



FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING
BANDSTAND, BANDRA WEST



FINDING
IKIGAI

EPISODE 1
INCEPTION

FRAGMAG 2021

FINDING IKIGAI

Frazzled, restless, completely emotionally depleted from pursuing lifestyles that we wanted to - this is what 2020 was for many of us. As we continue into mid-2021, trying to keep up with those well-planned but lofty New Year's resolutions, there's no better time than now to refocus our energies, and really plan out our hopes and goals for the future.

Ikigai is a Japanese concept that translates to "a reason for being"; 'a reason to get up in the morning', to enjoy the meaning of life - passion, purpose, something one lives for.

Ikigai is all about finding joy in life through purpose. For many people, striving to find their purpose in life can resemble a winding quest filled with many twists and wrong turns.

Some blindly follow passions that aren't based in reality, then wind up feeling discouraged when their dreams don't materialize. Others resign themselves to careers that bring them money and status, but aren't fulfilling. In both cases, over time, the sense of purpose can begin to diminish. With a pessimistic mind, let's try to enjoy life even with all the restrictions it comes with, let's try to pursue our goals even if the future seems unclear right now. Amidst all the chaos, let's find our ikigai.



Fr. Peter D'Souza

Local Superior

Dear Friends,

Human beings are going through a terrible time during this pandemic. However harsh this pandemic may be, perennial wisdom will always give us the solace that the purpose of human being is to dissolve in the Divine Reality by mastering Divine Awareness as we journey along the ups and downs of human life.

Science and technology has had great discoveries in the last 500 years. Today it is on the brink of a path breaking discovery of 'consciousness'. Scientists find that the traditional dualistic method of doing science is no more helpful as recent studies show matter & non matter is a continuum. Very soon we may have Scientist saying the same thing what seers, sages and mystics had said ages ago. Our human mind as laboratory may be the dominant player in science in the near future.

Pope Francis in his message to the pandemic covered world has invited everyone to focus on the following

- (1) Education has to be Ecological
- (2) Economics has to be Sustainable
- (3) Politics has to be Fraternal
- (4) Living has to be Equitable
i.e. Food & clean drinking water to all.

Our 'Ikigai' during the pandemic and post pandemic will have to have the above focus and passion which will definitely lead us to the ultimate 'Ikigai' to be aware and merge in the 'Oneness of Reality' i.e. our consciousness merging or dissolving in superconsciousness'.

Stay Safe, Be Safe.



Fr. Valerian D'Souza sfx

Director

Once you discover your purpose, pursuing it and nurturing it every day will bring meaning to your life says Francesc Miralles.

Dear Students,

The Theme of the FRAGMAG 2021 chosen by the students' council is very much relevant to the present situation which we are in. The whole world seems to be in chaos and confusion trying to find meaning to the problems of humanity created by the Pandemic. Human beings are groping in the dark to respond to the new normal brought forth by the deadly virus across the globe. The socio-economic climate of the countries is on the decline as normal life has been disrupted due to the second wave of Covid-19.

In spite of the massive losses around us, we are still hopeful to have our dreams and desires fulfilled and to forge ahead with strong resilience and passion. This could only be possible because we have a reason to live and there is a purpose to life.

At CRCE, In spite of the disruption of the offline academic schedule, students have moved on to the next stage of the academics during the current pandemic due to their strong determination and a purpose in life. Most of the Students have done extremely well in their academic careers during these unprecedented circumstances. We strongly believe that having a reason to live and adding a significant purpose to life that we can overcome all our hurdles, challenges and struggles in order to keep life going.

As we have yet another edition of FRAGMAG 2021, I wish our students best of luck in their future endeavors. As Thomas Foxwell says, "with ordinary talent and extra ordinary perseverance, all things are attainable. "Let us remain concentrated on our purpose in life. So Ikigai is about finding delight, self-actualization and equilibrium in the daily schedule of life. Let us find our Ikigai every day.

Fr. Valerian D'Souza sfx

Director

Fr. Agnel Technical Campus Bandstand-Bandra
Mumbai-50



Dr. Srija Unnikrishnan

Principal

When you think positive, good things happen.

Courage doesn't mean you don't get afraid, courage means you don't let fear stop you.

