

WALL MAGAZINE

Myriad



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Principal's Message >>>



Dear Readers

The might of pen over the sword was acknowledged long ago and the adage still holds true. The greatest revolutions and leaps of success have happened because of man's potential to record his thoughts in words. History proves again and again that every achievement of mankind was first drafted in words. Flying the first plane, running the first train, assembling the first computer- all of these could not have been possible if we had lacked the ability to use word-power.

"A word after a word after a word is power."

- Margaret Atwood

MYRIAD, our wall-magazine, is a platform that substantiates the veracity of word-power. Every year it brings out an eclectic compilation of creative, colourful, charismatic ideas penned by our students. The articles in MYRIAD showcase the talent of budding writers, scientists, and thinkers who shall lead the future. The vibrancy of ideas, the creativity of presentation, and the ingenuity of reflections are inspiring and overwhelming. It is heartening to see the promise that our young generation displays. I am immensely delighted to bring to you the latest edition of MYRIAD- an assemblage of innumerable write-ups to inform, educate and entertain you.

I congratulate all the students who have contributed to this edition. You deserve a pat-on-the-back for not losing the opportunity to express yourself. Special commendation to the editorial board who worked meticulously to shape the raw draft into an exciting form.

I am confident that MYRIAD shall continue to grow as a priceless prospect for students to share their path-breaking ideas.

Happy reading to each one of you!

**(Mrs. Renu Mehta)
Principal**

English Section

Teacher Editor
Ms. Shivangi

Student Editor
Sarika

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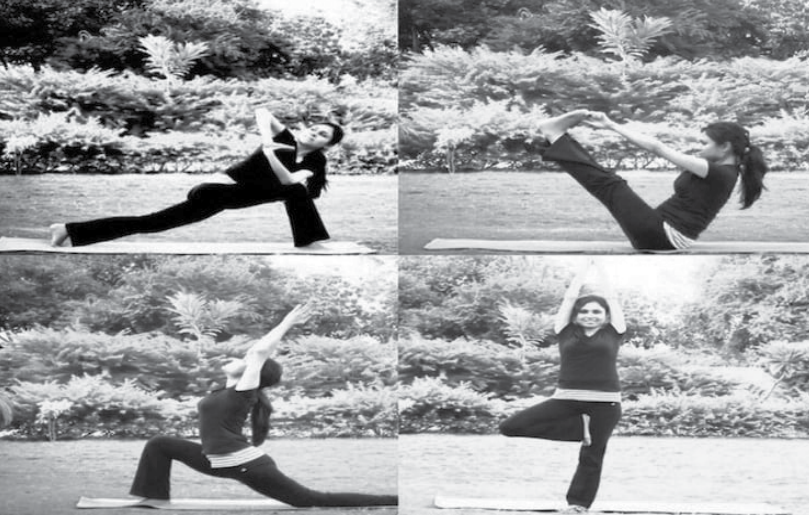
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YOGA FOR STUDENTS



Yoga is an ancient art that connects the mind and the body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind. Yoga gained popularity gradually and has now spread in all regions of the world. It unites people in harmony and peace.



ORIGIN OF YOGA

If we look at the history of yoga, we see that yoga originated in India. This ancient practice began when

various yogis started performing yoga. Yoga translates to union and discipline and is derived from the Sanskrit language. The religious followers of Hinduism, Jainism, and Buddhism used to practice it in the earlier days.

BENEFITS OF YOGA

Yoga has numerous benefits if we look at it closely. We get relief when we practice it regularly.

-Yoga helps in sharpening our mind and improving our intelligence.

-We also develop a higher patience level when we practice yoga.

-Yoga also helps in keeping the negative thoughts away.

-We will gain a sense of power once we do yoga consistently, then we lead a healthy life free from any problems.

In short, yoga has several benefits. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind.

Annu

B.A. II

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NEVER GIVE UP



If I made a mistake,
Then I would have to retake,
And do it once again,
Even feel the pain.
But there also lays a prize,
And that made me realise that,
Even if I was to fail,
It would be a learning trail.

If I hope for medals and a cup,
I can't just rely on luck.
I must do hardwork,
To show the world my worth...
That's the essence of never giving up!

Anuradha

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Perception of life



Human life is based on perception. Perception refers to the way in which something is regarded, understood or interpreted. There can be positive or negative perception. It depends on the person himself what to chose.

Basically, there are two kinds of perceptions: the way you see yourself and your world and the way others see you and their world. The only perception you have control over is your own. Your life depends on how you perceive it. But according to **Raistons**, "Your perception of the world around you is

not necessarily the same as what is actually occurring." So, sometimes when people are going through difficult times, they might just need to change their perception to overcome them.

There was a time in my life when I went through a situation where I just needed to interpret things in a different way. It is when I was 15. One day I had mood swings and started making mistakes while doing miscellaneous problems. Out of the blue, my mother started nagging at me. She used to not react that way, so I was quite disappointed. In fact, I got quite angry. I tried to calm myself and thought deeply about it the whole night. Then I realised that she had her own reasons as life is hard for all. Next day, when she nagged, I didn't become sad or got angry. Rather I observed the situation and found myself at fault. Besides I could understand why she was getting angry so easily.

That day I realised 'Life is what we want it to be'. On both days, situation was same but my perceptions were different. Different perceptions lead to different opinions and that learning changed my attitude towards

the situation. This might relate to all human beings as it is a psychological concern. Obstacles are a part of life. They cannot be avoided but can be reduced by perceiving situations in a positive way. An obstacle might turn into an opportunity. An unfavourable condition may become favourable. That is what perception of life is about—turning points. Someone has rightly said, "**Life is based on perception. Perception is based on opinion. Opinion is based on thought. Thought comes from mind. Change your mind, change your life.**"



Dilkhush Kaur
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Reality of Life

Life isn't just full of happiness,
It's sunsets, it's love, it's tears.
It's the thoughts of yesterday's
memories,
That can wash away all our fears.
It's that very painful experience,
That each one of us has had.
It's the laughter that fills the air,
It's the tears when you are sad.
It's loving that someone special,
That at one time made you smile.
It's the pain of losing that person,
But the memories that make it worthwhile.



It's that child in every one of us,
Although in time we'll all
be old.
It's the good times we'll never
forget,
It's the memories we'll always hold.
It's the hug that we all need,
When we'd rather drown in our sorrow.
It's the hope in every one of us,
That makes us hold on for tomorrow.



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DHRUVA: The Pole Star

Once there lived a king called Uttanapada. He had two queens, Suniti and Suruchi. Queen Suniti was the older queen. She was good and kind and gentle. She had a little son called Dhruva. Queen Suruchi, the younger queen, was very beautiful but proud and haughty. Suruchi, too,

had a son, who was called Uttama. Dhruva was the elder of the two, so it was his right to become the next king. But Suruchi was very selfish. She hated her stepson Dhruva and wanted her son Uttama to be ruler. Uttanapada loved Suruchi



more than Suniti because she was beautiful. Under her influence, he ordered Suniti and Dhruva to leave the palace. Mother and son started living in a small hut near the forest. Suniti told Dhruva stories about God and Dhruva always thought about God. One day, Dhruva went to the palace and saw Uttama sitting on his father's lap. But when Dhruva tried to do the same Suruchi stopped him and said, "There is no place for you to sit on your father's lap, only my son can sit on his father's lap." Dhruva looked at his father hoping that he would stop Suruchi and take him on his lap. But his father did not say anything and ignored him completely. Dhruva went back to his mother in the forest. He was very quiet and thoughtful all day long. Finally, he asked Suniti, "Maa, is there anyone more powerful than king?" "Yes", said his mother. Narayan is more powerful than the king." That night, when his mother was asleep, Dhruva decided to go to the forest and pray until God appeared before him. In the forest, he met Narada Muni who was worried that a five year old boy like him would face many difficulties in the forest. He warned Dhruva that wild animals could eat him up. But Dhruva was determined to find Vishnu. Impressed by his determination, Narada taught him how to survive in the forest. He also taught him the mantra, "Om Namoh Bhagvate Vasudevaya", by chanting which he could please Gods. For many years, Dhruva prayed in the forest, and faced many difficulties. He even stopped eating, with every breath he chanted the mantra in praise of God. Finally, Lord Vishnu was pleased with his determination and appeared before

him. He not only granted Dhruva a place on his father's lap, but also a permanent place in the sky after his death. When Uttanpada heard that his son was living in the forest, he was sorry for his actions. Narada Muni told him that his son had performed difficult prayers in the forest and was blessed by Lord Vishnu himself. Dhruva returned, Uttanpada was waiting for him at the gates of the kingdom. He took his son lovingly into his arms. He brought him and Suniti back to the palace. Uttanpada immediately made Dhruva the king, saying that the boy who could face difficulties in such a young age, could easily rule the kingdom. Uttanpada himself went to the ashram. Dhruva became a wise king and ruled for many years. He spread the message of peace and justice in his kingdom. When he died he became a star in the sky. This star, called the pole star or 'Dhruva Tara', is still seen shining in the sky. It is the only star that has permanent place and does not change its position in the sky. All other stars and constellations move around it throughout the year. Travellers look up to the 'Dhruva Tara' to find their way.

Moral of the Story: The childlike innocence and trust and right guidance can make people attain the ultimate achievements. If you change your thinking, it can change your life. Hence, "Never give up, today is hard, tomorrow will be worse, but day after tomorrow will be sunshine."

Niti Tomar

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IS INDIA TRULY FREE OF THE BRITISH?

I begin with pointing out that the language I'm writing in, it is English. India is a union of 28 states and 8 union territories, each with at least two Indian languages to their credit. India has 19,569 mother tongues and 121 of these are spoken by 10,000 people or more. The number of official languages in India is 22 but Independent India wants to master one language- the language of our invaders. Aren't we forgetting that what was India's freedom struggle all about? Wasn't it about having our own identity? And what defines our identity more than our mother tongue. If India is independent, why have we not let our mother tongues flourish? Why are we shy of speaking Indian languages? Why have they become a sign of backwardness? If someone speaks in Hindi,

Tamil, Odia or Assamese, he or she is seen less qualified and when the same person speaks English, his or her chance in standing improves. Independent India is putting the language of her colonizers on a pedestal. English is a social economic marker, the language we must know to be successful in India. Even the parents are obsessed with the idea of their child speaking fluent English. The popular notion is that perfecting English equals to scoring better in other subjects which is wrong. Perfecting one's mother tongue is what gives someone an edge in other subjects. To back this up, a researcher studied Native Americans in Mexico. She found those who were taught in their native language early on and then transitioned



to Spanish outperform their peers who were taught only in Spanish. Similar researches were carried out in Iran, Honduras and Togo. The results were the same. If the child is taught in a language, she speaks at home her test scores shoot up. But there is a pop notion in India that English language is equal to success and if you want to do well you must know English. Have you wondered how Japan, Germany and China have made it to the top five economies of the world even when most of the people there don't speak English. The next point, I would like to make here is history, not the one we have lived, but the one we have studied. History that is taught in Indian schools and that is not Indian history at all. It is India through the lens of Britain. Do you know that the imperial England used this as the tool for suppressing Indians? In 1868, Max Muller the famous enologist wrote a letter to the Duke of Argyll, when he was the then secretary of the State of India, "India has been conquered once, but India must be conquered again and the second conquest should be a conquest by education."

The British custom-made Indian history to suit their purpose. We were taught that it was the invasion of Alexander that civilized us and the Shakas and Kushans were good for the natives. For the invasion of Muhammad Bin Qasim, the Gorys, the Tughlaqs, the Lodhi, the Mughals they were all good for India. Akbar was great. What about Raja Maan Singh? He was the Rajput commander of Akbar's army who helped "Akbar the great" to extend this empire. Why aren't we studying Raja Maan Singh enough? Just because he is an Indian and the British were not comfortable endorsing him? Now here is the question, why are our history books still so selective? Our books mention Newton but conveniently shrink passages on the 6th century mathematician Brahmagupta. Indians are not taught that it was one of their own who first developed the numerals. Our history has no mention of Vedic Maths and how it inspired the world or how the world learned from the Hindu agricultural practices. How ancient India was the world's most favoured trading nation or the influence of the Indian civilization on southeast Asia. Our textbooks also omitted the Ahom dynasty who ruled Assam for 600 years and even defeated the British. Why do our books gloss over the Cholas and the Pandyas? Our text books are still not free of British influence and it is not just about Indian history but world history we study also reeks

of strong British bias take. In World War Second for example, our books glorify the British and American troops. What about the Indians who fought in the British army? What western historians also don't realize is that the turning point of the World War Two was the defeat of the Nazi army in Russia. The British can go ahead and hide this from their students but why are our institutions still living with a colonial hangover? Why wasn't I taught in school that there are not four but six seasons in India?

Moreover, the elected parliamentarians of India say 'aye' and 'no' when voting in the house. Have you noticed the attire of darwans standing beside the speaker of Lok Sabha and the chairman of Rajya Sabha? The judges in India are still referred to as 'my lord' and 'your honour', and how our judicial system with all the paperwork is still so British. What about the use of sevadar or sahayaks in the Indian Army? There has been so much human cry about it. The British pitted religious and ethnic groups against each other and independent India continues to embrace that divide. We still follow the British education system and we still do not give our children the freedom to innovate. They are enslaved by grades and test scores- the vices of the British education system. Freedom was not supposed to be a mere change of hands. How can we call ourselves independent if we don't have the freedom to make our choices? Our Indian attire is not modern enough for so many, high tea and English breakfast are signs of having arrived, we wear gowns at graduation ceremonies, we shun dark skin and our police forces still lathi charge. Even today, English remains a vehicle of social mobility, we love Shashi Tharoor for voluminous diction but we question the need to be fluent in our vernacular, we know all about the British royal family but we know nothing about the Satvahanas. It is true that India has achieved a lot but Indian still needs to break free.



Sarika

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PURSUE



Again,
Yes, today again
I'm caught in self-disdain
To weep and to cry,
My heart wants to amend
But my brain wants to lie.
I know it's a dilemma
But my senses want to sort it out,
My conscious forces me to remain silent
But my soul wants to shout.

The life is too short
The days are just few,
I want to make everyone happy
But even I'm feeling blue.
I have broken everything
There's no heart that I can sew,
I want to end everything
But this mildly-brazen part of me wants to pursue.

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TIME MANAGEMENT



Time is a finite resource. Balancing responsibilities at your job, home, and college is not easy. No matter what, you are always left with the same 24 hours in a day to check items off to-do lists, spend time with family and friends, and unwind. By planning ahead and using your time wisely, you will be able to accomplish more and enjoy added free time.

Time Management means rightly managing the time available to one. Time is significant, and it must not be wasted. In today's busy world, time management skills for students are increasingly important as they are the upcoming generation, therefore, they must know how to prioritize time.

Why time management is important?

"The lost time is never found again." Time doesn't wait for everyone, it becomes a precious commodity. Hence, everyone must make sure to make the most of the time. These days students pay a lot of attention to the internet, social media, video games, etc. Consequently, a lot of time is taken by these distractions. By wasting time on such activities, students often lose marks in examinations and affect their future goals as well. So, Time Management allows students to complete more in less time. In order to use time effectively the students should tick off items from their to-do list. Being a student, it is very essential to utilize your time fruitfully. No matter what is wasting your time, set a goal to not engage in that behaviour during



your dedicated study time. Allocate specific times to tasks and then stick to those times. When time runs out, move on to the next task. Block out chunks of time for study and assignments in addition to extracurricular activities and work commitments. Creating a clear time table will allow you to enjoy your time off without worrying that you could be doing more work. During time scheduled for studies, put away unnecessary devices such as mobile phones, and switch off social media notifications. Excessive work or study can make you tired. Hence, getting enough sleep and exercise are all great ways to keep the stress at bay, and actually make learning more efficient.

Thus, good time management allows students to make the most of their abilities and enjoy the satisfaction of accomplishment. In fact, time is more valuable than money as you can use your time to make money, but you can't use money to purchase more time. It has been rightly said that, "**Either you run the day or the day drives you**". So, your time is limited – once gone it will never come back. When you plan your tasks according to the time already available, you will definitely be able to make better decisions and handle your work more efficiently.

Yogita

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हिन्दी विभाग

प्राध्यापिका सम्पादक
डॉ. सुनीता सलारिया

छात्रा सम्पादक
प्रिया मलिक

अनुक्रमणिका

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आदमी नाम का जानवर



जगल के बाहर एक प्राणी देख
दो आँखें दो कान,
दिल, दिमाग, हाड़, माँस और
सभी उंगलियाँ 'एक समान'।

ऊंचा सा कद एक सी चाल
बिखरे से मन के जज्बात,
सोचता है कुछ, करता है कुछ
कुछ समझ में न आई यह बात।

इस जीव को मैंने अन्य जीवों के साथ
हँसते-बतियाते, खेलते-खिलखिलाते देखा,
पर आश्चर्य तब हुआ जब अगले ही क्षण
उन्हीं जीवों को खाते देखा।

मन,कर्म, वचन, यथार्थ भिन्न है
यह मनुष्य एक विचित्र प्राणी है,

घर के बाहर सभ्य, शिष्ट, सदाचारी
पर दीवारों के भीतर एक अलग कहानी है।

धन, शोहरत या इज्जत के लिए और कभी कभी यूँ ही
अपनी ही प्रजाति का काल हो गया है,
हवस, लोभ, वासना, क्रोध के चलते इंसान
पशुओं की ही नहीं, पिशाचों के लिए भी मिसाल हो गया है।

अपने स्वार्थ, मनोरंजन या जीभ के स्वाद के लिए
अन्य जीवों का नाश करते देखा,
प्रकृति को अपनी सम्पत्ति समझने वाला
आज मैंने आदमी नाम का जानवर देखा।

सारिका

एम.ए. (अंग्रेजी) प्रथम वर्ष

221202152009

भारतीय संस्कृति का अनोखा स्वरूप



स्वभाव की गम्भीरता,
मन की समता

संस्कृति के अंतिम पाठों में से एक है और यह समस्त विश्व को वश
में करने वाली शक्ति में पूर्ण विश्वास से उत्पन्न होती है।

अगर भारत के सन्दर्भ में बात की जाये तो भारत एक विविध
संस्कृति वाला देश है, एक तथ्य की यहाँ यह बात इसके लोगों,
संस्कृति और मौसम में भी प्रमुखता से दिखाई देती है। हिमालय की
अनश्वर बर्फ से लेकर दक्षिण के दूर-दराज में खेतों तक, पश्चिम के
रेगिस्तान से पूर्व के नम डेल्टा तक, सूखी गर्मी से लेकर पहाड़ियों
की तराई के मध्य पठार की ठंडक तक, भारतीय जीवनशैलियाँ
इसके भूगोल की भव्यता स्पष्ट रूप से दर्शाती है। भारती संस्कृति
अपनी विशाल भौगोलिक स्थिति के समान अलग-अलग है। यहाँ
के लोग अलग-अलग भाषाएँ बोलते हैं, अलग-अलग तरह के
कपड़े पहनते हैं, भिन्न-भिन्न धर्मों का पालन करते हैं, अलग-
अलग भोजन करते हैं किन्तु उनका स्वभाव एक जैसा होता है।
चाहे कोई खुशी का अवसर हो या कोई दुःख का क्षण, लोग पूरे
दिल से इसमें भाग लेते हैं, एक साथ खुशी या दर्द का अनुभव करते
हैं। एक त्यौहार या एक एक आयोजन किसी घर या परिवार के
लिए समिति नहीं है। पूरा समुदाय या आस-पड़ोस एक अवसर पर
खुशियाँ मनाने में शामिल होता है, इसी प्रकार एक भारतीय विवाह
मेल-जोल का आयोजन है, जिसमें न केवल वर और वधु बल्कि दो
परिवारों का भी संगम होता है। चाहे उनकी संस्कृति या फिर धर्म
का मामला क्यों न हो। इसी प्रकार दुःख में भी पड़ोसी और मित्र
उस दर्द को कम करने में एक महत्वपूर्ण भूमिका निभाते हैं।

भारतीय संस्कृति के बारे में पं. मदनमोहन मालवीय का
कहना है कि "भारतीय सभ्यता और संस्कृति की विशालता
और उसकी महत्ता तो सम्पूर्ण मानव के साथ तादात्म्य सम्बन्ध स्थापित
अर्थात् 'वसुधैव कुटुम्बकम्' की पवित्र भावना में निहित है।

भारत का इतिहास और संस्कृति गतिशील है और यह मानव
सभ्यता की शुरुआत तक जाती है। यह सिन्धु घाटी की रहस्यमयी
संस्कृति से शुरू होती है और भारत के दक्षिण इलाकों में किसान
समुदाय तक जाती है। भारत के इतिहास में भारत के आस-पास
स्थित अनेक संस्कृतियों से लोगों का निरंतर समेकन होता रहा है।

संस्कृति के शाब्दिक अर्थ की बात की जाये तो संस्कृति किसी भी
देश, जाति और समुदाय की आत्मा होती है। संस्कृति से ही देश,
जाति और समुदाय के उन समस्त संस्कारों का बोध होता है जिनके
सहारे वह अपने आदर्शों, जीवन मूल्यों आदि का निर्धारण करता है।
अतः संस्कृति का साधारण अर्थ होता है-संस्कार, सुधार, परिवार,
शुद्धि, सजावट आदि। वर्तमान समय में सभ्यता और संस्कृति को
एक-दूसरे का पर्याय माना जाता है लेकिन वातव में संस्कृति और
सभ्यता अलग-अलग होती है। सभ्यता में मनुष्य के राजनीतिक,
प्रशासनिक, आर्थिक, प्रौद्योगिकीय व दृश्य कला रूपों का प्रदर्शन
होता है जो जीवन को सुखमय बनाने में महत्वपूर्ण भूमिका निभाते
हैं जबकि संस्कृति में कला, विज्ञान, संगीत, नृत्य और मानव जीवन
की उच्चतम उपलब्धियाँ सम्मिलित हैं।

भारतीय संस्कृति विश्व की प्राचीनतम संस्कृतियों में से एक है। यह
माना जाता है कि भारतीय संस्कृति यूनान, रोम, मिस्र, सुमेर और

चीन की संस्कृतियों के समान ही प्राचीन है। भारत विश्व की सबसे पुरानी सभ्यताओं में से एक है जिसमें बहुरंगी विविधता और समृद्ध सांस्कृतिक विरासत है। इसके साथ ही यह अपने-आप को बदलते समय के ढालती भी आई है।

"यूनान-ओ-मिस्र-ओ-रोमां,
सब गिर गए जहाँ से अब तक मगर है बाकी नाम-ओ-निशाँ हमारा,

कुछ बात है कि हस्ती मिटती नहीं हमारी,
सदियों रहा है दुश्मन दौर-ए-जहाँ हमारा।"

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मेरी माँ



हमारे हर मर्ज की दवा होती है माँ...

कभी डाँटती है हमें,
तो कभी गले लगा लेती है माँ...

हमारी आँखों के आंसू,
अपनी आँखों में समा लेती है माँ...

अपने होठों की हँसी,
हम पर लुटा देती है माँ...

हमारी खुशियों में शामिल होकर,
अपने गम भुला देती है माँ...

जब भी कभी ठोकर लगे,
तो हमें तुरंत याद आती है माँ...

दुनिया की तपिश में,

हमें आँचल की शीतल छाया देती है माँ...

खुद चाहे कितनी थकी हो,

हमें देखकर अपनी थकान भूल जाती है माँ...

प्यार भरे हाथों से,
हमेशा हमारी थकान मिटाती है माँ...

बात जब भी हो लजीज खाने की,
तो हमें याद आती है माँ...

रिशतों को खूबसूरती से निभाना सिखाती है माँ...

लब्जों में जिसे बयाँ नहीं किया जा सके ऐसी होती है माँ...

