

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS SECTOR-11, CHANDIGARH 2019-20





Stellar Achievements

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- NAAC Accredited 'A' Grade with CGPA 3.52.
- Ranked in Band 100-150 in the National Institutional Ranking Framework (NIRF) 2019-2020
- The Principal Prof (Dr.)Anita Kaushal was awarded Commendation Certificate for rendering meritorious services in the field of education by His Excellency Shri V.P. Singh Badnore on the occassion of the 73rd Independence Day.
- The Principal Prof (Dr) Anita Kaushal was also honoured with a Certificate of Appreciation for exemplary
 success in the Electoral Literacy by Shri Manoj Kumar Parida, Adviser to Administrator, UT Administration.
- First institution in the city to have been selected under Unnat Bharat Abhiyan by the Ministry of Human Resource Development, Govt. of India.
- Ranked sixth amongst all Government Institutions of Higher Learning in the country by the Ministry of Human Resource Development in the Swachhta Rankings 2017.
- Received a grant of ₹ 80 lakhs by the Department of Science and Technology for advancement of Research and Teaching facilities in all the Science Departments of the college under the FIST(Fund for Improvement of Science and Technology) program.
- Only college in the city to be certified as the First "Eat Right Campus" of Chandigarh.
- First institution in the city to have been accorded permission to start an Innovation Cell by the Ministry of Human Resource Development Govt. of India
- Won the Overall Trophy for the seventh consecutive year in the Panjab University Zonal Youth and Heritage Festival held in September 2019.
- Selected by the Department of Industries, Chandigarh Administration to conduct Entrepreneurship Development Programmes.
- Secured second position in the category of Best Maintained College Campus at the 48th Rose Festival held in February 2020.

Stellar Achievements

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- The college was awarded the Best NSS Unit award by Panjab University.
- The college bagged the Best Environment Society Award 2019 under the National Green Corps Programme.
- Awarded Certificate of Recognition for engaging and mobilising youth to prevent and control HIV/AIDS for National AIDS Control Programme by the Ministry of Heath and Family Welfare, Govt. of India.
- The college won the Second prize in the Video Awareness Contest on "Single Use Plastic Ban" organised by Department of Environment, Chandigarh Administration.
- Memorandum of Understanding was signed between the Principal, Prof (Dr.) Anita Kaushal and Dr. Varinder Garg, OSD to Union Health Minister- President PGIMER Chandigarh for recognising the importance of Research and Development, Innovation and Training related to medical devices, affordable healthcare, biodesign and other allied areas.
- Hosted the 8th edition of the Chandigarh Literature Festival in collaboration with ADAB FOUNDATION.
- PGGCG-11 sports student represented India in the Women's Ice Hocket Tournament held in Taiwan in November 2019.
- A new hostel, to accomodate 400 students with many amenities like reading room, yoga room, lift, special washrooms for the differently abled students was added to the existing infrastructue.
- State-of-the-Art fully equipped semi-circular multimedia room for the Post Graduate students will be made functional with effect from 2020-21 session.
- A research block for Ph.D students and faculty is under construction.
- · The college also boasts of a State-of-the-Art indoor gymnasium.

FROM THE PRINCIPAL'S DESK



Dear Girls,

The severe impact of Covid-19 pandemic that has devastated economies around the world has also pummelled education system to its core. Educational institutions are places where students enhance their abilities, social skills and awareness levels in warm proximity to one another. Currently, the algorithm of this distinctive environment has undergone a massive change creating uncertainty, forcing us to find inventive suitable alternatives. Needless to mention, the pandemic has altered the centuries old chalk-talk method to one which is steered by technology. Covid-19 has prompted experts to revisit the conventional mode of education where digital education appears to be a feasible preference to fill in the vacuum of classroom teaching.

The adoption of online solutions is unprecedented with educators trying new experiments, innovative techniques in an effort to make it effective and successful. As agonizing, unpleasant and gruelling as this is, it may usher in a long overdue applaudable revolution of our outdated education system. The switch to online education will ensure that students suffer no loss of time and studies. It is the right time to experiment with the system and make a paradigm shift to the digital world, merging the conventional and the contemporary, offline and online learning. Moving forward, online education is likely to be incorporated into the mainstream education as it is cost effective, flexible, personalized, convenient and encyclopaedic. Many aspirational institutions have already introduced ingenious mobile-based learning models for effective dissemination of education. A complete revolution in the way we learn is on the anvil, to be ushered in by technology.

The scope of technology driven education is extremely encouraging in institutions of higher learning as students are mature and discerning enough to manage the rigour of exacting online work and

technologically accomplished to navigate complex novel programmes. The desire for advanced, state of the art options will grow in near future. The pandemic has exposed the flaws and fault lines in our educational programmes and made us aware of the indispensability of being digitally educated in our pursuit of progress and excellence. It is imperative to reconsider the current pedagogical modules and integrate the traditional with the non-traditional. Reskilling in this fast-evolving world is not an option but a necessity.

Just as the First Industrial Revolution set up the guidelines for the current system of education, we can anticipate a radical concept of educational system to emerge from Covid-19. Some institutions have started offering courses relevant and allied to the Fourth Industrial Revolution that will galvanize the intellect of youth and inspire them to bring a welcome change in the field of education. In this hour of crisis, the country needs an effective policy for development of students' employability skills, productivity, confident, self-sufficient personality and overall well-being to secure itsprogress. Gaining popularity worldwide, remote virtual learning is nurturing creative minds, and is acting as a catalyst for institutions to take bolder steps, to challenge age old norms and to accelerate the rate of development and research.

All the Best! Happy Reading!

Prof. (Dr.) Anita Kaushal

EDITOR-IN- CHIEF'S MESSAGE



Dear Students,

Over the past few months, the COVID-19 pandemic has completely changed our lives and the world around us. The lifestyle that we were familiar with altered overnight, forcing us to modify our coping strategies. During this very challenging period, the pandemic has not only impacted the international, national, and personal landscape but also the priorities of human race. It has exacerbated old issues along with creating new ones. Our lives have taken an unanticipated turn. We are now in a perplexed, disillusioned phase where everyone from the high and mighty, to the hoi-polloi have been exposed to have feet of clay. It has compelled us to ponder over the choices made in the past few decades, the harsh truth that our bodies are fragile, that we have wronged Nature in many ways that resulted in devastating floods, severe famines, uncontrollable fires, heat-waves, imperceptible rise in sea-levels and melting of icebergs.

We have now an opportunity to draft a practical roadmap for a new normal where equity prevails, a world devoid of social inequality, discrimination, and poverty. Time to learn that we are most productive when our sense of freedom and our essence of life is at stake, that habits can be modified for a better future. We have to accept, adapt, improvise and move on. A tiny virus has made us realise the value of things that we took for granted. All that matters is a roof over our heads, food to eat, clothes to wear, and love of family and friends around us. The futility of material possessions and the value of human

relations have gained immense significance. It is time to welcome the change and work on unlimited possibilities and opportunities this change might bring. Time to rethink.

The real warriors of current times are those who provide essential services to the society namely, healthcare workers who risk their lives to heal the patients, farmers who provide us food, manufacturers and vital service providers who deliver goods at our door-step and competent leaders having scientific temperament and quick policymaking skills to manoeuvre the country out of danger zone.

The ruthless onslaught of the disease has forced us to adapt and adopt a novel way of living. People are switching over to verbal greetings, work-from-home set up, online classes, video calls with family and friends, new experiments with food, saving money on dine-outs, doing household chores, wearing mask, washing hands regularly and reduced spending on astronomically priced outfits. There is a marked difference ranging from minor hygiene to major economic changes. We can expect an enormous shift in healthcare, trade, supply chains, travel, communication, education, work paradigms in the near future. It is generally believed that the rigours of combating 1930's Depression and World War-II shaped the greatest generation noted for its resilience, diligence, prudence, humility and conscientiousness. It is hoped that we shall discover unlimited strength to emerge stronger, better and kinder. The world has changed, the sooner we understand it, the sooner we start doing things differently- not only in how we work, live and learn but also in our perceptions and behaviour.

COVID-19 demands framing of better policies. It has dented our pride in ourselves as the supreme masters of the Universe, made us realise that we are not invincible as we fall like a house of cards to a diminutive organism. It has led us to seriously contemplate as to who is truly important and what we genuinely value. Hopefully, we will treasure the lessons learnt and redesign our lives based on new this reality, prioritise human ethical values, commit ourselves to greater good, welfare of all and facilitate the healing of Mother Earth.

Gurdamanjit Associate Prof. Dept. of English

USP of College

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 Academics: Our strong foundation in academics ensures that we secure top positions in the university merit list. This year more than 150 students were placed in the list of top ten merit positions in different disciplines. 100% results in majority of the courses offered.

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- Co-curricular activities: Our students excel in the Youth Festival every year bagging prizes in virtually all events. The college has won the running trophy in the P.U. Zonal Youth and Heritage Festival for the seventh consecutive year in
- 2019.
 Mentorship Programme: PGGCG-11 has a unique mentorship programme wherein each teacher is assigned 30 students in one academic session. The teachers and students interact during specially organized tutorials on a regular basis and discuss issues ranging from academics to personality development.
 - Ph.D. in five disciplines.
 - Chemistry
 - Dance
 - English
 - Music Vocal
 - Music Instrumental
- The college has more than ten societies and clubs that ensure all round development and community outreach of the students. Each student is required to be a part of at least two societies.
- PGGCG-11 is the only college in the city to have eight NSS units comprising of 800 volunteers.
- The college also has an NCC Army Wing and NCC Air Wing wherein students attend various state and national level camps.



The college is the first government institution of the city to have signed a memorandum with an agency as prestigious as CIRioD.



Dignitaries who graced our Institution

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Poonam Kumari 1st Position B.Sc. Chem Hons May 2019



Swati 1st Position M.Sc. Botany May 2019



Varsha Jasrotia 1st Position M.Sc. Botany May 2019



Kamaldeep Kaur 1st Position M.Sc. Botany December 2019



Sargam Sharma 1st Position M.A. Dance December 2019



Poonam Kumari 1st Position M.Sc Chemistry December 2019



Ist Position B.Com III Hons May 2019



Tania Jindal 1st Position M.Sc. Botany December 2019



Kirandeep Kaur 1st Position M.A Music vocal December 2019



Rushali Malhotra 1st Position M.Com. May 2019



Sonalika Verma 1st Position M.A. Music (V) May 2019



Himani 1st Position M.A. Dance December 2019



Anchal 1st Position B.Com III Hons May 2019



Babli Yadav 1st Position M.A. Dance December 2019



Saranjeet Kaur 1st Position BA Eonomics Hons. May 2019



Jyoti 1st Position M.A. Dance May 2019



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Ist Position M.A. Pub. Admn December 2019



Simran 1st Position M.A. Pub. Admn



Tania Jindal 2nd Position M.Sc. Botany May 2019



Rukmani 2nd Position M.A. Music (V) May 2019



1st Position M.A. Music (V) May 2019



Ist Position BA III Pub Adm Hons May 2019



Hitashu sharma 2nd Position M.Sc. Botany December 2019



Yashvi 2nd Position B.Sc III Physics Hons May 2019



1st Position M.Sc. Zoology December 2019



Diksha 1st Position B.Com II May 2019



2nd Position M.Sc. Botany December 2019



Ankita Jain 2nd Position M.Sc. Zoology December 2019



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Riya Singla 1st Position B.Sc III Physics Hons May 2019



Poonam Rani 2nd Position B.Sc. Chem Hons May 2019



Varsha Jasrotia 2nd Position M.Sc. Botany December 2019



2nd Position M.Sc. Zoology December 2019





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Sonam Rani 2nd Position B.Sc I December 2019



Tripti 2nd Position M.Sc. Botany May 2019



Komalpreet Kaur 2nd Position M.Sc. Botany May 2019



Sonalika Verma 3rd Position M.A. Music (V) December 2019



Prachita Dinesh 2nd Position M.A. Pub. Admn May 2019



Afsaan 2nd Position MA Sociology December 2019



Gurnoor Kaur 3rd Position B.Sc. Chem Hons May 2019



Amanpreet 3rd Position B.Sc III Physics Hons May 2019



Ramanpreet 2nd Position M.A. Pub. Admn December 2019



Ishu 2nd Position B.Com III Hons May 2019



Arju 3rd Position M.Sc. Botany May 2019



3rd Position M.Sc. Zoology December 2019



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Kanchan 2nd Position BA III Hindi Hons May 2019



Kareena Kanwar 2nd Position BA III Sociology Hons May 2019



Prabhleen Jassal 3rd Position M.A Music vocal December 2019



Abha Sharma 3rd Position B.Com III Hons May 2019



Kanika Bansal 3rd Position M.Sc. Chemistry May 2019



Manpreet Kaur 4th Position M.A. Music (V) December 2019



Amandeep 4th Position B.Sc III Physics Hons May 2019



Simranbir Gill 4th Position M.A. Music (V) May 2019



Rajni Dogra 3rd Position M.A. Music (V) May 2019



Rajni Dogra 4th Position M.A. Music (V) December 2019



Haobam Rosy 4th Position MA Sociology December 2019



Namita 4th Position M.A. Music (V) May 2019



Simranjeet Kaur 4th Position B.Sc. Chem Hons May 2019



Kanika Bansal 4th Position M.Sc. Chemistry December 2019



Arpanjeet Kaur 4th Position M.Sc Chemistry December 2019



Kirti 4th Position BA English December 2019



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Manpreet Kaur 4th Position M.A. Music (V) May 2019



4th Position M.Sc. Botany December 2019



Preeti Devi 4th Position M.Sc. Botany May 2019



Prabhjot Kaur 4th Position M.Sc. Chemistry May 2019



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Simran 5th Position B.Sc. Chem Hons May 2019



Diksha Katotch 5th Position M.Sc. Chemistry May 2019



5th Position M.Sc. Botany May 2019



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Chetna Malhotra 5th Position M.Sc. Zoology December 2019



Shriya Sharma 5th Position M.A. Pub. Admn May 2019



Akanksha Jindal 5th Position B.Com III Hons May 2019



Nishu Sharma 5th Position M.A. Music (V) May 2019



Aditi Choudhary 5th Position BA III Pub Adm Hons May 2019



Vanshika 5th Position B.Sc III Physics Hons May 2019



Simranbir Gill 5th Position M.A. Music (V) December 2019



Prachita Dinesh 5th Position M.A. Pub. Admn December 2019



Jhanvi 5th Position BA III Hindi Hons May 2019



Tripti 5th Position M.Sc. Botany December 2019



Sanreet Kaur

5th Position

Gurnoor Kaur 5th Position M.Sc Chemistry December 2019



Rupali 5th Position M.Sc. Botany December 2019



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Tanya Talwar 5th Position MA English December 2019



Poonam 6th Position BA III Hindi Hons May 2019



Nimrat Kaur 6th Position M.Sc. Botany December 2019



Radhika Sharma 6th Position M.A. Music (V) May 2019



6th Position B.Sc III Physics Hons May 2019



Anshu 6th Position B.Com III Hons May 2019



Ishu 6th Position M.Sc. Botany December 2019



6th Position B.Sc III May 2019



Kritika Jindal 6th Position M.Sc. Zoology December 2019



Rachna Thakur 6th Position M.Sc. Botany May 2019



Sweeti 6th Position M.Sc. Chemistry May 2019



Prabhjot Kaur 7th Position M.Sc. Chemistry December 2019



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Samridhi 6th Position B.Sc. Chem Hons May 2019



Gauri 6th Position M.A Fine Arts May 2019



Hiteshi Vaidya 6th Position M.Sc. Zoology December 2019



Aena Mehta 7th Position M.Sc. Zoology December 2019



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Nishu Sharma 7th Position M.A. Music (V) December 2019



Seema Pal 7th Position BA III Sociology Hons May 2019



Preeti 7th Position M.A. Music (V) May 2019



Nisha Singh 8th Position M.A. Pub. Admn December 2019



Shipla Rana 7th Position B.Sc III Physics Hons May 2019



Sonika Kapila 7th Position M.A Music vocal December 2019



Priyanka 7th Position M.A. Pub. Admn May 2019



Kiran Joshi 8th Position BA III Pub Adm Hons May 2019



Pallavi Sharma 7th Position BA III Pub Adm Hons May 2019



Rachna Thakur 7th Position M.Sc. Botany December 2019



Vaiyant Kaur 7th Position M.A. Music (V) May 2019



8th Position M.Sc. Zoology December 2019



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Kishmita Sharma 7th Position M.Sc. Botany May 2019



Amanpreet 7th Position B.Sc I December 2019



Mandeep 7th Position B.Sc. Chem Hons May 2019



Simran Haryani 8th Position M.A. Music (V) May 2019



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Sweety Bisla 8th Position M.Sc. Botany December 2019



Poonam Kumari 8th Position B.Sc. III Med May 2019



Vinny Jaidka 9th Position B.Sc III Physics Hons May 2019



Navdeep Dhiman 9th Position M.Sc. Zoology December 2019



8th Position M.Sc. Botany May 2019



Ameesha Verma 8th Position M.Sc. Zoology December 2019



Ramanpreet 9th Position M.A. Pub. Admn May 2019



Chetna 9th Position BA III Hindi Hons May 2019



Priyanka Arora 8th Position M.Sc. Botany May 2019



Nisha Singh 8th Position M.A. Pub. Admn May 2019



Arshdeep Kaur 11th Position B.Sc III December 2019



9th Position M.A. Pub. Admn December 2019



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Preeti 8th Position BA English December 2019



Tripta Rani 9th Position B.Sc II December 2019



8th Position B.Sc. Chem Hons May 2019



9th Position BA III Sociology Hons May 2019

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Harnoor Kaur 9th Position M.Sc. Botany May 2019



Manmeet 9th Position B.Sc. Chem Hons May 2019



Surbhi kashyap 10th Position M.Sc. Botany December 2019



Naina Sharma 10th Position M.A Fine Arts May 2019



Rajbir Kaur 9th Position M.A Fine Arts May 2019



Simran Sharma 10th Position M.Sc. Zoology December 2019



Anmol Saini 10th Position M.Sc. Botany May 2019



Tania 10th Position B.Sc. Chem Hons May 2019



Nishita 9th Position BA English December 2019



10th Position BA III Hindi Hons May 2019



Abhilasha 10th Position M.Sc Chemistry December 2019



Anjali Kashyap 10th Position M.Sc. Botany May 2019



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Jaspreet Kaur 10th Position M.Sc. Chemistry May 2019



Shriya Sharma 10th Position M.A. Pub. Admn Dcember 2019



Simran 10th Position M.Sc. Zoology December 2019



Varnika 10th Position BA English December 2019

# Student Achievers (Sports)

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Stanzin Zangmo Member of Indian Women's Ice Hockey Team International Player



Simran Fencing National Player



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Kusum Fencing National Player



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Fencing National Player

## Student Achievers (Extra-Curricular)



1st position in Zonal and 1st

position in Inter Zonal Youth



Group Bhajan Team won 1st position in Zonal and 2nd position in Inter Zonal Youth Festival 2019 Group Dance Team won 1st position in Zonal and 3rd position in Inter Zonal Youth Festival 2019



Festival 2019

Kalash Upadhayay Best Cadet NCC Army Wing ATC camp(DEC 2019)



Heena NCC Army Wing Bronze Medal for Swachta Abhiyan in ALC September 2019 GOLD MEDALS-Master of Ceremony, Drill and Volleyball in ATC December 2019



Navjot Kaur NCC Army Wing Only cadet from CHD group who attended Thal Sena Camp-Shooting Gold medal in Volleyball in ATC December 2019



Sarabjeet Kaur She was selected and attended Pre Republic Day Camp 3

# Student Achievers (Extra-Curricular)



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#### SIMARPREET KAUR

First position in Panjab University Zonal Youth and Heritage Festival First position in Panjab University Inter Zonal Youth and Heritage Festival Fourth position in Inter-University Youth and Heritage Festival Third position in Punjab State Youth Festival

KEERATLANE

First in Photography at Panjab University Zonal Youth and Heritage Festival

First in Photography at Inter-Zonal Youth and Heritage Festival Second Runner up in Photography at Punjab Youth Mela held at Chandigarh University, Gharua



#### MONIKA

First in crochet at Panjab University Zonal Youth and Heritage Festival Third in Inter-Zonal Youth and Heritage Festival

## SONAM

First in handwriting t Panjab University Zonal Youth and Heritage Festival Third in Inter-Zonal Youth and Heritage Festival



#### CHAYANIKA GARG

First in Gazal at Panjab University Zonal Youth and Heritage Festival and Third in Inter-Zonal Youth and Heritage Festival

# NISHA GAROTRA

First in Percussion Panjab University Zonal Youth and Heritage Festival



#### OSHEEN

First in mimicry at Panjab University Zonal Youth and Heritage Festival and Third in Inter-Zonal Youth and Heritage Festival

# PERIAMMA

Second in cartooning in Panjab University Zonal Youth and Heritage Festival and Third in Inter-Zonal Youth and Heritage Festival



Kali Singing Team won 1st position in Zonal







# KALA SANGAM

















# Freshers' Party







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# **ENGLISH SECTION**

# **STAFF EDITOR**

# STUDENT EDITOR

KAMALDEEP KAUR

# AKSHITA RANA

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| Nandini Goel         |
| Tanya                |
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| Aarshiya Jaidka      |
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| Kanika               |
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#### STAFF EDITORIAL



Welcome fellow GCG-ians, to yet another edition of the annual Abhamagazine. Today as the world collapses around us because of the Coronavirus epidemic, I am reminded of many writers who have given us such prophetic apocalyptic visions-from Matthew Arnold to W.B Yeats. Yes, it is true that literature is replete with authors who have warned humanity to slow down their frenetic pace. The world is falling apart and we have the tattered remnants of what once was a flourishing centre i.e. Europe and the US. But I am confident that something positive will emerge from this churning.

The first positive to emerge from this is humility. An invisible virus has brought the mightiest on their knees. The power of nature is immense and it can within a matter of days wipe out half the population of the world. The virus has affected the richest and most powerful in the world. The second positive is realising the contribution of our health workers- the doctors and nurses who are fighting this epidemic on the frontlines, putting their own lives in danger but carrying on in these grave times. As a society we need to thank our doctors and nurses for healing us and at times going beyond the call of duty to ensure that we laypeople are cured. I am aghast at people who attack them and throw them out of rented accommodations because they are suspected to have contracted the virus. They are the real saviours of the human race and it is our duty to ensure their safety and security. I am also reminded of the Japanese writer, Haruki Murakami who writes these beautiful lines in his novel "Kafka on the Shore". And once the storm is over you won't remember how you made it through, how you managed to survive...but one thing is certain... When you come out of the storm you won't be the person who walked in. That's what this storm is all about. The world right now is going through a violent and symbolic storm. All of us have to strive hard to battle this storm and survive.Post corona the world will have changed irrevocably. It would be Panglossian to think that once this is over the world will go on as before. For the fortunate this is the time to sit back and reflect and realign their priorities. For the unfortunate these are terrible times as they grapple with the double threat of starvation and disease. Let us all come together in these challenging times to help the less fortunate in whatever way we can and wherever we can. Your one act of kindness can give hope to the hopeless.

STAY SAFE

**STAY HEALTHY** 

**STAY SPIRITED** 

# FROM THE DESK OF STUDENT EDITOR



#### POWER OF WRITING

### "Start writing, no matter what. The water does not flow until the faucet is turned on."

Words have power. Writers, intellectuals and influencers have known about the power of ideas for centuries. The written word has enabled me to record events, pass down traditions and has aided me in developing complex reasoning. Writing, in fact, helps me to discover what I already know; it's the process of streamlining our own ideas, a transformation that starts in my mind and is channeled through pen to paper. Transformation is the key word here, because words have the ability to change our way of thinking and empower us.Writing, or more accurately expressive writing, has been used as a form of therapy for decades. It uses the written word to process and refine various emotions. This can manifest itself in a few different forms. James W. Pennebaker's writing therapy instructed participants to write about a past trauma and their feelings and thoughts that surrounded it. This enabled people to better deal with the trauma they were writing about. And, while writing about the actual event was painful, they found significant resolve, closure and meaning in the experience after having written about it consistently.

It does not matter if nobody reads your writing. The point of writing is self-expression — gathering an audience should be secondary. You cannot connect to other people without connecting first to yourself. Writing is also a great way to destress. Again, this can take the form of a journal or a blog, but there are a number of reasons why writing can help reduce stress. One of the main problems with thoughts and worries I feel is that they are generally unformed and seem much larger when they're in our minds. Writing them down helps to shrink them to a point where they are life-sized and manageable. According to me, it facilitates problem-solving by allowing you to state very clearly what your problems are, and once seen on paper allows you to confront it in a much more tangible way. And, of course, I can say that writing empowers you. Whether it's reducing stress, changing your state of happiness or increasing your knowledge and self-awareness, writing ultimately changes your mind, and that in turn changes your life. The relief I experience after jotting down my thoughts is unmatched. I would recommend you to write and lead a happy life.

"If nothing else, writing will remind you that it's you, and no one else, who is author of your story, the master of your fate and the captain of your soul."

## SOCIETAL SOIREES

#### Menstrual Hygeine Management Workshop

A 2 day workshop on Menstrual Hygiene Management commenced on 29th of September. It was organized by NSS unit of the PGGCG-11 in collaborations with Centre Social Work Panjab University. Many veteran faculty members of the Panjab University had presided over the workshop . On the first day they talked about the menstrual hygiene and had shaken our beliefs in the taboos and the myths related to it. Dr Manju Shree a Proffesor at Hospital Management in PU had spread awareness about with the medical aspect of Menstrual Cycle and its pros and cons. Students also came up with their queries and she answered all of them with utmost humility and clarity. There was a power walk ,making of timetables ,role playing and many more activities planned for us. They also told us unbelievable facts which are associated with the menstruation. Many short films based on the menstruation such as Chaupadi , Oddnari and on red dot campaign were screened. On the next day of the workshop, there were special guests from PU like Dr. Anupama from Department of Sociology PU and Advocate Amrit from UOSL, PU. They made us realise that the ' power to change' vested in ourselves , We should be more confident in talking about it openly and there is nothing to shy upon . It was a very informative workshop we look forward to more workshops like this one. At the end of the workshop the students were asked for their feedback which the students gave enthusiastically.

Akshita Rana BA-III

#### LITERARY AND DEBATING SOCIETY

The Literary and Debating Society of our college organized a thrilling inter-college competitionamong students on "Famous Speeches". Invitations to various colleges of the city were sent out forthe event which was to be held on 27 th February 2020. The society welcomed two participants fromeach college, one of whom would be declaiming a historical personality/character while the other, acontemporary one.

The event commenced at 10.00 am with the extension of a warm welcome by the convenor of thesociety, Dr. Maninder Sidhu. The competition was graced by the presence of three judges who wereto judge the participants on their content, manner and style. A total of 16 participants performedand declaimed various famous personalities including Swami Vivekananda, Meghan Markle, GretaThunberg, Steve Jobs and many more. The speeches catered wonderfully to diverse topics and issuespertaining to India's social culture, world environment, human rights, inspirational life experiences, women as leading start-up CEOs and much more. The competition was extremely gripping asdifferent participants roused an array of sentiments in the audience, each one better than the other.

After the competition, the judges addressed the students, congratulated them for their amazingperformances and gave them some additional tips on oration and declamation. It was then followedby the awarding ceremony, headed by Vice Principle Anita Khosla, wherein Arman David from DAVSector-10 bagged the first position, Astitva from DAV Sector-10 stood second and Sukriti from MCMSector- 36 finished third. A consolation prize was awarded to Shuchi Smita of PGGCG-11 and the bestteam award was bagged by DAV college Sector-10.

The event concluded with a speech by Ms. Kamaldeep Kaur, where she expressed the society'sheartfelt gratitude towards the judges as well as all the participants, for making the event a hugesuccess. The afternoon witnessed a perfect cessation with a special buffet of tea and refreshmentsfor all the partakers, marked with delightful discourses and warm goodbyes.

Sehaj

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BA-III

#### **GLOBUS**

The geography Department of the college organized its Annual event "GLOBUS" on 5th February,2020. The foundation of this event is laid by Prof. Pushpa Ojha in 1950 and ever since the legacy has continued. Every year the teachers and the students of the geography department successfully organize this grand Intra-college event. This year Globus was taken to new heights with innovative ideas of elocution and dance competition. The other competitions included model making, map making, diagram making, quiz, 3D diagrams and PowerPoint presentation. A scintillating cultural programme was also organized which included Haryanvi, Ladakhi, Pahari nati, Bhangra,Rajasthani and Manipuri dance to depict the diversity of our geographically varied nation. Globus this year ended on a high spirited note and turned out to be a thumping success. **AAYUSHREE BINDRA** 

BA-III

## ZEITGEIST 2020

The Manorang Society of Department of Psychology of PGGCG- 11, Chandigarhorganized its Annual Inter-college Psychology Fest "ZEITGEIST" on 26 February2020. The word "ZEITGEIST" means the defining spirit or mood of a particular period of history as shown by the ideas and beliefs of the time. The festholds a special place in the hearts of students as they get an opportunity to showcase their talents in

competition to other colleges of the city such asSD, DAV, MCM, PGGC-11. It included competitions such as debate, paperpresentation, quiz, Charismatic personality, face painting, poster

making, snapshots, and Psychodrama. Various performances were given by our psychology students such as Baratnatyam, Ladakhi dance and Bhangra to make the show more interesting. The efforts put by each and every student pulled the show to the ninth cloud.

Raunak Kaur BA III 216 /17

#### **FESTEMBER**

The students of Certificate/Diploma of event management organized an Event in our college i.e. at Post graduate government college of girls, Sector-11, Chandigarh. It was organized on 14<sup>th</sup> November 2019 near the Nescafe Area. All the students actively participated in this event and enjoyed a lot. Many stalls had been setup like:- Ealora handmade skincare, Assorted Handmade chocolate (Choca-a-lot), Tattoo Arena, Photo booth, Food stalls, Floor activities such as – Dance, Singing and Modeling, by the students of different streams and each stall was also accompanied by Event management managing team. A little amount has been collected from the stall members to raise the funds.Each member who participated in setting up a stall or who won the floor activities were awarded with Certificates. Every member participated in the event with utmost zeal. Hence, making it a successful event.

Tanya Anand BA III

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#### **COVID-19 OUTBREAK AND ITS CONSEQUENCES**

The 2019-20 coronavirus pandemic has had far-reaching consequences beyond the spread of the disease and efforts to quarantine it. As the pandemic has spread around the globe, efforts are being made to terminate it. Concerns have shifted towards unifying the whole world to fight against the pandemic by helping each other with the medical facilities, etc. India has been able to tackle the situation well unlike Italy and other countries who took it lightly in the crucial days. It is heartbreaking to see people struggling for their lives due to the COVID-19 outbreak. Thousands of

heartbreaking to see people strugging for their lives due to the COVID-19 outbreak. Thousands of people are not able to return to their home as the transportation is restricted. The carelessness on the part of many people have resulted in devastating consequences.Apart from this as the pandemic spreads, global events across technology,fashion and sports are being cancelled or postponed. Talking at a smaller level, for instance in our college various functions and events had to be postponed, be it the Convocation, the Joy of Giving or the Farewell function. We're very disappointed because we had been working hard for the preparation of these events. All the teachers and students had put in lot of efforts to make these events a success. Students were so enthusiastic that they started preparing for them before hand. Everyone was disheartened but we took it as an opportunity to do better. We have ample time to think of more ideas and work together on it.Being a final year student I personally felt wretched at the thought of not being able to live in the moment and enjoy our last semester in college. Still in this state full of negativity we all are trying to be positive and hopeful that this would end soon and people would finally be able to continue with their work. Collective efforts are being made to counter this outbreak. We must be proud and thankful to all the people who are rendering their services and risking their lives even during the lockdown. We all stand united against the pandemic.

> Yashika Yadav BA-III

#### **REPORT ON CHANDIGARH LITERATURE FESTIVAL -2019**

The grandest celebration of books, 8th Chandigarh Literature Festival took place at our college P. G. G. C. G SECTOR-11 Chandigarh on 8th, 9th, and 10th of November 2019. The three days event included discussion on various genres led by critics, panel discussion on 'Purity/Impurity in Text', spellbound performances by Ulka Mayur and Jyoti Dogra. The event started with the lighting of lamp by Mr Mitul Dikshit, Nayantara Sahgal, Annie Zaidi, Madhav Kaushik, Miss Shayda and Maninder Sidhu. Miss Annie Zaidi director of Chandigarh Literature Festival enlightened everybody about the event.

In the memory of Late Sh. Kiran Nagarkar, personal tributes were paid by Miss Nayantara Sahgal, Tulsi Vatsal and Mitul Dikshit. It was followed by a panel discussion on the topic 'Purity/Impurity in Text'. The moderator of panel discussion was Jai Arjun Singh and the panelists were Jonathan Gil Harris, Samhita Arni and Aditya Iyengar. While talking about the various aspects of purity/impurity panelists shared their personal experiences as well as on the matter concerned. Panelists deduced how epics, literature belongs to everyone and is beyond boundaries. Aditya Iyengar gave example of Ramayana which have been translated to numerous languages from time to time with titles like Razmana, Dastan-I-Ram and many more.

The authors recreated history by representing women of old history in a bold manner in context of contemporary world.

## Magical Womem by Sukanya Venkatraghavan :

Keeping women at the centre 'Magical Women' shared stories of their rage, rebellion, chances and choices. The book brought some of the strongest female voices in contemporary Indian writing.

## Ascharyavat by Monika Kumar :

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Aascharyavat is a collection of poems of women's world that focuses on their private and social issues that are less explored in the field of poetry. Monica Sharma's session was full of positivity and constructive in nature which left audience mesmerized.

## She goes to war by Rashmi Saksena :

This is a first ever book written on women militants of India. Divided in 5 chapters the book talks about women Rebels, their true roles, their society and what propelled them to join the movement. This book is a proof of Indian women bravery in the field of warfare. Women were never limited to household work but before there were no authors or journalists like Rashmi Saksena to acknowledge their bravery and sacrifice.

The other books discussed in the festival were Ghachar Gochar, Tawaifnama, Jahangir Polite Society, Half the night is gone, Me Rahas Kauluwen Ebenna, Jasmine days, kolahal ki Kavitayen, Paanch Minut Aur Anya kahaaniyan and The fate of butterflies.

Everyone enjoyed the festival as readers got the chance to meet the authors and to hear a conversation based on books only and also to ask questions at the end of every session. The college campus became more lively due to the festival as students actively participated in it and enhanced their knowledge.

**PRIYANKA THAKUR** 

BA-III

## **Black Hole- Jyoti Dogra**

Black Hole, a solo theatrical performance by Jyoti Dogra was one of the major events of Chandigarh the event was 90 minutes long. A white sheet was the only prop the artist used throughout the performance. The setting was dark and dingy and a white spotlight on the artist was cast during the major part of the event. The title "Black Hole", represented a void, both literal and metaphorical. The music was tense and painful, causing an uneasy atmosphere. Highly scientific in temperament, various facts catering to astrophysics were incorporated in the narrative. Hypnotising repetition followed by sudden jolts were characteristic to the performance. The artist's skilful use of the bedsheet was highly remarkable, especially when on one occasion she twirls and creates a circular boundary to express a black hole. Incoherent in style, but profound and obscure, the artist juxtaposed the scientific and the ordinary. The narrative as a whole was shrouded in mists of mystery and obscurity. Highly impactful and moving, it left the audience in utter awe of the artist's expertise and the metaphysical nature of the performance.

Sehaj

BA-III

# **RTHYM OF RHYMES**

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### **WATER**

Yes, I am a woman. But, my element is not earth; the one that your grannies have held in their dotage. To yield to your spikes is not my virtue. I am WATER... And I do not promise to soothe you; to clense you; to nourish you; until, you well-deserve it. Get used to it because, I shall not surrender to the sick-conditioning that dictates me my "Role"; I would better let you lie in your own filth, leave you dry And let you get mudcracks in your soul. I must let you know: pierce me and I shall disperse; carry me in your open palm and I shall be your mirror; trouble me and I shall drown you; let me flow and I shall enrich you; hinder me and I shall trample you; poke me and I shall split; steeple in front of me and I shall deliver; vell at me and I shall reverberate; desire me

and I shall quench you; And, I can only promise you: "If you disappoint me I shall not disappoint you".

#### -Vasudha Ramaul

(Asst. Professor Department of English)

#### TRANQUIL CREATION

Peace looted by pirates of sea grave issues are discussed over tea Nobody acknowledges the penurious plea it's always difficult to cut an old tree Bonded by the shades of prejudices haunted by the money making ties Pompous about the independence of masses blindfolded justice ignored their cries Public servants should serve the needy stop filling houses of the greedy This will lend hand to our nation and we can hold hands for tranquil creation

> Aarshiya Jaidka BA-II

### THE ALARMING ATMOSPHERE

If you're born in September, your stone is sapphire

But early this month, Australia has been bathing in wildfire

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Yellow, red and orange are colours that I admire But not when our planet is covered in a reddish attire

I am living, inhaling this smoke everyday We all see the burning trees but keep the discussions at bay

"The planet's fine", politicians and media conspire

When actually it's fuming, as if it's in a fryer Save it now and don't be a liar

We have to protect our home and that's my only desire.

Shuchi

BA-I

## APPEALING SOUNDS



They call them earphones I call it love at first sound That heals my every wound And though I'm not that social But for me they are always at my disposal To dispose and to eliminate the negativity I dance with the rhythm It takes me to a different world where me and my clefs romance The melodious musical notes appeal me to dance

> Abhilasha Thakur BA II

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#### WONDERFUL WOMEN

Wincing at her arrival, You wailed at her survival. Kept her in the dark, Scorned while she laughed. Shackled her, chained her; You cut her wings, Tied her from strings Must be ashamed, You must be in vain; Slunking away, From your own image insane. Must be dead frightened, You must be blinded your eyes; Glancing at the existence of women, Shining so bright. Garnishing the wilted, Achieving the spirited. Steadfast in all arenas, Afoot she embraces all timers. Channelizing the wind towards the horizon, Swaying she captures all primals. Tender, yet splendid She brings home happiness to remember. Celebration to last, An aura that can never be surpassed.

> Khushman BA-II

# <u>TODAY</u>

Today winds are strong What they needed is accomplished Today we are wrong We support them and finish it Today women are crying Listen to roar of cloud Today no one is trying Because of shame and bounds When they will write it off as Time and outfit decide the outcome That women was luring By your side Those monsters didn't even Leave an eleven month old infant Today we become slaughters Who witness everything and act unaffected We cannot risk innocent's breath To stop this menace All rapists must be sentenced to death That'ld be justice.

Kanika

**BA-I** 

# THE CAUSE I WANT TO KNOW

How do you feel about it If you are living in torment Without knowing the cause You are in a big chaos Even if you want to get out of it Life drags you back in Feeling like all is lost Feeling like I am lost There is a difference in the two One make you feel determined sometimes So that you can get up and fight And other make you feel drained This takes you to the ocean of doubts, And changes you throughout Can't guess who is standing by And who is faking in your life Past seems so beautiful And I still think maybe everything will rejuvenate Sometimes I blame myself all over Sometimes I think maybe I should stop suffering And speak above these things But it will make other hurt and feel agony But at last I will make a decision And make peace with my life And accept everything around To stop the suffering to which I am bound.

> Monika Sharma BA III
#### LIFE LESSONS

#### POWER OF THOUGHT

Have you ever realised how we shape our lives through our thoughts? The power of the mind is everything and any successful person will tell you that. Everything you ever do or create is a result of your thoughts. The belief we have of the outside world success, relationship, our finances and so on-appear the way we create them to be.

Robert Kiyosaki, in his book "Rich dad and poor dad" writes- Being a product of two strong dads allowed me the luxury of observing the effects different thoughts have on us. The poor dad always said,"I'll never be rich". And that prophecy became reality. The rich dad on the other hand always referred himself as a rich. Even after the major financial setback, he continued with the same belief.

Thoughts provoke our emotions, as well as our behavioural responses. Our views and perceptions alter how we feel and thus how we respond to a situation. Just as every journey is made up of many single steps, each individual response makes up life we build.

There is a famous saying," if you are unhappy with a certain experience in your life , you can choose to steer focus towards something else that is aligned to your own positive expectation."

If we are continuously thinking the negative thoughts we tend to develop a negative outlook. This is how powerful our thoughts are.

There is no doubt that thoughts do become things and if you can see it in your mind, you will hold it in your hand. It is extremely important to be careful with what we think, for Gandhi had quoted-" A man is but the product of his thoughts- what he thinks he becomes."

Muskaan Bhullar BA III

#### **DEPRESSION**

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Depression is a serious medical disorder. It causes one to experience feelings of profound hopelessness and despair. It can affect the way we function in our daily life. Although it is the most common of all mental illnesses, it also has a lot of stigma associated with it. It prevents people from seeking treatment or even speaking out at all. Depression can affect anyone, in any stratum. No matter how priveleged or how modest one's life is, no one is immune. Factors like haunting past experiences, inability to keep up with societal pressures or feeling disconnected with loved ones may lead one to depression. Sometimes there may seem no plausible reason to be depressed at all. In recent years, there has been an in increment in discussions regarding mental health. This has encouraged people to seek the help they need to recover. However, it has also had unwanted and adverse effects in this age of technology and social media. People seem to romanticise mental illnesses like they are an art form. Some even claim to be suffering from them without being well-informed.



This has led to further stigmatization and spread of misconceptions. In the contemporary world, the levels of suffering, hurt, hunger, pain and ignorance are horrifying. But there is hope because words hold power. Qualities like compassion, kindness and forgiveness are capable of transforming lives. These are what we desperately need, beneath all our pretenses and guises. At the individual level, we can have an impact on the people we encounter and interact with. We can be contagiously kind and accepting. We can choose not to hide behind screens and pass petty criticisms on people whose lives we know nothing about. We can choose to listen to people, not as personas of what we perceive they are, but as human beings. We can choose to be supportive of our friends and family who are experiencing feelings of dejection and unexplainable sadness that they want to come out of. We can do whatever is in our hands and thus, make an effort to erode the stigma on mental illnesses.

Arushi Bhandari BA III 

#### **A PASSION CLOSE TO HEART**

Half of the world's population reels under the pressure of hegemonic masculine ideology. Dowry deaths, domestic violence and exploitation of women continue unabated especially in counties like India. A woman is considered to be submissive, incapable of opening doors and obtain equal footing with men. It pains me and wreaks havoc inside my heart to see a girl's cries become whispers and her efforts to fight for herself neglected and descended into empty cavern. I want to be the voice of the tendergirls who are being subjected to the callous actions of the male chauvinist society, who works according to its own whims and fancies. My passion is to lend a helping hand to the women and make them unite their frail fingers into a fist and fight against the atrocities they have suffered. Crimes against women are on the rise and everyday the newspapers are flooded with incidents where not only are women raped, buried alive, burnt, beaten black and blue but also their pleas for justice go unheard of . Their statements are not recorded, FIR's not registered and hence they are suppressed with a pall of gloom descending upon them. Many do not even try to go vocal about their sufferings. They are bogged down under the weight of their family's respect in the society or under the powerful, wealthy influence of the perpetrators.I want to provide increased knowledge, self confidence and awareness to the girls about their rights and how they can use the medium of the courts and fight a legitimate battle. For this, I have formulated

various agendas. The foremost being, working under the guidance of my parents and teachers to leave no stone unturned and create awareness via talk shows, rallies, going from one educational institution to another talking about social evils and social imbalance as well as providing education. To assist me in my field, I am fortunate to be a part of a prestigious institution, Post Graduate Government College for Girls, sector 11 which strives towards breaking the barriers of social transformations involving emancipation of women. The 'Hum Hain' Society of my college aspires to reach a great level of sensitivity to provide equal opportunities and responsibilities for both males and females and not the superiority of one gender only.I believe that courage should be instilled in women to break the clutches of the patriarchal society. I feel blessed to have been brought up in an environment where I have been coaxed to be the change and make the change happen.The path which is strewn with thorns shall be carpeted with leaves. It is women who have to take the first step on this road and then take the path to a life full of freedom, equality and dignity.It is my passion that I become a powerful source of liberation and help women come out of their deep,dark blues and look for the horizon and move up the hierarchy of a blissful life. I believe, the hand that rocks the cradle shall empower the world.

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Khushman BA-II 

#### "WRITE YOUR SORROWS ON SAND AND BLESSINGS ON STONE."

Often, we forget to acknowledge the value and meaning of something- an event, a person, a behaviour or an object. If we make a list of our blessings, its endless. If we make a list of the little things that matter in life, its endless. It's the dates with your dad which turn into a bitter argument only to be sweetened by your favourite ice-cream. It's the magical words effortlessly coming out of your mother's mouth which solve your problems and riddles and put the jumbled puzzle pieces together. It's letting your sibling's warm embrace fall over you like a blanket on a cold day. Its binge eating and watching your favourite series with your best friend right after you decided to let go off all the carbs and laziness in the world. Its snuggling with your dog only to see him fall asleep later and realising that it brings an ever-widening smile on your face. Its soaking up the sun on winter mornings, a good jog on summer evenings and your favourite book and hot chocolate on a rainy day. It's the smell of the first spell of rain, it's also the smell of new books and the silence of the library. Its treating yourself on your guilty pleasures, a hot shower and crawling into clean sheets after a long day. It's about celebrating every moment, enjoying everything that comes your way, growing through what you go through. It's about dancing like nobody is watching, laughing till you fall and falling till you can't stop laughing. Its taking chances and abiding by, "better an oops than a what if" and ending up seeing a spectacular view on the other side. Its sailing through every heartbreak and every date, every smile and every tear, every day and every year. So, for a few moments daily, let's put our desires on hold and ponder over the mountain of blessings that we already have. Don't forget- it's the little things in life!

> Khushman Toor BA-II

#### POSITIVE THINKING

Positive thinking is like petrol...if your tank is full, you can go anywhere you wantonly after you put your foot on the petrol pedal and start driving. The way you think has an incredible effect on your physical and emotional health. That is why 30% or more of subjects always react positively to test of new medicines , even when the drug is dummy pill with no active ingredients. Medical researches have found that optimistic patients have more active immune system and recover more quickly than others. The thoughts that affect your body do not appear by themselves. You can control the way you think and feel and your body will react accordingly. However, positive thinking without positive action will soon fade away, but thoughts and actions reinforce each other. The people who are most successful are those who believe that life is understandable, manageable and meaningful. These three qualities make them look at every happening as an opportunity to learn something.... believe they can handle most things that come along, believe life is worthwhile. If you think of life that way, you accept setbacks but don't allow them to discourage you from striving for success. Positive thinkers succeed because they have a dream and keep striving to achieve it in reality. Their confidence about future helps them to solve their real problems rather than worrying about their inefficiency. The people who achieve the most in life are those who fail the most and then pick themselves up and try once again. When their efforts fail, they interpret the failure in such a way that encourages their future success. The key to success in all aspects of life is to know what you want to do, decide to do act with confidence and keep it up till you succeed . So, think positive, act positive, do positive and get positive results for your own betterment.

> Timila BA-I

#### A DOCTOR'S GRIEF

Hospitals, I've found, are excellent ways to make me realize that I am perhaps not quite alone inmy suffering.

I find little echoes of grief in the hands I touch while inserting needles into their expectant arms, in the faces where hope flickers like an open flame—only to be snuffed out like half-hearted cinders when I announce my prognosis.

But when I look at the stubborn spring in the step of the invalid children—at the proud gold in their parents' grins—at the creases in the mouths of the old and ailing, that speak of a life well-weathered and well spent—when I look at them—

My heart becomes just another lonely human, calling from a phone booth in the rain. It howls perhaps, with the ache of a wanting wilderness—remembering love like the gossamer glide of a hand against my cheek.

Love like a baby's cradle, like the warmth of sunlight seawater lapping against weary feet—like the fragile beauty of a mother's smile, worn into loveliness with years of care. Love like a desolate dream.

It seems no matter the fabric I am woven into, the color of my thread remains the same. I find myself wanting to stretch out my hands very often, to brush against some better purpose, perhaps—some bigger picture.

But I keep them curled at my side, guarding against the bitter wings of a butterfly hope that likes to flit past my fingers sometimes, urging me to reach out and catch it—only I never do. I held a heart in my hands today, I think to myself. I held a life and saved it—yet every day I seem to lose a bit of my own.

> Trishala MA-I

#### LOVE LANGUAGE

February is the month of love, it is true:

Love mended and love broken, love triumphant and love lost-

Love half-hoping and hungry at the edges—

Love present only in its absence.

Every language has its own unique song to say so—strange symphonies of upward notes and downward syllables that intermingle and intertwine into different interpretations of the same message—'I miss you', said in a thousand separate ways.

Winding paths that intersect and interweave only to merge into the same road: 'I miss you', felt in a million different expressions.

Mujhe tumhaari yaad aa rahi hai, they say here, in the land where I was born— it means 'your memory keeps coming to me'—isn't there someone beckoning from the cobwebbed crevices of your mind? Pleading for attention under the dust-covered film of your neglect? You feel the forlorn summons too, don't you—to walk through the misty moors of your consciousness to find them again—to meet them again.

Tu mes manques, they say in France—it means 'you are missing from me': was there not once someone knitted as much into you as your own skin, your own identity? —are they not now wrenched apart, lingering only in the tattered threads of your tapestry? Are they not somehow still present in the empty space between your fingers—so foreign now, and so cold? Wo xiang ni, they say in China—it means 'I am thinking of you always': do you not hear it

always, too? That quiet whisper at the back of your brain—the gentle susurration breathed into your ear—that presence, soft yet oh-so insistent.

Bogoshipo, they say in Korea—it means I want to see you (because you are not here with me): does the caged animal of your heart not pace itself in protest? Does it not paw past the barriers —for one last glimpse of that fading figure—

One last ray of sunlit smile.

Yes, February can sting as much as it can soothe—offer solace as much as strife: No accident that it only has twenty-eight days....

> Trishala MA-I

#### THE ALARMING ATMOSPHERE

#### **AMAZON FIRES**

What was the reason behind the deadly smog in Sao Paulo on August 26, 2019? Amazon fires were most talked about in 2019. A major natural but human induced disaster in human history. Wildfires is an uncontrolled fire in an area of combustible vegetation. We frequently heard the terms " amazon is burning", "lungs of earth are burning" "pray for amazon". So what caused fire in evergreeen swampy forests? This is a question on the government who clamied it was natural but not human induced. Fires were started to increase agricultural land and then these fires became uncontrollable and devastated about 9060 square km of forest cover. There were total of more than 40,000 fires.

Amazon forest experience extreme dry season due to which rivers dry up and animals tend to migrate and sometimes also exposed to forest wildfires. But this time it was much more devastating because extreme natural process were combined with slash and burn approach to deforest land for agriculture use, which resulted in uncontrolled fires. This is the sheer result of mismanagement of forest resources.

If we talk about the causes at global level, then the reasons are climate change and global warming. Already extreme natural conditionsprevail in amazon forest in its dry season which was combined by soaring temperature worldwide due to global warming. And climatic change have also resulted in extreme weather conditions during various seasons. So ultimately these wildfires are a result of every individual on earth who is causing any kind of pollution and imbalancing ecology of earth.

70-80% of flaura and fauna resides at amazon forests. These include most rare trees and animal species. We had put them in danger for our political and economical motives. Politically because president of Brazil refused to take international help at the G7 submit and economically for increasing agriculture land. This was compromised with the basic necessity of every living being on earth that is fresh air to breathe.With the dawn of the age of development, there has been huge growth and development of human potentials. And it is here that man is becoming prisoner of his own creation.

Monika Sharma BA III

#### THE GIRL WHO WISH TO SAVE THE PLANET

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"Yes, we do need hope, of course we do. But the one thing we need more than hope is action. Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then, and only then, hope will come."

Greta Tintin Eleonora Ernman Thunber (born 3 January 2003) is a Swedish environmental activist on climate change whose campaigning has gained international recognition. Thunberg is known for her straightforward speaking manner, both in public and to political leaders and assemblies, in which she urges immediate action to address what she describes as the climate crisis. Thunberg first became known for youth activism in August 2018 when, at age 15, she began spending her school days outside the Swedish parliament to call for stronger action on global warming by holding up a sign saying (in Swedish) "School strike for the climate". Soon, other students engaged in similar protests in their own communities. Together, they organised a school climate strike movement under the name Fridays for Future. After Thunberg addressed the 2018 United Nations Climate Change Conference, student strikes took place every week somewhere in the world. In 2019, there were at least two coordinated multi-city protests involving over 1,000,000 students each.At home, Thunberg convinced her parents to adopt several lifestyle choices to reduce their own carbon footprint, including giving up air travel and not eating meat.Her sudden rise to world fame has made her a leader and a target. In May 2019, Thunberg was featured on the cover of Time magazine, which named her a "next generation leader" and noted that many see her as a role model. Thunberg and the school strike movement were also featured in a 30minute Vice documentary titled Make the World Greta Again.Some media have described her impact on the world stage as the "Greta Thunberg effect". Thunberg has received many honours and awards, including fellowship of the Royal Scottish Geographical Society, and in 2019, Time magazine named her one of the 100 most influential people and the youngest individual Time Person of the Year. In September 2019, she addressed the UN Climate Action Summit in New York. Thunberg was also nominated for the 2019 Nobel Peace Prize.

