



# *Gandhi Path*

2019-20



*A man is but the product of his thoughts;  
what he thinks, he becomes.*

**GANDHI MEMORIAL NATIONAL COLLEGE**

**AMBALA CANTT**

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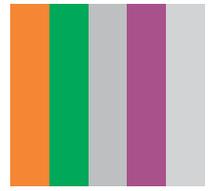
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## संदेश

यह हर्ष का विषय है कि गांधी मैमोरियल नेशनल कॉलेज, अम्बाला छावनी द्वारा अपनी वार्षिक पत्रिका का प्रकाशन किया जा रहा है। इसके लिए संपादक वृन्द बधाई का पात्र है।

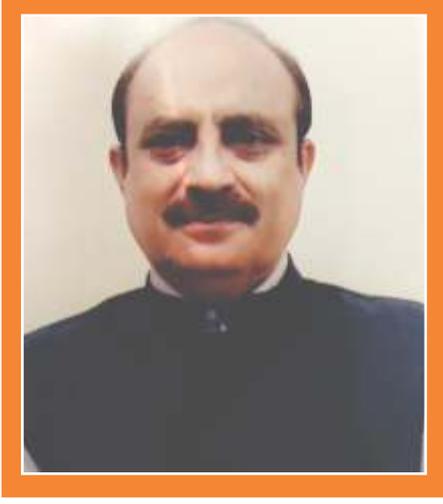
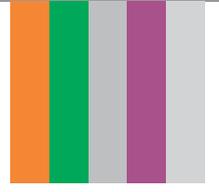
बच्चों के मनोभाव में सृजनात्मक बदलाव के लिए पत्र-पत्रिकाओं का अहम् योगदान रहता है। इस प्रकार की पत्रिकाएं विद्यार्थियों को प्रोत्साहित करने में महत्वपूर्ण भूमिका निभाती है। गत एक वर्ष से अधिक समय से दुनिया कोरोना महामारी से जूझ रही है, जिसके कारण उनकी दिनचर्या पर भी दुष्प्रभाव पड़ा है। मैं समझता हूँ कि यह पत्रिका विद्यार्थियों को नवीनता का आभास करवाएगी।

देश के लोकप्रिय प्रधानमंत्री श्री नरेन्द्र मोदी जी के मार्गदर्शन में हरियाणा सरकार ने 'न्यूनतम शासक, अधिकतम शासन' के मंत्र को चरितार्थ किया है। सरकार द्वारा तकनीकी शिक्षा पर बल दिया जा रहा है। आपको भी अपने कॉलेज में इस पर ध्यान देने की आवश्यकता है ताकि उन्हें रोजगार के उचित अवसर प्राप्त हो सके।

आपकी पत्रिका के सफल प्रकाशन के लिए मैं अपनी शुभकामनाएं प्रेषित करता हूँ।

अनिल विज





**Prof. Somnath**

Vice Chancellor

**Kurukshetra University,**

**Kurukshetra-136119 (India)**

(Established by the State Legislature Act XII of 1956)

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संदेश

I am delighted to learn that GMN College, Ambala Cantt is coming out with a new issue of their college magazine titled 'Gandhi Path'. In a world, where most of the communication is dominated by social media and books are dying a slow death, this is indeed a welcome initiative. I understand that the challenge of Covid-19 must have posed numerous obstacles in completing this project. But as torch-bearers of the society, teachers have always been known to have accepted challenges and emerge winners.

I congratulate the college Principal, Staff and especially the budding writers for showcasing their talent and pray for their bright future and success.

  
**Som Nath**





**Dr. Gurdev Singh**  
President, Governing Body

## *Message*

I am indeed delighted to learn that the college is ready to launch the digital version of its College Magazine **Gandhi Path**. It is a very laudable step because during the times of corona it would not have been advisable to come out with a print version of it. In fact, this Digital Edition will have a far greater reach and the writing skills of the budding writers will reach a much wider circle.

I congratulate the college Principal and all the teachers who must have put in a lot of effort in motivating the students to write and submit articles, given the handicap caused by the corona virus.

Keep Up the Good Work!

A handwritten signature in black ink, appearing to read 'Gurdev Singh', written in a cursive style.

Dr. Gurdev Singh



**Dr. Raj Pal Singh**  
Principal

## *A Word From The Principal*

**Dear Readers,**

The glorious tradition of publishing the College Magazine **Gandhi Path** has now been going almost since the inception of the college. The thinking and writing skills of the students get reflected in the articles submitted by them. A college magazine mirrors the vision and dream of our youth and is, therefore, a very valuable document. This session it has been quite a challenge to bring out the issue due to the circumstances created by Covid-19. However, the Editorial Team rose to the occasion and decided to bring out a Digital Version to showcase the talent of the students.

The team of Dr. Seema Kansal, Chief Editor deserves special mention for the wonderful job done by them. I congratulate the budding writers and exhort them to continue writing.

Happy reading to you all.

With Best Wishes!

  
(Dr. Raj Pal Singh)



**Dr. Seema Kansal**  
Chief Editor

## *Editorial*

We are delighted to present before you yet another issue of Gandhi Path — the official college magazine of this glorious institution of higher education. Given the conditions prevailing in the country (and the entire world), due to the notorious corona virus, the long closure of educational institutions threw a plethora of challenges for all the stakeholders. The editorial team at Gandhi Path was no exception.

Since there was little possibility of physical student-teacher interaction, motivating the students to write, collection of articles and coordination work among the editors of various sections became a daunting task. But just as the challenge of teaching and learning process was admirably handled by online communication, so we also decided to put together this issue of the college magazine through online tools.

I am happy to put on record that the response and support from all quarters was overwhelming. Encouraged by the motivation of Dr. Raj Pal Singh, Principal of the college and enthused by the energy and vigor of my editorial team, we were able to bring out the writing skills of our students in various forms.

It is heartening that India has pioneered in bringing out two very effective corona vaccines and a massive vaccination program is already underway. This will pave a way for the return of normalcy all around us and the day is not far when school, college and University campuses will be agog with youthful exuberance and charm.

The challenge of surviving with challenges teaches us to adapt ourselves to new changes. Let us be brave and optimistic in the face of difficulties and we shall certainly emerge victorious!

Happy Reading. Stay Safe. Stay Committed.



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**Divyadeep**  
M.A (Eng.) 1st Sem.  
1st in KUK



**Dhananjay Kumar**  
M.A (Pol. Sc.) 3rd Sem.  
IIIrd in KUK



**Navalpreet Kaur**  
B.Com (Hons.) 1st Sem.  
IIIrd in KUK



**Rabnoor**  
B.A. 1st Sem

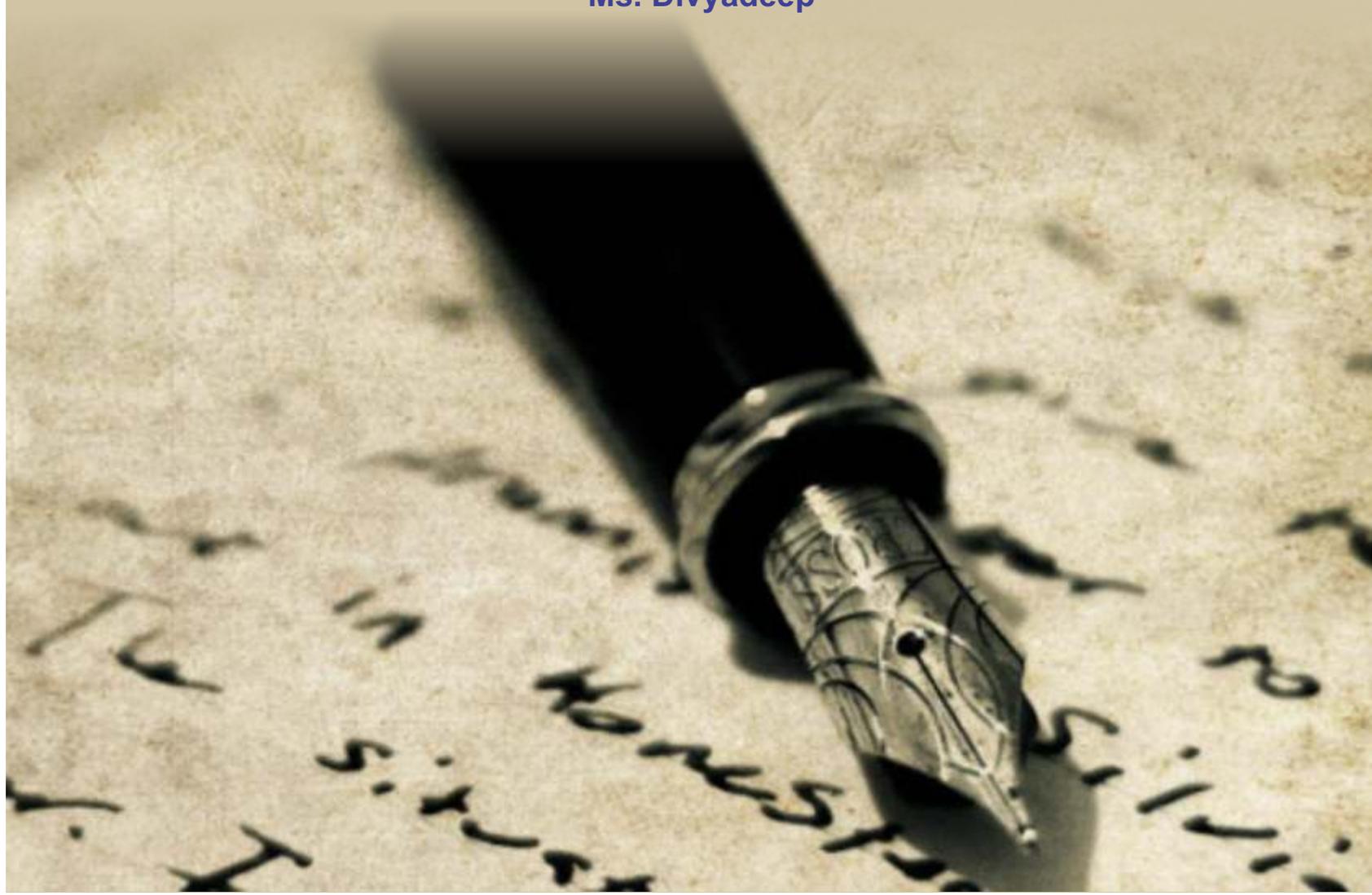


**Diksha**  
B.A. Vth Sem.

# *English Section*

*Staff Editor*  
**Dr. Seema Rana**

*Student Editor*  
**Ms. Divyadeep**



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## *Editorial*

*The student today is an individual, a real person with feelings of self-respect, sensitivity, responsibility and concern. We need to identify, appreciate, applaud and nurture the fine blend of sensibilities in a student. The purpose of inviting and including articles is to set the budding minds free, allowing them to wander unrestricted in the realm of imagination and experience to create a world of beauty in words. Our students tried to pen down fascinating and soul-stirring words. We are ready with all the hopes and hues to bring out the creativity of students. An exquisite selection of emotions, sparkling thoughts, and blossoming ideas!*



*The ultimate content of any magazine depends upon the writings submitted by the contributors. We have for you a few poems and some informative and inspirational articles. I feel indebted to all those who contributed. My thanks are due to the students and teachers who have been of immense help in infusing life into these pages. I hope you all enjoy reading English section and will have as much fun in reading this as I had in making it for you.*

*Good luck and happy reading!*

*Dr. Seema Rana  
English Section*

## *Student Editorial*

*Dear Readers*

*T.S.Eliot said, Only those who will risk going too far can possibly find out how far one can go!*

*It gives me immense pleasure to thank the department of English for acknowledging our credibility and setting up platforms for us students to express our creativity and zest.*



*Also, I thank my fellow mates for making such an enthusiastic and inquisite contribution towards the accomplishment of this herculean task. Their zealous write ups and achievements are the epitome of the magazine. The ideas and thoughts of students are too deep and strong making this magazine endearing to read. All have put in relentless endeavours to bring eminence to this treasure trove.*

*I feel bliss in ensuring that by our team work this magazine has successfully accomplished its objective. I heartily pay my regards and best wishes to all.*

*Thank you!*

*Divyadeep  
M.A. English - I*

## THE WORLD OF DARKNESS

“All the world's a stage, and all the men and women merely players: they have exits and their entrances; and one man in his time plays many parts, his acts being seven ages.”



A very beautiful quote written by world's greatest dramatist William Shakespeare. It is very true that this world is like a stage and we all are merely players on this stage. Everybody plays his/her role and leave this world. This world is very beautiful, full of beautiful things. Everything created by God on this earth is to attract us and to motivate us. But now a days everybody is busy in his/her own self. Now the question arises, is this world really beautiful or this is a world of darkness?

May be it is the world of darkness because everybody is running behind material things. Money is the motive behind every relationship. Everybody needs false vanity, status and reputation. We have totally forgotten why God has sent us on this earth. All saints, poets, philosophers & scholars have described this world as a world of darkness. In fact that there is so much light all around us and we can see whatever we want. How can this world be so described? Actually, what we see is a mere illusion. Reality lies hidden behind a thick veil of darkness.

What is the character of a dark place? It is a place where we cannot see the facts and events all around us. This is exactly our position in this world. We don't know why we have come here, from where we have come, why we do, what we do. We don't know why we have good health or illness, wealth or poverty; why we are dull witted or intellectually sharp, or why we are beautiful or ugly; why we are born in good moral surroundings or amidst immortality and degradation; why we have spiritual tendencies or criminal inclinations –we are totally ignorant of all these facts. Our body is a storehouse of darkness. We know nothing about ourselves. We think that we are the physical body. Learned persons tell us that we are the soul, a part of Lord Almighty. Man is the Supreme Being on this earth. But we are too much in love with the material things of the world. We waste all our time and energy in getting and spending. We are running behind money and position. We have totally forgotten the real motive behind our birth. God has sent us on this planet for the welfare of society. Our real motive is to be kind to humanity. So, leave every kind of leg-pulling, bitterness, hate, jealousy and negativity. Use your power and energy in positive things and for the welfare of society.

**Mrs. Kamlesh Kumari**  
Assistant Professor  
Dept. of English

## COME ON ITS TIME- EMPOWER GIRLS

Girl- how beautiful the name rings

As beautifully to her mother's arms she clings.

Girl – a name that sounds so musical in our ears

But WHY her entrance into the world is washed away in tears?

Girl, whose birth is like an ocean pops up a pearl?

Then why upon her are abuses hurled?

Why on one hand she is a boon, on other bane

Why is she a source of smile as well as pain?

Why instead of celebration, on every father's head appears a crease of tension?

Tension of dowry, tension of a girl's protection

Tension of protecting her from getting hurt

Tension of protecting her from getting engulfed by the society's dirt.

Why even in the 21st century does a girl need protection?

Why to smile, study, choose her life does she need protection?

Why is she still seen as an object, why is her wound treated as a passive subject?

Why on one hand some girls shine like stars- while some face burn with scars!

The answer comes We Have Made LAWS- LAWS are full of flaws

They are said to be forced but never thought to be enforced

Don't teach what is right and what is wrong.

Teach them to be strong.

Don't only just give them power,

Teach them to be EMPOWERED



**Pratiksha**  
B.A.III (English Hons.)

## TECHNOLOGY

Technology is everywhere. It is a tool that certainly changes the world. Many people today are familiar with the technology and its use. It might become extremely important in all aspects of our life. Technology makes our life simpler, easier and more comfortable. If technology is used in useful and positive ways, then it might lead to something good, but, if it is used in negative ways, it will probably result in a disaster.



Technology has a great effect on today's lifestyle. Today, many people spend a lot of their time using electronic devices, which poses a great threat to their mental and physical health, affects their education and it also affects their relationships with family and friends. Nowadays, students spend a lot of time in front of computers, laptops and mobiles and because of this their memory is affected. In ancient times, people used to have good memories but now a days people are just losing their memory by depending too much on technology. Furthermore, there is a strong connection between technologies and education. It has certainly improved the knowledge and our skills of the research. Moreover, it has enabled us to have an easy access to all kinds of knowledge available on internet and also to share data and learning materials. There is no doubt that the access to information has changed over the past decade. All the information is available on Google. This means that students have to deal with an overload of information when they try to find answers to their questions online. Instead of searching the answers for every possible questions online, students need to re-develop the skills of critical thinking. So, as per my opinion, technology is useful to us in many ways but its excessive use can affect our lives and can also have great impact on our skills, health, memory and psychology.

**Neha Saini**  
M.A. I (English)

## FEAR OF THE UNKNOWN

Everyone having a conscious mind has a fear of something. Anyone and everyone who are “fearless” may not be scared of any physical being but are scared, and sometimes terrified, by the Unknown. The Unknown can take the form of anyone, anytime, or anyplace. There is always the fear of not knowing how the immediate upcoming events will turn out or affect you and everyone close to you. The Unknown can never cease to exist; it is always there in the back of your mind.



One needs to be concerned about the future, but one also needs to live in the present. The present is what matters most, right here and right now. One needs to be prepared to hold whatever will happen, whether it's good or bad, positive or negative, right or wrong. Opening up one's heart and being willing to embrace anything and everything conceivable will change one's life in unheard of ways. Embracing the unknown will prepare you for anything and embracing life means accepting a lack of control over what will happen next. If we realize this at an early stage, we will live much happier lives.

**Ashmeet Gujral**  
B.A.III (English Hons.)

## WHAT WRITING MEANS TO ME

It exists in the blank pages, that I have been looking at for days,  
It exists in the pen I have been holding in my hand.  
It is the ink which flows through my veins,  
Dying to colour the white sheet, red.  
It is all the thoughts that come to my mind,  
To my mouth, where they have died.  
The quickening of my fingers,  
As I bring the tip to the page.  
All the words I never wrote,  
And all the words I never spoke.  
It is in me, dying to be penned down.  
If you skin me, and tear me to pieces.  
Slowly detangle the nerves,  
Rip me apart and look at me.  
That is where it will be found.  
It is there in everything I will ever do.  
It exists in these feeble cries, in which I have drowned.



**Harshita Lamba**  
English Hons I

## THE TRICK

Sunil was 23 years old boy. He was a nice boy and had many friends. Sunil was preparing for an entrance examination. He was very sincere and intelligent. Many of his friends accompanied him for group studies as they got the advantage of his knowledge for solving their problems. They used to study together till late and then to sleep at his place. One day they studied till two in the morning and then decided to sleep .There were three boys in the room. Sunil was sleeping in the middle. Before sleeping Sunil complained that he is feeling very cold in his room. His friends were surprised to hear that, because it was summer and the climate was hot and humid.



Sunil also said that he was smelling something like rotten meat in the room. His friends were surprised as they were not able to smell anything. One of the friend, in broken voice said, "These are all symptoms of paranormal presence." As it was late they didn't dare to wake up Sunil's parents but decided to sleep with lights on. Within few minutes all three of them fell asleep. Sometime later one of Sunil's friends woke up. He saw something that scared the hell out of him. He tried to shout but his voice dried up in his throat. He saw Sunil standing in the corner of the room and scratching wall with his nails. After much try his friend shouted." Sunil what are you doing?" The other friend who was sleeping woke up and Sunil also gained consciousness and was surprised to see himself standing near the wall.

The next day all the friends of Sunil came to know about this incident. All of them decided never to visit Sunil's place at night. Sunil smiled and praised himself for the trick as now he will be able to study alone without any disturbances.

**Sonam Sharma**  
B.A.I

## EXHORTATION TO WOMANKIND

WOMAN !

Why do you feel so weak,  
when you are the giver of life?

Why do you fail to speak,  
when you face the strife?

Why do you care,  
when people judge you?

Why do you fear,  
when they nudge you?

AWAKE! ARISE! ASPIRE! ATTAIN!

You have the power to be a Phoenix,  
With intuition and wisdom— a judicious mix.

Let not the world smother your voice,  
Venture out in the Sun and seek your joys.

Don't hold back; take charge;  
LIVE YOUR LIFE AND MAKE IT LARGE.



**Dr. Jyoti Sorout**  
Assistant Professor  
Dept. of English

## SERIAL KILLER

The physics lecture was about to get over.

The professor took a last look at his wrist watch and then towards the students.

"Any questions? he asked.

A student raised up his hand and the following conversation took place.

Professor: Yes? What do you want to ask?

Student: Sir, Do you believe in God?

Professor: Ah, why do you ask?

Student: Sir, I believe that physics is the best branch of science when it comes to proving or disproving existence of God!

Professor: See kid, this Universe is a very mysterious place and we humans are trying to understand our position in it. According to science, there is no need of any creator to make Universe.

Student: But sir, Physics only say that, "Energy can neither be created, nor be destroyed."

Just then, the bell rings!

Professor: Okay, enough discussion!

Professor is about to leave.

Student: Last question sir, do you believe in Ghost?

Professor: Dear, these Gods and Ghosts are a product of Human fear and life uncertainty. Every Human is scared of nothingness, that's why they want comfort in the form of afterlife, souls, etc. Now, I would suggest you to concentrate on your assignment more, than these things. The whole class starts laughing, and the professor leaves. Reaction of that student (Rahul) is enough to understand what's going in his mind.

Rahul goes towards his 2 friends, Sunny and Rajiv, who are sitting at the back.

"Let's teach this professor a lesson," Rahul says in a frustrating voice. The trio make a plan to scare the professor so as to make him believe that supernatural phenomena do exist. In the afternoon, the professor leaves for his home on his scooter, and the 3 friends follow him in Rajiv's Wagon-R car. Soon, the professor reaches his home, which is at a secluded location. The trio stop their car at a distance.

Rajiv: Quite a big house.

Vicky: There is a garden too, at the entrance.

Rahul: Okay, so tonight, we'll enter his house, with our suits, and necessary items. We will use the same strategy, that we had used to scare Aanchal last month. The 3 friends giggle and make their way towards Rahul's house. Around 11:30 pm at night, the trio leave for the professor's house by lying to their parents.

"Group study", they say.

Before entering the professor's premise, Rahul explains the whole sequence again, to his friends.

"Let's go", says Rahul.



As soon as they enter the gate, they see a lady wandering on the terrace.

Rahul signals the other two to hide, due to the fear of getting caught.

"Must be his wife ", Rajiv says, while hiding behind the bush.

The lady vanishes from the sight, and the three friends make their way towards the main door.

Rahul and his friends start examining the surrounding.

Sunny and Rajiv go towards the backside.

"Rahul?" says a voice from behind,

Rahul looks behind and to his shock, the professor is standing behind him , wearing black night suit.

"What are you doing here?" he inquires

Rahul confesses about his and his friend's intention to the professor, who first has hearty laugh, and then invites him for a coffee inside.

" Come inside, I know your buddies are at the back and preparing for their scaring act", he says." Also, today's morning short but fruitful debate was quite good and you asked some really interesting questions." Rahul, who now is in a comfortable position, asks about the professor's wife, who he had seen on the terrace, at an odd hour. Please don't joke," the professor says in a sad voice." My wife died a year back, by jumping from that place." Now, Rahul is scared to death. He enters the professor's house and in the entrance hall, the TV is on. Just then, someone starts tapping the backside window loudly.

"Must be your two friends," says the professor with a smile. "I'll bring them in. You just wait and enjoy the scene." The professor goes at the back. Rahul makes himself comfortable on the sofa. Just then, the " Terrace Lady" enters the hall, where Rahul is sitting. Rahul jumps from the sofa, and they both shout by looking at each other.

"Professor", Rahul shouts.

"Which professor? Who are you? I'll call the police." the lady shouts.

Confused Rahul, starts looking around, and then his eyes fall on the TV's BREAKING NEWS.

"A serial killer is on the run. By now he has killed a dozen of innocent people, his victims are those who live lonely in secluded places. He can enter any house comfortably .Beware!"

"Oh my God, you are here to kill me," says the scared lady.

"No ma'am. Believe me, I am just a student and I had come here to meet my professor," Rahul replies in a tensed voice.

"Who professor?" the lady asks "Where is he?"

"Behind you," says shocked Rahul." The serial killer is behind you."

Next morning, the police discover four dead bodies. Two in the hall, one at the backyard and the other near the backside window, with the body's hand stuck to the window.

Meanwhile, at the college. "Good morning students", says the professor while entering the class ." Who all are absent today?"

**Sonam Sharma**  
B.A.I

## THE IMPORTANCE OF AIM IN STUDENT LIFE

*“Intelligence without ambition is a bird without wings.”—Salvador Dali*

Life without an aim is like a body without a soul. Without soul a body is lifeless likewise without aim life is meaningless. The importance of having an aim in student life cannot be denied. The reason is everybody has to work for his daily bread. So it is necessary for young students to decide their future course of action at an early stage in life. A productive aim gives them a direction and purpose in life. It develops a feeling of self-worth. It is not only a practical requirement but also provides spiritual contentment. It saves young students from nihilism and boredom. It saves them from getting lost in the vast prairie of life. Life without an aim is like a barren land that grows nothing. Their positive and productive aims open up beautiful meadows and untrodden paths before them. With a destination to reach, the journey of life becomes more beautiful, pleasurable, and gratifying. It motivates young students to improve and learn something new at every step in their life. It develops them into independent individuals. It helps them build their identity as an individual. Everyone is bestowed with some talent, energy, and potentials by nature but having no aim means wasting these in the unproductive and useless things. A meaningful aim channelizes young students' energies in the right direction and gives them a roadmap in life. Basically, goals are what we want from our life, on which pedestal we would like to see ourselves after a certain period of time.



While setting their aim students should not be blinded by peer pressure or by society and its perception of success. Although everyone is free to choose any profession of their choice in practical life, it is a knotty problem. One man's food is poison for others. Before setting aim students should be considerate about their strengths, weaknesses, aptitude, and potential. Without these considerations, the result will be a failure. There is no use trying to put a square peg into a round hole. But it does not mean that students should be fearful of seeing big dreams.

It is said that “Shoot for the moon even if you miss you will land among the stars.” Although technically wrong this quote means that students should aim higher in life and set big goals, even if they are not able to achieve the same they would at least achieve something good in life. So dream big-aim high and work incessantly and passionately to achieve it.

**Dr. Anshu Chaudhary**  
Assistant Professor  
Dept. of English

## YOU CAN DO IT

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results.

A person with positive thinking mentality anticipates happiness, health and success, and believes that he or she can overcome any obstacle and difficulty. Positive thinking is not a concept that everyone believes and follows. Some, consider it as nonsense, and scoff at people who follow it. However, there is a growing number of people, who accept positive thinking as a fact, and believe in its effectiveness. It seems that this subject is gaining popularity, as evidenced by the many books, lectures and courses about it. To use it in your life, you need more than just to be aware of its existence. You need to adopt the attitude of positive thinking in everything you do.



The following story illustrates how positive thinking works. Allan applied for a new job, but he didn't believe he will get it, since his self-esteem was low, and he considered himself as a failure and unworthy of success. He had a negative attitude towards himself, and therefore, believed that the other applicants were better and more qualified than him. Allan's mind was occupied with negative thoughts and fears concerning the job, for the whole week preceding the job interview. He actually, anticipated failure. On the day of the interview, he got up late, and to his horror he discovered that the shirt he planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a wrinkled shirt and without eating breakfast. During the interview, he was tense, negative, hungry and worried about his shirt. All this, distracted his mind and made it difficult for him to focus on the interview. His overall behaviour made a bad impression, and consequently, he materialized his fear and did not get the job.

Jim applied for the same job too, but approached the matter in a different way. He was sure that he was going to get the job. During the week preceding the interview, he often visualized himself making a good impression and getting the job. In the evening before the interview, he selected and made ready the clothes he was going to wear, and went to sleep a little earlier. On day of the interview, he woke up earlier than usual, and had ample time to eat breakfast, and then to arrive to the interview before the scheduled time. Jim made a good impression and got the job.

What do we learn from these two stories? Was there any magic used? No, everything happened in a natural way.

*Few things in the world are more than a powerful push. A smile.  
A world of optimism and hope. 'You can do it' when things are tough.*

**Richard M. Divos**

**Avni**

B. A. II (English Hons.)

## SMILE

### *A curve that sets everything straight!*

We often crave to be desirable but sometimes we end up being disappointed as there are people who don't like us or we get vibes that we haven't left a good impression on them. Sometimes we fail to make friends with new people. Basically being liked by others is a common human desire and if one fails to achieve so, one may stay unhappy or restless. When we were in school we were taught how to greet others and it was specially mentioned to have a little smile on your face. So the key is simple, as simple as a smile! Do you know ten facial muscles are involved in smiling in which only the upper lip and mouth corners are lifted! Anyhow, to expand your horizon and make new friends is not always an easy task for everyone. It takes a lot of efforts. It is not easy to approach others, but there is one thing that's the easiest of all - a warm smile.



Have you ever noticed how easy it is to get attracted towards a little baby who is smiling at you, even you smile back and it gives you a sense of satisfaction. On the contrary we find crying babies annoying. Similarly, it is way easier to be approached by others or vice versa if you have a smile on your face, but it is way harder to do that with a frown. Nobody wants to talk to you if you look like a swollen potato!

A warm smile is the universal language of kindness!

**-William Arthur Ward**

According to various psychologists, smiling signals friendliness and encourages positive interactions. People are more naturally drawn towards people who seem happy. Moreover the happier people tend to be healthier. Also smile helps people to deal with negative emotions.

A smile also shows that you are not hostile and aggressive. Smiling elevates your mood and creates a sense of wellbeing. Even a forced smile can boost your mood. In short if you put up a happy face you will eventually end up feeling happy. Also, the span of a person's smile can predict his life span! In 2010 Wayne State University, Michigan, US, conducted a research project that studied the pre 1950's major league player baseball cards and the researchers found that span of player's smile can actually predict his span of life. Players who didn't smile in their pictures lived an average age of 72.9 years where as the players who smiled lived an average age of 80 years. In a nut shell smiling can make you live 7 years longer. Amazing! Apparently, smiling is also known to be contagious. If you smile at others they do smile back at you. Smile and the world smiles with you.

**Divyadeep**  
M.A. I

## SMALL TOWN MUSINGS

*"I don't want my house to be walled in on all sides and my windows to be stuffed.  
I want the culture of all lands to be blown about my house as freely as possible.  
But I refuse to be swept off my feet by any."*

**(M.K. Gandhi).**

I have been living in a small town for quite some time now. The town, with all its smallness - small shops, narrow alleys, loosely hanging electricity wires, dusty lanes and stray cattle - seems large to me. Of course, I have got my little private space where I can loll around without performing much household work for it is taken care of by the elders of my family and they probably know that I ain't much efficient at it as I go out to work every day. As a result, I feel at ease here because of the warmth and understanding that I receive from my family.



The inhabitants of our locality are primarily people who perform menial (this word does not label them as less important jobs, it just characterises the low incomes associated with them) jobs: some are rickshaw pullers, some own small karyana (departmental) stores, some work as constables in Haryana Police and some are vegetable vendors. They live in small, non-descript dwellings in joint families. The lack of outer space does not, however, affect the immense spaces they have in their hearts to accommodate and welcome others. We, the big city dwellers, lack this inner space. Accustomed to our more than necessary domestic spaces, we inevitably become more aloof and solitary. Comfortably cloistered in our private set-up, we are rarely bothered about our local surroundings. Surprisingly enough, we are aware of what is going on in the United States, we know who the winners of 2019 Nobel Prize are, we are obsessively and intimately involved with the world of social media, but we lack the knowledge and understanding pertaining to our immediate neighbours. Globally sound, we are impaired locally.

Whereas, here, the neighbourhood exudes an aura of fellow-feeling and cooperation. The women largely perform home-bound duties while the men go out to work and fend for their families. Yes, it is a patriarchal set-up. However, these women are not really aware of how patriarchy works. Nor do they feel oppressed. They lead a content life: all that they expect from their life is that their children should become economically sound and independent. They are happy in their cocooned existence, which of course, means the world to them. They are intensely local. Gandhi's metaphor of open windows works very well in this small-town neighbourhood. The people here are more welcoming and open to strangers as compared to the city dwellers where the façade of most houses is flanked by large grills with the haunting CCTV's installed at every nook and corner.

