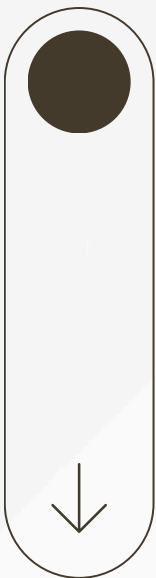


# Sunrise

CBOA GUWAHATI



**May Edition 2025**



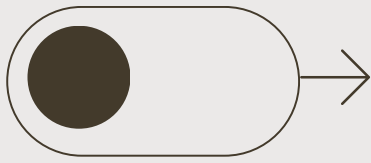
# Editor's Note

Hi there

Normalcy is one underrated attribute. Be it a life of routine or that of on- the-run daily maze of surprises, we humans find the need of change as an unavoidable trait to chase. We, The species, get easily bored. We want our time to change, even while we are not sure if we really do. Yet so, we fail to embrace each day as a new day, and readily stamp all things with ' they are all and always the same' seal.

I usually have this thought process blending into compassion while I read of war, riots, tsunamis, earthquakes, and nevertheless, terrorist acts. I can only imagine how lives turn upside down over a moment, and how those survivors bleed dark red at heart. You could trade them with their breath for the normalcy of life they had just lost. No money, no words, no prayers suffice. They just lost the people they complained of arrogance, of laziness, of busyness, of demands, of being nosy and unsettling all the time. Do they feel better when they ain't there anymore? Do they?

It is often told - No news is good news. You could not agree more to that.



# Normalcy

While it is always advised to practice gratitude, to appreciate life, Nature and everything between, we often forget to cultivate the habit. We are always complaining - of our jobs, of our relations, of the society, of the world. Snatch away any one of those, and we fall on our knees, virtually dead. We repetitively feel bored, we chase alterations, and if any comes on uninvited course, we are alarmed.

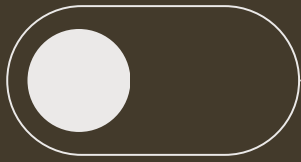
Can we take moments of realisations then, that we are blessed with sunny or rainy mornings when we are getting ready for a job that is sufficiently feeding and taking care of all our family needs, that we are blessed with people and love all around, that everything is fine and everyone is safe? That we are breathing air and have food and water on our table? May we empathise with the ones who survived tragedies, and be thankful to fate that it did not chose us this time? Shall we ever appreciate what's boring and mundane?

**If authors are telling you that positivity attracts more goodness, they are right. It is only the bed of normalcy which would breed growth and prosperity. And only things appreciated stay long, yes, even if it's what routine, regular and ordinary.**

**Cheers to life!**

**Namrata Pritam**





# Anchoring: An evolving career

Anchoring is a viable and popular career path within event hosting, where individuals act as the hosts or presenters, guiding the audience through various events and programs. This role involves engaging with the audience, introducing speakers, and ensuring the event flows smoothly.

**Here's a more detailed look at anchoring as a career option:**

## **What an Anchor Does:**

- **Engages the audience:**

Anchors maintain audience engagement by introducing programs, speakers, and making announcements.

- **Facilitates event flow:**

They ensure the event progresses smoothly, managing the schedule and transitions between different segments.

- **Creates a positive atmosphere:**

Anchors contribute to the overall event experience by maintaining a lively and enthusiastic presence.

## **Skills Needed for Anchoring:**

- **Public speaking:**

Anchors must be confident and articulate speakers to captivate the audience.

- **Adaptability:**

They need to be flexible and able to handle unexpected situations, such as technical issues or last-minute changes.





# Anchoring: An evolving career

- **Audience awareness:**

Anchors must understand the audience's mood and adapt their presentation accordingly.

- **Strong communication:**

They need to communicate clearly and effectively, using various vocal and body language techniques.

## **How to Start an Anchoring Career:**

- **Gain experience:** Look for opportunities to anchor at school events, community gatherings, or volunteer with local organizations.
- **Build a portfolio:** Document your anchoring performances with photos and videos.
- **Network:** Connect with event organizers, event agencies, and other professionals in the industry.
- **Promote yourself:** Create a professional profile and market your services through social media.
- **Consider formal training:** You can pursue courses or workshops to enhance your anchoring skills.

## **Salary and Opportunities:**

- The average salary for anchors in India can range from ₹222,000 to ₹883,500 per year, with higher earners potentially earning more.
- Anchoring opportunities can be found in various events, including corporate events, weddings, conferences, and entertainment programs.





# Anchoring: An evolving career

In essence, anchoring is a dynamic career path that allows individuals to showcase their communication skills and passion for event hosting while earning a living.