> Akshita Rana BA-III

#### **MELTING GLACIERS**

It is clear that the earth is getting hotter due to global warming. It was proved that the amount of CO2 in the atmosphere had increased from 316 ppm in 1958 to 385 ppm in 2008 (Kirkham 2011, p.370) leading to the "Greenhouse effects" and causing many environmental issues as well as especially worsening the issue of melting glaciers. Many researches have showed that glaciers are melting rapidly and it is unlikely to slower down. Take Greenland as an example. On the eighth of July 2012, the percentage of glacier melting in this country was forty percent. However, four days later, this "figure had jumped to ninety-seven percent. Greenland is just one example out of lots of other countries which are suffering from disasters because of glacier melting that threatens their food source including crops and animals, and even worse, destroys their homes.

Today, the increasing temperature is causing ice caps on Mount Kilimanjaro and ice sheets in Antarctica and Greenland to melt. This has resulted in the rise in sea level, causing many problems to the nature balance. Cold water fish cannot survive and even coral reefs are dying as the water is becoming too warm. This causes problems for people fishing them as a food source and influences the fisheries in general. Besides, it is said that the rising sea level can have serious impacts on low-lying countries, some of which like Indian Ocean's Maldives or Nile Delta could be submerged. Not only will fishing be affected but people will also have difficulties in finding higher ground for living. An imbalance in nature's food chain would be caused by global warming. As ice sheets melt in the Antarctic, the polar bears would be adversely affected since the temperature is too warm for them to live. "Polar bears are entirely dependent on sea ice, you lose sea ice, you lose polar bears. Additionally, the seal and sea lion population that would otherwise be controlled by polar bears as part of their diet would multiply and overpopulation may occur, causing many fishes being eaten and depleted. This depletion affects fisheries and people living in the northern hemisphere because they must then find other food sources which would be difficult as their main source of protein and food are fish. The only way to slow down glacial melting is to slow down global warming. There are many measures having been done.All the solutions need public support, so governments must educate and convince their people to follow the climate-friendly strategies. Besides, they need to support citizens' organizations that are taking practical actions to promote and build a greener society.

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Anashi BA-III 

#### FOOD AND FASHION

#### **CATER YOUR TASTES**

Chandigarh - The City Beautiful is also known as the HUB OF NORTH INDIA . Chandigarh is the bestplanned city in India, with architecture which is world-renowned, and a quality of life, which is unparalleled. You will find all kinds of market here, from posh to the economical one .Apart from that it is a home to many popular educational Institutions such as Panjab University, PGIMER, GMCH etc. Rock Garden by Nek Chand, Sukhna Lake, Rose Garden and Elante Mall are some of the many tourist attractions in Chandigarh. If you are a Foodie you wouldn't wait for a second to realise that you get the best Punjabi Food in Chandigarh .Chandigarh and its people are major food lovers . I have spent a large chunk of childhood in Chandigarh and its not just that the architecture that allures me to the city but the food .There are many places that provide you with amazing food and services along with beautiful ambience. You will get national as well as International delicacies here. You can also find food in every street to satisfy your cravings. Street food in Chandigarh has a huge Fan following, be it Golgappa, Tikki and Chat Papdi from Ram Chat Bhandar or Chole Bhature from a stall near PVR Cinemas, Industrial Area or famous Rajma Chawal from Khan Chacha in sector 15 . Student Centre in Panjab University is another famous hub where you would get delicious food at very reasonable rates . From Samosa to Cheese Naan With Gravy, from Aloo Prantha to Chinese Thali, from Masala Chai to Oreo Shake, you get every cuisine here at STUC at pocket friendly prices. Besides this Sector 8 Chandigarh is famous for all kinds of famous food joints like Uncle Jacks, Super Donuts, Burgrill, cafe Coffee Day etc. It is a very lively place to go and hangout with your friends. If you are an Indian Food lover and you haven't eaten at The Pal Dhaba then you haven't actually tasted the best north indian food of Chandigarh . Pal dhaba is one of the oldest food places in Chandigarh offering quality food to its Customers. If you are fond of nightouts and want to know some spots where you can get snacks and food all night, let me tell you that Night Food Street is an official eatery of Chandigarh where tikkas, pranthas, pakoras, north indian food is served all throughout the night. The best part about this place is that you get good quantity food and its not heavy on the wallet either. Another Night Food Hub is Aroma Eating House . It is operational 24\*7 and it provides basic stuffed food that makes you lick your fingers . These food places are the Solution to your late night hunger pangs.Chandigarh is indeed a place with a lot of tourist attractions with every destination having a unique thing to witness. It is also a place that offers unlimited scrumptious street food .With so much on your plate, you might add a few more days to your next holiday here and enjoy the best street food in Chandigarh .

> Sanya BA-III

#### Ealora Explores:

Ealora Explores is a skincare brand that I created when I realized that things people used to clean themselves were not pure rather were filled with dirt. With the use of all the harmful chemicals and unethically sourced fat, it was actually a clever marketing technique to make people consume more than they actually need. For instance, using soap makes the hands dry and then you have to use moisturizer and lotions to keep them soft and good looking. With the idea to bring a change in existing toxic marketing tactics I created this brand that uses good quality organic materials to make products that are nourishing for your skin, making it feel hydrated for longer.

My products are clean and pure, vegan, oil based and catered to need of the clients. My intention is to create a brand that is organic, accessible and luxury for people all over the world but especially in India. Products like soaps usually consist of bad quality oils, parabens, artificial fragrance, SLS, cheap materials used during manufacturing and the worst being triclosan which causes cancer. Harmful chemicals like these cause the skin to peel, erupt or break out. But I consciously restrict the use of these chemicals which makes soaps cost a little more than the usual available options. The idea isn't to promote unhealthy image of glass skin but to emphasize the importance of healthy, even, glowing skin. Apart from making products I also share information to achieve good skin, hair and health on my website ealoraexplores.net as well as on my social media platforms like Facebook, Instagram and YouTube. I have a vision to revolutionize the beauty industry and create a community that can benefit from it.

Ishani BA-III

#### THE FINAL YEAR FEELS



#### DOWN THE MEMORY LANE

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24<sup>th</sup> July,2017 when I stepped in this institution, I had no idea about anything. I still remember my orientation and running here and there to adjust my classes. Living away from home, managing the things at own and exploring the new city the days passed. The first year was full of hardships, adjustments and settlements. When I entered my second year, I was well settled in the college. I took the exam for English Honors and got a seat in my dream course. Second year also gave me the chance to be the CR and handle the things. Truly speaking, this was the beginning of another era within the college. Being the link between the faculty and students , passing on the information, maintaining discipline in college auditorium gave me so much to learn. I never knew that I could handle such responsibilities, managing and motivating the Sports Day contingent of BA-II was another great experience. The Farewell to our beloved seniors was another big task I handled with the maximum cooperation from my batchmates and under the able guidance of respected teachers. Meantime, the hostel life gave me the midnight birthday celebrations, the mess dinings, the never ending talks, the outings on Wednesdays and Sundays and a lot more. The year ended filled in me with sense of responsibility to the core. The Final year in college arrived much before than expected. The experience of the Students' council elections shall always be cherished in life. I still remember the canvassing, meeting new people, sharing the propaganda and finally the Voting Day and ofcourse the post victory celebrations. It was indeed a pleasure to get the golden opportunity to be the Student Editor of the College Magazine (English Section). The position always comes with responsibility, these platforms gave me so much to learn and evolved a better person out of me. The teachers always supported and guided me all these years without them I could have never been able to do things. Getting the final year feels, sitting at the Nescafe, going on outings, making memories was part of daily routine. Meanwhile I prepared for my UPSC – Combined Defence Services Exam and to my surprise I was able to crack it in first attempt and in the running year of graduation. I still remember how my roommate, my friends and teachers have always motivated me. Apart from studies, good friends this college gave me so much to explore and learn. Three years back, I didn't know that I can handle these things as a representative. College to me was never about 75% attendance and exams but it was a life-changing experience. Like a blink of an eye, I reached this point of time that I just have few months left in this place and it sometimes become a nightmare. My three years stay in college made me physically, mentally and emotionally stronger. It gave me a name - I remember one of my relatives calling up after the media coverage of elections and how our pictures flooded over the newspapers. Even though I'll passout in few days, I'll always cherish the moments I spent in hostel and the college. The friends I got and the teachers who taught me shall always be remembered in life. Ending on just one note, make the best of your college life, explore new things, take initiative and make the best use of your parents decision sending you here and believe me I proudly say that I'm part of the best college in the tricity where there is no end to opportunities. Take the step and move ahead. Grow in the years of your graduation and keep working hard towards your life goals.

#### A proud GCGian forever.

Akshita BA-III

#### SUMMING UP THREE YEARS

B.A - BA is not a degree its time pass. That's what I heard and believed before pursuing the same thing. BA is about two things either UPSC preparations or time pass. But this time pass degree taught me a lot. I was a studious kid. In first semester I attended all my classes, studied everything and didn't participate in any extra curricular activity. The result of 1st sem came as thunderbolt on me. I scored in 60s . The saddest part was that those hooligans scored good who never studied. I was disheartened. Before the beginning of second year I decided to enjoy my college life to the fullest . Since I didn't get good marks having fun was the best thing to do. This time I wanted to take part in various college activities and I started with the Literati event organised by Literary and Debating society. It was great. It revived the great speaker residing in me. The Chandigarh Literature Festival was the second best thing that happened to me. Apart from that I participated in anchoring in hostel's freshers, college's farewell of B.A and M.A's freshers. It all became possible due to the guidance of my seniors who always encouraged me to do better. I opened up in second year and the results were not bad. During the end of 2nd year I started having discussions with my friends and seniors on issues that really affected me or I was not clear of them. I remember asking lots of questions from seniors during exam time whenever I got a chance as it appealed me more than studying. This was the time when I learned about Punjab region in detail malwa, majha and doaba, green revolution in Punjab etc. I really wanted to continue our discussions in third year as well which led to the reviving of an old society Epiphany. I couldn't get any position in poetry competition in literati event and I was really sad about this. I wanted to participate in youth fest but I couldn't due to some reasons but everything happens for a reason. I got the opportunity in 3rd year to take part in youth fest. It was great having a mentor like Madhu Ma'am who polished me. I always admired our seniors who gave speeches on Independence day and Republic day like Kalyani di and Jasleen di. I aspired to be on that podium and address the gathering . My this wish also came true in third year when I gave speech on independence day. It was a moment of honour for me to revive the struggle of our freedom fighters who faught for the independence of our country, who martyred for the same purpose.

I became the CR of my class and joint secretary of Epiphany society. I made friends whom I really cherish. They made me value my loved ones and to be more understanding. The college and hostel life wouldn't have been so enjoyable without them.

In terms of marks I didn't improve much but like it is said that Mark sheet only represents numbers and no experience. What I have learned is within me and I can represent it not a piece of paper.

Priyanka Thakur BA-III

#### **JOURNEY AT GCG-11**

Graduating from college stirs up all kinds of emotions within us. For me it is that bittersweet feeling. I'm happy that it happened and yet so sad that it can't last forever. Throughout my time at college, I've grown as a person, met friends that will last a lifetime, and experienced things that I'll never forget. GCG11 has offered me various opportunities to showcase my talents and polish my skills. Throughout my course I've served my college to the best of my abilities. I've been a part of various societies contributing my part in each of them. Being the Joint Secretary of a prestigious college is altogether a different experience which is hard to put into words. I'm thankful to my teachers for believing in me everytime. I've learnt a lot in their guidance. Talking about seniors, we've had a good time with them. Nothing could compare to the bond we shared with each other. With them standing by my side, I've always felt like home.

Being a hosteler I've become responsible and independent and also learnt to value things in life. Here I learnt to be a better version of myself. To me it is like a home, far from home. I'll always cherish the memories and be happy that I was given the opportunity to grow, it's an experience that I'll look back on for the rest of my life.

> Yashika Yadav BA III

#### TIME FLIES

Yes, it's true time flies and here we come to the end of another journey, from where we'll be beginning a new one. I've learnt a lot in the past three years. I've learnt that time moves on, you can't stop the earth from rotating around the sun. Time can't be paused, no matter how hard you try.

I've learnt people will sometimes leave your life as quickly as they arrived. But that's okay.

Important people will stay even if it's just in our hearts. Going down the memory lane brings me the nostalgia. Starting from day one to all the hustle, from knowing nothing to the day I am with all the love and acceptance from everybody. Especially learning how to be the human sunshine to someone each day. I just got reminded how confused and worried I was when I entered to one of the biggest and most beautiful campus of PGGCG-11 on 24th July 2017. Being unable to sort my timetable, a huge mess, zero known people. Yet here I am, sorting and helping all the mindful ladies I'm surrounded with, all the gorgeous and beautiful minds that are all around the day. Whatever I am, it is because of the people around me, having such positive vibes and good energies. Nothing would have been possible without them.All this time has taught me that everything is finite ,including life itself. Never put off what you can do today. Treat everyone with kindness as because we have no idea what the other person is going through. And lastly, one should know that everyone is capable of doing anything and everything. So girls just believe in yourself because this will bring out the best in you.

Nandini Goel

**BA III** 

#### VOICE OF THE HEART MY FATHER

#### **HEAVENLY POTION**

As I step out in the breeze The smell of it tickled me with ease Engulfing the message of freshness in me, I felt it drip on my cheek Black bubbles concealing the heat bubble Relaxing the earth from heat And it swept away my inner stress heat As my heart skipped a beat. Standing drenched in heavenly potion The drops like syringe injecting positivity in me Seemed to be wiping my tears and taking them away

With drops round my cheek. Although it was in my fancy Still it opened the shutter of my grace As my subconscious acting as an envoy of bliss Unknowingly, but gave me joy Dripping fingers eliminating sadness And every negative thought out of me Feeling bliss without a gain Onus of all went away Only I, my soul and my brain Thanks to this rain!

> Vaishali M.A.1 English

There's a man in my life, A little old, and concient His hands are hard and rough, Totally splenetic and tough. Have a conservative mind, But when it comes to me, The only person I have is "he" He holds my hand while even crossing an empty road, Doesn't look in my eyes when he scolds. Doesn't sleep till I snore, For my every pain he has the cure. Doesn't eat till I'm full, I know he isn't but for me he still pretends to be cool. I have a man in my story. Not so funny and very boring. His eyes are so red and so inversive of meekness. But those are the only eyes that have my love as it's weakness. Covers me when I'm cold. Tell me stories that no one has ever told. Played those games with me Hurt his hand while hitting the floor when it wounded my knee. Tolerated my every scream, with the highest pitch. Rains, winter and deadly heat. Always showed up at my school and (now) college's gate. And like Banquo you didn't ever Ditch. There's a man. I call him my dad. It's a secret and I don't tell him. That I'm so lucky to have him. I wouldn't ask anything more than this, Just that every night till I'm alive I can get his goodnight kiss. Ishita Bsc I

#### **GIRL'S RAGE**

You go girl, Go and take that stage. Tap. Tap into that anger and rage, That you felt everyday.Now it's their time to pay.

Isn't it ironic that the devils who tortured you, Are the people you demand your justice from. But demand! Demand the justice you need, The evils now have to fall back and recede. For 1000 of scores they tormented you,

Fire and blood and what not did you not go?! The monsters, the demons,

Who once even took away your freedom of opinions,

Who once shackled you in chains , Now must be made to fear,

When those rotten chains clang.

You have forgiven them from time to time, And they have committed nothing but crime and crime.

Now they stand in front of you with a smile on their face!

to humanity they are nothing but a disgrace. Now they seem so proud of their impropriety, They need to be plucked out of your society. For dynasties! You have seen the piracy of your privacy.

In simmering rage, silently, obediently. Now this rage needs to come out! You go girl! Go! And take that stage. Tap in that feeling of anger and rage. That you felt each and everyday! Now. Now it's their time to pay!

#### Devanshi Saini BA-II

#### OLD AGE

Don't know whether I will see the dawn Not even know if I will see the twilight Bound by numerous diseases Bound by realistic lies The inner voice is crying And my physical strength is dying The soul is already with divine I am like nun

So isolated From being a part I want to depart I want to lay down I want to be a part of this debris I don't want to remain Just want to leave the place Far off from the earth's sins To find God's grace Not worried about hell or heaven But want to go away from this unending Old age pain

the one that your grannies have held

Garima BA-III

#### LOCKDOWN LETTERS

#### **DAYS IN QUARANTINE**

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Okay! A big lockdown, isn't it? All of us are just like the caged animals or birds right now. I wonder how these beautiful creatures of nature live like this 'caged'. Well! Getting on to other few things like how I am spending my guarantine. Obviously it's a bit atrocious how the things are going. But all we can do is to make the best use of the time. I mean, my mother works for a bank and it's devastating to see her going out for work at this point of time. But gotta deal with it. Since everyone is getting frustrated at home, they should look on to the other things. For instance, I'm cooking different cuisines these days, eating them with family, also did the Dalgona coffee challenge running on the instagram and a few picture challenges. Everyday I turn on the music and start dancing like a pro and an idiot on the same time. Of course, how can I forget my singing skills. Excuse me! Far better than Dhinchak Pooja. Ah! A nap here for sure. I'm reading a novel these days named Adultery by Paulo Coehlo. A great work I'd say. Also watching few series like Sherlock Holmes, Breaking Bad and a lot more. But the best part is, spending more time with family. We laugh, we fight we discuss, we play and what not? Having long conversation with friends. Also the video calling, literally making us feel we all are together. Mahabharat, Ramayana, Shaktiman and few cartoons are now on air since everything is shut.

It's fun to do things or giving them a shot like this. Everyone has their own way to do things, this was mine, simple - just like this article. I hope everything would be back into shape super soon and obviously I hope we would get days to live our last semester to the fullest. Though it's heart wrenching but fingers crossed.

Ridhi BA-III

#### **REMNISCIENCE**

Fifteen years in the future, I'll narrate an intriguing part of my life to my kids with a reminiscence of these queer times. I shall let them know how half of the world was shunned behind barred doors while the evil was out there plaguing every vicinity it came in contact with.

I shall acquaint them with the tumults and treaties between people who had to put up with each other for extended nights and days. Giving an insight into their minds, I shall say, "Some felt uncertainty and fear as restoration of normality seemed fading away. The tongues that had complained of the buzz and business were giving out sermons of gratitude for what they had. The kids who had preferred screens over open fields were yearning for their feets to touch the grounds. There was an uproar of indispensable beliefs and prayers behind those closed walls. People were connected with technology if not by touch. Everyone had their subjective ways to cope up with the dreary times : some were engrossed in learning while others felt gratified in relaxing."

Giving my account, I shall tell them, "I had vowed to make the most of that time so I set up a time table hoping that by the end of it, I will be an enriched soul, jewelled with a new skill, categorised as a multilingual and identified as a scholar. Unfortunately, that didn't happen because procrastination got the better of me. But it didn't lower my spirits for I still had introspected myself and accepted the being I was. It didn't matter how many boxes I checked by the end of the day because what mattered was that I had tried. Even when I read only ten pages of "Wuthering Heights" in a day, I felt content for I had read it. In the middle of watching movies and kdramas, I used to give a peck on my mother's cheeks for she deserved affection for all she did. I loved myself for I was grateful for the life I had and the being I was. With days turning into nights and spring embellishing the nature, our hopes strengthened and yielded results. The undying spirits of the warriors who fought with the evil and our duties as citizens helped us win the war. We were out again in the open and had embraced each other with no fear but only passion."Ending my tale with a note of optimism, I shall ensure them that survival is not difficult when one is accepting and determined to face the challenges with positivity and courage.

Osheen BA-II

#### <u>COVID-19</u>

A pandemic which paralyzed whole of the world. COVID-19 broke out in the city of Wuhan in China and now promptly marching westward. In its journey from east to west it has set its foot in many European countries and USA. China, USA, Spain, Italy, France, Germany are the worst hit countries beside being fully developed. This pandemic have claimed many lives but still there is no cure.

Amid of this deadly pandemic when all human activities are at still, when industries are at a stop, when most important things have gone into lockdown. Natural environment seems to be relieved and healing. A pandemic which paralyzed human development but blessed natural environment. With no human trace on roads, its like fauna is claiming what was their at first place. We saw peacocks dancing on the streets of Mumbai, a small Indian civet was spotted in streets of Kerala.

As our seashores were also abandoned by humans, aquatic animals like Olive Ridley Turtles came ashore, dolphins were spotted near the shore in Mumbai. It is a lesson in human-wildlife conflict that tells us how we have occupied their spaces - and how they can reclaim them the first chance they get.

From almost at the distance of 200 km the Dhauladhar range in Himachal Pradesh was visible from Jalandhar in Punjab. The snow -clad peaks were a sight to behold as pollution levels dipped. This is the bright side of the lockdown.

Every century human face pandemics like this which throw us into lock downs. The Cholera, the Spanish flu are some of the examples. Its like history repeating itself until the lesson is learnt. We have disturbed the nature till the point its irreparable. The lesson should be learnt and we should not disturb the nature. Otherwise we never know what nature have planned next for us.

Monika Sharma BA-III

#### **GLOBAL CONNECT CAMPAIGN:**

When the entire world was kneeling helplessly to a pandemic where people were losing their lives, there was no security of anything, with dead bodies in massive counts, there was no cure or escape to this exponentially spreading virus. Countries neither had power nor had resources to protect people from this disease called COVID-19. Each nation did, what had to be done and announced a strict quarantine either by choice of self-isolation or a forced lockdown. Images and videos of people dying, with no place to bury the deceased, with people fighting over toilet paper to the increased prices for daily use items etc went viral on social media. People were distressed about the situation, and there seemed nothing that could ease the pain because there was no possible way people could reach each other physically and ensure wellbeing of another. It was heart breaking to watch people suffering day by day just to ensure the security of their loved ones. In my heart somewhere, I knew I had to do something about it and somewhere in the process of shooting a video for asking people to donate, it struck me that I could use my existence on social media to run a campaign to make people connect with each other and exhibit the concern they had by posting a picture remembering old happy times and also distracting their friends or loved ones for a couple of minutes and bringing a smile to their faces even if it is for a moment. I launched the campaign on the 5th of April'20 and I continue to run it until COVID-19 is completely extracted from the entire world.

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In this campaign, I urge people to support and participate by allowing me to tag them on a public post so that they can connect with people from across the globe and instill hope, positivity and a sense of belongingness. Moreover, provide mental strength that everyone is together in this and with each other's support they can resist corona with grace, love and will-power as well as highlight the power of words and sentiments which have somehow have been hidden under filters.

Ishani

**BA-III** 

# **Orientation Session**







# **National Voters' Day**





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RULA

ORLD RESEARCH





Dr. Vishal Sharma, Associate Professor, Department of Botany, of the college has been conferred the 'International Best Scientist Award' Biotechnology in Plant under **Research Leadership Award 2020.** 



# **Blood Donation Camp**







## A Workshop on Medicinal Plants and Their Cultivation















# **Seven Day Faculty Development Programme**

















# **Chandigarh Literature Festival**



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# हिन्दी – अनुभाग

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# प्रिय छात्राओं

आभा का नवीन अंक आपको सौंपते हुए अत्यन्त हर्ष हो रहा है। लेखन कार्य को प्रोत्साहन देने के लिए आभा पत्रिका की भूमिका अक्षुण्ण है। नवोदिन लेखिकाओं को मेरा साधुवाद।

कर्म करो, मत विचलित हो,

आगे कदम बढ़ाओ,

नदी के जल से सीखो

आगे बढ़ना, आगे बढ़ते जाओ

कल–कल, छल–छल ध्वनि से

यह गीत सुनाती जाती

जीवन में मधुरसंगीत भरोक

यह समझती जाती,

ईश्वर की अमूल्य देन

, इसे सफल यह जीवन बनाओ,

मत व्यर्थ संकल्पों में पड़कर,

अपना समय गंवाओ।

शुभ संकल्प, शुभ कलयाण,

शुभ कर्मण पर टिके रहो,

उस प्रभु के गुण गाओ,

प्रभु गुण गाते-गाते,

दिव्य गुणों को अपने भीतर

उतार लेने का मन में

संकल्प बनाओ



मंजिले हासिल होगी, धरा समस्त सुखी होगी इक बार तो प्यास कर पहला कदम बढ़ाओ, स्वयं भी हो सुखी, औरों को भी सुखी बनाओ

इसी मंगल कामना के साथ

डॉ. मधु गोसाईं

### छात्र संपादकीय

सहित्य समाज का दर्पण है, समाज का प्रतिबिम्ब है, समाज का मार्गदर्शक है। साहित्य का उद्देश्य समाज का मनोरंजन करना मात्र नहीं है, अपितु उसका उद्देश्य समाज का मार्गदर्शन करना भी है।

''केवल मनोरंजनहीन कवि का कर्म होना चाहिए उसमें उचित उपदेश का भी मर्म होना चाहिए''।

ऐसे साहित्य युगों युगों तक लोगों को प्रेरित करत है। लोगों को आदर्श जीवन की ओर अग्रसर करते है।

आज की तकनीकी युग में भी हमारी नौजवान पीढ़ी साहित्य में दिलचस्पी ले रही है, ये बहुत ही खुशी की बात है। वह जो देखती है, अनुभव करती है, चिंतन करती है, उसे लिख देती है। इस तरह साहित्य उनहें समाज के साथ जोड़ों रखता है।

साहित्य की इसी खूबी को ध्यान में रखते हुए 'आभा' पत्रिका' छात्राओं के एक अवसर देती है कि वे अपनी कल्पनाओं के पंख खोल अपने विचारे पेश करे। मैं आप सबका धन्यवाद करना चाहूँगी जो अपने आभा पत्रिका शुभेच्छाओ सहित!

दिपांशी चांदला

बीए द्वितीय

### कॉलेज की यादें

बचपन की यादें, दसवीं कक्षा तक की यादें और फिर कॉलेज के बीते हुए पल हर इंसान को उसके मुकाम तक हमेशा याद रहते हैं। वहीं, में यहाँ ज्यादा ज्ञान नहीं बाँटना चाहती पर हाँ कुछ हँसी के पेश करना जरूर चाहती हूं। मैने इस कॉलेज से ज्ञान प्राप्त तो किया ही पर हँसी मज़ाक के पल भी बहुत से बिताये। यादें भी कुछ अलग अंदाज की-वो टीचर्स के क्लास में छुट्टी पर चले जाने पर की खुशी वो कागज में अटैनडन्स होते समय अपने दोस्तों की प्रोक्सी लगाना, वो टीचर्स के साथ हँसी मजाक करना, वो शनिवार के दिनों में कॉलेज न आने बहाना बनाना और आखिर में जब शोर्टेज आ जाये जब किसी लैक्चर में तो रो धोकर टीचरों से माफी माँगना, वो कॉलेज की कैंटिन जहाँ कोई अपने आप को जाने से रोक न पाये. वो नेसकैफे की हॉट कॉफी जो सर्दियों के दिनों में हर किसी के हाथ में दिखायी पड़े, वो कॉलेज के मैदान का स्टेज जहाँ सर्दी के मौसम में पूरी भीड़ जमा हो जाया करती थी, वो दूसरे स्ट्रीम के बच्चों को फेयरवल पार्टी देख अपने फेयरवेल पार्टी की प्रतीक्षा करना, वो लैक्चर में जल्दी पहुँचने के लिए सीढियों की जगह 'लिफ्ट' का इस्तेमाल करना, वो छोले-कुलचे से लेकर फूट जूस तक लम्बी-लम्बी लाइनों में खडे होता, दोस्तों का लैक्चर एक साथ करवाना, मोबाईल में हर समय लेक्चर खत्म होने तक एक-एक मिनट गिनना, कॉलेज के मैदान में हर समय सेल्फी लेना, वो कॉलेज के आते समय और जाते समय डांस डिपार्टमेंट में पागलों की आवाजें सुनना, वो दोस्तों की यारियाँ जिसमें कुछ अफ़गान दोस्त, कुछ मणिपुर के दोस्त, कुछ हरियाणा के दोस्त, कुछ पंजाब के कुछ हिमाचल के दोस्त। ऐसा कोई टीचर नहीं जिन्होंने कोई हँसी मजाक न किया हो, जिन्होंने कोई जिंदगी की सलाह या अच्छी सीख न हो। लिखने के लिए अभी बहुत कुछ है मन में, पर क्या करे! शब्द की सीमा कुछ ज़्यादा हो जायेगी।

(मुस्कान एक्का)

(बी.ए. तृतीय)

### औरत बदल गई...

दुत्कार, अमपान और तानों का भार, सहते-सहते जाने कब बड़ी हो गई, परंपराओं और मर्यादा की बेदी पर, उसकी अपनी इच्छाएं सूली चढ़ गई।

सबने जताया उस पर अधिकार, उसकी पवित्रता पर उंगली उठाई गई, कभी अग्निपरीक्षा ली सबने तो कभी वस्तु सी जुए में दावं पर लगाई गाई।

> खून-पानी से खींचा हर रिश्ता उसने पर हर रिश्ते में रही सदा वो पराई, एक रोज नव-दुगां कहकर पूजा उसे, कभी हवस की आग में गई जलाई।

माँ, पत्नी, बहन, बेटी, भाभी, सास, इनमें औरत ऋतुओं-सी बदलती गई, सांस लेती रही हर एक रिश्तें में वो, मगर उसके अंदर की औरत मर गई।

> अलिसा सैनी एम.कॉम ॥

### जिंदगी अनजान हो गई

जिंदगी यूँ ही आंजान हो गई, अपना होकर भी, अपनी पहचान खो गई। पिंजरे में पँछी कर तरह, यह भी कैद हो गई। उडने की चाह तो थी, पर जंजीरो ने हिम्मत तोड दी। एक कदम आगे क्या बढ़ाया, पीछे से खींच लिया गया। अपना सर क्या उठाया, सामने से हाथ उठ आया। आपके हक की मांग की तो, ज़ुबान तेज़ हैं। अपने सपनो की उड़ान दी तो, ईमान में खोट हें। आगे बढ़ना है मुझे, ऊपर चढ़ना है मुझे। तो क्यों इसे गलत ठहरा दिया? क्यों मुझे दबा दिया तूफान से नहीं, अपनो की दगा से डर हैं। अपने हो जाए ना खफा, इस ख्याल से डर हें। किस्मतो के खेल में जिंदगी ठहर सी गई। जिंदगी यूँ ही अंजान हो गई, अपनी होकर भी अपनी पहचान खो गई।

### खुदा ने हुनर दिया

खुश रहने का, तुझे भी, ओ बंदे। पर नफरत, तेरी फितरत में थी। उदास हरने का रास्ता, तुमने चुना वरना हँसी तो, उस गरीब के चेहरे पर भी थी। तेरी मुस्कुराहट से शायद, कोई दूसरा भी मुस्कुरा दें। कोशिश करके दो देख, ओ बंदे, इतना मुश्किल भी नहीं।

## मेरी मुस्कुराहट की पीछे

खुशी नहीं, गम छुपा होता हैं। मेरे आंसुओं के पीछे, खुशी नहीं, दर्द छुपा होता हैं। मेरी जिंदगी आसान नहीं, मुश्किले, मैं भी रोज़ सहती हूँ ''पर इसकी जिंदगी लाजवाब है कम्बख्त दुनिया, हर पल कहती हैं

> खुशबु बी.ए.।

### धर्म का निर्माण

बैठे-बैठे, मेरे मन में ख्याल आया, आखिर है क्या मेरी पहचान, हूँ मैं हिन्दू या पहले इंसान, क्यों हुआ इतनो धर्मो का निर्माण?

कहते है, हिन्दू मुस्लिम, सिख, सिक्ख आपस में सब भाई – भाई। फिर क्यूँ यह रिश्ता रोकता है? मुझे मस्ज़िद में जाने से, क्यूँ यह रिश्ता टोकता है? मुझ चर्च में कैंडल जलाने से, क्यों ना मंदिर मे आरती गाँऊ? क्यो ना मैं, गुरूद्वारे मे अपना सर झुकाँऊ? क्यों इतने दंगे फसाद? क्यो हुआ इतने धर्मी का निर्माण? ''आज एक समझदार इंसान को बेवकूफ बनते देखा, वे कैसे? वे ऐसे कि वह एक बेवकूफ को समझदार बनाने की कोशिश कर रहा था।'' ''दूसरों ज़िंदगी में खुशियों के रंग-बिरंगे फूल ते मैने बहुत बिखेर हैं, पर दूसरों का ख्याल करते-करते हम

अपनी ही जिंदगी की चाय में शक्कर मिलाना भूल गए।''

''बदलना है तो इंसान की बुरी आदतों को बदलो उसके व्यक्तित्व को नहीं, क्या कभी किसी व्यक्ति के 'Blood Group' को बदलते देखा है?''

''बास्तव में सच्चाई क्या है? सच्चाई वह है जो तुम्हारी आत्मा को मालूम है, फ़र्क बस इतना है कि उस सच्चाई को तुम न देखना चाहते हो न सुनना और न ही मानना बस यही एक गहरी सच्चाई है और इस न मानने वाली सच्चाई को स्वीकार करना ही एक बास्तविक सच्चाई है।''

मुस्कान एक्का

बी.ए. ।।।

## आज जब में सुबह उठी

जब में सबुह उठी, तो माँ के गुनगुनाने की मधुर आवाज़ मेरे कानों पड़ी और में समझ गई कि आज कोई खास मेहमान घर आने वाला है। माँ की मधुर वाणी और उनके हाथ के हलवे की खुशबू चारों ओर फैल चुकी थी। बस अब तो मुझे समझ आ गया था कि अत्यंत स्वादिष्ट पकवान आज खाने को मिलेंगे। तो मैं बस बस्तर से निकली और दौड़ के गई रसोई घर मे। वहाँ का नज़ारा ही कुछ और था। मैंने माँ से पूछा, '' माँ, आज कुछ खास है क्या? '' तो माँ ने जबाब दिया ''बेटा, आज तुम्हारे मनपसंद केशव अंकल आ रहे हैं। काफी वक्त बीत गया है और आज कुछ दिनों का अवकाश मिला है। तो वह हमसे मिलने आ रहे हैं। मेरी खुशियों का ठिकाना नहीं था। केशव अंकल मेरे पिता जी के बचपन के मित्र थे। जब मैं छोटी थी, वह हमारे घर आते थे मेरे लिए अनेक उपहार लेके। नब जब रक्षाबंधन होता था, वह हमेशा माँ से मिलने आते थे। क्योंकि न माँ का कोई भाई था, न केशव अंकल की कोई बहन। तो यह एक अनोखे रिश्ते का उदाहरण था। खुशी और उल्लास की लहर मुझ में दौड़ गई। जब केशव अंकल का भारतीय सेना में चुनाव हुआ, तो मेरी माँ अत्यंत प्रसन्न हुई। खुशी के मारे उन्होंने परे मोहल्ले में लड्डू बाँटे कहती 'आज मेरा भइया सैनिक बन गया। 'इन्हीं लम्हों की याद कर खुशी - खुशी मैं नहाने की ओर चल पड़ी। नहा धोकर मैं मां की मदद करने रसोई घर चली गई। बाबा दिखाई नहीं दे रहे थे, तो माँ ने बताया कि वह कुछ सामान लेने गये है। बाबा घर आते ही अपनी मनपसंद कुर्सी पर बैठे ओर टीवी पर समाचार देखने लगे। मेरे बाबा बहुत बड़े देशभक्त हैं और जब उन्हें पता चला कि केशव अंकल भारतीय सेना का एक अंग बन गये है तो वह ख़ुशी से फूले नही समाए। जब भी टीवी पर कोई सेना की खबर आती है तो पिता जी की आखों में एक चमक सी आ जाती है। आज बहुत से जवान घरों का बापस लौट रहे थे और मिडीया स्टेशन पर खडे अनेक परिवार वालों का इंटरव्यू ले रही थी। बहुत ही खुशनुमा वातावरण हो गया था लेकिन तभी अचालक से खबर आने लगी 'आंतकवादियों ने घर जाते सैनिकों की ट्रेन पर बम्ब गिराया।' और बस फिर चारों तरफ हा हा कार, राते हुए माँ-बाप इन सब की तस्वीरें टीवी पर आने लगीं। मेरी माँ दौडते - दौडते रसोई घर से बाहर आई और खबरें देखकर रोने लगी। पिता जी ने उन्हें संभाला और केशव अंकल का फोन टाई किया। फोन बंद आ रहा था। माँ रोते-रोते फर्श पर बैठ गई। बाबा तुरंत स्टेशन पहुंचके बाबा ने कालू की और बताया कि बोगी में केशव नाम के दौ सैनिक थे। एक की मौत हो गई थी और एक अस्पताल में था। ये सुनते ही माँ ने बाबा को कहा कि वह स्टेशन से अस्पताल की ओर
निकले और माँ उनको वही मिलेगी। अस्पताल पहुंच कर हम सब केशब अंकल ढूँढने लगे। उनके कमरे के बाहर दो गार्ड खंडे थे। पूछने पर उन्होंने बताया कि असल में आतंकवादियों ने दो धमाके करने थे। लेकिन यह बात वह केवल एक गुट को बता पाए जिसमे केशव अंकल थे। दूसरा गुट जो दूसरी बोगी में था उन तक ये बात नहीं पहुंच पाई क्योंकि सिग्नल जॉम हो चुका था। केशव अंकल और सैनिकों का बलिदान नही सह सकते थे। इसीलिए वे दूसरे डिब्बे की ओर भागे और वहां पहुँचकर उन्होंने डिब्बा खाली करवाना शुरू कर दिया और इतने में ही धमाका हो गया। हम लोग अंदर गए। तो हमने दुख कि घाव से लथपथ केशव अंकल आराम कर रहे थे। माँ ने उन्हे गला लगा लिया। वह रोने लगी और पूछा, ''भईया तुम सुरक्षित हो सकते थे तो तुम बॉम्ब की ओर क्यों भागे? केशव अंकल ने कहा, ''बहन मैं तुम सब से अत्यंत प्रेम करता हूं। लेकिन मैं एक सैनिक हूं और देश के आगे मेरे लिए कोई नहीं। और वह गाने के बोल गाने लगे – हर कर्म अपना करेंगे ऐ वतन तेरे लिए उनको देखकर मेरे आँखों में आँसू आ गए। वह इतने दुख में थे, इतने दर्द में थे लेकिन उनको देख रा रे एक मुस्कान थी और लबों पर देश का नाम। उन्हें आज देखकर मुझे मेरी जिन्दगी का सबसे बडा सबक मिला गया।

मानवी शर्मा

वी.ए. ॥।

मैं रोती तो नहीं हूँ...

मैं रोती नहीं हूँ, पर मुस्कुराना भूल गई। पहले की तरह अब मैं जीना भूल गई, ना जाने किसी बात की सोच में खोई सी रहती हूँ, रोती तो नहीं हूँ पर मुस्कुराना भूल गई खामोश सी रहने लगी हूँ, बक-बक भूल गई हूँ, लोगों से अब दिल मेरा, शिकायत तक नहीं करता. कोई है भी क्या अपना मैं ये भी भूल गई हूँ। रोती तो नहीं हूँ, पर मुस्कुराना भूल गई सहम सी गई हूँ पर मुस्कुराना भूल गई सहम सी गई हूँ मैं अंदर से न जाने क्यों मैं खुल के हँसना भूल गई हूँ दिल मेरा भी करता है ख्बाब हकीकत हो मेरा जब से टूटी हूँ ख्वाब सजाना भूल गई हूँ मैं रोती तो नहीं हूँ पर मुस्कुराना भूल गई हूँ।

प्रतिभा वर्मा

वी.ए.॥

# हिन्दुस्तान

उस दिन हिन्दुस्तान भी बहुत रोया, बँटवारे में अपनी पहचान को उसने खाया। अंग्रेजों ने तब ऐसा जाल बिछाया। हिन्दुस्तान को भारत -पाकिस्तान में बदलवाया। नफ़रत का ऐसा सेलाब छाया, भाई - भाई को लडता दुनिया ने पाया। दोनों के अंदर छुपा बच्चा अब शांति चाहता, पर अब आंतकवाद का आतक बीच में आता। हिन्दुस्तान भी जब है सोचता, काश पुराना वक्त लौट के आ पाता, जब भारत पाकिस्तान दुश्मन नहीं, एक जान-एक हिन्दुस्तान कहलाता।

दिपांशी

वी.ए. ॥

#### रिश्ते – प्यार का एहसास

बदलते समय में बदल रहा संसार है। पर इस बदलाव का रिश्ते क्यों शिकार है। दादा-दादी, चाचा-चाची जैसे रिश्ते जो थे देश की धरोहर, लोग इन्हें क्यों न समझे मनोहर। क्यों हर बात के लिए आज़ादी इतनी भाती है, कि इन रिश्तों को ही खा जाती है। बदलते वक्त में जरूरत है एक और बदलाव की, रिश्तों के प्रति गहरे लगाव की। रिश्तों का महत्व जब समझ आ जाएगा, उस दिन हर पराया भी अपना कहलाएगा।

दिपांशो

वी.ए. ॥

ऐ वक्त थोड़ा तो ठहर जा, ऐसे ने मुझे सता, अभी तो मैं पैदा हुआ था, दुनियादारी न जानत था, क्यों इतना बड़ा हो गया कि जिन्दगी से ही दूर हो गया।

पैसे कमाने की होड़ में जब लगा, खुश रहना ही भूल गया, पैसे कमाते-कमाते न जाने कैसे जीना ही भूल गया।

इस बनावटी दुनिया में रहता हुआ, उसकी नकली की पहचान भूल गया, झूठी तारीफों में घिरककर, सच्चाई से ही दूर हो गया।

ऐ वक्त अब तो ठहर जा वापस मुझे बचपन में ले जा अब में थक गया हूँ खुलकर अब जीना चाहता हूँ। मेरी कहानी

नई थी सुबह, नया था साल,

क्या होगा उसका हाल।

कौन थे ये? जिसके चेहरे पर था नूर,

क्या होगा इसका कसूर।

इसका दामिनी

किया था इसके साथ इतना घिनौना काम,

फिर भी सरकार कर रही थी आराम

हुआ था इसके साथ बलात्कार

घुट-घुट कर मर ही गई थी आखिरकार।

ये थी क्या इसकी कहानी,

जिस को देखकर लड़कियों बन गई झाँसी की रानी।

बहुत कर ली इन राक्षसों ने अपनी मनमानी।

अब से नहीं होगी किसी लड़की की बदनामी।

अफ़सोस है इस बात पर, कि लड़कियों को समझा जाता है, अब भी बोझ,

न जाने कितनी लड़कियों को मारते है हर रोज़

वैसे हर रोज़ कितनी औरते घुटती है।

पूछ के देखो उनसे, बच्चा जन्म देते समय कितनी नब्ज़ टुटती है।

ताकत है इसकी जान में, तभी तो बनाई होगी ये इस रामने

है मुझे इस बात का गम,

कि लड़कियों को अब भी समझा जाता है लड़कों से कम।

क्यों ऐसा होता है?

ये देखकर मेरा दिल रोता है।

मनप्रीत कौर

बी.ए.।

### जांगृति

#### जांगृति का अथ

जांगृति का अर्थ होता है – जागना अर्थात् अपने अधिकारों के प्रति जागरूक होना हमारी जिंदगी सुख व दुख दोनों से मिलकर बनी हुई है। हम भारत देश में रह रहे हैं। हमें भारत देश में होने वाली सभी घटनाओं के बारे में पता होना चाहिए। हमारा कर्तव्य बनता है कि हमें सभी को उनके अधिकारों के प्रति जागरूक करना चाहिए।

हम भारत देश के नागरिक है हमें भारत में जो अधिकार मिले है उनके बारे में पूरी जानकारी होनी चाहिए। हमें अपने अधिकारों का पूरी तरह से ज्ञान होना चाहिए। अपने अधिकार के अनुसार ही हमें अपनी जिंदगी की शुरूआत करनी चाहिए।

#### कम पढ़ – लिखे लोगों कें प्रति

हमें हमारे देश व समाज में भी हमारा कर्तव्य बनता है कि हमें अनपढ़ लोगों को भी उनके अधिकारों के बारे में जागृत करना चाहिए। हमें गरीब लोगों को उनक अधिकारों के प्रति प्रेरित करना चाहिए। अगर हमें गरीब लोगों को उनके अधिकार दिलान के लिए कुछ भी करना पडे हमें करना चाहिए। 

#### गाँव-गाँव में प्रचार-

हमें गाँव-गाँव में प्रचार प्रसार के माध्यम से लोगों को उनके अधिकारों व देश के बारे में जागरूक करना चाहिए देश-विदेश में घटने वाला घटनाओं के विषय में उनको बताना चाहिए। टी.वी. व रेडियों के माध्यम से भी हमें लोगों को जागरूक करना चाहिए।

हमें लोगों को टी.वी. व रेडियों के महत्व के बारे में भी जागरूक करना चाहिए। हमें लोंगो को टी.वी. ब रेडियों व समाचार पत्र पढ़ने के लिए प्रेरित करना चाहिए ताकि वे देश-विदेश में घटने वाली घटनाओं व देश में हो रही घटनाओं का पता लगा सके।

हमें बच्चों को भी उनके अधिकारों के बारे में जागरूक करना चाहिए। बच्चों को भी उनके अधिकारों के विषय में बताना चाहिए। ताकि बच्चा अपने जीवन में अपने अधिकारों का सही ढंग से इस्तेमाल कर सके। रवेलों का महत्व – आजकल पूरे संसार व देश में खेलों को भी बहुत महत्व दिया जा रहा है। हमें लोगों व बच्चों को बचपन में ही खेलों के प्रति जागृत कर देना चाहिए। हमारा कर्तव्य बनता है कि हमें लोगों को खेलों के बारे में भी जागरूक करना चाहिए।

भ्रष्टाचार के प्रति जागृत करना – हमें लोगों को भ्रष्टाचार के बारे में जागरूक करना चाहिए। हमारे समाज व देश में भ्रष्टाचार बड़ी तेजी से फैला जा रहा है। हमें लोगों को देश में होने वाले भ्रष्टाचार के विषय में बताना चाहिए। देश में चल रहे घोटालों व आपसी लूटपाट के बारे में लोगों का बताना चाहिए। अर्थात् उन्हें जागरूक करना चाहिए। हमें बढ़े बुढ़ों व बच्चों को भी भ्रष्टाचार के विषय में जागृत कर देना चाहिए।

हमें हर गाँव व घर शहर में जाकर भ्रष्टाचार के बारे में प्रचार करके लोगों को जागरूक करना चाहिए।

भ्रष्टाचार की जड़ खत्म करने के लिए हमारा कर्तव्य बनता है कि हमें लोगों को भ्रष्टाचार के विषय में जागरूक करके, हमें उन्हें उनके अधिकारों के विषय में बताना चाहिए। जब कोई भी व्यक्ति किसी भी कार्य में रिश्वत ले रहा है तो वह भी एक प्रकार का भ्रष्टाचार है। हमें लोगों को बताना चाहिए कि देश के प्रधानमंत्री से मिलने का हमें अधिकार है। हमें उनके सामने अपने विचार रखने को भी हमारा अधिकार है। 

#### ছিাঞ্চা –

शिक्षा के प्रति लोगों को जगना अर्थात लोगों के शिक्षा के विषय में जागरूक करना हमारा कर्तव्य है। हमें छोटे बच्चे से लेकर बड़े आदमी तक हमें शिक्षा का महत्व बताना चाहिए। हमें बच्चे, बुजुर्गों को भी शिक्षा का महत्व बताना चाहिए कि शिक्षा के माध्यम से हम कहीं पर भी पहुँच सकते है। शिक्षा के बिना ज्ञान अधूरा होता है। एक पढ़ा लिखा व्यक्ति कहीं पर भी पहुंच सकता है।

जीवन – – हमें लोगों को जीवन जीने के बारें में भी जागृत करना चाहिए अर्थात् उन्हें जीवन के महत्व के बारे में बताना चाहिए। उन्ळें जीवन में आने वाले उतार चढ़ाव के बारे में पूरी तरह जागरूक करना चाहिए। जीवन मनुष्य को एक बार मिलता है। जिंदगी जीने का सही तरीका बताना चाहिए अर्थात् उसे जिंदगी का महत्व बताना चाहिए।

दुःरव व सुरव – हमें लोगों को जीवन में आने वाले दुखों से न घबराने के के लिए जागरूक करना चाहिए। उन्हें दुख व सुख दोंनों के बिना हमारी जिंदगी अरूचिकार बन जाएँगी, उसे जीने में कोई मजा नहीं आएगा। इसीलिए लोगों को जीवन में आने वाली कठिनाइयों के प्रति जागरूक करना चाहिए।

#### निष्कर्ष –

हम यह निष्कर्ष निकाल सकते हैं कि हमें सबसे पहले अपने अधिकारों के प्रति जागरूक रहना चाहिए। हमें सभी को उनके अधिकारों के प्रति जागृत करना चाहिए। हमें देश में तेजी से फैल रहे भ्रष्टाचार के विषय में सबके जागरूक करना चाहिए ताकि इन बुराईयों व भ्रष्टाचार से हमारे व अपने देश के ऊपर कोई प्रभाव न पड़े हमें ज्यादा से ज्यादा देशवासियों को अपने देश के प्रति जागरूक करना चाहिए ताकि हमारा देश आसानी से आगे बढ सके और आने वाले समय में हमारे देश उन्नति कर सके।

> ईशु बी.ए. ॥

# मिजाज मेरी माँ के

तड़पती हुई धूप में, उसका यूँ मेरे बालों को सुलझाना। अपनी चुनरी से मेरे बहते पसीने को पोंछना। उन बुढ़ी आँखों में, मेरे सपनो के बोझ लिए हर बात पे मुझे संस्कार हज़ार दिए।। अपनी उन झुरियों से, वह बे-पाक मुस्कान देना। बस यूहीं मिज़ाज है, मेरी माँ के।।

अपने को कमज़ोर और मुझे मज़बूत किया। दुनिया को छोड़ और मुझे हमेशा सहारा दिया।

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प्रेक्षा बहुगुणा बी.एस.सी॥ दिल में भरे अरमानों को भी कह जाती है वो कलम, दिल में छिपे दर्द को भी, अभिव्यक्त कर जाती है वो कलम, बेजुबान की भी वाणी, बन जाती है वो कलम धैर्य से सब कुछ लिख, जाती है वो कलम। बिन बोले सब कुछ, कह जाती है वो कलम।

सफलता के कोनों तक,

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पहुँच जाती है वो कलम।

## कलम

#### पापा का प्यार

उम्र ब्रहुत छोटी थी, तो कभी समझा हीनहीं,

पापा का प्यार।

जिन्दगी ने समझाने के लिए,

किया कितना बड़ा उपकार।

छिन लिया वो पापा का प्यार,

साथ तो थो वो प्यार

पर समय की थी भारी मार।

जब जिन्दगी का बोझ आन पड़ा मुझपर,

तो जान पड़ी उस प्यार की कदर।

बहुत कुछ सिखा डाला मुझे,

उस जिन्दगी के उपकार ने

जो आथ आज तो नहीं है,

पर उस प्यार की कदर

करवा डाली उस उपकार ने।

जाह्मवी

बी.ए.॥

जिन्दगी

चार दिन की है जिन्दगी, हर कोई ये कहता है। फिर इस जिन्दगी को कोई, खुलकर क्यूँ नहीं जीता है।

कल की फिकर में आज क्यूँ बिगड जाता है। पैसों की दौड़ में क्यूँ सुकून ही खो जाता है।

तुम क्या लाए थे, जो लेकर जाना है। कुछ यादें बना लो, यही तो साथ जाना है।

जिन्दगी भले ही छोटी सी पर हर पल को जीना है। सब कुछ भूलकर, बस हर पल को जीना है।

दिपांशी चादला

बी.ए.॥

#### बगावत

जब मैं सुबह उठी, देखा दीदी साथ में बिस्तर पर नहीं है। सोचा शायद मैं, स्कूल के लिए लेट हो गई हूं। मां की डांट से बचने के लिए, मैने भगवान का नाम लिया और भाग कर बाहर गई। माँ सोफ पर बैठी रो रही थी। और पापा फौन पर किसा से बात कर रहे थे।

मीना आँटी, हमारे पड़ोस में रहती है और मेरी माँ की बहुत करीबी दोस्त भी हैं। वह माँ को सांत्वना दे रही और चुप करवा रही थी।

मैं घबरा गई। मैं फट से माँ के पास गई और पूछा की क्या हुआ? पर उन्होंने मुझे कुछ जवाब नहीं दिया।

मैं पापा के पास गई और रोते हुए बोली की, ''क्या हुआ मेरे पापा ने कहां, ''फिकर मत कर, दीदी आ जाएगी।'' मैं घबरा गई और फिर से सोचा, ''दी आ जाएगी।'' ''दीदी कहाँ गई?