दृष्टि
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मेरे पापा



कुबेर तो नहीं।

कुबेर सा खजाना है, मेरे पापा।

आसमान तो नहीं।

आसमान सी छत है, मेरे पापा।

खुदा तो नहीं।

फिर भी हर ख्वाहिश पूरी करते हैं, मेरे पापा।

पहलवान तो नहीं।

पहलवान से रक्षक हैं, मेरे पापा।

आपकी आवाज मेरा सुकून है पापा।

आपकी मुस्कान मेरी ताकत है मेरे पापा।

संन्यासी तो नहीं।

फिर भी अपने सुख त्यागते हैं, पापा।

जज से है।

फैसला नहीं, सलाह देते हैं पापा।

जेलर से हैं।

सजा नहीं, समझाते हैं पापा।

मैं पतंग सी।

मेरी डोर हैं मेरे पापा।

आक्षि
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कौशल युवा - एक राष्ट्रीय जरूरत



मैं उस देश का नागरिक हूँ जहाँ सम्राट अशोक जैसा राजा था। मैं उस देश की नागरिक हूँ जिसे सोने की चिड़िया कहा जाता था। मैं उस देश की नागरिक हूँ जहाँ पर 50 मील पर भाषा, रूप, पहनावा, मजहब बदल जाता था। मैं उस देश की नागरिक हूँ जिसे अपने भूगोल से पहले इस ब्रह्मांड का भूगोल समझ आता था।

हम इस समय अपनी आजादी के 75 वर्ष का अमृत महोत्सव मना रहे हैं। 21वीं सदी में पैदा हुए आज के युवा भारत की विकास यात्रा को आजादी के 100 वर्ष तक आगे बढ़ाने वाले हैं। इसलिए नई पीढ़ी के युवाओं का कौशल विकास एक राष्ट्रीय जरूरत है। आत्मनिर्भर भारत का बहुत बड़ा आधार है। साथियों जब

कोई समाज कौशल को महत्त्व देता है तो उस समाज की उन्नति होने से कोई नहीं रोक सकता। युवा जनसंख्या के मामले में भारत के पास दुनिया का सबसे बड़ा भंडार है परन्तु इनमें से कुशल कार्य बल का आकार केवल 2% हैं हमें याद रखना होगा कि

यदि युवा को रोजगार पाना,
तो होगा उसे कौशल बढ़ाना।

आज हम कहते हैं कि भारत में बेरोजगारी है उद्योग के लोग कहते हैं उनके पास रोजगार हैं लेकिन उस रोजगार को प्राप्त करने के लिए हमारे पास कौशल नहीं है हम निपुण नहीं हैं इसलिए कौशल भारत जैसी योजनाओं को अपनाकर अपने आप को निपुण बनाकर हमें खुद के लिए भी और राष्ट्र के लिए भी योगदान देना होगा।

साथियों, शिक्षा अगर हमें जानकारी देती है कि हमें क्या करना है तो कौशल हमें बताता है कि वह कार्य वास्तविक स्वरूप में कैसे होगा।

हमारे प्रयासों को फल मिलने में कुछ समय जरूर लग सकता है, किंतु भविष्य में कुशल भारत देश को प्रसन्न, स्वस्थ एवं सम्पन्न अर्थात् कौशल भारत की दिशा में ले जाएगा और इस तरह कुशल भारत, कौशल भारत का नारा चरितार्थ हो जाएगा।

सारिका

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पिता का स्नेह



प्यार का सागर ले आते,
फिर चाहे कुछ न कह पाते।
बिन बोले ही समझ जाते।
दुःख के हर कोने में,
खड़ा उनको पहले से पाया।
छोटी सी उंगली पकड़कर,
चलना उन्होंने सीखाया।
जीवन के हर पहलु को,
अपने अनुभव से बताया।
हर उलझन को उन्होंने,
अपना दुःख समझ सुलझाया।
दूर रहकर भी हमेशा,
प्यार उन्होंने हम पर बरसाया।
एक छोटी सी आहट से,

मेरा साया पहचाना।
मेरी हर सिसकियों में,
अपनी आँखों को भिगोया।
आशिर्वाद उनका हमेशा हमने पाया,
हर खुशी को मेरी पहले उन्होंने जाना।
असमंजस के पलों में,
अपना विश्वास दिलाया।
उनके इस विश्वास को,
अपना आत्म विश्वास बनाया।
ऐसे पिता के प्यार से,
बड़ा कोई प्यार न पाया॥

चेष्ठा

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स्कूल के दौरान का समय



अरे! क्या दिन थे वो!
जब हम स्कूल जाते थे। वो सुबह-सुबह जल्दी उठकर स्कूल जाना के लिया तैयार होना वो स्कूल के अध्यापकों द्वारा दिया काम याद करने की चिंता होना। जल्दी-जल्दी खाना खाना। फिर साइकल पर सवार होना और मौज-मस्ती करते हुए स्कूल तक जाना फिर प्रार्थना के लिये लाइन में खड़े होना। प्रातः काल में समाचार सुनना फिर वर्दी, नाखून तथा बाल को परखना। सुबह-सुबह अंग्रेजी की क्लास बच्चों के चहेरे पर परेशानी और डाँट का डर, फिर भगवान से प्रार्थना करना, हे प्रभु! हमें बचा लेना! ऐसे ही सारा दिन बीत जाता था।

वो आधी छुट्टी का इंतजार करना..... फिर रस्सी खेलना, चीज खाना, लड़के-लड़कियों के नैन-मटके, वो गुपचुप बातें करना और फिर छठी घण्टी में अध्यापकों से अनुरोध करना "सर" हमें खलने

के लिये छूट दे दो! फिर वो मस्ती करना और छुट्टी का समय एक-दूसरे को आलविदा कहना। अरे! ऐसी थी हमारी स्कूल की मौज-मस्ती वाली ज़िंदगी! तुम्हारी बहुत ज़्यादा याद आती है, दोस्तो!

लेकिन कोरोना के दौरान

आजकल के बच्चों को देखो..... हाथ में मोबाइल और बस वो ही है उनके स्कूल, अध्यापकों, मौज-मस्ती और सब कुछ !

शीतल

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के.वी.ए. डी.ए.वी कॉलेज



के.वी.ए. डी.ए.वी कॉलेज
शिक्षा का संसार है।
बेटियों को मिलती है शिक्षा
बहुमूल्य उपहार है।।
यहाँ ज्ञान का मानसरोवर
गुरु ज्ञान के हंस यहाँ।
गुरु शिष्य के सम्बन्धों का
ऐसा पावन धाम कहाँ।।
सभ्य समाज का निर्माता यह
संस्कृति का शृंगार है।
के.वी.ए. डी.ए.वी. कॉलेज
शिक्षा का संसार है।।
सुसम्पन्न संसाधन इसके
सुन्दर इसका द्वार है।

ज्ञान से सर्वांगीण विकास की
बहती निर्मल धारा है।
पावन इसके उपवन सारे
जिसने रूप निखारा है।
अद्भुत कक्षा-कक्ष यहाँ पर
अद्भुत भवन-नजारा है।।
ओ३म् की शांति जिसमें समाई
सुशिक्षित व्यवहार है।
के.वी.ए. डी.ए.वी. कॉलेज
शिक्षा का संसार है।।

रश्मि
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दोस्ती के दिन



यह पल जो छूट जाएंगे,
यह पल न लौटकर आएंगे।
दोस्तों का यह साथ अनोखा,
बस याद बनकर रह जाएंगे।
सबकी अपनी जिंदगी होगी,
नई जिंदगी में ढल जाएंगे।
हम सब अपने जीवन पथ पर,
यू अग्रसर हो जाएंगे।
पर है उम्मीद आज भी सबसे,

कुछ बेहतर कर जाएंगे।
हम सब अपनी मेहनत से,
एक नई दौर को लाएंगे।
यह जो पल बीत जाएंगे,
यह दिन न लौटकर आएंगे।

अनु
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नारी अबला नहीं सबला



नारी! तुम केवल श्रद्धा हो,
'विश्वास रजत नग - पग तल में।
पीयूष स्रोत-सी बहा करो,
जीवन के सुंदर समतल में।।

जिस प्रकार तार के बिना वीणा और धुरी के बिना रथ का पहिया बेकार होता है, उसी प्रकार नारी के बिना मनुष्य का सामाजिक जीवन व्यर्थ है। सृष्टि के आरंभ से ही नारी की महिमा अक्षुण्ण है। नारी सृजन की पूर्णता है, उसके बिना मानवता के विकास की कल्पना असंभव है। समाज के रचना विधान में नारी के अनेक रूप दृष्टिगोचर होते हैं वह कभी माँ के रूप में वात्सल्य लुटाती है तो कभी बहन, पुत्री, प्रेयसी तथा पत्नी के कर्तव्यों का निर्वहन करती है। वह सम परिस्थितियों में देवी है तो विषम परिस्थितियों में दुर्गा भवानी है। उसकी उपेक्षा कर मानव पूर्णता प्राप्त नहीं कर सकता।

जननी के रूप में वह मनुष्य को जन्म देती है, उसके जीवन को संवारती है। उसमें एक अद्भुत शक्ति छुपी होती है, जो कभी हारना नहीं जानती समाज की उन्नति में सदैव से ही नारी की भूमिका अहम् रही है। आज नारी ने बदलते जमाने के साथ स्वयं को बदला है। अबला कहलाई जाने वाली नारी अब अबला नहीं रही है। स्वतंत्र भारत के सक्रिय नागरिक की भूमिका वह बखूबी निभा रही है।

खेल जगत में सायना नेहवाल, सानिया मिर्जा, पी.वी. सिन्धु जैसी अनेक महिलाओं ने अपनी प्रतिभा से पुरुषों को भी चकित कर दिया है। महिलाएँ केवल उन्नति ही नहीं कर रही हैं बल्कि 'गिनीज बुक ऑफ वर्ल्ड रिकार्ड्स' में अपना नाम दर्ज करवा रही हैं। भारत कोकिला लता मंगेशकर, जिनका नाम पार्श्व गायन के क्षेत्र

में सर्वाधिक गीत गाने वाली महिला के रूप में रिकॉर्ड हो चुका है हमारे देश की गौरवशाली शख्सियत है अंतरिक्ष परी कल्पना चावला और सुनीता विलियम्स हमारे भारत की ऐसी हस्तियाँ हैं, जिनके विषय में यह बात कही जा सकती है।

किसमें जुर्रत है कि मेरी परवाज में करे कोताही में परों से नहीं, होंसलों से उड़ती हूँ।

आज जीवन के समस्त क्षेत्रों में स्त्रियों ने पदार्पण कर लिया है तथा देश का भाग्य बदलने में सहायक है। नारी अपने परिवार के लिए

सदैव कुछ न कुछ करने को आगे उनके अंदर मंदन और सामर्थ्य है। वह अबला नहीं सबला है। वह दीन-हीन नहीं अपितु शक्ति का अक्षय स्रोत है। वही दुर्गा, वही शिव है और वही प्राणदायिनी है।

है आज भरा मुझमें कितना रे, बल का पारावार नहीं मुझको 'अबला' कहने का, अब कवि को भी अधिकार नहीं।

अनु शर्मा
बी.ए. द्वितीय वर्ष
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अकेलापन



यह शब्द नहीं, अवस्था है,
जिसमें सुख दुख दोनों की ही व्यवस्था है।
यह प्रत्यक्ष नहीं है,
पर परोक्ष भी नहीं है।
भीड़ में तुम हंस जाते हो,
भावनात्मक मजबूती के जाल में तुम भी फंस जाते हो।
यह मुस्कान बहुत फीकी है,
यह तो तुमने नकल से सीखी है।
हंसना तो दिल में गुदगुदी जैसा होना चाहिए,
पर यहां तो अधरों के फैलाव को भी खुशी मान लिया।
फिर तुम धीरे से कमरे में आते हो,
दरवाजे, खिड़की और पर्दा लगाते हो,
थोड़ा सा संगीत बजाते हो,
और अपने आपको गोपनीयता का राग सुनाते हो,
अपने मन को धोखे में डालकर,
खुशी का भ्रम पाल कर,
अंदर से खोखले हो जाते हो, क्योंकि
अकेलापन शब्द नहीं, अवस्था है,
जिसमें थोड़े सुख और ज्यादा दुख की व्यवस्था है।
आंखें भाव शून्य हैं।
फिर तुम बिस्तर पर जाते हो,
धोखे और दुख की भावनाओं को भगाते हो,
पर मस्तिष्क ठहरा हठी,
तुम्हारी एक न चली।
अतीत तुम पर हावी हो गया।
दुख तुम्हारा भावी हो गया।
पत्थर पानी को जब्त कर सकता है रोक नहीं सकता,
मस्तिष्क अश्रुओं को समझा सकता है सोख नहीं सकता,
आंखों से अशक बह चले,

तुम भी संयम खो चले।
फिर तुमने आईने में झांका,
खुद को रोते हुए ताका,
भावनात्मक मजबूती का हवाला दिया,
लोग हँसेंगे इस बात का खौफ दिया।
आंखें जरा सी डर गईं,
उनकी सहनशक्ति अब मर गईं,
और अश्रु धारा से वह फिर भर गईं,
क्योंकि अकेलापन शब्द नहीं, अवस्था है
जहां अनीति की व्यवस्था है।
अब तुम भाव रहित हो,
तुम अब सब के लिए पतित हो,
क्योंकि तुमने उनकी भावनाओं को नहीं समझा,
उनकी व्यर्थ बातों का मान नहीं रखा।
तुमने उनसे साथ की आशा लगाई,
दुत्कार ने पर सिर्फ निराशा हाथ आई।
तुम अकेले हो गए!
मन भारी है, पर आंखें भी जिद्दी नारी हैं।
कहा तुमने ही मुझे रोका था,
मेरी आत्मा, मेरे आंसुओं को सोखा था,
अब हम न डरेंगी, जो मन किया वही करेंगे,
तुम हार गए!
खुद से, अपनों से, समाज से,
तुम अकेले रह गए, क्योंकि
अकेलापन कोई शब्द नहीं, अवस्था है
जहां केवल दुख की व्यवस्था है।

प्रिया
बी.ए. प्रथम वर्ष
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संस्कृत विभाग

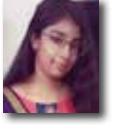
प्राध्यापिका सम्पादक
डॉ. साविरा शर्मा

विवरणिका

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अनुशासन-महिमा



जीवने अनुशासनस्य महती भूमिकाऽस्ति। कोऽपि कार्यम् अनुशासनं विना न सिद्धयति। जीवने प्रत्येकस्याम् गतिविध्याम् अनुशासनस्य महिमा। अनुशासनस्य विद्यया सह साक्षात् अनुबंधमस्ति।

विद्यार्जनेन एव विनयं जायते। सत्यमुक्तमिदम् -

"विद्या ददाति विनयं, विनयाद्याति पात्रताम्।

पात्रतत्त्वाद्धनमाप्नोति, धनाद्धर्मः तत् सुखम् ॥"

अतः विनयमेव अनुशासनस्य मूलम्। या विनयम् न ददाति सा कीदृशी विद्या? यया अनुशासनस्य शिक्षां छात्राः न ग्रहणं कुर्वन्ति, सा कीदृशी विद्या स्यात्?

शासन-पदस्य अर्थः 'आज्ञा' इति। अनुशासनस्य अर्थः आज्ञापालनम् इति। आज्ञापालनम्, नियम-पालनम् इत्यादयः गुणाः अनुशासने समायान्ति। तैत्तिरीयोपनिषदे कथितमिति -

सत्यं वद धर्मं चर स्वाध्यायान्मा प्रमदः।

आचारस्य प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः ॥

वस्तुतः अनुशासनमेव योग्यता या जीवने जीवनस्य उत्कर्षदायिनी।

रश्मि

स्नातक (विज्ञान संकाय) द्वितीय वर्ष

१२०२०२०२३०००६

विद्यार्थी जीवन



यथा ह्येकेन चक्रेण न रथस्थ गतिर्भवते।

एवं पुरुष्कारेण विना दैवं न सिद्धयति ॥

छात्रकालः मनुष्यजीवनस्य सुवर्णमयः कालः। अस्माकं पुरातनग्रन्थेषु अस्य ईदृशं महत्त्वं यत् अनेन मनुष्यस्य द्वितीयं जन्म मन्यते, स च द्विज उच्यते। वस्तुतः छात्रजीवनं मनुष्यस्य द्वितीयं जन्म एव विद्यते। यदा मनुष्यः जायते, तदा सः पशुतुल्यः एव भवति, केवलं खादितुं पातुं स्वपितुं च जानाति। परन्तु छात्रजीवने एव सः ज्ञानं लभते, परेषां दुखम् अवबोद्धं, धर्मस्य तत्त्वं ज्ञातुं, परमशक्तिविषये अनुभवितुं, महापुरुषाणां विचारान् पठितं, सम्यग् आचरितुं च अवसरं लभते। प्राचीनकाले छात्रजीवनं ब्रह्मचर्यम् उच्यते स्म। ब्रह्मचारी तपोमयं जीवनं कठोरं व्रतं च आचर्य सरलभावेन केवलं ज्ञानोपार्जने संलग्नोऽभवत्। अनेन तपसा ज्ञानेन च भाविजीवने सः कष्टानि सोढुं समर्थोऽभवत् ज्ञानस्य, विद्यायाः तपसः दानादिधर्मस्य च विशिष्टं महत्त्वमस्ति मनुष्यजीवने, अन्यथा मनुष्यः पशुतुल्यो भवति। उक्तं हि-येषां न विद्या न तपो न दानं ज्ञानं न शीलं न गुणो

न धर्मः। ते मृत्युलोके भुवि भारभूता मनुष्यरूपेण मृगाश्चरन्ति। अतएव छात्रैरस्य सुवर्णावसरस्य सदुपयोगः कर्तव्यो न च नाशयितव्यः कालः। यद्यस्मिन् काले छात्राः संयमने, तपसा, परिश्रमेण नियमपूर्वकं कार्यं कुर्वन्ति, आलस्यं च त्यजन्ति तदा सक्ले जीवने ते कदापि विफला न भविष्यन्ति। नायं कालः सुखमुपभोक्तुम्। केवलं सुखमिच्छता परिश्रमेण विना विद्या न लभ्यते सर्वविधो विकासश्च न भवति।

अनुशासनम्, व्यवस्थाया नियमस्य च नामान्तरम् अस्ति। (सर्वस्मिन् जगति वयं नियमं प्रकृतेरनुशासनं वा पश्यामः। अतः एव वैदिकमन्त्रे उच्यते 'सत्यं बृहदतमुग्रं दीक्षा तपः पृथिवीं धारयन्ति' इति। सूर्यः नियमतः उदेति, नियमतश्चास्तमेति, नियमतः एव ऋतवो भवन्ति, नियमत एव ग्रहनक्षत्राणि निश्चित मार्गं परिभ्रमन्ति, नो चेत् सर्वत्र महान् विप्लवः स्यात्। विचार्यतां यदि स्वेच्छया रविरपि कदाचित् प्रकाशेत न वा प्रकाशेत, यदि वा नदयः स्वेच्छया जलं वहन्तु न वा वहन्तु तदा किं भवेत्।

कदाचिद् यदि बहुषु वर्षेषु एकदापि अतिवृष्टिरनावृष्टिव भवति तदा जनानां कष्टानि असह्यानि जायन्ते, यदि पुनः कश्चिदपि क्रमः कदापि न स्यात् तह का दशा जायेत इति सुखम् अनुमातुं शक्यते।

एवमेव व्यक्तेः समाजस्य च जीवने ऽपि अनुशासनस्य अद्वितीयं महत्त्वं वर्तते। साफल्याय उन्नतये च अनुशासनम् अनिवार्यं भवति। यदि अस्माकं जीवने को 5 पि नियमो न स्यात् तदा वास्तविकी उन्नतिः शान्तिश्च न लभ्यते। कश्चित् जनः केवलं धन कामयमानः रात्रौ वा दिवा वा न कदापि स्वपिति तदा किंधनेन सः सुखी भवति? तथैव यदि, समाजे सर्वे जनाः केवलं धनसंग्रहतत्पराः स्युस्तदा कथं चलेत् जीवनयात्रा। सर्वत्र हि तदा धनार्थं संघर्षः परस्परं घातप्रतिघाताश्च स्युः। आरक्षका अपि यदि नियमं नानुतिष्ठेयुः तदा चौराः स्वतंत्रा भूत्वा स्वकार्यं विद्ध्युः। प्रत्येक सैनिकः प्रतिपद यदि साकं चलति, अन्योन्यसम्बद्धः च भवति, तदैव जीयन्ते युद्धानि। अनुशासनविहीना सेना शस्त्रास्त्रसंयुता अपि असम्बद्धजनसम्म इव न कदापि विजयते, आत्मानमेव सा हन्ति। विद्यालयेऽपि यदि कश्चिद् नियमो न स्यात्, यदि कोऽप्यध्यापकः कामपि कक्षा कदापि कमपि विषयमध्यापयेत् स्वैरं तदा कश्चिदपि छात्रः किमप्यवगन्तुं न शक्नुयात्। अत एव समयविभागः क्रियते नियमपूर्वकं च अध्याप्यते येन सर्वेषां लाभः स्यात्। नियमत एव हि रेलयानानि चाल्यन्ते, अन्यथा प्रत्यहं संघटनदुर्घटनाः स्युः। अस्माकं शरीरेऽपि प्रकृत्या सर्वाण्यंगानि नियमपूर्वकं कर्म

कार्यन्ते। चिन्त्यतां यदि क्षणमपि हृदय स्वप्यात् तदा शरीरस्य का ऽवस्था भवेत्। समाजे ऽपि यस्य यत् कार्यं निर्धारितं तत् तेनैव कार्यं नो इतरेण। क्रीडायां प्रत्येक क्रीडकस्य स्थानं निश्चितं भवति, यदि पुनरसौ स्वस्थानं परित्यज्य अन्यत् कुरुते, तदा प्रतिस्पर्धायां विजयो नावाप्यते।

अत एव समाजस्य, राष्ट्रस्य, स्वस्य चोन्नत्य अनुशासनपूर्वकं वर्तितव्यम्। वयं पश्यामो यत् अनुशासनकारणादेव अंगुलिगण्यैरपि आंग्लैः संसारे साम्राज्यं स्थापितम्। अनुशासनेनैव जापानसदृशम् लघु अपि राष्ट्रं महायुद्धविध्वंसं सोढ्वापि पुनः परमोत्कर्षशिखरमारूढम्।

सुखार्थी चेत्यजेद्विद्या विद्यार्थी चेत्यजेत् सुखम्।

सुखार्थिनः कुतो विद्या कुतो विद्यार्थिनः सुखम्॥

भाविजीवने सुखार्थमेव छात्रमेवं छात्रजीवने परिश्रमः क्रियते। छात्रैः नियमितं भोजनं भक्षणीयम्, नियतं च व्यायामेन शरीर पोषणीयम्, आलस्यं त्यक्त्वा ध्ययनं कर्तव्यम्। तेन शोभनविचारमयानि पुस्तकानि पठितव्यानि, शोभनविचारमयानि नाटकानि चित्वाणि च द्रष्टव्यानि, शोभनविचारमयानि गीतानि श्रोतव्यानि गातव्यानि च। अनेन चित्तशुद्धिर्भवति चित्तं च कार्यात् न विचलित।

वर्निका बलियान
बी.ए. द्वितीय वर्ष

कोरोना वैरस्

1. विश्वस्मिन् भिन्नराष्ट्रेषु कोविडामयबाधिताः।
लक्षशोऽपि मृतिं यान्ति दृश्यमत्यनतेशोकदम्॥
2. भयमेवाभ्यं नैव औषधं नैव किञ्चन।
भोज्यं पेयं विना मत् र्याः भूतले निपतन्ति वै॥
3. मुखावरणसंयुक्ताः हस्तयोः क्षालनं भृराम्।

पौनः पुन्येन कुर्वन्ति कोरोना भीतितोः जनोंः॥

4. धनसैन्यसुसम्पन्नाः सर्वराष्ट्राप्रशासकाः।
अर्थयन्तेतिदैन्येन औषधं दीयतामिति॥
5. एतस्याः विषरोगान्तु मुक्तिं कामयते नरः।
कथमस्य निरोधस्यादित्येव खलु भाषते॥

6. उद्योगः कृषिकार्यज्य वाणिज्यं जनसेवनम् ।
सर्वमेतत् विनष्टं हा ! कदा सम्यक् भविष्यति ॥
7. त्यजन्ति स्वार्थभावं च अहङ्कारमसूयताम् ।
अमितत्वमहो दर्पं मननात् मनुजोत्तमाः ॥
8. आधुना बहवसौम्याः शुचयश्च दयालवः ।
पारस्पर्येण जीवन्ति कोरोना तत्र कारणम् ॥

9. अर्थकामौ समौ कृत्वा धर्मवत् संसमन्विताः ।
'इदं न मम' भावेन वसन्ति महदत्भुतम् ॥
10. कोरोना स्यारयत्यस्मान् पूर्वजोक्तं सुभाषित ।
सर्वेऽपि सुखिनः सन्तु सर्वे सन्तु निरामयाः ॥

रजनी

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गंगायाः महत्त्वम्

अस्माकम् देशस्य सर्वाषु नदीषु गंगा श्रेष्ठा वर्तते। इयं हिमालयात् निःसृत्य बंगोपसागरे पतति। अस्या पावन तटे अनेकानी नगराणी स्थिताः सन्ति। गंगाजलम् अति स्वच्छम् पवित्रं च अस्ति। गङ्गायाः सर्वे माता मन्यते। अनेन स्नानेन चेतः निर्मलः भवति। इयम् नदी भागीरथेन स्वर्गात् अनीताः। जगद्गुरुशकराचार्यः गंगास्तोत्रे कथयति

देवि सुरेश्वरि भगवति गङ्गे त्रिभुवन तारिणी तरलतरङ्गे
शङ्करमौलि विहारिणि विमले मम
मतिरास्तां तव पदकमले
भागीरथि सुखदायिनि मातस्तव
जलमहिमा निगमे ख्यातः।

शिखा

बी.ए. तृतीय वर्ष

पर्यावरणं संरक्षणं

अस्मान् परितः पञ्चमहाभूतानि यानि क्षिति, जल, पावक, गगन, समीरः समवायुः एव परिसरः अथवा पर्यावरणम् कथ्यते। इत्युक्ते मनुष्योः यत्र निवसति, यत् खादति, यत् वस्त्रं धारयति, यत् जलं पिबति तत्सर्वं पर्यावरणम् इति शब्देनाभिधियते। अधुना पर्यावरणस्य समस्या न केवलं भारतस्य अपितु समस्तविश्वस्य समस्या वर्तते। पर्यावरणम् भारतदेशस्य राजधानी विश्वस्य अतिविशालासु नगरीषु अन्यतमा इति गण्यते। जलं वायुः च जीवने महत्त्वपूर्णो स्तः। साम्प्रतं शुद्ध पेय-जलस्य समस्या वर्तते। एवमेव प्रदूषित पर्यावरणेन विविधाः रोगाः भवन्ति। पर्यावरणस्य रक्षायाः अति आवश्यकता वर्तते। प्रदूषणस्य अनेकानि कारणानि सन्ति।

औद्योगिकापशिष्ट-पदार्थ-उच्च-ध्वनि-यान-धूम्रादयः प्रमुखानि कारणानि सन्ति। पर्यावरणरक्षायै वृक्षाः रोपणीयाः। वयं नदीषु

तडागेषु च दूषितं जलं न पतेम्। तैल रहित वाहनानां प्रयोगः करणीयः। जनाः तरूणां रोपणम् अभिरक्षणं च कुर्युः।

पर्यावरण-प्रदूषण-निरोधाय जनाः यत्र तत्र मलमूत्र-प्रक्षेपणं न कुर्युः। बालकाः, युवकाः, कृषकाः, युवत्यश्च विद्यालयेषु, उद्यानेषु, क्षेत्रेषु गृह-उद्यानेषु वृक्षरोपणं कुर्युः। वृक्षच्छेदनकानां कृते दण्डव्यवस्था भवेत्।

वस्तुतः समस्या निराकरणं युक्तिसंगतेन समाधानेन सम्भवम्। वर्तमानयुगे पर्यावरणशोधनस्य परमावश्यकता। प्रबुद्धाः भारतीयाः पुरा वायुशुद्धयर्थं स्वानदिकम् अकुर्वन्। ते वृक्षारोपणीयं सूर्य-पवन-वरुण-वनस्पतीनां स्तुतिम् अकुर्वन्। येन ते सुखेन स्वजीवनं यापयामासुः।

तनु

बी.ए. तृतीय वर्ष

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸੰਪਾਦਕ : ਸਤਵਿੰਦਰ ਕੌਰ

- | | | |
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ਕਾਲਜ ਦੇ ਦਿਨ ਚੇਤੇ ਆਉਣਗੇ

