

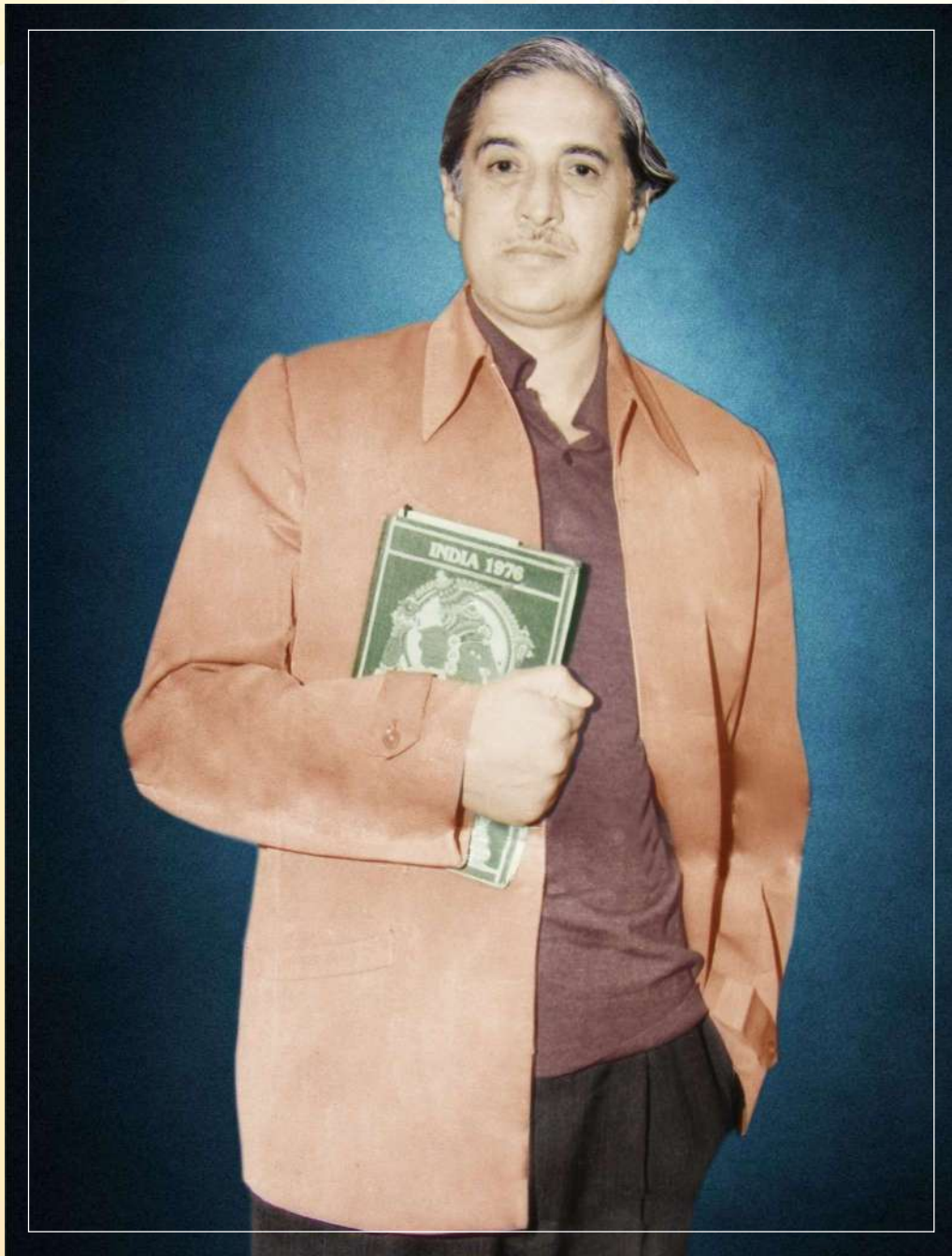
His Memory will Survive Till Hill and River Vanish



*His Highness
Late Maharaja Lakshman Sen of Suket*

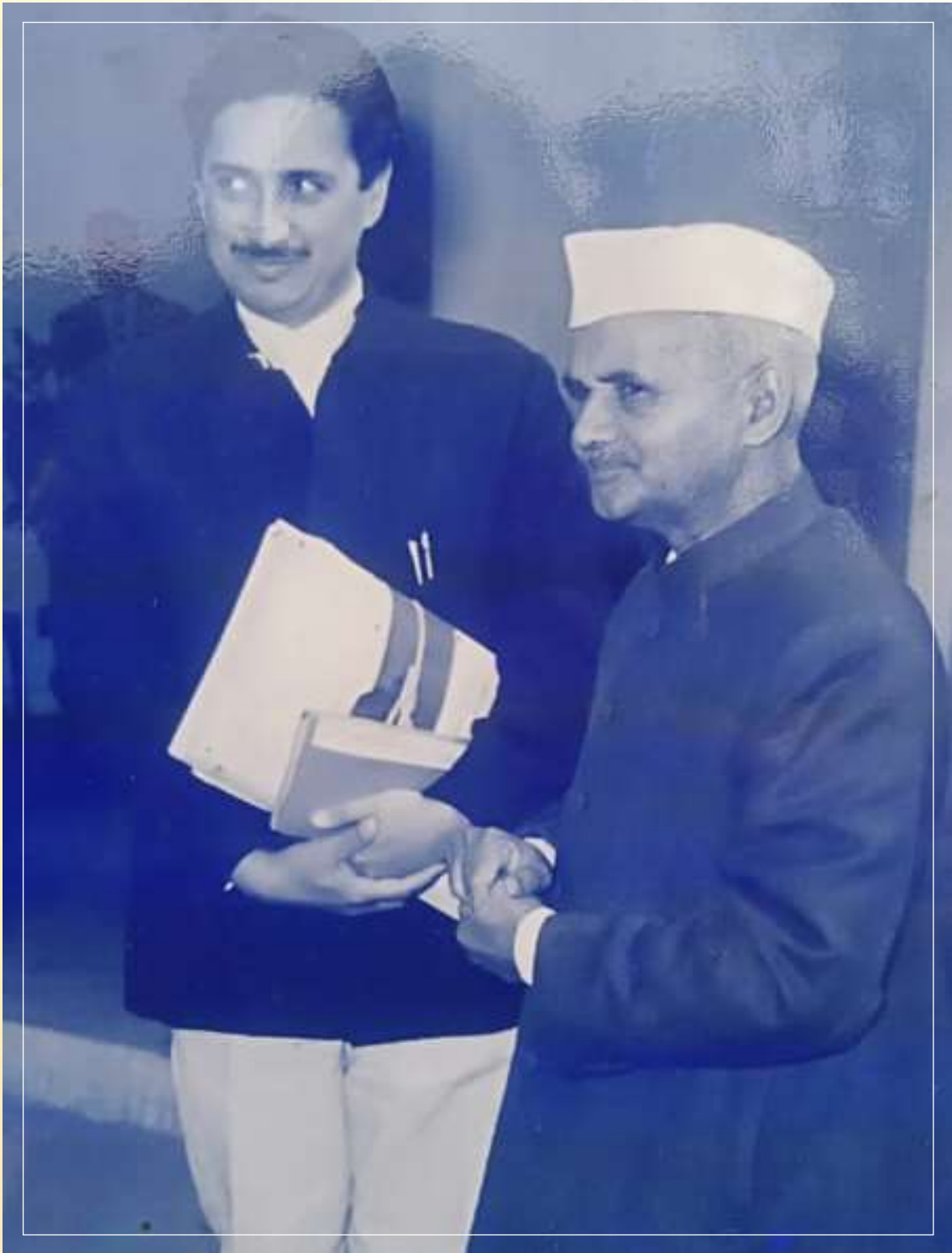
**IN WHOSE SACRED MEMORY HIS SON,
LATE HIS HIGHNESS SH. LALIT SEN FOUNDED THE COLLEGE**

Great Philanthropist And Educationist Par Excellence



*His Highness
Late Raja Lalit Sen of Suket*

FOUNDER OF THE COLLEGE



*Late Raja Lalit Sen, the founder of the college with the then Prime Minister,
late Sh. Lal Bahadur Shastri.*

He remained the Member of the Parliament (Lok Sabha) from 1962-1971



From Principal's Desk

Warm greetings!

It is a matter of great pleasure that Maharaja Lakshman Sen Memorial College, Sundernagar is bringing out the new edition of its magazine 'CHIR SANKALP,' which is an amalgamation of the contributions by the students and teachers along with a snapshot of our achievements during Academic Year 2022-23.

A college magazine plays a vital role in constructing a genuine aspect in the lives of students by giving them the importance of participation in multi-disciplinary activities. It also allows the students to channelize their imagination, palliates their ideas and assists them in realizing their potential. The magazine helps to boost the confidence level of students by giving them a platform to showcase their creativity in terms of literature, opinions, artworks, and photography skills. It bestows them a platform for proliferating awareness about several happenings around themselves.

Established in 1976 by the Late Raja Lalit Sen of Suket in the memory of his late father, Maharaja Lakshman Sen, the college has been imparting quality higher education in the State for the last so many years. It is in line with the institution's vision of imparting a high standard of education to the youth of the state, to challenge itself and to grow continuously for producing harmonious personalities by inculcating a spirit of tradition and modernity.

As a premier educational institute of the state, MLSM College strives to provide all the facilities and create an environment for the students, which is equipped with the multifarious modern aids and technology so as to give wings to their dreams and help them grow professionally as well as personally. We take immense pride in the fact that we have set the highest goals and standards to meet the ever-growing aspirations of our bright, young, and energetic students, eager to excel in their chosen areas.

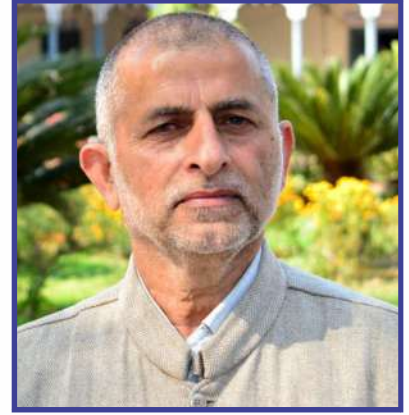
Looking at the current dynamics of educational scenario and the radical changes it is undergoing, it is imperative that students master the required skills of their chosen areas and can apply their knowledge in the future. We are committed to acuminate the talent of our students by providing them the best education by using the right mix of technology with the traditional and modern learning techniques.

I take this opportunity to congratulate the chief editor Dr. Vinod Kumar and the entire editorial team comprising of the teachers and the students on the successful publication of 'CHIR SANKALP.'

And I hope that you will have a good time reading it.

Wishing you all success in life

Dr. C. P. Kaushal



“विद्यार्थी डिजिटल उपवास/व्रत की अहमियत को समझें”

पेट को तंदुरुस्त रखने के लिए हम जैसे खाना छोड़ते हैं ठीक वैसे ही छात्र-छात्राओं को मोबाइल यानि इन्टरनेट छोड़ने की आवश्यकता है। हमें यह याद रखना चाहिए कि मोबाइल मौज भी है और रोग भी है। यह तय हमें करना है कि इस से हम मौज हासिल करें या रोग ? इन्टरनेट या मोबाइल छोड़ना भी व्रत-उपवास ही है। यह उपवास अपने कैरियर व स्वास्थ्य की भलाई के लिए है। इस समय इस पर गंभीरतापूर्वक विचार करने की आवश्यकता है। एक अनुमान के अनुसार भारतीय रोजाना 6 घंटे मोबाइल पर बिता रहे हैं। 6 घंटे स्क्रीन पर रहना सचमुच चिंतनीय है।

सोशल मीडिया पर युवाओं का समय बिताना अपने लिए ही नुकसानदायक है। इस नुकसान की आज चिंता करने की आवश्यकता है। इस के मकड़जाल में फंसने का सबसे बड़ा कारण देखा-देखी है। हम रेलवे-स्टेशन, बस स्टैंड, हवाई-अड्डे व दूसरे आफिस में हर आदमी को इसी पर लगा देखते हैं। बड़ों का इस तरह से लगना युवाओं का इस की गिरफ्त में आने का एक कारण है। दूसरा कारण फेसबुक, वाट्सएप, ट्वीटर व इंस्टाग्राम ने कितने ही जंजाल डाल कर युवाओं के मस्तिष्क पर कब्जा कर रहा है और यह कब्जा करने का जंजाल बढ़ता ही जा रहा है। इस कब्जे के लिए कई तरह के प्रलोभन हैं। ये मीडिया कंपनियां नित नये-नये कारनामों से डोरे डाल रही हैं। इस के लिए इन्होंने उच्च स्तरीय वेतन-भोगी टीम इस के लिए लगाई होती है। जो युवाओं के मन-मस्तिष्क की आकर्षक सामग्री को ही इन पर परोसती है। यह सामग्री इन की ऐड को बढ़ाती है यानि इस की एवज में ये धंधा करते हैं और एक हम और हमारे युवा हैं जो यह सोचते हैं कि इस में हमारा हित समाया हुआ है। यह ठगी का एहसास उनके जहन में नहीं होता है।

आप इस में चौंक कर देख सकते हैं कि ये आपके साथ शार्पिंग के अलावा अन्य जानकारी शेयर नहीं करते। ये कभी भी आपके साथ इंजीनियरिंग, मैडिकल, आर्किटेक्चर, साहित्य में हो रही तरक्की को शेयर नहीं करते हैं। बहुत से लोग सट्टेबाजी, नशा और आनलाईन पैसा लगाने की लत में भी इसी माध्यम से फंस रहे हैं। शार्पिंग में ठगी भी इसी से कर रहे हैं। इसी से आधार नम्बर, पासबुक अकाउंट, डेबिट कार्ड नंबर को स्कैन कर लेते हैं क्योंकि लोगों ने ये आजकल मोबाइल में रखे होते हैं। सोशल मीडिया में कुछ ठग ऐसी एप लोड करा कर जिस से व्यक्तिगत सारी सिमकैसी लीक कर लेते हैं व ठग रहे हैं। ऐसी घटनायें भी देखने को मिल रही हैं। आजकल पोर्न की लत लगा कर भी ऐड चला कर ये सोशल मीडिया वाले हमारे वहां ज्यादा समय लगाने से धन ऐंट रहे हैं। वाट्सएप पर नग्नता व अश्लीलता परोस कर ब्लैकमेलिंग के लाखों-लाख उदाहरण सुनने को मिलें हैं। इससे कई तरह की स्वास्थ्य सम्बन्धी विसंगतियां उत्पन्न होने का भी खतरा है जिनपर विस्तृत अध्ययन की जरूरत है। इस से हमारे शरीर की गतिशीलता कम हो रही है जो की रोगों का जनक है। इस से आलस्य बढ़ता है। जिस कारण से हम अपने दैनिक जीवन के जरूरी काम जल्दी-जल्दी निपटाते हैं जो धीरे-धीरे रोग के जनक हो जाते हैं। आज हम युवाओं तक में मानसिक अवसाद, उच्च रक्तचाप, शुगर, हार्ट अटैक तथा अन्य बिमारियां देख रहे हैं। ये सब हमारी दैनिक अनुशासन में आ रही कमी के कारण ही है। यह हमारी रचनात्मकता पर भी ग्रहण लगा रही है। इस से व्यक्ति रचनात्मक न होकर बौद्धिक दृष्टि से दूसरे का दास बन रहा है। इस से उस की निर्णय क्षमता भी प्रभावित हो रही है। लब्बोलुआब यह है कि धीरे-धीरे वह रोबोट जैसा बन जाता है। वहीं इस से समय की बर्बादी है, वहीं पढ़ना व लिखना छात्र-छात्राएं भूल रहे हैं। आज स्कूलों-कालेजों में हालत यह है कि बहुतों को लिखना तक नहीं आता है। सोशल मीडिया की यह आदत हमारी सोचने समझने की क्षमता को क्षीण करती है और जीवन की दौड़ में पिछड़ना स्वाभाविक है। इस से हमारे भीतर कुंठा जन्म लेती है जो हमें नशे का नशेड़ी बनाने में एक कारण है। कहां हम अपने देश से ब्रेन-ड्रेन की बात करते थे वहीं जब पढ़ने वाले टैलेंटेड छात्र-छात्राएं ही नहीं बचेंगे तो ब्रेन-ड्रेन किस का होगा? जरूरत है कि युवा इन्टरनेट-मोबाइल छोड़कर किताबों की ओर लौटें। आपका सुनहरा भविष्य आपका इंतजार कर रहा है। डिजिटल उपवास का अर्थ समझें। खाना छोड़ना यदि आप के देवी-देवता के लिए आपका व्रत हो सकता है तो डिजिटल छोड़ना भी आप के सुनहरे भविष्य के लिए व्रत हो सकता है। आज हमें यह समझने की जरूरत है एक छुरे का प्रयोग दो तरह से होता है एक तो गुंडा किसी की हत्या के लिए करता है और एक छुरे का प्रयोग डाक्टर आप्रेशन में रोगी की जान बचाने के लिए करता है। हमें यह सुनिश्चित करना है कि डिजिटल रूपी छुरे का प्रयोग दूसरे यानि डाक्टर की तरह हो न कि गुंडे की तरह। दिन में 8-10 घंटे किताब पढ़ने का एक संकल्प हो सकता है। अब समय आ गया है कि हम अपनी आदतों में परिवर्तन कर यह विचार करें कि हमारे लिए क्या सही है और क्या गलत है? मैं यह देख रहा हूं कि पिछले वर्ष हमारे प्राध्यापक/प्राध्यापिका संपादकों ने जब इस दिशा में सार्थक पहल की है तो बच्चों के दिये लेखों की संख्या बड़ी है जो पहले नगण्य तक पहुंच गई थी। मैं इस चिरसंकल्प के सम्पूर्ण प्राध्यापक/प्राध्यापिका संपादकीय मंडल जो इस डिजिटल के दौर में भी छात्रों/छात्राओं को लेखन के लिए अथक प्रयास कर उन्हें प्रेरित कर रहा है, इस कुब्बत के लिए बधाई देता हूं।

डाक्टर विनोद कुमार
मुख्य संपादक, चिर संकल्प

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Gaurav Sharma (Pahari), Priyanka Sharma (Science), Shivani (Management) Simran (English), Deepti Duggal (Commerce) Shubhangi Parmar (Education) Prinjal (Planning), Hemraj (Hindi).

Annual Report **on the working of Maharaja Lakshman Sen Memorial College, Sundernagar (H.P.)** **for the Academic Session 2022 -2023.**

Worthy Chief Guest, Sh. Rohit Thakurji, Hon'ble Education Minister, Govt. of Himachal Pradesh, Ladies and Gentlemen: It is my proud privilege to present the Annual Report on the working of the college on the occasion of the Annual Prize Distribution Function today, the 26 March 2023. On behalf of the Managing Committee, Staff and Students of Maharaja Lakshman Sen Memorial College and the people of Sundernagar, I accord you a hearty welcome.

Background of the college:

Maharaja Lakshman Sen Memorial College Sundernagar was established in 1976 with a well defined purpose of disseminating higher education among the people of Himachal Pradesh in general and that of Suket in particular. It aims at moulding the youth by harmonizing the streams of change & tradition and to differ without divergence. The founder of the college, Late Raja Lalit Senji, cherished this distinct high ideal which seems simple but which is really very difficult to attain. For the attainment of such an ideal, the Founder set an example of unsurpassed charity and self sacrifice and inspired the college community to make untiring efforts to realize his long-cherished ideal of making this college a Centre of Excellence in this part of the country. It is the solemn pledge of the college community to go on putting in efforts to realize this goal 'Till Hill and River Vanish'.

Sir, to begin with, classes in the Humanities were started in 1976. After that other faculties were added from time to time. Today, we have faculties in the fields of Humanities, Science, Commerce, Management, Education, Computer Sciences, Physical Education (B.P. Ed. & B.P.E) and M.Sc. in Physics, Chemistry, Botany & Zoology. During these last 46 years, we have been able to consolidate and expand as well. Our students have excelled in various fields of life viz: Medical, Engineering, Sports, Cultural, Administrative Services, Teaching & Politics.

The report on various activities of the college is as under:

1. Academics :

The students of the college have given a very good account of themselves in academics, by winning positions in University Annual Examination for the academic session 2021-22.

The overall performance of the students is indicated in the Result statement:

Sr. no	Class	No. of Student Appeared	Pass	Re-App. /Fail	College %age	1st Division	Highest Marks/ SGPA/ CGPA	Pass %
1	B.A I Year	254	129	125	50.79	94	8.66	86.6
2	B.Sc I Year Medical	98	26	72	26.53	26	7.91	79.1
3	B.Sc I Year Non-Med.	211	29	182	13.74	27	8.77	87.7
4	B.Com I Year	105	39	66	37.14	25	7.64	76.4
5	B.A II Year	216	136	80	62.96	106	9.18	91.8
6	B.Sc II Year Medical	129	68	61	52.71	52	9.40	94.0
7	B.Sc II Year Non-Med.	199	82	117	41.21	75	9.65	96.5
8	B.Com II Year	105	46	59	43.81	35	9.07	90.7
9	B.A III Year	300	242	58	80.67	218	9.03	90.3

10	B.Sc III Year Medical	224	133	91	59.38	123	9.08	90.8
11	B.Sc III Year Non-Med.	304	192	112	63.16	159	9.71	97.1
12	B.Com III Year	112	75	37	66.96	46	8.46	84.6
13	M.Sc. Zoology I Sem.	28	22	06	78.57%	22	308/400	77
14	M.Sc. Zoology II Sem.	28	25	03	89.28%	24	317/400	79.25
15	M.Sc. Zoology III Sem.	29	27	02	93.10%	27	325/400	81.25
16	M.Sc. Zoology IV Sem.	29	27	02	93.10%	27	1179/1500	78.6
17	M.Sc. Phy. I Sem.	13	01	12	7.69 %	01	355/500	71
18	M.Sc. Phy. II Sem.	13	04	09	30.76%	03	349/500	69.8
19	M.Sc. Phy. III Sem.	13	01	12	7.69%	01	309/500	61.8
20	M.Sc. Phy. IV Sem.	13	13	00	100	10	1413/2000	70.65
21	M.Sc. Chem. I Sem.	35	25	10	71.42%	18	316/400	79
22	M.Sc. Chem. II Sem.	33	29	04	87.87%	24	434/550	78.90
23	M.Sc. Chem. III Sem.	28	23	05	82.14%	19	420/550	76.36
24	M.Sc. Chem. IV Sem.	28	24	04	85.71%	18	1539/2000	76.95
25	M.Sc. Botany. I Sem.	22	20	02	90.90%	19	316/400	79
26	M.Sc. Botany. II Sem.	22	20	00	100%	22	315/400	78.75
27	M.Sc. Botany. III Sem.	26	21	05	80.76%	21	356/400	89
28	M.Sc. Botany. IV Sem.	26	25	01	96.15%	25	1237/1500	82.46
29	B.P. Ed I Sem.	41	39	02	95.12%	39	8.17	81.7
30	B.P. Ed II Sem.	40	33	07	82.5%	33	8.25	82.5
31	B.P. Ed III Sem.	29	24	05	82.75%	24	8.60	86.0
32	B.P. Ed IV Sem.	29	26	03	89.65%	26	8.60	86.0
33	B. Ed I Sem.	98	98	00	100%	98	307/350	87.71
34	B.Ed II Sem.	97	97	00	100%	97	290/350	82.86
35	B. Ed III Sem.	98	98	00	100%	96	316/350	90.29
36	B.Ed IV Sem.	98	98	00	100%	96	1126/1400	80.43
37	BCA I Sem.	60	04	56	6.66%	04	7.58	75.8
38	BCA III Sem.	52	05	47	9.61%	05	8.73	87.3
39	BCA V Sem	51	22	29	43.13%	22	8.07	80.7
40	BCA II Sem.	58	01	57	1.72%	01	7.22	72.2
41	BCA IV Sem.	52	28	24	53.84%	28	8.70	87
42	BCA VI Sem.	49	32	17	65.30%	32	8.24	82.4
43	BBA I Sem.	28	07	21	25%	06	7.36	73.6

44	BBA III Sem.	15	01	14	6.66%	01	6.60	66
45	BBA V Sem.	21	13	08	61.90%	12	8.41	84.1
46	BBA II Sem.	27	18	09	66.66%	14	7.71	77.1
47	BBA IV Sem.	15	02	13	13.33%	02	7.40	74
48	BBA VI Sem.	21	20	01	95.23%	20	8.50	85
49	BPE I Sem.	32	18	14	56.25%	17	7.82	78.2
50	BPE III Sem.	36	28	08	77.77%	28	8.15	81.5
51	BPE V Sem.	40	38	02	95%	37	8.39	83.9
52	BPE II Sem.	30	22	08	73.33%	22	8.24	82.4
53	BPE IV Sem.	36	30	06	83.33%	30	8.33	83.3
54	BPE VI Sem.	40	37	03	92.5%	37	8.37	83.7

2. Library:

The College Library has acquired 42251 books till 22 March 2023 in the faculties of Arts, Science, Commerce, Education, Computer Sciences and Management. 4585 books of the Library were weeded out. Total number of 516 new books have been added during the current session. The college library subscribes to 14 newspapers, 38 Magazines and 23 Journals. The Library has established a Book Bank with the help of the UGC, which provides text books to the poor students for the full semester/session on the recommendation of the Principal. There are two well established reading rooms with a seating capacity of 185. During the current session, 23819 students and teachers visited the library and 6498 books were issued/ returned. The library provided facilities to 48 ex-students for preparing their competitive examinations for this session. Our college library is a member of N-List Programme which provides access to a large number of E-Books and E-Journals through "INFLIBNET CENTRE AHMEDABAD" established by the U.G.C. The college library has also become a member of DELNET since 2017 which provides access to E-Books & E-Journals. Library has also been equipped with CCTV cameras for effective organization and administration. The college library has seven computers with internet access. Any student can enroll and get password for accessing E-books and E-journals. Almost 90% work of automation of library has been completed. From the current session, computerized system has been started for the issue/ return of books for all the students. Our Library has JAWS Screen Reading Software for visually impaired readers and also Magic Magnification Software for low vision readers. For the convenience of the students, a Photostat Machine has been installed in the Library.

3. College Magazine:

The college magazine, "Chir Sankalp", is an arrangement of ideas, views and expressions of MLSM College family. Dr. Vinod Kumar is the Chief Editor of the Magazine. Its nine sections are supervised by the staff editors viz. Dr. Mukesh Verma - English Section, Dr. Latesh Kapoor - Commerce Section, Dr. Neerupma Kohli - Planning Forum, Dr. Manju Garg - Education Section, Dr. Kavita Sharma - Hindi Section, Dr. Naresh Kumar - Science Section, Ms. Jyoti Sharma - Management Section, Dr. Ranjana - Sanskrit Section and Dr. Neha Sen - Pahari Section. The process of bringing out the issue of "Chir Sankalp" for session 2022-23 is in progress.

4. Student Central Association:

The Student Central Association did a commendable work during the session 2022-23. The CSCA was constituted, as per the rules, framed by the S.P. University, Mandi. The CSCA Advisory Committee under the convenorship of Dr. Sudhir Kumar and other members namely, Sh. Sanjay Sharma, Sh. Anil Guleria and Ms. Vandana Sethi as members are contributing effectively in coordination with the Discipline Committee for the smooth functioning of the college during the session.

Dr. C.P. Kaushal, the Principal, administered the oath to the CSCA Office bearers namely Ms. Riya as President (B.Ed. 1st Sem.), Mr. Monal as Vice-President (M.Sc. Chemistry I Sem.), Ms. Kritika as General Secretary (B.Com. II Year) and Mr. Anit Kumar as Joint Secretary (B.A. II Year) and members of the CSCA on 13 October 2022. The CSCA effectively coordinated the link between the students and the administration. The Staff, the CSCA Office bearers and its members and the students have cooperated with the CSCA Advisory Committee throughout the session.

5. Cultural Activities:

Our College has participated in H.P. Youth Festivals Group-III held at VGC Mandi. Our student Manish Prashar got 3rd position in Kathak dance.

6. Sports:

This year our College has participated in various H.P. University Inter-College Championships namely Boxing, Kho-Kho, Hockey, Wrestling, Kabaddi, Hand Ball, Volley Ball, Basket-ball, Weightlifting, Athletics, Chess, Table Tennis, Judo, Badminton, Cricket, Wushu lifted, Tae-kwando, Football and Shooting in men as well as in women section.

Our college won the HPU over All Trophy for session 2021-22 in Men and Women Section.

- a) Kabaddi (Women): Neha Thakur got Gold Medal in All India Inter-University Kabaddi (W) championship held at Rohtak, Haryana and also got Gold Medal in North Zone Inter-Varsity Kabaddi(W) Championship held in Haryana.
- b) Kho-Kho (Women): Our College lifted winner trophy in H.P. University Kho-Kho (W) Championship held at Govt. College Nalagarh. Neha, Sneha and Amisha participated in Inter-Varsity Championship held in Madhya Pradesh. Neha, Amisha and Sneha participated in National Championship held in Madhya Pradesh.
In Men Section: Our college got 2nd Position in H.P. University Kho-Kho Championship held at Govt. College, Jogindernagar. Vishal and Tarun, Subham participated in Inter-Varsity Championship.
- c) Hockey (Men & Women): Dimpal and Lalit participated in Inter-Varsity Hockey Championship held at GNDU Amritsar.
- d) Handball (Men): Priyanshu and Abhay were selected for Inter-Varsity Championship held at Kurukshetra University.

In Women Section:

Our college won HPU Handball Championship 2022-23. Jagriti, Upasana, Avantika, Shivani, and Neha Thakur were selected for the Inter- Varsity Championship held at Jind.

- e) Boxing (Men): Karan and Vidyasagar won Gold Medal in HPU Inter College Championship. Vithal won Silver Medal. Karan and Vidyasagar participated in all India Inter University Championship held at Sam Global University Bhopal.

In Women section:

Our College lifted Runner' Up Trophy. Our college won 2 Gold, 2 Silver and 2 Bronze medals. Piya and Diksha participated in Inter-Varisty Championship held at MPU Rohtak.

- f) Tae-Kwando(Women): Our College lifted Runner-Up Trophy held at Gautam College Hamirpur. Neha got Gold Medal in Inter college championship and selected for Inter- Varsity Championship.
- g) Football: Rahat, Shahil and Ashif Khan participated in Inter-Varsity Championship held at GNA Phagwara.
- h) Cricket (Women): Pooja, Sakshi, Mannat, Kumari Lalita were selected for Inter -Varsity Championship held at MLSM College Sundernagar.

In Men section:

Suraj and Tushor were selected for North Zone Inter-Varsity Championship held at Kurukshetra University.

- i) Wrestling (Men): Our College won Runner-Up in HPU Inter- College Championship.

In Women section:

Our college team lifted the Winner's Trophy. Ritika, Komal, Abhilasha and Sonika were selected for All India Inter- Varsity Championship held at Jind, Haryana.

- j) Chess (Women): Our College won 2nd Runner-Up Trophy. Promila and Lalita participated in North Zone Inter-varsity Chess Championship.

In Men section:

Our college won 2nd Runner-Up Trophy Zatin participated in North Zone Inter-Varsity Chess Championship

- k) Cross-Country (Men): Karan participated in All India Inter-Varsity held at Presidency University, Bangalore.
- l) Wushu (Women): Our College won Runner-Up Trophy. Swati Negi won Gold Medal and participated in All India Inter-varsity held at Chandigarh University. Gulshan, Sonali Thakur and Bhumi won Silver and Bronze Medal.

In Men section:

Our College won Runner's-Up Trophy. Chandresh, Ashim, Gurmant Singh won Gold Medal and participated in All India Inter-varsity held at Chandigarh University

- m) Weight Lifting (Women): Our College lifted Runner-Up Trophy held at Amb.

In Men section:

Our College lifted 2nd Runner-Up Trophy. Amit participated in All India Inter-University Mr. Lokesh Sharma, Coordinator, Department of Physical Education, was deputed as the Chairman, Technical Committee in Junior and Senior National Tennis Ball Cricket Championship held at Haridwar and Jammu.

Mr. Anil Guleria, Assistant Professor in the Department of Physical Education, was deputed as Team Manager in the North Zone Inter-Varsity Championship held at MLSM College, Sundernagar.

7. NCC: ANO Lt. Kamlesh Sen attended two Camps in 2022: One was held at Una, from 05 Nov 2022 to 12 Nov 2022 and the other at 239 Transit Camp Pandoh (CATC camp).

Three cadets namely Cadet Priya, Cadet Nisha and Cadet Shivani attended All India Trekking Expedition from 04 June 2022 to 15 June 2022, held at Baijnath.

U.O. Mohd. Touhid Hansi, Cadet Abhishek and Cadet Shalini got selected for Ek Bharat Shreshth Bharat (EBSB -1) Camp at NCC Academy Malout, where U.O. Mohd. Touhid was awarded with ADG Recommendation and Over All Best Cadet Trophy.

Our cadets participated in March Past held at Jawahar Park Sundernagar on the occasion of Republic Day and Independence Day. Two cadets, Sergeant Suresh Sahni and CPL Ashish Rana had attended ARMY ATTACHMENT Camp, held at Dharamshala from 16 August 2022 to 30 August 2022. Cadet Ansh attended EBSB -2 camp, held at Motihari Bihar from 10 October 2022 to 19 October 2022.

Two Cadets, LCPL Rohit and Cadet Shidharth kaushal got selected for SSB Coaching camp, held at Impact Academy Mohali, Punjab and attended the camp from 23 November 2022 to 07 December 2022.

U.O. Naman Sharma got selected for IGC and Pre-RD camp at NCC Academy Ropar and attended different selection camps from 13 Nov 2022 - 07 Dec 2022.

CQMS Sejal Sen attended Army Attachment Camp, organized by 14 Rajputana Rifles held at 9 CBS (corps battle school) Gharota , Pathankot.

Annual Training Camp was organized by 2HP BN NCC at 239 Transit Camp Pandoh for both 2nd and 3rd year cadets (CATC -234) from 13 November 2022 to 20 November 2022 in which our 54 cadets participated.

On 12 February 2023, BEE certificate Exam for 2nd year cadets was held at VGC Mandi, where our 30 Cadets of 2nd year have appeared.

On 19 February 2023, CEE certificate Exam for 3rd year cadets was held at Govt. Girls School Mandi, in which 24 cadets of 3rd year have appeared. Result of both BEE and CEE certificate exam is awaited.

8. NSS:

The H.P. University has allotted two units to this college with an intake of 100 volunteers in each unit. Activities under NSS Scheme are being carried out under the leadership of Programme Officers Dr. Kavita Sharma and Mr. Raj Mal.

Our NSS units organized various offline and online activities during this session. The special camp was organized from 31 December to 6 January 2023 in the College Campus. During this camp, the volunteers carried out extensive cleanliness drive in the campus and in the surrounding areas like Suraj Kund, Anand Dham Ashram, Mahamaya, CRC Sundernagar and Balika Ashram.

Our NSS Units organized Distt. Level Pre RD Selection Camp on 27 September 2021 in association with the H.P. University, Shimla.

Chaitanya Thakur and Ashish Rana attended a Training Programme on Digital Rights Management at HIPPA Shimla from 25 July 2022 to 29 July 2022.

Ms. Anchal and Ms. Kajal attended State Level RD Selection Camp held at Govt. College Haripur, Manali from 15 & 16 October 2022. Ms. Anchal got selected for RDC 2023 in Pre RD North Zone selection camp held at Lovely Professional University Jallundhar from 26 November to 5 December 2022.

Ms. Anchal attended RD Parade Camp New Delhi from 1st January-31st January 2023. It's a matter of proud that our NSS Volunteer Ms. Anchal is the first Female Volunteer from H.P. N.S.S. units who acted as Marching Contingent Leader at Kartavya Path New Delhi on 26 January 2023.

Mr. Hem Raj and Ms. Deepika attended 26th National Youth Festival 2023 at Hubballi-Dharwar Karnatka from 12 to 16 January 2023.

Mr. Prem Lal and Ms. Bharti Devi Bansal attended National Integration Camp held at Panjabi University Patiala from 16 February to 22 February 2023.

Mr. Rajmal performed duty as Official in State Level Pre RD Selection Camp held at Govt. College Haripur, Manali. He also attended National Integration Camp held at Punjabi University Patiala from 16th February to 22 February 2023 as contingent Incharge of H.P. University, Shimla. He also attended one day Master Trainers' Training Programme on 16 March 2023 at Ambedkar International Centre, New Delhi.

Our Volunteers performed their duties to help the District Administration Voter Awareness Campaign with SWEEP Team and helped the Community at Polling Booths in Vidhan Sabha Election on 12 November 2022.

9. Internal Quality Assurance Cell (IQAC):

For an effective and fruitful implementation of quality enhancement programmes and to develop some sustainable mechanism to strengthen teaching and learning process in the institution, the college has formed Internal Quality Assurance Cell (IQAC). Dr. Latesh Kapoor is working as the Coordinator of the IQAC. The following quality initiatives have been taken by the IQAC during the academic session 2022-23:

A Campus Placement drive was organized by the Department of Computer Sciences with the aegis of Information Career Guidance and Placement Cell of M.L.S.M. College on 15 September 2022. A Software Company “Hoping Mind” conducted the selection process comprised of three Phases viz. written test, Interview and Technical Session. 45 final year students of B.C.A. participated. Seventeen students got selected as “Software Developer” in an IT Software company. The Department of Computer Sciences organized a Seminar on “Craft Education” for BCA students to acquaint them with the trends in the IT Sector.

The Department of Computer Sciences organized a Seminar on “Latest Technology in Website Design and Development in Information Technology” for BCA IV & VI semester students with Maya IT Solution Pvt. Ltd. on 18 March 2023.

The Department of Biosciences celebrated ‘World Wildlife Week’ in the college hall on 8 October 2022. There was a guest lecture on this occasion by Dr. M.L.Thakur, Project coordinator, H.P. Biodiversity board, Paryavaran Bhavan, U.S. Club, Shimla for the students of UG and PG. Chief Guest for the function was our Principal Dr. C.P. Kaushal. There was elaborate interactive session and presentation on wildlife conservation, biodiversity, wildlife act, sustainable development, govt. Schemes and protected species. Refreshment for students and staff was also organized.

