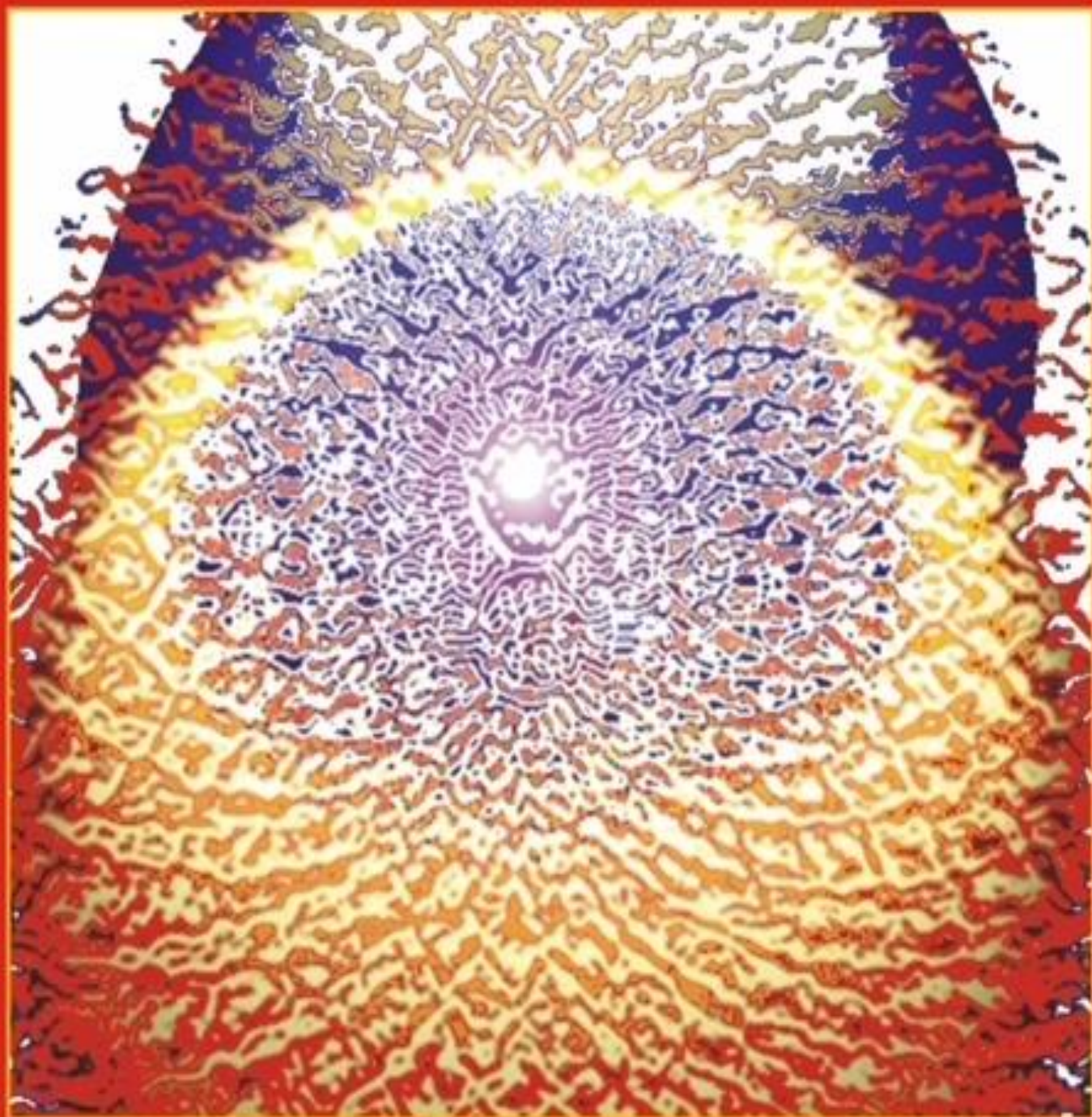




P.G. GOVT.COLLEGE FOR GIRLS

SECTOR-11, CHANDIGARH

2016-17



ABHA

DIFFERENT SHADES OF COLLEGE CONTOURS



FROM THE PRINCIPAL'S DESK



In any society youth plays a pivotal role in ushering in change and development. A nation can expand and progress only when young girls, the most vibrant section of the society, are involved in the process of development. Education is the backbone of every nation and a stepping stone. Creating better human beings is our motto and this can be achieved only if we are able to mould our students to be good human beings with values which are embedded for life. In this era of cut-throat competition, the most important values are not only the acquisition of appropriate knowledge but also inculcation of good habits, attitudes, character, social and moral ethics, compassion for nature and pride in Indian culture and tradition.

Dear students, it is imperative to instill respect for the principles enshrined in our culture, to promote and maintain our historical heritage, to develop enduring qualities of self-reliance, discipline, fair play, and imbibe scientific temper. India has a long and distinguished tradition in the field of science and technology since ancient times and we have attained glorious milestones in new research. An array of industries, that include utilities, services and goods, from small to the most sophisticated have been established. It is high time that girls come forward and tread new paths as key figures in literary and intellectual life. With rising standards of living, increased amenities and lighter household burdens girls pursuing higher education should begin to cultivate literary and technological interests vigorously and be the spearheads of modernity, of rich ancient cultural heritage that would help transform India within a short span of time. They should be innovative, enterprising avante garde artists, technocrats, and scientists and make significant contribution towards the development of your country.

It is time brilliant daughters fashion the world in their own image and scale new heights, mould public opinion and assist the birth of new ideas. Conquer your fears, strive for excellence, make mistakes, falter, fall to rise, start afresh and persevere yet again. Don't be afraid of ridicule and failures. Fructify yourself against the hostile world and leave an indelible mark of your illustrious personality. Make your institution your sanctuary from where you get the equipment to launch your forays against an inadequately enlightened world.

Our mission is to transform students into rational thinkers, competent workers, law abiding citizens and spiritually enlightened individuals.

With a proud legacy of 62 years the college has excelled in every field. Let us give our best and make this institution a modern temple of learning through our diligence, devotion and dedication.

Prof. (Dr.) Anita Kaushal

EDITORIAL

"No one cares how much you know, until they know how much you care".

Theodore Roosevelt

We are all familiar with the word 'empathy' and what its true definition is. Broadly speaking, empathy means to sense the feelings of others by imagining ourselves in their exact situation or predicament. It's not an easy job but one can nevertheless try to master this art of gaining the power of empathy. If we follow certain rules we will certainly be instrumental in making the world a better place to live in. Firstly, assist others express coherently and formulate tangled sentiments, when they encounter daunting, unpleasant circumstances. Help them gauge their situation in a precise manner. Secondly, allow them to express openly, without reservations, along with conveying that you respect their sentiments irrespective of whether they are in sync with your own feelings or not. Thirdly, make an all out effort to build a relationship of trust and a sincere desire to find the best way out. Since through your behaviour, words, actions you have been successful in earning others' trust, many would feel confident to share their problems, feelings, ideas, and desires with you. Your discretion and passion to help them out of their predicament will be immensely appreciated and you will be held in high esteem.

Anyone who shows compassion, is happy to help, leaves a profound impression on others. Never miss an opportunity to say a kind word of appreciation, to highlight successes, to bolster up accomplishments, to award recognition, to make others feel loved and treasured.

Forbearance, appreciation and restraint are the hallmarks of people who are strong in empathy. Sensitivity towards feelings of others equips one with a talent to establish a bridge of goodwill and co-operation. This talent helps demonstrate the prowess of building loyalty, security and integrity especially during very testing times. Don't rush and don't be judgemental, just ensure an atmosphere of stability and serenity and give time and space, to enable others to sort out their own issues. Empathy demands making decisions instinctively rather than logically and more often than not they prove to be right. Gut feeling plays a very important role. Lastly be in the company of positive, optimistic people, who motivate you, and steer away from alarmists and cynics who believe in rocking rather than rowing the boat.

Gurdamanjit

Associate Professor in English

DISTINGUISHED DIGNITARIES' DISCOURSE



DREAM CHASERS



Yumlembam Chingelmbi,
M.A. II Dance, 1st in P.U.



Sonia, M.A. II Public
Administration, 1st in P.U.



Mehak Mehra, Psychology
Honours, 1st in P.U.



Punit Karwal, 1st in Psychology
Honours & 4th in B.A. III in P.U.



Raviti, Hindi
Honours, 1st in P.U.



Preeti Yadav, Geography
Honours, 1st in P.U.



Diksha, Sanskrit
Honours, 1st in P.U.



Shalu Uppal, M.Sc. II
Zoology, 2nd in P.U.



Shally Jain, M.Sc. II
Botany, 2nd in P.U.



Manpreet Kaur,
Hindi Honours, 2nd in P.U.



Gurpreet Kaur, Sanskrit
Honours, 2nd in P.U.



Rupinder Kaur, Geography
Honours, 2nd in P.U.



Surbhi Chawla, M.Sc. II
Zoology, 3rd in P.U.



Shyna Bhalla, M.Sc. II Botany,
3rd in P.U. Qualified CSIR-JRF
(Dec.2016): AIR 77



Savita Gill, Music
Vocal Honours, 3rd in P.U.

DREAM CHASERS



Pehul B. Singh, Sociology Honours, 3rd in P.U.



Twinkle Vaid, Geography Honours, 3rd in P.U.



Yashasvani, Political Science, 3rd in P.U.



Manju, M.A. II Musical Instrument, 3rd in P.U.



Nitika, M.A. II, Music Vocal, 3rd in P.U.



Sumneet Kaur, M.Sc. II Zoology, 4th in P.U.



Deachen Angmo, M.Sc. II Botany, 4th in P.U.



Rigzin Chuskit, M.Sc. II Botany, 5th in P.U.



**Vandana Bhagat
2nd in Panjab Univ. in
MA Dance**



**Baljinder Kaur
2nd in Panjab Univ. in BA 2nd Sem
(Music Inst.)**



**Ritu Sharma
4th in Panjab Univ. In
M.A. Dance**



**Madhu Bala
1st in Panjab Univ. in BAI
(Music Inst.)**



**Harpreet Kaur
2nd in Panjab Univ. in BA 2nd
sem in Music (I)**



**Amanpreet Kaur 3rd in Panjab
Univ. in MA Dance**



**Ankita Goyal
4th in Panjab Univ. in
BA III Sanskrit (Hons.)**



**Tarannum Thakur
2nd in Panjab Univ. in
M.Sc Zoology (2nd Sem)**

CHARM AND CHARISMA



ECLECTIC ETHOS, EPICENTRE OF ENERGY & EXUBERANCE



REAL LIFE, REAL LESSONS, REAL POSSIBILITIES



AUGUST ALUMNI



IN PURSUIT OF DESIRES AND PASSIONS



DIVERSE EXPERIENCES FOR PERSONAL DEVELOPMENT

Ektta: (1st in MA English) The college has certainly helped me become liberal, sophisticated and independent in my thinking.



Manisha: (1st in MA Economics) It gives me immense pleasure to know that my college is one of the best among great academic institutions in India. I owe deep gratitude to my teachers who epitomise love and learning.



Deepti Chaudhary: (1st In M.Sc Zoology) An institution that provides fair amount of freedom with little threat of severe penalties for non conformity. It provides a good platform for holistic growth.



Pawandeep: My three years at PGGCG-11, changed me all together. It infused me with strength, vigour and confidence and helped me shape into a better human being.



Jasleen Kaur: My days spent at PGGCG-11 are unforgettable. Amazing teachers, the majestic red walls, well lit spacious classrooms; - these memories will stay with me forever. Each day came with an opportunity to learn new things and aim higher and higher. I have enjoyed every day of my stay.



Konika Sharma: (2nd in MA in Pub. Ad. in PU)- Happy to be part of an institution that is committed to the highest standards of excellence. The teachers are very co-operative and help you to bring out your best in every field.



ENGLISH SECTION

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Ms. Mridula Joshi

Student Editor

Apoorva Singh

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FROM THE DESK OF THE STAFF EDITOR

“The only real valuable thing is intuition”

- Albert Einstein



Have you been true to yourself? Have you been following your heart, believing in yourself while taking decisions in your daily life? Or do you keep deliberately postponing important matters waiting for either the time to decide for you or seeking opinions from your parents and friends? Well, you are not alone suffering from the “Paralysis of Indecision”!

Living as we do in a modern, fast-changing, ever-developing society, our ‘logical’ and ‘scientific’ temperament does not allow us to trust our sense of ‘Intuition’. Trusting intuition will make us feel focused and strong in the choices we make in life. This divine guidance from within is extremely powerful. It is a direct link to communicate with our own enlightened spirit. Everyone is born with the faculty of intuition and has the capability to develop it to emerge as stronger and more decisive. Some external factors in the society, especially your own friends and near and dear ones, encourage you to completely ignore your intuitive power and replace it with their opinions. In our society, especially, everybody is habitually compelled to promptly give their opinions whether they are knowledgeable about it or not.

Right within you, there exist two states: your inner self and your outer self. Your inner-self is made up of your thoughts, beliefs and intuition and the outer-self comprises of the actions and decisions you take. One can put up a façade and be hypocritical in-front of others but your inner-self knows the ‘real you’ and will always guide you in the right direction. Instead of listening to others all the time to dictate you to do this and not to do that, you must take your own decisions by listening to your heart.

Those who master the art of listening to their inner voice turnout to be more decisive and strong. It is time to empower yourself by harnessing your own intuition. When you take time to understand and learn the art of tapping your inner voice, you will find that your decisions are much easier and faster to make. You lead a happier, more contented, stress-free and balanced life. You may listen to the opinions of others for a perspective but you must know that your own intuition has the final say.

Intuition is the GPS of your soul

....Is yours turned ON?...

Mridula Joshi
Assoc. Prof.

EDITOR, ENGLISH SECTION

From the Desk of the Student Editor

GRAB IT UP!

“Most people miss opportunity because it is dressed in overalls and looks like work.”

—Thomas A. Edison



We live in a world where all of us want to achieve something or the other, but none of us possesses the means or knowledge to do so. Our wishes are unlimited, whereas our means are quite limited. Everyone wants to be served whatever they wish for on a silver platter. However, real life is seldom so idealistic. In reality, we have to put in a lot of effort to achieve our aims.

Life is a roller-coaster ride with umpteen numbers of ups and downs. Once you fall in a pit, life might not offer many opportunities to jump back and climb the hill. So, why not seize all those opportunities – however small or insignificant they may seem – and climb your way to the top? Why wait for that one ‘Golden Opportunity’ which may or may not come?

This advice of taking initiative might sound a bit ironical coming from me; it remains a fact that I was never the one to take risks or initiatives and tread on the road not taken—well, until recently. However, it is with some recent experiences that I put forward this piece of advice: Grab every opportunity that comes your way, whether a trivial one or a difficult one. Do not let it go. Just seize the moment. You never know which experience might prove useful in what way.

What is the worst thing that could happen? You will fail; nothing more than that. Well, then, get up, seize another opportunity and try again. Never forget, one opportunity leads to another. So, grab the opportunities that knock your door, make use of them, learn from them and promise “To strive, to seek, to find, and not to yield”.

Apoorva Singh
Student Editor

PEARLS OF WISDOM

THE VOICE THAT SAYS 'GIVE UP'

If there is anything worth fighting, it is that silent inner voice which says, 'Give Up'. It is surprising how often we hear this voice. Almost everything that we try to accomplish in life requires effort and giving up is the easiest way to escape that effort. Hence, it is a constant mantra of the mind to keep churning 'Give Up'.

You have been studying for a few hours, you are tired and feeling sleepy, there is that inner voice saying, "Give up and go to sleep." You have set the alarm to wake up early in the morning, the alarm rings and there is that inner voice again, "Give up, just go to sleep."

The most difficult of things to recognize and overcome is this tiny whispering voice, which constantly limits what you are and what you can be. There is no success for the one who cannot overcome this inner voice. Success is simply a way of recognizing this voice and overcoming it.

The voice 'Give Up' has a cousin 'Do it later'. 'Do it later' is almost equally detrimental to your progress, if not more. You can eventually recognize 'Give Up' as a weakness and overcome it; but with 'Do it later', there is no real motivation to break the habit. 'Do it later' is pure negativity dressed in positive clothes. It takes more effort to recognize and beat it.

Both of them together, 'Give up' and 'Do it later' can bring down your infinite potential to an almost infinitesimal level. If you cannot avoid listening to and overcome this inner voice repeatedly, you will not be able to accomplish much. There are no big barriers to success; what you need to be aware of are these tiny inner voices of tiredness, boredom and negativity.

Just beyond the voice 'Give Up' is the vastness of your true potential. If you can just push yourself a little further every time you hear this voice, then you can go farther than you have ever imagined. In truth, there is absolutely no limitation to your creativity, energy and positivity. It is just that listening to your inner voices of negativity has become a habit. Once the habit is broken, you will discover a completely new 'You'.

Try this. Every time you feel like giving up, just tell yourself, "10 more minutes" and push yourself to accomplish the task for those 10 minutes. Again, when you hear the voice 'Give Up,' tell yourself, "10 more minutes!" This simple habit of pushing yourself a little further every time you want to give up can make all the difference.

—Alka S. Yadav
B.Sc. III Med.

SOCIAL APP V/S SELF APP

Never a day passes when we do not use our phone. One fine day, I was having a cup of coffee and was using WhatsApp, scrolling down to see statuses and photos of my contacts. Like every other time, my mother said, “subha-subha hi phone” and as always, I said “It’s something important, mom”, just to avert the issue. Reality- it is always a message or a popup notification from Instagram or Facebook, but we term it as ‘something important’. This sent me into a deep thought afterwards that whenever our phone beeps, we rush to see it and if it is a message, it has become so obvious for us to reply instantly.

Social App

We can say that it has become a storehouse of our basic knowledge. Whenever someone asks us for a contact number, the mind straight away goes to the contact list of a phone. Why? Because we have techno help on our disposal, why should we rack our brains to learn that? Technology has given us umpteen benefits with WhatsApp and many more applications, which, with just one click delivers our message to others. On one side, technology has made it easy for us and on the other, we try to find the easiest and shortest way to communicate by writing in shortest forms as much as possible.

Like every coin, it has a dangerous flip side too. We ourselves can see how it is affecting our verbal communication. It is a communication with "two thumbs on a phone". It does not let our brain and mouth exercise to think of the exact word as the keypad itself displays the required one. If it does not, we just neglect writing the word with proper spelling.

Why have we become so much dependent on these? Is it good to keep texting and doing something or the other in our phones despite a grave emergency? Is it good to look at our phone every 5 minutes? Is it good to shorten a 10 letter word into a 4 letter word? The last but not the least, is it good to share our food with technology? In fact, we have unconsciously developed this habit so much that we do not notice the change in our routine and lifestyle.

Using our phones for everything is making us a kind of paralyzed person. Self-help is the best help that a human can ever do to himself/herself when compared to the social apps, which themselves rely on human beings for their processing.

Make use of it, but not as an addiction. Take benefit of it, but do not rely upon it. Minimize the use of phones to give rest to yourself, otherwise, what is the use of being a human whose mind rings, but for other things rather than himself/herself?

—Niharika Rana
B.A.III

BE THE MODERN MICKEY MOUSE

Give it a thought for once... Isn't instilling in yourself the values of Mickey Mouse, the evergreen cartoon character by Disney, the most perfect way to survive through this modernism? Why, you ask? Consider this:

1. Mickey Mouse was friendly and had some real friends like Donald Duck, Goofy and Minnie Mouse, which is very important in this virtually oriented world.
2. With his Meeska Mooska jingle, he had the knowledge of everything and, in turn, he imparted it to his audience. So, being knowledgeable and helping others will always fetch goodness to you.
3. He had a pet dog Pluto and took good care of him. Along with modernism, humanity should also be your concern and love for animals is one such prime concern.
4. Mickey Mouse leads us to different paths of story-telling through geometric patterns and vocabulary with sing-along segments which emphasizes the fact that knowledge of each aspect is important. His mobile device 'Toodles' is a great example of how technology plays an important part in our lives.
5. The last but not the least, he was loyal to his one and only love, Minnie Mouse and loyalty in every relationship is what the people are lacking in now.



—Divya Rajani
B.A.III

13 THINGS YOU WILL REGRET NOT DOING

1. **Not learning another language:** There are so many different cultures, countries, customs and languages to explore. Learning another language would not just be fun; it will expand your knowledge and give your resume a boost!
2. **Not travelling when you had the chance:** You might think, “I’ll travel in a few years when I have the time/money,” but the truth is, the older you become, the harder it is to drop everything and travel. There is no time like the present.
3. **Not exercising:** You do not need to be a gym buff to make physical fitness a priority. Regular exercise has been shown to improve overall health in numerous ways, keeping the body healthy and strong. If a gym is not your scene, go for a hike, take a jog, ride your bike or take yoga classes.
4. **Not moving on:** People will hurt you; it is inevitable. What you do not realise is that every minute you spend holding a grudge and being angry is the time that they are taking from you. Learn to move on.
5. **Not reading enough:** It often seems like reading is impossible with the busy lives we lead. However, taking out time to read can expand your knowledge, your vocabulary and your mind. Whatever genre you prefer, pick up a book and allow your mind to wander.
6. **Never performing in front of others:** This is something even an introvert will agree to. You have got to feel the eagerness before stepping on stage, the onstage adrenaline rush and the post-performance unending happiness.
7. **Doing new things:** Stop being afraid of trying out new things.
8. **Not realizing how beautiful you are:** You are committing the biggest mistake if you spend your time thinking you are not beautiful; you will just regret it. Too many of us spend our youth unhappy with the way we look, but the reality is that everyone is beautiful in a unique way.
9. **Not standing up for yourself:** Get the respect you deserve – not because you are ‘wiser’, but because you are aging with attitude.
10. **Not spending time with your grandparents:** Most of us realize too late what awesome resource grandparents are. They can answer every question of yours, make the tastiest food you will ever get to eat, narrate awesome stories, and much more, but only if you ask them in time.
11. **Not living in the present:** Clinging to what was in the past, instead of acknowledging that things have changed, can be a source of ongoing agitation and sadness. Just give up thinking about what has already happened and live in the present.
12. **Not spending enough time with loved ones:** Our time with our loved ones is finite. Make it count.
13. **Being selfless:** “My life is more difficult than of anyone else on the planet.” Is not that what you think? Most of us spend our youth thinking just about ourselves, while completely ignoring others. You may not realise it today, but life does not revolve only around you. Learn to care and think about others.
Life is too short; do not let it go. Each and every moment matters. Make use of it in the best possible way.

–Simardeep Kaur
B.A.I

TELL-TALES

NOW THAT YOU ARE GONE

As the cool breeze blows gently, I try to find solace, hoping it to be him, making me feel his presence. I smile, and I contemplate on the cruelties of the human race, that could not bear the essence of my love and chose to snatch it away from me, the one and only I had in this life. What is the rule of the world? That it separates those that love, and makes come close those that should not. Look at those two clouds up above. They could create a disaster if they clash, yet there is a possibility of them meeting. And me and my love? We didn't plan on giving even a bruise, let alone a disaster. I can never forgive them for being so harsh on me.

I continue to smile through my thoughts of him as he reminds me time and again that he is near, never to leave my side, as promised.

"I know I dwell in your heart. I hope I always do." I remember saying to him once. "I really hope I do."

I clearly remember the first time I saw him and knew just then that he was the one. "I fell for you when you filled me with your broken parts, knowing only they could keep me alive." He was there to save me when I could've died of hunger. It must have hurt when parts of him were taken away for selfish motives, but he never complained. Such was he, who stood there open-armed, when the entire world shooed me away.

I had spent endless number of hours in his embrace, and could spend more. "I could roam about the whole day, wander, have fun, and come back with not a bit of fear of you going away, because I've known all through that you're here to stay." Alas! I thought we were forever. It wasn't his mistake that he grew old so soon and the man cut him down to the root. For me, he was winsome as ever. But, my love, you must know well, that my heart was shattered to pieces when I came back from a winter of hibernation and found you gone. I was numb. I thought that maybe I had come at a wrong place; that you could not have cheated me, not even in dreams. That maybe I had some memory issues. But sooner or later, I realised, you were gone. I felt betrayed. I was cursing you for all the heartbreak, until I overheard the two ladies talk about you kicking the bucket. I swear it kills me to see a multiplex stand at your place. But who listens to a squirrel, a minute creature?

I fear his absence. I miss how I used to run into him and hide from the world in his arms- the safest place, when there was just a little bit of something that could scare me. He had been with me in all the summers and passers -by clicked our pictures of togetherness. Now, I miss him in this year's. I feel so alone. Unsafe. I eat alone. However, that is okay. I will learn to lead a life like this eventually, for as long as I live. "Now that you're gone, I shall stay in this state of fall, for there's apparently no one I can see to pick me up like you did. To comfort me in my memories, like you still do. You, my love, that they dearly call a mango tree."

- Diksha Gupta

WHAT THEY FEEL

DREAM TRAVEL

PERSPECTIVE 1:

There was a mist clouding my eyes,
there was a sound evoking sighs.
I suppose it was a dream,
that was filling up emotions to the brim.
Everything felt, Oh so real –
the sounds and sensations, surreal.
Everything and everyone was happy,
extinct was all that was gloomy or sappy.
I was floating atop a bed of clouds,
undeterred was my mood by any doubts.
Towards my immediate right,
stood the mighty ‘Statue of Liberty’ in America.
And, on my left, shone bright,
the landscape of Cape Town in South Africa.
One second, I was falling in a cliff-dive,
the other, I was reading Shakespeare in reprieve.
The tunes of my guitar, never before so jovial,
surrounded on all sides by everyone cordial.
Flashing bright was my mother’s smile,
fighting the sun itself for brightness!
Sitting with my father on the banks of ‘Nile’,
soothing my heart and purging all sadness!
Now, I stand beside an unmarked trail,
next to my brother, I look delicate and frail.
Sibling bonding over some hiking,
we laugh over injuries sustained over biking.
Now, I stand before a black canvas,
I pick up a brush to paint a rose.

But, my hands move without my consent, I fuss,
and right before my eyes is a Monalisa in repose!
I blink and I am on a beach,
sunbathing and partying without a hitch.
My friends' laughter ringing in my ears,
our love shining in my happy tears.
All of a sudden, I gasp and sit up,
I am in my bed, my heart on a crazy jump.
“Just a dream”, heart sighs.
“For now,” mind smiles!

Anushka Malik
B.A.II
(First Prize)

PERSPECTIVE 2:

It is a true saying by a great personality of the past that one who does not have an exciting urge to travel, has some part of his soul untouched. How intensely boring it would be to live in the same place for seventy years or more!

What one gains through travelling can never be substituted by any other thing; be it education or internet. As human beings, we have a strong need for being safe and thus, tend to avoid a lot of activities which endanger our sense of security. However, I think no amount of security is worth sacrificing the leisure of travelling.

My dream travel includes three places. Each of these is of great importance to me. My journey would begin with the beautiful country of Italy. It does not only have scenic beauty, but is also a place where you actually get to enjoy life. Each moment spent there is synonymous to pleasure. The food is exotic and beautiful with different colours of pasta and enormous variety of pizzas to choose from. As I have an intense desire to learn new languages, I would really like to learn Italian. Each new language seems to open doors to a whole new fascinating world. The sound of the Italian words is like a mesmerizing music and the sentences like a choir of beautiful voices, which is really soothing to the soul.

Next place in my dream travel trio is India. India – because it is a country of not only various foods and fun, but also of peace. This would be the place where I could seek silence and also introspect. Spirituality would be an appropriate synonym for India. I would definitely like to visit all the spiritual places in the country, be it churches or Buddhist monasteries, ancient temples or gurudwaras. I also want to learn the years-old art of meditation. In India, there are exclusive Ashramas for teaching this art to people and helping them overcome their anxieties and relate themselves to the Divine.

After India, my journey would end on an island — a place which is far away from the hustle-bustle of the daily life. It could be anywhere in the world; the only thing I want is lots of time to read and meditate. To maintain the consistency, this island would be synonymous to silence.

These places constitute my dream travel. Travelling does not always have to be pleasant; it can be difficult at times. What matters is that travelling should touch one's soul and reveal one's true being.

Amaneet Kaur Gandhi
B.A.II
(Second Prize)

PERSPECTIVE 3:

*“For men may come and men may go...
But, I go on forever...”*

—The Brook

This is the line, which had got hold of my soul and made its way with its flow. It describes my dreams, which never come to an end. Travelling has always been my passion, a love which can never be substituted by any other thing or being. Even in my dreams, I think of travelling and in fact, have traversed a lot. It is neither any materialistic possession, nor any destination which I reached; instead, it is a journey which keeps me enthusiastic and which goes on in my meditation.

Materially speaking, I have travelled many places all over the world, but had never found that euphoric bliss and ecstasy by reaching the defined ‘material destination.’

I want to travel to a place unknown to all, a place where I could find myself getting united with my husband, ‘Lord’, as only that kind of travel would be considered the acceptable one when I will have to face the ‘officers of the Supreme’ (Yamdoot), when I leave this body and when my soul gets confronted with my beloved. I want to face the ‘officers’ with certainty in my language and say, “Yes! My dream travel, with which He had sent me by placing my soul in this body, is no more a dream, but a reality.”

I shall not leave any stone unturned and shall pass all the hurdles with an ease as I know that my journey towards Him will always be a bliss. The journey shall not be a bed of roses but a shower of thorns, with great difficulties and challenges. However, passing them and moving ahead would reveal my love and belongingness.

I shall travel on and on and pass the five vices – lust (kaam), anger (krodh), greed (lobh), attachment (moh) and ego (ahankar) – easily, as I know my beloved is my helping hand. The path has been defined and the destination too, but the actual satisfaction and zeal lies in the journey. For, I know that this is why I have been fused in a human body.

Baba Sheikh Fareed, in his verses has explained the love which could give any ‘soul bride’ goosebumps, which would shake ‘her’ very inner being and make ‘her’ more determined to continue the journey –

Fareeda, Galiye Chikar Door Gher

Naal Pyaare Neho,

Challa(n) taa(n) Beejhe Kambli

Rahaa(n) taa(n) Tutte Neho,

Beejho Seejho Kambli

Allah Varsau Meho,

Jaaye Milla(n) Tinna Sajna,

Tutau Naahi Neho...

*(Sri Guru Granth Sahib,
Page- 1379)*

where Fareed ji says, “ The path is muddy and the house of my beloved is so far. If I go out, my blanket will get soaked, but if I remain at home, then my heart will be broken. In spite of the rain, I am going to meet my friend so that my heart is not broken and I shall be contented.”

It is the travel, in my inner being that would lead me to my beloved and make my life worthy of existence.

Jasleen Kaur
B.A.III
(Third Prize)

(NOTE: These are the prize-winning entries of the Creative Writing Competition, organized by the Manorang Society.)

TECHNOLOGY: BOON OR BANE

Christian Lange once said, “Technology is a useful servant, but a dangerous master.” Quite curious, is not it? What does he mean by that? Advancements in science and technology are supposed to make our lives simpler and more convenient, but is it possible that they are just making it a bit more complicated?

In the 21st century, technology has become such an integrated part of our lives that sometimes we are not even consciously aware of its presence! From our mobile phones to our televisions, from newspapers to radios, from infrastructure to weaponry, technology has penetrated every single aspect of our lives. Thanks to technology, the entire world is literally at our doorstep. However, like every other thing in this world, technology also has a very grave flip side. PJs, junk food and binge watching TV-series or movies is, perhaps, the ideal day for most of the young generation. However, as much as we like to Netflix and chill, we also have to be aware of the real world problems that come with it. Relationships are deteriorating because instead of a face to face conversation, people, now-a-days, just send a text through WhatsApp while lazing in bed. Stress, obesity, depression, isolation, delusion are on a rise like never before! Some are so deep in the virtual world that they have forgotten the concept of logging off and coming back to reality.

It is true that technology has made our lives easier. Any problem, any question, Google Baba to the rescue! However, Google, which should have been the last resort, has become the first choice. Passion and curiosity are dying. There is no longer that fire burning inside us to try and find out answers on our own, to go out in the world, outside the confines of our pseudo reality and explore.

From our homes to our environment, high tech toys have taken over everything. Their manufacturing has led to an increase in greenhouse gas emissions. Melting glaciers, fluctuating seasons and global warming are no longer just themes of action flicks. They are our reality. Instead of using technology to maintain equilibrium in the environment, we are slowly destroying our environment using the same technology.

We discard twenty to fifty million tons of techno-trash world-wide every year, which amounts to a good five percent of all solid waste. United Nations has calculated that producing an average computer requires five hundred and thirty pounds of fossil fuels, forty-eight pounds of chemicals and one and a half tons of water. So much of our natural resource, finished with, in just producing one computer!

It should come as no surprise that a green and clean technology is an urgent need of the hour.

What is the most intriguing part? Instead of using science and technology to save lives, we are also using it to find easier and more convenient methods of lives. It seems we are now using it just to prove a point; whether it is right or wrong, no one cares. Human life has become this cheap.

Now is the time to step back and think. Technology was supposed to be ruled by us, but is not it the reality that we have allowed it to rule us? Technology has created a paradoxical situation where the world is smaller than ever before, but people are further apart than never before. It makes us wonder whether Einstein, the great scientist was right when he said, "I fear the day that technology will surpass our human interaction and the world will have a generation of idiots."

—Shreyansi Verma
B.A.III

ELECTIONS IN EDUCATIONAL INSTITUTIONS

In context to democracy, can we afford to substitute the word 'student' for 'youth' so blatantly?

Can we afford to be so short-sighted as to let students whose priority should be academics fall prey to the selfish designs of scheming political parties?

Is not it a vulgar trick to mislead young impressionable minds?

According to me, there should be no elections to student associations in educational institutions. I strongly believe that election to student bodies, as witnessed in September, 2016 in the elections in Punjab University, diverts the attention and energy of the students, derails their academic plans and goals and digresses their thought towards vacuous beliefs. According to some people, the electoral process helps in developing student's critical thinking abilities. I agree, but just think, is there any logical manifesto to ponder over? Today, the thinking involved is whether to vote for the guy with the Audi, who offers a trip to Kasauli, or the fellow who entices the student voter with free booze and food.

If elections to student bodies are so pertinent for the growth of students, then why are we keeping our professional colleges bereft of this opportunity? Are the students of IITs, IIMs, and AIIMS so tender, so ignorant and so immature that they cannot participate in elections?

According to the Times University ranking survey, only a handful of our technical colleges figured in the top 500 universities of the world! Why is it so? Well, because students in the top rated institutions focus on the key areas: academics, co-curricular activities, community service, fraternities and sororities that strengthen their organizational skills...without the fanfare of elections.

In Punjab, student elections have been banned for law and order reasons. The sight of the guns, swords, hockey sticks and baseball bats, recovered by the police in the university is not

be easily
Gandhi,
Ambedkar,
acquired

elections.
vanguard
movement;
infused the
patriotism
era of
Holding
to ransom,

universities into political battlefields, resorting to demagoguery... are these the justifiable ways of making future leaders?

Just imagine, would Dr. APJ Abdul Kalam have been the iconic leader that he was, had he diverted his innovative intellect to politics in his student years? Would there be any Agni or Prithvi or Aakash, had this missile man dissipated his energy in campus elections?

The answer is NO!

something that can
forgotten.

Bose, Nehru,
Radhakrishnan
education from
institutional sans
They became the
of the freedom
they inspired and
masses with
ushering in a bright
independence.

our education system
changing our

—Samridhi Nair

B.Sc.II(Non-Med.)

(NOTE: This debate won the first prize in the Zonal Youth Festival, Punjab University, 2016 held at Chandigarh.)

TRANSFORMATIONAL IMPACT OF SOCIAL MEDIA

With umms, hmms, OMGs and ROFLs; with DPs, statuses, blogs and tweets; with Facebook, Twitter, Snapchat and God only knows how many other apps, our generation has successfully created not just another language, but a world of its own – the world that is known as Social Media. Social Media, as the term suggests, is a platform for people from all over the world to socialize, meet new people, share and discuss ideas. However, as it turns out, it is so much more than that. Be it a student or a teacher, an artist or an activist or even political leaders on the world's stage, social media has transformed the lives of everyone. It is a place where one encouraging comment can boost your confidence like nothing else, a place which allows a shy, socially awkward boy to freely express himself, even anonymously, if he so wishes. Instead of just being aware of our immediate surroundings, social media has made us a member of the globalized world. For instance, Brandon Stanton, a young New Yorker, founder of Humans of New York, who started sharing pictures and stories from the lives of the common man, created a global network, influencing millions of people. So much so, that today, we have a page called Humans of Chandigarh!

Social Media has strengthened the belief that in the 21st century, we all live downstream. What affects one, affects everyone. It doesn't shy away from showing support for those who are being wronged like the LGBTs. Closer to home and heart, one of the largest candle light marches held at India Gate in New Delhi, was after the Nirbhaya Gang Rape

of December 16, 2012. Organized in one night, popularized through social media, and hundreds showed up to light a candle for justice. From helping us in our education – have a query? Just ask a friend through WhatsApp, to ensuring our safety through various SOS apps; from leaders like Barack Obama and Narendra Modi using social media to strengthen diplomatic ties, to the citizens of India, enjoying Digital India today, social media is definitely one of our biggest asset, but also our greatest liability.

Enter any college campus any time of the day, what should have been an atmosphere of merry interaction between students, has transformed into an environment where everyone is just plugged into their phones, and the sound of silence echoes all around. Yes, this virtual world of social media is bringing us closer, but at what cost? Isn't the price of true and real friendships and relationships too big to pay? Recently, a Birmingham University student was awarded the title of Innovative Scientist because she came up with a series of bags which had emoticons printed on them. The thought behind it was that when one encounters another person carrying a bag similar to one's, one is supposed to interact. Just imagine! We have reached such a stage of non-communication that we need bags to cajole people to talk.

Cyberwarfare is another threat of ever-increasing potential, all thanks to the contribution of social media to it. Some consider it to be the greatest threat to nations today. Increasing number of teenagers are committing suicide after being subjected to malicious and downright disgusting memes and trolls. After all, not everyone is an Alia Bhatt who can take them in her stride.

While the world is getting closer, our morals, values, and respect for one another seem to be getting farther and farther away from us.

Yes, social media has transformed our lives in ways we could have never imagined, but let's not forget that it's called virtual for a reason, right? You press the deactivate button and BOOM! It's gone.

–Shreyansi Verma
B.A.III

(NOTE: This speech won the first prize in the Elocution Contest at the Intra-Zonal Youth Festival, Punjab University, 2016.)

NO MOBILE PHONES IN CLASS

Comparing student records and mobile phone policies from 2001 to 2013, Murphy and Louis-Philippe, researchers of Louisiana State University noted a significant growth in student achievement in classrooms that banned mobiles, with student test scores improving by 6.41 percent points of a standard deviation. This made them 2 percent points more likely to pass the required exams at the end of high school. The impact of the ban on mobile phones on these students was equivalent to an additional hour a week in school. Low-achieving students benefited the most, with their test scores increasing by 14.23 percent points of a standard deviation – a gain that was double compared with that of average students – making them 4 percentage points more likely to pass the

exams. Likewise, the ban greatly benefitted the students with special education needs and those eligible for free school meals, improving exam scores by 10 and 12 percent points of a standard deviation respectively.

These are the findings from a study conducted in ninety-one schools in four English cities, including London, before and after strict cell-phone policies were implemented, and are substantial eye-openers that mobile phones should be banned in the classroom.

It is a general feeling that new technologies improve productivity. However, this is not always the case; when technology is multipurpose, such as mobiles, it can be both a boon and a bane.

Texting answers to friends, copying down test questions, clicking photographs of test pages, putting answers on phones, making comments about students and teachers, continuously checking for messages, constantly engaging in silent off-task conversations, updating pages on social networking sites, rather than paying attention in the class, posting class photos without subjects' permission, updating social sites without censoring content and thoughts, finding ways to get around institution's filtering systems, playing games or watching videos in class – these are some of the “value-additions” of mobiles which devalue teaching, learning and education.



It is not that mobiles cannot be used for positive purposes. However, the purpose for which one actually uses the mobile phone is highly skewed. The position and mind-set of the cell-phone user is just like the man with a hammer who sees everything as nails.

Mobile has inculcated in the students the sensibilities of raccoons, a fascination with shiny objects and an appetite for garbage, and the ones who boast about the cultured texting generation believe that the teenagers who cannot even boil an egg are capable of creating a culture.

Many people say that mobiles are a connection in an emergency. I wonder what the last situation was that genuinely called for an immediate phone call to a student. In most cases, contacting the hospital or the police would seem more urgent. It is not a big deal; parents can always call the institution's main office to

reach their children.

Mobile phones have become prosthetics. Addicted users feel infirm, incomplete and handicapped in their absence even in the classroom. Learning and studies take a back-seat. Rather a student learns some other arts (obviously harmful) like how to whisper, texting without looking at the phones, sleeping in the class without getting caught, and above all....“team work” in tests.

Cell phone dependency is now called compulsive communicating. It is certainly better than smoking... as it is the new, lung-safe cigarette.

—Anagha Raj
B.A.III

NO RETIREMENT AGE FOR POLITICANS

The Father of our nation, Mahatma Gandhi, was above seventy when he led millions, Jai Prakash Narayan was above seventy-five when he led a county-wide movement, Sardar Patel was about seventy-five when he unified our fragmented country. Look at the contribution of, dedication and commitment of Lal Bahadur Shastri at sixty plus, Sarvapalli Radha Krishnan at eighty-five plus, Rajendra Prasad at seventy-five plus and Zakir Hussain at seventy plus. Not just in India, but the world over, the most respected heads of state have been senior citizens: think of Winston Churchill, Golda Meir and George Washington...

After considering the immense contribution of these ageless politicians, I feel that there should be no fixed retirement age for the politicians.

Politics ideally is not a job... but a means of selfless service to the people of the country. Politicians are not self-styled individuals; rather they are popular statesman with extraordinary leadership capability; and leadership, nationalism, devotion and selflessness have nothing to do with age.

Today, we are living in a vibrant and liberal democracy that needs not the impetuosity and rash impulsiveness of young blood, but a reasoned vision steaming from maturity. However, if these mature people are forced to retire, would not the country be deprived of much needed and legislative experience? Would not the path to development be blocked by prohibiting the immense acumen and in-depth knowledge of these experienced leaders? Those who harp on the supposed advantage that youth has in terms of their innovativeness and enthusiasm, in fact, have quite forgotten the age old dictum that 'the stronger is your history and knowledge of history, the mightier are the ways to face challenges.'

Fixing the retirement age for senior politicians may have a major impact on public acceptability of political parties, as there is an element of individual trust and goodwill involved. Senior politicians have been handling the issues of the people for a longer period of time. They are familiar with the pulse aspirations of the public. Politicians are representatives of the public, in reality they remain in service as long as the public considers them suitable.

Moreover, a person's ability to serve his country cannot be judged by his age because the mind is ageless. Unlike the body, the mind can be robust at any age. If elections are won on the bandwagon of youthful good looks, then wisdom is surely in short supply. Wisdom is using one's knowledge and experience in the right way, and both come with age.