ਕੁਝ ਨਾ ਚੇਤੇ ਰਹਿਣਾ, ਬਸ ਇਹ ਪਲ ਚੇਤੇ ਆਉਣਗੇ
ਜੋ ਤੇਰੇ ਵਿਹੜੇ ਵਿਚ ਬਿਤਾਏ, ਉਹ ਪਲ ਚੇਤੇ ਆਉਣਗੇ
ਕਦੇ ਕਲਾਸ ਵਿਚ ਹੀ ਬਹਿਣਾ, ਤੇ ਕਦੇ ਗਰਾਊਂਡ ਚ ਗੋੜੀ ਲਾਉਣਾ
ਵੇਲੇ ਕੁਵੇਲੇ ਦਿਲ ਦੀ ਕੁੰਡੀ ਖੜਕਾਉਣਗੇ,
ਤੇਰੇ ਵੇਹੜੇ ਵਿਚ ਬਿਤਾਏ ਉਹ ਪਲ ਚੇਤੇ ਆਉਣਗੇ
ਕਦੇ ਦੋਸਤਾਂ ਮਿਤਰਾਂ ਨਾਲ ਚਾਹ ਦੀਆ ਸ਼ਰਤਾਂ ਲਾਉਣਾ
ਅੱਖੇ ਵੇਲੇ ਨਿਮੇ ਦੀਵੇ ਦੀ ਧਰਵਾਸ ਬਣ ਆਉਣਗੇ
ਤੇਰੇ ਵੇਹੜੇ ਚ ਬਿਤਾਏ ਉਹ ਪਲ ਬੜੇ ਚੇਤੇ ਆਉਣਗੇ
ਕਦੇ ਟੈਮ ਸਿਰ ਕਾਲਜ ਚ ਆਉਣਾ
ਤੇ ਕਦੇ ਘੜੀ ਨਾਲ ਸ਼ਰਤਾਂ ਲਾਉਣਾ
ਫੇਰ ਖੜੇ ਪੈਰੀ ਬਹਾਨੇ ਬਣਾਉਣਾ
ਸੂਹੇ ਰੰਗੇ ਦਿਨ ਬੁਲੀਂ ਮੁਸਕਾਨ ਲਿਆਉਣਗੇ
ਤੇਰੇ ਵੇਹੜੇ ਚ ਬਿਤਾਏ ਉਹ ਪਲ ਬੜੇ ਚੇਤੇ ਆਉਣਗੇ

ਇਕ ਦੂਜੇ ਦਾ ਮਜ਼ਾਕ ਉਡਾਉਣਾ, ਤੇ ਕਦੇ ਬਿਨਾ ਗੱਲ ਤੋਂ ਖੌਰੂ
ਪਾਉਣਾ
ਕਦੇ ਪੋਪਰਾਂ ਚ ਨਕਲ ਚਲਾਉਣਾ, ਤੇ ਕਦੀ ਚੋਰੀ ਛਿੱਪੇ ਪਰਚੀਆਂ
ਬਣਾਉਣਾ
ਅਧਿਆਪਕਾਂ ਦੇ ਰੱਖੇ ਹੋਏ ਨਾਮ ਦਿਲ ਚ ਹਲਚਲ ਮਚਾਉਣਗੇ
ਤੇਰੇ ਵੇਹੜੇ ਚ ਬਿਤਾਏ ਉਹ ਪਲ ਬੜੇ ਚੇਤੇ ਆਉਣਗੇ
ਅੱਜ ਵਿਦਾ ਲੈਂਦੇ ਹੋਏ ਦੁਆ ਇਹੋ ਕਰਦੇ ਹਾਂ,
ਫੁੱਲ ਨਵੇਂ ਹਮੇਸ਼ਾਂ ਤੇਰੀਆਂ ਹਵਾਵਾਂ ਨੂੰ ਮਹਿਕਾਉਣਗੇ
ਜਦ ਵੀ ਸਰਬ ਵਲੋਂ ਲਿਖੇ ਹਰਫ
ਚੋਰੀ ਛੋਪੇ ਝਾਤ ਜਿਹੀ ਪਾਉਣਗੇ
ਤਦ ਤੇਰੇ ਵੇਹੜੇ ਵਿਚ ਬਿਤਾਏ ਉਹ ਪਲ ਬੜੇ ਚੇਤੇ ਆਉਣਗੇ
..... ਉਹ ਪਲ ਬੜੇ ਚੇਤੇ ਆਉਣਗੇ।

ਸਰਬਜੀਤ ਕੌਰ
ਬੀ.ਏ. (ਤੀਜਾ ਸਾਲ)
3195620051

ਮਾਂ

ਕਾਲੀਆਂ ਰਨੇਰੀਆਂ ਰਾਤਾਂ ਨੂੰ
ਕਦੀ ਬਪਬਪਾ ਕੇ ਮੈਨੂੰ ਸਵਾਉਂਦੀ
ਕਦੇ ਪਿਆਰ ਨਾਲ ਮੈਨੂੰ ਚੁੰਮਦੀ
ਤੇ ਕਦੇ ਡਾਂਟ ਕੇ ਕੋਲ ਬਲਾਉਂਦੀ
ਕਦੇ ਮੇਰੇ ਅੱਖ ਦੇ ਹੰਝੂ
ਉਹ ਪੱਲੇ ਨਾਲ ਪੁੰਜ ਸੁਕਾਉਂਦੀ
ਸੁਧਾਣਿਆਂ ਦੇ ਪੰਝੂੜੇ ਅੰਦਰ
ਹੋਲੀ ਹੋਲੀ ਕਦੇ ਝੁਲਾਉਂਦੀ

ਸਾਰਿਆਂ ਨਾਲੋਂ ਜਦੋਂ ਮੈਂ
ਰੁਸ ਕੇ ਗੁੱਸੇ ਵਿੱਚ ਸੋ ਜਾਂਦਾ
ਹੋਲੀ ਜਿਹੀ ਉਹ ਚਾਦਰ ਖਿੱਚ ਕੇ
ਆਪਣੇ ਪੱਲੇ ਵਿੱਚ ਮੈਨੂੰ ਲੁਕਾਉਂਦੀ

ਕੋਮਲ
ਬੀ.ਏ. (ਤੀਜਾ ਸਾਲ)
3195620139

ਮਿੱਟੀ

ਵੇਖ ਫ਼ਰੀਦ ਮਿੱਟੀ ਖੁੱਲੀ
ਮਿੱਟੀ ਉੱਤੇ ਮਿੱਟੀ ਡੁੱਲੀ
ਮਿੱਟੀ ਹੱਸੇ ਮਿੱਟੀ ਰੋਵੇ,
ਅੰਤ ਮਿੱਟੀ ਦਾ ਮਿੱਟੀ ਹੋਵੇ,
ਨਾ ਕਰ ਬੰਦਿਆ ਮੇਰੀ ਮੇਰੀ
ਨਾ ਇਹ ਤੇਰੀ ਨਾ ਇਹ ਮੇਰੀ

ਚਾਰ ਦਿਨਾਂ ਦਾ ਮੇਲਾ ਦੁਨੀਆ
ਫਿਰ ਮਿੱਟੀ ਦੀ ਬਣ ਜਾਣਾ ਢੇਰੀ

ਜਸਪ੍ਰੀਤ ਕੌਰ
ਬੀ.ਏ. (ਤੀਜਾ ਸਾਲ)
3195620130

ਨਸ਼ਾ

ਹਨੇਰੀ ਨਸ਼ਿਆਂ ਦਾ ਕਰਕੇ ਅਟੈਕ ਬੈਠ ਗਈ
ਜੇਬਾਂ ਸਭਨਾਂ ਦੀ ਚ ਨਾਗਣੀ ਬਲੈਕ ਬੈਠ ਗਈ
ਦਸੋ ਕਿੱਥੋਂ ਵਧੂ ਫੁੱਲ ਪੰਜਾਬ ਦਾ ਏਹ ਬੂਟਾ ?
ਜਿਹਦਾ ਜੜਾਂ ਵਿਚ ਸਦਾ ਲਈ ਸਮੈਕ ਬੈਠ ਗਈ ...
ਸਿਗਰਟ, ਬੀੜੀ, ਜਰਦਾ, ਦਾਰੂ
ਬਣੇ ਨਸ਼ੇੜੀ ਸਾਰੇ ਕੰਮ ਕਾਰੂ
ਭੁੱਕੀ ਡੋਡੇ, ਖਾਣ ਅਫੀਮਾਂ
ਮੈਡੀਕਲ ਨਸ਼ਾ ਸਿਹਤ ਤੇ ਮਾਰੂ ...
ਜਨਤਾ ਵਿੱਚ ਨਸ਼ਾ ਸਰੇਆਮ ਵਿਕਦਾ
ਬਿਨਾਂ ਨਸ਼ੇ ਤੋਂ ਗੱਭਰੂ ਵੀ ਕੋਈ-ਕੋਈ ਟਿਕਦਾ

ਲੱਗੀ ਰਹਿੰਦੀ ਭੀੜ ਨਿੱਤ ਠੇਕਿਆਂ ਦੇ ਉੱਤੇ
ਕੋਈ ਖੇਡ ਦੇ ਮੈਦਾਨ ਚ ਵਿਰਲਾ ਹੀ ਦਿਖਦਾ ...
ਕਿਉਂ ਵਧੀਕੀ ਨਸ਼ਿਆਂ ਦੀ ਚੁੱਪਚਾਪ ਅਸੀਂ ਸਹੀਏ ?
ਕਿਉਂ ਵਿਰਾਸਤਾਂ ਦਾ ਮੁੱਲ ਨਿੱਤ ਬਲੀਆ ਚ ਦੇਈਏ ?
ਨਵਾਂ ਕਰਕੇ ਆਗਾਜ਼, ਅਸੀਂ ਚੁਕਾਂਗੇ ਆਵਾਜ਼
ਨਸ਼ਾ ਮੁਕਤ ਪੰਜਾਬ ਵਾਲਾ ਬੀੜਾ ਅਸੀਂ ਲਈਏ

ਰੀਵਾ

ਬੀ.ਏ. (ਤੀਜਾ ਸਾਲ)

3195620130

ਮਨਿ ਜੀਤੇ ਜਗੁ ਜੀਤੁ

ਮਨ ਉੱਤੇ ਕਾਬੂ ਪਾਉਣਾ - ਮਨ ਨੂੰ ਜਿੱਤਣ ਸੰਬੰਧੀ ਕੋਈ ਵਿਚਾਰ
ਕਰਨ ਤੋਂ ਪਹਿਲਾਂ ਇਸ ਗੱਲ ਤੇ ਵਿਚਾਰ ਕਰਨਾ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਮਨ
ਕੀ ਹੈ ਤੇ ਇਸ ਨੂੰ ਜਿੱਤਣ ਤੋਂ ਕੀ ਭਾਵ ਹੈ ? ਸਾਡੇ ਸਰੀਰ ਦੀਆਂ
ਪੰਜ ਗਿਆਨ - ਇੰਦਰੀਆਂ ਰਾਹੀਂ ਬਾਹਰੋਂ ਕੁੱਝ ਗ੍ਰਹਿਣ ਕਰਨ ਦਾ
ਕੰਮ ਇਹ ਮਨ ਕਰਦਾ ਹੈ ਤੇ ਇਸ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਹੀ ਸਾਡੇ
ਗਿਆਨ ਇੰਦਰੇ ਕੋਈ ਕੰਮ ਕਰਦੇ ਹਨ। ਇਸ ਮਨ ਵਿਚ ਹੀ ਚੰਗਾ
ਖਾਣ-ਪੀਣ ਪਹਿਨਣ ਤੇ ਹੋਰ ਹਰ ਤਰ੍ਹਾਂ ਦੀਆਂ ਇੱਛਾਵਾਂ ਤੇ ਵਿਚਾਰ
ਪੈਦਾ ਹੁੰਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਇੱਛਾਵਾਂ ਦੀ ਪੂਰਤੀ ਲਈ ਮਨ ਮਨੁੱਖ ਨੂੰ
ਹਰਕਤ ਵਿੱਚ ਲਿਆਉਂਦਾ ਹੈ, ਉਸ ਨੂੰ ਚੰਗੇ-ਬੁਰੇ ਕੰਮ ਕਰਨ ਦੀ
ਪ੍ਰੇਰਨਾ ਦਿੰਦਾ ਹੈ। ਮਨ ਨੂੰ ਜਿੱਤਣ ਤੋਂ ਭਾਵ ਇਹ ਹੈ ਕਿ ਇਸ ਨੂੰ
ਅਜਿਹੇ ਰਸਤੇ ਉੱਤੇ ਲਿਆਂਦਾ ਜਾਵੇ ਕਿ ਉਹ ਆਪਣੀਆਂ ਇੱਛਾਵਾਂ
ਦੀ ਪੂਰਤੀ ਲਈ ਮਨੁੱਖ ਤੋਂ ਬੁਰੇ ਕੰਮ, ਚੋਰੀ ਠੱਗੀ, ਬੇਈਮਾਨੀ, ਝੂਠ,

ਫਰੇਬ ਤੇ ਜਬਰ-ਜੁਲਮ ਆਦਿ ਨਾ ਕਰਾਏ ਤੇ ਪਰਾਇਆ ਹੱਕ ਮਾਰਨ
ਲਈ ਮਜਬੂਰ ਨਾ ਕਰੇ। ਦੂਸਰੇ ਸ਼ਬਦਾਂ ਵਿਚ ਇਸ ਦਾ ਅਰਥ ਇਹ ਹੈ
ਕਿ ਮਨੁੱਖ ਬੁਦਗਰਜ਼ੀ ਨੂੰ ਤਿਆਗ ਕੇ ਕੇਵਲ ਉਨ੍ਹਾਂ ਗੱਲਾਂ ਬਾਰੇ ਹੀ
ਸੋਚੇ ਤੇ ਉਹ ਹੀ ਕੰਮ ਕਰੇ ਜੋ ਸਮੁੱਚੇ ਸਮਾਜ ਲਈ ਲਾਭਦਾਇਕ ਤੇ
ਕਲਿਆਣਕਾਰੀ ਹੋਣ। ਉਹ ਆਪਣੇ ਲਾਭ ਤੇ ਇੱਛਾਵਾਂ ਦੀ ਪ੍ਰਤੀ
ਦੇ ਨਾਲ ਹੀ ਦੁਜਿਆਂ ਦੇ ਲਾਭਾਂ ਤੇ ਇੱਛਾਵਾਂ ਦਾ ਵੀ ਖਿਆਲ ਰੱਖੇ।
ਅਜਿਹੇ ਮਨੁੱਖਾਂ ਦੇ ਮਨ ਨੂੰ ਹੀ ਜਿੱਤਿਆ ਹੋਇਆ ਮਨ ਆਖਿਆ
ਜਾ ਸਕਦਾ ਹੈ।

ਕੌਮਲ

ਬੀ.ਏ. (ਤੀਜਾ ਸਾਲ)

3195620198

ਡਰ

ਇੱਕਲੇ ਬੱਚੇ ਨੂੰ
ਘਰ ਛੱਡ ਕੇ ਤੁਰਨ ਲਗਿਆ
ਬੜਾ ਡਰ ਲੱਗਦਾ ਸੀ
ਇੱਕ ਵਾਰੀ ਤਾਂ ਕੰਬ ਹੀ ਜਾਂਦਾ ਸਾਂ
ਉਹ ਦੱਸਾ ਕਾਲਾ ਸਮਾਂ ਸੀ
ਉਸ ਦੀ ਮੁੱਠੀ ਚ ਡਰ ਹੀ ਡਰ ਸੀ
ਭਾਵੇਂ ਆਪਣਾ ਹੀ ਘਰ ਸੀ
ਹੁਣ ਬੱਚਾ, ਬੱਚਾ ਨਹੀਂ ਰਿਹਾ
ਬਲਦਾ ਹੋਇਆ ਦੀਪ ਹੈ
ਘਰ ਦੇ ਮੁਕੱਦਰ ਦੀ ਦਹਿਲੀਜ਼ ਤੇ
ਉਸ ਨੂੰ ਵੀ ਇੱਕਲਿਆਂ
ਘਰ ਛੱਡ ਕੇ ਤੁਰਨ ਲਗਿਆਂ
ਸਿਰ ਚਕਰਾ ਜਾਂਦਾ ਹੈ

ਬੜਾ ਕੁੱਝ ਟੀ.ਵੀ. ਤੇ ਵੇਖਿਆ
ਅਖਬਾਰ ਚ ਵਾਪਰਿਆ
ਅੱਖਾਂ ਅੱਗੇ ਆਂ ਜਾਂਦਾ ਹੈ
ਹਨੇਰਾ ਹੀ ਛਾ ਜਾਂਦਾ ਹੈ
ਘਰੋ ਪੈਰ ਪੁੱਟਿਆ
ਆਪਣੀ ਥਾਂ ਆ ਜਾਂਦਾ ਹੈ
ਕਿਸੇ ਨਰਸਿੰਘ ਦੇ ਪੰਜ ਚ
ਫਸਿਆ ਫਸਿਆ ਘਰ ਲੱਗਦਾ ਹੈ
ਬੱਚਾ, ਬੱਚਾ ਨਹੀਂ ਰਿਹਾ
ਫਿਰ ਵੀ ਬੜਾ ਡਰ ਲਗਦਾ ਹੈ

ਰੀਮਾਂ

ਬੀ.ਏ. (ਪਹਿਲਾ ਭਾਗ)

121202200215

ਵੋਟ

ਹੌਸਲਾ ਕੀਤਾ ਏ ਸੱਚੀ ਗੱਲ ਕਹਿਣ ਦਾ,
 ਆ ਗਿਆ ਏ ਵੇਲਾ ਲੋਕੋ ਹੱਕ ਲੈਣ ਦਾ
 ਪਿੰਡ ਵਿਚ ਰਹਿ ਕੇ ਇੱਜਤ ਕਮਾਈ ਦੀ,
 ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ ...
 ਧਰਮਾਂ ਚ ਵੜ ਕੇ ਨੀ ਪੰਚ ਚੁਣੀ ਦਾ,
 ਖਹਿਬਾਜ਼ੀ ਚ ਨੀ ਸਰਪੰਚ ਚੁਣੀ ਦਾ,
 ਮਾਰ ਕੇ ਜ਼ਮੀਰ ਅਣਖ ਨੀ ਵਿਖਾਈ ਦਾ,
 ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ ...
 ਪੱਕਾ ਹੋਵੇ ਜੇ ਇਰਾਦਾ ਤਾਹੀਓ ਚੌਣ ਲੜੀਏ
 ਵੋਟਾ ਭੰਨਣ ਲਈ ਨਾ ਜਾ ਕੇ ਵਿਚ ਖੜੀਏ
 ਸਕਿਆ ਚ ਫੁੱਟ ਨਹੀ ਕਦੇ ਪਵਾਈ ਦੀ
 ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ ...

ਤਕੜੇ ਦੇ ਪਿੱਛੇ ਨਹੀਓ ਮਾੜਾ ਛੱਡੀ ਦਾ
 ਇੰਤਜ਼ਾਰ ਕਰੀਏ ਨਾ ਕਾਰ-ਗੱਡੀ ਦਾ,
 ਹੱਕਾਂ ਨੂੰ ਪਛਾਣ ਗੱਲ ਸਿਰੇ ਲਾਈ ਦੀ
 ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ ...
 ਦਿਖਾਵੇ ਲਈ ਕਦੇ ਨੀ ਟਾਈਮ ਪਾਸ ਕਰੀ ਦਾ,
 ਨੇਕੀ ਨਾਲ ਪਿੰਡ ਦਾ ਵਿਕਾਸ ਕਰੀ ਦਾ,
 'ਸਿਮਰਨ' ਕਰੀਏ ਸਿਫਤ ਪਿੰਡ ਦੀ ਚੜਾਈ ਦੀ,
 ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ ...

ਸਿਮਰਨ ਅਰੌੜਾ
 ਗੀ.ਏ. (ਦੂਜਾ ਭਾਗ)
 120202002024

Social Science Section

Teacher Editor
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Simran Kharor			



India @75 Diamond Jubilee of Golden Bird



Bharat, which is also known as India, has now crossed another milestone to celebrate its 75th year of independence. In these 75 years we have accomplished remarkable achievements in various fields including science, technology, innovations, economics, defence, medicine, agriculture, space etc. We have also ensured that in the race of technology, we will not compromise with nature.

Since ancient times, India has been known as the 'Sone Ki Chidiya' or the 'Golden Bird' due to its abundance of culture & tradition, rich heritage, and breathtaking art & architecture. But all of these were looted by invaders and colonial power. On 15th Aug 1947 India got freedom from 200 years of oppressive colonial rule. From then being one of the most religiously and ethnically diverse nations in the world we have set an example for other nations, how a diverse country can effectively work peacefully without discriminating.

Now we will look at the journey of these 75 years, what we have achieved and what more we have to achieve in the future for a better, safer and healthier society.

- ◆ We have doubled the average life span of India from 33 years during independence to about 70 years now.
- ◆ India's GDP has increased from 2.7 lac crore in 1947 to 147.79 lac crore today - India has become the fifth largest economy
- ◆ India has become the fastest growing economy
- ◆ India has become a nuclear power.
- ◆ Agriculture is self-sufficient and produces five times more than it produced during independence
- ◆ India's literacy rate increased from about 12 percent in 1947 to 74 percent
- ◆ Indian education system is the second biggest in the world

- ◆ AIIMS, IISc, IITs and IIMs are amongst the world's best education institutions
- ◆ India has moved to Mars and is a world leader in space program
- ◆ India has added a billion more consumers post-independence
- ◆ India has created a few world-class billion-dollar companies
- ◆ Due to a few world class healthcare facilities, medical tourists flock to India for treatment
- ◆ India is the pharmacy of the world
- ◆ We have now moved from a nation with rationing of landlines - to more than 100 % telecom density
- ◆ Indian Railways is the largest employer in India.
- ◆ Indians have powered the world with Indian skills and brains
- ◆ India has increased connectivity massively, both in terms of soft and hard infrastructure

In 75 years, Indian democracy has come a long way. India's stature before the world has also grown and we are being looked up as a 'potential super-power' and we can be described aptly as a hope for the world at this stage. But, we still have a long way to go, and we have to recognise that we are still a 'developing country' and that too, in the middle rung of LMICs.

India at 75 is a young democracy, aspirational economy and an ageing nation.

Although it is very much inspiring to look at what we have achieved in the last 75 years, it is more important to think about the upcoming 25 years as these years will be more crucial for India. We need the goal of JRD Tata, vision of Vikram Sarabhai, faith of Vivekanand and values of Buddha to become a 'Ram Rajya'.

Varnika
B.A. II

Struggle of Freedom

*Once there was a country
Full of world's complimentary
It is also called "Sone ki Chidiya"
It is one and only India.
India was famous for diamonds
And they didn't need any demand*

*They were becoming super power soon,
But then came a gloom.
Gloomy was rule of Britishers,
which became for India a punish.
The British rule grew and grew
Then unruled states were left very few.*



Then many freedom fighters came,
which forced Britishers stop their game.
This made India united,
And this unity in diversity spreaded.
At last, in the year 1947,
India got independent.
It made India stronger,
Because there was diversity no longer.

But is also made struggle for soldiers,
who die to give us self-rule.
India is now a superpower,
where stood a unity tower.
A tower which can stop every problem.

Archna

B.A. III

3195620211

Halt Child Labour



"Life of little ones are destroyed when child labour is employed." A child below the age of 14 who is indulging in work related to factories, shops and domestic work is termed as child labour. Child labour is work that harms child or keeps them away from attending school.

Around the World growing gap between rich and poor in recent decades has forced children out of school and into work. There are approximately 5 crore children employed in child labour in India which is equal to the population of a country in Europe.

Types of child labour: In today's world types of child labour are increasing day by day. Some of the most common types of child labour include bonded child labour, child labour in mining industries, in manufacturing sectors, in domestic jobs, in firework industries and the worst of all, in trafficking menace.

Causes: the biggest and the most frightening cause of child labour is poverty due to which it becomes difficult for parents to meet the needs of a family. This leads the parents to force their children to do work to meet the

basic needs of the family. Another biggest reason is illiteracy which makes parents unaware of the importance of education. And the third reason is the failure of our education system which does not provide skill-based education to the students that will help them to work in their future life.

Feasible solutions for child labour: There is nothing impossible in the world. Every problem has one solution. We can stop child labour in a large country like India. First of all, we should make free education available to all the students. There is an urgent need for making education mandatory, not only for the children but equally for the parents to bring in a larger perspective regarding the upbringing of their children. Then another step that should be taken is strict child labour laws. There should be strict rules such as the mining act and the factory act which prohibit children to work in such hazardous condition.

Anusha

B.A. I

1212022030

Indian Culture



Mahatma Gandhi once said, "A Nation's culture resides in the hearts and the soul of its people". Indian culture is the heritage of social norms, ethical values, traditional costumes, belief systems, artefacts that originated in or are associated with the ethnolinguistically diverse Indian subcontinent. India's music, dance, languages, religions, architecture, food and customs differ from place to place within the country. Indian culture is a unique mixture of Eastern values and Western culture. Indian culture often labelled as a combination on several cultures has been influenced by a history that is several millennia old. First of all, Indian origin religion are Hinduism, Buddhism, Jainism and

Sikhism. All of these religions are based on karma and Dharma. India celebrates a huge number of festivals. These festivals are very diverse due to the multi-religious and multi-cultural Indian society. Indians greatly value festive occasions. Traditional Indian food, art, music, sports, clothing and architecture are influenced by various factors like geography, climate, culture and rural/urban setting. Indian culture has been an inspiration to many writers. India is certainly a symbol of unity around the world.

Anusha

B.A. I

International Women's Day



International Women's Day is celebrated on 8th March every year around the world and it's the Day dedicated to celebrating Women's achievements in various Social, Political, and Cultural Fields. You must be wondering why Women's Day is celebrated on 8th March? Well, there is a brief History around it that goes back 109 years. It was in 1909 when a political party of America celebrated 15,000 Women who protested against various issues like low pay scale, equal opportunities, and lack of voting rights in New York city. Originally it was called National Women's Day and as the news spread annual celebration was done across the world but it was Russia who set the March 8th date. It was in 1975 that the United Nation recognized International Women's Day and from 1996 International Women's Day became a theme to celebrate Women in society.

Educational institutions are now open to celebrate Women's Day. It's a sign of progress and they are teaching students to honor and respect a Woman.