A MLSM College Study Circle is being formed by the Information, Guidance & Placement Cell, MLSM College to create awareness among the students towards different career opportunities and to provide guidance, counseling and coaching for various competitive examinations in the month of October, 2022.

A General Knowledge Test for the students of MLSM College was conducted by the MLSM College Study Circle on 15 March 2023 in which 205 students got registered and appeared in this examination in which three students got cash prize.

Chitkara University organized a seminar on 20 March 2023 on the topic “Higher Education In India & Career Prospects” for BCA VI Sem., BBA VI Sem. & B.Com. III Year students.

10. Development Projects:

- NSS Vatika is being developed in front of the Block B building.
- LAN cabling work was done and to provide high speed internet facility in the class rooms & Offices.
- Renovation of Girls Common Room was carried out.
- The sudden inspection by Joint Director (H.E.) earlier and by a member of H.P. Education Regulatory Commission later had all praise for the infrastructure in the college.
- CCTV Cameras were installed in the college play ground and in the Sports Complex.
- Repair work of the Administrative Block and Campus was carried out.
- Management Information System was strengthened for the maintenance of Institution’s Database and to bring transparency and efficiency in the functioning of the Institution.
- To enhance academic and personal growth of the students, IQAC developed a structured mechanism to strengthen the Mentor -Mentee system.
- For providing better facilities to students, extensive repair work of old furniture and addition of new furniture has been carried out.

11. The Faculty and Academic Activities and Achievements (2022-23) :

Sir, the college is very fortunate to have energetic, devoted and sincere teaching as well as non-teaching staff.

Dr. Mainika, Assistant Professor in the Department of Physics:

1. Attended Refresher Course in Physics from HRDC-UGC, Gujarat University, Ahmedabad (21/06/2022 To 04/07/2022).
2. Presented oral Presentation in International Conference on Recent Advancements in Nanotechnology for Sustainable Development (Icransd- 12

- 22) Organized by Maharaja Agrasen University, Baddi, India, (Virtually on Microsoft Teams) During November 11- 12, 2022.

Mr. Dharmender Singh Rana, Assistant Professor in the Department of Physics:

1. Attended Refresher Course in Physics from HRDC-UGC, Gujarat University, Ahmedabad (21/06/2022 To 04/07/2022).
2. Course in "Life Style Management for Realizing True Potential: Lessons from Ancient Indian Wisdom" from July 23 to July 31, 2022, and on "DEVELOPING COMPETENCIES FOR SOCIAL ENTREPRENEURSHIP from Aug 05 to Aug 14, 2022, organized by Interdisciplinary Centre for Vivekanand Studies, PU Chandigarh.
3. Published paper in Journal Environmental Nanotechnology, Monitoring & Management on 2022/12/1, Publisher: Elsevier, ISSN: 2215-1532 "Two-dimensional layered reduced graphene oxide-tungsten disulphide nanocomposite for highly sensitive and selective determination of para nitrophenol".
4. Published paper in the Journal of Materials Chemistry and Physics on 15/01/2023 Publisher: Elsevier, ISSN: 0254-0584 "Synthesis of reduced graphene oxide-molybdenum disulfide nanocomposite as a potential scaffold for fabrication of efficient hydrazine sensor".

Dr Naresh Kumar, Assistant Professor, Department of Chemistry:

1. Published a Book on "Pesticides and Pharmaceutical Chemistry" for the HP University B.Sc. III-year skill course in RD Publication.
2. Attended Faculty development programme (FDI) from 1st August to 3rd August 2022 entitled "Current Scenario and Future Prospects in Pharmacy Practice and Technology" organized by Career Point University, Hamirpur (H.P).
3. Participated in a National Webinar entitled "Introduction to Forensic Science" organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMNMTT) of Ministry of Education held on 15th July 2022.
4. Mentoring M.Sc. Chemistry IV semester students in the SAWAYAM/NPTEL, "Elementary Electrochemistry" and "Bioinorganic Chemistry" from January to June 2023.

Dr Rajni, Assistant Professor, Department of Chemistry:

1. Participated in National Webinar on Introduction to Forensic Science.
2. Participated in India -UK International Webinar on Future of Teaching - Learning.

Mrs. Vandana Sethi, Assistant Professor in Department of Chemistry:

1. Attended Three-day Faculty Development programme from 1st to 3rd August 2022 on "Current Scenario and Future Prospects in Pharmacy Practice and Technology" organised by CPU, Hamirpur (H.P)
2. Presented Paper on title "Study of water pollution in term of water quality index (WQI) in riverine of Baddi Area. (H.P)" in International Conference "Recent Trend in Bio and Material Sciences" by HIM science congress association at SPU Mandi, H.P. on 11th-12th October 2022.
3. Presented Paper on "Water quality index (WQI): Statistical tool for quality assessment of Riverine water in Baddi (H.P)" in International Conference "Emerging Scenario of Science Technology and innovation-2023" (ESSTI-2023) organized by CPU, Hamirpur (H.P)" on 24-25 February 2023.
4. Published a Paper "Investigation of Heavy Metal Contamination in Riverine of Baddi, Himachal Pradesh" in the peer-reviewed journal of pollution research. 41 (3): 160-165 (2022); ISSN 0257-8050.

5. Published a Paper "Evaluation of water quality using physico-chemical parameters of Riverine of Baddi (H.P), India., in the journal of Ecology, Environment and Conservation. 28 (August Suppl. Issue): 2022; pp. (S135-S140); ISSN 0971-765X.
6. Published a Paper "Impact of Seasonal Variation on Underground Water Quality in BBN Area, Himachal Pradesh, India, in peer-reviewed journal of pollution research. 41 (2): 310-317 (2022); ISSN 0257-8050.
7. Published a Paper "Evaluation of underground water in Kangra, Solan and Una district of Himachal Pradesh: A Review, in the Journal of Ecology, Environment and Conservation. 28 (May Suppl. Issue): 2022; pp. (S482-S487); ISSN 0971-765X.
8. Submitted Ph. D Thesis on 20 January 2023.

Dr Neha Sen, Assistant Professor in Department of Chemistry:

1. Presented oral paper at International Conference organized by Him Science Congress Association (HSCA) on "Recent Trends in Bio and Material Science" at Sardar Patel University Mandi, Himachal Pradesh on 10-11 October 2022.
2. Presented oral paper at National Conference on "Emerging Trends in Material Chemistry" at Jiwaji University, Gwalior, Madhya Pradesh on 27-28 February 2023.

Dr. Kiran Chauhan , Assistant Professor in Department of Biosciences:

Published paper in World Journal of Pharmacy and Pharmaceutical Sciences. Vol.11 (11). 1606-1612. Sanjay Kumar Narang and Kiran Chauhan. (Oct. 2022). Diabetic Health Condition of Mandi town of Himachal Pradesh.

Dr Vivek Kumar, Assistant Professor, Department of Biosciences:

1. Attended National conference on role of Science and Technology in Environment conservation and sustainable development organised by dept. of biosciences, HPU Shimla and presented research paper entitled, "Storage dependent changes in the seed viability status of Meconopsis Aculeata ; a critically endangered medicinal plant of trans -Himalaya
 2. Published a book on genetics and plant breeding.
 3. Attended two weeks refresher course in botany from teaching learning centre, Ramanujan College, and University of Delhi under the aegis of ministry of education.
- Ms. Dharmendra Arya, Assistant Professor, Department of English has submitted Ph.D. Thesis in May 2022.

Ms. Bhawana Thakur, Assistant Professor in the Department of Computer Applications:

Participated in the National Conference on "Recent Advancements In Engineering and Computing Technologies" which is organized by Faculty of Technology and Faculty of Information Technology at Kalinga University.

Dr. Vandana Sharma, Assistant Professor in the Department of Chemistry:

1. Delivered four lecture in faculty induction program & Refresher Course in UGC HRDC, HPU Shimla & Rajasthan University in July, 2022 & Oct., 2022.
1. Attended lecture on "NATIONAL EDUCATION POLICY -2020 : changing role of teachers" on the occasion of " Shikshak Parv" organized by the human resource development centre, H.P. University, Shimla held on September 2022.

Ms. Monika Guleria, Assistant Professor in the Department of Biosciences:

1. Published three papers in International Journal of Pharmaceutical Research and Application. ISSN 2456-4494 and in Biological forum ISSN -2249-3239.
2. Completed Certificate Course in Nano Technology and Nano Sensors from Technion Israel Institute from 1 August 2022 to 5 August 2022.
3. Completed Course in Fundamentals of Immunology Innate Immunity and B-cell function from Rice University, Texas, United states from 8 May 2022 to 8 July 2022.
4. Completed a Course in Introduction to Molecular Spectroscopy, Bioinformatics Methods & Introduction to Philosophy from the University of Toronto.
5. Completed a Course in Introduction to Biology of Cancer from John Hopkins University, United States from 25 April 2022 to 8 July 2022.
6. Completed a Courses in Drug Discovery from San Diego University California, Curanderismo: Global and Cultural Influences of Traditional Healing from University of Mexico. "Understanding of Plants" from Tel Aviv University of Israel. Introduction to Forensic science from Nan Yang Technological University Singapore. Little Stuff: Energy, Cells and Genetics from University of Colorado, United States.

12. PTA:

PTA for the session 2022-2023 was constituted on 11 December 2022. The office bearers of the PTA are Mr. Om Prakash as President, Mrs. Leelavati as Vice President, Sh. Anil Guleria as General Secretary, Mrs. Meera Devi as Joint Secretary and Mr. Rajmal as Treasurer. They have extended full co-operation to the college administration. The college gratefully acknowledges their services.

13. Old Students Association:

The Old Students Association of the college (MLSMCOSA) is working to bring qualitative changes in the internal and external set up of the institution. Efforts are being made to strengthen the structure of the MLSMCOSA for the betterment of the institution.

The college gratefully acknowledges the contributions made by the MLSMCOSA.

I am grateful to the President, Managing Committee Dr. Hari Senji and other members of the Managing Committee for their guidance and advice for the effective functioning of the college. I am also grateful to the co-operation and support of the Govt. of Himachal Pradesh, Teaching and Non-Teaching Staff Members, Students, Local & District Administration and People of Sundernagar for their support to the college.

I thank you all.
Jai Hind.

Dr. C.P. Kaushal
Principal

हिन्दी खण्ड

विषय सूची

क्र.सं.	रचना	रचनाकार	क्र.सं.	रचना	रचनाकार
1	छात्र सम्पादक	हेम राज	21	नारी का महत्व	शिवानी शर्मा
2	धुआ है जिंदगी	ईशिता	22	जीवन का सत्य	दीपिका
3	अलविदा प्यारे दोस्तो	प्रेम लाल	23	अमृतवाणी	सत्या कुमारी
4	नारी	प्रियांशी गुप्ता	24	लक्ष्य	कृतिका वर्मा
5	जाति भिन्नता/भेद	सोनम पालमों	25	वक्त	शिवानी
6	वक्त	अमन कुमार	26	मों	कृतिका वर्मा
7	भारत में प्रथम	हेम राज	27	पुस्तक	हेम राज
8	वक्त नहीं	सत्या कुमारी	28	हिन्दी के समावेशी	हेम राज
9	महापुरुषों के नारे व वचन	पल्लवी		प्रवृत्ति साथ ही, जानिए	
10	हिन्दी है राष्ट्र भाषा	शिवानी		बिस्किट के बिस्कुट बनने की कहानी	
11	धन (प्रेरक प्रसंग)	रीतिका कौशल	29	सफलता के लिए	आंचल शर्मा
12	मों	अमन कुमार		आत्मविश्वास जरूरी	
13	नागरिकों में कर्तव्य की भावना	पार्वती देवी	30	नई शिक्षा नीति	मनीषा
14	जीवन का विद्यार्थी	दीपिका	31	युवा और राष्ट्र	पूजा
15	जीवन	सुमा देवी	32	राष्ट्र निर्माण में युवाओं	निशा
16	ममता का ऑचल	सोनाली		की भूमिका	
17	अध्यापक	पूनम	33	जीवन में अच्छे और बुरे	हेम राज
18	सौगंध वतन की माटी की	ज्योति		लोगों की परख	
19	कॉलेज के गुजरे पलों की याद	प्रतीक्षा ठाकुर	34	बनने से पहले आपको	ललिता
20	पिता	मधु		बहुत बार टूटना पड़ता है	
			35	संघर्ष	ईशा शर्मा



प्राध्यापक संपादिका
डॉ. कविता शर्मा



छात्र सम्पादक
हेमराज

छात्र संपादकीय

प्रिय पाठको,

मैं सत्र 2022-23 के लिए हमारे महाविद्यालय की पत्रिका “चिर संकल्प” के हिन्दी खण्ड में आपका हार्दिक स्वागत करता हूँ।

महाविद्यालय की पत्रिका के हिन्दी खण्ड के छात्र संपादक के रूप में काम करना मेरे लिए बहुत सम्मान व हर्ष की बात है। यह पत्रिका छात्रों को अपने विचारों-कल्पनाओं, मनोभावों व अनुभवों को कागज पर उतारने का एक अद्भुत मंच प्रदान करती है और रचनात्मक, सृजनात्मक कलाकार की विचार शक्ति को प्रोत्साहित भी करती है। यह प्रतिभाशाली लोगों की छिपी प्रतिभा को पहचान देने का एक माध्यम है।

वर्तमान समय में युवा पीढ़ी का पश्चात्य संस्कृति की ओर इतना झुकाव देखकर आज हर कोई हैरान है। भारत की महानतम संस्कृति को छोड़कर आखिर आज हम इस पश्चात्य संस्कृति की ओर क्यों जा रहे हैं ? इस भौतिकतावादी सभ्यता ने न केवल युवाओं से उनकी संयम शक्ति छीन ली है। अपितु संस्कारों को भी छीन लिया है। छोटी से छोटी बात पर क्रोधित होकर चिढ़ जाना इसी पश्चिमी सभ्यता की देन है। पश्चात्य संस्कृति के प्रभाव में आज युवा कई प्रकार के नशे कर रहा है जिसे वह आज “कूल” बनने का नाम दे रहा है। आज युवा वर्ग ही नहीं माता-पिता भी अपने बच्चे को पश्चिमी संस्कृति की ओर धकेल रहे हैं और इसे नाम दिया जा रहा है कि हम तो आधुनिकता में जी रहे हैं। पश्चात्य संस्कृति के आधुनिक पहनावे को देखकर भारतीय युवा इसके आकर्षण में आ रहे हैं।

भारतीय संस्कृति को न मानने के लिए आज युवाओं के तर्क बहुत ही मजबूत होते हैं। कोई कहता है हम आधुनिक जमाने में जी रहे हैं। कोई कहते हैं हम स्वतंत्र देश के स्वतंत्र नागरिक हैं, कोई कहता है हमें 21वीं सदी की ओर बढ़ना है न कि 18वीं सदी में जाना है। आज के युवा को लगता है कि भारतीय संस्कृति किसी बूढ़े के समान संकीर्ण व परम्परावादी विचारों वाली है जो केवल उन्हें उपदेश या टोकने का काम करती है जबकि पश्चिमी सभ्यता उन्हें अधिक उदार तथा खुलेपन की लगती है।

क्या इस समस्या का कोई समाधान नहीं ? क्या हम यूं ही पतन के गर्त में गिरने के लिए अभिशप्त हैं ? परिवर्तन संभव था, है और रहेगा। आज आवश्यकता इस बात की है कि बड़े लोग बच्चों के सम्मुख ऐसे आदर्श प्रस्तुत करें, जिसे वे अपना सकें। इसमें माता-पिता की अहम भूमिका रहेगी, पहले उन्हें ही भारतीय परंपरा, सभ्यता और संस्कृति से परिचित होना पड़ेगा। जब तक हम भारतीयों को भारतीय सभ्यता एवं संस्कृति की वास्तविकता, महानता और गौरव का ज्ञान नहीं होगा तब तक भारतीय संस्कृति का उत्थान नहीं होगा। यह सामूहिक प्रयास प्रत्येक व्यक्ति निजी तौर से शुरू कर सकता है।

अन्त में, मैं अपनी प्राध्यापक सम्पादिका और मार्गदर्शक डॉ. कविता शर्मा जी को विशेष धन्यवाद देता हूँ जिन्होंने मुझ पर अपना विश्वास दिखाया और मुझे संपादन का यह अवसर दिया। मैं उन सभी लेखकों का भी आभारी हूँ, जिन्होंने हमारे आवाहन को स्वीकार करते हुए अपने विचारों, मनोभावों, कल्पनाओं, अनुभवों को एक विस्तृत रूप देते हुए व्यक्त किया है जो इस पत्रिका के लिए गर्व की बात है।

हेमराज

कला स्नातक, तृतीय वर्ष

धुआं है जिंदगी

धुआं है जिंदगी, पकड़ ले इसे
हाथों की हथेलियों में जकड़ ले इसे
पकड़ना है या, साथ चलना है तूने
गिरना है या, संभलना है तूने

धुआं निकलता तो साथ है, पर दूर
क्यों हो जाता है,
साथ चलना चाहता, पर दूर होने पर
मजबूर क्यों होता जाता है।

क्या होता है दोष, हवा का
क्या मैं हकदार हूँ, सज़ा का
बंजर है जिंदगी या समंदर है
यहाँ सब, गहराई के अंदर है।

धुआ है जिंदगी, पकड़ ले इसे
हाथों की हथेलियों में जकड़ ले इसे।

ईशिता
बी. ए., प्रथम वर्ष

अलविदा प्यारे दोस्तो

दोस्त ही दोस्त को प्यार किया करते हैं ।
दोस्त ही दोस्तों पर जान दिया करते हैं ।
मगर एक वक्त ऐसा भी आता है।
जब दोस्त ही दोस्तों को विदाई दिया करते हैं।
लेकर विदाई हम खुशी से ये कॉलेज तुम्हारा छोड़ चले।
दर्द किसको नहीं होगा भला।
तीन साल की रंगीन महफिल छोड़ चले।
आँखों के आँसू हाथों से चेहरा छुपाकर।
जा रहे दोस्तों को छोड़कर।
कभी न उजड़े गुलशन तुम्हारा।
सदा चमकता रहे जीवन तुम्हारा।
अच्छा मुबारक हो ये कॉलेज तुम्हें।
अपना तो न जाने कहाँ ठिकाना होगा।
मिलेंगे रास्ते में कई बार।
मगर उस वक्त कोई जाना अनजाना होगा।

प्रेम लाल
कला स्नातक, तृतीय वर्ष

नारी

कमजोर न समझना उसे,
ताकतवर है नारी,
जीत जाए भले कोई उस से,
पर उम्मीद उसने कभी न हारी ॥

वह रूप है दुर्गा का,
उसी ने रची है सृष्टि सारी,
अकेली होकर भी पड़ेगी,
वह लाखों पर भारी ॥

वह बहन है किसी की,
वह एक माँ भी है,
अकलमंद जीवन संगिनी है वह,
उसमें नादानियां भी है ॥

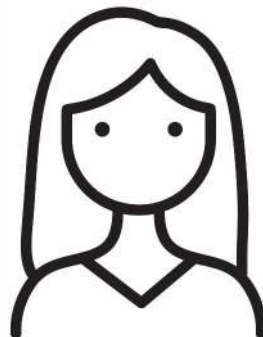
मृत्युदेय पीड़ा वो
हर माह सहती है,
बेजान सी होकर भी
वह मुस्कुराती रहती है ॥

उसे तिरस्कृत करने वाले,
जो समझते है खुद को बड़ा ॥

याद दिलाओ कोई उन्हें,
उनका जीवन उसी नारी से है खड़ा ॥

नौ माह तक अपनी कोख में,
नया जीवन पालती है,
इस बेजुबान पृथ्वी पर
वहीं जान डालती है ॥

अबला नहीं है वह
वह शक्ति है वही नारी है।
हर कदम पर वह
पड़ी सभी पर भारी है।



प्रियांशी गुप्ता
बी.ए., प्रथम वर्ष

जाति भिन्नता/भेद

समाज में क्यों होता है जाति भेद,
जन्म के आधार पर क्यों किया जाता है भेद,
है तो सभी मनुष्य उस ईश्वर की सन्तान
फिर क्यों ! इन्हे समाज में इतना कष्ट दिया जाता है,
ब्राह्मण, क्षत्रिय, वैश्य, शुद्र
थी यह वर्ण-व्यवस्था आदिकाल में,
पर आज भी हो रहा है
इनका अनुपालन आधुनिक युग के काल में,
जूझते रहते हैं पूरा जीवन
समाज की उन नज़रों से,
माँ के कोख से तो इन्होंने भी जन्म लिया है,
अन्तर नहीं हम और इनमें ?
फिर क्यों ! सिर्फ जन्म के आधार पर
इनके साथ ऐसा दुर्व्यवहार किया जाता है।

सोनम पालमों
बी. एड., प्रथम सत्र

वक्त

वक्त बनाने में वक्त लगता है,
मिटने में पल नहीं लगता ।
दोस्ती बड़ी मुश्किल से बनती है,
दुश्मनी में वक्त नहीं लगता ।
बीत जाती है उम्र रिश्ते बनाने में,
बिगड़ने में वक्त नहीं लगता ।
जो कमाता है महीनों में आदमी,
उसे गँवाने में वक्त नहीं लगता ।
पल-पल कर उम्र पाती है जिंदगी ।
उसे मिट जाने में वक्त नहीं लगता ।
जो उड़ते हैं अहमों के आसमानों पर,
उसे जमीं पर आने में वक्त नहीं लगता ।
हर तरह का वक्त आता है जिंदगी में
वक्त के गुजर जाने में वक्त नहीं लगता ।

अमन कुमार
कला स्नातक, अंतिम वर्ष



भारत में प्रथम

- प्रथम भारतीय महिला प्रधानमंत्री
– श्रीमति इंदिरा गांधी
- माउंट एवरेस्ट पर चढ़ाई करने वाली पहली महिला
– बछेन्द्री पाल
- प्रथम महिला लेफ्टिनेंट जनरल
– पुनीता अरोड़ा
- प्रथम भारतीय नोबल पुरस्कार विजेता
– रवीन्द्र नाथ टैगोर
- स्वतंत्र भारत के गृह मंत्री
– सरदार वल्लभ भाई पटेल
- पहली महिला अशोक चक्र विजेता
– नीरजा भनोट
- ओलम्पिक खेलों में पहली भारतीय जिम्नास्टिक
– दीपा करमाकर
- पहली भारतीय महिला भारतीय पुलिस सेवा
(आई.पी.एस.) अधिकारी
– किरण बेदी
- प्रथम भारतीय सर्वोच्च न्यायालय के न्यायाधीश
– हरिलाल जेक्सुनदास कानिया
- स्वतंत्र भारत के पहले शिक्षा मंत्री
– मौलाना अबुल कलाम आजाद

हेम राज
कला स्नातक, तृतीय वर्ष

वक्त नहीं

हर खुशी है लोगों के दामन में पर एक हंसी के लिए वक्त नहीं ।
दिन रात दौड़ती दुनिया में जिंदगी के लिए वक्त नहीं ।
माँ की लोरी का एहसास तो है, पर माँ को माँ कहने का वक्त नहीं
सारे रिश्तों को तो हम मार चुके अब उन्हें दफनाने का वक्त नहीं ।
सारे नाम मोबाईल में है, पर दोस्तों के लिए वक्त नहीं ।
गैरों की क्या बात करें, जब अपनों के लिए वक्त नहीं ।
आँखों में है नींद बड़ी पर सोने का भी वक्त नहीं ।
दिल है गर्मी से भरा हुआ पर रोने का भी वक्त नहीं,
पैसों की दौड़ में ऐसे दौड़े कि थकने का भी वक्त नहीं ।
पराए एहसास की क्या कद्र करें जब अपने सपनों के लिए ही
वक्त नहीं । तू ही बता ऐ जिन्दगी इस जिन्दगी का क्या होगा,
कि हर पल मरने वालों को जीने के लिए भी वक्त नहीं ।

सत्या कुमारी
बी. ए., तृतीय वर्ष

महापुरुषों के नारे व वचन

कं.स.

नारे/वचन

महापुरुष

- 1 “विजयी विश्व तिरंगा प्यारा”
- 2 “कर मत दो”
- 3 “हे राम”
- 4 “संपूर्ण कांति”
- 5 “वन्दे मातरम्”
- 6 “साम्राज्यवाद का नाश हो”
- 7 “स्वराज्य हमारा जन्मसिद्ध अधिकार है”
- 8 “जय जवान, जय किसान”
- 9 “जन-गण-मन अधिनायक जय हे”
- 10 “जय जगत”
- 11 “सारे जहाँ से अच्छा हिन्दोस्तान हमारा”
- 12 “मारो फिरंगी को”
- 13 “सरफरोशी की तमन्ना अब हमारे दिल में है”
- 14 “तुम मुझे खून दो मैं तुम्हें आज़ादी दूंगा”
- 15 “आराम हराम है”
- 16 “देश की पूजा ही राम की पूजा है”
- 17 “भारत छोड़ो”
- 18 “वेदों की ओर लौट चलो”
- 19 “देश बचाओ देश बनाओ”
- 20 “पूर्ण स्वराज”
- 21 “काम अधिक बातें कम”
- 22 “हिन्दी, हिन्दू, हिंदुस्तान”
- 23 “करो या मरो”
- 24 “जय हिन्द”
- 25 “दिल्ली चलो”
- 26 “इन्कलाब जिन्दाबाद”
- 27 “जय जवान, जय किसान, जय विज्ञान”
- 28 “Who Lives if India dies”

श्याम लाल गुप्ता
सरदार वल्लभ भाई पटेल
महात्मा गाँधी
जय प्रकाश नारायण
बंकिम चन्द्र चटर्जी
भगत सिंह
बाल गंगाधर तिलक
लाल बहादुर शास्त्री
रवीन्द्र नाथ टैगोर
विनोबा भावे
इकबाल
मंगल पांडे
रामप्रसाद बिस्मिल
सुभाष चन्द्र बोस
पं. जवाहर लाल नेहरू
मदन लाल धींगरा
महात्मा गांधी
स्वामी दयानंद सरस्वती
पी. वी. नरसिम्हा राव
पं. जवाहर लाल नेहरू
संजय गाँधी
भारतेन्दु हरिश्चन्द्र
महात्मा गाँधी
सुभाष चन्द्र बोस
सुभाष चन्द्र बोस
भगत सिंह
अटल बिहारी वाजपेयी
पं. जवाहर लाल नेहरू

पल्लवी

कला स्नातक, तृतीय वर्ष

हिन्दी है राष्ट्र भाषा

हिन्दी राष्ट्र भाषा का प्रतीक है हमारे स्वाभिमान की,
साहित्य, संस्कृति और समृद्ध ज्ञान की।
हिन्दी है राष्ट्र भाषा व्यवहार - आचार की,
संसार में है पहचान हिन्दुस्तान की।

ये भाषा है हर क्षेत्र भारत विशाल की,
शक्ति, एकता, मिलन-प्यार की।
हिन्दी के लिए एक नया अभियान चाहिए,
प्रशासन और विज्ञान में भी हो गरिमा हिन्दी की।

हिन्दी भाषा का इस्तेमाल करें, हिन्दी है हिन्दुस्तान की।
हिन्दी पखवाड़ा मनाएंगे हम हर साल,
अधिक से अधिक हो भागीदारी इसमें करें हिन्दी को सलाम।
है जरूरी हिन्दी का ही हर क्षेत्र में प्रयोग,
इसके लिए चाहिए हर एक पढ़े-लिखे नागरिक का सहयोग।

शिवानी
स्नातक, तृतीय वर्ष

धन (प्रेरक प्रसंग)

एक आदमी ने गुरु नानक से
पूछा: मैं इतना गरीब क्यों हूँ ?
गुरु नानक ने कहा: तुम गरीब
हो क्योंकि तुमने देना नहीं सीखा
आदमी ने कहा: परन्तु मेरे पास तो
देने के लिए कुछ भी नहीं। तब गुरु
नानक ने कहा: तुम्हारा चेहरा, एक मुस्कान
दे सकता है
तुम्हारा मुँह, किसी की प्रशंसा कर सकता है
या दूसरों को सुकून पहुंचाने के लिए दो मीठे
बोल बोल सकता है
तुम्हारे हाथ, किसी जरूरतमंद की
सहायता कर सकते हैं ----- और तुम
कहते हो तुम्हारे पास देने के लिए कुछ भी नहीं ----- ॥
आत्मा की गरीबी ही वास्तविक गरीब है -----
पाने का हक उसी को है जो
देना जानता है।

प्रियंका
बी. ए., तृतीय वर्ष

क्यों लड़ता है हर भाई

हिन्दू, मुस्लिम, सिख, ईसाई
आपस में हैं भाई-भाई
पर एक बात मुझे समझ न आई
भाईयों में धर्म, जाति कहीं से आई

फिर होड़ मची हर भाई के बीच
है कौन सबसे ज्यादा महान
और किसकी जाति है सबसे बलवान
फिर हर भाई की हुई लड़ाई

सबने अपनी अकल लड़ाई
किसी की बुद्धि काम न आई
यह देख धरती माँ ने पुकार लगाई
सबको एकता और प्रेम की बात समझाई

क्यों लड़ता है हर भाई
इस जाति और धर्म के नाम पर
एक दिन सब कुछ छोड़ जाओगे
सिर्फ एक मौत के नाम पर

रीतिका कौराल
बी. ए., तृतीय वर्ष

माँ

गिनती नहीं आती मेरी माँ को यारों
गिनती नहीं आती मेरी माँ को यारों
मैं एक रोटी मांगू वो दो ही लाती है।

जन्मत के हर लम्हों का दीदार किया था,
जब माँ ने गोद में उठाकर प्यार किया था।
सब कहे रहे हैं आज माँ का दिन है,
सब कहे रहे हैं आज माँ का दिन है,
ऐसा कौन - सा दिन है जो माँ के बिन है।

माँ को देख कर मुस्कुरा लिया करो,
क्या पता किस्मत में हज लिखा न हो।
मौत के लिए तो कई सारे रास्ते हैं,
मौत के लिए तो कई सारे रास्ते हैं,
मगर जन्म लेने के लिए केवल एक।

माँ के लिए क्या लिखूं
माँ के लिए क्या लिखूं
माँ ने खुद मुझे लिखा है।
दवा असर ना करे तो नजर उतारती हैं
माँ है जनाब माँ, वो कहीं हार मानती हैं।

अमन कुमार
कला स्नातक, तृतीय वर्ष

नागरिकों में कर्तव्य की भावना

हो मिला जिस राष्ट्र से मान, सम्मान और अमिट पहचान,
है हम सब नागरिकों का कर्तव्य बनाये रखें उसका स्वाभिमान।

राष्ट्र ध्वज, राष्ट्रगान या फिर हो देश का संविधान,
कानून को रखे सर्वोच्च, कोई न करे इसका अपमान।

हर नागरिक के दिल में कर्तव्य की भावना होनी चाहिए,
नाम ऊँचा हो देश का विश्व में ऐसी सबकी कामना होनी चाहिए।

जाति-धर्म के नाम पर कोई देश को बांट न पाये,
हिन्दू-मुस्लिम, सिख-ईसाई मिलकर सब मानवता का पाठ पढ़ायें।

समाज से सभी कुरीतियां मिटानी है,
मिलकर जुलूम के खिलाफ आवाज भी उठानी है।

चुनावी दौर जब आए सोच समझकर करे मतदान,
सही हाथों में सौंपे शासन की डोर ताकि हो बेहतर राष्ट्र निर्माण।

गर रखना है कायम विश्व गुरु का स्थान,
अष्टाचार और बेईमानों का मिटाना होगा नामोनिशां।

अच्छी शिक्षा मिले जब विद्यालयों में,
मौलिक मूल्यों का होगा ज्ञान,
तभी बनेगा बेहतर नागरिक,
और होगा बेहतर समाज का निर्माण।

अपनी संस्कृति, सभ्यता का करे सम्मान,
हिन्दी भाषा पर गुमान करे,
हिन्दू है हम हिन्दी भाषी है,
इस बात पर अभिमान करें।

है हम सब नागरिकों का कर्तव्य गर आए राष्ट्र पर विपदा भारी
विकास इसका रूकने ना पाये,
सबका हो समान योगदान,
नेता हो या किसान।

हम उस देश के नागरिक हैं,
जहां वतन पर मर-मिटने को सब तैयार रहते हैं,
एक मर्तबा नहीं सोचते कुछ कर गुज़रने से पहले,
इस कदर वतन से प्यार करते हैं।

पार्वती देवी
बी. एड, तृतीय सत्र

जीवन का विद्यार्थी

मानव का अपने जीवन में हर क्षण विद्यार्थी बने रहना अति आवश्यक है। एक व्यक्ति अपने जीवन में जितना सीख पाता है वह ज्ञान के भण्डार का लगभग एक प्रतिशत के बराबर भी नहीं होता। कारण अनंत विद्याएं हैं और सीखने के लिए अनंत सम्भावनाएं। इसलिए हम जीवन के हर क्षेत्र में विद्यार्थी ही होते हैं और विद्यार्थी ही रहने चाहिए और मुझे लगता है कि विद्यार्थी जीवन ही सबसे उत्तम जीवन है परन्तु हम पर निर्भर है कि हमें किस प्रकार का विद्यार्थी बनना है?

पहला वह जो कक्षा में ध्यान न देकर वक्त बर्बाद कर असफल हो जाता है। दूसरा वह जो कक्षा में भले ही अधिक ध्यान न दें परन्तु इतनी मेहनत कर ही लेता है कि आसानी से सफल हो जाए या फिर वह तीसरा विद्यार्थी जो कक्षा में ध्यान लगाने के साथ अन्य चीजों को भी समान महत्व देकर आगे बढ़ता है।

आज हम पथ से भटकते हैं कारण यह है - कि जैसे विचार वैसा आचरण। भविष्य का साहस के साथ सामना करने के लिए हमें शक्ति विचारों से ही मिलती है। कठिनाइयां, गिरना, चोट खाना आदि तो जीवन का नियम है। इसलिए जीवन में हर क्षण विद्यार्थी बने रहना आवश्यक है जिसका लक्ष्य ठोकरें खाने के बाद ही केवल सफल होना ही है।

इसलिए मार्टिन लूथर किंग (जर्मन धर्म सुधारक) ने कहा था-

अगर तुम उड़ नहीं सकते तो दौड़ो, अगर तुम दौड़ नहीं सकते तो, चलो। अगर तुम चल नहीं सकते तो रेंगो 'पर आगे बढ़ते रहो'।

दीपिका
कला स्नातक, तृतीय वर्ष

जीवन

जीवन, जीवन क्या है?

