

Wall Magazine

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Myriad

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KVA DAV COLLEGE FOR WOMEN, KARNAL

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Principal's Message



Dear Readers

Welcome back to MYRIAD – the creative rainbow of KVADAVians!

The distinguished scientist Albert Einstein once said “The true sign of intelligence is not knowledge but imagination”. MYRIAD is an attempt to foster this faculty of imagination in our young and vibrant students.

I feel immensely proud to see this new edition. It is the outcome of dedicated and concerted efforts that have stood strong despite the challenges posed by the COVID times. This part of human history shall remain a testimony to the sheer power of perseverance exhibited by the mankind. As academicians, we too have faced this unprecedented situation without letting an iota of doubt shake our belief. The students have contributed equally in fighting this challenge by learning advanced skills to survive amid the scenario of online learning. MYRIAD stands as an example of our collective determination to keep moving regardless of trials and tribulations. My heartiest congratulations to the entire team that has compiled such remarkable texts that are both enjoyable and informative. A special word of appreciation to all those who have contributed articles. Well done! I am sure that more students will get inspired and come forth next time outpouring their imaginative creations.

Wishing each one of you a safe and healthy future-


Principal



English Section



Teacher Editor

Ms. Shivangi

Student Editor

Ms. Tanya (B.A. III)

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Women Empowerment



Power... I feel is synonymous to women.

Remember the iron lady, the first ever woman Prime Minister of India –'Smt. Indira Gandhi'!

Remember the lady who gave her life for the countrymen–'Neerja Bhanot'!

Remember 'Bachendri Pal', who was the first woman to climb Mount Everest!

And how can I forget to mention 'Kiran Bedi', who brought immense laurels to the nation!

Namaskar to everybody who is reading this article.

हिमालयम् समर्वयम यावदेंदू ॥

Moving from the Himalayas to the Indian Ocean, the country India has given birth to the most valiant women in the world. I would be taking almost the whole day if I begin to mention them. But merely exemplifying the power of women would certainly not be fruitful. What we have as a burning question of the day is to ascertain the power of women and when I say this I mean, giving women a platform to exhibit their abilities. Because, we know water cannot be converted into electricity without bringing it to the hydraulic plant. Similarly, without giving women a room for development, how can we expect them to show their strength? Now, many of you would question how can we do so. In my viewpoint, this has two approaches: First, we need to incentivize women to come up and secondly, we have to ensure that women grow freely without any restrictions.

Let's first talk about approach number one. Ladies and gentlemen, I know raising awareness is important but only making people aware is definitely not enough. We should come up with some really effective policy measures to educate our girls along with the society, only then the utmost power of women will be put in the right place. Boys and girls should be put on parallel tracks rather than being patriarchs or feminists and by saying so I do not mean to disrespect the feminists out there. Now, how can this goal of parallelism and educating the society plus women be achieved? It's really needed that we have a very special scheme which calls for every strata of society to handover books to their girls. Next, I feel that the exorbitant talents like *Mehndi*, embroidery, stitching, knitting, etc. and the foremost cooking should be recognized at all the tiers of government and certainly not be looked down upon. There should be enough of competitions organized

by the governments which would prompt the family members to send their girls, no wrong if only for the sake of earning a prize.

And these events should be especially for girls so that people with a narrow mindset would not restrain their girls from moving out. In the long run, this would make many sections realize the potential their women have and they will surely be moving towards educating their girls along with boys in co-ed schools, looking at the competitive skills they have and how this competition can prove to be beneficial for their families.

Coming to the approach number two. I am really bold enough to say that there are many men in our country who hold back women from reaching the pinnacles of success. This is the strongest barrier which needs to be broken. I vehemently believe that this can only be done by providing one-third reservation to women in the Central and the State parliaments. In the recently organized National Youth Parliament, it was evident that women outnumbered men in the contest and came up with their set of ideas and measures. We Indians have always been praising our women because of the managerial skills they have to run the households, so if they can channelize the finances of the entire house, I surely believe they will be having extremely good policies for the overall development of the nation. It is high time now that we stop suppressing so many voices in the 'CHAARDIWAR!' of our houses and let them come forth in the 'foreground'. Another way to fulfil this approach is to give women a safer environment to live in. I am all in praise for various apps like the "Durga Shakti app" and "Nirbhaya app" to protect women. Also, my dear women, I believe charity begins at home. So, you the brave women should yourselves be strong enough to fight with almost everything that comes in your way. Rise Women and make everyone quiet who calls you weak. Here I remember a quote -:

संबोधन में अपमान नारी को स्वीकार नहीं

सबला....को अबला कहने का अब किसी को भी अधिकार नहीं,
अब किसी को भी अधिकार नहीं।

I agree that women have to face enormous hardships but diamonds are born under pressure only. Struggle is long, there is a need to wage a long battle too. But remember, women have it in them to rise and succeed.

The ones who can create history.

The ones who can reach space.



The ones who can drive the whole nation,
The ones who can wear high heels for hours without
uttering even a word,
They can fight with everything without needing a sword !!!!!

I would like to end up by saying that:
नारी चाहे तो सरस्वती, चाहे तो बन सकती है दुर्गा।
द्रोपदी बन संभाल सकती है संसद,
तो देश का सर उठा सकती है बन के सुषमा।

कोहरा कर देता है हर चीज को धुंधला,
कोहरा तो कर देता है हर चीज को धुंधला,
आंखों से पहचान नारी की ताकत,
उतार कर अपना चश्मा॥

Anu Sharma

B.A. I

12020200160

Importance of Self-discipline

Self-discipline is the key to success in life. You cannot succeed in life without it. Successful people will always suggest you to stay disciplined in life. But the question arises as to why self-discipline is important for success in life. Self-discipline helps you to become unstoppable force of energy to reach the greatest level in your life. If you want to become successful in life, the first thing you need to do is discipline yourself. Self-discipline inculcates good habits in a person. Habits can make you or break you. Excellence in life is not achieved in a day. It is a continuous process. Successful people have a disciplined lifestyle and they remain committed to their goals, no matter what. Self discipline is the key to success in life. You cannot succeed in life without it. Successful people will always suggest you to stay disciplined. But the question is "why self-discipline is important for success in life"? Self-discipline helps you to become an unstoppable force of energy to reach the greatest level in your life. If you want to become successful in life, the first thing you need to do is discipline yourself. You will find a lot of different explanations on what it means to have discipline. It's something unique to the person and depends on one's goals, and what they are trying to achieve. However, despite our different goals, one

thing is for sure — if you want to turn them into accomplishments you have to follow certain rules. Whether this means waking up early in the morning and doing your most difficult tasks first, or checking out everything on your to-do list, you need to be disciplined and follow your own rules so that you can finish everything. This trait can be useful in all spheres in our life and it's often underestimated by a lot of people. At first, it won't be easy. But as time goes by, and the more you do something, it becomes a routine that is much easier to follow. Everything you do in your life is based on choices. Your attitude is a choice, how you treat others is a choice, how you treat yourself is a choice as well. Even happiness is a choice or at least the result of the choices you make. So, discipline is no different than the other aspects of your life. It's a choice as well, and it's one of the most important ones that you'll have to make in your life. With that being said, it's your decision what you will choose. It's your decision whether you will procrastinate and never progress in your life, or if you will be disciplined and follow through with your plans.



Chestha

B.A. I

12020200227

2020-21 Indian Farmers' Protest

The 2020–2021 Indian farmers' protest is an ongoing protest against three farm acts which were passed by the Parliament of India in September 2020.

Farmer unions and their representatives have demanded that the laws be repealed and have stated that they will not accept a compromise. The acts, often called the Farm Bills, have been described as "anti-farmer laws" by many farmer unions, and politicians from the opposition also say it would leave farmers at the "mercy of corporates".

The farmers have also demanded the creation of a Minimum Support Price (MSP) bill, to ensure that corporates cannot control the prices. The government, however, maintains that the laws will make it effortless for farmers to sell their produce directly to big buyers, and stated that the protests are based on misinformation. Soon after the acts were introduced, unions began holding local protests, mostly in Punjab. After two months of protests, farmer unions—notably



from Punjab and Haryana—began a movement named Dilhi Chalo, in which tens of thousands of farming union members marched towards the nation’s capital. The Indian government ordered the police and law enforcement of various states to attack the protesters using water cannons, batons, and tear gas to prevent the farmer unions from entering into Haryana first and then Delhi. On 26 November 2020, a nationwide general strike of 250 million people, as per trade unions claim, took place in support of the farmer unions. While a section of farmer unions have been protesting, the Indian Government claims some unions have come out in support of the farm laws. On 26 January, tens of thousands of the farmers protesting against the agricultural reforms held a farmer’s parade with a large convoy of tractors and drove into Delhi. The protesters deviated from the pre-sanctioned routes permitted by the Delhi Police. The tractor rally turned into a violent protest at certain points as the protesting farmers drove through the barricades and clashed with the police. Later protesters reached Red Fort and installed farmer union

flags and religious flags on the mast on the rampart of the Red Fort. Although they are being called the “farmer protests,” the collective protests by millions of Indians — cutting across religion, caste and income lines — is about much more than any agriculture legislation. It is a coming together of desperate people to resist being subjected by their government to increased economic vulnerability. The need for reforms is urgent, and farmers themselves would generally agree that change is sorely needed. Meanwhile, proponents of the new laws simply argue that the farmers and those supporting them are being misled by propagandists. That view not only insults the dignity of those risking their lives on the highways of Delhi; it also ignores the reality of the Indian economy. The situation as of now is really very volatile and we hope that a peaceful, amicable solution is soon reached out to this imbroglio.

Mannika

B.A. II

3195620038

Power of Peace

*Imagine a place where color doesn't matter,
No more black and white.
No more racism that just caused people to fight.
A place where everyone treats you with respect.
Where children never have to
experience abuse and neglect.
By picking them up, that's what it's all about,
We create a new world full of rainbows and sunshine.
By helping and supporting people who are in need.
We create a difference in the world.
And people are no more selfish, let there be no more
Greed.*

*When someone is without
resources, others will give.
So through this generosity, we all can live.
There will be no more violence, no more rage.
There will be no more hopes crushed in despair.
Resulting in no more Prisons.
And No more cages.
But only peace and everlasting peace.*



Muskan Mishra

B.A. I

120202000061

COVID-19 Pandemic: The Ogre of 2020

The coronavirus COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War Two. Since its emergence in Asia, the virus has spread to every continent except Antarctica. China had been the first country with a widespread outbreak in January, and South Korea, Iran and Italy followed suit in February with their own outbreaks. Soon, the virus was in all the continents and over 177 countries, and as of now, the United States has the highest number of confirmed cases

and, sadly, the most deaths. The virus was extremely contagious and resulted in death in the most vulnerable cases, particularly those older than 60 and those with underlying health conditions. The most critical cases led to an overwhelming number being admitted into the intensive care units of hospitals, leading to a concern that the virus would collapse the local health care systems.



We have now reached the tragic milestone of more than two million deaths, and the human family is suffering under an almost intolerable burden of loss.

"The climbing death toll is staggering, and we must work together to slow the spread of this virus," urged the UNDP Administrator Achim Steiner.

But the pandemic is much more than a health crisis, it's also an unprecedented socio-economic crisis. Stressing every one of the countries it touches, it has the potential to create devastating social, economic and political effects that will leave deep and long-standing scars. Every day, people are losing jobs and income, with no way of knowing when normality will return. Small island nations, heavily dependent on tourism, have empty hotels and deserted beaches. The World Bank projects a US\$110 billion decline in remittances this year, which could mean 800 million people will not be able to meet their basic needs.

Millions of enterprises face an existential threat. Informal economy workers are particularly vulnerable because the majority lack social protection and access to quality health care and have lost access to productive assets. Without the means to earn an income during lockdowns, many are unable to feed themselves and their families. For most, no income means no food, or, at best, less food and less nutritious food. The pandemic has been affecting the entire food system and has laid bare its fragility. Border closures, trade restrictions and confinement measures have been preventing farmers from accessing markets, including for buying inputs and selling their produce, and agricultural workers from harvesting crops, thus disrupting domestic and international food supply chains and reducing access to healthy, safe and diverse diets.

Countries dealing with existing humanitarian crises or emergencies are particularly exposed to the effects of

COVID-19. Responding swiftly to the pandemic, while ensuring that humanitarian and recovery assistance reaches those most in need, is critical.

The Coronavirus disease (COVID-19) has impacted every segment of life like commercial establishments, education, economy, religion, transport, tourism, employment, entertainment, food security, sports, etc. The outbreak is a major destabilizing threat to the global economy. Economist intelligence unit has forecast that markets will remain volatile until a clearer image emerges on the potential outcomes. Coronavirus fears have led to panic-buying of essentials across the world, including toilet paper, dried and instant noodles, bread, rice, vegetables, disinfectants, and rubbing alcohol. The outbreak has been blamed for several instances of supply shortages, stemming from globally increased equipment usage to fight the epidemic, panic-buying (which, in several places, led to empty shelves of grocery essentials) and disruption to the factory and logistic operations. The spread of panic-buying has been found to stem from the perceived threat, perceived scarcity, fear of the unknown, coping behavior, and socio-psychological factors (such as social influence and trust). The technology industry, in particular, has warned of delays to shipments of electronic goods. In conclusion, trade is being affected.

Now is the time for global solidarity and support, especially with the most vulnerable in our societies, particularly in the emerging and developing world. Only together can we overcome the intertwined health and social and economic impacts of the pandemic and prevent its escalation into a protracted humanitarian and food security catastrophe, with the potential loss of already achieved development gains.

Nitika

B.A. III

2314320178

Google : The antithesis of Libraries

"Librarians have always been among the most thoughtful and helpful people. They are teachers without a classroom. No library, no progress."

- William Scott (American author and actor)



Libraries are important cornerstones of a prosperous community. These reflect the diversity and character and the needs and expectations of a community. These are a unique and valuable resource. It is an important lifeline to the world. There are not only books in the libraries but also magazines, newspapers, DVDs, rare

manuscripts and much more. In other words, they are an all-encompassing source of information. But these days, except for reading books and gaining information, people are more dependent on the search engines like Google. We must not forget that web pages are ephemeral and not an authentic source of information.

On the other side, the content in the libraries is much more stable. It is true that google saves our time but we must not forget that the time spent in cooking your own meal is worth it rather than eating unhealthily and letting your body suffer. Famous English author, Neil Gaiman had rightly said, "Google can bring you back 100,000 answers, a librarian can bring you back the right one." In addition to this, internet search engines can search billions of web pages for keywords in seconds, but they cannot access propriety data. The library pays for access to database containing scholarly resources that cannot be found using Google. Internet search provides quick results but verifying the information can be time consuming. While the library sources have been pre-selected and evaluated by experts for quality and

usefulness., with internet research you have to figure out by yourself that what is right and what is not.

On the flip side of it, Google can be a great source when used in conjunction with the libraries. It can't stand on its own because not everything in Google is scholarly. It also takes the information out of context and does not show the real publications. Thus, we can say that library resources are carefully reviewed and chosen by the librarians for the things like reliability, relevance and value. The information found on Google does not go through a consistent review process. In the end, we must not forget what the famous fantasy author JK Rowling once said, "When in doubt, go to the library."

Sarika

B.A. III

2314320187

Online Teaching: Boons and Banes



One of the most often used terms after the coronavirus pandemic is the term "new normal." The new normal in education is the increased use of online learning tools. The COVID-19 pandemic has triggered new ways of learning. All around the world, educational institutions are looking toward online learning platforms to continue with the process of educating students. The new normal now is a transformed concept of education with online learning at the core of this transformation. Today, digital learning has emerged as a necessary resource for students and schools all over the world. For many educational institutes, this is an entirely new way of education that they have had to adopt. Online learning is now applicable not just to academics but it also extends to extracurricular activities meant for students as well. In recent months, the demand for online learning has risen significantly, and it will continue doing so in the future.

As with most teaching methods, online learning also has its own set of positives and negatives. Online learning offers teachers an efficient way to deliver lessons to students. Online learning has a number of tools such as videos, PDFs, podcasts, and teachers can use all these tools as part of their lesson plans. By extending the lesson plan beyond traditional textbooks to include online resources, teachers are able to become more efficient educators. Another advantage of online education is that it allows students to attend classes from any location of their choice. It also allows schools to reach out to a more extensive network of students, instead of being restricted by geographical boundaries. Additionally, online lectures can be recorded, archived, and shared for future reference. This allows students to access the learning material at a time of their comfort. Thus, online learning offers students the accessibility of time and place in education. Another advantage of online learning is reduced financial costs. Online education is far more affordable as compared to physical learning. This is because online learning eliminates the cost points of student transportation, student meals, and most importantly, real estate. Additionally, all the course or study material is available online, thus creating a paperless learning environment which is more affordable, while also being beneficial to the environment. Since online classes can be taken from home or location of your choice, there are fewer chances of students missing out on lessons. The online learning



system, with its range of options and resources, can be personalized in many ways. It is the best way to create a perfect learning environment suited to the needs of each student. The biggest disadvantage of online learning is the constant use of gadgets and mobile phones. Increase in screen time is adversely impacting the eyesight and mental health of the students. Apart from this, there is a sense of isolation amongst students as they have no outside interaction with their peers and classmates which is vital for their overall development. There are no group discussions and exchanging notes with one's classmates which was an integral part of

college bonding. But the biggest downside is a decrease in outdoor activity by the students which played a pertinent role in enhancing their physical health.

In conclusion, online learning should be seen as a complement and extension of classical forms of learning. Not even the best online course can fully replace the personal contact with a teacher, or the human relationships that develop in a group. So, traditional classes shouldn't be replaced with online learning.

Sheetal

B.A. I

120202002119

Binge-watching Netflix and Amazon Prime: An Addiction among Youth



With the changing times, the medium and methods of consuming virtual data has also seen a drastic change, going from scheduled television programs which were limited by accessibility to easily available repositories of seasons of shows accessible almost anywhere anytime by the viewers. This change was seen in the positive light initially, before discovering the hidden negative facets of 'binge-viewing' digital media content by the individual consumers. Binge-watching refers to the consumption of episodes one after the other in order to curb curiosity or just as an impulsive behaviour trait.

Such behaviour of binge-watching shows the addiction of viewers to virtual content that often leads to disturbances in their personal life whether it's displaying anti-social behaviors, increased emotional sensitivity or disrupted sleep-cycles leading to various health issues amongst the bingers, usually youth. Youth of today is highly dependent on electronic devices for simple execution of basic chores, right from using calculators to designing art virtually, which ensures having their devices with them always. This overdependence on devices makes it easier for them to fall prey to binge-watching and spiraling into the addiction of daily watching virtual content, whether online or offline. This becomes similar to any addictive behaviour, which may result in the viewers feeling worse later but continuing despite that due to being able to escape reality for quite awhile. As of now, only a little is known about the consequences of watching series that may reach

"binge-watching" or maybe "addiction" levels. However, one may anticipate whether binge watching could upturn into something like another behavioral addiction. But is there any robust attempt to define binge-watching or to assess its severity or its effects on mental health? Although infrequent media reports on binge-watching definitely mention its effects on mental health and highlight it as yet another emerging clinical condition, has the time really come to qualify or consider such behaviors under the rubric of behavioral addictions? The existing literature provides some insights into this emerging phenomenon, and findings suggest that binge-watching may affect mental health. As of now, it is more related to features such as fatigability, poor quality of sleep, insomnia, and some mood disturbance.

Interestingly, binge-watching also occurs to "catch-up" existing episodes of a series and watch new episodes as soon as they are premiered. Fear of missing out (FoMo) is a pervasive apprehension that others might be having rewarding experiences (in this case, online series) from which one is absent/missing. Such a fear or anxiety of losing an updated episode may also compel binge-watchers to check Internet-enabled devices constantly.

The act of binge watching offers us a temporary escape from our day-to-day grind, which can act as a helpful stress management tool, says Dr. John Mayer, PhD, a clinical psychologist at Doctor On Demand. "We are all bombarded with stress from everyday living, and with the nature of today's world where information



floods us constantly," Dr. Mayer says. "It is hard to shut our minds down and tune out the stress and pressures. A binge can work like a steel door that blocks our brains from thinking about those constant stressors that force themselves into our thoughts. Binge watching can set up a great boundary where troubles are kept at bay."

In the end, it can be said that the addiction of web series is great and we have to break the cycle by picking up a healthy hobby like reading or some sport.