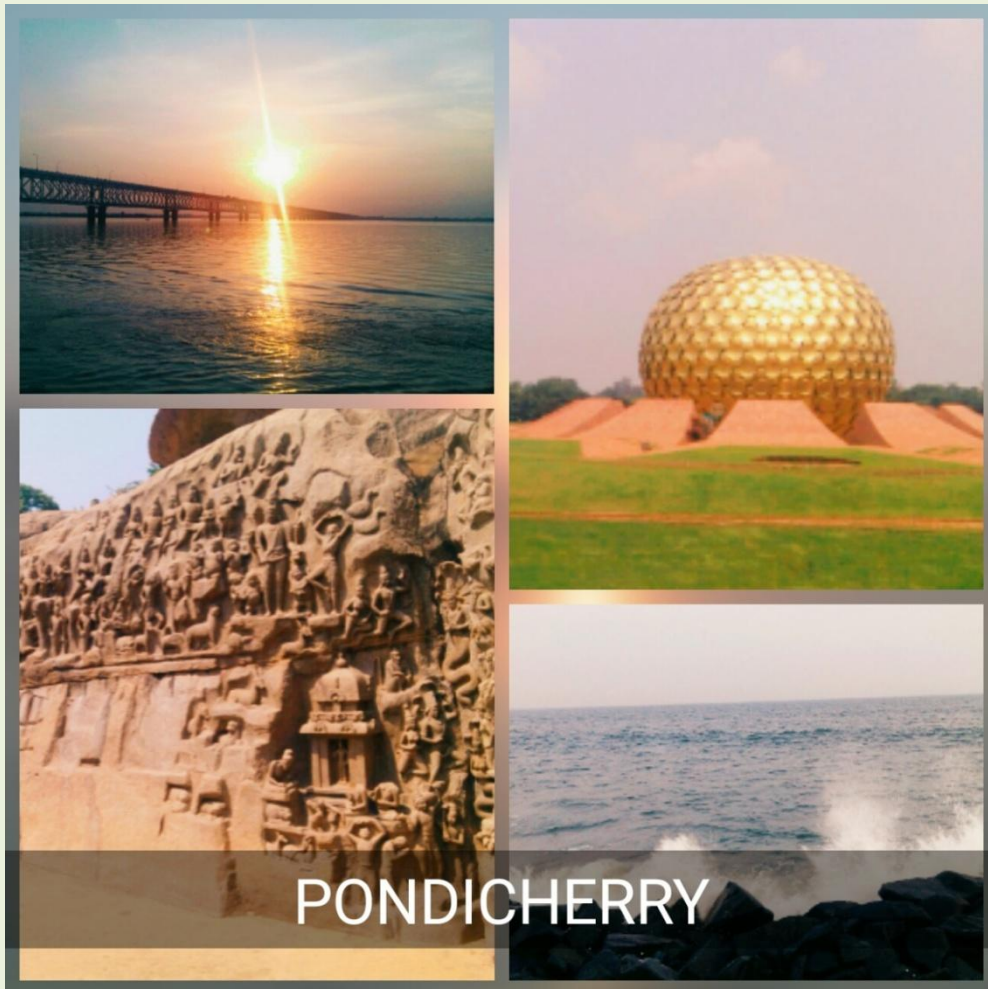
In our over-zealous advocacy of youth, let us not forget the inestimable value of sagacity, knowledge and experience; let us acknowledge the truth of Tennyson, voicing the thought of the legendary Ulysses who was made immortal by him:

*Old age hath yet his honour and his toil;
Death closes all: but something ere the end,
Some work of noble note, may yet be done,*

—Samridhi Nair
B.Sc.II(Non-Med.)

(NOTE: This debate won the Second Prize in the Inter-Zonal Youth Festival, Punjab University, 2016, held at Ludhiana.)

TRIP TO PONDICHERRY



Our college organizes a trip for the students every year in the Autumn break. It is a much-awaited event, with students saving money since the beginning of the year and guessing where they will be taken to. This year, when the notice was put up for the trip, everyone was delighted. It was a ten-day trip to Pondicherry, Mahabalipuram, Vishakhapatnam and Rajahmundry. So, me and my friends got our names registered with the teacher-in-charge and started preparing for the trip.

After much waiting, the day finally arrived. Our journey began on the bright and sunny day of October 11, 2016. All of us gathered in the college campus to start our much-awaited South India Darshan. Girls had already started clicking photographs and selfies. All the faces looked excited for the journey. Everyone was packed with their best dresses, shoes, makeup, and accessories to make some memories worth remembering.

We reached Delhi by bus and then boarded the Karnataka Express from there. A 33-hour long trip to Chennai did not exhaust the enthusiasm of the girls even a bit. From there, we headed towards Pondicherry, where the beautiful Pondicherry beaches welcomed us with huge tides and gallant waves.

The township of Auroville showed us the unity that people of India withhold. We were taken to the Matrimandir, where silence is maintained at all times to ensure the tranquility of the space. The entire area surrounding the Matrimandir is called Peace area. Then, we headed to the Aurobindo Ashram which was a place to mediate one's thoughts to the

divine.

The next day, we left for Mahabalipuram where the Shore Temple and Pandava Temple's single rock carvings mesmerized all of us. The sight took us all back in history. In Chennai, the beaches were fun and everyone enjoyed at the water kingdom. Later, Rajahmundry welcomed us with open arms. We went for an amazing boat ride at the Pushkar Ghat, which was followed by an hour-long prayer service to Godavari. It was a mesmerising scene where the Pandits performed the rituals in the middle of the Ghat on a beautifully decorated platform.

A bus ride took us to Vishakhapatnam which held a number of surprises for us. We went to the Rishikonda Beach where the blue waters were captured by everyone. The waves were high; still, we headed into the water holding each other's hands. The Kailashgiri Hill was a great ambience where the huge marble statues of Lord Shiva and Goddess Parvati captured our attention. We also got to see the water-bound city from the hill top. The drive to the Visakha Museum where the artifacts of naval glory are stored was great with beautiful scenery all around. We also got a chance to enter the Submarine Sea Asia, a historic masterpiece which is being preserved. It was a great tourist attraction. In the evening, everyone went shopping and bought souvenirs for their family and friends.

We had enjoyed so much on the trip that no one wanted to come back. We left for Delhi in the early hours of October 19. The train journey was very exciting and our teachers made it more fun by making us play Tambola and a few Antakshari sessions. It was in their great company that the trip became a success. From Delhi, we once again loaded our bags in the bus to head to Chandigarh. After a delicious dinner at Haveli, Murthal, we reached our college campus at 2'o clock in the night.

The tour was not only about great places and beautiful scenes, but also the bonding which the girls shared with each other. Everyone had great fun in each others' company. The trip gave us some great memories for a lifetime.

—Avantika Pal
B.A.III

LOST IN THE WOODS

The part that I like the most about my college life is the summer vacations. Coming from a hilly area, Chandigarh heat becomes unbearable during the summer months. That is why, I long to go back home and plan several adventures with my family and friends. One such adventure got me lost in the woods – literally.

I and my cousins decided to go trekking on a local hill, Karol at Solan, Himachal Pradesh. None of us had visited the place before and were really excited about the trek. We started climbing up the hill at 10a.m., though we had earlier decided it to be at 7a.m. Since none of us is an early bird, we could not help the late start. The journey up the hill was very tiring. We had to carry our food and drinks along with us as there were no shops or houses on the way. However, the breath-taking sceneries that we witnessed were enough to shirk away all the tiredness. After a long trek of about two and a half hours, we reached the top of the hill. We could see our town far down, the houses looking like tiny ants. At the top of the hill were a temple and a cave. As we entered the tiny cave, small bats flying over our heads gave us the feeling of being in a horror movie. It was pitch dark inside; the rock was slippery. Unprepared as we were, we used our phones for flashlight.

After spending some time there and having our food, we started our journey back down the hill. We took the same path, but somehow reached a place from where we could not figure out where to go. It was in the middle of the forest, dense oak tress all around us.

Being the oldest among us, I tried to keep calm, while deep inside, I was horrified. I told my cousins how easily we could figure our way back out citing numerous methods learnt from Discovery Channel and inventing some of my own at that very moment. We kept on moving forward, but soon realised that we were just going around the hill. We could not risk going down because it was getting late and we could have encountered wild animals near the streams. So, I decided to go up the hill once again. All this time, my cousins were blaming me for getting them lost.



Finally, on reaching up the hill, I stood at a place and tried to find the way we had climbed up. I was relieved to find something that looked like a path. We took that path and moved down. We finally reached down near our city, though on the outer-skirts. All of us were very happy to see the road, and hugged each other out of happiness.

Every one praised me and I felt like being a hero. It was only when we reached back home and all the fear had gone away, that we realised how much we had enjoyed getting-lost-in-the-woods. I also realized I could manage to lead them during the difficulties.

The experience makes me remember the famous lines, “Sometimes, we need to get lost in order to find ourselves.”

—Anjali Sharma
B.A.III

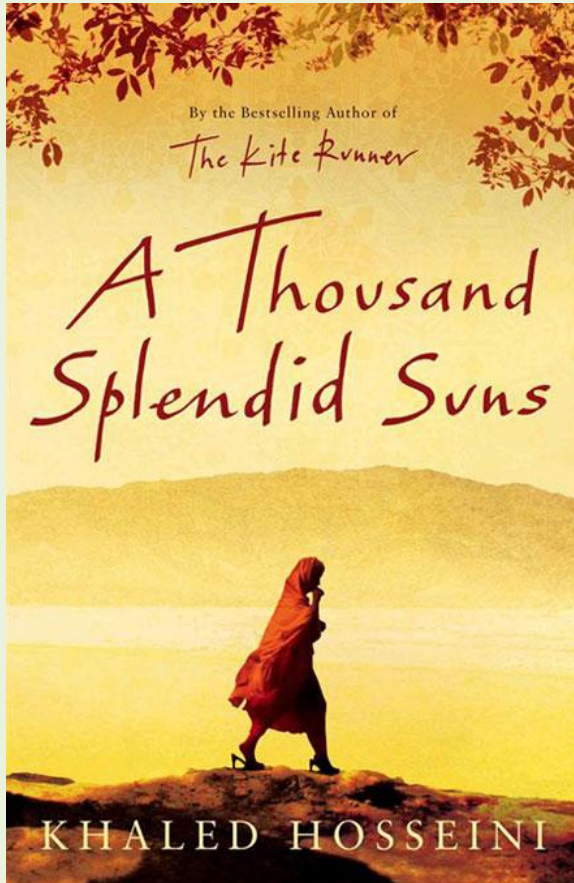
BOOK REVIEWS

A THOUSAND SPLENDID SUNS

Author: Khaled Hosseini

How can something resonate so much with one's soul and shake one up to the core? The words written in this novel do much more than just affecting the psyche of the reader. It is positively damaging for the heart.

I have seen a lot of sad stories unfold in various other novels. What made this one so difficult to read was it being true, real. There have been a lot of incidents all around us like the ones mentioned in this novel. They still happen, even in the best of nations, the most



posh localities, the most upscale homes. Most of these incidents are ignored. They die before seeing the light of the day. What remains are the victims left behind and their muffled cries.

The novel tells the story of 'Mariam' and 'Laila', two women born in different eras, but somehow in the same circumstances. The story unfolds amidst the backdrop of a war-torn Afghanistan. At numerous places, it describes the beauty of the country: the high mountains, wide plains and bustling markets, but sooner rather than later, it paints the picture with blood of innocents. Taliban has been a blot on humanity, but even before that, there must have been something that resulted in its birth. The writer tries to explain it as meticulously as he can and succeeds to a great extent.

Khaled Hosseini concocts a deeply moving story about bonds, family, friendship, love and hatred; a story that shows how happiness can find one in the most unexpected places, in the littlest of events. It also depicts the triumph of humanity in all odds, no

matter how much grief or misery is around. It strengthens the readers' belief that women are far stronger than anyone can ever imagine.

The author has a distinct writing style that blends Farsi words with English. Lines like "A man's accusing finger always finds a woman. Always." makes one ponder upon feminism and its dire need in today's society. I was genuinely surprised how a man could portray women rights issues so easily and with such fluidity. There are multiple points of view about women, men and their interaction, all running simultaneously. It is up to the readers which philosophy they want to believe.

The characters of Rasheed, Jalil, Tariq, Nana and Mullah Faizullah represent different schools of thought. They, along with many others, sometimes sadden the reader, sometimes make one glad that one is not there and at other times, make one ponder upon the fickleness of life as we know it.

With every page one turns, the story will break one's heart in a million little pieces, but one will still smile, hoping for bliss in the next page. This novel is a masterpiece and I

cannot help myself recommend it enough. It is like an Afghani version of the Japanese classic: ‘Grave of Fireflies’.

“One could not count the moons that shimmer on her roofs, or the thousand splendid suns that hide behind her walls.”

Beautiful! Simply beautiful!!

–Chhavi Tyagi

B.A.III

AND THE MOUNTAINS ECHOED

Author: Khaled Hosseini

“I suspect the truth is that we are waiting, all of us, against insurmountable odds for something extraordinary to happen to us.”

Unlike Hosseini’s last two books – ‘The Kite Runner’ and ‘A Thousand Splendid Suns’— which focused entirely on one character, this book is a culmination of stories of more than one person. Each character in the novel has a story behind his or her journey till now.

The novel opens in the year 1952, with Saboor narrating a story about a ‘div’ or a demon, to his two children – ten-year old son Abdullah and three-year old daughter Pari. The story of ‘div’ is an omen of the onset of events which take place throughout the novel and gives the final verdict of everyone’s fate associated with Abdullah and Pari.

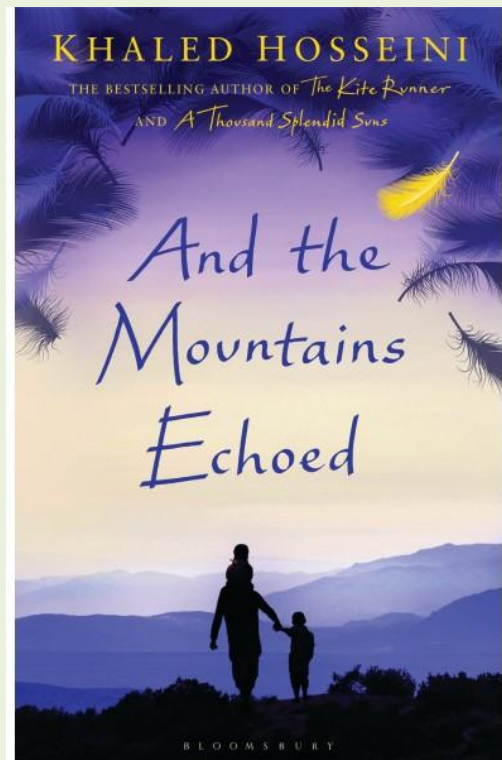
The novel touches upon various themes and subjects. It shows the contrast between the two worlds of Afghanistan – the haves and the have-nots. What sets ‘And the Mountains Echoed’ apart from Hosseini’s other two books is the fact that this time, it centers more on the human emotions and interpersonal relationships spanning generations. Also, this time the backdrop is not only limited to Afghanistan, but also various other countries – France, U.S.A. and Greece.

Apart from Abdullah and Pari, the other character which remains omnipresent throughout the novel is Nila Wahdati, a young poetess who does not mind wearing western clothes, drinking, smoking and writing sexually charged poems. It seems that through the character of Nila, Hosseini is talking about what Afghan women in urban cities were like, before the Taliban came into existence.

The ending of the novel is very realistic, yet debatable. The power of the novel lies in the fact that as the reader goes through the story of every character, he or she too is swayed by their emotions and experiences. Thus, in a way, Hosseini is not giving us a story which is black and white, but written in shades of grey. The only drawback, according to me, is that the story of one or two characters is wasted, which makes the novel unnecessarily long.

In all, the book is a must read and recommended to all the hardcore Hosseini fans. Out of the three books, this one is Hosseini’s best work till now!

–Vasundhara Seli
B.A.III



THE GOD OF SMALL THINGS

Author: Arundhati Roy

“So Small God laughed a hollow laugh, and skipped away cheerfully. Like a rich boy in shorts. He whistled, kicked stones. The source of his brittle elation was the relative smallness of his misfortune. He climbed into people’s eyes and became an exasperated expression.”

These lines, from the book ‘The God of Small Things’, tell the same thing which the writer tries to tell the readers through her characters – how a person becomes and behaves in the present day is all built of those small events and experiences which have happened with him/her in his/her past life. Sometimes they are in our control and sometimes they are not.

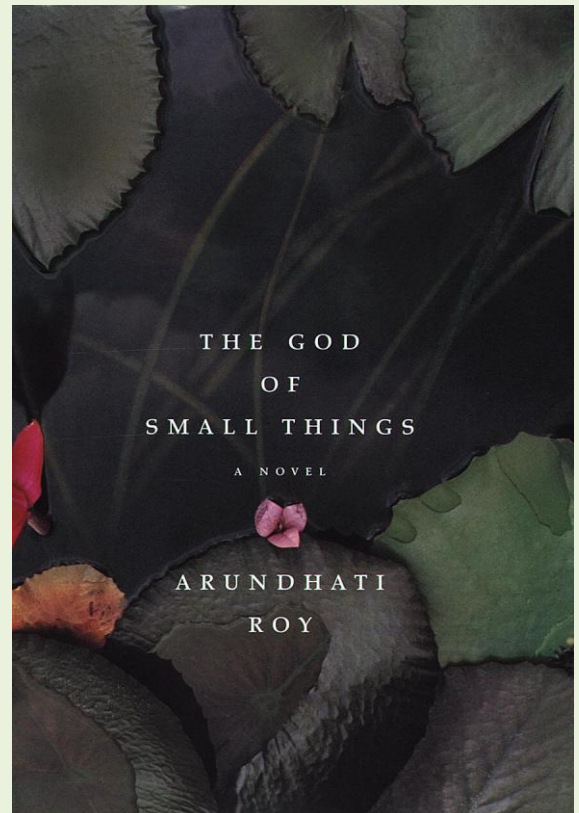
At the beginning of the story is introduced Rahel, who is returning to her hometown Ayemenem, Kerala to meet her long-lost twin brother Esthappen. The story starts with a series of flashbacks where a number of incidents are recalled which leads to a number of catastrophic events in their family and ultimately to the separation of the twins. The novel is told from the point of view of an omnipresent narrator, but a greater portion of it is seen through Rahel’s perspective.

Almost all the characters in the novel suffer from some kind of bitterness. Even though the author tries to add some humor in the novel through her childlike narratives, but ultimately there is a streak of pessimism attached to it.

The novel talks about many social issues of our society like domestic abuse, child abuse, caste system and inter-caste marriage. Especially when talking about domestic abuse, we see that both Ammu and her mother were victims of this social evil. However, the only difference is that her mother suffered in silence whereas Ammu decided to fight back her spouse and ultimately left him.

Then there are themes related to human emotions – attachment (the twins’ attachment to each other), unrequited love (Chacko’s love for Margaret and Baby Kochamma’s love for Father Mulligan) and forbidden love (Ammu and Velutha’s love for each other). The ending of the novel is very questionable and debatable and the author has left it up to the readers to interpret it their own way.

The novel is very realistic in its description and the author has used a lot of imagery for description. To conclude, this is the first and the only book which glorifies Arundhati Roy as a writer.

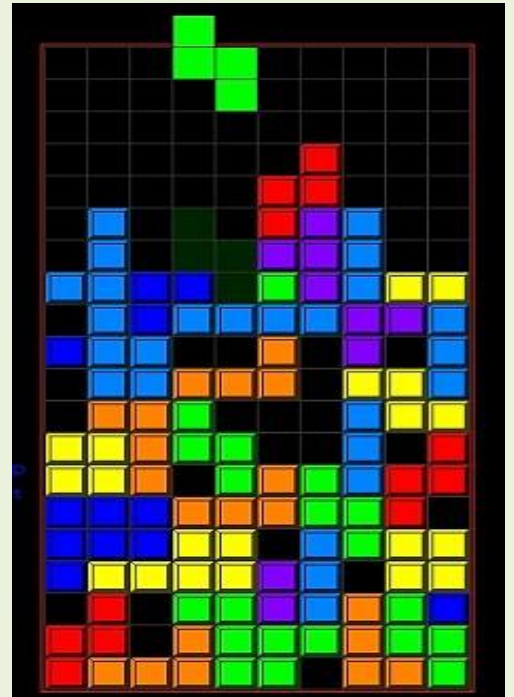


–Vasundhara Seli
B.A.III

TECHNOLOGY

NOSTALGIC TETRIS

In the 1980s, a humble yet compelling computer puzzle game called Tetris, unexpectedly transformed into an addictive global phenomenon that consumed countless waking hours of obsessive players around the world. Now widely considered to be the most popular computer game of all time, Tetris' simple design and repetitive game-play triggered responses in the brain that attracted people of all ages and from all walks of life, and kept them coming back for more. The remarkable and largely unknown story behind the game that transfixed millions, and continues to do so even today, unfolds in a non-fiction graphic novel – 'Tetris: The Games People Play', authored by Box Brown – which has been released in USA.



When Brown discovered a 2004 BBC documentary about Tetris, he was inspired to dig deeper into the game's back story, which began in the former Soviet Union. Tetris' creator, a software designer named Alexey Pajitnov, developed the game in his spare time just for fun. When he shared it with his colleagues, they all had the same reaction – they could not stop playing it. Eventually, video game executives in the West heard about Tetris and jockeyed furiously for control of foreign rights to the game, which by then was in the hands of the Soviet officials.

Unlike many games at the time that were marketed specifically for children, Tetris did not have characters or a story that could alienate older players or which could explain its age-spanning appeal.

Thus, decades have passed since the first Tetris pieces quickened heartbeats as they dropped smoothly into place, but for many players, the game is still going strong. In fact, a number of variations on the original version are currently available as apps, and on websites, game systems and social media platforms.

–Navneet Kaur
B.A.III

RISE OF THE EMOJI

The face icons of social media have got almost everyone speaking emoji. It has become a digital and cultural phenomenon. The emoji



has taken over the world. And it sure has come a long way. The digital icon that “expresses an idea or emotion” has changed the way people across the world communicate. UK’s Oxford Dictionary declared the ‘face with tears of joy’ as the word of the year.

One can see how ob-traditional alphabet scripts have been struggling to meet the rapid-fire, visually focused demands of 21st Century communication. It is not surprising that a pictographic script like emoji has stepped in to fill those gaps—it is flexible, immediate and infuses tone beautifully. As a result, emojis are becoming an increasingly rich form of communication or one can say that it is outshining all kinds of typos.

Incidentally, data collected by the Oxford Dictionary shows the existence of the word ‘emoji’ in the English-language Japanese publications since 1997. Since then, it has made an impact in the world of technology, making its way to popular online platforms. In the past few years, however, it has exploded on the digital scene, becoming an integral part of the texting, email and instant messaging worlds.

When words cannot express meanings, emojis help. Today, Facebook has come with various emojis, so that users can react to a status, photo or video in the simplest way possible with a series of emojis covering the whole emotional spectrum, like laughter, surprise, sadness, etc.

—Niharika Rana

B.A.III

Vital Stats and Emerging Trends

- A report from SwiftKey, maker of a popular keyboard app, found that around the world, ‘Happy faces’ and ‘Sad faces’ represent the top two categories, at 5% and 14% respectively, of all emojis used.
- Users, in all languages, use 70% positive and 15% negative emojis.
- A 2015 study from Emoji, a real time emotional intelligence platform that decodes sentiment, claim that around 92% of the online population uses emojis.
- In 2015, ‘face with the tears of joy’ emoji was entitled as the word of the year by the Oxford Dictionary.

FAILURE OF FITNESS TRACKERS

Around five years ago, when fitness trackers came into existence, these were termed as 'gadgets creating a better health'. Health specialists and businessmen came forward together and announced that people, with the help of fitness trackers, can get live updates about calories and other data and this would help in eating healthy, consuming less but good calories and burning the bad ones. However, contrary to these expectations, this year, America's total sale of these gadgets was worth sixty million US Dollars, falling down as much by seventy percent. In United States of America, twenty-eight percent citizens of all those who are older than fifty years of age do not engage themselves in any kind of physical activity other than that of essential chores.

Specialists hoped that these fitness wearables will bring a drastic change in this respect, for people will prefer stairs to elevators and such health-friendly choices. However, the research done on people who have purchased fitness trackers is not very bright and idealistic. The study published in American Medical Association's magazine shows that people have failed to lose weight with the help of fitness trackers. This research was done by John Jackicic of Pittsburgh University who has claimed that devices will never help unless we put in efforts.

Ryan Martin of ABI Research put forward his conclusion of research work that people keep track of their fitness levels only for few weeks and within a few months, they stop doing the same and ultimately fail in achieving the desired results. Shetan Yuan, President of FitBits believes that the trackers which are relatively more useful are very expensive. These trackers encourage the user to work for a healthy lifestyle by providing updates through social media and by vibrating upon consumption of excess and bad calories.

The reality is that all fitness trackers can prove to be useful and effective. It is not the gadgets in which the problem lies, it is the human psychology. Inspiration works best in this case but the doses of inspiration are needed regularly. These devices are most effective when people using them are already dedicated to tracking their fitness. People who are less motivated might not get the same results.

–Navneet Kaur
B.A.III

JOY OF GIVING

"For it is in giving, that we receive."

—Francis of Assisi

All of us like to receive gifts. The joy of being handed over a nicely wrapped gift, of tearing that wrapper and then gazing at the thing in wonderment is liked by all. However, the joy of getting is often short-lived. What lasts longer is the joy of giving. For serving this very purpose, the 'Hum Hain' society of the Post Graduate Government College for Girls, Sector 11, Chandigarh, has been organizing an annual two-day 'Joy of Giving' event, since the last five years. This

year, this much-awaited event took place on October 26-27. The idea for the event came from the NGO Goonj, which used to celebrate the happiness of sharing.

In the guidance of Prof. Iqbal Judge, the volunteers raised funds by putting up various stalls in the college campus. Students were seen enjoying games like Tambola, Ring Thy Prize, Coin in the Ring, Lucky Draws, etc. Another stall saw clothes and shoes being put up on auction. Counters were also put up for the foodies who wanted to please their taste buds.

The 'Selfie Station' was the crowd-puller of the event, with students thronging the place for clicking selfies with colourful props – ranging from girly quotes like 'Main apni favourite hoon', 'I'm crazy and I know it', 'Limited Edition' and 'Daddy's Princess' to funky huts, googly eyes, Halloween frames and devil horns. Special attractions were the Mehendi Corner and the Nail-Art stall. Students as well as teachers visited the stalls to get beautiful mehendi and nail arts done. In another corner was going the Newspaper Dance, with girls showing their dance moves with their partners.

Two representatives of the Vatika Special School, Sector 18, Chandigarh, had also come, bringing with them beautiful diyas and candles, made by the students with special talents. The big surprise for the students came in the form of RJ Manav of the 94.3 MY FM fame. The heartthrob of many girls got mehendi applied and nail-art done, apart from the interaction that he had with the students.

An elated Prof. Iqbal Judge, the organizer of the event had this to say: "Joy of Giving is an initiative that is extremely close to my heart, primarily because it evokes in so many people an extra-ordinary degree of positivity and generosity of spirit. With a tremendous degree of involvement and participation by students and teachers alike, the 'charity fair' also becomes a learning experience in event organization, marketing and salesperson-ship, thus developing skills and values such as team work, leadership, patience, co-operation and compassion."

The carnival was a huge success, with both students and faculty enjoying themselves as well as donating, in both cash and kind, with open hearts. Funds, equivalent to Rs. 55,000/- were raised and distributed among the College Welfare Fund, Sahyog and the NGO Yuvsatta.



This much-awaited annual event is a reminder for everyone that there is no better happiness than sharing what one has, bringing to our minds Winston S. Churchill, when he said, “We make a living by what we get. We make life by what we give.”

–Apoorva Singh
B.A.III

A MUSICAL AFTERNOON

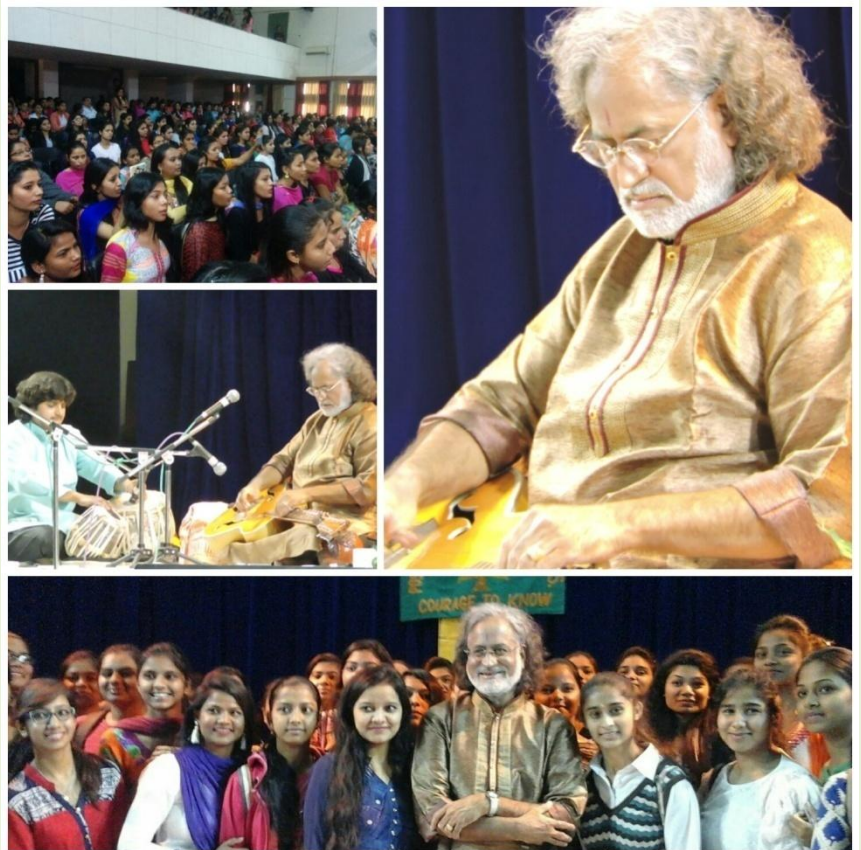
Music expresses that which cannot be put into words and that which cannot remain silent.

–Victor Hugo

The students and the faculty of the Post Graduate Government College for Girls, Sector 11, Chandigarh got a once-in-a-lifetime opportunity of listening to Pt. Vishwa Mohan Bhatt live on November 04, 2016, when the Grammy awardee came to the college. The music concert was organized by the Society for Promotion of Indian Classical Music and Culture amongst Youth, in collaboration with Chandigarh Sangeet Natak Akademi and the Cultural Society of the college.

Pt. Vishwa Mohan Bhatt is a Mohan-Veena player – his own invention – and is best known for his album ‘A Meeting by the River’, for which he won the Grammy award. He has also been decorated with the Padma Shri by the Government of India. The natural musician told the audience about the different types of ragas, as sung at different times of the day. He started with the raga ‘Nat Bhairav’, an important raga of Thaata Bhairav and a morning raga in nature. The talented musician was accompanied by Sh. Himanshu Mahant on Tabla. The duo played tunes of Vaishnav Jan, Vande Mataram and Raghupati Raghav Ram, among others. The crisp and intense combination of Tabla and Mohan Veena created such an atmosphere in the auditorium that everyone was left spell-bound. The freshness of sound of the Mohan Veena appealed to everyone’s ears. The whole piece was a tender expression and an excellent composition, complete with dynamics and balance of tone.

The Grammy awardee also played music from his award-winning album ‘A Meeting by the River’. He made the audience a part of his performance by making them sing with him. The competent artist was given a standing ovation at the end of his performance. Taking the advantage of the situation, he also played the melodious tune of the National Anthem. The concert ended with the maestro interacting with all the music enthusiasts, who got to learn a lot from him.



Getting this chance of witnessing the performance of such a maestro was an opportunity, which not many people get. It was our good luck that our college got the opportunity to host Pt. Vishwa Mohan Bhatt, who graced us with his musical presence.

–Apoorva Singh
B.A.III

ALIVE N’ KICKING

GILOY: A MAGICAL PLANT

Fed up of taking medicines for your health problems and in search of something more natural? Well, try Giloy!! Giloy (*Tinospora Cordifolia*) is an Ayurvedic herb which has been much written about and is called ‘Amrita’ in Sanskrit for its abundant medicinal properties.

Here are 10 reasons why this root deserves your attention:

1. **Boosts Immunity:** Being a powerhouse of antioxidants, Giloy fights free-radicals, keeps the cells healthy and helps get rid of diseases. It helps remove toxins, purifies blood, fights disease-causing bacteria and also combats liver diseases and urinary tract infections.
2. **Treats Chronic Fever:** Since Giloy is anti-pyretic in nature, it reduces signs and symptoms of several life-threatening conditions like Swine Flu and Malaria. It increases the count of blood platelets and alleviates symptoms of dengue fever as well.
3. **Boosts Digestion:** Giloy also takes care of your digestive system. This herb is popularly known for treating ailments of several kinds. It relaxes the mind and prevents indigestion.
4. **Treats Diabetes:** If you suffer from diabetes, Giloy would definitely be effective for you. Acting as a hypoglycaemic agent, it lowers the levels of blood pressure and lipids, thus making it very easy to treat ‘Type 2’ diabetes.
5. **Reduces Stress and Anxiety:** Giloy can also be used as an adaptogenic herb. It helps reduce mental stress as well as anxiety. It helps get rid of toxins, boosts the memory, calms you down and makes for an excellent health tonic if combined with other herbs.
6. **Treats Arthritis:** If you know someone who is suffering from gouty arthritis, do tell them about Giloy. It contains anti-inflammatory as well as anti-arthritic properties that take care of arthritis and its several symptoms, including joint pains. It can also be used with ginger to treat rheumatoid arthritis.
7. **Treats Eye Disorders:** Want to boost clarity and see better without spectacles? You can use Giloy here as well. Just boil some of it in water, let it cool down and apply all over the eye lid. You will definitely see a change.
8. **Reduces signs of ageing:** Giloy contains anti-aging properties that reduce dark spots, pimples, fine lines and wrinkles. It gives you that flawless, glowing skin you always wanted.
9. **Fights Respiratory Problems:** Giloy is popularly known for its anti-inflammatory benefits and helps reduce respiratory problems like frequent cough, cold, tonsils. Chewing on giloy root also helps asthma patients and is often recommended by experts.
10. **Constipation:** Giloy can also be used with jaggery to treat constipation.



Why wait then? Let’s grow some Giloy, the blessing of Nature in our garden and be strong and healthy to enjoy life fully.

–Apoorva Singh
B.A.III

RHYTHM OF LIFE

BLISS OF POWER

When Eternity opened gates for me,
I heard World's call for me.
Standing on threshold I be,
Thinking of the people who plea.
HELP ME! HELP ME!
Voices got raised Ah! It was not they, But their faith
That I'll stop back,
And help for His sake.
APPLAUSE! APPLAUSE!
With their kinder hands.
Happy faces that once were sad,
Got smiles as if someone patted,
Because, I did what my instinct said,
Helped those who did well !!!

-Navpreet Kaur
B.C.A. I

I AM A FALLEN AUTUMN

I am a fallen autumn,
no longer on a tree;
Resting on the ground
to be picked for a poetry.
My swift fall there,
would touch many hearts;
As if I am nothing,
but a piece of art.
My loneliness would burden
their heart a little more;
With the sense of grief,
I am no more.
A bright young face or a wrinkled
would sigh at me;
But this is also a gesture
of their love for me.
I surround everywhere

and many surround me;
But I remain ignorant
wherever I flee.

A pair of beautiful eyes,
I long to catch me;
To witness my presence,
with the colors I have in me.

So, the next time you pass by,
I will be there lying free;
When I will look at you,
and you will smile at me.

Till I don't
reach many,

I will fall
from a tree;

Resting on
the ground, to be picked for a
poetry.



—Muskaan Ahuja
B.A. III

SMALL FEET

Dreams are big,
feet are small.
We'll learn something new
from each of our fall.
We have to keep going,
despite hardships.
Good things for us,
life always keeps.

Hard work we put in,
shall give fruit in good time.
And, don't you forget,
they'll surely be sublime.

Dreams shall come true;
our steps shall be heard.
Small feet will someday,
conquer this big world.

—Anjali Sharma
B.A.III

(Picture Credits: Navneet Kaur, B.A.III)

DON'T QUIT, JUST FACE IT

Things were different when I was a child;
No worries, no fears, only happiness was there.
I wish I could remain in that phase of my life forever;
Away from qualms, away from suspicions.

Growing up with buddies seemed so nice once;
When we did sing together and together we did dance.
I wonder how easy it was then
To come up to the expectations of family and friends.
And now, it was time to face the twists and turns of life
To see the harsh reality, see the ruthless veracity.
Lots of courage is needed to be optimistic
When world seems to dampen you.
Many of us give up the hopes and aspirations
To have a substantial and generous living.
As they can't see their mortifying days,
They simply end their presence, their existence forever...

—Preeti Rawat
B.Sc.I (Non-Med.)

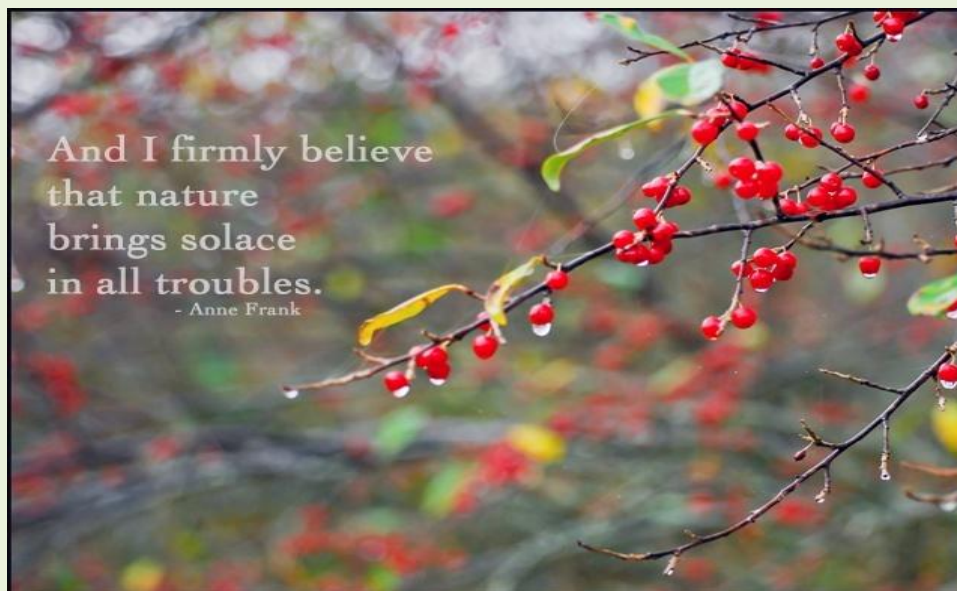
LOST LOST LOST!!!

The Humane in Human is lost.

Look around you, look over the facts,
the kindness and sympathy now lacks.
Look around you, look over the reasons,
people change their behavior like seasons.
Lost lost lost!!
Benignancy in human is lost!!!
You'll be claimed as wrong,
If you claim on what is right!
And claim on what is wrong,
You'll get the support high!!
Lost lost lost!!
The contentment of favouring right is lost!!!
Where is the power of love?
It seems it has faded with time.
All I can see is the power of money
Never losing its shine.
Lost lost lost!!
The shine of love is lost!!!
O God, look at your children
turning into demon.
Help us from being cruel.
Give us the virtue to be faithful,
Because, alas, lost lost lost
The faith in God is also lost!!!

—Bratati Chatterjee
B.A.III

SOLACE IN NATURE



When people's talks make no sense – all a hubbub,
Nature's silence feels music to the ears.
Whenever sad and lonely,
Sun rays through the tree leaves, enough for a smile!
When people's ugly side comes forth,
Nature's beauty makes it seem all of no worth.
When it feels like, "There's nothing left, no good, no hope",
Nature quizzes,
"Aren't we trees cool, aren't we flowers delightful,
ain't I breeze pacifying, ain't us insects, birds and animals
worth some marvel, huh!?!"

–Neymat Grewal
B.A.I

IS IT TOO LATE?

My mother had dreams and expected a lot,
Freedom was not enough which I got.
Tamed and subdued was my mind,
Just wanted freedom, but I was blind.
Blind that I couldn't see her praying and working,
'Name and Fame' in prayers she was asking.
Everything was for me but I didn't see,

Who can be more unlucky than me?
I ignored her love, affection and care,
Wondering today, how did I dare?
Want to apologise but confidence I lack,
Just hoping, soon those days will be back.
I'm broken inside, so hard to live,
I wish sooner or later she will forgive.

–Navneet Kaur
B.A.III

ODE TO THE SCHOOL OF MY DREAMS

A school where tender childhood unfolds its wings,
Where minds and hearts develop together,
Where childhood personifies innocence, beauty and joy,
Where teachers are angels in disguise,
Where kids learn confidence, calm and poise,
Where learning is as natural as breath,
Where children imbibe knowledge with joy,
Where putting one's best is but a natural urge,
Where everyone's uniqueness is respected
Where the schooling provides the strength to be bold and upright,
Where all are bounded spiritually to help each other,
Where the evil of envy or jealousy is never seen,
Where education and warmth make children realize the self,
Where children turn into panacea for social ills,
To these schools, I salute
That createthings of beauty,
That fill the earth with fragrance
Let them, my friends, radiate true light and build a paradise on earth
Let each child here have craving for more
Let all the souls feel here the paradise on earth
To these temples of learning, I bow and pay my respect.

–RAMNEEK KAUR BRAR
B.Sc.II (Non Med.)

STAY WITH YOU?

When you love someone more than you could ever possibly imagine,
When your heart beats for someone else more than it ever did for you,
When every force in the universe seems to pull you together,
When every nerve cell in your body screams no,
And yet, your heart softly
murmurs a 'yes'...
Tell me, should I stay with you
then?

In these moments when tears
spill from my eyes,
When my broken heart manages
to break a little bit more,
When I get goosebumps
thinking about all those broken
promises,
When my body has given up...
Tell me, should I stay with you
then?
When our memories haunt me
day and night,
When thinking about our fights makes me smile,
When nothing is any longer black and white
And shades of grey have filled our lives...
Tell me, should I stay with you then?



When thinking about leaving you shatters my soul,
But staying with you bleeds into my heart various blues...
Tell me, should I stay with you then?

—Shreyansi Verma
B.A.III

THE HILLS

My heart resides up in the hills,
That is where I live.
Beautiful people with beautiful hearts,
Love is all they give.
I leave the hills,
Give life a new start.
I miss the hills,
Come back to the start.
Searching new things,

I open up my wings.

Here I go, there I go,

From heart, I'm never apart.

The hills are where I've grown,

The hills are all I've known.

Oh! how beautiful would it be,

To wake up there every morn.

—Anjali Sharma
B.A.III

THE MIRROR

I look deep within her eyes,
And she stares right back.
Her blemishes evoking deep sighs,
And souring my mood black.

I avert my gaze,
And she follows suit.
Harsh whispers resonate in my heart's cage,
But, I stay mute.

I turn my back on her,
And I know she did too.
My mind is in a blur,
Images of imperfections; old and new.

I am her,
The girl in the mirror.
She is me,
The girl others see.

The scar on my left brow,
My crooked nose,
Make my inner strength grow,
And my vanity shut close.

My inner beauty shines through,
Visible to all who wonder.
My self loathing flew
Away, and I sat to ponder.

Appearances are deceptive,
It's only a reflection in a mirror.
The secret is to be perceptive,
It's the only way your soul will shimmer.

Let your soul shimmer,
Eyes glimmer,
And purge all that is bitter.
Let your soul shimmer!

–Anushka Malik
B.A.II

HAIKU

Haiku is a Japanese form of poetry, with Basho (1644-1694) recognized as its foremost poet. Haiku poets are challenged to convey a vivid message in ‘three lines’ with 5-7-5 syllable structure. There is a pause at the end of first or second line and a season word or ‘kigo’ that specifies the time of the year. The essence of haiku is ‘cutting’ (kiri). This is often represented by the juxtaposition of two images or ideas and a ‘kireji’(cutting word) between them, a kind of verbal punctuation mark which signals the moment of separation and colours the manner in which the juxtaposed elements are related. Although the form has evolved over years, the philosophy has been preserved: the focus on a brief moment in time, use of provocative and colourful images, an ability to be read in one breath, and a sense of sudden enlightenment and illumination.

Some haiku moments I have experienced:

1. dandelion –
the bigger the wish
the intense my blow
2. evening breeze
the way your memory touched
and passed
3. shooting star –
a raindrop slides
down the window
4. unsolved fight –
the flowers on her handkerchief
go moist
5. icicles –
the irregular rhythm of heart
on the graph
6. foggy day
he leaves a smile
on the window

–Muskaan Ahuja
B.A.III

SHE'S WHAT SHE IS!!

She's a rising star,
she is what she does.
And she should not be questioned
on who she is.
If you cannot respect her,
do not, at least, disrespect her.
Her worth is much more than
what you think it is.