When you have a clear purpose, no one can stop you.

All of us have grown up on such Ikiagi lines and they keep us going during the ups and downs of life. The unprecedented circumstances imposed by COVID 19 has been a trying time for the world at large, but it has also taught us to evolve, become resilient and find the silver lining in the darkest cloud. The education system has also adapted to the new normal and moved to the online space, finding solutions to the challenges that crop up from time to time. At CRCE, all stakeholders have aligned themselves to the current situation and ensured the all around development of students by exploring new pathways of teaching-learning, placement, co-curricular and extra-curricular activities. In addition to regular academics, future-ready skills are imparted through workshops and webinars. Our two teams bagged the first position in the first online edition of Smart India Hackathon, organized by MHRD, Govt. of India. The project teams have worked in co-ordination from the safety of their homes, put in their best efforts and secured good rankings in the online versions of their national/international level competitions. Student Council, student chapters and departments rose to the occasion and successfully organized events and contests in online mode – National level debate with the theme Immanent critique of social adiaphora, Unscript Hackathon, Technical festival Crescendo, TEDx talks with the theme Shifting gears, Heart and Sole marathon on virtual platform, social awareness programmes by NSS, Faculty Development Programmes etc.

For the student community, their journey took a sharp turn with the onset of the pandemic. Along with missing the active campus life and some times facing tough situations at home, they are taking care of their academics and improving their skill-sets. They have learnt to use technology meaningfully, keep inventing and stay in tune with the ecosystem. I exhort students to let adversities bring out your best. Pursue your passions and aspirations, enjoy what you do and always be happy. Live in the moment and find your Ikiagi.....

FROM THE Editor's Desk

"Don't think of all the misery, but of the beauty that still remains." - Anne Frank

Warm greetings to you on behalf of the Editorial Board of FragMag 2021.

As we move through the COVID-19 crisis, we have all experienced what's known as the 'change curve' in different ways. Last year, at this time, we were all discovering hobbies, engaging in new activities, making time with our families and all in all, leading a peaceful existence. Fast forward to now. India has been hit by the second wave of the pandemic like no other country. Every hour, we hear terrifying accounts of helpless people battling the virus, of friends, relatives, suffering or at the worst, dying. There is a dire need for an escape, a way of coping with this deadly virus that has taken over everything from our daily routines, to our jobs as well as our mental well being. Frazzled, restless, entirely emotionally exhausted from pursuing lifestyles that we wanted to - this is what 2020 was for many of us. As we continue into mid-2021, trying to keep up with the daily tragedies and instances of loss, it is onerous to look for the light at the end of the neverending tunnel we are stuck in. There is no better time than now to center our energies and look inward to realign with ourselves.

Enter ikigai, an age-old Japanese ideology and philosophy. A combination of the Japanese words “iki” (生き), which translates to “life,” and “gai” (甲斐), which is used to describe value or worth, Ikigai is all about finding joy in life through purpose. In the hierarchy of human suffering during the pandemic, it is typical to feel lost or stuck in a limbo of the daily monotonous cycle. Ikigai is all about finding joy in life through purpose. For many people right now, striving to find their purpose in life can resemble a winding quest filled with many twists and wrong turns. Some blindly follow passions that aren't based in reality, then wind up feeling discouraged when their dreams don't materialize. Over time, the sense of purpose has begun to diminish. With a pessimistic mind, let's try to enjoy life even with all the restrictions and misfortune it comes with, let's try to pursue our goals even if the future seems unclear right now. In these distressing times of the COVID-19 which has claimed thousands of lives globally, made us apprehensive, distraught and disconcerted, the lifestyle of Ikigai is, above all else, would help reinforce the balance between the spiritual with the practical. Look inward to realign with ourselves.

I take this opportunity to thank Reverend Father Peter D'Souza, Reverend Father Valerian D'Souza and our Principal Dr. Srija Unnikrishnan for bestowing their prayers and blessings. I would also like to acknowledge with heartfelt gratitude the support I have received from Dr. Deepak Bhoir (Dean of Students Affairs). This magazine wouldn't have been possible without the assistance and continuous encouragement I received from Dr. Ketaki Joshi, the Convener & In-charge of the Marathi section of this year's edition. A hearty thanks to Prof. Deepika Singh (Hindi In-charge) & Dr. Joseph Rodrigues (English In-charge). A big thank you to the entire editorial team of FragMag for always helping me through this wonderful journey.