In the end, the question remains - who is happier? As far as my experience goes, happiness resides with the ones who have fewer wants and insecurities. They may not be as visibly affluent as their urban counterparts, but they are definitely happier.

**Dr. Nishtha Saxena**  
Assistant Professor  
Dept. of English

## UNSAID FEELINGS

- | Lets go for the ride we think
- | Just two of us capturing the world without a blink
- | Time we met doesn't mean ,time we would be alone doesn't matter what matters is what we have now.....
- | Sitting behind that tree in woods where we can listen the flow of water inside us
- | I'll be looking into those piece of eye, and reading the unsaid words doesn't seem to be right for us..
- | I can see a friend in the shrinking shadow looking at me and smiling ..
- | Wind from the north chilled like a frozen drink and shrivelling teeth of both making a new song ...
- | Might be when we would sit there on the rock form where we can see the two worlds with special ingredients....
- | The feeling of that moment is awesome when i would lay on your shoulder and hairs with the smell of rose which i can feel with the beat of my heart ...
- | Increment in the length of lips is the clue that i have find someone who is able to read that open book with unknown language...



**Varun Mangain**  
BA I (English Hons.)

## FASHIONS

In the olden days, man was quite uncivilized. He covered his body with leaves of trees or he used to live naked. But as time advanced, he became civilized and cultured. The result was that dress became a part and parcel of his life. A fashion may be defined as a mode or way or manner in which a thing is done or made. Broadly, speaking it means a slight departure from the usual. In common talk, it means following the up-to-date cut and style in tailoring standards. Fashions change every other day. "Fashion," said Oscar Wilde, "is a form of ugliness so intolerable that we have to alter it every six months." The dress of today becomes the ridicule of tomorrow. The fact, however, remains that fashions are a special feature of the modern competitive society. Fashions are highly short-lived and dynamic. They change as seasons change during the year.



**Simran**  
B.A.I (English Hons.)

## BODY SHAMING

***“It's not the size that matters. The attitude does!”***

Do you ever just stop and think about how often we are told to change our appearances? Daily pamphlets, weekly magazines and even pop up ads on the internet constantly offer tips on how to lose /gain weight in “days”, appear slimmer or get rid of a lean frame. The examples are many and evident everywhere. Yes, it all draws our attention towards body shaming. An issue which has become a hot topic internationally and we cannot ignore this ongoing trend; how do you not expect a woman to witness its existence? We, women perhaps are efficient in gauging the society and its favourable outlook.



Body shaming is the act of discrimination against other body types. It is an abuse to a person due to perceived physical flaws. It is not that only obese people are trapped in this den. The abuse/criticism dwells in many forms. It includes criticizing people's appearances, either in front of them or without their knowledge. No matter how it got popularized, it leads to same idea that people should be judged mainly for their physical features.

Unfortunately, women experience an average of 13 negative thoughts about their body each day, while 97% of women admit to having at least once “I hate my body” moment every other day. But women are not so weak in handling this nuisance. Boldly and strongly, women have and should fight back the horror of Body Shaming. Why not redefine beauty? There is always so much to strive for in life than being beautiful. Personality should always matter more than the beauty. Self – acceptance is the key to knock down body shaming. Your body does not exist to please others. There is nothing wrong with your body, wrong is the mind-set of those who try to convince you otherwise. Self- hate is not okay for any size. And nobody has got the right to comment on your size or to suggest you to fit in a particular frame. Although your weight may fluctuate, the way you feel about yourself does not have to. After all, the human body is the best work of art to be ever created. Be confident and embrace yourself!

**Harshita**

B.A.-I (English Hons)

## WOMEN EMPOWERMENT

Women empowerment refers to making women powerful to make them capable of deciding for themselves. Women have suffered a lot and in earlier centuries, they were treated as almost non-existent. As the times evolved, women realized their power. There on began the revolution for women empowerment.



As women were not allowed to make decisions for themselves, women empowerment came in like a breath of fresh air. It made them aware of their rights and how they must make their own place in society rather than depending on a man. It recognized the fact that things cannot simply work in someone's favour because of their gender. However, we still have a long way to go when we talk about the reasons why we need it. Almost every country, no matter how progressive, has a history of ill-treating women. In other words, women from all over the world have been rebellious to reach the status they have today. While the western countries are still making progress, third world countries like India still lack behind in Women Empowerment.

In India, women empowerment is needed more than ever. India is amongst the countries which are not safe for women. There are various reasons for this. Firstly, women in India are in danger of honour killings. Moreover, the education and freedom scenario is very regressive here. Women are not allowed to pursue higher education, they are married off early. The men are still dominating women in some regions like it's the woman's duty to work for him endlessly. They do not let them go out or have freedom of any kind. Domestic violence is another major problem in India. More so, because women are afraid to speak up. Similarly, the working women get paid less than their male counterparts. It is downright unfair and sexist to pay someone less for the same work because of their gender.

There are various ways to empower women. The individuals and government must come together to make it happen. Education for girls must be made compulsory so that women can become literate to make a life for themselves.

Women must be given equal opportunities in every field, irrespective of gender. Moreover, they must also be given equal pay. We can empower women by abolishing child marriage. Various programs must be held where they can be taught skills to fend for themselves in case they face financial crisis. We need to empower women to speak up for themselves and never be a victim of injustice.

**Rabnoor**  
B. A. I

## EFFECTIVE COMMUNICATION AT WORKPLACE

Good communication is an essential tool in achieving productivity and maintaining strong working relationships at all levels of an organisation. Employers who invest time and energy into delivering clear lines of communication will rapidly build trust among employees, leading to increase in productivity, output and morale in general. Meanwhile, employees who communicate effectively with colleagues, managers and customers are always valuable assets to an organisation and it is a skill which can often set people apart from their competitors when applying for jobs. Effective communication at the workplace is an integral element of a business's success; it enhances relationships within the company and with clients, and it increases employee engagement and the overall effectiveness of a team.



There is no denying the importance of communication at the workplace, considering the fact that in an organisation people belonging to different social and professional backgrounds come together to work for the same goals. Often it is seen that administrators do not realise the importance of communication at work and thus do not convey their ideas, organisational goals, vision, etc. very clearly. When administrators in an organisation are unable to create an environment which promotes open and clear communication, it can have negative repercussions on the work culture and the employee productivity. Poor communication in the workplace will inevitably lead to unmotivated staff that may begin to question their own confidence in their abilities and inevitably in the organisation.

In every aspect of your job, you'll be required to communicate in one way or other. It's important to understand just how valuable effective communication is and what impact it can have on your relationships and your progression within the working world. Good communication skills can play an important role in nurturing positive work experiences for your entire team. As people feel listened to and understood by you, you naturally improve your work environment. Communication is one of the major concerns at the workplace. Creating and maintaining a positive work environment is what means effective workplace communication.

**Gunjeet**  
*Lab Assistant,  
Dept. of Psychology*

## ATTITUDE IS A WAY TO SUCCESS

You can't change your future but you can change your attitude. By changing your attitude surely you can change your future. Your attitude shows how much high you can fly. Attitude is the most important word in English language. It applies in every sphere of life, including one's personal and professional life. William James of Harvard University said, "The greatest discovery of my generation is that human being can alter their lives by altering their attitude of mind."



Harvard University found that when a person gets a job or a promotion, 85% of the time it is because of his attitude, 15% of the time because of intelligence and knowledge of specific facts and figures. Can a student be a good student without a good attitude? Can parents, teachers, employers or employees be good in their roles without a good attitude? If attitude is such a critical factor in success, shouldn't you examine your attitude towards life and ask how your attitude will affect your goals?

Here I want to share a story related to this. Hafiz was a farmer in Africa who was happy and contented. He was happy because he was contented. He was contented because he was happy. One day a wise man came to him and told him about the glory of diamonds and power that goes along with them. The wise man said, "If you have a diamond the size of your thumb, you can buy your own city. If you a diamond size of your fist, you can probably own your own country." And then the wise man left. That night, Hafiz could not sleep. The next morning Hafiz made arrangements to sell his farm, take care of his family, and went off in search of diamonds. He looked all over Africa and Europe and couldn't find any. By the time he went to Spain, he was so disheartened that he committed suicide by jumping into the Barcelona River. Back home, the person who had bought his farm was watering the camels at the stream that ran through the property. Across the stream, the rays of the morning sun hit a stone had made a sparkle like a rainbow. He picked up the stone and put it on his mantelpiece. That afternoon the wise man came and saw the stone sparking. He asked, "Is Hafiz back?" The new owner said, "Why do you ask?" The wise man said, "Because that is a diamond. I recognize one when I see one". The man said, "That is just a stone picked up from the stream. Come I will show you. There are many more." They went and picked some stone and sent them for analysis. Sure enough, the stones were diamond. They found the farm was in seed covered with acres of diamonds. What did you learn from the story?

- 1 When our attitude is right, we are all walking on acres of diamonds. Opportunity is always under our feet. We don't have to go anywhere all we need is to recognize it.
- 1 The grass always looks greener on the other side.
- 1 While we are eyeing the grass on other side, there are others who are eyeing the grass on our side. They would be happy to trade with us.
- 1 Opportunity only knocks once. A right decision at the wrong time becomes a wrong decision.

**Dr. Neena**  
Assistant Professor  
Dept. of English

## A LITTLE BIT, SOMETHING

Oldies Goldies living in  
the "Apna Ghar"

Apples of their eyes whom  
they may see never

Leaving behind their roots

Went far far away the  
ripened fruits

Circumstances of melancholy hit my sight

A little bit, something breaks inside!

Women, girls, even the child

None escapes the eye of wild

His momentary passion, urge and desire

Burn them alive in the never ending fire

I see the agony of those battles she fight

A little bit, something breaks inside!

Little ones at their age to bloom

Oh! The Traffic Signals are a scene of gloom

Poverty is savagely cruel

Today's justice is poorer than poor

Look! Partial and unjust reached the height

A little bit, something breaks inside!

Humans have lost humanity

Or the Almighty has lost his might

The outcome of Karmic plight

Are glimpses that make me want to hide

And little bit more breaks inside !



**Divyadeep**  
M.A. I (English)

## OLD AGE

Old age shows scars of  
our deeds.

This body is ephemeral  
and eventually  
dies and merges with  
the soil.

While this world is ever  
ablaze,

Why is there jubilation  
and craze.

Why do we not try to seek the light,  
When shrouded in dark twilight.

Behold this beautiful diseased body of man ,  
Which is a mass of sores of creative brain.

Body joined by limbs, different pattern,  
Which is neither permanent nor certain.

Aging body becomes very weak and frail,  
A home for disease and turns fragile.

This ( body ) heap of corruption disintegrates,  
Death becomes the end of life - ultimate.

When these white dried bones,  
Cast aside like gourds in autumn.

Then how can one derive rapture,  
To see such bones strewn all over.

This body is nothing but a type of fortress,  
Stack of bones, plastered by blood and flesh.

It is a depository of death and decay,  
And repository of deceit and pride's display.

Even the chariots of king wear out by age,  
This body also decays owing to old age.

The virtues found by Seers ever remain,  
They never age, Seers do proclaim.

If a man does not try to learn,  
He can be compared to an oxen.

As the ox ages, only its flesh grows,  
Likewise ignorance of man tends to grow.

People who practice not, the Holier Truth,  
And do not acquire wealth during their youth.

Like a withered crane, grow old and languish,  
Which perishes in the pond without any fish.

Those who have not lived the holy life,  
Acquired not, wealth during youthful life.

Their life is just like a blunt arrow,  
They wail later with a sigh of sorrow.



**Vibhu**  
B.A.III (English Hons.)

## POLITICAL RIGHTS OF WOMEN IN INDIA

The political participation of women through their engagement in electoral process is an important benchmark of efficient, mature and successful democracy in any country. It can be defined not only in terms of the political equality which they share with men but also in terms of the liberty and freedom which is provided to the women in the democratic framework of electoral politics. Political rights of women are those rights which includes their full participation to the political and public life without any discrimination. The political arena includes the government at all the levels i.e. the parliament and local self-governmental bodies such as municipalities and local gram Panchayats. The main agencies which affect political rights and participation of women in the political life are - first, decision makers such as governmental institutions and top most managers; second, the actual political structure and lastly, the media.



Empowerment of women through active participation of women at political level has become the core concern of global governance which is regarded as the most important component of national and international governance. Since the very early age, to enhance the political participation of women many other strategies and declarations have been adopted by the UN at international level, by various governments at national level. Irrespective of various efforts at the global and national levels, many women organisations are working at the grass-roots level to empower the women by making women aware of their rights.

As Indian women fought a long battle during the freedom struggle for equal rights likewise the recognition of the equal citizenship and political participation of women in India has not happened suddenly. It is revealed through the history of the women movements and women emancipation that Indian women have gone through the dark ages during ancient, medieval and the early period of modern India. Although independence of India have brought many changes in the economic, socio-political and legal set-up of Indian society, still it has remained relatively unchanged in relation to women and the other weaker sections of Indian society.

In India, while drafting the Constitution, the Constitution makers were sensitive to the problems which are faced by women. Therefore they made specific provisions relating to women. Various articles of Indian constitution not only provides equality of the sexes but also authorizes favourable and positive discrimination in favour of weaker section of society i. e. Women and children. As Indian Constitution is the basic document of a country having a special legal holiness which sets the framework and the principal functions of the all organs of the Government of a State. It also declares the principles which governs the operation of these organs of government. The Constitution aims at creating, social philosophy legal norms and economic values which are to be affected by various adjustments between individual rights and social interest to achieve the desired goals for community. The Constitution of India includes various provisions, which provide for equal rights and opportunities for both sexes i.e. men and women. The silent features of Indian constitution are as follows-

The Preamble of the Indian constitution contains the essence of the Constitution and reflects the ideals and objectives of the people and constitution makers. The Preamble starts with the words i.e. WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN, SOCIALIST, SECULAR, DEMOCRATIC, REPUBLIC and to secure to all its citizens JUSTICE, social, economic and political; LIBERTY of thought, expression, belief, faith and worship; EQUALITY of status and of opportunity; and to promote among them all FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation; IN OUR CONSTITUENT ASSEMBLY on this 26th day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

The source of the Constitution is thus traced to the people, i.e. men and women of India, irrespective of caste, community, religion or sex. The makers of the Constitution were not satisfied with mere territorial unity and integrity. If the unity is to be lasting, it should be based on social, economic and political justice. Such justice should be equal for all. The Preamble contains the goal of equality of status and opportunity to all citizens. This particular goal has been incorporated to give equal rights to women and men in terms of status as well as opportunity.

Therefore, The Constitution of India was promulgated in 1950. It promised to secure to all its citizens justice, social, economic and political and equality of status and of opportunity through several provisions like fundamental rights and directive principles. The constitution of India is considered as one of the best constitutions in the world which has properly taken care of the underprivileged sections of the society and the minorities. All the laws get their sanction from this constitution and any law which violates any provision of the constitution is declared unconstitutional and void. So many articles have been incorporated in the constitution in order to achieve the desired goals of equality and justice for women in India.

### **Challenges before Women**

The immediate challenge in front of the Women's Movements is to mobilise women and to take a leading role in building a new political system, which will be better suited to their empowerment. New institutions may be able to provide a better result from a process in which women are integrally involved and are likely to serve the cause of equality and other fundamental human rights much more effectively than the current institutions of political power.

### **At Political Level**

There has been a slight decline in the number of women heads of various states, heads of various Governments and Speakers of Parliament. Since 2012, the number of female Heads of State or Heads of Government has decreased slightly in India and in the world. In the same way, the percentage of female Speakers of Parliament has barely risen. There were only seven women members in the Constituent Assembly at the time of making of the constitution and the number later decreased further. Presently their representation in the Lok Sabha is far below the expected numbers. This has led to the demand for reservation of 33% seats for women in the Lok Sabha and legislative assembly. At Political level empowerment of women has been ensured by the 73rd and

74th Amendments which reserve seats for women in Gram Panchayats and Municipal bodies. Still various obstacles i.e. illiteracy, lack of political awareness, physical violence and economic dependence are a few reasons for restraining women from taking part in the political processes of the country.

### **At Economic Level**

At present there has been numbers of legislations which confer equal rights for women and men. These legislations have been guided by the various provisions of the fundamental rights and Directive Principles of State Policy. Here again there is a complete lack of awareness regarding economic rights amongst women. Though many laws have been implemented and enacted to improve their condition in matters relating to wages, maternity benefits, equal remuneration and property/succession.

### **At Social Level**

There still exists some personal laws in our country which pose the biggest challenge at social level. Even after much awareness certain areas like domestic violence and sexual harassment of women at the workplace are still untouched and unthought-of. These examples of gender insensitivity needs to be tackled by the judiciary and incorporated into binding decisional laws to provide social justice in various fields. The enactment of certain laws like the Pre-Natal Diagnostic Techniques (Prevention of Misuse) Act and the Medical Termination of Pregnancy Act prevent the violation of justice and humanity right from the womb. In spite of these laws, their non-implementation, gender insensitivity and lack of legal literacy prevent the dreams of the Constitution makers from becoming a reality. They prevent the fulfilment of the objective of securing to each individual dignity, irrespective of sex, community or place of birth. Though the increase in the number of women in legislature will not bring overnight changes in the status of women. It will not solve the entire problems faced by women and bring equality on immediate basis. As most of the powerful women leaders in our politics have failed to do much to the women in India. In fact, the 73rd and 74th Amendment to the Constitution of India with 33.33% reservation for women has given opportunity to enter into the domain of local level institution and their performance is also very encouraging. Success stories of women in local governments indicate the qualitative changes that are coming in near future. It would provide a way towards bringing a sense of equality in gender.

**Dr. Saroj**  
Assistant Professor  
Dept. of Political Science

## ***PLACEMENTS @G.M.N***

- | 169 students out of 287 were placed in prestigious companies like **HDFC Life, Dreamz Group, Sachdeva Resource Management (SRM) for Max Life/Renewbuy** in two placement drives on 10<sup>th</sup> Feb. 2020 and 5<sup>th</sup> March 2020.



## ***NATIONAL SERVICE SCHEME (NSS) UNIT***



- | Bagged second position at the **Golden Jubilee NSS Day celebrations** held at Kurukshetra University
- | Organized a One-Day **Tree Plantation and Cleanliness DriveCamp**.
- | Organized a rally to create awareness regarding cleanliness in collaboration with **Sant Nirankari Mission, Sant Nirankari Bhawan**.
- | Organized a **Seven-Day NSS Camp** at the adopted village KhudaKalan from 03-10 January 2020.

# हिन्दी अनुभाषा

प्राध्यापक सम्पादिका  
डॉ० रितु गुप्ता

छात्र सम्पादक  
सूर्यप्रताप  
बी.ए (प्रथम वर्ष)



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## सम्पादकीय

प्रिय विद्यार्थियों,

मेरे लिए बड़ा ही हर्ष व गर्व का विषय है कि इस वर्ष भी हिन्दी सेक्शन के संपादकत्व का दायित्व मुझे सौंपा गया। जीवन के विविध रंगों को अपने में संजोए, 'गांधी पथ' का नवीन अंक आपके समक्ष प्रस्तुत है। सर्वप्रथम मैं उन सभी सहयोगियों का हार्दिक धन्यवाद करती हूँ जिनके प्रत्यक्ष व अप्रत्यक्ष योगदान से मैं आपके समक्ष प्रस्तुत करने में समर्थ हुई।



विद्यार्थियों की मौलिक रचनाओं में ज्ञान, श्रद्धा, आस्था और समकालीन चुनौतियों की अनुगूँज है। ज्ञान प्राप्ति के लिए मन में श्रद्धा होना बहुत जरूरी है। जब विद्यार्थी श्रद्धा के साथ कुछ पाने की कोशिश करते हैं तो वह उन्हें जरूर प्राप्त होता है। विद्यार्थी जीवन में इस बात का बहुत फर्क पड़ता है कि वे आस्था का जीवन जी रहे हैं या आशंकाओं का। आशंकाएँ अनगिनत होती हैं। एक से छुटकारा मिलता है, तो दूसरी आदबोचती है। लेकिन यदि एक भी आस्था को विद्यार्थी ने पकड़ लिया तो वे सब शिकायतों से कोसो दूर रहेंगे। गांवों में एक कहावत मशहूर है- 'डार का चूका बंदर और खेत का चूका किसान - दोनों को ठौर नहीं मिलती। जो चूक गया, वह पीछे रह गया। जीवन में अवसर का बड़ा महत्व है। फ्रेंच व्यंग्य लेखक कैम्फर्ट का कहना है- 'ऐसा मत सोचो कि अवसर तुम्हारा द्वार खटखटाएगा। अवसर एक बार चला जाता है तो दोबारा नहीं आता। तुलसीदास ने इसीलिए कहा है- 'अवसर कौड़ी जो चुकै, बहुरि दिए का लाख।'

एक बार भगवान बुद्ध शिष्यों के साथ कहीं जा रहे थे। मार्ग में एक विशाल चट्टान देखकर एक शिष्य ने पूछा- 'क्या चट्टान से शक्तिशाली भी कोई हो सकता है? बुद्ध ने कहा - 'हां! लोहा इससे शक्तिशाली है। वह इसे तोड़ सकता है।'

'और लोहे से शक्तिशाली कौन है?'

'अग्नि! वह लोहे को पिघला सकती है।'

'तब अग्नि से बड़ा कौन है?'

'जल! वह अग्नि को बुझा सकता है।'

'और जल से बड़ा कौन है?'

'वायु! वह जलधारा को मोड़ने की ताकत रखती है।'

'और वायु से बड़ा कौन है?'

भगवान बुद्ध हंसकर बोले- 'इस संसार में एक से बढ़कर एक शक्तिशाली पड़े हैं किंतु मनुष्य की संकल्पशक्ति से बढ़कर कुछ नहीं हैं। एमर्सन ने कहा है- 'इतिहास, पुराण सभी साक्षी हैं कि मनुष्य की संकल्प शक्ति के सामने देव, दानव सभी पराजित हो जाते हैं'। इसलिए अपनी संकल्प शक्ति जगाकर जब विद्यार्थी अवसर को पकड़ेंगे तो अवश्य सफल होंगे।

विद्यार्थियों द्वारा लिखित कविताओं का फलक पहाड़ से लेकर मैदान तक, गांव से लेकर महानगर तक अत्यंत व्यापक और विस्तृत है। जीवन की छोटी-छोटी बातें जिन्हें हम अक्सर अनेदेखा कर देते हैं, विद्यार्थी उन्हें महसूस करते हुए अभिव्यक्त करते हैं। साथ ही लघु कहानियाँ और रोचक प्रसंग हवा के झोंके की तरह संभावना जगाती है। विश्वास है, गांधी पथ का ये अंक भी अपनी अलग खासियत की वजह से उल्लेखनीय साबित होगा।

अत्यंत शुभकामनाओं सहित

डॉ. रितु गुप्ता

हिंदी विभाग

## आत्म विश्वास

जीवन में हम सब सफल होना चाहते हैं। पर ये सफलता हमें किन नियमों का पालन करने से मिलेगी, यह हम नहीं जानते। आत्म विश्वास का अर्थ होता है खुद पर विश्वास, अपनी आत्मा वर विश्वास। पहले आप सोचें कि आप सफल होंगे। आज जो आप चाहते हैं, कर के रहेंगे। संसार में ऐसी कोई वस्तु नहीं है, जो हम चाहे और हमें ना मिले। इसके लिए स्वयं पर विश्वास रखना होगा। मानव जीवन परमात्मा की अमूल्य देन है। जीवन का सही उपयोग ज़रूरी है।



किसी महापुरुष ने कहा है:-

*आवश्यक यह नहीं है कि आप कितने साल जियें।*

*आवश्यक यह कि आप उसे कैसे जियें।*

जो मनुष्य सत्य के मार्ग पर चलता है, उसके अंदर सारे दैविक गुण अपने आप भर जाते हैं। इन गुणों से उसकी आत्मा बलवती हो जाती है। चारों ओर उस आत्मा का प्रभाव दिखाई देता है।

कहा गया है कि, सत्य ही ईश्वर है या ईश्वर ही सत्य है। तो यदि आप आत्मविश्वासी होना चाहते हैं इस मानव जीवन को कृतार्थ करना चाहते हैं तो आप अपने जीवन में सत्य को अपनाएँ और अपने जीवन को सफल बनाएँ।

सूर्यप्रताप  
बी.ए. (प्रथम वर्ष)  
छात्र सम्पादकीय

## हिन्दी की सार्वभौमिकता

हिन्दी केवल एक भाषा नहीं, पूरा वाङ्मय है। भारतीय मनीषियों, बुद्धिजीवियों, दार्शनिकों, संतो, वैज्ञानिकों ने अपने चिंतन, भावों एवं दृष्टि को सार्वजनीन करने के लिए इस मधुर एवं सहज भाषा का विन्यास किया। पूरा विश्व आज हिन्दी भाषा के प्रति कृतज्ञता व्यक्त कर रहे हैं। बड़ी बड़ी कम्पनियों, व्यापारियों ने हिन्दी का प्रश्रय लेकर अपने व्यापारों को स्थापित एवं विकसित किया। इलैक्ट्रानिक एवं प्रिंट मीडिया ने हिन्दी भाषा को अहिन्दी भाषी प्रान्तों में पहुँचा कर हिन्दी की आभा को जन जन तक पहुँचाया। दुनिया भर में एक ओर तमाम भाषाएं विलुप्त हो रही हैं। उनके संरक्षण एवं संवर्द्धन लिए अनेक कदम उठाने की जरूरत पड़ रही है वही हिन्दी का प्रसार त्वरित गति से वैश्विक वितान पर हो रहा है। कहते हैं कि बाजार में ही भाषा के रूप बनते और विकृत हाते हैं और कालांतर में स्थायी हो पाते हैं। बाजार चाहता है कि उसका माल बिके, सात समुंदर पार बिके। माल बाजार में बिकेगा तो उत्पादन बढ़ेगा। धीरे-धीरे हिन्दी वैश्विक अथवा ग्लोबल बनती जा रही है। विश्व बाजार में हिन्दी यदि बिकती है और यदि उसके प्रयोक्ता हैं तो भूमण्डीकरण के दौर में हिन्दी का भविष्य काफी उज्वल होता है।



एक शोध के अनुसार 137 देशों में हिन्दी भाषा विद्यमान है। इन देशों में हिन्दी एक विदेशी भाषा के रूप में पढ़ाई जाती है और विश्व के लगभग 150 विश्वविद्यालयों में हिन्दी के पठन-पाठन और शोध की लंबी परम्परा की व्यवस्था है। भारतीय संस्कृति में प्रभावित दक्षिण पूर्वी एशियाई देश, जैसे-इंडोनेशिया, मलेशिया, थाइलैंड, चीन, जापान में इसका प्रयोग होता है। सच है कि भारत की अनेक सरकारी या सरकार से मदद प्राप्त संस्थाएं हैं जो विश्व के संदर्भ में हिन्दी के कदम बढ़ाने में गतिशील हैं। भारतीय सांस्कृतिक संबंध परिषद्, केंद्रीय हिन्दी संस्थान, केन्द्रीय हिन्दी निदेशालय और महात्मा गांधी हिन्दी अंतरराष्ट्रीय विश्वविद्यालय इस दिशा में अपनी, अपनी क्षमताओं और सीमाओं के अनुसार गतिशील हैं। हिन्दी सिर्फ साहित्य की भाषा नहीं, बल्कि बाजार की भी भाषा है। उपभोक्तावादी संस्कृति ने विज्ञापनों को जन्म दिया जिससे न केवल हिन्दी का अनुप्रयोग बढ़ा, बल्कि युवाओं को रोजगार के नए अवसर भी मिले। देखा जाए तो विश्व में चीनी भाषा के बाद हिन्दी का दूसरा स्थान है। जयंती प्रसाद नौटियाल अपने सर्वेक्षण में तो हिन्दी को प्रथम स्थान पर पहुंचने की बात करते हैं। अमेरिका में हिन्दी फिल्मी गीतों के माध्यम से पढ़ाई जाती है और प्रवासी भारतवंशी हिन्दी की अलख और संस्कृति को जगाए रखते हैं। भाषा हृदय की अभिव्यक्ति के साथ ही संस्कृति और सभ्यता की बाहक भी है। हिन्दी अपनी आंतरिक चुनौतियों से जूझते हुए आज राजभाषा ही नहीं, बल्कि विश्वभाषा के निकट है।

**डॉ. अनीश**  
सहायक प्रवक्ता, हिन्दी विभाग

## “गाँधी का प्रिय उपनिषद्”

ॐ ईशावास्यं इदं सर्वं जगत्यां जगत

तेन त्यक्तेन भुञ्जीथा मा गृधः

कस्यास्विद्धनम् ॥ (ईशोपनिषद्)

“अखिल ब्रह्माण्ड में जो कुछ भी जड़ चेतन स्वरूप जगत है यह समस्त ईश्वर से व्याप्त है। उस ईश्वर को साथ रखते हुए त्यागपूर्वक इसे भोगते रहो, इसमें आसक्त मत हो जाओ क्योंकि धन भोग्य-पदार्थ किसका है अर्थात् किसी का भी नहीं है।”



हम अपना समस्त जीवन पढ़ने-पढ़ाने, लिखने-लिखाने, सीखने-सीखाने में लगे रहते हैं, किंतु कभी यह नहीं सोचते कि जिसे हम अपना समझते हैं वह हमारा है या नहीं? जिस धन को अपना बनाने की चेष्टा में हम दूसरों से झूठ बोलने का, उनको छलने का प्रयास करते हैं, अंत में हमें यह अहसास होता है कि हम अकेले ही हैं। जिन वस्तुओं के उपभोग के लिए हम जीवन-भर स्वार्थी बने रहे, वे वस्तुएं हमारे बाद किसी और की बन जाती हैं।

अगर हम ईशोपनिषद् के इस मंत्र को समझ लें और व्यवहार में लाने का प्रयत्न करें तब शायद हम वस्तुओं के उपभोग के इस मायाजाल से स्वतंत्र हो पाएँ। जैसे कि इस सूक्ति में कहा गया है- “ईश्वर को साथ रखते हुए, इस जगत को त्यागपूर्वक भोगते रहो...”, आरंभ में यह एक विरोधाभास प्रतीत होता है।

हम कैसे इस संसार को त्यागपूर्वक भोग सकते हैं? क्या “त्याग” और “भोग” परस्पर विरोधी नहीं हैं? दूसरे शब्दों में इन विरोधों और अतर्द्धदों में सामन्जस्य बनाना ही तो कला है, जीवन है। इसलिए, यह मंत्र हमें सुखपूर्वक जीना सिखाता है, अनासक्ति का ज्ञान देता है।

और तो और यह मंत्र भारतीय संस्कृति का प्रेरणास्तोत्र है जो कि सदैव हमें याद दिलाती है कि ईश्वर, चाहे आप उसे किसी नाम से भी जाने, इस सृष्टि के कण-कण में व्याप्त हैं। इसीलिए इस संसार के सभी प्राणी, सभी जीव-जड़ या चेतन, सब ही आराध्य हैं। हमें न केवल मनुष्यों का आदर करना चाहिए, बल्कि उन असंख्य जीवों का भी जो अपनी पीड़ा मानवीय भाषा में प्रकट नहीं कर सकते।

इसी कारण, यह उपनिषद् महात्मा गांधी को इतना प्रिय था। वे मानते थे कि इस मंत्र में भारतीय संस्कृति का सार है।

निष्ठा सक्सेना

सहायक प्रवक्ता, अंग्रेजी विभाग

## मन में हो सकारात्मक विचार

यह आप पर निर्भर करता है कि आप किस दृष्टिकोण को अपनाते हैं। सकारात्मक सोच के साथ इंसान दुःख-तकलीफ में भी सुख ढूँढ लेता है और नकारात्मक सोच के साथ सब सुख-सुविधाओं के होते हुए भी कष्टपूर्ण जीवन व्यतीत करता है। देख जाए तो हमारी विचारधारा ही हमें सँवारती या बिगाड़ती है। अतः हमें नकारात्मक विचारों से दूर रहना चाहिए।



**यहाँ सब स्वार्थी हैं-** अधिकतर लोग दूसरों की कमियाँ निकालने में लगे रहते हैं या कभी किसी की बुराई करने से भी नहीं चूकते। हम चाहते हैं कि जिन्हें हम अपना करीबी मानते हैं, वे मुश्किल क्षणों में हमारे साथ हों, वे हमारे अपने बनकर रहें परन्तु क्या यह नियम आप स्वयं पर भी लागू करते हैं ?