She's an Angel,
Who, on instigation, can be
the worst nightmare
a man can ever feel.

Beware! Beware!

You have just seen
her creation and preservation .
You do not know
what a great destroyer she is.

She's bold, she's fierce,
She's a sister, she's a guide, she's a peer.
She, with a lovely smile,
every pain and suffering bears.

She's a divine creature;
respect her and she'll embrace you
She's a motherly figure;
adore her and she'll bestow everything upon you.

She's a rising star
She is what she is!!!

—Bratati Chatterjee
B.A.III

CONVOCATION



**Dr. R.K.Kohli, Vice Chancellor, Central University, Punjab
our Chief Guest for 60th Annual Convocation**



ANNUAL PRIZE DISTRIBUTION FUNCTION



**Ms. Justice Ritu Bahri, Punjab and Haryana High Court, Chandigarh
our Chief Guest for Annual Prize Distribution Function**



**OUR COLLEGE RETAINS THE OVERALL TROPHY
IN THE PANJAB UNIVERSITY YOUTH FESTIVAL
CONSECUTIVELY FOR THE FOURTH TIME**



SPORTS DAY



Arjuna Awardee Kanwal Thakur Singh
Guest of Honour



Sh. Tajender Singh Luthra
D.G.P. Chandigarh, Chief Guest



ANNUAL ART EXHIBITION



Principal Prof.(Dr.) Anita Kaushal, inaugurating the Annual Art Exhibition



हिन्दी अनुभाग

सम्पादिका
मधु गोसाई

छात्र सम्पादिका
नीलम

विषयानुक्रमणिका

क्रम संख्या	विषय	नाम
1.	प्राध्यापक सम्पादकीय	डॉ. मधु गोसाई
2.	छात्र सम्पादकीय	नीलम
3.	प्रकृति	रूचि
4.	शिक्षा	रूचि
5.	धर्म और कर्म	रूचि
6.	गुलज़ार - ए - ज़िन्दगी	आरती यादव
7.	वक्त का खेल	आरती यादव
8.	महानगरीय जीवन	नीलम
9.	जीत	पल्लवी वोहरा
10.	यह मेरी कामना है	अनुप्रिया
11.	इन्सान	शिवानी
12.	मनुष्य की मंजिल	रेणुका
13.	मैं भारत की बेटी	अनीता शर्मा
14.	गांव और शहर	खुशबू
15.	सुबह	रेणुका

सम्पादकीय

आकाश विहारी विहग और सृजनकर्त्ता, दोनों को पिंजरे में बाँधना उनकी स्वतन्त्रता का हनन करना होता है। प्रकृति के माध्यम से मानव जाति ने अपने जीवन को समर्पित कर सहज ही अपने अनुराग का विकास कर लिया, पुष्प, लता, द्रुम, किसलय, विहग, मधुकर, तितली, निर्झर, नदी, समुद्र, पर्वत, चाँद, चाँदनी, तारामण्डल, उषा, इन्द्र धनुष, बादल, वृक्ष, पौधे, आकाश आदि के माध्यम से वह मानवीय सुख-दुख, परम अज्ञेय सत्ता का रमणीय रूप में प्रकट करने लगा। आप सबके लिए भी आकाश अनन्त है। उठिए, कलम उठाएं और अपनी भावनाओं तथा अपने विचारों को अभिव्यक्ति प्रदान करें। व्यक्ति और समाज दोनों के लिए हितकर जीवन सत्य को सरस बनाकर मानव के सामने प्रस्तुत करें। युग सत्य के साथ शाश्वत सत्यों का भी मूल्यांकन करें, जो अन्तर्जगत में छिपी समस्त प्रवृत्तियों व समस्त जिज्ञासाओं को शान्त कर सके। कर्म के महत्व-विषयक सिद्धान्त की घोषणा सहस्रों वर्ष पूर्व 'श्री मदभगवद् गीता' में की गई है :-

कर्मणैवहि संसिद्धिभास्यता जनकादयः।

लोकसंग्रहमेदापि संपश्यन् कर्तुमर्हसि ॥

अर्थात् कर्म के द्वारा ही जनकादि ज्ञानी जन ने भी सिद्धि प्राप्त की। लोक संग्रह को दृष्टि में रख कर भी तुझे कर्म करना चाहिए। कर्मठ बनो.....

सस्नेह

डॉ. मधु गोसाई

सम्पादकीय

किसी भी लेखक का उत्कृष्ट लेखन स्वयं लेखक के संवेदन से ही प्राप्त होता है। एक लेखक के मन का साक्षात्कार जिस करुणा, उल्लास, उमंग और दुख से होता है, वैसा एक सामान्य मनुष्य अनुभव नहीं करता।

आज के परिवेश में विश्व स्तर पर इस प्रकार की घटनाएं घटती हैं, जिससे एक लेखक का परिवेश ही नहीं अपितु चिंतन भी प्रभावित होता है। मन रूपी सागर में अपनी ध्वनि से आने वाली नई तरंगों, करुणा भावों से ही एक लेखक अपने आनंद से साक्षात् रूप में भेंट करता है। समय-समय पर अपने सांसारिक संपर्क से चिंतन की दिशा और संवेदन को गति मिलती है। अतीत का वर्तमान से तथा वर्तमान का परस्पर भविष्य से संबंध स्थापित होता चला जाता है। अतीत की स्मृतियां तब तक लेखक के एकल मन के द्वार पर दस्तक देती हैं, जब तक वह एक उत्कृष्ट रचना न करें।

हमारे विचार ही हैं जो कभी भी हमारे लेखन प्रक्रिया को बाधित नहीं करते। हमारा लेखन, हमारी कठिनाइयों, मानसिक विरोध, भावनात्मक विडम्बनाओं से सरोकार अवश्य रखता है परंतु इन्हीं पर जीवन की सार्थकता भी परखी जाती है। तो, खुद को तैयार करें ताकि अपनी आत्मा तृप्ति के रस की अनुभूति कर सकें। इसका माध्यम ये धवल पृष्ठ हैं। इन पृष्ठों पर निर्माण कीजिए अपनी उन उत्कृष्ट रचनाओं का जहां आप स्वतंत्र हैं और स्वतंत्र है आपके विचार, लेखन के समुद्र में विलीन होकर मोती चुनकर लाने के लिए।

नीलम

बी.ए. तृतीय (ऑनर्स)

छात्र संपादिका

प्रकृति

ईश्वर की एक देन है प्रकृति
न पहुँचाओ इसे तुम क्षति
कहलाते हो तुम जो मानव
पहुँचा क्षति न बनना दानव

इस अमूल्य देन का करो सम्मान
है इसमें भी जान और प्राण
पुष्पों का खिलना है भाए
यह दृश्य न कभी भुलाया जाए

नइ कोंपलें, पल्लव और लतिका
जैसे हो कोई सुन्दर नायिका
नाना प्रकार के फल रसीले
जिनका स्वाद कभी न भूले

प्रकृति से करो तुम प्यार
पाओगे तुम वस्तुएं आपार
जो एक पेड़ लगाओगे
तो फल, जल, ईधन पाओगे

नदी है चलती रहती अविराम
लगता है यह नयनाभिराम
सुन्दर मनोहर पहाड़ और पेड़
जैसे हो कोई युवक अधेड़

रूचि
बी.ए. - द्वितीय

शिक्षा

शिक्षा है अनमोल रत्न
पढ़ने का कुछ करो प्रयत्न
शिक्षा करे ज्ञान में वृद्धि
तभी तो जागृत होगी शक्ति

टी.वी. देखना तो है व्यर्थ
अक्षरों का है गूढ़ अर्थ
प्रत्येक किताब कुछ है कहती
यही बनाए तुम्हें महान हस्ती

पढ़ने से तुम मन न चुराओ
उठो! अभी से ही जुट जाओ
है यह एक अनमोल खज़ाना
पाठ्य पुस्तक को ही अपनाना

शिक्षा लाए तुम में परिवर्तन
है यह एक बहुमूल्य धन
उठो जनाब ! उठाओ किताब
तभी बनोगे कल के नवाब

रूचि
बी.ए. द्वितीय

धर्म और कर्म

धर्म और कर्म
का है अपना एक मर्म
जो न करे कर्म
वो कहलाए बेशर्म

धर्म का है अपना महत्व
है यह जीवन का एक तत्व
हो जाए जिसे धर्म का ज्ञान
न कहलाए वह अज्ञान

कर्म करो कहलाओ कर्मठ
न कहे कोई तुम्हें शठ
सत्कर्म कर बनो महान
तभी तो होगा आत्म ज्ञान

धर्म कर्म है दोनों आवश्यक
तभी बनोगे आत्म रक्षक
दोनों से हो आत्मानुभूति
तभी तो जागृत होगी शक्ति

रूचि
बी.ए. द्वितीय

गुलजार - ए - जिंदगी

ख्वाहिशें दिल में बताकर नहीं आती
जज्बात दिल में बताकर नहीं आते
ना ये तुम जानों ना हम
आखिर यह दिल चाहता क्या है?
एक ख्वाहिश के साथ
हैं अनेकों ख्वाहिशें जुड़ी ।
संजोए जा रहें है इन्हें
समय से परे।
अगर कभी हुई रूबरू ये हमसे ,
तो वादा रहा जी - जान लुटा देंगे इन पे।
बस इतनी सी तमन्ना है कि
ख्वाहिशों की ख्वाहिश हम बन जाएं,
मेरी वो और उनकी मैं
और कोई नहीं।
यू ही जिंदगी का सफर चलता जाए।
जिंदगी 'गुलजार' बन जाए।

आरती यादव
बी.ए. - तृतीय

वक्त का खेल

वक्त का खेल है खेल अनोखा
कभी ये बिखरे और कभी है संजोता।
जो कल थे अपने आज अंजान से है,
और जो अंजान थे, वो पास से है।

दर्द दिल का नहीं कम होता, वक्त के गुजरने पर,
बस आदत होती रहती है, उस गम संग जीने पर।

रिश्तों की डोर को संभालते-संभालते,
आज खुद की डोर का पता नहीं,
ना जाने ये वक्त का चक्र,
क्या बटोरे जा रहा है, हर पल में।

आज खुद से हुई मुलाकात,
तो जाना हाल-ए-दिल का
कि उसे भी हक है
खुशी संग जीने का

वक्त का कुछ पता नहीं यारों,
समझो तो अंजान,
और न समझो तो भी ।

आरती यादव
बी.ए. तृतीय

महानगरीय जीवन

हमारे न जाने कितने ही कवि, लेखक, साहित्यकारों का यह कथन रहा है कि एक ग्रामीण जीवन ही है जो अत्यंत सादा, शांत तथा संतोषजनक है। आज के महानगरीय जीवन की भांति उसमें कहीं भी भागदौड़ तथा चिंताओं के लिए स्थान नहीं होता। यदि इस कथन पर हम और प्रकाश डालें तो शहरी जीवन पूर्णतः नकली दिखाई पड़ता है। यह एक ऐसी जीवन शैली है जिसमें पाखंड, आगे बढ़ने की होड़, असभ्यता तथा अशिष्टता अपने लिए पूर्णतः स्थान समेटे हुए है। अपने जीवन में कृत्रिम तथा अनचाही वस्तुओं की लालसा उन्हें एक शहर से दूसरे शहर में दौड़ाती रहती है। आधुनिक सुख सुविधाओं का आदी हुआ मनुष्य अपने क्षणिक सुख के हेतु पूर्ण जीवन व्यतीत कर देता है। यही कारण है कि शहर में रहने वाले लोगों की जनसंख्या में भारी वृद्धि दिखाई पड़ती है। यही बढ़ती संख्या प्रकृति का नाश कर रही है, उन वस्तुओं की चाह में जो मनुष्य को इस दिखावाट के जीवन में चाहिए। इससे प्राकृतिक सौंदर्य भी नष्ट हो रहा है।

हमें यह ज्ञात ही है कि महानगरीय जीवन के लाभ तथा हानि क्या हो सकते हैं? शहरों में मनोरंजन, और समय व्यतीत करने हेतु ढेरों विकल्प होते हैं किंतु यह वा साधन होते हैं जो शहरी व्यक्ति के लिए अत्यधिक अनिवार्य होते हैं। सिनेमा, टेलीविजन, विडियो गेम, घर के और मशीनी उपकरण, यह सभी शहरों में बड़ी आसानी से देखे जा सकते हैं। बड़े शहरों में शिक्षा व्यवस्था बहुत अच्छी होती है। शिक्षा व्यवस्था बहुत ही सुचारू रूप से चलती है। एक मध्यवर्गीय व्यक्ति भी अपनी संतान को अच्छी शिक्षा देने में सक्षम होता है। अपनी इच्छा से वह शिक्षा चुन सकता है। शहरी स्कूल भी हर प्रकार के होते हैं। पठन-पाठन की उच्चतम व्यवस्था होती है। ऐसा विकल्प ग्रामीण क्षेत्रों में देखा नहीं जाता है। शहरों में पढ़ाई के पश्चात् रोजगार के लिए भी

अथाह क्षेत्र होते हैं। जिस प्रकार की शिक्षा उसी प्रकार के रोजगार की व्यवस्था होती है। अपनी काबिलियत से ही शिक्षा का भरपूर प्रयोग किया जा सकता है। शहरों के और भी कई लाभ हैं। यहां के लोग अत्यंत सभ्य होते हैं। हमें शहरों में देश के हर क्षेत्र से आए लोग मिल सकते हैं जिनकी संस्कृति दूसरे शहरों से अलग होती है। व्यक्तिगत मेल जोल से सोचने की क्षमता का विकास होता है।

शहरी जीवन की कई हानियां भी हैं। शहरी जीवन एक अस्वस्थ जीवन है। शहरों का वातावरण अशुद्ध होता है। लोगों के सांस लेने के लिए वायु अशुद्ध है। व्यक्ति सूरज की रोशनी से दूर भागता है। शहरी खान पान भी शारीरिक रूप से अस्वस्थ बनाने का कार्य करता है। शुद्ध खान पान जैसे घी, दूध जैसे पदार्थ भी शुद्ध प्राप्त नहीं होते।

शहरी जीवन की कुछ और हानियां भी हैं, शहर में अत्यधिक लोग अपना जीवन यापन करते हैं जिससे महंगाई का बहुत तेज़ असर दिखाई पड़ता है। अपने काम पर जाने के लिए भी उनका काफी समय नष्ट होता है क्योंकि ट्रैफिक जाम से उनका पाला पड़ता है। महानगरों लोगों का एक दूसरे से मेलजोल ही नहीं हो पाता। प्रायः उनमें दया, प्रेम, स्नेह की कोई भावना नहीं होती। पड़ोसी अपने पड़ोसी की जानकारी रखना अनिवार्य नहीं समझता। औद्योगिक रूप से विकसित शहरी जीवन का चित्र बहुत ही निराशाजनक है।

कई लोग ऐसे हैं जिन्हें अपने शहरी जीवन से कोई मोह नहीं है किन्तु वे अपने जीवन यापन हेतु वहां रहने के लिए मजबूर हैं। पर कई लोग ग्रामीण जीवन में ही बहुत प्रसन्न हैं, सभी प्रकार के मोह छोड़कर वे गांव में रहते हैं। शहरों तथा गांवों के अपने लाभ तथा हानियां हैं। इसलिए मैं एक ऐसे शहर में रहना चाहूंगी जो गांव के पास हो ताकि मैं ग्रामीण तथा शहरी जीवन का आनंद ले सकूँ।

नीलम

बी.ए. तृतीय

जीत

क्यों समेटता है गुज़रे पल के टुकड़े,
वह जिन्दगी तो अपनी आदत से मजबूर है,
पलट गई तो क्या

टूट कर बिखर कर संवर जाएगी।

इसे थोड़ा वक्त तो दे
ख्वाहिशों के आसमान में
परिंदों की तरह उड़
मुश्किलों की बदली छाई है तो क्या
छंट जाएगी
इसे थोड़ा वक्त तो दे।

तू कब हारा है, न सोच हार की तू
जीत ही जीत तेरी किस्मत में है
अपने मन की जीत, मुठ्ठी में है।

उठेगा बेखौफ होकर एक दिन तू
आदमी से इन्सान बना जिस दिन
तेरा भी वक्त संवर जाएगा
तोड़ेगा ज़िंदगी को, तू भी निखर जाएगा
वक्त को थोड़ा वक्त दे ज़रा
तेरा वक्त भी जरूर आएगा।

पल्लवी वोहरा

बी.ए. तृतीय

यह मेरी कामना है

यह मेरी कामना है,
मर मिटूं उस देश के गौरव हेतु,
जहां पर जन्म लिया मैंने,
अथाह विस्तार भरे गगन के नीचे,
मेरी आंखों को पलकें मूंदने,
का सौभाग्य प्राप्त हो।

मेरे लहू के आखिरी कतरे को,
देश के लिए कुर्बान करूं,
देश के लिए जीवन समाप्त नहीं,
यह मेरी कामना है।

युद्ध की उस भूमि में,
जहां लाखों साए लगे होंगे,
मेरे देश को छलनी करने पर
उन्हे रण में ही मैं निढाल करूं,
यह मेरी कामना है।

अपना देश को गर्व से ऊँचा कर,
उस सफल शिखर तक ले जाऊँ,
जहां से न हिल सके उसका,
स्वाभिमान,
यह मेरी कामना है।

अनुप्रिया
बी.ए. तृतीय

इंसान

आया था खाली हाथ,
ना लाया था कुछ साथ,
पैदा होते ही उम्मीदों के बोझ ने मारा,
थोड़ा बड़ा हुआ नहीं कि
दुनिया की दौड़ में लग गया बेचारा।

बचपन में किताबों के भार ने दबाया,
छोटे से दिमाग पर ही खूब दबाव लाया,
फिर भी अपने कदमों को पीछे नहीं हटाया।

शायद ! डर था कहीं जीवन की इस दौड़ में पीछे न रह जाऊँ।
अगर अभी कदम डगमगाए तो कहीं जीवन में कुछ कर ही ना पाऊँ।
जब उसके पास पैसा आया,
तो गरूर भी साथ लाया।
खुदा की दी हुई सुंदरता पर भी
खूब अभिमान दिखाया।
मौका मिलते ही अपने से छोटे को नीचा दिखलाया।

शिवानी
बी.ए. - तृतीय

मनुष्य की मजिल

मजिल को पाने की चाह तो है,
आंखों में ढेर सारे सपने तो है,
पर मेहनत से कतराता है,
मेहनत से दूर भागने के लिए खुद को बहाने सुनाता है।
अपनी उलझनों में फंसता चला जाता है,
उन्हें इतना बड़ा बनाता है कि उसे पता ही नहीं चलता कि
कब इन सब के सामने उसकी मजिल को पाने की चाहत,
और उसके सपने छोटे हो गए।
कब उसे वो मजिल और वो सपने दिखने ही बंद हो गए।
जिंदगी भर भागता है,
कभी अपने से जुड़े लोगों की चाहत पूरी करने।
भागता है सबसे आगे निकलने की चाह में,
भागता है अपनी, ख्वाइशों को पूरा करने,
भागता है दूसरों की उम्मीदों पर खरा उतरने ,
भागता है कमाने,
भागता है अपनी मजिल और अपने सपनों के पीछे,
सारी उमर निकाल देता है यूँ ही भागते भागते।
जीवन की इस दौड़ में भूल जाता है जिन्दगी तो खुदा का दिया
तोहफा हुआ अनमोल तोफा है जीने के लिए , और कुछ ही पल
का साथ है उसका और मेरा।
खाली हाथ आया था, खाली हाथ जाना है।
भूल जाता है जिस मिट्टी का बना है वापिस उस में ही मिल जाना है।
इंसान कुछ ऐसा है इसका जिन्दगी जीने का अंदाज, ये हैं इंसान।

मैं भारत की बेटी

मैं भारत की बेटी, मैं हूँ उसका मान
मैं भारत का गौरव, और मैं ही हूँ सम्मान
मैं ही लड़कर सभी से, दिलाऊँगी बेटियों को सम्मान
बेटियां ना तो पराई है, वो तो है सबकी शान
हमेशा बचाकर रखती है, दो परिवारो का मान
बेटियां ना तो किसी पर बोझ है, ना ही है अपमान
वह तो कुल का दीपक है, जो रोशन करती सारा जहान
इन्हें ना कम समझो तुम, यह तो है सबका अभिमान
मैं भारत की बेटी, मैं हूँ उसका मान
बेटियां है स्वतंत्रता की इच्छुक, उसे ना रोक ऐ इंसान।

इन्हें निरंतर बढ़ने दे, क्यों है तुझे इतना अभिमान
क्यों अपनी शान को पीछे रखता है इंसान
क्यों ना बेटियां आगे बढ़कर बांटे सबमें ज्ञान
मैं भारत की बेटी, आखिर हूँ तो मैं भी एक इंसान

गांव और शहर

तेरी बुराइयों को हर अखबार कहता है
और तू मेरे गांव को गंवार कहता है।
ए शहर मझे तेरी औकात पता है,
तू बच्ची को भी हुस्न-ए-बहार कहता है।
थक गया है हर शख्स काम करते करते,
तू इसे अमीरी का बाज़ार कहता है।
गांव चलो वक्त ही वक्त है सबके पास,
तेरी सारी फुर्सत तेरा इतवार कहता है।
मौन होकर फोन पर रिश्ते निभाए जा रहें हैं,
तू इस मशीनी दौर को परिवार कहता है।
वो मिलने आते थे कलेजा साथ लाते थे,
तू दस्तूर निभाने को रिश्तेदार कहता है।
बड़े बड़े मसले हल करती थी पंचायतें,
अंधी भ्रष्ट दलीलों को दरबार कहता है।
अब बच्चे भी बड़ों का आदर भूल बैठे हैं,
तू इस नए दार को संस्कार कहता है।

खुशबू
बी.ए. तृतीय

सुबह

ये सुबह भी रोज की सुबह की तरह कुछ खास है, साथ जो लायी वो कुछ नया सा एहसास है।
वो अंधेरे को चीरकर निकलती सुबह की किरण, काली बुरी छाया को नष्ट करती सी प्रतीत होती है।
एक किरण के बाद दूसरी रोशनी की किरण, और फिर ढेर सारी किरणें मन में ढेरों खुशियां और उमंगों को भरती है।
ये सुबह भी रोज की सुबह की तरह कुछ खास है साथ जो लायी वो कुछ नया सा एहसास है।
कहां हरे-भरे पेड़, कहीं पक्षियों का गुनगुनाना, वो ठंडी हवा और पत्तों पर पड़ी ओस की बूंदें,
देखकर दिल को बहुत सुकून मिलता है।
सुबह की ठंडी हवा अपने साथ सारे बुरे ख्याल उड़ा ले जाती है, और कोई हो न हो मैं तेरे साथ हूं,
मानों ऐसा कहकर बहुत खास महसूस करवाती है।
पत्ते पर पड़ी ओस की बूंद में खुद का प्रतिबिम्ब दिखायी पड़ता है।
उस बूंद में खुद को देखकर, अजीब सी खुशबू महसूस करके मन जोरों से हंस पड़ता है।
ये सुबह ऐसी ही रहें, कभी खत्म ना हो, ऐसा ख्याल मन में एक फूल की तरह खिलता है।
ये सुबह भी रोज की तरह कुछ खास है.....
ठंडी ठंडी हवा, थोड़ी सी रोशनी साथ जो लायी वो कुछ नया सा एहसास है।
पक्षियों को उड़ते देखकर, काश मेरे भी पंख होते,
अजीब सी खुशी के साथ दिल हर बार ये तमन्ना करता है, इतना मुश्किल नहीं है उड़ना,
एक दिन मेरे भी पंख आयेगें और मैं भी उन्हें फौलाकर उड़ जाऊंगी,
खुद से हर बार ये दावा करता है। ये सुबह भी रोज की सुबह की तरह कुछ खास है.....

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸੈਲਫੀ ਦਾ ਜਨੂੰਨ

ਅੱਜ ਦੇ ਜਮਾਨੇ ਵਿੱਚ ਕੋਈ ਵੀ ਅਜਿਹਾ ਵਿਅਕਤੀ ਨਹੀਂ ਹੈ ਜੋ 'Selfie' ਸ਼ਬਦ ਤੋਂ ਜਾਣੂ ਨਾ ਹੋਵੇ। ਸੈਲਫੀ ਅੱਜ ਦੇ ਲੋਕਾਂ ਦੀ ਰੋਜ਼-ਮਰ੍ਹਾ ਜ਼ਿੰਦਗੀ ਦਾ ਜ਼ਰੂਰੀ ਹਿੱਸਾ ਬਣ ਚੁੱਕੀ ਹੈ। ਕਿਸੀ ਵੀ ਇਨਸਾਨ ਦੁਆਰਾ ਆਪਣੀ ਲਈ ਗਈ ਤਸਵੀਰ ਨੂੰ ਸੈਲਫੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਸਭ ਤੋਂ ਪਹਿਲੀ ਸੈਲਫੀ ਰਾਬਰਟ ਕੁਰਨੇਲੀ ਨੇ 1839 ਈ. ਵਿੱਚ ਲਈ ਸੀ। ਸਾਡਾ ਨੌਜਵਾਨ ਵਰਗ ਤਾਂ ਇਸਦਾ ਆਦੀ ਹੀ ਹੋ ਕੇ ਰਹਿ ਗਿਆ ਹੈ। ਬੇਸ਼ਕ ਮਨੁੱਖੀ ਸਮਾਜ ਦੀ ਲਗਾਤਾਰ ਵਰਤੋਂ ਕਰਕੇ ਅਸੀਂ ਅਣਮੁੱਲੀਆਂ ਕਾਢਾਂ ਕੱਢ ਲਈਆਂ ਹਨ, ਜਿਸ ਨਾਲ ਮਨੁੱਖੀ ਦਿਮਾਗ ਦਾ ਵਿਕਾਸ ਹੀ ਹੋਇਆ ਹੈ ਪਰ ਅਫਸੋਸ ਕੁੱਝ ਨਵੀਆਂ ਕਾਢਾਂ ਹੀ ਮਨੁੱਖੀ ਦਿਮਾਗ ਦੇ ਨਾਸ਼ ਦਾ ਕਾਰਨ ਬਣ ਰਹੀਆਂ ਹਨ। ਸੈਲਫੀ ਦੇ ਪਾਗਲਪਨ ਦੇ ਕੁਝ ਅਜਿਹੇ ਕੇਸ ਵੀ ਆਏ ਹਨ ਜਿਸ ਵਿੱਚ ਇੱਕ ਆਦਮੀ ਨੇ ਸਿਰਫ ਇਸ ਲਈ ਆਤਮ-ਹੱਤਿਆ ਕਰ ਲਈ ਕਿਉਂਕਿ ਉਸਦੀਆਂ ਅਨੇਕਾਂ ਸੈਲਫੀਆਂ ਵਿੱਚੋਂ ਉਸਨੂੰ ਕੋਈ ਵੀ ਸੈਲਫੀ ਇਸ ਕਾਬਿਲ ਨਾ ਲੱਗੀ ਜੋ ਉਹ 'Social Site' ਤੇ ਪਾ ਸਕੇ।

ਕੋਈ ਵੀ ਇਨਸਾਨ ਜੇਕਰ ਕਿਸੇ ਪਾਰਟੀ, ਕਿਸੇ ਸਮਾਗਮ ਜਾਂ ਕਿਤੇ ਘੁੰਮਣ ਜਾਂਦਾ ਹੈ ਤਾਂ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਸੈਲਫੀ ਲੈਂਦਾ ਹੈ। ਪਰ ਹੁਣ ਸਵਾਲ ਇਹ ਉੱਠਦਾ ਹੈ ਕਿ ਸੈਲਫੀ ਦੇ ਇਸ ਜਨੂੰਨ ਦਾ ਕਾਰਨ ਕੀ ਹੈ? ਮਨੁੱਖ ਇੰਨੀਆਂ ਸੈਲਫੀਆਂ ਕਿਉਂ ਲੈਂਦਾ ਹੈ? ਇਸਦਾ ਉੱਤਰ ਹੈ "Social Media" ਕਹਿਣ ਨੂੰ ਤਾਂ ਇਹ Social Sites ਸਾਨੂੰ ਇੱਕ ਦੂਜੇ ਨਾਲ ਜੋੜਦੀਆਂ ਹਨ, ਪਰ ਅਸਲੀਅਤ ਇਸਦੇ ਬਿਲਕੁਲ ਉਲਟ ਹੈ। Facebook, Twitter, Instagram ਅਤੇ Snapchat ਵਰਗੀਆਂ Social Sites ਦਾ ਲੋਕਾਂ ਵਿੱਚ ਇੰਨਾ ਜਨੂੰਨ ਹੈ ਕਿ ਉਹ ਅਪਣੀ ਹਰ ਗੱਲ, ਅਪਣੀ ਹਰ ਤਸਵੀਰ ਇੰਨ੍ਹਾ ਉੱਤੇ Upload ਕਰਦੇ ਹਨ। ਇੱਕ ਅਧਿਐਨ ਮੁਤਾਬਿਕ ਹਰ Social Sites 'ਤੇ ਇੱਕ ਘੰਟੇ 'ਚ 500,000 ਸੈਲਫੀਆਂ ਅਪਲੋਡ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਇਹੀ ਕਾਰਨ ਹੈ ਕਿ ਇਨਸਾਨ ਆਪਣੀ ਬਾਹਰੀ ਸੁੰਦਰਤਾ ਵੱਲ ਹੀ ਕੇਂਦਰਿਤ ਹੋ ਕੇ ਰਹਿ ਗਿਆ ਹੈ। ਖੁਦ ਨੂੰ ਸੈਲਫੀ ਵਿੱਚ ਖੂਬਸੂਰਤ ਵਿਖਾਉਣ ਲਈ ਉਹ ਤਰ੍ਹਾਂ-ਤਰ੍ਹਾਂ ਦੇ Filter ਵੀ ਵਰਤਦਾ ਹੈ ਤਾਂ ਜੋ ਕਿ ਉਹ Social Sites ਉੱਤੇ ਤਸਵੀਰ ਅਪਲੋਡ ਕਰਕੇ ਲੋਕਾਂ ਦੀ ਵਾਹ-ਵਾਹ ਖੱਟ ਸਕੇ।

ਸਭ ਤੋਂ ਪਹਿਲਾਂ 2004 'ਚ Flickr ਨਾਂ ਦੀ ਐਪ ਵਿੱਚ ਸੈਲਫੀ ਇੱਕ ਦੂਜੇ ਨੂੰ ਭੇਜਣ ਦਾ ਰਿਵਾਜ ਸ਼ੁਰੂ ਹੋਇਆ ਸੀ। 2010 ਵਿੱਚ I Phone 4 ਵਿੱਚ Front Camera ਆਉਣ ਨਾਲ ਇਸਦਾ ਜਨੂੰਨ ਸ਼ੁਰੂ ਹੋਇਆ ਸੀ। ਹਾਲ ਹੀ ਵਿੱਚ ਹੋਏ ਇੱਕ ਸਰਵੇਖਣ ਮੁਤਾਬਿਕ 60% UK ਦੇ ਲੋਕ Smart Phone ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹਨ। 2006 ਵਿੱਚ ਅਮਰੀਕਾ ਵਿੱਚ 800 ਨੌਜਵਾਨ ਵਿੱਚੋਂ 79% ਨੌਜਵਾਨ ਸੰਖਿਆ ਵੱਧ 'ਤੇ 91% ਹੋ ਗਈ ਹੈ।

ਸੈਲਫੀ ਦੀ ਬਿਮਾਰੀ ਇੱਕ ਜੋਕ ਵਾਂਗ ਸਾਡੇ ਨੌਜਵਾਨਾਂ ਨੂੰ ਚਿੰਬੜ ਗਈ ਹੈ। ਸੈਲਫੀ ਦੇ ਇਸ ਜਨੂੰਨ ਦੇ ਕਈ ਘਾਤਕ ਸਿੱਟੇ ਵੀ ਨਿਕਲੇ ਹਨ। ਸੈਲਫੀ ਲੈਂਦੇ ਹੋਏ ਕਈ ਲੋਕਾਂ ਨੂੰ ਅਪਣੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਅਲਵਿਦਾ ਵੀ ਕਹਿਣਾ ਪਿਆ। ਅਖ਼ਬਾਰਾਂ ਅਤੇ ਟੀ. ਵੀ. ਵਿੱਚ ਨਿੱਤ ਦੇਖਣ ਨੂੰ ਮਿਲਦਾ ਹੈ ਕਿ ਇੱਕ ਸੈਲਫੀ ਲੈਂਦੇ ਹੋਏ ਕਿੰਨੇ ਹਾਦਸੇ ਹੁੰਦੇ ਹਨ। ਇੱਕ ਖ਼ਬਰ ਸੀ ਕਿ ਇੱਕ ਲੜਕਾ ਸੈਲਫੀ ਲੈਂਦਾ ਹੋਇਆ ਇੰਨ੍ਹਾ ਖੋ ਗਿਆ ਸੀ ਕਿ ਨਦੀ ਕਿਨਾਰੇ ਉਸਦਾ ਪੈਰ ਫਿਸਲ ਗਿਆ ਤੇ ਉਹ ਅਪਣੀ ਜਾਨ ਗਵਾ ਬੈਠਾ। ਇੱਕ ਹੋਰ ਖ਼ਬਰ ਸੀ ਕਿ ਇੱਕ ਲੜਕੀ ਕਾਰ ਚਲਾਉਂਦੇ ਹੋਏ ਅਪਣੀ ਸੈਲਫੀ ਲੈ ਰਹੀ ਸੀ ਤਾਂ ਕਿ ਉਹ ਉਸਨੂੰ ਅਪਣੀ Profile Picture ਲਗਾ ਸਕੇ, ਪਰ ਉਸਦੀ ਇਸ ਬੇਧਿਆਨੀ ਦੇ ਕਾਰਨ ਉਸਨੇ ਅੱਗੇ ਨਹੀਂ ਦੇਖਿਆ ਜਿਸ ਕਾਰਨ ਕਈ ਘਰਾਂ ਦੇ ਚਿਰਾਗ ਬੁਝ ਗਏ ਹਨ। ਖੁਦ ਨੂੰ ਸੁੰਦਰ ਦਿਖਾਉਣ ਲਈ ਗਲੈਮਰ ਵਰਲਡ ਦੀਆਂ ਕਈ ਪ੍ਰਸਿੱਧ ਹਸਤੀਆਂ ਨੇ ਪਲਾਸਟਿਕ ਸਰਜਰੀ ਦਾ ਰਾਹ ਤੱਕ ਅਪਣਾ ਲਿਆ ਹੈ ਤਾਂ ਕਿ ਉਹ ਸੁੰਦਰ ਦਿਖ ਸਕਣ ਉਹ ਸੁੰਦਰ ਦਿਖ ਵਾਲੀਆਂ ਤਸਵੀਰਾਂ ਖਿਚਵਾਉਣ ਦੀਆਂ ਸ਼ੌਂਕੀਨ ਹਨ। 'Selfie' ਸ਼ਬਦ ਇੰਨ੍ਹਾਂ ਪਾਪੂਲਰ ਹੋ ਗਿਆ ਹੈ ਕਿ 2013 ਵਿੱਚ Oxford University ਦੁਆਰਾ ਸੈਲਫੀ ਨੂੰ "Word of the Year" ਕਰਾਰ ਕੀਤਾ ਗਿਆ ਸੀ।

ਮੈਨੂੰ ਇੱਕ ਘਟਨਾ ਯਾਦ ਆ ਰਹੀ ਹੈ ਕਿ ਜਦੋਂ ਮੈਂ ਪਿੰਡ ਵਿੱਚ ਕਿਸੇ ਦੇ ਘਰ ਗਈ ਸੀ ਤਾਂ ਇੱਕ ਬਜ਼ੁਰਗ ਔਰਤ ਅਪਣੀ ਪੋਤੀ ਨੂੰ ਕਹਿ ਰਹੀ ਸੀ ਕਿ ਉਸਨੇ ਅਪਣੇ ਨਹੁੰਆਂ ਤੇ Nail Polish ਕਿਉਂ ਲਗਾਈ ਹੈ, ਜੋ ਕਿ

ਬਨਾਉਣੀ ਸੁੰਦਰਤਾ ਹੈ ਜਦਕਿ ਗੁਲਾਬੀ ਨਹੁੰ ਜ਼ਿਆਦਾ ਸੁੰਦਰ ਲਗਦੇ ਹਨ, ਜੋ ਕਿ ਕੁਦਰਤੀ ਹੁੰਦੇ ਹਨ। ਉਹਨਾਂ ਦੀ ਇਹ ਗੱਲ ਨੇ ਮੈਨੂੰ ਡੂੰਘੀ ਸੋਚ 'ਚ ਪਾ ਦਿੱਤਾ। ਪਰ ਅਫਸੋਸ ਅੱਜ ਅਸੀਂ ਸਿਰਫ ਬਾਹਰੀ ਸੁੰਦਰਤਾ ਦਾ ਧਿਆਨ ਰੱਖਣ, ਚ ਇੰਨੇ ਮਸ਼ਰੂਫ ਹੋ ਗਏ ਹਾਂ ਕਿ ਅਸੀਂ ਸਿਰਫ ਅਪਣੀ ਬਾਹਰੀ ਸੁੰਦਰਤਾ ਤੱਕ ਹੀ ਕੇਂਦਰਿਤ ਹੋ ਕੇ ਰਹਿ ਗਏ ਹਾਂ।

ਸਾਡੀ ਸਵੇਰ ਵੀ ਸੈਲਫੀ ਤੋਂ ਹੁੰਦੀ ਹੈ ਅਤੇ ਸੂਰਜ ਵੀ ਸੈਲਫੀ ਲੈਂਦਿਆ ਹੀ ਡੁੱਬ ਜਾਂਦਾ ਹੈ। ਜੇ ਇਸੇ ਤਰ੍ਹਾਂ ਹੀ ਲੋਕਾਂ ਅੰਦਰ ਸੈਲਫੀ ਲੈਣ ਦਾ ਪਾਗਲਪਨ ਰਿਹਾ ਤਾਂ ਉਹ ਦਿਨ ਦੂਰ ਨਹੀਂ ਕਿ ਜਦੋਂ “ਨਸ਼ੇ ਛੁਡਾਓ” ਕੇਂਦਰਾਂ ਦੀ ਤਰ੍ਹਾਂ “ਸੈਲਫੀ ਦੀ ਆਦਤ ਛੁਡਾਓ” ਕੇਂਦਰ ਵੀ ਥਾਂ ਥਥ ਤੇ ਖੁੱਲੇ ਨਜ਼ਰ ਆਉਣਗੇ। ਜ਼ਿੰਦਗੀ ਦੇ ਕਿਸੇ ਵੀ ਪਲ ਦਾ ਅਸਲ ਅਨੰਦ ਉਦੋਂ ਹੀ ਮਾਣਿਆ ਜਾ ਸਕਦਾ ਹੈ ਜਦੋਂ ਉਸਨੂੰ ਮਨ ਨਾਲ ਜੀਵਿਆ ਜਾਵੇ। ਹਰ ਸਮਾਗਮ ਦੇ ਹਰ ਛੋਟੇ ਛੋਟੇ ਪਲ ਦਾ ਆਨੰਦ ਮਾਣਿਆ ਹੀ ਉਦੋਂ ਜਾ ਸਕਦਾ ਹੈ ਜਦੋਂ ਅਸੀਂ ਉਸ ਪਲ ਨੂੰ ਰੂਹ ਨਾਲ ਜੀਵੀਏ, ਨਾ ਕਿ ਅਪਣੀਆਂ ਅਣਮੁੱਲੀਆਂ ਖੁਸ਼ੀਆਂ ਨੂੰ ਇੱਕ ਕੈਮਰੇ 'ਚ ਕੈਦ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਅੱਗੇ ਅਸਲੀ ਖੁਸ਼ੀ ਨੂੰ ਦਾਅ ਉੱਤੇ ਲਾ ਦਈਏ।

ਸੈਲਫੀ ਨਾਲ ਅਸੀਂ ਉਸ ਸਮੇਂ ਨੂੰ ਸਿਰਫ ਕੈਮਰੇ 'ਚ ਹੀ ਕੈਦ ਤਾਂ ਕਰ ਲੈਂਦੇ ਹਾਂ, ਪਰ ਅਸਲ ਜ਼ਿੰਦਗੀ 'ਚ ਸਾਨੂੰ ਉਹ ਪਲ ਬਿਲਕੁਲ ਵੀ ਚੇਤੇ ਨਹੀਂ ਹੁੰਦੇ ਕਿਉਂਕਿ ਉਹ ਸਿਰਫ ਇੱਕ ਛਲ ਸੀ, ਅਸੀਂ ਅਸਲ 'ਚ ਉਸ ਪਲ ਨੂੰ ਰੂਹ ਨਾਲ ਜੀਵਿਆ ਹੀ ਨਹੀਂ ਹੁੰਦਾ। ਆਓ! ਅਸੀਂ ਵੀ ਅਪਣੀ ਅਣਮੁੱਲੀ ਜ਼ਿੰਦਗੀ ਦੇ ਹਰ ਅਣਮੁੱਲੇ ਪਲ ਨੂੰ ਰੂਹ ਨਾਲ ਮਾਣੀਏ ਨਾ ਕਿ ਉਸਨੂੰ ਸੈਲਫੀ 'ਚ ਕੈਦ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਵਿੱਚ ਉਸਦੇ ਅਸਲ ਆਨੰਦ ਤੋਂ ਵਾਂਝੇ ਰਹਿ ਜਾਈਏ।

ਅਵਗਤ ਕੌਰ

ਬੀ. ਏ. -III

(ਮੇਰੀਆਂ ਸਹੇਲੀਆਂ)

ਜਦੋਂ ਖਤਮ ਹੋਈ ਕਲਾਸ ਬਾਰੂਵੀਂ
ਉਦੋਂ ਕਾਲਜ ਜਾਣ ਦਾ ਬੜਾ ਚਾਅ ਸੀ
ਸਕੂਲੋਂ ਨਿਕਲੇ ਕਾਲਜ ਆ ਵੜੇ
ਉੱਥੇ ਲੱਗਦਾ ਓਪਰਾ ਜਹਾਨ ਸੀ
ਪਹਿਲਾ ਦਿਨ ਕਾਲਜ ਦਾ ਕੁਝ ਓਪਰਾ ਜਿਹਾ ਲੱਗਿਆ
ਕੁਝ ਦਿਨਾਂ ਬਾਅਦ ਦੋਸਤਾ ਨਾਲ ਹੋਈ ਪਹਿਚਾਣ ਸੀ
ਸਕੂਲ ਦੀਆਂ ਕੁਝ ਨਵੀਆਂ, ਕੁਝ ਪੁਰਾਣੀਆਂ
ਕੀਤੀਆਂ ਸ਼ਰਾਰਤਾਂ ਯਾਦ ਸੀ
ਨਵੇਂ ਦੋਸਤ ਬਣਾਉਣਾ, ਪੁਰਾਣਿਆਂ ਨੂੰ ਭੁੱਲਣਾ
ਇਹ ਕਿਹੜਾ ਕੰਮ ਆਸਾਨ ਸੀ
ਨਵੇਂ ਪੁਰਾਣੇ ਇੱਕਠੇ ਹੁੰਦੇ
ਖਾਂਦੇ ਪੀਂਦੇ ਹੱਸਦੇ ਰੋਂਦੇ
ਨਾਲ ਉਹਨਾਂ ਦੇ ਭੁੱਲਦਾ ਸੰਸਾਰ ਸੀ
ਇਕ ਕਲਾਸ ਅਜਿਹੀ ਆਈ
ਸਖੀਆਂ, ਸਾਥਣਾਂ ਨਾਲ ਸਹਾਈ
ਉਸ ਕਲਾਸ ਦੀ ਉਡੀਕ ਕਰਦੇ
ਸਵੇਰ ਤੋਂ ਦੁਪਹਿਰ ਹੋ ਆਈ
ਉਹ ਕਲਾਸ ਅਜਿਹੀ ਯਾਰੋ
ਜਿਥੇ ਮਸਤੀਆਂ ਕਰਦੀ ਲਾਪਰਵਾਹੀ ਪਈ

