

Traditions in the Modern World

# Yugoday

युगोदय

## Be the Change

Believe that each step you take is a  
step towards a better tomorrow!



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BELIEVE  
IN  
WHAT  
YOU  
STAND  
FOR



# DEAR READERS

We've all dreamt about a life that's more than what we have been living, we've all dreamt of a world that's more than what we have been seeing, but what really turn these dreams into a reality is the real question? I had once read somewhere that "people who believe they can change the world, are the ones who really do!" and at that very moment I just knew what I wanted in life. It was then that this crazy thought of seeing a better world, of living a better life, and of giving the future a better place to be in started consuming me; I had to aspire to inspire and to do so, I had to BE THE CHANGE and not just wish seeing it.

My journey towards change could be far different from yours, but what remains the same is the fact that we believe in ourselves! and that is the most important thing in life. From fashion to lifestyle, to what not change has taken place in every aspect and continues to.

Yugoday is all about our lives, it's about the 'Rise of the Era', an era that we are all part of hence being the rise of us all from who we are. One must always work on becoming a better person with each passing day. Every morning when you wake up, take inspiration from your previous day and make today better! when we start doing something as small as this it means we have started being the change and not just hoping to see it happen someday!

So read through and let us know which piece you loved the most! If you wish to make any contributions then connect with us through mail or give us a call!

Because this edition is all about the magic of believing in ourselves and becoming the change!

With Love,  
Jayanthi Shailendra  
Editor-in-Chief  
Yugoday

We, at Yugoday, are deeply grateful for the immense support that we have received from everyone and for the help of all the members and people around who keep the magazine going. We keep our content unique and free from plagiarism and thrive for a positive change. While we faced many adversaries and obstacles to find our stepping stones, open sources like Google. inc and Canva played a major role in helping us find the fitting illustration of our imagination. We would like to heartily thank those open sources who kept their doors open for us so we can peep in and select the gem of our liking.

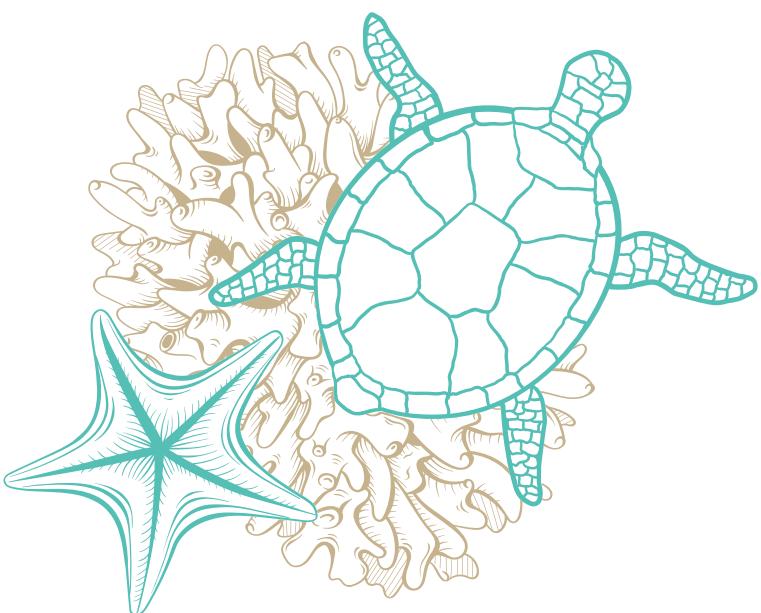
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**ANANDI GOPAL JOSHI**

BY PRIYANKA RAINA  
SHARMA



As the saying goes, "Be the change you want to see", change never comes easy. It requires you to go against the stream, holding the helm firmly till the current changes in your favor. To see your vision become a reality, a vision of a world that not only has a place for your dreams but also for society is no easy task.

A fine example that holds true to the above words is India's first female doctor, Anandibai Joshi (1865-1887). Born in Kalyan, Bombay (with the birth name Yamuna) she got married at the tender age of 9 to a man almost 20 years older than her. At the age of 14, she gave birth to a boy, but due to the lack of better medical facilities, the infant soon succumbed to death. This incident ignited in her the need for better medical services and Anandi hoped to bring about a change in medical facilities available by pursuing medicine. She later went on to become India's first female doctor.



Anandibai Joshi (right), Kei Okami and Tabat M. Islambooly, students from the Woman's Medical College of Pennsylvania.

Sometimes change does not come to people by itself but through someone else who sees the real strength and motivates the other person to bring the change. For Anandi, this motivation came from her husband, Gopal Rao. In that era, it was not usual for husbands to support their wives when it came to education.

But being an ardent supporter of women's education and their roles in society, he supported Anandi's dream of pursuing higher education. During that era, it was not easy even for an upper-caste woman to receive higher education and to get trained in medicine. Thus, in the year 1883, Anandi decided to move to the USA and pursue her further education in medicine from Women's Medical College of Pennsylvania.

