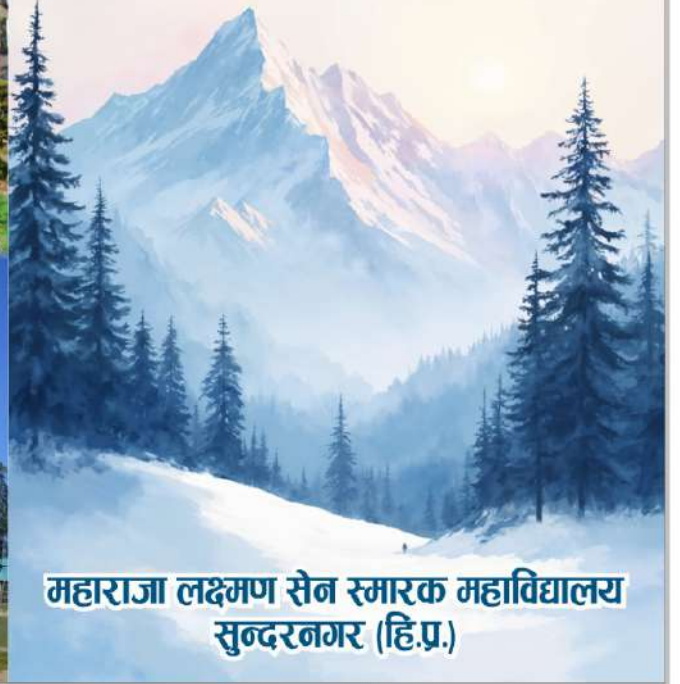




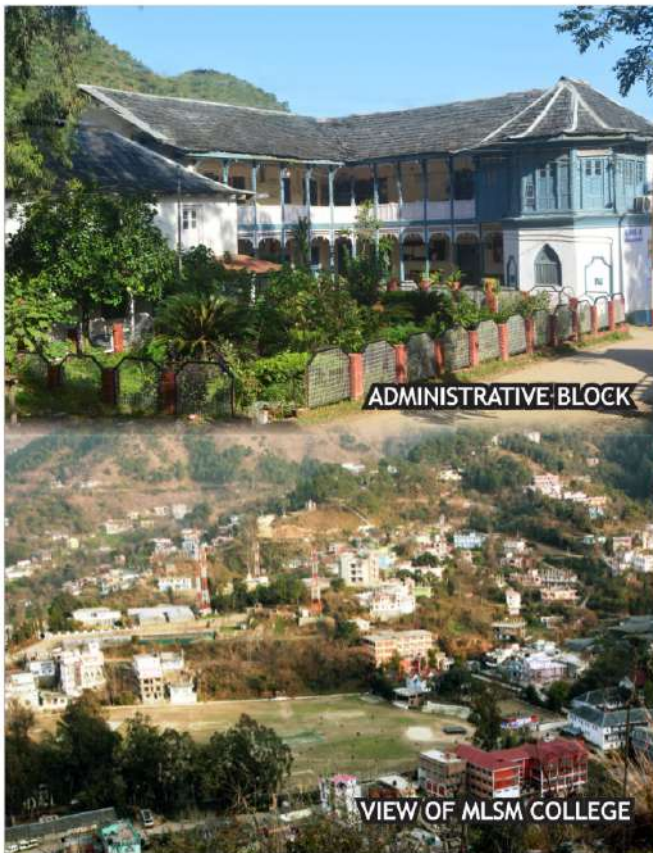
चिर संकल्प

2024-25



महाराजा लक्ष्मण सेन स्मारक महाविद्यालय
सुन्दरनगर (हि.प्र.)

CAMPUS LIFE



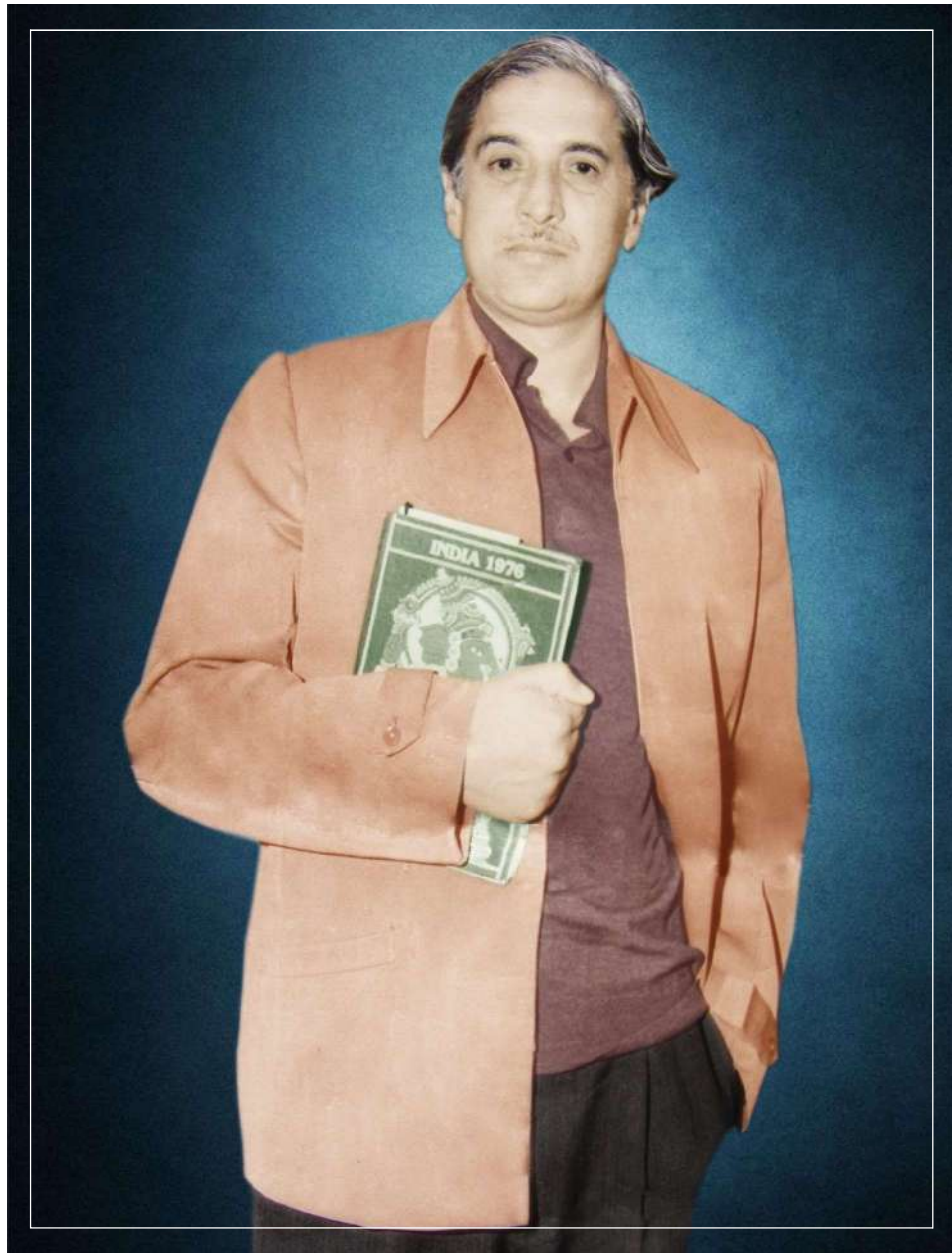
His Memory will Survive Till Hill and River Vanish



***His Highness
Late Maharaja Lakshman Sen of Suket***

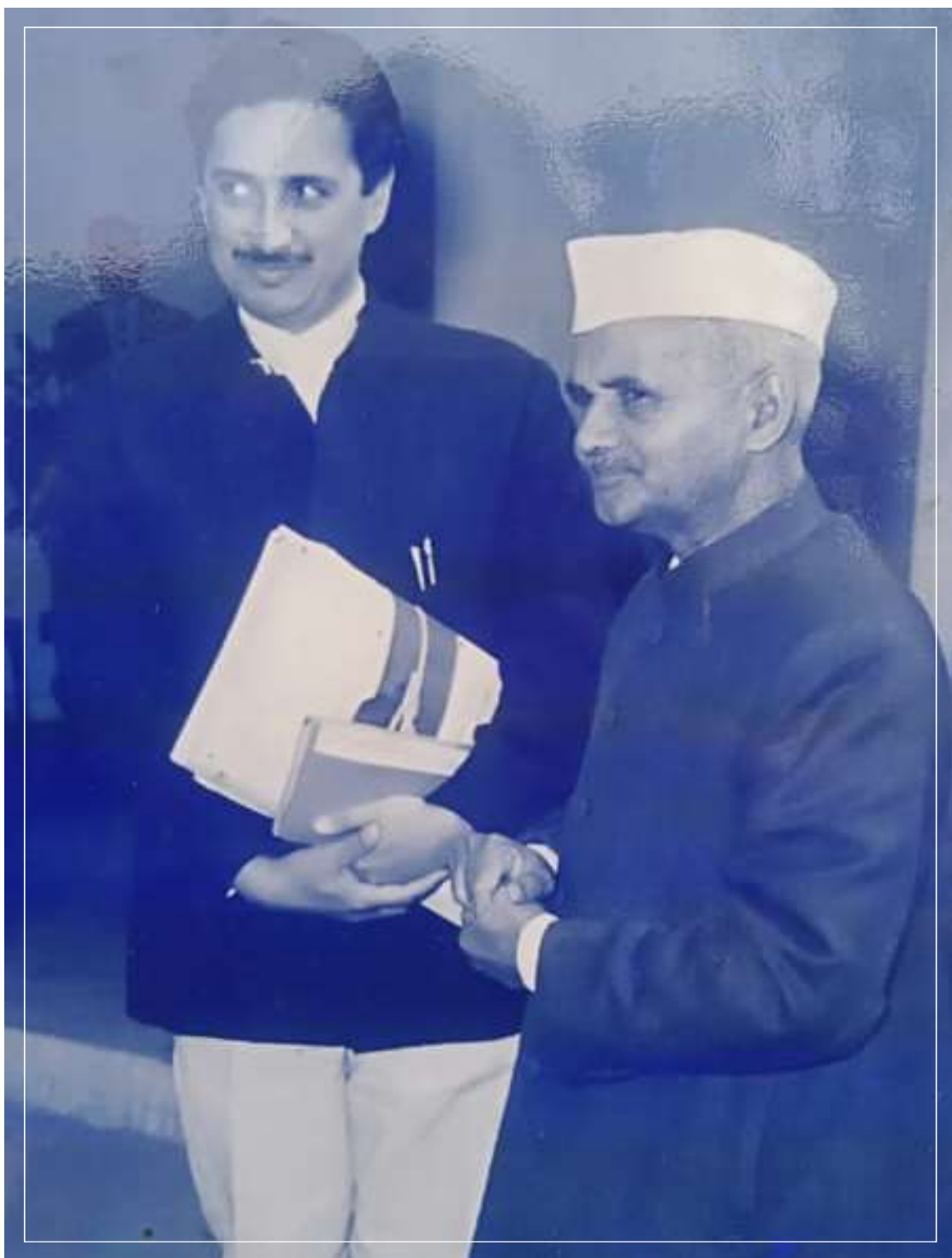
**IN WHOSE SACRED MEMORY HIS SON,
LATE HIS HIGHNESS SH. LALIT SEN FOUNDED THE COLLEGE**

Great Philanthropist And Educationist Par Excellence



*His Highness
Late Raja Lalit Sen of Suket*

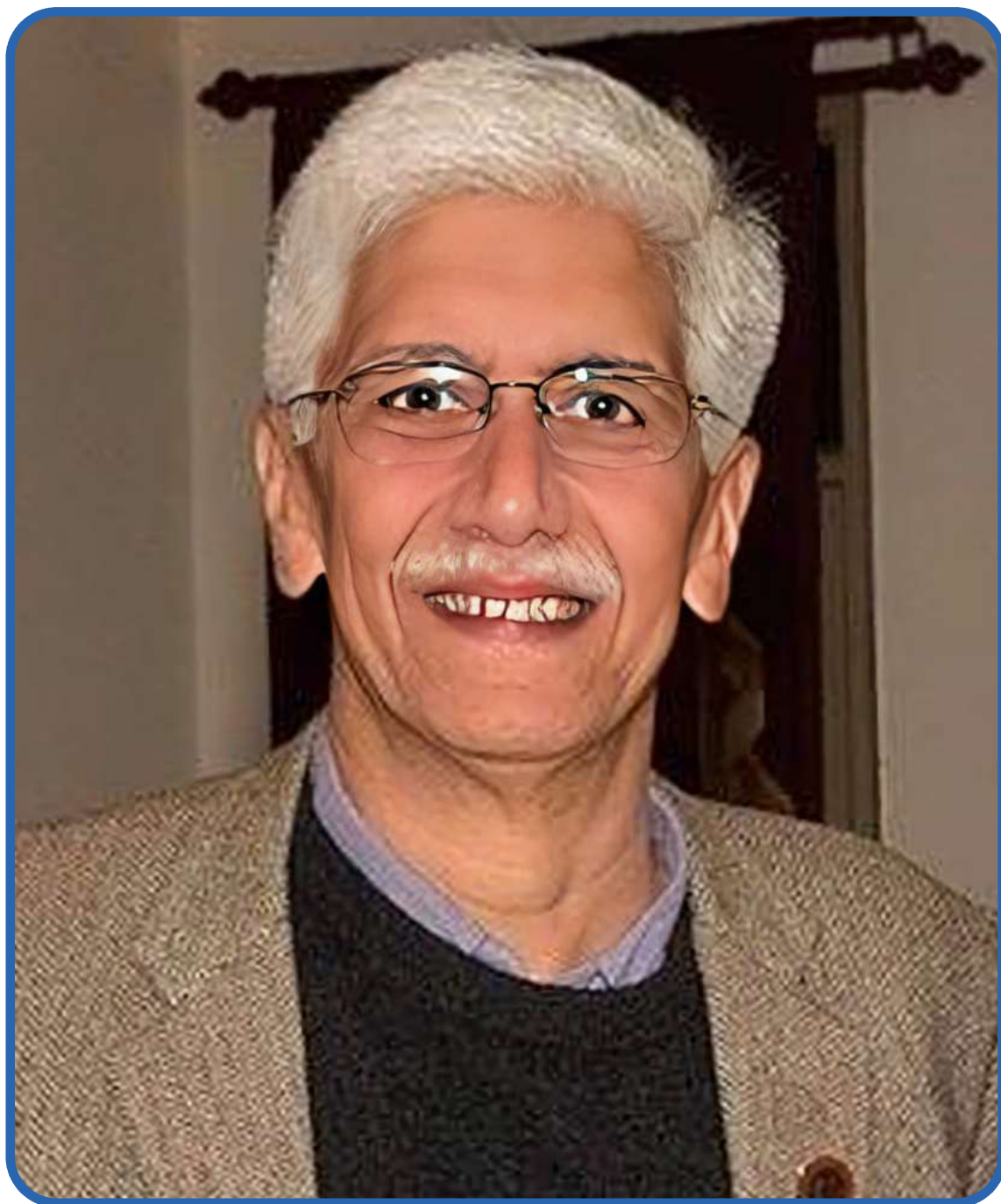
FOUNDER OF THE COLLEGE



*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

In Remembrance of ...



**HIS HIGHNESS LATE RAJA HARI SEN OF SUKET
(15-08-1955 to 30-03-2024)**



From Principal's Desk



“अप्प दीपो भवः”

“Be the source of light by yourself”

For all stake holders of Maharaja Lakshman Sen Memorial College it is a moment of pleasure & pride to know that the college is bringing out the edition for session 2024-2025 of our college magazine “CHIR SANKALP”. This magazine provides a platform to our students to bring out their latent talent. Student get exposure to variety of texts that help them to inculcate interest in reading, writing, listening & interact with engaging content. It is also a reflection of activities carried out in the college during the year. I wish a large no of teachers and students from different departments to publish their original ideas in this edition.

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. The founder of the college, Late Raja Lalit Sen Ji, 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’.

The biggest potential threat that the student community is facing these days is the Drug abuse and addiction. I appeal to the students to stay away from this menace otherwise it will affect them both physically & mentally and at time leads to fatality.

‘Say No to Drugs’

Do not scump to peer pressure. Say No to illegal drugs & to friends who encourage drug abuse.

Warm good wishes to the entire team of the college magazine, comprising of the Chief Editor, Staff Editors, Student Editors and contributors for the upcoming edition of “CHIR SANKALP”. I hope and believe that this magazine will act as a spring board for writing to our students.

With warm wishes.

Dr. Kameshwar Kumar
Principal



पाठ्यक्रम (पाठ्यवस्तु) / पाठ्यचर्या



2021 से हम ने “शिक्षा” रूपी विषय पर सम्पादकीय मुख्य संपादक के नाते लिखना शुरू किया था। हमारी शिक्षा के तीन अंग शिक्षक, शिक्षार्थी व पाठ्यक्रम/पाठ्यचर्या हैं। 2021-22 में हमने “टूटती कलम और गुमनाम होते पन्ने”, 2022-23 में “डिजिटल उपवास की अहमियत” पर लिखा था। इस तरह ये दोनों सम्पादकीय शिक्षार्थी पर थे। 2023-24 में शिक्षक पर “अच्छे शिक्षक की तलाश” लिखा। अब “पाठ्यक्रम/पाठ्यचर्या” पर लिखने की बारी है। इस तरह शिक्षा के तीनों अंग पूर्ण हो जाते हैं। “पाठ्यचर्या” शब्द लैटिन शब्द “क्यूरेरे” से लिया गया है, जिसका अर्थ “दौड़ना” है। इस प्रकार पाठ्यचर्या का अर्थ एक निश्चित लक्ष्य या “गंतव्य” तक पहुँचने के लिए चलाई जाने वाली कार्यप्रणाली है, यहाँ शिक्षा को एक दौड़ के रूप में देखा जाता है, जिसका उद्देश्य लक्ष्य के रूप में होता है और पाठ्यचर्या उस लक्ष्य की ओर ले जाता है। पाठ्यचर्या शिक्षा का आधार है। पाठ्यचर्या द्वारा शिक्षा के उद्देश्यों की पूर्ति होती है। इसमें सीखने योग्य/सीखाने योग्य विषय वस्तु और क्रियाओं का नियम पूर्वक अनुसरण करना है। यह आज हम राष्ट्रीय सेवा योजना, एनसीसी, भिन्न-भिन्न सांस्कृतिक कार्यक्रमों व अन्य गतिविधियों को शिक्षा में शामिल कर हासिल करते हैं। यह एक ऐसा साधन है जो छात्र तथा शिक्षक को भी जोड़ता है। पाठ्यचर्या का विकास व्यापक रूप में देश, समाज की आवश्यकताओं की उन्नति को देख कर निर्माण किया जाता है। पाठ्यचर्या के अंदर ही पाठ्यक्रम शामिल किया जाता है। यह दीर्घकालिक अवधि का होता है। विषय है “पाठ्यक्रम” : यह पाठ्यचर्या की अपेक्षा संकुचित अर्थ में है। पाठ्यक्रम के लिए एक अन्य शब्द सिलेबस (Syllabus/ Greek word), जिसका अर्थ कोर्स ऑफ स्टडी या कोर्स ऑफ टीचिंग भी है इस की अवधि निश्चित काल (अल्प कालीन) होती है। यह किसी तरह की शिक्षा अथवा प्रशिक्षण के लिए निर्धारित विषय/उपविषयों एवं सम्बन्धित सामग्री की व्यवस्थित एवं सार रूप में प्रस्तुतीकरण कहलाता है। पाठ्यक्रम नियोजित अनुभवों का एक मानक-आधारित अनुक्रम है जहाँ छात्र अभ्यास करते हैं और विषय-वस्तु तथा अनुप्रयुक्त शिक्षण कौशल में दक्षता प्राप्त करते हैं। इसका निर्माण करते समय विद्यार्थियों को महत्व दिया जाता है और विद्यार्थियों की रुचि, अभिज्ञानता व उनके पूर्व ज्ञान के अनुसार ही पाठ्यक्रम निर्माण किया जाता है। पाठ्यक्रम सभी शिक्षकों के लिए केंद्रीय मार्गदर्शक है कि शिक्षण और सीखने के लिए क्या आवश्यक है? ताकि प्रत्येक छात्र को कठोर शैक्षणिक अनुभवों तक पहुँच प्राप्त हो सके। पाठ्यक्रम के 5 मूल प्रकार लिखित, छिपे हुए, सामाजिक, विषय-केंद्रित और छात्र-केंद्रित हैं। लिखित पाठ्यक्रम औपचारिक और संरचित है। छिपे हुए पाठ्यक्रम में स्कूल संस्कृति के माध्यम से अनजाने में सीखे गए पाठ शामिल हैं। सामाजिक पाठ्यक्रम में सामाजिक प्रभावों से सीखना शामिल है।

हर क्लास के पाठ आपस में गुंथे हुए (श्रृंखला बद्ध) होते हैं। हर संकाय के भिन्न-भिन्न विषयों के अध्याय पाठ अपने में एक टूल किट लिये होते हैं जो उस विषय की गुंथियों का पटाक्षेप करती हैं। पाठ्यचर्या में कक्षा से बाहर/पाठ्यक्रम से बाहर से भी सीखा जाता है। यह रूसा प्रणाली curriculum (Latin word)/पाठ्यचर्या आधारित है जिस में शिक्षक शिक्षार्थी का मूल्यांकन उसके अन्य व्यवहार जैसे वाक वदुता, उसकी कक्षा में हाजिरी, मिडटर्म टेस्ट, दूसरी गतिविधियों के आधार पर समग्र मूल्यांकन को भी तरजीह देता है। इस प्रकार अर्जित अंक उसकी परीक्षा में समायोजित किये जाते हैं। किसी विषय को पाठ बनाने के लिए हम कई टूल का प्रयोग करते हैं। जैसे साहित्य में किसी परिवार की 5-6 पीढ़ियों का अध्ययन कर रहे हों और पहली और पांचवी के गुणों का वर्गीकरण करती बार समानता या एक जैसी विषमता आ जाये जो आपस में श्रृंखला बद्ध हों तो यह अच्छा अध्ययन माना जाता है। अब उदाहरण के लिए इतिहास विषय को लेते हैं तो यहां टूल होते हैं (1) पुस्तकों द्वारा जानकारी, (2) लोकगीत में कुछ कड़ियां, कथा, कहानी, लोगो में प्रचलित लोकगीत, मुहावरे, बुजारथ बगैरह। (3) चित्र, भित्तिचित्र, मकानों मंदिरों की शैली, (4) उस कालखंड के प्रतीक आदि। यह पाठ्यक्रम हमारी व्यवहारिक जीवन की समस्याओं को भी श्रृंखला बद्ध कर हमें समाधान देता हो तभी यह उपयोगी है। इसी तरह अन्य विषय को आसान करने में ये पाठ्यक्रम सहायक हों यही शिक्षा का अर्थ है। पाठ्यक्रम में एक और खूबी यह होनी चाहिए कि यह पढ़ने वाले को तार्किक बनाती हो और वैज्ञानिक टेम्परेमेंट का द्योतक हों। ये दोनों गुण यदि इसमें न हो तो यह जीवनोपयोगी नहीं कहा जायेगा। शिक्षा में उत्तम व धसही उद्देश्य, चर्चा द्वारा हासिल किये जा सकते हैं। यह शिक्षक व शिक्षा के विषयों पर भी हो सकते हैं। शिक्षक के अच्छे-बुरे गुण यदि इस चर्चा के अंतर्गत आ जायें तो यह सार्थक परिणाम देने में समर्थ होगा। इसमें शिक्षक व शिक्षार्थी से बिना उसका नाम आये इशारों-इशारों अपने गुणों-अवगुणों को जब सुनेगा तो वह उसमें सुधार कर एक अच्छा शिक्षक हो सकता है। इसी चर्चा से वह अपना अवलोकन भी कर सकेगा। आज आवश्यकता है कि हम जीवन में लक्ष्य प्राप्ति हेतु :

अथक सायास !

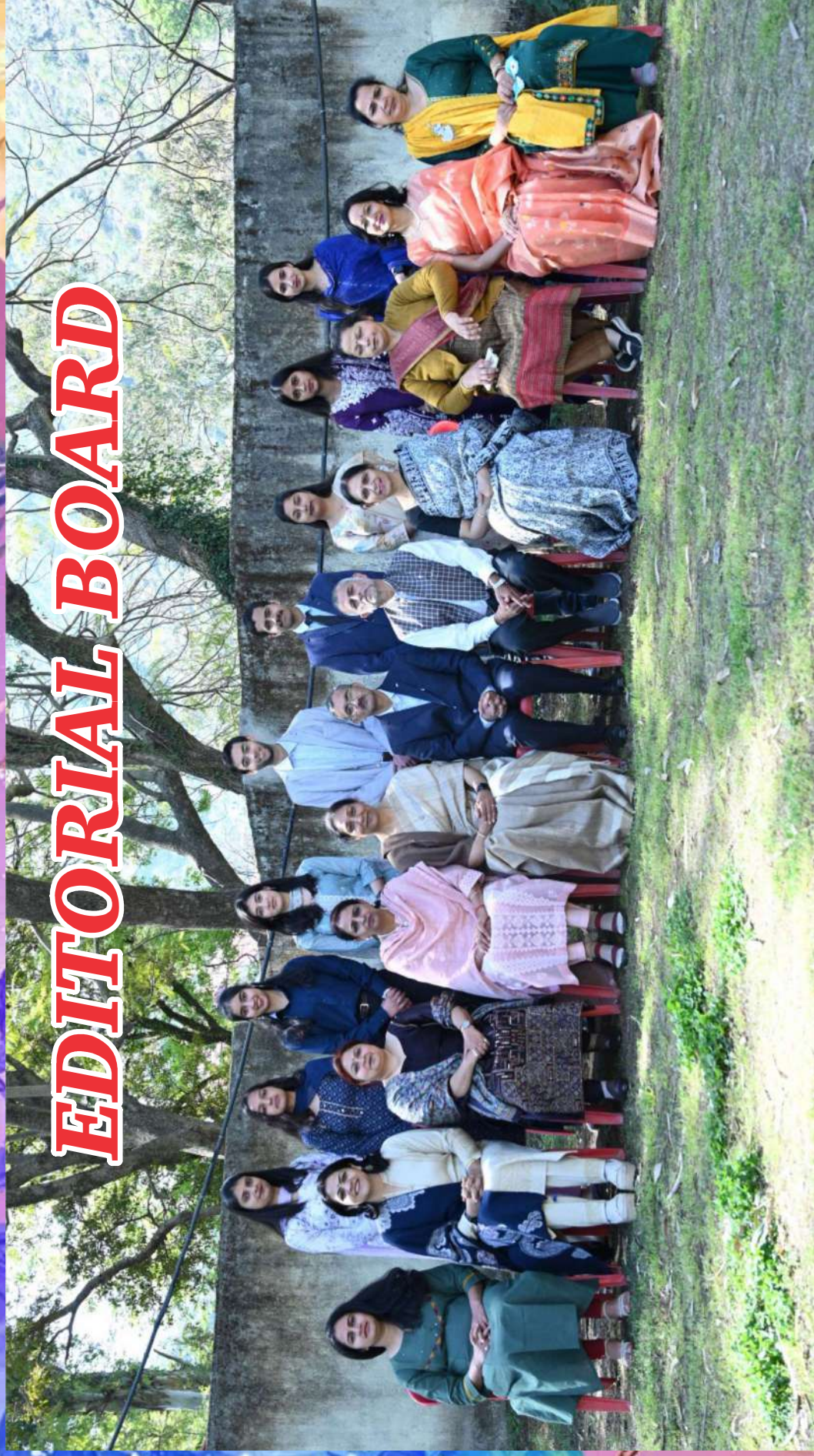
अनवरत प्रयास !

और अखंड अभ्यास करें !!

इस तरह हमारे शिक्षार्थी को शिक्षा का सही अर्थ समझ आना चाहिए। जिस से वह बुरी से बुरी स्थिति में भी धैर्य, श्रद्धा और प्रमाणिकता उसके जीवन के हर क्षेत्र में बनी रहे। यही सफल से सफल व्यक्ति के रहस्य रहे हैं। 2021-22 से 2024-25 तक की चिर-संकल्प में लिखे गये चारों संपादकीयों का मेरा अभिप्राय यही है। इस तरह हम ने यह पाया कि पाठ्यक्रम के साथ-साथ परिचय द्वारा कक्षा से बाहर सीखना कितना महत्वपूर्ण है। मैं उम्मीद करता हूँ कि शिक्षार्थी इन चारों को एक साथ पढ़कर (महाविद्यालय की साइट्स) पायेंगे कि मैं शिक्षा जैसे विराट विषय पर लिखकर थोड़ा-बहुत सफल हो पाऊंगा। कुल मिलाकर लब्बोलुआब यह है कि कक्षा से बाहर चाय के ढाबे पर बैठकर भी हम दिमाग के कपाट खुले रखकर सीखने की प्रवृत्ति रखें। यही इस संपादकीय का अर्थ है इस शिक्षा पथ पर आप सब शिक्षार्थियों को मेरी व समस्त शिक्षक संपादक मंडल की ओर से “शुभास्ते पंथानः”।

डाक्टर विनोद कुमार
मुख्या संपादक चिर संकल्प !

EDITORIAL BOARD



Sitting: From left

Smt. Nitu Kumari (Pahari) Dr. Neha Sen (Science) Dr. Jyoti (Management) Dr. Manju Garg (Education)
Dr. Latesh Kapoor (Commerce) Dr. Kameshwar Kumar (Principal) Dr. Vinod Kumar (Editor in Chief)
Dr. Nirupma Kohli (Planning) Dr. Kavita Sharma (Hindi) Smt. Sarika (English) Dr. Ranjana Thakur
(Sanskrit) 2nd row : Anshika Thakur (Pahari) Palak Sharma (Science) Deepshikha Sain (Mangament)
Diksha (Education) Vaibhav (Planning) Uditansh (English) Nisha (Hindi) Meenakshi (Commerce) Arti
(Sanskrit)

Annual Report on the working of Maharaja Lakshman Sen Memorial College, Sundernagar (H.P.) for the Academic Session 2024 -2025.

Worthy Chief Guest, Retd. Prof. Radhika Chopra, President, Managing Committee, MLSM College, Sundernagar, Mandi : 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 22 March 2025. 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 Sen Ji, 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 49 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 2023-24. Ms. Manisha Kumari from B.A. got 4th position in HPU. Ms. Balkiran Kour & Ms. Sweety from BPE got 1st & 2nd position in HPU.



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

Sr. no	Class	No. of Student Appeared	Passed	Re-App./Fail	College Pass %age	1st Division	Highest Marks/ SGPA/CG PA	Highest %age of Marks
1	B.A I Year	350	182	168	52%	147	8.59	85.9
2	B.Sc. I Year Medical	86	30	56	35%	28	8.39	83.9
3	B.Sc. I Year Non-Med.	120	40	80	33%	31	8.50	85
4	B.Com I Year	65	23	42	35%	11	7.77	77.7
5	B.A II Year	231	165	66	71%	125	8.52	85.2
6	B.Sc. II Year Medical	44	35	09	80%	34	8.52	85.2
7	B.Sc. II Year Non-Med.	112	74	38	66%	61	8.73	87.3
8	B.Com II Year	62	37	25	60%	27	7.36	73.6
9	B.A III Year	171	150	21	88%	145	8.89	88.9
10	B.Sc. III Year Medical	49	45	04	92%	45	8.30	83
11	B.Sc. III Year Non-Med.	88	73	15	83%	66	8.88	88.8
12	B.Com III Year	74	41	33	55%	29	7.96	79.6
13	M.Sc. Zoology I Sem.	29	27	02	93.10	27	9.29	88.5
14	M.Sc. Zoology II Sem.	28	28	00	100	28	9.00	85.5
15	M.Sc. Zoology III Sem.	30	22	08	73.33	22	8.63	83.25
16	M.Sc. Zoology IV Sem.	29	28	01	96.55	28	9.04	86.6
17	M.Sc. Phy. I Sem.	04	04	00	100	04	8.27	79
18	M.Sc. Phy. II Sem.	04	04	00	100	04	8.55	82.2
19	M.Sc. Phy. III Sem.	19	12	07	63.15	12	8.91	86.8
20	M.Sc. Phy. IV Sem.	19	17	02	89.47	17	9.12	86.4
21	M.Sc. Chem. I Sem.	40	24	16	60	19	8.30	79.63
22	M.Sc. Chem. II Sem.	40	35	05	87.5	35	9.02	86.90
23	M.Sc. Chem. III Sem.	37	20	17	54.05	20	8.75	85.45
24	M.Sc. Chem. IV Sem.	37	28	09	75.67	28	9.39	90
25	M.Sc. Botany. I Sem	30	30	00	100	30	8.75	82.5

26	M.Sc. Botany. II Sem.	30	30	00	100	30	8.96	84.5
27	M.Sc. Botany. III Sem.	27	19	08	70.37	19	8.88	85.75
28	M.Sc. Botany. IV Sem.	27	27	00	100	27	9.07	88
29	B.P. Ed I Sem.	49	43	6	87.75	43	8.47	81.64
30	B.P. Ed II Sem.	47	44	03	93.61	44	8.28	82.80
31	B.P. Ed III Sem.	50	50	00	100	50	8.35	80.11
32	B.P. Ed IV Sem.	50	50	00	100	50	8.82	84.70
33	B. Ed I Sem.	100	100	00	100	100	8.51	85.14
34	B. Ed II Sem.	100	100	00	100	100	7.28	78.28
35	B. Ed III Sem.	98	97	01	98.97	97	9.00	90.09
36	B. Ed IV Sem.	98	97	01	98.97	97	8.47	84.78
37	BCA I Sem.	63	35	28	55.55	35	9.16	88.14
38	BCA II Sem.	63	20	43	31.74	20	8.96	85.66
39	BCA III Sem.	52	12	40	23.07	09	7.88	73.66
40	BCA IV Sem.	50	19	31	38	19	8.48	80.83
41	BCA V Sem	42	15	27	35.71	15	7.91	99.1
42	BCA VI Sem.	50	20	30	40	18	7.79	77.9
43	BBA I Sem.	53	35	18	66.03	35	8.17	78.25
44	BBA II Sem.	51	24	27	47.05	21	8.27	79.5
45	BBA III Sem.	25	17	08	68	13	8.20	78.6
46	BBA IV Sem.	24	12	12	50	08	8.40	80.8
47	BBA V Sem.	24	16	08	66.66	14	7.88	78.8
48	BBA VI Sem.	24	22	02	91.66	21	7.96	79.6
49	BPE III Sem.	31	13	18	41.93	13	8.07	78
50	BPE IV Sem.	30	21	09	70	19	8.79	86.33
51	BPE V Sem.	26	26	00	100	26	8.39	83.9
52	BPE VI Sem.	29	29	00	100	29	8.47	84.7

2. Library : The College Library has acquired 42369 books till date in the faculties of Arts, Science, Commerce, Education, Computer Sciences, Physical Education and Management. 4585 books of the Library were weeded out. The college library subscribes to 09 newspapers, 39 Magazines. 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 their commendation of the Principal. There are two well established reading rooms with a seating capacity of 185. During the current session, 38586 students and teachers visited the library and 10454 books were issued/ returned. The library provided facilities to 19 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 05/05/2018 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 2024-25 is in progress.

4. Student Central Association: The Student Central Association did a commendable work during the session 2024-25. 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 Dr. Sanjay Sharma, Dr. Vandana Sethi and Sh. Anil Guleria as members are contributing effectively in coordination with the Discipline Committee for the smooth functioning of the college during the session. Dr. Kameshwar Kumar, the Principal, administered the oath to the CSCA Office bearers namely Ms. Kanu Priyaas President (M.Sc. Physics 1st Sem.), Ms. Ambalika Sharma as Vice-President (M.Sc. Chemistry 1st Sem.), Ms. Priya Thakur as General Secretary (B.A. 1st Year) and Ms. Amisha Ranaas Joint Secretary (B.Sc. I Year) and members of the CSCA on 19th October, 2024. 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 students participated in various cultural activities on different occasions within college campus (i.e. Lakshman Jayanti & Founder's day etc.).

6. Sports: This year our College has participated in various H.P. University Inter-College Championships namely Boxing, Kho-Kho, Hockey, Wrestling, Hand Ball, Basket-ball, Athletics, Chess, Table Tennis, Judo, Badminton, Cricket, Wushu, Weight-lifting, Tae- kwondo, Volleyball, Kabaddi, Kayaking & Canoeing, Football and Shooting in men as well as in women section and won HPU Over all Championship (W) 2024-2025.

a) Kho-Kho (Women): Our College lifted winner's trophy in H.P. University Kho-Kho (W) Championship held at Govt. College, Nahan. Ayushi, Renuka, Aarti, Neha, Sneha and Amisha participated in Inter-Varsity Championship held in LPU, Jalandhar. Neha, Amisha, Sneha & Renuka participated in National Championship held in Delhi.

In Men Section: Our College won 2nd Runner's up Trophy held at Govt. College, Aani. Shubham Thakral, Atul Sharma and Aditya participated in North Zone Kho-Kho Championship held at Kanpur.

b) Hockey (Women): Monika participated in Inter-Varsity Hockey Championship held at Punjabi University, Patiala.

c) Handball (Men): MLSM College won Winner's Trophy in H.P.U. Inter College Handball Championship. Priyanshu, Aadrash, Swastik Sharma, Nitesh Negi and Rahul won 2nd place in Inter-Varsity Championship held at HPU, Shimla.

In Women Section: Our college lifted Winner's Trophy in HPU Handball Championship 2024-25. Avantika, Disha, Aarti, Sweety, Monika and Neha Thakur were selected for the Inter-Varsity Championship held at CRS University, Jind and also participated in Senior National Handball championship held at Bihar.

d) Boxing (Men): Vishvajeet Chaudhry and Jignesh won Silver Medal in HPU Inter College Championship. Uday, Sahil and Krish won Bronze Medal in same championship.

In Women section: Our College lifted Runner's Up Trophy. Our college won 2 Gold, 2 Silver and 3 Bronze medals. Shreya and Shilpa Gold Medal winners participated in North Zone Inter-Varsity Championship.

e) Tae-Kwando (Men): Our College lifted Winner's Trophy in inter college championship held at G.C. Amb. Vijay and Aasim won Gold Medal in Inter college championship and were selected for Inter-Varsity Championship. Vijay won Bronze Medal in All India Inter-Varsity championship.

In Women section: Our College lifted Runner-up Trophy held at G.C. Dhamsi. Ritika won gold medal and also participated in All India Inter-University championship. Poonam and Aakanksha won silver medal. Bhumi & Muskan got Bronze Medal.

f) Football (Women): Our College won Runner's up Trophy in HPU Inter College Football championship held at Kullu. Minakshi, Sweety and Avantika participated in North Zone Inter-University football Championship.

g) Cricket (Women): MLSM College won Runner's up Trophy in H.P.U. Inter College Cricket Championship. Sakshi and Manish won Silver Medal in North Zone Inter-University Cricket Championship held at G.C. Una.