## **A case study of Anchoring during Bihu celebration during Assam:**

Anchoring during Bihu celebrations in Assam typically involves introducing the event, welcoming guests, and facilitating the various activities and performances. Anchors often use engaging language and cultural references to create an atmosphere of celebration and connect with the audience.

## **Here's a more detailed look at what anchoring during Bihu might entail:**

### **Key Elements of Anchoring:**

- **Welcoming and Introduction:**

Anchors begin by welcoming the audience and setting the tone for the event.

- **Event Overview:**

They might briefly explain the significance of Bihu, the different forms of Bihu (e.g., Bohag Bihu, Magh Bihu, Kati Bihu), and the specific program for the evening.

- **Guest Introductions:**

Anchors introduce dignitaries, performers, and other important individuals involved in the event.





# Anchoring: An evolving career

- **Performance Facilitation:**

They announce the start of different performances like Bihu dances, musical performances, or other cultural events.

- **Engagement and Interaction:**

Anchors can create a sense of connection with the audience by asking questions, encouraging participation, or making lighthearted comments.

- **Closing Remarks:**

At the end of the event, anchors thank the audience and provide a final message, often emphasizing the importance of cultural preservation and the joy of Bihu.

## **Examples of Anchoring During Bihu:**

- **Introducing Bihu dancers:**

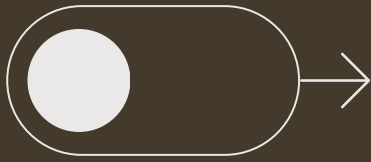
"Let's give a warm welcome to our talented Bihu dancers who will be performing a vibrant and energetic display of traditional dance!"

- **Introducing a musical performance:**

"It's now my pleasure to introduce the talented singer, [Singer's Name], who will be performing a traditional Bihu song!"

- **Welcoming the audience:**

"Welcome, everyone, to this vibrant celebration of Bihu! Tonight, we'll be immersed in the rich culture and traditions of Assam."



# Anchoring: An evolving career

## Tips for Anchoring during Bihu:

- **Knowledge of Bihu:**

Anchors should be well-versed in the details of Bihu celebrations and Assamese culture.

- **Engaging Language:**

Use language that is both informative and engaging to keep the audience interested.

- **Positive and Enthusiastic Tone:**

A positive and enthusiastic tone is essential to create a festive atmosphere.

- **Cultural Sensitivity:**

Be mindful of cultural sensitivities and ensure that the anchoring script is appropriate for the event.

- **Coordination with Performers:**

Communicate effectively with the performers to ensure a smooth flow of the program.

## My own experience Anchoring Bihu in Assam:

Anchoring Bihu in Assam was a deeply enriching and vibrant experience, filled with the warmth and energy of the festival. It was a chance to connect with the heart of Assamese culture and share the joy of celebrating Bihu with a lively audience.





# Anchoring: An evolving career

**Here's a more detailed look at the experience:**

## **The Atmosphere:**

- **Festive and Lively:**

The atmosphere during Bihu is electric, with music, dance, and a sense of togetherness filling the air.

- **Community Engagement:**

Bihu is a festival of community, and the events are often organized in a way that encourages participation and interaction.

- **Traditional Elements:**

You'll see traditional attire, music, and dance, all contributing to the rich cultural tapestry of the festival.

## **Anchoring as a Host:**

- **Sharing the Joy:**

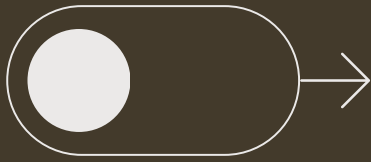
As an anchor, I had the opportunity to share the joy of Bihu with the audience, highlighting its cultural significance and the diverse aspects of the celebration.

- **Connecting with Performers:**

I got to interact with talented dancers, musicians, and artists, learning more about their craft and the stories behind their performances.

- **Facilitating Engagement:**

I guided the audience through the program, ensuring that they were entertained and engaged with the different activities.



# Anchoring: An evolving career

## Personal Reflections :

- **Cultural Immersion:**

Anchoring Bihu allowed me to immerse myself in the Assamese culture, gaining a deeper appreciation for its traditions and values.

- **Sense of Belonging:**

The festival fostered a strong sense of community and belonging, making me feel like I was truly a part of something special.

- **Lasting Memories:**

The experience created lasting memories of the vibrant energy, the warmth of the people, and the joy of celebrating Bihu.

In essence, anchoring Bihu was a rewarding experience that allowed me to share in the joy and cultural richness of the festival, leaving a lasting impact on my personal journey.

In conclusion, Anchoring can be a lucrative career, particularly with experience and networking. While initial earnings may be modest, the potential for higher income, especially in branded events and award shows, is significant. The key to success lies in honing your anchoring skills, networking, and gaining recognition in the field.

