



**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH.**

2017-2018

ABHA

PGGCG-11- Numero Uno!!

Ranked 6th amongst the Higher Educational Institutions in the country

SWACHHTA RANKING



Prof. (Dr.) Anita Kaushal, Principal, receiving award from Sh. Prakash Javadekar Hon'ble Minister of Human Resource Development, Government of India



Ranked 21st amongst the various Arts colleges in the country by India Today-2017
Best Science College in the City

INDIA'S BEST COLLEGES 2017

BY INDIA TODAY AND NIELSEN COMPANY

ART COMMERCE SCIENCE LAW MEDICINE ENGINEERING BBA BCA MASS COMM FASHION FINEARTS HOT

Presenting sponsor **AMITY UNIVERSITY**

INDIA'S BEST ARTS COLLEGES 2017

Rank 21 Government College for Girls, Sec 11

CITY: Chandigarh

Established in July 1956, the college offers undergraduate courses in Humanities, Science, Commerce, Media Studies and Computer Applications. Post graduate courses are offered in six subjects.

INDIA'S BEST COLLEGES 2017

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ART COMMERCE SCIENCE LAW MEDICINE ENGINEERING BBA BCA MASS COMM FASHION FINEARTS HOT

Presenting sponsor **AMITY UNIVERSITY**

INDIA'S BEST COLLEGES 2017

CITYWISE RANKING: BEST SCIENCE COLLEGES

CITY: CHANDIGARH	
RANK	NAME OF THE COLLEGE
1.	Government College for Girls Sec 11
2.	GGSD College Sector 32
3.	D A V College Sec 10
4.	Moh Chand Mahajan D. A. V. College for Women (MCM DAV College for Women) Sec 36 A
5.	Dev Sarai College For Women, Sector 45

PGGCG-11- Numero Uno!!

No. 1 in NAAC
Accreditation Score
with CGPA 3.52

Highest amongst Colleges in the
region (II Cycle)



Ranked 68th
in College Category



No. 1 in Youth
Festival

Overall Winner at Zonal Punjab University
Youth Festival for the last five consecutive
years and Inter Zonal from 2013-16



MOMENTS OF PRIDE



Mr B.L.Sharma, IAS, Education Secretary, Chandigarh Administration inaugurates **Skill Development Lab, RFID System in Library, Water Boosting Arrangement** under RUSA Infrastructure Grant(Rs.2.00Cr) on the basis of our college's excellent NAAC ranking with 3.52CGPA.

PRINCIPAL'S MESSAGE



Dear Girls,

Work, according to Conrad, is a basic force in an adult's stabilization, development and sense of identity. When it is done with passion, diligence and sincerity it helps to expand and strengthen one's sense of identity of proficiency, of social value and prowess, as well as his repertoire of general and specialized skills. On the other hand if the motivation level is deficit it strangles and weakens one's sense of self worth. It also impairs one's motivation and stifles one's faculties of mind and body. Freud noted that "... work has a greater effect than any other technique of living in the direction of binding the individual more closely to reality; in his work he is at least securely attached to a part of reality, the human community". But he is quick to add that a large number of people work not out of happiness but only when forced by necessity.

Work is potentially one of the most dominant forces in the nurturing and strengthening of a young adult's personality. Man, rather than having 'a natural aversion to work' is inspired to work, desires to work; and that if social scientists want to train and counsel young people to engage themselves in work they must assiduously work on motivation for work, the rewards, the specific nature of what work does for individuals. Only when one knows what one gains out of work can one know what one is willing to put into it.

In modern time, there seems to be growing expectations that work should provide not simply the means to earn a livelihood but also the means to articulate, to nurture and to discover oneself. The use of man for work is turning perhaps to deliberations of the use of work for man.

How does work augment the personality of a young adult in favourable ways? First, a profession provides security, position in the social system. It is young adult's foundation for social acceptance and acclaimed. Second how gainfully a person is employed is the first quick way by which he is evaluated, defined and identified. Everything in our production- oriented society is governed by and conspires to this end. A person who has plenty of time to indulge in leisurely hours of recreation or devotes endless time to forge relationships with people around him and dabbles in aesthetics is neither understood nor socially accepted. One is to involve oneself in some worthy occupations that is socially profitable.

Unlike a woman's role as a wife or a mother in the past, today's woman involves in work outside her home for not only economic benefits, but also the personal and horizon- expansion opportunities the work promises. It provides stimulation of her skills, of optimum use of her aptitude, the assuring sense of her being part of a valued endeavour, the broadening experience with people and circumstances that work offers. Moreover, financial independence endorse women with privilege to self resolution and options, to liberation from psychological reliance on others that economic dependency subtly but surely carries with it.

Prof (Dr) Anita Kaushal

EDITOR-IN- CHIEF'S MESSAGE



People with robust personalities are the ones who are at peace with others as well as with themselves without feeling too fretful, belligerent or guilt-ridden. Satisfaction leads to happiness as these individuals are able to assuage their needs swiftly and satisfactorily. Well adjusted people are self-actualising, able to realise the capabilities inherent in them and also able to play their role in life to the satisfaction of others. Such persons show keen interest in problems outside themselves, have unambiguous mission in life and are sovereign i.e. independent of external pressures in taking decisions about their actions/reactions. Healthy personalities have rational self-appraisals, assessment of achievements and acceptance of duties and responsibilities. They view themselves as they are and not as they would like to be. Hence they don't need to resort to defence mechanism to persuade themselves and others that their foundering is due to external conditions over which they have no command. Unfavourable evaluations are accepted as valuable criticism and the will to change is strong. They regard themselves as respectable even if not ideal.

Confident persons have positive approach towards life and recognise that it helps to be a law-abiding citizen, are willing to follow rules even when they are not entirely to their liking. They understand it's not good to be in conflict with the expectations of others and shall face defeat/collapse if they continue to oppose them. When they encounter societal obstacles that are beyond their control, they adjust to the inescapable and evolve keen pursuits and hobbies to make up for the absence of fulfilment. Success or failure does not make or break them. Healthy personalities don't rest on their accomplishments when they achieve success or give up in the face of defeat. They benefit from both, either by challenging themselves to work harder or resetting their future goals realistically. They are not disillusioned with the present and accept the mandate of reality. Unlike the perpetual 'nostalgics' who spend all their lives wallowing in memories or fantasies of the past and the future respectively, they do engage in reveries but the escape/flight is for a short duration.

Positive, constructive personalities are very pleasant to be with. They are natural, friendly, secure, sympathetic, non-judgemental, dependable and liberal in their approach towards life. One quality that is an inevitable part of such personalities is that they bask in a kind of "inner harmony"; gratified and galvanised by the life and the world they live in.

Gurdamanjit
Associate Professor in English

PROMINENT PERSONAGES WHO VISITED COLLEGE

For integration of college campus with the social and physical fabric of the city we invited many dignitaries as Chief Guests and Resource Persons at Seminars and Workshops.



H. E. Shri V.P. Singh Badnore
Governor of Punjab and Administrator, UT, Chd.



H. E. Prof. Kaplan Singh Solanki
Governor of Haryana



Mrs. Kiran Kher
M.P. UT, Chandigarh



Sh. B. L. Sharma
Education Secretary, Chd. Administration



Sh. Jatinder Yadav, IAS
Managing Director, CITCO
Chandigarh Administration



Sh. R. K. Popli, PCS
Director Public Relations and Registering
& Licencing Authority, Chd. Administration



Sh. Rubinderjit Singh Brar, PCS
Director Higher Education, Chandigarh



Dr. Frank K. Lu
Director, Aerodynamics Research Centre,
University of Texas, Arlington, USA



UNIVERSITY MERIT HOLDERS



Sarita
1st Position
M.Sc. Botany



Neeraj
3rd Position
M.Sc. Botany



Pooja
1st Position
Msc Botany



Sagarika
4th Position
M.Sc. Botany



Nishtha Jain
2nd Position
M.Sc. Botany



Kanupriya
5th Position
M.Sc. Botany



Navneet Kaur
3rd Position
M.Sc. Botany

UNIVERSITY MERIT HOLDERS



Neha Rai
1st Position
PGDCA



Meenakshi
2nd Position
M.A. Dance



Konica
2nd Position
M.A. Pub. Adm.



Aishwarya
6th Position
BCA III



Prabhjot Kaur
5th Position
M.Sc.
Chemistry



Surbhi
7th Position
BCA III



Anjali
1st Position
M.A. Dance

UNIVERSITY MERIT HOLDERS



Baljinder Kaur
4th Position
M.A. Music (I)



Harpreet Kaur
3rd Position
M.A. Music (I)



Diksha
1st Position
B.Com III (Hons)



Archita
1st Position
B.Com III (Hons)



Avinchal
1st Position
M.Sc Zoology



Deepti Chaudhary
1st Position
M.Sc Zoology



Sarita
1st Position
M.Sc. Botany 3rd Sem

UNIVERSITY MERIT HOLDERS



Kirtee Rathi
2nd Position
M.Sc. Botany
3rd Sem



Nishtha Jain
3rd Position
M.Sc. Botany
3rd Sem



Navneet Kaur
4th Position
M.Sc. Botany
3rd Sem



Reetika Basatia
5th Position
M.Sc. Botany
3rd Sem



Satinder Kaur
6th Position
M.Sc. Botany 3rd Sem



Ankita Thakur
7th Position
M.Sc. Botany 3rd Sem



Ramneet Kaur
8th Position
M.Sc. Botany 3rd Sem

UNIVERSITY MERIT HOLDERS



Pallavi Sharma
9th Position
M.Sc. Botany 3rd Sem



Nisha Yadav
10th Position
M.Sc. Botany 3rd Sem



Kaffi Verma
9th Position
BCA 5th Sem



Parwinder Kaur
6th Position
PGDCA

UNIVERSITY MERIT HOLDERS



Swati
1st Position
M.Sc. Botany
2nd Sem



Komalpreet Kaur
2nd Position
M.Sc. Botany
2nd Sem



Arju
3rd Position
M.Sc. Botany
2nd Sem



Aishwarya
4th Position
M.Sc. Botany 2nd Sem



Preeti Devi
5th Position
M.Sc. Botany 2nd Sem



Shivani Sharma
7th Position
M.Sc. Botany 2nd Sem



Kishmita Sharma
8th Position
M.Sc. Botany 2nd Sem



Harnoor Kaur
10th Position
M.Sc. Botany
2nd Sem

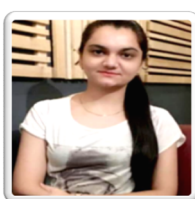
UNIVERSITY MERIT HOLDERS



Sarita
1st Position
M.Sc. Botany
4th Sem



Kriti
2nd Position
M.Sc. Botany
4th Sem



Navneet Kaur
3rd Position
M.Sc. Botany
4th Sem



Ankita Thakur
4th Position
M.Sc. Botany 4th Sem



Nishtha Jain
5th Position
M.Sc. Botany 4th Sem



Preeti
6th Position
M.Sc. Botany 4th Sem

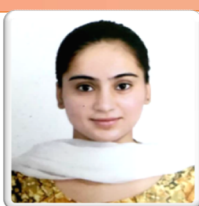


Satinder Kaur
7th Position
M.Sc. Botany 4th Sem

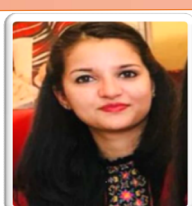


Nisha Yadav
8th Position
M.Sc. Botany
4th Sem

UNIVERSITY MERIT HOLDERS



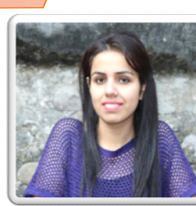
Ramneet
9th Position
M.Sc. Botany 4th Sem



Ritika Basatia
10th Position
M.Sc. Botany 4th Sem



Kashika
2nd Position
M.A. Sociology 1st Sem



Sakshi
4th Position
M.A. Sociology 1st Sem



Nupur
2nd Position
M.A. Sociology 2nd Sem



Ankita
1st Position
B.Sc. III Chemistry
(Hons)



Jaspreet
2nd Position
B.Sc. III Chemistry
(Hons)



Mehak Sood
3rd Position
B.Sc. III Chemistry
(Hons)

UNIVERSITY MERIT HOLDERS



Sinthia
4th Position
B.Sc. III Chemistry
(Hons)



Navneet Kaur
5th Position
B.Sc. III Chemistry
(Hons)



Ravneet Kaur
6th Position
B.Sc. III Chemistry
(Hons)



Jhanvi Ralhan
6th Position
B.Sc. III Chemistry
(Hons)



Jaspreet Kaur
7th Position
B.Sc. III Chemistry
(Hons)



Anshika
8th Position
B.Sc. III Chemistry
(Hons)



Diksha Katoch
4th Position
M.Sc I Chemistry
2nd sem



Kalyani
6th Position
B.A. III Pub. Admn.
(Hons)

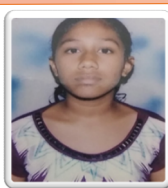
UNIVERSITY MERIT HOLDERS



Eeshpreet Kaur
2nd Position
M.A. Pub. Admn.
4th Sem



Bulbul
2nd Position
M.A. Pub. Admn.
4th Sem



Nandini
3rd Position
B.Sc. III Physics (Hons)



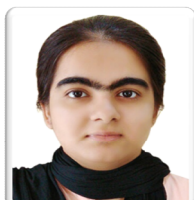
Simranjeet
7th Position
B.Sc. III Physics (Hons)



Swati Kalia
8th Position
B.Sc. III Physics (Hons)



Sneha Mishra
10th Position
B.Sc. III Physics (Hons)



Kirandeep Kaur
1st Position
M.A. Music V.
2nd sem



Prabhleen Jassal
2nd Position
M.A. Music V.
2nd sem

UNIVERSITY MERIT HOLDERS



Savita Gill
5th Position
M.A. Music V.
4th sem



Jyoti
3rd Position
M.A. Dance
2nd Sem



Renu Walia
2nd Position
M.A. Dance
4th Sem



Priya
3rd Position
M.A. Dance
4th Sem



Neerja Mahra
1st Position
M.A. Dance
4th sem



Pragati
2nd Position
M.A. Dance
2nd sem

UNIVERSITY MERIT HOLDERS



Anu
2nd Position
M.A. Music I.
2nd sem



Lovepreet Kaur
1st Position
M.A. Music I.
2nd sem



Kiran
1st Position
B.A. III Sanskrit (Hons.)



Madhu
2nd Position
M.A. Music I
4th Sem



Kajal
3rd Position
M.A. Music I
2nd Sem

OUTSTANDING PLAYERS



Shivangi
Shooting
National Player



Rupinder Kaur
Taekwondo
National Player



Kajal
Fencing
International Player



Manvi
Karate and Taekwondo
National Player



Chammi
Cricket
National Player



Vidhuitma
Roll Ball
National Player

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PUNJABI SECTION

SANSKRIT SECTION

SCIENCE SECTION

COMMERCE SECTION

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ENGLISH SECTION

Staff Editor

Ms. Kamaldeep Kaur

Student Editor

Anushka Malik

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EDITORIAL

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE- Jim Rohn

My dear students

Welcome to the latest edition of ABHA. Through the medium of this magazine I would like to draw your attention to the importance of physical fitness. Dear students the importance of health cannot be emphasised upon enough. To lead a successful and happy life optimum physical health is not only a desirable qualification but an essential qualification. For you can lead a fulfilling life only if you are physically fit and mentally alert.

The good news is that road to physical fitness is not as hard as it appears to be. Initially you may find the body tired, the muscles cramped and the limbs sore but believe you me regular activity will ease all the pain and you will have a flexible, supple and strong body. And as you begin to reap the benefits this journey will become an integral part of your life.

As mentioned earlier this journey need not be a difficult one wherein you plod with great reluctance. In today's day and age you have an array of options- gymming, yoga, tai-chi, running or better still you may cultivate a sport (like badminton, table-tennis etc) and pursue it for the rest of your life. This would serve a dual purpose i.e. hobby and exercise rolled into one.

However, what is imperative is that you enjoy your physical fitness schedule, because you will not be able to sustain an activity if you don't enjoy it. Out of all the activities at your disposal the one I recommend is a walk. Scientists have discovered that a long walk or any relaxing activity done with joy releases dopamine (the feel good hormone) in the body. A walk, in the lap of nature, energises the body and relaxes the mind. One can round off the walk with *pranayam*, the ancient yoga breathing exercise which completely soothes the mind, body and soul.

A person who goes for a walk daily will be in tune with his/her natural surroundings, will gradually develop a keen observation and will also be sensitive to the habitat around. Therefore, my dear students, I urge you to make any form of physical activity an integral part of your lives for only then will you be endowed with glowing health, true wealth and enduring happiness.

Ms Kamaldeep Kaur

FROM THE DESK OF THE STUDENT EDITOR

‘Read. Relish. Repeat.’

“Whenever you read a good book, somewhere in the world a door opens to allow in more light.”—Vera Nazarian

Isn't it the truth that every motivational quote sparks within you a fire, if only for a few moments? Why, then, do most of us tend to shy away from books? It's true that the increasingly competitive rate at which our education system is moving, makes most of us tend to seek reprieve in anything other than books. But, is that a solution, or just a fleeting distraction?

Imagine what a good book can impart us with, when a mere quote ignites our determination? It's a mere drop in the ocean of literature worldwide. And, let's not forget that books can be our best friends, present us with unnamable joy and lead us to a whole new world if we just allow them to. The secret of people who enjoy their own company is that they are voracious readers. They always have a new book in their bag. And, they are usually the first ones that come to your mind when you're in need of good advice.

Now, it may be the case that literature students are the most avid readers, but in no way are they the only ones to benefit from it. No matter what profession you may be pursuing, books *help*. After all, aren't Harper Lee and Fyodor Dostoyevsky included in the top list of suggestions for every Law student? Isn't Arthur Conan Doyle's *Sherlock Holmes* a godsend for every investigating officer out there? Aren't Sylvia Plath and Sigmund Freud must-read authors for every Psychology student and H. G. Wells and R. L. Stevenson for every scientific research scholar? Don't George Orwell's works tell us something about our future if the current political situation prevails? Aren't Aristotle and Plato the greatest philosophers there are? And, aren't D. H. Lawrence's and Thomas Hardy's works, so relatable today, decades after they were first written? The works that were banned and the books that were burnt tell us the history of our world and how far we have come.

Professionally beneficial and personally relatable, books are a helping hand at every turn. There is no circumstance upon which some or the other author hasn't written a masterpiece. Be it teenage troubles, racial discrimination, gender-bias, hardships of a single mother, prejudices against divorced women, closet plight of the LGBT, plights of a tortured artist, or an eccentric individual misunderstood by everyone, name it and there's at least one amazing book written on it.

You want good advice? Go read a good book.

**Anushka Malik
(BA 3)**

COLLEGE RANKINGS - COLLEGE PRIDE

It is a matter of great pride and honour that Post Graduate Government College for Girls, Sector 11, Chandigarh figured among the top 50 Science and Arts colleges of the country in a survey conducted by The Week in its June edition 2017. It secured 48th rank with a score of 216 among the Science Colleges of the country and was ranked 46th among the Arts College with a score of 259. PGGCG – 11 is the only college of Chandigarh and Punjab and Haryana region to be listed among the top 50 colleges of the country.

In the recent list released by National Assessment and Accreditation Council (NAAC), an independent institution of UGC (University Grants Commission) PGGCG – 11 got 'A' grade by securing Cumulative Grade Point Average (CGPA) of 3.52 out of 4. The college now stands as the fifth best college in the nation among 152 institutions which are assessed and accredited by NAAC.

The other matter of pride for Post Graduate Government College for Girls Sector 11 is that the college is ranked 6th among all government institutions of Higher Education in the country by Ministry of Human Resources Development (MHRD), Government of India under Swachhta Ranking of 2017. Dr. Anita Kaushal, Principal of the college was honoured by the Honourable Union HRD Minister Prakash Javadekar in New Delhi. 3500 institutions participated out of which PGGCG -11, Chandigarh is ranked 6th in the country and 1st in the Tricity as the cleanest campus.

Simarjot Kaur
(BA 3)



"TAKE LIFE ONE TROUBLE AT A TIME"

"Keep playing your part and don't worry about the fruits it will bestow."

We need not worry about what might happen next, or what might be the consequence. What matters is your hard work and perseverance.

If I say that there is only one way of getting things done and getting what you want, then it would be incorrect because there are many. And there is a magic recipe for them which says - "Follow your heart!"

This may sound absurd to some. But it's an 'Art' and not mere piece of cake for anyone to achieve. But its work is 'magical'.

If we look around, what do we see? What we see around us will provide an answer to us as to what are the things we are attracted to. Is it nature, people, things, abstracts, feelings, emotions, anger, happiness, love or life? Ask yourself. You will know the answer soon enough. Now you may think why to look around when you already know what you want. It is an essential part of getting what you want.

Now think do you really know what you want? A child wants a toy. When they get the toy, they look at other new toys in the market. And then they want those too. What happens to the previous ones, are they of any use now?

A human being has 'n' number of desires, but to really know what they want, one needs to listen closely to their hearts.

"Always listen to your heart because even though it's on your left, it's always right."

The heart will never lie and always fill you with determination to get what you want. So, what's important is to repeatedly assure yourself what you want.

Why assurance, you ask?

Because now is the time when problems will start to arise.

As a player encounters a number of hurdles while securing a goal which may or may not put him at a setback, so will you.

It's merely a matter of choice - to give up or to give your best shot.

Ask yourself, do you want to go further? Will you be able to? Do you have something at stake? Are you ready?

And when all is said and done, it's time to put in the efforts - the ingredient of hard work. Over time, you will develop faith in yourself and from there on, it will be an easy road to GET WHAT YOU WANT.

"Work hard in silence and let your success make the noise."

RupaliKharbanda
(BA 1)

GOOD LIFE

One thing all of us need to know is that we are *not* defined by- our looks, our height, our weight, the clothes we wear, the things we own, the mobile phone we have, our Instagram pictures, our Snapchat stories or the places we go to on vacations. None of these things define us. Not even our job in all honesty, defines who we are.

You are defined by who you are; who you are as a person. It includes the kind of thoughts you have; the way you react to different situations; your emotions; the way you feel things; the way you bond with other people; the kind of impact you have on other people's life; and the way you face your fears. What matters is whether you make yourself happy or not; whether you do things that your soul wants or not; whether you give up or fight for what your heart really wants; because If you do, then none of those things that I mentioned earlier, matter.

You could be wearing Gucci and exploiting innocent people or you could be dressed in a plain sari and helping diseased people.

Clothes don't define you, your actions do.

You will still be the same person if all the technology suddenly fails one day and everything related is gone in a second. Make sure your life has got things other than the 'virtual world' and the devices that help you access it.

You can go to a nearby lake or a park and feel 100 times more satisfied than going on a vacation to a luxurious place with no peace of mind. After all, luxury doesn't guarantee peace and satisfaction. That only comes from within. You can look exactly like what our beauty standards hold to be beautiful and still struggle to sleep at night. Because looks, good hair, perfect height or perfect weight do not guarantee a blissful life.

You could have the highest paying job in the world and still feel hollow in your heart, still feel that a part of you is missing, because money and the things that you buy with money don't complete you. You do.

In simple words, what I mean is that these external things do matter, but only to a certain extent. There is so much more to life than these things. There is still life even if you fail once, twice or thrice. You've got to understand that you just failed; your life was not taken away from you. There is still life even if you lose someone/ something that meant the world to you. What we forget is that the ultimate reality is mortality and nothing, no matter how badly you want it to be, is permanent. Death is so certain, but still we deny it and hold onto things as if we will be here forever. As if the place where you live or the cash in your bank will go with your soul to heaven. So, instead of holding onto all of these, why don't we face the reality?

Dust ourselves off and live a life that doesn't demand complexity and showing off, and that is just about living? Simply living.

Bhanu Priya
(BA 3)

DEFYING DARKNESS

-Shrutishravaa (BA 3)

Standing amidst the dark forest,
Scared to my senses to be honest,
Drowned in the fear of what's coming next,
I have never been more perplexed.

Should I head forward, pretending to be fearless?
Or should I wait for the sun rays to bless?
Frightened, 'because what if I fall?
And lose it all?

Somewhat hopeful, 'because what if I fly?
And make the sky my ally?
The darkness was spreading, promptly,
Increasing my heart's dread, rapidly.

Was about to surrender to the old darkness,
When he whispered those words making me fearless anew.
He has always been there and it was him, that day too.

'It won't be easy,' he said,
'But it'll be worth it', he said.

Felt my heart warming up with zeal again,
His princess was going to 'Defy the Darkness Again'.



3 P'S : PARENTAL - PEER - PUBLIC PRESSURE

Pressure is a seemingly ordinary word, yet it always manages to ring a bell in our anxiety department. And the usage of this word is increasing day by day, thanks to the numerous sources which pack pressure in boxes and feed it to our brains. The boxes filled with compression, coercion, restraint and stress are neatly labeled pressure before they reach their destination – the human brain.

It targets everyone irrespective of their age group or experience. It just exerts force on every possible category. Today we take into account the category which not only experiences good doses of pressure but also often lacks the guidance and means to eradicate it, the Teens. Teenagers, young adults, youth, call it whatever one likes, anything which denotes confused young minds trying to cope up with the 3 Ps i.e. Parental (pressure from parents or family), Peer (pressure from individuals of same age group, batch mates, friends etc.) and Public (pressure from society in general).

The process of growing up is complemented with the feeling of fascination for many new things which we come across, which during our childhood we didn't even know existed. As we get fascinated, we fail to judge and analyze all the multitude of prospects suitably. To some extent, we know what's right and what's wrong but when our friends or classmates push us to do something we almost always end up doing it. What our classmates want us to do many a times contradicts with what our parents want from us. The clash gives rise to pressure. We fight with our parents and at the same time we don't want to be "uncool" for our friends. This pressure tagged as the 'peer pressure' is faced by most of us. It makes us feel frustrated and low, affects our studies too

as a matter of fact and in turn, diverts us from our goals.

In such cases we should take a deep breath, calm our minds and listen to our conscience which nudges us whenever we do something wrong; it warns us. Whatever our conscience tells us to do, which often coincides with what our parents want, we should try and do that. We should learn to stand our ground and for once stop running this race of being "cool". We need to define 'cool' for ourselves and not according to our peers. It's okay to be influenced sometimes but bringing anything to practice against our conscience or our parents' will may end up harming us in the long run. A very common example of this is drug usage due to peer pressure and how it ends up ruining lives. Therefore we should think about ourselves and our future, we should put that above everything else and make the right decision. When we do that we find more people like ourselves; we come across people who share the same definition of cool as we do; who share the same morals and ethics as we do; we're not a misfit anymore and it is then that we realize that all the fuss and fighting was for nothing ; the pressure disappears, vanishes. The road we choose doesn't seem lonely anymore and we realize the importance of taking a stand for who we really are.

Let's move on to another type of pressure common among students, Parental pressure. This is most commonly faced while choosing our streams initially, then the sub-fields, professions and what not. "Follow your heart" is one of the most common sayings yet in my opinion, the least followed. India has one of the world's highest suicide rates for youth aged 15 to 29 also referred to as 'student suicides'. One of the major reasons for these suicides is academic failure and parental pressure. We may not always get what we want although we should try to be remain in

pursuit of it always. Many a times we're not blessed with the right circumstances and our parents too fail to understand what we want. Thus, we experience pressure to perform well and choose professions accordingly. However we should not allow the opposing conditions to demotivate or depress us, we should discuss things with our parents, communicate with them, and tell them what we want. If required we should prove to them what we want and why we want it. The best way is to come to an agreement where both we and our parents are satisfied, where we follow our dreams at the same time accomplishing what our parents want us to. So by communicating and proving our capabilities, parental pressure can be handled and with time exterminated.

The last but definitely not the least is Public pressure or the pressure which society exerts on us. While dealing with this type of pressure we should always keep in mind what we want for ourselves, we know what is good for us. Always remember that we cannot satisfy everyone, we never can, no matter what. So, all we should consider while making a decision is how it affects us and our loved ones, if it's beneficial, we should do it irrespective of what the society thinks about it. It might not be as easy to put into practice as it is to say, but society's work is to judge, they judge and forget. In the end it's just us and our families, we fend for ourselves and for the people we love. This doesn't mean that we should completely abandon the society for man is a social animal and we need each other

during many phases of life. Although the amount of interference by the society in our lives can be controlled by us, we can listen to suggestions and opinions but in the end we choose what is best for us even if it is opposed by most. When we are confident of ourselves and of our decisions, public pressure isn't much of a problem.

So pressure, be it of any sort can be tackled and handled. It's never the end of the world, no matter how hard the hurdle may seem, we need to maintain our courage and cross it. It's important to have a stable mind during such situations but stability comes with practice. This may seem widely suggested and I'd like mention it again that regular long breathing exercises and meditation help in stabilizing our mind to a great extent. Meditation is Silicon Valley's hottest trend - CEOs have adopted the practice, and apps devoted to it have proliferated. A new paper suggests people who participated in a meditation retreat reported decrease in anxiety and depression. So constant work on ourselves and our minds provides clarity of thought and helps us make better decisions and at the same time helps us cope with pressure. So let there be no bounds to your capabilities, especially not the ones created by pressure. We are very well aware of what we can do, let nothing, nothing stop us.

- SehajSaluja
(BA 1)

TART TONGUES OR SHARP SWORDS?

"There are words which sever the heart more than sharp swords; there are words the point of which, stings the heart through the course of a whole lifetime." - Unknown

Unlike animals, we human beings are blessed with the ability to speak, to express our views, to tell others about our likes and dislikes. And that is one of the most amazing powers that we possess. But sometimes, we misuse this power. Abusing, saying the wrong things (which sometimes we mean yet most of the time, we don't) has become a sort of trend these days. The thing that should always be in our minds is that, the words once said cannot be taken back and they can either break someone's heart or make someone's day.

Yet, in the choice between 'physical lashing' and 'tongue lashing', it is necessary that we always choose 'tart tongues' over 'sharp swords'. Violence that ends all should be forsaken, since arguments may very well, someday, come to peaceful conclusions.

On the other hand we have 'sharp swords'. In the history of mankind, cities conquered, people killed, bloodshed; what are they remembered for? What remains, their glorious victories or the killings of innocent people in the most brutal of ways? This is certain that bloodshed can bring no good to anyone. People die, their families left behind, mourn over them day and night. Who could benefit from such misery?

Yet, we must always remember, "If your foot slips, you can always recover your balance. But when your tongue slips you can never recover your words."

Human beings are capable of doing great things. And today the world seems to be a better place due to the developments made by them. But only if people learn how to control their tongues, will the world living on the edge

of nuclear war be saved. There is only one solution to all of this— Talking it out! People should develop a habit to present their case in a civilized manner and also to listen to what others have to say.

When there can be compromises, why can't we change our arguments into agreements?

An American poet once said, "The tongue is the only tool that gets sharper with its use." One should learn to use this tool appropriately. Where violence is a big "No, no!" we must also show slight hesitation to too brutal of an oral outrage.

An inspiring story about struggles of someone's life can inspire masses, but words with a wrong message, can also push people in the wrong direction. Therefore, one should take care to use their words wisely. No good can come to anyone who chooses the path of violence and destruction in order to get their work done. So, in order to make the world a better place, "Sheath the 'sharp swords' and try out the 'tart tongues'; all in good faith."

Manvi Sharma
(BA 1)

DESTRUCTION OF THE ENVIRONMENT

Tabitha howled with anguish once again. And, once again, all she heard was Sunny's "Hush, Tabby! Hush!"

Tabitha watched the scene play out in pained silence. She couldn't believe what was happening right in front of her eyes. Her "Great Mango Tree" was being cut down. And, she was unable to do anything about it, but howl in anguish. Sunny was holding her securely in his arms, lest she gouge out the stupid woodcutter's eyes.

The 'Stupid Wood-cutter' in question, paid no mind to Tabby Cat's moans and groans. He kept bringing down the sharp axe on the ancient tree's trunk with single-minded efficiency. Tabitha struggled against Sunny's hold again, but his hold remained firm and unyielding. With every strike of the axe, Tabby Cat felt like she could hear the tree groaning in pain.

She remembered all the afternoons spent chasing after birds, climbing atop the high tree branches or simply taking a lazy nap under the cool breeze and soothing shade. She remembered fondly, how excited Sunny got every summer anticipating all the juicy mangoes that would be ripe for plucking.

She felt like she was betraying a close friend by simply watching from the sidelines, as it battled for its life. That Mango tree was a friend, most definitely. It offered a silent shoulder to lean on, and asked for nothing in return.

The smaller plants, flower bushes and even the grass in the backyard asked to be catered after. They needed to be watered regularly, fed fertilizers and a good trim every now and then. But, the Mango tree asked for none of these. The rainwater was enough for it. Its branches were spread far and wide, offering shade in the

hot summer afternoons. Its branches selflessly provided a safe haven for birds to make their nests. So many squirrels were seen daily skittering along the length of its branches, playfully chasing after each other. One single tree made the entire garden come alive!

And, even after everything it did for others, no one came forward to protect it as it was being killed.

It took around fifty strikes before the great Mango tree finally fell with a groan loud enough to make Tabby Cat shudder. Tears flowed freely from Tabby Cat's eyes. Sunny tried consoling her, but to no avail. Tabby cat was inconsolable. And NO ONE but the sparrows or squirrels could understand her pain.

'The Devil with the Axe' shook hands with Sunny's father, paid him some money, and promptly left. It made Tabby Cat's blood boil with rage. All she could feel, was an all-consuming hatred for the exchange between the two men. Sunny's father, for a meager sum of money, sold the mango tree to the evil wood-cutter who would profit from the fine quality wood.

Tabby Cat, in that moment, for the first time in her life, wished she could speak in a language that these stupid humans would understand. They were only concerned about their monetary gain and in the usual human fashion, had neglected looking at the bigger picture. The amount of tranquil peace, harmony, joy and healthy environment that the Mango tree provided was PRICELESS. A couple of green notes of currency could never hope to make up for all that the Mango tree gave freely.

Sunny's father had got some money out of the deal, sure. But, he had lost something far greater. He had sold a healthy, nurturing environment for his son in favor of materialistic gain. Tabby Cat knew he did not realize it now, but he would, some day. And,

she was afraid that it would be too late by then. With another mournful meow, Tabby Cat finally broke out of Sunny's hold and ran.

She ran to soothe her grieving heart.

She ran in search of another Mango Tree.

She ran in search of HOPE



Anushka Malik
(BA 3)

CHILD LABOUR

Tabitha, fondly known as Tabby Cat, bounced excitedly in the backseat of the car. She was going on a vacation with Sunny and his family for seven days; a 'week' was what Sunny's mom called it. It didn't make any sense to Tabby. After all, the excitement of going out of the house, exploring new places was rejuvenating her. She felt stronger, not 'weak'.

Putting the confusing thought out of her head, she happily gazed out the window. The rolling hills and vast skies made for a beautiful scene. She was in awe. Sunny's home was in a place surrounded by tall, sky-high buildings. 'Skyscrapers' were what Sunny's mom called them. Tabby hated it. Sure, there were trees every couple of feet. But, it wasn't the same.

Even the air out here was fresher and cooler than back home. She turned to see Sunny staring out the other window, wearing the same expression as she might have a moment ago. She loved to watch Sunny. His expressions were so transparent. Unlike his parents, who only smiled faintly when they saw something pleasant; Sunny literally glowed inside out. Sunny's eyes shone like diamonds and his lips stretched in a full grin; he was radiant. He was a child.

In the few years she had lived with them, Tabby had learnt quite a lot about humans. The purest of their actualities could be summed up in just one word: CHILDREN. Tabby loved the innocence that shone out of every child she came across. She loved playing with them, listening to their laughter. It was refreshing.

She was pulled out of her reverie as the car slowed to a stop. She looked around in curiosity. They had finally reached. Sunny opened his door and climbed out; Tabby followed suit.

It looked like a market place of sorts where they had stopped. They all decided that a meal was the first thing in order and made their way to a cozy restaurant. It wasn't an extravagant place, but it was soothing.

She jumped upon the sofa seat and made herself comfortable while Sunny whined about craving a chocolate shake. That sounded strange to her, but she didn't voice her disapproval as she could smell the aroma of lots of milk someplace nearby. She was relieved.

But, that relief turned to horror in the blink of an eye when a child stepped close to their table and started cleaning it with a rag.

Cleaning it?!

A child?!

Where was the boy's mother? Tabby couldn't remember a single instance where Sunny had to ever clean tables or anything else with a rag in his hand. So, what was different about this boy? If anything, he seemed younger than Sunny.

Tabby meowed in anguish. Maybe, that was the trigger required to push Sunny's mom into action, Tabby thought. Maybe all of them were just as shocked as her and didn't know what to do.

Well, that was stupid. They just had to snatch the rag out of the little boy's hand and take him back to his mother. His mother can then figure out the strange behavior of her own child. But, nothing of the sort happened. The only reaction to Tabby's increasing anxiety was petting her softly. None of them made a move to stop the boy, and in no more than a minute, the boy had cleaned their table and moved to the next.

What was happening? Why was the little boy cleaning tables? Where were his parents? Why weren't they stopping him? Why weren't they feeding him chocolate shakes and taking him to beautiful scenic places to make him smile? Why did the boy look so sad? Why was he so thin that his ribs poking out? Why were his eyes so sunken in? But, more confounding than that, why was SHE the ONLY ONE who seemed shocked and appalled? Why was no one else reacting? Sure, there were a couple disconcerted frowns here and there, but that was it. The boy and his pain; so palpable to her, a mere cat, was invisible to "wise men." Humans lacked humanity very often.

She didn't notice her milk lying in a ceramic bowl there. She didn't want it. The rail thin body of the little boy and his ribs poking out, while he cleaned tables haunted her and drove away any appetite she may have had. She just wanted to leave, to forget the boy, to not feel so completely helpless. And, luckily, they actually left in a minute or two. Sunny's mom was concerned that Tabby had left her milk untouched. But, they left nonetheless.

Tabby hoped to shut out the troubled memories and enjoy the tranquil beauty of the hill station. Sunny's excitement was contagious and she tried focusing on his happy smile until she saw where they were headed.

A balloon seller; and not just any balloon seller, but a CHILD balloon seller. What was going on? Why were all these little kids working? Why were they not having fun like Sunny? Why were they not smiling and laughing in the carefree manner that Tabby was so used to seeing on kids? Where was their chubby baby-fat? Why were they all so sad seeming and sick looking? Was she dreaming; a nightmare perhaps? She bit her right forelimb. No, she was definitely wide awake. What was going on then?

She hadn't even finished that thought when four little kids ran up to them; all of them speaking at the same time. All of them were trying to convince Sunny's parents to buy something.

"Boot polish in ten rupees, Sir," announced a little boy.

"I'll do it in five rupees, Sir," offered another. And, both the little boys started fighting each other.

"Fresh strawberries, Madam," claimed a sweet little girl. "Half a kg for forty rupees."

Tabby wanted to cry. Why were these little creatures so desperate for money? Why did

they have to work? Why was their life so different from Sunny's? They didn't look any different; if just a bit dirty and thin maybe.

"NO! We don't want any strawberries," Sunny's dad spoke sternly. "Go away!"

Tabby bristled. Why was he being so rude to them? He was generally exceptionally sweet to children. What was so different about them? Humans lacked humanity; plain and simple. They were hypocrites; and contradicted their own beliefs at every turn.

A little child having to work to earn green colored paper notes or jangling metal coins was confounding to Tabby Cat. She extracted herself from the heartbreaking scene and gazed out to the hills. She imagined a world; an ideal world where children were treated as precious as they deserved. She imagined a world where all kids laughed and played and felt love and safety.

MEDIA AND IT'S SOCIAL RESPONSIBILITY

Media is a sign of true democracy, a medium to communicate with the youth and the entire world. Media definitely has a huge responsibility on its shoulders which is to guide the people. People have blind faith in Media and they are convinced that whatever the media has declared is correct. To sustain a healthy and prosperous democracy, Media has to be extremely strong. Media helps to fight against evils of society. I will not waste your time on this as you all must already know the importance of media. Let's jump to the next point.

To complete its social responsibility, Media should be totally unrestricted. Media people should be helped in bringing "The Hidden Truths", Corruption facts etc. The key factor is that media people should always –Speak the truth; uncover the secrets; and bring things to

She welcomed oblivion.



-Anushka Malik
(BA 3)

public. They should not push their opinions on public. Indian media is always professing their

opinions on something or the other. This changes the thinking process of the majority of population. Media should know when to push their opinions and when to abide by the public's own views. For example, if someone is trying to do well for the country, Media should try to give out positive coverage upon it. This doesn't mean the facts should be deleted. But Media should be sensitive about the timing, situation and other grounds.

