



DIALOGUES



Azim Premji
University

A NEWSLETTER FROM CONVERSATIONS-
CENTRE FOR POSITIVE MENTAL HEALTH AND WELLBEING

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HOPE, POSSIBILITIES & ASPIRATIONS



In this issue of our newsletter, we delve into the transformative power of hope, possibilities, and aspirations. Hope guides us through challenging times, reminding us that better days are ahead. It fuels resilience, inspiring us to push through adversity and envision brighter futures. Possibilities beckon us to explore new paths, to dream beyond the confines of our current circumstances. They remind us that change is not only possible but inevitable, offering opportunities for growth and self-discovery. Aspirations ignite our passions and drive us towards meaningful goals.

Together, these elements form the foundation of our mental well-being, empowering us to embrace optimism and cultivate a sense of purpose in our lives.

In this issue, members of our community, including students, alumni and the counselling team, have shared their perspectives and thoughts on the role of hope, possibilities and aspirations in mental wellbeing. Happy reading!

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CONTRIBUTIONS FROM STUDENTS & MEMBERS OF AZIM PREMJI FOUNDATION

TALK IT OUT!

by Yogesh G R

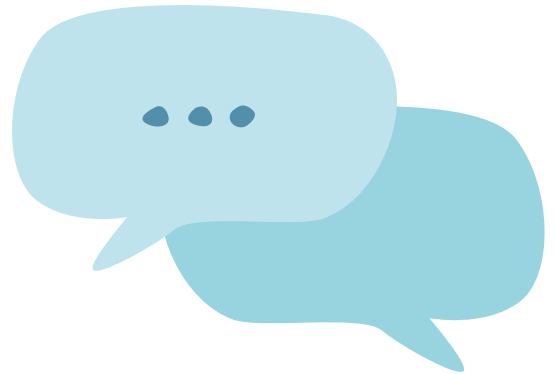
In conversations, lids are blown,
Unuttered words which had never flown,
Openly floods in a safe confiding zone,
Where hope and possibilities are shown.

Every word is listened to intently,
Without any judgement. Empathetically.
In tender whispers shared softly,
Emptying all burden of mind gently.

In dialogue, spontaneous ideas unfurl,
Not constrained by our past swirls.
Aspiring thoughts and words that set sails,
Possibilities are woven into each tale.

Comforting words inspire hope in the twilight,
Illuminating flames to face the darkest night.
Unlocking the hidden potential to fight,
And soar towards all that life spawns with might.

So let us converse with open hearts,
Where hope ignites and fear departs.
Lifting us higher, rather than apart,
Prompting us to make a (re)start...





A TENDER STRUGGLE

by Shubhanshi Tripathi

Aren't we too young for this?
Too Young to experience anxiety
Too young to be crushed by "expectation"
Too young to cry the whole night just to wake up next day as a "strong person"
Most of the days, I listen to myself but there are somedays,
where my heart wants someone else to say that
"Tu Karrlega yaar "
Ohh!! Wait Wait
Am I just overreacting?
Maybe or maybe not
But because I know at the end of the day It's just me who will stay then,
Let me only remind myself
"Mai krr sakta hu yaar"
It's 4:00 AM and I'm not able to sleep
Lying on my bed and thinking about the reason of my anxiety
AM I too young for this?
Or am I just "Exaggerating" the things
Maybe or maybe not!!
I'm sure, neither me nor you deserve

What we're going through.....
The sleepness nights, the tears, the shaking legs
The trembling hands, the anxiety, the run to washroom just to cry....
Aren't we too young for things?
Too young to experience anxiety
Too young to be crushed "Expectations"

STAR

by Prashik Thool

I am lost in the dark
Can't find my way
Ran after light
That could help me to fight

I caught one star
From the fulgent sky
Took it to my heart
Made me high

It shows me the way
To reach the sky
Shine so bright
In the darkish night

But it's not enough
To get out of darkness
Want to become a sun
To rise again and again



LIGHT

by Prashik Thool

I found one child
Deep in insight
He desired to break out
But the way, he couldn't find

He saw some light,
Tried to pursue it
But light offered no help
Nor guided through the plight

An angel came
From the darkened hell
Lightened a fire
By enduring pain

In this radiant light
Child got a new sight
He found more children
Who also need a fight

He'll blaze like the sun
To guide them through the night
But his light alone
Can't reach all the sites

Chasing after the sun
Isn't the aim
Ignite your inner flame
To change the game

Be the light
To fight your own fight
For what is your
Human rights

ENDURANCE

by Muhammad Rafeeq M

കവിത-
അതിജീവനം

ഒരിക്കലും പ്രതീക്ഷിക്കാതെ
ഭൂമിയിലേക്ക് വന്നതിനാണ്
ഞാൻ
കരഞ്ഞത്
ഓർക്കാപ്പുറത്ത്
മുലപ്പാൽ രുചിച്ചതിനാലാണ്
ഞാൻ
കരച്ചിൽ നിർത്തിയത്