Now as we know when and who established it now naturally the next question that arises is what is the significance of Women's Day? The main aim of Women's Day is to celebrate the achievements of Women in various fields and the roles they play which could be that they are an Artist, a Teacher, an Administrator, a Politician, or Scientist. It is also important to raise awareness about Women's rights and gender parity. We can all agree that no country has achieved gender equality yet there are few places where the concept of gender equality does not even exist. Around the world, Women are not given equal opportunities. There are countries where they

are denied to raise a point about their lives and how they are treated. Girl child abuse is common in many places where many crimes like child marriages, gender-based are done and all this discrimination a Woman faces is on the basis of one chromosome.

For ages, men have had more privileges in every aspect of life in society, which could be good pay scale, social status, or voting rights percentage but now we are living in the 21st century and the world is slowly moving towards gender balance. It's moving towards equality for both men and Women which could include equal pay scale, social status, and equal voting rights for Women. This change is necessary and it is required around the world because we all are humans and equal opportunities and respect should be given to everyone.

So it is important to have a Day that reaches out and helps in solving all the discriminations that are happening against Women. As we all know how important Women are. They play various roles which could be a caring mother, a daughter, and so on. On this Day, it's important to show the Women in your life how much you care about them and how much you love them.

Educational institutions are now open to celebrate Women's Day. It's a sign of progress and they are teaching students to honor and respect a Woman.

Chestha

B.A. II

12020200222

पिता का स्नेह



प्यार का सागर ले आते
फिर चाहे कुछ न कह पाते
बिन बोले ही समझ जाते
दुःख के हर कोने में
खड़ा उनको पहले से पाया
छोटी सी उंगली पकड़कर
चलना उन्होंने सीखाया
जीवन के हर पहलु को
अपने अनुभव से बताया
हर उलझन को उन्होंने

अपना दुःख समझ सुलझाया
दूर रहकर भी हमेशा
प्यार उन्होंने हम पर बरसाया
एक छोटी सी आहट से
मेरा साया पहचाना,
मेरी हर सिसकियों में
अपनी आँखों को भिगोया
आशिर्वाद उनका हमेशा हमने पाया
हर खुशी को मेरी पहले उन्होंने जाना
असमंजस के पलों में,

अपना विश्वास दिलाया
उनके इस विश्वास को
अपना आत्म विश्वास बनाया
ऐसे पिता के प्यार से

बड़ा कोई प्यार न पाया ॥

चेष्टा
बी.ए. द्वितीय वर्ष
120202002227

Cryptocurrency



1. Cryptocurrency is a form of virtual currency that can be used digitally.
2. Bitcoin, Dogecoin, Ripple, etc are some examples of cryptocurrency.
3. The records of cryptocurrencies are stored securely in Blockchain.
4. It also provides fast and highly secure transactions.

Characteristics of cryptocurrency

1. No central authority
2. Provides anonymity to the user
3. Can be gained either through transaction or earned through mining
4. Computationally intensive

Benefits of cryptocurrency

1. **Economical**
 - a. No printing costs
 - b. No handling and logistics costs
 - c. Transactions costs are negligible compared to traditional forms of currency
2. **Technological**
 - a. Promotes innovation and entrepreneurship
 - b. Single core technology instead of different banks offering different technologies
 - c. Difficult to manipulate due to robust algorithm architecture
3. **Governance**
 - a. Government can focus on other core social sector programmes

Dangers

1. **Security Risks**
 - a. Anonymity can be missused for
 - i. Organized crimes like kidnapping, contract killing
 - ii. Smuggling
 - iii. Money laundering
 - b. Lack of regulations makes it easier to use to illegal activities
2. **Economic Risks**
 - a. Highly volatile in nature
 - b. Open to hacking and manipulations
 - c. Can results in macroeconomic instability

Conclusion

Cryptocurrencies are decentralized digital assets that have taken the world by storm. However, as financial instruments, they are poorly understood, and the general lack of awareness has prevented their mainstream adoption. The finer nuances of how cryptocurrencies function and the opportunity that they present for all were discussed, as well as the drawbacks they have.

The factors that can be inferred are as follows:

- ◆ Socio-economic transformation
- ◆ Security
- ◆ Increasing investor interest
- ◆ The potential for return on investment

Isha Tigraniya
B.A. I
1212022002201

Evolution of Banking in India

Banking in India forms the base for the economic development of the country. Major changes in the banking system and management have been seen over the years with the advancement in technology, considering the needs of people. The banking sector development can be divided into three phases.

PHASE I: Pre Independence Period (1786 - 1947)

The first bank of India was the "Bank of Hindustan", established in 1770 and located in the then Indian capital, Calcutta. This bank failed to work and ceased operations in 1832. During this phase, 600 banks had

been registered in the country, but only few managed to survive. The East India Company had established Bank of Bengal, Bank of Bombay and Bank of Madras and called them Presidential Banks. Allahabad Bank, Punjab National Bank and Bank of Baroda, are some of the pre- independence banks in

PHASE II: Post Independence Period (1947-1991)

At the time of Independence, all major banks of the country were led privately which was a concern as many people living in rural areas money were still dependent on money lenders for financial assistance. To solve this problem government decided to nationalize the banks. The banks were nationalized under the Banking Regulation Act, 1949. Whereas the Reserve Bank of

India (RBI) was nationalized in 1949. Moreover, many Regional Rural Banks were established in India in 1975 for people belonging to rural areas.

PHASE III: Liberalization Period (1991- Till date)

The last phase of the banking sector development plays a significant role. To provide stability and profitability to the Nationalized Public sector Banks, the government decided to set up a committee under the leadership Shri M. Narasimham to manage the various reforms in the Indian banking Industry. The biggest development was introduction of Private sector banks like IDBI Bank, Times Bank, ICICI Bank and many more.

Jhanvi
B.A. I

योग में संगीत की भूमिका

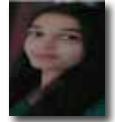
संगीत स्वयं ब्रह्म नाद है और योग ब्रह्म तक पहुंचने का सोपान। प्रकृतिलय ताल युक्त संगीतमय है और यही लय ताल योग में भी होती है। देह के साथ योग की लय टाल बैठ जाए तो अंतर में संगीत बजने लगता है। कबीर ने भी कहा है "अनहद बाजे"। अनहद का तात्पर्य है अनाहत। जो बिना किसी आहत (चोट) के बजने लगे वो अनहद होता है। बस यही अनहद नाद प्रकृति में समाया है और यह योग से प्रकट होता है। एक आहत होने से बजता है और दूसरा अनाहत। योग और संगीत एक दूसरे के पूरक हैं।

शायद इसीलिए विश्व योग दिवस और विश्व संगीत दोनों 21 जून को जाते हैं। हम अपनी बात संगीत पर केन्द्रित करते हैं, संगीत दिवस की शुरुआत फ्रांस से हुई। यहाँ म्यूजिक फेस्टिवल फेटे डी ला म्यूजिक नाम से जाना जाता है इसका श्रेय वहाँ के तत्कालीन सांस्कृतिक मंत्री जैक लॉ को माना जाता है। आज विश्व में 110 देश इस दिवस को मानते हैं। भारत में भी संगीत प्रेमियों द्वारा इस दिवस पर बहुत से कार्यक्रम आयोजित किये जाते हैं।

संगीत और प्रकृति का घनिष्ठ सम्बन्ध है। प्रकृति का कण-कण संगीतमय है। ॐ एक साश्वत ध्वनि है जिससे ब्रह्मांड का जन्म हुआ। ॐ ध्वनि से अन्तरिक्ष भी गूँज रहा है। नाद अर्थात ध्वनि यही सुर लय, तालबद्ध हो संगीत बन जाती है। गायन, वादन और नृत्य के संगम को ही संगीत कहते हैं। मनुष्य का जीवन बिना संगीत के अधूरा और नीरस हंसंगीत कला सबसे मनोहर कला है। संगीत का सम्बन्ध मधुरता से है। संगीत जाति, भाषा, धर्म के बंधनों से मुक्त होता है। मानव जाति के विकास क्रम में जब कोई आविष्कार नहीं हुआ था और वह प्रकृति में विचरण कर रहा था तब से मनोरंजन के लिए उसने आस-पास की ध्वनियों का अनुकरण किया।

विकास के साथ उसने धुनें बनाई, भाषा को पिरोकर लोकगीतों की रचना की और संगीत का स्वरूप निखरता चला गया। आधुनिक युग में तो संगीत का उद्योग ही स्थापित हो गया। मनुष्य ने मनोरंजन

के लिए नए-नए वाद्ययंत्रों का निर्माण कर लिया। वैसे भारत में वैदिक काल से ही संगीत की परम्परा चली आ रही है।



संगीत और योग दोनों साधना है। भारतीय संगीत की मधुर ध्वनि योग प्रणाली की तरह ही काम करती है जो सीधे तंत्रिका तंत्र को प्रभावित करती है। संगीत से मन-मस्तिष्क एकाग्र होता है और शारीरिक-मानसिक सुख-शान्ति मिलने के साथ जीवन को नई ऊर्जा प्रदान कर सकारात्मकता से भर देने की अद्भुत क्षमता भी होती है। संगीत जीवन जीने की कला सिखाता है।

भारतीय संगीत अपनी विविधता के लिए जाना जाता है। यहाँ विभिन्न अवसरों के लिए भिन्न-भिन्न संगीत की रचना की गई है, चाहे लोकगीत हो या शास्त्रीय संगीत। भारतीय संगीत में धार्मिक, देशभक्ति, सुख-दुःख जीवन के हर पहलु के गीतों की प्रधानता है जो विषम परिस्थितियों से भी लड़ने की शक्ति प्रदान करता है। संगीत लोगों को भावनात्मक रूप से जोड़ता है।

आत्माभिव्यक्ति का सबसे अच्छा तरीका संगीत है। पेड़-पौधों एवं पशु-पक्षियों पर भी संगीत का गहरा प्रभाव पड़ता है। नवजात शिशु को जब माँ लोरी गाकर थपकी दे सुलाती है तो शिशु के भावनात्मक और मानसिक विकास में वही संगीत महत्त्वपूर्ण भूमिका निभाता है।

आज की व्यस्ततम जीवन शैली से मनुष्य तनाव, अनिद्रा, ब्लडप्रेसर जैसी अनेक व्याधियों से ग्रस्त होता जा रहा है। ऐसे में संगीत एक थैरेपी की तरह का काम करता है। भारतीय शास्त्रीय संगीत में ऐसे राग हैं जिनसे अनेक रोगों की चिकित्सा भी होती है, क्योंकि संगीत में रोग निरोधक क्षमता होती है।

संगीत तनाव कम कर जीवन जीने की कला सिखाता है। इससे ध्यान एवं योग साधना होने से शरीर स्वस्थ और दिमाग को शान्ति

व प्रसन्नता मिलती है। विविधताओं में भी संगीत के सात सुर एक ही होते हैं। संगीत चाहे किसी देश काल, भाषा का हो संगीत का प्रमुख तत्व मधुर लय है जिसकी धुन सुन लोग स्वयं ही थिरकने लगते हैं।

योग और संगीत दोनों साधना हैं, दोनों में साधना से ही पारंगत हुआ जा सकता है। संगीत के महत्व व लाभ को देखते हुए संगीत समारोह को विभिन्न तरीके से मनाया जाता है। जिसमें नए कलाकारों को मंच प्रदान कर उन्हें प्रोत्साहित किया जाता है।

विश्व संगीत दिवस का उद्देश्य विश्व को शान्ति, एकता, भाई-चारा, सद्भावना का संदेश देना है। यही संदेश योग भी देता है, संगीत और योग का कार्य मनुष्य के शरीर एवं चित्त को निरोगी रखना है तो योग करें और संगीत सुनें और तन-मन को स्वस्थ रखें।

वर्तिका
बी.ए. तृतीय वर्ष
3195620101

Unemployment

Unemployment is a very serious issue not only in India but in the whole world. There are hundreds and thousands of people out there who do not have employment. Besides the problems of unemployment are very severe in India because of the growing population and demand for job. Moreover, if we neglect this problem then it will be going to become the reason for the doom of the nation.

What is Unemployment?

Unemployment refers to a situation in which a skilled and talented people wanted to do a job. But cannot find a proper job due to several reasons.

Types of unemployment

Now we know what is unemployment but unemployment does not only mean that the person does not have a job. Likewise, unemployment also includes people working in areas out of their expertise.

The various types of unemployment include disguised unemployment, season unemployment, open unemployment technological unemployment structure unemployment. Besides, some other unemployment is cyclic unemployment, educated unemployment, underemployment, frictional unemployment, chronic unemployment, and casual unemployment.

Above all, seasonal unemployment, under unemployment, and disguised unemployment are the most common unemployment that is found in India.

Reasons for Unemployment

In a country like India, there is much reason for a large section of the population for being unemployed. Some of these factors are population growth, slow economic growth, seasonal occupation slow growth of the economic sector, and fall in the cottage industry.

Moreover, these are the major reason for unemployment in India. Also, the situation has become so drastic that highly educated people are ready to do job of a sweeper. Besides, the government is not doing his work seriously.

Apart from all these, a large portion of the population is engaged in the agriculture sector and the sector only provides employment in harvest or plantation time.

Initiative by government

The government has taken the problem very seriously and have taken measures to slowly reduce unemployment. Some of these schemes includes **IRDP**, **DPAP**, Jawahar Rozgar Yojana, etc. are few more.

Besides, these schemes the government also makes some rules flexible, so that employment can be created in the private sector also.

To completely solve the issue of unemployment we have to tackle the main issue of unemployment that is the vast population of India.

Ginni
B.A. I
1212022002127

Patriotism - Love for the Nation

In your heart keep the love for nation.

Its protected by those who never take a vacation.

It provides a national feeling of proud.

Can be seen in places with a large crowd.

The citizens share the same sentiment.

Protect the nation and become elegant.



It's the feeling that rises in our heart.

To say something and to do is an art.

There are people who stand at the edge of knife.

Because of them we have our life.

Be patriotic and give respect to all.

when soldier leave everything on just a call.

Drishti

B.A. III

3195620039

Human Capital Formation

Capital in Economics means accumulated stock of man-made produced goods. It is also known as physical capital. Human capital is the knowledge, skills and talents embodied in the labour force. It is possessed through expenditure on education, training and experience by individuals or their families, the state or Cheri table institutions. It is referring to the stock of skill and expertise of nations at a point of time.

"Human capital formation is the process of adding to the stock of human capital overtime (during a year). For example, if the human capital stock of a nation consist of 20,000 skilled workers at the beginning of 2021 and if at the beginning of 2022 it rises to 22,000 skilled workers, there is HCF to the extent of 2000 skilled workers in a year.

Sources of Human Capital Formation

- ◆ Expenditure on education
- ◆ Expenditure on health
- ◆ On the job trainings
- ◆ Expenditure on information
- ◆ Expenditure on information

Role of Human Capital Formation in Economic Development

Economic development means growth of physical production plus qualitative (poverty, education etc.) changes like rise in productivity of factors.

(*Economic growth means rise in GDP)

- ◆ POSITIVE CHANGE IN ATTITUDE – Investment in human capital makes people more skilled and modern in their thoughts and actions. It makes their attitude positive.
- ◆ ENHANCEMENT OF PRODUCTIVITY – HCF raises the productivity and production as skilled and efficient workers make better use of given resources.
- ◆ EFFICIENT USE OF PHYSICAL CAPITAL – Physical capital can be utilized effectively only by skilled and intelligent work of human capital.
- ◆ INNOVATION AND TECHNOLOGICAL IMPROVEMENT- The human capital formation not only increases the productivity of human resources but also stimulates innovation and creates ability to absorb technologies.

Simran Kharor

B.A. I

Menstruation Hygiene

Summary

- ◆ The united Nation organization has declared October 11, as an International Day for the girl child since 2012.
- ◆ In 1995, during the World Conference on women in Beijing, the Beijing Platform for action had resolved to eliminate all forms of discrimination against girl child and to promote the rights of the girl child. (www.un.org).

Issues concerning girl child

- ◆ Killing of a girl-child after birth
- ◆ Early Marriage
- ◆ Malnutrition

- ◆ Education
- ◆ Trafficking
- ◆ Abuse exploitation and violence
- ◆ Rape



These all factors impact on a girl's mental and physical health. A major factor, which si more concerning these day, is menstrual hygiene management.

What is menstruation?

Menstruation is the natural part of the reproductive cycle of which blood from the uterus exists through the vagina. It is a natural process that first occurs in girls usually between the ages of 11 to 14 years and is one of the indicators of the onset of puberty among them.

Issues regarding menstruation hygiene

Most girls even hide themselves out of fear or embarrassment on their way to a medical store, rather majority of them can't afford to buy sanitary pads.

In some families, menstruation is being perceived as an unclean or embarrassing thing, extending even to the mention of menstruation both in public and in private.

On a global level, at least 500 million women and girls lack adequate facilities for menstrual hygiene management. Lack of adequate information on sanitation and hygiene facilities, particularly & public places like schools, workplaces or health centers can pose a major obstacle to women and girls.

Isha Tigraniya

B.A. I Sem.

1212022002201

How Music can be Therapeutic

Listening to music can be quick route to getting yourself into a better mood, but it's becoming increasingly clear that there's much more to the benefits of music than just a quick boost for your outlook.

Research has shown that music has a profound effect on your body and psyche. In fact, there's a growing field of healthcare known as music therapy, which use music to heal.

Those who practice music therapy are finding a benefit in using music to help cancer patients, 2 children with ADD, and others, and ever hospitals are beginning to use music and music therapy to help with pain management, to help ward off depression, to promote movement, to calm patients, to eased muscle tension, and for many other benefits that music therapy can bring. This is not surprising, as music affects the body and mind in many powerful ways.

Therapeutic effects of music:

The following are some of the effects of music, which help to explain the effectiveness of music therapy.

Brain Waves

Research has shown that music with a strong beat can stimulate brainwaves to resonate in sync with the beat, with faster beats bringing sharper concentration and more alert thinking, and a slower tempo promoting a calm, meditative state.

Also, research has found that the change in brainwave activity levels that music can bring can also enable the brain top shift speeds more easily on own as needed, which means that music can bring lasting benefits to your state of mind, even after you've stopped listening.



Breathing and Heart Rate

With alteration in brainwaves comes changes in other bodily functions. Those governed by the autonomic nervous system, such as breathing and heart rate can also be altered by the changes music can bring. This can mean slower breathing, slower heart rate, and an activation of the relaxation response among other things.

Music and music therapy can help counteract or prevent the damaging effects of chronic stress. Greatly promoting not only relaxation but health.

State of Mind

Music can also be used to bring a more positive state of mind, helping to keep depression and anxiety at bay. The uplifting sound of music and the positive or cathartic messages that can be conveyed in the lyrics can all be routes to a new mental states as well.

Neeru Gambhir

B.A. I (Music)

195

Violence Against Women

End violence, refuse to be silent

Violence against women in India is very old social issue which has taken its root deeply to the societal norms and economic dependence. This issue of violence against women come forth time to time in the form of brutal gang-rape, sexual harassment at work place, acid attack etc. A big incident of violence against women

was happened in Delhi on 16th of December in 2012. It was a brutal gang rape of the 23 years old woman in India. A huge crowd of anger people come out to the street by having a call for change.

Even after happening such types of cases regularly in the society. It is not going to change the societal norms against women. It is going very complex and deeply

rooted in the Indian society even after increasing educational level of the people. Violence against women happens because of insufficient legal justice system weak rules of law and male dominated social and political structures.

According to the research, it is found that violence against women begins at home in the early age especially in the rural areas by the family members, relatives, neighbours and friends.

Situation of the women varies all over the country acc. to the place, culture and tradition of people. Women in the North eastern provinces and South have better position than other regions. Because of the practice of female infanticide, the no of girl child has been very less in comparison to the male child. Such a huge decrease in the percentage of female child is because of the sex -selective abortions and negligence of young girls during infancy.

According to the National Crime Records Bureau, women in India are very much unsafe in their marital home. Other common violence against women in the society are domestic violence, acid attacks, rape, honor killings, dowry deaths, abduction and brutal behaviour by husbands and in-laws.

Here are some more solutions to stop against the violence against women.

1. Tell someone, if you are the victim or witness to violence, tell someone.
2. Take all violence and abuse seriously.
3. If you witness any form of violence or abuse, stand up, step in or shout out that the offender is actually the uncool one, and the violence has to stop.
4. Think for yourself. Don't follow the crowd and don't give into peer pressure.
5. Offenders act violently or abusively to gain power.
6. There is never a good reason to be abusive or violent towards anyone.
7. Violence and abuse of any type that happens at any time is wrong.
8. Help the person who is being abused by inviting them to participate in school activities.

We the people of India have the moral duties to raise a voice against the violence.

Thank you.

Ginni

B.A. I

1212022002127

वर्तमान दौर में राजनैतिक व्यवस्था

समय परिवर्तनशील है। जीवन में प्रत्येक क्षेत्र में परिवर्तन घटित होते रहते हैं। वास्तव में अवस्था हो अथवा व्यवस्था, परिवर्तन शाश्वत सत्य हैं। भारत देश लोकतांत्रिक राष्ट्र है। लोकतंत्र प्रजा के द्वारा, प्रजा के लिए, प्रजा का शासन होता है- यह कथन सर्वमान्य है। स्वतंत्रता प्राप्ति के पश्चात् व्यवस्था यथावत् चल रही है। व्यवस्था के अंदर भी अनेक उप-व्यवस्थाएं भी हैं। राजनीति का स्तर यदि उन्नत हो तो राष्ट्र गौरव का अनुभव करता है। निःसंदेह राजनीति के अंदर निम्नस्तरीय घटनाएं शर्मिदा करती हैं। लोकसभा अथवा विधानसभाओं में जनप्रतिनिधियों का भद्र व्यवहार जहां लोकतंत्र को मजबूती प्रदान करता है वहीं अभद्रता निराशा और अपमान का सूचक होती है। प्रधानमंत्री पद हो अथवा मुख्यमंत्री पद, सभी पदों की एक प्रतिष्ठा होती है। जनप्रतिनिधियों को ध्यान रखना चाहिए कि वे इन पदों की प्रतिष्ठा को बनाए रखें। प्रधानमंत्री के लिए अपशब्दों का प्रयोग लोकतंत्र के अस्तित्व के लिए खतरा है। प्रधानमंत्री की सुरक्षा राष्ट्र की सुरक्षा है। देश के सभी बड़े पदों की प्रतिष्ठा को कायम रखना हम भारतीयों का दायित्व है तभी स्वस्थ लोकतंत्र का निर्माण संभव है।

भारत की विदेश नीति अत्यंत प्रशंसनीय है। अर्थशास्त्र में कौटिल्य लिखते हैं कि प्रधानमंत्री की सुघड़ विदेश नीति और कूटनीति से राष्ट्र का गौरव बढ़ता है। विदेश नीति और कूटनीतिक संबंधों को लेकर देश के पक्ष और विपक्ष दोनों द्वारा ही सहयोगात्मक व्यवहार होना चाहिए। प्रधानमंत्री माननीय नरेंद्र मोदी के द्वारा विश्व के राष्ट्रों के साथ अच्छे संबंधों को लेकर विदेश यात्राएं की गईं जिनका सुखद परिणाम कोरोनाकाल की विकटतम परिस्थितियों एवं रूस-यूक्रेन के युद्ध के दौरान देखने को मिला है। रूस हो या यूक्रेन अथवा कोई भी राष्ट्र हो, भारत की शक्ति को विश्व स्वीकार करने लगा है, जिससे भारत का मस्तक ऊंचा हुआ है। इसलिए हमें चाहिए कि विश्व के लोकतंत्र की सबसे बड़ी पाठशाला भारत के मान और सम्मान के लिए हमें राष्ट्र-उत्थान के कार्य पूरी निष्ठा और लगन से करने चाहिए।



रश्मि

बी.एससी. द्वितीय वर्ष

120202030006

महिलाओं के कानूनी अधिकार



अपनी सरकार चुनने के अधिकार के बाद 'न्याय तक पहुंच का अधिकार' लोकतंत्र को और मजबूत बनाने का सबसे महत्वपूर्ण माध्यम है। न्याय संगत राष्ट्र ही प्रगतिशील राष्ट्र है जहां लोगों के व्यक्तिगत अधिकारों की रक्षा सामाजिक विकास की शक्ति को दर्शाता है।

भारत में महिलाओं को देवी के बराबर दर्जा मिला हुआ है मगर आज भी देवी के साथ घरेलू हिंसा, लिंग भेदभाव और पुराने रीति-रिवाजों के नाम पर उसे दुनिया से विदा कर देना कोई बड़ी बात नहीं है। भले आज हमारे देश ने मिलो तरक्की कर ली हो लेकिन देश के कुछ हिस्सों में पिछड़ी सामाजिक सोच को आज भी बेटियां बोझ लगती हैं। इन्हीं सब सामाजिक कुरीतियों और भेदभाव के कारण राज्य सरकार और केंद्र सरकार ने महिलाओं के लिए कुछ कानून और अधिकारों का गठन किया है, इनका सही इस्तेमाल कर महिलाएं अपनी सुरक्षा कर सकती हैं।

यह अधिकार इस प्रकार है:

1. मातृत्व लाभ का अधिकार

मातृत्व लाभ अधिनियम के तहत किसी भी पब्लिक व प्राइवेट सेक्टर की महिला कर्मचारी को प्रसव के बाद अब 12 नहीं बल्कि 24 हफ्ते यानी 6 महीने तक अवकाश मिलेगा इस दौरान महिला के वेतन में कोई कटौती नहीं की जाएगी साथ ही अवकाश के बाद वह फिर से काम शुरू कर सकती है।

2. संपत्ति का अधिकार

हिंदू उत्तराधिकार अधिनियम के तहत नए नियमों के आधार पर पुश्तैनी संपत्ति यानी पिता की संपत्ति पर अब जितना बेटे का हक है उतना ही घर की बेटियों का भी यहां तक कि यह अधिकार बेटियों के लिए उनकी शादी के बाद भी कायम रहेगा।

3. भ्रूण हत्या संबंधी अधिकार

सभी अधिकारों के तहत 'जीने का अधिकार' सबसे अहम है जिसे किसी इंसान से नहीं छीना जा सकता अगर किसी महिला की मर्जी

के खिलाफ उसका अबॉर्शन कराया जाता है तो ऐसे में दोषी पाए जाने पर उम्र कैद तक की सजा हो सकती है। हां अगर गर्भ की वजह से महिला की जान जा सकती है या गर्भ में पल रहा बच्चा विकलांगता का शिकार हो तो ही अबॉर्शन कराया जा सकता है। इसके लिए 1971 में मेडिकल टर्मिनेशन ऑफ प्रेगनेंसी एक्ट बनाया गया है।