Now, let's talk about the content which is shared by Media. Whenever you turn on the news channel, it's like some war has broken out, this time, that time, all the time. When you read Indian newspapers, the headlines are always - corruption, war, killing, rapes, cheap Bollywood gossips, cricket, scandals etc. Media should also try to stress upon the good things i.e. the optimistic news. Here I believe that a responsible media should also

concentrate on what good things are happening in country which has over 1 billion of population! Else who will share the good news? How can people staying within India as well as outside make a positive impression about this country?

To finish this article, I would like to brief things by saying that media should be unrestricted; only facts and truth should be flashed as news; they should be sensitive about timing and situation; good work must be complimented; and at least 1/4 the of news content should be positive. An efficient media can thus yield a big, strong and powerful democratic set up.

Let us march towards a prosperous future under the light of media and the power of democracy.



SandhyaUpmanyu
(BA 2)

Habits of a Boring Person

-Anushka Malik (BA 3)

All of us, at some point or another in our lives, have encountered people we classify as "bores". A boring person is someone we try to avoid, but their innocent face and harmless nature disarms us into being as nice as humanly possible to them.

Here is a list of 5 major annoying habits of a boring person. Keep them in mind and you can spot a "bore" from a mile away.



1. Playing the lead in every story.

One of the most irritating habits of a boring person is that they only like talking about themselves. No matter what you might be telling them, they will twist the conversation in a way that it will revolve only around them.

They are unflinchingly sure that they are the centre of the universe and all things good or bad have happened or are about to happen to them only.

Tell them that you went to the opening of a new Italian restaurant last week and you will find yourself stuck for hours listening to every detail of their encounters with Italian men, Italian food, Italian culture, Italian countryside and what not.

2. Speaking of things that only interest them.

Secondly, a bore is very fond of his/her own voice and can go on speaking about anything and everything that might not even interest the other person. Their delusional thinking lullsthem into believing that anything they find interesting will be interesting to everyone. The concept of "varying interests" never even occurs to them. They might go on explaining the minute logistics of a metaphysical report to a person who is a chef by profession, and never would it hit them that their knowledge is needless to the listener.

3. Repeating the same story over and over again.

A boring person never gets tired of a funny story or incident and wouldn't tire from

reciting the same occurrences a million times over. You might even hint them that you've heard the story before, yet they would still make sure to give you another play by play description of things.

If you laugh at something they said once, they make sure to tell it as many times as it takes until you can no longer even force a mere tiny chuckle at it.

Talking to them tends to get repetitive and pointless over time. But, bring the humane person you are, you've got to bear it and move on.

4. They laugh at their own jokes.

There's nothing worse than a jokester who laughs alone and loudly at his/her own jokes.

And, these bores are known for this annoying trait. They tell you an anecdote, a one-liner, a gimmick, and then cackle like a dying hyena at it. Most people take pity at their plight and fake laughter along them.

But, most of the time, it is *our* plight that is laughable. After all, there is nothing as ridiculous and tiring as having to force out fake laughter so as to spare somebody's feelings.

5. They invade your personal space.

Last, but definitely not the least, are the bores that spread birdlime all over you. These are the kind of people that always manage to encircle you in their grab when telling a story. They pat your back robustly when laughing about something. They keep finding reasons to whisper in your ear.

In a way, they tend to always stick to your side and forge a level of intimacy that would leave you reeling. They play the best of friends with everybody they encounter and never seem to take a hint.

So, these are a few of the traits that every "bore" possesses. It's sad that even after all the mental exhaustion these boring people might put us through; we cannot seem to shrug them

off. They seem to have a naïve vibe going for them that makes it almost impossible to be blunt or harsh to them in anyway.

Thus, a bore never knows how boring he actually is. And, we are too polite to tell them.

‘And, thus, life goes on
And bores thrive on!’



LET'S GO AHEAD IN TIME?

When we look at tomorrow?
What do we see?
A land of pain and sorrow?
Hearts full of misery?

The uncertain future,
The time that lays ahead.
Are our dreams going to a butcher?
Or, a thorn-bed?

The initiation seems pessimistic,
But many a hearts break-
On the path of the optimistic,
For Faith's sake.

The moment of tomorrow,
We did borrow-
From the deeds of the past,
And the magic it did cast.

So, let's step together-
In the new golden period.
The land of Phoenix feather,
And, mythical creatures freed.

Where imagination thrives,
Even amidst tragic lives.
Surrounded by splinters and knives,
Still, the hope drives.

The next door,
To open-
The fairies and folklore,
Yet remain misshapen-

The next era,

Know Your Worth

-Anushka Malik (BA 3)

Each one of us has a dream,
Something that if lost, leaves us grim.
A dream, a desire,
That lights within us a fire.

Where we shall praise Hera-
And not just God Zeus,
Of the Lord Titans.

Where there will be no patriarchy,
Neither feminism.
We shall rather embrace-
Humanism.

There will be equal footing,
Between he and she.
Both will stand,
Neither shall bend.

The world will truly be,
A place of unimaginable beauty.
That would be everyone's solemn duty.
A thing of beauty!

As we look ahead,
Whether it be a thorn-bed,
Or a flowery-crown upon each head,
We shall move ahead.

Hoping against hope,
Trying always to cope,
That the reality is the latter,
And not the sad-gleam of the former.

Together, we stand,
Against the raging storms-
Hand in hand,
In the face of each cyclone.

The world shall be a better place,
One, full of dignity-
And, grace.
And abundance of beauty!
Something that we want,
Whose need is a spirit-haunt.
We wish, we work,
And, no duties do we shirk.

It's inevitable,
That success-
Will grace,
Only the capable.

The art to achieve,
Is simple to understand.
Only if we believe,
In labour by hand.

To wish, isn't enough,
To huff and puff,
To be gruff-
Isn't enough.

You need to plan in your sleep,
Work from dawn till dusk.
You need to go elbow deep,
In grime and muck.

Only when you hit-
Rock-bottom,
Can you be fit-
To march along the drum.

Then, only then,
Will you bounce back.
Like deserving men,
Who have nothing they lack.

To the heart-
That does grieve,
I recite the art-
That helps achieve.

Bathe in sweat,
Speak with tact.
Believe in your prowess,
Have faith in your goodness.

Let your mind grow wings,
Let your thoughts fly.
Act upon those thought-rings,
And believe you will reach high.

That's the art to get,
The things you want.
The ability to let,
Expand your inner savant.

You deserve the world,
Just know.
As time will be unfurled,

You will know!



Anushka Malik
(BA 3)

UNBOUNDED



Take it slow!
You do not always need,
To go with the flow.

Your path is unbounded,
If your vision is illimitable.
You just need to open
Your eyes and see,
What this place holds for you.

More than cynics will ever believe,
Your mind is avid-
Not fit for a prejudiced-
World,
But for a cosmos of infinite odds.

Unwind from these
Inhibitions and be free,
Because this adventure is yours
And so is the reed.

ArushiBhandari
(BA 1)

Being the 'Fashionista Extraordinaire'

-Anushka Malik (BA 3)

Almost every woman nowadays has this crazy tendency of owning an overflowing wardrobe and yet having "nothing to wear" when it really matters!

Here's a smart trick that might help you from excessive anxiety when you need to decide on what to wear. And, shockingly a bunch of one-piece dresses, palazzo pants and skirts tend to do the trick!

1. One-piece/ Dresses/ Gowns:-



Being the 'Fashionista Extraordinaire' Anushka Malik (BA 3)

Almost every woman nowadays has this crazy tendency of owning an overflowing wardrobe and yet having "nothing to wear" when it really matters!

Here's a smart trick that might help you from excessive anxiety when you need to decide on what to wear. And, shockingly a bunch of

one-piece dresses, palazzo pants and skirts tend to do the trick!

1. One-piece/ Dresses/ Gowns:-



Whether it's a ball, a special dinner date or a work party, a basic black or red knee-length dress would suffice in the best of ways. Black is the "always in fashion" color that you can never mess up in any event. And, Red is the color that adds glamour to every girl.

At the same time, dresses look formal and thoughtful enough that it seems like you made an effort and not simply strolled in. Skirts or shorts don't give the matured outlook of an adult and lack the glimmer of festivities.

So, just pick out a few formal gowns or dresses in Black and Red, add some pearls and heels to go along with it and you're good to go! No one sees the difference in Black and red as long as it's beautiful and looks good on you. So, even if you repeat it once in a while, you're safe!

2. Palazzo pants:-





Moving onto the routine work clothes that are smart and at the same time comfortable, we suggest you pair up a crisp shirt or blouse with palazzo pants in any somber shade of green, blue, grey or sunset orange. These never get old. They are trendier than suits or blazers for an interview or a day at workplace and definitely more comfortable. The loosely running pants look best with tight-fit or snug tops and perfectly altered blouses. Pair them with a classy wrist watch and boots or stilettos; wear your hair in a French twist or bun and you're perfect.

3. Skirts:-



Last but definitely not the least, your intimate yet informal, dates or outings with friends call for plaid skirts or floral print skirts that give you a bubbly glow and a cheery personality.

It is the best time to show off your perfect legs and catch a bit of tan in the outdoorsy events. If you plan on going dancing in a Flamingo studio or a club, skirts are your salvation. A weekend picnic, a stroll in the garden, an ice-cream date or a girl shopping-spree, you can never go wrong with a cute denim or floral plaid skirt. Bright sandals and beady bracelets complete the ensemble with finesse.

So, let your hair down and spirits up!



The next time you need to pick out an outfit, keep these pointers in your mind and look flawless.

Create your own style of Fashion

Vasudha (BA 3)

-Seerat (BA 3)

Fashion can be defined as comfort, in vogue, trendy and something that defines a person and PGGCG has got it all. Fashion is something that makes a person stand out in crowd .it is not only about trends; it is about making an impact. Following some fashion magazines or some fashion houses cannot make a person fashionable but bringing out your imagination and putting it into your clothes , way of dressing , Make- up and the way of presenting yourself is what makes you different and keeps you in vogue. Fashion and confidence have a deep connection. A person is fully confident when he is aware about the fact that he is dressed perfectly and is carrying himself really well according to the latest fashion trends.



Some fashion tips and tricks

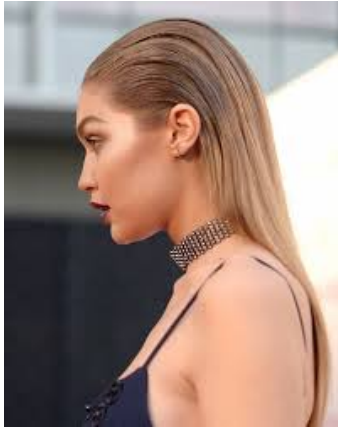
Here are some fashion tips and tricks to wear your lovable clothes like a pro:-

- **Accessorize with Brights:** If you have a closet full of neutrals like navy, black, camel or gray – add energy with boldly hued shoes and bags. Not only is a ruby red satchel more lively than Ho-hum black, but it's also surprisingly versatile.
- **Go hands-free for the evening:** A dressy bag with a chain helps you to hold all your important stuff; it ends a cool edge to evening wear. Wear the chain diagonally across your body for the best effect.
- **Belt it:** Belting up your outer wear, scarf top or classy tunic at waist accentuates your curves and add refinement to the casual outfit. Opt for an edgy and polished belt to complete the look.



- **Vintage pieces with a contemporary twist:** To bring another decade to the current era, blend vintage or retro pieces with modern high-end clothing. For example: - pair swingy vintage midi skirt with leather jacket and sleek-pointy toe heels.
- **Slicked back hair:** Wet back styled hair is ideal for hot summers. This

fresh casual style suits all length of hair and looks really cool.



- **Hair style with front bangs:** Whether you have curly or straight hair, front bangs look equally flattering. Front bangs can enhance any hairstyle and softens angular facial features, making you look ultra-stylish.
- **Bottoms:** A modern trick to looking like the most effortlessly stylish girl in the room can be pairing dressy bottoms (a velvet maxi, a leather beaded skirt, silk pants) with a worn gray crew-neck sweatshirt or t-shirt.

Ramp it up with your winter styles

- **Become a layering expert:** - Don't be afraid to pile on the layers. A turtle neck, under a sweater, under a jacket, under a coat, for instance, will definitely keep you warm.



- **Let your boots steal the show:** - Got a great pair of over-the-knee boots? Show them off by pairing them with

a short dress. Or if you have ankle boots then pair them with cuffed jeans or a dress.

- **Play with caps:** - Keep yourself warm and stylish by wearing a cap or beanie in the coming winters.

Playing with your old stuff:-Here are some tips to use your old stuff without creating a mess.



- Denims are the most reliable stuff in terms of longevity. Just rip your jeans with a blade and we have a new pair of jeans.
- You can also style your old dupatta to turn it into a shrug or a kaftan by using safety pins and 2 simple knots.
- We can also create a double scarf by tying knots on two different color jersey tops and give them a whole new look.

Also, there are some fashion tips by **the Oppo Times Fresh Face winner, Chandigarh, 2016** and our very own college diva **KRITIGYA CHAUHAN**. These tips can prove to be very useful for the girls who like to experiment with their clothes. Let's see what she has to say about the recent fashion trends:

1. What does style mean to you?

For me style is something that defines your personality. If I like it, I

wear it, fashion rules don't really work for me.

2. Who is your style icon?

Victoria Beckham, because her style is out of the box and the way she artistically blends her unique ideas with class and sass, really fascinates me.

3. What are some of your current fashion obsessions?

I am not really obsessed with a particular fashion, but bell bottoms really do work for me, because they are really comfortable and the retro element that they bring, kind of defines me.

4. Heels? Or flats?

Definitely flats, because comfort is my first priority.

5. How would you like to dress up for a wedding ceremony?

I feel that a simple saree with an embroidered blouse and Punjabi jutties will be a good look to pull up at a wedding. For accessories, ethnic jhumkees will be more than enough for me, as I like to keep it simple.

6. What styling advice would you give to the college girls?

I feel college is the perfect time to experiment and explore your style and what goes with your body type and other unique features, so the only advice that I would like to give is that, wear everything that catches your eye and try every look that you have dreamt of in your early teens, because this time will never come back and as I said it before, if you like it, wear it.

These fashion tricks will give a whole new look to your wardrobe and will make you look like a dream.

Societal Soirees

Anushka Malik (BA 3)



In this cut-throat world,

I felt highly blessed,

When, once I came to PGGCG-11.

And, realized that even learning could be fun!

Something or the other keeps happening,

Here, there and all around the campus.

In the name of learning, we're thriving,

And are growing with each class!

NCC and NSS,

Cadets and volunteers,

We compete with, yet support-

All our mates and peers!

Numerous societies, we enroll in,

Learning something novel and new with each,

Be it *Prakriti Society* that teaches us to “Go green!”

Or, *Prashasnika* that deals with political-ethic.

Each and every department does lend-

A helping hand and is a god-send!

Psychology has *Manorang* to teach,

And, remove myths, not to preach.

They also have *Mehfooz* that tells us-

“Quit the Booze, Be Mehfooz!”

Then, we have our *Traffic Awareness*

And Road Safety Society,

To instill within us-

The imperative laws and responsibilities,

Of driving and other duties.

The *Epiphany Society* helps polish,

Our literary and debating talent.

While, GlowWorms relish,

In fine-combing books and dissecting,

What each ancient poet had meant.

At the backbone of this crucial body,

Lays the *Hum Hain Society* of Gender Equity.

With their annual events full of amity,

The charity fund-raisers of Joy of Giving,

The rallies of the One Billion Rising,

And others like ‘Wordy Brew’ that unite us girls,

Between classes and moments of lulls.

The *Red Ribbon Club*,

With their twice-a-year,

Blood Donation Drive attracts peer,

And teachers alike in the hub.

For once, in this race, hitting pause,

Joint in this novel cause.

The *Heritage Society* instilling

Within all of us,

A sense of pride,

For our cultural arts.

And, uniting us, as one being.

Kala Srijan Society, with all its colors-

And myriad hues imbues,

The honorable ‘best out of waste’-

Arts and crafts in each of their,

Students’ plate.

Thus, all these societies,

And, all these clubs,
Did wonders to our overall development,
As well as our inner sense of contentment.
These societal soirees,
The best part of our college days,

Will be remembered, forever treasured.



Manorang Creative Writing Event

The Psychology Department's Society, *Manorang* organized its Annual Creative Writing Event on the 27th of September, 2017. The student participants were given the topic of *Technology, as a trap*, to express their creative talents in. The thoughtful topic not only unearthed students' views on the subject but also, brought to the forefront the harsh realities it entailed. The best three entries of all were rewarded. Here are the prize-winning entries.

Technology –A Trap

-BhanuPriya (BA 3)

The world has changed enormously in the last few decades. Things are no longer done the way they were done before and the change is completely owed to technology. It is the progress that the science has made at such a fast pace that our grandparents who relied on letters and postmen to convey their messages are now using WhatsApp video-calling to talk to their children living away from them. All of this, in such a short period of time, has happened only because of technological progress.

People no longer need others to click their pictures because selfie-sticks can do the job. We try to google our symptoms before consulting a doctor just to find out what can be done to solve our problem. In parties and social gatherings, people do get together at one place but end up being at several different places due to the phones in their hands. Families sitting on the dining table would rather text back or respond to important E-mails than to talk to each other. Friends do hang out with each other but the focus of attention is on the recording of perfect Snapchat stories.

Technology has certainly made our lives easier in so many different ways but it has also caused hindrances in the day to day lives of people which we are just starting to realize. When we talk about how technology facilitates an easy life, numerous things come to our minds. Each and every aspect of our daily lives has something to do with technology, be it mobile phones, internet or even the kitchen appliances. But the consequence of this technological revolution is that instead of bringing people closer, it is

tearing them further apart. It may facilitate the internet connection between two friends who live in two different countries but it hinders the emotional connection with the friend who stays with you all day but never really talks. Another example is the family where we get together each night to eat but nobody is even interested to know about each other's day. Instead, we would click a picture of our food and send it to our friends to let them know what we are eating. People choose to believe internet over the certified doctors so much so that some of them would believe they have deadly diseases even when they are suffering from a mere viral fever.

Other consequence of this revolution is dependence. This may be underrated but definitely hard to ignore. The dependency here does not imply the needs to which the gadgets and technology cater. The dependency is actually in the sense of emotional and mental needs that we have developed in the past few years and of which people are not even aware yet. These needs serve no good purpose. For instance, the millennial is focused on getting the next best phone, on having the perfect aesthetic picture for Instagram, on travelling and sharing the travel details on social media, on buying branded clothes and showing it off on their Snapchat stories. All of this is merely a trap. Our lives are trapped in this cycle of doing things, showing off to others, feeling happy and repeating the same again. We no longer do things just for ourselves. The element of letting others know what you are up to is new but it is not avoidable. It is overpowering our lives so much that things or experiences themselves don't make us happy, the acceptance and appreciation from the crowd on the internet makes us happy. And, if you are not able to get those "likes"

on FB, although you had an amazing experience, it will seem amazing no more.

Nevertheless, we cannot believe this trap to be our destiny. It was us who got into it and we ourselves possess the power to get out of it as well. It was us who chose technology over real connections and we can reverse it as well. The need of the hour is to understand the problem prevailing in our lives and not let it overpower us. Expensive phones, exotic vacations perfect Instagram photos do not guarantee happiness. You may have all of those and still be unhappy. We need to remember that all of this exists only in a virtual world and we still have a real world full of different people and beautiful souls. The data existing on the internet can be erased in a second by mistake but the memory of your vacation will always be alive if you had a great time there. The comfort provided by technology cannot guarantee happiness, only a satisfied soul can ensure that. Hence, just as the saying goes: "Don't fill up the mind, feed the soul", we should shift our focus from coming out of the trap where the technology facilitates, yet does not control our lives.

(1st prize in Manorang Creative Writing 2017-18)

Clicking Into An Insidious Trap

-PoojaKapil (BA 2)

In a world of extravagance,

In a world so comely,

We derive pleasures not from natural aesthetics,

But from different fallacies.

We want to Facebook but not to face a book,

We want Instagram but not an instant connection with life,

We want everything with a click,

We don't desire to explore,

To search for a meaning in everything.

We want Google to talk,

While with fellow humans, your words may halt.

We've become mere puppets in the hands of technology,

We've been deluded by the idea of an easy life,

The innate inquisitiveness has lost its exalt,

And, a life of click and tick has become one of exult.

What we don't realize is that life is not

About what you've got,

But about what you've experienced and felt.

Thy existence resides in trying and failing,

Not in buying and rejecting-

-the emotions that you should've felt on your own.

Live a life you've carved out of compassion,

Not a life which doesn't even touch the contours of individuality.

(2nd prize in Manorang Creative Writing 2017-18)

Technology –A Trap

-NeymatGrewal (BA 2)

It has taken all-

Young and old,

Asian and American

In it's lap!

Says the boy-

Who plays in the park?

I've got my own X-Box,

And the latest games.

Says the girl-

Who goes out to eat with friends?

When you can chat

With all of them

On FB, Insta, and WhatsApp!

Says the man-

Who goes tiring oneself on that hill?

I can enjoy the cliff,

The sea, the wind,

Through my 3-D sunglass set!

Says the woman-

Who needs to be with the child all the time?

When the child can be engaged with the mobile?

See wherever you desire,

You do not see humans-

Embracing the wind,

Welcoming the sun and

Appreciating the flowers,

Their heads are bowed down,

Eyes stuck on the screen,

Emitting mesmerizing blue light!

No conversation,

No interaction,

No hard work we need,

As we have got technology,

It is becoming our only-

Friend, confidante, family.

You fear when robots

Will take over mankind,

But, oh! Dear, lovely,

Innocent man!

You, yourself, will become-

The Robot-clan!

(3rd prize in Manorang Creative Writing
2017-18)



Joy of Giving

From the day we
are born,

And enter the world of the living,
In some form or the other,
We keep on experiencing the 'Joy of
Giving'.

A mother leaves even the last bite of food for
her still hungry kid,
Never pointing out what she did.
That is the real meaning,
Of the 'Joy of Giving'.

A father, the family's protector, their guard,
Does everything in his power to work hard.
Never complaining, or blaming,
He keeps explaining "I love you".
That is the real meaning,

Of the 'Joy of Giving'.

An old grandma, a distant uncle,
The relatives who cherish their little wards,
What is their ultimate reward?

Every little kid, and grown men,
Shall understand from Day One,
What is the real meaning?
Of the 'Joy of Giving'?

To relish in the feel of sacrifices,
And to give up little things for the less
fortunate.
Show compassion to those facing crisis,
Open your gates! Join hands with mates!
Experience the 'Joy of Giving'!

Anushka Malik
(BA 3)

JOY OF GIVING 2017

-Ishita Sarkar (BA 3)

Joy of Giving is the annual fund-raiser, organised by the HUM HAIN Society for Gender Equity of our College, PGCG-11 Chandigarh. This year's theme being:

"Light up Someone's Life with Loving Kindness".

This year the event was organised on the 26th - 27th September, 2017 and the students and faculty had put up stalls in the Nescafé area of the college premises. There were stalls for delicious homemade bakery items, beverages, sumptuous tarts and treats, as well as for nail art, decorative items, designer clothes and games. The stalls with their amazing articles and fun-filled activities received a lot of footfall on both the days and were enjoyed by one and

all. The enthusiastic participation by the students and staff members for the purpose of charity was done very creatively.

Prof. (Dr.) Anita Kaushal, the Principal of the college graced the event with her presence and appreciated the efforts the members made year after year. The actor, anchor, singer and the heartthrob of many in the tricity, Bhavdeep Romana was the star attraction on the first day of the event, who with his charisma, overjoyed the students and motivated all by visiting all the stalls and appreciating the efforts the faculty and students were making for charity.

The collection over the two days was Rs. 60,000/-, out of which Rs. 30,000/- was given to the Guru Aasra Trust which has a shelter home for girls, Rs. 20,000/- to College Sahyog and Rs. 10,000/- to Women's NGO Jagori (at Sidhbari, Dharamshala).

Another successful year added to the list of many more to come in the future of the 'Joy of Giving' fairs!

REVIEWING THE GREAT 'ROBERT FROST'

"Poetry is when an emotion has found its thought and the thought has found words."

Robert Lee Frost, commonly known as Robert Frost was born on 26th March, 1874 and is one of the most celebrated poets of America. He has written a large number of poems which have been appreciated by many critics. His work depicts American rural life with its natural beauty. Frost finds a sensuous pleasure in writing about nature and understanding the relationship between man and soil.

*"Two roads diverged in a wood, and I,
I took the one less travelled by,
And that has made all the difference."*

Some of his poems such as, 'The Road Not Taken' showcase the dilemmas that one faces in the course of their life. We all are offered two choices in life – an easy one and a not so easy one and it depends upon us whether we want to take an easy choice and never grow or a not so easy one in order to explore ourselves.

*"The woods are lovely, dark, and deep,
But I have promises to keep,
And miles to go before I sleep."*

In his poem, "Stopping by the Woods on a Snowy Evening", he conveys a message that even though we have pleasures in life but we have to keep them aside and keep moving or working harder in order to pursue our dreams. This poem has been appreciated by masses and fellow poets.

Robert Frost was awarded first of four Pulitzer Prizes for his book New Hampshire. He also won Pulitzers for collected poems, *A Further Range*, *The witness Tree*. His work shows that nature in its own way gives us values to live a peaceful life. His unique appreciation of life gives his readers a novel perspective to think about, act and rely upon.

"The best way out is always through."

And, *"In three words I can sum up everything I've learned about life: it goes on."*

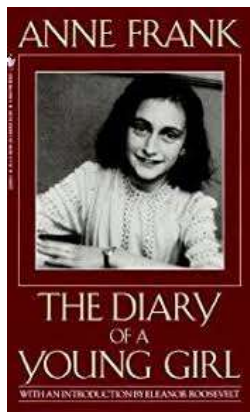
He has showcased a beautiful relationship between man and nature and one can always get inspired after reading his work.

"A poem begins in delight and ends in wisdom."

Manvi Sharma
(BA 1)

Book Review- 'The Diary of a Young Girl'

-NaazneetKaurSaini (BA 3)



"The Loneliness of Adolescence" is the phrase that best depicts the outcome of 'The Diary of a Young Girl' by Anne Frank.

While she's in hiding, Anne decides to keep a diary as a friend, whom she names 'Kitty'. The reason why Anne's diary is so important is because it gives us valuable insight into the life of a Jew in hiding during the World War IInd. It is also important because it is from a child's perspective. Many diaries were written by adults during that time, but this one is through the eyes of a young girl which makes it more appealing to younger readers. Anne Frank's diary transports you back in time so that you can almost experience the horrors that she went through. The diary was originally in Dutch language and was written when she was in hiding for two years with her family during the Nazi occupation of the Netherlands.

Anne wrote of her very close relationship with her father, lack of daughterly love from her mother (with whom she felt she had nothing in common), and admiration for her sister's intelligence and sweet nature. Anne Frank faced the threat of discovery and death every single day while living in the Secret Annex. Despite terrible circumstances, however, her strength of spirit comes through in her diary. "...I still believe, in spite of everything," she wrote while in hiding, "that people are truly good at heart." Anne was one of the millions of people during the Holocaust who found the courage to get through each day.

Members of the Secret Annex live their lives as normally as possible while in hiding. Anne wrote in her diary to help her tide over this difficult phase of her life, little realizing that her voice would survive the darkest days of human history.

Anne and Margot Frank were spared immediate death in the Auschwitz Gas Chambers or "Death Chambers" and instead were sent to Bergen-Belsen, a Concentration Camp in northern Germany. In March 1945, the Frank sisters died of typhus at Bergen-Belsen; their bodies were thrown in a mass grave.

June 25, 1947, young Holocaust victim Anne Frank's diary was posthumously published when her father, Otto Frank, printed 1,500 copies in Dutch. Since then, this diary has gained wide recognition. It was even included in the Indian School Curriculum for 10th Std. students as a compulsory read. This diary is truly a work of heart-wrenchingly painful, yet beautiful art.

Book: The Catcher in the Rye

Author: J.D. Salinger

Country: United States

Language: English

Genre: Realistic Fiction

Published: July 16, 1951

Pages: 214

Termed by Times magazine as one of the 100 best English language novels, 'The Catcher in the Rye' is J.D Salinger's first. The novel is a coming-of-age fiction covering the theme of teenage angst and rebellion. It portrays brilliantly, the issues of adolescence that need to be addressed like alienation, disorientation and loss of identity. It was not over-estimation when Modern Library and its readers placed the novel amongst the best of the 20th century.

The story centers on a 17 year old boy, Holden Caulfield as he narrates his life events from last year. Presently in psychiatric care, he recalls how he ended up being there. It begins with him being expelled from the fourth school he had been to: Pencey Prep Academy, on grounds of failing in all subjects but one. He leaves the school early and remains underground at his home city in New York in order to avoid facing his parents who are yet to receive his letter of expulsion. The story traces his inability to fit in the adult world which he both despises for its pretentiousness and yet desires to connect with. He finally finds solace in the company of his younger sister and is happy and at peace after several disturbing encounters with other humans

who fail to understand his perspective and inner mental struggle.

The title comes from Holden's misinterpretation of a song he heard from a boy: 'coming through the rye' and pictures himself as the savior of all those children working in rye fields and makes it his aim in life to catch them when they fall.

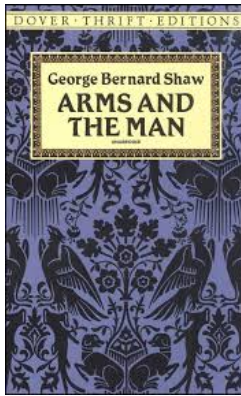
Holden has today become an icon of teenagers who face similar complexities in adjusting with the world, complying with its norms to be accepted and considered 'normal' there.

It is truly a classic and poignant tale and a unique and extraordinary attempt of its time. Though it was banned and is often criticized for its language but it's this very colloquialism of Holden that makes it popular among the young adults who have found a voice in him.

I laughed at his blatant mockery of the people around, pitied his state when he tried so hard to make them see what they couldn't, felt helpless whenever he felt lonely and dejected, reflected on his story and finally smiled when he did 'watching old Phoebe going around and around in her blue coat'.

It is a must read for all and sundry as there is either a Holden within us or amongst us who needs attention. It also questions our roles as members of society who ignore and dismiss such Holdens around us. As Holden puts it, "Sometimes I act a lot older than I am - I really do - but people never notice it. People never notice anything."

Vasundhra Singh
(BA 3)



Play Review- 'Arms and the Man'

-YashikaYadav

(BA 1)

Arms and the Man is a three-act comic play written by George Bernard Shaw (26th July, 1855 – 02nd Nov,

1948) and was published in 1898. It has by now become one of the most popular plays of Shaw. In the story, we come across a character of a man who is less interested in the heroics of war and more so in making out of it alive, yet, he is not a coward, rather a man who is dashing and brave.

This “mock-epic” takes the reader from romance to realism. It is complex- in both plot and character. The story is colorful and very entertaining. It is filled with witty and amusing dialogues, a well-constructed plot and characters. A perfect light comedy designed to amuse even the most severe of audience; it is also a deadly serious play as it launches a fierce attack on the mindset of that time: that war is heroic and magnificent; and that the brave soldier is the supreme icon of manhood, something to be esteemed and admired.

The play, set during the Serbian-Bulgarian war of 1885, is the story of the encounter between Raina, a Bulgarian maiden engaged to the young officer Sergius, and the Veteran captain Bluntschli, a Swiss mercenary in the pay of the Serbians, who escapes capture after a battle by hiding in Raina’s bedroom. Frightened at first, Raina soon views the captain with contempt, compared to her brave fiancée, for he seems fearful and not at all professional: for instance, he carries chocolate in his ammunition bag (“You can always tell an old soldier by the inside of his holsters and cartridge boxes.” Bluntschli says. “The young ones carry pistols and the cartridges; the old ones, grub.”)

Soon the Swiss captain rejoins his regiment, Sergius returns from the war and then- following captain Bluntschli’s unexpected return- Raina begins to realize that perhaps her “chocolate cream soldier” (as she fondly calls him) maybe the better man after all. In the end, Bluntschli openly proposes Raina to marry him, while Sergius chooses Louka (Raina’s maid) to marry. The notion of ‘higher love’ is broken and Raina accepts Bluntschli as her true love and husband.

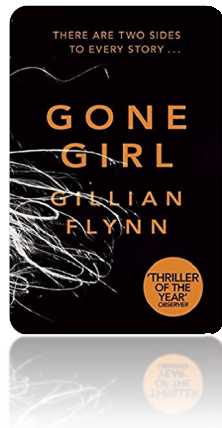
George Bernard Shaw was born in Dublin in 1855. About the purpose of writing this play, Shaw said “Life isn’t about finding yourself, life is about creating yourself.” His play ‘Arms and the Man’ has received many awards.

Breaking stereotypes, questioning double standards, while rousing a good laugh, it is indeed a very gripping play.



BOOK REVIEW-GONE GIRL

-SumanpreetKaur (BA 3)



“Ice-pick sharp...spectacularly sneaky...impressively cagey...Gone Girl is Gillian Flynn’s dazzling breakthrough.”

-*New York Times*

Marriage can be a real killer. One of the most critically acclaimed suspense writers of our time, New York Times bestseller, Gillian Flynn, takes that statement to its darkest place in this masterpiece about a marriage gone terribly wrong. *Gone Girl*’s toxic mix of sharp-edged wit and deliciously chilling prose creates a nerve-fraying thriller that confounds you at every turn.

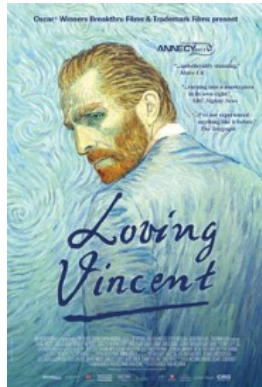
The novel opens as Nick Dunne finds that his wife, Amy Dunne, has gone missing on their fifth wedding anniversary. The narrative switches between Nick’s point of view and Amy’s diary. Gradually the two converge and the mystery is revealed.

Amy and Nick meet in 2005 and fall in love. They get married and their marriage is blissful. Nick describes Amy as the ‘best possible wife’- smart, funny beautiful and rich. Things start to go sour when both Nick and Amy lose their jobs and money and are forced to move to Nick’s hometown of Missouri to care for his dying mother and father. Amy is attentive and supportive. She is in love with the idea of having a husband though she knows things are falling apart. Nick becomes distant and abusive towards her. And suddenly Amy disappears- gone, without a trace.

Nick calls the police but there is something strange about his reactions. He keeps referring to Amy in the past tense. Gradually the blame starts to swing his way. He lies to the police, little lies that don’t really matter, but why is he doing it? And Amy’s diary is suspicious too; her version of events of their past is different from Nick’s. We begin to see the chinks of darkness present in their seemingly perfect marriage. The questions that arise are- Where is Amy? And who is telling the truth?

Flynn smartly uses her unreliable characters to create a baffling effect which guarantees an immediate reread once the terrifying conclusion is reached. Flynn shot to fame in 2007 with her debut novel ‘*Sharp Objects*’ and has done an even better job in ‘*Gone Girl*’ making it a must read.

Movie Review – Loving Vincent



-Anushka Malik (BA 3)

Loving Vincent is a 2017 animated biopic about the life of painter Vincent van Gogh, and in particular, the circumstances surrounding his death. It is the first fully painted animated feature film, written and directed by Dorota Kobiela and Hugh Welchman; and fabricated in such a way that each of the film's 65,000 frames is an oil painting on canvas, using the same technique as Van Gogh, created by a team of 125 painters. All the major characters of the movie adaptation were actual oil paintings made by Vincent van Gogh himself.

The story begins one year after Vincent van Gogh died. Postman Roulin urges his son Armand to personally deliver Van Gogh's last letter to his brother, Theo. The father explains the importance of the 'last letter' in anybody's life and thus, convinces his son to deliver it despite his not being too fond of Van Gogh. Postman Roulin acknowledges Van Gogh's mental illness but also blames the townsfolk who made matters worse for the eccentric painter at every turn. He also expresses his shock at Van Gogh's death because, six weeks before he died, Van Gogh had written to him and stated himself to be 'calm and normal'.

Armand, thus, embarks on his journey; letter in hand, to deliver it to the painter's closest living relative. At the onset of the journey, he had no idea that this seemingly simple

visit would transform into a mysterious adventure in which he would play the role of the lead interrogator, hell-bent on discovering the truth behind Vincent's death.

He starts with a visit to Père Tanguy, who informs him that a depressed Theo, suffering from syphilis, had died shortly after his brother's death. While describing Van Gogh's funeral, Tanguy mentions that Dr. Gachet, who had been responsible for Van Gogh's care after his release from an asylum, had treated Van Gogh as family and had been visibly distraught during the funeral.

Thus, Armand travels to Auvers-sur-Oise to meet Dr. Gachet. Finding him out on business, he decides to stay at an inn to await his arrival; the same inn where Vincent had lived and died during his stay in Auver. Coincidentally, he stays in not just that inn but the same room where Vincent had lived and died. Armand's stay at the inn slowly turns into an investigation, bordering on obsession; to find out how exactly Vincent had died. He leaves no stone unturned. He talks to Dr. Gachet's housekeeper, Louise, as well as Dr. Gachet's daughter, Marguerite who is rumored to have been in a short romantic affair with Van Gogh. He strikes up a conversation with the inn-keeper, Adeline Ravoux, who was quite fond of Van Gogh and was present on the day of his 'apparent' suicide attempt and eventual death. Upon her suggestion, Armand visits the local boatman, who informs him of Van Gogh's closest company which included Marguerite and a few other ruffian friends, mainly René Secrétan. After a visit to Doctor Mazery, who examined Van Gogh, Armand also learns that the shot that killed the painter came from a distance, and at an angle that made it impossible to rule it a suicide. Armand's mind is full of conspiracy theories and unsolved mysteries when Dr. Gachet finally returns.

On his return, Dr. Gachet promises to deliver Armand's letter to Theo's widow, the only living relative of Vincent. He also negates

any possibility of murder and explains how mental illnesses could drive a person from completely calm to hopelessly suicidal in mere hours, let alone six weeks. He also confesses about his own argument with Vincent, hours before the latter's suicide. But, in the end, no matter how it happened; it had happened. Vincent van Gogh was dead.

Armand returns home and Postman Roulin later receives word from Theo's widow, Johanna, thanking Armand for returning the letter – signed, "With a handshake. Your, Loving Vincent."

The movie leaves no loose ends. And, the end credits reveal that Armand pursued a lifelong career in the army; Adeline married a local innkeeper; Marguerite remained unmarried in her father's house; and René Secretan admitted on his deathbed to tormenting Van Gogh, but claimed Van Gogh had stolen his gun to commit suicide.

A title card notes that Van Gogh painted over 800 paintings in just 8 years, of which only one was sold to the public in his lifetime. And yet, he was named as 'The Father of Modern Painting' by Art Historians worldwide.

The leading cast of characters painted by Van Gogh himself, is as follows:-

- Robert Gulaczyk as Vincent van Gogh
- Douglas Booth as Armand Roulin
- Jerome Flynn as Dr. Gachet
- Saoirse Ronan as Marguerite Gachet
- Chris O'Dowd as Postman Roulin
- John Sessions as Père Tanguy
- Eleanor Tomlinson as Adeline Ravoux
- Aidan Turner as Boatman

In total 65,000 frames were painted, although the process of transferring them to film proved difficult with only 1,000 surviving the process. On the review aggregator Rotten Tomatoes, the film has an approval rating of 82% based on 115 reviews, with an average rating of 7/10.

The film has won many international as well as home and audience awards. And it has also been nominated for Golden Globe in the Best Motion Picture (Animated) category. It is undoubtedly, a must watch for all art lovers, history inquisitors, psychologists, literature scholars; as well as anyone who simply loves a good mystery. Granting, the mystery remains a mystery at the end of the movie.

LA LA LAND : OSCAR'S FAVORITE



Are you a fan of musicals? If yes, well then this masterpiece will definitely live up to your expectations. Starring Emma Stone and Ryan Gosling, this movie celebrates the retro romance of two young people and will inevitably bring every dreamer's fantasy into real life. This mesmerizing musical will drop your jaws till the last scene. This melodious drama makes you relive the nervous excitement of first love and the devastating emotions of shattered dreams.

‘Life may not always pan out the way one desires it to’, is the basic theme of this beautiful heartfelt story.

The terrific performance of Stone and Gosling add further to the beauty of this musical motion picture. Film maker, Damien Chazelle perfectly portrays the tale in all the four seasons -Winter, Spring, Summer and Fall, which depicts the different shades of

their love life and the struggles faced by them while chasing their dreams. The story depicts the two individuals with high hopes who, while making their dreams come true, go separate ways and never rekindle their love.

Mia (Stone) who is an aspiring actress and Sebastian (Gosling) who is a jazz pianist and wants to open up his place, while chasing their dreams, depart from their ways and are never able to blossom their love again. This is the essence of the movie, which makes it different from others. It leaves a deep impact on our minds and provokes us to think, “Should love ever be sacrificed for ambition?”