പിന്നെ
പതിയെപ്പതിയെ
പ്രതീക്ഷകളുടെ
മുലപ്പാൽ
എന്നെ
ജീവിപ്പിക്കാൻ തുടങ്ങി
പ്രതീക്ഷ നഷ്ടപ്പെടുമ്പോൾ
ഇരുട്ടാണ്
ഗർഭപ്രാതത്തിലെ ഇരുട്ട്
നൂണയാൻ
മനുഷ്യരക്തം മാത്രം
വെച്ചുനീട്ടുന്ന
കാലത്തിന്റെ ഗർഭപാത്രം
വീണ്ടുമൊരിക്കൽക്കൂടെ
പ്രതീക്ഷയുടെ
വെളിച്ചത്തിലേക്ക്
പ്രസവിക്കപ്പെടുമെന്ന
വിശ്വാസത്തിൽ
ഈ
ഇരുട്ടിനേയും
നമ്മൾ
അതിജീവിക്കും

-മുഹമ്മദ് റഫീഖ് എം
എൽ എൽ എം

Never expected
To come to earth,
So
I cried a lot

Abruptly
When
Tasted the breast milk, I
Stopped crying

And then
Slowly
Breast milk
of expectations
Began to revive
Me

When
Hope looses
It's full of dark
As
The darkness of pregnancy

Womb of time
Presents
Only
Human blood
To taste
But
In the hope
That
Once again
We will born
To the light
Of hope
And
Will
Survive
This darkness.

SOME'THING'

by Chittepu Laxmi Sowgandhika

Am I happy!!!!
In the world of joy
But, can't find at least a single moment to smile fully.
Am I alone!!!!
In the world of billions of people
But, can't find at least one to express my feelings.
Am I a failure!!!!
In the world of knowledge
But, can't solve the problems of my assignment.
Am I rich!!!!
In the world of precious things
But, can't afford the basic things to survive.
Yes I am!!!!
Something, don't know what,
In the world of many things.

FOSTERING MENTAL AND PHYSICAL WELL-BEING: A DEVELOPMENT STUDIES STUDENT'S PERSPECTIVE ON HOPE, ASPIRATIONS, AND POSSIBILITIES

by Mayank Sharma

As a student of development studies, I aim to delve into the intricate relationship between hope, aspirations, and possibilities, particularly within the context of this field.

Navigating the dynamic and challenging environment of college life requires a delicate balance to sustain one's physical and mental health. Within this context, the concepts of hope, aspirations, and possibilities hold a unique significance, especially for students of development studies. They not only provide a framework for personal progress but also offer a pathway to maintaining mental and physical well-being.

For students, peace of mind is not an extravagance, but an essential need. Students get the drive to overcome the obstacles in their academic and social lives through hope. Students can sustain a positive mindset, which is necessary for mental health, by cultivating a hopeful view. As a ray of light in stress and exhaustion, hope sustains aspirations.

Likewise, inclusion is essential to a student's ability to maintain their physical and emotional well. An individual's sense of belonging and general well-being can be greatly impacted by feeling respected and included in their social and intellectual circles. Development studies foster inclusivity by emphasizing social justice and equity, giving students a feeling of belonging and purpose.

In the discipline of development studies, goals are based on a desire to make other people's lives better rather than just focusing on one's own. This selfless strategy promotes mental tranquility in addition to a sense of fulfillment. Being aware of the beneficial effects of one's labor on society can be a very strong source of resilience and inspiration.

There are numerous opportunities for students to grow and push themselves in development studies. Through research projects, fieldwork, internships, and other opportunities, students are continuously pushed to think critically and creatively. Because the sector is dynamic, students can continuously learn and grow, which raises aspirations.

Students of development studies must use a special framework they have in their curriculum to preserve their physical and mental health. Students must face the obstacles of college life with grace and resilience if they embrace hope, nurture their aspirations, and explore possibilities. This will ultimately result in a more serene and rewarding academic path.



NURTURING HOPE: AZIM PREMJI UNIVERSITY'S PLACEMENTS 2024

by *Das Antoni & Subrat Kumar Mishra*
(Placement Cell, Azim Premji University)



In the lively corridors of Azim Premji University, excitement fills the air as the placement season draws to a close. As members of the placement cell, we've witnessed firsthand the incredible impact of our placements on both students and the organizations they join, especially in the social development sector.

This year's placement season has been particularly meaningful, echoing the theme of "Hope, Possibilities, and Aspirations." These words truly capture the essence of our students, they are more than just job seekers, they are change-makers equipped with knowledge, passion, and purpose.

At Azim Premji University, our approach to placements is unique. We strive to not only match students with job profiles, but to connect them with organizations that align with their visions and aspirations. However, it's

important to note that commitment and values from the students themselves play a crucial role in fulfilling this connection. It's about creating opportunities for growth and impact, both for our students and the communities they serve.