**कहते हैं कि संबंधों में विश्वास कम तथा परीक्षाएँ अधिक होती हैं। इसी परीक्षा की कसौटी पर इंसान की पहचान होती है।** यदि किसी से आपका रिश्ता बिगड़ जाता है, वजह चाहे कुछ भी हो। कभी यही स्थिति आप पर भी आ सकती है। रिश्तों में प्यार और विश्वास ज़रूरी होता है। मन से ऐसे नकारात्मक विचार हटाएँ और आगे बढ़कर किसी को अपना बनाएँ या आप किसी के बन जाएँ।

**अपनी तो किस्मत ही खराब है:-** जब भी हमारा कोई काम बिगड़ जाता है तो हम सारा दोष अपनी किस्मत को देने लगते हैं। बजाए यह सोचने के उस काम में शायद हम अपना सौ प्रतिशत दे नहीं पाए, अपनी किस्मत को कोसने की बजाए खुद को आगे बढ़ने का दोबारा मौका दें। अपनी विचार-धारा को सकारात्मक बनाते हुए अपनी कमियों पर नज़र दौड़ाए कि आपसे कहाँ चूक हुई है फिर से जुट जाएँ पूरे परिश्रम के साथ, किस्मत आपका साथ अवश्य देगी।

**काश! मेरे पास यह भी होता, वह भी होता:-** जितना आपके पास है उसमें ही संतोष कर लें तथा खुश रहें। दूसरों के सुख को देखकर दुःखी न हो। हर काम को लाभ की दृष्टि से न करें, आत्मसंतुष्टि के लिए करें। निःस्वार्थ भावना तथा नेकी को प्राथमिकता दें। संयम रखें जो मिलना होगा मिल जाएगा। हर जगह लाभ, फल या अपने हिस्से की कामना न करें।

**ऐसा हमेशा मेरे साथ ही क्यों होता है:-** हम यह भूल जाते हैं कि सुख-दुःख हमारी ज़िंदगी के दो पहलू हैं और ये आते-जाते रहते हैं। सुख के समय तो हम खुश रहते हैं और समय भी बीत जाता है। लेकिन दुःख आते ही हम ईश्वर को याद करने लगते हैं। याद रखें कि हर इंसान के जीवन में सुख-दुःख आते जाते रहते हैं।

**लोग क्या कहेंगे:-** इसकी चिंता न करें कि आपके बारे में कौन क्या सोचता है- अच्छा या बुरा। सिर्फ यह सोचना है कि हम दूसरों के बारे में क्या सोचते हैं और हमेशा अच्छा ही सोचना चाहिए तभी हम अपने मन में सकारात्मक विचार रखकर अपना मनोबल बढ़ा सकेंगे।

अतः सोच सकारात्मक रखें, हमेशा सच के मार्ग का चयन करें और अपने लक्ष्य को पाने के लिए खूब मेहनत करें।

सूर्यप्रताप

बी.ए. (प्रथम वर्ष)

## खोज

कलयुग में मंदिर के समक्ष भीड़ देख  
मेरे मन में एक विचार आया।  
आज के युग में भी क्या लोग धार्मिक  
इतने,

वे राम को पाने के इतने यत्न  
करते।

भीड़ में इक-दूसरे को पीछे हटाते हुए  
आगे निकलने की कोशिश में,  
शायद 'राम' को मिलने की शीघ्रता में।

मैं भी 'राम' को देखने की चेष्टा से  
शीघ्रतम गई मंदिर में,

वहाँ जाकर स्तब्ध रह गई,  
वहाँ 'राम' कहाँ था.....

वहाँ तो एक पत्थर का बुत था  
मैं टिकटिकी लगाकर देखती रही,  
जिसको पूजती है दुनियाँ सारी  
क्या ये राम है वहीं ....

इसी असमंजस में  
मैं निकली बाहर मंदिर से

बाहर भिखारियों की भीड़ देख  
मैं बेचैन हो गई,

ऐसा लगा एक पल  
मेरी इच्छा की रैन हो गई।

दिल ने प्रश्न किया मुझसे  
इनका 'राम' कहाँ है?

मैं मौन रही .....

हताश परेशां घर लौट गई,  
भगवान क्या है, कहाँ है

शायद मेरी भक्ति में खोट थी,  
ये सोच कर लौट गई

लेट गई मैं आँखे बंद करके  
तब मन ने बहुत सुकून पाया,  
क्योंकि 'राम' को मैंने

अपने ही मन में समाया हुआ पाया।



रबनूर  
बी.ए. (प्रथम वर्ष)

## मन सुंदर का मोल है

मन तो ऐसा बावरा, सुने सदा  
तारीफ।

होती जब आलोचना, तब होवे  
तकलीफ ॥

मत संवारो देह को, माटी  
मे मिल जाए।

कर्म न देह संवारियों, पास ईश के जाय ॥

स्वभाव से उलट करे, जब कोई व्यवहार।

शंका उस पर तब करो, करके सोच विचार ॥

आनंद निंदा में लें वह कौआ कहलाय।

सभी रसों को छोड़कर, बस कूडा की खाय ॥

निंदक अवगुण देखता, वही सीख वह पाय।

साधु गुणों को देखता, और गुणी बन जाय ॥

कच्ची मिट्टी की तरह, बच्चा कच्चा होय।

समय की भट्ठी में पके, वही स्वभाव होय ॥

घाव लगे तलवार से, समय संग भर जाय।

पर वाणी का घाव तो, भूले नहीं भुलाय ॥

मन सुंदर का मोल है, तन सुंदर बेकार।

बिना काम के चाम तो, ना होय स्वीकार।

जो केवल धन मांगता, वह निर्धन कहलाय ॥

मान गुणों को चाहता, वही धनी बन जाय ॥

चाहे मेरे दर्द पर, आप सभी हँस पाय।

पर मेरी हंसी कभी, दर्द नहीं दे जाय ॥



वैशाली  
बी.ए. (तृतीय वर्ष)

## शिक्षक

शि-शिष्टाचारी, क्ष-क्षमाशील, क-कर्मनिष्ठ शिक्षक उस मोमबत्ती के समान है जो स्वयं जलकर अपने छात्रों को ही नहीं अपितु समस्त संसार को प्रकाशित करता है। हमारे राज्य या समाज में प्राचीनकाल से ही गुरु को भगवान के समान दर्जा दिया जाता है। शिक्षक वह व्यक्ति है जो प्रत्यक्ष तथा अप्रत्यक्ष रूप से समाज का निर्माता होता है। शिक्षक की सीख उसके शिष्यों को बुराई तथा भलाई में अन्तर बताती है, विद्यार्थी को सही मायनों में सही, गलत की पहचान करना सिखाती है। आज लोग बड़े-बड़े सम्माननीय पदों पर पहुँचकर अपने आप पर गर्व करते हैं परन्तु उनको इस स्थान पर पहुँचाने वाला शिक्षक ही होता है। चक्रवर्ती सम्राट भी अपने गुरु के आदर में अपना सिंहासन छोड़कर खड़े हो जाते थे, परन्तु आज के वैज्ञानिक युग ने मनुष्य को चांद तक पहुँचा दिया लेकिन शिक्षक का सम्मान कम हो रहा है। आज आवश्यकता है कि अभिभावकों के द्वारा बच्चों के मन में शिक्षक के प्रति सम्मान जगाना, आदर देना। अर्थात् आज के समय में भी इन पंक्तियों के महत्व खत्म न हो:-



“गुरुर्ब्रह्माः गुरुर्विष्णुः गुरुर्देवो महेश्वराः।

गुरु साक्षात् परमब्रह्मः तस्मै श्री गुरुवे नमः॥”

## संतुलन ही तो है जिंदगी

काम ही काम, कभी घर में घर का काम, कभी घर में ऑफिस का काम। वक्त की पाबंदी अलग। कई किरदारों में ढलती जिंदगी। कभी पत्नी, कभी माँ, कभी बहू, कभी सास। हर किरदार की अलग जरूरत। हर किरदार के लिए अलग वक्त। लेकिन दिन और रात के सिर्फ 24 घण्टे। कभी आधी सोई, कभी आधी जागी और हर आइट पर काम। मानो थकी दोपहर जैसी जिंदगी। दिन भर एक रस्सी पर नटनी की तरह, ये तो जिंदगी है इसमें अपने लिये कितना वक्त, कितनी फुर्सत? कितना सुकून है? ज़माना मल्टीटास्किंग का है, आगे बढ़ने की होड़ है। बाजी लगी हुई है। दफ्तर में बेहतर प्रदर्शन की चाहत और घर को ठीक से संभालने की इच्छा। ऐसा नहीं लगता कि जिंदगी उस छोटी चादर की तरह होती जा रही है, जिस में पैर ढकने की कोशिश करें, तो सिर बाहर जाता है और सिर को ढकें, तो पैर दिखता हैं अपनी जिंदगी को वीणा के उस तार की तरह देखिए, जो अधिक कसने पर टूट ना जाए और अधिक ढीला कर देने पर सुर निकलना बंद ना हो जाए।

एक संतुलन ही तो मांगती है जिंदगी।।

अंजु

बी.ए. (द्वितीय वर्ष)

## “बेरोजगारी की समस्या”

भूखा मनुष्य क्या पाप नहीं करता अर्थात् सभी पाप करता है। उसमें कर्तव्य और अकर्तव्य का विवेक नहीं रहता। वास्तव में बेरोजगारी की समस्या एक दानव की तरह हमारे देश के नवयुवकों को खा रही है। आजकल श्रमिक हो या अनवरत बौद्धिक श्रम करने वाला विद्वान सभी बेरोजगारी के शिकार बने हुए हैं। निरक्षर तो किसी तरह अपना पेट भर लेता है किंतु पढ़े-लिखों की स्थिति बहुत खराब है। यह समस्या नई नहीं है। द्वितीय महायुद्ध से पहले यह समस्या भारत में विद्यमान थी। इस समय यह समस्या अपनी चरम-सीमा पर है। एक नौजवान जब पढ़ाई करता है, अपने क्षेत्र में विशेष ज्ञान प्राप्त करता है फिर नौकरी के लिए दर-दर भटकता फिरता है और उसके हाथ केवल निराशा ही लगती है, तब उसका आत्मविश्वास डगमगाने लगता है। ऐसे ही कई बेरोजगार नवयुवक गलत रास्ते अपनाने लगते हैं, बुरी आदतों का शिकार बन जाते हैं और समाज के लिए समस्याएँ उत्पन्न करते हैं। विचार किया जाए तो मुख्य रूप से गाँवों की बड़ी संख्या में लोगों का शहरों में आना, दूषित शिक्षा प्रणाली, बढ़ती जनसंख्या- जैसे कारण इस समस्या के मूल में दिखाई देते हैं। अतः बेरोजगारी की समस्या को दूर करने के लिए हमें इन कारणों से निपटना होगा। बढ़ती हुई जनसंख्या ने बेरोजगारी की समस्या को और भी बढ़ा दिया है। साधन, सुविधाएँ और उत्पादन तो वहीं रहे, परंतु उपभोक्ता अधिक हो गए हैं। बेरोजगारी की समस्या को दूर करने के लिए हमें शिक्षा पद्धति में परिवर्तन करना होगा। सैद्धांतिक शिक्षा से काम नहीं चल सकता। शिक्षा व्यावहारिक होनी चाहिए। आरंभ से ही विद्यार्थियों में स्वालंबन की भावना भरी होनी चाहिए। भारत के घरेलू उद्योग धंधों को पुनः विकसित करना चाहिए। देश की जनसंख्या वृद्धि को रोकना चाहिए। एकाधिक संतान पर कर लगाने की व्यवस्था की जाए। शिक्षा प्रणाली को व्यवसाय से जोड़ा जाना चाहिए। साथ ही यह भी आवश्यकता है कि संपूर्ण राष्ट्र के लिए एक व्यापक रोजगार नीति अपनाई जाए और सरकारी तथा निजी क्षेत्रों में उत्पादक प्रवृत्तियों को पोत्साहित कर रोजगार के नए अवसर उपलब्ध करवाए जाएँ। सरकार द्वारा इस संबंध में अनेक प्रयास किए जा रहे हैं किंतु और अधिक सजग प्रयासों की आवश्यकता है। भारतीय समाज में आलस्य ने कुछ अधिक ही पाँव पसार लिए हैं। अधिकांश लोगों ने शारीरिक परिश्रम करना बंद कर दिया है। पकी-पकाई रोटी खाने को सब तैयार हैं पर पकाने को कोई तैयार नहीं। सरल काम सभी करना चाहते हैं। कठिन काम कोई नहीं करना चाहता। अतः अपनी इच्छानुसार काम न मिलने के कारण भी लोग बेरोजगार हैं।



रिया मेहता  
बी.ए. (द्वितीय वर्ष)

## मुश्किलों से सीखें

एक व्यक्ति अपने गधे को लेकर शहर से लौट रहा था। गलती से वह गधा पैर खिसकने के कारण सीधे एक गहरे गड्ढे में गिर गया। उसे निकालने के लिए उस व्यक्ति ने पूरी कोशिश कि परन्तु वह उसे निकालने में नाकामयाब रहा।

जब उस व्यक्ति को लगा की उसके गधे को उस गड्ढे से निकालना अब असंभव है तो उसने उसे जिन्दा ही मिट्टी में ढक देने का सोचा और वह उपर से मिट्टी डालने लगा। बहुत देर तक मिट्टी डालने के बाद वह इंसान पास ही अपने घर चला गया।

पर ढेर सारी मिट्टी डालने के कारण वह गधा अपने ऊपर गिरी हुई मिट्टी की मदद से धीरे-धीरे उस पर अपना पैर रख-रख कर उस गड्ढे के उपर जिन्दा चढ़ आया। अगले दिन जब वह व्यक्ति सुबह उठा तो उसने देखा उसका गधा उसके घर के बाहर ही खड़ा था। यह करिश्मा देखकर वह व्यक्ति स्तब्ध रह गया।

इस कहानी से हमें यह शिक्षा मिलती है कि हमें कभी भी हार नहीं माननी चाहिए और जब तक सफलता न प्राप्त हो तब तक कोशिश करते रहना चाहिए।



स्मिरण दीप कौर  
बी.ए. (प्रथम वर्ष)

## हमेशा देने वाला ही महान होता है

एक राजा बहुत दानी था। वह रोज सुबह 9 बजे अपने खजाने खोल देता था और लोग कतार में लगकर खजाने को ले जाते थे। उसी कतार में एक व्यक्ति भी था, जैसे ही उस व्यक्ति के पीछे कोई व्यक्ति आता वह अपनी बारी दूसरे व्यक्ति को दे देता। इसी तरह करते-करते शाम के 5 बज गए, खजाना बंद हो गया। वह व्यक्ति खाली हाथ ही लौट गया। फिर अगले दिन 9 बजे कतार में लग गया पर अपनी बारी फिर छोड़ दी और फिर शाम को वह खाली हाथ ही रह गया। कई दिन ऐसा ही चलता रहा तो राजा के सिपाहियों ने उसे देखा और बंदी बना लिया तथा राजा के सामने पेश किया। राजा ने पूछा, तू यहाँ पर क्या करता है? उसने उत्तर देते हुए कहा कि जो आप कर रहे हो वो ही तो मैं कर रहा हूँ। राजा ने पूछा वो कैसे, मैं तो लोगों को खजाना दे रहा हूँ, तो वो व्यक्ति बोला जो आपके पास है वो आप दे रहे हो जो मेरे पास है वो मैं दे रहा हूँ आपके पास खजाना है आप वह दे रहे हो, मेरे पास बारी है मैं वो दे देता हूँ।



इस कहानी से यह पता चलता है कि हमेशा देने वाला ही महान कहलाता है। हम अगर किसी को कुछ-कुछ देकर सहायता करते हैं तो उसका वापिस हमारे पास जरूर आता है। चाहे वो पैसा हो, खाना हो, मुस्कान हो, श्रमिक सहायता हो परन्तु उसका फल हमें जरूर प्राप्त होगा।

“कर्म कर फल की चिंता न कर ”

राधिका जैन  
बी.ए. (प्रथम वर्ष)

## एक प्यारी कली...

फूलों के महकते बागों में,  
खिली एक प्यारी सी कली ।  
थी वह थोड़ी कोमल,  
पर दिल की निराली थी ।  
हुई वह थोड़ी बड़ी,  
सबकी लाड़ली होने लगी ।  
हो गई वह खूबसूरत,  
दुनिया उसको नजर लगाने लगी ।  
स्कूल वह शान से जाती,  
पढ़ाई करके वह अक्ल आई ।  
अक्लं आकर वह सबको बतलाती,  
देखों मैं भी पढ़कर आई ।  
मासूस सी कली जैसी बड़ी होती गई,  
कुछ राक्षस दरिंदों की नजर उस पर पड़ी ।  
जिस गली से वह निकली,  
दरिंदों की नीच नजरें उस पर पड़ी ।  
आया एक ऐसा भयानक दिन,  
मासूस सी कली की जिंदगी उजाड़ दी गई ।  
दया न आई उन दरिंदों को,  
क्यों न उनकी रूह कांप गई ।  
तड़प रहीं थी रूह उसकी,  
वहशी दरिंदों की इस हरकत से ।  
किसी ने न सुनी चीख उसकी,  
लूट ली उसकी इज्जत सरपट से ।  
हुआ था ये क्या उनकी सोच को,

अंजाम दे दिया इतने बड़े जुर्म को ।  
गलती क्या थी उसकी,  
बस वह थी एक प्यारी सी कली ।  
इतना सब होने के बाद,  
तड़प रही थी वो वहां ।  
हौसला बढ़ा रहा था उसके पीछे सारा जहाँ,  
मोमबत्तियों से देश को जगाया ।  
क्या हो गया है, हमारी सोच को,  
क्यों उड़ा देते है हम उनके होश को ।  
दुष्कर्म होने के बाद फिर चिल्लाते है,  
कड़ी सजा दो दोषियों को ।  
ऐ बुरी सोच वाले दरिंदो,  
दुष्कर्म करने से पहले,  
खुद के घर में भी झांक लो,  
हो न जाए तुम्हारे साथ भी ऐसा कभी ।  
कुछ दरिंदे तुम्हारे जैसे आएंगे,  
तुम्हारी माँ-बहन के साथ भी,  
कुछ ऐसा ही कर जाएंगे,  
फिर कहना तेरा कर्म गलत था या था सही ।  
सोच अपनी तुम बदलो,  
निश्चय अब यह करलो,  
देश में नारियों को सम्मान हम दिलाएंगे,  
नारियों के मान की रक्षा करके दिखलायेंगे ।  
रात-दिन हम एक कर जाएंगे,  
इस देश को नारी सशक्त हम बनायेंगे ।



शिवानी

बी.ए. (तृतीय वर्ष)

## मातृभूमि

मेरी मातृभूमि को मेरा वंदन है  
इसकी मिट्टी-धूल महकता चंदन है

खेल-खेल जिसकी गोदी के पलने में  
रहा झूलता पला पैर पर खड़ा हुआ  
जिसके आसमान के नीचे आँचल में,  
मैं नटखट चंचल शिशु इतना बढ़ा  
जिसने मेरे लिए सहा सब, कहा न कुछ



है दुनिया में देश बहुत सुंदर लेकिन  
मेरी मातृभूमि की शोभा प्यारी है  
स्वर्गलोक की सुषमा-सुदंरता-गरिमा  
एक-एक कर इसके सम्मुख हारी है  
हम सब की आशाओं-अभिलाषों की

जब तक हूँ मैं रत्तीभर भी इस पर,  
किसी तरह की आँच नहीं आने दूँगा।  
बालक हूँ पर वीर भारत का वंशज हूँ।  
सिंहों के मुँह फाड़ दाँत दिखला दूँगा।  
मेरे हाथ सुरिक्षत भव्य मुकुट।  
और सुरक्षित अड़िग सिंधु सिंहासन

मैं रोली से नहीं उसी की मिट्टी से  
तिलक लगाता हूँ अपने माथे पर  
यो तो है मेरा नाता सब दुनियां से  
पर गर्व मुझे है इसके नाते पर  
मैं जो कुछ हूँ सब इसका ही हूँ  
इसको ही मेरा सर्वस्व समर्पण ॥५॥

कविता शर्मा  
बी.ए. (प्रथम वर्ष)

## नर हो न निराश

1. नर हो न निराश करो मन को  
कुछ काम करो कुछ काम करो  
जग में रहके निज नाम करो  
यह जन्म हुआ किस अर्थ अहो  
समझो जिसमें यह व्यर्थ न हो  
कुछ तो उपयुक्त करो तन को  
नर हो न निराश करो मन को।



2. संभलो कि सुयोग न जाए चला  
कब व्यर्थ हुआ सदुपाय भला  
समझो जग को न निरा सपना  
पथ आप प्रशस्त करो अपना  
अखिलेश्वर है अवलम्बन को  
नर हो न निराश करो मन को।

3. जब प्राप्त तुम्हें सब तत्त्व यहाँ  
फिर जा सकता वह सत्त्व कहाँ  
तुम स्वत्त्व सुधा रस पान करो  
उठके अमरत्व विधान करो  
देवरूप रहो भव कानन को  
नर हो न निराश करो मन को।

4. निज गौरव का नित ज्ञान रहे  
हम भी कुछ हैं यह ध्यान रहे  
सब जाए अभी पर मान रहे  
मरणोत्तर गुंजित मान रहे  
कुछ हो न तजो निज साधन को  
नर हो न निराश करो मन को।

हर्षिता लाम्बा  
बी.ए. (प्रथम वर्ष)

## आपकी शक्ति अपार है !

एक बार शाम के समय शेखर और बिट्टू पतंग उड़ाते गाँव से काफी आगे शांत जगह चले गए जहाँ खेलते खेलते बिट्टू अचानक कुएँ में जा गिरा। जिसे देख शेखर बेहद घबरा गया और चीखने चिल्लाने लगा लेकिन मदद के लिए सुनने वाला कोई नहीं था। काफी रोने और कोशिशों के बाद भी जब कोई बचाने नहीं आया तो शेखर ने कुएँ में रस्सी से बंधी बाल्टी फेंकी और बिट्टू को उसे पकड़ने को कहा। बिट्टू ने बाल्टी पकड़ी और शेखर अपना पूरा दम रस्सी को ऊपर खींचने में लगाने लगा। काफी मेहनत और प्रयत्नों के बाद बिट्टू को छोटे शेखर ने सुरक्षित बाहर निकाल लिया। जिसके बाद दोनों ने राहत की साँस ली और खुशी के मारे गले मिलने लगे।



लेकिन, दोनो को अब गाँव वापस जा कर डाँट पड़ने का डर सता रहा था। दोनों को ही लग रहा था की जब गाँव वालों को यह बात पता चलेगी तो उनकी पिटाई होगी। जब शेखर और बिट्टू गाँव वापस पहुँचे तो उन्हें इसके विपरीत लोगो का चेहरा देखने को मिला। गाँव के सभी लोग उन दोनों की बातों को सुनकर हँस रहे थे कि भला छोटा शेखर बिट्टू को कैसे खींच सकता है? जिन्हें देख शेखर और बिट्टू को बेहद ही आश्चर्य हुआ और वह सभी को इस बात पर यकीन दिलाने की कोशिश करने लगे लेकिन कोई नहीं माना। जिसके बाद सभी लोगों ने गाँव के बुजुर्ग चाचा के पास जाने का फैसला किया। जो बेहद ही समझदार और सुलझे इंसान थे। सभी ने राहिल चाचा को बच्चों की बात बताई, जिसे सुनकर चाचा ने तुरंत मान लिया कि बच्चों के साथ ऐसा हुआ होगा।

गाँव वालो ने राहिल चाचा पर यकीन करने से इंकार कर दिया और सवाल करने लगे की ऐसा कैसे हो सकता है? छोटा शेखर अपने से भारी बिट्टू को कैसे ऊपर खींच सकता है? राहिल चाचा मुस्कुराए और उन्होंने जवाब दिया, शेखर ने ऐसा इसलिए किया क्योंकि उसके पास कोई और रास्ता नहीं बचा था। उस समय उसे यह कहने वाला भी कोई नहीं बचा था कि वह ऐसा नहीं कर सकता। इसी के साथ-साथ शेखर को यह सोचने का समय भी नहीं था कि वह खुद से यह काम कर सकता है या नहीं। जिसके कारण शेखर यह काम करने में सफल हुआ।

**शिक्षा:** लेख की इस कहानी से शिक्षा मिलती है की यदि हम अपने समाज, आस पास के लोगों की बातों में आकर अपने लक्ष्य को छोड़ देंगे या फिर कुछ ही प्रयासों के बाद खुद ही यह मान लेंगे कि यह काम हमारे बस का नहीं है तो वह लक्ष्य सच में ही हमारे बस का नहीं रह जायेगा। इसलिए नकारात्मक बातों पर ध्यान देने से अच्छा है कि हम अपना ध्यान सिर्फ लक्ष्य की ओर केन्द्रित करें।

तान्या

बी.ए. (प्रथम वर्ष)

## शिक्षा की कहानी कविता की जुबानी

आँखों की चाह बनी ये कैसी;  
कि शिक्षा ही है कर्म हमारा;  
नींद खुली तो भी हमारा,  
नींद में हो तब भी हमारा;



जानें क्या है धरती अपनी, क्यों है  
धरती पर ये पानी ?

इंसांन की है जो अजब कहानी; आज तक जो किसी ने न  
जानी ।

क्यों है हम ? क्या है हम ? चलो सुने, शिक्षा की जुबानी ।

जन्म से लेकर मरण तक, चींटी से लेकर चमन तक,  
धरती से लेकर गगन तक, तिनके से लेकर ताजमहल तक,  
कण-कण में छुपी है शिक्षा, जाने कैसी है ये शिक्षा ?

इंसांन ही मात्र है एक अजूबा, जो भव सागर में डूबा ।  
शिक्षा ही है एक दीपक, जो मिटाएँ तम तन-मन से,

मैं तो कहूँगी एक ही बात, कि आओ शिक्षा को चाहें हम ।  
चलो शिक्षा अपनाएँ हम ।

क्योंकि आँखों की चाह बनी ये कैसी,  
कि शिक्षा ही है कर्म हमारा ।  
नींद खुली तो भी शिक्षा, नींद में हो,  
तब भी शिक्षा ॥

लवदीप कौर  
बी.ए. (प्रथम वर्ष)

## एक अनोखी-सी जोड़ी है मोदी-शाह

जिनकी आपस की ट्यूनिंग शब्दातीत  
बेथाह ।

एक तिलस्मी-सी जोड़ी है-  
मोदी-शाह

कहीं कृष्ण-अर्जुन, तो कहीं  
जय-वीरू जैसे ।



संबंधों की गहराई का अद्भुत निर्वाह ॥

एक अजूबा-सी जोड़ी है- मोदी-शाह ॥

एक साँस ले तो दूसरे का दिल धड़के ।

इसके मन की हलचल पर सतत् उसकी निगाह ।

दोनो फक्कड़, दोनो जुझारू, अनथक कर्मवीर ।

छोटे अवसादों से अचिंतित बेपरवाह ॥

सहजन्मा भाइयों-सी जोड़ी है- मोदी-शाह ॥3 ॥

जिन्हे देश के हित से बढ़कर न कोई चाह ।

उनका हर शब्द, कार्य, निर्णय है इसी सत्य का गवाह ॥

देश को ईश्वरीय वरदान-सी जोड़ी है-मोदी-शाह ॥4 ॥

महाभारत के विजय-कारकों का मानों हुआ पुनः  
सर्जन ।

शाह है शंख 'पाञ्चजन्य' तो मोदी 'चक्र-सुदर्शन' !