At the same time, she faced obstacles from American Protestants who wished to see her convert before studying in America. Anandi also faced opposition from other Hindus who doubted that she would maintain Hindu customs while living in the West. Yet her commitment to her religious beliefs remained firm. She was willing to go as a Hindu and come back to life as a Hindu. She wanted to, specifically serve Hindu women who felt reluctant to get medical treatment from the opposite gender. In 1886, at the age of 20, Anandi graduated with a degree in medicine from her college in the U.S.A. Soon she received an offer from the governor minister of Kolhapur in India to serve as the "Lady Doctor of Kolhapur". However, she was diagnosed with tuberculosis and had to return to India in November 1886 because of her rapidly declining health. Although she received treatment, nothing could be done to save her. She died in February 1887 at the age of 22, never having the chance to practice medicine actually.

Anandi might not have lived long to serve as a doctor, but due to her strength and desire to bring a wave of change, she left her legacy and paved a path so that other women could pursue medicine and thus improve the medical facilities for Indian women. It takes courage to bring an actual change. People who can think beyond the basic course of life, fighting all odds and sometimes also sacrificing for a bigger and better picture.



# REDEFINING "REAL" MEN

By Soumyaa Jain



Harry Styles in the December 2020 issue of US Vogue Magazine

**"Anytime you are putting barriers up in your life, you're limiting yourself."**

That's what the December 2020 issue of Vogue read. The magazine made history by featuring Harry Styles as its first-ever male cover star, photographed by Tyler Mitchell. However, it had more to it than the 26-year old pop radio fixture having a little 'Playtime'. One can see the musician donning a gorgeous white and black ball gown by Gucci. This newfangled move made a few turn a critical eye towards Styles, with phrases such as "Bring back the real men" flooding social media. But before you venture an opinion on this, let's take a dive in history to see if it really is all that unconventional for a man to sport a flowing hemline?