ਇਹ ਕਲਾਸ ਇੰਵ ਲਗਦੀ ਜਿਵੇਂ
 ਪੱਕਿਆ ਤੋਂ ਵੀ ਪੱਕਾ ਧਾਗਾ
 ਟੁੱਟਦਾ ਨਾ ਕਿਸੇ ਦੇ ਤੋੜਣ ਤੋਂ
 ਕੋਈ ਮਰਜ਼ੀ ਕੋਈ ਕਰੇ ਕੋਸ਼ਿਸ਼ਾਂ
 ਕੋਈ ਰੋਕ ਨੀ ਸਕਦਾ, ਇਹਨਾਂ ਨੂੰ ਜੋੜਣ ਤੋਂ
 ਕਿੰਵ ਲੰਘਿਆ ਸਮਾਂ ਬਹੁਤ ਥੋੜ੍ਹਾ ਲੱਗਦਾ
 ਇਕ ਆਖਰੀ ਸਮੈਸਟਰ ਰਹਿ ਗਿਆ ਸਾਡਾ
 ਮੁੜ ਕਾਲਜ ਲੱਗਣ ਨੂੰ ਜੀਅ ਕਰਦਾ,
 ਜਿੰਦਗੀ ਮੇਰੀ ਉਹਨਾਂ ਦੋਸਤਾਂ ਦੀ ਅਮਾਨਤ ਨੀ
 ਰੱਬਾ ਦੇਵੀ ਉਹਨਾਂ ਨੂੰ ਸਾਰੀ ਖੁਸ਼ੀਂ ਪੂਰੇ ਸੰਸਾਰ ਦੀ
 ਬਣ ਜਾਵੇ ਉਹ ਤਾਰੀਫ਼ ਹਰ ਇਕ ਜ਼ੁਬਾਨ ਦੀ ।

ਪ੍ਰਵੀਨ ਕੌਰ
 ਬੀ. ਏ. ਫਾਇਨਲ

ਪੁਨਰ-ਮਿਲਾਪ

ਹੀਰ-ਰਾਂਝਾ

ਰਾਂਝਾ ਵੰਝਲ ਪਿੰਡ ਦਾ ਰਹਿਣ ਵਾਲਾ ਸੀ। ਉਸ ਦਾ ਰੂਪ ਰੰਗ ਬਹੁਤ ਸੋਹਣਾ ਸੀ। ਉਸ ਦੇ ਪਿਤਾ ਦੀ ਮੌਤ ਤੋਂ ਬਾਅਦ ਉਸਦੇ ਭਰਾਵਾਂ ਨੇ ਉਸ ਦੀ ਜਮੀਨ ਉੱਤੇ ਕਬਜ਼ਾ ਕਰ ਲਿਆ ਅਤੇ ਉਸਨੂੰ ਬੰਜਰ ਜਮੀਨ ਦੇ ਦਿੱਤੀ। ਇਕ ਦਿਨ ਰਾਂਝੇ ਸੁਣਿਆ ਕਿ ਉਸਦੇ ਭਰਾ ਉਸਨੂੰ ਮਾਰਨ ਦੀ ਸਾਜਿਸ਼ ਕਰ ਰਹੇ ਹਨ। ਉਸੇ ਦਿਨ ਰਾਂਝਾ ਰਾਤ ਨੂੰ ਘਰ ਛੱਡ ਕੇ ਤੁਰ ਪਿਆ। ਉਸ ਦੇ ਨਾਲ ਇਕ ਵੰਝਲੀ ਤੇ ਇਕ ਕੰਬਲੀ ਸੀ। ਦਰਿਆ ਪਾਰ ਕਰਕੇ ਉਹ ਥਕਾਵਟ ਲਾਹੁਣ ਲਈ ਉਹ ਰਾਤ ਨੂੰ ਇਕ ਬੇੜੀ ਉੱਤੇ ਸੌ ਗਿਆ। ਸਵੇਰੇ ਜਦੋਂ ਉਸਦੀ ਅੱਖ ਖੁੱਲ੍ਹੀ ਤਾਂ ਉਸਨੇ ਦੇਖਿਆ ਕਿ ਇਕ ਪਰੀ ਉਸ ਉੱਤੇ ਕਹਿਰਵਾਨ ਹੋ ਰਹੀ ਹੈ। ਉਸਨੇ ਉੱਠ ਕੇ ਬੋਲਿਆ “ ਵਾਹ ਸੱਜਣ ” । ਉਹ ਪਰੀ ਹੱਸ ਪਈ। ਉਹ ਪਰੀ ਹੀਰ ਸੀ। ਰਾਂਝੇ ਹੀਰ ਵਿਚਾਲੇ ਪਿਆਰ ਹੋ ਗਿਆ। ਪਰ ਇਕ ਦਿਨ ਇਸ ਦੀ ਖ਼ਬਰ ਹੀਰ ਦੇ ਚਾਚੇ ਕੈਦੋਂ ਨੂੰ ਲੱਗ ਗਈ। ਉਸ ਨੇ ਹੀਰ ਦੇ ਬਾਪ ਖੀਵੇ ਖ਼ਾਨ ਨੂੰ ਇਸ ਬਾਰੇ ਦੱਸਿਆ। ਹੀਰ ਦੇ ਬਾਪ ਨੇ ਹੀਰ ਦਾ ਰਿਸ਼ਤਾ ਕਿਸੇ ਹੋਰ ਨਾਲ ਤੈਅ ਕਰ ਦਿੱਤਾ। ਹੀਰ ਦਾ ਵਿਆਹ ਹੋ ਗਿਆ ਅਤੇ ਦੂਜੇ ਪਾਸੇ ਰਾਂਝੇ ਨੇ ਜੋਗ ਧਾਰ ਲਿਆ। ਰਾਂਝਾ ਜੋਗ ਧਾਰ ਕੇ ਫੇਰੀ ਲਈ ਹੀਰ ਦੇ ਸਹੁਰੇ ਪਿੰਡ ਗਿਆ। ਉੱਥੇ ਉਸ ਦਾ ਮਿਲਾਪ ਹੀਰ ਨਾਲ ਹੋਇਆ।

ਉਸ ਨੇ ਹੀਰ ਨੂੰ ਉਸ ਦੀ ਪਰੇਸ਼ਾਨੀ ਦਾ ਕਾਰਨ ਪੁੱਛਿਆ। ਹੀਰ ਨੇ ਰਾਂਝੇ ਜੋਗੀ ਨੂੰ ਦੱਸਿਆ ਕਿ ਇਸ ਚੰਦਰੀ ਦੁਨੀਆ ਵਿਚ ਉਸ ਦਾ ਯਾਰ ਕਿੱਤੇ ਵਿਛੜ ਗਿਆ ਹੈ। ਉਸ ਨੂੰ ਅਜਿਹਾ ਕੋਈ ਨਹੀਂ ਮਿਲਿਆ ਜਿਹੜਾ ਉਸਦੇ ਯਾਰ ਨੂੰ ਮੁੜ ਉਸ ਕੋਲ ਲੈ ਆਵੇ।

ਜੋਗੀ ਰਾਂਝੇ ਨੇ ਹੀਰ ਨੂੰ ਕਿਹਾ ਕਿ ਉਹ ਹੀ ਉਸਦਾ ਰਾਂਝਾ ਯਾਰ ਹੈ। ਹੀਰ ਨੇ ਉਸਦੀ ਗੱਲਾਂ ਉੱਤੇ ਯਕੀਨ ਨਾ ਕੀਤਾ ਤੇ ਕਿਹਾ ਕਿ ਤੇਰਾ ਇਕ ਕਿਸਮਤ ਦੀ ਹਾਰੀ ਕੁੜੀ ਵੇਖ ਮਨ ਖਰਾਬ ਹੋ ਗਿਆ ਹੈ। ਰਾਂਝੇ ਨੇ ਉਸਨੂੰ ਆਪਣੇ ਨਾਲ ਜੋ ਬੀਤੀ ਉਸ ਬਾਰੇ ਦੱਸਿਆ ਤਾਂ ਹੀਰ ਨੂੰ ਯਕੀਨ ਹੋਇਆ ਕਿ ਉਹ ਹੀ ਉਸਦਾ ਪਿਆਰ ਹੈ।

ਹੀਰ ਨੇ ਇਸ ਬਾਰੇ ਆਪਣੀ ਨੰਨਦ ਸਹਿਤੀ ਨੂੰ ਦੱਸਿਆ। ਸਹਿਤੀ ਨੇ ਹੀਰ ਨੂੰ ਯਕੀਨ ਦਿਵਾਇਆ ਕਿ ਉਹ ਉਸ ਦਾ ਰਾਂਝੇ ਨਾਲ ਮਿਲਾਪ ਕਰਨ ਵਿਚ ਉਸਦੀ ਸਹਾਇਤਾ ਕਰੇਗੀ।

ਇਕ ਦਿਨ ਸਹਿਤੀ ਨੇ ਹੀਰ ਦਾ ਖੇਤਾਂ ਵਿਚ ਸੱਪ ਲੜਨ ਦਾ ਝੂਠਾ ਬਹਾਨਾ ਕੀਤਾ ਤੇ ਕਿਹਾ ਕਿ ਉਹ ਇਕ ਜੋਗੀ ਨੂੰ ਜਾਣਦੀ ਹੈ ਜੋ ਹੀਰ ਨੂੰ ਠੀਕ ਕਰ ਸਕਦਾ ਹੈ।

ਸਹਿਤੀ ਨੇ ਰਾਂਝੇ ਜੋਗੀ ਨੂੰ ਸੁਨੇਹਾ ਭੇਜਿਆ । ਰਾਂਝਾ ਉੱਥੇ ਪਹੁੰਚ ਗਿਆ।

ਰਾਂਝਾ ਹੀਰ ਨੂੰ ਲੈ ਕਿ ਉੱਥੋਂ ਭੱਜ ਗਿਆ। ਉਸਨੇ ਜੋਗ ਧਾਰਨ ਵੇਲੇ ਆਪਣੇ ਗੁਰੂ ਨੂੰ ਜੋ ਵਚਨ ਦਿੱਤੇ ਸੀ ਉਹ ਸਾਰੇ ਟੁੱਟ ਗਏ।

ਰਸਤੇ ਵਿੱਚ ਹੀ ਹੀਰ ਅਤੇ ਰਾਂਝਾ ਫੜ ਗਏ। ਉਨ੍ਹਾਂ ਨੂੰ ਉਸ ਸਮੇਂ ਦੇ ਰਾਜੇ ਕੋਲ ਲਿਜਾਇਆ ਗਿਆ। ਰਾਜੇ ਨੂੰ ਉਨ੍ਹਾਂ ਦਾ ਪਿਆਰ ਵੇਖ ਕੇ ਉਨ੍ਹਾਂ ਦਾ ਵਿਆਹ ਕਰਨ ਦਾ ਹੁਕਮ ਦਿੱਤਾ। ਹੀਰ ਅਤੇ ਰਾਂਝੇ ਦਾ ਵਿਆਹ ਹੋ ਗਿਆ ਅਤੇ ਉਹ ਦੋਨੋਂ ਪੁਨਰ ਮਿਲ ਗਏ।

ਪਰ ਹੀਰ ਦਾ ਚਾਚਾ ਕੈਦੋਂ ਇਸ ਰਿਸ਼ਤੇ ਤੋਂ ਖੁਸ਼ ਨਹੀਂ ਸੀ ਉਸਨੇ ਹੀਰ ਨੂੰ ਮਾਰਨ ਦੀ ਸਾਜਿਸ਼ ਕੀਤੀ। ਹੀਰ ਦੇ ਚਾਚੇ ਨੇ ਹੀਰ ਦੀ ਵਿਦਾਈ ਵੇਲੇ ਇਕ ਲੱਭੂ ਵਿਚ ਜ਼ਹਿਰ ਮਿਲਾ ਕੇ ਉਸਨੂੰ ਖੁਆ ਦਿੱਤਾ ਅਤੇ ਹੀਰ ਦੀ ਮੌਤ ਹੋ ਗਈ। ਹੀਰ ਨੂੰ ਡੋਲੀ ਵਿਚ ਮਰੀ ਹੋਈ ਦੇਖ ਕੇ ਰਾਂਝੇ ਨੇ ਵੀ ਮੌਤ ਨੂੰ ਅਪਣਾ ਲਿਆ। ਉਸਨੇ ਆਪਣੇ ਪੇਟ ਵਿਚ ਛੁਰਾ ਮਾਰ ਕੇ ਆਪਣੀ ਜਾਨ ਦੇ ਦਿੱਤੀ।

ਇਸ ਤਰ੍ਹਾਂ ਇਸ ਕਹਾਣੀ ਵਿੱਚ ਹੀਰ ਅਤੇ ਰਾਂਝਾ ਪੁਨਰ ਮਿਲੇ ਅਤੇ ਪੁਨਰ-ਮਿਲਾਪ ਤੋਂ ਬਾਅਦ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੀ ਜਾਨ ਦੇਣੀ ਪਈ। ਇਸ ਤਰ੍ਹਾਂ ਹੀਰ ਅਤੇ ਰਾਂਝਾ ਇਕ-ਦੂਜੇ ਨਾਲ ਪੁਨਰ-ਮਿਲ ਕੇ ਵੀ ਜ਼ਿੰਦਗੀ ਬਤੀਤ ਨਾ ਕਰ ਸਕੇ। ਇਸ ਦੁਨਿਆਂ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਇੱਕਠੇ ਜਾਣ ਨਹੀਂ ਦਿੱਤਾ। ਸਗੋਂ ਉਹ ਮਿਲ ਕੇ ਵੀ ਵਿਛੜ ਗਏ।

ਮਰਨ ਤੋਂ ਬਾਅਦ ਭਾਵੇਂ ਉਨ੍ਹਾਂ ਦੇ ਸਰੀਰ ਵਿਛੜ ਗਏ ਪਰ ਉਨ੍ਹਾਂ ਦੀ ਰੂਹ ਆਪਸ ਵਿਚ ਪੁਨਰ-ਮਿਲ ਗਈ। ਦੋਹਾਂ ਦੀ ਰੂਹਾਂ ਦਾ ਪੁਨਰ-ਮਿਲਾਪ ਹੋ ਗਿਆ।

ਇਹ ਦੁਨੀਆਂ ਭਾਵੇਂ ਦੋ ਪਿਆਰ ਕਰਨ ਵਾਲਿਆਂ ਨੂੰ ਵੱਖ ਕਰ ਦੇਵੇ। ਪਰ ਇਹ ਉਨ੍ਹਾਂ ਦੀ ਰੂਹਾਂ ਦੇ ਪੁਨਰ-ਮਿਲਾਪ ਨੂੰ ਨਹੀਂ ਰੋਕ ਸਕਦੀ।

ਨਾਮ : ਅਰਵਿੰਦਰ ਕੌਰ

ਕਲਾਸ : ਬੀ.ਏ.-I

ਸ਼ਾਂਤੀ

ਅੱਜ ਦੇ ਜੀਵਨ ਵਿੱਚ ਲੋਕ ਸ਼ਾਂਤੀ ਦੇ ਮਹੱਤਵ ਨੂੰ ਭੁੱਲਦੇ ਜਾ ਰਹੇ ਹਨ। ਅਸੀਂ ਸਭ ਹੀ ਜਾਣਦੇ ਹਾਂ ਕਿ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸ਼ਾਂਤੀ ਬਣਾਈ ਰੱਖਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਪਰੰਤੂ ਅੱਜ ਦੇ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਰੌਲਾ-ਰੱਪਾ, ਸ਼ੋਰ-ਸ਼ਰਾਬਾ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਜੀਵਨ ਦਾ ਕੋਈ ਵੀ ਖੇਤਰ ਲੈ ਲਓ, ਹਰ ਖੇਤਰ ਵਿੱਚ ਸ਼ਾਂਤੀ ਦਾ ਬਹੁਤ ਮਹੱਤਵ ਹੈ। ਜਦ ਵੀ ਕਦੇ ਕਿਸੇ ਨੂੰ ਗੁੱਸਾ ਆਉਂਦਾ ਹੈ ਤਾਂ ਸਭ ਉਸ ਨੂੰ ਕਹਿੰਦੇ ਹਨ “ਕੋਈ ਨੀ! ਤੂੰ ਸ਼ਾਂਤੀ ਨਾਲ ਕੰਮ ਕਰ। ਥੋੜ੍ਹਾ ਸ਼ਾਂਤ ਹੋ ਜਾ ਫਿਰ ਕੁੱਝ ਬੋਲੀਂ।” ਪਰੰਤੂ ਗੁੱਸੇ ਵਿੱਚ ਆਇਆ ਵਿਅਕਤੀ ਜੇਕਰ ਸ਼ਾਂਤੀ ਤੋਂ ਕੰਮ ਨਾ ਲਏ ਤਾਂ ਕੰਮ ਠੀਕ ਹੋਣ ਦੀ ਬਜਾਏ ਖਰਾਬ ਹੀ ਹੁੰਦਾ ਹੈ। ਸ਼ਾਂਤੀ ਨੂੰ ਵੀ ਅਸੀਂ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਕਈ ਅਰਥਾਂ ਵਿੱਚ ਲੈ ਸਕਦੇ ਹਾਂ। ਜਿਵੇਂ ਕੋਈ ਵੀ ਔਖਾ ਕੰਮ ਕਰਨ ਤੋਂ ਬਾਅਦ ਅਸੀਂ ਸਭ ਬੋਲਦੇ ਹਾਂ, ਸ਼ਾਂਤੀ ਮਿਲਗੀ। ਗੁੱਸੇ ਨੂੰ ਠੰਢਾ ਕਰਨ ਲਈ ਸ਼ਾਂਤੀ ਦੀ ਦੁਹਾਈ ਦਿੰਦੇ ਹਾਂ। ਜੇਕਰ ਸਾਡੇ ਕੋਲ ਕੋਈ ਵੱਡਾ ਕੰਮ ਹੈ ਅਤੇ ਸਮਾਂ ਘੱਟ ਹੈ ਤਾਂ ਅਸੀਂ ਸਭ ਹੀ ਸੋਚਦੇ ਹਾਂ, ਸ਼ਾਂਤੀ ਨਾਲ ਕੰਮ ਲਵਾਂਗੇ ਤਾਂ ਕੰਮ ਛੇਤੀ ਵੀ ਹੋ ਜਾਏਗਾ ਅਤੇ ਪੂਰਾ ਵੀ ਹੋ ਜਾਵੇਗਾ। ਸਕੂਲਾਂ, ਕਾਲਜਾਂ ਵਿੱਚ ਲਾਇਬ੍ਰੇਰੀ ਹੀ ਇੱਕ ਅਜਿਹੀ ਜਗ੍ਹਾ ਹੁੰਦੀ ਹੈ ਜਿੱਥੇ ਕਿ ਸਭ ਤੋਂ ਵੱਧ ਸ਼ਾਂਤੀ ਹੁੰਦੀ ਹੈ ਨਾ ਕੋਈ ਸ਼ੋਰ ਨਾ ਕੁੱਝ ਹੋਰ। ਉੱਥੇ ਬੈਠ ਕੇ ਵਿਦਿਆਰਥੀ ਚੰਗੀ ਤਰ੍ਹਾਂ ਪੜ੍ਹ-ਲਿਖ ਸਕਦੇ ਹਨ। ਕੋਈ ਰੋਕਣ-ਟੋਕਣ ਵਾਲਾ ਨਹੀਂ ਹੁੰਦਾ। ਜੋ ਵਿਅਕਤੀ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਸ਼ਾਂਤੀ ਨਾਲ ਕੰਮ ਕਰਦਾ ਹੈ, ਉਹ ਹਮੇਸ਼ਾ ਸਫਲ ਹੁੰਦਾ ਹੈ। ਸ਼ਾਂਤੀ ਨੂੰ ਸਕੂਨ ਵੀ ਬੋਲ ਸਕਦੇ ਹਾਂ। ਪਰ ਅੱਜ ਦੇ ਜੀਵਨ ਵਿੱਚ ਲੋਕਾਂ ਕੋਲ ਏਨੀ ਫੁਰਸਤ ਨਹੀਂ ਹੈ ਕਿ ਉਹ ਕੋਈ ਵੀ ਕੰਮ ਸ਼ਾਂਤੀ ਨਾਲ ਕਰਨ। ਬਦਲਦੇ ਤੌਰ ਤਰੀਕਿਆਂ ਨਾਲ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਵੀ ਤਬਦੀਲੀ ਆ ਗਈ। ਅਜਿਹੇ ਲੋਕ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਹੋਰ ਦੁਚਿੱਤੀ ਵਿੱਚ ਪਾ ਲੈਂਦੇ ਹਨ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਹੋਰ ਵੀ ਮੁਸ਼ਕਿਲਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ। ਕੁੱਝ ਵੀ ਬੋਲਦੇ ਹਾਂ ਤਾਂ ਚਾਹੀਦਾ ਹੈ ਆਪਣਾ ਆਪਾ ਨਹੀਂ ਖੋਹਣਾ ਚਾਹੀਦਾ। ਕਿਉਂਕਿ ਦੁਨੀਆ ਉਹਨਾਂ ਲੋਕਾਂ ਨੂੰ ਹੀ ਸਲਾਮਾਂ ਕਰਦੀ ਹੈ, ਜੋ ਲੋਕ ਚੰਗੇ ਕਰਮ ਕਰ ਕੇ ਸਲਾਮਾਂ ਕਰਾਉਣ ਦੇ ਕਾਬਿਲ ਹੁੰਦੇ ਹਨ। ਇਸ ਲਈ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸ਼ਾਂਤੀ ਨਾਲ ਕੰਮ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ। ਫਿਰ ਹੀ ਅਸੀਂ ਅੱਗੇ ਵੱਧ ਸਕਦੇ ਹਾਂ। ਸ਼ਾਂਤੀ ਨੂੰ ਕਦੇ ਵੀ ਭੰਗ ਨਹੀਂ ਕਰਨਾ ਚਾਹੀਦਾ। ਸ਼ਾਂਤੀ ਨਾਲ ਕੰਮ ਲਓ, ਅੱਗੇ ਵੱਧੋ ਅਤੇ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਸਫਲ ਬਣਾਓ। ਦੁਨੀਆਂ ਨੂੰ ਆਪਣਾ ਬਣਾਓ ਅਤੇ ਸਲਾਮਾਂ ਕਰਾਓ।

ਪ੍ਰੀਤ ਕੌਰ

ਬੀ.ਏ.-III

ਅਗਲੀ ਦਰਗਾਹ (ਇਕਾਂਗੀ)

ਪਾਤਰ

ਭਜਨ : ਕਿਸਾਨ (ਉਮਰ 50 ਕੁ ਸਾਲ)
ਜੀਤੋ : ਭਜਨ ਦੀ ਪਤਨੀ (ਉਮਰ 45 ਕੁ ਸਾਲ)
ਗੁਰਮੀਤ : ਭਜਨ ਦੀ ਧੀ (ਉਮਰ 21 ਕੁ ਸਾਲ)
ਪ੍ਰੀਤ : ਗੁਰਮੀਤ ਦੀ ਸਹੇਲੀ (ਉਮਰ 21 ਕੁ ਸਾਲ)
ਬੇਬੇ : ਗੁਆਂਢਣ (ਉਮਰ 72 ਕੁ ਸਾਲ)

[ਘਰ ਦਾ ਵਿਹੜਾ, ਜੀਤੋ ਭਾਂਡੇ ਮਾਂਜ ਰਹੀ ਹੈ ਤੇ ਸੋਚਾਂ ਵਿੱਚ ਡੁੱਬੀ ਹੋਈ ਹੈ ਤੇ ਪਾਣੀ ਵਾਲੀ ਟੂਟੀ ਚੱਲ ਰਹੀ ਹੈ ਇੱਕ ਬਜ਼ੁਰਗ ਔਰਤ ਵਿਹੜੇ ਵਿੱਚ ਪ੍ਰਵੇਸ਼ ਕਰਦੀ ਹੈ]

ਬੇਬੇ : ਪੁੱਤ ਜੀਤੋ, ਘਰ ਐਂ! (ਜੀਤੋ ਸੁਣਦੀ ਨਹੀਂ ਤੇ ਬੇਬੇ ਫਿਰ ਉਚੀ ਆਵਾਜ਼ ਮਾਰਦੀ ਹੈ) ਜੀਤੋ, ਨੀ ਜੀਤੋ, ਕਿਥੇ ਐਂ, ਸੁਣਦੀ ਨੀਂ

ਜੀਤੋ : (ਆਵਾਜ਼ ਸੁਣ ਕੇ) ਆਹੋ ਬੇਬੇ, ਲੰਘ ਆ।

ਬੇਬੇ : ਕੁੜੇ, ਟੂਟੀ ਐਵੇਂ ਚੱਲੀ ਜਾਂਦੀ ਏ ਪੁੱਤ, ਬੱਠਲ ਵਿੱਚ ਪਾਣੀ ਭਰ ਲਿਆ ਕਰ, ਫੇਰ ਭਾਂਡੇ ਮਾਂਜਿਆ ਕਰ।

ਜੀਤੋ : ਬੇਬੇ ਇਹ ਕਿਹੜਾ ਮੁੱਕ ਜੂ।

ਬੇਬੇ : ਨਾ ਪੁੱਤ, ਬੰਦੇ ਮੁੱਕ ਜਾਂਦੇ ਐ, ਸਭ ਕੁਝ ਮੁੱਕ ਜਾਂਦੇ ਤਾਂ ਇਹ ਵੀ ਮੁੱਕ ਜੂ,,,(ਬੋੜ੍ਹਾ ਰੁਕ ਕੇ) ਸੁਣਿਆ ਗੁਰਮੀਤ ਆਈ ਹੋਈ ਐ।

ਜੀਤੋ : ਹਾਂ ਬੇਬੇ, ਦਸ-ਬਾਰਾਂ ਛੁੱਟੀਆਂ ਸੀ, ਅੱਜ ਜਾਣਾ ਏ।

ਬੇਬੇ : ਪੁੱਤ, ਕੁੜੀ ਕਿੱਥੇ ਐ, ਮੇਰੇ ਪੈਰ 'ਚ ਕੰਡਾ ਚੁੱਭ ਗਿਆ ਏ ਕਢੋਣ ਆਈ ਆਂ।

ਜੀਤੋ : ਬੇਬੇ, ਉਹ ਨਾਉਂਦੀ ਐ।

ਬੇਬੇ : ਚੱਲ ਫੇਰ, ਮੈਂ ਨਾਮੋ ਕੇ ਮਸੋਸ ਕਰ ਆਵਾਂ ਉਹਦੀ ਮੁਟਿਆਰ ਭਰਜਾਈ ਤਿੰਨ ਜੁਆਕ ਛੱਡ ਕੇ ਮਰ ਗਈ ਐ। ਮੈਂ ਫੇਰ ਆਉਂਦੀ ਆ। (ਬੇਬੇ ਚਲੀ ਜਾਂਦੀ ਹੈ ਤੇ ਭਜਨ ਕਾਹਲੀ ਕਾਹਲੀ ਆਉਂਦਾ ਹੈ)

ਭਜਨ : ਛੇਤੀ ਰੋਟੀ ਫੜਾ, ਅੱਜ ਝੋਨੇ ਵਾਲੇ ਮਸਾਂ ਮਿਲੇ ਨੇ ਕਿਤੇ ਲੋਕਾਂ ਦੀ ਚੱਕ 'ਚ ਆ ਕੇ ਹੋਰ ਨਾ ਲੱਗ ਜਾਣ। (ਭਜਨ ਰੋਟੀ ਖਾ ਕੇ ਜਾਣ ਲੱਗਦਾ ਹੈ ਤੇ ਗੁਰਮੀਤ ਬਾਰੇ ਪੁੱਛਦਾ ਹੈ)

ਭਜਨ : ਕੁੜੀ ਕਿੱਥੇ ਆ ?

ਜੀਤੋ : ਨਾਉਂਦੀ ਪਈ ਆ।

ਭਜਨ : ਇਹ ਕੁੜੀ ਜਦ ਦੀ ਚੰਡੀਗੜ੍ਹ ਪੜ੍ਹਨ ਲੱਗੀ ਆ ਉਦੋਂ ਦੀ ਦਿਨ ਵਿੱਚ ਤਿੰਨ ਤਿੰਨ, ਚਾਰ ਚਾਰ ਵਾਰ ਨਾਉਂਦੀ ਆ। (ਏਨੇ ਵਿੱਚ ਬੇਬੇ ਆਉਂਦੀ ਹੈ ਤੇ ਗੁਰਮੀਤ ਨਹਾ ਕੇ ਬਾਹਰ ਆ ਜਾਂਦੀ ਹੈ)

ਗੁਰਮੀਤ : ਬੇਬੇ! ਸਤਿ ਸ਼੍ਰੀ ਅਕਾਲ।

ਬੇਬੇ : ਜੀਉਂਦੀ ਰਹਿ ਪੁੱਤ, ਪੁੱਤ ਬਹੁਤਾ ਨਾਉਣਾ ਚੰਗਾ ਨਹੀਂ ਹੁੰਦਾ, ਅਖੇ ਤਵਾਰੀਖਾਂ ਦੀਆਂ ਲਿਖੀਆਂ ਹੋਈਆਂ ਨੇ ਕਿ ਅਗਲੀ ਦਰਗਾਹ ਵਿੱਚ ਪਾਣੀ ਨਹੀਂ ਮਿਲਣਾ, ਬਹੁਤਾ ਪਾਣੀ ਨੂੰ ਡੋਲਣਾ ਚੰਗਾ ਹੁੰਦਾ।

ਗੁਰਮੀਤ : ਬੇਬੇ, ਅਗਲੀ ਦਰਗਾਹ ਕਿਸ ਨੇ ਦੇਖੀ ਐ। ਇਸ ਦਰਗਾਹ ਵਿੱਚ ਤਾਂ ਮੌਜ ਕਰ ਲਈਏ।

ਜੀਤੋ : ਬੇਬੇ, ਜਾ ਆਈ ਨਾਮੋ ਕੇ।

ਬੇਬੇ : ਹਾਂ ਪੁੱਤ, ਹੋਈ ਤਾਂ ਬੜੀ ਮਾੜੀ, ਪਰ ਮਰੀ ਤਾਂ ਉਹ ਆਪੇ ਐ।

ਜੀਤੋ : ਬੇਬੇ, ਉਹ ਕਿਵੇਂ।

- ਬੇਬੇ : ਪੁੱਤ ਤਿੰਨ ਧੀਆਂ ਸੀ, ਚੌਥੀ ਵਾਰ ਫਿਰ ਹੋਣ ਵਾਲੀ ਸੀ ਡਾਕਦਾਰ ਕੋਲ ਟੈਸਟ ਕਰੋਣ ਗਈ ਤੇ ਉਹਨੇ ਕੁੜੀ ਦੱਸਤੀ ਬੱਸ ਫੇਰ ਅੜੀ ਤੇ ਆ ਗਈ ਕਹਿੰਦੀ ' ਕੁੜੀ ਨੀ ਰੱਖਣੀ ' ਬੱਸ ਫੇਰ ਹਸਪਤਾਲ ' ਚੋਂ ਮਰੀ ਹੀ ਆਈ।
- ਜੀਤੋ : ਬੇਬੇ, ਹੋਈ ਤਾਂ ਮਾੜੀ, ਪਰ ਕੁੜੀਆਂ ਨਾਲ ਕੌਣ ਘਰ ਭਰਨਾ ਚਾਹੁੰਦਾ ਏ।
- ਬੇਬੇ : ਪੁੱਤ, ਅੱਗੇ ਕਿਹੜਾ ਕੁੜੀਆਂ ਨੀ ਸੀ ਹੁੰਦੀਆਂ, ਇਹ ਆਪਣੇ ਕਰਮ ਲਿਖਾਕੇ ਲਿਆਉਂਦੀਆਂ ਨੇ। ਕੁੜੀਆਂ ਨੂੰ ਤਾਂ ਲੋਕ ਘਰ ਦੀ ਰੌਣਕ ਕਹਿੰਦੇ ਸੀ ਪਰ ਅੱਜ ਕੱਲ ਤਾਂ ਲੋਕ ਏਸ ਰੌਣਕ ਨੂੰ ਕੁੱਖ ਵਿੱਚ ਹੀ ਕਤਲ ਕਰੀ ਜਾਂਦੇ ਨੇ ਤੇ ਪਾਪਾਂ ਦੇ ਭਾਰੀ ਬਣਦੇ ਪਏ ਐ।
- ਜੀਤੋ : ਚੱਲ ਬੇਬੇ ਛੱਡ, ਰੋਟੀ ਖਾ ਲੈ।
- ਬੇਬੇ : ਨਾ ਪੁੱਤ, ਰੋਟੀ ਤਾਂ ਮੈਂ ਨਾਮੋ ਕੇ ਖਾ ਆਈ ਆਂ।
- ਗੁਰਮੀਤ : ਬੇਬੇ, ਲਿਆ ਮੈਂ ਕੰਡਾ ਕੱਢ ਦਿਆਂ।
- ਬੇਬੇ : ਸੱਚ ਇੱਕ ਹੋਰ ਦੱਸਾਂ ਪੁੱਤ, ਕੱਲ ਮੈਂ ਸੱਥ ' ਚੋਂ ਲੰਘ ਰਹੀ ਸੀ ਤੇ ਲੋਕ ਸੱਥ ਵਾਲਾ ਪਿੱਪਲ ਵੱਢੀ ਜਾਣ ਤੇ ਸ਼ੇਰੂ ਤੇ ਨਿਰੰਜਨ ਬੁੜਾ ਨਾਲੇ ਰੋਕਣ ਤੇ ਨਾਲੇ ਰੋਈ ਜਾਣ ਕਹਿਣ ਲੱਗੇ ਭਾਈ ਇਹ ਨਾ ਵੱਢੋ ਏਹ ਤਾਂ ਅਸੀਂ ਪੁੱਤਾਂ ਆਂਗੂੰ ਪਾਲਿਆ ਐ, ਸਾਡੇ ਮਰਨ ਤੋਂ ਮਗਰੋਂ ਵੱਢੀਓ। ਭਲਾ ਇਹਨਾਂ ਨੂੰ ਕੌਣ ਸਮਝਾਵੇ। ਪਰ ਉਹ ਆਪਣੀ ਜ਼ਿੱਦ ਤੇ ਅੜੇ ਰਹੇ ਸ਼ਾਮ ਤੱਕ ਵੱਢਤਾ।
- ਜੀਤੋ : ਬੇਬੇ, ਆਪਣੇ ਹੱਥੀਂ ਲਾਏ ਤੇ ਪਾਲੇ ਬੂਟੇ ਵੱਢਣੇ ਬਹੁਤ ਔਖੇ ਐ। ਆਹ ਟਾਹਲੀ ਤੇਰੇ ਵੱਡੇ ਪੋਤੇ ਨੇ ਹੱਥੀਂ ਲਾਈ ਆ। ਉਹ ਆਪ ਤਾਂ ਪਰਦੇਸਾਂ ਵਿੱਚ ਬਹਿ ਗਿਆ ਪਰ ਮੈਂ ਤਾਂ ਸਵੇਰੇ-ਸ਼ਾਮ ਏਹਨੂੰ ਪਾਣੀ ਦਿੰਨੀਆਂ ਤੇ ਨਾਲੇ ਏਹਦੇ 'ਚੋਂ ਆਪਣੇ ਪੁੱਤ ਨੂੰ ਵੇਖ ਲੈਨੀ ਆਂ।
- ਬੇਬੇ : ਪੁੱਤ, ਯਾਦਾਂ ਈ ਬੰਦੇ ਦੀਆਂ ਦਾਰੂ ਹੁੰਦੀਆਂ ਨੇ। ਚੰਗਾ ਪੁੱਤ, ਮੈਂ ਚਲਦੀ ਆਂ।
(ਬੇਬੇ ਚਲੀ ਜਾਂਦੀ ਹੈ ਤੇ ਗੁਰਮੀਤ ਤਿਆਰ ਹੋ ਕੇ ਚੰਡੀਗੜ੍ਹ ਵਾਲੀ ਬੱਸ ਚੜ੍ਹ ਜਾਂਦੀ ਹੈ)
- ਗੁਰਮੀਤ : ਪ੍ਰੀਤ, ਪਾਣੀ ਨਹੀਂ ਆ ਰਿਹਾ।
- ਪ੍ਰੀਤ : ਯਾਰ, ਪਾਣੀ ਦੀ ਬੜੀ ਪਰਾਬਲਮ ਹੈ ਦਸ ਦਿਨ ਹੋ ਗਏ ਨੇ ਪਾਣੀ ਸਵੇਰੇ ਚਾਰ ਵਜੇ ਆਉਂਦਾ ਹੈ ਤੇ ਛੇ ਵਜੇ ਚਲਾ ਜਾਂਦਾ ਏ।
- ਗੁਰਮੀਤ : ਨਹਾਉਣਾ ਬਹੁਤ ਔਖਾ ਹੋ ਜਾਵੇਗਾ।
- ਪ੍ਰੀਤ : ਯਾਰ, ਨਹਾਉਣਾ ਕੀ, ਪੀਣ ਵਾਸਤੇ ਵੀ ਪਾਣੀ ਮੁੱਲ ਲੈ ਕੇ ਪੀਣਾ ਪੈਂਦਾ ਏ।
- ਗੁਰਮੀਤ : ਯਾਰ, ਮੇਰੀ ਦਾਦੀ ਸੱਚ ਕਹਿੰਦੀ ਹੈ ਕਿ ਪਾਣੀ ਨੂੰ ਸੰਜਮ ਨਾਲ ਵਰਤਣਾ ਚਾਹੀਦਾ ਹੈ ਤੇ ਇਹ ਅਗਲੀ ਦਰਗਾਹ ' ਚ ਨਹੀਂ ਮਿਲੇਗਾ, ਪਰ ਬੇਬੇ ਸੱਚ ਆਖਦੀ ਹੈ ਇਹ ਤਾਂ ਇਸ ਦਰਗਾਹ ਵਿੱਚ ਹੀ ਨਹੀਂ ਮਿਲ ਰਿਹਾ। ਅਗਲੀ ਦਰਗਾਹ ਕਿਸ ਨੇ ਦੇਖੀ।

“ਰੁੱਖ ਲਗਾਓ, ਧੀਆਂ ਬਚਾਓ
ਪਾਣੀ ਦਾ ਸਤਿਕਾਰ ਕਰੋ
ਆਪਣਿਆਂ ਨਾਲ ਪਿਆਰ ਕਰੋ”

ਦਵਿੰਦਰ ਕੌਰ
ਪੰਜਾਬੀ ਵਿਭਾਗ

ਖੂਨਦਾਨ ਮਹਾਦਾਨ

ਭਾਰਤ ਵਰਗੇ ਵਧਦੀ ਆਬਾਦੀ ਵਾਲੇ ਦੇਸ਼ ਵਿੱਚ ਜਿੱਥੇ ਇੰਨੀਆਂ ਭਿਆਨਕ ਬਿਮਾਰੀਆਂ ਦਾ ਫੈਲਾਅ ਹੈ, ਉਥੇ ਖੂਨਦਾਨ ਇਕ ਵਰਦਾਨ ਸਾਬਿਤ ਹੁੰਦਾ ਹੈ। ਜਿੱਥੇ ਇਕ ਪਾਸੇ ਲੋਕ ਇਕ-ਦੂਜੇ ਦੇ ਖੂਨ ਵਹਾਉਣ ਵਿਚ ਲੱਗੇ ਹਨ, ਉੱਥੇ ਖੂਨਦਾਨ ਕਰਨਾ ਇਕ ਮਹਾਨ ਕਾਰਜ ਹੋ ਨਿਬੜਦਾ ਹੈ। ਉਂਝ ਵੀ ਗਰੀਬਾਂ ਲਈ ਜੋ ਕਿ ਕਿਸੇ ਨਾ ਕਿਸੇ ਕਾਰਨ ਬਿਮਾਰੀਆਂ ਦਾ ਸ਼ਿਕਾਰ ਹਨ, ਉਹਨਾਂ ਮੁਸ਼ਕਲ ਹੁੰਦਾ ਹੈ। ਜੇਕਰ ਇਕ ਤੰਦਰੁਸਤ ਇਨਸਾਨ ਖੂਨਦਾਨ ਕਰ ਦੇਵੇ ਤਾਂ ਕਈਆਂ ਨੂੰ ਜੀਵਨਦਾਨ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ। ਸਰਕਾਰ ਦੁਆਰਾ ਚਲਾਏ ਇਸ ਖੂਨਦਾਨ ਦੇ ਮੁਹਿੰਮ ਵਿਚ ਹਰ ਇਨਸਾਨ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਆਪੋ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਇਆ ਜਾਵੇ। ਸਾਡੇ ਲਈ ਸਰਹੱਦਾਂ ਤੇ ਲੜ ਰਹੇ ਸਿਪਾਹੀਆਂ ਨੂੰ ਵੀ ਇਸ ਤੋਂ ਬਹੁਤ ਮਦਦ ਮਿਲਦੀ ਹੈ। ਸਕੂਲਾਂ, ਕਾਲਜਾਂ ਵਿਚ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਚਾਹੀਦਾ ਹੈ, ਕਿ ਉਹ ਇਸ ਵੱਲ ਵਧੇਰੇ ਯੋਗਦਾਨ ਪਾਉਣ ਕਿਉਂਕਿ ਇਸ ਨਾਲ ਬਹੁਤ ਲੋਕਾਂ ਦੀ ਜ਼ਿੰਦਗੀ ਬਚਾਈ ਜਾ ਸਕਦੀ ਹੈ। ਖੂਨਦਾਨ ਕਰਨ ਨਾਲ ਸਾਡੀ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਤੇ ਕੋਈ ਅਸਰ ਨਹੀਂ ਪੈਂਦਾ। ਇਸ ਨਾਲ ਕਿਸੇ ਦਾ ਭਲਾ ਹੋ ਸਕਦਾ ਹੈ।

ਸਾਡੇ ਦੁਆਰਾ ਕੀਤਾ ਖੂਨਦਾਨ ਸਾਡਾ ਸਰੀਰ ਤਿੰਨ ਮਹੀਨਿਆਂ ਵਿਚ ਪੂਰਾ ਕਰ ਲੈਂਦਾ ਹੈ। ਸਾਨੂੰ ਜਿਸ ਤਰ੍ਹਾਂ ਹੋ ਸਕੇ ਕਿਸੇ ਦੀ ਮਦਦ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਜੇਕਰ ਕੋਈ ਧੰਨ ਦਾ ਦਾਨ ਕਰ ਸਕਦਾ ਹੈ, ਤਾਂ ਉਹ ਕਰਦਾ ਹੈ। ਪਰੰਤੂ ਖੂਨਦਾਨ ਇਕ ਤਰ੍ਹਾਂ ਦਾ ਮਹਾਦਾਨ ਹੈ। ਇਸ ਨਾਲ ਕਿਸੇ ਨੂੰ ਦੁਬਾਰਾ ਜ਼ਿੰਦਗੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦੀ ਹੈ। ਸਾਨੂੰ ਚਾਹੀਦਾ ਹੈ, ਕਿ ਆਪਣੀ ਸੋਚ ਦਾ ਪੱਧਰ ਵਧਾ ਕੇ ਇਸ ਵਿਸ਼ੇ ਵੱਲ ਖਾਸ ਧਿਆਨ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਜ਼ਰੂਰੀ ਨਹੀਂ ਕਿ ਖੂਨ ਕੇਵਲ ਆਪਣੇ ਰਿਸ਼ਤੇਦਾਰਾਂ ਨੂੰ ਦਿੱਤਾ ਜਾਵੇ, ਇਹ ਕਿਸੇ ਵੀ ਜ਼ਰੂਰਤਮੰਦ ਨੂੰ ਦਿੱਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਹੋ ਸਕੇ ਤਾਂ ਵਿਅਕਤੀ ਨੂੰ ਸਮੇਂ-ਸਮੇਂ ਖੂਨਦਾਨ ਕਰ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ, ਕਿਉਂਕਿ ਸਾਨੂੰ ਪਰਮਾਤਮਾ ਨੇ ਇੰਨੀ ਤਾਕਤ ਬਖਸ਼ੀ ਹੈ, ਕਿ ਇਸ ਨੂੰ ਅਸੀਂ ਦੁਬਾਰਾ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਾਂ। ਸੋ ਜਿਸ ਤੋਂ ਜਿੰਨਾਂ ਹੋ ਸਕੇ, ਇਸ ਖੂਨਦਾਨ ਮੁਹਿੰਮ ਵਿਚ ਵੱਧ ਚੜ੍ਹ ਕੇ ਹਿੱਸਾ ਲਵੋ। ਇਸ ਤਰ੍ਹਾਂ ਕਰਨ ਨਾਲ ਤੁਸੀਂ ਆਪਣੀ ਤੇ ਪਰਮਾਤਮਾ ਦੀ ਨਜ਼ਰਾਂ ਵਿੱਚ ਉੱਚੇ ਰਹਿੰਦੇ ਹੋ।