In Men Section: Lokesh Chauhan participated in North Zone Inter-University Cricket Championship held at Delhi University.

h) Wrestling (Women): Our college team lifted the Winner's Trophy for 4th time in a row. Abhilasha, Komal and Pushpa were selected for All India Inter-Varsity Championship held at Panaji.

i) Chess (Women): Aarti Devi participated in National Chess Championship held at Gujarat.

j) Wushu (Women): Our College won Runner-Up Trophy. Jyoti, Poonam won Gold Medal and participated in All India Inter-varsity held at Chandigarh University. Kajal and Tanuja won Silver and Bronze Medals.

In Men section: Our College won Runner's-up place in Wushu Championship. Ashim won Gold Medal and participated in All India Inter-varsity held at Chandigarh University. Himender and Ramji won silver medal in HPU Inter college championship.

k) Volleyball (Women): Ayush participated in North Zone Inter-University Volleyball championship.

l) Kayaking and Canoeing (Women): Our College lifted Runner-Up Trophy held at Dehri. Ishani, Akriti won 4 Gold Medals in HPU Inter College Kayaking and Canoeing and participated in All India Inter-Varsity championship held at Sukhna lake Chandigarh.

m) Shooting (Women): Anjali participated in Senior National Rifle shooting championship held at Delhi.

Mr. Lokesh Sharma, Assistant Professor -cum-Coordinator, Department of Physical Education, was elected as Joint secretary of Tennis Ball Cricket Federation of India 2024-28. He was deputed as a Chief Referee in North Zone Inter University badminton championship held at Himotkarsh College, Una. He was also deputed as Observer in HPU Inter College Badminton(W) Championship -2024, held at Ghumarwin College. He was deputed by HPU, Shimla organizing Secretary in North Zone Inter Varsity Handball (M) Championship.

Ms. Kamlesh Sen, Assistant Professor in the Department of Physical Education, was deputed as Observer in HPU Inter College Boxing (W) Championship 2024, held at Gayatri College of Education, Kangoo.

Dr. Sandeep Negi, Assistant Professor in the Department of Physical Education, was deputed as a Manager in North Zone Inter University and All India Weight-lifting championship held at LPU, Jalandhar.

7. NCC: ANO Lt. Kamlesh Sen attended ATC-206, organized by 2 HP Battalion NCC Mandi at 239 Transit Camp Pandoh from 24th November, 2024 to 3rd December. In this camp 35 Cadets of 2nd year and 3rd year participated. In this camp Cadet Anshul got a Gold Medal in Shooting.

UO Piyush, SGT Shivam Raj, Cadet Amit Raj, Uday, Pankaj, Ashwini and Gaurav participated in the Army attachment Camp held at Dalhousie from 17th March, 2024 to 28th March, 2024.

Cadet Anshik, Dharmesh, Tejinder and Suresh participated in All India boys Trekking Camp held at Rampur from 18th May, 2024 to 25th May, 2024.

LCPL Jagriti, Cadet Ranjana, Neelam, Pallavi and Puspanjali participated in All India boys Trekking Camp held at Dharamshala from 17th June, 2024 to 24th June, 2024.

Cadet Madhavi, Priyanka, Shalu, Sneha, Mohit Sharma, Zenith Sharma, Shivansh Sen, Samaksh Sen, Vansh Chandel, Yaminish has participated in Pre -Transit Camp Solan. In this camp Cadet Sneha, Mohit Sharma, Zenith Sharma, Shivansh Sen and Samaksh Sen got selected for Inter-Group Transit Camp.

Cadet Samaksh Sen got selected from NCC unit in All India Sainik Camp held at New Delhi in shooting. He was the only Cadet from 2HP BNNCC Mandi to participate in this camp.

UO Piyush and CPL Nisha Bhan got selected and participated in RDC Inter-group competition held at Rupnagar from 13th November, 2024 to 22nd November, 2024.

SOU Parth Pandit participated in Youth Exchange Program at Maldives from 25th December, 2024 to 2nd January, 2025. He is the only Cadet from the college to represent the NCC unit at an International Level. He also participated in RDC-2024 at New Delhi.

21 Cadets of NCC also participated in the Republic Day Parade held at Jawahar Park Sundernagar on 26 Jan 2025.

Cadets also performed various activities throughout the year to aware people. The NCC unit of college organized tree plantation drive and cadets planted many trees with the help of HP forest department.

The blood donation camp was organized by NCC unit and many of the cadets donated blood and also encouraged people to donate blood for the noble cause. NCC cadets paid tribute to the soldiers martyred in Pulwama on 14 February.

NCC cadets also awarded people on various social evils like drug addiction by taking out rallies. NCC cadets also performed various cleanliness drives.

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 31st December, 2024 to 6th January, 2025 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.

The State Level Pre RD Selection Camp 2024-25 was organized in the collaboration of Regional, Directorate of Chandigarh and H.P. University, Shimla on 1st October, 2024. The volunteers of entire state participated in the camp.

Volunteer Munish Prashar got selected for North Zone Pre RD Camp held at Vivekananda Global University, Jaipur, Rajasthan w.e.f. 14th October, 2024 to 24th October, 2024. He got selected for Republic Day Parade Camp for 2024-25 held at New Delhi w.e.f. 1st January, 2025 to 31st January, 2025. He also participated in the parade at Kartavya Path New Delhi on 26th January, 2025.

Volunteer Jagdish of B.A. 2nd Year attended National Integration Camp held at Chandigarh University, Mohali (Pb) from 5th February to 11th February, 2025.

The district level Yuva Sansad 2025 declamation contest was organized in the collaboration with Nehru Yuva Kendra, Mandi. The participants from whole District of Mandi participated in this event held on 20th March, 2025. MLSM College was made the Nodal Centre of Mandi district for this event.

9. Internal Quality Assurance Cell (IQAC): For an effective and fruitful implementation of quality enhancement programs 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 2024-2025:

A MLSM College Study Circle is being run under 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.

The Academic Fest 2024-25 was successfully organised on 28th February 2025, commemorating National Science Day. The event was hosted by Study Circle, MLSM College, in collaboration with IQAC. Various competitions were conducted to encourage student's intellectual and creative abilities.

The fest featured four major Competitions: Quiz Competition, Essay writing, Declamation and Extempore Speech. A large number of students participated, showcasing their talent and knowledge.

A nationwide online quiz was organized by RBI on 19th September, 2024. The students from different streams participated in this Quiz. Angelina and Nitin got selected for State round which happened on 9th October, 2024 and they stood 5th in this competition.

The Department of Economics organized Quiz-O-nomics on 20th February, 2025. The students from different streams have participated in this Quiz.

The Department of Mathematics organized MCQ Test on 19th February, 2025.

The Department of Biosciences organized an Educational Tour of one day for M.Sc. Zoology and Botany students to National Agri-Food and Bio manufacturing Institute (NABI), Mohali, Chandigarh. It was organized under the 'Bio-Club' of Biosciences Department on 04/12/2024 regarding visual and hands on experience of various instruments, lab equipments and techniques. During this tour students visited DBT Speedy Seeds research at BRIC Centre, Climate controlled Agriculture speedy seeds breeding facility, Plant tissue culture and Genetics labs & instrument Centre where they learned about operating PCRs, DNA Sequencing by Sanger, DNA Analyser, GelDoc, RTPCR, ultracentrifuges, Mass spectrometry, HPCL & gas Chromatography, Scanning Electron Microscope, TEM etc. This was a good learning Experience for students as well as teachers.

'Bio-club' of Biosciences Department organized a function on the occasion of 'World Wildlife Day' on 4th March 2025 in the college old hall for the PG & UG students of Botany & Zoology. There was an awareness lecture and an interactive session on the Wildlife of Himachal Pradesh by DFO Wildlife, Kullu Division Sh. Rajesh Sharma as special guest. Various Species of Snakes in Himachal Pradesh were specially discussed. On this occasion a Poster making competition and a nukkad natak was also organised for the students in which the prizes were distributed by the chief guest Dr. Kameshwar Kumar, Principal M.L.S.M College, Sundernagar and DFO sir.

A one-day Online Workshop for M.Sc. Zoology and Botany students was organised on 16th March, in collaboration with BIOSYNTIA Solutions, Gurgaon, on the Topic - 'Mastering the Art of Scientific Writing' under the Bio-Club of Biosciences Department. 60 participants took part in this workshop including faculty members of the department of Biosciences. Participants were awarded certificates on completion of the workshop.

The Department of Computer Applications organized a Coding Competition on occasion of World Computer Literacy Day on Dated 02/12/2024.

The Department of Computer Applications organized a seminar on "Higher Education in India & Career Prospectus" In collaboration with Chitkara University on dated 18/02/2025.

Career Counseling And Placement Cell of College Organize Two Sessions with HCL Technologies for Students of BCA and B.com on Dated 14/11/2024 and 20/11/2024.

The Department of Business Administration organized seminar on "Career opportunities after graduation and Challenges ahead in Corporate as fresher's". The talk was delivered by Dr. Arun Kant Painoli, Dean, School of Management students from Baddi University on 26.11.2024. A Lecture was delivered in the Department of Business Administration by Dr. Mandeep from Chitkara University on the topic "Higher Education in India and Career prospectus" on 18.02.25.

A Lecture was delivered in the Department of Business Administration by Mr. Chirag Sharma from Chandigarh University on topic “ Career Planning and Transitioning” on 01.03.2025.

10. Development Projects:

- LAN cabling work was done to provide high speed internet facility in the class rooms & Offices.
- Management Information System was strengthened for the maintenance of Institution's Database and to bring transparency and efficiency in the functioning of the Institution.
- For providing better facilities to students, extensive repair work of old furniture and addition of new furniture has been carried out.

11. The Faculty's Academic Activities and Achievements (2024-25) :

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

Dr. Sanjay Kumar, Associate Professor in the Department of Commerce has been awarded Ph.D. Degree.

Dr Latesh Kapoor, Associate Professor in the Department of Commerce had attended the National Workshop on “NEP 2020: Shaping Education for Viksit Bharat” on 7th and 8th March 2025, at Sardar Patel University, Mandi ,H .P.

Dr.Suman Kumari Katoch, Head of Department in the Department of Education, presented paper in two day's National seminar on the Title “Culture, Education and Development” held at Indian Institute of Advance studies (IIAS), Shimla on 17th -18th May, 2024.

She has completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme of University Grants Commission (UGC) Organized by Malaviya Mission Teacher Training Centre, H.P. University, Shimla from 23.01.2024 to 02.02.2024.

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

1. Attended Five-day e-short Term Course from 17th to 21st December, 2024 on “Chemistry for Energy, Environment and Biomedical Applications (CEEBA-2024)” organized by Department of Chemistry, National Institute of Technology, Hamirpur (H.P.).
2. Participated in on-line FDP on “Environmental Studies and Green Technology” under Malaviya Mission-Teacher Training Programme of UGC, Organized by UGC-MMTTC, JNV University, Jodhpur, Rajasthan, from 23rd to 30th January, 2025 with Grade A+.

Dr Rajni, Assistant Professor, Department of Chemistry:

1. Attended Five-day e-short Term Course from 17th to 21st December, 2024 on “Chemistry for Energy, Environment and Biomedical Applications (CEEBA-2024)” organized by Department of Chemistry, National Institute of Technology, Hamirpur (H.P.).
 2. C-STC On “Analytical Techniques in Chemical and Material Sciences-ATCMS-2025.” From 10th to 14th January, 2025 organized by Department of Chemistry, National Institute of Technology, Hamirpur (H.P.).
- Dr. Neha Sen, Assistant Professor, Department of Chemistry attended one week (e-short term course) on Analytical Techniques in Chemical & Material Science: Experimental & Theoretical Tools ATCMS-2025 on 10th to 14th January, 2025 at NIT, Hamirpur (H.P.)

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

1. Participated in the Refresher Course NEP Orientation and Sensitization Programme under MMTTP (Malaviya Mission Teacher Training Programme) of UGC, MoE, GoI. organised by MMTTC of Ramanujan College, Delhi (MMTTC-RC NEP) during 12-23 DEC, 2024 and obtained A- Plus Grade.

2. Participated in One Week FDP on “E-Content Development & MOOCs” during 14-18 January, 2025 organised by MAU under the aegis of Electronics & ICT academy NIT Patna.
3. Participated in One-Week FDP on Environmental Studies & Green technology under MMTTP (Malaviya Mission Teacher Training Programme) of UGC, MoE, GoI, organized by MMTC of JNU University, Jodhpur, Rajasthan from 23-30 January, 2025 with A-Plus Grade
4. Attended a Workshop on Roadmap for Success Mastering Strategy Formulation with Chat GPT on 22 June 2024, organised on NPTEL Plus Platform, An initiative of MoE GoI.
5. Attended One-Week National Workshop on the Role of Nanotechnology for Environmental Remediation from 6th-12th November 2024 organised by the Centre of Excellence in Nanotechnology, MAU & Navyug Kanya Mahavidyalaya, Lucknow In collaboration with SAIF-CIL, Panjab University, Chandigarh
6. Participated in Two-Days Workshop on Developing Leadership and Employability through Soft Skills in a Digital Age on 7-8 Dec 2024, organized on NPTEL Plus Platform, An initiative of MoE GoI.
7. Presented a paper titled Coconut Husk Waste derived Mesoporous Carbon Nanomaterial for High Performance and Sustainable Electrochemical Supercapacitor in National Conference (Blended Mode) on Sustainable Development Goals-Progress, Issues & Challenge on March 16, 2024, organized by Maharaja Agrasen University.
8. Presented a poster titled Boron Doped Mesoporous Carbon Nanomaterial as an efficient Supercapacitor in National Conference on Innovations and Advances in Sciences (NCIAS-2024) from 09-10 May 2024, organized by Maharaja Agrasen University.
9. Molybdenum disulfide nanostructure grown on multi-walled carbon nano tube for the electrochemical detection of ofloxacin Published in the Journal of Environmental Chemical Engineering on 2024/3/5, Publisher: Elsevier, Print ISSN: 2213-2929, Online ISSN: 2213-3437, Cite score 9.5, IF 7.7
10. Parthenium hysterophorus-derived nanostructures as an efficient carbon catalyst for the electrochemical sensing of mercury (II) ions Published in the Journal of Chemosphere on 2024/3/7, Publisher: Elsevier, Online ISSN: 1879-1298 Print ISSN: 0045-6535, Cite score 13.3, IF 8.8
11. Coconut husk waste-derived nitrogen-doped mesoporous carbon nanomaterial as an efficient and sustainable super capacitor Published in the Journal of Energy Technology: Generation.

Dr. Kuldeep Singh, Assistant Professor in the Department of Physics has completed the course on “Quantum Computing” conducted by Centre for Outreach and Digital Education (CODE), IIT Madras from July -2023 to April -2024.

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

1. Attended one week National Workshop under the aegis of Centre of Excellence in Nanotechnology, MAU & Navyug Kanya Mahavidyalaya, Lucknow collaboration with SAIF-CIL, Panjab University, Chandigarh on the theme “Role of Nanotechnology for Environmental Remediation” from 6th November to 12th November, 2024, organized by Maharaja Agrasen University.

2. Participated in Twelve -Weeks FDP on “ Thin Film Technology” from Jul- 2024 to Oct- 2024 (online) NPTEL-AICTE

Dr. Ashish Gautam, Assistant Professor in the Department of Physics attended one week National Workshop under the aegis of Centre of Excellence in Nanotechnology, MAU & Navyug Kanya

Mahavidyalaya, Lucknow collaboration with SAIF-CIL, Panjab University, Chandigarh on the theme "Role of Nanotechnology for Environmental Remediation" from 6th November to 12th November, 2024, organized by Maharaja Agrasen University.

Dr. Kiran Chauhan, HOD-cum-Assistant Professor in the Department of Biosciences:

Publications - 2

1. Practical Mannual book of zoology for B.Sc II : V.C. Bhandari, Dr. Kuldeep Singh and Dr. Kiran Chauhan, (July,2024). Practical Manual book of zoology, B.Sc. II, Physiology & Biochemistry and Genetics & Evolutionary Biology, Hasteer Publishera (Anshu), 1616, Kucha Dyall Singh, Katra Baghian, Amritsar.
2. Book Chapter : Guardians of the Orchard: The Vital role of Pollinators in Apple production; Shweta Bhatia, Neelam Kumari, Sangita Sharma, Lalit Kumar, Yojana Thakur, Asha Garg and Kiran Chauhan. (August, 2024), in book 'Insect Pollinators Diversity : Distribution, Ecological Function and Conservation Status in Himalayan Region', Bharti Publications, New Delhi.

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

1. Completed Ph.D. from Shoolini University of Biotechnology and Management Sciences, Solan H.P.

2. Published papers: 5

- Guleria M, Radha, Sharma N, Prakash S ,Kumari N, Singh J. Documentation and evaluation of forage plants in Naina Devi Wildlife Sanctuary, Bilaspur Himachal Pradesh. African Journal Biomedical Research 2024; 27(4S): 1-16.
- Guleria M, Radha .Nutritional evaluation of the most common used fodder species by rural people of Sainj valley Distt Kullu Himachal Pradesh. Journal of Pharmacy and Biological Sciences (IOSR-JPBS). 2024; 19(1):59-62.
- Guleria M, Radha. Ethnoveterinary plants used by rural people of Bandli Wildlife Sanctuary District Mandi Himachal Pradesh, India. Biological Forum-An International Journal. 2024; 16(4):70-79.
- Guleria M, Radha .Exploring spiritual significance of some commonly used sacred plants in Mandi Districts, Himachal Pradesh. International Journal for innovative Research in Multidisciplinary field. 2024 ; 10(48):16-19.
- Thakur, P., Radha., Guleria, M., Sharma, N. and Puri, S. Documenting and Evaluating Key Forage plants of Mid-Altitude Forests: Insight from Gaddi Shepherds, Migration Routes. African Journal Biomedical Research 2024; 27(4S): 01-13.

Faculty development program: 2

- FDP on Environmental Studies and Green Technology under Malaviya Mission - Teacher Training Programme (MM-TTP) of University Grants Commission (UGC), MoE, Organized by JNV University Jodhpur, Rajasthan, from 23 to 30 January 2025 with grade A+.
- FDP on NEP -2020: Orientation and sensitization under Malaviya Mission - Teacher Training Programme (MM-TTP) of University Grants Commission (UGC), MoE, Organized by JNV University Jodhpur, Rajasthan, from 06 to 13 February 2025 with grade A+ and earned 2 credits.

Webinars: 1

- Attended an international webinar on Pathways to Impact: Translating Plant Science Research into Real World Applications organized by Planate, American Society of Plant Biologists on 20 February 2025.

Ms. Jyoti Sharma, Assistant Professor in the Department of Business Administration Completed Ph.D. from Career Point University, Hamirpur (H.P.).

1. Presented and Published paper in International Journal of Scientific Research in Engineering and Management on the title “Investment Pattern and Investor’s Behaviour, A study of Himachal Pradesh”.

2. Present paper in Shri Vitthal Rukmini Arts, Commerce and Science College, Sawana on the topic “An Introduction to Behavioral Finance and financial planning and received 1st Best paper Presentation award.

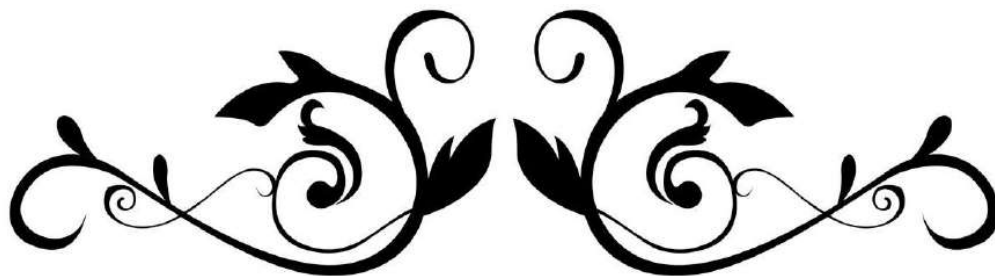
12. PTA : PTA for the session 2024-2025 was constituted on 28September2024. The office bearers of the PTA are Smt. Kalpana Sharma as President, Mr. Yadwinder as Vice President, Dr. Kuldeep Singh as General Secretary, Mr. Balam Ram as Joint Secretary, Mr. Lalit as Treasurer and Dr. Dharmendra Arya as Chief Advisor. They have extended full co-operation to the college administration. The college gratefully acknowledges their services.

I am grateful to the President, Managing Committee 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. Kameshwar Kumar
Principal



हिन्दी खण्ड

विषय सूची

क्र.स.	रचना	रचनाकार
1	छात्र संपादकीय	निशा
2	संकल्प	मोनिका
3	शिक्षा	पलक
4	प्रकृति	ईशा
5	भारत की राजभाषा के रूप में हिन्दी	गुलशन कुमार
6	भारत की बेटियाँ	निशा
7	लक्ष्य	हेमलता
8	नाटी (हिमाचल प्रदेश का लोक नृत्य)	प्रियांशी गुप्ता
9	जिंदगी	पलक
10	पर्यावरण	टोमेश कुमार
11	बेटी	कशिश
12	अनमोल वचन	निशा
13	शिक्षा का महत्व	मोनिका
14	संघर्ष	पुष्पा
15	आत्महत्या: एक अपराध या बीमारी	गुलशन चौहान
16	उन उस उस परिवार	वषा
17	आर्ट्स की बात	अंकिता

क्र.स.	रचना	रचनाकार
18	पापा आपके जाने के बाद	निशा देवी
19	कहानी हसीन होनी चाहिए	पुष्पा
20	हिन्दी का गौरव	नेहा
21	सुविचार	नाजिया
22	आज के युवा की चुनौतियाँ और समाधान	निशा
23	हिन्दी भाषा के स्तम्भ	अंशिका ठाकुर
24	भारत के वो वीर सपूत	यामिनी
25	हाय! परीक्षा आई	अंशिका ठाकुर
26	युवा जाण, खुद को पहचान	यामिनी
27	इकलौता सच्चा दोस्त	शिखा
28	इंसान या हैवान	शृजन गौतम
29	अब मैं	अश्लेषा
30	क्योंकि तुम लड़की हो	शृजन गौतम
31	अस्तित्व (In Search of Light)	शृजन गौतम
32	समाज, मैं और विचार	मोहित
33	शिक्षा का दीप जलाओ	आंचल



प्राध्यापक संपादिका
डॉ. कविता शर्मा



छात्र संपादिका
निशा

छात्रा सम्पादकीय

प्रिय पाठको :

मैं सत्र 2024-2025 के लिए हमारे महाविद्यालय की पत्रिका “चिर संकल्प” के हिन्दी खण्ड में आपका हार्दिक स्वागत करती हूँ। महाविद्यालय की पत्रिका के हिन्दी खण्ड की छात्र सम्पादिका के रूप में इस पत्रिका के लिए काम करना मेरे लिए बहुत सम्मान और खुशी की बात है।

यह पत्रिका छात्रों को अपने विचारों, कल्पनाओं, मनोभावों को कागज पर उतारने का एक अद्भुत मंच और अवसर प्रदान करती है। यह प्रतिभाशाली लोगों की छिपी प्रतिभा को पहचानने का एक माध्यम है। लेखन एक ऐसी विद्या है जिससे व्यक्ति के अन्तःकरण में निहित प्रतिभा, भाव और विचार जागृत हो जाते हैं जो रचना का रूप लेते हैं। इलेक्ट्रॉनिक मीडिया के इस काल में जहाँ लोग लेखन कला से दूर होते जा रहे हैं वहीं इलेक्ट्रॉनिक मीडिया के प्रभाव से लेखन विद्या विलुप्त होती जा रही है। अगर छात्रावस्था से ही विद्यार्थियों को लेखन के महत्व के बारे में बताया जाए तो भविष्य में उनका बौद्धिक एवं कलात्मक विकास सम्भव हो पाएगा तथा साथ ही साथ उन्हें अपने विचारों को दूसरों के सामने अभिव्यक्त करने में भी सरलता व सफलता मिलेगी। मैं डॉ. कविता शर्मा (प्राध्यापक सम्पादिका, हिन्दी खण्ड) का दिल की गहराइयों से आभार व्यक्त करती हूँ कि उन्होंने मुझे हिन्दी खण्ड के सम्पादकीय कार्य करने के योग्य समझा और मुझे यह कार्य सौंपा, साथ ही मैं धन्यवादी हूँ उन सभी विद्यार्थियों की जिन्होंने “चिर संकल्प” पत्रिका में लेख प्रकाशित होने के लिए दिए। हमें पूर्ण विश्वास है कि इस पत्रिका में जिन रचनाओं का प्रकाशन हुआ है वे पाठकों के लिए प्रेरणादायक और प्रभावमयी सिद्ध होंगी।

निशा

छात्रा सम्पादिका (हिन्दी खण्ड)

कला स्नातक, तृतीय वर्ष

संकल्प

दृढ़ है संकल्प तो विकल्प नहीं ढूँढ़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।

खुद पर विश्वास और मन में उमंग हो,
कौशल के साथ अगर साहस का संग हो,
तो किसी भी काम को अधर में नहीं छोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।

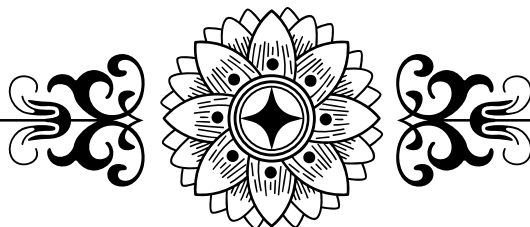
रात्रि एक दिन सुबह के साथ आयेगी,
अंधकार चीरकर प्रकाश साथ लायेगी,
तब लिया एक बार मुँह नहीं तू मोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।

विचार को विचार कर,
दुष्ट को दुलार कर,
एक बार थाम कर हाथ नहीं छोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।

जीत के लिए तो संकल्प शुद्ध चाहिए,
आलस पमाद के विरुद्ध युद्ध चाहिए,
हारकर किसी से तू हाथ नहीं जोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना।

मोनिका

कला स्नातक, तृतीय वर्ष



शिक्षा

शिक्षा में ही प्रगति है,
हमारे देश की यह शक्ति है,
शिक्षा से उपर न कोई स्थान,
कभी न करना इसका अपमान।

शिक्षा बनेगी हमारी पहचान,
शिक्षा का है बहुत महत्व,
इससे बनता हमारा व्यक्तित्व,
शिक्षा को अपना लक्ष्य बनाओ।

शिक्षा है बहुत जरूरी,
न रखना कभी इससे दूरी,
शिक्षा से हमें मिलता है ज्ञान,
इससे हमारा देश बनेगा महान।

पलक
कला स्नातक, तृतीय वर्ष

प्रकृति

हरी-हरी खेतों में,
बरस रही है बूंदें,
खुशी-खुशी से आया सावन,
भर गया मेरा आंगन॥

ऐसा लग रहा जैसे,
मन की कलियाँ खिल गयीं जैसे,
ऐसा की आया बंसत,
लेके फूलों का जहन॥

धूप से प्यासे मेरे तन को,
बूंदों ने दी अँगड़ाई,
कूद पड़ा मेरा तन-मन,
लगता है मैं हूँ एक दामन॥

यह संसार है कितना सुंदर,
लेकिन लोग नहीं उतने अकलमंद,
यही है एक निवेदन
न करो प्रकृति का शोषण।

ईशा
कला स्नातक, तृतीय वर्ष

भारत की राजभाषा के रूप में हिन्दी

संविधान सभा ने 14 सितम्बर सन् 1949 को हिन्दी को राजभाषा स्वीकारा। इसके बाद संविधान में अनुच्छेद 343 से 351 तक राजभाषा के सम्बन्ध में व्यवस्था की गई। इस समिति को ताजा रखने के लिए 14 सितम्बर का दिन प्रतिवर्ष हिन्दी दिवस के रूप में मनाया जाता है। 14 सितम्बर की शाम को संविधान सभा में हुई बहस के समापन के बाद जब संविधान का भाषा सम्बन्धी तत्कालीन भाग 14(क) और वर्तमान भाग 17 संविधान का भाग बन गया तब डॉ राजेन्द्र प्रसाद ने अपने भाषण में बधाई के कुछ शब्द कहे। उन्होंने कहा “आज पहली ही बार ऐसा संविधान बना है जबकि हमने अपने संविधान में एक भाषा रखी है जो संघ के प्रशासन की भाषा होगी। इस अपूर्ण अध्याय का देश के निर्माण पर बहुत प्रभाव पड़ेगा”।

संविधान की धारा 343(1) के अनुसार भारतीय संघ की राजभाषा हिन्दी एवं देवनागरी लिपि है। संघ के राजकीय प्रयोजनों के लिए प्रयुक्त अंकों का रूप भारतीय अंकों का अंतर्राष्ट्रीय स्वरूप (अर्थात् 1,2,3, आदि) है किन्तु इसके साथ संविधान में यह भी व्यवस्था की गई है कि संघ के कार्यकारी न्यायिक और वैधानिक प्रयोजनों के लिए 1965 तक अंग्रेजी का प्रयोग जारी रहे। तथापि यह प्रावधान किया गया था कि उक्त अवधि के दौरान भी राष्ट्रपति कतिपय विशिष्ट प्रयोजनों के लिए हिन्दी के प्रयोग का प्राधिकार दे सकते हैं।

संसद का कार्य हिन्दी में या अंग्रेजी में किया जा सकता है। परन्तु राज्यसभा के सभापति या लोक सभा के अध्यक्ष विशेष परिस्थिति में सदन में किसी सदस्य को अपनी मातृभाषा में सदन को संबोधित करने की अनुमति दे सकते हैं। (संविधान का अनुच्छेद 120) स्पष्ट करता है कि किन प्रयोजनों के लिए हिन्दी का प्रयोग किया जाना है और किन के लिए हिन्दी और अंग्रेजी दोनों का प्रयोग किया जाना आवश्यक है। यह राजभाषा अधिनियम 1963, राजभाषा नियम 1976 और उनके अंतर्गत समय समय पर राजभाषा विभाग, गृह मंत्रालय की ओर से जारी किए गए निर्देशों द्वारा निर्धारित किया गया है।

गुलशन कुमार
कला स्नातक, तृतीय वर्ष

भारत की बेटियाँ

ख्वाबों से निकलकर देखो,
हकीकत में गूँज रही है,
आज भारत की बेटियाँ,
आसमान को चूम रही हैं।

गर्भ में जिसने मारा बेटी को,
देखो कैसे गमगीन हैं,
होठों की हंसी उनकी,
आँसुओं में विलीन हैं।

खुद आगे बढ़ती हैं,
सौगात सभी को देती हैं,
सपने पूरे कर लें अपने,
ख्वाब सभी को देती हैं,
माना बेटों ने रोशन किया एक परिवार,
बेटी ही है जो दो कुलों को जोड़ रही है,
सूरज का तेज है उसमें,
है चाँद सी शीतल वो,
हर राह डग भर रही है,
खुद के आत्मविश्वास से देखो,
विश्वास सबको दे रही है।

ख्वाबों की दुनिया से निकल आज देखो,
हकीकत में गूँज रही है,
आज भारत की बेटियाँ देखो,
आसमान को चूम रही हैं।

निशा
कला स्नातक, तृतीय वर्ष

लक्ष्य

सारे पिछले रिकॉर्ड तोड़,
मुझे आकाश में उड़ जाना है,
लोग चाहे कितना भी दबाएं मुझे,
मेहनत की ताकत से मुझे उठना है,
लोग तो वक्त की बातें करते हैं,
हम खुद को बदल कर दिखाएंगे,
जहाँ तक ना पहुंच पाए सूर्य की किरणें,
हम वहाँ भी अपना कदम रख आएंगे,
पर्वत को चीर कर बस लक्ष्य की ओर बढ़ते जाएंगे।

हेमलता
कला स्नातक, तृतीय वर्ष

नाटी (हिमाचल प्रदेश का लोक नृत्य)

हिमाचल प्रदेश के पारंपरिक नृत्य बहुत जटिल हैं। ये नृत्य आदिवासी जीवन का एक महत्वपूर्ण हिस्सा हैं। यह हिमाचल की संस्कृति और परम्परा को दर्शाता है। हिमाचल प्रदेश ने बढ़ते हुए आधुनिकीकरण के बावजूद अपनी समृद्ध पारंपरिक संस्कृति को कायम रखा है। नाटी हिमाचल प्रदेश का सबसे प्रसिद्ध नृत्य है। यह संगीत के साथ लोगों के एक समूह द्वारा प्रदर्शित किया जाता है।

इस नृत्य समूह में पुरुष और महिला दोनों सम्मिलित होते हैं, जिनकी वेशभूषा इस प्रकार से है - पुरुष मुख्य रूप से सजी हुई टोपियाँ, कमरबंद, चूड़ीदार और चोला नामक घुमावदार अंगरखे पहनते हैं तथा महिला कुछ क्षेत्रों में चूड़ीदार पजामा, घाघरा और चोला जिसे लोकप्रिय रूप से रेज्ता या पेटीकोट कहा जाता है सजावटी टोपी के साथ पोशाक पहनी जाती है। वे चांकी टुनकी के रूप में पहले जाने वाले सोने और चाँदी के आभूषण भी पहनते हैं, कुल्लू जैसे अन्य क्षेत्रों में पट्टू एक शर्ट और चूड़ीदार लेगिंग पर पहना जाता है। चन्द्र हार जैसे चांदी का एक जटिल हार, पायल या झांझर महिलाओं द्वारा पहने जाते हैं। नाटी के समय बांसुरी, बोल, नगाड़ा, नरसिंघा, करनाल जैसे वाद्ययंत्र उपयोग किए जाते हैं।

प्रियांशी गुप्ता
कला स्नातक, तृतीय वर्ष

जिंदगी

जब तक चलेगी जिंदगी की सांसे,
कहीं प्यार कहीं टकराव मिलेगा,
कहीं बनेंगे संबंध अंतर्मन से तो,
कहीं मिलेगी सच्चे मन से दुआ तो,
कहीं भावनाओं में दुर्भाव मिलेगा।
कहीं बनेंगे पराए रिश्ते भी अपने तो,
कहीं अपनों से ही खिंचाव मिलेगा,
कहीं होगी खुशामदें चेहरे पर तो,
कहीं पीठ पे बुराई का घाव मिलेगा।
तू चलाचल राही अपने पथ पे,
जैसा तेरा भाव वैसा प्रभाव मिलेगा,
रख रखाव में शुद्धता का स्पर्श कर तू,
अवश्य जिंदगी का पड़ाव मिलेगा।

पलक
कला स्नातक, तृतीय वर्ष

पर्यावरण

मे पेड़ हूँ, मैं हवा हूँ,
मे सृष्टि का उपहार हूँ।
मैं स्वच्छ निर्मल नीर हूँ,
मैं ही जगत का आधार हूँ।
शुचिता सहित वरदान मैं,
दूषित किया अभिशाप हूँ,
मुझसे निहित पूरा संसार,
मैं स्वच्छता का जाप हूँ,
मैं सृजन हूँ, मैं संगीत हूँ,
मैं ही ईश्वर, मैं ही प्रकृति,
मैं मानवता का मीत हूँ।
मैं ही सागर, मैं ही बादल,
मैं जीवन का आधार हूँ।
मुझमें ही आरंभ, मुझमें ही अंत,
मैं ही जगत् का सार हूँ।

टोमेश कुमार
कला स्नातक, तृतीय वर्ष

बेटी

जब-जब जन्म लेती है बेटी,
खुशियाँ साथ लाती है बेटी।

ईश्वर की सौगात लाती है बेटी,
सुबह की पहली किरण है बेटी।

तारों की शीतल छाया है बेटी,
आंगन की चिड़िया है बेटी।

त्याग और समर्पण सिखाती है बेटी,
नए-नए रिश्ते बनाती है बेटी।

जिस घर जाए, उजाला लाती है बेटी,
बार-बार याद आती है बेटी।

बेटी की कीमत उनसे पूछो
जिनके पास नहीं है बेटी।

कशिश
कला स्नातक, तृतीय वर्ष

अनमोल वचन

1. “मेरा धर्म सत्य और अहिंसा पर आधारित है।
सत्य मेरा भगवान है, अहिंसा उसे पाने का
साधन।”
- महात्मा गांधी
2. एक समय में एक काम करो और ऐसा करते
समय अपनी पूरी आत्मा उसमें डाल दो और
बाकी सब कुछ भूल जाओ।
- स्वामी विवेकानन्द
3. तरक्की के लिए हमें आपस में लड़ने के बजाय
गरीबी, बीमारी और अज्ञानता से लड़ना होगा।
- लाल बहादुर शास्त्री
4. असफलता तब आती है जब हम अपने आदर्शों
उद्देश्यों और सिद्धांतों को भूल जाते हैं।
- पं. जवाहर लाल नेहरू
5. याद रखिए अन्याय और गलत के साथ
समझौता करना सबसे बड़ा अपराध है।
- नेता जी सुभाष चन्द्र बोस
6. आप अपना भविष्य नहीं बदल सकते लेकिन
अपनी आदत बदल सकते हैं और निश्चित रूप
से आपकी आदतें आपका भविष्य बदल देगी।
- डॉ.ए पी जे अब्दुल कलाम

निशा
कला स्नातक, तृतीय वर्ष



शिक्षा का महत्व

शिक्षा का महत्व समाज और व्यक्तित्व दोनों ही दृष्टिकोण से अत्यधिक हैं। यह केवल ज्ञान अर्जन का माध्यम नहीं है, बल्कि समग्र विकास का आधार भी है। शिक्षा व्यक्ति की सोचने की क्षमता को विकसित करती है, उसके आत्म-संवर्धन में सहायक होती है, और उसे समाज में सकारात्मक भूमिका निभाने के लिए सक्षम बनाती है। व्यक्तिगत विकास की दृष्टि से शिक्षा आत्म समझ और आत्मविश्वास को बढ़ाती है। जिससे व्यक्ति अपनी क्षमताओं को पहचानकर उसे सही दिशा में उपयोग कर सकता है। यह मानसिक और नैतिक मूल्यों और जीवन कौशल में भी सुधार करती है। सामाजिक दृष्टिकोण से शिक्षा समाज में समानता और न्याय की स्थापना करती है। यह सामाजिक असमानताओं को दूर करने के लिए जातिवाद और भेदभाव को समाप्त करने में सहायक होती है। एक शिक्षित समाज अधिक समृद्ध और संगठित होता है। जो सामाजिक समस्याओं को बेहतर तरीके से सुलझा सकता है, आर्थिक दृष्टि से शिक्षा रोजगार के अवसर को बढ़ाती है और आर्थिक समृद्धि का मार्ग प्रशस्त करती है। कुल मिलाकर शिक्षा समाज और व्यक्तित्व दोनों के विकास में केन्द्रीय भूमिका निभाती है।

मोनिका
कला स्नातक, तृतीय वर्ष

संघर्ष

वो आकाश क्या जिसमें तारे ना हो,
वो सागर क्या जिसमें गहराई ना हो,
वो पथ क्या जो पथरीले ना हो,
वो जीवन क्या जिसमें संघर्ष ना हो,
वो सूर्य क्या जिसमें तपन न हो,
वो चांद क्या जिसमें शीतलता ना हो,
वो बरसात क्या जिसमें बिजली ना हो,
वो जीवन क्या जिसमें प्रकाश ना हो,
वो बाग क्या जिसमें हरियाली ना हो,
वो डाली क्या जिसमें कांटे ना हो,
वो तथ्य क्या जिसमें तर्क ना हो,
वो वस्तु क्या जो संभव ना हो,
वो कहानी क्या जिसका अंत ना हो,
वो पतन क्या जो आजाद ना हो,
वो कर्म क्या जिसमें लगन ना हो,
वो जन्म क्या जिसका कोई लक्ष्य ना हो।