हे प्रभु! अमर रहे यह जोड़ी मोदी-शाह ॥5 ॥

भावना धीमान  
बी.ए. (प्रथम वर्ष)

## कभी-कभी खुद से बात करो..

1. कभी-कभी खुद से बात करो,  
कभी खुद से बोलो ।  
अपनी नजर में तुम क्या हो ? ये मन  
की तराजू पर तोलो ।  
कभी-कभी खुद से बात करो ।  
कभी-कभी खुद से बोलो ।



2. हरदम तुम बैठे ना हो- शौहरत की इमारत में ।  
कभी-कभी खुद को पेश करो आत्मा की अदालत में ।  
केवल अपनी कीर्ति ने देखो-कमियों को भी टटोलो ।  
कभी-कभी खुद से बात करो ।  
कभी-कभी खुद से बोलो ।
3. दुनिया कहती कीर्ति काम के, तुम हो बड़े सुखी ।  
मगर तुम्हारे आडम्बर से, हम है बड़े दुःखी ।  
कभी तो अपने श्रव्य-भवन की बंद खिड़कियाँ खोलो ।  
कभी-कभी खुद से बात करो ।  
कभी-कभी खुद से बोलो ।
4. ओ नभ में उड़ने वालो, जरा धरती पर आओ ।  
अपनी पुरानी सरल-सादगी फिर से अपनाओ ।  
तुम संतो की तपोभूमि पर मत अभिमान में डालो ।  
अपनी नज़र में तुम क्या हो ? ये मन की तराजू में तोलो ।  
कभी-कभी खुद से बात करो ।  
कभी-कभी खुद से बोलो ।

हर्षिता लाम्बा  
बी.ए. (इंग्लिश ऑनर्स)

## तीन दिवस तक....

1. तीन दिवस तक पंथ मांगते  
रघुपति सिंधु किनारे,  
बैठे पढ़ते रहे छंद अनुपम के  
प्यारे-प्यारे ।  
उत्तर में जब एक नाद भी उठा  
नही सागर से,  
उठी अघोर धधक पौरुष की  
आग राम के शर से ।  
सिन्धु देह घर त्राहि-त्राहि करता आ गिरा शरण में ।  
चरण पूज दासता ग्रहण की बंध्या मूढ बंधन में ।  
सच पूछो, तो शर में ही बसती है,  
दीप्ति विनय की,  
सन्धि-वचन सम्पूज्य उसी का जिसमें शक्ति विजय की ।  
सहनशीलता, क्षमा, दया को तभी पूजता जग है,  
बल का दर्प चमकता उसके पीछे जब जगमग है ।
2. समबुद्धि होती है अर्जुन ! वही,  
निश्चल हो जिस बुद्धि का एक ही ।  
न होता स्थिर निश्चय जिस बुद्धि का,  
सकामी पुरुष वो रहे भटकता ॥
3. भरा नहीं जो भावों से  
बहती जिसमें रसधार नहीं ।  
हृदय नहीं वह पत्थर है  
जिसको स्वदेश से प्यार नहीं ।



शुभ शर्मा  
बी.ए. (प्रथम वर्ष)

## जिंदगी की कहानी

आदमी के घर एक संन्यासी मेहमान आया परिव्राजक। रात गपशप होने लगी, उस परिव्राजक ने कहा कि तुम यहाँ क्या छोटी-मोटी खेती में लगे हो। साईबेरिया में मैं यात्रा पर था तो वहाँ जमीन इतनी सस्ती है मुफ्त ही मिल जाती है। तुम यह जमीन छोड़-छाड़कर, बेच-बाचकर साईबेरिया चले जाओ। वहाँ हजारों एकड़ जमीन मिल जाएगी इतनी जमीन में। वहाँ करो फसलें और बड़ी उपयोगी जमीन है और लोग वहाँ के इतने सीधे-सादे हैं कि करीब-करीब मुफ्त ही जमीन दे देते हैं।



उस आदमी को वासना जगी। दूसरे ही दिन उसने सब बेच-बाचकर साईबेरिया की रहा पकड़ी। जब पहुँचा तो उसे बात सच्ची मालूम पड़ी। उसने पूछा कि मैं जमीन खरीदना चाहता हूँ। तो उन्होंने कहा, जमीन खरीदने का तुम जितना पैसा लाए हो, रख दो। कल सुबह सूरज के ऊगते तुम निकल पड़ना और साँझ सूरज के डूबते तक जितनी जमीन तुम घेर सको घेर लेना।

बस चलते जाना... जितनी जमीन घेर लो। साँझ सूरज के डूबते-डूबते उसी जगह पर लौट आना जहाँ से चले थे -बस यही शर्त है। जितनी जमीन तुम चल लोगे, उतनी जमीन तुम्हारी हो जाएगी। रात-भर तो सो न सका वह आदमी। तुम भी होते तो न सो सकते; ऐसे क्षणों में कोई सोता है? रातभर योजनाएँ बनाता रहा कि कितनी जमीन घेर लूँ। सुबह ही भागा। उसने साथ अपनी रोटी भी ले ली थी, पानी का भी इंतजाम कर लिया था। रास्ते में भूख लगे, प्यास लगे तो सोचा था चलते ही चलते खाना भी खा लूँगा, पानी भी पी लूँगा। रूकना नहीं है; चलना क्या है; दौड़ना शुरू किया, क्योंकि चलने से तो आधी ही जमीन कर पाऊँगा, दौड़ने से दुगनी हो सकेगी-भागा...भागा...।

सोचा था कि ठीक बारह बजे लौट पड़ूँगा, ताकि सूरज डूबते-डूबते पहुँच जाऊँगा। बारह बज गए, मीलों चल चुका है, मगर वासना का कोई अंत है, उसने सोचा कि बारह तो बज गए, लौटना चाहिए; लेकिन सामने और उपजाऊ जमीन.... थोड़ी सी और घेर लूँ। जरा तेजी से दौड़ना पड़ेगा लौटते समय-इतनी ही बात है, एक ही दिन की तो बात है, और जरा तेजी से दौड़ लूँगा।

उसने पानी भी न पीया क्योंकि रूकना पड़ेगा उतनी देर-एक दिन की तो बात है, फिर कल पी लेंगे पानी, फिर जीवन भर पीते रहेंगे। उस दिन उसने खाना भी न खाया। रास्ते में उसने खाना भी फेंक दिया, पानी भी फेंक दिया क्योंकि उनका वजन भी ढोना पड़ रहा है। इसलिए दौड़ ठीक से नहीं पा रहे। उसने अपना कोट भी उतार दिया, अपनी टोपी भी उतार दी।

एक बज गया, लेकिन लौटने का मन नहीं होता क्योंकि आगे और-और सुंदर भूमि आती चली जाती है। मगर फिर लौटना ही पड़ा अब घबराया। सारी ताकत लगाई। सुबह से दौड़ रहा था, हाँफ रहा था, घबरा रहा था कि पहुँच पाऊँगा सूरज डूबते तक कि नहीं। सारी ताकत लगा दी। पागल हो कर दौड़ा सब दाँव पर लगा दिया। और सूरज डूबने लगा...। ज्यादा दूरी भी नहीं रह गई लोग दिखाई पड़ने लगे। गाँव के लोग खड़े हैं और आवाज दे रहे हैं कि आ जाओ, आ जाओ।

उसने आखिरी दम लगा दिया भागा, भागा...। सूरज डूबने लगा; इधर सूरज डूब रहा है, उधर भाग रहा है....। सूरज डूबते-डूबते बस जाकर गिर पड़ा। कुछ पाँच-सात गज की दूरी रह गई है; घिसटने लगा।

अभी सूरज की आखिरी कोर क्षितिज पर रह गई-घिसटने लगा और जब उसका हाथ जमीन के टुकड़े पर पहुँचा, जहाँ से भागा था, उस खूँटी पर, सूरज डूब गया। इतनी मेहनत कर ली। शायद हृदय का दौरा-पड़ गया। और सारे गाँव के लोग जिनको वह सीधा-सादा समझता था, हँसने लगे और एक-दूसरे से बात करने लगे।

ये पागल आदमी आते-जाते रहते हैं। यह कोई नई घटना न थी, अक्सर लोग आ जाते थे। खबरें सुनकर और इसी तरह मरते

थे। यह कोई अपवाद नहीं था, यहीं नियम था। अब तक ऐसा आदमी नहीं आया जो घेरकर जमीन का मालिक बन पाया हो।

यह कहानी सबकी कहानी हैं; जिंदगी की कहानी है। यही तो हम सब कर रहे हैं, दौड़ रहे हैं कि कितनी जमीन घेर लें। बारह भी बज जाते हैं, लौटने का समय भी आ जाता है मगर थोड़ा और दौड़ लें। न भूख की फिक्र है न प्यास की फिक्र है। जीने का समय कहाँ है? पहले जमीन घेर लें, पहले तिजौरी भर लें। पहले बैंक में पैसा इकट्ठा हो जाए; फिर जी लेंगे, फिर देखेंगे, एक ही दिन की तो बात है। और कभी कोई जी नहीं पाता। गरीब मर जाते हैं भूखे, अमीर मर जाते हैं। जीने के लिए थोड़ी विश्रान्ति चाहिए। जीने के लिए थोड़ी समझ चाहिए। जीवन मुफ्त नहीं मिलता-बोध चाहिए। जो मिला है उसमें संतुष्ट रहो और खुश रहो।

भावना धीमान  
बी.ए. (प्रथम वर्ष)

## मैं बोझ नहीं हूँ

शाम हो गई अभी तो घूमने चलो ना  
पापा

चलते-चलते थक गई कंधे पे  
बिठा लो ना पापा  
अंधेरे से डर लगता सीने से लगा लो  
ना पापा



मम्मी तो सो गई  
आप ही थपकी देकर सुलाओ ना पापा  
स्कूल तो पूरा हो गया  
अब कॉलेज जाने दो ना पापा  
पाल-पोष कर बड़ा किया  
अब जुदा तो मत करो ना पापा  
अब डोली में बिठा ही दिया तो  
आँसू तो मत बहाओ ना पापा  
आपकी मुस्कुराहट तो अच्छी है  
एक बार मुस्कुराओ ना पापा  
आप ने मेरी हर बात मानी  
एक बात और मान जाओ ना पापा  
इस धरती पर बोझ नहीं मैं  
दुनिया को समझाओं ना पापा।

आँचल

बी.ए. (इंग्लिश ऑनर्स)

## बेटियाँ

बेटों का है केवल आजकल जग में  
नाम

बेटियाँ ही हासिल करती हैं हर  
ऊँचा मुकाम  
सूरज की तरह ताप देते हैं बेटे तो  
पेड़ों की तरह छाया देती हैं  
बेटियाँ



अतिभाग्यवान होते हैं वह माता-पिता  
जिनके घर में जन्मी कल्पना चावला और  
सुनीता विलियम जैसी बेटियाँ  
बेटियों के अभिभावकों को न कहो बेचारा तुम  
प्रत्येक क्षेत्र में मान सम्मान बढ़ाती हैं बेटियाँ  
कपूत दिखाते हैं वृद्धाश्रम का रास्ता  
तो बुढ़ापे में सहारा देती हैं बेटियाँ  
ऊँचे संस्कार देकर पालते हैं बेटों को  
पर जग में नाम कमाती हैं बेटियाँ  
न जन्म से पहले हत्या करो हमारी  
चीख-चीखकर कोख में पुकारती हैं बेटियाँ  
माँ! हमें जन्म अवश्य देना कहती हैं बेटियाँ  
हम भी बनेंगी-रानी लक्ष्मीबाई, इंदिरा गाँधी जैसी बेटियाँ

पूजा सूरी

बी.ए. (प्रथम वर्ष)

## गुरु महिमा

1. गुरु के गुणों का कैसे करूँ बखान ?  
जो है दामन में सब गुरु का दान:  
गुरु कृपा बिना मानव है नादान  
मिटाया पल में ही विद्या ने अभिमान ।

2. हठ छोड़ कर आ गुरु के द्वारे,  
भर-भर प्याला प्रेम का मानव तुझे पिलाए ।  
अर्तमन की आँखे खोलें, अचरज तुझे दिखाए:  
सब में फिर एक तू ही तू  
अहम तेरा मिट जाए ।

3. महिमा गुरु जी अपरंपार  
गुरु बिन कौन लगावे पार ?  
हर तरफ, महकती बहार,  
लोक-परलोक में वही मददगार ।

4. वेद पुराण खूब पढ़े, मिटा न अंधकार,  
तीर्थ तप तो लाख किए, मिला नहीं कुछ सार !  
उठ जाग मानव, कर गुरु से प्यार,  
जो खोले दसमै द्वार, मिलाए महबूब से !

5. महिमा गुरु की कौन बखाने ?  
लोग जमाते यहाँ खजाने !  
पकड़ गुरु के चरणों को,  
पल मे ओझल हो जाएँगे,  
ये समझ ले तू सयाने !

6. कैसे गुरु की साख को, वाणी करे बखान,  
मिलवाए महबूब से, राख बने सब मान ।  
गोद में बिठाए, आँखों में भरकर प्राण,  
कृपा से तेरी दर्शन पाया, गुरु एक महान ।



7. गुरु के संग में, होते तन मन पावन,  
पल भर में खाक बन !  
तब छाये इश्क का सावन,  
आंगन में कदम मुबारक

8. गलियों में यूँ तो मिलते गुरु हजार,  
विरला ही सच्चा गुरु, जो पीए पिलाए प्यार ।  
अखियाँ खोल, उसकी बाट निहार:  
मिटाई जिसने खुदी अपनी, हो उस बलिहार !

9. गुरु बिन नहीं कोई सहारा,  
सच्ची राह दिखाए गुरु हमारा ।  
मंजिल तक गुरु पहुँचाए,  
बिगड़ी किस्मत गुरु ही बनाए ।

10. विरला कोई सच्चा गुरु संसार में:  
जिसने बिसारा खुद को, अंदर के दीदार मे,  
गुरु के गुणों का कैसे करू बखान ?  
जो है दामन में सब गुरु का दान ।

करिश्मा  
बी.ए. (प्रथम वर्ष)

## नारी शक्ति

‘नारी शक्ति रूप में स्त्री शक्ति  
नारी शक्ति आधार शक्ति’

धार्मिक सदंर्भ में, हिन्दुओं ने स्त्रियों को देवत्व के स्तर तक उन्नत किया है। भारत के बारे में संसार की एक भूल है कि यह पुरुष प्रधान समाज है तथा धर्म पर पुरुषों का वर्चस्व है तथा सच्चाई यह है कि वास्तव में ऐसा नहीं है।

यह वह धर्म है जो स्त्री की ताकत और बल को सूचित करता है। ‘शक्ति’ का तात्पर्य ‘बल’ और ‘ताकत’ से है। पुरुष में समस्त शक्तियों का कारण स्त्रियाँ हैं। त्रिमूर्ति (ब्रह्मा, विष्णु, शिव) अपने नारी सहायक अंग के बिना शक्ति विहीन है।

हे स्त्री शक्ति! तुम्हारे द्वारा ही यह सार्वभौम उत्पन्न हुआ है। तुम्हारे द्वारा इस सृष्टि की रचना हुई है। अंत में तुम्हारे द्वारा ही यह विनष्ट होती है। हे नारी शक्ति! आप परम विदुषी हो तथा समान रूप से समझदार तथा भाव पुंज हो।

वेदों में नारी को समाज में ऊँचा स्थान दिया गया है। उसे जननी कहा गया है। जननी उसे कहते हैं- जो निर्माण करे। जननी संतान को पैदा ही नहीं करती। उसका निर्माण भी करती है।

जननी ही संतान को सुंसतान बना कर उन्नत मार्ग पर अग्रसर करती है। जननी संतान को ऊँचे आसन तक पहुँचाने के लिए तप करती है।

सुख-सुविधाओं को त्याग कर, भूखी रह कर भी सुखों में कमी नहीं आने देती इस कारण ही वह जननी है। इस कारण ही विश्व में नारी का सम्मान है किन्तु मध्य युग में नारी सम्मान का हास हुआ। जिसका कारण गुलामी तथा वेद विद्या का अभाव ही कहा जा सकता है। वेद में नारी को जगत् की जननी तथा त्याग की मूर्ति कहते हुए उसे उच्च आसन देने का आदेश दिया है। नारी को प्रशस्ति पूर्ण स्थान देने के लिए वेद में अनेक स्थानों पर नारी का गुणवान किया गया है।

ऋग्वेद में कहा गया है कि गृहिणी अर्थात् नारी ही गृह है, घर है। नारी के बिना गृह की कल्पना ही नहीं की जा सकती। संस्कृत में भी कहा है कि-

**न गृहं गृहमित्याहः गृहिणी गृहमुच्यते**

अर्थात् घर को घर नहीं कहते अपितु गृहिणी को ही घर कहते हैं। कहा भी है कि गृहिणी के बिना घर में भूत का डेरा होता है।

**गृह में क्या कार्य होता है?**

गृह में मुख्य कार्य होता है घर की सुरक्षा, गृह की व्यवस्था, घर का संचालन, गृह का निरीक्षण तथा समुन्नयन। यह सब कार्य गृह पत्नी अथवा नारी ही करती या कराती है।

पुरुष तो गृह व्यवस्था के साधन अर्थात् धनोपार्जन के लिए प्रायः अधिकांश समय घर से बाहर ही रहता है। इस कारण इन सब कार्यों को वह नहीं कर सकता। इन कार्यों को करने के लिए अधिक समय वहाँ उपस्थित होना आवश्यक है। किन्तु पुरुष के लिए ऐसा संभव न हो पाने के कारण यह सब व्यवस्था पत्नी ही देखती है।

यदि गृहिणी न हो तो गृह की व्यवस्था छिन्न-भिन्न हो जाती है। यदि हम गृहस्थ को एक वृक्ष माने तो पत्नी उस वृक्ष का मूल अर्थात् जड़ होती है। जब तक मूल नहीं है? तब तक वृक्ष का अस्तित्व ही नहीं होता। मूल अर्थात् जड़ ही समग्र वृक्ष का भार वहन करता है। इस आधार पर हम कह सकते हैं कि नारी गृह का मूल आधार होती है। नारी के बिना स्वप्न साकार नहीं हो सकता !

वृक्ष की जड़ तो केवल वृक्ष को खड़ा रखने तथा उसे भोजन पहुँचाने का कार्य करती है। किन्तु नारी न केवल जड़ अर्थात् परिवार का आधार अथवा परिवार के खड़े होने की परिकल्पना को साकार करने वाली होती है अपितु सतानोत्पत्ति का कार्य अर्थात् बीज व भूमि का कार्य भी करती है।

शीतल  
बी.ए. (पोल साईस ऑनर्स)



## मन के हारे हार है मन के जीते जीत !

मन के हारे हार है, मन के जीते जीत है यह उक्ति काफी समय से चली आ रही है। इसका अर्थ यह है कि मनुष्य की सफलता उसके अंदर के काम करने की क्षमता में छिपी होती है और इसकी जड़ व्यक्ति के मन में होती है। यदि हम अपने जीवन में सफल होने की कामना करते हैं तो सबसे पहले हमें अपने दिमाग को उसके लिए तैयार करना होगा। जीवन में सफल होने का सबसे बड़ा कारण ये होता है कि आप सफलता के बारे में क्या सोचते हैं? यदि कोई भी व्यक्ति अपने आप को बिना कुछ किए, पहले ही अपने आप को असफल मान ले तो वह पूरी लाइफ में कभी भी सफल नहीं हो पाएगा क्योंकि वह सफल होने के बारे में नहीं सोचता है बल्कि सफलता से ज्यादा असफलता के बारे में सोचता है। इसलिए जीवन में सफल होने के लिए सबसे पहले अपनी सोच को सफल करने की जरूरत है। सफलता हासिल करने के रास्ते में सबसे बड़ी चुनौती नकारात्मक विचारों और कार्यों से छुटकारा पाना, सकारात्मक सोच विकसित करना और इसके साथ-साथ बीच में असफलताओं के बाद भी उठ खड़े होकर आगे बढ़ने की भावना रखना जरूरी है। सफलता पाने के लिए हमें अपने मन को समझ कर असफलताओं और आलोचनाओं का डट कर सामना करना चाहिए। अपने आप पर हमेशा नियंत्रण रखें क्योंकि लाइफ में सफल होने का कोई शॉर्टकट तरीका नहीं होता है। अगर आप अपने पैशन को अपना प्रोफेशन बना लें तो सफलता मिलने का चांस बहुत ज्यादा बढ़ जाता है। हर मनुष्य के अंदर कुछ न कुछ स्पेशल चीज़ होती है। लेकिन हम उस स्पेशल चीज़ को जान नहीं पाते हैं। जिस दिन भी हमें अपने अंदर के उस स्पेशल चीज़ के बारे में पता चल जाएगा उस दिन हमको सफल होने से कोई भी नहीं रोक सकता। इसलिए अपने अंदर के छिपे हुए टैलेंट को जाने और हमेशा सोचो की हमारे अंदर ऐसा कौन सा स्पेशल टैलेंट है जो किसी दूसरे के अंदर नहीं है हमें अपने आप से सवाल करना चाहिए कि वह कौन सी चीज़ है जो हमें अपनी मंजिल तक लेकर जा सकती है। लाइफ में सफल होने का ये मतलब नहीं होता है कि हमको कोई उच्च पोस्ट मिले और हम लाइफ में बहुत सारा पैसा कमाएँ, बल्कि सफलता का यह मतलब होता है कि हम वह काम करें जिसको करने में हमारे मन को शांति मिले और जिसको करने में हमें खुशी मिले। किसी भी चीज़ की शुरूआत करने से पहले आपको अपने अंदर उस काम के करने का विश्वास पैदा करना चाहिए। जब तक आपके मन में उस चीज़ को करने का विश्वास नहीं पैदा होगा तब तक आपको उस चीज़ में सफलता नहीं मिलेगी। किसी भी काम में आने वाली समस्याओं का सामना करने के लिए हमेशा तैयार रहना चाहिए। कभी भी अपने आप को किसी से कम ना समझो क्योंकि बहुत सी चीज़ें ऐसी हैं जो आपसे बेहतर कोई दूसरा नहीं कर सकता है।

हर एक व्यक्ति में कुछ अच्छी तो कुछ बुरी चीज़ होती है। हमें उन दोनों से कुछ न कुछ सीखने की कोशिश करते रहना चाहिए क्योंकि बहुत से महान वैज्ञानिकों का ये मानना है कि अगर आपके अंदर किसी काम को करने का आत्मविश्वास नहीं होगा तो उस काम में आपको असफल होने के चांस बहुत ज्यादा बढ़ जाते हैं क्योंकि आत्मविश्वास न होने पर आपके अंदर असफल होने का एक डर हमेशा बना रहेगा। जब आपके अंदर किसी काम को करने का आत्मविश्वास होगा तब उस स्थिति में आप उस काम में अपना 101% देंगे। जीवन में सफल वही होता है जो अपनी गलतियों से कुछ न कुछ सीखता है तथा कभी हार नहीं मानता। कभी भी सफलता आपको तुरंत नहीं मिलती। हमेशा सफलता में कुछ न कुछ समस्याएँ जरूर आएंगी लेकिन आपको समस्याओं से घबराकर भागने की जरूरत नहीं है बल्कि टिक कर उसका सामना करने की जरूरत है। पहले की अपेक्षा आज कम्पीटशन बहुत ज्यादा बढ़ गया है और आज आपको सफल होने के लिए तन और मन से कोशिश करने की जरूरत है। अगर आपका मन किसी भी तरह के लक्ष्य को पाने के लिए तैयार है तो आपको सफल होने से कोई नहीं रोक पाएगा। इसलिए अपनी मानसिक स्थिति मजबूत करें। कभी भी किसी भी चीज़ में हार न माने। जिस चीज़ को भी करने का मन बना ले जब तक उस चीज़ को कर न ले हार ना मानो।



रिया मेहता

बी.ए. (द्वितीय वर्ष)

## देश का बँटवारा

राजनीति के तुष्टिकरण ने, देश को मेरे  
बाँटा है,  
मेरे देश के बँटवारे का श्रेय, नेताओं  
को जाता है,



वोट बैंक की राजनीति कर  
,जाति-प्रान्त में बाँट दिया,  
फिर भी शांति नहीं मिली तो, हिन्दू  
और मुस्लिम बाँट दिया,  
ऊँच-नीच के भेद-भाव में, आरक्षण ला कर लगा दिया,  
और जिसने ऊँची आवाज़ उठायी,  
उसे पैसों से दबा दिया।

मेरे देश के बँटवारे का श्रेय, नेताओ को जाता है,

जब बँटवारे थे शुरू किये, रंगो तक को बाँट दिया,  
हिन्दी-उर्दू भी अलग हुई, गीता-कुरान भी बाँट दिया।  
सोने की चिड़िया था ये, इस सीमाओं में छौट दिया,  
छोटे-छोटे टुकड़े कर के, भारत माँ तक को बाँटा है,  
मेरे देश के बँटवारे का श्रेय नेताओं को जाता है,

अंग्रेजी शिक्षा को लाकर देसी संस्कारों को बाँट दिया,  
सत्ता कुर्सी के भूखे ऐसे, की अपने अपनों को मार दिया,  
चन्द वोट के लालच में, गौ माता तक को काट दिया,  
भ्रष्टाचारी और घूसखोरी, जिनको बड़ा लुभाता है,  
मेरे देश के बँटवारे का श्रेय, उन नेताओं को जाता है।

सिहांसन के खातिर, ना जाने कितनो को मरवा दिया,  
प्रेम मिटा कर इंसा में, हिंसा को बढ़वा दिया,  
गिरा के मंदिर-मस्जिद को, दंगो को भड़का दिया,  
और कुर्सी के लालच में, ना जाने कितने शीशों को काटा है,  
मेरे देश के बँटवारे का श्रेय, उन गद्दारों को जाता है,  
मेरे देश के बँटवारे का श्रेय, उन नेताओं को जाता है...

साक्षी

बी.ए. (प्रथम वर्ष)

## प्रकृति



हरी-भरी खेतों में

बरस रहीं है बूंदें

खुशी-खुशी से आया सावन

भर गया मेरा आँगन।

ऐसा लग रहा है जैसे

मन की कलियाँ खिल गयी जैसे

ऐसा कि आया बसंत

लेके फूलों का जश्न ॥

धूप से प्यासी मेरे तन को

बूँदो ने दी ऐसी अंगडाई

कूद पड़ा मेरा तनमन

लगता है मैं हूँ एक दमन ॥

यह संसार है कितना सुंदर

लेकिन लोग नहीं उतने अकलमंद

यही है एक निवेदन

न करो प्रकृति का शोषण ॥

सिमरन

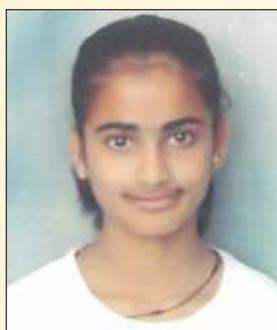
बी.ए. (प्रथम वर्ष)

# Our Sports Stars



**Gaganjot Gill**  
B.A. I Eng. (Hon.)  
**Teakwondo**

2nd Position in 13th South Asian Games, Kathmandu



**Rashika**  
B.A. III

**Artistic Gymnastic**  
All round Best Gymnast  
1st Position on Floor Exercise, Balancing Bar, One Man Bar, Volting Table  
1st Team Position



**Nirmal**  
B.A. II

**Artistic Gymnastic**  
All round 2nd Best Gymnast  
2nd Position on Floor Exercise, One Man Bar, Volting Table  
1st Team Position



**Radhika**  
M.Com I

**Artistic Gymnastic**  
2nd Position on Balancing Beam



**Sakshi**  
B.A. III

**Artistic Gymnastic**  
Got 1st Position Team



**Priyanka**  
B.A. I

**Rhythmic Gymnastic**  
2nd Position in Hoop Event  
3rd Position in Ball Event  
3rd Position in Club Event  
3rd Position in Ribbon Event  
1st Team Position



**Megha**  
B.A. III

**Rhythmic Gymnastic**  
1st Team Position



**Radhika Rana**  
B.A. II

**Rhythmic Gymnastic**  
1st Team Position



**R.Jyoti**  
B.A. I

**Rhythmic Gymnastic**  
1st Team Position



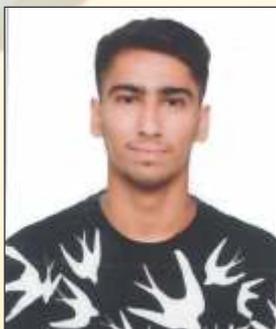
**Chirag**  
B.Com. I

**Fencing**  
1st Position in Fencing Foil Event  
2nd Team Position



**Sourabh**  
B.A. II

**Wushu**  
Got 2nd Position



**Jitender**  
B.A. I

**Gymnastics**  
2nd Team Position



**Ritik**  
B.A. II

**Gymnastic**  
2nd Team Position



**Ramanjit**  
B.A. III

**Boxing**  
Got 2nd Position in Inter College Boxing



# शंकर-कृत अनुशासनाः

प्राध्यापक सम्पादिका

डॉ० राजेन्द्र

छात्र सम्पादिका

महिमा

स्नातक (प्रथम वर्षम्)

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## सम्पादकीयम्

सुरसरस्वतीसमुपासनासंस्कृतस्वान्तानाम् हस्तेषु समर्पयतां संस्कृतविभागस्य अयं अंशः प्रसन्नोऽस्मि । साम्प्रतिके युगे संस्कृतभाषायाः पठनमति आवश्यकम् भाषेयं सर्वासां भाषाणां जननीति व्यवहियते । अरबमाध्यमेन इयं भाषा गणितशास्त्रस्य बुद्धदेव माध्यमेन ईसाई धर्मव्याप्तोत्तमसिद्धान्तानाम् ग्राम समाज माध्यमेन प्रजातन्त्रस्यापि जननी विद्यते । कैश्चिद् बालिशैर्व्यवहियते अमर भाषा मृतभाषा, किन्तु तेषामिदं वचनं सर्वथा अनुचितम्, बालिश्यमिव प्रतिभाति, यतोहि सृष्टि कालादारभ्याद्य यावन्नमृता अमरास्वतदा तेषां भाषा कथं मृतास्यात् । अपि च संसारे काऽपि भाषा मृता न कथ्यते, किन्तु समय समाजसाहित्यसम्बन्धात् तस्याः प्रगतिरवश्यमेवरूढा सञ्जायते, यथा हि यवनशासने उर्दूभाषायाः प्राधान्यमासीत्, अन्याश्च गौणाः भाषाः आसन्, एवमेव हि ब्रिटिशशासने आङ्गलभाषायाः साम्राज्यमासीत् संस्कृतभाषायाः च गौणत्वम् आसीत् । सुहृत्पाठकानां समक्षे इदमेव निवेदनम् यत् संस्कृतपठनं अधुना अनिवार्यं सञ्जातम् । अतः सर्वैरपि संस्कृतं पठनीयम्-



“सर्वैरपि पठनीयम् एतत् संस्कृतम्  
सर्वैरपि वदनीयम् एतत् संस्कृतम्  
सुशोभनं सुललितं एतत् संस्कृतम्  
सर्वैरपि लेखनीयम् एतत् संस्कृतम्  
रहस्योद्घाटनसमर्थं एतत् संस्कृतम्  
सर्वैरपि बोधनीयम् एतत् संस्कृतम् ।

डॉ. राजेन्द्र  
संस्कृतविभागाध्यक्षा

## तरुणां महत्त्वम्

स्वस्थं पर्यावरणं अस्माकं जीवनस्य आधारोऽस्ति । पर्यावरणस्य चाधाराः पुष्पिताः पल्लविताः तरवः भवन्ति ।

तरवः प्रकृतेः शोभा सन्ति । यत्र तरवः भवन्ति, तत् स्थानं सर्वेभ्यः रोचते । जनाः उपवनेषु तस्मादेव गच्छन्ति यतः तत्स्थानं मनोहरं सौन्दर्यपूर्णं च भवति । तरुषु खगाः नीडानि रचयन्ति । बिना तरूभिः खगानां निवासः न भवति । खगाः हि स्वकलरवै वातावरणम् आनन्दमयं कुर्वन्ति । तरवः तापादस्मान् रक्षन्ति, वायुमण्डले च शैत्यमुत्पादयन्ति ।



तरवः वायुं शुद्धं कुर्वन्ति । ते मानवैः परित्यक्तं कार्बनडाइऑक्साइड वायुं गृहणन्ति, अस्मभ्यं च अधिकाधिकं प्राणवायुं यच्छन्ति । अतएव यत्र तरवः भवन्ति, तत्रैव जनाः प्रायः भ्रमणं कुर्वन्ति ।

ग्रामेषु तरुणां छायासु मध्याह्नकाले जनाः पशवः च उपविशन्ति, आतपकालं च ससुखं नयन्ति । तरवः अस्मभ्यं फलानि, औषधानि, काष्ठानि, पुष्पाणि च प्रयच्छन्ति । सेवानि, आम्राणि कदलीफलानि, नारङ्गानि, जम्बीराणि अन्यानि अपि च बहुनि फलानि तरवः एव यच्छन्ति, अस्माकं स्वास्थ्यं च रक्षन्ति ।

तरवः स्वमूलैः भूमिं क्षरणात् रक्षन्ति । एते वायुमण्डलं शीतमुत्पादयन्ति, येन मेघाः अधाः आयान्ति वृष्टिः च कुर्वन्ति । एवं च तरवः कृष्यामपि सहायकाः सन्ति ।

परोपकारस्य संदेशः अपि वृक्षैः प्राप्यते । ते परोपकाराय हरिता भरिताः पुष्पिताः पल्लविताः फलैः दोलायमानाः शोभन्ते । तेषां जीवनस्य प्रत्येकं अंगं जनहिताय कार्यं करोति । संक्षेपे धन्याः एते तरवः ये अस्माकं कल्याणाय शीतातपादीन् सहन्ते । तस्मादेव कथ्यते-

“तरवः तापसाः एते परोपकाररताः सदा ।

पत्रैः पुष्पैः फलैः काष्ठैः जनानां हितकारकाः ।”

महिमा

स्नातक (प्रथम वर्षम्)

## परोपकारः

सज्जनानां विभूतयः प्राणिमात्राय भवन्ति । सत्पुरुषाः सर्वभूतेषु आत्मवत् पश्यन्ति । ते सदा परहिताय प्रयतन्ते । परहितसम्पादनमेव तेषां जीवनस्य लक्ष्यः भवति । परहिताय ते सर्वस्वं समर्पयन्ति । प्रकृत्या एव ते परोपकारिणः भवन्ति । ते परहिताय जीवन्ति, तदर्थमेव च प्राणान् त्यजन्ति ।

परहित साधनं हि परमो धर्मः । अमुमेव धर्मं पालयन्तः शिवि दधीचि-सदृशाः पुरुषाः देवत्वमापुः । सर्वशास्त्रेषु सर्वधर्मेषु परोपकारस्य महत्ता वर्णिता भवति । स्मरणीयं चात्र



“परोपकारः पुण्याय पापाय परपीडनम् । ”

पिबन्ति नद्याः स्वयमेव नाम्भः

स्वयं न खादन्ति फलानि वृक्षाः ।

नादन्ति शस्यं खलु वारिवाहाः

परोपकाराय सतां विभूतयः ।

उदारचरिताः जनाः ‘अयं निजः परो वा’ इति न चिन्तयन्ति । तेषां तु “वसुधैवकुटुम्बकम्” अस्ति । तेषां चेतांसि दुःखेषु द्रवन्ति । आर्ताः विपन्नाः वा जनाः यदा तेषां साहाय्यमपेक्षन्ते तदा ते क्षणमात्रे उपस्थिताः भवन्ति, तत्र गत्वा च क्लेशप्रतिकारं विद्धते ।

भारतवर्षे परहितपराणां पुरुषधैर्ययाणां महिमा अनुश्रूयते । पुराकिलदधीचिना देवानां हिताय स्वकीयास्थीनि समर्पितानि । शिविना कपोतस्य रक्षणार्थं निजदेहस्यमांसमपि श्येनाय दत्तम् । भगवता बुद्धेन लोकहिताय सकलमपि जीवनं समर्पितम्-

“धनानि जीवितं चैव परार्थे प्राज्ञ उत्सृजेत ।”

कु.मीना

स्नातक (द्वितीय वर्षम्)

## स्वदेशीयः

यदा व्यक्तिः निजविषयमेव विचारयति यत् सः किं खादेत्, किं स्वीकुर्यात् कथंवा सुखी भवेत्? तस्य एतादृशं चिन्तनं व्यक्तिवादी दृष्टिकोणं कथ्यते। यदा सः पारिवारिकावश्यकता पर्यन्तं चिन्तयति तदा तस्य दृष्टिकोणं पारिवारिक दृष्टिकोणं कथ्यते। यदा सः स्वचिन्तनात् पारिवारिक चिन्तनात् च बहिर्निगत्य देशं समाजं राष्ट्रं च चिन्तयति तदा तस्य दृष्टिः राष्ट्रिया भवति। एषा दृष्टिरेव स्वदेशीया कथ्यते। 'स्व' इति शब्दस्य अर्थः 'निजी', 'देशीयः' इति शब्दस्य अर्थः 'देशस्य'। एवं स्वदेशीय कथनेन स्वराजस्य स्वराष्ट्रस्य च भावना प्रकटी भवति। यदा मानवे एतादृशी भावना भवति, तदा सः सदा श्रेष्ठकार्याणि एव करोति। भगतसिंहः पञ्चषष्टि दिनेभ्यः कारावासे बुभुक्षितः अभवत्-कारणं? सर्वक्रान्तिकारिणः सहकर्मिणः सुखिनः भवेयुः। भगवान् श्री रामः स्वर्णमलङ्कं विजित्यापि अत्यजत्-कारणं?