कुछ पल तो बात समझने मे लगा की क्या मैं कोई सपना देख रही हूँ? या सच्ची मे मेरी हँसते खेलते परिवार यूँ गुमसुम, घबराया था। माँ के पास एक घंटा बैठने के बाद मीना आंटी ने मुझे समझाय की दीदी रात को ऑफिस से वापिस आए ही नहीं। मैं उस समय अपने पापा को हिम्मत देना चाहती थी। थोड़ी ही देर में पुलिस थाने से फोन आता है और मैं और पापा पलिस थाने जाते हैं।

मैं बहुत घबराई हुई थी पर उस समय बहुत मुश्किल से अपने पापा को मैने कहा कि आप फिकर मत करो, पापा, दीदी आ जाएगी।

उस समय में अपने पापा का दर्द और फिक्र नहीं समझ सकती थी।

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एक पिता और माँ के लिए यह कितना दर्दनाक और मुश्किल हो सकता है जिसकी लाडली बेटी जिसकी एक मुस्कुराहट से कोई भी मुस्कुरा देता, जिसकी कुछ महीने बाद शादी होने वाली थी, वो पूरे दिन घर नही आई।

भगवान से पूरे दिल से माफी माँगी की कभी अगर कोई गलत किया हो तो, मुझे सज़ा दो पर दीदी को वापिस भेज दो। हमे रात हो गई थी घर वापिस आए हुए पर दीदी का कुछ नही पता। यूँ रोज पुलिस स्टेशन के चक्कर लगाते हुए, हमें एक हफ्ता हो गया था। मेरी माँ ने कुछ अच्छे से खाया पिया नहीं, पापा की रातों की नींद चली गई। फिर एक दिन, पापा को पुलिस स्टेशन से फोन आया। पापा भागत हुए गए। मैं घर पर माँ के साथ इंतजार कर रही थी कि दीदी आज आ जाएगी। माँ ने तो मान ही लिया था कि दीदी आज वापिस आएंगे। अपने आँसू पोंछकर वो फट से दौड़ी रसोई की तरफ और दीदी के पसंद का हल्वा बनाने लग गई। उनको खुश देखकर, मैं भी खुश थी। एक राहत सी मिली। पर इतने में ही पड़ोस के शर्मा अंकल, गुप्ता अंकल, शास्त्री अंकल, और भी कई लोग घर आ गए। मुझे लगा कि शायद इन्हें भी पता चल गया कि दीदी आने वाले हैं। में भाग कर दरवाजे पर गई। जैसे ही दरवाजा खोला. वो पापा के साथ दीदी को ले आए। सब हॉल में इकट्ठे हो गए। मैं भाग कर दीदी के पास बैठी, पर दीदी कुछ बोल नहीं रहे थे। मैंने कहाँ, ''कहाँ चले गए थे दीदी आप? ''कितना याद किया था मैंने आपकों।'' दीदी ने फिर भी कुछ नहीं कहा। मैं दीदी के गले लग गई, पर दीदी ने फिर भी कुछ नही कहा। मैंने जोर से बोला कि ''दीदी कहाँ थी आप?'' पर दीदी तो आँखे भी नही खोल रही। पीछे से मीना आंटी ने मुझे उठाया और कहने लग गए कि अब वो कुछ नही बालेंगी। मैं कुछ नही समझी मैं फिर से दीदी के पास जाकर बोली पर कुछ नहीं हुआ।

मेरे आस पास सभी रोने लगे। यह हादसा, मैं नही बर्दास्त कर सकी। और बेहोश हो गई। जब मैं उठी तो देखा घर खाली हैं।

माँ कमरे मे रो रही है और पापा घर पर ही नहीं थे। जिस लड़की की डोली कुछ महीने बाद यहाँ से उठने वाली थी, उसकी अर्थी लेकर पापा गए थे। कुछ दिनो बाद जाकर मुझे पता चला कि मेरी दीदी के साथ ''बलात्कार'' हुआ था। मैं टूट गई। जिस शब्द से हर माता पिता अपनी बेटी को दूर रखना चाहता था, आज मेरी माँ ने मुझे वो शब्द चीखकर कहा।

उन्होने रोकर, ज़ोर से कहा, कि ''हाँ, तेरी दीदी के साथ बलात्कार हुआ।''

शायद वो खुद भो इस पर यकीन नहीं कर पाई, तभी शायद खुद को यकीन दिलवाने के लिए वह यूँ कह रही थी। मैं रोज़ रोती, रोज़ अपने बिस्तर की दूसरी और देखती, पर दीदी नही आई। सालो बीत गए, आज दीदी के केस की कोर्ट मे पेशी थी।

मुज़रिमों को 5 साल बाद बलात्कार व हत्या क जुर्म में उमरकैद की सज़ा मिली। मैं कोर्ट से बाहर निकलते हुए काले कोर्ट मे भागते ही पापा के गले लगती हूँ। आखिर, इतने सालो का दर्द, मेरी मेहनत, मेरे माँ के आँसू और पापा की नींद की कीमत मिल गई। मेरी दीदी शायद कभी वापिस ना आए पर वो जहाँ भी होगी, जरूर मुझ पर गर्व होगा। आज कई साल हो गए, उस बात को अब भी रूह काँप् उठती है, वो मंजर याद करके।

फिसी और को मेरा जैसा दर्द ना झेलना पड़े, इसलिए आज वकील के साथ ही महिला सशक्तिकरण के लिए एन.जी.ओ भी चलाती हूँ।

मैं घबराई हूँ, मैं सहम आई हूँ, पर गलत नज़रो से न देखो, में बगावत पर उतर आई हूँ।

खुशबू बी.ए.। क्यों? उस रात मैं अकेली थी क्यों? उस समय की, बेड़ी से घिरी थी। काश उस दिन ज्यादा काम न लिया होता, ऐ खुदा! आज ये ना होता। क्यों? अकेले घर जाने की जिद की, क्यों. फोन की बैटरी चार्ज नहीं की। काश घर के लिए कुछ लेने रूकती नहीं तो काश आज साँसे गिनती नहीं। क्यों? माँ के कहने पर छुट्टी ली नहीं, क्यों? उस दिन तबीयत बिगड़ी नहीं। काश सूरज ढलने से पहले निकली होती, तो काश आज लोगों के सवालों से जकड़ी नहोती। क्यों? नहीं आई शर्म उन्हें क्यों? नज़र नही आई मुझमे अपनी बहन उन्हें काश उनसे भी पूछे सवाल कोई, काश इन्साफ की लगाए पुकार कोई। क्यों? मुझपे ईल्जाम लगा दिया। क्यों? समय और कपड़ों को ज्ञान दिया। काश वो चीखें सुनी जाती, तो काश आज खुदको मरा ना पाती।

> कनीका बी.ए.।

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क्यों

# कौन तुम मेरे हृदय मैं

कौन तुम मेरे हृदय में, कौन मेरी कसक में नित। मधुरता भरता अलक्षित, कौन प्यासे लोचनों में।। घुमड़ घिर झरता अपर्रिचित, नींद के स्वप्नो सूने किसलय में कौन तुम मेरे हृदय में।।

अनुसरण निर्वास मेरे, कर रहे किसका निरंतर! चुमन पदचिन्ह किसके, लौटते यह श्वास फिर-फिर! कौन बंदी कर मुझे अब, बंध गया अपनी विजय! कौन तुम मेरे हृदय में।।

एक करूण अभाव में चिर, तृप्ति का संचार संचित! एक लघु क्षण दे रहा, निर्वाण के वरदान शत! शत! पा लिया मैंने किसे इस, वेदना के मधुर क्रय में। कौन तुम मेरे हृदय में!! गूंजता उर में न जाने, दूर के संगीत-सा क्या! आज खो निज को मुझे, खोया मिला विपरीत – सा क्या। क्या नहा आई विरह निसि, मधुदिन के उद्य में कौन तुम मेरे हृदय में!! तिमिर पारावार में, आलोक प्रतिमा है, अकम्पित! आज ज्वाला से बरसता. कौन मधुर घनसार सुरभित सुन रही हूँ, एक ही झंकार, जीवन में, प्रलय में, कौन तुम मेरे हृदय में!! झूम गर्वित स्वर्ग देता, नत धरा को प्यार-सा क्या! मूक सूख-दुख कर रहें,

मेरा नया शृंगार सा क्या! आज पुलकित सृष्टि क्या, करने चला अभिसार लय में। कौन तुम मेरे हृदय में!!

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बी.ए.।

हमसे कुछ कहना चाहती है, ये प्रकृति ये पेड़ों का सरसराहट ये पक्षियों की चहचहाना, ये समुद्र – नदियों का बहना कुछ कहना चाहते है! हमसें कुछ पाना चाहते हो जिंदगी में अगर, तो कुछ कर दिखलाने का साहस रखो, तो कुछ कर दिखलाने का साहस रखो, कोई राह मिलें या न मिलें, अपनी राह खुद बनाना सीखों, हर मुश्किल को सहना सीखों, खुशियों की खुशबु को दूर – दूर, तक फैलाना सीखो।

जागो! सभी लगों काम पर, तभी तो आगे जिंदगी में बढ़ पाओगे नही तो मुर्दी की तरह जिंदगी व्यतीत करके इस दुनिया से चले जाओगे।

सिमरनजीत कौर

बी.ए.।।।

# प्रकृति

### प्रकृति की महिमा

अनेक हैं प्रकृति के राज़, अब न होती सुबह कोई आवाज़ न पेड़, न छाया, पक्षी हुए ढेर, मनुष्य की ये माया न पक्षियों का चहचहाना, न भवरों का गुनगुनाना मौसम है न ठिकाना, मानव ही बना अपनी मौत का बहाना, नदियाँ-नालें न कोई अंतर, वायु-शुद्धि ना कोई मंत्र जो बिगड़ा हमने, सवारें संकल्प कर मन में ताकि..... सूरज चाहे हो हमसे कितनी भी दूर, उससे ही हो सुबह का नूर पेड़ दे फल-फूल और छाया, पंछी भी गाँए गाना झरनों की झर-झर, प्रकृति आने वाली पीढ़ियों की धरोहर अब इसे न हो कोई नुकसान, यही है हम सब का मान।

नमरथा

बी.एस.सी.।

#### जागृति

विश्व के अनेक देशों की तरह भारत भी शिक्षा के क्षेत्र में उन्नति कर रहा है क्योंकि लोगों को शिक्षा के माध्यम से अपने कर्तव्यों व अधिकारों के बारे में जागृति आ गई है। वर्तमान युग मे लोगों में जागृति की उत्पत्ति का मुख्य कारण संचार साधन है जिसमें हम समाचार पत्र, टेलिविजन व रेडियो शामिल करते है। इन साधनों ने लोलगों में दो तरह की विचारधारा को उत्पन्न किया। सकारात्मक व नकारात्मक।

अतः मनुष्य में सकारात्मक जागृति ही उसके जीवन का आधार बन सकती है। जागृति का मुख्य अर्थ है 'जागना'। जिस तरह पुरातन युग में लडकियों की शिक्षा की व्यवस्था नही थ्जी तथा स्त्रियों को घर की चार दीवारी के अन्दर रहना अनिवार्य था उनके घूमने-फिरने पर रोक थी उसी तरह इस क्षेत्र में लोगों में जागृति आने पर अब वर्तमान समय में उनकों शिक्षा की व्यवस्था तथा स्त्रिँया किसी भी सामाजिक आर्थ्जिक व राजनातिक गतिविधियों में स्वतंत्र रूप से भाग ले सकती है। प्रधानमंत्री नरेन्द्र मोदी जी ने 'बेटी बचाओ, बेटी पढ़ाओ' के अभियान का संचार किया तो लोगो में दिशा में जागृति आई। जागृति मनुष्य में नव भावना, नव विचारधारा को संचार करती है। जागृत मनुष्य प्रत्येक क्षेत्र सामाजिक, आर्थिक व राजनीतिक विकास पर ध्यान रखता है।

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मनुष्य के विकास के लिए आवश्यक है कि वह पुरानी रूढिवादी परम्पराओं व धार्मिक कर्मकाण्डों को छोड कर शुद्ध व पवित्र जीवन तथा आधुनिक विकसित देशों की विचारधारा को उपनाकर अपने जीवन को गांति दें। मनुष्य जिस तरह उतरोतर उन्नति व तकनीक के क्षेत्र में तरक्की कररहा है उसी तरह उसकी विचारधारा व मानसिक भावना भी भी जागृति आ रही है। भारत ने अनेक देशों अमेरिका, चीन, फांस आदि के संविधान व संस्कृति से अनेक तथ्य लेकर भारत के संविधान की रूप रेखा तैयार की तथ्जा यहाँ के लोकगों ने वहाँ की संस्कृति को उनके लिवाज़, खान-पान व रहन-सहन को भी अपना लिया तथा सभी देशों ने आयात-निर्यात भी करना शुरू किया अत: यहां के लोगों में भी जागृति आने लगी। वर्तमान में भारत के जागृत मनुष्य चंद्रयान मिशन तक पहुंच चुका है। जिसने वहां पर पानी की खोज कर दुनिया को बसाने का निर्णय किया अत: वहाँ पर जीवन संभव हो सकता है। जीवन के इस विशाल क्षेत्र में जागृतिज के कारण मनुष्य दिन दो-गुनी रात चौगुनी तरक्की कर रहा है। इस कारण गांव के लोग जो गांव में रहकर खेती बाड़ी का कार्य करते थे तथा शहर की आवाजाही व पक्की सड़कों से दूर से आज वे शिक्षा की महत्ता को समझ कर गांव को छोड कर शहरों में बस रहे है यही जागृति आज मनुष्य को उसके सपनों व इरादों को पूरा करने में साकार हो रही है।

आज विश्व के अनेक देशों की तरह भारत में भी महिलाओं को वेट का अधिकार मिला है जो कि राजनितिक क्षेत्र में जागृति का आधार है। इस भावना का संचार संसार के प्रत्येक बतके मे होने अनिवार्य है सिजके कारण भारत भी विकसित देशों की श्रेणी में शामिल हो जाए।

ब्रिटिश भाषा में अंग्रेजी भी लोगों में विशाल स्तर पर बढ़ रही है परन्तु हिन्दी भाषा आज भी अपने स्थान को सुरक्षित रखने में सक्षम रही है।

जागृति का स्त्रोत किसी भी दिशा का बिन्दु बन सकता है चाहे फिर वह किसी भी क्षेत्र मे हो उसका उद्देश्य विकास करना ही है मनुष्य इस क्षेत्र में व्यापक रूप से उन्नति कर रहा है। जहाँ भारत को तकनीकी के क्षेत्र में उन्नति मिली है वहीं विभिन्न कार्यक्रमों में भाग लेकर उसमें जागृति भी आई। समय के साथ-साथ मनुष्य के कार्य व विधि की सीमा भी बदलरही है शिक्षा के क्षेत्र में तो प्रतियोगिता की होंड सी मच गई है हर व्यक्ति नौकरी पाना चाहिता है जो कि पुरातन समय में नहीं था। इस तरह हम कह सकते हैं कि मनुष्य की उत्पत्ति का आधार शिक्षा है क्योंकि जागृत मनुष्य ही अच्छी शिक्षा पाकर देश के विकास में अपना बहुमूल्य योगदान दे सकता है ताकि भारत भी अनेक देशों की तरह विकासशील देशों की श्रेणी से विकसित देशी की श्रेणी में आ जाए इस तरह मनुष्य को जागृति भवसागर से पार लगा। सकती है जो कि वर्तमान युग में आवश्यक है। जागरूत मनुष्य ही सही निर्णय लेने की योग्यता रखताहै तथा संयंम भी बनाए रख सकता है। इसलिए जागृति मनुष्य के विकास की 'रीढ़ की हड्डी' मानी जानी चाहिए।

# Zeitgeist Zeal











# **Globus Grandiose**





# **Rose Festival**





# gii kph Gkr

# ; Ю́В

|     | nfXnkge ; gkde                                   | - | fe¢Bk okDh-n?; '; hJN g¢?; o       |
|-----|--------------------------------------------------|---|------------------------------------|
|     | ftfdnkoEh; gkde                                  | - | wrbk d/th phHJ/Gkr shhi k          |
|     | sseok                                            |   |                                    |
|     | ; gkde dk BK                                     |   | ouBkeko dk BK                      |
| 1H  | ; gkde tbll-                                     |   | ouBkeko dk BK                      |
|     | nkgDk w{o gSkfD                                  |   | feipBk okDh n?; '; hJN glip?; o    |
| 2H  | ; rhs d(nkok wB(yh i htB<br>ftlu T(pi k dk ; uko |   | ∨kH ; (psh j 'ok, n? '; hJN gl¢? o |
| 3H  | ö÷b (; [rw ; rhs ôbh)<br>fo; ou ; ekbo           | _ | y'i koEh ; (yi hs f; ¤ ; rhs ftGkr |
| 4∦  | eftsk - j <i>l</i> d                             | - | ; B'n ; kdrh phHJH Gkr gfj bk      |
|     | eftsk - j tk                                     |   | ; B'n ; kdrh phHJH Gkr gfj bk      |
| 511 | eftsk - Ìwlí                                     | _ | nwB s/feosh phHJH Gkr gfj bk       |
| 6#  | rþwfs;rhss/ihtBiKu                               |   | nwBdhg e'o y'i koED ; rhs ftGkr    |
| 78  | Eftsk wK s/wA                                    |   | ; B'n ; kdrh phHJH Gkr gfj bk      |
| 811 | wlþkj í k - ej kDH                               |   | i ; bhB e'o - phHJH Gkr gfj bk     |
| 911 | nBwb ftuko                                       |   | wr bk d/th phHJH III               |
| 101 | XhnK                                             |   | fôbkw d/th, phHJH III              |
| 11H | foôs/                                            | - | soBi 's e'o                        |
| 12H | ; lu/wkor ulbfdnK T[; ss<br>eo/ijkB              | - | f; woBi hs e'o phłJłł I            |
| 13∦ | nkgD/j <i>l</i> Eh nkgDK nkg/jh<br>eki ; tkohn?  | _ | f; woBi hs e'o phHJH I             |
| 14H | wBihs?ilr ihs                                    |   | f; woBi hs e'o phHJH I             |
|     |                                                  |   |                                    |

- 15H nli dhfidrh f; woBihseo phHJHI
- 16H ; [gfBnKd/; r wBghseb phHJH-I
- 17H bfjok wBghsebphHJH-I
- 18H skfonkd/j/mk wBghsebphHJH-I
- 19H gi kph b'e rhs p'bhnK s/ uko{j K∨k n?; '; hJN git fBips ftGkr gi kph ; lfGnkuko

#### nkgDk w{b gSkD

fi t/-fi t/ wB[y dk ftek; j k/k frnk T[j ur/s/ ur/s/ urb/t/b t/Xdk frnk gfj bK-gfj b wB[y i r bK ft/u ofj dk ; h, cb elu/efmnK ft/u ofj D b/r fgnk j bh-j bh fte; s j fJnk sK gle/; hw/N d/xoK ft/u spdhb j frnk. ftek; d/wkor T[s/ ulb e/T]; B/ Bt/-Bt/ YKfunK B{ f; ofi nk s/T[BK w[skpe



; Ku/pDkJ/. nkgD/wB ndo f; oi / ; koEe ; [gfBnK B{ glok eoB fj ls nkgDh o[uh d/ w[skpe T[BK ; [gfBnK ftlu or Godk frnk. fi ; pd/d/wB ndo ; [gB/Bj h] j 'Dr/T[j ; keko eh eolrk< y[p; [ps ; [gfBnK B{f; oi D bJh ; koEe ; X dk j 'Dk nfsns ÷o[oh j ?

efgTNo : [r d/nkT[D Bkb lj *l*EhA fbyD dk oMkD pj [s j h xNdk i k foj k j ? **Sharing Base** dh **Education** tX*b*/j' rJh j? fi j V/ b'eK B/ f÷drh dh feskp B{ gfV[hk j't/T]j b'e feskph fr nkB d/w[Eki Bj hAj [d/nkgD/nB[Gt dh ekV[Bh lu gJJ/ b'e nkgD/ i htB d/ si ofpnK sA ; *K* b? e/ nkgD/ nkg B{ o'ôB sK eod/ j B d{fi nK bJJh o'ôB w[Bko/pDd/ j B.

nkGk wir ÷hB d/gfBnK T[s/nkgDh i rkj pDkT[D tkb/ns/beK dk okj olpBkT[D tkb/f; detkB ebwekoK dh wil pjild oleor[i ko j K. Btl; kfj sekoK Bł wipkoepkd fddh j K. Gktl Btl; kfj sekoK bJh pjis; kohnK u[D'shnK j B. fJ; bJh f÷drh ndo nkT[D tkbhnK u[D'shnK dk viN e/wiekpbk eoB, fjws Bk j koB s/ nkgDhnK i VK Bkbil Bk N[ND, nkgD/øo÷K BłgSkDB s/nkgD?] ieK giph; ju/s j 'D, ; j h Bł; j h s/rbs Bł rbs efj ; eD dh nkgD? ndo ; woiEk pDkT[D. nkgDh ndoBh oesh dh gSkD eoB. fe; / th ew Bł SNk Bk ; wMD. j o fJB; kB dh edo eoB, nkgDh ÷who dh nktk÷ Bł; [D e/s/nkgD/ftukoK Bł nwbh i kwk gfj BkT[D. nkgDh plbd; 'u T[s/fdik/sk Bkb gfj ok dD. wB dh fJekrosk Bł; kX e/fBôkB/T[s/ B÷oK fNekT[D s/ nkgD/T[db Błjk; b eoB, ol]yK torh; fj Dôhbsk ngDkT[D. nkswe pb Bkb Gog[o j 'D. fttj koe s'o s/; koEe B÷ohnk olyD tkb/ nkgDh fw; kb nkg pDd/j B.

i / n; hl nkgD/ nkg/ B{gSkD btKr/sK d[BhnK dh e'Jh th skes ; kB{j ok Bj hl ; edh ; kB{wBl v[bk Bj hl; edh n; hl fBoG?: X/pD ; ed/j K )fBoG'sk() j h ; kv/ ndo dh n; bh skes j? i /e'Jh ew n; hAfBvo j 'e/eoBk ôþ{eoKr/sK ehs/ew dh e[nkbNh pV/T[u/glXo dh j 't/nh fi ; Bkb ; kv/Gkos dk ; j h fBowkD eoB ftlu : 'rdkB gk ; eD dh ; wolEk olyKrl.

nkgD/; fj: 'rh; fj eowhnK dk th sfj fdbl XBdkt eodh jK fi BK B/; wA-; wA f; o fJ; wr +hB dk ew Bgo/ukVB bJh: 'r oktK fdIshnK.

- wrbk d/th ftfdnkoEh ; gkde s/ nkBfdsk tbl gi ekgh fsnko eoB ftlu
  wbh ftôô wldd eoB bJh ô[eohnk.
- wil XBtkdhjKnkgD/gi kphftGkr d/wijyhvkH dftdoi hs e'o i hj'oK dhfi BK
  B/ nkgD/; jj od Tidw; dek inkGki wir÷hB dh; gkdeh bJh wiBł õk; wiek
  gkdkB ehsk.
- ftôô XBtkd d/jledkojB wb/ekbi ghli hli hl; hli h; eNo 11 uv/hr Vld/ wlyh fgq hgb; kfj pk vkli nBhsk e'ôb i h d/gptXeh e'ôb bJh T[BK dh dlo fdrôNh s/; koEe; X; dek fJ; ekbi d/; MtkB; Nkø tbl s/ftfdnkoEhnK tbljo y/so ftlu gkgs ehshnK gkgshnK dk fJfsjk; f; ofi nk fr nk j?fJj Bkwto ekbi d[BhnK d/Beô/s/fJle ftôb; EkB jk; b eo ulek j?s/nkgDh fw; kb til; Ekgsh dk eldo j?
- nkGk whr ÷hB d/gi kph Gkr ftlu elM ouBktK olgh ewb glshnK nkg i h d/eo ewbK ftlu j kofde ôoXk Bkb GlN eofdnK nEkj ylph dk nBlGt eodh j Jh pV/j h ndp ; fseko ; fj s -

fepBk okDh

gfV(hkj't/T)j b'e feskph frnkB d/w[Eki Bjhlj [d/nkgD/nB[Gt dh ekV(Bh lu gJJ/ b'e nkgD/ihtB d/si ofpnK sl; X b? e/nkgD/nkg B{ o'ôB sK eod/j B d{ finK bJJh o'ôB w[Bko/pDd/j B.

nkGk wir ÷hB d/gfBnK TĮs/nkgDh i rkj pDkT[D tkb/ns/beK dk okj olpBkT[D tkb/f; detkB ebwekoK dh wi pjild oleon[i ko j K. Btl; kfj sekoK Bł wipkoepkd fddh j K. Gktl Btl; kfj sekoK bJh pjis; kohnK u[D'shnK j B. fJ; bJh f÷drh ndo nkT[D tkbhnK u[D'shnK dk viN e/wiekpbk eoB, fjws Bk j koB s/ nkgDhnK i VK Bkbi Bk NĮND, nkgD/øo÷K BłgSkDB s/nkgD?jleK gish; jus j D, ; j h Bł; j h s/rbs Bł rbs efj ; eD dh nkgD? ndo ; wolEk pDkT[D. nkgDh ndoBh oesh dh gSkD eoB. fe; / th ew Bł SNk Bk ; wMD. j o fJB; kB dh edo eoB, nkgDh ÷who dh nktk÷ Bł; [D e/s/nkgD/ftukoK Bł nwbh i kwk gfj BkT[D. nkgDh plbd; 'u TĮs/fdlysk Bkb gfj ok dD. wB dh fJekrosk Bł; kX e/fBôkB/TĮs/ B÷oK fNekT[D s/ nkgD/T[dlb Błjk; b eoB, olţyK torh; fj Dôhbsk ngDkT[D. nkswe pb Bkb Gog[o j D. fttj koe s'o s/; koEe B÷ohnk olyD tkb/ nkgDh fw; kb nkg pDd/j B.

i / n; hl nkgD/ nkg/ B{gSkD btKr/sK d[BhnK dh e'Jh th skes ; kB{j ok Bj hl ; edh ; kB{wBl v[bk Bj hl; edh n; hlfBoG?: 'X/pD ; ed/j K lfBoG'sklj h ; kv/ ndo dh n; bh skes j? i / e'Jh ew n; hlfBvo j ' e/ eoBk ô[o{eoKr/sK ehs/ew dh e[nkbNh pV/ T[u/glXo dh j 't/nh fi ; Bkb ; kv/ Gkos dk ; j h fBowkD eoB ftlu : 'ndkB gk ; eD dh ; wolEk olyKr/.

nkgD/; fj: 'rh; fj eowhnK dk th sfj fdbl XBdkt eodh j K fi BK B/; wA-; wA f; o fJ; wr +hB dk ew Bgo/ukVB bJh: 'r oktK fdlshnK.

- wir bik d/th ftfdnkoEh ; gikde s/ nkBfdsk tbil gil ekgh fsnko eoB ftlu
  wibh ftôlô wildd eoB bJh ôleohnk.
- wi XiBtkdhj K nkgD/gi kph ftGkr d/wijyh vkH diftdoi hs e'o i hj 'oK dh fi BK
  B/ nkgD/ ; [fj od Tidw ; dek inkGki wir ÷hB dh ; gkdeh bJh wiB{ õk; wiek
  giptkB ehsk.
- ftôlô XiBtkd d/jledko j B wb/ekbi ghHi hH; hHi h ; 'eNo 11 ux/hr V(d/ wliyh fgq hgb ; kfj pk vkH nBhsk e'ôb i h d/gpiXeh e'ôb bJh T[BK dh d(o fdipNh s/; koEe ; K ; dek fJ; ekbi d/; {MtkB ; Nkø tbi s/ftfdnkoEhnK tbi jo y/so ftlu gikgs ehshnK gikgshnK dk fJfsjk; f; ofi nk fr.nk j?fJj

Bkwto ekbi d|BhnK d/Beô/s/fJle ftôlô ; EkB j k; b eo ullek j ? s/ nkgDh fw; kb ti li ; Ekgsh dk eldo j !

 nkGk wir ÷hB d/gi kph Gkr ftlu elM ouBktK olgh ewb glshnK nkg i h d/eo ewbK ftlu j kofde ôoXk Bkb GIN eofdnK nEkj ylôh dk nBlGt eodh j'Jh pV/j h ndp ; fseko ; fj s -

fe**©**Bk okDh

ਜੇ ਅਸੀਂ ਆਪਣੇ ਆਪੇ ਨੂੰ ਪਛਾਣ ਲਵਾਂਗੇ ਤਾਂ ਦੁਨੀਆਂ ਦੀ ਕੋਈ ਵੀ ਤਾਕਤ ਸਾਨੂੰ ਹਰਾ ਨਹੀਂ ਸਕਦੀ ਸਾਨੂੰ ਮਨੋਂ ਡੁਲਾ ਨਹੀਂ ਸਕਦੀ ਅਸੀਂ ਨਿਰਭੈ ਯੋਧੇ ਬਣ ਸਕਦੇ ਹਾਂ 'ਨਿਰਭੈਤਾ' ਹੀ ਸਾਡੇ ਅੰਦਰ ਦੀ ਅਸਲੀ ਤਾਕਤ ਹੈ। ਜੇ ਕੋਈ ਕੰਮ ਅਸੀਂ ਨਿਡਰ ਹੋ ਕੇ ਕਰਨਾ ਸ਼ੁਰੂ ਕਰਾਂਗੇ ਤਾਂ ਕੀਤੇ ਕੰਮ ਦੀ ਕੁਆਲਟੀ ਬੜੇ ਉੱਚੇ ਪੱਧਰ ਦੀ ਹੋਵੇਗੀ ਜਿਸ ਨਾਲ ਸਾਡੇ ਭਾਰਤ ਦਾ ਸਹੀ ਨਿਰਮਾਣ ਕਰਨ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾ ਸਕਣ ਦੀ ਸਮਰੱਥਾ ਰੱਖਾਂਗੇ।

ਆਪਣੇ ਸਹਿਯੋਗੀ ਸਹਿਕਰਮੀਆਂ ਦਾ ਵੀ ਤਹਿ ਦਿਲੋਂ ਧੰਨਦਾਵ ਕਰਦੀ ਹਾਂ ਜਿਨ੍ਹਾਂ ਨੇ ਸਮੇਂ-ਸਮੇਂ ਸਿਰ ਇਸ ਮੈਗਜ਼ੀਨ ਦਾ ਕੰਮ ਨੇਪਰੇ ਚਾੜ੍ਹਨ ਲਈ ਯੋਗ ਰਾਵਾਂ ਦਿੱਤੀਆਂ।

- ਮੰਗਲਾ ਦੇਵੀ ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ ਤੇ ਆਨੰਦਿਤਾ ਵਲੋਂ ਪ੍ਰੈਸ ਕਾਪੀ ਤਿਆਰ ਕਰਨ ਵਿੱਚ ਮੇਰੀ ਵਿਸ਼ੇਸ਼ ਮੱਦਦ ਕਰਨ ਲਈ ਸ਼ੁਕਰੀਆ।
- ਮੈਂ ਧੰਨਵਾਦੀ ਹਾਂ ਆਪਣੇ ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੇ ਮੁੱਖੀ ਡਾ. ਦੇਵਿੰਦਰਜੀਤ ਕੌਰ ਜੀ ਹੋਰਾਂ ਦੀ ਜਿਨ੍ਹਾਂ ਨੇ ਆਪਣੇ ਸੁਹਿਰਦ ਉੱਦਮ ਸਦਕਾ 'ਆਭਾ' ਮੈਗਜ਼ੀਨ ਦੀ ਸੰਪਾਦਕੀ ਲਈ ਮੈਨੂੰ ਖ਼ਾਸ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕੀਤਾ।
- ਵਿਸ਼ੇਸ਼ ਧੰਨਵਾਦ ਦੇ ਹੱਕਦਾਰ ਹਨ ਮੇਰੇ ਕਾਲਜ ਪੀ.ਜੀ.ਸੀ.ਸੀ.ਸੀ ਸੈਕਟਰ 11 ਚੰਡੀਗੜ੍ਹ ਦੇ ਮੁੱਖੀ ਪ੍ਰਿੰਸੀਪਲ ਸਾਹਿਬਾ ਡਾ. ਅਨੀਤਾ ਕਸ਼ਲ ਜੀ ਦੇ ਪ੍ਰਬੰਧਕੀ ਕੌਸ਼ਲ ਲਈ ਉਨ੍ਹਾਂ ਦੀ ਦੂਰ ਦ੍ਰਿਸ਼ਟੀ ਤੇ ਸਾਰਥਕ ਸੇਧ ਸਦਕਾ ਇਸ ਕਾਲਜ ਦੇ ਸੂਝਵਾਨ ਸਟਾਫ਼ ਵਲੋਂ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਵਲੋਂ ਹਰ ਖੇਤਰ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕੀਤੀਆਂ ਪ੍ਰਾਪਤੀਆਂ ਦਾ ਇਤਿਹਾਸ ਸਿਰਜਿਆ ਗਿਆ ਹੈ ਇਹ ਨਾਮਵਰ ਕਾਲਜ ਦੁਨੀਆਂ ਦੇ ਨਕਸ਼ੇ ਤੇ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਸਥਾਨ ਹਾਸਲ ਕਰ ਚੁੱਕਾ ਹੈ ਤੇ ਆਪਣੀ ਮਿਸਾਲ ਵਜੋਂ ਸਥਾਪਤੀ ਦਾ ਕੇਂਦਰ ਹੈ।
- ਆਭਾ ਮੈਗਜ਼ੀਨ ਦੇ ਪੰਜਾਬੀ ਭਾਗ ਵਿੱਚ ਕੁੱਝ ਰਚਨਾਵਾਂ ਰੂਪੀ ਕਮਲ ਪੱਤੀਆਂ ਆਪ ਜੀ ਦੇ ਕਰ ਕਮਲਾਂ ਵਿੱਚ ਹਾਰਦਿਕ ਸ਼ਰਧਾ ਨਾਲ ਭੇਂਟ ਕਰਦਿਆਂ ਅਥਾਹ ਖੁਸ਼ੀ ਦਾ ਅਨੁਭਵ ਕਰਦੀ ਹੋਈ ਬੜੇ ਹੀ ਅਦਬ ਸਤਿਕਾਰ ਸਹਿਤ -

ਕ੍ਰਿਸ਼ਨਾ ਰਾਣੀ

"ਸੰਗੀਤ ਦੁਆਰਾ ਮਨੁਖੀ ਜੀਵਨ ਵਿਚ ੳਰਜਾ ਦਾ ਸੰਚਾਰ"

ਅਜ ਇਕੀਵੀਂ ਸਦੀ ਦੇ ਵਿਗਿਆਨਕ ਯੁੱਗ ਵਿੱਚ ਹਰ ਸ਼ੈਅ ਅਤੇ ਕਲਾ ਨੂੰ ਵੀ ਖੋਜ ਅਤੇ ਤਜਰਬਿਆਂ ਦੀ ਕਸੌਟੀ ਤੇ ਪਰਖਿਆ ਜਾਂਦਾ ਹੈ, ਜਿਸਦੇ ਫਲ-ਸਵਰੂਪ ਮੰਨਿਆ ਗਿਆ ਹੈ ਕੇ ਸੰਗੀਤ ਵਰਗੀ ਅਤਿ ਸੂਖੀਮ ਲਲਿਤ ਕਲਾ ਮਾਤਰ ਮਨੌਰੰਜਨ ਦਾ ਸਾਧਨ ਨਾ ਹੋ ਕੇ ਮਨੁੱਖਾਂ ਦੀਆਂ ਅਨੇਕਾਂ ਸ਼ਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਬਿਮਾਰੀਆਂ ਜਿਵੇਂ ਪਾਗਲਪਨ, ਅਨੀਂਦਰਾ ਉੱਚ ਅਤੇ ਨਿਮਨ ਖੂਨ ਦਾ ਦੌਰਾ ਵਿਸ਼ਾਦ ਜਾ ਉਦਾਸੀ ਅਪਚਨ, ਮਾਈਗ੍ਰੇਨ, ਅਰਥਗਈਟਸ ਅਤੇ ਸਟ੍ਰੇਸ ਆਦਿ ਨੂੰ ਵੀ ਠੀਕ ਕਰਨ ਦੀ ਅਦਭੂਤ ਸਮਰੱਥਾ ਰਖਦੀ ਹੈ। ਦੇਸ਼ਾਂ-ਵਿਦੇਸ਼ਾ ਵਿਚ ਸੰਗੀਤ ਦੇ ਜੜ ਅਤੇ ਚੇਤਨ ਤੇ ਪੈਂਦੇ ਸਕਾਰਾਤਮਕ ਪ੍ਰਭਾਵ ਨੂੰ ਵਿਗਿਆਨੀਆਂ ਨੇ ਸਵੀਕਾਰਿਆ ਹੈ। ਚੇਨਈ ਵਿੱਚ ਸਥਿਤ "ਰਾਗ ਰਿਸਰਚ ਸੈਂਟਰ" ਵਿਚ ਭਿੰਨ-ਭਿੰਨ ਰਾਗਾਂ ਅਤੇ ਸਾਜਾਂ ਦੇ ਵਾਦਨ ਦੁਆਰਾ ਅਜਿਹੇ ਅਨੇਕ ਤਜਰਬੇ ਸਫਲਤਾ-ਪੂਰਵਕ ਕੀਤੇ ਜਾ ਚੁੱਕੇ ਹਨ।

ਫਿਲਮਾਂ, ਰਾਜ ਦਰਬਾਰਾਂ ਮੈਦਾਨੇ ਜੰਗ, ਧਾਰਮਿਕ ਸਮਾਗਮਾਂ ਅਤੇ ਖੁਸ਼ੀ-ਗਮੀ ਦੇ ਮੌਕੇ ਸੁਜ-ਸਾਜਾਂ ਦੁਆਰਾ ਪੈਦਾ ਕੀਤੇ ਜਾਂਦੇ ਸੰਗੀਤ ਦੀ ਵਰਤੋਂ ਆਮ ਦੇਖੀ ਜਾਂਦੀ ਹੈ। ਆਧੁਨਿਕ ਯੁਗ ਕਲਾਂ ਦੀ ਹੋਂਦ ਵਿੱਚ ਆਉਣ ਤੋਂ ਪਹਿਲਾਂ ਸਾਰੀਆਂ ਜੰਗਾਂ ਯੁਧ ਸਮੇਂ ਢੋਲਾਂ, ਨਰਸਿੰਗਿਆਂ, ਧੌਸਿਆਂ, ਮ੍ਰਿਦੰਗਾਂ, ਨਗਾਰਿਆਂ, ਤੂਰੀਆਂ ਵਿਚੋਂ ਪੈਦਾ ਹੁੰਦਾ ਘਣਘੋਰ ਜੋਸ਼ੀਲਾ ਸੰਗੀਤ ਯੋਧਿਆਂ ਅਤੇ ਜੰਗਜੁਆਂ ਅੰਦਰ "ਜੂਝ ਮਰਣ" ਦਾ ਜਜਬਾ ਪੈਦਾ ਕਰਨ ਵਿਚ ਸਹਾਈ ਹੁੰਦਾ ਸੀ। ਸਪੇਰੇ ਦੀ ਬੀਨ ਵਿਚੋਂ ਪੈਦਾ ਹੋਇਆ ਸੰਗੀਤ ਜਹਿਰੀਲੇ ਸੱਪ ਨੂੰ ਝੂਮਣ ਲਾ ਦਿੰਦਾ ਹੈ ਸਗੋਂ ਉਹ ਤਾਂ ਇਸ ਨਾਲ ਕੀਲਿਆਂ ਹੀ ਜਾਂਦਾ ਹੈ। ਭੰਗੜਾ ਪਾਉਣ ਵਾਲਿਆਂ ਨੂੰ ਨੱਚਣ-ਕੁੱਦਣ ਵਾਲਿਆਂ ਨੂੰ, ਗੱਤਕੇ ਦੇ ਖੇਡ ਵਿੱਚ, ਬਲਦਾਂ ਅਤੇ ਉਠਾਂ ਦੇ ਗਲਾਂ ਵਿੱਚ ਪਾਏ ਘੁੰਗਰੂ ਅਤੇ ਟੱਲੀਆਂ ਵਿਚੋਂ ਪੈਦਾ ਹੁੰਦਾ ਸੰਗੀਤ, ਖੂਹ ਦੇ ਚਕਲਾ ਅਤੇ ਚਕਲੀ ਦੀ ਕਾਰਜਸ਼ੀਲਤਾ ਨੂੰ ਨਿਯਮਬੱਧ ਕਰਨ ਲਈ ਲਗਾਇਆ ਹੋਇਆ "ਕੁੱਤਾ" ਜਿਥੇ ਖੁਹ ਦੀਆਂ ਟਿੰਡਾ ਨੂੰ ਪਿਛੇ ਮੁੜਨੋ ਰੋਕਦਾ ਹੈ ਉਥੇ ਉਸਦੀ ਟੱਕ-ਟੱਕ ਕਰਦੀ ਆਵਾਜ ਵੀ ਆਪਣੀ ਕਿਸਮ ਦਾ ਸੰਗਤੀ ਪੈਦਾ ਕਰਦੀ ਹੈ ਇਹਨਾ ਸਾਰੀਆਂ ਹਾਲਤਾਂ ਵਿਚ ਸੁਰ ਅਤੇ ਤਾਲ ਦੇ ਸੰਯੋਗ ਵਿਚੋ ਪੈਦਾ ਹੋਇਆ ਸੰਗੀਤ ਸੰਬੰਧਤ ਧੀਰਾਂ ਨੂੰ ਮਸਤ ਕਰ ਦਿੰਦਾ ਹੈ ਅਤੇ ਉਹਨਾਂ ਅੰਦਰ ਅਕੇਵੇਂ ਅਤੇ ਥਕੇਵੇਂ ਦਾ ਅਹਿਸਾਸ ਪੈਦਾ ਨਹੀਂ ਹੋਣ ਦਿੰਦਾ ਸਗੋਂ ਇਹਨਾਂ ਸਾਰਿਆਂ ਨੂੰ ਇਕ ਜੋਸ, ਜਜਬਾ ਅਤੇ ਜਾਬਤਾ ਵੀ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਜੰਗਾਂ-ਯੁੱਧਾਂ ਦੀ ਜਿਤ ਸਮੇਂ ਵਜਾਏ ਜਾਂਦੇ ਢੋਲ ਧੌਂਸੇ ਅਤੇ ਨਗਾਰੇ ਜੇਤੂ ਮਹੌਲ ਵਿਚ ਹੋਰ ਵੀ ਜੋਸ਼ ਰੰਗੀਨੀ ਅਤੇ ਅਦਭੁਤ ਜਜਬਾ ਪੈਦਾ ਕਰ ਦਿੰਦੇ ਹਨ। ਸੰਗੀਤਕ ਧੁਨੀ ਦੇ ਵੱਖ-ਵੱਖ ਰਾਗਾ ਵਿਚ ਕੀਤਾ ਧੁਨੀ ਗੁਰਬਾਣੀ ਕੀਰਤਨ ਸਰੋਤਿਆਂ ਨੂੰ ਆਤਮਕ ਹੁਲਾਰਾ ਪ੍ਰਦਾਨ ਕਰਕੇ ਬਿਸਮਾਦ ਵਿਚ ਲੈ ਜਾਂਦਾ ਹੈ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਲਿਵੀਨ ਅਤੇ ਪਰਮ ਤੱਤ ਨਾਲ ਅਭੇਦ ਹੋਣ ਵਿਚ ਸਹਾਈ ਹੁੰਦਾ ਹੈ। ਸੋ 'ਗੀਤ-ਪ੍ਰੇਮੀਆਂ' ਲਈ ਕਿਸੇ ਵੱਡੇ ਪਰਉਪਕਾਰ ਤੋਂ ਘੱਟ ਨਹੀਂ ਹੈ। ਇੱਥੋਂ ਤੱਕ ਕਿ ਦਰੱਖਤਾਂ ਅਤੇ ਖਾਸ ਕਰ ਛੋਟੇ ਪੌਦਿਆਂ ਨੂੰ ਇੱਕ ਅਨੌਖੀ ਰੰਗੀਨੀ ਅਤੇ ਵਿਕਾਸ ਦੀ ਸ਼ਕਤੀ ਕਰਦਾ ਹੈ।

ਅਜ ਦੇ ਵਿਕਾਸਸ਼ੀਲ ਯੁਗ ਵਿਚ ਵਿਚਰਦਿਆਂ ਹੋਇਆਂ ਜੇ ਅਸੀਂ ਆਪਣੇ ਪਿਛੋਕੜ ਵੱਲ ਝੱਤ ਮਾਰੀਏ ਤਾਂ ਪਾਂਵਾਗੇ ਕਿ ਸਾਡੇ ਪੁਰਖੇ ਅਤਿ ਸਾਧਾਰਣ ਜੀਵਨ ਬਤੀਤ ਕਰਦੇ ਹੋਏ ਵੀ ਸਾਡੇ ਤੋਂ ਅਧਿਕ ਸਿਹਤਮੰਦ ਅਤੇ ਲੰਮੀ ਜਿੰਦਗੀ ਮਾਣਦੇ ਸੀ। ਬੇਸ਼ੱਕ ਉਸ ਸਮੇਂ ਦਵਾਈਆਂ ਜਾਂ ਡਾਕਟਰੀ ਸਹਾਇਤਾ ਆਦਿ ਨਾ ਮਿਲਣ ਕਾਰਨ ਸਮਾਜ ਵਿਚ ਔਸਤਨ ਮੌਤ ਦਰ ਅਜ ਦੇ ਯੁੱਗ ਤੋਂ ਜਿਆਦਾ ਸੀ, ਪਰ ਅਜ ਦੇ ਜਮਾਨੇ ਦੇ ਮੁਕਾਬਲੇ ਉਸ ਸਮੇਂ ਦੀ ਲੋਕਾਂ ਦੀ ਜੀਵਨ ਸ਼ੈਲੀ ਵਧੇਰੇ ਸੁਘੜ, ਸੁਚੱਜੀ ਅਤੇ ਖੁਸ਼ਹਾਲ ਸੀ। ਜੀਵਨ ਵਿਚ ਥੁੜਾ, ਔੜਾ, ਔਕੜਾ ਅਤੇ ਫਿਰ ਕੁਦਰਤੀ ਦੀ ਕਰੋਪੀ ਤੋਂ ਬੇਸ਼ੱਕ ਉਹ ਸਮੇਂ-ਸਮੇਂ ਪ੍ਰਭਾਵਿਤ ਹੁੰਦੇ ਸਨ, ਪਰ ਫਿਰ ਵੀ ਜਿੰਦਗੀ ਪ੍ਰਤੀ ਸਕਾਰਾਤਮਕ ਰਵੱਈਆ ਆਪਸੀ ਤਾਲਮੇਲ ਅਤੇ ਸਹਿਯੋਗ ਉਨ੍ਹਾਂ ਨੂੰ ਚੜਦੀ ਕਲਾ ਵਿਚ ਰੱਖਦਾ ਸੀ।

ਸੰਗੀਤ ਪੱਖੋ ਕੋਰੇ ਅਤਿ ਸਾਧਾਰਣ ਹਾਲਤਾਂ ਵਿੱਚ ਵਿਚਰਦੇ ਆਦਮੀ ਵਿਚ ਕਿਸ ਪ੍ਰਕਾਰ ਦਾ ਸੰਗੀਤ ਆਤਮਕ ਅਨਨੰਦ, ਸੰਤੁਸ਼ਟੀ, ਸਾਹਸ ਅਤੇ ਜੋਸ਼ ਭਰਦਾ ਹੈ ਅਤੇ ਡਰ, ਭੈਅ, ਚਿੰਤਾ ਨੂੰ ਦੂਰ ਕਰਦਾ ਹੈ ਦੀ ਕਹਾਣੀ ਉਨ੍ਹਾਂ ਦੇ ਰੋਜਮਰ੍ਹਾ ਦੇ ਕੰਮਕਾਰ ਦੱਸਦੇ ਹਨ ਜਿਵੇਂ ਪਿੰਡਾਂ ਵਿੱਚ ਖੇਤੀ ਨਾਲ ਜੁੜੇ ਹੋਏ ਕਿਸਾਨਾਂ ਦੇ ਘਰਾਂ ਵਿਚ ਪਹੁ-ਫੁਟਾਲੇ ਤੋਂ ਵੀ ਪਹਿਲਾ ਚਾਂਦੀ ਵਿਚ ਪਾਈ ਸਧਾਣੀ ਤੋਂ ਉਤਪੰਨ ਲੈ-ਆਤਮਕ ਧੁਨੀ ਅਤੇ ਘਰ ਦੀ ਕੀਮਤ ਦੇ ਹੱਥਾਂ ਵਿੱਚ ਪਾਈਟਾਂ ਚੁੜੀਆਂ, ਚੁੜਾਂ, ਗੋਖੜੂ ਅਤੇ ਘਰ ਆਲੇ-ਦੁਆਲੇ ਸੁਖ ਅਤੇ ਸੰਤੁਸ਼ਟੀ ਦਾ ਭਾਵ ਸੰਚਾਰਿਤ ਕਰਦੀ ਸੀ।

ਖੇਤਾਂ ਵਿੱਚ ਜਾਂਦੇ ਹਾਲੀ ਆਪਣੇ ਬਲਦਾਂ ਅਤੇ ਊਠਾਂ ਨੂੰ ਪਿੱਤਲ ਦੇ ਘੂੰਘਰੂਆਂ ਨਾਲ ਸ਼ੀਗਾਰਦੇ ਸਨ। ਸ਼ੁੰਨਸਾਨ ਰਾਹਾਂ ਵਿਚ ਇਹਨਾਂ ਘੂੰਘਰੂਆਂ ਦੀ ਆਵਾਜ ਆਲੇ-ਦੁਆਲੇ ਸੰਗੀਤ ਮਈ ਮਹੌਲ ਸਿਰਜਦੀ ਹੋੲਈ ਕੱਲੇ-ਕਾਰੇ ਮਨੁੱਖ ਦਾ ਡਰ ਭੈਅ ਅਤੇ ਚਿੰਤਾਵਾਂ ਦੂਰ ਕਰ ਉਸਦੇ ਅੰਦਰ ਸਾਹਸ, ਨਿਡਰਤਾ ਅਤੇ ਸਕਾਰਾਤਮਕ ਊਰਜਾ ਦਾ ਸੰਚਾਰ ਕਰਦੀ ਅਤੇ ਉਹਨੂੰ ਅਣਥੱਕ ਮਿਹਨਤ ਕਰ ਸਕਣ ਵਿਚ ਸਫਲ ਬਣਾਉਂਦੀ।

ਖੇਤਾਂ ਵਿੱਚੋਂ ਪੰਛੀਆਂ ਨੂੰ ਉਡਾਉਣ ਲਈ ਇੱਕ ਲੈਅ ਵਿਚ ਖਾਲੀ ਪੀਪੇ ਦਾ ਵਜਾਇਆ ਜਾਣਾ ਅਤੇ ਗਲੇ ਵਿਚੋਂ ਭਿੰਨ-ਭਿੰਨ ਆਵਾਜਾਂ ਪੈਦਾ ਕਰਨ ਨੂੰ ਸਥੂਲ ਰੂਪ ਸੰਗੀਤ ਦੇ ਅੰਤਰਗਤ ਮੰਨ ਕੇ ਚੱਲੀਏ ਤੇ ਅੱਜ ਦੇ ਖੇਤੀ ਵਿਗਿਆਨੀਆਂ ਦੀ ਖੋਜ ਕਿ ਸੰਗੀਤ ਫਸਲਾਂ ਨੂੰ ਵੀ ਪ੍ਰਭਾਵਿਤ ਕਰਦਾ ਹੈ ਦਾ ਮੁੱਢ ਬਹੁਤ ਪਹਿਲਾਂ ਸਾਡੇ ਪੂਰਵਜਾਂ ਨੇ ਬੰਨ ਲਿਆ ਸੀ। ਉਦਤ ਤੱਥ ਦੀ ਪੁਸ਼ਟੀ ਇਸ ਉਦਾਹਰਣ ਨਾਲ ਹੋ ਜਾਦੀ ਹੈ। ਕਿ ਉੱਤਰ ਪ੍ਰਦੇਸ਼ ਵਿਚ ਧਾਨ ਦੀ ਬਿਜਾਈ ਸਮੇਂ ਹੁੜਕ ਵਜਾਕੇ "ਹੂੜਕੀਆਂ ਬੋਲ" ਨਾਮਕ ਗੀਤ ਪ੍ਰਕਾਰ ਗਾਇਆ ਜਾਂਦਾ ਸੀ, ਜਿਸ ਦੇ ਫਲਸਵਰੂਪ ਤਪਦੀ ਦੁਪਹਿਰ ਅਤੇ ਗਰਮੀ ਦੇ ਬਾਵਜੂਦ ਲੋਕ