पुष्पा
कला स्नातक, तृतीय वर्ष

आत्महत्या: एक अपराध या बीमारी

आत्महत्या एक गंभीर समस्या है जो समाज के विभिन्न वर्ग को प्रभावित करता है। यह न केवल व्यक्ति की जिन्दगी को समाप्त करता है, बल्कि परिवार और मित्रों पर गहरा आघात छोड़ता है। आत्महत्या की प्रवृत्तियों को समझना और उन्हें रोकने के उपाय अपनाना आवश्यक है।

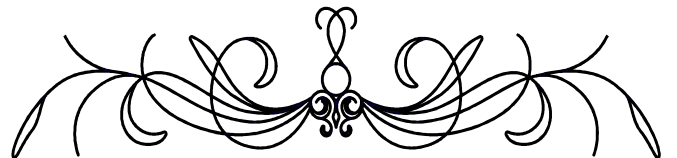
सबसे पहले, आत्महत्या के कारणों का सही आकलन करना जरूरी है। तनाव, अवसाद, मानसिक स्वास्थ्य समस्याएं आत्महत्या के लिए प्रमुख कारक हो सकते हैं। इसलिए एक मजबूत मानसिक स्वास्थ्य ढांचे का निर्माण करना आवश्यक चाहिए।

समाज में जागरूकता फैलाना महत्वपूर्ण है। शिक्षा, समूह चर्चा और कार्यशालाएं आयोजित करके लोगों को मानसिक स्वास्थ्य के मुद्दों के बारे में जानकारी दी जा सकती है। ये लोगों को अपने विचारों और भावनाओं को साझा करने और उन्हें सहारा देने में मदद कर सकता है। इसके अलावा, एक सहायक नेटवर्क का निर्माण भी जरूरी है। परिवार और दोस्तों को चाहिए कि वे एक-दूसरे की समस्याओं को सुने और जरूरत पड़ने पर पेशेवर मदद लेने के लिए प्रेरित करें।

सरकार और विभिन्न संस्थाएं भी इस दिशा में महत्वपूर्ण भूमिका निभा सकते हैं। मानसिक स्वास्थ्य सेवाओं की उपलब्धता, हेल्पलाइन स्थापित करना और मानसिक स्वास्थ्य संबंधित कार्यक्रमों को बढ़ावा देना आत्महत्या की रोकथाम में सहायक साबित हो सकते हैं।

अंत में, आत्महत्या की रोकथाम एक सामूहिक जिम्मेदारी है। इसे हमें व्यक्तिगत या सामाजिक समस्या के रूप में नहीं देखना चाहिए, बल्कि इसे एक चुनौती के रूप में स्वीकार करके मिलकर इसे समाप्त करने का प्रयास करना चाहिए। अगर हम सभी मिलकर प्रयास करें तो हम आत्महत्या के बढ़ते मामलों को रोक सकते हैं और समाज को एक खुशहाल और स्वस्थ दिशा में ले जा सकते हैं।

गुलशन चौहान
कला स्नातक, तृतीय वर्ष



एन एस एस परिवार

हम सबने दिया एक दूसरे का साथ और क्या कहूँ इस विषय में, यह है मेरा एन एस एस परिवार।
जब मिले थे हम सभी तो थे एक अजनबी पर अब ऐसा लगता है, परिवार बन गए हम सभी,
एक बार जुड़कर एन एस एस से दूर नहीं जाना चाहोगे और, बार-बार सिर्फ लक्ष्य गीत गाना चाहोगे, यह है हमारा एन एस एस परिवार।
नफरतों को काटकर हम नस्ले बोएं साथ की कुछ अपनों के विश्वास की, कुछ सपनों के संसार की,
अपनेपन की बगिया में खुशहाली का हार, जीवन भर की पूंजी है ये एन एस एस परिवार।
यह है हमारा एन एस एस परिवार।

वर्ष
कला स्नातक, तृतीय वर्ष

आर्ट्स की बात

कॉलेज की पत्रिका छपने जा रही है,
मेरे दिमाग में भी तरकीब आ रही है,
सोचा हमें भी कुछ लिखना चाहिए,
पत्रिका में आर्ट्स का चेहरा दिखाना चाहिए।

मैंने भी कुछ लिखकर दे दिया,
टॉपिक का नाम आर्ट्स दे दिया,
आओ बताऊं, तुम्हें आर्ट्स की सिरदर्दी,
जिसने दिमाग की हालत खराब कर दी।

बताती हूँ तुम्हें समस्या असली,
इंग्लिश है इसमें सबजैक्ट कम्पलसरी,
ग्रामर का कुछ आता नहीं,
सर से भी कुछ पूछा जाता नहीं।

अगला सबजैक्ट है पोलिटिकल साइंस,
उलझनें इसमें भी है बड़ी-बड़ी,
लम्बी-लम्बी थ्युरी भी पड़ती हैं रटनी,
जिनकी बनती है दिमाग में चटनी।

हिन्दी की जब आती बारी,
चलती जिसमें काव्य और कहानियों की सवारी,
पढ़ने की रह जाती, स्पीड कम हमारी,
तभी तो पड़ जाती मार्क्स में कमी हमारी।

अंकिता
कला स्नातक, तृतीय वर्ष

पापा आपके जाने के बाद

पापा आपके जाने के बाद
मैंने बहुत कुछ बदलते देखा है
मैंने दोस्त, यार, रिश्तेदार खुद का वक्त बदलते देखा है
आपके जाने के बाद मैंने सब बदलते देखा है।

न बदली तो एक माँ न बदली
मैंने उन्हें आपके रूप में देखा है
आपके जाने के बाद
मैंने हमारा वक्त बदलते देखा है।

न बदली तो माँ न बदली
मैंने माँ को घर अकेले संभालते देखा है
मैंने अपनी माँ को टूटते हुए देखा है
आपके जाने के बाद मैंने हमारा वक्त बदलते देखा है।

मेरी सजने संवरने वाली माँ को
मैंने बिन बिन्दी के देखा है
गाढ़ा रंग पहनने वाली को
हल्के रंग पहनते देखा है
मैंने मेरी माँ को इस हाल में भी देखा है।

आपकी चहकती बेटी को
मैंने मायूस देखा है
आँख खुलते ही अपने पापा के पास जाने वाली को
मंदिर में रखी तस्वीर के पास जाते देखा है
मैंने आपकी बेटी को इस कदर टूटते देखा है।

वो आज भी शाम को गेट पर खड़ी रहती है
इस आस में कि आप आओगे
मैंने उस बेटी की उम्मीदों को टूटते देखा है
आपके जाने के बाद मैंने हमारा यह हाल देखा है।

उसे आपकी तस्वीर से बातें करते देखा है
आपकी तस्वीर के आगे रोते देखा है
जरा-सी चोट पर सारा घर उठाने वाली को
आज अपने आँसू छुपाते देखा है
मैंने आपके जाने के बाद पापा
हमारा यह हाल देखा है।

निशा देवी
कला स्नातक, तृतीय वर्ष

कहानी हसीन होनी चाहिए

किरदार चाहे जो भी हो
कहानी हसीन होनी चाहिए
दिल में अच्छाई और
आंखों में प्यार होना चाहिए
मायूसी में क्या रखा है
जिन्दगी गुलजार होनी चाहिए.....
सजते तो सभी हैं आजकल
पर उसमें थोड़ी सादगी की मिलावट होनी चाहिए.....
यूं तो सबकी जिन्दगी का सफर आसान नहीं होता
जिन्दगी जीने के लिए खुशमिजाज होना चाहिए.....
मिठास होंते में नहीं
दिल में होनी चाहिए.....
लोग चाहे जैसे भी बर्ताव करें
पर आपके बर्ताव में संस्कार होने चाहिए.....
स्वार्थ से भरी इस दुनिया में
थोड़ा निस्वार्थ भी होना चाहिए.....
किरदार चाहे जो भी हो
कहानी हसीन होनी चाहिए.....

पुष्पा

कला स्नातक, तृतीय वर्ष

हिंदी का गौरव

हिंदी है भारत की शान,
बसे हृदय में इसका मान।
शब्दों में इसके मिठास घुली,
संस्कृति इसकी सजीव लिखी।
तुलसी, सूर, कबीर की वाणी,
हिंदी से ही मिली कहानी।
हम सबका यह गौरव गान,
हिंदी में गूँजे हिन्दुस्तान।

हिंदी - अपनापन

हिंदी मेरी अपनी भाषा,
हर शब्द इसका मधुर सुहाना।
कभी कविता, कभी कहानी,
कभी प्रेम की गुंज पुरानी।
देश का यह गौरव गान,
बनी आत्मा की पहचान।
बोलो हिंदी, लिखो हिन्दी,
इसकी महिमा सबको समझाओ हिंदी।

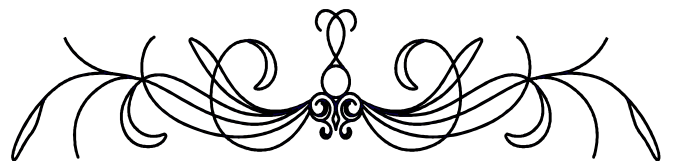
नेहा

कला स्नातक, तृतीय वर्ष

सुविचार

1. आपकी डिग्री तो बस एक कागज़ का टुकड़ा है, आपकी असली शिक्षा तो आपके आचरण में दिखती है।
- ए.पी.जी.अब्दुल कलाम
2. प्रसन्नता ही एकमात्र ऐसा इत्र है जिसे आप दूसरों पर छिड़कते हैं तो कुछ बूंदें आप पर भी पड़ती हैं।
- महात्मा गांधी
3. हमें ऐसी शिक्षा चाहिए जिससे चरित्र का विकास हो, मन की शक्ति बढ़े, बुद्धि का विकास हो और मनुष्य अपने पैर पर खुद खड़ा हो सके।
- स्वामी विवेकानंद
4. मुझे मेरी सफलताओं से मत आंकिए, मुझे इस आधार पर आंकिए कि मैं कितनी बार गिरा और फिर से उठ खड़ा हुआ।
- नेल्सन मंडेला
5. गुणों से ही मनुष्य बनता है, न की किसी ऊँचे स्थान पर बैठ जाने से। राजमहल के शिखर पर बैठ जाने पर भी कौआ गरुड़ नहीं बनता।
- चाणक्य
6. जीवन में हजारों लड़ाईयां जीतने से अच्छा है तुम स्वयं पर विजय प्राप्त कर लो। फिर जीत हमेशा तुम्हारी होगी, इसे तुमसे कोई नहीं छीन सकता।
- गौतम बुद्ध
7. अगर आप उड़ना चाहते हैं, तो आप उड़ सकते हैं, बस अपने आप पर अधिक से अधिक भरोसा रखिए।
- स्टीव जोब्स

नाज़िया
बी.ए., द्वितीय वर्ष



आज के युवा की चुनौतियाँ और समाधान

भूमिका :- युवा किसी भी देश की सबसे बड़ी ताकत होते हैं। उनका जोश, ताकत और नवाचार किसी भी समाज को बदलने की क्षमता रखता है। भारत एक युवा देश है, जहाँ 65 प्रतिशत से अधिक जनसंख्या 35 वर्ष से कम आयु के लोगों की है। एक युवा लड़की और लड़का दोनों ही राष्ट्र निर्माण में अहम भूमिका निभा सकते हैं। स्वामी विवेकानंद जी ने अपने विचारों और शिक्षाओं के माध्यम से युवाओं को जागरूक किया और समाज में सकारात्मक बदलाव लाने के लिए प्रेरित किया। युवाओं के पास वर्तमान में असीमित साधन हैं, लेकिन फिर भी उन्हें अनेक चुनौतियों का सामना करना पड़ रहा है -

1. बेरोजगारी और करियर अनिश्चितता : भारत में लाखों युवा हर साल डिग्री प्राप्त करते हैं लेकिन फिर भी उन्हें उनकी योग्यतानुसार नौकरी नहीं मिलती है। बेरोजगारी और करियर को लेकर असमंजस युवा के लिए चिंता का विषय है।
2. मानसिक स्वास्थ्य समस्याएं : बढ़ती प्रतिस्पर्धा, करियर की चिंता, समाज की अपेक्षाएं तथा सोशल मीडिया के प्रभाव के कारण युवाओं को मानसिक तनाव, चिंता और डिप्रेशन जैसी समस्याओं का सामना करना पड़ रहा है।
3. नशे की लत और बुरी संगत : नशे की लत और बुरी संगत का युवाओं के व्यक्तित्व और समाज पर नकारात्मक प्रभाव पड़ रहा है। उदाहरणस्वरूप, हिमाचल प्रदेश जो विश्व भर में देवभूमि के नाम से विख्यात है धीरे-धीरे अपनी पहचान खो रहा है। इसका प्रमुख कारण है, नशे का काला कारोबार। युवा धीरे-धीरे नशे की गिरफ्त में आ रहा है। इसके लिए चाहिए कि बच्चों पर किशोरावस्था से ही ध्यान रखना चाहिए।
4. डिजिटल एडिक्शन और सोशल मीडिया का प्रभाव : सोशल मीडिया के प्रभाव के कारण युवाओं का आत्मविश्वास एकाग्रता और मानसिक स्वास्थ्य पर नकारात्मक प्रभाव पड़ रहा है। फेक न्यूज, साइबर अपराध और ऑनलाइन बुलिंग भी चिंता के विषय हैं।
5. शिक्षा और कौशल में कमी : बेरोजगारी का एक प्रमुख कारण कौशल (Skills) की कमी भी है। पारंपरिक शिक्षा प्रणाली में कुछ बदलाव की जरूरत है ताकि युवा तकनीकी और व्यावसायिक शिक्षा ग्रहण कर सकें।

युवाओं के सशक्तिकरण के समाधान :

1. रोजगार और कौशल को प्रोत्साहन :-
 - तकनीकी और व्यावसायिक शिक्षा पर जोर देना चाहिए।
 - स्टार्टअप इंडिया और प्रधानमंत्री कौशल विकास योजना (PMKVY) युवाओं को रोजगार के अवसर प्रदान का सकती हैं।
2. मानसिक स्वास्थ्य को बढ़ावा देना :-
 - मानसिक स्वास्थ्य को जागरूक करने के लिए स्कूलों अथवा कॉलेजों में काउंसलिंग सेशन तथा योग ध्यान को बढ़ावा देना चाहिए।
 - युवाओं को तनाव को दूर करना आना चाहिए।
3. स्वरोजगार और उद्यमिता को बढ़ावा :-
 - युवाओं की नौकरी खोजने के बजाय स्वयं रोजगार पैदा करने चाहिए।
 - स्टार्टअप इंडिया जैसी योजनाओं का लाभ उठाना चाहिए।
4. डिजिटल एडिक्शन और साइबर क्राइम :-
 - युवाओं में डिजिटल जागरूकता होनी चाहिए और साइबर क्राइम के प्रति सतर्क रहना चाहिए।
 - इंटरनेट का सही और सकारात्मक प्रयोग करना आना चाहिए।
 - युवा NSS, NCC और अन्य संगठनों के साथ मिलकर समाज सेवा कर सकते हैं।

निष्कर्ष :- आज इस विषय पर ध्यान देना चाहिए कि युवा पीढ़ी की क्या चुनौतियां हैं, उनको उत्पन्न करने वाले प्रेरक कारक कौन से हैं और इनका समाधान किस प्रकार किया जाना चाहिए। तभी युवा वर्ग के सर्वांगीण विकास में सहायक सिद्ध हो सकते हैं और तभी देश को ऊँचा बनाने का सपना साकार हो सकता है।

हिंदी भाषा के स्तम्भ

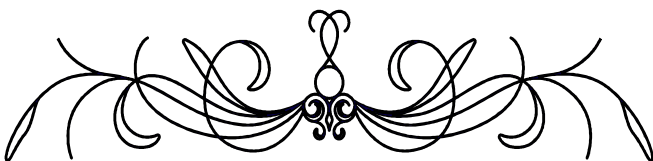
वर्णमाला हिन्दी की, वैज्ञानिक मनभावन ।
11 स्वर 33 व्यंजन 'अक्षर' इसमें बावन ॥
कोई भी हो नाम अगर तो, संज्ञा वह कहलाता ।
संज्ञा के बदले जो आता, सर्वनाम बन जाता ॥
कोई भी हो काम अगर, तो क्रिया उसे हम कहते ।
जिनका रूप कभी न बदले, अव्यय शब्द होते ॥
पुरुष जाति का बोध कराते, शब्द कहलाते 'पुल्लिंग' ।
स्त्री जाति का बोध कराते, शब्द वही 'स्त्रीलिंग' ॥
संख्या में हो एक अकेला, होता 'एकवचन' ।
अगर एक से ज्यादा हो तो, बनता 'बहुवचन' ।
तीन पुरुष हिन्दी में होते, उत्तम, मध्यम, अन्य ।
उत्तम मैं हूँ, मध्यम तुम हो, तीसरा होता अन्य ॥
जिन शब्दों का अर्थ एक सा, पर्यावाची शब्द ।
एक दूसरे से जो उल्टे होते, विलोम शब्द ॥

अंशिका ठाकुर
कला स्नातक, द्वितीय वर्ष

भारत के वो वीर सपूत

भारत के वो वीर सपूत, देश को जो बलिदान हुए,
आन, बान और शान से, भारत का सम्मान हुए ।
महाराणा मेवाड़ के शोर ने, भारत माँ की लाज रखी,
दुश्मन को यूँ धूल चटाई, देश की शान गुमान रखी ।
भगत, सुखदेव, राजगुरु ने, चुनी हँसकर फांसी थी,
भारत माँ के चरणों में, उनकी यह अरदासी थी ।
पृथ्वीराज की गाथा, क्यों अब कोई गाता नहीं,
सांभा जी की वीरता को, क्यों इतिहास दोहराता नहीं ।
ऐ मेरी धरती धन्य है तू, जो तूने ऐसे वीरों को जन्म दिया,
तेरी खातिर वीरों ने हंसकर, अपने प्राणों का बलिदान दिया ।

यामिनी
कला स्नातक, द्वितीय वर्ष



हाय! परीक्षा आई

खेल-कूद में दिन बीता, सोने में रात गंवाई ।
हाय परीक्षा आई, अब क्या होगा रे भाई ॥

आ जाती हर वर्ष, लाज तक इसे नहीं आती ।
जब से आती है, आंखों से नींद चली जाती है ।

कोई ऐसा वीर नहीं, जो टोक सके इसको ।
स्कूल, कॉलेजों में आने से रोक सके इसको ॥

सब मरते हैं, इसकी अभी मौत नहीं आई
हाय परीक्षा आई, अब क्या होगा रे भाई ॥

हार मानकर भागे इससे कितने बलदाई ।
हाय परीक्षा आई, अब क्या होगा रे भाई ॥

बिन बादल बरसात, रात भर बिजली से कड़के ।
ज्यों-ज्यों आए पास परीक्षा, त्यों त्यों दिल धड़के ॥

बाथरूम में अब न फिल्म के गाने हम गाते ।
जो कुछ पढ़ा रात को, उसको ही हैं दुहराते ॥

अंशिका ठाकुर
कला स्नातक, द्वितीय वर्ष

युवा जाग, खुद को पहचान

ऐ युवा, मुझे बता दे,
क्यों तू टी.वी. - फोन में डूब गया,
बचपन की मस्ती, शरारतें, मासूमियत कहाँ खो गया ?

क्या तू बदल गया है,
या तू जीने की कला भूल गया है,
क्यों इंसान खुद को टाइम नहीं दे पा रहा है ?

क्या इस दुनिया में इतना डूब गया,
कि तू खुद को ही भूल गया,
खुद को पहचान, खुद को वक्त दे, तू अकेला नहीं है,

अपनी मासूमियत को पहचान,
तू एक हीरा है,
बस तुझे कोयले से निकलकर, चमकने की जरूरत है ?

यामिनी
बी.ए., द्वितीय वर्ष

इकलौता सच्चा दोस्त

कुछ चीजें हैं जो तुमसे कहनी हैं
क्या पता जिन्दगी के किस मोड़ पर काम आ जाए।
हर दिन कोई एक किस्सा लेकर आएगा
तुम्हें एक नई बात कह कर जाएगा।

क्योंकि आजकल लड़कियाँ सब कर सकती हैं
हम पर तो कोई रोक टोक नहीं
पर कई बार ऐसा कह दिया जाता है
लड़की हो तुम।

थोड़ा तो लिहाज करो
लोग क्या कहेंगे, आंसू तो साफ करो
इतनी जोर जोर से मत हँसो
इतने लड़कों की दोस्त मत बनो
बाहर जा रही हो थोड़ा तो मेकअप करो
अगले घर जाना है तुम्हें थोड़ा तो बर्दास्त करो
लड़की हो तुम।

तुम अपनी मनपसन्द चीजें करने से क्यों हिचकिचाती हो
लोग क्या कहेंगे इससे डर क्यों जाती हो
तुम दूसरों की बातों को अपनी परछाई क्यों बना देती हो
देखो कुछ तो लोग कहेंगे, लोगों का काम है कहना
पर तुम इन लोगों की बातों को सच सच मत मान लेना
कोई तुम्हें कछ भी कहे, पर तुम अपनी सुनना
कभी लगे कि दुनियाँ के लगाए इल्जाम सही हैं
क्योंकि तुम लड़की हो।

दिल खोलकर हँसना, जब रोना आए जी भर के रोना
क्योंकि तुम अबला नहीं, रानी नहीं, “अप्सरा हो”

शिखा
बी.एक, द्वितीय सत्र

इंसान या हैवान

एक वक्त था जब इंसान मुझे खुद अपने खेतों में ले जाता था
ना जाऊँ तो डराता और समझाता था
अपने परिवार की भलाई के लिए
मेरे कानों में खूब-खूब बातें बतलाता था
मेरे घर को रोज सजाता था
मेरे प्रभु को मुझ में देख पाता था
सिर के आगे अपना शीशा झुकता था
देख काया वक्त की
आज पुतले में खुद को देखा
समझ नहीं आता है कि उसको सब सजाते हैं पर मुझको
क्यों भूल जाते हैं

किसी गली में आ जाऊँ तो लोग डंडे बरसाते हैं
और किसी सड़क पर चला जाऊँ
तो ऊपर से निकल जाते हैं
कटे हुए शरीर को आँखे बंद कर के भूलते हैं
और अपने आप को महाकाल का भक्त बताते हैं।

सृजन गौतम
बी.एक, चतुर्थ सत्र

अब मैं

अब मैं धूप हूँ, अब मैं छांव,
अब मैं सागर हूँ, अब मैं नाव।
अब मैं आँधी हूँ, अब मैं शांति,
अब मैं ज्योति हूँ अब मैं क्रांति।
अब मैं पीड़ा हूँ, अब मैं मरहम,
अब मैं शब्द हूँ, अब मैं सरगम।
अब मैं शून्य हूँ, अब मैं अनंत,
अब मैं बंधन हूँ, अब मैं स्वतंत्र।
अब मैं प्रश्न हूँ, अब मैं उत्तर,
अब मैं मौन हूँ, अब मैं अंतर।
अब मैं बिखरी हूँ, अब मैं जुड़ी,
अब मैं मीठी हूँ, अब मैं कड़वी।
अब मैं चंदन हूँ, अब मैं राख,
अब मैं वैराग्य हूँ, अब मैं त्याग।
अब मैं जीवन हूँ, अब मैं मृत्यु,
अब मैं सत्य हूँ, अब मैं ऋतु।
अब मैं सजीव हूँ, अब मैं मुक्त,
अब मैं प्रेम हूँ, अब मैं युक्त।

-अश्लेषा
बी.एड, चतुर्थ सत्र

क्योंकि तुम लड़की हो

एक दिन घूम रहा था रास्तों पर
अचानक से बिस्तर पर पाया।
जब आँख खुली तो
कुछ दूरी पर उसको खड़ा देख
दिल थोड़ा घबराया
धीरे-धीरे रुकने को आया।
तब उसने समझाया
तू क्यों घबराता है बिन मेरे भी कोई उस पार जाता है।
नम पड़े उस शरीर में एक ही ख्याल आता था।
मेरे अपने मेरे अपने (मेरा परिवार! मेरा परिवार)
अरे सुन।
फिर उसने आवाज लगाई।
मेरे को पाने के लिए तू सारा दिन रुकता है।
आज तेरे सामने खड़ा हूँ तो मोह माया में झुकता है।
मुझको तो सबको मिलना है!

अमीर गरीब ऊंच नीच !
 मैं किसी के लिए नहीं रुकता ।
 और वक्त से पहले किसी को नहीं मिलता ।
 चल अब वक्त है आया तुझको भी है मेरा साथ निभाना ।
 और इस पापी संसार को
 एक और पापी से हैं आजाद करवाना ।

सृजन गौतम
 बी.एकू, चतुर्थ सत्र

अस्तित्व (In Search of Light)

साधु को तू चाहता है जानना ।
 मौत से लड़ पड़े ऐसी है साधना ।
 उसको पाने के लिए पूरा-पूरा
 जीवन करते हैं आराधना ।
 साधु को तू चाहता है जानना ।
 ना किसी से बैर न किसी से मोह का वास्ता ।
 कण-कण में जीवन को छाना
 साधु को तू चाहता है जानना ।
 ना दर्द ना डर से कोई वास्ता ।
 शमशान में भी तिलक लगे ऐसी होती है साधना ।
 साधु को तू चाहता है जानना ।
 गलत सही का कोई बोध नहीं
 ऐसी होती है उपासना ।
 कल्पना से भी परे दिख जाए
 ऐसी होती है धारणा ।
 साधु को तू चाहता है जानना ।
 माया को दान दिया ।
 मोह को त्याग दिया ।
 शून्य को हाथ लिया
 फिर जीवन को लांघ दिया ।
 तब साधु का मान लिया ।

सृजन गौतम
 बी.एड, चतुर्थ सत्र

समाज, मैं और विचार

1. लोगों को अकसर अपने घर की
 बेटी हर बात में खुश और
 अपने बेटे की पत्नी उनकी हर
 बात में खरा चाहिए ।
 (बेटी और दूसरे घर की बेटी)
2. समय बीत जाने के बाद ही
 क्यूं सोचा मैंने
 बीते हुए कल को बदलने के

3. बारें में ... (समय)
 समय कैसा नहीं होना चाहिए
 समय ऐसा नहीं होना चाहिए
 कि हमें खुश रहने के लिए भी
 सोचना पड़े ।
 (समय की स्थिति)
4. लोगों के बीच घुटन
 और अकेले में अब
 सुकून सा मिलने लगा है ।
 (घुटन और सुकून)
5. अपने लोगों की भीड़ में अकेला
 बैठा हुआ मैं
 और हर बार अपनों के बीच में
 खुद को ढूंढता हुआ मैं ।

मोहित
 बी.एकू, द्वितीय सत्र

शिक्षा का दीप जलाओ

शिक्षा है उजियारा, ज्ञान की ज्योति,
 बिन इसके सूनी, हर एक मोती ।
 बनाए ये राहें, दिखाएं है लक्ष्य,
 संघर्ष में देती, उम्मीद का कक्ष ।

लड़को संग लड़कियां भी पढ़े,
 आगे बढ़ें, ऊंची उड़ान भरें ।
 कलम पकड़ें, सपने संजोएं,
 रौशनी बन दुनिया में खोएं ।

बालिका शिक्षा, न होगी रुकेगी,
 समाज की तस्वीर खुद बदलेगी ।
 जहां मिलेगा हक बराबरी का,
 वहीं बसेगा जग उत्थान का ।

रुके न कोई, झुके न कोई,
 ज्ञान से बढकर सुख न कोई ।
 आओ सब मिल दीप जलाएं,
 शिक्षा का संदेश फैलाएं ।

आंचल
 बी.एकू, द्वितीय संज्ञार्थ

ENGLISH SECTION

INDEX

S.N.	Articles Name	Students Name
1	Student Editorial	Uditansh Sharma
2	Beauty of English	Arushi Gupta
3	Rice and Shine	Shalini
4	Love Like a Lotus	Uditansh Sharma
5	AI (Artificial Intelligence)	Pushap Raj
6	Women's Empowerment	Naziya
7	Teachers	Pooja
8	Ashes to Light	Ashlesha
9	Education : A Powerful Weapon of Life	Pooja Kumari
10	Believe	Priya Sharma
11	Life : A Beautiful Myth	Nishant Sharma
12	College Life	Ankita Kaundal
13	Gadgets	Sudhanshu Thakur
14	College Friendship : A Bond of Life	Priyanshi Gupta
15	Game Changer : Women in Sports	Shreya Kanwar



Staff Editor
PROF. SARIKA



Student Editor
Uditansh Sharma

STUDENT EDITORIAL

Dear Readers,

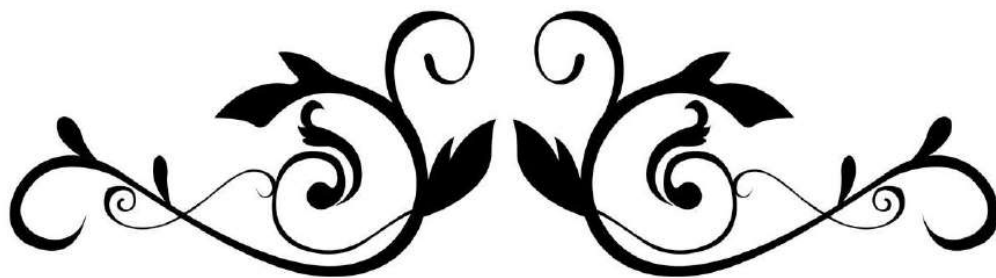
It fills my heart with joy unspeakable to present the “English Section” of the college magazine “Chir Sankalp”.

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 Prof. Sarika, 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.

Uditansh Sharma

B.A, 3rd Year



BEAUTY OF ENGLISH

With every word that leaves my tongue
A melody of thoughts is sung
Soft and gentle, bold and bright
English speaks in morning light

With simple words, it soothes the soul
With mighty speech, it takes control
It builds, it bends, it dares to grow
A language vast, a boundless flow.

A bridge between both far and near
A voice that all can truly hear.
It carries dreams, it shares a spark
A guiding torch within the dark.

Through English, thoughts take flight like birds
A world unlocked with just mere words.
Its beauty shines in every sound
A treasure vast, forever found.

Arushi Gupta
B.A., 1st Year

RISE AND SHINE

When life feels heavy, don't lose your way,
The night is dark, but comes the day.
Every challenge, Big or small,
Is just a step-you'll rise from all.

Mistakes will happen, lessons grow,
Through ups and downs, you'll learn and know
No dream's too far, no goal too high,
Just spread your wings and touch the sky.

Keep moving forward, don't look back,
Strength is found on every track.
Believe in you, stand strong, stand tall,
You have the power to face it all.

So rise and shine, don't be afraid,
Your story is waiting to be made.
With heart and hope, you'll lead the way,
The world is yours - so seize the day!

Shalini
B.A., 2nd Year

LOVE LIKE A LOTUS

My love is not a fragile rose,
That wilts with time or fear it shows.
Not craving hands to lend each day,
Nor wilting when the skies turn grey.

A cactus stands through drought and storm,
Its strength is built in sun so warm.
No pleading cries for care or touch,
Yet thrives and grows with just as much.

No thorns to pierce the hands that stay,
No constant need to find a way
To shield it from the winds that blow-
It stands alone, yet still, will grow.

It does not beg, it does not weep,
Yet in its heart, the love runs deep.
A quiet strength, a patient grace,
Not seeking praise, nor seeking place.

So let our love be firm, yet free,
Unshaken by adversity.
Not fragile blooms that fade so fast,
But like cactus-built to last.

Uditansh Sharma
B.A., 3rd Year

AI (ARTIFICIAL INTELLIGENCE)

(AI) Artificial Intelligence is a system that enables a machine to think and act like a human. The first Artificial Intelligence was designed in 1955 by Simon and Allen Newell. Jhon McCarthy is regarded as the father of Artificial Intelligence. AI aims to make the life of human beings more convenient and easy. It is a great invention of the human mind. Artificial Intelligence can be used in every field like education, health, agriculture, automobile, robots and big software companies. AI can play an important role in the financial sector. It is also stated as machine learning in computer science. Artificial Intelligence is faster and smarter than humans in many cases.

Pushap Raj
B.A., 1st Year

WOMEN'S EMPOWERMENT

Women's empowerment is a fundamental human right and a crucial factor in achieving social, economic and political development. Empowering women means providing them with the opportunity to make choices and decisions that affect their lives, free from coercion, violence, and discrimination. Education, economic empowerment, leadership development, and addressing violence and harassment are critical strategies for promoting women's empowerment, unlocking human potential, and creating a more just and equitable world. Governments, organizations and individuals must work together to ensure that all women have access to these opportunities and can participate full in society. Educated women are more likely to participate in the workforce, earn higher incomes and make informed decision about their health and well-being. Moreover, education helps women to develop the skills and confidence they need to participate in public life and hold leadership, positions. Therefore women empowerment is a journey, not a destination and it requires the collective efforts of individuals, communities and societies to create a world where women can thrive.

Naziya
B.A., 2nd Year

TEACHER

It takes a special person
To teach a child in class.
To just keep his attention
In a world that moves so fast.

To show a child he is unique,
With talents deep inside.
To help to build his confidence,
So he can beam with pride.

To show a little patience
For a child who's lost his way,
TO a child who feels abandoned
Who has seen better days.

To inspire and to motivate,
So a child can learn and grow
To go into this big wide world
That has its highs and lows.

You are a special person,
You always gives your best,
And for every child who has your class,
Their life is truly blessed.

Pooja
B.Ed. 2nd Sem.

ASHES TO LIGHT

She was wildfire once-
Burning, consuming, lost in the storm,
A heart reduced to umbered ruin,
Her own voice drowned in distant thunder.

The world had left fingerprints on her soul,
Bruises shaped lie empty promises,
Scars that whispered stories
Of love that never stayed.

But healing was not gentle-
It was raw, ruthless, relentless.
It was breaking open to bloom again.
Letting the rain cleanse,
Letting the winds reshape.

She gathered her shattered echoes,
Stitched them with silent prayers,
Bathed her wounds in moonlight,
And let time weave her a new skin.

Now she stands, soft but unshaken,
A hymn of resilience, a psalm of fire,
She is not whole, but she is holy-
Carved by pain, crowned by survival.

Ashlesha
B.Ed., 4th Sem.



EDUCATION : A POWERFUL WEAPON OF LIFE

Life without education is like room without
light,

If we are educated then our life is very
bright.

Without education you can not do anything,
We need to educate as we are human being.
If we are not educated then some things are
impossible.

But if we are educated we can make it
possible.

The most powerful weapon is education,
Without it you can not do anything in this
nation.

Education is the best,
While you are educating you can not rest.
Education is our best friend,
It does not have any end.

Pooja Kumari
B.Ed., 2nd Sem.

BELIEVE

Believe in the whisper of your soul,
In terms that make your spirit whole.
Though storms may cloud your skies with grey,
Hold on-your dawn is on its way.

Believe in strength you can not see,
A spark that lights your destiny.
Even when the road feels steep,
Faith will carry what doubt can't keep.

Believe in moments yet to bloom,
In light that dance past the gloom.
Each stumble shapes the path ahead,
Each tear, a truth that must be said.

Believe-not just in fate or chance,
But in your power to rise and dance.
For every heart that dares to try,
Can build its wings and learn to fly.

Priya Sharma
B.Ed., 2nd Sem.

LIFE : A BEAUTIFUL MYTH

Life is the most beautiful gift we have
received from God. One should always be
thankful to him for it. When the question
arises- "What is Life"- we find many beautiful
and well-explained answers by famous poets
and philosophers. Some see life as a myth,
while other call it a dream. But wait- there is a
common point in all these explanations: "One
should live their life freely and independently.
After all, we came into this world alone and
will also leave it alone.

In my opinion life is not just about
achieving success. One should not be
disheartened by difficult times or failures, as
they are simply a part of life. We humans have
turned life into an unnecessary roll, chasing
achievements pride and fame. But we must
remember that all paths of glory ultimately
lead to the grave.

Life is about discovering yourself- "Who
are you?" and "Why are you here?" The one
who finds answers these questions will
understand the true meaning of life. NO one
else can help you, only you can find these
answers. In today's world we are wasting a lot
of time answers. In today's world we are
wasting a lot of time on screens or indulging in
bad habits. I have only one piece of advice for
every one:

*"Life is a beautiful lie, Find yourself-
because once You die, you never get another
chance to respawn."*

Nishant Sharma
B.A., 1st Year

COLLEGE LIFE

Late-night studies, endless chai,
Friends and laughter flying high.
Deadlines chase, but so do dreams,
college life- more than it seems!

Ankita Kaundal
B.A., 2nd Year

GADGETS

The world of gadgets is continually evolving, introducing innovations that reshape our daily lives. One prominent trend is the integration of smart home devices, which enhance convenience and efficiency in household management. Products such as the Goggle Nest Mini and Echo Dot serve as centralized hubs, allowing users to control various aspects of their homes through voice commands. These devices can manage lighting systems like the Philips Hue starter kit, enabling personalized lighting experiences, and can also operate smart plugs such as the Tapo P110m, which monitor energy consumption and facilitate. Additionally, advancements in home cleaning have led to sophisticated robot vacuums like the Dreame X50 Ultra Complete and Roborock S7 Max Plus, which autonomously maintain cleanliness with minimal human intervention.

Another significant development in the gadget sphere is the focus on personal health and well-being. At events like CES 2025, numerous devices were unveiled that prioritize both individual health and environmental sustainability. Innovations include advanced fitness trackers, AI-powered wellness coaches, EEG-sensing headphones, and smart textiles designed to monitor and improve health metrics. Moreover, there is a growing emphasis on eco-friendly technologies, such as battery-equipped appliances and electric vehicles, reflecting a broader commitment to planetary well-being.

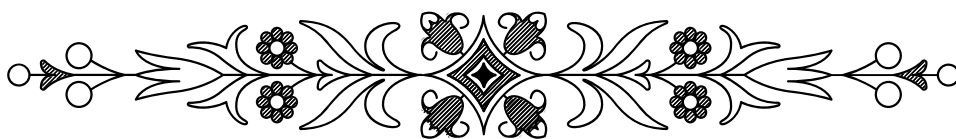
The realm of luxury gadgets has also seen remarkable entries that blend functionality with opulence. For instance, the Suunto Vertical Watch caters to outdoor enthusiasts with its robust features, while the La Pavoni Cellini Classic espresso machine offers a high-end coffee-making experience for aficionados. In the audio sector, the Beolab 28 sound system delivers exceptional sound quality, combining cutting-edge technology with elegant design. Additionally, the Lawbay C4e-e-bike and all-electric Vespa represent the fusion of luxury and sustainability in personal transportation.

The Internet of Things (IoT) continues to expand, connecting everyday objects to the internet and enabling seamless communication between devices. This interconnectedness facilitates smarter homes, where appliances, security systems, and entertainment platforms operate in harmony to provide personalized experiences. However, the proliferation of IoT devices also raises concerns about privacy and security, necessitating robust measures to protect user data and ensure safe interactions within these networks.