जीवन संघर्ष का दूसरा नाम, उससे लड़ो।

जीवन एक पहेली है, उसे सुलझाओ।

जीवन जीने का मधुर एहसास है उसे समझो

जीवन में सुख है, दुख भी है,

परन्तु हर मुश्किल का हल है।

जीवन एक ऐसी लता है, जो चारों ओर फैल कर,

सबको जोड़ कर रखती है।

जीवन एक अनुभव है, उसे समझो।

जितनी इच्छा हमें मरते वक्त सांस की होती है।

अगर उतनी ही इच्छा लहर को पानी की हो,

तो ही हम जीत सकते हैं और अपने जीवन को सफल बना सकते हैं।

सुमा देवी
बी. ए., तृतीय वर्ष

ममता का आँचल

ममता के आँचल से सींचा है किनारा,
मृदुल जल के दर्पण में मिला है सहारा।
उन्नति पर अग्रसर वो राह डगमगाती थी,
डॉट से जब डरकर हर रूढ़ कॉप जाती थी,
संध्या में दीया जलाकर किया जीवन जगमग सारा।
पक्षियों के पर लगाकर दिया व्योम को स्वर्णिम तारा॥
कहता है सूरज से सागर का सवेरा,
तुम हर क्षण ऊर्जा से साथ देना मेरा।
टूटी-बिखरी किशोरों में ह्रास होती जिन्दगी,
स्वप्न टूटे, ख्वाब छूटे मरणासन्न पड़ी।
आशा की भाषा ने तब दिखाया रास्ता,
आक्रोश की बंजर सतह का प्रेम से नहीं वास्ता।
तब ममता के आँचल ने सींचा एक किनारा,
और लोचन की लज्जा ने किया एक इशारा।
जीवन का गूढ़ सत्य है
माँ ! तुम्हारा आँचल एक अद्भुत सितारा

सोनाली
बी. ए., तृतीय वर्ष

अध्यापक

जीवन पथ पर बढ़ना सिखाते हैं अध्यापक,
अच्छी - अच्छी बातें बताते हैं अध्यापक।
हमारी जिन्दगी, जिन्दगी नहीं बिना अध्यापक,
हमें अपने लक्ष्य पर चलना सिखाते हैं, अध्यापक।
बड़ों का आदर व छोटों से प्यार करना सिखाते हैं
अध्यापक।

माना थोड़ा सा गुस्सा करते हैं अध्यापक,
पर बाद में प्यार से समझाते हैं अध्यापक।
जन्म तो हमें माता-पिता ने दिया मगर,
अच्छा इन्सान बनाते हैं अध्यापक।

बड़े से बड़े मूर्ख को महापुरुष बनाते हैं अध्यापक,
हमारे अंधेरे जीवन में रोशनी लाते हैं अध्यापक।
हमें अनुशासन में रहना सिखाते हैं, अध्यापक।
हैवान से इन्सान बनाते हैं, अध्यापक।
मेरा मानना तो यह है भगवान का दूसरा रूप है अध्यापक।

पूनम
बी. ए., तृतीय वर्ष

सौगंध वतन की माटी की

आज न घरों में मिट्टी के दीपक हैं,
न घरों में मिट्टी के बर्तन,
फिर भी वतन की मिट्टी की सौगंध खाते हैं लोग,
भीनी-भीनी सुगंध अपने गाँव को छोड़,
शहरों में जीवन बिताते हैं लोग,
पहाड़ों का दामन छोड़ समतल में घर बसाते हैं लोग,
स्वयं को मुम्बई दिल्ली का वासी बताते हैं लोग,
मुल्क और वतन में अंतर है,
अपने लाभ के लिए मुल्क को वतन बताते हैं लोग,
यह दौर है शानों शौकत का मौज मस्ती का,
जो शहरों में है इसलिए गाँव को हर सहूलियत से महसूस
बताते हैं लोग।

ज्योति
बी. ए., तृतीय वर्ष

कॉलेज के गुजरे पलों की याद

कॉलेज की याद कौन भूल पाया है,
जुदाई के नाम से दिल दहल आया है,
जब भी आएंगे हमें ये लम्हें याद,
आँखों से हर पल होगी आसुआ की बरसात।
पहले साल में अपना नहीं था
बेगाने ही बेगाने थे सब तरफ,
क्लास में डरते-डरते जाना,
बाहर इन्ट्रो के नाम से घबराना,
दोस्तों को बनाने का शुरू हुआ सिलसिला
इस तरह समाप्त हुआ ये पहला काफिला
दूसरे साल में मस्ती से घूमना
दोस्तों के साथ ठहाके मारना
क्लास में कभी-कभी जाना।
कभी दोस्तों से रूठना कभी खुद ही मान जाना,
दोस्तों के साथ चुलबुली शरारतों के
बीच खत्म हुआ ये साल
जब आया तीसरा साल
तो मेरा दिल हुआ बेहाल
एक तरफ अच्छी डिग्री लेना
दूसरी तरफ दोस्तों से बिछड़ जाना,
याद आएगा मुझे कैन्टीन में गप्पे मारना
ग्राउन्ड में सारा-सारा दिन बिताना
किस तरह गुजरे कॉलेज के ये तीन साल
हमेशा रहेगी इन गुजरे हुए पलों की याद

प्रतीक्षा नकुर
स्नातक, तृतीय वर्ष

पिता

मेरा साहस मेरी इज्जत मेरा सम्मान है पिता।
मेरी ताकत मेरी पूंजी मेरी पहचान है पिता ॥

घर की इक-इक ईंट में शामिल उनका खून - पसीना।
सारे घर की रौनक उनसे सारे घर की शान पिता ॥

मेरी इज्जत मेरी शौहरत मेरा रूतवा मेरा मान है पिता।
मुझको हिम्मत देने वाले मेरा अभिमान है पिता ॥

सारे रिश्ते उनके दम से सारे नाते उनसे हैं।
सारे घर के दिल की धड़कन सारे - घर की जान पिता ॥

शायद रब ने देकर भेजा फल ये अच्छे कर्मों का।
उसकी रहमत उसकी नेअमत उसका है वरदान पिता ॥

मधु
बी. ए., तृतीय वर्ष

नारी का महत्व

त्याग और समर्पण का रूप होती है नारी, उसकी सुंदरता गहने, श्रृंगार, आभूषण नहीं होते। लज्जा, संस्कार उसकी सुंदरता के गहने हैं। तु कब समझेगी मानवी आज से तेरा इस तरह से लड़कों के साथ घूमना फिरना बंद, ये अतरंगी कपड़े पहनना बंद, आज से तुम ये पहनोगी। मानवी को उसकी माँ ने डाँटते हुए कहा। क्या माँ माँ एक स्त्री की पहचान उसके कपड़ों से होती है। लड़कों के साथ हँसना बोलना ; उसके वर्चस्व पर कलंक है। नहीं माँ बेशक आपकी बात सही है मगर लड़कियों की पहचान उसके कपड़ों से नहीं उसके संस्कारों से होती है। प्राचीन काल के भारत में महिलाओं का बहुत सम्मान किया जाता था। परन्तु जैसे-जैसे समय बीतता गया महिलाओं की स्थिति में भीषण बदलाव आया। मध्यकालीन भारत में महिलाओं की स्थिति आर्थिक, सामाजिक और व्यावहारिक रूप से बहुत खराब थी। भारत के आज़ाद होने के बाद महिलाओं की दशा में काफी सुधार हुआ है।

आज महिलाएं हर क्षेत्र में अपना योगदान बिना किसी डर के दे रही हैं। महिलाएं हर जगह नेतृत्व करती दिख रही हैं। महिलाएं अब अपने अधिकारों के लिए और भी अधिक जागरूक हो गई हैं। महिलाओं को अब पुरुषों के समान अधिकार मिलने लगे हैं। हर क्षेत्र में महिलाओं की भागीदारी दिन-प्रतिदिन बढ़ती जा रही है। कुछ लोग कहते हैं औरत का कोई घर नहीं होता है लेकिन मेरा यह अनुभव है कि औरत के बिना कोई घर, घर नहीं होता है।

शिवानी शर्मा
कला स्नातक, तृतीय वर्ष

जीवन का सत्य

आज जीवन का सत्य क्या है ?
क्या हम नहीं जानते ?
हाँ जानते हैं।

पर तब तक मानते नहीं हैं
जब तक लेकर खाकर गिर न जाएँ या कोई याद न दिलाए
कभी जब कर लेते हैं यह सत्य स्वीकार-
कि जीवन की यह दौड़ कठिन है
साथ ही तब करते हैं गहन विचार
खो जाते हैं

लम्बे समय तक उसी अनंत सोच में
जो होती है भविष्य की
जो याद करवाती है उस बात को
जब किसी ने हमसे कहा था -
कि भविष्य में जीवन कठिन होने वाला है,
अब तो इस नींद से जाग जाओ
थोड़ा सा अपने दिमाग को याद दिलाओ
कि तुम्हें कुछ करना है,
जीवन में आगे बढ़ना है
भीड़ का हिस्सा नहीं
जीवन का किस्सा बुनना है
जिसमें होगी अनेकों यादें
एक सफल व्यक्ति
जिसने हजारों ठोकरें खाई
परन्तु हार नहीं मानी
इसलिए आज से ही धीरे-धीरे मगर कोशिश
जारी है - आगे बढ़ने की,
कुछ करने की
परन्तु फिर अचानक ही आभास होता है कि
कहीं देर न हो जाए ।

दीपिका
कला स्नातक, तृतीय वर्ष

अमृतवाणी

- दुःख दर्पण है जो दिखाता है और सुख दर्शक है केवल देखता है।
- ज्ञान कहीं से, किसी से, किसी भी मूल्य पर मिले लेना ही अच्छा है क्योंकि जिससे हम सीखें वहीं गुरु हैं।
- सच बोलने का सबसे बड़ा फायदा यह है कि तुम्हें याद नहीं रखना पड़ता है कि तुमने किससे कहाँ क्या कहा था।
- जो हमारे पास नहीं है उसे पाने की जब हम अभिलाषा रखने लगते हैं तो जो कुछ हमारे पास होता है उससे खुशी मिलनी बंद हो जाती है।

सत्या कुमारी
बी. ए., तृतीय वर्ष

लक्ष्य

हमारे जीवन में लक्ष्य का होना बहुत ही जरूरी है और हम किसी निधारित लक्ष्य को लेकर अपने जीवन को लेके चलें तो हम कभी भी किसी भी स्थिति में विपरित नहीं होंगे और हमारा लक्ष्य होगा तो हम अपनी उचित मंजिल को हासिल कर सकेंगे। हम हमेशा अपनी राह में बिना किसी बाधा से प्रयत्नशील रहेंगे। व कोई भी बाधा हमें हमारी मंजिल को प्राप्त करने से नहीं रोक सकेगी। यह लक्ष्य ही जीवन के प्रति हमारे दृष्टिकोण को परिपक्व बनाता है। हमें हर एक मुश्किल का सामना करने में समर्थ करता है। लक्ष्यहीन होकर हम जीवन में कुछ भी प्राप्त नहीं कर सकते हैं। बगैर लक्ष्य के हम वैसे ही हैं, जैसे एक लुढ़कते पत्थर पर कोई नहीं जमती वैसे ही हम रह जाते हैं। हमारी उम्मीदों में कुछ कर पाने की जिज्ञासा है तो हम हर पलों को पूर्ण करने की कोशिश में रहते हैं। सभी महान् व्यक्ति अपने जीवन में अपने लक्ष्य व आदर्श देखकर आगे बढ़े हैं इसलिए हमारा लक्ष्य होगा तो हम इस जगत में अपनी एक खास मंजिल हासिल कर सकते हैं। लक्ष्य ही हमारी बुद्धि को एकाग्र रखने में हमारी सहायता करता है। लक्ष्य ही हमारी चाह व राह होनी चाहिए क्योंकि जहां चाह-वहां राह अवश्य मिलती है।

शिवानी
स्नातक, तृतीय वर्ष

वक्त

वक्त चल रहा है,
तो तू भी चल साथ में,
दिन ढल रहा है, अब क्यों तू है, किसी की आस में।

साथ वक्त के चल,
चलना तो यहाँ अकेला है जिंदगी तो यहाँ पर,
एक गुमनाम मेला है।

चल रहा है तो, चलता जा
क्यों रुक रहा तू राह पर
क्या मिल नहीं रहा तुझे, मरहम तेरे घाव पर।

ये वक्त बड़ा, अजीब है,
समझ तू इसे करीब से
ये छिन सकता है तेरी जान,
कभी भी तेरे नसीब से।

वक्त चल रहा है,
तो तू भी चल साथ में,
दिन ढल रहा है, अब क्यों तू है, किसी की आस में।

इशिता
स्नातक, प्रथम वर्ष

माँ

संवेदना है भावना है अहसास है
माँ जीवन के फूलों में, खुशबू का वास है,
माँ रोते हुए बच्चे का खुशनुमा पलना है,
माँ मरुस्थल में नदी या मीठा सा झरना है,
माँ लोरी है, गीत है प्यारी सी थाप है,
माँ पूजा की थाली है मंत्रों का जाप है,
माँ झुलसे हुए दिनों में कोयल की बोली है,
माँ मेंहदी है, कुंकुम है, सिंदूर है, होली है,
माँ कलम है, दवात है, स्याही है,
माँ परमात्मा की स्वयं एक गवाही है,
माँ आँखों का सिसकता हुआ किनारा है,
माँ गालों पर पप्पी की धारा है
माँ अनुष्ठान है, साधना है, जीवन का हवन है
माँ चूड़ी वाले हाथों के मजबूत कंधों का नाम है
माँ काशी है, काबा है और चारों धाम है,
माँ पृथ्वी है, जगत है, धुरी है,
माँ बिना सृष्टि की कल्पना अधूरी है
तो माँ का महत्व दुनिया में कम नहीं हो सकता
और माँ जैसा दुनिया में कोई और हो नहीं सकता।

कृतिका वर्मा
बी. ए., तृतीय वर्ष

पुस्तक

मैं छोटी भी, मोटी भी, पतली भी होती हूँ
बात पुरानी नहीं आज की भी मैं करती हूँ
विभिन्न कृतियां अपने मन में, मैं समेटे हूँ
प्रेम है मुझे उससे जो मेरा सृजक है
सम्मान करती हूँ मैं उसका जो मुझे पढ़ता है।

इतिहास लिखा गया मुझमें लिखा गया विज्ञान भी
वेद भी मेरे अंदर, छुपी मुझ में संगीत की हर तान भी
लिए साथ मैं चली हूँ चारों युगों का प्रमाण भी
कारण मुझ में, समाधान मुझ में,
रची गई मुझ पर गीता कुरान भी

यदि कहानी मैं आज तुम्हें अपनी सुनाऊँ
आज दशा पर अपनी मैं रोती हूँ
दुःख इस बात का कि आज तुम्हें मेरा आदर सत्कार नहीं
समझ तुम रहे नहीं कि मुझ से बेहतर कोई और तारणहार नहीं
पूरे ब्रह्मण्ड का ज्ञान मुझ में समाहित
है मुझमें जानकारी मंजिल की तुम्हारी
मोबाईल छोड़ोगे तो जानोगे मुझे
मुझ से अच्छी नहीं कोई दोस्त तुम्हारी
मैं कोई और नहीं पुस्तक हूँ हाथों की तुम्हारी।

हेमराज
कला स्नातक, तृतीय वर्ष

हिन्दी की समावेशी प्रवृत्ति साथ ही, जानिए बिस्किट के बिस्कुट बनने की कहानी

भारतीय जनमानस में एक षड्यंत्र की तरह यह प्रचारित-प्रसारित किया गया कि अंग्रेजी एक बहुत ही समावेशी भाषा है, जबकि हिन्दी समावेशी नहीं है और इसमें एक ठहराव (रूंधाव) है। इस धारणा को सम्पूर्णता में त्यागने-नकारने की आवश्यकता है। आइए, देखते हैंस्त्रोत के आधार पर हिन्दी में शब्दों की चार श्रेणियां हैं - तत्सम, तद्भव, देशज और विदेशज (आगत)। अब क्या यह एक बहुत बड़ा प्रमाण नहीं है कि भाषा के व्याकरण में, उसकी आचार संहिता में ही यह स्पष्ट कर दिया गया है कि यह अनिवार्य रूप से दूसरी भाषा के शब्दों को भी अपने में समाहित करती है इसे करना ही चाहिए।

ध्यातव्य है कि जिस भाषा ने अपने सबसे मूल शब्द पुस्तक - संस्कृत, किताब - अरबी, कॉपी - अंग्रेजी, कलम - अरबी, कागज - फारसी से लिया हो उस भाषा पर यह आरोप कि ये किसी भाषा से कम समावेशी है, चिंतित करने वाला है। ऐसे में, यह कोई भाषिक षड्यंत्र है, संकुचित दृष्टिकोण है या फिर दर्जे की मूर्खता। षड्यंत्र का एक कारण तो यह है कि आज अंग्रेजी का वर्चस्व टूटता दिख रहा है। दूसरे शब्दों में, 'इंडिया की इंग्लिश' को 'भारत की हिन्दी' वाली चुनौती भारी पड़ रही है। साथ ही, यह भी तथ्य है कि वर्षों की गुलामी की मानसिकता से एक वर्ग अभी भी निकल नहीं पाया है। इस विमर्श में यह भी ध्यान देना चाहिए कि विदेशी मूल के शब्दों को भी लेते समय हिन्दी ने अपनी 'आत्मा' नहीं बदली। हिन्दी के कृष्ण अगर अंग्रेजी में कृष्णा हो सकते हैं, 'ह' ध्वनि के सर्वथा अभाव के कारण गाँधी और नेहरू अंग्रेजी में जाकर 'गांधी' और 'नेअरू' हो सकते हैं : तो हिन्दी भी बिस्किट को 'बिस्कुट' और हॉस्पिटल को उर्दू के हस्पताल से हिन्दी का अस्पताल बना सकती है। समस्या यह है कि हिन्दी वाले श्री कृष्ण को कृष्णा कहें (जिसका अर्थ है - द्रौपदी), योग को योगा कहें, तो 'कूल' लगते हैं, अनपढ़ नहीं, परन्तु जब ये बिस्किट को बिस्कुट कहें, तो पिछड़े समझे जाते हैं।

विचारणीय है कि रिपोर्टाज एक साहित्यिक विधा है, रिपोर्ट नहीं, परन्तु गुलाम मानसिकता वालों के लिए Report बोलिए, लिखिए तब ही ठीक हैं। इन्हें यह तथ्य पता ही नहीं होता कि रिपोर्टाज हमने सीधे फ्रांसीसी भाषा से लिया है। मूल शब्द लैटिन का Reportare है, जिसका अर्थ है 'द्वारा होना या carry करना'। फ्रेंच में यह Reporter बना। कालांतर में हिन्दी ने रिपोर्टर को न लेकर संवाददाता को उचित माना, परन्तु एक विधा के रूप में रिपोर्टाज को स्वीकृत किया।

यह जानना सच में दिलचस्प है कि पहले संज्ञा (रिपोर्टर) और फिर क्रिया (रिपोर्ट) की व्युत्पत्ति हुई। लेकिन हमने क्रिया को रिपोर्टाज रखा लेकिन संज्ञा को नहीं लिया, क्योंकि संवाददाता पहले से यहाँ होते थे। समाचारपत्र, आकाशवाणी, दूरदर्शन की दृष्टि से 'संवाददाता' शब्द अधिक उपयुक्त प्रतीत हुआ, क्योंकि 'वाहक' में लेकर जाने का भाव है, 'दाता' में यह आवश्यक नहीं। विचार करें कि क्या यह एक भाषा के रूप में हिन्दी की समावेशी प्रवृत्ति का शानदार नमूना नहीं है।

इसी तरह हिन्दी में 'मील का पत्थर' को कह सकते हैं : 'माइल का पत्थर' नहीं। कुछ लोग हिन्दी में कहेंगे 'पांच माइल की दूरी'। उन्हें भी यह जानने की जरूरत है कि हिन्दी ने इस शब्द को बहुत पहले ही लिया जब लैटिन में यह Milia (Milia Passuum या हजार कदम) से Mile बना। हिन्दी ने इसे मील पढ़ा और स्वीकार किया। यह और मजेदार है कि अंग्रेजी में भी इसे Midle english के Myle के कारण ही 'माइल' बोला जाता है, जबकि लिखने में यह Myle से Mile हो गया। अब हिन्दी में इतना घालमेल तो नहीं है कि पहले 'Myle' लिखकर माइल बोलो इसे जानने और समझने की जरूरत है।

अगर बिस्किट (Biscuit) शब्द को देखें, तो यह लैटिन के Bis (दो बार) और Coctus (पकाना, to cook) से बना है, जिसका अर्थ है - 'दो बार पकाना'। ध्यातव्य है कि Biscuit कहा ही इसलिए जाता है कि इसे एक बार बेक और दूसरी बार ओवन (उन्नत भट्ठी) में धीमी आंच पर पकाया जाता है। यह बिस्किट लैटिन से फ्रेंच में जाकर Bescuit हुआ जिसे हिन्दी भाषी बिस्कुट ही पढ़ेंगे। अस्तु, गुलामी की मानसिकता देखें कि लैटिन से फ्रेंच में बदले तो ठीक, फ्रेंच से अंग्रेजी में बदले तो ठीक, अंग्रेजी से हिन्दी में आकर इसे नहीं बदलना चाहिए।

दोबारा इस पर लौटें कि कुछ कुपट बुद्धिजीवी सही शब्द अर्जुन को अर्जुना, कृष्ण का कृष्णा कहेंगे, लेकिन हॉस्पिटल को हस्पताल कहने वालों को मूर्ख और बेवकूफ समझेंगे। ये लोग बिस्किट को भाषा के उच्चारणगत नियम के आधार पर बिस्कुट बोलने वालों को देहाती और मूर्ख समझेंगे, कम Sophisticated समझेंगे। ऐसे लोगों की समझ पर तरस ही आ सकता है। अमूमन ये वही लोग होते हैं, जिनका हिन्दी ज्ञान अत्यंत सीमित होता है।

हेम राज
बी. ए., तृतीय वर्ष

सफलता के लिए आत्मविश्वास जरूरी

सिर्फ सपने देखने मात्र से सफलता की प्राप्ति नहीं होती बल्कि सफलता प्राप्त करने के लिए मन में आत्मविश्वास जगाना जरूरी है और साथ ही दृढ़ संकल्प में अनोखी शक्ति होती है जिसकी सहायता से हम अपने जीवन में न सिर्फ सफलता बल्कि चिंताओं से मुक्ति पा सकते हैं।

यदि कोई व्यक्ति अपने जीवन में आने वाली बाधाओं पर विजय प्राप्त करने का निश्चय कर लेता है तो उसके भीतर एक आंतरिक महाशक्ति का उदय होता है। दृढ़ संकल्प में असीम शक्ति होती है जो व्यक्ति को किसी भी प्रकार की बाधाओं से जूझने में सक्षम बनाती है।

जीवन के किसी भी क्षेत्र में सफलता का मूल मंत्र व्यक्ति की दृढ़ इच्छाशक्ति, अटूट विश्वास एवं एकनिष्ठ प्रयास है। अन्य बातें समान होने पर भी अनेक व्यक्तियों में से वही सफल

होता है जिसकी इच्छाशक्ति सबसे मजबूत और प्रबल होती है। दृढ़ संकल्प में अद्भुत शक्ति है, उससे प्रेरित व्यक्ति दृढ़ता व लगन के साथ आगे बढ़ता है। दृढ़ संकल्प पीछे लौटने के सभी रास्तों को बंद कर देता है और आगे की बाधाओं को रौंद डालता है।

जिस व्यक्ति का कोई उद्देश्य नहीं होता, उनका जीवन बिना किसी पतवार की नाव की तरह होता है। ऐसे व्यक्ति एक बिंदु पर ध्यान एकाग्र नहीं कर पाते। उनके उद्देश्य में साहस व चरित्र की कमी होती है। वे जीवन को जैसे-तैसे काटते रहते हैं। उद्देश्य के अभाव के कारण व्यक्ति में न दिशा बोध होता और न योजना होती है, वह केवल परिस्थितियों का दास होता है।

आंचल शर्मा

कला स्नातक, तृतीय वर्ष

नई शिक्षा नीति

जैसा कि हम सभी जानते हैं कि 29 जुलाई 2020 को प्रधानमंत्री नरेन्द्र मोदी द्वारा नई शिक्षा नीति लाई गई। सन् 1986 के बाद भारत की शिक्षा नीति में यह पहला नया परिवर्तन है। यह नीति अंतरिक्ष वैज्ञानिक के. कस्तुरीरंगन की अध्यक्षता वाली समिति की रिपोर्ट पर आधारित है। गाँधी जी के अनुसार - शिक्षा का तात्पर्य बालक और मनुष्य के शरीर, मन तथा आत्मा के सर्वांगीण एवं सर्वोत्कृष्ट विकास से है। लेकिन 1986 की शिक्षा नीति में ऐसी कुछ कमियाँ थी, जिस कारण छात्रों का समग्र विकास हो पाना कठिन था। इन्हीं कमियों को दूर करने के लिए नई राष्ट्रीय शिक्षा नीति को लाने की आवश्यकता पड़ी।

पुरानी शिक्षा नीति का पाठ्यक्रम 10+2 के अनुसार चलता था, लेकिन नई शिक्षा नीति 2020 की शैक्षिक संरचना 5+3+3+4 के हिसाब से की गई। इस नीति को बच्चों की 3-5, 8-11, 11-14 और 14-18 उम्र के अनुसार 4 अलग-अलग हिस्सों में विभाजित किया गया है। पहले हिस्से में 'प्राइमरी से दूसरी कक्षा', दूसरे हिस्से में 'तीसरी से पाँचवी कक्षा', तीसरी हिस्से में 'छठी से आठवी कक्षा' और चौथे हिस्से में 'नौवीं से 12वीं कक्षा' को शामिल किया गया है। शिक्षा ही किसी समाज और राष्ट्र की जागृति का मूल आधार है। अतः शिक्षा का उद्देश्य साक्षरता के साथ-साथ जीवनोपयोगिता भी होना चाहिए। अतः नई शिक्षा नीति के तहत गुणवत्तापूर्ण और व्यावसायिक शिक्षा पर जोर दिया जाएगा, जो जीवन भर हमारे काम आएगी।

उद्देश्य :

- नई शिक्षा नीति 2020 का उद्देश्य सभी छात्रों को उच्च शिक्षा प्रदान करना है।
 - इस नीति के तहत 3 से 18 साल तक के बच्चों को शिक्षा का अधिकार कानून, 2009 के अंतर्गत रखा गया है।
 - नई राष्ट्रीय शिक्षा नीति 2020 का लक्ष्य वर्ष 2030 तक सकल नामांकन अनुपात 100 प्रतिशत करना है।
 - पाँचवी कक्षा तक की शिक्षा मातृभाषा/स्थानीय या क्षेत्रीय भाषा में उपलब्ध कराना।
 - 2025 तक पूर्व-प्राथमिक शिक्षा (3 से 6 वर्ष की आयु सीमा) को सार्वभौमिक बनाना।
 - नई शिक्षा नीति छात्रों के व्यावहारिक ज्ञान को सिर्फ रट्टा सीखने की ओर धकेलने के बजाय समग्र ज्ञान और समझ को महत्व देगी।
 - देश की सभी उच्च शिक्षण संस्थानों के लिए 'भारतीय उच्च शिक्षा परिषद्' नामक एक एकल नियामक की परिकल्पना की गई।
- नई शिक्षा नीति लाने के मकसद यही है - आनेवाली पीढ़ी के भविष्य को उज्ज्वल करना। लेकिन अब देखना यह है कि नई शिक्षा नीति इन उद्देश्यों को पूरा करने में सक्षम होगी या नहीं, क्योंकि इस नीति के उद्देश्य का पूरा होना इसके सही प्रकार से लागू होने पर निर्भर करता है। अतः मैं आशा करती हूँ कि यह नीति केवल सैद्धांतिक न होकर वास्तविक जीवन की धरातल पर भी खरी उतरे।

“बेरोजगारी को दूर कर रोजगार को बढ़ाएंगी नई शिक्षा नीति देश का भविष्य उज्ज्वल बनाएंगी।”

मनीषा

बी. ए., द्वितीय वर्ष

युवा और राष्ट्र

युवा राष्ट्र निर्माण में अहम भूमिका निभाते हैं। 12 जनवरी को जिस युवा के स्मरण में राष्ट्रीय युवा दिवस मनाया जाता है वह स्वामी विवेकानंद ने नाम से आज हर युवा के आदर्श हैं। स्वामी रामकृष्ण परमहंस जैसे गुरु का मार्गदर्शन पाकर वह सनातन धर्म का पुनर्जागरण करते हुए भारत देश के युवा नेता बने, जिन्होंने अपने विचारों से विश्व को चौंका दिया।

मानव जीवन में मूलतः तीन अवस्थाएँ होती हैं, बाल अवस्था, युवा अवस्था और वृद्धावस्था। इन तीनों में युवावस्था सबसे अधिक ऊर्जा एवं स्फूर्ति से भरी होती है। युवा वर्ग हर राष्ट्र के लिए एक पावर हाउस का कार्य करता है। दक्षिण अफ्रीका के राष्ट्रपति नेल्सन मण्डेला ने कहा था कि आज का युवा राष्ट्र का नेता है।

आज का भारत युवा भारत है जहाँ 25 से 40 वर्ष के लोगों की जनसंख्या 57.2% है। पूरा विश्व भारतीयों की तरफ आशा भरी निगाहों से देख रहा है। वर्तमान समय में तो शायद ही कोई ऐसा देश होगा जहाँ भारत का युवा अपना योगदान न दे रहा हो। सूचना तकनीकी के क्षेत्र में सबसे अधिक भारतीय युवा विदेशों में अपनी सेवाएं दे रहे हैं।

इंग्लैंड के प्रधानमंत्री ऋषि सुनक भारतीय मूल के हैं जो उस देश के प्रधानमंत्री हैं जिस देश ने कभी भारत को अपना उपनिवेश का केन्द्र बनाया था। मद्रास में जन्मे सुन्दर पिचई विश्व के सबसे बड़े सर्च इंजन Google के सी. ई. ओ. हैं।

हमारे देश में बढ़ती जनसंख्या के कारण आज के युवा बेरोजगार घूम रहे हैं। जिस कारण वे देश में अपना योगदान नहीं दे पा रहे हैं। देश की उन्नति के लिए युवाओं की ओर ध्यान देना होगा। सभी युवाओं से ऐसे कार्य करवाए जाएं जिसके परिणामस्वरूप हमारे देश को लाभ हो तथा युवाओं को रोजगार मिल सके।

युवाओं को सलाह की जरूरत है और वे प्रत्येक कार्य को बड़ी आसानी से करने में सक्षम हैं। जिस देश में युवाओं का प्रयोग सही तरीके से नहीं किया जाता है, वे देश आज गरीबी का शिकार हैं।

आज के युवा अपनी शिक्षा से हर कार्य को आसानी से करने में सक्षम हैं। इसलिए बेरोजगारों को रोजगार प्रदान कर भारत में ही वस्तुओं का निर्माण किया जाए जिससे बेरोजगार युवा भी रोजगार प्राप्त कर सकेंगे।

जब युवा रोजगार से लाभान्वित होंगे तभी युवा देश के निर्माण में सहयोग कर सकेंगे।

पूजा
बी. ए., तृतीय वर्ष

राष्ट्र निर्माण में युवाओं की भूमिका

वह युवा वर्ग ही था, जिसने मातृभूमि को परतन्त्रता की बेड़ियों में जकड़ने वाले कूर विदेशी शासन को चुनौती दी थी। विधाता के निर्माण को तो देखो, जवानी युवावर्ग की आयु का चरम क्षण होती है। जहाँ जवान कल्पनाएं आकाश को भी छोटा साबित कर देती हैं, धरती फाड़कर वे जलधारा निकाल सकती हैं। विश्व की लगभग 25 प्रतिशत जनसंख्या युवा है। जनसंख्या का बड़ा हिस्सा राष्ट्र के विकास में महत्वपूर्ण भूमिका निभाता है और इसे नजरअंदाज भी नहीं किया जा सकता है। हमारे देश के युवा हमारे देश का भविष्य हैं और जनसंख्या के सबसे गतिशील वर्ग का प्रतिनिधित्व करते हैं। युवा और उनके कार्य भारत जैसे राष्ट्र के विकास में योगदान करते हैं। भारत देश को आज़ादी दिलाने में मुख्य भूमिका निभाने वाले युवा भगतसिंह, सुभाष चन्द्र बोस, चन्द्रशेखर आज़ाद थे। इनके अलावा बहुत से स्वतन्त्रता संग्रामी थे जिन्होंने देश के नाम अपनी जान दे दी। भारतीय युवाओं ने देश को कहीं से कहीं पहुंचा दिया। अब समय आ गया है कि देश के युवा को अपनी जिम्मेदारी समझनी होगी।

तीन प्रमुख तत्व हैं जो किसी राष्ट्र की प्रगति में योगदान करते हैं। ये हैं - शिक्षा, रोजगार और सशक्तिकरण। हमारे देश के अधिकांश युवा अशिक्षित हैं। इसलिए निरक्षरता, हमारे देश की सबसे बड़ी समस्याओं में से एक है। हमारे देश की अनपढ़ आबादी हमारे देश की प्रगति को रोकती है और इसमें बाधा डालती है। युवा न केवल आज का साथी है बल्कि कल का नेता भी है। भारत में युवाओं की संख्या अन्य सभी देशों में से सबसे ज्यादा है। आज हमारे देश में ऐसा कोई क्षेत्र नहीं है जहाँ लड़कियां पीछे हों। आज लड़कियाँ हर क्षेत्र में आगे हैं। एक राष्ट्र का निर्माण युवा लड़के और लड़कियां दोनों करते हैं। स्वामी विवेकानंद जी ने कहा था “उठो! जागो, चलो और तब तक मत रुको जब तक लक्ष्य की प्राप्ति न हो जाये।” आज भारत का युवा वर्ग भी एक ऐसी ही भ्रामक नींद सो रहा है जहाँ उसे लगता है कि जब वक्त आएगा तब सब सही हो जाएगा। ऐसी ही नींद से हमें जागना होगा और अपना सर्वस्व लूटाकर राष्ट्र निर्माण में लग जाना होगा और यकीन मानिये अगर भारत का शत-प्रतिशत युवा ऐसा करने में सफल रहा तो भारत को विश्वगुरु बनने से कोई नहीं रोक सकता।

निशा
स्नातक, प्रथम वर्ष

जीवन में अच्छे और बुरे लोगों की परख

अकसर हम जीवन में बहुत से लोगों के बीच आ जाते हैं। जहाँ हम उन लोगों में फर्क नहीं कर पाते। यह जीवन की सबसे बड़ी बिड़बना है। जीवन के सफर में हमें बहुत लोग मिलते हैं जिनमें से कुछ अच्छे होते हैं और कुछ बुरे। ऐसे में कुछ बुरे लोग न तो खुद आगे बढ़ते हैं न तो हमें आगे बढ़ने देते हैं।

अच्छे लोग हमेशा आगे बढ़ने के लिए आपको सलाह देने के साथ-साथ आपकी प्रेरणा का स्रोत भी बनते हैं। कई लोग जीवन में आगे बढ़ने के लिए कई सुधार कर चुके होते हैं क्योंकि उनके साथ कुछ गतिविधियाँ थी जो उन्हें और लोगों से सीखने की मिली थी। अपने संसाधनों का प्रयोग कहाँ और कैसे करना है वो भली-भाँति जानते हैं। अकसर कई लोग उन लोगों के बीच बैठना पसंद करते हैं जो सिर्फ उनकी झूठी तारीफ करते हैं लेकिन आप एक बार उनसे अपने लिए मदद की उम्मीद करके देखियेगा आप खुद समझ जाएंगे कि वो हमारे हितैषी है या नहीं। कहते हैं ना-

नीम कड़वा जरूर होता है लेकिन ज्यादातर बीमारियों में नीम हकीम होता है। कुछ लोग नीम की तरह होते हैं परंतु आपके सच्चे हितैषी होते हैं। ऐसे लोगों से आपको हमेशा फायदा मिलता है क्योंकि उनको जब आपकी बुराई करनी होती है तो पीठ पीछे नहीं बोलेंगे बल्कि वो आपके सामने ही बुराई करेंगे।

अब मैं बुरे लोगों की बात करूँ तो वे नकारात्मक पहलुओं को तुरंत पकड़ते हैं। जब हम उनके साथ रहना शुरू करते हैं तो हमारे अंदर भी वो नकारात्मक भाव आने लगता है। हमारी सोच भी उन्ही की तरह होने लगती है और एक-दूसरे से घुलने मिलने के लिए हमें भी उनके जैसा बनना पड़ता है।

ये तो मानव की प्रकृति है जो नकारात्मकता की ओर जल्दी आकर्षित हो जाता है। जिसका प्रभाव उन्हें तब दिखाई पड़ता है जब कोई उनकी आशाओं को रौंद कर उनसे आगे निकल जाता है। कई बार इतनी देर हो जाती है कि मुकाम हाथ से निकल जाता है। जो लोग मीठा बोलते हैं आपको उनसे सतर्क रहने की जरूरत है, हो सकता है वो आपके हितैषी न हो। मैं ये नहीं कहता कि सभी लोग एक जैसे होते हैं कुछ लोग आपकी परवाह करने वाले भी होते हैं।

अंत में मैं आपको यह बताना चाहता हूँ कि जीवन में अच्छे और बुरे लोगों की परख होना बहुत जरूरी है।

कहते हैं कि-

अच्छा इंसान हर इंसान की अच्छाई पर ध्यान देता है और बुरा इंसान सभी की बुराई करता है।



हेमराज
कला स्नातक, तृतीय वर्ष

बनने से पहले आपको बहुत बार टूटना पड़ता है

सोचने और करने में फर्क बड़ा होता है, भ्रम और आँखों में सपने, कठिन रास्तों पर चलना पड़ता है, अगर सोचा हुआ करना है तो खुशियों से रूठना पड़ता है, बनने से पहले आपको बहुत बार टूटना पड़ता है।

पत्थर भी होंगे, धूप भी आएगी, आँखों में आपके कभी-कभी नमी भी आएगी, यूँ ही नहीं बनकर खड़ा हो जाता है महल, अपने चहेते परिवार से दूर जाना भी पड़ता है, बनने से पहले आपको बहुत बार टूटना पड़ता है।

मजबूत कंधे नहीं होते, जिम्मेदारियाँ उन्हें मजबूत बनाती हैं, सच्चा योद्धा थकान के बावजूद भी लड़ता है, बनने से पहले आपको बहुत बार टूटना पड़ता है।

कम नहीं होते पीछे खींचने वाले, खुश नहीं होते सभी पीठ थपथपाने वाले, बुराई भी करते हैं, आपके सामने तारीफ करने वाले, सफलता की राह पर, जहर अपमान का पीना पड़ता है, बनने से पहले आपको बहुत बार टूटना पड़ता है।

ललिता
बी. एड, द्वितीय सत्र

संघर्ष

मंजिल हो प्यारी जिसको वो राहों में न कभी अटकता है, भूल जाए जो लक्ष्य कभी वो सारा जीवन भटकता है। है गर्म हवाओं का डर उसको जो मखमल में ही पलता है, उसे अंगारों का भय क्या होगा जो काँटों पर ही चलता है। जब दौर है होता गर्दिश का तो अस्तित्व कहाँ फिर बचता है, चले जाते हैं अशियानें में पंछी तूफान में बाज ही उड़ते हैं। स्वाभिमान जो दिल में हो ईमान न ये फिर खिसकता है, न राजा ही न रंक रहे यहाँ वक्त भी कहाँ टिकता है। बैसाखियों छोड़ बहानों की जो हँसला से ही चलता है, होता है वो अलग दुनिया से इतिहास वही फिर रचता है। संघर्ष ही चक्की चलती है मेहनत का आटा पिसता है, सफलता की रोटी पकती है और अपना सितारा चमकता है। सहारों का उजाला हो कितना खुशियों तक ही वो टिकता है, मजबूरियों के फिर अंधेरों में हिममत का शोला दहकता है।

ईशा शर्मा
विज्ञान स्नातक, द्वितीय वर्ष

ENGLISH SECTION

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STAFF EDITOR
DR. MUKESH VERMA



STUDENT EDITOR
SIMRAN

STUDENT EDITORIAL

Dear Readers,

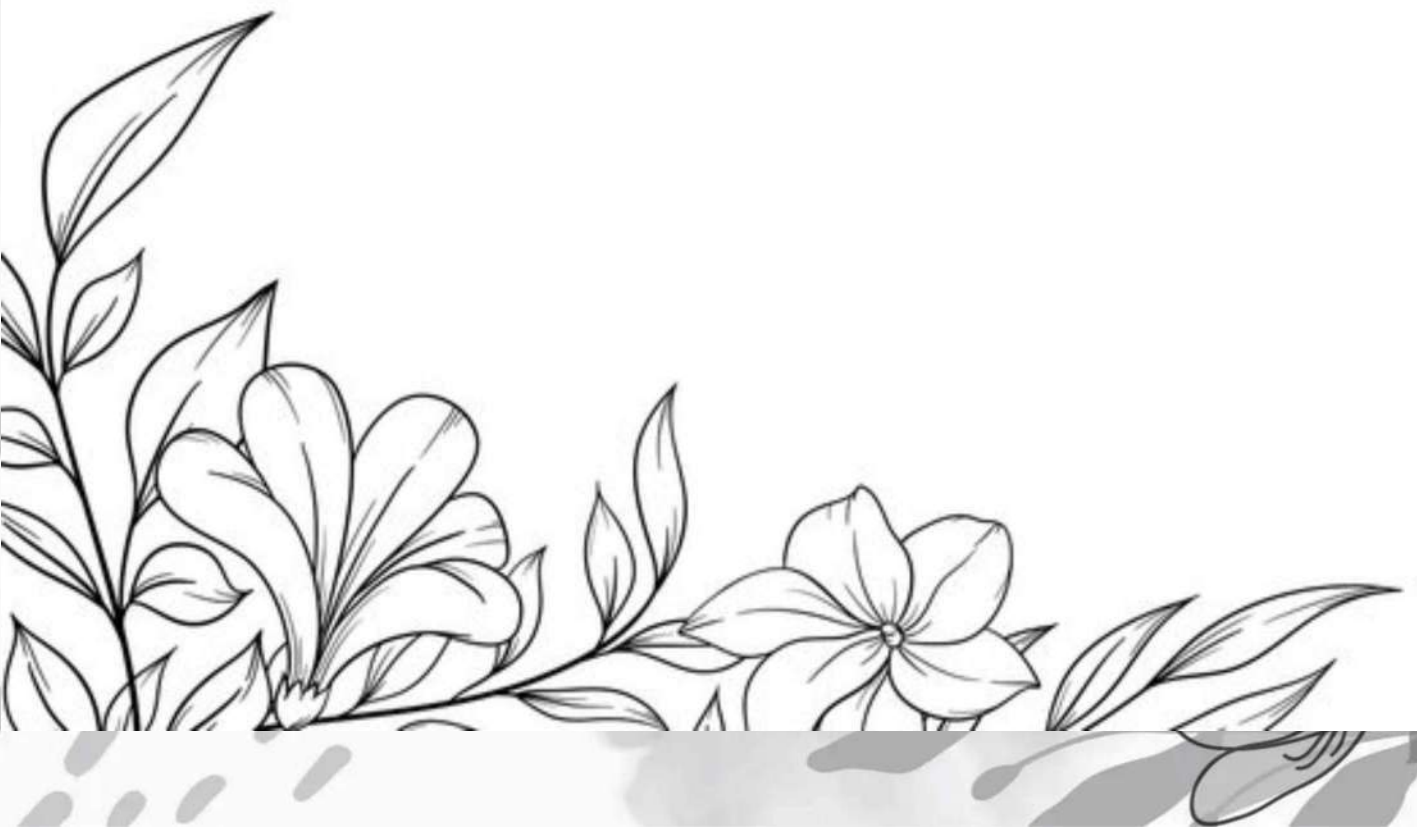
It fills my heart with joy unspeakable to present the 'English Section' of the college magazine, Chir Sankalp.

