Europe, Asia, and Africa, the event demonstrated how far the sport has travelled from its rural Indian origins. England finished as runners-up, while teams like Scotland, Hong Kong China, Iran, and Malaysia

showcased the sport's growing international competitiveness. The World Kabaddi organization now boasts over 50 member nations, underlining kabaddi's steady expansion beyond the Asian continent.

Origins: A Game Born in the Vedic Soil

Kabaddi is not merely a sport; it is an extension of India's ancient physical culture. Its roots can be traced back thousands of years, with references found in Indian folklore, epics, and traditional village practices. Historically played in rural India as a test of strength, breath control, and strategy, kabaddi was deeply intertwined with yogic discipline. The controlled breathing during raids, the emphasis on balance, and the mental alertness required echo the principles of pranayama, asana, and dhyana.

Unlike many modern sports that rely heavily on equipment and infrastructure, kabaddi evolved as a minimalist game requiring only the human body, discipline, and sharp intellect. This simplicity allowed it to flourish organically across villages, particularly in states like Maharashtra, Punjab, Haryana, Tamil Nadu, and Karnataka, long before formal rules were codified.

From Folk Tradition to Organised Sport

Kabaddi's transformation from a folk game to a structured competitive sport began in the early 20th century. Standardized rules were introduced, indoor formats were developed, and the sport gradually entered educational institutions and national tournaments. A major breakthrough came in 1990, when kabaddi was included as a medal sport at the Asian Games, where India clinched its first gold, setting the tone for decades of dominance.

The formation of international governing bodies such as the International Kabaddi Federation (IKF) and later World Kabaddi played a crucial role in taking the sport beyond India's borders. The launch of the Kabaddi World Cup in 2004 marked a defining moment, with India winning every edition held so far across men's and women's categories.

Globalisation and the Modern Era

In recent years, kabaddi has undergone a remarkable transformation. Professional leagues, international tournaments hosted outside India, and record-breaking events like the Guinness World Record kabaddi exhibition match in 2024 have ampli-

fied global visibility. Countries across Europe, Africa, and East Asia are now investing in kabaddi infrastructure, training programmes, and national teams. The sport's appeal lies in its raw intensity and universal accessibility. It requires no expensive gear, is fast-paced, and offers instant engagement qualities that resonate strongly with modern audiences. Much like yoga, kabaddi is being rediscovered by the world as an ancient Indian practice that aligns seamlessly with contemporary fitness and competitive sport.

The 2025 Kabaddi World Cup, organised by World Kabaddi, was hosted in the West Midlands, England, marking a major step in the sport's global journey. Featuring both men's and women's competitions, the tournament saw India lift both titles, reaffirming its dominance on the world stage.



Kapil Dev: The Man Who Changed India's Cricketing Destiny

In the history of world cricket, there are moments that go beyond mere sporting achievement. These moments represent a shift in culture, confidence, and collective ambition. One such moment occurred on 25 June 1983, when India won its first-ever Cricket World Cup under the leadership of Kapil Dev. That victory did not simply add a trophy to the cabinet; it transformed the way cricket was played in India and influenced the game across the world. At the heart of this transformation stood Kapil Dev, a leader whose impact made him one of the most significant figures in the history of sport.

Kapil Dev entered Indian cricket at a time when the team struggled with consistency

and lacked strong fast bowlers. His arrival marked a turning point. As India's first genuine fast-bowling all-rounder, he proved that Indian players could succeed in pace bowling as well. His natural swing, sharp pace, and fearless batting set a new benchmark for Indian cricket. More importantly, he introduced a stronger and more confident style of play, something Indian cricket had rarely witnessed before.

His role in the 1983 Cricket World Cup became the defining chapter of both his career and Indian cricket. India was not considered a strong contender in the tournament, and few experts expected the team to reach the final. However, Kapil Dev's leadership instilled be-

lief and motivation within the squad. His iconic unbeaten 175 against Zimbabwe, played when India was struggling at 17 for 5, remains one of the greatest rescue innings in cricket history. That knock kept India alive in the tournament and inspired the team to fight with renewed determination.

