

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS

SECTOR-11, CHANDIGARH 2021-2022



Abha

From the Principal's Desk

Last two years of uncertainty provided a challenging environment which was covered into opportunities with the indefatigable efforts of the governmental agencies, devotion of the civil society and perseverance of the common man. The energy of the youth played a key role in dealing with the grim situation, whether it was sensitization and awareness generation, relief, moral support or counseling services.

Year 2021 ushered Azadi ka Amrut Mahotsav, an initiative of the Govt. of India to commemorate 75 glorious years of progressive India and its rich history, diverse population, magnificent culture, and great achievements coupled with our collective resolve and determination to shape the destiny of our motherland. We cannot afford to forget the unsung heroes whose sacrifices have made freedom a reality for us. Following their ideas and ideals, we need to realize the world is changing and a new world is unfolding. In this shift, the strength of our convictions will determine the longevity of our ideas.



Prof (Dr.) Anita Kaushal

The government has been working tirelessly towards the Atamnirbhar Bharat, Dynamic and multi-faceted efforts are being undertaken to help India take its rightful position in the new world order emerging in a post-covid world by implementing policies and actualizing commitments. Our teaching and learning community can certainly play a deterministic role by understanding our roles, identifying priorities, setting objectives and aiming at purpose-oriented commitment.

Sarojini Naidu said, "A country's greatness lies in its undying ideals of love and sacrifice that inspire the mothers of the race." Our country has been a fountainhead of love and care for humanity and our Maha Upanishad teaches Vasudhaiva Kutumbakam- whole world is one single family. Our country has not only been disseminating knowledge to the whole world, but it has been welcoming and accepting cultures of other nations as well. In the strife-filled world of today, this teaching has a lot to offer, and we as a country have not only been preaching, but practicing it too.

We need to unshackle ourselves from whatever impedes our progress, we need to liberate our thought process from superstition and move towards scientific temper and rationality. We belong to India, and India belongs to us; and this sense of belongingness is an external bond. The stronger this bond, the stronger our country.

"Where the mind is without fear, and the head is held high, where knowledge is free" - these famous lines of Gurudev Tagore seem more relevant today. As we move ahead after facing the grave situation of the pandemic, as we tread our path converting every challenge into opportunity, it is time for the teaching-taught community to come together, put in our best efforts and work dedicatedly and committedly towards "Ek Bharat Shreshtha Bharat".

Now more than ever, we need to aggressively pursue our dreams, march ahead towards our goals and our destiny because this is nothing short of a second chance. So, dear girls, 'arise awake and sleep not till the goal is reached'. Do all this and much more but without letting your guard down. I wish you all the very best in your future endeavours.

Editorial

Let me begin by congratulating all of us on getting back to the offline-classroom mode of teaching. Computer screens with just names and roll numbers could never make up for classrooms filled with interactive expressive students. During the pandemic years, virtual world was a necessity. The social, economical, and emotional hardships of the lockdown period made us acutely aware of the importance of connectivity. We became aware of both our humane and natural surroundings. It was the commonality of pain and suffering that bound us together as a society. But thankfully now we are gradually coming back from the virtual world and connecting in the real one. I shall get to that in a little while.



We passed the turbulent time of the pandemic with courage and perseverance. We dug up deep inside our reserves of patience and tolerance. It was also a period of constant churning and reflection. I believe that the habit of introspection and contemplation that we developed is the one we must not give up easily. Before we embark on the journey of finding our place in this world, we must acknowledge that knowing ourselves is the first step forward and upward. The process of knowing one's self begins with getting acquainted with one's weaknesses and strengths. This self-awareness is integral to achieving the goals that we set for ourselves.

The goals that we set for ourselves are largely motivated by the virtual world that we inhabit through social media. Our compulsory virtual presence has now become compulsive. In these times of too much social media exposure, hearing one's thoughts becomes difficult. On these social platforms, other people's opinions drown our line of thought. I strongly believe that getting on the bandwagon of public opinions and trends can seriously mar both our thought process and progress. We must learn/relearn to think, have confidence in our thoughts and form our opinions. The skill of systematic analytic thinking must be honed. The ability to express the same needs to be harnessed, but as you express your thoughts and opinions- ensure that those are original and not borrowed from trends and hashtags. There is no dearth of inspirational figures around us, but remember first you must also be your inspiration.

Every era has its own set of values. Systems of a society might change and evolve, but the core values remain the same. It is extremely important that you hold those values close to your heart, more so during your pursuit of success. Devote time to build the integrity that will help you hold steadfast. Believe in yourself, your dreams, your capabilities, your stamina and with your head held high and chase your dreams because what it takes to achieve the goal is there in you- you just need to find it. Remember what Earnest Hemingway said- "A man can be destroyed but not defeated".

Good luck.

Dr. Tanuja Pathak
Chief Editor

Mission and Vision



Mission

To promote knowledge sharing and ensure holistic development of the students through education and empowerment.

To enable the students to actualise their potential and turn into an educated and informed society.

Vision

Our motto 'Courage to Know' instils a firm resolve in the students to strive for the best and have the desire and courage to know.

Objectives

- To promote an environment of learning and discovery
- To embrace creativity and encourage innovation.
- To strive for excellence through constant improvement.
- To foster an atmosphere of respectful and effective communication.
- To encourage lifelong learning practices in our faculty and students.
- To cater to the needs of the underprivileged especially SC, physically challenged and other marginalised segments of society.
- To develop the institution in step with international trends.

Stellar Achievements



- **NAAC Accredited 'A' Grade** with **CGPA 3.52**, in its second cycle, is the highest among all tricity colleges.
- Principal, **Prof. (Dr) Anita Kaushal**, was conferred an award by The Governor of Punjab and Administrator of Chandigarh Shri Banwarilal Purohit Ji on the occasion of **Cyber Safety & National Security Program** by **Cyber Crime Investigation Cell, Chandigarh Police** in the month of June, 2022 for creating extensive awareness among the students and faculty in this hour of need.
- The college project: **"Windrow Composting-Stabilization of Municipal Solid Waste (MSW) in Chandigarh for Zero Waste Future"**, has been listed as one of the **finalists** of prestigious **International Green Gown Awards 2022**. The Green Gown Awards recognise the exceptional sustainability initiatives being undertaken by universities and colleges across the world.
- **Mahatma Gandhi National Council of Rural Education (MGNCRE)**, Ministry of Education, Government of India has recognised Post Graduate Government College for Girls, Sector-11, Chandigarh, as one of the **exemplary performers** in the **"Swachhta Action Plan"** green campus initiative and conferred the **"District Green Champion"** award to the institution.
- Winner of **Overall Trophy for eight consecutive years** in the Panjab University Zonal Youth and Heritage Festival.
- PGGCG-11 has the **distinction** of being placed in the **150-200 band in the NIRF Ranking 2022**.

Stellar Achievements



- The college was acknowledged as a ‘Recognised Beat Covid Campaign Institution’ by the Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India.
- The institution participated in the Each One Reach One Covid Mission wherein faculty and students helped Covid patients and their families during the pandemic.
- A Certificate of Appreciation was presented to Prof. (Dr) Anita Kaushal and the institution on the occasion of World Environment Day (June 2022) for the outstanding work done towards ENVIRONMENT AWARENESS ACTIVITY- SELFIE WITH PLANTS by MGNCRE, Dept. of Higher Education, MoE Govt. of India.
- PGGCG-11 was awarded a Certificate of Appreciation for participating and completing the Largest Plantation Drive in Higher Educational Institutions across Chandigarh. by MGNCRE, Govt. of India.
- Mahatma Gandhi National Council of Rural Education has certified College for participating and completing “THE USE OF GANDHI CHHADI AND WASTE MANAGEMENT SWACHHTA DRIVE”.
- Post Graduate Government College for Girls, Sector-11, Chandigarh is now a registered member of GLOBAL WASTE CLEANING NETWORK, for active participation in environmental issues related to management and reduction of waste.
- The college also won a host of awards in the sphere of environment protection like Skoch Award, CII National Award for Environmental Best Practices 2021, IFHE, Italy Award, MGNCRE Green Global Award.
- Post Graduate Government College for Girls, Sector-11 Chandigarh was conferred with the title of Eat Right Campus by the Food Safety and Standards Authority of India (FSSAI) , a first amongst all the tricity colleges.

Stellar Achievements



- The college was **adjudged the Second Best Maintained Campus (H3 Category)** at the 50th Chandigarh Rose Festival organised by the Chandigarh Administration in February, 2022.
- **First college** in the city to sign a **Memorandum of Understanding with ICMR Centre of Innovation and Bio Design (CIBioD), PGIMER, Chandigarh** with an aim to promote innovation in medical sciences and instruments for recognising the importance of Research and Development.
- The college signed a **Memorandum of Understanding with the Regional Centre Entrepreneurship Development (RCED)**. The college would collaborate with RCED in organising programmes on Entrepreneurship Development, Entrepreneurial Awareness Camps, Skill Development Programmes, Faculty Development Programmes and setting up of an Incubation Centre.
- PGGCG-11, signed a **Memorandum of Understanding with the Central Poultry Development Organization** to collaborate in conducting practical workshop and field visits for post graduate and graduate students aimed at familiarising them with the techniques required for poultry farming.
- **Large number of merit positions** are bagged by our students in the exams conducted by **Panjab University, Chandigarh** and various competitive exams like **CSE, UGC, GATE** etc.
- Every year, our students get placed through **placement drives** conducted by prominent companies and MNC's on-campus and off-campus.
- **Ms Kusum**, a student of our Institution, brought laurels to the college by representing India in **World Cup Women's Fencing team for the year 2022**. She also won a **bronze medal** at the **International Level in the Asian Junior and Cadet Fencing Championship in Tashkent, Uzbekistan**.



राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद
विश्वविद्यालय अनुदान आयोग का स्वायत्त संगठन
NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL
An Autonomous Institution of the University Grants Commission

Certificate of Accreditation

The Executive Committee of the
National Assessment and Accreditation Council
on the recommendation of the duly appointed
Peer Team is pleased to declare the
Post Graduate Government College for Girls
Sector-11, affiliated to Panjab University, Chandigarh as
Accredited
with **CGPA** of 3.32 on four point scale
at **A** grade
valid up to February 18, 2021

Date : February 19, 2016



Director

Green Gown Awards
International

in association with

Allianz
Global Investors

Post Graduate Government College For Girls

Finalist/Finalista
2022

Creating Impact
Creando un impacto



The International Green Gown Awards are administered by EAUC.

Sr.No. PU/DYW/YHF/2021/85.....

PANJAB UNIVERSITY



Panjab University Zonal Trophy

Certified that Post Graduate Government College for Girls, Sec-11, Chandigarh has won the **Panjab University Zonal Trophy** of the Zone **Chandigarh-B** during the **Panjab University Zonal Youth & Heritage Festival** Session 2021-22 held at **Guru Gobind Singh Khalsa College for Women, Jhar Sahib** from **22-11-2021 to 26-11-2021**.

Festival Convener

Director Youth Welfare

Department of Youth Welfare
Panjab University Chandigarh



Certificate of Membership

This certifies that for the period going from **01 February 2022 to 31 January 2025**

Post Graduate Government College for Girls - 11, Chandigarh

is a registered member of

Global Waste Cleaning Network

An international non-profit network comprised of NGOs, educational institutions, and private and public sector companies, that are active and interested in environmental issues related to the management and reduction of waste in the world, and the conservation of the oceans, coastlines, lands and atmosphere.

GWCN is registered as a CIO in England and Wales under charity number 1192372.

Member Ref: GWCN/M/22.767



Linus Ayangwoh Embe

Linus Ayangwoh Embe
Chief Executive Officer

Roger Achkar

Dr. Roger Achkar
Director General



75
Azadi Ka
Amrit Mahotsav



Certificate of Appreciation

This certificate is in recognition of the outstanding work done by **Prof(Dr)Anita Kaushal, Principal** from **Post Graduate Government College for Girls, Sector-11, Chandigarh** for carrying out environment awareness activity 'Selfie with plant' on the occasion of World Environment Day. The activity is initiated by the college in collaboration with MGNCRE, Ministry of Education Government of India.

Your kindness, courage, and strength are greatly appreciated.

Mr. Samarth Sharma

Mr. Samarth Sharma
Programme Coordinator
MGNCRE, Ministry of Education
Government of India

Dr. Shatrughan Bhardwaj

Dr. Shatrughan Bhardwaj
National Coordinator
MGNCRE, Ministry of Education
Government of India

Mahatma Gandhi National Council of Rural Education
Department of Higher Education, Ministry of Education
Government of India

MAHATMA GANDHI NATIONAL COUNCIL OF RURAL EDUCATION

MINISTRY OF EDUCATION GOVERNMENT OF INDIA



MEMO NO: MHRD/GOI.MGNCRE/SAP/98 DATED: 06.01.2022

CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Post Graduate Government College for Girls, Sector II, Chandigarh

FOR SUCCESSFULLY PARTICIPATING IN AND COMPLETING, THE 'USE OF GANDHI CHHADI AND WASTE MANAGEMENT SWACHHTA DRIVE' PHASE 1 FROM 27.12.2021 TO 31.12.2021 UNDER THE AEGIS OF MAHATMA GANDHI NATIONAL COUNCIL OF RURAL EDUCATION DEPT. OF HIGHER EDUCATION MINISTRY OF EDUCATION GOVERNMENT OF INDIA.

WISHING THE INSTITUTION SUCCESS IN ALL ITS FUTURE ENDEAVOURS.

Mr. Samarth Sharma
Mr. Samarth Sharma
PROGRAMME COORDINATOR
MGNCRE, MINISTRY OF EDUCATION
GOVERNMENT OF INDIA



Dr W G Prasanna Kumar
Dr W G Prasanna Kumar
CHAIRMAN
MGNCRE, MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

तारीख / Date: 23.08.2021
दस्तावेज संख्या / Memo no: MGNCRE/GOV/CHD/268



भारत सरकार / Government of India
महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद / Mahatma Gandhi National Council of Rural Education
उच्च शिक्षा विभाग / Department of Higher Education
शिक्षा मंत्रालय / Ministry of Education



District Green Champion Certificate

This is to certify that **Post Graduate Government College for Girls, Sector-II, Chandigarh** is hereby recognized as **District Green Champion for Chandigarh District** for the Academic Year 2020-21. The Institution has successfully set up the Swachhta Action Plan Committee, adopted and implemented best practices in the areas of Sanitation, Hygiene, Waste Management, Water Management, Energy Management and Greenery Management.

This certificate is given in the presence of **Shri. Rubinderjit Singh Brar PCS, Director Higher Education, Chandigarh.**

August 2021

Dr W G Prasanna Kumar

Dr W G Prasanna Kumar
Chairman
MGNCRE, Ministry of Education
Government of India



Confederation of Indian Industry

8th CII National Award for Environmental Best Practices 2021

This is to certify that

Post Graduate Government College for Girls - 11, Chandigarh

Project Title: Study on Windrow Composting - An Aerobic Bio-conversion and Stabilization of Municipal Solid Waste (MSW) in Chandigarh

is a "Innovative Environmental Project"

This is being given on completion of the National Competition for CII National Award for Environmental Best Practices held on 28 - 30 July 2021 over Virtual Platform.

A S Venkatesh

A S Venkatesh
Executive Director
CII - Gooch GBC

Pradeep Bhargava

Pradeep Bhargava
Chairman
GreenCo & Environmental Council
CII - Gooch GBC

L S Ganapathi

L S Ganapathi
Chairman
CII Environmental Best Practices Award
CII - Gooch GBC



Mahatma Gandhi National Council of Rural Education
Department of Higher Education Ministry of Education
Government of India



CERTIFICATE OF APPRECIATION

This certificate is presented to **Post Graduate Government College for Girls, Sector-11 Chandigarh** for successfully conducting the largest Environment awareness activity '**Selfie with Plant**' in Higher Education Institutions across Chandigarh which speaks volumes of your dedication and commitment to make not only your institution exemplary, but also is an inspiration to your students.

It is our privilege to express our gratitude and recognise the outstanding work done by the college.

05.06.2022

DATE

Mr. Samarth Sharma

MR. SAMARTH SHARMA
PROGRAMME COORDINATOR
MGNCRE, MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

CER NO: MGNCRE/GOI/7549

USPs of the College

- ◆ **Academics:** Guided by our dedicated staff, we secure 100 % results in the majority of the disciplines.
- ◆ **Co-curricular Activities:** Winners of the **Overall Trophy** for **eight consecutive years** in the P.U. Zonal Youth and Heritage Festival reflects the excellence in co-curricular activities of our students, maintaining a winning streak in everything ranging from literary competitions to performing arts.
- ◆ The college offers **Research Centres for Ph.D. in five disciplines.**
- ◆ A **semi-circular multimedia room** equipped with the latest digital devices to conduct seminars, conferences, meetings, interactions etc.
- ◆ A newly constructed **Research Block** for Ph.D. students and faculty.
- ◆ The **Windrow Composting** system is fully operational, wherein all food waste from the college food service operations is collected and compost is generated.
- ◆ The college also boasts of a state-of-the-art indoor **gymnasium** for the benefit of our students.
- ◆ The college has more than **thirteen departmental and inter-disciplinary** societies and clubs which ensure and generate a community centric spirit in the students. Each student is required to be a part of at least two societies.
- ◆ PGGCG-11 is the only college to have **eight NSS units** comprising of 800 volunteers.
- ◆ The college also has an active **NCC Army Wing** and **Air Wing** wherein students attend various State and National level camps.
- ◆ **Mentorship Programme:** PGGCG -11 organises **regular tutorials** wherein each teacher is assigned 40 students for the entire academic session. They meet regularly and discuss a wide range of issues from academics to mental health and personality development.



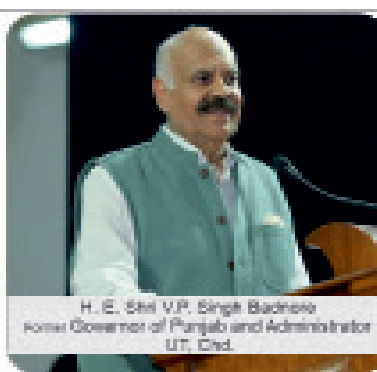
Dignitaries who graced our Institution



Mrs. Kiran Kher
M.P. UT, Chandigarh



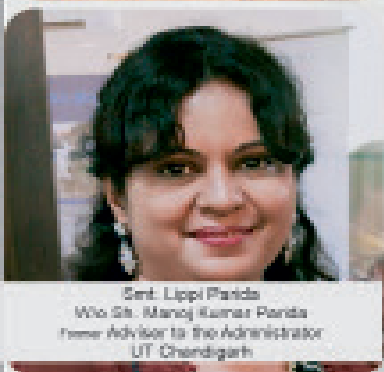
H. E. Prof. Karam Singh Solanki
Former Governor of Haryana



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



First Lady
Shri. Alka Singh
Wife of H.E. Sh. V. P. Singh Badnore



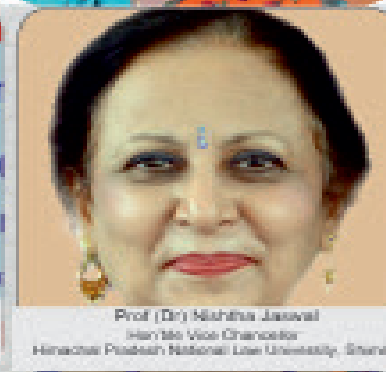
Smt. Lippi Parida
Wife of Sh. Manoj Kumar Parida
Former Advisor to the Administrator
UT Chandigarh



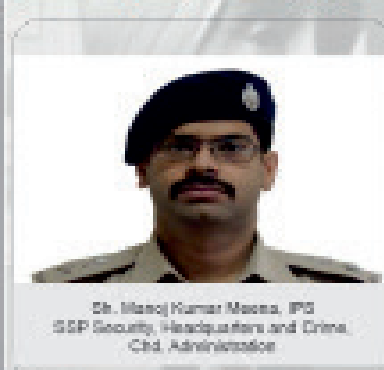
Sh. Manoj Kumar Parida, IAS
Former Advisor to the Administrator
Chd. Administration



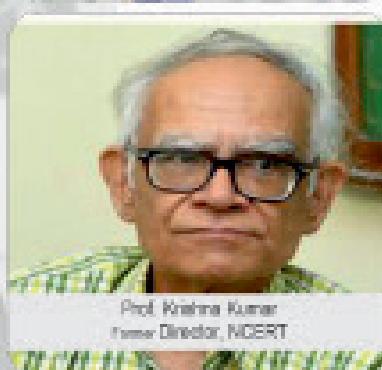
Ms. Purva Gang
Education Secretary, Chd. Administration



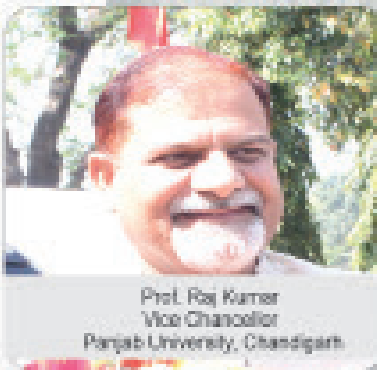
Prof. (Dr.) Nishtha Jasswal
Haryana Vice Chancellor
Himachal Pradesh National Law University, Shimla



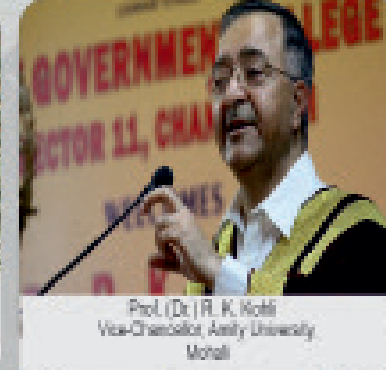
Sh. Manoj Kumar Meena, IPS
SSP Security, Headquarters and Crime,
Chd. Administration



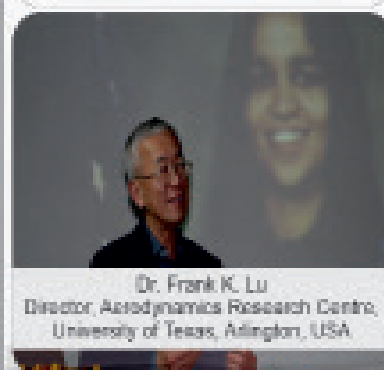
Prof. Krishna Kumar
Former Director, NCERT



Prof. Raj Kumar
Vice-Chancellor
Panjab University, Chandigarh



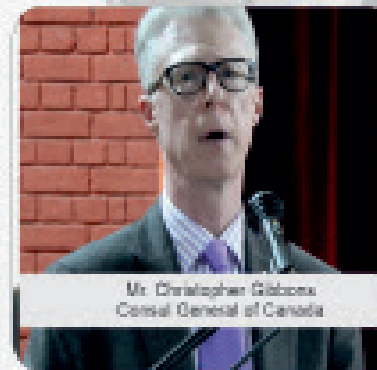
Prof. (Dr.) R. K. Nohi
Vice-Chancellor, Amity University,
Mohali



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



Prof. Anilabh Kundra, Distinguished Fellow
Research and Information System
for Developing Countries, New Delhi



Mr. Christopher Gibbons
Consul General of Canada



Hon.ble Ms. Justice Rita Bahin
Punjab and Haryana High Court, Chandigarh



Ms. Kamalinder Singh
Rajya Awardee



Prof. (Dr.) B. S. Ghuman
Former Vice-Chancellor, Panjab University,
Patiala



Sh. Tejender Singh, IPS
DGP, Chandigarh



Padmashri Kawaljeet Sandhu
Aajanta Awardee

ENGLISH SECTION



ENGLISH SECTION

STAFF EDITOR

Ms.KAMALDEEP KAUR

STUDENT EDITOR

RITIKA SEN

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Cheetakshi Sharma

Manu Chauhan

FROM THE DESK OF STAFF EDITOR



Greetings to all the readers of *Abha*, a space where students display their creativity in the form of poetry, stories and articles. Every year our Student Editor categorises the articles under different headings. This year one of the headings that caught my attention was Core Awakening. It means to be in touch with your inner self. Most of the time we are so overwhelmed by outer reality that we forget our inner landscape.

During the coronavirus pandemic, we were forced to look inwards when the outside world shut down. My dear students, it is this looking inwards and being aware of our own needs that will lead to a better understanding of ourselves. All the time the outside world pressurises us to do something or the other. To be always engaged. Sitting idle is seen as wasteful. We are expected to be constantly busy. But let me assure you that you don't always need to be busy. You don't need to justify your existence in terms of how productive you are. We need to rest, to slow down. Rest is an essential part of survival. It is an essential part of being human. Have you seen animals lying in the sun? They have no guilt for doing so. But as humans we feel guilty if we rest or do "nothing." To sit passively, absorbing the sights and sounds of life – the song of a bird, the ticking of a clock, the drone of an aeroplane- can suffuse us with mental peace.

Just as we need pauses between notes for music to sound good. Just as we need punctuation in a sentence for it to be coherent, we should see rest and reflection as an intrinsic part of life that is needed to make sense of the whole.

Reflect.

Pause.

Think.

Ms Kamal Deep Kaur

Assistant Professor

Dept. of English

PGGCG Sector 11, Chd.

FROM THE DESK OF STUDENT EDITOR



“I write best when I stop trying to write and begin simply to remember.”

-Willa Cather.

Are you among those ones who fear writing; fear of whether the work which you will write will be appropriate or will be appreciated by everyone? Well, I was one such person.

Variety of thoughts like: “What should I write about?” or “How do I start this?” occupied me everytime. I used to dread writing till I realized that there is no hard and fast rule to go about it. I realized that it wasn’t the writing part itself which terrified me but the constant urge and pressure in my mind to create something “lofty”, something different that would fetch me a scholarly title. But I have realized that we can’t consider up our life as a deadline, being scared of the so called “validation” and stressing on differentiating ourselves from others. There isn’t a dire need for this if we just reflect on what we truly are. I believe that as humans, the smartest of the species on Earth, creativity can flow out of us at any moment; the most wonderful of the thoughts can come to us even when we are doing something as basic as cooking. Our unique thoughts are our currency and we are different hues of green in the same forest.

We just need to start jotting our thoughts down whenever they come into our mind; be it even on unexpected situations. We should start by glancing through every window of our life that we confront and trying a new outfit every time. The spectrum of identity exists beyond conformity. We should acknowledge our existence, leave our inhibitions; and by letting our hair down, align our insides and outsides to accelerate forward.

“The beautiful part of writing is that you don’t have to get it right the first time unlike, say a brain surgery.”-Robert Cormier.

POET'S THRONE

WORLD OF JOY.

Take Me to the world full of joy.
The place where no one can cry.
Don't loose hope, give it a try.
Believe yourself, you can fly.
Don't listen to people who want your dreams to die.
Keep working hard and fly high.
Be confident, don't be shy,
Success happens to them who never lie.

IN THIS LOCK DOWN

In this lock down. I and books have become friends.
They don't talk but still make sense.
Reading books have become my pleasure.
They are now My box of treasure.
They are the ones who never lie.
My dreams with them never die.
I want to live my entire life with books around.
They are the ones who make me proud.
Books are the ones who make me fly.
being with them I can never cry.

**By - Yukta Sobti ,
B.Com-I,6236**

TIME

I will keep a track.
Of days that pass
In the numbness of now,
In the undenied denial.
In the shrewd redemption.
In the love that loved,
And the love that failed.
In the mind that evolves.
And the emptiness that follows:
In the moments I have missed,
In the moments yet to come.
In the faith that I carry,
For the magic I will become.
I will keep a track
Because that's what you do
When the line between
Today and yesterday; future and past,
Disappears into existence.
Because time is a paradox mate!
You can't hit reset or snooze
The more you hold on to it,
The more of it you lose.



**By –Ayushi
BA-II,005**

BLANKET

Blanket.

Some people got it thicker

Some don't have it

Some are pampered with things

Some are pampered with love

And others both

Same desires but different ways

Some get it with bruises

Some get it while sleeping on a fluffy bed Same dreams different blankets.



By -Khumbongmayum Manju

BA-I, 5385

BEAUTIFUL PAINTING

Saw a beautiful painting yesterday.
It was depicted in a stunning way.
It was a blessing for eyes.
It gave my soul rise.
It was like a sunray...
It took my heart away. After seeing that painting my day was made.
After that Slowly My sadness got fade.

By - Yukta Sobti
B.Com-I,6236

I AM A GIRL

I face society throughout my life.
A life of grief, sorrow and strife.
The world doesn't face it, or does the world?
It happens to me because I am a girl.
I get no care. I am insulted here, there and everywhere.
Some stones at me are too hurled.
It happens to me because I am a girl.
I am no source of joy,
Everybody wants a baby boy.
When my life turns,
it takes a sad curl.
It happens to me because I am a girl.
It isn't my story, it may not be yours
. But it is story of this country of ours.
Today it is the need of the hour, To crush the dominant male power.
And the wings of love will be spread.
There would be brightness on the path ahead.
Happiness would be great, sorrow would be mild.
BUT ONLY IF YOU SAVE THE GIRL CHILD.

**By – Riya Sareen
BA -I , 10603**



FORGETFULNESS IS A BLISS

One sided love, tragic loss, heartache
Have all been confessed.
But not the deepest wound,
Which happens inside your head.
Good memory is a gift,
But it is a bliss to forget
When you forget to hold on,
You truly let go.
When you forget the way back home,
you find a shorter route.
When you forget your possessions,
You unpossess your arrogance.
When you forget brutal falls,
You carry no fear.
When you forget the moments missed,
You start living in the moment.
When you forget the hurt,
You stop hurting yourself.
Why to carry it all, when
we're all going to be stories, in the end.

**By –Ayushi
BA-II, 005**

CORE AWAKENING

Our grandparents, teachers, elders, have always emphasized about the inevitability of change. How it happens, how the 'change' changes you, whether good or bad you must face it fearlessly and how there's some meaning behind every change that happens in your life. Well, here's what I feel about change. Change is scary. Change is unsettling. Change is wicked. Just when you get used to living in your bubble, just when you settle in the perfect spot on the couch, just when you finally find yourself; change with its lopsided grin turns life upside down. The scarier part is that not heartily accepting change, is a socially negative trait. It implies that you're weak, unprepared and sensitive. Finding comfort in the known, going back to where you belong, choosing the roads which you have travelled, is the most soothing and bold choice you can ever make. People judge people, if they still live in the same place, order the same coffee, have the same habits or slangs, listen to the same songs, have the same friends, same life. Is making a safe choice that bad? Does not changing the subtlest things around you makes you timid? When the world around you changes in forms previously unimagined, can't we normalize clinging on to things which hold us in place, intact? While writing this, I am very well aware that tomorrow will be different, that change has happened, is happening, and will probably keep happening. It is irrational to be afraid of change. But it should be okay to dislike it when it happens. It should be okay to stumble or fall, when tides turn. It should okay to be at ease with the familiar. Let's change the way we think about change.

**By-Ayushi
BAII,005**

MINDFULNESS

Being mindful and kind is a topic close to my heart. It is something that I truly believe changes one's perspective on life. To have a better understanding I want you to close your eyes and think about a time you helped someone and they appreciated your kind action. What impact did it have on them and how did it make you feel? I'm sure it made you feel happy. Now open your eyes. How do you feel now? Just thinking about that wholesome memory makes your heart warm. A simple act of kindness can make a person smile. And it brightens up your mood. A kind act can be small but is always meaningful. Being mindful of our surroundings leads to awareness and further opens up opportunities. Like helping a stranger on the road or greeting a friend or a teacher when I see them. It also helps me engage more in self care and feel grateful. The term "mindfulness" refers to being intensely aware of what we're feeling and sensing at the moment. Observing thoughts, feelings and sensations as they arise. Having an attitude that is non-judgmental, curious and kind. Choosing to do something good and productive.

So how do we start mindfulness?

There is no one correct way of practicing mindfulness. But we can always begin with small but kind and thoughtful actions. Some tips that I personally find helpful are listed below:



- Notice as many kind actions that you do and others do.
- Mindful journaling. Write down things that you are grateful for daily. It helps us have a better understanding of our feelings and makes keeping track of our thoughts easier.
- Make mindfulness a part of you and not something of a chore.

Challenges to mindful living

The first challenge to living a mindful lifestyle would be starting it. And the simple solution to this would be to set a reminder. To make a list of to do things before bed and a mental note to oneself to partake in mindful activities. And a tip that I personally find very helpful is to reward ourselves after doing a kind act. For example having our favourite tea or snack after studying or exercising. To practice mindfulness in small things. The second challenge could be in making choices. Making mindful choices and sticking to them. And the best way to maintaining mindfulness is to meditate and journal daily to keep calm and to have a better understanding of our own wants and needs. It also helps us to have a clearer vision of our future goals. Another challenge worth mentioning is consistency. It isn't easy to remain mindful at all times as there always comes a time when we feel down and not so appreciative of ourselves and of others. But we can always try to be as understanding as we can be because a little patience and kindness goes a long way.

Pros of mindful lifestyle

- Strengthens relationships. Mindfulness improves the communication between people. It helps people see things from the perspective of others and open up to different ideas. And in order to have better communication with our loved ones we must first recognise our own

feelings. Understanding what we are expecting from them or what is troubling us at the moment. And then putting them into words.

- Keeps you happy and positive.
- Engaging in productive activities and having positive interaction with others brightens our mood and we become motivated to do more. For every positive interaction we share and for every kind action we do, we gain a happy memory.
- Being mindful improves not just our mental state but also our overall physical well being. Mindfulness involves having a healthy lifestyle.
- Improvement in sleep habits and sleep quality. Before I got into mindfulness, I used to have a hard time falling asleep. I kept tossing and turning around in my bed trying to sleep but would fail. But once I got into mindfulness, I stopped pushing myself and stopped trying to control everything. It has taught me that it is okay to relax and slow down. When I have trouble falling asleep instead of worrying, I now engage in activities that I enjoy like reading a book or taking a bath.

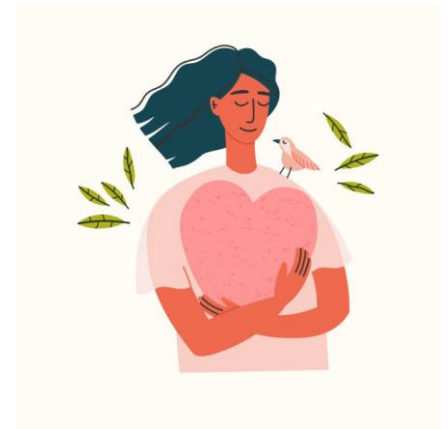
Breathe. Mindfulness and life balance starts from within. And the beautiful thing about mindfulness is that it doesn't take up extra time out of your life. You can bring in mindfulness in your everyday life activities. We can begin by simply observing our environments and being grateful. I cooperate mindfulness in my life by seeing chores and everyday tasks as an opportunity to practice mindfulness. And learning to enjoy the smallest of activity. It is also important for us to understand that it is only natural for our minds to wander and for us to not be able to practice mindfulness all the time. And that's okay because we are humans after all and humans are far from perfect. So relax. Be present in the moment without any judgment.

By -Tungkoibee Yanam

BA-III 10311

I AM MY OWN HOME

My anxieties trigger in foreign places,
Being vulnerable in a world like this,
With its uncertain and deceptive faces.
Has always made me homesick.
And this sickness is not exclusive to me,
Humans have wandered across terrains and seas,
Have historically longed to reach home.
But now that I am making peace with the world,
With its revelations and truths unfurled.
I am convinced that I was stupid all along.
To look for home in all places wrong.
When it has always been inside me.
The warmth calming me down,
Has always been my own company.
The secrets that are known to my soul,
Have been safe and untold all along
The intimacy I being understood,
Can't be compared, even if I could
Try to wear my heart on my sleeve,
This world will always be a foreign place,
Because in my own self I've found solace
And yes, this is how I choose to elude,
this is my own love for solitude!



**By – Ayushi,
BA-II 005**

I FOUND A HOME IN THE CAMPUS

“Are you the girl who left Punjab University to study in our college?” People asked me this question a dozen times in a day. I answered with a smile and then gave my explanation. Every institution has its own charms. Punjab University has its own and Government College for Girls has its own as well. It is up to us to choose the one that suits us the most. After attending GCG, I realized that it was a place I always yearned for. It was a place I always belonged to. It hasn’t been much time since I got admitted to the college but I found a treasure in the campus. I used to hear that girls are not supportive of their friends but the girls in the college completely destroyed this notion. They were the most helpful beings I

had ever met. They were kind and lovely. Of course, it isn't easy leaving home and residing in a hostel. But the hostel turned out to be a warm, welcoming place. The hostel mates were very affectionate and congenial. They were like sisters that I never had and at some times motherly figures who took care of me. Even the teachers proved to be supportive and encouraging. The college staff wasn't a college staff for me, it was family. My heart goes out to every person who helped me adjust. Everyone deserves appreciation. I find myself short of words thinking about my college experience. All I can say is- I found a home.

By -Nabia Noor

BA-II, 754

BETTER VERSION OF MYSELF

There are no such things as life changing movies, books, or music etc. I have seen, read or listened to tons of them because I am obsessed with the idea of changing my life. It is more like a necessity right now but of course the fancy words and motivational speeches were fabricated lies or my perception of them were wrong. It does not work like that. The art can only inspire you or fan a flame inside you to change but you have to build the courage yourself to get out of that rabbit hole. It will never be an overnight success. Nobody sleeps as a failure or miraculously wake up to be a completely different and best version of themselves the next day. It is a gradual process. You have to wake up each day to start from zero. It might be rewarding on some days and some days, you may wake up to your apathetic self. However, as long as you do not give up on yourself, you'll keep growing and shining. Always strive to be a better version of yourself. Making mistakes is not a failure but a lesson to learn. "To err is human". Break down thousand times in the process, but do not let the feeling consume you.

And then one day, when you will feel on the epitome of your being, which is again not a final feeling, you will realise the significance of that specific piece of art in the journey of being you. Ironical. Keep working on yourself regardless of what life tests you with.

" Let everything happen to you.

Beauty and terror.

Just keep going.

No feeling is final."

- Rainer Maria Rilke.

**By -Muskan,
BA-II, 142**

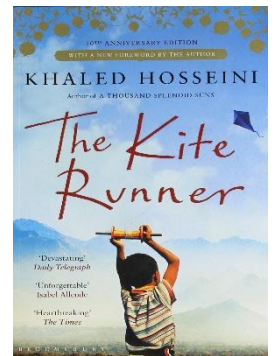
READ O'PHILE

THE KITE RUNNER

"I do believe something very magical can happen when you read a good book", that's what JK Rowling said and being a reado'phile , I can actually feel that there is something magical about reading books. For those who don't know what a reado'phile means, it means someone who has an intense love for reading. I have read so many books from past seven years and still continuing doing that. I have came across so many good books and it feels so good to read every single part of them.

"What's your favorite book? ",Every time someone asks me this question, I find myself responding, its*The Kite Runner*.

Its not because old books haven't earned the place of being my answer, its just that *The Kite Runner* hasn't left it. A gripping and emotional story of betrayal and redemption, *The Kite Runner* had me thrilled and moved, both at the same time. It tells the story of Amir and Hassan, the closest of friends, as good as brothers, and also experts in the art of kite flying. The two young boys live in Kabul, the capital of Afghanistan, and this year they are going to try harder than ever to win the local kite-fighting tournament a popular Afghan pastime, and this is Amir's one hope of winning his father's love. But just like the kites battling in the sky, war comes to Afghanistan, and the country becomes an extremely dangerous place.



In war, people are often forced to make great sacrifices, and the young Amir himself commits an act of betrayal, towards his best friend Hassan no less, which will haunt him for the rest of his life. Amir and his father are forced to flee Afghanistan for America, and *The Kite Runner* becomes the story of Amir's quest for redemption - righting the wrongs he committed all those years ago as a boy in Kabul.

I think the best bit about the kite runner is its sense of fate and justice, of good overcoming evil in the end, despite all odds. Without giving away the ending, Amir ends up back in Afghanistan and makes a very different set of sacrifices in order to set things straight.

This book has made me feel things I didn't know I could feel while reading. It has made me angry on Hassan's selfless love for Amir. It made me cry for Amir craving for his father's love. It made me smile on the last page and most importantly it gave me words which I value more than anything, 'For you, a thousand times over'. its not just a quote but an emotion.

This heartfelt story by Khaled Hosseini is heartfelt story as it deals with issues of religion, prejudice, forgiveness and the nature of goodness. What I will say is that it is an important,

heartfelt work of art and I believe it will be causing readers to replenish boxes of tissues far into the future.

Deep down I feel no book will ever make the same impact as *The Kite Runner*, still I wish I could write this kind of book for people.

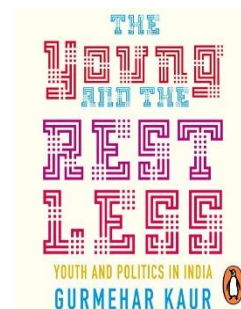
What's your favourite book?

Publication- Bloomsbury Paperbacks

Print length-352 pages

Price- Rs.599

By- Lakshi Sethi ,BA-I,5263



THE BOOK THIEF

In a world torn by war. lives a young girl of nine who finds comfort in books. A planet ripped apart by humans where Death has its hands full of tormented souls. Markus Zusak narrates the haunting tale from the perspective of Death with just one warning at the front page:

"It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still."

Our peculiar narrator follows the journey of Liesel Meninger, whom it refers to as The Book Thief. Liesel tries to make sense of a broken world hanging on a loose thread of hope through the power of words. She watches in utter helplessness as her country is destroyed with mass weapon of hatred and frightening words controlled by one Man. Books were her only getaway.

Zusak has beautifully shown the agony and Misery war brings. How big and powerful cities are turned to dust. How the survivors live with the guilt and the ghost of their past never leaves them.

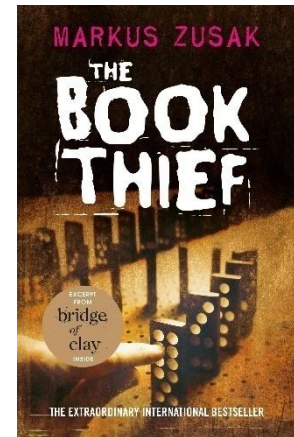
This heart wrenching story sings the song of the horror that was inflicted upon Millions. This book is a must read for historical fiction geeks. It will leave them. in tears. The readers will be left with sorrowful blues and frightening reds. Death takes its leave by delivering one last chilling Message:

"I am haunted by humans. "

Publication-Random House

Print length-624 pages

Price-Rs.399



By- Bharti

Roll No. 10661

BA-III

YOUNG INDIA NEEDS TO KNOW

India is a young nation as well as a democratic one. It needs to represent the treasure it holds the worthy thoughts of its youngsters on how to improve the plight of the depreciating nation. How Many young leaders does a college or university student know about? All one knows about is the senior leaders who have been in news for decades. Young leaders are the need of the hour. As Much as we need them, the established leaders are hell bent on dragging them down. There are only a few young leaders who are known. Even they are not sufficiently portrayed in the Media.

Gurmehar Kaur's 'The Young And The Restless' is a spectacular book. It holds the key to knowing some of the wonderful young leaders of India. The book speaks of leaders who hold varied opinions from the left. right and centre which helps the reader understand the points of view of people who support different ideologies. It represents people as who they

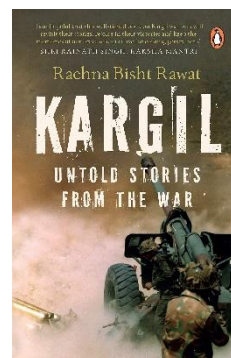
are rather than clouding their pictures infusing them with the parties they resonate with. Women, both young and old form a rather Small part of the decision Making bodies. Most of the women enter politics as an inheritor of their forefather's legacy. The book highlights this problem and urges for a change.

Gurmehar writes in a simple yet influential Manner. Her words hold power over the readers. By the end of the book, one becomes familiar with a few leaders who are standing up for their people and what they believe in. Their journeys are inspiring even though a reader can not agree with all of their viewpoints. It feels like it was me and not Gurmehar who met those people doing commendable job improving our nation. From Omar Abdullah to Raghav Chadha, all of them Made Me hopeful. The book. Made Me believe that there lies a bright future for India. Jane Austen wrote. "If a book is well written I always find it too short". And that is the only unpleasant part of the book. I could only yearn to know More words to read.....

Publication-Penguin

Print length- 272 pages

Price – Rs.299



By -Nabia Noor

BA-II 754

KARGIL- UNTOLD STORIES FROM THE WAR

The book *KARGIL - Untold Stories From The War* written by *Rachna Bisht Rawat*,unwinds an adventure. The language is lucid and can be read by any age group . The book is gripping and laden with interesting facts and images as well. This book is all about the Kargil War, which was fought on mountainous terrain, and the exemplary valour shown by the Indian Army. This book is a tribute to all the 527 young soldiers who were martyred and over 1000 wounded personnel. This book gives in-depth insights of the battlefield. The last letters from war zone, the war cries, the stories of severally injured soldiers, leaves the reader heavy hearted and after the shot of last bullet, the reader too, rejoice in the victory. This book is a collection of vivid memories of the Kargil Warriors and their families, which are very heart touching. Its been said, that behind every strong soldier there is even stronger family, very true to this sentence, the families of martyrs, face the loss of their loved ones with courage and dignity. Agony of the old parents who are still fighting for the justice for their martyred son who was tortured in the enemies custody. The courageous mother who lost her son during the war, but still puts aside her pain and advice the Indian Army not to risk another soldiers life just to retrieve her son's dead body. The retired colonel who glorifies his son's death by saying he was fortunate to die on the battlefield. There are many such stories in this book, keeps the reader engrossed. This book also unveils the many unsung heroes of the war, like, the doctor with the maroon beret who pledged that " no man who comes to me alive, will be allowed to die", the civilians of the war zone, who joined the Indian Army as a volunteers AIR Leh and Kargil kept the radio station running even during the amidst

war situation to control the rumours perpetrated by Radio Pakistan. This all people deserves huge respect. The book also express how strong is the Indian Army ethically as well. During the war they have treated the injured enemy soldiers and also cremated the dead soldiers with all the due respect and not only this but the Indian Army also endorsed the enemy soldiers bravery. Even the family of the late Pakistani soldiers appreciated the moral values of the Indian Army. This book has a wonderful line written...

"Soldiers don't die on battlefields; they die when ungrateful nation forgets their sacrifice." And this book will surely make the reader realize how much grit and determination it takes to protect the nation and it's upcoming generations. Meanwhile, nowadays almost every day there are news flashing regarding the tensions across the border from both the neighbouring countries. Honestly, with all my heart I pray that there shouldn't be any more war. I would definitely recommend this book to any Indian to keep alive, the flame of passion for the nation. Let's never forget that, they gave up their today for our tomorrow. "Our Flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it."

According to me the book is a must read for anyone who thinks of themselves as a patriot and is interested in the politics behind the war and strategies involved on the battlefield.

Publication- Penguin ebury press

Print length-288 pages

Price- Rs.299

By – Sukhmani

BA-III,10067

WORDS-WORTH

- Conversation is the ultimate solution for everything.
- If your dish goes bitter that doesn't mean you are a bad cook ,it means your recipe is wrong.
- No matter in which story you are in now, always respect the punctuation.
- If fair is lovely, brown is beautiful too .

Quotes By – Manmeet

BA-I, 5730

MUSIC

PUNJABI MUSIC INDUSTRY SPREADING POISON

“Daaru diye daaru diye band bottlee

Ni tenu peenge naseeban vaale”

(O closed bottle of alcohol,

The people of good destinies would drink you)

This is what one of my classmates was singing during the recess. I asked him, “Is this a real song?,” to which he replied, “Obviously.” I was stunned. When I returned home, I listened to the complete song and came across many others with similar, horrendous lyrics.

It was mortifying when I myself began enjoying these songs. Their beats boosted my mood, and within minutes, the tiredness from school washed off me and I was in high spirits. I spent hours listening to the songs, which I had started hating a couple of years ago. Maybe it was because of the music, or because they were in my mother tongue — which go straight to your heart, no matter how much you’re against the ideas propelled in these songs.

I thought for a long time about the words in the songs, and what they meant to people or what people could derive from them. The songs focused on a narrow lane that included glorifying alcoholics, violence or both combined, justified in the name of heartbreak. What most of the songs had in common was that either a line from the song or, in some cases, the whole song was demeaning women in one way or another.

And those were the lines my peers used when fighting with girls, because they made it seem like the female is always irritating, annoyingly demanding and money-minded. What these songs praised in women were their physical characteristics, which were their tallness, skin tone (fair with flushed cheeks) and a thin waist, among many others.

A typical argument in favour of this practice would be “These are just songs.” But these songs are what 90% of Punjabi youths consume day and night, in audio or video form. One of my teachers used to say what you put in your brain is what will come out of your mouth. You can’t put in swear words in your brain and expect praise to come out.

Just like this, when people listen to such ideas, they happen to view every incident in the same light. A guy in a bad relationship would believe that it is in the woman’s nature to be treacherous, and the only way out of the pain is to not get attached to them, and think of them as objects.