It is a matter of great pride for me to work as a student editor for English Section of the magazine. As an Editor, I feel blessed to see how the students have so wonderfully presented their ideas and opinions on wide range of relevant topics. Our college magazine has given a great opportunity for students to showcase their talents through writing.

I express my deep sense of gratitude to Dr. Monika Mathur for encouraging me and Dr. Mukesh Verma, Staff Editor for giving me an opportunity to become the student editor. Lastly, I would like to thank students and my dear friends who took time and gave their contributions in making this effort successful.

Simran

B. A., IIIrd Year



SEVEN SECRETS OF SUCCESS

I found the answers in my room.

- Root said : Aim High
- Fan said : Be Cool
- Clock said : Every minute is Precious
- Mirror said : Reflect before you Act
- Window said : See the World
- Calender said : Be up to Date
- Door said : Push hard to achieve your Goals

Shailesh Chauhan
BCA, 6th Semester

LIFE IS CHAOS OR CHAOS IS LIFE ?

Waking up,
I welcome laziness to surround me,
The same old me always, Following 3D's everyday
Dumb, Dull and Dummy !

Having perpetual thoughts everytime
How to pacify my mind ?
Not able to decipher life
Bewildered me, every time.

Always mooching around,
Always blank and numb,
Am I sabotaging my own life ?
Jeopardizing my life ?

Well,
with the passage of time,
I wonder - Life is chaos or chaos is life !

Sania Sharma



ON MY WAY TO COLLEGE

It was a pleasant day
waking down the road
The wind passes through the green paddy
fields.
The flowers nod their head in pleasure.
I hear river water lapping with low sound the
by shore.

While, I Stand on the roadway
I hear it in the deep heart's core.
Sitting at my bus window
I war little birds chirping and feeding their little
one. Free from the letters of world
I willingly jumped into the knowledge pool.
Where education was mixed with entertainment
A college learning was never a punishment.

Sonali
B.A., 3rd Year

MY GALAXY

Was walking a lonely path
Singing a song of sorrow
But then one day
I saw a rainbow
And I knew I had to follow
The seven colours let me
To a purple galaxy
The melody they sang
Drowned my melancholy
The stars called me family
Shining their low upon me
And before I knew
They filled my empty heart
With reason to believe.
Painting myself purple
There was no way I'd leave
They told me we have,
the same name now
And the same heart too
we had all followed the rainlow
And now we were all one Galaxy.

Sneha
B.A., 3rd Year

A WOMEN'S WORTH

She gave life, she is a wife
She is a mother & she is a friend
She is sister, a survivor to end
Appreciate her. We don't dare
Ask her worries.
She don't care wipe away her tears,
they are invisible as air.
She works, cooks & cleans
She laughs, helps & hides her pain,
When you struggle she pulls you through.
She shallows her pride, put her feelings aside.
Does as you need in order for you to be free,
Ignore your ignorance & tolerate your laws.
Your call her nothing,
I call her nothing.
I call her strong, smart, caring, giving, surviving &
powerful, I call her woman !!!

Manisha Chopra
B. A., 3rd Year

MY HOME

Fits exactly in the palms
of your hands and in the pools
of your eyes,
It waits for me wherever you are.
Whenever I fly away it goes missing.
Until, as if from the sky but closer,
Approaching so near
I can feel the most welcoming heat,
You fly toward me with your hands
and eyes open,
perfectly gold as the sun.

Simran
B. A., 3rd Year



ALWAYS BE KING

Be kind to everyone, you never know when
will be the last time you will see them.
Being kind doesn't cost a penny instead it
adds value to your life, makes you a better
person.
Everyone remembers the time they were
treated kindly.
You never know how your one act of kindness
can impact others and help them with their
struggles.
Always be kind.

Anita Sharma
B. A., 3rd Year

APPLE DRIPPED OVER MY BOOK

What is this ?
I left you abandoned !
dear apple,
only for some days.
It doesn't mean
you have to penetrate
into my book.
You made it juicy, look !
It's not fair
that you want to share
an accommodation
with the souls of the pages
inscribed with words.
and phrases.
You want to be intellectual !
but you are an apple !
Dear ! you are sweet,
you are blushy,
don't learn words.
otherwise you are going to be
on a riot.

Bharati
B. A., 3rd Year

"ACHERI"

When we think about something fearful we think of vampires, haunted houses, creepy dolls, etc. Well, all those are given to us by western cultures. Well, wanna hear some Indian Urban Legends, most of them are not written in books but told to us in the form of stories by our elders.

Komik Village is the highest village in Himachal Pradesh. The people of the village were enjoying their time like a festival because Joyesh, a businessman was going to start a small agricultural business there. He was using his own money and just wanted some men labour to work there, and Suresh, an agricultural scientist from that village was returning home to work here after working at a big research faculty in Delhi. He wanted to develop his village so he thought of coming here to help with his experience but due to his pending projects he stayed there for months and when he returned the work at the village wasn't going great as mostly the work just couldn't start due to many problems from thefts at the faculty to lack of manpower. And many workers who were working there were resigning as a rumour had spread that Acheri has started to haunt this place. (Acheri is a ghost of girls who were either abused, left to die or murdered often turn into Acheri as per Indian Mythology and when something bad was going to happen they start singing in a very downhearted voice).

An old lady told Suresh that she had seen a girl with red demonic eyes in thick fog singing in the sadness since this faculty was built. Several kids of the workers have been kidnapped since then. And every night they have been hearing Acheri's songs. Some people tried to catch the downhearted singer as they believed that it uses just some kidnapper who was hiding behind this folklore. But they only got injuries and nothing else. Since then people were trying to protect their kids by any means necessary, and in doing so some kids were not allowed to attend school and had to wear at least one piece of red cloth like red ribbons. As it's believed that Acheri doesn't approach someone wearing red. And as it has shape-shifting ability, so, Acheri could kidnap them from their homes. The most of the workers resigned to stay in their houses to protect kids. This made work at the faculty delayed many times. And now we can see it in its current state. But even the police wasn't able to find the kids.

Suresh convinced them that it's just a myth, not something real. Then he met Joyesh the business man, he got some details and came to a conclusion that someone doesn't want this work to be done successfully. So, he decided to help him in order to help his own people. He went to police station to get some inside of the missing cases. The only information he got was that in most of the incidents it looked like left on their own and some went missing after being alone for a minute or so while playing with their friends and that it looked like either these kidnappings are done by different peoples or the kidnapper is targeting specific kids. But they can't figure out any connection other than there is really an Acheri haunting the village. He was shocked after hearing that. That was a tiring day for him and decided to install some cameras around the village.

The next day he met a familiar face, his childhood friend, Gayatri. To his surprise, the once nervous and short girl grown into a tall and confident person. They talked for a bit and then she decided to help him in the installation of cameras. While they were at it he asked if she believed in the myth. Although she didn't say a thing but her silence was like she believed in it.

At night, he was looking through the recordings in the cameras if some clues were found or not. But in just a moment the electricity in his house was cut. And from the window of his house, he could see a short skeleton-like figure with red demonic eyes that were watching him. It turned around and went toward a house singing that downhearted song. He rushed toward door but, he collided with a table and got injured himself.

On the next day, the news of another abduction has been known throughout the village. And here Suresh was injured. He had a torn calf. Now that he has also seen that demonic figure but still believed in Science and that belief didn't let him think otherwise. So, he decided to check the footage but all files were corrupted and it would have took him 5 days to fix it. He became helpless and then a phone call became his lost hope. It was his detective friend, Shiv. He wasn't that successful but he was quite a Byomlesh Bakshi. His friend decided to help him.

On the very moment when Shiv entered the village he started to analyse the village. His analysis was that the kidnapping had some escape route and that the businessman, Jayesh was also suspicious. Why would a rich fellow daunted to help such poor people to this extent? He decided that he has to do some illegal work to find all the truth about the Acheri and these cases.

On the very night he decided to trespass into-Faculty. He found a secret room with a notice board saying "The person who enters this room without permission shall be punished severely". He wanted to find out what was inside so he decided to use that vent but to do that he had to first disable them. He broke their power line in the electrical room. While using the vents in a room he found Jayesh talking over phone with someone to do something about the kidnappings. In the secret room he found several files with the file project AC. While smiling he messaged Suresh to gether everyone in the village at Panchayat house and the Police too.

Next day, Shiv came there while laughing and saying that it was easy. He told everyone that Jayesh have been fooling them because this land has very low fertility and his main business was to extract Antimony and copper behind every ones back. And he told that near the faculty he found kids in a small cave and the figure Suresh saw may have been a projection. Jayesh was arrested because the ecosystem in the village couldn't afford the extraction of minerals. For several days Suresh couldn't found Gayatri but one day he saw her mother. When he asked about her she cried and said that her drunken husband kicked her in stomach and throw her out of house in cold Winter which caused her to die when she was only 12 year's old.

Uditansh Sharma

LIFE A STRUGGLE OR CHALLENGE

Life is like a continuous drama. It is a reality and not meaningless thing as we think. It is the body that dies but not the soul. The aim of life is not that we should enjoy ourselves or suffer all sorts of hardships; it is to improve ourselves at every step. We have to do a lot. Let us make the most of the little time and strive to do some noble deeds.

The lives of gentlemen should serve as examples to teach lessons how to live in this planet earth. So that when we die we must be remembered for our deeds. One must keep this thing in mind. Life in this world is a struggle and we should actively take part in it.

Manisha Kumari
B. A., 3rd Year

IMPORTANCE OF EDUCATION

Why is Education Important ?

- Education gives us knowledge
- Education teaches us lessons of humanity
- Education comprises good thoughts in human being
- Education tells men how to think, how to work properly, how to make decision.
- Education contributes to human development
- Education gives us employment and identity.
- Education highlights the human talent.



Manish
B. A., 3rd Year

THIS MAKES YOU DIFFERENT

- When you need help, first ask yourself for it.
- Never let anyone else know your weak points.
- Live in Present, not in Future or Past.
- Whatever you earn do today don't let it for tomorrow.
- Don't expect anything from anyone.
- Always be ready to help people in problem.
- You'll never get a second chance to make the first impression.
- Be like flowers, which leave its fragrance even in the hand that crushes it.

*Remember,
Winners don't do different things, they do things
Differently.*

Pritika Thakur
B.Sc., 3rd

CRITICAL THINKING

Critical thinking is a multi-step intellectual process where the individual will observe, analyse and reflect on new knowledge and integrate it into their current understanding.

Principles of critical thinking :

- Gather Complete information.
- Understand and define all terms.
- Question the methods by which the facts are derived.
- Question the conclusions.
- Look for hidden assumptions and biases.
- Question the source of facts.
- Don't expect all of the answers.
- Examine the big picture.
- Examine multiple cause and effect.
- Understand your own biases and values.

Kavya Thakur
B. A., 3rd Year

DO YOUR BEST

Do your best, do your best,
state testing day is here,
Now's the time to show them all what
you have learned this year.
Add, Subtract & Multiply,
you know what to do,
Use your paper to work it out
Just like they taught you to
Do your best, do your best,
state testing day is here!
Reading, writing, language, arts, you know
what to do
Remember all the tips & tricks,
Show what you can do
Just do your best, do your best,
that's all that you can do !

Bhisham Dev
B.Sc., 2nd Year



पहाड़ी खण्ड

विषय सूची

क्र.सं.	रचना	रचनाकार	क्र.सं.	रचना	रचनाकार
1	छात्र सम्पादक	गौरव शर्मा	14	मेरा वतन	तमन्ना ठाकुर
2	मैं बाप का प्यार	शिवानी	15	मेरा हिमाचल	गौरव राणा
3	दुख	मोहित कुमार	16	बाल्हा री धुई	हार्दिक शर्मा
4	लोक बोलाएँ	भीष्म	17	नया जमाना	गौरव शर्मा
5	पहाड़ी चुटकुले	अंशुल ठाकुर	18	पहाड़ी शायरी	अभिषेक
6	हिमाचल रे लोक-गीत	स्मृति	19	रिश्तेदार	आंचल
7	पढ़ाई	शिक्षा	20	धुपा री आस	जतिन चौधरी
8	हसी लवा	गौरव शर्मा	21	आजकाले आसारे कालेजा रे हाल	रितिक कौशल
9	पेपरा रे ध्याड़े	पल्लवी ठाकुर	22	गुरु सच्चा मार्गदर्शक	अर्चना कुमारी
10	आसारी धाम	दिप्ती	23	कुर्पण घाटी रै नजारै	सुमना देवी
11	जीवन एक परीक्षा ही	गौरव राणा	24	निमण्ड हमारा	सुमना देवी
12	पुराणे दिन	गौरव राणा			
13	गपशप-बुधु कने तीसरे नामा री परेशानी	नेहा देवी			



प्राध्यापक संपादिका
डॉ. नेहा सेन



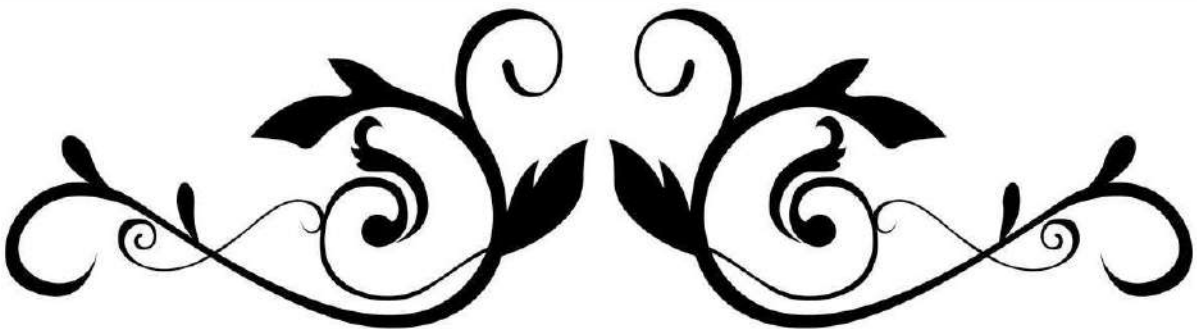
छात्र संपादक
गौरव शर्मा

द्वित्र संपादकीय

नमस्कार दोस्तों क्या हाल चाल हे तुसारे। हाऊँ हा गौरव शर्मा पहाड़ी विभागा रा संपादक। हाऊँ तूसा सभी रा 'पहाड़ी विभाग' मंझ चिर संकल्प री तरफाते दिला ते भारी स्वागत करां। जेड़ा सभी रा अपना नाम हूँआ अपनी एक पछयाण हुई तेड़ी आसा री मातृ भाषा भी आसा री पछयाणी रा एक बड़ा जरूरी हिस्सा हा। आसे गलाएं बोलाएं अपने विचार दसाएँ पर से जे गलाणे कने आसानी अपनी मातृभाषा मंझा हुई से केथी होर नी हुंदी। एक मातृभाषा एक संस्कृति जो जिन्दा रखने कठे तितनी ही जरूरी हुई जितनी आसा कठे ऑक्सिजन। इधी रे कठे ये आसारी जिम्मेवारी बणा ही कि आसे री मातृभाषा कने संस्कृति आसा रे बुजुर्गे आसा तक पुजायरी तिझो आसे तितने ही बड़िया तरीके कने आने वाली पीढ़ी जो सौंपी दो ताकि अगली पीढ़िया री पछयाण आन बान होर शान जिन्दा रहो होर ये अगे देश विदेशा तक फेली सको।

इधो बरकरार रखने कठे सबते पहले आसो आपू पर पूरे मान सम्माना ते इधो अपनाना चाहिए कने इधीरा दिला ते सम्मान करना चाहिए क्योंकि सभी ते पहले सुधार होर सही चीजा री शुरुआत अपने ते ही करनी चाहिए। ता हाऊँ सभी ते एही गुजारिश करां कि आसा पहाड़ी भाषा जो सब मिलके नौवीं बुलंदियों पर पहुँचाए।

गौरव शर्मा
बी. एस. सी., द्वितीय



माँ बाप रा प्यार

माँ बाप रा प्यार
दूनिया रा अनमोल तोफा,
मेरे कटे तिन्हा रे बिना अधूरा ये संसार,
माँ रा आँचल कने बाप रा प्यार,

कदी तिन्हा री झिड़का कने कदी तिन्हा रा दुलार,
माँ देंदी मुश्किला ने लड़ने री शक्ति,
बचपन बीतेया छावां च कने धुप पाने उस पार,
हर वक्त लगदा जिया गुलशन च बहार,
फिर जवानी च कठिनाईयों ने किता आसा पर वार,
लड़ खड़ायेँ पैर मेरे पर संभली गये,
मेरे ले था माँ बाप रा प्यार,

मैं ये ही फरीयाद करदी,
ऐ भगवान् किसी रे भी माँ बाप ना हो जुदा,

माँ बाप हुँदे बच्चेया री शक्ति,
कने माँ बाप रे बिना अधूरी अहाँ री शक्ति,
सारेयों जो नी मिलदा माँ बाप रा प्यार,
माँ बाप रा प्यार,
दुनियाँ रा अनमोल तोफा।

शिवाजी

एम. एस. सी., द्वितीय सेमेस्टर

दुख

बस दुख एक ही हा कि
जिन्दगी अंदर सक्सेस नी हुए-2
मेहनत भी पूरी किती
होर लोक ताने देई देई के ना मुए
बोलाएं बले फलाणे रे मठे
कुछ नी करदे। - 2
आपणे मठे रा पता नी हा
केथी लगी रे मरदे।
धमण्ड ता मा भी तोड़ना
जिद् मेरी भी हाई बड़ी
फेरी दसूँ मैं आरो।
मेरे सामने लैया खड़ी।

मोहित कुमार
बी. एस. सी., द्वितीय वर्ष

लोक बोलाएं

लोक बोलाएं कि क्या फर्क पंडआ ?
कोई तेरे बारे क्या सोचां !
नई पऊंदा, पर बुरा जरूर लगां !
कि जेबे तुसा री कोई गलती नी हुंदी !
होर तेबे बी तुसे। गलत समझो,
ता बुरा लगां !
होर सबी ते ज्यादा बुरा तेबे लगा,
जेबे सामणे से इन्सान हो,
जेसजो, आसे सभी ते ज्यादा पसंद कराएं।

भीष्म

बी. एस. सी., द्वितीय वर्ष

पहाड़ी चुटकुले

एक दोस्त दूसरे दोस्त से :-

भाई बसा रे कंडक्टर और ड्राइवर मंझ क्या फर्क हुंआं ?

दूसरा दोस्त :-

भाई जे कंडक्टर सई जाओ ता केसी रा टिकट नी कटदा।

पर जे ड्राइवर सई जाओ ता सभी रा टिकट कटी जां।

सुरेश रमेश से :-

सुरेश : भाई काल केथी था ?

रमेश : काल हाऊँ आपने भाई जो मठी देखदा गईरा था।

सुरेश : पर तेरा ता भाई ही नी हा।

रमेश : चुप रह, तीजो पता पर होरी जो निया पता। इधी बहाने
हाऊँ दो जगह नुहारी कने दोपहरी खायी आया।

पहला दोस्त :- भाई बड़ा दुखी लगी कररां।

दूसरा दोस्त :- भाई क्या दसूँ तीजो ? पहले मैं अपनी लाड़िया ते
बी. एस. सी. कराई, फेरी एम. एस. सी. कराई फेरी नौकरियां
लगवाई। अब समझ नी आई करदा अबे क्या कराऊं ?

पहला दोस्त : भाई अबे एड़ा कर बढिया छे मठा देखी के ब्याह
कराई दे।



अंशुल ठाकुर

बी. एस. सी., द्वितीय वर्ष

हिमाचल रे लोक - गीत

बसोयइ रा ध्याड़ा :
बसोयइ रा ध्याड़ा बापुआ
जुगा याद रहणा बापुआ

पिगले री धारा ते तीन माणु उतरे
आंई गये लाहौला जो खारो बापुआ
बसोयइ रा ध्याड़ा बापुआ

नाई धोई लाहौला खुब सजाई
गहड़े पहनाई के सुहागत बनाई
मुकी जादे दिला रे चाव बापुआ

बसोयइ रा ध्याड़ा बापुआ

स्मृति

बी. एड., प्रथम सेमेस्टर

पढ़ाई

दिसम्बर गया आई,
मास्टर पूछेया केहड़ी चलीरी हाऊस टैब्ला रे कठे पढ़ाई।

कई छोरु बोलदे ठीक-ठाक ही,
कई बोलदे साल दीती गवाई।

कई बोलदे सारी साल नी कित्ती पढ़ाई
ता मास्टर बोलदे तुसे नी कित्ती कोई सुनाई

जेबे पिछली क्लास रा रिजल्ट गया आई
ता केसीरी हाखियां भरी, ता केसी रे चेहरे पर थी चमक
छाई।

ये सारा हाल देखया सभी जो अकल गई आई,
ता अगले पेपरा कठे लगी जाओ एबे ते करदे पढ़ाई।

शिक्षा

बी. एस. सी., द्वितीय वर्ष

हासी लवा

1. दो पागल छता मंज सई कराऐं थे,
कने राती जो बरखा लगी पेई!
पहला पागल दूजे पागला कने बोल्दा - चल अड़या
भीतर सौंदे, अम्बरा मंझा भोका पई गईरा !!

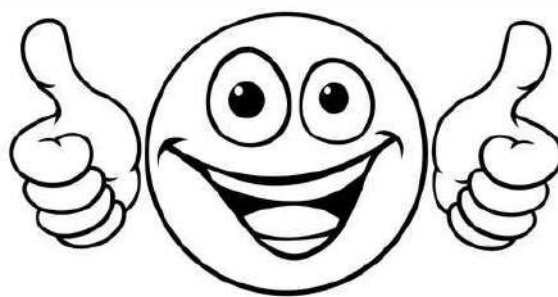
बीजली चमकदी !!

दूजा पागल बोलदा - सई जा आरा, वेल्डिंग वाले भी आई
गे भोके जो ठीक करदे !!

2. मास्टर - दसा अरुसा री घरतीया कने कोई छोटा ग्रह
टकराई गया ता क्या हुणा,
मठा - मास्टर जी, टन टना री आवाज होणी
मास्टर - टन टना री आवाज किजो होणी भई ?
मठा - से गाना नी हा, ये दुनिया पीतल दी - ये दुनिया
पीतल दी। तेबे !!
3. दसवीं पास करी के लगया कि बड़ा पढ़ी लेया पर हुन्न
पता चलेया दसवीं री मार्क शीट ता खाली जन्म तारीख
देखने रे काम औंदी !!

गौरव शर्मा

बी. एस. सी., द्वितीय वर्ष



पेपरा रे ध्याड़े

पेपरा रे ध्याड़े बड़े जोरा ते निंदर आई
सुफने बीच मिंजो अपनी फिल्मा री याद आई
हीरोइन थी ऐश्वर्या सलमान था तेसा - रा भाई !
भयागा उठी कने देखयां एक फटीरा था कम्बल एक फटीरी थी
रजाई
एक टुटीरी थी चारपाई बड़ा सोचया कीया भजी ये चार पाई !
दूजे ध्याड़े नोटा कने जेवा दितियां भराई सहुगी दीती एक गाइड
पाई। पेपरा बीच जांदे ही मास्टरे जेबा दितिया खाली कराई।
पेपरा बिच लिखिरे कुछ अक्षर बाई
घरा आईने बापू ए पुछया बच्चा पेपर सान था कि कठन में भी
दितिया सिधा गलाई पेपर था सान
आगे जाणो भगवान दो चार दिना बाद मार्क लिस्ट गई आई !
तिथि अंदर हुईरी थी पूरे नम्बरा री सफाई। बापूएं मारी-मारी
नें मारी - मारी नें निंदरा दितिया गवाई! दूजी बारी सुफने
बीच ऐश्वर्या नजर नी आई। लेंदें जाओ पैगांम बुरानी मनणा !
पढ़ाईया लखाइया रा रखना ध्यान !

पल्लवी गकुर
बी. ए., द्वितीय वर्ष

आसारी धाम

हो धोतुओं री दाल, घंडयाली या सेपुबड़ी
धाम री नंद आऊँ जेबे हो ऐंडाच कड़ी
धाम आसा रा पारम्परिक खाणा। हिमाचला रे कौंगड़े जिले री
धाम ता डिस्कवरी चैनला पर भी मशहूर हुई री। तुसे दुनिया रे
केसी भी कोणेच चली जाओ अगर तुसे हिमाचली हुए ता धाम
खाई कने एड़ा लगां बुझया तुसे घरा पुजी गइरे।
खाणा आपु अंदर ही किसी भी सभ्यता जो दर्शा।
आसारा धाम आसारी सभ्यता जो दर्शाई। धोतुओं री दाल,
सेपुबड़ी, बदाणे कने कद्दु रा मीठा, दाल कड़ी खाई कने जो
मजा आऊँआ से चाहे किथी रे पकवान खाई लो तेबे भी नी
आऊँदा। मदरे रा मसाला अलग-अलग तरीके ते तयार किता
जां। सात-आठ मसालेयां जो मिलाइ कने बणीरा हुआं तेबे जाई
कने धामारा स्वाद आवां।
आजकला रे छोरु-छोरीयां पिज्जा-बर्गर खाँए फिरी आपु जो
कूल बणे। सुले-सुले स्थों अपनी सभ्यता जो भुल्या करें। आणे
वाली पीढ़ी जो धामा रे बारेच दसणा आसारी जिम्मेदारी हई।
ऐंडाच हाऊँ धामा कठे एक गल गलाणा चाहीं -

ऐड़ी हुई आसारी धाम,
बुज्याँ सीरा री पीड़ा जो बाम।

दिप्ती
बी. एस. सी., द्वितीय वर्ष

जीवन एक परीक्षा ही

परमात्मा सबी ते बड़ा परीक्षक हा
सेई मास्टर कने सेई निरीक्षक हा

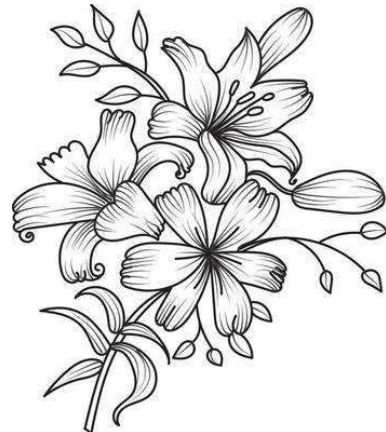
आसे सारे छात्र एक परीक्षार्थी
कोई शरीफ हा ता कोई शरारती
जिन्दगी आसां री उत्तर पुस्तिका ही
तिसा पर जे हुआं ई अहारी परीक्षा ही
टेम बी बन्डी रा तीना पागां च
पइला मिलदा बचपना रे रंगा च
दुजे पागा च आंवा ई जवानी
कने तीजा बुढ़ापा तो दुखी री ई कहाणी

गौरव राणा
एम. एस. सी., द्वितीय सेमेस्टर

पुराणे दिन

पुराणे दिन याद आई गे
पुराणे दिन याद आई गे।
इतवारे वाले दिन देखणी रंगोली कने शक्तिमान
लूखने री खेलां खेलनी कने रेडिये पर सनणे गाणे।
पुराणे दिन याद आई गे
रोज पैदल स्कूला जाणा कने मास्टरों ते खाणी मार
गर्मियां च खड़ा नहाना कने बणना बडे तैराक
पुराणे दिन याद आई गे
स्याणियाँ ते बैठी ने सुन्नी कहानियाँ
एक था राजा कने एक थी राणी
दोनी मरी गये खत्म कहानी
पुराणे दिन याद आई गे स्कूला
जाणा ता रपईये लेने दो
कने रपईये री खाणी तोपियाँ चार
पुराणे दिन री आई गी याद

गौरव राणा
एम. एस. सी., द्वितीय सेमेस्टर



गपशप - बुद्ध कने तीसरे नामा री परेशानी

एक सीधा-साधा पहाड़ी था ! तीसरा नाम था बुद्ध ! सारे तिसजो छेड़दे रहंदे थे ! भई बुद्ध भी कोई नां हा ? तु कुछ होर बंगा रा नां रख ! बुद्ध तिन्हा रे ताणया ने परेशां होई गया ।

एक दिन से चली पेया बंगा रे नाओं रि तलाशा पर ! पहले तिसजो एक मुर्द यात्रा मिली गयी । तिन्हे पूछयां कुण मरी गया ! लोक बोल्या भई मरनें वाले रा नां था अमरचंद ! से आगे चलया करां !

अगगे जिसजो एक झाड़ू देदी जनानी मिली । तिन्हे नाम पूछया ता तिस्से बोल्या “लक्ष्मी” ! से होर आगे गया ता तिसजो एक भिखारी मिल्या ! तिसरा नां था “धनपत राय” ! अब बुद्ध जो आपणा जवाब मिली गया । हुण कोई तिसजो नावां रा ताणा देदा ता से जबाव देदा :

अमरचंद से मरी गया,
झाड़ू मारे लक्ष्मी,
धनपतराय लगिरा मंगणे भीक,
मेरा नां भाईयो बुद्ध ए ठीक !

नेहा देवी
बी. एस. सी., द्वितीय वर्ष

“मेरा वतन”

मेरा हिन्दुस्तान, मेरा प्यारा हिन्दुस्तान
ऐस कठे जीणा, होर ऐस कठे हुई जाणा कुर्बान,
होरी बड़े देशा री हो चाहे केड़ी शान,
पर मेरे देशा री एक अलग झे पहचाण,
मेरा वतन, मेरा प्यारा हिन्दुस्तान,
ऐस देशा रे कठे हुए कई वीन कुर्बान,
जियां सुभाष चन्द्र बेस, भगत सिंह,
होर टिप्पु सुल्तान,
कोई पढ़े बाईबल, कोई पढ़े कुरान,
एक ही हाए सब एक ही मेरा हिन्दुस्तान ।
मां गंगा कुब्रानी ता देयी देगी,
एस जो अपनी जान,
मेरा वतन, मेरा प्यारा हिन्दुस्तान ।



तमन्ना ठाकुर
बी. ए., प्रथम वर्ष

मेरा हिमाचल

मेरे हिमाचला रे पहाड़ा कन्हे फूलों रा नजारा
ताई ता लेन्दे लोक इन्हा देखणे रा नजारा
इन्हा जो देखणे आऊंदा देश सारा
पहाड़ा पर खिलया फूलां रा नजारा
एत्थी फूलां रा हुंदा बांका नजारा
ताई ता लगदीयाँ सुन्दर धारा
डुघी डुघी नदियाँ तं उच्ची उच्ची धारा
इन्हा री शान बढ़ादा पहाड़ा पर खिलया फूलां रा नजारा ।

फूल हुंदे रंगे बिरंगे
ताई तां लगदे सभी चंगे
मेरे हिमाचला रे पहाड़ा कन्हे फुला रा नजारा
ताई ता लेन्दे लोक इन्हाँ देखणे रा नजारा ।

गौरव राणा
एम. एस. सी., द्वितीय सेमेस्टर

बाल्हा री धुई

देखो लोको । आई गी भी कने बाल्हा री ठंडी धुई ।
आया पौष महीना पूजी गई भी के सौकण मुई ।

ऐस्सा बाल्हा री धुई री धुईयां री रीत निराली ।
भ्यागा उठणे वाले सारे बणी जाहे बंगाली ।

दपैहरा तक नी लगदा पता जे दिन हा की रात ।
पाणी री लगाही टप-टप पौही तिहां जे बरसात ।

दूरा री धारा ते सुजाही ये जिहां झे चांदी ।
पर नेडे जाई कने नखसमी ठंड पौही खांदी ।

पैदल सकूटरा - साईकला बालेया रा बणी जाहों आग ।
धुईयां बिच हाडणे जो दिल लोड़ी पात्थरा साहीं काथा ।

कारा - गाड़ियाँ री सपीडा जो बी लगाई देही ब्रेक ।
लट्टू बखाई के मजे के चलो नी ता हुई क्रेक ।

मास्टर भैजीया होर मठे - मठियां लैंहे एतारा पूरा मजा ।
ये ता स्यो ही जाणाहे जे किहिया हुई पुरी से सजा ।

येस्से धुईए नखसमिए बाल्हा जहाजा रा अड्डा गवाया ।
एतारा दुख नी हो बदले मंझा मैडिकल कॉलेज पाया ।

हार्दिक शर्मा
बी. एस. सी., द्वितीय वर्ष

नया जमाना

आजकल रा समय कितना बदली गया।
हर चीज आजकल ऑनलाईन होई गई।
रिश्ते भी आजकल ऑनलाईन होई गए।।

इस ऑनलाइन रे जमाने बीच अहाँ रे पहाड़ी लोग
अपनी पहाड़ी बोली जो भी भूलने लगीगे
आजकल रा समय कितना बदली गया
अहाँ रे गाँव भी बदली गए ।।

कने गाँवा रा रहना सहना भी बदली गया
हर चीज आजकल ऑनलाइन हुई गई।

अपने स्याणियाँ री करो सेवा चाए जामाना नया ही या हो
पुराना।।

गौरव शर्मा
एम. एस. सी., द्वितीय सेमेस्टर

पहाड़ी शायरी

गैर लोका ते सुंणगे
ता मिंजो बुरा ही पांगे
जे आपू आई के मिलगे
ता कसम ही हासुआ जांगे।

आसो दुनिया ते कोई शिकायत नी जनाब !
से ता थी ही मतलबी,
आसो शिकायत सिर्फ अपने ते ही !
की इतना देखी के, सही के,
आसे कधी मतलबी नी हुई पाए !

अभिषेक
बी. एस. सी., द्वितीय वर्ष

रिश्तेदार

हॉजी ता गल इ एड़ी, आस्सा री डिगरी-डुगरी कम्पलीट हुई
जांही ना ता कुछ एक अच्छे रिश्तेदार और पड़ोसी हुए से As a
Courtesey आस्सो पुछा हैं की - होर क्या लाया एब्बे करना,
ता आस्से बोलया की टैस्टा-टुस्टा री तयारी करना, ता स्यों
मब्नी जाएं की No Problem

पर कुछ एक रिश्तेदार होर कुछ एक पड़ोसी एड़े हुंए की दिना रे
तिन्हा आस्सो चार बारी मिलना, ता तिन्हा आस्सो चार बारी
पुछना - की होर भई हुई गइ डिग्री, केथी हुंए आजकल, बनी गए
साहब क्या लाया करना

तेब्बे आरु मब्ना सोचां की आप्पु ता इन्हा रे मठे ते बी. एस. सी.
नी लगरी क्लीयर हुंदी से परचु ते लागरी पकड़ा जाहां, तिस्सा
पर नी हा इन्हा रा ध्यान, पर होरी रे मठे कुन टैस्ट भरया,
कितने नम्बर आए से सब पता हा इन्हों,

पर अपने घरा इन्हा री मठी जो तुड़का लाना बी नी आउंदा,
टेस्सा रे तुड़के री बास्सा ते मेरा नजला जुखाम ठिक हुई गया,
तेसा री चिंता नी हुइ पर होरी रे घरा नुक्स काडना हुआ ता कोई
इन्हा ते सिखिए।

आंचल
एम. एस. सी., द्वितीय सेमेस्टर

धुपा री आस

जोरा री, धुपा री आस
रास्तेओ पत्थर, मोड़ मोड़ आए पत्तर
भारी बस्ता, रोके रास्ता
ट्रैफिक भतेरा, दौड़ हुई जारी
दरा दरा रे धाके, घाव होये पके,
धूड़ स्वाहा पटाखा बाजा
सब्जियों पिपलि, दाल हायि फिकी
मोह मना रा, दर्द दिला रा
साँझा रा साथ, भयागा री आस
ओ बस अब थाकी गयी काया
बड़ी उदासी, आयी उबासी
फिर एक तु !

सब सुन दुःख, तू हाया इतना खास मुआ !