**Dwipayan Das**

# *A Donkey or The Horse*

A horse works hard to pull a carriage, but a donkey works even harder, carrying heavy loads on its back. The donkey tirelessly carries loads, demonstrating dedication and effort showing the ability to do hard work, where strength and endurance are key.

While the horse also exerting effort, uses its intelligence to navigate terrain, choose the most efficient path, and even cooperate with its rider to solve problems. This illustrates smart work, where thinking and adaptability complement physical effort.

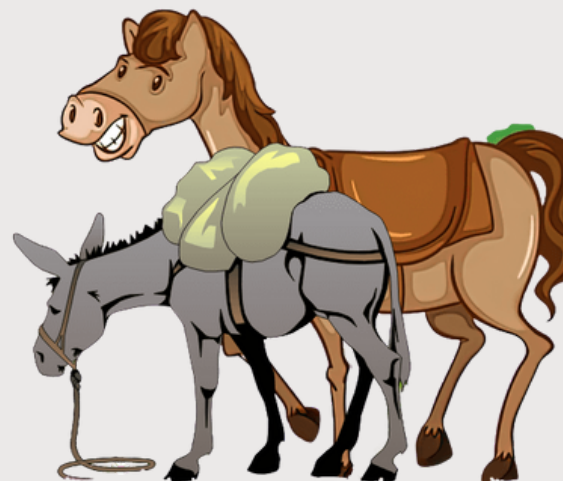
## **Dear friends, what is important ? Hard work or Smart Work ?**

While hard work lays the foundation, smart work helps in achieving results faster and more effectively. Hard work refers to putting in consistent effort, dedication, and time to achieve a goal. It builds discipline, perseverance, and resilience.

Smart work, on the other hand, means finding efficient and strategic ways to accomplish tasks with better planning and prioritization. Smart work is often prioritized over hard work because it focuses on efficiency and effectiveness.

In today's fast-paced world, working smarter helps save time, use resources wisely, and adapt quickly to changes. So dear friends, We are the smart horse and not the hard working donkey. Let's start thinking out of the box. Let's be a smart worker and not the hard worker.

**Debasish Talukdar**



# Why Goddess Kali's tongue is unfurled?



We all have seen that the tongue of goddess Kali is unfurled. Today I would like to tell you the story behind it. Long ago Shumbh and Nishumbh were the most powerful demons. They both had won whole earth as well as disturbed the Devas. To get rid of his atrocities, all the demigods have prayed to Goddess Parvati, Lord Shiva's wife and she had assured them to kill the demons with a new incarnation named Kali.

Shumbh had sent senapati Raktabeej to kill Goddess Parvati. Raktabeej was his last resort. All his demons were killed by the Goddess Kali. At the end Raktabeej was sent because he had a boon from Lord Brahma that whenever he would be killed, the drops of blood that fell on the ground from his body would become another Raktabeej. In other words, he might be killed but soon he become double or treble depending on the number of blood drops fell on the ground.



Soon there was a fight between Raktabeej and Goddess Kali. Though the demon was killed many times but from blood shed of his body, it became alive again. One became two, two became four and thus the process kept on going increasing the number of Raktabeej before Goddess Kali. Kali was at a loss.

Anyhow she killed all those new born Raktabeej, within a short period of time the demon came back again. Goddess Kali lost her temper. Her anger touched her tip of hair. Her body became hotter than the lava and now wherever she was keeping her foot it was burnt to ashes. She found a way. She beheaded Raktabeej with her sword and wherever the spilled blood had fallen, she instantly put her foot there and it became vapour. Gradually she killed all those Raktabeej born of blood drops by keeping her foot on the drops of blood. Thus Raktabeej was ended. But the anger of Goddess Kali was out of control. She was wandering in the battle field and whatever came in her way it was destroyed or killed. Hence the Gods approached Lord Shiva to control her. Shiva also thought that it was not possible to stop Kali just by telling something so he decided to lay himself on her way. Wandering goddess Kali had put her foot on Shiva and she felt a shock in her body that cooled down her anger and she looked below. She saw her husband lying below her foot and automatically her tongue came out. Naturally it happens also to us. Any unprecedented situation we put our tongue out. In this case it was Lord Shiva, her (Pārbati's) husband and how come one's wife put her husband below her foot. Hence we see the unfurled tongue of Goddess Kali

**Sumit Bhadra**





# GALLERY







# Sunrise

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*May 2025 Edition*

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We are with keen expectation that CBOA North East would happily participate in this literary initiative and offer your thoughts and experiences as write ups .

All are requested to submit articles for subsequent editions by the 25th day of the month.

Come on, let's write!

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