One of the songs even says, “Yaro aundian hi rehnia kudiyan te bussan (Girls and buses will keep coming your way, pals).” Kids who grow up seeing the use of weapons, drugs and alcohol in the videos of the same songs might end up generalising this notion in society, making burglars, instead of learned men, their role models.

Even after facing a lot of backlash and banning the movie Shooter, which glorified a criminal on record, the plight of the songs remains the same. The artists exclaim that the production is associated with the demand and leanings of the viewers, while the viewers call out

the producers of the bad content, saying they watch what is produced by them due to the absence of a source of decent entertainment. While this blame game continues, it's the future of Punjab, one of the most prosperous and important agrarian state of India, which is at stake.

Will the prosperity outlive this culture of violence and drug abuse? Will the youth of Punjab embrace its culture of lovingness and hard work again? A wise man once said, "Music that the youth of a nation listens to is a reflection of their future." And going by this, Punjab's future seems to be scary.

By-Nabia Noor

BA-II,754

BTS "BUTTER" IS A COOL,CRISP SUMMER ANTHEM THAT DOUBLES AS A POTENT SHOT OF SELF-CONFIDENCE.

The Korean superstars return with their second English-language single. During hard times, relief comes in many forms. In the last year alone, BTS who have been also given the title 'Living Treasure' by the President of Korea have proved themselves as masters of all, whether they were sharing relatable stories of struggle to make you feel less alone on 'Life Goes On' or blasting away the blues with a positive outlook and the addictive energy to match with the Grammy-nominated 'Dynamite'. 'Butter', the Korean superstars' second fully English single, doesn't come backed with lofty aims of changing moods or mindsets.

Instead, it focuses on one simple, humble aim: enjoy and have fun.' Butter' is a perfect song for this New Year's party. It's a clean and crisp piece of dance pop that's undeniably cool without sacrificing immediacy or memorable hooks.

From the very beginning, the group intersperses the lyrics' central romantic narrative with equally sweet declarations of self-confidence. The rap line adds a refreshing take to the song. But more than any other lyrics, the BTS ARMY will always remember RM's verse, "Got ARMY Right Behind us When we Say So". BTS' 'Butter' compliments its catchy lyrics with its impeccable dance moves. The styling of the group and the sets are the cherry on the cake.' Butter' has recently won the American Music Award for Favorite Pop Song, MTV Music Award for Best Song of the Year and has been nominated for Best Pop Duo\Performance for Butter. So, to conclude this dance track's review, one has to say: The hair color have changed but BTS' potential to produce a hit single remains untouched.

By – Vaishali Ghai

BA-III, 10137

FEMINISM

LEARNING FEMINISM

In the past few years of my life, as I went through my adolescent life, I saw a lot of changes not only in myself but how people treated me. In this period, there were happy moments and tragic ones too but there was a constant reassurance by the women I was related to or even a little acquainted to. They were there to celebrate my happiness and lessen my pain in any way they thought was possible.

As I look back, an image of strong women pops up in my mind and a question too, “Why would anyone who has met a woman label them as weak?” A woman in her whole life fights misogyny and patriarchal ideas from Day 1 and I believe that someone capable of that is capable of facing whatever the world holds for them.

If we have women today who are doing what they want while taking nobody’s shit, we owe it to the women who became their role models and raised them. In every woman I have ever met, I have found a strand of strength that no one else holds.

They’ve taught me what men seldom know or care to think about, not only through words but also actions.

Going two generations back, there were only a few women who opted to have professions outside of the four walls of their home and it was fed into their minds that their whole life was centered around their family; they gave their one hundred per cent to it.

Women of the preceding generation grew preaching sacrifice; they balanced their careers and raising their households while giving far more preference to their family. They prioritized and chose their family whenever there was a conflict. And the current generation of women has grown to have a more balanced life, having their partners do a fair share of all the work. There are a lot of cases that contradict this for this is the reality of a classic urban household only.

Some people have got a better and worse version of this. But all that I have learned from this is that whatever women have been put to, they have done an exceptional job at it. Doing what they had to and raising another generation of women who were more strong and independent, these women have my heart.

Besides my family and friend circle, the women who played a major role in teaching me were the authors who created an impeccable array of characters who were more oriented towards independence and equality giving role models to the readers. Some of them even battled the male dominance in their field and came out to be the ones shattering all the records. They created women who were warriors and girls who were okay with being smart



and even with focusing on their external beauty; females who adored the distinctiveness among their gender.

To the mothers and aunts who have raised me to be a warrior, the sisters who've shielded me from all odds of life and the authors who taught me that it was okay to be either savage or ladylike and even both at the same time and the other miraculous women who were there for girls like me:

Thank you for everything. In you, I have found my heroes and you've helped me find myself. Love and appreciation for all of you.

I read this quote somewhere and it became my pledge. I hope you make it yours too.

May we know them. May we be them. May we raise them.

By- Nabia Noor

BA-II, 754

THE LOCAL

"Rush we are already running late" shouted "Rumi. "Chill , relax we have plenty of time in our hands" replied Saraswati. Rumi and Saraswati catch the same local everyday. Rumi works foran IT firm. She is 25, fairly tall, has a wheatish complexion, curly hair and a distinctly sharp nose with a gold nose pin on it. She has a round face and a lean figure. Her eyes are mostly swollen because she works in the night shifts. Saraswati is forty, she is short and fair , dressed in simple Indian clothes. She wears vermilion and a round bindi on her forehead .She runs a catering business and hence travels by the local . Rumi and Saraswati are now great friends. They talk about a lot of stuff like how Rumi does not like her boss because he keeps a cheap gaze on her and Saraswati's children are very naughty .

"I am telling you I am going to quit soon , I don't like the way he looks at me" says Rumi "I know I know just relax don't be so angry , we women need to adjust a bit that's how life is." My mom gave me this lesson on the day I got married ; Adjustment is the only key" replied Saraswati , "You see sometimes I am also not in the mood, I am tired but I submit why, because I want my husband to be happy and content. " Saraswati told Rumi about how once while going through her husband's phone she stumbled upon a chat . "He talks to an other woman ." Her eyes well up. Rumi is shocked , "Why don't you leave him? asked Rumi.

"I have two children and I don't want to ruin their lives , let them and me pretend that our family is perfect" stated Saraswati.

"You know what my boyfriend also tells me that since we live together we should take our relationship forward, to the next step, but I fail to understand, What is the next step ? Is it so necessary ? "

"You know what Rumi , when my father died people were all over the place , suddenly all of them became so concerned about my marriage. I wanted to study but... life goes on "

sighed Saraswati as she wiped a tear . As soon as they reach the station , the clouds grumble as if they are going to eat the sky up. Both of them sit down by the shed waiting for the rain to stop. Just when their eyes fell on a little girl, she was free, fearless, playing in the rain. She looked like a butterfly who can wander far and off without worrying , without submitting "I am never going to force my daughter to get married." said Saraswati Rumi caressed her back." The time I spend with you makes me forget all the worries of office . You are like an elder sister to me", said Rumi as she hugged Saraswati goodbye .One day Rumi came in her face was pale as if something had happened , out of concern Saraswati asked what was up with her. Rumi started crying and told Saraswati about her boss " He called me in his cabin to discuss the presentation but as soon as I sat next to him , his fingers were all-over my thighs I stood up and as I was rushing out , he grabbed my wrist and pulled me close. His hold was so stiff and tight . "If you sleep with me , the Promotion is yours", he smashed me on the couch and started unbuttoning my shirt and kissing me vigorously .Just when I gathered some courage and pushed him away. I got up , and rushed outside .I cannot talk about this to anyone . He is my boss. He has ; he will screw my career; " I am screwed" cried Rumi.Saraswati was awestruck and couldn't say a word. When she got home she quickly got to making dinner and cleaning when she heard her husband call her name. He looked overjoyed he had got ice-cream. The family ate together . When Saraswati laid next to him in the night he pulled her close harshly. "We are doing it tonight" he said and ran his fingers through her body . Saraswati got scared and tired but she couldn't say anything.

"Promotion , I got a promotion , I am happy" he whispered in her ears.

The next day she met Rumi again "What are all these bruises on your neck?" asked Rumi , "Let's not talk about this" replied Saraswati.

What, why, tell me ! Exclaimed Rumi.

"Sometimes we have to surrender even if we don't want to because their happiness lies in it and so does a happy future I have responsibilities . I have children I cannot ruin their future and as long as everything is working out I am happy too.

"Saraswati welled up. "I know he has an affair, I know he does not love me but he takes too responsibility of our well-being what else can I ask for. I can adjust , I have been adjusting. "Is adjustment the only way , can you not just tell your family that this is not a happy marriage and you want to separate. It's okay you can work for yourself and your children. Everything is going to be fine and happy.

"Only if it is possible for you to and confront your boss and to complain about him. Reach out to police and tell your family. Can you do that? I know you cannot because we are stuck in the shackles of adjustment, we have always been doing that. That's the only way we know".

Both of them sat quietly at the station, looking at a bird , though her wings were drenched she flapped them and starts flying again she was free .She was her own master. She never adjusted ,She flew high and high .

**By- Sukhmani
BA-III, 10067**

FEMINISM

I'm a sweet little girl
Sweet as the society expects
And little, because for them
My growth is a neglect.

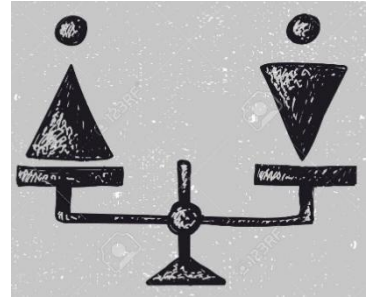
I wish to travel the world alone
Without my husband or my father
But the 'lakshman rekha'
Doesn't let me move farther.

I want to be the breadwinner,
Lead the world to progress
Don't I deserve all this
If I wear a slit-cut dress?

By -Rubalpreet Kaur
BA-I,5062

TO BE A FEMINIST

‘To be feminist’, in any authentic sense of the term is to want for all people, female and male, liberation from sexist role patterns, domination, and oppression’. Bell hooks made this very clear. The word *feminism* is the most misinterpreted word of all times. What exactly does feminism mean? Does it mean making men feel inferior to women?



Feminism at its core is about equality of both men and women. It means uplifting women. It is not based on the idea

of women having more power over men, rather the idea is women should have power over themselves. Back to the times when this term was not even used or known to people, we had so many feminists icons in India, be it Draupadi, a woman born out of fire who avenged the humiliation faced by her in Mahabharata or be it Sita who stood up for herself and raised her two sons single-handedly in the Ramayana.

Living in an Indian society, women at some point of their lives face male privilege in their daily lives. Privilege is invisible. If you have no idea what male privilege means, there is good chance you are actually benefitting from male privilege. Women earn less income and are widely considered as private property. Privilege is real.

In 2015 an indie retailer called OtherWild unveiled a remake of 1970's 'THE FUTURE IS FEMALE' T-shirt. The design was a huge success. I loved the shirt because it expressed a growing feeling of something nascent but urgent. An optimist might say its self evident important for equality in 2021, because the shirt exists and I am wearing it, it must stand for something valuable.

India needs feminism because it needs to promote equality of the sexes, it needs feminism because we have maligned the purity of something as natural as Menstruation as a topic not to be mentioned. We need to end the idea that men need to be emotionally strong and should not cry. It comes no surprise that a lot of young people in the modern day don't recognise the need for feminism. After all women can vote, can have any job they like, and even become Prime Minister and run the country. Sexism may not be glaringly obvious as it was 50 years ago, but that does not mean it has completely abolished.

One of the main reasons feminism is something young people should be getting involved in is that it empowers people. There is a common misconception that only women can be feminists and that feminism only benefits women. In reality, feminism strives for equality of all sexes. I fall short as a Feminist. I feel like I am not as committed as I need to be because of who I am and how I chose to be and I feel this pressure constantly in my head. No matter what issues I have with feminism, I am the one. I cannot nor will I deny the importance of it. I am therefore a FEMINIST. I would rather call myself a feminist than not a feminist at all. Because me asking for my rights will not deprive you of yours.

A FINAL NOTE: If you are a person who feels people should be treated equally irrespective of their gender. 'YOU ARE A FEMINIST'. Welcome!

By – Lakshi Sethi ,BA-I,5263

WOMEN AND FARMER'S PROTEST

The government introduced the new farming bills in September 2020 with ordinance. The three laws seek to do away with a guaranteed minimum price that farmers would get in exchange for their produce in government-run markets. If implemented, farmer groups have said that this policy will benefit large corporations over small farmers, forcing them to sell at low prices and effectively leaving them without any protection. At the same time, the climate crisis has already affected their incomes, with rising temperatures, droughts, and storms damaging crops across the country.

Hundreds of thousands of farmers along with their families and kids too have marched from India's three main farming states of Haryana, Punjab and Uttar Pradesh to set up camps at Delhi's Singhu and Tikri Border. They have settled camps at other main entry points of the nation's capital also. Along with men there are women as well. They are full of zeal and power.

For the women at New Delhi's borders, the significance of these protests has gone beyond the call to repeal the laws — they've become a symbol for the deeper, more structural issues in Indian agriculture, including the lack of recognition of women farmers and the denial of some of their rights. The image of Indian agriculture has been stereotypically male. In official records, too, male farmers are overwhelmingly the landowners.

Women are showing a strong presence at the protests. That's because women are often directly involved in the farming, harvesting, and storing of the crops. We can see women working in food grain markets. Across the country, agriculture employs about 44 percent of the workforce. According to the humanitarian group Oxfam, about 75 percent of rural women in India work full-time as farmers, but only about 13 percent own land due to patriarchal rules. There are lots of widows who work on farms as well, as suicide is a major issue among farmers. However, these large numbers of women, in absence of land rights, are not recognized as farmers. The Census considers a person as a cultivator if they work on a piece of land, regardless of ownership. According to the National Sample Survey Office, a farmer is defined as a person who possessed some land and was engaged in agricultural activities on any part of that land for the last year. Further, without land titles, women farmers are also excluded from central schemes for farmers such as PM-KISAN, which ties the benefit to land for small and marginal farmers holding up to two hectares of land.

Kavitha Kuruganti, founder of the Alliance for Sustainable and Holistic Agriculture (ASHA), an informal alliance of more than 400 organizations, said the fact that there is visible participation of women now does not mean that they were absent from the farmers' movements and protests in the past. "Until now, women were invisible participants, supporting the movement back home — shouldering their double-gendered responsibility of running their homes and keeping the farms alive, while the men participated in protests,"

she said. Role of women in farmer's protest has been trivialized by celebrities, media and even the supreme court. During the hearing on January 11, Chief Justice of India SA Bobde was quoted by Live Law as saying: "We don't understand either why old people and women are kept in the protests. Anyway, that is a different matter." Reacting to this statement, Jasvir Kaur Natt, State Committee Member of Punjab Kisan Union said "Use of word 'kept' by the Chief Justice referring to the women at the protests is offensive. It implies that women are an object which has been brought to the protest forcibly. As if they have no ability to think on their own." But for these revolutionary women leaders, it was either repeal the three laws or nothing.

Women are an integral part of this movement. From handling funds to daily accounts and stage management Jasvir Kaur Natt starts her daily routine at 10:00 a.m. and joins the meeting of 12 Punjab Kisan unions and 3-4 Haryana unions. In those meetings they decide who will manage the stage and allocate time to several unions to address the protestors. Following this she also makes the notes in her register for these duties.

Navkiran Natt, member of All India Student Union has managed to launch a unique voice called 'Trolley Times' in order to bring a single voice along with her core group members. The protests are historic not only because they're breaking gender barriers, but those of caste, too. In rural areas, caste hierarchies

mean that women from the lower caste seldom occupy public spaces with men. But in the farmers' protest, women from the

conservative state of Uttar Pradesh who are used to being covered in 'Ghunghats', or veils, are out on the streets, and those from

the patriarchal Jat community in Haryana are taking part in tractor rallies — which may inspire other groups of women.

By- Snow Sadgi
BA- III, 10562

CAMPUS SHUFFLE

INTERNATIONAL WOMEN'S DAY 2022

On the eve of International women's day(8th March 2022) ,the Department of Psychology celebrated this day with the theme: Incredible Influence of young women in psychology.

International women's day celebrates the social, political ,cultural and economic achievements of women .It has been observed since early the 1900s.The theme of this year was :-Gender equality today for a sustainable tomorrow .Principal Professor Dr Anita Kaushal graced the event as the guest of honour. Esteemed alumni of the department through a spread of 50 years were invited and were felicitated by the Head of The Department of Psychology Professor Dr. Neelam Rathee.. A panel discussion was organized with the young achievers and alumni of the college .

The panelists were clinical psychologist Dr Kavan, Career counsellor and educational psychologist Tanim Majhail , Mental psychologist Bhanu Priya and PCS Dr Kimmi Vaneet Kaur Seth. All the panelists spoke about the scope of Psychology in their own fields.It was very informative discussion and they shared their valuable and knowledgeable experiences . In sum it was an informative , enlightening ,instructive and an educational session .

By-Drishti

BA-III, 10229

ROAD SAFETY AND TRAFFIC AWARENESS SOCIETY

Road Safety and Traffic Awareness Society aims to make the students aware the students about the traffic rules. Many activities are conducted for the same like poster making , slogan writing, poetry writing, etc. The students actively participate in all these activities and represent their talent of writing and drawing amazing posters in order to aware the people. My experience as the member and a co-organizer of the activities was amazing and it gives me an opportunity to aware the students of our college.

By- Navreet Kaur

BA-III,10739

MANORANG SOCIETY

The Department of Psychology comprises of two societies :Manorang and Mehfooz society. Manorang ,as the name suggests means “the different colours of a human mind and soul.” The Manorang society organizes different events and celebrates each and every occasion .The society encourages its students to explore their hidden talents and makes them confident regarding their own self .The society organises different competitions such as debate competition ,poster making competition ,psychodrama ,paper presentation etc .



Events like Abivyakhti , Zeidgeist ,etc. are organized by the Manorang society and The Department of Psychology .These events are so informative and enlightening.I am so lucky to be a part of this society .This society has helped me to grow and excel as a different personality .

By-Drishti
BA-III,10229

LITERARY AND DEBATING SOCIETY

Literary and Debating society has been a life changing venture for me, not only it gave me a vision but also provided me with a confidence boost that I always needed. I am forever grateful to literary and debating society for giving me this opportunity to implore my creative skills and be a better person.

By-Sukhmani
BA-III,10067

EPIPHANIES WITH THE EPIPHANY SOCIETY

Being creative is one thing and being able to use that creativity to motivate others is another thing. The epiphany society has always been a very warm, wholesome and creative space for all readers, writers and creators. Technically, I am a part of the society, but after two years I believe the society has become a part of me. Every activity, be it shape poetry, coffee date with fictional characters, personifying inanimate objects, stories for Christmas, heartfelt letters on daughter's day, or scribbling compliments on sticky notes on women's day, offered an amazing learning experience.

I have evolved as a person in this journey. Initially, I was laid back and I didn't see the point of the extra labor work that my seniors were putting in. But after a year, I had a sudden epiphany. When we make efforts to make activities more inclusive and imaginative, we bring more ideas and colors to the palette. People learn from people. We can skim through books and essays all our lives, but it is through these experiences that we truly learn and evolve. Epiphany society has been a blissful experience and will remain so.

By-Ayushi
BAII, 005/2020

AZADI KA MAHOTSAV

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture, and achievements. As a part of this nationwide agenda, Post Graduate Government College for Girls, Sector 11, Chandigarh actively participated in 'Azadi Ka Amrit Mahotsav' by organizing various activities and awareness campaigns. Under the guidance and continued support of our Principal madam Prof. (Dr.) Anita Kaushal, the Department of Psychology arranged the lecture series on 'Contribution of military psychology to the Armed Forces and Society' & 'Career Opportunity for the students in the field of Military'. The students of BA 2, Functional English showcased their creative potential in the form of a documentary on Unsung Heroes/freedom fighters in India. The Red Ribbon Society also organized a poster making the drive as a part of the awareness generation and sensitization programme. The whole purpose of these programs was to enhance the feelings of patriotism and their love and respect for the nation.

By- Snow Saadgi
BA-III,10562

YOUTH FESTIVAL AND CO- CURRICULAR ACTIVITIES.

Eighth consecutive winning streak at PU Zonal Youth and Heritage Festival. The Panjab University Zonal Youth and Heritage Festival once again witnessed the shining glory of Post Graduate Government College for Girls, Sector 11, Chandigarh. Out of the nine colleges from Chandigarh and Ludhiana, PGGCG-11 won the overall trophy continuing the winning streak since 2013.

Dramatists, music, dance, and literary debating teams contributed to the overall trophy of the college. The students showcased their talent in quiz and revived the lost art of handicrafts in Guddi making, khiddo making, Chhikku making, etc. The singers and the instrumentalists from the college spell-bound the audience and bagged the first prize too. The idea behind organizing this festival is to give students a platform to display their talent and to create awareness about sensitive contemporary issues. The fest not only enlightened and entertained everyone but gave the students many memories to cherish their college days.

By -Snow Sadgi
BA-III ,10562

DISMANTLING THE STEREOTYPES

CASTE AND POLITICS-A LONG STANDING BATTLE

The fight for equality has long been used to fuel the political fire not only in India but also globally. People in the contemporary world have incessantly fought against discrimination based on gender, race, caste, creed and continue to do so. India's caste system has long survived the social hierarchy as it is a defining feature of the Hindu religion where the people are divided into groups based on their hereditary works. This evil has degraded society as a whole and makes us question the very basis of our religion.

Initially, a disproportionately large number of upper-caste people occupied the political and administrative offices as compared to their lower caste counterparts. This access to power and resources eventually led to the practice of vote bank, where voters back only those candidates that belong to their caste in order to extract benefits. The system of reservations, deemed as a necessary evil, is also a direct result of this very prevalent caste system. At that time, it was considered necessary to safeguard the interests of people from the lower castes, freeing them from oppression. But this approach has not bridged the gap between different castes in the society, as it was supposed to, rather the opposite

happened. However, in the present-day scenario economic development, growth of literacy and education has reduced the emphasis on caste system. But this caste-based politics comes to light every now and then where the vote bank of every party prospers through exploiting caste and religious aspects of society. This practice started initially in the form of separate electorates introduced by the colonial administrators which has since then impacted the integrity of our nation starting with the partition of 1947. This caste-based tussle has recently come to light in the land of Sikh gurus whose teachings have served humanity not just in theory but actually in purpose through ideals of integrity and brotherhood. Charanjit Singh Channi was selected by the congress leaders to replace Capt. Amrinder Singh, making Channi the first CM of Punjab from the lowest stratum of society. On one hand it was a big blow to generations of oppression faced by the socially backward and on the other hand it showed the changing dynamics of political power in the country. But he is often addressed as 'Dalit' CM or 'Dalit' congress leader which is not a part of Overcoming social prejudice rather another glorification of caste-based politics. Bringing up the caste of a designated person repeatedly does not mean that we are surpassing caste bias rather in this case highlights the significance of it.

The Caste System has always adopted an introverted and exclusive approach - Why is it that the elevation of Channi as the Chief Minister is looked upon as a hope for empowerment of the oppressed and not society as a whole. What must change is our mindset because Equality brought through power is the same as suppression brought through the lack of it and 'equality' in its truest sense is not achieved. Caste based political prejudices can be halted in their tracks if we simply understand the difference between equality and fairness. Equality means providing every individual the same opportunities to improve his rank or condition in life. Fairness on the other hand is the quality of having an unbiased disposition, the characteristic of being just to everyone, of treating them without discrimination or partiality. We are insanely trying to strive for equality, whereas our goal should really be to be fair to all. If equality and discrimination are not understood well, they are both the same. What should be glorified is not the caste or community of a person but rather his work and talent and the caste terminology should be abolished. Choosing political leaders should be more about choices, values and education rather than caste and religion. In 1995, Mayawati became the first SC Chief Minister of Uttar Pradesh and also country's first Woman SC Chief Minister. She then coined the term "bhaichara" or brotherhood signifying that any community minority or majority cannot capture power by itself, votes other than caste votes are also needed to become electorally effective. The policy of divide and rule has never been helpful, people must not be therefore seen as groups of caste and religion rather as individuals. This long-term practice of caste politics should be shunned and development at an individual, state and national level should be made the prime objective. Real victory lies in upliftment of society as a whole, to look at a person irrespective of their social background and acknowledge their merit and social output.

By -Asmita Chauhan

BA-III,10370

MENTAL HEALTH

Humans have a habit of constant worrying and forgetting about mental health, which is a topic of utmost importance nowadays. Despite the high disease burden, mental illness has thus far not achieved commensurate visibility, policy attention or funding. While significant progress has been made in terms of prioritising mental health globally, debates around the definition of mental illness and continued impact of stigma remain.

Why is it important to talk about mental health?

Talking about mental health helps to improve our communities by making it more acceptable for those suffering from mental illness to seek help, learn to cope, and get on the road to recovery. In addition, mental health isn't just about mental illness. It's about maintaining a positive state of well-being. Good mental health allows us to adapt to changes in our life and to work productively.

A student has to deal with pressure from many directions a certain level of challenges makes a person work, complete and progress but beyond the limit they cause anxiety, depression, substance abuse and even attempt to suicide. Students may experience stress due to several factors like workload, relationship between friends and peers, teachers, parents, job and career aspiration and financial problem. A study was carried out to find the main factors responsible for stress among students in higher education institutions. The results showed that career and financial crisis were the main causes of stress. The next prominent factor of stress were academics and workload.

FOMO - FEAR OF MISSING OUT

The idea that you are missing out on certain things can impact your self-esteem, trigger anxiety and feel even greater on social media. FOMO can compel you to pick up your phone every few minutes to check for updates even if that means taking risks while you are driving, missing out on sleep at night or prioritizing social media interaction over real world relationships. A study at the University of Pennsylvania found that high usage of Facebook, Snapchat and Instagram increase the feeling of loneliness and not using them can improve overall well-being. The more you prioritize social media interaction over the real world the more you are at risk of developing mood disorders i.e., anxiety and depression.

COVID-19

Covid-19, caused by severe acute respiratory syndrome corona virus 2, and measures taken to curb its spread have profoundly affected every aspect of day-to-day life around the world.

Early indications suggest a serious impact on employment and livelihood, income and personal dept. The lockdown has disproportionately hurt marginalized communities due to loss of livelihood, lack of food, shelter, health and other basic needs. Just the fact of someone wondering if he or she is positive for covid-19 is like having a stigma and something that is threatening to his life and affects, of course, his behaviour. We know very well that panic leads to bad behaviour and to psychosomatic problems as well and that

brings on somatic problems very easily. We have to handle it carefully. If doctors have to deal with people who are in panic, they have to be well supported. In this, the stress is of course, doubled. They deal with people who at the end have the coronavirus but they have to stay calm, go through dos and don'ts without stressing themselves out. There is no cure for mental illness but there are lots of effective treatments.

TREATMENT FOR MENTAL ILLNESS

In today's world, we are bombarded by society's standards and expectations. It is for this reason that we develop a positive self-image and value ourself. A strong mind, free from burden of expectations, is achieved when one is able to detach from external labels and make choices for oneself. Treatments for mental illness include lifestyle changes, support groups, medication and therapy. Medication and therapy require working with professionals but there are also lots of things you can do on your own.

- It is no surprise that the more you help your body, the more you help your mind. Being active releases chemicals in your brain that makes you feel good and boost your self-esteem and help you concentrate as well.
- You can often achieve a sense of peace by visualization, the process of picturing a tranquil scene or location. This practice can reduce tension in both your body and your brain by challenging neurons in less dominant area of brain. When you think about something other than your daily worries, you increase activity in neural structure of that area of your brain.
- Positive affirmation is yet another means to increase mental proficiency. According to Alzheimer's Association research shows that keeping your brain active increases its vitality. Doing new things in new ways appeared to help retain brain cells and connections. In essence, breaking out of your routine can help keep your brain healthy.
- Reading is great activity because it stokes the imagination and ignites different parts of the brain.

As young adults who are part of an increasingly complex world, mental health is of great importance in dealing with nitty-gritties of life. Mental health is not a debilitating condition and with the right help and support an individual can lead a full happy and meaningful life style.

By-Cheetakshi Sharma

BAIII, 10658

SUPERSTITIONS THAT INDIANS FOLLOW BLINDLY

We live in a country where more than half the population literally thrives on baseless superstition. All of us have also been brought up with a set of weird superstitions and most of them simply defy logic. Yet, there are many who refuse to question their rationality and continue to live in blind faith. Only Indian superstitions will tell you that crow shit is actually good for you. And it's weirder than this!

Here are some superstitions which don't make sense, but we Indians follow blindly.

1. Indians believe that cutting nails and hair on Saturdays brings bad luck.
2. If a black cat crosses your path, then your tasks get delayed or postponed.
3. Omitting the 13th floor from the building.

No explanation for this one, because number 13 is just considered unlucky. Ancient Christianity declared the number thirteen unlucky and therefore till date apartments and hotels skip the thirteenth floor.

Even Chandigarh did not have a Sector 13 for a very long time.

4. Sweeping floors in the evening drives away Lakshmi from the home.

Even if your room is filthy, your mom will not let you sweep the floor in the evening. That's because Hindus believe that Goddess Lakshmi generally visits homes during the evenings, and therefore sweeping will drive her away. This is, of course, assuming that Goddess Lakshmi has a problem with basic hygiene.

5. Teen tigada, kaam bigada.

6. Eye Twitching.

7. Crows shit brings luck.

8. Putting a small spot of Kajal on a baby's forehead to ward off 'buri nazar/evil eye'.

Indians believe that it's inauspicious to cut hair and nails on Saturday because it angers planet Saturn (Shani), which then brings bad luck. However, ask people who cut their hair and nails on Saturdays, and we bet they will tell you their hair looked better and their nails neater, and no planet hovered above them with bad luck. Poor black cats. They are blamed just for being black (no racist joke here). It's a popular belief in the west too that, if a black cat crosses your path, it's a bad omen. For the west, the origin of this superstition came from Egypt. Egyptian culture believes that black cats were evil creatures, whereas the Indians' explanation is that black represents 'Shani' and therefore brings bad luck. It is said that if a black cat crosses your path, then your day's tasks get delayed or postponed which reminds me, when we were kids and went for our exams, and if a black cat crossed, never once was the exam delayed or postponed. Now say?

According to the phrase, 'teen tigada, kaam bigada', anything above two gets difficult to handle. And that a discussion is always better between two people rather than three. However, this was misinterpreted as three being unlucky.

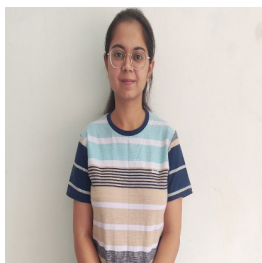
It is considered that the right eye twitching is good for men, and the left one brings good news for women.

We're not making up shit if we tell you that crow shit is considered lucky. Indians believe that crow shit brings 'laabh' and that money is on the way. If that was the case, then crows would have been the best pets, no?

To drive away 'buri nazar', babies are smeared with black kohl. A tikka on the forehead and cheek is believed to ward off the evil eye. We have grown up hearing and at times adhering to these and many other superstitions. Superstitions are usually attributed to lack of education; however, this has not always been the case in India, as there are many educated people with beliefs considered superstitious by the public. Being part of tradition and religion, these beliefs and practices have been passed down from one generation to another for centuries. The Indian government has tried to put new laws prohibiting such practices into effect. Due to the rich history of superstition, these laws often face a lot of opposition from the general public and critics argue that the Indian constitution do not prohibit such acts.

By -Manu Chauhan
BA-III,10136

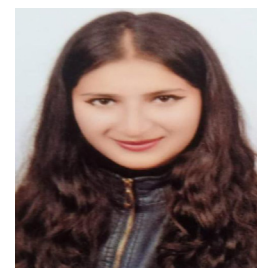
Student Achievers (Academics)



Prateeksha
1st in Panjab University
MA I, Public Administration



Raksha
Gold Medalist
1st in Panjab University
MA II, Dance



Naina Sharma
1st in Panjab University
MA I, Dance



Naina
1st in Panjab University
M.Sc. I, Botany



Pallavi Thakur
1st in Panjab University
M.Sc. I, Zoology



Shiwani
1st in Panjab University
Sanskrit (Hons), B.A III



Laiba Parveen
1st in Panjab University
M.Sc. II., Zoology



Arushi Sharma
2nd in Panjab University
M.Sc. I, Botany



Gargi Chauhan
2nd in Panjab University M.Sc. II.,
Zoology



Chayanika Garg
2nd in Panjab University
MA I, Music (V)



Mamta
2nd in Panjab University
Sanskrit (Hons), B.A.III



Parul Sharma
2nd in Panjab University
Economics, B.A. III



Deepti
3rd in Panjab University M.Sc. II.,
Zoology



Ambica Toijam
3rd in Panjab University
MA I, Public Administration



Sameeksha Malik
3rd in Panjab University
M.Sc., Chemistry

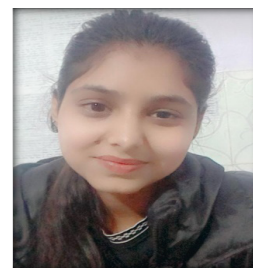
Student Achievers (Academics)



Devyani Sharma
3rd in Panjab University M.Sc. I,
Zoology



Divya Bhatt
3rd in Panjab University
MA II, Music (V)



Seema
3rd in Panjab University
Sanskrit (Hons), B.A III



Kimmi Mittal
4th in Panjab University
M.Sc. II, Botany



Meenakshi
4th in Panjab University
M.Sc. I, Zoology



Rinki Kumari
4th in Panjab University
Sanskrit (Hons), B.A. III



Sweety
4th in Panjab University
Sanskrit (Hons), B.A III



Shreiya Sharma
5th in Panjab University
M.Sc. I, Zoology



Kanwalpreet Kaur
5th in Panjab University
MA I, Public Administration



Swadha Bansal
5th in Panjab University
MA I, Music (V)



Upagya Chandel
5th in Panjab University
MA I, Music (V)



Swati Lalotra
6th in Panjab University
MA I, Public Administration



Gurjeet
6th in Panjab University
M.Sc., Chemistry



Atika
6th in Panjab University
M.Sc. II, Zoology



Tania
6th in Panjab University
M.Sc. II, Zoology

Student Achievers (Academics)



Nikita Vashisht
6th in Panjab University M.Sc.
I, Botany



Tamanna
6th in Panjab University
M.Sc. II, Botany



Simran
6th in Panjab University
M.Sc. II, Botany



Muskan Gupta
6th in Panjab University
M.Sc. II, Botany



Sukhmeen Kaur
7th in Panjab University
M.Sc. I, Zoology



Mridula Yadav
7th in Panjab University
MA II, Public Administration



Arshdeep Kaur
7th in Panjab University
M.Sc. II, Botany



Arushi Gupta
7th in Panjab University
M.Sc. II, Zoology



Priyanka Rawat
7th in Panjab University
MA I, Music (V)



Suman
7th in Panjab University
Sanskrit (Hons), B.A III



Minakshi Rana
8th in Panjab University
M.Sc. II, Botany



Aakriti
8th in Panjab University M.Sc.,
Chemistry



Tamanna Sharma
8th in Panjab University
M.Sc. II, Botany



Ujjwal
8th in Panjab University M.Sc. I,
Botany



Shivani
8th in Panjab University
M.Sc. I, Zoology

Student Achievers (Academics)



Manpreet Kaur
8th in Panjab University M.Sc. II,
Botany



Muskan
8th in Panjab University
M.Sc. II, Botany



Kirti Aggarwal
8th in Panjab University
MA I, Public Administration



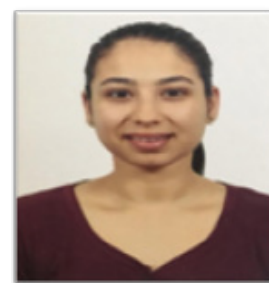
Vandana Gautam
8th in Panjab University
M.Sc. I, Zoology



Kanushikha
8th in Panjab University M.Sc.,
Chemistry



Naina Sharma
8th in Panjab University
MA, Fine Arts



Jaspreet Kaur Mangat
8th in Panjab University
M.A 4th Sem, Psychology



Himani Chawla
8th in Panjab University
M.Sc. II, Zoology



Pallavi Thakur
8th in Panjab University
M.Sc. II, Zoology



Shweta
8th in Panjab University
BA III, Economics



Divya Khasa
9th in Panjab University
M.Sc. II, Zoology



Amisha Soni
9th in Panjab University
M.Sc. I, Zoology



Payal
9th in Panjab University
MA II, Music (V)



Bhawna
9th in Panjab University
MA II, Music (V)



Sushmit Chauhan
10th in Panjab University
M.Sc. II, Zoology

Student Achievers (Academics)



Yukta Sadavarty
10th in Panjab University
MA I, Public Administration



Pallavi Thakur
10th in Panjab University M.Sc. I, Botany



Aditi
10th in Panjab University
M.Sc., Chemistry



Priya Thakur
10th in Panjab University
M.Sc. II, Botany



Kanushikha
10th in Panjab University M.Sc.,
Chemistry



Akshita Kaur
10th in Panjab University
M.Sc. II, Botany



Poonam Warval
10th in Panjab University
Sanskrit (Hons), B.A III



Bhumika Tanwar
10th in Panjab University
MA II, Music (V)



Purnima Sharma
Cleared GATE 2021
Subject: Botany



Sejal
1st in MCA Entrance
Panjab University



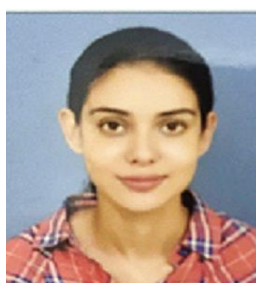
Vaishali
Cleared UGC NET
Subject: English



Sweety Bisla
Cleared CSIR-UGC NET
Subject: Botany



Harsh Dhankar
Cleared CSIR-UGC
NET
Subject: Botany



Ishu
Cleared CSIR-UGC NET
Subject: Botany



Mamta Verma
Cleared CSIR-UGC NET
GATE 2021
Subject: Botany

Student Achievers (Co-curricular)



Gurmeet
Cleared GATE 2021
Subject: Botany



Tamanna
Cleared GATE 2021
Subject: Botany



Ankeeta, BA II
1st in Group
Folk Orchestra
Youth and Heritage Festival



Aasawri Singh
2nd in Classical Dance Solo
(Kathak)
Zonal Youth Festival Festival



2nd in Luddi
Zonal Youth Festival



2nd in Group Bhajan
Zonal Youth Festival



1st in Installation
Zonal Youth Festival



1st in Ghazal
Zonal Youth Festival



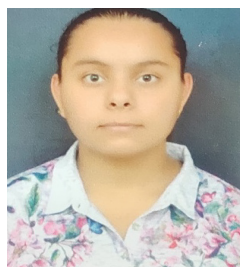
1st in Indian Group Song
Zonal Youth Festival



Kanika, M.Com
3rd in Ad-Mad Show GC-
CBA-50



Aradhya Gurung, BA III
1st in Installation
Zone & Inter Zone Youth
Festival



Manu Nehra, BA III
1st in Installation
Zone & Inter Zone Youth Festival



Pooja, BA III
1st in Installation
Zone & Inter Zone
Youth Festival



Manpreet Kaur, MA I
1st in Installation
Zone & Inter Zone Youth
Festival

Student Achievers (Co-curricular)



Simran Kumari, MA I
2nd in Collage Making
PU Zonal Youth Festival



Archana, MA I
3rd in Poster Making
PU Zonal Youth Festival



Manisha, MA I
1st in Still Life
PU Zonal Youth Festival



Anchal, BA II
1st in Group, 3rd in
Individual
Folk Orchestra
Youth and Heritage Festival



Ritika, B.Sc. III
1st in Skit
(Zonal Youth Festival)
2nd in Skit
(Inter Zonal Youth Festival)



Bhavya Sharma, BA III
1st in Elocution
Zonal Youth & Heritage
Festival



Sweta Kumari, BA III
1st in Inter Group Shooting
NCC Academy, Ropar



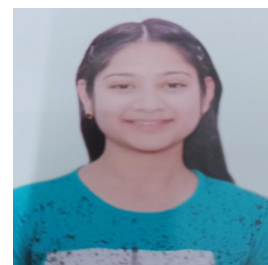
Kusum, BA II
Selected Trials of World
University
Game: Fencing, Chengdu
(China)



Jaismeen Kaur
1st Individual in Giddha
Zonal Youth Festival



Kajal Kumari
1st Individual in Group
Haryanvi Dance
Zonal Youth Festival



S Abhijeet
1st Individual in Heritage
Luddi Dance
Zonal Youth Festival



Tanaya, BA III
1st in National Level On-
line Essay Writing
GC for Women, Hissar



Prateeksha, MA I
3rd in National Level
Online Essay Writing
GC for Women, Hissar



Samridhi Anand, BA III
1st in National Level Slogan Writ-
ing,
Kanya Mahavidyalaya
Kharkhoda



Shivani, BA III
1st in Poster Making
Annual Philosophy Fest
PGGCG-11

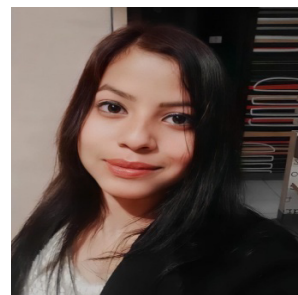
Student Achievers (Co-curricular)



Sudiksha, BA I
1st in Poetry Writing
Annual Philosophy Fest
PGGCG-11



Nandini Vashisht, BA I
1st in Group Dance Competition
Annual Philosophy Fest
PGGCG-11



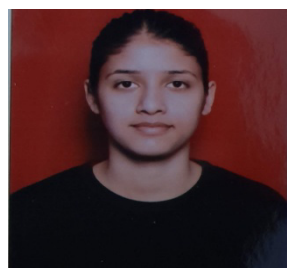
Lavleen Sharma
1st Individual in Skit
1st Individual in Bhand
Youth and Heritage Festival



Adarshpal Kaur
2nd in One Act Play
Zonal Youth Festival
3rd in One Act Play
Inter Zonal Youth Festival



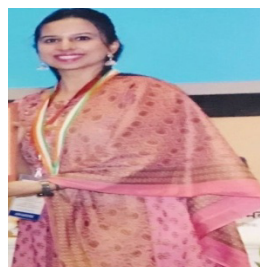
Manpreet Kaur
1st in Mimicry
Zonal Youth Festival



Nikita
2nd Individual in Mime
Zonal Youth Festival



Noor
1st Individual in One Act
Play
Zonal Youth Festival



Aishna Vashishth
National Award
Empowerment of Persons with
Disabilities



Hardika Narang
1st in Article Writing
National Law University



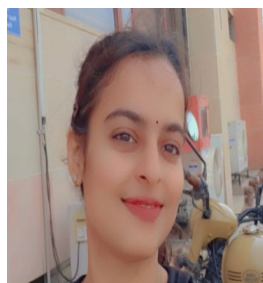
Tamanna, B.Com II
3rd in Street Dance
GCCBA-50



Sanchi, B.Com II
3rd in Street Dance
GCCBA-50



Ritka, B.Com II
3rd in Street Dance
GCCBA-50



Khushboo, B.Com II
3rd in Street Dance
GCCBA-50



Gurveen, B.Com II
3rd in Street Dance
GCCBA-50



Rashmeet, B.Com II
3rd in Street Dance
GCCBA-50

Student Achievers (Co-curricular)



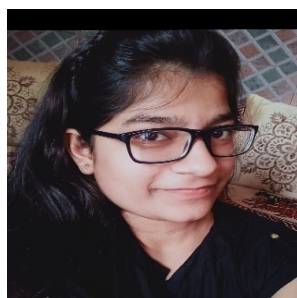
Priyanshi, B.Com II
3rd in Street Dance
GCCBA-50



Vanshika, B.Com I
3rd in Street Dance
GCCBA-50



Radhika, B.Com I
3rd in Street Dance
GCCBA-50



Sakshi, BCA II
3rd in Movie Making
GCCBA-50



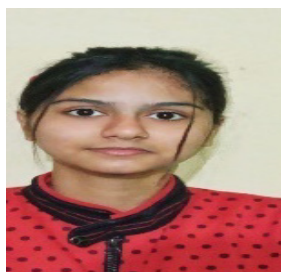
Sharon Walia, BCA II
3rd in Movie Making
GCCBA-50



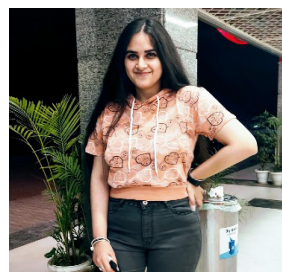
SMuskan, BCA II
3rd in Movie Making
GCCBA-50



Neha, BCA II
3rd in Movie Making
GCCBA-50



Akanksha, BCA II
3rd in Movie Making
GCCBA-50



Ishmita Marya, BCA II
2nd in Photography
GCCBA-50



Gunjan, BCA I
3rd in Coding & Debugging
GCCBA-50



Diksha, BCA I
3rd in Coding & Debugging
GCCBA-50



Priti Sobar, BCA II
1st in Solo Song
GCCBA-50



Akanksha, BCA II
3rd in Slogan Writing
PGGCG-11



Harshita, BCA II
1st in Placard Making
PGGCG-11



Divya Bohra, BCA II
2nd in Inter College Wushu
Panjab University

Student Achievers (Co-curricular)



Sapna Thayat, BCA III
1st in Rangoli Making
GCCBA-50



Kareena Negi, BCA III
2nd in Coding &
Debugging
GCCBA-50



Somsii Pathania, BCA III
2nd in Coding & Debugging
GCCBA-50



Swapnela, BA II
2nd in National Level
Quiz
Kanya Mahavidyalaya
Kharkhoda



Divya, BCA II
3rd in Movie Making
Chandigarh Administration



Sweta Kumari, BA III
1st in Inter Group
Shooting
NCC Academy, Ropar



Kusum, BA II
Selected Trials of World
University
Game: Fencing, Chengdu
(China)



Muskan, B.Sc. III
3rd in Histrionics
Zonal Youth &
Heritage Festival



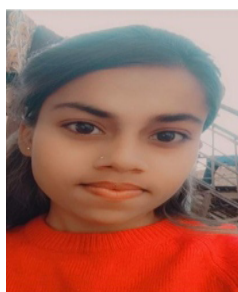
Anubha, BA II
Bronze Medal,
Wushu Competition
Panjab University



Nikita Tiwari, M.Com I
1st in Just a Minute
GCCBA-50



Dimple, B.Com II
3rd in Nukkad Natak
GCCBA-50



Amandeep Kaur, B.Com
II 3rd in Nukkad Natak
GCCBA-50



Anchal Sharma, B.Com II
3rd in Nukkad Natak
GCCBA-50



Muskan, B.Com II
3rd in Nukkad Natak
GCCBA-50



Deepti, B.Com II
3rd in Nukkad Natak
GCCBA-50

Student Achievers (Co-curricular)



Nisha, B.Com II
3rd in Nukkad Natak GC-
CBA-50



Paramjeet Kaur, B.Com II
3rd in Nukkad Natak GC-
CBA-50



Didhiti, B.Com II
3rd in Nukkad Natak
GCCBA-50



Jyoti, B.Com II
3rd in Nukkad Natak GC-
CBA-50



Akanksha, M.Com
3rd in Ad-Mad Show GCCBA-50



Shweta, M.Com
3rd in Ad-Mad Show
GCCBA-50



Arti Yadav, M.Com 3rd in
Ad-Mad Show
GCCBA-50



Monika, M.Com
3rd in Ad-Mad Show
GCCBA-50

Student Achievers (Sports)



Gurvir Kaur, BA III
Gold Medal
All India Netball Inter University held at
Dharmshala, HP



Tanushree, BA I
Gold Medal
All India Softball Inter University held at
Sonipat, Haryana



Aishyana Bhardwaj, BA III
Foil-Silver Medal
Epee-Bronze Medal
All India Fencing Inter-University held at
GNU Amritsar



Overall Bronze Medal
in Fencing held at
PU Inter College Competition



Overall Silver Medal
in Wushu PU
Inter College Competition

International Sports Achiever

Ms Kusum, a bronze medal winner at the International Level in the Asian Junior and Cadet Fencing Championship in Tashkent, Uzbekistan.