जतिन चौधरी
बी. एस. सी. द्वितीय वर्ष

आजकाले आसारे कालेजा रे हाल

आजकाले आसारे कालेजा रे हे बुरे हाल
एक बिल्डिंग बणदे लगे पांच साल
क्लासा डैस्क लगीरे हिलकदे
गर्मियों पसीने के सघि जाहे रूमाल
कई मठे ता सारा साल कालजा रा मुह नहीं देखदे
फेरी पेपरों करी देहा हे कमाल
कई दादे बदनाम गली बेईली कने पीहे सिगरेटा
धुए री लगीरी रहाहीं भकराल
जे पूछे क्लासा कीछकी प्रोफेशर
ता हाखियां दसाहे लाल
मठिया रे भी हे बुरे हाल
पहीनाहीं जीना ता होंठ कितरे लाल
खुले रखीरे हुहाहें चडेला सांही बाल
जे केतखी राती मिली जाओ ता हुई जाना
कोसकी हलाल
कइयों ता बी. ए. करदे करदे आईगिरे सफेद बाल
लड़ाईयां मंझ भी आसा रे कालजा रे मट्टे सारे बिछाईरा
जाल
गुण्डे ता जाहे बची, पर सरीफा री खीजें सब खाल
दोस्तों मेरी गल्ला रा बुरा नी मनणा, हाऊ करदी लगीरी
मजाक
तुसे भी आपणी पढ़ाईया रा रखेयों ख्याल
नहीं ता बी. ए. मंझ लगी जाहे छः साल।

रीतिक कौशल
बी. ए., तृतीया वर्ष

गुरु सच्चा मार्गदर्शक

माँ बाप जन्म दें पर जीवन देहों गुरु। गुरु आसा रे जीवन
बीच जाना रे रोशनी लाई देहां। गुरु आसा जो आसा री मंजिल
तक जाणे रा सही रास्ता दसां। गुरु से दिपक हया, से आपू
जली कने आसा जो रोशनी देहां।
बिना गुरु रे आसा रा जीवन हो जान्धा वाले जानवर री तरह
हुई जां। क्योंकि ज्ञान ही आसा जो माणु बना और ज्ञान केवल
गुरु ते ही मिला। गुरु ता महान् हया। श्रेष्ठ गुरु रे मिलने ते ता
जीवन सार्धक हुई जां। किन्हीए ठीक ही बोलीरा 'एक श्रेष्ठ गुरु
अनगिनत श्रेष्ठ शिष्य बनाई सकां। पर अनगिनत श्रेष्ठ मिली
कने एक गुरु नी बनाई सकदे।' तेबे ता ही कबीरें भी गुरु
महिमा कठे कितने मंझ श्लोक लिखिरा 'ये तन विषा री बोलरी
गुरु अमृता री खान, शीश दिए जो गुरु मिले तो भी सस्ता
जान'।

अर्चना कुमारी
बी. एड., तृतीय सेमेस्टर

कुर्पण घाटी रै नजारै

सबी कै पहले सभी संग साथी ले नमस्कार,
एवै शुणा तुम्हे मुखे कुर्पणा घाटी रा नजारा,
उछती-उछती जोता इंदि बड़ी-2 धारा,
लोणा रा आसा इंदि एकी दूजै का बड़ा प्यार,
एणा बांका आसा कुर्पण घाटी रा नजारा,
इंदे पड़ा सबी कै पवित्र स्थाना श्री खण्ड हमारा,
दूजा छोटी काशी ए नाऊं निरमण्डा,
आर बोला कांडी पर पड़ता भूला,
बागीपुला के आ निरमण्ड लै पाणी ए कुला,
बगैह पोरुं हआ इंदि नऊँवी साला री जाचा,
तैबे इना जाचा दी लोग खूब नाचा,
खूब करा लाग मेहनत इंदि,
श्री खण्डा बोली सबी के चंगअ स्थाना,
इंदे बोली शिव जी महदिऊ विराजमाना।
कुर्पण घाटी दी ऐछा कई ग्राऊं।
तिनै बोली बड़े भारी बांके नाऊं।
आर पड़ा ग्राऊं भालसी ता पार पड़ा रोपा खेरा,
एकी बारी जरूर करणी मेरे प्यारें संगी
साथियों कुर्पण घाटी री सैरा।

सुमना देवी
स्नातक, प्रथम वर्ष

निमण्ड हमारा

कैणअ शोभलअ ग्राँव निरमण्ड हमारा।
मांझे ग्राऊं फेरदी उछटी धारा।
हरे-हरे बूते जांगला दी शेती हिंवे धारा।
कई जागहे इंदी लोग रहा भाषा बोला ठारा।
शुणना लै शोभली हमारी भाषा।
देखणा लै शोभला नजारा।
सभी का बांका अम्बिका माता रा मन्दिर।
जैणअ सरगा रो तारा।
रथ बांकअ ढरोपू देवा रा।
जैणअ फूलो हारो।
लोग रहा इंदि कठै-कठै
एकी दूजै का न रहा दूर।
तौमे लोड़ी आए निरमण्डा लै जरूर।
तौना लोणा नै छंदअ हमारा।
एहण भाईयो निरमण्ड ग्राँवा हमारा।
मांझे ग्राऊं फेरदी उछटी हिंवे धारा।

सुमना देवी
स्नातक, प्रथम वर्ष

संस्कृत खण्ड

विषय सूची

क्र.सं.	रचना	रचनाकार
1	छात्र सम्पादकः	पुनीत शर्मा
2	श्लोक	पल्लवी ठाकुर
3	सुभाषितानि	पल्लवी ठाकुर
4	सुभाषितानि	दीक्षा कुमारी
5	श्रीमद्भगवद्गीतायाः महत्त्वम्	पुनीत शर्मा
6	गीता में योग का स्वरूप	सुमना देवी



प्राध्यापक संपादिका
डॉ. रंजना ठाकुर



छात्र संपादक
पुनीत शर्मा

द्वात्र संपादकः

महाविद्यालय वार्षिक पत्रिकायाः 'चिर संकल्प' संस्कृत विभागे भवतां सर्वेषां हार्दिकम् अभिनंदनम् अस्ति। अयं मम सौभाग्यम् अस्ति। मम एतत् सामर्थ्यं ज्ञात्वा अस्मिन् सत्रस्य महाविद्यालय वार्षिक पत्रिकायाः 'चिर संकल्प' छात्र सम्पादकः भवितुं सुअवसरः प्रदत्तः।

एषां पत्रिका माध्यमेन छात्राणाम् अन्तःकरणे प्रतिभायाः विभिन्न लेखं, कविता, रचनया द्वारा प्रदर्शितं क्रियते।

अन्तिमे अहं स्व संस्कृत विभागस्य प्राध्यापक सम्पादिका परम आदरणीया डा. रत्ननायाः धन्यवादं करोमि। येन मया अयं अवसरः प्रदानं क्रियते।

पुनीत शर्मा

बी. एड., चतुर्थ सत्र

श्लोक

- यदा यदा हि धर्मस्य ग्लानिर्भवति भारतः।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम्।
अर्थः हे भारत, जब-जब धर्म का लोप होता है और अधर्म में वृद्धि होती है, तब-तब मैं धर्म के अभ्युत्थान के लिए स्वयम् की रचना करता हूँ अर्थात् अवतार लेता हूँ।
- परित्राणाय साधूनाम् विनाशाय च दुष्कृताम्।
धर्मसंस्थापनार्थाय सम्भवामि युगे-युगे।
अर्थः सज्जन पुरुषों के कल्याण के लिए और दुष्कर्मियों के विनाश के लिए और धर्म की स्थापना के लिए मैं युगों-युगों से प्रत्येक युग में जन्म लेता आया हूँ।
- यस्मान्नोद्विजते लोको लोकान्नोद्विजते च यः।
हर्षमर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः॥
अर्थः जिससे किसी को कष्ट नहीं पहुँचता तथा जो अन्य किसी के द्वारा विचलित नहीं होता, जो सुख-दुख में, भय तथा चिन्ता में समभाव रहता है, वह मुझे अत्यन्त प्रिय है।

पल्लवी ठाकुर
द्वितीय वर्ष

सुभाषितानि

- सत्येन धार्यते पृथ्वी सत्येन तपते रविः।
सत्येन वाति वायुरुच सर्व सत्ये प्रतिष्ठितम्॥
अर्थः सत्य के द्वारा पृथ्वी धारण की जाती है, सत्य से ही सूर्य तपता है और सत्य से ही वायु बहती है। सब कुछ सत्य में ही स्थित है।
- गुणा गुणज्ञेषु गुणा भवन्ति
ते निर्गुण प्राप्य भवन्ति दोषाः।
सुस्वादुतोयाः प्रभवन्ति नद्यः
समुद्रमासाद्य भवन्त्यपेयाः॥
अर्थः गुण जब तक गुणी व्यक्ति के पास रहते हैं तब तक गुण होते हैं। परन्तु जब वे गुण निर्गुण अर्थात् गुणहीन व्यक्ति को प्राप्त होते हैं तो वे दोष बन जाते हैं। जैसे स्वादिष्ट जल वाली नदियाँ बहती हुई समुद्र से मिलते हैं तो वे न पीने योग्य हो जाती हैं।
- पृथिव्यां त्रीणि रत्नाणि जलमन्नम् सुभाषितं।
मूढैः पाषाणखण्डेषु रत्नसंज्ञा विधीयते॥
अर्थः इस धरती पर तीन रत्न हैं- जल, अन्न, और शुभ वाणी पर मूर्ख लोग पत्थर के टुकड़ों को रत्न की संज्ञा देते हैं।

पल्लवी ठाकुर
द्वितीय वर्ष

सुभाषितानि

- पृथिव्यां त्रीणि रत्नानि जलम् अन्नं सुभाषितम्
मूढैः पाषाणखण्डेयु रत्नसंज्ञा विधीयते ॥
अर्थात्: पृथ्वी पर जल, अन्न और कवियों के सुंदर वचन तीन ही रत्न हैं लेकिन मुखों के द्वारा पत्थर के टुकड़ा को रत्न का नाम दिया जाता है।
- सत्येन धार्यते पृथ्वी सत्येन तपते रविः
सत्येन वाति वायुः च सर्व सत्ये प्रतिष्ठितं ॥
अर्थात्: पृथ्वी सत्य के द्वारा धारण की जाती है, सूर्य भी सत्य के द्वारा तपता है और वायु भी सत्य के द्वारा बहती है अर्थात् सारा संसार सत्य पर ही स्थित है।
- भूमेः गरीयसी माता, स्वर्गात् उच्चतरः पिता
जननी जन्मभूमिश्च, स्वर्गात् अपि गरीयसी ॥
अर्थात्: भूमि से श्रेष्ठ माता है, स्वर्ग से ऊँचे पिता है माता और मातृभूमि स्वर्ग से भी श्रेष्ठ है।
- ऊँ गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरुर्साक्षात् परब्रह्म तस्मै श्री गुरुवे नमः ॥
अर्थात्: गुरु ही ब्रह्मा है, गुरु ही विष्णु है और गुरु ही भगवान् शंकर हैं गुरु ही साक्षात् परब्रह्म हैं ऐसे गुरु को मैं प्रणाम करती हूँ।

दीक्षा कुमारी
कला स्नातक, तृतीय वर्ष

श्रीमद्भागवद्गीतायाः महत्त्वम्

संस्कृत साहित्यं विविधकाव्यैः, नाटकैः, ग्रन्थैः च समृद्धम् अस्ति। अस्मिन् साहित्यनिधौ 'भगवद्गीता' नाम अमूल्यं रत्नमस्ति। एषा रचना संस्कृतस्य श्रेष्ठा रचना अस्ति। अत्र कोऽपि न संशयः। भगवद्गीता समस्त संसारस्य सारभूता। इयं रचना महर्षिणा व्यासेन रचिता।

अस्मिन् ग्रन्थे वेदानाम् उपनिषदां च सारं भवति। स्वयं भगवता कृष्णेन अस्य महत्त्वं कथितम्। श्रीकृष्णेन इदं गीतामृतम् अर्जुनाय अयच्छत्। अस्मिन् ग्रन्थे जीवनौपयोगिनः विचाराः सन्ति। युद्धक्षेत्रे यदा अर्जुनः मोहग्रस्तः अभवत् तदा श्रीकृष्णेन कृतः उपदेशः गीतोपदेशः कथ्यते। अत्र श्रीकृष्णेन 'अनासक्ति कर्मवादः' कथितः। 'कर्मण्यवाधिकारस्ते मा फलेषु कदाचन' कर्म कुरु परं फलस्य इच्छा मा कुरु इति गीतायाः सारः अस्ति।

गीतायाम् 'आत्मा शरीरयोः' ज्ञानम् अस्ति। आत्मा शाश्वत् शरीरं च नश्वरम्। अत्र श्रीकृष्णः वदति 'यो मद्रक्तः स मे प्रियः'। विश्वस्य अनेकासु भाषासु अस्याः रूपान्तरं प्राप्यते। विदेशेषु अपि गीतायाः पठनं भवति। जीवनसंदर्भादायिनी गीता सर्वे पठनीया एव। स्वयं वेदव्यासेनापि उक्तं -

'गीता सुगीता कर्तव्या किमन्यैः शास्त्रविस्तरैः
या स्वयं पद्मनाभस्य मुखपद्माद्विनिः सृताः।'

पुनीत शर्मा
बी. एड., चतुर्थ सत्र

गीता में योग का स्वरूप

गीता को भारतीय आध्यात्मिक ग्रंथों में बहुत अधिक महत्वपूर्ण ग्रंथ माना जाता है गीता एक बहुत प्रसिद्ध ग्रंथ है। गीता में सभी प्रकार की विद्याएं विद्यमान हैं गीता में योग को विशेष स्थान दिया गया है। यह इस बात से सिद्ध होता है कि गीता के प्रत्येक अध्याय के नाम के साथ योग शब्द जोड़ा गया है। योग की विभिन्न पद्धतियों का गीता में वर्णन किया गया है। योग क्या है? किस स्थान पर योगाभ्यास करना चाहिए किस प्रकार योग करना चाहिए? योग करने से किस फल की प्राप्ति होती है?

इन सभी बातों का गीता में विस्तार से वर्णन किया गया है द्वितीय अध्याय में 48वें श्लोक में योग की परिभाषा देते हुए कहा गया है -

योगस्थः कुरु कर्माणि सगंत्यक्त्वा धनञ्जय।
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥

- गीता (2/48)

भगवत् गीता के अनुसार - अर्थात् अज्ञानतः वे दुखी मन जब सुव्यवस्थित होकर ज्ञान व निश्चलता पूर्वक समस्थिति को प्राप्त होता है उसी को योग कहते हैं।

छठे अध्याय के 11वें श्लोक में योग के लिए स्थान योगाभ्यास की विधि का विस्तार से वर्णन किया गया है। योगाभ्यास के लिए उपयुक्त स्थान का वर्णन करते हुए कहा गया है।

शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः।
नात्सुक्ष्मितं नातिनीचं चैलाजिनकुशोत्तरम् ॥

- गीता (6/11)

अर्थात् : पवित्र स्थान में सबसे नीचे वस्त्र, उसके ऊपर मृगचर्म और कुशासन बिछाकर और यह आसन न ऊँचा हो न अधिक नीचा, ऐसे आसन पर स्थिर आसन जमाना चाहिए।

इसी में आगे ध्यान करते समय शरीर की स्थिति का वर्णन करते हुए कहा गया है -

समं कायशिरोग्रीवं धारयन्मचलं स्थिरः।
सप्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥

अर्थात् : शरीर सिर और गर्दन को एक सीध में रखते हुए अर्थात् शरीर न आगे झुका हुआ हो और न पीछे झुका हुआ हो इस प्रकार निश्चल धारण करता हुआ स्थिर होकर चारों दिशाओं को न देखता हुआ योग साधन करें। इसी अध्याय में योग साधना के लिए एकान्त स्थान का वर्णन किया गया है।

न तस्य रोगो न जरा न मृत्युः।
प्राप्तस्य योगाग्निमयं शरीरम् ॥

अर्थात् : जो व्यक्ति योग अग्नि से तपा हुआ शरीर प्राप्त कर लेता है। योग सिद्ध कर लेता है उसको न तो किसी प्रकार का रोग होता है और न ही बुढ़ापा आता है और न ही मृत्यु। उसका शरीर अधिक आयु होने पर बलहीन नहीं होता और मृत्यु भी उसके वंश में हो जाती है।

सुमना देवी
स्नातक, प्रथम वर्ष

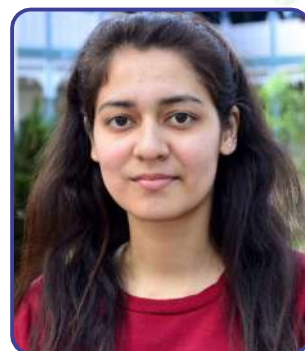
SCIENCE SECTION

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STAFF EDITOR
DR. NARESH KUMAR



STUDENT EDITOR
PRIYANKA SHARMA

STUDENT EDITORIAL

I welcome you all to the Science Section of "CHIR SANKALP"

It is a matter of immense pleasure that college is publishing another issue of magazine this year. It is such a good platform for students to express their thoughts and creativity. Such activities broaden the mind and invigorate writing skills. Some current challenges about environment, energy and health are emphasized in this section. These areas are at major concern in the present scenario. In the accomplishment of this magazine successfully many students have put their creative thoughts in their articles. I congratulate those contributors whose articles have found a place in this section and wish better luck next time to those whose articles could not be selected due to limited space.

I would like to express my sincere gratitude towards the Chief Editor, Dr. Vinod Sharma, Associate Professor (Physics) and staff editor science section, Dr. Naresh Kumar, Assistant Professor (Chemistry) for their immense support and guidance to bring out this section successfully in the college magazine.

Thanks

Priyanka Sharma
M.Sc. Chemistry

NOBEL PRIZE

According to Alfred Nobel's will from 1895, the recipients of each of the five Nobel Prizes are those who have conferred the greatest benefit to humanity. Swedish Chemist, engineer and industrialist, Alfred Nobel is well known for creating dynamite. Over the course of his life, he wrote multiple wills. The last will was written by him a year before his passing, and it was signed on November 27, 1895, at the Swedish-Norwegian club in Paris. To the surprise of many, Nobel's last will included a provision directing that his riches be used to establish a number of awards for individuals who contribute most to the advancement of humanity. 94 percent of Nobel's estate was left to charity.

The five Nobel Prizes were established with 31 million SEK of his total assets. Firstly awarded in 1901 were the prizes in the fields of Physics, Chemistry, Physiology or Medicine, Literature and Peace. The Swedish central bank (Sveriges Riksbank), in honour of Alfred Nobel, established the award for economic science in 1968. Institutions that bestow the prizes include the Royal Swedish Academy of Science (for Economic, Chemistry and Physics), the Nobel Assembly at Karolinska Institute (for Literature), the Swedish Academy (for literature) and the Norwegian Nobel Committee (for peace). Since 1901 many people have won the Nobel Prize in respective fields, K. Barry Sharpless (2001 and 2022) and Fredrick Sanger (1958 and 1980) both won the Nobel Prize twice in Chemistry, while J. Bardeen (1956, 1972) won it once in Physics. Linus Pauling is the only person to have won two separate Nobel Prizes in 1954 for Chemistry and in 1962 for Peace. M. Curie earned two awards for her achievements in Chemistry (1911) and Physics (1903). Malala Yousafzai, who was 17 at the time, made history in 2014 by becoming the youngest recipient of the Nobel Peace Prize. The Nobel Prize honor was declined by two Nobel laureates, Jean Paul Sartre who have received the 1964 Nobel Prize in Literature and 1973 Nobel Peace Prize, shared by Henry Kissinger, US Secretary of State, and Le Duc Tho.

The Royal Swedish Academy of Science in Stockholm, Sweden, presented the Chemistry Nobel Prize in 2022, for the creation of Click Chemistry and Biorthogonal Chemistry. This was awarded to Carolyn R. Bertozzi, Morten Meldal, and K. Barry Sharpless. In Physics Nobel Prize is awarded to Alain Aspect for his groundbreaking work in information science and physical modeling of the Earth's atmosphere. John F. Clauser and Anton Zeilinger won the Nobel Prize for their groundbreaking work in quantum information science and experiments with entangled photons that proved belt inequalities were violated. Svante Paabo, achieved Nobel prize in Physiology or Medicine 2022 for his depressing remarks regarding the genes of extinct hominids and human evolution. For her bravery and clinical progress in exposing the sources and societal limits of personal memory, Annie Ermaux was honoured Nobel Prize in Literature.

Priyanka Sharma
M.Sc. Chemistry

TOP SCIENCE NEWS

- What is the name of world's first Cloned wild Arctic wolf?
 - Maya created by Chinese Scientists.
- Which company developed India's 1st intranasal covid-19 vaccine, BBV154?
 - Bharat Biotech.
- Who has developed Lumpy – Provac for lumpy disease in cattle?
 - National Equine Research Center.
- In which city of India the first indigenously liquid Hydrogen fuel cell bus is launched?
 - Pune.
- What is the name of indigenously developed train collision avoidance system?
 - Kavach:(Automatically applies brake when two train come face to face on the same line Firstly will be implemented on - Mumbai-Delhi Howrah Route.
- What is the name of India's first saline water Lantern?
 - Roshni (Sea water as electrolyte for power)
- Which mobile Company developed world's fastest graphics Dron chip.
 - Samsung
- What is Sagittarius, which was recently in the news?
 - Black Hole.
- Which country has developed world's first plant derived Covid-19 vaccine (Covifenz)? –
 - Canada
- Where in India's first 3D-printed rocket engines manufacturing factory will be established?
 - Chennai (99 T-Madras Research Park)
- India's first 3D Printed Post Office will be set setup in which city?
 - Benglluru.
- Where Centre for Medical Skills for paramedical staff will be set up?
 - Meghalaya.
- Where India's first Bio-gas powered Electric Vehicle Charging station has been inaugurated?
 - Mumbai.
- Where in India's first successful full- arm transplant was performed?
 - in Kerala (Amrita Hospital, Kochi, Kerala)
- What is the name of India's first unique blood group discovered.
 - EMM Negative, India's first and world 10th- Unique blood group found in 65 year old man from Gujarat.

Anjali Thakur
M.Sc. Botony, III Semester

DRUG ABUSE PROBLEM IN HIMACHAL PRADESH

Drug abuse is a serious issue nowadays. About 190 million people all over the world consume one drug or the other. In India over 3 million drug addicts have been reported. There is hardly any day when any case is not registered under the Narcotic Drugs and Psychotropic Substances (NDPS) Act in Himachal. The number of cases registered in Himachal Pradesh have about tripled in last decade. It is unfortunate that about 27% youth in the Himachal Pradesh are involved in drug abuse. The percentage of those taking cannabis (charas) was alarming at 20.8 % while 3.4 % of youngsters were found to be addicted to opium. According to The Hindu daily news paper 355 people including 341 men and 14 women were arrested in 239 NDPS cases in the Shimla district in 2022. Out of these, chitta accounted for over 65% of total NDPS cases and 250 people were apprehended with the narcotics in 157 cases. The number of cases of chitta has increased by 30% as compared to 2021 and the situation is becoming worst day by day.

Keeping in mind, a number of young students are in trap of drugs abuse there is need to understand this abuse. The reasons for the drug abuse especially among the youth are mainly stress due to study, unemployment, relations, quick money gains, bad family circumstances and poverty. The tourism activities in state also has contributed a lot to this. The illicit substances brought by tourists to tourist destinations, Kullu, Manali, Dharamshala and Macloadganj of the state is affecting the youth. The cultivation of cannabis and opium for fibre and food in some districts of state has contributed a lot to drugs abuse.

A drug is a substance that is used to cause physiological or psychological changes in humans or animals. A patterned usage of a drug in unauthorized quantity is drug abuse. Pharmacologically psychoactive drugs are stimulants, depressants and hallucinogens. The central nervous system depressants which slow down the operations of the brain and the body. Some examples of CNS depressants include alcohol, barbiturates, anti-anxiety tranquilizers (e.g. valium, librium, xanax, thorazine etc.), The other CNS agents called stimulants, accelerate the heart rate and elevate the blood pressure and “speed-up” or over stimulate the body. the CNS stimulants include, cocaine, crack cocaine, amphetamines, methamphetamine (“crank”). Some other drugs of abuse are hallucinogens that cause the user to perceive things different than they actually are. LSD, Peyote, Psilocybin, MDMA (Ecstasy) are main hallucinogens. Inhalants include a wide variety of breathable substances that produce mind - altering results and effects. Example of inhalants include Toluene, plastic cement, paint, gasoline, paint, thinners, hair sprays and various anesthetic gases. Cannabis is the scientific name for marijuana. The active ingredient in cannabis is delta-9 Tetrahydrocannabinol or THC. This category includes cannabinoids and synthetics like dronabinol.

Though there are a large number of drugs of abuse but out of these Narcotics are the mostly abused. The term “narcotic” is taken from Greek word narkotikos that means “A state of lethargy”. Narcotic Analgesics relieve pain, induce euphoria and create mood changes in the user. Example of narcotic analgesics includes opium, codeine, heroin, demerol, darvon, morphine, vicodin, methadone and oxycontin.

As per pharmacological definition, narcotic drugs are analgesic substances that bring relief from pain and produce sleep by depressing the central nervous system. The source of most analgesic narcotics is opium, a sticky milky juice obtained from the unripe pod of poppy (Papaver somniferum). These drugs are called as the opiates e.g. morphine, heroin, codeine, synthetic opiates, etc. Morphine is 3 to 5 times stronger than opium and extracted from raw opium. Morphine causes a sleep and relaxation with euphoric state. Codeine is obtained from morphine but is less effective. Heroin (diacetylmorphine) is a crystalline substance derivatised from morphine. Heroin is 10-15 times stronger than morphine. Chitta a substance abused nowadays is a semi-synthetic opioid which is supposed to be obtained from heroin.

Drug abuse leads to health problems, social-life problems, road accidents, injuries, violence, deaths, homicides and suicides, physical dependency or psychosomatic addiction. Drug abuse, involving alcohol and prescribed drugs, can lead to medical condition, which corresponds to mental illness. Narcotic drugs work initially on the

central nervous system where it affects brain function, causing changes in perception, mood, consciousness, cognition and behavior. Psychoactive substances often cause independent alterations in perception and temper that the consumer may feel pleasing (e.g. euphoria) or advantageous (e.g. increased attentiveness) and are therefore, supporting.

The cultivation, production, manufacture, possession, sale, purchase, transportation, warehousing, consumption, inter-State movement, shipment and import and export of narcotic drugs and psychotropic substances is prohibited, except for medical or scientific purposes and in accordance with the terms and conditions of any license, permit or authorization given by the Government. The drug law enforcement is based on the NDPS Act, 1985 in India. These offences related to violations of the various prohibitions imposed are triable by Special Courts and the punishments prescribed range from imprisonment from 10 to 20 years for first offences to 15 to 30 years for any subsequent offences together with monetary fines. In addition to persons directly involved in trafficking narcotic drugs and psychotropic substances is also liable to the same scale of punishments.

Bhupesh Kumar
B.Sc. III Year

DRUGS ACTION ON BRAIN

The human brain is the most complex organ in the body. This three pound mass of gray and white matter sits at the center of all human activity. The brain regulates your body's basic functions enables you to interpret and respond to everything you experience and shapes your behavior. The brain is often likened to an incredible complex and intricate computer. The brain consists of billions of cells, called neurons, which are organized into circuits & networks. Each neuron acts as a switch controlling the flow of information. Different brain circuits are responsible for coordinating and performing specific functions. To send a message a neuron releases a neurotransmitter into the synapse between it and the next cell. Both the cells attach to each other like a key into a lock. This causes changes in the receiving cell. Other molecules called transporters recycle neurotransmitters. Drugs interfere with the way neurons sends, receive and process signals via neurotransmitters. Some drugs, such as marijuana and heroin, can activate neurons because their chemical structure mimics. A Drugs can alter important brain areas that were necessary for life sustaining functions and can drive the compulsive drug use that works as addiction. The basal ganglia play an important role in positive form of maturation including the pleasurable effect of healthy activities and also in the formation of habits and routines. The extended amygdala, plays a role in stressful, feelings like anxiety, irritability and unease which characterize withdrawal after the drug fades and thus motivates the person to seek the drug again. The prefrontal cortex powers the ability to think, plan, solve problems, make decisions and exert self control over impulses. Shifting balance between these circuits and the circuits of the basal ganglia and extended amygdala make a person with a substance use disorder seek the drug compulsively. Some drugs like opioids also disrupt other parts of the brain, such as the brain stem, mimic a natural neurotransmitter in the body control basic function critical to life, including hears. Although these drugs mimics the brain's own chemicals, they don't activate neurons in the same way as a natural neurotransmitter and they lead to abnormal breathing rate and sleeping. This interference explains why overdoses can cause depressed breathing and death.

Monika Kutlehria
M.Sc., 4th Semester

RADIO ISOTOPES IN MEDICAL SCIENCE

Radioactivity is the act of emitting radiations spontaneously. This is done by the elements in order to become stable; they give up some energy in order to shift to a more stable configuration. In 1896, Henri Becquerel investigated the newly discovered X-Ray and this led to studies of how uranium salt is affected by light. By accident he discovered that uranium salts spontaneously emit a penetrating radiation that can be registered on a photographic plate. Later on Marie Curie and Pierre began investigating the phenomenon recently discovered by Becquerel. Curie extracted uranium from ore and found that leftover showed more activity than the pure uranium. In this way radioactivity is discovered and many radioactive elements are also discovered. Now a day, there are 37 radioactive elements in periodic table. More than 1800 radioactive isotopes of various elements are known.

Radioactive isotopes are species of chemical elements that are produced through the natural decay of atoms. These can be artificially produced by bombarding different nuclei with particles, deuterons and slow neutrons. Exposure to radiation generally is considered harmful to the humans but they are becoming an important part of modern technologies. Typical examples of radioisotopes used in medical fields are Technetium-99 (Tc-99m), Thallium-201 (Tl-201), Iodine-131 (I-131), Sodium-24 (Na-24), Cobalt-60 (Co-60). Nuclear Medicines use small amounts of radiations to provide information about a person's body and the functioning of specific organs, ongoing biological processes, or the disease state of a specific illness. The discovery of radioactive isotopes plays an important role in X-Ray, MRI studies.

The absorption of iodine in thyroid gland can be done by using intravenous injection of Iodine-131. By examining the role of absorption of selected radio-isotopes through their radiations, in tissues of diseased organs of the body, tumors can be located and their nature can be determined. Tracer technique is an important technique used for examining and tracing the infected area of body. Tc-99 is also used as a radioactive tracer for nuclear medicine. Tc-99m-oxidronate injection is used to image of bones to help diagnose bone problem. Co-60 is used for the treatment of cancer because cancer cells are destroyed by using Co-60, Co-60 is also used medically for radiation therapy, as implants and an external source of radiation exposure. Gadolinium (Ga) is used in magnetic resonance imaging (MRI) and in case of plastic surgery. Na-24 is used to check whether a skin graft has taken place. To access the volume of blood to be given to a patient in case of transfusion, Phosphorous-32 is introduced in the body and its concentration is studied by G.M. counter, higher concentration reveals that the total volume of blood in body is low.

By using Fe-59 many diseases caused by deficiency of RBCs in human body have been distinguished from other. Pumping action of heart can be studied by using Na-24 and Iodine-131. The functioning of various organs under normal and diseased conditions can be studied with the help of Iodine-131. Radiations can damage the DNA in tumor cells. High dose of radiation can cause acute radiation syndrome or cutaneous radiation injuries. This also leads to cancer later in life.

Medical radioisotopes are a crucial tool in beating cancer and other diseases. They are offering several innovative solutions in terms of diagnostics and treatments. The choice of radio isotopes often depends upon considerations of half life because it must remain active long enough for the purpose for which it is used but not so long that it becomes a radiation hazard once it has served its purpose. Due to their great utility, radioisotopes are produced on a large scale in atomic reactors these days. Atomic reactor "APSARA" at Trombay is mostly used for producing radioisotopes in India. Isotopes and Radiations have an increasingly wide field of application in our technical world and strong future developments are to be expected.

SCIENCE BEHIND THE INDIAN RITUALS

Joining Both Palms Together to Greet 'Namaskar'

'Namaskar' in Hindu culture, people used to greet each other by joining their palms. The general belief behind this tradition is that greeting by joining both the palms means respect. However, joining both hands ensure joining the tips of all the fingers together which are related to the pressure points of eyes, ears and brain. In offering 'Namaskar' pressing them together is aid to activate the pressure points which helps us to remember that person. This also makes no physical contact and hence avoids the germs transfer which helps in prevention of the diseases.

Applying Tilak "kumkum" on the forehead.

The tradition of applying Kumkum in forehead in our culture is related to the science of energy conservation. The location on the forehead, in the space between the two brows, has long been recognized as a key nerve centre in the human body. The crimson "kumkum" applied between the eyebrows is considered to avoid the "energy" from evaporating. Thus Applying Tilak is thought to keep energy in the body and regulate different levels of focus.

Sitting on the Floor and Eating.

Sitting on the floor for eating is related to sitting in the "Sukhasan" position. Sukhasan is the position when we normally sit on the floor with crossing both legs. This position brings a sense of calm and help in digestion it is believed to automatically trigger the signals to your brain to prepare the stomach for digestion.

Why do Indian Women Wear Toe Ring?

There is science behind toe rings, so they are not simply for married women to wear. Toe rings are typically worn on the second toe. A specific nerve that runs from the second toe to the heart connects the uterus. The uterus is strengthened when a toe ring is worn on this finger. By controlling the blood supply to it, it will be healthy and the menstrual cycle will be regularized. Due to its high conductivity, silver also absorbs polar energy from the earth and transfers them to the body.

Why you should not to sleep with your head toward north?

Myth is that if we sleep with your head toward north it invites ghost or death. The science explains that human body has its own magnetic field known as hearts magnetic field, because of the blood flow. The Earth also behaves as a giant magnet due to its revolution and spinning motion. If we sleep with our head directing towards north direction then our body's magnetic field become completely asymmetrical to the Earth's magnetic field. This cause problems in blood circulation and pressure which force the heart to work harder in order to overcome this asymmetry of magnetic fields. Moreover, there is scientific belief that our body have significant amount of iron in our blood. While sleeping in above position, iron from the whole body starts to congregate in brain. This can cause headache and Alzheimer's disease which leads to brain degeneration.

Why do we fast?

Ayurveda contains the fundamental idea of fasting. The buildup of harmful substances in the digestive system is the fundamental cause of many disorders. Regular removal of harmful substances maintains health. Fasting allows the digestive system to rest while also cleaning and adjusting all bodily functions. A full fast is beneficial to your health and drinking warm lemon juice on occasion while you are fasting helps to avoid issues brought on by hunger. According to Ayurveda, the human body is made up of 80% liquid and 20% solid matter similar to that of the Earth. The gravitational pull of the moon affects the fluid contents of the body. Some

people become tense, impatient, and violent due to the emotional imbalances in their bodies Fasting functions as an antidote because it reduces the body's acid content, thereby aiding people to maintain their mental stability. According to research, calorie restriction has significant health advantages, such as lower chances of diabetes, cancer and cardiovascular disease.

Why do we Worship "Peepal" Tree?

'Except for its shadow, a "Peepal" tree is practically useless to the average human. Why should a common villager or person adore or even care for a "Peepal" when it lacks a delectable fruit and weak wood that cannot be used for any purpose? Our forefathers were aware that the "Peepal" tree is one of the few that produces oxygen even at night. Therefore, in order to preserve this tree due to its special qualities, they connected it to the Christian religion.

Why We Start With Spice and End With Sweet in our food?

Our ancestors placed a strong emphasis on the idea that hot foods should be served first and sweet foods should be served last. The significance of this eating strategy is that while sweets or carbohydrates slow down the digestive process, spicy foods activate the digestive fluids and acids, ensuring that the digestion process proceeds smoothly and efficiently. As a result, it was usually advised to take dessert as last food item.

The Scientific Explanation of Touching Feet (Charan Sparsh)

Most often, the person whose feet you are touching are either elderly or reverent. When they respect you because of your diminished ego, their hearts release uplifting thoughts and energy that travels through their hands and toes to reach you. In essence, the finished circuit facilitates energy flow, increases cosmic energy switching, and allows for an instant connection between two minds and hearts. Hugs and handshakes can help in some cases to achieve the same result. Your entire body is covered in nerves that originate in the brain. A circuit is instantaneously formed and the energies of two bodies are joined when you connect the finger tips of your hand to those of their opposing feet. The other person's feet become the source of energy, and your fingers and palms act as the receiver.

Why Married Women Apply Sindoor?

The physiological relevance of married women applying sindoor is an interesting observation. This is the case because sindoor is made by combining mercury and turmeric. Mercury's inherent qualities also allow it to stimulate sexual desire in addition to regulating blood pressure. Additionally, this explains why sindoor is not permitted for the windows. The pituitary gland, which is the centre of all of our emotions, is where sindoor should be treated for best results. Mercury is renowned for reducing strain and stress.

Monal
M.Sc., Chemistry
1st Semester

HOW TO IMPROVE MENTAL HEALTH

The term "mental health" has no standardized meaning. The term "mental health" refers to a person's psychological, emotional and social well-being, which has an impact on how they feel, think and act. Mental health is the state of being well in terms of behavior and cognition. The lack of mental sickness is referred to as having "mental health." People frequently disregard their mental state. Being better at cognition is what sets humans apart from other animals. The highly developed brain of man has allowed him to govern life. So maintaining a healthy body and mind for us becomes crucial. For greater performance and outcomes, both good physical and mental health are essential. A person who is emotionally healthy and stable always feels lively and fully alive and can handle emotionally challenging events with ease. One must be physically fit in addition to being emotionally powerful.

Mental health problems are a result of several major diseases. Our level of fitness is significantly impacted by a variety of emotional elements, such as anxiety, fear and depressive thoughts. Regular exercise helps to maintain a high level of physical fitness because a physically fit person is always upbeat and can handle stressful and depressing situations with ease. A good sense of how we feel, think and act is implied by having a state of mental fitness, which enhances one's capacity to appreciate life. It enhances one's inner well-being. It helps one become more internally self-determined. Psychologists, mental health professionals, educational institutions and the general public are increasingly using the word "mental fitness" to describe rational thinking, clear comprehension and reasoning skills.