Shivani

B.A. I

12020200048

A True Friend – Who Never Leaves You

*You always acknowledge when I call
And encourage me up if I should fall,
But you never grumble at all,
My true friend.*

*You confront me when I am wrong
But will never scold me for long,
Instead, you try to keep me strong,
My true friend.*

*You know the crazy things to say,
To make me chuckle my fears away.
Like the sun, you illuminate my day,
My true friend.*

*You always perceive what I need,
And offer it before I plead.*

*Just like a book, my mind you read,
My true friend.*

*You value little things I do,
But won't brag of what you do too.
How can I ever pay back you,
My true friend?*

*And greatest of all I have found,
When times are tough and I'm down,
You are the one who sticks around,
My true friend.*



Vanshika Mudgil

B.A. I

120202002037

हिन्दी विभाग

प्राध्यापिका सम्पादक
डॉ. सुनीता सलारिया

छात्रा सम्पादक
सारिका (बी.ए. तृतीय)

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मेरा प्रतिबिम्ब



बात कभी हमारे बीच हुई नहीं,
पर अगर मैं मुस्कुराऊँ,
वह भी मेरी ओर देखकर,
मुस्कुरा देता है।

भूल से भी मैं
दुखी नजर आऊँ,
वह भी उदास हो जाता है।

मैं लम्बे-लम्बे वाक्य कहती,
थक जाती हूँ।

और वह...
वह संसार का सारा धैर्य,
खुद में समेटे
सुनता जाता है।

मेरी समस्याओं के हल
उसके पास बेशक न हों,
पर उसके चेहरे पर
बिखरी सच्चाई,
हर मुश्किल आसान कर देती है।
निरंतर प्रयासों के बावजूद
जो कविताएँ याद न हुई,
उसने, उन्हें याद होने तक सुना है।
मेरे बात करने का ढंग हो

या लोगों से अपना कहा मनवाने की तरकीब,
उसके बिना सब असम्भव था।
जीवन के सभी छोटे-बड़े निर्णय
उसके बिना लेना भी
कहाँ सम्भव था?
उससे नजरें चुराना
मेरी गलती होने का अहसास है।
और क्रोध का आँखों के रास्ते बह जाना,
क्षमा-याचना का तरीका।
भीड़ में हाथ छूट जाते हैं।
और मुश्किलों में साथ
पर वह
कभी मुझसे पीठ नहीं मोड़ता,
मेरी नादानियों पर नहीं हंसता।
मेरा हँसने से हंसता,
रोने से रोता है।
तुम सबके छोड़ जाने के बाद,
वही मेरे साथ होता है।
मेरा सखा, मेरी अंतरात्मा की आवाज
प्रोत्साहन का स्रोत वह...
वह मेरा प्रतिबिम्ब है।

सारिका
बी.ए. तृतीय वर्ष
2314320187

नकल



"कल तुम सारा दिन खेलते रहे, पढ़ने को कहा तो पढ़ा नहीं। आज साप्ताहिक परीक्षा में क्या लिखकर आओगे?" बेटे को स्कूल भेजते हुए बेबसी भरे स्वर में आभा ने कहा। आखिर इकलौता बेटा है उसका- आलोक। कुछ माह पूर्व ही पिता का हाथ सिर से उठ गया था। अधिकतम समय खेलता ही रहता, पढ़ता तो बिलकुल नहीं। आभा भी ज्यादा कुछ न कह पाती। परन्तु अगर पढ़ेगा नहीं, तो करेगा क्या? वह भी कब तक संभाल पाएगी उसे। पर आलोक उसकी सुनता ही कहाँ है?

अपने जीवन का एक दशक पूरा कर चुका आलोक पाँचवी कक्षा में पढ़ता है। सारा दिन पढ़ाई के बच्चों के साथ व्यर्थ कर देता है। पढ़ना तो जैसे उसे भाता ही नहीं। आज कक्षा में अध्यापक के प्रवेश करते ही दो चमकते चक्षु जैसे परीक्षा रद्द होने की प्रतीक्षा कर रहे हैं। पर वह जानता है कि यह उसकी कल्पना मात्र है। एक बार को सूर्य पश्चिम से उदय हो सकता है परन्तु परीक्षा तो होकर ही रहेगी।

उसे माँ का व्यथित चेहरा नजर आ रहा है। कितनी बार कहा था उन्होंने उसे कि पढ़ ले पर उसने सुना ही कहाँ। अब घर जाएगा,

तो माँ से क्या कहेगा? वह बहुत डांटेगी। जैसे-जैसे अध्यापक पेपर बांटता हुआ उसके करीब आ रहा था वैसे ही उसके दिल की धड़कन तेज हो रही थी। ऐसा लग रहा था कि पास बैठा राजन भी उसकी धड़कन सुन पा रहा होगा। अध्यापक ने पेपर उसकी ओर बढ़ाया और आगे बढ़ गए। पेपर हाथ में लेते ही उसकी धड़कन एकदम थम गई। वह सुन्न पड़ गया। कागज पर लिखे सवाल मानो उसे चिढ़ा रहे हो। अब वह क्या करेगा? अध्यापक उसे बुरा-भला कहेंगे, माँ को बुलाएंगे सो अलग। पूरा वर्ष अब उसे ताने झेलने पड़ेंगे। विचारों से बाहर निकलकर उसने पाया कि अध्यापक की नज़र उस पर ही है। वह तुरंत लिखने का अभिनय करने लगा, और वह कर भी क्या सकता है?

तीन दिनों बाद अगली परीक्षा है। अबके वह पूरा मन लगाकर पढ़ेगा, पर आज की परीक्षा का क्या? वह दुबारा विचारों की बाढ़ में डूब रहा है। एकाएक वह राजन की ओर देखने लगा। उसने देखा कि राजन को कह दे कि उसे भी दिखाए, नहीं तो वह अध्यापक को बता देगा। राजन भी उसी की ओर देख रहा था। शायद राजन ने

उसके मन की बात भांप ली थी, तभी तो वह अपनी नजरें उसकी ओर झुकाए था ताकि वह देख सके।

उसने लिखने को अपना हाथ बढ़ाया ही था कि पाया, वह अपनी कुर्सी के अंदर धस चुका है। वह कुछ भी नहीं लिख पा रहा है। उसकी आँखों के सामने उसके पापा खड़े हैं, उन्होंने उसके सूखे गाल पर जोरदार तमाचा जड़कर कहा था कि खेल में बेईमानी कर के पाई गई जीत का कोई लाभ नहीं है। उसे याद आ रहा है कि इस घटना के बाद सभी बच्चों ने उसका मजाक बनाया था। उसे पापा पर बहुत गुस्सा आया था, कई दिनों तक बात भी नहीं की थी उसने उन से।

परन्तु आज उसे एकाएक यह सब क्यों याद आ रहा है? वह इस विचार-प्रवाह से निजात पाना चाहता है परन्तु समय-समाप्ति की घोषणा कर दी गई है अध्यापक ने उत्तर-पुस्तिका उसके हाथ से ली और अपनी गुस्से भरी तीखी नजर उस पर डाली। फिर अपना सिर

हिलाकर इस प्रकार लम्बा सांस लिया मानो कह रहा हो कि तुम्हारा कुछ नहीं हो सकता।

कक्षा से बाहर जाते समय राघव बाकी छात्रों को अपने द्वारा किए गए बहादुरी के कारनामे पर इतराता हुआ कह ही गया, "... और इस आलोक से तो नकल भी न की गई। बेवकूफ कहीं का।" बाकी सभी छात्र हँसने लगे। आलोक कुछ कहना चाहता था परन्तु उसके भीतर की कोई ताकत उसे पकड़े हुए थी। वह अंदर ही अंदर संतुष्ट था। आज उसने नकल जो की थी। बेशक, परीक्षा में नहीं परन्तु अपने पिता के सिद्धांतों की।

सारिका
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2314320187

भ्रष्टाचार

वो पढ़ना चाहती थी, वो उड़ना चाहती थी
आसमां की ऊँचाईयों को, शायद वो छूना चाहती थी
ख्वाब बुने थे इन्द्रधनुष से, उस गरीब मजदूर की बेटी ने
सरकारी स्कूल में पढ़ती थी और जीवन की कठिनाईयों से भी
लड़ती थी
खूब मन लगाकर पढ़ती थी और मेहनत भी जी-तोड़ करती थी
पर गणित के शिक्षक थे उनके बड़े महाशय
पूरा वर्ष कक्षा में जाने के लिए दिखाया आलस्य
और आई जब बोर्ड परीक्षाओं की बारी
तब जब वो करने लगे अपनी भारी
घर पर ट्यूशन वो पढ़ाने लगे
दिन-रात गणित के सूत्र रटवाने लगे
पर वो बेचारी गरीबी की मारी...
ट्यूशन का खर्च न उठा पाई
और गणित में अनुत्तीर्ण हो आई
दादी ने विद्यालय जाना छुड़वा दिया
माँ ने हल्दी तेल चढ़ा दिया

पिता ने भी उठाकर डोली उसकी
फर्ज़ अपना बखूबी निभा दिया
सपने सारे उसके बिखरते रहे
जिंदगी के अँधेरे उसको घेरते रहे
वो रोती है और कोसती है अपनी किस्मत को
और मैं कोसती हूँ समाज को, भ्रष्टाचार को....
आज जब संभालकर रखती है वो अपने बच्चों की किताबें
तो याद आती है मुझे वो बात,
हर वो औरत जो पढ़ नहीं पाती
बड़े करीने से सजाकर रखती है अपने बच्चों की किताब
बिलकुल अपने सपनों की तरह...
* यह किताब मेर स्व: रचित कविता है और जिन्दगी के एक
किरदार की आपबीती पर आधारित है।

ऋचा त्यागी
बी.एससी. तृतीय वर्ष
228582006

बचपन

एक बचपन का जमाना था,
जिस में खुशियों का खजाना था।
चाहत चाँद को पाने की थी,
पर दिल तितली का दीवाना था।
खबर ना थी कुछ सुबह की,
ना शाम का ठिकाना था।
थक कर आना स्कूल से,
पर खेलने भी जाना था।

माँ की कहानी थी,
परियों का फसाना था।
बारिश में कागज की नाव थी,
हर मौसम सुहाना था।



नीतिका
बी.ए. तृतीय वर्ष
2314320178

नारी अबला नहीं सबला है

नारी! तुम केवल श्रद्धा हो
विश्वास रजत नग-पल 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 आरम्भ से ही नारी की महिमा अक्षुण्ण है। नारी सृजन की पूर्णता है, उसके बिना मानवता के विकास की कल्पना असम्भव 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 उसकी 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 अहम 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, सान्या मिर्जा, पी.वी. सिन्धु जैसी अनेक महिलाओं ने अपनी प्रतिभा से पुरुषों को भी चकित कर

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

किसमें जूरत है कि मेरी परवाज में कोताही में परों से नहीं, हौसलों से उड़ती हूँ।

आज जीवन के समस्त क्षेत्रों में स्त्रियों ने पर्दापण कर लिया है तथा देश का भाग्य बदलने में सहायक है। नारी अपने परिवार के लिए सदैव कुछ करने को आगे रहती है। उसके अंदर सबल और सामर्थ्य है। वह अबला नहीं सबला है। वह दीन-हीन अपितु शक्ति का अक्षय स्रोत है। वही दुर्गा 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. प्रथम वर्ष
190

भाई की याद

जब भी मुझे कोई दूर सताता है।
जब भी मुझे कोई दूर सताता है।
एक ही चेहरा नजर आता है। जो रहता था साए की तरह साथ मेरे
आज वो भाई मुझे याद आता है॥

याद आते हैं मुझको वो स्कूल के दिन, जब शैतानियाँ
उसकी होती थी और माँ हमेशा मुझे ही डांटती थी
गुस्से से लाल जब मैं उसे बुलाती थी कि रूक अब तेरी खैर नहीं
आज माँ, पापा के हाथों से तुझे नहीं पिटवाया तो मैं तेरी बहन नहीं॥

ऐसा सुनते ही अचानक मुझे रोककर 'Sorry' बोलता था,
जिसमें एक बच्चा नजर आता था, आज वो मुझे याद आता है।
हमेशा जो अपने स्कूल का होमवर्क तक मुझसे करवाता था,
न जाने इतना बड़ा कब हो गया कि मेरी गलतियों पर मुझे
समझाया करता था॥

आज वो भाई मुझे याद आता है॥

घर से लेकर स्कूल तक मेरे साथ चलता था, कोई डाल न
दे मुझपे गलत

नजर इस बात का भी पूरा ख्याल रखता था। पर न तो अब वो
होमवर्क करवाता है।

न ही मेरे साथ चलता है। क्योंकि पता नहीं कहाँ गया है
अब वह न जाने किसी और ही दुनिया में रह गया है अब वह बस
अक्सर चाँद, तारों में ही नजर आता है।

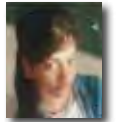
आज वो भाई मुझे याद आता है।

आज वो भाई मुझे याद आता है।

जब भी कोई दूर सताता मुझे, जो रहता था साए की तरह हमेशा
साथ मेरे,

आज वो भाई मुझे याद आता है।

आज वो भाई मुझे याद आता है।



आक्षी
बी.ए. द्वितीय वर्ष
3195620087

गिरना भी अच्छा है।

गिरना भी अच्छा है,
औकात का पता चलता है।
बढ़ते हैं जब हाथ उठाने को,
अपनों का पता चलता है।

जिन्हें गुस्सा आता है,
वो लोग सच्चे होते हैं।
मैंने झूठों को अक्सर,
मुस्कुराते हुए देखा है।

सीख रही हूँ मैं भी,
मनुष्यों को पढ़ने का हुनर,
सुना है, चेहरे पर,
किताबों से ज्यादा लिखा होता है।



काजल
बी.ए. तृतीय वर्ष
2314320153

बेटियाँ

जिन्दगी जाने क्यों थम-सी जाती है...
जब भी किसी बेटे की चीख सुनने आती है।
इतनी बेरहमी से दरिंदो द्वारा दरिंदगी की जाती है।
कुछ कर नहीं पाती सरकार दोषी बेटे ही ठहरा दी जाती है।
है दोषी उतना ही ये समाज जितने कि वो दरिंदे है।
बेरहमी से मारी जाने वाली इन बेटियों से अच्छे हो तो वो आजाद
परिंदे हैं।

हो जाता है जब कोई हादसा सड़कों पर माँबत्तियां
जलाने का ढोंग किया जाता है।
बीच सड़क पर जला दो उन दरिंदो को फिर देखो इतना साहस
कहाँ से आता है।



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प्रकृति

हरे-हरे खेतों में
बरस रही हैं बूँदे
खुशी-खुशी से आया सावन
भर गया मेरा आँगन।

ऐसा लग रहा है जैसे
मन की कलियाँ खिल गईं वैसे
ऐसा कि आया बसंत
लेके फूलों का जश्र॥

धूप से प्यासी मेरे तन को
बूँदो ने दी ऐसी अंगड़ाई

कूद पड़ा मेरा तन मन
लगता है मैं हूँ एक दामन॥

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



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जीवन को भरपूर जियो

दोस्तों आज के समाज में कुछ ऐसा हाल हो गया है हम लोगों का,
कि इंसान अपनी आत्मा की आवाज न सुनकर, अपनी हर इच्छा
को दबाकर रात-दिन पैसा जोड़ता है। वह सोचता है कि आने वाले
समय में वह इस पैसे से ऐश और आराम करेगा। इसी चक्कर में
इंसान ना जाने कितनी तकलीफें देखता है? न जाने कितने सपनों
को अधूरा छोड़ देता है? कितने लोगों के दिल दुखाता है। लेकिन
अंत में इंसान की जब आँखें खुलती है तो वह इस लायक ही नहीं
रहता कि इस जोड़े हुए धन से सुख-सुविधाएं प्राप्त कर सके।

फिर दोस्तों, ऐसे धन-संचय का क्या लाभ? वैसे भी इस संसार
में ऐसा कोई धनी नहीं जो बीते-हुए समय को खरीद सके। समय
और जीवन अमूल्य है, कीमती है, मैं यह एक कहानी के माध्यम
से बताना चाहूँगी।

एक बार एक जंगल में कोको नाम की ईमानदार और मेहनती
गिलहरी रहती थी। जंगल के राजा शेरसिंह के यहाँ कोको नौकरी
करती थी। शेरसिंह ने उसे दस बौरी अखरोट देने का वायदा किया
था। इसलिए कोको पूरी लगन और मेहनत से काम करती थी।

कभी-कभी तो वह बहुत ज्यादा काम करती थी। उसे खुशी थी कि जब उसका मालिक उसे दस बौरी अखरोट देगा तो वह सारी जिन्दगी मजे से खाएगी। उसकी सारी मित्र गिलहरियाँ काम करते-करते खूब मस्ती करती, खेलती। कोको का भी बहुत मन करता पर अखरोट का ध्यान आते ही वह लालचवश फिर से काम में लग जाती।

समय का चक्र अपनी गति से चलता रहा और वह समय भी आ गया जब शेर सिंह ने दस बौरी अखरोट देकर कोको गिलहरी को आजाद कर दिया। कोको खुशी-खुशी अखरोट लेकर अपने घर आ गई अचानक उसे ख्याल आया कि उसके दांत तो अब पूरी तरह

घिस चुके हैं। अब ये अखरोट उसके किस काम के? उसकी आँखों में आंसू निकल आये, जो रूकने का नाम नहीं ले रहे थे।

मित्रों, मुझे उम्मीद है आप अपनी इस छोटी-सी जिन्दगी का आनन्द लेंगे और पैसे के पीछे न भागकर भलाई रुपी धन का संचय करेंगे और अपना जीवन खुशी भरपूर जियेंगे।

विनिता
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नन्ही गुड़िया

पापा, पापा मैं आपकी नन्ही गुड़िया,
मैं करती हूँ आपसे बहुत प्यार,
यूँ ना मारो मेरे अरमान,
पापा, पापा मैं आपकी नन्ही गुड़िया।

जब तक न आओ आप घर पर,
मैं करती हूँ आपका इंतजार दरवाजे पर,
पापा, पापा मैं आपकी नन्हीं गुड़िया।

मुझे न समझो आप बोझ खुद पर,
मैं दिखाऊंगी दुनिया को आपका नाम रोशन कर,
मैं आपके कंधों का बोझ हल्का करूंगी,
पापा, पापा मैं आपकी नन्हीं गुड़िया।

मैं करती हूँ आपसे बहुत प्यार,

मैं न करूंगी कभी भी आपका अपमान,
मैं बेटी हूँ आपकी नन्ही सी, छोटी सी,
मैं आपके आँगन की चहल-पहल हूँ,
नहीं कर सकती मेरे प्यार की बराबरी,
कोई भी ताकत दुनिया की,
पापा आप मेरी धड़कन, दुनिया,
पापा, पापा मैं आपकी नन्हीं गुड़िया,
यूँ ना मारो मेरे अरमान।



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वो थे पापा

जब मम्मी डांट रही थी तो कोई चुपके से हंसा रहा था,
वो थे पापा...

जब मैं तो सो रही थी तो कोई सिर पर हाथ फिरा रहा था,
वो थे पापा...

जब मैं सुबह उठी तो कोई थक कर भी काम पर जा रहा था,
वो थे पापा...

खुद खड़ी धूप में रह कर कोई मुझे ए.सी. में सुला रहा था,
वो थे पापा...

सपने तो मेरे थे पर उन्हें पूरा करने का रास्ता कोई और बताए जा रहा था, वो थे पापा...

मैं तो सिर्फ अपनी खुशियों में हंसती हूँ पर मेरी खुशी देखकर कोई और अपने गम भुलाए जा रहा,
वो थे पापा...

खुश तो मुझे होना चाहिए कि वो मुझे मिले पर मेरे जन्म की खुशी कोई और मनाए जा रहा था,

वो थे पापा...

ये दुनिया पैसों से चलती है पर कोई और मेरे लिए पैसे कमाए जा रहा था, वो थे पापा...

घर में सब अपना प्यार दिखाते हैं, पर कोई और बिना बताए इतना प्यार किये जा रहा था, वो थे पापा...

मैं तो नौकरी के लिए घर से बाहर जाने के लिए दुखी थी पर मुझसे भी अधिक आंसू कोई और बहाए जा रहा था,
वो थे पापा...

मैं तो बेटी शब्द को सार्थक बना सकूँ या नहीं पता नहीं पर कोई बिना स्वार्थ के अपने पिता शब्द को सार्थक बनाए जा रहा था,
वो थे पापा...