This impeccable piece of art has won many Academy awards. The perfect screenplay, soulful music and spectacular acting by the actors add beauty to this exuberant musical. This is the Hollywood fairytale which will remain with you forever, even after the end credits have rolled away.



Gauri
(BA 3)

MOVIE REVIEW

THOR: RAGNAROK



93%- Rotten Tomatoes

8.2/10- IMDb

Marvel Cinematic Universe (MCU) makes another addition to its adrenaline-filled ride with the release of **Thor: Ragnarok**. Outshining the franchise's first two films, Thor: Ragnarok-in all its high-octane, adrenaline-pumping glory-is an ambitious and thunderously witty film that fans have been waiting for.

Marvel and Disney have outdone themselves-Thor: Ragnarok is the best film in their superhero cannon to date-thanks to the weird genius of the director Taika Waititi. The Kiwi filmmaker brings a whole new layer of hilariously awkward comedy while striking the right balance of heroism and humor in the character of Thor, something the previous films had missed.

If you've been following the sprawling timeline of the MCU, you'll fit right into the story. The events in the film run parallel to the events in *Guardians of the Galaxy Vol. 2* and *Captain America: Civil War*. The story picks up two years after the Battle of Sokovia (featured in *Avengers: Age of Ultron*). A loyal protector of Asgard, Thor-the God of Thunder (Chris Hemsworth),

must stop the end of the world- Ragnarok itself- and go up against a ruinous adversary, Hela- the Goddess of Death (Cate Blanchett).

But first, he has the misfortune of being kidnapped by a drunken bounty hunter Valkyrie, played by Tessa Thompson; Thompson embodies everything we want in a conflicting female character-ferocity, flaws and a swagger that gives Thor a run for his money.

She takes our hero to the flamboyantly wicked Grandmaster (Jeff Goldblum), who makes him fight in a hunger-games style arena where he runs into his younger brother Loki (Tom Hiddleston), his "friend from work", Hulk (Mark Ruffalo) and a friendly neighbourhood captive, Korg (voiced, hilariously, by Waititi himself). This ragtag team of 'Revengers' have to hatch an escape plan while Heimdall (Idris Elba) works in the background to keep Asgard from falling apart.

Thor: Ragnarok plays to each actor's strengths. Hemsworth, with his crackling smile, excels at convincing the audience that the planet is in capable hands. Ruffalo wonderfully showcases the conflict between Bruce Banner and his alter-ego, the Hulk. Hiddleston's Loki is fantastic as a textbook younger brother-jealous and conniving. Finally, Blanchett wins over fans with her impeccable performance of a worthy villain with pure evil radiating off her. The film is blissfully free of any lazy romantic subplot and features some cool battle scenes making it a must watch.

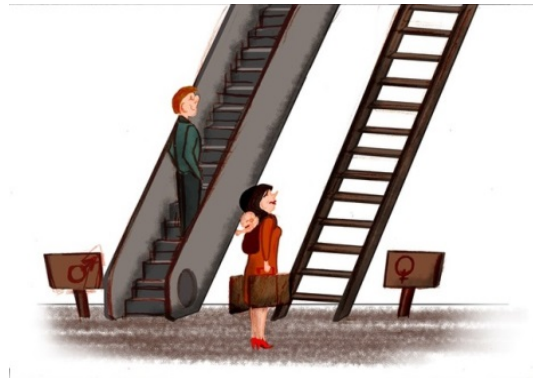
SumanpreetKaur
(BA 3)

Youth and Women

Youth and women in India face distinct challenges in participating in the productive sectors of the economy. Although women and youth are not a homogeneous group and their circumstances vary according to age, class, education, ethnicity, location and socio-economic characteristics, it is widely acknowledged that women and youth bear a disproportionate burden of global poverty. Large and growing youth unemployment threatens sustainable development and social stability, and women continue to experience barriers in almost every aspect of economic life.

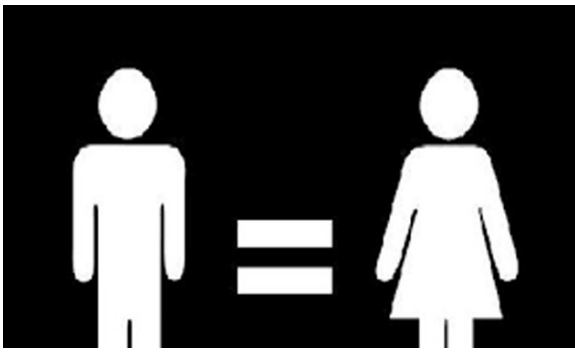


Women suffer from persistent social and cultural discrimination and unequal access to other assets and services. Earlier a woman in India had no human rights. To a man, a woman was no more than a piece of meat, designed solely for their gratification. To speak out was to live a life of daily harassment. A woman's body was considered to belong to the man solely for his pleasure; that is what our society taught us. Women were punished severely if they deviated from the norms even a little bit. Girls of today are the future of tomorrow. This tomorrow can be built only by the participation of both the sexes equally in the nation building process. Today women have become so independent and self-sufficient that they stand up, matching shoulders with men, or at least, are in the process of the same.



Realisation of the government laws of empowering women has ended up with a rationalistic approach. This rationalism has widened the dimensions of thoughts of various strata of our society who considered women as a burden on themselves and the society as well. But these timely measures have helped everyone realise their own potentials and utilise them in the best possible way. The world has experienced various dynamic changes in technologies, economies and societies. So young people are in a unique position to use innovation and technology and be the force that brings about gender equality and accelerate the development process. With the changing world, equal opportunities for all the young women and girls are being ensured. History is the evidence. Razia Sultan was the first ever women ruler who inherited the throne of her father; Rani Laxmi Bai fought bravely against the British people till her last breath carrying her child on her back; Kalpana Chawla was the first woman astronaut to reach space. What can't a woman do? She is wild and ferocious in the battle field, gentle in the house and bold and intelligent in space. The primary focus of United Nations Industrial Development Organizations (UNIDO) activities in this area is on knowledge, skills, technologies and business support services needed to enable women and youth to engage in productive activities, generate income and thereby reduce poverty. UNIDO assists governments in developing policies that are gender and age responsive.

Harnoor Reen
(BA 3)
Urvashi Chauhan
(BA 3)



Gender equality is promoted by increasing opportunities for both boys and girls, through education and the ability to make vocational choices that combat gender division in the labour market.

Women Achievers of India:-



HARMANPREET KAUR

She became the first woman to be signed by an overseas 20 franchise and also the captain of T20 Cricket team.



POOJA THAKUR

She became the first Indian woman to lead the Guard of Honor at the Presidential residence.

BLUE WHALE CHALLENGE

-Sudiksha Ahuja

It is a 21st century social network phenomenon that is claimed to exist in several countries beginning in 2016. The game reportedly consists of a series of tasks assigned to players by administrators over a 50 day period with the final requiring the player to commit suicide. It came to prominence in May 2016 through an article in a Russian newspaper, *Novaya Gazeta* that linked many unrelated child suicides to membership of group "F57" on the Russian-based V Kontakte social network. A wave of moral panic swept Russia. However the piece was later criticised for attempting to make a causal link where none existed and none of the suicides was found to be as a result of the group activities.

What is 'Blue Whale'?

There is some confusion about the origins, but the title is believed to be a reference to an act carried out by some blue whales, which appear to beach themselves on purpose, causing them to die. The name is apparently being used by an alleged online pressure group, which is said to assign a curator to individual participants who then encourage them to complete tests over the course of 50 days. These assigned tasks reportedly escalate from straightforward demands such as watching a macabre video or horror film to something more sinister - even leading to suicide. Unfortunately it is not unusual for teenagers to be drawn to social media groups that ultimately have a detrimental effect on their mental health.

Structure

While many experts suggest "Blue Whale" was originally a sensationalized hoax they believe that it is likely that the phenomenon has led to instances of imitative self-harming and copycat groups, leaving vulnerable children at risk of cyber bullying and online shaming.



Blue Whale is described as being based on the relationship between participants (or challengers) and administrators. The administrators prescribe a series of duties that players must complete, usually one per day, some of which involve self-mutilation.

Reported cases

India

- Throughout 2017 media in India has reported several cases of child suicide, self-harm and attempted suicide alleged to be a result of Blue Whale although no case has been officially confirmed.
- In August 2017, the Government of India's Ministry of Electronics and Information Technology requested that several internet companies (including Google, Facebook, and Yahoo) remove all links which direct users to the game. India been

the second most common form of death of children, according to a 2012 report.

- **Thiruvananthapuram, Kerala:** Manoj, a 16-year-old from Kerala, is the latest victim of the dangerous game as claimed by his mother. The young boy was found hanging at his home on July 26. Earlier, the family told the police that it was because of failed relationships and scolding by the boy's mother. Three days ago, however, Man's mother filed a fresh complaint, saying the Blue Whale challenge could have led to his death.
- **Mumbai:** A 14-year-old boy jumped off from the seventh floor of a building in Mumbai on July 26 evening is another suspected case of Blue Whale suicide game. The deceased, Manpreet, was a class nine student in a school in Andheri East. While locals said he played the Blue Whale game, the police said they are checking Manpreet's cellphone and computer to ascertain the same.

TASKS –

Some media reports say that participants are required to send photos to a “curator” or a “whale” proving they did the tasks. The “whale” is often an older person who is manipulating them and does not do the tasks themselves.

- Carve a specific phrase on the person's own hand or arm.

- Wake up at 4:20 a.m. and watch a scary video (sent by the curator.)
- Make lengthwise cuts on the person's own arm.
- Draw a whale on a piece of paper.
- Write “yes” on the person's own leg if ready to be a whale. Otherwise, they should cut themselves multiple times.
- Secret task (written in code.)
- Scratch (a message) on the person's own arm.
- Write a status online about being a whale.
- Overcome a fear.
- Get up at 4:20 and go to the roof.
- Carve a whale on the person's own hand.
- Watch scary videos all day.
- Listen to music the “curator” sends.
- Cut your lip.
- Poke the person's own arm/hand with a needle.
- Make yourself hurt or sick.
- Go to a roof and stand on the edge.
- Stand on a bridge.
- Climb a crane.

(At this step, the “curator” somehow checks to see if the participant is trustworthy.)

- Talk with a “whale” on Skype.
- Sit down on a roof with legs dangling over the edge.
- Another job that is in code.
- A secret mission
- Meet with a “whale.”
- The “curator” assigns a date that the person will die.
- Visit a railroad.
- Do not talk with anyone all day.



What Precautions Can Parents Take?

Parents should look at the matter with utmost seriousness. They should interact with their child/children more often. Parents should keep an eye on the whereabouts of their kids, the friends with whom they are mingling, the group chats where they are chatting.

After these steps, steps 30-49 involve watching horror movies and listening to music that the curator picks, talking to a whale, and making cuts. The last task is jumping off a building.



What Precautions have been taken by Social Media?

Social Media websites are scanning and removing any groups which are suspected to be related to suicide and games. There is no gaming app called Blue Whale. The game is played in chat rooms and groups. Many users have previously posted their self-harm pictures on Instagram. Instagram now issues a warning to users trying to find the "suicide dare game", directing them to the Samaritans, a UK-based NGO.

LGBT or LGBTIQ Community

-Christy Nameirakpam

LGBT, or GLBT, is an initial that stands for lesbian, gay, bisexual, and transgender. In use since the 1990s, the term is an adaptation of the initials LGB, which was used to replace the term *gay* in reference to the LGBT community beginning in the mid-to-late 1980s. Activists believed that the term *gay community* did not accurately represent all those to whom it referred. Some people combine the two acronyms and use the term LGBTIQ or LGBTQI (queer and intersex). Others use LGBT+ to encompass a spectrum of gender and sexuality.

From about 1988, activists began to use the initials LGBT in the United States. Not until the 1990s within the movement did gay, lesbian, bisexual and transgender people gain equal respect. Although the LGBT community has seen much controversy regarding universal acceptance of different member groups (bisexual and transgender individuals, in particular, have sometimes been marginalized by the larger LGBT community), the term *LGBT* has been a positive symbol of inclusion.

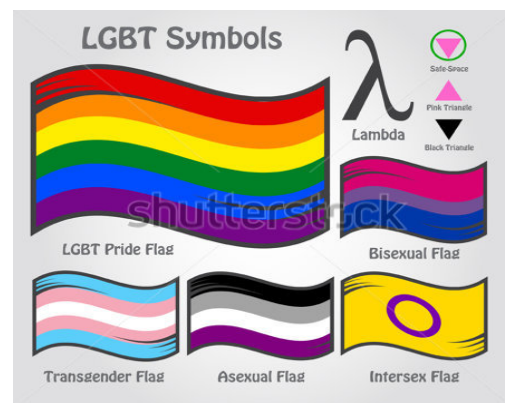
Symbolism-

The rainbow flag, commonly known as the gay pride flag or LGBT pride flag, is a symbol

of lesbian, gay, bisexual and transgender (LGBT) pride and LGBT social movements. Other uses of rainbow flags include a symbol of peace and the colors reflect the diversity of the LGBT community, as the flag is often used as a symbol of gay pride during LGBT rights marches. While it originated in Northern California, the flag is now used worldwide.

Originally devised by San Francisco artist Gilbert Baker, the design has undergone several revisions since its debut in

1978, first to remove colors then restore them based on availability of fabrics. The most common variant consists of six stripes: red, orange, yellow, green, blue, and violet. The flag is typically flown horizontally, with the red stripe on top, as it would be in a natural rainbow.



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Pride Parade-



18th annual São Paulo Gay Pride Parade, 2014, Brazil. In 2006, it was considered the biggest pride parade in the world by *Guinness World Records* with an estimated 2.5 million participants.

Pride parades (also known as pride marches, pride events, and pride festivals) are events celebrating lesbian, gay, bisexual, transgender and intersex (LGBTI) culture and pride. The events also at times serve as demonstrations for legal rights such as same-sex marriage. Most pride events occur annually, and many take place around June to commemorate the 1969 Stonewall riots in New York City, a pivotal moment in modern LGBTI social movements.

Rights-

“No union is more profound than marriage, for it embodies the highest ideals of love, fidelity, devotion, sacrifice, and family. In forming a marital union, two people become something greater than once they were. As some of the petitioners in these cases demonstrate, marriage embodies a love that may endure even past death. It would misunderstand these men and women to say they disrespect the idea of marriage. Their plea is that they do respect it, respect it so

deeply that they seek to find its fulfillment for themselves. Their hope is not to be condemned to live in loneliness, excluded from one of civilization’s oldest institutions. They ask for equal dignity in the eyes of the law. The Constitution grants them that right.”

Indian Scenario-

Section 377-The Indian Penal Code

"Unnatural offences-Whoever voluntarily has carnal intercourse against the order of nature with any man, woman or animal, shall be punished with imprisonment for life, or with imprisonment of either description for a term which may extend to ten years, and shall also be liable to fine."

Explanation: Penetration is sufficient to constitute the carnal intercourse necessary to the offence described in this section.

The hearing on February 2, 2016 was a rare remedy afforded to the petitioners, who have waged an almost two-year battle since the filing of their curative petitions in March 2014 for an open-court hearing. They have contended that the review judgment, if not corrected, may result in “immense public injury”.

India remains among the least friendly countries for lesbian, gay, bisexual, and transgender (LGBT) people. A recent survey conducted across five Indian states by Swasti Health Resource Centre for 12 such COs has shown that 52% of gay men in India without peer support suffer violence.

India’s top ten LGBTQ friendly destinations are- Mumbai, Delhi , Agra, Jaipur, Ladakh, Chennai, Pune, Bangalore and Goa. The Chandigarh LGBT Pride Walk is an annual event which was held on 15th March 2013 for the first time and is continuing till date.

Tarot Cards of the Zodiac

-Christy Nameirakpam

The tarot (first known as trionfi and later as tarocchi, tarock, and others) is a pack of playing cards, used from the mid-15th century in various parts of Europe to play games such as Italian tarocchini and French tarot. In the late 18th century, it began to be used for divination in the form of tarotology/cartomancy.



The Trump cards and the Fool are sometimes called "the major arcana" while the ten pip and four court cards in each suit are called minor arcana. The cards are traced by some occult writers to ancient Egypt or the Kabbalah but there is no documented evidence of such origins or of the usage of tarot for divination before the 18th century. Each zodiac sign is linked to one of the Tarot cards in the Major Arcana. Most of these powerful cards have images of archetypal figures that represent the essence of a type of person. There are various times when people seem to find it particular useful to have a Tarot Reading. These include:

- When you feel stuck in a rut, or directionless
- When starting a new phase in your life
- When starting out on a new project
- If you are struggling with a part of yourself, or your life, and wish for new insight
- When considering a major decision
- When you wish to think more carefully about yourself

Cold reading is a classic trick traditionally used by “psychics” but does have its place in mentalism if you so desire. You can use elements of cold reading in your act. Cold reading generally works by using carefully crafted language and paying attention to your subjects’ responses. It can also be used as a mind reading trick. See what your Tarot card says about your sign below!

Aries' Tarot Card:The Emperor- Your Tarot card is The Emperor, the guy who will always be there when you need him. This card represents your sign's loyalty and ability to stick by your friends through thick and thin. Like the royal figure on your card, you use your authority and analytical powers to help others and to achieve your goals.

Taurus' Tarot Card:The Hierophant-Your card, The Hierophant, represents learning from knowledgeable teachers who can help you search for higher truths by exploring tried and true traditions. Sifting through the superficial, these learned souls can lead you to the heart of matters.

Aquarius' Tarot Card:The Star- Your card, The Star, focuses on your optimism. When you wish on the stars, you really believe you can achieve your heart's desires. Your job in this world is to convince others they can too; thereby helping to lead them home in a spiritual sense.

Pisces' Tarot Card:The Moon-Like your Tarot card, The Moon, you are a creature of ever-changing moods. You do best when you attune to nature's cycles and use them to refresh your intuitive powers. The Moon rules emotions, which are your strong suit, especially when you use your compassionate nature to help others



Gemini's Tarot Card: The Lovers-Every Gemini is blessed with a dual nature represented by your Tarot card, The Lovers. Turning points for you often involve making a moral choice between taking the high or low road. This card encourages you to weigh your options carefully and follow the path dictated by your personal integrity.

Cancer's Tarot Card:The Chariot-You stand proud and strong as you guide The Chariot on your card, steering a steady course and rising above life's conflicts. Even though Cancers seek security, you also love the freedom of the open road where you can use your highly-developed intuition to win the race.

Leo's Tarot Card:Strength-The Strength card represents your physical strength -- like that of the mighty Lion on your card -- as well as your emotional, mental and spiritual prowess. Like the Lion, you are blessed with plenty of courage, which helps you overcome problems and obstacles.

Virgo's Tarot Card: The Hermit-Like 'The Hermit', you often need to slow down and go within to focus on your purpose in life. The image on this card -- an old man - - represents a person who is weary of the outer world. When he retreats to explore the mysteries of his inner life, he becomes open and innocent like a child.

Libra's Tarot Card: Justice-Justice holds the scales, asking you to weigh your desires against your needs. In order to reach a fair outcome, you must put your feelings and emotions aside. When you reach the light at the end of the tunnel of indecision, you will be able to serve the greater good.

Scorpio's Tarot Card: Death- Like your Tarot card, Death, you welcome transformation. You often shed your skin like a snake, seeking to release your spirit and be reborn. Because you are able to detach yourself from the ties that bind others, it's easy for you to change your identity, making you the mysterious person everyone wants to figure out.

Sagittarius' Tarot Card: Temperance-Like your card, Temperance, you are a gifted mediator, able to find common ground by balancing out judgments with genuine understanding and awareness. Like a steadily-meandering stream, you work your way through whatever difficulties get in the way.

Capricorn's Tarot Card: The Devil-The Devil card encourages you to face your shadow-self in order to gather the knowledge necessary for spiritual transformation. It advises you to reflect on any negativity that has made you doubt yourself, swap it for confidence and hold fast to your highest vision of who you are.

Starry Eyes

-ArushiBhandari (BA 1)



Her brown eyes were the most boring eyes,
You could ever see.
They never shined,
Not even on the warmest of days.

She wasn't pretty,
She knew.
-not conventionally,

But her soul was special.
You could drown in its depth,
And wake up in a world, although dark,
But, with star-lit hearts.

You could stand with her gazing at the stars,
Run wild with her imagination, barefoot.
Feel the winds play with your hair,
Smell the Stardust and be dazzled.

And in that April sunlight,
You would see her eyes truly smile.
But this reverie would never become real,
'Cause you live lifetimes apart.

When I was Young

-ArushiBhandari (BA 1)

When I was a kid, life was simple.
I never had to worry about my looks.
I would wake up early on Saturdays to watch Cartoons.
Losing a sketch pen was the only thing that bothered me.
I slept with all of my stuffed toys so none of them would get offended.
Being proud of myself was as simple as pouring my own glass of milk.
I would hide to scare people but soon leave because they were taking too long or I had to pee.
The only fake friends I had were the invisible ones.
My father's shoulders were the highest place on earth and my mother was my hero.

The hardest decision was choosing which game to play.

Happiness was getting two stars on my homework.

I only cried when I scraped my knee.

Time never ran out and I went to sleep without any stress.

Back then I wanted to grow up fast and become an adult.

Damn! I was too innocent to realize how good I had it.



When I was Born Again

- SehajSaluja (BA 1)

Sitting in the balcony with a cup of coffee,

My future, I definitely could not foresee.

I felt a sudden uneasiness which transformed into an acute pain in my chest,

And after which I lay in complete rest.

Having no idea of what had happened,

I stood next to my body completely startled.

My housekeeper came rushing towards my body,

She cried "Help!" and called everybody.

The ambulance was summoned and my body was rushed to the hospital,

The doctors examined and said, to cure me, they were incapable.

No medicine or surgery would lead to healing,

My human heart had already stopped beating.

I was puzzled and just then I saw a bright light,

Two men held me by the hand and we boarded our flight.

Crossing a dark area which seemed like hell,

I could hear the shouts and screams of the horrid creatures there dwelled.

The scene witnessed was horrible, indescribable and unforgettable,

We finally stopped at a station.

Well lit and beyond imagination,

Nothing like an earthly nation,

Inhabited by various species and elaborate vegetation,

The scenery was aesthetic and the feeling, ecstatic.

The ambience was divine, the mist and the cascades added to the magic.

As soon as I started relishing the extraordinary place,

I experienced the urge to discover more.

A lady appeared and escorted me to an unnoticed door,

I was bewildered and then she told me to enter.

Although I didn't want to, yet I did surrender.

It was then when I went unconscious, the period I fail to estimate,

I would just describe it as a long dark hibernation state.

Light poured in through narrow slits which soon widened when I opened my eyes,

I saw two lovely faces looking at me, emitting elated and relieved sighs.

It was then that I understood the game,

It was simple, I was born again.

Bewildered Mind of a Young Adult



-

I feel meek and useless before this uncertainty

The thought of what lies ahead of me, scares me

What I left behind wasn't ideal either

Will I ever have what I yearn for?

Or will I just be existing, numb and lifeless?

Will I ever love the work I am doing?

Or will I just be struggling against time to satisfy my hunger for more?

Will I ever trek the majestic mountains and sail the great seas?

Or will I just lay unconscious, all doped in the name of fun?

Will I have a lover whose love makes me so high, I'll never long for sobriety again?

Or will I just coexist with a stranger in a chaotic state?

Because the society wants me to.

Will my presence ever be appreciated?

Or will I be received with fake smiles, sneers and jeers behind my back?

Will I be a diamond?

Or will I be coal-blackened by the hideous realities and ways of the world?

Will I long for the man I "love"?

Or will I secretly rejoice as he leaves for his work trips and rendezvous?

Will I be remembered?

Or will I be forgotten as my carcass rots in my grave?



SehajSaluja
(BA1)

A Page from Dialogues with Self



Today I went for shopping. I bought a very 'cool' coat; it was not just a coat but a "fashion statement" according to some. When I put on the coat, a thought crossed my mind, 'Do I actually need this?' or 'Are all my other jackets not in a good enough condition to suffice this season?' The instant reply to this that my mind gave was, 'No, I don't need it.' That was when I concluded, I (we) don't do things because I (we) need to, rather I (we) do them because I (we) love to do it.

For Example, we don't eat junk food because our body is in dire need of it; we eat junk food and waste our money on it just because we love to eat it. We do a lot of things that we love, and in fact don't actually need in life; and most of this stuff is actually making our lives worse for the long term.

For example if I go on wasting my parents' hard-earned money on purchasing things that I love and don't need, sooner or later I am going to get in a habit of buying irrational and expensive things just for the fun of it and then when I start to earn my own money and don't earn enough to buy the things I am used to, I will start to hate my life unconsciously. While, consciously I will lead quite a stressful and disappointed life.

Unfortunately I bought the coat and am, for the time being, quite happy to have it. But I learnt a lesson today, one that I will not be forgetting any time soon.

Think twice before doing anything.

Think: 'Do I ACTUALLY need it or not?' or 'What difference is it going to make in my life? Is it a big difference?' or 'Does this thing have anything to do with my life goals?' If the first answer to all of these questions is 'No', then drop the idea that very instant.

Sometimes we have to do things that don't impact our goal-attainment directly, but if you think about it, maybe it does affect them indirectly. For example, sometimes you need to buy an amazing dress, even if you don't need it, just to boost your confidence, or just to get out of that inevitable "Inferiority Complex" you are under. But this does not in any way mean that you are going to buy those dresses every weekend.

Just think before you act.

Lead life with some measure of tact.



Shrutishravaa Vashishtha
(BA 3)

A Heartfelt Goodbye



Came to this college,
Already itching to get *Honours-*
In English.
Yes, I loved the language,
But, more so, loved the teachers.

Jaspreet Ma'am was my first,
Elective teacher and the one-
To introduce me to the magical stardust,
That is the world of literature, so fun!
She constantly did push us,
To become better versions of our own selves.
And, her smile was so precious,
That, to earn it, we did our very best.

Neha Ma'am taught me the Compulsory
Course,
For the first four semesters.

And, was a constant source,
Of learning worldly knowledge and other
wonders!
Be it odes of Keats, poems of Frost or Arnold,
I always got roped in a whole new world,
Where I was the reader, and I was the writer,
To countless pieces, I created my own
remixes.
She let her students' imaginations,
Run wild; in orderly chaotic manners.
But paved the way with her own,
Wisdom and enabled us to hone,
Our skills, and be able to pay our bills,
Someday, not very far from today.

Mridula Ma'am taught us *The Merchant of Venice*,
And, Gurdaman Ma'am, the *Othello*,
Between them, they covered with finesse,
The world of Shakespeare and the resultant
glow!

Sandeep Ma'am regaled us with poetries,
Of Shelley, Donne and Milton.
Leaving us starry-eyed and under seize-
Of their magic; rendered eternally glutton.
She didn't stop there, but led us onward,
To the world of Thomas Hardy's *Wessex*.

Meeting *Tess*, *Angel*, *Alec*, to see how their story unfurled.

Gurdaman Ma'am took us on the voyage,
Of *The Rime of the Ancient Mariner*,
Upon our impressionable minds, Coleridge did barge-

Followed by Emily Bronte, *Heathcliff's* creator.

Kubla Khan's dream travels,
And, *Heathcliff's* misunderstood heroic levels,
Had our heads spinning and hearts pining,
For a satisfying conclusion; an ending.

Alas! That's how it's with literature,
Always open to interpretation and countless variation.

Maninder Ma'am made us see the beauty,
Hidden in literary terms of all things.
Her passion for them painted them in colors of piety,

And we worshipped each and every term like saintly beings.

The way she taught R.K.Narayan, Premchand, and the rest,

Every day felt like a fun fair or some fest.

We came, not for the 75% attendance,
But to see the visions of literature commence.

Neeraj Ma'am taught us Wordsworth,

Yeats, Pope and so much more.

Amounts of readings were hard to cope, yet we did unearth,

More, more, and forever more.

She introduced us to the dystopian world painted,

By Orwell in his 1984 and we felt enchanted,

And, hungry for more.

Her feministic views on things did make us see,

Her in a different light, believing, every 'she' to be-

Equal to a 'he'.

Tanuja Ma'am and Tara Ma'am,

Sumiti Ma'am and Vipin Ma'am,

And, probably, a few other esteemed ones, I didn't,

Have the honour to be taught by.

Known for their strictness about punctuality,

Yet blessed with the uncanny ability,

That, when they teach, they transport you-

To another world with a magnificent view.

And, *that* is something I wished I'd had.

I wished I'd had.

Kamal Ma'am, the one who-

Taught each short story or excerpt with a zeal-

Unparalleled that made us feel,

And look upon things anew.

Under her guidance, we got to see-

A documentary, a play, a movie-

For each chapter or poetry.

We became astute critics,

As well as master connoisseurs,

Of visual adaptations of literary texts.

Iqbal Ma'am, the soul of the English Department,

Taught us something that cannot be described.

Her words were enchantment,

Her gestures, magically imbibed.

She introduced us to Bernard Shaw and Lawrence,

To Mulk Raj Anand and Kamala Das; and hence,

Dabbled in writers and poets,

Of India and abroad, in big and small bits.

Thus, from 2015-2018,

These were among the central figures,

Of my life; my crucial teens.

Now, I'm an adult, about to graduate,

And step past the safety of the gate,

Of my college- PGGCG 11,

My safe haven!



Anushka Malik

(BA 3)



Terribly Tiny Tales

-Anushka Malik (BA 3)

“So, what’s his story?”

“Dunno. Never been that good in the subject.”

(Hi’s’tory)

He was acclaimed as the world’s richest man.

Yet, he was so poor that he couldn’t even afford a cup of coffee with his mother.

He sighed sadly and went to the balcony. He turned the sound up.

Just like his radio, he too was out of place in a world of young i-pods.

“Where’s your partner?” I asked severely. He didn’t reply; the mute culprit.

That was the story every morning.

“Here it is, child.” Mom said, handing me the matching sock.

Romance Novel: You’re too mind-boggling.

Mystery Novel: You’re too mind-numbing.

Listening to their argument, the Kindle smirked. After all, they were the past. He was the future.

Somewhere far away, a bookstore wailed.

First Female American President at 50.

Double PhD at 40.

Nobel Prize Writer at 30.

College President at 20.

Child Prodigy at 10.

Killed at 0.

They invented their own abbreviations. (wht, hw, tk, l8r, etc.)

They created their own acronyms. (BTW, OMW, JAM, ROTF, LMAO, etc.)

The “emojis” (;) ☺ :D :p :P :s :@) let them convey “emotions” sans words.

Texting let them create a new language of their own.

Cashless economy had us believing we were on the road to progress.

Somewhere in the distance, hundreds of beggars died knowing no longer would coins jingle in their bowls.

I burnt my favorite clothes; the shorts, the skirts, the crop-tops.

I didn't want the police to condemn me for the rapist's crime.

I defended *Rahel* and *Estha* just like the GoT fans defended *Cersei* and *Jamie*.

(It was *The God of Small Things* VS. *Game of Thrones*.)

"Will you marry me?"

The ring fit perfectly this time, yet shed tears for the previous finger.

That finger hadn't fit the ring, yet fit the spaces between his fingers perfectly.

Killed his wife at midnight. Cried next to her body at dawn.

Packed up for the next acting stint at noon.

The struggling actor didn't rest till he paid his dues.



Random Riddles

Source: <https://riddlesbrainteasers.com>



1. I'm rarely touched but often held. If you're wise, you'll use me well. What am I?

2. When I point up, it's bright. When I point down, it's dark. What am I?

3. If you jump off a two storey building, where do you land?

4. What goes up and down yet remains in the same place?

5. What is the shortest complete sentence in the English language?

6. Where will you find roads without cars, forests without trees and cities without houses?

7. I have two backbones and thousands of ribs and I stretch across the land. What am I?

8. I can neither be planted, nor ploughed; yet you eat me. I am the son of water, but if water touches me, I die. Who am I?

9. I am an insect. Half of my name is another insect. Who am I?

10. What kind of coat is best put on wet?

Answers: (1) Your tongue (2) Light switch (3) In the hospital (4) Stairs (5) Go (6) On a map (7) Train tracks (8) Salt (9) A Beetle (10) Paint
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GUEST SPEAKERS



Dr. Juin Ming Li , Department of Mechanical Engineering , National University of Singapore



Prof. Dr. Saugato Bhaduri, JNU, New Delhi



Prof. Suresh Mishra, Indian Institute of Public Administration, New Delhi



Prof. Gurcharan Singh, Head, School of Management, Punjabi University, Patiala



Prof. KPJ Reddy, IISC, Bangalore



Dr. Bikram Rana, State Liaison Officer NSS Chandigarh Administration

	
<p>Dr. Sanjay Bhadada, PGI Chandigarh</p>	<p>Dr. Vidhu Mohan Prof. Emeritus, Dept. of Psychology, PU Chandigarh</p>
	
<p>Ms. Jagdale Nilambri Vijay, IPS, SSP Chandigarh</p>	<p>Prof. OP Katare, Director Research, PU Chandigarh</p>
	
<p>Mr. Ajay Jagga, Senior Advocate and Social Activist, Chandigarh</p>	<p>Dr. Lallan S. Bhagel, Chairperson, Dept. of Philosophy PU Chandigarh</p>
	
<p>Flutist Rupak Kulkarni</p>	<p>Dr. Sudhir Baweja USOL, PU Chandigarh</p>

हिन्दी अनुभाग

सम्पादिका
मधु गोसाई

छात्र सम्पादिका
रूचि

विषयानुक्रमणिका

क्रम संख्या	विषय	नाम
1.	प्राध्यापक सम्पादकीय	डॉ. मधु गोसाई
2.	छात्र सम्पादकीय	रूचि
3.	सावन	ममता
4.	हिन्दी भाषा	अनु
5.	शान	अंकिता
6.	प्यारा दोस्त	दीपिका पाल
7.	हमारा गौरव - बेटी	नमिता
8.	रूक जाओ माँ	नीलम रानी
9.	सीख पुष्प से	नीलम रानी
10.	ममता की मूर्त	नैना
11.	बचपन	दिव्या बांसल
12.	लहू	ममता
13.	लड़की हूँ तो क्या डर जाऊँगी	अनिता
14.	पत्ता	ओशीन सिंघाल
15.	अनमोल जिंदगी बेमोल जिंदगी	बिमला
16.	दोस्ती	प्रीति
17.	उम्मीद न टूटने दी, हौंसला न हारो	राधिका सचदेवा
18.	शिक्षक	प्रीति
19.	अहिस्ता चल जिंदगी	बिन्दू कुमारी
20.	पिता	कंचन
21.	एन. सी. सी एक परिच्य	रूचि
22.	कन्नौर जनपद	पूजा

सम्पादकीय

मनुष्य एक सामाजिक प्राणी है। सोचने, अनुभव करने और कल्पना करने की क्रिया प्रत्येक व्यक्ति करता है। परन्तु प्रत्येक व्यक्ति कवि या लेखक बनकर साहित्य की सृष्टि नहीं कर सकता। उसके लिए विशेष प्रतिभा और अभिव्यक्ति की क्षमता



अपेक्षित होती है। उसकी आत्माभिव्यक्ति में भी समाजिक ना (सामाजिकता) सर्वदा विद्यमान रहती है। लेखक अपने युग समय का प्रतिनिधित्व करता हुआ, अपने ह समय की ही भावनाओं, सम्वेदनाओं और विचारों को अपनी वाणी से मुखरित करता है। उसकी विचारशीलता और सम्वेदनशीलता, तर्क और अनुभूति के सम्मिलन से ही साहित्य की सृष्टि होती है। यदि कोई साहित्य महान, है तो इसका यही अर्थ है कि उसका लिखने वाला महान् है। इस सम्बन्ध में मिल्टन (Milton) की उक्ति विशेष रूप से उल्लेखनीय है: - 'एक पुस्तक मानों एक महान आत्मा के जीवन का एक बहुमूल्य रक्त-बिन्दु है जिसे उसने जीवन के पश्चात् और आने वाले जीवन के लिए सचित एवं सुरक्षित रखा है। लेखक का यह संचय ही तो साहित्य होता है। वह अपने इन रक्त-बिन्दुओं को शब्द संकेतो द्वारा पाठक की भावनाओं में प्रवाहित करना चाहता है। इसी में उसे अपना परिश्रम फलीभूत होता दिखाई देता है।

हमारा सदैव ही यह प्रयास रहता है कि नवोदित प्रतिभाओं को आभा के इस हिन्दी-अनुभाग के माध्यम से प्रोत्साहन मिले।

शुभकामनाओं सहित

डॉ मधु गोसांई

सम्पादकीय

आभा पत्रिका' के लिए आपके द्वारा भेजी गई रचनाओं हेतु धन्यावाद। गुरुवार आचार्य हज़ारी प्रसाद द्विवेदी जी ने कहा था - “जो लिखे बगैर रहा न जाए और जिसे लिखने के बाद मन आह्लादित हो वही अच्छा लेखन होता है।” आप सभी ने अपनी रचनाओं द्वारा इस कथन को वास्तविकता प्रदान की। साधारण जनता से सीधे जुड़े होने के कारण हिन्दी तथा अन्य भारतीय भाषाओं की सामाजिक ज़िम्मेदारी बहुत बड़ी है। आभा पत्रिका के लिए लेखों का चयन, रचनाओं का संशोधन और इस गुणवत्तायुक्त बनाने के लिए हमारे शिक्षकों द्वारा किया गया योगदान सराहनीय है। किसी व्यक्ति द्वारा लिखी गई रचना को कविता कहना या लेखन कार्य करने वाले को लेखक का नाम देना ही उसके लिए एक बड़ी उपलब्धि कहा जा सकता है।

एक लेखक का भाषा पर पूर्ण अधिकार होता है। भावपूर्ण प्रौढ़ और अर्थगर्भित किन्तु संयत, स्पष्ट और सरल ढंग से लिखी गई भाषा प्रभावपूर्ण होती है। हमारी राष्ट्रभाषा हिन्दी इन सभी गुणों से ओत-प्रोत! है। आप सभी अपने देश में एवं सामान्य रूप से जगत में समय-समय पर बहने वाली धारणाओं के प्रवाह से अच्छी तरह परिचित हैं। है। प्रतिभ उभारने का प्रयोजन साधने वाली विधाओं में लेखन और भाषण की कला होता है। एक युवा लेखक की शक्ति के माध्यम से दूर तक पहुँचने वाली निगाह और वर्तमान का ज्ञाता होता है। आशा है आप सभी इस प्रकार आभा पत्रिका की गरिमा को बनाए रखेंगे।

रूचि

बी. ए तृतीय

हिन्दी भाषा

प्रकृति की पहली ध्वनि ऊँ है
मेरी हिन्दी भाषा भी, इसी ऊँ की देन है।
देवनागरी लिपि है इसकी देवों की कलम से उपजी,
बांगला, गुजराती, पंजाबी और कई हिन्दी है इन सब की जननी।
प्रकृति की हर एक चीज गी भाति हमारी हिन्दी भाषा भी अपने में सम्पूर्ण है। जो बोलते हैं वही लिखते हैं मन के भाव सही उभरते हैं।
हिन्दी भाषा ही तुम्हें प्रकृति के समीप ले जाएगी मन की शुद्धि तन की शुद्धि में सहायक बन जाएगी।
कुछ हवा चली हौ यहाँ,
कहते हैं इस मातृभाषा को बदल डालो।
बदल सकते क्या तुम अपनी माता को,
मातृभाषा का क्यों बदलाव करो।
देवों की भाषा का क्यों तुम तिरस्कार करो। बदल सको तो तुम अपनी सोच को बदल डालो।
हर एक भाषा का तुम दिल से सम्मान करो।
हिन्दी की जड़ों पर आओ हम गर्व करें,
हिन्दी भाषा पर आओ हम गर्व करें।

ज्योति राजपूत
बी.ए. तृतीय

सावन

छम-छम करता सावन आया,
संग? में अपने नया गीत लाया,
काली घटा बरसे धनन-धन,
भँवरों ने भी नया उत्साह पाया।

लाल-पीली ओढ़नी-ओढ़े,
रंग-बिरंगे फूलों संग खेले,
मादकता का है रस छाया,
छम-छम करता सावन आया।

प्रफुल्लित होकर लताएँ,
घूँघट में खुद को छिपाए,
पिया मिलन का समय है आया,
धरा ने है ये संदेश पहुँचाया।

धान से भरी धरा,
सब कुछ हरा-भरा,
कलियों का सृजन हो आया,
चिड़ियों ने मधुर गान सुना,
छम-छम करता सावन आया।

ममता
बी.ए. तृतीय

शान

आया एक ख्याल मन में,
जो रीत बनाई थी दुनिया ने
अब जाने लगी तोड़ी।
पराई कहलाई जाने वाली बेटी
अब अपनाई जाने लगी।
कैद थी जो चार दीवारी में
हिमशिखरों तक जाने लगी।
लेकर प्रण आज़ादी का,
जग में नाम कमाने लगी।
नहीं झुकती अब किसी के आगे
गहना लाज का पहन आँख झुकाती है।
बेटों की भाँति अब बेटी,
पिता का हाथ बँटाती है
केवल - चूल्हा चौंका नहीं अब उसका
हवाई जहाज़ तक उड़ाती है
फौजी की वर्दी में बेटी
सीमा पर डट जाती है।
न लॉघ सकती थी जो दहलीज़ कभी बादलों के पार चली जाती है
हर घर की शोभा आखिर
बेटी ही बढ़ाती है।

अंकिता सैनी
बी. ए. द्वितीय

प्यारा दोस्त

था मेरा प्यारा सा वह दोस्त,
था वह सबसे न्यारा,
था वह अपने माता-पिता की आँखों का तारा,
जब भी बात करता था मुझसे,
मुसकान ले आता था चेहरे पे,
माता-पिता की सदैव आदर करता था वह
कभी उनकी बात को टाला न करता था वह,
था दोस्तों में भी बहुत मशहूर,
पढ़ाई में भी उसका कोई मुकाबला न कर पाए,
था मेरा प्यारा सा वह दोस्त,
चला गया है वह बहुत दूर,
न आ पाएगा अब कभी,
न आ पायेगा अब कभी,
फिर भी उसके आने का इंतजार आज भी करती हूँ,
याद सताती है बहुत उसकी,
आँखों से आंसू निकल आते हैं अब भी थे उसके बहुत से सपने
टूट कर बिखर गए एक पल में,
न जाने वह कहाँ चल गया.....
न जाने वह कहाँ चला गया.....