ਡਰ

ਡਰ ਦੀ ਕੀ ਦੇਵਾਂ ਪਰਿਭਾਸ਼ਾ,
ਡਰ ਤਾਂ ਆਖਿਰ ਹੁੰਦਾ ਹੈ ਡਰ,
ਜਿੱਤ ਸਕੋ ਤਾਂ ਜਿੱਤ ਲਵੋ ਇਸ ਨੂੰ,
ਤਾਂ ਹੀ ਮੰਜ਼ਿਲ ਹੋਵੇਗੀ ਸਰ।

ਛੋਟੀ ਹੁੰਦੀ ਤਾਂ ਡਰ ਜਾਂਦੀ ਸੀ,
ਹਨੇਰੀਆਂ ਕਾਲੀਆਂ ਰਾਤਾਂ ਤੋਂ,
ਡਰਦੀ ਭੂਤ, ਪ੍ਰੇਤਾਂ ਵਾਲੀਆਂ,
ਦਾਦੀ ਦੀਆਂ ਉਹਨਾਂ ਬਾਤਾਂ ਤੋਂ।

ਡਰਦੀ ਸਾਂ ਕਿ ਗੁੰਮ ਨਾ ਹੋ ਜਾਵਾਂ,
ਮੰਮੀ ਦੀ ਉਂਗਲ ਫੜਦੀ ਸੀ,
ਸੁਪਨੇ ਵਿੱਚ ਪਤਾ ਨਹੀਂ ਮੈਂ,
ਕਿਸ-ਕਿਸ ਨਾਲ ਲੜਦੀ ਸੀ।

ਗੱਲਾਂ ਸੁਣ ਕੇ ਦੋਸਤਾਂ ਦੀਆਂ,
ਮੈਂ ਪਿੱਪਲਾਂ ਤੋਂ ਵੀ ਡਰਦੀ ਸੀ,
ਖੇਡਦੀ ਸਾਂ ਨਾਲ ਗੁੱਡੀਆਂ-ਪਟੋਲੇ,
ਉਹਨਾਂ ਨੂੰ ਮੁਹੱਬਤ ਕਰਦੀ ਸੀ।

ਹੁਣ ਮੈਂ ਥੋੜੀ ਵੱਡੀ ਹੋਈ ਤਾਂ,
ਬਦਲ ਗਈ ਡਰ ਦੀ ਪਰਿਭਾਸ਼ਾ,
ਬਚਪਨ ਦਾ ਡਰ ਕਰਕੇ ਯਾਦ,
ਆਉਂਦਾ ਹੈ ਹੁਣ ਬੜਾ ਹੀ ਹਾਸਾ।

ਡਰ ਤਾਂ ਹੁਣ ਵੀ ਲੱਗਦਾ ਹੈ,
ਹੁੰਦੀ ਬੜੀ ਹਾਂ ਪਰੇਸ਼ਾਨ,
ਪਹਿਲਾਂ ਤਾਂ ਚੀਜ਼ਾਂ ਡਰਾਉਂਦੀਆਂ ਸੀ,
ਹੁਣ ਡਰਾਉਂਦਾ ਹੈ ਇਨਸਾਨ।

ਡਰ ਦਾ ਸਾਮਰਾਜ ਸ਼ੁਰੂ ਹੁੰਦਾ,
ਮੇਰੇ ਘਰ ਦੀ ਚਾਰ-ਦੀਵਾਰੀ ਤੋਂ,
ਸ਼ੱਕ ਹੁੰਦਾ ਹੈ, ਡਰ ਲੱਗਦਾ ਹੈ,
ਹਰ ਅਨਜਾਣ ਨਰ-ਨਾਰੀ ਤੋਂ।

ਜਦ ਲਹੂ-ਚੀਕਾਂ ਨਾਲ ਭਰਿਆ,
ਘਰ ਆਉਂਦਾ ਹੈ ਅਖਬਾਰ,
ਹਰ ਰੋਜ਼ ਉਸ ਦੁਨੀਆ ਲਈ,
ਕਰਦੀ ਹਾਂ ਖੁਦ ਨੂੰ ਤਿਆਰ।

ਹੋਵਾਂ ਨਾ ਮੈਂ ਡਰ ਤੋਂ ਮੁਕਤ,
ਕਾਰਾਂ ਵਿੱਚ, ਬਜ਼ਾਰਾਂ ਵਿੱਚ,
ਬੇਬਸ ਬੜਾ ਮਹਿਸੂਸ ਕਰਾਂ,
ਜਦ ਖੜ੍ਹਦੀ ਇੱਕਲੀ ਕਤਾਰਾਂ ਵਿੱਚ।

ਡਰ ਲੱਗਦਾ ਹੈ ਹਰ ਉਸ ਨਜ਼ਰ ਤੋਂ,
ਜੋ ਮੈਨੂੰ 'ਤੱਕਣ' ਲਈ ਭੁੱਖੀ ਹੈ,
ਔਰਤ ਲਈ ਸਮਾਜ ਮੇਰੇ ਦੀ,
ਜਮੀਨ ਅਜੇ ਵੀ ਸੁੱਕੀ ਹੈ।

ਡਰ ਲੱਗਦਾ ਜਦ ਮੇਰੇ ਘਰ ਨੇੜੇ,
ਜੰਮਦੀ ਕਿਸੇ ਦੀ ਬੱਚੀ ਹੈ,
ਸਿਰਫ ਇੱਕ ਕਿਲਕਾਰੀ, ਫਿਰ ਚੁੱਪ ਸਦਾ ਲਈ,
ਹੁੰਦੀ ਇਹ ਕਹਾਣੀ ਸੱਚੀ ਹੈ।

ਜੋ ਹੁੰਦੀ ਬੇਆਬਰੂ ਸੜਕਾਂ ਤੇ,
ਉਹ ਵੀ ਮੇਰੀ ਕੋਈ ਹੁੰਦੀ ਭੈਣ,
ਜੋ ਤੇਜ਼ਾਬ ਦੀ ਮਾਰ ਸਹਿੰਦੀਆਂ,
ਉਹ ਇਸ ਡਰ ਲਈ ਹੁਣ ਕੀ ਕਹਿਣ।

ਡਰ ਲੱਗਦਾ ਹੁਣ ਆਪਣਿਆਂ ਵਿੱਚ ਵੀ,
ਛੁਪੇ ਉਹਨਾਂ ਸ਼ੈਤਾਨਾਂ ਤੋਂ,
ਕਿਸ ਵੱਲ ਹੱਥ ਵਧਾਵਾਂ ਹੁਣ ਮੈਂ,

ਡਰ ਲੱਗਦਾ ਇਨਸਾਨਾਂ ਤੋਂ।

ਪਰ ਦਾਦੀ ਦੀ ਕਹਾਣੀ ਵਿੱਚ,
ਚੰਗੇ ਲੋਕ ਵੀ ਆਉਂਦੇ ਨੇ,
ਜੋ ਸ਼ੈਤਾਨ ਨੂੰ ਖਤਮ ਕਰਨ ਲਈ,
ਪਰੀ ਦਾ ਹੱਥ ਵਟਾਉਂਦੇ ਨੇ।

ਪਰ ਅਜੇ ਵੀ ਡਰ ਦੇ ਮਰਨ ਦੀ,
ਜਿਊਂਦੀ ਇੱਕ ਨਿੱਕੀ ਜਿਹੀ ਆਸ,
ਤੂੰ ਡਰ ਨੂੰ ਮਾਤ ਦੇਵੇਂ,
ਜੇ ਮਾਰੇ ਹੁਭਲਾ, ਕਰੇਂ ਪਰਿਆਸ।

ਤੂੰ ਬਣਨਾ ਹੈ ਮਾਈ ਭਾਗੋ,
ਤੂੰ ਝਾਂਸੀ ਦੀ ਰਾਣੀ ਬਣਨਾ ਹੈ,
ਇਸ ਡਰ ਤੋਂ ਸ਼ਕਤੀ ਦਾ ਸਫ਼ਰ,
ਤੂੰ ਖੁਦ ਤੋਂ ਹੀ ਸ਼ੁਰੂ ਕਰਨਾ ਹੈ।

ਡਰਨਾ ਨਹੀਂ, ਚੁੱਪ ਨਹੀਂ ਬਹਿਣਾ,
ਹੁਣ ਚੁੱਕਣੀ ਹੈ ਆਵਾਜ਼,
ਖੰਭਾਂ ਤੋਂ ਹੁਣ ਚੁੱਕ ਕੇ ਪਥਰ,
ਤੂੰ ਭਰਨੀ ਉੱਚੀ ਪਰਵਾਜ਼।

ਹੱਥਾਂ ਵਿੱਚ ਹੱਥ ਫੜਕੇ,
ਤੂੰ ਸਭਨਾਂ ਨੂੰ ਨਾਲ ਰਲਾਉਣਾ ਹੈ,
ਆਪਣੇ ਹੱਕ , ਸਵੈਮਾਨ ਲਈ,
ਇੱਕ ਕਦਮ ਤੂੰ ਅੱਗੇ ਵਧਾਉਣਾ ਹੈ।

ਬਣਨਾ ਹੈ ਕੁਝ ਅਜਿਹਾ ਤੂੰ,
ਕਿ ਤੇਰਾ ਸੰਨਾਟਾ ਹੀ ਸਭ ਕਹਿ ਜਾਵੇ,
ਜੋ ਆਵੇ ਡਰਾਉਣ ਤੈਨੂੰ,
ਉਹ ਖੁਦ ਹੀ ਡਰ ਕੇ ਰਹਿ ਜਾਵੇ।

ਬਣਕੇ ਫਿਰ ਮੈਂ ਨਿਡਰ ਪਰੀ,
ਅੰਬਰਾਂ ਤੋਂ ਵੀ ਉੱਤੇ ਜਾਣਾ ਹੈ,
ਮੇਰੀ ਹਰ ਭੈਣ, ਹਰ ਸਾਥਣ ਨੂੰ,
ਨਿੱਡਰ, ਬੇਖੌਫ਼ ਬਣਾਉਣਾ ਹੈ।

ਅਰਵਿੰਦਰ ਕੁਝ ਕਰਨਾ ਹੈ ਐਸਾ ਕਿ,
ਡਰ ਨੂੰ ਵੀ ਤੈਥੋਂ ਡਰਨ ਲੱਗ ਜਾਵੇ,
ਉਹ ਵੀ ਡਰ ਕੇ ਫਿਰ ਕਿਸੇ,
ਹਨੇਰੇ ਕੋਨੇ ਵਿੱਚ ਛੁੱਪ ਜਾਵੇ।

ਅਰਵਿੰਦਰ ਕੌਰ
ਬੀ.ਐਸ.ਸੀ.-III (ਨਾਨ-ਮੈਡੀਕਲ)

ਜ਼ਿੰਦਗੀ ਦਾ ਸਫ਼ਰ

ਜ਼ਿੰਦਗੀ ਦੇ ਵਿੱਚ ਰੱਬ ਕੋਲੋਂ, ਮੈਂ ਇੱਕ ਖੁਸ਼ੀ ਮੰਗੀ ਸੀ,
ਉਹ ਵੀ ਰੱਬ ਨੇ ਪਰਵਾਨ ਨਾ ਕੀਤੀ,
ਤਾਂ ਕੱਲ ਉਹ ਖੁਸ਼ੀ ਵੀ ਮੈਂ ਸੂਲੀ ਟੰਗੀ ਸੀ,
ਬੜੇ ਆਏ ਸੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ, ਆਪਣਾ ਬਣਾਉਣ ਲਈ,
ਲੱਖ ਚਮਕਾਂ ਉਪਰ ਡੁੱਲ੍ਹ ਕੇ ਪਰਾਇਆ ਕਰ ਗਏ,
ਸੁਣਿਆ ਮੈਂ ਜ਼ਿੰਦਗੀ ਦਾ ਇਹੀਂ ਦਸਤੂਰ ਆ,
ਜਿੰਨ੍ਹਾ ਵੀ ਕਰਲੋ ਕਿਸੇ ਦਾ ਬਸ ਮਤਲਬ ਲਈ ਜੀਂ ਹਜ਼ੂਰੀ ਆ,
ਸੋਚਿਆ ਸੀ ਬਹੁਤ ਮੈਂ ਇਸ ਝੂਠੀ ਦੁਨੀਆ ਤੋਂ ਦੂਰ ਰਹਿਣ ਲਈ,
ਲੱਖ ਚਮਕਾਂ ਉਪਰ ਡੁੱਲ੍ਹ ਕੇ ਮੈਂ ਵੀ ਆਪਣਾ ਕਤਲ ਕਰਵਾ ਬੈਠੀ,
ਉਹ ਦੋਸਤ ਵੀ ਬਹੁਤ ਕਰੀਬ ਨੇ,
ਦਿਨ ਉਹਨਾਂ ਨਾਲ ਬੜੇ ਬਹੁਤ ਹਸੀਨ ਨੇ,
ਇਕ ਦਿਨ ਉਹ ਵੀ ਮੈਨੂੰ ਅੱਧ ਵਿਚਕਾਰ ਛੱਡ ਜਾਣਗੇ,
ਬਚੀ ਕੁਚੀ ਖੁਸ਼ੀ ਦਾ ਵੀ ਗਲ੍ਹਾ ਘੁੱਟ ਜਾਣਗੇ,
ਦੁਨੀਆ ਦੇਖੀ ਬਹੁਤ ਮੈਂ,
ਪਰ ਘਰ ਵਰਗਾ ਸਕੂਨ ਨਾ ਮਿਲਿਆ ਕਿਤੇ ਵੀ,
ਉਹ ਦਿਨ ਜੋ ਕੱਟੇ ਮਾਂ ਨਾਲ ਬੜੇ ਹਸੀਨ ਸੀ,
ਸੁਪਨੇ ਵਿਖਾਏ ਬਾਪੂ ਦੇ ਸੁਪਨਾ ਬਣ ਕੇ ਰਹਿ ਗਏ,
ਇਹ ਦੁਨੀਆ ਬੜੀ ਅਜੀਬ ਆ, ਪਰ ਦਿਲ ਦੇ ਪੱਖੋਂ ਗਰੀਬ ਆ,
ਹਸਦੇ ਨੂੰ ਵੇਖ ਨਾ ਜ਼ਰਦੀ ਦੁਨੀਆ,
ਰੋਂਦੇ ਨੂੰ ਰਵਾਉਣ ਲਈ ਲੱਖ ਕੋਸ਼ਿਸ਼ਾਂ ਕਰਦੀ ਇਹ ਦੁਨੀਆਂ,
ਉਹ ਬਚਪਨ ਬੜਾ ਹਸੀਨ ਸੀ,
ਉਹ ਗੁੱਡੀਆਂ ਬਹੁਤ ਕਰੀਬ ਸੀ,
ਗੁੱਡੀਆ ਵਾਲੇ ਖੇਡ ਹੁਣ ਹਕੀਕਤ ਬਣ ਰਹੇ ਨੇ,
ਬਚਪਨ ਦੇ ਵੇਖੇ ਸੁਪਨੇ ਬਿਨ ਪਾਣੀ ਹੜ੍ਹ ਰਹੇ ਨੇ।

ਮਨਪ੍ਰੀਤ ਕੌਰ
ਬੀ.ਏ.- III

ਮਿੱਟੀ ਦਾ ਕੱਚਾ ਘੜਾ

ਮਿੱਟੀ ਦਾ ਕੱਚਾ ਘੜਾ ਹਾਂ ਮੈਂ,
ਜੋ ਤਿੱਪ-ਤਿੱਪ ਕਰ ਸਿਮਦਾ ਰਿਹਾ।
ਦੁੱਖਾਂ ਦਾ ਸੇਕ ਲੱਗ ਅਜੇ ਪੱਕਿਆ ਨਹੀਂ ਸੀ,
ਉਹ ਮਿੱਟੀ ਦਾ ਕੱਚਾ ਘੜਾ ਹਾਂ ਮੈਂ।

ਜਿਸ ਚਾਹਿਆ ਦਿੱਤਾ ਮਨਚਾਹਿਆ ਆਕਾਰ ਮੈਨੂੰ
ਜਿਵੇਂ ਮੈਨੂੰ ਬਣਾਉਣਾ ਚਾਹਿਆ
ਮੈਂ ਉਵੇਂ ਹੀ ਬਣ ਗਿਆ
ਬਿਨ੍ਹਾਂ ਕੁਝ ਕਹੇ, ਬਿਨ੍ਹਾਂ ਕੁਝ ਬੋਲੇ
ਦੁੱਖਾਂ ਦਾ ਸੇਕ ਲੱਗ ਅਜੇ ਪੱਕਿਆ ਨਹੀਂ ਸੀ,

ਉਹ ਮਿੱਟੀ ਦਾ ਕੱਚਾ ਘੜਾ ਹਾਂ ਮੈਂ।

ਜਿੱਥੇ ਮੈਨੂੰ ਰੱਖ ਦਿੱਤਾ
ਮੈਂ ਉੱਥੇ ਦਾ ਉੱਥੇ ਹੀ ਰਹਿ ਗਿਆ
ਇਹ ਦੁਨੀਆਂ ਦਿਨੋ-ਦਿਨ ਚੱਲਦੀ ਰਹੀ
ਮੈਂ ਉੱਥੇ ਦਾ ਉੱਥੇ ਹੀ ਰਹਿ ਗਿਆ
ਦੁੱਖਾਂ ਦਾ ਸੇਕ ਲੱਗ ਅਜੇ ਪੱਕਿਆ ਨਹੀਂ ਸੀ,
ਉਹ ਮਿੱਟੀ ਦਾ ਕੱਚਾ ਘੜਾ ਹਾਂ ਮੈਂ।

ਜਿਹਨਾਂ ਚਾਹਿਆ ਉਹਨਾਂ ਵਰਤਿਆ ਮੈਨੂੰ
ਇਸ ਮਤਲਬੀ ਦੁਨੀਆ ਨੇ
ਅੱਜ ਇੱਕਲਾ ਕੋਨੇ ਵਿਚ ਪਿਆ
ਤਿੱਪ-ਤਿੱਪ ਕਰ ਸਿਮਦਾ ਰਿਹਾ
ਦੁੱਖਾਂ ਦਾ ਸੇਕ ਲੱਗ ਅਜੇ ਪੱਕਿਆ ਨਹੀਂ ਸੀ,
ਉਹ ਮਿੱਟੀ ਦਾ ਕੱਚਾ ਘੜਾ ਹਾਂ ਮੈਂ।

ਚੇਸ਼ਟਾ

ਬੀ.ਏ.-III

ਸਕੂਨ

ਮੈਂ ਜ਼ਿੰਦਗੀ ਦੇ ਝੰਡਟਾਂ ਚੋਂ ਨਿਕਲ ਕੇ ਕਿਤੇ ਸਕੂਨ ਦੇ ਪਲ ਲੱਭਦਾ ਹੈ,
ਕਦੇ ਧਰਤੀ ਦੀ ਡੂੰਘਾਈ ਵਿੱਚ ਤੇ ਕਦੇ ਅੰਬਰ ਦੀ ਉਚਾਈ ਵਿੱਚ,
ਮੈਂ ਸਕੂਨ ਲੱਭਣ ਦਾ ਹਰ ਯਤਨ ਕਰਦਾ ਹਾਂ
ਮੈਂ ਜ਼ਿੰਦਗੀ ਦੇ ਝੰਡਟਾਂ ਚੋਂ ਨਿਕਲ ਕੇ ਕਿਤੇ ਸਕੂਨ ਦੇ ਪਲ ਲੱਭਦਾ ਹੈ,
ਮੇਰਾ ਵੀ ਜੀ ਕਰਦਾ ਦਿਲ ਦੀਆਂ ਤਾਰਾਂ ਛੇੜਨ ਨੂੰ,
ਫਿਰ ਵੀ ਮੈਂ ਅੱਲੜ ਉਮਰ ਦੀਆਂ ਸੱਧਰਾਂ ਨੂੰ ਦਬਦਾ ਹਾਂ,
ਮੈਂ ਜ਼ਿੰਦਗੀ ਦੇ ਝੰਡਟਾਂ ਚੋਂ ਨਿਕਲ ਕੇ ਕਿਤੇ ਸਕੂਨ ਦੇ ਪਲ ਲੱਭਦਾ ਹੈ,
ਜਦ ਸੇਕਦਾ ਹਾਂ ਹਕੀਕੀ-ਇਸ਼ਕ ਦੀ ਅੱਗ ਬਾਲੀ,
ਮੈਨੂੰ ਚੰਗਾ ਜਿਹਾ ਲਗਦਾ ਹੈ, ਬੜਾ ਚੰਗਾ ਲਗਦਾ ਹੈ,
ਮੈਂ ਜ਼ਿੰਦਗੀ ਦੇ ਝੰਡਟਾਂ ਚੋਂ ਨਿਕਲ ਕੇ ਕਿਤੇ ਸਕੂਨ ਦੇ ਪਲ ਲੱਭਦਾ ਹੈ,
ਜਦ ਕਿਸੇ ਰੋਂਦੇ ਨੂੰ ਗਲਵੱਕੜੀ ਪਾ ਲਵਾਂ,
ਜਦ ਰੋਂਦੀ ਮਾਂ ਨੂੰ ਘੁੱਟ ਸੀਨੇ ਨਾਲ ਲਾ ਲਵਾਂ,
ਜਦ ਰੁੱਸ ਕੇ ਬੈਠੇ ਸੱਜਣ ਦਾ ਹੱਥ ਅਪਣੇ ਹੱਥ ਵਿੱਚ ਪਾ ਲਵਾਂ,
ਮੈਨੂੰ ਚੰਗਾ ਜਿਹਾ ਲਗਦਾ ਹੈ,
ਬੜਾ ਚੰਗਾ ਲਗਦਾ ਹੈ,
ਮੈਂ ਜ਼ਿੰਦਗੀ ਦੇ ਝੰਡਟਾਂ ਚੋਂ ਨਿਕਲ ਕੇ ਕਿਤੇ ਸਕੂਨ ਦੇ ਪਲ ਲੱਭਦਾ ਹਾਂ,
ਕਦੇ ਧਰਤੀ ਦੀ ਡੂੰਘਾਈ ਵਿੱਚ ਤੇ ਕਦੇ ਅੰਬਰ ਦੀ ਉਚਾਈ ਵਿੱਚ,
ਮੈਂ ਸਕੂਨ ਲੱਭਣ ਦਾ ਹਰ ਯਤਨ ਕਰਦਾ ਹਾਂ ।

ਪ੍ਰਭਜੋਤ ਕੌਰ

ਬੀ.ਏ.-III

ਮੇਰਾ ਪਰਿਵਾਰ

ਇੱਕ ਵਗਦੇ ਝਰਨੇ ਵਾਂਗ ਵਗਦੀ ਹੈ ਮੇਰੀ ਜ਼ਿੰਦਗੀ
ਦੁੱਖ ਸੁੱਖ ਨਾਮੀ ਦੋ ਪਹੀਆਂ ਤੇ ਬਰਾਬਰ ਚਲਦੀ ਹੈ ਮੇਰੀ ਜ਼ਿੰਦਗੀ
ਉਂਝ ਤਾਂ ਨਾ ਪੂਰੀ ਹੋਣ ਵਾਲੀ ਮੇਰੀ ਲੋੜ ਕੋਈ ਨਾ
ਕਿਉਂਕਿ ਮੇਰੀ ਜ਼ਿੰਦਗੀ 'ਚ ਥੋੜ ਕੋਈ ਨਾ
ਮਾਪਿਆਂ ਦਾ ਪਿਆਰ ਉੱਤੇ ਦੋਸਤਾਂ ਦਾ ਸਾਥ
ਵੈਸੇ ਤਾਂ ਪਾਉਂਦਾ ਹਰ ਰਿਸ਼ਤੇ ਨੂੰ ਮਾਤ
ਪਰ ਕਈ ਵਾਰ ਮੈਨੂੰ ਕਮੀ ਜਹੀ ਸਤਾਉਂਦੀ ਆ
ਜਦ ਦਾਦਾ-ਦਾਦੀ ਦੀ ਯਾਦ ਮੈਨੂੰ ਆਉਂਦੀ ਆ
ਦੋਸਤਾਂ ਤੋਂ ਸੁਣ ਦਾਦਾ-ਦਾਦੀ ਦੀਆਂ ਬਾਤਾਂ
ਥੋ ਜਾਨੀ ਆਂ ਮੈਂ ਵਿੱਚ ਜਜ਼ਬਾਤਾਂ
ਸੁਣਿਆ ਬੱਚਿਆਂ ਨੂੰ ਬੜਾ ਲਾਡ ਲੜਾਉਂਦੇ ਨੇ ਦਾਦਾ-ਦਾਦੀ
ਬਈ ਵਾਰ ਝਿੜਕਾਂ ਤੋਂ ਵੀ ਬਚਾਉਂਦੇ ਨੇ ਦਾਦਾ-ਦਾਦੀ
ਕਦੇ ਅਹਿਸਾਸ ਨਹੀਂ ਕੀਤਾ ਮੈਂ ਉਹਨਾਂ ਦਾ ਪਿਆਰ
ਸਦਾ ਲਈ ਸੁਪਨਾ ਹੈ ਮੇਰੀ ਲਈ ਉਹਨਾਂ ਦਾ ਪਿਆਰ
ਕਦੇ ਮੈਂ ਉਹਨਾਂ ਦਾ ਦੀਦਾਰ ਨਹੀਂ ਕੀਤਾ
ਤਾਹੀਂ ਕਦੇ ਉਹਨਾਂ ਮੈਨੂੰ ਪਿਆਰ ਨਹੀਂ ਕੀਤਾ
ਜਦੋਂ ਸੁਣਦੀ ਆ ਮੰਮੀ-ਪਾਪਾ ਤੋਂ ਉਨ੍ਹਾਂ ਬਾਰੇ
ਲੱਗਦਾ ਏ ਵਸਦ ਨੇ ਸਾਡੇ ਵਿਚਕਾਰੇ
ਯਾਦ ਤਾਂ ਉਨ੍ਹਾਂ ਦੀ ਮੈਨੂੰ ਬਹੁਤ ਸਤਾਉਂਦੀ ਆਂ
ਪਰ ਮਾਪਿਆਂ ਦੇ ਅੱਗੇ ਇਹ ਮੈਂ ਕਦੇ ਨਾ ਜਤਾਉਂਦੀ ਆਂ
ਜਾਣਦੀ ਆਂ ਉਨ੍ਹਾਂ ਦੀ ਮੈਂ ਕਦੇ ਨਹੀਂ ਤੱਕਿਆ
ਪਰ ਮੇਰੇ ਮਾਪੇ ਜਿਨ੍ਹਾਂ ਮੈਨੂੰ ਸਦਾ ਖੁਸ਼ ਰੱਖਿਆ
ਦਾਦਾ-ਦਾਦੀ ਲਈ ਉਹਨਾਂ ਨੂੰ ਰੁਆ ਨਹੀਂ ਸਕਦੀ
ਪਰ ਦਾਦਾ-ਦਾਦੀ ਨੂੰ ਵੀ ਭੁਲਾ ਨਹੀਂ ਸਕਦੀ
ਇਸ ਲਈ ਹਮੇਸ਼ਾ 'ਅਰਸ਼' ਇੱਕਲੇ ਵਿੱਚ ਸੋਚਦੀ
ਕਾਸ਼ ਦਾਦਾ-ਦਾਦੀ ਹੁੰਦੇ ਸਦਾ ਇਹੋ ਲੋਚਦੀ
ਸੁਪਨੇ ਵਿਚ ਪਾਪਾ ਦੇ ਰੂਪ ਵਿਚ ਦਾਦਾ ਜੀ ਨਾਲ ਹੋਈ ਮੁਲਾਕਾਤ ਹੈ
ਰੱਬ ਵੱਲੋਂ ਮੇਰੇ ਲਈ ਬਹੁਤ ਵੱਡੀ ਇਹ ਸੁਗਾਤ ਹੈ।

ਅਰਸ਼ਦੀਪ ਕੌਰ

ਰੋਲ ਨੰ:- 533

ਅੱਜ ਦਿਨ ਚੜ੍ਹਿਆ

ਅੱਜ ਦਿਨ ਚੜ੍ਹਿਆ
ਕੋਰੇ ਪੰਨੇ ਤੇ ਬੋਲਾਂ ਦੀ ਤਰ੍ਹਾਂ
ਚੁੱਪ ਨੂੰ ਓਖਾੜਤਾ
ਆਪ ਜੰਮ ਗਿਆ ਸੰਨਾਟੇ 'ਚ ਕੋਇਲਾਂ ਤਰ੍ਹਾਂ
ਬੜਾ ਸੁਨੱਖਾ ਤੇ ਨਿਖਰਿਆ ਚਿਹਰਾ ਏ
ਇੰਞ ਲੱਗਦਾ ਕੱਲ ਜੋ ਬੀਤੀ ਨਾਲ ਇਹਦੇ
ਉਹ ਭਾਗਾਂ ਵਾਲੀ, ਚਾਨਣੀ ਰਾਤ ਸੁਹਾਗ ਦੀ ਸੀ

ਜਿਸ ਲੋਅ ਤੋਂ ਕਰਨਾ ਪਿਆਰ ਸਿਖਿਆ
 ਦਿਨ ਚੜਦੇ ਨੇ ਸੂਰਜ ਨਾਲ
 ਉਹ ਲੋਅ ਸਾਹਿਬਾ ਦੇ ਚਿਰਾਗ ਦੀ ਸੀ
 ਬਾਹਾਂ ਖੋਲ ਕੇ ਅੱਖਾਂ ਪਿਆਰ ਨਾਲ ਭਰ ਕੇ
 ਬੁਲਾ ਰਿਹਾ ਮੇਰੀ ਰੂਹ ਉਜਾੜ ਹੋਈ ਨੂੰ
 ਮੈਥੋਂ ਤੱਕ ਨਾ ਹੋਵੇ ਚਿਹਰਾ, ਮੁਖੜੇ ਤੇ ਬੈਠੀ ਸੁੰਦਰੀ ਦਾ
 ਇੱਕ ਹਕੀਕੀ ਮੇਲ ਏ ਮੇਰਾ ਤੇ ਲਾਲੀ ਦਾ
 ਜਿਉਂਣਾ ਸਿਖਾ ਰਿਹੈ ਕਾਟ ਤਾੜ-ਤਾੜ ਹੋਈ ਨੂੰ
 ਰਾਤੀਂ, ਕਾਲੀ ਚਾਦਰ ਵਿਛਾਈ ਸੀ
 ਕਿ ਇਹਦੇ ਪੈਰ ਚਿੱਟੇ ਪੈੜਾਂ ਮੈਂ ਸੰਭਾਲ ਰਖੂੰਗੀ
 ਇਹ ਚਿੱਟਾ ਚੜਿਆ ਰੂਹ ਚਿੱਟੀ ਹੋ ਗਈ
 ਹੁਣ ਚਿੱਟੀ ਹੋ ਸੰਭਾਲ ਸਕੀਆਂ ਤੱਕ ਕਾਲ ਰਖੂੰਗੀ
 ਤੇਰਾ ਧਰਤ ਤੇ ਵਿਛਣ ਦਾ ਨਜ਼ਾਰਾ ਕਿ ਅਮਰ ਹੋ ਜੋਂ
 ਸ਼ਬਦਾਂ ਦੀ ਬੁਕਲ ਪਾਵਾਂ ਮੈਂ
 ਤੈਨੂੰ ਵੀ ਇਸ਼ਕ ਹੋ ਜੇ... ਮੇਰੇ ਨਾਲ ਰੋਸ਼ਨੀ
 ਰੁੱਗ ਭਰ-ਭਰ ਚੁੰਮਣਾਂ ਕੀ ਤੇਰੀ ਝੋਲੀ ਪਾਵਾਂ ਮੈਂ
 ਇੱਕ ਰਾਗ ਅਮ੍ਰਿਤ ਵੇਲੇ ਦਾ
 ਮੈਂ ਸੁਣਿਆ ਤੇਰੇ ਆਉਣ ਪਹਿਲਾਂ
 ਉਡੀਕ ਕਰ... ਮੈਂ ਨਾਨਕ ਇਸ਼ਕ ਉਚਾਰ ਲਾਵਾਂ
 ਤੈਨੂੰ ਸ਼ਿਖਰ ' ਤੇ ਸਜਾਉਣ ਤੋਂ ਪਹਿਲਾਂ

ਜਿੰਦਰ ਕੌਰ
 (ਬੀ. ਏ. 1 ਸਾਲ)

ਬਚਪਨ ਦੀ ਯਾਦ

ਦਿਲ ਬਦਲੇ ਦੇਰ ਨਾ ਲਗਦੀ,
 ਸੱਚ ਸਿਆਣੇ ਕਹਿ ਗਏ ਨੇ।
 ਜੇ ਆਈਆਂ ਖੁਸ਼ੀਆਂ ਨੇ ਤਾਂ,
 ਗਮ ਵੀ ਰਾਹ ਵਿੱਚ ਹੋਗੇ ਨੇ।
 ਵਕਤ ਉਹ ਬੜਾ ਸਤਾਉਂਦਾ ਐ,
 ਜਦ-ਜਦ ਵੀ ਚੇਤੇ ਆਉਂਦਾ ਐ।
 ਉਹ ਘੜੀ ਬੜੀ ਹੀ ਚਗੀ ਸੀ,
 ਜਦ ਮੈਂ ਨਿੱਕੀ ਬੱਚੀ ਸੀ।
 ਉਦੋਂ ਸਭ ਦਾ ਪਿਆਰ ਮੇਰੇ ਕੋਲ ਸੀ,
 ਮੈਨੂੰ ਲਗਦਾ ਮੈਂ ਅਨਮੋਲ ਸੀ।
 ਰੁੱਤ ਗਰਮੀ ਦੀ ਚੰਗੀ ਲਗਦੀ ਸੀ,
 ਜਦ ਮਹਿਫ਼ਲ ਵਿਹੜੇ ' ਚ ਸਜਦੀ ਸੀ।
 ਹੁਣ ਉਹ ਗਰਮੀ ਵੱਢ-ਵੱਢ ਖਾਂਦੀ ਐ,
 ਬਚਪਨ ਦੀ ਯਾਦ ਸਤਾਉਂਦੀ ਐ।
 ਓਹ ਦਾਦਾ ਜੀ ਨਾਲ ਬਿਤਾਏ ਪਲ,
 ਹੁਣ ਵੀ ਯਾਦਾਂ ' ਚ ਵਸਦੇ ਨੇ।

ਉਦੋਂ ਇੱਕ ਘੂਰੀ ਤੇ ਕੰਥ ਜਾਣਾ,
 ਹੁਣ ਘੂਰੀ ਲਈ ਦਿਲ ਤਰਸਦੇ ਨੇ।
 ਸੱਚੀ ਉਹਨਾਂ ਦੇ ਜਾਣ ਪਿੱਛੋਂ,
 ਪਰਿਵਾਰ ਹੀ ਪੂਰਾ ਬਦਲ ਗਿਆ।
 ਕੀ ਹੁੰਦਾ ਵੱਡਿਆਂ ਦਾ ਹੋਣਾ ,
 ਦਿਲ ਇਹ ਮੇਰਾ ਸਮਝ ਗਿਆ।
 ਹੁਣ ਘਰ 'ਚ ਝਗੜੇ ਚਲਦੇ ਨੇ,
 ਬੱਚੇ ਵੀ ਇਹਨਾਂ ਵਿੱਚ ਫਸਦੇ ਨੇ।
 ਕਿਸੇ ਨੂੰ ਪਰਵਾਹ ਨਾ ਕਿਸੇ ਦੀ,
 ਸਭ ਅਪਣੇ ਆਪ 'ਚ ਵਸਦੇ ਨੇ।
 ਜਦ ਜਦ ਵੀ ਦਿਲ ਇਹ ਦੁੱਖਦਾ ਹੈ,
 ਰੱਬ ਤੋਂ ਬਸ ਇਹ ਹੀ ਸੁੱਖਦਾ ਹੈ।
 “ ਇਕ ਚਲਾ ਗਿਆ ਹੈ ਜੇਕਰ
 ਉਸਦੇ ਵਰਗਾ ਵੀ ਕੋਈ ਬਣਾ ਦੇ ਤੂੰ,
 ਇਸ ਬੇਰੰਗ ਹੋਈ ਜਿੰਦਗੀ ਨੂੰ,
 ਫਿਰ ਤੋਂ ਰੰਗੀਨ ਬਣਾ ਦੇ ਤੂੰ।”

ਅਵਰੀਤ ਕੌਰ
 ਬੀ.ਏ.- II

ਆਸ

ਦਿਲਕਰਦਾ ਏ ਮਾਰ ਉਡਾਰੀ ਉੱਡਜਾਵਾਂ,
 ਇਸਦੁਨੀਆਂ ਵਿੱਚ ਫਿਰ ਕਿਧਰੇ ਨਾ ਮੁੜ ਆਵਾਂ
 ਬਣਜਾਵਾਂ ਮੈਂ ਤਾਰਾ ਰਾਤ ਹਨੇਰੀ ਦਾ,
 ਲੱਭਾਰਾਹ ਤੇ ਪੈੜ ਗੁਵਾਚੀ ਤੇਰੀ ਦਾ।
 ਛੇੜਾਂ ਕੋਈ ਰਾਗ ਮੈਂ ਭਰੀ ਹੁਲਾਸੀ ਦਾ,
 ਕਰਦਾਂ ਬੂਹਾ ਬੰਦ ਮੈਂ ਤੇਰੀ ਉਦਾਸੀ ਦਾ।
 ਤੋੜਾਂ ਮੈਂ ਇਹ ਪੈਰੀ ਪਈਆਂ ਜੰਜੀਰਾਂ ਨੇ,
 ਬਦਲ ਦਿਆਂ ਮੈਂ ਹੱਥੀਂ ਇਹ ਤਕਦੀਰਾਂ ਨੇ।
 ਮਝੀਆਂ ਵਰਗੇ ਚੁੱਪ ਇਕਾਤ ਹੈ ਘਰ ਮੇਰੇ,
 ਘੋਰ ਪਿਆ ਅੰਧਿਆਰਾ ਅੰਦਰ ਦਿਲ ਮੇਰੇ।
 ਬੈਠੀ ਤੱਕਾਂ ਪੰਧ ਮੈਂ ਕਿਸੇ ਮੁਸਾਫਿਰ ਦਾ,

ਕਰਦੀਹਾਂਇੰਤਜਾਰਅਜਨਬੀਹਾਫਿਜ ਦਾ।

ਕਾਗ ਉਡਾਵਾਂਰੋਜਮੈਵਿੱਚ ਉਡੀਕਾਂ ਦੇ,

ਚਿੱਠੀਆਂਨਾਕੋਈਆਈਆਂ, ਮੁੱਕੀਆਂਤਰੀਕਾਂ ਨੇ।

ਦੇਵਾਂਮੈਂਪਰਵਾਸ ਇਹਬਲਦੇ ਹਿਜਰੇ ਨੂੰ,

ਉੱਡਜਾਵਾਂਕਿਤੇ ਦੂਰ ਤੋੜਇਹਪਿੰਜਰੇ। ਨੂੰ

ਨਵਜੋਤਕੌਰ'ਪਿੱਥੋ'

ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)

ਸੁਰਜੀਤਪਾਤਰਨਾਲ ਰੂਬਰੂ

ਡਾ. ਸੁਰਜੀਤਪਾਤਰ, ਪੰਜਾਬੀ ਸਹਿਤਦਾਇੱਕਅਜਿਹਾਵਿਲੱਖਣ ਸੁਨਹਿਰੀ'ਬਿਰਖ' ਹੈ ਜਿਸ ਨਾਲਪੰਜਾਬੀਕਾਵਿਹੀਨਹੀਂ, ਪੰਜਾਬੀ ਸਾਹਿਤਹੋਰਵੀਜਿਆਦਾਹਰਾਭਰਾ ਤੇ ਛਾਂ-ਦਾਰ ਹੋ ਗਿਆ। ਇਸ ਘਣਛਾਵੇਂ ਬਿਰਖਨਾਲ 15 ਫਰਵਰੀ 2017 ਨੂੰ ਆਪਣੇ ਕਾਲਜਵਿੱਚਇੱਕ ਰੂਬਰੂ ਪ੍ਰੋਗਰਾਮਅਧੀਨਵਿਦਿਆਰਥਣਾਂ ਨੇ ਪਾਤਰ ਸਾਹਿਬਤੋਂ ਉਹਨਾਂ ਦੇ ਜੀਵਨਤਜ਼ਰਬਿਆਂਬਾਰੇ ਜਾਨਣਾਚਾਹਿਆ, ਪਾਤਰ ਸਾਹਿਬ ਨੇ ਉਹਨਾਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਦੇ ਅਨੁਭਵਾਂਤੋਂਜਾਣੂ ਕਰਵਾਇਆ। ਸ਼ੁਰੂਆਤਹੋਈਇੱਕ ਸਹਿਜਜਿਹੇ ਪ੍ਰਸ਼ਨਨਾਲ,

ਪ੍ਰਸ਼ਨ- 1) ਤੁਸੀਂਕਵਿਤਾਲਿਖਣੀਕਦੋਂ ਸ਼ੁਰੂ ਕੀਤੀ?

ਉੱਤਰ - ਤੁੱਕਬੰਦੀਦਾਸ਼ੌਕਤਾਂਮੈਨੂੰ ਬਚਪਨਤੋਂਹੀ ਸੀ, ਪਰ ਮੇਰੇ ਸ਼ਬਦਾਂਵਿੱਚਅਹਿਸਾਸਾਂਦਾਰੰਗਭਰਨਾਕਪੂਰਬਲਾਕਾਲਜਵਿਖੇ ਸ਼ੁਰੂ ਹੋਇਆ। ਇੱਥੇ ਹੀ ਮੇਰੀਆਂਪੰਜਕਵਿਤਾਵਾਂ'ਪ੍ਰੀਤਲੜੀ'ਮੈਗਜ਼ੀਨਵਿੱਚਛਪੀਆਂ।

ਪ੍ਰਸ਼ਨ-2) ਤੁਹਾਡੀਪਹਿਲੀਕਵਿਤਾਕਿਹੜੀ ਹੈ?