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दहेज प्रथा

ऐ दहेज लेने वालो, जरा संकोच तो करो
 तुम्हारी भी है बेटि, जरा सोच तो करो
 क्यों पीछे लगकर दहेज के बहाने जलाते हो
 इंसानियत को छोड़कर हैवानियत को अपनाते हो
 माया रंगीली ने बेहोश किया जरा होश तो करो
 ऐ दहेज लेने वालो जरा संकोच तो करो
 क्यों उस बीमार आत्मा को तड़पाते हो
 क्यों पीछे लगकर मन के पाप कमाते हो
 ईश्वर ही देगा तुम्हें, सीधी निगाह से

सोच तो करो ऐ दहेज लेने वालो, जरा संकोच तो करो
 "मेहनत की कमाई करो,
 अगर धन ही कमाना है
 पाप मत कमाओ,
 सब छोड़कर ही जाना है"



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कोरोना संकट

कोरोना के समय में हुआ बुरा हाल है,
 लोगों को केवल बुखार और जुकाम है,
 कोरोना से हर कोई अनजान था,
 परन्तु फिर भी कुछ बातों का रखना ध्यान है।
 कोरोना काल में मिला ना खाना,
 न हुआ कहीं आना-जाना,
 राशन भी महंगा हुआ लाना,
 बन्द हुआ स्कूल, व्यापार और कारखाना।
 अम्बर में अब उड़ रहे,
 पंछी निर्भीक अविराम,
 गंगा भी तो निर्मल हो गई,
 सड़कों पर करते हैं शेर आराम।

तेरी वजह से कोरोना थम सी गई पढ़ाई,
 विद्यार्थियों के नुकसान पर तुझे दया नहीं आई,
 लाचार मनुज के अरमानों पर मत कर अत्याचार,
 नर्स, डॉक्टर कर रहे कोरोना का उपचार।
 मौत का तांडव छाया है, अंधियारा गहराया है,
 सोच रही है सारी सृष्टि क्या होगा अंजाम?
 क्या होगा अंजाम ए बन्दे?
 क्या होगा अंजाम।



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लड़के की तरह लड़की भी

लड़के की तरह लड़की भी, मुट्ठी बांध के पैदा होती है।
 लड़के की तरह लड़की भी, माँ की गोद में हंसती रोती है।
 करते शैतानियाँ दोनों एक जैसी
 करते मनमानियाँ दोनों एक जैसी॥
 दादा की छड़ी दादी का चश्मा तोड़ते हैं।
 दुल्हन के जैसे माँ का आँचल ओढ़ते हैं।
 भूख लगे तो रोते हैं, लोरी सुनकर सोते हैं।
 आती है दोनों की जवानी बनती है दोनों की कहानी।

दोनों कदम मिलकर चलते हैं।
 दोनों दीपक बनकर जलते हैं।
 लड़के की तरह लड़की भी नाम रोशन करती है।
 कुछ भी नहीं अंतर फिर क्यूँ जन्म से पहले मारी जाती है॥
 बेटियाँ, बेटियाँ, बेटियाँ...
 बेटियाँ, बेटियाँ, बेटियाँ...

प्रियंका
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 41

किसान

मायूस न हो धीरज न खो।
 तेरा वक्त भी आएगा।
 हकीकत हो या हादसा एक दिन गुजर जाएगा॥

दायरा ख्वाबों का तेरे हौसले बताएगा।
 मंजिल मिले ना मिले पर खुद को।
 हंसी लम्हों से सजी किताब सा पायेगा।



ना पूछ मंजिलों का पता।
हकीकत हो या हादसा एक दिन गुजर जाएगा॥
लहरों की सियासत के सामने घुटने टेक।
इस भंवर के जाल में साहिल नजर आएगा।
देखे है जो ख्वाब तूने, उनका सवेरा भी आएगा।

हकीकत हो या हादसा एक दिन गुजर जाएगा॥

सिमरन
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155

कोरोना

ओ कोरोना तू कहाँ से आया,
सब कुछ हो गया पराया-पराया!
तेरा आना किसी को ना भाया,
मम्मी बोले हाथ धोए!
घर से बाहर कहीं न जाए,
सखी सहेली सब भूल जाए!
कॉलेज की टीचर की याद सताए,
नानी का घर हैं बुलाए!
शोपिंग के लिए मन ललचाए,
बर्थडे फीका-फीका पड़ जाए!
ओ कोरोना तू बता हम छोटे-छोटे बच्चे अपना दिल कैसे बहलाए,

तेरा भय इतना सताए!
कोरोना तुझसे नहीं डरते हम,
हममे है तुझसे लड़ने का दम!
सोशल डिस्टेंसिंग निभाएंगे,
गुड सिटीजन बनकर दिखाएँगे!
सरकार के रूल्स अपनाएंगे,
घर में बैठकर तुझे हराएंगे!
और फिर अपना जीवन खुशहाल बनायेंगे!

प्रियंका
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41

बोली बेटी

रोटी बिलकती एक आवाज आई,
पापा ने कहा मेरे घर लक्ष्मी आई।
दादी को क्रोध आया,
बोली ये क्या हो गया?
मेरे मासूम बेटे पर बोझ पड़ गया।
देख बढ़ते हुए हाथों को,
बोली बेटी मजबूर होकर,
क्या माँ का दिल भी पत्थर होता है?
मुझे मारते हुए तेरा दिल नहीं रोता,

मैं अभिशाप नहीं वरदान हूँ,
मैं तो माँ-बाप का अभिमान हूँ।
इस संसार को चलाना है मुझे
फिर मारती क्यूं मुझे?
मातृत्व के भाव जगा लें,
करके मेरी हत्या
संसार की हत्या का दायित्व न लें।

आँचल
बी.ए. द्वितीय वर्ष



Social Science Section



Teacher Editor
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Student Editor
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Special Economic Zones (SEZs)



Special economic zones are specified notified geographic areas which enjoy special privileges in the form of tax concessions, less checks and controls, less formalities, better infrastructure, etc. For special economic zones, economic laws are made more liberal than economic laws applicable to non-SEZ-areas. Indian government has promoted SEZs to boost exports, to promote both domestic and foreign investment, to promote employment, etc.

The concept of SEZ originated in 1960 when world's first Export Processing Zone (EPZ) was set up in Ireland. However, it was in China that the SEZ- model became a large scale success. Gradually, other countries also adopted the concept of SEZ for promoting exports and attracting foreign investment. According to World Bank estimate, at present SEZs are operating in 120 nations. In India, before SEZs, Export Processing Zones (EPZs) were established. Asia's first EPZ was set up in Kandla in 1965 for promoting exports. Government has now converted EPZs into SEZs.

Features of SEZs

1. Special Economic Zones are governed by the provisions of Special Economic Zones Act, 2005.
2. SEZ developers provide all types of infrastructural facilities in the Special Economic Zones.
3. Various tax concessions are provided to SEZ units like income tax exemption, custom duty exemption etc.
4. SEZ units are provided various procedural facilities.
5. SEZ included both processing area and non processing area.
6. For SEZ units, labor laws are not rigid.
7. SEZs help to promote exports of the economy.
8. SEZs are developed to increase additional economic activity in the economy.

Neeru

B.A. III

2314320126

Mount Sikdar Not – Mount Everest



The height of the tallest mountain in the world 'Mount Everest' was recently measured again and was recorded by Nepal and China at 8848.86 metres. In 2019, for the joint announcement of height, an MoU was signed between China and Nepal, following which, both countries had sent expedition teams on the ground as part of the project.

However, for people who don't know, Mount Everest's height was first recorded by an Indian, Radhanath Sikdar. Unfortunately, his name is not that famous because the British Empire had hidden Sikdar's name and attributed the credits to Sir Andrew Scott Waugh, who was the director of Survey of India at the time.

The official assessment of the height of Mount Everest was first done by the Survey of India in the British Raj. In 1830, Sir George Everest became the director of Survey of India and he appointed Radhanath Sikdar, a mathematician from West Bengal, to the post of 'Computer' in the Survey of India in 1831.

In 1852, Sikdar then started the work of measuring 'Peak 15' (Mount Everest's name at that time). With the help

of a special device, Radhanath Sikdar recorded the height of 'Peak 15' at 8,839 meters.

Andrew Scott Waugh, the then director of Survey of India, examined Radhanath Sikdar's assessment for four years. Scott had also worked with Sir George Everest, former director of Survey of India and considered him his mentor. That is why he sent a proposal to rename 'Peak 15' mountain peak to 'Mount Everest' to the Royal Geographical Society of Britain. Notably, the name of Mount Everest on the border of Nepal and Tibet is Chomo Lungma in the Tibetan language and the people in Nepal know it as Sagar-Matha. The rest of the world, however, knows it as Mount Everest. Surprisingly, there are reports that claim that George Everest himself had never actually seen Mount Everest. The Himalayas stand as one of the youngest mountain ranges in the world, whose height is still increasing. According to reports, the height of Mount Everest increases by 4 millimeters every year. It means that its height increases by 16 inches in over 100 years.

Vanshika Mudgil

B.A. I

120202002037

How India Runs the Biggest Elections in the World



With over 900 million voters registered for India's general elections, the mechanics of the country's democracy are immense and well organized. At one level you can say that India's electoral system is simple. Representatives are elected from territorial constituencies on the 'First Past the Post' principle- get one more vote than anyone else and you win. Nothing fancy like Australia's preferential voting or New Zealand's mixed member proportional. But there is no gerrymandering. An independent Commission determines boundaries of constituencies based on the decennial census. Each of India's state and Union Territories is allocated seats in proportion to the population of the state.

Moreover, it is not the citizen's job to get themselves onto the election roll. Both the government and the Election Commission have a duty to ensure that every adult citizen is on the roll and make citizens aware of how and where to vote. Their aim is to ensure that all eligible but un-enrolled citizens in the states are duly registered in the Electoral Rolls. They are also working effectively to bring the polling booths closer to the citizens. Because of the vast organization this entails, national elections are staggered over a number of weeks. Voting also held in stages and no counting is done until the whole process is complete, but results are known within five or six hours once the counting begins.

Voting in the world's largest democracy is not so simple as it appears, it requires so much efforts and time of many workers, from the Chief Election Commissioner to the guard on the booth. Thus, it is the responsibility of every adult citizen of the country to cast their vote, and that too after analyzing the candidates on fair grounds.

Some Facts about Indian Elections

- ◆ The first Lok Sabha elections in 1952 cost around Rs 104.5 million, while the 2014 elections cost almost Rs 38.7 billion.
- ◆ The first Lok Sabha elections were contested for 489 seats. The number of constituencies was increased to 543 in 1977.
- ◆ The new voters have taken the total number of voters to 900 million of which around 15 million are in the age group of 18-19 years.
- ◆ When general elections are held simultaneously with Assembly Polls, the cost is shared by the Centre and the respective state governments on a 50:50 basis.
- ◆ In the Lok Sabha Elections, the None Of The Above or NOTA option was first used in 2014.

Sarika

B.A. III

2314320187

Interesting Psychological Facts About Music



Song Lyrics have a strong impact on the human mind when an individual is experiencing sadness. Background music can help extroverts focus but tend to torment introverts. The type of music we listen affects the way we perceive the world. Music can help deal with the anxiety and stress. Associated with having treatment for coronary heart disease, also high tempo music in fast food restaurants encourages faster knife and fork activities, leading to quicker table turnover.

Sad music is enjoyable more because it creates an interesting mix of emotions, some negative and some positive. People high in openness to experience were more likely to play a music instrument and likely to rate music as important to them. Music therapy has been used effectively in both adults and children. Music repairs brain damage and returns lost memories. The type of music we prefer relates to our personalities.

Researchers suggest that pop music lovers are hardworking, high self-esteem, less creative and more uneasy. Rock music fans tend to be creative but are often introverted and may suffer from low self-esteem. Rap lovers tend to be aggressive, high self-esteem and outgoing. People who prefer dance music are outgoing and assertive. Classical music lovers are introverted, creative and have a good sense of self-esteem. Lovers of indie genre are introverted, passive, anxious, creative and have low self-esteem.

Jazz, blues or soul music lovers tend to be extroverted and have high self-esteem. Listening to music may help people run faster and boost their motivation.

Top 10 Facts about Music

1. Listening to 5 to 10 songs a day can improve memory strength, immune system and reduce depression by 80%.

2. Flowers can grow faster by listening to music as music is able to speed up. The seed germination and enhance plant growth.
3. The types of music you listen to affect the way you perceive the world. So mind what you're listening to.
4. The world's most expensive musical instrument a Stradivarius violin was sold in 2011 for us \$15-g million currently exists in the Berlin musical instrument museum.
5. A song that gets stuck in your head is called an earworm and the way to remove it is to replace it with another one.
6. Rapper No clue is the world's fastest Rapper with 723 syllables in 51.27 second 14.1 syllables per second.
7. For every US\$1000 of music sold.
8. The average musician makes just US and \$23.40 means 2.34%.
9. Inzols Astronaut Chris Had Field released the first album of song's recorded entirely in space.
10. Music can help migration and chronic headache suffers reduce the intensity frequency and duration of the headaches.

Aakshi

B.A. II

3195620087

Sikkim



The kingdom of Sikkim was founded by Namgyal dynasty in the 17th century. It was ruled by Buddhist priest-kings known as the Chogyal. It became a princely state of British India in 1890. Following Indian independence, Sikkim continued its protectorate status with the union of India after 1947, and the Republic of India after 1950. It enjoyed the highest literacy rate and per capita income among Himalayan states. In 1973, anti-royalist riots took place in front of the Chogyal's palace. In 1975, after the Indian army took over the city of Gangtok, a referendum was held that led to the deposition of the monarchy and Sikkim joining India as its 22nd state.

Modern Sikkim is a multiethnic and multilingual Indian state. The official languages of the state are English, Nepali, Sikkimese and Lepcha. Additional official languages include Gurung, Limbu, Magar, Mukhia, Newari, Rai, Sherpa and Tamang for the purpose of preservation of culture and tradition in the state. English is taught in schools and used in government

documents. The predominant religions are Hinduism and Vajrayana Buddhism. Sikkim's economy is largely dependent on agriculture and tourism. As of 2014, the state had the third smallest GDP among Indian states, although it is also among the fastest growing.

Sikkim accounts for the largest share of cardamom production in India, and is the world's second largest producer of the spice after Guatemala. Sikkim achieved its ambition to convert its agriculture to fully organic between 2003 and 2016, became the first state in India to archive this distribution. It is also among India's most environmentally conscious states, having banned plastic water bottles "in any government functions and meetings" and polystyrene products (throughout the state).

Amisha Budhwar

B.A. III

2314320084

Farmer's Protest



The 2020-2021 Indian farmers' protest is an ongoing protest against three farm acts which were passed by the Parliament of India in September 2020.

Farmer unions and their representatives have demanded that the laws be repealed and will not accept anything short of it. Farmer leaders have rejected a Supreme Court of India stay order on the farm laws as well as the government proposal, dated 21 January 2021, of suspending the laws for 18 months. Eleven rounds of

talk have taken place between the central government and farmer's represented by the farm unions between 14 October 2020 and 22 January 2021; all were inconclusive. On 3 February, farmer leaders warned of escalating the protest to overthrowing the government if the farm laws were not repealed. However, the Supreme Court appointed committee continues with its tasks related to the farm laws and have asked for suggestions from the public before 20 February 2021.

The acts, often called the farm bills, have been described as “anti-farmer law” by many farmer unions, and politicians from the opposition also say it would leave farmers at the “mercy of corporates”. The farmers have also demanded the creation of a Minimum Support Price (MSP) bill, to ensure that corporates cannot control the prices. The government, however, maintains that the laws will make it effortless for farmers to sell their produce directly to big buyers, and stated the protests are based on misinformation.

Soon after the acts were introduced unions began holding local protests, mostly in Punjab. After two months of protests, farmer unions-notably from Punjab and Haryana- began a movement named Delhi Chalo (Let’s go to Delhi), in which tens of thousands of farming union members marched towards the nation’s capital. The India government ordered the police and law enforcement of various states to attack the protesters using water cannons, batons, and tear gas to prevent the farmer unions from entering into Haryana first and then Delhi. On 26 November, 2020, a nationwide general strike of 250 million people, as per trade unions claim, took place in support of the farmer unions. On 30 November, an estimated crowd of 200,000 and 300,000 farmers was converging at various border points on the way of Delhi.

While a section of farmer union's have been protesting the Indian government claims some unions have come out in support of the farm laws. Transport unions representing over 14 million truck drivers have come out in support of the farmer unions, threatening to halt movement of supplies in certain states. After the government rejected the farmer unions demands during talks on 04 December, the unions planned to escalate the action to another India- wide strike on 08 December, 2020. The government offered some amendments in laws, but unions demanded a complete repeal of the laws. From 12 December, farmer unions took over highway toll plazas in Haryana and allowed free movement of vehicles.

By mid December, the Supreme Court of India had received a batch of petitions asking for removal blockades created by the protesters around Delhi. The court also asked the government to put the laws on hold, which they refused. On 4 January 2021 the court registered the first plea filed in favour of the protesting farmers. Farmers have said they will not listen to the court if told to back off. Their leaders have also said that staying the farm laws is not a solution.



On 30 December, the Indian government agreed to two of the farmer’s demands; excluding farmers from laws curbing stubble burning and dropping amendments to the new electricity ordinance.

On 26 January, tens of thousands of the farmers protesting against the agricultural reforms held a farmer’s parade with a large convoy of tractors and drove into Delhi. The protesters deviated from the pre-sanctioned routes permitted by the Delhi police. The tractor rally turned into a violent protest at certain points as the protesting farmers drove through the barricades and clashed with the police. Later protesters reached Red Fort and installed farmer union flags and religious flags on the mast on the rampart of the Red Fort.

Anmol Narang

B.A. III

2314320084

Agriculture in India – A Timeline

Early History

By 9000 BCE, Wheat, Barely, Jujube were domesticated in the Indian subcontinent. This was soon followed by domestication of sheep and goat.

During Indus valley civilization, cotton industry was well developed. Rice was cultivated in the Indus Valley civilization.



Mixed farming formed the basis of the Indus Valley economy. Also, irrigation developed around 4500 BCE.

Vedic period-Post MahaJanapadas period (1500 BCE-200CE)

In the Later Vedic texts (c. 1000-500 BC), there are repeated references to iron. Cultivation of a wide range of cereals, vegetables and fruits is described. Meat and milk products were part of diet as animal husbandry was important. The soil was plowed several times. Seeds were broadcast. Fallowing and a certain sequence of cropping were recommended. Cow dung provides the manure. Irrigation was practiced.

The Mauryan Empire (322-185 BCE)

Soils were categorized and meteorological observation for agriculture use was purchased. In addition, the administration facilitated construction and maintenance of dams and provision of horse drawn chariots.

Early Common Era-High Ages (200-1200 CE)

The Tamil people cultivated a wide range of crops such as rice, sugarcane, millets, black pepper, various grains coconuts, beans, cotton etc. Systematic plugging, weeding, irrigation and crop protection was practiced for sustained agriculture.

Late Middle Ages-Early Middle Era (1200-1757 CE)

There was advancement in irrigation technologies along with division of agriculture "Zones" into producing rice, wheat or millets. Cultivation of tobacco (introduced by the Portuguese) spread rapidly. Malabar Coast becomes



the home of species, especially black pepper. New species of fruit, such as the pineapple, papaya and cashew nut, also were introduced by the Portuguese. Land management was particularly strong especially during the regime of Akbar, under whom Todarmal formulated and implemented elaborated methods for agriculture management.

Colonial Era (1757-1947 CE)

Agriculture in India during this time was marked by a downward spiral. The new methods of land revenue system led to massive agrarian distress and poverty. In addition, deliberate de-industrialization led to massive pressure of land leading to further poverty. The emphasis on commercial crops over food crops led to series of famine and increases risks for agriculture. The state of agriculture during the interwar period was even more tragic and marked by high population growth but almost stagnant food output. The crisis was most acute in Bengal leading to infamous Bengal famine.

Republic of India (1947 CE onwards)

Post-independence, India faced problems of food shortage, war with Pakistan and refugee crisis. Hence, tackling food shortage became utmost priority and formed the basis of first five year plan. Gradually, there was a more coherent and balanced approach to agriculture development. "Agenda of land reforms" led the strategy of agriculture development followed by development of dams which were touted as "Temples of modern india". Grow more food campaign (1940s) and the integrated Production Program (1950s) focused on food and cash crops supply respectively. In addition land reclamation, land development of agriculture oriented "package approach" of taking a set of actions instead of promoting single aspect soon followed under government supervision. Introduction of a series of production revolution from 1960s:- Green revolution, Yellow revolution (oilseeds – 1986-1990), Operation Flood (Diary 1970-1996) and blue revolution (fishing 1973-2002) etc.