दीपिका पाल
बी.ए. द्वितीय

हमारा गौरव बेटी

संसार का गौरव बेटी
ताज माता पिता का बेटी
बिन बेटी परिवार अधूरा
बोझ समझना भूल हमारी
बेटी है शान हमारी

रिशतों की शुरुआत है इससे
दो घरों की डोर हमारी बेटी
इसको करो सत्कार और दो आदर
यह भूल नहीं किसी की
यह तो रूप लक्ष्मी का
किसी को बहू बहन यह
सुख का आगमन बेटी
कोमल समझना भूल हमारी
निडरता से भरपूर है बेटी
शक्ति है जीवन हमारा
कुल का दीपक है बेटी
शर्म से झुकती पलकें
क्माजोरी नहीं संस्कार बेटी के
पढ़ना है अधिकार इसका
इस अधिकार से वंचित न हो बेटी
शंको मत पढ़ने दो इसे
गुणों की खान है बेटी
शान है बेटी!

नमिता
बी.ए. द्वितीय

रूक जाओ माँ

रूक जाओ माँ

बहुत से बातें हैं जो हम दबाते रहे छुपाते रहे
तेरी आँखों की चमक से खुद की आँखों को बचाते रहे
अपने बोलों से तेरे विश्वास को झुठलाते रहे
तेरी बिंदिया को तुझपे शर्मसार कराते रहे
तेरी आँखों के आँस को न चाहते हुए भी बहाते रहे
अपनी कमजोरियों के कारण तुझको लाचार बनाते रहे
तेरे खवावों को आयना दिखाकर धोखा देते रहे
तेरी धुँधली नजरो का फायदा उठाते रहे
तेरे बच्चो मुझे तेरे दिए संस्कारों पर शक करवाते रहे
पूरी उमर तुझे तड़पाते रहे

रूक जाओ माँ

आखिरकार हमे ज्ञात हुआ
कि मह अपने ही अस्तित्व को डुबाते रहे

नीलम रानी

बी. ए. द्वितीय

ममता की मूर्त्ति

ऐ नारी ऐ नारी,
तू है सबसे प्यारी।
पत्नी है, बहन है किसी की,
तू ममता की है सूरत प्यारी
ओज तेरी ताकत पूरी

पड़ी है समाज पर भारी
तू अंबा है दुर्गा है
रूप है माँ का काली
जीवन तेरी व्यर्थ नहीं है,
है ये कल्याणकारी,
तू दानवीर है जीवन की
है सबसे न्यारी।
जो आज भी न समझा तुझको,
धिक्कार है ऐस समाज पर मुझको।
तू है समाज की निर्माणकारी
फिर क्यों भूली तुझे ये दुनियां सारी
तू उठ तू चल,
जो जाएगी सारी राह अटल!
जरा जला तो सही अपने अंदर ये अंगारी,
ऐ नारी ऐ नारी
तू है सबसे प्यारी।

नैना
बी.ए. द्वितीय

बचपन

बचपन का जमाना था,
स्कूल ना जाने का बहाना था,
ये तो दोस्तों से मिलने का बहाना था
वरना स्कूल किसको जाना था
झगड़ते थे तो होती थी कट्टी-अब्बा।
फिर भी साथ खाते थे रोटी का डब्बा।
ऐसा प्यार और दुलार कहीं न कमाना था।
यों तो बचपन की यादों का खजाना था।
दोस्तों के साथ बिताया पल किसने भूलाना था।
ये तो वक्त गुजर गया वरना बचपन कभी न जाना था।
जब छोटे थे तो लगता था कि बड़ा होना है अच्छा
पर बड़े हुए तो कहते हैं कि काश आज भी बन जाऊँ बच्चा।

जब टीचर हम सबको देती थे टेस्ट में अण्डा,
इसमें भी अपना मजा था, जब सबको पड़ता था साथ में डण्डा
यदि न होती ये पढ़ाई, तो स्कूल किसने जाना था,
फिर पढ़ाई ना करने पर टीचर से थप्पड़ किसने खाना था।
गुजर गया जो पल उसने कभी न आना था,
सोचा बचपन को याद कर लूँ, क्योंकि लौट कर वापिस
उसने कभी न आना था।
ये तो बचपन का जमाना था,
स्कूल न जाने का बहाना था।

दिव्या बांसल
बी. सी. ऐ - प्रथम

बचपन

वो बचपन भी कितना हसीन था
जब सोते जमीनपर थे आँख बिस्तर पर खुलती थी।
और एक आज है,
जब मुलायम बिस्तरहोने के बावजूद भी आँख नहीं नहीं लगती।
वो बचपन भी कितना हसीन था
जब दर्द होता तो आँसुओं से माँ की चुनरी भिगो जाते।
और एक आज है,
जब दर्द छुपाने के लिए अकेली रात में एक तकिए में ही सिमट जाते।
वो बचपन भी कितना हसीन था
जब जाने-अनजाने में गैरों की भी कितनी दुआएँ थे ले आते

और एक आज है।

जब अपनों की ही बददुआएँ से चकनाचूर हैं हो जाते।

वो बचपन भी कितना हसीन था

जब मिट्टी के घर बनाकर ही चेहरे पर एक मुस्कान, सी आ जाती।

और एक आज है,

जब ईंट पत्थर के मकान तो बना लिए,पर वो मुस्कान

ना जाने कहां खो गई।

वो बचपन भी कितना हसीन था

जब गिरते भी तो दस लोग मरहम् पट्टी करे आ जाते।

और एक आज है,

जब लोग जरूम के ऊपर ही छुरी घोंप कर चले जाते।

वो बचपन भी कितना हसीन था।

जब न वर्तमान की ही फिक्र थी। न भविष्य की चिंता।

और एक आज है।

जब बीते हुए कल को याद करके रोतें हैं और आने वाले कल से डरते हैं।

कितना सकुक्कून था उस बचपन में

आज भी याद करके टपक पड़ता है आँखों से पानी।

तब बड़े हाने की जल्दी थी, बब चाहते हैं वापस चली जवानी

यह है हर व्यक्ति की कहानी।

दिव्या बांसल

बीसीए. - प्रथम

एन. सी. सी. एक परिचय

प्रिय सखियो! इस लेख को लिखने के पीछे मेरा मुख्य उद्देश्य एन. सी. सी. के वास्तविक रूप से अपका परिचय करवाना है। एन. सी. सी. से जुड़ी विभिन्न भ्रांतियां लोगों के मन मस्तिष्क में घर कर चुकी हैं जैसे कि इसमें विद्यार्थियों को प्रताड़ित किया जाता है, किसी काम को करने के लिए उन पर मानसिक दबाव डाला जाता है, एन. सी. सी यूनिट द्वारा आयोजित अतिरिक्त गतिविधियों में भाग लेने के कारण उनका मूल्यवान समय नष्ट होता है आदि। किन्तु ऐसा बिल्कुल भी नहीं है अपितु छात्राओं की यहां मानसिक तथा शारीरिक रूप से मज़बूत बनाया जाता है ताकि आने वाले समय में पर्दे के पीछे रहने वाली नारी निर्भीक हो हाथों में एस. एल. आर. लेकर दुश्मनों की क्षण भर में धूल चटा सकने से न चूके। यहां एक ओर कनिष्ठ छात्राओं द्वारा वरिष्ठ छात्राओं को सम्मान दिया जाता है वहीं दूसरी वरिष्ठ छात्राओं द्वारा कनिष्ठ छात्राओं को उचित प्रशिक्षण भी दिया जाता है। ताकि आगे चलकर हमारे देश की बेटियां सेना में भर्ती होकर अपने व्यावसायिक तथा पारिवारिक जीवन में शानदार ढंग से सामंजस्य बिठा सकें। सेना में भर्ती होने व एक सैनिक की दिनचर्या वास्तव में अपने आप में एक चुनौतीपूर्ण कार्य है। इसके लिए व्यक्ति का साहसी होने के साथ-साथ धैर्यवान होना भी आवश्यकभावी है। एन. सी. सी. मुख्यतः तीनो भागों में विभाजित की गई है - एन. विंग) तथा एन. सी. सी (नेवी विंग)।

उपर्युक्त सभी विंग अपने पराक्रम का परिचय देते हुए हमारे देश की रक्षा करते हैं। एन. सी. सी. में विभिन्न प्रकार के कैम्प भी आयोजित किए जाते हैं जैसे राष्ट्रीय एकता, थल सैनिक, पर्वतों, सफाई अभियान, प्राथमिक उपचार, शूटिंग, वृक्षारोपण कार्यक्रम इत्यादि। कैम्प में बिताए गए आनन्द से परिपूर्ण क्षणों का अनुभव शब्दों में वर्णित करना अत्यन्त कठिन मालूम पड़ता है। ऐसा करना आटे से नमक को विभाजित करने के समान होगा। एन. सी. सी का मुख्य कथन ही “एकता और अनुशासन” है। यहा कोई आपसे आपकी जाति नहीं पूछता,? कोई आपसे आपका धर्म नहीं पूछता, यहां आप रंगभेद का शिकार भी नहीं हो सकते। यहां किसी को आकपी पारिवारिक पृष्ठभूमि से कोई मतलब नहीं है। एक छात्रा यदि आज एन. सी. सी. तथा पढ़ाई में एक बेहतर तारतम्य बैठाने में सफल हो जाती है तो सम्भवतः कल उसे अपने व्यवसायिक तथा प्याव व्यक्तिगत जीवन में तारतम्य बैठाने में भी कोई परेशानी नहीं होगी। आशा करती हूं कि अब आपके मन का हर एक भ्रम दूर हो गया होगा जय हिन्दी जय भारत।

धन्यवाद।

रूचि
बी.ए. तृतीय

सुंदरता निहित है

सुंदरता निहित है,
फूलों पर बैठी ओस की बूंदों में,
शीशे से पार होती सूर्य की किरणों में
रेत पर बने कदमों के चिन्हों में,
राहों पर झुकी टहनियों में
जोश से भरी जवानियों में,
संग चलती अपनी परछाइयों में
सुंदरता निहित है।

छोटी मोटी रूसवाई में,
बात बात पर कसम खाई में
रव्वाबों की बुनवाई में,
दुल्हन की सजी कलाई में,
सुंदरता निहित है।

किसी के सानिध्य की गरमाईश में,
बादलों से गिरती बूंदों की नरमाईश में,
जिन्दगी के द्वारा की गई आजमाईश में,
किसी को पाने की खवाहिश में,
सुंदरता निहित है,
किसी के आ जाने से बातों में खो जाने में,
बिन किसी बात के हँस जाने में,
किसी के दुख का बोझ उठाने में

किसी से आँखें चार कर जाने में ।
सुंदरता निहित है,
कदमों की आहट में,
आने वाले कल की सजावट में,
भिन्न भिन्न रूकावट में,
हवा की सरसराहट में,
कुछ कर गुजरने की चाहत में,
बच्चे की मुसकुराहट में।
सुंदरता निहित है,
पेड़ के सराहने बैठ जाने में,
गहरी नींद में सो जाने,
कठिन परिस्थितियों को ठेंगा दिखाने में,
अपने आज में डूब जाने में,

नीलम रानी
बी.ए. द्वितिय

‘सीख पुष्प से’

संसार को अपना के
भुला दिया खुद को
घृणा योग्य है रंग काला
समझा दिया मन को
नजरिये को बदल के
खुद को अपमानित करके

बहती गई संसार की रीत में
मिला ना किनारा
इस तरह व्यथित मैं
पल दो पल रूक कर इक नदी के पास
था मिला जिसे इक किनारा खास
देखता एक गुलाब
सुंदर सुगंधित सर्वप्रिय
आया एक भँवरा काला
झुका गुलाब खुद को समर्पित कर डाला।
सीख मिली पुष्पा से कुछ ऐसी
कि एक पल में मेरा नजरिया बदल डाला

नीलम रानी
बी.ए. द्वितीय

हसीन लोग

यूं जो हसीन लोग और भी है
ये जिस्म हमारा, पर हृदय कोकिल आपका है
कुछ तो अब अनुराग लिये,
जरे-जरे में आपकी इबादत का प्यार लिये
ये ज़मी बची कही नहीं है।
घूमते रहते हे हम जहाँ वे बस्ती कही नहीं है
पता नहीं किसका बना गया उपवन वहाँ
जो ज़िन्दगी में ढूँढ़ती हूँ वो कही नहीं।

बंदशियों से कहती हूँ, दिल बदल सकते है
हवाओं को मोड़ सकती हूँ बंधनों को तोड़ सकती हूँ
ख्वाबों से कहती हूँ, तुझे सच कर दिखाऊंगी
कभी नहीं थकूंगी मैं तुम्हारे पास जरूर आऊंगी
जिन्दगी में तुमको समझाऊंगी
तेरे सपनों के लिए खुद को समर्पित कर जाऊंगी
जिन्दगी के सारे गमों से जीतूंगी
मेरी अलग है दास्ताँ मैं यूँ नाँ रूकूंगी।

सौम्या गिरि
बी.ए. प्रथम

बेटियाँ

घर की पहचान होती है बेटियाँ
घर को स्वर्ग बनाने वाली होती है बेटियाँ
बबूल का घर छोड़ नया संसार बसाने वाली होती है बेटियाँ
फिर क्यों दहेज कि जंजीरो में जकड़ी जाती है बेटियाँ
क्यों समाज पर बोझ समझी जाती है बेटियाँ
फिर क्यों घरेलू हिंसा और शोषण का होती है बेटियाँ
क्यों मात्र वस्तु समझी जाती है बेटियाँ
आखिर समाज की गहराईयों को नापती है बेटियाँ
समाज को सभ्य बनाती है बेटियाँ
रीति रिवाजों को पोषित करती है बेटियाँ
स्वयं तो सब जीते है, दूसरो को जीना सिखाती है बेटियाँ

दे स्वतंत्रता समाज इन्हे
सपने सच कर दिखाएंगी बेटियाँ
फिर न बोझ समझी जाएंगी बेटियाँ
बेटो को पीछे छोड़ दिखाएंगी बेटियाँ

आस्था
बी.ए. तृतीय

लहू

लहू की कीमत सस्ती हुई है आज,
चारों ओर लगा है लाशों का बाजार।
धर्म, मजहब ने है ये क्या सिखाया?
सिर कमल करते वक्त आई न उनको माया।
माताएँ बेचारी देखो,
बचपन की लाचारी देखो,
समय से पहले टेके घुटने,
कहीं जवानी का बोझ उठा न लें।
जो हैं बचपन में वीर,
जवानी के होते शूरवीर
डर के हमसे उन्होंने की
गोलियाँ की बौछारें,
फिर भी पूरे हुए न इरादे।
जाने लेकर जान गाँई,
खुद की मौत अपने हाथ रचाई,

मरने वाले हैं वीर कहलाते,
तालिबानों तुम तो कफ़न भी नहीं पाते
हमे भले ही कुछ नहीं और आता,
इन्सान हैं हम और
इन्सानियत से हमारा नाता।
मुहब्बत की इस बागिया को
लहू से न सींचो
तुम वीर हो आज के
कल के वीरों को न छीनो।
लहू की कीमत सस्ती हुई है आज
चारो और लगा है लाशों का बाजार
लहू की कीमत.....

ममता
बी.ए. तृतीय

“लड़की हूँ तो क्या डर जाऊँगी”

लड़की हूँ तो क्या डर जाऊँगी ?
क्या जमाने से घबरा कर यही रूक जाऊँगी?
माना कि हर मोड़ पर गिर कर उठना है।
क्योंकि मुझे समाज से अकेले लड़ना है।

जन्म से पहले, जन्म के बाद मुझको हर किसी ने ठुकराया है।

घर में लक्ष्मी आई है क्या यह बोलकर

लड़की होने की खुशियाँ मनाई है?

माँ, बहन, पत्नी, सरखी सबका मैंने रूप निभाया है।

फिर भी एक नारी ने दूसरी नारी को जन्म लेने

से पहले ही अपनी कोख में मरवाया है।

फिर उसी दुर्गा, लक्ष्मी, सरस्वती काली की पूजा में नारी को बुलवाया है।

मैं झांसी की रानी, मैं इंदिरा गांधी,

मैं ही कल्पना चावला, मैं ही किरन वेदी

मैंने भी देश संभाला है, मैंने भी तिरंगा फहराया है।

मैं कहाँ कम हूँ उन वीरों से,

आखिर क्यों, मुझे सबने आंखे खोलने से पहले ही दफनाया है।

कैसे समझाऊँ इस दकियानूसीसमाज को? जहाँ मुझे केवल बोझ समझा है।

कैसे बदलूँ, इनकी सोच को जहाँ पग-पग पर मुझे सोने - चाँदी से ही तोला-मापा है।

रात को अकेल जाते हुए एक अनजाना सा साया है

हर मोड़ पर हर लड़की को हैवानो ने डराया है।

कभी बसो मे, ट्रैनो में, कभी बाजारों में हर

जगह मुझे सताया है।

पर क्या सिर्फ इसलिए कि मैं एक लड़की हूँ?

यह सोचकर फिर पीछे हट जाऊंगी?

क्या जमाने से डर कर यही एक जाऊंगी?

हर पाबंदी मुझ पर ही क्यों? तुम घर से बाहर गई

क्यों? तुमने इतनी देर लगाई।

नैतिकता, शिष्टाचार, मान-सम्मान की सारी

बाते जाने क्यों? मुझे ही समझायी,

काश इनमें से कुछ नैतिकता की बातें
समाज के बेटों को भी समझायी होती
तो आज हर लड़की खुल कर अपनी जिन्दगी ही रही होती।
और मैं यह कभी न कह रही होती,
“लड़की हूँ क्या डर जाऊँगी?
क्या जमाने से घबर कर यहीं रुक जाऊँगी।

अनीता
बी.ए.द्वितीय

‘पत्ता’

बीज के अंकुर से फूटे पौधे की पहचान है पत्ता।
प्रेम से सींचने वाले माली की शान है पत्ता।
मानने वाले के लिए मोहब्बत का पैगाम है पत्ता।
किसी को भोजन का आधार तो किसी के रोग का मार्ग है पत्ता।
दोस्तो! पत्ते के अस्तित्व की कहानी
है बहुत ही पुरानी
जिसे कभी तुलसी तो कभी नीम के नाम से
सुनाती भी नानी।
शिवस्वांगका मान है पत्ता
गृहणी की पूजा की शान है पत्ता
केई भांग कोई तुलसी बोले
हवा संग यह इत्त उत्त डोले
पवन वेग के साथ उमड़कर

जब मधुर संगीत उत्पन्न है करते
तब प्रेम से जुड़कर एक-एक पत्ता
पेड़ की है रचना करते
बीच के अंकुर से फूटे पौधे की पहचान है पत्ता
प्रेम से सींचने वाले मानी की शान है पत्ता।

ओशीन सिंघाल
बी. ए. - प्रथम

जननी एक दर्पण

तुम्हें अपने हाथों से अपनी तकदीर लिखनी है
ऐ जननी तुम्हें इस दुनिया की तदबीर लिखनी है
बहुत से काँटे, बहुत से पत्थर होंगे राहों में
एक स्त्री हो तुम, हर कहानी गंभीर लिखनी है।
कुछ बेड़ियाँ हैं, जिसने तुम्हें जकड़ा है मगर
तपता लोहा हो तुम, तुम्हें जंजीर लिखनी है।
आज का ये वक्त इंसानियत से गरीब है
एक माँ बन कर, हर घड़ी अमीर लिखनी है
तुम्हारे हाथों में सृजन है संसार का
अब की बार ये सृष्टि बेनज़ीर लिखनी है
दौलत को दौलत के हाथों से छीन कर
इस बार ए-नज़्म-ए-फ़कीर लिखनी है

बिन्दू कुमार
बी.ए.तृतीय

अनमोल जिंदगी बेमोल जिंदगी

मेरा मोल लगाने बैठे है
कुछ लोग तिजोरी खोले
क्या दुनिया में इतना धन कब है
जो मेरी खुदारी तोले.....।
किसी की कट रही है जिंदगी
कोई काट रहा है जिंदगी
खुश नसीब हैं वो
जो जी रहा है जिंदगी
हंसकर जीना दस्तूर है जिंदगी का
एक यही किस्सा मशहूर है जिंदगी का
बीते हुए पल कभी लौट कर नहीं आते
यही सबसे बड़ा कसूर है जिंदगी का
जिंदगी का मोल समझने के लिए
जिंदगी जीना सीखों
नहीं तो ये अनमोल जिंदगी
बेमोल जिंदगी की तरह होगी
व्यक्ति को जीवन में
कल की ख्वाहिश रहती है
जीवन समाप्त हो जाता है
पर हर ख्वाहिश अधूरी रहती है।

बिमला
बी.ए. तृतीय

उम्मीद ना टूटने दो, हौसला ना हारो

उम्मीद ना टूटने दो, हौसला ना हारो,
आत्मविश्वास की कंधी से, मन के डर के बाल संवारो,
यह दुनिया उसी की हैं, जिसने जीता है मन के डर को,
पहचानों अंदर की शक्ति को, हर काम बेहतर बना लो।

डगमगाने लगे जब कदम,
मन में हिम्मत को निवेश करो,
सब करते जो वह न करके,
तुम कुछ अलग और विशेष करो,
छोड़ो इस दुनिया की बयानवाजी को,
जो समझती नहीं है, तुम्हारे मन की बेबाकी की,
अपनी नाकामयाबी का चोला उतारो,
उम्मीद न टूटने दो, हौसला ना हारो,
आत्मविश्वास की कंधी से मन के डर के बाल संवारी।

जी लो अपने सपनों को और नया इतिहास लिखो,
सफलता के परचम लहराओ, बदल दो अपनी जिंदगी को,
सकारात्मक ऊर्जा से लबरेज होकर,
सारी दुनिया को रख दो अपने पैरों में लाकर,
अपनी कामयाबी को झंडा पर्वत पर गाड़ो, झंडा
उम्मीद न टूटने दो, हौसला न हारो,
आत्मविश्वास की कंधी से मन के डर के बाल संवारो।

बिल गोट्स के जैसी तुम में भी एक बात है,

जुकरबर्ग वाली तुम्हारे में भी औकात हैं,
चाहोगी अगर कुछ करने को तो करके रहोगे,
एक दिन तुम भी सितारा बनकर रहोगे,
कामयाबी की सूची में अपना नाम उभारो
उम्मीद न टूटने दो, हौसला न हारो,
आत्मविश्वास की कंधी से, मन के डर के बाल संबारो।

जिन्दगी के क्रिकेट के तुम तेंदुलकर हो,
रिकॉर्ड पे रिकॉर्ड अब तुम भी खड़ा कर दो,
अपनी जगह बना लो इस छोटी सी दुनिया में,
अमित अग्रवाल की तरह गोते लगा लो बॅलागिंग की दरिया में,
किर बना डालो तुम हड़प्पा और मोहनजोदड़ों,
उम्मीद न टूटने दो, हौसला न हारो,
आत्मविश्वास की कंधी से मन के डर के बाल संवारी।
यह दुनिया उसी की है जिसे जीता है मन के डर को,
पहचानों अंदर की शक्ति को, हार काम बेहतर बना लो॥

राधिका सचदेवा
बी. ए. तृतीय

आहिस्ता चल जिंदगी

अहिस्ता चल जिंदगी, अभी कई कर्ज़ चुकाना बाकी है,
कुछ दर्द मिटाना बाकी है, कुछ फर्ज़ निभाना बाकी है,
रफ्तार में तेरे चलने से कुछ रूठ गए, कुछ छूट गए,
रूठों को मनाना बाकी है, रोतों को हँसना बाकी है,

कुछ हसरतें अभी अधूरी है, कुछ काम भी और ज़रूरी है,
ख्वाइशें जो छूट गयी इस दिल में उनको दफनाना अभी बाकी है,
कुछ रिश्तें बनकें टूट गए, कुछ जुड़ते-जुड़ते छूट गए
उन टूटू-छूटे रिश्तों को ज़ख्मों को मिटाना बाकी है,
तू आगे चल में आती हूँ, क्या छोड़ तूझे जी पाऊंगी,
इन सांसों पर हक है जिनका, उनको समझना बाकी है,
अहिस्ता चल जिंदगी, अभी कई कर्ज चुकाना बाकी है।।

बिन्दू कुमारी
बी.ए. तृतीय

कन्नौर जनपद

किन्नौर हिमाचल प्रदेश के उत्तर पूर्व में स्थित एक खूबसूरत जिला है। किन्नौर जिला का मुख्यालय रिकांग पिओ है। किन्नौर में किन्नौरी भाषा बोली जाती है। किन्नौर में बौद्ध धर्म को भी माना जाता है। इस जगह की प्राकृतिक सुंदरता बर्फ से ढके पहाड़ों, सुंदर हरी घाटियों, सेब के बगीचों और रसीले अंगूर के बगीचों के लिए जाना जाता है। यहाँ कई नदियाँ और वनस्पतियाँ और पशुवर्ग के विभिन्न प्रजातियों हैं। हिमाचल प्रदेश के बाकी हिस्सों से किन्नौर की संस्कृति से गहरी समानता रखती है। किन्नौर में कैलाश पर्वत को भी देख सकते हैं। जो इस क्षेत्र का सबसे प्रमुख आकर्षण है। साल के 12 महीने किन्नौर के पहाड़ों पर बर्फ देखी जा सकती है जिस के कारण यहाँ का मौसम साल भर ठंडा रहता है। किन्नौर में गर्मी का मौसम जून से सितंबर महीने के बीच तक ही रहता है। इस क्षेत्र में सर्दियाँ अक्टूबर के महीने से शुरू होकर मई तक रहती हैं। जो इस जगह के मौसम को बहुत अधिक ठंडा बनाए रखता है। इस समय के दौरान पारे का स्तर उप शून्य से भी नीचे चला जाता है। बारी बर्फ पड़ने पर दिन के समय भी स्तर शून्य रहता है।

किन्नौर जाने के लिए निकटतम हवाई अड्डा व रेलवे स्टेशन शिमला है। किन्नौर शिमला से लगभग 267 कि. मी. दूरी पर स्थित है। किन्नौर के लिए नियमित बसें रामपुर और शिमला जैसे पास के स्थानों से उपलब्ध हैं। किन्नौर में कई पर्यटन स्थल हैं जैसे रिकांग पिओ, कल्पा, सांगला, छितकुल, नाको, पूह काजा आदि। रिकांग पिओ में किन्नौर के सबसे अधिक दुकानें हैं। किन्नौर में शॉल टोपियाँ, मफलर, लकड़ी की मूर्तियाँ और धातुओं से बना बहुत सा सामाना खरीदा जा सकता है। इसके अतिरिक्त किन्नौर फलो, ड्राई फूड्स के उत्पादन के लिए भी बहुत जाना जाता है। सेब, बादाम,, चिलगोजा, आंगला, अंगूर

और अखरोट आदि भी यहां से खरीदे जा सकते हैं। किन्नौर एक स्वर्ग के समान है। किन्नौर में कोई भी ऐसा एक व्यक्ति नहीं जिस के पास घर व सेब के बगीचे न हो। यहां के लोग अच्छे व मन के सचे भी होते हैं। यहाँ के लोग अपनी संस्कृति से बहुत अधिक प्रेम करते हैं। हिमाचल प्रदेश का किन्नौर जिला बहुत ही सुंदर है।

अतः यहां की सुंदरता पर्यटकों के मन में एक अच्छी सी छाप छोड़ देती है और मन प्रसन्नता से भर उठता है।

पूजा नेगी
बी.ए. तृतीय

दोस्ती

सुख-दुख के अफसाने का

ये राज है सदा मुस्कुराने का,

ये पल दो पल की रिश्तेदारी नहीं,

ये तो फर्ज है उम्र भर निभाने का,

जिंदगी में आकर कभी ना वापस जाने का,

ना जाने क्यो एक अजीब सी डोर में बंध जाने का,

ये तो फर्ज है उम्र भर निभाने का

दोस्ती दर्द नहीं रौने रूलाने का

ये तो अरमान है एक खुशी के आशियाने का,

इसे कांटा ना समझना कोई

ये तो फूल है जिन्दगी की राहों को महकाने का,

ये तो फर्ज है उम्र भर निभाने का

दोस्ती नाम है दोस्तों में खुशियाँ बिखेर जाने का,

आँखों के आसुँओं को नूर में बदल जाने का,

ये तो अपनी ही तकदीर में लिखी होती है,
धीरे-धीरे खुद अफसाना बन जाती है ज़माने का,
खुद रोकर भी अपने दोस्त को हँसाने का,
इसमें प्यार भी है और तरकार भी,
दोस्ती तो नाम है उस तरकार में भी अपने यार
को मानने का,
ये तो फ़र्ज है उम्र भर निभाने का

प्रीति
बी.ए. तृतीय

शिक्षक

रोज़ सुबह मिलते हम है इनसे, क्या हमको करना, है ये बतलाते है।
ले कर तस्वीरें इन्सानों की, सही गलत का भेद बताते हैं।
कभी डांट तो कभी प्यार से, कितना कुछ हमें समझाते हैं।
है भविष्य देश का जिन से, उनका सबका भविष्य बनाते हैं?
हैं रंग कई इस जीवन में उनसे पहचान, ये करवाते हैं।
खो ना जाये भीड़ में कहीं, हम, हम को हमसे मिलवाते हैं।?
हार में फिर सीखना ही जीत है सच्ची,
ऐसा एहसास, ये करवाते है।
कोशिश करते रहना हर पल, जीवन का अर्थ हमें समझाते हैं।
देते है नेक मंजिल भी हमें, राह भी बेहतर हमें ये दिखलाते है।
देते है ज्ञान जीवन का, काम यही सब है इनका,

ये शिक्षक कहलाते है।

आँखों में क्या ख्वाबों का

आशियाना है

परवँ लगाए बिन उड़ जाना

चाहती है।

कोई रोको, कोई समझाओ

इन आँखों को

यह तो अपनी माने बैठी है

आशियानों पर अपना

राज ठाने बैठी है

कोई बतलाए इसे आशियानों

की नई परिभाषा

नहीं मांगती यह किसी का साथ

नही जानती यह बाधक समाज

अपने मे ही मोज मनाती,

यह तो निभाती अपना साथ

यह तो अपने मे विश्वास करती है

सपने मे ही विश्वास रखती है

नही मानती, अमीर की बेटी

अमीर और

गरीब की बेटी गरीब

की नीति की

स्वयं पथ बनाती यह
रख निगाह ऊंची
दृश्य बनाती यह
लक्ष्य प्राप्त की इसने ठानी है
ऐ बदे तूने यह कसम खानी है।
ख्वाब देखा न था कभी ऐसा
अहसास हुआ ना था कभी परियों जैसा
इस अहसास से हवा के इंतजार
मे आगे बढ़ती हूँ।
चाहत नहीं मुझे इस दवा की
पर हवा से मिल जाना जरूर चाहती हूँ।

अन्नू
बी.ए प्रथम

पिता

पिता,
होता है, जो परिवार का सहारा
पर बताओ कौन होता है, उस पिता का सहारा?
पिता जो हर दुख-दर्द में अपने आंसूओं को छिपाता है
पर मन नहीं मन उन आँसुओं को बहाता है।
मुझे देखकर कही पड़ न जाए बच्चे कमजोर
यह सोचकर वह न चाहते हुए भी दुख-दर्द में मुस्कुराता है
माँ तो रोकर-पुचकार कर ज़ाहिर कर देती है प्यार
पर पिता तो इस चीज़ में भी जाता है हार।
थपता जो हमारी खुशियों के लिए अपनी खुशियाँ भुलाते है
फिर भी हम बड़े होकर उन्हें ही रूलाते है

जो मुंह से न करते ज़ाहिर पर फिर भी प्यार बरसाते हैं।
ऐसे पिता की कीमत हम कहाँ समझ पाते हैं।
यौवन आने पर किसी की कहाँ सुनते हैं?
अपनी मस्ती में मस्त, हम पिता की बात को
सुनकर अनसुना कर देते हैं।
ईश्वर का ही रूप होता है पिता,
वरना, अपनी जरूरत भूलाकर, हमारी ज़रूरत कौन है पूरी करता।
परंतु यह बातें हम अभी न समझ पाएँगे
यौवन के नशे में हम सब भूल जाएँगे।
यौवन जब सर पर चढ़ती है तो फिर कहाँ उतरती है,
आती है अकल जब ठोकरे ज़िन्दगी में लगती है।
इसलिए है, साथियो कदर करो उस पिता की वरना, एक दिन आएगा जब कदर न होगी तुम्हारी।

कंचन

बी.ए. द्वितीय

यह हवा

नम है आँखे इंतजार मे
खुशियाँ बिखरी है, इस इंतजार में
नजरे लाई इक फितरत की नई वहा
सुहावना है मौसम सुहावने है रंग
इस इंतजार मे
मेरे पास से गुजर जाती दिखाकर
मुझे एक मीठा ख्वाब गुम हो जाती
फिर मै इस हवा मे
हवा कुछ ऐसी निराली है
जो मुझे ख्वाब दिखा जाती है
लहराते मुस्कुराते क्षण - भर मे
गायब हो जाती है
मिल तो जाती है हवा, पर कुछ
कह नही पाती, नजरें चुराकर
चली जाती है
इंतजार में डूबी ये आँखें

कभी थकती नहीं,अथवा
और भी अहसास करीब
हो जाने का दिलाती है
इस लहर, हवा, मौसम से
प्यार है मुझे

यह हवा कभी अपना रंग
नहीं बदलती, साथ नहीं होती
पर, अहसास करवाती है
चाहत नहीं मुझे इस हवा की
पर हव में मिल जाना जरूर
चाहती हूँ।।

नदियाँ, जगल, पेड़ - पौधे सब
कृष्ण की मधुर बांसुरी की धुन
पर रास रचाते नजर आएँगे
इनते पतों और त्यौहारों की
अनुभूति करो

तुम्हें याद दिलाएगी, अपने पूर्वजों की
यह हिन्दी भाषा है जो
कभी समाप्त नहीं हो सकती
इसमे छिपा भाव, रस मुझे और काव्य की रचना
के लिए प्रेरित करता है
मुझे हिन्दी भाषा से
लगाव उच्च शिक्षा प्राप्त
के समय हुआ,
समझा था मैंने हिन्दी का भाव
अक्षर है जो भाव बनकर
प्रस्तुत होते हैं
और बार-बार मुझे कुछ
लिखने के लिए प्रेरित
करते हैं।

अन्नू
बी.ए. प्रथम

ਪੰਜਾਬੀ

ਮਾਂ

ਜਦ ਖੁਸ਼ ਹੁੰਦੇ ਨੇ ਲੋਕੀਂ, ਕੌਣ ਹੈ ਮਾਂ? ਭੁੱਲ ਜਾਂਦੇ ਹਨ,
ਜਦ ਦੁੱਖ ਹੁੰਦਾ ਹੈ ਉਹਨਾ ਨੂੰ, ਨਚ ਕੇ ਮਾਂ ਕੋਲ ਜਾਂਦੇ ਹਨ।

ਮਾਂ ਸ਼ਬਦ ਏਨਾ ਲਿਸ਼ਕਣਾ ਹੈ, ਜਿਵੇਂ ਅਕਾਸ਼ ਵਿੱਚ ਤਾਰੇ ਟਿਮਟਿਮਾਉਂਦੇ ਹਨ,
ਤਾਹੀਂ ਤਾਂ ਸਾਰੇ ਦੇਵੀ-ਦੇਵਤਾ, ਉਸ ਮਾਂ ਦਾ ਗਾਇਣ ਕਰਦੇ ਹਨ।

ਰੁੱਖਾਂ ਤੋਂ ਠੰਡੀਆਂ ਛਾਵਾਂ, ਮਾਵਾਂ ਸਾਨੂੰ ਦਿੰਦੀਆਂ ਹਨ

ਰੁੱਖਾਂ ਦੇ ਹੇਠਾਂ ਅਸੀਂ ਕੁਝ ਹੀ ਪਲ ਬੈਠਦੇ ਹਾਂ, ਪਰ ਉਸ ਮਾਂ ਦੇ ਆਂਚਲ ਹੇਠਾਂ ਜ਼ਿੰਦਗੀ ਭਰ ਰਹਿੰਦੇ ਹਾਂ।

ਰੱਬ ਵਰਗੀ ਉਹ ਮਾਂ ਨੇ ਦੁੱਖਾਂ ਨੂੰ ਸਹਿਕੇ, ਜਨਮ ਸਾਨੂੰ ਦਿੱਤਾ ਏ

ਪਰ ਫਿਰ ਕਿਉਂ? ਅਸੀਂ ਵੱਡੇ ਹੋ ਕੇ ਉਸ ਮਾਂ ਦਾ ਅਹਿਸਾਨ ਭੁੱਲ ਜਾਂਦੇ ਹਾਂ!!

ਮਾਵਾਂ ਸਾਡੇ ਦੁੱਖਾਂ ਦੇ ਸਮੇਂ, ਸਾਨੂੰ ਸਹਾਰਾ ਦਿੰਦੀਆਂ ਹਨ,

ਪਰ ਅਸੀਂ ਸੁੱਖ ਪਾ ਕੇ, ਉਸ ਮਾਂ ਨੂੰ ਹੀ ਭੁੱਲ ਜਾਂਦੇ ਹਨ।

ਜਦ ਦੁੱਖ ਹੁੰਦਾ ਹੈ ਮਾਵਾਂ ਨੂੰ, ਆਪਾਂ ਉਹਦੇ ਕੋਲ ਨਾ ਵਹਿੰਦੇ ਆਂ,

ਉਹ ਆਪਣੇ ਦੁੱਖ ਭੁੱਲ ਕੇ ਵੀ, ਸਾਡੀ ਦੇਖ ਭਾਲ ਵਿੱਚ ਲਗ ਜਾਂਦੀ ਹੈ!!