ਇਕਜੁੱਟ ਹੋ ਕੇ ਖ਼ੁਸ਼ੀ-ਖ਼ੁਸ਼ੀ ਝੋਨੇ ਦੀ ਬੀਜਾਈ ਕਰਕੇ ਭਰਪੂਰ ਫਸਲ ਦਾ ਝਾੜ ਲੈਣ ਵਿਚ ਸਫਲ ਰਹਿੰਦੇ । ਸੰਗੀਤ ਬੁੱਧੀ ਵਿਕਾਸ, ਯਾਦ-ਸ਼ਕਤੀ ਵਧਾਉਣ ਅਤੇ ਸਵੈ-ਅਨੁਸ਼ਾਸ਼ਨ ਕਾਇਮ ਰੱਖਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਪਾਉਂਦਾ ਹੈ। ਪਹਿਲਾਂ ਬੱਚਿਆਂ ਦੀ ਸਾਧਾਰਣ ਖੇਡਾਂ ਜੋ ਬੱਚਿਆਂ ਨ ਸ਼ਰੀਰਕ ਤੌਰ ਤੇ ਮਜਬੂਤ ਕਰਦੀਆਂ ਉੱਥੇ ਉਨ੍ਹਾਂ ਨੂੰ ਮਾਨਸਿਕ ਅਤੇ ਬੌਧਿਕ ਵਿਕਾਸ ਵਿਚ ਵੀ ਕੁਦਰਤੀ ਤੌਰ ਤੇ ਸਹਾਈ ਹੁੰਦੀਆਂ, ਜਦੋਂ ਕਿ ਅੱਜ ਦੇ ਯੁੱਗ ਵਿੱਚ ਬੱਚਿਆਂ ਦੇ ਇਸ ਪ੍ਰਕਾਰ ਦੇ ਵਿਕਾਸ ਲਈ ਖਾਸ ਪ੍ਰਬੰਧ ਕੀਤੇ ਜਾਂਦੇ ਹਨ ਜਦੋਂ ਕਿ ਪਹਿਲਾਂ ਇਹ ਸਭ ਕੁਦਰਤੀ ਰੁਪ ਵਿਚ ਹੋ ਜਾਂਦਾ ਸੀ।
ਸੰਗੀਤਮਈ ਲੈਅ ਬੱਧ ਆਵਾਜਾਂ ਸਾਨੂੰ ਮਾਨਸਿਕ ਤੌਰ ਤੇ ਸੁਰੱਖਿਆਂ ਪ੍ਰਦਾਨ ਕਰਦੀਆਂ ਹਨ। ਜਿਵੇਂ ਛੋਟੇ ਬੱਚੇ ਮਾਂ ਦੁਆਰਾ ਨਿਰਾਰਥਕ ਸ਼ਬਦਾਂ। ਜਿਵੇਂ ਹੂੰ-ਹੂੰ, ਆ-ਆ ਜਾ ਊਂ-ਊਂ ਆਦਿ ਆਵਾਜਾਂ ਵਿਚ ਇਕ ਲੈ ਵਿਚ ਦਿੱਤੀ ਛਪਕੀ ਨਾਲ ਆਰਾਮ ਨਾਲ ਸੌਂ ਜਾਂਦੇ ਹਨ ਇਸੇ ਤਰ੍ਹਾਂ ਭਿੰਨ-ਭਿੰਨ ਕਿੱਤੀਆਂ ਨਾਲ ਜੁੜੇ ਲੋਕਾਂ ਦੇ ਕੰਮਾਂ ਦੀ ਲੈਅ ਬੱਧਤਾ ਜਿਵੇਂ ਜੁਲਾਹੇ ਦੀ ਠੱਕ-ਠੱਕ, ਲੌਹਾਰ ਦੀ ਟੱਕ-ਟੱਕ, ਘੁਮਿਆਰ ਦੇ ਚੱਕ ਦੀ ਗਤੀਸ਼ੀਲਤਾ, ਚਰਖੇ ਦੀ ਘੂਕਰ ਆਦਿ ਕ੍ਰਿਆਵਾਂ ਜਿੱਥੇ ਰੋਜੀ-ਰੋਟੀ ਤਾਂ ਨਿਸ਼ਚਿਤ ਕਰਦੀਆਂ ਤਾਂ ਨਾਲ ਹੀ ਸਕਾਰਾਤਮਕ ਸੰਗੀਤਮੲਈ ਵਾਤਾਵਰਣ ਵੀ ਸਿਰਜਦੀਆਂ ਹਨ।

ਤਨ ਅਤੇ ਮਨ ਨੂੰ ਸ਼ਕਤੀਆਂ ਪ੍ਰਦਾਨ ਕਰਨ ਦੀ ਜੋ ਸ਼ਕਤੀ ਸੰਗੀਤ ਵਿੱਚ ਹੈ ਉਹ ਕਿਸੇ ਹੋਰ ਲਲਿਤ ਕਲਾ ਵਿੱਚ ਲਹੀਂ ਕਿਉਂਕਿ ਸੰਗੀਤ ਭਾਵਨਾਤਮਕ ਅਨੰਦ ਪ੍ਰਦਾਨ ਕਰਨ ਦੇ ਨਾਲ-ਨਾਲ ਮਨਨੋਵਿਕਾਰਾਂ ਵਿਜੇਂ ਗੁੱਸਾ-ਗਿਲਾ, ਈਰਖਾ-ਸਾੜਾ ਆਇਿ ਨੂੰ ਵੀ ਦੂਰ ਕਰਦਾ ਹੈ। ਉਦਾਹਰਣ ਦੇ ਤੌਰ ਤੇ ਜਿਵੇਂ ਔਰਤਾਂ ਲੋਕ ਗੀਤਾਂ ਦੇ ਮਾਧਿਅਮ ਨਨਾਲ ਆਪਣੇ ਮਨ ਦਾ ਗੁਬਾਰ ਕੱਢ ਲੈਂਦੀਆਂ ਹਨ, ਜਿਸ ਨਾਲ ਅਨੇਕਾਂ ਗਿਲੇ-ਸ਼ਿਕਵੇ ਦੁਖ-ਦਰਦ ਅਤੇ ਨਕਾਰਾਤਮਕਤਾ ਉਨ੍ਹਾਂ ਦੀ ਮਾਨਸਿਕਤਾ ਵਿਚੋਂ ਮਨਫੀ ਹੋ ਜਾਂਦੀ ਹੈ ਅਤੇ ਸਕਾਰਾਤਮਕ ਰਵੱਈਏ ਸਦਕਾ ਸਮਾਜ ਵਿਚ ਆਪਸੀ ਤਾਲਮੇਲ ਬਣਿਆਂ ਰਹਿੰਦਾ ਹੈ।

ਆਧੁਨਿਕ ਖੋਜਾਂ ਅਨੁਸਾਰ ਸੁਰ ਅਤੇ ਲੈਅ ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਅਸੰਤੁਲਨ ਨੂੰ ਸੰਤੁਲਿਤ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਸੰਗੀਤਦਾ ਗਾਇਨ ਪੱਖ ਸ਼ਰੀਰ ਦੇ ਅੰਦਰੂਨੀ ਅੰਗਾਂ ਦੀ ਕਸਰਤ ਵਿੱਚ ਸਹਾਇਕ ਹੁੰਦਾ ਹੈ। ਕਿਉਂਕਿ ਗਾਉਣ ਲਈ ਸ਼ਰੀਰ ਨੂੰ ਖਾਸ ਤਰ੍ਹਾਂ ਦੇ ਪ੍ਰਯਤਨ ਕਰਨੇ ਪੈਂਦੇ ੲਨ, ਜਿਸ ਨਾਲ ਛਾਤੀ ਅਤੇ ਪੇਟ ਦੀਆਂ ਮਾਸਪੇਸ਼ੀਆਂ ਪ੍ਰਭਾਵਿਤ ਹੁੰਦੀਆਂ ਹਨ ਨਤੀਜੇ ਵਜੋਂ ਖੂਨ ਦੇ ਦੌਰੇ ਵਿਚ ਤੇਜੀ, ਪਾਚਨ ਕ੍ਰਿਆ ਵਿਚ ਸੁਧਾਰ ਅਤੇ ਫੇਫੜਿਆਂ ਦੀ ਕ੍ਰਿਆ ਵਧਨ ਨਾਲ ਸਾਹ ਨਾਲ ਸੰਬੰਧਤ ਕਸਰਤ ਸਹਿਜੇ ਹੋ ਜਾਦੀ ਹੈ। ਮਾਨਸਿਕ ਰੋਗੀਆਂ ਤੇ ਸੰਗਤੀ ਦਵਾਈ ਦੀ ਤਰ੍ਹਾਂ ਕੰਮ ਕਰਦਾ ਹੈ।

ਕਾਸ਼ੀ ਹਿੰਦੂ ਵਿਸ਼ਵਵਿਦਿਆਲੇ ਵਾਰਾਨਸੀ ਦੇ ਮਾਨਸਿਕ ਰੋਗ ਗਿਆਤਾ ਡਾ. ਸੰਜਯ ਗੁਪਤਾਂ ਨਨੇ ਕਿਹਾ ਹੈ ਕਿ ਸੰਗੀਤਾ ਸੁਨਣ ਦੇ ਦੌਰਾਨ ਦਿਮਾਗ ਵਿਚੋਂ ਨਯੂਰੋ ਟਰਾਂਸਮੀਟਰ ਨਾਮਕ ਤਰਲ ਪਦਾਰਥ ਸ਼੍ਰਵਿਤ ਹੁੰਦਾ ਹੈ, ਜਿਸ ਨਾਲ ਸੁਨਣ ਵਾਲਾ ਜਲਦੀ ਹੀ ਤਨਾਵ ਰਹਿਤ ਹੋ ਜਾਂਦਾ ਹੈ। ਸੰਨ 1944 ਵਿਚ ਇਕ ਵਾਰ ਗਾਂਧੀ ਜੀ, ਅਸਵਸਥ ਹੋਣ ਤੇ ਸੰਗੀਤਕਾਰ ਸਨਹਰ ਬਰਬੇ ਨੇ ਸੰਗੀਤ ਦੁਆਰਾ ਗਾਂਧੀ ਜੀ ਨੂੰ ਸਵਸਥ ਕੀਤਾ ਸੀ ਅਤੇ ਗਾਂਧੀ ਜੀ ਨੇ ਕਿਹਾ ਸੀ "ਆਪਕਾ ਯਹ ਸੰਗੀਤ ਮੇਰੇ ਲੀਏ ਔਸ਼ਧਿ ਹੈ।"

ਭਿੰਨ-ਭਿੰਨ ਸਾਜ ਵਜਾਉਣ ਦੀ ਕ੍ਰਿਆ ਨਾਲ ਮਨੋਭਾਵਾ ਨੂੰ ਸੰਜਮਿਕ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ ਜਿਸ ਨਾਲ ਵਿਅਕਤੀ ਵਿਚ ਆਤਮ-ਨਿਰਭਰਤਾ ਆਤਮ ਸਨਮਾਨ ਅਤੇ ਸਵੈ-ਅਨੁਸ਼ਾਸਨ ਦੀ ਭਾਵਨਾ ਦਾ ਵਿਕਾਸ ਹੁੰਦਾ ਹੈ। ਢੋਲਕੀ, ਘੜਾਂ ਅਤੇ ਤਾਲੀਆਂ ਵਜਾ ਕੇ ਕੀਤਾ ਗਿਆ ਗਾਇਨ ਸ਼ਰੀਰਕ ਕਸਰਤ ਕੇ ਨਾਂਲ ਹੱਥਾਂ ਦੇ ਖਾਸ ਕੇਂਦਰ ਬਿੰਦੂ ਵੀ ਦਬਦੇ ਰਹਿੰਦੇ ਹਨ ਜਿਸ ਨਾਲ ਸ਼ਰੀਰ ਰੋਗ ਮੁਕਤ ਰਹਿੰਦਾ ਹੈ। ਦੋਨਾਂ ਹੱਥਾਂ ਨਾਲ ਸਾਜ ਵਜਾਉਣ ਨਾਲ ਮਨੁੱਖ ਦੀ ਰਚਨਾਤਮਕਤਾ, ਸਿਰਜਨਾਤਮਕਤਾ ਅਤੇ ਯਾਦਸ਼ਕਤੀ ਵਿਚ ਵਾਧਾ ਹੁੰਦਾ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਸੰਗੀਤ ਦਾ ਤੀਸਰਾ ਪੱਖ ਨਰਿਤ ਵੀ ਸ਼ਰੀਰਕ ਕਸਰਤ ਦੀ ਸ਼੍ਰੇਣੀ ਵਿਚ ਆ ਜਾਂਦਾ ਹੈ। ਨਰਿਤ ਨਾਲ ਸਾਰੇ ਅੰਗਾਂ ਦੀ ਬਾਹਰੀ ਕਸਰਤ ਹੋਣ ਦੇ ਨਾਲ-ਨਾਲ ਅੰਦਰੂਨਟਨੀ ਸਰੀਰਕ ਅੰਗ ਫੇਫੜੇ, ਸਾਹ ਪ੍ਣਾਲੀ, ਪਾਚਨ ਪ੍ਣਾਲੀ, ਦਿਲ, ਖੂਨ ਦਾ ਦੌਰਾ ਅਤੇ ਹੱਡੀਆਂ ਦੀ ਮਜਬੂਤੀ ਅਤੇ ਘਣਤਾਂ ਵਿਚ ਵਾਧਾ ਹੁੰਦਾ ਹੈ।

ਬੈਗਲੂਰ ਦੀ ਤ੍ਰਿਪੁਰਾ ਕਸ਼ਾਯਪ ਭਾਰਤੀ ਦੀ ਪਹਿਲੀ ਡਾਂਸ ਥੈਰੇਪਿਸਟ ਹੈ। ਇਕ ਪੜ੍ਹੀ ਲਿਖੀ ਭਾਰਤਨਾਟਯਮ ਨਿਰਤਆਗਨਾ ਹੋਣ ਦੇ ਨਾਲ-ਨਾਲ ਤ੍ਰਿਪੂਰਾ ਆਪਣੀ ਇਸ ਅਨੋਖੀ ਰੋਗਾਂ ਦੀ ਉਪਚਾਰ ਵਿਧੀ ਨਾਲ ਵਿਕਲਾਂਗ ਬੱਚਿਆਂ ਤੇ ਅਜਿਹਾ ਜਾਦੂ ਬਿਖੇਰਦੀ ਹੈ ਕਿ ਉਹਨਾਂ ਵਿਚ ਇੱਕ ਨਵੀਂ ਉਰਜਾਂ ਦਾ ਸੰਚਾਰ ਹੋਣ ਲੱਗਦਾ ਹੈ। ਜਿਹੜਾ ਕਿ ਕਿਸੇ ਹੋਰ ਉਪਚਾਰ ਮਾਧਿਅਮ ਨਾਲ ਨਹੀਂ ਹੋ ਸਕਦਾ।

ਜੇ ਅਜ ਦੇ ਸੰਦਰਭ ਵਿਚ ਉਕਤ ਊਰਜਾਂ ਅਤੇ ਸ਼ਕਤੀ ਪ੍ਰਦਾਨ ਕਰਨ ਵਾਲੇ ਸੰਗੀਤਕ ਤੱਥਾਂ ਦਾ ਅਧਿਐਨ ਕਰੀਏ ਤਾ ਨਤੀਜਾ ਬੇਹੱਦ ਨਿਰਾਸ਼ਾਜਨਕ ਮਿਲਦਾ ਹੈ। ਵਿਗਿਆਨਕ ਉਨਤੀ, ਉਦਯੋਗੀਕਰਣ, ਮਸ਼ੀਨੀਕਰਣ, ਸ਼ਹਿਰੀਕਰਣ ਅਤੇ ਫਿਰ ਵਿਸ਼ਵੀ ਕਰਣ ਆਦਿ ਦੇ ਪ੍ਰਭਾਵ ਅਧੀਨ ਜਿੱਥੇ ਸਾਡੇ ਲਈ ਭੌਤਿਕ ਸਹੂਲਤਾਂ ਲਾਹੇਵੰਦ ਰਹੀਆਂ, ਉੱਥੇ ਸਾਡਾ ਪ੍ਰਾਕ੍ਰਿਤਕ ਵਾਤਾਵਰਣ, ਪਾਣੀ, ਵਿਗਸਤੀ ਲੋਕ ਕਲਾਵਾਂ, ਰਹਿਣ, ਸਹਿਣ ਅਤੇ ਬਦਲੀ ਸੋਚ ਇਹਨਾਂ ਦੀ ਭੇਟ ਚੜ ਗਿਆ ਹੈ ਅਤੇ ਪੱਛਮੀ ਸਭਿਅਤਾ ਦੇ ਪ੍ਰਭਾਵ ਅਧੀਨ ਅਸੀਂ ਬਹੁਤ ਕੁਝ ਗਵਾ ਲਿਆ ਹੈ। ਅਜ ਚਾਰਾਂ ਦਿਸ਼ਾਵਾਂ ਤੋਂ ਲਾਉਡ ਸਪੀਕਰ ਤੇ ਵੱਜਦਾ ਸੰਗੀਤ, ਸਾਨੂੰ ਹੁਲਾਰਾ ਨਹੀਂ ਦਿੰਦਾ ਬਲਕਿ ਪ੍ਰਦਰਸ਼ਨ ਪ੍ਰਤੀਤ ਹੋਣ ਲੱਗ ਪਿਆ ਹੈ। ਜਹਿਰੀਲੀਆਂ ਖਾਦਾ ਅਤੇ ਪ੍ਰਦੂਸ਼ਿਤ ਪਾਣੀ ਨਾਲ ਪੈਦਾ ਕੀਤੀ ਫਸਲ ਨੇ ਜਿੱਥੇ ਸਾਨੂੰ ਸ਼ਰੀਰਕ ਤੌਰ ਤੇ ਬੀਮਾਰ ਕਰ ਦਿੱਤਾ ਹੈ ਤੇ ਤੇਜ ਰਫਤਾਰ ਜੀਵਨ ਅਤੇ ਆਪਧਾਪੀ ਦੀ ਘੁਟਨ ਸਾਨੂੰ ਮਾਨਸਿਕ ਰੂਪ ਵਿਚ ਵਲੂੰਧਰ ਕੇ ਰੱਖ ਦਿੱਤਾ ਹੈ। ਅੱਜ ਲੋੜ ਹੈ ਸੰਗੀਤ ਦੀ ਉਸ ਸ਼ਕਤੀ ਨੂੰ ਮੂੜ ਸੁਰਜੀਤ ਕਰਨ ਦੀ, ਜਿਸ ਨਾਲ ਸਾਡਾ ਸਮਾਜ ਮੁੜ ਕੇ ਸੰਗੀਤ ਮਈ ਫਿਜਾਂ ਵਿਚ ਸਾਹ ਲੈਣ ਲੱਗ ਜਾਵੇ ਤੇ ਸੰਗੀਤ ਰੂਪੀ ਸੰਜੀਵਨੀ ਬੂਟੀ ਨਾਲ ਹਰ ਮਨੁੱਖ ਸਵਸਥ ਜੀਵਨ ਦਾ ਅਨੰਦ ਮਾਣ ਸਕੇ।

ਡਾ. ਸ਼ਰੂਤੀ ਹੋਰਾ

ਐਸੋਸੀਏਟ ਪ੍ਰੋਫ਼ੈਸਰ

#### ਗ਼ਜ਼ਲ (ਸੁਗਮ ਸੰਗੀਤ ਸ਼ੈਲੀ)

ਪ੍ਰਸਿੱਧ ਸ਼ਾਇਰ ਡਾ. ਬਦਰ ਲਿਖਦੇ ਹਨ -

"ਆਪ ਕਿਆ ਜਾਨੋ, ਗ਼ਜ਼ਲ ਮਾਂਗਤੀ ਹੈ ਕਿਤਨਾ ਲਹੂ,

ਸਬ ਸਮਝਤੇ ਹੈਂ, ਕਿ ਧੰਧਾ ਬੜੇ ਅਰਾਮ ਕਾ ਹੈ।"

ਇਸੇ ਤਰ੍ਹਾਂ ਕ੍ਰਿਸ਼ਨ ਅਨਪੜ੍ਹ ਦੁਆਰਾ ਰਚਿਤ ਪੁਸਤਕ 'ਚ (ਗਿਣਵੇਂ ਸਾਹਾਂ) 'ਚ ਲਿਖਿਆ ਹੈ –

"ਗ਼ਜ਼ਲ ਏਕ ਖ਼ਬਤ ਹੈ, ਇਹ ਬੱਚਿਆਂ ਦਾ ਖੇਲ ਨਹੀਂ,

ਬਿਲਕੁਲ ਉਜਾੜਾਂ ਭਾਂਲ ਦੀ, ਰੋਟੀ ਤੇ ਇਹਦਾ ਕੋਈ ਮੇਲ ਨਹੀਂ।"

ਸਧਾਰਣ ਸ਼ਬਦਾਂ 'ਚ ਗ਼ਜ਼ਲ ਨੂੰ ਅਨਜਾਣ ਲੋਕ ਅਲੱsਗ-ਅਲੱਗ ਅਰਥਾਂ ਵਿੱਚ ਲੈਂਦੇ ਹਨ। ਇਸਨੂੰ ਜਾਮ, ਬਿਰਹਾ, ਹਿਰਦੇ ਦੀ ਪੀੜ ਆਦਿ ਕਹਿਕੇ ਪੁਕਾਰਦੇ ਹਨ। ਗ਼ਜ਼ਲ ਆਪਣੇ ਆਪ 'ਚ ਇੱਕ ਅਨੋਖੀ ਵਿਧਾ (ਸ਼ੈਲੀ) ਹੈ। ਜਿਸ ਵਿੱਚ ਪ੍ਰੇਮ, ਪਿਆਰ ਕਿਰਿਆ ਦੇ ਆਦਾਨ-ਪ੍ਰਦਾਨ ਵਿਵਹਾਰ ਦਾ ਸਮਾਵੇਸ਼ ਹੁੰਦਾ ਹੈ। ਇਹ ਸ਼ਬਦ ਅਰਬੀ ਭਾਸ਼ਾ ਦਾ ਹੈ ਤੇ ਅਰਬੀ ਭਾਸ਼ਾ ਦੀ ਅਨੁਕ੍ਰਿਤੀ 'ਤੇ ਇਹ ਵਿਧਾ ਫਾਰਸੀ 'ਚ ਸ਼ਾਮਿਲ ਹੋਈ। ਗ਼ਜ਼ਲ ਦੀ ਉਤਪੱਤੀ ਦੇ ਵਿਸ਼ੇ ਵਿੱਚ ਵਿਦਵਾਨਾਂ ਦਾ ਕਹਿਣਾ ਹੈ ਕਿ ਪ੍ਰਾਚੀਨ ਅਰਬ ਵਿੱਚ ਅਮੀਰ, ਉਮਰਾਵ, ਬਾਦਸ਼ਾਹਾਂ, ਲੋਕ-ਨਾਇਕਾਂ ਅਤੇ ਸਮਾਜਿਕ, ਧਾਰਮਿਕ ਤੇ ਪ੍ਰਸ਼ਾਸ਼ਕੀ ਖੇਤਰਾਂ ਵਿੱਚ ਪ੍ਰਤਿਸ਼ਠ ਲੋਕਾਂ ਦੀ ਸ਼ਾਨ ਵਿੱਚ 'ਕਸੀਦਾ' ਨਾਮ ਦਾ ਕਾਵਿ-ਰੂਪ ਵਿਵਹਾਰ ਵਿੱਚ ਆਉਂਦਾ ਹੈ। ਇਹ ਦੀਰਘ ਕਵਿਤਾ ਹੁੰਦੀ ਸੀ ਤੇ ਇਸਦੇ ਆਰੰਭ ਵਿੱਚ ਕੁੱਝ ਪੰਗਤੀਆਂ ਮੁੱਖ ਵਿਸ਼ੇ ਨਾਲੋਂ ਬਹੁਤ ਅਲੱਗ ਹੁੰਦੀਆਂ ਸਨ। ਪ੍ਰੇਮੀ ਦੀ ਸ਼ੁੰਦਰਤਾ, ਨੈਣ-ਨਕਸ਼, ਹਾਵ-ਭਾਵ, ਪ੍ਰੇਮ-ਵਿਵਹਾਰ ਆਦਿ ਦੀ ਨਿਰੂਪਤੀ ਕਰਦੀ ਸੀ, ਜੋ ਪ੍ਗਟਾਵਾ ਉਸ ਕਸੀਦ ਦੀ ਭੂਮਿਕਾ ਦੇ ਰੂਪ ਵਿੱਚ ਹੁੰਦੀ ਸੀ। 'ਕਸੀਦਾ ਕੀ ਹੈ'? ਕਸੀਦਾ ਉਸ ਸਨਫ ਸ਼ੇਅਰ ਨੂੰ ਕਹਿੰਦੇ ਹਨ ਜਿਸ ਵਿੱਚ ਕਿਸੇ ਦੀ 'ਮਦਹਾ' ਜਾਂ 'ਹਜੁ' ਬਿਆਨ ਕੀਤਾ ਜਾਏ ਜਾਂ ਮਰੇ ਹੋਏ ਆਦਮੀ ਦੀ ਸ਼ਾਨ ਵਿੱਚ ਸ਼ੇਅਰ ਰੂਪਾਂ ਵਿੱਚ ਕਵਿਤਾ ਨੂੰ ਲਿਖਣਾ 'ਮਦਰਾ' ਕਹਾਉਂਦਾ ਹੈ। ਕਸੀਦਾ ਰਾਜਿਆਂ ਦੀ ਸ਼ਾਨ ਵਿੱਚ ਹੀ ਲਿਖਿਆ ਜਾਂ ਪੜ੍ਹਿਆ ਜਾਂਦਾ ਸੀ।

ਇਨਾਮ ਕ ਲਾਲਚ ਮੇਂ ਲਿਖੇ ਮਦਰਾਂ ਕਿਸੀ ਕੀ।

ਇਤਨਾ ਤੋਂ ਕਭੀ ਕੋਈ ਸੁਖਨਬਰ ਨਹੀਂ ਗਿਰਤਾ।।

ਮਗਰ ਸ਼ਾਇਰਾਂ ਨੇ ਇਸ ਵਿੱਚ ਹੋਰ ਉਦਾਹਰਣ ਦੇ ਤੌਰ 'ਤੇ ਸ਼ੇਅਰ 'ਆਸ਼ੂਬ' ਵੀ ਬਿਆਨ ਕੀਤਾ ਹੈ। ਕਸੀਦਾ ਵਿੱਚ ਵੀ ਪਹਿਲਾਂ ਸ਼ੇਅਰ ਗ਼ਜ਼ਲ ਦੀ ਤਰ੍ਹਾਂ ਸ਼ੁਰੂ ਹੁੰਦਾ ਹੈ। ਜਿਸਦੇ ਦੋਨਾਂ ਮਿਸਰਿਆਂ ਵਿੱਚ ਕਾਫੀਆ ਹੁੰਦਾ ਹੈ। 'ਮਤਲਾ' ਗ਼ਜ਼ਲ ਦੀਆਂ ਪਹਿਲੀਆਂ ਦੋ ਲਾਈਨਾਂ ਨੂੰ ਕਹਿੰਦੇ ਹਨ। ਕਾਫੀਆਂ ਲਾਈਨਾਂ ਦੇ ਅੰਤ ਵਿੱਚ ਮਿਲਦੇ-ਜੁਲਦੇ ਸ਼ਬਦ ਹਨ, ਜਿਵੇਂ ਸ਼ਾਦਾਬ ਦੇ ਸ਼ੇਅਰ ਹਨ –

> ਆਪ ਕਿਆ ਜਾਨੋ, ਮੁਹੱਬਤ ਕਿਆ, ਜਾਈਏ ਆਪ ਸੇ ਸ਼ਿਕਾਇਤ ਕਿਆ? ਮਤ ਸਤਾਓ ਕਿਸੀ ਗ਼ਰੀਬ ਕਾ ਦਿਲ, ਅੱਛੀ ਹੋਤੀ ਹੈ ਐਸੀ ਆਦਤ ਕਿਆ?

ਇਸ ਵਿੱਚ ਸ਼ਿਕਾਇਤ ਕਿਆ, ਮੁਹੱਬਤ ਕਿਆ ਕਾਫ਼ੀਏ ਹਨ। ਗ਼ਜ਼ਲ ਦੀਆਂ ਅੰਤਿਮ ਦੋ ਪੰਕਤੀਆਂ ਨੂੰ 'ਮਕਤਾ' ਕਹਾਂਗੇ। ਜਿਸ ਵਿੱਚ ਨਾਮ ਹੁੰਦਾ ਹੈ। ਉਦਾਹਰਣ ਵਜੋਂ 'ਨਾਸਿਰ' ਦੇ ਸ਼ੇਅਰ ਨੂੰ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ –

> "ਦਿਲ ਧੜਕਨੇ ਕਾ ਸਬੱਬ ਯਾਦ ਆਇਆ ਵੋਹ ਤੇਰੀ ਯਾਦ ਥੀ, ਅਬ ਯਾਦ ਆਇਆ। ਬੈਠ ਕਹ ਸਾਯਾ ਏ ਗੁਲ ਮੇਂ 'ਨਾਸਿਰ' ਹਮ ਬਹੁਤ ਰੋਏ ਵੋਹ ਜਬ ਯਾਦ ਆਇਆ।

ਜ਼ਰੂਰੀ ਨਹੀਂ ਕਿ ਮਕਤਾ ਆਖਿਰ ਵਿੱਚ ਹੀ ਹੋਵੇ, ਗ਼ਜ਼ਲ ਤੇ ਕਸੀਦਾ ਵਿੱਚ ਬਹੁਤ ਘੱਟ ਅੰਤਰ ਦਿਖਾਈ ਦਿੰਦਾ ਹੈ। ਹੋ ਸਕਦਾ ਹੈ ਕਿ ਪਹਿਲਾਂ ਕਸੀਦਾ ਅਜ਼ਾਦ ਹੋਇਆ ਹੋਵੇ, ਫਿਰ ਗ਼ਜ਼ਲ ਇਸਦਾ ਸੁਧਰਿਆ ਹੋਇਆ ਰੂਪ ਬਣਿਆ ਹੋਵੇ। ਇਹ ਰਚਨਾਵਾਂ ਭਾਵਾਂ ਦੀ ਰੰਗੀਨੀ ਕਾਰਨ ਅਤਿਅੰਤ ਲੋਕਪ੍ਰਿਯ ਹੁੰਦੀਆਂ ਸਨ। ਇਨ੍ਹਾਂ ਭਾਵਨਾਵਾਂ ਦਾ ਸੰਬੰਧ ਪ੍ਰਸ਼ਸ਼ਤਰੀ ਦੇ ਪਾਤਰ ਉਸ ਵਿਅਕਤੀ ਵਿਸ਼ੇਸ਼ ਨਾਲ ਸਥਾਪਿਤ ਕਰ ਲਿਆ ਜਾਂਦਾ ਸੀ। ਕਾਲ ਅੰਤਰ ਵਿੱਚ ਇਹੀ ਭੂਮਿਕਾ ਇੱਕ ਸੁਤੰਤਰ ਕਾਵਿ ਦੀ ਵਿਸ਼ੇਸ਼ 'ਵਿਧਾ' ਬਣ ਗਈ ਹੈ। ਫ਼ਾਰਸੀ ਭਾਸ਼ਾ ਦੇ ਖੇਤਰ 'ਚ ਇਯ ਕਾਵਿ ਦੀ ਲੋਕਪ੍ਰਿਯਤਾ ਵਿੱਚ ਐਨਾ ਵਾਧਾ ਹੋਇਆ ਹੈ ਕਿ ਇਸਨੂੰ ਫ਼ਾਰਸੀ ਵਿਧਾ ਹੀ ਮੰਨ ਲਿਆ ਗਿਆ।

ਗ਼ਜ਼ਲ ਬਾਰੇ ਅਲੱਗ-ਅਲੱਗ ਵਿਚਾਰ ਤੇ ਮੱਤ – ਗ਼ਜ਼ਲਅਰਬੀ ਇਸਤਰੀਲਿੰਗ ਸ਼ਬਦ ਹੈ, ਜਿਸਦਾ ਅਰਥ ਹੈ ਪ੍ਰੇਮਿਕਾ ਨਾਲ ਵਾਰਤਾਲਾਪ। ਉਰਦੂ, ਫਾਰਸੀ ਕਵਿਤਾ ਦਾ ਇੱਕ ਪ੍ਰਕਾਰ ਵਿਸ਼ੇਸ਼, ਜਿਸ ਵਿੱਚ ਆਮ ਤੌਰ 'ਤੇ 5 ਤੋਂ 11 ਸ਼ੇਅਰ ਹੁੰਦੇ ਹਨ। ਸਾਰੇ ਸ਼ੇਅਰ ਇੱਕ ਹੀ ਕਾਫੀਏ ਤੇ ਰਦੀਫ 'ਚ ਹੁੰਦੇ ਹਨ। ਹਰ ਇੱਕ ਦਾ ਵਿਸ਼ਾ ਅਲੱਗ ਹੁੰਦਾ ਹੈ। ਪਹਿਲਾਂ ਸ਼ੇਅਰ 'ਮਤਲਾ-ਏ-ਸ਼ਾਨੀ' ਅੰਤਿਮ ਸ਼ੇਅਰ 'ਮਕਤਾ' ਹੁੰਦਾ ਹੈ। ਗ਼ਜ਼ਲ ਦੇ ਪੂਰਨ ਸੰਗਗਗ੍ਹ ਨੂੰ 'ਦੀਵਾਨ' ਇੱਕ ਸੰਪੂਰਨ ਪ੍ਰਕਾਰ ਦੇ ਪੱਥ ਨੂੰ 'ਵਿਆਦ' ਕਦੇ ਹਨ। ਗ਼ਜ਼ਲ ਵਿਚਲੇ ਸ਼ੇਅਰਾਂ ਦਾ ਇੱਕ-ਦੂਜੇ ਨਾਲ ਕੋੲਈ ਸੰਬੰਧ ਨਹੀਂ ਹੁੰਦਾ। ਇਸ ਵਿੱਚ ਪ੍ਰੇਮੀ ਦੀ ਪ੍ਰਸ਼ੰਸ਼ਾ ਪਿਆਰ ਦਾ ਪ੍ਰਗਟਾਵਾ, ਉਲਾਂਭੇ ਆਦਿ ਵੀ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ। ਲੇਕਿਨ ਅੱਜ-ਕੱਲ੍ਹ ਗ਼ਜ਼ਲ ਪ੍ਰੇਮ ਪਿਆਰ ਦੀ ਸੀਮਾ ਲੰਘ ਗਈ ਹੈ ਤੇ ਗ਼ਜ਼ਲ ਅਧਿਆਤਮਿਕ ਧਾਰਮਿਕ, ਸਮਾਜਿਕ, ਚੁਣੌਤੀ ਆਦਿ ਦੇ ਵਿਸ਼ੇ ਉੱਪਰ ਵੀ ਲਿਖੀ ਜਾਂਦੀ ਹੈ। ਰਾਜਨੀਤੀ ਉੱਪਰ ਵਿਅੰਗ ਵੀ ਗ਼ਜ਼ਲ ਨੇ ਹੀ ਕੀਤਾ ਹੈ।

'ਜ਼ਦੀਦ' ਅਨੁਸਾਰ- ਗ਼ਜ਼ਲ ਉਸ ਨਜ਼ਮ ਨੂੰ ਕਹਿੰਦੇ ਹਨ ਜਿਸ ਵਿੱਚ ਹੁਸਨ, ਇਸ਼ਕ, ਤਸੱਵੁਫ਼, ਇਖਲਾਕ, ਫਲਸਫਾ ਆਦਿ ਮੁਤਾਲਕ ਮੁਜਾਮਿਨ ਹੋਣ ਤੇ ਹਰ ਸ਼ੇਅਰ ਦਾ ਮਜ਼ਮੂਨ (ਵਿਸ਼ਾ) ਅਲੱਗ ਹੋਵੇ। ਪ੍ਰੋ. ਤੇਜਾ ਸਿੰਘ ਜੀ ਮੌਲਾਨਾ ਸ਼ਿਬਲੀ ਦੇ ਹਵਾਲੇ ਨਾਲ ਲਿਖਦੇ ਹਨ ਕਿ ਗ਼ਜ਼ਲ ਦੀ ਉਤਪੱਤੀ ਤਸੱਵੁਫ਼ ਤੋਂ ਆਰੰਭ ਹੁੰਦੀ ਹੈ। ਗ਼ਜ਼ਲ ਦੀਆਂ ਵਿਸ਼ੇਸ਼ਤਾਵਾਂ ਇਸ ਪ੍ਰਕਾਰ ਹਨ –

ਧਿਆਨ ਦੀ ਕੋਮਲਤਾ, ਨਵੇਂ ਤੋਂ ਨਵੇਂ ਦ੍ਰਿਸ਼ਟਾਂਤ, ਅਛੂਤਾਪਨ, ਨਵੀਨਤਾ ਦਾ ਨਿਖਾਰ, ਨਵੀਆਂ ਤਸਬੀਰਾਂ, ਨਵੇਂ ਲਿਖਣ ਦੇ ਢੰਗ, ਉਚਿਤ ਸ਼ਬਦਾਵਲੀ ਦਾ ਪ੍ਰਯੋਗ, ਸਰਲਤਾ, ਤੋਲ-ਤੁਕਾਂਤ, ਅਲੰਕਾਰ, ਖਿਆਲ ਦਾ ਸੰਖੇਪ ਵਰਨਣ, ਰੌਚਕਤਾ, ਗਹਿਰਾਈ ਗ਼ਜ਼ਲ ਦੇ ਅਨੁਕੂਲ ਸ਼ਬਦਾਵਲੀ ਦਾ ਪ੍ਰਯੋਗ ਆਦਿ।

ਪੰਡਿਤ ਭਾਤਖੰਡੇ ਜੀ ਲਿਖਦੇ ਹਨ ਕਿ ਗਾਣੇ ਦੀ ਦ੍ਰਿਸ਼ਟੀ ਨਾਲ ਗ਼ਜ਼ਲ ਕੋਈ ਸ਼੍ਰੇਸ਼ਠ ਗਾਇਨ ਨਹੀਂ ਸਮਝਿਆ ਜਾਂਦਾ। ਇਹ ਗੀਤ ਅਰਥ ਪ੍ਰਧਾਨ ਮੰਨੇ ਜਾਂਦੇ ਹਨ। ਗ਼ਜ਼ਲ ਦਾ ਪ੍ਰਧਾਨ ਰਸ ਸ਼ਿੰਗਾਰ ਰਸ ਹੀ ਰਹਿੰਦਾ ਹੈ। ਗੁਲਾਮ ਅਲੀ ਜੀ ਅਨੁਸਾਰ ਗ਼ਜ਼ਲ ਗਾਉਣ ਤੋਂ ਪਹਿਲਾਂ ਗ਼ਜ਼ਲ ਦਾ ਹਿਚਰਾ ਪੜ੍ਹ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ। ਕਿ ਗ਼ਜ਼ਲ ਗਾਉਣ ਤੋਂ ਪਹਿਲਾਂ ਗ਼ਜ਼ਲ ਦਾ ਚਿਹਰਾ ਪੜ੍ਹ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਗ਼ਜ਼ਲ ਕੀ ਮੰਗਦੀ ਹੈ।

ਭਾਵ ਗ਼ਜ਼ਲ ਨੂੰ ਕਿਹੜਾ ਰਾਗ, ਰੂਪ ਰੰਗ ਚਾਹੀਦਾ ਹੈ। ਜਿਸ ਤਾਲ 'ਚ ਇਸਨੂੰ ਬੰਨਿਆ ਜਾਵੇ। ਸਲੋਚਨਾ ਬ੍ਰਹਿਸਪਤੀ ਲਿਖਦੀ ਹੈ- 'ਕਵਾਲੀ' ਸੰਗੀਤ ਦੀ ਇੱਕ ਭਾਰਤੀ ਵਿਧਾ ਹੈ। ਗ਼ਜ਼ਲ ਗਾਉਣ ਵਾਲੇ ਗਵੱਈਏ ਕਵਾਲ ਕਹਾਉਂਦੇ ਹਨ ਅਤੇ ਇਹ ਲੋਕ ਹਜ਼ਰਤ ਅਮੀਰ ਖ਼ੁਸਰੋ ਦੇ ਜਨਮ ਤੋਂ ਪਹਿਲੇ ਮੁਸਲਿਮ ਦਰਬਾਰਾਂ ਤੇ ਸੂਫ਼ੀਆਂ ਦੀ ਖਾਨਗਾਹਾਂ ਤੇ ਗ਼ਜ਼ਲਾਂ ਗਾਉਂਦ ਸੀ।" ਗ਼ਜ਼ਲ ਤੇ ਕਵਾਲੀ 'ਚ ਅੰਤਰ ਇਹੀ ਹੈ ਕਿ ਇਸ਼ਕ ਹਕੀਕੀ ਹੈ ਤੇ ਇੱਕ ਇਸ਼ਕ ਮਜ਼ਾਜੀ ਹੈ।

ਅੰਤ 'ਚ ਅਸੀਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਅੱਜ ਗ਼ਜ਼ਲ ਦਾ ਪ੍ਰਚਾਰ ਤੇ ਪਸਾਰ ਲੋਕਾਂ ਵਿੱਚ ਬਹੁਤ ਵਧਿਆ ਹੈ। ਗ਼ਜ਼ਲ ਦੀ ਬੁਨਿਆਦੀ ਸਮਝ ਚਾਹੇ ਹੈ ਜਾਂ ਨਹੀਂ> ਬਹੁਤ ਸਾਰੇ ਲੋਕ ਆਪਣੇ ਸਮਾਜਿਕ ਰੁਤਬੇ ਵਾਸਤੇ ਵੀ ਗ਼ਜ਼ਲ ਸੁਣਨ ਦਾ ਦਿਖਾਵਾ ਕਰਦ ਹਨ। ਪਰ ਅਸਲ ਵਿੱਚ ਗ਼ਜ਼ਲ ਦਾ ਪੂਰਾ ਆਨੰਦ ਲੈਣ ਲਈ ਗ਼ਜ਼ਲ ਦੀ ਬੁਨਿਆਦੀ ਸਮਝ ਹੋਣਾ ਬਹੁਤ ਹੀ ਲਾਜ਼ਮੀ ਹੈ।

> ਪੀਐੱਚ.ਡੀ(ਰਿਸਰਚ ਸਕੋਲਰ) ਸੰਗੀਤ–ਵਿਭਾਗ।

ਪੰਜਾਬੀ ਲੋਕ ਗੀਤ, ਬੋਲੀਆਂ ਤੇ ਪੰਜਾਬੀ ਸਭਿਆਚਾਰ

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦਾ ਪਿੜ ਬਹੁਤ ਮੋਕਲਾ ਹੈ। ਪੰਜਾਬੀਆਂ ਦੇ ਰਸਮ-ਰਿਵਾਜ਼, ਸਮਾਜਿਕ ਰਿਸ਼ਤੇ ਅਤੇ ਤਿੱਥ-ਤਿਉਹਾ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦਾ ਅਕਸ ਹਨ। ਪੰਜਾਬੀ ਲੋਕ ਸਾਹਿਤ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦਾ ਅਨਿਖੜਵਾਂ ਅੰਗ ਹੈ। ਪੰਜਾਬੀ ਲੋਕ ਨ੍ਰਿਤ ਅਤੇ ਲੋਕ-ਗੀਤਾਂ ਵਿੱਚੋਂ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੇ ਹਰ ਪਹਿਲੂ ਦੀ ਤਸਵੀਰ ਦਿੱਸਦੇ ਹੈ। ਪੰਜਾਬੀ ਲੋਕ ਗੀਤਾਂ ਵਿੱਚ ਪੰਜਾਬੀਆਂ ਦੇ ਪਹਿਰਾਵੇ, ਗਹਿਣਿਆਂ ਸੰਬੰਧੀ ਵਰਣਨ ਮਿਲਦਾ ਹੈ। ਪੰਜਾਬੀ ਲੋਰੀਆਂ ਵਿੱਚ ਪਲਦੇ ਹਨ ਤੇ ਥਾਲਾਂ ਵਿੱਚ ਖੇਡਦੇ ਹਨ। ਢੋਲਿਆਂ ਵਿੱਚ ਜਵਾਨ ਹੁੰਦੇ ਹਨ ਅਤੇ ਅਲਾਹੁਣੀਆਂ ਵਿੱਚ ਸੰਸਾਰ ਛੱਡ ਦਿੰਦੇ ਹਨ।

ਪੰਜਾਬੀ ਲੋਕ-ਗੀਤਾਂ ਵਿੱਚ ਭਾਰਤ ਉੱਤੇ ਵਿਦੇਸ਼ੀਆਂ ਵੱਲੋਂ ਹੋਏ ਹਮਲਿਆਂ ਬਾਰੇ ਵੀ ਜ਼ਿਕਰ ਮਿਲਦਾ ਹੈ ਅਤੇ ਭਾਰਤ ਦੀ ਆਬਰੂ ਨੂੰ ਬਚਾਉਣ ਵਾਸਤੇ ਪੰਜਾਬੀਆਂ ਵੱਲੋਂ ਪਾਏ ਗਏ ਯੋਗਦਾਨ ਬਾਰੇ ਵੀ। ਪੰਜਾਬੀ ਲੋਕ-ਗੀਤ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦਾ ਸਰਮਾਇਆ ਹਨ। ਪੰਜਾਬੀ ਲੋਕ ਗੀਤਾਂ ਵਿੱਚੋਂ ਫ਼ੁੱਲਾਂ ਦੀ ਸੁਗੰਧ ਆਉਂਦੀ ਹੈ, ਸੂਰਜ ਦੀ ਧੁੱਪ ਦਾ ਨਿੱਘ ਆਉਂਦਾ ਹੈ, ਚੰਨ-ਚਾਨਣੀ ਰਾਤ ਵਾਲਾ ਸਰੂਰ ਮਿਲਦਾ ਹੈ ਅਤੇ ਤਾਰਿਆਂ ਦੀ ਸੰਘਣੀ ਛਾਂ ਵਾਲਾ ਆਨੰਦ ਮਿਲਦਾ ਹੈ।

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਵਿਚ ਖਾਣ-ਪੀਣ ਅਤੇ ਪਹਿਰਾਵੇ ਦਾ ਵਿਸ਼ੇਸ਼ ਮਹੱਤਵ ਹੈ। ਪੰਜਾਬੀ ਖਾਂਦੇ ਮਨ ਭਾਉਂਦਾ ਹਨ ਅਤੇ ਪਹਿਨਦੇ ਜਗ ਭਾਉਂਦਾ ਹਨ। ਪੁਰਸ਼ਾ ਤੇ ਇਸਤਰੀਆਂ ਦੇ ਅਲੱਗ-ਅਲੱਗ ਪਹਿਰਾਵੇ ਹਨ। ਪੰਜਾਬੀਆਂ ਨੇ ਭਾਵੇਂਪੱਛਮੀ ਪਹਿਰਾਵੇ ਦਾ ਅਨੁਸਰਣ ਕੀਤਾ ਹੈ ਪਰ ਆਪਣੇ ਮੌਲਿਕ ਪਹਿਰਾਵੇ ਨੂੰ ਤਿਲਾਂਜਲੀ ਨਹੀਂ ਦਿੱਤੀ। ਪੰਜਾਬੀ ਆਪਣੇ ਪਹਿਰਾਵੇ ਵਿੱਚ ਵੱਖਰੀ ਪਹਿਚਾਣ ਰੱਖਦੇ ਹਨ। ਖ਼ਾਸ ਕਰ ਇਸਤਰੀਆਂ ਦੇ ਦੁਪੱਟੇ, ਫ਼ੁਲਕਾਰੀ ਤੇ ਗਹਿਣਿਆਂ ਦਾ ਜ਼ਿਕਰ ਲੋਕ-ਗੀਤਾਂ ਤੇ ਬੋਲੀਆਂ ਵਿੱਚ ਵਧੇਰੇ ਥਾਵਾਂ ਤੇ ਆਉਂਦਾ ਹੈ।

ਕੁੜਤੀ ਤੇ ਫੁਲਕਾਰੀ ਬਾਰੇ ਸੰਕੇਤ ਲੋਕ ਸਾਹਿਤ ਵਿਚ ਆਮ ਮਿਲਦੇ ਹਨ : ਉੱਤੇ ਹੀਰ ਨੇ ਲਈ ਫੁਲਕਾਰੀ, ਕੁੜਤੀ ਖੱਦਰ ਦੀ ਪਾਈ। ਕੁੜੀਆਂ 'ਚ ਚੰਨ ਚੜ੍ਹਿਆ, ਹੀਰ ਗਿੱਧੇ ਵਿੱਚ ਆਈ। ਫੁਲਕਾਰੀ ਮੇਰੀ ਰੇਸ਼ਮੀ, ਉੱਤੇ ਲਿਸ਼ਕਣ ਮੋਰ। ਗੱਲਾਂ ਤੁਹਾਡੀਆਂ ਮਿੱਠੀਆਂ, ਅੰਦਰੋਂ ਦਿਲ ਨੇ ਹੋਰ।

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਵਿਚ ਫੁਲਕਾਰੀ ਤੋਂ ਇਲਾਵਾ ਦੁਪੱਟੇ ਦਾ ਜ਼ਿਕਰ ਪੰਜਾਬੀ ਲੋਕ-ਗੀਤਾਂ, ਬੋਲੀਆਂ ਤੇ ਟੱਪਿਆਂ ਵਿੱਚ ਆਉਂਦਾ ਹੈ। ਦੁਪੱਟਾ ਬਜ਼ੁਰਗ ਔਰਤਾਂ ਦੀ ਆਨ ਹੈ, ਮੁਟਿਆਵਾਂ ਦੀ ਸ਼ਾਨ ਹੈ। ਨਵ-ਵਿਆਹੀਆਂ ਦਾ ਪ੍ਰਾਣ ਹੈ ਅਤੇ ਕੁੜੀਆਂ ਦੀ ਜ਼ਿੰਦ-ਜਾਨ ਹੈ : ਕਿੱਕਲੀ ਕਲੀਰ ਦੀ ਪੱਗ ਮੇਰੇ ਵੀਰ ਦੀ

ਦੁਪੱਟਾ ਮੇਰੇ ਭਾਈ ਦਾ ਸੁਰਜ ਲੜਾਈ ਦਾ

ਗਾਵਾਂਗੇ ਤੇ ਹਸਾਂਗੇ ਸਹੇਲੀਆਂ ਨੂੰ ਦੱਸਾਂਗੇ

ਜੰਝ ਚੜ੍ਹੇ ਵੀਰ ਦੀ ਕਿੱਕਲੀ ਕਲੀਰ ਦੀ।

ਪੰਜਾਬੀ ਪੁਰਸ਼ਾਂ ਦੀ ਪੱਗ ਤੇ ਚਾਦਰੇ ਬਾਰੇ ਵੀ ਲੋਕ-ਗੀਤਾਂ ਤੇ ਬੋਲੀਆਂ ਵਿਚ ਚਰਚਾ ਹੁੰਦੀ ਹੈ :-

ਚਿੱਟਾ ਚਾਦਰਾ, ਪੱਗ ਗੁਲਾਬੀ, ਖੂਹ ਤੇ ਕੱਪੜੇ ਧੋਵੇ,

ਸਾਬਣ ਥੋੜਾ, ਮੈਲ ਬਥੇਗੇ, ਉੱਚੀ-ਉੱਚੀ ਰੋਵੇ,

ਛੜੇ ਵਿਚਾਰੇ ਦ, ਕੌਣ ਚਾਦਰੇ ਧੋਵੇ,

ਛੜੇ ਵਿਚਾਰੇ ਦੇ, ਕੌਣ ਚਾਦਰੇ ਧੋਵੇ।

ਵੰਗਾਂ ਇਸਤਰੀਆਂ ਦਾ ਗਹਿਣਾ ਹੈ। ਵੰਗਾਂ ਚੜ੍ਹਾਉਣ ਲਕੀਆਂ ਨੂੰ ਮੱਲੋ-ਮੱਲੀ ਹੋ ਜਾਂਦਾ ਹੈ।

ਗਲੀ-ਗਲੀ ਵਣਜਾਰਾ ਫਿਰਦਾ, ਵੰਗਾਂ ਲੜੋ ਚੜ੍ਹਾ।

ਕੋਠੇ ਉੱਤੇ ਚੜ੍ਹ ਹਾਕਾਂ ਦੇਵਾਂ, ਸਾਡੀ ਗਲੀ ਵੀ ਆ।

ਮੁਟਿਆਰਾਂ ਆਪਣੇ ਹੁਸਨ ਤੇ ਨਾਜ਼ ਕਰਦੀਆਂ ਹੋਹੀਆਂ ਵਧੀਆ ਲਹਿੰਗਾ ਲੈਣ ਦੀ ਫਰਮਾਇਸ਼ ਕਰਦੀਾਂ ਹਨ :

ਬੇਰੀਆਂ ਵੀ ਲੰਘ ਆਈ, ਕਿੱਕਰਾਂ ਵੀ ਲੰਘ ਆਈ

ਲੰਘਣੋਂ ਰਹੀਆਂ ਬਰੋਟਾ

ਜੇ ਤੂੰ ਮੇਰਾ ਰੂਪ ਵੇਖਣਾ ਮੇਰੇ ਲਹਿੰਗੇ ਨੂੰ

ਲੁਆ ਦੇ ਸੋਹਣਾ ਗੋਟਾ।

ਘੱਗਰਾ ਨੀ ਚੰਦ ਕੌਰ ਦਾ, ਮੈਂ ਕਿਹਾ ਘੱਗਰਾ ਨੀ ਚੰਦ ਕੌਰ।

ਨਾੜਾ ਘੁੰਗਰੂਆਂ ਵਾਲਾ, ਸ਼ਹਿਰ ਪਟਿਆਲਾ, ਘੱਗਰਾ ਨੀ ਚੰਦ ਕੌਰ ਦਾ। ਪੰਜਾਬੀ ਜੁੱਤੀ ਦਾ ਜ਼ਿਕਰ ਵੀ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੀ ਇਕ ਵੱਡੀ ਨਿਸ਼ਾਨੀ ਹੈ ਮੇਰੀ ਸੱਸ ਬੜੀ ਕੁਪੱਤੀ, ਮੈਨੂੰ ਪਾਉਣ ਨਾ ਦੇਵੇ ਜੁੱਤੀ ਮੈਂ ਵੀ ਜੁੱਤੀ ਪਾਉਣੀ ਆ, ਮੁੰਡਿਆਂ ਰਾਜ਼ੀ ਰਹੁ ਜਾਂ ਗੁੱਸੇ, ਤੇਰੀ ਮਾਂ ਖੜਕਾਉਣੀ ਆ।

ਪੰਜਾਬੀ ਦਾ ਪ੍ਰਸਿੱਧ ਇਸਤਰੀ ਪ੍ਰਧਾਨ ਗਹਿਣਾ ਪਰਾਂਦਾ ਸਾਰੇ ਵਿਸ਼ਵ ਵਿੱਚ ਮਸ਼ਹੂਰ ਹੈ। ਬੋਲੀਆਂ ਵਿੱਚ ਇਸਦਾ ਆਮ ਜ਼ਿਕਰ ਹੁੰਦਾ ਹੈ:

ਦੇਖ ਮੁੰਡਿਆਂ ਤੂੰ ਮੇਰਾ ਨੱਚਦਾ ਪਰਾਂਦਾ

ਨੱਚਦਾ ਪਰਾਂਦਾ ਕਾਲੇ ਸੱਪ ਵਰਗਾ

ਤੇਰਾ ਲਾਰਾ ਵੇ ਸ਼ਰਾਬੀਆ ਦੇ ਗੱਪ ਵਰਗਾ......