4. मुफ्त कानूनी मदद पाने अधिकार

लीगल एड कमिटी के तहत रेप पीड़िता को मुफ्त कानूनी सलाह में सरकारी वकील मुहैया कराने की पूरी व्यवस्था है। ऐसे में वह अदालत से गुहार लगा सकती है। उसे किसी भी तरह का कोई भुगतान करने की आवश्यकता नहीं है।

5. घरेलू हिंसा से संबंधी अधिकार

किसी महिला के साथ मारपीट की गई हो या फिर उसे मानसिक प्रताड़ना दी गई हो जैसे की मानें या फिर गाली गलोज या फिर किसी दूसरी तरह से इमोशनल हर्ट किया गया हो तो वह घरेलू हिंसा कानून के तहत मजिस्ट्रेट की कोर्ट में शिकायत कर सकती है।

महिलाओं के लिए हेल्पलाइन नंबर:

राष्ट्रीय महिला आयोग - 01123237166, 23234918

महिला हेल्पलाइन (अखिल भारतीय) - 1091

महिला हेल्पलाइन घरेलू दुरुपयोग - 181

महिला रेलवे सुरक्षा हेल्पलाइन - 182

पुलिस - 100

दिल्ली महिला आयोग - 01123379181, 23370597

इन सभी कानूनों की सही जानकारी ही हमें अपने कर्तव्य और अधिकारों के प्रति सचेत करती है, शोषण मुक्त होने में मदद करती है।

सारिका

बी.एससी. द्वितीय वर्ष

12020203005

Warehouses of the Colonial Loots

There are a number of ancient artefacts that are priceless. The first in this list is the Rosetta Stone. It is one of the most precious artifacts as it was the first clue to understand ancient Egypt and it also led to the discovery of at least three writing systems. This stone is as old as the modern civilization. Then comes the Elgin Marble-set of Greek sculptures from the 5th century. This marble-set was built to decorate Parthenon- the temple of Athena. These are as acquisitive as the Benin Bronzes. The Benin Bronzes is a collection of metal planks which were used to decorate the kingdom of Benin. These are the African-treasures. They show how skilled Africans

artists were. Lastly, comes the Thanjavur Shiva, another masterpiece. This is a bronze statue of Lord Shiva, made almost a thousand years ago during the Chola dynasty; a testimony to the remarkable craftsmanship of the Indian sculptors. But what is common between these artefacts? That is all these priceless items are present in the British Museum or 'the British Warehouse of loot'. These artefacts were either stolen or won by force or acquired unfairly. Today they serve as the cruel remainder of colonialism. But the British Museum shows them with pride, showing no sense of remorse for the past crimes or gratitude to the



people from whom these are stolen. Not just the British Museum but many other museums are filled with the objects representing uncomfortable histories linked to colonialism. The real question is do these museums really have the right to keep these objects? In law they say, a thief is not allowed to keep 'ill-gotten gains', no matter how long they were taken or how much the thief have improved them, they must be returned. According to the Archeological Institute of America, "85-90% of classical artefacts in the museum do not have a Provenance" meaning they do not have the record of ownership through which the museums could justify their rights to these objects, most of which are from Africa or Asia. France alone has 90,000 objects from Africa which were acquired from the 8 colonies France once ruled. In fact, 90% of Africa's cultural heritage is in the British museums. French President Emmanuel Macron decided to amend by returning 26 of these artefacts to Benin as a gesture of humility. But most of the mighty museums are playing ostrich like the British Museum on London, Louvre in Paris, Humboldt Forum in Berlin, Getty Centre in Los Angeles and The Metropolitan in New York. These museums are playing dumb by rejecting all the demands of returning the precious legacy of a million people and considering these artefacts as the 'spoils of war', an argument that does not hold water neither morally nor legally. International Law does not allow it, the concept of 'finders keeping' is not a ply anymore. The UN Declaration on Rights of Indigenous people reaffirms the country's right to reclaim its treasures.

Infact, the courts in England, US and Ireland states the same. Human Resource Treaties also supports what they call 'Right to Culture'.

In India's case Koh-I-Noor and Maharaja Ranjeet Singh's throne which is covered with sheets of engraved gold were unfairly ceded by the British when Punjab was annexed in 1849. After, the Anglo-Sikh war this throne was moved to Albert Museum and it's been there since just like the sandstone idol of Lord Harihara from Madhya Pradesh, 500 kg copper Buddha from Bihar and the sword of Tipu Sultan. Their argument is to make them available for the rest of the world. But who can buy this argument? Kids from AFRICA can always go to Britain to see and learn their own culture by paying to see whatever the English people's grandfather had stolen from theirs! Britain calls itself the 'Cultural Capital' but it is the 'CAPITAL OF COLONIAL LOOT', more likely. People from all over the world can see these in Asia and Africa too. But there is the colonial fantasy of neatly cataloging the entire world in a single air-conditioned building so that the westerners do not have to cross continents in uncomfortable climates to see them. Do these objects shouldn't be with the people who they are important to? Holding on to and displaying them for a fee means still continuing the colonial legacy, still validating historical wrongs and injustices.

Sarika

M.A. I (English)
221202152009

इंडिया को भारत बनाना है

इंडिया को भारत बनाना है
भारत इस नाम में मुझको जादू सा कुछ लगता है।
उन्नत प्रगति और सुनहरे आसमा जैसे इसमें बस्ता है
इंडिया भी भारत ही है ये बात हर कोई समझता है
इंडिया तो मेरी जान है पर इंडिया से ज्यादा भारत हममें अपनापन जगाता है।
मोडर्निजेशन के नाम पर
शायद अपनी संस्कृति से हम हो रहे थे जुदा
शायद यही कारण के नहीं मिल पा रही थी हमें अधिक सफलता
आँखों से पट्टी हटी जो हकीकत का अब जो लग चुका है पता मेरा
इंडिया कैसे भारत है बन रहा

शिक्षण में भी कैसे हमको अतीत है आ रहा
राजनीति विज्ञान में फिर चाणक्य ही परचम फेहरा रहा
देखो कैसे मेरा इंडिया फिर भारत है बन रहा
मनोरंजन के विषय में भी फिर कैसा सांस्कृतिक भाव है आ रहा
नृत्य हो या संगीत भारतीय
वह भी दुनिया में छाह रहा
वे कहते हैं कि तंत्र ज्ञान में भारतीय पीछे दीखते है जरा सुन लो
ऐसा कहने वालो नासा में सबसे अधिक भारतीय ही दिखते हैं



साक्षी

बी. ए. प्रथम वर्ष

73

Teen Depression



Teen Depression Basically depression is a disorder in which a person loses interest in almost all activities of life and faces extreme sadness. Either there is extreme of emotions or there are zero emotions in a person.

Causes of depression

Family condition: Teens who live in violence, poverty, substance abuse leads to a teen depression.

Bad life events: Life events like death of a loved one or divorce, remarriage can also develop depression in teens.

Drugs addictions: Addiction of certain kinds of drugs can also trigger depression. Medical conditions or genetic disorders can also be the reason of depression.

Symptoms of depression

There are always feelings of worthlessness and hopelessness. They lose interest in every activity of life. Sudden increase or decrease in appetite and sleep. Remaining silent and alone.

Withdrawal from family and friends.

Getting irritated very faster.

Unable to concentrate in in daily activities.

Crying too much and unable to sleep and getting tired easily. How we can treat teen depression: Parents need to be friendly to their children while they are growing up. They need to be given freedom to explore world by their own.

Giving them proper support when needed. Letting them choose their career by their choice. Giving them love, affection and time they need. Instead of shouting or getting irritated, you must focus on what they want to convey.

At the very ending I want to give my views that depression is not a joke, it is really a serious issue where 8% percent of teens are facing depression in our country, we need to understand that what they want in their lives. Don't force them for anything if you want them to some do something help them, build communication skills with them and you'll see positive results only.

Priya

B.A. I

1212022002047

Women's Political Participation in India



Indian political system gives the same powers and roles to man and woman, irrespective of the gender. India had Ms. Indira Gandhi as the Prime Minister of the country for around 15 years. Many states had and have women Chief Ministers. But when we do a reality check at the grassroots of the Indian political system, the role of women is just restricted to a vote bank. To counter this problem the government of India has time to time come with various provisions. The 73rd The Constitutional Amendment Act (Statutory provisions for Panchayat Raj as the third level of administration in villages) and the 74th Constitutional Amendment Act (Statutory Provisions for Local Administrative Bodies as the third level of administration in urban areas such as towns and cities) provide for 50% reservation for women in both the bodies. This has given rise to the participation of women in the electoral process. Still, most of the time, the elected women representatives are puppets of their husbands or other male members in the family. We have many examples where many women have come forward and chosen the path of development for themselves and the village. Ms Chavi Rajawat, sarpanch of village Soda, 60 km from Jaipur, Rajasthan is well known for her development works in the village, especially for

women. She left her corporate job to serve the village. The election of 22 - year - old jeans - clad Ms Pooja Singh Nagar (who is an engineer by profession) in Morena, Madhya Pradesh which is one of the orthodox areas of India, increase the hope for more political roles of women in India. These women are inspirations for the generations to come. India has taken a great leap in the role of women in politics since Independence. There are still many areas where the government and society need to transform and work a lot. The number of women Member of Parliaments and Member of Legislative Assemblies is still low. The Women Reservation Bill for 33% reservation for Women in Lok Sabha And State Legislative Assemblies saw an outrage by all the main parties in the Parliament. Women security, female infanticide, low sex ratio, lower literacy rates among women, higher maternity death rates and many more problems are still a concern in 21st century India. It now depends on the people of India, especially women to work for their upliftment and for taking decisive participation in Indian politics.

Vanshika

B.A. II

120202002037

India as a Super Power



First, India's emergence as a superpower will show that it is possible to lift millions of people out of poverty within one generation while embracing pluralism, a free press and a vibrant multi party democracy. Most analysts predict that over the next two decades, India's GDP will grow at a faster pace than China's.

Second, India has the potential to serve as a leading example of how to combine rapid economic growth with fairness towards and inclusion of those at the bottom rungs of the ladder. In a democratic system such as India's where ever the poorest people exercise their political rights actively, fairness and inclusion will be ever more critical for social stability than in China.

Third, the prospects are high that by 2025, India will likely emerge as one of the world's least corrupt developing economies. While widespread corruption is a reality in almost all developing economies (as well as some of the developed ones), India is one of the very few developing economies with a free press that continues to be vigilant and merciless in exposing the corruption. It is very likely that a vigilant and free press will ensure that the likelihood of getting away with corruption will decline rapidly with salutary deterrent effects.

Fourth, India will likely emerge as one of the world's leaders in leveraging information technology (IT) to boost the effectiveness and efficiency of its institutions the corporations the government and as well civil society organisations. As 3G & 4G wireless connectivity becomes widespread over the next 5 years, it is a near-

certainty that we will see a rapid diffusion of low cost tablet computers along with free or near free applications aimed at self-learning, mobile banking as well as commercial productivity. India in 2025 could well emerge as one of the world's most connected IT- savvy societies.

Fifth, India will almost certainly become a leading example of efficient resource utilization, especially in energy. India relies on imports for a bigger proportion of its oil and gas needs than any other large emerging economy. The situation is likely to get worse, with sustained growth. The consequences are clear.

Globalisation is the new buzzword that has come to dominate the world since the nineties of the last century with the end of the cold war and the break-up of the former Soviet Union and the global trend towards the rolling ball.

Also Globalisation has brought in new opportunities to developing countries. Greater access to developed country markets and technology transfer hold out promise improved productivity and higher living standard. But globalisation has also thrown up new challenges like growing inequality across and with nations, volatility in financial market and environmental deteriorations. Another negative aspect of globalisation is that a great majority of developing countries remain removed from the process.

Swati Dahiya
B.A. II

Religion



Religion is an almost all amazing universal institution in human society. It is found in all societies past and present. All the preliterate societies known to us have religion. Religion goes back to the beginning of the culture itself. It is very ancient institution. There is no primitive society without religion. Like other social institutions, religion also arose from the intellectual power of man in response to certain felt needs of man. While most people consider religion as universal and therefore, a significant institution of societies. It is the foundation on which the normative structure of society stands. It is the social institutions that deals with sacred

things, that lie beyond our knowledge and control. It has influenced other institutions. It has been exerting tremendous influence upon political and economic aspects of life. It is said that man from the earliest times has been incurably religious. Judaism, Christianity, Islam, (Semitic religions), Hinduism and Buddhism, Taoism Shinto (Chinese and Japanese religions) etc. are example of the great religion of the world.

Shivani
B.A. II
120202002048

Geography Section

Teacher Editor
Ms. Kanwaljeet Virdi

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Changing Monsoon and Agriculture

Monsoon is one of the most important seasons for Indian farmers, because India is mainly an agricultural country. Most of the Indian agricultural land is irrigated by the southwest monsoon. Southwest monsoon is perhaps the most important feature of India's climate, because it is very critical for Indian agriculture. Therefore, long-term trends in the southwest monsoon overlap with economic security. A recent study by IMD on monsoon



variability over a 30 year period (1989-2018) is a wake up call. Uttar Pradesh, Bihar and West Bengal are three of five states that have shown a significant decreasing trend in the southwest monsoon. These states have a large bearing on India's agricultural output with around 55% of India's arable land dependent on precipitation; the amount of rainfall during the current monsoon season could sway economic activity in the agriculture sector.

The shift in monsoon may entail grave consequences for India's economy, food systems and people's well-being. Therefore, remedial measures must be taken before it is too late. The southwest monsoon plays a crucial role in India's agriculture and affects the livelihood of a fifth of the world's population. About 80% of the annual precipitation over India occurs during the summer period, supplying water to crops during the prime agricultural season. Monsoon friendly crops with a high requirement of water like sugarcane, jute and paddy can easily be cultivated during southwest monsoon. The agriculture sector in India is both economically and politically important. Further, about one-third of India's manufacturing output which makes up around 18% of the country's gross domestic product is linked to turning agricultural products into food. Therefore, too much rainfall or too little or volatile monsoon pattern, can damage crops. The effect of climate change poses many threats; one of the important consequences is bringing about changes in southwest monsoon and its impact on agriculture. There is an urgent need for coordinated efforts to strengthen the research to assess the impact of climate change on agriculture and other living beings.

Cheshta

M.Sc. II

221202181001

Agriculture

India's agriculture is composed of many crops, with the foremost food staples being rice and wheat. Indian farmers also grow pulses, potatoes, sugarcane, oilseeds and such non – food items as cotton, tea, coffee, rubber and jute. India is a fisheries giant as well. A total catch of about three million metric tones annually, ranks India among the world's top ten fishing nations. At a time of increasing water shortages and environmental crises, for e.g., rice crop in India is allocated disproportionality high amounts of water. One result of the inefficient use of water is that water tables in regions of rice cultivation, such as Punjab, are on the rise, while soil fertility is on the decline. Aggravating the agricultural situation is an ongoing Asian drought and inclement weather.

Although during 2000-01 a monsoon with average rainfall has been expected, prospects of agricultural production during the period were not considered bright. Agriculture,



manufactures, commerce and navigation, the four pillars of our prosperity, are the most thriving when left most free to individual enterprise. Modern agronomy, plant breeding, agrochemicals such as pesticides and fertilizers technological developments have sharply increased crop yield but causing ecological and environmental damage. Selective breeding and modern practices and animals husbandry have similarly increased the outputs of meat but have raised concerns about animal welfare and environmental damage. Environmental issues include contributions to global

warming, depletion of aquifers, deforestation, antibiotics resistance, and growth hormones in industrial meat production. Agriculture is both a cause of and sensitive to environmental degradation, such as biodiversity loss, desertification, soil degradation and global warming, all of which can cause decreases in crop yield. Genetically modified organisms are widely used, although some are banned in certain countries.

Drishti

B.A. III

3195620039

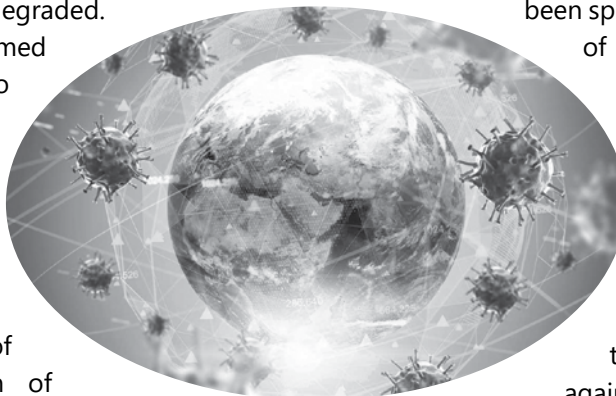
Impact of Covid-19 on Environment

An environment is the natural world that surrounds us. Good environment is a pre-requisite for the survival of life. Before the start of the Covid-19 there were visible signs that it is getting degraded.

The air around us had been deemed very toxic to breathe in due to the greenhouse gases. The earth faced global warming, which in turn led to the melting of glaciers and rising of sea levels. Earth also faced environmental degradation, depletion of natural resources, depletion of ozone layer and pollution.

Due to the outbreak of corona virus, many countries had adopted lockdown procedures that stopped people from moving out from their homes and there have been slight changes in the environment.

After lockdown people avoided travelling. Even factories and industries were closed down. As a result, pollution in the air dropped significantly, as there was a marked decline in nitrous oxide emission.



Due to the less usage of boats, ships and industries water became so clear and there was notable improvement in quality of water. Apart from that, animals have

been spotted moving freely. The growth of plants was also improving because there was cleaner air and water and the human interference was also less.

In conclusion, though there has been a positive impact on the environment due to the lockdown, there was a fear that once people start travelling again, all the positive impact will disappear and that is what actually happening, the pollution rate is increasing again at a rapid pace. It's time to acknowledge and understand the importance of protecting environment and work in that direction.

Priyanka

M.Sc. II

220202181018

Impact of Forest Fires on Environment

Wildfires also called forest or vegetation fires, can be described as any uncontrolled and non-prescribed combustion or burning of plants in a natural setting such as forest grassland, bush, land or tundra which consumes the natural fuels and spread based on environmental conditions (e.g. wind, topography).

There are three conditions that need to be present in order for a wildfire to burn: fuel, oxygen and heat

source. Most of forest fires are caused by people. The list of human motivations include land clearing and other agricultural activities, maintenance of grasslands for livestock management, extractions of non-wood forest products, industrial development, resettlement, hunting, negligence and arson. Only in very remote areas of Canada and the Russian Federation lightning is a major cause of fires.

Wildfires are a part of nature. It plays a key role in shaping ecosystem by serving as an agent of renewal and change. But fire can result deadly for habitat and timber, and polluting the air with harmful emissions to human health. Fires also release carbon-dioxide, a key greenhouse gas in the atmosphere.

Fires are a major cause of forest degradation and have wide ranging adverse ecological, economic and social impacts including:-

- ◆ Loss of valuable timber resources
- ◆ Degradation of catchment areas
- ◆ Loss of biodiversity and extinction of plants and animals

- ◆ Loss of natural regeneration and reduction of forest cover
- ◆ Loss of wild habitat and depletion of wildlife
- ◆ Global warming
- ◆ Increase in percentage of carbon-dioxide in atmosphere, etc.

Taking into consideration the serious nature of the problem, it is necessary to make some major improvements in the forest fire management strategies.

Sonia

M.Sc. II

220202181007

Importance of Fieldwork in Geography

Fieldwork is an essential ingredient of geography because it provides a 'real-world' opportunity for students to develop and extend their geographical thinking; it adds value to classroom experiences. The outdoors is a resource for geographical learning and fieldwork should be planned as part of the Geography curriculum, not added on as a 'special' activity. Geography fieldwork is very much 'hands on'; when students are involved in fieldwork enquiries they are collecting primary data; formulating questions to investigate; seeking answers to their questions; and communicating their findings.

Fieldwork is important for learning and raising achievement in Geography.

Well planned fieldwork in Geography adds clear value to learning in the subject as well as providing a positive contribution to the wider curriculum. Students gain first-hand, practical experiences which support and reinforce knowledge, skills and concepts explored in the classroom. Memorable experiences support long-term learning and recall. Good fieldwork encourages geographical enquiry and frequently can lead to higher-order thinking and learning.

Learning outside of the classroom (LOT) helps young people to develop a real understanding of what place and environment mean. It may seem surprising in an age of tourism and frequent travel, but older people will tell you that many 11- to 16 years old are given less freedom today to discover and explore places themselves than they were 50 years ago. Fieldwork can open young people's minds to what is around them. It makes a significant contribution to students' intellectual development but it also contributes to effective learning which includes aspects such as responding, valuing and organizing.

Fieldwork can help students to experience the 'wow' factor of a mountain or coastal view and express feelings about places and landscapes. It can stimulate an interest in the environment and the outdoors which can be life-changing. Residential fieldwork provides social and shared experiences which can be motivating and also can help students to develop confidence, interpersonal and teamwork skills, and to collaborate and engage with others and hear their attitudes and values.

Sidhida

M.Sc. II

220202181010

Yes how many years can a mountain exist before it is washed to the sea?

Bob Dylan {Nobel Prize in literature 2016} wrote his immortal song back in the 60s. But the mountains that he mentioned are not immortal. What appear to be gigantic immovable geological begins with reference

to human time frame are actually only specks in the geological time frame. They emerge, they live {although a long life} finally vanish, only to re-merge. May it be highlands or lower plains,



every shape has some story to tell and every form has some mystery to reveal. Human societies live their lives embedded into these geographies. They take food to sustain their body from the plains, they extract minerals to sustain economy from the plateaus.

The various geomorphic processes is constantly reshaping the face of earth, be it endogenic or exogenic forces which creates a variety of landforms, on the solid surface of the earth which includes mountain, plateau and plains. The movement of different plates on the earth surface had led to the formation of various landforms. Since the dawn of geological time no less than 9 orogenic or mountain building movements have taken place folding and fracturing the earth crust. Some of them occurred in Pre-cambrian times {600-3,500

million years ago} like Laurentian mountains, Algomian mountains and the rest three were more recent one namely the Caledonian {320 million year ago} Hercynian {340 million year ago} and Alpine {30 million year ago}. Some of the most prominent examples of this period are mountains of Scandinavian and Scotland during Caledonian time; Ural mountains, the Pannines and Welsh Highlands in Britain, the Harz mountain in Germany and Appalachians during the Hercynian times and the Alps, Himayays and Rockies during the Alpine times.

Mannika

B.A. III

3195620038

Population and Environment

In India, rapid population growth and expansion of developmental activities have both greatly aggravated resource depletion and degradation of the environment. Environmental damage has been the extremely high per capita consumption of resources and the consequent high carbon emissions. Two factors can be identified as environmental threats, first proximate causes such as population growth, poverty and population density. Second, ultimate factors like urbanization, industrialization and economic development.

India's economic development has accelerated in the past two decades. India's effort to reduce population growth have been impressive in both growth rate and absolute numbers. The degree of environmental pollution across regions can be studied in accordance with characteristics such as poverty ratio, size and density of population etc. Environmental issues has been received priority attention apparently due to our preoccupation with economic development. The central, eastern and north eastern region of India still have huge populations, which indeed cause higher level of poverty and overuse of natural resources like forest, water and land. Population pressure naturally leads to over exploitation of natural resources. India's landmass is only 2.4% of the global total, but it is currently home to 16.7% of the world's population. India has about

53.3 million middle class households. The growth in number of urban middle class families in India have strong purchasing power, which is generally spend consumer goods like electronics and electric goods which raises their per capita energy consumption and has a disproportionate environment impact.



It is generally accepted that environmental degradation, rapid population growth and stagnant productivity are the casual factors for acute poverty in many parts of India. India's poor live in rural areas and is engaged in agriculture. During post liberalization period, India has been a rural influx into urban areas which has caused tremendous pressure on fertile agricultural land and environmental degradation. The poor quality of India's urban centers has been worsened by the burden of this rural influx: there is environmental degradation on a large scale. There is a big jump in the share of urban population out of the total population in North-eastern regions.

Economic development was found to be the main cause of environmental degradation in the country. However, both proximate and ultimate causes are behind environmental degradation. In the view of above observations this study strongly suggested that

policy makers take note of the situation and initiate appropriate remedial action.

The current need is to take immediate steps through policies prescriptions to halt environmental damage and reverse these trends whenever possible.

India has been experiencing environmental degradation to various degrees. The extent of environmental decay has been directly related to the physical characteristics

of the region. Urbanization effect on natural resource degradation and resulting environmental pollution in the country. Rapid population growth is directly responsible for higher environmental degradation.

Anju Narwal

M.Sc. I

221202181005

Food Security

As we all know that food security is a basic and essential human necessity, but sadly for millions of years not everyone in society is having proper access to food. Food security is basically providing adequate and nutritious food to every sphere of society. We have four levels in food security:

- ◆ Availability: It is simply the existence of food in a particular area or society.
- ◆ Access: It means that food is already available in a society but access should be to everyone, it should not rest in individual's hand.
- ◆ Utilization: There should be proper utilization of resources for food production and food should be divided according to need.
- ◆ Stability: It means that food should be provided consistently.



Now let us understand what are the major issues that create food security. Conflicts in society force people to leave their hometowns or occupation due to which food insecurity rises, population growth is most essential factor causing food insecurity because resources of food production are decreasing whereas population is increasing rapidly, natural disasters like floods, earthquakes, climate change, promote food in security.

Children who do not get proper amount of food are more at the risk of dangerous disease and hospitalization which cause them to build up a very weak physique, food insecurity leads to hunger and hunger leads to different policies which make government spend billions, it also

leads to increasing food prices, increases crimes because of unemployment.

Here are some suggestions to avoid food insecurity worldwide:

- ◆ Everyone should promote domestic food production such that every house can at least fulfill its own need.
- ◆ Proper and ground level of prices should be decided by government on fertilizers and food production instruments such that farming can be made more attractive because people are running away from farming due to high prices and expensive farming.
- ◆ There must be population control because land is limited but population is growing limitless.
- ◆ Everyone should be made aware of not wasting the food because every year nearly 10 million of tons food is wasted which can be utilized to feed thousands of people.
- ◆ Instead of commercializing agriculture there must be focus on feeding people.
- ◆ Diversities in crop should be promoted so that more diversity is produced in same amount of time. There must be proper measures for climate change because it is affecting food production adversely.