As we near the end of this placement season, the ripple effects are felt far beyond our campus. Our students, equipped with a solid education in social development, are ready to make real contributions to society. They bring not just academic excellence but also a belief in the power of positive change.

In the world of social development, hope is the foundation for thriving communities. Through their placements, our students become beacons of hope, bringing fresh perspectives and a determination to make a difference. This year, despite challenges, our students have shown resilience and adaptability. They've embraced the theme of "Hope, Possibilities, and Aspirations," recognizing the potential for growth and impact even in uncertain times.

Each placement is not just a job opportunity, it's a stepping stone towards a brighter future. It's a testament to our students' unwavering commitment to creating meaningful change.

As we move forward, let's celebrate the spirit of hope, possibilities, and aspirations embodied by our placements in 2024. Together, we can nurture a future where everyone has the chance to thrive, and where hope shines brightly for all.





VEDA'S VISUAL VERSES

AS JULIA CAMERON ONCE SAID, "ART OPENS THE CLOSETS, AIRS OUT THE CELLARS AND ATTICS. IT BRINGS HEALING."
WELCOME TO A SPACE WHERE I EXPLORE MENTAL HEALTH THEMES AND CAPTURE EXPERIENCES THROUGH ART AND WRITING!





SWATI'S STORYBOARD

COLLATING VOICES FROM THE COMMUNITY

The community was invited to share responses, observations, experiences and stories about hopes and possibilities

What does hope mean to you? What does it look like in your daily life?

In my opinion, Hope is something that is seen as something that would generally create a sense of comfort and safety to someone

As a development studies student, hope is the driving force that keeps me going despite the overwhelming challenges we aim to overcome.

It's witnessing the resilience and potential of marginalized communities, and having faith that our collaborative efforts across sectors can uplift them.

Hope stems from seeing real-life examples of lives transformed through innovative solutions. It's being optimistic that my work, combined with the tireless commitment of my peers, professors, and partners, can craft policies and interventions that create lasting positive change.

Even on difficult days, hope remains - fueling my passion to build a more equitable and just world

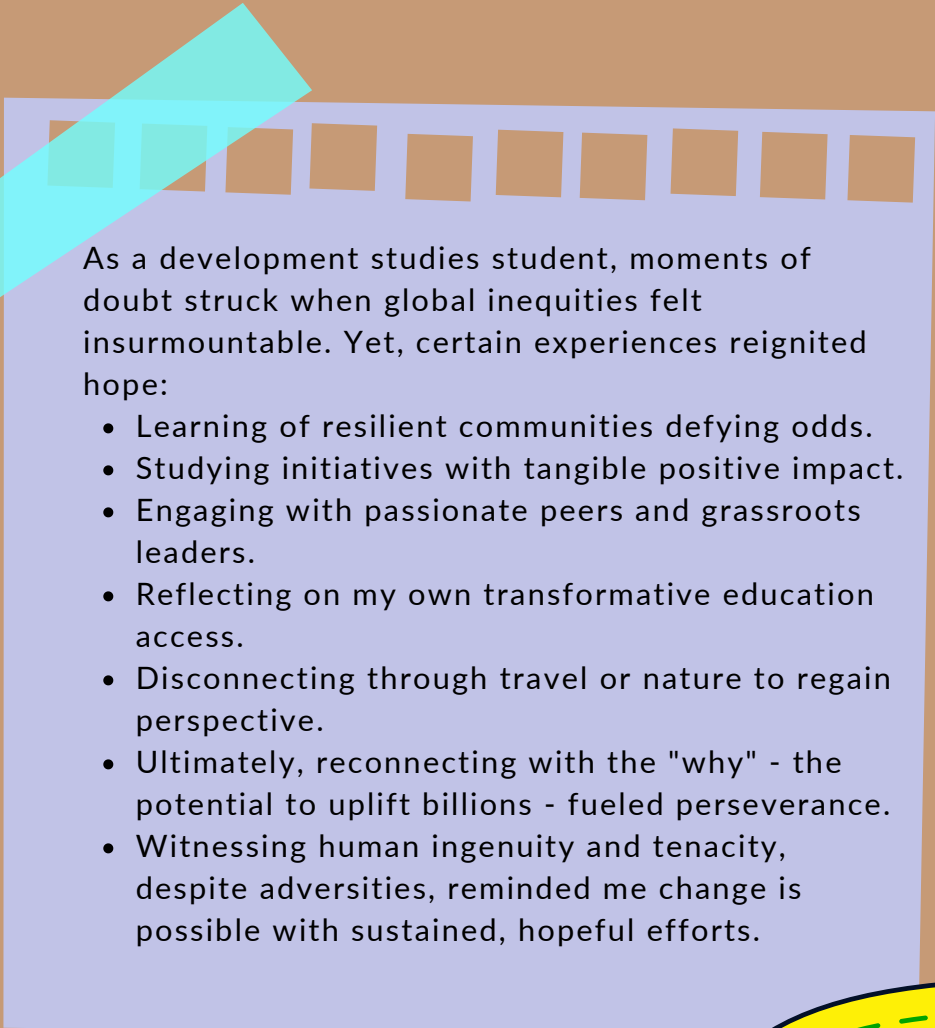
happiness and small wins

Hope to me is positively waiting in anticipation, it could be an energy I carry which keeps me believing that things that will be will be. Being able to have hope gives me a feeling of gratitude

What are some things that have helped you through, when you might have reached a point where you couldn't see possibilities?