HINDI SECTION



रचना की सम्पूर्णता

विभागाध्यक्ष: हिन्दी विभाग

डॉ. मोहन लाल जाट

प्रत्येक रचना अन्तर्भूत वेदना और विवर्ति का जीवंत उद्घोष होती है, चाहे वह वैचारिक हो या भावात्मक, गद्य हो या पद्य, लयात्मक हो या अध्यात्मक, आधुनिक हो या पुरातन, वैज्ञानिक हो या अवैज्ञानिक। रचना की परिपूर्णता और सर्वांगीणता के बारे में मूल्यांकन के मापदंड समय सांदर्भिक होते हैं। ये मापदंड प्रत्येक रचना पर लागू हों या किए जाए और उस पर कृति/रचना खरी उतरे, यह आवश्यक नहीं है। अगर आवश्यक है तो प्रासंगिक नहीं रह जाते हैं और प्रासंगिक हैं तो वे सम्पूर्ण होंगे ही। रचनाकार की आजादी की बात, विचार, संवेदना आदि मानदंडों से निर्धारित नहीं हो सकती है। यदि ऐसा हुआ तो वह दबाव में रचना करेगा फिर उसमें रचना की सात्विकता, रसिकता, निष्पक्षता और युग कालिकता की बात बेगानी रह जाएगी, क्योंकि वह रचना तो होगी लेकिन स्वरचना नहीं, स्वतंत्र रचना नहीं।

समय-समय पर रचना की सम्पूर्णता की उसकी सार्वजनीनता की बात उठती रही है तो बस यही कि वह रचना अनुकरण का अनुकरण न हो, बस मौलिक हो। संसार में हर वस्तु, व्यक्ति, उपादान प्राकृतिक और मौलिक है तो फिर कृति की मौलिकता भी आवश्यक है। यह मौलिकता तभी रहेगी, जब कृतिकार स्वतंत्र है लेखन के लिए, विचारणा के लिए और जीवन-सुरक्षा के लिए। रचना तथा रचनाकार पर युगीन मूल्यों-परिस्थितियों का प्रभाव अव्यय होता है और होना भी चाहिए नहीं तो वह रचना नीरस तथा जड़रहित हो जाएगी और फिर उसके सकारात्मक, मनोवाछित फल प्राप्त करना असंभव है। काफी कुछ रचना के मायने इसी संदर्भ में लयात्मक, आधुनिक, प्रासंगिक और वैज्ञानिक होने में भी निकल जाते हैं, जिनसे समाज देश प्रेरणा ग्रहण करता है। इस लिहाज से रचना सुन्दर असुन्दर, पूर्ण-अपूर्ण, लघु-दीर्घ चाहे क्यों न हो, लेकिन रचना तो रचना ही होती है, जैसे ईश्वर की प्रत्येक रचना सम्पूर्ण, सुंदर तथा सार्थक है। इसलिए कहते हैं कि रचना तो रचना है जैसे कि रचयिता तो रचयिता है, वही उसकी सम्पूर्णता है और सार्थकता भी।

जिंदगी का तजुर्बा

जिंदगी की तो बस दौड़ है,
लोगों में हर चीज़ पाने की बस हौड़ है।
हम रोते या हँसते नहीं है,
बस एक-दूसरे को देखकर जलते हैं।
किताबों की दुनियाँ से अब इंटरनेट का जमाना है,
किताबों में कहाँ अब जग समाना है?
इतनी व्यस्त है जिंदगी खुशियों का कहाँ वक्त है?
बस ज्यादा से ज्यादा पैसे कमा के जो दिखाना है।
रब को कौन पूछता है, बस दुख में ही उसे पुकारना है।
काम हो जाए तो दूर से ही सर झुकाना है।
माँ-बाप को बस आश्रम में छोड़कर आना है,
अपनी बीवी संग जो दिल लगाना है।
अपनी ही नहीं संभलती जिंदगी,
बधों की क्या संभलेगी!
फिर क्या है।
बच्चों को भी वही करके दिखाना है,
अपने माँ-बाप की आँखों में फिर सिर्फ आंसू ही लाना है।
बीम के पेड पर आम कहाँ उग पाएँगे।
जो काम किए है टेढ़े,
उसके अंजाम अच्छे कैसे आएँगे?
भौतिक सुख-सुविधाओं से परिपूर्ण है जिंदगी,
उसमें परिश्रम कौन कहेगा?
अब तो लगता है वह चार कंधों पर नहीं,
मशीन पर ही इस दुनियाँ से चलेगा।
पड़ोसियों का भी क्या काम है?
सोचते है इनका तो बड़ा नाम है।
दोस्त समझों जिसको अपना आखिर
में वही तो सबसे बड़ा धोखेबाज है।
किस्मत से मिलती सच्ची दोस्ती यहीं

बाकी तो मतलबी है, जिनके लिए,
मतलब पूरे करना भी आम है।

नाम- काजल
रोल नं. 5708 /21

यौवन को लग गया ग्रहण

एक फूल-सी खिलती युवती ने
रखा था यौवन में कदम
न जाने कौन लगा गया
यौवन को ग्रहण?

चंचल-सी घर को महकाती
उड़ती जाती तितली की भाँति
प्रेम-सी मधुर वाणी बतलाती
रखे मन में गगन छूने की अभिलाषा
पर इसी समय रखा था युवती ने यौवन
में कदम, ना जाने कौन लगा गया यौवन को
ग्रहण?

फिर आया एक अँधियारा दिन
रंग गया सब काला-काला
रंग बिखराती वो चिड़िया हो गई
इन्सानी दरिंदों की मृगाया
रखा था युवती ने यौवन में कदम
लग गया यौवन को ग्रहण?

बेबस होगी वो, चिखी चिल्लाई होगी
खुद को बचाने की हर कोशिश अपनाई होगी
पर इन हैवानों को ज़रा शर्म भी आई होगी?

प्रेम बाँटती प्रेम बटौरती वो
हँसमुख परी, जिंदा लाश हो गई
न बयां होने वाले दर्द का लिब्बास हो गई।
रखा था युवती ने यौवन में कदम, लग गया
यौवन को ग्रहण?

न जाने कैसी हवस है इस कलि के युग में
जो मासूमियत भी न देखे,

हैवानियत बेनकाब हो गई! बात यह नहीं लेकिन
इन्सानियत फिर शर्मसार हो गई।
रखा था युवती ने यौवन में कदम लग
गया यौवन को ग्रहण?

सुनकर ही मन भर आता है, जिया
बाहर आ जाता है न जाने इन
अपराधियों को पल भी सुकून
कैसे? आ जाता है?

जिन चेहरों को देख
मन में सूकून, ममता
प्रेम का भाव उमड़ कर आता है,
उन्हें देख कुछ के मन में
इन्सानियत की जगह हैवान
उतर आता है।

बयाँ न होने वाले इस दर्द को
कलम के जरिए उभारा है
यही प्रश्न उठाया है न्याय की जगह
क्यों मिल रहा अफसोस है?
आखिर मिल रहा अफसोस है?
आखिर क्यों जमाना खामोश है, खामोश है, खामोश है?

नाम-निकिता
कक्षा-बी.ए. द्वितीय (II)
अनुक्रमांक - 148 / 280

कोरोना

हँसती खिलखिलाती दुनिया थी हमारी
हर दिन गुजर रहा था बहार से
अब चारों ओर कोहरा मचा है
कोरोना के प्रहार से।

सैंकड़ों वर्ष बाद आई है फिर,
दुनियाँ में उभरकर एक महामारी
नाम है जिसका कोरोना
इस से जान बचाना है भारी।

साबुन, सेनेटाइजर और मास्क लगाए
अपने परिवार और खुद की जान बचाए
आओ कुछ लोगों को हम जगाते हैं
और कुछ लोगों को आप जगाए।

डरने की जरूरत नहीं है इससे
जरूरत है हिम्मत जुटाने की
हम सब मिलकर इसे हराएँगे
ये बात नहीं है घबराने की।

लाखों जानें ली है इसने
लाखों किए हैं अत्याचार
दवा, दारू कुछ भी काम नहीं आ रहा,
आखिर क्या करे सरकार?

अभी भी वक्त है संभल जाए हम
अपने परिवार है खुद का रखे ध्यान
मौत को मात देकर हम
लाएँ सबके होठों पर मुस्कान।

नाम- नेहा

कक्षा- बी.ए. द्वितीय वर्ष

रोल नं. 686

Post Graduate Government College for Girls-11

मर्द भागता है

तुमने देखी हैं लड़कियाँ
जो भाग जाती हैं
और मैंने देखे है भगौड़े मर्द, जो नहीं दिखते तुमको
जिन्हें तुम भागने देते हो आराम से, आसानी से
मर्द भागता है।
किसी का बलात्कार करके, मर्द भागता है
अपनी प्रेमिका को गर्भवती छोड़ कर
मर्द एक लड़की के पीछे ऐसे भागता है
जैसे कुत्ते भागते है, किसी चलती गाड़ी के पीछे
कभी-कभी मर्दों के झुण्ड भागते हैं
एक नारी के पीछे, और यह मर्द भागने से नहीं डरता
ये डर कर भागता है
मर्द औरत साथ भी भागते हैं, और तब वो भागा हुआ नहीं होता
तब भागी हुई होती है बस वो औरत!
मर्द भागता किसी को नहीं दिखता
क्योंकि वो बहुत तेज़ भागता है
समय की रफ़्तार से
समाज की रफ़्तार से
बहुत तेज़।

नजमा
बी.ए. 3rd

आसान नहीं होगी डगर

यहाँ सहज न कुछ मिलेगा,
खून का कतरा-कतरा जलेगा,
बूंद-बूंद स्वंद का बहेगा।
रखा है ये कदम जान कर,
आसान नहीं होगी डगर।
हूँ हर समर के लिए सज्जित ,
संघर्ष से नहीं तनिक भी भयभीत

अब जो भी परिणाम हो,
युद्ध ही मेरी योग्यता का प्रमाण हो।
तटस्थ हूँ पथ पर जानकर,
आसान नहीं होगी डगर।
एक-समुंदर मुझे डुबाने को है,
एक बवंडर मुझे हराने को है।
एक प्रलय भीतर दबा रही हूँ,
यूँ आधियों में दीया जला रही हूँ
खुद को खोकर, खुदी को पाने चली हूँ
वक्त की छेनी, हर मार,
हरजख्म उठा रही हूँ।
हताश नहीं, पर ये जानकर
आसान नहीं होगी डगर।

नजमा
बी.ए. 222

माँ

माँ एक शब्द नहीं वरदान है,
जिसके अंदर बस्ता जहान है।
माँ की करलो पूजा,
माँ जैसा कोई ओर न दूजा,
माँ से सिर पर छाँव है,
बिना माँ के संसार वीरान है।
माँ बच्चों की पीड़ा हरती है,
सारे दुख-दुख ही झरती है।
आप भूखी वह बच्चों को खिलाती है,
लोरी गाकर बच्चों को सुलाती है।
माँ बच्चों की फिक्र बहुत करती है,
उन्हें दुखी देख आप पल-पल मरती है।
माँ प्यार बहुत करती है,
अपने बच्चों के लिए सारी दुनियाँ से लडती है।
जुग-जुग जिये सबकी माँ,
उनकी ओर कोई ले न जगह।
माँ को रखो अपने साथ,

माँ के सिवा कोई नहीं थामेगा हाथ
माँ को दुखी करना पाप है,
जिसको परमात्मा भी नहीं करता माफ है।
जिसे पूजता जहान है।

नाम- कनु
कक्षा-बी.ए.तृतीय
अनुक्रमांक- 10482/19
मोबाईल नं- 9780057711

मेरे आदर्श के आदर्श

आदर्श कही जो देता जीवन शिक्षा अपार,
जिनसे सीखे मैंने जीवन के कुछ व्यवहार।
मिले मेरे आदर्श के आदर्शों के भण्डार से,
सफलता सबको आस है,
मुकाबले में जीत नहीं,
उसमें मिली इज्जत जीत से भी खास है।

हम डरते अकसर मरने से,
लेकिन जो मर रहा हमारे अंदर,
वो और खौफनाक है मौत से
जीवन को जीना है बिना खौफ के,
ये दुनियाँ का डर खड़ा है,
हमारे मार्ग रोक के।

ठहराने गलत कतार खड़ी हो सामने।
टगर दिल कहे तू गलत नहीं।
तो हट के खड़े हो जा उसके सामने,
चाहे दुनियाँ के लाख व्यक्ति तेरे साथ नहीं,
पर जो एक खड़ा है तेरे साथ,
है तेरे लिए लाख वही।

हार से डरता नहीं,
जहाँ लड़ जाए है जीत वहीं,

ऐसे मेरे आदर्श है
जिनके कई अनोखे आदर्श है।
जिनका अर्थ पहले ही सिद्ध है।

नाम: शोभा

कोशिश

कोशिश कर, हल निकलेगा,
आज नहीं तो, कल निकलेगा।

अजुर्न-सा लक्ष्य रख, निशाना लगा
मरुस्थल से फिर, जल निकलेगा।

मेहनत कर पौधों को पानी दे,
बंजर ने भी फिर, फल निकलेगा।

ताकत जुटा, हिम्मत को आग दे,
फौलाद का भी, बल निकलेगा।

सीने में उम्मीदों को, जिंदा रख
समन्दर से भी, गंगाजल निकलेगा।

कोशिशें जारी रख, कुछ कर गुजरने की
जो कुछ थमा-थमा है, चल निकलेगा।

कोशिश कर, हल निकलेगा
आज नहीं तो, कल निकलेगा

सुषमा
बी.ए. - I

पहेली

कभी खुली किताब-सी,
तो कभी बंद तिजौरी-सी हूं,
हां मैं एक पहेली हूं।

कभी सबके साथ,
तो कभी बिल्कुल अकेली हूं,
हां मैं एक पहेली हूं।

कभी आसमान-सा हौसला मेरा,
तो कभी दुविधा में उलझी-सी हूं,
हां मैं एक पहेली हूं।

कभी हवा के शोर-सी हूं,
तो कभी शांत सागर के तट-सी हूं,
हां मैं एक पहेली हूं।

कभी चुलबुली-सी
तो कभी बिल्कुल भोली-सी हूं,
हां मैं एक पहेली हूं।

कभी खट्टी-मीठी नोकझोंक-सी,
तो कभी मधुर बोली-सी हूं,
हां मैं एक पहेली हूं।

कभी ज्ञानी शिक्षक-सी,
तो कभी जिज्ञासु बालक-सी हूं,
हां मैं एक पहेली हूं।

कभी पतझड़-सी,
तो कभी फूलों की खिली बहार-सी हूं,
हां मैं एक पहेली हूं।

कभी सूरज की किरण-सी,
तो कभी चांद की चांदनी-सी हूं,

हां मैं एक पहेली हूं।

कभी नए सवेरे - सी,
तो कभी बीती रात - सी हूं,
हां मैं एक पहेली हूं।

कभी पर्वत की चट्टान - सी,
तो कभी रेत के कण - सी हूं,
हां मैं एक पहेली हूं।

कभी जीत के जशन - सी,
तो कभी हार की मायूसी - सी हूं,
हां मैं एक पहेली हूं।

नाम - कनु
कक्षा - बी.ए. तृतीय
अनुक्रमांक - 10482
मोबाई लं. 9780057711

कविता - अन्नदाता किसान

कुछ फांसी पर लटक चुके
कुछ हो रहे अब तैयार
कैसा मचा ये हाहाकार
अन्नदाता की सुनो पुकार।।

स्वयं चाहे भूखे रह जाए
औरों तक भोजन पहुंचाए
फिर भी कोई न उसकी सुनता
किसे अपनी व्यथा सुनाये?
राजनीति के शोर में अक्सर
दब जाती उसकी चीत्कार
कैसा मचा ये हाहाकार

अन्नदाता की सुनो पुकार।।

लोग तो झूठे हैं ही यहाँ पर
मौसम भी बेईमान हुआ।
बेकार हुई सारी मेहनत
और बहुत नुकसान हुआ।।
कभी आ रही बाढ़
कभी सूखे की पड़ती मार
कैसा मचाये हाहाकार।
अन्नदाता की सुनो पुकार।।

नाम- प्रिया
बी.ए. - III
10140

नाश निश्चित है।

प्रकृति सुंदर वन जल पर्वत है
यहां चहचाहते पंछी तेज हवा है
सूर्य की ललिमा मनमोहक है

कहीं पर छांव है कहीं पर धूप
प्रकृति के ये हैं अनेक रूप
कहीं पर कलियां खिली हैं
कहीं पर बंजर जमीन है

मनुष्य प्रकृति पर आश्रित है
फिर भी इसका अतिदोहन निश्चित है
जो प्रकृति ने अपना खेल दिखाया
मनुष्य का नाश निश्चित है

नाम: राखी
BA-2
PGGCG-11

बेटी

महकती कलियों-सी होती हैं बेटियाँ
वो होती नहीं किसी और जैसी, होती है खुद के जैसी
क्यों कहें तुम्हें कि हो तुम बेटों जैसी
तुम हो बेटी बेटियों के जैसी
क्योंकि होती नहीं
पिता की परी नहीं
शेरनी-सी होती हैं बेटियाँ
क्योंकि
कोमलता होती है इनमें पर
हर शस्त्र उठा सकती हैं बेटियाँ
क्योंकि.....
छत नहीं छू कर हाथ सब
परेशानियां स्वप्न कर देती हैं बेटियाँ
क्योंकि ...
बोझ नहीं हर बोझ
को उठा कर चलती हैं बेटियाँ
क्योंकि वो होती नहीं किसी और जैसी, होती है खुद के जैसी
बेटियाँ।

ज्योति
स्नातक तृतीय वर्ष

पीजीजीसीजी-1
को मिला ग्रीन
चैपियन अवार्ड

सेक्टर-11 कॉलेज को ग्रीन चैंपियन अवॉर्ड मिला

चंडीगढ़ | पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स सेक्टर 11 को ग्रीन चैंपियन अवॉर्ड से सम्मानित किया गया।

केंद्रीय पोल्ट्री विकास संगठन के साथ एमओयू पर हस्ताक्षर

आज समाज नेटवर्क

चंडीगढ़। पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स, सेक्टर 11 ने केंद्रीय पोल्ट्री विकास संगठन (सीपीडीओ) के साथ एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए। दरअसल सीपीडीओ स्नातकोत्तर और स्नातक छात्रों हेतु व्यावहारिक कार्यशाला और क्षेत्र का दौरा करने में कॉलेज के साथ परस्पर सहयोग कर रहा है। उन्हें कुक्कुट पालन हेतु आवश्यक कौशल और तकनीकों से परिचित कराना वह संकेत। डॉ. शिपि सैरीवाल, सहायक आयुक्त, पशुपालन और डेप्यो विभाग,



बनारसे। डॉ. कामना बरकतकी निदेशक सीपीडीओ (एनआर) ने पूछा कि यह समझौता ज्ञापन किस सशक्तिकरण में एक नया मानक स्थापित करेगा। प्रचारार्थ प्रोफेसर डॉ. अनीला बोराल ने संक्षेप सदन को बताया कि यह कामना की कि वह सहयोग छात्रों के लिए नए विहित कोलेज। उन्होंने कहा कि समझौता ज्ञापन दोनों पक्षों की सौदिक और

पर्यावरण मुद्दों पर प्रतियोगिता: 500 से अधिक छात्रों-शिक्षकों ने लिया भाग

चंडीगढ़, 6 जून (आशीष): शहर के विभिन्न कॉलेजों में पर्यावरण दिवस के मौके पर पर्यावरण मुद्दों पर प्रतियोगिता का आयोजन किया गया। सेक्टर 10 के डी.ए.वी. कॉलेज के जीव विज्ञान विभाग की ओर से बैबीनार का आयोजन किया गया जिसमें 500 से अधिक छात्रों और शिक्षकों ने भाग लिया जिसमें मुख्य अतिथि प्रोफेसर डॉ. प्रमोद सिंह थे। सेक्टर-11 के पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज और गर्ल्स में पर्यावरण दिवस के मौके पर प्लास्टिक को न कहें अभियान शुरू किया गया। कॉलेज में इस विषय पर पोस्टर स्लोगन जैसे विभिन्न गतिविधियों का आयोजन किया गया।

सेक्टर-11 कॉलेज कैंपस में लगाए पौधे



चंडीगढ़ | वर्ल्ड अर्थ डे के मौके पर पीजीजीसीजी-11 की एन्वायरनमेंट सोसायटी, प्रकृति ने कॉलेज में इवेंट आयोजित किया। इवेंट की शुरुआत गेस्ट्स, फैकल्टी और स्टूडेंट्स द्वारा कॉलेज कैंपस में पौधरोपण से हुई। अमरूद, आम और जामुन के करीब 40 पौधे लगाए गए।



रिए लोगों को जागरूक करते रेंड रिबन सोसाइटी के सदस्य। संवाद

नाटक से एड्स के प्रति किया जागरूक

चंडीगढ़। सेक्टर-11 स्थित पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स की रेंड रिबन सोसाइटी ने एड्स पर जागरूकता पर कॉलेज परिसर में नुक्कड़ नाटक का आयोजन किया। इस अवसर पर कॉलेज के डीन अजय शर्मा मौजूद रहे। लगभग 20 छात्रों ने नुक्कड़ नाटक में प्रस्तुत की। छात्र एड्स के खिलाफ नारे गाने तख्तियां भी लिए हुए थे। उन्होंने एड्स से बचने के लिए उपायों का उपयोग करने का संकल्प लिया। सयोजक डॉ. अनुराधा शर्मा ने नाटक के प्रदर्शन के लिए छात्रों को सराहना की। संवाद

पीजीजीसीजी-11 में अब हर शनिवार को मनाया जाएगा नो प्लास्टिक डे

चंडीगढ़ | पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स सेक्टर 11 में पर्यावरण दिवस पर नो प्लास्टिक डे : बी पार्ट ऑफ द सॉल्यूशन की शुरुआत की गई।

आइ साहिब कालेज में युवा मेला का समापन पी.जी.जी.सी.जी. कालेज चंडीगढ़ ने ओवरऑल ट्रॉफी पर कब्जा किया



विजयी टीम को सर्टीफिकेट देकर सम्मानित किया गया। श्री साहिबवाड़ा साहिब, 27 नवम्बर (टक्कर) : गुरु गोविंद सिंह खालसा कॉलेज फॉर युमैन डेव्लपमेंट में पंचांग पुनर्विनिर्माण की तरफ से कराया जा रहे युवा एंड हेरिटेज फैस्टिवल जेन-बी, चंडीगढ़ के अंतिम दिन दर्शकों ने लोक गायों का खूब आनंद माना। उर्वे दिन मुख्य मेहमान के तौर पर पूर्व केप्टन सैला सिंह ठमरपुर और विशेष मेहमान के तौर पर गायक परमजीत सिंह मिश्र और अद्वैत रायचंदर राणी ने शिरकात की। मुख्य मेहमानों ने विद्यार्थियों को संबोधन करते हुए कहा कि ऐसे युवा मेले विद्यार्थियों के अंदरूनी दुख को उजागर करने के

पी.जी.जी.सी.जी. कालेज की टीम ने पहला, पी.जी.जी.सी.जी. कालेज ने दूसरा व एम.सी.एम.पी.जी. कालेज सेक्टर-36 ने तीसरा स्थान हासिल किया। लड़की मुकाबलों में देव समाज कालेज फॉर युमैन, सेक्टर-45 की टीम ने पहला, पी.जी.जी.सी.जी. कालेज की टीम ने दूसरा और पी.जी.जी.सी.जी. कालेज ने तीसरा स्थान हासिल किया। गिरा में पी.जी.जी.सी.जी. कालेज की टीम ने पहला, पी.जी.जी.सी.जी. कालेज की टीम ने दूसरा स्थान हासिल किया। इस के इलावा पी.जी.जी.सी.जी. कालेज, सेक्टर-11 चंडीगढ़ ने ओवरऑल ट्रॉफी पर कब्जा किया।

काली रैली



जागरूकता रैली में भाग लेती कॉलेज की छात्राएं।

पीजीजीसीजी-11 की छात्राएं सीखेंगी कुक्कुट पालन

चंडीगढ़। सेक्टर-11 स्थित पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स (पीजीजीसीजी) ने सेंट्रल पोल्ट्री डेवलपमेंट ऑर्गेनाइजेशन (सीपीडीओ) के साथ व्यावहारिक कार्यशाला आयोजित करने में कॉलेज का सहयोग करने के लिए समझौता ज्ञापन पर हस्ताक्षर किए। समझौते के अनुसार सीपीडीओ स्नातक और स्नातकोत्तर छात्राओं के लिए फील्ड टूर आयोजित करवाएगी जिससे छात्र कुक्कुट पालन के लिए आवश्यक

Online Training Portal
National Campaign on Plantation and Geo-tagging
June 2018



1000 Plantations in the annual tree plantation campaign in June 2018 in the month of June to create awareness about the tree effects of environment. The National Campaign on Plantation and Geo-tagging, June 2018.



महिला सशक्तिकरण का संदेश

म्यूरल से दिया महिला सशक्तिकरण का संदेश

चंडीगढ़। समाज विकास के लिए महिला सशक्तिकरण अनिवार्य है। इसे एक दिन में मानकर सरल तरीका जो सकता है। महिलाओं को पढ़ाकर सशक्त करने के साथ-साथ उनके मानसिक स्तर बढ़ाने के लिए पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स (पीजीजीसीजी) आयोजित कार्यक्रमों का विभिन्न प्रकार के

'भू-टैगिंग पर राष्ट्रीय अभियान आयोजित'

चंडीगढ़ 19 जुलाई (आशीष) : वनस्पति विज्ञान विभाग, पोस्ट-ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स सेक्टर-11 की बॉटनिकल सोसाइटी ने सोमवार को पोघोरोपण और भू-टैगिंग पर राष्ट्रीय अभियान आयोजित करने की पहल की है। 'आप एक पेड़ लगाते हैं, तो आप एक जीवन लगाते हैं' विषय पर आयोजित अभियान का उद्देश्य सामुदायिक पार्क को प्रोत्साहित करना और पर्यावरण प्रदूषण और पर्यावरण-बहाली पर जन जागरूकता बढ़ाना है। इस अग्रणी अभियान को देशभर में व्यापक जनसमर्थन और सहयोग मिला, जिसमें चंडीगढ़, दिल्ली, हरियाणा के लगभग 400 लोग शामिल थे। प्रिंसिपल, प्रो. अनीता कौशल ने पर्यावरण की बहाली पर जोर दिया।

एशियन फेंसिंग चैंपियनशिप में कुसुम ने हासिल किया ब्रॉन्ज

गवर्नमेंट कॉलेज-11 प्रिंसिपल ने किया सिटी फेंसर को सम्मानित

चंडीगढ़। सिटी फेंसिंग स्टार कुसुम ने एशियन जूनियर और फेडरल फेंसिंग चैंपियनशिप में शानदार प्रदर्शन करते हुए मेडल हासिल किया है। उज्बेकिस्तान के ताशकंद में खेली गई चैंपियनशिप में कुसुम ने अपनी गेम से सभी को प्रभावित किया और देश के लिए ब्रॉन्ज मेडल हासिल किया।

गवर्नमेंट कॉलेज फॉर गर्ल्स सेक्टर-11 में ग्रीप-3 की स्ट्रैंट कुसुम ने अच्छा प्रदर्शन करते हुए पोलियम पर जगह बनाई। वे इससे पहले भारत के लिए वर्ल्ड कप में भी हिस्सा ले चुकी हैं। कॉलेज प्रिंसिपल डॉ. अनीता कौशल ने उन्हें इस सफलता के लिए बधाई



दी और कहा कि वे ऐसे ही आने वाले समय में चंडीगढ़ व देश का नाम रोशन करती रहेंगी। कुसुम ने अपनी बहन को देखकर गेम की शुरुआत की थी। वे नेशनल लेवल पर खेली मेडल

जीजीसी-11 की स्वीटी और शीतल ने उत्तीर्ण की गेट परीक्षा

चंडीगढ़। पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स-11 की दो छात्राओं ने गेट की परीक्षा उत्तीर्ण कर कॉलेज का नाम रोशन किया है।

जीव विज्ञान विभाग की स्वीटी बिस्ला ने लाइफ साइंस सेक्शन में ऑल इंडिया रैंक 94 और समाज शास्त्र विभाग की शीतल पेबाम ने सामाजिक विज्ञान सेक्शन में ऑल इंडिया रैंक 117

Over 1,000 students awarded degrees at GCG convocation



students in a celebratory mood after receiving their degrees at the convocation on Friday. Povlet Kaur

स्लोगन में श्रेया व भुवी जीते पीजीजीसीजी-11 में अक्षय ऊर्जा दिवस पर कार्यक्रम

पोस्टर मेंकिंग में श्रुति जीती नाटक से पर्यावरण के प्रति चेताया

WORLD MENTAL HEALTH DAY

Chandigarh: The Department of Psychology, Post Graduate Government College of Girls Sector 11, celebrated World Mental Health Day. The event raised awareness about mental health.

पुस्तकालय विभाग ने करवाई प्रतियोगिता

चंडीगढ़, 13 मई (आशीष) : सेक्टर-11 के पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स के पुस्तकालय विभाग ने प्रतियोगिता का आयोजन किया। छात्राओं ने स्लोगन लेखन, बुक जैकेट मेंकिंग, बुक मार्क मेंकिंग, बुक हंटिंग और रेफरेंस हंटिंग प्रतियोगिता में हिस्सा लिया। इस कार्यक्रम का उद्देश्य छात्राओं को पढ़ने की आदत को विकसित करना था।

प्रिंसिपल डॉ. अनीता कौशल ने विजेताओं को पुरस्कार बांटे। उन्होंने ने कहा है कि पुस्तकालय सीखने का सबसे बेहतर स्थान है जो सीखने का अवसर प्रदान करता है। प्रतियोगिता में 100 से अधिक छात्राएं ने भाग लिया।

चंडीगढ़। सेक्टर-11 पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स की पर्यावरण सोसाइटी ने स्पोर्ट्स ब्लॉक में एनएसएस के सहयोग से प्रदूषण निवारण विषय पर नुक्कड़ नाटक, कविता पाठ का आयोजन किया। नुक्कड़ नाटक में स्नातक की कानू, आरती, रजनी, काजल, अंजलि, आकृति, विशाखा ने प्लास्टिक बैग, जल और वायु प्रदूषण के हानिकारक प्रभावों को पेश किया। ब्यूरो

PGGCG-11 signs MOU with CPDO

CHANDIGARH : Post Graduate Government College for Girls, Sector 11, signed a memorandum of understanding with the Central Poultry Development Organization on Friday to collaborate in conducting practical workshops and visits for post graduate students and faculty members, familiarising them with the techniques required in poultry farming.

• एशियन फेसिंग के लिए 25 फरवरी को ताशकंद खाना होगी सिटी स्टार

• चंडीगढ़, सिटी चैंपियन स्टार कुसुम को एशियन चैंपियनशिप के लिए भारतीय टीम में शामिल किया गया है और वे अब अपनी बहन के साथ साथ कोच के ड्रीम को पूरा करने को तैयार हैं। कुसुम की बहन फेसिंग करना चाहती थी लेकिन उनकी सामान और स्पोर्ट की कमी के कारण वे ऐसा नहीं कर सकती। अब उनके सपोर्ट की मदद से कुसुम ताशकंद में होने वाली जूनियर एशियन और कैंडिड चैंपियनशिप में खेलने के लिए तैयार हैं।



• बहन नहीं खेल पाई थी, अब कुसुम रेडी... कुसुम ने फेसिंग को शुरू करने का फैसला किया।

एसडी कॉलेज में नैशनल कांफ्रेंस दौरान डिस्ट्रिक्ट ग्रीन चैंपियंस को किया सम्मानित



एसडी कॉलेज में नैशनल कांफ्रेंस दौरान संयुक्त शिक्षा कलेक्टर द्वारा एसडी कॉलेज में भोज लेने वाले। (छात्रा : कमलजीत सिंह)

चंडीगढ़, 36 अक्टूबर (राज सिंह बघाड़) : एसडी शिक्षा सेवाएं के अध्यक्ष महाराजा राधे नैशनल सम्मानित किया। यह कांफ्रेंस कोच और कन्वेंटरों के सहयोग से सिटी स्टार के लिए कार्य पर की गई थी।

कांफ्रेंस में सिटी स्टार के लिए कार्य पर की गई थी। यह कांफ्रेंस कोच और कन्वेंटरों के सहयोग से सिटी स्टार के लिए कार्य पर की गई थी।

अंतर्राष्ट्रीय प्लास्टिक बैग मुक्त दिवस मनाया

चंडीगढ़, 3 जुलाई (आशीष) : उच्च शिक्षा निदेशालय के तत्वावधान में शिक्षा ने शनिवार को प्लास्टिक बैग मुक्त अभियान शुरू किया। अंतर्राष्ट्रीय प्लास्टिक बैग मुक्त दिवस में मनाया जाता है।

यह एक वैश्विक प्लास्टिक बैग के उपयोग को कम करने का अभियान है। पोस्ट ग्रेजुएट गवर्नमेंट गर्ल्स, सेक्टर-11 की कोशाल ने कहा कि अभियान लगभग 17.6 फीसदी प्लास्टिक बैग प्रबंधन के लिए प्लास्टिक बैग को कम करने, पुनः उपयोग, रि-साइकलिंग और प्लास्टिक बैग को बढ़ावा दिया है। अभियान पर्यावरण को संरक्षित करने के लिए प्रयासों का समर्थन करना और पर्यावरण की बहाली पर परिवारों के बीच ज्ञान जागरूकता में सुधार करना है। इस दौरान 50 हजार से अधिक छात्रों और कॉलेजों के शिक्षण और गैर-शिक्षण कर्मचारियों ने एकल उपयोग प्लास्टिक और प्लास्टिक की वस्तुओं के नकारात्मक प्रभावों को कम करने का संकल्प लिया।

पीजीजीसीजी-11: महासागरों के महत्व पर अवेयरनेस बढ़ाने के लिए स्टूडेंट्स ने ह्यूमन चेन बनाई



पीजीजीसीजी-11: महासागरों के महत्व पर अवेयरनेस बढ़ाने के लिए स्टूडेंट्स ने ह्यूमन चेन बनाई

BLOOD DONATION CAMP



चंडीगढ़ : एक अवधारणा है कि बेटीयां कमजोर होती हैं। दूसरों की मदद से उन्हें बचाना, यह खुद को ही संभाल नहीं सकती। अक्सर ऐसी बातें सुनने को मिलती हैं। अगर इस भाँति को तोड़ा गया तो ब्लड डोनेशन कार्यक्रम पंचकुला प्रीमियर की ओर से आयोजित हुए ब्लड डोनेशन कैम्प के दौरान। कैम्प को चंडीगढ़ के गवर्नमेंट कॉलेज फॉर गर्ल्स, सेक्टर - 11 में आयोजित किया गया। ब्लड डोनेशन कैम्प में लड़कियों 85 यूनिट ब्लड इकट्ठा किया गया और लड़कियों ने खून दान किया।

प्रदूषण निवारण विषय पर कार्यक्रम का आयोजन

चंडीगढ़, 12 दिसम्बर (आशीष) : सेक्टर-11 स्थित पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स की पर्यावरण सोसायटी ने एन.एस.एस. के सहयोग से प्रदूषण निवारण विषय पर नुककड़ नाटक, कविता पाठ और प्रतिज्ञा का आयोजन किया गया। नाटक में कनु, आरती, रजनी, काजल, अंजलि, आकृति, विशाखा, शबनम और शालिनी ने अभिनय किया। जिसमें प्लास्टिक बैग का नुकसान, जल प्रदूषण को रोकने और वायु प्रदूषण से होने वाले हानिकारक प्रभावों के बारे में जागरूक किया। प्रिंसिपल प्रो.अनीता कोशल ने कहा कि दिन प्रति दिन प्रदूषण की समस्या बढ़ती जा रही है। उन्होंने संकाय सदस्य और छात्रों को शपथ भी दिलाई। कालेज डॉन अजय कुमार शर्मा, वाइस प्रिंसिपल मोनिका गिज के साथ 100 से अधिक छात्र और संकाय

जीजीसीजी-11 को न चैंपियन अवॉर्ड

प्रिंसिपल स्वच्छता-पहलुओं और ध्यास के क्षेत्र में योगदान के लिए जीजीसीजी-11 को ग्रीन चैंपियन अवॉर्ड से नवाजा गया है। प्रति जिला पुरस्कार सिर्फ एक संस्थान को ए जाते हैं। वन डिस्ट्रिक्ट वन ग्रीन पियन अवार्ड्स 2021-2022 लगभग एक हजार उच्च शिक्षण स्थानों ने पार्टिसिपेट किया। इको-स्टोरेशन में अपने अनुकरणीय प्रदर्शन के लिए कॉलेज ने ग्रीन चैंपियन के रूप में एक जगह बनाई। कॉलेज के पास एक व्यापक ग्रीन है और सस्टेनेबल डेवेलपमेंट दिशा में अपने योगदान के लिए और राष्ट्रीय स्तर पर कई जीत चुका है।

पीजीजीसीजी-11 में फेयरवेल पार्टी



चंडीगढ़ | पीजीजीसीजी-11 में कॉमर्स और कंप्यूटर एप्लिकेशंस विभाग ने बीकॉम और बीसीए फाइनल ईयर स्टूडेंट्स के लिए फेयरवेल पार्टी-हस्ता ला विस्ता आयोजित की। इस दौरान कॉलेज की प्रिंसिपल प्रोफ. डॉ. अनीता कौशल चीफ गेस्ट थीं और फैकल्टी मेंबर्स भी मौजूद रहे। बीकॉम और बीसीए के फर्स्ट और सेकेंड ईयर के स्टूडेंट्स ने इस

जीसीजी-11 को मिला ग्रीन चैंपियन अवार्ड

जासं, चंडीगढ़ : महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद के उच्च शिक्षा विभाग ने कराई गई प्रतियोगिता में पोस्ट ग्रेजुएट गवर्नमेंट कालेज फार गर्ल्स सेक्टर-11 को ग्रीन

चैंपियन अवार्ड मिला है। शनिवार को घोषित किए गए परिणाम में ईको-रिस्टोरेशन में बेहतरीन काम करने के लिए चुना गया है। कालेज में 70 फीसद एरिया ग्रीन एरिया में कवर है।



महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद के उच्च शिक्षा विभाग की ओर से कराई गई प्रतियोगिता में पोस्ट ग्रेजुएट गवर्नमेंट कालेज फार गर्ल्स सेक्टर-11 को ग्रीन चैंपियन अवार्ड मिला है। पुरस्कार हासिल करती प्रिंसिपल प्रो. अनीता कौशल का जगह

'पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स को मिला एन्टायरनमेंट बैस्ट प्रैस्टीज अवॉर्ड-2021'

चंडीगढ़ : आर्य समाज (कॉलोनी) सेक्टर-11 में पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फार गर्ल्स को एन्टायरनमेंट बैस्ट प्रैस्टीज अवॉर्ड-2021 मिला है। यह अवॉर्ड

मिस पी.जी.जी.सी.जी. का ताज तेजस्विनी को

चंडीगढ़, 16 जून (आर्य समाज) : सेक्टर-11 में पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फार गर्ल्स में दो साल के अंतराल के बाद मिस पी.जी.जी.सी.जी. का उद्घोष किया गया। इस दौरान प्रथम वर्ष की छात्रा ने

पीजीजीसीजी-11 में फेयरवेल पार्टी



चंडीगढ़ | पीजीजीसीजी-11 में एमए, एमकॉम, एमएससी और पीजीडीसीए फाइनल ईयर के लिए फेयरवेल पार्टी आयोजित की गई। फर्स्ट ईयर के स्टूडेंट्स ने फाइनल ईयर के पीजी स्टूडेंट्स के लिए कल्चरल

इवेंट्स प्रेजेंट किए। स्नेहा ने सेकेंड रनरअप, तमन्ना ने फर्स्ट रनरअप जीता, जबकि तेजस्विनी को मिस पीजीजीसीजी-11 का खिताब मिला। कल्चरल परफॉर्मेंसेस में डांस और सॉन्ग्स के अलावा गेम्स शामिल थीं।



चंडीगढ़ | पीजीजीसी सेक्टर-11 में प्रिंसिपल प्रो. अनीता कौशल ने झंडा फहराया। डॉन अजय कुमार शर्मा और मोनिका सिक्रा की मौजूदगी में पौधरोपण किया।



पीजीजीसीजी-11 में मनाया वर्ल्ड हेल्थ डे

चंडीगढ़ | पीजीजीसीजी-11 में वर्ल्ड हेल्थ डे मनाया गया। केमिस्ट्री विभाग की हेड डॉ. संगीता मेहतानी ने लेक्चर कम प्रेजेंटेशन दी। उन्होंने हेल्थ के बारे में बात की। इस दौरान एक डेरा डॉक्टरी पोस्टर मेकिंग कंपीटिशन भी हुआ जिसमें कई

विदेश में भी स्वीकरी जा रही हिंदी : प्रो. अनीता कौशल

बढ़ाने के लिए स्टूडेंट्स ने ह्यूमन चेन बनाई



चंडीगढ़ | पीजीजीसीजी-11 में एमए, एमकॉम, एमएससी और पीजीडीसीए फाइनल ईयर के लिए फेयरवेल पार्टी आयोजित की गई। फर्स्ट ईयर के स्टूडेंट्स ने फाइनल ईयर के पीजी स्टूडेंट्स के लिए कल्चरल इवेंट्स प्रेजेंट किए। स्नेहा ने सेकेंड रनरअप, तमन्ना ने फर्स्ट रनरअप जीता, जबकि तेजस्विनी को मिस पीजीजीसीजी-11 का खिताब मिला। कल्चरल परफॉर्मेंसेस में डांस और सॉन्ग्स के अलावा गेम्स शामिल थीं।

PUNJABI SECTION



ਸੰਪਾਦਕੀ

ਹਰ ਸਾਲ ਦੀ ਤਰ੍ਹਾਂ ਇਸ ਸਾਲ ਵੀ ਕਾਲਜ ਆਪਣਾ ਮੈਗ਼ਜ਼ੀਨ ਔਭਾਓਲੈ ਕੇ ਤੁਹਾਡੇ ਸਨਮੁੱਖ ਹੈ। ਇਸ ਸਾਲ ਜਿੱਥੇ ਅਸੀਂ ਨੌਵੇਂ ਪਾਤਸ਼ਾਹ ਸ੍ਰੀ ਗੁਰੂ ਤੇਭਗਵੰਤ ਜੀ ਦਾ 400 ਸਾਲਾਂ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਦੇਸ਼ ਅਤੇ ਦੁਨੀਆਂ ਵਿੱਚ ਬੜੀ ਧੂਮ-ਧਾਮ ਨਾਲ ਮਨਾ ਰਹੇ ਹਾਂ, ਉੱਥੇ ਪੋਸਟ ਗ੍ਰੈਜੂਏਟ ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ, ਸੈਕਟਰ-11, ਦੇ ਪੰਜਾਬੀ ਵਿਭਾਗ ਨੇ ਸ੍ਰੀ ਗੁਰੂ ਤੇਭਗਵੰਤ ਜੀ ਦਾ ਜੀਵਨ ਬਾਣੀ ਅਤੇ ਸ਼ਹਾਦਤ ਵਿਸ਼ੇ ਉੱਪਰ ਵੈਬੀਨਾਰ ਕਰਵਾਇਆ। ਅਸਲ ਵਿੱਚ ਗੁਰੂ ਸਾਹਿਬਾਨ ਦਾ ਜੀਵਨ, ਫਲਸਫਾ ਅਤੇ ਸ਼ਹਾਦਤ ਸਾਡੇ ਸਭ ਦੇ ਅੰਦਰ ਭਗਤੀ ਭਾਵ, ਸਦਭਾਵਨਾ, ਸਬਰ, ਸੰਤੋਖ, ਸੰਜਮ, ਸਹਿਣਸ਼ੀਲਤਾ, ਨਿਮਰਤਾ, ਹੱਕ, ਸੱਚ, ਨਿਆਂ, ਧਰਮ ਦੀ ਰੱਖਿਆ ਅਤੇ ਅਨੇਕਤਾ ਵਿੱਚ ਏਕਤਾ ਬਣਾਈ ਰੱਖਣਾ ਆਦਿ ਦਾ ਸੰਦੇਸ਼ ਸੰਚਾਰਿਤ ਕਰਦਾ ਹੈ। ਗੁਰੂ ਸਾਹਿਬਾਨ ਦੀਆਂ ਸਿੱਖਿਆਵਾਂ ਦੀ ਸਾਰਥਿਕਤਾ ਅਜੋਕੀ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਲਈ ਹੋਰ ਵੀ ਵੱਧ ਜਾਂਦੀ ਹੈ ਜਦੋਂ ਉਹ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਭੁਲਾ ਕੇ ਕੁਰਾਹੇ ਪੈ ਰਹੀ ਹੈ।

ਸਮੇਂ-ਸਮੇਂ ਕਾਲਜ ਵਿੱਚ ਕਰਵਾਈਆਂ ਜਾਣ ਵਾਲੀਆਂ ਵੱਖ-ਵੱਖ ਗਤੀਵਿਧੀਆਂ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰਲੀ ਸੀਮਤ ਸੋਚ ਦੇ ਘੇਰੇ ਨੂੰ ਵਿਸਤਰਿਤ ਕਰਨ, ਕਲਪਨਾ ਸ਼ਕਤੀ ਨੂੰ ਵਧਾਉਣ, ਆਪਣੇ ਆਪ-ਦੁਆਲੇ ਪ੍ਰਤੀ ਸੁਚੇਤ/ਜਾਗਰੂਕ ਕਰਨ ਤੇ ਉਹਨਾਂ ਦਾ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਵਿਸ਼ਾਲ ਕਰਨ ਵਿੱਚ ਅਹਿਮ ਰੋਲ ਅਦਾ ਕਰਦੀਆਂ ਹਨ, ਜਿਸਦਾ ਪ੍ਰਗਟਾਵਾ ਸਾਡੇ ਸਾਹਮਣੇ ਵਿਦਿਆਰਥੀਆਂ ਦੁਆਰਾ ਰਚਿਤ ਵੱਖ-ਵੱਖ ਰਚਨਾਵਾਂ ਹਨ। ਅਸਲ ਵਿੱਚ ਸਾਹਿਤ ਰਚਨਾ ਆਪਣੇ ਆਪ ਵਿੱਚ ਸੂਝ ਕਾਰਜ ਹੈ। ਸਾਹਿਤ ਦੀ ਰਚਨਾ ਕਲਮ ਰਾਹੀਂ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਅਤੇ ਕਲਮ ਵਿੱਚ ਸਮਾਜ ਨੂੰ ਬਦਲਣ ਦੀ ਤਾਕਤ/ਸ਼ਕਤੀ ਹੁੰਦੀ ਹੈ। ਔਭਾਓਲੈ ਮੈਗ਼ਜ਼ੀਨ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣੀ ਪ੍ਰਤਿਭਾ ਨੂੰ ਲੁਕੇ ਕੇ ਨਹੀਂ ਬਲਕਿ ਸਭ ਦੇ ਸਾਹਮਣੇ ਲਿਆ ਖੜ੍ਹਾ ਕਰਨ ਦੀ ਤਾਕਤ/ਸ਼ਕਤੀ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ। ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਆਪਣੇ ਭਾਵਾਂ, ਭਿਆਨਾਂ ਅਤੇ ਜ਼ਖ਼ਬਿਆਂ ਨੂੰ ਬੜੇ ਹੀ ਸੂਝ ਅੰਦਾਜ਼ੇ ਵਿੱਚ ਕਮਲ ਪੱਤੀਆਂ ਦੇ ਰੂਪ ਵਿੱਚ ਪੇਸ਼ ਕੀਤਾ ਹੈ ਅਤੇ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿੱਚ ਇਹਨਾਂ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਹੋ ਕੇ ਪਤਾ ਨਹੀਂ ਕਿੰਨੀਆਂ ਕਮਲ ਪੱਤੀਆਂ ਨੇ ਖਿਲ ਉੱਠਣਾ ਹੈ।

ਮੈਂ ਕਾਲਜ ਦੇ ਸੁਯੋਗ ਤੇ ਸੁਹਿਰਦ ਪ੍ਰਿੰਸੀਪਲ ਮੈਡਮ ਡਾ. ਅਨੀਤਾ ਕੌਸ਼ਲ ਜੀ ਦੀ ਬਹੁਤ ਹੀ ਸ਼ੁਕਰਗੁਜ਼ਾਰ ਹਾਂ ਜਿਹਨਾਂ ਨੇ ਮੈਨੂੰ ਔਭਾਓਲੈ ਮੈਗ਼ਜ਼ੀਨ ਦੇ ਪੰਜਾਬੀ ਵਿਭਾਗ ਦਾ ਸੰਪਾਦਕ ਬਣਨ ਦਾ ਫਿਰ ਤੋਂ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕੀਤਾ ਅਤੇ ਉਹਨਾਂ ਦੀ ਰਹਿਨੁਮਾਈ ਹੇਠ ਕਾਲਜ ਨਿੱਤ ਨਵੀਆਂ ਬੁਲੰਦੀਆਂ ਛੂਹ ਰਿਹਾ ਹੈ। ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੇ ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕੀ ਮੰਡਲ ਵਿੱਚ ਸ਼ਾਮਲ ਤਰਨਜੋਤ ਕੌਰ, ਅੰਸ਼ਿਕਾ ਸੱਚਦੇਵਾ, ਜੈਸਮੀਨ ਕੌਰ ਅਤੇ ਹਰਪ੍ਰੀਤ ਕੌਰ ਦਾ ਯੋਗਦਾਨ ਸ਼ਲਾਘਾਯੋਗ ਹੈ।

ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀ ਸਿਰਜਣਾ ਰਾਹੀਂ ਇਹ ਸਾਬਤ ਕਰ ਦਿੱਤਾ ਹੈ ਕਿ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿੱਚ ਇਹਨਾਂ ਦੀ ਸਿਰਜਣ-ਪ੍ਰਕਿਰਿਆ ਹੋਰ ਪਰਿਪੱਕ ਹੋਵੇਗੀ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਇਹ ਸਾਹਿਤ ਅਤੇ ਕਲਾ ਦੇ ਖੇਤਰ ਵਿੱਚ ਆਪਣਾ ਨਾਂ ਰੋਸ਼ਨ ਕਰਨਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਪ੍ਰਤਿਭਾ ਹੋਰ ਵਧੇਰੇ ਚਮਕੇ, ਇਹੀ ਕਾਮਨਾ ਨਾਲ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕੀ

ਪਿਆਰੇ ਵਿਦਿਆਰਥੀ ਮਿੱਤਰੋ

ਮੈਨੂੰ ਇਸ ਗੱਲ ਦਾ ਮਾਣ ਹੈ ਕਿ ਮੈਂ ਪੋਸਟ ਗਰੈਜੂਏਟ ਸਰਕਾਰੀ ਕਾਲਜ, ਲੜਕੀਆਂ, ਸੈਕਟਰ-11, ਚੰਡੀਗੜ੍ਹ ਦੀ ਵਿਦਿਆਰਥਣ ਹਾਂ ਅਤੇ ਇਸ ਕਾਲਜ ਵਿੱਚ ਪੜ੍ਹਦੇ ਹੋਏ ਮੈਨੂੰ ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਔਭਾਓਂਦੇ ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੀ ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ ਦੇ ਰੂਪ ਵਿੱਚ ਬਹੁਤ ਸਾਰੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਦੇ ਦਿਲਾਂ ਦੀਆਂ ਗੁੱਝੀਆਂ ਭਾਵਨਾਵਾਂ ਨੂੰ ਤੁਹਾਡੇ ਤੱਕ ਪਹੁੰਚਾਉਣ ਦਾ ਮੌਕਾ ਮਿਲਿਆ ਹੈ। ਇਸ ਲਈ ਮੈਂ ਕਾਲਜ ਦੇ ਮਾਣਯੋਗ ਪ੍ਰਿੰਸੀਪਲ ਮੈਡਮ ਡਾ. ਅਨੀਤਾ ਕੌਸ਼ਲ ਜੀ ਅਤੇ ਪੰਜਾਬੀ ਵਿਭਾਗ ਦੇ ਮੁਖੀ, ਡਾ. ਰੰਜੂ ਬਾਲਾ ਜੀ ਦੀ ਤਹਿ ਦਿਲੋਂ ਧੰਨਵਾਦੀ ਹਾਂ।

ਇਸ ਸੰਸਥਾ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਨਾ ਕੇਵਲ ਅਕਾਦਮਿਕ ਖੇਤਰ ਵਿੱਚ ਮੱਲਾਂ ਮਾਰੀਆਂ ਹਨ ਅਤੇ ਮਾਰ ਰਹੀਆਂ ਹਨ ਬਲਕਿ ਸੱਭਿਆਚਾਰਕ, ਸਾਹਿਤਕ, ਖੇਡਾਂ ਅਤੇ ਕਈ ਹੋਰ ਖੇਤਰਾਂ ਵਿੱਚ ਕੁੱਝ ਨਾ ਕੁੱਝ ਨਵੇਕਲਾ ਕਰਨ ਲਈ ਹਮੇਸ਼ਾ ਤਤਪਰ ਰਹਿੰਦੀਆਂ ਹਨ। ਇਸ ਸੰਸਥਾ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਆਪਣੀ ਸਿਰਜਨਾਤਮਕ ਰਚਨਾਵਾਂ ਜਿਵੇਂ ਕਿ ਕਹਾਣੀ, ਲੇਖ, ਕਵਿਤਾ, ਨਿਬੰਧ ਆਦਿ ਰਚਕੇ ਸਮੇਂ-ਸਮੇਂ ਤੇ ਹੋਰ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਵੀ ਉਤਸ਼ਾਹਿਤ ਅਤੇ ਪ੍ਰੇਰਿਤ ਕਰਦੀਆਂ ਰਹਿੰਦੀਆਂ ਹਨ। ਉਹ ਆਪਣੇ ਦਿਲ ਦੇ ਜ਼ਖ਼ਾਤਾਂ ਨੂੰ ਕਾਗ਼ਜ਼ ਦੇ ਪੰਨਿਆਂ ਉੱਤੇ ਇਸ ਤਰ੍ਹਾਂ ਉਤਾਰਦੀਆਂ ਹਨ, ਜਿਸਦਾ ਛਾਪਾ ਸਾਰੀ ਉਮਰ ਵਿਦਿਆਰਥਣਾਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਦੇ ਸੀਨੇ ਉੱਤੇ ਛਪਿਆ ਰਹਿੰਦਾ ਹੈ। ਉਹ ਬੜੀਆਂ ਖੁਸ਼ਨਸੀਬ ਵਿਦਿਆਰਥਣਾਂ ਹਨ ਜਿਹਨਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਨੂੰ ਔਭਾਓਂਦੇ ਵਿੱਚ ਥਾਂ ਮਿਲੀ ਹੈ ਅਤੇ ਉਮੀਦ ਕਰਦੀ ਹਾਂ ਕਿ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿੱਚ ਵੀ ਵਿਦਿਆਰਥਣਾਂ ਇਸੇ ਤਰ੍ਹਾਂ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਰਚ ਕੇ ਔਭਾਓਂਦੇ ਦੀ ਸ਼ਾਨ ਨੂੰ ਬਰਕਰਾਰ ਰੱਖਣਗੀਆਂ। ਧੰਨਵਾਦ।

ਤਰਨਜੋਤ ਕੌਰ
ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)
ਰੋਲ ਨੰ. 10703/19

ਜ਼ਿੰਦਗੀ ਕੀ ਹੈ?