ਉੱਤਰ -ਕਪੂਰਥਲਾਕਾਲਜਵਿੱਚਹੀ ਸੇਠੀ ਸਾਹਿਬ ਨੇ ਮੈਨੂੰ ਤੇ ਮੇਰੇ ਕਾਲਜ ਦੀ ਇੱਕਬਹੁਤ ਖੂਬਸੂਰਤਗਾਇਕਾ ਨੂੰ ਵੀਕੋਈਆਪਣਾਹੀਗੀਤ ਦੇ ਦੇ। ਉਸ ਗਾਇਕਾ ਨੇ ਮੇਰਾ ਗੀਤਆਪਣਾਕਹਿ ਕੇ ਗਾਇਆ। ਇਹ ਮੇਰੇ ਲਈਇੱਕਬਹੁਤ ਅਦਭੁਤ ਤੇ ਵਿਸਮਾਦੀਅਨੁਭਵ ਸੀ। ਮੈਨੂੰ ਆਪਣੇ ਸ਼ਬਦ ਉਸ ਗਾਇਕਾ ਦੇ ਮੂੰਹੋਂ ਸੁਣ ਕੇ ਬਹੁਤ ਚੰਗੇ ਤੇ ਸੁੱਚਲਗੇ ਪਰ ਕੁਝ ਚਿਰਬਾਅਦਮੈਨੂੰ ਅਹਿਸਾਸ ਹੋਇਆਕਿਇਹ ਮੇਰੀ ਖੁਸ਼ਫਹਿਮੀਹੀ ਹੈ। ਉਸ ਗਾਇਕਾ ਦੇ ਤਨਮਨ ਤੇ ਉਸ ਗੀਤਦਾਕੋਈਅਸਰਨਹੀਂ ਸੀ। ਉਸ ਭਰਮ ਤੇ ਭਰਮਨਿਵਿਰਤੀ ਦੇ ਅਹਿਸਾਸ ਨੇ 'ਗਾਇਕਾ' ਨੂੰ ਕਵਿਤਾ ਦੇ ਰੂਪ ਵਿੱਚਢਾਲਲਿਆ। ਜਿਸ ਤਰ੍ਹਾਂ ਦੀ ਮਾਨਸਿਕਦਸ਼ਾ ਮੇਰੀ ਇਹਕਵਿਤਾਲਿਖਣ ਵੇਲੇ ਸੀ। ਇਸ ਪੱਖੋਂਇਹ ਮੇਰੀ ਪਹਿਲੀਕਵਿਤਾ ਸੀ।

ਰਿਵੀਰਚਾਈਆਂਲਹਿਰਾਂ-ਤਾਲੀ

ਲਰਜ਼ਾਂਦੀ ਤੇਰੀ ਆਵਾਜ਼

ਇਕ ਯੁਗ ਤੋਂ ਮੇਰਾ ਵਿਸ਼ਵਾਸ

ਤੇਰੇ ਸੀਨੇ ਸਰਵਰਲਹਿਰੇ---

ਪ੍ਰਸ਼ਨ-3)ਡਾ. ਸੁਰਜੀਤਪਿੰਡੇ 'ਪਾਤਰ'ਕਿਵੇਂ ਜੁੜਿਆ?

ਉੱਤਰ -ਪ੍ਰੀਤਲੜੀਵਿੱਚਆਪਣੀਆਂਕਵਿਤਾਵਾਂਛਪਾਉਂਦੇ ਹੋਏ, ਮੈਂਆਪਣੇ ਨਾਮਨਾਲ'ਪੱਤੜ'ਲਿਖ ਭੇਜਿਆ। ਨਵੇਂਜੋ ਹੋਰਾਂਦਾਖਤਆਇਆਕਿ'ਪੱਤੜ'ਸ਼ਬਦਨਾਮਨਾਲ ਸਹੀਨਹੀਂਲੱਗਦਾ। ਮੈਂਆਪਣੇ ਨਾਮਨਾਲ'ਪੱਤਣ'ਲਗਾਇਆ, ਰਿਫ'ਨਵ ਸੁਰਜੀਤ' ਤੇ ਨਾਗਮਣੀਮੈਗਜ਼ੀਨਵਿੱਚ 'ਸੁਰਜੀਤਨ' ਹੇਠ ਕਵਿਤਾਵਾਂਲਿਖੀਆਂ। ਇੱਕਵਾਰਮੈਂ ਤੇ ਮੇਰਾ ਦੋਸਤਰੰਧਾਵਾਅੰਗਰੇਜ਼ੀ ਵਿੱਚਕਵਿਤਾਵਾਂਦਾਅਨੁਵਾਦਕਰਕੇ ਜਦੋਂ ਭੇਜਣਲੱਗੇ ਤਾਂਨਾਮਪਿੰਡੇ 'ਪੱਤੜ'ਲਿਖਦੇ ਲਿਖਦੇ 'ਪਾਤਰ'ਲਿਖਿਆਗਿਆ। ਉਸ ਵੇਲੇ ਤੋਂਮੈਂਪਾਤਰਬਣਗਿਆ। ਇੰਨੀਗੱਲ ਜ਼ਰੂਰ ਹੈ ਕਿ ਮੇਰੇ ਨਾਮਵਿੱਚ ਮੇਰੇ ਪਿੰਡਦਾਨਾਮ ਛੁਪਿਆਹੋਇਆ ਹੈ।

ਪ੍ਰਸ਼ਨ-4)ਕਦੇ ਨਾ ਭੁੱਲਣਵਾਲੀਘਟਨਾਬਾਰੇ ਦੱਸੋ?

ਉੱਤਰ -ਕੋਲੰਬੀਆਤੋਂਮੈਨੂੰ 'ਅੰਤਰ-ਰਾਸ਼ਟਰੀਕਵਿਤਾ ਉਤਸਵ'ਵਿੱਚਸ਼ਾਮਿਲਹੋਣਦਾ ਸੱਦਾਮਿਲਿਆ। ਲੰਡਨਤੱਕਤਾਂਪੱਗਾਂ ਚੁੰਨੀਆਂਵਾਲੇ ਬਹੁਤ ਸਨ, ਪਰ ਇਸਤੋਂਬਾਅਦਮੈਂਇੱਕਲਾਹੀਪਗੜੀਵਾਲਾਰਹਿਗਿਆ ਸੀ। ਕੋਲੰਬੀਆਵਿਖੇ ਮੇਰੀਆਂਵੀਹਕਵਿਤਾਵਾਂਦਾ ਸਪੈਨਿਸ਼ਅਨੁਵਾਦਕੀਤਾ। ਉੱਥੇ ਮੇਰੀਆਂਕਵਿਤਾਵਾਂ ਸੁਣਨ ਵਾਲੇ ਬਹੁਤ ਨੌਜਵਾਨ ਕੁੜੀਆਂ ਤੇ ਮੁੰਡੇ ਸਨ। ਕਿੰਨੇ ਜਣੇ ਮੇਰੇ ਕੋਲਆਏ ਤੇ ਮੈਨੂੰ ਕਹਿਣਲੱਗੇ ×
ਤੁਸੀਂਆਪਣੀਲਿਪੀਵਿੱਚਕਵਿਤਾ'ਮੇਰੀ ਮਾਂ' ਸਾਡੀਡਾਇਰੀਵਿੱਚਲਿਖਦਿਓ। ਇੱਥੇ ਹੀ ਸਪੈਨਿਸ਼ਰੀਡਰਹਾਈਮੇ ਕੋਲਇੱਕਅੱਠਦੱਸ ਸਾਲ ਦਾਬੱਚਾਆਇਆ ਤੇ ਉਸ ਕੋਲੋਂ ਕੁੱਝ ਪੁੱਛਣ ਲਗਾ ਤੇ ਦੋਵੇਂ ਹੱਸ ਪਏ। ਰੀਡਰ ਨੇ ਦੱਸਿਆਕਿ ਉਹ ਪੁੱਛ ਰਿਹਾ ਸੀ ਕਿਇਹਆਦਮੀਜਾਦੂਗਰ ਹੈ?ਮੈਂ ਕੁਝ ਨਾਕਿਹਾ, ਪਰ ਮੈਂਇੱਕਕਵਿਤਾਲਿਖਦਿੱਤੀ।
ਲਾਤੀਨੀਅਮਰੀਕਾ ਦੇ ਕੋਲੰਬੀਆ ਦੇਸ਼ ਵਿੱਚ
ਮੈਂਦੇਯਨਸ਼ਹਿਰ ਦੀ ਓਬਰੇਰੇ ਪਾਰਕਵਿੱਚ
ਕਵਿਤਾ ਉਤਸਵ ਦੇ ਦਿਨੀਂ
ਇੱਕਬੱਚਾ ਸਾਈਕਲਚਲਾਉਂਦਾ
ਮੇਰੇ ਕੋਲਆਇਆ-----

ਪ੍ਰਸ਼ਨ-5) ਕਿਹੜੇ ਕਵੀਆਂਤੋਂਬਹੁਤ ਜ਼ਿਆਦਾਪ੍ਰਭਾਵਿਤਹੋਏ?

ਉੱਤਰ -ਮੈਨੂੰ ਸੂਫੀਕਲਾਮਾਂ, ਢਾਡੀਆਂ ਨੇ ਬਹੁਤ ਜ਼ਿਆਦਾਪ੍ਰਭਾਵਿਤਕੀਤਾ ਹੈ। ਇਸ ਇਸ ਪਿੱਛਕਪੂਰਥਲਾਕਾਲੇਜ ਤੱਕਬਾਵਾਬਲਵੰਤ, ਮੀਸ਼ਾ, ਡਾ.ਹਰਿਭਜਨਸਿੰਘ ਤੇ ਪਟਿਆਲਾ ਯੂਨੀਵਰਸਿਟੀਤੱਕਪਹੁੰਚਦਿਆਂਪਹੁੰਚਦਿਆਂਪੱਛਮੀ ਤੇ ਯੂਰਪੀਕਵੀਆਂ ਸੈਲੇ, ਕੀਟਸ, ਬਾਇਰਲ ਨੇ।

ਪ੍ਰਸ਼ਨ-6)ਸ਼ਾਇਰੀਜਾਂਗਾਇਕੀਵਿੱਚੋਂਜਿਆਦਾ ਕੀ ਪਸੰਦ ਹੈ?

ਉੱਤਰ-ਸ਼ਾਇਰੀਮੈਨੂੰ ਗਾਇਕੀ ਰੂਪ ਤੋਂਜਿਆਦਾਪਸੰਦ ਹੈ, ਸਾਜ਼ ਵਧੀਆਲੱਗਦੇ ਨੇ। ਵਿਹਲੇ ਸਮੇਂ ਵਿੱਚਗੀਤਬਹੁਤ ਸੁਣੇ। ਪਹਿਲੀ ਕੈਸੇਟ 'ਬਿਰਖ ਅਰਜ਼ ਕਰੇ' ਕੱਢੀ ਸੀ।

ਪ੍ਰਸ਼ਨ-7) ਉਮਰਇੱਕਖਾਸ ਪੜਾਅ ਤੇ ਕੀ ਤੁਹਾਡੀਕਵਿਤਾਵਿੱਚ ਉਦਾਸੀ/ਬਿਰਹਾਆਇਆ ਸੀ?

ਉੱਤਰ- ਸਮੇਂ ਦੇ ਹਰੇਕ ਦੌਰਵਿੱਚਬਿਰਹਾਆਉਂਦਾ ਹੈ। ਸਾਡੇ ਵੇਖਦੇ ਵੇਖਦੇ ਬਾਹਰਲਾ ਸੰਸਾਰਕਿੰਨਾਬਦਲਜਾਂਦਾ ਹੈ, ਪਰ ਅੰਦਰਲੇ ਸੰਸਾਰਵਿੱਚ ਉਹੀ ਕੁੱਝ ਰਹਿੰਦਾ ਹੈ। ਇਹਬਿਰਹਾਅਨਹਦਨਾਦ ਹੈ। ਇਹਧਰਮ, ਕਵਿਤਾ ਤੇ ਜ਼ਿੰਦਗੀਦਾਅਹਿਮਹਿੱਸਾ ਹੁੰਦਾ ਹੈ।

ਪ੍ਰਸ਼ਨ-8) ਤੁਹਾਡੀਆਂਕਵਿਤਾਵਾਂਵਿੱਚਇੰਨਾ ਦੁੱਖਕਿਉਂ ਹੁੰਦਾ ਹੈ?

ਉੱਤਰ -ਕਵਿਤਾਲਿਖਣਤੋਂਪਹਿਲਾਮੈਂ ਦੁੱਖੀ ਹੁੰਦਾਹਾਂ ਤੇ ਬਾਅਦਵਿੱਚ ਦੁੱਖ ਮੇਰੀ ਪਕੜਵਿਚਆਜਾਂਦਾ ਹੈ, ਫਿਰਮੈਂਇਸਨੂੰ ਸਹਿਣ ਦੇ ਕਾਬਲ ਹੁੰਦਾਹਾਂ।

ਪ੍ਰਸ਼ਨ-9) ਕਵੀ ਲਈ ਰਚਨਾ ਰਚਨਾ ਵਾਸਤੇ ਕਿਨ੍ਹਾਂ ਚੀਜ਼ਾਂ ਦਾ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੈ?

ਉੱਤਰ- ਕਵੀ ਲਈ ਕਵਿਤਾ ਵਾਸਤੇ ਫੁਰਨਾ ਗੈਬ ਵਿੱਚੋਂ ਆਉਂਦਾ ਹੈ, ਪਰ ਗੈਬ ਵਿੱਚ ਕਵੀ ਦਾ ਗਿਆ, ਅਨੁਭਵ, ਰਿਆਜ, ਅਵਚੇਤਨ ਸਭ ਕੁਝ ਸ਼ਾਮਿਲ ਹੁੰਦਾ ਹੈ। ਪ੍ਰਗਟ ਉਹੀ ਹੋਵੇਗਾ ਜੋ ਮਨ ਦਾ ਹਿੱਸਾ ਹੁੰਦੇ ਹਨ। ਪ੍ਰਗਟ ਨੂੰ ਪ੍ਰਗਟ ਹੋਣ ਦਾ ਮੌਕਾ ਕਈ ਵਾਰ ਅਚਨਚੇਤ ਮਿਲ ਜਾਂਦਾ ਹੈ: ਕੋਈ ਬਾਹਰੀ ਦ੍ਰਿਸ਼, ਕੋਈ ਛੋਟੀ ਜਿਹੀ ਗੱਲ।

ਪ੍ਰਸ਼ਨ 10) ਅੱਜ ਬਣ ਰਹੇ ਪੰਜਾਬੀ ਗੀਤਾਂ ਬਾਰੇ ਤੁਹਾਡੇ ਵਿਚਾਰ?

ਉੱਤਰ -ਅੱਜ ਦੇ ਪੰਜਾਬੀ ਗੀਤਾਂ ਨੂੰ ਸਹੀਦਿਸ਼ਾ ਦੇਣ ਵਾਸਤੇ ਮੰਚ ਤੇ ਸੰਗੀਤਦੋਨਾਂ ਨੂੰ ਸਮਾਨਤਰ ਲੈ ਕੇ ਵਧੀਆ ਗੀਤਾਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

ਪ੍ਰਸ਼ਨ-11) ਤੁਹਾਨੂੰ ਆਪਦੀ ਕਿਹੜੀ ਕਵਿਤਾ ਪਸੰਦ ਹੈ?

ਉੱਤਰ-ਮੈਨੂੰ ਆਪਣੀਆਂ ਕਵਿਤਾਵਾਂ ਮੌਕੇ ਅਨੁਸਾਰ ਪਸੰਦ ਹਨ। ਨਿੱਜੀ ਤੌਰ ਤੇ ਕਈ ਵਾਰ ਕੁਝ ਸ਼ਿਅਰ ਐਸੇ ਹੁੰਦੇ ਹਨ ਜਿਹਨਾਂ ਬਾਰੇ ਨਾਤਾਂ ਕਿਸੇ ਨੇ ਕੁੱਝ ਕਿਹਾ ਹੁੰਦਾ ਹੈ ਤੇ ਨਾਹੀ ਜ਼ਿਆਦਾ ਪ੍ਰਸਿੱਧ ਹੁੰਦੇ ਹਨ। ਪਰ ਫਿਰ ਵੀ ਮਨ ਦੇ ਬਹੁਤ ਕਰੀਬ ਹੁੰਦੇ ਹਨ।

ਪ੍ਰਸ਼ਨ-12) ਕਵੀ ਹੋਕੇ ਆਪਨਾ ਕਾਵਿ ਨਾਟਕਾਂ ਦਾ ਅਨੁਵਾਦ ਕਿਉਂ ਕੀਤਾ?

ਉੱਤਰ-ਨਾਟਕਾਂ ਵਿੱਚ ਭਾਸ਼ਾ ਸੰਘਣੇ ਰੂਪ ਵਿੱਚ ਆਉਂਦੀ ਹੈ ਤੇ ਕਾਵਿ ਨਾਟਕਾਂ ਵਿੱਚ ਬਿੰਬਾਂ ਨੂੰ ਸ਼ਬਦਾਰਾਹੀਂ ਪੇਸ਼ ਕਰਨਾ ਹੁੰਦਾ ਹੈ। ਕਵਿਤਾ ਤੇ ਕਾਵਿ ਨਾਟਕ ਇੱਕ ਹੀ ਚੀਜ਼ ਹੁੰਦੇ ਹਨ। ਮੈਂ ਕਾਵਿ ਨਾਟਕਾਂ ਦਾ ਅਨੁਵਾਦ ਨਹੀਂ ਕਰਦਾ ਸਗੋਂ ਰੂਪਾਂਤਰਣ ਕਰਦਾ ਹਾਂ। ਰੂਪਾਂਤਰਣ ਰਾਹੀਂ ਨਾਟਕ ਦੀ ਆਤਮਾ ਨਹੀਂ ਮਰਦੀ, ਸਗੋਂ ਜਿਉਂਦੀ ਰਹਿੰਦੀ ਹੈ।

ਪ੍ਰਸ਼ਨ-13) ਤੁਹਾਡੀਆਂ ਕਵਿਤਾਵਾਂ ਵਿੱਚ ਬਿਰਖ ਸ਼ਬਦ ਇੰਨਾ ਕਿਉਂ ਆਉਂਦਾ ਹੈ?

ਉੱਤਰ- ਇੱਕ ਵਾਰ ਮੈਂ ਆਪਦੇ ਇੱਕ ਭਰਾ ਤੋਂ ਇੱਕ ਲੋਕਕਥਾ ਸੁਣੀ ਜਿਸ ਵਿੱਚ ਇੱਕ ਬਿਰਖ ਦੀ ਗੱਲ ਕੀਤੀ ਸੀ। ਉਸ ਸਮੇਂ ਤੋਂ ਹੀ ਬਿਰਖ ਮੇਰੇ ਜਿਹਨ ਦਾ ਹਿੱਸਾ ਬਣ ਗਿਆ। ਉਸ ਤੋਂ ਬਾਅਦ ਬਿਰਖ ਮੇਰੀਆਂ ਗ਼ਜ਼ਲਾਂ ਵਿੱਚ ਰੂਪ ਪਲਟ ਕੇ ਵਾਰ ਵਾਰ ਆਉਂਦਾ ਹੈ, ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਵਿੱਚ ਹੀ ਉਹ ਪਾਪਲਰ ਦਾ ਦਰਖਤ ਹੈ, ਜਿਹੜਾ ਉਸ ਦਿਨ ਹਵਾ ਵਿੱਚ ਝੂਲ ਰਿਹਾ ਸੀ, ਜਿਸਦੇ ਹੇਠੋਂ ਦੀ ਹੀਰਾਂ ਦਾ ਝੁੰਡ ਲੰਘਿਆ ਜਿਸ ਵਿੱਚ ਉਹ ਸੁਪਨੇ ਜਿਹੀ ਨੁਹਾਰ ਵੀ ਸੀ ਜਿਸਦੇ ਲੰਘਦਿਆਂ ਮੈਨੂੰ ਲੱਗਾ ਕਿ ਹਵਾ ਜਿਹੜੇ ਬਿਰਖ ਦੇ ਵਜੂਦ ਨੂੰ ਠੰਜੇੜ ਕੇ ਲੰਘ ਰਹੀ ਹੈ, ਉਹ ਬਿਰਖ ਮੈਂ ਹੀ ਹਾਂ, ਇਹ ਮੇਰੇ ਹੀ ਪੱਤੇ ਨੇ ਜਿਹੜੇ ਉਡ ਉਡ ਕੇ ਉਹਦੀਆਂ ਪੈੜਾਂ ਤੇ ਡਿਗ ਰਹੇ ਨੇ। ਇਹ ਹੀ ਉਹ ਸ਼ਹਿਰ ਹੈ ਜਿੱਥੇ ਮੈਂ ਪਹਿਲੀ ਵਾਰ ਬਿਰਖ ਬਣਿਆ ਤੇ ਉਹ ਗ਼ਜ਼ਲ ਲਿਖੀ:

ਕੋਈ ਡਾਲੀਆਂ ਚੋ ਲੰਘਿਆ ਹਵਾ ਬਣ ਕੇ,

ਅਸੀਂ ਰਹਿ ਗਏ ਬਿਰਖ ਵਾਲੀ ਹਾਅਬਣ ਕੇ

ਪ੍ਰਸ਼ਨ-14) ਤੁਸੀਂ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਨੂੰ ਕੀ ਸੰਦੇਸ਼ ਦੇਣਾ ਚਾਹੁੰਦੇ ਹੋ।

ਉੱਤਰ -ਇਹੀ ਸੰਦੇਸ਼ ਦੇਣਾ ਚਾਹੁੰਦਾ ਹਾਂ ਕਿ ਆਪਣੇ ਸਮੇਂ ਨੂੰ ਸਹੀ ਢੰਗ ਤੇ ਪਿਆਰ ਨਾਲ ਗੁਜ਼ਾਰੋ ਤੇ ਆਪਣੀ ਇੱਕ ਪਹਿਚਾਨ ਬਣਾਓ। ਕੁੱਝ ਨਵਾਂ ਕਰੋ, ਕਲਪਨਾ ਦੀਆਂ ਨਵੀਆਂ ਉਾਰੀਆਂ ਮਾਰੋ। BRAND ਬਣਨਾ ਕਿ ਪਹਿਨੋ। ਨਵਾਂ ਸੋਚੋ।

ਭਾਵਨਾ ਜੈਨ

ਬੀ.ਏ.-III

संस्कृत विभाग

संपादिका

:

करूणा लेखा गुप्ता

छात्र संपादिका

:

पिंकी

विषय अनुक्रमणिका

क्रम संख्या	विषय	नाम
1	सम्पादकीयम्	डा. करूण लेखा
2	गुरू - उपदेशः	पिंकी
3	संस्कृत - भाषा	सुषमा
4	सूर्योदय - वर्णन	किरण
5	धनस्य महत्त्वम्	निकिता नेगी
6	विवाहस्य सप्तपदी	ऋतु
7	चन्द्रनमस्कार	दीक्षा
8	प्रतीकानां महत्त्वम्	गरिमा सिंगला
9	आत्मविश्वास	सोनिया
10	ध्येयवाक्यानि	ज्योति राजपूत
11	दानस्य गरिमा	गीता
12	चाणक्य नीति	रीना
13	ब्रह्मस्वरूपम्	नीतू कुमारी

एतद्देशप्रसूतस्य सकाशादग्रजन्मनः
स्वं स्वं चरित्र शिक्षेत् पृथिव्यां सर्वमानवाः

अर्थात् सभी युवा वर्ग से प्रार्थना है कि इस देश में उत्पन्न हुए ऋषियों की वेद वाणी से अपनी चरित्र की शिक्षा ग्रहण करें। वेद मानवों को उदात्त चरित्र निर्माण का सन्देश देता है और वेदों में सर्वत्र मानव चरित्र निर्माण की उदात्त भावनाएं निहित हैं जिस को अपनाने से विश्वस्नेह का वातावरण बन सकता है। वेद ऐसा ज्ञान है जिस से मनुष्य सही दिशा एवं उचित ज्ञान प्राप्त कर सकता है। हमारी प्राचीन भारतीय शिक्षा पद्धति शुद्ध संस्कार युक्त शिक्षा से समन्वित थी जिस के बल पर भौतिक, सामाजिक एवं आध्यात्मिक मार्ग प्रशस्त होता था लेकिन आधुनिक शिक्षा पद्धति में उन तत्वों का समावेश नहीं है जिस से मनुष्य के व्यक्तित्व का सर्वांगीन विकास हो सके। रामायण, महाभारत, पञ्चतन्त्र, नीतिशतकम् आदि ऐसे ग्रन्थ हैं जिन में नैतिक शिक्षा रूपी रत्नों का भण्डार पड़ा है। यही नैतिक ज्ञान माता-पिता, गुरुजनों एवं बड़े-बूढ़ों का सम्मान करने की शिक्षा देता है जैसे कि प्राचीन ग्रन्थों में कहा गया है- आचार्य देवो भव, मातृ देव भव, अतिथि देवो भव।

वास्तविकता तो यह है कि आधुनिक युग में भारतीय परम्परा और जीवन मूल्यों का हास बड़ी तेजी से हो रहा है इस का कारण यह है कि भौतिक विज्ञान की आवश्यकता से अधिक महत्व दे कर जीवन को विलासित की और धकेल दिया है। नवयुवकों का शिक्षा ग्रहण करने का मूल उद्देश्य धनार्जन कर समाजिक प्रतिष्ठा प्राप्त करना ही रह गया है।

इस प्रकार की स्वार्थपूर्ति के लिए कपट पूर्ण नीति का आश्रय लेना आवश्यक समझा जाने लगा है ऐसा करने से युवावर्ग में नैतिकता का पतन हो रहा है जिस की रक्षा करना नितान्त आवश्यक है। इस प्रकार मानवीय मूल्यों को सुरक्षित करने के लिए वेदों, उपनिषदों तथा अन्य श्रेष्ठ ग्रन्थों का अध्ययन, ज्ञान-विज्ञान प्रचार-प्रसार की महान् आवश्यकता है।

यह नितान्त आवश्यक है कि नवयुवकों के लिए विद्यालय, महा विद्यालय, एवं विश्व विद्यालय स्तर पर पाठ्यक्रम में प्राचीन शिक्षा पद्धति के तथ्यों का समावेश किया जाये जिस से युवा वर्ग अपनी महान् संस्कृति को आत्मसात कर जीवन के प्रत्येक क्षेत्र में अपना उत्तरदायित्व भली भाँति वहन कर अपना शारीरिक, मानसिक एवं लौकिक विकास कर तथा दिव्य भावनाओं से युक्त हो कर आगे बढ़ता रहे ताकि उसके प्रगति पथ को कोई अवरूद्ध न कर सके जैसे कि वेदोक्ति भी इसी बात का समर्थन करती है -

ना वा उमां वृजने वारयन्ते
न पर्वतासो यदहं मनस्ये॥

डा. करुण लेखा
विभागाध्यक्ष संस्कृत

गुरु – उपदेशः

किसी भी क्षेत्र में मार्गदर्शन प्राप्त करने हेतु शिक्षक का होना अत्यंत महत्वपूर्ण है यही सूत्र अध्यात्म के क्षेत्र में भी लागू होता है। अध्यात्म सूक्ष्म – स्तरीय विषय होता है अर्थात् बुद्धि की समझ से परे है। इसलिए आध्यात्मिक दृष्टि से उन्नत मार्गदर्शक अथवा गुरु कौन है यह निश्चित रूप से पहचानना असम्भव होता है। किसी शिक्षक अथवा प्रवचनकार की तुलना में गुरु पूर्णतः भिन्न है। हमारे इस विश्व में वे आध्यात्मिक प्रतिभा से परिपूर्ण दीपस्तम्भ समान होते हैं वे हमें सभी धर्म तथा संस्कृतियों के मूलभूत आध्यात्मिक, सिद्धान्तों का उपदेश देते हैं कादम्बरी में गुरु के उपदेश की महत्ता को स्पष्ट करते हुए कहा गया है

**गुरुपदेशश्च नाम पुरुषाणामखिलमलप्रक्षालन
क्षमजलं स्नानम्। अनुपजातपलितादिवैरूप्यमजरं
वृद्धत्वं अनारोपितमेददोषम् गुरुकरणम्
असुवर्णविरचनमग्राम्यं कर्णाभरणम्
अतीतज्योतिरालोकः नोद्वेगकरः प्रजागरः
विशेषेण तु राज्ञाम्।**

अर्थात् - गुरु का उपदेश मनुष्यों के सब प्रकार के मानसिक और बौद्धिक मलों को धो डालता है। स्नान से तो बाहरी शुद्धि होती है। पर गुरु के उपदेश से सर्वाधिक शुद्धि हो जाती है। अतः वह उपदेश बिना जल के स्नान है। शरीर में जब वृद्धावस्था आती है तो बाल सफेद हो जाते हैं और विरूपता भी आ जाती है, परन्तु गुरु के उपदेश से न तो बाल सफेद होते हैं और न विरूपता आती है पर वृद्धत्व या बड़प्पन अवश्य आ जाता है। क्योंकि गुरु के उपदेश से व्यक्ति बड़े-बुढ़ों जैसी सयानी और परिपक्व किस्म की बातें करने लगता है। आमतौर पर शरीर में चर्बी बढ़ जाने के फलस्वरूप शरीर में गुरुत्व या मौटापा आने लगता है पर गुरु के उपदेश से मनुष्य के शरीर में चर्बी आदि के विकार से होने वाले मोटापे के आए बिना गुरुत्व आ जाता है। गुरु का उपदेश ऐसा कानों का आभूषण है जो सोने का नहीं बना और ग्रामीण या फूहड़ भी नहीं है। दूसरे शब्दों में गुरु का उपदेश व्यक्ति के कानों को आप्यायित करता है। उसके श्रवणेन्द्रिय को सुखद आनन्द प्रदान करता है। गुरु का उपदेश एक ऐसी आलाक है जो विद्युत् आदि की ज्योति के समान न होकर भी मनुष्य को ज्ञान के प्रकाश से चमकृत करता है। गुरु का उपदेश ऐसा जागरण है जो उद्वेग या खिन्नता पैदा करने वाला नहीं है राजाओं के लिए तो गुरु के उपदेश की निरन्तर आवश्यकता रहती है।

संक्षेप में गुरु वे हैं जो मानव जाति के आध्यात्मिक अज्ञान रूपी अन्धकार को मिटाते हैं और उसे आध्यात्मिक अनुभूतियों और आध्यात्मिक ज्ञान प्रदान करते हैं। उक्तम् च -

प्रेरकः सूचकश्चैव वाचको दर्शकस्तथाशिक्षको बोधकश्चैव षडेते गुरवः स्मृताः॥

प्रेरणा देने वाले, सूचना देने वाले, सच बताने वाले, रास्ता दिखाने वाले, शिक्षा देने वाले और बोध कराने वाले ये सब गुरु समान हैं

यथा उक्तम् -

निर्वर्तयत्यन्यजनं प्रमादतः स्वयं च निष्पापपथे प्रवर्तते। गुणाति तत्त्वं हितमिच्छुरङ्गिनाम् शिवार्थिनां यः स गुरु निगद्यते।

अतः सभी छात्रगण का परम कर्तव्य है कि गुरु के प्रति विनय में रह कर उनका निर्मल उपदेश ग्रहण कर उनकी पालना करता हुआ आध्यात्मिक सिद्धि प्राप्त करें।

पिंकी

वी. ए. ।

संस्कृत भाषा

सुरस सुबोधा विश्वमनोज्ञा

ललित हृद्या रमणीया।

अमृतवाणी संस्कृत भाषा

नैव क्लिष्टा न च कठिना॥

कविकोकिल वाल्मीकि विरचिता

रामायण रमणीयकथा।

अतीव सरला मधुर मञ्जुला

नैव क्लिष्टा न च कठिना॥

व्यास विरचिता गणेशलिखिता

महाभारते दिव्यकथा।

कौखपाण्डव संगर मथिता

नैव क्लिष्टा न च कठिना॥

कविकुल गुरु - नवरसोन्मेषजा

ऋतु - रघु - कुमार कविता।

विक्रम - शाकुन्तला - मालविका

नैव क्लिष्ट न च कठिना॥

सुषमा

वी. ए. ।

सूर्योदय वर्णन

उदय होते हुए सूर्य के स्वरूप का वर्णन शिवराजविजय में अति सुन्दर शब्दों में ब्रह्मचारी के द्वारा किया गया है। यथा उक्तम् -

एष भगवान् मणिराकाश-मण्डलस्य, चक्रवर्ती रवेचरचक्रस्य, कुण्डलम् आखण्डलदिशः दीपक ब्रह्माण्डभाण्डस्य प्रेयान् पुण्डरीकपटलस्य, शोकविमोक्तः कोकलोकस्य, अवलम्बो रोलम्नकदम्बस्य, सूत्रधारः सर्वव्यवहारस्य इनश्च दिनस्य। अयमेव अहोरात्रं जनयति। अयम् एवं वत्सरं द्वादशसु भागेषु विभनक्ति। अयम् एवं कारणं षण्णाम् ऋतूनाम्। एष एवं अङ्गीकरोति उत्तरं दक्षिणं चायनम्। अनेन एवं सम्पादिताः युगभेदाः। अनेन एव कृताः कल्पभेदाः। एनम् एव आश्रित्य भवति परमेष्ठिनः परार्द्धसङ्ख्या। वेदा एतस्य एवं वन्दिनः। गायत्री अमुम् एवं गायति। धन्य एष कुलमूलं श्रारामचन्द्रस्य। प्रणम्यः एषः विश्वेषाम्।

सूर्य संसारस्य प्रकाशकः अस्ति। ग्रामेषु यत्र विद्युत्साधनानि अल्पीयानि सन्ति। तत्र दिनेयन्त्रमाध्मैः एकत्रितं सुयोजः विद्युदिव प्रयुज्यते। अधुना काले कृषि-कर्मसु अपि अस्य उपयोगः क्रियते। अस्माकं सर्वे ग्रहा अपि सूर्य परितो भ्रमन्ति। यथा उक्तम् -

बुधः शुक्रो मही भौमो गुरुः शनिरथापरे

भ्रमन्ति परितः सूर्य, सूर्यो ब्रह्माण्डमध्यक्षः

पर्यावरणरक्षणे अपि सूर्यस्य भूमिकास्ति। पादपानां वनस्पतिनां च विकासोऽपि सूर्यस्योष्मानां विना न सम्भवति। अनेकेन प्रकारे सूर्यः अस्मभ्यं उर्जश्च दत्वा महदुपकरोति। एभिरेव गुणाः जनाः एतम् उपासन्ते। ऋग्वेदे अपि उक्तम् -

शं नः सूर्य उरूचक्षा उदेतु,

शं नश्चतस्त्रः प्रदिशो भवन्तु।

शं नः पर्वता ध्रुवयो भवन्तु,

शं नः सिन्धवः शम्भु सन्त्वापः॥

अर्थात्

अत्यधिक प्रकाश वाला सूर्य हमारी भलाई के लिए उदित हो। चारों दिशाएं (पूर्व, पश्चिम, उत्तर, दक्षिण) हमारी भलाई के लिए हों। मजबूती से स्थित पर्वत हमारे लिए कल्याणकारी हों। नदियां और समुद्र हमारे कल्याण के लिए हों। और जल भी हमारे लिए कल्याण से युक्त हो।

किरण

वी. ए. ॥

धनस्य महत्त्वं

धन जिसे लक्ष्मी भी कहा जाता है। जिसके महत्व से प्रत्येक व्यक्ति परिचित है और जिसे सब पाना चाहते हैं जिसे के पाकर सब एक एश्वर्य की जिंदगी पाना चाहते हैं। अपनी इच्छाएं धन पाकर पूरी करना चाहते हैं। आजकल माता-पिता बचपन में ही अपने बच्चों को धन का महत्व समझा देते हैं ताकि बच्चे बड़े होकर धन कमाएं और जीवन के सुख को भोगें। उन्हें अपने जीवन में धन की कमी न महसूस हो।

और कहा भी गया है -

धन का संचय अवश्य करे ताकि आपद विपद् में काम आ सके।

धन मनुष्य के महत्व को बनाए रखता है। और जब धन समाप्त हो जाए तो व्यक्ति की महता भी समाप्त हो जाती है। उसके अवगुण भी धनी होकर गुण में परिवर्तित होते हैं। वही गुण निर्धन होने पर धूल - धूसरित हो जाते हैं।

यह भी माना गया है कि धन से मनुष्यलोभ को प्राप्त होता है। यदि उसके पास कुछ धन है तो व और धन संचय करने में लग जाते हैं और उसे इस बात का ज्ञान ही नहीं होता कि कल वह सुर्माग से बुरी राह पर चला पड़ा है।

जैसा कहते भी है -

अतिरूपेण वै सीता अतिगर्वेण रावणः

अतिदानाद् बलिर्बद्धो अति सर्वत्र वर्जयेत्।

अतिसुन्दर होने के कारण सीता का हरण हुआ, रावण का अहंकार ही उसे ले डूबा। अधिक धन देने के कारण ही बलि को बांधना पड़ा अतः अति हर चीज की अति बुरी है। अति अर्थात् किसी भी कार्य का आवश्यकता से अधिक होना।

चाणक्य द्वारा कहा भी गया है कि कोई कार्य अपनी सीमा लांघ जाता है तो कष्ट का कारण बन जाता है। सीता जा की सुन्दरता इतनी अधिक थी कि रावण ने आकर्षित होकर उनका हरण किया। रावण अहंकार में इतना लिप्त था कि सारी सीमाएं तोड़ बैठा। और मृत्यु को प्राप्त हुआ। धन से रावण को अहंकार हुआ था और इसी अहंकार के चलते उसने अपने साथ-साथ अपने साम्राज्य का भी विनाश किया। जिस सोने की लंका पर उसे इतना अभिमान था वही जल कर राख हो गई। परन्तु उसका अहंकार नहीं गया। इसी प्रकार महाराज बलि अपनी दानवीरता के कारण जाने जाते हैं। उन्होंने देवताओं के आसन भी हिला दिए थे। जब विष्णु ने वानर अवतार में तीन गज धरती मांगी तो गुरु द्वारा मना करने पर भी बलि ने हामी भर दी। वानर बने विष्णु ने तीन पगों में धरती, आकाश, पाताल नाप लिए और बलि अपने ही दिए हुए वचन में बंध गए अतः श्लोक का भाव है कि सीमा अथवा मर्यादा से अधिक हर चीज बुरी है। इसलिए कहा भी गया है -

अतिलोभो नैव कर्तव्यो, लोभ नैव परित्यजेत्।

अतिलोभाऽभिभूतस्य चक्रं भ्रमति मस्तके॥

अधिक लालच नहीं करना चाहिए न ही लालच का त्याग करना चाहिए। अधिक लालच के वशीभूत के मस्तक पर चक्र घूमता है। अत्याधिक लालच से ग्रसित होकर भला बुरा सोचने की शक्ति नहीं देता है।

निकिता नेगी

वी. ए।

चंद्र नमस्कार

- ॐ चन्द्राय नमः
ॐ सोमाय नमः
ॐ निशाकराय नमः
ॐ सुधाधराय नमः
ॐ निशापतये नमः
ॐ शिवशेखराय नमः
ॐ अमृतदीधितये नमः
ॐ तमोध्यानाय नमः
ॐ शशांकदेवाय नमः

दीक्षा
वी. ए. ।

विवाहस्य सप्तपदी

वैदिक संस्कृति के अनुसार सोलह संस्कार हैं। गर्भाधान, प्रसवन, सीमन्तोन्नयन, जातकर्म, नामकरण, निष्क्रमण, अन्नप्राशन, चुड़ा कर्म, कर्णवेद्य, यज्ञेपवीत वेदारम्भ केशान्त, समावर्तन, विवाह, आवसंध्याधान, श्रोताधान।

इनमें विवाह संस्कार एक महत्वपूर्ण संस्कार है, विवाह का अर्थ है विशेष रूप से उत्तरदायित्व वहन करना। इस संस्कार में सात फेरे ही पति-पत्नी के रिश्ते को सात जन्मों तक बांधते हैं। जिन का वर्णन निम्न प्रकार से है।

बधु उवाच

1 प्रथम वचन :-

तीर्थव्रतोद्यापनदानयज्ञान् मया सह त्वं यदि कान्त कुर्याः।

वामाङ्गमायामि तदा त्वदीयं भाषेत वाक्यं प्रथमं कुमारी॥

अर्थात् हे पति देव! तीर्थयात्रा, व्रतादि, उद्यापन, और दानादि करने में यदि आप मुझे अपने साथ रखें। तभी मैं आपके वामा भाग में आऊंगी।

2 द्वितीय वचन :

पुज्यौ यथा स्वौ पितरौ ममापि तथेशभक्तो निजकर्म कुर्याः।

वामाङ्गमायामि तदा त्वदीयं ब्रवीति कन्यावचनं द्वितीयम्

अर्थात् कन्या वर से दूसरा वचन मांगती है कि जिस प्रकार आप अपने माता-पिता का सम्मान करते हैं। उसी प्रकार मेरे माता-पिता का सम्मान करें तथा कुटुम्ब की मयादा के अनुसार धर्मानुष्ठान करते हुए ईश्वर का भक्त बने।

3 तृतीय वचनः

जीवनम् अवस्थात्रये मम पालनां कुर्यात्।

अर्थात् तीसरे वचन में कन्या कहती है की ये वचन दो कि युवावस्था, प्रौढ़ावस्था तथा वृद्धावस्था में मेरी पालना करेंगे।

4 चतुर्थ वचनः

देशान्तरे वा स्वपुरान्तर वा यदि प्रकुर्याः क्रयविक्रयौ त्वम्।

वामाङ्गमायामि तदा त्वदीयं भाषेत कन्या वचनं च चतुर्थम्॥

अर्थात् हे पतिदेव! यदि इस देश अथवा दूसरे देश में आप क्रय-विक्रय तथा धनोपार्जन करते रहें तो मैं आपके वामभाग में आऊंगी।

वर उवाच

1 प्रथम वचन :-

विष्णुश्चानरः साक्षो ब्राह्मण - ज्ञानि - बान्धवाः।

पञ्चम ध्रुवमालोकय स साक्षि त्वं ममागता॥

अर्थात् हे देवि! तुम्हारे साथ मेरे इस विवाह में भगवान विष्णु, अग्नि ब्राह्मणगण, बन्धु - बान्धवगण और पांचवे ध्रुवनक्षत्र साक्षी अर्थात् प्रामाण्य के रूप में हैं। अतः इनके साक्षित्व में आज से तुम मेरी पत्नी हो।

2 द्वितीय वचनः

तव चितं मम चितं वाचा वाच्य न लोपयेत् ॥

व्रते मे सर्वदा देयं हृदय स्वं वरानने।

अर्थात् हे वरानने! तुम इसी समय से अपना चितं के अनुरूप रखना और मेरी उचित आज्ञा का उल्लंघन मत करना, मैं जो कुछ भी तुमसे कहूँ उसे अपने मन में ही रखना तथा नियम के अनुकूल ही अपने हृदय को रखना।

3 तृतीय वचनः

विना पत्नी कथं धर्म आश्रमाणां प्रवर्तते।

तस्मात् त्वं मम विश्वस्ता भव वामाङ्गगामिनी

अर्थात् हे सुमुखि! इस गृहस्थाश्रम धर्म का पालन पत्नी के बिना कदापि संभव नहीं हो सकता, इसलिए तुम मेरी विश्वासपात्र वामाङ्गी ओर सधर्मिणी बनो।

रीतू जेन

वी. ए. ॥

प्रतीकानां महत्वं

ज्वारा: तंत्र के अनुसार, यह साधना का परीक्षण है माना जाता है कि जवारों की बढ़त और गुणवत्ता से साधना की पूर्णता एवं अपूर्णता के बारे में संकेत मिलते हैं।

बंदनवार: पौराणिक विश्वास है कि मुख्य द्वार पर आम्र या अशोक के पत्तों की बंदनवार लगाने से अलाएं-बलाएं घर के बारह ही रहती हैं प्रथम दिन देवी के साथ भैरव आदि तामसिक शक्तियां भा होती हैं देवी घर में प्रवेश करती है पर वंदनवार लगी होने पर तामसिक शक्तियां बारह ही रह कर प्रतीक्षा करती हैं।

कलश: यह पंचतत्त्वों का प्रतीक है इसमें जल तत्त्व भरा होता है दीपक अग्नि तत्त्व है उसकी लौ वायु तत्त्व का प्रतिनिधित्व करती है आसन पृथ्वी तत्त्व है धुआँ आकाश तत्त्व है नारियल पाताल का प्रतीक होता है।

गुडहल: देवी को लाल रंग पसंद है गुडहल सुर्ख लाल होता है इसकी एक अन्य विशेषता है कि यह काफी कोमल पुष्प है। इसका लाल हिस्सा देवी दुर्गा का स्वरूप है इसलिए लाल गुडहल देवी को प्रिय है।