ਇਸ ਤਰ੍ਹਾਂ ਪੰਜਾਬੀ ਲੋਕ ਗੀਤ ਤੇ ਬੋਲੀਆਂ ਪੰਜਾਬੀ ਦੇ ਸੱਭਿਆਚਾਰ ਦੀ ਅਨੂਠੀ ਮਿਸਾਲ ਹਨ।

ਚਾਰੂ ਹਾਂਡਾ ਐਸੀਸਟੈਂਟ ਪ੍ਰੋਫ਼ੈਸਰ, ਨ੍ਰਿਤ ਵਿਭਾਗ

# ਕਵਿਤਾ-ਹੋਂਦ

ਉਹਦੀ ਸੋਚ ਦਾ ਅੰਦਾਜ਼ਾ ਕੀ ਹੋਵੇ, ਗਈ ਸੀ ਸਮੁੰਦਰ ਕੋਲ ਮੱਛੀਆਂ ਫੜ੍ਹਨ, ਕੀ ਪਤਾ ਸੀ,

ਖੁਦ ਹੀ ਡੁਬਕੀ ਲਗਾ ਜਾਵੇਗੀ

ਇੱਛਾਵਾਂ ਦੇ ਸਮੁੰਦਰ ਵਿੱਚ

ਆਪਣੀ ਹੋਂਦ ਦਾ ਬੋਝ ਲੈ ਕੇ।

ਵੱਲੋਂ-ਸਨੋਅ ਸਾਦਗੀ

ਬੀ.ਏ.1⁵

## ਕਵਿਤਾ-ਹਵਾ

ਅੱਜ ਸਵੇਰ ਊਹ ਫਿਰ ਉੱਠੀ, ਪਰ ਜਾਗੀ ਨਹੀਂ

ਪਿਤਾ ਦਾ ਡਰ

ਮਾਂ ਦਾ ਖ਼ਿਆਲ

ਲੁਕੋ ਰਿਹਾ ਸੀ ਉਸਦੀ ਆਵਾਜ਼

ਹਵਾ ਉਡਾਵੇਂ ਉਸਦੀ ਡਾਇਰੀ ਦੇ ਪੰਨੇ

ਕਾਸ਼ ਉਸਦੇ ਸੁਪਨੇ ਵੀ ਦਿਖ ਜਾਣ

ਉਸ ਅਣਦੇਖੀ ਨੂੰ।

ਵੱਲੋਂ-ਸਨੋਅ ਸਾਦਗੀ, ਬੀ.ਏ.₁\*

#### ਕਵਿਤਾ - 'ਮੈਂ'

ਲੋਕਾਂ ਦੇ ਵਿਚ ਰਹਿੰਦੀ ਸੀ 'ਮੈਂ'

ਲੱਖਾਂ ਵਾਰੀ ਟੁੱਟੀ ਤੇ ਵਿਖਰੀ 'ਮੈਂ'

ਪਰ ਫੇਰ ਉੱਠੀ ਤੇ ਤੁਰਦੀ ਸੀ 'ਮੈਂ'

ਇੱਕ ਦਿਨ ਰੁਕ ਕੇ ਸੋਚਣ ਲੱਗੀ,

ਟੁੱਟਣਾ, ਤੁਰਨਾ ਲੱਖਾਂ ਹੋ ਗਿਆ,

ਹੁਣ ਰਸਤਾ ਬਦਲਣ ਦੀ ਲੋੜ ਹੈ।

ਦੁਨੀਆਂ ਦੀ ਤਾਂ ਦੌਲਤ ਪਿੱਛੇ ਹੋੜ ਹੈ।

ਕੋਈ ਨਾ ਜਾਣੇ ਅਸਲੀ ਦੌਲਤ ਤਾਂ ਕੁੱਝ ਹੋਰ ਹੈ।

ਲੋਕਾਂ ਵਿੱਚ ਰਹਿੰਦਿਆਂ ਹੁਣ ਲੱਗਾ,

'ਮੈਂ' ਗੁਆਂਢ ਗਈ।

ਉਸ ਦਿਨਟ ਮੇਰੀ ਖ਼ੁਦ ਨਾਲ ਮੁਲਾਕਾਤ ਹੋ ਗਈ। ਫਿਰ ਪਤਾ ਨਹੀਂ ਉਹ, ਪਹਿਲਾਂ ਵਾਲੀ 'ਮੈਂ' ਕਿੱਥੇ ਗੁਆਚ ਗਈ। ਪਤਾ ਨਹੀਂ ਉਹ 'ਮੈਂ' ਕਿੱਥੇ ਗੁਆਚ ਗਈ।

ਅਮਨਕਿਰਤੀ

ਬੀ.ਏ.1<sup>st</sup>

## ਗੁਰਮਤਿ ਸੰਗੀਤ ਤੇ ਜੀਵਨ ਜਾਂਚ

ਸਿੱਖ ਧਰਮ ਦੀ ਨੀਂਹ ਪਹਿਲੇ ਗੁਰੂ, ਸ਼੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨੇ ਰੱਖੀ ਜੋ ਕਿ 1469 ਈ. ਵਿੱਚ ਇਸ ਧਰਤੀ 'ਤੇ ਅਵਤਾਰਿਤ ਹੋਏ। ਉਨ੍ਹਾਂ ਨੇ ਕਰਮ-ਕਾਂਡਾਂ ਤੋਂ ਦੂਰ ਲਿਜਾ ਕੇ ਸਮੁੱਚੀ ਮਾਨਵਤਾ ਨੂੰ ਵੰਡ ਛਕਣ ਦਾ ਉਪਦੇਸ਼ ਦਿੱਤਾ। ਗੁਰੂ ਜੀ ਨੇ ਕਈ ਧਾਮਾਂ ਦੀ ਯਾਤਰਾ ਕੀਤੀ ਤੇ ਆਪਣੇ ਵਿਚਾਰ ਗੁਰਬਾਣੀ ਦੇ ਰੂਪ ਵਿੱਚ ਲੋਕਾਂ ਤੱਕ ਪਹੁੰਚਾਉਣੇ ਸ਼ੁਰੂ ਕੀਤੇ। ਇਸ ਲਈ ਉਹਨਾਂ ਨੇ ਸੰਗੀਤ ਨੂੰ ਚੁਣਿਆ। ਸੰਗੀਤ ਰਾਹੀਂ ਗੁਰਬਾਣੀ ਦਾ ਗਾਇਨ ਕਰਕੇ ਉਨ੍ਹਾਂ ਲੋਕਾਂ ਨੂੰ ਗੁਰਮਤਿ ਸਿਧਾਤਾਂ ਬਾਰੇ ਦੱਸਿਆ। ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨੇ ਪੁਰਾਤਨ ਲੋਕ ਧੁਨਾਂ ਨੂੰ ਲੈ ਕੇ ਗੁਰਬਾਣੀ ਦਾ ਗਾਇਨ ਕੀਤਾ।

ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਪਹਿਲੇ ਚਾਰ ਗੁਰੂ ਸਾਹਿਬਾਨਾਂ ਦੀ ਬਾਣੀ ਨਾਲ ਆਪਣੀ ਬਾਣੀ ਮਿਲਾ ਕੇ ਵੱਖ-ਵੱਖ ਰਾਗਾਂ ਦੇ ਸਿਰਲੇਖ ਹੇਠ ਸਮੁੱਚੀ ਬਾਣੀ ਦਾ ਸੰਕਲਨ ਕੀਤਾ। ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੀ ਬਾਣੀ ਸਮੁੱਚੀ ਮਾਨਵਤਾ ਲਈ ਇੱਕ ਵਿਲੱਖਣ ਗੁਰਮਤਿ ਸੰਗੀਤ ਦਾ ਭੰਡਾਰ ਹੈ।

ਗੁਰਮਤਿ, ਸੰਗੀਤ ਰਾਗ ਤੇ ਬਾਣੀ ਦਾ ਸਮੁੱਚਾ ਸੁਮੇਲ ਹੈ। ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਰਾਗ ਪ੍ਰਬੰਧ ਦੀ ਦ੍ਰਿਸ਼ਟੀ ਤੋਂ, ਪ੍ਰਾਪਤ ਇਹ ਪਹਿਲਾ ਸੰਗੀਤਕ ਗ੍ਰੰਥ ਹੈ ਜੋ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਸ਼ੈਲੀ ਅਧੀਨ, ਸੰਪਾਦਨਾ ਦਾ ਉੱਤਮ ਨਮੂਨਾ ਹੈ। ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦਾ ਸੰਪਾਦਨ ਕਰਨ ਸਮੇਂ ਇਸਦੇ ਰਾਗ ਪ੍ਰਬੰਧ ਨੂੰ ਸਨਮੁੱਖ ਰੱਖਿਆ ਗਿਆ, ਕਿਉਂਕਿ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੂੰ ਰਾਗ ਤੇ ਸੰਗੀਤ ਬਾਰੇ ਡੂੰਘੀ ਜਾਣਕਾਰੀ ਸੀ।

1604 ਈ. ਵਿੱਚ ਗੁਰੂ ਗ੍ਰਥ ਸਾਹਿਬ ਦਾ ਪ੍ਰਕਾਸ਼, ਸ਼੍ਰੀ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਵਿੱਚ ਕੀਤਾ ਗਿਆ। ਇਸਦੇ ਪਹਿਲੇ ਗ੍ਰੰਥੀ ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਨੂੰ ਥਾਪਿਆ ਗਿਆ। ਦਰਬਾਰ ਸਾਹਿਬ ਦੇ ਪਹਿਲੇ ਰਬਾਬੀ ਕੀਰਤਨੀਏ ਭਾਈ ਸੱਤਾ ਤੇ ਬਲਵੰਡ ਜੀ ਸਨ। ਸ਼੍ਰੀ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਤੋਂ ਨਿਰੰਤਰ ਗੁਰਬਾਣੀ ਦਾ ਗਾਇਨ ਕਰਨ ਦੀ ਨਿਰਧਾਰਿਤ ਮਰਿਯਾਦਾ ਗੁਰੁ ਸਾਹਿਬ ਨੇ ਆਪ ਕਾਇਮ ਕੀਤੀ।

ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ 'ਚ ਦਰਜ ਬਾਣੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦੀ ਉਦਾਰਤਾ ਤੇ ਧਰਮ–ਨਿਰਪੱਖਤਾ ਦਾ ਦਸਤਾਵੇਜ਼ ਹੈ ਕਿਉਂਕਿ ਇਸ ਵਿੱਚ ਦਰਜ ਬਾਣੀ ਦੇ ਕਰਤਾ ਹਿੰਦੂ ਭਗਤ ਵੀ ਹਨ ਤੇ ਮੁਸਲਿਮ ਫ਼ਕੀਰ ਵੀ। ਇਸਤੋਂ ਇਲਾਵਾ ਦਲਿਤ ਤੇ ਅਛੁਤ ਸ਼੍ਰੇਣੀਆਂ ਦੇ ਭਗਤਾਂ ਦੀ ਬਾਣੀ ਵੀ ਸੰਕਲਿਤ ਕੀਤੀ ਗਈ।

ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦੀ ਬਾਣੀ ਵਿੱਚੋਂ ਸੁਖਮਨੀ ਦੀ ਰਚਨਾ ਵਿਸ਼ੇਸ਼ ਮਹੱਤਵ ਰੱਖਦੀ ਹੈ। ਇਹ ਬਾਣੀ ਆਦਰਸ਼ ਜੀਵਨ-ਜਾਂਚ ਦੀ ਪ੍ਰੇਰਕ ਹੈ। ਸੰਪੂਰਨ ਮਨੁੱਖ ਬਣਨ ਦੀ ਵਿਧੀ ਦੱਸਦੀ ਹੈ। ਗੁਰੂ ਸਾਹਿਬਾਨ ਨੇ ਉਸ ਸਮੇਂ ਦੀ ਸਮਾਜ, ਸੱਭਿਆਚਾਰ, ਰੀਤਾਂ ਰਸਮਾਂ-ਰਿਵਾਜ਼ਾਂ, ਵਹਿਮਾਂ-ਭਰਮਾਂ ਤੇ ਧਾਰਮਿਕ ਵਿਚਾਰਾਂ ਦੀ ਪ੍ਰੰਪਰਾ ਨੂੰ ਆਪਣੀ ਬਾਣੀ ਵਿੱਚ ਅਧਿਆਤਮਕ ਵਜੋਂ ਲਿਆ ਹੈ। ਹਰ ਰਸਮ-ਰਿਵਾਜ਼ ਨੂੰ ਕਰਨ ਦੇ ਢੰਗਾਂ ਨੂੰ ਨਕਾਰ ਕੇ, ਲੋਕਾਂ ਨੂੰ ਵਹਿਮਾਂ-ਭਰਮਾਂ ਵਿੱਚੋਂ ਕੱਢਕੇ ਅਧਿਆਤਮਕ ਕਾਰਜ ਲਈ ਸਾਧ ਸੰਗਤ ਦਾ, ਨਾਮ-ਸਿਮਰਨ ਤੇ ਸੁਚੱਜੇ ਢੰਗ ਨਾਲ ਜੀਵਨ ਜਿਉਂਣ ਆਦਿ ਵੱਲ ਧਿਆਨ ਕੇਂਦਰਿਤ ਕਰਨ ਲਈ ਉਪਦੇਸ਼ ਦਿੱਤਾ ਹੈ। ਆਪਣੇ ਵਿਚਾਰਾਂ ਦਾ ਪ੍ਰਚਾਰ ਤੇ ਪ੍ਰਸਾਰ ਕਰਨ ਲਈ ਉਨ੍ਹਾਂ ਲੋਕ-ਗਾਇਨ ਸ਼ੈਲੀਆਂ ਦੀ ਪ੍ਰੰਪਰਾ ਨੂੰ ਵਰਤੋਂ ਵਿੱਚ ਲਿਆਂਦਾ ਅਤੇ ਇਨ੍ਹਾਂ ਨੂੰ ਅਧਿਆਤਮਿਕ ਰੰਗ 'ਚ ਰੰਗ ਕੇ ਗੁਰਮਤਿ ਸੰਗੀਤ ਵਿੱਚ ਗਾਇਨ ਕਰਨ ਦੀ ਪ੍ਰਥਾ ਚਲਾਈ।

ਅੰਤ ਵਿੱਚ ਇਸ ਨਤੀਜੇ 'ਤੇ ਪਹੁੰਚਿਆ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਅਜੋਕੇ ਸਮੇਂ ਵਿੱਚ ਗੁਰਮਤਿ ਸੰਗੀਤ ਮਨੁੱਖ ਦੀਆਂ ਸੰਵੇਦਨਾਵਾਂ ਤੇ ਨੈਤਿਕ ਮੁੱਲਾਂ ਨੂੰ ਉੱਚਾ ਚੁੱਕਣ ਲਈ ਸਮੇਂ ਦੀ ਲੋੜ ਬਣ ਚੁੱਕਾ ਹੈ।

ਅਮਨਦੀਪ ਕੌਰ

#### ਸੰਗੀਤ–ਵਿਭਾਗ।

# ਕਵਿਤਾ- 'ਮਾਂ ਤੇ ਮੈਂ'

ਤੈਨੂੰ ਰੋਟੀ ਪਕਾਉਂਦੀ ਨੂੰ,

ਜੱਫੀ ਪਾਉਂਦੀ ਹਾਂ ਪਿੱਛੋਂ

ਤੂੰ ਮੇਰੇ ਵੱਲ ਵੇਖਦੀ ਹੈ

ਤੇ ਕਹਿਨੀਂ ਏਂ,

ਆਪਾਂ ਤਾਂ ਲੜੇ ਸੀ ਹੁਣੇ,

ਭੁੱਲਗੀ ਤੂੰ।

ਮੈਂ ਹੱਸਦੀ ਆਂ ਤੇ ਕਹਿਨੀ ਆਂ

ਤੂੰ ਵੀ ਤਾਂ ਕਿਹਾ ਸੀ ਮੈਨੂੰ 'ਲਾਡੋ'

ਭੁੱਲਗੀ ਤੂੰ ਵੀ।

ਮਾਂ, ਮੈਂ ਤੈਨੂੰ ਪਿਆਰ ਕਰਦੀ ਹਾਂ

ਤੇਰੀ ਇਸ ਭੁੱਲ ਨੂੰ।

ਸਨੋਅ ਸਾਦਗੀ,

ਬੀ.ਏ. 1<sup>st</sup>

#### ਕਹਾਣੀ- ਮੁਲਾਹਜਾ

ਇਹ ਇੱਕ ਲੋਕ-ਕਥਾਂ ਆਧਾਰਿਤ ਕਹਾਣੀ ਹੈ। ਇਸ ਕਹਾਣੀ ਦੇ ਮੁੱਖ ਪਾਤਰ ਤੇਲੀ ਤੇ ਜੱਟ ਵਿੱਚ ਬਹੁਤ ਚੰਗਾ ਦੋਸਤਾਨਾ ਸੀ। ਉਹ ਦੋਵੇਂ ਬਚਪਨ ਤੋਂ ਹੀ ਇੱਕੋ ਜਮਾਤ ਤੇ ਇੱਕੋ ਸਕੂਲ ਵਿੱਚ ਪੜ੍ਹੇ ਸਨ। ਉਨ੍ਹਾਂ ਦੀ ਦੋਸਤੀ ਇੰਨੀ ਪੱਕੀ ਸੀ ਕਿ ਕੋਈ ਇਨ੍ਹਾਂ ਦੀ ਕਸਮ ਨਹੀਂ ਸੀ ਖਾਂਦਾ। ਤੇਲੀ ਇੱਕ ਗ਼ਰੀਬ ਘਰ ਦਾ ਮੁੰਡਾ ਸੀ। ਜੋ ਕਿ ਮੱਝਾ ਦੇ ਕੰਮਾਕਾਰਾਂ ਵਿੱਚ ਹੀ ਰੁੱਝਿਆ ਰਹਿੰਦਾ ਸੀ। ਜੱਟ ਇੱਕ ਰੱਜੇ-ਪੁੱਜੇ ਘਰ ਨਾਲ ਸੰਬੰਧਿਤ ਸੀ, ਉਸ ਕੋਲ ਇੱਕ ਘੋੜੀ ਸੀ। ਉਹ ਘੋੜੀ ਥੋੜ੍ਹੇ ਦਿਨਾਂ ਵਿੱਚ ਹੀ ਸੁਣ ਵਾਲੀ ਸੀ।

ਇੱਕ ਦਿਨ ਤੇਲੀ ਨੂੰ ਮਿਲਣ ਵਾਸਤੇ ਜੱਟ ਉਸਦੇ ਘਰ ਵੱਲ ਨੂੰ ਤੁਰਨ ਲੱਗਾ।ਸ਼ਾਮ ਨੂੰ ਉਹ ਤੇਲੀ ਦੇ ਘਰ ਪਹੁੰਚ ਗਿਆ ਤੇਲੀ ਉਸਨ ਵੇਖ ਕੇ ਬਹੁਤ ਖ਼ੁਸ਼ ਹੋਇਆ ਕਿਉਂਕਿ ਉਨ੍ਹਾਂ ਦੋਵਾਂ ਨੂੰ ਮਿਲੇ ਬਹੁਤ ਸਾਲ ਹੋ ਚੁਕੇ ਸਨ। ਤੇਲੀ, ਜੱਟ ਨੂੰ ਉਸਦੇ ਘਰ ਰਾਤ ਰੁਕਣ ਲਈ ਕਹਿੰਦਾ। ਪਹਿਲਾਂ ਤਾਂ ਜੱਟ ਮਨ੍ਹਾਂ ਕਰਦਾ ਹੈ, ਪਰ ਤੇਲੀ ਦੇ ਕਾਫੀ ਮਿੰਨਤਾਂ ਕਰਨ, ਤੇ ਉਹ ਰੁਕ ਜਾਂਦਾ ਹੈ। ਤੇਲੀ, ਜੱਟ ਦੀ ਘੋੜੀ ਨੂੰ ਕੋਹਲੂ ਨਾਲ ਬੰਨ੍ਹ ਦਿੰਦਾ ਹੈ। ਜਦੋਂ ਉਹ ਦੋਵੇਂ ਸਵੇਰੇ ਉੱਦੇ ਹਨ ਤਾਂ ਵੇਖਦੇ ਹਨ ਕਿ ਘੋੜੀ ਨੇ ਵਛੇਰੀ ਦਿੱਤੀ ਹੈ। ਜੱਟ ਇਹ ਵੇਖ ਕੇ ਬਹੁਤ ਖ਼ੁਸ਼ ਹੋਇਆ। ਤੇਲੀ ਨੇ ਜਦੋਂ ਵਛੇਰੀ ਦੇਖੀ ਤਾਂ ਉਸਦੇ ਮਨ ਵਿੱਚ ਲਾਲਚ ਆ ਗਿਆ। ਤੇਲੀ ਵਛੇਰੀ ਨੂੰ ਵੇਖ ਕੇ ਜੱਟ ਨੂੰ ਕਹਿੰਦਾ ਹੈ ਕਿ, "ਇਹ ਵਛੇਰੀ ਤੇਰੀ ਘੋੜੀ ਨੇ ਨਹੀਂ ਦਿੱਤੀ, ਬਲਕਿ ਮੇਰੇ ਕੋਹਲੂ ਨੇ ਦਿੱਤੀ ਹੈ।"

ਤੇਲੀ ਜੱਟ ਨੂੰ ਕਹਿੰਦਾ ਹੈ ਕਿ ਉਹ ਵਛੇਰੀ ਨਹੀਂ ਦੇਵੇਗਾ। ਜੱਟ ਪੰਚਾਇਤ ਇਕੱਠੀ ਕਰਨ ਲਈ ਪਿੰਡ ਵੱਲ ਚਲਾ ਜਾਂਦਾ ਹੈ। ਜਾਂਦੇ-ਜਾਂਦੇ ਉਸਨੂੰ ਪਿੱਪਲ ਹੇਠਾਂ ਇੱਕ ਬਾਂਦਰ ਦਿਖਦਾ ਹੈ। ਬਾਂਦਰ ਉਸਨੂੰ ਪੁੱਛਦਾ ਹੈ ਕਿ, "ਕੀ ਹੋਇਆ ਜੱਟਾ, ਤੂੰ ਬਹੁਤ ਪਰੇਸ਼ਾਨ ਦਿਖ ਰਿਹਾ ਏ," ਜੱਟ, ਬਾਂਦਰ ਨੂੰ ਸਭ ਕੁੱਝ ਦੱਸ ਦਿੰਦਾ ਹੈ। ਬਾਂਦਰ ਉਸਨੂੰ ਕਹਿੰਦਾ ਹੈ ਕਿ ਉਹ ਪੰਚਾਇਤ ਦੇ ਨਾਲ, ਉਸਨੂੰ ਵੀ ਲੈ ਜਾਵੇ। ਜੱਟ, ਪੰਚਾਇਤ ਦੇ ਨਾਲ ਬਾਂਦਰ ਨੂੰ ਲੈ ਕੇ ਤੇਲੀ ਦੇ ਘਰ ਜਾ ਪੁੱਜਾ। ਸਭ ਆਪਣੀ-ਆਪਣੀ ਸੁਣਾਉਣ ਲੱਗੇ, ਪਰ ਬਾਂਦਰ ਇੱਕ ਪਾਸੇ ਬੈਠਾ ਸਭ ਵੇਖਦਾ ਰਿਹਾ। ਪੰਚਾਇਤ ਨੇ ਕਿਹਾ, "ਤੂੰ ਵੀ ਕੁੱਝ ਬੋਲ।" ਤਾਂ ਬਾਂਦਰ ਨੇ ਕਿਹਾ, "ਮੈਨੂੰ ਬਹੁਤ ਨੀਂਦ ਆ ਰਹੀ ਹੈ, ਮੈਂ ਸਾਰੀ ਰਾਤ ਨਹੀਂ ਸੁੱਤਾ। ਪੰਚਾਇਤ ਨੇ ਪੁੱਛਿਆ, "ਤੂੰ ਅਜਿਹਾ ਕੀ ਕਰ ਰਿਹਾ ਸੀ, ਜੋ ਸਾਰੀ ਰਾਤ ਨੀ ਸੁੱਤਾ।" ਬਾਂਦਰ ਨੇ ਕਿਹਾ, "ਸਮੁੰਦਰ ਨੂੰ ਅੱਗ ਲੱਗ ਗਈ ਸੀ। ਉਹ ਬੁਝਾਉਂਦੇ ਰਾਤ ਲੰਘ ਗਈ।"

ਸਾਰੇ ਲੋਕ ਹੱਸਣ ਲੱਗੇ ਕਿ ਕਦੇ ਸਮੁੰਦਰ ਨੂੰ ਵੀ ਅੱਗ ਲੱਗਦੀ ਹੈ, ਤੂੰ ਸਭ ਦਾ ਉੱਲੂ ਬਣਾ ਰਿਹਾ ੲ। ਤਾਂ ਬਾਂਦਰ ਨੇ ਕਿਹਾ, ਮੈਂ ਕਦੋਂ ਦਾ ਵੇਖ ਰਿਹਾ ਹਾਂ, ਤੇਲੀ ਤੁਹਾਨੂੰ ਸਭਨੂੰ ਉੱਲੂ ਬਣਾ ਰਿਹਾ। ਜੇਕਰ ਤੁਹਾਨੂੰ ਪਤਾ ਹੈ ਕਿ ਸਮੁੰਦਰ ਨੂੰ ਅੱਗ ਨਹੀਂ ਲੱਗਦੀ ਤਾਂ ਇਹ ਨਹੀਂ ਪਤਾ ਕਿ ਕਦੇ ਕੋਹਲੂ ਵੀ ਵਛੇਰੀ ਦਿੰਦਾ ਹੈ। ਸਭ ਬਾਂਦਰ ਦੀ ਸੂਝ-ਬੂਝ ਤੇ ਸਮਝਦਾਰੀ ਨਾਲ ਕੀਤੇ ਫੈਸਲੇ ਨਾਲ ਸਹਿਮਤ ਹੋ ਗਏ। ਤੇ ਵਛੇਰੀ ਜੱਟ ਨੂੰ ਦਿੱਤੀ ਗਈ। ਪਰ ਤੇਲੀ ਦੇ ਲਾਲਚ ਕਾਰਨ, ਉਨ੍ਹਾਂ ਦੋਵਾਂ ਦੀ ਦੋਸਤੀ 'ਚ ਫਿੱਕ ਪੈ ਗਈ ਤੇ ਉਨ੍ਹਾਂ ਦਾ ਮੁਲਾਜ਼ਾ ਉੱਥੇ ਹੀ ਟੁੱਟ ਗਿਆ।

## 9. ਅਨਮੋਲ ਵਿਚਾਰ

- ਸ਼ਿਕਾਇਤ ਘੱਟ ਤੇ ਸ਼ੁਕਰੀਆ ਜ਼ਿਆਦਾ ਕਰਨ ਨਾਲ ਜ਼ਿੰਦਗੀ ਸੌਖੀ ਹੋ ਜਾਦੀ ਹੈ।
- ਜੇਕਰ ਰਸਤਾ ਖ਼ੂਬਸੂਰਤ ਹੈ, ਪਤਾ ਕਰੋ ਕਿਸ ਮੰਜ਼ਿਲ ਤੱਕ ਜਾਂਦਾ ਹੈ। ਪਰ ਜੇ ਮੰਜ਼ਿਲ ਖ਼ੂਬਸੂਰਤ ਹੈ, ਤਾਂ ਰਸਤੇ ਦੀ ਪਰਵਾਹ ਨਾ ਕਰੋ।
- ਮਾਂ ਚਾਹੇ ਪੜ੍ਹੀ-ਲਿਖੀ ਨਾ ਹੋਵੇ ਪਰ ਸੰਸਾਰ ਦਾ ਦੁਰਲੱਭ ਗਿਆਨ ਸਾਨੂੰ ਮਾਂ ਤੋਂ ਹੀ ਮਿਲਦਾ ਹੈ।
- 4. ਨਿੰਦਿਆ ਨੀਵੀਂ ਸੋਚ ਵਾਲਾ ਬੰਦਾ ਹੀ ਕਰਦਾ ਹੈ, ਉੱਚੀ ਸੋਚ ਵਾਲੇ ਤਾਂ ਮਾਫ਼ ਕਰਦੇ ਹਨ।
- 5. ਜ਼ਿੰਦਗੀ ਹਮੇਸ਼ਾ ਨਵਾਂ ਮੌਕਾ ਦਿੰਦੀ ਹੈ, ਸਰਲ ਸ਼ਬਦਾਂ ਵਿੱਚ ਇਸਨੂੰ 'ਅੱਜ' ਕਹਿੰਦੇ ਹਨ।
- 6. ਜਦੋਂ ਤੱਕ ਤੁਸੀਂ ਕਿਨਾਰੇ ਨੂੰ ਨਹੀਂ ਛੱਡੋਗੇ, ਸਮੁੰਦਰ ਪਾਰ ਨਹੀਂ ਕਰ ਸਕਦੇ।
- ਸੰਘਰਸ਼ ਨਾ ਕਰਨਾ ਅਧੀਨਤਾ ਦੀ ਨਿਸ਼ਾਨੀ ਹੈ।

ਮੰਗਲਾ ਦੇਵੀ ਬੀ.ਏ. 3<sup>rd</sup>

#### ਕਵਿਤਾ - ਧੀਆਂ

ਤੋਤਲੇ - ਤੋਤਲੇ ਬੋਲ ਇਨ੍ਹਾਂ ਦੇ ਵਿੱਚ ਗੱਲਾਂ ਮਿਸ਼ਰੀ ਘੋਲਦੇ ਨੇ ਪੈਰਾਂ ਵਿੱਚ ਪਾਈਆਂ ਝਾਂਜਰਾਂ ਵਿੱਚ ਵਿਹੜੇ ਛਣਕਾੳਂਦੀਆਂ ਨੇ। ਪੱਤਰਾਂ ਦੇ ਲਾਲਚ ਕਰਕੇ ਕਿਉਂ ਧੀਆਂ ਕੁੱਖ 'ਚ ਮਾਰਦੇ ਹੋ? ਕਿਉਂ ਦੁਨੀਆਂ ਦੀ ਖੂਬਸੂਰਤੀ ਧੀਆਂ ਨੂੰ ਦੇਖਣੀ ਮਨਜ਼ੁਰ ਨਹੀਂ? ਪੜ੍ਹ ਲਿਖ ਅੱਗੇ ਵਧਣ ਦਾ ਮੌਕਾ ਜੇ ਮਿਲੇ ਇਨ੍ਹਾਂ ਨੂੰ ਫਿਰ ਪਿੱਛੇ ਨਹੀਂ ਹਟਦੀਆਂ। ਮਾਂ ਦੀ ਮਮਤਾ, ਭੈਣ ਦਾ ਪਿਆਰ ਪਤਨੀ ਦਾ ਫ਼ਰਜ਼ ਖ਼ੁਬ ਨਿਭਾਉਣਾ ਜਾਣਦੀਆਂ ਨੇ ਗੁਣ ਇਨ੍ਹਾਂ ਨੂੰ ਰੱਬ ਨੇ ਬਖਸ਼ੇ ਫਿਰ ਆਪਾਂ ਕਿਉਂ ਕਾਤਲ ਬਣਦੇ ਹਾਂ? ਦਾਜ ਦਹੇਜ ਦਾ ਲਾਲਚ ਛੱਡ ਕੇ ਵਿੱਦਿਆ ਦਾ ਗਹਿਣਾਂ ਪਹਿਨਾਈਏ ਆਉ ਰਲ ਕੇ ਇਹ ਹੋਕਾ ਦੇਈਏ ਧੀਆਂ ਬਚਾਈਏ, ਧੀਆਂ ਪੜ੍ਹਾਈਏ।

ਸ਼ਿਲਾਮ ਦੇਵੀ, ਬੀ.ਏ.2

#### ਕਹਾਣੀ - ਰਿਸ਼ਤੇ

"ਨੀਂ ਪਾਲ ਛੇਤੀ ਕਰ ਨੀਂ..... ਪੈਰਾਂ 'ਤੇ ਮਹਿੰਦੀ ਨਹੀਂ ਲੱਗੀ..... ਹਲਾ ਲੈ ਇਨ੍ਹਾਂਨੂੰ .....ਆਹ ਨਾਲੇ ਹੁਰ ਪਰੀ ਨੂੰ ਵੀ ਅੰਦਰੋਂ ਕੱਢ ਲੈ...... ਇੰਝ ਤਿਆਰ ਹੁੰਦੀ ਐ ਜਿਵੇਂ ਮਕਲਾਵੇ ਜਾਣਾ ਹੋਵੇ......।"

ਬਲਬੀਰ ਦੀ ਗੱਲ ਸੁਣ ਪਾਲ ਨੇ ਆਪਣੇ ਪੈਰਾਂ ਨੂੰ ਕਾਹਲੀ ਨਾਲ ਅੱਗੇ ਵਧਾਉਂਦੇ ਕੁਲਜੀਤ ਨੂੰ ਆਵਾਜ਼ ਮਾਰੀ, "ਨੀਂ ਭੈਣ..... ਸੁਣ ਨੀ ਬਾਹਰ ਨਿਕਲ ਆ.... ਬੇਬੇ ਗੁੱਸੇ ਹੁੰਦੀ ਪਈ ਹੈ..... ਤੈਨੂੰ ਪਤਾ ਹੈ ਨਾ ਉਨ੍ਹਾਂ ਦੇ ਸੁਭਾ ਦਾ.... ਨਿਕਲ ਆ ਹਿੰਤ ਕਰਕੇ ਬਾਹਰ। ਪਾਲ ਦੀ ਅਵਾਜ਼ ਸੁਣ ਕੁਲਜੀਤ ਬੁੜਬੁੜ ਕਰਦੀ ਬਾਹਰ ਨਿਕਲ ਆਈ ਤੇ ਪਾਲ ਨਾਲ ਰਸੋਈ ਵਿੱਚ ਜਾਂਦੀ ਬੋਲਣ ਲੱਗ ਪਈ, "ਇਸ ਘਰ ਤਾਂ ਚੈਨ ਹੀ ਨਹੀਂ ਮਿਲਦਾ..... ਇਸ ਹਾਲਤ ਵਿੱਚ ਵੀ ਕੰਮ ਕਰੀਦਾ ਹੈ ਪਰ ਨਾਮ ਦੀ ਪੁੜੀ ਤਾਂ ਕੋਈ ਨਹੀਂ ਦਿੰਦਾ .... ਸਾਰਾ ਦਿਨ ਇਨ੍ਹਾਂ ਦਾ ਸਿਰ ਸਾੜੋ, ਕੰਮ ਕਰੋ ਪਰਫੇਰ ਵੀ......।"

ਕੁਲਜੀਤ ਦੀ ਗੱਲ ਅਜੇ ਪੂਰੀ ਨਹੀਂ ਹੋਈ ਕਿ ਬਲਵੀਰ ਨੇ ਉਸਦੀ ਬਾਂਹ ਫੜੀ ਤੇ ਰਸੋਈ ਵਿੱਚੋਂ ਕੱਢ ਬਾਹਰ ਲੈ ਗਈ ਤੇ ਬੋਲੀ, "ਨੀਂ ਵੱਡੀੲ ਹੀਰ ਮਜਾਜਣੇ ….ਕਿਹੜੇ ਤੂੰ ਸਾਡੇ ਹੱਲ ਵਹਾਉਣੀ ਐਂ.... ਦੱਸੀ ਮੈਨੂੰ..... ਗੱਲਾਂ ਤਾਂ ਇਸ ਤਰ੍ਹਾਂ ਕਰਦੀ ਹੈ ਜਿਵੇਂ ਪਿਉ ਦੇ ਪਿੱਛੇ ਮੁਰੱਬੇ ਹੋਣ..... ਭੁੱਖੇ ਘਰ ਦੀ..... ਸੱਚ ਹੀ ਕਿਹਾ ਕਿਸੇ ਭੁੱਖੇ ਦੀ ਧੀ ਰੱਜੀ ਤੇ ਖੇਹ ਉਡਾਉਣ ਲੱਗੀ..... ਤੇਰੀ ਲੁਤਰੂ ਮੈਂ ਕਰਵਾਉਂਣੀ ਆਂ ਬੰਦ.....।" ਇਹ ਗੱਲ-ਗੱਲ ਕਹਿੰਦੀ-2ਕਹਿੰਦੀ ਬਲਵੀਰ ਮੱਝਾਂ ਵਾਲੇ ਵਿਹੜੇ ਚਲੀ ਗਈ। ਬਲਵੀਰ ਦੇ ਜਾਣ ਤੋਂ ਬਾਅਦ ਪਾਲ, ਕੁਲਜੀਤ ਨੂੰ ਬਾਂਹ ਤੋਂ ਫੜ੍ਹ ਰਸੋਈ ਵਿੱਚ ਲਜਾਉਂਦੀ ਬੋਲੀ, "ਕਮਲੀਏ, ਤੈਨੂੰ ਕਿੰਨੀ ਵਾਰ ਸਮਝਾਇਆ ਕਿ ਚੁੱਪ ਰਿਹਾ ਕਰ..... ਇੱਕ ਚੁੱਪ ਤੇ ਸੋ ਸੁੱਖ ਹੁੰਦੇ ਨੇ..... ਪਰ ..... ਤੂੰ ਤਾਂ.....।"

ਪਾਲ ਦੀ ਗੱਲ ਨੂੰ ਅੱਧ ਵਿੱਚ ਕੱਟਦੀ ਹੋਈ ਕੁਲਜੀਤ ਬੋਲੀ, "ਹੁਣ ਹੋਰ ਨਹੀਂ ਸਿਹਿ ਸਕਦੀ..... ਸਾਰੀ ਉਮਰ ਹੋ ਗਈ ਸਹਿੰਦਿਆਂ ਨੂੰ..... ਉਸ ਰੱਬ ਦੇ ਵੀ ਪਤਾ ਨਹੀਂ, ਮੇਰੇ ਨਾਲ ਕਿਹੜਾ ਵੈਰ ਨੇ ਜੋ ਉਸਨੂੰ ਮੇਰੇ 'ਤੇ ਤਰਸ ਨਹੀਂ ਆਉਂਦਾ..... ਬਚਪਨ ਤਾਂ ਬਚਪਨ ਹੁਣ ਜਵਾਨੀ ਵਿੱਚ ਵੀ ..... ਪਹਿਲਾਂ ਲੱਗਾ ਚੱਲ ਪੇਕਿਆਂ ਘਰ ਜ ਸ਼ੁੱਖ ਨਹੀਂ ਮਿਲਿਆ..... ਤਾਂ ਸਹੁਰੇ ਘਰ ਮਿਲਜੂ ਪਰ ਕੀ ਪਤਾ ਇੱਥੇ ਸੱਸ ਦੇ ਨਾਲ-ਨਾਲ ਘਰਵਾਲਾ ਵੀ ਚੰਦਰਾ ਹੀ ਟਕਰਨਾ ਸੀ.... ਹਾਏ ਓ ਰੱਬਾ.... ਮੈਂ ਕਿਹੜੇ ਤੇਰੇ ਮਾਂਹ ਪੁਟੇ ਸੀ ਜੋ ਤੂੰ ਗਿਣ-ਗਿਣ ਬਦਲੇ ਲੈਂਦਾ ਪਿਆ ਹੈ.....।"

ਇੰਨੀ ਗੱਲ ਕਹਿੰਦੇ-ਕਹਿੰਦੇ ਕੁਲਜੀਤ ਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚੋਂ ਪਰਲ-ਪਰਲ ਅੱਥਰੂ ਡਿੱਗਣ ਲੱਗ ਪਏ। ਕੁਲਜੀਤ ਨੂੰ ਰੌਂਦੇ ਵੇਖ ਪਾਲ ਨੇ ਆਪਣੀ ਚੁੰਨੀ ਨਾਲ ਕੁਲਜੀਤ ਦੇ ਅੱਥਰੂ ਪੂੰਝਦੇ ਹੋਏ ਉਸਨੂੰ ਕਿਹਾ, "ਚੁੱਪ ਕਰ ਭੈਣ ਇਨ੍ਹਾਂ ਜ਼ਾਲਮਾਂ ਪਿੱਛੇ ਕੀ ਰੋਣਾ.... ਇਨ੍ਹਾਂ ਨੂੰ ਤਾਂ ਨੂੰਹ ਧੀ ਦੇ ਰਿਸ਼ਤੇ ਦੀ ਕਦਰ ਤੇ ਸ਼ਰਮ ਨਹੀਂ ਰਹੀ..... ਇਨ੍ਹਾਂ ਨੂੰ ਤਾਂ ਉਹ ਚਾਹੀਦਾ ਹੈ ਜੋ ਇਨ੍ਹਾਂ ਨੂੰ ਪਿੱਛੋਂ ਲਿਆ ਖਵਾਈ ਜਾਵੇ ਤੇ ਕੰਮ ਕਰੀ ਜਾਵੇ, ਨਾਲੇ ਇਨ੍ਹਾਂ ਦੇ ਤਾਲ੍ਹੇ ਸਹੇ......।" ਪਾਲ ਦੀ ਗੱਲ ਅਜੇ ਪੂਰੀ ਵੀ ਨਹੀਂ ਹੋਈ ਕਿ ਕੁਲਜੀਤ ਆਪਣੀ ਕੰਬਦੀ ਅਵਾਜ਼ ਵਿੱਚ ਬੋਲੀ, "ਪਿੱਛੋਂ ਕਿੱਥੋਂ ਲਿਆ ਦੀ ਏ..... ਜਾਂਦੇ ਨੂੰ ਤਾਂ ਕੋਈ ਚੰਗੇ ਮੂੰਹ ਪਾਣੀ ਨਹੀਂ ਪੁੱਛਦਾ..... ਦਰਵਾਜ਼ੇ ਵਿੱਚ ਆਉਂਦੇ ਵੇਖ ਭਰਜਾਈਆਂ ਦੇ ਮੂੰਹ ਬਣ ਜਾਂਦੇ ਨੇ ਤੇ ਭਰਾ ਉਨ੍ਹਾਂ ਪਿੱਛੇ ਲੱਗ ਸਿੱਧੇ ਮੂੰਹ ਗੱਲ ਨਹੀਂ ਕਰਦੇ..... ਸਾਡੀ ਤਾਂ ਕਿਸਮਤ ਹੀ ਮਾੜੀ ਹੈ..... ਲੋਕਾਂ ਦੀਆਂ ਮਾਵਾਂ ਤਾਂ ਘੱਟੋ-ਘੱਟ ਜਾਂਦੀਆਂ ਨੂੰ ਕਲੇਜੇ ਨਾਲ ਲਗਾਉਂਦੀਆਂ ਨੇ, ਮੇਰੀ ਤਾਂ ਉਹ ਵੀ ਮਤਰੇਈਆਂ..... ਸਾਰੀ ਉਮਰ ਉਸਤੋਂ ਕਦੇ ਪਿਆਰ ਦੇ ਦੋ ਸ਼ਬਦ ਨਹੀਂ ਸੁਣੇ..... ਬਸ ਸੁਣੀਆਂ ਨੇ ਤਾਂ ਗਾਲ੍ਹਾ..... ਮੇਰੇ ਤਾਂ ਪਿਉ ਨੇ ਵੀ ਕਦੀ ਮੈਂ ਘੁੱਟ ਕਲੇਜ਼ੇ ਨਾਲ ਨਾ ਲਈ..... ਰੱਬ ਨੇ ਤਾਂ ਕਿਸਮਤ ਹੀ ਖੋਟੀ ਲਿਖੀ......।"

ਰੌਂਦੀ ਕੁਲਜੀਤ ਨੂੰ ਪਾਲ ਨੇ ਘੁੱਟ ਕਲੇਜ਼ੇ ਨਾਲ ਲਗਾਉਂਦੇ ਕਿਹਾ, "ਭੈਣ ਪਿਉ ਤਾਂ ਹੁੰਦੇ ਹੀ ਮਤਰੇਈਆਂ ਮਾਵਾਂ ਨੇ.... ਜਦ ਪਿਉ ਹੀ ਸਕਾ ਨਾ ਬਣਿਆ ਤਾਂ ਮਤਰੇਏ ਭਰਾਵਾਂ ਨੇ ਕੀ ਸਕਾ ਬਣਨਾ ਸੀ..... ਰੱਬ ਇਵੇਂ ਦੇ ਦਿਨ ਕਿਸੇ 'ਤੇ ਨਾ ਲਿਆਵੇ.... ਨਾ ਲਿਆਵੇ.....।" ਪਾਲ ਤੇ ਕੁਲਜੀਤ ਹਾਏ ਰਸੋਈ ਵਿੱਚ ਹੀ ਖੜ੍ਹੇ ਸਨ ਕਿ ਕੁਲਜੀਤ ਦਾ ਘਰਵਾਲਾ ਰਸੋਈ ਵਿੱਚ ਆਖੜ੍ਹਿਆ। ਉਸਦੇ ਆਉਣ ਤੇ ਕੁਲਜੀਤ ਤੇ ਪਾਲ ਨੂੰ ਪਤਾ ਲੱਗ ਗਿਆ ਕਿ ਹੁਣ ਉਹੀ ਹੋਵੇਗਾ ਜੋ ਅੱਗੇ ਹੁੰਦਾ ਸੀ। ਪਾਲ ਨੇ ਉਸਨੂੰ ਸ਼ਾਂਤ ਕਰਨ ਲਈ ਕਿਹਾ, "ਕੁੱਝ ਨੀਂ ਹੁੰਦਾ ਜੱਗੀ..... ਔਰਤਾਂ ਵਿੱਚ ਤਾਂ ਚੱਲਦਾ ਹੀ ਰਹਿੰਦਾ.....ਕੁੱਝ ਨੀਂ ਹੁੰਦਾ, ਤੂੰ ਠੰਡਾ ਹੋ ਠੰਡਾ.....।"

ਪਾਲ ਦੀ ਗੱਲ ਸੁਣੇ ਬਿਨ੍ਹਾਂ ਜੱਗੀ ਨੇ ਕੁਲਜੀਤ ਨੂੰ ਬਾਂਹ ਤੋਂ ਫੜ੍ਹਿਆ ਤੇ ਉਸਦੇ ਦੋ-ਤਿੰਨ ਧਰਦਿਆਂ ਕਿਹਾ, "ਤੇਰਾ ਨਿੱਤ ਦਾ ਕਲੇਸ਼ ਆ.... ਨਾ ਅੱਗਾ ਨਾ ਪਿੱਛਾ, ਵੱਡੀ ਤੂੰ ਮੁਰੱਬਿਆਂ ਵਾਲੀ, ਤੈਨੂੰ ਮੈਂ ਦਿੰਨਾ ਨੰਬਰਦਾਰੀ..... ਤੇਰੀ ਮੈਂ ਕੱਢਦਾ ਅੱਜ ਨੰਬਰਦਾਰੀ।" ਇਹ ਗੱਲ ਕਹਿੰਦਾ-ਕਹਿੰਦਾ ਜੱਗੀ ਕੁਲਜੀਤ ਨੂੰ ਬਾਹਰ ਲੈ ਗਿਆ ਤੇ ਵਿਹੜੇ 'ਚ ਖੜ੍ਹਕੇ ਉਸਨੂੰ ਬੈਲਟ ਨਾਲ ਕੁੱਟਣ ਲੱਗ ਪਿਆ। ਕੁਲਜੀਤ ਦੀਆਂ ਚੀਕਾਂ, "ਹਾਏ.... ਮਰਗੀ.....ਮਰਗੀ ਸ਼ਚਾਓ, ਬਚਾਓ।" ਸਾਰੇ ਵਿਹੜੇ ਵਿੱਚ ਸੁਣਾਈ ਦੇ ਰਹੀਆਂ ਸਨ। ਹੱਦ ਤਾਂ ਉਦੋਂ ਹੋ ਗਈ ਜਦ ਸਾਰਿਆਂ ਸਾਹਮਣੇ ਜੱਗੀ ਨੇ ਕੁਲਜੀਤ ਦੀ ਇੱਜ਼ਤ ਲੀਰੋ-ਲੀਰ ਕਰ ਦਿੱਤੀ। ਜਦ ਜੱਗੀ ਦਾ ਸਾਰਾ ਗੁੱਸਾ ਉਤਰ ਗਿਆ ਤਾਂ ਜ਼ਮੀਨ ਤੇ ਡਿੱਗੀ ਕੁਲਜੀਤ ਦੇ ਗ਼ਲ ਵਿੱਚੋਂ ਉਹ ਸੋਨੇ ਦੀ ਚੈਨ ਖਿੱਚਕੇ ਲੈ ਗਿਆ।

ਵਿਹੜੇ 'ਚ ਪਈ ਕੁਲਜੀਤ ਪੀੜ ਨਾਲ ਕੁਰਲਾ ਰਹੀ ਸੀ। ਕਿਸੇ ਨੇ ਵੀ ਉਸਨੂੰ ਨਾ ਫੜਿਆ। ਪਾਲ ਦਾ ਦਿੱਲ ਕੀਤਾ ਕਿ ਉਹ ਕੁਲਜੀਤ ਨੂੰ ਫੜੇ ਪਰ ਉਹ ਲਾਚਾਰ ਸੀ। ਉਸਦੇ ਘਰਵਾਲੇ ਤੇ ਬੱਚੇ ਦੀ ਮੌਤ ਤੋਂ ਬਾਅਦ ਉਸਦਾ ਤਾਂ ਇਸ ਘਰ 'ਚ ਰਹਿਣਾ ਮੁਸ਼ਕਿਲ ਸੀ ਤੇ ਪੇਕੇ ਮਾਂ-ਬਾਪ ਗੁਜ਼ਰਨ ਕਾਰਨ ਉਸਨੂੰ ਕੋਈ ਨਹੀਂ ਪੁੱਛਦਾ। ਪਾਲ ਆਪਣੇ ਹੰਝੂਆਂ ਤੇ ਗੁੱਸੇ ਨੂੰ ਅੰਦਰੋਂ-ਅੰਦਰੀਂ ਪੀ ਗਈ। ਥੋੜ੍ਹੇ ਸਮੇਂ ਬਾਅਦ ਕੁਲਜੀਤ ਨੇ ਹਿੰਮਤ ਕੀਤੀ ਉਹ ਉੱਠੀ ਤੇ ਆਪਣੇ ਕਮਰੇ 'ਚ ਗਈ। ਪਾਲ ਨੂੰ ਲੱਗਾ ਕਿ ਉਹ ਠੀਕ ਹੈ। ਸਾਰੇ ਘਰ 'ਚ ਸ਼ਾਂਤੀ ਫੈਲ ਗਈ। ਪਰ ਇਹ ਸ਼ਾਂਤੀ ਤੁਫਾਨ ਤੋਂ ਪਹਿਲਾਂ ਦੀ ਸੀ। ਵਿਹੜੇ ਵਿੱਚ ਖੜ੍ਹੀ ਪਾਲ ਦੇ ਹੋਸ਼ ਉੱਡ ਗਏ, ਜਦ ਉਸਨੇ ਕੁਲਜੀਤ ਦੇ ਹੱਥ ਵਿੱਚ ਮੋਨੋ ਦੀ ਸ਼ੀਸ਼ੀ ਵੇਖੀ। ਉਸਨੇ ਕੁਲਜੀਤ ਨੂੰ ਬਹੁਤ ਰੋਕਿਆ ਪਰ ਕੁਲਜੀਤ ਨੇ ਉਸਦੀ ਇੱਕ ਨਾ ਸੁਣੀ ਤੇ ਇਹ ਕਹਿੰਦੇ-ਕਹਿੰਦੇ, "ਰਿਸ਼ਤੇ ਸਭ ਮਤਲਬ ਦੇ ਨੇ….. ਸਭ ਪੈਸੇ ਦੇ ਨੇ….. ਸਭ ਕੰਮ ਦੇ….. ਇੱਕ ਔਰਤ ਦਾ ਨਾਂ ਘਰ ਪੇਕਾ ਹੁੰਦਾ ਹੈ ਨਾ ਸੁਹਰਾ…… ਮੈਂ ਹੁਣ ਆਣੇ ਅਸਲੀ ਘਰ ਚੱਲੀ ਹਾਂ, ਜੋ ਮੇਰਾ ਹੈ, ਜਿੱਥੇ ਮੈਂ ਰਹਿ ਸਕਦੀ ਹਾਂ…. ਸ਼ਾਂਤੀ ਨਾਲ ਮੈਂ ਚੱਲੀ ਹਾਂ ਆਪਣ ਘਰ…… ਇਹ ਦੁਨੀਆਂ ਮਤਲਬ ਦੀ ਹੈ…… ਮਤਲਬ ਦੀ, ਮੈਂ ਚੱਲੀ ਆਂ ਇਨ੍ਹਾਂ ਝੂਠੇ ਰਿਸ਼ਤਿਆਂ ਤੋਂ ਬਚਕੇ …… ਮੈਂ ਘਰ ਚੱਲੀ ਹਾਂ…. ਘਰ……।"