The final victory against the West Indies changed Indian cricket forever. It motivated countless young people across the country to take up the sport. The win also led to improved training facilities, increased funding, and a stronger focus on youth development. Cricketing nations across Asia drew inspiration from this historic moment. Countries such as Sri Lanka, and later Afghanistan,

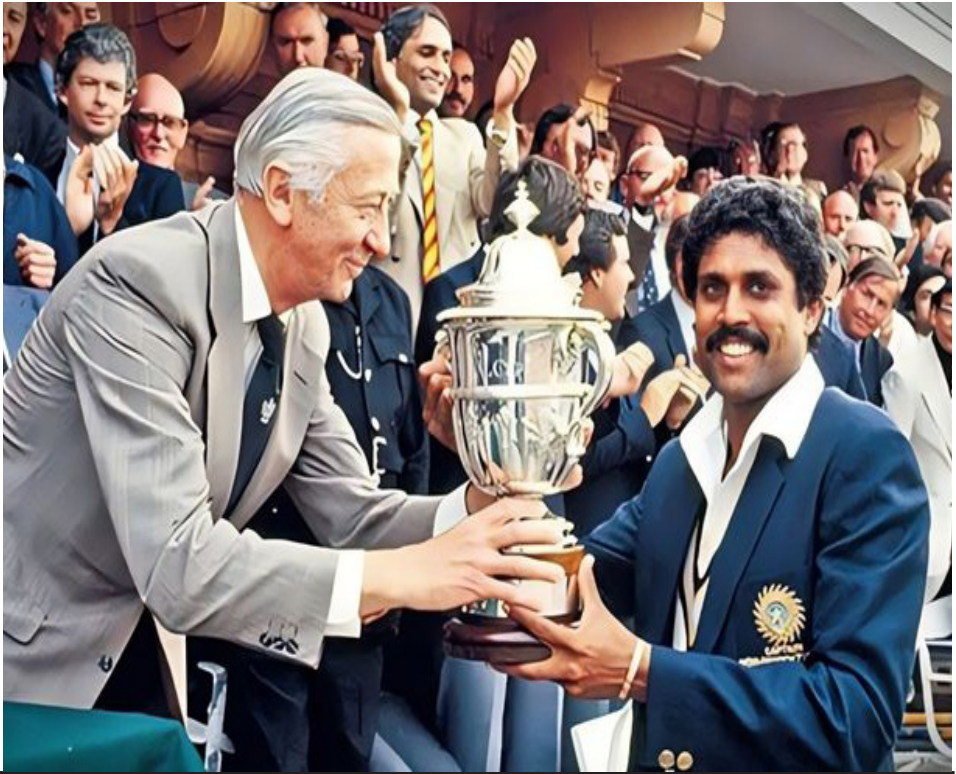
began to believe that they too could compete at the highest level. In this way, Kapil Dev played a role in making cricket more global and competitive. Kapil Dev also redefined the value of all-rounders in the cricketing world. His excellence with both bat and ball influenced how teams selected players and approached match strategies. Even after retirement, he has continued to contribute to the sport by supporting young players and encouraging the growth of cricket at the grassroots level.

Today's youth is more confident and hopeful than ever before. Young cricketers now dream bigger and believe that extraordinary achievements are possible. This lasting confidence

reflects Kapil Dev's enduring influence on the new generation.

Kapil Dev's legacy extends far beyond records and awards. He gave India a new identity in world cricket, inspired generations, and contributed to the growth of the sport across continents. His leadership, courage, and belief make him a true changemaker; one who transformed not only Indian cricket, but world cricket as well.