Institutional support from institutes: Indian Council of Agriculture Research, Dairy Development Board, National Bank for Agriculture and rural development. Post 1991-Growth in agricultural sector benefiting from the earlier reforms and the newer innovations of agro processing and biotechnology. As of today food security as well as export house for the world; contract farming along with e-commerce in agriculture is propelling agriculture sector; organic farming has become a major potential for export. Challenges – Declining public expenditure, small landholdings, exposure to global glut in agriculture commodities, inadequate governance capacity continue to create problem for India's farmers.

Mannika

B.A. II

3195620038

Women Empowerment



It is rightly said by Nora Ephron "be the heroine of your life, not the victim". The word women empowerment itself implies that women are not empowered. This painful truth has been in existence for a long time. It is in the recent years that noticeable work started beginning to lift the women out of the abyss of insignificance and powerlessness. The patriarchal society suppressed women's freedom across the world.

The history of women empowerment- The history of women empowerment does not start from an exact date. It is a cumulative process. However, there are certain movements, protest, revolution that furthered the process much more speedily. In the US, individuals like Elizabeth Stanton and organization like American women suffrage association, national women's party played a key role in securing the voting rights for women. Kuwait, Qatar, Zaire, Bahrain, Andorra, Central African Republic etc. granted women the right to vote after the second half of the 20th century.

But in India women were respected in the Vedic ages. The word "Sahadharmini" means—equal partner that is known from the Vedas only. As the time passes the India culture was contaminated with the conservative middle eastern and British culture. As a result the power and respect that women enjoyed were lost. But the situation has improved after Independence.



Women rights being empowered

- ◆ Women have the right to equal pay-according to the provisions listed under the equal remuneration

act, one cannot be discriminated on the basis of sex when it comes to salary, or wages.

- ◆ Women have the right to dignity and decency- in that the accused is a woman, any medical examination procedure her must be performed by or in the presence of another women.
- ◆ Women have the right to get free legal aid-under the legal services authorities act, female rape victims have the right to get free legal aid or help from legal service authorities who has to arrange the lawyer for her. Have right not to get arrested at night-unless there is exceptional case and after sunset.
- ◆ Women have the right to zero FIR- an FIR can be filed in any police station irrespective of the location where the incident occurred or a specific jurisdiction it comes under, the zero fir can later be moved to the police station.

- ◆ Women have the right against being stalked- section 354d of the IPC makes way for legal action to be taken against an offender if they follow a women, tries to contact her to foster personal interaction despite of a clear indication of disinterest.

- ◆ "Human rights are women's right and women's right are human right, once

and for all" –Hillary Clinton

Meenakshi

B.A. II

3195620032

Role of India in United Nations



The United Nation Organization came into being after the Second World War years ago. This organization has provided a common platform to various countries in the world including the big powers (America and Russia) to work out a program of peace and prosperity. India has been playing an active role in its various activities. India is one of the founder-member of this organization and

has always declared its loyalty to the United Nation Charter. It endorses all the ideals of world peace and international cooperation which the U.N.O stands for. India's first Prime Minister Jawaharlal Nehru who was one of the most important statesman and politicians played a vital part in the setting up of the United Nations Organization along with other world





leader like President Truman of the U.S.A., Stalin of the U.S.S.R., De Gaulle of France and others. Nehru's standing as a political philosopher has its impact on the politics of the world. Even though India was not independent in 1945, Nehru's political ideas and contribution to the struggle for independence of his country and other slave countries won him esteem of the whole world. Almost all leaders of the world consulted Nehru on important issues pertaining to the charter of the United Nation. From the very beginning India urged the United Nations to develop into a truly international institution working for peace and assistance to member states in all matters including human rights, freedom of slave countries and development of economically backward areas. India always supported the resolutions standing for freedom and justice for the subject people and took a leading

part in drafting the resolutions which were intended to grant independence to the colonial countries and peoples. India has also played an important role in promoting international cooperation in economic and social advancement of all people. India has led the world in drawing attention to the problem of the developing Nations in the U.N. General assembly and its social organization like the ECAFE, UNESCO, FAO, W.H.O., I.L.O. and others. A large number of Indians are working in the U.N. Secretariat, some of them holding very important positions. Some of India's Generals have performed noteworthy duties in the peace keeping operations of the U.N. in various countries and continents. Mention among them may be made of General Thimmayya, Major General Rikhye, General Chaudhary and others. Similarly, in the political field India's Mr. C.V. Narasimhan is the cabinet secretary to the secretary General U. Thant. In the economic field India has been contributing to the budget of the U.N. its position in this respect is 6th. India is the members of various commissions, committees of the U.N. Conference in which more than 5000 foreign delegates participated New Delhi was humming with lot of activity because of this conference. With all these activities India has earned a name as a peace-loving nation, working for the advancement of the world towards prosperity and equality of the human rights and for ultimate unity of the world.

Chehak
B.A. II

Tips and Strategies you can use to Make yourself More Happy



Do you know you can make yourself happier today? While most happy people are different, there are still enough similarities that you can also have a happier life if you can certain habits to your routine. Happiness doesn't happen to you. It's something that you can take action and make happen to you too more consistently.

The more you can see the positive, out of your interactions with others, the more you can keep yourself positive and happy. How can you do this consistently?

Resiliency you have to learn to endure any hardship and take the everyday ups and downs in stride. Be slow to give up. This characteristic makes it easier to maintain a positive attitude and make you happier.

Keep the positive in mind. Every situation has both negative and positive aspects. Those that get upset easily focus on the negative. Those that focus on the positive are happier. Count your blessings each day. The more you count your blessings, the more you can focus on the positive aspects of any interaction or encounter. Here are examples of how a positive outlook can help get past some of the situations you may find challenging. Even if job stinks, it helps you pay your bills.

Another factor that will help you become more happy, is regular exercise. When you exercise regularly you will physically feel good, assuming you didn't do too much. You also enjoy the benefit of knowing that you

did something great for your health and fitness. Create time in your schedule to exercise each day.

Pursue your goals and dreams. It's hard to be happy if you don't have something to look forward to. What do you most want to have and experience? Make a list and think about it each day and take action. This part is the process of self-mastery.

Keep in touch with those who matter in your life. Community relationships and communication is part of the compass method for relentless transformation which you can apply to different spheres or aspects of your life. Why is this important? Social relationships are a key component of happiness. Some people require a more active social life than others, but everyone needs some social contact. Work on your positively on your relationships every day. Don't waste your time and energy gossiping about others.

These are just of some of few tips and strategies you can use to make yourself happier. Interestingly, this is related to the process of relentless self-mastery.

Now that you have learned about some of the ways to make yourself more happy, check out other solutions and ideas that will help you to increase your relentless self-mastery at Dala Compass Academy.

World's most beautiful and long word is

SMILES

Because to reach one S to other S
it takes a mile....

So keep smiling...

Amandeep Kaur

B.Sc. I (Medical)
120202030027

स्वतंत्रता के बाद- हिंदी भाषा की स्थिति

भाषा केवल वार्तालाप का साधन ही नहीं यह व्यक्ति के विचार को भी दिखलाती है। भाषा व्यक्ति के चरित्र का ही नहीं अपितु राष्ट्र के चरित्र का भी उद्घाटन करती है। समाज को जोड़ने का काम केवल मातृभाषा ही कर सकती है। हिंदी देश की सांस्कृतिक, सामाजिक, धार्मिक एवं राजनीतिक गतिविधियों की संपर्क भाषा है। यह राष्ट्रीय एकता का प्रतीक है।

“निज भाषा उन्नति अहै सब उन्नति को मूल।

बिन निज भाषा ज्ञान के मिटत न हाय शूल ॥”

14 सितंबर 1949 को हिंदी को राष्ट्रभाषा का स्थान दिया गया था किंतु 26 जनवरी 1965 में संविधान के पुनः संशोधन के अनुरूप हिंदी को राष्ट्रभाषा बनाने का विचार टाल दिया गया और अंग्रेजी को राजकाज की भाषा अनिवार्य कर दिया गया। इसके बाद अंग्रेजी भाषा ने हिंदी का स्थान ले लिया। अब हिंदी इतनी क्षीण अवस्था में है कि हमें ‘हिंदी दिवस’ मनाने की आवश्यकता पड़ती है। अंग्रेजी के प्रति आसक्ति ही हिंदी के विकास में बांधा है। 80% परीक्षार्थियों को तो अंग्रेजी माध्यम के कारण ही अपनी प्रतिभा प्रकट करने का अवसर नहीं मिल पाता।

नेताजी सुभाष चंद्र बोस बंगाली थे परंतु उनकी आजाद हिंद फौज की भाषा हिंदी थी। हिंदी का प्रथम दैनिक एवं साप्ताहिक समाचार पत्र दोनों ही कलकत्ता में प्रकाशित हुए थे। दक्षिण के विचारको

ने भी हिंदी का समर्थन किया है। रामास्वामी अय्यर और श्री रंगास्वामी अय्यर ने हिंदी को अपनाने का जोड़ दिया है। स्वामी दयानंद सरस्वती गुजराती थे परंतु उन्होंने ‘सत्यार्थ प्रकाश’ हिंदी में लिखा। अतः स्पष्ट है कि क्षेत्रीय भाषाएं राष्ट्रभाषा की पोषक होती हैं।

हमारा यह दुर्भाग्य है कि भारत आज 50 वर्ष के पश्चात भी अंग्रेजी दासता से उभर कर हिंदी को स्थापित नहीं कर पाया जबकि हिंदी ही जनता के विचारों की समवाहिका है। महात्मा गांधी ने कहा था, “राष्ट्रभाषा के बिना राष्ट्र गूंगा है और उन्होंने यह भी कहा था कि यदि अपने ही देश के लोग अपनी ही भाषा नहीं बोलेंगे तो वह देश में खुद से ही अनजान हो जाएंगे।” केवल सरकार को कोसने से कुछ नहीं होगा हमें खुद भी कुछ कदम उठाने पड़ेंगे। यदि हमें अपने देश को उन्नति के पथ पर अग्रसर करना है तो राष्ट्रकवि मैथिली शरण गुप्त के सुर में सुर मिलाकर कहना होगा -

“मानस भवन में आर्यन जिसकी उतारें आरती

भगवान भारतवर्ष में गूंजे हमारी भारती ॥”

रश्मि

बी.एससी. प्रथम वर्ष
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Music

Bob Marley said “One good thing about music, when it hits.... you feel no pain”.

I still remember when I first heard a song by Selena Gomez named “Look At Her Now” –the lyrics, the melody, the powerful vibes–gave me chills. Who among us doesn’t have a similar story about a song that touched us? Whether listening to the radio, singing in the shower or attending a concert, there’s something about music that can fill us with emotion, from joy with sadness. If I asked you to tell me a memory from high school, you would be able to tell me a memory but if you listened to a piece of music from high school, you would actually **feel the Emotions.**

Virtually all cultures, from the most primitive to the most advanced, make music. In tune or not, we humans sing and hum, in time or not, we clap and sway, in step or not, we dance and bounce. Some people consider music as a way to escape from the pain of life. It is a language of emotion that barge into the soul with no boundaries or limitations. People are always challenged by the fact that “no one understands them” or know how they “really feel” so they turn to music.....

In times of distress, we all do. Often times we may even notice that depending on the situation, we will literally



believe that song was written for us. This is what I call the musical epiphany or **The Sign.**



Can music enhance cognitive performance? Researchers speculated that listening to music helps organize the firing of nerve cells in the right half of cerebral cortex, the part of the brain responsible for higher functions. Music or at least some kind of music acts as an “exercise” that warms up selected brain cells, allowing them to process information more efficiently.

Soothing jangled nerves is one thing, raising sagging spirits, another. Bright, cheerful music can make people of all ages feel happy, energetic, and alert, and music even has a role in lifting the mood of people with depressive illness. Perhaps that explains why I love “Look At Her Now” so much. It reminds me of where I was when I first heard the song, crying because of low confidence and self pity but this song helped me to see the situation from a different point of view. No doubt my anticipatory pleasure centers were firing away for a multitude of reasons. And luckily, now that the pleasure pathways are now deeply embedded in my brain, the song can keep on giving that sweet emotional release.

Let The Music Play

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The Role of Indian Parliament

Colonial India, commencing with the Montagu Chelmsford reforms of 1919 and followed by the government of India Act 1935, witnessed a limited adult franchise with about 15% of the adult population entitled to vote, subject to wealth, property and other criteria. The mandate of the handful of electorates was further fractured on communal under the system of separate electorates. However, the representative constitutional assembly took it upon itself to create a socially and politically united electorate that could elect the lower

house of the Parliament, representative of the United and inclusive aspirations of the demography.

Role of Indian Parliament

The Parliament of India, a fine blend of the legislative and executive, with the government holding office till the time it commands confidence in the popular house, is the place to deliberate upon the policies and legislations proposed by the government.



बदलाव



घर-घर राशन के पैकटों को बांटता देख
मुन्नी ने यूँ पूछा माँ में अपनी एक रोज
माँ दिवाली आई है था कोई वोट मांगने आया है?
माँ बोली - ना कोई वोट मांगने आया है,
और ना दिवाली का त्यौहार आया है, ये तो
लॉकडाउन में ध्यान दुनिया का, भूखों की ओर आया है।

उस लाचार को जरा सी खांसी और बुखार आया है,
इस खबर ने पूरे शहर में तहलका मचाया है,
डॉक्टरों की टीम और एम्बुलेंस उसे
लेने आई है,
देखकर रिपोर्ट निगेटिव सबकी
जान में जान आई है,
"लाखों गरीब मर जाते हैं
गम्भीर बीमारियों से"
जिनके लिए ना कोई डॉक्टर
ना एम्बुलेंस आती है,
हो न जाये कोई गरीबों से
सम्पन्न वर्ग का संक्रमित,
क्या इसीलिए अब इनका इलाज कराया जाता है?

उन्नति के पीछे सब, अंधाधुंध दौड़ रहे हैं,
डॉक्टरों के लिए रिश्तों को भूल रहे हैं,
लॉकडाउन ने परिवारों को यूँ समेट रखा है,
माला में गुंथकर एक, मन के पेंचों को खोल रखा है,
न चोरी न रिश्वतखोरी. ना राह चलती को छोड़ा जाता है,
न हमले न हत्या, ना आँचल किसी का खींचा जाता है,

लॉकडाउन में पुलिस क्या हुई सड़कों पर तैनात,
अपराधों का आंकड़ा यूँ नीचे गिरता जाता है।
मोर छतों पर नाच रहे हैं, हिरण सड़कों पर दौड़ रहे हैं,
परिदे घरों की खिड़कियों पर घोंसले अपने बन रहे हैं,
गंगा में अठखेलियाँ करती मछलियाँ भी दिख रही हैं,
आबोहवा भी सुधर रही है और प्रकृति भी निखर रही है।

खैर! सवाल अब ये है कि

लॉकडाउन में हुए बदलाव क्या इसके
बाद रह पाएंगे?

पेड़ काटने वाले हाथ क्या
वृक्षरोपण कर पाएंगे?
जेबों की बजाए क्या भूखे पेटों
को हम भर पाएंगे?
नदियों के पानी को क्या हम
स्वच्छ रख पाएंगे?
अपराधों की घटती दर को क्या
और घटा पाएंगे?

मजहब से ऊपर, क्या मानवता का धर्म

निभाएंगे?


कोरोना और लॉकडाउन से सीख लेकर,
क्या भारतवर्ष में नया सवेरा लाएंगे?

रिचा


बी.एससी. तृतीय वर्ष

2285820006





Geography Section



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The Bermuda Triangle: World's Biggest Geographical Mystery



The human race is inquisitive by nature. Mysteries excite all of us, but there are very few mysteries that have the power to captivate and terrify us at the same time. The Bermuda Triangle is that kind of mystery. Humans are terrifyingly fascinated by it, thus calling it by different names like The Devil's Triangle, The Hoodoo Sea, and The Limbo of the Lost. It has been subjected to many paranormal theories; some say it is a gateway to the underworld others say it is a wormhole to the other dimension. Lot of credit for these bizarre theories go to the Hollywood. There are more than a dozen of movies based on this triangle. Geographically, if we draw a line in the North Atlantic Ocean from Bermuda Islands to Florida, Florida to Puerto Rico and back to Bermuda, what we get is a triangle of area close to 500,000 square miles called the Bermuda Triangle. It is believed that radios stop working here, compasses



spin like crazy and electronics start wiggling out. Some say they have spotted UFOs. This sinister polygon has swallowed 75 aircrafts, more than a hundred ships and close to 1000 humans. All the way back to the 15th century on his first voyage, Italian explorer and America's first illegal immigrant, Christopher Columbus travelled across the region and reported that a great flame crashed into the sea and a strange light appeared later. It could have been anything, a meteor perhaps but nobody knows. In 1611 the famous play writer, William

Shakespeare, the man who did not believe in happily ever after; based his play 'The Tempest' on the Bermuda shipwreck. This further enhances the area of mystery of the triangle. In 1918, a 542-foot-long US Navy ship called the USS Cyclops sank in it, that is when it caught the public attention. This was followed by many mysterious vanishes in 1945, 1964, 1974, 2015 and 2020.

Most scientists have attributed these disappearances to severe weather changes, shallow waters, water spouts and human blunders. But the most commonly accepted theory was presented by a team of scientists

from the University of Colorado in 2016. They analyzed satellite images of these infamous areas and noticed a series of hexagonal clouds which they said might act like air bombs. These air bombs are believed to cause deadly blasts of air which can exceed

170 miles per hour. We can call them hurricane force winds. Most aircrafts and ships fail to survive this and as a result vanish. All that happens there can be logically and scientifically explained but then again most of us like to romanticize things, rational explanations are just so boring.

Sarika

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Quarter Century of Ocean Technology



In the last 25 years, the **National Institute of Ocean Technology (NIOT)** has progressed from developing technology foot swallowed water to deep waters. Coastal communities too have been provided access to desalinized portable water and have benefited from the tsunami warning system.

The National Institute of Ocean Technology (NIOT) is the only institute in the country working on technology

for the oceans. In the quarter century of its existence, the achievements have been taken up from shallow water depth to deep waters. The areas of activity encompass social benefits, strategies needs, technology development and world class infrastructure. The societal achievements include low temperature thermal desalinization plant serving the drinking water requirements of the islands, ocean observation system

including tsunami warning system which can help in weather forecasting, cage culture for mud crab and lobster and open sea. Strategies requirements and challenges of deep sea technology necessitate the development of mining system, remotely operable vehicles and the project on manned submersible and these are progressing well.

Infrastructures developed include vessels acoustic test facility and hyper barrack chamber to support technology development in niche areas. Capacity building in the form of cooperative efforts with academia as well as

indigenous development has been a significant part of the activities of the Institute.

NIOT was the first autonomous institute setup in the Indian Institute of Technology (IIT), Madras under the Department of Ocean Development (DOD) in 1993. While it begins with a modest budget and objectives, its rapid progress encourage larger funding and programmes from government.

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Precipitation



Precipitation is any liquid or frozen water forms in the atmosphere that falls back to the earth. It comes in many forms, like rain, sleet and snow. Along with evaporation and condensation, precipitation is one of the three major parts of the global water cycle.

Precipitation forms in the clouds when water vapour condenses into bigger and bigger droplets of water. When the drops are heavy enough, they fall to the earth. If a cloud is colder, like it would be at higher altitudes, the water droplets may freeze to form ice. These ice crystals then fall to the earth as snow, hail or rain, depending on the temperature within the cloud

and at the earth's surface. Most rain actually begins as snow high in the clouds. As the snowflakes fall through air, they become raindrops.

Particles of dust or smoke in the atmosphere are essential for precipitation. These particles, called "**condensation nuclei**", provide a surface for water vapour to condense upon. This helps water droplets gather together and become large enough to fall to the earth.

A common misconception is that when raindrops fall, they have a teardrop shape. In fact, smaller raindrops

{ones that are approximately 1 millimetre (0.039 inches) across} are almost perfectly spherical. Larger raindrops {2-3 millimetres (.078-118 inches) across} are also round, but with a small indent on their bottom side. They look more like kidney beans when falling to the earth. Very large rain drops {larger than 4.5 millimetres (.177 inches)} have a huge indent and look more like a parachute. These extra-large drops usually end up splitting into two smaller droplets. The indents on raindrops are caused by air resistance.

Precipitation is always fresh water, even when the water originated from the ocean. This is because sea salt does not evaporate with water. However, in some cases, pollutants in the atmosphere can

contaminate water droplets before they fall to the earth. The precipitation that results from this is called acid rain. Acid rain does not harm humans directly, but it can make lakes and streams more acidic. This harms aquatic ecosystem because plants and animals often cannot adapt to the acidity.