As technology becomes more integrated into our lives, it is crucial to consider online safety, especially for younger users. Organizations like CyberSafeKids emphasize the importance of monitoring device usage among children, advocating for practices such as supervising tablet activities, regulating online gaming exposure, and selecting age-appropriate smart watches. These guidelines aim to balance the enjoyment of technology with the necessity of safeguarding young users in the digital age.

In summary, the gadget landscape is rich with innovations that enhance convenience, promote health, and offer luxurious experiences. As these technologies become more embedded in our daily routine, it is essential to remain mindful of security and privacy considerations to fully benefit from their potential.

Sudhanshu Thakur
B.A., 1st Year



COLLEGE FRIENDSHIP : A BOND OF LIFE

College life is one of the most memorable phases of a person's journey. It is not just about academic leading; It is also about building relations that last for lifetime. Among many experiences college friendships stands out as a cornerstone of personal growth and happiness. College friendships are unique because they are formed during a transformative period in life. Moving away from home, adjusting to a new environment, and navigating responsibilities create a strong bond between individuals. These friendships are built on shared experiences, struggles, late-night study sessions, and endless conversations about dreams and aspirations. College life can be stressful, but friends provide emotional support, helping each other through academic pressure, homesickness, and personal challenges. From bunking classes to group studies, celebrating birthdays, and going on spontaneous trips, college friendships create lifelong memories. College friendships are more than just causal bonds; they shape personalities, provide lifelong lessons, and create a treasure trove of memories. Though life moves forward, and people take different paths, the friendships formed during college remain a source of joy, support, and nostalgia forever.

"College friends may take different paths, no matter where life leads, the memories and bonds remain unbreakable".....

Priyanshi Gupta
B.A., 3rd Year



GAME CHANGER: WOMEN IN SPORTS....

Sports have long been dominated by men, but women have continuously shattered barriers, proving their strength, talent and determination. From tennis legend Billie Jean King to India's boxing icon Mary Kom, female athletes have challenged stereotype and changed the perception of women in sports. Women have made remarkable progress in sports competing at the highest level and achieving global recognition. Events like FIFA, Women World Cup, ICC Women's Cricket world Cup and the Olympics have highlighted their talent. Athletes like P.V. Sindhu, Serena Williams and Megha Rapinoe have become the role models inspiring young girls world wide.

Challenges Women Still face :

Despite their achievements female athletes continue to face significant challenges:

Gender Discrimination :

Women's sports receive less media coverage, sponsorship and recognition. Pay Gap: Female athletes earn less than their male counterparts.

Lack of Supports :

Many struggle with inadequate training & funding.

Stereotype :

Social norms often discourage girls from pursuing the sports professionally. The future of women's sports: The rise of women leagues like the women's Premier league (WPL) in cricket & global campaigns like #Equal play, have increased awareness & support sports to ensure equal opportunities.

Conclusion : Women athletes and sports person are true game changers. Despite social and economic hurdles they are marching ahead breaking the social boundaries of male dominated society.

Shreya Kanwar
B.Ed., 6th Sem.

पहाड़ी खण्ड

विषय सूची

क्र.स.	रचना	रचनाकार
1	छात्र सम्पादकीय	अंशिका ठाकुर
2	पहाड़ी भाषा रा महत्व	अंशिका ठाकुर
3	पेपरा रे ध्याडे	तारुसी
4	परकी शिवरात्रि	अंजली ठाकुर
5	मंडयाली तुड़का रंगा मंझ भंग	सिमरन
6	मण्डयाली हूई सयाणया री	अंकुश ठाकुर
7	मण्डी रे मण्डयाल	रितिका ठाकुर
8	मण्डी	
9	फोना री लत बड़ी बुरी	रिया



प्राध्यापक संपादिका
डॉ. नीतू कुमारी



छात्र संपादिका
अंशिका ठाकुर

दात्रा सडुडरकीर

ऐसा डत्रिका रे तुसा सडुी डरठकां जो डेरा नडस्कार ।

डहाराजा लक्षडणसेन डहाविद्यालय सुन्दरनगर री डत्रिका ‘चिर संकल्प’ रे इस नौएँ अंका बिच तुसां रा स्वागत आ । जेड़ा सडुी रा अपना नाम हुँआ अपनी एक डछयाण हुई तेड़ी आसा री डरतृडरषा डी आसा री डछयाणी रा एक डड़ा जरूरी हिस्सा हा । असे गलाएं डोलाएं अपने विचार दसाएँ डर से जे गलाणे कने आसानी अपनी डरतृ डरषा डंझा हुई से केथी होरी नी हुंदी एक डरतृडरषा इंदीरा एक संस्कृति जो जिंदा रखने कठे तितनी ही जरूरी हुई जितनी आसा कठे आंक्सीजन । डडे दुखा री गल तेडे लगाही जेडे आजकाला रे डच्चे आपनी डरतृडरषा डोलने री शरड कराएँ । आपनी डरतृडरषा री आपनी लग डछयाण बनाने री कोशिश करनी चाहिए । दोस्तों, डहले ता आपणे घरा रे छठे डच्चया जो डहाड़ी डोलना दस्सो आजकाला रे डरता-डिता अंघेजी सिखाणे रे खातिर डिछे डरीरें हुरें । डरषा कोई डी हो सडुडान करना चाहिए । डर इंदीरा ये डतलड वी नी हुंदा की अपनी डोली डुली जाओं । आपनी डरतृडरषा रा वी डान रखणा चाहिए । हाऊँ सडुी ते एही गुजारिश कराई जिन्हें अपनी रचनाएँ ‘चिर संकल्प’ डत्रिका च डकाशित होणे जो दीती । सडुी ते डड़ी गल सडुी विद्यार्थियाँ रा डविष्य उज्जवल ते उन्नत हो ते सडुी राष्ट्रहिता बिच सहयोग करे ।

अंशिका ठाकुर
कला स्नातक, द्वितिय वर्ष

डहाड़ी डरषा रा डहतव

एड़ी क्या गुस्ताखी, क्या किती डें डुराई,
डढ़दे-लिखदे तां थे नी, डोलने गलाणे ते डी गवाई ।
एड़ी केड़ी खता होई डेरे तो जे डेरे अपने आं ही
किती डराई ।

क्या सोचदे कि कुण ही क्या गंलादी ने कुथी तो
आई हाड़ी तुआड़ी डहाड़ी, जो सारया दीती डुलाई ।
कदे हिंदी डोली, कदे डंजाबी, डेरी अंघेजी री किती
डड़ाई, ज्यादा डढ़ लिखे लगने खातिर डेरे ते डुंह
दित्या डिराई ।

डोली डरषा च तडदीली ता हुंदी आई, डर अस्सी
अपनी डोलिये दा अस्तित्व दिया डुकाई,
डचेयां जो डं बाडुए ने हिंदी ता अंघेजी ए
सिखाई ! एतां डिछडी डुराणी ही, ऐ सोच कित्थी ते
ओई !

डई एड़ा डी क्या हुआ ऐ दयाडा दित्या दिखाई,
डहाड़ा री संस्कृति री डहचान दित्ती डुकाई ।
डोटी, किन्नौरी, कांगडी, चड्ढयाली, डहासदी,
सिरडौरी, कन्नें डंडयाली इनां, सारेया दा ना हि
दित्या डुकाई ।

हर डरषा, डोली, सीखा, डढ़ा ते डोला, डर अपनी
डत दे देया गवाई ।
हा डोली री अपनी अहडियत होंदी डर डेरे डगैर
तुसां दा डी क्या डजुद ए डरई ।

अंशिका ठाकुर
कला संकाय, द्वितिय 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
फाँसी थी रजाई,

एक टुटीरी थी चारपाई बड़ा सोचया किंया भजी ये
चारपाई!

दजे ध्याड़े नोटा कने जेबा दितियां भराई सऊणी दीती
एक गाइड पाई!

पेपरा बिच जादे हि मास्टरे दितियां जेबा खाली कराई।

पेपरा बिच लिखिरे कुल अक्षर बाई।

घरा आईने बापुए पुछया बच्चा पेपर सान था कि कठन में
भी दितिया सिधा गलाई पेपर था सान।

आगो जाणो भगवान दो चार दिना बाद मार्क लिस्ट गई
आई।

तिथि अंदर हुईरी थी पूरे नम्बरा री सफाई। बापुएं
मारी-मारी नें मारी-मारी नें निंदरा दितिया गवाई।

दुजी बारी सुफने बीच ऐश्वर्या नजर नी आई। लेंदें जाओ
पैगाम बुरानी मनणा!

पढ़ाईया लखाइया रा रखना ध्यान!

तारूसी
स्नातक, प्रथम वर्ष

परकी शिवरात्रि

मण्डी री शिवरात्रि हुंदी बड़ी मजेदार,

जाएं सारे मिली कने बाजार

घूमहि पड़ला, ते खांहे कचौरी आचार।

देओ आहुये सारे, लोक लगाए जे माता रे नारे।

बड़ा देओ बैठा टारना री धारा, पूजा मण्डी सारा।

झुले लगाएं ऊंचे आपणे बैठने रा आयां मज्जा,

हंडोले पर बैठने रा आयां मज्जा,

लोका जो हुंआ मेले घुमने रा क्रेज,

देखते ओऊंदे दुरा देशा ते अंग्रेज,

राती हुंआ खुब हल्ला गुल्ला,

खाए लोक दही भल्ला,

लुच्चियां रा हुआ आपणा स्वाद,

धन्यावाद! धन्यावाद! धन्यावाद!

अंजली ठाकुर
विज्ञान स्नातक, तृतीय वर्ष

मंडयाली तुड़का

रंगा मंझ भंग

आजकाले मंडीया शिवरात्रि री जातरा लगीरि होर
मौसमें रंगा मंझ भंग पाई दीता। कालकी झे बरखा
लगीरि होर जेहडी जे शिवरात्री री जलेब निकला थी तेस
री सारी तौहर खराब करी दीती। ऐसा जलेबा री भी
आपणी ही तौहर खराब करी दीती। ऐसा जलेबा री भी
आपणी ही तौहर हुई। हर कोई आपणी हाजरी भरूरें
आपणें कल्चरा रा मजा लेते थे। हुण पतानी बरखा रे
दातया कमरूनाग होरी नराज हुई गइरे। मेला कमेटियां
जो होर भी बड़े-बड़े देओ देवते आईरे तिन्हा ते भी अर्जी
करनी चाहिदि की जे शिवरात्रि री रौनका बरकरार रहो।
नही ता देओ देवता ते लोंका रा भरोसा उठी जाना।
शिवरात्रि री रौनका होर दोओ देवताओ रे दर्शना कठे
बड़े-बड़े दुरा-दुरा ते लोक आओएं। लुची शिवरात्रि री
जातरा मंझ ही बणाहि शिवरात्रि री पहली जलेब रे चीफ
गैस्ट सुक्खू होरी थे। लोका रे मंझ मौसमें रंगा मंझ भंग
पाई दीता। ये बडी खुशिया री गल्ल हाई जे एभे भी लोक
आपणियां परम्परा जो बधिया तरीके कन्हे निभाया
कराहें।

सिमरन
बी.ए., प्रथम वर्ष

मण्डयाली हुई सयाणया री

आज तुसो आसा रे इलाके मण्डयाली बोलदे ता मिली
जाणे पर केथी, सयाणया ले। आज सिर्फ सयाणे ही
मण्डयाली बोलाएं कने आपणी संस्कृति बचादें लगीरे।
बाकी आज काला रे नौ-जबान होर बच्चे ता हिन्दी होर
अंग्रेजी ही गलांदे। एता रे सबते बड़े जिम्मेदार बच्चेया रे
मां-बाप ही है। जो जबरदस्ती बच्चेयां ने लगीरे बुलाणे,
बच्चा हिन्दी च बोल अंग्रेजी च बोल। हाऊं ता ए पूछा की
किह लगीरे बच्चयां जो आसा री संस्कृती ते दुर करदे।
जिणे दोआ मयो इन्हा बच्चयां जो आपणा बचपन कने
दोआ गलाणे आपणी मण्डयाली सचीए ही रही जाणी
इन्हा सयाणया री!



अंकुश ठाकुर
बी.ए., प्रथम वर्ष

मण्डी रे मण्डयाल

आसे हाए मण्डयाल, आसारी हाखीयां रई लाल।
जेथी खडी जा मण्डयाल, तेथी डरी जा आकाल।
लोग करी दे रहे गला, आसे करी दे कमाल।
ओ छड परे आरा, होर क्या हाल चाल।
स्कुला रे बाद हुई छुटी, आसे पुरी मौज लुटी।
ना ही फालतु री गल्ला गलादे, ना ही करदे मसकरी।
कदे बिती गया धयाडा, कदे हुई गया नयारा।
बंन्दे मिजो लगीरे नयालदे, इन्हो मेरा सहारा।
लोग खाएं काकड़ी, मेरे गावंआ रा नाओ सापडी।
लोग खाए रोटी, मेरे डाकघर ऐ बरोटी।
घर के ना घाट के, बंन्दे सरकाघाट के।

HP 28 घाटुं भाई
HP 86 धर्मपुर के वासी

रितिक ठाकुर
बी. ए., प्रथम वर्ष

मंडी

मंडी आसा हिमाचला रा सभी रा सुन्दर जिल्हा।
ऐसा बोलदा, “छोटी कांशी” भी। इथके नजारे आसा बड़े
सुन्दर लगदे। इथकी संस्कृति आसा सभी का नोखी। हर
साला आऊदे बड़े भारी लोक ऐथा घुमदे। मंडी रे शहर
पधर, जोगिंदरनगर आसा ऐसरे घूमने री जगह। इथके
लोका हुंदे बड़े भारी कामी होर साउगा होले। मंडयाली
आसा इथकी मुख्य भाषा। मंडी आसा हिमाचला रे प्रसिद्ध
जिले भीतर एक। इथके खाने री प्रशंसा होंदी पूरे देशे।
सिड्डु बाबरू-भल्ले, चणे आसा सारे हिमाचला रे प्रसिद्ध।
मंडी रा शिवरात्रि मेला आसारा एक अंतराष्ट्रीय मेला।
सारे भारता रे लोक आउदे अईआएं मेले माले। बाहरले
देशा रे लोक भी आउदे इथा। मंडी रा शिकारी देवी रा
मंदिर, कमरूनाग मंदिर, होर पराशर झील आसा
इथके प्रसिद्ध मंदिर। हर साला आउदे हजारों साबे लोक
ऐथी घुमदे होर इथके दर्शन करदे। मंडी रा सभी ते प्रसिद्ध
ऐथका री नाटी होर लुड्डी। मंडी रे लोका री आय रा साधन
आ खेती-बाड़ी, पर्यटन होर उद्योग। मंडी जिला निभांदा
हिमाचला रे विकास मे महत्वपूर्ण भूमिका।

बी.ए. प्रथम वर्ष

फोना री लत बड़ी बुरी

छोटे जो देखो चाहे बड़या जो देखो,
लगिरे चौबी घण्टे फोना पर,
पड़ी गईरी इना जो फोना री लत,
रई नी सकदे एक मिनट इदी बगैर।

औरता लगीरी या हुँई देरा-देरा तक,
खुली रा यु टयुब फेसबुक हर वक्त।

लोक लगीरे हुएं लगाने पैसे ड्रीम-11 पर
डुबी जाएं पैसे इदिरे चक्करा पर मगर।

मठिया-मठे पढ़ने रा लगाई दे भाना बोलाएं पढ़ना हुआ
फोना पर आसा।

हुंआ ज्यादातर ऐड़ा की लगीरे नुंए चलादे ज्यादातर गेमा
या लगी रे हुएं इस्टाग्राम पर डालने जो रिल्ला।

पहले यो फोन चलाएं थे अब फोन इनो चलाइ करा
भयागा ते लईने सांझा तक चाहे बजी जाए घडिया दस
आंखे डुबाई ने चिपकी ने बैठाएं बड़ी बुरी फोना री लत।

रिचार्ज नी हो फोना लंगाई इदी बगैर जिंदगी अधुरी
जितना मंहगा हो रिचार्ज करना हुई गरा जरूरी
चाहे पड़ी जाए सामाजिक संबंधा बीच दूरी।
केड़ी ये मजबूरी जरूरी या देना शरीर रो कष्ट इतना
भारी।

मैं बस इतना बोलना चाँही कम करी दो फोन चलाणा
नई ता फेरी तुसा आपणी कितिया जो पछताणा।

रिया
स्नातक, प्रथम वर्ष



संस्कृत खण्ड

विषय सूची

क्र.स.	रचना	रचनाकार
1	सम्पादकीयम्	आरती
2	अनुशासनम्	निशा
3	पातञ्जल योगसूत्र	मधु ठाकुर
4	घेरण्ड संहिता का परिचय	सुमन जोशी
5	ब्रूयात	आंचल
6	संस्कृतभाषायाः महत्वम्	निशा
7	सुभाषितानि	मधु
8	योगी का व्यक्तित्व	सुमन
9	विद्यार्थी जीवनम्	निशा
10	ऋग्वेद मंत्र	मुस्कान
11	श्रीमद्भगवद् गीता के श्लोक	आरती



प्राध्यापक संपादिका
डॉ. रंजना ठाकुर



छात्र संपादिका
आरती

सम्पादकीयम्

चिर संकल्प संस्कृत विभागे भवतां स्वागतम्।

अस्माकं संस्कृतभाषा चिरपुरातनी नित्यनूतना च भवति। अतः अस्माकं अयं संकल्पमस्ति यत् एतस्मिन् महाविद्यालय विद्यार्थिषु संस्कृत भाषा अभिरूचिं वर्धयितुम् इच्छामः। संस्कृत-भाषायाः श्रवणं, वचनं, पठनं, लेखनं च इति सर्वासु दिक्षु अभिरूचिः। एषां पत्रिका माध्यमेन छात्राणाम् अन्तः करणे प्रतिभायाः विभिन्न लेखं, कविता, श्लोकं रचनया द्वारा प्रदर्शितं कियते। पत्रिका प्रकाशने अस्माकं प्रत्यक्ष परोक्षरूपेण साहायं दत्तवद्भ्यः सर्वेभ्यः विशेषतया अस्माकं संस्कृतं विभागस्य प्राध्यापिका संपादिकायाः हार्दिक धन्यवादं करोमि। अस्माकं शान्तचित्त स्वभावशीला डॉ रञ्जना महोदयायाः धन्यवादं करोमि।

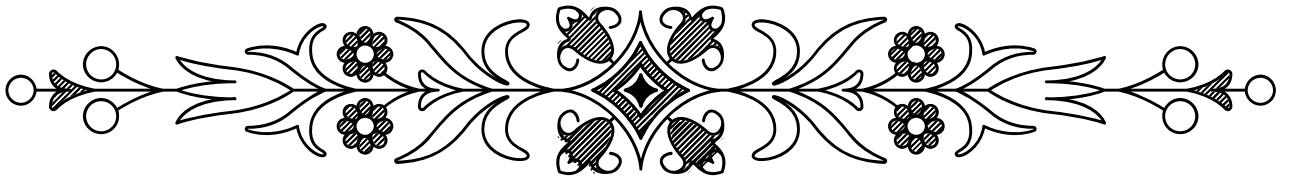
आरती
बी. एड, प्रथम वर्ष

अनुशासनम्

नियमपालनम् आज्ञापालनं वा अनुशासनं भवति। अनुशासनं जीवने परमम् आवश्यकमस्ति। परिवारे समाजे, राष्ट्रे अस्य आवश्यकता वर्तते। अस्य पालनेन उन्नतिर्भवति। यत्र अनुशासनं न भवति, तत्र कार्येषु अवनतिः भवति। नियम-पालनस्य अभावे जीवनं दुष्करं भवेत्। यथा राजमार्गेषु यातायात-नियन्त्रणाय वामतः चलनमावश्यकं नियमं वर्तते। यदि अस्य पालनं न भवेत्, तदा अनेकाः दुर्घटनाः भविष्यन्ति। यदि सर्वे जनाः स्वच्छन्दाः स्युः तदा समाजस्य स्थितिः अस्तव्यस्ता स्यात्। परिवारे एकः मुख्यः भवति। स एव अनुशासनं रक्षति। केन किं कार्यं करणीयं इति परिवारे मुख्यः जनः एव निर्दिशति। यदि सर्वे सदस्याः अनुशासनं पालयन्ति तदा सर्वाणि कार्याणि सुचारुरूपेण सम्पन्नाः भवन्ति। अस्य अभावं अव्यवस्था भवति।

अद्य छात्रेषु अनुशासनस्य अभावः अस्ति। ते न गुरोराज्ञां पालयन्ति, न च पित्रोः आदेशं स्वीकुर्वन्ति। अनुशासनाभावे च प्रतिदिनं हडतालं कुर्वन्ति। अद्य सर्वत्रैव अनुशासनस्य अभावः एव दृश्यते। भारतीय-राजनीतौ, धार्मिक-सामाजिक च न कोऽपि अनुशासनम् इच्छति। एवमेव वीथीनां नगरस्य च नियमाः भवन्ति यथा-सार्वजनिक स्थानं विकृतं न कुर्यात् अपशब्दं न वदेत् इति नियमानां पालनेन सुविधा भवति, नियमानां भग्नेन च कलहाः जायन्ते। अतः अनुशासनस्य सर्वस्मिन् क्षेत्रे विशेषतः छात्र-जीवने महती आवश्यकता वर्तते।

निशा
कला स्नातक, तृतीय वर्ष



पातञ्जल योगसूत्र

1 शौचसन्तोषतपः स्वाध्यायेश्वर प्रणिधानानि नियमाः!!

अर्थ :- शौच, सन्तोष, तप, स्वाध्याय तथा ईश्वर प्रणिधान ये पांच नियम हैं।

व्याख्या:

शौच का तात्पर्य पवित्रता से है। इसमें शरीर की आन्तरिक तथा बाह्य शुद्धि होनी चाहिए। स्नानादि से बाह्य शुद्धि तथा शुद्ध भोजन व व्यवहार आदि से आन्तरिक शुद्धि होती है।

सन्तोष - हर प्रकार के परिणाम में सन्तुष्ट हो जाना संतोष है। कर्तव्य का पालन वह फल की चिन्ता न करना सन्तोष है।

तप - अपने वर्ण-आश्रम व परिस्थित तथा योग्यातानुसार धर्म का पालन करते हुए कष्ट सहन करना तप कहलाता है।

स्वाध्याय - ऐसे वचन जो कर्तव्य व अकर्तव्य का बोध कराएँ उन्हें वेद शास्त्र, लेख भवन्नाम स्मरण स्वाध्याय प्रणिधान है।

ईश्वरप्रणिधान - ईश्वर की शरण में जाना ईश्वर प्रणिधान है। ईश्वर के नाम व स्वरूप का चिन्तन ईश्वर प्रणिधान है।

2 स्थिरसुखमासनम्॥

अर्थ-निश्चल रहकर सुखपूर्वक बैठना ही आसन है।

व्याख्या :

साधक जिस प्रकार अधिक देर तक सुगमता से बैठ सकता है वही आसन है जिस प्रकार से बैठने में पीड़ा का अनुभव हो वह साधना के उपयुक्त आसन नहीं है। चौकड़ी मार कर बैठने का भी सुखासन है। सुखपूर्वक बैठने से जिस आसन में साधना हो सके वही आसन है।

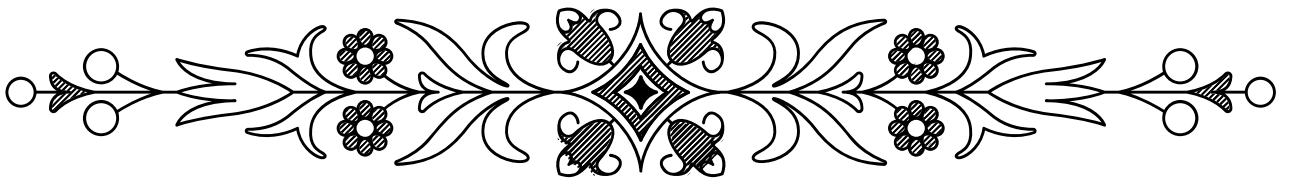
3 प्रमाणविपर्ययविकल्पनिद्रास्मृतयः॥

अर्थ- प्रमाण, विपर्यय, विकल्प, निद्रा व स्मृति ये पांच प्रकार की वृत्तियाँ हैं।

व्याख्या :

मनुष्य में पाँच प्रकार की वृत्तियाँ पाई जाती हैं। जिसमें पहली वृत्ति प्रमाण है जिससे वस्तु की प्रतीति हो वह प्रमाण है यह तीन प्रकार के होते हैं प्रत्यक्ष, अनुमान, तथा आगम। दूसरी वृत्ति विपर्यय है यह वस्तु का मिथ्या ज्ञान है। इसमें वस्तु को देखकर भ्रान्ति होती है। जैसे की-सीप देखकर रजत (चांदी) का ज्ञान होना या रज्जु देखकर सर्प का भाव होना विपर्यय कहलाता है। तीसरी वृत्ति विकल्प है केवल शब्द के आधार पर बिना हुए पदार्थ की कल्पना करना विकल्प है। निद्रा यह चौथी वृत्ति है जो वृत्ति अभाव के ज्ञान का अलम्बन करती है। यह वृत्ति निद्रा है। पाँचवी वृत्ति स्मृति है जो अनुभव किए हुए विषय का स्मरण करती है वही स्मृति कहलाती है।

मधु ठाकुर
कला स्नातक, तृतीय वर्ष



घेरण्ड संहिता का परिचय

महर्षि घेरण्ड द्वारा रचित घेरण्ड संहिता एक जनसाधारण के लिए व्यावहारिक योग पर लिखा गया साहित्य है, महर्षि घेरण्ड की इस कृति से मालूम पड़ता है कि वे एक वैष्णव सन्त रहे होंगे, घेरण्ड संहिता के प्रथम कृतियों से आज यह अनुमान लगाया जाता है कि घेरण्ड 17 वी. श. का ग्रंथ है महर्षि घेरण्ड द्वारा दी गई योग की शिक्षा सप्तांगयोग के नाम से जानी जाती है। घेरण्ड संहिता में सर्वप्रथम शारीरिक शुद्धियों की क्रियाओं की चर्चा की गई है जिन्हें षट्कर्म कहा जाता है। घेरण्ड संहिता में वर्णित षट्कर्म।

1. धौति - पेट के ऊपरी भाग और भोजन नली की सफाई।
2. वस्ति - आंतों की सफाई, जिससे शारीरिक विकार उत्पन्न न हो।
3. नेति - नाक की सफाई।
4. नौलि - पेट, गुर्दे इत्यादि का व्यायाम।
5. त्राटक - मानसिक एकाग्रता की एक विधि।
6. कपाल - भाति प्राणायाम का एक प्रकार।

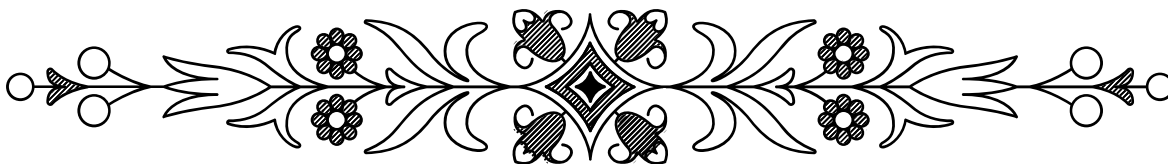
घेरण्ड संहिता के योग का उद्देश्य - महर्षि घेरण्ड अपनी योग विद्या का उपदेश तत्त्व ज्ञान की प्राप्ति के लिए करते हैं। इसमें योग को सबसे बड़ा बल बताया है। साधक इस योग बल से ही उस तत्त्वज्ञान की प्राप्ति करता है।

घेरण्ड संहिता में योग का स्वरूप - घेरण्ड संहिता में योग को सबसे बड़ा बल मानते हुए तत्त्वज्ञान की प्राप्ति के लिए इसका उपदेश दिया है। इसके योग को घटस्थ योग के नाम से जाना जाता है। इसके अध्यायो में योग के सात अंगों की चर्चा की गई है।

- | | |
|---------------|--------------|
| 1. षट्कर्म | 5. प्राणायाम |
| 2. आसन | 6. ध्यान |
| 3. मुद्रा | 7. समाधि |
| 4. प्रत्याहार | |

षट्कर्मों को हठयोग के छः अंग माने जाते हैं। शरीर शुद्धि की इन क्रियाओं को महर्षि घेरण्ड के योग का पहला आयाम माना है, इसके बाद आसनों की चर्चा की है, जिन्हें दूसरा आयाम माना है घेरण्ड संहिता में इस प्रकार के आसनों की चर्चा की है जिनसे शरीर को स्थिरता एवं दृढ़ता की प्राप्ति होती है। तीसरे आयाम के अंतर्गत वे मुद्राओं की चर्चा करते हुए महर्षि घेरण्ड ने पच्चीस मुद्राओं का वर्णन किया है जिनके द्वारा हमारे भीतर प्राणशक्ति के प्रवाह को नियंत्रित किया जा सकता है। चौथे आयाम में महर्षि घेरण्ड ने प्रत्याहार का वर्णन इस उद्देश्य के साथ किया है कि जब शरीर शांत और स्थिर हो जाए और हमारे नियंत्रण में आ जाए मन स्वतः अन्तर्मुखी हो जाएगा। पांचवे आयाम में उन्होंने प्राणायाम के अभ्यास को जोड़ा है। प्राणायाम के जितने अभ्यास घेरण्ड संहिता में बताए गए हैं, उनका सम्बन्ध मंत्रों के साथ है मंत्रों के जपने से एकाग्रता बढ़ती है, और प्राण के क्षेत्र में शक्ति उत्पन्न होती है। छठे आयाम के अंतर्गत जब ध्यान, प्राणजाग्रत हो जाए, मन अन्तर्मुखी हो जाए उसके बाद ध्यान अपने आप ही लगता है। उन्होंने ध्यान के तीन प्रकार बताए हैं। (1) बहिरंग ध्यान (2) अन्तरंग ध्यान (3) एकचित्त ध्यान, सातवें आयाम में समाधि का वर्णन किया गया है, इस प्रक्रिया को उन्होंने दूसरा नाम दिया है। “घटस्थ योग” घटस्थ योग का मतलब हुआ शरीर पर आधारित योग।

सुमन जोशी
स्नातक, तृतीय वर्ष



ब्रूयात

1. “सत्य ब्रूयात प्रियं ब्रूयात न ब्रूयात सत्यं प्रियम्।

प्रियं च नानृतं ब्रूयात एष धर्मः सनातनः॥”

अर्थ :- सत्य बोलो, प्रिय बोलो, लेकिन सत्य को छिपाकर प्रिय नहीं बोलना चाहिए और अपने प्रिय से भी सत्य छिपाकर मत बोलो। यही सनातन धर्म कहलाता है

2. कामो लोभस्तथा क्रोधो दम्भश्चत्वार इत्यमी।
महाद्वाराणि वीचीनां तस्मादेतांस्तु वर्जयेत्॥

अर्थ :- काम, लोभ, क्रोध, दम्भ ये चारों नरक के महाद्वार हैं, इसलिए इनको त्याग देना चाहिए।

3. अनित्य यौवनं रूपं जीवितं द्रव्यसंचयः।

आरोग्य प्रियसंवासो गृध्येत् तत्र न पण्डितः॥

अर्थ :- रूप, यौवन, जीवन, धन-संग्रह, आरोग्य एवं प्रियजनों का साथ ये सब चीजें कुछ समय के लिए हैं। जो विद्वान् होते हैं, उन्हें इन सब चीजों के प्रति आसक्त नहीं होना चाहिए।

4. कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूर्मा ते संगोऽस्त्वकर्मणि॥

अर्थ :- कर्म पर ही हमारा अधिकार होता है, कर्म के फल पर नहीं। हमें कर्म का फल पाने की इच्छा न रखते हुए, कर्म से दूर नहीं रहना चाहिए।

आंचल

बी. एड. कला स्नातक, प्रथम वर्ष

संस्कृतभाषायाः महत्त्वम्

संस्कृत भाषा अस्माकं देशस्य प्राचीनतमा भाषा अस्ति। प्राचीनकाले सर्वे एवं भारतीयाः संस्कृतभाषया एवं व्यवहारं कुर्वन्ति स्म। कालान्तरे विविधाः प्रान्तीयभाषाः, प्रचलिताः अभवन्, किन्तु संस्कृतस्य महत्त्वम् अद्यापि अभ्युन्नं वर्तते। सर्वे प्राचीनग्रन्थाः चत्वारो वेदाश्च संस्कृतभाषामेव सन्ति। संस्कृतभाषा भारतराष्ट्र एकतायाः आधारः अस्ति। संस्कृतभाषायाः यत्स्वरूपम् अद्य प्राप्यते, तदेव अद्यतः सहस्रवर्षपूर्वम् अपि आसीत्। संस्कृतभाषायाः स्वरूपं पूर्णरूपेण वैज्ञानिक अस्ति। अस्य व्याकरणं पूर्णतः तर्कसम्मतः सुनिश्चित च अस्ति। आचार्य-दण्डिना सम्यगेवोक्तम्-

“भाषासु मुख्या मधुरा दिव्या गीर्वाणभारती।”

अधुनाऽपि सँगणकस्य कृते संस्कृतभाषा अति उपयुक्ता अस्ति। संस्कृतभाषैव भारतस्य प्राणभूताभाषा अस्ति। राष्ट्रस्य ऐक्यं च साधयति भारतीयगौवस्य रक्षणाय एतस्याः प्रसारः सर्वैरेव कर्तव्यः। अतएव उच्चते “संस्कृतिः संस्कृताक्षिता”।

निशा

कला स्नातक, तृतीय वर्ष

सुभाषितानि

1. गुणी गुणं वेति न वेति निर्गुणो,
बली बलं वेति न वेति निर्बलः।
पिको वसन्तस्य गुणं न वायसः
करी च सिंहस्य बलं न मूषकः॥

अर्थ :- गुणी व्यक्ति गुणों को जानता है, निर्गुण नहीं जानता। बली बल को जानता है, निर्बल नहीं जानता। वसन्त का गुण कोयल जानती है कौआ नहीं जानता सिंह का बल हाथी जानता है चूहा नहीं जानता।

- (2) विचित्रे खलु संसारे नास्ति किञ्चिन्निरर्थकम्
अश्वश्चेद् धावने वीरः भारस्य वहने खरः॥

अर्थ :- इस संसार में कुछ भी निरर्थक नहीं है यदि घोड़ा दौड़ने में वीर है तो गधा ढोने में वीर होता है। अर्थात् संसार में सबका अपना-अपना महत्व है कोई भी व्यर्थ नहीं है।

- (3) आलस्य हिमनुण्याणां शरीरस्थो महान् रिपुः।
नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति॥

अर्थ :- मनुष्यों के शरीर में रहने वाला आलस्य ही उनका सबसे बड़ा शत्रु है। परिश्रम के सम्मान कोई मित्र नहीं होता जिसको करके मनुष्य कभी दुखी नहीं होता।

- (4) क्रोधो हि शत्रुः प्रथमो नराणां,
देहस्थितो देवविनाशनाय।
यथास्थितः काष्ठगतो हि वह्निः,
स एवं वह्निर्दहते शरीरम्॥

अर्थ :- निश्चय ही मनुष्यों के शरीर का विनाश करने वाला प्रथम शत्रु उनके शरीर में स्थित क्रोध है। जैसे लकड़ी स्थित अग्नि को जलाती है। उसी प्रकार शरीर में क्रोध ही शरीर को जलाता है।

मधु

कला स्नातक, तृतीय वर्ष

७. योगी का व्यक्तित्व

योग साधना करते हुए साधक के शरीर, मन बुद्धि और आत्मा पर प्रभाव पड़ता है। योग साधना से उसका शरीर स्वस्थ और मन शान्त तथा बुद्धि का विकास होता है। आत्मा अपने शुद्ध रूप को प्राप्त कर लेती है। जब हम योग साधक के व्यक्तित्व पर विचार करते हैं तो प्रश्न ये उठता है कि योगी के वे कौन से लक्षण हैं जिसे देखकर एक साधक को योगी कह सकते हैं। इस प्रश्न का उत्तर गीता में हमें इस प्रकार मिलता है।

भगवान श्री कृष्ण कहते हैं कि -

योग युक्तो विदुर्मात्मा विजितात्मा जितेन्द्रियः।

सर्व भुतात्मभूतात्मा कुर्वन्नपि न लिप्यते ॥ गीता 5/7

अर्थात् :- जो व्यक्ति योग से मुक्त हो जाता है, साधना सिद्ध कर लेता है उसकी आत्मा शुद्ध हो जाती है क्योंकि उसने सांसारिक विषयों से अपनी आत्मा को संघर्ष के साथ जीता लिया है उसकी इंद्रियां उसकी दास हो जाती हैं, इसके विपरित अवस्था में आत्मा इंद्रियों के वश में होकर विषयों के संपर्क में आ जाती है। जिसके कारण वह अपने आप को बंधन में अनुभव करता रहता है। किन्तु अभ्यास वैराग्य के द्वारा उसने इंद्रियों को वश में करके अपनी आत्मा को जीत कर पूर्ण रूप से सिद्ध कर लिया है।

युक्ताहार विहारस्य युक्त चेष्टस्य कर्मसु।

युक्तस्वप्नाव बोधस्य योगो भवति दुःखहा ॥ गीता 6/17

अर्थात् :- योग सिद्ध पुरुष का आहार व व्यवहार युक्ती हो जाता उसकी सभी चेष्टाएं और सभी कर्म तर्क संगत और कल्याणकारी हो जाते हैं, उसका जागना सोना आदि सभी चित रीति से होता है तथा योग के द्वारा उसके सभी दुख समाप्त हो जाते हैं।

उपनिषदों के अनुसार :- उपनिषदों में भी योग सिद्धि के फल को बताया गया है। योगी के व्यक्तित्व के विषय में भी कहा गया है।

लघुत्वंमारोग्यं लोलपत्वं वर्ण प्रसाद स्वर सौष्ठवं च

गन्धः शुभ्रौ मूत्रपूरीष मल्पं योगाप्रवृत्ति प्रथमा वदन्ति ॥ श्वेताश्वतरोपनिषद्

अर्थात् :- योग साधना पूर्ण हो जाने पर साधक का शरीर हल्का हो जाता है उसका शरीर निरोगी और किसी भी प्रकार की शारीरिक मानसिक व्याधि नहीं होती है उसका चित स्थिर हो जाता है शरीर कांति हो जाता है जो देखने में सुन्दर और प्रिय हो जाता है उसका स्वर मधुर तथा शरीर में विसर्जित होने वाला मल मूत्र की मात्रा कम हो जाती है, भोजन के रूप में ग्रहण किए गए प्रदार्थों को योगी अधिक मात्रा में पचा लेता है ये सभी लक्षण योगी में योग साधना की प्रारंभिक अवस्था में ही प्राप्त हो जाते हैं।

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 बुढ़ापा आता है न ही मृत्यु आती है। उसका शरीर अधिक आयु होने पर भी बलहीन नहीं होता और मृत्यु भी उसके वश में हो जाती है।