~ Shivani Kedar
SYBAMMC Journalism



The Journey from Moonlit Practice to Olympic Glory

Change is not always loud or immediate; sometimes it unfolds quietly when the world's asleep through sheer dedication and passion. Such change is driven by individuals who redefine limits and inspire collective belief. In Indian sports, such transformation came through the brilliance of Major Dhyan Chand, whose unmatched mastery of hockey elevated the nation's global stature and reshaped India's sporting identity with discipline, excellence, and pride.

when he joined the Indian Army at the age of 16, where he began to pursue hockey seriously as a professional career. While serving in the Army, Dhyan Chand practiced tirelessly, often under the moonlight at night. This dedication earned him the name "Chand," the Hindi word for the moon. His extraordinary skills, combined with unwavering discipline, determination, and relentless hard work, made him one of India's greatest hockey players. Throughout his career, he consistently displayed excellence and mastery in the sport.

Major Dhyan Chand was truly a phenomenal hockey player. He won three Olympic gold medals for India in the years 1928, 1932, and 1936, and is credited with scoring over 400 international goals, an achievement matched by very few players in the history of the game. He was admired across the world for his extraordinary performances and earned the title of the "World's Greatest Player." In recognition of his immense contribution to Indian sports, he was awarded the Padma Bhushan in 1956.

There are also several legendary anecdotes associated with his life. One of the most famous stories recounts that Adolf Hitler once offered him a pres-

tigious position in the German Army, which Dhyan Chand respectfully declined. His legacy remains deeply etched in the world of sports. Competing during the era of British rule, his achievements shattered many limitations, showcased the strength and potential of Indian athletes, and inspired countless young Indians to believe in themselves.

After his retirement, Major Dhyan Chand continued to serve Indian hockey as a mentor and guide. He played a crucial role in identifying young talent and contributed significantly to improving the structure, discipline, and culture of the sport across the country. His conduct, values, and dedication continue to inspire generations of players even today, ensuring his place as a timeless icon of excellence in the annals of sports history. However, when we compare the loyalty, discipline, and commitment of legends like Major Dhyan Chand with the youth of today, we can clearly observe how rapidly society has changed. In the present era, young people live in a world dominated by technology, fast-paced lifestyles, and constant social media influence. Unlike Dhyan Chand, who practiced under moonlight with minimal

resources, many youngsters today have access to world-class facilities, yet often lack the same patience, discipline, and long-term commitment.

Modern youth are increasingly driven by digital validation, instant results, and online recognition. In contrast, for Dhyan Chand, pure hard work and mastery of skills without expecting immediate appreciation were the greatest rewards. Although today's youth are more aware, expressive, and globally connected, many struggle with distractions, shortened attention spans, inconsistency, these challenges that were far less prevalent in Dhyan Chand's time. His life therefore serves as a gentle yet powerful reminder to today's youth that true greatness is built on dedication, discipline, humility, and perseverance; values that are fading in this modern, rapidly evolving world. His story challenges young minds to rediscover focus, resilience, and passion, which remain the core ingredients of excellence in any field.

-Pritam Gaikwad
(SYBAMMC)



जिंकण्याची जिद्द

जिद्द आपल्याला आयुष्यातील प्रत्येक अडचणीला सामोरे जाण्याची ताकद देते. मग ती कुठल्याही स्वरूपाची असो. अडचणींशी लढत राहणे आणि टिकून राहणे हीच जिद्दीची खरी ओळख आहे. कधी कधी शरीर साथ सोडतं, पण मन खंबीर असेल तर अशक्यही शक्य होतं. अशीच प्रेरणादायी कहाणी आहे भारताची नामवंत हेरॅथलिट स्वप्ना बर्मन हिची. हेरॅथलिट म्हणजे सात वेगवेगळ्या अॅथलेटिक्स स्पर्धांमध्ये जस की धावणे, उड्या आणि फेक प्रकारांचा समावेश असलेल्या स्पर्धा करणारी खेळाडू. स्वप्ना बर्मन ही भारताची पहिली महिला खेळाडू आहे जिने २०१८ साली आशियाई क्रिडा स्पर्धेत हेरॅथलॉनमध्ये सुवर्णपदक जिंकून इतिहास घडवला.