We can become mentally ill in the same manner that we become physically ill. Mental illness is a state of health instability that causes changes in emotion, thought and behavior. Stress or a reaction to a specific occurrence might lead to mental disease, physiological imbalances, child maltreatment, social problems, poor health, etc. It is possible to overcome a mental disease by adopting a positive outlook and making lifestyle changes, or by seeking the advice of specialists in their particular field. Regular fitness exercise like morning walks yoga and medication has proved to be a great medicine to improve mental wellness. In addition, getting a good night's sleep and decent diet are essential. An individual needs, on average, nine hours sleep per night. Overworking oneself can occasionally result in not just physical tiredness but also substantial mental exhaustion. When someone is tired yet still unable to fall asleep, it is a sign that their mental health is unbalanced. People develop insomnia (the difficulty to fall asleep), which is one of many symptoms of mental health problems. These symptoms vary from person to person and depending on the type of problem.

For instance, common side effects of this mental strain include panic attacks and suicidal thoughts. A person may also feel chest pain and breathing difficulties. An inability to concentrate is another indicator of mental health. When you have too much happening on at once, you start to make careless mistakes and lose your ability to focus effectively. Another factor is constantly being on edge. It occurs as results of buildup of internal irritation. A sense of alienation from your loved ones might have a negative influences on your mental health. It makes you feel lonely and put you in a state of despair. You can prevent mental illness by taking case of yourself like calming your mind by listening to soft music, setting realistic goals for yourself and taking care of your body.

According to mental health specialists, overall fitness depends significantly on one's mental, social and emotional wellness. Physical, emotional and mental fitness all go together to make up physical fitness. Emotional fitness has been defined as the mental condition in which the mind is able to focus on creative and constructive work while avoiding negative thoughts. They should not overreact to situations and must not get upset or disturbed. The yoga, meditation and reading books enable us to acquire emotional fitness.

Stress and despair can result in a number of serious health issues, including suicidal circumstances. Your life will last longer if your mind is in good shape since you'll be able to enjoy more delight and happiness. Additionally, having good mental health helps us to think more clearly and feel better about ourselves.

Additionally, we can have a spiritual connection with ourselves and become role models for others. Mental well-being and mental disease go hand in hand. While people without mental diseases might have poor mental health, people in good mental health can also become unwell. Physical and mental health is interrelated and both are equally significant.

The mind is one of the body's most potent organ and control the organ systems work. When our minds are stable, our bodies as a whole operate better. The secret to success in every element of life is to be both physically and emotionally fit. People should be aware of the consequences of mental disease and place a high priority on maintaining mental health in the same manner that physical health is maintained. We can only describe a person as perfectly healthy and well when both aspects are in balance. Mental and physical health cannot be separated from one another. Therefore, it is crucial that everyone attempt to achieve a balance between their physical and mental health.

Samyes Thakur
B.Sc., 1st Year

ROLE OF AARTIFICIAL INTELLIGENCE IN MEDICAL DIAGNOSIS

Artificial intelligence or AI for short is the stimulation of human intelligence by machines, particularly computer systems. The use of AI is growing rapidly in the medical field, especially in diagnostics and management of treatment. AI and machine learning have become effective diagnostic aids in recent years. By enabling more accurate diagnosis, this technology has the potential to transform the healthcare industry.

In a paper published in Nature Communications, Jonathan Richers and colleagues described their novel strategy, which includes the capacity to "imagine" that a patient's symptoms could be caused by a variety of challenging illnesses. Dr. Richers added, "We used artificial intelligence with a strong algorithm, and we gave it the ability to conceive alternative realities and assess would this symptom be present if it were a different disease'? Artificial intelligence in medical diagnosis is a powerful tool for reducing physician burnout. Physician burnout is a real problem. The exhaustion and overwork felt by many medical professionals is impacting on their performance. This is where AI can play a pivotal role. AI can provide tangible support to overworked physicians with systems that are designed to minimize tires and increase time spent with patients.

When world faced the deadly pandemic caused by a virus named corona virus which was first reported in December 2019, AI was used to aid in various aspects of the COVID-19 crisis, including epidemiology, molecular search, drug development, medical diagnosis and treatment. AI was successfully used in the identification of disease clusters, monitoring of caves, prediction of the future outbreaks, mortality risk, diagnosis of COVID-19, achieve management by resource allocation, facilitating training, record maintenance and pattern recognition for studying the disease trend. Not just COVID virus but it also plays an important role in the diagnosis of other deadly disease like cancer. Tests like mammograms and PAP tests are used to regularly check people for lungs cancer or precancerous cells that can turn into cancer. The goal is to catch and treat cancer before it spreads or even before it forms at all. Scientist have developed AI tools to aid screening tests for several kinds of cancer, including breast cancer. AI saved computer programs have been used to help doctors interpret mammograms for more than 20 years, but search in this area is quickly evolving. One group created an AI algorithm that can help to determine how often someone should get screened for breast cancer. The model was more accurate than the current tools used to predict breast cancer risk. AI is already helping us more efficiently to diagnose disease, develop drugs and personalize treatments. But this is just the beginning. The more we digitize and unify our medical data, the more we can use AI to find valuable patterns, we can use to make a cost-effective decisions in complex analytical process.

Rizal
B.Sc., 2nd Year

THE E-WASTE

What is E-Waste? E-waste is electronic product that are unwanted not working. E-waste is any electrical or electronic equipment that have been discarded. This includes working and broken items that are thrown in garbage. They often includes the items which are unsold in the stores and they will be thrown to garbage. In this modern era all the work is done by the help of electrical equipments. We all are dependent on electrical and mechanical equipments. But think for a minute when these electrical equipments are useless for us what we do then? The answer is we throw them to garbage. But we don't think about this thing that how dangerous that can be for our health. The E-waste that we create from our day to day life are electronic utilities, massage chair, heating pads, remote controls, chargers, battery, lamps, smart watches, heart monitors, T.V. remotes, microwave heaters, electric cookers, heaters, fans and washing machines, communications and information technology devices such as cell phones, smart phones, computers and laptops.

The consequence of improper e-waste disposal in landfills or other non-dumping sites poses threats to current public health and can pollute ecosystem for generations to come. When electronics are improperly disposed and end up in landfills, toxic chemicals are released, polluting the earth's air, soil & water. Most of electronic wastes contain some form of toxic materials, including beryllium, cadmium, mercury and lead, which pose serious environment risks to our soil, water, air and wildlife. When E-waste gets buried at a landfill, it can dissolve in microscopic traces into the grass sludge that permeates at landfill. When improper disposable e-waste is put in place where it is dumped ill-legally, both heavy metals and flame retardants can seep directly from the e-waste into the soil, causing contamination of underlying ground water and crops. After soil contamination, heavy metals from e-waste leak through the earth even further to reach ground water, and eventually make their way into ponds, streams, rivers and lakes. Hence, the water becomes acidified & toxic. Acidification can kill marine and fresh water organism, disturb bio diversity and harm ecosystem. These toxic components can affect human health. It may lead to brain, heart, kidney and liver damage. It may affect nervous and reproductive systems of human body causing the diseases and birth defects. When e-waste is informally disposed by dismantling, shredding or melting the materials, releasing dust particles such as dioxins into the environment that cause air pollution and damage respiratory health.

To avoid these toxic effects of e-waste, it is crucial to properly e-cycle so that items can be re-cycled, refurbished, resold or reused. The E-waste is not only a landfill problem, but this is a side effect of mining for new sources of metal too. The environment friendly sources of recycled metal is better for the environment as compared to the company digging up new sources of ores. Every time you recycle your electronic, you are preventing your E-waste from leaching toxic metal into your groundwater. The growing stream of e-waste will only worsen if not exedicated on the correct measures of disposal. Since we know consumers will keep buying new devices, it's important to keep reinforcing that message that we need to recycle the older model not throw them out? If we throw them out there E-waste may cause serious environmental risks. In contrast, recycling provide considerable benefits to our environment. So the solution for this problem is that we have to recycle our E-waste and have to save environment "Great Lakes Electronic Corporation" has years of experience performing environment friendly recycling of electronic products. This company offers environment friendly recycling solutions for all types of electronics.

Bhuvneshwari Thakur
M.Sc., Physics
1st Semester

QUANTUM ENTANGLEMENT & THINKING

Rather than storing information utilizing (Bits) represented by 0 and 1, as we see in typical digital computers, Quantum computers encode information as 0 and 1 or both at the same time using quantum bits, also known as "Qubits." This is accomplished through the phenomena of superposition of states and Entanglement. These phenomena allow quantum computers to control massive combinations of states at the same time. Superposition are the ability of a quantum system to be in numerous states at the same time until it is measured. It is a form of mixed state that is both 0 and 1. The ambiguity to "be" and "not be" is the key to power of quantum computing. This allows us to investigate considerably larger sets of states.

Quantum Entanglement is a state in which two systems are so inextricably linked that gaining information about one system yields immediate knowledge about the other, regardless of how far away these systems are. This phenomenon is changing the state of an entangled qubit. Qubit boost processing speed and algorithm as well. In QE, consider superposition as quantum partition traversing a maze. Because of the principle of Q-superposition, Q particles have the unique feature of being in Q places at the same time. When a quantum particle encounters multiple paths to take within the maze, it can use superposition to take all of those paths at the same time. Because of this, the Q particle can evade or solve the maze issue in exponentially less time than the classical bit used in today's computers. Many fields, including cryptography, machine learning, information security, artificial intelligence, monitoring, anticipating traffic flow, weather forecasting, quantum chip, simulation, communications, healthcare, optimization, logistics quicker algorithm, black chain, cloud computing and many others. It is one of the most promising study areas of this generation. This method has left the world perplexed, both in terms of theoretical possibilities that have already been explored by researchers and the practical applications that this new technology may lead to. We have no idea how the entire concept of computing will alter in the future years.

Quantum Thinking is another phenomenon of interest in physics. Water is the most well-known element on the globe. I hope all readers have a good understanding of how water molecules are produced. Each hydrogen receives two electrons from oxygen, which establishes a link with him. This sharing, according to traditional chemistry, means that the shared is located in the empty space between the H and O . According to quantum scientists, this is not entirely correct because shared electrons exist in superposition between the oxygen and hydrogen. This indicates that the shared electrons are present in both oxygen and hydrogen at the same time, and the position of these electrons does not always have to be between the two atoms. This way quantum thinking can be helpful in solving many complex problems in future.

Saurabh Sharma and Poonam

M.Sc. Physics

II Semester

SELF HEALING -SMART POLYMERS

Self-healing polymers have a nearly 40-year history. Beginning in the early 1980s, numerous various examples were discovered by researchers such as self-healing polymers based on microcapsules in 2001. These materials are able to mend features, heal, damage and regain their qualities. Different compounds that can change their transparency or shape in response to their environments and they are smart because of their ability to respond in a very dramatic way when small environmental changes are detected. It only takes a small variation in temperature, humidity, pH and Light, for example to induce a large change in smart polymer properties & this non-linear response makes them unique. Smart polymers tend to have an all or nothing response & are completely predictable, with the change being uniform throughout the material. They might alter their conformation adhesiveness or water retention properties and can return to their initial state when the stimulus ends.

These polymers are classified according to their physical features and stimuli they respond. Based on physical features like physical shape they may be free linear chain solutions, reversible gels, covalently cross-linked polymer and polymer chain grafted on a surface. On the basis of stimuli they respond to are classified as physical polymers which respond to temperature, light and mechanical stimulus. Light considered a clean stimulus that allows remote control of polymers without physical contact and mechanical apparatus. It enables scientists to change the geometry and dipole moment of the photo switching molecule causing macroscopic variation in the structure. This can affect the final properties, such as wettability, permeability and color. The chemical polymers that responding to pH and ionic strength. The polymers sensitive to pH accept or release protons in response to pH changed and contain acidic or basic groups. Chemical smart polymers are made employing a variety of strategies such as chemical co-precipitation exchange, reconstruction and sol-gel procedures. The chemical co-precipitation approach is the most commonly used for large scale direct synthesis of clays with a wide range of divalent and trivalent cations and diverse anions and different types of organic dyes and polymers. Thermal treatment is carried out following the completion of the thermal co-precipitation reaction in order to achieve the maximal field of clay with outstanding crystalline characteristics. The clay created is utilized to create various self-healing products.

The third category of smart polymers is biological polymers that respond to the various biological enzymes and biomolecules. A combination of shape, memory and self-healing in polymers presents the possibility for the material to inherently close a break, followed by the introduction of stimuli such as heat, light, electromagnetic fields and changes in the chemical environment to heal it. In the today's world, smart polymers are used for sensors and actuators, artificial muscles, production of hydrogels, biodegradable packaging and to a great extent in biomedical engineering. The usage of self-healing polymers extends the life of items. One of the most cost-effective and talented techniques to extending the service life of polymeric coating is the use of self-repairing materials. Aerospace engineering is the most common use for self-healing materials. They can repair any damage with the heat of the sun and boost the efficiency and longevity of the components. Self healing, on the other hand, aids in impact resistance due to their elastic nature. Companies are now working on self-healing paints and carbon frames for more lasting and efficient automobiles.

Priyanka Thakur
B.Sc., 3rd Year

VITAMINS

The word vitamin comes from the Latin Word 'Vita' means life. Vitamin are the organic compounds which are required by animals, some bacteria and micro-organisms for the maintenance and normal growth of life. Both plants and animals are important natural sources for vitamins. Everybody must eat a certain amount of vitamins to stay healthy. There are currently thirteen recognized vitamins. The Vitamin B and C are water soluble and Vitamin A, D, E and K are fat Soluble.

The Vitamin A, Retinol is very important vitamin the deficiency of which causes night blindness. The main source of vitamin A is fish liver oil, eggs and dairy products. Vitamin A is important for immune system, reproduction, normal vision and for growth and development. Vitamin A also helps our heart, lungs and other organs to work properly. The Vitamin D, calciferol the lack of which leads to rickets and osteomalacia (softening of bones). The main source of vitamin D is egg yolks, milk, fish liver oils and mushroom. Vitamin D is also important for our skin. The vitamin E, tocopherol. Vitamin E is also helpful to keep our skin youthful and nourished. Vitamin E also has anti-oxidant, anti-aging, skin brightening and anti-inflammatory properties. The sources of vitamin E are spinach, broccoli, sunflower seed and almond. The deficiency of vitamin E cause muscle weakness, vision problems and sterility. Vitamin E also weaken immune system. The vitamin K is phyloquinone which was discovered by 'Evans and Bishop in 1922'. It is a nutrient that is found in every cell of your body. Vitamin K is mainly of two types, K1 and K2. Vitamin K1 is present in all green leaves and vegetables e.g. carrot tops, cabbage, cauliflower, spinach etc. Vitamin K2 is mainly found in purified fish, meat and bacteria. The deficiency of Vitamin K cause significant bleeding and poor bone development. Vitamin K is also necessary for coagulation of blood.

There are two vitamins which are water soluble in chemical nature. One is vitamin B and other is C. Vitamin B is mainly of different types, vitamin B1, B2, B3, B4, B5, B6, B7, B9, B12. The vitamin B1 thiamine was synthesized by Robert William in 1936. It is found in yeast, egg, meat, beans, pear, etc. It is also present in some animal organs i.e. liver and kidney but in small quantity. The deficiency of vitamin B1 mainly causes beriberi disease. The deficiency of Vitamin B1 also causes weakness, mental depression, loss of appetite, numbness of legs, etc. The name of vitamin B2 is Riboflavin. Riboflavin was first prepared by H. Meerwein and R. Kuhn in Germany in 1930. Riboflavin is one of the eight B vitamins which is essential for human body. Vitamin B2 is found in grains, plants and dairy products deficiency of B2 causes skin disorder, hair loss, cracking of lips, edema of the mouth throat and depression. The vitamin B3 is chemically named as Niacin. Niacin is available as a supplement in the form of nicotinic acid or nicotinamide. The important sources of vitamin B3 is wheat germ, yeast, liver, adrenal gland, maize and rice. Deficiency of vitamin B3 cause pellagra disease. The vitamin B5 is named pantothenic acid. It was discovered by 'J William in 1931'. Vitamin B5 is present in egg, meat, yeast, milk, egg yolk, kidney, heart, pancreas and brain. The deficiency of vitamin B5 cause headache, irritability, vomiting, stomach cramps, and muscle cramps, etc. The vitamin B6, Pyridoxine was discovered by 'Samuel Lepkovsky in 1938. The richest sources of vitamin B6 are fish, potatoes, starchy vegetables and non-citrus fruits. The deficiency of vitamin B6 causes glossitis (Swollen tongue), depression, confusion and weakened immune system. The vitamin B7, Biotin or also called vitamin H. was discovered by Dean Burk, an American Biochemist. This vitamin is necessary for cell growth and the metabolism of fats and amino acids. Vitamin B7 is present in vegetables, cereals and nuts such as almonds, walnuts, peanuts and soybeans. It is also sourced from animal products such as eggs, milk, liver and kidney. The deficiency of B7 cause weak muscle tone, breathing problems, hearing and vision loss, seizures etc. The vitamin B9 is Folic acid or folate. It is important in red blood cell formation and for healthy cell growth and function. Vitamin B9 is present in dark green leafy vegetables (i.e. spinach, broccoli), beans, sunflower seeds, eggs. The deficiency of vitamin B9 mainly cause anemia. A folate deficiency during pregnancy can lead to birth irregularities. The vitamin B12 is most important of all B type vitamins for our health. It is named commonly 'Cyanocobalamin' and it was discovered by 'Karl Folkers',

director of Merck research.

This vitamin is found in all animal tissues especially in the liver, e.g., ox, sheep, dog, horse, pig etc. It is also found in cow dung. Vitamin B12 is optically active and behaves as a polyacidic base. The deficiency of vitamin B12 causes pernicious anemia.

The vitamin C is also known as ascorbic acid or antiscorbutic factor. It was discovered by Abert Szent-Gyorgyi" a Biochemist. The important sources of vitamin C are leaves, flowers (e.g. rose hips, pine needles), fruits (e.g. lemons, oranges, limes) and green vegetables (e.g. cabbage, beans, tomatoes and potatoes). This vitamin also occurs in various tissues, glands or organs like liver, adrenal gland etc. The deficiency of vitamin C mainly causes scurvy. Vitamin C is mainly used for iron and hemoglobin metabolism.

All these vitamins are very essential for our body. Some vitamins help us to resist infection and repair nerves healthy. We will get most of vitamins from food. Vitamins and mineral can also cause toxicity if consumed in large amount. Always keep in mind that vitamins are required in low amount but they cannot be produced by our body itself except a few, so we must take care about our food in respect of its quality in vitamins and other content. We must take a balanced diet always.

Parul Sharma

M.Sc. Chemistry, 3rd Semester

IS THERE LIFE ON THE MARS ? - MISSION TO MARS

Did life also exist on Mars, which was also a warm and moist area at the time when earliest living organisms appeared on Earth? Surprisingly, some proof that there was life on Mars was discovered in Antarctica. American Scientist David Mckay of the American National Aeronautics and Space Administration, NASA and his colleagues discovered elements associated to early forms of life while investigating a meteorite on the frozen continent. This meteorite, designated ALH84001, was found in 1984. The meteorite's composition revealed that it was from Mars. This notion is held by several scientists. There is evidence in the rocks that life did evolve on Mars. A large meteorite had hit Mars thousands of years ago. This biological fossil rock was thrown into the air by an explosion. The planet was struck by this rock as it descended as a meteorite from space.

NASA is sending a number of spacecraft to Mars to collect data that will allow us to confirm such claims. One of these spacecraft is the Pathfinder mission that is now underway. In July 1991, the Pathfinder spacecraft which had been launched in December 1996 arrived on Mars. A landing craft was sent into Mars' atmosphere after which it safely touched down at a chosen location. With a movable robot named Sojourner aboard. This mission differs from prior Viking missions. The Sojourner mobile platform has six wheels and is about the size of a football. During the day, solar power powers it, and at night it is powered by batteries, it is equipped with cameras and other sensors that gather data. Sojourner's movements can be managed by scientists on the Earth. A number of images showing the area around the landing site on Mars were transmitted back by the Pathfinder expedition. The makeup of its rocks and atmosphere was another valuable piece of knowledge it gathered. Many years will be needed to properly examine this data and determine whether our hypotheses are supported or refused concerning both Mars' and Earth's past and future. The Mars was the name of NASA's subsequent spaceship. This craft won't land on Mars, in contrast to Pathfinder. The images taken by the Mars Global Surveyor will be used to select landing sites for upcoming missions. According to NASA, a man will have set foot on Mars by 2030, hopes are all alive.

Bharti

B.Sc. 3rd Year

BIOPESTICIDES : AN ALTERNATIVE TO CHEMICAL PESTICIDES

About 70% of Indians are dependent on agriculture, which is the main economic sector of the country. Agriculture lands are expanding as a result of the growing population. Pesticides are used to increase the quality and quantity of food produced in India, where roughly 30% of annual food output is lost to insect pests, weeds, and rodents. However, the question of whether consuming chemical pesticides is safe and harmful, the answer is no. The best alternative to chemical pesticides are biopesticides. A biopesticide is a biological agent that harms, eliminates or deters pests. Biopesticides, according to the US Environmental Protection Agency (EPA), are specific pesticides made from natural materials. They are derived from many species such as living things, plants, germs (such as fungus, nematodes, bacteria, and other microorganisms), and certain substances. The main categories of biopesticides are microbial pesticides made up of bacteria, anthrop pathogenic fungi viruses, as well as metabolites produced by bacteria and fungi. Bio-derived chemicals, commercially available substances that manage pest and microbial disease include pyrethrum, rotenone, neem oil and other essential oils. Neem, chrysanthemum, chinaberry, tobacco, etc. are a few examples of plants with pesticide properties. The "dharek," Pride of India, plant has a potential antifeedant impact on insects. The Indian plant Neem, is anticipated to be useful in the development of biopesticides. There are more than 100 formulations of Neem in the market. The components of fungi's cells, such as hydrolytic enzyme mixtures, are included in mycopesticides. Such enzymes, in particular chitinases, play a part in inhibition of chitin production. The nanotechnology based biopesticides are also being used in crop protection. The main aim of the nanotechnology in biopesticides is to encapsulate biological components in nano-scale systems to increase effectiveness against pests, decrease toxicity towards the environment and limit physical deterioration losses. Better safety profiles, high active agent stability and increased effectiveness against pests may be aided nano encapsulation.

Biopesticides are projected to take up a significant portion of the market in the near future because they have various advantages over their chemical equivalents. Biopesticides are biodegradable and renewable and easy to use. These aspects make biopesticides popular in assistance with organic farming. They are effective enough to substitute synthetic pesticides for pest management since they are non-toxic to non-target organisms, environmentally benign and target specific. We can apply fewer chemical pesticides because biopesticides are more efficient, disintegrate more quickly and leave fewer bothersome residues. Utilising green technology, the use of fertilizers made of bacteria, cyno bacteria, or fungi can enhance and restore the soil fertility and guarantee sustained agricultural production.

It is important to be aware that biopesticides also have some drawbacks. Despite the benefits of utilizing biopesticides, their use hasn't been as common also because of their short self-life and sensitivity to temperature and humidity changes. Limited field effectiveness as a result of environmental changes in temperature, humidity, soil characteristics, etc. Due to the high level of specificity, farmers are not interested in using biopesticides..

So, compared to chemical pesticides, the use of biopesticides is still quite low in India. According to data, India has recently seen an increase in the consumption of biopesticides. As biopesticides have long term benefits hence their use in agriculture should be enhanced. As a result human health will improve overall.

Neetanjali Gupta
B.Sc., III year

GENETIC DISORDERS

Genetic Disorder is a disease that is inherited from the parents and is present in an individual at birth. Genetic disorder occur when a, mutation (a harmful change to a gene) affects your gene or you have the wrong number of genetic material (Chromosome). Genes are made up of D.N.A. which contain characteristic that make you unique. New born babies receive half its gene from each biological parent.

Genetic disorders are grouped into two categories, Mendelian disorder and Chromosomal disorder. The examples of Mendelian disorder are Haemophilia (Bleeder's Disease) and Colour Blindness. Haemophilia is a sex-linked recessive disease which is known as Bleeder's disease because the exposed blood does not last due to the genetically presence of a recessive gene, 'h' carried by X-chromosomes. A female becomes hemophilic only when both of its X-chromosomes carry the genes ($X^h X^h$) but such females die before birth. A female having only one recessive gene (XX^h) act as carrier. In case of male only a presence of single gene is able to express itself as the Y-Chromosomes is devoid of any gene ($X^h Y$). Haemophilia is quite common in the royal families in Europe. The Colorblindness is a recessive sex linked trait. A person who is suffering from color blindness is unable to distinguish red-green colors. It is of two types protanopia (red-blindness) and deuteranopia (green-blindness). Colour-blindness is about 8% in males and 0.4% in females.

The second type of genetic disorder is related with Chromosomes. The total no. of chromosomes in a normal human cell is 46 (23 pair). Out of these 22 pairs are autosomes and one pair of chromosomes are sex (XY) chromosomes. Sometimes, an additional copy of a chromosome may be included in an individual and the situation is known as trisomy. Down's syndrome is a type of this disorder. The symptoms of this disorder includes broad forehead, short neck, flat hands, permanently opened mouth etc. Another example of this type of disorder is Klinefelter's Syndrome which is also caused due to the presence of an additional copy of X-chromosome. In case of Male, the person shown some female characters like enlarged breasts, sparse body hair, mental retardation etc. In case of female, the person show abnormal sexual developments and mental retardation. Such individuals are sterile (unable to have or produce babies).

When genetic constitution of an individual may lack one of any pair of chromosome this situation is known as monosomy. Turner's syndrome is such a disorder caused due to the absence of one of the X-Chromosome (Monosomy). It is the most common type of female genetic disorder. Such females are sterile as ovaries are rudimentary i.e. failure of primary function of ovaries to produce and store the eggs (ovum) and make hormone that control menstrual cycle and pregnancy. Such females also lack secondary sexual character development of breast, higher pitch voice, thicker hairs on head etc.

The genetic disorders are biological discrepancies which lead to the disease after disorder. We cannot reverse the biological pairing hence cannot correct these disorders. But the therapies and replacements of certain factors and hormone can be helpful in direction. The genetic counseling can be helpful in monitoring the future chances of the occurrence of these disorders. The best way to treat hemophilia is to replace the missing blood clotting factor, so that the blood can clot properly. This is done by injecting blood clotting factor into person's vein. There is no cure for colour blindness, but special glasses and contact lenses can help. There is no treatment or cure for chromosomal disorder, but in Klinefelter's syndrome and Turner's syndrome testosterone replacement therapy and human growth hormone injection can minimize the symptoms.

Riya Negi
B.Sc., 3rd Year

VEDIC MATH

Vedic maths is a collection of methods or sutras to solve numerical computations faster. It consists of 16 sutras called formulae and 13 subsutras called sub formulae which can be applied to solve the problems in arithmetic, algebra etc. Vedic mathematics has no relation with Vedas. It originates from a book titled Vedic Mathematics by Bharati Krishna Tirtha first published in 1965

Five Rules of Vedic Maths:

- Nikhilam Sutra
 - Gyarasguna Sutra
 - Ekanunena Purneva Sutra
 - Antyordasake Pi
 - Navamguna Sutra
1. Nikhilam Sutra : Numbers can be multiplied which are close to the power of 10.
 2. Gyarasguna Sutra : Numbers can be easily multiplied by 11. "Gyarasguna" word split into three words. 'Gyara' means 11, 'guna' mean multiplication and 'sutra' mean method.
 3. Ekanunena Purneva Sutra :
Numbers can be multiplied in which one of the numbers is multiplied by 9, 99, 999....
Firstly, Subtract 1 from 11, then subtract the resulting number from 99 or 999.
 4. Antyaordasak Pi :
Multiplication can be done as follows: e.g. 42×48
1st Number = 42
2nd Number = 48
Add 1 to the 1st digit of the 2nd Number = $4 + 1 = 5$
Now multiply 1st digits of both Numbers with 5, $4 \times 5 = 20$, $4 \times 5 = 20$
Multiply 2nd digits of both Numbers, $2 \times 8 = 16$
So, $42 \times 48 = 2016$
 5. Navamguna Sutra :
Multiplication can be done as follows; e.g. 42×9
 $42(10 - 1)$
 $42 \times 10 - 42 \times 1$
 $420 - 42 = 378$
So, $42 \times 9 = 378$

Merits of Vedic Maths:

- Helps in simplifying calculations.
- Improves memory and concentration.
- Speed and accuracy is ascertained in operations
- Better performances in competitive exams
- Quick Learning.

Demerits of Vedic Maths:

- For any operation like multiplication we will find too many rules which is applied for different types of problems.
- This creates confusion.

Vedic Maths is useful in daily life because it helps a person to solve mathematical problems many times faster. It helps in making intelligent decisions to both simple & complex problems. It increases the concentration of a child & his determination to learn & develop his skills.

COMPUTER TECHNOLOGY IN MODERN TIME

Computers play a crucial role in contemporary society, having an impact on practically every area of our daily lives. Computers have completely changed how we communicate, learn, entertain and conduct business. Computers have a long history. Mathematician Charles Babbage created a device dubbed the "Difference Engine" in the early 1800s that was capable of carrying out intricate calculations. This was a beginning of long and exciting history for computers. As a result the Electronic Numerical Integrator and Computer (ENIAC), the first programmable computer and other modern computing devices were made possible. Computers have continued to advance through the years, getting smaller, quicker and more potent.

Computer Science Education:

For students to be ready for a variety of technology-related occupations, such as software development, data analysis and cyber security. The computer science education is a crucial area of study. Computer science is a very lucrative career option because of the growing demand for people in the field. The study of computer science also teaches students vital abilities including critical analysis, programming and problem-solving. The teachers also can learn and make practice of many topics with computer assisted technologies. The examples of this were during the covid-19 pandemic period.

Cyber security:

With cybercrime and hacking posing serious risks to people and organizations, cyber security has grown to be a crucial concern in today's digital world. Cyber security refers to the safeguarding of computer systems, networks and actions, that people and organizations can take, such as using secure passwords, encrypting data utilizing firewalls and antivirus software. Cyber security will continue to be a crucial area for safeguarding private data as society becomes more and more dependent on technology.

Artificial Intelligence:

Artificial intelligence (AI) is a branch of computer science that aims to build machines that can carry out tasks that would ordinarily need humans. It has made important advancements in fields including speech recognition, natural language processing and computer vision. As AI develops, it has the potential to revolutionize sectors including healthcare, transportation and manufacturing. Meanwhile there are concerns regarding how AI will affect society and the workforce in future.

The Future of Computing:

The future of computers is a hotly contested subject. Some believe that the development of quantum computers and other new technologies will cause technology to advance at an exponential rate. Others claim that our use of present technology may be reaching its limits, which will cause progress to stall. Without a question, the future of computers will have a tremendous impact on society, including how we work and communicate as well as our privacy and security.

Computer Gaming:

With annual sales in the billions of dollars, the gaming business has grown significantly. The gaming industry is centred on computers, which have cutting-edge graphics, but there are worries about the possible drawbacks of gaming, such as addiction and the influence on mental health. In addition, there are concerns regarding the place of gaming in society, including its potential for education and its effects on interpersonal interaction.

Emerging Technologies:

Emerging technologies are those that are still under development but have the potential to revolutionise various sectors of society and the economy. With potential uses in industries including education, healthcare and entertainment. The virtual reality (VR) technology, for instance, enables users to engage in immersive simulations of various settings and scenarios by offering a safe and decentralised method of data storage and exchange. The block chain technology, the basis of cryptocurrency like Bit coin, has the potential to revolutionize sectors like finance and logistics. These technologies, as they develop, will definitely have a big impact on society and computers in the future.

Computer Ethics:

The ethical ramifications of technology use must be considered as it becomes more pervasive in our daily lives. The study of computer ethics focuses on the moral dilemmas raised by computer technology, including those of privacy, security and intellectual property.

Monika
BCA, 6th Sem.

COMMERCE SECTION

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STAFF EDITOR
DR. LATESH KAPOOR



STUDENT EDITOR
DEEPTI DUGGAL

STUDENT EDITORIAL

Dear Readers,

As a student editor of the Commerce section of our college magazine 'Chir Sankalp', I would like to welcome you all to this section. It is a good activity for the students to express their creativity which improves their reading and writing habits and thinking capacity of the young taming minds.

I extend my special thanks to all the contributors; their articles have made this commerce section more intellectual and knowledgeable for all the readers. I would like to thank the staff editor, commerce section, Dr. Latesh Kapoor for giving me this wonderful opportunity, supporting me and guiding me to make this section more presentable.

Deepti Duggal
Student Editor

CREATIVITY AND INNOVATION

Artificial Intelligence and Machine learning are such terms which are part of our talk and discussions now. That means machines will share the creative and innovation process which was only the prerogative of natural human beings earlier.

Creativity and Innovation, both are essential for success in almost all the fields of human activity viz., Art, Science, Business and Commerce, and Technology. Creativity is an ability to generate new and maiden ideas, whereas innovation is a process of transforming those new and maiden ideas into practical solutions or products.

It is commonly believed that every noble idea is a business idea. Therefore, it is the business organization which generally converts that idea in to a product. For example now a day there is a need to have electric vehicles, this may be called a creative idea, and the actual production of electric vehicles by the automobile companies is an innovation. Hence, Creativity can inspire innovation, and innovation can drive creativity.

National Education Policy 2020, of India emphasizes on the need to shift focus of the education system to conceptual clarity, critical thinking, problem solving, innovation and creativity. In this Amrit Kal, we are emphasizing on Atmanirbhar Bharat. Since, India has got a youth dividend, then we have to nurture creativity and drive innovation, only then we will be able to achieve the objectives of Education policy and Atmnirbhar Bharat.

For nurturing creativity and driving innovation, we have to develop creative thinking skills by change in our attitude, flexible and imaginative approach towards problems, daily routine, overcome fear of failure and be a keen observer.

Dr. Latesh Kapoor
Staff Editor

CYBER CRIME

In the real world we are facing so many acts against the society, which is indicative of the word CRIME. The virtual world which is created by us is also not free from such terminology. While dealing with computing activity through the use of computing devices, internet technology, social media etc., we are scared of a threat called 'cyber crime'. The advancing technology had made us dependent on the internet for all our needs. This is an era of Internet of things (IOT). Every possible thing that a man and machine can think of can be done through the medium of internet.

Cyber crime is different from all the other crimes committed in the society. The reason being, it has no geographical boundaries. In India, cyber crime is increasing with the increased use of information and communication technology (ITC). Cyber crime is a broad term that is used to define criminal activity in which computers or computer networks are tools, or a place of criminal activity. It also covers the traditional crime in which computer networks are used to enable the illicit activity forbidden by law and rules. Cyber crime is increasing day by day. And nowadays it has become a new fashion to earn money by making fraud calls or to take revenge through hacking others accounts etc. Cyber crime can be against a person like harassment, against the destruction of others property or it can be against the government like cyber terrorism.

Increase in cyber crime has led to the enactment of an act, Cyber Crime Prevention Act, 2012. According to this act, there is six months imprisonment and a fine amounting in the hundreds of thousands for misusing, possessing and transferring, altering or deleting another person's identifying information. Therefore, all this, gives rise to a question that whether virtual connectivity through internet is a BOON or BANE for the modern society.

Deepti Duggal
B.Com, Final Year

PATH OF INCOME FROM INVESTMENT

In the modern world everyone wants to strengthen their economic and social status. Therefore, investment can be a way to generate regular income. "An investment is acquired with the main motive of generating income for future as well as for the present". It is an effective way of wealth maximization for investors. Various instruments/avenues are there to invest the money and kind, however, the prospective investor requires a right direction/knowledge for making investment.

Many people invest their money in various securities/platforms without taking any proper information and face huge losses. One must be financial literate and must have proper knowledge from various experts, agents, company profiles, newspaper and magazines etc. They as a guide tell us about what to invest, how to invest and where to invest. Now there are various online platforms also where investor can easily access to have such guidelines. Every investor has their own goals /issues regarding security of money, risk, return, taxability etc., accordingly they can take appropriate decision for making investment. Investment may be done by anyone in Fixed Deposits, recurring deposits, stock markets, money markets, mutual funds, real estate, gold ,silver, post office schemes etc., these can also be made by making a group or combination of these avenues, which is known as investment profile.

Investment in various securities of the companies may be a better option and a source for income but wrong decisions and calculations may amount to security loss. Therefore, it is advisable to the investors to thoroughly examine the profile of the company and its financial behavior. The prospective investor can move forward for more secured mode of investment in Fixed Deposits and Recurring Deposits, if that investor does not want to take any risk. Investment is always better when a person chooses the better one.

Nitika

B.Com., Second Year

CONSUMER PROTECTION

In this commerce oriented world, CONSUMER IS THE KING. However, with the excessive commercial activities now the consumer found himself at cross roads. Therefore, consumer needs protection.

We know that, a consumer pays money for the goods purchased or for the services received. The consumer buys goods by weight or measures. Often the quality becomes the criteria for purchase of the materials. Unlawful and dishonest businessmen may cheat the customer in respect of weight, measure or quality. One can use non-standard scales to sell less quantity of goods to the purchaser. A customer can get a dress-material which is shorter in length than required; if an improper measuring scale is used. Everyone is aware of the adulterated food items also.

Any kind of substandard article can be sold to a purchaser if the packaging is great. Moreover, clever sales personnel can dupe a simple customer and sell articles which don't possess the desired quality. So, the purchaser in spite of paying the correct amount can't use the goods properly. Whenever customer wants to return the substandard goods, the seller often behaves rudely and won't pay the money back. Customers have to suffer a lot on account of irresponsible behavior of the service provider and they are in need of legal protection.

The consumer protection Act 1986, has been enacted to redress and solve the problems of the consumer in respect of their grievances. Consumer protection courts from district level to national level have been established to hear the appeals of the customers and pass judgments in respect of the justified claims to the harassed customers. So, the customers must take the benefit of the Act whenever they are cheated by the traders and sellers in respect of goods sold or services obtained.