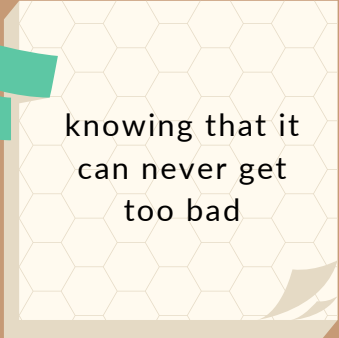
Support from the close people, whenever I get too anxious and nervous, as I am a person who is having anxiety, overthinking and stress management issues. The reassurance and love that the people give us will always be a mark that one will remember forever.

Holding myself and telling myself it's ok. Affirmations have helped. It changes the energy. Grounding and breathing practices have helped. Reaching out to friends and asking for help has helped.

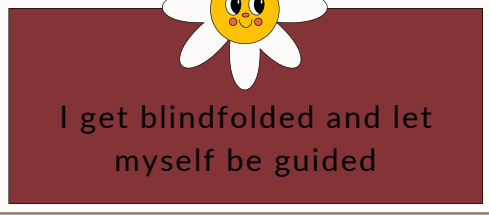
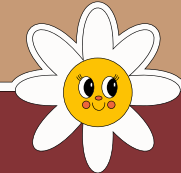


As a development studies student, moments of doubt struck when global inequities felt insurmountable. Yet, certain experiences reignited hope:

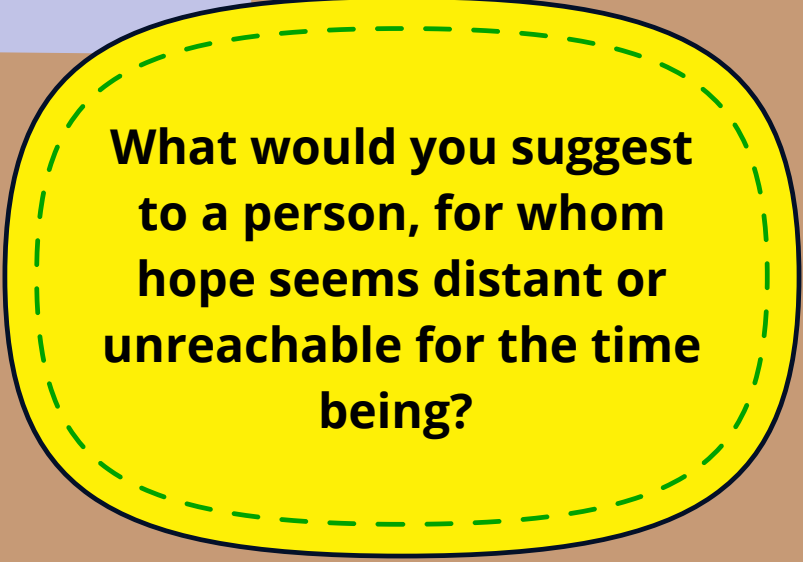
- Learning of resilient communities defying odds.
- Studying initiatives with tangible positive impact.
- Engaging with passionate peers and grassroots leaders.
- Reflecting on my own transformative education access.
- Disconnecting through travel or nature to regain perspective.
- Ultimately, reconnecting with the "why" - the potential to uplift billions - fueled perseverance.
- Witnessing human ingenuity and tenacity, despite adversities, reminded me change is possible with sustained, hopeful efforts.



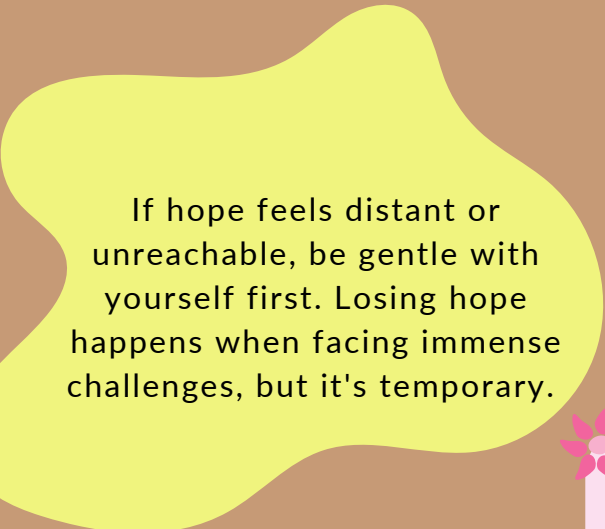
knowing that it
can never get
too bad



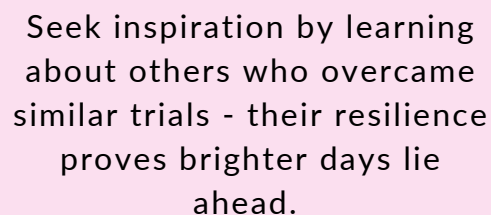
I get blindfolded and let
myself be guided