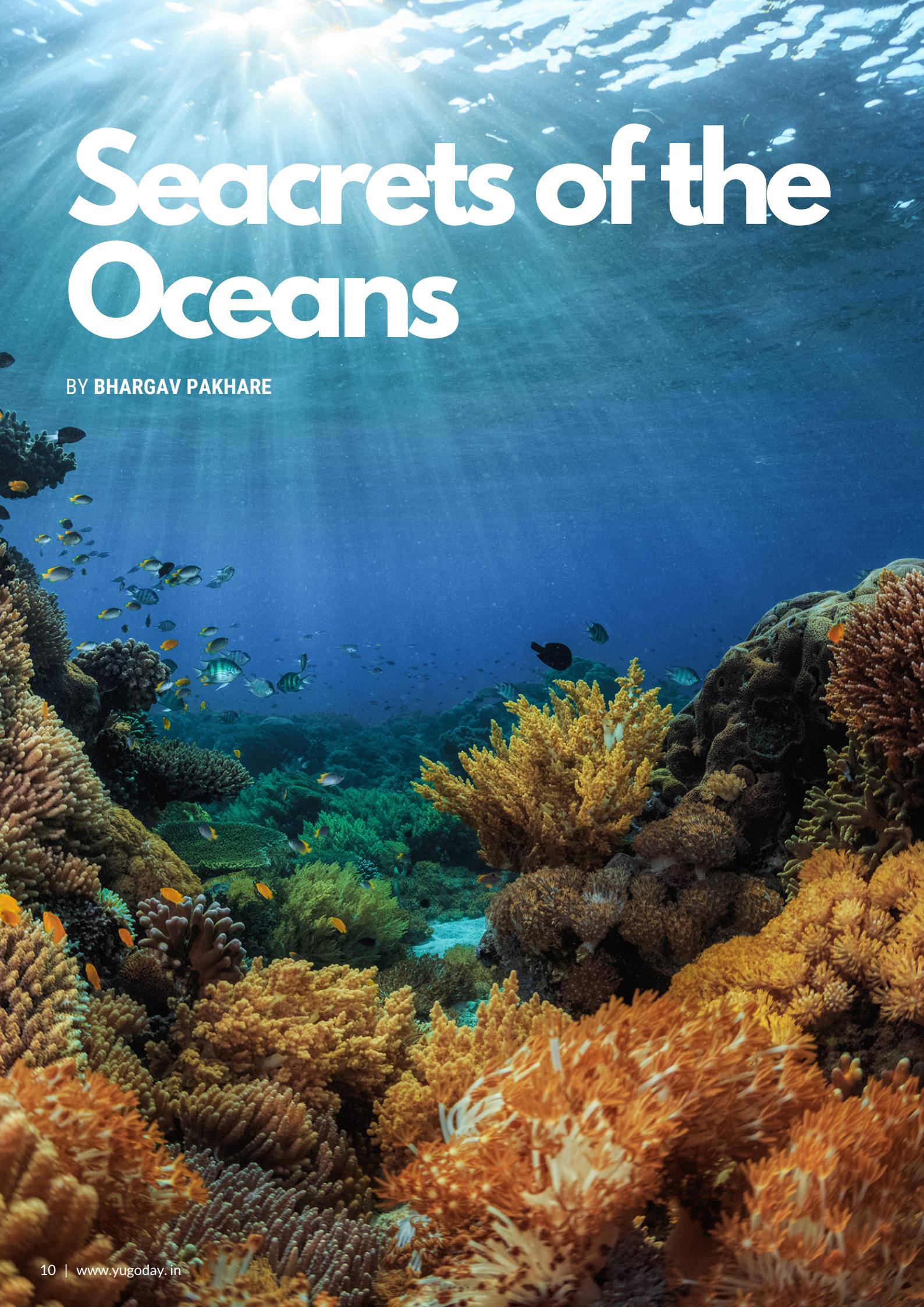


The connotation of masculinity with pants and femininity with skirts is more recent than one may think. In ancient times, skirts were bog-standard for men involved in all professions except horse riding. Equestrians, priests, public orators would be seen in gauzy wraps and loincloths while the farmers, soldiers, and builders would sport skirts in the world's most ancient civilizations. Short skirts, considered proof of virility, considered proof of virility, were a matter-of-fact wear for men on account of the excess room, providing them with ease of swift less movement, which these professions called for. According to the biologist Peter Turchin, "You can tie the development of pants-based technology pretty closely to the introduction of animals that required riding, which just wasn't practical in skirts." In England, notes the Victoria and Albert Museum, "It was with the evolution of tailoring from the 14th century that bifurcated garments gradually became associated with men's dress and masculinity. Previously, both men and women wore draped or unshaped garments and tunics. As men's tunics became shorter and tighter-fitting in the 15th century, fashionable men began to wear hose or stockings as outer legwear." It seems then, that the transformation in clothing was less a statement of gender and had more to do with the practical aspect of a growing technical world, i.e. tailoring. Even when the tunic overlay fell out of fashion, trousers themselves would swell to skirt-like proportions among the fashionable in the 19th century.

Was this androgynous fashion as commonplace in India? Take a look at a Peshwa posing to be framed in all his royalty, flaunting a Barabandi Angarakha and you'll know! Paridhana or Vasana, a lower garment -- a cloth draped around the waist with a string or belt known as Rasana or Mekhala -- was paired with a shawl fabric over the shoulders, called Uttariya. To wear an Angarakha or Paridhana indeed made one stand out of the crowd not as a tag of femininity, but a mark of novelty. To spot a man donning fine jewelry on a silken Angarakha was as normal as catching sight of a woman in a pant-suit in the modern-day. Who better to allude to than Chatrapati Shivaji Maharaj, when one goes back to the rich styles of fine dressing in the golden era? Academicians, monks, and men of leisure wore gowns, all of which are still in use today.

The movement to make skirts socially acceptable wear for men — something ordinary instead of a sign of a specific intent— is garnering strength on the world catwalks and among certain millennial men. Come to think of it, the clothes we wear today are nothing but modifications of the garments worn in ancient cultures. Consequently, when one sees Harry Styles donning a gown from Gucci or Billy Porter walking down the red carpet in a Tuxedo dress, it comes off as a remarkable step towards reliving the legacy which adorns our past, instead of breaking away from conventional norms. All it takes is a little perspective to mark the traditions, which over the years have not only blended in our trends but effectively given birth to them. What we have in hand is a culture, recreating the days gone by, with a hint of magnificence and a touch of sparkle here and there!

# Secrets of the Oceans

A vibrant underwater photograph of a coral reef. Sunlight filters down from the surface in bright rays, illuminating the clear blue water and the diverse marine life. A variety of colorful fish, including yellow tangs and damselfish, swim gracefully among the coral formations. The reef itself is a complex structure of various types of coral, ranging from small, rounded polyps to larger, branching and finger-like structures.

BY BHARGAV PAKHARE



Oyster



Bioluminescent Octopus



Payara

## The depth of the ocean holds many mysteries in its womb, some fantasy, some real;

Be it the city of Atlantis, the ‘Halal’ poison, or the planes, yachts, or submarines that are hibernating under the Bermuda triangle. Humans with their ever-growing curiosity of finding and cataloging all fellow beings that inhabit the planet stumbled upon the big blue ocean. The first sea explorations were done by divers merely to explore uncharted territories. Then came the Clams and Oysters, one foraged for their pearls, the other for their meat. After this, sea exploration became a viable business for traders and merchants who worked with precious stones and minerals.

The sea exploration of the modern world is mostly done for geological and taxonomical reasons, to understand how life exists and persists under the tremendous pressure of the water above as well as to unveil geological wonders under the sea. This is done using high-tech equipment that can be controlled from a great distance despite the depth, the terrain, and the ocean currents. This is very beneficial in inspecting deep-sea caves, valleys, abyss mountains, and so on where the conditions are not as forgiving, especially for signal transmission.