ਆਂਚਲ ਕਪਿਲ
ਬੀ-ਏ III

ਬ

ਅਜੋਕੀ ਦੁਨੀਆਂ

ਏ ਦੁਨੀਆਂ ਬੜੀ ਜਾਲਮ ਏ ਜੀਣ ਨੀ ਦਿੰਦੀ ਚੰਗਿਆਂ ਨੂੰ,
ਮੁਰਖਤਾ ਦਾ ਮਾਣ ਦੇ ਦਿੰਦੀ ਉਹਨਾਂ ਮੂਹਰੇ ਮੰਗਿਆਂ ਨੂੰ,
ਛੱਟ ਸੂਲੀ 'ਤੇ ਚਾੜ ਦਿੰਦੀ ਅੱਗੇ ਉਹਨਾਂ ਖੰਘਿਆਂ ਨੂੰ,
ਅਜਿਹੀ ਦੁਨੀਆਂ ਵਿੱਚ ਮਾਸੂਮ ਕੀ ਕਰੇ,
ਧੋਖੇਬਾਜ਼ਾਂ ਨਾਲ ਕਿਵੇਂ ਲੜੇ, ਜੀਵੇ ਜਾਂ ਮਰੇ।

ਇੱਥੇ ਚੱਲਦੀ ਨਾਂ ਸੱਚੇ ਤੇ ਈਮਾਨਦਾਰਾਂ ਦੀ,
ਧੱਕੇਸ਼ਾਹੀ ਚੱਲੇ ਅਮੀਰਾਂ ਤੇ ਸ਼ਾਹੂਕਾਰਾਂ ਦੀ,
ਗਰੀਬਾਂ ਤੇ ਹਕੂਮਤ ਚੱਲੇ ਜ਼ਿਮੀਦਾਰਾਂ ਦੀ
ਅਜਿਹੀ ਦੁਨੀਆਂ ਵਿੱਚ ਗਰੀਬਾਂ ਦਾ ਨਾਂ ਸਰੇ,
ਧੋਖੇਬਾਜ਼ਾਂ ਨਾਲ ਕਿਵੇਂ ਲੜੇ, ਜੀਵੇ ਜਾਂ ਮਰੇ।

ਇੱਥੇ ਫੈਲੀ ਸਰਕਾਰ ਦੀ ਤਾਨਾਸ਼ਾਹੀ ਹੈ,
ਉੱਛੋਂ ਵੱਧ ਰਹੀ ਪ੍ਰਤੀਦਿਨ ਮਹਿੰਗਾਈ ਹੈ,
ਅੱਜ ਇਨਸਾਨੀਅਤ ਕਿਸੇ ਨਾ ਅਜ਼ਮਾਈ ਹੈ,
ਅਜਿਹੀ ਦੁਨੀਆਂ ਵਿੱਚ ਨਾਗਰਿਕ ਹਮੇਸ਼ਾ ਡਰੇ,
ਧੋਖੇਬਾਜ਼ਾਂ ਨਾਲ ਕਿਵੇਂ ਲੜੇ, ਜੀਵੇ ਜਾਂ ਮਰੇ।

ਅਜੋਕੇ ਨੌਜਵਾਨ ਨਸ਼ਿਆਂ 'ਚ ਰੁਲ ਰਹੇ।

ਫੈਸ਼ਨ ਪੱਟੀਆਂ ਨੂੰ ਕੋਈ ਹੀ ਕਹੇ।

ਹੁਣ ਬੱਚਿਆਂ ਕਾਰਨ ਮਾਪਿਆਂ ਕਈ ਦੁੱਖ ਸਹੇ,

ਅਜਿਹੀ ਦੁਨੀਆਂ ਵਿੱਚ ਬੰਦਾ ਕਿਹੜਾ ਰਾਹ ਫੜੇ,

ਥੋਖੇਬਾਜ਼ਾਂ ਨਾਲ ਕਿਵੇਂ ਲੜੇ, ਜੀਵੇ ਜਾ ਮਰੇ। ਯਾਰੀ

ਧਰਮ ਦੇ ਨਾਂ ਤੇ ਪਖੰਡਤਾ ਵੱਧ ਰਹੀ,

ਆਵੇ ਨਾਂ ਸਮਝ ਭੋਲੇ ਲੋਕਾਂ ਨੂੰ ਸਹੀ,

ਰਵੀ ਮੰਨੇ ਆਪਣੇ ਗੁਰਾਂ ਦੀ ਕਹੀ,

ਧਾਰਮਿਕ ਕੱਟੜਤਾ ਕੋਈ ਕਿਉਂ ਜ਼ਰੇ,

ਥੋਖੇਬਾਜ਼ਾਂ ਨਾਲ ਹਿੰਮਤ ਨਾਲ ਲੜੇ,

ਸੱਚਾਈ ਨਾਲ ਜੀਵੇ ਨਾ ਕਾਇਰਾਂ ਵਾਂਗ ਮਰੇ।

ਕਮਲਜੀਤ ਕੌਰ
ਬੀ-ਏ ॥

ਰੁਲਦਾ ਪੰਜਾਬ

ਪੰਜਾਬੀ ਸੱਭਿਅਤਾ, ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ,
ਰੁਲਗੀ ਸੱਭਿਅਤਾ, ਬਦਲਿਆਂ ਪੰਜਾਬ
ਪੰਜਾਬ ਦੀ ਇਸ ਧਰਤੀ ਨੇ ਲੱਖਾਂ ਬੀਰ ਯੋਧੇ ਜੰਮੇ ਨੇ,
ਜਿਹਨਾਂ ਆਜ਼ਾਦੀ ਲਈ ਯੁੱਧ ਲੜੇ ਬੜੇ ਲੰਮੇ ਨੇ।
ਭਗਤ ਸਿਆਂ ਜਿਹਨਾਂ ਦੇਸ਼ ਲਈ ਦਿੱਤਾ ਵਾਰ ਆਪਣਾ ਆਪ,
ਜਿਹਨਾਂ ਨੌਜਵਾਨਾਂ ਵਿੱਚ ਅਜ਼ਾਦੀ ਦਾ ਜਗਾਇਆ ਜਾਪੰ
ਹੁਣ ਭੁਲੇ ਉਸ ਜਾਪ ਨੂੰ ਹੋਏ ਲੋਕ ਬੇਹਾਲ,
ਆ ਕੇ ਵੇਖ ਲੋ ਸ਼ਹੀਦੋ ਹੋਇਆਂ ਪੰਜਾਬ ਦਾ ਬੁਰਾ ਹਾਲ।

ਯਾਦ ਕਰੋ ਉਹਨਾਂ ਯੋਧਿਆਂ ਨੂੰ ਜੋ ਆਜ਼ਾਦੀ ਲਈ ਹੋਏ ਕੁਰਬਾਨ,
ਜਿਹਨਾਂ ਆਜ਼ਾਦੀ ਲਈ ਲਹੂ ਡੋਲਿਆਂ ਦਿੱਤੀ ਆਪਣੀ ਜਾਨ।
ਅੱਜ ਦੇਸ਼ ਦੀ ਦੁਰਦਸ਼ਾ ਕੀ ਏ ਧੋਖੇਦਾਰੀ ਵਿੱਚ ਫਸਿਆ,
ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਦਾ ਕੀ ਉਹਨਾਂ ਲੜ੍ਹ ਫੜ੍ਹਿਆ ਏ ਨਸ਼ਿਆਂ ਦਾ।
ਸਲਵਾਰ, ਕਮੀਜ਼ ਛੱਡ ਕੇ ਚਲਾਈਆਂ ਸਕਲਟਾਂ, ਜੀਨਾਂ ਦੀਆਂ ਰੀਤਾਂ ਨੇ
ਅੱਧ ਤੋਂ ਜ਼ਿਆਦਾ ਪੰਜਾਬ ਪੱਟਤਾ ਇਹਨਾਂ ਪੁੱਠੇ ਸਿੱਧੇ ਰੀਤਾਂ ਨੇ
ਮੁਟਿਆਰ ਨੂੰ ਦੱਸਦੇ ਜੋ ਨੱਢੀ, ਯੈਂਕਣ, ਚੀਜ਼ ਤੇ ਮਾਲ
ਆਕੇ ਵੇਖ ਲੋ ਸ਼ਹੀਦੋ ਹੋਇਆਂ ਪੰਜਾਬ ਦਾ ਬੁਰਾ ਹਾਲ,
ਆਕੇ ਵੇਖ ਲੋ ਸ਼ਹੀਦੋ ਹੋਇਆਂ ਪੰਜਾਬ ਦਾ ਬੁਰਾ ਹਾਲ।

ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਹੁਕਮ ਦਿੱਤਾ ਸਿੰਘੋ ਬੰਨ੍ਹਣੀ ਏ ਦਸਤਾਰ,
ਵਾਲ ਕਟਾਏ ਸਿੰਘਾਂ ਨੇ ਦਿੱਤੀ ਰੱਖ ਪੱਗ ਪਰ੍ਹੇ ਉਤਾਰ
ਪੱਛਮੀ ਸੱਭਿਆਚਾਰ ਨੇ ਕੱਟੀ ਤੰਦ ਨਾਲ ਦਿਖਾਵੇ ਦੀ ਆਰੀ,
ਪੰਜਾਬੀ ਸੱਭਿਅਤਾ ਤੇ ਮਾਂ ਬੋਲੀ ਜਿਸ ਅੱਗੇ ਅੱਜ ਹਾਰੀ
ਕਮਲ ਆਖੇ ਮੋੜ ਲਿਆਵੇ ਓ ਪੰਜਾਬ ਦੇ ਕਰਮਾਂ ਵਾਲੇ ਭਾਗ,
ਏ ਭਾਗ ਏਂਦਾ ਖੋਹ ਗਏ ਸੁਹਾਗਣ ਤੋਂ ਉਹਦਾ ਸੁਹਾਗ।
ਆਓ ਮਿਲਕੇ ਕੱਟੀਏ ਇਹ ਬਨਾਵਟ ਤੇ ਖੁਦਗੁਰਜ਼ੀ ਦਾ ਜਾਲ,
ਆਕੇ ਵੇਖ ਲੋ ਸ਼ਹੀਦੋ ਹੋਇਆਂ ਪੰਜਾਬ ਦਾ ਬੁਰਾ ਹਾਲ।
ਹੋਇਆ ਪੰਜਾਬ ਦਾ ਬੁਰਾ ਹਾਲ।

ਕਮਲ
ਬੀ-ਏ ॥

ਮਿੱਤਰਤਾ

ਮਨੁੱਖ ਇਕ ਸਮਾਜਿਕ ਜੀਵ ਹੈ। ਉਹ ਇਕਲਾ ਨਹੀਂ ਰਹਿ ਸਕਦਾ। ਉਸ ਦਾ ਜੀਵਨ ਦੂਜਿਆਂ ਉੱਪਰ ਨਿਰਭਰ ਕਰਦਾ ਹੈ। ਇਸ ਕਰਕੇ ਉਹ ਜਿੰਦਗੀ ਵਿਚ ਕੁੱਝ ਸੱਜਣਾਂ-ਮਿੱਤਰਾਂ ਦੀ ਲੋੜ ਅਨੁਭਵ ਕਰਦਾ ਹੈ। ਜਿਨ੍ਹਾਂ ਨਾਲ ਉਹ ਆਪਣੇ ਦੁਖ-ਸੁਖ ਵੰਡ ਸਕੇ। ਜਦੋਂ ਅਸੀਂ ਮਿੱਤਰ ਨਾਲ ਖੁਸ਼ੀ ਵੰਡਦੇ ਹਾਂ, ਤਾਂ ਉਹ ਦੁੱਗਣੀ ਹੋ ਜਾਂਦੀ ਹੈ। ਪਰ ਜਦੋਂ ਦੁੱਖ ਨੂੰ ਵੰਡਦੇ ਹਾਂ, ਤਾਂ ਉਹ ਅੱਧਾ ਰਹਿ ਜਾਂਦਾ ਹੈ। ਬੇਕਨ ਦਾ ਕਥਨ ਹੈ ਕਿ ਜਿਹੜਾ ਆਦਮੀ ਇਹ ਕਹਿੰਦਾ ਹੈ ਕਿ ਉਹ ਇਕਲਾ ਰਹੀ ਹੈ ਖੁਸ਼ੀ ਅਨੁਭਵ ਕਰ ਸਕਦਾ ਹੈ, ਉਹ ਜਾਂ ਤਾਂ ਜੰਗਲੀ ਜਾਨਵਰ ਹੈ ਤਾਂ ਦੇਵਤਾ। ਅਸਲ ਵਿੱਚ ਸੱਚੇ ਮਿੱਤਰ ਦੀ ਅਵਹੋਂਦ ਵਿਚ ਆਦਮੀ ਭਰੇ ਮੇਲੇ ਵਿਚ ਵੀ ਇੱਕਲਾ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ, ਪਰ ਇਸ ਵਿਚ ਵੀ ਕੋਈ ਸੰਦੇਹ ਨਹੀਂ ਕਿ ਸੱਚੇ ਤੇ ਵਫ਼ਾਦਾਰ ਮਿੱਤਰ ਬਹੁਤ ਘੱਟ ਹੁੰਦੇ ਹਨ। ਸੱਚੀ ਮਿੱਤਰਤਾ ਵਿਚ ਦੋ ਰੂਹਾਂ ਦਾ ਪੂਰਾ ਗੰਢ-ਚਿਤਰਾਵਾ ਹੁੰਦਾ ਹੈ। ਸੱਚੇ ਮਿੱਤਰਾਂ ਵਿਚਕਾਰ ਕੋਈ ਲੁਕਾ-ਛਿਪਾ, ਭਰਮ ਭੁਲੇਖਾ ਜਾਂ ਅਵਿਸ਼ਵਾਸ ਨਹੀਂ ਹੁੰਦਾ। ਜਦ ਦੋ ਰਲਦੇ-ਮਿਲਦੇ ਵਿਚਾਰਾਂ, ਸੁਭਾਵਾਂ ਤੇ ਰੁਚੀਆਂ ਦੇ ਵਿਅਕਤੀ ਮਿਲਦੇ ਹਨ, ਤਾਂ ਉਨ੍ਹਾਂ ਵਿਚ ਮਿੱਤਰਤਾ ਦੀ ਗੰਢ ਪੈ ਜਾਂਦੀ ਹੈ। ਅਮੀਰ, ਗਰੀਬ ਤੇ ਸਮਾਜਿਕ ਪੱਧਰ ਸੱਚੇ ਮਿੱਤਰ ਦੀ ਮਿੱਤਰਤਾ ਨੂੰ ਤੋੜ ਨਹੀਂ ਸਕਦੇ। ਉਨ੍ਹਾਂ ਦੀ ਸਥਿਤੀ ਕ੍ਰਿਸ਼ਨ-ਸੁਦਾਮੇ ਦੀ ਦੋਸਤੀ ਵਰਗੀ ਹੁੰਦੀ ਹੈ। ਮਿੱਤਰਤਾ ਦਾ ਆਧਾਰ ਸਵਾਰਥ ਨਹੀਂ ਹੁੰਦਾ। ਸਗੋਂ ਦੁਖ-ਸੁਖ, ਵਿਚਾਰਾਂ ਤੇ ਭਾਵਾਂ ਦੀ ਸਾਂਝ ਹੁੰਦੀ ਹੈ। ਮਿੱਤਰਤਾ ਸਾਡੇ ਦੁੱਖ ਨੂੰ ਘਟਾਉਣ, ਸਾਰੀਆਂ ਉਲਝਣਾਂ, ਭੁਲੇਖਿਆਂ, ਵਿਚਾਰਾਂ ਦੀ ਅਸਥਿਰਤਾ ਨੂੰ ਦੂਰ ਕਰਨ, ਕਈ ਪ੍ਰਕਾਰ ਦੇ ਸਮਾਜਿਕ ਕੰਮਾਂਕਾਰਾਂ ਤੇ ਯੋਜਨਾਵਾਂ ਨੂੰ ਨੇਪਰੇ ਚੜ੍ਹਾਉਣ ਵਿਚ ਸਹਾਇਕ ਸਿੱਧ ਹੁੰਦੀ ਹੈ। ਇਸ ਪ੍ਰਕਾਰ ਸੱਚਾ ਮਿੱਤਰ ਸਦੀਵੀ ਪ੍ਰਸੰਨਤਾ ਤੇ ਪ੍ਰੇਰਨਾ ਦਾ ਸੋਮਾ ਹੁੰਦਾ ਹੈ, ਪਰ ਅਜਿਹਾ ਮਿੱਤਰ ਮਿਲਦਾ ਬਹੁਤ ਔਖਾ ਹੈ, ਇਸ ਕਰਕੇ ਫਰੀਦ ਜੀ ਨੇ ਕਿਹਾ ਹੈ,

“ਫਰੀਦਾਂ ਗਲੀ ਸਜਣ ਵੀਹਇਕੁ ਢੂੰਢਦੀ ਨ ਲਹਾ।
ਧੁਥਾਂ ਜਿਉਂ ਮਾਲੀਂਹ ਕਾਰਨ ਤਿੰਨਾ ਮਾ ਪਿਰੀ।”

ਅਰਸ਼ਿਤਾ ਜੈਨ
ਬੀ-ਏ III

ਮਾਤ-ਭਾਸ਼ਾ ਦਾ ਮਹੱਤਵ-ਪੰਜਾਬੀ

ਮਾਤ-ਭਾਸ਼ਾ ਉਹ ਹੁੰਦੀ ਹੈ ਜਿਸ ਨੂੰ ਮਨੁੱਖ ਆਪਣੇ ਜਨਮ ਤੋਂ ਮਗਰੋਂ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਸਿੱਖਣੀ ਆਰੰਭ ਕਰਦਾ ਹੈ। ਇਸ ਤੋਂ ਉਸ ਦੀ ਪਛਾਣ ਨਿਸ਼ਚਿਤ ਹੁੰਦੀ ਹੈ ਕਿ ਉਹ ਕਿਸ ਜਗ੍ਹਾ ਦਾ ਰਹਿਣ ਵਾਲਾ ਹੈ। ਜਿਵੇਂ-ਪੰਜਾਬੀ ਪੰਜਾਬ ਦੀ ਮਾਤ-ਭਾਸ਼ਾ ਹੈ ਤੇ ਇਹ ਸਾਡੇ ਅੰਦਰ ਸਾਡੀ ਗੱਲ-ਬਾਤ ਦੇ ਵਰਤੋਂ ਵਿਹਾਰ ਦਾ ਬੁਨਿਆਦੀ ਅਧਾਰ ਹੈ। ਪਰੰਤੂ ਅੱਜ-ਕਲ੍ਹ ਬਹੁਤ ਸਾਰੇ ਭੁੱਲੜ ਮਾਪਿਆਂ ਤੇ ਅਖੌਤੀ ਅੰਗਰੇਜ਼ੀ ਮਾਧਿਅਮ ਵਾਲੇ ਸਕੂਲਾਂ ਦੁਆਰਾ ਇਸ ਦੇ ਮਹੱਤਵ ਨੂੰ ਸਮਝਿਆ ਨਹੀਂ ਜਾ ਰਿਹਾ। ਇਹ ਅੰਗਰੇਜ਼ ਗੁਲਾਮੀ ਦੀ ਮਾਨਸਿਕਤਾ ਹੰਢਾ ਰਹੇ ਆਪੇ ਤੇ ਵਿੱਦਿਆ ਨੂੰ ਮੰਡੀ ਦਾ ਮਾਲ ਬਣਾ ਕੇ ਵੇਚ ਰਹੇ ਪਬਲਿਕ ਸਕੂਲਾਂ ਦੇ ਪ੍ਰਬੰਧਕ ਇਸ ਤੱਥ ਵਲ ਧਿਆਨ ਦੇਣ ਦੀ ਲੋੜ ਨਹੀਂ ਸਮਝਦੇ ਕਿ ਯੂ.ਐਨ.ਓ ਵਰਗੇ ਵਿਸ਼ਵ ਅਦਾਰਿਆਂ ਨੇ ਵੀ ਮਾਤ-ਭਾਸ਼ਾ ਨੂੰ ਮਹੱਤਤਾ ਦਿੱਤੀ ਹੈ। ਬੱਚੇ ਨੂੰ ਪਰਦੇਸੀ ਭਾਸ਼ਾ ਪੜ੍ਹਾਉਣਾ ਜਾਂ ਬੋਲਣਾ, ਜਿਹੜੀ ਉਸਨੂੰ ਔਖੀ ਲਗਦੀ ਹੈ, ਨਾਲੋਂ ਮਾਤ-ਭਾਸ਼ਾ ਦੀ ਅਹਮਿਅਤ ਪਤਾ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ। ਅੱਜ ਦੇ ਸਮਾਜ ਵਿੱਚ ਬੱਚੇ ਨੂੰ ਪੰਜਾਬੀ ਬੋਲਣ ਵਿੱਚ ਸ਼ਰਮ ਮਹਿਸੂਸ ਕਰਦੇ ਹਨ ਪਰ ਅੰਗਰੇਜ਼ੀ ਵਰਗੀ ਭਾਸ਼ਾ ਬੋਲਣ ਵਿੱਚ ਆਪਣੀ ਸ਼ਾਨ ਮਹਿਸੂਸ ਕਰਦੇ ਹਨ। ਪੰਜਾਬੀ ਨੂੰ ਬੋਲਣਾ ਉਨ੍ਹਾਂ ਲਈ ਔਖਾ ਲਗਦਾ ਹੈ ਕਿਉਂਕਿ ਅੱਜ-ਕਲ੍ਹ ਹਰ ਇੱਕ ਬੱਚਾ ਅੰਗਰੇਜ਼ੀ ਮਾਧਿਅਮ ਵਾਲੇ ਸਕੂਲਾਂ ਵਿੱਚੋਂ ਪੜ੍ਹ ਕੇ ਆਇਆ ਹੁੰਦਾ ਹੈ। ਮਾਤ-ਭਾਸ਼ਾ ਦੀ ਵਰਤੋਂ ਨਾਲ ਬੱਚੇ ਦੇ ਮਨ ਵਿੱਚ ਸ਼ੈ-ਵਿਸ਼ਵਾਸ, ਸ਼ੈਮਾਨ ਤੇ ਸ਼ੈ-ਪਛਾਣ ਦਾ ਖੇਤਰ ਮਜ਼ਬੂਤ ਹੁੰਦਾ ਹੈ। ਇਸ ਦੇ ਉਲਟ ਜਿੱਥੇ ਬੱਚਿਆਂ ਨੂੰ ਮਾਤ-ਭਾਸ਼ਾ ਦੀ ਥਾਂ ਦੂਜੀ ਭਾਸ਼ਾ ਪਹਿਲਾਂ ਪੜ੍ਹਾਈ ਜਾਂਦੀ ਹੈ। ਮਾਂ-ਬੋਲੀ ਨੂੰ ਭੁਲਾਣਾ ਤਾਂ ਕਿਸੇ ਸਰਾਪ ਦਾ ਫਲ ਹੀ ਹੋ ਸਕਦਾ ਹੈ। ਇਸ ਕਰਕੇ ਸਾਨੂੰ ਹਮੇਸ਼ਾ ਆਪਣੀ ਮਾਂ-ਬੋਲੀ ਨੂੰ ਅਪਣਾ ਕੇ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਕਰਕੇ ਆਪਣੀ ਮਾਤ-ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਉੱਤੇ ਸਦਾ ਮਾਣ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਸੀਮਾ

ਬੀ-ਏ III

ਨਸ਼ਾ

ਅੱਜ ਦਾ ਸਮਾਂ ਵਿਗਿਆਨ ਦਾ ਨਹੀਂ ਬਲਕਿ ਨਸ਼ੇ ਦਾ ਹੈ। ਅੱਜ ਦਾ ਮਨੁੱਖ ਬਹੁਤ ਨਸ਼ੇ ਕਰਦਾ ਹੈ। ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਸੱਭ ਨਸ਼ੇ ਵੱਲ ਭੱਜ ਰਹੇ ਹਨ। ਇਹ ਇੱਕ ਬਿਮਾਰੀ ਦੀ ਤਰ੍ਹਾਂ ਲੱਗ ਜਾਂਦਾ ਹੈ ਜਿਸਦਾ ਮਰਦੇ ਦਮ ਤੱਕ ਇਲਾਜ ਨਹੀਂ ਹੁੰਦਾ, ਨਸ਼ੇ ਕਰਨ ਵਾਲਾ ਮਨੁੱਖ ਕਦੇ ਸਫਲ ਨਹੀਂ ਹੁੰਦਾ। ਇਹਨਾਂ ਨਸ਼ਿਆਂ ਵਿੱਚ ਪੈ ਕੇ ਇਨਸਾਨ ਆਪਣੇ ਭਵਿੱਖ ਨੂੰ ਹੀ ਖਰਾਬ ਕਰਦੇ ਹਨ। ਨਸ਼ੇ ਕਰਨ ਨਾਲ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਵੀ ਖਟਾਸ ਪੈਦਾ ਹੋ ਜਾਂਦੀ ਹੈ। ਇੱਕ ਨਸ਼ਾ ਕੀਤੇ ਹੋਏ ਮਨੁੱਖ ਨੂੰ ਕੋਈ ਸੁਰਤ ਨਹੀਂ ਹੁੰਦੀ ਕਿ ਉਹ ਕੀ ਕਰ ਰਿਹਾ ਹੈ, ਇਸ ਕਰਕੇ ਉਹ ਦੂਸਰਿਆਂ ਲੋਕਾਂ ਲਈ ਇੱਕ ਮਜ਼ਾਕ ਦਾ ਪਾਤਰ ਬਣ ਜਾਂਦਾ ਹੈ। ਬਹੁਤ ਲੋਕ ਆਪਣੇ ਫਾਇਦੇ ਲਈ ਨਸ਼ੇ ਵੇਚਦੇ ਹਨ। ਪਹਿਲਾਂ ਉਹ ਇੱਕ ਨੌਜਵਾਨ ਨੂੰ ਇੱਕ ਦੋ ਵਾਰ ਮੁਫਤ ਵਿੱਚ ਨਸ਼ੇ ਦਿੰਦੇ ਹਨ। ਜਦੋਂ ਉਹ ਨੌਜਵਾਨ ਨਸ਼ੇ ਬਿਨਾ ਨਹੀਂ ਰਹਿ ਸਕਦਾ, ਉਦੋਂ ਉਸਨੂੰ ਮਹਿੰਗੇ ਭਾਅ ਤੇ ਨਸ਼ੇ ਵੇਚਦੇ ਹਨ। ਉਹਨਾ ਲਈ ਸਿਰਫ ਇਹ ਇੱਕ ਕਮਾਈ ਦਾ ਸਾਧਨ ਹੈ, ਪਰ ਇਸ ਤਰ੍ਹਾਂ ਦੀ ਕਮਾਈ ਨਾਲ ਬਹੁਤੇ ਨੌਜਵਾਨਾਂ ਦਾ ਭਵਿੱਖ ਖਰਾਬ ਹੋ ਰਿਹਾ ਹੈ। ਜੋ ਪੰਜਾਬ ਇੱਕ ਅਣਖੀਲੇ, ਤਾਕਤਵਰ ਗੱਭਰੂ ਅਤੇ ਸੁੰਦਰ ਮੁਟਿਆਰਾਂ ਦੇ ਨਾਮਾਂ ਨਾਲ ਜਾਣਿਆ ਜਾਂਦਾ ਸੀ ਅੱਜ ਇਹ ਪੰਜਾਬ ਨਸ਼ੇ ਦੇ ਨਾਮ ਨਾਲ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਬਹੁਤਿਆਂ ਪੋਲਿਟੀਕਲ ਪਾਰਟੀਆਂ ਵੋਟ ਲੈਣ ਲਈ ਵੀ ਨਸ਼ੇ ਵੇਚਦੀਆਂ ਸਨ। ਜੋ ਕਿ ਬਹੁਤ ਗਲਤ ਗੱਲ ਹੈ। ਸਰਕਾਰਾਂ ਨੂੰ ਨਸ਼ੇ ਉੱਤੇ ਬੈਨ ਲਗਾ ਦੇਣਾ ਚਾਹੀਦਾ ਹੀ ਹੈ ਅਤੇ ਨਸ਼ਾ ਛਡਾਉ ਕੇਂਦਰ ਕੇਂਦਰ ਮੁਫਤ ਖੋਲਣੇ ਚਾਹੀਦੇ ਹਨ ਤਾਂ ਕਿ ਜੋ ਨੌਜਵਾਨ ਨਸ਼ਾ ਛੱਡਣਾ ਚਾਹੁਣ ਤਾਂ ਉਹ ਇਹਨਾਂ ਕੇਂਦਰਾਂ 'ਚ ਜਾ ਕੇ ਅਪਣਾ ਮੁਫਤ ਇਲਾਜ ਕਰਾ ਸਕੇ ਅਤੇ ਇੱਕ ਖੁਸ਼ੀ ਭਰੀ ਜ਼ਿੰਦਗੀ ਜੀਅ ਸਕੇ।

ਸੀਮਾ

ਬੀ-ਏ III

ਸੱਭਿਆਚਾਰ

ਸੱਭਿਆਚਾਰ ਲੋਕ ਸਮੂਹ ਦੁਆਰਾ ਸਿਰਜੀ ਵਿਸ਼ੇਸ਼ ਜੀਵਨ ਜਾਂਚ ਦਾ ਨਾਂ ਹੈ। ਪਸ਼ੂ ਜੀਵਨ ਤੋਂ ਆਗਾਂਹ ਲੰਘ ਮਨੁੱਖ ਆਪਣੀਆਂ ਅੰਦਰੂਨੀ ਕਰਤਾਰੀ ਸ਼ਕਤੀਆਂ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ ਤੇ ਵਿਉਂਤਣ ਲਈ ਸੱਭਿਆਚਾਰ ਸਿਰਜਦਾ ਹੈ। ਮਨ, ਸਰੀਰ ਅਤੇ ਆਤਮਾ ਦੀ ਇਕਸੂਰਤਾ ਪੈਦਾ ਕਰਦਿਆਂ ਬੁਨਿਆਦੀ ਮਨੁੱਖੀ ਲੋੜਾਂ ਨੂੰ ਪੂਰਾ ਕਰਨਾ ਅਤੇ ਨਾਲ ਹੀ ਮਨੁੱਖ ਦੀਆਂ ਨਿੱਜੀ ਅਤੇ ਸਮੂਹਿਕ ਸੰਭਾਵਨਾਵਾਂ ਨੂੰ ਪ੍ਰਫੁੱਲਿਤ ਕਰਨਾ ਸੱਭਿਆਚਾਰ ਦਾ ਸੁਖ ਲਕਸ਼ ਹੁੰਦਾ ਹੈ। ਬਹੁਤੀ ਵਾਰ ਅਸੀਂ ਅਗਿਆਨਤਾ ਵਸ ਪ੍ਰਾਚੀਨਤਾ ਨੂੰ ਹੀ ਸੱਭਿਆਚਾਰ ਮੰਨਣ ਮਨਾਉਣ ਦਾ ਯਤਨ ਕਰਦੇ ਹਾਂ। ਵਾਸਤਵ ਵਿੱਚ ਸੱਭਿਆਚਾਰ ਸੱਚੀ ਅਤੇ ਸੁੱਚੀ, ਵਡੇਰੀ ਅਤੇ ਸੂਝ ਭਰੀ ਸ਼ਖ਼ਸੀਅਤ ਸਿਰਜਣ ਲਈ ਮਨੁੱਖਾਂ ਵੱਲੋਂ ਉਸਾਰਿਆ ਗਿਆ ਇੱਕ ਸਾਂਝਾ ਪ੍ਰਬੰਧ ਹੈ। ਇਸ ਲੋੜ ਹਿਤ ਘਰ, ਪਰਿਵਾਰ, ਭਾਈਚਾਰਾ, ਰਿਸ਼ਤਾ-ਨਾਤਾ ਪ੍ਰਬੰਧ, ਵਿਆਹ-ਪ੍ਰਬੰਧ, ਰੀਤੀ-ਰਿਵਾਜ, ਵਿਸ਼ਵਾਸ, ਕੀਮਤਾਂ ਹਾਰ-ਸ਼ਿੰਗਾਰ, ਲੋਕਧਾਰਾ ਅਤੇ ਅਜਿਹੀਆਂ ਹੋਰ ਵੰਨਗੀਆਂ ਦੀ ਸਿਰਜਣਾ ਹੁੰਦੀ ਆਈ ਹੈ। ਇਹ ਸਭ ਸਿਰਜਣਾਵਾਂ ਮਨੁੱਖ ਨੂੰ ਪਸ਼ੂ ਪੂਣੇ ਤੋਂ ਉੱਪਰ ਉਠਾ ਕੇ ਉਸਾਰੂ ਅਤੇ ਸੁਚਾਰੂ ਮਨੁੱਖ ਬਣਨ-ਬਣਾਉਣ ਲਈ ਸਿਰਜੇ ਗਏ ਵਸੀਲੇ ਹਨ।

ਜੀਵਨ

ਬੀ-ਏ III

ਅੱਜ ਦੇ ਚਾਰ ਲੋਕਾਂ ਪਿੱਛੇ

ਲੱਭਿਆ ਲੋਕਾਂ ਨੇ ਦੁਨਿਆ ਵਿੱਚ ਸਮਾਂ ਟਪਾਉਣ ਦਾ ਢੰਗ,
ਨਾਂ ਰਖਿਆ ਹੈ। ਦਾਰੂ ਵੇਖੋ, ਕਰੋ ਚੈਨ ਸਭ ਭੰਗ।
ਰਲ ਮਿਲ ਮਿੱਤਰ ਇੱਕਠੇ ਹੋ, ਰੱਖਣ ਵਿੱਚ ਕੀਮਤੀ ਮੇਜ਼,
ਰਤਾ ਕੁ ਨਾਂ ਗਿਆਨ ਵੀਚਾਰਣ, ਨਾਂ ਕੋਈ ਸੋਚ ਪ੍ਰਹੇਜ਼।
ਇਸ ਨੂੰ ਜੋ ਹਨ ਪੀਂਦੇ, ਗੁਆਉਣ ਬਣੀ ਸਭ ਪੱਤ,
ਦੁਨਿਆ ਵਿਚ ਵੀ ਖਾਣ ਲਾਹਨਤਾਂ, ਦਰਗਾਹ ਵਿਚ ਨਾਂ ਕੋਈ ਗੱਤ।
ਪੁੱਠੀ ਮੱਤ ਇਨ੍ਹਾਂ ਦੀ ਹੁੰਦੀ, ਸੁਭ ਗੁਣ ਹੁੰਦੇ ਨਾਸ਼,
ਬੜਕਾਂ ਮਾਰਣ, ਦਾਅਵੇ ਛੱਡਣ, ਪਰ ਫਰਜ਼ਾਂ ਦੀ ਨਾਂ ਆਸ।
ਇਸ ਦਿਸ਼ਾ ਵਿੱਚ ਹੁੰਦੇ ਜਦ ਲੋਕੀ, ਦੁਖੀ ਹੋਵੇ ਪਰਵਾਰ,
ਚੰਗੀ ਕਾਮਨਾ ਤਾਂ ਇਨ੍ਹਾਂ ਕੀ ਲੈਣੀ, ਲੈਣ ਲਾਹਨਤਾਂ ਕਈ ਹਜ਼ਾਰ।
ਇੱਜ਼ਤ ਦੇ ਲਫਜ਼ ਸਭ ਭੁੱਲਣ, ਵਿਸਰੇ ਸੁਭ ਆਚਾਰ,
ਮਿੱਠਾ ਬੋਲਣਾ ਸਭ ਦੂਰ ਗਿਆ, ਨਾਂ ਚੱਲੇ ਕੋਈ ਸੋਚ ਵਿਚਾਰ
ਇਸ ਵਾਦੀ ਤੋਂ ਉਪਜਣ ਕਈ ਔਗਣ, ਪੁੱਠੀ ਹੋਵੇ ਮੱਤ,
ਜੁਬਾਨ ਤੇ ਕੋਈ ਕਾਬੂ ਨਾਂ ਰਵੇ, ਨਾਂ ਪੁੱਛ ਕੇ ਚੱਲੇ ਲੱਭ।

ਸ਼ਨਦੀਪ ਕੌਰ
ਬੀ.ਏ. III

ਹਸੋ ਰੱਜ ਰੱਜ

ਹਸਦੇ ਰਹਿਣ ਨਾਲ ਚੰਗੀ ਸਿਹਤ ਦੀ ਕੋਈ ਰਵੇ ਨਾਂ ਹੱਦ,
ਹਲਕਾ, ਫੁਲਕਾ ਸੋਹਣਾ ਸਰੀਰ, ਖੁਸ਼ੀਆਂ ਲਵੀਏ ਲੱਦ।
ਹੱਸਣ ਦੀ ਸੋਹਣੀ ਹੈ ਆਦਤ, ਕੋਈ ਨਾ ਇਸ ਦੀ ਗੀਸ,
ਬੀ.ਪੀ. ਨਾਂ ਹੋਵੇ ਉੱਚਾ, ਨਾ ਦੇਣੀ ਪਵੇ ਡਾਕਟਰ ਦੀ ਫੀਸ।
ਹਸੱਣ ਖੇਡਣ, ਮਿਲਣ ਮਿਲਾਣ ਵਿੱਚ ਅਨੰਦ ਬਹੁਤ ਹੈ ਭਾਰੀ,
ਰੱਬ ਦੀ ਬਖਸ਼ਿਸ਼ ਬਹੁਤੀ ਮਿਲਦੀ, ਇਹ ਸਿੱਖਿਆ ਜੀ

ਬਹੁਤ ਪਿਆਰੀ!

ਸਾਡਾ ਅਮੁੱਲ ਇਹ ਹੈ ਅਖਾਣ,
‘ਸੋ ਰੋਗਾਂ ਦਾ ਦਾਰੂ ਹਾਸਾ’ ਨਾ ਇਸ ਵਿੱਚ ਹੈ ਕੋਈ ਹਾਣ!

ਸਨਦੀਪ ਕੌਰ
ਬੀ.ਏ. III

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ

ਜਨਮ : ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦਾ ਜਨਮ 31 ਅਗਸਤ 1919 ਨੂੰ ਗਿਆਨੀ ਕਰਤਾਰ ਸਿੰਘ ਦੇ ਘਰ ਮਾਤਾ ਰਾਜ ਦੀ ਕੁਖੋਂ ਗੁਜਰਾਵਾਲਾ (ਪਾਕਿਸਤਾਨ) ਵਿਖੇ ਹੋਇਆ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੇ 1932 ਵਿੱਚ ਅਠਵੀਂ ਤੇ ਵਿਦਵਾਨੀ ਦੀਆਂ ਪ੍ਰੀਖਿਆਵਾਂ ਪਾਸ ਕੀਤੀਆਂ।

ਸਿੱਖਿਆ : 1933 ਵਿੱਚ ਗਿਆਨੀ ਪਾਸ ਕੀਤੀ ਤੇ ਫਿਰ ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ, ਲਾਹੌਰ ਤੋਂ ਦਸਵੀਂ ਕੀਤੀ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਕਈ ਭਾਸ਼ਾਵਾਂ ਦੀ ਮਾਹਿਰ ਸੀ। ਉਹਨਾਂ ਨੂੰ ਕਿਸ਼ੋਰਾ ਵਸਥਾ ਤੋਂ ਲਿਖਣ ਦਾ ਬਹੁਤ ਸੀ।

ਰਚਨਾਵਾਂ : ਇਹਨਾਂ ਦੀਆਂ ਪ੍ਰਸਿੱਧ ਰਚਨਾਵਾਂ ਇਸ ਪ੍ਰਕਾਰ ਹਨ-ਨਾਵਲ-ਡਾਕਟਰ ਦੇਵ, ਇਹ ਸੱਚ ਹੈ, ਕੌਰੋ ਕਾਗਜ਼, ਅਹਾਲਣਾ, ਕਚੀ ਸੜਕ, ਬੁਲਾਵਾ ਆਦਿ ਕਾਵਿ ਸ੍ਰੰਗਿ-ਲੋਕ-ਪੀੜ, ਠੰਢੀਆਂ ਕਿਰਨਾਂ, ਜਿਉਂਦੇ ਜੀਵਨ, ਪੱਥਰ ਗੀਟੇ, ਸੁਨੇਹੜੇ ਆਦਿ। ਇਹਨਾਂ ਦੀ ਪ੍ਰਸਿੱਧ ਰਚਨਾ (ਕਵਿਤਾ) ‘ਅੱਜ ਆਖਾਂ ਵਾਰਸ਼ ਸ਼ਾਹ ਨੂੰ!’

“ਅੱਜ ਆਖਾਂ ਵਾਰਸ਼ ਸ਼ਾਹ ਨੂੰ ਕਿਤੋਂ ਕਬਰਵਾਂ ਵਿਚੋਂ ਬੋਲ!

ਤੇ ਅਜ ਕਿਤਾਬੇ ਇਸ਼ਕ ਦਾ ਕੋਈ ਅਗਲਾ ਵਰਕਾ ਫੋਲ!”