सुमन

कला स्नातक, तृतीय वर्ष

विद्यार्थी जीवनम्

भारतीय संस्कृते: वर्णाश्रम-व्यवस्थानुसारं आयुषः चत्वारः भागः सन्ति ब्रह्मचर्यं, गृहस्थः, वानप्रस्थः संन्यासः च इति। विद्याध्ययनस्य कार्यं ब्रह्मचर्याश्रमे एव भवति। प्राचीनकाले बालकाः गुरोः आश्रमं गत्वा विद्याध्ययनस्य कुर्वन्ति स्म। अध्ययनस्य कालः जीवन निर्माणस्य कालः भवन्ति। यथा भवन निर्माणाय मूलीभूतेः आवश्यकता भवति तथैव जीवनस्य निर्माणाय विद्याध्ययनस्य आवश्यकता भवति। विद्यार्थी जीवने एव सम्यक् प्रकारेण विद्याध्ययनं भवितुं शक्नोति।

यद्यपि जीवनस्य सम्पूर्णम् एव कालः शिक्षा-कालः अस्ति। बचपन कालेः शिक्षा ग्रहणं भवति। अभिभावकाः पञ्चवर्षास्थायाम् एव बालकं प्राथमिक विद्यालयेषु प्रवेशयन्ति। पाठशालायाम् शिक्षकाः एव तस्य अध्यापन कार्यः निर्वाहाः विद्यालये गत्वा बालाः तत्रत्यान् बहून् छात्रान् पश्यन्ति। बालाः अन्येषां छात्राणाम् अध्ययनं पश्यन्ति। विद्यालये छात्रा पाठशालायाः जीवनं अभ्यस्यन्ति। विद्यार्थी जीवनं बालानां वृद्धिकालः अपि अस्ति। ते अस्मिन् काले शरीरस्य बुद्धेश्च विकासं कुर्वन्ति। ये बालकाः विद्यार्थी जीवने अपि उत्तमं शिक्षां प्राप्तुवन्ति, तेषां जीवनं उन्नतं भवति। अस्मिन् समये पितॄणां इदं महत्वपूर्णं कर्तव्यं यत् ते स्व बालकानाम् अध्ययनाय प्रयत्नं कुर्युः।

निशा

कला स्नातक, तृतीय वर्ष

ऋग्वेद के मंत्र

मंत्र : ॐ “अग्निमीले पुरोहित। यज्ञस्य देव-मृत्विजम्। होतारं रत्नधातमम्।”

भावार्थ : यह मंत्र अग्नि देवता को समर्पित है, जो यज्ञ का पुरोहित, देवता और ऋत्विज (यज्ञ का संचालन करने वाला है)।

मंत्र : “अग्निमीले पुरोहिणं ज्ञान यस्य चक्षुषा ददर्श प्रजा।

भावार्थ: मैं अग्नि की स्तुति करता हूँ जो ज्ञान का पुरोहित है वह नेत्रों से प्रजा को देखता है।

मंत्र : “अग्ने यं यज्ञमध्वरं विक्षतः परिभूरीसः स इष्टेषु गच्छति”।

भावार्थ: हे अग्नि! जिस यज्ञ को मधुर और उत्तम चारों ओर से तू रक्षित करता है वह ही देवों में जाता है।

मंत्र: “अग्निर्होता कविकृतुः सत्यश्चित्रश्रवस्तमः। देवो देवेभिरा गमत्।”

भावार्थ: अग्नि यज्ञ का होता है, अग्नि बुद्धिमान और कर्मशील है, सत्य और प्रसिद्ध है अग्नि देवताओं के साथ जाता है।

मुस्कान

बी.एड, प्रथम वर्ष

श्रीमद्भगवद् गीता के श्लोक

श्लोक :- यदा-यदा हि धर्मस्य
ग्लानिर्भवति भारत ।
अभ्युत्थानधर्मस्य
तदात्मानं सृजाम्यहम् ॥

अर्थ :- जब-जब इस पृथ्वी पर धर्म की हानि होती है और अधर्म बहुत बढ़ जाता है, तब-तब मैं (भगवान) इस पृथ्वी पर जन्म लेता हूँ।

श्लोक :-
कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भर्म ते संगोऽस्वकर्मणि ॥

अर्थ :- कर्म करने मात्र में तुम्हारा अधिकार है, फल में कभी नहीं। तुम कर्मफल के हेतु वाले मत होना और अकर्म में भी तुम्हारी आसक्ति न हो।

श्लोक :-
नाहं देहो न मे देहो
बोधोऽहमिति निश्चयी ।
कैवल्यं इव संप्राप्तो न
स्मरकृतं कृतम् ॥

अर्थ :- न मैं यह शरीर हूँ न यह शरीर मेरा है, मैं ज्ञानस्वरूप हूँ, सा निश्चित रूप से जानने वाला जीवन मुक्ति को प्राप्त करता हूँ। वह किए हुए और न किए हुए कर्मों का स्मरण नहीं करता हूँ।

आरती

बी. एड. कला स्नातक,
प्रथम वर्ष

SCIENCE SECTION

INDEX

S.N.	Articles Name	Students Name
1	Student Editorial	Palak Sharma
2	Can Plants Feel Pain ? The Secret Life of Plants	Tripta Thakur
3	Aids-A Globle Health Challange	Palak Sharma
4	Theory of Creation and Destruction of Universe James Web & Big Bang	Mohit
5	India's Air Quality at a Glance	Parnika
6	Main Nasha Hoon	Akshita
7	The Energy which is not Identied yet	Ekta Thakur
8	About Science	Prerna Guleria
9	Mystery of Dark Matter and Dark Energy	Shivangi Sharma
10	Artical on Nobal Prize	Anurag Thakur
11	Marie Curie	Sanjana Sharma
12	How AI Transforming the Future Education	Tushar Sharma
13	How Math power artificial Intelligence	Parshiv
14	The Future of AI : Transforming our World	Teena Sharma
15	Black Hole	Radhika Thakur

S.N.	Articles Name	Students Name
16	Cosmos	Piyush Verma
17	Diabetes A Poem	Bharti Sharma
18	La Nina Effect	Dhriti Sharma
19	Quantum Computing : The Next Revolution in Technology	Nitya Thakur
20	Neuroscience of Learning : How to Study Smarter, Not Hader	Yash Thakur
21	Working of Motor	Rixhath Thakur
22	The Science of Tears	Tamnna Sharma
23	The Discovery of Penicillin	Taniya
24	Dark Matter	Adixa Thakur
25	History of Chemistry	Akshansh
26	Micro-Plastics in our Food Chain	Sahil Thakur
27	The Chemistry of Happiness	Nitish Thakur
28	Viral Fever	Neha Thakur



Staff Editor
Dr. Neha Sen



Student Editor
Palak Sharma

STUDENT EDITORIAL

I welcome you all to the Science Section of “CHIR SANKALP”. It is a matter of great pleasure that our college is publishing magazine this year. It is good platform for all the students to express their thought, ideas in front of readers. Such co-curricular activities broaden, explore the creative side of ours and invigorate writing skills as well.

In this science section we pay more attention to current challenges of these magazine successfully many students has put their creative though in their articles. I congratulate those contributes whose article hour found a place in this section and wish better luck next time to those whose articles could not be selected due to the limited space.

I would like to express my sincere gratitude toward the chief editor, Dr. Vinod Kumar, Associate professor (physics), and staff editor science section, Dr. Neha Sen, Assistant professor (chemistry) for their immense support and guidance to bring out this section successfully in the college magazine.

Thanks

Palak Sharma

"CAN PLANTS FEEL PAIN ? THE SECRET LIFE OF PLANTS"

When we think of living beings that feel pain, we usually imagine humans and animals. But what about plants? Can they sense harm, react to danger, or even “communicate” with other surrounding? Recent scientific studies suggest that plants might be more aware than we ever imagined.

Do Plants have feelings ?

Plants lack a nervous system and a brain like animals, so they don't experience pain in the same way we do. However researches have found that plants can detect threats, respond to injuries, and even release distress signals when under attack.

How do plants react to danger ?

- Electric signals : Just like nerves in animals, plants send electrical signal when they are cut or damaged.
- Chemical responses : Some plants release chemicals when insects start eating them, warning nearby plants to produce toxins than make their leaves taste bad.
- Sound sensitivity : Studies suggest that plants might ever “hear” the sounds of insects chewing and react by producing protective chemical.

Do plants communicate with each other ?

Certain plants use underground fungal networks, often called the “wood - wide -web(WWW)” to share nutrients and warning signals with neighbouring plants. e.g, trees can send signals to help others prepare for drought or insect attacks.

What does this mean for science ?

If plants can sense their environment and react to harm, should we rethink how we treat them? scientists are still exploring the rethink how we treat them? which could lead to new discoveries in agriculture, medicine and even spare farming in the future. Plants may not scream when we cut them, but they are far from lifeless.

Tripta Thakur
B.Sc., 1st (Med.)

AIDS-A GLOBAL HEALTH CHALLENGE

Acquired immuno - deficiency syndrome (AIDS)is a life-threatening condition caused by the human immuno deficiency virus (HIV).

Since it is an emergency it has effected millions of people worldwide, making it most serious crises of modern time. But we can take prevention and treatment for this. Now days medicals advancement have made it possible for people living with HIV to lead long and healthy lives.

Causes and Transmission

1. Unprotected sexual contact with an infected person.
2. Sharing needles or syringes.
3. Transmission from mother to child during childbirth or breast feeding.
4. Blood transfusions with infected blood.

It does not spread from : causal contact such as hugging, shaking hand, sharing utensils or insect bites.

symptoms and stages of HIV/AIDS

HIV progresses through several stages :

1. Acute infection-flu-like symptoms like fever, sore throat and fatigue appears within week of exposure.

2. Chronic HIV -The virus remains in the body but may not show symptoms for years.
3. AIDS (advanced stage) - The immune system is severely damaged, leading to life-threatening infections and disease. like tuberculosis, Penumonia and certain cancers.

Prevention and treatment

While there is no cure for HIV/AIDS, prevention and treatment have made significant progress.

- **Safe practices** : using condoms, avoiding needles sharing .
- **Pre -exposure prophylaxis (PREP)** : a medication that lowers the chances of contracting HIV for high risk individuals.
- **Antire Troviral therapy (ART)** : life saving treatment that helps HIV-positive individuals live long healthy lives by suppressing the virus.
- Regular HIV testing for early detection and treatment.

Steps towards an AIDS -free World

Through education, medical advancements and global effort, the fight against AIDS continues to make progress, by promoting awareness. Ensuring access to treatment and eliminating stigma. We can move closer to a future where HIV/AIDS is no longer threat to public health.

Palak Sharma
B.Sc., 2nd (Med.)

THEORY OF CREATION AND DESTRUCTION OF UNIVERSE JAMES WEB & BIG BANG

Every day NASA receives more data from the James web telescope and more data opens up a now discovery but not puzzling as the presence of impossible early galaxies Web has detected 15-16 strange galaxies that existed before Big bang, challenging the current understanding of the origin and evolution of universe. Most accepted explanation regarding the origin of the universe is Big-bang. It states that space time matter and energy were created when cosmos began as singularity point that erupted and expanded quickly, it is estimated that universe was formed approx 13.8 billion year ago. But after identification by James web, the discovery of massive ancient galaxy often referred as red monster which formed within 1st billion year after big bang which challenges traditional models of galaxy formation. The unexpected brightness and mass of these early galaxies have to scientists to propose several explanation. One as suggested by Roger pen rose is that the universe goes through the endless cycles of creation and destruction.

Mohit
B.Sc., 2nd (Non. Med.)

INDIA `S AIR QUALITY AT A GLANCE

Air pollution remains a significant issue in India, with several cities recording dangerously high air quality index (AQI) levels. Delhi (231), Bhayandar (208) and Ghaziabad(206) are among the worst affected, falling under the severe category ,which can have serious health impacts. In contrast shilling and Vijayapura have some of the cleanest air in the country. The AQI measures air pollution based on pollutants like PM2.5, PM10, and NO2. A satisfactory AQI(51-100) is generally safe but may cause minor discomfort for sensitive groups. Good air quality (0-50 AQI) poses no risk, While levels above 200 can lead to respiration and cardiovascular issues. To improve the air quality of Maharashtra government is considering banning petrol /diesel vehicles in Mumbai citizen at individual level may switch to public transport and reduce public transport.

Collective action towards adapting cleaner energy sources, enhancing green cover, and reducing emissions can pave the way for a healthier environment and improved quality of life.

Parnika
B.Sc., 2nd (Med.)

MAIN NASHA HOON

Main Nasha hoon...

Maine ache bhle gharon ko ujadte dekha hai,
Ek ujwal bhawishya ko, andhakaar main
doobte dekha hai,
Maine us laachar maa ke, behnte aansuon ko
dekha hai,
Maine us bebas pita ke, Chattan jaise hauslo ko
bhi bikhrte dekha hai,
Main nasha hoon maine zindgiyon ko barbad
hote dekha hai,
Maine ek nayi naveli dulhan ko vidhvaah hote
dekha hai
Main nanhe maasoom bacho ko yun anath hote
dekha hai,
Maine atoot rishton ko toot te hue dekha hai,
Maine nirasha our mayoosi ko atmahatya me
bdalte dekha hai,
Maine naujwaan ladko ko nashe ki daldal main
faste dekha hai,
Maine ladkiyon ko kuch naya try krne ki chah
main mrte dekha hai,
Maine bad bad banglo ko saree bazaar me
neelaam hote dekha hai,
Mangalsutra our kangan ko, sunaar ki dukaan pr
bikte hue bhi dekha hai,
Main nasha hoon
Maine zindgiyon ko barbaad hote hui dekha
hai,
Maine khudko logon ki nirasha ka hal bante
dekha hai,
Maine apne Karu Karu se Sudh inshani jism ko
dekha hai
Maine hosh khulte insaan ko, aakhri bar
shamshaan me jalte dekha hai,
Main nasha hoon
Maine achi khasi zindgi ko barbaad hote dekha
hai.

Akshita
B.Sc., 1st (Med.)



THE ENERGY WHICH IS NOT IDENTIFIED YET

As everyone has different and different opinions few every situation in their life. Many of the Physicians, Scientist has discovered the things and for there the things they have discovered is best.

So, we can't which decide which is the best discovery of science but, we all know that there is something which is beyond the science or some people can take it in a spiritual manner.

In science there is a theory Big Bang given by George lawarita.

ACC to him every things surrounded us or the space which is surapassed all over the world was come fours a single part. That this point was wasted, and the vacuum was spread all over. I am saying that his discovery was right or wrong.

My point of view is that maybe there was some other points also or if there was a single point whose mass was ever more smaller there the atom (acc to big bang)

Then around that point there was something some vacuum, empty space or some energy which that point hold. What was that energy ? if we think about it then it can become the best discovery of science. Because this energy holds lots of power. The power which can giverebirth to this beautiful world.

Ekta Thakur
B.Sc., 1st (Non. Med.)

ABOUT SCIENCE

Everything works,
Because of science,
Even your old,
Kitchen appliance.
What `s about your dad `s car?
Without science,
It wouldn't go far,
With science we could make,
A computer or phone,
Science will explain,
Nature and trees,
Science is also used to find cures
for disease.
Science is cool, the evidence in clear
It `s so much fun.
Enjoy it my dear.

Prerna Guleria
B.Sc., 2nd (Med.)

MYSTERY OF DARK MATTER AND DARK ENERGY

The mystery of dark matter and dark energy is one of the most intriguing and unsolved puzzles in modern physics and cosmology.

What is dark matter that does not emit absorb or reflect light making it invisible and undetectable by direct observation. Despite being invisible, its existence is inferred through its gravitational effects on visible matter, such as stars and galaxies.

Who discovered dark matter?

In 1933 Swiss -American astronomer Fritz Zwicky noticed that galaxies in the coma cluster were moving too fast to be held together by the visible mass of stars. he could the unseen matter that held the galaxies together “Dunkle Materie” or dark matter.

Zwicky worked at the California institute of technology (Caltech) when he made his discovery.

How do we know dark matter exists?

Gravitational effects

Dark matter’s gravitational influence on visible matter, like stars and gas, indicates that there more mass than we can see.

Galaxy motion

The motion of stars and gas in galaxies suggests that dark matter is presents in a “halo” around the galaxy.

What’s the significance of dark matter?

Dark matter is important for understanding the universes origin and evolved. The search for dark matter has led to scientific and supercomputer .

One particular galaxy cluster, known as the bullet cluster, provides some of the best evidence we have for the existence of dark matter. This cluster is made up of two smaller clusters that collided sometime in the past. During this collision, The hot gas interacted to produce a shock wave similar to that made by a bullet. However, gravitational leasing shows that most of the mass of the combined cluster is collected around the galaxies, not in the entire where the gas is, that provides us with the first independent measurement of how much gas and dark matter are in a galaxy cluster, where in most clusters the plasma and dark matter occupy the some regions.

What is use of dark matter?

Dark matter played an important role in the formation of galaxies and the evolution of universe. Its what pulls our bodies into earth ,and it also works over the vast distances between stars and galaxies.

What is dark energy?

Dark energy is an even more mysterious force believed to be responsible for the accelerated expansion of the universe. It constitutes roughly 68%of the total energy content of the universe.

Who discovered dark energy?

Dark energy was discovered in 1998 by two independent research arms. The supernova cosmology project, led by Saul parlmutter the high-supernova search team led by Brian Schmidt, with key contributions from Adam riess.

How was dark energy discovered ?

The team were studying distant type a supernova, which serve as “standard candles” for measuring cosmic distances. They expected to find that the universe expansion was slowing due to gravitational attraction. Instead, they found that these supernova were fainter than expected indicating that the universe `s expansion was actually accelerating.

Role of dark energy :

Dark energy plays a crucial role in shaping the universe's large-scale structure and future evaluation.

1. Accelerating the expansion of the universe
Dark energy responsible for the universe's accelerated expansion, discovered in 1998 through observations of distant supernova instead of slowing down due to gravity, galaxies are moving apart at an increasing rate.
2. Dominating the universe's energy budget
Dark matter makes up about 68% of the universe's total energy density. Dark accounts 27% and normal (Baryonic) matter only 5%.
3. Influencing the fate of universe
If dark energy continues to drive acceleration, the universe may end in a big free he, when galaxies move so far apart that star formation cease.

Shivangi Sharma
B.Sc., 1st

ARTICAL ON NOBAL PRIZE

Nobal prize

(Five in number until 1969, which a sixth was added) 1968 that are awarded annually from a fund bequeathed for that purpose by the Swedish inventor and industrialist Alfred Nobel the Nobel prizes are widely regarded as the most prestigious award given for intellectual achievements in the world. In his will he drafted in 1895, Nobel instructed that most of his fortune be set aside as a fund for the awarding of five annual prizes ***“to those who, during the preceding year, shall have conferred the greatest benefit on mankind.”*** These prizes as established by his will are the Nobel Prize for physics the Nobel Prize for Chemistry, the Nobel prize for Physiology or Medicine, The Nobel Prize for literature and the Nobel Prize for peace. The first distribution of the Prizes took place on December 10, 1901, the fifth anniversary of Nobel's death. An additional award, the Sveriges Riksbank Prize in Economic Science in memory of Alfred Nobel, was established in 1968 by the bank of Sweden and was first awarded in 1969. Although not technically a Nobel prize. It is identified with the awards. Its winners are announced with Nobel Prize recipients and the prize in Economic Science is presented at the Nobel Prize award Ceremony.

After Nobel's death, the Nobel foundation will and to administer his funds. In his will he had stipulated that four different institutions three Swedish and one Norwegian should award the prizes. From Stockholm, the royal Swedish Academy of Sciences confers the prizes for physics, chemistry, and economics, the Karolinska Institute confers the prize for physiology or Medicine, and the Swedish Academy confers the Prize for literature confers the prize for Peace. The Nobel foundation administrator of the funds and serves as the joint administrative body of the Prize-awarding institutions, but it is not concerned with the Prize deliberations decisions which rest exclusively with the four institutions.

The Selection Process

The Prestige of the Nobel Prize stems in part from the considerable research that goes into the selection of the prize winners. Although the winners are announced in October and November, the selection process begins in the early autumn of the preceding year, when the Prize-awarding institution invite more than 6,000 individuals to propose, or nominate, candidates for Prize. Some 1,000 people submit nominations for each prize and the number of nominees usually ranges from 100 to about 250. Among those nominating are Nobel laureates, members of the prize-awarding institutions themselves, scholars active in the fields of physics, chemistry, economics and officials and members of diverse universities and learned academics. The respondents must supply a written proposal that details their candidates, worthiness of self-nominee. Prize proposals must be submitted to the Nobel committee on or before January 31 of the award year.

Anurag Thakur
B.Sc., 1st

MARIE CURIE

Early life :

Marie curie was born on 7 November 1867. Her early life was full of hardships and Hard work despite all challenges she never left her love of learning. she went to flying university, a secret institute where woman were offered to study. After that she enrolled in Sorbonne, where she met her future husband pierre curie.

Discovery :

- Marie and pierre curie collaboration led to most significant scientific discovery. They discovered radioactive elements polonium and radium, this led to deeper understanding of structure of atom and nature of radiation.
- There research also lead to development of mobile X-ray units during World War I. These were used to treat wounded soldiers and revolutionised in the field of medicine.

Nobal prizes

She was first woman to win Nobal Prize and first person to win two Noble Prizes in different field. (Physics in 1903 and Chemistry in 1911). Marie Curie was awarded the Nobal Prize in Chemistry, alone for her work on isolation of pure radium.

Later years

Marie curie died in 1906 and Marie curie continued to work tirelessly. She established the curie institutes in Warsaw and Paris, which remain major centers for medical research. Marie curie passed away on July 04, 1934 due to complication from radiation exposure. Her legacy, lives on inspiring future generations to pursue career in Science, Technology, Engineering and Mathematics (STEM).

Sanjana Sharma
B.Sc., (Non. Med.)

HOW AT TRANSFORMING EDUCATION THE FUTURE EDUCATION

With the evolution of technology, Artificial intelligence (AI) is revolutionizing education in ways either to unthinkable AI is not a distant vision anymore but a real world tool that is transforming the way we learn, teach and interact in class rooms, AI is set to make education more efficient, accessible and personalized to each learner. Personalized learning with AI-perhaps the greatest influence of AI in education is the greatest influence of AI in education is the potential to provide customized learning experiences software such as New ton and Dream works applies AI to trailer lesson, plans and tests providing feedback in real time and adjusting difficulty according to student's performance. This customized method has been proven to enhance student participation and academic performance. The bill and Melinda gates foundation research points out that adaptive leaning speeds and learning styles.

A Mckinsey E1 company report in 2022 discovered that educators could save up to 13 hours of time per week by using air tools, freeing up more time for them to cultivate creativity and critical thinking among students. A 2021 Ed tech magazine study indicates that AI based application can revelation how students engage with learning content, providing more hands -on interactive experiences with better retention of learning and understanding.

conclusion.

AI is transforming education by making it more personalized, accessible and efficient personalized, of lesson based on specific needs, the automation of clerical tasks, and improving the inclusive of classroom are only a few among the numerous advantages of AI. But we must processed with caution where data privacy is concerned and finding the right equilibrium between technology an human touch. Looking ahead ,AI will shape education even further, allowing opportunity to enhance the learning experience so that all learners are engaged and made a greater impact.

Tushar Sharma
B.Sc., 2nd (Non Med.)

HOW MATH POWERS ARTIFICIAL INTELLIGENCE

Artificial intelligence (AI) is transforming the world from self-driving cars to virtual assistants. But behind its intelligence lies a strong foundation in mathematics. AI relies on key mathematical concepts such as linear algebra, calculus, probability and optimization to process data, recognize patterns, and make decisions. Let's explore how maths power AI.

How AI uses linear

- **Image recognition** : Digital images are represented as matrices of pixel values. AI algorithm processes these matrices to detect objects, faces and patterns.
- **Neural networks** : AI models store information in layers of neurons, which are represented as matrices.
- **Recommendation system** : Services like Netflix and Spotify use matrix factorization to suggest content based on preferences.

How calculus helps AI learn

- **Optimization** : AI models need to minimize errors while making predictions. Gradient descent, a method from calculus, helps adjust model parameters to reduce errors.
- **Back propagation** : Neural networks use derivatives to fine-tune their weights, ensuring better accuracy in recognizing patterns.
- **Probability and statistics : making smart decisions** : AI makes predictions and decisions based on data which requires understanding probability and statistics.

Key application in AI

- **Spam detection** : AI analyzes email content and assigns a probability of whether a message is spam.
- **Speech and language processing** : Chat bots and virtual assistants like Siri and Alexa use probabilistic models to understand and generate human language.

Medical diagnosis : AI calculates probability of a disease based on symptoms. Medical history and test results.

AI constantly seeks the best solutions from large sets of possibilities. Graph theory, a branch of mathematics that studies networks, is essential for AI systems that deal with relationships and connections and fraud detections. Without maths, AI wouldn't exist.

Parshiv

B.Sc., 2nd (Non Med.)

THE FUTURE OF AI : TRANSFORMING OUR WORLD

Artificial intelligence is revolutionizing industries, from health care and education to automation and entertainment. AI-powered tools enhance medical diagnostics, personalize learning, and streamline everyday tasks. While AI creates new job opportunities, it also raises ethical concerns like data privacy and job displacement. The future will see AI working alongside humans, improving efficiently and innovating.

However, responsible development and ethical regulation are crucial to ensuring AI benefits society. As AI advances, its impact depends on how we harness its potential whether to create a better world or face unforeseen challenges.

Teena Sharma

B.Sc., 2nd (Med.)

BLACK HOLE

Black holes are one of the most fascinating and mysterious objects in the universe. Formed when massive stars collapse under their own gravity.

They have an intense gravitational pull that even light cannot escape. Scientists study black holes to understand space, time and the nature of reality.

Recent discoveries, like the first ever black hole image, have deepened our knowledge, while they remain a cosmic enigma, black holes continue to unlock secrets about this universe and its origins.

Radhika Thakur

B.Sc. 2nd (Med.)

COSMOS

The word cosmos which means universe, where we live. The study of universe is called cosmology. Father of cosmology is Acharya kapil. So you might have think at some point of time in your life that how this universe is formed. So these are different theories given by different scientist but most accepted theory was big bang theory, you might have heard about this thing before. Let us explore a little more about it. It was given by Georges lemaitre in 1927. According to this theory the whole universe is formed from a smattatom which have vey high density and temperature and expanding till date. Although initial rate of expansion is more than the current rate of expansion. So this is how our universe is formed. In this universe there are many galaxies which exact number cannot be determined. so we live in milky way galaxy, so this thing you might know. Let me tell you something else. So there are almost 200-400 billion stars, making it just one of billion of galaxies in the observable universe.

Interesting ? The near galaxy to us in 4.5 billion year from now. In the cosmic dance of stars and galaxies, we find ourselves swept up in a majestic, ever unfolding tapestry of space and time.

Piyush verma
B.Sc.,

DIABETES A POEM

Drinking a lot
Peeing a lot
Is it my body
Or the weather is hot?

Go to the doctor, people say
May be I can wait another day
I don't like hospitals anyway
What still need to know if I am okay.

So, it seems to that my pancreas is lazy
Don't say diabetes, It drives me crazy
Sugar diabetes, I detest you
You made my vision and life hazy.

Testing blood sugar is not fun
Day after day, I am never done
How to know what to eat?
While my sugar continue to jump and run.
Feeling locked may be I am "low"
And when "high" I am tired and slow
My beta cells are on strike

They permanently cut the insulin flow.

Tell me pharmacist: is this number a price or date?
Paying for insulin, Something I hate
So expensive, and no one cares
Diabetes doubt, is a pricey fate.

Insulin pumps can talk to I Phone
Continuous sensors can detect the ketone.
If the technology is so advanced
Why would `t it make a beta cell done?

Despite a diagnosis harsh and dure
I remain positively sure
Science will concur the despair
And one day we will have a cure

Bharti Sharma
M.Sc., 4th Sem.

LA NINA EFFECT

La Nina is the part of the El-Nino-southern oscillation (ENSO) cycle. So ENSO has three phases. El Nino an natural. La Nino is the cool phases as compare to El Nino`s warm phase.

La Nino involves the cooling of sea surface temperature in the central and eastern tropical pacific over. That cooling effects atmosphere circulation, Which in turn influence weather patterns globally. Which includes typical regions affected like Australia, southeast Asia, south America and north America.

It is reacted to stranger-than-normal trade winds that push warm water west word, leading to the up owelling of cooler water off the west coast of south America. This contrasts the El Nino where trade winds weaken. Then the effects. For example in the America, La Nino can lead to wetter conditions in the Northern parts and arier in the South, India rescues normal or above-normal rainfall during the monsoon season. Yet the same phenomenon causes brought in Africa and intersifies hurrcanes over the aclantic ocean.

La Nina usually forms during the pre-monsoon or monsoon season. However, In 2024 it has been usually delayed, with Nino index hovering at -0.3°C

If La Nino forms is would bring the following:-
Cooler winters in Northern India.
Stronger monsoon in summer 2025.

Dhriti Sharma
B.Sc., 2nd

"QUANTUM COMPUTING : THE NEXT REVOLUTION IN TECHNOLOGY"

In the fast-evolving world of technology quantum computing stands out as a ground breaking innovation. Unlike classical computers, which process information using bits (0s and 1s,) quantum computers use qubits, which exist in multiple states simultaneously. This allows quantum computers to perform complex calculations at speeds unimaginable with current technology.

What makes quantum computing special ?

Quantum computers operate based on the principles of superposition and entanglement.

- **Superposition** : A qubit can be both 0 and 1 at the same time, unlike classical bits. This means quantum computers can handle multiple calculations at once.
- **Entanglement** : When two qubits are entangled, changing one instantly affects the other. This enables incredibly fast communication and problem solving.

Quantum computing has the potential to revolutionize various fields, including.

Drug discovery and healthcare - Quantum simulations can help design new drugs and understand diseases at the molecular level, leading to faster treatments.

Artificial intelligence (AI) - Quantum algorithms can significantly speed up machine learning process, leading to smarter AI systems.

Climate science and weather prediction - Quantum models can process vast amounts of climate data to improve weather forecasting and climate change predictions.

Conclusion :

Quantum computing is not just an improvement in technology-it's a paradigm shift. While still in its early stages, it has the power to redefine industries and scientific research. As advancements continue, the dreams of practical, large-scale quantum computers may soon become a reality, opening doors to possibilities we can only imagine today.

Nitya Thakur
M.Sc., Chemistry

NEUROSCIENCE OF LEARNING : HOW TO STUDY SMARTER, NOT HARDER

Unlocking the Brain's secrets to effective learning :

Have you ever spent hours studying only to forget everything the next day? Science has an answer for that. Neuroscience reveals that studying effectively isn't about spending more time with your books but about using the brain's natural learning processes to your advantage.

How your brain learns

The brain learns by forming connections (Synapses), Strengthening them with repetition and consolidating knowledge during sleep. Key brain regions like the hippocampus (Responsible for memory formation) and the prefrontal cortex which helps with focus and decision making) play crucial roles in learning Science-Backed study Techniques.

1. Spaced Repetition : The power of forgetting instead of cramming, Spread your study sessions over days or weeks. Research shows that reviewing information at intervals strengthens memory retention. Apps like Anki and Quizlet use this principle to help students retain knowledge effectively.

2. Active recall : Test yourself, Don't just read notes passively as it is ineffective. Instead quiz yourself regularly. Studies show that actively retrieving information helps reinforce neural connections, Making it easier to recall later.

3. Interleaving : Mix it up switching between different topics during study sessions, Rather than focusing on just one it has been shown to improve problem solving skills and deeper understanding. This technique forces the brain to differentiate between concepts, strengthening memory.

4. The role of sleep : Your brain's best study partner neuroscience proves that sleep is essential for memory consolidation. Pulling an all-nighter may seem productive, But it actually weakens memory recall.

5. The Pomodoro technique : work with your brain, not against it. The brain learns best in focused bursts. The brain learns best in focused bursts. The pomodoro technique (25 minutes of studying followed by a 5 minute break) aligns with the brain's natural attention span, Reducing mental fatigue and boosting productivity.

Conclusion :

Work smarter, Not harder by understanding how the brain process information, Students can make learning more efficient and enjoyable.

So next time you sit down to study, Remember your brain isn't a muscle to be overworked it's a powerful machine that thrives on smart science based strategies!

Yash Thakur
M.Sc., 4th Sem.

WORKING OF MOTOR

The working of a motor, particularly an electric motor involves the conversion of electrical energy into mechanical energy through the interaction of magnetic fields and current carrying conduction. Below is an overview of how an electric motor works.

1. Basic principle

- **Electro magnetic :** The fundamental principle behind the operation of an electric motor is electromagnetic induction. When an electric current passes through a conductor usually copper wire it generates a magnetic field around the conductor.
- **Force on a current carrying conductor :** According to Lorentz's law, When a current carrying conductor is placed in magnetic field, it experiences a force called the Lorentz.
- **Force and torque :** This interaction between the magnetic field generates a force on the coil which results in the coil generating torque causing it to rotate.
- **Commutator and Brushes :** In DC motors a commutator (a rotating switch) and brushes ensure that the direction of current in the coil is reversed at the appropriate time keeping the motor spinning in the same direction.
- **Rotation :** The torque generated makes the motor (The part of the motor that spins) rotate powering whatever mechanical work the motor is connected to, Such as a fan pump or conveyor or belt.

Rishabh Thakur

THE SCIENCE OF TEARS

Sometimes they come at the most inopportune moment, Perhaps while watching a sad movie or thinking about the loss of a loved one, you begin to feel your eyes fill with water and then tears seeping from your eyes down your face. What are these droplets of water coming from your eyes and why do our eyes cry when we are emotional or experiencing pain? Scientists are interested in mystery as to why at all.

For centuries, people have wondered where tears come from, and our early ancestors originally believed they came from the heart. Hippocrates later proposed that tears were triggered from the brain. In the 1600s it was believed that the feeling of love heated the hearts and produced droplets of water vapour as a mechanism of cooling itself. This water vapour would then travels and condense in the eyes and leave the body as tears. Because of the Danish scientist, Niels Stensen, we now know that tears come from the lacrimal glands located on the outer side of each eye, slightly above the eye and underneath the eyelid. Lacrimation is the process of shedding tears from our lacrimal glands that are not triggered by emotions. your lacrimal system is like the plumbing system for your eyes. These glands produce tears by filling your eyes and excrete these tears by blinking, Causing the tears to spread Across your eyes or run down your face. Scientists have classified three types of tears based tears, reflex tears and emotional or psychic tears. Basal tears serve as a protective barrier between our eyes and the environment and work to keep our eyes lubricated. Reflex tears are used to cleanse the eyes of debris. Emotional tears are released in response to feelings and are triggered to help stabilize a person's mood, heart rate and breathing in response to strong emotions such as stress happiness, anger sadness ans pain and breathing in response to strong emotional tears contain protein based emotional tears contain protein based hormones and leucine enkephalin, the latter being a natural painkiller that may be responsible for "feel good" feeling we may experience after having a good cry.

Tamnna Sharma
B.Sc., 1st year

THE DISCOVERY OF PENICILLIN

Alexander Fleming's ground breaking discovery of penicillin in 1928 revolutionized the field of medicine. Fleming a Scottish biologist and pharmacologist, Was working in his laboratory at st. Mary's Hospital in London when he stumbled upon something extraordinary.

The accidental discovery

On September 3, 1928, Fleming returned to his laboratory after a two-week vacation to find that one of his bacterial cultures, staphylococcus aureus, Had been contaminated with a mold. To his surprise, The mold had killed off the surrounding bacteria. Flemings curiosity was piqued, and he began to investigate further.

Isolating penicillin

Fleming isolated the substance responsible for the antibacterial effect, which be named penicillin. He realized that penicillin had the potential to be a powerful antibacterial agent and began experimenting with it. Fleming's discovery marked the beginning of a new era In medicine.

A New Era In medicine

Penicillin went on to save countries lives and paved the way for the development of modern antibiotics. Fleming's discovery was a testament to the power of observation and the importance of curiosity in scientific research. His work on penicillin earned him the Nobel in physiology or medicine in 1945, which he shared with learnt Boris chain and Howard walter florey.

Taniya
B.Sc., 1st (Non Med.)

DARK MATTER

When we look at the night sky or outer space, We see darkness more than anything else. It seems, the universe mostly empty without anything in between the stars and galaxies.

But what look like empty space, is really empty? or is there something hiding behind our plain sight?

In year 1933, An astronomer Fritz Zwicky found that the total mass of the stars in the cluster provided only 1% of the mass needed to keep the galaxies gravitationally bound to the cluster. So where does the remaining 99% of the mass come from? This leads to existence of one of the greatest dark matter. Also known as invisible architect of the universe. Unlike ordinary matter, it does not emit & Absorb or reflect light, Making it undetectable by traditional telescope. Yet its presence is undeniable. Approximately, 85% of the total universe is composed of dark, and it greatly influences the behavior of galaxies and space.

The primary evidence for dark matter comes from its gravitational effects. Without it galaxies would not have enough visible mass to generate the gravity needed to keep their stars from flying apart observation of galaxy rotation curves, gravitational lensing (where light from distant object bends around invisible mass) and cosmic microwave background radiation all point to the existence of dark matter. But exactly is dark matter?

One question multiple response.

One leading hypothesis suggests it is composed of weakly interacting massive particles (WIMP), Which interact only through gravity & weak nuclear force. Another candidate is axions, extremely physics problem some researches even propose modification to gravity itself as an attractive explanation. Despite decades of research, Dark matter remains elusive. Understanding. It could revolutionize physics, shedding light on true nature of the universe and possibly leading to ground discovery in particle physics & cosmology. The search continues & with each new experiment, we come closer to unraveling of the forecast cosmic mysteries.

Adixa Thakur
B.Sc., 2nd (Non Med.)

HISTORY OF CHEMISTRY

The history of chemistry represents a time span from ancient history to the present. By 1000 BC, Civilizations used technologies that would eventually form the basis of the various branches of chemistry examples include the discovery of fire, extracting metals from ores, Making pottery and glazes, fermenting beer and wine, Extracting chemicals from plants for medicine and making alloys like bronze.

The history of chemistry is intertwined with the history of thermodynamics, especially through the work of Willard Gibbs.

Medieval Alchemy

The elemental system used in medieval alchemy was developed primarily by the Persian or Arab alchemist Jabir ibn Hayyan and was rooted in the classical elements of Greek tradition. His system consisted of the four classical elements of air, earth, fire, and water in addition to two philosophical elements; sulphur characterizing the principle of combustibility, "like stone which burns" And mercury, Characterizing the principle of metallic properties. They were seen by early alchemists as idealized expressions of irreducible components of the universe and are of larger consideration within philosophical alchemy.

17th And 18th Centuries: Early Chemistry

Practical attempts to improve the refining of ores and their interaction to smelt metals was an important source of information for early chemists in the 16th century, among them Georg Agricola (1494-1555), Who published his great work *De Metallica* in 1556, His work describes the highly developed and complex processes of mining metal ores, Metal extraction and metallurgy of time, his approach removed the mysticism associated with the subject, creating the practical base upon which

other could build, The work describes the many kinds of furnace used to smelt and stimulated interest in minerals and their composition it is no coincidence that he gives numerous references to the earlier author, Pliny the elder and his natural history. Agricola has been described as the "Father of Metallurgy" and the founder of geology as a scientific discipline.

19th century

Throughout the 19th century, Chemistry was divided between those who followed the atomic theory of John Dalton and the energetic, Such as Wilhelm Ostwald and Ernst Mach, Although such proponents of the atomic theory or Amedeo Avogadro and Ludwig Boltzmann made great advances in explaining the behavior of gases, This dispute was not finally settled until Jean Perrin's experimental investigation of Einstein's atomic explanation of Brownian motion in the first decade of the 20th century.