There have been estimates of over 100 million species that call these grounds their home out of which only a small fraction has been identified. The sunlight penetrates the ocean blanket only up to 1000m, beyond which is a pitch-black zone, where the water temperature ranges from 4 to 400 degrees Celsius. The fishes that reside in these areas have no use for pigments on their scales, for there is no light to illuminate their colors. It is a different matter altogether how these fishes do not collapse under the immense pressure and how they have developed a viable method of extracting oxygen from the water around them.

An interesting fact about these kinds of fishes is that if they try and swim towards the surface, they progressively bulge up to a point where they pop. The internal blood and muscles explode as the skin of the fish are ruptured on a cellular level due to the immense positive pressure developed within the fish’s body.

Contrary to movies that show seahorses to be the size of humans and English speaking giant crabs, such things have not been discovered, yet. What has been discovered is far more dangerous and bizarre, the most popular of which is the Angler fish.

## Angler fish

Angler Fishes usually prey on fishes equal to or greater than their size using the rod of light attached to their forehead to lure their prey before nabbing them, thus giving them their name.

## Payara

The Payara has long, razor-sharp teeth that can cut through scales and skeleton. Owing to this feature, they are also referred to as the "vampire fish".

## Lamprey

A Lamprey is basically a drill machine that lives under the sea. It has a long tubular body with teeth lining the entire inner surface which latch onto the prey and dig their way into the meal — literally.



Lamprey



## Goblin shark

Well, the image of goblins that you have in mind is an injustice to the shark for this beast is more ferocious than any goblin that has ever been dreamt about. The goblin shark unhinges its jaw (Yes, you read that right!) to swallow its prey whole. The prey is dead before it comprehends what hit it.

The next fish isn't as threatening as the rest of them; But bizarre, absolutely.

## Blobfish

When someone says 'there's a lot of fish in the sea' after a tough breakup, they most certainly do not mean the Blobfish. It has been voted the ugliest creature in the sea, or for that matter, everywhere. It has no bones or muscles to give it structure but only the pressure of the water it resides in, and once that water is no longer available, it becomes a blob of muscle and fat.

I hope that all of these examples have sparked tinder of curiosity in your mind to read about them further. If you had any favorite nasties that I haven't included and you would like to add a few of them yourself, do let us know!

Blobfish (under water)



Blobfish (on land)



# THE WORLD BENEATH

# PERSONAL FINANCE

BY PRAVGYA MUNDRA



When someone says "personal finance", your mind straight away goes to the word "money". In most cases, this is followed by feelings of anxiety, helplessness, embarrassment & even burden. How can something influence our lives in every possible way and yet be alien to us?

Most of us have already jumped to the conclusion that we are and will remain bad with money as if there's a secret behind a wall that we'll never know of. Well, money doesn't have to be so complicated. Imagine that you spent days, coming up with the perfect diet plan. You go across the street and a rail of Donuts stare in your face through the glass window and so you tell yourself "Ah! One donut won't hurt! I'll stick to the diet right after this!" That is when you've fallen into the trap. The next thing you know, your 'cheat day' turns into a 'cheat week'. The exact situation applies when it comes to dealing with money. Making a purchase isn't all that bad if it is relevant and fits your financial plan. But buying something that you may perceive as "reckless" later is where the financial trap sets about. More often than never, one is tempted to stray further off the path, leading to a perpetual cycle of shame, which one eventually starts attaching with money. That one last dress or the one last shirt or the one last bag is your cue to think it over and come up with a plan.

Personal finance does not imply being close-fisted. It means managing your budget in a way that your spending is in sync with your needs as well as the earning (Happy shopping, no regrets!). Learning about personal finance is easy.

Loosely stated, it involves analyzing your savings and expenses in a way that keeps a check on heedless expenditure. It deals with managing your money, saving, and investing it while mitigating the risks around it. In even simpler terms, being financially literate means you understand where is your money coming from, where is it going & how can it be saved to fulfill better purposes. Being financially literate helps you become smarter with money & use it as a tool, instead of a barrier, to fulfill your personal & financial dreams. Being able to make carefully planned financial decisions leads not merely to monetary growth but acts as a major boost to confidence.

A topic that is almost never taught in schools or colleges, personal finance still remains one of the most essential skills that one needs to be equipped with before stepping into the world outside the classroom. It's time we take this decision into our hands i.e. to get better with finances, crush our perceptions of being "bad" with money and start taking control of our lives. If you're intimidated by personal finance and are unsure about where to start, remember that you don't have to learn everything about money at once. Start with one financial lesson at a time. If saving gives you a hard time, start learning about emergency funds. If you want to get out of debt, start learning about the multiple ways to repay debt. Dedicate 10 minutes a day to financial literacy and you'll be surprised at how all your spending transforms from one engrossed in regrets or second thoughts to one which says "well earned"!



**“The secret of change is to focus all of your energy not on fighting the old, but on building the new”**

# CONSCIOUS CONSUMERISM

## NEED OF THE HOUR

BY VIBHORIKA KUMARI

A close-up photograph of a person's hands pushing a small, empty shopping cart. The cart has orange plastic handles and a metal wire frame. The background is a soft-focus field of yellow flowers, possibly tulips or daffodils, creating a bright and natural feel.