“अपि स्वर्णमयी लङ्का लक्ष्मण मे न रोचते।

जननी जन्मभूमिश्च स्वर्गादपि गरीयसी।”

अमेरिकातः जापानदेशं नारङ्गफलानां विक्रयहेतुः आगमनं भवति। तत्र श्रमिकाः अवतारयितुं अस्वीकृतवन्तः, कोऽपि च तेषां क्रयणं न अकरोत् - कारणं? जनतायाः स्वदेशभावना।

परम् अद्यत्वे किं भवति अस्माकं देशे? अत्र दन्तधावनाय 'कोलगेट' 'पेप्सोडेन्ट' अन्ये विदेशीयाः, स्नानाय च लक्स, 'पियर्स', 'डव' इत्यादीनां प्रयोगः दृश्यते। पेयपदार्थेषु- पैप्सी, कोकप्रयोगः दशकरूप्यकैः फलानां रसः प्राप्यते, परं तं वयं न स्वीकुर्मः। वस्तुतः विदेशी संस्थानां माध्यमेन अस्माकं धनं बहिर्गच्छति। अन्यदेशाः तु अस्माकम् उन्नतिं न इच्छन्ति। वयं सर्वे विद्यार्थिनः विदेशीनां पदार्थानां प्रयोगं न कुर्याम्। विश्वसौन्दर्यप्रतियोगितायाः एतादृशा कथा एवास्ति। एतायाः माध्यमेन विदेशीसंस्थाः सौन्दर्यप्रसाधनानां विक्रयं कुर्वन्ति। एवं भारतं परतन्त्रता प्रति गच्छति एव।

सम्प्रति प्रश्नं उत्थीयते यत् अस्याः समस्यायाः समाधानं किम्? उत्तरं- 'बहिष्कारः'। आम् विदेशीयानां वस्तूनां बहिष्कारः। महात्मा गांधी उक्तवान्- “बहिष्कारः सः अस्ति यः परतन्त्रायाः पर्वतमपि त्रोटयितुं समर्थः अस्ति। अद्यतनः युवावर्गः उत्साहविहीनः शक्तिक्षीणः उमङ्गरिक्तः अस्ति। आवश्यकता अस्ति-क्रान्तेः। परं क्रान्तिः तदा आगमिष्यति यदा भावना स्वदेशीया भविष्यति। यदा दृष्टिकोणं राष्ट्रियः भविष्यति। तदा अस्मासु एव कोऽपि भगतसिंहः, रानीलक्ष्मीबाईवा भविष्यति। तदा केवलं भारतं पुनः विश्वगुरुः भविष्यति, परमं वैभवं पुनः प्राप्स्यति।

कु. एकता

स्नातक (द्वितीय वर्षम्)

## किम् त्वं जानासि?

### प्रश्नानि-

1. 'नलचम्पू: ग्रन्थस्य रचयिता कः अस्ति ?
2. 'चम्पूरामायणम्' ग्रन्थस्य रचयिता कः अस्ति ?
3. 'मालविकाग्निमित्रम्' ग्रन्थस्य प्रणेता काः अस्ति ?
4. 'काव्यप्रकाश', ग्रन्थस्य रचनाकारः कोऽस्ति ?
5. "ऋतुसंहार" ग्रन्थस्य प्रणेता कोऽस्ति ?
6. "वैराग्यशतकम्" ग्रन्थस्य रचयिता कोऽस्ति ?
7. "वासवदत्ता" ग्रन्थस्य रचनाकारः कोऽस्ति ?
8. "मुद्राराक्षसम्" ग्रन्थस्य रचयिता कोऽस्ति ?
9. "लघुसिद्धान्तकौमुदी" ग्रन्थस्य प्रणेता कोऽस्ति ?
10. "बुद्धचरितम्" ग्रन्थस्य रचनाकारः कोऽस्ति ?



## "किम् व्यर्थम्"



- क्षुधां विना, भोजनं व्यर्थम् ।  
विनम्रता विना, विद्या व्यर्था ।  
उपयोगं विना, धनं व्यर्थम् ।  
साहसं विना, शास्त्रं व्यर्थम् ।  
होशं विना, जोशं व्यर्थम् ।  
श्रद्धां विना, मन्दिरं व्यर्थम् ।  
परोपकारं विना, जीवनं व्यर्थम् ।

"किं केन शोभते ।"

- कुलवधू शीलेन शोभते  
रजनी चन्द्रेण शोभते  
नभः सूर्येण शोभते  
वनं चन्दनेन शोभते  
लता कुसुमेन शोभते  
कुलं सुपुत्रेण शोभते  
जनः सदाचारेण शोभते ।

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2. भोजराजः सार्वभौमः
3. कालिदासः
4. मम्मटाचार्यः
5. कालिदासः
6. भर्तृहरिः
7. सुबन्धुः
8. विशाखदत्तः
9. वरदराजः
10. अश्वघोषः

क. तमन्ना  
स्नातक (प्रथम वर्षम्)

योगेश कुमार  
स्नातक (तृतीय वर्षम्)

## विद्या ददाति विनयम्

सद्ज्ञानं यत्र विद्यते सा विद्या कथ्यते । विद्यायाः महत्त्वं जीवने सर्वाधिकं भवति । विद्याविहीनः नरः पशुः भवति । सर्वधनेषु विद्या एव प्रधानं धनमस्ति । विद्या विनयं ददाति । विनयात् नरः योग्यतां प्राप्नोति । योग्यता परिश्रमेण एव नरः धनं प्राप्नोति । धनेन एव संसारस्य कर्माणि सिद्ध्यन्ति । अतः धनेन एव मनुष्यः जीवने सुखं शान्तिं च लभते । कथितं यत्



“विद्या ददाति विनयं विनयाद्याति पात्रताम्  
पात्रत्वाद्धमाप्नोति धनाद्धर्मः ततः सुखम् ।”

विद्या कल्पलतेव मानवस्य सर्वाणि कार्याणि सिद्ध्यति । विद्या तु राजसु अपि पूज्यते । तत्र धनस्य पूजा न भवति । राज्ञः पूजा तु स्वदेशे एव भवति, परं विदूषां पूजा तु देशे विदेशेऽपि भवति । कथ्यते यत्-

“विद्धत्वं नृपत्वं च नैव तुल्यं कदाचन ।  
स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ।”

विद्या मनुष्यस्य तेजस्वरूपं अधिकं रूपं भवति । विद्यया एव मानवः ज्ञानार्जनं करोति । आध्यात्मिकम्, मानसिकं, सामाजिकं, सुखं शान्तिं च लभते । विद्या एकं गुप्तं धनं भवति । विद्या गुरुणामपि गुरुः अस्ति । विदेशगमने विद्या एव भ्रातृत्वं साहाय्यं करोति । विद्या मनुष्यं ईश्वरज्ञानं आत्मज्ञानं च कारयति । कथितं यथा-

“विद्या नाम नरस्य रूपमधिकं प्रच्छन्नगुप्तं धनम्  
विद्या भोगकरी यशः सुखकरी विद्या गुरुणां गुरुः ।  
विद्या बन्धुजनो विदेश गमने विद्यां परं दैवतम्  
विद्या राजसु पूजिता न तु धनं विद्याविहीनः पशुः ।

विद्या धनं तु कोऽपि चौरः हर्तुं न शक्यते । राजा अपि विद्यां न अपहरति । विद्या कोऽपि भ्राता विभाजयितुं न समर्थः । अन्य धनं तु व्ययेकृते एव समाप्नोति परं विद्या धनं तु व्यये कृतेऽपि वर्धते । यथा कथितम्-

“न चौरहार्यं न राजहार्यं  
न भ्रातृभाज्यं न च भारकारि  
व्यये कृते वर्धते एव नित्यम्  
विद्या धनं सर्वधनप्रधानम् ।

योगेश शर्मा  
स्नातक (प्रथम वर्षम्)

## धनमेव धर्मः

अद्यत्वे सर्वेषां भगवान् धनमेवास्ति । सर्वे धनमनुधावन्तः सन्ति । सर्वेजनाः धनार्जस्य स्पर्धायां लिप्सा दृश्यन्ते । हा दुःखम् परमं अनेन प्रकारेण बन्धुत्वं भ्रातृत्वं संस्कृतिः च लुप्ताः दृश्यन्ते । अद्य धनार्थः जनः किञ्चिदापि कर्तुं समर्थः दृश्यते । सः भ्रातारं हन्तुं संकोचं न करोति । अद्य प्रत्येकस्य चरित्रे लाञ्छनं दृश्यते । अधुना तु मनुष्यः केवलं धनमेव पश्यति तत् च प्राप्तुं निम्नकार्यमपि करोति । अद्यतनः लोभी अभवत् । लोभः च अन्तः शत्रुः मन्यते । वृद्धावस्थायामपि लोभसमाप्तिः न भवति । यदि तस्य पार्श्वे स्कूटरयानमस्ति परं अस्मिन् तस्य सन्तुष्टिः नास्ति । तदा तस्य कारयान प्राप्त्यर्थं इच्छाजागृति । स्त्रियः अपि अस्यां स्पर्धायां सम्मिलिताः सन्ति । ताः अपि धनार्जनाय स्वशरीरस्य प्रदर्शनं कुर्वन्ति । मनुष्यः तु भगवता सह वञ्चनं करोति ।



अहं पृच्छामि धनार्जनाय एतादृशी विधिः एव किम् ? किं वयं सत्यमार्गेण धनार्जनं कर्तुं न शक्नुमः ? मम विचारे तु जीवने शान्तिः आवश्यकी । अन्ते अहं कथयामि-

“जीवनाय धनार्जनम्, धनार्जनाय जीवनं न ।”

कु. साक्षी

स्नातक (तृतीयवर्षम्)

## चरित्र निर्माणं विना शिक्षापद्धतिर्निष्फला

आधुनिक शिक्षा प्रणाली प्राचीन शिक्षा पद्धत्या सुतरां भिन्नां वर्तते । प्राचीन शिक्षा चरित्र प्रधाना आसीत् । आधुनिक शिक्षा वित्त प्रधाना अस्ति । भारतदेशेः प्राचीन शिक्षया एव समस्त संसारस्य शिक्षा गुरुः, अध्यात्म पथ प्रदर्शको, वास्तविकशान्तेः सम्प्रदाता चाभवत् । संसारस्य प्रायः सर्वेभ्यो देशेभ्यो जनाः अत्र आगत्य शिक्षां अधिगच्छन्ति स्म । उक्तञ्च-

“एतद्देशप्रसूतस्य सकाशादग्रजन्मनः

स्वं स्वं चरित्रं शिक्षेरन् पृथिव्याः सर्वमानवाः ।”

अधुना निरक्षरतां दूरीकर्तुं विविध विषयाणां साङ्गोपाङ्गज्ञानलाभाय, देशस्यकृत्स्नं विकासाय प्रभूताः विद्यालयाः, महाविद्यालयाः, विश्वविद्यालयाः, अनेकानिसंस्थानि च सन्ति । परं किं वयं मानवाः ? किं एतादृशी शिक्षा पर्याप्ता ? शिक्षायाम् प्रथमकक्षीयं बालं यावत् आरम्भ उच्चउपाधिअधिकारिणः पर्यन्तं यावत् सच्चरित्रस्य प्राधान्यं न भवति, आचारः एव परमो धर्मः न भवतिः तावत्कालं प्राप्त विद्या कदाचिदपि सुफला सफला च भवितुं नार्हति । समाजोराष्ट्रञ्च वैभवं चरित्रेण एव ।- “चरित्र निर्माणं विना वर्तमान शिक्षा पद्धति निष्फला ।”



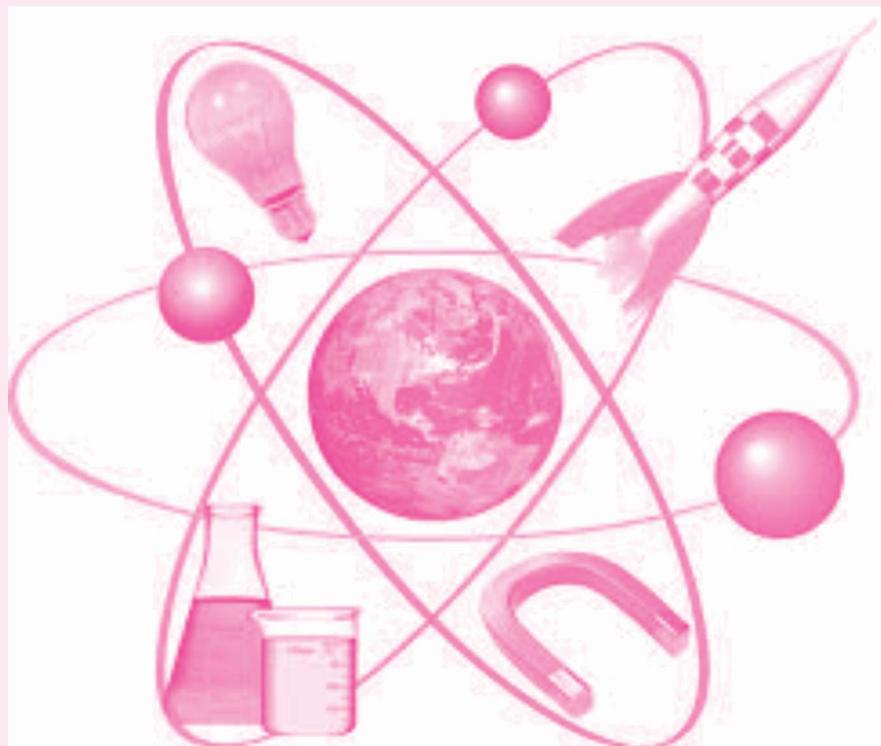
कु. सविता

स्नातक (तृतीय वर्षम्)

## **WOMEN CELL**

- | To curb the rising menace of drug abuse and to create awareness among the masses regarding the harmful effects of drugs, a Poster making Competition and an **Online Extension Lecture on “Drug De-addiction”** were organized on 26th August 2019 and 15th January 2020 respectively.
- | An Extension Lecture on **“Health and Hygiene”** was organized in collaboration with **Health Department, Civil Hospital, Ambala Cantt.** at Govt. School, Tundla on 20th July 2019
- | In collaboration with village Shahpur and village Bandi organized a programme on **“Adult Education”** at village Shahpur, Ambala on 1st October 2019.
- | On the occasion of World Hepatitis Day a **Health Checkup Camp** was organized in collaboration with **Health Department, Civil Hospital, Ambala Cantt.** at Govt. High School, Kalarheri, Ambala Cantt. on 27th July 2019.
- | Vivacious volunteers held a rally on **“AIDS Awareness”** and sensitized the masses about HIV and AIDS on 16th January 2020.
- | Various Programmes like **Hariyali Teej** and a **Professional training programme on “Make-up and Hair Styling”** were also organized.





# *Science Section*

*Staff Editor*

***Dr. Niyti***

*Student Editor*

***Mahima***

*B.Sc. II*

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## *Editorial*

**Dear Students,**

Welcome to the start of an exciting journey into the world of science. This magazine delves into all branches of science that you could possibly imagine, from the chaos of the quantum world to the orderly laws of the macroscopic universe. We have this inherent curiosity of knowing about and understanding the working of Mother Nature. That's why we made this magazine – to make you ask 'Why' -the most important question in science.



We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young students will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure.

Through this magazine we hope to answer some of the questions that might pop up in your mind like it does for us, and far more importantly, act as a stimulus for raising further questions about the daily phenomena we tend to dismiss as mundane and boring. We would like to thank you for contributing wholeheartedly to this magazine and more importantly, we hope that you will have as much fun in reading this magazine as we had in making it for you.

***Happy Reading!!***

**Dr. Niyti,**  
*Dept. of Physics*

## APPLICATIONS OF GAMMA RADIATIONS

Gamma radiation is the name commonly given to electromagnetic radiation of nuclear origin which suffer absorption in matter just like light photon. The dominant modes of gamma ray interaction with matter are Photo electric effect, Compton-effect, Pair production.



### **Photo electric effect:**

The phenomenon emission of electrons by the metals when they are exposed to light of suitable frequency is called photo electric effect and emitted electrons are called photoelectrons.

Applications of photo electric effect:

1. Photo electric cells are used in camera for exposure meter.
2. Photo electric cells are used for burglar alarm.
3. It can also generate electricity.

### **Compton-effect:**

The Compton-effect is the result of a high energy photon colliding with a target, which releases loosely bounded electrons from the outer shell of atom or molecule.

Applications of Compton-effect:

1. In material physics, Compton scattering can be used to probe the wave function of electrons in the momentum representation.
2. Compton scattering is of prime importance to radio biology.

### **Pair production:**

Creation of elementary particle and its antiparticle, usually from a photon provided there is enough energy available to create pair at least the total rest mass energy of the two particles and that the situation allows both energy and momentum to conserved.

Applications of pair production:

1. Brachytherapy
2. Photon therapy
3. Conformal radiation therapy

**Tamanna**  
B.Sc. III (Computer Science)

## SLEEP ARCHITECTURE: STAGES AND DEPRIVATION

Sleep is the basic, biological, and universal need of living beings. Absence of sleep may have serious psycho-physical consequences. Human beings spend almost one-third of their lives asleep, either in REM (Rapid Eye Movement) stage or NREM (Non-Rapid Eye Movement). Sleep cycle follows certain stages of NREM and REM sleep in progression in one sleep cycle. During one sleep time, a human being may have four to five sleep cycles, where one cycle may be of almost 90 to 120 minutes. When individuals sleep, they progress from light sleep (REM) to deep sleep (NREM) and back to light sleep in one sleep cycle.



Sleep is not uniform in terms of brain activity. The differential brain activity in terms of frequency and amplitude can be visualized through EEG or electroencephalograph. Sleep has been categorized into two different types, REM and NREM sleep. REM or Rapid Eye Movement indicates a stage when the eyeball movement is visible under closed eyelids, and the EEG records similar brain waves as in the awakened or wakeful stage. REM period may stretch from 1-5 minutes in one sleep cycle. Dreams are associated with this type (REM) of sleep, and there is easy recall of dreams after arousal.

The brain activity during NREM sleep indicates a distinct pattern of brain waves and physiology. Non-Rapid Eye Movement or NREM sleep is divided into four different stages. Stage one is a transitional sleep stage between awakened state and deep sleep. This stage lasts for almost one to seven minutes in a sleep cycle and approximately constitutes 2-5% of total sleep time. This stage is marked by alpha waves, where an individual can easily come back to wakeful stage by disruptive noise.

Stage two contributes towards 45-55% of total sleep and lasts for 10-25 minutes in each cycle. This is an important stage consisting of sleep spindles or K-Complexes, which are important for memory consolidation. Higher intensity efforts are required to bring back stage two sleep individual to wakeful stage. Stage three and four are called SWS or slow wave sleep stages, where arousal threshold is highest in stage four of the NREM sleep. Stage three contributes almost 3-8% and stage four contributes 10-15% of total sleep time.

Both NREM and REM sleep have been considered important for relaxation, learning and memory. During all these stages of sleep various physiological changes are witnessed like change in blood pressure, heart rate, sympathetic nerve activity, respiration, and endocrine functions. Moreover, sleep patterns change with age where a general observation indicates a decline in sleep efficiency with age. Newborns sleep almost for 16-18 hours per day, that gets decreased to almost 11 hours in the age range of 2-5 years and this time may lower down to 9-10 hours in adolescents. It is important to sleep for required number of hours in different age groups, failing which an individual might face serious negative consequences. Sleep deprivation doesn't only lead to physical exhaustion but may also lead to mental illnesses. Sleep is required for emotional processing and regulation of feelings and emotions in relaxed state of mind during sleep. During sleep hours, individuals suppress and are able to get away with emotional disturbances that have happened during wakeful hours.

Sleep and more specifically quality sleep is important for the psychological, emotional, and physical performance of students. It has been observed that the learning and thinking processes are best in morning hours, because sleep acts as a “cleansing” function for brain by removing unnecessary stimuli from memory. Thus, an enhanced cognitive, emotional, and learning potential can be achieved through quality sleep. Students should get away from the disturbances like overnight chatting and exposure to screen, especially mobile phones for an improved performance and results by getting sufficient sleep.

**Dr. Anupama Sihag**  
Assistant Professor  
Dept. of Psychology

## NANO-FERTILIZERS: A NOVEL BOOST TO AGRICULTURE

Population explosion in developing countries has led scientists to develop new technology for increasing crop productivity along with taking care of rising environmental issues. Scientists have developed nano-fertilizers to cope with rising issues related with agriculture. Chemical fertilizers were used in large quantities in order to increase the crop productivity but this practice has drastically deteriorated the quality of soil. Nano fertilizers improve crop growth, yield and quality parameters with increase nutrient use efficiency, reduce wastage of fertilizers and cost of cultivation.



Nano-fertilizers are very effective for precise nutrient management in precision agriculture with matching the crop growth stage for nutrient and may provide nutrient throughout the crop growth period. Nano-fertilizers increase crop growth up to optimum concentrations further increase in concentration may inhibit the crop growth due to the toxicity of nutrient. Nano-fertilizers provide more surface area for different metabolic reactions in the plant which increase rate of photosynthesis and produce more dry matter and yield of the crop. It also prevents plant from different biotic and abiotic stress. Scientists have successfully prepared nano-fertilizers using banana peel extracts. These were then tested on two crops, tomato and fenugreek. The yield of both the crops was raised by almost 10-20 %.

Studies show that the use of nano-fertilizers causes an increase in nutrients use efficiency, reduces soil toxicity, minimizes the potential negative.. effects associated with over dosage and reduces the frequency of the application. The use of nano-fertilizers has also increased the annual income of farmers. Government of India should promote the widespread use of these fertilizers as these are environment friendly as well as economically viable. Hence, nano technology has a high potential for achieving sustainable agriculture, especially in developing countries.

**Dr. Neha Aggarwal**  
*Assistant Professor*  
*Department of Chemistry*

## EXPERIMENTS ON ANIMALS: ETHICALLY RIGHT OR WRONG?

In the scientific world, as we know “Animals” are widely used for research and experiments. People clearly want the benefits that derive from animal research. They also want animal to be well treated and to undergo a minimum of pain and distress. These desires result from our values, from the important we describe to both human and animal life. But decision about the use of animal should be based both on reason and values; it makes no sense to sacrifice future human and well being by not using animals in research today. In fact, it would be immoral and selfish not to use animal in research today, given the harm that could accrue to future generation if such research were halted.



The promise that animal research holds for generation of human remains undiminished. The majority of Americans agree that animal research must continue, but legislators rarely hear from this majority, whereas they are bombarded by appeal from the small minority who wish to stop or severely curtail such research. Many scientific, medical and patient groups have come out strongly in favor of humanly conducted animal research. The national academy of science and institute of medicine would like to add their voices to the chorus of support for animal research.

For animals before prescribing them to human being. However, would it feel good to know that every year, hundreds of thousands of animals are captured from the wild and die just because of this said experiment? For many years now, scientists have been using animal for their laboratory experiments to produce new medicine.

We owe our good health to past investigators and the animal they studied. As we decide on the future of animal research, we should keep in mind the future generation who will look back at us and ask if we acted wisely.

## RECOVERY OF OZONE LAYER BY 2050

Scientists have finally detected signs that the ozone layer is healing back in the 1970s, scientists first realized that we were rapidly depleting earth's stratospheric OZONE LAYER, which protects us from the sun's harmful ultraviolet rays. But since last few years, it has been depleting continuously.

The culprit? Chlorofluorocarbon (CFCs) chemicals that were widely used in refrigerators and air conditioners. These chemicals had already chewed a massive “hole” in the ozone layer above Antarctica, and the damage was poised to spread further north without the ozone layer's protection more and more people would be exposed to UV rays. Skin cancer rates in many places might have soared, as they already have in Puento's Arenas, Chile, which lies under the existing ozone hole. Those UV rays could also harm crops and the marine food chain. If ozone layer depletes completely, life could disappear from earth within days.

Fortunately, this apocalyptic scenario never came to pass. Scientists uncovered the problem in time. And, under the 1987 Montreal Protocol, world leaders agreed to phase out CFCs despite industry warning that abolishing the chemicals would impose steep costs. The hole in the ozone layer stopped expanding the global warming kept changing along.

Now comes further good news. The latest UN assessment, conducted by some 300 scientists, has formed that the ozone layer is just now starting to heal and should be back to its 1980 levels by 2050, though there will be ups and downs along the way.

**Gaganpreet Kaur**  
B.Sc. II (Computer Science)

## ORIGIN OF SPECIES

In the 19th-century various naturalists argued that organisms come about by evolution, and they provided a scientific explanation, essentially correct but incomplete, of how evolution occurs. It is a slow process and considered as product of natural selection which was the fundamental concept in their explanation.



The basic step of evolution comes from free atoms like inorganic elements, simple organic elements, complex organic molecules, coacervates, pre-cells. Then various theories were laid down the most common was the theory of natural selection. According to this the first primitive cell was anaerobic prokaryotes and chemoheterotroph they can divide to increase in number. And then came the chemotrophs, photoautotrophs which were anoxygenic cells, then photoautotrophs oxygenic cells, eukaryotes which were complex multicellular organisms and finally simple land plants which were originated about 459 million years ago. Theory of natural selection together with the work of Darwin and Wallace become considerably stronger. It includes rapid multiplication that is every species has its own potential to add a great number of offspring, struggle for existence, survival of the fittest, inheritance of useful characters, variations and speciation.

The evidences in support of Darwinism were pedigree of horse, camel, elephant etc. Co-evolution of mouth parts of pollinators, mimicry and protective coloration, ancestral giraffe evolved into modern giraffe, extinction of dinosaurs due to shortage of food and change in environment. But various criticism are there as this theory did not account for the basis of degenerating organs, vestigial organs. According to Darwin only useful variations are inherited but exceptions are there as wings of flightless birds. So, the basic conclusion is that he defined speciation as 'Descent with modifications' and accepted that natural selection is the main tool but not the exclusive tool for evolution.

**Ms. Harminder Kaur**  
Assistant Professor  
Dept. of Zoology

## NEUROSCIENCE AND ITS APPLICATIONS

Neuroscience is the scientific study of the nervous system. It is a multi disciplinary branch of biology that combines physiology, anatomy, molecular biology, development biology, cytology, mathematical modeling and psychology to understand the fundamental and emergent properties of neuron and neural circuit.



The scope of the neuroscience has broadened over time to include different approaches used to study the nervous system at different scales and technique used by neuro scientists have expanded enormously, from molecular and cellular studies of individual neurons to imaging of sensory, motor and cognitive task in the brain .

The earliest study of the nervous system dates to ancient Egypt. Trepanation, the surgical practice of either drilling or scraping a hole into the skull for the purpose of curing head injuries or mental disorders, or relieving cranial pressure, was first recorded during the Neolithic period. Manuscripts dating to 1700 BC indicate that the Egyptians had some knowledge about symptoms of brain damage. During the 20th century, there has been increased interest in nervous system, as a result of which The International Brain Research organization was founded in 1961, The European Brain and Behavior Society in 1968, and The Society for Neuroscience in 1969. Ivan Petrovich Pavlov was the first scientist who won Nobel Prize in 1904, in recognition of his work on the physiology of digestion, through which knowledge on vital aspects of the subject has been transformed and enlarged. Recently, the application of neuroscience research has also given rise to applied disciplines as neuro economics, neuro education, neuro ethics and neuro law.

Modern neuroscience, the scientific study of the nervous system increased significantly during the second half of twentieth century, principally due to advances in molecular biology, electro physiology, and computational neuroscience. This has allowed neuro scientists to study the nervous system in all its aspects: how it is structured, how it malfunctions and how it can be changed.

**Pooja**  
B.Sc. II (Non Medical)

## LIFE WITHOUT TECHNOLOGY

You wake up one day in a world without technology – all the computers on the planet just disappeared. Well, first of all, you didn't wake up at the right time, because your smartphone was your alarm and that's gone. Nevertheless, you get up and start getting ready for work but you can't turn on the lights, shower or brush your teeth, because power, gas and water are public utilities run by massive computer systems. So you just get dressed and go outside to your car, but unless it was manufactured over three decades ago, it's likely not going to start, because these days most everything in a car is operated by what's called a controller area network – basically an onboard computer. Public transportation is out for the same reasons and even if your car had started, traffic would have been a nightmare snarl with all traffic lights out. Better start walking!



So, you get to work. It's the same situation there; no lights, no Internet, no email, no instant messaging, no phones. You could start conducting business by postal mail, provided that's still functioning. The day's going to get even more meeting heavy; limited to whoever's in the office. Lunch will be whatever hasn't spoiled yet. It looks like the whole workday's a wash and getting home is going to be just as hard. Making dinner will be like camping. Feel like relaxing with Netflix or a video game? Forget it; entertainment will likely have to be reading by candlelight or playing an acoustic instrument.

Technology exists in all sectors of our society, be it education, health, industries, etc. Technology has single-handedly made life easier for the people on earth. It is because of technology that we can watch television at home, listen to the radio, play music on the stereo, wash clothes in the washing machine, get updates of whatever is happening around the world etc. In school, technology has helped in making classrooms more efficient and student-friendly. Technology has given us the cell phone, a tool which is found in the hand of almost every person on the planet.