**What would you suggest
to a person, for whom
hope seems distant or
unreachable for the time
being?**



If hope feels distant or unreachable, be gentle with yourself first. Losing hope happens when facing immense challenges, but it's temporary.



Seek inspiration by learning about others who overcame similar trials - their resilience proves brighter days lie ahead.

Confide in supportive loved ones who remind you of your inner strength. Consider counseling or support groups to process emotions safely.

Focus on life's simple joys and practice gratitude daily

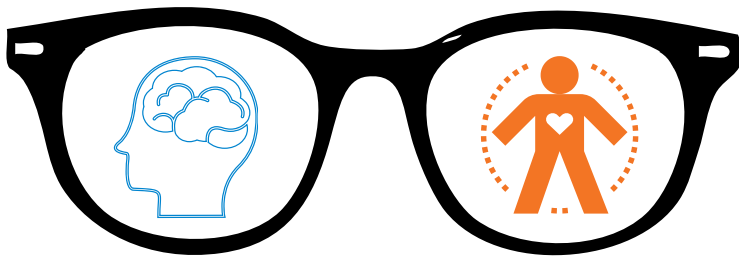
All I can mainly do is to talk to them, understand them and also embrace them to the fullest

Nurture yourself through self-care like nature, meditation, or artistic outlets. Above all, hold a long-term vision that this is just a season, and have patience - hope will gradually blossom again through modest steps of caring for your spirit. The path may not be linear, but nurturing various sources can compellingly reignite hope's light in due course

THANK YOU!

to all of you who contributed to the Storyboard! It was a delight to read all your responses!

LAKSHMI'S LENS



**HOPE
LIGHTS
THE WAY**



“THE CAPACITY FOR HOPE IS THE MOST SIGNIFICANT FACT OF LIFE. IT PROVIDES HUMAN BEINGS WITH A SENSE OF DESTINATION AND THE ENERGY TO GET STARTED.

– NORMAN COUSINS, AMERICAN JOURNALIST.

Every morning as I drive to work on Varthur Market Road, I see a gentleman who is severely disabled, almost bent over, and barely able to walk. It seems like he also has some visual impairment. He walks to a tea shop with a newspaper in hand, sits down with a cup of tea, and reads the newspaper for some time. After this, he walks around the block and disappears (probably goes back home or to work somewhere). The road I am referring to is a very crowded street with broken pavement and quite dangerous to walk. The sound of blaring horns from the vehicles on this road is very disorienting and distracting even for those of us sitting inside the car waiting for the signal to change. But there is no trace of helplessness on this gentleman's face or in his body language. I have never seen him ask someone to help him navigate the broken footpath. I witness this every morning with fascination and admiration for his grit and determination. What could motivate him to do this day after day, every day, consistently? Could it be resilience and eternal hope for the future?

Hope is a dynamic cognitive-emotional state and a way of thinking and being. It's a combination of the belief in the

possibility of a positive outcome and the motivation to pursue it. Hope is different from wish because we have no control over our wish being fulfilled. Whereas with hope we have the agency to work towards getting what we want and fulfilling our dreams and aspirations.

Hope is a human survival mechanism, without which we cannot thrive. It's not just a feel-good state of mind. Hope is the belief that your future can be better than your past and you can make that happen, despite adversity. Hope is the driver of resilient behavior.

According to positive psychologist Charles Richard "Rick" Snyder (1944-2006), hopeful thinkers achieve more and are physically and psychologically healthier than less hopeful people. Snyder's "Hope Theory" consists of two key components: agency and pathways. He refers to agency as the belief in one's capacity to initiate and sustain actions toward the desired goals and pathways as the ability to identify and strategize the possible ways of achieving those goals. This is especially helpful when one faces many challenges and obstacles. Usually, people give up, but hopeful people persist and actively look for ways to work around these obstacles and find another path. The best-laid plans could fall apart even for a supremely talented and skilled person. Hope is what helps navigate life's twists and turns and propels us to keep moving forward when faced with adversities.

The American Psychological Association (2014) defines resilience as "the process

of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress." A resilient person might perceive a setback as a great learning opportunity and a turning point and persevere rather than give up.