ਪੰਜਾਬੀ ਦੇ ਸਭ ਹਰਮਨ ਪਿਆਰੇ ਲੇਖਕਾਂ ਵਿਚੋਂ ਇੱਕ ਹੈ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੂੰ ਪੰਜਾਬੀ ਦੀ ਪਹਿਲੀ ਕਵਿਤਰੀ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਉਹਨਾਂ ਨੇ ਕੁੱਲ 100 ਕਿਤਾਬਾਂ ਲਿਖੀਆਂ।

ਮਾਨ ਸਨਮਾਨ : ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੂੰ 1956 ਵਿੱਚ ‘ਸੁਨੇਹੜੇ’ ਤੇ ‘ਸਾਹਿਤ ਅਕੈਡਮੀ ਪੁਰਸਕਾਰ’ ਮਿਲਿਆ। ‘ਕਾਗਜ਼ ਤੇ ਕੈਨਵਸ’ ਕਵਿਤਾ ਤੇ ‘ਗਿਆਨ ਪੀਠ ਅਵਾਰਡ’ ਮਿਲਿਆ। 2005 ਵਿੱਚ ਭਾਰਤ ਦੇ ਦੂਜਾ ਸਭ ਤੋਂ ਵੱਡਾ ਸਨਮਾਨ ‘ਪਦਮ ਵਿਭੂਸ਼ਣ’ ਮਿਲਿਆ। 31 ਅਕਤੂਬਰ 2005 ਨੂੰ 86 ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦਾ ਦੇਹਾਂਤ ਹੋ ਗਿਆ।

ਅੰਮ੍ਰਿਤਾ
ਬੀ.ਏ. ॥

ਸ਼ਿਵ ਕੁਮਾਰ ਬਟਾਲਵੀ

ਜਨਮ : ਸ਼ਿਵ ਕੁਮਾਰ ਦਾ ਜਨਮ 23 ਜੁਲਾਈ ਨੂੰ ਜੰਮੂ ਕਸ਼ਮੀਰ ਦੀ ਹੱਦ ਨਾਲ ਲੱਗਦੇ 'ਸ਼ਕਰਗੜ੍ਹ' ਦੇ ਬੜਾ ਪਿੰਡ ਲੋਹਤੀਆ ਵਿੱਚ ਹੋਇਆ। ਉਹਨਾਂ ਦੀ ਮਾਤਾ ਸ਼ਾਂਤੀ ਦੇਵੀ ਦੀ ਆਵਾਜ਼ ਬੜੀ ਸੁਰੀਲੀ ਸੀ। ਉਹੀ ਸੁਰੀਲਾਪਣ ਸ਼ਿਵ ਦੀ ਆਵਾਜ਼ ਵਿੱਚ ਵੀ ਸੀ।

ਵਿਦਿਆ ਤੇ ਨੌਕਰੀ : 1953 ਵਿੱਚ ਸ਼ਿਵ ਨੇ “ਸਾਲਵੇਸ਼ਨ ਆਰਮੀ ਹਾਈ ਸਕੂਲ” ਤੋਂ ਦਸਵੀਂ ਕੀਤੀ। ਉਹਨਾਂ ਦੀ 1966 ਵਿੱਚ “ਸਟੇਟ ਬੈਂਕ ਆਫ ਇੰਡੀਆ” ਦੀ ਬਟਾਲਾ ਸ਼ਾਖਾ ਵਿੱਚ ਕਲਰਕ ਦੀ ਨੌਕਰੀ ਲੱਗ ਗਈ।

ਰਚਨਾਵਾਂ : ਉਹਨਾਂ ਦੀ ਪ੍ਰਸਿੱਧ ਰਚਨਾਵਾਂ ਹਨ – ਪੀੜਾ ਦਾ ਪਰਾਗਾ, ਮੈਨੂੰ ਵਿਦਾ ਕਰੋ, ਗਜ਼ਲਾਂ ਤੇ ਗੀਤ, ਆਰਤੀ, ਝੁਣਾ, ਮੈਂ ਤੇ ਮੈਂ, ਅਲਾਵਿਦਾ, ਬਿਰਹਾ ਤੂੰ ਸੁਲਤਾਨ ਆਦਿ ਹਨ।

ਪ੍ਰਸਿੱਧ ਗਜ਼ਲ :-

“ਮੈਂ ਭਰੋਸਾ ਕਰ ਲਿਆ, ਹਰ ਬਾਰ ਤੇਰੇ ਸ਼ਹਿਰ ਦਾ,
ਹਰ ਬਾਰ ਝੂਠਾ ਨਿਕਲਿਆ ਇਕਗਰ ਤੇਰੇ ਸ਼ਹਿਰ ਦਾ।”

ਸ਼ਿਵ ਨੇ ਲੂਣਾ ਕਾਵਿ ਨਾਟਕ ਲਿਖਿਆ, ਜਿਸ ਵਿੱਚ ਰਾਣੀ ਲੂਣਾ ਦੇ ਚਰਿੱਤਰ ਦੇ ਉੱਤੇ ਲਗਾਏ ਦਾਗ ਲਈ ਸਮਾਜ ਨੂੰ ਦੋਸ਼ੀ ਦਸਿਆ। ਤੇ ਉਹਨਾਂ ਨੂੰ ‘ਸਾਹਿਤ ਅਕਾਦਮੀ ਪੁਰਸਕਾਰ’ ਮਿਲਿਆ। ਉਹਨਾਂ ਦਾ ਪ੍ਰਸਿੱਧ ਗੀਤ :-

“ਸਿਖਰ ਦੁਪਹਿਰ ਸਿਰ ਤੇ ਮੇਰਾ ਢਲ ਚੱਲਿਆ ਪਰਛਾਵਾਂ
ਕਬਰਾਂ ਉਡੀਕਦੀਆਂ ਮੈਨੂੰ ਜਿਉਂ ਪੁੱਤਰਾਂ ਨੂੰ ਮਾਵਾਂ।”

ਸ਼ਿਵ, ਜਿਸ ਨੂੰ ‘ਜੌਨ ਕੀਟਸ’ ਨਾਲ ਮਿਲਾਇਆ ਜਾਂਦਾ ਸੀ, ਉਸ ਵਾਂਗ ਭਰੀ ਜਵਾਨੀ ਵਿੱਚ ਹੀ ਦੁਨੀਆਂ ਤੋਂ ਵਿਦਾ ਹੋ ਗਿਆ।

ਸਿਮਰ
ਬੀ.ਏ. III

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संस्कृत – विभाग

प्राध्यापक सम्पादक:

डा. करुणा लेखा

छात्र – सम्पादिका

किरण

अनुक्रमणिका

क्र. सं.	श्रचना	रचनाकर्त्री
1.	ज्ञान परम्परा	किरण (छात्रा सम्पादिका)
2.	वैदिक राष्ट्रगीत	नीतू कुमारी
3.	ज्योतिष ज्ञान	ज्योति राजपूत
4.	अनमोल वचनानि	पुष्पा
5.	वास्तु नियम	निकिता
6.	ईश्वरः कुत्र वसति?	रीतू
7.	पुण्यमयी गङ्गा	सोनिया
8.	विवेकानन्द प्रश्नोत्तरी	कंचन
9.	शिवस्तुति	गरिमा
10.	भारतीय संस्कृति एवं नारी	सुषमा
11.	वैदिक नारी शक्ति	सोनिया
12.	स्वास्थ्य सूत्राणि	गीता
13.	नित्यकर्म विधि	दीक्षा
14.	शक्ति सन्धय	पूजा

सम्पादकीयम्

पुस्तकप्रत्ययाधीतं नाधीतं गुरुसन्निधौ सभा मध्ये न शोभते।

चणाक्य नीति



अर्थात् जिन व्यक्तियों ने केवल पुस्तकों से विद्या ग्रहणा की है, गुरु का शिष्यत्व स्वीकर नहीं किया वह विद्वानों की सभा के मध्य शोभा नहीं पाता।

गुरु की सहायता से अनेकों पुस्तकों को पढ़कर विशेष जानकारी प्राप्त करना ही वास्तविक शिक्षा है। अनुभवी विद्वानों ने जीवन तत्व के सम्बन्ध में जो अन्वेषणा किया और अनुभव किया और उन्हें पुस्तकों में लिखा उसे अपने अनुभवी गुरु के सान्निध्य में समझाने और जीवन में उतारने अथवा अपनाने का प्रयास करना चाहिए। जब हम आत्मशुद्धि करते हैं वह ही वास्तविक ज्ञान है वस्तुतः शिक्षा का वास्तविक सार मन की एकाग्रता है। अतः प्रत्येक शिष्य का कर्तव्य है उचित शिक्षा प्राप्त करते हुए मन को एकाग्र करने का भरसक प्रयत्न करना चाहिए। उचित ही कहा गया है मन को जीते जीत है मन को हारे हार।

डॉ० करुणा लेखा

ज्ञान परम्परा

“ एकमप्यक्षरं यस्तु गुरुः शिष्ये निवेदयेत्

पृथिव्यां नास्ति तद् द्रव्यं यद्दत्त्वा ह्यमृणी भवेत्॥”

जगत के मूल तत्वों का ज्ञान प्राप्त करना और उससे निजी उन्नति की रीति जानना यह सब सीखना ही विद्या है, विद्या गुरु से प्राप्त होती है जो गुरु उत्तम वाणी का प्रयोग करके ढंग से पढ़ाता है वही गुरु है। शब्दों द्वारा जो ज्ञान कहा जाता है वह सैद्धान्तिक होता है, उसे पदार्थ द्वारा प्रत्यक्ष करने वाला ज्ञान प्रायोगिक होता है इन दोनों प्रकार के ज्ञान को देने में जो समर्थ होता है वह गुरु है। उक्तं च -

“विद्वत्त्वं दक्षता शीलं सङ्कान्तिरनुशीलनम्।

शिक्षकस्य गुणाः सप्त सचेस्त्वं प्रसन्नता॥”

भारतीय संस्कृति में गुरु का स्थान ईश्वर से भी ऊपर माना गया है। गुरु-शिष्य के बीच केवल शाब्दिक ज्ञान का ही आदान-प्रदान नहीं होता, बल्कि गुरु अपने शिष्य के संरक्षक के रूप में भी कार्य करता है। गीता में भगवान श्री कृष्ण जी ने गुरु शिष्य परंपरा को ‘परम्पराप्राप्तम् योग’ बताया है। गुरु शिष्य परम्परा का आधार सांसारिक ज्ञान से शुरू होता है, परन्तु इसका चरमोत्कर्ष आध्यात्मिक शाश्वत आनंद की प्राप्ति है, जिसे ईश्वर प्राप्ति व मोक्ष प्राप्ति भी कहा जाता है। बड़े भाग्य से प्राप्त मानव जीवन का यही अंतिम एवं सर्वोच्च लक्ष्य होना चाहिए। भारतीय संस्कृति में गुरु को ब्रह्मा, विष्णु और महेश की उपाधि देकर सर्वोच्च स्थान प्रदान किया गया है। गुरु उस कुम्हार की तरह होता है जो कीचड़ में से मिट्टी को निकालकर सुन्दर घड़ा बना लेता है। गुरु -शिष्य को ज्ञानवान बनाकर उन्हें सुसंस्कारित बनाकर उनके भीतर अच्छे व्यक्तित्व उकेरता है।

“बहवो गुरवो लोके शिष्य वित्तपहारकाः।

क्वचित्तु तत्र दृश्यन्ते शिष्याचिन्तापहरकाः॥”

गुरु का काम होता है ज्ञान बांटना, शिष्य उस ज्ञान को श्रद्धा भक्ति और ईमानदारी के साथ ग्रहण करता है। गुरु शिष्य दोनों के मन में समर्पण और लगन का भाव होना जरूरी है। इसके बना ऐच्छिक लक्ष्यों की प्राप्ति नहीं की जा सकती है इसलिए हर शिष्य को जीवन में अच्छा गुरु और एक गुरु को सच्चे शिष्य की परम आवश्यकता होती है। गुरु शिष्य का रिश्ता जीवन पर्यन्त बना रहता है। यदि आप अपने गुरु के कृतार्थ की गुरु दक्षिणा देना चाहे, तो कभी भी ईश्वर

समान गुरु का निरादर नहीं करे। गुरु शिष्य परम्परा की शुरूआत सांसारिक ज्ञान से होकर मोक्ष प्राप्ति तक अनवरत रूप से बनी रहती है।

अन्ततः सभी छात्रों से अनुरोध है कि हम सब ज्ञान से युक्त हों। उस ज्ञान से कभी विरोध न करे। वेदोक्ति भी इसी बात का समर्थन करती है -

“स श्रुतेन गमेमहिमाश्रुतेन विराधिषि।”

किरण

छात्र सम्पादिका

वैदिक राष्ट्रगीत

1. श्लोक: - आ ब्रह्मन् ब्रह्मणा ब्रह्मवर्चसी जायताम्।

आ राष्ट्रे राजन्यः शूर इषत्योऽति व्याधि महारथो जायताम्।

अर्थ: - है ब्राह्मण। इस राष्ट्र में ब्रह्मवर्चस् से समर्पण ब्राह्मण और पराक्रमी धुनिर्विधा में निपुण बैरियों को जीतने वाले महाराथी (महायोद्धा) क्षत्रिय उत्पन्न हों।

2. श्लोक: - दोग्धी घेनुर्वोढाऽनङ्गवानाशुः सप्तिः पुरन्धिर्योषा जिष्णू रथेष्ठाः सभेयो युवास्थ यजमानस्य वीरो जायताम्।

अर्थ: - शीघ्रगामी घोड़े, भारवाही बैल, दूध देने वाली गाएँ नागरिकों को प्राप्त हों। यहाँ की स्त्रियाँ सर्वगुण - 'सम्पन्न और शीलवती हों, रथी वीरपुरुष विजयशील हों।

3. श्लोक: निकामे निकामे नः पर्जन्यो वर्षतु फलवत्यो न ओषधयः पच्यन्तां, योगक्षेमी नः कल्पताम्॥

अर्थ - सभा में साधु स्वभाव वाले उत्तम वक्ता एवं वीर युवा हों। हम जब चाहें, तब (आवश्यकता के अनुरूप) जलवृष्टि हो। हमारा राष्ट्र फल औषधि एवं अनाज से समृद्ध हो और सदा सकुशल सुरक्षित रहें॥

नीतू कुमारी

बी.ए. तृतीय

यजुर्वेद से उद्धृत

ज्योतिष ज्ञान

वेदस्य हि षट्स्वडेणु ज्योतिषमन्यतमिति

ज्योतिषं हि वेदस्य चक्षुरूपेण समर्थते।

शिक्षा घ्राणं व्याकरणं मुखं छन्दः पादौ च यथा उक्तं भस्करेण

शब्दशास्त्रं मुखं ज्योतिषिचक्षुषी श्रोममुक्तं निरुक्तं च कल्पः करौ

या तु शिक्षास्य वेदस्य सा नासिका पदपदंदय छन्द आद्यैर्बुधैः

‘ज्योतिष’ शब्द की उत्पत्ति ‘ज्योति’ से हुई है, जिसका अर्थ होता है ‘प्रकाश’ प्रकाश देने वाले पदार्थों को ‘ज्योतिष्क’ कहा जाता है। सौर मण्डल में सूर्य, चन्द्रमा, असंख्य तारे चमकते हुए दिखाई देते हैं। वे सभी ज्योतिष्क हैं। इन ज्योतिष्कों को अर्थात् सूर्यादि ग्रहों का स्थिति, गति प्रभाव के विषय में ज्ञान प्रदान करने वाली विद्या को ज्योतिष कहते हैं। जिस ग्रंथ में यह विद्या समाहित हो, उसे ज्योतिषशास्त्र कहते हैं।

प्राचीन भारतीय विज्ञान के अनुसार यह सृष्टि नौ प्रकार के तरंगों से उत्पन्न हुई है। इन्हीं तरंगों के आपसी सहयोग से करोड़ों अरबों प्रकार के तरंगों की उत्पत्ति होती है। और इसी से सृष्टि का विकास होता है। भारत की सभी विधाएं इन नौ तरंगों के विज्ञान पर ही आधारित हैं। हमारे ऋषियों ने सौरमंडल के ग्रहों की पहचान भी उनकी तरंगों के आधार पर इसी प्रकार की है और उनकी प्रवृत्ति के अनुसार उनका नामकरण किया है। ये नौ ग्रह मानव शरीर के अंदर भी मौजूद हैं। और प्रवृत्ति के अनुसार अपनी शक्ति को परिवर्तित करते रहे हैं। क्योंकि हम सौरमंडल में ही हैं और मानव की उत्पत्ति भी इसी की तरंगों के योग से होती है।

हमारे प्राचीन ऋषियों - मुनियों का मानना है कि जिस प्रकार मनुष्य ग्रहों द्वारा प्रभावित होता है, उसी प्रकार उसे अपने पूर्वजन्मों का फल भी इस जन्म में भोगना पड़ता है। प्रत्येक क्षण मानव जीवन पर ग्रहों का प्रभाव बना रहता है। जब मानव जन्म लेता है, तो वह पूर्वजन्म के संचित संस्कारों से बंधा होता है उसके इस जीवन में उन संस्कारों का भी प्रभाव होता है। इसके साथ साथ जीवन में ग्रहों के प्रभाव से भी प्रभावित होता है। इस प्रकार इनके समन्वय से उसके जीवन प्रारब्ध का निर्माता होता है। मानव के जन्म समय में सौरमंडल में ग्रहों की जो स्थिति होती है, जो ग्रह जिस अंगों का स्वामी होता है, वह अपनी तरंगों द्वारा वैसा ही प्रभाव डालता है। ग्रहों के स्वभावानुरूप ही मानव के क्रिया कलाप आदि का निर्माण वैसा ही होता है। जो भी प्राणी इस पृथ्वी पर उत्पन्न होगा, उस पर ग्रहों का प्रभाव अवश्य ही पड़ेगा। कोई भी मनुष्य चाहकर भी ग्रहों के शुभाशुभ प्रभाव से नहीं बच सकता।

ग्रहों का सम्बन्ध रत्न, धातु, औषधि, मंत्र से भी है किसी भी गृह की अशुभता में रत्न, धातु, औषधि, मंत्रादि का प्रयोग करे उसे कुप्रभाव का शमन किया जा सकता है। हमारे ग्रंथों में जप-तप, व्रत, दान, होम, मंत्र यंत्र, स्नानादि, रत्नादि के विषय में बतलाया गया है कि किस प्रकार इनका उपयोग करके प्रतिकूल ग्रह को अनुकूल बनाकर उससे लाभ लिया जा सकता है।

वर्तमान में किये जाने वाले कर्मों को, जो कि हो रहा है, प्रारब्ध (भाग्य) में भूल ही कोई बड़ा परिवर्तन न किया जा सके, इसके बावजूद उसके अशुभ प्रभाव को काफी हद तक नियंत्रित अवश्य किया जा सकता है। वास्तव में ज्योतिषशास्त्र का सबसे बड़ा लाभ यही है।

यदि सच्चे रूप से देखा जाए तो ज्योतिष भारतीय जीवन का प्राचीनतम विज्ञान है। जिसके माध्यम से भारतवासियों ने अपने लक्ष्य को पानमें सफलता प्राप्त की है।

ज्योति राजपूत
बी.ए. तृतीय

अनमोल – वचनानि

1. नास्तिक और अज्ञानी ही संसार में डूबते हैं।
2. हम सब सरल आचरण करें, दुष्ट वचन बोलने वाले स्वयं ही नष्ट हो जाते हैं।
3. मधुर भाषी तथा सत्य सेवी ही आनंददायी होता है।
4. आलस्य न करने वाले आलसी को त्याग देते हैं।
5. अभिलाषा हो तो लक्ष्य सिद्ध हो ही जाती हैं।
6. ऋषि वे हैं जो हितकारी हों।
7. कंजूस की अपेक्षा दानी आगे बढ़ जाता है।
8. ज्ञानी समाज की प्रसन्नता के लिए कार्य करते हैं।
9. जो अकर्म है वही असमर्थ भी है।
10. ईश्वर अहंकारो का गर्व नष्ट कर देते हैं।
11. गृहस्थ में रहकर ही समयानुसार कर्म करने चाहिए।
12. सूर्य के समान लक्ष्य साध कर यात्रा करनी चाहिए।
13. दानशील मनुष्य देवलोक के दर्शन करते हैं।
14. दान न करने वाले का धन नाश हो जाता है।
15. कुमार्ग को छोड़ कर सुमार्ग पर चले।
16. धैर्यवान पुरुष किसी कार्य की प्रतीक्षा नहीं करता।

17. निर्भय व्यक्ति ही आगे बढ़ सकता है।
18. चरित्रवान नारी ही सम्मानीय है।
19. नियमपूर्वक कार्य करने चाहिए।
20. प्रकृति के नियमों का पालन करो वह तुम्हारी सहायक बन जाएगी।
21. विद्वान, श्रेष्ठ और सन्तों का आनादर राष्ट्र का अपमान है।
22. भोग विषय जन्य चिताएं मनुष्य को खाजाती हैं।
23. गतिशील व्यक्ति कभी वृद्ध नहीं होता।

पुशपा

बी.ए. तृतीय

वास्तु नियमानि

वास्तु शब्द का अर्थ है निवास करना, जिस भूमि पर मनुष्य निवास करते हैं उसे वस्तु कहा जाता है। प्राचीन काल में विद्यार्थी गुरुकुल में अनेक शिक्षाएं प्राप्त करते थे। जिन में वास्तु विद्या भी है। प्राचीन ग्रन्थ ऋग्वेद में भी इसका उल्लेख है।

1. श्यनः – सदा पूर्व या दक्षिण की तरफ सिर कर के सोना चाहिए, उत्तर की तरफ और पश्चिम की तरफ सिर रख कर सोने वाले की आयु क्षीण हो जाती है। तथा शरीर में रोग उत्पन्न हो जाते हैं।

पूर्व की तरफ सिर करके सोने से विद्या प्राप्त होती है दक्षिण की तरफ सिर करके सोने से धन तथा आयु की वृद्धि हो जाती है, पश्चिम की तरफ सिर करके सोने से प्रबल चिन्ता होती है। उत्तर की तरफ सिर करके सोने से हानि तथा मृत्यु होती है, अर्थात् आयु क्षीण होती है।

प्राकृशिरः श्यने विद्याद्वनमायुश्च दक्षिण।

पश्चिम प्रबला चिन्ता हानिमृत्युरथोत्तरे॥

शास्त्र में ऐसी बात भी आती है कि अपने घर में पूर्व की तरफ सिर करके, ससुराल में दक्षिण की तरफ सिर करके सोये, पर उत्तर की तरफ सिर करके न सोये।

2. भोजनः – भोजन सदा पूर्व अथवा उत्तर की ओर मुख करके करना चाहिए।

भुञ्जीत नैवेह च दक्षिणामुखे न च प्रतीच्यामभिभेजनीयम् दक्षिण की ओर मुख करके भोजन करने से उस भोजन में राक्षससी प्रभाव आ जाता है। जो पैर धोये बिना खाना खाता है, जो दक्षिण की ओर मुंह करके खाता है अथवा जो सिर में वस्त्र लपेटकर खाता है, उसके उस अन्न को प्रेत खाते हैं।

3. देवपूजन: - घर में अंगूठे से लेकर परिमाण की है प्रतिमा होनी चाहिए। इसमें बड़ी प्रतिमा को विद्वारन लोग घर में शुभ नहीं बताते।

पत्थर, सोना या अन्य धातुओं की मूर्ति की स्थापना करने से गृहस्वामी की सन्तान नहीं होती उसकी स्थापना देव मन्दिरों में ही करनी चाहिए।

3. गृह प्रवेश: - बिना दरवाजा लगा, बिना छतवाला, बिना देवताओं की बलि तथा ब्राह्मण - भोजन कराये हुए घर में प्रवेश नहीं करना चाहिए, क्योंकि ऐसा घर विपत्तियों का घर होता है।

गृहप्रवेश माघ, फाल्गुन वैशाख और ज्येष्ठमास में करना चाहिये। कार्तिक और मार्गशीर्ष में गृहप्रवेश करने से हानि तथा शत्रुभय होता है।

निकिता नेगी
बी. ए. द्वितीय

ईश्वर: कुत्र वसति?

ईशावास्यमिदं सर्वम् यतः कश्चिजगत्यां जगत्

तेन व्यक्तेन भुञ्जीथा मा गृधः कस्य स्विद्धम

अर्थात् यह सबसे कुछ सृष्टि में चराचर जगत् है वह ईश्वर से व्यापत है। दृष्टान्त के रूप में निम्नलिखित कहानी वर्णित है।

एक बार बादशाह अकबर ने बीरबल से पूछा कि 'ईश्वर कहां रहता है और क्या करता है?' प्रश्न बड़ा कठिन था। बीरबल ने इसका उत्तर देने के लिए सात दिन का अवकाश मांगा। घर पर जाकर उन्होंने इस प्रश्न पर विचार करना शुरू किया, पर कोई उत्तर न सूझा। इससे वे बड़ी चिन्ता में पड़ गये।

एक दिन बीरबल के छोटे पुत्र ने उनसे इस उदासी का कारण पूछा। बीरबल ने कहा, "पुत्र! अभी तुम छोटे हो, तुम्हें दुनिया का अनुभव नहीं। तुम इस बात की चिन्ता मत करो।" पुत्र के बहुत

आग्रह पर बीरबल ने सारा हाल कह दिया। पुत्र ने हंसकार कहा, “पिताजी, इसमें चिन्ता की क्या बात है। बादशाह भी महामूर्ख मालूम होता है, जो उसने यह साधारण- सा प्रश्न पूछा है। चलिये, कल भरे दरबार में इसका उत्तर मैं दूंगा।”

अगले दिन बीरबल के दरबार में पहुंचने पर अकबर ने फिर वही प्रश्न पूछा। बीरबल ने उत्तर दिया, “इस छोटे से प्रश्न का उत्तर एक बालक भी दे सकता है।”

पहले तो अकबर को इस पर विश्वास न हुआ, पर बीरबल के बार-बार कहने पर वही प्रश्न उसने उस लड़के से पूछा। लड़के ने एक कटोरा दूध मांगा, जो तत्काल ला दिया गया। इसके बाद लड़के ने पूछा, “महाराज! इसमें मक्खन तो दीखता नहीं।” बादशाह ने कहा, “इसमें मक्खन दीखता नहीं पर है जरूर।”

इस पर बालक ने कहा, “आपके पहले प्रश्न का उत्तर तो हो गया। जिस प्रकार दूध में मक्खन है, पर दीखता नहीं, इसी प्रकार ईश्वर भी सर्वव्यापक है, पर दिखाई नहीं देते।”

बादशाह ने मान लिया, “पहले प्रश्न का तो उत्तर हो गया। अब दूसरे प्रश्न का उत्तर दो कि ईश्वर क्या करता है?” किस भाव से किया है? शिष्य के भाव से या गुरु के भाव से?”

बादशाह ने कहा, “शिष्य के भाव से।” इस पर बालक ने कहा, “यह तो अनुचित है कि गुरु नीचे खड़ा रहे और शिष्य सिंहासन पर बैठा रहे।” यह सुनकर बादशाह लज्जित होकर सिंहासन से नीचे उतर आया और बालक को सिंहासन पर बिठा दिया।

बालक ने सिंहासन पर बैठकर कहा “लीजिये, जहांपनाह, ईश्वर यही करता है-पल-भर में राजा को रंक और रंक को राजा बना देता है।”

रीतू
बी. ए. द्वितीय

पुण्यमयी गङ्गा

सेयं सुरधुनी पुण्या महापातक नाशिनी?

स्पर्शनाद्दर्शनाच्चापि निर्वाणदायिनी।

अर्थात् पुण्यमयी गङ्गा अपना दर्शन करने तथा अपने जल का स्पर्श करने के मात्र से प्राणियों के महापातकों का नाश कर देती है तथा मोक्ष फल प्रदान करती है।

गंगा भारतीय जन-मानस की ही नहीं बल्कि रूयं समूची भारतीय की आस्था का जीवन्त प्रतीक है हिमाचल की गोद में पल-पुस पहाड़ी घाटियों से नीचे उत्तर कल्लोल करते हुए मैदानों की राहों पर प्रवाहित होने वाली गंगा पवित्र तो है ही, वह मोक्ष दायिनी के रूप में भारतीय भावनाओं से समाई हुई है।

वह यह भी जानता है कि भारतीय सभ्यता संस्कृति का विकास गंगा-यमुना जैसी पवित्र नदियों विशेष कर गंगा-तट के बन्द रहने पर अपनी आन्तरिक ऊर्जा के कारण कभी खराब नहीं होता, यह केवल आध्यात्मिक आस्थागत तथ्य नहीं, बल्कि वैज्ञानिक परीक्षणों विश्लेषणों से भी उजागर परम तथ्य है।

वह भारतीय की मातृवत पूज्य गंगा आज प्रदूषित होकर गन्दे नाले जैसी बनती जा रही है। गंगा के निकास स्थल और आस-पास से वनों, वृक्षों का निरन्तर कटाव, वनस्पतियों, औषधीय तत्वों का विनाश भी प्रदूषण का एक बहुत बड़ा कारण है। भूलकर भी मनुष्य को गङ्गा में मल-मूत्र त्याग नहीं करना चाहिए। ऐसा व्यक्ति नरक में वास करता है। इसमें सन्देह नहीं कि ऊपर जितने भी कारण बताए गए हैं, गंगा जल को प्रदूषित करने में न्यूनाधिक उन सभी का हाथ अवश्य है। विगत वर्षों में गंगाजल का प्रदूषण समाप्त करने के लिए एक योजना बनाई गई थी।

कुछ दिनों उस पर कार्य भी होता रहा । फिर शायद धनाभाव के कारण उसे रामभरोसे बीच में छोड़ दिया गया। आधुनिक और वैज्ञानिक दृष्टि अपना कर अपने ही हित में गंगा में जल लाशें बहना बन्द किया जा सकता है। धारा के निकास-स्थल के आस -पास से वन वृक्षों वनस्पतियों आदि का कटाव कठोरता से प्रतिबन्धित कर उसे स्थान पर उनका पुनर विकास कर पाना आज कोई कठित बात नहीं रह गई है।

अन्य उन कारक तत्वों का भी थोड़ा प्रयास करके निराकरण किया जा सकता है, जो गंगा जल को प्रदूषित कर रहे हैं ऐसा सब करना वास्तव में भारतीयता और उसकी संस्कृति में आ मिलें उपतत्वों से उसकी रक्षा करना है। वास्तव में गंगा जल की शुद्धता का अर्थ भारतीय की समग्र शुद्धता ही है।

अतः यह कहा गया है कि गङ्गा की भक्ति में तत्पर रहने वाला एक भी मनुष्य जिस देश में रहता है वह देश भी पुण्यशाली है।

सस्मिन्देश वसेदेको गङ्गा भक्ति परो नरः
सोऽपि पुण्यतनो देशस्तत्र दानं महाफलम्।
देवीभगवत् पुराण से उद्धृत

सोनिया
बी. ए. प्रथम

स्वामी विवेकानंद प्रश्नोत्तरी

प्र.1 गुरु किसे कहते हैं?

जो तुम्हारे भूत भविष्य को बता सके वही तुम्हारे गुरु हैं।

प्र.2 भक्ति लाभ किस प्रकार होता है?

भक्ति तुम्हारे भीतर है केवल उसके ऊपर काम कांचन का एक आवरण पड़ा हुआ है उसको हटाते ही भीतर वह भक्ति स्वयमेव प्रगट हो जायेगी।

प्र.3 क्या मूर्ति पूजा के द्वारा मुक्ति लाभ हो सकता है?

मूर्ति पूजा से साक्षात् मुक्ति की प्राप्ति नहीं हो सकती फिर भी वह मुक्ति प्राप्ति में गौण कारण स्वरूप है सहायक है। मूर्ति पूजा कि निंदा करना उचित नहीं क्योंकि बहुतों के लिए मूर्ति पूजा ही अद्वैत ज्ञान की उपलब्धि के लिए मन को तैयार कर देती है। ओर केवल इस अद्वैत ज्ञान की प्राप्ति से ही मनुष्य सिद्ध हो सकता है।

प्र.4 ध्यान कहाँ लगाना चाहिए?

शरीर के भीतर या बाहर मन को भीतर समेटना चाहिए अथवा बाह्य प्रदेश में स्थापित करना चाहिए। स्वामी जी कहते हैं हमें भीतर ध्यान लगाने का यत्न करना चाहिए जहाँ तक मन के इधर उधर भागने का सवाल है मनोमय को में पहुँचने में लंबा समय लगेगा। अभी तो हमारा संघर्ष शरीर से है। जब आसन सिद्ध हो जाता है तभी मन में संघर्ष आरम्भ होता है। आसन सिद्ध पाने पर अंग प्रत्यंग निश्चल हो जाते हैं और साधक चाहे जितने समय तक बैठा रह सकता है।

प्र.5 प्रार्थना की उपादेयता क्या है?

सोयी हुयी शक्ति प्रार्थना से आसानी से जाग उठती है और यदी सच्चे दिल से कि जाए, तो सभी इच्छाएं पूरी हो सकती हैं। किंतु अगर सच्च दिल से न कि जाए तो दस में से एक की पूर्ति होती है परंतु इस तरह की प्रार्थना स्वार्थ पूर्ण होती है।

अतः वह त्याज्य है।

प्र.6 शिष्य - ध्यान का वास्तविक स्वरूप क्या है?

स्वामीजी - किसी विषय पर मन को एकाग्रत करना ही ध्यान है। यदि मन किसी एक विषय पर एकाग्रता प्राप्त कर लेता है तो इसे किसी भी विषय पर एकाग्रत किया जा सकता है।

प्र.7 वेदान्त के लक्ष्य तक कैसे पहुँचा जा सकता है?

उठ - श्रवण, मनन और निदिध्यासन, द्वारा किसी सदगुरु से ही श्रवण करना चाहिए। चाहे कोई नियमित रूप से शिष्य न हुआ हो पर अगर जिज्ञा सुपात्र है और वह सदगुरु के शब्दों का श्रवण करता है, तो उसकी मुक्ति हो जाती है।

कञ्चन
बी. ए. द्वितीय

शिव स्तुति

अहरनवद्यं धूर्जटेः स्तोत्रमेतत्

पठित परमभक्तया शुद्धचितः पुमान् यः।

स भक्ति शिवलोके रूद्रतुल्यस्तथात्र

प्रचुरतधनायुः पुत्रवान् कीर्तिमांश्च॥

जो मनुष्य श्री शिवजी के इस सुन्द स्त्रोत को प्रतिदिन शुद्ध चित्र से पढ़ेगा वह शिवलोक में इन्द्र के समान गिना जायेगा और इस संसार में धन, आयु, स्तनान और अच्छी कीर्ति पाएगा।

महेशात्रापरो देवो महिम्नो नापरा स्तुतिः।

अहरात्रापरे मन्त्रो नास्ति तत्त्वं गुरोः परम्॥

सम्पूर्ण देवताओं में शिवजी के बराबर कोई दूसरा देवता नहीं है। शिव की स्तुति करने के बाद किसी दूसरे देवता की स्तुति की आवश्यकता नहीं अथोर मन्त्र से बड़ा कोई दूसर मन्त्र नहीं है शिवजी के समान इस पृथ्वी पर और कोई बड़ा तत्त्व गुरु से अधोर नहीं है।

नमो नेदिष्ठाय प्रियदेव दविष्ठाय च नमो

नमः क्षोदिष्ठाय स्मरहर महिष्ठाय च नमः।

नमो वार्षिष्ठाय त्रिनयन यतिष्ठाय च नमो

नमः स्वस्मै ते तदिदमिति शर्वाय च नमः॥

हे कामदेवनाशक् आप समीप रहने वाले हो और दूर रहने वाले भी हो, सूक्ष्म से सूक्ष्म और बड़े से बड़े रूप को धारण करते हो, सब रीति से हे शिव! आपको नमस्कार है।

दृषद्विचित्रतल्पयोभुजङ्गभौक्तिकस्त्रजो -

गौरिष्ठरत्नलोष्ठयो सुहृद्विपक्षपक्षयोः।

तृणारविन्द प्रजामहीमहेन्द्रयोः

समप्रवृत्तिकः कदा सदाशिवं भजाम्यहम्॥

पत्थर और सुन्दर बिछौनो में साँप और मुक्ता की माला में, बहुमूल्य रत्न तथा मिट्टी के ढेले में, मित्र या शत्रु पक्ष में, तृणा अथवा कमललोचना तरुणी में, प्रजा और पृथ्वी के महाराजा में समान भाव रखता हुआ मैं कब सदाशिव को भजूँगा।

शिवमहिमा स्तोत्र से उद्धृत

गरिमा

बी. ए द्वितीय

भारतीय संस्कृति एवं नारी

सोमः शौचः ददावासां गन्धर्वश्चशुभंगिरम् पावकः सर्वमध्यत्वं पवित्रायोषितो याज्ञवल्क्य से उद्धृत।

अर्थात्: - चन्द्रमा ने स्त्री को स्वच्छता प्रदान की गन्धर्व ने सुन्दर वाणी तथा अग्नि देव ने पवित्रता प्रदान की।

भारतीय जीवन पद्धति में नारी की विशिष्ट भूमिका रही हैं, और रहेगी। उसकी अस्मिता गरिमा, महत्ता एवं प्रतिष्ठा स्थापित करनी होगी।

नारी गृहस्थाश्रम श्रम रूपी शरीर का मस्तक है। इस तथ्य को दृष्टि में रखकर उसे तदनुसार अधिकतर प्रदान कर यथेष्ट सम्मान देना अपेक्षित है। सभ्रान्त शिक्षित एवं प्रतिष्ठित परिवारों में तो पुत्र - वधू को रूथोचित सम्मान एवं स्नेह प्राप्त हैं। इस सम्बन्ध में बात पुरातनपंथी एवं अप्रगतिशील परिवारों के विषय में है। इसका एक मात्र समाधान अर्थात् मूल आवश्यकता हृदय परिवर्तन एवं दृष्टिकोण बदलने की है। संवेदनशीलता की भावना विकसित करना इस संबन्ध में सहाय सिद्ध होगा। मनोवृत्ति बदलकर पुत्र वधू को आत्मीयता देनी होगी। उस पुत्र वधू की जगह पुत्री जैसा स्नेह देना होगा। विशाल हृदयता एवं सह्यता के भाव उत्पन्न करने होंगे।

उक्तम् -

भर्तृभातृपितृज्ञनिश्वश्रू श्वशुरदेवरैः

बन्धुभिरव्य स्त्रियः पूज्याः

अर्थात्: पति भ्राता, पिता कटुम्बी, सास ससुर देवर बन्धु-बान्धव सभी का कर्त्तव्य है कि वे स्त्री का आदर करे।

यहाँ यह उल्लेखनीय है कि भारतीय संस्कृति में लक्ष्मी जो को सम्पन्नता एवं सौहार्द की धात्री के रूप में प्रतिष्ठित कर मान्यता प्रदान की गई है। सांची के विशाल स्तूप में जो प्रथम शब्दावली में निर्मित हुआ, गजभिषिक्ता लक्ष्मी जी की प्राचीनतम प्रतिमा उपलब्ध है। इसके अतिरिक्त लक्ष्मी जी के अणधारण महत्त्व के कारण विभिन्न कालों में देश के विभिन्न भागों में उनकी श्रद्धापूर्वक सृति मूर्तियाँ प्राप्त हैं। भारतीय संस्कृति में नारी को गृहलक्ष्मी की भी उपाधि से विभूषित किया गया है। भारतीय परम्परा में नारी को कन्या के रूप में पत्नी के रूप में माता के रूप में प्राप्त महत्त्व का विवेचन किया गया है^१ जैसे कि महाभारत में कहा गया है -

नास्ति मातृसमा छाया नास्ति समा गतिः।

नास्ति मातृसमं त्राणां नस्ति मातृ समाप्रिय

यह भी कहा गया है माता के समान कोई गुरु नहीं है - नास्ति मातृसमोगुरु महा भारत से उद्धृत

शुष्मा

बी. ए द्वितीय

वैदिक नारी शक्ति

वेद नारी को अत्यंत महत्वपूर्ण गरिमामय उच्च स्थान प्रदान करते हैं। वेदों में स्त्रियों की शिक्षा-दीक्षा, शील, गुण, कर्त्तव्य, अधिकार और सामाजिक भूमिका का जो सुन्दर वर्णन किया जाता है, वैसा संसार के अन्य किसी धर्मग्रंथ में नहीं है। वेद उन्हें घर की सम्राज्ञी कहते हैं और देश में शासक, पृथ्वी की सम्राज्ञी तक बनने का अधिकार देते हैं।

वेदों में स्त्री यज्ञीय है अर्थात् यज्ञ समान पूजनीय वेदों में नारी को ज्ञान देने वाली, सुख-स्मृति लाने वाली, विशेष तेज वाली, देवी विदुषी सरस्वती, इन्द्राणी, उषा-जो सबको जगाती है इत्यादि अनेक सूचक नाम दिए गए हैं।

वेदों में स्त्रियों पर किसी प्रकार का प्रतिबन्ध नहीं है-उसे सदा विजयिनी कहा गया है और उनके हर काम में सहयोग और प्रोत्साहन की बात कही गई है। वैदिक काल में नारी अध्ययन-अध्यापन से लेकर रणक्षेत्र में भी जाती थी। जैसे कैकयी महाराजा दशरथ के साथ युद्ध में गई थी। कन्या को अपना पति स्वयं चुनने का अधिकार देकर वेद पुरुष से एक कदम आगे ही रखता है।

अनेक कन्याएं वेद मंत्रों की दृष्टा हे- अपाला घोषा, सरस्वती सर्पराज्ञी, सूर्य सावित्री, अदिति-दाक्षायनी, लोपामुद्रा, विश्वारा आत्रेयी आदि।

तथापि जिन्होंने वेदों के दर्शन भी नहीं किए ऐसी कुछ रीढ़ की हड्डी विहीन बुद्धिवादियों ने इस देश की सभ्यता, संस्कृति को नष्ट, भ्रष्ट करने का जो अभियान चला रखा है- उसके तहत वेदों में नारी की अवमानना का ढोल पीटते रहते हैं।

आइए वेदों में नारी के स्वरूप की झलक इन मंत्रों में देखें-

अर्थवेद-

ब्रह्मचर्य सूक्त के इस मंत्र में कन्याओं के लिए भी ब्रह्मचर्य और विद्या ग्रहण करने के बाद ही विवाह करने के लिए कहा गया है। यह सूक्त लड़कों के समान ही कन्याओं की शिक्षा को विशेष महत्व देता है।