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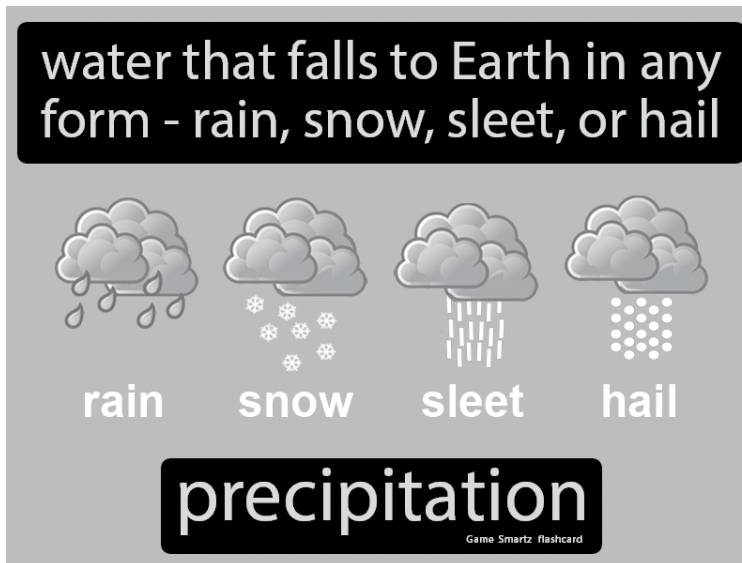
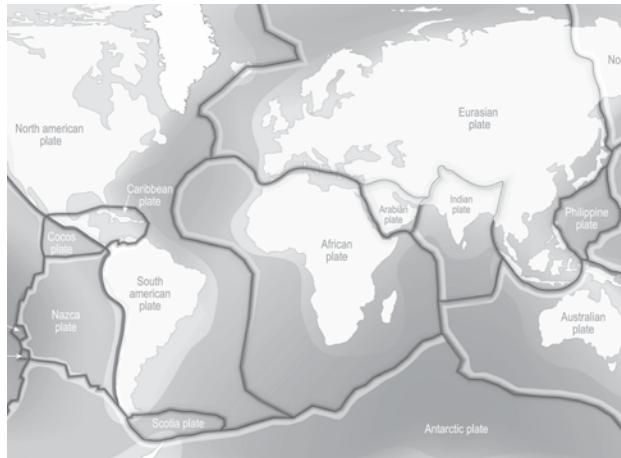


Plate Tectonics

In 1967, Parker and Morgan came out with the theory of plate tectonics. The tectonic plate is a massive slab of solid rock, generally composed of continental and oceanic lithosphere. It includes crust and top mantle. Plate tectonic which divided earth's outer shell into several plates that glide over to mantle, the rocky inner layer above the core. The plates act like a hard and rigid shell compared to earth's mantle. The theory of plate tectonics identifies **7 major** and **20 minor** types of lithosphere plates. The major



ones are **Eurasian, African, Indo-Australian, Pacific, North America, South America and Antarctica plate**. Important minor plates are



Cocos, Nazca, Arabian, Philippines, Caroline and Fuji etc. These plates are in motion with respect to each other. It is not the continent that moves as believed by Wegener. Continents are part of a plate and what moves in.

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Natural Disasters

Natural disaster occurs when natural hazard adversely impacts the life of an individual. Humans become vulnerable due to the absence of appropriate preparedness that negatively impacts finances, environment and health of individuals. A natural disaster contributes to damage of property and loss of life. The severity of the loss is proportional to the intensity of natural disaster.

Natural disaster cause major threat to the life of the mankind. It impacts the overall behavioral health of an individual. Some of the key adverse event has the probability to cause physical destruction and shattering loss of life. The damage is severe as these disasters are mostly sudden and unexpected leaving the entire society in shock. Such disaster affect people on not just physical but also emotional and mental levels. People who have undergone through these disasters are seemed to experience emotional distress.

Natural disaster is considered to be meteorological events on large scale geological events that can result in loss of property and life. Such kind of disaster is Tropical Storms, Forest Fire, Floods, Drought, and Earthquake etc. Flood and storms are the commonest form of natural disasters that are reported in the whole world. If the government get any indication of occurrence of these meteorological events than they put the region on high alerts by sending "emergency declaration".

Different type of natural disasters impact the life of thousand of people every year. There are only a few of them who have the strength to back with the support received from their community and family, whereas other require additional assistance to cope up and excel on the way to recovery.

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Facts About Saturn

- ◆ Many astronomers consider Saturn the most beautiful planet in the Solar System because of its stunning rings. In fact, Saturn's nickname is – the Jewel of the Solar System.
- ◆ It is the second largest planet in our Solar System after Jupiter, which is about 20% larger than it. Earth is the fifth largest planet in the Solar System.

- ◆ Saturn is not the only planet with rings. Jupiter, Uranus and Neptune also have rings, although they are much fainter and less spectacular than Saturn's.
- ◆ Saturn is the least dense planet in the Solar System, and if there were a body of a water large enough to hold Saturn, the planet would float. In contrast, Earth and Mercury would sink the fastest.



- ◆ Approximately, 750 Earths could fit into Saturn.
- ◆ Saturn is 78,898 miles (120,537km) wide, nearly 10 times wider than Earth.
- ◆ You cannot stand on Saturn. It is made mostly of gases. It has lot of helium.
- ◆ It goes around the sun very slowly. A year on it is more than 29 earth years.
- ◆ It spins on its axis very fast. A day on it is 10 hours and 40 minutes.
- ◆ The day Saturday was named after it.

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Uttarakhand Tragedy: Man Made or Natural...?



Humans are the prime suspect for most tragedies that take place in the Himalayan region of Uttarakhand. It is time to sit up and take notice. The devastating tragedy of February 07 in Uttarakhand attributed initially to a glacier burst which instigated a terrifying spate in the Alakananda has claimed the lives of 38 people so far while 169 more remain untraceable. After the first theory that huge volumes of trapped water burst out of a glacier, new explanations are emerging. Santosh Kumar Rai, who is a senior scientist in the glaciology lab of the Wadia Institute of Himalayan Geology, Dehradun, claims in an interview that remote sensing data through satellite of February 02 shows no sign of snow in the higher catchment area of the Rishiganga valley. This means that the deluge was caused not by a glacier but the temporary deposit of snow which slumped, carrying along boulders, soil and sludge. This thesis is backed by international glaciologists who have been studying the satellite images in Chamoli. As per Dr. Dan Shugar of the University of Calgary, a landslide looks like the most likely trigger for the calamitous flash. As per Shugar, a 'rock slope detachment' seems to have taken place in the Nanda Devi glacier which might have caused 2,00,000 square metres of ice to fall 2 kilometres vertically. It hardly needs to be mentioned that landslides are an outcome of deforestation and environmental degradation, and global warming induces ice detachments. Bemoaning our utter neglect of the ecologically fragile Himalayas and the hazardous number of "development" projects that are in progress, author Ramachandra Guha has listed a series of reasons that he found were responsible for the current appalling conditions. He cites that not only are the Himalayas prone to natural uncertainties, but disasters in the region are also "as much man-made as they are acts of Nature".

Roads need to be built keeping in mind topography and cannot be replicated on highway models of the plains. Many have repeatedly warned against building dams and hydel projects on the Himalayan Rivers, especially on the Ganges and its source streams. Hotels

and buildings should not be given ad hoc clearances and must not be allowed to sit on edges of mountains, as this along with felling of trees causes soil to loosen and debris to deposit in rivers, consequently swelling them. The most recent project which can be a recipe for disaster is the ill-conceived



Char Dham Pariyojana which plans to widen 900 kilometres of roads that will be highly unsuitable for the terrain. A Supreme Court-appointed committee of experts on the project delivered an 800-page damning report on hazards the project can perpetuate to the forests and wildlife and also create pollution, but all concerns have been cursorily dismissed. As per a study, multiple barrages and dams in the Bhagirathi Valley have obstructed the natural flow of the river adversely affecting its structural and environmental functions. Besides, hydropower projects cause topographical instability creating landslide zones, destroying forests, biodiversity and rural infrastructures and agricultural holdings. Trees are the roots of our existence. Felling forests or tying down natural rivers are not just diabolical attempts to play with Nature, these would eventually also unleash her wrath.

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Green Revolution



The **Green Revolution** is a period when the production of the food grains was increased by adoption of modern methods and technology in 1960's such as the use of high yielding varieties (HYV) seed, tractors, irrigation facilities, pesticides and fertilizers. Mainly led by agricultural scientist **M.S. Swaminathan** in India, this period was part of the larger Green Revolution. On the one hand, there are some benefits of the Green Revolution namely increase in the production of food grains. Secondly, improvement in the productivity of land. Thirdly, the number of employment opportunities was increased. Further, it helped to farmers create link with the industries. Lastly, the food grain stability. As we know very well, "Every coin has two sides" likewise, it has a gloomy side as well. The introduction of the Green

Revolution also gave birth to some problems. For instance, intercropping imbalances, regional disparities, increase in interpersonal inequalities, and the agriculture under Green Revolution did not grow at a rate which was expected at the beginning.

Overall, the Green Revolution has made the rich richer and rendered the poor poorer as well as it effected only the state of Punjab, Haryana, Western Uttar Pradesh which were already better place from agricultural point of view.

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ग्लोबल वार्मिंग

परिचय

आज के समय में मनुष्य दिन-प्रतिदिन कई तरह की नई-नई तकनीकें विकसित करता आ रहा है। विकास के लिए मनुष्य कई तरह से प्रकृति के साथ खिलवाड़ कर रहा है जिसकी वजह से प्रकृति के संतुलन को बनाए रखने में बहुत मुश्किल हो रही है। इन सब के कारण धरती को कई समस्याओं का सामना करना पड़ रहा है। जिसमें से ग्लोबल वार्मिंग एक बहुत ही भयंकर समस्या है। ग्लोबल वार्मिंग हमारे देश के लिए ही नहीं बल्कि पूरे विश्व के लिए बहुत बड़ी समस्या है। सूर्य की रोशनी लगातार ग्रहण करते हुए हमारी पृथ्वी दिनों-दिन गर्म होती जा रही है, जिससे वातावरण में कार्बनडाईऑक्साइड का स्तर बढ़ता जा रहा है। इस समस्या से न केवल मनुष्य, बल्कि धरती पर रहने वाले प्रत्येक प्राणी को नुकसान पहुंच रहा है और इस समस्या से निपटने के लिए प्रत्येक देश कुछ न कुछ उपाय लगातार कर रहा है। लेकिन ग्लोबल वार्मिंग घटने कि बजाय लगातार बढ़ रहा है। इस समस्या से निपटने के लिए लोगों को इसका अर्थ, कारण और प्रभाव पता होना चाहिए जिससे जल्द से जल्द इसके समाधान तक पहुंचा जा सके।

ग्लोबल वार्मिंग का अर्थ

जब वायुमंडल में कार्बनडाईऑक्साइड की मात्रा बढ़ जाती है तो वायुमंडल के तापमान में बढ़ोत्तरी हो जाती है। तापमान में हुए इस बदलाव को ग्लोबल वार्मिंग कहा जाता है।

ग्लोबल का अर्थ है 'पृथ्वी' और वार्मिंग का अर्थ है 'गर्म'। ग्लोबल वार्मिंग का अर्थ पृथ्वी की निकटस्थ सतह वायु और महासागर के औसत तापमान में 20वीं सदी से हो रही वृद्धि और उसकी निरन्तरता है।

ग्लोबल वार्मिंग का अर्थ है 'पृथ्वी के तापमान' में वृद्धि और इसके कारण मौसम में होने वाले परिवर्तन'। पृथ्वी के तापमान में हो रही इस वृद्धि के परिणाम स्वरूप बारिश के तरीकों में बदलाव, हिमखंडों और गलेशियरों के पिघलने, समुद्र के जल-स्तर में वृद्धि और वनस्पति तथा जन्तु जगत पर प्रभावों के रूप के सामने आ सकते हैं।

ग्लोबल वार्मिंग के कारक

ग्रीन हाउस गैस-जलवायु परिवर्तन के लिए सबसे ज्यादा जिम्मेदार ग्रीन हाउस गैसें हैं। ग्रीन हाउस गैसें व गैसें होती है, जो सूर्य से मिल रही गर्मी को अपने अंदर सोख लेती है ग्रीन हाउस गैसों में सबसे ज्यादा महत्त्वपूर्ण गैस कार्बनडाईऑक्साइड है जिसे हम जीवित प्राणी अपनी सांस के साथ उत्सर्जन करते हैं। वैज्ञानिकों के अनुसार वायुमंडल में कार्बनडाईऑक्साइड की मात्रा बढ़ रही है।

प्रदूषण-वायुमंडल के तापमान में होने वाली लगातार वृद्धि के कारणों में प्रदूषण भी एक कारण है। प्रदूषण कई तरह का होता है-वायु प्रदूषण, जल प्रदूषण, भूमि प्रदूषण, ध्वनि प्रदूषण आदि। प्रदूषण के कारण वायुमंडल में कई तरह की गैसों बनती जा रही है।

ये ही गैसों तापमान वृद्धि का मुख्य कारण है और प्रदूषण इन गैसों को बनाने में मदद करता है।

जनसंख्या वृद्धि

जनसंख्या वृद्धि भी वायुमंडल के तापमान को बढ़ाने में महत्वपूर्ण योगदान देती है क्योंकि एक रिपोर्ट के अनुसार ग्लोबल वार्मिंग में 90% योगदान मानवजनित कार्बन उत्सर्जन का है।

औद्योगिकीकरण

शहरीकरण को बढ़ावा देते हुए शहरी इलाकों में कारखाने और कम्पनियां लगातार बढ़ती जा रही है। जिनसे विषैले पदार्थ, प्लास्टिक, रसायन, धुआँ आदि निकलता है। ये सभी पदार्थ वातावरण को गर्म करने में कार्य बखूबी निभाते हैं।

जगलों की कटाई

मनुष्य अपनी सुविधाओं के लिए प्रकृति से छेड़छाड़ करता रहता है। मनुष्य ने धरती के वातावरण को संतुलित बनाए रखने वाले पेड़-पौधों को काटकर ज्यादा गर्म कर दिया है, जिसके कारण समुद्र का जलस्तर बढ़ रहा है, समुद्र के तरह जल स्तर बढ़ने से दुनिया के कई हिस्से जल में लीन हो जाएंगे जिससे भारी तबाही मचेगी।

ओजोन परत में कमी आना

अंटार्कटिका में ओजोन परत में कमी आना भी ग्लोबल वार्मिंग का एक कारण है। CFC गैस के बढ़ने से ओजोन परत में कमी आ रही है। ये ग्लोबल वार्मिंग का मानव जनित कारण है। ओजोन परत का काम धरती को नुकसान दायक किरणों से बचाना है। जबकि धरती के सतह पर ग्लोबल वार्मिंग बढ़ना इस बात का संकेत है कि ओजोन परत में क्षरण हो रहा है। सूरज की हानिकारक किरणों जीवमंडल में प्रवेश कर जाती है और ग्रीनहाउस गैसों के द्वारा उसे सोख लिया जाता है। जिससे ग्लोबल वार्मिंग में बढ़ोतरी होती है।

ग्लोबल वार्मिंग का प्रभाव

ग्रीन हाउस गैसों वे गैसे होती है, जो पृथ्वी के वातावरण में प्रवेश कर यहाँ का तापमान बढ़ाने में कारक बनती है अगर इस तरह से इन गैसों का उत्सर्जन होता रहा तो 21वीं सदी में पृथ्वी का तापमान 3 डिग्री से 8 डिग्री सेल्सियस तक बढ़ सकता है। अगर ऐसे हुआ तो इसके परिणाम बहुत घातक होंगे। दुनिया के कई हिस्से में बिछी बर्फ कि चादरें पिघल जायेगी। समुद्र का जल कई फीट ऊपर तक बढ़ जाएगा। समुद्र के इस बर्ताव से दुनिया के कई हिस्सों में जलमग्न हो

जायेंगे, भारी तबाही मचेगी। पृथ्वी के साथ-साथ मानवीय जीवन के लिए भी यह स्थिति बहुत हानिकारक होगी। कार्बनडाईऑक्साइड गैस के बढ़ने की वजह से कैंसर जैसी बीमारी हो सकती है। ग्लोबल वार्मिंग की वजह से बहुत सारे जलवायु परिवर्तन हुए हैं जैसे- मौसम में बढ़ोत्तरी, ठंड के मौसम में कमी, तापमान में वृद्धि, ओजोन में क्षरण, भयंकर तूफान, चक्रवात, बाढ़, सूखा आदि।

ग्लोबल वार्मिंग रोकने के उपाय

1. सरकारी एजेंसियों, व्यापारिक नेतृत्व, निजी क्षेत्रों और एनजीओ आदि द्वारा जागरूकता अभियान चलाए जाने चाहिए।
2. वाहनों और उद्योगों में हानिकारक गैसों के लिए समाधान किये जाने चाहिए जिससे ग्लोबल वार्मिंग को कम किया जा सके।
3. जो चीजें ओजोन परत को हानि पहुंचाती है उन सभी चीजों पर रोक लगाना चाहिए जिससे ग्लोबल वार्मिंग को कम किया जा सके।
4. जिन वाहनों से प्रदूषण होता है उन पर रोक लगानी चाहिए जितना हो सके उतना प्रदूषण करने वाले वाहनों का कम प्रयोग किया जाना चाहिए।
5. पेड़ों की कटाई को रोककर अधिक से अधिक पेड़ लगाने चाहिए।
6. गर्म पानी का बहुत कम प्रयोग करना चाहिए।
7. प्लास्टिक की चीजों का कम से कम प्रयोग करना चाहिए।
8. जनसंख्या वृद्धि पर नियन्त्रण लगाना चाहिए।

निष्कर्ष

ग्लोबल वार्मिंग मानव के द्वारा ही विकसित प्रक्रिया है क्योंकि कोई भी परिवर्तन बिना किसी चीज को छोड़ अपने आप नहीं होता है यदि ग्लोबल वार्मिंग को नहीं रोका गया तो इसका भयंकर रूप हमें आगे देखने को मिलेगा, जिसमें शायद पृथ्वी का अस्तित्व न रहे। इसलिए हम मानवों को एकता और बुद्धि के साथ कोई उपाय ढूँढना चाहिए। क्योंकि जिस ऑक्सीजन में हम सांस लेते है इन खतरनाक गैसों के चलते हमारी सांसों न रूक जाये। इसलिए ग्लोबल वार्मिंग को कम करने के लिए जितना हो सके उतने प्रयत्न करने चाहिए। वृक्षारोपण के लिए लोगों को प्रोत्साहित करना चाहिए। जिससे कार्बनडाईऑक्साइड की मात्रा कम हो सके।

संजना
बी.ए. तृतीय सेमेस्टर
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वायु - दाब

- ♦ वायुमंडलीय दबाव पृथ्वी पर हवाओं का दबाव है। यह पृथ्वी के धरातल पर पृथ्वी की गुरुत्वाकर्षण शक्ति के कारण टिका हुआ है और अपने भार के कारण दबाव डालता है। वायुमंडलीय दबाव का अर्थ है किसी दिए गए स्थान तथा समय पर वहाँ की हवा के स्तम्भ का भार। इसे 'बैरोमीटर' में प्रति ईकाई क्षेत्रफल पर पड़ने वाले बल के रूप में मापते हैं।
- ♦ वायुमंडलीय दाब के वितरण को समदाब रेखाओं के द्वारा दर्शाया जाता है। यह वह कल्पित रेखा है जो समान वायुदाब वाले स्थानों को मिलाती है। समदाब रेखाओं की परस्पर

दूरियां वायुदाब में दाब प्रवणता कहते हैं। इसे 'बैरो मीट्रिक ढाल' भी कहा जाता है।

- ♦ वायुदाब में अन्तर के कारण हवा में क्षैतिज गति को पवन कहते हैं। जलवायु वैज्ञानिकों ने वायुदाब के लिए 'मिलिबार' को ईकाई माना है। समुद्र की सतह के एक वर्ग से.मी. पर 1.053 किलोग्राम वायुदाब होता है।

राशि

एम.एससी. प्रथम सेमेस्टर

220202181012

खाद्य श्रृंखला

खाद्य श्रृंखला के अंतर्गत उत्पादक, प्रथम उपभोक्ता, द्वितीय उपभोक्ता आते हैं। यह श्रृंखला पौधों से शुरू होती है। पौधों को टिड्डा खरगोश हिरन जैसे जीव खाते हैं। फिर उन जीवों को दूसरे जीव खाते हैं।