अखण्ड दीप: देवी के साथ तामसिक शक्तियां भी होती है नवरात्र में निरन्तर प्रज्वलित रहने वाले अखण्ड दीप का प्रकाश जहां तक पहुंचता है ये शक्तियां वहां फटक भी नहीं पाती यानी यह साधक का रक्षक है।

कुंकुम: लाल रंग का कुंकुम शांति का प्रतीक है। यह मस्तिष्क की ऊर्जा को बाहर निकलने से रोकता है पूजा में प्रयुक्त चावल लक्ष्मी का प्रतीक होता है हल्दी गणेश जी का प्रतीक मानी जाती है।

गरिमा सिंगला

वी. ए. ।

आत्म-विश्वास

इस संसार में समग्र सफलताएं आत्म-विश्वास की भावना से प्राप्त होती हैं। आत्म-हीनता पतन है। वेद में वचन ही सुन्दर विचार हैं।

अहमिन्द्रो न पराधिग्य इद्ध न मृत्येवऽवतस्थे कदाचन ।

मैं इन्द्र शक्ति सम्पन्न तथा ऐश्वर्य तथा सम्पन्न हूँ। मैं अपनी श्रेष्ठता में कभी पराजित नहीं होता। मृत्यु भी मेरी श्रेष्ठता को छीनने में असमर्थ है। यह आत्म-विश्वास का भाव स्वयं को पुष्ट करने से प्राप्त होता है। इसके लिए किसी के सहारे की आवश्यकता नहीं है।

स्वयं वाजिस्तन्वं कल्पयस्व स्वयं यजस्व स्वयं जुषस्व।

महिमा ते अन्येन न सन्नशे॥

हे बल और ज्ञान से सम्पन्न मनुष्य तू अपने शरीर को समर्थ बना, स्वयं उत्तम कर्म कर स्वयं सामर्थ्यशाली बन। तेरे आत्म-विश्वास की महिमा को अन्य कोई नष्ट कर सकता। आत्म-विश्वास, आत्म-हीनता की भावना कायरता उत्पन्न करता है -

शुक्रोऽसि भ्राजोऽसि स्वरसि ज्योतिरसि।

आप्नुहि श्रेयांसमति समं क्राम।

हे मनुष्य, तू शुद्ध है, तेजस्वी है, आनन्दमय है, ज्योतिमान् है। तू आत्म-विश्वास के साथ (अपने से) श्रेष्ठों तक बढ़ समान लोगों से आगे बढ़।

वैदिक जीवन सदा जागरूक जीवन है, प्रमादी जीवन उत्तम नहीं होता है क्योंकि -

इच्छन्ति देवाः सुन्वन्तं, न स्वप्नाय स्पृहयन्ति।

आत्म-विश्वास के साथ यज्ञीय भावना से युक्त कर्मशील व्यक्ति को देव-विद्वान् अथवा श्रेष्ठ जन चाहते हैं, आत्म-विश्वास से हीन आलसी व्यक्ति को कोई नहीं पसन्द करता। आत्म-विश्वास से भरे हुए व्यक्ति के लिए ही वेद का यह पवित्र सन्देश है।

दिवं च रोह पृथ्वीं च रोह।

राष्ट्रं च रोह द्रविणं च रोह॥

हे मनुष्य तू आध्यात्मिक उन्नति कर, भौतिक उन्नति कर, आर्थिक उन्नति कर। तू प्रत्येक दृष्टि से उत्कर्ष को प्राप्त हो।

आप सब का मन, वचन, कर्म और संकल्प एक जैसा हो जिसे कार्य सरलता से पूर्ण हो।

वेद के अनुसार मनोबल से आत्म-विश्वास प्रबल होता है, बढ़ता है तो उत्साह से कर्म की भावना -

भद्रं नो अपि वातय मना दक्षमुत क्रतुम्।

सत्य ही हम में आत्म-विश्वास इतना हो -

मह्यं नमन्तां प्रदिशश्चतस्त्रः।

मेरे श्रेष्ठ चरित्र, कार्य एवं व्यवहार के कारण चारों दिशाएँ मेरे आगे झुक जायें अर्थात् सब ओर से मेरा जीवन सफल हो। पांच प्रमुख इन्द्रियों से अच्छा बोले, देखें, सुनें, सोचें, आर ग्रहण करें।

सोनिया

वी. ए. III

ध्येय - वाक्यानि

1	सत्यमेव जयते	भारत सरकार
2	धर्मचक्र प्रवर्तनाय	लोक सभा
3	यतो धर्मस्ततो जयः	सर्वोच्च न्यायालय
4	सत्यं शिव सुन्दरम्	दूरदर्शन
5	सेवा अस्माकं धर्मः	थल सेना
6	योगः कर्मसु कौशलम्	भारतीय प्रशासनिक सेवा अकादमी, मसूरी

7	विद्याडमृतमश्नुते	राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद
8	असतो मा सद्गमय	केन्द्रीय माध्यमिक शिक्षा बोर्ड
9	अहर्निशं सेवामहे	डाकघर विभाग
10	योगक्षेमंवहाम्यहम्	भारतीय जीवन बीमा निगम
11	श्रम एवं जयते	श्रम मंत्रालय
12	वयं रक्षाम	भारतीय तटरक्षक बल
13	निष्ठाधृति सत्यम्	दिल्ली विश्वविद्यालय
14	त्मसो विज्ञानम्	इन्द्रप्रस्थ विश्वविद्यालय
15	नभः स्पर्श दीप्तम्	वायु सेना
16	शं नो वरुणः	नौ सेना
17	धर्म विश्वस्य जगत् प्रतिष्ठा	राजस्थान विश्वविद्यालय
18	चरैवेति चरैवेति	बरेली विश्वविद्यालय
19	सा विद्या या विमुक्तय	विद्या भारती संस्कृति शिक्षा संस्थान, हैदराबाद विश्वविद्यालय
20	बहुजनहिताय	आकाशवाणी

ज्योति राजपूत
वी. ए. II

दानस्य गरिमा

दातव्यमिति यद्दानं दीयतेऽनुपकारिणे देशे काले च पात्रे तत्तदानं सात्त्विकं स्मृतं

- 1 जीवन में आगे बढ़ने के लिए जितना हो सके निःस्वार्थ भाव से उतना दान-धर्म किया जाना चाहिए।
- 2 यदि धन से दूसरों की भलाई होती है तो इसका कुछ मूल्य है, अन्यथा यह सिर्फ बुराई का ढेर है। इससे जितनी जल्दी छुटकारा मिल जाए उतना बेहतर है।
- 3 इस दुनिया में दान देने से अब तक कोई गरीब नहीं हुआ।
- 4 दान चार प्रकार के होते हैं

1 आहारदान 2 औषधदान 3 ज्ञानदान 4 अभयदान

भगवद् गीता में श्रीकृष्ण जी कहते हैं कि जरूरतमंदों को दान करने से पुण्य मिलता है, दान सदैव गुप्त तरीके से करना चाहिए, दिखावा करके नहीं। दान करते समय इन सभी चीजों से व्यक्ति के सभी पाप कर्म मिट जाते हैं। व्यक्ति को प्रतिदिन थोड़ा समय भगवान का ध्यान करना चाहिए। व्यक्ति को अपना मन वश में रखना चाहिए। लालच कभी नहीं करना चाहिए। तथा सदैव सत्य बोलना चाहिए।

दान-धर्म सर्वोपरि: दिव्यप्रभा

गीता में कहा गया है कि निः स्वार्थ भाव से किया गया दान ही सच्चा पुण्य होता है। जैन, बौद्ध तथा सिक्ख परंपरा में भी दान का बहुत महत्व है।

5 देवानागरी के 'द' वर्ण में ही देने का भाव समाया हुआ है बृहदारण्यक उपनिषद् में आया है- देवता अपने गुरु वृहस्पति के पास उपदेश लेने के लिए गए। वृहस्पति ने देवताओं से केवल इतना ही कहा - 'द' और उनसे पूछा (आप समझ गए) देवताओं ने उच्च स्वर में कहा- दया, दान आर दमन। अर्थात् जीवन में सुख व शांतिमय जीवन जीने के लिए जीवों पर दया करो, दान करो और इद्रियों का सयंम रखो। किसी जरूरतमंद को दान दिया जाए तो उसकी महत्ता और भी अधिक हो जाती है।

6 दान-पुण्य करना सभी धर्मों में अच्छा माना गया है धर्म में दान को अच्छे कर्मों के खाते में जोड़ते हैं। वहीं दूसरी ओर इस्लाम में भी दान करना 'अल्ला है, इसे जकात कहा जाता है। इस संबंध में एक कहानी भी है जो बहुत प्रसिद्ध है।

एक बार जब प्रभु ईसा पहुंचे तो वह येरूशलम के चर्च में गए। वहां एक संदूकची रखी हुई थी। जिसमें लग अपनी श्रद्धानुसार सोना, चांदी के सिक्के डाला करते थे। इस धन को गरीबों के सहायतार्थ किया जाता था।

ईसा ने देखा कि धनी लोग अपनी-अपनी योग्यतानुसार बड़े अभिमान के साथ सब को दिखा कर उसमें पैसा डाल रहे हैं जबकि आम इंसान और गरीब लोग बिना किसी को दिखाए या बताए सहज रूप से सिक्के के रूप में अपना योगदान दे रहे हैं। इतने में एक विधवा वहां आई और लोगों की नज़रे बचा कर उसने उस संदूकची में दो पैसे डाले। यह देख प्रभु ईसा वहां उपस्थित लोगों से बोले वास्तव में इस विधवा ने सबसे श्रेष्ठ दान किया है। अन्य लोग तो अपने धन में जो वृद्धि हुई है उसे डाल रहे हैं जबकि इस विधवा ने अपनी वचत में से डाला है। इससे इसका खर्च चल सकता था किन्तु इसने जरूरत की परवाह किए बिना सहर्ष दान किया है। प्रत्येक व्यक्ति को अपने मन के अनुसार दान करना चाहिए।

गीता
वी. ए. ।

चाणक्य नीति

- 1 कः कालः कानि मित्राणि को देशः को व्यऽऽगमौ।
कश्चाऽहं का च मे शक्तिरिति चिन्त्यं मुहुर्मुहः॥
व्यक्ति को सदैव इस बात का ध्यान करते रहना चाहिए कि हमारे मित्र कैसे हैं? समय कैसा चल रहा है, निवास स्थान कैसा है? आय व व्यय का क्या हिसाब है? मेरी शक्तियां क्या हैं आदि इस प्रकार आत्मचिंतन करने से मनुष्य जीवन में प्रगति के पथ पर अग्रसर होता है।
- 2 जनिता चोपनेता च यस्तु विद्यां प्रयच्छति।
अन्नदाता भयत्राता पञ्चैते पितरः स्मृताः॥
जन्म देने वाला पिता, यज्ञोपवीत कराने वाला गुरु, विद्यादान देने वाला अध्यापक, अन्न देने वाला व भय से रक्षा करने वाला, यह पांच व्यक्ति पितर माने गए हैं। इन पांचों को सदैव सम्मान देना चाहिए व उनका कृतज्ञ होना चाहिए।
- 3 राजपत्नी गुरोः पत्नी मित्रपत्नी तथैव च।
पत्नीमाता स्वमाता च पञ्चैता मातरः स्मृताः॥
राजा की पत्नी, गुरु की पत्नी, पत्नी की माता, तथा जन्म देने वाली माता यह पांचों माताएँ मानी गई हैं। राजा, प्रजा के लिए पिता तुल्य है अतः गुरु पत्नी भी माता समान है। मित्र पत्नी भी माता समान है। सास भी माता समान है। तथा जन्मदात्री माता तो है ही। इन पांचों को एक समान आदर देना चाहिए।
- 4 अभ्यासाद्धार्यते विद्या कुलं शीलेन धार्यते।
गुणेन ज्ञायते त्वार्यः कोपो नेत्रेण गम्यते॥
विद्या अभ्यास द्वारा प्राप्त की जाती है सदाचार व सुशीलता से ही कुल का नाम उज्ज्वल होता है। श्रेष्ठत्व की पहचान गुणों व नेत्रों से क्रोध की पहचान होती है।
- 5 नराणां नापितो धूर्तः पक्षिणां चैव वायसः।
चतुस्पदां शृंगालस्तु स्त्रीणां धूर्ता च मालिनी॥
मनुष्यों में नाई, पक्षियों में कौआ, पशुओं में गीदड़ व स्त्रियों में मालिन धूर्त माने गए हैं।

रीना
बी. ए. III

ब्रह्म का स्वरूप

केनोपनिषद में ब्रह्म की अनिर्वचनीयता का प्रतिपादन अत्यन्त सुन्दरता से किया गया है उसके स्वरूप का ज्ञान उसकी कृपा पर आश्रित माना जाता है साधक ब्रह्म प्रदत्त शक्ति द्वारा ही ब्रह्म के सत्यस्वरूप का ज्ञान प्राप्त कर सकता है, मानव योनि का ज्ञान प्राप्त कर सकता है मानव योनि के ही कर्म योनि होने के कारण और केवल ब्रह्म ज्ञान द्वारा ही आवागमन के चक्र से मुक्ति सम्भव होने के कारण इस जन्म में ब्रह्म ज्ञान की महत्ता और उपयोगिता का प्रतिपादन युक्ति युक्त ढंग से ही किया गया है ब्रह्म ही वास्तविक कर्त्ता है मानव तो

निमित्त मात्र है इस सत्य के विस्मरण से मानव में कर्तव्य-अभिमान उत्पन्न होता है ब्रह्म अपनी दयालुतावंश जीवात्मा को इस अभिमान से निवृत्त कर उपकार करता है जिस में जितना अहंकार होता है उतना ही ब्रह्म उससे अधिक दूर हो जाता है इसके अतिरिक्त यह भी कहा जाता है कि निष्ठावान ब्रह्म तत्त्व को पा ही लेता है, यहां पक्ष ब्रह्म आत्मा का, इन्द्र मन का, वायु प्राण का, अग्नि वाणी का तथा देवागण इन्द्रियों के प्रतीक हैं, आत्मा की शक्ति को न मानकर इन्द्रियां अपने विषय को अपनी शक्ति को क्षेत्र मान लेती है यही भ्रम है जिसकी निवृत्ति करुणाशील ब्रह्म करता है मन अधिक गर्वशील होने के कारण आत्मा के दर्शन तक नहीं कर सकता किन्तु कालान्तर में स्थित-प्राप्त होने पर कृतकृत्य होता है मैं ब्रह्मज्ञानी की श्रेष्ठता का, ब्रह्मज्ञान का अनिर्वचनीयता का, उसकी प्राप्ति के साधना का तथा ब्रह्म ज्ञान की महिमा का बड़ा सुन्दर वर्णन मिलता है इस खण्ड में नौ मंत्र हैं उसमें उमा द्वारा इन्द्र को यक्ष का परिचय दिया गया है प्रथम मंत्र में दैवयती देवराज इन्द्र की जिज्ञासा पर उसे बताती है कि वह यक्ष वस्तुतः ब्रह्म है और उसकी शक्ति से ही देवों ने विजय प्राप्त की परन्तु देव लोग अज्ञान वंश इसे अपनी महिमा समझने लगे, इस प्रकार हेमवती के ज्ञान की महिमा से इन्द्र को सर्वप्रथम ब्रह्म के विषय में जानकारी प्राप्त हुई। द्वितीय मंत्र में अग्नि, वायु तथा इन्द्र को ब्रह्म के परिचय में प्रवृत्त होने वार्त्तालाप तथा दर्शन का सौभाग्य प्राप्त करने तथा सत्य के तत्त्व को समझने के कारण देवों में श्रेष्ठता है, तृतीय मन्त्र में इन तीनों अग्नि, वायु तथा इन्द्र में भी इन्द्र को श्रेष्ठ कहा गया है भले ही इन्द्र को ब्रह्म के दर्शन नहीं हुए उन्हें वार्त्तालाप का अवसर नहीं मिला परन्तु मूल तत्त्व को सर्वप्रथम ने ही समझा। चतुर्थ मन्त्र में जनसाधक के मन में ब्रह्म साक्षात्कार की इच्छा जागृत हो जाती है तब ब्रह्म उस अभिलाषा को और अधिक तीव्र बनाने के लिए बिजली की चमक के समान अपने स्वरूप की झांकी दिखाकर छुप जाते हैं यही कुछ इन्द्र के साथ यक्ष ने किया, अष्टम मन्त्र में ब्रह्म विद्या को समझने के लिए तप, दम तथा कर्म आदि साधनों का अनुष्ठान का निर्देश है नवम् मन्त्र में ब्रह्म विद्या को समझने वाले के निव्याप होकर स्वर्ग लोक में प्रतिष्ठित होने का वर्णन है।

नीतू कुमारी

बी. ए. II

ACTIVITIES AT A GLANCE



**Red –Ribbon Club organised a rally
to create awareness about HIV**



Hum Hain- Gender Equality



Blood Donation Camp



**Face Painting Competition
on the occasion of Akshay Urja Diwas**



N.S.S. Rally



Drug De-Addiction Society



**Demonstrating on operation of Fire Extinguisher
by the Fire and Safety Department**



Students making Rangoli during a competition

ACTIVITIES AT A GLANCE



Dr. Surjit Patter, an eminent writer addressing audience in a Seminar cum Workshop organised by the departments of English and Punjabi



Prof. Ronaki Ram, Dean Social Science, P.U. being welcomed by our Principal at a National Seminar organized by Departments of Economics and Social Science



Sh. Vishwa Mohan Bhatt playing 'Mohan Veena' 4th Nov. 2016



One-Day National Seminar on 'Aristotle and the Good Life' sponsored by ICSSR North- Western Regional Centre, Chandigarh



Lorhi celebration in our college



'Synergic Fest', Inter college Science competition on Science and Future 23rd Feb 2017



Padmashree Geeta Mallik performing Odissi Dance 15th Feb 2017



Naresh Dutt an eminent journalist, addressing students on the occasion of Hindi Diwas

SCIENCE SECTION

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Dr. Madhurima Sharma

Student Editor:

Diksha

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22	All is in our Mind	Ankita	B.Sc. (II) Med.
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25	Thinking Like a Scientist	Asha	B.Sc. II (CS)
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27	Latest Science	Neha	B.Sc CS (II)
28.	Science and Technology for Specially abled Person	Mandeep	B.Sc. (NM) I
29	GMO	Trannum Thakur	M.Sc. II Zoology
30	Noise Pollution	Shagan	B.Sc. I (Med)

NEW IMAGING TECHNIQUE CATCHES DNA 'BLINKING' ON

A new imaging technique takes advantage of DNA's natural ability to "blink" in response to stimulating light. The new approach will allow unprecedented views of genetic material and other cellular players. It's the first method to resolve features smaller than 10 nanometers in unmodified, live cells.

DNA and proteins don't naturally give off light, conventional wisdom holds so scientists have developed fluorescent dyes to attach to such molecules to make them visible in the darkness of a cell. But it is discovered that when DNA is tickled with particular wavelengths of light, it "blinks" on momentarily shining brighter than it would with the most powerful fluorescent tags. Backman and Zhang designed a setup that excites cells with light and then collects the spectra of the emitted light, allowing them to discern different kinds of biomolecules.

The scientists are calling their setup SICLON, for spectroscopic intrinsic contrast photon-localization optical nanoscopy. They have already used it to peer at the inner walls of microtubules, structures that help separate chromosomes during cell division. The approach has allowed the researchers to collect images of structures a mere 6.2 nanometers across (a DNA molecule is roughly 3 nanometers across). The researchers hope to explore physical changes that occur when cells become cancerous.

Dr. Mahurima Sharma
Staff Editor
Deptt. Of Zoology

FUTURE OF FOOD

Would you eat insects to save the planet and improve your health?

Agricultural production has increased dramatically in the last 20 years and crop yields have never been as high as those we achieve today. However, demand for food across globe continues to rise, driven by growing population and ever increase in wealth.

The aim is to make sure that everyone has access to sufficient, safe, and nutritious food. This means, not only providing enough calories but also making sure that the food we eat is healthy.

There are number of ways of tackling the food security challenge Changes need to be made throughout the food supply chain.

Currently main way we are increasing global food production is by expanding the amount of land used for agriculture. 11% of global land is already in agriculture production. Reducing meat consumption would increase efficiency of food production. Meat cans have impact on your health. Meat is very high in energy and fat and quantity consumed within western diet is contributing to large increases in 80% of culture around world eat insects as part of their normal diet.

If we want to make food available to people who really need it, we can do that by doing something quite simple which is to enjoy the food, that we have and not throw away.

Diksha
Student Editor

THE MESENTERY: A 'NEW' ORGAN YOU DIDN'T KNOW YOU HAD

The mesentery, which connects the intestine to the abdomen, has been classified as a single organ. The organ's continuity can be seen only when it's exposed in a certain way.

(CNN) In case you've ever wondered what connects your intestine to your abdomen, there's a word And now, a single organ ... for that: the mesentery. But don't worry; you haven't grown a new organ. It's always been there, performing important functions that affect systems throughout the body, from cardiovascular to immunological.

Leonardo da Vinci depicted it as one contiguous organ, and it remained that way for centuries until 1885, when Sir Frederick Treves' findings presented the mesentery as fragmented amongst the small intestine, transverse colon and sigmoid colon. In a new study, Coffey has established the anatomy and structure of the mesentery, using images and compiling research to show that the organ's continuity can be seen only when it's exposed in a certain way.

The current findings resonate with those of Carl Toldt, who accurately described the presence of the mesentery in 1878. But his research was largely overlooked. Cottey's research has already prompted the latest edition of "Gray's Anatomy" to refer to the mesentery as a continuous organ.

What does it do?

Linking your gut to the rest of your body is an important task, and the mesentery performs it well.

Among its functions, it carries blood and lymphatic fluid between the intestine and the rest of the body. It also maintains the position of the intestine so it's connected with the abdominal wall without being in direct contact.

The connection is key.

Why has it been misunderstood?

Cottey calls remarkable, it's easy to see why the mesentery has been depicted differently. It has a spiral formation in the abdomen and is packaged along a spinal trajectory, starting in the upper abdomen and ending in the pelvis. The latest anatomy and structure clarifications aid not only doctors, but medical students as well. For students, it greatly simplifies the matter of the mesentery. We now know that the mesentery and intestine intersect along the entire length of the small and large intestine, whereas previously, this was thought to occur in some regions only.

Samiksha Thakur
M.Sc. I (Zoology)

WHY WE NEED HONEY BEES

"If the bees disappear from the surface of the earth, man would have no more than four years to live", Albert Einstein. Honey bees are called "super organism" on this earth. Colonial forms as they are, at any time 20 to 60 thousand bees make one harmonious colony under the command of a single queen, meticulously carrying out the duties assigned from cleaning of hive to nursing of young one's, defending home, and collecting of nectar.

90% of our crop depend on bees for pollination. The list of plants pollinated is endless- apple, orange, carrot, onion, cucumber, cherries, almonds to name a few. Honey bee gives man "Honey – the Liquid gold of Nature." Honey is the only food that contains all vital nutrients including mineral, vitamins, enzymes and is the only food to contain "Pinocembrin", an antioxidant associated with improved brain functioning. It is a powerful

immune system booster. It is also known as “cholesterol fighter” as it prevents cholesterol to move out of blood into the lining of blood vessels.

Both Honey and sugar contain glucose and fructose which are united in sugar but exist as independent unit in honey. So while body has to relinquish many vitamins and minerals to separate glucose and fructose in sugar, less of nutrients are available for other metabolic processes in body. As a result, repair and maintenance of body cell is hampered. So honey is a healthier choice.

Honey is used as first aid treatment for burns, wounds, cuts etc. as it promotes healing. Its antibacterial properties prevent built up of infection and inflammation.

Harsha Sharma
M.Sc. I (Zoology)

SLEEP CLEANSSES BRAIN OF TOXINS

How does a good night's sleep freshen up your brain? Researchers from the Centre for Translational Neuromedicine at the University of Rochester Medical Center in New York believe; it does so by flushing out toxins.

In a study done on mice, the researchers showed for the 1st time that the space between brain cells increase during sleep, allowing the brain to flush out toxins that build up during waking hours. These results, published in science, show that during sleep a plumbing system called the lymphatic system may open, letting fluid flow rapidly through the brain. The glymphatic system helps control the flow of CSF, a clear liquid surrounding the brain and spinal cord. Initially the researches studied the system by injecting dye into the CSF of mice and watching it flow through their brains while simultaneously monitoring electrical brain activity. The dye flowed rapidly when mice were either unconscious or asleep. In contrast, the dye barely flowed when the same mice were awake.

The researches also used electrodes to directly measure the space between brain cells. They found that space inside the brain cells increased by 60% when the mice were asleep. The result highlights the importance of sleep.

Mehak Jindal
M.Sc. I (Zoology)

USES OF NANOTECHNOLOGY

1) Nanotechnology in textiles – the new black

Nanoengineered functional textiles are going to revolutionize the clothing that you'll wear.

2) Nanotechnology for next generation inkjet colour printing.

By replacing the dye inks with optical nanostructures, researchers have demonstrated the use of inkjet technology to create colored interference layers with high accuracy without the need for high temperature fixing.

3) Graphene based smart contact lens works as self powered biosensor

The latest example of a graphene-based wireless sensor that could make 24 hour healthcare easier to achieve by enabling wireless monitoring of various biomedical events in order to gain a more comprehensive assessment of the wearer's healthcare status.

4) Nanotechnology's tiny steps toward atomic scale 3D fabrication

Over the past few decades the development of electron microscopy has gone hand in hand with techniques for atomically precise fabrication of 3D structures based on electron and ion beams.

5) Stick-on epidermal electronics tattoo to remove UV exposure

A skin-like, wearable system combines colorimetric and electronic function for precise dosimetry in the UV-A and UV-B regions of the spectrum.

6) A nanotechnology approach to scavenging wind and solar energy in cities

Self-powered nanotechnology based on these nanogenerators aims at powering nanodevices and nanosystems using the energy harvested from the environment in which these systems are suppose to operate.

7) 3D printing highly conductive nanocomposites

Carbon nanotube enabled nano composites have received much attention as a highly attractive alternative to conventional composite materials due to their mechanical, electrical, thermal, barrier and chemical properties such as electrical conductivity, increased tensile strength improved heat deflection, temperature or flame retardancy.

8) Using household items to make a multi-sensory ‘paper-skin’

Researchers have explored common inexpensive materials to demonstrate their valuable and advantageous properties for artificial skin development. They demonstrate a scalable fabrication approach using off the shelf household items such as aluminium foil, scotch tapes, sticky notes napkins and sponges to build ‘paper-skin’.

9) An analogue smart skin that is self powered

In order to make robots and robotic technology more human friendly, smart skin technology is a critical element that helps robots sense of the world.

10) Writing nanotypes with a nano fountain pen

In new work, an international team of researchers describes the drawing and Raman characterization procedure developed for placing single walled carbon nanotybes (SWCNTs) proof of SWCNT alignment, optimization of the drawing parameters, and the subsequent placement in predefined lithographic structures for the demonstration of electrical conductivity.

AnnuKatariya
M.Sc. I (Zoology)

SLEEP WALKING

There is a ‘sleep centre’ in our brain which regulates the sleeping and walking of our body. When this sleep centre goes to work – it does two things it blocks off parts of our brain so that it goes to sleep and we no longer have the will to do anything. It also blocks off certain nerves that bring external messages to your brain, permitting our body to fall asleep.

Usually this sleep centre of our brain o our body are connected but some times they become separated. When this happens the brain sleeps but the body remains awake, people in this condition sit up. Sometimes actually get out of bed and walk about. A sleepwalker does not remember this stroll when he wakes up.

Sleepwalking is more common in children than adults.

Anju
M.Sc. I (Zoology)

SCIENCE JOKES

Prove that : PAPA = MAMA ?

- Ans. 1) ART STUDENT : “OUT OF COURSE”
2) COMMERCE STUDENT : “WRONG QUESTIONS”
3) MEDICAL STUDENT : “ITS IMPOSSIBLE”
4) ENGG: “Hmmm...”

Acc. To Newton's 2nd Law

$$F = MA \quad (1)$$

We know that Pressure (P) = Force (F) / Area (A)

$$F = PA \quad (2)$$

From and (2) $PA = MA$

On Sq. both sides

$$PAPA = MAMA$$

Hence proved.

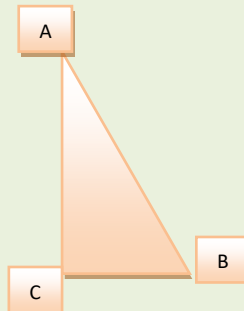
(2) STUDENT OF THE YEAR

Q. Prove that $AC^2 = AB^2 + BC^2$ if $\angle B = 90^\circ$

Solution Given $\angle B = 90^\circ$

To prove $AC^2 = AB^2 + BC^2$

Proof : LHS = AC^2



RHS – $AB^2 + BC^2$

Let us assume $AC^2 = AB^2 + BC^2$

Therefore LHS = RHS

Hence proved.

Once Einstein and Newton were playing hide and seek. It was Newton's turn to hide. He made a square of 1m and stood in it. When Einstein came and said “Thappal”

Then Newton said that I am not out because I am Pascal i.e. Newton/ meter²

4. AajB.ScWalon ne mathskaitihaas hi hila dala

Jb Exam me oques Aya.

To prove $2/10 = 2$

Arts stu – impossible

B.Com student -Wrong ques

MCA – It can't happen

BBA – I don't know

B.Sc. Student

2/10 = Two/ten = Wo/en (T Se T cancel)

W = 23 (abc) ka 23rd letter) 0=15th letter

n = 14th Letter, then

$23 + 15 / 5 + 4 = 38 / 19 = 2$

Therefore 2/10 = 2

Bs fir kya ques. Puchnewala coma me

To be noticed

SbsePangalena, Bsc. Walon se mat lena

B.Sc. wale kabhibhikuchbhikrsaktehain.

Nancy
B.Sc. II

FUEL FROM SEWAGE IS THE FUTURE

Technology converts human waste into bio-based fuel.

It may sound like science fiction, but wastewater treatment plants across the United States may one day turn ordinary sewage into biocrude oil.

The technology, hydrothermal liquefaction, mimics the geological conditions. Earth uses to create crude oil, using high pressure and temperature to achieve in minutes something that takes mother nature millions of years. The resulting material is similar to petroleum pumped out of the ground, with a small amount of water and oxygen mixed in. This biocrude can then be refined using conventional petroleum refining operations.

Wastewater treatment plants across the U.S. treat approximately 34 billion gallons of sewage every day. That amount could produce the equivalent of up to approximately 30 million barrels of oil per year. PNNL estimates that a single person could generate two to three gallons of biocrude per year.

Sewage or more specifically sewage sludge has long been viewed as a poor ingredient for producing biofuel because it's too wet. The approach being studied by PNNL eliminates the need for drying required in a majority of current thermal technologies which historically has made wastewater to fuel conversion too energy intensive and expensive. HTL may also be used to make fuel from other types of wet organic feedstock, such as agricultural waste.

Using hydrothermal liquefaction, organic matter such as human waste can be broken down to simpler chemical compounds. The material is pressurized to 3,000 pounds per square inch nearly one hundred times that of a car tyre. Pressurized sludge then goes into a reactor system operating at about 660 degrees Fahrenheit. The heat and pressure cause the cells of the waste material to break down into different fractions ... biocrude and an aqueous liquid phase.

“There is plenty of carbon in municipal waste water sludge and interestingly, there are also fats” and Corinne Drennan, who is responsible for bioenergy technologies research at PNNL. “The fats or lipids appear to facilitate the conversion of other materials in the wastewater such as toilet paper, keep the sludge moving through the reactor and produce a very high quality biocrude that when refined, yields fuels such as gasoline, diesel and jet fuels”.

In addition to producing useful fuel, HTL could give local governments significant cost savings by virtually eliminating the need for sewage residuals processing, transport and disposal.

“The best thing about this process is how simple it is,” said Drennan. “The reactor is literally a hot, pressurized tube. We’ve really accelerated hydrothermal conversion technology over the last six years to create a continuous and scalable process which allows the use of wet wastes like sewage sludge”.

An independent assessment for the Water Environment and Reuse Foundation calls HTL a highly disruptive technology that has potential for treating wastewater solids. WE&RF investigators noted the process has high carbon conversion efficiency with nearly 60 percent of available carbon in primary sludge becoming bio-crude. In addition to the biocrude, the liquid phase can be treated with a catalyst to create other fuels and chemical products. A small amount of solid material is also generated, which contains important nutrients. For example, early efforts have demonstrated the ability to recover phosphorus, which can replace phosphorus ore used in fertilizer production.

Sharu
M.Sc –II (Chemistry)

CRAZY STUDIES

In our education system, main stress is given on obtaining marks and not practical studies. Till in the graduation and post-graduation courses, we are just given lectures on theory and we have no knowledge about their applicability in practical life. We just have become parrots and there is no intellectual growth.

Taking example from mathematics, every topic seems imaginary. Till we are studying trigonometry from last four to five years, the fifty percent of the students don’t know that what is its practical significance. Where we use these functions in our life? On moving towards physics we see vectors all around us but we are still confused about their existence and use in daily life. The practicals performed in chemistry labs are mere cramming of their procedure. Students don’t know anything about the use of experiment carried out by them.

They are made to attend the labs forcefully because of practical exams and mostly students attend classes for attendance only.

Our study has become a race for marks and we have put aside reality which is actually our knowledge. Researchers are doing researches, chapters are being added one by one to oursyllabus but we are repeating the theoretical derivations and expression every year for a meaningless purpose “Percentage” where knowledge matters more.

Is it called study ? Are we crazy?

Or the studies are crazy them selves ?

Dedicated to all Science Students

Life is full of fun

Life is to enjoy

In life, there is recoiling of gun

But think only about real joy

Life mein haimasti

Lectures mein aati hai susti

Kya Karen life a matwali

Which is full of sine and cosokigaali

Sochte-Sochte chemistry peatakjaat hai sui
Par kya Karen periodic table dekhke hala haiburi hai
Chahe optics na aayesamajh
Chahe organic mein hai hum nasamajh
Integration aur derivative ki joi hai confusion
Dhyaan se karoya carelessness mein
Nahi milta iska koi solution

Par dekh keyeh, ki parents karrahe hai in mehnat,
Hum kopadhaaneko, bitarke hai tension mein apni life ka har pal

So my dear friends

Dekho life mein kali ik esa din bhi aayega
Jab sochenge hum auri beeta hua waqt aadayaega
Life ko agar jeena hai bharpoor
Studies ko lo seriously
Parents ke paison ko kar vasool
Bas ab ho jaoshuru
Mat karo der, Ho gyi der to
Lag jaayenge syllabus ke dher

Mehak
B.Sc. (NM) –I

I AM AN ARMY BRAT ...

I am an Army Brat. For all my civilian friends brat might sound absurd but Brat means –
Born, Raised and Transferred.

- My Dad has been in Army before I was born
- All kinds of camouflages and uniform he has worn

But as soon as I tell this to anyone, first question they ask is does your dad have a gun?
Has he killed anyone? Its hard to explain that life in army is more than that changing
school, friends, stations every two years,

Changing language according to our peers

We wouldn't go to school in a bus or van, no that's too mainstream

Shaktimaan they call big Army truck

Our Sahayak Bhaiya our first best friend

Yes shaktiman and Batman are different kinds of superheroes for us;

- Are yaar Army me to tumhe sab kuch free milta hai never ever say that to me !!
- We army brats really don't like wannabes trust me I've got Akshay, Priyanka, Arnab in my posse
- I really get annoyed when people prefix my Dad's name as thirushree or mister, its colonel, it's really not a tongue Twister.
- I'd be the coolest kid in the school

When my Dad would come and pick me up in Olive green uniform

My classmates standing out in a swarm

Looking like they have been hit by a storm

Mess with me if you can my Dad is an Army Man

For me canteen means CSD

Furniture means MES

Home is always the Army Cantonment

My international experiences have always been different

Dad would take us to border and teach us the order

That side is theirs, this side is ours

As a kid I was shocked to see that in both Pakistan and India, the same way camels walked

But it has not been all rosy and honestly I must admit missing my birthdays and annual days were the crimes my dad often commit

And those time when your heart and mind refuses to tally

Your father is posted in the most insigent valley

An Army officer killed in an encounter the News flashes

‘Defence personnel reduced to ashes’

You can’t help but think of the worst that could happen

There is a sudden sense of peace when you thank God it was not your father

But feels so horrible and sad for Martyr’s family who now have it bad;

Army men are completely of a different race

High attitudes, encounter, separation

Why take so much tension

And then relies and fight for one Rank Onrepension

But if not for these selfless men guarding our BORDERS

We all would probably be listening another country’s ORDERS

I wanna take a moment a Salute you DAD

You and your army brigade, people we sadly remember during a WAR or a PARADE you are there putting your life at stake for our SAKE; we sleep peacefully because you are AWAKE!

Pooja Nain
M.Sc. I(Chemestry)

IN SEARCH

In crowded places and in secluded corners

In naughty winks and scared glances

In the broad day light or in the murky night

In search for the muse who’s made for my words

I search for a face, calm and carefree

That masks a soul that wants to break free

I search for eyes that I can silently fellow around

To see the deep desires that they hide

I will listen to your voice as it fumbles

Speaking of fears that are known to none

I will stare awestruck at your dimples

When you speak of memories you alone
If not the world I can promise you words
My words or you can say my heart if you wish
Words – that paint a portrait for you
And words that live just for you.

Pooja Nain
M.Sc. I (Chemistry).

HOLD IT RIGHT THERE ?

Recent studies show that we can stop light in its track. No, I am not talking about some crazy science fiction movie. Scientists have managed to stop light right in its path. Amazing isn't it. Let me tell you how and why.

In a scene from latest Star Wars film, KyloRen stops a blaster pulse using the force. But as we don't have the force, we use cloud of cold Rubidium atoms to trap light.

Rubidium and other similar atoms have been used previously to slow down or even trap it, that's right, TRAPIT. These systems all work by absorbing and re-emitting lower light from atoms in a controlled way. That's more or less like making light go round and round than in straight path. But it's better than nothing.

But there is another way, we can trap light by using the light to write particular "shape" into the atoms. All we need to know is right frequency and direction. And that's not even near easy.

So this was how we can trap the light. Now we would like to know why? Well we are interested in trapping light because our ultimate goal is to make individual light particles, or photons, interact with one another. And then we could theoretically create the intricate states of information necessary for powerful quantum computing.

Quantum computing is an exciting and rapidly evolving field of research and scientists during using light to store memory found it can be stopped in its way. While searching how to trap light in atomic memory. They discovered using a computer simulation that a particular kind of shape written into the atomic memory would produce stationary light.

Bakul Beniwal
B.Sc. II (Med)

BLACK HOLE

A black hole is a region of space time exhibiting such strong gravitational effects that nothing nor even particles and electromagnetic radiation such as light can escape from inside 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 crossing the event horizon has enormous effect on the fate of the object crossing it, it appears so have no locally detectable features. 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 horizons emit Hawking radiation, with the same spectrum as a black body of a temperature inversely proportional to its mass. This temperature is on the order of billions of kelvin for black holes of stellar mass making essentially impossible to observe.

Shilpa Rana
B.Sc I (NM)

AMAZING FACTS

- One of the most famous and beautiful bridges in the world is the Golden Gate Bridge in San Francisco.
- One of the final scenes of the Hollywood blockbuster “Sherlock Holmes” was played out on the Tower Bridge, London.
- The colour of the Golden Gate bridge is officially called international orange.
- The Brooklyn bridge cost \$15 million to build.
- The literal meaning of port Du Gard is the bridge of the river.
- During World War II, the Tower of London was used as a prisoner of war camp.
- Pont du Gardbridge, is built by using no mortar at all. The cut was so precise that the stones fit together by friction.
- Hangzhou Bay Bridge is the longest trans oceanic bridge in the world that extends over 35.673 km (22 miles) in length.

MandeepKaur
B.Sc. I (N.M.)

HOW OLD IS OUR UNIVERSE?

and how it was created ... ?

Universe, this name has always created a lot of curiosity in every one's mind. The earth, the planets, stars, moon etc. how these great bodies evolved and how old these bodies are.

Our universe is about 13.799 ± 0.021 billion years old, which is growing and expanding continuously. The universe is all of time and space and its contents. Actually our universe is about 28 billion parsecs in diameter and it is the diameter of only observable universe; rest of the universe contains dark matter. Universe has neither an edge nor a center. Discoveries told that universe had a beginning and that it is expanding. Majority of mass of universe is unknown and in the forms of Dark matter.

The word universe suggest the word ‘the all’ means it has everything . But the question of its evolution is disturbing every scientist. From all the theories that every physicist or space scientists proposed “Big BANG” theory is the most expectable. The big bang model states that the earliest state of universe was extremity hot and dense and that it subsequently expanded. If we look at universe one second after big bang, what we would have seen is a sea of 10 billion degree of neutron protons, electrons, anti electrons, photons and neutrinos. Then as time went we would see universe cooling down and protons and neutrons either decaying into protons and electrons or combining to make Hydrogen isotrop deuterium. Before recombination occur we would have seen universe opaque because free electrons would have caused light to scatter away. But eventually free electrons got neutral and universe became transparent. Of those some photons the after glow of big bang known as cosmic background can be seen or observed even today.

“The first second, and the birth of light”.

In the first second after the universe began the surrounding temperature was about 10 billion degrees Fahrenheit Cosmos contained vast array of fundamental particles like electrons, neutrons, protons. These particles combined as universe got cooler. Over the time free electrons met up and allowed light to shine about 380000 years after big bang. But inspite universe created there is much more to see because about 4.9 % of universe is the ordinary matter, which we can see today. Rest of the universe is free dark matter and

dark energy (69.37). Because according to theories the universe must not expand because of the gravitational or attractive forces putting all the matter and stopping them to expand. But in actual, the universe is expanding with much greater speed than expected, the concept can only be explained by the origin of dark matter or dark energy which can be thought as a property of empty space or vacuum which is pushing all the universe to expand. In a nut shell, this universe leave us with lots of mysteries yet to be solved !!!

Yashvi
B.Sc. I (C.S)

DO YOU KNOW THAT????

1. There are 2.5 trillion of red blood cells in your body at any moment. To maintain this number, two and a half million new ones need to be produced every second by your bone marrow. That's like a new population of city of Toronto every second.
2. Nerve impulses travel at over 400 km/hr (249 miles/hr).
3. A sneeze generates a wind of 166 km/hr and cough moves out at 100 km/hr.
4. Our heart beats around 1,00,00 times every day or about 30 million times in a year.
5. Our blood is on a 60,000 miles journey per day.
6. Our eyes can distinguish upto ten million colour surfaces and take in more information than the largest telescope known to man.
7. We exercise at least 36 muscles when we smile so keep smiling.
8. We make around 1 to 1.6 litres of saliva a day.
9. The surface area of a human lung is equal to that of a tennis court.
10. When you blush, your stomach also reddens.

Arwinder Kaur
B.Sc. III (N.M.)

GOLDEN WORDS

Be the change that you wish to see in this world.

- Mahatma Gandhi

Industries are the temple of modern India.

- Jawaharlal Nehru

Arise! Awake ! Stop not till the goal is reached.

- Swami Vivekananda

Float like a butterfly, Sting like a bee.

- Muhammad Ali

If you judge people, you have no time to love them.

- Mother Teresa

Those that fail to learn from history are doomed to repeat it.

- Winston Churchill

That's one small step for man, one giant leap for mankind.

- Neil Armstrong

Simranjit Kaur
B.Sc. III (Med)

Kyon chaleu haipawan?
Because of evaporation!

Kyon jhoome hai gagan?
Because of earth's revolution

Kyun machalta hai mann?
Because of excessive respiration

Na tum janona hum
But I have all the information

Kyun ati hai bahar?
Because of change in seasons

Kyun hota hai pyaar?
Because of fatal attraction

Na tum janona hum
Like I said, all science phenomenon

Kyun ghume hai har disha?
Because you've lost your sense of direction

Kyun hota hai nasha ?
Because of drug addiction

Nitika Kumar
B.Sc. I (C.S.)