- कन्याएँ ब्रह्मचर्य के सेवन से पूर्ण विदुषी और युवती होकर ही विवाह करें।
- माता-पिता अपनी कन्या को पति के घर जाते समय बुद्धिमत्ता और विद्याबल का उपहार दें। वे उसे ज्ञान का दहेज दें।

जब कन्याएं बाहरी अपकरणों को छोड़ कर, भीतरी विद्या बल से चैतन्य स्वभाव व पदार्थों को दिव्य दृष्टि से देखने वाली और आकाश और भूमि से सुवर्ण आदि प्राप्त करने -कराने वाल हो तब सुयोग्य पति से विवाह करे।

हे पत्नी! हमें ज्ञान का उपदेश कर।

वधू अपनी विद्वता और शुभ गुणों से पति के घर में सब को प्रसन्न कर दे।

पति को संपत्ति कमाने के तरीके बता। संतानों को पालने वाली, निश्चित ज्ञान वाली, सहजों स्तुति वाली और चारों ओर प्रभाव डालने वाली स्त्री, तुम ऐश्वर्य पाती हो। हे सुयोग्य पति की पत्नी, अपने पति को संपत्ति के लिए आगे बढ़ाओ।

हे स्त्री! तुम हमें ऐश्वर्य और समृद्धि दो। तथा सब कुछ जानने वाली हमें धन-धान्य से समर्थ कर दो।

हे स्त्री! तुम हमारे धन और समृद्धि को बढ़ाओ तथा हमें बुद्धि से धन दो।

विदुषी, सम्माननीय, विचारशील, प्रसन्नचित्त पत्नी संपत्ति की रक्षा और वृद्धि करती है और घर में सुख लाती है।

हे स्त्री! तुम हमारे घर की प्रत्येक दिशा में ब्रह्म अर्थात् वैदिक ज्ञान का प्रयोग करो। है वधू! विद्वानों के घर में पहुंच कर कल्याणकारिणी और सुखदायिनी होकर तुम विराजमान हो।

हे वधू! तुम ऐश्वर्य की नोका पर चढ़ो और अपने पति को जो कि तुमने स्वयं पसंद किया है, संसार सागर के पार पहुंचा दो।

हे वधू! ऐश्वर्य की अटूट नाव पर चढ़ और अपने पति को सफलता के तट पर ले चला ।

हे वर! यह वधू तुम्हारे कुल की रक्षा करने वाली है।

हे वर! यह कन्या तुम्हारे कुल की रक्षा करने वाली है। यह बहुत काल तक तुम्हारे घर में निवास करे और बुद्धिमत्ता के बीज बोये।

यह वधू पति के घर जाकर रानी बने और वहाँ प्रकाशित हो।

ये स्त्रियों शुद्ध पवित्र और यज्ञीय हैं, ये प्रजा, यह पशु और अन्न देती हैं।

यह स्त्रियां शुद्ध स्वभाव वाली पवित्र आचरण वाली, पूजनीय, सेवा योग्य, शुभ चरित्र वाली और विद्वतापूर्ण है। यह समाज को प्रजा, पशु और सुख पहुंचाती हैं। जैसे कि कहा गया है-

अपत्यं धर्मकार्याणि शुश्रूषा रतिरुत्तम।

दाराधीनस्तथा स्वर्गः पितृणामात्मनश्च ह मनुस्मृति से उद्धृत
अर्थात् स्त्रियां धर्म कार्यों में सहायिका है। स्त्रियों के अधीन ही स्वर्ग है।

सोनिया

बी. ए. प्रथम

शक्तिसञ्चय

शीलं शौर्यमनालस्यं पाण्डित्यं मित्रसंग्रहः

अचोरहरणीयानि पञ्चौतान्यक्षयो निधिः॥

शील युक्त स्वभाव, शौर्य आलस्य न करना विद्या और सन्मित्र ये पाँच ऐसी आश्रय निधियाँ हैं जिन को न कोई चुरा सकता है, न अपहरण कर सकता है।

संयम, सात्विक आहार, नियमित परिश्रम अहिंसा मातृ पितृगुरुसेवा दीन सेवा, पवित्रता और ब्रह्मचर्य आदि के द्वारा शरीर को स्वस्थ रखो और उसमें शुद्ध शक्ति सञ्चय करो।

“षडेव तु गुणाः पुंसा न हातव्याः कदाचन सत्यं दानं दनमालस्यमनसूया क्षमाधृतिः॥

सत्य, सुखकर, हितकर, प्रिय, परोपकारमय और भगवन्ज्ञम्पणञ्जऔर यश गान करने वाले वचनों द्वारा वाणी को शुद्ध करो और वाक् में शुद्ध सञ्चयकरो।

“यस्य प्रसन्नो भगवान् गुणैर्मेव्यादिभिर्हरिः

तस्मै नमन्ति भूतानि निम्नमापइवस्तम् भागवतपुराण से उद्धृतः॥

अर्थात् सदगुणों से भगवान् प्रसन्न होते हैं। सदगुणों से ही दूसरों के हृदय को जीत कर वश में कर सकते हैं।

जब तुम्हारे शरीर, मन और वाणी शुद्ध होकर तीनों शक्ति के भण्डार बन जायेंगे तभी तुम वास्तव में स्वतन्त्र होकर महाशक्ति की सच्ची उपासना कर सकोगे और तभी तुम्हारा जन्म जीवन सफल होगा। याद रखो जिस पवित्रात्मा पुरुष के शरीर, इन्द्रियाँ और मन अपने वश में हैं तथा शुद्ध हो चुके हैं वही स्वतन्त्र हैं। परंतु जो किसी भी नियम के अधीन न रहकर शरीर, इन्द्रियों और मन का गुलाम बना हुआ मनमानी करना चाहता है, कर सकता है या करता है, वह तो उच्छृङ्खलता से तीनों की शक्तियों का नाश होता है और वह फिर महाशक्ति की उपासना नहीं कर सकता। महाशक्ति की उपासना के बिना मनुष्य का जन्म जीवन व्यर्थ है और पशु से भी गया बीता है। अतएव शक्तिसञ्चय करके स्वतन्त्र बनो।

पूजा रानी
बी.ए - प्रथम

स्वास्थ्य सूत्रानि

जपे होमोपहारेज्याञ्जलिः संस्कार तपो नियम दयाद

नदीक्षाप्युपगम देवता ब्राह्मण गुरुपुरैवितव्यम्।

अर्थः - हवन, तप, व्रत नियम, नदी, जल सेवन, देव गुरु ब्रह्म आदि के सहारे स्वास्थ्य की रक्षा होती है।

1. मितहार में वह छह गुण हैं उस से रोग नहीं होता। आयु बढ़ती है बल तथा सुख लाभ होता है।
मिताहारी आलस्यपरायण नहीं होते।
गुण च षण्मितभुक्त भजन्ते
आरोग्यमायुश्च बलं सुखं च
अना विलं चास्य भवत्यपत्यं
न चैनमाधर्नमिति क्षिपन्ति
2. पेट का आधा भाग भोजन करे चौथाई पानी से भरे और एक चौथाई वायु के आवगमन के लिए खाली रहने दो।

3. दौ भागौ पूर्यदन्नै स्तो येनैक प्रपूरयेत् वायोः संचारणार्थाय चतुर्थमवशेषयेत्।

व्यक्ति सदैव स्वस्थ एवं नीरोगी कैसे रहें? आयुर्वेद इसी विषय का बोध कराता हैं? चरक सुश्रुत - वाग्भट्ट आदि सभी आचार्यों ने स्वस्थ व्यक्तियों के सुस्वास्थ्य एवं दीर्घायुष्य हेतु तथा अस्वस्थ व्यक्तियों को नैरोग्य प्रदान करने के लिए आयुर्वेद जैसी अमूल्य निधि देकर मानव जाति पर बहुत बड़ा उपकार किया है। इतना ही नहीं इन्होंने आयुर्वेद सम्मत जीवनपयोगी पदार्थों को हमारी पाकशाला के खाद्य पदार्थों के साथ संयुक्त करके, इसे हमारी दैनिक जीवनचर्या का अंग भी बनाया है। भोजन, निद्रा व ब्रह्मचर्य - ये स्वस्थ शरीर के तीन आधार हैं।

1. समय और प्रकृति के साथ चलना ही आयुर्वेद विज्ञान है।
2. शरीर आपका है। जीवन आपका है आप स्वयं ही अपने आपको नीरोगी रख सकते हैं।
3. ना समजी या लापरवाही से आया एक रोग भी आपकी जिन्दगी बर्बाद कर सकता है।
4. किसी भी रोग का अपना एक परिवार होता है। एक रोग कभी नहीं आता है। वह अपने पूरे परिवार को साथ लाता है।
5. दिन की शुरुआत में सबसे पहले बिना कुल्ला किए तांबे के बर्तन का या गरम पानी पीना चाहिए।

गीता

बी.ए - द्वितीय

नित्यकर्म - विधि

मनुष्यों का कर्तव्य है कि ब्राह्ममुहूर्त में (दो अथवा डेढ़ घण्टे रात्रि शेष रहते रहते) उठकर शय्या त्यागकर मुहं - हाथ धोकर प्रातः सूक्त का और भजन खण्ड में दिये प्रभात भजनों का गान करते हुए ईश्वर का ध्यान करें।

प्रातः सूक्तम्

ओउम् प्रातिराग्रि प्रातरिन्द्र हवामहे प्रातिर्मित्रावरूणा प्रातरश्विना।

प्रातर्भगं पूषणं ब्रह्मणस्पति प्रातः सोममुत रुद्रे हुवेम॥

अर्थ - हे स्त्री - पुरुषों। जैसे हम विद्वान् उपदेशक लोग प्रभात समय सवप्रकाशस्वरूप ऐश्वर्य के दाता, प्राण - उदान के समाज प्रिय, सर्वशक्तिमान्, सूर्य चन्द्र को उत्पन्न करने वाले, पापियों को रूलाने वाले और सर्वरोगनाशक जगदीश्वर की स्तुति और प्रार्थना करते हैं, तुम लोग भी वैसे ही किया करो।

ओउम् प्रातर्जितं भगभुंग्र हुवेम वमं पुत्रमदितर्यी विधर्ता।

आधाश्चियं मन्यम नस्तुरश्चिद्राजाचिद्यं भंग भक्षीत्याह॥

अर्थ -

प्रातः 4 घड़ी रात्रि रहे जयशील ऐश्वर्य के दाता तेजस्वी सूर्य की उत्पत्ति करने हारे और सूर्यादि लोगों के विशेष करके धारण करने हारे, दुष्टों की दण्ड देने वाले और जो सब के प्रकाशक हैं, वे प्रभु सब को उपदेश करते हैं कि मेरी आज्ञा में चला करो।

ओउम् भग प्रणेतर्भग स्तयराधा भगेमां धियमुदवा ददत्रः भग प्रणो जनय गोभिरश्वैर्भग नृभिर्नृवन्तः

अर्थ: हे भजनीयस्वरूप, सब के उत्पादक, सत्याचार में प्रेरक ऐश्वर्यप्रद, सत्य धन के देने हारे, धर्मात्माओं की ऐश्वर्यदाता! हमें प्रजा दीजिए और हमारी रक्षा कीजिए। आप गाय घोड़े आदि उत्तम पशुओं के भोग से राज्यश्री को हमारे लिए प्रकट कीजिए। अपनी कृपा से हम लोग उत्तम मनुष्यों के सहयोग से वीर मनुष्यों पाले होंगे।

ओउम् उतेदानीं भगवन्तः स्यमोत् प्रापितव उत मध्ये अहाम

उतोदिता मघवेन्सूर्यस्य वयं देवाना सुमतौ स्याम॥

अर्थ - हे भगवान्। आपकी कृपा और अपने पुरुषार्थ से हम लोग इस प्रकर्षता तथा उत्तमता की प्राप्ति में शक्तिभाव हों और इन दिनों के मध्य में ऐश्वर्ययुक्त हो और हे परमपूजित। असंख्य धन देने हारे! सूर्यलोक के उदय में पूर्व विद्वान धार्मिक लोगों की उत्तम प्रज्ञा और सुमति में हम लोग सदा प्रवृत्त रहें।

स्नान - मन्त्रः

ओउम् आपो हि ष्ठा भयोभुवस्ता न ऊर्ज दधातन।

महे रणाय चक्षसे॥

आत्मा की शुद्धि के लिए एकान्त में शद्ध पवित्र स्थान पर दर्भासन बिछाकर पद्मासन या सुखासन लगाकर सिर गर्दन और रीढ़ की हड्डी तीनों को एक सीध में रखते हुए कम से कम तीन प्राणायामों द्वारा मन एकाग्र करके सन्ध्या करें।

दीक्षा

बी.ए. द्वितीय

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Annual Convocation



PROF. (DR.) B.S. GHUMAN, VICE- CHANCELLOR, PUNJABI UNIVERSITY, PATIALA, OUR CHIEF GUEST



SCIENCE SECTION

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MALARIA MOLECULE MAKES BLOOD EXTRA – ALLURING TO MOSQUITOES

Malaria parasites seduce mosquitoes on the sly.

Plasmodium falciparum parasite produce a molecule that makes parasite-infected blood more attractive to malaria- transmitting mosquitoes. The Insects slurp up this enticing meal, helping the parasite spread to new hosts.



“It’s a really intriguing glimpse into how *Plasmodium* might have evolved to enhance its probability of transmission” Previous research has suggested that mosquitoes might be preferentially drawn to malaria- infected people, but it was unclear what piqued their interests. Biologist Noushin Emami of Stockholm University and colleagues got an unexpected lead when studying the effect of a molecule called HMBPP on the immune system of *Anopheles gambiae* mosquitoes, major spreaders of malaria. *P. falciparum* releases this molecule into the bloodstream of its hosts.

While watching mosquitoes sip blood from artificial feeders, the researchers “noticed that the mosquitoes ate a lot more from the blood in this artificial feeding system when the HMBPP was in the blood.

HMBPP or (E)-4- hydroxy-3- methyl-but-2-enyl pyrophosphate, didn’t directly lure the mosquitoes, When it was mixed with serum, which doesn’t contain red blood cells, the mosquitoes weren’t as interested. But red blood cells with added HMBPP released more carbon dioxide than regular red blood cells, and also produced greater amounts of certain airborne chemicals called aldehydes and monoterpenes. That aroma attracted more mosquitoes, and those insects ate larger than usual meals.

Mosquitoes sense the CO₂ that humans exhale and use it as a cue to find food. So it makes sense that increased CO₂ would draw more mosquitoes. Aldehydes and monoterpenes compounds also released by plants- might attract mosquitoes by making humans smell a bit like the plants mosquitoes get nectar from. But since the molecule’s allure was tested in artificial mosquito feeders, it’s still unclear how strongly the molecule lures mosquitoes to infected humans, he says.

Dr. Madhurima Sharma

LIVE FOR NATION AND DIE FOR NATION

I Remember a dialog we from a movie. In that somebody asks- “What is more important than life?” and the hero replied. “That any thing you can die for”. This is the deepest thought one could even write... and for me that thing is nation. ...

Lucky are those who gets to serve the nation and blessed are those who country-

Bhagat Singh, to avoid an arranged marriage ran away to Kanpur, In a letter left behind he said... “My life has been dedicated the noblest cause, that is freedom of the country, therefore there is no zest for worldly desire that can lure me now”.

Chandrashekhar Azad- shot himself dead with his last bullet in Alfred Park Ahmedabad holding true to his pledge to never be captured alive.

That was the thinking of great Revolutionist from Ram Prasad Bismil to Lala Lajpat Rai, from Bhagwati Charan Vohra to Durga Bhabhi, from Subhash Chandra Bose to Mangal Pandey, from Hindustan socialist Republic Association to Indian National Army.

From our defence forces to making of Constitution so much has gone into making our country, we can't ruin their struggle, we can't insult their effort, we must work tirelessly in making it a much better place to live in let us take a pledge I'll always be a volunteer. I'll always be ready to serve my country in every way. In any situation I'll not hesitate to die instead I'll pray to God: I want to take birth in India again”.

So say it with me

Long Live Revolution, Long Live India.

Anchal

MSc-1

USEFUL: INNOVATIVE AND MYSTERIOUS- SCIENCE

“ I am comfortable with the unknown that is the point of science:

It should always have an answer to find.

Science is a way of innovative living that help us gain knowledge of how the world develops and works today. It is important because it has helped forming the world we live in. Science has invaded every branch of modern life in a way that today we cannot expect our life without it. From the dawn of time science has never left a single opportunity of surprising us with its miraculous inventions and phenomenons. Be it discovery of Television, Artificial intelligence or edible water bottle; it has always made our life easier and blissful. Talking about the inventions and improvements that science has made in the field of technology AI is a field that cannot be ignored. AI stands for Artificial Intelligence which means intellect demonstrated by machines in contrast to the human aptitude. Recent discovery of robots with AI enables us to be present at two palce at the same time. Not only robots with AI, the upcoming innovation is beyond our imagination which is OH or Edible Water Bottle. Ooho, a gelatinous sphere contains one porition of water and can be consumed in packaging. Made up of plants and seaweeds; biodegradable in 4-6 weeks, just like a piece of fruit it can be dumped in composting pit. It is designed as an alternative of plastic bottles and thus aims to reduce the number of disposable bottles in landfills. Cheaper than plastic, 5 times less CO₂evoluting and 9 times less energy consuming its production is a boon to mankind and the environment.

Science has its inventions but many of them are unsolved by the scientists as well. Though they give logical and experimental justifications; yet there is some uncertainty left behind.

Are you the future of this phenomenal world ready to explore and solve the yet unsolved??

Tanya Sharma
Bsc. II (Medical)

ACID RAIN: CAUSES, EFFECTS & SOLUTION

Acid rain refers a mixture of deposited material, both wet & dry coming from the atmosphere containing more than normal amounts of nitrous and sulphurous acids. Simply put, it means rain that is acidic in nature due to presenc of certain pollutants in the air due to cars and industrial processes. It is easily defined as rain, fog, sleet or snow that has been made acidic by pollutants in the air a result of fossil fuel and industrial combusions that mostly emit Nitrogen Oxides and Sulpur Doxide. Acidity is determined on the basis of PH level of rain water droplets. Normal rain water is slightly acidic with a PH range of 5.3 -6.0, because CO₂ and water present in the air react together to form carbonic acid, which is a weak acid. When the PH level of rain water falls below this range, it becomes acid rain.

When these gases react with water molecules and oxygen among other chemicals found in the atmosphere, mild acidic chemical compounds such as sulphric and nitric acid are formed resulting in acid rain.

There are two forms in which acid deposition occurs- wet and dry.

- Wet Deposition: When the wind blows the acidic chemcials in the air move to the areas where the weather is wet, the acids fale to the ground in the form of rain, sleet, fog, snow or mist. It removes acids from the atmosphere and deposits them on earth's surface. When this acid flows through the ground, it affects large number of plants, animals and aquatic life. The water from drain flows into river and canals which is then mixed up with sea water, thereby affecting marine habitats.
- Dry Deposition: If the wind blows the acidic chemicals in the air to move the areas where the weather is dry, the acidic pollutants slip into dust or smoke and fall to the ground as dry particles. These stick to the ground and other surfaces such as cars, hous, trees and buildings. Almost 50% of the acidic pollutants in the

atmosphere fall back through dry deposition. These acidic pollutants can be washed away from the earth's surface by rainstorms.

It was discovered way back in 1800s during the Industrial revolution. A Scottish chemist, Robert Angus Smith, was first to discover this phenomenon in 1852 as a relationship between acid rain and atmospheric pollution in Manchester, England. But it gained public attention mainly in 1960s. The term was coined in 1972 when the NY times published reports about the climate change effects which started arising due to the occurrence of acid rain in Hubbard Brook Experimental forest in New Hampshire.

Both the natural and man-made sources are known to play a role in the formation of acid rain. But, is mainly caused by combustion of fossil fuels which results in emissions of SO_2 and NO_2 .

1. Natural Sources: The major natural causal agent for acid rain is volcanic emission. Volcanoes emit acid producing gases to create higher than normal amounts of acid rain or any other or of precipitation such as fog and snow to an extent affecting vegetation cover and health of residents within the surrounding. Decaying vegetation, wildfires and biological processes within the surrounding environment also generate the acid rain forming gases. Lightning strikes also naturally produces nitric oxides that react with water molecules via electric activity to produce nitric acid, thereby forming acid rain.
2. Man-made sources: Human activities leading to chemical gas emissions such as sulphur dioxide and NO_x are the primary contributors to acid rain. The activities include air pollution sources emitting sulphur and nitrogen gases like factories, power generation facilities, and automobiles. In particular, use of coal for electrical power generation is the biggest contributor to gaseous emissions leading to acid rain, especially in highly industrialized areas and urban regions with large number of car traffic. These gases react in the atmosphere with water, oxygen, and other chemicals to form various acidic compounds such as sulphurous acid, nitrous acid. As a result, these areas experience exceedingly high amounts of acid rain.

- **Effects of Acid Rain:**

- **Effect on Aquatic Environment:** Acid rain either falls directly, on aquatic bodies or gets run off the forests, roads and fields to flow into streams, rivers and lakes. Over a period of time, acids get accumulated in the water and lower the overall pH of the water body. The aquatic plants and animals need a particular pH level of about 4.8 to survive. If the pH levels fall below that, the condition becomes hostile for the survival of aquatic life. Acid rain tendency of altering pH and aluminum concentration greatly affects pH concentration levels in surface water, thereby affecting fish as well as other aquatic life forms. At pH below 5, most fish eggs cannot hatch. Species including fish, plant and insect types in some lakes, rivers and brooks have been reduced and some even completely eliminated owing to excess acid rain flowing into the waters.
- **Effect on forests:** It makes trees vulnerable to disease, extreme weather and insects by destroying their leaves, damaging the bark and arresting their growth. Forest damage due to acid rain is most evident in Eastern Europe—especially Germany, Poland and Switzerland.
- **Effect on Soil:** Acid rain highly impacts on soil chemistry and biology. It means, soil microbes and biological activity as well as soil chemical compositions such as soil pH are damaged or reversed due to the effect of acid rain. The soil needs to maintain an optimum pH level for the continuity of biological activity. When acid rains seep into the soil, it means higher soil pH, which damages or reverses soil biological and chemical activities. Hence, sensitive soil micro-organisms that cannot adapt to changes in pH are killed.
- **Effect on Architecture and buildings:** Acid rain on buildings, especially those constructed with limestone, react with the minerals and corrode them away. This leaves the building weak and susceptible to decay. Modern buildings, cars, airplanes, steel bridges and pipes are all affected by acid rain. Irreplaceable damage can be caused to the old heritage buildings.

- **Solutions to Acid Rain**

1. Cleaning up exhaust pipes and smokestacks:

Most of the electric power supporting the modern-day energy requirements comes from combusting fossil fuels such as oil, natural gas, and coal that generate nitrogen oxides (NO_x) and sulphur dioxide (SO₂) as the chief contributors to acid rain. Burning coal largely accounts for SO₂ emission while NO_x emissions are mostly from fossil fuel combustions. Similarly, NO_x emission from automobile fossil fuel combustions are mitigated upon by use of catalytic converters. Catalytic converters are fixed on the exhaust pipe system to reduce NO_x emission. Improvement of gasoline that combusts cleaner is also a strategy for reducing emission of NO_x gases.

2. Alternative Energy Sources:- Besides fossil fuels, there is a wide range of alternative energy sources that can generate electrical power. These include wind energy, geothermal energy, solar energy, hydropower and nuclear power. Harnessing these energy sources can offer effective electrical power alternation instead of using fossil fuels. Fuel cells, natural gas, and batteries can also substitute use of fossil fuel as cleaner energy sources. As of today, all energy sources have environmental and economic costs as well as benefits. The only solution is using sustainable energy that can protect the future.

3. Individual National/State and International Actions- Millions of people directly or indirectly contribute to SO₂ and NO_x emissions. Mitigation of this challenge requires individuals to be more informed about energy conservation and ways of reducing emissions such as turning off lights or electrical appliances when not using them; use of public transport; use of energy efficient electrical appliances; and use of hybrid vehicles or those with low NO_x emissions.

Deepali. Dutt Attrey
B.Sc II (Medical).

MENSTRUAL HYGIENE AND MANAGEMENT

Menstruation, also known as a period or monthly is the regular discharge of blood and mucosal tissue from the lining of the uterus through the vagina. It is a natural, biological process experienced by all adolescent girls and women, yet it is not spoken about openly causing unnecessary embarrassment and shame India's 113 million adolescent girls are vulnerable at the onset of menarche. At this time they need a safe environment that offers protection and guidance to ensure their basic health. Lack of separate and usable girls toilet in school leaves girls and women to face the indignity of open defecation. In some culture, women and girls are told that during their Menstrual cycle they should not bath (or it will lose its brightness) or touch plant (or it will die) In some areas girls use old cloth rags harvested from old garments repeatedly in those days by which bacteria can enter into the uterus or they use a rectangular shaped pocket filled with sand as an absorbent.

However, safe and effective Menstrual Hygiene Management is a trigger for better and stronger development. It is an integral part of Swachh Bharat Mission issued by Ministry of Drinking Water and Sanitation It highlights on –

1. Access to knowledge
2. Access to safe Menstrual Absorbent
3. Safe and disposable menstrual Sanitary napkins. This results in dignity and ability of adolescent girls to stay in school during menstruation.

In addition to this, all men and boys should know that this is a biological process and support every woman (wife, sister mother)

So that it should no longer be considered as a TABOO.

Purnima Sharma
BSC-II

GO BANANAS WITH ICE-CREAM- SCIENTISTS PRODUCE NO- MELT ICE CREAM USING BANANA EXTRACT.

Now, in a twist to this new trend, scientists have developed a cool solution to the sticky problem of Ice- cream dripping. Scientists from Columbia's Universidad Pontificia Bolivariana used tiny cellulose fibres extracted from banana plant waste to slow down the melting of ice cream, increasing its shelf life and potentially replace fats used to make the tasty treat.

According to scientists, cellulose nanofibres extracted from banana waste could help improve ice cream in several ways. As the fibers could lead to the development of a thicker and more palatable dessert, which would take longer to melt.

The team of scientists extracted Cellulose Nanofibrils (CNFs) which are thousands of times smaller than width of a human hair, from ground-up banana rachis.

They mixed the CNFs into ice cream at varying concentrations by using analytical tools- including a rheometer, which measures how much force is needed to move a fluid, as well as a texturometer, which measures hardness of ice- cream- the researchers evaluated the effect that CNFs had on the popular frozen treat. They found that ice-creams mixed with the CNFs tended to melt much more slowly than traditional ice creams. They also determined that CNFs could increase shelf- life of ice cream, or at least decrease its sensitivity to temperature changes that occur when moved to and from the freezer.

In addition, CNFs increased the viscosity of low fat ice cream, which improved the creaminess and texture of the product. As a result, CNFs could potentially replace some of the fats- and perhaps reduce calories.

Shivani
M.Sc.-I

NEWER DRUGS MAKE

HEPATITIS C- POSITIVE KIDNEY SAFE FOR TRANSPLANT

Reports show that people who received kidneys from donors infected with hepatitis C did not become ill with virus, this is all due to the treatment with newer drugs that can cure the disease.

Ten patients not earlier infected with hepatitis C took doses of powerful antiviral medications before and after receiving transplants. None of these patients developed chronic infections. Doctors find it very helpful if these transplantation become more practicable.

As in many areas, patients are on waiting lists for many years (more than 5 year). In 2014, there were about 17,000 kidney transplants in country and nearly 4800 people died while waiting.

Traditionally, organs from donors with hepatitis C were offered to recipients already infected with disease, because the virus could be transmitted during transplant. And earlier drugs used to treat infections liver disease was not very effective and had many side effects. But in last several years more effective drugs called directacting antivirals have been used which cure hepatitis- C in more than 95% of patients.

At the same time more hepatitis C positive organs have become available. Durand & her colleagues treated 10 patients who received hepatitis C- positive kidneys with new drugs. 12 weeks after drug treatment had ended, the researchers did not detect hepatitis C virus in patients' blood. But other tests indicated the presence of antibodies. Durand says this may be a sign that drugs didn't prevent early infections in those cases, but still cured it. None of the patients developed chronic infections.

The study demonstrates that these infected organs from patients can be used and if safely and if the virus is transmitted it is curable. Those patients are treated successfully as well.

Shagan
B.Sc II (Medical)

SOME METEORITES CONTAIN

SUPER CONDUCTING BITS

In Los Angeles, a new researcher for new superconductor has turned no stone and no meteorite unturned. A team of physicists has found the unusual materials, to conduct electricity without resistance within two space rocks.

The discovery implies that small amount of super conducting materials might be common in meteorites.

Super conductors could potentially beget new energy saving technologies, but they have one total flaw. They require very cold temperatures to function, making them impractical for most uses.

Scientist are on the hunt for new types of superconductors that work at room temperature. They said, meteorites are formed under unique really extreme conditions, such as high temperature and pressure.

Other scientist bombarded bits of powdered meteorite with microwaves and looked for changes in how those waves were absorbed as temperature changed.

Analysis of powdered scrapings from more than dozen meteorites showed that two meteorites contained super conducting material. However, the superconductors found within the meteorites were run of the mill varieties, made from alloys of metals including indium, tin and lead, which are already known to superconduct.

Since parts of space are colder than 5 kelvin some meteorites may even contain materials that were superconducting in their chilly habitat.

Shagan
B.Sc II

MEDITATION

“Faith is the subject of the Head, Devotion is the subject of the heart, and mediation connects both”.

-Sri Sri Ravi Shankar

Role of Meditation for the students

There are many forms of meditation in the world and every person's approach varies on their personal preferences. The Most common forms of mediation are:

1. Mindfulness:

It is a form of meditation in which participant observes sensations in the body. This is a great way to transition students from one lesson to another by helping them refocus and recharge mentally. To practice mindfulness, the students get into a comfortable position whether that is sitting or laying down. Then they close their eyes and observe how different areas of their bodies feel. They bring their attention to changing breathing patterns. Then they move their attention to their feet and notice pressure on them. By doing this every single day, people become aware of their mind, body and thoughts.

2) Transcendental Meditation:

It is very popular form of meditation in which minute focus is key. It is specially used to recharge students after lunch when food coma starts hitting. Students sit with their backs straight in lotus position with eyes closed. A mantra which is considered to be sacred word is gifted to the meditation is repeated over and over for 20 minutes. It is done twice a day- once upon waking and then at midday.

3) Moving Meditation:

In this form of meditation participants sit quietly in lotus position with eyes closed. It includes any physical activity that puts one in a trance-like state. This can be martial art like Tai chi, a focus intensive activity like mountain climbing or a game like

ches. These activities require intense level of focus that some call “the zone” or “flow. It is a great way for students to energize and refresh their minds and bodies and create focus.

Conclusion

In order to fully optimize health by reducing stress and increasing cognition performance, it is important for students to embrace a healthy diet, exercise, a regular sleep schedule and meditation. So meditation is just one piece in the overall puzzle of health.

Priyanka Grewal
M.Sc-1

SCIENTISTS TWEAK PHOTOSYNTHESIS TO UP CROP YIELD

Scientists have successfully tweaked the process of photosynthesis to make it more efficient and increase plant productivity by raising the level of three proteins involved in the process.

Many years of computational analysis and laboratory and field experiments led to the selection of the proteins targeted in the study. Researchers used tobacco plants as it can be easily modified.

“We donot know for certain this approach will work in other crops, but because we are targeting a universal process that is the same in all crops, we are pretty sure it will”, said Stephen long, Prof. at the University of Illinois at Urbana campaign in the U.S.

The researchers targeted process plants use to shield themselves from excessive solar energy.

“Crop leaves exposed to full sunlight absorb more light than they can use. If they cannot get rid of this extra energy, it will actually bleach the leaf” Said Mr. Long. Plants protect themselves by making changes within the leaf that dissipate the excess energy as heat, he said. This process is called non photochemical quenching (NPQ).

“However, when a cloud crosses the Sun, or a leaf goes into the shade of another, it can take up to half an hour for the NPQ process to relax. In the shade, the lack of light limits photosynthesis and NPQ is also wasting light as heat,” Mr. Long said.

Researcher used a super computer to predict how much the slow recovery from NPQ reduces crop productivity over the courses of a day.

These calculations showed “surprisingly high losses” of 7.5 percent to 30 percent, depending on the plant type and prevailing temperature, Mr. Long said.

Researches suggested that boosting levels of there genes- taken from the model plant Arabidopsis- into tobacco.

The researchers grew seedlings from multiple experiments.

A fluorescence imaging technique allowed the team to determine which of the following transformed plants recovered more quickly upon transfer to shade. The researchers selected the three best performers and tested them in several field plots alongside plots of the unchanged tobacco.

Two of the modified plant lines consistently showed 20 percent higher productivity and the third was 14 percent higher than the unaltered tobacco plants.

Kajal Thakur

MSc.II

Food Dyes A Rainbow of Risks

Food colors or color additives, is any dye pigment or substance that imparts colour when it is added to food or drink. They come in many forms consisting of liquid, powders, gels and pastes. Food colouring is used both in commercial food productions and in domestic cooking. Food colours are one of those things which we encounter, or consume without realizing. Be it your jams, tomato ketchup, jelly etc., all are loaded with food colours.

Synthetic dyes are coal or petroleum based and at times are not even purified chemicals. These chemicals have a deteriorious effect on your health and some are even carcinogenic in nature. Due to its general availability it is also used in variety of non food applicants like medicines and cosmetics.

Purpose of food colouring: People, associate certain colours and the colour of food can influence the perceived flavour in anything from candy to wine. Sometimes the aim is to stimulate a colour that is prescribed by the consumer as natural such as adding red colour to glazed cherries but sometimes it is for the effect, like the Heinz launched in 1999. Slow spoilage; improvement to taste, texture and appearance; prevents oil from becoming rancid; prevents cut fruits from turning become are purposes of food colouring.

Most common synthetic dyes are Blue-1 (Brilliant Blue) Blue 2 (Indigo carmine), citurus Red 2, Green 3 (Fast green), Red 3 (Erythosine), Red 40 (Alura Red), Yellow 5 (Jatrazine), Yellow 6 (Sunset Yellow).

Apart from artificial/ synthetic dyes, various natural dyes permitted for use are annatto, Carmel, turmeric, betamin, saffron etc. which are derived from natural sources, such as vegetables & fruits.

How these food colours ruin our health:-

Awamine- It is known to retard growth and damage kidneys and liver. It is used to colour beverages Metanil yellow, It is widely used in Indians sweets like jalebis and

lados and is highly dangerous as it causes degenerative changes in lining of stomach, kidneys and liver. It also adversely affects ovaries and test.

Rhodamine- A major component of sweets and bright red coloured drinks is known to break down red blood cells and adversely affects immune systems. It also causes growth retardation and damages liver and kidneys.

Sudan dyes: It is used in chili powder. It is not only highly toxic to liver, but also causes kidney lesions and is carcinogenic.

Lead chromate- It is commonly added to turmeric powder. It is highly dangerous as it causes anemia, abdominal pain, neurological problem, hypertension, foetal distress all leading to food poisoning. It is also used in cake decorating gels and is known to damage DNA and interfere with functions of pituitary gland.

Blue- It has been linked to learnings and behavioral problems. It is made from coal tar and has been banned in most countries.

Green 3- IT causes increase in bladder and testis tumor. It's used in drugs, personal care, canned peas etc.

Yellow- It causes hypersensitivity in children and this is what makes your hands all yellow after having too many of Doritos.

Red- It is a thyroid carcinogen and is added in cosmetics. It is still used in sausages, oral medications candies etc. It also leads to chromosomal damage. It is still a few of them and even worse is that they are still being widely used even after imposing a ban on them and are present in almost all the food products we eat daily.

Simran
MSc-I

HEALTHCARE HAS A NEW VISION FOR ALL

India has made remarkable progress in healthcare, the nation is much healthier today. Several diseases including polio, small pox and guinea worm have been eradicated successfully. Besides there is a sharp reduction in IMR (Infant mortality rate), MMR (Maternal mortality ratio), low mortality due to TB and malaria and significant decreases in HIV infections and AIDS related deaths.

Healthcare one of the largest sectors is growing at a brisk pace due to its strengthening of coverage, services and increasing expenditure by public and private players. Alongside, social trends and growing urbanization are leading to rapid spread of non-communicable diseases such as heart ailment, diabetes and cancer. Consequently there is a demand for greater access to quality care. But expensive treatment costs are making it difficult for uninsured citizens to afford care.

To reduce health inequities and improve healthcare infrastructure, the government recently launched the National Health Policy 2017. It aims at achieving universal health coverage and delivering quality health care to all at affordable price. It intends to expand access to medical facilities, make it affordable by reducing treatment costs and improve quality. The policy considers major changes, in terms of disease profile and epidemiology, which have taken place over the past 15 years. For the first time, the policy has set specific targets for elimination of certain diseases Kala azar, in 2017, leprosy by 2018. And the “very ambitious” target of eliminating TB by 2025. The government also plans to end indigenous transmission of malaria by 2030.

SUCCESS OF MISSION INDRADHANUSH

India's universal immunization programme (UIP), Mission Indradhanush is one of the world's largest drives in terms of number of beneficiaries reached, quantity of vaccine used, number of immunization sessions organized, geographical spread and diversity of areas covered. Launched in December 2014, It insures that no child is left without the protection of full immunization particularly in hard to reach districts.

Begun with six vaccines, the programme now protects children against 11 deadly diseases- with new vaccines against rotavirus diarrhoea, Haemophilus influenza type b (Hib) pneumonia and rubella being added in the last few years. A new vaccine against pneumonia and meningitis, the pneumococcal conjugate vaccine (PCV), is being launched in May.

Since its launch, more than 2.14 crore children and around 0.56 million pregnant women have been immunized. With routine immunization coverage increasing by 5-7 percent over two years, compared to an average of 1 percent during the past decades.

Several government interventions to reach and improve the quality of care of women, newborn and young children under the national Health mission (NHM) has led to sharp 40.2 percent rise in institutional births in ten years.

These include the Janani Suraksha Yojana (JSY), a direct cash transfer scheme, Janani Shishu Suraksha Karyakaram (JSSK), Pradhan Mantri Surakshit Matritva Abhiyan, A programme that provides ante-natal services. The JSSK entitles every woman delivering at a public health institution to free and cashless health services. The NHM also lays emphasis on a continuum of care for the newborn.

The government is launching the Pradhan Mantri Bhartiya Janaushadhi Pariyojana for cheaper medicines in hospitals. To provide health security, it will soon bring in a legal framework under which doctors will have to prescribe generic medicines which are cheaper than equivalent branded drugs.

As an initial measure, prices of 700 medicines have been capped to enable poor people to get medicine at reasonable rates when they face chronic disease. Rules have been framed in such a way that medicines which were available in the market at Rs. 1200 have been reduced to Rs. 70 to Rs. 80. The government has also capped the prices of stents used in heart ailments.

The government has just launched the Test and treat policy for HIV scheme under which anyone who is tested and found positive for HIV-AIDS will be provided with

ART (Antiretroviral therapy) irrespective of one's CD count or clinical stage. This will improve longevity and quality of life of those infected and will save them from many opportunistic infections, especially TB. India will soon develop a national strategic plan for HIV for next seven years which will be crucial for ending AIDS.

To accelerate efforts to achieve universal sanitation coverage and to put focus on sanitation, the government launched the Swachh Bharat Mission on October 2, 2014. It aims to make urban India free from open defecation by Oct, 2019 and achieve 100 percent scientific management of municipal solid waste in 40 statutory towns. The mission intends to generate awareness about sanitation and its linkage with public health.

Simple
BSc-1 (Medical)

REVOLUTIONARY APPLE GROWS HUMAN SKIN

Apples are a staple in most people's homes and it sums in science. There was Newton's Apple, and the proverbial daily apple to keep doctor away. Now, biophysicist Andrew Pelling of University of it was wants to add an apple of his own into the mix and this one might bring with it the future of biomaterials and human tissue repair.

Pelling started to look for 'ways to grow human cells by biohacking fruits.' What is really curious about it is if one day it will be possible to repair, rebuild and argument on own bodies with stuff we make in kitchen".

How this evolutionary apple turned out to be? He removed the apple's cellular material, they bathed it in boiled water and liquid dish soap. As a result, the apple's cell popped open. After the apple was washed clean of all its disgorged cellular material, what was left of it was a rigid cellulose scaffolding like an apple's skeletal structure to speak. The spaces that once contained apple cell were then filled with the mammalian cells, His

team carved the apples into the shape of human ears and then infused them with skin cells.

But why stop at just apples? Pelling and his team are also looking at the potential of cellulose scaffolding derived from asparagus or even rose petals to be used as biomaterials to repair bone or nerve damage. And this is just one way that biohacking can revolutionize our lives.