ਇਹ ਸਵਾਲ ਤਾਂ ਹਰ ਕਿਸੇ ਦੇ ਮਨ ਉੱਤੇ ਚੁਰ ਆਇਆ ਹੋਵੇਗਾ ਅਤੇ ਇਸ ਦਾ ਜਵਾਬ ਵੀ ਹਰ ਕਿਸੇ ਲਈ ਵੱਖ-ਵੱਖ ਹੋਵੇਗਾ। ਲੋਕ ਜ਼ਿੰਦਗੀ ਨੂੰ ਲਿਮਾਂ ਵਾਂਗ ਸਮਝਦੇ ਹਨ। ਪਹਿਲਾ ਜਨਮ, ਬਚਪਨ, ਸਕੂਲ, ਕਾਲਜ, ਨੌਕਰੀ, ਵਿਆਹ, ਬੱਚੇ, ਬੁਢਾਪਾ ਤੇ ਅੰਤ ਵਿੱਚ ਮੌਤ। ਕਈ ਲੋਕ ਤਾਂ ਇਸ ਨੂੰ ਹੀ ਜ਼ਿੰਦਗੀ ਸਮਝਦੇ ਹਨ।

ਪਰ ਮੈਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਜ਼ਿੰਦਗੀ ਇੱਕ ਅਜਿਹਾ ਸੰਰ ਹੈ, ਜਿਸ ਦੇ ਅਸੀਂ ਸ਼ੁਰੂਆਤੀ ਅਤੇ ਅੰਤਲੇ ਬਿੰਦੂ ਨੂੰ ਜਾਣਦੇ ਹਾਂ, ਬਸ ਸਾਨੂੰ ਆਪਣੇ ਆਪ ਨੂੰ ਲੱਭਣ ਦੀ ਚੁਰਤ ਹੈ ਕਿ ਅਸੀਂ ਕੌਣ ਹਾਂ ਤੇ ਬਿਨਾਂ ਕਿਸੇ ਦੇ ਪ੍ਰਭਾਵ ਤੋਂ ਆਪਣੇ ਆਪ ਹੀ ਵੱਖ-ਵੱਖ ਵਿਕਲਪ ਲੈ ਕੇ ਜ਼ਿੰਦਗੀ ਨੂੰ ਜੀਣਾ।

ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਦੋ ਚਾਰ ਦਿਨ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਹੁੰਦੇ ਹਨ, ਪਹਿਲਾਂ ਜਦੋਂ ਅਸੀਂ ਜਨਮ ਲੈ ਕੇ ਇਸ ਦੁਨੀਆਂ ਚ ਆਉਂਦੇ ਹਾਂ ਅਤੇ ਦੂਜਾ ਜਦੋਂ ਸਾਨੂੰ ਆਪਣੇ ਜਨਮ ਦਾ ਕਾਰਨ ਪਤਾ ਲੱਗਦਾ ਹੈ। ਜ਼ਿੰਦਗੀ ਦਾ ਮਕਸਦ ਖੁਸ਼ ਰਹਿਣਾ ਹੈ, ਨਾ ਕਿ ਸਮਾਜ ਦੀਆਂ ਉਮੀਦਾਂ ਤੇ ਜਾਂ ਮਾਪਦੰਡ ਤੇ ਖੜ੍ਹੇ ਉਤਰਨਾ³⁸। ਅਸੀਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਭੁੱਲ ਕੇ ਦੂਜਿਆਂ ਦੀ ਵਿਖਾਈ ਜ਼ਿੰਦਗੀ ਨੂੰ ਜਿਉਣ ਲੱਗ ਜਾਂਦੇ ਹਾਂ।

ਜ਼ਿੰਦਗੀ ਬਹੁਤ ਛੋਟੀ ਲੱਗਦੀ ਹੈ ਜਦੋਂ ਅਸੀਂ ਉਸਨੂੰ ਸਹੀ ਤਰ੍ਹਾਂ ਨਹੀਂ ਮਾਣਦੇ। ਪਰ ਜ਼ਿੰਦਗੀ ਉਦੋਂ ਬਹੁਤ ਸੋਹਣੀ ਤੇ ਲੰਬੀ ਲੱਗਦੀ ਹੈ ਜਦੋਂ ਅਸੀਂ ਉਸਨੂੰ ਆਪਣੇ ਤਰੀਕੇ ਨਾਲ ਜਿਉਂਦੇ ਹਾਂ। ਸੁਪਨੇ ਇੰਝ ਵੇਖੋ ਕਿ ਇਹ ਜ਼ਿੰਦਗੀ ਕਦੇ ਓਮ ਹੀ ਨਾ ਹੋਵੇ। ਗੀਤ ਇਵੇ ਗਾਓ ਕਿ ਤੁਹਾਨੂੰ ਕੋਈ ਵੀ ਸੁਣ ਨਹੀਂ ਰਿਹਾ, ਇਵੇਂ ਨੱਚੋ ਜਿਵੇਂ ਕੋਈ ਤੁਹਾਨੂੰ ਵੇਖ ਨਹੀਂ ਰਿਹਾ, ਆਖ਼ਰੀ ਨਾਲ ਜੀਓ ਜਿਵੇਂ ਪੂਰਾ ਆਸਮਾਨ ਤੁਹਾਡਾ ਹੈ ਤੇ ਖੁਸ਼ ਇਸ ਤਰ੍ਹਾਂ ਰਹੋ ਜਿਵੇਂ ਸਵਰਗ ਧਰਤੀ ਉੱਤੇ ਹੀ ਹੈ।

ਤੁਸੀਂ ਆਪਣੀ ਤੁਲਨਾ ਦੂਜਿਆਂ ਨਾਲ ਕਦੇ ਨਾ ਕਰੋ। ਤੁਸੀਂ ਵੱਖਰੇ ਹੋ, ਠੋਸ ਹੋ, ਸੋਹਣੇ ਹੋ, ਮਜ਼੍ਹਤ ਹੋ। ਜੇ ਅੱਜ ਦੁੱਖ ਹੈ, ਹਨੇਰਾ ਹੈ ਪਰ ਇਹ ਗੱਲ ਤਾਂ ਪੱਕੀ ਹੈ ਕਿ ਇੱਕ ਦਿਨ ਸੂਰਜ ਚੁਰ ਆਵੇਗਾ। ਆਪਣੇ ਸੁਪਨੇ ਨੂੰ ਜਿਉਣਾ ਬਹੁਤ ਮੁਸ਼ਕਿਲ ਹੈ, ਕਦੇ-ਕਦੇ ਸਾਨੂੰ ਦੁਨੀਆਂ ਨਾਲ ਲੜਨਾ ਪੈਂਦਾ ਹੈ ਅਤੇ ਕਦੇ ਆਪਣੇ ਪਰਿਵਾਰ ਨਾਲ। ਕਿਸੇ ਨੂੰ ਵੀ ਆਪਣੇ ਆਪ ਨੂੰ ਨਕਾਰਾਤਮਕ ਊਰਜਾ ਨਾਲ ਪ੍ਰਭਾਵਿਤ ਨਾ ਹੋਣ ਦਿਓ, ਸਕਾਰਾਤਮਕ ਰਹੋ ਅਤੇ ਆਪਣੇ ਆਪ ਨੂੰ ਮਜ਼੍ਹਤ ਬਣਾਓ।

ਤੁਸੀਂ ਦਾਅਵੇ ਨਾਲ ਕਰੋ ਕਿ ਉੱਥੇ ਆਪਣੀ ਇੱਕ ਸੋਹਣੀ ਜ਼ਿੰਦਗੀ ਜੀਉਣੀ ਹੈ, ਕਿਉਂਕਿ ਮੈਂ ਇਹਦੀ ਹੱਕਦਾਰ ਹਾਂ।

ਆਂਚਲ

ਬੀ.ਏ, ਭਾਗ-ਪਹਿਲਾ

ਰੋਲ ਨੰ. 5044

ਕਿਤਾਬਾਂ

ਕੁੱਝ ਪੰਨਿਆਂ ਦਾ ਫਿੱਠ ਕਹਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਜਾਦੂ ਸ਼ਬਦਾਂ ਦਾ ਅੰਦਰ ਸਮਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਗਿਆਨ ਨਾਲ ਮਨ ਰੁਸ਼ਨਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਸਭ ਭਰਮ ਭੁਲੇਖੇ ਇਹ ਹਟਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਸੁੱਤੇ ਪਿਆ ਨੂੰ ਵੀ ਇਹ ਜਗਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਭੁੱਖ ਢਿੱਡ ਨਾਲੋਂ ਮਨ ਦੀ ਮਿਟਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਸਾਡੇ ਹੱਕ ਕੌਣ ਖੋਵੇ ਇਹ ਸਿਖਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਹੱਕ ਕਿੰਝ ਨੇ ਲੈਣੇ ਇਹ ਸਿਖਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਸਾਡੇ ਡਰ ਸਭੈ ਦੂਰ ਮਨੋਂ ਭਜਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਫਿਰ ਸੂਰਬੀਰ ਦੇਸ਼ ਦੇ ਬਣਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਚੁੱਪ ਰਹਿ ਕੇ ਬਹੁਤ ਕੁੱਝ ਬੋਲਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਬਣ ਸਾਡਾ ਮਿੱਤਰ ਮਨ ਫਰੋਲਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਜਦੋਂ ਖੋਲ੍ਹ ਇਹ ਪੜ੍ਹਾ ਅੱਖਾਂ ਖੋਲਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਮੈਨੂੰ ਜਾਪੇ ਮੇਰੇ ਨਾਲ ਇਹ ਬੋਲਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਸਾਰੇ ਅੰਧਵਿਸ਼ਵਾਸ ਇਹ ਤੋੜਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਅਗਿਆਨਤਾ ਦਾ ਡਰ ਮਨੋਂ ਮਿਟਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਸਾਡੇ ਮਨ ਅੰਦਰ ਚੋਂ ਝੂਠ ਰੋੜਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਸੱਭਿਆਚਾਰ ਨਾਲ ਲੈ ਕੇ ਆਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਪੜ੍ਹ ਮਨ ਲਾ ਕੇ ਜਾਪ ਗਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ,
ਪੜ੍ਹਨ ਵਾਲੀਆਂ ਦੀ ਿਓ ਚਾਹੁੰਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।
ਗੂੜ੍ਹੀ ਿਦਗੀ ਦੀ ਹਕੀਕਤ ਇਹ ਪਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ
ਿਦਗੀ ਦੀ ਮੰਿਲ ਤੱਕ ਪਹੁੰਚਾਉਂਦੀਆਂ ਨੇ ਕਿਤਾਬਾਂ।

ਮਨਵਿੰਦਰ ਕੌਰ
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ
ਰੋਲ ਨੰ. 10079

ਕਿਸ ਰਾਹ ਤੁਰ ਪਈ ਯੁਵਾ ਪੀੜੀ

ਕਿਸੇ ਵੀ ਦੇਸ਼ ਦੀ ਬੁਨਿਆਦ ਉਸ ਵਿੱਚ ਰਹਿਣ ਵਾਲੇ ਨੌਜਵਾਨਾਂ ਉੱਤੇ ਟਿਕੀ ਹੁੰਦੀ ਹੈ। ਇਸ ਲਈ ਇਹ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਨੌਜਵਾਨ ਆਪਣੇ ਦੇਸ਼ ਦਾ ਭਵਿੱਖ ਤੈਅ ਕਰਦੇ ਹਨ। ਜੇਕਰ ਦੇਸ਼ ਵਿੱਚ ਰਹਿਣ ਵਾਲੀ ਯੁਵਾ ਪੀੜੀ ਆਪਣੀ ਪਰੰਪਰਾ ਨੂੰ ਭੁੱਲ ਕੇ ਵਿਦੇਸ਼ੀ ਸੱਭਿਆਚਾਰ ਵੱਲ ਤੁਰ ਪਏ ਹੈ ਤਾਂ ਇਸ ਦਾ ਅਰਥ ਹੈ ਕਿ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿੱਚ ਦੇਸ਼ ਆਪਣੀ ਸ਼ਾਨ ਗਵਾ ਬੈਠੇਗਾ। ਸਾਡੇ ਦੇਸ਼ਦੀ ਅੱਧ ਤੋਂ ਵੀ ਜਿਆਦਾ ਆਬਾਦੀ ਯੁਵਾ ਪੀੜੀ ਦੀ ਹੈ ਜੋ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਭੁੱਲ ਕੇ ਕਿਸੇ ਗਲਤ ਰਾਹ ਉੱਤੇ ਤੁਰ ਪਈ ਹੈ ਭਾਵ-ਨਸ਼ੇ, ਅਸ਼ਲੀਲਤਾ, ਗਾਲੀ-ਗਲੋਚ ਕਰਨ ਨੂੰ ਉਹ ਨਵੇਂ ਯੁੱਗ ਦੀ ਪਹਿਚਾਣ ਸਮਝਦੀ ਹੈ। ਜਿਸ ਕਾਰਨ ਅਪਰਾਧ ਵੱਧਦੇ ਜਾ ਰਹੇ ਹਨ। ਜਿਵੇਂ- ਬਲਾਤਕਾਰ। ਆਏ ਦਿਨ ਸੁਣਨ ਨੂੰ ਮਿਲਦਾ ਹੈ ਕਿ ਕਿਸੇ ਦੋਸ਼ੀ, ਹਵਾਸ ਦੇ ਪੁਜਾਰੀ ਨੇ ਕਿਸੇ ਧੀ ਦੀ ਪੱਤ ਉਛਾਲੀ ਹੈ। ਦੇਸ਼ ਵਿੱਚ ਜੰਮਦੀਆਂ ਕੁੜੀਆਂ ਤੱਕ ਦਾ ਬਲਾਤਕਾਰ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਹੋਰ ਉੱਤੇ ਹੋਰ ਧਰਮ ਦੇ ਨਾਮ ਤੇ ਵੋਟਾਂ ਮੰਗੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਲੋਕਾਂ ਵਿੱਚ ਪੜ੍ਹਾਈਆਂ ਲੜਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਅਸੀਂ ਸੋਚ ਸਕਦੇ ਹਾਂ ਇਹੋ ਜਿਹੇ ਦੇਸ਼ ਦਾ ਕੀ ਹਾਲ ਹੋ ਸਕਦਾ ਹੈ। ਇਸ ਸਭ ਨੂੰ ਖਤਮ ਕਰਨ ਵਿੱਚ ਜੇਕਰ ਕੋਈ ਮਦਦ ਕਰ ਸਕਦਾ ਹੈ ਤਾਂ ਉਹ ਹਨ ਮਾਤਾ-ਪਿਤਾ ਕਿਉਂਕਿ ਬੱਚੇ ਇੱਕ ਕੋਰੇ ਕਾਗਜ਼ ਵਰਗੇ ਹੁੰਦੇ ਹਨ। ਤੁਸੀਂ ਉਸ ਉੱਤੇ ਜੋ ਲਿਖਣਾ ਚਾਹੋ ਲਿਖ ਸਕਦੇ ਹੋ। ਉਸ ਤਰ੍ਹਾਂ ਤੁਸੀਂ ਬੱਚੇ ਨੂੰ ਜਿਸ ਤਰ੍ਹਾਂ ਦੀ ਸਿੱਖਿਆ ਦੇਵੋਗੇ ਉਹ ਉਸੇ ਤਰ੍ਹਾਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਵਿਚਰਨਗੇ। ਗੱਲ ਸਿਰਫ ਪਹਿਲ ਕਰਨ ਦੀ ਹੈ। ਹਾਲੇ ਵੀ ਅਸੀਂ ਆਪਣੇ ਦੇਸ਼ ਦੀ ਸ਼ਾਨ ਨੂੰ ਬਚਾ ਸਕਦੇ ਹਾਂ।

ਭਾਰਤੀ ਸ਼ਰਮਾ

ਬੀ.ਏ. (ਭਾਗ ਪਹਿਲਾ)

ਰੋਲ ਨੰ.

ਕਦੇ ਹਾਰ ਨਹੀਂ ਮੰਨਣੀ

ਨਾ ਪੁੱਛ ਕਿ ਮੇਰੀ ਮੰਜ਼ਿਲ ਕਿੱਥੇ ਹੈ,
ਹੁਣ ਹੀ ਤਾਂ ਸੰਗਰ ਦਾ ਇਰਾਦਾ ਕੀਤਾ ਹੈ।
ਨਾ ਹਾਰਾਂਗਾ ਹੌਸਲਾ ਭਾਵੇਂ ਕੁੱਝ ਵੀ ਹੋ ਜਾਵੇ,
ਇਹ ਵਾਅਦਾ ਮੈਂ ਕਿਸੇ ਹੋਰ ਨਾਲ ਨਹੀਂ ਸਗੋਂ ਖੁਦ ਨਾਲ ਕੀਤਾ ਹੈ।
ਹਾਲੇ ਤਾਂ ਇਸ ਬਾਦੀ ਅਸਲ ਉਡਾਨ ਬਾਕੀ ਹੈ,
ਅਜੇ ਤਾਂ ਇਸ ਪੰਛੀ ਦਾ ਇਮਤਿਹਾਨ ਬਾਕੀ ਹੈ।
ਹੁਣੇ ਤਾਂ ਮੈਂ ਸਮੁੰਦਰਾਂ ਤੋਂ ਪਾਰ ਲੰਘਿਆ ਹਾਂ,
ਹਲੇ ਤਾਂ ਸਾਰਾ ਆਸਮਾਨ ਬਾਕੀ ਹੈ।
ਜੇ ਸੰਘਰਸ਼ ਦੇ ਰਾਹ ਉੱਚਲਦਾ ਹੈ,
ਓਹੀ ਦੁਨੀਆਂ ਨੂੰ ਬਦਲਦਾ ਹੈ।
ਉਹ ਜਿਸਨੇ ਹਨੇਰੇ ਤੋਂ ਜੰਗ ਜਿੱਤੀ ਹੈ,
ਸੂਰਜ ਵਾਂਗ ਉਹੀ ਚਮਕਦਾ ਹੈ।
ਹੌਸਲਾਂ ਰੱਖ ਉਹ ਨੜਾ ਵੀ ਆਵੇਗਾ,
ਪਿਆਸੇ ਦੇ ਨੇੜੇ ਤੁਰ ਕੇ ਸਾਗਰ ਆਪੇ ਆਵੇਗਾ।
ਮੀਨ ਉੱਥੇ ਬੈਠ ਕੇ ਕਿਉਂ ਆਸਮਾਨ ਵੇਖਦਾ ਹੈ।
ਬੁਝਿਆ ਹੋਇਆ ਦੀਵਾ ਵੀ ਬਲ ਸਕਦਾ ਹੈ।
ਤੂਾਨਾਂ ਤੋਂ ਕਿਸ਼ਤੀਆਂ ਲੰਘਾ ਸਕਦਾ ਹੈ।
ਨਿਰਾਸ਼ ਹੋ ਕੇ ਐਂਵੇ ਆਪਣੇ ਇਰਾਦੇ ਨਾ ਬਦਲ
ਤੁਹਾਡੀ ਕਿਸਮਤ ਕਿਸੇ ਵੀ ਸਮੇਂ ਬਦਲ ਸਕਦੀ ਹੈ।
ਸਮੇਂ ਦਾ ਪਹੀਆ ਚਲਦਾ ਹੈ,
ਰਾਤ ਗੁਜ਼ਦੀ ਹੈ ਤੇ ਦਿਨ ਚੜ੍ਹਦਾ ਹੈ।
ਮੰਜ਼ਿਲਾਂ ਕੀ ਹਨ, ਰਾਸਤੇ ਕੀ ਹਨ,
ਹੌਸਲਾਂ ਹੈ ਤਾਂ ਮਸਲਾ ਕੀ ਹੈ
ਡਿੱਗਣ ਵਾਲੇ ਨੂੰ ਤਕਲੀ ਤਾਂ ਹੁੰਦੀ ਹੈ,
ਪਰ ਠੋਕਰ ਹੀ ਬੰਦੇ ਨੂੰ ਤੁਰਨਾ ਸਿਖਾਉਂਦੀ ਹੈ।

ਰਿਧੀ ਮਲਿਕ

ਨਾ ਜਾਣੇ ਕਿਉਂ?

ਨਾ ਜਾਣੇ ਕਿਉਂ ਹੱਸਦੇ ਹੋਏ ਚਿਹਰੇ ਪਿੱਛੇ ਗਮ ਲਈ ਬੈਠੇ ਹਾਂ,
ਨਾ ਜਾਣੇ ਕਿਉਂ ਆਪਣਿਆਂ ਨੂੰ ਹੀ ਵੈਰੀ ਬਣਾਈ ਬੈਠੇ ਹਾਂ।
ਨਾ ਜਾਣੇ ਕਿਉਂ ਕੋਈ ਸਮਝਦਾ ਨਹੀਂ ਜ਼ਬਾਤਾਂ ਨੂੰ,
ਕਿਉਂ ਪੈਸੇ ਨਾਲ ਤੋਲ ਦਿੱਤਾ ਅਰਮਾਨਾਂ ਨੂੰ।
ਨਾ ਜਾਣੇ ਕਿਉਂ ਭੁਲਾ ਦਿੱਤੀਆਂ ਉਹ ਨਿੱਘੀਆਂ ਰਾਤਾਂ,
ਜੋ ਨਾਨੀ ਦੀ ਗੋਦੀ ਵਿੱਚ ਬਿਤਾਈਆਂ ਤੁੰ।
ਨਾ ਜਾਣੇ ਕਿਉਂ ਬਾਤਾਂ ਪਿਆਰ ਦੀਆਂ ਭੁੱਲ ਕੇ ਪੈਸੇ ਦਾ ਹੋਇਆ ਲਾਲਚੀ ਤੂੰ,
ਨਾ ਜਾਣੇ ਕਿਉਂ ਇੱਕੋ ਮਾਂ ਦੇ ਜਾਏ ਨੂੰ ਬੇਰਹਿਮੀ ਨਾਲ ਮਾਰਿਆ ਤੂੰ
ਨਾ ਜਾਣੇ ਕਿਉਂ ਕਿਸੇ ਧੀ ਦੀ ਪੱਤ ਨੂੰ ਉਛਾਲਿਆ ਤੂੰ,
ਮਾਂ ਬਾਪ ਤਾਂ ਰੂਪ ਨੇ ਰੱਬ ਦਾ ਨਾ ਜਾਣੇ ਕਿਉਂ ਇਹ ਨਾ ਸਮਝਿਆ ਤੂੰ
ਜਾਂ ਸ਼ਾਇਦ ਸਮਝਦੇ ਹੁੰਦੇ ਵੀ ਨਾ ਸਮਝਿਆ ਤੂੰ,
ਆਛਿ ਕਿਉਂ ਨਾ ਇਨਸਾਨ ਬਣ ਸਕਿਆ ਤੂੰ।
ਪੁੱਛੀ ਇੱਕ ਵਾਰ ਆਪਣੇ ਆਪ ਨੂੰ ਤੂੰ,
ਕਿ ਕਿਉਂ ਇਹਨਾਂ ਸਵਾਰਥੀ ਬਣ ਗਿਆ ਤੂੰ
ਕਿ ਕਿਉਂ ਇਹਨਾਂ ਸਵਾਰਥੀ ਬਣ ਗਿਆ ਤੂੰ।

ਅਮਨਦੀਪ ਕੌਰ

ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)

ਰੋਲ ਨੰ. 10088

ਅਨਮੋਲ ਵਿਚਾਰ

1. ਦੁਨੀਆਂ ਦਾ ਸਭ ਤੋਂ ਚੰਗਾ ਸਕੂਲ ਮਾਂ ਦਾ ਗੋਡਾ ਹੁੰਦਾ ਹੈ, ਜਿਸ ਨਾਲ ਲੱਗ ਕੇ ਅਗਲੀ ਪੀੜ੍ਹੀ ਜੀਵਨ ਦੇ ਪਹਿਲੇ ਸਬਕ ਸਿੱਖਦੀ ਹੈ।
-ਸੁਕਰਾਤ
2. ਉਸ ਇਨਸਾਨ ਨੂੰ ਕਦੇ ਵੀ ਰੱਬ ਭਰੋਸਾ ਨਹੀਂ ਹੋ ਸਕਦਾ, ਜਿਸਨੂੰ ਆਪਣੇ-ਆਪ ਤੇ ਭਰੋਸਾ ਨਹੀਂ।
- ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ
3. ਜਿੱਥੇ ਕਦਰ ਨਾ ਹੋਵੇ ਉੱਥੇ ਰਹਿਣਾ ਫਜ਼ੂਲ ਹੈ, ਚਾਹੇ ਕਿਸੇ ਦਾ ਘਰ ਹੋਵੇ ਚਾਹੇ ਜਾਂ ਕਿਸੇ ਦਾ ਦਿਲ
- ਵਾਰਿਸ ਸ਼ਾਹ
4. ਕੋਈ ਕਿੰਨਾ ਵੀ ਬੋਲੇ, ਆਪਣੇ-ਆਪ ਨੂੰ ਸ਼ਾਂਤ ਰੱਖੋ ਕਿਉਂਕਿ ਧੁੱਪ ਕਿੰਨੀ ਵੀ ਤੇਜ਼ ਕਿਉਂ ਨਾ ਹੋਵੇ, ਸਮੁੰਦਰ ਨੂੰ ਸੁਕਾ ਨਹੀਂ ਸਕਦੀ।
- ਸਵਾਕੀ ਵਿਵੇਕਾਨੰਦ
5. ਜੇ ਤੁਸੀਂ ਉਡਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਉਹ ਸਾਰੀਆਂ ਚੀਜ਼ਾਂ ਛੱਡ ਦਿਓ ਜਿਹੜੀਆਂ ਤੁਹਾਨੂੰ ਹੇਠਾਂ ਖਿੱਚਦੀਆਂ ਹਨ।
- ਗੌਤਮ ਬੁੱਧ
6. ਪੁਰਾਣਾ ਸਿਸਟਮ ਹਮੇਸ਼ਾ ਬਦਲਣਾ ਚਾਹੀਦਾ ਹੈ ਨਵੇਂ ਸਿਸਟਮ ਨੂੰ ਥਾਂ ਦੇਣ ਲਈ, ਕਿਉਂਕਿ ਇੱਕ ਚੰਗਾ ਸਿਸਟਮ ਦੁਨੀਆਂ ਨੂੰ ਭ੍ਰਿਸ਼ਟ ਨਹੀਂ ਹੋਣ ਦਿੰਦਾ।
- ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ

ਅੰਸ਼ਿਕਾ ਸੱਚਦੇਵਾ

ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)

ਰੋਲ ਨੰ. 110

ਵੋਟਰ ਦਿਵਸ ਦਾ ਮਹੱਤਵ

ਵੋਟਰ ਦਿਵਸ ਮਨਾਉਣ ਦੀ ਸ਼ੁਰੂਆਤ 25 ਜਨਵਰੀ 2011 ਨੂੰ ਭਾਰਤੀ ਚੋਣ ਕਮਿਸ਼ਨ ਦੇ ਡਾਇਰੈਕਟਰ ਜੁਬਲੀ ਸਮਾਰੋਹ ਸਮੇਂ ਕੀਤੀ ਗਈ। 26 ਜਨਵਰੀ 1950 ਨੂੰ ਭਾਰਤ ਦਾ ਸੰਵਿਧਾਨ ਲਾਗੂ ਹੋਇਆ। ਜਿਸ ਵਿੱਚ ਭਾਰਤ ਨੂੰ ਇੱਕ ਲੋਕਤੰਤਰ ਦੇਸ਼ ਘੋਸ਼ਿਤ ਕੀਤਾ ਗਿਆ। ਲੋਕਤੰਤਰ ਦੇਸ਼ ਵਿੱਚ ਹਰ ਨਾਗਰਿਕ ਨੂੰ ਵੋਟ ਪਾਉਣ ਦਾ ਅਧਿਕਾਰ ਹੁੰਦਾ ਹੈ। ਵੋਟਰ ਦਿਵਸ ਮਨਾਉਣ ਦਾ ਮਕਸਦ ਲੋਕਾਂ ਨੂੰ ਵੋਟ ਦੀ ਮਹੱਤਤਾ ਸੰਬੰਧੀ ਜਾਗਰੂਕ ਕਰਨਾ ਹੈ।

ਹਰ ਸਾਲ 25 ਜਨਵਰੀ ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚ ਕੌਮੀ ਵੋਟਰ ਦਿਵਸ ਵਜੋਂ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਕੌਮੀ ਵੋਟਰ ਦਿਵਸ ਮੌਕੇ ਵੋਟ ਦੀ ਮਹੱਤਤਾ ਸੰਬੰਧੀ ਜਾਗਰੂਕਤਾ ਵਧਾਉਣ ਲਈ, ਪੋਲਿੰਗ ਬੂਥ ਪੱਧਰ ਤੋਂ ਤਹਿਸੀਲ, ਜਿਲ੍ਹਾ, ਸੂਬਾ ਅਤੇ ਕੌਮੀ ਪੱਧਰ ਉੱਤੇ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਏ ਜਾਂਦੇ ਹਨ। ਕੌਮੀ ਪੱਧਰ ਦਾ ਪ੍ਰੋਗਰਾਮ ਨਵੀਂ ਦਿੱਲੀ ਵਿੱਚ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ।

ਦੇਸ਼ ਭਰ ਵਿੱਚ 25 ਜਨਵਰੀ, 2022 ਨੂੰ 12 ਵਾਂ ਰਾਸ਼ਟਰੀ ਵੋਟਰ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਉਪ ਰਾਸ਼ਟਰਪਤੀ ਸ੍ਰੀ ਐਮ ਵੈਕੱਈਆ ਨਾਇਡੂ ਨੇ ਨਵੀਂ ਦਿੱਲੀ ਵਿੱਚ ਆਯੋਜਿਤ ਰਾਸ਼ਟਰੀ ਸਮਾਰੋਹ ਵਿੱਚ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਆਪਣਾ ਸੰਦੇਸ਼ ਦਿੱਤਾ। ਸੰਦੇਸ਼ ਵਿੱਚ, ਉਹਨਾਂ ਨੇ ਵੋਟਰਾਂ ਦੁਆਰਾ ਵੱਧ ਤੋਂ ਵੱਧ ਗਿਣਤੀ ਵਿੱਚ ਵੋਟ ਪਾਉਣ ਅਤੇ ਚੋਣ ਪ੍ਰਕਿਰਿਆ ਪ੍ਰਤੀ ਆਪਣੀ ਨਿਸ਼ਠਾ ਨੂੰ ਵਧਾਉਣ ਲਈ ਭਾਰਤੀ ਚੋਣ ਕਮਿਸ਼ਨ ਦੇ ਨਿਰੰਤਰ ਯਤਨਾਂ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਪਿਛਲੀਆਂ ਚੋਣਾਂ ਵਿੱਚ ਸ਼ਲਾਘਾਯੋਗ ਕਾਰਗੁਜ਼ਾਰੀ ਲਈ ਅੱਜ ਸਨਮਾਨਿਤ ਕੀਤੇ ਜਾ ਰਹੇ ਪੁਰਸਕਾਰ ਜੇਤੂਆਂ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ। ਭਾਰਤ ਦੇ ਚੋਣ ਕਮਿਸ਼ਨ ਵਲੋਂ ਸ਼ੁਰੂ ਕੀਤੀ ਰਾਸ਼ਟਰੀ ਵੋਟਰ ਜਾਗਰੂਕਤਾ ਪ੍ਰਤਿਯੋਗਤਾ ਐਰਾ ਵੋਟ ਮੇਰਾ ਭਵਿੱਖ ਹੈ- ਇੱਕ ਵੋਟ ਦੀ ਸ਼ਕਤੀ (ਕੌਮੀ ਦਿਵਸ ਸਕੂਲਾਂ, ਕਾਲਜਾਂ ਉੱਤੇ ਲੇਖ, ਪੋਸਟਰ, ਚਿੱਤਰਕਾਰੀ ਆਦਿ ਕਈ ਤਰ੍ਹਾਂ ਦੇ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਜਾਂਦੇ ਹਨ। ਪ੍ਰਤਿਯੋਗਤਾ ਪ੍ਰਾਪਤ ਕਰਨ ਵਾਲੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਨਾਮ ਦੇ ਕੇ ਸਨਮਾਨਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਕੌਮੀ ਵੋਟਰ ਸੰਬੰਧੀ ਪੋਲਿੰਗ ਬੂਥਾਂ ਉੱਤੇ ਵੀ ਸਮਾਗਮ ਕਰਵਾਏ ਜਾਂਦੇ ਹਨ। ਇਸ ਮੌਕੇ ਨਵੇਂ ਰਜਿਸਟਰ ਹੋਏ ਵੋਟਰਾਂ ਨੂੰ ਵੀ ਸਨਮਾਨਿਤ ਕਰਕੇ ਚੋਣ ਪ੍ਰਕਿਰਿਆ ਨਾਲ ਜੋੜਿਆ ਜਾਂਦਾ ਹੈ। ਭਾਰਤੀ ਚੋਣ ਕਮਿਸ਼ਨ ਵੱਲੋਂ ਵੋਟ ਪਾਉਣ ਦੇ ਅਧਿਕਾਰ ਨੂੰ ਸ਼ੱਕਾਂ ਰਹਿਤ ਬਣਾਉਣ ਲਈ ਅਨੇਕਾਂ ਤਰ੍ਹਾਂ ਦੀਆਂ ਤਬਦੀਲੀਆਂ ਕੀਤੀਆਂ ਹਨ ਗਈਆਂ। ਪ੍ਰਚਲਿਤ ਬੈਲੇਟ ਬਕਸਿਆਂ ਅਤੇ ਬੈਲੇਟ ਪੇਪਰਾਂ ਦੀ ਥਾਂ ਇਲੈਕਟ੍ਰੋਨਿਕ ਵੋਟਿੰਗ ਮਸ਼ੀਨਾਂ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਜਾ ਰਹੀ ਹੈ। ਹਰ ਵੋਟਰ ਨੂੰ ਆਪਣੀ ਵੋਟ ਦੀ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਹਰ ਵੋਟਰ ਨੂੰ ਬਿਨਾਂ ਕਿਸੇ ਲਾਲਚ ਤੋਂ ਬਹੁਤ ਸਮਝਦਾਰੀ ਨਾਲ ਆਪਣੇ ਅਧਿਕਾਰ ਦੀ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਜੇਕਰ ਕੋਈ ਉਮੀਦਵਾਰ ਪਸੰਦ ਨਾ ਆਵੇ ਤਾਂ ਐਨਾ ਨੂੰ ਵੋਟ ਪਾਈ ਜਾ ਸਕਦੀ ਹੈ।

ਰਾਸ਼ਟਰਪਤੀ ਨੇ ਕਿਹਾ ਕਿ ਭਾਰਤੀ ਸੰਵਿਧਾਨ ਦੇ ਮੁੱਖ ਆਰਕੀਟੈਕਟ ਬਾਬਾ ਸਾਹਿਬ ਡਾਕਟਰ ਭੀਮ ਰਾਓ ਅੰਬੇਦਕਰ ਨੇ ਵੋਟ ਪਾਉਣ ਦੇ ਅਧਿਕਾਰ ਨੂੰ ਹਰ ਨਾਗਰਿਕ ਲਈ ਖੁੱਲ੍ਹੀ ਕਿਹਾ ਸੀ। ਇਸ ਲਈ ਸਾਡੇ ਸਾਰਿਆਂ ਦੀ ਜ਼ਿੰਦਗੀ ਹੈ ਕਿ ਅਸੀਂ ਆਪਣੀ ਵੋਟ ਦਾ ਸਹੀ ਉਪਯੋਗ ਕਰਕੇ ਦੇਸ਼ ਦੀ ਤਰੱਕੀ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਈਏ।

ਗਰੀਮਾ

ਸ਼ੇਰੀਦ ਜੀ

ਸ਼ੇਰੀਦ ਪੰਜਾਬੀ ਸੂਰੀ ਕਵਿਤਾ ਦੇ ਮੋਢੀ ਕਵੀ ਮੰਨੇ ਜਾਂਦੇ ਹਨ। ਰੀਦ ਜੀ ਦੇ ਪਿਤਾ ਦਾ ਨਾਂ ਸ਼ੇਰੀਦ ਜਮਾਲ-ਉਦ-ਦੀਨ ਸੁਲੇਮਾਨ ਸੀ ਜੋ ਕਾਬੁਲ ਦੇ ਸ਼ਾਹੀ ਖਾਨਦਾਨ ਵਿੱਚੋਂ ਸਨ। ਬਾਰੂਵੀਂ ਸਦੀ ਵਿੱਚ ਰੀਦ ਜੀ ਦੇ ਪਿਤਾ ਕਾਬੁਲ ਦਾ ਤਿਆਗ ਕਰਕੇ ਪੰਜਾਬ ਆ ਕੇ ਵਸ ਗਏ। ਸ਼ੇਰੀਦ ਜੀ ਦਾ ਜਨਮ 1173 ਵਿੱਚ ਪਿੰਡ ਖੋਤਵਾਲ ਜ਼ਿਲ੍ਹਾ ਮੁਲਤਾਨ ਵਿੱਚ ਹੋਇਆ। ਰੀਦ ਬਾਬਾ ਜੀ ਦਾ ਪੂਰਾ ਨਾਮ ਸ਼ੇਰੀਦ ਮਸਊਦ ਗੰਜ ਸ਼ਕਰ ਸੀ। ਸ਼ੇਰੀਦ ਜੀ ਪਿਤਾ 18 ਮਹੀਨੇ ਦੀ ਉਮਰ ਵਿੱਚ ਉਹਨਾਂ ਨੂੰ ਛੱਡ ਕੇ ਚਲੇ ਗਏ ਸਨ। ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਬਚਪਨ ਵਿੱਚ ਉਹਨਾਂ ਦੀ ਮਾਤਾ ਜੀ ਉਹਨਾਂ ਨੂੰ ਨਮਾਜ਼-ਅਦਾ ਕਰਨ ਲਈ ਕਹਿੰਦੀ ਤੇ ਲਾਲਚ ਦੇਣ ਲਈ ਰੋਮਸਲੇ ਹੇਠਾਂ ਬਾਬਾ ਰੀਦ ਤੋਂ ਅੱਖ ਬਚਾ ਕੇ ਸ਼ੱਕਰ ਰੱਖ ਦਿੰਦੇ ਸਨ ਜਦੋਂ ਬਾਬਾ ਜੀ ਨਮਾਜ਼-ਅਦਾ ਕਰ ਲੈਂਦੇ ਤਾਂ ਮੁਸਲੇ ਹੇਠਾਂ ਤੋਂ ਸ਼ੱਕਰ ਦੀ ਪੁੜੀ ਕੱਢ ਲੈਂਦੇ ਤੇ ਕਹਿੰਦੇ ਸਨ ਕਿ ਅੱਲਾਹ ਤਾਲਾ ਨੇ ਸ਼ੱਕਰ ਭੇਜੀ ਹੈ। ਇੱਕ ਦਿਨ ਉਹਨਾਂ ਦੀ ਮਾਤਾ ਜੀ ਮੁਸਲੇ ਹੇਠਾਂ ਸ਼ੱਕਰ ਰੱਖਣੀ ਭੁੱਲ ਗਏ ਤਾਂ ਨਮਾਜ਼-ਅਦਾ ਕਰਨ ਮਗਰੋਂ ਰੀਦ ਜੀ ਨੇ ਰੋਂਦੀ ਤਰ੍ਹਾਂ ਸ਼ੱਕਰ ਲੈਣ ਲਈ ਮੁਸਲਾ ਚੁੱਕਿਆ ਤੇ ਉੱਥੇ ਸਾਰੀ ਧਰਤੀ ਸ਼ੱਕਰ ਦੀ ਬਣੀ ਹੋਈ ਸੀ।

ਬਾਬਾ ਜੀ ਚਿਸ਼ਤੀ ਸਿਲਸਿਲੇ ਦੇ ਪ੍ਰਸਿੱਧ ਦਰਵੇਸ਼ ਖਵਾਜਾ ਕੁਤਬ-ਉਦੀਨ ਬਖ਼ਤਿਆਰ ਕਾਕੀ ਦੇ ਮੁਰੀਦ ਬਣੇ। ਬਾਬਾ ਰੀਦ ਜੀ ਨੇ ਆਪਣੇ ਮੁਰਸ਼ਦ ਦੀ ਰਹਿਨੁਮਈ ਵਿੱਚ ਸੂਰੀ ਸਾਧਨਾ ਜਾਰੀ ਰੱਖੀ। ਬਾਅਦ ਵਿੱਚ ਰੀਦ ਜੀ ਪਾਕਪਟਨ ਚਲੇ ਗਏ। ਇਹ ਸਥਾਨ ਉਸ ਸਮੇਂ ਉਜਾੜ ਸੀ ਜਿੱਥੇ ਕੋਈ ਬੰਦਾ ਨ-ਸ਼ ਨਹੀਂ ਸੀ ਆਉਂਦਾ। ਇਹਨਾਂ ਨੇ ਆਪਣੇ 24ਵੇਂ ਸਾਲ ਉਪਰੰਤ ਆਪਣੀ ਫ਼ਿਦਰੀ ਦਾ ਬਾਕੀ ਹਿੱਸਾ ਇੱਥੇ ਹੀ ਬਸਰ ਕੀਤਾ। ਇਹਨਾਂ ਕੋਲ ਨੇੜਿਓਂ ਸਾਰੇ ਦਰਵੇਸ਼, ਸੂਰੀ ਕੀਰ ਤੇ ਵਿਦਵਾਨ ਅਤੇ ਬਹੁਤ ਸਾਰੇ ਲੋਕ ਅਸ਼ੀਰਵਾਦ ਲੈਣ ਲਈ ਅਕਸਰ ਹਾਜ਼ਰ ਹੁੰਦੇ ਸਨ। ਬਾਬਾ ਜੀ ਨੇ ਸਾਰੀ ਉਮਰ ਪ੍ਰੇਮ-ਪਿਆਰ, ਆਪਸੀ ਭਾਈਚਾਰੇ ਅਤੇ ਇਸਲਾਮ ਦਾ ਪ੍ਰਚਾਰ ਕੀਤਾ। 1265 ਈ. ਵਿੱਚ ਆਪਣੇ ਦੇਹਾਂਤ ਤੋਂ ਪਹਿਲਾਂ ਚਿਸ਼ਤੀ ਸਿਲਸਿਲੇ ਦੀ ਫ਼ਿਦਰੀ ਆਪਣੇ ਮੁਰੀਦ ਸ਼ੇਖ ਨਿਜਾਮ-ਉਦ-ਦੀਨ ਔਲੀਆ ਨੂੰ ਖੁਦ ਸੌਂਪੀ। ਇਹਨਾਂ ਦੀ ਦੇਹ ਨੂੰ ਪਾਕਪਟਨ ਵਿਖੇ ਦੰਨਾਇਆ ਗਿਆ। ਬਾਬਾ ਜੀ ਅਰਬੀ, ਫ਼ਾਰਸੀ, ਲਹਿੰਦੀ, ਮੁਲਤਾਨੀ ਆਦਿ ਭਾਸ਼ਾਵਾਂ ਦੇ ਗਿਆਨੀ ਸਨ। ਇਹਨਾਂ ਦੀ ਬਾਣੀ ਸ੍ਰੀ ਗੁਰੂ ਸਾਹਿਬ ਵਿੱਚ ਦਰਜ ਹੈ। ਆਪ ਜੀ ਦੇ 112 ਸਲੋਕ ਤੇ 4 ਸ਼ਬਦ 2 ਰਾਗ ਆਸਾ ਅਤੇ ਦੋ ਰਾਗ ਸੂਹੀ ਵਿੱਚ ਦਰਜ ਹਨ। ਆਪ ਜੀ ਦੀ ਬਾਣੀ ਦੇ ਪ੍ਰਮੁੱਖ ਵਿਸ਼ੇ ਪ੍ਰਭੂ ਲਈ ਪ੍ਰੇਮ, ਉਸਦੇ ਵਿਯੋਗ ਦੀ ਤੜਪ, ਸ਼ੁੱਭ ਅਮਲਾਂ ਦੀ ਲੋੜ, ਬਿਰਧ ਅਵਸਥਾ ਤੇ ਦੁਨਿਆਵੀਂ ਨਾਸ਼ਮਾਨਤਾ ਦਾ ਚਿਤਰਨ ਆਦਿ ਹਨ। ਸ਼ੇਰੀਦ ਜੀ ਨੇ ਨਿੰਦਾ ਅਤੇ ਤਿਆਗ ਕਰਨ, ਅਲਪ ਆਹਾਰ ਕਰਨ, ਮੁਰਸ਼ਦ ਦੀ ਸ਼ਰਨ ਵਿੱਚ ਰਹਿਣ, ਕਿਸੇ ਦਾ ਦਿਲ ਨਾ ਦੁਖਾਉਣ, ਸਭ ਦੀਆਂ ਲੋੜੀਆਂ-ਗੁਨਾਹ ਮੁਆਫ਼ ਕਰਨ, ਅੱਲਾਹ ਬਿਨਾਂ ਕਿਸੇ ਹੋਰ ਤੇ ਕੋਈ ਆਸ ਨਾ ਰੱਖਣ, ਆਦਿ ਸਬੰਧੀ ਉਪਦੇਸ਼ ਦਿੱਤੇ।

ਬੀ.ਏ.(ਭਾਗ-ਦੂਜਾ)

ਰੋਲ ਨੰ. 333

ਸ਼ਾ ਸੋਚੋ

ਇੱਕ ਮਿਲੀ ਹੈ ਜਿਉਣ ਨੂੰ ਆਪਾਂ ਜਿਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?
ਫੁੱਲਾਂ ਵਾਂਗੂੰ ਯਾਰੋ ਇਸਨੂੰ ਮਹਿਕਾਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?
ਕੱਲਾ-ਕੱਲਾ ਦਿਨ ਕਿਰਾਂ ਵਿੱਚ ਗੁਜ਼ਰ ਦਿੰਦੇ ਹਾਂ,
ਹਰ ਦਿਨ ਨੂੰ ਤਿਉਹਾਰਾਂ ਵਾਂਗ ਮਨਾਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?
ਨਿੱਕੀ ਜਿਹੀ ਗੱਲ ਕਿਸੇ ਦੀ ਦਿਲ ਤੇ ਲਾ ਬੈਠਦੇ ਹਾਂ
ਸਦਾ ਲਈ ਉਸ ਗੱਲ ਨੂੰ ਦਿਲੋਂ ਭੁਲਾਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?
ਹਰ ਇੱਕ ਦੀ ਖੁਸ਼ੀ ਉੱਪਰ ਆਪਾਂ ਸ਼ਾਮਿਲ ਹੋ ਹੀ ਜਾਨੇ ਹਾਂ
ਪਰ ਕਿਸੇ ਦੇ ਦੁੱਖ ਨੂੰ ਆਪਾਂ ਵੰਡਾਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?
ਹਰ ਵਾਰ ਇਹੋ ਸੋਚਦੇ ਹਾਂ ਇੱਕ ਸਾਡਾ ਸਾਥ ਨਿਭਾਏ
ਕਦੇ ਸੋਚੋ ਆਪਾਂ ਇੱਕ ਦਾ ਸਾਥ ਨਿਭਾਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?
ਆਪਣੇ ਐਸ਼ਾਂ ਤੇ ਤਾਂ ਹਰ ਵਾਰ ਪਾ ਲੈਂਦੇ ਹਾਂ ਪਰਦੇ ਅਸੀਂ
ਪਰ ਕਿਸੇ ਦੇ ਅਵਗੁਣ ਆਪਾਂ ਕਦੇ ਲੁਕਾਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?
ਕਿਉਂ ਮੰਗੀਏ ਅੰਕਾਤ ਤੋਂ ਆਦਾ ਉਸ ਰੱਬ ਕੋਲੋਂ
ਜਿੰਨਾ ਮਿਲਿਆ ਉਸ ਵਿੱਚ ਸ਼ੁਕਾਰ ਮਨਾਉਂਦੇ ਕਿਉਂ ਨਹੀਂ?