20th century

In 1903, Mikhail Tsvet invented chromatography, An important analytic technique, In 1904, Hammar Nagaoka proposed an early nuclear model of the atom, Where electrons orbit a dense massive nucleus. In 1905, Fritz Haber and Carl Bosch developed the Haber process for making ammonia, A milestone in industrial chemistry with deep consequences in agriculture, The Haber process. Or Haber- Bosch process, combined Nitrogen and Hydrogen to form Ammonia in industrial quantities for the production of fertilizer the food production for half the world's current population depend on the method for producing fertilizer. Haber along with Max Born, proposed the Haber cycle as a method for evaluating the lattice energy of an ionic solid.

Akshansh
B.Sc., 1st year

MICRO- PLASTICS IN OUR FOOD CHAIN

Plastic pollution is one of the most pressing environmental concerns of our time, But its impact goes beyond what we see. While large plastic waste is a visible problem, tiny plastic particles known as micro- plastics less than 5mm in size - are silently infiltrating our food chain. These micro-plastics are now being detected in seafood. Drinking water, fruits, Vegetables and even the air we breathe, raising serious concerns about their potential effects on human health.

Micro plastics enter our food chain through multiple sources. In oceans, Plastic waste breaks down into microscopic fragments. Which are consumed by marine life eventually making their way to our plates containers and wraps, Can shed tiny particles into food. Additionally micro plastics are present in agricultural soil due to polluted water sources and synthetic fertilizers.

Research suggests micro plastics may contain toxic chemicals like BPA and Phthalates, Which can disrupt hormones and metabolism they may also cause inflammation harm gut bacteria and accumulate in organs are still studying their full impact, The risks are concerning. To combat this growing issue, Individual and community can take steps to minimize micro plastic exposure reducing plastic consumption by using reusable bags, bottles, And containers is an important start choosing fresh unpackaged food over heavily plastic wrapped products can also help. Filtering drinking Water with high-quality filters may reduce micro plastics intake. On a larger scale, supporting policies that regulate plastic production and waste management is essential for long-term change. Raising awareness about the dangers of micro plastics can also encourage collective action towards a more sustainable future.

Sahil Thakur
M.Sc., 4th Sem.

THE CHEMISTRY OF HAPPINESS

Everyone's searching for happiness. Trying to balance their personal & work life in way to maintain their perfect life balance. But what actually happens when we're actually happy it isn't just an abstract feeling-it's a complex biochemical process influenced by various Neuro-transmitter and hormones.

At its core happiness is also chemistry, A delicate dance of molecules in our brain, shaping how we feel.

Dopamine : The thrill of Achievement

Ever felt that surge of joy when you aced an exam or that feeling of superiority when you beat all your friends in a game. You still try to appear humble but that feeling is there in every body. That's the work of dopamine and your brain's way of rewarding you. It tells you that the thing you just did felt good, Let's do that again.

But here's the catch-chasing quick dopamine hits like endless social media scrolling or junk food, can trick our brain into craving short-term pleasures over long term achievements.

Serotonin : The Mood Stabilizer

If dopamine is the thrill of chase then serotonin is the quiet satisfaction of a meaningful conversation with someone or the calmness you feel while listening to Arijit Singh Songs. It keeps our mood balanced & helps us feel emotionally steady&its low level can leave us feeling down.

Endorphins :The Natural Painkillers

Ever laughed until your stomach hurt? or broke your pull-up record during a workout & felt amazing after words there's a sort of tingling feeling you get in your muscles after that. That's the work of endorphins. It is released to ease discomfort and replace it with a sense of euphoria. It also teaches us that the human body is designed to keep improving, To keep getting better.

Oxytocin : The Bonding Hormone

Then there's oxytocin, one of the more famous hormone, Mainly due to it being known as the love hormone. Its called so because in most conditions you need other human beings for it to be released. It is associated with social bonding, Love & Trust it is released during physical touch, Such as hugs & plays a role in forming emotional connections, reducing stress & promoting feelings of security.

How to be happy

Eat healthy, exercise often and go on walks. That's what most people say when you ask them about it and for the most part they are not wrong. All those things do play a role.

But happiness is really like chemistry. It looks cool and easy from after but once you get close enough you realize that there are many aspects of it, you never really saw before and all that can really overwhelm you. And to be honest, there isn't much you can about it being hard. But you can practice regularly, learn from your past mistakes and focus on the little things and that does make a difference. And whenever you come across a new problem which you cannot seem to solve, Do not be afraid to ask for help, Asking for help doesn't mean you're any less smart or any less capable than anyone else. It just shows that you prioritize solving the actual problem and learning from it rather than letting your pride hold you back. That's how you get good at chemistry, Right?

Nitish Thakur
M.Sc.

VIRAL FEVER

Viral fever is a common illness caused by viruses. When a virus enters in our body, our immune system fights back by raising our body temperature. It is called “viral fever” because the fever happens due to a virus, not because of something like bacteria or injury. Many different viruses can cause fever, like the flu or the common cold. Viral fever can spread easily from one person to another, Especially through coughs, sneezes or touching things with germs on them.

Symptoms of viral fever

Viral fever symptoms depend upon the types of viral infections some of the general symptoms of viral fever include .

- Higher body temperature (99° F to 103.25° F, 37.25° C to 39.5° C)
- Frequent chills with shivering or shaking.
- Headache (Pain in any region of the head)
- Sore throat (Pain or irritation of the throat)
- Runny nose (Rhinorrhea)
- Muscle pains (Myalgia)
- Sweating (Perspiration)
- Appetite loss.
- Dehydration.

Causes of viral fever :-

The main categories of viruses that cause fevers are.

1. Respiratory viruses (spread through air or droplets)
Influenza virus (Flu)- Causes high fever, body aches.
Rhino virus (common cold)- Milder but can cause low grade fever.
2. Mosquito- borne viruses (spread through mosquito bites)
dengue virus - causes high fever, severe body pain.
Chikungunya virus - Triggers fever and severe joint pain.
Yellow fever virus - can cause liver damage.
3. Gastrointestinal viruses (Spread through contaminated food /water)
Rota virus - Dehydration.
Noro virus - Causing vomiting diarrhea.
Adeno virus - Cause respiratory infections.

Treatment of viral fever

Viral fevers don` t require any specific treatment. Unlike bacterial infections, they don` t respond to antibiotics. Instead treatment usually focuses on providing relief from symptoms. Common treatment methods include. Taking over-the-counter fever reducers, such as acetaminophen or ibuprofen, to reduce fever and its symptoms.

- Resting as much as possible.
- Drinking plenty of fluids to stay hydrated and replenish fluids lost while sweating.
- Taking antiviral medications, such as oseltamivir phosphate when applicable.
- Sitting in a lukewarm bath to bring your body temperature down.

Home remedies for fever

1. Cold water shower or bath
2. Drinking water and juices
3. Turmeric powder
4. Mint tea, Ginger
5. Adequate rest
6. Use of basil leaves
7. Avoid intake of heavy and spicy food.

COMMERCE SECTION

INDEX

S.N.	Articles Name	Students Name
1	Student Editorial	Minakshi Aggrwal
2	Social Commerce : How Social Media Is Driving Sales	Divya
3	Why should we study Commerce	Sumit Negi
4	Sustainable Business Practices : The future of Commerce	Muskan
5	E-Commerce and E-Business	Anjali
6	The Role of International Trade in Economic Growth	Ram Gautam
7	The Future of Digital Payments : UPI, Cryptocurrency and Beyond	Dhara
8	The Role of Chatbots in Customer service and E-Commerce	Manvi
9	The Role of Artificial Intelligence in Commerce	Shivani
10	The Rise of E-Commerce	Bharti Sharma
11	Why Human Intelligence is better than AI	Minakshi Aggrwal
12	Accounting Quotes	Minakshi Aggrwal



Staff Editor
Dr. Latesh Kapoor



Student Editor
Meenakshi

STUDENT EDITORIAL

Dear Readers,

The future of commerce leads to adopting to a changing world. It has always been the backbone of civilization, constantly evolving with technological advancements and shifting consumer behavior. As students entering this Dynamic World, we stand on the edge of commerce revolution driven by digitalization, Artificial Intelligence, and sustainability. The future of commerce is not just about buying and selling, its about innovation, ethics and adaptability.

To unveil this section of our college magazine “Chir Sankalp”, I, Minakshi Aggrwal the Student Editor would like to welcome you all to this section. To all the readers and writers we appreciate you with the depths of our being.

I would like to express my utmost gratitude towards the Staff Editor, Commerce section, Dr. Latesh Kapoor for bringing out this section successfully.

Minakshi Aggrwal
B.Com. 3rd year

SOCIAL COMMERCE HOW SOCIAL MEDIA IS DRIVING SALES

The rise of social media has revolutionized the way businesses interact with consumers. Social commerce, the practice of selling products directly through social media platforms, has become a powerful tool for brands looking to boost sales and engage with their audience. With billions of users active daily on platforms like instagram, Facebook, Tik Tok and Pinterest, businesses can bop into a vast market and provide a seamless shopping experience. The growth of social commerce has grown significantly in recent years, driven by technological advancements and changes in consumer behavior. Social media drives sales with seamless shopping experience, influences marketing, user-generated content, reduces fiction in the buyer’s journey, increasing conversion rates. It increased brand awareness, higher engagement rates, cast-effective advertising and better customer insights. Social commerce faces challenges like-platform dependence, trust issues and competition. So, social commerce is set to become an even mare integral part of the digital retail landscape. Business that embrace this trend will be better positioned for success in the future of commerce.

Divya
B.Com. 2nd Year

WHY SHOULD WE STUDY COMMERCE

In today's dynamic business driven world, a strong foundation in commerce is not just beneficial but essential. A comprehensive commerce education provides a deep understanding of core business principles and practices, equipping individuals with a versatile skills for professional success. Beyond theoretical knowledge, it actively cultivates critical thinking, analytical, and problem solving skills. Further more, studying commerce enhances communication, teamwork, and leadership abilities which are highly valued in any industry.

This education opens up diverse career opportunities in finance, banking, accounting, marketing, and management. It also paves the way for entrepreneurial ventures, consulting, roles and positions within government agencies.

Choosing to study commerce, is a pivotal-step towards a successful and rewarding career in business world.

Sumit Negi
B.Com., 2nd Year

SUSTAINABLE BUSINESS PRACTICES : THE FUTURE OF COMMERCE

Sustainable business practices are becoming essential for the future of commerce. As consumers prioritize environmental responsibility. Companies must adopt strategies that reduce waste and promote ethical sourcing. By implementing recycling programs and optimizing supply chains, businesses can minimize their ecological footprint. Additionally, sourcing material from responsible suppliers ensures fair labor practices and protects natural resources. Transparency in sustainability efforts builds trust with customers, enhancing sustainable practices is not just a trend; it is crucial for long-term success and a healthier planet, positioning businesses favorably in an increasingly eco-conscious market.

Muskan
B. Com., 2nd Year

E-COMMERCE AND E-BUSINESS

E-commerce is the use of internet platform to carry out business transactions. It entails digitalization of all business activities, between an organization and its customers or clients. On the other hand, E-business refers to digitalization of transactions and processes within an organization.

In the contemporary business environment, e-commerce and e-business have become critical elements of organizations strategies. The rationale is that they act as catalysts for improved financial performance.

By adopting internet and web technologies, a business that has a competitive advantage over rivals will be able to revolutionize business relationships within an organization.

As such, the use of internet & web to conduct business activities leads to improved performance, increased customer involvement, reduced operational costs and enhanced customization.

It analyzes ways in which businesses have benefitted from internet and web technologies.

Anjali
B.Com., 2nd Year

THE ROLE OF INTERNATIONAL TRADE IN ECONOMIC GROWTH

International trade plays a key role in economic growth by enabling countries to exchange goods, services, and resources efficiently it allows nations to specialize in industries where they have a competitive advantage, leading to higher productivity and innovation. Trade increases market opportunities for business, creating jobs and boosting incomes. Additionally, It promotes access to advanced technology and knowledge transfer between countries. Government implement trade policies, such as free trade agreements and tariffs, to regulate international commerce.

Ram Gautam
B.Com., 2nd Year

THE FUTURE OF DIGITAL PAYMENTS: UPI, CRYPTOCURRENCY AND BEYOND

Digital payments have revolutionized financial transactions, offering faster and more secure alternatives to cash. Unified Payment Interface (UPI), mobile wallets, and cryptocurrencies are driving this transformation. UPI enables instant bank transfers, enhancing convenience for users. Meanwhile cryptocurrency like Bicoïn and Etheram provide decentralized payment options, though regulatory concerns remain. Digital payments promote financial inclusion, especially in developing economies. As technology evolves, innovations such as Central Bank Digital Currencies (CBDCs) may further reshape the payment landscape.

Dhara
B. Com., 2nd Year

THE ROLE OF CHATBOTS IN CUSTOMER SERVICE AND E-COMMERCE

Chatbots are transforming customer service and e-commerce by providing instant support and personalized shopping experiences. Using AI, they answer queries, assist with orders offer product recommendation, reducing response times and improving customer satisfaction.

For businesses, chatbots lower costs by handling multiple inquiries simultaneously, reducing the need for large support teams. Their 24/7 availability ensures continuous customer engagement, leading to higher sales. While they may struggle with complex queries, ongoing advancements in AI are making them more efficient. Chatbots are shaping the future of online shopping and customer interactions.

Manvi
B.Com., 2nd Year

THE ROLE OF ARTIFICIAL INTELLIGENCE IN COMMERCE

Artificial Intelligence is revolutionizing commerce by enhancing efficiency, personalization, and decision making. Business use AI for customer service through chatbots predictive analytics for demat forecasting and personalized recommendations to improve sales. AI-driven automation streamlines supply chains, optimizes pricing strategies, and detects fraud, ensuring security in transactions. E-commerce platform leverage AI to analyze consumer behavior, providing a seamless shopping experience. Additionally. AI assists in digital marketing by targeting the right audience with precision. As AI continues to evolve, its integration into commerce is expected to boost productivity, reduce costs, and create innovative business models, transforming the way companies operate.

Shivani
B.Com., 2nd Year

THE RISE OF E-COMMERCE How Online Shopping is Changing Consumer Behaviour

E-commerce has transformed the retail landscape, offering consumers convenience, variety, and competitive pricing. Online shopping eliminates geographical barriers, allowing customers to purchase products from every where. The rise of mobile commerce and digital payment has further accelerated this shift, Businesses use AI-driven recommendations and personalized marketing to enhance user experience. However, challenges such as cyber security threats and return logistics persist. Despite this, the E-commerce industry continues to grow, redefining how consumers shop and interact with brands.

Bharti Sharma
B.Com., 2nd Year

WHY HUMAN INTELLIGENCE IS BETTER THEN AI?

In Today's technological world, AI continues to revolutionize industries from healthcare to finance. While AI capabilities are impressive, human intelligence remains superior in several key aspects, like human intelligence possesses qualities that make it more adaptable, creative and emotional aware. One of the biggest advantages humans have over AI is emotional intelligence. Humans can understand and express emotions, form deep connections, and emphasize with others. This ability is crucial in areas like healthcare, counseling and leadership, where emotional understanding influences decision making and relationship. The second main advantage is the human intelligence thrives on creativity and imagination. Writers, artists, musicians, and inventors produce original works by drawing from personal experience and emotions. AI can generate art, music, and even write articles, but it does so by analyzing existing pattern rather than truly innovating. The third main advantage of human intelligence is critical thinking and common sense. While AI excels at processing at large amounts of data and identifying patterns, it lacks true critical thinking and common sense. Humans can access situations, think independently, and make decisions and make decisions based on intuition, and ethics.

Manakshi Aggrwal
B.Com, 3rd Year

ACCOUNTING QUOTES

1.

Surround Yourself
with Assets not
Liabilities

2.

Behind every
Good Business is a
Great Accountant

3.

Happiness in
Accounting for Student
is Debit = Credit

4.

Accounting
is the Language
of Business

5.

Life is like
Accounting, even it's
hard to be Balanced, we
still try to make it balance
not matter what

6.

Only Accountants
can save the world ...
Through peace, goodwill
and reconciliation

Minakshi Aggrwal
B.Com., 3rd Year

MANAGEMENT SECTION

INDEX

S.N.	Articles Name	Students Name
1	Student Editorial	Deepshikha Sain
2	Expanding into Emerging Markets: A blueprint for business Growth	Soham Swastik
3	Regenerative Management : Breathing New Life into Leadership	Arman Thakur
4	Exploring Challenges for Ensuring Sustainability as a Reality	Deepshikha Sain
5	The Power of Strategic Positioning: How to Dominate your Market	Suraj Sharma
6	Market Mayhem: Understandings the recent Global Stock Market Collapse	Arnav Sharma
7	The Power fo Agile Management in Modern Business	Jahnvi Sharma
8	Blockchain Technology's Role in Business	Deepika
9	Drug Tree Himachal Pradesh	Rythem
10	Operations and supply chain Management : The Backbone of Business Success	Shivali
11	The importance of Leadership in Business Management	Radhika Chaudhary
12	The future of remote work : Strategies for Maximizing productivity and Employee Engagement	Raj Sharma
13	India's Economic Voyage: Steady Growth and Job Market winds	Krishna Chodha
14	The Influence of Artificial Intelligence on Business Practices	Abhijeet Bhangalia



Staff Editor

Dr. Jyoti Sharma



Student Editor

Deepshikha Sain

STUDENT EDITORIAL

Dear reader,

Season's greetings to you and your family.

I heartily welcome you all to the management section of our college magazine, Chir Sankalp 2024-2025.

*"Coming together is a beginning;
Keeping together is progress;
Working together is success."*

- Henry Ford

Keeping the above quote in mind, I'd like to thank Dr Jyoti Sharma who, with her ever kind guidance facilitated in the coming together of this section, along with our revered faculty & supports staff, And to course the contributors who provided us with all the articles needed to Harmonise this section to life.

The bottom line of course being, Team Work makes the dream work.

Signing off this editorial with wishes of wellness of mind, body and soul.

Deepshikha Sain
B.B.A., VI Sem.

EXPANDING INTO EMERGING MARKETS: A BLUEPRINT FOR BUSINESS GROWTH

Introduction

Mature markets are getting crowded, and businesses are looking elsewhere for growth. Enter emerging markets - countries in Asia, Africa and Latin America where rising consumer demand and improving infrastructure present exciting opportunities.

But let's not sugarcoat it - expanding into these markets isn't easy. Companies need to navigate complex regulations, cultural differences, and economic unpredictability. Those who do it right, however, unlock massive growth potential.

1. Do your Homework : Deep market research is non-negotiable
Before jumping into a new market, business must understand three key factors :

Consumer behaviour : What do local customers want? How do they shop?

Competition : Who are the major players, and how can you differentiate?

Regulations : Tax laws, Labour rules, and trade policies can make or break market entry. Skipping this step can lead to expensive mistakes.

2. Adapt to local needs : One size doesn't fit all
A strategy that works in the U.S. or Europe won't necessarily work in India or Brazil. Success lies in localization.

Customize Products : Adjust features, packaging, and pricing based on local preferences.

Offer flexible pricing : Tiered or subscription models can cater to different income levels.

Use an omnichannel approach : Combine online and offline strategies for maximum adoption.

Understanding local preferences can mean the difference between failure and widespread adoption .

3. Partnering with local businesses is a game-changer

Going solo in an unfamiliar market is risky. Teaming up with local businesses can smoothen the journey by:

- Helping with regulatory compliance and legal matters.
- Building consumer trust faster.
- Improving distribution and logistics by tapping into established networks.
- Think of it as having a guide who already knows the terrain.

4. Prepare for uncertainty-risk management is key

Emerging markets can be unpredictable, but companies that manage risks well stay ahead. Strategies include:

- Currency and inflation hedging to protect profits from exchange rate fluctuations.
- Keeping an eye on political and economic trends to anticipate shifts.
- Diversifying across multiple markets to avoid over reliance on one region.
- A solid risk management plan ensures businesses don't just survive but thrive.

5. Sustainability and social responsibility matter more than ever

- Modern consumers care about how companies operate. Prioritizing ethical practices can build brand loyalty and credibility. Key focus areas:
- Investing in local communities - education, job creation and healthcare initiatives go a long way.
- Eco-friendly business practices-sustainable packaging, carbon footprint reduction, and ethical sourcing.
- Fair wages and ethical labor practices-not just because it's right, but because they builds long-term success.

Companies that embrace sustainability aren't just helping communities-they're building future-proof brands.

Conclusion

Emerging markets hold immense potential, but they require a strategic, well-researched approach. Businesses that invest in understanding local dynamics, adapt their offerings, form strong partnerships, manage risks, and commit to sustainability will position themselves for long-term success. The key is agility, combining innovation with a deep understanding of the market landscape.

Soham Swastik
BBA, IV Sem.



REGENERATIVE MANAGEMENT : BREATHING NEW LIFE INTO LEADERSHIP

In today's fast-changing world, traditional management style often struggle to keep up. Enter regenerative management - a fresh, nature-inspired approach that revitalizes organizations by fostering adaptability, innovation, and holistic growth.

What is regenerative management?

Rather than simply sustaining the status quo, regenerative management focuses on renewal. It's about creating an ecosystem where every member is empowered, every idea is valued and change is embraced as a chance to grow. Think of it as transforming your organization into a vibrant, self-sustaining success.

Key principles

- **Interconnectedness** : Recognize that every team members and department plays a vital role in the overall health of the organization.
- **Adaptability** : Embrace change by encouraging experimentation and continuous learning.
- **Long-Term focus** : prioritize sustainable growth and resilience over short-term gains.

How to implement it

- **Break down silos** : foster cross - functional teamwork and open communication to spark creative solutions.
- **Empower your team** : Give employees the freedom to make decisions and take initiative, building a culture of ownership.
- **Invest in learning** : Encourage ongoing training and development to keep skills fresh and minds agile.

Why it matters

Traditional management often relies on rigid hierarchies and short-term metrics .In contrast, regenerative management nurtures a dynamic work environment where innovation thrives and challenges become opportunities. Companies that adopt this approach not only enhance employee engagement but also build a resilient foundation that can weather unexpected changes. Imagine a workplace where ideas flow freely, leadership is shared and every setback is seen as a stepping stone to improvement. That's the promise of regenerative management - a model that mirrors the resilience and adaptability of nature itself.

The future is regenerative

In an era of rapid change, the ability to evolve is more valuable than ever. Regenerative management offers a roadmap for creating organizations that aren't just surviving but truly thriving. By rethinking how we lead and innovate, we can build work environments that are as robust and adaptive as the natural world.

Embrace regenerative management, and turn your organization into a thriving ecosystem ready to meet the challenges of tomorrow.

Arman Thakur
BBA , VI Sem.



EXPLORING CHALLENGES FOR ENSURING SUSTAINABILITY AS A REALITY

"Sustainability takes forever, and that's the point"

*-Willem McDonough
(American Architect and Academic Specialist on Sustainability)*

Sustainability is the enduring practice gained through collective wisdom over time, that sustains and benefits its practitioners over sustained long periods of time in their environment with very high cost - benefits ratios, to become time - tested solutions for healthy sustenance, growth, development and peace for all the stakeholders in that environment.

In today's dynamic environment with radically diverse social - political, national and international economic - corporate (jointly and severally) legal landscape----conflicting strategies are adopted to gain and try to sustain strategic advantages,

Domination for power, money, image, strength, market share (access, protection, trying to limit competition to enjoy reaping profits with motives to create captive customers dependence on their product and services indispensability with acquisitions and mergers to try create behemoths difficult to ignore or challenges for ensuring sustainability as a reality with the follies that follow from the excesses of the seven cardinal sins (pride, greed, wrath, envy, lust, gluttony, sloth) in human behavior and societal structures when they ultimately go haywire to fail and fall.

Simplicity has been jettisoned for complexity over - specialisation in today's world to differentiate one from another in the most socio economic activities across the globe albeit with excesses leading to rampant over face pollution of land, air, water and degradation of environment from over exploitation till they are degraded beyond redemption, and the cycle continues till newer resource fields / areas are creamed till they are economically viable.

Green washing

After the mass industrial revolution, the Western American and European bloc nation constituents companies and societies realized over time the ills that global production capacities in their areas pollute their environments and well being they craftily metamorphosed into resource guzzling economic with their production bases shifted to developing nations in the east (Japan, South Korea, China, India etc) under their ownership with global supply chain co-opting specifications and controls. Thereby taking the high ground of sustainability/climate change initiatives despite their recklessly high global per capita carbon footprints of their own selves by pushing their wastes to be disposed off to weaker African and Asian nations environment under the garb of recycling, reprocessing and innovation for a cheap price burying their wastes away from their western shores into these impoverished nation states polluting them with their used use small case letters tyres, clothes, electronics, chemical wastes etc.

Non - Tariffs Barriers (NBTS) :

These are policy measures (excluding tariffs) used by countries so as to control the quantity and the quality of imports and exports to and from a country.....

Developed nations in connivance with their corporate behemoths often use these against the already disadvantaged developing nation who cannot comply with these over - specified standards due to higher institutional capacity, technological gap and disproportionate impact of highly biased sustainability standards (which are difficult for most developing nation to meet) just continue to remain a cog in their supply chain low in their process value chain.

An appropriate example would be over - specified specifications for products that have been standardized in European standards by their dominant native entrenched corporate companies, to maintain their dominance in their domestic markets.

Climate change from the excesses of globalization /poor real sustainability practice with their huge carbon, footprints has already taken a toll across the globe affecting not just the western nation but also the equilibrium of temperature raising temperatures to unsustainable limits affecting agricultural and lives of people adversely. Till the culture of sustainability gets entrenched that we all live in one environment dependent and not independent of each other not just in letter but also in spirit and we all work hard towards high sustainability practices of live and let live challenges of sustainability will remain tough.

Deepshikha Sain
BBA, VI Sem.

THE POWER OF STRATEGIC POSITIONING : HOW TO DOMINATE YOUR MARKET

Introduction

In today's competitive business environment, simply having a good product or service is not enough. Companies that thrive are those that master strategic positioning - the art of differentiating themselves in a way that captures market share, builds brand loyalty, and maximizes profitability. Whether you are an expansion, understanding strategic positioning is key to long-term success.

What is strategic positioning ?

Strategic positioning refers to how a company establishes itself in the market relative to competitors. It position it self in the market relative to competitors. It involves making deliberate choices about your target audience, pricing, branding, distribution channels, and value proposition to create a unique identity that resonates with customers.

key elements of strategic positioning

1. Value proposition-What makes your product or service unique and desirable?
2. Target market-Who are your ideal customers, and how do you reach them?
3. Competitive advantage-What sets you apart from competitors.
4. Pricing strategy-Are you a premium brand, a budget-friendly option, or somewhere in between?
5. Brand identity-How do customers perceive and relate to your brand?

Types of strategic positioning

Different businesses adopt various positioning strategies based on their goals and market dynamics .Here are some of the most effective ones:

1. Cost leadership (winning on price)

Companies that focus on cost leadership aim to provide products at the lowest possible price while maintaining acceptable quality. Examples include Walmart and Ryanair. These companies achieve this through.

Economies of scale

Lean supply chain management
Efficient production and distribution

2. Differentiation (Winning on Uniqueness)

Companies that pursue differentiation focus on offering unique products or services that command higher prices. Apple for instance, differentiates itself through innovation, design, and a premium customer experience.

3. Niche focus (winning in a specialized market)

Some businesses thrive by serving a specific market segment rather than competing broadly. Luxury brands like Rolls-Royce target high-net-worth individuals, while eco-friendly brands like Tesla appeal to environmentally conscious consumers.

4. Customer Intimacy (Winning the Service & Relationship)

Some companies differentiate by offering exceptional customer services and building strong relationships. Amazon's success is rooted in customer-centric innovations like same-day delivery and seamless returns.

How to build a strong Market Position

Here's a step-by-step framework to strategically position your business for success :

1. Understand Your Markets & Customers

- Conduct market research to identify customer's pain points and preferences.
- Analyze competitors to find gaps in their offerings.
- Segment your audience based on demographics, behaviors, and purchasing power.

2. Define Your Unique Value Proposition (UVP)

Your UVP should answer:

- Why should customers choose you over competitors?
- What core problem does your product solve?
- How do you deliver superior value?

3. Align Pricing & Distribution Strategy

- If you're offering premium products, price them accordingly and distribute through exclusive channels.
- If targeting mass-market consumers, adopt competitive pricing and leverage widespread distribution networks.

4. Strengthen Brand Identity & Messaging

- Build a consistent brand story across marketing channels.
- Use branding elements (logo, tagline, packaging) to reinforce your positioning.
- Engage customers through social media, content marketing, and influence collaborations.

5. Continuously Monitor & Adapt

Keep an eye on industry trends, customer feedback, and competitive shifts.

Adjust strategies to maintain relevance and competitiveness.

Case Study : How Nike positioned itself as a global leader.

Nike is a perfect example of powerful strategic positioning. Instead of just selling sportswear, it built a brand around athletic excellence, motivation, and innovation. Its strategies include:

Emotional Branding : The "Just Do It" slogan inspires people worldwide.

Endorsements : Collaborations with top athletes like Michael Jordan and Cristiano Ronaldo.

Innovation : Continuous advancements in sports technology and sustainability.

Premium Pricing & Distribution : Balancing accessibility with exclusivity through flagship stores and online sales.

Conclusion

Strategic positioning is not just about being different-it's about being different in away that matters to your target customers. Companies that master positioning enjoy strong customer loyalty, higher profit margins, and long term market dominance. Whether you're starting a new business or scaling an existing one, investing in a clear, compelling, and competitive markets position is the key to winning in today's dynamic business world.

Suraj Sharma
BBA, IV Sem.

MARKET MAYHEM : UNDERSTANDING THE RECENT GLOBAL STOCK MARKETS COLLAPSE

The recent global stock markets turmoil, often referred to as "market mayhem" has been characterized by significant declines across major indices, heightened volatility, and growing investor anxiety.

Recently, U.S. president Donald Trump enforced a 25% tariff on Mexico and Canada and increased tariffs on Chinese imports from 10% to 20% these measures have led to sharp decline in major stock indices worldwide. European markets, including those in Frankfurt, London and Paris, saw substantial losses. In the united states, the S & P 500 index witnessed most sectors closing in the negative with significant companies like Boeing and American Express facing considerable declines. In Asia, Japan Nikkei 225 index suffered its most significant one-day drop since 1987's black Monday, closing down by 12.4% recently.

The imposition of these tariffs has heightened fears of a global trade war, leading to increased market volatility. The U.S. dollar hit a three-month low, and U.S. consumer confidence has slumped. Analysts express concerns about potential economic recession and bear markets if these trade tensions persist.

The recent weakening of U.S economic data and growing trade tension have raised concerns about global growth among financial markets. While a recession is not the base-case scenario for economists due to the underlying resilience of the U.S. Economy, investors confidence has been shaken, further exacerbated by President Donald Trump's new tariffs on Mexico and Canada.

Smallcap and Midcap stocks : The stock market crash has severely impacted smallcap and midcap stocks, with significant losses for retail investors in February. The BSE Smallcap index fell 14% and the nifty midcap 100 dropped 10.8% financial strategists, such as David Rosenberg, advise caution during these unpredictable times. Rosenberg recommends a defensive investment strategy, focusing on cash, non-cyclical sectors like consumer staples, healthcare, and utilities, as well as bonds with intermediate durations. He emphasizes the importance of cautions, well-considered investments in these volatile times.

The current market downturn underscores the fragility of global economic stability amid escalating trade tensions. Investors are advised to monitor developments closely and consider defensive investment strategies to mitigate potential risks.

As global markets reel from the latest economic shocks, investors and policymakers alike face critical decisions in navigating this financial turbulence. While history has shown that markets recover over time, the path forward remains uncertain amid trade tensions, currency fluctuations, and recession fears. In these volatile times, strategic investments cautious, optimism, and adaptive economic policies will determine how quickly the global economy can regain stability. The coming months will be crucial in shaping the financial landscape, making it imperative for businesses, governments, and investors to stay informed and resilient in the face of ongoing market mayhem.

Arnav Sharma
BBA, 2nd Sem.

THE POWER OF AGILE MANAGEMENT IN MODERN BUSINESS

Introduction :

In today's fast-paced business world, companies must be flexible, responsive, and efficient to remain competitive. Agile management, originally developed for software development, has emerged as a game-changer in business and management across various industries. This approach focuses on adaptability, customer satisfaction, and continuous improvement, making it a valuable strategy for organizations seeking growth and innovation.

What is Agile Management?

Agile management is a methodology that promotes collaboration, flexibility, and iterative progress. Unlike traditional management approaches that follow rigid long-term plans, agile allows teams to adapt quickly to changing market conditions and customer needs. It encourages frequent feedback loops, shorter project cycles, and empowers teams to make decisions dynamically.

Key Principles of Agile Management:

1. **Customer-Centric Approach** : Agile prioritizes delivering value to customers by continuously incorporating their feedback into the development process.
2. **Iterative Workflow** : Work is divided into smaller, manageable tasks, enabling teams to refine and improve their output over time.
3. **Cross - Functional Teams** : Agile fosters collaboration among employees from different departments to achieve a common goal.
4. **Flexibility and Adaptability** : Businesses can pivot strategies based on real-time insights rather than sticking to fixed plans.
5. **Continuous Improvement** : Agile promotes learning from experiences and refining processes to enhance efficiency and effectiveness.

Benefits of Agile in Business Management

1. **Faster Decision-making** : Traditional corporate structure often involve bureaucratic decision-making processes that slow down innovation. Agile enables quick, data-driven decisions, allowing businesses to respond to market changes faster.
2. **Enhanced Productivity** : Agile teams work in short cycles (sprints) leading to better focus, accountability, and efficiency. Breaking down tasks into smaller units makes projects more manageable and achievable.
3. **Improved Customer Satisfaction** : Since agile management emphasizes ongoing feedback, businesses can align their products or services with customer expectation, reducing the risk of failure.
4. **Employee Engagement and Empowerment** : Employees working in agile environments feel more valued and motivated. Agile allows them to take ownership of their work, fostering a culture of innovation and creativity.
5. **Risk reduction** : Agile management minimizes risks by enabling continuous testing and feedback. This proactive approach prevents major failures and ensures that projects stay on track.

Implementing agile in your business

Step1 : Start small

Begin by applying agile principles to a single project or department before scaling it company-wide.

Step2 : Train your team

Provide training on agile methodologies such as Scrum or Kanban to ensure employees understand the framework.

Step 3 : Foster collaboration

Encourage teamwork and open communication to enhance collaboration across different departments.

Step 4 : Measure and adjust

Track progress using key performance indicators (KPIs) and be willing to make changes based on results.

Conclusion

Agile management is not just a trend-it's a powerful strategy that helps businesses navigate uncertainty, drive innovation, and stay ahead of the competition. By adopting agile principles, organizations can enhance productivity, improve customer satisfaction, and build a culture of continuous improvement. Whether you run a large corporation, integrating agile into your business operations can lead to long-term success.

Jahnvi Dhawan
BBA, IV Sem.

BLOCKCHAIN TECHNOLOGY'S ROLE IN BUSINESS

Blockchain technology is transforming the business landscape by offering secure, transparent, and decentralized solutions. Originally developed for cryptocurrencies like bitcoin; block chain is now revolutionizing industries such as finance, supply chain, healthcare, and real estate.

one of its key advantages is enhanced security. Transactions recorded on a block chain are encrypted and immutable. This reduces the risk of fraud and data tampering. This makes it particularly valued for industries handling sensitive information, such as banking and legal services.

Another major benefit is transparency and trust. Since all transactions are recorded on a shared ledger accessible to authorized parties, businesses can ensure accountability. This is especially useful in supply chain management, where companies can track goods in real-time and verify authenticity.

Blockchain also enables efficiencies and cost savings. By eliminating intermediaries, such as banks and brokers, transactions become faster and more cost-effective. Smart contracts-self-executing agreements stored on the blockchain-further streamline processes by automating tasks and reducing human intervention.

As businesses continue to embrace digital transformation, block chain's role is expected to expand, offering innovative solutions that enhance security, trust, and efficiency across industries. Companies that adopt this technology early will gain a competitive edge in an increasingly digital economy.

Deepika
BBA, VI Sem.



DRUG TREE HIMACHAL PRADESH

Amidst the growing incidents of deaths due to drug overdoses and increasing seizures of narcotic substances, Himachal Pradesh's State Machinery-including the police, legal, and health departments-is burning the midnight oil to prepare the draft of proposed Himachal Pradesh anti-drug bill, 2025, which is set to be presented in the upcoming budget session of the Vidhan Sabha from 10 March 2025 to 28 March 2025.

Meanwhile Chief Minister Sukhvinder Singh Sukhu convened a high-level meeting attended by DGP Atul Sharma, ADGP (law & order) Abhishek Trivedi, Chief Secretary Prabodh Saxena, DG (Prisons) Sanjeev Ranjan ojha, And other senior officials, to address the drug menace in the State. Sukhu instructed the officers to adopt a strict approach against drug-related activities. He emphasised that any government employee found involved in such activities should be dismissed.

Sources involved in drafting the bill told The Indian Express," without altering the basic spirit of the Narcotic Drugs & Psychotropic substances (NDPS) Act, 1985, we aim to make the seizure of contraband and the conditions for securing bail more stringent. Alleged peddlers arrested with small quantities. Interestingly, investigations of hundreds of cases under the NDPS Act suggest that peddlers have deliberately begun carrying substances in small quantities to exploit legal loopholes."

Between January 1, 2024 and February 25, 2025, at least 2, 210 cases under the NDPS act were registered, resulting in the arrest of 2,921 suspects, including 131 women. The seized contraband included approximately 13.026 kg of heroin (Chitta), 405.004 kg Charas, and around 36,120 prescription tablets obtained without valid prescriptions.

Rythem
BBA, VI Sem.

OPERATIONS AND SUPPLY CHAIN MANAGEMENT : THE BACKBONE OF BUSINESS SUCCESS

Introduction

In today's fast - paced business environment, companies must deliver products and services quickly, efficiently, and at minimal cost. Operations and supply chain management (oscm) plays a critical role in ensuring that businesses run smoothly, from sourcing raw materials to delivering the final products to customers. Whether it's an e - commerce giant like Amazon, a global manufacturer like Toyota, or a food delivery service like Zomato, all businesses rely on efficient supply chain operations to stay competitive.

This article explores the importance of OSCM, its key components, challenges and future trends, highlighting why businesses must invest in optimizing their supply chains to achieve long-term success.

Understanding operations and supply chain management

Operations management focuses on designing, managing, and improving the processes that create and delivers a companies products or services. It ensure that business operate efficiently by minimizing waste, improving quality, and optimizing resources.

Key aspects of operations management :

1. **Process design** : Determining the most efficient way to produce goods and services.
2. **Capacity planning**: Ensuring resources meet demand without overproduction or shortages.

3. **Quality control** : Implementing measures like total quality management (TQM) or six sigma to maintain high standards.
4. **Inventory management** : Balancing stock levels to meet customer demand while avoiding excess storage costs.

What is supply chain management (SCM) ?

SCM involves the coordination of procurement, production, logistics ,and distribution to ensure that goods flow smoothly from suppliers to customer. A well-optimized supply chain can reduce costs, improve customers satisfaction, and create a competitive advantage.