इस तरह का एक चक्र चलता रहता है। खाद्य श्रृंखला में 10% ऊर्जा विलुप्त हो जाती है। अधिकतर खाद्य श्रृंखला में 4-5 कड़ियाँ होती हैं। पारिस्थितिक की तन्त्र में सभी जीव एक दूसरे पर निर्भर होते हैं।

पेड़-पौधे सूर्य के प्रकाश, प्रकाश संश्लेषण और जल के द्वारा अपना भोजन बनाते हैं। पहले स्तर पर शाकाहारी जीव आते हैं। जो पेड़ पौधों को खाते हैं। इसलिए पौधों को उत्पादक कहा जाता है।

स्वाति

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महिला सशक्तिकरण

जननी हूँ जीवन भी मैं
जज़्बातों पे मेरा ज़ोर नहीं
सशक्त हूँ व साकार भी हूँ मैं
नारी हूँ पर कमजोर नहीं
दर्पण हूँ व अक्स भी हूँ मैं
झुका सके मुझे वो शख्स नहीं
स्वाभिमानी व आत्म निर्भर भी मैं
टूट के बिखर जाएं अब वो वक्त नहीं
नहीं समझना आधी अधूरी
नहीं अधूरी मैं खुद में पूरी
साथ चलना हो तो हाथ बढ़ाना
पीछे हटना मुझे मंजूर नहीं
छू ले हर ऊंचाई को
किसने तुझको जकड़ा है

बात कल कुछ और थी
फिर से आज मौका आया है
पंख लगाकर उड़ इस आसमान में
डर न घने बादलों से
कमर कस लें आज ही
लडना है अभी जहान से
ये बंदिशें ये बेड़ियां, अपनो के ताने
तुझे ना रोक पाएंगी
इरादों को शमशीर कर
ये खुद ही टूट जाएगी
खुद से जीतने की जिद है मुझे
खुद को ही हराना है
मैं भीड नहीं हूँ दुनिया की
मेरे अंदर एक जमाना है

अमनदीप कौर
बी.एससी. प्रथम वर्ष
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Role of Stem Cell in Treatment of Neurological Disorders

Stem cells are pluripotent and can develop different type of cells in the body. All the stem cells have capability to divide and renew themselves for long time. These can form any kind of cell, like heart cells, muscle cells, blood cells or nerve cells. These cells can have different origin but always possess same specialized functional properties. These can have embryonic, adult, perinatal origin. These cells not only increase the understanding of how diseases occur but also provide the possibility of a renewable source for replacement of cells and tissues to treat some diseases, conditions and disabilities including Parkinson's and Alzheimer's, spinal cord injuries, stroke, cerebral palsy, Batters disease, restoration of vision and other neuro degenerative diseases, etc. These cells can be the person's own cell or can be of donor's. When person's own stem cells are used, they are collected before chemotherapy or radiation therapy because these treatments can damage stem cells. In case if the patient is having malignant type of diseases then there are chances that the cultivated stem cell can have those defects also and to prevent transplant of defective stem cells inside person's body these are firstly sterilized using specific techniques under laboratory conditions. After all these processes are done then these cells are injected into the body of the patient.

New researches have shown that after the transplantation is done these transplanted stem cells migrate to the damaged areas and acquire the function of neurons and start performing the function of neurons. In a study published in the February 19, 2002, proceedings of the National Academy of Sciences, researchers exposed the spinal cord of a rat to injury, paralyzed its hind limbs and the whole lower body. Then the laboratory cultured stem cells were injected into the site of injury. It was seen that after a week, the motor functions of the injured part got improved. When first human case study was done in case of Parkinson's disease, doctors firstly isolated adult stem cells from patient's brain, they were then cultured *in vitro* and encouraged to turn into dopamine producing neurons. As soon as the test showed that the cells were producing dopamine they were then re injected into the patient's brain. After the transplant, the patient's condition was seen to improve and he experienced a reduction in the trembling and muscle rigidity associated with the disease. Brain scans were taken three months after the transplant revealed that dopamine production had increased by 58%. Although, its level dropped later yet the symptoms of the disease never returned. When herbal extracts are given with stem cell therapy then these extracts increase the proliferation and differentiation

capacity of the stem cells. The origin of these herbal extracts is mainly from Chinese traditional medicine, Indian Ayurvedic Medicine and other southeast Asian and middle eastern traditional medicine practices. *M. gigantea* extract contains L-DOPA, which is a precursor for neurotransmitter dopamine. Using it in Parkinson's disease treatment along with the stem cell therapy enhances the treatment.

After all these advantages of stem cell therapy in treatment of neurological disorders there are some ethical concerns also. As in most of the cases embryonic stem cells are used and these are extracted from human embryos so several questions and issues have been raised about ethics of embryonic stem cell research. So,

in year 2009, the National Institute of Health created some guidelines for human stem cell research and usage. The guidelines defines embryonic stem cell technology and how they can be used in research. It also includes recommendations for the donation of embryonic stem cells. The guidelines also state that embryonic stem cells from embryos created by *in vitro* fertilization can be used only when the embryo is no longer needed.

Despite of all the ethical challenges and critical side effects, this technology offers amazing possibilities in the present scenario, as well as, for the future.

Anjali

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Human Cloning – An Eternal Moral Dilemma

Human cloning company "Clonaid" claimed to have produced a human clone in the year 2002-2003, 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. Many theologians, scientists, physicians and legal experts have expressed scepticism and opposition over this claim. Cloning is banned in most of the countries of the world. But the supporters of cloning have put forward the humanitarian and medical utilities of the cloning process.

'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 fertilised. 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 fertilised 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, Edinbur, 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 breakthrough. 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. 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.

Rather, 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 practise.

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 a 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. Hence, can carry on the stem cell research without human cloned embryos.

Kanika
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Silent Struggle

These past months have been tough. Being in a pandemic having to self isolate, going to schools, colleges and workplaces via online mode, and socially distancing oneself from friends is a pain for every person. But I am not here to talk to you about the struggle of living in global pandemic. I am here to talk about the silent struggle of mental health.

Many people around us are going through the mental obstacles in their lives. We never hear about it. We never even know it happened. It isn't always obvious when someone is struggling with mental health. Just because someone is suffering, that doesn't mean they show up everyday with a hood over their heads and messy hair. A close friend of mine had been slowly sinking into her own thoughts and things people were telling her, and no one noticed. She trekked into the dark abyss of her own thoughts and the thoughts other were trying to force her into believing.

Struggling in terms of mental health doesn't simply happen overnight. It is a slow process which, sometimes, can make it hard to notice it's even happening. This is the reason we need to start talking about mental health. The first step to solving a problem is identifying that there is one. But to someone who is slowly battling

with their mental health, what they are going through is normal so they struggle in silence, all alone.

Mental issues are hard enough to deal with on their own. But in certain situations, they can wear you down more than usual. For example, the stress of school, or more relevant at the moment, a pandemic can contribute to pre existing mental health issues. Someone with social anxiety or depression can fall deeper into the pit of their problems and isolate themselves from the rest of the world. A global pandemic will take a toll on anyone's well being, especially those who already suffer mentally. This is why it is absolutely crucial to have someone you feel comfortable talking to. This person doesn't have to be a parent. A trusted friend or adult, an anonymous person, a teacher, or a therapist are all examples of great people you can go to talk about the way you are feeling and can reassure you that it will all be okay.

You will never know how someone is truly feeling until you ask and show that you care. Please, ask how the people you know are doing. Check on your friends, family and especially on yourself. Don't take "Yeah I am fine" as an answer.

Shubham

B.Sc. (Non Medical Aided I)
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Mythical Stories

Do you believe in them?

Myth means a traditional story, especially one concerning the early history of a people or explaining a natural or social phenomenon and typically involving supernatural beings or events.

Mythic stories are of many kinds and each has its own emotions and learning. Some are happy while some are sad and sometimes some are even disturbing. But one thing that they all have in common is that no matter where the story came from it's always interesting. Sometimes more than even one can imagine.

These stories force one to think, to explore what can and cannot be. They with no doubt teach us about the history and people's beliefs but they also help us grow our imagination, help us to imagine without any limitations or boundaries.

The conclusion or what the myth is about differs from person to person. It depends on how a person thinks.

The same story has different meanings for people of different religions, cultures, and sometimes even between people from the same one. It just depends on the meaning we draw from these myths ourselves. It's totally up to us.

Mythical stories have always been part of the lives of people of all cultures around the world. Sometimes they bring people close and together, at other times it drifts them apart but still these stories never stopped being told. It has become a way to connect with history, even if we don't know how much of it is true. True or not they still teach us some invaluable lessons, gives us hope and strength that we have and always will need in life.

No matter, what is the origin of these myths or the name by which they are told or how different their characters are from each other; whether its the story of the Indian god Shiva, the Egyptian goddess Isis, the kings Sisiphus or Midas, these stories will always fascinate people and

have something for them, knowledge or fun. Whether you believe in these mythic stories or not they will still be intriguing and without any doubt interesting to read and learn from.

The legend of goddess Annapurna Devi

Historically, the union between Shiva and Parvati was a glorious one: a sacred combination which brought fertility and connection to all living things. Yet a rift had grown between these two formidable forces. While Parvati, who was worshipped far and wide as the mother of the natural world and the essential counterpart to Shiva's powers of raw creation, sustained daily life with care and control, Shiva had begun to belittle his wives essential work. He believed that Brahma the creator of the world had conceived the material plane purely for his own fancy. And therefore all material things were merely distraction called Maya. Upon his rebuke Parvati knew she had to prove the importance of her work once and for all. She withdrew from the world and sent the Earth into darkness. Without Parvati the lands became dry and barren. Rivers shrank and crops shriveled in the fields. As, Shiva despaired over the desolate Earth he

came to realize that the material world could not be so easily dismissed. At her husband's epiphany the compassionate Parvati could no longer stand by and watch her devotees suffer. To walk among them and restore their health, she took the form of a new avatar, carrying a golden bowl of porridge and armed with a jewel encrusted ladle. She was thus worshipped as Annapurna; the goddess of food.

Some believe she first appeared in Kashi on the banks of Ganges where she opened a kitchen to fill the bellies of the people until they could eat no more. But it was not only the mortals who were served at her feast. Lord Shiva himself approached her with an empty bowl and begged for food and forgiveness. For this reason Shiva is sometimes portrayed as a poor beggar at the mercy of Annapurna holding her golden bowl in her left hand while right forms the Abhaya Mudra- a gesture of safety and assurance. With these symbols this powerful avatar makes it clear that the material world is anything but illusion. Rather it's a cycle of life that must be sustained from the feeding of rumbling bellies to the equilibrium of earth.

Anjali Singh

B.Sc. I (Biotechnology)
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कोरोना महामारी

महामारी गई मारी, कोरोना वैक्सीन आई।
तामसी रात में जैसे, किरण उजली कोई छाई।।
करोना को हराने की, अलख ऐसी है जगाई।
आज भारत बुलंदी पर, विश्व में महिमा है गाई।।
कमी आई जो शिक्षा में, उसे अब दूर करना है।
हमें ना डर के जीना है, नहीं अब डरके मरना है।।

बंद हुए बीमारी में, सभी विद्या के जो मंदिर।
उसे अब खोल के फिर से, वतन निर्माण करना है।।
यह हिंदुस्तान की धरती, एकता जब दिखलाएगी।
कोरोना-सी महामारी, आखिर दम तोड़ जाएगी।।
लड़ते हम सावधानी से, दौर कितने ही बीते हैं।
एकजुटता की ताकत से, हम हर जंग जीते हैं।।

रश्मि

बी.एससी. प्रथम वर्ष
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Contemporary Consumption Behavior in Clothing



Today's youth (15 to 20 years) given their predictable audacity, the tendency to shop, venture out, try, experiment is high, it is they who decide the life time of a fashion trend. In a globalized world well connected by web technologies, geographical distance is no more a constraint to reach and witness the experience. The lines between buying behaviors are no more significant among young people (youth) indeed blurring out as the common urge is get hooked on to social networks, interact across a wide section of people of with shared interests and get appreciated.

In fact even companies hiring potential job seekers are verifying their social networks and appraising them.

In this context, the very idea of consumerist model of Top to down approach is hardly relevant. (Douglas & Isherwood, 1996; McCracken, 1990) theories of consumption describe a more complex picture in which fashion does more than signal social position. Rather populist models and trickle across theories help to explain the phenomenon better. A classical example is the prevalence of their attitude and lifestyle to decide

about product purchase rather than merely following the cultural stars and people in lime light or the rich and wealthy people.

Today's world is driven by knowledge and experience providing chance for every individual to experience and appreciates a moment which is no way decided by their monetary status. And the converse is also true that the rich are not the only ones superior in appreciating a taste or value. And knowledge being a common platform where rich and economically vulnerable alike compete on equal terms. In fact the new line is between knowledge ignorant people and people with well equipped knowledge.

(Holt 1997a) defines lifestyle as collective pattern of consumption patterns based on shared cultural frameworks that exist in social system. A recent analysis on the consumer consumption behavior by Chaudhuri and Majumdar (2006) only bears more evidence to this phenomenon.

Sanju Malik

Lecturer (Fashion Designing & Fashion Technology)

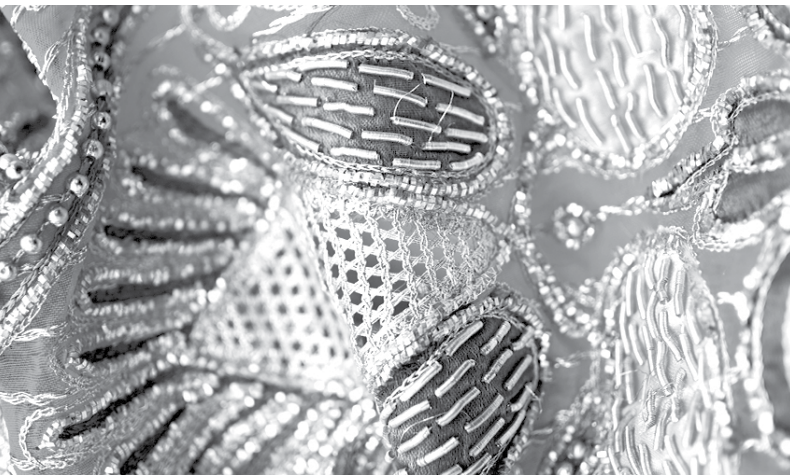
Embroidery in Indian Culture



Embroidery is the art or handicraft of decorating fabric or other materials with needle and thread or yarn. In this way, it has been practiced for decades. Adding to this, it is an expression of aesthetics, rendered with patient labour, is an art described as "painting by needle". Embroidery adds grace and elegance even into articles of everyday use. Indian embroidery takes its inspiration from nature and the products of various regions reflect

the colours of the flora and fauna of that area.

Embroidery on leather, velvet, net, cotton, hessian and silk is done all over the country. Today, practically all the known embroidery stitches employed in any part of the world are used in India. **Kashmiri work:** has a rich colour spectrum and exquisite workmanship with beautifully composed designs depicting common local symbols like the chinar leaf, the grape, the cherry, plum, apple blossom, lily, the saffron flower and various birds of the region. **Phulkari:** The Punjab-Haryana specialty called the Phulkari (flowered work), is traditionally worked on coarse cotton in red or blue or flossed silk. One can find the scenes from Krishna leela and other religious subjects, depicted in the dark silk embroidered 'rumals' of Chamba. **Karnataka's Kasuti:** Is famous for sketching of religious themes. They make use of backstitch, the running stitch, the cross-stitch and the zigzag running stitch on hand woven cloth, using brighter colours like red, purple, green and orange. **Chikan Work:** The practice of the famous Chikan work



is now centered at Lucknow (U.P.) and Gaya (Bihar). This Chikan work dates back its origin to the royal courts of Oudh. This is done with white cotton on a fine white muslin base using a variety of stitches minutely worked together with knotted stitches resulting in designs with

raised surfaces. The creation of 'jali' or the net effect is one of its specialties.

Akshita

B.Sc. (Fashion Designing) I

Fashion Illustration

Fashion Illustration is wide platform where we can explore our ideas. It is an visual language that originates with illustration, drawing and painting.

There are various types of Fashion Illustration that explain numerous fashion designs. With fashion illustration we not only mean a diagram explaining like clothing, but it could be like **Fashion Illustration**, jewelry illustration, Lingerie illustration, and many forms of illustration that explain numerous new evolving fashion designs. From the past centuries, fashion illustration have been major source of fashion information.

Before fashion photography fashion was documented through *engravings*, paintings and drawings. Fashion Illustration is important because the various illustrations defining fashion are not only used as a piece to educate the budding designers,



instead they also contribute to be the front page of leading fashion magazine. Fashion



Illustration is something that requires expert hands without which illustration could not be presented in its best form. For an illustration to speak in words, it is very important to draw in such a way in which it each and every angle of illustration look real, including the hairs, facial expressions and body shapes. All these factors play a very important role in making the illustration look real, presentable and more attractive. It is a piece of art and like any other piece of art it should be unique, should be a capable of conveying, should have the capacity to communicate, and most importantly looks real.

Neha Anand

B.Sc. (Fashion Designing) I

Textile Printing

Textile Printing is the process of applying colour to fabric in definite patterns or designs. In properly printed fabrics the colour is bonded with the fibre, so as to resist washing and friction. Textile printing is related to dyeing but in dyeing properly the whole fabric is uniformly covered with one colour, whereas in printing one or more colours are applied to it in certain parts only, and in sharply defined patterns. Although apparently developed from the hand painting of fabrics,



such methods are also of great antiquity.

The four main methods of textile printing are block, roller, screen, and heat transfer printing.

In each of these methods, the application of the colour, usually as a thickened paste, is followed by fixation, usually by steaming or heating, and then removal of excess colour by washing. Printing styles are classified as direct, discharge, or resist.

In direct printing, coloured pastes are printed directly on the



cloth. For discharge printing, the cloth is first dyed with a background colour, which is destroyed by reagents, or reducing agents, carried in a print paste. This action may leave the discharged design white on a coloured background, although print pastes may also contain coloring matters not destroyed by the discharging agent, producing a coloured design. In the resist process, the cloth is first printed with a substance called

a resist, protecting these printed areas from accepting colour. When the cloth is dyed or pigment padded only those parts not printed with the resist are dyed. A special application of this technique, imparting plissé effects, is the printing of the fabric with a resist, followed by treatment with caustic soda.

Nitya

B.Sc. (Fashion Designing) I

Fashion influencers transforming the fashion industry



A fashion influencer is a personality that has a large number of followers on social media, creates mainly fashion content and has the power to influence the opinion and purchase behavior of others with their recommendations. Brands endorse them to attend fashion shows, parties, designer dinners and exclusive trips and to wear their clothes on social media. If a salary has been involved, the influencer has to label such posts as paid or sponsored content. Before social media "they would have been called 'It girls'". Fashion influencers are taking the lead.

Fashion influencers help audience to know more about fashion, styles, what's going in trend. They inspire people how to carry fashion in a unique way.

Put simply: shoppers don't want to wait. With the internet in everyone's pockets and millions of purchase options available in one click and next day delivery, why would they? The agility of fast-fashion outlets

means new trends are adapted, produced and available within weeks. And to boot, often at prices that undercut the big fashion houses. From fashion bloggers to social media celebrities, influencers have tremendous power over their audiences. Fashion influencers are not just an extra asset in fashion marketing campaigns: they become an integral part of the storytelling between the clothes and the consumer. The fashion world has always been known for its fast-pace. But in the digital world, this speed has increased tenfold.

Luckily, social media channels and influencers have opened the door to a brand new kind of marketing. One that is challenging, constantly evolving, but most importantly creative. After all, this is the quality most people associate with the fashion world.

Mehak Goyal

B.Sc. (Fashion Designing)

Mass Media and Fashion Magazine



Fashion magazines are a printed periodical publication of articles which are often illustrated indicating the recent trends in the fashion industry depicting the latest models of clothing, perfumes and shoes indicating their current prices. They also features articles on holiday destination guides and celebrity styles, best buys of fashionable items and gift guides, the best fashion, beauty, shopping, health, runway slideshows, travel and culture trends as the main contents of fashion magazines.

Fashion magazines are normally produced at regular intervals and are one of the major media of mass information regarding the fashion industry. The general

model of the magazine exerts a great influence among its readers as it indicates the various interests of different people and social classes hence greatly influencing fashion trends and fashion related purchasing patterns among various individuals and organizations, depicting how greatly fashion magazines influence the public opinion regarding fashion. These magazines enable individuals to examine events in a broad perspective and only to dwell on what is most important which is mostly done through illustrations which show case models, entertainers and public figures clad in the various models of clothes, shoes and cosmetics.