“Conscious consumerism is the awareness of an individual with regards to their purchases.”

Consuming goods and services that are socially and ethically in line with the environment makes for a conscious consumer. With the rise in “hoarding culture” that we have been witnessing for the past couple of years caused majorly due to increased consumption of the internet, people have mindlessly and impulsively given in to materialistic gratification. The internet acts as a major catalyst in driving our consumption decision today. Endlessly scrolling through our devices, we are bound to consume more than is required. With so much wanted and unwanted information, it has become a task to decide what and how much to consume. When we talk about capitalism, it is easy to draw an inference that the end product of a capitalist society is consumerism. But how often do we realize the impact our purchases have on the environment? Speaking of the economy, a lot of the consumption that we unconsciously dwell into has adverse impacts on the environment if the product does not comply with the sustainability norms.



According to a study conducted by National Research Development Corporation (NRDC), textile mills generate one-fifth of the world's water pollution. On average 35% of the materials used in the making of a garment go to waste. And what's surprising here is that this is the waste generated even before the garment reaches the consumer. What's saddening is the fact that once the apparel reaches the consumer, the waste generated from washing those accounts for 100 kg of microfibres release, for every 1,00,000 people. Clothes made from synthetic materials such as polyester, rayon, and nylon are major contributors to the release of these fibers. Research has shown that washing synthetic fabrics release around 35% of the microplastics which find their way into the oceans. Not only that, a major portion of the dump in landfill has been contributed by fast fashion industries which have no correlation with sustainability, whatsoever. People today consume more than they used to in the early 2000s leading to a rapid increase in the generation of waste.

The major point of concern stems from increased levels of pollution caused due to these industries that generate water and air pollutants. Accumulation of goods and their disposal on a large scale, exploitation of labor, and low wages that the manufacturing industries provide to its labor in order to lower the cost of production thereby reducing the price of the product have led to exploitation of not just humans but planet as a whole. One of the ways to curb this is through planning before making any purchase decision. When we question the origin of the product, the impact it would have on the environment, its sustainability, and whether the product has been locally produced or not, would not only help us in making environment-friendly purchase decisions but also lead to the growth of the local business thus boosting our economy. Making more calculated choices at this hour is of utmost importance. Stepping towards a greener and minimalistic lifestyle will help us get closer to being a socially conscious consumer.

# LISTEN | EMPATHISE — UNDERSTAND | ACKNOWLEDGE

BY DIKSHA GOSWAMI

Many of us must have read, heard, or used the phrase 'it's your perception', 'it's your thinking'. But where does this come from? I have come across a lot of situations in life that have helped me to eventually realize the importance of healthy communication. And more than anything the importance of listening!

We know that each one of us carries a different perception of our own, about a situation. This means our actions could be perceived in various ways by all the other people around us. Our actions might seem amusing, to some it might be unworthy of their attention, but to some our actions could be distressing!

However, the question is, what do we do when our actions put someone in a state of distress? Do we bother to understand what they took out of it? Or do we just let them be? Not tending to people when they are affected by our actions, and instead accusing them of feeling so results in self-doubt and lowered self-esteem of the accused. This when paired with other social-environmental factors that prevail over time leads to degraded mental health and overall well-being. On the contrary when we actively listen and try understanding others' point of view or 'perception' the most that could happen is we either agree, or we disagree, but it is vital in doing so that we have a healthy discussion, that we acknowledge! We as humans are lucky to feel ample emotions, both negative and positive.

#### **But what happens when we acknowledge and validate one's emotion?**

It is to be taken from our experiences and expectations. We have all for once been the accused in our lives and every time we have been in that situation we expect the other person to at least hear us out or give us an explanation for us as individuals to feel better. Considering that and remembering the phrase "we must give for what we would wish to get" which can be rephrased and read as "to see a better world, we must first become a better person".

When we start acknowledging and validating people's emotions we give them a space to feel free and share their feelings without the fear of being misjudged. This builds positive self-esteem which results in a healthier society. A small initiative from our end can create a world that is more empathetic and human. By becoming the change ourselves, one can bring a revolution.



# Into the Mind

We mind your mind business

## Who are We?

INTO THE MIND is a mental health service provider which believes that in the fast-growing world, everyone around us is undergoing some distress that has an adverse impact on their mental health. However, because of the stigmas attached to mental health, people, in general, do not seek help in the first place. Therefore, INTO THE MIND wants to break this stigma and aims to spread awareness that therapy is not just for those in need but for everyone because it's a need indeed.

## What we do?

INTO THE MIND is a modern space where work ethics is based on non-judgemental, non-condescending attitude. It provides the client with the best opportunity to undergo a completely discreet, safe environment for counselling. Also, it aims to provide you with a substantive mechanism to balance your thoughts, anxiety, fear from intrinsic causes so that you can withstand them by yourself when you are alone.