ਅਮਨਜੋਤ ਕੌਰ

ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)

ਰੋਲ ਨੰ. 36

ਪੈਰ

ਇਸ ਵੇਲੇ,
ਲਿਖ ਰਹੇ ਨੇ ਮੇਰੇ ਹੱਥ ਭਾਵੇਂ,
ਪਰ ਇਹਨਾਂ ਲੰਝ ਵਿੱਚ,
ਤੁਰ ਰਹੇ ਨੇ ਪੈਰ।

ਤੁਰਦੇ ਪੈਰ ਹੀ,
ਖੜਕਾਉਂਦੇ ਨੇ ਕਿਸੇ ਕਥਾ ਦਾ ਬੂਹਾ,
ਖੋਲ੍ਹਦੇ ਨੇ ਮਨ ਦੀ ਬਾਰੀ।

ਦੇਖੋ ਦੇਖੋ
ਇਸ ਵੇਲੇ ਇੰਨੀ ਠੰਡ ਵਿੱਚ,
ਕਿਸਾਨ ਕੋਈ,
ਲਾ ਰਿਹਾ ਹੈ ਪਾਣੀ।
ਮ-ਸ਼ੂਰ ਕੋਈ,
ਰਲਾ ਰਿਹਾ ਹੈ ਗਾਰਾ।

ਨਿੱਤ ਚਲਦੇ ਪੈਰ,
ਇਹਨਾਂ ਤੋਂ ਵੱਖਰੇ ਨਹੀਂ।

ਪੈਰ ਦੇ ਹੱਥ ਵਿੱਚ ਹੈ,
ਮੈਨੂੰ ਇੱਕ ਥਾ ਤੋਂ,
ਦੂਜੇ ਥਾਂ ਲੈ ਕੇ ਜਾਣਾ।

ਪੈਰ ਨੇ ਹੀ ਨਾਪੀ ਹੈ,
ਪੂਰੀ ਧਰਤੀ।

ਮੈਂ ਹਰ ਸਵੇਰ,
ਪੈਰਾਂ ਅੰਦਰ ਵੇਖਦੀ ਹਾਂ ਇੱਕ ਨਵੀਂ ਵਾਟ,
ਦੂਰ ਤੱਕ ਵਿਛੇ ਹੁੰਦੇ ਨੇ ਰਾਹ।

ਸਨੌਅ ਸਾਦਗੀ

ਮਹਿਲਾ ਦਿਵਸ

ਪੰਜਾਬ ਦੀ ਪ੍ਰਸਿੱਧ ਲੇਖਿਕਾ, ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੇ ਕਿਹਾ ਸੀ ਕਿ ਬਹੁਤ ਸਾਰੀਆਂ ਕਹਾਣੀਆਂ ਕਾਗ਼-ਉੱਪਰ ਨਹੀਂ ਬਲਕਿ ਔਰਤਾਂ ਦੀ ਮਾਨਸਿਕਤਾ ਅਤੇ ਜਿਸਮ ਉੱਪਰ ਲਿਖੀਆਂ ਗਈਆਂ। ਇਸ ਵਿਚਾਰ ਤੋਂ ਸਾਨੂੰ ਸਦੀਆਂ ਤੋਂ ਨਾਰੀ ਉੱਤੇ ਹੋ ਰਹੇ ਸ਼ੋਸ਼ਣ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਬਹੁਤ ਸਾਰੇ ਹੱਕਾਂ ਤੋਂ ਵਾਂਝੇ ਰੱਖਣ ਬਾਰੇ ਪਤਾ ਲੱਗਦਾ ਹੈ। ਅੱਜ ਦੇ ਮਾਡਰਨ ਆਨੇ ਵਿੱਚ ਜਿੱਥੇ ਅਸੀਂ ਨਾਰੀ ਸਸ਼ਕਤੀਕਰਣ ਦੀ ਲੋੜ ਨੂੰ ਸਮਝਦੇ ਹੋਏ 8 ਮਾਰਚ ਨੂੰ ਅੰਤਰਰਾਸ਼ਟਰੀ ਮਹਿਲਾ ਦਿਵਸ ਮਨਾਉਂਦੇ ਹਾਂ ਤਾਂ ਸਾਡੇ ਸਾਹਮਣੇ ਇਹ ਸਵਾਲ ਖੜ੍ਹਾ ਹੁੰਦਾ ਹੈ ਕੀ ਸਾਡੇ ਸਮਾਜ ਦੇ ਲੋਕਾਂ ਦੀ ਔਰਤ ਪ੍ਰਤੀ ਸੋਚ ਬਦਲ ਗਈ ਹੈ? ਕੀ ਇੱਕ ਔਰਤ ਦੇ ਸਬਰ, ਸਮਰਪਨ ਆਦਿ ਨੂੰ ਇੱਕ ਦਿਨ ਵਿੱਚ ਸਿਮਟਿਆ ਜਾ ਸਕਦਾ ਹੈ?

ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਨਾਰੀਵਾਦ ਦਾ ਪਸਾਰਾ ਝੋਲਾਂ-ਸ਼ੋਰਾਂ ਉੱਤੇ ਹੈ। ਇਹ ਵਿਚਾਰ ਉਂਝ ਤਾਂ ਸਦੀਆਂ ਪੁਰਾਣਾ ਹੈ ਪਰ ਅੱਜ ਵੀ ਕਈ ਲੋਕ ਇਸਦੀ ਲੋੜ ਸਮਝਦੇ ਹਨ। ਸਾਨੂੰ ਕਦੇ ਪੁਰਸ਼ ਸਸ਼ਕਤੀਕਰਣ ਦੀ ਬਹੁਤ ਨਹੀਂ ਪਈ ਕਿਉਂਕਿ ਉਹਨਾਂ ਨੂੰ ਪਹਿਲਾਂ ਤੋਂ ਹੀ ਸਾਰੇ ਹੱਕ ਮਿਲੇ ਹਨ। ਨਾਰੀਵਾਦ ਦਾ ਨਾਅਰਾ ਕਿਸੇ ਨੂੰ ਉੱਚਾ ਜਾਂ ਨੀਵਾਂ ਦਿਖਾਉਣਾ ਨਹੀਂ, ਸਗੋਂ ਮਰਦ ਅਤੇ ਔਰਤ ਦੀ ਬਰਾਬਰਤਾ ਹੈ।

ਕਈ ਵਾਰ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਪੁਰਾਤਨ ਸਮਾਂ ਔਰਤਾਂ ਲਈ ਸੁਨਹਿਰੀ ਯੁੱਗ ਸੀ, ਜਦ ਉਹਨਾਂ ਨੂੰ ਔ ਮਾਨ-ਸਨਮਾਨ ਦਿੱਤਾ ਜਾਂਦਾ ਸੀ। ਪਰ ਮੈਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਔਰਤਾਂ ਲਈ ਸ਼ੁਰੂ ਤੋਂ ਹੀ ਮੁਸ਼ਕਿਲਾਂ, ਮੁਸ਼ੀਬਤਾਂ ਭਰਿਆ ਸਮਾਂ ਰਿਹਾ ਹੈ। ਫਿਰ ਚਾਹੇ ਅਸੀਂ ਸੀਤਾ ਦੀ ਅਗਨੀ ਪਰੀਖਿਆ ਵੱਲ ਦੇਖ ਲਈਏ ਜਾਂ ਦਰੋਪਦੀ ਦੀ ਦੁਰਗਤੀ ਵੱਲ। ਅੱਜ ਵੀ ਦੇਸ਼ਾਂ-ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਔਰਤਾਂ ਨਾਲ ਬਲਾਤਕਾਰ, ਘਰੇਲੂ ਹਿੰਸਾ, ਛੇੜ-ਛਾੜ, ਤੇਜ਼ੀ ਹਮਲੇ ਆਦਿ ਕੀਤੇ ਜਾਂਦੇ ਹਨ। ਅਸੀਂ ਸਭ ਨੇ ਦੇਖਿਆ ਹੈ ਕਿ ਤਾਲਿਬਾਨ ਨੇ ਅੰਗਾਨਿਸਤਾਨ ਉੱਪਰ ਰਾਜ ਕਾਇਮ ਕਰਨ ਉਪਰੰਤ ਔਰਤਾਂ ਉੱਪਰ ਕਿੰਨੀਆਂ ਬੰਦਿਸ਼ਾਂ ਥੋਪ ਦਿੱਤੀਆਂ।

ਇੱਕ ਪੱਖ ਇਹ ਵੀ ਹੈ ਕਿ ਸਾਡਾ ਸਮਾਜ ਨਾਰੀ ਨੂੰ ਬੇਟੀ, ਮਾਂ, ਸੱਸ, ਪਤਨੀ, ਭੈਣ ਆਦਿ ਕਈ ਰੂਪਾਂ ਵਿੱਚ ਦੇਖਦਾ ਹੈ। ਉਸ ਨੂੰ ਆਤਮ ਵਿਸ਼ਲੇਸ਼ਣ ਦੇ ਮੌਕੇ ਬਹੁਤ ਘੱਟ ਮਿਲਦੇ ਹਨ। ਇਹ ਕੇਵਲ ਔਰਤਾਂ ਦੇ ਹੀ ਨਹੀਂ ਸਗੋਂ ਪੂਰੇ ਸਮਾਜ ਦੇ ਵਿਕਾਸ ਵਿੱਚ ਇੱਕ ਵੱਡੀ ਰੁਕਾਵਟ ਹੈ।

ਕਈ ਸਰਵੇਖਣ ਦੱਸਦੇ ਹਨ ਕਿ ਲੌਕਡਾਊਨ ਵਿੱਚ ਔਰਤਾਂ ਨੂੰ ਕਈ ਪ੍ਰਕਾਰ ਦੀਆਂ ਮੁਸ਼ਕਿਲਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪਿਆ।

ਘਰੇਲੂ ਅਤੇ ਕੰਮ-ਕਾਜੀ ਮਹਿਲਾਵਾਂ ਦੀਆਂ ਮਿੱਥਵਾਰੀਆਂ ਹੋਰ ਵੱਧ ਗਈਆਂ। ਉਹਨਾਂ ਨੂੰ ਦੰਤਰ ਅਤੇ ਘਰ ਦੇ ਕੰਮ ਦੇ ਨਾਲ-ਨਾਲ ਬੱਚਿਆਂ ਦੀ ਦੇਖ-ਭਾਲ ਵੀ ਕਰਨੀ ਪੈਂਦੀ ਸੀ। ਇਸ ਨੇ ਉਹਨਾਂ ਦੀ ਮਾਨਸਿਕ ਸਿਹਤ ਨੂੰ ਬਹੁਤ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ। ਉਦੋਂ ਸਾਨੂੰ ਪਤਾ ਲੱਗਿਆ ਕਿ ਅਸੀਂ ਅਸਲ ਵਿੱਚ ਔਰਤਾਂ ਦਾ ਕਿੰਨਾ ਸਨਮਾਨ ਅਤੇ ਦੇਖ-ਭਾਲ ਕਰਦੇ ਹਾਂ। ਜਿੱਥੇ ਮਰਦਾਂ ਨੂੰ ਵੀ ਉਹਨਾਂ ਦਾ ਹੱਥ ਵਟਾਉਣਾ ਚਾਹੀਦਾ ਸੀ, ਉੱਥੇ

ਇਹ ਸਮਝਿਆ ਗਿਆ ਕਿ ਘਰ ਅਤੇ ਬੱਚਿਆਂ ਦੀ ਮਿਵੇਵਾਰੀ ਔਰਤਾਂ ਦੀ ਹੈ ਅਤੇ ਅਜੋਕੇ ਸਮੇਂ ਵਿੱਚ ਛੇ ਵਧਣ ਕਾਰਨ ਆਪਣੇ ਪਤੀਆਂ ਦਾ ਹੱਥ ਵਟਾਉਣਾ ਵੀ ਉਹਨਾਂ ਦਾ ਫਰਜ਼ ਬਣਦਾ ਹੈ।

ਔਰਤਾਂ ਨੂੰ ਰਾਜਨੀਤਿਕ ਸਸ਼ਕਤੀਕਰਨ ਦੀ ਵੀ ਲੋੜ ਹੈ। ਨਾਰੀ ਨੂੰ ਹਾਲੇ ਤੱਕ ਵਿਧਾਨ ਸਭਾ ਅਤੇ ਲੋਕ ਸਭਾ ਵਿੱਚ ਇੱਕ ਤਿਹਾਈ ਜਾਂ ਅੱਧ ਦਾ ਰਾਖਵਾਂਕਰਨ ਨਹੀਂ ਮਿਲਿਆ ਜਦ ਕਿ ਇਹ ਉਹਨਾਂ ਦੇ ਹੱਕਾਂ ਵਿੱਚ ਵਾਧਾ ਕਰ ਸਕਦਾ ਹੈ। ਉਹ ਉੱਚੇ ਅਹੁਦਿਆਂ ਉੱਤੇ ਹੋਣਗੀਆਂ ਤਾਂ ਕਾਫੀ ਮੁਸ਼ਕਿਲਾਂ ਹੱਲ ਕਰ ਸਕਣਗੀਆਂ। ਇਸਦਾ ਇੱਕ ਕਾਰਨ ਔਰਤਾਂ ਦੀ ਦੇਸ਼ ਵਿੱਚ 50 ਪ੍ਰਤੀਸ਼ਤ ਜਨਸੰਖਿਆ ਹੋਣਾ ਵੀ ਹੈ।

ਮਹਿਲਾ ਦਿਵਸ ਔਰਤ ਸਸ਼ਕਤੀਕਰਨ ਵੱਲ ਇੱਕ ਕਦਮ ਭਰ ਹੈ ਪਰ ਹਲੇ ਵੀ ਅਸੀਂ ਬਹੁਤ ਅੱਗੇ ਜਾਣਾ ਹੈ। ਔਰਤਾਂ ਨੂੰ ਉਹਨਾਂ ਦੇ ਬਣਦੇ ਸਮਾਜਿਕ ਅਧਿਕਾਰ ਮਿਲਣ ਉੱਤੇ ਸਮਾਂ ਲੱਗੇਗਾ। ਇਹ ਤਾਂ ਹੀ ਮੁਮਕਿਨ ਹੈ ਜੇ ਮਰਦ ਵੀ ਉਹਨਾਂ ਦੀ ਇਸ ਲੜਾਈ ਵਿੱਚ ਮਦਦ ਕਰਨਗੇ। ਔਰਤਾਂ ਕੇਵਲ ਪਿਆਰ, ਆਪਣਾਪਨ, ਕਦਰ ਅਤੇ ਆਪਣੇ ਗੁਣਾਂ ਦਾ ਸਨਮਾਨ ਚਾਹੁੰਦੀਆਂ ਹਨ। ਉਹਨਾਂ ਦੀ ਕਾਮਯਾਬੀ ਅਤੇ ਗੁਣਾਂ ਨੂੰ ਮਨਾਉਣ ਲਈ ਇੱਕ ਦਿਨ ਘੱਟ ਹੈ। ਇਸ ਲਈ ਹਰ ਦਿਨ ਨੂੰ ਹੀ ਮਹਿਲਾ ਦਿਵਸ ਮੰਨ ਕੇ, ਔਰਤਾਂ ਦਾ ਸਨਮਾਨ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਜੈਸਮੀਨ ਕੌਰ

ਬੀ.ਏ. (ਭਾਗ-ਦੂਜਾ)

ਰੋਲ ਨੰ. 328/20

ਆਤਮ ਨਿਰਭਰ

“ਮੈਨੂੰ ਨਹੀਂ ਪਤਾ ਮੰਮੀ ਮੈਂ ਨਹੀਂ.... ਤੁਸੀਂ..... ਇਸ ਤਰ੍ਹਾਂ ਕਿਵੇਂ ਕਰ ਸਕਦੇ ਹੋ.....?” ਰਮਨ ਆਪਣੀ ਮਾਂ ਨੂੰ ਸਮਝਾਉਣ ਦੀ ਬਹੁਤ ਕੋਸ਼ਿਸ਼ ਕਰ ਰਹੀ ਸੀ ਪਰ ਰਮਨ ਦੀ ਮਾਂ ਬਲਵੀਰ ਉਸਦੀ ਕੋਈ ਗੱਲ ਸੁਣਨ ਨੂੰ ਤਿਆਰ ਹੀ ਨਹੀਂ ਸੀ। ਰਮਨ ਦੀ ਗੱਲ ਨੂੰ ਅਣਗਹਿਲੀਆਂ ਕਰਦੀ ਬਲਵੀਰ ਬੋਲੀ, “ਬਹੁਤ ਹੋ ਗਿਆ ਹੁਣ ... ਤੂੰ ਤਾਂ ਟੁੱਟੇ ਛਿੱਤਰ ਵਾਂਗ ਵਧਦੀ ਹੀ ਜਾ ਰਹੀ ਹੈ..... ਕਹਿ ਤਾਂ ਮਤਲਬ ਕਹਿ ਤਾਂ ... ਬਹੁਤ ਹੋ ਗਿਆ..... ਕਰਵਾਵਾਂ ਤੈਨੂੰ ਮਰਜ਼ੀਆਂ.....।” ਇਹ ਕਹਿ ਬਲਵੀਰ ਤਾਂ ਮੱਝਾਂ ਵਾਲੇ ਵਿਹੜੇ ਵੱਲ ਤੁਰ ਗਈ ਪਰ ਰਮਨ ਆਪਣੀ ਮਾਂ ਤੋਂ ਸਾਥ ਨਾ ਪਾ ਕੇ ਚੁਰੋ-ਚੁਰ ਹੋ ਚੁੱਕੀ ਸੀ। ਉਸਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚੋਂ ਹੰਝੂ ਪਰਲ-ਪਰਲ ਵੱਗ ਰਹੇ ਸਨ। ਉਹ ਮੱਝਾਂ ਵਾਲੇ ਵਿਹੜੇ ਵੱਲ ਜਾਂਦੀ ਮਾਂ ਨੂੰ ਆਵਾਜ਼ਾਂ ਤਾਂ ਮਾਰਨ ਲੱਗੀ ਪਰ ਉਸਦੀ ਆਵਾਜ਼ ਸੰਘ ਹੇਠਾਂ ਦੱਬ ਕੇ ਰਹਿ ਗਈ। ਖਾਲੀ ਘੁੱਟ ਸੰਘ ਹੇਠਾਂ ਲੰਘਾਂਦੀ ਰਮਨ ਆਪਣੇ ਮਨ ਵਿੱਚ ਬੋਲੀ, “ਮਾਵਾਂ, ਧੀਆਂ ਤਾਂ ਸਹੇਲੀਆਂ ਹੁੰਦੀਆਂ ਨੇ ਮਾਂ..... ਜੇ ਮਾਂ ਬਣ ਕੇ ਸਾਥ ਨਹੀਂ ਦੇ ਸਕਦੀ ਤਾਂ ਸਹੇਲੀ ਬਣ ਕੇ ਹੀ ਦੇ ਦੇ ਕਿਉਂ ਮੇਰੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਖੇਡ ਬਣਾਉਣ ਲੱਗੀ ਏ ਮਾਂ ਨਾ ਕਰ ਇਹ ਫਲਮ... ਨਾ ਕਰ.....।” ਇਕੱਲੀ ਜਾਨ ਕਰ ਵੀ ਕੀ ਸਕਦੀ ਸੀ ਆਪਣੇ ਹੰਝੂਆਂ ਨੂੰ ਚੁੰਨੀ ਦੇ ਲੜ ਨਾਲ ਪੂੰਝ ਰਮਨ ਘਰਦੇ ਕੰਮਾਂ ਵਿੱਚ ਲੱਗ ਗਈ। ਉਸਦਾ ਤਨ ਤਾਂ ਕੰਮ ਕਰ ਰਿਹਾ ਸੀ ਪਰ ਮਨ ਹਜੇ ਵੀ ਉੱਥੇ ਹੀ ਸੀ। ਉਹ ਆਪਣੀ ਮਾਂ ਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚ ਇੱਕ ਉਮੀਦ ਨਾਲ ਵੇਖਦੀ ਪਰ ਬਲਵੀਰ ਆਪਣਾ ਮੂੰਹ ਦੂਜੇ ਪਾਸੇ ਕਰਕੇ ਉਸਦੇ ਸਾਰੇ ਸੁੰਨੇ, ਸਾਰੀਆਂ ਉਮੀਦਾਂ ਨੂੰ ਲੀਰੋ-ਲੀਰ ਕਰ ਦਿੰਦੀ। ਰਮਨ ਨੇ ਆਪਣੇ ਮਾਂ-ਪਿਉ ਨੂੰ ਮਨਾਉਣ ਵਾਸਤੇ ਅੱਡੀ-ਚੋਟੀ ਦਾ ਝੋਲਾ ਲਗਾ ਦਿੱਤਾ ਪਰ ਜਦ ਉਹ ਨਾ ਮੰਨੇ ਤਾਂ ਅੰਤ ਉਸਨੇ ਘਰੋਂ ਭੱਜਣ ਦਾ ਫੈਸਲਾ ਕਰ ਲਿਆ। ਉਸਨੇ ਚੋਰੀ ਆਪਣੇ ਲੋੜ ਦਾ ਸਾਰਾ ਸਮਾਨ ਇਕੱਠਾ ਕੀਤਾ ਅਤੇ ਬੱਸ ਅੱਡੇ ਤੱਕ ਜਾਣ ਦਾ ਇੰਤਜ਼ਾਮ ਵੀ ਕਰ ਲਿਆ। ਬਸ ਉਡੀਕ ਸੀ ਤਾਂ ਰਾਤ ਹੋਣ ਦੀ। ਜਿਵੇਂ-ਜਿਵੇਂ ਦਿਨ ਢਲਦਾ ਗਿਆ ਰਮਨ ਦੇ ਦਿਲ ਦੀਆਂ ਧੜਕਨਾਂ ਤੇ-ਹੁੰਦੀਆਂ ਗਈਆਂ ਅਤੇ ਉਤਸ਼ਾਹ ਵੱਧਦਾ ਗਿਆ। ਰਾਤ ਹੋਈ ਸਾਰੇ ਸੁੱਤੇ ਪਏ ਸਨ ਅਤੇ ਅਚਾਨਕ ਇੱਕ ਹੌਰਨ ਦੀ ਅਵਾਜ਼ ਸੁਣਾਈ ਦਿੱਤੀ, ਪੌ-ਪੌ...। ਰਮਨ ਆਪਣੀ ਮਾਂ ਦੇ ਨਾਲ ਵਾਲੇ ਮੰਜੇ ਤੋਂ ਉੱਠੀ ਅਤੇ ਅੰਦਰੋਂ ਸਮਾਨ ਲੈਣ ਤੁਰ ਗਈ। ਫਿਰ ਅਚਾਨਕ ਰਮਨ ਬਾਹਰ ਆਈ ਤੇ ਆ ਕੇ ਮੰਜੀ ਉੱਤੇ ਪੈ ਗਈ। ਰਮਨ ਦਾ ਪਿਉ ਚੁੱਪ-ਚਾਪ ਇਹ ਸਭ ਦੇਖ ਰਿਹਾ ਸੀ। ਉਧਰ ਮੰਜੀ ਉੱਤੇ ਪਈ ਰਮਨ ਦੇ ਅੱਖਾਂ ਵਿੱਚੋਂ ਹੰਝੂਆਂ ਦੀਆਂ ਨਦੀਆਂ ਵਗਣ ਲੱਗ ਪਈਆਂ। ਆਪਣੀਆਂ ਅੱਖਾਂ ਨੂੰ ਪੂੰਝਦੀ ਰਮਨ ਬੋਲੀ, “ਤੂੰ ਇਹ ਫੈਸਲਾ ਲੈ ਲਿਆ ਰਮਨ ਪਰ ਇਹ ਤੇਰੀ ਜ਼ਿੰਦਗੀ ਬਰਬਾਦ ਕਰ ਦੇਵੇਗਾ....।” ਇਹ ਸੋਚਦੇ-ਸੋਚਦੇ ਰਾਤ ਤੋਂ ਦਿਨ ਹੋ ਗਿਆ। ਪਾਠੀ ਪਾਠ ਕਰਨ ਲੱਗ ਗਏ। ਰਮਨ ਦਾ ਬਾਪੂ ਉੱਠਿਆ ਤੇ ਬੋਲਿਆ, “ਰਮਨ ਉੱਠ.....। ਰਮਨ ਇੱਕ ਦਮ ਉੱਠੀ। ਉਸਨੂੰ ਕੁੱਝ ਸਮਝ ਨਹੀਂ ਸੀ ਆ ਰਿਹਾ। ਰਮਨ ਦਾ ਪਿਉ ਚੰਨ ਬੋਲਿਆ, “ਚੱਲ ਜਿੱਥੇ ਚੱਲੀ ਸੀ ਰਾਤ.... ਛੱਡ ਕੇ ਆਵਾਂ।” ਆਪਣੇ ਪਿਉ ਦੀ ਇਹ ਗੱਲ ਸੁਣ ਰਮਨ ਹੱਕੀ-ਬੱਕੀ ਰਹਿ ਗਈ। ਡਰਦੀ-ਡਰਦੀ ਰਮਨ ਬੋਲੀ, “ਬਾਪੂ ਮੈਂ ਤਾਂ.....।” ਰਮਨ ਦੀ ਗੱਲ ਅੱਧ ਵਿੱਚੋਂ ਕੱਟਦਾ ਉਸਦਾ ਬਾਪੂ ਬੋਲਿਆ, ਤੂੰ ਰਾਤ ਨੂੰ.....।” ਇੰਨੇ ਨੂੰ ਰਮਨ ਦੀ ਮਾਂ ਬਲਵੀਰ ਉਸਦੇ ਥੱਪੜ ਮਾਰਨ ਹੀ ਲੱਗੀ ਕਿ ਰਮਨ ਗੁੱਸੇ ਵਿੱਚ ਬੋਲੀ, “ਕੀ ਮੰਗਿਆ ਹੈ ਤੁਹਾਡੇ ਤੋਂ,.... ਬੱਸ ਆਪਣੀ ਖੁਸ਼ੀ? ਮੈਂ ਕਿਹੜਾ ਕਿਸੇ ਮੁੰਡੇ ਨਾਲ ਭੱਜਣ ਲੱਗੀ ਸੀ? ਆਪਣੀ ਪੜ੍ਹਾਈ ਲਈ ਚੱਲੀ ਸੀ.... ਮੈਂ ਤੁਹਾਡੀਆਂ ਮਿੰਨਤਾਂ ਤਰਲੇ ਕੱਢੇ ਪਰ ਤੁਸੀਂ ਤਾਂ ਮੇਰਾ ਵਿਆਹ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ..... ਪਹਿਲਾਂ ਵੱਡੀ ਦਾ ਵਿਆਹ ਕਰਕੇ ਕਿਹੜਾ ਤੁਸੀਂ ਉਹਨੂੰ ਭੁੱਖ ਕਰਤਾ? ਜੇ ਉਸਨੂੰ ਪੜ੍ਹ ਲੈਣ ਦਿੰਦੇ ਤਾਂ ਅੱਜ ਉਹ ਉਸ ਨਸ਼ੇਵਰੀ ਦੇ ਛਿੱਤਰ ਨਾ ਖਾਂਦੀ.... ਰੁਪਏ-ਰੁਪਏ ਪਿੱਛੇ ਕਿਸੇ ਦੇ ਤਰਲੇ ਨਾ

ਕੱਢਦੀ.... ਘੱਟੋ-ਘੱਟ ਕਮਾਂ ਕੇ ਆਪਣੇ ਜਵਾਕਾਂ ਨੂੰ ਤਾਂ ਚੱਜ ਨਾਲ ਪਾਲ ਲੈਂਦੀ..... (ਗੁੱਸੇ ਵਿੱਚ) ਮੈਂ ਪੜ੍ਹਾਂਗੀ ਦੂਜੀ ਪ੍ਰੀਤ ਨਹੀਂ ਬਣਾਂਗੀ..... ਮੈਂ ਆਪਣੇ ਪੈਰਾਂ ਤੇ ਖੜ੍ਹਾਂਗੀ.... ਆਤਮ ਨਿਰਭਰ ਬਣਾਂਗੀ..... ਫਿਰ ਚਾਹੇ ਮੈਨੂੰ ਦੁਨੀਆਂ ਨਾਲ ਕਿਉਂ ਨਾ ਲੜ੍ਹਨਾ ਪਵੇ ਚਾਹੇ ਉਹ ਮੇਰਾ ਆਪਣਾ ਪਰਿਵਾਰ ਕਿਉਂ ਨਾ ਹੋਵੇ।” ਆਪਣੀ ਧੀ ਦੀਆਂ ਗੱਲਾਂ ਸੁਣ ਚੰਨ ਦੀ ਭੁੱਬ ਛੁੱਟ ਗਈ ਅਤੇ ਉਹ ਬੋਲਿਆ, “ਇੱਕ ਵਾਰ ਮੈਂ ਗਲਤੀ ਕਰ ਚੁੱਕਾ ਹਾਂ ਹੁਣ ਦੂਜੀ ਵਾਰ ਨਹੀਂ ਕਰਾਂਗਾ। ਮੇਰੀ ਧੀ ਪੜ੍ਹੇਗੀ..... ਸ਼ੁਰੂ ਪੜ੍ਹੇਗੀ.... ਮੈਂ ਇੱਕ ਗੁਨਾਹ ਕਰ ਚੁੱਕਾ ਹਾਂ ਤੇ ਦੂਜਾ ਕਰਨ ਚੱਲਾ ਸੀ। ਸ਼ੁਕਰ ਹੈ ਰੱਬ ਨੇ ਟਾਈਮ ਤੇ ਮੇਰੀਆਂ ਅੱਖਾਂ ਖੋਲ੍ਹ ਦਿੱਤੀਆਂ....” ਆਪਣੇ ਪਿਉ ਦਾ ਸਾਥ ਪਾ ਕੇ ਰਮਨ ਵਿੱਚ ਇੱਕ ਅਲੱਗ ਹੀ ਉਤਸ਼ਾਹ ਨ-ੜ ਆਇਆ। ਫਿਰ ਇੱਕ ਦਿਨ ਰਮਨ ਦੀ ਮਿਹਨਤ ਰੰਗ ਲਿਆਈ। ਚਾਰੇ ਪਾਸੇ ਉਸਦੀਆਂ ਤਾਰੀਆਂ ਦੀ ਪੁਕਾਰ ਸੁਣਾਈ ਦੇ ਰਹੀ ਸੀ। ਸਾਰੇ ਕਹਿ ਰਹੇ ਸਨ, “ਧੀ ਹੋਵੇ ਤਾਂ ਰਮਨ ਵਰਗੀ....।” ਸਾਰਾ ਵਿਹੜਾ ਵਧਾਈਆਂ ਦੀਆਂ ਅਵਾਜ਼ਾਂ ਨਾਲ ਗੂੰਝ ਉੱਠਿਆ ।

ਤਰਨਜੋਤ ਕੌਰ

ਬੀ.ਏ. (ਤੀਜਾ ਸਾਲ)

ਰੋਲ ਨੰ. 10703/19

ਨ-ਦੀਕੀਆਂ

ਉਹ ਨ-ਦੀਕੀਆਂ ਹਕੀਕੀਆਂ ਵੀ ਆਮ ਹੋ ਜਾਂਦੀਆਂ ਨੇ,
ਜਦ ਪਿਆਰ ਵਾਲੇ ਦਿਨ ਚੜ੍ਹੇ ਸ਼ਾਮਾਂ ਹੋ ਜਾਂਦੀਆਂ ਨੇ।
ਕੁਝ ਗੱਲਾਂ ਕਰਨੀਆਂ ਨੇ ਮੈਂ ਕਿੰਝ ਕਰਾਂ ਤੇਰੇ ਨਾਲ,
ਫਿਰ ਛੋਟੀਆਂ-ਛੋਟੀਆਂ ਗੱਲਾਂ ਵੀ ਤਮਾਮ ਹੋ ਜਾਂਦੀਆਂ ਨੇ।
ਸੱਚੇ ਪੱਕੇ ਲਗਦੇ ਪਿਆਰ ਦੇ ਉਹ ਵਾਅਦੇ,
ਤਾਂ ਬਾਅਦ ਵਿੱਚ ਉਹ ਸਹੁਆਂ ਹਰਾਮ ਹੋ ਜਾਂਦੀਆਂ ਨੇ।
ਕੁੱਝ ਸਮਝ ਜਾਂਦੇ ਕੁੱਝ ਆਪਣੇ ਆਪ ਨੂੰ ਹੀ ਖੋਹ ਲੈਂਦੇ ਨੇ,
ਕਈਆਂ ਲਈ ਇਹ ਝਿੰਦਗੀ ਬਸ ਜਾਮ ਹੋ ਜਾਂਦੀ ਆ।
ਜੋ ਪਹਿਲੇ ਕੋਲੋਂ ਮਿਲਿਆ ਨੀ ਉਹ ਦੂਜੇ ਕੋਲੋਂ ਮਿਲੂ ਕਿਵੇਂ,
ਐਵੇਂ ਬਸ ਝਿੰਦਗੀ ਬਦਨਾਮੀ ਦੇ ਨਾਮ ਹੋ ਜਾਂਦੀ ਏ।
ਮੈਂ ਕਰਾਂ ਇੱਕ ਅਰਥ-ਨਾ ਯਾਰ ਕਦੇ ਵੱਖ ਹੋਵੇ,
ਗਗਨ ਰਾਤਾਂ ਦੀਆਂ ਨੀਦਾਂ ਬੇ ਆਰਾਮ ਹੋ ਜਾਂਦੀਆਂ ਨੇ।
ਉਹ ਨ-ਦੀਕੀਆਂ ਹਕੀਕੀਆਂ ਵੀ ਆਮ ਹੋ ਜਾਂਦੀਆਂ ਨੇ।
ਜਦ ਪਿਆਰ ਵਾਲੇ ਦਿਨ ਚੜ੍ਹੇ ਸ਼ਾਮਾਂ ਹੋ ਜਾਂਦੀਆਂ ਨੇ।

ਗਗਨਦੀਪ ਕੌਰ
ਬੀ.ਏ. (ਭਾਗ ਪਹਿਲਾ)
ਰੋਲ ਨੰ. 5425/21

ਨਸ਼ਿਆਂ ਦਾ ਦਰਿਆ

ਇੱਕ ਮਾਂ ਦਾ ਸੀ ਪੁੱਤ ਲਾਡਲਾ,
ਬਚਪਨ ਵਿੱਚ ਸੀ ਗੁਰਬਾਣੀ ਪੜ੍ਹਦਾ।
ਹੋਇਆ ਜਵਾਨ ਗੱਭਰੂ ਛੇ ਫੁੱਟ ਦਾ,
ਰੋਹਬ ਬੜਾ ਸੀ ਜਿੱਥੇ ਜਾ ਖੜ੍ਹਦਾ।
ਇੱਕ ਦਿਨ ਡਿੱਗਦਾ ਢਹਿੰਦਾ ਆ ਮੰਜੇ ਉੱਪੇ ਗਿਆ,
ਦੇਖ ਹਾਲਤ ਪੁੱਤ ਦੀ ਮਾਂ ਦੇ ਹੌਲ ਕਾਲਜੇ ਪੈ ਗਿਆ।
ਲੱਗੀ ਨਾ ਦੇਰ ਸਮਝਣ ਵਿੱਚ ਮਾਂ ਨੂੰ ਕਿ –
ਇਹ ਛੇਵਾਂ ਦਰਿਆ ਨਸ਼ਿਆਂ ਦਾ ਘਰ ਸਾਡੇ ਵਿੱਚ ਵਹਿ ਗਿਆ।

ਫਿਰ ਸੀ ਵਾਰੀ ਬਾਪੂ ਦੀ ਆਈ,
ਚੱਲੀ ਨਸ਼ਿਆਂ ਦੇ ਰਾਹ ਬਾਪੂ ਦੀ ਕਮਾਈ।
ਜਦੋਂ ਪੁੱਤ ਦਾ ਹੱਥ ਬਾਪੂ ਦੀ ਜੇਬ ਨੂੰ ਪੈ ਗਿਆ,
ਫਿਰ ਬਾਪੂ ਵੀ ਚਿੱਟੀ ਦਾੜੀ ਤੇ ਪੱਗ ਰੁਲਣ ਦੇ ਡਰ ਤੋਂ,
ਬਾਪੂ ਵੀ ਚੁੱਪ ਕਰ ਕੇ ਬਹਿ ਗਿਆ।
ਪਰ ਸਮਝ ਬਾਪੂ ਵੀ ਗਿਆ ਕਿ—
ਹੁਣ ਪੁੱਤ ਨਸ਼ਿਆਂ ਵਿੱਚ ਪੈ ਗਿਆ।

ਦਿਨ ਰੱਖੜੀ ਦਾ ਭੈਣ ਸੀ ਆਈ,
ਹੱਥ ਵਿੱਚ ਡੱਬਾ ਮਠਿਆਈ ਦਾ ਲਿਆਈ।
ਦੇਖ ਹਾਲ ਵੀਰ ਦਾ ਕੰਧ ਨਾਲ ਲਾ ਕੇ ਬਹਿ ਗਈ ਢੋਈ,
ਗੋਡਿਆਂ ਵਿੱਚ ਸਿਰ ਲੁਕੇ ਫਿਰ ਭੈਣ ਲਾਡਲੀ ਬੜਾ ਸੀ ਰੋਈ
ਕਹਿੰਦੀ ਉੱਠ ਵੀਰਾ ਤੂੰ ਕਿਹੜੇ ਰਾਹ ਪੈ ਗਿਆ ਏ,
ਇਹ ਛੇਵਾਂ ਦਰਿਆ ਨਸ਼ਿਆਂ ਦਾ ਘਰ ਸਾਡੇ ਵਿੱਚ ਵਹਿ ਗਿਆ ਏ।
ਦੇਖ ਹਾਲਤ ਪੋਤੇ ਦੀ ਦਾਦਾ-ਦਾਦੀ ਵੀ ਕਿਰ ਬੜਾ ਕਰਦੇ,
ਲੰਬੀ ਉਮਰ ਦੀਆਂ ਦੁਆਵਾਂ ਸਦਾ ਹੀ ਦਿੰਦੇ ਰਹਿੰਦੇ ।
ਘਰ ਵਿੱਚ ਸਭ ਨੂੰ ਦੇਣ ਦਿਲਾਸਾ ਸਮਾਂ ਹੀ ਐਸਾ ਆ ਗਿਆ ਏ,
ਇਹ ਛੇਵਾਂ ਦਰਿਆ ਨਸ਼ਿਆਂ ਦਾ ਘਰ ਦੇ ਵਿੱਚ ਵਹਿ ਗਿਆ ਏ।
ਹਰ ਘਰ ਹਰ ਪਿੰਡ ਦੀ ਇਹ ਕਹਾਣੀ ਬਣ ਗਈ,

ਜਵਾਨੀ ਪੰਜਾਬ ਦੀ ਨਸ਼ਿਆਂ ਦੇ ਵਿੱਚ ਰੁਲ ਗਈ।
ਉਠੋ ਜਾਗੋ, ਨਸ਼ੇ ਤਿਆਗੋ ਕੁਝ ਨਹੀਂ ਵਿਗੜਿਆ ਡੁੱਲ੍ਹੇ ਬੇਰਾਂ ਦਾ,
ਸਮਾਂ ਸੰਭਾਲੋ ਪੰਜਾਬੀਓਂ ਸਾਡਾ ਪੰਜਾਬ ਅਣਖੀ ਸ਼ੇਰਾਂ ਦਾ ।

ਕਰਮਜੀਤ ਕੌਰ
ਬੀ.ਏ. (ਭਾਗ ਪਹਿਲਾ)
ਰੋਲ ਨੰ. 5118/21

ਸੱਚਾਈ

ਆਹ ਹਾਲ ਦੇਖ ਲੋ ਸੰਸਾਰ ਦਾ,
ਕੋਈ ਆ ਰਿਹਾ ਤੇ ਕੋਈ ਜਾ ਰਿਹਾ,
ਕਿਸ ਚੀਜ਼-ਓ ਕਰੀਏ ਮਾਣ ਰੱਬਾ,
ਸਭ ਤੈਥੋਂ ਹੀ ਤਾਂ ਲੈ ਕੇ ਖਾ ਰਿਹਾ।
ਜ਼ਿੰਦਗੀ ਥੋੜ੍ਹੀ ਜੀ ਜਾਪੇ ਸੱਜਣਾ
ਕਿਉਂ? ਪਲ-ਪਲ ਆਪਣੇ ਨੂੰ ਤੜਾ ਰਿਹਾ।
ਜੋ ਹੈ ਉਹਦੇ ਓ ਹੀ ਸ਼ੁਕਰ ਕਰ,
ਉਹ ਵੀ ਤਾਂ ਹੈ, ਜੋ ਦੋ ਵਕਤ ਦੀ ਰੋਟੀ ਨਹੀਂ ਖਾ ਰਿਹਾ।
ਉਹ ਆਪੇ ਦਿੰਦਾ ਉਸਨੂੰ ਸਭ ਕਿਰ ਹੈ,
ਤੂੰ ਕਿਉਂ ਉਸਤੇ ਪ੍ਰਸ਼ਨ ਚਿੰਨ੍ਹ ਲਗਾ ਰਿਹਾ।
ਦੁਖੀ ਨਾ ਹੋ, ਕਰ ਵਿਸ਼ਵਾਸ ਉਸ ਰੱਬ ਤੇ,
ਫਿਰ ਹੱਸਕੇ ਕਹੇਗਾ ਬੇੜਾ ਪਾਰ ਲੰਘਾ ਗਿਆ।

ਸਿਮਰਨ
ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)
ਰੋਲ ਨੰ. 10280/19

ਹੋਸਟਲ ਦਾ ਜੀਵਨ

ਕਾਲਜ ਵਿੱਚ ਸਕੂਲ ਦੀ ਯਾਦ ਆਈ,
ਜਵਾਨੀ ਵਿੱਚ ਬਚਪਨ ਦੀ ਯਾਦ ਆਈ,
ਕੰਡਿਆਂ ਨੂੰ ਦੇਖਿਆ ਤਾਂ ਫੁੱਲਾਂ ਦੀ ਯਾਦ ਆਈ,
ਨੇੜੇ ਹੋ ਕੇ ਵੇਖਿਆ ਤਾਂ ਬੱਸ ਹੋਸਟਲ ਦੀ ਯਾਦ ਆਈ।