Vogue is the most popular fashion magazine as of now. It was founded in 1892 by Arthur Baldwin Turnure as a bimonthly publication. The magazine focused mainly on fashion trends during that period but it also featured columns on sexuality. In 1973, the magazine underwent some extensive editorial and stylistic transformation as a response to changes in the lifestyle of the target audience. Nowadays, the most profitable and biggest

fashion magazine company is still the Vogue magazine. This is due to the fact that it showcases unique models which attracts many customers and is also one of the magazines that most readers vote as the best as it covers a wide range of fashion products.

Mansi

Lecturer (Fashion Technology & Fashion Designing)

Importance of Fashion Nowadays



Fashion is one of the most critical industries in our world today. Style has become one of the primary ways in which people express their personality and in which they distinguish themselves from those around them.

With every New Year which comes and goes new fashions arrive on the scene and they all endeavor to be more colorful and fashionable than those which saw last year.

People of all ages are addicted to new trends in the world of fashion. There is a



tremendous amount of competition within the industry and also among consumers. The style is also different among different cultures and nationalities, and this is why it's so exciting when one travels to various parts of the planet to observe first hand how people dress in those countries. The clothes we wear has become more than merely a way to cover our nakedness instead it has also become one of the primary ways in which people express themselves.

There is also another aspect which deserves contemplating, and that is the fact that there is a measure of similarity in those fashion trends which aim at the low-

income person. It is going a long way in avoiding discrimination or unnecessary competition because there is a lot of similarity in the designs which aim at this consumer market. Therefore, it is possible

for people that are less affluent to avoid unnecessary discrimination and criticism because in effect they are dressed very similar in many ways to their friends, colleagues or family members.

There are also many people who seem to think that tight clothing

is more attractive than a loose-fitting dress and then they proceed to make fools of themselves by wearing clothes which are unnecessarily close fitting. It is why it is so important to have at least a basic understanding of how to choose your fashion items and also how to properly mix and match those things for the best results. Having access to the most expensive fashion trends on the market is undoubtedly a benefit, but it's even more important to have a basic sense of how to maximize the way in which the wearer will display those clothes and other articles.

Heema S. Prabhakar

B.Voc. (Fashion Technology) V

Fashion and Lifestyle

To vogue or popular life style is called the fashion modern youth totally depends on fashion activities. Without fashion our life have no taste because we have adopted fashion in each steps in our life.

Girls Fashion Style

In the every era, people like fashion. Girls wear usually salwar and kameez, jeans and tights with loose cloth according to the fashion. They wear "saris" and some girls like to wear jeans and shirts. They change their hairstyle according to fashion. They wear shoes according to their heights.



Short girls wear long heels and long girls wear short heels. Even their walking, talking and behavior according to their fashion.

Boys Fashion Style

Boys like new and fashionable cloths according to the fashion. Their inspired by the films or TV. Their way of talking, walking and behaviour sometimes even gestures according to the film action. They want to like wear loose and tight paints.



Megha

B.Voc. (Fashion Technology) V

Fashion Trends

We all want to stay in fashion and look up to date as per the latest trends for men and women. The fashion trends section will bring to you the latest trends in fashion global and Indian to keep you a step further than the others in fashion.

Men's Summer Trends

The last year has been very frustrating in regards to the fashion industry's growth. But the brilliant designers have created several ways to digitally showcase their work to the whole world.



Latest Fashion Trends of 2021

2021 brings a new world of trends in fashion for the globe. It amalgamates hope and normalcy in the new way of living. The fashion trends of 2021 indicate illuminating colors, nature-driven patterns, and casual silhouettes. Style with the winter fashiin trends of sweaters. The winter fashion and style gets active with the onset of the winter season. It is the time latest winter fashion trends of 2021.



Sakshi

B.Voc. (Fashion Technology) V

Role of Fashion

Fashion is a term which means an ongoing trend. It refers to how people dress and what kind of external getup most people think is making them looks stylish, up to date and sophisticated while etiquettes and

manner also somehow comes into the count but it comparatively more superficial and dynamic. It changes with winds of time very fast. This can be seen from the vast difference between how



people used to dress before and now. Films are the mirror of the society. And therefore is comparison is seen live by comparing how the actors used to dress before and now. Specially when in college girls think a lot about it. Not only women, men's fashion market have also gone up. Shopping sites make available most

of these branded clothes at lower prices than the real market and this the reason man and women both are going after new trends.

Aakanksha Kalkhandey
B.Voc. (Fashion Technology) V

Fashion and the Youth

Fashion, Fashion, Fashion.... this is all what most of us become crazy about these days. Fashion can be referred to as the prevailing style or custom in dress or behavior. As the ages grew, people become fashion conscious. Fashion gives a mark of progress and the growth of a civilization. The craze for fashion is widely seen among young people. Most of the young boys and girls spend most of their time in front of the mirrors. They want to attract every eye. They want to look mod and go crazy for new fashions, hair



styles, and clothes. The different fashion comes for the different weather like spring fashion, summer fashion, winter fashion etc. Fashion is a fashion but we must wear the clothes that suits our personality. Fashion is needed to enrich our life not to create wrong impressions. We must never neglect our duties and responsibilities towards other things like studies or family etc.



Anjali Rana
B.Voc. (Fashion Technology) V

Lifestyle and Mental Health Disruptions During COVID-19

The novel Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) also called COVID-19 pandemic emerged from Wuhan, China, and has spread all over the world causing huge threats to human health and lives.

The quarantine or physical isolation policies are implemented by many countries to contain their people, minimize the spread of disease, and control the contamination of infection. The quarantine included short to medium-term lockdowns, voluntary home restrictions, cancellation of social and public events, and travel restrictions.

The new virus SARS-CoV-2 has now rapidly spread to nearly all countries over the world, and the World Health Organization (WHO) declared an international pandemic in March 2020. A mental health crisis has emerged during the COVID-19 pandemic. At this moment people need to follow these crucial self-care tips, as it is good for both mental and physical health.

Self-care strategies

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

Take care of your body

Be mindful about your physical health:

Get enough sleep

Go to bed and get up at the same times each day.

Eat healthy

Choose a well-balanced diet. Avoid loading up on junk food and refined sugar. Limit caffeine as it can aggravate stress and anxiety.

Avoid tobacco, alcohol, and drugs

If you smoke tobacco or if you vape, you're already at higher risk of lung disease. Because COVID-19 affects the lungs, your risk increases even more. Using alcohol to try to cope can make matters worse and reduce your



coping skills. Avoid taking drugs to cope, unless your doctor prescribed medications for you.

Limit screen time

Turn off electronic devices for some time each day, including 30 minutes before bedtime. Make a conscious effort to spend less time in front of a screen — television, tablet, computer, and phone.

Relax and recharge

Set aside time for yourself. Even a few minutes of quiet time can be refreshing and help to quiet your mind and reduce anxiety.

Take care of your mind

Our mental health is very important and one should take care of our mind by;

Keep your regular routine

Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing and getting dressed, work or study schedules, and exercise.

Despite your best efforts, you may find yourself feeling helpless, sad, angry, irritable, hopeless, anxious, or afraid. You may have trouble concentrating on typical tasks, changes in appetite, body aches, and pains, or difficulty sleeping or you may struggle to face routine chores, just remember to breathe

Let a wash of calm overwhelm you and help you find a bit of solitude when you're feeling untethered.

"A few deep breaths with eyes closed and feet firmly planted on the ground can actually do wonders,"

You can expect your current strong feelings to fade when the pandemic is over, but stress won't disappear from your life when the health crisis of COVID-19 ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's ongoing challenges.

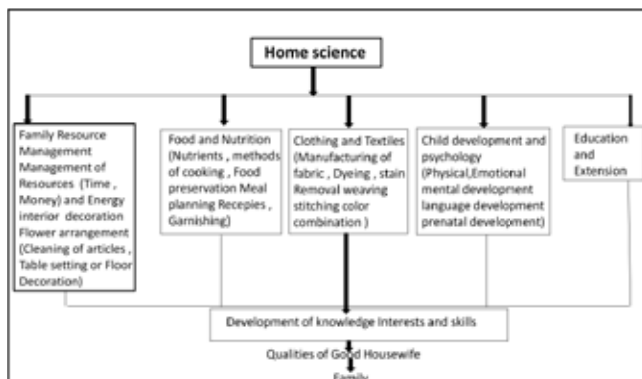
Janvi Deswal

B.A. (Home Science) I

Importance and Scope of Home Science



Home Science is a mission-oriented field with goals of enabling families to be more self sufficient. Because of this mission oriented approach, much of the practice of home science concerns the solution to practical problems of daily life. It constantly examines the changes in the environment which demands our attention to improve our knowledge. Times have however changed and today it is necessary for home science to be taught scientifically and systematically in an integrated course in educational institutions.



Home science is a field intimately connected with the daily activities of the home maker such as Family Resource Textiles, Child psychology, Mother Craft etc.

To understand Management, Foods and Nutrition, Clothing and the various aspects of Home living, a knowledge of basic science and art subjects such as Physiology, chemistry, Biology, Economic, Sociology, Fine Arts is essential. Such type of knowledge enriches one's life.

Definitions of Home Science

According to Encyclopaedia Americana, "Home Science is a broad field of knowledge and service concerned with all phases of family life. "It draws upon a variety of disciplines including humanities, the biological, physical and social sciences, and art and synthesizes from them the principles and guidelines needed to improve the well-being of individuals and families.

Home Science tries to improve quality of people. It promotes well being of individuals and families and values important in home life. It provides knowledge and skill to manage a home effectively. Such factors like good nutrition and a pleasant atmosphere contribute to a person's health and happiness.

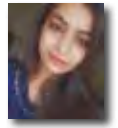
Pinky

B.A. (Home Science) I

Tie & Dye

Tie-dye is a modern term invented in the mid-1960s in the United States (but recorded in writing in an earlier form in 1941 as “tied-and-dyed”, and 1909 as “tied and dyed” by Luis C. Changsut, referenced below) for a set of ancient resist-dyeing techniques, and for the products of these processes. The process of tie-dye typically consists of folding, twisting, pleating, or crumpling fabric or a garment and binding with string or rubber bands, followed by application of dye(s). The manipulations of the fabric prior to the application of dye are called resists, as they partially or completely prevent the applied dye from coloring the fabric. More sophisticated tie-dyes involve additional steps, including an initial application of dye prior to the resist, multiple sequential dye and resist steps, and the use of other types of resists (stitching, stencils) and discharge.

Unlike regular resist-dyeing techniques, tie-dye is characterized by the use of bright, saturated primary colors and bold patterns.



These patterns, including the spiral, mandala, and peace sign, and the use of multiple bold colors, have become clichéd since the peak popularity of tie-dye in the 1960s and 1970s. The vast majority of currently produced tie-dyes use these designs, and many are mass-produced for wholesale distribution. However, a new interest in more ‘sophisticated’ tie-dye is emerging in the fashion industry, characterized by simple motifs, monochromatic color schemes, and a focus on fashionable garments and fabrics other than cotton. A few artists continue to pursue tie-dye as an art form rather than a commodity.

Shailly Sehgal

B.Voc. (Fashion Technology) II

Textiles

Textiles are extremely vulnerable to deterioration. The very things that make them pleasant to wear and use close to our bodies, such as flexibility, softness, bright colors, and decorations, also make them fragile. Wear, heat, moisture, and light are the main causes of textile deterioration. Textiles do not support themselves; they are constantly flexing and folding. Flexing and folding of any fiber, whether wool, cotton, or linen, will result in breakage at some point. Breaks of this type are most evident along sharp knife-edge creases where the textile separates with a clean fracture. Abrasions, a type of wear commonly found in the knees of pants, will also result in an area of loss. Repetitive handling will further weaken fragile abraded areas. Extreme heat is dangerous for textiles. It dries out the naturally existing moisture in fibers that gives flexibility, leaving textiles brittle and fragile. Heat also causes discoloration through the aging of starches and the formation of acidic by-products. For example, white cotton items often turn yellow and brown, sometimes looking like they have been toasted under a broiler. Finally, heat can also cause dyes to bleed faster in a humid environment. This type of damage is not easily reversed. Textiles readily absorb both high humidity and water, which can cause extensive damage. Types of water damage include tide

lines, dye bleeds, shrinkage, distortion, and mold growth. Tide lines form when a textile becomes wet enough to move acidic by-products and dirt by a wicking action through the fibers. A tide line often appears as a wavy, dark, sharp dirt line. Once one has occurred, it is not easily removed. Dye bleeding and fabric shrinking and distortion are also difficult to reverse on all textiles. Finally, humid environments can accelerate and promote mold growth, resulting in serious staining and discoloration. If left unchecked, mold will digest textile fibers as well as other organic embellishments, resulting in discolored, embrittled, and fragile items. Light accelerates the fading of both



vegetable and chemical dyes, as well as other colorants like paints. Light also promotes the embrittlement and weakening of textiles, especially silk. It is important to understand that while the fading of dyes or other colorants may slow with time, actual deterioration of textiles accelerates the longer they are exposed to light. Over time, even if you see no visible change, it is

occurring on a molecular level. When using textiles for display, a common rule of thumb is to expose them to light for no more than four months at a time every four years at the light levels suggested in Display

Vasudha Sharma

Lecturer (Fashion Designing & Fashion Technology)

Dynamic Fashion



Fashion is a term which means 'an ongoing trend'. It refers to how people dress and what kind of external getup most people think is making them look stylish, upto-date and sophisticated. While etiquettes and manner are also somehow comes into the count but it comparatively more superficial and dynamic. It changes with winds of time very fast. This can be seen from the vast difference between how people used to dress before and now. Films are the mirror to the society. And therefore is comparison is seen live by comparing how the actors used to dress before and now. Tinsel town celebrities have always been the trend setters to the common people. People, especially the girls always are inclined towards one or more actresses because of how they look and they also want to look the same. More or less everyone have a fashion idol.

Fashion used to be very different in metros and small towns in earlier days. But now the difference have gone down to a great extent due to many reasons. First if all the demand of online shopping malls have increased. Shopping sites such as jabong, snapdeal, myntra etc. does the work of delivering fashion at the doorstep. These websites run all over the country and they are available at most of the pin codes. And since the girls wear all kinds of clothes, now those fashions have come into the real market too. The growth of social media and overall the demand of time which lures everyone to look confident and updated, have made people quite inclined towards making himself look fashionable.

Jaspreet Kaur

B.Voc. (Fashion Technology) II

Ethnic Fashion



"Fashion is not something that exists in dresses only. Fashion is in the sky, in the street, in the way we live and what is happening around us". The global drive for the Indian ethnic fashion trend is born out of Indians being traditionalists at heart. Now, Indian ethnic wear is one of the major fashion outfits in the word. The Indian film industry, Bollywood is one that has gained increase in popularity with global audiences for its typically emotionally charge stories.



India has long being a muse to the international fashion. The sheer amount of

diversity and influences that designer can draw from every region is immense, and no other country can come close to it. The sheer amount of had gear that Indians wear is amazing and has drawn inspiration from many designers. The elegance and charm of Indian ethnic wear has been upheld since times immemorial, and the occidental culture has always been fascinated by the glamour and magnification of the popular ethnic outfits.

Neeti

B.Voc. (Fashion Technology) I

How sari came into existence?

Sari might be a fashionable garment now, but it started from being a humble drape used by women thousands of years ago. The origin of the drape or a garment similar to the sari can be traced back to the Indus Valley Civilization, in north west India. The journey of sari began with cotton, which was first cultivated in the Indian subcontinent. The cultivation was followed by weaving of cotton which became big during the era, as weavers started using prevalent dyes like indigo, lac, red madder and turmeric to produce the drape used by women to hide their modesty.

The garment evolved from a popular word 'sattika' which means women's attire, finds its mention in early Jain and Buddhist scripts. This ensemble can be traced to Sanskrit literature and Buddhist Pali literature. The three piece set was known as Poshak, the Hindi term for costume.

Women traditionally wore various types of regional handloom saris made of silk, cotton, ikkat, block-print, embroidery and tie-dye textiles. Most sought after brocade silk sarees are Banarasi, Kanchipuram, Gadwal, Paithani, Mysore, Uppada, Bagalpuri, Balchuri, Maheshwari. Years later, the rich Indian women started asking the artisans to use expensive stones, gold

threads to make exclusive saris for the strata, which could make them stand out, clearly. But sari did remain unbiased as a garment and was adapted by each strata, in their own way. That was the beauty of the garment, that still remains.



The development of textiles in India started reflecting in the designs of the saris – they started including figures, motifs, flowers. With increasing foreign influence, sari became the first Indian international garment. What started as India's first seamless garment, went onto become the symbol of Indian femininity.

Mehak Goyal

B.Sc. (Fashion Designing)

Developing Dressing Skills

Dressing can be a complex activity. Children need to be able to master a number of skills. These include:

- ◆ Motor skills where a child needs to be able to move his or her limbs and body in a full range of movements requiring muscle strength and flexibility at their joints.
- ◆ Co-ordination where a child needs to be able to create co-ordinated movements, using one arm and both arms. A child also needs the control of hand movement that require fine motor skills, such as fastening buttons.
- ◆ Balance – being able to maintain their balance whilst changing posture/position both with eyes open and shut.
- ◆ Fine Motor Skills – being able to reach, grasp and release objects in order to complete tasks such as buttoning or holding the item of clothing.
- ◆ Perception – having an understanding of various sizes and shapes of buttons and also knowing the size of arm holes.
- ◆ Stereognosis – being able to feel their way without relying on sight such as finding arm holes with a jumper over his or her head or fastening buttons behind at the back.
- ◆ Body Schema – being able to tell right from left and the difference between arms and legs.



Komal

B.Sc. (Fashion Designing) V

General Principles of Dressing



- ◆ Ensure that your child is sitting in a stable position, e.g. on the floor (where it is easier for children to reach their feet) or sitting on a chair or firm bed with his or her feet supported. If sitting balance is poor, try sitting against a wall. Some children may sit better in a corner where both walls give added support. Alternatively stand against a wall. • Sit next to, in front of, or directly behind your child during activity and guide him or her through the task.
- ◆ Undressing is usually easier than dressing. Dress in front of the mirror to provide visual cues and use to check all is correct before going out. • Start with undressing. Undressing before bed and helping to put on pajamas is a good time to start as you have more time at night than in the morning.
- ◆ Follow a consistent sequence and technique when dressing: • Clothes can be placed in a pile in the order in which they need to be put on. • Follow the same technique for each garment, e.g. t-shirt is put over the head first and then the arms are put through the sleeves. • The order and technique can be written down so that it can be followed by other carers and school staff. You could use pictures as a visual prompt to help your child remember the clothing order/technique.
- ◆ Describe actions and parts of the body as you are helping your child to dress, eg 'put right foot in,' 'now stand up whilst I pull your trousers up your legs.'
- ◆ Instead of automatically correcting a mistake, get your child to look (maybe in a mirror) and feel if all is correct. Then encourage them to identify and sort out what needs to be done, e.g. T-shirt needs pulling down; shoes 'feel wrong' because they are on the opposite feet.

Simran Singla
B.Sc. (Fashion Designing) V



Commerce Section

Teacher Editor
Dr. Kamlesh

Student Editor
Himani (B.B.A. III)

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Impact of COVID-19



The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public health, food systems and the world of work. The economic and social disruption caused by the pandemic is devastating: tens of millions of people are at risk of falling into extreme poverty. Nearly half of the world's 3.3 billion global workforce are at risk of losing their livelihoods. Informal economy workers are particularly vulnerable because the majority lack social protection and access to quality health care and have lost access to productive assets. Without the means to earn an income during lockdowns, many are unable to feed themselves and their families.

The pandemic has been affecting the entire food system and has laid bare its fragility. Border closures, trade restrictions and confinement measures have been preventing farmers from accessing markets, including for buying inputs and selling their produce, and agricultural workers from harvesting crops, thus disrupting domestic and international food supply chains and reducing access to healthy, safe and diverse diets. The pandemic has decimated jobs and placed millions of livelihoods at risk. As breadwinners lose jobs, fall ill and die, the food security and nutrition of millions of women and men are under threat, with those in low-income countries, particularly the most marginalized populations, which include small-scale farmers and indigenous peoples, being hardest hit. Guaranteeing the safety and health of all agri-food workers – from primary producers to those involved in food processing, transport and retail, including street food vendors – as well as better incomes and protection, will be critical to saving lives and protecting public health, people's livelihoods and food security.