## Our Services

INTO THE MIND provides counselling in the field of

- Relationships
- Stress
- Work Life Balance
- Self Esteem/Career
- Negative Thoughts

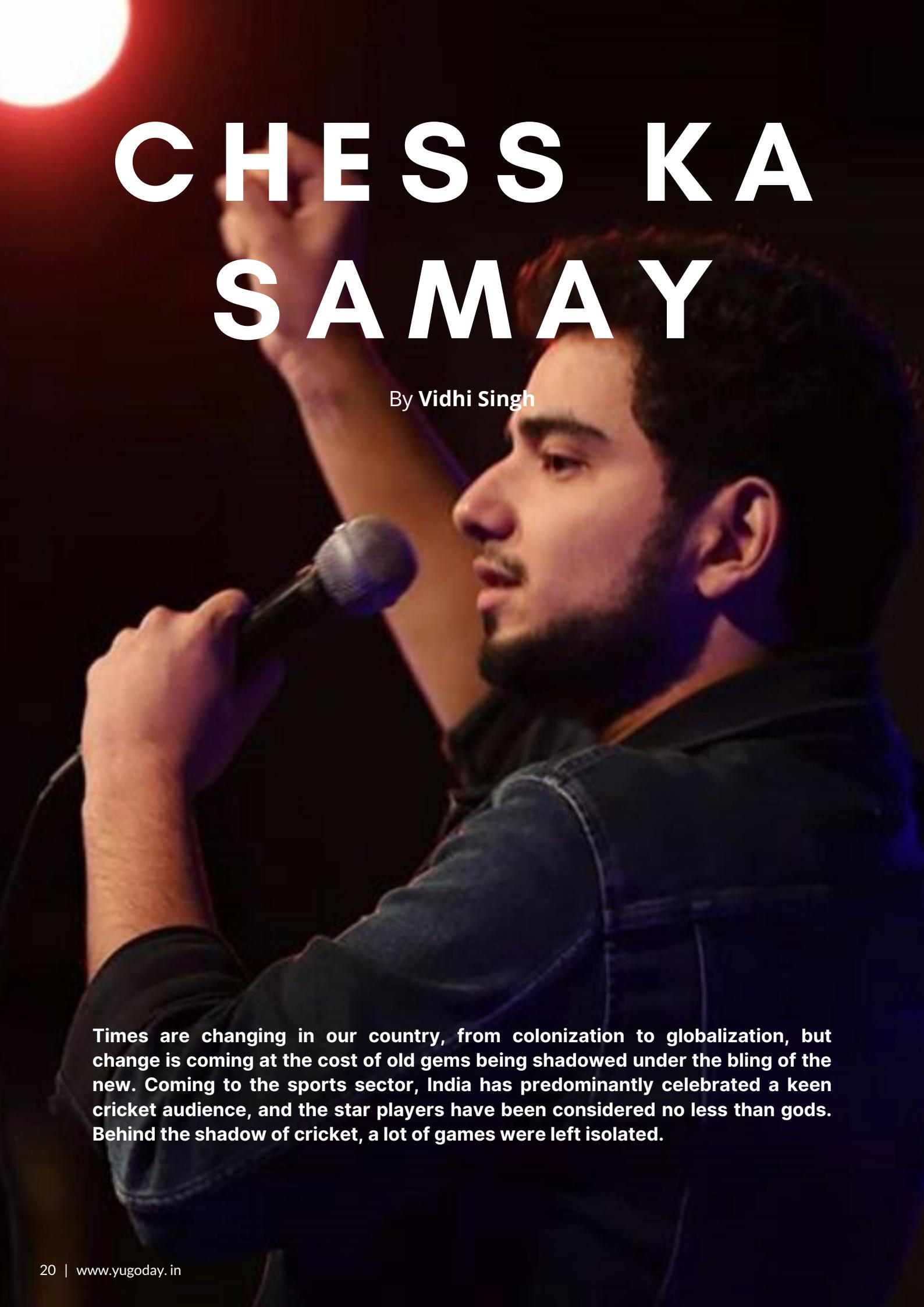


For more details Visit:  [www.intothemind.in](http://www.intothemind.in)

Contact us at:  +91 98184 50869

Follow us on Instagram:  @into\_d\_mind

# CHESS KA SAMAY

A close-up, profile shot of a young man with dark hair and a beard, wearing a dark t-shirt. He is holding a silver microphone and speaking into it. The background is dark and out of focus.

By Vidhi Singh

Times are changing in our country, from colonization to globalization, but change is coming at the cost of old gems being shadowed under the bling of the new. Coming to the sports sector, India has predominantly celebrated a keen cricket audience, and the star players have been considered no less than gods. Behind the shadow of cricket, a lot of games were left isolated.



One such lost jewel is the game of Chess, also known as "Chaturanga" back in the days of its inception. This game was so captivating that it attracted the royalty and the common public alike. Chess is the only game in which each piece of the game boasts a different power and victory depends on the fate of one piece, the king. It involves a lot of brainstorming in designing your gameplay and planning your strategy. Although modern-day Chess is an internationally recognized game, with tournaments being held on various levels from school to zones; among the local Indian community and the general public, this game has lost its popularity over the course of a century.