ਕਿਸੇ ਨੇ ਸਹੀ ਕਿਹਾ ਹੈ ਕਿ ਬੀਤਿਆਂ ਸਮਾਂ ਕਦੇ ਵਾਪਿਸ ਨਹੀਂ ਆਉਂਦਾ। ਇਸ ਲਈ ਸਾਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦਾ ਹਰ ਪਲ ਠੋਸ ਬਣਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਹੋਸਟਲ ਜੀਵਨ ਸਾਡੇ ਸਾਰਿਆਂ ਦੀ ਜ਼ਿੰਦਗੀ ਦਾ ਇੱਕ ਅਹਿਮ ਹਿੱਸਾ ਹੁੰਦਾ ਹੈ। ਹੋਸਟਲ ਵਿੱਚ ਰਹਿ ਕੇ ਅਸੀਂ ਸਾਰੇ ਆਤਮਨਿਰਭਰ ਬਣਦੇ ਹਾਂ। ਸਾਨੂੰ ਹੋਸਟਲ ਵਿੱਚ ਰਹਿ ਕੇ ਬਹੁਤ ਕੁਝ ਸਿੱਖਣ ਨੂੰ ਮਿਲਦਾ ਹੈ ਜਿਵੇਂ ਸਾਰਿਆਂ ਨਾਲ ਰਲ-ਮਿਲ ਕੇ ਰਹਿਣਾ, ਆਪਣਾ ਕੰਮ ਠੀਕ ਕਰਨਾ। ਹੋਸਟਲ ਵਿੱਚ ਰਹਿੰਦਿਆਂ ਵਿਦਿਆਰਥੀ ਸਮੇਂ ਦਾ ਪਾਬੰਦ ਹੋਣਾ ਸਿੱਖਦਾ ਹੁੰਦਾ ਹੈ, ਕਸਰਤ ਕਰਦਾ ਹੈ, ਪੜ੍ਹਦਾ-ਲਿਖਦਾ ਹੈ, ਖਾਣਾ ਖਾਂਦਾ ਹੈ ਤੇ ਸੌਂਦਾ ਹੈ। ਹੋਸਟਲ ਵਿੱਚ ਰਹਿੰਦੇ ਵਿਦਿਆਰਥੀ ਵਿੱਚ ਅਨੁਸ਼ਾਸਨ ਅਤੇ ਦੋਸਤੀ ਦੇ ਭਾਵ ਪ੍ਰਗਟ ਹੁੰਦੇ ਹਨ। ਉਹਨਾਂ ਵਿੱਚ ਇੱਕ ਦੂਜੇ ਦਾ ਸਹਿਯੋਗ ਕਰਨ ਦਾ ਮਾਦਾ ਵੀ ਪੈਦਾ ਹੁੰਦਾ ਹੈ। ਹੋਸਟਲ ਦੀ ਜ਼ਿੰਦਗੀ ਆਪਣੇ ਆਪ ਵਿੱਚ ਦਿਲਚਸਪੀ ਭਰੀ ਹੁੰਦੀ ਹੈ। ਹੋਸਟਲ ਵਿੱਚ ਰਹਿੰਦੇ ਵਿਦਿਆਰਥੀ ਇਕੱਠੇ ਬੈਠ ਕੇ ਆਪਣੇ ਮਨਪਸੰਦ ਵਿਸ਼ਿਆਂ ਉੱਪਰ ਵਿਚਾਰ-ਚਰਚਾ ਕਰਦੇ ਹਨ। ਉੱਥੇ ਕਾਫੀ ਮਖੌਲ ਚੱਲਦਾ ਹੈ। ਐਤਵਾਰ ਦੇ ਦਿਨ ਖਾਣਾ-ਪਾਣ ਦੌਰਾਨ ਹਾਸੇ ਭਰੀਆਂ ਗੱਲਾਂ ਖਾਣੇ ਨੂੰ ਸੁਆਦ ਨਾਲ ਭਰ ਦਿੰਦੀਆਂ ਹਨ। ਹੋਸਟਲ ਵਿੱਚ ਰਹਿ ਕੇ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਪੂਰੀ ਆਜ਼ਾਦੀ ਨਾਲ ਗੁਜ਼ਾਰਨਾ ਸਿੱਖਦਾ ਹੈ ਅਤੇ ਉਸ ਵਿੱਚ ਸਵੈ-ਸੇਵਾ ਅਤੇ ਸਵੈ-ਭਰੋਸੇ ਦੇ ਗੁਣ ਪੈਦਾ ਹੁੰਦੇ ਹਨ। ਇੱਥੇ ਉਸਨੂੰ ਕੋਈ ਵੀ ਰੋਕਣ-ਟੋਕਣ ਵਾਲਾ ਨਹੀਂ ਹੁੰਦਾ ਤੇ ਉਹ ਆਪਣੇ ਆਪ ਦਾ ਆਪ ਮਾਲਕ ਹੁੰਦਾ ਹੈ। ਹੋਸਟਲ ਵਿੱਚ ਰਹਿ ਕੇ ਵਿਦਿਆਰਥੀ ਦਾ ਸਰੀਰਕ ਤੇ ਮਾਨਸਿਕ ਵਿਕਾਸ ਹੁੰਦਾ ਹੈ। ਹੋਸਟਲ ਦਾ ਜੀਵਨ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਹੁਤ ਸਾਰੇ ਲਾਭ ਪਹੁੰਚਾਉਂਦਾ ਹੈ। ਹੋਸਟਲ ਵਿੱਚ ਬਿਤਾਏ, ਭਰੀਆਂ ਭਰੇ ਦਿਨ ਵਿਦਿਆਰਥੀ ਸਾਰੀ ਜ਼ਿੰਦਗੀ ਨਹੀਂ ਭੁੱਲਦਾ। ਅਸਲ ਵਿੱਚ ਅਸੀਂ, ਆਪਣੇ ਘਰਾਂ ਵਿੱਚ ਆਪਣੀ ਪੜ੍ਹਾਈ ਵੱਲ ਪੂਰਾ ਧਿਆਨ ਦੇ ਹੀ ਨਹੀਂ ਸਕਦੇ। ਘਰਾਂ ਵਿੱਚ ਸਾਡੀ ਪੜ੍ਹਾਈ ਵਿੱਚ ਰੁਕਾਵਟ ਪਾਉਣ ਵਾਲੇ ਬਹੁਤ ਸਾਰੇ ਕਾਰਨ ਮੌਜੂਦ ਰਹਿੰਦੇ ਹਨ। ਘਰ ਦੇ ਕੰਮਕਾਰ, ਰੌਲਾ-ਰੱਪਾ, ਗਲੀ ਗੁਆਂਢ ਦੇ ਰੇਡੀਓ, ਪਰਾਹੁਣਿਆਂ ਦੀ ਆਵਾਜ਼ਾਈ, ਘਰ ਦੇ ਕਿਸੇ ਬੰਦੇ ਦੀ ਬਿਮਾਰੀ, ਬਜ਼ਰਾਂ ਦੇ ਚੱਕਰ ਆਦਿ ਘਰਾਂ ਵਿੱਚ ਸਾਨੂੰ ਪੜ੍ਹਨ ਲਈ ਬੈਠਣ ਹੀ ਨਹੀਂ ਦਿੰਦੇ। ਇਸ ਦੇ ਉਲਟ ਹੋਸਟਲ ਵਿਦਿਆਰਥੀ ਨੂੰ ਪੜ੍ਹਾਈ ਕਰਨ ਲਈ ਵਧੀਆ ਮਾਹੌਲ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ।

ਅੰਤ ਵਿੱਚ ਮੈਂ ਇਹ ਕਹਿਣਾ ਚਾਹੁੰਦੀ ਹਾਂ ਕਿ ਹੋਸਟਲ ਦਾ ਜੀਵਨ ਵਿਦਿਆਰਥੀ ਨੂੰ ਵਧੀਆ ਤਰੀਕੇ ਨਾਲ ਜ਼ਿੰਦਗੀ ਜਿਉਣਾ ਸਿਖਾਉਂਦਾ ਹੈ।

ਹਰਪ੍ਰੀਤ ਕੌਰ

ਬੀ.ਏ. (ਭਾਗ-ਦੂਜਾ)

ਬੰਦੇ ਦੀ ਹਕੀਕਤ

ਸੁਣ ਓਏ ਬੰਦਿਆ,
ਕਿਉਂ ਤੂੰ ਲੈਂਦਾ ਹਾਉਂਕੇ ਓਏ,
ਸਭ ਕੁਝ ਏਥੇ ਰਹਿ ਜਾਣਾ,
ਤੇਰੇ ਨਾਲ ਨਾ ਜਾਣਾ ਕੁਝ ਵੀ ਓਏ ।

ਤੂੰ ਰੱਖ ਸਬਰ, ਨਾ ਕਰ_ਲਮ,
ਸਭ ਕੁਝ ਏਥੇ ਮਿੱਟੀ ਏ,
ਚਾਰ ਘੰਟੇ ਨਾ ਰੱਖਣਾ ਤੇਰੇ ਸਕਿਆ ਨੇ,
ਜਦ ਹੋ ਜਾਣਾ ਤੂੰ ਢੇਰੀ ਓਏ।

ਨਾ ਲੜ, ਨਾ ਮਰ ਇਹਨਾਂ ਖੋਖਲੇ ਰਿਸ਼ਤਿਆ ਪਿੱਛੇ,
ਇਹ ਸਭ ਕੁੱਝ ਮਾਇਆ ਦਾ ਖੇਡ ਏ,
ਜਿਸ ਦਿਨ ਤੂੰ ਹੋਇਆ ਮਿੱਟੀ ਸੱਜਣਾ,
ਇਹਨਾਂ ਕਿਸੇ ਨਾ ਪੁੱਛਣੀ ਬਾਤ ਏ।

ਰੱਖ ਭਰੋਸਾ ਉਸ ਸੱਚੇ ਪ੍ਰੀਤਮ ਉੱਤੇ,
ਕਿਉਂਕਿ ਅਸਲੀ ਪ੍ਰੀਤਮ ਤੇਰਾ ਉਹੀ ਹੈ,
ਇੱਕ ਵਾਰ ਕਰ ਮੁਹੱਬਤ ਉਸ ਨਾਲ,
ਫਿਰ ਵੇਖ ਕਿਵੇਂ ਇਸ਼ਕ ਓ ਪਾਉਂਦਾ ਤੂੰ ਝੂਮਰ ਏ।
ਉਹੀ ਪ੍ਰੀਤਮ ਦਾ ਇਸ਼ਕ ਸੱਚਾ ਦੁਨੀਆਂ ਤੇ,
ਬਾਕੀ ਦੁਨੀਆਂ ਮੈਨੂੰ ਹੁਣ ਜਾਪਦੀ ਝੂਠੀ ਏ,
ਬਾਕੀ ਦੁਨੀਆਂ ਮੈਨੂੰ ਹੁਣ ਜਾਪਦੀ ਝੂਠੀ ਏ।

ਹਿਮਾਂਸ਼ੀ ਗਰਗ
ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)

ਬਚਪਨ

ਕਾਸ਼“ ਮੈਨੂੰ ਕੋਈ ਟਾਈਮ- ਮਸ਼ੀਨ ਮਿਲ ਜਾਏ,
ਤਾਂ ਮੈਨੂੰ ਮੇਰਾ ਬਚਪਨ ਵਾਪਸ ਮਿਲ ਜਾਏ।

ਕਿਤੇ ਮੈਨੂੰ ਉਹ ਪੀਚੋ-ਬੱਕਰੀ ਖੇਡਣ ਵਾਲੇ ਯਾਰ ਮਿਲ ਜਾਣ,
ਗੀਟੇ, ਮੈਡਮ-ਬੱਚਾ, ਘਰ-ਘਰ ਖੇਡਣ ਵਾਲੇ ਦਿਨ ਵਾਪਸ ਮਿਲ ਜਾਣੇ,
ਤਾਂ ਮੈਨੂੰ ਮੇਰਾ ਬਚਪਨ ਵਾਪਸ ਮਿਲ ਜਾਏ।

ਬਰਗਰ ਪੀਜੇ ਦੀ ਥਾਂ ਉਹ ਅਠੱਨੀ ਵਾਲੀ ਇਮਲੀ ਮਿਲ ਜਾਏ,
ਮੰਮੀ ਦੀ ਗੋਦੀ ਉੱਲ੍ਹੇ ਲੋਰੀ ਤੇ ਪਾਪਾ ਦੀ ਗੋਦੀ ਚੜ੍ਹ ਚਾਕਲੇਟ ਮਿਲ ਜਾਏ,
ਤਾਂ ਮੈਨੂੰ ਮੇਰਾ ਬਚਪਨ ਵਾਪਸ ਮਿਲ ਜਾਏ।

ਸਭ ਤੋਂ ਵੱਡੀ ਚੀਜ਼-ਮੈਨੂੰ ਮੇਰੀ ਖੋਈ ਹੋਈ ਮਾਸੂਮੀਅਤ ਮਿਲ ਜਾਏ,
ਦੁਨੀਆਂ ਦੀ ਸੱਚਾਈ ਤੋਂ ਦੂਰ ਉਹ ਖਾਬਾਂ ਵਾਲੀ ਦੁਨੀਆਂ ਉੱਲ੍ਹੇ ਰਹਿਣ ਵਾਲੀ,
ਛੋਟੀਆਂ-ਛੋਟੀਆਂ ਗੱਲਾਂ ਉੱਲ੍ਹੇ ਭੀਆਂ ਲੱਭਣ ਵਾਲੀ ਪੂਨਮ ਮਿਲ ਜਾਏ,
ਤਾਂ ਮੈਨੂੰ ਮੇਰਾ ਬਚਪਨ ਵਾਪਸ ਮਿਲ ਜਾਏ।

ਪੂਨਮ ਸਿੰਗਲਾ
ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)
ਰੋਲ ਨੰ. 10240

ਦੁਨੀਆਂ

ਇਹ ਦੁਨੀਆਂ ਬੜੀ ਕਮਾਲ ਲੋਕੋ,
ਮਰਿਆ ਪਿਛੋਂ ਹੀ ਗੁਣ ਗਾਉਂਦੀ ਏ।

ਜਿਉਂਦਾ ਹੱਸਦਾ ਚੰਗਾ ਲੱਗਦਾ ਨਹੀਂ,
ਪਿੱਛੋਂ ਰੋ-ਰੋ ਪਖੰਡ ਦਿਖਾਉਂਦੀ ਏ।

ਇਹ ਸਕਤੇ ਦੀ ਕਰ ਗੁਲਾਮੀ ਵੀ,
ਕਮੋੜ ਤੋੜ ਚਲਾਉਂਦੀ ਏ।

ਭੋਲਜੀਤ ਇਹ ਦੁਨੀਆਂ ਦੁਖੀ ਨਹੀਂ ਆਪਣੇ ਦੁੱਖ ਕਰਕੇ,
ਦੂਜਿਆਂ ਦੇ ਦੁੱਖ ਵਿੱਚ ਭੁੱਖੀ ਮਨਾਉਂਦੀ ਏ।

ਬਲਜੀਤ ਕੌਰ

ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)

ਰੋਲ ਨੰ. 10122/19

ਔਰਤ ਅਤੇ ਸਮਾਜ

ਔਰਤਾਂ ਵਿੱਚ ਆਰਥਿਕ ਆਜ਼ਾਦੀ, ਸਵੈਭਿਮਾਨ, ਆਪਣੇ ਅਧਿਕਾਰਾਂ ਨੂੰ ਸਮਝਣਾ, ਝਿਜਕ ਛੱਡ ਕਰਨੀ, ਆਤਮ ਵਿਸ਼ਵਾਸ ਵਧਾਉਣਾ, ਆਪਣੇ ਸੰਗਠਨ ਬਣਾਉਣਾ ਅਤੇ ਔਰਤਾਂ ਨੂੰ ਸ਼ਕਤੀਸ਼ਾਲੀ ਬਣਾਉਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਤਾਂ ਅਸੀਂ ਕੰਜਕਾਂ ਦਾ ਸਤਿਕਾਰ ਦੇਵੀ-ਦੇਵਤਿਆਂ ਦੇ ਮੰਦਰਾਂ ਅੱਗੇ ਹੀ ਨਾ ਕਰੀਏ ਬਲਕਿ ਸਹੀ ਅਰਥਾਂ ਵਿੱਚ ਇਹਨਾਂ ਦਾ ਮਾਣ ਵਧਾਈਏ, ਨਾ ਕਿ ਘਰਾਂ ਵਿੱਚੋਂ ਪੈਰ ਪਾਉਣ ਤੋਂ ਭਾਵ ਜਨਮ ਲੈਣ ਤੋਂ ਹੀ ਰੋਕ ਦਈਏ। ਇਕੱਲੇ ਮੁੰਡਿਆਂ ਵਾਲੇ ਘਰਾਂ ਵਿੱਚ ਕਦੇ ਵੀ ਏਨੀਆਂ ਖੁਸ਼ੀਆਂ ਨਹੀਂ ਹੁੰਦੀਆਂ, ਜਿੰਨੀਆਂ ਉਹਨਾਂ ਘਰਾਂ ਵਿੱਚ ਜਿੱਥੇ ਕੁੜੀਆਂ ਵੀ ਹੋਣ। “ਮੁੰਡੇ ਹੋਣ ਜਾਂ ਕੁੜੀਆਂ ਭੋਲੀਆਂ ਦੋਵਾਂ ਨਾਲ ਹੀ ਜੁੜੀਆਂ।” ਅਜੋਕੇ ਸਮੇਂ ਵਿੱਚ ਅਸੀਂ ਦੇਖਦੇ ਹਾਂ ਕਿ ਪਹਿਲਾਂ ਦੇ ਮੁਕਾਬਲੇ ਹੁਣ ਬਹੁਤ ਘੱਟ ਪੈਰ ਪੈ ਗਿਆ ਹੈ। ਪਹਿਲੇ ਸਮੇਂ ਤਾਂ ਕੁੜੀਆਂ ਨੂੰ ਘਰੋਂ ਪੈਰ ਵੀ ਬਾਹਰ ਨਹੀਂ ਸਨ ਰੱਖਣ ਦਿੰਦੇ। ਪਰ ਹੁਣ ਤਾਂ ਸਾਰਾ ਢਾਂਚਾ ਹੀ ਬਦਲ ਗਿਆ ਹੈ। ਲੜਕੀਆਂ ਬਹੁਤ ਪੜ੍ਹ ਰਹੀਆਂ ਹਨ ਅਤੇ ਮਿਹਨਤ ਕਰਕੇ ਬਹੁਤ ਉੱਚੀਆਂ ਪਦਵੀਆਂ ਉੱਪਰ ਵੀ ਗਈਆਂ ਹਨ। ਪਰ ਸਾਡੀ ਸ਼ੁਰੂ ਵਿੱਚ ਸਕੂਲ ਵਿੱਚ ਦਾਖਲ ਕਰਵਾਉਣ

ਵੇਲੇ ਕਿਤੇ ਨਾ ਕਿਤੇ ਕੋਸ਼ਿਸ਼ ਰਹਿੰਦੀ ਹੈ ਕਿ ਮੁੰਡੇ ਨੂੰ ਵਧੀਆ ਸਕੂਲ ਜਾਂ ਕਾਲਜ ਵਿੱਚ ਭੇਜਿਆ ਜਾਵੇ। ਇਹ 'ਰਕ ਕਿਉਂ? ਸਾਡੀ ਲੜਕੀਆਂ ਪ੍ਰਤੀ ਨਕਾਰਾਤਮਕ ਸੋਚ ਨੇ ਹੀ ਪੰਜਾਬ ਵਿੱਚ ਹੁਣ ਮੁੰਡਿਆਂ ਪਿੱਛੇ ਸਿਰ 728 ਕੁੜੀਆਂ ਦੀ ਗਿਣਤੀ ਲਿਆਂਦੀ 2026 ਵਿੱਚ ਜਦ ਕਿ ਇਹੀ ਅਨੁਪਾਤ ਕੇਰਲਾ ਵਿੱਚ 1000 ਪਿੱਛੇ 1058 ਕੁੜੀਆਂ ਸਨ। ਅਸਲ ਵਿੱਚ ਦਾਜ ਵਰਗੀਆਂ ਭੈੜੀਆਂ ਗੀਤੀ ਰਿਵਾਜ ਅਤੇ ਕੁਝ ਧਾਰਮਿਕ ਅੰਧ ਵਿਸ਼ਵਾਸਾਂ ਨੇ ਬਹੁਤ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ ਜਿਸ ਕਾਰਨ ਭਰੂਣ ਹੱਤਿਆ ਬਹੁਤ ਜਿਆਦਾ ਵਧੀ ਅਤੇ ਨਾਲ ਹੀ ਪੁੱਤਰ ਦੀ ਲਾਲਸਾ ਵੀ ਵਧੀ। ਔਰਤਾਂ ਘਰ ਦੇ ਕੰਮ ਦੇ ਨਾਲ-ਨਾਲ ਜਦੋਂ ਘਰੋਂ ਬਾਹਰ ਮਜ਼ਦੂਰੀ ਕਰਨ ਲਈ ਨਿਕਲੀਆਂ ਹਨ ਤਾਂ ਇਹਨਾਂ ਦੇ ਕੰਮ ਨੂੰ ਬਹੁਤ ਘੱਟ ਕਰਕੇ ਆਂਕਿਆਂ ਜਾਂਦਾ ਹੈ। ਆਦਮੀ ਦੇ ਬਰਾਬਰ ਕੰਮ ਕਰਨ ਦੇ ਬਾਵਜੂਦ ਉਸਨੂੰ ਆਮਦਨ ਦਾ 1/2 ਭਾਗ ਵੀ ਮੁਸ਼ਕਿਲ ਨਾਲ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਇਸ ਤੋਂ ਬਿਨਾਂ ਸਾਡੇ ਸਮਾਜ ਵਿੱਚ ਔਰਤਾਂ ਅਤੇ ਲੜਕੀਆਂ ਦੀ ਬੇਪੱਤੀ, ਇਹਨਾਂ ਨੂੰ ਚੁੱਕ ਲੈ ਜਾਣਾ, ਵੇਚ ਦੇਣਾ, ਕੋਠਿਆਂ ਤੇ ਪਹੁੰਚਾ ਦੇਣਾ ਜਾਂ ਬਾਹਰਲੇ ਦੇਸ਼ਾਂ ਵਿੱਚ ਵੇਚ ਆਉਣਾ ਬਹੁਤ ਵੱਡੀ ਸਮੱਸਿਆ ਹੈ। ਸਥਿਤੀ ਏਨੀ ਭਿਆਨਕ ਰੂਪ ਧਾਰਨ ਕਰ ਗਈ ਹੈ ਕਿ ਕਈ ਥਾਵਾਂ ਤੇ ਬਾਪ ਹੀ ਆਪਣੀ ਧੀ ਨੂੰ ਆਪਣੀ ਹਵਾਸ ਦਾ ਸ਼ਿਕਾਰ ਬਣਾ ਰਿਹਾ ਹੈ। ਸੁਣ ਕੇ ਸ਼ਰਮ ਨਾਲ ਸਿਰ ਝੁੱਕ ਜਾਂਦਾ ਹੈ। ਇਸ ਤੋਂ ਘਟੀਆ ਗੱਲ ਹੋਰ ਕੀ ਹੋ ਸਕਦੀ ਹੈ।

ਹਰ ਔਰਤ ਨੂੰ ਅੱਖਰ ਗਿਆਨ ਸ਼ੁਰੂ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਆਪਣੇ-ਦੁਆਲੇ ਬਾਰੇ ਪੂਰੀ ਤਰ੍ਹਾਂ ਚੁਕੰਨਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਹੀ ਉਹ ਆਪਣੇ ਅਤੇ ਆਪਣੇ ਪਰਿਵਾਰ ਬਾਰੇ ਕੁਝ ਵਧੀਆ ਸੋਚ ਸਕੇਗੀ। ਜੇ ਕਿਤੇ ਉਹ ਆਪਣੇ ਪੈਰਾਂ ਤੇ ਵੀ ਖੜ੍ਹੀ ਹੋਵੇ ਅਤੇ ਆਰਥਿਕ ਪੱਖੋਂ ਮਜ਼ਬੂਤ ਹੋਵੇ ਤਾਂ ਫੇਰ ਸੋਨੇ ਤੇ ਸੁਹਾਗਾ ਹੋਵੇਗਾ।

ਆਓ, ਅਸੀਂ ਸਾਰੇ ਰਲ ਕੇ ਔਰਤਾਂ ਦੀ ਤਰੱਕੀ ਬਾਰੇ ਸੋਚੀਏ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਬਣਦਾ ਸਤਿਕਾਰ ਦੇਈਏ।

ਗੀਆ

ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)

ਰੋਲ ਨੰ. 10101

ਅਣਥੱਕ

ਕਹਿੰਦੇ ਨੇ ਉਸਨੂੰ ਰੱਬ ਦਾ ਸਭ ਤੋਂ ਨਿਆਰਾ ਰੂਪ,
ਜੋ ਹੈ ਦੁਰਗਾ ਸ਼ਕਤੀ ਦਾ ਸਵਰੂਪ,
ਸਤਯੁੱਗ ਤੋਂ ਕਲਯੁੱਗ ਤੱਕ ਹੁੰਦੀ ਉਸਦੀ ਮਹਿਮਾ,
ਇਹ ਹੈ ਉਹ ਅਣਥੱਕ ਨਾਰੀ,
ਜੋ ਨਾ ਕਦੇ ਹੈ ਥੱਕਦੀ।

ਮਾਂ, ਭੈਣ ਅਤੇ ਧੀ ਕਰਨ ਨਿਸਵਾਰਥ ਪਿਆਰ,
ਜਦ ਉਸਦੀ ਔਲਾਦ ਨੂੰ ਪਹੁੰਚਦੀ ਹੈ ਠੇਸ,
ਤਾਂ ਰੱਬ ਵੀ ਉਸ ਦੀਆਂ ਦੁਆਵਾਂ ਅੱਗੇ ਝੁੱਕ ਜਾਂਦਾ,
ਜਿਸਦੀ ਛਾਂ ਥੱਲੇ ਸਵਰਗ ਹੈ ਸਾਡਾ।

ਕਦੇ ਨਾ ਉਹ ਥੱਕਦੀ ਆਪਣਾ ਰੁਝਾਨਿਭਾਉਣ ਨੂੰ,
ਤੇ ਫਿਰ ਕਿਉਂ ਅਸੀਂ ਥੱਕ ਜਾਣੇ ਹਾਂ ਆਪਣਾ ਰੁਝਾਨਿਭਾਉਣ ਨੂੰ?

ਇਤਿਹਾਸ ਗਵਾਹ ਹੈ ਜਦ-ਜਦ ਨਾਰੀ ਨਾਲ ਹੋਈ ਮਾੜੀ,
ਉਦੋਂ-ਉਦੋਂ ਛਿੜੀ ਇਸ ਧਰਤੀ ਉੱਤੇ ਮਹਾਂਭਾਰਤ ਭਾਰੀ।

ਇਹ ਦੁਨੀਆਂ ਹੈ ਬਹੁਤ ਮਤਲਬੀ,
ਉਸਦੇ ਚਰਿੱਤਰ ਤੇ ਉਠਾਈ ਹਰ ਕਿਸੇ ਨੇ ਉਂਗਲੀ,
ਨਾਂ ਛੱਡੀ ਸੀਤਾ ਅਤੇ ਨਾ ਹੀ ਦਰੋਪਦੀ।

ਫਿਰ ਵੀ ਉਹ ਕਦੇ ਨਾ ਥੱਕੀ ਆਪਣਾ ਰੁਝਾਨਿਭਾਉਂਦੀ,
ਕਿਉਂਕਿ ਉਹ ਹੈ ਇੱਕ ਅਣਥੱਕ ਨਾਰੀ।

ਦਿਸ਼ਾ

ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)

ਰੋਲ ਨੰ. 433/20

ਬੇਰੁ-ਸ਼ਾਰੀ

ਅੱਜ ਇੱਕ ਚੁਣੌਤੀ ਆਈ,
ਅੱਜ ਇੱਕ ਮਹਾਂਮਾਰੀ ਆਈ,
ਰੋੜ੍ਹੇ-ਰੋਟੀ ਲਈ ਤੜਪ-ਤੜਪ ਕੇ,
ਮਰਨੇ ਦੀ ਬਾਰੀ ਆਈ।

ਹਨੇਰਾ ਪਿਆ ਭਵਿੱਖ ਉੱਤੇ ਤੇ,
ਅਸਮਾਨ ਵੀ ਭਰਿਆ ਲੱਗਦਾ ਏ,
ਅਨਪੜ੍ਹ ਬਾਰੇ ਅੱਜ ਕੀ ਕਹੀਏ,
ਪੜ੍ਹ-ਲਿਖ ਕੇ ਵੀ ਹਨੇਰਾ ਲੱਗਦਾ ਏ।

ਬੇਰੁ-ਗ਼ਾਰੀ ਇੱਕ ਸਰਾਪ ਜਿਹੀ,
ਸ਼ੈਤਾਨ ਬਣਾ ਦੇਵੇ ਵਿਹਲੇ ਨੂੰ,
ਚੋਰੀਆਂ, ਮਾਰ-ਧਾਂੜ, ਲੁੱਟਾਂ-ਖੋਹਾਂ,
ਸਭ ਕਰਾਵੇ ਲੋਕਾ ਤੋਂ।

ਨੌਜਵਾਨ ਧੱਕੇ ਖਾਂਦੇ ਫਿਰਦੇ ਨੇ,
ਮਾਯੂਸੀ ਲਪੇਟੇ ਫਿਰਦੇ ਨੇ,
ਆਤਮ-ਹੱਤਿਆ, ਨਸ਼ਿਆ ਵਿਚ ਗਲ ਕੇ,
ਆਪਣੀ ਜਾਨ ਗਵਾ ਦਿੰਦੇ ਨੇ।

ਅੱਜ ਯੋਗਤਾ ਵੀ ਮੱਖੀਆਂ ਮਾਰਦੀ ਏ,
ਅੱਜ ਮਿਹਨਤ ਦਾ ਫਲ ਕੌੜਾ ਲਗਦਾ ਏ,
ਅੱਜ ਨੀਲਾ, ਚਮਕਦਾ ਅਸਮਾਨ ਵੀ,
ਕਾਲੇ ਬੱਦਲਾਂ ਨਾਲ ਭਰਿਆ ਲੱਗਦਾ ਏ।

ਸ਼ਰਨਜੀਤ ਕੌਰ
ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)
ਰੋਲ ਨੰ. 058

ਮੰਲਿ

ਮੰਲਿ- ਜੋ ਕਿ ਸਿਰ ਤਿੰਨ ਅੱਖਰਾਂ ਦਾ ਸ਼ਬਦ ਹੀ ਨਹੀਂ, ਬਲਕਿ ਜਦੋਂ ਅਸੀਂ ਇਸ ਸ਼ਬਦ ਨੂੰ ਗਹਿਰਾਈ ਨਾਲ ਦੇਖਦੇ ਤਾਂ ਪਤਾ ਲੱਗਦਾ ਹੈ ਕਿ ਇਸ ਸ਼ਬਦ ਦਾ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਬਹੁਤ ਮਹੱਤਵ ਹੈ। ਹਰ ਇੱਕ ਇਨਸਾਨ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੁਝ ਹਾਸਲ ਜਾਂ ਕੁਝ ਬਣਨਾ ਚਾਹੁੰਦਾ ਹੈ। ਛੋਟੇ ਹੁੰਦੇ ਤੋਂ ਹੀ ਸਾਡੇ ਦਿਮਾਗ ਵਿੱਚ ਕੁਝ ਹਾਸਲ ਕਰਨ ਦੀ ਤਲਬ ਪੈਦਾ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਇਸ ਕਰਕੇ ਅਸੀਂ ਸ਼ੁਰੂ ਤੋਂ ਹੀ ਜ਼ਿੰਦਗੀ ਦੀ ਇਸ ਦੌੜ ਵਿੱਚ ਪੈ ਜਾਂਦੇ ਹਾਂ। ਪਰ ਇਹ ਮੰਲਿ ਕੀ ਹੈ?

ਮੰਲਿ ਤਾਂ ਇੱਕ ਮੁਕਾਮ ਹੈ। ਹਰ ਇੱਕ ਦੇ ਆਪਣੇ-ਆਪਣੇ ਮੁਕਾਮ ਹੁੰਦੇ ਹਨ। ਕਿਸੇ ਦੀ ਮੰਲਿ ਡਾਕਟਰ ਬਣਨਾ ਕਿਸੇ ਦੀ ਅੰਸਰ ਬਣਨਾ, ਕਿਸੇ ਦੀ ਅਧਿਆਪਕ ਬਣਨਾ ਆਦਿ ਹੁੰਦੀ ਹੈ। ਸਾਨੂੰ ਆਪਣੀ ਕਾਬਲੀਅਤ ਦੇ ਅਧਾਰ ਤੇ ਅਧਿਆਪਕ ਅਤੇ ਵੱਡਿਆਂ ਦੀ ਸਲਾਹ ਲੈ ਕੇ ਹੀ ਆਪਣੀ ਮੰਲਿ ਦੀ ਚੋਣ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਇਹ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਦਾ ਬਹੁਤ ਅਹਿਮੀਂ ਸਲਾ ਹੈ, ਜੋ ਕਿ ਸਾਨੂੰ ਸੋਚ-ਸਮਝ ਕੇ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ।

ਮੰਲਿ ਕਦੇ ਵੀ ਛੋਟੀ ਜਾਂ ਵੱਡੀ ਨਹੀਂ ਹੁੰਦੀ ਬਲਕਿ ਐਲਿਓਮੰਲਿ ਹੀ ਹੁੰਦੀ ਹੈ, ਰਕ ਤਾਂ ਸਿਰ ਸੋਚ ਦਾ ਹੀ ਹੁੰਦਾ ਹੈ।

ਮੰਲਿ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨਾ ਸੌਖਾ ਨਹੀਂ ਹੁੰਦਾ। ਰਸਤੇ ਵਿੱਚ ਬਹੁਤ ਸਾਰੀਆਂ ਮੁਸ਼ਕਿਲਾਂ ਆਉਂਦੀਆਂ ਨੇ ਪਰ ਪਹੁੰਚਦਾ ਉਹੀ ਹੈ ਜਿਸਦੇ ਹੌਸਲੇ ਅਤੇ ਇਰਾਦੇ ਬੁਲੰਦ ਹੁੰਦੇ ਹਨ। ਪਰਮਾਤਮਾ ਦਾ ਨਾਮ, ਆਪਣੀ ਮਿਹਨਤ, ਆਪਣੇ ਉੱਤੇ ਵਿਸ਼ਵਾਸ, ਸਹੀ ਸੋਚ ਤੇ ਸਥਿਰ ਆਦਿ ਰਹਿਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਹਰ ਇੱਕ ਇਨਸਾਨ ਆਪਣੀ ਮੰਲਿ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦਾ ਹੈ ਜੇਕਰ ਉਹ ਆਪਣੇ-ਆਪ ਤੇ ਵਿਸ਼ਵਾਸ ਰੱਖੇ ਤੇ ਸਦਾ ਅੱਗੇ ਵੱਧਦਾ ਜਾਵੇ।

ਕਿਸੇ ਨੇ ਠੀਕ ਹੀ ਕਿਹਾ ਹੈ –

ਨਾ ਥੱਕੇ ਆ ਪੈਰ ਕਦੀ,
ਨਾ ਇਹ ਹਿੰਮਤ ਹਾਰੇ ਨੇ,
ਅਸੀਂ ਮੰਲਿ ਪਾਵਨ ਲਈ,
ਬੁਰੇ ਦਿਨ ਵੀ ਗੁਜ਼ਰੇ ਨੇ।
ਤੁਸੀਂ ਕੀ ਰੋਕੋਗੇ ਸਾਨੂੰ,
ਅਸੀਂ ਤਾਂ ਉਹ ਹਾਂ ਜਿਸਨੇ,
ਬੁਰੇ ਵਕਤ ਵੀ,
ਸਬਰ ਨਾਲ ਗੁਜ਼ਰੇ ਨੇ।

ਮੰਲਿ ਨੂੰ ਹਾਸਲ ਕਰਨ ਵਿੱਚ ਬਹੁਤ ਮੁਸ਼ਕਿਲਾਂ ਆਉਂਦੀਆਂ ਨੇ ਪਰ ਜਿੱਤਦਾ ਉਹੀ ਹੈ ਜੋ ਕਦੀ ਹਾਰ ਨਹੀਂ ਮੰਨਦਾ ਤੇ ਸਦਾ ਅੱਗੇ ਵੱਧਦਾ ਰਹਿੰਦਾ ਹੈ। ਇਹ ਮਨੁੱਖੀ ਜੀਵਨ ਬਹੁਤ ਅਨਮੋਲ ਹੈ। ਸਾਨੂੰ ਇਸ ਜੀਵਨ

ਨੂੰ ਕਿਸੇ ਸਾਰਥਕ ਲੇਖੇ ਲਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਆਪਣੀ ਮੰਜ਼ਿਲ ਨੂੰ ਖੂਬ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਜੋ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਉਦੇਸ਼ ਰੱਖਦਾ ਹੈ, ਨਿਰੰਤਰ ਮਿਹਨਤ ਕਰਦਾ ਹੈ ਇੱਕ ਨਾ ਇੱਕ ਦਿਨ ਉਹ ਯਕੀਨੀਸ਼ੀਲ ਹੋ ਜਾਂਦਾ ਹੈ।

ਹਰਮੀਤ ਕੌਰ
ਬੀ.ਏ. (ਭਾਗ-ਦੂਜਾ)

ਬੋਲੀਆਂ

1. ਪਾਲਕ ਪਾਲਕ ਪਾਲਕ,
ਵਿਹੜਾ ਮੈਂ ਮੱਲਿਆ,
ਮੈਂ ਵਿਹੜੇ ਦੀ ਮਾਲਕ,
ਮੈਂ ਵਿਹੜੇ ਦੀ ਮਾਲਕ।
2. ਊਰੀ ਊਰੀ ਊਰੀ
ਇਹ ਦਿਨ ਸ਼ਗਨਾਂ ਦੇ
ਨੱਚ-ਨੱਚ ਹੋਜਾ ਦੁਹਰੀ।
3. ਗਿੱਧੇ ਵਿੱਚ ਜਦ ਮੈਂ ਨੱਚਾ
ਸੂਰਜ ਵੀ ਮੱਥਾ ਟੇਕਦਾ
ਲੁਧਿਆਣੇ ਜੱਟੀ ਨੱਚੇ
ਹੋ ਬੱਲੇ-ਬੱਲੇ, ਸ਼ਾਵਾ, ਸ਼ਾਵਾ
ਲੁਧਿਆਣੇ ਜੱਟੀ ਨੱਚੇ
ਪਟਿਆਲਾ ਖੜ੍ਹ-ਖੜ੍ਹ ਵੇਖਦਾ।
4. ਪਿੰਡਾਂ ਵਿੱਚੋਂ ਪਿੰਡ ਸੁਣੀਂਦਾ
ਪਿੰਡ ਸੁਣੀਂਦਾ ਮੋਗਾ
ਬਈ ਊਰਲੇ ਪਾਸੇ ਢਾਬ ਸੁਣੀਂਦੀ
ਪਰਲੇ ਪਾਸੇ ਟੋਬਾ
ਬਈ ਉਥੋਂ ਦੇ ਦੋ ਸਾਧ ਸੁਣੀਂਦੇ

ਬੜੀ ਉਹਨਾਂ ਦੀ ਸ਼ੋਭਾ
ਆਉਂਦੀ ਜਾਂਦੀ ਨੂੰ ਘੜਾ ਚੁਕਾਉਂਦੇ
ਮਗਰੋਂ ਮਾਰਦੇ ਗੋਡਾ
ਲੱਕ ਮੇਰਾ ਪਤਲਾ ਜਿਹਾ
ਭਾਰ ਸਹਿਣ ਨਾ ਜੋਗਾ।

5. ਲੱਭੂ ਖਾਂਦੇ ਵੀ ਬਥੇਰੇ
ਲੱਭੂ ਵੰਡੇ ਵੀ ਬਥੇਰੇ
ਅੱਜ ਲੱਗਜੂ ਪਤਾ
ਆਜਾ ਨੱਚ ਬਰੋਬਰ ਮੇਰੇ
ਅੱਜ ਲੱਗਜੂ ਪਤਾ।
6. ਆਈ ਬਾਬਾ ਨਾਨਕਾ, ਜਾਂਈ ਬਾਬਾ ਨਾਨਕਾ
ਸਭਨਾਂ ਦੇ ਵਿਹੜੇ ਬੰਨ੍ਹੇ ਲਾਈ ਬਾਬਾ ਨਾਨਕਾ।
7. ਅੱਜ ਹੋਉਗਾ ਮੁਕਾਬਲਾ ਆਹਮੋ-ਸਾਹਮਣੇ
ਥੋਡੀ ਦਿੱਲੀ ਸਾਡਾ ਆਗਰਾ
ਅੱਜ ਹੋਉਗਾ ਮੁਕਾਬਲਾ
ਥੋਡੀ ਦਿੱਲੀ ਸਾਡਾ।
8. ਮੇਰੇ ਵੀਰ ਦਾ ਵਿਆਹ, ਮੈਨੂੰ ਗੋਡੇ-ਗੋਡੇ ਚਾਅ
ਆਪਾਂ ਸਾਰੇ ਜਾਵਾਂਗੇ ਨਾਲੇ ਖਾਵਾਂ ਪੀਵਾਂਗੇ
ਨਾਲੇ ਰੋਹਬ ਜਮਾਂਵਾਂਗੇ।
9. ਚੰਨ੍ਹ ਵਰਗੀ ਭਰਜਾਈ ਮੇਰਾ ਵੀਰ ਵਿਆਹ ਕੇ ਲਿਆਇਆ
ਹੱਥੀਂ ਉਹਦੇ ਛਾਪਾਂ ਛੱਲੇ ਬਾਂਹੀ ਚੂੜਾ ਪਾਇਆ
ਉੱਠਕੇ ਨੱਚ ਭਾਬੇ ਦਿਨ ਸ਼ਗਨਾਂ ਦਾ ਆਇਆ।
10. ਕੁੜੀਆਂ ਪੰਜਾਬ ਦੀਆਂ ਸੋਹਣੀਆਂ ਸੁਣੱਖੀਆਂ
ਅੱਜ ਨੱਚ-ਨੱਚ ਧਰਤੀ ਹਲਾਉਣਗੀਆਂ
ਬਈ ਅੱਜ ਗਿੱਧੇ ਵਿੱਚ ਭੱੜਥੂ ਪਾਉਣਗੀਆਂ।

ਹਰਪ੍ਰੀਤ ਕੌਰ
ਬੀ.ਏ. (ਭਾਗ-ਦੂਜਾ)
ਰੋਲ ਨੰ. 339/20

ਜੇ ਕੁਝ ਚੰਗਾ ਬਣਨਾ ਤਾਂ ਪੜ੍ਹਨਾ ਯੂਰੀ ਐ

ਗਿਆਨ ਮਨੁੱਖ ਦੀ ਤੀਜੀ ਅੱਖ ਐ ਕਹਿਣ ਸਿਆਣੇ
ਜੂਨ ਸੁਧਰ ਏ ਜਾਂਦੀ ਜਿਸ ਘਰ ਦੇ ਪੜ੍ਹਨ ਨਿਆਣੇ
ਮੈਂ ਅਨਪੜ੍ਹ, ਮ-ਦੂਰੀ ਕਰਨਾ ਮੇਰੀ ਮ-ਸ਼ੁਰੀ ਐ
ਜੇ ਕੁਝ ਚੰਗਾ ਬਣਨਾ ਤਾਂ ਪੜ੍ਹਨਾ ਯੂਰੀ ਐ।

ਵਿੱਦਿਆ ਵਿਚਾਰੀ ਤਾਂ ਪਰਉਪਕਾਰੀ ਐ,
ਲੱਖਾਂ ਲੋਕਾਂ ਦੀ ਵਿੱਦਿਆ ਨੇ ਜੂਨ ਸੁਧਾਰੀ ਐ,
ਮਿਹਨਤ ਕਰ ਸਭ ਕੁਝ ਮਿਲਦਾ ਬਸ ਦੋ ਕਦਮਾਂ ਦੀ ਦੂਰੀ ਐ,
ਜੇ ਕੁਝ ਚੰਗਾ ਬਣਨਾ ਤਾਂ ਪੜ੍ਹਨਾ ਯੂਰੀ ਐ।

ਪੜ੍ਹ ਲਿਖ ਕੇ ਮਾਂ ਬਾਪ ਦਾ ਜੋ ਨਾਂ ਚਮਕਾਉਂਦੇ ਨੇ,
ਆਪਣੇ ਸੋਹਣੇ ਵਤਨ ਦਾ ਮਾਣ ਵਧਾਉਂਦੇ ਨੇ,
ਇੰਗਲੈਂਡ ਦੇ ਵਿਚ ਹਰ ਇੱਕ ਬੱਚੇ ਨੂੰ ਕਰਨੀ ਮਿਹਨਤ ਯੂਰੀ ਐ,
ਜੇ ਕੁਝ ਚੰਗਾ ਬਣਨਾ ਤਾਂ ਪੜ੍ਹਨਾ ਯੂਰੀ ਐ।

ਸੋਹਾਨੀ
ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)
ਰੋਲ ਨੰ. 10391

ਰੁੱਖ

ਹਰ ਰੋ-ਸ਼ੈਰ ਕਰਦੀ ਦੇਖਦੀ ਹਾਂ
ਇੱਕ ਬਹੁਤ ਪੁਰਾਣਾ ਰੁੱਖ
ਕਈ ਸਾਲ ਪਹਿਲਾਂ

ਲਗਾਇਆ ਹੋਣਾ ਕਿਸੇ ਨੇ
 ਤੇ ਅਸੀਂ ਮਾਣ ਰਹੇ ਸੁੱਖ।
 ਅਕਾਸ਼ ਵਿੱਚ ਪੈਰਲਾਂ ਪਾਉਂਦੇ ਪੈਰ
 ਤੇ ਅਸੀਂ ਤਾਂ ਇਹਨਾਂ ਬਿਨਾਂ ਝਿੜਗੀ ਹੀ ਨਾ ਜਿਉਂ ਪਾਉਂਦੇ
 ਕੈਸੀ ਇਹ ਤਰੱਕੀ ਜੋ ਸਾਡਾ ਸੁੱਖ-ਚੈਨ ਖੋਏ,
 ਮੇਰੇ ਵੱਡੇ ਹੁੰਦਿਆਂ ਹੁੰਦਿਆਂ
 ਕਿੰਨੇ ਹੀ ਰੁੱਖ ਅਲੋਪ ਹੋਏ।
 ਸਾਹਾਂ ਲਈ ਤਰਸ ਰਿਹਾ
 ਰੁੱਖਾਂ ਨੂੰ ਵਢਾਉਣ ਵਾਲਾ
 ਕਿਉਂ ਸਿਲੰਡਰਾਂ ਦਾ ਭਾਰ ਢੋਏ।
 ਕਾਸ਼“ ਕਾਸ਼ ਮਨੁੱਖ ਵੀ ਰੁੱਖਾਂ ਵਾਂਗ ਵੱਡੇ ਹੋ ਜਾਣ,
 ਤੇ ਕਰ ਲੈਣ
 ਪਾਣੀ, ਹਵਾ, ਰੁੱਖਾਂ ਦੀ ਸੰਭਾਲ।

ਸਨੌਅ ਸਾਦਗੀ
 ਬੀ.ਏ. (ਭਾਗ ਤੀਜਾ)
 ਰੋਲ ਨੰ. 10562/19

ਰੱਬ

ਇੰਝ ਲੱਗਦਾ ਹੈ ਜਿਵੇਂ ਬੱਦਲਾਂ ਵਿੱਚ
 ਲੁਕਿਆਂ ਬੈਠਾ ਹੈ ਉਹ ਰੱਬ
 ਸਾਰੇ ਉਸ ਤੋਂ ਕੁੱਝ ਨਾ ਕੁੱਝ ਮੰਗਦੇ ਤਸ.
 ਉਹ ਹੌਲੀ-ਹੌਲੀ ਦਿੰਦਾ ਸਭ।
 ਕੋਈ ਉਸਨੂੰ ਅੱਲਾ ਕਹਿੰਦਾ
 ਕੋਈ ਕਹਿੰਦਾ_ਭਾ
 ਵੱਖ-ਵੱਖ ਕਰਤੇ ਲੋਕਾਂ ਨੇ ਰੂਪ ਉਸਦੇ
 ਪਰ ਉਹ ਸਭ ਨੂੰ ਦਿੰਦਾ ਪਨਾਹ।
 ਕਿਰਤ ਕਰ ਰੱਬ ਦੀ ਮੰਨ ਬੰਦਿਆਂ
 ਇੱਥੋਂ ਕੁਝ ਨੀ ਲੈ ਕੇ ਜਾਣਾ