Priya Malik

B.A. I

1212022002047

Shifting Monsoon



Climate researchers have discovered that excess irrigation over northern India shifts the September monsoon rainfall towards the north western part of the subcontinent increases widespread weather extremes over central India.

Finding of the study

- ◆ Researchers developed a module of land surface model that take into account the actual soil irrigation and agriculture pattern seen in India.
- ◆ During the month of September, agriculture land is highly irrigated and the crops are mature. As a result, there is maximum evapotranspiration taking place leading to highest contribution of moisture from land to the atmosphere.
- ◆ The summer monsoon (June to September) precipitation exhibits an irrigation induced increase over North West India and decrease over South-Central India.
- ◆ This study provided compelling evidence indicating that the hydro-climatic hazards related to precipitation extremes and drought are specifically alarmingly increasing the crop risk as compared to temperature extremes.

Problem with Land Surface Model

- ◆ The model used so far considered that irrigation start only when soil moisture is very low and stop when it reaches slightly below saturated soil moisture state.

- ◆ But the reality is uncontrolled irrigation in India. And nearly 50% of crop area is covered by paddy where the fields are kept in a submerged condition
- ◆ As a result, the contribution of moisture from land the land to the atmosphere is very different from what is followed in the west.



Impact of Changing Monsoon

- ◆ Depletion of water table
- ◆ Fiscal burden
- ◆ Impacting electricity generation
- ◆ Impacting inflation

Annu

B.A. II

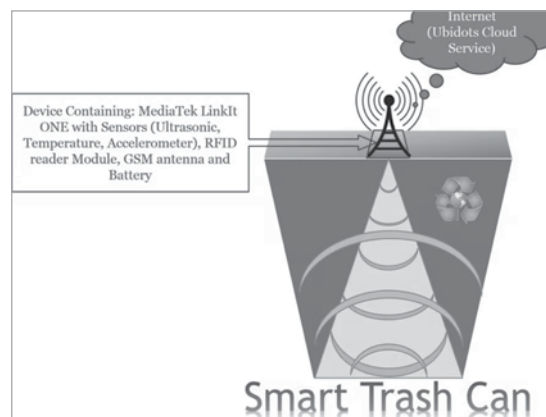
120202002041

Smart Trash-Can, IoT System



Making Garbage Collection System smart and cloud linked. Thus, helping in optimization of route for garbage collection; saving fuel.

Overflowing garbage bins have been another cause of concern for residents in developing countries. With increase in population, the scenario of cleanliness with respect to garbage management is degrading tremendously. With the already prevailing diseases, the open containers are proving to be a



breeding place for germs. Traditionally, municipalities cooperate on designated days, regardless of whether the containers are full or not.

Optimize waste collection and ultimately reduce fuel consumption. When the bins are placed at a particular position smartphone is required to detect its particular latitude and

longitude only once. This reduces the cost of overall system; as GPS will not be required then.



Basically, it will shoot sonar waves to know how much stuff is inside the container. We will also measure temperature inside the container. Data collected from the sensors are sent over a cellular network (GPRS) for analysis and displayed on ubi dots web platform for customers. A list of containers to be collect can then be sent to drivers to



plan an efficient route. This will also include real-time monitoring of the civic body's garbage vehicles using RFID. The vehicle owner has to flash his RFID card so that who and when and at what time garbage bin were emptied. It will help to curb laziness of the municipality's garbage collectors.

Essentially, this is about collecting the most amount of materials in the least amount of time to reduce costs

and emissions along the way. Furthermore, this is supposed to work with any type of container and any type of waste, including mixed materials, paper, glass, metals and fluids.

Thus, there will be saving in fossil fuel due to optimized route for collecting garbage and also thus transportation cost. By the end of this tutorial you'll have a fully

functioning IoT prototype, which gather data from the sensors attached to the Link it ONE development board, transmits the data through a wireless communication channel (GPRS), and provides visualization using cloud services on any GPRS/Wi-Fi enabled device.

Isha Tigraniya
B.A. I
201

Sustainable Development

Sustainable development is an organizing principle for meeting human development goals while also sustaining the ability of natural systems to provide the natural resources and ecosystem services on which the economy and society depend. The desired result is a state of society where living conditions and resources are used to continue to meet human needs without undermining the integrity and stability of the natural system. Sustainable development can be defined as development that meets the needs of the present without compromising the ability of future generations to meet their own needs.



is also rooted in earlier ideas about sustainable forest management and 20th century environmental concerns. As the concept of sustainable development developed, it has shifted its focus more towards the economic development, social development and environmental protection for future generations.

The UN-level Sustainable Development Goals (2015-2030) address the global challenges, including poverty, inequality, climate change, environmental degradation, peace, and justice.

Nancy
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220202181011

While the modern concept of sustainable development is derived mostly from the 1987 Brundtland Report, it

Science Section

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Wonders of Science

“Science is the key which unlocks for mankind the storehouse of nature.”

- 1) Science brings curiosity among the students and improves the reasoning skill.
- 2) The methods of observation and experiment in science help students to develop the logical brain.
- 3) The scientific discoveries of Newton, Darwin, and Armstrong have done wonders for mankind.
- 4) Cars, trains, airplanes, ships, etc. are the wonderful inventions which have made traveling faster and comfortable.
- 5) Mobiles and the Internet are the two great inventions of all times that have changed the way people communicate.
- 6) Science has led to the inventions of many tools like harvesting machines, tractors, and quality seeds that help farmers in agriculture.
- 7) Radio, TV, and smartphones are the major sources of entertainment for the people Across the globe.
- 8) One of the greatest wonders of science is space exploration by our astronauts through space shuttle.
- 9) Science has also led to many dangerous inventions like missiles, nuclear bombs, etc. which can destroy the entire world in a fraction of second.
- 10) The invention of X-Ray, MRI machines, ECG has helped in diagnosing problems of health-related to the human body very easily.

Poornima

B.Sc. (Non-Medical) VI Sem.

Role of Technology in our Life

No one can escape the absolute necessity of technology in our daily lives. Each of us is so heavily dependent on technology that we cannot do anything easily without it. Technology is important because it is used in all areas of life. When you contemplate your daily routine and count all the technology gadgets you consume in just one day, you will realize how important technology is when you use mobile, watch TV, drive a car, and use a computer or any electrical machine.

In fact, day after day is increasing depending on technology whether during Communication or transportation or search for any information or even entertainment. Humans have also reached the moon with the revolution in space technology. Technology can not only help with the present but also bring the future closer. Hence, technology is undeniably important in our lives.

Technology is making the education industry improve over time. With technology, students and parents have

a variety of learning tools at their fingertips. Teachers can coordinate with classrooms across the world and share their ideas and resources Online. Students can get immediate access to an abundance of good information on the Internet. Teachers and students can access plenty of resources available on the web and utilize them for their project work, research, etc. Online learning has changed our perception of education. The COVID-19 pandemic brought a paradigm shift using technology where school-going kids continued their studies from home and schools facilitated imparting education by their teachers online from home. Students have learned and used 21st century skills and tools, like virtual classrooms, AR (Augmented Reality), robots, etc. All these have increased communication and collaboration significantly.

Vijeta

B.Sc. (Non-Medical) III Sem.
3282720010

Kalpana Chawla ‘The pride of India’

Kalpana Chawla the first Indian women astronaut, was bold enough to make her career in aeronautics. She was a source of inspiration to her friends and colleagues. She is a role model for many young women.

She was brilliant student of Tagore School Karnal. She was born on 1st July, 1961 in Karnal Haryana. She had

always dreamt about flying when she was a child. Infact, she thought of going further than the pilots and wanted to become an astronaut at the age of thirteen. She was strict vegetarian. She always respected her teacher. She was found of reading, flying, walking and bird watching.



What courses did she have to go through to become an astronaut

After passing secondary Examination from Tagore School Karnal in 1976, she joined the Punjab Engineering College, Chandigarh for the Bachelor's Degree in Aeronautical Engineering in 1982. She then moved on the University of Texas, USA for the master's degree in Aerospace Engineering in 1984. She earned her Ph.D. In the same subjects from the university of Colorado, USA in 1988.

How did she join NASA?

That's an interesting story. Initially she joined NASA as a research scientist in 1995 and worked for then at the Ames Research Center. But then, inspired by the pioneering Indian pilot, J. R. D. Tata, she tried hard and was ultimately selected for the first flight in 1996.

What was her first mission?

She took off her first space mission in the space shuttle Columbia on November 18th, 1997. The flight was called

STS-87. She worked with her six-member space crew a mission specialist and prime robotic arm operator. She enjoyed very moment of it.

What was her next plan?

Her next mission was the same space shuttle Columbia. The flight was called STS-107. It took off on January 16, 2003. It was a mission dedicated to science and research. She performed a number of scientific experiments in space.

When did the space shuttle Columbia landed back on the Earth

The space shuttle Columbia ended with a disaster occurred. Chawla was one of seven crew members died in the space shuttle Columbia disaster on Feb. 1,2003. She was really a good women. We are proud of her.

Shivani

B.Sc. I (CS)

1212023015020

AI: Artificial Intelligence

In this whole Universe, humans are the only species whom God has given the power to think. By using this power, humans have already reached greater heights. Whether it's about computers, the Internet, or electricity, all these things give a new direction to human life and make our life easy. And now we want something like us, a future in which intelligence is not restricted to humans only!!! Yes, you heard it right we want a future where machines can think like us and we can work with them to create a more exciting universe. And those Machines which use advanced technology come under artificial intelligence. And AI is a branch of computer science.

Interesting Facts about AI

1. Machine learning involves the use of AI. Like in Apple's iPhone Siri. Where we can tell Siri to send messages, set timer, play music without touching your phone like we humans do .Alexa as you all know, Alexa do this, Alexa do that.
2. Google assistant or we can say Google map which trace our location and tell us the right route, it's all because of AI.
3. In automobiles too, we use AI. If you're interested in cars ,then you'll definitely know about Tesla cars .Yeah, self-driving car. And many more are going to come in future.

4. In manufacturing industries .Yes, that's true. We don't need thousands of people to do our work, now we have our own machines which use AI.
5. In health industries too.
6. You know what movies like robot, terminator, and matrix are based on the concept of AI.

History of AI

AI is gaining popularity day by day. We think that AI is our future but it's our present. It's not a new concept, in 1955 John McCarthy 'American computer scientist 'introduced this concept and is also known as the father of AI.

Advantages

1. Machines can perform with more accuracy with less errors.
2. Can take fast decisions.
3. It can work for a long time.
4. It can be a big development.

Disadvantages

1. Humans may have to pay a high price for this because machines can think now and if they take us as their enemies then it's a big threat to humanity.
2. Also it's not easy to work in this area as AI demands a huge amount of money and dealing with complex machines too.



3. AI's employment can lead to unemployment of humans.

Conclusion

It's all in our hands, one wrong step can lead to a huge destruction. A threat to humanity. If we know how to use the pros of science then definitely it's our duty how

to handle its cons. In the end, science can be a huge advantage to human beings if we use it properly.

Sheetal Sharma

B.Sc. III (CS)
3167220012

Think Like a Rocket Scientist

Getting Plutoed

In the 1920s, a twenty-year-old Kansas farmer named Clyde Tombaugh was busy building telescope in his spare time, grinding his lenses and mirrors much like Herschel more than a century before. He would point his homemade telescope at Mars and Jupiter and make drawing of them. He send his drawing to the Lowell observation. The Lowell was so impressed by Tombaugh's drawings that they offered him a job.

On February 18, 1930, when he was comparing different photos of the sky, Tombaugh picked up a faint dot shifting Back and forth. It turned out to be a planet located beyond Neptune. Located far away from the sun, the planet was named after the roman god the dark underworld: Pluto.

But something was off. The calculation of newly crowned planet keep shrinking. In 1955, astronomers thought that Pluto had a mass similar to that of earth. Thirteen year later, in 1968, new observations showed Pluto weighing in at roughly 20 percent of the earth's mass.

Other developments also began call Pluto's status into question. Astronomers continued to stumble on round object beyond Neptune and roughly the small size as Pluto. At a routine meeting in 2006, astronomers voted on the definition of a planet, which Pluto failed to meet.

Mike brown, a Caltech professor who led the effort to demote Pluto, did not help: "Pluto is dead" he declared to the press. The American dialect society voted Plutoed

as its word of the year in 2006. The word means "demote or devalue someone or something". Pluto was not the first object to be demoted in our solar system.

When everyone thought that earth was the center of cosmic arena, Copernicus came along and demoted earth to be Mere planet with the stroke of his pen. Copernicus discovery, much like Pluto's demotion, shook's people's sense of certainty and their place in universe. As a result, Copernicanism was banished after almost a century.

The origin of the world planet makes this clear. Planet is derived from a Greek word that means "wanderer". Ancient Greeks looked up at the sky and saw object that move against the relatively fixed position of the stars. They call them Wanderers.

Like planets, science wanderers. Upheaval precedes progress, and progress generates more upheaval. "People wish to be settled", wrote Ralph Waldo Emerson, but "only as far as they are unsettled is there any hope for them. Those who cling to the past get left behind as world marches forward.

As the story of Pluto's demotion shows, we tend to respond to uncertainty – no matter how benign – as alarming. But the key to growing comfortable with uncertainty is figuring out what's truly alarming and what is not.

Mitika

B.Sc. I (CS)
1212023015015

Drug and Alcohol abuse in adolescent

Adolescence period between 12 to 18 years of age which is accompanied by several biological and behaviour changes. It is a phase of mental and psychological development.

The perception among youth that to look 'cool' or progressive to smoke use of drugs or alcohol is a major cause to start this habits. Stress, from pressure to excel in Academics or peer pressure has played a significant

role in persuading the youngster to try alcohol and drugs. Social medial help to promote this perception.

Youngster's first use of drug may be out of curiosity but later they are addicted. In the absence of any guidance, the person get addicted and become dependent on their use. This result in many social adjustment problems.

Excessive use of drugs may lead to coma and death due to respiratory failure, heart failure or cerebral hemorrhage.



In the adolescence, increase aggressiveness, mood swings, depression, abnormal, potential for kidney and liver dysfunction, facial and body acne, etc. are the main side effects can be seen.

“Prevention is better than Cure”. So we should try to prevent and control these by avoiding undue peer

pressure, Education and counseling, help from parents and by seeking professional and medical help.

Rashmi

B.Sc. II (Medical)

120202030006

Nuclear fission and fusion

What exactly is meant by fission? The word is borrowed from biology where fission means the breaking up of a living cell into two roughly equal parts. Imagine we have a nucleus with 200 nucleons and we can somehow break it into two equal parts. This can be thought of as happening in two steps:

- ◆ The nucleus is broken up into 200 individual nucleons.
- ◆ 100 nucleons each are bound together into two nuclei

The first step involves breaking up of a nucleus and needs energy to occur. How much energy does it need? We take a look at our binding energy figure. It tells us that for $A=200$, the binding energy per nucleon B is roughly 7MeV . Hence the total binding energy $=B \times A = 7 \times 200 = 1400\text{ MeV}$. This is the amount of energy that we need to supply for this to happen.

The second step involves forming of two nuclei. Each releases energy. Observe that at $A=100$, the B roughly released is 8 MeV . Hence each nucleus releases $8A = 8 \times 100 = 800\text{ MeV}$. So that two nuclei releases $2 \times 800 = 1600\text{ MeV}$.

So the process where a nucleus with 200 nucleons breaks up into two nuclei with 100 nucleons each, needs a net amount of energy needed equal to the difference

in the above two steps. That is, the net amount of energy needed equals $1400 - 1600 = -200\text{MeV}$. The minus sign means that energy is released in the process. This is the source of nuclear energy. Let us summarize. We need a lot of energy to break up a heavy nucleus. A lot more energy is released when medium-heavy nuclei are formed. Hence, when a heavy nucleus breaks up into two medium-heavy nuclei. Energy is released in this process. This is how energy is produced in the nuclear fission. This energy powers nuclear reactors like those at Kalpakkam, as well as nuclear explosions, like those at Pokhran and Chagai last year. Looking at the binding energy of lighter nuclei, we can make an equally interesting statement. When two light nuclei (such as hydrogen) fuse together to form a slightly heavier nucleus, again, energy is released.

This is the basis of energy production in fusion reaction. This happens exactly as in the case of fission: at low A values, B increases with A and exactly the same argument as above can be used to show that more energy is released than absorbed. This is how energy is produced in the SUN.

Smile Choudhary

B.Sc. II (Non-Medical)

120202015027

Myocarditis: Types, Symptoms and Treatment

Myocarditis is the condition when the heart muscles become inflamed, also make them weak and affects the heart's electrical activities and cause arrhythmia (abnormal heartbeat) and thus leads to cardiomyopathy. This condition can be caused by viral infections such as common cold, COVID-19 or any systematic inflammatory condition such as autoimmune disorders like lupus, sarcoidosis certain drugs, environmental or any toxic exposure can also cause myocarditis. In worst cases the heart muscles cannot pump blood effectively to the other body parts. There are many types of myocarditis but the most common ones are acute myocarditis,

chronic myocarditis and lymphocytic myocarditis. The acute myocarditis is that which occurs in recent and is usually caused by viral infection and this can be resolved rapidly whereas the chronic myocarditis takes longer treatment period as there are chances of reoccurrence of symptoms after experiencing the condition and this is generally caused by conditions like autoimmune disorders. And the lymphocytic myocarditis is a rare type of myocarditis and is caused when the lymphocytes (white blood cells) inflame the heart muscles. There are several early-stage symptoms of myocarditis which one can experience in combinations. The common

symptoms are chest pain, fatigue, arrhythmia, diarrhea, headache, fever, muscle pain, shortness of breath, swelling in legs. As myocarditis is difficult to diagnose due to the nonspecific symptoms and signs. But by reviewing the medical history and symptoms the medical practitioner can conduct some tests such as blood test, ECG (electrocardiogram), Cardiac MRI, Echocardiogram, Chest X-ray, Cardiac catheterization and heart muscle biopsy. There is no curative treatment for this condition but certain medications such as ACE inhibitor, Beta blocker, Diuretic and Antiarrhythmic, Corticosteroids are prescribed based on the cardiac symptoms, type of myocarditis and its severity. If patient conditions got worse than certain surgeries are suggested. Myocarditis can also be treated by using traditional medicine methods like TCM, Ayurveda etc. In TCM(Traditional Chinese Medicine) there are some treatment methods, herbal formulations including single herbs and mixture of herbs. Herbal medicine forms the main parts of TCM and include 3000 years old system and includes medicine herbs, acupuncture, food therapy, massage, and therapeutic exercises for both treatment and prevention

of diseases. TCM provides four kinds of herbal therapies for the treatment of myocarditis, i.e., single herb, Chinese proprietary medicines, mixture of different herbs and any one of the three types plus western medication. The most common tested single herbs are *Astragalus membranous*, *Salviae miltiorrhizae*, *sophorae flavescentsis* and ginseng and the Chinese proprietary medicines like Shenmai and Shuanghuanglain all of these herbs and medicines are clinically tested. The Chinese propriety medicines are generally based on well-established and long standing recipes and are formulated as tablets or capsules. Mixture of herbs are prescribed according to different symptoms that are noted down through Chinese diagnostic pattern (inspection, listening, smelling, inquiry, and palpitation) the active ingredients of these herbal medicines are mostly unknown and they are combined with different herbs for the treatment of myocarditis.

Anjali

B.Sc. (Medical) VI Sem.

3167020007

Life on Mars

Four and a half billion years ago, a rock was formed on Mars by some volcanic process. Half a billion years later, this rock was broken into smaller pieces by a meteorite impact nearby. Some ground water also entered the rock. 16 million years ago, an asteroid hit Mars somewhere near where this rock was. The impact threw pieces of the rock into space. One 2 kilogram piece of rock orbited the Sun until 13,000 years ago, when it came close to the Earth. This piece crashed onto an Antarctic glacier. Over 13,000 years, it reached the Allan Hills region of Antarctica, buried inside the ice. In 1984, this meteorite was discovered and named ALH84001. A large number of people worked out this history of the meteorite that we just narrated. This year, a team led by David McKay of the American space organization NASA, suggested that there seemed that there seemed to be signs that life may have existed on this rock in some bygone era: The meteorite has some organic molecules, of the same family as naphthalene (which is used in mothballs).When bacteria decay, such compounds are produced. Many meteorites do have such compounds. The meteorite has iron oxide (magnetite) of the sort which some bacteria on Earth secrete. It has iron sulphide, which is produced by some anaerobic bacteria (those that don't use oxygen). The meteorite has some

balls of carbonate material, which may be formed by some material, which may be formed by some living thing. On the other hand, almost all earth bacteria are 100 times larger than this material. The meteorite may contain very small fossils(less than hundred millionth of a millimeter). Nano bacteria are his size.

In 1961, another meteorite was found to have signs of life. But soon these were discovered to be grains of pollen and particles of furnace ash. The signs of life turned out to be from Earth itself. This could be the case for the Antarctic meteorite too. What makes scientist more hopeful is that some of these items mentioned are within cracks, and the cracks could only have been formed before the meteorite came to rest in Antarctica. So may be, just maybe, the signs of bacterial life that we see are from when the rock was on Mars. In 1976, the Viking space craft failed to find any such bacteria on Mars. But maybe they landed in the lifeless part of Mars. Or maybe bacteria were present on Mars millions of years ago, but aren't there now. Scientists are looking at ALH84001 very, very carefully. And even US President Bill Clinton has promised support for a new NASA spacecraft to Mars.

Vanshika

B.Sc. III (Medical)

3167020028

Green Chemistry

Green Chemistry is the utilization of a set of principles that reduces or eliminates the use or generation of hazardous substances in the design, manufacture and application of chemical products. Green Chemistry is about:

- ◆ Waste minimization at source
- ◆ Use of catalysts in place of reagents
- ◆ Using non-toxic reagents
- ◆ Improved atom efficiency

Chemistry is undeniably a very prominent part of our lives. Chemical developments also bring new environmental problems and harmful unexpected side effects, which results in the need for 'greener' chemical products. Green Chemistry looks at pollution prevention on the molecular scale and is an extremely important area of chemistry. Green Chemistry works very closely over the principles that are listed below:

- ◆ Prevention: It is better to prevent waste than to treat or cleanup after it has been created.
- ◆ Atom Economy: Synthetic methods should be designed to maximize the incorporation of all materials used in the process into the final products.
- ◆ Less Hazardous Chemical Synthesis: Whenever practicable, synthetic methods should be designed to use and generate substances that possess little or no toxicity to people or the environment
- ◆ Designing Safer Chemicals: Chemical products should be designed to effect their desired function while minimizing their toxicity.
- ◆ Safer Solvents and Auxiliaries: The use of auxiliary substances should be made unnecessary whenever possible and innocuous when used.
- ◆ Design for Energy Efficiency: Energy requirements of chemical processes should be recognized for their environmental and economic impacts and should be minimized.
- ◆ Use of Renewable Feedstocks: A raw material or feedstock should be renewable rather than depleting whenever technically and economically practicable.
- ◆ Reduce Derivatives: Unnecessary derivatization should be minimized or avoided if possible, because such steps require additional reagents and can generate waste.
- ◆ Catalysis: Catalytic reagents are superior to stoichiometric reagents.
- ◆ Design for Degradation: Chemical products should be designed so that at the end of their function they break down into innocuous degradation products and do not persist in the environment.

- ◆ Real-time Analysis for Pollution Prevention: Analytical methodologies need to be further developed to allow for real-time, in-process monitoring and control prior to the formation of hazardous substances.

The major uses of Green Chemistry

Energy

The vast majority of the energy generated in the world today is from non-renewable source that damage the environment. Green Chemistry will be essential in developing the alternatives for energy generation as well as continue the path towards energy efficiency with catalysis and product design at the forefront.

Global change

Concerns for climate change, oceanic temperature, stratospheric chemistry and global distillation can be addressed through the development and implementation of green chemistry technologies.

Resource Depletion

Due to over utilization of non-renewable resources, natural resources are being depleted at an unsustainable rate. Fossil Fuels are a central issue. Renewable sources can be made increasingly viable technologically and economically through green chemistry.

Food Supply

While current food levels are sufficient, distribution is inadequate. Agricultural methods are unsustainable. Future food production intensity is needed. Green chemistry can address many food supply issues. Green Chemistry is developing pesticides which only affect target organisms and degrade to innocuous by-products. Fertilizers that are designed to minimize usage while maximizing effectiveness.

Toxics in the Environment

Substances that are toxic to humans, the biosphere and all that sustains it, are currently still being released at a cost of life, health and sustainability. One of the green chemistry's greatest strengths is the ability to design for reduced hazard.

Green Chemistry NOT a solution to all environmental problems BUT the most fundamental approach to preventing pollution.

Gayatri Rana

B.Sc. (Non-Medical)

3167120001



Astronomy

Astronomy is one of the oldest natural sciences. The early civilizations in recorded history made methodical observations of the night sky. These include the Babylonians, Greeks, Indians, Egyptians, Chinese, Maya, and many ancient indigenous peoples of the Americas. In the past, astronomy included disciplines as diverse as astrometry, celestial navigation, observational astronomy, and the making of calendars. Nowadays, professional astronomy is often said to be the same as astrophysics.

Professional astronomy is split into observational and theoretical branches. Observational astronomy is focused on acquiring data from observations of astronomical objects. This data is then analyzed using basic principles of physics. Theoretical astronomy is

oriented toward the development of computer or analytical models to describe astronomical objects and phenomena. These two fields complement each other. Theoretical astronomy seeks to explain observational results and observations are used to confirm theoretical results.

Astronomy is one of the few sciences in which amateurs play an active role. This is especially true for the discovery and observation of transient events. Amateur astronomers have helped with many important discoveries, such as finding new comets.