Key components & supply chain management :

1. **Sourcing & procurement** : Selecting reliable suppliers to obtain raw materials at the best price.
2. **Production & Manufacturing** : Converting raw materials into finished products through efficient production processes.
3. **Warehousing & Inventory Management** : Storing products in a way that minimizes costs while ensuring quick availability.
4. **Logistics & Distribution** : Managing transportation networks to ensure timely delivery to customers.
5. **Demand Forecasting** : Predicting customer needs using data analytics to optimize stock levels.

The importance of OSCM in business

1. Cost Efficiency

Effective supply chain management helps businesses reduce waste, optimize resources, and minimize transportation costs.

EXAMPLE : Walmart uses data analytics and efficient logistics to keep costs low and offer competitive pricing.

2. Customer Satisfaction

Timely deliveries and high-quality products improve customer trust and brand loyalty.

EXAMPLE : Amazon's prime delivery service ensures fast shipping, enhancing customer experience

3. Competitive Advantage

Companies with efficient supply chains can offer lower prices and faster service, attracting more customers.

Example : Zara's fast-fashion supply chain enables it to launch new designs in just a few weeks, unlike competitors who take months.

4. Risk management

A well-structured supply chain can reduce disruptions caused by supplier failures, economic crises, or pandemics.

Example : During COVID-19, businesses that diversified suppliers faced fewer disruptions.

Challenges in operations and supply chain management

1. Global supply chain disruptions

Events like the COVID-19 pandemic, geopolitical tensions, and natural disasters have disrupted global trade, leading to supply shortages to reduce dependence on single regions.

2. Technological Integration

Many businesses struggle to adopt advanced technologies like Artificial Intelligence(AI), Blockchain, and Internet of Things (IoT) in their supply chains.

Solution : Investing in automation, cloud-based inventory systems, and AI-driven demand forecasting can improve efficiency.

3. Sustainability and Environmental Concerns

Businesses face pressure to adopt eco-friendly practices, such as reducing carbon emissions and minimizing waste.

Solution : Companies are using green logistics, energy-efficient warehouses, and biodegradable packaging to meet sustainability goals.

Future trends in OSCM

1. AI and Automation

Robotics, AI-powered analytics, and self-driving delivery vehicles are transforming supply chains by improving speed and accuracy.

Example : Amazon uses AI-powered robots in its warehouses to optimize order fulfillment.

2. Blockchain for transparency

Blockchain technology enhances security and transparency by providing real- time tracking of product across the supply chain.

Example : IBM's block chain system helps track food safety in the agricultural supply chain.

3. Sustainable and Green Supply Chains

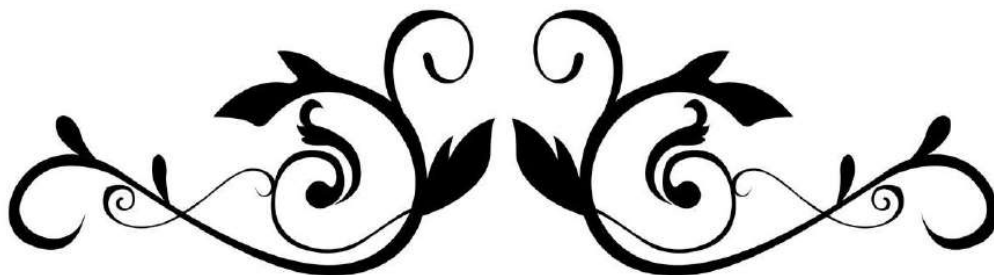
Businesses are focusing on reducing their carbon footprints and adopting renewable energy sources in warehouses and transportation.

Example : Tesla sources lithium for its batteries responsibly and invests in sustainable manufacturing processes.

Conclusion

Operations and supply chain management is the lifeline of businesses, ensuring smooth production and distribution of goods. Companies that optimize their supply chains can reduce costs, improve efficiency, and enhance customer satisfaction, ultimately gaining a competitive edge.

Shivali
BBA, 4th Sem.



THE IMPORTANCE OF LEADERSHIP IN BUSINESS MANAGEMENT

Introduction

Effective leadership is the backbone of any successful business. Whether in startups, multinational corporations, or small enterprises, strong leadership ensures that organizations achieve their goals, maintain a competitive edge, and foster a productive work environment. Leadership is not just about making decisions; it involves inspiring teams, managing resources efficiently, and driving long-term growth.

What is business leadership ?

Business leadership refers to the ability to guide and influence employees toward achieving organization objectives. It involves setting a vision, making strategic decisions, and creating a culture of accountability and innovation. Leaders in business management play a crucial role in navigating challenges, improving efficiency, and ensuring sustainable success.

Key Qualities of an effective business leader

1. Vision and strategic thinking

A great leader has a clear vision for the organization and can develop strategies to achieve long-term goals. They anticipate market trends, identify opportunities, and ensure the company remains competitive.

2. Communication skills

Strong leaders communicate effectively, ensuring that employees understand company goals, expectations, and their individual roles. Transparent communication fosters trust and reduces misunderstandings.

3. Decision-making ability

Leaders must make tough decisions under pressure. Effective decision-making involves analyzing data, considering risks, and choosing the best course of action for the company's growth.

4. Adaptability and innovation

The business landscape is constantly evolving. Leaders who embrace change, encourage innovation, and adapt to new technologies can drive their organizations forward.

5. Emotional intelligence

Empathy, self-awareness, and interpersonal skills are crucial for managing teams. Leaders with high emotional intelligence can motivate employees, resolve conflicts, and build strong workplace relationships.

6. Accountability and integrity

Leaders must set an example by being accountable for their actions and decisions. Integrity fosters a culture of trust and encourages employees to uphold ethical business practices.

The impact of leadership on business success

1. Employee Motivation and Engagement

A motivated workforce leads to higher productivity and job satisfaction. Leaders who recognize employees' contributions and provide growth opportunities create a positive work culture.

2. Business Growth and Profitability

Strategic leadership ensures that a company remains profitable by making sound financial decisions, improving efficiency, and identifying expansion opportunities.

3. Crisis Management

During times of crisis, strong leadership is essential for maintaining stability, making quick decisions, and ensuring business continuity.

4. Company Culture and Reputation

A company's culture is shaped by its leadership. Ethical leaders build a strong brand reputation, attract top talent, and gain customer trust.

Developing leadership skills in business

1. Continuous learning

Successful leaders invest in personal and professional development by reading, attending leadership training, and learning from mentors.

2. Encouraging team collaboration

Leaders should foster teamwork, encourage idea-sharing, and create an inclusive work environment.

3. Seeking Feedback

Great leaders value feedback from employees, customers, and stakeholders. Constructive criticism helps refine leadership approaches and improve decision-making.

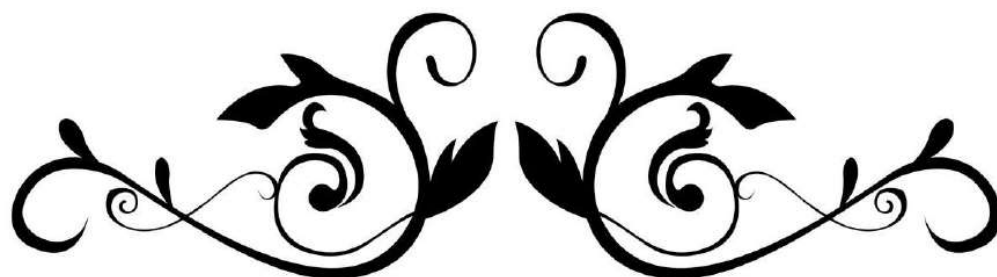
4. Leading by Example

Leaders who demonstrate commitment, integrity, and a strong work ethic inspire employees to do the same.

Conclusion

Leadership is a critical component of business management. It influences company culture, employee performance, and overall success. By developing strong leadership skills, businesses can navigate challenges, foster innovation, and achieve long-term growth. Whether you are an entrepreneur, manager, or executive, embracing effective leadership practices can transform your business and drive sustainable success.

Radhika Chaudhary
BBA, 4th Sem.



THE FUTURE OF REMOTE WORK : STRATEGIES FOR MAXIMIZING PRODUCTIVITY AND EMPLOYEE ENGAGEMENT

Introduction :

Remote work isn't just a temporary shift-it's here to stay. What started as a necessity has now become a preferred way of working for millions. The benefits are clear: flexibility, cost savings, and access to a global talent pool. But let's be real-it also comes with its share of challenges.

Without the right system in place, remote teams can struggle with miscommunication, burnout, and a sense of isolation. The good news? Companies that embrace smart strategies can turn remote work into a long-term success story.

1. The right tech makes all the difference

If remote work is the engine, technology is the fuel. To keep everything running smoothly, businesses need the right tools :

- **For communication** : Slack, Microsoft Teams, or Zoom keep conversation flowing.
- **For project management** : Asana, Trello, or Notion help teams stay on top of tasks.
- **For security** : VPNs, encrypted messaging, and multi-factor authentication keep sensitive data safe.

Investing in the right tools isn't a luxury-it's a necessity to keep remote teams connected and productive.

2. Trust over micromanagement

Nobody likes being watched over constantly, especially in a remote setup. The best companies strike a balance between structure and autonomy. Here's how:

- **Set clear expectations** : Define goals, deadlines, and KPIs so everyone knows what success looks like.
- **Focus on outcomes, not hours** : Let people work when they're most productive instead of tracking every minute they spend online.
- **Keep check-ins meaningful** : "Weekly catch-ups" (without unnecessary meetings) ensure teams stay aligned without feeling overwhelmed.

3. Protecting Employee Well-Being

Work-life balance can blur when your office is also your home. Companies need to actively support their employees' well-being by:

- Encouraging flexible hours and breaks to prevent burnout.
- Offering mental health resources like virtual counseling or stress management programs.
- Creating opportunities for social interaction-think virtual coffee chats or online team-building games.

When employees feel supported, they perform better-it's that simple.

4. Rethinking performance reviews

Measuring performance in a remote world needs a shift in perspective. Instead of tracking hours worked, add on following:

- **Goal-oriented evaluations** : offering online courses and upskilling opportunities keeps employees motivated and competitive.
- **360-degree feedback** : Get input from peers and team members, not just managers.
- **Continuous Learning** : Offering online courses and upskilling opportunities keeps employees motivated and competitive.

Conclusion

Remote work isn't a passing trend-it's the future. Companies that adapt by using smart tech, building a culture of trust, supporting employee well-being, and redefining performance will thrive. The key is finding the right balance between flexibility and structure, ensuring both employees and businesses win.

Raj Sharma
BBA, 4th Sem.

INDIA'S ECONOMIC VOYAGE : STEADY GROWTH AND JOB MARKET WINDS

India's economy is like a mighty ship, navigating a dynamic sea. As we set sail into the fiscal year 2024-2025, let's explore expected market conditions and potential changes in employment levels.

Following Favourable Winds: GDP Growth

The International Monetary Fund (IMF) and Moody's Investors Service paint a promising picture. The IMF predicts GDP growth rate of 7.2% for India in 2024 while moody's revised their estimate upwards to 6.8%. This optimism stems from India's robust performance in 2023, coupled with a potential decline in global economic headwinds.

The Indian government itself seems confident, projecting a real GDP growth of 7.3% for 2024-2025 in the interim budget.

This growth is fueled by factors like :

Strong domestic consumption : A burgeoning middle class with rising disposable income is expected to drive domestic demand for goods and services.

Government spending : Increased infrastructure spending by the government is likely to create a multiplier effect, stimulating other sectors. **Manufacturing push:** Initiatives like "Make in India" could bolster the manufacturing sectors. Manufacturing sector, leading to increased exports and job creation.

Market Conditions : A Mixed Bag

However, the voyage may not be entirely smooth. Global factors like rising interest rates and geopolitical tensions could impact India's export competitiveness and foreign investments. Additionally, inflation remains a concern, potentially eroding purchasing power and impacting consumer spending.

Employment Landscape : Unfurling the Sails

The job market is expected to see a positive uptick, mirroring the projected GDP growth. Sectors like IT, manufacturing, and infrastructure are likely to be the key drivers of job creation. However, challenges persist:

Skill Gap : The current skill set of the workforce may not perfectly align with the demands of new-age industries. Bridging the gap through skilling initiatives is crucial.

Informal sector: A large portion of the workforce remains in the informal sector, with limited job security and social benefits. Integrating them into the formal sector is an ongoing challenge

Conclusion: Charting the course

Despite potential headwinds, India's economic outlook for 2024-2025 appears promising. Continued government focus on infrastructure development, skill development, and promoting domestic manufacturing can further strengthen the economy and create sustainable employment opportunities. As future leaders, staying informed about these trends and actively engaging in solutions will be vital for navigating India's economic voyage in the years to come.

Krishna Chodha
BBA, 4th Sem.

THE INFLUENCE OF ARTIFICIAL INTELLIGENCE ON BUSINESS PRACTICES

The incorporation of artificial intelligence (AI) into business practices has transformed how organizations operate, enhancing their efficiency, creativity, and overall productivity. AI is instigating a remarkable and beneficial shift in business operations, fundamentally altering traditional models and steering companies toward a more innovative horizon.

Key Advantages of AI in business practices:

AI offers a multitude of advantages for organizations, such as:

Boosted productivity : By automating mundane and repetitive tasks, AI allows human employees to focus on more strategic and creative work.

Enhanced Decision-Making : AI analyzes data to uncover insights and trends, empowering businesses to make well-informed choices.

Superior customer experience : AI-driven chatbots and virtual assistants deliver round-the-clock customer support, significantly improving customer satisfaction.

Cost Efficiency: AI streamlines business processes, leading to reduced expenses and heightened efficiency.

Challenges and constraints of AI in business practices :

Despite its many advantages, AI also presents certain challenges and limitations, including:

- **Concerns over data privacy and security:**
- **Ethical Dilemmas :** The potential for bias in AI decision-making processes raises important ethical questions.
- **Job Displacements:** The automation brought by AI can lead to job losses, necessitating the reskilling and upskilling of the workforce.

Best practices for adopting AI in business practices

To fully leverage the benefits of AI in business operations, organizations should :

- **Establish a comprehensive AI strategy :** Clearly define AI objectives and create a detailed implementation roadmap.
- **Invest in AI research and development :** Keep abreast of the latest trends and advancements in AI technology.
- **Promote transparency and accountability :** Ensure that AI systems are transparent, understandable, and equitable.
- **Enhance employee skills:** Commit to ongoing training and development for employees to equip them with the necessary skills to effectively engage with AI technologies.

Conclusion

The influence of AI on business operations is profound, and organizations that effectively utilize its capabilities will find themselves in a stronger position to thrive in today's dynamic and competitive landscape. By recognizing both the advantages and challenges associated with AI and by adopting best practices for its implementation, businesses can harness AI to foster innovation, boost efficiency, and elevate the customer experience.

References :

- [1] Harvard business review, "The future of Artificial intelligence in business"
- [2] Mckinsey & company, "Artificial Intelligence: The next frontier for business".

Abhijeet Bhangalia
BBA, 2nd Sem.

EDUCATION SECTION

INDEX

S.N.	Articles Name	Students Name
1	Student Editorial	Diksha Thakur
2	My Journey as a Trainee Teacher	Chhavi Sharma
3	From Blackboards to smart classrooms: Navigating the Challenges of Technology in Education	Diksha Thakur
4	Technology in Education	Himani
5	Modern Education System	Niharika
6	The power of Education: Unlocking Individual and societal Potential	Komal
7	The impact of Covid-19 on Learning	Pritika Thakur
8	Difference between online Education and offline Education	Ankit Kashyap
9	Digitalization of Education and skills development	Vishal
10	Importance of Special Education	Kavita Rana
11	The silent struggle: Mental Health and Academic Pressure in the Modern Classrooms	Diksha Thakur
12	Strategies to nurture Students Social and Emotional well-being	Shreya Sharma

S.N.	Articles Name	Students Name
13	The Light of Education	Anchal
14	Importance of NEP 2020 in students Education	Sakshi & Prerna
15	Woman Education	Sanjna
16	National Education Policy 2020	Shriya
17	The Future of AI in Education	Kamlesh & Yash
18	Role of AI in Education	Priya Sharma
19	Why Education is important for Life	Kritika Sharma
20	शिक्षा और आत्मज्ञान	Nand Lal
21	The impact of Technology on Education	Nivedita
22	Importance of Education in society	Bharti Sharma
23	Why God Made Teachers ?	Madhvi Thakur



Staff Editor
Dr. Manju Garg



Student Editor
Diksha

STUDENT EDITORIAL

Dear Readers,

Education is not just about books, exams or grades, it is about discovery, innovation and transformation. In a world that is constantly evolving, should not our learning evolve too? True education is not confined to only classrooms, it thrives in curiosity, real-world experiences and the courage to question the norms.

In this edition of our college magazine Chir Sankalp, the Education Section takes you on a journey beyond traditional learning. We bring you insightful perspectives, thought- power of technology in shaping the future of education to the growing importance of mental well-being in academics, we dive deep in to the topics that matter the most.

This section would not have been possible without the invaluable support and guidance of Dr. Manju Garg, our esteemed staff Editor, whose dedication to education and editorial excellence has been truly inspiring. A heartfelt thanks to all the contributors who have shared their ideas, research and creative insight, making this edition a thought-provoking and engaging to read.

As a student Editor, my hope is to spark conversations that go beyond the pages of this magazine. Let us redefine learning, embrace changes and make education a force of empowerment rather than pressure. After all, the best lessons are the ones that ignite passion, fuel creativity, and shape a brighter tomorrow.

Stay curious, Stay inspired!

Diksha Thakur
B.Ed, 4th Semester

MY JOURNEY AS A TRAINEE TEACHER

I had an opportunity to experience the education system as a trainee teacher for 3 months. As I stood in front of the students, I was reminded profound impact that education can have on young minds. I had the privilege of looking at the reality of education from a fresh perspective. This perspective challenged my pre conceived notions and broadened my understanding of various activities related to school system. And it indeed deepened my passion for teaching.

I would like to share What I have learnt in this period :

- **Reality of the classroom** - classroom is the place where theory meets practice. My classroom experience taught me a lot about my strengths and weaknesses. In many ways has inspired me to be a better person. Having first hand experience of witnessing various abilities and diverse interest and learning styles of students. It is one of the most significant lessons I have learned. It is responsibility as teachers to cater to these individual differences. We must strive to create an inclusive learning environment that values diversity.
- **Role of the teacher** : As I experienced the responsibility of being a teacher, I am reminded of my true role as teacher. We are imparters of knowledge, mentors and facilitators and most importantly we are role models. We must strive to be our best so that students can look up to us and it always helps them to grow. My journey as trainee teacher has broadened my perspective and has deepened my passion for teaching. This training will always remind me to be a better person for myself so that I can be the best mentor, guide and role model for the students.

Chhavi Sharma
B.Ed 4th Sem.

FROM BLACKBOARDS TO SMART CLASSROOMS : NAVIGATING THE CHALLENGES OF TECHNOLOGY IN EDUCATION

Education has undergone a remarkable transformation over the years, evolving from traditional systems to modern, technology-driven approaches. In earlier times, the classroom experience revolved around basic tools like slates and blackboards. Students would diligently write on slates, which were later replaced by chalkboards and eventually, whiteboards became a staple in educational settings. These tools marked significant progress in how knowledge was conveyed, allowing for more interaction than their predecessors.

As technology advanced, so did the educational landscape. The introduction of digital boards and smart classrooms promised a more interactive and engaging learning experience. These innovations aimed to enhance student participation and facilitate a deeper understanding of the material. However, despite the availability of these advanced tools, the reality in many classrooms is that technology is not being utilized to its full potential. Barriers such as inadequate training for teachers and lack of resources often hinder effective implementation. Many educators find themselves unsure about how to integrate technology into their lessons, leading to missed opportunities for enriching the learning experiences.

Moreover, the digital age has created a paradox where students are often more adept at using the internet for social media and entertainment than for educational purposes. This disconnect can detract from their engagement in the classroom, where technology could otherwise serve as a powerful ally in learning. To bridge this gap, it is crucial to invest in training programs for teachers, encourage students to leverage technology for their studies, and foster an environment where technology is seamlessly integrated into the curriculum. Only through these efforts we can unlock the full potential of modern educational tools and create a more effective learning environment for all.

Diksha Thakur
B.Ed, 4th Sem.

TECHNOLOGY IN EDUCATION

Technology has become an integral part of our lives, transforming the way we live, work, and communicate. From smart phones to artificial intelligence, technological advancements have revolutionized every aspect of our society. In this revolutionary era, education and technology are the two powerful tools that help students learn about personalized learning opportunities. Interactive white boards and projectors have replaced the traditional method of studying in classrooms. According to data, 60% of schools provide digital learning with the incorporation of tablets, Laptop, and other important electronic gadgets in their schools. The aim of using technology in classrooms is to accommodate multiple learning styles, encouraging the students to collaborate on their new ideas and opinions. All such diverse ranges of technologies and experiences help the students learn things from different sources, which not only increase their areas of understanding but also changes their learning abilities.

The COVID-19 pandemic has acted as a catalyst that has helped to drive digital education in an unparalleled way. It is estimated that more than 50% of the worldwide learning industry, either schools, colleges or universities embrace online learning methods. The changes in the way of learning industry to explore innovations as well as new learning technologies. Online course, educational apps and interactive tools have made education more accessible and engaging. Students can now access a wealth of knowledge at their fingertips and collaborate with peers and teachers from anywhere. They can now attend virtual classes and participate in discussions from the comfort of their own homes. This has opened up new opportunities for students who may not have access to quality education otherwise.

Himani
B.Ed, 4th Sem.

MODERN EDUCATION SYSTEM

Modern education is the system of imparting education that helps students deal with the modern world problems and make a high paying career out of it. Unlike ancient traditional education that was based on a lifelong analysis of theology and philosophy, modern education is more practical.

While traditional education focused a lot on catching up with an ideal individualism the modern education system emphasises critical thinking, visualising, and imagining.

One of the defining characteristics of the modern education system is its emphasis on personalized learning. With the help of technology, learning can be tailored to individual students needs, abilities, and learning styles. This approach recognizes that each student learns at his/her own pace and in their own unique way. Personalized learning plans, adaptive assessments, and learning analytics are some of the tools used to support this approach.

Another significant feature of the modern education system is its focus on skills development. The rapid pace of technological changes and the evolving needs of the workforce have made it essential for students to acquire skills that are relevant to the 21st century. Critical thinking, creativity, communication, collaboration, and problems-solving are some of the essential skills that are emphasized in the modern education system.

The modern education system also recognizes the importance of real - world applications and experiential learning. Students are encouraged to work on projects that have real world relevance and they are provided with opportunities to engage with industry partners, entrepreneurs, and community organization. This approach helps students to develop practical skills, build their professional networks and gain a deeper understanding of the subject matter.

Technology plays a vital role in the modern education system. learning management systems, online courses, and digital resources have made it possible for students to access high-quality educational content from anywhere in the world. Virtual and augmented reality, artificial intelligence, and blockchain are some of the emerging technologies that are being explored in education.

Despite its many benefits, the modern education system also faces several challenges. One of the biggest challenges is ensuring equity and access. Not all students have equal access to technology, internet connectivity, or digital resources. This can create a digital divide and exacerbate existing inequalities.

Another challenge facing the modern education system is the need for teacher training and support. Teachers need to be equipped with the skills and knowledge required to effectively integrate technology into their teaching practices. They also need to be supported in their efforts to develop personalized learning plan and to use data analytics to inform their instruction.

In conclusion, the modern education system is a dynamic and evolving entity that is shaped by advances in technology, changes in societal needs, and new insights into how students learn. While it offers many benefits, it also faces several challenges that need to be addresses. By working together, educators, policymakers, and industry leaders can help to create a more inclusive, effective, and sustainable education system that prepares students for success in the 21st century.

Niharika
B.Ed, 4th Sem.



THE POWER OF EDUCATION : UNLOCKING INDIVIDUAL AND SOCIETAL POTENTIAL

Education is the backbone of a society, playing a vital role in shaping individuals, communities and nation. It is the key to unlock potential, fostering personal growth, and promoting social mobility. Education is essential for individuals to acquire knowledge, skills and values necessary to participate fully in society. It helps people to develop critical thinking, problem solving and communication skills, making them more employable and adaptable in an ever changing world. Education also fosters creativity, innovation and entrepreneurship, driving economic growth and development. Education has a profound impact on individuals health, well being and happiness.

Benefits of education:

1. **Improved employability** : It enhances job prospects and good career.
2. **Increased earning potential** : Tends to earn higher salaries and enjoy better economic stability.
3. **Better health outcomes** : Leads to improved health healthy and life styles.
4. **Social mobility** : provides opportunities for social mobility, helping individuals break cycles of poverty and inequality. Education has the potential to break cycles of poverty, promote social mobility, and foster economic growth. However, education faces numerous challenges from accessibility and affordability to inequality and curriculum relevance. By prioritizing education and addressing its challenges, we can unlock human potential and build a brighter future for all.

Komal

B.Ed, 2nd Sem.

THE IMPACT OF COVID-19 ON LEARNING

The COVID-19 pandemic had a profound impact on education worldwide. The sudden closure of schools and the shift to online learning disrupted the learning process for students, created challenges for teachers and parents, and transformed traditional education methods. While the pandemic posed significant difficulties, it also accelerated technological advancements and introduced innovative learning models.

One of the most significant effects of the pandemic on students was disruption of education. School closures meant that millions of students missed out on formal learning, especially in developing countries where access to online education was limited. Many students struggled to keep up with their studies, leading to learning losses and gaps in knowledge.

Furthermore, the pandemic affected students mental health. isolation from peers, uncertainty about the future, and increased academic pressure led to anxiety, stress and depression. Social interaction plays a crucial role in child`s development and the sudden shift to remote learning deprived students of emotional supports from teachers and classmates.

Another major challenge was the limited access to technology. Many students especially those from low-income families, lacked access to essential digital tools such as computers, reliable internet, and data. This digital divide widened educational inequalities, as students who could not access online learning fell behind heir peers.

The pandemic also placed immense pressure on teachers. Many educators had to quickly adapt to online teaching, while required learning new digital skills and creating engaging virtual lessons. This sudden shift increased their workload and stress levels, as they had to balance teaching, technology management, and student engagement in a completely different environment.

Parents, on the other hand, faced financial and emotional burdens. Many families experienced job losses or reduced income during the pandemic, making it difficult to afford the necessary technology for online learning. Parents also had to take on the role of teachers, assisting their

children with lessons and homework while managing household responsibilities and work commitments.

Despite these challenges, the pandemic also brought positive changes to the education system. One of the most notable benefits was the rapid adoption of new technologies in learning. Online platforms, digital resources, and virtual classrooms became essential tools, enabling education to continue even during schools closures. Many institutions integrated innovative teaching methods, making education more flexible and accessible.

Another positive outcome was the rise of blended learning models. Schools and universities began combining online and offline learning, allowing for more personalized and flexible education. This approach has the potential to improve learning outcomes, as students can access resources at their own pace while stills benefiting from in person instruction.

The COVID-19 pandemic had both negative and positive effects on education. While it disrupted learning, increased stress levels, and highlighted technological inequalities, it also accelerated the adoption of digital tools and introduced new teaching methods. Moving forward, education systems must focus on closing the digital divide, supporting students mental health, and integrating blended learning models to create a more resilient and inclusive education system.

Pritika Thakur
B.Ed, 4th Sem.

DIFFERENCES BETWEEN ONLINE EDUCATION AND OFFLINE EDUCATION

Education has evolved with technology, leading to two primary modes: online education and offline education. Each has its own benefits and challenges, depending on learners` needs, access to resources, and personal preferences.

1. Learning Environment

Online Education : Learning takes place virtually through digital platforms, video lectures, and interactive tools. Students can study from anywhere with an internet connection.

Offline Education: Conducted in physical classrooms, offering a structured learning environment with direct interaction between students and teachers

2. Flexibility & Accessibility

Online Education : Offers high flexibility; students can access materials at any time and learn at their own pace. ideal for remote learners and working professionals.

Offline Education : Requires a fixed schedule and physical presence, which may be challenging for those with time constraints or living in remote areas.

3. Interaction & Engagement

Online Education : Interaction happens through virtual tools like discussion forums, emails, and video calls, which may feel less personal.

Offline Education: provides face-to-face communication, fostering better engagements collaboration, and social interaction.

4. Cost & Affordability

Online Education: Generally more affordable, as it eliminates costs for travel, accommodation, and printed study materials.

Offline Education : Can be more expensive due to tuition fees, transportation, and other logistics.

5. Practical Learning & Hands-on Experience

Online Education : Limited opportunities for hands-on learning, especially for subjects requiring lab work, technical skills, or physical practice.

Offline Education : Allows direct participation in experiments, workshops, and hands-on training, enhancing practical understanding.

6. Discipline & self-motivation

online education : Requires self-discipline and time managements skills, as there is less direct supervision.

Offline Education : Encourages accountability through structured schedules, teacher guidance, and peer interaction.

7. Use of Technology

Online education : Relies heavily on digital tools. Required students to have access to a computer, stable internet, and basic tech skills.

Offline education : Uses traditional teaching methods, with limited reliance on technology.

8. Examination & Evaluation

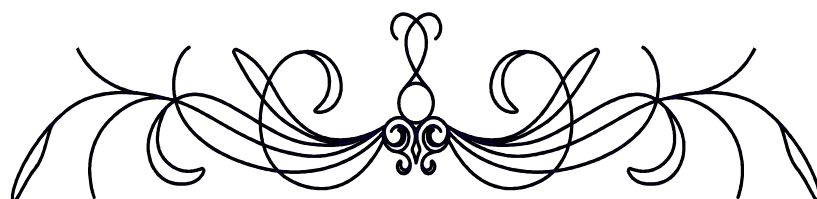
Online education : Assessments are often conducted through online quizzes, assignment, and virtual proctoring, raising concerns about academic integrity.

Offline education : Exams are conducted in a controlled environment, reducing chances of malpractice and ensuring fair evaluation.

Conclusion

Both online and offline education have unique advantages. Online education is convenient, Cost-effective, and flexible, while offline education provides better interaction, discipline, and hands-on learning. A blended approach, combining both methods, can offer the best of both worlds.

Ankit Kashayp
B.Ed, 4th Sem.



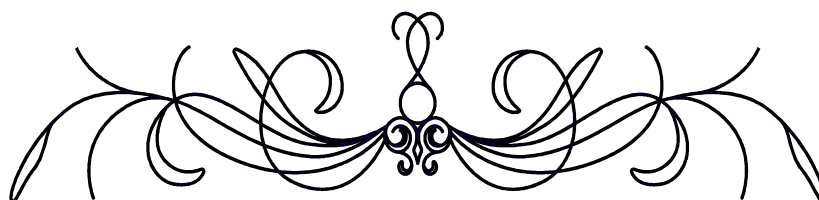
DIGITALIZATION OF EDUCATION AND SKILLS DEVELOPMENT

The digitalization of education and skills development in India has transformed traditional learning methods, making education more accessible, affordable and also efficient. This transformation aligns with India's vision of becoming a digitally empowered society and a knowledge-based economy.

Government initiatives:

1. **Digital India Mission** - Launched in 2015, this initiative aims to enhance digital infrastructure, increase internet connectivity, and promote digital literacy.
2. **e-VIDYA (PM e-VIDYA)** - It integrated digital learning through online platforms, radio and TVs, including DIKSHA, Swayam, and Swayam Prabha.
3. **National Digital Education Architecture(NDEAR)** - support digital infrastructure in schools and higher education institutions.
4. **Skill India Mission** - Digital learning platforms like e skill India and National skill development corporation (NSDC).
5. **SWAYAM** - A government-funded massive open online courses (MOOC) platform providing free education from top institutions.
6. **Ed-Tech Companies** - The private sector, including Ed-Tech companies, has significantly contributed to digital education and skill development in India. Some notable platforms include-Byju's, Unacademy, Vedantu, Coursera and Udemy, Scaler and Upgrad.
7. **Vocational training for skill development** - Include programs Such as national skill Development Mission and skill India
 - The past decade has seen a significant push toward digitalizing education.
 - Initiatives like AICTE learn have been launched to enhance digital literacy and upskilling.

Vishal
B.Ed, 2nd Sem.



IMPORTANCE OF SPECIAL EDUCATION

Special education plays a vital role in today's education system, offerings tailored supports to students with unique needs. Every child has the right to equal opportunities, regardless of their difficulties, and special education ensures they receive quality education that caters to their individual requirements.

Special education is essential for promoting inclusive education, where children with disabilities learn alongside their non-disabled peers. This approach breaks down barriers, fosters social inclusion, and help students develop crucial social skills.

Benefits of Special Education

Some of the key benefits of special education include :

- **Providing services and support** : Special education offers a range of services and supports tailored to meet the unique needs of disabled students.
- **Helping student achieve full potential** : Special education encourages disabled students to participate fully in curricular and co-curricular activities, helping them achieve their full potential.
- **Developing confidence** : Special education helps in developing confidence in disabled students by providing them with equal educational opportunities.
- **Preparing students for independent living** : Special education prepares students with disabilities for independent living, enabling them to become self- sufficient and prominent members of society.

The Future Of Special Education

As we move forward, it is essential to recognize the importance of special education in promoting inclusive education and providing equal opportunities for all students. By acknowledged the benefits and challenges of special education, we can work towards creating a more inclusive and supportive education system that caters to the diverse needs of all students.

Kavita Rana
B.Ed, 4th Sem.

THE SILENT STRUGGLE : MENTAL HEALTH AND ACADEMIC PRESSURE IN THE MODERN CLASSROOMS

The Cost of Success

In today's fast-paced world, academic success is often equated with high grades, perfect GPAs, and endless achievements. Students are expected to juggle assignments, exams, extra curricular, and career planning, all while maintaining a personal life. But behind the polished resumes and repot cards, there is a growing crises-Mental health struggles fueled by relentless academic pressure.

The question is, are we preparing students for the future or pushing them to the edge?

The Numbers Speak:

According to the world health organization (WHO) One in five students experiences symptoms of anxiety and depression.

A 2023 survey revealed that 74% of college students feel overwhelmed by their academic workload.

The American college health association reports that 45% of students feel so stressed that it negatively affects their academic performance.

Suicide rates among students have increased by 23% in the last decade, making mental health in education a growing concern.

These numbers are not just statistics- they represent real students, real struggles and real lives at stake.

The pressure cooker : What's causing student stress ?

- **Unrealistic Expectations** - The constant race for top ranks and perfect scores leaves little room for failure, making students feel like they are always falling behind.
- **Overloaded curriculum** - Tight deadlines, Excessive course works and long study hours make burnout almost inevitable.
- **Comparison cultural** - Social media amplifies the pressure, where students see peers achieving milestones and feel inadequate.
- **Parental & societal pressure** - Many students feel they are living someone else's dream, forced into careers based on expectations rather than passion.
- **Fear of the Future** - The uncertainty of finding a job, financial independence and societal success adds another layer of stress.

The Dark Side : When Pressure turns into a Mental Health Crisis

Unchecked academic stress does not just affect grades- it affects sleep, appetite relationships, and self-worth. many students experience:

Anxiety & panic attacks - Constant worry about exams and deadlines.

Depression - Feeling unmotivated, exhaustion due to prolonged stress.

Burnout - Emotional and physical exhaustion due to prolonged stress

Self-Harm & suicidal Thoughts - A heartbreaking reality for those who feel trapped under the weight of expectations.

The Way Forward : Creating a Healthier learning Environment

- **Reading success** - Success should not be measured only by grades but also by skills, creativity and well being.
- **Mental Health awareness** - Schools and college must normalize conversations about mental health and provide access to counseling.
- **Balanced Learning** - Universities should restructure curriculum to focus on quality over quantity reducing unnecessary academic pressure.
- **Encouraging Passion** - Instead of forcing students into predefined career paths, we should help them explore their true interests.
- **Mindfulness & stress managements** - Incorporating yoga, meditation, and recreational activities can significantly improve student well-being.

A call for change

Education should empower students, not break them. Mental health is just as important as academic performance, and it's time we start treating it that way. The real goal of education is not just to produce graduates but to nurture confident, creative and emotionally resilient individuals.

So, let's ask ourselves : Are we building a generation of learners or a generation of the exhausted ?

The answer lies in how we shape the future of education- One where mental health is a priority, not an afterthought.

Diksha thakur
B.Ed, 4th Sem.

STRATEGIES TO NURTURE STUDENTS' SOCIAL AND EMOTIONAL WELL-BEING

Students can be nurtured socially as well as emotionally by creating an inclusive learning environment where every student feels seen, heard and valued.

Creating a supportive learning environment is not just a goal-it's a guiding principle that shapes every interaction, lesson and initiative with the students.

Here are some strategies to nurture students' social and emotional well-being.

1. Empathy workshops and peer supports circles :

Recognizing importance of empathy in building a supportive community, students come together and share their feelings, struggles and have honest conversation which other students listen with compassion, offer supports to their peers and meaningful connections.

2. The listening corner :

Social emotional learning is not just a curriculum but-it's a way of life. It helps students develop essential skills such as self awareness, emotional regulation and relationship building.

3. The listening corner :

Today, there is a need for listening ear in a fast-paced world. The listening corner serves as a sanctuary for students to reflect, recharge and seek guidance during challenging times.

4. Kindness campaign :

Aim of this campaign is to instilling a cultural of kindness and compassion among students. In this initiative, a box is kept in classroom where students can appreciate efforts of their peers which students can appreciate efforts of their peers who have extended helping hand or shown compassion.

Final thoughts :

Through all the initiatives, we all got to know that by fostering emotional resilience, empathy and self awareness, we can empower students to navigate life's challenges with grace and courage, knowing that they have a supportive community to lean on.

Shreya Sharma
B.Ed, 4th Sem.

THE LIGHT OF EDUCATION

Education shines, so bold and bright,
A guiding star, a beacon of light.
It builds a world both wise and strong,
Where knowledge sings a timeless song.

It breaks the chains of dark despair,
Gives hope and dreams to those who dare.
A bridge to peace, a path so wide,
Where love and wisdom walk with pride.

For every child, for every girl,
Education can reshape the world.
With books in hand, they rise and lead,
Planting progress like a seed.

No more barriers, no more fears,
Learning wipes away the tears.
A voice for justice, a step ahead,
Where minds are free and dreams are spread.

So light this lamp, let knowledge grow,
A brighter future it will show.
For in each lesson, bold and true,
Lies a world made just for you!

Anchal
B.Ed, 2nd Sem.

IMPORTANCE OF NEP 2020 IN STUDENTS' EDUCATION

National Education policy, 2020 (NEP) envisions a massive transformation in education through - “an education system rooted in Indian ethos that contributes directly to transforming India, that is Bharat, sustainable into an equitable and vibrant knowledge society, by providing high quality education to all, thereby making India a global knowledge superpower.” The NEP 2020 is founded on the five guiding pillars of Access, Equity, Quality, Affordability and Accountability. It will prepare our youth to meet the diverse national and global challenges of the present and the future.