Khushbu
BSc-II (Medical)

BINAURAL BEATS

Ancient cultures were aware of how the brain could be entrained through sound repetition well before modern science was able to prove the process. It wasn't until 1973, though, that biophysicist Doctor Gerald Oster brought the technology into mainstream awareness in a paper called 'Auditory beats in the Brain. Oster concluded;

"It is possible that hormonally induced physiologically behavior changes may be made apparent by measuring the binaural beat spectrum".

The word binaural means 'having or relating to two ears'. This represents the processes, which work by simultaneously sending a marginally different sound frequency to each ear through headphones.

Brainwaves entrainment happens inside the brain, and is caused by physiological response. Upon hearing two tones of different frequencies- sent simultaneously to the left and right ears the brain perceives a third tone based on the mathematical difference between the two frequencies. The brain will only respond in the intended way if it receives two sound frequencies at the same time through headphones.

When you have both earphones in your ears, note that you hear a single pulsating sound. Now, remove one earphone-left or right when you remove one earphones, you will notice that the pulsation disappears completely and that single tone in the earphone you still have on.

When you put the other headphone back in your ear, the pulsating sound comes again.

This is because when you have both earphones in your ears, brain is perceiving a third tone from its mathematical interpretation of left and right tones. In this case, interpretation is 6 hertz.

‘Binaural beats meditation’ has become a common term for listening to binaural beats music.

-In a similar way to meditation, a lot of binaural beats music designed, which is referred to as mindful awareness.

-It is accompanied by ambient, relaxing music, which is usually quite similar to the sound design used in meditation music.

Indeed, in almost every ancient or modern culture, repetitive beats formats have played an important role in well-being and prosperity.

Tania Dharmani
B.sc-II

HUMANOID ROBOT...

A humanoid robot is a robot with is overall appearance based an that of the human body. It's a robot within its body shape built to resemble the human body. The design may be for functional purposes,such as interacting with human tools and environments for experimental purposes or for other purposes. In general, humanoid robots have a

torso, a head, two arms, and two legs, though some forms of humanoid robots may model only part of body.

Humanoid Robots are now used as research tools in several scientific areas. Researchers study the human body structure and behavior to build humanoid robots. In the other hand the attempt to stimulate the human body leads to a better understanding of it. It has been suggested that very advanced robotics will facilitate the research, humanoid robots are being developed to perform human tasks like personal enhancement of ordinary humans. Besides the assistance, through which they should be able to assist the sick and elderly, and dirty or dangerous jobs. They are also becoming popular as entertainers humanoid robots, especially those with artificial intelligence algorithms, could be useful for future dangerous and distant space exploration missions without having the need to turn back around again and return to earth once the mission is complete.

Humanoid robots do not yet have some features of human body. They include structures with variable flexibility, which provide safety and redundancy of movements. Although the characteristics are desirable to humanoid robots, they will bring more complexity and new problems to planning and control.

Nivedita
B.Sc II (Med)

SMARTPHONES: MINI COMPUTERS

In recent years mobile phones have been converted to smartphones. These smartphones perform all operations in character to a desktop computer. One can perform various mathematical operations, store data, browse internet, make reports and listen to music using a smartphone. So it would not be irrelevant to say that our smartphone is our mini computer.

More than 60% of our population known the basic use of computer.

Studies show that the IOS and Android usage is much high than Wintel.

Consider that there is an urgent assignment you want to submit but your PC is not working. Now if your assignment is stored on cloud you can download it, process it and submit it, all you need is a right app. So with advanced technology your phone is able to act like your PC in times of crisis.

Let us how some of the famous mobile OS can be used as PC.

The Windows 10 phone is also a PC:-

Continuum is also the name given to Microsoft's display- centric UI, and was initially used to determine how a touchscreen display would differs from a standard one. These days, however, it is also the technology that turns a Windows 10 Mobile device into a PC. Currently, this is the ultimate in smooth scaling.

Once connected over micracast a continuum allows you to use your phone like a PC. Hence performing all tasks like a Microsoft office Mobile. The biggest advantage is that you can also use your phone as a phone while connected.

Android+ Chraomecast:-

Need to access your Android phone's word processes in an emergency Got a keyboard handy? Have a chromecast plugged into your TV?Then it should not take long for you to load up the document that needs attention, connect a keyboard share your display over chromecast.

Hence Smartphones are your computers in hands.

Some unknown Abbrivations:-

HTR- high dynamic range.

LET- Light emitting diode

UI- Uses Interface

LASER- Light amplification by stimulated Emission of Radiation.

ABI- Application Binary Interface

IOS- i-phone operating system

BPL- Broadband over power lines

And the most commonly discussed-

C- Language- here C does is not an abrivation of any word 'C' is the name of computers language used to design the computer, And mind you Computers. It is a name in itself.

Shivangi
B.Sc.-II

THE GREATEST SCIENTIFIC BREAKTHROUGH OR DISCOVERIES IN SCIENCE IN 2017

1. Scientists in the US Edited a human embryo for the first time.

US scientist like China successfully edited the DNA of a viable human embryo for first time using powerful gene editing tool called CRISPR Scientist used the tool to correct a genetic mutation that causes a heart condition called hypertrophic cardiomyopathy in the embryos that were developed.

2. Scientists figure out how to turn hydrogen into metal.

Harvard University Scientist figured out how to turn hydrogen the lightest of all elements into a metal. Experts say this new discovery could revolution the modern world. The various properties of metallic hydrogen could lad to levizetating railways faster super computers, power rocket ships deep into our solar system.

3. There's Seven Earth- Sized Planets in Aquarius

Well, this sounds more like astrology reading Sorts than science, But it is real that scientist discovered earth sized planets in the constellation of Aquarius surrounding a Star. As their size are close to proximity of star these are belived to be a home to life. The planets are 39 light years and surround dwarf star.

Researchers hope that within a decade they might be able to determine if life is one the planet.

4. The first ever Fluorescent frog is Discovered in Argentina.

Previously, it was found that some fishes, turtles, birds are fluorescent but now a tiny little creature that actually glows in the dark i.e. the palka dot tree frog. This is the first time researchers have found the fluorescent trait in an amphibian.

5. Gravitational Waves Prove Einstein's Theory of General Relativity.

Einstein's General Relativity theory states that space and time are unified into one continuum. Space time objects in universe were space size as they move creating ripples known as gravitational waves. In sept, 2017, those waves were detected by 3 Separate observatories at one. With all that data, they were able to pinpoint the waves coming location & learn more about them & the universe at large.

Shagan

B.Sc –II

THE OPEN FUTURE ARGUMENT

The study comes 20 years after Dolly blurred the lines between science fiction and reality sparking worldwide debate that spanned the fields of science, ethics and religion over the appropriateness of cloning. People were worried that cloning would be used as a means to harvest organs to the replace dead. Those opposed to human cloning even today fear narcissists would employ the procedure in misguided attempts to live forever. Fears accelerated as Dolly became sick within six years and examination of hear cells suggested she was aging prematurely. In creating a clone, some referred, science was creating a monster. Several countries passed laws to ban cloning. Now, after Dolly scientists have created cloned primates. Shaughai scientists created two genetically identical and adorable long tailed macaques. The monkeys are named Hua Hua and zong Zong from chinese adjective Zhonghua which means "Chinse nation" or "people". The birth of these clones brings up ethical issues. Human are in the Primate family. With this birth, scientists have broken barriers and that means the technique could be applied to humans. This involves Somatic Cell Nuclear Technique SCNT. Transferring DNA from the nucleus of a cell to a donated

egg cell, which has its own DNA removed. Which is then prompted to develop into an embryo and implanted in a surrogate animal.

Cloned animals offer some significant advantages over non-clones as a models for studying human diseases. In experiments with non-cloned animals, it is difficult to know whether differences between the test and control groups were caused by the treatment or genetic variation.

Although most reproductive biologists are unlikely to consider using the technique to clone humans because of ethical objections. But some worry that it might be attempted in a private clinic...

Gunjan
B.Sc –II

PAINKILLER –A BLESSING OR A CURSE?

There's a saying that goes something like: 'We are all one drink or nill away from addiction.

Painkiller the word itself, explains the meaning 'that kills the pain'. And what scientifically means that?.

It is a group of drug from over the counter medications like ibuprofen, napronen, aspirin to prescribed drugs like morphine, Opana and the most familiar one is Paracetamol. (Acetaminophen) that is used to achieve Analgesia (to remove the pain Headache, nausea fever, menstrual pain).

These drugs act on peripheral and central Nervous system and interact at various receptors in the brain. It the brain to reduce the feeling of pain and effectively increases the level of serotonin and norepinephrine to induce peaceful; night's sleep and blocks the pain signal to nervous system.

When painkiller attaches to any Opioid receptor it prevents a chemical GABA (Gamma-Aminobutyric acid) from being released. It is inhibitory neurotransmitter in CNS that plays the role of reducing neuronal excitability.

This chemical controls the release of dopamine along with couple of neurotransmitter which causes dopamine to flood in the brain and causes everything to relax from the muscle in the iris to the muscle in the intestines.

Like all drugs, painkillers simply mask the pain for which they are taken. They don't 'Cure' anything. And someone continuously trying to dull the pain find himself taking higher and higher doses because he cannot make it through the day without a drug, and this is called an ADDICTION. This can lead to physical dependence. The body adapts to the presence of substance and if one stop taking it in later stages 'Withdrawal' symptoms occur like insomnia, diarrhea, vomiting and even death.

Hence we can say that Painkillers are "Sweet Death" and one should not get dependent on this.

Purnima Sharma

B.Sc -II

SIR ISSAC NEWTON

Sir Issac Newton discovered gravity

As a good excuse for his apple scrumping activity

You should be awarded by the Best Scientist Crown,

For giving the law what goes up must come down.

Where all the people quit,

From there you started

Your devotion gives us,

Laws of motion

Where all people loose their hope,

You became a hero for the mankind by inventing a reflected telescope

When people think that this is dyspnea,

You make them to shut their mouth by writing principia.

Your work for mankind was fabulous,

When you gave us calculus.

Your journey was unimaginable

You make the people's mind stable the world with a scientific cable.

Anuja Deoli

B.Sc-I

LI- FI TECHNOLOGY

Li- Fi (light fidelity) is a high speed and fully networked wireless technology similar to wi-fi. This technology is first introduced in public in 2015 by a German professor Harald Hass. IT uses visible light rays to transfer data because it is based on working of LED (light emitting Diode) lights. It is hundred times fast as compared to wifi, because light has a capacity to transfer massive more amount of data in less time as compared to wi- fi.

How does li- fi work?. A ceiling fixture encodes data from the mobile and decodes set in the light. It wholly depends on the working of LED lights. The LED light is switch on and off at a very high rate to quick to be noticed by a human eye. IT is just a binary code that is transferred by LED's to mobile phones. Then this light is received by a photon detector which will enrich the intensity of light and the electrical charges. These electrical charges are converted to binary data and send to computer or mobile devices.

Disadvantages of li- fi- These signals can't penetrate walls so the person needs LED lights in all rooms. Only works if there is a direct line of sight between source and receiver.

Li- fi over wi- fi:-

Sr. No.	Basic of comparison	Wi- fi-	li- fi
1.	Security	Not secured can be hacked	Secured can not be hacked.
2.	Data transmission Rate.	Slow because it uses radio waves.	Much faster because it uses visible light rays
3.	Range	Small	Large
4.	Where can be used	Within building	Anywhere light source is available
5.	Cost	Costly	Cheap

Application of li- fi is underwater communication, in health sector and moreover it is used everywhere without any kind of risk because it is based on visible light rays e.g. hospitals etc. Researchers working on it and two- three products are coming in market e.g. li fi lamps li- fi frame ceiling unit etc. Hopefully we completely use li-fi by 2024.

Arushi
B.Sc-I

POEM:-

SCIENCE IS TREASURE.....

Science is a treasure,
Difficult to measure...
Science is a boon,
Its magic is carrying the man to moon...

Science is a mystery,
Full of chemical history,
Solved by ultimate chemistry...
Symbol of silence,
Factor of brilliance,
Science is the challenge of excellence...

Science of universal ecology,
Narrated by biology...
Where,
Plants and animals has
Their separate morphology...
Section of treatment and cure for danger,
Biology provides a magical chamber.

Physics is the science of
relations and notions,
For which technology moves
With gradual motions...
World of creations,
World of resource,
Together bonded with

Gravitational force...
Science of statistics,
Played with mathematics
Wonders of geometry,
Aspiring the night of earthly creativity...
In the world of scientific creation
Mathematics is searching for its own solutions...

World of technology,
World of science,
Mortal without computer's advice..
Manufactured feature,
Universal preacher,
Widely used
Apartheid in nature. .
Connecting people,
Connecting mates...
The world is in the custody of internet...

Science the wonder
Science the great,
Constructing bridges of
Success and faith...
Rapidly developing nation and states..

Sarika Semwal
B.Sc-I

NOBEL PRIZE AND GRAVITATIONAL WAVE

Around 1.3 billion years ago, in a far-flung corner of the universe, two black holes- the densest, most destructible forces known to nature- collided with each other.

A hundred years ago, Albert Einstein predicated that such a massive collision will distort the very fabric of space and time itself. Like a stone cast into a pond, the cataclysmic disturbance would ripple outward at the speed of light, filling the ocean of the universe with gravitational waves. Einstein, however, never thought that it would be possible to detect such waves.

In a massive achievement of human ingenuity and patience, scientists have detected these waves as they slid through the earth. Since then they have detected it three more times. And now their efforts to record these waves have finally been rewarded with the much deserving Noble Prize in 2017.

A Nobel can only be given to a maximum of three laureates, however, and so this one went to physicists Rainer Weiss, Kip Thorne, and Barry Barish.. They pioneered LIGO of the laser interferometer Gravitational Wave observatory, the scientific project that made the detection of gravitational wave possible.

And they didn't just answer the hundred year old question- they launched a whole new branch of science.

Right now our telescopes can only see objects that emit electromagnetic radiation- visible light, X-rays, gamma rays, and so on. But some objects like colliding black holes, or the smoking gun of the Big Bang, don't emit any electromagnetic radiation. Instead, they emit gravity. And that's why, with gravitational wave astronomy, hard to detect objects in the universe- like black holes and neutron stars- may soon come into clearer focus.

Kirti Shukla
B.Sc-I

THUS SPOKE THE CADAVER

Handle me with love and care

As I had missed it in my life affairs

Was too poor for multination

That is why I am lying in dissection hall

You dissect me, cut me, section in

But your learning anatomy should be precise

Worry not, you would be taken to court

As I am happy to be with the right lot

Could' it dream of fridge for cold

Now my body parts are kept in refrigerator

Young students sit around me with friends

A few dissect rest talk about food family and more

For I enjoy the dissection periods

Don't you? Unless you're interrogated by a teacher.

When my parts are buried post dissection

Bones are taken out for this skeleton

Skeleton is the crown glory of the museum

Now I'm being looked up by great enthusiasm

If not as skeletons as loose bones

I want to leave you your passion anatomy.

Would follow you in forensic medicine.

One humble request I'd make be sympathetic to persons with disease

Don't panic you'll have enough money

And I bet you would be singularly happy.

Renuka Choudhary

B.Sc II

COMMERCE SECTION



Criminal law is the area of law that deals with those who commit crimes. Crimes are generally defined as deviant behavior that violates social norms. What is considered a social norm and what is considered deviant behavior is determined both at the federal level and the state level, as are the punishments for various crimes.

Punishments for crimes vary based on the severity of the crime that was committed and where the crime was committed. In the United States, crimes are classified in two main categories: felonies and misdemeanors. Felonies are serious crimes that are generally punishable by a year or more in prison (e.g., armed robbery, murder). Misdemeanors are less serious crimes that are generally punishable by less than a year in prison (e.g., petty theft, vandalism).

People accused of crimes are granted certain rights under the US Constitution that protect them from being treated unfairly. Some of these rights include:

The right to an attorney

The right to not incriminate oneself

The right to a speedy and public trial

The right to an appeal

Consequences for those convicted of a crime can change a person's life forever affecting career choices, educational opportunities and personal liberties. For this reason, it is a good idea to have a skilled criminal defence lawyer on your side if you have been accused of committing a crime.

Dr. Nisha Aggarwal

CORPORATE WORLD

Corporate world includes corporate life and corporate job.

Corporate world also includes corporate law.

Law is nowadays my favourite topic.

Corporate job - Any business, no matter how small, can be set up as a Corporation. ...

That said, when most people talk about a “corporate job”, they mean employment with a larger enterprise, with multiple levels of bosses, a cubicle, fixed work hours, and a fair amount of organizational bureaucracy as part of the job. Corporate life - The meaning of corporate life. An attempt (doomed to fail beautifully) to structure some loose ideas on what matters when working in a big corporation.

I have great hopes and big goals of being a corporate law officer one day.

Tanya Trehan

B.Com III

Student Editor

MONEY IS ALL PERVASIVE

Money is so common and familiar term for all of us. It is a paper, which is so precious and without which we can't even survive. I am student, though I know the value of money. If you have money, half of your burden gets reduced. No matter what is your status what's your position, the thing which matter is MONEY. Money is all pervasive, yes it is, I can't even think to help anybody without money. Lots of time I thought I should go to teach my hometown poor children. But then, I think of money I even don't get pocket money then, how will I provide them pen, pencil and paper. It's not first time I faced this

problem, many of times I stepped back because of pervasive nature of it. But, sometimes it's the situation where I realized the value of paper because the person having that paper is supposed to be the king of all hearts. Why? Here I am explaining how, without money you can't study, if you don't study, you will not be able to achieve your goals, you will not get any position neither in professional nor in personal life. So, the money is just like the investment that you will get in return along with interest. Interest here mean is the value addition in your life. In today's life there are majority of people who run behind money in race. And it's not their mistake; it is because money has the precious value. So, it is inevitable. I have seen many people including me, who are not clear about their dreams but clear about how to earn more and more money. Money itself has its positive and negative impact like in positive way it motivates people to work hard to earn more and in negative way it forces People to engage in mal practices activities which lead to spoil the life of any person in one or another way. At last I would like to conclude though money is very important in our lives but it's not more precious than our happiness, so don't get indulge in making more and more money but learn to live happy even without money.

Bhawna Kaur
B.Com-II

YOU ARE UNIQUE

Think what a remarkable, unduplicable and miraculous. Thing it is to be you! Of all the people who have come and gone on the earth, since the beginning of time, not one of them is like you!

No one who has ever lived or is to come has had your combination of abilities , talents, appearance, friends, friends , acquaintances, burdens, sorrows and opportunities – no one.

No one before, no one to come. YOU ARE ABSOLUTELY UNIQUE....

Enjoy that uniqueness, you do not have to pretend in order to seem more like someone

else . You do not have to lie to conceal the parts of you that are not like what you see in anyone else.

You were meant to be different.

Treasure your uniqueness. It is a gift given only to you.

Enjoy it & share it.

LOVE –YOURSELF-ACCEPT YOURSELF-FORGIVE YOURSELF AND BE GOOD
TO YOURSELF.

Because there's no one to do that more better than you.

Vijayta Thakur
B.Com-II

SELF ESTEEM

When you esteem something you respect it and admire it because it has position qualities which you value. Self esteem means how you regard and value yourself.

Having low self esteem would mean that we do not respect or value ourselves highly. If we feel like this about ourselves we will not feel controlled and negativity may take hold on us. We may be, more likely to believe other people's negative comments rather than trust our own opinion.

If we do not know our limits and have unrealistic confidence then you may be heading for a big fall, in the same way, pride can result in a large ego and if things do not go according to how we expect, we may really get hurt and with everything else, we need balance and self esteem will give you that. True self esteem is always positive and honest. When a person has true self esteem will never feel anxious or angry and can always accept valid criticism. The confidence they have will help them in most difficult situations. There is no need to be in control of everything and everyone. Allowing others to make decisions for them and giving responsibility to others while being responsible for your own life, that is true self esteem. Everything is in balances.

To have well balanced life one need to have a high esteem along with high spiritual thoughts. It is the thought that design our mind, our behaviour and our path of life. Balancing the mind is the lifetime art, the more you practice the more perfection you avail and being excellent is the lifetime quest. Coordination of all mind, body, thoughts, spiritualism adds to build up a higher self esteem and last but not the least is the combination of desire, faith and love that fuels the self esteem. Perseverance is the key to boost the esteem.

Saryu Thakur

B.Com II

DEPRESSION WITH THE CAPITAL 'D'

Atrocities and tragedies
Faded her true personality..
Her gallant heart turned silent
When druggie husband turned violent..
Her silence in his violence saddened her
And dejection turned into mild depression..
Another tragedy hit her
Sense of fatality gripped her
when she lost, the only heir of her..
Mild depression swiveled into severe
With the loss of child and violence of spouse..
Psychiatrist was suggested by few
Her husband defied it with blew..
He said ,death is the reason of her tension
Tension is just exaggerated as depression..
Condition was getting worse
Depression turned into 'delusional syndrome'
She illuisioned her dead boy living with her
Hallucination became happiness for her..
Talking with boy (dead) she laughed a lot
Again psychiatrist was suggested by lots..
No wonder, for what he said
Psychiatrist are for people gone mad...
For her wife is perfectly well
Death is the reason for the behaviour so unwell..
A day came when she lost her mind
Illuisioned her boy going to suicide..
No wonder for what she did

She gave her life in matter of seconds..
Bring her back for she cant suicide,her husband cried...
Death is not the reason for her suicide
For this is the murder not suicide, person standing near notified...
Just mads dont seek psychiatrist
For mind is part of body, for mental stress is part of life
So nothing to be ashamed of seeking psychiatrist ,another person cried with tears in his eyes...

Ishu
B.Com-II

HER LAST WORDS

Her surreal eyes hiding all the pain behind.
Lingering for a miracle to swung her from the abyss aside.
There standing alone staring constantly,
Yearning nothing but only demise.
Her exquisite essence, now devoid of all the emotions.
Only void can explain her situation.
Her dancing feet binded in the shackles called love.
But today she will dance to her and your doom.
And she no longer desires you as her groom.
In the moonlight breaking free the chains of her servitude.
She will dance to her and your doom.
You thought you loved her.
But you only chained her dreams.

Now You have nothing but her last words.

She left to show plethora of emotions inside her.

“Honey don't worry you just lost my body,

For my soul was long ago dead.”

Her last words said.

Ankita

B.Com-II

LGBT Community!

It's way more complex.

Lesbian, gay, bisexual, transgender and intersex (LGBTI) people in India face legal and social difficulties. Sexual activity between people of the same gender is illegal and same-sex couples legally cannot marry or obtain a civil partnership. As of 2018, however, the Supreme Court is reconsidering the constitutionality of the law criminalising same-sex sexual intercourse.

LGBT comes under section 377.

Since 2014, transgender people in India have been allowed to change their gender without sex reassignment surgery, and have a constitutional right to register themselves under a third gender. Additionally, some states protect hijras (a subset of the transgender community) through housing programmes, welfare benefits, pension schemes, free surgeries in government hospitals and others programmes designed to assist them. There are approximately 4.8 million transgender people in India.

My views are - belonging to a LGBT community is already way too complex. Why to make it more difficult for them?

They're human beings as well. Let them enjoy and live their lives. Even they have human rights.

Let's support LGBT and let's make the life of these people a better one.

Tanya Trehan
Bcom-III

CAMPUS DYNAMISM





RECEPTION-AU REVOIR





ALUMNI MEET



COMPUTER APPLICATIONS SECTION

THE THREE PILLARS OF SIKHISM



NAM JAPANA, KIRAT KARNI, VAND CHHAKANA, i.e. recite God's name, to be ready to engage in the labour of one's hands and to be willing to share with others may be said to be the triple principle underlying Sikh ethics and way of life. These enunciated three-way formula meant to form a single edict that a Sikh should follow. Sikh should ideally be a man of a sensitive spiritual and moral conscience, always ready to put his hand to the wheel and never shying away from his duty. Actions of a morally oriented individual are directed not solely towards achieving his own welfare, but towards ensuring the good of society as a whole.

In Sikhism it is believed that the person, who would follow three basic principles, would achieve spiritual elevation and material happiness in this world. Guru Nanak Dev ji formalised three basic guidelines for Sikhs as:

1. NaamJapo (Praise the God),
2. Kirat Kao (Honest earning of livelihood) and
3. VandChako (sharing with others).

1. NaamJapna: "Those who have meditated on the Naam, the Name of the Lord, and departed after having worked by the sweat of their brows -O Nanak, their faces are radiant in the Court of the Lord, and many are saved along with them!"

Simran/ Naam is meditation through reciting, chanting, singing and constant remembrance of God's Name and HIS virtues. The inner voice of the Sikh thus stays immersed in praises and appreciation of the Creator and The Sikh is to intuitively practice and stay focussed on the True Path through every breath throughout life. To begin with and as a social habit, recite the Nitnembanis daily in remembrance of the grace and blessings of the Almighty. 'Early to bed & early to rise...' is the FIRST STEP towards the Gate to Sikhism.

2. KiratKarni: He expected the Sikhs to live as honourable householders and practise KiratKarni – To honestly earn by ones physical and mental effort while

accepting both pains & pleasures as GOD's gifts and blessings. One is to stay truthful at all times and, fear none but the Eternal Super Soul. Live a life founded on decency immersed in Dharam - life controlled by spiritual, moral & social values.

“Guru Nanak observes, " Do not put faith in one who styles himself a spiritual teacher but goes about begging. He alone, O Nanak, knows the way who lives by the labour of his hands and shares his earnings with others" (GG, 1245). These principles constitute the basis of the Sikh institutions of Guru kaLangar (community kitchen) and Dasvandh (obligatory one tenth of one's earnings for communal purposes).

Kirat is central to the Sikh concept of seva or self-negating deeds of service. In seva no task is considered inferior or degrading; in fact the humbler the task the more honourable it is for the Sikh engaged in seva. No calling is considered low or mean in Sikhism, which totally rejects the caste system.

3. VandChakna: The Sikhs were asked to share their wealth within the community by practising VandChakna – “Share and consume together”. The community or Sadh Sangat is an important part of Sikhism. One must be part of a community that is pursuing flawless objective values set out by the Sikh Gurus and every Sikh has to contribute in whatever way possible to the common community pool. This spirit of Sharing and Giving is an important message from Guru Nanak.

Prof. Pardeep Singh Walia

SCOPE OF E-COMMERC IN INDIA

“E-commerce is a modern business methodology that addresses the needs of organization, consumers to cut costs while improving the quality of goods and services and increasing the speed of service delivery.”

The cutting edge for business today is E-commerce the E-commerce has transformed the way business is done in India.

The Indian E-commerce market is expected to grow to US \$ 200 billion by 2026 from US \$ 38.5 billion as of 2017.

Much growth of the industry has been triggered by increasing internet and smartphone penetration. The ongoing digital transformation in the country is expected to increase India's total internet user base to 829 million by 2021 from 560.01 million as of September 2018. India's internet economy is expected to double from US \$ 250 billion by 2020, majorly backed by E-commerce.

India's E-commerce revenue is expected to jump from US \$ 39 billion in 2017 to US \$ 120 billion in 2020, growing at an annual rate of 51%, the highest in the world. During 2018, electronics is currently the biggest contributor to online retail sales in India with a share of 48%, followed closely by apparel at 29%.

The Indian E-commerce industry has been on an upward growth trajectory and is expected to surpass us to become the second largest E-commerce market in the world by 2034. Technology enabled innovations like digital payments, hyper-local logistics, analytics driven customer engagement and digital advertisements will likely support the growth in the sector. The growth in E-commerce sector will also boost employment, increase revenues from export increase tax collection by ex-chequers, and provide better products and services to customers in the long term.

SONIA
BCA-II

COMPUTER APPLICATION

Lighting speed superb accuracy, high reliability and unmatched integrity, etc. are some of the characteristics of a computer which has made its application so pervasive. There is hardly any field of human activity where it is not present today. It has revolutionised the knowledge and information processing system. Knowledge is power and so the 'Chip' has become a mighty thing. It has been rightly observed that, "The fifth generation of computers is the largest battle ground of the last century. It will determine a new balance of power in the world."

This tireless and marvellous machine, man's wonderful brain-child, can perform a number of complicated calculations instantly. A computer can execute over a million instructions per second and that too as many times as you like and without any mistake. Recently, an intelligent machine called Genius-2, capable of executing 166 million instructions per second, defeated the Russian grand Master Gary Kasparov in a game of chess. The global revolution, ushered in by computers, is far more powerful than any other the world has seen so far. More miraculous than the mythical Aladdin's lamp, the computer itself has passed through an evolutionary process before it reached the present stage.

The Computer stores an ocean of information and knowledge, analyses it, retrieves information and gives result as and when ordered. It has helped in overcoming many difficult problems of multiple calculations, scientific data processing, record keeping and industrial complications. It has proved a matchless friend and servant of science, technology and industry. Now, computing and networking has become as convenient and universal as the use of the telephone. It connects people and supplies desired information instantly so as to enable them to act on it anytime, anywhere. The speed, the accuracy, the reliability, the integrity and the security being provided by it are really staggering and stupendous.

The coming computers are likely to be still faster, convenient, handy and more sophisticated and complex.

VIJAYLAXMI
BCA-III

INFORMATION TECHNOLOGY

Here is a sentence you can't ignore "Students value technology in the academic environment and the vast majority say that technology helps them achieve their academic outcomes and prepares them for the future". Hardware and Software change too fast to train students on any particular device or application, but a strong understanding of how technology can empower students after they graduate is invaluable, because its utility continues to grow.

The study is designed to gather both trending data, to provide insight about how undergraduate student behaviours and perceptions have changed over time, and topical data, to address new or emerging issues that are relevant for the year in which data are collected.

Certainly, optimal use of technology is blocked by barriers, such as bandwidth and buy in but by and large students are showing us how we can coverage hardware and software to increase learning outcomes.

It's really no different than bringing in a laptop, except smartphones are where students are able to record take photos and shares things quickly.

PRIYANKA SHARMA
BCA-II

COMPUTER AND ITS IMPORTANCE

Computer plays very important role in our daily life. School and colleges around the world using computer and internet technologies to teach student digitally and creatively with data visualization. In higher learning institutions they will help the professors and researchers to do their work very fast and in an efficient and better way and also help them to share the same knowledge with their other members of staff. They also become a vital gadget in several sectors; railways, banking, electricity, telephone departments, shopping carts etc. are just but a few of them. Also they are used in the medical industry to help doctors in diagnosing the diseases quickly and efficiently. All the administrative systems, whether private or public are now using these systems and this practice can be evident in every part of the world. Computers have also helped the media and the entertainment industries. Be it a multi-million dollars movie or a two minutes commercial, they have changed the usual concept of providing entertainment to the public. With the electronics business growing so fast, the industry has also brought about lots of inventions. Tablets, palmtops, and laptops have replaced the desktops. With the decrease in size, it has become very easy to carry and use them anywhere you are to the fullest. The importance of computers in our daily lives can be judged by the number of people using them each single day. They are not only used by professionals, but also by the little children learning coding and adults at our homes. Today, everything related to your everyday life can be done in a few simple clicks. You can order your breakfast online, you can read the newspapers online, and you can work from the comfort of your home with the help of a laptop. You can watch movies and videos through you tube etc. you can listen to music through sound cloud, you can read novels and books through e-books, you can play games, you can also contact people and talk to them .Use of computers in hospital provides many benefits for doctors and patients. Hospital can create database of patients with their treatment records.

MUSKAN GARG

BCA-II

MACHINE LEARNING

The term "machine learning" might not mean much to you. You might imagine a computer playing chess, calculating the multitude of moves and the possible countermoves. But, when you hear the term "artificial intelligence" or "AI," however, it's more likely you have visions of Skynet and the rise of our inevitable robot overlords. But, the truth of artificial intelligence -- and particularly machine learning is far less sinister, and it's actually not something of the far-off future. It's here today, and it's shaping and simplifying the way we live, work, travel and communicate. In fact, it's shaping our everyday lives and the decisions we make. In part, it is even how you came across this article. Machine learning is one element of AI, whereby a computer is programmed with the ability to self-teach and improve its performance of a specific task. In essence, machine learning is all about analysing big data -- the automatic extraction of information and using it to make predictions, decipher whether the prediction was correct, and if incorrect, learning from that to make a more correct prediction in the future.

A recent global digital report published by We Are Social and Hoot suite states that the number of people using the internet to search has hit 4 billion people in 2018. Every second, there are approximately 40,000 searches processed, which equates to 3.5 billion a day, or an incredible 1.2 trillion searches per year. Each year, humanity spends the equivalent of 1 billion years online. That's a staggering amount of data gathered every day, and it would be impossible to analyse without the help of machine learning. But, the implications of machine learning go far beyond satiating our seemingly unquenchable thirst for knowledge and cat GIFs. Machine learning is being increasingly integrated into all industries and every facet of our workday and leisure time through the automation of manual labour, improving our connectivity and the way we live and shaping the future of AI and the internet of things .Computers can be programmed to determine individual study plans, specific to each student's needs. Algorithms can analyse test results, drastically reducing the time teachers spend in their leisure time on grading. A student's attendance and academic history can help determine gaps in knowledge and learning disabilities. These applications won't necessarily translate to a teacher-less classroom, but will facilitate the teaching and learning environments to enhance the outcomes and ease the burden on both teacher and student.

Machine learning is taking a bigger part in our health and well-being on a daily basis, and it is already being used for faster patient diagnosis. Even the prevention of illness in the first place have been aided by predicting the potential health problems one may be susceptible to, based on age, socio-economic status, genetic history, etc. The self-control of our transport industries is steadily becoming more reliant on machine learning and AI, and it is expected that within the next decade, the majority of our shipping and rail networks will be controlled autonomously. China is currently testing driverless public buses. Machine learning and the IoT is enhancing the way we communicate and live our daily lives. Impressive advancements are being made in mind-reading technology, such

as the AlterEgo headset that responds to our brainwaves to control appliances around the house. This tech has been in development for some time, and while the AlterEgo is still a little awkward looking, it isn't difficult to picture how its wear ability will be improved over the next decade. It's exciting to imagine the implications for these advancements to change the way you operate the appliances in your home. In the very close future, we can expect the automation of practically every aspect of your home. You can be stuck in traffic on your way from work and cosy your home from the car, turning the heat on, dimming the lights and having your favourite song playing as you step through the door. And the car that drove you home? It drove you.

PRIYANKA SHARMA
BCA-II,

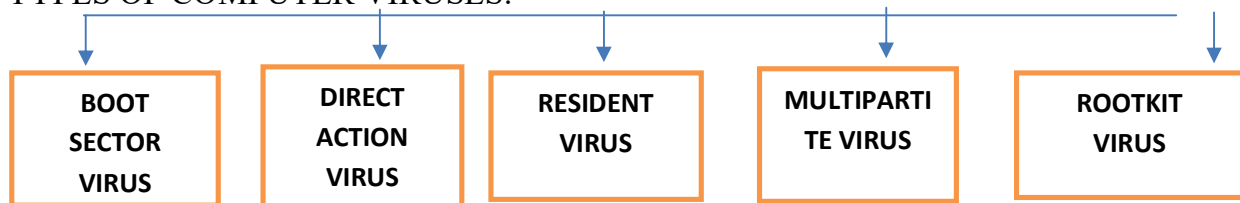
COMPUTER VIRUS

A Computer Virus is a malicious program that self-replicates by enjoying itself to another program. In other words, the computer virus spreads by itself into other uncountable code or documents. The purpose of creating a computer virus is to infect vulnerable systems, gain admin control and steal user sensitive data hackers design computer virus with malicious intent and prey online users by tricking them.

HISTORY OF COMPUTER VIRUS:-

- Robert Thomas, an engineer at BBN Technologies developed the first known computer virus in the year 1971.
- The first virus was christened as the “Creeper” virus, and the experimental program carried out by Thomas infected mainframes on ARPANET.
- The Teletype message displayed on the screen read. ‘I’ m the creeper: Catch me if you can.”

TYPES OF COMPUTER VIRUSES:-



1. **BOOT SECTOR VIRUS:** This type of virus infects the master boot record and it is challenging and a computer task to remove this virus and often requires the system to be formatted. Mostly it spreads through removable media.

2. **DIRECT ACTION VIRUS:** This is also called ono-resident virus, it gets installed or stays hidden in the computer memory. It stays attached to the specific type of files that it infect.
3. **RESIDENT VIRUS:** Unlike direct action viruses, resident viruses get installed on the computer it is difficult to identify the virus and it is even difficult to remove a resident virus.
4. **MULTIPARTITE VIRUS:** This type of virus spreads through multiple ways. It infects both the boot sector and countable files at the same time.
5. **ROOTKIT VIRUS:** The rootkit virus is a malware type which surely installs an illegal rootkit on an infected system. This opens the door for attackers and gives them full control of the system.

PRAGATI
BCA-II

“POEM”

One winter morning
I was asked by my dad,
“What do you want for Christmas?
Young Thad?”
My answer was quick:
“I want a Computer.
Not just any Computer.
No, I want a root-tooter!
I want a zBN23,
No ripoffs. No Scrapple.
No cheap imitations.
No lemons. No apples.

“I want a fast Computer;
One so fast and fit
Four mathematics, in 400 years
Couldn’t do as much
As it.

“I’ll need an IGA graphics Card;

Everyone knows graphics means games.
An IGA has 2 billion colours
Most of which don't even have names.

“Of Course I'll need a modern-
The biggest, baldest modern around-
So I can call all the local computers
And make the BEEP-Whirr sort of sound.
On! The boards I can call up!
On, the computers I can walk through!

I think you need another phone line
So you get a chance to talk too.
“Wait a minute! I forgot!
I'll need software too!
Hardware without software,
It just wouldn't do!
I'll need a word processor, for processing words.

RIDDLES

1. I have many keys but usually only two or three locks. What am I?
 2. What do you get when you cross a hamburger with a computer?
 3. I come in square package, but I am round. I contain lots of information for your computer. Handle me carefully. What am I?
 4. I give some rate to your e mail. Who am I?
 5. I am a mini solar powered computer. What am I?
 6. You can catch and throw me. What am I?
 7. What happens when C reads more books?
 8. I have two buttons but still need 5 fingers to operate. Who am I?
 9. I can hypnotise your system and make it do what I want .Who am I?
 10. What happens if u bite a byte?
1. A Computer Keyboard, 2. A big mac 3. Compact disc 4. @ 5. Calculator 6. Exception
7. It becomes C SHARP 8. Mouse 9 VIRUS 10. It turns into A BIT

Navpreet Kaur
BCA II

STORM YOUR BRAIN

1. Who invented Compact Disc?

Ans: James T Russel

2. Which day is celebrated as world Computer Literacy Day?

Ans: December 2

3. Who invented Java?

Ans: James A Gosling

4. Longhorn was the code name of?

Ans: Windows Vista

5. Who is known as the Human Computer of India?

Ans: Shakunthala Devi

6. What is mean by Liveware?

Ans: People who work with the computer

7. Which computer engineer got Nobel Prize for literature in 2003?

Ans: J.M. Coetzee

8. 'Weaving The Web' was written by.....

Ans: Tim Burners Lee

9. What is Beta Test?

Ans: Trial test of a computer or software before the commercial launch

10. 'Do no evil' is tag line of.....

Ans: Google

11. First Indian cinema released through internet is.....

Ans: Vivah

12. Rediff.com was founded by.....

Ans: AjithBalakrishnan and Manish Agarwal

13. What is the extension of PDF?

Ans: Portable document format

14. Mows is a type of mouse for..... People

Ans: Physically handicapped people

15. Expand RDBMS?

Ans: Relational Data Base Management System

16. Difference engine was developed by.....

Ans: Charles Babbage

17. Orkut.com is now owned by.....

Ans: Google

18. World's first microprocessor is.....

Ans: Intel 4004

19. What is SQL?

Ans: Structured Query Language

20. What is the expansion of COBOL?

Ans: Common Business Oriented Language

21. What is the expansion of SMS?

Ans: Short Message Service

Navpreet Kaur
BCA II

Post Graduate Government College for Girls, Sector -11, Chandigarh

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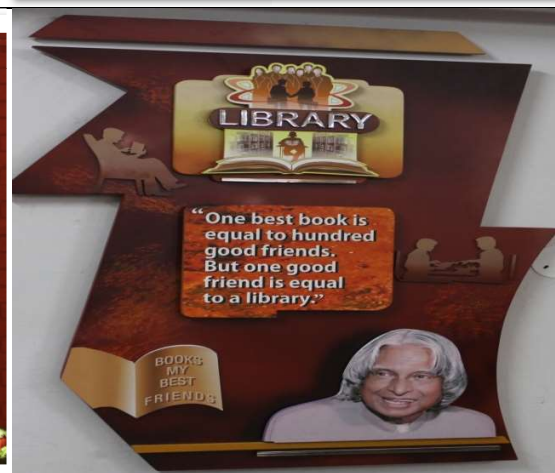
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