The wonderful designs you will see in this Magazine have been done by none other than the diligent design team led by Gautami Thakur. I thank you from the bottom of my heart for all your efforts in making this year's edition look remarkable. I am also awash in gratitude for my lovely Junior Council, each of whom have put in their ardent efforts and have stood by me every minute of the way. A special thank you to the website team led by Yameen Ajani and Joshua Godinho for creating a truly unique experience for this year's edition of FragMag.

To conclude, I would like to state that, in these perilous times, it is important to derive inspiration from people around us. Make the most of being with our families, our friends albeit virtually and taking time to cultivate what truly makes us happy from within. Let us strive for intrinsic joy. People are happiest when they are in a state of flow—a state of concentration or complete absorption with the activity at hand and the situation. It is a state in which people are so involved in an activity that nothing else seems to matter. Let us take time to gaze at our veiled minds in these agonizing times to look beyond the suffering and pain of loss towards the hope of a better future. Let us all come together as a community to serve, create and nourish ourselves inwardly as well as a whole.

Amidst all the chaos, let's find our *Ikigai*!

Saloni Khanna
Editorial Secretary

The year is 2020, it's 8:30 am on a bright Thursday morning, you're walking towards the bus stop from Bandra Station with your favourite music blasting through your earphones. You meet your friends at the bus stop and you'll make your way to college through a frenzy and hustle bustle of the great Mumbai crowds. Life's good, isn't it?

No one in their wildest dreams could ever have imagined- let alone anticipated- that a virus so deadly would take over humanity to such an extent, that it would cause massive repercussions in almost every domain of life, be it big or small.

But come to think of it; this was a much needed break for all of us. And what better time than now?! Now, when this ever evolving world was at the brink of over exertion, and over working with people everywhere being stressed, depressed, exhausted, frazzled, unmotivated, just downright unhappy.

If it weren't for this lockdown would we ever voluntarily take a minute to even breathe and reflect on what our real purpose, "Our Ikigai" truly is?

The answer is , NO. Because, we as humans are rigid followers of physics and live our lives in the state of inertia i.e. unless forced we do not change our course of action.

Due to this ongoing Covid Pandemic, the whole world basically came to a standstill but as humans we did what we do best: Adapt, react and overcome. We adapted to the highly receptive environment around us, reacted sourly at first which was followed by diligently trying to get our lives back on track and finally we overcame the monotony of it all.

While we were all doing this, what we did not realise is that the pandemic taught us more than our primary education did. It taught us to follow our passions, to engage in our talents, look after our well being and be happy with ourselves.

Take Kintsugi as an example: the Japanese art of filling cracks in broken pottery with gold, silver or platinum glitter. In other words it depicts that one's imperfections can make one unique in their own way.

Kintsugi aligns with the idea that our imperfections are what make us human, they are what makes us beautiful and strong in every single way. There are hardly things that can stop us from finding our true sense of joy once we put our mind to it.

So with this I strongly urge you to work hard towards finding your own IKIGAI because you will never get a chance like this one ever again. So Carpe Diem. Quoting Dead Poets' Society "Seize the day boys!"

**-Dr. Joseph Rodrigues
Tanisha John**

अविस्मरणीय योगदान

"हिंदी साहित्य आज दुनिया भर के सबसे प्रसिद्ध साहित्यों में से एक है। और हिंदी साहित्य की उपलब्धियों का सारा श्रेय जाता है हमारे महान् हिंदी कवि-कवयित्रीयों, साहित्यकारों, कलाकारों को जिन्होंने हर सदी में अपने हुनर और काबिलियत की मदत से सारे संसार को अपने कला से प्रभावित किया है।"