Technology has also given us brand new devices in recent decades, like smart watches, tablets, and voice assistant devices. With these devices, we can do things like transfer money instantly and make purchases for everything from clothes, food delivery, groceries, furniture, and more. Technology has changed how we entertain ourselves, meet each other, and consume all types of media. It's made fun advancements, but it's also made important advancements in safety when it comes to home security and medical devices.

Especially for seniors, these devices are providing the freedom to age in place, to live independently, and to continue moving through everyday life with peace of mind. It opens up new opportunities by helping with safety, mobility and connectivity. Medical advancements have made it so you can stay proactive with conditions like diabetes and arthritis. With new medical alert devices, seniors can also get help at the push of a button and keep in touch with loved ones no matter where they are in the world.

Before mobile technology, you had to search through a dictionary to understand the meaning of a word. Now you can look words up in a dictionary app or quickly search the Internet. Beyond words, you can search for practically anything on the Internet using search engines like Google and Bing.

There is no denying that the future of technology will continue to revolutionize our lives. In a few years, driver less cars may be the norm for everyone, and robots will be commonplace in factories. Future technology is sure to transform our lives in unbelievable ways, but here we highlight the many common ways technology is changing our lives today.

Life without technology is unimaginable today. More than half of the things in the world today are run with the help of technology. The industrial sectors, the electronic sector, the health sector, the education sector, the financial sector, all use the help of technology. With the absence of technology, every sector would collapse and life on earth would become difficult. The negative impacts of technology are plenty with some of them bring harmful to health.

However, without technology, life would have been more peaceful and serene. There would not have been too much tension. Before technology, even criminal activities were less. People enjoyed a cordial relationship with each other and were worried about nothing. There was happiness all around.

Though life without technology is unimaginable today, it would have been a better life than the life with technology. There would have been less violence and people would have bonded together in a better way. Technology was created by man but man is gradually becoming its servant. Technology is virtually becoming the master of its creator.

**Komal Saini**

*Deptt. of Computer Science and Applications*

## IS THE UNIVERSE CONTINUOUSLY EXPANDING ?

The expansion of the universe is the increase in distance between any two given gravitationally unbound parts of the observable universe with time. It is an intrinsic expansion where by the space itself changes. The universe does not expand “into” anything and does not require space to exist “outside” it. Technically neither space nor objects in space move. Instead it is the metric governing the size and geometry of space-time itself that changes in scale.



Although light and objects within space-time cannot travel faster than the speed of light, this limitation does not restrict the metric itself. To an observer it appears that space is expanding and but the near galaxies are receding into the distance. During the inflationary about  $1/10^{32}$  of a second after the Big Bang the universe suddenly expanded, and its volume increased by a factor of at least  $10^{78}$  equivalent to expanding an I nanometer in length to one approximately 106 light years long. A much slower expansion of space continued after this, until at around 9.8 billion years after the Big Bang it began to gradually expand move quietly and still doing so.

The metric expansion of space is of kind completely different from the expansions and explosion seen in daily life. It also seems to be property of the universe as a whole rather than a phenomenon that just one part of the universe or can be observed from “outside” it. Metric expansion is a key feature of Big Bang cosmology, is modeled mathematically with the Friedmann-Lemaître-Robertson-Walker metrics and is a generic property of the universe we inhabit. However the model is valid only on large scales, because gravitational attraction binds matter together strongly enough that metric expansion cannot be observed at this time, on a smaller scale. As such, the only galaxies receding from one another as a result of metric expansion are those separated by cosmologically relevant scales larger than the length than the length scale associated with the age of the universe give the matter density and average expansion rate.

**Manpreet Kaur**  
B.Sc. II (Non- Medical)

## BLACK HOLE

A black hole is a region of space-time exhibiting gravitational acceleration so strong that nothing no particles or even electromagnetic radiation such as light can escape from it. The theory of general relativity predicts that a sufficiently compact mass can deform space-time to form a black hole. The boundary of the region from which no escape is possible is called the event horizon. Although, the event horizon has an enormous effect on the fate and circumstance of an object crossing it, no locally detectable features appear to be observed. In many ways, a black hole acts like an ideal black body, as it reflects no light. Moreover, quantum field theory in curved space time predicts that event horizon emit Hawking radiation, with the same spectrum as a black body of a temperature inversely proportion to its mass. This temperature is on the order of billionths of a Kelvin for black holes of stellar mass, making it essentially impossible to observe.



Objects whose gravitational fields are too strong for light to escape were first considered in the 18th century by John Michell and Pierre Simon Laplace. The first modern solution of general relativity that would characterize a black hole was found by Karl Schwarzschild in 1916, although its interpretation as a region of space from which nothing can escape was first published by David Finkelstein in 1958. Black holes were long considered a mathematical curiosity; it was during the 1960s that theoretical work showed they were a generic prediction of general relativity. The discovery of neutron stars by Jocelyn Bell Burnell in 1967 Interest in gravitationally collapsed compact objects as a possible astrophysical reality.

On 11 February 2016, the LIGO collaboration announced the first direct detection of gravitational waves, which also represented the first observation of black hole merger.

Property and Structure, the no hair conjecture postulates that, once it achieves a stable condition after formation, a black hole has only three independent physical properties: mass, charge, and angular momentum; the black hole otherwise featureless. The degree, to which the conjecture is true for black holes under the laws of modern physics, is currently an unsolved problem. The black hole has a mass but neither electric charge nor angular momentum. These black holes are often referred to as Schwarzschild black hole after Karl Schwarzschild who discovered this solution.

The popular notation of black hole “sucking in everything” in its surrounding is therefore correct only near a black hole's horizon; far away, the external gravitational field is identical to that of any other body of the same mass.

**Priyanka**  
B.Sc. II (Computer Science)

## DO PLASTIC-EATING BACTERIA EXIST ?

The plastic bottles we throw away today will be around for hundreds of years. About one million plastic bottles are sold each minute around the globe and, with just 14% recycled, many ends up in the oceans where they have polluted even the remotest parts, harming marine life and potentially people who eat seafood.



But in 2016 a team of researchers led by Kohei Oda of Kyoto institute of technology and Kenji Miyamoto of Keio University found a bacteria Ideonella Sakaiensis which is capable of breaking down and consuming or can digest the plastic used to make single use drink bottle, terephthalate (PET). It works by secreting an enzyme known as PETase which splits certain chemical bonds in PET, leaving smaller molecules that the bacteria can absorb using the carbon in them as food source.

Ideonella Sakaiensis is Gram- negative, aerobic, and rod shaped. It does not form spores. Cells are motile and have a single flagellum. Sakaiensis also tests positive for oxidase and catalase. The bacteria grow at a pH range of 5.5 to 9.0 and a temperature of 15-42 degree celsius. Sakaiensis are colorless, smooth and circular. Its size varies from 0.6 to 0.8 um in width and 1.2-1.5 um in length. The bacteria were grown on PET surfaces in a community with other. Sakaiensis cells by adhering to the PET and other cells with thin appendages. These appendages may also function to secrete PET-degrading enzyme onto the PET surfaces.

As a result several teams have been trying to understand exactly how PET ase works, in the past 12 months groups from Korea, America, UK, US and Brazil have all published work showing the structure of enzyme at high resolution and analyzing its mechanism. They showed that this enzyme works at 30degree temperature and if we change their chemical properties so it interacted with PET differently made work done faster than they do.

The last study shows that the part of the molecule that is involved in the reaction is very accessible, making it easy for the enzyme to attack even the buried PET molecule. As soon as the researchers are able to find how this enzyme will work faster, our plastic problem will be solved forever.

**Mahima**  
B.Sc. II (Computer Science)

## GREAT MATHEMATICIANS AND THEIR ACHIEVEMENTS

### **Rene Descartes (1596 – 1650)**

Descartes invented the Cartesian coordinate system which forms the foundation of analytic geometry. Cartesian coordinates are named in his honor. His mathematical work laid the basis for the development of calculus.



### **Diophantus (c. 210 – c. 295 AD)**

Diophantus is known as the father of algebra. Roughly five centuries after Euclid's era, he solved hundreds of algebraic equations in his great work Arithmetica and was the first person to use algebraic notation and symbolism.



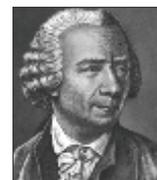
### **Euclid (c. 325 – c. 270 BC)**

Euclid's major work is his "Elements" or as known later Euclidean Geometry. He gathered, compiled, organized and reworked the mathematical concepts of his predecessors into a consistent whole, later to become known as Euclidean geometry. Euclid used a deductive method where deductions were made of axioms.



### **Leonhard Euler (1707 – 1783)**

Euler invented the calculus of variations including its most well-known result, the Euler–Lagrange equation. Euler also pioneered the use of analytic methods to solve number theory problems. An astonishing fraction of the total research work in mathematics and the physical sciences between 1730 and 1780 was carried out solely by Euler.



### **Pierre de Fermat (1607 – 1665)**

Fermat founded modern number theory as well as made advancements in areas such as probability theory, infinitesimal calculus, analytic geometry, and optics. Some of his contributions include Fermat numbers and Fermat primes, Fermat's principle, Fermat's Little Theorem and Fermat's Last Theorem.



### **Carl Friedrich Gauss (1777 – 1855)**

Gauss revolutionized number theory and invented the method of least squares and the fast Fourier transform. His profound contributions to the physical sciences include Gauss's Law & Gauss's Law for Magnetism.



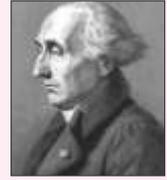
### **David Hilbert (1862 – 1943)**

Hilbert propelled mathematics to new heights. He replaced Euclid's axioms dating from 2,000 years earlier, allowing the unification of 2D and 3D geometry and created Hilbert Space which is essential in advanced physical science.



### **Joseph Louis Lagrange (1736 – 1813)**

Lagrange made major contributions to the development of physics, celestial mechanics, calculus, algebra, number theory, and group theory. Fascinated by maxima and minima of functions, Lagrange was the principle founder of the calculus of variations



### **Emmy Noether (1882 – 1935)**

Noether's theorem revealed a fundamental property of our universe that for every conservation law there is an invariant. Her founding work in abstract algebra revolutionized mathematics.



### **Srinivasa Ramanujan (1887 – 1920)**

Srinivasa Ramanujan found a formula for computing pi that converges rapidly. Ramanujan, along with G. H. Hardy, invented the circle method which gave the first approximations of the partition of numbers beyond 200. The study of Ramanujan type congruence is a popular research topic of number theory. He enriched number theory with thousands of new identities, equations and theorems.



### **Bernhard Riemann (1826 – 1866)**

Riemann transformed geometry with curved space and n-dimensional space providing the mathematical foundation of Einstein's theory of general relativity, which further provided the first rigorous definition of the integral. The Riemann hypothesis has become the most famous unresolved problem in mathematics.



**Ms. Sujata Goyal**  
*Assistant Professor*  
*Department of Mathematics*



## CHALLENGES FOR DEVELOPING ENVIRONMENT FRIENDLY PLASTICS

Plastics are a wonder product of the 21st century and are one of the best carbon sequestration molecules known to man. They are part of almost every human life starting with the tooth brush in the morning, cap of the toothpaste, to vision glasses frames, mobile phones, office equipment, food storage, table tops and computer system etc. wonder product enabling all of us to live “modern” contemporary life with benefits of technology!



There is a method of creating biodegradable plastic. Which produces plastic having the similar properties of plastic produced from oil but decomposes in 3 to 6 months in situations where similar oil based plastic may take many decades to decompose.

The challenge is making the bio degradable plastic consumer product as cheaply as it is made from the oil base product. Bio- degradable plastic is made from grain starch. The grain has to be grown, harvested and prepared for processing. Processing extracts starch from the grain that is then processed into a bio-degradable plastic base product suitable for further processing.

Perhaps, if the damage that is being done to the environment is taken into account then bio-degradable plastic will be seen as the best option and a product that will benefit everyone. They are more expensive than the plastics we used. In this direction coca-cola has tried to minimize this impact by relying on Brazilian sugar cane, which is primarily produced on degraded farm lands a long distance from Amazon rainforest. Advance in the use of cellulosic plant products would also reduce the environment footprint of bioplastics.

It is very difficult to tell bioplastic from regular plastics. If a small amount of PLA plastic is accidentally mixed into PET plastics in the recycling stream, the resulting recycled plastic products will have lesser quality and values. In other words, you'd have to separate each type of plastic from the other to minimize damage to both plastics. That also means that sticking with recyclable petrochemical plastics or PET plastics derived in whole or in part from plant based resources result in less pollution and garbage. If the production chain is streamlined and progress can be made on the use of cellulose plant material to produce bioplastic, then we could see a significant reduction in the environmental impact of plastic materials. The market for bioplastics is growing slowly and steadily, so there's a good chance we'll see serious improvement in the next decade.

**Pooja**  
B.Sc. II (Non-Medical)

## SPACE JUNK: ORIGIN AND SOLUTION

If you think space is an immaculate space, you're wrong. It is actually littered with waste, some of which were caused by human activity. Debris in space are called space junk or orbital debris because they orbit the Earth. They are made up of items such as used up rocket stages, loose fragment from rocket explosions and collisions, launch canisters, dust and paint flakes. Objects or tools lost during a space repair and space walks, such as cameras, garbage bags, and even astronaut's pliers. Abandoned satellites are also considered as space junk.



### Is space junk dangerous?

Space junk is harmless in itself, until it collides with something else, such as a space vehicle. For example, if a wrench slips from an astronaut's hand during a routine repair job in space, it cannot be retrieved. It will then go into orbit, travelling at around 6 miles a second. At this speed tool is a dangerous object in space. The larger the space vehicle, the greater the risk that it could be hit by space junk. This is probably the reason why space shuttles orbit with windows at the rear, which offers some degree of protection. China is expanding its influence in space and is usually ranked among the worst offenders when it comes to producing space debris. Earlier, China launched a rocket carrying chang'e 4, a lunar lander and rover spacecraft, as part of the second phase of the Chinese Lunar Exploration Programme.

### Does space junk stay in space forever?

In general, the higher the altitude, the longer the debris will stay in space. According to the European Space Agency, there are over 7,500 pieces of orbiting space junk in space that are at least 4 inches in width. They do, however, find their way back to Earth. Although smaller debris will be burned upon entry in the Earth's atmosphere, larger items can and have remained intact when they crashed on the ground. There are more than 4,500 satellites orbiting Earth that are catalogued along with some 14,000 old rocket parts and pieces of space junk. The space junk can be removed by the help of laser method. The laser broom uses a ground based laser to ablate the front of the debris, producing a rocket like thrust which slows the object. If not tackled properly, the problem of space junk can lead to disastrous consequences.

**Teena**  
B.Sc. II (Computer Science)

## BIG BANG

The Big Bang is a scientific theory about how the universe started, and then made the stars and galaxies we see today. Big Bang is the name that scientists use for the most common name theory of the universe, from the very early stage to the present day.



The universe began as a very hot, small, and dense super force, with no stars, atom, forms, or structure. Then about 13.8 billion year ago, space expanded very quickly. This started the formation of atom, which eventually led to the formation of stars and galaxies. It was Georges Lemaitre who first noted that an expanding universe could be traced back in time to an originating single point. The universe is still expanding today, and getting colder as well.

As the whole universe is growing and the temperature is falling as time passes. Cosmology is the study of how the universe began and its development. Scientist who study cosmology have agreed that the Big Bang theory matches what they have observed so far. The observations which support the Big Bang theory are the amounts of chemical elements in the universe. Amount of very light elements, such as hydrogen, helium and lithium seem to agree with the theory of the Big Bang. Scientist has also found cosmic microwaves background radiation. This radiation is known as radio waves, and they are everywhere in the universe.

It can be said that time had no meaning before the Big Bang. If the Big Bang was the beginning of time, then there was no universe before the Big Bang. Since there could not be any “before” if there was no time! Other ideas state that the Big Bang was not the beginning of time 13.8 billion years ago. Instead, some believe that there was a completely different universe before the Big Bang. It may have been very different from the one we know today. Nonetheless, in November 2019, Jim Peebles, awarded the 2019 Nobel Prize in Physics for his theoretical discoveries in physical cosmology. In his award presentation, he said that he does not support the Big Bang theory, due to the lack of concrete supporting evidence, and stated, “It's very unfortunate that one thinks of the beginning whereas in fact, we have no good theory of such a thing as the beginning.”

**Gaganpreet Kaur**  
B.Sc. II (Computer Science)

## *ACTIVITIES BY IQAC*

The Internal Quality Assurance Cell (IQAC) of the college organized a number of seminars to acquaint the faculty members with the seven criteria of NAAC and to illuminate them with the requirements of NAAC.

- | A **One Day Seminar** on “**Quality Initiatives in Curriculum Enrichment**” was organized on 22 July 2019. Dr. Gurdev Singh, Vice President, Governing Body, G.M.N College, Ambala Cantt presided over the seminar and gave his suggestion on curriculum planning and implementation so as to upgrade the score of college.



- | In order to facilitate research-based learning and NAAC related training, IQAC organized a **One Day National Seminar** on “**Role of Stakeholders in Imparting Quality Higher Education**” on 7<sup>th</sup> Nov. 2019. The seminar was sponsored by NAAC, Bengaluru.
- | A **One Day Seminar** on the topic “**New Guidelines for SSR- Jan.2020**” was organised by IQAC of the college on Feb. 15, 2020. Dr. Dinesh Kumar, IQAC Co-ordinator, Kurukshetra University, Kurukshetra was the chief speaker of the seminar.



# ਪੰਜਾਬੀ ਭਾਗ

ਸੰਪਾਦਕ:

ਡਾ. ਸੁਦਰਸ਼ਨ ਗਾਸੋ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ:

ਗੁਰਤੇਜ ਸਿੰਘ

ਬੀ. ਏ. ਭਾਗ ਦੂਜਾ



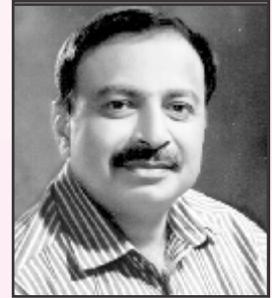
## ਪੰਜਾਬੀ ਵਿਭਾਗ

ਤਤਕਰਾ

1. ਕਰੋਨਾ ਸੰਕਟ ਅਤੇ ਅਸੀਂ : ਡਾ. ਸੁਦਰਸ਼ਨ ਗਾਸੋ
2. ਕਵਿਤਾ 'ਨੰਨੀ ਛਾਂ' : ਵੈਸ਼ਾਲੀ
3. ਖੇਡਾਂ ਦਾ ਮਹੱਤਵ : ਰਸ਼ਿਕਾ
4. ਪਿੰਡ : ਨਵਨੀਤ ਕੌਰ
5. ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ : ਗੁਰਤੇਜ ਸਿੰਘ  
ਬਾਣੀ ਦਾ ਪ੍ਰਕਾਸ਼
6. ਜੀਵਨ ਵਿੱਚ ਸੰਗੀਤ ਦਾ ਮਹੱਤਵ : ਰਬਨੂਰ
7. ਨਸ਼ਾਖੋਰੀ : ਦੀਪਕ
8. ਕਵਿਤਾ 'ਮਾਂ' : ਸ਼ਿਵਾਨੀ
9. ਭਾਰਤ ਦੇਸ਼ ਮਹਾਨ : ਕਵਿਤਾ

## ਕਰੋਨਾ ਸੰਕਟ ਅਤੇ ਅਸੀਂ

ਕਰੋਨਾ ਮਹਾਮਾਰੀ ਨੇ ਪੂਰੇ ਵਿਸ਼ਵ ਨੂੰ ਆਪਣੀ ਚਪੇਟ ਵਿੱਚ ਲੈ ਲਿਆ ਹੈ। 2019 ਈਸਵੀ ਦੇ ਆਖਰੀ ਮਹੀਨਿਆਂ ਵਿੱਚ ਚੀਨ ਦੇ ਵੂਹਾਨ ਸ਼ਹਿਰ ਤੋਂ ਸ਼ੁਰੂ ਹੋ ਕੇ ਇਸ ਮਹਾਮਾਰੀ ਨੇ ਦੁਨੀਆਂ ਦੇ ਤਕਰੀਬਨ ਦੋ ਸੌ ਦੇਸ਼ਾਂ ਨੂੰ ਆਪਣੇ ਪ੍ਰਭਾਵ ਹੇਠ ਲੈ ਲਿਆ ਹੈ। ਹੁਣ ਤੱਕ ਇਸ ਮਹਾਮਾਰੀ ਨੇ ਲੱਖਾਂ ਲੋਕਾਂ ਦੀ ਜਾਨ ਲੈ ਲਈ ਹੈ ਅਤੇ ਇਹ ਸਿਲਸਿਲਾ ਰੁਕਣ ਦਾ ਨਾਂ ਨਹੀਂ ਲੈ ਰਿਹਾ। ਕੁਦਰਤ ਆਪਣਾ ਰੰਗ ਦਿਖਾ ਰਹੀ ਹੈ। ਮਨੁੱਖ ਆਪਣੇ ਹੰਕਾਰ ਅਧੀਨ ਕੁਦਰਤ ਨਾਲ ਖਿਲਵਾੜ ਕਰਦਾ ਆ ਰਿਹਾ ਹੈ। ਮਨੁੱਖ ਇਹ ਸਮਝਣ ਲੱਗ ਪਿਆ ਸੀ ਕਿ ਉਹ ਸਭ ਕੁਝ ਕਰਨ ਦੇ ਸਮਰੱਥ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਦੀ ਸੋਚ ਨੂੰ ਮੱਦੇਨਜ਼ਰ ਰੱਖ ਕੇ ਗੁਰਮਤਿ ਚਿੰਤਨ ਨੇ ਬੜੀਆਂ ਮੁੱਲਵਾਨ ਸੁਝਾਉਂਤੀਆਂ ਦਿੱਤੀਆਂ ਹਨ :



ਕਰੇ ਕਰਾਏ ਆਪਿ ਪ੍ਰਭੂ  
ਸਭ ਕਿਛੁ ਤਿਸ ਹੀ ਹਾਥਿ ॥  
ਨਾਨਕ ਆਪਿ ਕਰਾਏ ਕਰੇ  
ਆਪਿ ਹੁਕਮਿ ਸਵਾਰਣਹਾਰਾ ॥

ਇਸ ਬਿਮਾਰੀ ਨੇ ਸਮਾਨਤਾ ਸਹਿਤ ਸਾਰੇ ਦੇਸ਼ਾਂ ਉੱਤੇ ਇਕਸਾਰ ਪ੍ਰਭਾਵ ਪਾਇਆ ਹੈ। ਇਸ ਲਈ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਮਨੁੱਖਤਾ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਸਾਂਝੀਆਂ ਹਨ, ਉਨ੍ਹਾਂ ਦਾ ਹੱਲ ਵੀ ਸਾਂਝਾ ਹੀ ਹੋ ਸਕਦਾ ਹੈ। ਸਮੁੱਚੀ ਮਨੁੱਖਤਾ ਦੇ ਸਰੋਕਾਰ ਸਾਂਝੇ ਹਨ, ਸਾਂਝੇ ਹੋਣੇ ਚਾਹੀਦੇ ਹਨ ਅਤੇ ਹੋਣੇ ਵੀ ਸਾਮੂਹਿਕ ਭਲਾਈ ਅਤੇ ਕਲਿਆਣ ਦੇ ਸੁਭਾਅ ਵਾਲੇ, ਸੁੱਖ, ਆਰਾਮ, ਆਨੰਦ, ਨਿੱਘ, ਪ੍ਰੇਮ, ਖੁਸ਼ੀ ਅਤੇ ਸਕੂਨ ਲਈ ਤਾਂਘ ਹਰੇਕ ਮਨੁੱਖੀ ਹਿਰਦੇ ਵਿੱਚ ਇਕੋ ਤਰ੍ਹਾਂ ਹੁਲਾਰੇ ਲੈਂਦੀ ਹੈ। ਇਨ੍ਹਾਂ ਮਨੁੱਖੀ ਅਕਾਂਖਿਆਵਾਂ ਸਾਹਮਣੇ ਕੋਈ ਵੱਡਾ ਛੋਟਾ ਨਹੀਂ, ਕੋਈ ਗੋਰਾ ਕਾਲਾ ਨਹੀਂ। ਅਸੀਂ ਸਾਰੇ ਵਿਸ਼ਵ ਨਾਗਰਿਕ ਇਕੋ- ਮਾਲਾ ਦੇ ਮਣਕੇ ਹਾਂ। ਇਕ ਮਣਕਾ ਟੁੱਟਦਾ ਹੈ ਤਾਂ ਮਾਲਾ ਬਿਖਰ ਜਾਂਦੀ ਹੈ। ਅਸੀਂ ਵਾਰ ਵਾਰ ਆਪਣੀ ਹੀ ਇਸ ਮਾਲਾ ਦੇ ਮਣਕਿਆਂ ਨੂੰ ਤੋੜਦੇ ਰਹਿੰਦੇ ਹਾਂ। ਅਸੀਂ ਭਾਰਤੀ ਤਾਂ ਪੂਰੇ ਵਿਸ਼ਵ ਨੂੰ ਇਕ ਪਰਿਵਾਰ ਮੰਨ ਕੇ ਹੀ ਜੀਵਨ - ਜਿਉਂਦੇ ਰਹੇ ਹਾਂ। ਸਾਡੇ ਪੁਰਖਿਆਂ ਨੇ ਕਿਹਾ ਸੀ :

ਵਸੁਦੈਵ ਕਟੰਭਕਮ ਅਤੇ  
ਯਤਰ ਵਿਸ਼ਵ ਭਵਤਏਕਨੀਤਮ  
(ਭਾਵ ਸਾਰਾ ਸੰਸਾਰ ਇਕ ਆਲੁਣੇ ਦੀ ਤਰ੍ਹਾਂ ਹੈ)

ਵਿਸ਼ਵ- ਸ਼ਾਂਤੀ, ਵਿਸ਼ਵ-ਕਲਿਆਣ ਅਤੇ ਵਿਸ਼ਵ ਭਾਈਚਾਰੇ (ਬੰਧੂਤਵ) ਦੀ ਸਥਾਪਨਾ ਤੇ ਮੁੱਲਾਂ ਉਪਰ ਪਹਿਰਾ ਦਿੰਦਿਆਂ ਗੁਰੂ ਸਾਹਿਬਾਨ ਨੇ ਲਿਖਿਆ :

ਨਾ ਕੋ ਬੈਰੀ ਨਹੀਂ ਬਿਗਾਨਾ  
ਸਗਲ ਸੰਗ ਹਮ ਕਉ ਬਨਿ ਆਈ ॥  
(ਮ. ੫ ਪੰਨਾ. ੧੨੦੦)

ਸਰਵ- ਸਾਂਝੀਵਾਲਤਾ ਦੇ ਸਿਧਾਂਤ ਨੂੰ ਗੁਰੂ ਸਾਹਿਬਾਨ ਨੇ ਬੁਨਿਆਦੀ ਰੂਪ ਵਿੱਚ ਸਥਾਪਿਤ ਤੇ ਪ੍ਰਚਾਰਿਤ ਕੀਤਾ । ਗੁਰੂ ਸਾਹਿਬ ਸਮੁੱਚੀ ਮਨੁੱਖਤਾ ਨੂੰ ਇਕ ਪਰਮਾਤਮਾ ਦੀ ਹੀ ਸੰਤਾਨ ਮੰਨਦੇ ਹਨ । ਨਾਨਕ- ਬਾਣੀ : ਗੁਰੂ ਜੀ ਦੇ ਵਿਸ਼ਾਲਤਰ ਹਿਰਦੇ ਦਾ ਹੀ ਪ੍ਰਮਾਣ ਅਤੇ ਪ੍ਰਤਿਰੂਪ ਹੈ । ਗੁਰਮਤਿ ਦਰਸ਼ਨ ਸਰਬੱਤ ਦੇ ਭਲੇ ਦੇ ਸੰਕਲਪ ਨੂੰ ਪ੍ਰਚਾਰਿਤ ਅਤੇ ਪ੍ਰਸਾਰਿਤ ਕਰਦਾ ਹੈ :

ਨਾਨਕ ਨਾਮ ਚੜਦੀ ਕਲਾ

ਤੇਰੇ ਭਾਣੇ ਸਰਬੱਤ ਦਾ ਭਲਾ ।

ਇਸ ਨਵੀਂ ਆਈ ਬਿਪਤਾ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਵਿਦਿਅਕ ਪ੍ਰਬੰਧ ਨੂੰ ਬੁਰੀ ਤਰ੍ਹਾਂ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ ਹੈ । ਲੋਕਾਂ ਨੂੰ ਘਰਾਂ ਵਿੱਚ ਬੰਦ ਰਹਿਣ ਲਈ ਮਜ਼ਬੂਰ ਕਰ ਦਿਤਾ ਹੈ । ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਨਵੇਂ ਪਰਿਪੇਖ ਵਿੱਚ, ਨਵੇਂ ਹੌਂਸਲੇ ਨਾਲ ਨਵੀਂ ਵਿਉਂਤਬੰਦੀ ਕਰਕੇ ਇਸ ਬਿਮਾਰੀ ਨੂੰ ਹਰਾਉਣ ਲਈ ਹੰਭਲਾ ਮਾਰਨਾ ਪਵੇਗਾ ।

ਡਾ. ਸੁਦਰਸ਼ਨ ਗਾਸੋ  
ਮੁਖੀ, ਪੰਜਾਬੀ ਵਿਭਾਗ

### ਨੰਨੀ ਛਾਂ

ਘਰ ਆਈ ਸਾਡੇ ਨੰਨੀ ਛਾਂ,  
ਖੁਸ਼ ਹੋ ਗਈ ਮੇਰੀ ਦਾਦੀ ਮਾਂ ।  
ਘਰ ਸਾਡੇ ਵਿੱਚ ਚਾਅ ਚੜ੍ਹ ਗਿਆ,  
ਇਦਾਂ ਜਿਵੇਂ ਕੋਈ ਪਹਾੜ ਚੜ੍ਹ ਗਿਆ ।  
ਉਸ ਦਾ ਰੱਖੀਏ ਸੋਹਣਾ ਨਾਂ,  
ਸਾਡੇ ਘਰ ਆਈ ਨੰਨੀ ਛਾਂ ।  
ਮਾਵਾਂ ਤਾਂ ਛਾਵਾਂ ਨੇ ਹੁੰਦੀਆਂ,  
ਨਿੱਘ ਤਾਂ ਦਾ ਪ੍ਰਛਾਵਾਂ ਨੇ ਹੁੰਦੀਆਂ ।  
ਉਸ ਦੇ ਲਈ ਖਿਡਾਉਣੇ ਲਿਆਈਏ,  
ਘਰ ਆਪਣੇ ਨੂੰ ਆਉ ਸਜਾਈਏ ।