ਕੁਲਜੀਤ ਨੇ ਮੋਨੋ ਦੀ ਸ਼ੀਸ਼ ਨੂੰ ਮੂੰਹ ਲਾ ਲਿਆ ਤੇ ਝਟਪਟ ਹੀ ਜ਼ਮੀਨ 'ਤੇ ਡਿੱਗ ਪਈ। ਇਹ ਵੇਖ ਕੇ ਪਾਲ ਦੇ ਪੈਰਾਂ ਹੇਠੋਂ ਜ਼ਮੀਨ ਖਿਸਕ ਗਈ। ਉਸਨੂੰ ਲੱਗਾ ਜਿਵਾਂ ਸਾਰਾ ਜਹਾਨ ਰੁਕ ਗਿਆ ਹੋਵੇ ਤੇ ਉਹ ਜ਼ਮੀਨ 'ਤੇ ਡਿੱਗ ਪਈ। ਜਦ ਤੱਕ ਉਸਨੇ ਆਪਣਾ ਹੋਸ਼ ਸੰਭਾਲਿਆ ਤਦ ਤੱਕ ਸਭ ਖ਼ਤਮ ਹੋ ਚੁੱਕਾ ਸੀ। ਆਪਣੀ ਸੱਸ ਨੂੰ ਕੁਲਜੀਤ ਦੇ ਕਮਰੇ ਵਿੱਚ ਸੋਨਾ ਲਿਆਉਂਦੇ ਵੇਖ ਕੇ ਪਾਲ ਬੋਲੀ, "ਨੀਂ ਬਸ ਕਰ ਹੁਣ, ਬਸ ਕਰ ..... ਰੱਜੀ ਨੀਂ ਕੁੜੀ ਨੂੰ ਖਾਕੇ..... ਹੁਣ ਤਾਂ ਰਹਿਣ ਦੇ.....।"

ਪਾਲ ਦੀ ਇੰਨੀ ਗੱਲ ਸੁਣਕੇ ਬਲਵੀਰ ਬੋਲੀ, "ਬਹੁਤੀ ਲੁਤਰੋ ਨਾ ਚਲਾ..... ਸਮਝ ਆ ਗਈ।" ਬਲਵੀਰ ਦੀ ਗੱਲ ਸੁਣਕੇ ਪਾਲ ਨੂੰ ਲੱਗਾ ਜਿਵੇਂ ਸੱਚੀ ਇਹ ਰਿਸ਼ਤੇ ਝੂਠੇ ਨੇ, ਉਹ ਉੱਚੀ-ਉੱਚੀ ਬੋਲਣ ਲੱਗ ਪਈ, "ਸੁਣੋ, ਉਹ ਲੋਕੋ..... ਝੂਠੇ ਨੇ ਰਿਸ਼ਤੇ..... ਮਾਂ-ਬਾਪ, ਭੈਣ-ਭਰਾ, ਪਤੀ-ਪਤਨੀ, ਸੱਸ-ਸਹੁਰੇ, ਝੂਠੇ ਨ ਨਾ ਕਰਿਓ ਯਕੀਨ.....ਨਾ ਕਰੋ.....ਰਿਸ਼ਤੇ ਸਭ ਮਤਲਬ ਤੇ ਪੈਸੇ ਦੇ ਨੇ....ਰਿਸ਼ਤੇ ਮਤਲਬ ......ਮਤਲਬ ਦੇ.....ਮਤਲਬ ਦੇ......।"

ਪਾਲ ਦੀ ਅਵਾਜ਼ ਪੂਰੇ ਵਿਹੜੇ 'ਚ ਗੂੰਜ ਰਹੀ ਸੀ ਤੇ ਅਹਿਸਾਸ ਦਵਾ ਰਹੀ ਸੀ, ਇਨ੍ਹਾਂ ਹਵਾਵਾਂ ਨੂੰ ਕਿ ਝੂਠ ਹੈ ਦੁਨੀਆਂ, ਝੂਠ ਹੈ ਜੱਗ।

ਤਰਨਜੋਤ ਕੌਰ,

ਬੀ.ਏ. 1<sup>st</sup>

### "ਸੱਚੇ ਮਾਰਗ ਚਲਦਿਆਂ ਉਸਤਤ ਕਰੇ ਜਹਾਨ"

ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਪਤਾ ਹੈ ਕਿ ਸਾਡੀ ਜਿੰਦਗੀ ਮੌਤ ਦੀ ਅਮਾਨਤ ਹੈ। ਕੁਦਰਤ ਦੇ ਨਿਯਮ ਅਨੁਸਾਰ ਅਸੀਂ ਦੁਨੀਆਂ 'ਤੇ ਇਕੱਲੇ ਹੀ ਆਏ ਹਾਂ ਤੇ ਜਾਣਾ ਵੀ ਇਕੱਲਿਆ ਨੇ ਹੀ ਹੈ। ਸਮਾਜ ਇੱਕ ਅਜਿਹੀ ਪਾਠਸ਼ਾਲ ਹੈ ਜਿਸ ਵਿੱਚ ਵਿਚਰ ਕੇ ਅਸੀਂ ਆਪਣਾ ਜੀਵਨ ਖੁਸ਼ਹਾਲੀ ਨਾਲ ਬਤੀਤ ਕਰ ਸਕਦੇ ਹਾਂ। ਤੁਸੀਂ ਜੋ ਵੀ ਕੰਮ ਕਰੋ ਉਸ ਵਿੱਚੋਂ ਤੁਹਾਡੀ ਸ਼ਖ਼ਸੀਅਤ ਦੀ ਖੁਸ਼ਬੂ ਆਉਂਦੀ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ। ਦੂਜੇ ਵਿਅਕਤੀ ਦੇ ਸੁਭਾਅ ਨਾਲ ਕਿਵੇਂ ਪੇਸ਼ ਆਉਣਾ ਹੈ, ਅਜਿਹਾ ਗੁਣ ਵਿਰਲਿਆ 'ਚ ਹੀ ਦੇਖਣ ਨੂੰ ਮਿਲਦਾ ਹੈ। ਜਦੋਂ ਆਪਾਂ ਕਿਸੇ ਨੂੰ ਪਹਿਲੀ ਵਾਰ ਮਿਲਦੇ ਹਾਂ ਤਾਂ ਉਸ ਵਿਅਕਤੀ ਦੇ ਸੁਭਾਅ, ਬੋਲੀ ਤੇ ਪਹਿਰਾਵੇ ਤੋਂ ਥੋੜ੍ਹਾ ਬਹੁਤ ਅੰਦਾਜ਼ਾ ਲਾ ਲੈਂਦੇ ਹਾਂ। ਕਦੇ ਵੀ ਸੱਚ ਤੇ ਇਮਾਨਦਾਰੀ ਦਾ ਪੱਲਾ ਨਾ ਛੱਡੋ।

ਸਿਮਰਨਜੀਤ ਕੌਰ

ਬੀ.ਏ. 1<sup>st</sup>

#### "ਆਪਣੇ ਹੱਥੀਂ ਆਪਣਾ ਆਪੇ ਹੀ ਕਾਰਜ ਸਵਾਰੀਏ"

ਸੂਰਤ, ਦੌਲਤ ਜਾਂ ਤਾਕਤ ਦਾ ਘਮੰਡ ਨਾ ਕਰੋ ਕਿਉਂਕਿ ਸਮਾਂ ਸਮਰੱਥ ਹੈ। ਜਿਹੜੀ ਚੀਜ਼ ਤੁਹਾਡੇ ਕੋਲ ਅੱਜ ਹੈ ਸ਼ਾਇਦ ਕੱਲ੍ਹ ਨੂੰ ਨਾ ਹੋਵੇ। ਜ਼ਿੰਦਗੀ ਦਾ ਇੱਕ ਅਸੂਲ ਬਣਾ ਲਵੋ ਕਿ ਤੁਹਾਡਾ ਹੱਥ ਹਮੇਸ਼ਾ ਦੂਜਿਆਂ ਦੀ ਮੱਦਦ ਕਰਨ ਲਈ ਉੱਠਿਆ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਕਿਸੇ ਦੇ ਮੱਦਦ ਕਰਨ ਨਾਲ ਕੁੱਝ ਨਹੀਂ ਘੱਟਦਾ। ਬਦਲੇ ਵਿੱਚ ਉਸ ਵਿਅਕਤੀ ਦੀਆਂ ਦਿੱਤੀਆਂ ਦੁਆਵਾਂ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਬਦਲ ਦਿੰਦੀਆਂ ਹਨ। ਦੁਆਵਾਂ ਕਦੇ ਵੀ ਖ਼ਾਲੀ ਨਹੀਂ ਜਾਂਦੀਆਂ, ਸਗੋਂ ਸਹੀ ਸਮੇਂ 'ਤੇ ਕਬੂਲ ਹੁੰਦੀਆਂ ਹਨ। ਜ਼ਿੰਦਗੀ 'ਚ ਕੋਈ ਵੀ ਕੰਮ ਕਰਨ ਲਈ ਸੋਚ ਵਿਚਾਰ ਜ਼ਰੂਰੀ ਹੈ। ਪਰਾਈ ਆਸ ਵੱਲ ਤੱਕਣਾ ਮੂਰਖਤਾ ਦੇ ਬਰਾਬਰ ਹੈ। ਤੁਹਾਨੂੰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਕਾਰਾਤਮ ਤੇ ਨਕਾਰਾਤਮਕ ਸੋਚਣ ਵਾਲੇ ਬਹੁਤ ਵਿਅਕਤੀ ਮਿਲਣਗੇ, ਹਮੇਸ਼ਾ ਆਪਣੀ ਅਕਲ ਤੇ ਸੋਚ ਉੱਤੇ ਅਟੁੱਟ ਵਿਸ਼ਵਾਸ ਰੱਖੋ। ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਭ ਤੋਂ ਵੱਡਾ ਕੰਮ ਆਪਣੇ ਮਨ ਨੂੰ ਸ਼ਾਂਤ ਰੱਖਣਾ ਹੈ।

> ਸਿਮਰਨਜੀਤ ਕੌਰ ਬੀ.ਏ. 1<sup>st</sup>

### "ਮਨ ਜੀਤੈ ਜਗ ਜੀਤ"

ਸਬਰ ਇੱਕ ਅਜਿਹੀ ਸਵਾਰੀ ਹੈ ਜੋ ਆਪਣੇ ਸਵਾਰ ਨੂੰ ਕਦੇ ਡਿਗਣ ਨਹੀਂ ਦਿੰਦੀ। ਜ਼ਿੰਦਗੀ ਸੁਖਾਵੀਂ ਜਿਉਂਣ ਲਈ ਆਪਣੇ ਪਰਿਵਾਰ ਤੇ ਦੋਸਤਾਂ ਲਈ ਜ਼ਰੂਰ ਸਮਾਂ ਕੱਢੋ। ਸਾਨੂੰ ਆਪਣੇ ਦੁੱਖਾਂ ਤੇ ਥੁੜਾਂ ਦੇ ਰੋਣੇ ਨਹੀਂ ਰੋਣ ਚਾਹੀਦੇ। ਸਗੋਂ ਪ੍ਰਮਾਤਮਾ ਦਾ ਧੰਨਵਾਦ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਜਿਨ੍ਹਾਂ ਨੇ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੁੱਝ ਨਵਾਂ ਕਰਨਾ ਹੁੰਦਾ ਹੈ, ਉਹ ਮੌਤ 'ਤੇ ਖ਼ਤਰਿਆਂ ਤੋਂ ਨਹੀਂ ਡਰਦੇ। ਜ਼ਿਦਗੀ ਵਿੱਚ ਕਈ ਵਾਰ ਜੋ ਅਸੀਂ ਚਾਹੁੰਦੇ ਹਾਂ ਨਹੀਂ ਮਿਲਦਾ ਆਪਣੇ ਆਪ ਨੂੰ ਸੰਭਾਲਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਦੁਨੀਆਂ ਦੀ ਭੀੜ, ਵਿੱਚੋਂ ਵੱਖਰਾ ਦਿਖਣ ਲਈ ਕੁੱਝ ਨਵਾਂ ਤੇ ਅਨੋਖਾਂ ਕਰਕੇ ਦਿਖਾਉ। ਆਪਣੇ ਮਨ 'ਤੇ ਕੰਟਰੋਲ ਕਰਨਾ ਹੀ ਸਭ ਤੋਂ ਮਹਾਨ ਜਿੱਤ ਹੈ।

> ਸਿਮਰਨਜੀਤ ਕੌਰ ਬੀ.ਏ. 1<sup>st</sup>

#### ਅੱਜ ਦੀ ਜਿੰਦਗੀ

ਅੱਜ ਦੀ ਜ਼ਿੰਦਗੀ ਦੀ ਬਹੁਤ ਰਫਤਾਰ ਏ ਕਿਸੇ ਨੂੰ ਕਿਸੇ ਦੀ ਕੋਈ ਪਰਵਾਹ ਨਹੀਂ ਆਪਣੇ ਮਤਲਬ ਲਈ ਸਾਰੇ ਨਾਲ ਨੇ ਪਤਾ ਨਹੀਂ ਕਦੋਂ ਕੋਈ ਰੰਗ ਬਦਲ ਲਵੇ ਕਿਸੇ ਅਨੁਸਾਰ/ਮੁਕਾਮ ਤੇ ਕਿਸੇ ਨੂੰ ਧੋਖਾ ਦੇ ਜਾਵੇ ਅੱਜ ਦੀ ਜਿੰਦਗੀ ਦੀ ਏਹੀ ਪਹਿਚਾਣ ਏ। ਕੋਈ ਕਿਸੇ ਦਾ ਯਾਰ ਨਹੀਂ ਤੇ ਨਾਲ ਹੀ ਕੋਈ ਮੀਤ ਜ਼ਿੰਦਗੀ ਦੀ ਬਹਤ ਪਰਾਣੀ ਏਹੋ ਚੱਲਦੀ ਆਈ ਗੇਤ ਕਿਸੇ ਕੋਲ ਨਾ ਟਾਈਮ ਕਿਸੇ ਲਈ ਸਭ ਆਪੋ-ਆਪਣੀ ਲੱਗੇ ਨੇ ਏਨੇ ਮਤਲਬੀ ਹੋ ਗਏ ਨੇ ਆਪਣੇ ਲਫ਼ਜ਼ ਵੀ ਪਰਾਣੇ ਲੱਗੇ ਨੇ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਦੂਜੀਆਂ ਭਾਸ਼ਾਵਾਂ ਸਿੱਖਣ ਲਈ ਆਪਣੀ ਮਾਂ-ਬੋਲੀ ਦਾ ਨਿੱਤ ਹੀ ਕਤਲ ਕਰਦੇ ਨੇ। ਔਲਾਦ ਵੀ ਏਨੀ ਮਤਲਬੀ ਹੋ ਗਈ ਏ ਕਿ ਮਾਂ-ਬਾਪ ਨੂੰ ਨਿੱਤ ਤੜਫਾਉਂਦੀ ਹੈ ਤਾਂ ਹੀ ਤਾਂ ਵਰ੍ਹਿਦ ਆਸ਼ਰਮ ਵਿੱਚ ਦਿਨੋ-ਦਿਨ ਗਿਣਤੀ ਵਧਦੀ ਜਾਂਦੀ ਹੈ। ਨਾ ਰਿਹਾ ਪਿਆਰ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਬਸ ਪੈਸੇ ਪਿੱਛੇ ਹੀ ਸਾਰੀ ਜਿੰਦਗੀ ਲੰਘ ਜਾਂਦੀ ਏ ਦੋ ਪਲ ਦੀ ਹੈ ਏ ਜਿੰਦਗੀ ਅੱਜ ਬਚਪਨ ਤੇ ਕੱਲ ਜਵਾਨੀ ਏ ਪਰਸੋਂ ਬਢਾਪਾ ਤੇ ਫਿਰ ਖਤਮ ਇਹ ਕਹਾਣੀ ਏ ਦੁੱਖ-ਦਰਦ ਤੇ ਖ਼ੁਸ਼ੀਆਂ ਨਾਲ ਭਰੀ ਹੈ ਇਹ ਜਿੰਦਗਾਨੀ ਤੇਰੀ-ਮੇਰੀ ਸਭ ਦੀ ਇਕੋ ਜਿਹੀ ਹੈ ਕਹਾਣੀ ਤੇ ਜ਼ਿੰਦਗੀ ਦੀ ਇਹੋ ਹੈ ਰੀਤ ਪਰਾਣੀ।

> ਸਿਮਰਨਜੀਤ ਕੌਰ ਬੀ.ਏ. 3<sup>rd</sup>

#### ਸੁਪਨਿਆਂ ਦੇ ਸੰਗ

ਅੱਜ ਮੈਂ ਡਿੱਠਾ ਇੱਕ ਸੁਪਨਾ ਹਨੇਰੀ ਭਰੀ ਰਾਤ ਰਜਨੀਪਤੀ ਦੇ ਨਾਲ ਹੋਇਆ ਕੁੱਝ ਇੱਦਾਂ ਕਿ ਨਾ ਮੈਂ ਰੋਈ ਤੇ ਨਾ ਹੀ ਮੈਂ ਸੋਈ ਡਰ ਇਨ੍ਹਾਂ ਇਸ ਕਰਕੇ ਸੀ, ਸੁਫ਼ਨਾ ਇੱਕ ਖੌਫ਼ਨਾਕ ਮੈਨੂੰ ਜਾਪਿਆ ਸੀ, ਨਿੱਕੀ ਹੁੰਦੀ ਸਾਂ ਤਾਂ ਭੁਤ ਦਾ ਫਰੇਬ ਜਾਪਿਆ ਸੀ, ਸੁਫ਼ਨੇ ਵਿੱਚ ਇੱਕ ਸ਼ੇਰ ਆਇਆ ਸੀ ਆਵਾਜ਼ ਡਰਾਵਣੀ ਆ ਹੀ ਰਹੀ ਸੀ ਕਿ ਇੰਨ੍ਹੇ ਵਿੱਚ ਅੱਖ ਮੇਰੀ ਖੁੱਲ੍ਹੀ ਨਹੀਂ ਕਿ ਭਰ ਆਏ ਮੇਰੇ ਨੈਣ ਸੁਪਨਾ ਉੱਥੇ ਹੀ ਟੁੱਟ ਗਿਆ ਰਹਿ ਗਿਆ ਅਧੁਰਾ ਹੋ ਨਾ ਸਕਿਆ ਕਦੇ ਪੁਰਾ, ਹੁਣ ਨਾ ਕਦੇ ਸੁਪਨਾ ਆਵੇ ਰੱਬ ਦਾ ਸ਼ੁਕਰਿਆ ਕਰਿਆ ਜਾਵੇ, ਕਿ ਸਭ ਤੇ ਬਣੀ ਰਹੇ ਮਿਹਰ

> ਮਨਪ੍ਰੀਤ ਬੀ.ਏ. 1<sup>st</sup>

#### ਲਹਿਰਾਂ

ਸਰੀਤਾ ਅੱਜ ਬਹੁਤ ਦੁਖੀ ਸੀ। ਦੁਪਹਿਰ ਦਾ ਸਮਾਂ ਚੜ੍ਹਿਆ ਹੀ ਸੀ ਕਿ ਭਿਆਨਕ ਖ਼ਬਰ ਆਈ ਕਿ ਉਸਦੀ ਭੂਆ ਦੀ ਮੌਤ ਹੋ ਗਈ ਹੈ ਅਤੇ ਉਸਦੀ ਛੋਟੀ ਭੂਆ ਹਸਪਤਾਲ ਵਿੱਚ ਦਾਖਲ ਹੈ। ਅਸਲ ਵਿੱਚ ਪਹਿਲਾਂ ੳਹ ਦਖੀ ਇਸ ਕਰਕੇ ਸੀ ਕਿਉਂਕਿ ੳਸਦੇ ਪਿਤਾ ਜੀ ਦੀ ਕੈਂਸਰ ਤੋਂ ਮੌਤ ਹੋ ਗਈ ਸੀ।ੳਹ ਆਪਣੇ ਸਾਰੇ ਕੰਮ ਆਪਣੇ ਪਿਊ ਨੂੰ ਹੀ ਕਹਿੰਦੀ ਹੁੰਦੀ ਸੀ। ਹੁਣ ਉਸਨੂੰ ਇੰਝ ਜਾਪਦਾ ਸੀ ਕਿ ਉਹ ਇਸ ਦੁਨੀਆਂ ਤੇ ਇਕੱਲੀ ਹੀ ਰਹਿ ਗਈ ਸੀ। ਉਸਦਾ ਵੱਡਾ ਭਰਾ ਵੀ ਉਸਦੇ ਨਾਲ ਹੀ ਰਹਿੰਦਾ ਸੀ। ਪਰ ਉਸਨੂੰ ਵੱਧ ਲਗਾਵ ਆਪਣੇ ਪਿਊ ਨਾਲ ਹੀ ਸੀ। ਉਸਨੂੰ ਆਪਣੇ ਪਿਊ ਨੂੰ ਹਮੇਸ਼ਾ ਪਿਆਰ ਕਰਦਿਆਂ ਰਹਿਣ ਦਾ ਵਾਅਦਾ ਕੀਤਾ ਸੀ। ਉਸਦੀ ਉਮਰ 22 ਸਾਲ ਸੀ ਪਰ ਉਸਨੇ ਕਦੇ ਵੀ ਆਪਣੇ ਆਪ ਪਾਣੀ ਦਾ ਗਿਲਾਸ ਨਹੀਂ ਸੀ ਪਿਆ। ਉਸਦੇ ਭਰਾ ਨੇ ਉਸਨੂੰ ਬਹੁਤ ਖੁਸ਼ ਰੱਖਣਾ ਚਾਹਿਆ ਪਰ ਉਸਨੂੰ ਪਲ−ਪਲ ਅਤੇ ਹਰ ਪਲ ਆਪਣੇ ਪਿਊ ਦੀ ਹੀ ਯਾਦ ਆਉਂਦੀ ਰਹਿੰਦੀ। ਚਾਰ ਮਹੀਨੇ ਲੰਘ ਚੁੱਕੇ ਸਨ ਅਤੇ ਉਸਦੇ ਭਰਾ ਨੇ ਹੁਣ ਉਸਦੀ ਨੌਕਰੀ ਬਾਰੇ ਗੱਲ ਕੀਤੀ ਤਾਂ ਸਰੀਤਾ ਨੇ ਸਾਫ ਇਨਕਾਰ ਕਰ ਦਿੱਤਾ ਤਾਂ ਉਸਦੇ ਭਰਾ ਨੇ ਉਸਦਾ ਵਿਆਹ ਕਰਨਾ ਠੀਕ ਸਮਝਿਆ ਸਹਰੇ ਘਰ ਆ ਕੇ ਸਰੀਤਾ ਨੂੰ ਸਾਰਾ ਕੰਮ ਆਪ ਕਰਨਾ ਪੈਂਦਾ ਸੀ ਅਤੇ ਉਸਦੀ ਜ਼ਿੰਦਗੀ ਦੀ ਲਹਿਰਾਂ ਹੀ ਬਦਲ ਗਈਆਂ ਸਨ। ਇਕ ਦਿਨ ਸਰੀਤਾ ਬੈਠੀ ਸੋਚ ਰਹੀ ਸੀ ਕਿ ਜੇਕਰ ਉਸਦਾ ਵਿਆਹ ਨਾ ਹੁੰਦਾ, ਨਾ ਹੀ ਉਸਦੇ ਪਿਤਾ ਦੀ ਮੌਤ ਹੁੰਦੀ 'ਤੇ ਨਾ ਹੀ ਉਸਨੂੰ ਕੋਈ ਕੰਮ ਕਰਨਾ ਪੈਂਦਾ। ਉਹ ਇਹ ਵੀ ਸੋਚਦੀ ਹੈ ਕਿ ਉਸਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਇਨ੍ਹਾਂ ਬਦਲਾਵ ਕਿਵੇਂ ਆਇਆ। ਸਾਰਾ ਕੁਝ ਸੋਚਣ ਤੋਂ ਬਾਅਦ ਉਹ ਖੁਸ਼ੀ ਨਾਲ ਮੁਸਕਰਾਉਂਦੀ ਹੋਈ ਰੋਟੀ ਬਣਾਉਣ ਲੱਗ ਜਾਂਦੀ ਹੈ ਅਤੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਜੋ ਕਝ ਵੀ ਉਸਨੂੰ ਮਿਲਿਆ ਹੈ ਉਸਦਾ ਧੰਨਵਾਦ ਉਹ ਰੱਬ ਨੂੰ ਕਰਦੀ ਹੈ। ਹਰ ਰਾਤ ਉਹ ਸੌਣ ਤੋਂ ਪਹਿਲਾਂ ਰੱਬ ਨੂੰ ਧੰਨਵਾਦ ਕਰਦੀ ਹੈ। ਹੁਣ ਉਹ ਖ਼ੁਸ਼ੀ−ਖ਼ੁਸ਼ੀ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਜਿਉਂਦੀ ਹੈ ਅਤੇ ਉਸਦੇ ਪਿਤਾ ਦੀ ਮੌਤ ਨੂੰ ਰੱਬ ਦਾ ਭਾਣਾ ਸਮਝ ਕੇ ਖੁਸ਼ ਰਹਿੰਦੀ ਹੈ।

> ਮਨਪ੍ਰੀਤ ਬੀ.ਏ. 1<sup>st</sup>

#### ਤਾਰਿਆਂ ਦੇ ਹੇਠਾਂ

ਦਪਹਿਰ ਸਮੇਂ ਰਾਮ ਸਿੰਘ, ਇੱਕ ਰਿਟਾਇਰਡ ਫੌਜ਼ੀ ਦੇ ਪਿੱਛੇ ਬੰਤਾ ਸਿੰਘ ਦੇ ਡਾਕਆਂ ਨੇ ਹੱਲਾ ਬੋਲ ਦਿੱਤਾ ਸੀ। ਭੱਜਦੇ−ਭੱਜਦੇ ਰਾਮ ਸਿੰਘ ਨੂੰ ਪਿਆਸ ਲੱਗ ਰਹੀ ਸੀ, ਉਸਦਾ ਸਾਹ ਉਸਦੇ ਸਾਹ ਨਾਲ ਨਹੀਂ ਸੀ ਮਿਲਦਾ ਪਿਆ। ਉਸਨੇ ਹਾਰ ਨਾ ਮੰਨੀ ਪਰ ਜੋੜਾਂ ਦੇ ਦਰਦ ਕਰਕੇ ਉਹ ਸੱਕੀ ਘਾਹ ਉੱਤੇ ਡਿੱਗ ਪਿਆ। ਕੁੱਝ ਸਮੇਂ ਬਾਅਦ ਹੀ ਬੰਤਾ ਸਿੰਘ ਦੇ ਡਾਕੂਆਂ ਨੇ ਉਸਨੂੰ ਲੱਭ ਲਿਆ। ਉਸਦੇ ਸਾਰੇ ਪੈਸੇ ਖੋਹ ਲਏ, ਸਾਰਾ ਜਰਰੀ ਸਮਾਨ ਲੈ ਲਿਆ ਕਿਉਂਕਿ ਬੰਤਾ ਸਿੰਘ ਆਪ ਆਪਣੇ ਘਰ ਹੀ ਸੀ ਇਸ ਲਈ ਡਾਕਆਂ ਨੇ ਉਸਨੂੰ ਮਾਰਨਾ ਠੀਕ ਨਾ ਸਮਝਿਆ। ਬੰਤਾ ਸਿੰਘ ਨੇ ਕਿਹਾ ਸੀ ਕਿ ਜੇ ਕਿਸੇ ਨੂੰ ਜਾਨੋਂ ਮਾਰਨਾ ਹੋਵੇ ਤਾਂ ਉਸਤੋਂ ਪੱਛੇ ਬਿਨਾ ਕੋਈ ਹਥਿਆਰ ਨਹੀਂ ਚਲਾਵੇਗਾ ਤਾਂ ਸਾਰਿਆਂ ਡਾਕਆਂ ਨੇ ਉਸਨੰ ਇੱਕ ਦਰੱਵਖਤ ਨਾਲ ਬੰਨ ਦਿੱਤਾ ਅਤੇ ਆਪਣਾ ਭੋਜਨ ਕਰਨ ਲੱਗੇ। ਨਾਲ ਹੀ ਨਾਲ ਉਹ ਆਪਣੇ ਕਿਤੇ ਸਾਰੇ ਗੁਨਾਹਾਂ ਬਾਰੇ ਗੱਲਾਂ ਕਰ ਰਹੇ ਸਨ ਰਾਮ ਸਿੰਘ ਨੂੰ ਜ਼ਰਾ ਹੋਸ਼ ਆਈ ਹੀ ਸੀ ਕਿ ਉਸਨੇ ਸਾਰਾ ਕੁੱਝ ਸੁਣ ਲਿਆ ਸੀ। ਉਹ ਸਭ ਕੁੱਝ ਜਾ ਕੇ ਪੁਲਿਸ ਨੂੰ ਦੱਸਣਾ ਚਾਹੁੰਦਾ ਸੀ ਅਤੇ ਆਪਣੀ ਜਾਨ ਬਚਾਉਣਾ ਚਾਹੁੰਦਾ ਸੀ। ਸ਼ਾਮ ਨੂੰ ਜਦੋਂ ਹੀ ਡਾਕੂਆਂ ਦਾ ਧਿਆਨ ਇੱਧਰ-ਉੱਧਰ ਹੋਇਆ ਤਾਂ ਰਾਮ ਸਿੰਘ ਭੱਜ ਗਿਆ ਅਤੇ ਕੁੱਝ ਸਮਾਂ ਲੰਘਣ ਪਿੱਛੋਂ ਡਾਕੂਆਂ ਨੂੰ ਇਸ ਗੱਲ ਦੀ ਭਣਕ ਹੋ ਗਈ, ਡਾਕੂਆਂ ਨੇ ਉਸਨੂੰ ਲੱਭਣਾ ਚਾਹਿਆ। ਸਾਰੇ ਡਾਕੂ ਰੱਲ ਕੇ ਰਾਮ ਸਿੰਘ ਨੂੰ ਲੱਭਣ ਲੱਗੇ। ਲੱਭਦੇ-ਲੱਭਦੇ ਉਨਟਾਂ ਨੂੰ ਰਾਤ ਹੀ ਪੈ ਗਈ ਅਤੇ ਉਹ ਸਾਰੇ ਉਥੋਂ ਚਲੇ ਗਏ। ਅਸਲ ਵਿਚ ਰਾਮ ਸਿੰਘ ਭੱਜ ਕੇ ਜੰਗਲ ਵਿੱਚ ਲੁੱਕਿਆ ਬੈਠਾ ਸੀ ਅਤੇ ਸਾਰਾ ਸੱਚ ਜਾਣਦਾ ਸੀ। ਉਹ ਘਬਰਾ ਗਿਆ ਸੀ ਉਹ ਇੱਕ ਦਰਖ਼ਤ ਦੇ ਹੇਠਾਂ ਬੈਠ ਗਿਆ ਅਤੇ ਤਾਰਿਆਂ ਵੱਲ ਬੈਠ ਕੇ ਦੇਖਣ ਲੱਗਾ ਕਿ ਉਸਨੂੰ ਇੰਝ ਜਾਪਿਆ ਕਿ ਸਾਰੇ ਤਾਰੇ ਉਸਦੀ ਬਹਾਦਰੀ ਦੀ ਤਾਰੀਫ਼ ਕਰ ਰਹੇ ਹੋਣ ਅਤੇ ਉਸਨੈ ਸਾਰਿਆਂ ਤਾਰਿਆਂ ਨੂੰ ਪਿਆਰ ਭਰੀ ਸਤਿ ਸ਼੍ਰੀ ਅਕਾਲ ਆਖੀ ਅਤੇ ਉਸਨੇ ਤਾਰਿਆਂ ਨੂੰ ਪੁੱਛਿਆ ਕਿ ਉਹ ਪੁਲਿਸ ਨੂੰ ਯਭ ਕੁਝ ਇਸ ਘਟਨਾ ਬਾਰੇ ਦੱਸੇ ਜਾ ਨਹੀਂ? ਤਾਂ ਸਾਰੇ ਤਾਰੇ ਟਿਮਟਿਮਾਉਣ ਲੱਗੇ ਅਤੇ ਉਸਦੇ ਵੱਲ ਇਸ਼ਾਰਾ ਕਰਨ ਲੱਗੇ ਕਿ ਉਹ ਜਾਵੇ। ਅਸਲੀ ਸਵੇਰ ਚੜ੍ਹਦੇ ਹੀ ਰਾਮ ਸਿੰਘ ਪੁਲਿਸ ਨੂੰ ਸਾਰਾ ਕੁਝ ਦੱਸ ਦਿੰਦਾ ਹੈ ਅਤੇ 4−5 ਦਿਨਾਂ ਬਾਅਦ ਹੀ ਸਾਰੇ ਡਾਕੂ ਫੜੇ ਗਏ ਅਤੇ ਰਾਮ ਸਿੰਘ ਨੂੰ ਆਪਣੀ ਬਹਾਦਰੀ ਤੇ ਖਸ਼ੀ ਪਗਟ ਹੋਈ।

> ਮਨਪ੍ਰੀਤ ਬੀ.ਏ. 1<sup>st</sup>

# **Athletic Meet**

















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# **Athletic Meet**

















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# विषयानुक्रमणिका

| क्रम नं. | विषय                  | लेखक                   |
|----------|-----------------------|------------------------|
| 1.       | पर्यावरण संरक्षणम्    | डॉ. करूण लेखा          |
|          | (वैदिक सन्देश)        | (प्राध्यापक सम्पादिका) |
| 2.       | पर्यावरण संरक्षण में  | डॉ. चन्दन लाल          |
|          | पुराणों की उपादेयता   |                        |
| 3.       | गुरू शिष्य परम्परा    | ज्योति–छात्र–सम्पादिका |
| 4.       | वैदिक सूक्तियाँ       | दीपाली                 |
| 5.       | कठोपनिषद              | (ज्याति)               |
|          | (एक नैतिक उपदेश)      |                        |
| 6.       | सुभाषितानि            | किरण सामल              |
| 7.       | नवग्रह                | म्मता                  |
| 8.       | मानसिक सन्तुलन        | शीतल                   |
| 9.       | स विद्या या विमुक्तये | सुमन                   |
| 10.      | गो महिमा              | कल्पना                 |
| 11.      | सूक्ति सुधा           | रिया जिन्दल            |
| 12.      | आरोग्य सुभाषितानि     | स्वीटी                 |
| 13.      | किम् अस्ति तत पदम्    | जीवनजोत कौर            |
| 14.      | परोपकार               | कविता                  |
| 15.      | कं कर्त्ताव्यम्       | पारिख ठाकुमर           |
| 16.      | प्राणायाम का महत्व    | शिवानी                 |

### पर्यवरण संरक्षणम्–वैदिक सन्देश

''मातभूमि प्रलोऽहं पृथिव्याः पर्जन्य पिता स उनः पिपर्तुः'' पर्यावरण सुरक्षा अस्माभिः कर्तव्या। भूमेः, जलस्य वायोः प्राणिना, वनस्पतीनां वनाना च स्रता अस्माकम् परम कर्त्तव्यम्। वेदुेषु पर्यावरण सम्बन्धित – जीवन सूत्राणिनिहिताः सन्ति। यथावेदेषुअपि पर्यावरणं सुरक्षित हेतु प्रार्थना वर्तते यत् ऊँ द्यौः शान्तिरोषधयः शान्तिः वनस्पतय पुराणेषुऽपि वृत्तारोपणं महत्वं स्पाष्टम् स्वीकृतम् मत्स्यपुराणे उक्तम् दशकूपसमावापी, दशवापी समोहदः दशहृदसमः पुत्रो, दशपुत्रो समोहमः।। अतः ग्रामेषु नगरेषु, च अस्माभिः पादपाः आरोपणीयाः। अर्थववेवेरऽपि शुद्धपेयजलस्य सर्वदा उपलब्धि हेतु कामना उपलभ्यते यथा– शुद्धा न आपस्तन्वेक्षरन्ट् योनः सेंदुरप्रियेत निदध्मः पवित्रेण पृथिविमोतपुनामि – अर्थवेद अतः अस्माभिः उपरोक्त वैदिककथनानां मुल्यांकन कुर्वतः प्रणं कर्तव्यम् आओ मिलकर पुण करें पर्यावरण बचाने का इस धरती माँ के आंगन को हरा–भरा स्वच्छ बनाने का।

डॉ. करूणा लेखा विभागाध्यक्ष संस्कृत विभाग पी.जी.जी.सी.जी.–11 चण्डीगढ।

# विरण संरक्षण में पुराणों की उपादेयता

पर्यावरण प्रकृति में विद्यमान् जैविक तथा अजैविक घटकों का सम्मिलित रूप है। जैविक घटक के अन्तर्गत पेड़ —पौधे, पशु—पक्षी तथा अजैविक अन्तर्गत प्रकाश, जल, वायु, पृथ्वी, ताप आदि आ जाते हैं। इनमें अजैविक या भौतिक घटकों की प्रभावकारी दशाओं में विभिन्न जीवन समूह समायोजन कर जीवन संचालित करते हैं। लेकिन जो मनुष्य प्रारम्भ में प्रकृति का अंग तथा भागीदार था, वही आगे चलकर उसका स्वामी बन बैठा। जिससे मानव और पर्यावरण के मध्य सहभागिता तथा परस्पर अवलम्बन का सम्बन्ध समाप्त हो गया और मानव प्राकृतिक पर्यावरण का रक्षक न होकर भक्षक बन गया। हमारे ऋषि—मुनि इस तथ्य से भली —भांति परिचित थे। प्रकृति के प्रति हमारी संवेदनशीलता कहीं समाप्त न हो जाय, इसके लिये उन्होनें पेड़— पौधों, पशु—पक्षियों और जंगल तथा पर्वत आदि स्थावर वस्तुओं में देवत्व की कल्पना कर उनके महत्व एवं संरक्षण के प्रति लोगों में जागरूकता लाने का उत्तम कार्य किया है। इस सन्दर्भ में पुराणों का उपदेश और वर्णन अत्यन्त उपादेय हैं।

स्वास्थ्य और पर्यावरण की दृष्टि से घर के चारों दिशाओं में वृक्ष लगाने चाहिए। किस दिशा में कौन सा वृक्ष हो इसका निर्देश करते हुए अग्नि पुराण कहता है कि घर के उत्तर भाग में पाकड़, पूर्व में बरगद, दक्षिण में गुलर तथा पश्चिम में पीपल के पेड़ लगाना उत्तम होता है। इसके साथ ही बायें भाग में उद्यान लगाकर शुभ दिन में गृह प्रवेश करना चाहिए।

उत्तरेण शुभः प्लक्षो वटः प्राक्स्याद्गृहादितः।

उदुमबरश्च याम्येन पश्चिमेऽश्वतथ उत्तमः।।

वावभागे तथोद्यांन कुर्याद्वांस गृहे शुभम्। —अग्निपुराण

–अग्निपुराण 247 / 24–25

पेड़ पौधों के संरक्षण के विशेष विधियाँ भी बतलाई गई हैं, ग्रीष्म ऋतु में सांय तथा प्रातः काल, शीतकाल में दोपहर के पश्चात् और वर्षा ऋतु में भूमि सूख जाने पर विड**ड्**ग (औषद) तथा घृत मिले हुए जल से रोपे हुए वृक्षों को सींचना चाहिए। (अग्नि पुराण 247 / 25–26) नैमिषारण्य में सूत जी ने ऋषियों द्वारा पूछे जाने पर तालाब, वाटिका, कूप, बावली, सरोवर, देवालय तथा वृक्षारोपण का सविधि वर्णन किया है। (मत्स्यपुराण 58–59) जो बुद्धिमान् पुरूष वृक्षोत्सव मनाता है, वह सभी इच्छाओं को प्राप्त करता है तथा अनन्त फल को भी प्राप्त करता है, जो पुरूष एक भी वृक्ष लगाता है, वह स्वर्ग लोक में तीस हजार इन्द्र के समय तक निवास करता है। (मत्स्य पुराण 59 / 17–18) पर्वत शिखरों पर भी मन्दार, पारिजात तथा कल्पद्रुम के वृक्षों को लगाने का निर्देश प्राप्त होता है। (मत्स्य पुराण 59 / 17–18)।

महुवा, बेर, बेल, खदिर, कदम्ब, देंतू, ताल, पीपल आदि के वृक्षों को रोगनाशक और ऐश्वर्य प्रदान करने वाला कहा गया है। (भविष्य पुराण 193 / 7–10) वराह पुराण में वृक्ष लगाने को भूमिदान और गोदान को समान पुण्यफल वाला कहा गया है। वहीं वृक्ष लगाने का आग्रह करते हुए कहा गया है कि जो व्यक्ति पीपल, नीम और बड़ का एक–एक, फलों के दस पौधे, दो अनार, दो नारंगी तथा पांच आम के पौधे लगाता है, वह नरक में नहीं जाता है। (बराह पुराण 172 / 38–39)। स्कन्द पुराण (21 / 66) में कहा गया है कि जिस घर में प्रतिदिन तुलसी की पूजा की जाती है, उसमें यमदूत प्रवेश नहीं करते है। यमदूत से तात्पर्य रोग या कष्ट है। पद्मपुराण के सृष्टि खण्ड (59 / 7) में कहा गया है कि जिस घर में तुलसी का पौधा हो, वहां निवास करने वालो सौभाग्यशाली होते हैं। ब्र**ह्म**वैवर्त पुराण के प्रकृति खण्ड (21 / 37) में तुलसी वृक्ष को सभी वृक्षों में श्रेष्ठ और उसके नीचे देवताओं का निवास कहा है।

पौराणिक वर्णनों ने यह दिखला दिया कि पुराणकारों ने पर्यावरण को लेकर कितना गम्भीर चिन्तन किया था। हमारे पूर्वजों का प्रकृति से अटूट सम्बन्ध था और उन्होंने उसे समझा था। आज हमें वैसा ही करना होगा। पर्यावरण संरक्षण के लिए हमें ईशावास्योपनिषद् के 'तने त्येक्त भुआधा' अर्थात् त्यागपर्वूक भोग को अनाना होगा, इसलिये नहीं कि हमारे पास भौतिक संसाधनों का अभाव है, अपितु इसलिए कि सभी प्राणियों का जीवन और विश्व सुन्दर और सुरक्षित रह सके।

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डॉ. चन्दन लाल गुप्ता असिस्टेण्ड प्रोफेसर, संस्कृत विभाग पी.जी.जी.सी.जी.–11 चण्डीगढ़। 

#### गुरू शिष्य परम्परा

गुरू–शिष्य परम्परा आध्यात्मिक प्रज्ञा का नई पीढ़ियों तक पहुंचाने का सोपान। भारतीय संस्कृति में गुरू–शिष्य परम्परा के अंतर्गत गुरू अपने शिष्य को शिक्षा देता है। या कोई विद्या सिखाता है। बाद में वही शिष्य गुरू के रूप में दूसरों को शिक्षा देताहै। यही क्रम चलता जाता है। यह परम्परा सनातन धर्म की सभी धाराओं में मिलती है। गुरू–शिष्य की



यह परम्परा ज्ञान के किसी भी क्षेत्र में हो सकती है। जैसे अध्यात्म, संगीत, कला, वेदाध्ययन, वस्तु आदि। भारतीय संस्कृति में गुरूका बहुत महत्व है। कहीं गुरू को 'ब्रह्मा–विष्णु–महेश कहा गया है। तो कहीं 'गोविंद'। 'सिख' शब्द संस्कृत के 'शिष्य' से व्युत्पन्न है।

'गु' शब्द का अर्थ है अंधकार (अज्ञान) और 'रू' शब्द का अर्थ है प्रकाश —ज्ञान। 'अज्ञान को नष्ट करने वाला जो ब्रह्म रूप प्रकाश है, वह गुरू है। आश्रमों में गुरू शिष्य परंपरा का निर्वाह होता रहा है। भारतीय संस्कृति में गुरू को अत्यधिक सम्मानित स्थान प्राप्त है। भारतीय इतिहस में गुरू की भूमिका समाज को सुधार की ओर ले जाने वाले मार्गदर्शक के रूप में होने के साथ क्रांति को दिशा दिखाने वाली भी रही है। भारतीय संस्कृति में गुरू का स्थान ईश्वर से भी ऊपर माना गया है।

''गुरूब्रह्मा गुरूर्विष्णु गुरूर्देवो महेश्वरः।

गुरुः साक्षात् पर ब्रह्म तस्मै श्री गुगुरुवे नमः।।"

प्राचीन काल में गुरू और शिष्य के संबंधों का आधार था। गुरू का ज्ञान मौलिकता और नैतिक बल, उनका शिष्यों के प्रति स्नेहभाव तथा ज्ञान बांटने का निःस्वार्थ भाव, शिक्षकों में होती थी। गुरू के प्रति पूर्ण श्रद्वा, गुरू की क्षमता में पूर्ण विश्वास तथा गुरू के प्रति पूर्ण समपूर्ण एवं आज्ञाकारिता, अनुशासन शिष्य का महत्वपूर्ण गुण माना गया है।

आचार्य चाणक्य ने आदर्श विद्यार्थी के गुण बताए हैं।

''काकचेष्टा बको ध्यानं श्वाननिद्रा तथैव च।

अल्पहारी गृहत्यागी विद्यार्थी पञ्चलक्षण''।।
गुरू और शिष्य के बीच केवल शाब्दिक ज्ञान काही आदान—प्रदान नहीं होता था। बल्कि गुरू अपने शिष्य के संरक्षण के रूप में भी कार्य करता था। उसका उद्देश्य रहता था कि गुरू उसका कभी अहित सोच भी नहीं सकते यही विश्वास गुरू के प्रति उसकी आगाध श्रद्वा और समर्पण का कारण रहा है।

गीता में भगवान श्री कृष्ण जी ने गुरू–शिष्य परम्परा को 'परम्पराप्राप्तम् योग' बताया है। गुरू–शिष्य परम्परा का आधार सांसारिक ज्ञान सेगुरु होता है। परंतु इसका चरमोत्कर्ष आध्यात्मिक शाश्वत आनंद की प्राप्ति है, जिसे ईश्वर –प्राप्ति व मोक्ष प्राप्ति भी कहा जाता है। बडे भाग्य से प्राप्त मानव जीवन का यहीं अंतिम व सर्वोच्च लक्ष्य होना चाहिए।

'गुरू एक मशाल है। शिष्य प्रकाश।

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वैदिक सूक्तियाँ

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| 1.                              | सत्येनोत्त्भिा भूमिः ।                                   | –अथर्ववेदः |
|---------------------------------|----------------------------------------------------------|------------|
|                                 | भूमि सत्य से टिकी हुई है।                                |            |
| 2.                              | अंहं वृणे सुमतिं विश्वाराम्।                             | —अथर्ववेदः |
|                                 | मुझे लोकहितकारी समुमति प्राप्त हो।                       |            |
| 3.                              | माता भूमिः पुत्रो अहं पृथिव्याः।                         | –अथर्ववेदः |
|                                 | भूमि मेरी मामता है और मैं उस मातृभूमि का पुत्र हूं।      |            |
| 4.                              | यन्ति प्रमादतन्द्राः।                                    | –अथर्ववेदः |
|                                 | पुरूषार्थी ही श्रेष्ठ आनंद पाते ळैं।                     |            |
| 5.                              | इच्छान्ति देवाः सुन्वन्तं न स्वप्नय स्पृहयन्ति।          | –अथर्ववेदः |
|                                 | देवता पुरूषार्थी को चाहते हैं आलसौ को नहीं।              |            |
| 6.                              | विश्वऽदानीं सुमनसः स्याम्।                               |            |
|                                 | हम सदा प्रसनचित्त रहें।                                  |            |
| 7.                              | अहं वृणे सुमतिं विश्वाराम्।                              |            |
|                                 | मुझे लोकहितकारी सुमति प्राप्त हो।                        |            |
| 8.                              | यत्रा मर्तिर्विद्यते पूत बन्धनी                          |            |
|                                 | जहाँ पवित्र बुद्धि होती है, वहाँ सारी कामनाएँ सिद्ध होती | हैं।       |
| 9.                              | ऊर्ध्वा दधानः शुचिपेशसं धियम्।                           |            |
|                                 | विद्वान अपनी बुद्धि को उत्तम कार्यों में लगाते हैं।      |            |
| 10.आनोभद्राक्रतवोयन्तुविश्वतः । |                                                          |            |
|                                 | उत्तम विचार हमें ओर से प्राप्त हों।                      |            |
|                                 |                                                          | दीपाली     |

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# कठोपनिषद–एक नैतिक उपदेश

वेदों में व्याप्त आध्यात्मिक ज्ञान को ही एकत्र कर उपनिषदों के रूप में प्रस्तुत किया गया है। भारतीय दर्शन के मूल आधार उपनिषद ही हैं। कठोपनिषद का संबंध है कृष्णयजुर्वेद की कठ शाखा से है। इसी कारण इसका नाम कठोपनिषद रखा गया है। उपनिषदों में केवल पांडितयपूर्ण दार्शनिक विचार मात्र ही न नहीं है। ये नैतिक उपदेशो का जन्म भी इन्हीं उपनिषदों से हुआ है। ये नैतिक उपदेश समाज के लिए अत्यंत उपयोगी है। अपितु यथार्थ लोक सामान्य तथ्य भी है जिनका संबंध जीवन के अनेकों क्षेत्रों से है। वेदों में व्याप्त आध्यात्मिक ज्ञान को ही एकत्र कर उपनिषदों के रूप में प्रस्तुत किया गया है। भारतीय दर्शन के मूल आधार उपनिषद ही हैं। कठोपनिषद का सबंध कृष्ण यजुर्वेद की कठ—शाखा से है। इसी कारण इसका नाम कठोपनिषद पड़ा है। इसमें वाज श्रवा के पुत्र नचिकेता और यम के बीच का संवाद है। इसका प्रमुख विषय अध्यात्मक है। इसमे प्रमुख दो बातेां का वर्णन है। 1. पुत्र का कर्तव्य 2.आतिथ्यसत्कार का महत्व।

इसके आरंभ में ही पुत्र के कर्तव्य का वर्णन है। कि पुत्र को आज्ञाकारी होना चाहिए। इस तथ्य पर वर्णन किया गया है। यद्यपि नचिकेता के पिता ने क्रोध उसको यम को देने के लिए कहा। लेकिन वास्तविकता मे वो नचिकेता को यम को देना नहीं चाहते थे। इसमें पुत्र का कर्तव्य दिखाया गया है कि वो पिता के वचन का पालन करे अतः पिता कही स्नेह के कारण अपने वचन से न हट जाये। इसलिए उनसे कहता है– 'अनुपश्य———————— जायते पुनः।

नचिकेता अपने पिता के वचनों का पालन करते हुए यम के घर चला जाता है। जब यम नचिकेता से वर मांगने के लिए कहते है तो वह प्रथम वर में अपने पिता को शांत और प्रसन्नचित रहने का वर मांगता है।

शांत सकङ्कलप सुमना यथा स्याद्

वीतमन्युगोतमों माभाि मृत्यो।

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स्वस्पृसृष्टं माभिवदेत्त प्रतीत

एतत्त्रयाण प्रथमं वरं वृणे।।

यम ने यह वर देते हुए कहा कि तेरे पिता क्रोधितरहित होकर रात्रियों में शयन करें। इसमें अतिथ्य सत्कार के महत्व का भी वर्णन है। गृहस्थ मनुष्यों के घर अतिथि का सत्कार होना चाहिए उनको किसी भी प्रकार का कष्ट नहीं होना चाहिए। जब मृत्यु के देवता को ज्ञात होता है कि कोई अतिथि उनके घर पर तीन दिन से भूखा —प्यासा है। तो वह उस अतिथि का सत्कार करते हुए कहते है।

ब्रह्मणो गृहे।

## आशाप्रतीक्ष्ते

अर्थात्— जिस अल्पबुद्धि मनुष्य के घर में ब्राह्मण अतिथि भूखा—प्यासा रहता है। उसके अशा—प्रतीक्षा को सत्संगी के फलको, मधुरवाणी के फल के यज्ञ तथा पूणयकर्म के फल को और पुत्र एवं पशुओं को नष्ट कर देता है।

इस उपनिषद में अध्यात्मक ज्ञान के साथ–नैतिक ज्ञान भी है।

ज्योति बी. ए. III

# सुभाषितानि

 उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः। न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगााः।।

अर्थात—उद्यम यानि मेहनत से ही कार्य पूरे होते है सिर्फ इच्छा करने से नहीं, जैसे सोए हुए शेर के मुंह में हिरण स्वयं प्रवेश नहीं करता बल्कि शेर को स्वयं ही प्रयास करना पड़ता है।

 वाणी रसवती यस्य, यस्य श्रमवती क्रिया। लक्ष्मीः दानवती यस्य, सफलं तस्य जीवितं।।

अर्थात— जिस मनुष्य की वाणी मीठी है, जिसका कार्य परिश्रम से युक्त है, जिसका धन दान करने में प्रयुक्त होता है जिसका धन दान करने में प्रयुक्त होता है, उसका जीवन सफल है।

3. प्रदोषे दीपकः चन्द्रः प्रभाते दीपकः रविः।

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त्रैलोक्यो दीपकः धर्मः, सुपुत्रः कुलदीपकः।।

अर्थात— संध्या काल में चंद्रमा दीपक है प्रातः काल में सूर्य दीपक है और सपुत्र का दीपक है।

> किरण बी. ए.।

#### नवग्रह

सभी नौ ग्रहों के विचारणीय विषय अलग–अलग होते हैं और उन ग्रहाकें का प्रभाव उन्हीं विषयों पर पड़ता है। भावों के भी विषय होते हैं और ग्रहों के भी भावों का फल उसमें ग्रहों एवं राशियों की स्थिति से और ग्रहों का फल उसकी भावों एवं राशियों की स्थिति को जाना जाता है। ग्रहों के विचारणीय विषयों अग्रलिखित है–

- सूर्यः- पिता, जीवात्मा, तेज, प्रताप, स्वास्थ्य,
   कान्ति, भोगोच्छा, आसाक्ति, लक्ष्मी आदि।
- चन्द्रमाः मानसिक स्थिति, बुद्धि, कल्पनाशीलता, राजकृपा, माता सुख–दुःख, भावुकता, कलात्मकता, संवेदनशीलता आदि।

3. मंगलः– पराक्रम अवेग, रोग, सांसारिक गुण, भाई, भूमि, सुख, शत्रु की स्थिति,

प्रवृत्ति आदि ।

बुधः अभिव्यक्ति, वाणी, मित्र, बुद्धि, मामा आदि।

5. गुरूः– ज्ञान, विवेक, उच्च आयाम की बुद्धि,

शरीर, पुत्र, संपत्ति आदि।

 शुक्र–स्त्री सुख, रति शवित, रति सुख, वाहन भूमि से लाभ–हानि, कामेच्छा, व्यापार एवं सांसारिक भोग विलास का सुख, संतान–सुख आदि। राहुः—पितामह, विघ्न, आयु एवं मन का संतुलन, सुख—दुःख की स्थिति आदि।
 केतु— नाना,नानी, यात्रा जीविका का स्थान आदि।

## 'मानसिक संतुलन'

गायत्री मंत्र का नौंवा अक्षर 'भ' हम को प्रत्येक स्थिति में मानसिक भावों को संतुलित रखने की शिक्षा देता है–

भ- भवोद्विग्नमना नैव हदुद्वेगं परित्यज।

कुरू सर्वास्ववस्थासु शांत संतुलित मनः।।

अर्थात— ''मानसिक उत्तेजनाओं को छोड़ दो। सभी अवस्थाओं में मन को शांत और संतुलित रखो।

शरीर में उष्णता की मात्रा अधिक बढ़ जाना 'ज्वर' कहलाता है और वह ज्वर अनेक दुष्परिणामों को उत्पन्न करता है। वैसे ही मानसिक ज्वर होने से उद्वेग, आवेश,, उत्तेजना, मदहोशी, आतुरता आदि लक्षण प्रकट होते है।

आवेश की प्रबलता मनुष्य के ज्ञान, विचार विवेक को नष्ट कर डालती है। उस समय वह न सोचने लायक बातें सोचता है और जो कार्य पहले कुत्सित जान पड़ते थे, उन्हीं को करने लगता है। ऐसी स्थिति मानव जीवन के लिए सर्वथा आवांछनीय है।

विपत्ति पड़ने पर अथवा किसी प्रकार का लड़ाई—झगड़ा होने पर लोग चिंता, शोक, निराशा, भय, घबराहट, क्रोध आदि के वशीभूत होकर मानसिक शांति को खो बैठते है। इसी प्रकार कई बड़ी सफलता मिल जाने पर या संपति प्राप्त होने पर मद, मत्सर, अति हर्ष, अति भोग आदि दोषों में फंस जाते है। इस तरह कोई भी उत्तेजना मनुष्य के आंतरिक स्थिति को विक्षिप्त सा कर देती है। इसके फल से मनुष्य को तरह—तरह के अनिष्ट परिणाम भोगने पड़ते है।

> शीतल बी. ए.**।।**

# या विमुक्तये''

स्वामी रामतीर्थ एक बार ऋषिकेश में गंगा किनारे घूम रहे थे कि उन्हें एक व्यक्ति दिखाई दिया जो योगी–सा दिखाई दे रहा था स्वामी जी ने उसमे पूछा, ''क्या आप योगी–सन्यासी है?''