ਆਭਿ ਜਾਣ ਲੱਗੇ ਵੀ ਤੇਰੇ ਪੱਲੇ
 ਨਾਮ ਰੱਬ ਦਾ ਹੀ ਰਹਿ ਜਾਣਾ।
 ਕਦੇ ਕੱਲਿਆਂ ਬੈਠ ਕੇ ਸੋਚੀਂ, ਕੀ ਹੈ ਤੂੰ ਕਮਾਇਆ,
 ਰੱਬ ਦੇ ਚਰਨਾਂ ਵਿੱਚ ਧਿਆਨ, ਭੋਰਾਂ ਵੀ ਨਾ ਲਾਇਆ।
 ਜੇ ਕੁਝ ਤੁਸੀਂ ਮੰਗਦੇ ਹੋ, ਉਹ ਸਭ ਕੁਝ ਹੈ ਦਿੰਦਾ
 ਕਦੇ ਤੁਸੀਂ ਸੋਚਿਆ ਹੈ, ਕਿ ਅਸੀਂ ਕੋਈ ਚੰਗਾ ਕੰਮ ਹੈ ਕੀਤਾ।
 ਹੁਣ ਜਿੰਨੀ ਤੇਰੀ ਬਚੀ
 ਉਹ ਸਾਰੀ ਰੱਬ ਦੇ ਲੜ ਲਾ ਦੇ
 ਫੇਰ ਦੇਖੀ ਉਹ ਕਿਵੇਂ ਕਰਦਾ ਤੇਰੇ ਪਾਰ-ਉਤਾਰੇ।
 ਜੇ ਬੰਦਿਆਂ ਤੂੰ ਸਮਝ ਗਿਆ ਤੇ
 ਕਰਦੇ ਕਿਰਤ ਸ਼ੁਰੂ ਰੱਬ ਦੀ
 ਨਹੀਂ ਤੇ ਮੋਹ-ਮਾਇਆ ਦੇ ਪਿੱਛੇ
 ਲੱਗ ਕੇ ਕੱਢਦੇ ਆਪਣੀ ਸਾਰੀ ਝਿੰਗੀ।
 ਪੈਸਾ ਇੱਕ ਝਿੰਗੀਲਾ ਪਦਾਰਥ ਹੈ
 ਜੇ ਲੋਕਾਂ ਨੂੰ ਮਗਰ ਲਾਵੇ
 ਮਰਨ ਵੇਲੇ ਕੇਵਲ ਬੰਦਾ ਪਛਤਾਵਾ ਹੀ ਕਰ ਪਾਵੇ
 ਪਛਤਾਵਾ ਹੀ ਕਰ ਪਾਵੇ।

ਸਰਿਸ਼ਟਦੀਪ ਕੌਰ
 ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)
 ਰੋਲ ਨੰ. 702/20

ਬੇਟੀਆਂ

ਬੇਟੀਆਂ ਨੂੰ ਤੁਸੀਂ ਬੋਝ ਨਾ ਸਮਝੋ,
 ਇਹ ਤਾਂ ਮਹਾਨ ਹੁੰਦੀਆਂ ਨੇ,
 ਬਾਬਲ ਦੇ ਵਿਹੜੇ ਦੀ ਸ਼ਾਨ ਹੁੰਦੀਆਂ ਨੇ,
 ਵੀਰੇ ਦੇ ਗੁੱਟ ਦੀ ਰੱਖੜੀ ਦਾ ਸ਼ਿੰਗਾਰ ਹੁੰਦੀਆਂ ਨੇ,
 ਅੰਮੜੀ ਦਾ ਸਨਮਾਨ ਹੁੰਦੀਆਂ ਨੇ।
 ਪੜ੍ਹ-ਲਿਖ ਕੇ ਉੱਚੇ ਅਹੁਦਿਆਂ,
 ਭੈ ਵਿਰਾਜਮਾਨ ਹੁੰਦੀਆਂ ਨੇ।

ਝਾਂਸੀ ਦੀ ਰਾਣੀ ਬਣ,
 ਲੜਦੀਆਂ ਵਿੱਚ ਮੈਦਾਨ ਹੁੰਦੀਆਂ ਨੇ।
 ਪੇਕਿਆਂ ਦਾ ਸਦਾ ਭਲਾ ਹੀ ਚਾਹਣ,
 ਭਾਵੇਂ ਝਿੜਕਾਂ ਖਾ ਕੇ ਜਵਾਨ ਹੁੰਦੀਆਂ ਨੇ।
 ਸਾਡੇ ਮਾਸੂਮਾਂ ਨਾਲ ਇੰਨ੍ਹਾ ਧੱਕਾ,
 ਇਹ ਦੇਖ ਹੈਰਾਨ ਹੁੰਦੀਆਂ ਨੇ।
 ਚੁੱਪ-ਚਾਪ_ਲਮ ਸਹੀ ਜਾਵਣ,
 ਇਹ ਤਾਂ ਬੇ-ਸ਼ਾਨ ਹੁੰਦੀਆਂ ਨੇ।
 ਬੇਟੀਆਂ ਦਾ ਲੋਕੋ ਸਨਮਾਨ ਕਰੋ,
 ਪੁੱਤਰਾਂ ਵਾਂਗੂੰ ਪਿਆਰ ਕਰੋ।
 ਬੇਟੀ ਬਚਾਓ, ਬੇਟੀ ਪੜ੍ਹਾਓ ।

ਹਸਰਤ ਚੌਹਾਨ
 ਬੀ.ਏ. (ਭਾਗ ਪਹਿਲਾ)
 ਰੋਲ ਨੰ. 5397/91

ਭਗਤ ਸਿੰਘ

ਉਹ ਆਸ਼ਿਕ ਸੀ ਆਖ਼ਰੀ ਦਾ
 ਉਹ ਰਸਤਾ ਨਵਾਂ ਬਣਾ ਗਿਆ,
 ਕਿੰਝ ਅਣਖ ਨਾਲ ਜੀਣਾ ਹੈ ਮਿਤਰੋਂ
 ਸਾਨੂੰ ਉਹ ਸਿਖਾ ਗਿਆ।
 ਲਾ ਕੇ ਫ਼ਿਦੜੀ ਦੇਸ਼ ਦੇ ਲੇਖੇ,
 ਜੋ ਆਖਿਆ ਉਹ ਕਰਕੇ ਵਿਖਾ ਗਿਆ।
 ਜੇ ਅੱਜ ਗੋਰੇ ਸਾਥੋਂ ਡਰਦੇ ਆ,
 ਤਾਂ ਉਹ ਭੇਗਤ ਸਿੰਘਓਂ ਕਰਕੇ ਆ,
 ਉਹ ਭੇਗਤ ਸਿੰਘਓਂ ਕਰਕੇ ਆ।

ਅੰਜਲੀ ਦੇਵੀ
 ਬੀ.ਏ. (ਭਾਗ ਪਹਿਲਾ)
 ਰੋਲ ਨੰ. 5767/21

ਧੀ

ਧੀ ਹਾਂ ਮੈਂ ਇਸ ਸਮਾਜ ਦੀ,
ਫਿਰ ਕਿਉਂ ਬਲੀ ਚੜ੍ਹਾਂ ਮੈਂ ਦਾਜ ਦੀ?
ਧੀ ਜੰਮਦੀ ਨੂੰ ਕਿਉਂ ਲੋਕੀ ਦਿੰਦੇ ਮਾਰ,
ਮੁੰਡੇ ਜੰਮੇ ਤਾਂ ਕਿਉਂ ਕਰਦੇ ਪੂਰੇ ਚਾਅ?
ਕੁੜੀ ਜੰਮੇ ਤਾਂ ਕਿਉਂ ਨ ਦੇਣ ਵਧਾਈ,
ਮੁੰਡਾ ਜੰਮਣ ਤੇ ਸਭ ਨੇ ਕਿਉਂ ਖੁਸ਼ੀ ਮਨਾਈ?
ਧੀ ਜੰਮਦੀ ਮਗਰੋਂ ਪਹਿਲਾ ਕਿਉਂ ਕਿਰੀ ਪੈ ਜਾਂਦੇ?
ਐਂਵੇ ਮੁੰਡੇ ਨੂੰ ਕਿਉਂ ਵਾਰਸ ਬਣਾਈ ਜਾਂਦੇ,
ਮੁੰਡਾ ਜੰਮੇ ਤੇ ਕਿਉਂ ਖੁਸ਼ੀ ਮਨਾਉਂਦੇ?
ਦਾਜ ਵਿੱਚ ਕੀ-ਕੀ ਲੈਣਾ? ਕਿਉਂ ਲਿਸਟਾਂ ਬਣਾਉਂਦੇ
ਧੀ ਦਾ ਜੰਮਣਾ ਬਣਾਇਆ ਕਿਉਂ ਇਹਨਾਂ ਸ਼ਰਾਪ,
ਦਾਜ ਦੇ ਲਾਲਚ ਉਂ ਨੂੰ ਨੂੰ ਕਿਉਂ ਦਿੰਦੇ ਮਾਰ?
ਇੱਥੇ ਕਿਉਂ ਨਾ ਕੋਈ ਪੁੱਛਦਾ ਕੁੜੀ ਦੀ ਬਾਤ,
ਕਿਉਂ ਸਮਝਦੇ ਨੇ ਲੋਕ ਭੈੜੇ ਧੀ ਨੂੰ ਸ਼ਰਾਪ?
ਧੀ ਹੁੰਦੀ ਹੈ ਬੂਟਾਂ ਲਦਾਰ ਲੋਕੋ,
ਜੇ ਜੀਵਨ ਰੱਖਣਾ ਕਾਇਮ ਤਾਂ ਇਸ-ਲਮ ਨੂੰ ਰੋਕੋ।

ਰੀਆ

ਬੀ.ਏ. (ਭਾਗ ਪਹਿਲਾ)

ਰੋਲ ਨੰ. 10101/25

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਇਕ ਅਜਿਹਾ ਨਾਮ ਹੈ ਜਿਸ ਨੂੰ ਪੜ੍ਹਦਿਆਂ-ਸੁਣਦਿਆਂ ਹੀ ਮਨ ਵਿੱਚ ਬਿਜਲੀ ਜਿਹੀ ਉਤਪੰਨ ਹੁੰਦੀ ਹੈ, ਜਿਸ ਤਰ੍ਹਾਂ ਇੱਕ ਫੁੱਲ ਦੇ ਖਿੜ ਜਾਣ ਨਾਲ ਖੁਸ਼ਬੂ ਫੈਲ ਜਾਂਦੀ ਹੈ ਅਤੇ ਵਾਤਾਵਰਨ ਮਨਮੋਹਕ ਪ੍ਰਤੀਤ ਹੁੰਦਾ ਹੈ। ਕਿਸੇ ਕਿਸੇ ਲੇਖਕ ਦੇ ਹਿੱਸੇ ਹੀ ਆਉਂਦਾ ਹੈ ਇੰਝ ਗੈਰ ਹਾ-ਸ਼ ਹੁੰਦਿਆਂ ਵੀ ਹਾ-ਸ਼ ਰਹਿਣਾ। ਪ੍ਰੀਤਮ ਮੈਨੂੰ ਸ਼ਬਦਾਂ ਤੋਂ ਪਾਰ, ਸਦੀਵੀ ਹੋਂਦ ਜਾਪਦੀ ਹੈ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਆਪਣੀਆਂ ਲਿਖਤਾਂ ਕਰਕੇ ਪ੍ਰੇਰਨਾ ਦਾ ਪਾਤਰ ਬਣਦੀ ਹੈ। ਜਿਹੜੀਆਂ ਗੱਲਾਂ ਜਾਂ ਚੀਜ਼ਾਂ ਆਮ ਇਸਤਰੀਆਂ ਕਰਨ ਤੋਂ ਗੁਰੇ:-

ਕਰਦੀਆਂ ਹਨ, ਉਹ ਨਿਡਰ ਹੋ ਕੇ ਕਰਦੀ ਸੀ। ਉਹ ਖੁੱਲ੍ਹੇ ਸੁਭਾਅ ਦੀ ਮਾਲਕ ਸੀ। ਤੁਹਾਡੀ ਹਸਤੀ ਨੂੰ ਸੰਮੋਹਿਤ ਕਰਕੇ ਤੁਹਾਡੇ ਤੋਂ ਮਨਚਾਹਿਆ ਕੰਮ ਕਰਵਾਉਣ ਦਾ ਹੁਨਰ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੇ ਸ਼ਬਦਾਂ ਨੂੰ ਬਾਊਂਦੀ ਆਉਂਦਾ ਸੀ। ਮੈਂ ਪ੍ਰੀਤਮ ਨੂੰ ਕਦੇ ਰੂਬਰੂ ਨਹੀਂ ਦੇਖਿਆ ਪਰ ਆਪਣੀਆਂ ਲਿਖਤਾਂ ਕਰਕੇ ਉਹ ਸਾਰੀ ਦੀ ਸਾਰੀ ਅਕਸਰ ਮੇਰੇ ਨਾਲ ਹੀ ਰਹਿੰਦੀ ਹੈ। ਮੈਨੂੰ ਉਸਦੀ ਦੇਹ ਨਾਲ ਕੋਈ ਸਰੋਕਾਰ ਨਹੀਂ ਬਸ ਉਸਦੀ ਸ਼ਬਦਰੂਪਤਾ ਹੀ ਮੇਰੇ ਲਈ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਉਸ ਵਾਂਗ ਉਸਦੇ ਸ਼ਬਦ ਵੀ ਖੁੱਲ੍ਹੇ ਸਨ। 31 ਅਗਸਤ 1919 ਨੂੰ ਉਸ ਮਹਾਨ ਇਸਤਰੀ ਦਾ ਜਨਮ ਹੋਇਆ, ਜੋ ਇੱਕ ਮਿੱਥ ਵਾਂਗ ਉਸਨੂੰ ਪੜ੍ਹਨ ਵਾਲਿਆਂ ਦੇ ਝਿਹਕ ਤੇ ਛਾਈ ਰਹਿੰਦੀ ਹੈ। ਉਸ ਦੀਆਂ ਲਿਖਤਾਂ ਬੇਹੱਦ ਦੁਖੀ ਲਮਹਿਆਂ ਵਿੱਚ ਡੋਲਦਿਆਂ ਮਨਾਂ ਨੂੰ ਹੌਸਲੇ ਦੀ ਥੰਮ੍ਹੀ ਦੇ ਕੇ ਫਿਰ ਜਿਉਣ ਜੋਗਾ ਕਰਦੀਆਂ ਹਨ। ਕਈ ਤਾਂ ਕਲਪਨਾ ਵਿੱਚ ਹੀ ਮਹਿਸੂਸ ਕਰ ਉਸ ਨਾਲ ਮਨਚਾਹਿਆ ਰਿਸ਼ਤਾ ਨਿਭਾ ਲੈਣ ਦਾ ਭਰਮ ਪਾਲਦੇ ਹਨ। ਹਰ ਸਾਹਿਤਕ ਮਹਿਲ ਵਿੱਚ ਉਸ ਦਾ ਝਿਕਰ ਉਸ ਦੇ ਹਮੇਸ਼ਾ ਲਈ ਚਲੇ ਜਾਣ ਤੋਂ ਬਾਅਦ ਵੀ ਹੁੰਦਾ ਹੈ। ਪ੍ਰੀਤਮ ਦਾ ਆਖਰੀ ਕਾਵਿ-ਸੰਗ੍ਰਹਿ “ਮੈਂ ਤੈਨੂੰ ਫਿਰ ਮਿਲਾਂਗੀ”। ਹੋ ਸਕਦਾ ਹੈ ਕਿ ਉਸ ਨੇ ਇਹ ਆਪਣੇ ਮਨਚਾਹੇ ਸਾਥੀ ਇਮਰੋਜ਼ ਲਈ ਲਿਖਿਆ ਹੋਵੇ ਪਰ ਪ੍ਰੀਤਮ ਜੀ ਦੀ ਸ਼ਾਇਰੀ ਤਾਂ ਇੱਕ ਆਬਰੀਨਾ (ਸ਼ੀਸ਼ਾ) ਹੈ, ਜਿਸ ਵਿੱਚ ਨ-ਭ ਮਾਰਨ ਵਾਲੇ ਸੱਭ ਨੂੰ ਆਪਣਾ ਹੀ ਚਿਹਰਾ ਦਿਸਦਾ ਹੈ। ਉਸ ਦੀਆਂ ਲਿਖਤਾਂ ਵਿਅਕਤੀ ਦੇ ਮਨ ਵਿੱਚ ਘਰ ਕਰ ਲੈਣ ਵਾਲੀਆਂ ਹਨ। ਉਹ ਇਨਕਲਾਬੀ (ਫ਼ਲਤ ਖਿਲਾਂ ਬੁਲੰਦ ਆਵਾਜ਼-ਉਠਾਉਣ ਵਾਲੀ) ਸੀ। ਔਰਤ ਦੇ ਹੱਕ ਵਿੱਚ ਆਵਾਜ਼-ਉਠਾਉਂਦੀ ਸੀ। ਇੱਕ ਇਸਤਰੀ ਹੋਣ ਕਰਕੇ ਉਹ ਜਿਆਦਾਤਰ ਔਰਤਾਂ ਉੱਤੇ ਰਚਨਾਵਾਂ ਰਚਦੀ ਸੀ। ਅੱਜ ਵੀ ਉਸਦੀਆਂ ਲਿਖਤਾਂ ਇੱਕ ਨਵਾਂ ਉਤਸ਼ਾਹ ਪੈਦਾ ਕਰਦੀਆਂ ਹਨ ਅਤੇ ਉਨ੍ਹਾਂ ਵਿੱਚ ਉਸਦੀ ਹੋਂਦ ਦੀ ਝਲਕ ਦਿਖਾਈ ਦਿੰਦੀ ਹੈ। ਇਸ ਦਾ ਅਹਿਸਾਸ ਸਾਹਿਤ ਪ੍ਰੇਮੀਆਂ ਨੂੰ ਹੀ ਹੋ ਸਕਦਾ ਹੈ।

ਪ੍ਰਿਤਪਾਲ ਕੌਰ ਸਿੱਧੂ

ਬੀ.ਏ. (ਭਾਗ ਦੂਜਾ)

ਰੋਲ ਨੰ.-028/20



63rd ANNUAL CONVOCATION



BLOOD DONATION CAMP



BLOOD DONATION



INTERNATIONAL YOGA DAY



ALUMNI MEET



ALUMNI MEET



SANSKRIT SECTION



श्रीमद्भगवद्गीता से कोरोना काल में जीने की राह

जैसा कि हम सब जानते हैं कि आज का समय कोरोना काल का समय है। इस समय ने मनुष्य जीवन को तहस-नहस कर दिया है और इसे व्यवस्थित करने की आवश्यकता है। यह एक ऐसा समय है जिसमें मनुष्य अपने घर में रह कर तन, मन पर एकाग्रता से ध्यान दे सकता है। यह सच है कि इस महामारी के कारण मनुष्य बहुत आलसी हो गया है परन्तु दूसरी ओर बहुत से लोग हैं जो घर पर रह कर अपनी सेहत, परिवार और कार्य को समझ रहे हैं और घर पर इंटरनेट के माध्यम से काम कर रहे हैं। यह एक ऐसा समय है जिसमें हम ईश्वर, परमात्मा की भक्ति कर सकते हैं, उस परमात्मा के प्रेम को समझ सकते हैं। “श्रीमद्भगवद्गीता” जिसमें श्री कृष्ण जी ने अर्जुन को महाभारत का युद्ध प्रारम्भ होने से पहले जो ज्ञान दिया था, यदि कोई मनुष्य उस ज्ञान को ग्रहण कर लेता है तो वह अपना जीवन सरल व सहज तरीके से व्यतीत कर सकता है।

यहाँ कुछ “श्रीमद्भगवद्गीता” से लिए गए श्लोक हैं जो न केवल इस कोरोना काल में बल्कि मनुष्य को अपने संपूर्ण जीवन में अपना लेना चाहिए।

न जायते म्रियते वा कदाचिन्नायं भूत्वा भविता वा न भूयः।

अजो नित्यः शाश्वतोऽयं पुराणो न हन्यते हन्यमाने शरीरे॥ (2/20)

अर्थ:- श्लोक में श्री कृष्ण जी अर्जुन को गीता का सार समझाते हुए कहते हैं- निडर बनो मित्र। जीवन का सबसे बड़ा डर “मृत्यु का भय” है। आत्मा न जन्म लेती है, न मरती है। यह सत्य है कि जिसका जन्म होता है उसकी मृत्यु भी होती है और चूंकि आत्मा जन्म नहीं लेती, इसलिए उसका न तो भूत है, न वर्तमान ना भविष्य। उसके जन्म लेने का कोई इतिहास नहीं है। परन्तु चिन्ता मत करो। आत्मा, गौरवशाली, निडर, वृद्धावस्था से मुक्त और अमर है। मृत्यु केवल शरीर का विनाश है। शरीर की वृद्धि आत्मा की उपस्थिति के कारण होती है, किन्तु आत्मा की न तो कोई वृद्धि है न ही उसमें कोई परिवर्तन होता है। यह हमेशा के लिए अस्तित्व में है और आगे भी रहेगा। अपने मन से मृत्यु के भय को हटा दें क्योंकि यह जीवन में तुम जो भी करना चाहते हो उसमें बाधा उत्पन्न करता है। क्योंकि जब तक यह भय मस्तिष्क में रहेगा, मनुष्य कुछ हासिल नहीं कर पाएगा और यह तुम्हें सफलता से दूर ले जाएगा। इस भय को हटाने के लिए उस ईश्वर की भक्ति करो और दृढ़ विश्वास रखो। आत्मा की शांति के लिए परमात्मा से प्रार्थना करो। ऐसा करने से तुम्हारे जीवन की सारी बाधाएँ नष्ट हो जाएंगी और तुम जल्द ही सफलता प्राप्त करोगे।

यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः।

स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते॥ (3/21)

अर्थ: यहां बताया गया है कि- यदि मनुष्य अपने जीवन को ऊँचे शिखर पर ले जाना चाहता है, अपने जीवन में सफलता प्राप्त करना चाहता है और सबसे महत्वपूर्ण महाज्ञान अर्जित करना चाहता है तो मनुष्य को महान भक्तों के पदचिह्नों का अनुसरण करना चाहिए क्योंकि आध्यात्मिक ज्ञान के मार्ग में प्रगति का यही एक मात्र पवित्र साधन है। ऐसा करने से मनुष्य जीवन में उचित मार्ग पर चलता है और वह कहीं भटकता नहीं है। चाहे राजा हो या राज्य का प्रशासन अधिकारी, चाहे पिता हो या शिक्षक- ये सब मासुम और अशिक्षित जनता के स्वाभाविक नेता माने

जाते हैं। इन सबका अपने आश्रितों के प्रति महान उत्तरदायित्व रहता है। इसलिए इन्हें नैतिक तथा आध्यात्मिक उपदेश वाले आदर्श ग्रंथों से सुपरिचित होना चाहिए।

श्रद्धावान्लभते ज्ञानं तत्परः संयतेन्द्रियः।

ज्ञानं लब्ध्वा परां शान्तिमचिरेणाधि गच्छति॥ (4/39)

अर्थ :- इस श्लोक में बताया गया है कि लोभ, क्रोध, मोह, माया और काम वासना को छोड़कर अपना ध्यान श्रीकृष्ण में और श्री कृष्ण में दृढविश्वास रखने वाला व्यक्ति ही कृष्णभावनाभावित ज्ञान प्राप्त कर सकता है। वही पुरुष श्रद्धावान् कहलाता है जो यह सोचता है कि कृष्णभावनाभावित होकर कर्म करने से वह परमसिद्धि प्राप्त कर सकता है। यह श्रद्धा भक्ति के द्वारा तथा “हरे कृष्ण हरे कृष्ण, कृष्ण कृष्ण हरे हरे, हरे राम हरे राम, राम राम हरे हरे-मन्त्र” के जाप द्वारा प्राप्त की जाती है क्योंकि इस हृदय की सारी भौतिक मलिनता दूर हो जाती है। इसके अतिरिक्त मनुष्य को चाहिए कि अपनी इन्द्रियों पर संयम रखे। जो व्यक्ति कृष्ण के प्रति श्रद्धावान् है और जो इन्द्रियों को संयमित रखता है, वह शीघ्र ही कृष्णभावनामृत के ज्ञान में पूर्णता प्राप्त करता है। उस मानव का कल्याण निश्चित है जो तन-मन को एकाग्र कर सारी चिन्ताएँ भूल कर श्रीकृष्ण की भक्ति में लीन हो जाता है।

यस्मान्नोद्विजते लोको लोकान्नोद्विजते च यः।

हर्षमर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः॥ (12/15)

अर्थ:- इस श्लोक में श्रीकृष्ण जी भक्त के गुणों का वर्णन करते हैं कि भक्त के द्वारा कोई व्यक्ति चिन्ता, भय या असन्तोष को प्राप्त नहीं होता क्योंकि भक्त सबसे दयालु होता है। इसलिए वह ऐसा नहीं करता, जिससे किसी को कोई समस्या हो। साथ ही, यदि अन्य लोग भक्त को चिन्ता में डालना चाहते हैं, तो वह विचलित नहीं होता। यह भगवत्कृपा ही है कि वह किसी बाहरी अशांति से क्रोधित नहीं होता। वास्तव में सदैव श्रीकृष्ण की भक्ति में लीन रहने के कारण ही ऐसे भक्त विचलित नहीं हो पाते। सामान्य रूप से व्यक्ति अपने शरीर तथा इन्द्रिय तृप्ति के लिए किसी वस्तु को पाकर अत्यन्त प्रसन्न होता है, लेकिन जब वह देखता है कि अन्यो के पास इन्द्रियतृप्ति के लिए ऐसी वस्तु है जो उसके पास नहीं है, तो वह दुख तथा ईर्ष्या से पूर्ण हो जाता है। जब वह अपने शत्रु से बदले की शंका करता है, तो वह भयभीत रहता है, और जब वह कुछ भी करने में सफल नहीं होता, तो निराश हो जाता है। ऐसा भक्त, जो इन समस्त उपद्रवों से परे होता है, वह मुझे अत्यन्त प्रिय है।

सत्त्वं रजस्तम इति गुणाः प्रकृतिसंभवाः।

निबध्नन्ति महाबाहो देहे देहिनम् अव्ययम्॥ (14/5)

अर्थ :- इस श्लोक में श्रीकृष्ण जी अपने घनिष्ठ मित्र अर्जुन को बताते हैं कि भौतिक प्रकृति में तीन गुण होते हैं-

1. सतोगुण (अच्छाई) = सतोगुण अन्य गुणों की अपेक्षा अधिक शुद्ध होने के कारण प्रकाश प्रदान करने वाला और मनुष्यों को सारे पाप कर्मों से मुक्त करने वाला है। जो लोग इस गुण में स्थित होते हैं, वे सुख तथा ज्ञान के भाव से बँध जाते हैं।

2. रजोगुण (चंचलता) = रजोगुण का निर्माण न स्वप्न होने वाली आकांक्षाओं तथा तृष्णाओं से होता है और इसी के कारण से यह मनुष्य कर्मों से बँध जाता है।
3. तमोगुण (अज्ञान) = तमोगुण मनुष्य जीवन का मोह है। इस गुण के व्यक्ति पागल और आलसी माने जाते हैं।

जब जीव प्रकृति के संपर्क में आता है, तो वह इन गुणों से बंध जाता है। दिव्य होने के कारण जीव को इस भौतिक प्रकृति से कुछ भी लेना-देना नहीं है। फिर भी भौतिक जगत् द्वारा बंध जाने के कारण वह प्रकृति के तीनों गुणों के वशीभूत होकर कार्य करता है। जब से जीवों को प्रकृति की विभिन्न अवस्थाओं के अनुसार भिन्न-भिन्न प्रकार के शरीर मिले हुए हैं, इसीलिए वे उसी के अनुसार कर्म करने के लिए प्रेरित होते हैं। यही अनेक प्रकार के सुख-दुःख का कारण है।

उपसंहार :- बस इन्हीं पाँच श्लोकों को छोट कर यहाँ लिखने का तात्पर्य क्या है? अपने जीव को सार्थक बनाने के लिए हमें संपूर्ण गीता का ज्ञान समझ और अपने जीवन में उतार लेना चाहिए। परन्तु यह कुछ ऐसे श्लोक हैं जिनसे हम यह समझ सकते हैं कि ईश्वर की भक्ति जीवन में क्यों जरूरी है, खास तौर पर इस महामारी के समय। हमें जीवन में कभी डरना नहीं चाहिए अपने भगवान पर दृढ़ विश्वास रख कर भक्ति करनी चाहिए और जीवन में आगे बढ़ते रहना चाहिए। अगर सही दिशा में आगे बढ़ना है तो महान् भक्तों के पदचिह्नों का अनुसरण करना चाहिए। जो व्यक्ति श्री कृष्ण की भक्ति तन और मन को एकाग्र करता है उस भक्त को कोई सामान्य व्यक्ति विचलित नहीं कर सकता और न ही वह भक्त किसी व्यक्ति को ठेस पहुँचाता है। यह कोरोना काल का समय है और इस समय अपने परिवार और संपूर्ण सृष्टि के स्वास्थ्य के लिए ईश्वर से प्रार्थना कर, भक्ति करना अति आवश्यक है।

अकांक्षा

स्नातक प्रथम वर्ष

संस्कृत साहित्य में पर्यावरण संरक्षण की वर्तमान प्रासंगिकता

हमारे आसपास जो कुछ भी है, जैसे- जैविक-अजैविक घटक, प्राकृतिक एवं मानव निर्मित वस्तुएं आदि इन सभी को हम पर्यावरण कहते हैं। प्राकृतिक पर्यावरण में पेड़-पौधे, तालाब, बगीचे, नदी, पर्वत, हवा आदि शामिल हैं। प्राचीन काल में मनुष्य प्रकृति के बिल्कुल समीप निवास करते थे। इसी कारण वह स्वस्थ रहते और ज्यादा समय तक जीवित रहते थे। किन्तु आज के समय में हमारे चारों ओर बनावटी वातावरण है जिसका निर्माण हमने स्वयं के लिए किया है। जैसे कि इमारतें, सड़के, शॉपिंग कॉम्प्लेक्स, वाहन, वातानुकूलित कमरे इत्यादि हैं। ये सब वस्तुएं हमारे जीवन को आसान बनाती हैं। परन्तु इसके दुष्ट परिणाम भी हैं। हम विकास की ओर जाते-जाते पर्यावरण को क्षति पहुंचा देते हैं। हमारे संस्कृत साहित्य में प्रकृति को बचाने के संदेश दिए गए हैं। धरती पर जीवन के लालन पालन के लिए पर्यावरण प्रकृति का दिया हुआ एक अनमोल उपहार है। पर्यावरण पृथ्वी पर स्वस्थ जीवन को अस्तित्व में रखने के लिए महत्वपूर्ण भूमिका निभाता है। पर्यावरण संरक्षण का सभी प्राणियों के जीवन एवं इस पृथ्वी के सभी प्राकृतिक परिधि का बहुत गहरा सम्बन्ध है। अपितु पर्यावरण के संरक्षण से ही धरती पर जीवन का संरक्षण हो सकता है।

वृक्ष प्राणियों के लिए प्राणदायक वायु का संचार करते हैं। यही कारण है कि ऋषियों व मुनियों ने वृक्षों के प्रति अथाह प्रेम भावना दिखाया है। वृक्ष की पूजा का प्रचलन अति प्राचीन है। देवदार को देवताओं का प्रिय वृक्ष माना जाता है। तुलसी को वायु की शुद्धता एवं पवित्रता के लिए हर आँगन में रोपण करने की प्रथा है। पौराणिक मान्यता के कारण ही पीपल, पलाश, नीम, अशोक, बरगद, कदंब आदि जैसे अनेक वृक्षों को देवता की तरह पूजा जाता है। प्राचीनकाल में तो वृक्षों के साथ वनों की पूजा होती थी। इसीलिए मधुवन, वृहद्वन, बहुलवन, कुमुदवन, श्रीवन, नंदनवन आदि वनों का वर्णन मिलता है। इन सभी प्रयासों से पर्यावरण संरक्षण का महत्व बतलाया गया है।

पृथ्वी पर ऐसे विभिन्न प्रकार के चक्र हैं जो नियमित रूप से पर्यावरण और जीवित वस्तुओं के द्वारा घटित होकर प्रकृति का संतुलन बनाएँ रखते हैं। जैसे ही यह चक्र अशांत हो जाता है। तब पर्यावरण का संतुलन भी उससे अशांत हो हो जाता है जो निश्चित रूप से मनुष्य के जीवन को प्रभावित करता है। पर्यावरण हमें हजारों वर्ष तक विकसित होने में मदद करता है।

मनुष्य ने एक तरफ विज्ञान से प्रौद्योगिक विकास किया तो दूसरी तरफ शहरीकरण और उद्योगिकीकरण भी किया। उद्योगों से निकलने वाला धुआँ, दूषित पदार्थ आदि प्रदूषण को जन्म दे रहा है। इस कारण से जलप्रदूषण, वायुप्रदूषण हो रहा है। जंगल की कटाई के कारण से मिट्टी प्रदूषण हो रहा है। इस तरह का प्रदूषण किसी एक स्थान पर नहीं है बल्कि विश्व की समस्या बन गया है।

पर्यावरण संरक्षण के उपाय - हमारे जीवन का आधार पर्यावरण हैं। इसे बचाने के लिए हमें ज्यादा से ज्यादा पेड़- पौधे लगाने चाहिए। उद्योगों से निकलने वाला दूषित पदार्थों को सही से निवारण करना होगा। पर्यावरण के साफ-सफाई पर ध्यान देना होगा। प्राकृतिक संसाधनों का विवेकपूर्ण इस्तेमाल करना होगा।

संस्कृत साहित्य में पर्यावरण संरक्षण के विषय में वर्णन - संस्कृत साहित्य में पर्यावरण संरक्षण के विषय से जुड़ी अनेक बातें मिलती हैं, जैसे- वेद, उपनिषद्, पुराण, श्रीमद्भगवद्गीता, लौकिक संस्कृत आदि हैं। इन सभी साहित्य में पर्यावरण संरक्षण के विषय में अनेक बातें उपलब्ध हैं। इससे यह प्रतीत होता है कि पर्यावरण संरक्षण आज से नहीं बल्कि सदियों से चला आ रहा है। ऋषियों और मुनियों ने इसके विषय में साहित्य के द्वारा हमें बताया है। प्राचीन काल में पर्यावरण सम्बन्धित कोई समस्या नहीं थी किन्तु फिर भी पर्यावरण के सम्बन्ध में वैदिक ऋषियों के चिन्तन और मनन अत्यन्त गुण एवं तथ्यपूर्ण रहा है।

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः

पृथिवी शान्तिपरापः शान्तिरोषधयः शान्तिः।

वनस्पतयः शान्तिर्विश्वेदेवाः शान्तिर्ब्रह्म शान्तिः

सर्व शान्तिः, शान्तिरेव शान्तिः सा मा शान्तिरेधि॥

ॐ शान्तिः शान्तिः शान्तिः॥ (यजुर्वेद, 36/9)

वेदों में पर्यावरण से सम्बन्धित अधिकतम ऋचाएं यजुर्वेद तथा अथर्ववेद में उपस्थित हैं। अथर्ववेद का सम्पूर्ण पृथ्वीसूक्त धरा के साथ मानवीय सम्बन्ध, आत्मीयता, संवेदना, समृद्धि, कर्तव्य और रक्षा आदि के संदेश से परिपूर्ण है। अथर्ववेद में पृथ्वी से प्रार्थना की गई है -

यतते भूमि विखनामि क्षिप्रं तदपि रोहतु। (अथर्ववेद 12/1/35)

उपर्युक्त में भूमि संरक्षण की ओर संकेत किया है। मत्स्यपुराण में एक वृक्ष को दस पुत्रों के समान माना गया है तथा उसे पुत्र से भी अधिक महत्व दिया गया है -

दशकूपसमा वापी दशवापीसमो ह्रदः

दशह्रदसमः पुत्रो दशपुत्रसमो द्रुमः॥ (मत्स्यपुराण, 154.592)

यह पर्यावरण भौतिक, जैविक एवं सांस्कृतिक तीन प्रकार का कहा गया है। स्थलीय, जलीय, मृदा, खनिज आदि भौतिक, पौधें, जन्तु, सूक्ष्मजीव व मानव आदि जैविक एवं आर्थिक, सामाजिक, राजनैतिक आदि सांस्कृतिक तत्वों की आपस में क्रियाशीलता से सब पर्यावरण की रचना व परिवर्तनशीलता निर्धारित होती है। प्रकृति के पंचमहाभूत-क्षिति, जल, पावक, गगन, वायु- भौतिक एवं जैविक पर्यावरण का निर्माण करते हैं। वेदों में मुख्यतया इन पंचमहाभूतों को ही दैवीय शक्ति के रूप में स्वीकार किया गया है। श्रीमद्भागवत में श्री कृष्ण जी ने युधिष्ठिर को वृक्ष का महत्व बताते हुए कहते हैं -

पश्यैतान् महाभागान् परार्थकान्त जीवितान्

वातवर्षातपहिमान् सहन्तरे वारयन्ति नः॥

अहो एषा वरं जन्म सर्वप्राण्युपजीवनम्

सुजनस्यैव येषां वै विमुखा यान्ति नार्थिनः॥ (श्रीमद्भागवत्)

वैदिक संस्कृत के साथ-साथ लौकिक संस्कृत में भी पर्यावरण संरक्षण के विषय उपलब्ध है। महाकवि कालिदास द्वारा रचित 'अभिज्ञानशाकुन्तलम्' नामक नाटक के पद-पद में पर्यावरण संरक्षण का उल्लेख है। जैसा कि कहा भी गया है- “काव्येषु नाटकं रम्यं तत्र रम्या शाकुन्तला” कालिदास ने नाटक के आरम्भ में मंगलाचरण के रूप में पर्यावरण के प्राकृतिक के प्रत्येक तत्वों का उल्लेख किया है- (अभिज्ञानशाकुन्तलम्, प्रथम अंक/1) प्राचीन उदाहरणों के अतिरिक्त महाकवि कालिदास ने भी अपने सब काव्यों में पर्यावरण के प्रत्येक तत्वों का उल्लेख किया है प्राचीन उदाहरणों के अतिरिक्त महाकवि कालिदास ने भी अपने सब काव्यों में पर्यावरण चेतना पर विशेष ध्यान दिया है। उदाहरणार्थ अभिज्ञान शाकुन्तलम् नाटक के कण्य ऋषि का वक्तव्य देखा जा सकता है- (अभिज्ञानशाकुन्तलम्, चतुर्थ अंक/9)

वाल्मीकि द्वारा रचित रामायण में भी पर्यावरण संरक्षण के कुछ अंश मिलते हैं। जब भरत ने अपनी सेना एवं अयोध्यावासियों को छोड़कर मुनि के आश्रम में इसलिए अकेले जाते हैं, कि आसपास के पर्यावरण को कोई हानि न पहुँचे-

ते वृक्षानुदकं भूमिमाश्रमेषूटजांस्तथा

न हिंस्युरिति तेवाहमेक एवागतस्ततः॥ (रामायण, 2/91/9)

जो व्यक्ति वृक्ष को हानि पहुँचाता है वह दण्डनीय होता है। ऐसा मत्स्यपुराण में स्पष्ट है- (मत्स्यपुराण, 227/91-95) अतः संस्कृत साहित्य पर्यावरण के प्रति अत्यन्त जागरूक और सचेत है। परन्तु वर्तमान समय में आधुनिक वैज्ञानिक उपकरणों और यान्त्रिकयुग की पराधीनता के कारण पर्यावरण दूषित होता जा रहा है।

हमारे संस्कृत साहित्य में ऋषियों व मुनियों ने पर्यावरण संरक्षण के विषय में बहुत से उपदेश दिए हैं। परन्तु उस समय पर्यावरण से सम्बन्धित कोई समस्या नहीं थी। फिर भी उन्होंने पर्यावरण संरक्षण के विषय में बताया क्योंकि पर्यावरण का समस्त प्राणियों के जीवन से बहुत गहरा सम्बन्ध है। इसलिए संस्कृत साहित्य में पर्यावरण संरक्षण के विषय में कुछ न कुछ उपलब्ध है। मेरा यह मानना है कि हमारे लिए विकास और पर्यावरण दोनों ही जरूरी हैं। यदि हम विकास की ओर जाते हैं तो साथ ही पर्यावरण का भी ध्यान रखना चाहिए और पर्यावरण के सुरक्षा के विषय में सोचना चाहिए। पर्यावरण का संरक्षण करना किसी एक व्यक्ति या संस्था का कर्त्तव्य नहीं है, बल्कि समस्त प्राणियों का कर्त्तव्य है। यदि हम सब थोड़ा अपना समय निकालकर पर्यावरण संरक्षण में अपना योगदान दें तो पर्यावरण से सम्बन्धित कोई समस्या नहीं होगी।

प्रीति

स्नातक तृतीय वर्ष

पर्यावरण संरक्षण में संस्कृत साहित्य की उपादेयता

पर्यावरण को भारतीय सभ्यता में देवतुल्य स्थान दिया जाता है। पर्यावरण पर ही मानवजीवन पूरी तरह निर्भर करता है। पर्यावरण मनुष्य की जीवनदायिनी सत्ता है। भारतीय संस्कृति में वेदों, पुराणों, धार्मिक ग्रन्थों को महत्वपूर्ण स्थान दिया जाता है। आदिम सभ्यता से ही प्रकृति के विविध रूपों यथा-सूर्य, चंद्रमा, नदी, धरती, पर्वत, पहाड़, बैल, गाय, पीपल आदि की पूजा का विधान भारतीय संस्कृति का अभिन्न अंग रहा है। भारतीय संस्कृति में भौगोलिक, खगोलीय एवं प्राकृतिक पर्यावरण की चिन्ता के साथ नैतिक एवं आध्यात्मिक पर्यावरण के प्रति भी विशेष ध्यान दिया गया है। पर्यावरण का मतलब ही जीवन को संरक्षण प्रदान करने वाला कवच अर्थात् हमारे चारों ओर का आवरण। पर्यावरण संरक्षण से अभिप्राय है कि हम अपने चारों ओर के आवरण को संरक्षित करें तथा उसे अनुकूल बनाएं। पर्यावरण तथा प्राणी एक-दूसरे पर आश्रित है। इस कारण से ही भारतीय चिंतन परम्परा में पर्यावरण संरक्षण की अवधारणा उतनी ही प्राचीन है, जितना यहां मानव जाति का ज्ञान इतिहास है। प्राकृतिक असंतुलन बढ़ने के कारण तापमान में भी बढ़ोतरी की वजह से हिमखण्ड पिघल रहे हैं। इस कारण से ग्लोबल वार्मिंग जैसी भयावक स्थिति से पूरा विश्व आतंकित है, जिसका निवारण करना आज एक चुनौतीपूर्ण कारण बन गया है। हम अपनी दैनिक गतिविधियों द्वारा पर्यावरण संरक्षण का दायित्व न निभाकर उसका हस कर रहे हैं। भारतीय ऋषि मनीषा सृष्टि के प्रारम्भ से ही प्राणी मात्र के कल्याणार्थ सतत् जागरूक एवं चिंतनशील रही है, यह हमारी भारतीय संस्कृति का मूल उद्घोष एवं आदर्शवाक्य भी है :-

“सर्वे भवन्तु सुखिनः, सर्वे संतु निरामयाः।

सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःखभाग भवेत्।”

अर्थात् यहाँ सभी सुखी एवं स्वस्थ हों, यही कामना की गई है। सामान्यतः पर्यावरण के अंतर्गत प्रकृतिजन्य सभी तत्त्व-आकाश, जल वायु, अग्नि, ऋतुएं, पर्वत, नदियाँ, सरोवर, वृक्ष, वनस्पति, जीव-जंतु, ग्रह, नक्षत्र, दिशाएँ एक तरह से अखिल ब्रह्मांड ही सम्मिलित हो जाता है।

‘परि’ एवं ‘आ’ उपसर्गपूर्वक ‘वृञ्’ धातु से ल्युट् (अन्) के योग से निष्पन्न पर्यावरण शब्द का अर्थ है- “परितः आवरणम्” अर्थात् चारों ओर से व्याप्त आवरण (घेरा) या वातावरण। यह वातावरण है जिसे हम प्रत्यक्ष एवं अप्रत्यक्ष रूप से उपयोग करते हैं। आवरण का शाब्दिक अर्थ है- ढकना, छिपाना, घेरना, चारदीवारी आदि। हमारे धार्मिक पुस्तकों, ग्रन्थों, वेदों और साहित्य में भी पर्यावरण संरक्षण को अधिक महत्व देकर बताया गया है। यजुर्वेद में पर्यावरण की परिभाषा दी गयी है। जैसे- ‘परितः आवृणोतीति पर्यावरणम्’ जो चारों ओर से आवृत करता है वही पर्यावरण है।

महाभारत और रामायण में पर्यावरण संरक्षण- भारत के इन धार्मिक ग्रन्थों में पर्यावरण की संरक्षण कल्पना की गई है भीष्म पर्व में- “ सर्वकाम फलाः वृक्षाः।” वृक्ष का

महत्त्व वैदिक साहित्य में बताया गया और वायु को शुद्ध करने में सहायक माना गया है। विश्व कवि तुलसीदास कृत श्री रामचरितमानस ग्रंथ में पर्यावरण संरक्षण काविस्तृत उल्लेख मिलता है। यह बात तुलसीदास जी के दोहे से ज्ञात होती है- “रीझि-खीझी गुरुदेव सीष सखा सुविहित साधु। तेरी खाहु फल होई भलू तरू काटे अपराधू॥” अर्थात् तुलसीदास ने वृक्ष से फल खाना तो उचित माना बस वृक्ष को काटना अपराध माना है। पर्यावरण संरक्षण व प्रकृति प्रेम का संदेश श्री राम ने अपने वनवास प्रवास के समय सीता जी व लक्ष्मण जी के साथ विस्तृत पौधारोपण करके दिया- “तुलसी तरुवर विविध सुहाये। कहूँ-कहूँ सिँह कहूँ लखन लगायें।” मनुष्य दिन प्रतिदिन प्रगति करता जा रहा है और इस विकास के नाम पर प्रदूषण की वृद्धि करता जा रहा है। वैज्ञानिक पक्ष भी इसे स्वीकार करते हैं तथा इसके प्रति बहुत जागरूकता को फैला रहे हैं। वेदों में स्वीकार किया गया है:- “नमो वृक्षेभ्यः।” मत्स्यपुराण में कहा गया है-

“दसकूपसमावापी दसवापीसमोहदः

दसहृदसमः पुत्रो दत्तपुसोसमो द्रुमः॥”

अर्थात् दस कूप (कुआँ) के समान पुण्य एक वापी (पोखर) बनाने में, दस पोखरों का पुण्य एक तालाब बनाने में, दस तालाब का पुण्य एक पुत्र से तथा दस पुत्र के समान पुण्य एक वृक्ष लगाने से होता है।

यज्ञः- प्राचीन समय में मान्यता रही है कि यज्ञ द्वारा ही वायु को शुद्ध किया जाता रहा है, यजुर्वेद में यज्ञों को पर्याप्त महत्त्व प्रदान किया गया है, जिसका सीधा संबंध पर्यावरण शुद्धि से है। यज्ञ की महत्ता को गीता में भगवान ने संकेत दिया है:-

“अन्नाद्भवन्ति भूतानिपर्जन्यादन्नसम्भवः।

यज्ञाद्भवति पर्जन्यो यज्ञः कर्म समुद्भवः॥”

अर्थात् प्रदूषण से भूमि फलवती नहीं होती, सत्यविरोधी अधर्म आचरण से भूमि में अन्नादि नहीं फलते। यज्ञ में दी गई आहुति देवगण नहीं स्वीकारते। यज्ञाग्नि से धूम उत्पन्न होता है जिससे बादल बनते हैं फिर वही बादल बरसात के रूप में पृथ्वी को हरा-भरा करते हैं। पर्यावरण को संरक्षित करने में वायु का भी अधिक महत्त्व होता है। वायु ही पर्यावरण को स्वच्छ करके उसे सुरक्षित करती है। पर्यावरण में उपलब्ध वे सभी तत्त्व जो मानव जीवन का आधार हैं उसका सब प्राणियों द्वारा उचित ढंग से प्रयोग करना चाहिए। जल, वायु पर्यावरण में उपलब्ध अमूल्य वरदान है। वायु के विषय में कहा गया है।

वायु समस्त जीवों का मधु है, समस्त जीव वायु के लिये मधु तुल्य है। सब कुछ आदि और अंत पर टिका है जल- मानव शरीर का लगभग तीन चौथाई भाग जलीय अवयवों से निर्मित है। समस्त जीवधारियों के लिए जल ही जीवन है। ऋग्वेद में जल को विश्व का जन्म देने वाली श्रेष्ठ माँ कहा गया है -

“मातृतमा विषस्य स्थतुर्जगतो जनित्री।”

यह जल समस्त प्राणियों के लिए अमृत है। जल में अग्नि का वास होता है अतः नग्न स्नान वर्जित था। पुराणों में ऐसी जानकारी दी गयी है, जिनको किसी भी पवित्र नदी के किनारे नहीं करना चाहिए -

“नाप्सु मूत्रपुरीषं कुर्यात् न निष्ठीवेत् न विवसनः स्नायात् गुह्यौ न इवोग्निः॥”

पर्यावरण संरक्षण के लिए सर्वप्रथम इस धरती को प्रदूषण मुक्त करना होगा। जनसंख्या वृद्धि के कारण प्रदूषण भी बढ़ता जा रहा है, जिसे नियन्त्रण में लाना आवश्यक है तभी हमारे पर्यावरण का संरक्षण हो पाएगा। ओज़ोन परत का क्षरण होने से धरती का तापमान बढ़ता जा रहा है। पर्यावरण संरक्षण, पर्यावरण में शांति को बढ़ाकर भी किया जा सकता है। पर्यावरण का हमारे जीवन में वही महत्व होना चाहिए जो मानवीय शरीर में आत्मा का होता है। पर्यावरण को सुरक्षित रखना उतना ही जरूरी है जिनका हम अपने आप को रखते हैं। पर्यावरण से ही हमें वो सभी चीज़ें उपलब्ध होती हैं, जितना इस्तेमाल करके आज मानव जीवित हैं और आराम और सुखदायी जीवन व्यतीत कर रहा है। वर्तमान की अपेक्षा वैदिक कालीन ऋषि-मुनियों की विचारधारा मानव हित में रही है। पर्यावरण संरक्षण हमारा फर्ज है और इस जिम्मेदारी को हम सबको मिलकर निभानी चाहिए।