ਵੈਸ਼ਾਲੀ  
ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ

## ਖੇਡਾਂ ਦਾ ਮਹੱਤਵ

ਖੇਡਾਂ ਦਾ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਸਥਾਨ ਹੈ। ਕਸਰਤ ਕਰਨ ਨਾਲ ਸਰੀਰ ਤੰਦਰੁਸਤ ਰਹਿੰਦਾ ਹੈ। ਮੇਰਾ ਜੀਵਨ ਖੇਡਾਂ ਨੂੰ ਸਮਰਪਿਤ ਹੈ। ਮੇਰਾ ਨਾਮ ਰਸ਼ਿਕਾ ਹੈ ਅਤੇ ਮੈਂ ਜਿਮਨਾਸਟਿਕ ਖੇਡ ਦੀ ਖਿਡਾਰਨ ਹਾਂ। ਮੈਂ ਅੱਠ ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਜਿਮਨਾਸਟਿਕ ਕਰਨੀ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ ਸੀ। ਮੈਂ ਐਨ. ਆਈ. ਐਸ. ( ਨੈਸ਼ਨਲ ਇੰਸਟੀਚਿਊਟ ਆਫ ਸਪੋਰਟਸ, ਪਟਿਆਲਾ) ਵਿਖੇ ਟ੍ਰੇਨਿੰਗ ਕਰਦੀ ਰਹੀ ਹਾਂ। ਮੇਰਾ ਹੁਣ ਤੱਕ ਦਾ ਖੇਡਾਂ ਦਾ ਸਫਰ ਬਹੁਤ ਚੰਗਾ ਅਤੇ ਸੰਘਰਸ਼ਪੂਰਨ ਰਿਹਾ ਹੈ। ਮੈਂ ਸਕੂਲ ਨੈਸ਼ਨਲ ਖੇਡਾਂ ਵਿੱਚ ਤੀਜਾ ਸਥਾਨ ਪ੍ਰਾਪਤ ਕੀਤਾ ਪਰ ਇਸ ਮੈਡਲ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਮੈਨੂੰ ਬਹੁਤ ਮਿਹਨਤ ਕਰਨੀ ਪਈ। ਇਸ ਸਫਲਤਾ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਵਿੱਚ ਮੇਰੇ ਕੋਚ ਸਾਹਿਬ ਦਾ ਵੀ ਪੂਰਾ ਯੋਗਦਾਨ ਹੈ। ਖੇਡਾਂ ਮੈਨੂੰ ਕੇਵਲ ਰੋਜ਼ਾਨਾ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਹੀ ਨਹੀਂ ਬਲਕਿ ਪੜ੍ਹਾਈ ਵਿੱਚ ਵੀ ਮਦਦ ਕਰਦੀਆਂ ਹਨ। ਕਸਰਤ ਕਰਨ ਨਾਲ ਦਿਮਾਗ ਤੰਦਰੁਸਤ ਰਹਿੰਦਾ ਹੈ ਅਤੇ ਪੜ੍ਹਾਈ ਵਿੱਚ ਵੀ ਮਦਦ ਮਿਲਦੀ ਹੈ। ਪੜ੍ਹਾਈ ਵਿੱਚ ਕੋਈ ਵੀ ਸਵਾਲ ਮੇਰੇ ਲਈ ਖੇਡ ਮੁਕਾਬਲੇ ਦੀ ਉਸ ਚੁਨੌਤੀ ਵਾਂਗ ਹੁੰਦਾ ਹੈ ਜਿਸਨੂੰ ਮੈਨੂੰ ਪਾਰ ਕਰਕੇ ਅੱਗੇ ਨਿਕਲਣਾ ਹੁੰਦਾ ਹੈ।



ਭਾਰਤ ਵਿੱਚ ਦੇਸੀ ਖੇਡਾਂ ਨੂੰ ਜਿਆਦਾ ਪਸੰਦ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਜਿਵੇਂ ਗੁੱਲੀ ਡੰਡਾ, ਖਿੱਚੋ ਖੂੰਡੀ, ਪੀਚੋ-ਬੱਕਰੀ ਆਦਿ ਪਰੰਤੂ ਹੁਣ ਆਧੁਨਿਕ ਸਮੇਂ ਵਿੱਚ ਤਕਨੀਕ ਦੇ ਆਧਾਰ ਉੱਤੇ ਖੇਡਾਂ ਖੇਡੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਭਾਰਤ ਖੇਡਾਂ ਦੇ ਮਾਮਲੇ ਵਿੱਚ ਅਜੇ ਵੀ ਦੁਨੀਆਂ ਵਿੱਚ ਬਹੁਤ ਪਿਛੇ ਤੁਰਿਆ ਆ ਰਿਹਾ ਹੈ। ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਦਾ ਖੇਡਾਂ ਵਲੋਂ ਧਿਆਨ ਹਟਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਖਿਡਾਰੀਆਂ ਦੀ ਕਮੀ ਨਹੀਂ ਹੈ। ਲੋੜ ਅਜਿਹੀਆਂ ਅਣਮੋਲ ਖੇਡ - ਪ੍ਰਤਿਭਾਵਾਂ ਨੂੰ ਲੱਭ ਲੱਭ ਕੇ ਸਾਹਮਣੇ ਲਿਆਉਣ ਦੀ ਹੈ। ਭਾਈ - ਭਤੀਜਾਵਾਦ ਦਾ ਤਿਆਗ ਕਰਕੇ ਸਾਨੂੰ ਯੋਜਨਾ - ਬੱਧ ਢੰਗ ਨਾਲ ਇਸ ਖੇਤਰ ਵਿੱਚ ਅੱਗੇ ਵਧਣਾ ਚਾਹੀਦਾ ਹੈ। ਜਿਸ ਦੇਸ਼ ਦੇ ਨੌਜਵਾਨ ਬਹਾਦਰ ਅਤੇ ਸਿਹਤਮੰਦ ਹੋਣਗੇ ਉਹ ਦੇਸ਼ ਤਰੱਕੀ ਦੀਆਂ ਮੰਜ਼ਿਲਾਂ ਨੂੰ ਤੈਅ ਕਰ ਸਕਣਗੇ। ਮਿਹਨਤ ਤੋਂ ਬਿਨ੍ਹਾਂ ਤਰੱਕੀ ਦਾ ਹੋਰ ਕੋਈ ਰਸਤਾ ਨਹੀਂ ਹੈ।

ਦੁੱਖ ਦੀ ਗੱਲ ਹੈ ਕਿ ਸਾਡੇ ਨੌਜਵਾਨਾਂ ਦੀ ਖੇਡਾਂ ਵਿੱਚ ਰੁਚੀ ਘੱਟਦੀ ਜਾ ਰਹੀ ਹੈ। ਸਾਡੇ ਨੌਜਵਾਨ ਮੋਬਾਇਲ ਉੱਤੇ ਹੀ ਖੇਡਾਂ ਖੇਡ ਕੇ ਆਪਣੀ ਜਿੱਤ ਸਮਝਦੇ ਹਨ। ਇਸ ਨਾਲ ਉਹਨਾਂ ਦੀ ਸਿਹਤ ਅਤੇ ਸਮੇਂ ਦਾ ਬਹੁਤ ਵੱਡਾ ਨੁਕਸਾਨ ਹੁੰਦਾ ਹੈ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਖੇਡ ਮੈਦਾਨ ਵਿੱਚ ਜਾ ਕੇ ਪਸੀਨਾ ਵਹਾਉਣਾ ਚਾਹੀਦਾ ਹੈ।

ਰਸ਼ਿਕਾ

ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ

## ਪਿੰਡ

ਭਾਰਤ ਪਿੰਡਾਂ ਦਾ ਦੇਸ਼ ਹੈ। ਪਿੰਡਾਂ ਵਿੱਚ ਪਹਿਲਾਂ ਬਹੁਤ ਰੌਣਕ ਹੁੰਦੀ ਸੀ ਤੇ ਪਿੰਡਾਂ ਵਿੱਚ ਬਹੁਤ ਮਨ ਲੱਗਦਾ ਸੀ। ਪਿੰਡਾਂ ਵਿੱਚ ਹਰੇ ਭਰੇ ਖੇਤ ਹੁੰਦੇ ਸਨ ਜਿਨ੍ਹਾਂ ਨੂੰ ਵੇਖ ਕੇ ਦਿਲ ਖੁਸ਼ ਹੋ ਜਾਂਦਾ ਸੀ। ਪਿੰਡਾਂ ਵਿੱਚ ਖੂਹ ਹੁੰਦੇ ਹਨ, ਬੇਰੀਆਂ ਦੇ ਬਾਗ ਹੁੰਦੇ ਸਨ। ਚਾਰੇ ਪਾਸੇ ਖੁਸ਼ੀਆਂ ਹੁੰਦੀਆਂ ਸਨ। ਪਰੰਤੂ ਅੱਜ ਦੇ ਸਮੇਂ ਪਿੰਡਾਂ ਵਿੱਚ ਪਹਿਲਾਂ ਜਿੰਨੀ ਰੌਣਕ ਨਹੀਂ ਹੁੰਦੀ, ਸਗੋਂ ਅੱਜ ਕੱਲ੍ਹ ਤਾਂ ਥਾਂ ਥਾਂ ਨੌਜਵਾਨ ਟੋਲੀਆਂ ਬਣਾ ਕੇ ਨਸ਼ੇ ਕਰਦੇ ਦਿਖਦੇ ਹਨ। ਨਸ਼ਾ ਕਰਨ ਲਈ ਨੌਜਵਾਨ ਚੋਰੀ ਵੀ ਕਰ ਲੈਂਦੇ ਹਨ। ਕੋਈ ਸਮਾਂ ਸੀ ਜਦੋਂ ਲੋਕ ਇਕ ਦੂਜੇ ਦਾ ਸਤਿਕਾਰ ਕਰਦੇ ਸਨ। ਅੱਜ ਕੱਲ੍ਹ ਤਾਂ ਪਿੰਡਾਂ ਵਿੱਚ ਪਾਰਟੀਬਾਜ਼ੀ ਹੋ ਗਈ ਹੈ। ਪਿੰਡਾਂ ਵਿੱਚ ਧੜੇ ਬਣ ਗਏ ਹਨ।



ਸ਼ਹਿਰੀਕਰਨ ਨੇ ਪਿੰਡਾਂ ਦੀ ਹੋਂਦ ਨੂੰ ਖਤਰਾ ਖੜ੍ਹਾ ਕਰ ਦਿੱਤਾ ਹੈ। ਵੱਡੇ ਵੱਡੇ ਸ਼ਹਿਰ ਪਿੰਡਾਂ ਨੂੰ ਆਪਣੇ ਵਿੱਚ ਜਜ਼ਬ ਕਰ ਰਹੇ ਹਨ। ਸ਼ਹਿਰਾਂ ਦੀਆਂ ਬੁਰਾਈਆਂ ਪਿੰਡਾਂ ਵਿੱਚ ਆਉਣੀਆਂ ਸ਼ੁਰੂ ਹੋ ਗਈਆਂ ਹਨ। ਪਿੰਡਾਂ ਵਿੱਚ ਵੀ ਨਕਲੀ ਰਿਸ਼ਤੇ ਬਣਨੇ ਸ਼ੁਰੂ ਹੋ ਗਏ ਹਨ। ਭਰਾਵਾਂ ਵਿੱਚ, ਗੁਆਂਢੀਆਂ ਵਿੱਚ ਪਿਆਰ ਘੱਟਨਾ ਸ਼ੁਰੂ ਹੋ ਗਿਆ ਹੈ। ਏਕੇ ਦੀ ਬਰਕਤ ਖਤਮ ਹੁੰਦੀ ਜਾ ਰਹੀ ਹੈ।

ਪਿੰਡਾਂ ਨੂੰ ਸਾਡੇ ਸਭਿਆਚਾਰ ਅਤੇ ਦੇਸ਼ ਦੀ ਬੁਨਿਆਦ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ। ਪਿੰਡਾਂ ਦੀ ਹੋਂਦ ਉਤੇ ਹਮਲੇ ਦੇ ਅਰਥ ਗਹਿਰੇ ਅਰਥ ਕਰੇ ਜਾ ਸਕਦੇ ਹਨ। ਇਸ ਲਈ ਸਾਨੂੰ ਆਪਣੇ ਪਿੰਡਾਂ ਅਤੇ ਆਪਣੇ ਪਿੰਡਾਂ ਦੀਆਂ ਖੂਬੀਆਂ ਨੂੰ ਸਾਂਭ ਕੇ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ। ਪਹਿਲਾਂ ਪਿੰਡਾਂ ਵਿੱਚ ਏਕਾ ਤੇ ਇਤਫ਼ਾਕ ਹੁੰਦਾ ਸੀ, ਮਿਹਨਤ ਤੇ ਮੁਹੱਬਤ ਹੁੰਦੀ ਸੀ। ਸਾਨੂੰ ਅਜਿਹੇ ਕੀਮਤੀ ਗੁਣਾਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਧਾਰਨ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਨ੍ਹਾਂ ਗੁਣਾਂ ਨੂੰ ਅਪਣਾ ਕੇ ਹੀ ਅਸੀਂ ਤਰੱਕੀ ਦੇ ਰਸਤੇ ਉਪਰ ਤੁਰ ਸਕਦੇ ਹਾਂ।

ਨਵਨੀਤ ਕੌਰ  
ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

## ਸ਼੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਬਾਣੀ ਦਾ ਪ੍ਰਕਾਸ਼

ਹਕੁ ਪਰਾਇਆ ਨਾਨਕਾ ਉਸੁ ਸੁਅਰ ਉਸ ਗਾਇ।  
ਸਭ ਮਹਿ ਜੋਤਿ ਹੈ ਸੋਇ  
ਤਿਸ ਕੈ ਚਾਨਣਿ ਸਭ ਮਹਿ ਚਾਨਣ ਹੋਇ  
ਏਕ ਦ੍ਰਿਸ਼ਟਿ ਕਰਿ ਸਮਸਰਿ ਜਾਣੈ ਜੋਗੀ ਕਹੀਐ ਸੋਈ।  
ਮਿਠਤੁ ਨੀਵੀਂ ਨਾਨਕਾ, ਗੁਣ ਚੰਗਿਆਈਆਂ ਤੱਤੁ।  
ਨਿਵੈ ਸੌ ਗਾਉਰਾ ਹੋਇ।  
ਹਉਮੈ ਦੀਰਘ ਰੋਗ ਹੈ ਦਾਰੂ ਭੀ ਇਸੁ ਮਾਹਿ।



ਗੁਰਤੇਜ ਸਿੰਘ  
ਬੀ. ਏ. ਭਾਗ ਦੂਜਾ  
Punjabi Section

## ਜੀਵਨ ਵਿੱਚ ਸੰਗੀਤ ਦਾ ਮਹੱਤਵ

ਜੀਵਨ ਸੰਗੀਤ ਦਾ ਨਾਂ ਹੈ। ਇਸ ਸੰਸਾਰ ਦੇ ਆਰੰਭ ਬਾਰੇ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਇਹ ਸੰਸਾਰ ਵੀ ਇਕ ਰੱਬੀ ਆਵਾਜ਼ ਜਾਂ ਸੰਗੀਤਕ ਧੁਨੀ ਵਿੱਚੋਂ ਪੈਂਦਾ ਹੋਇਆ। ਦੁਨੀਆਂ ਦੇ ਕਣ ਕਣ ਵਿੱਚ ਇਲਾਹੀ ਰਾਗ ਦੀ ਧੁਨ ਸੁਣਾਈ ਦਿੰਦੀ ਹੈ। ਸੰਗੀਤ ਬਿਨ੍ਹਾਂ ਜ਼ਿੰਦਗੀ ਬੇਰਸ ਅਤੇ ਨੀਰਸ ਬਣ ਜਾਂਦੀ ਹੈ। ਸੰਗੀਤ ਦਾ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਮਹੱਤਵ ਹੈ। ਸੰਗੀਤ ਮੁੱਢ ਕਦੀਮ ਤੋਂ ਹੀ ਮਨੁੱਖ ਦਾ ਸਾਥ ਨਿਭਾਉਂਦਾ ਆ ਰਿਹਾ ਹੈ। ਗੀਤ ਸੁਣ ਕੇ ਮਨੁੱਖ ਆਪਣੀਆਂ ਸਾਰੀਆਂ ਮੁਸੀਬਤਾਂ, ਦੁੱਖ ਅਤੇ ਤਕਲੀਫਾਂ ਭੁੱਲ ਜਾਂਦਾ ਹੈ। ਗੀਤ ਅਤੇ ਸੰਗੀਤ ਮਨੁੱਖ ਦੇ ਮਨ ਨੂੰ ਮਿੱਟਾਂ ਸੈਕਿੰਟਾਂ ਵਿੱਚ ਠੀਕ ਕਰ ਦਿੰਦਾ ਹੈ। ਸੰਗੀਤ ਦੋ ਤਰ੍ਹਾਂ ਦਾ ਹੁੰਦਾ ਹੈ ਇਕ ਸ਼ਾਸਤਰੀ ਸੰਗੀਤ ਅਤੇ ਦੂਸਰਾ ਲੋਕ ਗੀਤ। ਲੋਕ ਗੀਤ ਲੋਕਾਂ ਨੂੰ ਵਧੇਰੇ ਪਸੰਦ ਆਉਂਦੇ ਹਨ। ਲੋਕ- ਗੀਤ ਲੋਕ ਮਨਾਂ ਦੇ ਨੇੜੇ ਹੁੰਦੇ ਹਨ। ਪੰਜਾਬੀ ਵਿੱਚ ਸੁਰਿੰਦਰ ਕੌਰ ਦੁਆਰਾ ਗਾਏ ਗਏ ਲੋਕ - ਗੀਤ ਲੋਕਾਂ ਨੂੰ ਬਹੁਤ ਪਸੰਦ ਆਉਂਦੇ ਹਨ। ਉਸ ਦੇ ਕੁਝ ਲੋਕ ਗੀਤ ਇਸ ਤਰ੍ਹਾਂ ਹਨ :



ਜੁੱਤੀ ਕਸੂਰੀ ਪੈਰੀਂ ਨਾ ਪੂਰੀ

ਹਾਏ ! ਰੱਬਾ ਵੇ ਸਾਨੂੰ ਤੁਰਨਾ ਪਿਆ।

ਜਾਂ

ਬੱਤੀ ਬਾਲ ਕੇ ਬਨੇਰੇ ਉਤੇ ਰੱਖਦੀ ਆਂ,

ਰਾਹ ਭੁੱਲ ਨਾ ਜਾਵੇ ਮਾਹੀ ਮੇਰਾ।

ਹਾਏ ਵੇ ! ਬੱਤੀ ਬਾਲ ਕੇ ਬਨੇਰੇ ਉਤੇ ਰੱਖਦੀ ਆਂ।

ਸੰਗੀਤ ਦੇ ਮਾਧਿਅਮ ਦੁਆਰਾ ਪਰਮਾਤਮਾ ਤੱਕ ਵੀ ਪਹੁੰਚਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਸੰਗੀਤ ਆਤਮਾ ਨੂੰ ਸੁੱਧ ਕਰ ਦਿੰਦਾ ਹੈ। ਸੰਗੀਤ ਸੁੱਧ ਆਤਮਾ ਵਿਚੋਂ ਹੀ ਪੈਦਾ ਹੁੰਦਾ ਹੈ। ਅਜੋਕੇ ਸਮੇਂ ਵਿੱਚ ਮਨੁੱਖ ਗੀਤ ਅਤੇ ਸੰਗੀਤ ਤੋਂ ਦੂਰ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਅਜੋਕੇ ਜੀਵਨ ਵਿੱਚ ਸ਼ੋਰ ਵੱਧਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਇਸੇ ਲਈ ਅਜੋਕਾ ਸੰਗੀਤ ਮਨੁੱਖ ਦੀ ਆਤਮਾ ਨੂੰ ਸਕੂਨ ਦੇਣ ਦੀ ਥਾਵੇਂ ਅਸ਼ਾਂਤੀ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ।

ਮੱਧ ਕਾਲ ਵਿੱਚ ਕਵੀ ਆਪਣੀਆਂ ਕਵਿਤਾਵਾਂ ਨੂੰ ਰਾਗ ਬੱਧ ਢੰਗ ਨਾਲ ਲਿਖਦੇ ਸਨ। ਇਸ ਲਈ ਮੱਧ ਕਾਲ ਦਾ ਸਾਰਾ ਸਾਹਿਤ ਸੰਗੀਤਮਈ ਹੈ। ਗੁਰਬਾਣੀ ਵਿੱਚ ਵੀ ਸੰਗੀਤ ਦਾ ਬਹੁਤ ਮਹੱਤਵ ਹੈ। ਗੁਰੂ ਸਾਹਿਬਾਨ ਨੇ ਗੁਰਮਤਿ ਸੰਗੀਤ ਦੀ ਇਕ ਅਨੋਖੀ ਅਤੇ ਅਨੂਠੀ ਪਰੰਪਰਾ ਸ਼ੁਰੂ ਕੀਤੀ।

ਰਬਨੂਰ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

## ਨਸ਼ਾਖੋਰੀ

ਨਸ਼ਾ ਅੱਜ ਸਾਡੇ ਸਮਾਜ ਲਈ ਇਕ ਬਹੁਤ ਵੱਡੀ ਚੁਣੌਤੀ ਬਣੀ ਹੋਈ ਹੈ। ਨਸ਼ਾ ਸਾਡੇ ਸਮਾਜ ਨੂੰ ਅੰਦਰੋਂ ਅੰਦਰੀ ਖਤਮ ਕਰ ਰਿਹਾ ਹੈ। ਨਸ਼ਾ ਇਕ ਬਿਮਾਰੀ ਹੈ। ਜਿਸ ਨੂੰ ਇਹ ਬਿਮਾਰੀ ਇਕ ਵਾਰ ਲੱਗ ਜਾਵੇ ਤਾਂ ਉਸ ਦਾ ਮਰਦੇ ਦਮ ਤੱਕ ਪਿੱਛਾ ਨਹੀਂ ਛੱਡਦੀ। ਸਾਡਾ ਭਾਰਤ ਖਾਸ ਕਰਕੇ ਪੰਜਾਬ/ ਹਰਿਆਣਾ ਨਸ਼ੇ ਦੀ ਲਪੇਟ ਵਿੱਚ ਆਇਆ ਹੋਇਆ ਹੈ। ਪੰਜਾਬ ਦੇ ਬਹੁਤ ਸਾਰੇ ਨੌਜਵਾਨ ਅਤੇ ਕੁੜੀਆਂ ਨਸ਼ੇ ਦੇ ਅਧੀਨ ਜਾਂ ਗੁਲਾਮ ਹੋ ਚੁੱਕੇ ਹਨ। ਅਜਿਹੇ ਲੋਕ ਨਸ਼ੇ ਦੇ



ਕਾਰਨ ਆਪਣੀ ਜਵਾਨੀ ਨੂੰ ਖਰਾਬ ਕਰ ਚੁੱਕੇ ਹਨ। ਕਾਲਜ ਦੇ ਮੁੰਡੇ ਤੇ ਕੁੜੀਆਂ ਨਸ਼ੇ ਦੇ ਵਿੱਚ ਪੈਂਦੇ ਜਾ ਰਹੇ ਹਨ। ਜੇ ਕਿ ਸਾਡੀ ਆਉਣ ਵਾਲੀ ਪੀੜ੍ਹੀ ਲਈ ਬਹੁਤ ਨੁਕਸਾਨਦਾਇਕ ਹੈ। ਜੇ ਹੁਣੇ ਤੋਂ ਨਸ਼ਿਆਂ ਦੇ ਫੈਲਣ ਨੂੰ ਨਾ ਰੋਕਿਆ ਗਿਆ ਤਾਂ ਉਹ ਦਿਨ ਦੂਰ ਨਹੀਂ ਜਦੋਂ ਪੂਰਾ ਭਾਰਤ ਨਸ਼ਿਆਂ ਵਿੱਚ ਡੁੱਬਿਆ ਹੋਵੇਗਾ। ਨਸ਼ੇ ਨਾਲ ਜ਼ਿੰਦਗੀ ਤਬਾਹ ਹੋ ਸਕਦੀ ਹੈ। ਕਈ ਵਾਰ ਲੋਕ ਸ਼ਰਾਬ ਵੱਧ ਪੀ ਲੈਂਦੇ ਹਨ ਜਿਸ ਕਾਰਨ ਉਨ੍ਹਾਂ ਦੀ ਮੌਤ ਵੀ ਹੋ ਜਾਂਦੀ ਹੈ। ਇਸ ਲਈ ਸਾਨੂੰ ਜਿੰਨਾ ਹੋ ਸਕੇ ਨਸ਼ਿਆਂ ਤੋਂ ਦੂਰ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਦੋਸਤਾਂ ਨੂੰ ਵੀ ਨਸ਼ਿਆਂ ਤੋਂ ਦੂਰ ਰਹਿਣ ਦੀ ਸਲਾਹ ਦੇਣੀ ਚਾਹੀਦੀ ਹੈ।

ਮਨੁੱਖੀ ਜੀਵਨ ਬਹੁਤ ਅਨਮੋਲ ਹੈ। ਮਨੁੱਖ ਨੂੰ ਜੀਵਨ ਇਕ ਵਾਰ ਹੀ ਮਿਲਦਾ ਹੈ। ਇਸ ਲਈ ਮਨੁੱਖ ਨੂੰ ਜੀਵਨ ਦੀ ਕਦਰ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਮਨੁੱਖੀ ਸਰੀਰ ਇਕ ਮੰਦਰ ਦੀ ਤਰ੍ਹਾਂ ਹੁੰਦਾ ਹੈ। ਇਸ ਸਰੀਰ ਰੂਪੀ ਮੰਦਰ ਵਿੱਚ ਪਰਮਾਤਮਾ ਦਾ ਨਿਵਾਸ ਹੁੰਦਾ ਹੈ। ਸਿਹਤਮੰਦ ਸਰੀਰ ਵਾਲਾ ਇਨਸਾਨ ਦੁਨੀਆਂ ਦੇ ਸਾਰੇ ਸੁਖਾਂ ਦਾ ਆਨੰਦ ਮਾਣ ਸਕਦਾ ਹੈ। ਸਿਹਤਮੰਦ ਇਨਸਾਨ ਹੀ ਖੇਡਾਂ ਅਤੇ ਜੀਵਨ ਦੇ ਹੋਰਨਾਂ ਖੇਤਰਾਂ ਵਿੱਚ ਸਫਲਤਾ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦਾ ਹੈ। ਜਿਸ ਦੇਸ਼ ਦੇ ਨੌਜਵਾਨ ਸਿਹਤਮੰਦ ਹੁੰਦੇ ਹਨ ਉਹੀ ਦੇਸ਼ ਤਰੱਕੀ ਕਰ ਸਕਦਾ ਹੈ। ਨਸ਼ਾ ਨਾ ਕੇਵਲ ਸਰੀਰ ਦਾ ਨੁਕਸਾਨ ਕਰਦਾ ਹੈ ਬਲਕਿ ਮਨੁੱਖ ਦੀ ਆਤਮਾ ਨੂੰ ਵੀ ਨੁਕਸਾਨ ਪਹੁੰਚਾਉਂਦਾ ਹੈ। ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ਿਆਂ ਤੋਂ ਦੂਰ ਰਹਿਣ ਦਾ ਪ੍ਰਣ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ।

ਦੀਪਕ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

## ਭਾਰਤ ਦੇਸ਼ ਮਹਾਨ

ਮੇਰਾ ਭਾਰਤ ਦੇਸ਼ ਮਹਾਨ  
ਸਭ ਤੋਂ ਉਚੀ ਇਸ ਦੀ ਸ਼ਾਨ  
ਇਸ ਦੀ ਖਾਤਰ ਵੀਰ ਜਵਾਨਾਂ  
ਹੱਸ ਹੱਸ ਵਾਰੀਆਂ ਆਪਣੀਆਂ  
ਜਾਨਾਂ ।



ਹਿੰਦੂ, ਮੁਸਲਿਮ, ਸਿੱਖ, ਈਸਾਈ  
ਸਾਰੇ ਹੀ ਨੇ ਭਾਈ ਭਾਈ  
ਗੀਤਾ, ਗੁਰੂ ਗ੍ਰੰਥ ਮਹਾਨ  
ਇਹ ਨੇ ਸਭ ਤੋਂ ਮਿੱਠੇ ਗਾਨ ।

ਅਸੀਂ ਹਾਂ ਗੁਰੂਆਂ ਦੀ ਸੰਤਾਨ  
ਗੁਰੂਆਂ ਦਾ ਰੁਤਬਾ ਹੈ ਮਹਾਨ  
ਜੁਲਮ ਨੂੰ ਲਲਕਾਰਾਂਗੇ  
ਖੁਸ਼ੀਆਂ ਲੱਭ ਲਿਆਵਾਂਗੇ ।

ਗੁਲਾਮੀ ਦਾ ਅਸੀਂ ਜਾਲਾ ਲਾਹਿਆ  
ਹੁਣ ਚੱਲਾਂਗੇ ਨਵੇਂ ਰਾਹ  
ਸਾਰੇ ਮਿਲ ਕੇ ਗਾਵਾਂਗੇ  
ਦੇਸ਼ ਮਹਾਨ ਕਹਾਵਾਂਗੇ ।

ਕਵਿਤਾ  
ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ

## ਮਾਂ

ਮਾਂ ਦੀ ਕੀ ਮੈਂ ਸਿਫਤ ਕਰਾਂ ।  
ਕਿਹੜੇ ਸ਼ਬਦਾਂ ਨਾਲ  
ਇਸ ਦਾ ਆਦਰ ਕਰਾਂ ।  
ਮਾਂ ਨੇ ਹੀ ਤਾਂ



ਸਾਨੂੰ ਦੁਨੀਆਂ ਦਿਖਾਈ ਏ ।

ਸਾਰੇ ਦੁੱਖਾਂ ਨੂੰ

ਝੱਲਣ ਵਾਲੀ

ਰੱਬ ਨੇ ਮਾਂ ਹੀ ਤਾਂ ਬਣਾਈ ਏ ।

ਮਾਂ ਤੋਂ ਵੱਧ ਨਾ ਕੋਈ ਮੋਹ ਕਰਦਾ

ਮਾਵਾਂ ਬਿਨ੍ਹਾਂ ਬੱਚਿਆਂ ਦਾ ਕਿਥੇ ਸਰਦਾ ।

ਮਾਂ ਜਿਹਾ ਮੋਹ

ਨਾ ਕਦੇ ਚਾਚੀਆਂ, ਤਾਈਆਂ ਤੋਂ ਮਿਲਦਾ ।

ਮਾਂ ਵਾਂਗ ਨਾ ਹੁੰਦਾ

ਕਿਸੇ ਦਾ ਵੀ ਕੋਮਲ ਹਿਰਦਾ ।

ਸ਼ਿਵਾਨੀ  
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ

# ***NATIONAL CADET CORPS***



- | Tree plantation is not just something that should be done; instead it is the urgent need of the hour. To this end the NCC cadets (Girls Wing) of the college organized a tree plantation drive on 15th July 2019.
- | Organized a tree plantation drive to mark the occasion of 'Kargil Vijay Diwas'.
- | Organized a cleanliness campaign in association with Army Public School.
- | Organised a campaign on “BetiBachaoBetiPadhao” in collaboration with Gram Panchayat, Ugara.

DR. P. C. JOSHI  
MEMORIAL  
AUDITORIUM





# *Planning Forum*

Staff Editor  
**Dr. Ravneet Kaur**

Student Editor  
**Amandeep Kaur**  
B.B.A. III

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# Editorial

*Success is a journey and it calls for focus on integrated ideas and information in various aspects of life. So, it is a matter of pride, joy and satisfaction to bring another edition of our college magazine entitled "GANDHI PATH" for the year 2019-2020. The magazine is a platform that inculcates the young minds and imbibes in them the habit of thinking, writing and expressing productive ideas & thoughts pertaining to every segment of life. I feel that the magazine will definitely mirror the creative and innovative ideas of both the teachers and the students.*



*I express my gratitude to all the authors for contributing their articles in this magazine. Such contributions are an outcome of considerable amount of time and efforts.*

*We sincerely hope that the readers of "GANDHI PATH" will gain knowledge as the articles are interesting, relevant and intellectually stimulating.*

*Thank you all!!!*

*We hope you enjoy reading the magazine as much as we have enjoyed making it.*

*Dr. Ravneet Kaur  
Department of Management*

## PRINCIPLES OF ENTREPRENEURSHIP

Entrepreneurs need to follow some basic principles which would serve as guidelines and beacons for their success. It is important for entrepreneurs to test the waters before launching a new venture. This means that one must commit oneself to the ideal of entrepreneurship and try out new business models, and new forms and paradigms of transacting business. In other words, the entrepreneurs must not be in a hurry to make profits from the word go and instead, understand what entrepreneurship is all about. For instance, it is better to come up with a game changing idea instead of pursuing leads that are dead ends which means that entrepreneurs must be ready to be in the game for the long haul.