उसने उत्तर दिया, जी हाँ

स्वामी जी ने अगला प्रश्न किया आपको सन्यासी हुए कितने वर्ष हो गये।

यही कोई चालीष वर्ष

तब तो काफी अनुभवी है आप! आपने इस दौरान कौन—सी सिद्धि प्राप्त की है?'' योगी ने बड़े अभिमान से बताया, सामने विस्तृत रूप से फेली जो यह गंगा नदी दिखायी दे रही है वह मेरे लिए साधारण सड़क—सी है मैं इसके पानी पर से चलकर आसानी से उस पार पहुंच सकता हूं।

अच्छा! आश्चर्य से स्वामीजी ने पूछा तब तो आप उस पार से इस पार भी आसानी से आ सकते होंगे?

बेशक! मैं उस ओर से इस ओर भी आ सकता हूं।

अच्छा! आपकी और कौन-सी उपलब्धि है?

यह उपलब्धि क्या कम है!

स्वामी जी ने हँसते हुए कहा निश्चय ही यह उपलब्धि कोई बड़ी उपलब्धि नही है आपने इस सिद्धि को प्राप्ति के लिए चालीष वर्ष व्यर्थ ही खो दिये, क्योंकि नाव से दो आने मे उस पार कोई भी जा सकता है मनुष्य को तो ऐसी विद्या सीखनी चाहिए जिससे दूसरो का भला हो और उसके जरिये वह स्वयं को भी मुक्ति दिला सके।

सुमन

बी. ए. ॥

# गो महिमा

गायें अत्यन्त पवित्र वं मण्डलकारी हैं। गायों में सभी लोक प्रतिष्ठित हैं। गायो से 'गव्य पदार्थों तथा गोबर आदि बलपर ही यज्ञ सम्पन्न होता है। गायें सभी प्रकार के पापों को दूर करने वाली हैं। गोमूत्र, गोमय 'गोबर' गोघृत, गोद्रग्ध, गोदधि तथा गोरोचना-ये छः पदार्थ गोषडङ्ग कहलाते हैं यह गोषडङ्ग परम कल्याणकारी है। क्योंकि सींगका जल पुणयप्रद और सभी प्रकार के पापों को नष्ट करने वाला हैं। गायों को खुजलाना सभी प्रकार के दोषों पापों–कलंकों को मिटा देने वाला हैं। गायों को ग्रास देने से स्वर्ग लोक में प्रतिष्ठा होती है। गोमूत्र में गङ्गजी का निवास है इसी प्रकार गोधूलिमें अभ्युदय निवास का है, गोमयमें लक्ष्मीका निवास है और उनके प्रणाम करने में र्स्वोपरि धर्मका पीरपालन हो जाता है अतः उन्हें निरन्तर प्रणाम करते रहना चाहिये। गावः पवित्र मङ्गल्यं गोषु लोकाः प्रतिष्ठिताः।। गावो वितन्वते यज्ञं गावः सर्वाधसूदनाः।। गोमुत्र गोमय सीर्पः क्षीरः दधि च रोचना।। षडङ्गमेतत परम मङ्गल्य सर्वदा गवाम्।। शृङ्गोदक गवां पुण्य सर्वाघविनिसूदनम। गवां कण्डूयनं चैव सर्वकल्मषनाशनम्। गवा गासप्रदानेन स्वर्गलोके महीयते।। गंवा हि तीर्थे वंसतीह गङ्गा पुष्टिस्तथा सा रजीस प्रवद्धा। लक्ष्मी: करीषे प्रणतौ च धर्म-

लदनाः पराप प्रगता प पन

स्तासां प्रणामं सततं च कुर्यात्।।

अतः इस प्रकार गाय के शरीर में सभी देवताओं को स्थिर समझकर जो कभी उनके ऊपर क्रोध तथा प्रताडना नहीं करता है वह महान् ऐश्वर्य कों प्राप्त करता है और स्वर्ग लोक प्रतीष्ठा प्राप्त करता है–

एवं यो वर्तते गोषु ताडनक्रोधवर्जित महतीं श्रियमाप्नोति स्वर्ग लोक महीयते

कल्पना

# सूक्तिसुधा

1. दैवं न पुरूषः कोऽपि शक्तो लङ्ग्वयित् कचित्।। कोई भी व्यक्ति प्रारब्धका उल्लघन करने में कभी समर्थ नहीं है। 2. अपकर्म स्वयं कृत्वा परं दूषयते कुधीः। दुर्बुद्धि व्यक्ति स्वयं निषिद्धाचरण करके दूसरे पर दोषारोपण करता है। 3. धन्यं शरीरं खलू तस्य देहिनो यस्य व्ययः स्यात्परसौख्यहेतवे। उसी मनुष्य का शरीर धन्य है, जिसका उपयोग दूसरे की भलाई के लिये होता है। 4. सत्पात्रे विहितं दानं पुन्यकीर्तिकरं भवेत।। सत्पात्र को दिया गया दान पुण्य तथा यशको प्रदान करने वाला होता है। 5 दर्शनात्स्पर्शनान्नामकीर्तनाद्वारणादपि। प्रदानातपापसंहर्त्री नराणां तुलसी सदा।। दर्शन, स्पर्श, नाम– सीकर्तन, धारण तथा प्रभुसमर्पणसे तुलसीजी सदा ही लोगों के लिये पापों का विनाश करने वाले हैं। यो यथा कुरूते कर्म शुभं वाप्यशुंभ तथा। तथा फलं भवेत्तस्य नान्यथा तु कदाचन।। जो श्रभ अथवा अश्रभ जैसे भी कर्म करता है, उसका फल भी वैसा ही होता है, इसके विपरित कभी भी नहीं होता। 7. यो विष्णुः स महादेवः शिवो नारायणः स्वयम्।। ननयोर्विघते भेदः कदाचिदपि कुत्रचित्।। जो विष्णु हैं, वो ही महादेव हैं और जो शिव हैं वे ही शाक्षात् नारायण हैं। इन दोनों में कही भी कभी भी कोई भेद नहीं है। रिया जिन्दल

बी. ए. ॥

# आरोग्य- सुभाषितानि

 नरो हिताहारविहारसेवी स्मीक्ष्यकारी विषयेष्वसकः।

दाता समः सत्यपरः क्षमावा–

नाप्तोपसेवी च भवत्यरोगः।।

अर्थ– स्वास्थ्य के लिए लाभकारी आहार और विहारका सेवन करने वाला, सोच–समझकर काम करने वाला, कार्य–क्रोध इत्यादि विषयों में रूचि न रखने वाले, सभी प्राणियों पर समदृष्टि रखने वाले सत्य बोलने मे तत्पर रहने वाले, सहनशील और आप्त पुरूषों की सेवा करने वाले मनुष्य रोगों से रहित रहते हैं।

2. उपधा हि परो हेतुर्दु:खदु: खाश्रयप्रदः।

त्यागः सर्वोपधाना च सर्वदुः खण्यपोहकः।।

अर्थः– तृष्णा ही सभी रोगों या दुःखों का कारण है। अतः सभी प्रकार की तृष्णाओं का त्याग करना ही सम्पूर्ण दुःखो का नाश करना है।

3. सवितुः समुदायकाले प्रसृतीः सलिलस्य पिबेदष्टौ।

रोगजरापरिमुक्तो जीवेद् वत्सरशंत साग्रम्।।

अर्थः सूर्योदय के समय आठ घूंट पानी पीने वाले मनुष्य रोगो और वृद्धावस्था से मुक्त होकर सौ वर्ष से भी अधिक जीवित रहता है।

4. लाद्यवं कर्मसामर्थ्य दीप्तोऽग्रिर्मेदसः क्षयः।

विभक्तद्यनगात्रत्व व्यायामादुपजायते।।

अर्थः व्यायामक रने से शरीर में स्फूर्ति आती है, कार्य करने की शक्ति बढ़ती है जठराग्रि प्रज्वलित होती है व्यायामक करने से मोटापा नहीं रहता तथा शरीर के सभी अङ्ग पुष्ट होते है।

निद्रा तु सेविता काले धातुसाम्यमतन्दिताम्
 पृष्टिं वर्ण बलोत्साहं विहिन्दीप्तिं करोति हि।।

अर्थः– रात को ठीक समय पर सोने से धातुंए समय–अवस्था में रहती हैं और आलस्य दूर होता है। पुष्टि, कान्ति, बल और उत्साह बढ़ता है। अग्नि दीप्त होती है। स्वास्थ्य के लिए पूर्ण नींद आवश्यक है।

6. दिनान्ते च पिबेद् दुग्धं निशान्ते च जलं पिबेत्।

भोजनान्ते पिबेत् तक्र वैद्यस्य किं प्रयोजनम्।।

अर्थः यदि रातको सोने से पहले दुध और सुबह उठकर जल और भोजन के बाद मटठा पिये तो जीवन में वैद्यों की कोई आवश्यकता ही न पड़े।

7. कुचैलिंन दन्तमलोपधारिणं

बहृशिन निष्ठुरभाषिण च।

विमुश्चाति सूर्योदये चास्तमिते शयानं चक्रपाणिः।

अर्थः– जिनके शरीर और वस्त्र मैले रहते हैं दांतों पर भी मैल जमा रहता है, अधिक मात्रा में भोजन करते हैं, हमेशा कठोर वचन बोलते हैं तथा जो सूर्य के उदय और अस्त के समय सोते है, वे महादरिद्र होते हैं। यहां तक कि चक्रपाणि अर्थात् लक्ष्मीपति विष्णू भगवान ही क्यो न हों, उनको भी लक्ष्मी छोड़ देती हैं।

> स्वीटी बी. ए. ॥

किम् अस्ति तत् पदम्

1. किम् अस्ति तत् पद्म्

यः लभेत इह सम्मानम् किम् अस्ति तत् पदम् यः करोति देशानाम् निर्माणम् 2.किम् अस्ति तत् पदम् यम् कुर्वन्ति सर्वे प्रणायम्

किम् अस्ति तत् पदम्

यस्य छायायाः प्राप्तम् ज्ञानम्

3. किम् अस्ति तत् पदम्

यः रचचति चरित्र जनानाम्

'गुरू' अस्ति अस्य पदस्य नाम

सर्वेषम् गुरूणम् मम शत् प्रणाम्ः।।

सरलार्थ–

 मनुष्य को गुणवान बनाने के लिए शिक्षा अत्यंत आवश्यक है क्योंकि बिना पढ़ा मनुष्य पशु के समान होता है शिक्षा जगत से शिक्षक का एक गौरवपूर्ण स्थान है। एक शिक्षक ही देश के लिए योग्य नागरिक का निमर्णण करके देश के भविष्य को बनाता है।

2.राष्ट्र का सच्चा और वास्तविक निर्माता अध्यापक ही है क्योंकि वह अपने विद्यार्थी को शिक्षित और विद्वान बनाकर ज्ञान की एक ऐसी आखंड ज्योति जला देता है जो देश और समाज के अंधकार को दूर कर ज्ञान का प्रकाश फैलाती है।

3. प्रत्येक देश के विद्यार्थी उस देश के भावी निर्माता होते ही अध्यापक उस कुम्हार के समान होता है जो शिष्य रूपि घड़ो को अपने प्रयत्नों सुंदर और सडोल रूप प्रदान करता है।

> जीवनजोत कौर बी. ए. **।।**

# किं कर्तव्यम्

 जन्मप्रभृति यत्किंचित सुकृतं समुपार्जितम्। तत्सर्व निष्फलं याति एकहस्ताभिवादनात्।।

अर्थः—एक हाथ से अभिवादन कभी नहीं करना चाहिऐ। जो ऐसा करता है, उसका यावज्जीवन जो कुछ भी पुण्यार्जन किया रहता है, वह सब निष्फल हो जाता है।

2. मातापित्रोर्गुरौ मित्रे विनीते चोपकारिणी।

दीनानाथविशिषृभ्यो दत्तं तु सफलं भवेत्।।

अर्थः– माता, पिता, गुरू, मित्र, विनयी, उपकारी, दीन, अनाथ तथा साधु–संत– महात्माजनो को जो कुछ भी दिया जाता है, वह सफल एवं अक्षय होता है।

3. अहिंसा सत्यमस्तेयं शौचमिन्द्रियनिग्रहः।।

दानं दमो दया क्षान्तिः सर्वेषां धर्मसाधनम्।।

अर्थः—मन, वाणी तथा कर्म से किसी भी प्रकार किसी के भी प्रति हिंसा का भाव न रखना, यथार्थ भाषण चोरी न करना, बाहाभ्यन्तर—शौच, इन्द्रियानिग्रह, दान, अन्तः करण का संयम, दया, क्षान्ति से सभी के लिये सामान्य धर्मसाधन है।

4. अद्रोहः सर्वभूतेषुः कर्मणा मनसा गिरा।

अनुग्रहश्र दानं च सतां धर्मः सनातनः।।

अर्थः– मन, वाणी और क्रियाद्वारा सभी प्राणियों के साथ कभी द्रोह न करना तथा दया और दान यह श्रेष्ठ पुरूषों का सनातनधर्म है।

5. सत्यमेवेश्रवरो लोके सत्ये धर्मः सदाग्गश्रित परं पदम्।।

अर्थ— जगत में सत्रू ही ईश्वर है, सदा सत्य के ही आधार पर धर्म की स्थिति रहती है। सत्य ही सबकी जड़ है। सत्य से बढ़कर दूसरी कोई उत्तम गति नही है।

> पारिख ठाकुर बी. ए. ॥

# परोपकार

 आत्मार्थ जीवलोकेडस्मिन् को न जीवति मानवः। परं परोपकारार्थं यो जीवति स जीवति।।

इस जीवलोक में स्वयं के लिए कौन नहीं जीता, परन्तु जो परोपकार के लिए जीता है, वही सच्चा जीना है?

2. परोपकृति कैवल्ये तोलयित्वा जनार्दनः।

गुर्वीमुपकृतिं मत्वा ह्मवतारान, दशाग्रहीत्।।

विष्णु भगवान ने परोपकार और मोक्ष दोनो के तोलकर देखे, तो उपकार का पल्लु ज्यादा झुका हुआ दिखा, इसलिऐ परोपकारार्थ उन्होने दस अवतार लिये।

3. राहिणि नलिनीलक्ष्मी दिवसो निदधाति दिनकराप्रभावाम्।

अनपेक्षितगुणदोषः परोपकारः सतां व्यसनम्।।

दिन में जिसे अनुराग है वैसे कमल को, दिन सूर्य से पैदा हुई शोभा देता है। अर्थात् परोपकार करना तो सज्जनों का व्यसन–आदत है, उन्हें गुण–दोष की परवाह नहीं होती।

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4. रत्नाकारः किं करूते स्वरत्नैः
विन्ध्याचलः किं करिभिः करोति,
श्रीखण्डखण्डै र्मलयाचलः किं
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प्रोपकाराय सतां विभूतयः।।
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समंदर को अपने रत्नों का क्या उपयोग? विंध्याचल को उसके हाथियों का क्या काम? मलचाल पर्वत को चंदन का क्या उपयोग। सत्पुरूषों का जन्म परोपकार के लिये ही होता है।

 पिबन्ति नद्यः स्वयमेव नाम्भः स्वयं न खादन्तिफलानि वृक्षाः।। नादन्ति सस्यं खलु वारिवाहाः। परोपकाराय सतां विभृतयः।।

नदियाँ अपना पानी खुद नहीं पीती, वृक्ष अपने खुद नहीं खाते, बादल (खुद ने उगाया हुआ) अनाज खुद नहीं खाते। सत्पुरूषों का जीवन परोपकार के लिए ही होता है।

> कविता बी. ए. ।

# स्वास्थ्य रक्षा में प्राणयाम का महत्त्व

प्राणायाम शब्द दो पदों के योग से बना है– प्राण और आयाम। यहाँ प्राण शब्द का अर्थ है– अपने शरीर से उत्पन्न वायु और आयाम का अर्थ है– नियंत्रण। अर्थात् प्राणवायु पर नियंत्रण।

कूर्म आदि पुराणों में कहा गया है-

प्राणः स्वदेहजो वायुरायामस्तन्निरोधनम्।।

अर्थात् प्राणवायु पर नियंत्राण करना ही प्राणायाम है।

यावद्वायु स्थितो देहे तावज्जीवनमुच्यते। स्थितो देहे तावज्जीवनमुच्यते।

मरणं तस्य निष्क्रान्तिस्ततो वायुं निरोहयेत्।।

अर्थात् जब तक शरीर में प्राणदि वायु स्थित हैं, तभी तक जीव का जीवन है। प्राणवायु के निकल जाने पर मरना निश्चित है, अतः प्राणवायु पर नियंत्रण आवश्यक है।

प्रणादि वायु शरीर की प्रधान शक्तियाँ होती हैं, यही शरीर की रक्षा करने वाली है, प्राणवायु पर नियंत्राण हो जाने पर अन्य सभी दोष अपने आप ही नष्ट हो जाते हैं। 

# प्राणयाम से आरोग्य-प्राप्ति-

शरीर की रक्षा के लिए जिस प्रकार अन्न की आवश्यकता है, शरीर से रोग को नष्ट करने के लिए जिस प्रकार औषध्यों का प्रयोग होता है, उसकी प्रकार शरीर से बाहरी और भीतरी रोगों के समूल नाश के लिए प्राणायाम की आवश्यकता है।

प्राणयाम में सावधानी न रखने पर यह अस्वास्थ्य का हेतु हो सकता है।

प्राणयामने युक्तेन सर्वरोगक्षयो भवेत्।

अयुक्ताभ्यासयोगेन सर्वरोगसमुभ्दवः।।

अर्थात् समुचित प्राणायाम द्वारा सभी रोगों का नाश हो जाता है।

अविधिपूर्वक प्राणायाम के अभ्यास से सब रोग उत्पन्न हो सकते हैं।

रोग —नाश के अतिरिक्त मानसिक संतुलन रखने में भी प्राणायाम का महान उपयोग होता है। प्राणायाम के निरतंर अभ्यास से चित्त में एकाग्रता आती है।

प्राणायामात् खेचरत्वं प्राणायामाद्रोगनाशनम्

प्राणायमाद्वोयेच्छक्तिं प्राणायामन्मनोन्मनी।।

आनन्दो जयते चित्तं प्राणायामी सुखी भवेत्।

अर्थात् प्राणायाम से आकाशगमन की शक्ति आती है, प्राणायाम से समूल रोग— नाश होता है, शक्ति बढ़ती हैं, मानसिक संतुलन ठीक रहता है, चित्त में आनन्द की प्राप्ति होती है और प्राणयामी सब प्रकार से निरोग रहते हुए सुखी रहता है।

> शिवानी बी. ए. ।

योग का भावार्थ है, ईश्वर से संलग्न होना यानि जुड़ना योग एक व्यापक अवधारणा है, जिसका अनुवाद नहीं हो सकता। इसलिए योग अंग्रेजी में भी योग है भले ही उस भाषा की परंपरा को अनुसार उच्चारण 'योग' होता हो। शब्द अकेली नहीं होते, वे संस्कृति का हिस्सा होते हैं। संस्कृति से जुड़ाव भाषा को भपी निखारता है। मिसाल के लिए 'योग' शब्द को ही लें। जब आप इसका 'जुड़ाव' वाला अर्थ ग्रहण करते है तो गणित के कुल योग, सकल योग, महायोग को भी समझ सकते हैं। 'आसन' शब्द का अर्थ बैठक (जिस पर बैठा जाए, आधार) भी होता है और बैठने का ढंग (शारीरिक मुद्रा पॉश्चर) भी। इसीलिए 'मथूरासन' का अर्थ अपने शरीर की मुद्रा मोर पक्षी की तरह बनाना और मयूर की आकृति वाली कुर्सी, दोनो है। डॉग मतलब कृत्ता, रहने वाले बच्चों को भी जब 'अधोमुख श्वानासन' करने का अवसर मिलेगा, तो उन्हें यह जानने में देर न लगेगी कि ' खान' का अर्थ कुत्ता होता है और ' उधोमुख' यानि नीचे की ओर मुंह। अब तो योगासनों के माध्यम से विदेशी भी जानने लगे हैं कि उष्ट्र यान ऊंट (उष्ट्रसन) कपोत यानि कबूतर (कपोतासन) वृश्चिक यानि बिच्छू (वृश्चिकासन) मतस्य यानी मछली (मत्स्यासन) होता है। इसलिए अपने संस्कृति से जुड़ें अपने शब्दों में जुड़े और फिर से एक दूसरे को सहारा देंगे।



# Convocation







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#### **SCIENCE SECTION**

#### FROM THE DESK OF THE STAFF EDITOR



#### CORONAVIRUS

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

## **How COVID-19 Spreads**

#### **Person-to-person spread**

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

#### How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

#### Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

#### Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a

regular household cleaning spray or wipe.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirt.

Dr. Anurita Sharma Assistant Professor Department of Botany

#### FROM THE DESK OF STUDENT EDITOR



#### **IS OFFSHORE DRILLING SAFE?**

Offshore drilling is a mechanical process where a wellbore is drilled below the seabed. It is typically carried out in order to explore for and subsequently extract petroleum which lies in rock formations beneath the seabed.

Offshore drilling presents environmental challenges, both offshore and onshore from the produced hydrocarbons and the materials used during the drilling operation. There are different types of facilities from which offshore drilling operations take place. These include bottom founded drilling rigs, floating platforms, semi-submersibles and drillships. These are capable of operating in water depths up to 3000 metres (9800 ft.). In shallower waters the mobile units are anchored to seabed, however in deeper water, the semi submersibles are cored to deepest point.

Offshore oil and gas production is more challenging than land-based installations due to the remote and harsher environment. Much of the innovation in the offshore petroleum sector concerns over coming these challenges, including the need to provide very large production facilities.

The ocean can add several thousand meters or more to the fluid column. The addition increases the equivalent circulating density and downhole pressure in drilling wells, as well as the energy needed to lift produce fluids for separation on the platform.

Offshore oil production involves environmental risks, most notably oil spills from oil tankers or pipelines transporting oil from the platform to onshore facilities. Produced water is also generated, which is water brought to the surface along with the oil and gas; it is usually highly saline and may include dissolved hydrocarbons.

#ProtectOurCoast

Chandanpreet Kaur BSc. Non-Medical III Student Editor

## SCIENTIFIC PLAY FOR EASY SCIENCE COMMUNICATION VIRG: BATTLE BETWEEN VIRUSES AND IMMUNE SYSTEM

VIRUS: I am going to enter the body; no one will see me (enters). Now I will go to the cell and make my progeny there. (evil laughter)

EVENT1: (The virus attaches to the cell membrane and injects its genome)

Immune System (To T-helper cell): I have realised that some invaders from outside have infected the body. Go and try to find its nature and try to bring one hostage so that we can identify it and take further action.

EVENT2: (troops of T-helper cells go looking for the invader)

T-Helper Cells (to each other): Oh look, There's the foreign invader...

T-Helper Cells (unanimously): Attack! Remember, we have to take one back for identification!

T-Helper Cells (to the immune system): My Lord! This is the foreign invader! As you commanded, we have brought it here to have its nature analysed.

<u>EVENT3</u>: (the immune system concludes that the foreign invader is harmful and requires immediate action for its elimination.

Immune System (to Tenkiller cell): Brave troops of tenkiller cells, the saviour. Go and destroy these viruses immediately. They mean us great harm.

(In a parallel event, the immune system also orders the B-lymphocytes to make antibodies against those specific viruses)

Killer cells (to each other): As per the order, we have to kill all these viruses by attacking them immediately so that we can provide the body with some relief.

EVENT4: (the killer cells kill the viruses)

B –lymphocyte: We have got the order to make antibodies. All of you, start at once so that we can protect the body from these hostile invaders the next time they attack! Get down to work!

EVENT5: (Antibodies are prepared for the specific type of virus)

(Now antibodies go and surround the cell which is infected by the virus)

Antibody 1 (to others): I suspect, the invaders inside the cell are making their progeny there.

Antibody 2 (to antibody 1): Yeah! You are right! The same realisation dawned upon us too!

Antibody 3 (to antibody and antibody 2): The battle is in our favour. Our troops greatly outnumber them!

Antibody 4: These viruses are going to be sorry for waging a war against us. ATTACK!

<u>EVENT6</u>: (a battle between antibodies and viruses takes place and continues for a long time)

Finally, the antibodies emerge victorious with viruses succumbing to death.

Antibody N (to immune system): Some antibodies have been destroyed during the battle. We have survived the battle. Is there anything more you want us to do, My LORD! Please tell us.

IMMUNE SYSTEM (to Antibody N): Well done! The Antibodies that have remained after this battle (for the specific antigen) should be converted into memory cells so that immediate response can be mediated in case of a secondary attack.

EVENT7: (the remaining antibodies are converted to memory cells)

This was a play about the battle between viruses and our immune system – VIRG, and our immune system has won, overtaking the harmful viruses!

Jyoti Rustagi Msc. Zoology I

#### THE GREAT INDIAN BUSTARD

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The Great Indian bustard, (*Ardeotis nigriceps*), a large bird of the bustard family (Otididae) is one of the heaviest flying birds in the world. According to IUCN it is a critically endangered species. It inhabits dry grasslands and scrublands on the Indian subcontinent. Its largest populations are found in the Indian state of Rajasthan.

Great Indian bustards are tall birds with long legs and a long neck. The tallest individuals may stand up to 1.2 meters (4 feet) high. The sexes are roughly the same size, with the largest individuals weighing 15 kg. Males and females are distinguished by the color of their feathers.

Great Indian bustards are omnivores that feed opportunistically (that is, they feed on any palatable food in their immediate surroundings). They prey on various arthropods, worms, small mammals, small reptiles and Insects such as locusts and crickets which make up the bulk of their diet during the summer monsoon, when rainfall peaks in India and the bird's breeding season largely takes place. Seeds make up the largest portions of the diet during the coldest and driest months of the year.

Adult great Indian bustards have few natural enemies such as eagles. The only animals that have been observed to attack them are gray wolves (*Canis lupus*). Eggs are sometimes stolen from nests by foxes, mongooses, monitor lizards, and Egyptian vultures and other birds. The greatest threat to the eggs, however, comes from grazing cows that often trample them.

The great Indian bustards are capable of year-round breeding, but for most populations the breeding season lasts from March through September, which largely encapsulates the summer monsoon season. Elements of both promiscuous (where members of both sexes mate with multiple partners) and polygynous (where males mate with multiple females) mating have been observed. Males assemble at communal display sites to perform for and court females, occurs in some populations. However, in other instances, solitary males may attract females to their locations with loud calls that can be heard at least 0.5 km (0.3 mile) distant. The male's visual display involves standing on open ground with the head and tail raised, its white feathers fluffed, and its gular sac (neck pouch) filled with air. After breeding takes place, the male leaves, and the female becomes the exclusive caregiver for her young. Most females lay a single egg. She incubates the egg for approximately one month before it hatches. Hatchlings are capable of

feeding on their own after one week, and they become fully fledged when they are 30–35 days old. Females may breed as early as age two or three years, while males become sexually mature at age five or six.

The rapid reduction of the population of India's bustards, their endangered status and the decline of grasslands led the Ministry of Environment and Forests to prepare species recovery programs in 2012 for three species of bustard; the great Indian bustard, the Bengal florican (*Houbaropsis bengalensis*) and the lesser florican (*Sypheotides indicus*). These programs remain to be finalized and executed by the state wildlife departments. The state of Rajasthan initiated "Project Great Indian Bustard", on World Environment Day 2013, identifying and fencing off bustard breeding grounds in existing protected areas as well as provides secure breeding enclosures in areas outside protected areas.

Current threats to the species include the development of linear infrastructure intrusions such as roads and electric power lines in the desert that lead to collision-related mortality. Proposed expansion of renewable energy infrastructure, which may involve deploying solar panels over large areas of desert and grasslands is another threat to the bird's habitat.

In 2020, nine chicks were incubated successfully creating a world record.

Nikhita BSc. II

## **BIOLOGICAL CLOCK**

Change is the only thing that an organism can count on in its environment. Almost nothing is really constant. There are several kinds of environmental changes such as wind velocities, temperature, light levels, humidity, etc. For an organism to anticipate and prepare for these regular changes in environment it needs a clock and various associated mechanisms. This type of clock is known as the Biological clock.

The biological clock should be accurate; it should not be influenced by organism's environment. Yet without such accuracy, it might soon get out of phase with the environment and therefore will be of no benefit to the organisms.

Using the sensitive plant 'Touch me not plant', DeMairan observed that it's leaves exhibit horizontal position during day time and vertical in the middle of the night. He wondered if there's any time measuring system in within the plant. If leaves moved only in response to external changes the timings were exogenous and if in response to internal clock, we would say it to be endogenous. It is possible to train honeybees to feed at a certain time during the day if their biological clock is well known.

Biological clock and circadian rhythms occur in protists, fungi, plants and animals. Rhythms in certain bacteria occur but only under cycles of alternating light and dark. In Gonyaulax polyedra, three separate rhythms were studied out of which bioluminescence is the most spectacular one.

After all these observations it is suggested that biological clock is very exciting and important field for scientific investigation.

Oorjaa and Fiza BSc. II

## A BIRTH OF GRAVITATIONAL WAVES

A mysterious cosmic event might have ever - so - slightly stretched and squeezed our planet recently. On January 14, astronomers detected a split second burst of gravitational waves, distortion in space time burst researchers don't know where this burst came from.

The gravitational wave signal picked up by the Laser Interferometer Gravitational Wave Observatory (LIGO) and the Virgo Interferometer, lasted only 14 milliseconds, and astronomers haven't yet been able to pinpoint the burst's cause or determine whether it was just a blip in detectors.

Gravitational waves can be caused by the collision of massive objects, such as two black holes per two neutron stars.

Astronomers detected such gravitational waves from a neutron star collision in 2017 or from one in April of 2019, according to new findings that were presented at the meeting of American Astronomical society on January 6.

Vishakha BSc. II

## SUGAR CHEMISTRY OF MAKING CANDY

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Candy making is the preparation and cookery of candies and sugar confections. Candy making includes the preparation of many various candies, such as hard candies, jellybeans, gumdrops, taffy, liquorice, chocolates and chocolate truffles, dragées, fudge, caramel candy, cotton candy and toffee.

Candy is made by dissolving sugar in water or milk to form a syrup, which is boiled until it reaches the desired concentration or starts to caramelize. The type of candy depends on the ingredients and how long the mixture is boiled. Candy comes in a wide variety of textures, from soft and chewy to hard and brittle. A chocolatier is a person who prepares confectionery from chocolate, and is distinct from a chocolate maker, who creates chocolate from cacao beans and other ingredients. Cotton candy is a form of spun sugar often prepared using a cotton candy machine.

Hard candy, also referred to as boiled sweet, is a candy prepared from one or more syrups boiled to a temperature of 160 °C (320 °F). After a syrup boiled to this temperature cools, it is called hard candy, since it becomes stiff and brittle as it approaches room temperature. Hard candy recipes variously call for syrups of sucrose, glucose, or fructose. To add color, food coloring is sometimes used.

Cotton candy, also known as candy floss, is a form of spun sugar. Typical machines used to make cotton candy include a spinning head enclosing a small bowl into which granulated sugar is poured. Colored sugar<sup>[</sup>or separate sugar and food coloring are used to provide color. Heaters near the rim of the head melt the sugar, which is squeezed out through tiny holes by centrifugal force, and the molten sugar solidifies in the air and is caught in a larger bowl which totally surrounds the spinning head. After the product builds up on the inside walls of the larger bowl, a stick, cone, or hands are inserted, upon which the sugar strands are gathered.

A variety of tools and machines are used in making candy, ranging from simple kitchen tools like bowls and spoons to elaborate factory machinery.

Because exact temperature control is critical for some candies, a common tool is the candy thermometer. Inexpensive candy thermometers measure food temperatures up to about 160  $^{\circ}$ C, and those designed for commercial candy production may run even higher.

A starch mogul is used in candy factories to shape soft candies or candy centers from syrups or gels. These centers may then be sent through a chocolate enrober to coat them in chocolate.

Stanzin BSc. Non-Medical III

#### HACKING

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Today, mainstream usage of "hacker" mostly refers to computer criminals, due to the mass media usage of the word since the 1980s. This includes what hacker slang calls "script kiddies", people breaking into computers using programs written by others, with very little knowledge about the way they work. This usage has become so predominant that the general public is largely unaware that different meanings exist. While the self-designation of hobbyists as hackers is generally acknowledged and accepted by computer security hackers, people from the programming subculture consider the computer intrusion related usage incorrect, and emphasize the difference between the two by calling security breakers "crackers".

However, network news use of the term consistently pertained primarily to the criminal activities, despite the attempt by the technical community to preserve and distinguish the original meaning, so today the mainstream media and general public continue to describe computer criminals, with all levels of technical sophistication, as "hackers" and do not generally make use of the word in any of its non-criminal connotations. Members of the media sometimes seem unaware of the distinction, grouping legitimate "hackers" such as Linus Torvalds and Steve Wozniak along with criminal "crackers".

A possible middle ground position has been suggested, based on the observation that "hacking" describes a collection of skills and tools which are used by hackers of both descriptions for differing reasons. The analogy is made to locksmithing, specifically picking locks, which is a skill which can be used for good or evil. The primary weakness of this analogy is the inclusion of script kiddies in the popular usage of "hacker," despite their lack of an underlying skill and knowledge base.

Sometimes, "hacker" is simply used synonymously with "geek": "A true hacker is not a group person. He's a person who loves to stay up all night, he and the machine in a love-hate relationship. They're kids who tended to be brilliant but not very interested in conventional goals.

> Harpeet Kaur Bsc Computer Science III

#### **REPRODUCTION IN ANIMALS**

Reproduction (or procreation or breeding) is the biological process by which new individual organisms – "offspring" – are produced from their "parents". Reproduction is a fundamental feature of all known life; each individual organism exists as the result of reproduction. There are two forms of reproduction: asexual and sexual.

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In asexual reproduction, an organism can reproduce without the involvement of another organism. Asexual reproduction is not limited to single-celled organisms. The cloning of an organism is a form of asexual reproduction. By asexual reproduction, an organism creates a genetically similar or identical copy of itself. The evolution of sexual reproduction is a major puzzle for biologists. The two-fold cost of sexual reproduction is that only 50% of organisms reproduce and organisms only pass on 50% of their genes.

Sexual reproduction typically requires the sexual interaction of two specialized organisms, called gametes, which contain half the number of chromosomes of normal cells and are created by meiosis, with typically a male fertilizing a female of the same species to create a fertilized zygote. This produces offspring organisms whose genetic characteristics are derived from those of the two parental organisms.

Asexual reproduction is a process by which organisms create genetically similar or identical copies of themselves without the contribution of genetic material from another organism. Bacteria divide asexually via binary fission; viruses take control of host cells to produce more viruses; Hydras (invertebrates of the order Hydroidea) and yeasts are able to reproduce by budding. These organisms often do not possess different sexes, and they are capable of "splitting" themselves into two or more copies of themselves. Most plants have the ability to reproduce asexually and the ant species Mycocepurus smithii is thought to reproduce entirely by asexual means.

Sexual reproduction is a biological process that creates a new organism by combining the genetic material of two organisms in a process that starts with meiosis, a specialized type of cell division. Each of two parent organisms contributes half of the offspring's genetic makeup by creating haploid gametes. Most organisms form two different types of gametes. In these anisogamous species, the two sexes are referred to as male (producing sperm or microspores) and female (producing ova or megaspores). In isogamous species, the gametes are similar or identical in form (isogametes), but may have separable properties and then may be given other different names (see isogamy). For example, in the green alga, Chlamydomonas reinhardtii, there are so-called "plus" and "minus" gametes. A few types of organisms, such as many fungi and the ciliate Paramecium aurelia,[6] have more than two "sexes", called syngens. Most animals (including humans) and plants reproduce sexually. Sexually reproducing organisms have different sets of genes for every trait (called alleles). Offspring inherit one allele for each trait from each parent. Thus, offspring have a combination of the parents' genes. It is believed that "the masking of deleterious alleles favors the evolution of a dominant diploid phase in organisms that alternate between haploid and diploid phases" where recombination occurs freely.

Mitosis and meiosis are types of cell division. Mitosis occurs in somatic cells, while meiosis occurs in gametes.

The production of a truly living organism (e.g. a simple bacterium) with no ancestors would be a much more complex task, but may well be possible to some degree according to current biological knowledge. A synthetic genome has been transferred into an existing bacterium where it replaced the native DNA, resulting in the artificial production of a new M. mycoides organism.

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There is some debate within the scientific community over whether this cell can be considered completely synthetic on the grounds that the chemically synthesized genome was an almost 1:1 copy of a naturally occurring genome and, the recipient cell was a naturally occurring bacterium. The Craig Venter Institute maintains the term "synthetic bacterial cell" but they also clarify "...we do not consider this to be "creating life from scratch" but rather we are creating new life out of already existing life using synthetic DNA". Venter plans to patent his experimental cells, stating that "they are pretty clearly human inventions". Its creators suggest that building 'synthetic life' would allow researchers to learn about life by building it, rather than by tearing it apart. They also propose to stretch the boundaries between life and machines until the two overlap to yield "truly programmable organisms". Researchers involved stated that the creation of "true synthetic biochemical life" is relatively close in reach with current technology and cheap compared to the effort needed to place man on the Moon.

Supriya Bsc. Medical III
# WHY DO BIRDS HAVE BEAUTIFUL COLOURED FEATHERS?

Feathers are epidermal growths that form the distinctive covering, outer or plumage, on dinosaurs, both avian and possibly some non-avian. and other archosauromorphs. Thev considered the most are complex integumentary structures found in vertebrates and a premier example of a complex evolutionary novelty. They are among the characteristics that distinguish the extant birds from other living groups.

Although feathers cover most of the bird's bodies, they arise only from certain well-defined tracts on the skin. They aid in flight, thermal insulation, and waterproofing. In addition, coloration helps in communication and protection .

The colors of feathers are produced by pigments, by microscopic structures that can refract, reflect, or scatter selected wavelengths of light, or by a combination of both.

Most feather pigments are melanins (brown and beige pheomelanins, black and grey eumelanins) and carotenoids (red, yellow, orange); other pigments occur only in certain taxa – the yellow to red psittacofulvins (found in some parrots) and the red turacin and green turacoverdin (porphyrin pigments found only in turacos).

The blues and bright greens of many parrots are produced by constructive interference of light reflecting from different layers of structures in feathers. In the case of green plumage, in addition to yellow, the specific feather structure involved is called by some the Dyck texture. Melanin is often involved in the absorption of light; in combination with a yellow pigment, it produces a dull olive-green.

Sakshi Chahal BSc. Medical III

#### **REFRIGERATOR MADE FROM RUBBER BAND**

It sounds crazy but it's true. Now the scientist have created a version of refrigerator which works on stretching and twisting of rubber band. When we stretch a rubber band, it will be noticeably warmer. When we release it, cools down. This "elastocaloric" effect can transfer heat in the same way as compressing and expanding the fluid. Different materials can produce different efficiency on stretching and twisting based on their arrangements. For e.g., twisted refrigerator based on nickel provide 67% efficiency. Thus these refrigerators have a great scope in coming years and can save much electrical energy as the conventional refrigerator used. It can also prevent global warming, ozone depletion which is caused by the gases released by the conventional refrigerator so twisted refrigerator is very good discovery which is going to be very much beneficial in coming ages.

Sanjoli and Aditi Khaneja BSc. Non-Medical II

## HOW OLD IS THE UNIVERSE?

In <u>physical cosmology</u>, the age of the universe is the <u>time</u> elapsed since the <u>Big</u> <u>Bang</u>. The current measurement of the age of the <u>universe</u> is around 13.8 billion years (as of 2015)  $-13.799\pm0.021$  <u>billion</u> years within the <u>Lambda-CDM</u> <u>concordance model</u>. The <u>uncertainty</u> has been narrowed down to 20 million years, based on a number of studies which all gave extremely similar figures for the age.

Since the universe must be at least as old as the oldest things in it, there are a number of observations which put a lower limit on the age of the universe; these include the temperature of the coolest <u>white dwarfs</u>, which gradually cool as they age, and the dimmest <u>turnoff point</u> of <u>main sequence stars</u> in clusters (lower-mass stars spend a greater amount of time on the main sequence, so the lowest-mass stars that have evolved away from the main sequence set a minimum age.)

However, this age is based on the assumption that the project's underlying model is correct; other methods of estimating the age of the universe could give different ages. Assuming an extra background of relativistic particles, for example, can enlarge the error bars of the WMAP constraint by one order of magnitude. This measurement is made by using the location of the first acoustic peak in the <u>microwave background</u> power spectrum to determine the size of the decoupling surface (size of the universe at the time of recombination). The light travel time to this surface (depending on the geometry used) yields a reliable age for the universe. Assuming the validity of the models used to determine this age, the residual accuracy yields a margin of error near one percent.

The space probes WMAP, launched in 2001, and <u>Planck</u>, launched in 2009, produced data that determines the Hubble constant and the age of the universe independent of galaxy distances, removing the largest source of error.

Akshika BSc. Non-Medical III

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#### **SPACE JUNK**

With the launch of the Soviet Satellite Sputnik in 1957, mankind began its journey to reach the stars. But although the first probe in space returned to Earth after only three short months, it kicked off a series of launches that not only inspired people around the world but also filled the region with large chunks of inert metal.

Inactive satellites, the upper stages of launch vehicles, discarded bits left over from separation, and even frozen clouds of water and tiny flecks of paint all remain in orbit high above Earth's atmosphere. When one piece collides with another, even more debris is released. Over 21,000 pieces of space trash larger than 4 inches (10 centimeters) and half a million bits of junk between 1 cm and 10 cm are estimated to circle the planet. And the number is only predicted to go up.

Bits and pieces of trash constantly fall from the sky, but nearly everything larger than 4 inches (10 cm) survives in some form, likely in smaller fragments. In the last five decades, an average of one piece of debris fell to the Earth each day. Most of the trash raining down burns up in the atmosphere before it ever reaches the surface. Those that survive often fall into water; remember, the ocean makes up approximately 70 percent of the Earth's surface. According to NASA's Orbital Debris Program Office, no serious injury or significant property damage from falling debris has been confirmed.

Simran BSc. Non-Medical III

Li-Fi (short for *light fidelity*) is wireless communication technology which utilizes light to transmit data and position between devices. The term was first introduced by Harald Haas during a 2011 TEDGlobal talk in Edinburgh.

In technical terms, Li-Fi is a light communication system that is capable of transmitting data at high speeds over the visible light, ultraviolet, and infrared spectrums. In its present state, only LED lamps can be used for the transmission of visible light.

Li-Fi is a derivative of optical wireless communications (OWC) technology, which uses light from light-emitting diodes (LEDs) as a medium to deliver network, mobile, high-speed communication in a similar manner to Wi-Fi. The Li-Fi market was projected to have a compound annual growth rate of 82% from 2013 to 2018 and to be worth over \$6 billion per year by 2018. However, the market has not developed as such and Li-Fi remains with a niche market, mainly for technology evaluation.

Bg-Fi is a Li-Fi system consisting of an application for a mobile device, and a simple consumer product, like an IoT (Internet of Things) device, with color sensor, microcontroller, and embedded software. Light from the mobile device display communicates to the color sensor on the consumer product, which converts the light into digital information. Light emitting diodes enable the consumer product to communicate synchronously with the mobile device.

Arushi BSc. Non-Medical III

#### **DARK ENERGY**

In physical cosmology and astronomy, dark energy is a term that describes an unknown form of energy that affects the universe on the largest scales. The first observational evidence for its existence came from supernovae measurements, which showed that the universe does not expand at a constant rate; rather, the expansion of the universe is accelerating.

Assuming that the concordance model of cosmology is correct, the best current measurements indicate that dark energy contributes 68% of the total energy in the present-day observable universe. The mass–energy of dark matter and ordinary (baryonic) matter contributes 27% and 5%, respectively, and other components such as neutrinos and photons contribute a very small amount. The density of dark energy is very low (~  $7 \times 10^{-30}$  g/cm<sup>3</sup>), much less than the density of ordinary matter or dark matter within galaxies. However, it dominates the mass–energy of the universe because it is uniform across space.

Due to the toy model nature of concordance cosmology, some experts believe that a more accurate general relativistic treatment of the structures that exist on all scales in the real Universe may do away with the need to invoke dark energy. Inhomogeneous cosmologies, which for attempt to account generally the backreaction of structure formation the metric. on do not acknowledge any dark energy contribution to the energy density of the Universe.

> Shyna Rana BSc. Non-Medical III

# **BEST WAY TO CAPTURE AND USE CO2**

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In my view the best way to use carbon dioxide is for growing plants. Thus tomato growers often burn gas to heat their greenhouses, but use the  $CO_2$  to aid growth. It is possible to use waste heat and combustion gases from industry for adjacent crop production. A possibility is also to take some of the energy to create light to give photosynthesis, which would enable crop production at higher levels than ambient lighting gives in many industrial areas. By crops, I also include things like algae, which can be grown while being pumped gently through transparent tubes.

The best way to capture carbon dioxide is at source. If possible it should be used immediately and locally.

One source is natural gas. This often contains significant amounts of  $CO_2$  which have to be separated anyway to give the correct quality of fuel. This is often vented, though is sometimes pumped into reservoirs to force more gas an oil out. This is a fair use of  $CO_2$ . The separation processes are well established (but being steadily improved)

Other sources are industrial combustion. The very best way is to burn fuel with oxygen instead of air. Thus with hydrocarbon fuels all you have to do is to condense the water to give fairly pure  $CO_2$ . This is much more efficient than extracting it from a dilute mixture in nitrogen with absorbents.

For uses, I confess I am not impressed by the hype of turning it into plastic or fuels, which will impress politicians but not a chemist or chemical engineer. This is because from simple thermodynamics it will take more energy to create the fuel than you get from combusting it. Likewise, simply converting oil into plastic is more efficient than burning oil to get energy and  $CO_2$  then using even more energy than you got out to turn the  $CO_2$  into plastic.

These schemes always imagine a ready supply of cheap renewable energy, far above the scale we are likely to get in my lifetime (which to be fair, is not a long time to go).

So-called  $CO_2$  capture and use is really a means of effluent treatment. The best way to deal with effluent is to make less of it in the first place.

Jasleen Kaur BSc. Non-Medical III

## WHY PLUTO IS NO LONGER A PLANET?

The International Astronomical Union (IAU) downgraded the status of Pluto to that of a dwarf planet because it did not meet the three criteria the IAU uses to define a full-sized planet.

In August 2006 the International Astronomical Union (IAU) downgraded the status of Pluto to that of "dwarf planet." This means that from now on only the rocky worlds of the inner Solar System and the gas giants of the outer system will be designated as planets. The "inner Solar System" is the region of space that is smaller than the radius of Jupiter's orbit around the sun. It contains the asteroid belt as well as the terrestrial planets, Mercury, Venus, Earth, and Mars. The "gas giants" of course are Jupiter, Saturn, Neptune, and Uranus. So now we have eight planets instead of the nine we used to have.

A "dwarf planet," as defined by the IAU, is a celestial body in direct orbit of the Sun that is massive enough that its shape is controlled by gravitational forces rather than mechanical forces (and is thus ellipsoid in shape), but has not cleared its neighboring region of other objects.

So any large body that does not meet these criteria is now classed as a "dwarf planet," and that includes Pluto, which shares its orbital neighborhood with Kuiper belt objects such as the plutinos.

Taran BSc. Non-Medical III

# NANOTECHNOLOGY

Nanotechnology (or "nanotech") is manipulation of matter on an atomic, molecular, and supramolecular scale. The earliest, widespread description of nanotechnology.

Nanotechnology as defined by size is naturally very broad, including fields of diverse as surface science, organic chemistry, molecular science as biology, semiconductor physics, energy storage, microfabrication, molecular engineering, etc. The associated research and applications are equally diverse, ranging from extensions of conventional device physics to completely new approaches based upon molecular self-assembly, from developing new materials with dimensions on the nanoscale to direct control of matter on the atomic scale.

Scientists currently debate the future implications of nanotechnology. Nanotechnology may be able to create many new materials and devices with a vast of applications, such in nanomedicine. nanoelectronics. range as biomaterials energy production, and consumer products. On the other hand, nanotechnology raises many of the same issues as any new technology, including concerns about the toxicity and environmental impact of nanomaterials, and their potential effects on global economics, as well as speculation about various doomsday scenarios. These concerns have led to a debate among advocacy groups and governments on whether special regulation of nanotechnology is warranted.