Prachi Sharma

B.Sc. II (CS)
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If Science Matters then Evolution Does Matter

Science is growing day by day in an enormous way. Most of the puzzles which are believed to be unsolved and are the acts of god are now solved through science. The tools of science are gaining critical insights these days. Fate of medicine and agriculture are going to be changed completely by understanding and using the tools of molecular biology that are discovered and yet to be discovered. Science made human life easy and comfortable. It is a belief, in fact it is a fact that all living organisms are developed from their earlier forms during the history of the earth. Nature from the beginning (when there were no human beings) led the organisms to best fit into it. Through the journey of millions of years transforming life from one form to another, the most intelligent and skillful animal has evolved (HUMAN BEING). Unlike other living creatures, the human did not stop there. He started manipulating Nature for the benefit of human welfare. In course of time, he created a new path to manipulate the things in Nature and he named it SCIENCE. Man started exploring Nature and recording the data he explored which is beneficial to the upcoming generations. Through this data another branch of science called EVOLUTION has been framed. For example, the corn which we are using today is not in its actual form. We have transformed it to a completely different fashion from its real form. The problem is that we have changed corn so much that it now looks very different from any wild grasses. IF Science Matters Then Evolution Does Matter --- G Basha II Bt. M.C But understanding that corn has evolved, has allowed agricultural researchers to find its wild cousin. Now,

using the science of genetics, genes can be borrowed from that relative to improve corn. It has made more resistant to disease and insects, and more tolerant of salt and drought. We studied Lamarck evolution theory with the example of bug which evolves to best fit into nature to protect itself from the predators. Now let's bring our knowledge of evolution to the present era. If we want to see evolution in action we need to look for the organisms which have very short life period. For example insects and bugs. They have very short time between generations so they evolve very fast. You may rise a doubt, so what? Looking from the farmers point of view pests in his field are evolved in such a way that they gained resistance towards pesticides. Using too much and too fast we ourselves forcing pests to evolve and increase resistance towards pesticides.... This is not just a theory, this is fact. In this process scientists have accidentally "created," by using too many antibiotics, new breeds of super-germs that have evolved resistance to antibiotics. It's now a race: can we find new antibiotics fast enough to keep up with the mutation-and-natural selection rates of killers like resistant staphylococcus? And if we do find something that kills it, do we run the risk of forcing it to just evolve again into an even more unstoppable forms? So evolution always does matter to understand the things that have gone wrong and discover the things that correct them.

Diksha

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COVID-19 Vaccine

The Corona virus has infected millions of people so far all over the world. In addition to that, millions of people have lost their lives to it. Ever since the outbreak, researchers all over the world have been working constantly to develop vaccines that will work effectively against the virus. We will take a look at the Corona virus vaccine that is present today. Vaccines have the ability to save people's lives.

Developing the vaccine for Corona virus was a huge step to end the pandemic.

As Corona virus caused a lot of confusion and fear amongst people, it is natural people were not aware of how the vaccine works. To begin with, a vaccine will work by mimicking an infectious agent.

The agent can be viruses, bacteria or any other microorganisms. They carry the potential of causing disease. When it mimics that, our immune system learns how to respond against it rapidly and efficiently.

Benefits of Vaccine

- ◆ Getting vaccinated against COVID-19 can lower your risk of getting and spreading the virus that causes COVID-19. Vaccines can also help prevent serious illness and death.

All steps have been taken to ensure that vaccines are safe and effective for people ages 5 years and older.

- ◆ If you already had COVID-19, you should still get a COVID-19 vaccine for added protection.
- ◆ When you are up to date on COVID-19 vaccination, you can resume many activities with proper precautions (e.g., mask wearing in indoor public spaces).

After that, everyone will be able to get it once more of them are available. To get the vaccine, a person may require to pay a fee. However, some government institutions are providing it free of cost.

In order to get the vaccine, one must check with their local and state health departments on a regular basis. When they get the chance, they must get the dose right away.

The Corona virus outbreak has challenged the whole world.

Conclusion

Constantly, the experts and authorities working to develop the vaccines. Therefore, we can also do our bit and adopt preventive measures to limit the spread of this disease. The major goal is to get the vaccine to everyone so that we can go on and about with our normal lives.

Meenu

B.Sc. II (Non-Medical)
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Artificial Gravity

Imagine that at some distant point in the future we decide to colonize a planet belonging to a star. The nearest star is some four light years away, so a one way trip will take considerably more than four years. A more distant star will mean that several generations of astronauts will be born, and grow up in the space ship. Humans are not designed to live for long periods in zero gravity. We would like to create conditions as close to these on earth as possible, including gravity. This is achieved by having the ship accelerate at on 'g'. with this acceleration, the front of the ship will be 'up' and the back 'down' all objects will fall (as seen from inside the ship) to the 'ground' if dropped, with an acceleration of one g, exactly as on earth. You could even have an artificial lake, which would stay stuck to the ground and not float up (you could go boating on it).

Halfway through the trip, when you are traveling at speeds very very close to that of light, you would do well to turn the spaceship around so that the boosters are firing in the direction in which you are traveling. This way, you slow down so that when you reach your star, you don't shoot by at (almost) the speed of light. Furthermore, now that the direction of your acceleration has reversed, so has the direction of gravity in the ship. But your ship has also turned around, so your ground stays ground and your 'sky' stays 'sky'. Suppose you are not traveling to a star but are planning on spending time in a space station that is hovering somewhere in the solar system. Can we create gravity in a ship that is not going somewhere? Yes! We will need to build a rotating space station, perhaps like the one shown in the drawing.



It is shaped like a torus (a tube like the one inside a car tire) which rotates around a central axis. We know that a point in uniform circular motion is accelerating toward the center of the circle. The outer rim will act as the 'floor' for the people inside the torus: they will be pressed against it. Like the bottom of the accelerating spaceship we described a little while ago, the outer rim is acceleration toward the central axis. To the people inside the big tube, it will be exactly as though there is a gravitational field, only pointing outward from the center. (According to Einstein, it is a gravitational field).

It is instructive to see this from two perspectives: if a person inside the space station were to drop an object, what would happen? Seen from outside, we will say that the object has an initial tangential velocity, hence it will go in a straight line, hitting the 'floor' of the space station, which is rotating around. Inside the station, the person will simply see the object drop at her feet, and ascribe it to gravity.

Disha Choudhary

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Detoxification

Basically, everyone has two choices to make when one develops a disease or condition: Treatment or Detoxification. Treatment is allopathic medicine or traditional medicine. Alternative to treatment is Detoxification, a little-known science of nature that has been used for hundreds of years, by hundreds of thousands of people and animals worldwide.

It has restored health and vitality to their physical, emotional and mental bodies.

Detoxification has always been at the heart of true healing.

It is a system of curing by addressing the root cause of the disease. Detoxification takes into consideration Alkalinization, homeostatic, enhancement, revitalization, regeneration and cleansing.

Tissue regeneration = alkalinization + detoxification + nutrition + energy = Vibrant health

Detoxification is the golden key. It rids your body of acidosis, toxins, chemicals, mucus and harmful parasites.

It rids the mind of unwanted thoughts and cleans the anger and emotions and reconnects you to God and nature. It is time to awaken and get back to simplicity and the ways of God and nature.

Detoxification naturally begins as one alkalizes oneself through a raw food diet. This process strengthens cells by removing the obstructions and acids that cause inflammation and block nutrition to cells.

The three root causes of diseases: Inherent weakness, toxicity, and acidosis.

Detoxification is the only answer to our current dilemma. The consciousness of treatment has taken us down a divesting road. Cleaning your body out of all toxins and strengthening your cells is logical and proven to overcome many conditions.

Wake up! It's not too late.

Anshika

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Biomass Energy

Biomass energy or bio energy is the energy from plants and plant-derived materials. Biomass has been in use since people first began burning wood to cook food and keep warm. Wood is still the largest biomass energy resource today. Other sources include food crops, grassy, and woody-plants, residues from agriculture or forestry, oil-rich algae, and the organic component of municipal and industrial wastes. Even the fumes from landfills (which contain methane, the main component in natural gas) can be used as a biomass energy source.

Biomass can be used for fuels, power production, and products that would otherwise be made from fossil fuels.

NREL's vision is to develop technology for bio refineries that will convert biomass into a range of valuable fuels, chemicals, materials, and products—much like oil and refineries and petrochemical plants do.

Bioenergy Technologies

Bio power: -Bio power technologies convert renewable biomass fuels into heat and electricity using one of three processes: burning, bacterial decay, and conversion to gas or liquid fuel.

Bio products: - In addition to electricity and fuels, biomass can also be converted into chemicals for

making plastics and other products that typically are made from petroleum.

Biofuels: - Biofuels are transportation fuels, such as ethanol and biodiesel, created by converting biomass into liquid fuels to meet transportation needs.

Benefits of Biomass

Greenhouse gas emissions reduction: - The use of biomass energy has the potential to greatly reduce greenhouse gas emissions. Burning biomass releases about the same amount of carbon dioxide as burning fossil fuels. However, fossil fuels release carbon dioxide captured by photosynthesis millions of years ago-an essentially "new" greenhouse gas. Biomass, on the other

hand, releases carbon dioxide that is largely balanced by the carbon dioxide captured in its own growth. However, studies have found that clearing forests to grow biomass results in a carbon penalty that takes decades to recoup, so it is best if biomass is grown on previously cleared land, such as under-utilized farmland.

Foreign oil dependence reduction:- The use of biomass can reduce dependence on foreign oil. Because biofuels are the only renewable liquid transportation fuels available.

Khushi Chahar

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Human Cloning – An Eternal Moral Dilemma

The claim in 2002-2003 of a human cloning company Clonaid to have produced a human clone, has once again given rise to an eternal moral dilemma. The issues of ethics and the process of human cloning have come to the forefront. Theologians, scientists, physicians and legal experts have expressed skepticism and opposition over this claim. But the supporters of cloning have put forward the humanitarian and medical utilities of the use of cloning. Cloning is banned in most of the countries of the world.

Cloning is a technique for producing a genetic twin of a living thing, an organism that starts life with the same genes as its parent. Scientifically human cloning is achieved by using the technique of nuclear transplantation. In this process, an egg devoid of its nucleus gains a full set of genes or chromosomes from the cells of an adult and behaves as if it has been fertilized. The adult cell may be any cell of the adult of the adult body except the reproductive cell. The reason for this is that the reproductive cell contains half the set of chromosomes. This so called fertilized egg is implanted into the womb of a woman, where it ultimately develops into a human embryo. This is later on delivered as an identical replica or clone of the adult.

The concept of cloning is not new. It originated in 1953 when James Watson pointed out to Francis Crick how four nucleic acids could pair to form the self copying code of a DNA molecule. This concept has been used for many years to clone plants, frogs, toads, etc. The prospects of cloning a human being, however, turned bright with the birth of Dolly. Dolly, was the first cloned mammal, a cloned sheep delivered at The Roslin Institute,

Edinburgh, Scotland in February, 1996. However, the claims made by a research company- Advanced Cell Technology (ACT), saw repercussions throughout the world. ACT claimed during last week of November, 2001 to have cloned the first human embryo. The latest claim of cloning a human embryo was put forward by Clonaid. This company claims to be the first human cloning company. Founded in February, 1997 by Rael, a spiritual leader, its main goal was to produce a human clone. On December 26, 2002 the birth of the first ever human clone that of a girl named Eve was announced by the Raelians. However the truth of their claim has not been authenticated.

Dolly's creation in 1997 was welcomed as a scientific break-through. But human cloning has not been seen in the same light. The world is still wondering whether Eve is real or publicity stunt, but the news of her birth has renewed the debate over the ethics of cloning. A few scientists have called the clones 'time delayed genetically identical twin' of the donor to the newly cloned. This is because the environmental factors and random events are surely bound to be different during the development of a newly cloned. Moreover, researchers have now put forward the hypothesis that the genetic contribution to looks, height and complexion are also affected by environmental factors.

There are proponents as well as opponents of human cloning. Those who are in favour of human cloning claim that it can be used both for therapeutic and reproductive purposes. Therapeutic cloning uses the early stage cloned embryos to take out special cells called embryonic stem cells. These stem cells have



the potential to develop into any other type of cell in the body e.g. liver cell, pancreatic cell, skin, blood, heart muscle, brain cell etc. These stem cells can be implanted into the body to treat various diseases like diabetes, Parkinson's, Alzheimer's, heart diseases, cancer especially blood cancer and autoimmune disorders. Therapeutic cloning will also be great help in case of organ transplantation. Often when a person needs organ transplantation there are high chances of organ rejection because of incompatibility. Therapeutic cloning will enable the person to have a cent per cent genetically identical organ. This organ would be fully compatible and hence would not be rejected.

Reproductive cloning is a form of assisted or artificial reproduction. This process can give life to an identical twin of the original cell donor. The infertile couples can therefore, have a child of their own genetic make-up. One can also raise an identical child at least in terms of genetic make-up after the unfortunate death of their child by cloning the dead. Scientists are already talking of designer babies. The use of cloning techniques makes it theoretically possible to genetically engineer children. Genes that offer benefits such as height or intelligence could be incorporated into embryo. Defective genes that trigger a disease or disability should be disarmed.

The opponents of human cloning include people from all sections of society. They are of the view that the use of terms like 'therapeutic cloning' and 'reproductive cloning' yields only confusion and merely depicts the intention of their ultimate use. They believe that all forms of human cloning are unnecessary and immoral and have raised many ethical, religious, social, legal and biological issues pertaining to cloning. Lawmakers in the USA say that human beings should not be cloned to stock a medical junkyard of spare parts for experimentation. Yet others fear that clones may be treated as mere commodities or objects and might not be treated as unique individuals. A black market for cloned embryos may also come up where issueless couples could buy the clone of an embryo. Dr. Rudolf Jaenisch, a biology

professor at the Massachusetts Institute of Technology, believes that many cloned animals have subtle brain defects or other problems. This means little in animals but could be devastating in human beings.

Further, the ethics of cloning have raised several questions. Would a cloned child be accepted in any society where heredity and racial prejudices still influence ethical standards? The physical and psychological welfare of the cloned child cannot be guaranteed. The child might suffer from the loss of identity or freedom. Cloning may encourage parents to compare their cloned children according to how well they meet expectations instead of loving them as they are. This will affect the quality of parenting and family life. This will also impart a sense of diminished individuality and personal autonomy in a cloned individual besides disturbing the psychology.

While research and debate on cloning has reached advanced stages in some countries, India is yet to wake up to the challenge. If a researcher or infertility expert were to decide to clone a human body today, no law in India would stop him. Cloning technology finds no mention in any rule book. At best, legal experts are of the opinion that the general criminal law can be invoked against such practice.

The list of ethical, moral, social, legal and biological issues is no doubt expanding day by day. Human cloning still looks unnecessary and immoral and is going to raise troubling questions in the future as well. The protagonists of human cloning could come out with any number of compulsive factors supporting it from being godsend for sterile couples to a panacea for several diseases. But mankind has been witness to gross misuse of scientific discoveries, foremost among them would be the proliferation of weapons of mass destruction and spectre of germ and chemical warfare. We can carry on the stem cell research without human cloned embryos.

Kanika

B.Sc. (Biotech)

120202050034

Home-Science Section

Teacher Editor
Ms. Lakhwinder Kaur

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How Fashion Effects Today's Society?



Fashion has been a major part of our society for hundreds of years. In most societies, years ago, the way an individual dressed may have identified their social

as a way to establish a type of individualism and set a person aside from others.

Because fads have evolved so rapidly over the years in unique and bizarre ways due to today's media, they have been unaccepted in today's society. During a classic discussion of fashion change by George Simmel, a major German sociologist says that, "fashion was nothing more than a process of imitation." (Johnson, 2003). This process leads to equalization and ultimately the need to further differentiate ones self. "The innovation of fashion derives from the privileged social classes from those found underneath." (Johnson, 2003).

Simmel proposes that, "the more elite social class plays a major role in the change in fashion with the "trickle-down" theory regarding fashion." (Johnson, 2003). However, in today's society the media plays a very specific role in pinpointing the trends and styles considered as today's fashion. People in today's society, mainly the younger crowd, thrive for a sense of belonging and acceptance. Teenagers view a music video, flip through a magazine, and see an artist or actor portraying a certain image.

class, political standing, or maybe even their respective age group. Fashion has evolved so rapidly over the years, from the zoot suit in the 30's, to the bell-bottoms and Afros of the 70's, and finally to the Mohawk and skinny jeans worn by individuals today. However, has fashion evolved for the better? Fashion has been used

Jaspreet

B.Voc. (Fashion Tehnology)



Fashion Accessories



Clothes can create the majority of your look but accessories are more important than you think.

different world in your eyes. You can wear the simplest clothes, but you can look like

The fashion world is not limited to only clothing. Accessories enable people to enhance their personality, style and look and when you look great, you become confident. If you want to look stylish, then adding up-to-the-minute fashion accessories with your dress is imperative to spice up you look.



a million dollars. All you need is a little planning. To express and stamp who you are, fashion accessories are your best friend.

Accessories such as necklaces, handbags, scarves, earrings, fashion jewelry, and many more emphasize your personal style, taste, and preferences..

You can have a lot of clothes but let the accessories do their magic! Yes, they are absolutely perfect fashion accessories for women. Accessories can create a

Nisha

B.Sc. II (Fashion Designing)

Fashion Cycle



Fashion Cycle simply means the way in which fashion changes. Five stages are as follows:

1. Introduction
2. Rise
3. Peak
4. Decline
5. Rejection

1. **The introduction of a style:** This is the stage where the creations are termed as 'latest' fashions and do not guarantee unanimous acceptance. This newness and style come at the cost of high price.
2. **The rise in popularity:** In this stage, the latest fashion gets a nod from many people, compelling them to buy, wear and displays them in public.

3. **Peak of popularity:** The demand created for a particular fashion may be so high that it may compel the manufacturers to copy and produce the designs at varying price ranges. The result could be flattery or resentment. This creates a thin line between adaptations and knock-offs.
4. **Decline in popularity:** Gradually lot of fashion gets mass produced, people get bored of the recurrence and look out for the next new thing.
5. **Rejection of a style:** This is the last stage of fashion cycle and also the time of a new trend beginning to emerge.

Navneet Kaur
B.Sc. II (Fashion Designing)

Dark Circles

Dark circles under the eyes can have causes that are not due to underlying diseases. For instance, family history of dark circles, exhaustion, lack of sleep, allergies, eye rubbing or excessive sun exposure.

There are some home remedies for dark circles and you have to use all the remedies twice in a week:



1. **Raw Milk** – It is rich in vitamin A and retinoid. Apply it cold on your under eyes.
2. **Balance Diet-** It is rich in proteins, vitamins and minerals is a must. It will give you the energy and necessary nutrition to combat fatigue. Lessen the caffeine intake and eat more greens and fiber.

3. **Potato Juice** – Potato has natural bleaching properties which help greatly in reducing one's dark circles and improving skin complexion. Apply potato juice with a cotton ball or with your fingers, onto your dark circles. Leave it for 15- 20 minutes and rinse. Use it before going to sleep and leave the potato juice onto your face.

Tannu
Cosmetology

Fashion Forecast

Forecasting the future demand for particular styles, fabrics and colors is an important aspect of the fashion industry. Textile specialists work two years ahead to determine the general guidelines for each fashion season. Fashion forecasting is an important activity to

ensure that the process of observation related to short and long term planning can be based on sound and rational decision making and not hype. Forecasting can bridge the gap between ambiguous, conflicting signs and the action taken by the design





team. "Fashion forecasting combines theories of fashion changes with the process of organizing and analyzing the information and synthesizing the data into actionable forecasts." (Brannon 2000) Forecasting is a creative process that can be understood, practiced and applied. Forecasting provides a way for executives

to expand their thinking about changes, through anticipating the future, and projecting the likely outcomes. (Lavenback and Cleary 1981).

Long term forecasting (over 2 years ahead) is used by executives for corporate planning purposes. It is also used for marketing managers to position products in the marketplace in relationship to competition.

Short term forecasting is used by product developers, merchandisers and production managers to give style direction and shape collections. For short term forecasting most apparel companies subscribe to one or more services, whose job is to scan the market and report on the developments in color, textiles and style directions.

Aanchal

B.Voc. (Fashion Tehnology)

Fashion Software's

Application of technology in the fashion sector increases the customer's satisfaction with increase in change over time. As we know, the fashion industry is the largest industry in all over the world, so to achieve full potential in every part of the supply chain system, the use of artificial intelligence and various technologies like multifunctional custom POS systems should be preferred.

Fashion Designer is always looking for new creative ideas and opportunities; they have a great ability to convert ordinary objects into attractive artwork through their inventions, so this technology plays an important role.

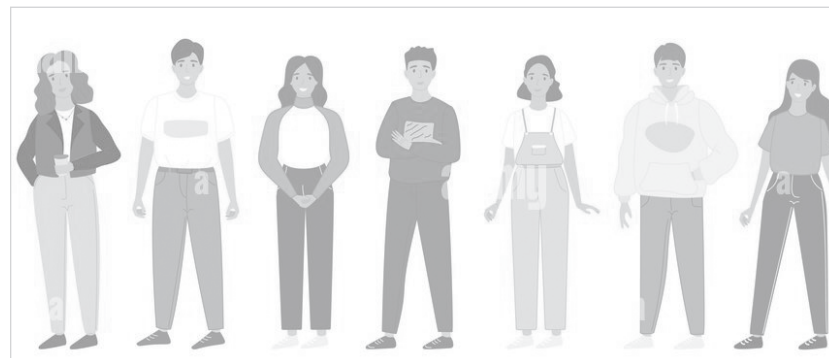
Nowadays the use of technology through any kind of process makes the process faster and saves total time by simplifying human efforts. Some software's like Adobe Illustrator, Adobe Photoshop, computer-aided design, and coral draw are popular software's and chiefly used in today's world. Thus, the role of technology is very much crucial in fashion designing. Some important software and technologies in the designing process are explained in this article.



Neha Anand

B.Sc. II (Fashion Designing)

Clothing, Age and Body



Clothes are central to the ways older bodies are experienced, presented and understood within culture, so that dress forms a significant, though neglected, element in the constitution and experience of old age. Drawing on a range of secondary literature, this article traces how clothing intersects with three



key debates in social gerontology, concerning the body, identity and agency. It examines the part played by clothing in the expression of social difference, and explores the role of age-ordering in determining the dress choices of older people, and its enforcement through moral discourses that discipline their bodies. Dress is, however, also an arena for the expression of identity and exercise of agency, and the article discusses

how far older people are able to use clothing to resist or redefine the dominant meanings of age. Lastly the paper addresses questions of the changing cultural location of older people, and the role of consumer culture in the production of Third Age identities.

Akshita

B.Sc. II (Fashion Designing)

Multani Mitti

Multani mitti is widely used in beauty products. It contains elements like antioxidant silicate. You can make many types of face packs from multani mitti. It is mixed with water and applied to reduce swelling on the feet. Multani mitti is used as a natural cleanser and astringent. It provides many benefits to the skin. Benefits of multani mitti for the skin:



- 1. Oily Skin-** According to experts, it has mattifying properties, which balance the skin and remove dirt. It is especially beneficial for oily skin.

- 2. Glowing Skin –** Multani mitti cleans the skin by removing dead skin cells from



the surface. This improves blood circulation and keeps the skin tight. It acts as an exfoliating effect. It helps in making the skin glowing.

- 3. Fight Sun Burns –** This magical beauty ingredient is loaded with cooling properties that can remedy any sunburns, infections or other kinds of inflammation by virtue of its ions.

Nandini

B.A. II (Cosmetology)

How Fashion Rules the world

In the 21st century the style trends of the fashion industry dominate the world more than they ever did,



and control not only the way people dress but also trends in home ware design, makeup fashion and people's overall attitudes. In the 60s flower power did not only mean flares and tunics, it summed up the whole attitude of a generation, and this is even more prominent today.



Nowadays, fashion is bold and daring, and this reflects a naughtiest generation that is not afraid to say what they think, or wear what they want. Fashion is not just a means of clothing your body, it is the essence of your personality and beliefs, and designers are well aware of the power they hold. Designers' predictions and designs for the coming season are more hotly anticipated than any other revelation in the world.

Nitya

B.Sc. II (Fashion Designing)

Fashion Among Students



'Fashion, Fashion, Fashion'. Today's world is full of fashion. Fashion has become a craze all through the world, especially with the youngsters. Our students-boys as well as girls- are very particular about fashion.

Every student dresses in the latest fashion. They want to look smart, attractive and up-to-date. They blindly imitate the actors and actresses. They are always on the lookout for variety and novelty. Films do a lot to propagate new fashion. In today's world, the fashion designers are prospering like anything. Their new fashionable dresses sell like hot cakes. Tailors also introduce new fashions. Fashion does not relate only to clothes. Going to club, hotel or a restaurant is also a part of fashion. Drinking, gambling, reading film magazines, making friendship with opposite sex, is all fashion. There is now the fashion of bell-bottom, bob hair, jeans, and pop music and disco dance. We are wasting our precious time and hard-earned money of our parents on fashion. Youngsters are so crazy about fashion that they do not mind emptying their pockets for the sake of new fashion. And thus goes on fashion for something new and novel.

Latasha

B.Voc. (Fashion Technology)

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Article 370



Union Home Minister Amit Shah has announced the scrapping of Article 370 of the Constitution, which provides a special status to the state of Jammu and Kashmir.

History

In October 1947, the then Maharaja of Kashmir, Hari Singh, signed an Instrument of Accession that specified three subjects on which Jammu & Kashmir would transfer its power to the government of India:

1. Foreign affairs
2. Defense
3. Communications

In March 1948, the Maharaja appointed an interim government in the state, with Sheikh Abdullah as prime minister. In July 1949, Sheikh Abdullah and three other colleagues joined the Indian Constituent Assembly and negotiated the special status of J&K, leading to the adoption of Article 370. The controversial provision was drafted by Sheikh Abdullah.

What are the provisions of Article 370?

Parliament needs the Jammu & Kashmir government's approval for applying laws in the state — except in cases of defence, foreign affairs, finance, and communications.

The law of citizenship, ownership of property, and fundamental rights of the residents of Jammu and Kashmir is different from the residents living in rest of India. Under Article 370, citizens from other states cannot buy property in Jammu & Kashmir. Under Article 370, the Centre has no power to declare a financial emergency in the state.

It is important to note that Article 370(1) (c) explicitly mentions that Article 1 of the Indian Constitution applies

to Kashmir through Article 370. Article 1 lists the states of the Union. This means that it is Article 370 that binds the state of J&K to the Indian Union. Removing Article 370, which can be done by a Presidential Order, would render the state independent of India, unless new overriding laws are made.

The Article exposed the tentativeness of an India that was free but with a fractured soul. All the wars that were fought over Kashmir were a vindication of this constitutionally sanctioned tentativeness. No nation would officially declare its second thoughts on the legitimacy of its own territory. India did, because of Article 370.