As with the previous principle, entrepreneurs must ensure that they have the right team in place before they start the venture. After all, unless there is a team in place, the venture would not be able to capitalize on the opportunities. Further, entrepreneurs must ensure that the team is passionate, committed, and most importantly, shares the vision and mission of the founders. In other words, unless there is a buy-in from the team with the founder's ideas, the venture would flounder. Apart from these, getting the right people who have focus, drive, loyalty, determination, courage, and consistency in addition to being motivated and creative are some requirements that the entrepreneurs can't afford to ignore.

Have you ever got the feeling that a salesperson is engaging you in glib talk wherein he or she is trying to convince you to buy a product which is untested? Similarly, all talk and no execution would lead the new venture nowhere and hence, it is important for entrepreneurs to ensure that they walk the talk and deliver on their promises.

Indeed, it is not enough to have a game changing idea and a great team in place unless the entrepreneur knows the art of execution. As happened during the Dotcom boom, there were many startups with great ideas and equally great teams that promised the moon for anyone willing to listen. However, the fact that they failed in their businesses was mainly due to the gap between ideas and execution.

Therefore, the entrepreneur has to be a leader who walks the talk and understands the meaning of execution. Further, leadership means that entrepreneurs must not be afraid of failure and must instead, turn adversity into triumph and transform failure into a stepping stone for success.

Indeed, great entrepreneurs are those who are willing to trust their instincts as well as intuition and back themselves up when the venture is yet to fructify or even making losses. In other words, if you

think that you have a great idea and are executing it well with the right team, you need to persist and keep going even when the conventional wisdom says that you are getting it wrong.

Ask the successful entrepreneurs and they would say that while money is indeed important and profits are indeed essential, it is always not about the money or making profits which is the only thing that matters. Instead, great entrepreneurship is all about heeding the inner voice, creating jobs and opportunities for others, be conscious of societal prosperity due to the venture instead of having a me, myself only attitude, and most importantly, translate their vision into success.

For instance, there are many of us who have heard or come across individuals who gave up cushy jobs to find their passions and to chase their dreams. Therefore, successful entrepreneurship is all about making a difference to the world and becoming a social messiah who would transform societies with his or her ventures.

Finally, entrepreneurship must be seen as a starting point to transform oneself and in the process become a change agent. For this to happen, the entrepreneur must be able to fulfill environmental, social, and economic expectations from the larger system and at the same time, must drive themselves in the pursuit of entrepreneur dreams. Indeed, the balance between inner aspirations and external expectations is the most important determinant for success.

It is a privilege for me being a part of the Editorial board for the college magazine. It demands for consistent accuracy which helped me in enhancing my knowledge and skills.

With the blessings of our honorable Principal Sir, and College Management, we have tried our level best to extract the pearls from the ocean of thoughts in the form of beautiful words for the commerce section of the College Magazine namely “GANDHI PATH”.

I express my gratitude for giving me this golden opportunity.

**Amandeep Kaur**  
*B.B.A. III*  
Student Editor

## THE FUTURE OF TECHNOLOGY

To think about technology is to think about the future. It is unavoidable, to speculate and to predict, to imagine how our lives might be affected by new tools, new methods and new powers. Most arguments about the technology are therefore related to the future. They give voice to different sorts of expectations about progress, change, and to different sorts of intuitions about the character of human life. The particular technology being debuted is often secondary to these much larger – disputed themes, and the public debate is shaped by different ways of imagining the future at least as much as by the specific technical potential of a new desire or technique.



Over the years, technology has revolutionized our world and daily lives. Technology has created amazing tools and resources, putting useful information at our fingertips.

Modern technology has paved the way for multi-functional devices like the smartwatch and the smartphone. Computers are increasingly faster, more portable, and higher-powered than ever before. With all of these revolutions, technology has also made our lives easier, faster, better, and more fun.

In this article, we'll cover how technology has impacted senior's lives in and out of the home. Technology's advancements have provided quicker ways to communicate through instant messaging apps and social media platforms. Seniors are able to keep in touch with loved ones, while caregivers have new avenues to check in on aging parents or patients.

Technology has also given us brand new devices in recent decades, like smartwatches, tablets, and voice assistant devices. With these devices, we can do things like transfer money instantly and make purchases for everything from clothes, food delivery, groceries, furniture, and more. Technology has changed how we entertain ourselves, meet each other, and consume all types of media. It's made fun advancements, but it's also made important advancements in safety when it comes to home security and medical devices.

Especially for seniors, these devices are providing the freedom to age in place, to live independently, and to continue moving through everyday life with peace of mind. It opens up new opportunities by helping with safety, mobility and connectivity. Medical advancements have made it so you can stay proactive with conditions like diabetes and arthritis. With new medical alert devices, seniors can also get help at the push of a button and keep in touch with loved ones no matter where they are in the world.

Since there are so many new technologies to keep track of, it can seem overwhelming to adapt. However, all of these new technologies are designed to make your life easier. Even though it may not feel intuitive, learning how to use smart phones, smartwatches and voice assistants just takes a little bit of instruction and practice.

When it comes to the way we communicate overall, modern technology has a powerful influence. Digital technology has changed what people term as “media.” The influence of new technology on media is apparent since a media company isn't necessarily a news platform anymore. A media company is now any company that helps pass information across the globe, including social media platforms like Facebook and Twitter.

Social media isn't the only big statement digital technology has made. Neither is social media the only way technology has an impact in everyone's life.

Before mobile technology, you had to search through a dictionary to understand the meaning of a word. Now you can look words up in a dictionary app or quickly search the Internet. Beyond words, you can search for practically anything on the Internet using search engines like Google and Bing.

There is no denying that the future of technology will continue to revolutionize our lives. In a few years, driverless cars may be the norm for everyone, and robots will be commonplace in factories. Future technology is sure to transform our lives in unbelievable ways,

Indeed, if we think of the future in terms of human innovation, then this dynamic and error process turns out to be the all – important filter that determines what tomorrow will bring. It is usually foolish to try to control or predict the course of future. Individuals most directly affected by some new innovation will be best able to judge its value, and if they find it harmful or not worthwhile, they will reject it.

The combination of innovation and choice, each feeding back into the other in a self-correcting process. The future, after all, is our future, and so we likely to make choice and to judge the consequences of our choices in ways that look out for our future.

**Shilpa Singh**  
BBA- III

## **BUSINESS ORGANIZATION IN GLOBAL CONTENT**

The process of strategic planning is not simple and easy one, it involves a lot of industry research and clear understanding of your market, your customer, your competitor, your team, your core competencies, the government environment in which you are operating, changing parameter, your vision and mission etc. There is not easy question to answer as well as it is not quick process. Effectively management of people can produce substantially and can enhance economic performance. A plethora of terms have been used to describe such management practice such as high commitment, performance involvement and a social unit of people, systematically structured and managed to meet the need or to pursue collective goals on continuing basis. All organization have a management structure that determines relationship, and authority between functions and position to carry out defined task.



Globalization is a phenomenal thing that is used to interact among different countries attempting to develop global economy. It is a process of connecting the world and business with each other. It is basically a process by which different culture societies and nations are combined together by latest communication system.

“The increasing internationalization of the production, distribution and marketing of goods and services is globalization.”

**Bhumika Sharma**  
BBA-III

## COVID-19 AND ITS IMPACT ON INDIAN ECONOMY

With the number of COVID-19 cases leaning dangerously more than 200,000 and the worldwide death toll crossing more than 8,000, the World Health Organization (WHO) declared the virus outbreak a pandemic in the second week of March 2020, four months after the novel virus first made headlines.



Nearly 162 countries are steadily going into lockdown, and businesses across the globe are operating in fear of an impending collapse of global financial markets. This situation, clubbed with sluggish economic growth in the previous year, especially in a developing country like India, is leading to extremely volatile market conditions. Let's understand how the coronavirus is impacting business and subsequent tax reforms in India.

With rising unemployment, interest rates, and fiscal deficit, the economy in India has seen better days. Adding fuel to this fire is the novel Coronavirus that is sending tremors down Indian trade markets dependent on China for imports.

### **Will rationalizing tax rates or providing tax relief help curb the impact of COVID-19 on the Indian economy?**

Speaking on measures to combat the economic impact from the rapidly spreading coronavirus, Chief Economist of the International Monetary Fund, Gita Gopinath said that Government policymakers would need to implement a substantial targeted fiscal. She also advised on broader monetary stimulus and policy rate cuts to help normalize the economic situation.

India is already running short on its GST revenue collection, and the coronavirus scare could make matters worse. With less than 200 active COVID-19 cases in a 1.33 billion population, the Government of India is not in a rush to make any drastic changes in policy and offer tax relief (even though Indian enterprise leaders are calling for cuts in import duties). They have, however, announced an extension in filings of GST for FY 2018-19 until June 30, 2020. India has also rescheduled the introduction of mandatory e-invoicing until October 1, 2020.

### **The learning curve**

Every crisis serves as a learning opportunity for organizations, and this pandemic is proving to be quite the lesson. Here's how organizations are figuring out their next moves.

### **Remote working**

With major cities on lockdown, organizations had no choice but to dig into their business continuity and contingency plans. Ever since the first **COVID-19** case was confirmed in India, numerous companies have instituted a 'work from home' drill using critical resources to understand whether remote working conditions are feasible. That being said, remote working also has its limitations and cannot be carried out by other sectors like retail, hospitality, or manufacturing, leaving them no choice but to face business interruption.

### **Safety measures for employees**

Employee safety is the need of the hour. Still, with no experience of dealing with a virus that has the potential to spread rapidly, most companies are brushing off their hands by asking employees to stay home. Some organizations, however, are implementing measures like temperature screening,

disinfection of office premises, setting up COVID-19 response teams, distribution of COVID-19 precautionary packages.

### **An open line of communication**

Even though the mortality rate of COVID-19 is lower than the 1918 influenza pandemic, it has caused a widespread panic due to unclear lines of communication. Organizations are stepping up and maintaining an open line of communication with all their stakeholders, including employees and customers.

### **Opportunity in a crisis**

At the end we can conclude that Like India, several international economies are becoming cognizant of the risk they face by being overly dependent on one market. Making the current situation a learning opportunity, CEOs of Indian multinationals, who recently attended the annual meeting of the Confederation of Indian Industry (CII), believe this is the time India can work on capturing potentially 40% of their competitor's market share by looking at indigenous production of goods, furthering the country's Make in India campaign.

**LAVISH**  
BBA-I

## **DIGITAL BANKING**

The need for computerization was felt in the Indian banking sector in late 1980's, in order to improve the customer service, book keeping and management information system (MIS) reporting. In 1988, Reserve bank of India had set up a committee on computerization in banks headed by Dr C. Rangarajan.



Digital Banking is also called internet banking or online banking where a bank provides its services online and customers can make transactions, submit requests and handle other banking activities online. The first bank in India to offer Internet Banking was the **ICICI BANK** in 1996.

Today most of the banks provide online banking facilities. Online banking and telebanking made their appearance in the 2000's in which different modes of online fund transfers were instituted such as Real Time Gross Settlement (RTGS), Immediate Payment System (IMPS), National Electronics Funds transfer (NEFT).

Technologically India is a very progressive country. We do not adopt only new technologies but are constantly innovating and we are at the cutting edge of technology. Therefore the future of digital banking in India is very bright and we can look forward to new innovations and services from the banking sector.

**Himanshi**  
B.com Hons –III

## THE FUTURE OF CASH – WILL IT DISAPPEAR OR BECOME OBSOLETE?

For some, cash is still something they use everyday. For younger generations, cash is becoming more and more obsolete.

### The case against the future of cash

If you stand back and view the situations from afar, it seems clear that cash's days are numbered. Some of the reasons are :--

- The rise of electronic payment as there are not only credit and debit cards, but there are also bank transfers, direct deposits, and online payment. It's simply too convenient to make payment electronically, particularly within the internet, as well as the fact that merchants and vendors can now be hundreds or thousands of miles away.
- The fight against crime, as firstly heavy use of cash has been commonly associated with crime, particularly drug related crimes and secondly issue is theft as while debit and credit cards can be canceled and replaced if stolen, once cash disappears, it's gone forever.
- The elimination of cash would enable banks, credit unions, and other financial institutions to reduce staff. As handling cash requires more people and in contrast, electronic payment methods are completely digital.



### The case in favor of cash

- Cash remains the primary medium of exchange among the poor, as electronic payment methods are popular among middle income and wealth households but the poor remain disproportionately dependent on cash.
- Cash is the best remedy to identity theft. Identity theft is closely related with the increasing use of electronic payment methods, as well as the storage of financial data online.
- The need or desire for privacy is dependent on individual preference. But there's no doubt cash affords more privacy than electronic payment methods.

### Will cash disappear or become obsolete?

- With the increase in the number and dollar value of transactions happening by electronic payment methods, the share of cash transactions is steadily declining. Currency, like the dollar, has replaced barter. It also made it much easier for government to collect taxes. And that's the risk to government. A full-on cashless society may cause a return to barter. This may start among the poor, and among those who are simply uncomfortable going completely cashless. It's something government are undoubtedly weighting out very carefully, and why cash hasn't been declared illegal thus far.

**Amrita Agnihotri**  
BBA- II

## ARE INDIAN WOMEN GOOD MANAGERS?

### Balancing Home and Work place

A woman is a combination of many forms whose job is the most difficult in the world. It is the responsibility of the society to encourage and motivate her. Indian women professionals find that balancing their work and their families is a challenging job. As more women take the role of working professional in addition to their traditional role of homemaker, they are under great pressure to balance their work and personal lives.



**Following Factors are given below which decide whether women can manage both these areas successfully or not**

#### In Favour

- **Employer's Support :-**

Many progressive companies have work- family friendly policies and program that facilitate family balance with provisions such as flexible working hours, work from home, children facilities etc.

- **Domestic Help :-**

Women get domestic help that reduces their time on household work/ task. Women have nannies for their small children and help from their mother-in-law who stay in their homes and takes care of the children.

- **Social Support :-**

Support from the husband is a crucial in being able to balance work and family. Women professionals have mentioned that their husband took care of the children when that had to attend conference calls at home or when they reached home late from the office.

#### Against

- **Multi- role responsibilities difficult to handle:-**

To balance work and home is not so easy for women as they feel a high responsibility towards their family members if they live in a joint family. They have to devote their valuable time to them as well as their employers which is very difficult for a woman with high career ambition.

- **Stress at work affects family life :-**

At high level of job, women may need to work long hours, sometimes they may need to work on holiday too. Or in some professions they may result in fatigue, anxiety or other adverse consequences.

#### Conclusion

There is a need of negotiation both at home and at work in terms of how and when work can be done. Thus, employers should design and implement policies for facilitating the work-family balance. This will go a long way in enabling women to perform better at work, be more committed to the concerned organization and ultimately contribute to the growth of the economy.

**Kareena**  
BBA-II

## LEADERSHIP STYLES FROM THE 80S: STEVE JOBS VS BILL GATES

CHEMISTRY FOR SUCCESS: People think they have free will over their actions, but the truth is that our decisions are controlled by hundreds of chemicals in our body. In view of this leaders must gain an understanding of the neuroscience behind their choices and mix their own winning chemical cocktail to strategically boast their performance and operate at their peak.

Changes in today's workplace are estimated by McKinsey Global Institute to be occurring at ten times the place of Industrial Revolution of 300 times the scale. Yet, most businesses are expected to consistently operate at a differentiated level in this increasingly complex exponentially changing environment.



By watching the great leaders of our century, we can take valuable types of leadership which can make our business and ourselves grow and develop. These are the keys to leadership from **Steve Jobs** and **Bill Gates**, two technology titans.

### Look ahead

Both the founder of Microsoft and the CEO of Apple had something in common: they always looked ahead, searching for the best tactic to **achieve their goals**, which they never lost sight of. Their actions, when leading their companies, were always intended to taking the next steps that would get them closer to their goals. Do as them; focus your energies on ensuring that every move you make takes you closer to the goal, instead of away from it.

### Define immediate steps

What truly differentiates great leaders like Bill Gates or Steve Jobs from other CEOs is their ability to know what really needs to be done, beyond all the theories and intangible ideals that many managers have in mind for their performance as leaders. The important thing, and what makes the difference, is to adopt the appropriate leadership strategy: **knowing what must be done today** to achieve results tomorrow.

### Visualize your great goal

Bill Gates devoted all his efforts to making a dream come true. The founder of Microsoft envisioned a world in which every person had access to a computer at a time when that was something not even remotely common. Years later, virtually every office for any job in the world has a PC.

Meanwhile, Steve Jobs visualized the big accomplishment of his iPod: he fantasized about the idea of having all conceivable music stored in a pocket-sized device. Do as both leaders did and **visualize what you want to achieve**.

### Create added value

Both Apple and Microsoft, thanks to their strategies carried out by their charismatic leaders, go way beyond their mere products. In the case of Gates' company, the advantage is clear: the Windows operating system is very much widespread, thanks in part to its continuous ability to update and launch new products to increase its value (for example, the entire Office package, the Internet Explorer browser, or Windows Media Player).

As for the almighty Apple, it is also much more than their mobile devices. The iOS operating system used by Macintosh computers and other extremely well-known hardware products, as well as its business culture, have generated an undisputed technical leadership in the industry. Follow the

example of Apple and Microsoft, and always **try to create added value** in your company so that creativity and upgrading will be a core idea in your business and your leadership.

### **Count on the people**

Talking about Bill Gates and not mentioning his philanthropic and humanitarian face, would be painting an incomplete picture Microsoft's leader. Despite his great fortune, Bill and his wife Melinda Gates, started the [Gates Foundation](#) to help fight against inequalities. An empathetic gesture that helps people see in Bill Gates not only a tycoon, but a good leader who also works to help others grow, a quality that every successful leader must have.

Steve Jobs also had confidence in people, but in a different way. He was the author of many company motivational speeches of the XXI, a skill – the ability to motivate – essential to maintain a good team atmosphere and a positive attitude that will lead us to success. The CEO of Apple also showed that he had confidence in his team when, back in 2011, he proposed to [Tim Cook](#), current CEO of the company, to replace him as head of Apple. Jobs knew then how to rely on his people, yet another one of the qualities of good leadership.

### **At the end we can say that:**

HUMANS ARE NOT EVOLVING AS QUICKLY AS THE PACE OF CHANGE, YET THAT PACE IS ACCELERATING, LEAVING MANY OF US STRUGGLING TO MEET, LET ALONE EXCEED EXPECTATIONS.

**Abhishek Saini**

BBA-II

## **MANAGING RETAILING, WHOLESALING AND MARKET LOGISTICS**

Companies are looking forward to moving away from the conventional supply chain and moving towards value network. In a value network traditional supplier-wholesaler-retailer are considered as partners rather than as a customer. Companies designing marketing channel under the value network principle need to understand the players, role and their importance.

### **Retailing**

The act through which goods and services reach the end customer for individual or business usage is known as retailing. The players involved in this act are known as retailers. Retailers can be manufactures, distributors or wholesalers. They can reach the end customer through the internet or physical stores. Retail organizations are divided into three categories store retailers, non-store retailers and retail organization. Store retailing, the best example is the department store like Macy or Sears. Store retailers are further divided on the service level with self service, self selection, limited service and full service stores. Store retailing comprises over 90% in way products reach the end customer.

Over the years non-store retailing has garnered a market share. Non-store retailing includes direct selling, direct marketing, automatic vending and buying service. Avon is an example of direct selling. Internet retail giant Amzon.com is an example of direct marketing. Soft drink vending machines are a form of automatic vending.



Retail organizations are retailing stores under direct ownership of corporate. Customer satisfaction and brand management becomes easier through retail organizations. Corporate chain store like Old Navy and Franchises like McDonald's are good examples of retail organizations.

Every retailer needs to have a business or marketing strategy for success. Retailer needs to analyze its target market and customers for an in-store promotion and product assortment. Services form a big part of retailing business, so retailers have to finalize level of service. Services include pre-purchase, post purchase and supporting services.

With the advent of technology and unprecedented economic growth, retailing has its own share of change in business ways.

### **Wholesaling**

The act of purchasing goods for consumer and industry for further resale is referred to as wholesaling. Here, manufactures and farmers are not considered as wholesalers.

Wholesaler is an important part of the marketing channel. Wholesaler increase reach of the company products and the risk of selling to the customers. Wholesaler can store inventory of various assortment of product thus helping cost for company and time for customers. Wholesaler can serve as ears and eyes for the company in understanding competition and customer.

### **Marketing Logistics**

The supply chain management is essential for companies to improve productivity and reduce costs. The purpose of marketing logistic is to design and implement infrastructure, which will deliver goods from the point of origin to point of sell in an effective and least cost manner. This objective mix of high customer satisfaction and lowest cost possible are asymmetrical. The major decision involved with marketing logistic relate to order processing, warehousing, inventory and transportation.

Companies look forward to shortening order to payment cycle. A long cycle will lead to decrease in customer satisfaction and company's profit. Companies have to set benchmarks at each level from sales people receiving orders to receiving payment from creditors.

Warehousing for finished goods is another important hub for companies. There has to be a right balance between sales order and quantity of finished goods. Warehousing at strategic locations increases timely delivery of goods and reducing in inventory. Technology has helped in improving warehousing standards.

Piled up inventory is not a good sign for the company. Inventory management involves making decision with time and quantity of raw materials for matching customer requirements. Management principle like Just In Time (JIT) are used for better inventory management. In JIT focus is to develop well time flow of raw materials and finished goods.

Transportation and freight cost plays an important role in final pricing, delivery and condition of raw materials as well as finished products. Here companies need to make the decision, whether to use a private carrier (company ownership), contractual (Outside agency) or common carrier (service shared at standard rates).

Retailing, wholesaling and logistic decision are very important to deliver value to end customers.

**Pooja**  
BBA-II

## HOW TO STRIKE A WORK/LIFE BALANCE WHEN YOU WORK IN THE FINANCIAL INDUSTRY?



***“It's also crucial to remember that benefits don't make a culture. People do.”***

Striking a healthy work-life balance is a difficult challenge even in the best of times, but it is all the more daunting and necessary during times of economic stagnation and uncertainty.

The Great Recession, with its subsequent cutbacks and layoffs, has left many employees putting in longer hours and working harder than ever. Worried for their jobs, workers are intent on proving they are an indispensable part of the team.

Adding to the pressure, today's portable electronic devices have obliterated the line between work and home. Gone are the days when leaving the office or shop meant leaving our work behind. Today employees are available to their supervisors, co-workers, and customers around the clock.

The coupling of increased workloads with technology that keeps us constantly connected to our jobs finds an increasing number of workers feeling overwhelmed, discouraged and depleted.

### **Steps to a Work-Life Balance**

Achieving a healthy work-life balance requires managing our professional and personal life in sustainable ways that keep our energy flowing, our minds and bodies healthy and our whole selves happy and content.

It means giving due attention to all of the things that enrich and fulfil us including work and career, health and fitness, family and relationships, spirituality, community service, hobbies and passions, intellectual stimulation, rest and recreation.

To get there:

#### **1. Track Your Time**

Analysing your present situation is the beginning step in achieving a balanced life. Keep a time log of everything you do for one week, including work-related and personal activities. This data will serve as an eye-opener, helping you understand how you are using -- and where you are losing -- your time.

#### **2. Determine Your Priorities**

Spend some time seriously reflecting on what is most important to you, and make a list of your top priorities at work and at home. Then analyze your time audit by asking yourself these key questions: What do I need to Start doing? Stop doing? Continue doing? Do more of? Do less of? Do differently?



### **3. Set Specific Goals**

Take your list of priorities and turn them into concrete and measurable goals. Block time into your schedule for activities just like you would for an important meeting or a doctor's appointment.

### **4. Establish Boundaries**

Set fair and realistic limits on what you will and will not do both at work and at home. Clearly communicate these boundaries to your supervisor, co-workers, partner and family. For instance, you might commit to not working late on certain days unless there is a crisis. Additionally, set aside a time at home during which you will not check or respond to work-related emails or voice mails.

### **5. Take Care of Your Health**

Your health should always be your No. 1 priority. If you are not in good shape physically, mentally, and emotionally, both your work life and your personal life will suffer. Take care of yourself by eating healthy meals (especially breakfast), exercise at least three times per week and sleep a minimum of seven hours per night.

### **6. Make Time for You**

As much as work, health, and relationships take priority in your life, it is also important to schedule time for your own renewal. Indulge in some small pleasure daily. Connect with your spiritual source. Belief in God, or a higher power, can be a deep well from which to draw inspiration, guidance, and strength.

### **7. Work Smarter Not Harder**

Using time more efficiently is an important skill that everyone from the receptionist to the CEO can learn. Adopting the right combination of time-management practices can cut stress and save you up to an hour a day. This can include the use of technology to become more organized, grouping emails and voice messages, avoiding procrastination and learning to say "no."

### **8. Know When to Ask for Help**

If you are overwhelmed at work, and it is causing undue stress don't suffer in silence. Shed the Superwoman/Superman image and explain your situation to your boss or supervisor. Untenable work situations can usually be alleviated, but it will take some assertiveness on your part. Similarly, if a balanced life continues to elude you, or you are experiencing chronic stress, talk with a professional -- a counselor, mental health worker, or clergy person. Take advantage of the services offered by your employee assistance program.

Try as we all may, work-life balance isn't an exact science. Each person must find his or her own way of combining career, relationships, and personal care into an integrated whole. Even if you implement only a few of the above strategies, they will have a positive and measurable impact in your life. Start with one clear goal -- then add another, and another. The process of achieving a healthy work-life balance is like becoming a professional athlete or training for a triathlon. It takes a concerted effort to get in shape and a continued effort to stay that way. But those who commit themselves to this quest reap enormous health and quality-of-life benefits.

It is possible to have a successful professional career and a fulfilling personal life. Take control of your work. Be proactive with your time. Get a (balanced) life.

**Tanuja**  
BBA-II

## 2020 – THE YEAR OF SUSTAINABLE FINANCE?



There was once a time that investors were only interested in one thing, profit and achieving a return on investment. In the past, this has seen many investors making money from unscrupulous means. Investing, even unwittingly, in companies or stocks linked to arms, tobacco, big pharma or similar questionable operations seemed just another way to make money but as the world wakes up to a sea change in terms of environmental and ethical investing, there has been a rise in the past few years of ethical, or what some are dubbing 'sustainable' finance.



Whilst it would not be prudent to try and compare the returns from the 'old stock', such as tobacco, alcohol and arms, with the new green kids on the block, many experts are suggesting that ethical investing is on the brink of something big. The suggestion across the board is that investors are finding that if they are good to the planet and to people, they also end up, on average, benefiting themselves.

There is mounting evidence that funds which observe environmental, social and governance standards in their strategies tend to outperform those that don't by a significant margin.

Could 2020 be the year we see this kind of thinking take ahold? Only time will tell, but what has been happening so far?

### What is sustainable finance?

**Sustainable finance** refers to any form of **financial** service integrating environmental, social and governance (ESG) criteria into the business or investment decisions for the lasting benefit of both clients and society at large.

Sustainable finance takes many forms, but here are a few examples that 2020 might see heralded as the norm from now on:

1. Green finance- "Green finance is a broad term that can refer to financial investments flowing into sustainable development projects and initiatives, environmental products, and policies

that encourage the development of a more sustainable economy. Green finance includes climate finance but is not limited to it. It also refers to a wider range of „other environmental objectives, for example industrial pollution control, water sanitation, or biodiversity protection. Mitigation and adaptation finance is specifically related to climate change related activities: mitigation financial flows refer to investments in projects and programs that contribute to reducing or avoiding greenhouse gas emissions (GHGs) whereas adaptation financial flows refer to investments that contribute to reducing the vulnerability of goods and persons to the effects of climate change."

2. **Social Business:** A social enterprise or social business is defined as a business that has specific social objectives that serve its primary purpose. Social enterprises seek to maximize profits while maximizing benefits to society and the environment. Their profits are principally used to fund social programs. They can take many forms, all of which you can expect to see more of throughout 2020, namely:
  - **Social Impact Bonds (SIB):** Bonds that are repaid to investors once a project's social objectives are met.
  - **Microfinance:** A solution that opens up credit to more disadvantaged populations.
  - **Impact Investing:** Putting one's savings in companies with a strong social or environmental impact.
3. **Social finance:** Social finance is often used to describe the lending and investment into companies who consider themselves social enterprises, charities, co-operatives, and other impact-focused organisations. The term can include community investing, microfinance, investing in socially-responsible and sustainable businesses, social impact bonds, and social enterprise lending. Outcome-based philanthropic grantmaking and program-related investments, sometimes referred to as venture philanthropy, also fall under the umbrella of social finance. A social investment loan is not a grant or donation; it's repayable, often with interest.<sup>[1]</sup>
  - These approaches to investment and funding share the twin focus of stimulating positive social and environmental returns for investors and the larger world.

**Dr. Ravneet kaur**  
Assistant Professor  
Dept. of Management

## HOW HAS TECHNOLOGY CHANGED EDUCATION?

Technology has impacted almost every aspect of life today, and education is no exception. Or is it? However technology has profoundly changed education. In medieval times, books were rare and only an elite few had access to educational opportunities. Individuals have to travel to centers of learning to get an education. Today, massive amount of information ( books, audio, images, videos) are available at ones fingertips through the Internet and opportunities for formal learning are available online worldwide through MOOCS, podcasts, traditional online degree programs and more.



Education doesn't stop toward the finish of the school day. Students can access teachers, resources, and assignments via the web whenever and wherever they have an internet connection. For students who need to spend more time practicing a concept, online exercises and curriculum can also help them work at their own pace and still keep up with their peers.

Parental contribution is another factor impacting student accomplishment that can expand with technology. Most guardians nowadays have extremely bustling schedules. In turn, they may not have time to assist their child with homework at home or come to class for conferences. Technology can help. Parents may be able to meet with teachers via web conferencing or other online collaboration tools. Additionally, they can check their child's attendance, assignments, and grades through online frameworks. They can likewise converse with their children from work via email, texting, instant messaging, and video calling.

Technology-based projects can also inspire students to think and collaborate as opposed to memorizing, whether they're using the web for research or to correspond with other students or experts who are not physically present. These projects likewise help them learn technology skills they'll need to succeed in the modern workforce.

Though technology itself can be expensive, it can also help schools save money. Virtual field trips, electronic documents, email instead of printed memos, virtual labs, electronic textbooks, and the thousands of free online resources help schools save cash and still give students amazing educational experiences.

Teachers can also utilize technology to discover resources and go to virtual expert improvement courses and conferences (most are free). They can likewise make personal learning networks (PLN) with Ning, Twitter, and different resources to discover and share thoughts and resources, and get support from their colleagues.

We can conclude that Technology can give teachers and students remarkable resources. They have access to new opportunities for learning approaches to work together and to set aside additional cash. Technology is not just a powerful thing for education—it is a superpower.

**Tanu**  
BBA-II

## *Annual Athletics Meet*



**51st Annual Athletic Meet** was organized on 6 Mar, 2020. **Sh. Sandeep Singh, Hon'ble Minister of Sports and Youth Affairs, Government of Haryana** was the Chief Guest. **Arashdeep Singh of B.A IInd year** was declared the best athlete (Men) and **Radhika from M.Com. Ist year** was declared the best athlete (Women). The meet was inaugurated by **Sh. Jaswant Jain, Vice President, G.M.N College Trust and Management Society**. **Guest of Honour** was **Sh. Ajay Baweja, Vice President, Cantonment Board, Ambala Cantt.**