Aspirations, dreams, and ambitions are central to the concept of hope which nudges a person forward. Aspirations provide direction, purpose, and meaning for short-term actions and long-term vision for pursuing a career, relationships, or personal development. Aspirations serve as a driving force that fuels creativity, innovation, and resilience in case of adversities and find new pathways to achieve what we aspire for. Challenges and obstacles are an inevitable part of the journey toward realizing our aspirations. It's the way we perceive and respond to these challenges and obstacles that determine the outcome. Having a hopeful mindset not only makes you resilient but also helps you live the life you aspire for.

Aspiration and hard work go hand in hand. Determination, perseverance, discipline, and consistent hard work are required to realize and fulfill our dreams and aspirations. If we are unwilling to go down, we cannot go up. The growth and success we see are the result of all the inner hard work that is done in the dark and difficult times.

Similarly, the gentleman on my way to work might have worked very hard and gone through pain, humiliation, and struggles, to be able to just walk to that shop and have his tea and read the newspaper. Fueled of course by Hope.



TRIVIA GAME: "HOPES AND ACHIEVEMENTS"



Round 1: Historical Achievers

- **Who was the civil rights leader who delivered the famous "I Have a Dream" speech in 1963?**
 - A) Martin Luther King Jr.
 - B) Malcolm X
 - C) Rosa Parks
 - D) Nelson Mandela

- **Which scientist formulated the theory of relativity and revolutionized our understanding of the universe?**
 - A) Isaac Newton
 - B) Albert Einstein
 - C) Galileo Galilei
 - D) Marie Curie

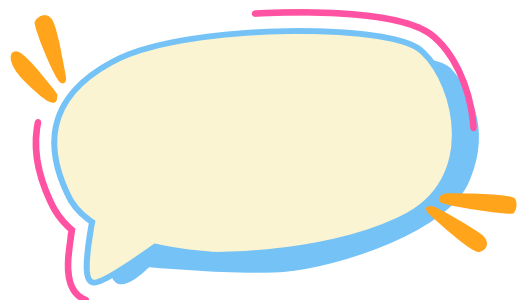
- **Who was the first woman to win a Nobel Prize and remains the only person to win Nobel Prizes in two different scientific fields?**
 - A) Marie Curie
 - B) Rosalind Franklin
 - C) Florence Nightingale
 - D) Jane Goodall

Round 2: Inspiring Quotes

- **"The only way to do great work is to love what you do." - Who said this famous quote?**
 - A) Steve Jobs
 - B) Bill Gates
 - C) Oprah Winfrey
 - D) Mark Zuckerberg

- **"Success is not final, failure is not fatal: It is the courage to continue that counts." - Whose words are these?**
 - A) Winston Churchill
 - B) Abraham Lincoln
 - C) Theodore Roosevelt
 - D) Franklin D. Roosevelt

- **"The future belongs to those who believe in the beauty of their dreams." - Which historical figure expressed this sentiment?**
 - A) Eleanor Roosevelt
 - B) Mahatma Gandhi
 - C) Nelson Mandela
 - D) Martin Luther King Jr.



Round 3: Notable Success Stories

- **Who co-founded Microsoft and became one of the wealthiest people in the world?**
 - A) Bill Gates
 - B) Steve Jobs
 - C) Mark Zuckerberg
 - D) Elon Musk

- **Which author faced multiple rejections before finding success with the Harry Potter series?**
 - A) J.K. Rowling
 - B) Stephen King
 - C) George R.R. Martin
 - D) Agatha Christie

- **Who was the visionary entrepreneur behind the electric car company Tesla and SpaceX?**
 - A) Elon Musk
 - B) Jeff Bezos
 - C) Richard Branson
 - D) Larry Page

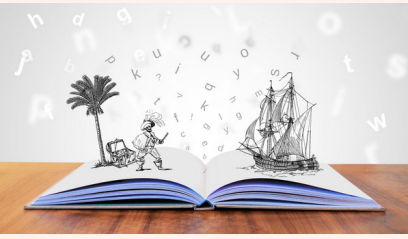


BLOSSOMING

In the hearts of the young, hope resides.
Where dreams are born, and futures collide.

With eyes alight with endless dreams,
They sail on hope's boundless streams.
In each heartbeat, a world of possibilities,
In each step taken, new realities.
With courage as their guiding light,
They chase the stars, with all their might.
Each step they take, a journey bold,
With strength, they'll the future mold.
In their hands, the power lies,
To paint the canvas of the skies.
So, let us nurture, let us sow.
The seeds of hope, so they may grow.
For in the hands of youth, we see,
The promise of tomorrow, yet to be.





AMRITA'S ACCOUNT



HOPE...A HEALING!!

Deep from the sea, a silent wave touches the shore, moistens the dry sand and joins back the vast ocean.

What is Hope?

Anything that keeps us going.

Hidden between the closed door, those rays of light peeping in through the smallest of the holes.

To keep us alive, to bear, to look forward and beyond.

To cry.. to laugh.

Hope! A word full of possibilities, feelings, images, stories, aspirations and many more.