Radhika Jaswal

B.Com., Final Year

MNCs - MULTINATIONAL COMPANIES

Multinational companies are those enterprises or corporations that manage production or deliver services in more than one country. There are over 2,90,000 MNCs in India. List of top 10 MNCs in India are given below:

Microsoft:-

1975, establishment year,

Founder- Bill Gates Headquarter - Washington, United States.

Apple Inc.:-

1976, Establishment year,

Founder – Steve Jobs Headquarter- California, United States.

HP (Hewlett Packard Inc.):-

1939, Establishment year

Founder- Bill Hewlett and David Packard.

Headquarter- California, United States.

P & G (Procter & Gamble):

1837, Establishment Year

Founder – William Procter & James Gamble

Headquarter- Cincinnati, Ohio, United States.

Coca Cola Company:-

1982, Establishment year

Founder-John Stith, Griggs Candler

Headquarter- Atlanta, Georgia, United States.

Pepsi Company :-

1898, Establishment year

Founder- Caleb Bradham

Headquarter- Harrison, New York, United States.

Nestle:-

1866, Establishment year,

Founder- Henri Nestle

Headquarter- Vevey, Switzerland

Samsung :-

1938, Establishment year

Founder- Lee Byung-chul

Headquarter - Suwon - si, South Korea.

Aditya Birla Group :

1857 Establishment Year

Founder - Seth Shiv Narayan Birla

Headquarter – Mumbai.

E- PAYMENTS: A MODERN MODE IN PAYMENT SYSTEM

Payment and settlement system in India are used for financial transactions. These are covered by the Payment and Settlement System Act of 2007 (PSS Act). Legislated in December 2007 and regulated by the RBI and the board for regulation and supervision of payment and settlement system. The challenges of payment transactions in electronic mode were initially underestimated, as is now clear, in the light of technological progress and strict legislation. Only secure, user-friendly and low-priced innovative payment solutions can boost internationally oriented e-commerce. In the medium term, mobile based payments system will be even more valuable channel for e-business than internet based systems. In longer term upgraded traditional solution are likely to push aside the innovative systems. E-payments are quick and efficient, and the fund transfer typically takes place instantly. It is secure mode of making payments. E-payments eliminate the need of cash payments, and funds are transferred directly into mobile wallets or bank accounts linked to mobile number.

Rajat Dogra

B.Com, 1st Year



Neha Thakur

B.Com., 3rd Year

INTERNATIONAL BUSINESS

As we all know that change is the law of nature, therefore, different nations of the world are experiencing an essential change in the international business. The national economies that were accomplishing the objective of self-sustainability are currently developing routes towards international business. Basically, international business refers to buying and selling of goods or services beyond the geographical limits of a country. It is called trade between two countries. Such trade modes might be owned by the state or privately owned organizations. In which, the organization explores trade opportunities outside its domestic national borders to extend their own particular business activities. For example manufacturing, mining, construction, agriculture, banking, health, education, transport, and so on.

The national economies are dynamically getting borderless and fused into the world as it is clear that the world has today come to be known as 'global village' India was trading with different nations for quite a while, yet it has quickened its progress of incorporating with the world economy and expanding its foreign trade and investment.

Anshika Sen
B.Com., 1st Year

EVERYDAY CELEBRITY

The rise in mass media cancel transition to networked governance, coupled with a shift to policy- politics, has left the lines separating politics and celebrity culture indistinguishable.

Efforts to establish criminal justice reform this research explores what is the celebrity's role in policy making and how are these policies making efforts portrayed using an analysis of the media discourse. This research finds that the media discourse is focused on the celebrity, particularly their importance shifting focus away from the policy and the affected communities. In terms of her role in the policy process the research finds that

Kim Kardashian is approaching policy making less like a policy entrepreneur or activist but more like an everyday making. For public administration this raises important questions about celebrities ability to bring to an issue and how to engage everyday makers in the policy making process.

Adarsh Rana
B.Com., 2nd Year

STARTUPS

Before we take a lunge into our topic startups, let's first try to understand what startup is? Startup is defined as a youthful company that is just begun to develop or grow.

To join in the race of success and to be on the top, one must execute the right idea in the right direction at the right time.

A great startup is usually a blend of an idea that is exciting, effective and feasible at the same time. It is a great mindset that chases purpose before profit. India is a young country, with 65% of its population falling under the age bracket of 25 to 35 years.

The journey of a thousand miles begins with one step. They work hard, in fact very hard to put their ideas into practice. For example MEESHO, GROOW, NYKAA, SWIGGY, BOAT and many more may be cited here.

If we talk about the company BOAT the only name that comes to our mind is Aman Gupta, the co-founder and CMO at Boat lifestyle. Who is one of the sharks of the famous shark tank India, which is a great show helping the young startup, the young brain, idea and talent of India which gives a great helping hand to the young startups to shine in the dark brighter and brighter.

To wrap it up, today's youth isn't afraid of casting aside their 9 to 5 jobs to see their dreams take flight and become a living reality. They are all set to break the ceiling to attain real powerful leadership roles.

Chaitanya Thakur
B.Com., Final Year

SOLDIERS AND CLOUDS

Soldiers and clouds have the same characteristics. Although, their physical structure is not similar but their importance for society is the same. Soldiers become solid when it comes into action and clouds become liquid when it rains. Both sacrifice them for their territory (society or nation). For clouds, their territory is the whole earth. Soldiers have roaring power and clouds have thundering power that can scare others. Clouds are immortal because of water cycle and evaporation; soldiers are immortal because when they sacrifice them for their nation they become martyred. Martyrs are immortal.

Soldiers defend a country from any aggression either external or internal. Clouds defend the nation from a pair of precipitation. Soldiers protect the state and clouds protect vegetation of earth. Without soldiers we can't ensure long life of a nation and without clouds or other natural disasters

Training is very hard for soldiers and clouds. Only a few aspirants are selected for training. On the other hand, to bring a cloud few vapors are selected during evaporation which terms into clouds in the galaxy. Both are polite for their society. They have no fear of death. Soldiers kill enemies to save their nation and clouds bring destruction, when clouds burst takes place.

Soldiers and clouds are very important for a nation. Absence of both immortals is not good for that nation. We should respect them and be thankful that they are sacrificing their lives for us for the betterment of our tomorrow they give their today.

Rahul Chauhan
B.Com., 2nd Year

STOCK MARKET

Stock market is a market place and is termed as Capital Market. It is a place where shares of companies are purchased and sold. The participants can be investors and traders who seek profits over the short time or in long run. In India the Bombay Stock Exchange and National Stock Exchange are the major platforms where most of the stock trading happens.

It is one of the leading stock exchanges for the purchase and sale of corporate financial securities. This market is located in the business capital of India at Mumbai. It was established in 1992 as the first demutualized electronic exchange in the country. The stock market has seen a lot of fluctuation during the months of February, March and beginning of April. This can be noted to the new president in office. Mr. Trump. He has spent a great amount of his life as a businessman, and money investors saw this as a positive view of what would happen to the stock market and their investments. National stock exchange was the first exchange of India to provide a modern automated screen based electronic trading system which offered easy business facility to the investors.

Anchal Sharma



WHAT IS IT LIKE TO BE A COMMERCE STUDENT

- ❖ Every random person is like “hi future CA”.
- ❖ “Commerce is easier than Science”, the only statement every third person wants to prove.
- ❖ Matching the balance sheet is a real struggle.
- ❖ Our new year starts from April 1st.
- ❖ The most difficult decision of our life is to decide between VK, Sharma or Kalyani publication.
- ❖ A, B,C, and X,Y,Z are nearly alphabets for the entire word.
- ❖ We begin to consider everything from the company's perspective.
- ❖ Every commerce student aspired to start his/her own business at least once in their lifetime.
- ❖ Our only best friends are calculators and scale.
- ❖ Never ending tasks are drawing ledgers and balance sheets.
- ❖ You started to notice the product detail after learning “marketing”.
- ❖ Never ending diagrams and schedules in economics.
- ❖ We started to use terms like assets, liabilities, goodwill, and partnership, sole proprietor instead of family, responsibilities, reputation, and relationship, single.
- ❖ In spite of all, it's a great choice we made.
- ❖ Commerce teaches us basic things about the economy.
- ❖ It is a diverse field and offers more career options to students.
- ❖ It teaches us how to manage and grow a business and how to keep the economy under control.

Neha
B.Com., Final Year

INDUSTRIAL REVOLUTION

Industrial revolution was a period where major changes occurred, it transformed the handicraft and agriculture based economy to machine manufacturing . It was a step ahead from primary sector to Secondary sector in the economy, where mass production was possible through machines only

By industrial revolution major changes came in the economy such as a distribution of wealth and increase in international trade changes in economic and social organization. The Industrial revolution was a much needed act for the improvement of the economy.

The use of new machines, new power resources, and new way of organizing work made existing Industries more productive and efficient. It led to increased production and efficiency, low prices of goods, more production of goods, improved wages and migration from rural areas to urban areas. The major benefit was, it created many inventions that improved manufacturing capabilities of certain industries and improved the economy.

The process of industrial revolution did not stop but continued with the improvement of science and technology. Now it is Industry 4.0 and in an era of Internet of things (IOT) we are heading towards Black smart Industries.

Kanishka Gupta
B.Com., Final Year



RESERVE BANK OF INDIA

The Reserve Bank of India is India's Central Bank. It is the apex monetary institution which supervises, regulates, controls and develops the monetary and financial system of the country. The Reserve Bank of India was established on April 1, 1935 under the Reserve Bank of India Act, 1934. But it was nationalized on January 1, 1949.

The management of the Reserve Bank is under the control of the Central Board of Directors consisting of 20 members. The executive head of the bank is called Governor who is assisted by four deputy governors. They are appointed by the Government of India for a period of five years. The head office of the Reserve Bank is at Bombay. Organizationally, the Reserve Bank operates through various departments they are:

1. Issue Department: its main function is to issue and distribute the paper currency.
2. Department of Banking Development: It aims at expanding banking facilities in unbalanced and rural areas.
3. Industrial Financial Department: Its main objective is to provide financial help to small and medium scale industries.
4. Exchange Control Department: It conducts the business of sale and purchase of foreign exchange.

Umesh Verma
B.Com., Final Year

TOP 10 ENTREPRENEURS

1. Elon Musk :
Co-Founder and CEO : Tesla
Net worth : \$203 million
Tesla ownership stake : 15%
2. BERNARD ARNAULT
CEO : LUMH
NET worth : \$ 138 million
3. GAUTAM ADANI
Founder and chair: Adani group
Net worth : \$ 125 million
4. JEFF BEZOS
Founder and Chair : AMAZON
Net worth : \$ 126 million

5. BILL GATES
Co-founder : Microsoft
Net worth : \$ 123.9 million
6. WARREN BUFFETT
LED: BERKSHIRE Hathaway
Net worth : \$ 103 million
7. CARR ELLISON
Co-Founder : Microsoft
Net worth : \$ 93.7 million
8. LARRY PAGE
Co-Founder : Alphabet
Net worth : \$ 87.8 million
9. MUKESH AMBANI
Owner : Reliance Industries
Net worth : \$ 87.6 million
10. SERGEY BRIN
Co-Founder and ward member : Alphabet
Net worth : \$ 84 million

Akansha Dhiman
B.Com., Final Year

MARKETING MANAGEMENT ANALYZING CONSUMER BUYING BEHAVIOR

The core function of the marketing is to understand and satisfy consumer behavior and capture all the aspects of purchase, utility and disposal of products and services. Social, cultural, individual and emotional forces play a big part in defining consumer buying behavior. Cultural, sub-cultural and social class plays an important role in finalizing consumer behavior. Culture alone cannot define consumer behavior; social forces also play an important role. Social forces consist of family, friends, peer groups, status and role in society. Groups which have direct or indirect influence on consumers are referred to as reference groups. Primary groups consist of friends, family and peers with whom the consumer has direct contact for considerable time. Secondary groups are associations where interaction is at a formal level and time devoted is less.

Palak
B.Com., 1st Year

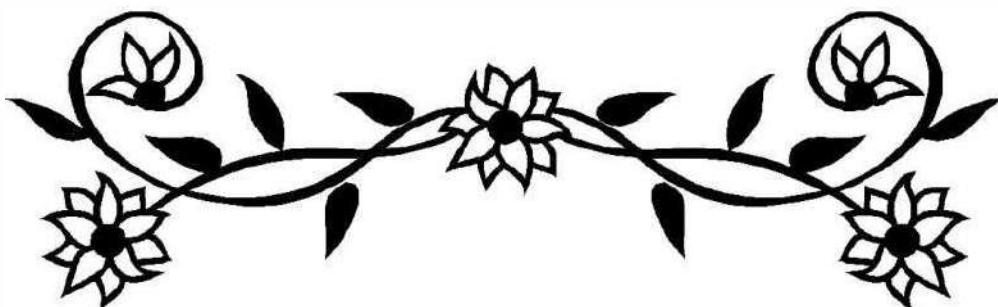
E-COMMERCE

E Commerce is a boon in modern business. E-commerce means electronic commerce. E-commerce involves buying and selling of goods and services or transmitting of funds or data over an electronic network, predominantly the Internet.

E-commerce is a paradigm shift influencing both marketers and the customers. Rather, e-commerce is more than just another way to boost the existing business practices. It is leading a complete change in traditional way of doing business. This significant change in business model is witnessing a tremendous growth around the globe and India is not an exception.

A massive internet penetration has added to the growth of E-commerce and more particularly Start-ups have been increasingly using this option as a different business model. Moreover, E-commerce has significant influence on the environment although the model is highly used in current business scenario but the option has not been explored at its fullest.

Rupali Sharma
B.Com., 1st Year



MANAGEMENT SECTION

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STAFF EDITOR
SMT. JYOTI SHARMA



STUDENT EDITOR
SHIVANI

STUDENT EDITORIAL

Dear Readers,
Greetings to you!

The more that you read, the more things you will know. The more that you learn, the more places you'll go. I Heartly welcome you to the Management Section of your college Magazine "CHIRSANKALP". I feel so proud to be a part of the magazine. The magazine provide opportunity to the students to express their views and knowledge freely. I pay my special and heartiest regards to our staff editor and guide Mrs. JYOTI SHARMA, who gave me this wonderful opportunity as well as experience of editing and joy.

I want to congratulate the students for their contribution towards writing for the management section of our college magazine. I also want to give my warm wishes to all my mates for their contribution.

Shivani
4th Sem.

CONSOLIDATION IN BANKING SECTOR

India Banking Sector Consolidation is eminent because many small sized private banks continue to face chronic asset quality problems which constrain their capital availability. Indian Banking Sector has been massive reforms and resolution over the last century to see a financial system in the country.

Indian Banking Sector is to witness new Round of consolidation over the medium term-spread over FY 2023-24(primarily driven by large private sector banks). The sector has already seen the first round of consolidation involving public sector banks over the 2017-2022period. There is buoyancy in the equity markets, which provides a significant opportunity for large Indian private banks to explore the inorganic growth route through acquisition of smaller private banks.

Especially those private banks that continue to face or even public sector banks where the government is considering a disinvestment. This Consolidation is eminent also because many small sized private banks continue to face chronic asset quality problems which contain their capital availability. In contract, the larger banks have built a comfortable capital cushion which can insulate them from any asset quality stress.

Also the low return on assets (ROAA) for smaller private banks in FY 2021-22 in the range of 0.2%-0.3% reflects their vulnerability to a challenging environment. The signs of consolidation are there with private lender IDBI bank where the government is offloading its stake. Also Global financial services major CITI group has also announced plans to exist its consumer banking business. While PSB's continue to dominate the Indian Banking industry with majority market share in both deposits and advances where PVB's (private Bank) have been steadily gaining market share.

From the central Bank perspective, consolidation in the banking sector leads to more diversified loan portfolios of the bank and removes redundant banks from the banking ecosystem which results in a more stable financial system. The consolidation might enhance the capital which is important in supporting the infra structural development of the nation. This helps banks feature on the global front and strengthens banking structure in India.

ADIT
BBA. 6th Sem.

INDIA'S FIRST WOMAN OWNED INDUSTRIAL PARK IN HYDERABAD

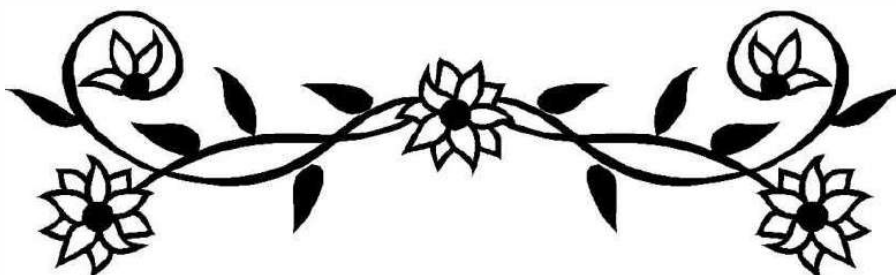
India's Hyderabad city has opened the country's first 100% women 'FLO Industrial park' paving the way for female Entrepreneurs to run and operate their business. The 'FLO Industrial park' began operations with 25 Green projects in Hyderabad. It is promoted by FICCI Ladies Organization (FLO) in partnership with the Telangana government. The commencement of operations by 25 women. Owned and operate units respect 16 diverse green category industries at the park.

The 50 acres FLO industrial park in Hyderabad was established with an investment of 250 Crore. It is the flagship project at a national level with participation open to chapter. Members, and the national members of FLO.

During the inauguration ceremony of the industrial park, minister KT Rama Rao promised another 100 acres for the expansion of the FLO women industrial park, subject to the park's focus on novel products offer an additional 10% subsidy for women entrepreneurs.

1. The FICCI ladies organization industrial park is the country's first of its sort, park was built on 50 acres of land in Sultanpur, which is near Patancheru. It was made with a Rs250 CRORE investment female entrepreneurs are already expressing a strong desire to launch and operate their businesses at this park.
2. KT RAMA RAO (IT & Industries Minister) inaugurated the park and advised entrepreneurs to aim big and start thinking about upcoming technology. He has also advised that they should concentrate on AEROSPACE, DEFENCE and food production and they should form global partnerships.
3. The minister promised that the FLO women's industrial park would be expanded more by another extra 100 acres, which will be subjective to the park's concentration on unique items. He stated that women entrepreneurs will also receive an extra 10% incentive.
4. He also said that the state had attracted \$32 billion in investments over the last seven and a half years, which has helped in generating 1.6 million jobs.

Laxmi
BBA, 4th Sem.



INDIA'S DIGITAL PAYMENTS MARKET WILL MORE THAN TRIPLE TO \$ 10 TRILLION BY 2026

In a country witnessing rapid growth, it comes as no surprise that India also has one of the fastest-growing fintech landscapes in the world. Boston consulting group (BCG), in collaboration with phone pe, India's leading digital payments company, today unveiled a report titled, "Digital payments in India: A US\$ 10 trillion opportunity.

UPI saw about a nine-fold transaction volume increase in the past three years, from five billion transactions in FY19 to about 46 billion in FY22, accounting for more than 60% of non-cash transaction volumes in FY22," said the report.

As a result of this unprecedented growth, digital payments (non-cash) will constitute 2 out of 3 payments transactions by 2026.

The major contribution for the digital payments' growth would be from merchant payments, that are expected to significantly digitize in the next five years, increasing from 20% digital penetration by value today to about 65% by 2026, a seven-fold growth from \$0.3-0.4 trillion digital merchant payments today to \$2.5-2.7 trillion by 2026," the report said.

In a span of just six years, India, primarily a cash-based economy, now leads the world in real-time digital payments, accounting for almost 40 per cent of all such transactions.

Dhruv
BBA 4th Sem.

PRESIDENT DRAUPADI MURMU

Droupadi Murmu is an Indian politician who has been serving as the 15th president of India since 25 July 2022. She is the first person belonging to the tribal community and also the second woman after Pratibha Patil to hold the office. She has also served as the governor of JHARKHAND from the year 2015 to 2021. She has also previously served as a member of the Legislative Assembly from ODISHA and minister of state of the Government of Odisha.

Droupadi Murmu was born to a Santal family on 20 JUNE 1958, in Uparbeda village in the Baidaposi area of Rairangpur, Odisha. Her father Biranchi Narayan Tudu was a farmer. Her father and grandfather were traditional heads (Designated Sarpanch) of the village council.

At age five, she moved to Bhubaneswar for higher studies. She completed secondary education from Girl's High School Unit-2, and graduated in B.A. from RAMA DEVI Women's College. She married Shyam Charan Murmu in 1980, with whom she had two sons and a daughter. Her husband, two sons, mother, and a brother all died in a span of 7 years, from 2009 to 2015. She was a follower from 1997 to 1983, Murmu worked as a junior assistant at the irrigation department of the Government of Odisha. From 1914 to 1997, she then worked as a teacher at the school Sri Aurobindo Integral Education and research centre in Rairangpur, where she taught Hindi, Odia, Maths and Geography.

In June 2022, the BJP Nominated Murmu as the National Democratic Alliance (NDA)'s candidate for President of India for the 2022 election the following month.

On 21 July 2022, Murmu secured a clear majority in the 2022 presidential election defeating common opposition candidate Yashwant Sinha with 676,803 electoral votes (64.03% of total) in 21 of the 28 states (including in the union territory of Puducherry) to become the 15th president of India.

On 26 July 2022, Droupadi Murmu took oath as the 15th president of India, oath of which was administered by the 48th chief justice of India N.V. Ramana in the presence of former presidents, vice president, prime minister and other delegates.

"My election is proof that the poor in India can dream and make them come true"

Punnet
BBA, 4th Sem.

RUSSIA- UKRAINE WAR: A HISTORY OF DECEPTIONS TO WORLD WAR-3

Those who cannot remember the past all condemned to repeat it." -George Santayana

As lesson from the past may not always ward off doom but they can provide valuable insight into the present and even the future.

From a bipolar world dynamics in 1950's where the 2 superpower group were:

(I) The war saw pact countries:

7 countries under USSR security leadership

On one side, and the other was,

(II) NATO, the Trans- Atlantic Military Alliance:

(NATO being North Atlantic Treaty Organization)

led by the US security alliance involving 15 other western European countries .

After the breaking up of Soviet union in 1991, The US led NATO countries were repeatedly misleading Russia from time to time, that NATO would not expand East wards towards Russian border countries to include them under the NATO military umbrella.

Despite repeated warnings by Russia to EU/NATO countries on their expansions towards its borders, dire warning NATO has now expanded to 30 countries ignoring Russia's dire warning, which infuriated Russia to attack & annex Crimea in 2014



Deepshikha Sain
BBA, 1st Year

There After, NATO'S (sinister machinations continued to try & include Ukraine (which was a buffer country between Russia & NATO countries) through Volodymyr Zelenskyy who was propped up by NATO to complete the encirclement & entrapment of Russia by bringing Ukraine into the NATO military alliance, which would effectively mean, NATO'S radars, missiles & air force bases right next to Russian borders would then leave no time for Russia to react incase of further aggression from NATO's side.

This being the last straw on the camel's back, Russia rightfully invaded Ukraine to protect its strategic interests, prevent NATO's expansion to Russian immediate borders in Ukraine & to defeat NATO's evil game plan of US-NATO hegemony.

If good sense does not prevail on US-NATO countries to withdraw arms& ammunition proxy support to Ukraine against Russia, at the earliest, to enable ending this war, the world is already in the threshold of world war 3 with multi polar group dynamics scenario.

This, if not stopped would annihilate Europe & many other countries, economies & cause great and grave consequences to the lives and livelihoods of a vast majority of the population.

"Aano Bhadra Krtavo Yantu Vishwatah"

Is a mantra /prayer from RIGVEDA which means "let noble thoughts come to us from all sides."

For the benefit of humanity and the world at large, "vasudeva Kutumbakam." meaning, "The world is one family."

Deepshikha Sain
BBA, 1st Sem.

VIKRAM-S INDIA'S FIRST PRIVATELY DEVELOPED ROCKET

It was a historic moment when Vikram-S India's first privately- developed rocket, lifted off precisely at 11:30 AM on November 18, 2022 from Indian Space Research Organization's (ISRO) Launchpad in Sri Hari Kota.

Vikram-s has been named in memory of Dr. Vikram Sarabhai the founder of ISRO. Developed by four-year-old Hyderabad based startup sky root Aerospace private limited the 6 meter tall vehicle hit a peak altitude of 89.5 km and then splashed into the Bay of Bengal about 5min after the launch. This mission was titled Prarambh.

Sky root said Vikram-was a single stage sun-orbital rocket powered BY Solid-fuelled propulsion. After the mission was declared a success, Indian national space and Authorization centre (INL-space) Chairman Paklan Goenka- said "all systems worked as planned.

Union minister Jitendra Singh, who witnessed the launch, said "it is indeed a new beginning and a new dawn in the journey of India's space programme. Pawan Kumar Chandana, CEO and co-founder of sky root Aerospace, said" we created history today by launching India's first privately develop rocket".

Deepika Verma
2nd Sem.

NITI AYOJ PROPOSAL ON DECARBONISING INDUSTRIAL EMISSIONS

Niti Ayog is the apex public policy thinking tank of India and deals with the fastening of economics development and fostering the involvement of the state governments to encourage policy making.

According to Niti Ayog there must be an urgent need of thinking for capturing co₂ (carbon dioxide) emissions and either using them further to make building materials or permanently storing them thousands of feet below the surface. It is also an important issue as the global warming is on a hike as it was talked about in the 1.5C would be impossible with any proper ambitious mitigation.

So, Niti Ayog has proposed the framework for carbon capture utilization storage (CCUS) which will have a critical role to play for the country to value Co₂ emission by 2050. It is a technology for Decarbonising carbon dioxide CO₂ from high polluting sectors i.e. the industrial sector and will help in retaining the carbon neutrality of production process.

India has taken up efforts toward promoting CCUS. Thus the department of science and aims to nurture the area of CCUS through research and development and capacity building of both human resource as well as infrastructure the other departments taking part in this challenge is the departments of bio- technology, India has joined forces with France, Germany, Norway, Switzerland, The Netherlands the UK and USA to achieve these objectives.

The key challenge would be to reduce the cost of the mechanisms to implement the technology. Thus to address this challenge the focus should be on research and development and provide a policy frame work to support the creation of sustainable and viable markets for CCUS projects. On the policy from work there was also an issue regarding the contribution of the private sector is be unlikely as it does not benefit from the sale of Co₂ or gain them any credits for emissions avoided under carbon pricing regimes.

The Niti Ayag report suggested that CCUS policy should be incentives based to seed the promotion of CCUS sector through tax and cash credits to enable a carbon free goal of India to be reached by 2070.

Krishna
BBA, 2ND Sem.

MERGER OF AIR INDIA AND VISTARA

On 29 November, Singapore Airlines and Tata group announced a merger between Air India and Vistara with Singapore Airline Holding 25.1% of the merged entity. The merger is expected to be complete by March 2024. Vistara is a 51: 49 joint Venture between Tata group and Singapore Airlines.

The merger will also need approvals from the Directorate General of Civil Aviation, the Ministry of Civil Aviation and Reserve Bank of India, seeking anti-trust and merger control clearances and approvals from Competition Commission of India and Competition and Consumer Commission of Singapore. Both parties will also have to comply with relevant provisions of India's Companies Act and Indian Foreign Exchange Regulation on the fair market value of the shares.

On 2 November, Air India said that it has signed an agreement to buy a 100% stake in Air Asia India and a consolidation between Air India Express and Air Asia India is underway. On 22 December, it was announced that Alok Singh, The CEO of Air India Express, will head the combined low-cost platform of Air India Express and Air Asia India with effect.

According to the agreement, Singapore Airlines' 49% interest in Vistara will translate into approximately 20.6% of Air India after the merger. The Singapore Airlines will pay cash amounting to 2,058 crore at time of completion of the merger to acquire an additional 4.5% stake. It has also agreed to invest up to 5,020 Crore for the various plans put in place by the Tata group in FY23 and FY24 for fleet Modernization, aircraft and other purpose related to Air India operations. Tata group is expected to invest around 20,000 crore in the combined Air India group. Singapore Airlines is expected to invest up to 7,078.5 crore.

Shubham Pathak
2nd Sem.

WATER CRISES IN INDIA-SECURITY OR ABUNDANCE

Water scarcity in India is a significant problem that threatens the livelihoods of more than 600 million people. It simply means, the lack of fresh water demand to meet the standard water demand.

The main issue stems from climate change, which has decreased rainfall and increased temperature nationwide. It makes it difficult for crops to grow without enough water.

On top of this, there is also an increasing demand for groundwater resource for urban populations who need clean drinking water instead of relying on surface sources contaminated by upstream agricultural runoff and waste water discharge.

What will the future look like if we don't solve the water scarcity in India?

The water crisis in India is of great concern. It presents a serious risk to the country's economic and social stability, as well as its security.

The World Bank has estimated that by 2030, there will be an increase of 40% more demand for water than what can be supplied on current levels; this could lead to acute shortages for 600 million people who live close to or below the poverty line—especially those living in rural areas.

CONCLUSION: Water scarcity is an issue that will greatly affect the amount of crops grown and will determine whether there is enough food to feed the world by 2050. Since the population is increasing, there will be a great need to work on research and money for their sufficient food supply.

Rishika Thakur

THE WORLD SECOND LARGEST PRODUCER OF STEEL –INDIA

Our India reached many levels of success in different fields of work, art and infrastructure. To built infrastructure we need many things but all of the items has their own importance beside the steel has main work to do. So India's steel production has reached a historic level of 120million tones per year making it the worth second largest producer of steel. The steel minister Jyotiraditya Scindia also said that India has to double its Steel production to 300 million tonne per annum 2030. The government has also issued quality control orders, prohibiting the manu-facturing and import of cheap and sub-standard quality of steel. India has also been inviting foreign entries to invest in the steel sector as India's steel demand is expected to rise by 7.2per-cent in 2019-2020. Going ahead, the demand of steel is expected to remain unchanged to 5.2 % in 2022-23.

Aarish
BBA, 2nd Sem.



ILLUMINATE TREES IN DELHI AHEAD OF G 20 SUMMIT

India assumed the year-long presidency of G20 December 1. More than 200 meetings will be held at 55 locations in India, and the national capital in September 2023. The G20 comprises Argentina, Australia, Brazil, Canada, China, France, Germany, India, Indonesia, Italy, Japan, the Republic of Korea, Mexico, Russia, Saudi Arabia, South Africa, Turkey, the UK, the US and the European Union. New Delhi is hosting G20, 2023.

As part of the preparations of the summit, the civic body has also decided to beautify parks, illuminate tress, and install public art at many locations in Delhi, officials said.

The work would be carried out in five zones-Karol Bagh, South, Central, Shahdara South, and City SP of the MCD. These zones have been marked as important.

NDMC member Kuljeet Singh Chahal also said that the New Delhi municipal council has procured stocks of bulbs of tulips, which will be used for horticultural decoration of the city. Citizens, on the other hand, were miffed by the proposal, with many claiming that it does not beautify the city and instead' creates the illusion' that it is environmentally friendly.

Earlier Sumita Kale, an economist, had said, "it just seems ironic to me that the Delhi MC, which usually does not do anything about growing trees and is happy to knock them down on the pretext of expending roads, is setting up artificial trees. It simply means they find it pleasing to the eye. The civic body, however, is overlooking the value and benefits of planning real trees by spending a lot of money to borrow these trees. Any beautification they do falls under the purview of the smart city. But only certain areas of the city are prioritized."

Partiksha Thakur
BBA, 6th Sem.

EDUCATION SECTION

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STAFF EDITOR
DR. MANJU GARG



STUDENT EDITOR
SHUBHANGI PARMAR

EDITORIAL

Dear Readers,

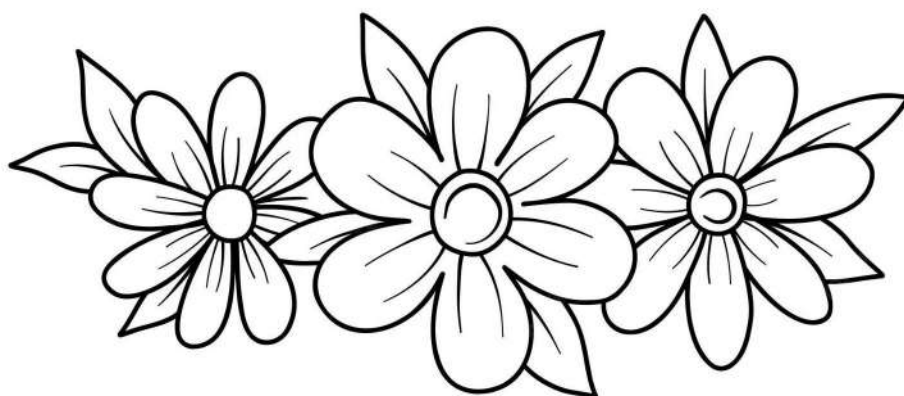
I heartily welcome you all to the 'Education Section' of our college magazine "Chir Sankalp" for the session 2022-23

It is a matter of great pleasure for me to work on the esteemed college magazine as a student editor of the Education session. This magazine provides a wonderful platform -cum – opportunity to the students to pen down their thought, ideas and imaginations on the paper and also encourage the thinking power of a creative artist. It is a medium to give identity to the hidden talent of the brilliant students.

Education is the key to unlock the golden door of success and the teachers guide their students to grab the golden opportunity. So with enjoyment and pleasure, we put forward the next dynamic piece of creativity, freedom, self- expression, enthusiasm of our years work in our annual magazine "Chir Sankalp". Being a good student is less about the ability to rote more about the desire to learn, stay focused on your goals, your peace and happiness.

I thank students, who have contributed their articles for the education section. I specially express my deep gratitude to our staff editor, Dr. Manju Garg, who showed her great belief in me and gave me this wonderful experience of editing and joy.

Shubhangi Parmar
B.Ed., 3rd Sem.



DRUG ADDICTION AND YOUTH

The word “addiction” brings to mind different images for different people. It can be difficult for someone suffering with an addiction or potential addiction to identify with the term “addict”. And it can be especially trying for a young person.

Teens commonly associate addiction with movie images, or people they’ve seen at the absolute lowest, worst point of their addiction. Many have ideas about what an addict looks like: desperate, homeless, suicidal, criminal. With these ideas in mind, it’s hard for them to understand how their drug or alcohol use is a problem- after all, their consequences seem less extreme.

It’s true; the external effect of someone using at age of 16 are often much less severe or obvious. they might get in trouble at school , get grounded by their parents, fight with their friends or lose relationships . And they’ll often write off these consequence as other people’s problems not seeing how their own behaviour our is a direct result of their substance use. They often say things such as:” my parents are freaking out. If they just would just chill out , everything would we fine ,” ‘Everyone else is doing the same things: I just got caught, “I haven’t been using for that long,” or “I can stop whenever I want.” combine false assumptions about addiction and placing blame on parents and other adults- and they had a ready made. Excuse to distract them for taking an honest look at themselves and how their substance use is effecting their lives. Just as teens do, parents have their own images of what someone with a drug problems look like, and it can be as extreme as the child’s view. these preconceived nations help parents stay in denial of a potential problem. Plus, they lead to false measurement tools. Parents think,” if my kid had a problem, she’d be getting bad grades” or “clean- cut polite kids don’t use drugs”. Parents can easily fall victim to the false belief that if their child is not behaving in a way the parent associates with addiction, them the is not a problem.

With parents, kids and other sharing this stigma about addiction, many drug problem slip through the cracks, and that allows for worst. Case scenario circumstances to develop when the warning signs might have been their years earlier .

What does this all add up to? Additions or not, drug or alcohol about is worthy of security by both the person using and his or her family. Worst- case scenarios are often available by looking past preconceived ideas of addition and looking honestly at the effects of substance abuse on the user’s life.

If you or a loved one has been abusing drug or alcohol, there is no need to wait until you are absolutely positive. There is an addiction present to seek help or to stop using. Addicts are not the only people who benefit when they quit using drug or drinking.

Recovery programs for young people offer the chance for teens to identify with others who have similar experience and stories. And thanks to these programs, many young people who have not crossed the line into addiction have stopped using and found happier. More fulfilling lives without experiencing the severity for long term addiction.



Divya Jyoti
4th Sem.

NATIONAL EDUCATION POLICY (NEP) 2023

*"The great aim of education is
Not knowledge but action"*

The new National Education Policy is nothing short of revolutionary in the education system in India. After our education policy monotonously followed the same norms for 34 years, the ministry of education did some serious amendments in it on 29 July 2020. This new National Education Policy was recently approved by the Indian government in 2023. The new NEP 2023 is based on four pillars which are Access, Equity, Quality and Accountability. In this new policy, there will be a 5+3+3+4 structure which comprises 12 years of school and 3 year of Anganwadi / Pre- School Replacing the old 10+2 structure. The aim of the policy is 100% youth and adult literacy.

“शिक्षा और मेहनत एक सुनहरी चाबी होती है जो बंद भाग्य के दरवाजों को आसानी से खोल देती है और व्यक्ति को बना देती है”

– स्वामी विवेकानंद

Shreya Bhardwaj

B.Ed, 4th Sem.

WHAT IS WRONG WITH THE INDIAN EDUCATION SYSTEM

The Indian Education system is not said to be one of the worst education system of all time for no reason it really is, not for one but many reasons.

Lets break these points down one by one:-

1. Outdated: Books are probably one of the most outdated ones you will find on the market. Books are also very expensive and some books are coming in 5k-10k range. Books are filled with irrelevant and outdated material.

2. Student Unfriendly: Books (NCERT) have one of the worst presenting styles of a chapter. Everything is formed into small places. The diagrams are not clear. Information is not clear. Books teaching method marking everything we talk about in this system is student unfriendly.

3. Focus On Marks: This is one of my favourite part marks, marks and marks, all this system of education cares about is our good damm result it is a rote learning system and the only thing tested in these exams is our memory tests.

4. Sports: And yes sports, what is sports? most school want students to be focusing on Education and ignore the sports. Instead of encourage sports, they are stopping it.

5. Higher Education: Higher education is terrible in most institution. Exam system is so messed up that those who are not authorized to check exam actually end up doing so not just that practical knowledge is limited and creative is discouraged.

6. Oppressive Reservation System : It is another feather to the cap of this terrible Education system

7. Corruption: Politician with no Education qualification are running education institutions. This is a booming business.