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Ruchi BSc. Non-Medical II

# HOW ARE ROBOTS GOING TO IMPROVE MEDICINE?

A medical robot is a robot used in the medical sciences. They include surgical robots. These are in most telemanipulators, which use the surgeon's activators on one side to control the "effector" on the other side.

Types:

- Surgical robots: either allow surgical operations to be carried out with big precision than an unaided human surgeon or allow remote surgery where a human surgeon is not physically present with the patient.
- Rehabilitation robots: facilitate and support the lives of infirm, elderly people, or those with dysfunction of body parts affecting movement. These robots are also used for rehabilitation and related procedures, such as training and therapy.
- Bio-robots: a group of robots designed to imitate the cognition of humans and animals.
- Telepresence robots: allow off-site medical professionals to move, look around, communicate, and participate from remote locations.
- Pharmacy automation: robotic systems to dispense oral solids in a retail pharmacy setting or preparing sterile IV admixtures in a hospital pharmacy setting.
- Companion robot: has the capability to engage emotionally with users keeping them company and alerting if there is a problem with their health.
- Disinfection robot: has the capability to disinfect a whole room in mere minutes, generally using pulsed ultraviolet light. They are being used to fight Ebola virus disease.

Priya BSc. Non-Medical III

# CHEMICAL PROCESS OF MICROBREWING BEER

The chemical compounds in beer give it a distinctive taste, smell and appearance. The majority of compounds in beer come from the metabolic activities of plants and yeast and so are covered by the fields of biochemistry and organic chemistry. The main exception is that beer contains over 90% water and the mineral ions in the water (hardness) can have a significant effect upon the taste.

The carbohydrate source is an essential part of the beer because unicellular yeast organisms convert carbohydrates into energy to live. Yeast metabolize the carbohydrate source to form a number of compounds including ethanol. The process of brewing beer starts with malting and mashing, which breaks down the long carbohydrates in the barley grain into more simple sugars.

Hops are the flowers of the hops plant *Humulus lupulus*. These flowers contain over 250 essential oils, which contribute to the aroma and non-bitter flavors of beer.

In beer, the metabolic waste of yeast is a significant factor. In aerobic conditions, the yeast will use the simple sugars from the malting process in glycolysis, and send the major organic product of glycolysis (pyruvate) into carbon dioxide and water via cellular respiration, many home brewers use this aspect of yeast metabolism to carbonate their beers. However, under anaerobic conditions yeast cannot use the end products of glycolysis to generate energy in cellular respiration.

Jaspreet Kaur BSc. Non-Medical III

# COMMEMORATING NATIONAL DAYS





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#### FROM THE DESK OF STAFF EDITOR



#### SUCCESS IS A JOURNEY NOT A DESTINATION

Reach high, for the stars lie hidden in your soul. Dream deep, for every dream precedes the goal." Rabindranath Tagore

Success is much more than riches, power or fame. Success is simply the feeling of satisfaction and happiness that one gets from leading a particular way of life or carrying out a particular activity. One of the most important recipes of success is **determination** and it might as well be the most important secret of success. To become successful, it is necessary to never give up until the aim of happiness and satisfaction in life is fully met. The happiness and satisfaction can be found in very different things in different people.

From a broader perspective Success defines the contentment, peace of mind and sheer happiness that is achieved. One should remember that only **perseverance** can lead the path to success.

So dear students always have faith in your ability; success will come your way eventually. Don't See Others Doing Better Than You, Beat Your Own Records Everyday Because Success Is a Fight Between YOU and YOURSELF!

Lastly I would like to quote Bill Cosby \* "In order To Succeed, Your Desire For SUCCESS Should Be Greater Than Your Fear\_\_\_\_\_Of FAILURE"....\*



Dr. Sangam Kapoor HOD, Commerce Department

#### FROM THE DESK OF STUDENT EDITOR



#### PASSION..PURSUE

#### THE CALLING WITHIN YOU!

"People with passion can change the world for the better." -Steve Jobs

Want to be rich or successful?

Want to run for the fame or let the fame chase you!

The question is all about being a person with rich name or a personality with rich deeds! And the answer just revolves around the one word- Passion! Follow your passion and success will definitely follow you. Because following your passion will enable you to 'BE OUT OF THE CAT RACE- BE THE TIGER!'

In this competitive era, everyone around here is busy in the cat race chasing the success by following the same practical jobs that may not be meant for all of us! One can be a good entrepreneur but can not crack UPSC. So it's not only about academics. Albert Einstein was not a great scholar in academics, but he is indeed a real life genius.

So my dear friends life is not only about the academics or one's capabilities to crack a test. Infact, it is a test which can be cracked by one who does his best. And doing our best can only be possible by following our passion.Because passion enables us to find something, we love to do so much, that we can't wait for the sun to rise, to do it all over again.

#### So lets just excel! LET THE DAZZLING STARS WITHIN YOU SHINE! BE PASSIONATE-BE SUCCESSFUL BY PURSUING A CALLING WITHIN YOU!!

SHAINA KHURANA Student editor BCOM 3(Hons)

#### **BEFORE EVERY EXAM..... NERVOUSNESS IS THERE!**

Don't know why a child feels stressed Even when the childhood part of life is the best!

This stress fades out the joy! Still, with terror in minds, **The child** does his best And with honesty in heart, gives the test. Yeah!! Exams over! Child is happy, not wondering about the result.

Then comes! **An Adult**.. Nervousness is there! But this time its not for exam but for results. With terror in minds and game play in hearts An adult does his best and gives the test.. LIKE ITS THE LAST TEST which fixes his career and makes his life best.

#### But But But!!!

He forgets that it's not always tests which find out the best.

Coz, Einstein failed in tests but he's THE BEST.

So my dear adult!

Dive into your heart to find out the best rather than running for the tests!

The phases of life change...

But! Before every exam....

Nervousness is there!

Though the reasons behind nervousness change!!

Shaina Khurana BCOM 3(Hons.)

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Rape!! Every 30 minutes!! A new devil
disguised as a human with mind full of evil
with a different character and a different name

a devil, a beast with no shame.

A child who is not a year yet
is also the victim of this cruel act.
The innocent called 'goddess of house' screams
for her life and for her dreams.
People say, she was at place of this kind,
but rape in temple puts questions in my mind.
People say she was ill-timed.
but rape every 30 minutes puts questions in my mind.
People say, it were wrong clothes she donned,
but rape of 7 months to 70 year old put questions in my mind.

Had she no rights to live her life unconfined will she always be maligned??? To all the people of the society To all the rich and the mighty... Can this stigma end to society??

Need is for a change, a change not of time, cloth or place But of the mindsets of people who affect the society's grace Of the people who have forgotten their roles in life's race So that the world can be a better place...

> Diksha BCOM3

#### IF EVER I FALL

If ever I fall back, I know I'll hurt myself, I know I'll injure myself, I know I'll complain, I know I'll cry real hard, But never will I ever abandon myself, Never will I ever lose myself, Never will I ever regret my tears, For the ones who fight are meant to have scars.

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Rushali Malhotra

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#### DREAMS

Dreams are innocent, And so are you. All will take your advantage, And make your life a zoo. But even there resides a king, That is the basic clue. Raise up the level of rage, And lead the dreamy troop. Follow the sparky lanterns, And then see what's waiting for you.

Rushali Malhotra

M.com1

IAM

I am the dreamer, I am the critic. I am the leader, I am the fanatic. I am the teacher, I am the cheater. I am the caretaker, I am the traitor. I am the people with a split personality, Both expanding in universe's totality. In the end, both are invited to eat, But the one who wins is the one I feed.

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, , Rushali Malhotra

M.com1

Down the trodden path: My Granny Little, when she used to scold; We would all try to run away. Today she moves to the heavenly abode, Leaving us all behind in dismay!

Grey strands hung in a tight braid; Walking stiff with a smile on her face, White teeth;which used to get brushed With her persona always matching her slow pace.

Clothes always intact to the occasion N those glasses of her spectacles always shone, Moving ahead with grace n purity She has left us behind to mourn! Reminiscing times of joy n glee; Happiness was seeing her flying free, Those days are still unforgettable Even though the memories start to settle! Months have passed n so will years Her faded memories will still gift tears, Tears of happiness, want and wishes Rolling down eternally in swishes.. May her journey ahead be blessed with love n her soul rest in peace; Her souvenirs remain infinite n never cease!!

Ridhi Kochar

Bcom3

Journey towards the inner-self! Here i sit; in the shallow chair Running away from life, My feet cold and fingers numb; "Darkness", as i gaze my sight!

Hope retards with the rising sun,

My cocoon shrinking day by day,

Grief-struck I stroll

Towards lament as I find my way.

Rainbows no longer attract and the dark sky seems more lovable than the shiny stars,

I yearn to be alone at a place too too far!

Fed-up of all that I now feel,

Fed-up of all that I see,

Fed-up of all that is "reality";

I urge myself to find the "Real-me"!

Then I ponder in what seems "the faded grass";

Trying to find the green colour and I discover some at last!

I realise that my happiness lies within me

And there is nothing that can snatch it from me;

I discover the undiscovered me who is as beautiful as she should be!

From the clutches of hell I set myself free,

Thus I finally meet the "Real Me"!

Ridhi Kochar

Bcom3

## I FALL

I fall to feel the pain,

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I fall to taste the tears,

I fall to see who will lend me a hand,

I fall to see who will mock me,

Don't misinterpret my failure as my ultimate fate,

As I fall, I fall to rise again.

Rushali Malhotra

M.com1

#### **MY COLLEGE LIFE**

I still remember,

Those shiny days of GCG -11

The craze of living in city beautiful, heaven.

I still remember,

Those immediate plans with friends to the sukhna lake.

And All those teachers who let us forsake.

I still remember...

I still remember,

Those heavy shouts in the absence of the teacher,

Then Their sudden arrival and scolding to backbenchers.

Each and every moment is still captured in my memory

My heart says to live those days,

ONCE AGAIN.

I Still remember my college's last days.

Not Many faces were seen since that day....

My college life passed away,

In such a great way.

JANNAT

#### **MOBILES - LAPTOP: VIS-À-VIS LIFE**

Lap-top and mobiles : A very vibrant question to the present generation these days in various colleges , academic gatherings of doctors, advocates and businessmen, use of mobile is invariably discussed when they sip tea in their leisure time. Even within the premises of religious places I have observed some devotees engrossed with their mobiles.

Whether mobile/ lap-top is a necessity or evil or is both, is a big question? How much we are inescapable. Do we hold mobile or mobile holds us..; is it inaptly handled by some people or youth.. or has the craze become synonymous with youth. Is it a social stigma or social status. Offently I have observed couples walking in the morning and both totally engrossed in their mobiles. Funny part is when a guest entering the house of a host and asking for a mobile charger and wi-fi password as that part is more important than exchanging normal courtesies and asking about their family well being.

As a keen observer, I have seen the cleaning staff brooming the road holding mobile in other hand ,Cyclist and rickshaw puller while peddling enjoying talking on mobile. People getting crushed under train, bus or car as they were deeply absorbed in attending a call which may be just a marketing promotional call. Car drivers are also not lagging behind and holding mobile while holding the steering.. younger generation pressing mobile between their shoulder and head for a long time, unmindful of any accident or fearing any medical problem like spondylitis or impairing of the ear. Is the use of laptop or mobile an incorrigible habit or present way of life. Doctors are of the opinion that excessive use of laptop or mobile is harmful to various vital organs. Even excessive use of mobile is injurious to pregnant women, children and sick people. It is said that laptop and mobile emit electromagnetic radiations which is harmful to health of human beings. Using laptop on chest while relaxing can lead to cancer and heart ailments. The latest fear of "blue whale challenge" has taken many precious lives. What an infection which people stealthy acquire and pass on to their friends. Psychiatrists are of the view that parents have to be alert and vigilant in monitoring their children and have an eye on their hobbies. Advisable is that parents should have a constant check on their kids and mobile phones should not be encouraged much specially to the school going Children unless it is necessary.

A USA study published in the journal preventive medicines is of the view that toddlers pleading hours of smart phones etc. claims that the damage might start in user as young as two. It can increase the risk of anxiety and depression. Further it reveals that children in the age group of 14 to 17 are more at risk. Thus, experts opinion is that parents and teachers should ensure that their children reduce the time spent online, playing video games and watching television.

The Tribune, a esteem newspaper has unraveled the story of a woman in Riyan Village in Gorakhpur who unmindful of any fear and worry sat on a pair of snakes who were already stitting on her bed. She was bitten by the snakes and died of snake bite before she could get any SOS treatment. Regrets. The govt. and public is aware of the fact that many people, particularly youngsters are absorbed in their chatting while walking around busy roads as if they were littering in their family lawns. Many users expect drivers of vehicles to get alert when mobile

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users are roaming around with their mobile stuck to ears. Someone has mooted a new idea and purposed new traffic signal, "mobile users ahead – drive slowly" A pathetic state of affair.

In contrast one finds a warning sign in USA where herds of animals particularly deer's jump over the fences and cross roads. A question arises: -

- A. Is the use of mobile under the above circumstances permissible, advisable or not.
- B. Has the user become more addict to mobile not caring about any consequences.
- C. Is the user really attending an emergency call which is more valuable than his/ her life.
- D. Is the government liberal or should it adopt stringent measures as in the newly amended Motor Vehicle Act.
- E. Should the Govt. pass any law that school children below certain age are not permissible to possess or carry mobile at public places including schools etc.
- F. Are such users not worried about life and death and the lives of their family

A wake-up call for the government, parents and users.

Dr. Harneet Kaur

Assistant Professor

Commerce Department

#### THE MODERN US

"What is most lacking in the modern world of duplications and facsimiles, of endless information and intentional misinformation, is the authenticity that makes life truly meaningful and spiritually rewarding." -Michael Meade

What does it mean to be modern? It's definition and understanding differs from me to you. But more or less for today's youth being modern means partying and clubbing late night until they're passed out laying on the couches of a random unknown territory. Defying their parents is the new trend, disrespecting them and avoiding their warnings at all costs. They're not ready to understand that doing such stuff will just lead them to the path of destruction, destruction of their lives. Knowingly unknowingly, they put themselves into such trouble that can't be undone and there's nothing left to,but regret.

But that's their way of "enjoyment and being modern" And such so called modern kids bully the innocent and make them feel degraded. They humiliate them to such an extent that those kids start pondering upon their ways of living and enjoying. And the saddest part is kids get influenced by them.

Can't modernity be in spending quality time with your parents, spending time with yourself and introspecting yourself. Can't modernity be in just curling up in the favourite corner of your room reading your favourite book for the hundredth time while sipping tea. Can't enjoyment just be in hanging out with old friends in the old park where you played as a child, just reminiscing those moments.

Realising and redefining what BEING MODERN actually means will make a difference to the world.

Yashvi Dhir B.com1

#### **HOSTEL LIFE**

"The best and the most beautiful things in the world cannot be seen or touched they must be felt woth heart."

- Helen keller

Hostel is an integral part of every college. Life in college hostel is full of pleasures and amusements. Its is a place where food and lodging are provided for students. Life in a hostel makes a student self dependent. It makes him/her smart, active and disciplined. Its gives all the students an ample chance to learn how to lead an independent and responsible life. Students of different tastes and habits live under one roof which results in better understanding and cooperation among themselves.

"We first make our habits and then our habits make us."

Various types of students are found in a hostel. Some are very studious. They always remain busy in their studies. Some are mischievous they give little time to their studies. They spend their time moving around and making fun of others. Students of various communities and religions stay together in a hostel. This helps them to know about the various cultures of different religions. They develop a sense of unity in diversity and broaden their outlook. They learn the lesson of cooperation.

Students learn a lot in a hostel. They help one another in the hour of need. They become enduring friends. They learn to become independent which helps them in maintaining discipline in their lifestyle. Remember,

"Develop a passion for learning. If you do, you will never cease to grow."

Hritika Gupta

B.com1

#### BULLYING

Benjamin Disraeli said, "COURAGE IS FIRE BUT BULLYING IS SMOKE". Well, it indeed is, it chokes you and your existence. Well, we all are different and have different stories but there is one chapter which is common to all these stories and that is BULLYING. All of us at one stage or the other have been bullied or may have bullied somebody else without even being aware of what we were going through or making the other person go through. And the kind of bullying which is mostly prevalent is the one that takes place at a very tender age in one's life which is childhood and somehow decides the future of an individual. It can exist anywhere, in a school, in a college, a playground where your child goes for practice, a workplace and even the safest place in the world which we dearly call as our home. It's so sad that when a child is bullied, he/she if often bullied by children of his/her own age. The most disastrous impact of bullying is that the one going through it starts accepting that he/she has all those flaws and is not worth being a part of the group or not worth being called beautiful, and this ultimately leads to the idea of not being worth of even existing. A bullied child might turn out to be successful in life but it does leave a scar on the memories. A bullied child can't really be compensated for what he has gone through. Parents and teachers of today often forget that they are not there to spend time at home or schools, they are there to build a character, to magnify the size of hearts, and to create men and women of kindness. It will start with us. So many students commit suicide due to so much of hate around them that they don't feel like dealing with it anymore, the moment when they should have been told that it's going to be okay, we were so ignorant about what they were going through. If ever you come across any child who is going through something like this, do help that child and make a change that will create a wave to put an end to this. Imagine the fate of this world, where a child thinks of ending his/her life because of a child.

Rushali Malhotra

M.Com1

#### WHO WINS A WAR?

# "THERE IS NO FLAG LARGE ENOUGH TO COVER THE SHAME OF KILLING INNOCENT PEOPLE".

#### -HOWARD ZINN

Yes, all of them innocent. The boy who was torn like a paper while he was praying. The father who was killed while he was trying to arrange for his baby's arrival. The 3 year old boy whose family was killed while on a boat trying to flee from Syria, struggled with the waves and was washed away with the sea. The girl who got terrified when a journalist was trying to click her picture assuming that he was going to shoot her. Or the little boy who had to take care of an even younger brother as their parents were killed in a blast. I have no idea about their names, but I can surely understand the mesh of emotions that they are constantly struggling within their little hearts. Before being Indians, Americans or anybody else, we all are humans, we all are one. And if we all are one, how can be we so brutal to our own kind? Well, I guess this is what war does to us. Someone every wise once said that war does not determine who is right but who is left. The war of Syria which started as an expression of a peaceful revolution turned into the bloodiest war of the century, causing ceaseless casualties, leaving 1.5 million people with permanent disabilities including 86000 people who have lost their limbs. Every single day, we come across the stories of Syrian refugees who are trying to get accepted, fighting for their survival and their dreamt o go back home which we all consider as the safest place that can exist in this world. They are brave not just because they indeed are, but because they do not have a choice, but we do. We have the choice to say no to war and know their stories instead of knowing who is wearing who. We have the choice to bring their stories forth and make the world understand what they are battling with. Just because they are fighting, it doesn't justify our slumber. War starts with acquiring so much and then ending up losing everything that was once there, be it love, kindness, empathy, and most importantly humanity.

#### "ONE DAY, THERE WAS A WAR WHICH ENDED WITH ABSOLUTE SILENCE AS THERE WAS NONE TO DECLARE THE VICTORY, BECAUSE THERE WAS NO VICTORY AND THERE WILL NEVER BE."

Rushali Malhotra

M.Com1

#### **JOURNEY OF A LIFETIME!**

It was the dusk of 23rd July 2017 that I had stepped into the GCG Hostel for the first time without knowing how it would turn my life around. I was a normal girl from a small village in Haryana with big dreams but did not know how to accomplish them. With low self-esteem and lack of confidence I could not handle the new environment. This dropped my morale even further. It was not as if my peers weren't good but I was the one who could not adapt to this place. At one point I even wanted to go back to my hometown and restrict myself in that comfort zone. Then I found friends who were completely strangers to me before, who had come from a different state and who made me realise that even I am worthy of doing all things in this world. They helped me regain my confidence in myself and made me realise that every person is a unique personality, is one of a kind and blessed with their own gifts and flaws.

The three years that I have spent here have completely changed me as a person with a positive perspective towards life. I, now, feel ready to face the world and overcome any challenge that life may throw. Not everytime we find people who aren't good, many times you find the best ones around and my personal advise to all is that

never loose your confidence in any walk of life because the best for you awaits ahead always.

Sushmita Mehla

#### **COLLEGE LIFE KNOWS NO END!!**

Just a few days before, one of my friends got nostalgic about this being the last semester in this college which suddenly made me realise that time really flies very fast.

It was around only two and a half years back that an 18 year old had walked into this prestigious institution to shape her life in an unknowing way and there was only one thing going on in my mind back then. They were the words of my school principal ma'am- " we have given you a cocooned life for the past 12 years in your life, now you have to go out to face this world". This brought fear, anxiety and nervousness as I was stepping towards my new life, a life that has now become an inseparable part and one of the best phases in my life. The teachers here are the best mentors and supporters I could ever get. They welcomed us into an environment where we could grow and transform ourselves into better human beings. From scolding us for the unnecessary mass bunks we did to always being there when we needed them, they have made these three years to be counted upon for the rest of my life. Not only the college life but the three years spent in the hostel have been amazing with many mischiefs being done, living the extraordinary life and constantly learning from our warden ma'am. The opportunities that I received have transformed the young girl who walked in here into a grown up woman who is now actually ready to face the world outside.

Ridhi Kochar

#### MAKE LIFE A LITTLE SIMPLE

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A company received a complaint from consumer that he had received an empty soap box. So the company sent this problem for solution to its experts, so that it does not get repeated. The engineer experts made an X-Ray machine which has to be assisted by a man to watch all the boxes. But isn't it costly and too time consuming? The company also had placed a suggestion box for the same problem. A suggestion from an employee was to make use of fan, as the soap box which was empty, will flew away. So It was a simple and appreciable solution. By avoiding complexity and doing things in just a DIFFERENT WAY rather than doing some DIFFERENT THINGS; Life can be made a lot simple and easy. So one must keep mind open to all ideas and suggestions.

Diksha

# **Zonal Youth and Heritage Festival**








# **Zonal Youth and Heritage Festival**







## **COMPUTER APPLICATIONS SECTION**

#### **<u>COVID-19 and its effects on Teaching – Learning</u>**

Historically, education has been the shortest bridge between the haves and the have-nots, bringing progress and prosperity for both individuals and countries, but the current education system is showing its age.

However, COVID-19 has become a catalyst for educational institutions worldwide to search for innovative solutions in a relatively short period of time.

While countries are at different levels of COVID-19 infection rates, worldwide there are currently students in 186 countries are affected by closures of institutions due to the pandemic.



Prof. Pardeep Singh Walia HoD Computer Applications

With this sudden shift away from the classroom in many parts of the

globe, some are wondering whether the adoption of online learning will continue to persist postpandemic, and how such a shift would impact the worldwide education market.

Now the question is How is the education sector responding to COVID-19?

In response to significant demand, many online learning platforms are offering free access to their services, including platforms like BYJU'S, a Bangalore-based educational technology and online tutoring firm founded in 2011, which is now the world's most highly valued edtech company. Since announcing free live classes BYJU's has seen a 200% increase in the number of new students.

Another example is Ten cent classroom, which has been used extensively since mid-February after the Chinese government instructed a quarter of a billion full-time students to resume their studies through online platforms only.

This resulted in the largest "online movement" in the history of education with approximately 730,000, K-12 students, attending classes via the Tencent K-12 Online School in Wuhan.

There are other companies which are aggressively in the race to provide a one-stop shop for teachers and students.

For example, Lark, a Singapore-based collaboration is offering teachers and students unlimited video conferencing time, auto-translation capabilities, real-time co-editing of project work, and smart calendar scheduling, amongst other features. Lark upgraded its global server infrastructure and engineering capabilities to ensure reliable connectivity.

Alibaba's distance learning solution, DingTalk, tapped Alibaba Cloud to deploy more than 100,000 new cloud servers in just two hours last month, which is a new record for rapid capacity expansion,"

Google Classroom is a widely used platform by both school and college teachers.

And to name others which are providing just a digital interface platforms to teachers, ZOOM, CISCO WEBEX, Youtube live, Facebook Live are widely in use. Even Microsoft offered its Microsoft TEAMS app, free for six months for educational institutions in India

I can quote example of my Institution, while we teachers had covered around 75% of the syllabi when this pandemic forced the administration to close our college, we were left with no means

digital or otherwise, Few of us made efforts and came up with out of the box solutions. One which was widely used was connecting through Whatsapp, facebook and another very interesting example is recording the Video Lecture and hosting and sharing those through Youtube. Conducting online classes through free offerings of ZOOM, WEbex, etc was another popular media. In our college itself the teachers prepared more than 250 video lectures hosted on youtube, Google Classroom, etc and shared the links through whatsapp, college website.

In Indian Context, Ministry of Human Resource Development (MHRD) has been activey pursuing its ICT related initiatives, to name important ones are

| 0.                                           | Resource                                               | For<br>students/Researchers                                                          | For Institutions                                                                                                                                                    |  |
|----------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Audio-Video e-content                        |                                                        |                                                                                      |                                                                                                                                                                     |  |
| 1                                            | SWAYAM: Massive Open<br>Online Courses                 | Earn credit through online courses                                                   | <ul> <li>Encourage your extraordinary faculty to develop online courses</li> <li>Accept credits awarded under SWAYAM</li> <li>Form SWAYAM local chapters</li> </ul> |  |
| 2                                            | SWAYAMPRABHA: View digital courses on TV               | Uniqueness of this is to<br>Watch high quality<br>educational programs<br>24*7 on TV | Provide facility for viewing<br>SWAYAMPRABHA content                                                                                                                |  |
|                                              |                                                        |                                                                                      |                                                                                                                                                                     |  |
| Digital content: access journals and e-books |                                                        |                                                                                      |                                                                                                                                                                     |  |
| 1                                            | National Digital Library: e-<br>content                | To Access e-content on multiple disciplines                                          | - Get your E-content listed<br>- Form NDL Club                                                                                                                      |  |
| 2                                            | e-PG Pathshala: which is a Gateway for e-books upto PG | Get free books and<br>curriculum-based e-<br>content                                 | Host e-books                                                                                                                                                        |  |
| 3                                            | Shodhganga: A reservoir of Indian Research Theses      | Access Research Theses<br>of scholars of Indian<br>Institutes                        | Get research theses of your<br>scholars to get listed on<br>Shodhganga                                                                                              |  |
| 4                                            | e-ShodhSindhu: e-journals                              | Get access to full text e-<br>resources                                              | Get access to full-text e-<br>resources                                                                                                                             |  |
| Accelerated Hands on learning                |                                                        |                                                                                      |                                                                                                                                                                     |  |

| 0.                    | Resource                                                                    | For<br>students/Researchers                                                                                | For Institutions                                                                                |  |
|-----------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--|
| Audio-Video e-content |                                                                             |                                                                                                            |                                                                                                 |  |
| 1                     | e-Yantra: Engineering for tomorrow                                          | Get hands on experience<br>on embedded systems                                                             | Create e-Yantra labs for<br>training in embedded systems<br>in collaboration with IIT<br>Bombay |  |
| 2                     | FOSSEE: Free/Libre and Open<br>Source Software for Education                | <ul> <li>Access and volunteer for the use of open source software</li> <li>Become FOSSEE fellow</li> </ul> | Run labs in open source                                                                         |  |
| 3                     | Spoken Tutorial: Tutorial in IT application                                 | Self-training in IT fields                                                                                 | Encourage eminent faculty to<br>provide training content for<br>self-learning                   |  |
| 4                     | Virtual Labs: Web-enabled<br>experiments designed for<br>remote – operation | Try curriculum based virtual experiments                                                                   | Develop virtual experiments<br>for Virtual labs suited to<br>course curriculum in gap areas     |  |

## Another pertinent question which arises is what does this all mean for the future of learning?

While some believe that the unplanned and rapid move to online learning – with no training, insufficient bandwidth, and little preparation – will result in a poor user experience,

others believe that a new hybrid model of education will emerge, with significant benefits.

The integration of information technology in education will be further accelerated and that online education will eventually become an integral component of school education.

There have already been successful transitions amongst many universities. Interestingly, The Imperial College London has started offering a course on the science of coronavirus, which is now the most enrolled class launched in 2020 on Coursera.Zhejiang University, China managed to get more than 5,000 courses online in just two weeks. Major IVY league colleges have also introduced online courses to their bouquet

While some institutions and governments have been providing digital equipment to students in need, but they are very few very less.

Govt. of India distributes computers to UG Students belonging to priority households. We have to come up with LOW COST Computing devises which either the students would afford to buy or Government or other philanthropic associations would have to distribute.

Most schools in affected areas are finding stop-gap solutions to continue teaching, but the quality of learning is heavily dependent on the level and quality of digital access. After all, only around 60% of the globe's population is online.

In a matter of weeks, coronavirus (COVID-19) has changed how students are educated around the world. Those changes give us a glimpse at how education could change for the better - and the worse - in the long term.

Colleges and universities have join and collaborate to develop quality eContent. Virtual Labs and Recording studios are essentially required. Mechanism of quality check on such econtent would also be required, it can be peer reviewed before it could go online for the students.

Prof. Pardeep Singh Walia HoD Computer Applications

## **EVOLUTION OF MACHINE LEARNING**

Because of new computing technologies, machine learning today is not like machine learning of the past. It was born from pattern recognition and the theory that computers can learn without being programmed to perform specific tasks; researchers interested in artificial intelligence wanted to see if computers could learn from data. The iterative aspect of machine learning is important because as models are exposed to new data, they are able to independently adapt. They learn from previous computations to produce reliable, repeatable decisions and results. It's a science that's not new – but one that has gained fresh momentum.

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Manisha Ghai Student Editor

While many machine learning algorithms have been around for a long time, the ability to automatically apply complex mathematical calculations to big data – over and over, faster and faster – is a recent development. Here are a few widely publicized examples of machine learning applications you may be familiar with:

• The heavily hyped, self-driving Google car? The essence of machine learning.

• Online recommendation offers such as those from Amazon and Netflix? Machine learning applications for everyday life.

• Knowing what customers are saying about you on Twitter? Machine learning combined with linguistic rule creation.

• Fraud detection? One of the more obvious, important uses in our world today.

#### WHY IS MACHINE LEARNING IMPORTANT?

Resurging interest in machine learning is due to the same factors that have made data mining and Bayesian analysis more popular than ever. Things like growing volumes and varieties of available data, computational processing that is cheaper and more powerful, and affordable data storage.

All of these things mean it's possible to quickly and automatically produce models that can analyze bigger, more complex data and deliver faster, more accurate results – even on a very large scale. And by building precise models, an organization has a better chance of identifying profitable opportunities – or avoiding unknown risks.

What's required to create good machine learning systems?

• Data preparation capabilities.

- Algorithms basic and advanced.
- Automation and iterative processes.
- Scalability.

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• Ensemble modeling.

#### Did you know?

- In machine learning, a target is called a label.
- In statistics, a target is called a dependent variable.
- A variable in statistics is called a feature in machine learning.
- A transformation in statistics is called feature creation in machine learning.

Manisha Ghai BCA III

## Role of Technology in the Era of COVID-19 Pandemic

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Technology will not be able to avoid the onset of a pandemic; nevertheless, it can assist in managing a crisis more effectively. We all know how badly COVID-19 has impacted our lives, both personal and professional. During this time of sheer uncertainty and constant fear, our willingness to adopt technology has been our lifeline.

Let's take a look at how technology has impacted our lives in the current COVID-19 pandemic.

**Online Entertainment:** COVID-19 has completely transitioned how content is being generated, distributed, and streamed. Online streaming of live shows and concerts have gained traction across the world. Several film production companies have also been releasing their movies via Over The Top (OTT) platforms such as Amazon Prime Video, Hotstar, Netflix, Zee5, Voot Select, etc. OTT caters to varied interests of people across the globe with the perennial additions of diverse content. The lockdown has helped people in realising the ease of viewing content on OTT platforms; it has changed how people are consuming content on a day-to-day basis. OTT platforms have witnessed a significant rise in both app downloads and viewership during the lockdown period.

**Stock Market:** The adoption of technology in the stock market industry has been quite good for brokerage firms. Several brokerage companies have seen a spike in the number of clients since more investors have decided to tap the stock market. Due to the pandemic, clients are mostly staying indoors and are getting more free time to access the market situation, thereby also leading to an increase in trading volumes.

**Contactless Online Deliveries:** The online grocery market witnessed tremendous growth during the pandemic due to the soaring demand amongst consumers. Families, particularly with children and older people, preferred to place their grocery orders online. This, in turn, resulted in a significant increase of new users who are resorting to online apps for grocery deliveries.

**Robotics**: COVID-19 has made us realise how meaningful human interactions are for making things work. The pandemic has severely impacted labour-intensive sectors such as food, retail, logistics, and manufacturing businesses. COVID-19 has resulted in a strong push to implement the usage of robots and also to speed up the robotics research. Robots are now being used to clean infected areas and for delivering food to quarantined individuals.

**Dissemination of Information**: Companies such as Google, Facebook, are striving hard to ensure people get only accurate and verified information. Their objective is to make accurate information accessible to everyone so that there is complete transparency of the entire scenario, and people can be educated about the required steps to undertake well in advance.

**Technology-Based Temperature Monitoring:** Infrared and wireless thermometers have now become the most commonly used medical equipment at toll gates, entry and exit gates of offices, airports, shopping malls, hotels, railway stations, shops, hospitals, and other public places. These

temperature monitoring technologies have assisted in measuring the body temperature of individuals from a distance; these temperature measuring devices have also been useful in identifying the individuals who might need further investigation.

**Work From Home (WFH):** The work from home option has ensured business continuity for various companies and businesses. Internet, data privacy security, virtual meetings, cloud conferencing, etc. have assisted professionals in adapting themselves to work from the home scenario with ease. WFH has also ensured that the deliverables are not delayed. Remote working has been a blessing in disguise, which has helped us to a great extent to maintain and follow social distancing protocols.

COVID-19 has proved that technology innovations have been helping in managing the epidemic in a timely, systematic, and calm manner. A lesson learnt from the COVID-19 pandemic has been to stay prepared well in advance against any crisis at both an individual and collective level. All we need to fight an epidemic like COVID-19 is preparedness. Advancement in technology is steadily progressing; it will undoubtedly continue to grow exponentially. It's we humans who have to adapt to changes in technology faster and continue to invest in building the technology systems for better preparedness.

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Ishmita Marya BCAI

### **APPLE AND AI**

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Machine learning (ML) and artificial intelligence (AI) now permeate nearly every feature on the iPhone, but Apple hasn't been touting these technologies like some of its competitors have.

Historically, Apple has not had a public reputation for leading in this area. That's partially because people associate AI with digital assistants, and reviewers frequently call Siri less useful than Google Assistant or Amazon Alexa. And with ML, many tech enthusiasts say that more data means better models—but Apple is not known for data collection in the same way as, say, Google. Despite this, Apple has included dedicated hardware for machine learning tasks in most of the devices it ships. Machine intelligence-driven functionality increasingly dominates the keynotes where Apple executives take the stage to introduce new features for iPhones, iPads, or the Apple Watch. The introduction of Macs with Apple silicon later this year will bring many of the same machine intelligence developments to the company's laptops and desktops, too. Google and Apple are quite different companies. Google has a reputation for participating in, and in some cases leading, the AI research community, whereas Apple used to do most of its work behind closed doors. That has changed in recent years, as machine learning powers numerous features in Apple's devices and Apple has increased its engagement with the AI community. Apple has made a habit of crediting machine learning with improving some features in the iPhone, Apple Watch, or iPad in its recent marketing presentations, but it rarely goes into much detail—and most people who buy an iPhone never watched those presentations, anyway. Contrast this with Google, for example, which places AI at the center of much of its messaging to consumers. With machine learning, in addition to telling a computer what to do, programmers give it a data set relevant to the task and a methodology for analyzing that data set. They then give it time to spin its cycles getting more accurate at labeling or interpreting that data over time, based on positive or negative feedback. This allows the machine to algorithmically make informed guesses about data it hasn't previously encountered, if the new data is similar to that with which it was trained.

Machine learning is used to help the iPad's software distinguish between a user accidentally pressing their palm against the screen while drawing with the Apple Pencil, and an intentional press meant to provide an input. It's used to monitor users' usage habits to optimize device battery life and charging, both to improve the time users can spend between charges and to protect the battery's longterm viability. There's a common narrative that boils machine learning down to the idea that more data means better models, which in turn means better user experiences and products. It's one of the reasons why onlookers often point to Google, Amazon, or Facebook as likely rulers of the AI roost; those companies operate massive data collection engines, in part because they operate and have total visibility into what has become key digital infrastructure for much of the world. By that measure, Apple is deemed by some unlikely to perform as well, because its business model is different and it has publicly committed to limit its data collection. If big tech companies and venture capital investments are to be believed, AI and machine learning will only become more ubiquitous in the coming years. Machine learning now plays a part in much of what Apple does with its products, and many of the features consumers use daily. And with the Neural Engine coming to Macs starting this fall, machine learning's role at Apple will likely continue to grow.

> Harnoor Kaur BCA I

## LOGISTICS INFORMATION SYSTEM

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Logistics information system is a management information system based on the development and logistics system information resources management coordination system, which is based on the management of logistics operations This system use a variety of data through different ways to select, collect, input and statistic data, and then, the purpose of transaction for a variety of computer in simple terms, is in accordance with the requirements of the management, the use of special computer technology, the original data were calculated and output information the system has significance for the management work.

Fundamentally, the logistics information system is a path to link a variety of logistics activities and a process through the integration of various information technology. Each link in the logistics information system is interconnected through information exchange. Its basic resource scheduling is also achieved through information sharing, so the basis of logistics information system is logistics information.

Therefore, in order to develop a real and useful logistics information system, we should consider it from the perspective of logistics information.

In the business process, first by the main frame factory is sent to the supplier purchase orders, sales by the main frame factory feedback from main frame factory plans to develop vehicle demand plan, and give feedback to the vehicle dispatching centre, vehicle by GPS, the information feedback to suppliers and carriers at the same time, the vehicle feedback to the sales office, according to

transport route, to the end, no matter what kind of transportation will be the first to the distribution centreunified distribution of transport to the main frame factory production line.

The advantages of the system, the system interface layer, business layer, application server, database server is deployed in different places, the three layer of this system is the true meaning of the realisation of the stratification, namely web service middle layer physical layer, separation of deployment, and ordinary three layer is the logic and non physical layer.

Among them, for example, the compatibility of the system, the optimisation of database query and some functional algorithms need further study.

With the development of network expansion, the development of network technology, logistics information system according to the actual needs, make corresponding adjustment, to improve the defect, which makes the system more secure high-speed service for enterprises.

Archana BCAI

## ARTIFICIAL INTELLIGENCE

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Artificial intelligence refers to the simulation of human intelligence in machines that are programmed to think like humans and mimic their actions. The term may also be applied to any machine that exhibits traits associated with a human mind such as learning and problem-solving. The ideal characteristic of artificial intelligence is its ability to rationalize and take actions that have the best chance of achieving a specific goal. When most people hear the term artificial intelligence, the first thing they usually think of is robots. That's because big-budget films and novels weave stories about human-like machines that wreak havoc on Earth. But nothing could be further from the truth. Artificial intelligence is based on the principle that human intelligence can be defined in a way that a machine can easily mimic it and execute tasks, from the most simple to those that are even more complex. The goals of artificial intelligence include learning, reasoning, and perception. As technology advances, previous benchmarks that defined artificial intelligence become outdated. For example, machines that calculate basic functions or recognize text through optimal character recognition are no longer considered to embody artificial intelligence, since this function is now taken for granted as an inherent computer function. AI is continuously evolving to benefit many different industries. Machines are wired using a crossdisciplinary approach based in mathematics, computer science, linguistics, psychology, and more. The applications for artificial intelligence are endless. The technology can be applied to many different sectors and industries. AI is being tested and used in the healthcare industry for dosing drugs and different treatment in patients, and for surgical procedures in the operating room. Other examples of machines with artificial intelligence include computers that play chess and self-driving cars. Each of these machines must weigh the consequences of any action they take, as each action will impact the end result. In chess, the end result is winning the game. For self-driving cars, the computer system must account for all external data and compute it to act in a way that prevents a collision. Artificial intelligence also has applications in the financial industry, where it is used to detect and flag activity in banking and finance such as unusual debit card usage and large account deposits-all of which help a bank's fraud department. Applications for AI are also being used to help streamline and make trading easier. This is done by making supply, demand, and pricing of securities easier to estimate. Artificial intelligence can be divided into two different categories: weak and strong. Weak artificial intelligence embodies a system designed to carry out one particular job. Weak AI systems include video games such as

the chess example from above and personal assistants such as Amazon's Alexa and Apple's Siri. You ask the assistant a question, it answers it for you. Strong artificial intelligence systems are systems that carry on the tasks considered to be human-like. These tend to be more complex and complicated systems. They are programmed to handle situations in which they may be required to problem solve without having a person intervene. These kinds of systems can be found in applications like self-driving cars or in hospital operating rooms. Since its beginning, artificial intelligence has come under scrutiny from scientists and the public alike. One common theme is the idea that machines will become so highly developed that humans will not be able to keep up and they will take off on their own, redesigning themselves at an exponential rate. Another is that machines can hack into people's privacy and even be weaponized. Other arguments debate the ethics of artificial intelligence and whether intelligent systems such as robots should be treated with the same rights as humans. Self-driving cars have been fairly controversial as their machines tend to be designed for the lowest possible risk and the least casualties. If presented with a scenario of colliding with one person or another at the same time, these cars would calculate the option that would cause the least amount of damage. Another contentious issue many people have with artificial intelligence is how it may affect human employment. With many industries looking to automate certain jobs through the use of intelligent machinery, there is a concern that people would be pushed out of the workforce. Self-driving cars may remove the need for taxis and car-share programs, while manufacturers may easily replace human labor with machines, making people's skills more obsolete.

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Sneha Bhosale BCA I

## **BENEFITS & RISKS OF ARTIFICIAL INTELLIGENCE**

"Everything we love about civilization is a product of intelligence, so amplifying our human intelligence with artificial intelligence has the potential of helping civilization flourish like never before – as long as we manage to keep the technology beneficial."

#### WHAT IS AI?

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From SIRI to self-driving cars, artificial intelligence (AI) is progressing rapidly. While science fiction often portrays AI as robots with human-like characteristics, AI can encompass anything from Google's search algorithms to IBM's Watson to autonomous weapons. Artificial intelligence today is properly known as narrow AI (or weak AI), in that it is designed to perform a narrow task (e.g. only facial recognition or only internet searches or only driving a car). However, the long-term goal of many researchers is to create general AI (AGI or strong AI). While narrow AI may outperform humans at whatever its specific task is, like playing chess or solving equations, AGI would outperform humans at nearly every cognitive task.

#### WHY RESEARCH AI SAFETY?

In the near term, the goal of keeping AI's impact on society beneficial motivates research in many areas, from economics and law to technical topics such as verification, validity, security and control. Whereas it may be little more than a minor nuisance if your laptop crashes or gets hacked, it becomes all the more important that an AI system does what you want it to do if it controls your car, your airplane, your pacemaker, your automated trading system or your power grid. Another short-term challenge is preventing a devastating arms race in lethal autonomous weapons.

In the long term, an important question is what will happen if the quest for strong AI succeeds and an AI system becomes better than humans at all cognitive tasks. As pointed out by I.J. Good in 1965, designing smarter AI systems is itself a cognitive task. Such a system could potentially undergo recursive self-improvement, triggering an intelligence explosion leaving human intellect far behind. By inventing revolutionary new technologies, such a superintelligence might help us eradicate war, disease, and poverty, and so the creation of strong AI might be the biggest event in human history. Some experts have expressed concern, though, that it might also be the last, unless we learn to align the goals of the AI with ours before it becomes superintelligent.

There are some who question whether strong AI will ever be achieved, and others who insist that the creation of superintelligent AI is guaranteed to be beneficial. At FLI we recognize both of these possibilities, but also recognize the potential for an artificial intelligence system to intentionally or unintentionally cause great harm. We believe research today will help us better prepare for and prevent such potentially negative consequences in the future, thus enjoying the benefits of AI while avoiding pitfalls.

#### **HOW CAN AI BE DANGEROUS?**

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Most researchers agree that a superintelligent AI is unlikely to exhibit human emotions like love or hate, and that there is no reason to expect AI to become intentionally benevolent or malevolent. Instead, when considering how AI might become a risk, experts think two scenarios most likely:

1. The AI is programmed to do something devastating: Autonomous weapons are artificial intelligence systems that are programmed to kill. In the hands of the wrong person, these weapons could easily cause mass casualties. Moreover, an AI arms race could inadvertently lead to an AI war that also results in mass casualties. To avoid being thwarted by the enemy, these weapons would be designed to be extremely difficult to simply "turn off," so humans could plausibly lose control of such a situation. This risk is one that's present even with narrow AI, but grows as levels of AI intelligence and autonomy increase.

2. The AI is programmed to do something beneficial, but it develops a destructive method for achieving its goal: This can happen whenever we fail to fully align the AI's goals with ours, which is strikingly difficult. If you ask an obedient intelligent car to take you to the airport as fast as possible, it might get you there chased by helicopters and covered in vomit, doing not what you wanted but literally what you asked for. If a superintelligent system is tasked with a ambitious geoengineering project, it might wreak havoc with our ecosystem as a side effect, and view human attempts to stop it as a threat to be met.

As these examples illustrate, the concern about advanced AI isn't malevolence but competence. A super-intelligent AI will be extremely good at accomplishing its goals, and if those goals aren't aligned with ours, we have a problem. You're probably not an evil ant-hater who steps on ants out of malice, but if you're in charge of a hydroelectric green energy project and there's an anthill in the region to be flooded, too bad for the ants. A key goal of AI safety research is to never place humanity in the position of those ants.

Anushka Awasthi BCAII

## **Going Digital: Implications for Firm Value and Performance**

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More and more nontechnology companies are adopting digital technologies like AI, data analytics, and machine learning. This study of the economic performance of nontech firms adopting new digital technologies finds a persistent future increase in valuation. However, investors only slowly incorporate the value implications of digital activities into prices. Nontech companies with senior executives with tech talent improve performance more than those without.

The firm value and performance implications of the growing trend of non-technology (non-tech) companies adopting digital technologies such as artificial intelligence, big data, cloud computing, and machine learning. For the entire universe of U.S. publicly listed firms, we identify companies that are going digital using textual analysis of corporate financial reports and conference calls. We first show that digital adoption by non-tech firms has dramatically grown in recent years. Non-tech digital adopters exhibit greater stock price co-movement with technology companies than with their industry peers, suggesting that the digital activities are making them similar to tech firms. The digital adopters hold more cash and are larger, younger, and less CapEx-intensive. Digital adoption is associated with higher valuation-market-to-book ratio is higher by 7%-21% compared to industry peers—and is higher for firms that are younger, more CapEx-intensive, exhibit higher sales growth, and are in industries where digital adoption is prevalent. However, markets are slow to respond to the disclosure of digital activity. Portfolios formed on digital disclosure earn a size/book-to-market adjusted return of 25% over a 3-year horizon and generate a monthly alpha of 40 basis points. Finally, while there is no significant improvement in financial performance as measured by return-on-assets conditional on digital activities, there is a significant increase in asset turnover as well as a significant decline in margins and sales growth. Managerial expertise is important for digital technology adoption, as firms with senior technology executives perform better when going digital.

> Name Shweta BCA I

## **INFORMATION TECHNOLOGY**

In this Generation, Technology Is the most important part for everyone. It's the part of new generation in which generation we are living. During whole day we need help of technology.

Information Technology Is specially based on computer science. It is a wonderful invention of modern science. Besides computers, it also includes telephone, television, radio, wireless, email, fax, the internet etc. The Internet is a giant member information technology. It is the source of news and information. There is no information but is available in the internet. Thus, internet fulfils the demand of individual. every In Old generation if we want to contact anyone we have to write a letter and it goes too late. But now, we can contact anyone with video from our house. All are the gift of technology. But information technology is not free from demerits. Social and anti-social movement, hijacking, fraudulence and many other crimes can take place for the misuse of information technology. Just a notice for everyone, Please don't use technology for any bad works. Use the innovation for good works and help to grow the human civilization.

Devices have been used to aid computation for thousands of years, probably initially in the form of a tally stick<sup>1</sup> The Antikythera mechanism. Dating from about the beginning of the first century BC is generally considered to be the earliest known mechanical analogue computer and the earliest known geared mechanism. Comparable geared devices did not emerge in Europe until the 16th century.

Anuj BCAI

## **INTERNET OF THINGS**

The Internet of Things, or IoT, refers to the billions of physical devices around the world that are now connected to the internet, all collecting and sharing data. Thanks to the arrival of supercheap computer chips and the ubiquity of wireless networks, it's possible to turn anything, from something as small as a pill to something as big as an aeroplane, into a part of the IoT. Connecting up all these different objects and adding sensors to them adds a level of digital intelligence to devices that would be otherwise dumb, enabling them to communicate real-time data without involving a human being. The Internet of Things is making the fabric of the world around us more smarter and more responsive, merging the digital and physical universes. A lightbulb that can be switched on using a smartphone app is an IoT device, as is a motion sensor or a smart thermostat in your office or a connected streetlight. An IoT device could be as fluffy as a child's toy or as serious as a driverless truck. Some larger objects may themselves be filled with many smaller IoT components, such as a jet engine that's now filled with thousands of sensors collecting and transmitting data back to make sure it is operating efficiently. At an even bigger scale, smart cities projects are filling entire regions with sensors to help us understand and control the environment. The idea of adding sensors and intelligence to basic objects was discussed throughout the 1980s and 1990s (and there are arguably some much earlier ancestors), but apart from some early projects -- including an internet-connected vending machine -progress was slow simply because the technology wasn't ready. Chips were too big and bulky and there was no way for objects to communicate effectively. Processors that were cheap and power-frugal enough to be all but disposable were needed before it finally became cost-effective to connect up billions of devices. The adoption of RFID tags -- low-power chips that can communicate wirelessly -- solved some of this issue, along with the increasing availability of broadband internet and cellular and wireless networking. The adoption of IPv6 -- which, among other things, should provide enough IP addresses for every device the world (or indeed this galaxy) is ever likely to need -- was also a necessary step for the IoT to scale.

Komal BCAII

## **MOBILE SECURITY**

Mobile devices can be both the instruments and victims of privacy violations. Google's latest innovation, Google Glass, has been pre-emptively BANNED AT A DINER IN SEATTLE due to the security implications of an unobtrusive mobile device capable of discreetly recording audio, video and still footage in public and private places. However, most security threats from mobile devices result from the manner in which the consumer uses the technology:

- Consumers who elect to set PINs and passwords for their mobile devices often choose easily deciphered codes, such as 1234 or 0000.
- Users may unknowingly download malware disguised as a useful application.
- Out-of-date operating systems may pose threats. OS manufacturers periodically release security patches and fixes, but it is up to the consumer to update their devices. Older devices may not support new updates to the OS.
- Out-of-date software presents similar security risks. Attackers can exploit vulnerabilities in outdated software.
- Wireless transmissions are not always encrypted, making information sent via mobile devices easier to intercept.

With users treating their devices in such a fashion, it can be difficult and frustrating for IT specialists to help users avoid security and privacy especially when those devices are used for company purposes.

Ramanpreet Kaur BCAI

## **CLOUD COMPUTING**

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Computers have become an unavoidablepart of life. Any field you name be it research, banking enterprises, computers are needed everywhere. As the use of computers in our day-to-day life increases, so does the need of the computing resources. For companies like Google and Microsoft, tackling the resources as and when they need it is not a problem. But when it comes to smaller enterprises, affordability becomes a huge factor. Problems like machines failure, hard drive crashes, software bugs, etc increases as the infrastructure increases. This might be a big headache for such a community. Cloud Computing offers a solution to this situation. Cloud computing is a paradigm shift in which computing is moved away from personal computers and even the individual enterprise application server to a 'cloud' of computers. Cloud computing is basically an Internet-based network made up of large numbers of servers - mostly based on open standards, modular and inexpensive.Cloud computing is an internet based computing which provides various applications and services like storage, servers, infrastructure, networking with low cost, on-demand self service, pay as you go model, location independent resource pooling, reasonable price, rapid elasticity etc. Cloud computing is one way to increase the capacity add capabilities without investing in new infrastructures like computer hardware involves storage memory, licensing for new software, training for a person and in a dynamic way.

Cloud computing is innovative which uses well advanced computational power resource and gigantic improvement in storage capabilities, Cloud is the long dreamed vision of computing utilities, which helps in enable ling the sharing of...show more content... Clouds contain vast amounts of information and provide a variety of services to large numbers of people. This paper describes cloud computing, a computing platform based upon internet. The paper defines cloud, outlines the cloud architecture and its major components.

Cloud Computing can be broadly defined as several different methods to deliver information or services to customers who pay for what they use.

Cloud computing is the style of computing where massively scaled IT related capabilities are provided as a service across the internet to multiple external customers and are billed by consumption. Many cloud computing providers have popped up and there is a considerable growth in the usage of this service. Google, Microsoft, Yahoo, IBM and Amazon have started providing cloud computing services. Amazon is the pioneer in this field. Smaller companies like SmugMug, which is an online photo hosting site, has used cloud services for the storing all the data and doing some of its services.

Cloud computing implies the services provided over the internet as both the hardware and system software on the Data-centre's provided by service provider.

Kareena Negi BCAII

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