How is your hope shaping you?

How are you shaping your hope?

Hope! A gentle gesture of peace in chaos.

Hope! which is willing to transform into something beautiful.

Which has the power to turn into a reality.

Which has the charm to keep you engaged..tired...

yet curious to witness what unfolds.

Hope! A departure.. A Coming.

Hope is you.

Hope is me.

A dark night... A sunshine.

Hope..One Word...Many Stories

What is your story of Hope?

What is your hope calling out to

you?



HOPEFUL HEADLINES

EVERYDAY LIVES, EXTRAORDINARY STORIES

News Source: PARI (People's Archive of Rural India)

-Fairen Freddy

Rural Medical Practitioner's in Jharkhand: a 'healing' driven by trust

A ramshackle healthcare system, along with infrastructure challenges in the interior villages of Pashchimi Singhbhum district, make Rural Medical Practitioners indispensable



Jyoti with a certificate of Family Welfare and Health Education Training Programme, awarded to her by the Council of Unemployed Rural Medical Practitioners

At places where access to basic facilities like hospitals, clean drinking water, educational institutions and employment are a scarcity, Jyoti Prabha Kispotta, 35, has been offering medical services in villages in and around Jharkhand's Pashchimi Singhbhum district for the past 10 years. She is one of the many 'RMPs' who, regional surveys indicate, make up over 70% of healthcare providers in rural India. This young woman from the Oraon tribe is the first recourse, and too often, the last hope of people in the predominantly Adivasi villages of Pashchimi Singhbhum that are plagued by an apology of a public health system.

Link to source: <https://ruralindiaonline.org/en/articles/rmps-in-jharkhand-a-healing-driven-by-trust/>

‘Everyone accepts me the way I am’

Thulasi is from the Irular community and a member of the thirunangai community of trans gender people. A single parent, she supports herself with daily wage work, participating in temple rituals and passing on herbal remedies.



*(Left) Thulasi with her daughter, Anjali in their home in Dargas, Thiruporur taluk of Tamil Nadu
(Right) Thulasi has been part of a thirunangai group for several years*

Thulasi is a trans woman and mother to her nine-year-old daughter. Anjali has always referred to Thulasi as her amma (mother). The proud mother is smiling as she tells us this, her curls held in a bun, her pink saree neatly tied. Everyone in her tightly-knit Irula community was aware of her gender and so there was no need to hide it, says Thulasi. “My wife too knew fully well about me before we got married,” says Thulasi. “No one ever said I shouldn’t behave or dress in a certain way, neither when I wore a kudumi [tiny knot of hair] nor when I started wearing saree,” she adds.

Link to source: <https://ruralindiaonline.org/en/articles/everyone-accepts-me-the-way-i-am/>

‘Love makes you a good teacher’

PARI celebrates special educators who teach people with disabilities. They show how patience and persistence along with boundless love for their students is the cornerstone of all good teaching.



Children at the Dhayari School for the Hearing Impaired chat with each other.



Mohan Kanekar (left) is an experienced special teacher at Dhayari School for the Hearing Impaired. Students learning to make signs for the Marathi alphabet.

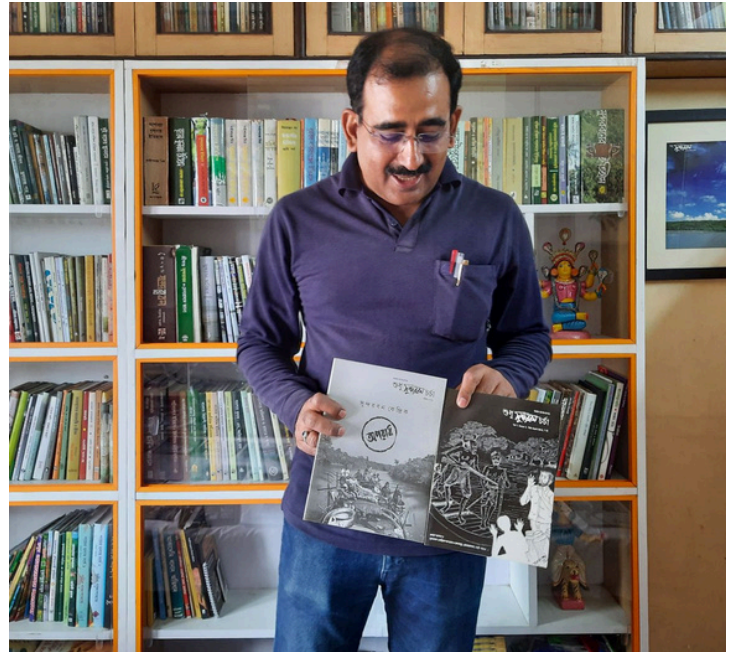
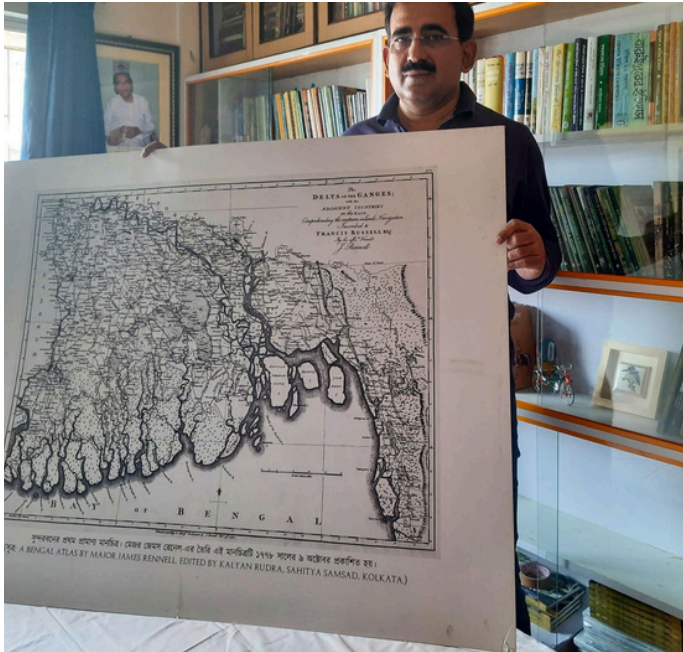
“Unconditional love for my students and total acceptance. That is what I have learned as a teacher!” Medha Tengshe offers her point, gently but firmly. A special educator, she is one of the founding members of Sadhana Village where over 30 people of varying ages and with varying levels of intellectual abilities are taught basic life skills along with some art, music and dance.