स्वप्ना बर्मनचा जन्म २६ ऑक्टोबर १९९६ रोजी पश्चिम बंगालमधील जलपाईगुडी जिल्ह्याजवळील घोसपाडा गावात एका गरीब कुटुंबात झाला. तिचे वडील रिक्षा चालक असून आई गृहिणी आहे. आर्थिक अडचणी असूनही तिच्या आई-वडिलांनी तिच्या क्रिडा प्रवासाला भक्कम पाठिंबा दिला. लहानपणापासूनच स्वप्नामध्ये खेळाची आवड होती. योग्य मार्गदर्शन मिळाल्यानंतर तिला कोलकात्याला नेण्यात आले, जिथे स्पोर्ट्स अथॉरिटी ऑफ इंडिया अंतर्गत तिचा सराव सुरू झाला. मर्यादित साधनसामग्री असूनही तिने

कठोर परिश्रम सुरू ठेवले. स्वप्नाला जन्मतःच दोन्ही पायांना सहा बोटे होती. त्यामुळे योग्य मापाचे बूट मिळणे कठीण जायचे आणि धावताना, उड्या मारताना तिला तीव्र वेदना सहन कराव्या लागत. तरीही या शारीरिक अडचणींना न

जुमानता तिने आपली जिद्द कायम ठेवली. २०१३ साली आशियाई युवा अॅथलेटिक्स स्पर्धेत स्वप्नाने हेरॅथलॉनमध्ये ४८.३४ गुणांसह कांस्यपदक जिंकले. हेरॅथलॉन हा सात क्रिडा प्रकारांचा समावेश असलेला बहु-क्रिडा प्रकार आहे. त्यामध्ये १०० मीटर धावणे, २०० मीटर धावणे, ८०० मीटर धावणे, ३ उडी, लांब उडी, गोळा फेक, भाला फेक या सात स्पर्धांचा समावेश होतो.

२०१८ साली जकार्ता येथे झालेल्या आशियाई क्रिडा स्पर्धेत स्वप्ना बर्मनने हेरॅथलॉनमध्ये सुवर्णपदक पटकावून भारताची पहिली महिला आशियाई विजेती होण्याचा मान मिळवला. या विजयामुळे ती संपूर्ण देशाचा अभिमान बनली.

मर्यादित सुविधा, आर्थिक अडचणी आणि तीव्र शारीरिक वेदना असूनही स्वप्नाने सराव कधीही थांबवला नाही. तिचा प्रवास तरुणांना स्वतःचे वेगळेपण स्वीकारण्याची आणि अडचणींवर मात करून जिंकण्याची प्रेरणा देतो.

तिच्या यशामुळे अनेक महिलांना आणि मुलींना क्रिडा क्षेत्रात काहीतरी करून दाखवण्याचा आत्मविश्वास मिळाला. आज स्वप्ना अनेक तरुण खेळाडूंना सांगते की, “शारीरिक मर्यादा या कमकुवतपणा नसून त्या आपल्याला क्रिडा क्षेत्रात मजबूत बनवतात.”

तिच्या यशामागे तिची अपार जिद्द, मानसिक कणखरता आणि सातत्यपूर्ण मेहनत महत्वाची ठरली. अनेकदा आर्थिक अडचणींमुळे खेळाडू मागे फिरतात, पण स्वप्नाने या सर्व अडचणींवर मात केली. तिच्या विजयामुळे अनेक पालकांना आपल्या मुलांना क्रिडा क्षेत्रात पाठवण्याचा विश्वास मिळाला. स्वप्ना बर्मन ही केवळ एक यशस्वी खेळाडू नसून, ती एक प्रेरणादायी व्यक्तिमत्त्व आहे. ग्रामीण पार्श्वभूमीतून येऊन आंतरराष्ट्रीय पातळीवर पोहोचणे शक्य आहे, हे तिच्या प्रवासाने सिद्ध करून दाखवले आहे.

स्वप्नाची कहाणी आपल्याला हे शिकवते की परिस्थिती कितीही कठीण असली, तरी जिद्द, सातत्य आणि आत्मविश्वास असतील तर कोणतेही शिखर अशक्य नाही.

जान्हवी मंडकुलकर
Fybammc