However, recently this game again became the talk of the town, especially among the young generation of India in the face of a very recognized standup comedian Samay Raina. During the Covid-19 pandemic, while most of the influencers were streaming trends that were very in, Samay Raina got the idea of live streaming chess with his very beloved Tanmay Bhatt a YouTube streamer and comic. He merely started streaming with his colleagues from the world of comedy and created his very first series called "Chess tournament matches" with Rahul Dua, Abish Mathew, Biswa Kalyan Rath, Varun Grover, Anubhav Singh Bassi, and many more on his YouTube channel, which amassed a lot of crowds. Later he started another live streaming series and renamed the series "Comedians On Board" which was comparatively a huge event than the previous one with well known stand up comics and other internet celebrities like Kenny Sebastian, Biswa Kalyan Rath, Kaneez Surkha, Zakir Khan, Aravind S.A., Abish Mathew (Grand Master-GM), Nishant Tanwar, Yahya Bootwala and many more. Whenever Samay was left with no one to stream with, his brother from another mother, Vidit Gujrathi (GM), and his fellow comics Biswa Kalyan Rath, Vaibhav Sethia, and Anirban Das Gupta streamed 4-player chess matches to keep the fever going.



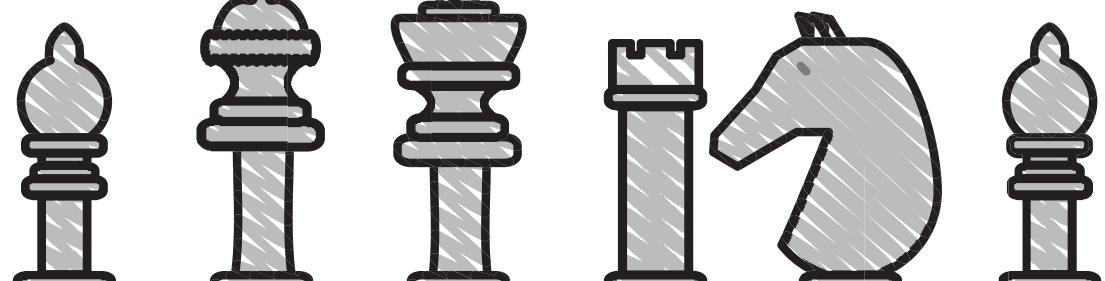
Within a few months, he also played with or against some of the finest chess players in the world. The list includes GM Vidit Gujrathi (India no.3), Adhiban "The Beast" Baskaran (India no.4), and former World Champions Vladimir Kramnik, Vishwanathan Anand, and Magnus Carlsen. The match between Abish Mathew and the legendary Vishwanathan Anand caught the attention of many. Samay who is just 22 years old right now, by making fruitful use of the quarantine period has raised 25 lakh rupees over at least half-a-dozen charity streams for a wide-ranging set of causes from Delhi's waste pickers, background dancers in movies, the welfare of stray dogs, to the Amphan cyclone that hit West Bengal and the Assam floods.

Chess in Samay's blood has come from his grandfather whom he used to visit a lot as a child. When about 40 people logged in to watch his 1st stream, he got extremely excited and motivated by the fact that the game of chess still hasn't lost its essence among the common public. Even the youngsters who account for a major population of his content consumption started taking great interest in the game and regularly started joining his sessions. He, along with his friends, used this opportunity to teach young Indian minds about their long lost game of chess. Along with Sagar Shah (International Master), the brain behind India's biggest chess website Samay created a 100 episode series called "Improving Chess" which consisted of daily chess lessons for enthusiasts.

Due to this initiative taken up by Samay, a lot of unsung heroes came into the limelight and got recognition and appreciation for their efforts in the field of chess. A few out of the many young prodigies are GM R. Praggnanandhaa, IM Vaishali Ramesh babu, GM Nihal Sarin, GM Harika Dronavalli, and GM Bhakti Kulkarni.

With all these players who were thrust into the limelight, one name stood out who happens to be the youngest woman to achieve the title of a Grand Master: Koneru Humpy. Due to her pregnancy, she took some time off from the world of chess and returned with a bang two years later. With the scores tied 1-1 in the FIDE online olympiad 2020 between India and Poland, according to the rules of chess, an Armageddon (tie-breaker) match had to be called for. This is when Koneru Humpy saved the day in a nail-biting encounter with Monika Soćko leading the Indian chess team to another victory. She has also been awarded the Arjuna Award and Padma Shri Award for her dynamic performance in the field of chess.

While all of this was going on one thing that was observed is that people still took a great and keen interest in learning the game of chess. That the game has still not lost its hold over the Indian population; that the 'josh is very high' till date. Samay through his live streaming brewed an interest in chess in his audience after which people started showing great enthusiasm towards the game. All of this was a great way to scrape off the rust from the rich history of the game and bring it back to life.