8. Pressure: Student takes their own lives when they can not handle the pressure. And yet , no one is bothered to fix that issue.

9. Parents: All Indian parents are obsessed with either engineering or medical. Student wants to choose stream field like arts, cinema, theatre, photography are looked down upon by saying they have no future which in turn degrade their confidence.

And to the fact, is that no Indian university has managed to enter the top 100 ranking. As recently as October 2022 the IISc Bengaluru has been ranked 155 and IIT Mumbai and come at 172 and 174 respectively. Also the syllabus revision happen once in every 10 years while in the countries it happens in one or two years. For several years there was no change in NEP until 2020. Apart from that top university like Yale Harvard and many others were not granted a chance to leave their in India. This education system has been relatively behind and has'nt made any significant progress be in research development or academics.

Kunal Verma

B.Ed., 4th Sem.

कदमों को यूं चलने दो

रोको ना कदमों को
इन्हे तो बस चलने दो।
ख्वाब देखने में बुरा क्या है
सुंदर ख्वाबों को पलने दो।
चिंगारी लगाकर मेहनत की कामयाबी के शालों
को जलने दो।
माना मानव जीवन छोटा ही है तुम्हारा
इसे जड़ता और नीरसता से न छलने दो।
जी भर के बातें करो सबसे
मन में बातों को न खलने दो।
अभी तो बोया है बीज हौसलों का इसे कामयाबी के
फलों में फलने दो।
लंबा है सफर अभी तुम्हारा
कदमों को यूं ही चलने दो।

शिल्पा
बी.एड, तृतीय सेमेस्टर

नवजीवन

कि अभी तो एक बूंद हूँ मैं
पेड़ बनना बाकी है।
मुझे पूरे सावन की जरूरत नहीं बस एक बूंद काफी है।
फिर खिल उठेंगे मुस्कुराते हुए गर्मियों में सबको छाया
देंगे।
जिनका कोई नहीं है अपना उनके सिर पर साया देंगे।
रेगिस्तान सी इस दुनिया को अपने पुष्पों से सवार देंगे।
अपने विचारों से एक मधुर संगीत की इंकार देंगे।
आगाज हो जाने दो फिर अपनी ताकत भी दिखा देंगे।
बिछड़े भंवरो को फूलों से मिला देंगे।
अगर अंतिम समय भी आया तो हंसते हुए ही प्राण देंगे।

जल जाएंगे लकड़ी बनकर
ठंड में बेजानों को सुंदर जहान देंगे।



बिजेष्ट
बी.एड, तृतीय सेमेस्टर

शिक्षा

शिक्षा हमें जगाती,
जीने की कला दिखाती है।
अज्ञान का तिमिर मिटाकर,
ज्ञान का दीप जलाती है।
सद्गुणों का कर विकास,
मानव को सभ्य बनाती है।
कितनी भी मुश्किल हो राहें,
चलना हमें सिखाती है।
सर्वहित हो उद्देश्य ज्ञान का,
यह शिक्षा हमें बताती है।
और प्रेम करुणामय जीवन का,
मूल मंत्र दे जाती है।
मानवता का पाठ पढ़ाकर,
जीवन को सफल बनाती है।

शुभांज्नी परमार
बी.एड, तृतीय सेमेस्टर

THE IMPACT OF SOCIAL MEDIA ON COLLEGE STUDENTS

Social media has had a significant impact on college students, with both positive and negative consequences. While it provides increased connectivity and communication, it has also been linked to mental health issues such as anxiety, depression, and low self Esteem additionally, social media can be a major distraction and negative impact on academic performance. Cyber bullying is also a serious concern for college students, with the anonymity of social media allowing individuals to engage in harmful behaviors. It is important for college student to be aware of these negative impact and use social media responsibly.

Nayan Thakur
B.Ed, 4th Sem.

EDUCATION IS THE TO SUCCESS

Education is what differentiates us from other living beings on earth. It makes man the smartest creature on earth. Education is the process which aids learning acquiring knowledge and skills to one's character. Education lessens the challenges you will face in life. The more knowledge you gain the more opportunities will open up to achieve better possibilities in career and personal growth. A person with a higher education will be easily qualified compared to a person without an extended education, as one will be prepared to do various tasks that careers demand as well as meet job standards. "Education is the most powerful weapon which you can use to change the world" once said by a wise man named Nelson Mandela.

Education is the most important tool we can receive that can bring you most success in society today.

Therefore Education is the key to all the locked doors of the unknown....

Radhika

B.Ed, 4th Sem.

EDUCATIONAL PSYCHOLOGY

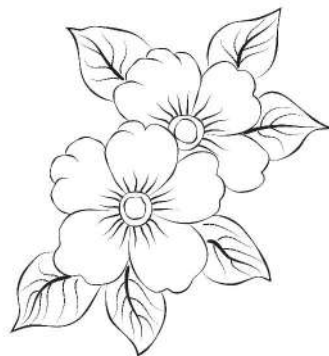
Educational Psychology is the study of how people learn, including teaching methods, instructional processes and individual differences in learning. It explores the cognitive, behavioural, emotional and social influences on the learning process. Educational psychologists learn to develop instructional strategies and help students succeed in school.

This branch of Psychology focuses on the learning process of early childhood and adolescence however it also explores the social, emotional and cognitive processes that are involved in learning throughout the entire life span.

Researchers within educational psychology tend to take on different perspectives when considering a problem. These perspectives focus on specific factors that influence learning, including learned behaviors, cognition, experiences, and more.

- ❖ **The Behavioral Perspective:-** this perspective suggests that all behaviors are learned through conditioning.
- ❖ **The Developmental Perspective:-** this perspective focuses on how children acquire and skill and knowledge as they develop.
- ❖ **The Cognitive Perspective :-** The cognitive approach has become much more widespread, mainly because it accounts for how factors such as memories, beliefs, emotions and motivations contribute to the learning process.
- ❖ **The Constructivist Approach:-** This perspective focuses on how we actively construct our knowledge and words.
- ❖ **Experimental Perspective:-** this perspective emphasizes that a person's own life experience influences how they understand new information.

In the end we can say that different perspectives on human behavior can be useful when looking at the topics within the field of educational psychology and by learning it. One could greatly contribute in the field of education.



Nitin Sharma
B.Ed, 4th Sem.

POSITIVE APPROACH

Teary eyes and face with a frown,
I was sitting alone at the beach
Looking at the sand light brown,
Thinking about my life and breach

Looking at a boy running around
Playing with his dog I found
Sitting beside me he said,
Your face so sad what made?
Stupid situations of my life,
Feels like killing them with a knife

The sad look around for a while,
There is so much for you to smile
Look at the colorful balloon
They teach us something true
They say not everyday is bright boon,
Grey days will one day get a sue.

Waves tell you to never stop,
Life is like a beautiful brooch
One day you will reach the top
Just wear it with a positive approach.

Pooja Devi
B.Ed, 4thSem.

SAD BUT TRUE

I Love to explore
I Love to write down my feelings
I love to explore myself.
I love to think out of the box,
But society only focuses on the grades of marks sheet.
I' am a failure in front of everyone. Because
I'm justified by my grades.
They say listen to your heart.
But when I do they occur me for
wasting my time on useless things.
Hypocrates they are
They say talent is infinite.
They bound the future with few grades.
They say students should not suicide not realizing
What is behind the attempt.
My dear society
Students don't suicide they murdered by you. Stop
accusing every second student who is not good in
studies of being second student who is not good in

studies of being a failure. You can't even think of
what they go through don't compare one child with
other. Each of them has their own superpowers. Just
let them find it an surely they will succeed and make
everyone proud till then. Kindly be patient and wait.

Shubham
B.Ed, 1st Sem.

WHY EDUCATION MATTER

If you think life is simple and full of happiness.
You may be mistaken!

It is tough, sad and totally unpredictable
You never know what turn it takes and when!
But, But, But....

It is more difficult without 'knowledge'
So, what are your thoughts about education?
Is it that necessary?
Is it that useful?
Does it really matter?

For you, may be or may be not!

But for me, I'd simply say,

"Life is nothing less they a dark and silent room
without knowledge and good education."

But, even a little knowledge can lighter your dark,
sad and isolated life.

Even a little knowledge can be useful at some point
of life.

Even a small investment in education can pay the
best interests.

There is a very interesting question;

Why education matters?

And my answer for that would be;

Education matters because it gives us exposure to
new ideas and concepts that we can use to
appreciate and improve the world around us and
also the world within us.

At last, I; would just say that;

You know what is the most beautiful thing about
learning .It is the fact that no one can ever take it
from you. So, never stop learning because life never
stops teaching.

Ritika
B.Ed, 1st Sem.

"EDUCATION AND ITS ROLE IN OUR DAILY LIFE"

Education is a lifelong process and it plays a very important role in our daily life. Education helps an individual to overcome social barriers like fear, poverty, status etc. it is a foundation for the development of society. Education imparts knowledge and is very important to maintain healthy environment.

Educating children not only secures their personal life but also contributes to the nation. It yields to a better environment in which people can differentiate between right and wrong, A good education is extremely important for everyone to grow and succeed in life. Education increases self-confidence and assist in developing one's personality. Education helps us set a goal and go ahead, by working on that goal throughout their life. It empowers us to interact with others in our life. All in all education is very important and must be given to all individuals without any discrimination.

Vaishnavi Guleria
B.Ed, 1st Sem.

"TEACHER"

A teacher's purpose is not to create students in his own image, but to develop students who can create their own image.

Teacher opens the door, but you must enter by yourself.

The test of a good teacher is not how many questions he can ask to his pupils, that they will answer readily but how many questions to inspire them to ask him which he finds hard to answer.

Vineeta Kaundal

"EDUCATION"

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.

Education is simply the soul of a society as it passes from one generation to another.

Education is the most powerful weapon which you can use to change the world.

Education breeds confidence,

Confidence breeds hope,

Hope breeds peace.

Education's purpose is to replace an empty mind with an open one.

Education is the most powerful weapon we can use to change the world.

Vineeta Kaundal
B.Ed., 1st Sem.

सपनों में रख आस्था

सपनों में रख आस्था कर्म तू किए जा,
त्याग से ना डर आलस परित्याग किए जा।

गतली कर ना घबरा,
गिरकर फिर हो जा खड़ा।

समस्याओं को रास्तों से निकाल दे,
चट्टान भी हो तो ठोकर से उछाल दे।

रख हिम्मत तूफानों से टकाराने की,
जरूरत नहीं है किसी मुसीबत से घबराने की।

जो पाना है उस उसकी एक पागल की तरह चाहत कर,
करता रह कर्म मगर साथ में खुदा की इबादत भी कर।

फिर देख किस्मत क्या क्या रंग दिखलाएगी,
तुझको तेरी मंजिल मिल जाएगी, मंजिल मिल जाएगी।

रिना

HAPPINESS

Happiness is something that people seek to find, yet what defines happiness can vary from one person to the next.

Typically, happiness is a emotional state characterized by feeling of joy, satisfaction, contentment, and fulfillment. While happiness has many different definition it is often described an involving positive emotions and life satisfaction.

Wellness is associated with happiness when you are happy, you are feeling good in your mind and body. That lies into being healthy, eating and exercising regularly .it also lies into being excited about things like getting up in the morning and having a healthy breakfast .

- Stella Maxwell

Amazing Benefits of Happiness:

1. Improve heart health.
2. Ability to combat more effectively.
3. A stronger immune system.
4. Increased life longevity.
5. Better decision making and creative problem solving.
6. Positive emotion increase satisfaction with life.

How to be a Happier Person:

Some people seem to have a naturally higher baseline for happiness-one large-scale study of more than 2,000 twins suggested that around 50% of overall life satisfaction are due to genetics. 10% to external events and 40% to individual activities.

- ❖ **Cultivate strong relationship:** having positive and supportive connections with people you care about Provide a buffer against stress improve your health, and help you become a happier person.
- ❖ **Get regular exercise:** physical activity is linked to a range of physical and psychological benefits including improved mood.
- ❖ **Show gratitude:** the result found that people who had written about gratitude has increase positive emotion, increased subjective happiness. And improve life satisfaction.

- ❖ **Find a sense of purpose :** A sense of purpose involves seeing your life as having goals, direction and meaning.

Happiness chemicals and how to hack them

Dopamine

The reward chemical
Completing a task
During self-care activities
Eating food
Celebrating little wins

Oxytocin

The love hormone
playing with a dog or baby
holding hand
hugging your family
give compliment

Serotonin

The mood stabilizer
Meditating
Sun exposer
Walk in nature

Endorphin

The pain killer
essential oils
dark chocolate
exercising

Happiness is a state of mind and vary person to person what makes you happy.

Dimple

B.Ed, 4th Sem.

शिक्षा

सबसे प्रथम कर्तव्य है शिक्षा बढ़ाना देश में,
शिक्षा बिना ही आज हम सब पड़े है क्लेश में ।
शिक्षा बिना कभी कोई बनता नहीं सत्पात्र है,
शिक्षा बिना कल्याण की आशा दुराशा मात्र है ॥

जब तक अविद्या का अंधेरा हम मिटाएंगे नहीं,
जब तक समुज्ज्वल ज्ञान का आलोक पाएंगे नहीं ।
तब तक भटकना व्यर्थ है, सुख सिद्धि के सन्धान में,
पाए बिना पथ पंहुचा सकता कौन इष्टस्थान में ॥

ये देश जो है उन्नत आज और सब संसार से,
चौंका रहे है नित्य सबको नव नवाविष्कार से ।
बस ज्ञान के संचार से ही बढ़ सके है वे वहां,
विज्ञान बल से ही गगन में चढ़ सके है वे कहाँ ॥

विद्या मधुर सहकार करती सर्वथा कटु निम्ब को,
विद्या ग्रहण करती कलों से शब्दों का, प्रतिबिम्ब को ।
विद्या जड़ों में भी सहज ही डालती चैतन्य है,
हीरा बनाती कोयला को, धन्य विद्या धन्य है ॥

अरुणा शर्मा
बी. एड., प्रथम सेमेस्टर

PLANNING SECTION

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STAFF EDITOR
DR. NIRUPMA KOHLI



STUDENT EDITOR
PRINJAL CHAUHAN

STUDENT EDITORIAL

Dear Readers,

Welcome to the planning section of the college magazine. Firstly, I would like to express deep gratitude on behalf of every participating student towards our staff editor Dr. Neerupama Kohli. Students got the opportunity to participate in the magazine and express their views and ideas on various topics through articles. Without her support, guidance and belief, this project wouldn't have come out successfully.

Being the student editor of 'Planning Section' I would also like to express appreciation and congratulate all the students who actively participated and assisted in making this section.

Prinjal Chauhan
BA, 3rd year

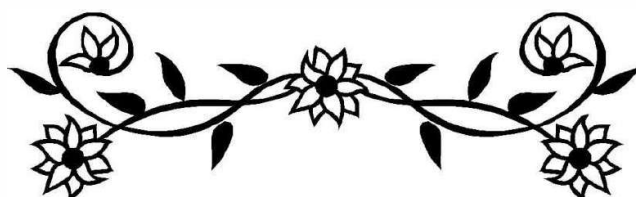
HOW DID ASIA'S ECONOMIES PERFORMED DURING THE PANDEMIC

Economies in Asia's developing countries generally not performed well during the Covid-19 pandemic. In 2020, the region's economy contracted for the first time in 60 years but at -0.8%, GDP growth was only slightly negative compared to deep recession in other parts of the world including the united states (-3.4%) Curo region (-6.5%) and most of other emerging economies.

In addition, growth returned strongly in 2021, with regional GDP rising by 6.9 %, led by export-Oriented economies, including China and South Korea. Again this was better than the economic performance experienced by the most of the world. It is also worth nothing that over the past two years, stresses the region's economy have been relatively less pronounced than those experienced globally.

However, these regional averages hide varying recoveries in economies that were hide by the pandemic to varying degrees. Economies that rely heavily on tourism, and where vaccine rollout got delayed, emerged slowly from the economics fall in 2020.

Shanya Rana
BA, 1st Year



METaverse IS A TIME WHEN WE REALIZE THIS IS METaverse

Let's clear the misunderstanding that digital currencies are not finances but commerce. Digitalization is brought to the world as a use case to ease commerce. To operate commerce we need some assets to be digitalized. We need some elements of commerce to be Financialized but not whole. Here finance is macroeconomics and commerce is microeconomics, Are we focusing on microeconomics game while developing digital currencies?

Current developments are highly concentrated on the macro perspective. Fine, we build the macro perspective with Bitcoin, Ethereum, Polygon, and other alt coins. Now can we focus on the micro? There is no point to wait until all types of finance are moved to crypto.

We need to create. Build Develop/ Disrupt POC Real life use cases of block chain.

Navjot Billowria
BA, 1st Year

BANKING SYSTEM AND INDIAN ECONOMY

India is not only the world's largest independent democracy. But also a prominent and emerging one. Without a sound and effective banking system, no country can imagine a healthy economy. Banking plays a remarkable role.

India's banking system is no longer confined to the metropolitan but has reached even in the remote corners of the country.

- ❖ They help in Mobilizing savings
- ❖ The savings of the people results in capital formation which forms the basis of economic development.
- ❖ The banks finance the industrial sector, which have a big share in economy's growth.
- ❖ They promote entrepreneurship, supporting the minds who can do a wonderful business But lay behind because of lack of finances.
- ❖ Banks finance educational institutions.
- ❖ It helps the agricultural sector to bring new Techniques and advancements with special financial support on easy terms.
- ❖ They help in creating demand for consumer goods by providing loans such as house. Vehicle etc.

Thus we can infer that our economy has to make optimum use of the credit available in our economy to grow & move ahead.

Swatika
B.A, 1st year

DIRECT BENEFIT TRANSFER (DBT) SCHEME AND SOCIAL WELFARE

India's Direct Benefit transfer (D.B.T) scheme is a method through which a subsidies will be directly transferred to the Aadhar linked bank accounts of the consumers.

RECOGNITIONS:-

- ❖ International Monetary fund (I.M.F) lauded India's Direct benefit transfer (D.B.T) scheme as a logistic marvel that has reached millions of people of India, particularly, women, farmers and old people.
- ❖ President of world bank urged other nations to adopt this instead of broad subsidies.

IMPACT ON RURAL AREAS OF DIRECT BENEFIT TRANSFER (D.B.T) SCHEME:-

- ❖ It allowed government of India to provide financial assistance effectively and transparently to farmers with lower transaction cost that's how ,it become the backbone of rural economy.
- ❖ The benefits received under Mahatma Gandhi National Rural Employment Act (MGNREGA) and public distribution system (PDS) drive rural demand-supply chain.

IMPACT ON URBAN AREAS OF DIRECT BENEFIT TRANSFER (D.B.T) SCHEME:-

- ❖ PM Awas Yojana and Pradhan Mantri Ujjwala Yojana use this method to transfer funds to eligible beneficiaries.
- ❖ Various scholarship schemes as well as national assistance programme use this method to provide social security to needy people of the society.

SIGNIFICANCE:-

- ❖ Helps to benefit people from grass root level through subsidies.
- ❖ It's efficiency and robustness were witnessed during the lockdown when it reached the last millions and on the doorsteps of deprived

people.

- ❖ Free rations to nearly 80crore people under Pradhan Mantri Garib Kalyan Yojana.
- ❖ Fund transfer to all women Jan Dhan account holders as well as providing support to small vendors under the PM –Svanidhi Yojna.
- ❖ Helped in enabling policy regime.
- ❖ Helping to build pro-active government initiatives, programmes and policies.
- ❖ A supportive regulatory administration.

Vaibhav Sharma
B.A, 1st year

RESERVE BANK OF INDIA

The reserve bank of India, chiefly known as RBI, is India's central bank and regulatory body responsible for regulation of the Indian banking system.

It is under the ownership of ministry of Finance, Government of India. It is responsible for the central issue and maintaining supply of the Indian rupee.

Established	–	1 april 1935
Governor	–	SHAKTIKANTA Das IAS (RETD.)

RBI (Reserve Bank of India) was nationalized on 1 January 1949.

Nisha
B.A, 2nd Year



INDIAN ECONOMY

- ❖ Indian economy is made of the service sector, agriculture sector and manufacturing sector distributed across the length and breadth of the country.
- ❖ The service sector contributes more than 53% to Indian GDP.
- ❖ The agriculture sector in the country provides the highest employment in rural India.
- ❖ 2.67 lakh crore is the total gross domestic product (GDP) of India as of 2020.
- ❖ India has a population of 135 crore people and is the most populous country in the world.
- ❖ India ranks highest among the consumption and production of rice and wheat.

Aryan Rana
B.A , 2nd Year

ROLE OF PUBLIC SECTOR IN ECONOMIC DEVELOPMENT

It has been realized that unless Government actively participates in carrying out development programmes, the rate of growth will continue to be painfully slow. The rate of economic growth in India, as measured in national income has been much faster. For example, during the first 15 years of planning (about 65%) when the public sector participated than in the previous 50 years, the private sector remained supreme. The public sector is expected to provide especially for the further development of industries of basic and strategic importance. Thus the role of the public sector lies particularly in respect of industries of growth –generating and infrastructure type. Only the public sector can therefore, make investment in such economic overheads, the public sector plays an important role in bringing about an optimum allocation of resources in the community so that the economic development is promoted. Income from public sector enterprises is an important source of funds required for development. In the case of public enterprises, the profits go to the state and can be

utilized to promote general economic welfare. The development of under developed regions is therefore, a special responsibility of the public sector. Thus the role of the public sector in promoting economic development cannot be over emphasized. In the words of former PM Mrs. Indira Gandhi, we advocate public sector for three reasons:

To gain control of the commanding heights, to promote critical development, and to provide commercial surpluses.

Lalita Kumari
B.A, 2nd year

WHAT IS CREDIT CREATION BY COMMERCIAL BANKS

Central bank is the primary source of money supply in an economy through circulation of currency.

It ensures the availability of currency for meeting the transaction need of an economy and facilitating various economic activities such as production, distribution and consumption.

However, for this purpose the central bank need to depend upon the reserves of commercial banks. These reserves of commercial bank are the secondary source of money supply in an economy. The most important function of a commercial bank is creation of credit.

Therefore, money supplied by commercial banks is called credit money. Commercial banks create credit by advancing loans and purchasing securities. They lend money to individuals and businessmen out of deposit accepted from the public. However, commercial banks cannot use the entire amount of public deposits for lending purposes. They are required to keep a certain amount as reserve with the central bank for serving the cash requirement of depositors. After keeping the required amount of reserve, commercial banks can lend the remaining portion of public deposits.

ECONOMIC INEQUALITY

Economic inequality refer to the disparities in income and wealth in a society. The COVID-19 pandemic has highlighted economic inequalities. Chronically marginalized groups are contracting and dying at higher rates.

It is a concern in almost all countries around the world and often people are trapped in poverty with little chance to climb up the social ladder. Basic needs become luxuries, spilling over in the form of resources becoming inaccessible. The top 10% of the Indian population holds 77% of the total national wealth. It would take many years for a minimum wage worker in rural India to earn what a top paid executive at a leading company earns in a year.

Nishant Saklani
B.A , 2nd year

POEM ON ECONOMICS

Economics not just a single term
But, as deep as sea
Tell us how to solve the
Economic issue
With their laws and theories
Adam South father of economics
The wealth of nation is his book
Division of LABAUR & free market
Are the broad topics
Of this book

Demand and Supply are the market forces of
economics what, how, whom to produce?
Are three basic problems of economies
How to use the scare resources
To solve these problems
Is what we learn in Economies
Capitalism, Socialism & mixed economy
Are the three types of economies
Who is the owner of factor of production
Is the main difference
in these economies.

Social welfare comes where the economy is socialist
Profit motive is the main motive of capitalist
This poem might not use people device or rhymes
But, hey, it takes my efforts and took a long time.

Naveen Kumar
BA, 3rd year

HOW DO GOVERNMENT FIGHT INFLATION

Inflation:- Is a continuous increase in the aggregate price level . It occurs when spending on goods and services outstrips production. Prices can increase because of supply constraints that increase the cost of producing goods and offering services.

❖ Government generally try to keep inflation within optimal range that promotes growth without dramatically reducing the Purchasing Power of currency. In the U.S, much responsibility for controlling inflation falls on Federal Open Market Committee (FOMC). Federal open market committee is that where sets monetary policy to achieve the Fed's goals of stable prices and maximum employment.

Key Takeaways:-

- ❖ Governments can use wage and price controls to fight inflation.
- ❖ The U.S federal reserve implements Contracti-
onary monetary policy through higher Interst
rate.
- ❖ Governments may pursue a Contractionary
monetary policy, reducing the money supply
within an economy.

Simran
BA, 2nd year

आर्थिक समिक्षा 2021-22 की मुख्य बातें

- ❖ वित्त वर्ष 2021-22 में Real Time में 9.2 प्रतिशत विकास दर का अनुमान ।
- ❖ वित्त वर्ष 2022-23 में G.D.P. के 8.0-8.5 प्रतिशत की दर से विकसित होने का अनुमान ।
- ❖ 31 दिसम्बर, 2021 का विदेशी मुद्रा भंडार 633.6 बिलियन डॉलर के स्तर पर पहुंचा ।
- ❖ रेलवे : 2020-21 में पूंजीगत व्यय बढ़कर 1,55,181 करोड़ रुपये हुआ ; 2021-22 में बजट और बढ़ाकर 2,15,058 करोड़ रुपये किया गया जो 2014 के स्तर की तुलना में पांच गुणा ज्यादा है ।
- ❖ 2021-21 में प्रतिदिन सड़क निर्माण बढ़कर 36.5 किलोमीटर हुआ । पिछले साल की तुलना में 30.4 प्रतिशत की बढ़ोतरी ।
- ❖ SDC : 2021-21 में नीति आयोग डैशबोर्ड पर ओवर ऑल स्कोर बेहतर होकर 66 पर पहुंचा ।

नैन्सी ठाकुर
बी.ए., द्वितीय वर्ष

INDIAN ECONOMY AFTER DEMONETIZATION

The worst affected were the people in the rural who did not have access to internet and plastic money. This affected many big and small businesses in the country very badly. Several of them were shut down as a result of this. While the short term effects of demonetization were devastating, this decision did have a brighter side when looked from a long term perspective.

The positive impact of demonetization on the Indian economy was Breakdown of black money, the decline in fake currency notes, increase bank deposits, demonetization stopped the flow of black money in the real estate sector to ensure a fair play, increase in digital transactions, cutting Monetary support for activities.

Many of our industries are cash-driven and sudden demonetization left all these industries starving. Also many of our small scale, as well large scale manufacturing industries, suffered huge losses thereby impacting the economy of the country negatively. Many factories and shops had to be shut down. Several people, especially the laborers, lost their jobs.

Conclusion:-

The Indian economy went through several positive changes since independence. It is growing at a good pace. However, the rural regions and regions of our country are still underdeveloped.

Farzana
BA, 3rd year

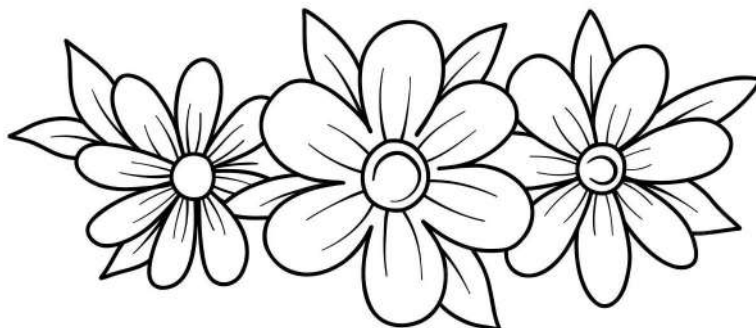
THE GREAT DEPRESSION

Between 1929 and 1932 there was a period of great economic depression worldwide that became evident after a major fall in stock prices in the United States. The economic shock impacted most countries across the world. It was the longest, deepest and the most widespread depression of the 20th century.

Farming communities and rural areas suffered as crop prices fell by 60% by 1933, the economic decline pushed world trade to one-third of its level compared to four years earlier. One-fourth of the labor force in industrialized countries was unable to find work in the early 1930s. System of International gold standard was ended and a system of fixed currency exchange rates was reinstated after World War 2. The Great Depression also played a crucial role in the development of macroeconomics.

The central role of reduced spending and monetary contraction in depression led British economist J.M. Keynes to develop the ideas in his book "The General Theory of Employment, Interest and Money". Keynes theory suggested that increase in government spending and monetary expansion could be used to counteract depressions.

Khushant
BA, 3rd year



HOW COVID-19 AFFECTED INDIAN ECONOMY

COVID-19 is the most severe pandemic not only in term of most serious global health crisis but also the most expensive economic pandemic in the recent history.

Economically, India was already in a bad condition before start of this pandemic and then this crisis created more and more pathetic situation for all the people living in urban and rural areas. The sharp drop in GDP is the largest in the country History, this pandemic has also increased the unemployment rate. On the other side, education system in India is also facing a downward situation due to Covid-19 because during lockdown, educational institutions were closed. This pandemic significantly increased the e-commerce industry.

Demonetization and GST have fully controlled the local market especially the unorganised sector and after this pandemic the whole organisation has been badly affected. This pandemic has also affected the lives of millions of migrant workers. Hence, India showed 2nd largest mass transfer in history after Partition of India 1947.

Thus, the Govt. should bring some new useful techniques, to develop or re-build the health services & economic structure for the welfare of people.

Ritika Munder
BA, 3rd Year

THE EVOLUTION OF THE INDIAN ECONOMY SINCE INDEPENDENCE

India celebrated its 76th Independence Day on 15th August 2022. Its development journey over the last 72 year has been marked by significant milestones and reforms that enable it to achieve substantial progress in many areas including rise in income levels, growth, literacy, life expectancy and a wide variety of other economic indicators. Although over the last seven decades, the Indian economy has seen several ups and downs. The country has gone from having a GDP of just Rs. 2.7 lakh crore at the time of Independence to now sitting close to Rs. 150 lakh crore. Once branded a "third world country", India is now among the biggest economies of the world.

PRE-LIBERALISATION SOCIALIST ECONOMY:-

India's economic policy after independence was influenced by the Colonial experience. Independent India's first prime Minister Jawaharlal Nehru expected the Nation's growth to flourish as an outcome from the strategy that involved rapid development of heavy industry by both public & Private sectors.

LIBERALISATION:-

In 1991, the collapse of the Soviet union, which was India's major trading partner, and the Gulf War, which caused a spike in oil prices, resulted in a major balance of payments crisis for India, which found itself facing the prospect of defaulting on its loans. India had asked for a \$ 1.8 billion bailout loans from the International monetary fund (IMF), which demanded de-regulation in return.

In response, the NARASIMHA RAO government, including the then finance Minister MOHAN SINGH, initiated economic reforms in 1991, these reforms aimed to LIBERALISE the economy by abolishing the license Raj. They also reduced tariffs & interest rates and ended many public MONOPOLIES, allowing Automatic Approval of foreign direct investment in many sectors.

GST, DEMONETISATION:-

Two the most talked about economic events in the 21st Century are Demonetization and Goods & Service Tax. On Nov 8, 2016, Prime Minister NARENDRA MODI appeared on National television and said all Rs 500 & Rs 1000 notes will turn invalid by midnight. The move was aimed at flushing out black money hidden from the taxman. Close on its heels the GST regime was introduced in 2017. But, the process of implementing the new tax regime was commenced a long time ago. In 2000, ATAL BIHARI VAJPAYEE the then prime minister of India, set up a committee to draft the GST law.

76th Independence year is the new milestone on which the country has set its sights. The Indian growth story continues as it celebrates yet another glorious year as an independent nation.

Prinjal Chauhan
BA, 3rd year



ON THE OCCASION OF FOUNDERS DAY OF THE COLLEGE, PRINCIPAL AND OTHER TEACHERS GARLANDING THE PORTRAIT.



SARDAR PATEL UNIVERSITY VICE CHANCELLOR DR. D.D. SHARMA ON THE OCCASION OF A WOMEN ZONAL CHAMPIONSHIP IN THE COLLEGE CAMPUS.



WELCOMING HON'BLE HIMACHAL PRADESH PWD MINISTER SH. VIKRAMADITYA SINGH AND ALONG WITH HIM EX. C.P.S. THAKUR SOHAN LAL.



THE PROGRAM OF SCIENTIFIC TEMPERAMENT DEVELOPMENT AMONG THE SCHOOL STUDENTS WITH COLLABORATION OF PUNJAB UNIVERSITY CHANDIGARH IN THE COLLEGE HALL.



ON THE CELEBRATION OF INTERNATIONAL MOTHER EARTH DAY, PRINCIPAL, STAFF MEMBERS AND STUDENT'S.



WELCOMING THE DIRECTOR OF HIGHER EDUCATION OF HIMACHAL PRADESH DR. AMARJIT SHARMA IN THE COLLEGE CAMPUS ON THE OCCASION OF A FUNCTION.



WELCOMING HON'BLE EDUCATION MINISTER HIMACHAL PRADESH SH. ROHIT THAKUR , ALONG WITH HIM THAKUR SOHAN LAL EX. C.P.S. , THAKUR PAWAN KUMAR FROM SARKAGHAT AND SMT. CHAMPA THAKUR FROM MANDI SADAR.



महाराजा लक्ष्मण सेन स्मारक महाविद्यालय की छात्रा आंचल, 26 जनवरी 2023 के दिन एन एस एस की स्वयंसेवी ने पूरे देश की एन एस एस की टुकड़ी का प्रतिनिधित्व लाल किला की गणतंत्र दिवस परेड में कमांडर के रूप में किया।



THE STUDENTS OF THE COLLEGE DURING INTERACTION AMONG THEMSELVES AND TEACHERS.



THE COLLEGE STUDENTS AFTER PARTICIPATING AND WINING IN VARIOUS SPORTS ACTIVITIES.



PROF. ARCHANA KAPOOR

who retired as associate professor from the department of biosciences (Zoology). She served the college during the periods 01-08-1991 to 31-07-2022.



SH. KARAM SINGH

who retired as senior lab attendant from the college. He served the college during the periods 14-07-1984 to 30-09-2021.



SH. RAJENDER KUMAR

Awasthi who retired as junior lab attendant from the college. He served the college during the periods 10-07-1989 to 30-05-2022.

Academic Achievements of the students of Lalit Sen Institute (Session 2022-23)



SUNAINA SHARMA

D/o Sh. Tilak Raj Sharma
M.Sc. Botany IV Semester
Roll No. : 20703
82% (1st Position)



PRIYANKA THAKUR

D/o Sh. Prakash Chand
M.Sc. Zoology IV Semester
Roll No. : 20755
78.60% (1st Position)



KOMAL

D/o Sh. Amar Nath
M.Sc. Physics IV Semester
Roll No. : 20610
70.65% (1st Position)



SHRADHA KULLAR

D/o Sh. Mani Bhushan Khullar
M.Sc. Chemistry IV Semester
Roll No. : 20654
76.95% (1st Position)



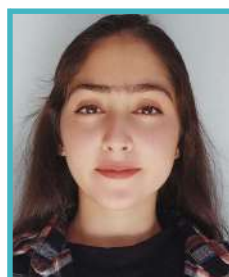
TANUJA THAKUR

D/o Sh. Ranjeet Singh Thakur
B.Ed IV Semester
Roll No. : 20287
80.43% (1st Position)



PREETI THAKUR

D/o Sh. Attar Singh
B.P.Ed.
Roll No. : 20411
CGPA 8.67 (1st Position)



JASKIRAN KAUR

D/o Sh. Gurvinder Singh
BPE III Year
Roll No. : 19503
CGPA 8.37 (1st Position)



FARIYAD KHAN

S/o Sh. Ushman Khan
BCA III Year
Roll No. : 19328
CGPA 8.24 (1st Position)



SAKSHI UPPAL

D/o Sh. Naresh Kumar Uppal
BBA III Year
Roll No. : 19207
CGPA 8.43 (1st Position)

Academic Position of the students (2022-2023)



MANISHA KUMARI
D/o Sh. Bhola Nath
BA-1st Year
Roll No. : 1210910112
1st Position SGPA 8.66



PRINJAL CHAUHAN
D/o Sh. Girdhari Lal
BA-II Year
Roll No. : 1200910152
1st Position CGPA 9.18



GAURAV
S/o Sh. Sh. Krishan Chand
BA-III Year
Roll No. : 1190910089
1st Position CGPA 8.94



JHANVI ALI QURAISHI
D/o Sh. Sadakat Ali
B/Sc I Year (N.M.)
Roll No. : 2210910069
1st Position SGPA 8.73



SHIVANGI SHARMA
D/o Sh. Rakesh Sharma
B.Sc.-I Year (N.M.)
Roll No. : 2210910297
1st Position SGPA 7.86



BHARTI
D/o Sh. Mohan Lal
B.Sc.-II Year (N.M.)
Roll No. : 2200910058
1st Position CGPA 9.65



SHOURYA GAUTAM
D/o Sh. Ramesh Kumar
B.Sc.-II Year (Medical)
Roll No. : 2200910335
1st Position CGPA 9.40



RIYA
D/o Sh. Daya Ram
B.Sc.-III Year (N.M.)
Roll No. : 2190910239
1st Position CGPA 9.71



TAMANNA THAKUR
D/o Sh. Balbir Singh
B.Sc.-III Year (Medical)
Roll No. : 2190910537
1st Position CGPA 9.03



KRITIKA
D/o Sh. Ludermani
B.Com.-I
Roll No. : 3210910036
1st Position SGPA 7.64



AKANKSHA
D/o Sh. Jagbandhu
B.Com.-II
Roll No. : 3200910007
1st Position CGPA 9.07



MAAN SINGH CHAUHAN
S/o Sh. Raju
B.Com.-III
Roll No. : 3190910060
1st Position CGPA 8.05

Merits in Sports, Culture, NCC & NSS (2022-2023)



ANCHAL SHARMA
Parade Commander of
NSS Cotinent,
Republic Day Parade 2022-23



MANISH PRASHAR
3rd position in Kathak Dance
HP Youth Festival
(Group III)



KARAN
Participated in all India
Boxing Championship



NAMAN SHARMA
Participated in CATC, DCATE/
IGC & Pre-republic Day
camp-I



JAGRITI
Participated in
Senior National & All India Uni.
Handball Championship