Teachers of people with disabilities are referred to as ‘special educators’ and they educate students in a way that accommodates their individual differences, disabilities and special needs, and makes them self-sufficient. Most of these teachers and educators believe that special education is much more than techniques and methods. It is about the trust and bond between a teacher and child. In 2018-19, Maharashtra noted 3,00,467 children with special needs (CWSN) enrolled in Classes 1 to 12. There are 1,600 special needs schools in Maharashtra.

Link to source: <https://ruralindiaonline.org/en/articles/love-makes-you-a-good-teacher/>

Beyond disaster and wildlife in the Sundarbans

Jyotirindra Narayan Lahiri's quarterly publication 'Sudhu Sundarban Charcha' talks about the world's largest mangroves in ways that defy mainstream media's stereotypes around this region



Lahiri holds the first map of the Sundarbans (left) prepared by Major James Rennel in 1778. He holds up issues of Sudhu Sundarban Charcha (right), a magazine he founded in 2010 to counter this and provide local Indian and Bangladeshi perspectives on the region

Lahiri found media reports on the disaster sparse and superficial. “The media recycles stereotypes about the Sundarbans. Typically, you will find accounts of tiger attacks or rain. When it isn’t raining or flooded, the Sundarbans is rarely in the news,” he says. “Disaster, wildlife and tourism – that is the sum of what interests the media.”

He founded Sudhu Sundarban Charcha (loosely translated as ‘Just Sundarbans Discussions’) to comprehensively cover the region from both Indian and Bangladeshi perspectives. Since 2010, he has published 49 issues of the magazine and the 50th issue is slated to be published in November 2023. “Past issues have focused on everything, from how paan is grown, to maps of the Sundarbans, the lives of girl children, profiles of individual villages, piracy and rainfall,” he says. One issue even discussed how media covers the Sundarbans, featuring perspectives from journalists in West Bengal and Bangladesh.

Link to Source: <https://ruralindiaonline.org/en/articles/beyond-disaster-and-wildlife-in-the-sundarbans/>

Karimul's medical motorcycle diaries

Popularly known as Ambulance Dada, Karimul Haque is a tea garden worker in Jalpaiguri district of West Bengal who runs a unique 'bike ambulance' free of cost for villagers. He was recently awarded the Padma Shri



Karimul uses his motorbike to take people from Dhalabari and other nearby villages to hospitals and clinics, free of cost

Karimul Haque works in a tea garden in Jalpaiguri district of West Bengal and uses his motorbike to take people from Dhalabari and other nearby villages to hospitals and clinics, free of cost. There is a primary health centre at Kranti, about six kilometres from Dhalabari, but it has limited facilities. The area does not have a regular four-wheel ambulance service.

Karimul's unique 'bike ambulance' and mobile number (for calls from people in need of medical help) have become very popular in the villages, and his service is known even among local doctors, police personnel and block officials.

From his tea estate job, Karimul earns Rs. 4,000 every month. He keeps aside 25 per cent of his salary for fuel and other costs of running the bike, and another 25 per cent is spent in repaying a bank loan. Karimul does not hanker for more money; he believes that Allah will reward him for his work.

Link to Source-: <https://ruralindiaonline.org/en/articles/karimuls-medical-motorcycle-diaries/>