LIFE IS  
LIKE A  
GAME OF  
CHESS,  
CHANGING  
WITH  
EVERY  
MOVE

Nikita K Gope

# JEHAN DARUVALA

BY KAVYA SHAH



"What do you want to become when you grow old?", we've all been asked this question at least once as a child. Majority of us have had answers like doctors, lawyers, astronauts, captain of a pirate ship and so on. Now, if this same question is posed to us, would your answer still remain unchanged? Would you still repeat your answer with the same passion and vigor as you had before? Most probably not, well, allow me to introduce you to someone who's answer was so filled with enthusiasm and dedication, that for 12 glorious years of his life his answer did not change, Jehan Daruvala.

Jehan Daruvala is the first Indian racer to win the F2 championship. He decided to become a Formula 2 driver at the tender age of ten. He began karting in 2010 with Rayo racing. With the support of his family, he practised and began to win in India. Then he wanted to move forward and participated in Asia-Pacific championship and "one in a billion hunt", this was arguably the turning point of his life where the winners were awarded with a chance to tussle in Europe.

But competing in Europe was not a walk in the park; it was a massive step for him and his career. The changes he had

to bear; separation from his family, studying and rehearsing in London was an anxiety inducing shift in a whole new proportion. Generally, people don't realize that racing takes it out of you, both physically and mentally. Races can stretch for up to two hours and staying fit is of the utmost importance. In 2015, he promoted himself to single-seaters and in the 2017 season, he signed with the CARLIN motorsport team to be a part of formula 3. Then he represented the 'Prema Powerteam' in the inaugural Formula 3 season, 2019 and secured seven podiums, but eventually ended as the third runner-up in the championship.

**"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."**

*Thomas A. Edison*

There are a million little emotions, a million little adjustments, a million little changes to which there is one step towards generosity, one step towards persistence, and one step towards acceptance. We see the fame and fortune people have but we don't tend to see through their struggling days. The determination, diligence and willingness they possess and showcase for their work is astonishing. The key to their success is how incredibly they accept change. Kindle a spark within yourselves, awaken your dormant souls to realize that bringing our revolutionary thoughts to actions can bring the change we desire. Make your own way to own the way.

Towards the end of 2019, as a part of his training routine, while playing football he met with an accident and injured his knee. His future plans faded in front of his eyes, he started having second thoughts about his life choices. But post-surgery, he felt confident and only had one motto - to be fit again, fit enough to drive. His endurance and perseverance turned his expectations to reality, and he reunited with Carlin team to be a part of F2 in 2020.

Everyone cursed 2020 to be the worst year ever; people became jobless, migrated back to their village, education shifted online and other seemingly endless lists of challenges and so did Jehan while he suffered. But his focus and willingness to accept and become the face of change kept him going. Nevertheless, when you see yourself in the company of a huge crowd, standing on the stage as a winner with the national anthem of your country playing in the background, it's all worth it, and he celebrated the triumph to achieve the status of THE FIRST INDIAN to win Formula 2.



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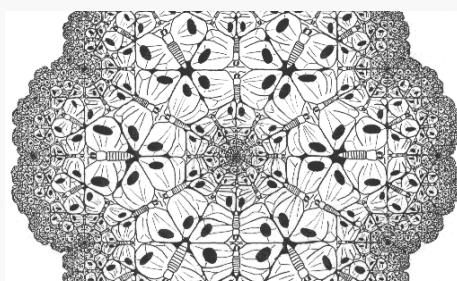
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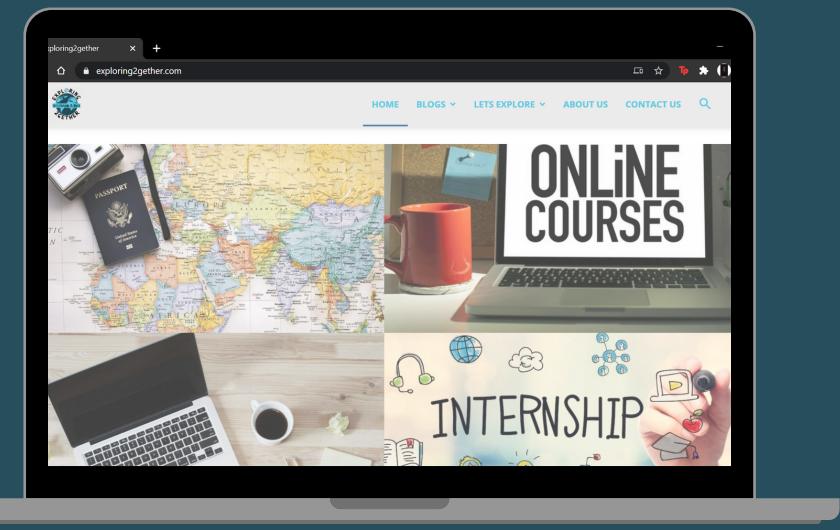
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# Uniquely Handcrafted

*Weaved with a thread of love*

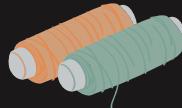
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