Countries dealing with existing humanitarian crises or emergencies are particularly exposed to the effects of COVID-19. Responding swiftly to the pandemic, while ensuring that humanitarian and recovery assistance reaches those most in need, is critical. Now is the time for global solidarity and support, especially with the most vulnerable in our societies, particularly in the emerging and developing world. Only together can we overcome the intertwined health and social and economic impacts of the pandemic and prevent its

escalation into a protracted humanitarian and food security catastrophe, with the potential loss of already achieved development gains. We must recognize this opportunity to build back better, as noted in the Policy Brief issued by the United Nations Secretary-General. We are committed to pooling our expertise and experience to support countries in their crisis response measures and efforts to achieve the Sustainable Development Goals. We need to develop long-term sustainable strategies to address the challenges facing the health and agri-food sectors. Priority should be given to addressing underlying food security and malnutrition challenges, tackling rural poverty, in particular through more and better jobs in the rural economy, extending social protection to all, facilitating safe migration pathways and promoting the formalization of the informal economy. We must rethink the future of our environment and tackle climate change and environmental degradation with ambition and urgency. Only then can we protect the health, livelihoods, food security and nutrition of all people, and ensure that our 'new normal' is a better one.

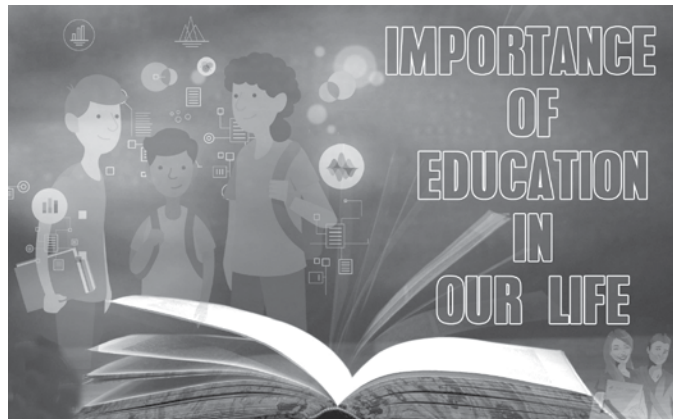
Riya Arora
B.B.A. V Sem.
2286320037

Importance of Education in our Life



Education is a constitutional right of every citizen that prepares an individual to play their role as a sophisticated member of society. The importance of Education can be implied by habituating the lack of its existence.

The importance of education and its significance can be understood through the life of an ignorant and illiterate person, who has never had the chance to visit the school and is experiencing the bane of illiteracy could value the answer to the question- 'Why is Education an essential factor in our life?' He/she knows the prominence and importance of education and its changes in an individual's life.



The enormous hardship of illiteracy is its constant dependency issue. An illiterate individual depends on others for his/her survival. Education prepares its wings to fly and explore the surroundings while being confident and opportunistic. Education builds individuals, educated individuals build better societies, and better societies build great nation.

Education has the potential to revolutionize the course of a nation – with skilled and educated youths.

A nation comprises a higher rate to achieve its targeted economic growth and sit among the league known as the developed nation.

A well-educated nation discards any obstacles that hinder its growth and strives hard to attain sustainable development.

Education in India refers to the process of learning, training, and teaching human capital in schools and universities. The Indian government reflects specific economic policies that emphasize the importance of education in India.

Education is important for both men and women

as both have an essential role in the development of a healthy and smart society. Education is a necessary way for delivering a brilliant future and at the same time performs the most significant part in the growth and improvement of the nation. The citizens of the nation are responsible for the greater future and progress of the nation.

Navpreet Kaur

B.B.A. V Sem.
2286320010

Amanda



*And Amanda what you learn,
What you earn never equals what you learn,
What you earn is an illicit coin
And coin may make you the mast,
Coin may make you the burgoyen !
And Amanda what you sow,
You weep or flee, that'd only grow,
Why not toil today, enough ?
Why fill next the mammoth teary trough?
And Amanda when you sleep,
Be prudent to choose your heap,
You fly in happiness or die in doleful sleep,
When body's only gone,
Who'll look if you weep?
Will it be easy ?*

*No i never said..!
You will have to bear the
pain for the skin shed !
But tell me about in which great books
about vanilla have you read ?
Remember! Without going through hell,
Nobody's ever rang the success bell !
So Amanda remember, escape always feels a better way,
We humans cry in nights, and in
the morning curse the day!
Point to yourself, listen to what you say,
Why search for heavens ?
Let's create at where we stay..*

Himani

B.B.A. III
2286320012

India

Is a country full of sites with beautiful
and glowing colourful lights
It has a variety of inspiring cultures
And very- very marvellous ancient sculptures
Everyone likes to welcome the guests
No one likes to be among the rest
It is a land where nature comes alive.
Birds, trees and animals everyone smiles.
Here one and all live in peace.
And tom 'n' jerry fight for cheese
Life here is an unexpected journey
And becomes very beautiful and full of learn

First world war wonder- Taj Mahal here stays
No one forgets to do its praise
There are thousands of mind blowing things
They cannot be described as page can sink
Here we cannot see love scarcity
Therefore, it is said India has unity in diversity
In the end I want to say
After reading this poem you have to pay
Nothing more but only your smile
As deep as Africa's river Nile.....!



Neha

B.Com. III Sem.
3213320003

टर चाहिए

अपने भावी दामाद से
प्रेम से पूछा ससुर जी ने
“मेरी पुत्री के जीवन नैया के पतवार
दहेज में क्या चाहिए ?
शर्म का लबादा उतार शान से फरमाइए।”
दामाद जी बोले
“आपकी बेटी स्वयं लक्ष्मी है
हमें तो बस ‘टर’ चाहिए।”
टर चाहिए ! यह ‘टर’ क्या है बेटा ?
दामाद जी ने बड़े अदब से समझाया,
“‘टर’ यानि मोटर, स्कूटर, कम्प्यूटर,
रैफिजरेटर, जेनरेटर, हिटर।”
ससुर जी मुस्काए और बोले हम अभी आए बेटा

और तुम्हें देते है टर
टर यानि अपना डॉक्टर
जिसके हाथ में होगा हंटर
वह बनवाएगी तुमसे
मोटर और टमाटर
और तुम नज़र आओगे जैसे वेटर
क्या इरादा है मिस्टर ?
भावी दामाद जी संकपकाए
जैसे कि ‘हैलीकॉप्टर’



जशदीप

सेमेस्टर-1
120202003080

Students' Role in Nation Building

The future of any country depends upon its students. Name and fame of a country rest on the educated youths. In other words, the students are the real treasure of any country. They are more important for a country like India.

If the energy of the students is directed to constructive purposes, the whole country will taste the



all round development. A great man has right said, "Give me the children and I will change

the nation." A nation can progress if its youth is sincere and educated. So most of it depends upon the students.

India is fortunate that more than 60 percent of its total population of the country consists young people.



And most of them are the students. These young people can do a lot in the development work of the country. They can do a lot for their invaluable contribution to this development.

There a large number of illiterate people in the country. Students can teach these illiterate people of their neighbourhood, nearby localities and in the villages.

They can start many awareness programmes in the country. They can tell the people about the importance of cleanliness in the life.

Sanjana
B.B.A. II
3167620028

Anything is Possible When you Believe in Yourself !



"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle"

~ **Christian D. Larson**



Throughout our lives, many of us have been told that we are 'not good enough' or we do not 'have what it takes' to do the things in life we dream of. So many of

us fallen into that trap of letting other dictate what we can and cannot do.

Yes we can do what we choose to do if we believe in ourselves. We have the ability to create anything we set our minds to do.

We all have dreams that live in our soul just waiting to be let loose. Don't listen to the naysayer's ! what matters most at the end of the day is believing in what makes you happy. You are the master of your fate. You are the **master of your soul**. Don't let others dictate how should live you life. Believe in yourself and keep moving forward!

Start believing in yourself

Dinkey
B.B.A. II Sem.
3167620003

Laughter is the best medicine



"Laugh and the world Laughs with you, cry and you cry alone." As the saying goes, why should we remain alone in the vast crowded world. So we must laugh from deep within.

As it says "A good laugh is a sunshine in a house" So when we smile we feel light and fresh. All tensions fly away. Laughter is known to be the best medicine and Science has proved it. If you learn to see the funny side of things, nothing can dishearten you.

Laughter is safe release of tensions.

A person must pass all the tests in life with a smile on his face. One must try to become humorous by reading humourous books and stories. It helps one a lot. One should share one's jokes and



titbits with others. This will help in the release of tension because happiness shared is happiness doubled. Laughter always wins your friends. Those who take life lightly and laugh the burdens off are liked by all. We must make use of laughter to our full advantage and become tension free and bubble with happiness. Happiness keeps all our health problems at bay. It is the best kind of medicine and that too free of cost. So now after reading this, give a tremendous smile.

Tejaswini
B.Com. V Sem.
2331920002

Expectation Vs Reality

The beginning of college life comes with immense expectations and anticipations. It is the one thing that almost every high school student looks forward to. Not to mention the numerous efforts that we all put in to get admitted into our dream colleges. But what's so exciting and enchanting about college life that has every high school student looking forward to it? Not to discourage you, but better to go prepared than have the reality hit you unexpectedly, right?

Expectation: Before starting college, life there seems to be revolving around nothing but friends, party invitations, late night parties, staying out for as long as you like without a care in the world.

Reality Check: The only parties that you'll go to, will be the after-hours hostel parties wherein you'd sneak in your friend's room and celebrate with hushed voices fearing the wrath of the warden if caught. And as far as the invitations are concerned the only invites that you'll get are from your textbooks and classroom notes to memorize them, that's unless you want to fail or be held back that semester.

Exploring the city

Expectation: With the newly found freedom also comes the undeniable urge to explore every corner

of the city from the famous monuments to visiting the best cafes with your friends. And even professors in college aren't as pestering as the teachers back in high school.



Reality Check: It's true that professors in college are not as pestering as your teachers back in high school. But the sad truth is, unlike in the high school where your teachers ran after you in college you'd be the one running after them. So, sure, you will have your chance at exploring the city but it just won't be an everyday scenario.

To Sum it up

College might not be as much fun as you think to be, but you sure will have your own loads of fun. There will be difficult times but they will prepare you for the life ahead. It's true the college days are the best time of the life, so cherish them and take these hurdles as valuable learning experiences in life.

Nisha Sharma

B.B.A. I

120202010012

First Day of College

A college is dreamland of every student's educational life and carrier. It is beautiful period and picture of learning, enjoyment, freedom and friendship. The memories of college have an overlasting impact on human memory.

"A new place and a new life with a new lifestyle"

I still remember the day when after the announcement of our matriculation result, I was planning to get admission to college. Many excited and heated discussion took place on choice of subjects and colleges.

"I was about to enter a new world"

After a few days, the list of successful candidates was posted on notice board of college and I was among those candidates who was granted admission. I was allotted roll no. And I was proud of being the student of K.V.A D.A.V college for Women.

My first day at college was a blend of joy, excitement, fear and surprise. Got up early in morning. I took the breakfast and went to college. When I entered the college gate on first day at college, I had mixed feelings

of fear and joy. It could not believe that it was my first day of college. It was like a dream.

"Memories are a valuable asset of life"

The moment I stepped into the college an exciting environment attracted me. There were great hustle and bustle in college. One of the most impressive traditions of the college was to arrange a welcome party for new students. We attended some classes on first day. In most of classes, the teacher-student introduction took place. We were guided by books and other matters. I will never forget the experience of my first meeting with new friends and teachers of college. When I returned home, all the memories of first day at college came into my mind.

In the end, I can say that college life is a beautiful blend of joys and memories. Right from my first day, every day spent in college was full of colourful events. Surely, college life is an ideal part of student life.



Aarti Dabra

B.Com. 3rd Sem. (ASPSM)

3213220001



Computer Section



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3D Internet

The internet is developing day by day to change the real situations or conditions of the communication, business, and entertainment and globally develop them. It also brings a controlled new way in reaching the consumers, business customers and co-workers, partners and also the students. 3D internet is the upcoming generation of the present 2D web and it is truly social because if you read a document or file then you can also see the people who are reading the same file.

To most of the 3D users, the 3D internet seems very comforting for all their necessary works and everyone is dependent on its circumstances that they forget to think about its nature anymore just as we don't think about the Ohm's law whenever we switch on the light. From this point of view, what we have today is the 2D version and the 3D internet is the next level of it. Well, if we stop for a while and think about the nature of internet then it is nothing but a real environment where people exchange the information and communicate with each other.

For all these activities people are confined to the 2D pages and it is based on flat principles or theories and consist of a group of documents, images. Whenever a user enters the website then at every flat surface of communication the developers need to provide the conducting and managing help, if not then the user might get lost soon. As it is based on the flat principles there is no chance of providing a direct managing and

conducting help which recognizes the human beings, this kind of situation is even worse when moving between the websites.

An example, of the current situation of web surfing, is perfect because we have no power over the web and it's traveling with the next click. Another effect or result of it is the necessity of search engine and there is nothing astonishing in describing Google as the power internet company. There is much better way of arranging data which everyone knows and everyone uses it too, we spend our lives in a 3D world by managing, conducting and moving between places, representing the objects and where we rarely use the search engines.

On the current internet, we are like the 2D creatures on flat files or documents without the knowledge of where we are transporting ourselves from one flat surface to another flat surface, getting lost every time and asking for the directions. Although the 3D internet doesn't provide the solution to all these issues but furnishes an HCI framework that reduces the mental load and enhances the rich, innovative schemes through spatial relationships. Another vital feature of it is that it enables the natural means of communication between people. With this, the online business will have revolutionary effect as the 3D internet have the large commercial potential.

Mahak
B.Sc. III CS

Cyber Crime

Cyber crime can be defined as an illegal activity that is related to a computer and any other network operated device. In this type of crime, computer is the main thing used to commit an off sense. The computer technology may be used by the hackers or cyber criminals for getting the personal information, business trade secrets or any other important information for malicious or explosive purposes. In addition to this, the criminals also use the computers for the document, data storage or communication. The people who committ these types of crimes are generally referred as hackers.

Experts debated on what exactly constitutes a computer crime or a computer related crime. Even after several

years there is no internationally recognized definition of these terms. A global definition of computer crime has not been achieved. It is an "illegal, unethical or unauthorized behavior involving automatic processing or transmission of data". There are three Categories of Cyber Crimes (a) Cyber crimes against persons (b) Cyber crimes against property (c) Cyber crimes against the government.

Types of Cyber Crimes

Botnets

It can be defined as a network that consists of compromised computers. The remote attackers control them for performing illicit tasks such as attacking

computers or sending spam to them. These bots can also be used for performing other internet crimes such as malware or carrying the malicious tasks. There are lots of Botnet Removal Tools that can help the users to detect and remove Botnets.

Ransomware

Ransomware is one of the most common types of cyber crimes and known as one of the detestable malware-based attacks. It enters the computer network and encrypts the important files by using the public-key encryption. This encryption key remains on the server of the hacker. After that, the users whose computer get attacked are asked to pay huge ransoms for getting the private key.

Identity Theft

You often heard about the identity theft and fraud because it is the most common type of cyber crime. In this type of crime, the people purports to be some other person with a purpose of doing a fraud for having financial profits. However, when it is performed using the internet, then it is known as the online identity theft. The major source of this cyber crime is to steal the identifying information of any other person and used it for making financial gains.

Other types of Cyber Crimes

DDoS attacks, Spam, Phishing, Social Engineering and Malvertising.

Nancy
B.Sc. CS

4G Technology

The Fourth Generation (4G) Technology is the fastest Technology provide for data transfer. 4G is the short term for fourth-generation wireless. It is still a research lab standard, the stage of broadband mobile communications that will replace the third generation (3G).

In order to make smooth transition from 3G to 4G the mobile communication companies are promoting Super 3G/LTE. The companies are upgrading 3G Technology by initializing the introduction of High Speed Downlink Packet Access (HSDPA) service, which increases the downlink data rate of packet services, and by finalizing specifications for High Speed Uplink Packet Access (HSUPA), which enhances uplink speed. HSDPA and HSUPA cover area by 3-4 times relative to W-CDMA and by providing the high transmission rate with low cost

per bit transmission. The main objective of the Super 3G is to construct simple, low cost system by removing the complexity from wireless network and mobile handsets. The 3G provides packet and voice services separately where as Super 3G is based on ALL-IP network covering both packet and voice services. As from diagram we can infer that by the 2010 we would be able to achieve the 1 Gbps in motion at low speed and 100 Mbps at high speed. On December 25, 2006, **NTT DOCOMO** became the first in the world to achieve a packet signal speed of **5 Gbps** in an outdoor test in a low-speed environment (10 km/h). The test was undertaken to demonstrate the expected maximum transmission speed in an actual cell environment, taking into account interference from peripheral cells.

Vanshika Walia
B.C.A. I

Digital Signature

One can authenticate anyone with the help of signatures. The trend of handwritten signatures is very old. It was used by the ancient people to determine the authentication of any document too.

When we communicate or do business with any one online then there is always a fear of security of the content. Various methods were used for this but **digital signature** came up with the best solution among all.

A **digital signature** is an attachment to any piece of electronics information which identifies the originality of that document. Digital signature of a person varies from person to person due to the private key.

To provide authenticity, integrity and non-repudiation, digital signature is the best thing. It makes our internet use safer. It is being used in electronic mail, electronic funds transfer, software distribution etc.

The approaches of **digital signature are:** Direct approach and Arbitrated approach. The applications are Electronic Mail, Data storage, Electronic funds transfer, Software Distribution. It has some drawbacks also.

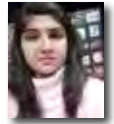
- ◆ The private key must be kept in a secured manner.
- ◆ For using the digital signature the user has to obtain private and public key, the receiver has to obtain the digital signature certificate also. This requires them to pay additional amount of money.

◆ Are digital signatures safe?

- ◆ Digital signatures are completely safe and secure to use. The reason behind that is it is difficult to falsify the digital signatures. It is a public key that gets generated from an algorithm. The forgery of a digital signature can only be done if the attacker holds the private key of the signer that is almost impossible.

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Effectiveness of Computer Education and Applications



Computer education plays important role in students' career development. Computer with internet is the most powerful device that helps students learn new skills and provide more advanced version of current lessons. Schools are basic global teaching centers for students to learn basics of computers and internet.

The uses of computers and internet are growing day by day at high speed. Business, colleges, schools, companies, authorities, and almost everywhere there is a need of computer for various official operations.

Computers help students to develop creativity by drawing using windows paint program.

Computers and the internet not only help students to explore creativity and imagination but also help to understand technologies. "Students are the future leaders for nation."

Current school students are the future doctors, engineers, entrepreneurs. So, for the education development, it is really important to teach students in schools about computers, the internet and its benefits.

Meta-analysis:-

A meta-analysis of 36 independent studies showed that computer applications have a positive effect on students' academic achievement from elementary school to college. The average effect size from 151 comparisons was .38; this indicates that use of computer applications raised students' examination scores by .38 standard deviation. Effects differed as a function of the computer study feature. Effect sizes were higher in studies that used Logo programming language, when different teachers taught the experimental and the

control group, when treatment was applied in a period of one to two months, and when subjects were selected from high schools.

Applications of Computers: Computers play a role in every field of life. They are used in homes, business, educational institutions, research organization's, medical field, government offices, entertainment, etc.

Computers are used at homes for several purposes like online bill payment, watching movies or shows at home, home tutoring, social media access, playing games, internet access, etc.

Computers are used in hospitals to maintain a database of patients' history, diagnosis, X-rays, live monitoring of patients, etc.

Computers help to watch movies online, play games online; act as a virtual entertainer in playing games, listening to music, etc.

Computers are used to perform several tasks in industries like managing inventory, designing purpose, creating virtual sample products, interior designing, video conferencing, etc.

Computers are used in education sector through online classes, online examinations, referring e-books, online tutoring, etc.

Computers are extensively used in dance, photography, arts and culture. The fluid movement of dance can be shown live via animation. Photographs can also be digitalized using computers.

Pranjal Puri
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Editorial Board



Dr. Manju Singh

Editor-in-Chief

Success is not the key to happiness.
Happiness is the key to success.
If you love what you are doing,
you will be successful.

Co-Editor



Ms. Kanwaljeet Virdi

There are no limits
to what you can
accomplish, except
the limits you place
on your own
thinking.

Co-Editor



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You cannot just give up as the
situation is not favourable. Learn to
resist for unfair things as it needs lot
of courage to change. Corona period
taught us to be courageous and fight
together for the welfare of humanity.

Good Wishes forever.

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