INDIAN SCIENTISTS WHO CHANGED THE WORLD

India is the land of glorious history in the field of science and technology. It is the birth place of the great scientist Aryabhatta, who was the first to introduce the concept of numbers in the ancient times and this legacy has been carried forward by the modern scientist of the country. These Indian super brains contributed a lot in shaping the world around us. Here, are the famous scientist who not only made us proud but also set many milestones in the field of science and technology.

1. CV Raman – The great Indian physicist, Dr. Dhandrasekha Venkata Raman will never be forgotten for his research in the field of physics. The discovery of Raman effect earned him the prestigious Bharat Ratna Award. He also won Nobel Prize in Physics in 1930. Raman was honoured with a large number of honorary doctorates and memberships of scientific societies.
2. Homi J Bhabha – Homi J Bhabha was instrumental in the scientific progress of the country by setting up institutes like Bhabha Atomic Research Centre and Tata Institute of Fundamental Research. Bhabha gained international prominence after deriving a correct expression for the probability of scattering positions by electrons, a process now known as Bhabha scattering. His major contribution included his work on Compton Scattering, R-process etc.
3. APJ Abdul Kalam – APJ Abdul Kalam, also known as the Missile Man of India, was a great visionary and scientist from India, who also served as President of the country. He has been noted for his contribution in the field of vehicle technology and ballistic missile. A great scholar, he died due to cardiac arrest while addressing students at Indian Institute of Management, Shillong on 27th July, 2015.
4. Srinivasa Ramaniujan – Srinivasa Ramaniujan is known as the greatest mathematician of the 20th century. His contribution in the field of mathematics and geometry has been immense, with research on elliptic function, continued fractions, infinite series and analytical theory of numbers. Though he had almost no formal training, he made great contribution to field of pure mathematics.

5. HarGobind Khorana – An Indian American scientist, HarGobind Khorana was a leading bio-chemist, who was honored with the prestigious Nobel Prize in 1968 for his useful research work on synthesis of proteins and interpretation of genetic code.

Arwinder Kaur
B.Sc. III (N.M.)

INTERESTING FACTS ABOUT SATURN

1. Many astronomers consider Saturn the most beautiful planet in the solar system because of its stunning rings. In fact, saturn's nickname is – the jewel of solar system.
2. Saturn is the 2nd largest planet in our solar system after Jupiter, which is about 20% larger than Saturn. Earth is 6th largest planet in our solar system.
3. Saturn is not the only planet with rings. Jupiter, Uranus and Neptune also have rings, although they are much fainter and less spectacular than Saturn.
4. Saturn is the least dense planet in solar system and if there were a body of water large enough to hold Saturn, the planet would float.
5. Approximately 750 Earths could fit into Saturn.
6. Saturn is 74,898 miles wide nearly 10 times wider than earth.
7. Nearly 1600 Saturns could fit inside the sun. A year on earth is 365.256 days. A year on Saturn is 10759.22 days.

Ankita
B.Sc. II (Med.)

ALL IS IN OUR MIND !!

There was a man who worked for the railroad. One day, he went into freezer compartment to do his routine work. The door accidentally closed and he found himself trapped in the compartment. He shouted for help but no one heard him since it was midnight.

He tried to break down door but he could not. As he lay in freezer compartment, he began to feel colder and colder. Then he began to feel weaker and weaker, and he wrote on wall of compartment, "I am feeling colder and colder, and I am getting weaker and weaker. I am dying and this may be my last words."

In the morning when other workers opened up compartment they found him dead. The sad twist to above story is that freezing apparatus there had broken down a few days ago. The poor worker did not know about it and in his mind freezing apparatus was working perfectly. He felt cold, got weaker and literally willed himself to die.

MORAL – Our sub conscious mind can be cheated. The sub-conscious mind can only accept and act on information to it by conscious mind. It has no capacity to reject or decline any instruction or information passed to it by conscious mind.

In case of poor worker, he consciously thought that he was getting colder, weaker and dying and sub conscious mind accepted instructions and affected him physical body that was how he willed himself to die.

ANKITA
B.Sc. II (Med.)

HUMAN HARDWARE STORE

The average human body contains:

- Enough iron to make a three – inch nail.
- Enough sulphur to kill all the fleas on an average day.
- Enough carbon to make 900 pencils.
- Enough potassium to fire a toy canon.
- Enough fat to make seven bars of soap.
- Enough phosphorous to make 2200 match – heads.
- Enough water to fill a ten-gallon (38) litres tank.

TONGUE TWISTERS

Peter piper picked a peck of pickled peppers.

Did Peter piper pick a peck of pickled peppers?

If Peter piper picked a peck of pickled peppers

Where's the peck of pickled peppers peter piper picked?

How many cookies would a good cook cook if a good cook could cook cookies?

A good cook would cook as much cookies as a good cook, who could cook.

Transhumanism is the ethics and science of using things like biological and genetic engineering to transform our bodies and make us more powerful species.

-Dan Brown

TRANSHUMANISM

Transhumanism is a movement that aims to understand what makes one human and how we can surpass our natural limitations. It believes that it is imperative to enhance our capabilities and that limitations to these abilities can be overcome. More importantly it believes that science and technology are the keys to overcome them.

But what are these limitations? They could be life expectancy. They could be mental acumen and intelligence. They could also be physical in nature, such as one's strength and stamina. Why do we try to enhance our species? It is only recently we have found ourselves actually to be able to extend our life spans, our biological abilities and our intellectual capabilities with technology. Humans have always found ways to become more than what we are, as history and anthropology shows.

A famous theory is that humans are genetically and neuro-chemically hardwired to feel good and are driven by a number of factors collectively called 'NEUROPS' which consist of power profit, pleasure, pride and permanency.

Any technology that enhances a factor in the NEUROPS is likely to be adopted since it appeals to the feeling that makes us feel good. This will then push no further and further to a transhumanist outcome, where human experience is artificially enhanced or changed.

One example is Lockheed Martin's Human Universal Load carrier (HULC). This hydraulic power exoskeleton was developed at university of California to enhance the endurance of strength and speed of soldiers in the battlefield. Another example can be taken of a Google glass. At molecular level scientists are also working on transhumanism. Researchers at the Ecole Polytechnique Fédérale de Lausanne in Switzerland have been able to exponentially increase the strength of mice by genetically suppressing an inhibitor

called NCO R2 which resulted in greater muscle growth. The human application of this is still somewhat speculative.

Excited about your Transhumanist Future? It is hard not to be excited about future where one can be engineered to be smarter, stronger and healthier. This future seems inevitable, as our human nature pushes us towards self improvement by any means possible. Many are also concerned about transformative effect transhumanism would have on human society and its implications for human rights and governance.

The debate surrounding transhumanism will rage on and I am willing to bet that our future will be an enhanced one.

-Priyanka Kumari
B.Sc. II (N.M.)

THINKING LIKE A SCIENTIST

I want to think like a scientist
Observing animals, earth or sky
I want to ask good questions
Wondering how, and what and why.

I want to make smart guesses
Hypothesizing what might happen and when
I want to do cool experiments
Testing my thinking again and again.

I want to write up all my data
Recording pictures, charts or words
I want to think through all I've done
Drawing conclusions about what I've learned.

Wondering, asking, testing, concluding
This is what scientists do
If you want to think like a scientist
Then you must do them too.

ASHA NAIN
B.Sc. II (C.S.)

SCIENCE IN MODERN WORLD

In bygone days, science used to be the hobby of well to do persons or the spare time engagement of people of other professions. It is also significant that the benefits of science today are confined to a small section of world. Science in the modern world is a virtual monopoly of the industrial sector of the world. Its further expansion will therefore, follow the development of heavy industries in the vast tracts of the world. The emancipation of science will come only with the establishment of a socialist society. Science has influenced the course of human civilization. Our digital alarm clock, the weather report, the car we drive and our connectivity to the whole world with just one click in the form of internet. The gross use of science and technology for destructive purposes has twined it to a curse. Atomic energy can be used effectively for constructive purposes. It can turn a desert into a fertile land. It can also be used in curing some incurable diseases, if scientific research is properly made in this respect.

Harsimran Kaur
B.Sc. II (C.S.)

LATEST SCIENCE

Scientists Generate the Fastest Electric Current Ever Measured Inside a Solid Material

Using ultrafast laser flashes, physicist from the Max Plank Institute have generated the fastest electric current that has ever been measured inside a solid material. In the field of electronics, the principle “the smaller, the better” applies. Some building blocks of computers or mobile phones, however have become nearly as small today as only a few atoms. It is therefore hardly possible to reduce them any further.

Another factor for the performance of electronic devices is the speed at which electric currents oscillate. Scientists at the Max Plank Institute of quantum Optics have now created electric currents inside solids which exceed the frequency of visible light by more than 10 times. They made electrons in silicon dioxide oscillate with ultrafast laser pulses. The conductivity of the material which is typically used as an insulator was increased by more than 19 orders of magnitude. The possibility of having light replace conventional sources of electricity, such as batteries in order to generate electric currents inside solid materials, has captured the imagination of scientists for more than a century. The attempts to observe currents in solid materials by shining light on them have remained without any success for the past few decades. “Today, however, control of matter with lasers is rapidly advancing and the capability to measure light fields with ever finer precision has turned to reality”, explains electrophysicist Goulielmakis, head of the Research Group Attoselectronics at the Max Plank Institute of Quantum Physics.

Neha
B.Sc. II(C.S.)

SCIENCE AND TECHNOLOGY FOR SPECIALLY ABLED PERSON

“Somewhere, something incredible is waiting to be known” What is Science and technology:

Science is a systematic way which involves observations and experimentation in order to get knowledge and improve skill’ whereas, technology is the practical application of science which helps in improving the quality of life.

Role of Science in Our Life:

New inventions in the field of science and technology play great role in the daily lives of people and making their life style advance. Advancement in science and technology in many areas has made the lives of people more advance than the ancient time. Advancement in science and technology is directly and positively affecting the people’s way of living one hand however it is also affecting indirectly and negatively on the people’s health. On the other hand, new inventions in the field of science and technology are very necessary in such a modern world for a country to be strong and well developed country than other countries. In this competitive world, we need more technology to go ahead and become a successful person in the life.

Development and Science:

Development, whether it is human development or country development, is linked to the proper growth and development of the technology in many ways. Technological advancement happens when there become new inventions in the science by highly skilled and professional scientists. We can say that technology, science and development are equally proportional to each other. Development in the science and technology is very

necessary for the people of any nation to go hand in hand together by the people of other countries. Development of the science and technology depends on the analysis and proper understanding of facts. Development of technology depends on the way of application of various scientific knowledge in right direction.

“Is Science Boon or Bane”

We live in the era of modernism and technology. We can't live our lives without the support of modern science.

Today, science has so much involved in our life that it is really hard to imagine living without the science. Every part of life whether it is food or recreation is related to science and its various ways. To decide that whether science is a boon or a bane for mankind is not a simple decision.

Basic Aim of Science

The basic aim of science is to look for reality and to find those factors, formerly uncommon. A scientist cannot accept the principles, usually because they were accepted by others formerly. Great discoveries are always coming from reasoning. A lot of determination and observation are required, civilization, as it is today, also come from numerous discoveries that were made in the field of science.

Electricity is a main source of energy has revolutionized the earth. Science has made medical field enough advanced that today the average life of a human being has raised to 90 years.

We have enough clothing and better security too. This all became possible due to science and technology. Computers, cell phones, TV and radio are all products of science. So, it is very easy to conclude that science is beneficial for mankind.

There is also another side of the coin. Destructive weapon like guns, rifles, atom bomb etc. are also came from science. It is science that gave us different types of power like electric power and nuclear power. If all these powers and weapons are not used in a negative way, there is nothing to fear. But, unfortunately these all powers are destructing our earth. Can anyone think that there are no chances of such horrible destruction of an Iraq again? If it happens, how can be science beneficial for mankind.

Man is a logical being. It is possible for everyone to save himself from the odds. Only through this way, he can win and control everyone on the globe only wisdom can help a man to conquer the world. Science without conscience is death of the soul.

Science and Health

Through the years, people have started to live longer and their health care takes credit for this type of technology. Mixing medical research with technology has created great results for the life expectancy of people. People in society want to live longer and look good and they can benefit from this by following the instructions of their doctors, counselors, etc. to live a better life.

Conclusion

In the end, one can conclude that science and technology do not make undesirable changes to life styles but merely upgrading life and thing related to it. Science and technology will only continue to benefit society because there will always be new problems popping up over time that will need something bigger, better or a new curve for.

“The Saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom” IssacAsimo

MandeepKaur
B.Sc. I (N.M.)

GMO

(Genetically Modified Organisms)

- A genetically modified organism (GMO) is any organism whose genetic material has been altered using genetic engineering techniques. GMO's are used to produce many medications and genetically modified foods and are widely used in scientific research and the production of other goods.
 - The term GMO is very close to the technical legal term, "living modified organisms".
 - The more specifically defined type of GMO is a "transgenic organism". This is an organism whose genetic makeup has been altered by the addition of genetic material from an unrelated organism.
 - The first genetically modified mouse was created in 1974 and the first plant was produced in 1983.
- # First GMO by Hurlbert and Cohen: took a gene from a bacterium that provided resistance to the antibiotic Kanamycin, inserted into a plasmid and then another bacteria to uptake the plasmid. The bacteria was then able to survive in the presence of Kanamycin.

(3) Microinjection:

- This method doesn't depend on plasmids and vectors.
- Foreign gene is integrated into the cell by just injecting it in to recipient cell. When large cell of plants and animals are concerned, then a fine glass needle is used.
- The injected gene automatically enter into the nucleus where they incorporate with the host cell's genetic material and replicate.

4. Embryonic Stem (ES) Cells:

- The embryonic stem cells come from the inner cell mass, a group of cells found in the blastula stage of mouse embryos.
- Such cells can be cultured in vitro, transferred or injected with DNA and then introduced into other developing mouse embryos.
- Some of the introduced ES cell may contribute to the formation of adult tissue, so that when the mouse is born, it may consist of a mixture of 2 types of cells, its own and those derived from the cultured ES cells.
- Such mice are called chimeras. (Chimeras is a single organism composed of cell from different zygotes)
- If the ES cells happened to contribute to Chimera's germ line, the introduced foreign DNA has a chance of being transmitted to the next generation.
- Breeding a chimeric mouse may therefore establish a transgenic strain.

Production:

Genetic modification involves the mutation, insertion or deletion of genes. Inserted genes usually come from a different species in the form of horizontal gene transfer. In nature this can occur when endogenous DNA penetrates the cell membrane for any reason. This can be done by

- a) Attaching the genes to a virus
- b) Physically inserting the extra DNA in to the nucleus of the intended host with a very small syringe.

- c) Using electroporation (introducing DNA from one organism in to the cell of another by use of an electric pulse)
- d) Firing small particles from a gene gun.

Uses of GMO's

- GMO's are used in the biological and medical research, production of pharmaceutical drugs.
- Genetically modified bacteria are used to produce the protein insulin to treat diabetes. Similar bacteria have been used to produce biofuels, clothing factors to treat hemophilic and human growth hormone to treat various forms of dwarfism.
- In addition, various genetically engineered microorganisms are routinely used as sources of enzyme for the manufacture of a variety of processed foods. These Include alphaamylase from bacteria, which converts starch to simple sugars, chymasin from bacteria or fungi, which clots milk protein or cheese making and pectinesterase from fungi, which improves fruit juice clarity.
- Genetically modified crops are plants used in agriculture, the DNA of which has been modified using genetic engineering techniques. In most cases the aim is to introduce a new trait to the plant which does not occur naturally in the species.
- Ralph L Brinster and Richard Palmiter developed the techniques responsible for transgenic mice, rats, rabbits, sheep and pigs and established many of the first transgenic models of the human disease, including the first Carcinoma caused by a transgene. The process of genetically engineering an animal is slow, tedious and expensive process.
- Transgenic animals are used as experimental models to perform phenotypic studies and for testing in biomedical research.
- By altering the DNA, we can develop certain proteins that may be used in the medical treatment. Stable expression of human protein have been developed in many animals including sheep, pigs and rats. Human alpha -1 antitrypsin, which has been tested in sheep and is used in treating human with this deficiency and transgenic pigs with human – histo compatibility have been studied in the hopes that the organs will be suitable for transplant with less chance of rejection.

Human gene therapy

- Human Gene therapy uses genetically modified viruses to deliver genes that can cure disease in humans. Although gene therapy is still relatively new, it has had some successes. It has been used to treat genetic disorders such as Severe Combined Immunodeficiency, And The Liber's Congenital Amaurosis. Treatments are also being developed for a range of other currently incurable disease such as Cystic Fibrosis, Sickel Cell Anaemia, Parkinson's disease, Cancer Diabetes, Heart disease and muscular dystrophy.
- Genetically modified fish – G.M. fish are used for scientific research and as pets and are being considered for use as food and as aquatic pollution sensors. Two species of fish, zebrafishmidaka, are most commonly modified because they have optically clear chorions, rapidly develop, the 1-cell embryo is easy to see and microinject with transgenic DNA. These fishes are developed with over production of growth hormone for use in aquaculture industry to increase the speed of development and potentially reduce fishing pressure on wild stocks.
- GM frogs – GM frogs are used for scientific research and used as pollution sensors, especially for endocrine disrupting chemicals. Two species of frog, Xenopuslawis and Xenopustropicalis, are commonly used.

- Invertebrates:
 - i) Fruit flies: they are used to study the effect of genetic changes on development. They are preferred as they have short life cycle and low maintenance requirement.
 - ii) Mosquitoes: GM male mosquito containing a lethal gene, have been developed to combat the spread of dengue fever and zika virus.
 - iii) Bollworms: A strain of *Pectinophora gossypiella* (Pink bollworm) has been genetically engineered to express the red fluorescent protein.
 - iv) Cnidaria: such as hydra and the sea anemone are attractive model organism to study the evolution of immunity and certain developmental processes.
- # Disadvantages:
 - 1) It can be dangerous to other insects that are important to our ecosystem.
 - 2) It sparks concerns on changing the field of agriculture.
 - 3) It can damage environment.
 - 4) It causes unwanted residual effect.
 - 5) It can create more weeds.
 - 6) It threatens crop diversity.
 - 7) It has trade issues.

Trannum Thakur
M.Sc. II (Zoology)

NOISE POLLUTION

Noise is derived from Latin word 'nausea' which means feeling of stickness, unwanted unpleasant, disagree sound that causes discomfort. If sound is loud and it prolong for longer time period, it becomes noise for all.

So, now-a-day's noise is considered as a component of environmental pollution having a potential to cause hazards to human health. It may also be defined as any unwanted electromagnetic signal that produces jarring or displeasing effect and which interferes with human communication, comfort and health.

The unit of sound intensity is decibel (dB). The sound intensity from 0 to 100 dB is pleasant but when it exceeds 120 dB it causes noise. Sound intensity of 130 dB is upper limit of threshold of hearing and beyond this, is the threshold of pain which may cause damage to ear and lead to hearing impairment. So, sound of more than 130 dB causes noise pollution.

SOURCE OF NOISE POLLUTION

It may originate either from natural sources or from anthropogenic activities the natural sources of noise include thunder, cyclone, roaring of sea etc. The manmade noise are mechanized automobiles, industries, trains, aeroplanes, social functions etc. the noise may be classified into 3 types.

1. **TRANSPORT NOISE** – the main threat of noise comes from transport sector. The transport noise includes road traffic noise, rail traffic noise and aircraft noise.
 - a) **ROAD TRAFFIC NOISE** – Chief causes are number of road vehicles and their high traffic speed. Faster moving vehicles produce high noise from their gear box, exhaust system, vibrations from their body etc.

- b) **RAIL TRAFFIC NOISE** – It is comparatively lower than that of from road traffic. Introduction of diesel or electrical engines had reduced the intensely of rail traffic noise which was previously shown by steam engines. Besides use of welded tracks and improved coach suspension have contributed to the reduction in railway noise.
- c) **AIR CRAFT NOISE** – Larger and faster aircrafts produce high noise intermittently during take off, landing and during flight. Noise generates from compression and turbine and near jet exhaust. Jet engines create most noise around radius of 16 km. Sonic boom is an important aspect of aircraft noise.

2) INDUSTRIAL NOISE

The different machines of numerous Industries, factories and mills produce a lot of high intensity sounds causing noise pollution. Some industrial processes like weaning, ship building, boiler making pressing and blasting operations are more noiser than others.

The operations in pneumation drills, milling machines etc. harm to a larger extent. It is further magnified due to installation of industries in compact places.

3) NEIGHBOURHOOD NOISE

It noise includes antisocial activities like loud T.V., stereo, radio sets, jazz music, neighbourhood brawls out of intoxication etc. Machine used in house construction like concrete, heavy diesel lorry.

EFFECTS OF NOISE POLLUTION

It is airborne mechanical energy striking human eardrum. Sound of 65 dB is noise level for conservation heart at a distance of 1m. A sound of 125 dB gives sensation of pain in ear and 15 dB might kill humans. The various effects of noise pollution of human may be classified into

- 1) **AUDITORY EFFECTS** – these are the impairing of hearing which may cause immediate auditory fatigue finally leading to deafness.
- 2) **NON-AUDITORY EFFECTS** – these effects include interference with speech communication, annoyance leading to ill-temper, bickering, metal disorientation violet behavior and series of health hazards.
 - a) **PATHOLOGICAL DISORDER** – (i) Exposure to high frequencies above audible range damages inner end and induces nausea and dizziness. (ii) Exposure to mid audible frequency affects brain and nervous system having effect on thinking.
 - b) **NON-PATHOLOGICAL DISORDER** – It leads to lower efficiency reduced work rate, increased absenteeism and higher potential for accidents. It also disturbs sound sleep of old people. It leads to behavioral disorder.
 - c) **VIRBRATION DISORDER AND REYNAUD'S PHENOMENON** – Noise from moderate virbrations causes pain, numbness, cyanosis. Noise from severe vibrations causes pain to bones, joints with swelling and stiffness.
 - 1. It causes contraction of blood vessels, make skin pale leads to excessive secretion of adrenaline harmone into blood.
 - 2. It may cause damage to heart, brain, kidney and liver.
 - 3. It damages some part of auditory system thereby causing hearing impairment.
 - 4. It cause internal wreckage including gastric ulcer and thymus gland atrophy.

PREVENTATION AND CONTROL

Noise produced from different sources has created catastrophe to entire living.

1. INDUSTRIAL NOISE POLLUTION CONTROL

- a) Use of improved technique
- b) Sound proofing
- c) Operation in open space
- d) Transmission control
- e) Using protective devices
- f) Use of Building codes

By adopting the following methods we can reduce noise pollution.

2. COMMUNITY NOISE CONTROL

It includes minimization of noise from air traffic, transport system, building construction also.

- a) Road traffic like tyre and engine intake noise can be controlled by incorporating silencer in vehicles.
- b) Loudspeaker, radio and music system should be operated at threshold intensity so that noise level should not be hazardous.
- c) Public awareness should be created to educate common man about its harmful effects.
- d) Laying of ballast less tracks reduces noise level due to railways.
- e) The noise pollution can be best be controlled by promoting education and research.

SHAGAN
B,Sc. I (Med)

COMMERCE SECTION

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CONFIDENCE IS THE KEY

One of the major problems amongst youngsters today is utter lack of self confidence. Getting onto the stage is probably their biggest fear. Likewise networking with people, communicating one's opinions and presenting ideas becomes an uber challenge for them. But today's competitive scenario doesn't allow a scope for that. It is imperative that one holds confidence in self because that undeniably, confidence is the key to everything! So what to do for it? The first step lies in self realization. A person should know in clear terms his/ her strengths, weaknesses, opinions and beliefs. A strong word can never develop on vague ideas. It is hence crucial that one clearly understands his side of things before presenting them. If that's assured, a strong participation would no longer be just a fantasy. Secondly, it is highly important to keep the fear of judgement or humiliation aside. The world will constantly judge and weigh, crucial is to know how far it even matters. A person with confidence doesn't always get a positive feedback but will be armed with the right mindset to deal with the negative. Hence once a person is certain about his/ her opinions and free from the superficial fears, nothing would be limiting anymore! Self confidence will emerge as your biggest strength and that indeed, is your key to everything! Walk confident and the world will applaud!

Nisha Aggarwal

Staff Editor

Dept. of Commerce



Believe in
Yourself.



NETWORK MARKETING

Network Marketing is an industry that has produced millionaires, but rarely do people get rich in business.

If you want to be rich you need to be a business owner. The richest people in the world build networks. Everyone else is trained to look for work.

Most of us have heard the saying,
"Birds of feather flock together."

Well the saying holds true not only for birds but also for rich and poor people.

If you want to be rich you need to hangout with rich people.

Therefore, network marketing is one way to become rich. In this you learn to have money work for you than you work for money.

Building your own business is the best way to become rich as once you have built your own business, there's a strong cash flow and you can further invest in more assets.

It's a new way to achieve wealth.

This business involves skills and skills make you RICH not theories.

According to METCALF'S LAW,

Your job is to duplicate or clone someone just like you.



Network Marketing is basically a direct selling method in which independent agents serve as distributors of goods and services and are encouraged to build their own sales force. People learn how to take risks, as higher the risk higher will be the profit.

In the end I would like to add,

In Network Marketing,

"People learn to overcome their fears rather than let their fears run their life."

Tanya Trehan
B.Com III
Student Editor

COLLEGE

Those proxy in classes

A tiff between friends
A lift from grounds

No lunch time, no punch time
Only sitting on bench line

Those foody girls
Those moody showgirls

That high speed of activa
That eating of pizza

First crush in class
Repeated blush in heart

Those snacks in canteen
Those mimicry of queens

Funny names of teachers
Different types of classmate creatures

Hooting of girls in function
On that boy handsome

Those important lessons of mam
Those exam learning calm

Those memorable days
Those caring friends amaze
Never, Never, Never forgettable memory
Ever, Ever, Ever alive an ineradicable treasury.

Bhawna Kaur
B.Com-II

BETI

Khoobsurat hai beti shabad,
Komal hai iska matlab.
Jis ke sir uper taaj,
Jo dilo me karti raaj.
Jo nok jhok se ghar khilkhilati,
Ansu aane par jo sabse hai manvati.
Na rehti peechhe kisi se,
Na rehane deti kisiko peechhe.
Ae bande mat kar julam ess pe,
Nahi to reh jaoge sabse peechhe.
Na sirf mummy ki, na papa ki,
Ye to dulari hai khuda ki.
Ae bande mat kar julam ess pe,
Nahi to reh jaoge sabse peechhe.



Bhawna Kaur
B.Com-II

WHEN I SIT ALONE AND THINK...

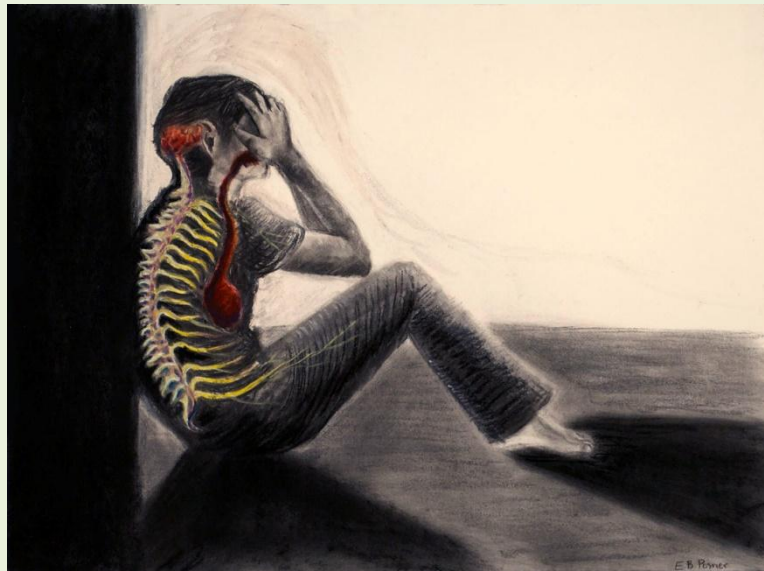
You are my favourite work of art,
Your eyes' intensity could drown a million,
It could kill many... Your smile!
You are an intriguing book,
I want to go through again and again,
You are a mystery yet to be unraveled...
You are an enchanted destination,
Which causes all my fascination.



Tanya Trehan
B.Com III

INNER FEELINGS

A new life is going to come in a dead soul,
A ravishing experience is going to happen,
Going to live life like never before,
Every drop of tear is going to vanish,
Immense happiness like my first rain,
Pleasure of being friend of so loving buddies,
My sweetheart parents,
But still a miracle is going to happen,
No more wait require.



Rupali Sandhu
M.Com I

LIFE

“Life is never made unbearable by circumstances but its only by the lack of meaning and purpose “. For most of the people feeling happy and finding life meaning both are important related goals Where more broadly findings revealed that happiness is getting what you want in life - whether through money , people and life circumstances. here one of the hardest thing is improving your life and living it in a better way by learning from life experiences. Every individual have different experiences about their life, but life is about what you have learned in the moment of frustration , temptation or in hardship. Everyone having different strategy to deal with different situation. Here my own three life experiences below you read about it , but remembering to stick with it in the real world is tough.

What do i feel like when i found my work isn't good enough – i repeat my work again and again to make it better than before. It gives you perfection and makes me to deal with my self doubt. So that i can do self judgment . Here for me judging yourself is the key for higher performance.

What i do when i feel like giving up - at this moment you surrounded all with the vibes of giving up, but for me it is the only moment to prove myself by giving my best. Spent it in a way that will make you feel proud.

How i deal with hardship – every individual even at the stage of childhood one start dealing with the hard times like getting punishments , non completion of work etc. Where my way of dealing with hard times is staying calm , understanding situation and giving my best . There is never a good time to make harder decision .

“Its not about How you say , Its about how you live “ its about lessons you have learned from your life experiences or whether you are repeating same mistakes or learning lesson from it. Every where you look people are stress out , to deal with tough times keeping patience and meditation gives you excellent results , where it makes your life much smoother gives you power to deal with hardship. “patience is not simply ability to wait – its how you behave while you wait “. Discovering yourself new , give you a meaningful life. Smile is the key that fits the locks on every one heart.

Here you can make your life better by saying ‘ THANK YOU ’. This small word can make others day. Key for happiness is not somewhere else its in your own thoughts , behaviour and jn your actions. “ Don't cry because its over , smile because it happened “.

Life is a series of experiences , each one of which makes us higher even though sometimes it is hard to realize this. For the world was built to character , we must learn that the setbacks and grieves which we endure help us in our matching onward.

Himani Solanki
M.Com I



7 FACTS YOU NEED TO KNOW TO STAY HEALTHY

- One must include good fat in your diet (canola oil).
- Proteins are building blocks (vital for formation and repairing of cell with eggs , beans , meat ,) .
- Eat five vegetables and a fruit in a day.
- Edible seeds are nutritious (Flax seeds , pumpkin seeds).
- Nuts are rich with unsaturated fat and full of energy (walnut , peanuts almonds).
- Drinking much more water for glowing skin.
- Whole grains provide you a nutrients (it includes multi grain bread, brown rice etc).

Eat healthy , Stay healthy

Himani Solanki
5576
M.COM I

COMPUTER APPLICATIONS SECTION

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Staff Editorial

BITCOIN: Cryptocurrency

Bitcoin is a type of cryptocurrency: Balances are kept using public and private "keys," which are long strings of numbers and letters linked through the mathematical encryption algorithm that was used to create them. The public key (comparable to a bank account number) serves as the address which is published to the world and to which others may send bitcoins. The private key (comparable to an ATM PIN) is meant to be a guarded secret, and only used to authorize Bitcoin transmissions.

Who invented Bitcoin? Frankly, no one knows. Satoshi Nakamoto is the name associated with the person or group of people who released the original Bitcoin white paper in 2008 and worked on the original Bitcoin software that was released in 2009. The Bitcoin protocol requires users to enter a birthday upon signup, and we know that an individual named Satoshi Nakamoto registered and put down April 5 as a birth date. And that's about it.

How Bitcoin Works

Bitcoin is one of the first digital currencies to use peer-to-peer technology to facilitate instant payments. The individuals and companies who own the governing computing power and participate in the Bitcoin network, also known as "miners," are attracted by rewards and transaction fees paid in bitcoin. These miners can be thought of as the decentralized authority enforcing the credibility of the Bitcoin network. New bitcoin is being released to the miners at a fixed, but periodically declining rate, such that the total supply of bitcoins approaches 21 million. One bitcoin is divisible to eight decimal places (100 millionth of one bitcoin), and this smallest unit is referred to as a Satoshi. If necessary, and if the participating miners accept the change, Bitcoin could eventually be made divisible to even more decimal places.

Risks of Investing in Bitcoins

Though Bitcoin was not designed as a normal equity investment (no shares have been issued), some speculative investors were drawn to the digital money after it appreciated rapidly in May 2011 and again in November 2013. Thus, many people purchase bitcoin for its investment value rather than as a medium of exchange. But their lack of guaranteed value and digital nature means the purchase and use of bitcoins carries several inherent risks.

India's finance minister said the country did not recognise the cryptocurrency as legal tender, pledging to fight their use for "illegitimate activities".

Digital currencies have also been hit by the news that Facebook is banning all adverts for cryptocurrencies. "Policymakers and regulators are getting worried. Pretty much every G20 policymaker is talking about a crackdown," Roubini told Bloomberg Television. "We can't allow it to become the next Swiss bank account for use by criminals and people evading tax."

Critics have warned that bitcoin has all the hallmarks of a classic speculative bubble that could burst, like the dotcom boom and the US sub-prime housing crash that triggered the global financial crisis. Last year it rose in value by more than 900%, making it the best performing asset of 2017.

Robert Shiller, the Nobel prize-winning economist, said last week that while bitcoin was a "really clever idea", it would not become a permanent part of the financial world. "I tend to think of bitcoin as an experiment. It is an interesting experiment, but it's not a permanent feature of our lives," he said, speaking at the World Economic Forum in Davos.

The economist credited with predicting the 2008 global financial crisis said a 12% fall in the value of bitcoin in January 2018 was the latest proof that the cryptocurrency was the biggest bubble in history and destined for a crash. Nouriel Roubini, professor of economics at New York University, said bitcoin was "the mother of all bubbles" favoured by "Charlatans and Swindlers"

Prof. Pardeep Singh Walia

IMPACT OF CLOUD COMPUTING

During the past years a new solution appeared in the IT field, cloud computing, and it is impossible to ignore it, because cloud computing allows companies to outsource data, electronically mail, folders and other applications through virtual platforms through the medium of servers that are connected between them and that can be access anywhere and at any time. The only requirement is to have an available internet connection. The impact of cloud computing brings changes not only in terms of the global performances of a company, but also in terms of internal organization, especially in the IT department. This opportunity is modifying the usual methods of back-up for data, cloud computing is bringing new tools and new perspectives of evolution for the company that is using it.

The term cloud computing means that data is stored and can be accessed through the Internet, and not in the traditional way from the computer's hard drive. Cloud computing has his origins in the days when flowcharts and presentations, they represent the servers infrastructure of the Internet. Local storage and computing is when a data is stored or programs are run from the hard drive, so users can have access to their data easy and fast. The fact that there is a dedicated hardware server in a residence, it doesn't mean that there is a cloud computing. When we are storing data on a home or office network is doesn't mean that a cloud is used. The data needs to be access over the Internet, or at least the data needs to be synchronized with information over the Internet.

Because cloud computing offers pay-as-you-go services with the help of the Internet, flow of information to cloud computing will come with security problems, but will also help the companies to reduce the costs, they will have access to information whenever they will needed from any place. If inside the company there is positive information sharing this will increase the performances of the supply chain. After cloud computing is adopted in a company, security represents an important issue for information sharing, because for companies is important to have a stabile social capital and also to have a effective and efficient flow of information.

There are companies on the market that are using cloud computing as a way for facilitating information flow between then and customers/ partners, but this way can affect the correctitude of the information that is transmitted, because there are a high number of people that can have access to this information and they cloud modify it. Using cloud computing as a way to improve flow of information can bring some benefits for companies, like: variation of the prices is lowering; the strategies applied for their businesses are more accurate. Flow of information can bring positive effects for a business, because is helping the employees to improve their performances, but o the other hand it can have also negative effects because many people will have access to the information and the information could be affected or modify

Nandini

BCA-III

Student editor

LATEST INVENTIONS

An invention may be an improvement upon a machine or product or a new process for creating an object or a result. An inventor may be taking a big step in success or failure. Some inventions can be patented. A patent legally protects the intellectual property rights of the inventor and legally recognises that a claimed invention is actually an invention.

Another meaning of invention is cultural invention, which is an innovative set of useful social behaviours adopted by people and passed on to others. Invention is also an important component of artistic and design creativity. Inventions often extend the boundaries of human knowledge, experience or capability. In short, invention is anything that did not exist previously, whenever it is a mechanical device or art, literature, or music is an 'invention'.

One of the latest inventions that is embracing us now is 'SOPHIA'- the Humanoid robot. Sophia is a human robot that is developed by HONG-KONG based company. She was activated on April 19, 2015 and made her first public appearance at 'South by South-West Festival' in mid March 2016 in Austin, Texas, United States. Sophia is able to display 62 facial expressions. She has been covered by media around the globe and has participated in many high profile interviews. The robot is modelled after actress Audrey Hepburn and is known for its human like appearance and behaviour compared to previous robotic variants. According to the manufacturer, David Hanson, Sophia has artificial intelligence, visual data processing and facial recognition. Sophia also imitates human gestures and facial expressions and is able to answer certain questions and to make simple conversations or predefined topics.

The robot uses voice recognition technology from "Alphabet Inc." and is designed to get smarter over time. Sophia's intelligence software is designed by "Singularity net". The AI program analyses conversations and extracts data and allows it to improve responses in the future. Hanson designed Sophia to be a suitable companion for the elderly at nursing homes, or to help crowds at large events or parties. He said that the robot can interact with others. This invention is just a petty step towards technological advancements and upgradation of softwares. This theory might prove itself well for mankind, this coming time will tell. In a nutshell, we all know that this invention is not a brown need. Let's hope for the best and give our support for this upgradation.

Navpreet Kaur
BCA-II

COMPUTER APPLICATION IN CRITICAL CARE

Computers are being increasingly employed in all levels of society . computer applications in clinical medicine have lagged behind administrative and billing functions . However , computers are now finding an increasingly useful place in critical care medicine . The complexity of the patients conditions and the large amount of the data generated by critically ill patients provide an ideal area of application for computers . The computer can assist in collecting derived parameters , speeding data communications , record keeping , report generations and decision making .

Treating acutely ill patients in intensive care units (ICUs) requires assimilating large amounts of patients data . The computer can help process these data and display information in easy to understand formats . Also , knowledge – based systems can provide advice in diagnosis and treatment of common disorders in the ICU . For effective use of computers , system must be integrated into the total hospital information system and computer data must logically become the primary medical record standards are being developed to aid in this process . Although computers have been used in the ICU for 25 years , most hospitals still use the paper medical record . Prototype systems such as the HELP , CARE , and PDMS systems are described .

In January 1977 , the computerized system Hewlett Packard HP 5600 A was set up in the Resuscitation center of the “V. Fazzi” Hospital . It is able to play the following functions : management of the data monitors , management of the staff remarks , carrying out of special calculations , logging . The advantages shown by the presence of a computer in a Resuscitation on centre . In -fact , the monitoring and computation of both the vital and Physical data and of the laboratory parameters , are essential in the therapies selected for a critically ill patient .

Harpreet Kaur
BCA - I

IMPACT OF SOCIAL MEDIA ON SOCIETY

By now, we are all aware that social media has had a tremendous impact on our culture, in business, on the world-at-large. Social media websites are some of the most popular haunts on the Internet. They have revolutionized the way people communicate and socialize on the Web.

Here is a closer look at the effect of social media on politics, business, and socialization as well as some of the negative effects such as cyber bullying and privacy.

Impact on Politics

Every politician worth his salt needs to jump on the social media bandwagon. This is because social websites have played an important role in many elections around the world, including in the U.S., Iran, and India. They have also served to rally people for a cause, and have inspired mass movements and political unrests in many countries.

Impact on Business

Net savvy companies are using social media to advertise their products, build customer loyalty and many other functions. Interactions and feedback from customers help businesses to understand the market, and fine-tune their products and strategies. Many firms organize contests and give away prizes to enthruse consumers to visit their social website page more often.

Effect on Socialization

Social networks offer the opportunity for people to re-connect with their old friends and acquaintances, make new friends, trade ideas, share content and pictures, and many other activities. Users can stay abreast of the latest global and local developments, and participate in campaigns and activities of their choice. Professionals use social media sites like LinkedIn to enhance their career and business prospects. Students can collaborate with their peers to improve their academic proficiency and communication skills. You can learn about different cultures and societies by connecting with people in other countries.

Cyber Bullying and Online Harassment

If you are not careful, unscrupulous people can target you for cyber bullying and harassment on social sites. School children, young girls, and women can fall prey to online attacks which can create tension and distress. If you are a victim of cyber bullying, do not take it lying down, but try to take appropriate legal action against the attacker.

Impact on Productivity

Many companies have blocked social networks on their office Internet as addicted employees can distract themselves on such sites, instead of focusing on work. In fact, studies show that British companies have lost billions of dollars per year in productivity because of social media addiction among employees.

Impact on Privacy

If you are not careful, what you post on the Net can come back to haunt you. Revealing personal information on social sites can make users vulnerable to crimes like identity theft, stalking, etc. Many companies perform a background check on the Internet before hiring an employee.

Conclusion

Social media has its advantages and drawbacks as revealed in this article. It is up to each user to use social sites wisely to enhance their professional and social life, and exercise caution to ensure they do not fall victim to online dangers.

Vani Vashisht
BCA-III

10 WAYS TO PROTECT FROM CYBER CRIME

Use anti-virus software

Your net-savvy friend may tell you that he doesn't have anti-virus on his computer because it slows things down. But look at it this way, one wrong click and he may have to make the entire college project from scratch.

If in doubt, block

Just say no to social media invitations (such as Facebook-friend or LinkedIn connection requests) from people you don't know. It's the cyber equivalent of inviting home the guy with an eye-patch who stares at you at the bus stop.

More than one e-mail accounts

A hacker who has cracked your main email password has the keys to your [virtual] kingdom. Passwords from the other sites you visit can be reset via your main email account. A criminal can trawl through your emails and find a treasure trove of personal data: from banking to passport details, including your date of birth.

Ignore pop-ups

Pop-ups can contain malicious software which can trick a user into verifying something. "[But if and when you do], a download will be performed in the background, which will install malware. This is known as a drive-by download. Always ignore pop-ups offering things like site surveys on ecommerce sites, as they are sometimes where the malcode is.

Macs are as vulnerable as PCs

Make no mistake; your shiny new Mac-Book Air can be attacked too. It's true that Macs used to be less of a target, simply because criminals used to go after the largest number of users - that is Windows - but this is changing. Determined attackers are able to find new ways to exploit users on almost any platform.

Two-step verification

If your email or cloud service offers it - Gmail, Dropbox, Apple and Facebook do - take the trouble to set this up. In addition to entering your unique and temporary verification code should not be able to access your account. Keying in a password or code 40-plus times a day might. Seem like a hassle but it is your first line of defence.

Only shop online on secure sites

Before entering your card details, always ensure that the locked padlock or unbroken key symbol is showing in your browser. Additionally, the beginning of the online retailer's internet address will change from "http" to "https" to indicate a connection is secure. Be wary of sites that change back to http once you've logged on.

Didn't expect, don't click

The golden rule: Hackers infect PCs with malware by luring users to click on a link or open an attachment. Social media has helped criminals profile individuals. They can see what you're interested in or what you post about and send you crafted messages, inviting you to click on something. Don't encourage them.

Don't store your card details on websites

Mass data security breaches (where credit card details are stolen) aren't common, but why take the risk? Always use virtual keyboard. The extra 90 seconds it takes to key in your details each time is a small price to pay.

Lock down your FB account

Keeping a common password for all online accounts is a lot like having the same key for all locks. Only difference being that it is a lot easier to get hold of the online key. Also never reuse your main email password. But most online users own accounts in over a dozen sites. So either try and use clever variations or start doing some really heavy memory-enhancement exercise.

Veena
BCA II

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