In school education, the national education policy 2020 stresses on the core values and principles that education must develop not only the cognitive skills, that is, - both ‘foundational skills’ of literacy and numeracy and ‘higher-order’ skills such as critical thinking and problem solving- but also, solving- but also, social and emotional skills- also referred to as ‘soft skills’ - including cultural awareness and empathy, perseverance and grit, teamwork, leadership, communication, among others. The policy aims and aspires to universalize the pre-primary education and provides special emphasis on the attainment of foundational literacy/numeracy in primary school and beyond for all by 2025. It recommended plethora of reforms at all levels of schools education with 5+3+3+4 design covering children in the age group 3-18 years, reform in the current exams and assessment system, strengthening of teacher training, and restructuring the education regulatory framework. It seeks to increase public investment in education, strengthen the use of technology and increase focus on vocational and adult education among others. In higher education, NEP, 2020 provides valuable insights and recommendations on various aspects of education that include moving towards multi disciplinary and holistic education institutional autonomy, promotion of quality research through establishment of national research foundation, continuous professional development of teachers, integration of architecture, multi disciplinary curricula, engaging blended pedagogy, valid reliable and blended assessment and availability of content in Indian languages. The policy is expected to bring long-lasting positive impact on the education system and making India a global hub of skilled manpower during the ‘Amrit kaal’, the next 25 years leading up to developed India in 2047. Its implementation needs collective efforts of center, states, Uts, HEIs, regulating agencies/Regulatory bodies and all other relevant stakeholders.

It also proposes the revision and revamping of all aspects of the education structure, including the school regulation and governance, to create a new system which is aligned with the aspiration goals of 21st century education along with India’s tradition, culture and value system. Technology will be integrated with education through several exiting as well as proposed initiatives, including energized text books, high quality e-content for capacity building of teachers and learners, question banks based on learning outcomes, etc. The policy also notes that establishing primary schools in every habitation across the country has helped in increasing access to education. However, it has led to the development of very small schools (Having low number of students) Which makes it operationally complex to deploy teachers and critical physical resources.

Shakhi & Prerna
B.Ed, 2nd Sem.



WOMAN EDUCATION

Education is a fundamental right that empowers individuals and transforms societies. Over the years, there has been a growing recognition of the importance of educating women, as it plays a crucial role in the social and economic development of nations. Women's education has improved significantly in many parts of the world, leading to greater financial independence, better health outcomes, and increased participation in decision-making. However, despite this progress, many women still face challenges in accessing education due to societal norms, economic hardships, and lack of proper infrastructure.

The causes of limited access to education for women vary across regions. Cultural traditions often prioritize household responsibilities over schooling, leading to early marriages and dropout rates among girls. Financial constraints also prevent families from investing in girls' education, as they often prioritize boys' schooling. In some areas, inadequate school facilities, lack of female teachers, and concerns over safety discourage parents from sending their daughters to school. Furthermore, social stereotypes and gender discrimination continue to act as barriers, limiting educational opportunities for women.

The positive effects of educating women are immense. An educated woman is more likely to make informed decisions about her health, family planning, and financial stability. She contributes to economic growth by participating in the workforce, starting businesses, and improving the overall productivity of a nation. Education also helps in reducing gender inequality by empowering women to challenge societal norms and break stereotypes. Additionally, when women receive education, they ensure better upbringing and education for their children, creating a cycle of progress for future generations.

However, there are some challenges associated with women's education. In some regions, the increasing education of women is met with resistance from conservative groups who fear changes in traditional gender roles. Additionally, while education improves job prospects, gender pay gaps and workplace discrimination still persist, limiting women's financial independence. In some cases, highly educated women struggle to find a balance between professional and family responsibilities due to societal expectations.

Ensuring equal access to education for women requires collective efforts from governments, organizations, and communities. Policies promoting free and compulsory education, scholarship programs, and skill-based learning initiatives can help bridge the educational gap. Raising awareness about the importance of educating girls and improving school infrastructure, especially in rural areas, will further encourage higher enrollment and retention rates.

Educating women is not just an individual benefit but a social necessity. It leads to economic prosperity, social progress, and a more equitable world. By investing in women's education, societies can unlock immense potential and work towards a future where both men and women contribute equally to development.

Sanjna
B.Ed, 2nd Sem.



NATIONAL EDUCATION POLICY 2020

The national education policy 2020 (NEP2020) is a comprehensive reform aimed at transforming India's education system approved on July 29, 2020 by the union cabinet of India.

The National Education Policy (NEP)2020 offers several advantages, such as holistic and flexible curriculum, a focus on multi-disciplinary education, and an emphasis on skill development and critical thinking. It introduces early childhood care and education (ECCE), flexible subject choices, and regional language-based instruction to improve foundational learning. Additionally, it promotes digital learning, research, and globalization of education while reducing rigid separations between academic streams. However, NEP 2020 also has some disadvantages, including challenges in implementation, funding issues and language barriers, as many students may struggle with regional language-based instructions. The policy's increased privatization risks marginalizing economically weaker students, and the lack of clarity on assessment reforms may lead to inconsistent execution across states.

In essence, NEP2020 seeks to create a more flexible, equitable and future-ready education system, emphasizing skill development, critical thinking and inclusiveness.

Shriya
B.Ed, 2nd Sem.

THE FUTURE OF AI IN EDUCATION

- Artificial Intelligence (AI) is transforming education by making learning more personalized, accessible, and efficient.
- AI-powered tools can adapt to students' learning styles, providing customized content and real-time feedback.
- Virtual tutors and AI chatbots assist students in understanding complex topics, reducing dependency on traditional classroom settings.
- AI also helps teachers by automating administrative tasks like grading, attendance tracking, and curriculum planning, allowing them to focus on student engagement and creativity. Additionally, AI-driven data analysis identifies learning gaps, helping educators develop better strategies to improve student performance.
- In the future, AI is expected to enhance adaptive learning platforms, making education more interactive and immersive through virtual and augmented reality. However, challenges like data privacy and the need for human oversight remain. While AI cannot replace teachers, it will serve as a powerful tool to enhance education, making it more inclusive and efficient for learners worldwide.

Kamlesh & Yash
B.Ed, 4th Sem.



ROLE OF AI IN EDUCATION

AI has become a vital part of our daily routines, significantly impacting various industries in ways we could not have imagined before. Whether it's sports, construction, or education, AI is transforming how we work and learn. Particularly in education, AI has opened up exciting new avenues for learners of all ages.

Companies specializing in educational technology (EdTech) now offer courses on artificial intelligence, customizing learning experiences to individual needs by identifying areas where students need extra help and providing targeted feedback through online learning platforms. The fusion of AI in education has also introduced fresh learning platforms. The fusion of AI in education has also introduced a fresh perspective on learning methods.

The use of AI in education has allowed students to receive tailored learning programs that cater to their individual needs. By providing personalised learning methods through data analytics, AI enhances engagement and motivation levels for students to suit their learning preferences and requirements. Benefitting learners, educators and administrators can also utilize the data gathered using AI to understand the progress of their students and where learners may need to improve. This will lead to educators making better-informed decisions to benefit the education of students by identifying patterns and trends in the class.

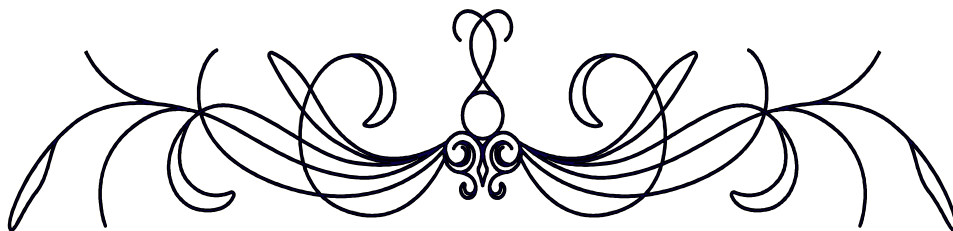
AI can also be utilized for support via chatbot's and automated messaging services. students can access supports inside and outside of school hours with chatbot's offering a personalized and interactive education for students. The use of chatbot's inside the classroom can also assist in teaching large class sizes which poses many challenges.

The use of AI in education has led to the eradication of geographical constraints. In other words, students can access education anywhere at any time, thanks to the push for online education. AI in higher education institutions has facilitated the global reach of education at degree level, providing opportunities to learners around to gain a high- quality education.

As well as the growth of online learning, utilizing AI in education provides new ways of learning via technology such as virtual reality and simulations, creating a more interactive learning environment to engage students and push education forward.

Another key role of artificial intelligence in education is the creation of new classroom content to engage students and add variation to the way topics are taught. AI can bridge the gap between the lessons and study materials for educators and help create personalized content for students, delivered in an engaging format.

Priya Sharma
B.Ed, 2nd Sem.



WHY EDUCATION IS IMPORTANT FOR LIFE

“Education is the best friend. An educated person is respected everywhere. Education beats the beauty and the youth.” Chanakya Oxygen is essential for the survival of our bodies, and education is essential for the survival of our minds. Just as we need oxygen to breathe, we need education to thrive. Education strengthens our minds, and helps us find our best. It teaches us to question, to seek and explore and to find the answer that we have been searching for. God makes man but education makes gentlemen

Education plays a vital role in shaping successful people. It gives us the opportunity to become a productive member of a civilized society by acquiring all the necessary skills.

The word Education’ not only means acquiring knowledge. The first objective of getting good education is to become a good citizen and then to become a successful person in personal and professional life.

Through ‘education’ lens, we see the world a new. A world of beauty, of complexity and of truth. A world that `s full of wonder, of mystery and surprise, where education journey opens our eyes.

Education is a treasure that we should cherish and share. It`s like a garden that blooms with knowledge, wisdom and understanding.

So let us cherish, The gift of divine and honor the pursuit of knowledge that`s truly sublime.

Through education`s power, world can change and elevate and help us to reach out the highest potential.

Kritika Sharma
B.Ed, 2nd Sem.

शिक्षा का आत्मज्ञान

उत्सुकता ! ये मनुष्य की उत्सुकता ही है जो इसे अन्य जीवों से अनुठा बनाती है। वास्तव में मनुष्य में कुछ विशेष पाने की चाह या बेचैनी के कारण ही इस मानव संस्कृति का निर्माण हुआ है जिससे शिक्षा की संस्था भी शामिल है।

शिक्षा का आधार ज्ञान होता है। मानव की इसी उत्सुकता के कारण विभिन्न विषयों की खोज हुई। इस खोज का उद्देश्य इस आंतरिक बेचैनी को दूर करना ही था। आधुनिक शिक्षा हमें विज्ञान, इतिहास, अर्थशास्त्र, समाजशास्त्र इत्यादि विषयों के माध्यम से बाहरी जगत का ज्ञान तो देती है किन्तु स्वयं के बारे में कोई विशेष प्रावधान नहीं हैं।

यही कारण है कि समाज में साक्षरता दर अधिकतम होने के बावजूद भी व्यक्ति और समाज किसी बेहतर हालात में नहीं हैं। व्यक्तिगत तौर पर मानसिक रोग तथा सामाजिक तौर पर जलवायु परिवर्तन, सामाजिक आर्थिक असमानता, परमाणु युद्ध खतरे जैसी मानवजनित समस्याएँ हमारे सामने हैं।

शिक्षा का प्राथमिक उद्देश्य आत्म-ज्ञान होना चाहिए। व्यक्ति जब स्वयं को जानेगा, अपने केन्द्र को समझेगा तभी वह बाहरी जगत से भी एक उचित संबंध स्थापित कर सकेगा। स्वामी विवेकानन्द के शब्दों में शिक्षा मनुष्य में पहले से निहित पूर्णिमा की अभिव्यक्ति है। अध्यापन का उद्देश्य विद्यार्थियों को उनके भीतर छिपे ज्ञान को खोजने में सहायता प्रदान करना होना चाहिए।

नन्द लाल
बी. एड, द्वितीय सत्र

THE IMPACT OF TECHNOLOGY ON EDUCATION

Technology has become essential in education as teachers are finding it more effective to adopt and apply certain technological the principles in the learning process.

Technology plays a vital role in the sphere of life and education. The advent of technology is a gift of god. It is the mother of civilization, of art and science.

Computer and internet technology has revolutionized the field of education. The importance of education in schools cannot be ignored. It has become easier for the teachers to render knowledge and for the students to grasp it. Computer technology is used to add fun elements to education.

SOME POSITIVE ASPECTS

1. **Enhance engagement :**
Interactive tools such as virtual reality, Gamified lesson, multimedia make learning more engaging and enjoyable.
2. **Flexibility in learning :**
It enables distance learning, allowing students to learn from any where and at anytime.
3. **Increased access to information :**
Technology provides students and teachers with instant vast resources including online libraries, research papers and educational platforms.

SOME NEGATIVE ASPECTS

1. It hinders face to face interaction and the development of social and communication skills.
2. Distract students from their studies, affecting their focus.

CONCLUSION - Technology in education provides benefits like greater access to resources, personalized learning and improved engagement. However, issues like unequal access, health concern and distraction can limit its effectiveness.

Nivedita
B.Ed, 2nd Sem.

IMPORTANCE OF EDUCATION IN SOCIETY

Education has manifold impact on society, from improving the quality of life to creating conditions conducive to the development of talented individuals capable of changing society. The importance of education in society lies in the fact that it creates opportunities for acquiring knowledge and skills that are literally changing the world. The success of an individual greatly depends on their level of education and the ability to practically apply what they have learned in the school. The accessibility of quality education is not only important for individual development, but also for the development of society as a whole. It is not just the information from the lessons that matters, but the entire learning process as well. From overcoming obstacles to personal development. This is how mature and accomplished individuals develop a critical perspective on the world around them. Formal education is achieved through educational institutions such as pre-school, primary schools, secondary schools, colleges and universities. However, informal education comes from self- directed learning, evidence-based learning, open learning, and electronic learning.

Bharti Sharma
B.Ed, 2nd Sem.

WHY GOD MADE TEACHERS

When God created teachers.
He gave us special friends
To help us understand his world and truly comprehend
The beauty and wonder of everything we see,
And become a better person
With the discovery when God created teachers,
He gave us special guides
To show us ways in which to grow
So we can all decide how to live and how to do what's right instead of wrong?
To lead us, so that we can lead and learn how to be strong.
Why god created teachers, in his wisdom and his grace,
Was to help us learn to make our world a better and wiser place.

Madhvi Thakur
B.Ed, 2nd Sem.



PLANNING SECTION

INDEX

S.N.	Articles Name	Students Name
1	Student Editorial	Vaibhav Sharma
2	Rise of Indian Entrepreneurs	Vaibhav Sharma
3	Impact of Geopolitics on the Global Economy	Vaibhav Sharma
4	The Future of cash less Economies : Will paper money disappear	Shanya Rana
5	The Wealth of Wisdom	Shanya Rana
6	Banking System in India	Natasha
7	सरकारी बजट	Himani
8	India's Growing Population	Palak Thakur
9	The Vital but salaries not keeping pace with inflation	Nishant Sharma
10	Jobs Rising But salaries not keeping pace with inflation	Shreya Thakur
11	2025 का भारतीय दुनिया की दूसरी सबसे अर्थव्यवस्था	Ishita
12	भारतीय अर्थव्यवस्था में महिलाओं की भागीदारी	Ishita
13	The role fo foreign investment in the Indian Economy	Manisha
14	Deglobalization	Samaksh Sen



Staff Editor

Dr. Nirupama Kohli



Student Editor

Vaibhav Sharma

STUDENT EDITORIAL

As the student editor of the planning section of our esteemed college magazine, I had the privilege of guiding the theme and structure direction of our publication. This role has not only deepened my appreciation for the intricate process of providing the best articles to readers but has also illuminated the profound impact a well curated magazine can have on our academic Journey .

I would like to thank all the students for sharing their views and making our magazine a true reflection of our collective creativity. Enthusiasm and dedication of all students has enriched this publication, showcasing the diverse talents within our academic community.

Vaibhav Sharma
B.A., 3rd Year

RISE OF INDIAN ENTREPRENEURS

Introduction : An entrepreneur is a person creating new enterprises, and bearing the risks and the rewards of the establishment. Therefore, the process of establishing a business or an enterprise is known as entrepreneurship. They use their skills to study the market and bring new products according to the demand in the market entrepreneurs combine capital, labour and resources provide goods and services.

Status of entrepreneurship In India

1. According to centre for monitoring Indian economy (CMIC) the number of businessmen qualified self - employed, professionals, and self - employed people increased by 8.4 million in the last two years.
2. According to CMIE, business is the only category that has actually recovered to the pre-pandemic level.
3. In the business class category self - employed entrepreneurs accounted for the largest share, at around (77-80%) of all the entrepreneurs in India.

This shift indicate an increase in the only self employed people but qualified self employed professional also.

Steps taken by government of India to promote entrepreneurship

1. Progressive industrial polices.
2. Invest India since 2009.
3. Start up India since 2016.
4. Stand up India since 2016.
5. Atal innovation mission since 2016.
6. E-biz portal since 2013.
7. Micro Units development Refinance agency (MUDRA) Yojana.
8. Make in India 2014.

Conclusion :

The future of entrepreneurship in India appears very promising ,driven by a confluence of factors that are fostering a vibrant and dynamic ecosystem. India's entrepreneurial landscape is set for continued growth and innovation.

Vaibhav Sharma
B.A., 3rd Year)

IMPACT OF GEOPOLITICS ON THE GLOBAL ECONOMY

Geopolitical dialogues, bi-lateral and multi-lateral agreements, treaties, conventions and conflicts etc. Have increasingly been a driver of trade policy. We study the potential effect of global and persistent geopolitical conflicts on trade, technology innovation and economic growth. In conventional trade model the welfare cost of such conflicts are significant. We build a multi-sectoral and multi-regional general equilibrium made with dynamic sector specific knowledge diffusion which magnifies welfare losses of trade conflicts. For example, many countries are following closely the ongoing discussion about potential use if hostile state assets against other countries. While rebuilding trust is difficult and may take time, it is critical to avoid the worst outcomes in a rapidly fragmenting world to preserve some of the enormous gains from economic integrated that have made the world more prosperous and secure adhering to critical for maintaining trust between countries and international monetary system.

Vaibhav Sharma
B.A., 3rd Year

THE FUTURE OF CASH LESS ECONOMIES : WILL PAPER MONEY DISAPPEAR

Digital payments are taking over, and cash is slowly disappearing from everyday transactions countries like sudden and china are already making toward a cashier society and in India UPI transaction have skyrocketed making cash unnecessary In cities.

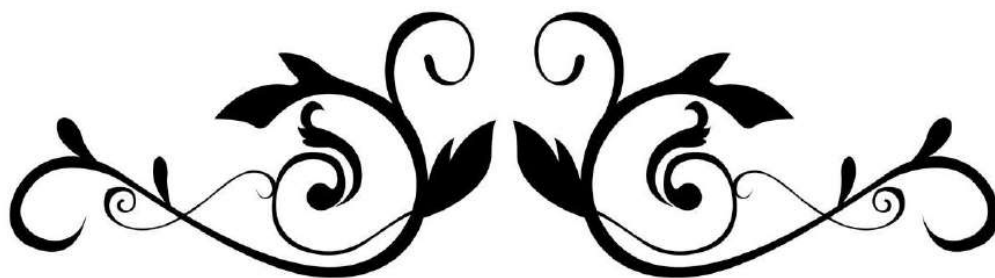
A cashiers economy offers speed, security and transparency reducing corruption and making transaction governments and businesses supports this shift but is paper money truly disappearing not so past.

Many people still depend on cash especially in small business and among the elderly cash provides privacy works without internet and is immune to cyber fraud going truly digital also raises concerns about financial exclusion and over-reliance on technology.

The future is likely to be a hybrid model where digital and physical money coexist. While use may see future cash transaction paper money will still play a role especially in emergencies.

So will cash disappear not any time soon but get ready your next payment is more to be tap transaction with notes?

Shanya Rana
B.A., 3rd Year



THE WEALTH OF WISDOM

Economics flourishes like ocean tides
Guided by minds both bold and wise
From Adam Smith's invisible hand
To Keynes, who helped demand expand,

Millions of free market's voice
Urgent the world to make a choice
Karl Marx with visions grand
Spoke of labor's strong demand,

Amartya Sen with wisdom bright
Fought for justice human rights
Joseph Stiglitz in modern age
Warns of wealth's human stage,

Supply and demand cycles turn
Lesson taught, yet still we learn
Growth and progress risks unseen
Advance of numbers in between,

So here we stand, the future near
Shaped by theories old and clear
Economics, a guiding light
To build a world that's fair and right,

Shanya Rana
B.A., 3rd Year

BANKING SYSTEM IN INDIA

The banking system in India plays an essential role in the country's economy by managing money supporting and economic growth by providing various financial services. It is made up of various types of banks including commercial banks cooperative banks and development banks. These banks are regulated by the Reserve Bank of India (RBI) which is the central bank of India commercial bank of the most common type of banks, and includes both public sector banks (like state bank of India, Punjab national bank) and private sector banks (like HDFC bank ICICI bank) public sector banks are owned by the government and private sector banks are owned by private investors. This bank provides a wide range of services such as savings checking accounts loans credits facilities cooperative banks are smaller institutions. Often focused on local areas. India has also developed banks such as industrial development bank of India (IDBI) which supports economic growth. The industrial development and digital banking system have made banking more accessible even in rural areas. Modern banking platforms like UPI and mobile banking have future change the way people do transaction making services more efficient. Challenges such as NPAs and frauds pose risks to the banking sectors however government and RBI have introduced measures to strengthen the banking system in India plays a vital role in economic development of the country.

Natasha
B.A., 1st Year

सरकारी बजट

बजट सरकार की वार्षिक आय तथा व्यय का एक ऐसा ब्यौरा है जो आगामी वित्त वर्ष (1 April to 31 March) के अनुमानों को प्रकट करता है। इसमें बीते वर्ष की उपलब्धियों तथा कमियों से संबंधित रिपोर्ट भी शामिल की जाती है।

सरकार बजट की विशेषताएँ :

1. यह सरकार के अनुमानित व्ययों व आय के बारे में जानकारी देता है।
2. यह आगामी वित्त वर्ष (1 April to 31 March) तक की अवधि के लिए होता है।
3. यह पूरी अर्थव्यवस्था को प्रभावित करता है।
4. यह आर्थिक व सामाजिक उद्देश्यों की प्राप्ति का प्रयास करता है।

(2025-2026) के अनुसार देश के बजट के प्रमुख बिंदु निम्न हैं :

- 2025-2026 के लिए विकास दर 7.5% रखी गई है।
- कॉर्पोरेट टैक्स की दर 25% से 22% रखी गई।
- नए उद्योगों और रोजगार के अवसर बढ़ाने के लिए 10 लाख रुपये तक के निवेश पर 100% टैक्स की छुट।
- बजट में राजकोषिय घाटा 4.5% रखा गया है।
- सामाजिक व्यय के चार प्रमुख वर्ग गरीब, महिलाएं, युवा, एवं किसान इन वर्ग पर भी 2025-2026 के बजट में ध्यान केंद्रित किया है।

बजट के प्रभाव :

2025 का बजट आर्थिक विकास, सामाजिक कल्याण और बुनियाद संरचना विकास पर केन्द्रित है। यह मध्यम वर्ग के लिए आयकर में छुट, जीएसटी में बदलाव के माध्यम से आर्थिक विकास को बढ़ावा देता है। दो हजार पच्चीस का बजट एक नए युग की शुरुआत करता है।

हिमानी
बी.ए., द्वितीय वर्ष

INDIA'S GROWING POPULATION

India has overtaken China to become the world's most populous country and is facing challenges posed by its rapidly growing population.

India's population has reached 1.4 billion and is increasing at an annual rate of about 1% every year. It is estimated that it will increase to 1.6 billion by 2030 and cross 3 billion by 2060. This is causing a lot of damage to the environment. Poverty and inequality are on the rise. According to the Center for Monetary Indian Economy, Unemployment in India is at, an all time high (8.5%) poverty is another major challenge with about 16.4 percent of the population being poor and about 4.2 percent facing extreme poverty. The massive increase in economic inequality in India over the last four decades, with the top 10 percent of the population owning more than 60 percent of the country's wealth, is also reflected in the decline in the wealth of the bottom 50 percent of the population.

To eliminate poverty and inequality, there is a need to ensure access and resources to quality education, health facilities and basic services. With 12 lakh children out of school in 2022-2023, the country's education system needs to be strengthened to ensure access to education, skill development and vocational training for all. There is a shortage of beds in public hospitals, where 0.5 beds are available per 1000 people, whereas according to WHO standards, there should be 1 bed per 1000 people.

To effectively address these challenges, governments must work with civil groups and international partners to formulate comprehensive and sustainable policies that promote equitable development, strong social networks and environmental protection for human development. Only by adopting a holistic and integrated approach can India take advantage of the demographic transition and achieve equitable and sustainable development for its growing population.

Palak thakur
B.A., 1st Year

THE VITAL ROLE OF ENTREPRENEURS IN COUNTRY'S GROWTH

Entrepreneurship is the key to job creation and economic growth. When we talk about entrepreneurship we mainly talk about the risk taken by the entrepreneurs. The question arises here, who are entrepreneurs and what is entrepreneurship.

Entrepreneurs are those individuals who understand market situations, take calculated risks invest their time, money and resources. They are the one who turns their ideas into reality. The process of creation, starting a business and managing all risks is called entrepreneurship.

Entrepreneurs don't even know before starting that how much profit or loss they have to bear. It is due to entrepreneurship, that there are several jobs in country. Entrepreneur help in job creation and reduces unemployment rate in developing countries. There is a vital role of entrepreneurs in GDP at nation. According to the world bank, entrepreneurs innovate approx 50% of GDP growth in some countries.

There should be no doubt that entrepreneurs are the transformer or modifier of a nation. Who help to modify the nation for high economic development.

Nishant Sharma
B.A., 1st Year

JOBS RISING BUT SALARIES NOT KEEPING PACE WITH INFLATION

While employment is increasing in India, real wages for regular jobs have not kept pace with inflation over the past seven years.

According to (PLFS) Periodic Labour Force Survey data, the worker-population ratio has been clearly increasing in the last seven years According to PLFS Annual Report 2023-24 (July-June) the workers population ratio in terms of persons of all ages increased from 34.7% in 2017-18 to 43.4% in 2023-24. Therefore, it is wrong to say that jobs are not increasing.

But bigger issue is in the case of regular salaried job. In this category, real wages have not increased in line with inflation in seven years.

The main reason for wages not increasing as per inflation is the lack of skills. We are not having skilled workers.

We need to work on this skilling. This is important because when skills increase, productivity increases and this real wages increases.

Shreya Thakur
B.A., 2nd Year

2025 में भारत दुनिया की दूसरी सबसे बड़ी अर्थव्यवस्था

भारत अगले तीन दशकों में दुनिया की तीन सबसे बड़ी अर्थव्यवस्था बनने की राह पर है। PWC की एक नई रिपोर्ट वैश्विक अर्थव्यवस्था के लिए वैचारिक आर्थिक भविष्यवाणी प्रदान करता है, जिसमें चित्रांकन रूझान, निवेश, शिक्षा का स्तर और तकनीकी प्रगति जैसे कई आयामों की जाँच की गई है। उभरते बाजार में अगले कुछ दशकों में रिपब्लिकन बने रहने वाले हैं, जहाँ के बारे में अनुमान है कि वे कम-से-कम 2025 तक वैश्विक आर्थिक विकास मॉडल का निर्माण करने के लिए शिक्षक साहित्य से प्रेरणा लेते हुए, बिग फोर अंकाउटिंग और सलाहकार फर्म (PWS) ने '2025 इन वर्ल्ड' रिलिज की है। जो वैश्विक अर्थव्यवस्था में भविष्य के आर्थिक रूझानों पर एक आधारित विश्लेषण दुनिया की 32 सबसे बड़ी अर्थव्यवस्थाओं के बीच किया गया था। जिसमें वर्तमान वैश्विक सकल घरेलू उत्पाद 2025 तक 2.6% की दर से वृद्धि का अनुमान है कि आर्थिक विकासोन्मुख बने रहे और अर्थव्यवस्था या सामान्य रूप से दुनिया के लिए कोई आपदा न हो। रिपोर्ट के अनुसार, यह वृद्धि उभरती अर्थव्यवस्थाओं के E7 समूह द्वारा संचारित होगी। जिसमें ब्राजील, चीन, भारत, इंडोनेशिया, मैक्सिको, रूस और तुर्की शामिल हैं। जो प्रारंभिक 3.5% की संयुक्त औसत वृद्धि दर हासिल करेगी। इस बीच कनाडा, फ्रांस, जर्मनी इटली, जापान, ब्रिटेन, और अमेरिका की उन्नत अर्थव्यवस्थाओं का प्रतिनिधित्व करने वाला समूह संचयी समूह रूप से केवल 1.6% की दर से संचयी है। इन दोनों कंपनियों की तुलना की जा रही है, रिपोर्ट में बताया जा रहा है कि देश 2040 तक अर्थव्यवस्था के आकार से दोगुने तक बढ़ने के लिए कैसे तैयार है। ये संख्या GDP के योगदान में भी बदलती है, E7 देश 2050 तक दुनिया के GDP के 50% का योगदान है जबकि G7 समूह 20% से थोड़ा अधिक योगदान देता है। इस अवधि में भारत का प्रदर्शन विशेष रूप से अच्छा होगा, अनुमान है कि 2050 तक यह छत्रवृत्ति से अधिक 15% हो जाएगी। भारत की अर्थव्यवस्था का विस्तार जारी रहेगा। व्यक्तिगत विक्रीत शक्ति में यह देश के आर्थिक विकास को बढ़ावा देगा। क्योंकि उपभोक्ता बाजार में खर्च बढ़ेगा। अतः PWC की रिपोर्ट के अनुसार, 2025 तक चीन दुनिया की सबसे बड़ी अर्थव्यवस्था, जबकि भारत अमेरिका दूसरी तथा इंडोनेशिया चौथे स्थान पर पहुंच जाएगा।

इशिता
बी. ए., तृतीय वर्ष

भारतीय अर्थव्यवस्था में महिलाओं की भागीदारी

भारतीय अर्थव्यवस्था में महिलाओं की भागीदारी बढ़ रही है। लेकिन इस क्षेत्र में अभी बहुत सुधार के आवश्यकता है। वर्तमान में महिलाएं भारतीय GDP में लगभग 18% योगदान दे रही हैं जो दुनिया में सबसे कम अनुपात में से एक है। हालांकि उनका योगदान बढ़ रहा है, और अनुमान लगाया गया है कि अगर महिलाओं की भागीदारी बढ़ती है तो यह भारतीय अर्थव्यवस्था को लाखों रूपये का लाभ पहुंचा सकती हैं।

महिलाओं की भागीदारी वाले मुख्य क्षेत्र :

कृषि - महिलाएं कृषि क्षेत्र में 48% श्रमिक बल और 13% भूमि की स्वामी हैं।

उत्पादक क्षेत्र - महिलाएं उत्पादक क्षेत्र में 20% योगदान दे रही हैं।

सेवा क्षेत्र - महिलाएं सेवा क्षेत्र में अपना 30% योगदान दे रही हैं।

महिलाओं की भागीदारी के सामने आने वाली चुनौतियां :

- सस्ते परिवहन की कमी, जो उनके नौकरी के विकल्पों और रोजगार के अवसर तक पहुंच को सीमित करती है।
- सामाजिक और सांस्कृतिक अवरोध, जो उन्हें पूरी तरह से श्रमिक बल में भाग लेने से रोकते हैं।

महिलाओं की भागीदारी को बढ़ावा देने के लिए उपक्रम :

- 1) महिलाओं के लिए मुफ्त बस यात्रा, जो उनकी गतिविधि और रोजगार के अवसर तक पहुंच को बढ़ावा देती है।
- 2) प्रशिक्षित और शिक्षा उपक्रम कार्यक्रम, जो महिलाओं को श्रम बल में भाग लेने के लिए कौशल प्रदान करते हैं।
- 3) महिलाओं की अगुआई वाले स्टार्टअप और उद्यमिता को प्रोत्साहित करना, जो महिलाओं के आर्थिक सशक्तिकरण को बढ़ावा देता है।

इशिता
बी.ए., तृतीय वर्ष

THE ROLE OF FOREIGN INVESTMENT IN THE INDIAN ECONOMY

Foreign investment plays a crucial role in the Indian economy. This investment helps the Indian economy move forward in a new direction of growth.

Benefits of foreign investment

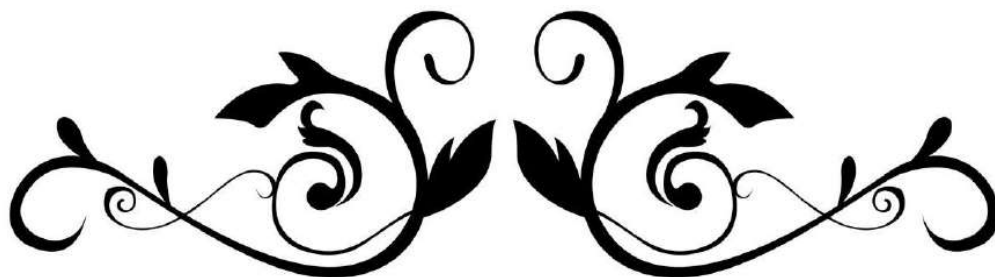
1. **Availability of capital** : Foreign investment provides the Indian economy with access to capital, which boosts development projects in the country.
2. **Transfer of technology** : Foreign investment helps transfer technology to the Indian economy, increasing the countries production capacity.
3. **Employment opportunities** : Foreign investment creates employment opportunities in the Indian economy reducing the problem of unemployment.

Challenges of foreign investment

1. **Economic instability** : foreign investment can create economic instability in the Indian economy if investment rates are unstable.
2. **Cultural impact** : Foreign investment can impact Indian culture if cultural values are not respected during the investment process.
3. **Environmental impact** : Foreign investment can impact the Indian environment if environmental values are not respected during the investment process.

Conclusion : Foreign investment plays a crucial role in the Indian economy but is also presents some challenges. Therefore, the Indian government needs to create policies that promote investment while addressing economic instability, cultural impact, and environment impact.

Manisha
B.A., 2nd Year



DEGLOBALIZATION

For many years the world has been becoming more controlled and connected through globalization. Globalization refers to the free movement of goods, services, people & ideas between countries. It allows business to expand worldwide, improves technology sharing, and increases cultural exchange. Because of globalization, we can buy foreign products like smart phones, cars & clothes, While companies can sell software, medicines & textiles to other countries.

However, in recent times, some countries are focusing more on their own country's economy and reducing international trade. This trend is known as a deglobalization. It means countries are moving away from heavy dependence on global trade & aiming for more self-sufficiency. This shift has both positive and negative effects on different nation.

Negative effects include economic uncertainty. The economy has greatly benefited from international trade. Deglobalization leads to trade restrictions, affecting employment & economic growth. If international trade is reduced, it may become difficult to acquire parts making products like smartphones, medicines etc. more expensive. This can disrupt supply chain. If global trade slows down, foreign investors may hesitate to put money into businesses which can reduce foreign investment. Also in a world with less trade corporation, political disputes may worsen. It can also lead to increase in income inequality. Also a less connected world make it harder to respond to global health issues like pandemic.

While deglobalization presents many issues to us, it also offers opportunities for self reliance, local business growth, and leadership in clean energy. It encourage self sufficiency by producing goods & services locally instead of depending on imports. Investing more in research & development can lead to innovation in manufacturing, digital technology and artificial intelligence. It can also encourage better farming technique, improve food processing industries et c. deglobalization provides an opportunity for small and local businesses to grow as people rely more on domestic products.

In conclusion, deglobalization presents both challenges and opportunities. The country must prepare carefully to handle economic uncertainty, political tensions, and supply chain disruptions while making the most of opportunities it brings. By focusing on self reliance, investing in technology, encouraging sustainable development & promoting culture, the country can turn deglobalization in to an opportunity for growth. With the right polices and planing the nation can become stronger more, independent, and still maintain beneficial global relationship.

Samaksh Sen



GLIMPSES OF 2024-25



From right Prof. Dezu, Prof. Pankaj, Dr. Yogesh, Prof. Lokesh, Dr Mahinder are waiting for coming teams in the cold morning around 4 a.m. for North Zone Inter University Handball Championship held at MLSM College Sundernagar during 2024-25.



MANISH PARASHAR
NSS Volunteer
Attended Republic Day Camp and Parade in January 2025



श्री राम केवल जो माली के नाम से मशहूर रहे। इस महाविद्यालय में 17-07-1984 से 31-01-2025 तक बतौर 'माली' अपनी सेवायें दी।

GLIMPSES OF 2024-25



Academic Position of the students (2024-2025)



ANJALI
B.Sc.- III Year (M.)



SAKSHI SHARMA
B.Sc.- II Year (M.)



PALAK
B.Sc.- I Year (M.)



SHIKHA KUMARI
B.Sc.-III Year (N.M.)



DEEPIKA
B.Sc.- II Year (N.M.)



SHREYA
B.Sc.- I Year (N.M.)



KRITIKA
B.Com.-III Year



RUPALI SHARMA
B.Com.-II Year



MUSKAN
B.Com.-I Year



MANISHA KUMARI
B.A.- III Year



VAIBHAV SHARMA
B.A.- II Year



ANSHIKA THAKUR
B.A.- I Year



JASKIRAN
BPED (1st in SPU)



BALKIRAN
BPE (1st in SPU)

Academic Achievements of the students of Lalit Sen Institute

(Session 2024-25)



ALISHA
MSC I CHEMISTRY
(1st in Agg.)



MONAL
MSC II CHEMISTRY
(1st in Agg.)



ANMOL
MSC I PHYSICS
(1st in Agg.)



BHUVNESHWARI
MSC II PHYSICS
(1st in Agg.)



GARIMA
MSC II BOTANY
(1st in Agg.)



AKSHITA
MSC I ZOOLOGY
(1st in Agg.)



AYUSH
MSC I BOTANY
(1st in Agg.)



ANITA
MSC II ZOOLOGY
(1st in Agg.)



SHIDHARTH
B.Ped I Year
(1st in Agg.)



MRIDUAL
B.PE II Year
(1st in Agg.)



HEENA
B.Ed I Year
(1st in Agg.)



ARUN
B.Ed II Year
(1st in Agg.)



BALKIRAN
BPE II Year
(1st in SPU)



JASKIRAN
B.Ped II Year
(1st in SPU)



SANYA
BCA III Year
(1st in Agg.)



SAKSHAM
BCA II YEAR
(1st in Agg.)



AKSHITA
BCA I YEAR
(1st in Agg.)



LAXMI
BBA III YEAR
(1st in Agg.)



DEEPSHIKHA
BBA II YEAR
(1st in Agg.)



ABHISHEK
BBA I YEAR
(1st in Agg.)

FORM IV

Place of Publication	:	MLSM College
	:	Sundernagar, Mandi (H.P.)
Periodicity of Publication	:	Annual
Printer's Name and Address	:	Print Man Prints
		Jail Road, Mandi (H.P.)
Publisher's Name	:	Dr. Kameshwar Kumar
Nationality	:	Indian
Address	:	Principal, MLSM College
		Sundernagar, Distt. Mandi (H.P.)
Chief Editor	:	Dr. Vinod Kumar
Nationality	:	Indian
Address	:	Associate Professor
		MLSM College Sundernagar,
		Distt. Mandi (H.P.)
Name & Address of the Individual who owns the Magazine	:	Dr. Kameshwar Kumar
		Principal, MLSM College
		Sundernagar, Distt. Mandi (H.P.)

I, Dr. Kameshwar Kumar, hereby declare that the Particulars given above are true to the best of my Knowledge and belief.

Sd/-
Signature of the Publisher