हिंदी साहित्य का इतिहास लगभग एक हजार वर्ष पुराना है। जिसके कारण हमें प्राचीन, मध्य और आधुनिक काल में हिंदी साहित्य के कई महत्वपूर्ण कलाकार जैसे मीराबाई, मुंशी प्रेमचंद, मैथिलिशरण गुप्त, हरिशंकर परसाई, निराला, यशवंत, धूमिल, हरिवंश राय बच्चन इत्यादि के मन लोभने वाली रचनाओं का उल्लेख देखने को मिलता है।

उसी तरह वर्तमान में भी हमें हिंदी साहित्य के कई अनमोल रत्न देखने को मिलते हैं। जैसे कुमार विश्वास, जावेद अख्तर, गुलज़ार, समीर अनजान, मनोज मुन्तसीर, स्वानंद किरकिरे, अमिताभ भट्टाचार्य, ईरशाद कामिल, अनविता दत्त, वरून ग्रोवर इत्यादि। जिनकी पहचान भले ही हिंदी फ़िल्म जगत की वजह से क्यों ना हुई हो लेकिन इन सभी ने मिलकर साहित्य की डोर थाम रखी है।

आज विश्व के ७२ देशों में हिंदी पढ़ाई जाती है, हिंदी बोली जाती है। भारत के साथ ही कई दूसरे देशों में भी हिंदी को अपनाया गया है। कहते हैं, "जहाँ न पहुँचे रवि वहाँ पहुँचे कवि" अर्थात् हिंदी रूपी पुष्प ने विश्व रूपी बगिया को महकाया है।

साहित्य की चर्चा हमेशा से की गई है और आगे भी निश्चित तौर पर की जाएगी। इस साहित्यिक पत्रिका के माध्यम से, हम सभी को एक छोटा सा योगदान देने का अवसर प्राप्त हुआ है।

-शिवम् यादव
प्राध्यापक दीपिका सिंह

इकिगाई - जीविताचे ध्येय

मानवी इतिहासात अनादी अनंत काळापासून दोनच मूलभूत प्रश्नांची उत्तरे शोधली आहेत.

१. मानवी जीवनाचे अमरत्व
२. अमरत्व असणाऱ्या मानवी जीवनाचे कारण

अगदी प्राचीनातील प्राचीन संस्कृती मध्येही जीवन, मृत्यू आणि पुनर्जन्म यांच्या साखळीचा वैज्ञानिक अभ्यास केलेला दिसतो. लाखो वर्षांपासून सृष्टीमध्ये विविध जीवस्वरूपात 'सत्' आणि 'असत्' या दोन्हींमधील द्वंद्व रंगाले आहे. ऐतिहासिक पुराव्यांमधून हेच सिद्ध झाले आहे की निसर्गात 'सत्' ने 'असत्' वर विजय मिळवला आहे.

मानवी मूल्ये हि कायम चिरंतन, उत्तम व हितकारक रित्या वापरली गेली आहेत. आणि त्यामुळेच मानवाचेच नाही तर निसर्गचक्राचेही हित राखले गेले आहे. नैसर्गिक समतोल आणि उच्च मानवी मूल्ये हीच मानवी कल्याणाची सूत्रे आहेत. 'सत् चित् आनंद' हाच मानवी तत्वाधार इतकी वर्षे टिकून आहे. सत् म्हणजे चांगले असणे, चित् म्हणजे अस्तित्वात असणे आणि आनंद पसरवणे हेच लोककल्याणाचे साधन आहे. सर्व प्राचीन धर्मही 'सत्यिदानंद' हीच मानवी जीवनाची मूळ व्याख्या सांगतात. कितीतरी संत, राजे, वैज्ञानिक, कलाकार, धार्मिक पुरुष यांनी मानवी जीवनाचे सार हे लोककल्याण आणि आनंददायी प्रेरणा हेच सांगितले आहे.

आज जग ज्या वैश्विक घातक संकटाला सामोरे जात आहे, या वेळी हजारो प्राणांची रक्षा करण्याचे व्रत घेतलेले डॉक्टर्स, आरोग्य कर्मचारी, वैज्ञानिक, समाज सेवक हेच 'इकिगाई' तत्व आचरत आहेत. 'इकिगाई' हे समाज कल्याणाचे मर्मच या कठीण काळात विश्वाला आधारभूत ठरेल.

-सहाय्यक प्राध्यापिका
डॉ. केतकी न. जोशी