It contributed greatly to losing the Valley to the global masters of the Caliphate. As masked stone thrower played out a local version of intifada, you could either quote from the resistance poetry of Mahmoud Darwish and keep your liberal conscience still bleeding or, to be in a minority, wake up to the reality of

jihad. The Article provided the perfect setting—the semblance of autonomy—for the radicalisation of the Kashmiri mind. India was losing the Kashmiri youth to the unforgiving Book.

The Army, the massive deployment of which in the Valley still continues to draw opprobrium from international humanitarian groups and professional conscience-keepers, can only enforce peace. It can't regain the lost youth. Every rebellion needs a social ghetto, and courtesy Article 370, it proliferated in the Valley. Even as the spirit of Kashmir became more and more incompatible with the "Indian Government," it got closer to the fantasy of the Caliphate. No regime dared to admit it.



It was this Article of Unfreedom that Narendra Modi abolished. And to see it as a right-wing act of sub-humanisation is to confuse a warped sense of justice with the brutalisation of democracy. We can understand the rage and desperation of local dynasties that lost the sheltering shadow of constitutional partisanship. What we can't comprehend—well, we can actually—is the

attempt to turn an audacious act of historical restoration into The Great Hindu Terror. Maybe the alarmism would have been less shrill had the Article-slayer been a non-Modi.

Shreya Rani

B.B.A. VI Sem.

3167620027

University Mental Health Crisis

Mental Health Matters (MHM) Society president discusses the relevance of current state of higher education to mental health in universities.

MHM society grew out of a recognition of the difficulties faced by students in higher education changes to how students gets into universities as well as pressure on their daily live once they arrive, are resulting in a massive increase in mental health problems.

At Sheffield the university counseling services is often so oversubscribed that it has to ease taking any more students. The number of student using such services has increased by 50% in the past year. It is not simply a case of people having underlying mental health condition before they arrive at university: the way higher education is structure is causing mental health conditions. There are several issues that contribute to the added pressure placed on student and causing them to mental health

problems. The pressure of increased fees, *insurmountable* student debts and poor



job prospectus are a divesting reality. Many students also face the day to day fear of not being able to afford to live, with student loans not even covering their rent.

With financial concern and academic pressure, it's not difficult to see how issues like

depression, anxiety and eating disorder are on the rise for these reasons. The free university Sheffield plays an important role in campaigning for an education system that is better for the mental health of students. MGM aims to campaign on these issues making sure the best support is available for student and to be a welcoming relief from the pressure of university life.

Divya

B.B.A. V Sem.

3167620013

RBI : Role in the future Development of Indian Economy

RBI is an apex body that controls and guides the Indian economy. The RBI is responsible for regulating currency, securing monetary stability, maintaining currency reserves, and overseeing India's credit and currency system. While RBI is essentially a monetary authority, its founding statute mandates it to be the

manager of public debt of the Government of India and banker to the Government. In terms of Section 20 of the RBI Act 1934, RBI has the obligation to undertake the receipts and payments of the Central Government and to carry out the exchange,





remittance and other banking operations, including the management of the public debt of the Union.

The instruments that the central bank uses in day-to-day implementation of monetary policy can be broadly classified into direct and indirect instruments. Typically, direct instruments include cash and/ or liquidity reserve ratios, directed credit and administered interest rates. The indirect instruments generally operate through price channel which cover repurchase (repos) and outright transactions in securities (open market operations), standing facilities (refinance) and market-based discount window. The RBI currently uses multiple instruments to ensure that appropriate liquidity is maintained in the system, consistent with the objective of price stability,

so that all legitimate requirements of credit are met. The mix of appropriate policy, strong macro economy and a sound and resilient financial system would be necessary as the Indian economy moves up in the ladder from an emerging market economy towards a more mature economy. As development of financial markets is an ongoing process, initiatives to further deepen and widen the various segments of financial markets would have to be continuously pursued. As the economy ascends a higher growth path, with greater opening up and financial integration with the rest of the world, the financial sector development in all its aspects will need further scaling up along with corresponding measures to continue regulatory modernization and strengthening. Since the overall objective of maintaining price stability in the context of economic growth and financial stability will remain, the effort will be to harmonies the deregulation and liberalization of financial markets with the domestic developments in real as well as fiscal sectors and global developments in international financial architecture. The medium-term framework is to keep developing the financial markets, preserving the integrity of financial markets and thereby, improving the transmission of monetary policy impulses.

Dinkey

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Learning is a Life Long Process: Five-Hour Rule



The importance of learning is that it helps the individual to acquire the necessary skills through learning and knowledge so that he can achieve his set goals. An important fact about learning is that it is a means to improve knowledge and gain skills that will help in reaching specific goals. Imagine if you could guarantee ultimate career success with as little as one hour of solid dedication a day. For many of the world's top leaders, they do exactly that with their secret weapon – the five-hour rule. Bill Gates, Jack Ma and Elon Musk are among the visionaries who use the simple five-hour rule to achieve success in everything they do.

An investment in knowledge pays the best interest. From waking up early to read and reflect and setting personal goals to answering self-reflection questions in the morning and evening and turning his ideas into experiments, Franklin's golden rule led him on a successful entrepreneurial journey with many inventions to his name.

Dedicate an hour a day or five hours every week in learning or practicing. It's that simple.

While work generally takes up most of your day, Franklin used to etch out an hour in the morning before the day began. For those commuting to work, you can listen to audio books or read on the journey, or simply find 30 minutes at the start and end of your day for dedicated learning. These small nuggets of time will eventually cultivate into greater knowledge.

If Barack Obama could make time to read an hour a day in the White House, then anyone can set aside some valuable reading time. "Reading is the gateway skill that makes all other learning possible, from complex word problems and the meaning of our history to scientific discovery and technological proficiency," Obama said. More often than not, thought leaders spend time turning the pages of non-fiction books, biographies and news reports, with very little time spent on works of fiction.

There's something quite powerful about putting pen to paper, and it's something many at the top of their game credit to their success. From Spanx Founder Sara Blakely and Virgin Group Founder and CEO Sir Richard Branson to history's greats including Aristotle Onassis and Frida Kahlo, reflecting on your learnings, thoughts and mistakes is an effective processing tool. "I keep a dream diary, a yoga diary, I keep diaries on people I've met and things they've said to me, advice they've given me. I keep an acting journal. I keep collage books and it allows me to get things out of my head and work them out in a way that feels safe," actress Emma Watson said.

Once you've become a magnet for knowledge and have processes in place to think through mistakes and challenges, experimenting are the logical next step.

Showing you what is and isn't working, experimenting and testing is a fundamental part to the five-hour rule. Whether you've finished a book about leadership lessons or reflected on a mistake you keep making, trying new solutions will drive you further.

It's these small habits you do every day that can be the difference between being successful or not.

Sakshi

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Higher Remuneration for Teachers

The doctors, nurses and teachers are making a great contribution to society and they should be paid well for their work. They are role models for the society and help people in different ways. Teachers have a huge or in other words a life time impact on their students.

Teachers should have a higher paying salary because it would attract smarter teachers. Lots of very smart teachers have left their job for a different one with a high paying salary. Teachers have taught over 99% of future doctors to work at hospitals/pharmacies. All of them are taught by teachers with a lower salary. Lots of really smart teachers left their job from a small city with

a lower paying salary. Most of the students there won't be able to get as much valuable information they can get from smarter teachers. People become teachers because they love learning and they love kids, because education is their passion and they believe in the power of education. The bottom line, Though, Is that we're willing to pay for what we value. So until we begin to value the contributions teachers make to not only individual lives but also to our general society.



Dinky Chaudhary

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3167620031

Nutritional Need of College Students

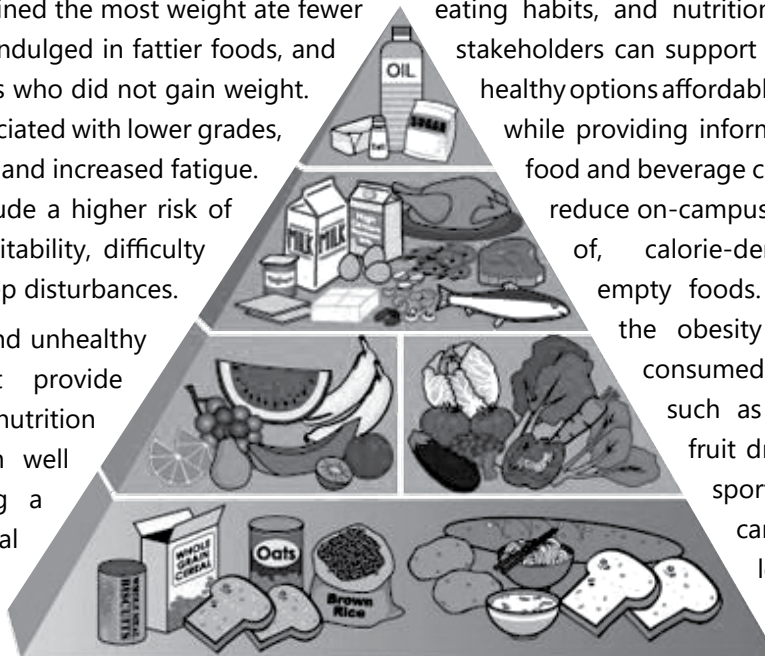


A nutritional study of first-year students found that 1 in 4 students gained 5kg or more in their first year on campus. Those who gained the most weight ate fewer fruits and vegetables, indulged in fattier foods, and slept less than students who did not gain weight. Poor eating is also associated with lower grades, susceptibility to illness, and increased fatigue. Other side effects include a higher risk of depression, anxiety, irritability, difficulty concentrating, and sleep disturbances.

Ultimately, fast food and unhealthy snacks simply don't provide student with the nutrition you need to perform well in school. Developing a balanced and nutritional diet at a young age can both enhance your academic performance and prepare students for a lifetime of healthy eating.

A balanced diet can help students increase energy levels, promote a functioning immune system, improve their ability to cope with stress, and increase concentration and performance in college. Healthy eating is influenced by a variety of factors. For students in particular,

factors influencing dietary habits include time, availability of healthy options, friends' eating habits, and nutritional knowledge. University stakeholders can support healthy eating by making healthy options affordable, accessible, and desirable while providing information on making healthy food and beverage choices. The authorities can reduce on-campus access to, and availability of, calorie-dense and nutritionally empty foods. A major contributor to the obesity epidemic is the sugar consumed in sweetened beverages such as soda, coffee beverages, fruit drinks, sweetened teas and sports drinks. So, increase on-campus access to water and low-calorie beverages. The authorities should develop and promote University-wide food guidelines for students and informative sponsored events about nutritional need of students.



Aarti

B.B.A. V Sem
3167620025

Computer Section

Teacher Editor
Ms. Sakshi Aneja

Student Editor
Ms. Muskan (PGDCA)

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Online examination



When 2019 was heading towards its completion, and everyone was busy planning for their New Year resolutions, then came the unwelcomed pandemic, which is now popular with the name of Covid-19.

The education system all across the world has gone through a paradigm shift, not just in terms of resources and content but also in terms of mode, when the world was entirely under lockdown for almost six months.

Since the rise of the pandemic, teaching moved online and that too at a considerably high degree both in schools and universities worldwide.

Now online teaching and examinations have become normal. In this lockdown, Information Technology has emerged as a superhero.

When things are taught, then it also becomes necessary to take assessments. Hence, the need for online examination arises.

My Experience of Online Classes During Lockdown

My online learning experience is completely different than what I am used to doing in the physical classroom. No doubts online classes are a good method of teaching. But, I like to be in a physical classroom than an online learning environment.

As soon as lockdown started in our country, the government had directed that during the lockdown, the teachers should teach us at home. So that students can continue their studies from home.

Our teachers started online classes to continue the studies of students. Each and every teacher is gave her best to make our concept clear.

Every student was not able to use electronic devices effectively, was also one of them But, after some time got familiar with this and could able to use it according to my needs.

And my teacher has been really working hard to improve the interface and quality of online lectures.

Teachers also put a lot of effort into teaching their students.

The teacher interacted with students in a very cool and interesting manner. The interaction was more towards the students due to online classes.

In physical classes, my teacher can help me in case of any doubts.

But in online classes, I had to use the resources by myself and there was sometimes i got distracted.

Even and screen time caused irritation in my eyes.

The teacher tried to coordinate with us using various mobile apps (Google meet).

Even they were taking our test, to ensure the learning efforts made by students and to enhance our answer writing skills.

I was trying my best to be a good distance learner.

Sometimes my system crashed and poor internet connectivity created a mess in understanding the concepts.

Overall in my experience, online classes are better for those students who have proper gadgets, internet Connections, etc. But it may be bad for those students who do not have all these facilities.

I felt being online is a part of safety during the pandemic time. We had no other option than to sit at home and listen to online classes.

Online learning helped me to gain the skill of adjusting myself in my works and to be disciplined.

I have also learned to be self-disciplined and I think my productivity has improved with online learning.

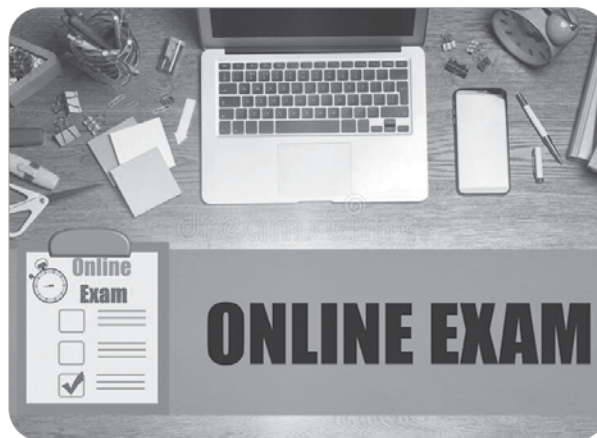
I followed a strict plan according to my timetable. So at last, I would like to say that we should always take part in online lectures and study hard.

In the end, I would like to give hearty hands to all the faculty members for cooperating with us in a hard time.

Vibha Khurana

B.C.A. III

3167720028



Data Warehousing



Also known as enterprise data warehousing, data warehousing is an electronic method of organising, analysing, and reporting information. In modern business, being able to integrate multiple sources of data is crucial to make better-informed decisions. For example, data warehousing makes data mining possible, which assists businesses in looking for data patterns that can lead to higher sales and profits.

How Does Data Warehousing Work?

A data warehouse essentially combines information from several sources into one comprehensive database. Data is extracted from individual sources and redundant data/outliers are removed. Next, the data is reorganised into a consistent format (e.g. tables, columns, charts) that can be queried.

Popular Data Warehousing Tools: There are several different ways to establish a data warehouse, there are numerous data warehousing tools that businesses can use to upload and analyse their data. Some of the most popular data warehouse tools include:

Google BigQuery, Amazon Redshift, Snowflake, Microsoft Azure, Teradata, Amazon DynamoDB.

Why is Data Warehousing Important?

Companies with data warehouses can have a distinct advantage in product development, marketing, pricing strategy, production time, historical analysis, forecasting, and customer satisfaction.

Amisha Joon
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Storage of 5G Big Impacts likely as Wide area Topologies



5G will have a big impact on enterprise IT, and that includes storage. In fact, storage will be vital to upstream and downstream data in 5G deployments aimed at consumers or enterprise users. 5G holds the promise of a much more extensive digital transformation than so far- with huge bandwidth in an extensive geographical spread – where every day processes are digitised and new frontiers in data emerge.

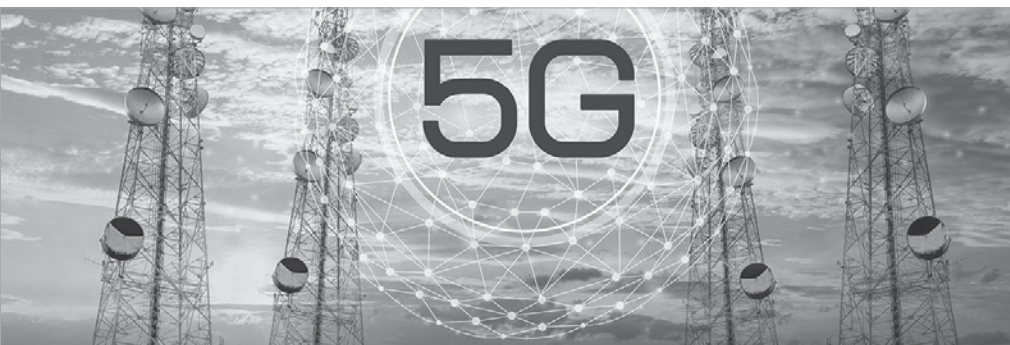
That could mean, for example, movies delivered to travellers waiting to board flights at airports, or

industry 4.0- with the potential to intensively track processes and supply chains hit her to unthinkable.

Similar effects are likely in retail, agriculture, energy and remote healthcare. Almost any business process where there are sensors and data collection, or where data will be delivered to endpoint, will be enabled by 5G.

At the same time, artificial intelligence/machine learning (AI/ML) will allow enterprises to gain insight and value from all this data. In short, the impacts on storage will be that will be more of it, to handle much increased (largely unstructured) data volumes, with bulk storage scattered in new network locations at the edge. Meanwhile, security and durability needs will increase in these locations, and performance requirements will dictate use of flash and NVMe.

Mohini Rana
M.Sc. II (CS)
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passengers in self-driving/assisted vehicles. It could also mean smarter manufacturing processes- so called

Quantum Computing



Quantum computing is an area of computing focused on developing computer technology based on the principles of quantum theory (which explains the

behavior of energy and material on the atomic and subatomic levels). Computers used today

can only encode information in bits that take the value of 1 or 0—restricting their ability.

Quantum computing, on the other hand, uses quantum bits or qubits. It harnesses the unique ability of subatomic particles that allows them to exist in more than one state (i.e., a 1 and a 0 at the same time).

The field of quantum computing started in the 1980s. It was then discovered that certain computational problems could be tackled more efficiently with quantum algorithms than with their classical counter parts.

Superposition and entanglement are two features of quantum physics on which these supercomputers are based. This empowers quantum computers to



handle operations at speeds exponentially higher than conventional computers and at much lesser energy consumption.

Quantum computing has a number of other applications, including securely sharing information. Other methods include fighting cancer and various health concerns, such as cancer and developing new drugs. As well, quantum computers can help improve radars and their ability to detect such things as missiles and aircraft. Other areas include the environment and using quantum computing to keep the water clean with chemical sensors.

Muskan

P.G.D.C.A.

221202192001

Computer, Computer

You have so many parts. There are bygones and small ones and one that makes you START. The central processing unit's where it all begins. Some call it the CPU. It has a hard drive which saves everything you do! The monitor is the top part which might look like a TV. It shows everything in color so that you can see, whatever you to wish to see. The keyboard lets you input Letters and numbers alike. So that you can type great stories and poems if you like.

The mouse has two buttons and a rolling wheel in the middle.

It helps glide you across the screen when you give it a little jiggle. A printer puts your words on paper. It can even print pictures too. Some printers are black and white while others print in color by mixing red, yellow & blue. Computers are marvellous devices that allow you to do many things. But in college you always save your work, right before the bell rings!



Kavita

P.G.D.C.A.

221202192003

Digital Technology

Digital technology are electronic tools, system, devices and resources that generate, store or process data. Well known examples include social media, online games, multimedia and mobile phones.

Technology is important in our daily life. It has a direct impact on the way we communicate with one other and learn new things .Especially the year 2020 was very instrumental in introducing people to adapt to the latest technologies. In latest report,the demand for digital skills is increasing. But now we have moved to 2022, there are a lot of new technologies that will shape

the future of innovation. Technologies can help make our world fairer, more peaceful, and more advanced. But technologies can also threaten privacy, erode security and fuel inequality. They have implications for human rights and human agency.

A Digital Future For All?

Digital technologies have advanced more rapidly than any innovation in our history- reaching around 50 per cent of the developing world's population in only two decades and transforming societies.





- ◆ By enhancing connectivity, financial inclusion, access to trade and public services, technology can be a great equaliser.

- ◆ In the health sector, for instance, AI-enabled frontier technologies are helping to save lives, diagnose diseases and extend life expectancy.
- ◆ In education, virtual learning environments and distance learning have opened up programmes to students who would otherwise be excluded.
- ◆ public services are also becoming more accessible and accountable through block chain-powered systems, and less burdensome as a result of AI assistance.
- ◆ Big data can also support more responsive and accurate policies and programmes.

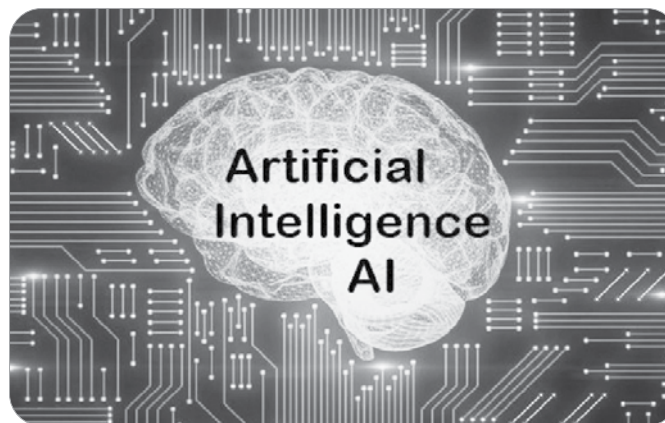
Happy Chopra

P.G.D.C.A.
221202192008

Artificial Intelligence

Artificial Intelligence is a volume of computer science that highlights the creation of intellectual technologies that work and responds like humans. Some of the technologies that can allow this system in analysing and understanding all the information that is received are Natural Languages Processing and inference engines.

Artificial Intelligence is a system that provides action through technologies such as expert system and inference engines to operate in the physical world. Artificial Intelligence is being increasingly used in numerous fields like medical diagnosis, robots, stock trading, and the automobile industry.



- ◆ Artificial Intelligence mainly helps in Error Reduction as the machines work in systematic way than humans, which gives us a Higher Degree of Precision.
- ◆ In daily applications like Alexa, Goggle Assistant, Siri which are known as Digital Assistant, Artificial Intelligence is helping humans to lead a better life at no extra cost.
- ◆ Artificial Intelligence based machines can take over repetitive jobs which are monotonous in nature,

which expands human creativity and productivity in some other fields.



- ◆ Artificial Intelligence programmed robots can perform more laborious hard work than human beings, as humans are subjected to tiredness, fatigue, etc.
- ◆ Artificial Intelligence are very expensive to develop and maintain.
- ◆ As we have a limited amount of data and resources, Artificial Intelligence cannot replicate the human level of Intelligence.
- ◆ Artificial Intelligence is Data Hungry. The more accurate data you feed during the machine learning process, the more accurate your results will be.
- ◆ Expert says Artificial Intelligence can replace all Boring, Repetitive, and Labour Intensive Work.
- ◆ Artificial Intelligence cannot be creative as we humans.

Anjan

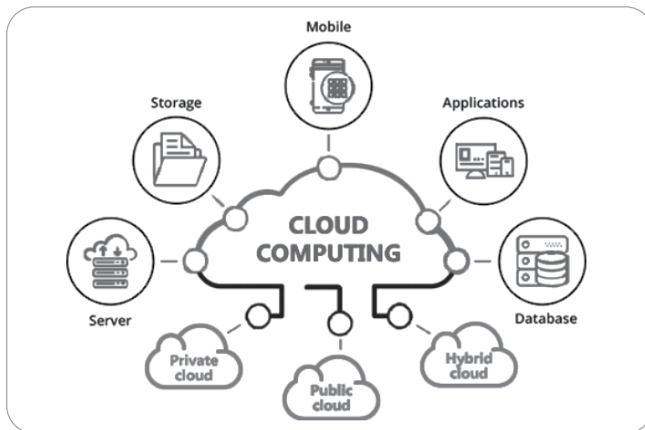
B.C.A. II
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Cloud Computing



Cloud Computing is a general term for anything that involves delivering hosted services over the internet. These services are divided into three main categories or types of cloud computing: Infrastructure as a Service (IaaS), Platform as a Service (PaaS) and Software as a Service (SaaS).

A cloud can be private or public. **A public** cloud sells service to anyone on the internet. **A private** cloud is a proprietary network or a data center that supplies hosted services to a limited number of people, with



certain access and permissions settings. Private or public, the goal of cloud computing is to provide easy, scalable access to computing resources and IT services.

Cloud infrastructure involves the hardware and software components required for proper implementation of a cloud computing model. Cloud computing can also

be thought of as utility computing or on-demand computing.

Types of Cloud Computing Services

Cloud computing can be separated into three general service delivery categories or forms of cloud computing:

- 1. IaaS:** IaaS providers, such as Amazon Web Services (AWS), supply a virtual server instance and storage, as well as application programming interfaces (APIs) that let users migrate workloads to a virtual machine (VM). The IaaS cloud model is closest to a remote data center for business users.
- 2. PaaS:** In the PaaS model, cloud providers host development tools on their infrastructure.
- 3. SaaS:** SaaS is a distribution model that delivers software applications over the internet; these applications are often called web services.

Some of the main characteristics of cloud computing are the following:

- # Self-service provisioning
- # Elasticity
- # Pay per use
- # Broad network access

Neelima

B.C.A. II

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Editorial Board

Editor-in-Chief



Ms. Sunit Bhandari

I am immensely pleased to go through the Wall Magazine 'Myriad' where students have showcased their artistic creativity at their best. It's really an excellent splashing of varied colourful thoughts on a blank canvas. We, at KVA DAV, encourage our students to embark on challenging journeys to stretch their innate potential and focus on their multifaceted growth. We provide stress free atmosphere for students to unleash their creativity, express & pen down their innermost thoughts, feelings and emotions besides their curricular engagements. Creativity opens our minds and helps in building well rounded and confident individuals. It sharpens our thinking, analytical and intellectual skills/properties. It's just like stirring a bubble in water and the results are amazing. Such motivation has led our blooming budding artists to come up with spontaneous overflow of their original ideas. The joint endeavours of our faculty & students have resulted in a stupendous artistic compilation 'Myriad'. I congratulate all of them and wish them good luck to rise and touch the heights of success in their lives.

Co-Editor



Ms. Kanwaljeet Viridi

The biggest source of motivation are your own thoughts, so think big and motivate yourself to win.

Co-Editor



Dr. Anju Narwal

Life is all about choices so choose wisely. Choose to be motivated, to excel and listen your inner voice.

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Dr. Sunita Salaria

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Geography



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Mathematics



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English



Ms. Sakshi Aneja

Computer



Dr. Kamlesh Chauhan

Commerce

RESTORING
OUR
EARTH!! 



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