कविता

स्नातक तृतीय वर्ष

संस्कृत साहित्य में पर्यावरण चेतना

पर्यावरण चेतना आज के युग की एक रचनात्मक एवं लोक कल्याणकारी सोच है, क्योंकि पर्यावरण की पवित्रता, मानव एवं अन्य संपूर्ण जीव जगत के स्थायित्व में महत्वपूर्ण भूमिका अदा करती है। दूषित पर्यावरण मनुष्य एवं अन्य सभी प्राणियों के लिए घातक सिद्ध होता है। वस्तुतः संपूर्ण सृष्टि के अस्तित्व के लिए पर्यावरण को शुद्ध रखना आवश्यक है। पर्यावरण के प्रदूषित होने पर मानव के साथ-साथ समस्त जीव अप्रत्याशित घुटन का अनुभव करते हुए श्वास, त्वचा, हड्डी, हृदय, नेत्र आदि संबंधी विभिन्न प्रकार के रोगों के शिकार होते हैं। इससे उनकी शारीरिक एवं मानसिक क्षमता धीरे-धीरे या अचानक खत्म हो जाती है। अंतः सृष्टि को पर्यावरण के प्रदूषण से बचाना एवं प्राकृतिक, सामाजिक, सांस्कृतिक, राष्ट्रीय, धार्मिक एवं दार्शनिक आदि सभी प्रकार के पर्यावरण को पवित्र रखना हमारा परम नैतिक धर्म एवं कर्तव्य है। इसी में मानव हित एवं लोकहित है। पर्यावरण को संरक्षित करके ही अपने आने वाली पीढ़ियों को जीने लायक जीवन प्रदान के साथ ही सतत पोषणीय विकास में अपना योगदान दे सकते हैं। मानव की ऐश्वर्य भोग की अभिलाषा ही पर्यावरण प्रदूषण का मूल कारण है।

सुखार्थमशुभं कृत्वा य एते भृषदुः खिताः।

आस्वादः स किमेतेषां करोति सुखमण्वपि॥

मनुष्य अपने सुखों के लिए, अपनी अति आकांक्षाओं को पूरा करने के लिए प्रकृति का दोहन करता है, उसको नुकसान पहुंचाता है, पर वह भूल जाता है कि प्रकृति के साथ उसका जीवन अविभाज्य रूप से जुड़ा हुआ है। जब हमारा पर्यावरण ही नहीं रहेगा तो मनुष्य या समस्त जीवों का जीवन भी समाप्त हो जाएगा। इसलिए हमें चाहिए की हम विवेकपूर्ण ढंग से प्राकृतिक संसाधनों का इस्तेमाल करें। गांधी जी ने भी कहा है :- “पृथ्वी सभी व्यक्तियों की आवश्यकताओं की पूर्ति के लिए पर्याप्त है, किंतु उनके लालच की पूर्ति के लिए नहीं” मनुष्य वनों की अंधाधुंध कटाई कर, नदियों को प्रदूषित कर, कार्बन की उत्सर्जन कर पर्यावरणीय संतुलन को बिगाड़ता जा रहा है। यह हमारी पृथ्वी और पर्यावरण के लिए बहुत ही हानिकारक है।

आधुनिक युग में सर्वत्र भय का वातावरण विद्यमान है प्रकृति के साथ मानव का सम्बन्ध सामंजस्यपूर्ण नहीं है। अथर्ववेद के अभयसूक्त में तो कहीं पर भी भय न हो इस भावना से ऋषि स्तुति करता है। हमारे पर्यावरण में कहीं भी अशान्ति विद्यमान है तो यह विनाश के लिए है। इस द्युलोक में, पृथ्वी में, अंतरिक्ष में, औषधियों में, वनस्पतियों में सर्वत्र शान्ति की स्थापना हेतु ऋषिगण स्तुति करते हैं। “मार्कण्डेय पुराण” में कहा गया है कि यज्ञ के बिना हमारी पृथ्वी, जल, सूर्य, वायु और अग्नि की शान्ति का कोई अन्य उपाय नहीं है। वेदानुसार वायु प्राणशक्ति है। वायु में विद्यमान अमृत तत्त्व की ओर सचेत करते हुए कहा गया है कि - हे वायु! तेरे घर में अमृत की निधि रखी हुई है, उसमें से कुछ अंश हमें भी प्रदान करो, जिससे हम दीर्घजीवी बनें। वायु के अंदर विद्यमान ‘ऑक्सीजन’ ही अमृत की निधि है। यह मनुष्य को प्राण देती है तथा शरीर की गन्दगी भी दूर करती है।

इसलिए वायु प्रदूषण रोकने के लिए “वन आस्थाप्यध्वम्” अर्थात् वन में वनस्पतियां उगाओ, ‘वृक्षारोपण करो’ तथा ‘वनमहोत्सव मनाओ’। हिमालय के जल, स्रोतों के जल, स्त्रोतों सदा बहते रहने वाले जल, मरूस्थल के जल, आर्द्र प्रदेशों के जल, भूमि खोदकर निकाले जाने वाले जल तथा विभिन्न प्रकार के मिट्टी, लोहा, ताँबा, सोना, चाँदी, आदि से बने घड़ों में रखे हुए अपने-अपने स्थान विशेष के लाभकारी खनिजों औषधियों तथा गन्धक, लोहा, अभ्रक आदि से संयुक्त होने के कारण सबके लिए प्रदूषण को नष्ट करने वाले तथा रोगनाशक हो। जैन धर्म का पंचम व्रत इस समस्या के समाधान के लिए अत्यंत उपयोगी है। ब्रह्माचारी मनुष्य अपनी ऊर्जा को संयोजित कर बहुत कम पदार्थों पर निर्भर रहकर ही अपना कार्य भलीभाँति कर सकता है।

आज प्रत्येक कार्यक्रम के लिए ऊँची आवाज़ के लिए लाउडस्पीकर का प्रयोग किया जाता है। जो वस्तुतः हानिकारक है। आज अधिकांश लोगों को 50 - 60 वर्ष की आयु में ही ऊँचा सुनने लगता है। वेदों में कहा गया है कि, “मधुरवाणी औषधि के समान तथा तीखी वाणी पत्थर के समान होती है।” इसलिए ध्वनि प्रदूषण करने वाले यन्त्रों का प्रयोग नहीं करना चाहिए। ऋग्वेद में भी कहा गया है कि “यज्ञेन यज्ञमयजन्त देवास्तानि धर्माणि प्रथमान्यसन।” भगवान् श्री कृष्ण जी द्वारा दिए गए गीतोपदेश में कहा गया है कि अनाज से प्राणी पैदा होते हैं। अनाज बादलो अर्थात् वर्षा से उत्पन्न होते हैं और बादल यज्ञ से होते हैं। तब बादल पृथ्वी की जल से रक्षा करते हैं, जब वायु वर्षा करने के लिए बहती है। बिजली चारों ओर चमकती है, औषधियाँ तथा वनस्पतियाँ बढ़ती हैं। धरती सम्पूर्ण संसार के हित योग्य हो जाती है। लोगों के लिए अनाज पैदा होते हैं।

बुद्धचरित में वर्णित किया गया है कि राजा शुद्धोधन के राज्य में अल्पश्रम में भी कृषि की अच्छी पैदावार हुई और औषधियाँ भी सरस पौष्टिक हुई। इससे स्पष्ट होता है कि उस समय मृदा प्रदूषण मुक्त एवं अत्यन्त उपजाऊ रही होगी, परंतु आज मृदा भी प्रदूषण से अछूती नहीं रही। मृदा का लवण, खनिज, कार्बनिक पदार्थ, एवं पानी की मात्रा का संतुलन बिगड़ गया है और मृदा दूषित होती जा रही है, जिससे मृदा में कृषि की उपज कम हो गई है। मृदा के प्रदूषित होने का प्रमुख कारण कीटनाशकों का प्रयोग, रासायनिक पदार्थों तथा कचरे का खुले व कृषि क्षेत्रों व जलाशयों में डालना है। मृदा प्रदूषण को रोकने के लिए किसानों को समझाना होगा कि वे रासायनिक उर्वरकों का प्रयोग कम से कम करें, कृषि में कीटनाशकों के उपयोग को बन्द करें, खतरनाक कीटनाशक दवाइयों का उपयोग बन्द हो और कारखानों का रासायनिक कचरा कृषि भूमि पर न डाला जाए। जीवों के साथ अच्छा व्यवहार करना चाहिए क्योंकि वे भी पर्यावरण का महत्वपूर्ण हिस्सा हैं। मनोरंजन के लिए तथा अन्य चीजों के लिए उनके साथ दुर्व्यवहार न करें। “जीवेषु करुणा चापि मैत्री तेषु विधीयताम्” कहा गया है कि “माता भूमि : पुत्रोऽहं पृथिव्याम्” इसलिए सम्पूर्ण सृष्टि जो कि हमारी माता है इसके अस्तित्व के लिए पर्यावरण को शुद्ध रखना आवश्यक है।

भारतीय संस्कृति की विशेषता रही है प्रकृति के प्रति लगाव। यह भारत के प्रमुख भाषा के साहित्य ‘संस्कृत’ में स्पष्ट दिखाई देता है। संस्कृत साहित्य के प्रमुख कवियों, रचनाकारों ने प्रकृति के साथ सहचर को विशेष रूप से धरचना में दिखाया है। प्रकृति को विविध रूपों में तो दिखाया ही है साथ ही प्रकृति का मानवीकरण भी किया है। पेड़-पौधों, पर्वतों, पशु-पक्षियों, भारत की विशिष्ट जलवायु सभी को अपनी विविधता के साथ चित्रित किया है। यही कारण है कि आज के जलवायु परिवर्तन के दौर में संस्कृत साहित्य प्रासंगिक है और प्रकृति के साथ उसका सम्बन्ध अद्वितीय है।

माधवी शुक्ला
स्नातक तृतीय वर्ष

विद्यायाः महत्त्वम्

न चौरहार्यं न च राजहार्यं न भ्रातृभाज्यं न च भारकारि।

व्यये कृते वर्धत एव नित्यं विद्यनं सर्वधनप्रधानम्॥ 1 ॥

अर्थ- विद्या एक ऐसा धन है जिसे न तो चोरों के द्वारा चुराया जा सकता है न ही यह राजा के द्वारा छीना जा सकता है विद्या न ही भार बढ़ाने वाली है। विद्या हमेशा ही खर्च करने से बढ़ती है, विद्या को जितना बाँटेंगे यह उतनी अधिक बढ़ेगी केवल विद्या ही एकमात्र ऐसा धन है जिसे खर्च करने से उसकी वृद्धि होती है। विद्या रूपी धन सभी धनों में उत्तम है।

अलसस्य कुतो विद्या अविद्यस्य कुतो धनम्।

अधनस्य कुतो मित्रमग्निस्य कुतः सुखम्॥ 2 ॥

अर्थ- आलसी मनुष्य को विद्या प्राप्त नहीं होती, आलस्य मनुष्य का सबसे बड़ा शत्रु है। इसलिए आलस्य का त्याग करना चाहिए। विद्याहीन व्यक्ति को धन कहाँ? अर्थात् जिस व्यक्ति के पास विद्या नहीं यदि उसके पास किसी प्रकार से धन चला भी जाए फिर भी विद्याहीन होने से वे

उसका दुरूपयोग करके उसे नष्ट कर देते हैं। धनहीन का कोई मित्र नहीं होता और मित्रहीन को सुख नहीं मिलता है।

विद्या ददाति विनयं विनयाद् याति पात्रताम्।

पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततः सुखम्॥३॥

अर्थ- विद्या से नम्रता आती है। विद्यावान् व्यक्ति विनम्र होते हैं। विनय से पात्रता आती है हमें योग्यता प्राप्त होती है और उसीयोग्यता से धन की प्राप्ति होती है। धन से मनुष्य धर्म के कार्य करता है और धर्म से सुख की प्राप्ति होती है।

क्षणशः कणशश्चैव विद्यामर्थं च साधयेत्।

क्षणे नष्टे कुतो विद्या कणे नष्टे कुतो धनम्॥४॥

अर्थ- एक-एक पल (क्षण) व्यर्थ गंवाये बिना विद्या पानी चाहिए विद्या रूपी धन बहुत मूल्यवान् है समय को व्यर्थ गंवाये बिना इसे ग्रहण करें, और उसी प्रकार एक-एक कण बचाकर धन एकत्र करना चाहिए। क्षण गंवाने वाले को विद्या कहाँ? और कण को क्षुद्र समझने वाले को धन कहाँ?

रूपयौवनसंपन्ना विशाल कुलसम्भवाः॥

विद्याहीना न शोभन्ते निर्गन्धा इव किंशुकाः॥५॥

अर्थ- कोई व्यक्ति यदि रूपवान् (सुंदर) है जवान है उच्च कुल में पैदा हुआ है और विद्याहीन है उसके पास विद्या नहीं है तो वह सुगंधरहित किंशुक के फूल के समान है जो शोभा नहीं देता है।

सुखार्थिनः कुतोविद्या नास्ति विद्यार्थिनः सुखम्॥

सुखार्थी वा त्यजेद् विद्यां विद्यार्थी वा त्यजेत् सुखम्॥६॥

अर्थ- सुख चाहने वाला विद्या प्राप्त नहीं कर सकता है और विद्यार्थी को सुख नहीं मिल सकता। विद्यार्थी को विद्या परिश्रम के बल पर प्राप्त होती है अर्थात् सुख चाहने वाले को विद्या की आशा छोड़ देनी चाहिए और विद्या चाहने वाले को सुख की आशा छोड़ देनी चाहिए।

रंजना

स्नातक प्रथम वर्ष

संस्कृत साहित्य में पर्यावरण संरक्षण का महत्त्व

भूमिका- पर्यावरण मनुष्य को कई प्रकार की सुविधाएँ प्रदान करता है जैसे खाने के लिए फल-सब्जियाँ, पीने के लिए जल, साँस लेने के लिए वायु, आग जलाने के लिए लकड़ी, इत्यादि। इसमें कोई अतिशयोक्ति नहीं है कि मनुष्य का जीवन पूर्ण रूप से पर्यावरण पर निर्भर करता है। इसलिए मनुष्य का यह कर्तव्य बनता है कि वह पर्यावरण को संरक्षित करे न कि इसे प्रदूषित। हमारे संस्कृत साहित्य में पर्यावरण को संरक्षित करने के कई उपाय बताए हैं जिनसे मनुष्य को सीख लेनी चाहिए। हमारे पूर्वज जानते थे कि पृथ्वी, जल, अग्नि, आकाश, व वायु इन पंच तत्त्वों से ही मानव शरीर निर्मित है। उन्हें यह पता था कि यदि इन पांच तत्त्वों में से एक भी दूषित हो गया तो उसका दुष्प्रभाव मानव जीवन पर पड़ना तय है। इसलिए उन्होंने इस के संतुलन को बनाए रखने के लिए प्रत्येक धार्मिक कृत्य करते समय लोगों से प्रकृति के समस्त अंगों को साम्यावस्था में बनाए रखने की शपथ दिलाने का कार्य किया।

भूमि संरक्षण- 'पद्मपुराण' में पवित्र भूमि भाग की शुद्धि का वर्णन अनेक प्रकार से किया गया है “खननाहाहनाच्चैव उपलोभावनात्। पर्जन्यवपणाच्चैव भूरमेधयाविशुध्यन्ति॥” अर्थात् अपवित्र भूमि की मिट्टी ऊपर से खोद कर अलग कर देने से भूमि पर काष्ठ आदि डालकर जला देने से गोमय लीपने से धावन और मेध के द्वारा वृष्टि हो जाने से अमेध्य भूमि की शुद्धि हो जाती है।

जल संरक्षण- ऋषियों-मुनियों ने मनुष्य द्वारा होने वाले उत्पादों से जल प्रदूषण एवं संरक्षण के विषय में कहा है कि “कूपवापीत डगादि त्रिसप्तकुल युद्धप्य विष्णुलोके महीयते।” अर्थात् कुआ बावड़ी, तालाब आदि का निर्माण करने से इक्कीस कुलों का उद्धार होता है व अंत में विष्णु लोक में प्रतिष्ठित होता है।

वृक्ष संरक्षण - मत्स्य पुराण में लिखा गया है कि “दसकूपसमावापी दसवापीसमोहृदः। दसहृदसमः पुत्रो दसपुत्रोसमो द्रुमः॥” अर्थात् लोक कल्याण की दृष्टि से 10 कुओं के समान एक बावड़ी होती है। 10 बावड़ियों के समान एक तालाब 10 तालाबों के समान एक पुत्र और 10 पुत्रों के समान एक वृक्ष होता है।

वायु संरक्षण- लिंग पुराण में कहा गया है कि “अग्नौ जुहति यच्यान्नं देवयज्ञ इति स्मृतः।”

अर्थात् यज्ञ आकाश और पृथ्वी दोनों को पवित्र करता है। अग्नि में जो अन्न का हवन करता है वह देव यज्ञ कहा गया है।

वन्य पशु संरक्षण - शिव पुराण में कहा गया है कि “गवां मार्गे वने यैश्चैवाग्नि प्रदीयते।” अर्थात् गौओं की राह में आग लगाने वाले एवं वन में निरपराध पशुओं का वध ब्रह्म हत्या के महाकाल से तुल्य बताया है।

निष्कर्ष- पर्यावरण और मनुष्य एक-दूसरे के बिना अधूरे हैं, मनुष्य पर्यावरण पर पूरी तरह से निर्भर है, पर्यावरण के बिना मनुष्य अपने जीवन की कल्पना भी नहीं कर सकता है। शुद्ध पर्यावरण में जीवन सुखमय होता है।

सिल्की
स्नातक तृतीय वर्ष

सुभाषितानि

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपूः।
नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति॥ 1 ॥

अर्थ- निश्चय से आलस्य मनुष्यों के शरीर में रहने वाला सबसे बड़ा दुश्मन है। प्रयत्न के समान कोई मित्र नहीं है, जिसे करके वह दुःखी नहीं होता।

श्वः कार्यमद्य कुर्वीत पूर्वाह्णे चापराह्निकम्।
नहि प्रतीक्षते मृत्युः कृतमस्यन वा कृतम्॥ 2 ॥

अर्थ- कल का काम आज कर लेना चाहिए और दोपहर का पूर्वाह्न में। मृत्यु प्रतीक्षा नहीं करती कि इसका काम हो गया या नहीं हुआ अर्थात् इसने काम पूरा कर लिया या नहीं। भाव यह है कि काम को कभी टालना नहीं चाहिए क्योंकि पता नहीं कब जीवन समाप्त हो जाये।

सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम्।
प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः ॥ 3 ॥

अर्थ : सच बोलना चाहिए, प्रिय बोलना चाहिये, अप्रिय सच नहीं बोलना चाहिए और प्रिय झूठ भी नहीं बोलना चाहिए। यही शाश्वत धर्म है।

सर्वदा व्यवहारे स्यात् औदार्यं सत्यता तथा।
ऋजुता मृदुता चापि कौटिल्यं च न कदाचन॥ 4 ॥

अर्थ- व्यवहार में सदैव उदारता, सच्चाई, सरलता और मधुरता होनी चाहिए, व्यवहार में कभी कभी टेढ़ापन नहीं होना चाहिए।

श्रेष्ठं जनं गुरुं चापि मातरं पितरं तथा।
मनसा कर्मणा वाचा सेवते सततं सदा ॥ 5 ॥

अर्थ- सज्जन, गुरुजन और माता-पिता की भी हमेशा मन से, कर्म से और वाणी से निरंतर सेवा करनी चाहिए।

मित्रेण कलहं कृत्वान कदापि सुखी जनः।

इति ज्ञात्वा प्रयासेन तदेव परिवर्जयेत्॥ 6 ॥

अर्थ- मित्र के साथ झगड़ा करके मनुष्य भी भी सुखी नहीं रहता है। यह जानकर प्रयत्न से झगड़े को ही छोड़ देना चाहिए।

अयं निजः परो वेति गणना लघुचेतसाम्।

उदारचरितानां तु वसुधैवकुटुम्बकम्॥ 7 ॥

अर्थ - यह मेरा है, यह दूसरे का है ऐसा केवल संकीर्ण दिमाग वाले लोग सोचते हैं। वसुधा व्यापक विचारों वाले लोगों की दृष्टि से एक परिवार है।

यशश्री

स्नातक तृतीय वर्ष

INDEPENDENCE DAY



REPUBLIC DAY



NATIONAL CAMPAIGN ON PLANTATION AND GEO-TAGGING



The Botanical Society(Green Thumbs) has taken initiative to organize “**National Campaign on Plantation and Geo-tagging**” on July19, 2021 with a theme “*If you plant a tree, you plant a life*”. The objective of campaign is to encourage community outreach and to raise public awareness on environmental pollution and eco-restoration.



WORLD EARTH DAY BY PRAKRITI



POLLUTION PREVENTION



INTERNATIONAL WOMENS DAY



WORLD OZONE DAY



WORLD HEALTH DAY



INTERNATIONAL PLASTIC BAG FREE DAY



PANJAB UNIVERSITY YOUTH AND HERITAGE FESTIVAL

OVERALL
WINNER FOR
THE EIGHTH
CONSECUTIVE
YEAR



SCIENCE SECTION



SCIENCE SECTION

FROM THE DESK OF THE STAFF EDITOR



TREASURE INSIDE THE INDIAN SPICE BOX

Spices are made from dried fruits, seeds, barks or roots of certain plants. Spices get their aroma and flavour from the essential oils and chemical compounds present in them. According to Ayurveda, spices can be warming or cooling, and are used to affect the balance of the digestive system. 'They act as a stimulus to the digestive system and relieve digestive disorders, and some spices are of antiseptic value,' explains Dr. Krishnapura Srinivasan, a scientist at the Central Food Technological Research Institute in Mysore, India. The importance of these spices becomes even more significant post the COVID times. So, here we go !

TURMERIC

With its bright yellow colour and due to the presence of the powerful polyphenol, **curcumin**, turmeric imparts various health benefits, first of which is its ability to fight dangerous diseases like cancer, atherosclerosis and neuro-degenerative diseases. Its anti-bacterial and anti-fungal properties make it very effective against cold, cough and sore throat.

FENNEL

Armed with phytonutrients and antioxidants, cancer cells have to accept defeat when faced with fennel. **Anethole**, a major constituent of fennel, resists and restricts the adhesive and invasive activities of cancer cells. It suppresses the enzyme regulated activities that cause cancer cell multiplication.

CUMIN

Cumin aids in digestion, however its health benefits go beyond that. A potent herb with antioxidant characteristics, cumin contains a compound called **thymoquinone**, which checks the proliferation of cells responsible for prostate cancer.

CINNAMON

A natural food preservative, cinnamon is a source of iron and calcium. Also useful in reducing tumour growth.

Effective ways of including cinnamon in your diet - Start your day with a cup of cinnamon tea, or add it to your morning oatmeal. Honey and cinnamon in your glass of milk before going to bed is also a wonderful option indeed.

HEENG (ASAFOETIDA)

With its ochre colour and a pungent aroma, it is highly recommended for people with indigestion, stomach upsets, bloating, flatulence and intestinal gas.

In India, a pinch of heeng is used in food that is consumed daily, like sabzi, dal, gravies, sambhar and so on.

CLOVES

These dried flower buds of the clove tree are considered one of the 'hottest' among spices. They have antibacterial and antiseptic properties.

Being a natural anaesthetic, it has been used as a remedy for toothache for ages now.

OREGANO

More than a pizza or pasta topping, oregano confirms its worth as a potential agent against prostate cancer. Consisting of antimicrobial compounds and the phytochemical **quercetin** restricts growth of malignant cells in the body and acts like a drug against cancers.

SAFFRON

Saffron contains a natural carotenoid dicarboxylic acid called **crocetin** ; it is an effective cancer-fighting element. It not only inhibits the progression of the disease but also decreases the size of the tumour by half, guaranteeing a complete cure.

Though it is the most expensive spice in the world, because around 2,50,000 flower stigmas of the saffron crocus make just half a kilo, even a few saffron threads are sufficient to avail the benefits of saffron, for which you won't regret paying for.

ELAICHI (CARDAMOM)

The most aromatic of all Indian spices, our very own elaichi is consumed in two forms - **choti elaichi (green pods)** and **badi elaichi (black pods)**. Bad breath, loss of appetite, depression, indigestion, nausea; you name it, and cardamom cures it. It is a great carminative (causing expulsion of gas), diuretic (causing urination), expectorant (helps bring up phlegm from the lungs) and stimulant.

Apart from its health benefits, who can do without a cup of hot elaichi chai?

BLACK PEPPER

The fruit of the *Piper* plant has a pungent taste due to the alkaloid, **chavicine**. It helps relieve symptoms of the common cold.

You can easily enjoy your hot vegetable soup when you have a cold by adding a pinch of black pepper into it.

RED CHILLI POWDER

Chillies have a strong, spicy taste that tingles your taste buds because of the active alkaloid **capsaicin**. Being rich in vitamin A and C, chillies are excellent antioxidants and also reduce the bad cholesterol (LDL) to some extent. They build up the immunity and fight off free radicals responsible for cancerous growth.

However, if consumed in excess, they may cause inflammation. People suffering from any gastrointestinal problems should avoid chillies.

SALT

The most indispensable ingredient in all cooked food, except desserts. (*Secret revealed - even to many deserts, a tiny amount of salt is added primarily to enhance and balance the sweet flavours*)

Salt is essential to impart flavour to food, and is also used as a preservative. Magnesium and potassium work hand in hand with sodium present in the salt to maintain water balance in the body.

The three kinds of salt available in the market are :

1. **Sea salt** - Made after evaporating ocean salt water and involves very little processing. This ensures the salt retains most of its nutrients.
2. **Rock salt** - Also known as halite, it is the mineral form of sodium chloride.
3. **Table salt** - It is the most processed salt from which all natural nutrients have been washed away.

Comparing sea salt with table salt would be similar to comparing sugarcane juice with sugar. This is because the former is not processed and retains most of the nutrients which are lost in obtaining the latter while processing.

Benefits of sea salt are numerous which include-

S- Skin care
E- Effective for aching feet
A- Alkalizing
S- Strong immune system
A- Aids in weight loss
L- Lets you be stress free
T- Total health care

Thus, spices with their innumerable benefits are very powerful foods. With these Indian Super Spices, food can serve as medicine at the same time!

Dr. Anurita Sharma
Assistant Professor
Department of Botany

FROM THE DESK OF STUDENT EDITOR



BOOST YOUR IMMUNITY AGAINST THE CORONA VIRUS

COVID-19 or Coronavirus was declared as a global pandemic by the World Health Organization. While the countries are grappling with imminent dangers that this virus poses to humanity, there are few key measures that individuals can take to fight this pandemic.

It is crucial to mention hygiene standards like washing your hands frequently, especially if you have travelled by public transport. Using an alcohol sanitizer, in case you are travelling to disinfect your hands, wearing a mask (cover your nose and mouth) and avoiding touching your hand or mouth. There are also certain methods to improve your immunity which is paramount at this juncture.

Here is a list of measures you can undertake to improve your immunity.

Improve Your Diet

The food you eat plays a key role in determining your overall health and immunity. Eat low carb diets, as this will help control high blood sugar and pressure. A low carb diet will help slow down diabetes and focus on a protein-rich diet to keep you in good shape. And regularly consume vegetables and fruits rich in beta carotene, ascorbic acid & other essential vitamins.

You can also eat supplements rich in omega 3 & 6 fatty acids for your daily dose, if stepping out to buy groceries is not an option during social distancing. Some natural immunity supplements include ginger, gooseberries (amla) and turmeric. Some of these superfoods are common ingredients in Indian dishes and snacks. There are several herbs that help in boosting immunity like garlic, basil leaves and black cumin. Certain seeds and nuts like sunflower seeds, flax seed, pumpkin seeds and melon seeds are excellent sources of protein and vitamin E.

Stay Hydrated

Drink up to 8-10 glasses of water every day, to stay hydrated. Hydration will help flush out the toxins from the body and lower the chances of flu. Other alternatives include juices made of citrus fruits and coconut water, to beat the heat.

Don't Skip on Exercise

A good diet should be followed by an exercise routine. Remember to exercise regularly; even light exercise will go a long way in releasing the toxins from your body. It is recommended to exercise for 30 to 45 minutes, depending on your stamina. If you have not started exercising yet, then it is a good time to start. There are several Youtube channels and apps to help you exercise at home. Regular exercise improves metabolism, which has a direct correlation with body immunity.

Destress Yourself

These are testing times, and a prolonged period of staying indoors has its implications on your mental well being. The growing anxiety around the pandemic is another concern that is affecting millions across the globe. While the uncertainty might be overwhelming, there are few steps we can follow regularly to help relieve our stress, stress is known to have an adverse effect on immunity.

Practice meditation

Too much stress releases the hormone known as cortisol, which impairs your response to immediate surroundings and makes your body susceptible to infections; you are left feeling constantly anxious. The best way to relieve stress is through meditation, it is a tried and tested activity to calm the nerves. If you need help meditating, then there are several channels on YouTube that have instructional resources to help you meditate.

Avoid Smoking, alcohol and other addictive substances

Certain habits like smoking, vaping, alcohol consumption and substance abuse have a direct correlation between weakened body defences and respiratory illnesses. Engaging in smoking and vaping is proven to weaken your lung capacity and destroy the cells lining your respiratory tracts, these cells are crucial to fight viruses that enter through your nasal orifices.

Supplements and immunity boosting foods

While all the above-mentioned tips will definitely help, the need of the hour is a quick boost to your immunity system to keep it fighting fit. If you're concerned whether you are getting the right amount of nutrients from your diet, consult with your doctor about a supplementation regimen to boost your immune system. Here are a few common supplements and superfoods that can help.

- **Vitamin C** - This particular vitamin is a crucial participant in the army of immunity. It helps prevent the common cold. It acts as a powerful antioxidant and protects against damage induced by oxidative stress. For severe infections, including sepsis and acute respiratory distress syndrome (ARDS), high dose intravenous vitamin C treatment has been shown to significantly improve symptoms in patients.
- **Vitamin D** - Vitamin D supplements have a mild protective effect against respiratory tract infections. Most people are deficient in Vitamin-D, so it's best to consult with a doctor about taking a Vitamin D supplement to boost immune response.

- **Zinc** - Zinc is a vital component to WBC (white blood corpuscles) which fights infections. Zinc deficiency often makes one more susceptible to flu, cold and other viral infections. It is advisable to take a zinc supplement, especially for older people.
- **Elderberry** - Elderberries are full of nutrients including minerals like phosphorus, potassium, iron, copper and vitamins, such as vitamin A, B, and C, proteins and dietary fibre. Elderberries have antibacterial and antiviral qualities which help fight cold and influenza.
- **Turmeric and Garlic** - The bright yellow spice, Turmeric, contains a compound called curcumin, which boosts the immune function. Garlic has powerful anti-inflammatory and antiviral properties which enhances body immunity.

While the battle against the COVID-19 pandemic is fought by our health care workers, we can do our bit by limiting our exposure to the virus by staying indoors, social distancing, eating healthy, hydrating and following basic hygiene protocol.

Akshita Khanna
B.Sc. Non Medical III
Student Editor

COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age.

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.

Neha Raj
M.Sc. Botany I

THE NEW COVID VARIANT : OMICRON

Introduction:

Omicron, the new potentially more contagious COVID variant, was first identified in South Africa. It has popped up in several other countries, leaving governments to shut down travel from South Africa to stop the transmission. Viruses keep changing over time, resulting in the formation of a new variant or strain. This is to be expected as viruses mutate all the time. This variant usually does not affect how the virus works, but sometimes it can make it act differently than the original virus. This is what is happening with Coronavirus. Health experts and scientists are tracking new variants developing from the original SARS-CoV-2. They are working towards understanding more about the new variants if they are spreading faster and are there any potential changes in the severity. And one significant question that presses or puts pressure on the health experts is, can the vaccines still be effective against this new variant?

How Do Variants Develop?

Coronaviruses have their genetic material in RNA (ribonucleic acid). The viruses infect the individual, attach to their cells, and enter the cells making copies of the RNA, which help them to spread. When there is a mistake while copying, there are changes taking place in the RNA. These changes are referred to as mutations. These changes happen randomly and are a normal part of what happens to the viruses as they multiply and spread. As these changes are random, they cause little to no difference in the individual's health. When a virus undergoes random changes making it easier to infect people, this variant becomes more common and a concern.

What Is This New Variant?

There are new variants developing over time and circulating across the world. WHO designated variant B.1.1.529 as a Variant of Concern and named it Omicron. This variant has more mutations and some of which are concerning. They have been naming the prevalent Coronavirus variants using Greek letters to avoid long scientific names. WHO has already used 12 Greek letters to name the previous variants and has thereby named this variant from South Africa as Omicron, and its scientific designation is B.1.1.529. The scientific designation represents their parentage and the chain of evolution, and this Omicron variant has evolved from B.1 lineage.

Why Is Omicron Variant Listed as a Variant of Concern?

New variants developing over time are not something unexpected. It was probably an expected happening as viruses mutate over time. A SARS-CoV-2 variant is designated as a "Variant of Concern" if it fulfils the following criteria:

- A variant that is known to affect the characteristics of the virus. The characteristics include transmissibility, the severity of the disease, and immune escape.

- A variant that is considered to cause significant community transmission causes an increase in the number of positive cases or any other factors that suggest an emerging risk to global public health.

Omicron as a Variant of Concern

Omicron was listed in the variants of concern as there was preliminary evidence suggesting an increased risk of reinfection associated with this variant. The number of COVID cases of this variant appeared to be rising in almost all parts of South Africa. From various diagnostic labs, this variant has been noticed to spread at faster rates than the previous surges. They also suggest that this variant has a growth advantage. Through a comparative analysis, this Omicron variant was put under the category of Variants of Concern as it was associated with one or more of the following criteria:

- Transmission is detected at faster rates.
- Increase in virulence.
- Change in the clinical disease presentation.
- Decrease in the efficacy of the available diagnostics against this variant.

What Are Countries Expected to Do to Prevent the Transmission of Virus?

To contain the transmission, health experts from the World Health Organisation are recommending all the countries to follow the below-given measures:

- They are asked to enhance the surveillance, perform field investigations, and diagnostic laboratory analyses to better understand the risks of the variants on severity, the effectiveness of the available therapeutics, immune response, and antibody neutralization against the new variant.
- WHO recommends that various countries should report the initial cases associated with Omicron infection through the IHR mechanism, and they also suggest submitting the complete genome sequence to a publicly available database.
- The countries should implement effective public health measures to contain COVID-19 circulation across the nation.
- The inequities in access to the COVID-19 vaccines should be addressed so that the vulnerable populations receive their vaccination.

What Can Public or Individual Do to Contain This Virus and Protect Themselves?

Individuals are reminded to continue following all the COVID protocols and proven public health measures such as:

- Wear tight-fitting masks. You can also prefer wearing double masks to ensure adequate protection.
- Try to cough or sneeze into a bent elbow or tissue.
- Maintain proper hand hygiene by regularly washing your hands with soap and water.
- Maintain social distancing with a minimum distance of six feet from others.
- Avoid going to crowded places.
- Improve ventilation of the indoor spaces.

- Above all, stop turning an ear to the rumours about vaccination and get vaccinated if you are still not vaccinated.

Studies That Are Underway About This Variant

Researchers are undertaking studies and research regarding the transmissibility of this variant to know if it is more transmissible than the previous variants, the severity of the infection, and symptoms associated with the Omicron variant.

Conclusion:

More information will pop up in the coming weeks as health experts are continuously monitoring the variant to assess how mutations in Omicron can alter the behaviour of the virus. Whatever and how many mutations occur, following all the COVID-19 protocols can help contain the virus and break the chain of transmission.

Aarohi Rawat and Ankita Rana
M.Sc. Botany I

WHAT IS HERD IMMUNITY? HOW IT CAN BE DEVELOPED FOR A VIRUS?

Herd immunity occurs when a high percentage of community is immune to disease (through vaccination or prior illness) making the spread of disease unlikely. Herd immunity depends on the contagiousness of the disease, diseases that spread easily such as measles require high number of individuals in a community to reach herd immunity. Herd immunity protects the most vulnerable members of our population. If enough people are vaccinated against dangerous diseases, those who are susceptible and cannot get vaccinated are protected because the germ could not find the susceptible individuals.

COVID 19 is a very contagious disease .Two main path for attaining herd immunity against this virus are:

- I. **Natural infection:** through this herd immunity can be reached when maximum population has recovered and developed protective antibodies against virus.
- II. **Vaccines:** Herd immunity can also be attained when enough people have been vaccinated against a disease.

So get vaccinated !

Shruti Kanojia
M.Sc. Botany I

INDIA'S FIRST mRNA BASED COVID-19 VACCINE

What is mRNA Vaccine?

m-RNA Vaccines work by training the body in order to recognise and respond to the proteins that are produced by disease-causing organisms like virus or bacteria. mRNA vaccines trick the body to produce viral proteins itself. They work by using messenger RNA (m-RNA) which is the molecule that puts DNA instructions into action. mRNA is used as a template to build protein inside a cell.

How is it different from traditional vaccine?

Traditional vaccines are made up of small or inactivated doses of disease-causing organism, or proteins produced by it. These inactivated organisms are introduced into the body in order to boost the immune system so that it responds against the disease-causing organisms

First mRNA-based covid-19 vaccine, called HGCO19, is being developed by a Pune-based biotechnology company, Genova Biopharmaceuticals Ltd. The company submitted its interim clinical data for Phase I study to the Central Drugs Standard Control Organisation (CDSCO) to get the further approval. According to the Ministry of Science and Technology, interim Phase- I data suggests that HGCO19 vaccine is safe, tolerable, and immunogenic.

Functioning of mRNA Vaccines:

- To produce a mRNA vaccine, scientists produce a synthetic version of the mRNA that a virus uses to build its infectious proteins.
- This mRNA is delivered into the human body, whose cells read it as instructions to build that viral protein, and therefore create some of the virus's molecules themselves.
- These proteins are solitary, so they do not assemble to form a virus.
- The immune system then detects these viral proteins and starts to produce a defensive response to them.

Advantages of using mRNA based Vaccines:

- mRNA vaccines are considered safe as mRNA is non-infectious, non-integrating in nature, and degraded by standard cellular mechanisms.
- They are highly efficacious because of their inherent capability of being translatable into the protein structure inside the cell cytoplasm.
- Additionally, mRNA vaccines are fully synthetic and do not require a host for growth, e.g., eggs or bacteria. Therefore, they can be quickly manufactured inexpensively to ensure their "availability" and "accessibility" for mass vaccination on a sustainable basis.

Although our main concern is to treat people with substance use disorder and mental health issues and to ultimately prepare them for reintegration into society, vaccination is crucial in terms of ensuring overall health and well-being.

Arushi Sharma
M.Sc. Botany I

COVID-19 AND SCIENTIFIC DEVELOPMENT

Covid had led to a enormous increase in importance of science and research. The pandemic has set the course of scientific development to a extraordinary degree. The speed of the coronavirus's spread has been matched only by the pace of scientific insights. Almost as soon as SARS-CoV-2 was discovered, research groups worldwide started probing its biology, while others developed diagnostic tests or investigated public-health measures to control it.

It is evident that we're better able to tackle the pandemic with the scientific development and research, none of that would have been possible without the tireless work, sacrifice, dedication, and insight of scientists and researchers worldwide, from those working in laboratories to the principal investigators of clinical trials and everyone in between.

The active engagement of the scientific community is also reflected in the explosion of scientific publications related to the virus. By mid-April 2020, more than 3 500 COVID-19-related articles had already been published in medical academic journals – a higher rate than for previous pandemics.

Controlling and preventing the outbreak need continuous monitoring and international collaboration. There is a need for quick access to information regarding the outbreak, and the public should be aware of the risks and challenges involved in managing and preventing the COVID-19 infection. Scientific development, technology, research have immensely assisted mankind in dealing with the pandemic in a better way.

Kritika
B.Sc. Non Medical III

RECENT TECHNOLOGICAL TRANSITION DURING COVID -19

The transfer of knowledge, skills and solutions in the science and technology fields can have a profound and lasting impact on the development trajectories of nations and peoples during COVID 19 pandemic.

During pandemic, especially the mapping of the virus's genome, helped in the development of the COVID-19 vaccines being administered in various countries.

For instance, "In the same way that the development of the vaccines greatly benefited from scientists collaborating in unity for a common cause, governments must also unite in solidarity to ensure that everyone, especially the poorest, gain access to the vaccines," said Shamika N. Siri Manne, UNCTAD's director of technology and logistics.

In the current critical scenario of COVID-19, the most significant issue after the development of vaccine is an efficient way of reachability to the patients. This can be best done by using the concept of IoT. Drones, robots, and AVs technology not only ensure minimum human interaction but also can be beneficial to access contagious COVID-19 patients. Wearables, making use of the Bluetooth and GPS technology, is another efficient way to monitor individual's health and their day-to-day stress levels in isolation. Altogether, these technologies can add a consequential share in the new paradigm of Tele Medicine, either for prevention of disease or identification and monitoring of the masses, paramedical staff, symptomatic, and asymptomatic COVID positives during the pandemic.

In the past few months, as we have dealt with this pandemic, we have educated ourselves, discovered innovative solutions to limit the spread of this virus, and presented affordable diagnostic strategies. In addition to this, we have begun learning how to co-exist with this virus in the long term.

To conclude, these necessity-driven innovations point towards the fact that nurturing the scientific community through gradual and sustained development and the propagation of a scientific environment is critically important towards becoming a "Pandemic-ready" nation in the future.

Amisha Choyal
B.Sc. Non Medical III

ENVIRONMENT

The word environment refers to all ecological units which are naturally present on earth in the form of land, water, air, soil, forest, sunlight, minerals, living organisms, etc. This earth is full of natural surroundings, some are biotic and some are non-biotic. Biotic elements are those element that has life like human, bird, animal, plants and micro-organisms. Whereas non biotic elements are those which have no life like air, sunlight, water, land, soil, minerals, etc.

Further it is also divided among four different spheres viz. biosphere, lithosphere, atmosphere and hydrosphere. Life on earth has become possible due to some kind of actions and reactions between different kinds of resources that are present in environment. All the spheres contain some of the natural resources inside its category:

1. **Atmosphere:** Air, sunlight, weather, etc.
2. **Lithosphere:** Solid or rigid area of the earth, also we can say that the crust and the upper mantle of the earth like land.
3. **Biosphere:** Biosphere is the area or zone of earth where life exists in form of plants, animals, birds and human.
4. **Hydrosphere:** The largest portion (about 75%) of the earth area where water is found in form of oceans.

Currently, the situation of environment is very poor that could never be imagined by our ancestors in previous time. We can see that every day and everywhere pollution is rapidly increasing on earth whether it is air, land, water or soil pollution, deforestation, acid rain and other dangerous disasters created by the human beings through technological advancement.

At present, the situation has become so poor that IPCC (Intergovernmental panel on climate change), which is a scientific and international body under United Nations, has declared the situation of “Global Warming” on earth due to the increased level of carbon dioxide in atmosphere. Use of natural resources should be carefully planned and executed. For providing a better and healthy life to our forthcoming generations, we all should unite with take some pledge about prevention of our environment with less and safe use of natural resources. Thus it is correctly quoted, **‘The Earth does not belong to us: we belong to the Earth’** – Marlee Matlin.

Ankita
M.Sc. Botany I

DEGRADING ECOSYSTEMS

The degradation of ecosystems is an environmental problem that diminishes the capacity of species to survive. This degradation occurs in different ways and is manifested in a reduction in the richness of the ecosystems as well as their biological diversity, and in the goods and services they can offer, thereby affecting indigenous and/or migratory species. The degradation of ecosystems due to overexploitation of their resources, though serving a short-term economic goal, has had direct negative effects on social welfare in the medium and long terms. As long as the ecosystem is not degraded, it represents a source of wealth for society, hence the importance of keeping it in good condition.

One of the main causes that contributes to the degradation of ecosystems is the deforestation due to the advance of the agriculture frontier and inappropriate forest exploitation. At a lower scale, another problem is the uncontrolled fires used to prepare land for agricultural activities or to remove forest for the development of stock rearing areas. This practice eliminates the organic covering of the land, making it more susceptible to erosion by both wind and water.

In addition, the fires cause health problems and detract from the aesthetic value of the landscape. Accidental or natural fires are another case in point. Equipment is lacking and communities need to be organized to control these fires as one of the main barriers to the burning of large areas. The construction of roads without proper drainage measures or in territories subject to penetration and settlement are high-stress factors for ecosystems, especially those which are highly fragile as a result of their weather conditions and the nature of their soil and water. Mining and the extraction of construction materials without taking measures to cushion the impact cause drastic changes in the natural landscape while degrading its valuable ecosystems. Wetlands are very fragile ecosystems that are being severely affected, causing a reduction in the number and diversity of the species of terrestrial flora, birds, reptiles, mammals, fish, and crustaceans. This problem results from excessive exploitation of wildlife species either to feed the population, to trade their furs, or to trade live species, and from sedimentation, which causes changes in water quality, thereby significantly affecting the reproduction of aquatic species that live and/or reproduce in the wetlands.

As a result, laws on the regulation and control of natural resource use are not enforced. The participation of civil society in controlling the use and exploitation of natural resources is limited and, in many cases, very timid or markedly apathetic.

One aspect that has not been evaluated in the degradation of the ecosystems is the incidence of different phenomena on these systems damage to infrastructure and entire populations, resulting in the loss of human lives. Other natural phenomena that have caused damage to the ecosystems of the SJRB are the droughts that have occurred as a result seismic activity, which have changed river courses. As a result of an earthquake during the last century, the riverbed rose in a certain sector cutting off the existing connection between the two lakes.

Possible solutions to the problem of deterioration of the ecosystems include developing formal and informal environmental education programs to make farmers more aware of their actions; increasing enforcement of the existing legislation; promoting proper natural resource management; and promoting the organization of grassroots groups to control burning from the outset. To prevent or mitigate the damage caused by extreme conditions, such as flooding and droughts and other effects of natural phenomena, it is necessary to set up an early warning system about possible swelling of water bodies and to monitor hydrometeorological behaviour.

Similarly, social organization is necessary to design and test emergency plans for natural phenomena, to reduce the damage they cause. Institutions responsible for the control and regulation of natural resource use must be strengthened, both technically and economically, and be given the means for their mobilization. This would enable them to have a real presence in the territory. It is also necessary to create mechanisms for enforcing the current legislation.

Pallavi Thakur
M.Sc. Botany I

THIRD PLAGUE PANDEMIC



**Plague patient being injected by
a doctor 1897 in Karachi.**

The third plague pandemic was a major bubonic plague pandemic that began in Yunnan, China, in 1855 during the fifth year of the Xian feng Emperor of the Qing dynasty. This episode of bubonic plague spread to all inhabited continents, and ultimately led to more than 12 million deaths in India and China (perhaps over 15 million worldwide) with at least 10 million killed in India alone, making it one of the deadliest pandemics in history.

According to the World Health Organization, the pandemic was considered active until 1960, when worldwide casualties dropped to 200 per year. The name refers to this pandemic being the third major bubonic plague outbreak to affect European society. The first began with the Plague of Justinian, which ravaged the Byzantine Empire and surrounding areas in 541 and 542; the pandemic persisted in successive waves until the middle of the 8th century. The second began with the Black Death, which killed at least one third of Europe's population in a series of expanding waves of infection from 1346 to 1353; this pandemic recurred regularly until the 19th century.

Casualty patterns indicate that waves of this late-19th-century/early-20th-century pandemic may have come from two different sources. The first was primarily bubonic and was carried around the world through ocean-going trade, through transporting infected persons, rats, and cargoes harboring fleas. The second, more virulent strain, was primarily pneumonic in

character with a strong person-to-person contagion. This strain was largely confined to Asia, in particular Manchuria and Mongolia.

The bubonic plague was endemic in populations of infected ground rodents in central Asia and was a known cause of death among the migrant and established human populations in that region for centuries.

An influx of new people because of political conflicts and global trade led to the spread of the disease throughout the world . A natural reservoir or nidus for plague is in western Yunnan and is still an ongoing health risk.

1894-Hong Kong plague

The 1894 Hong Kong plague was a major outbreak of the third global pandemic from the late 19th century to the early 20th century. The first case, discovered in May 1894, was a hospital clerk who had just returned from Canton. The hardest hit was the mountainous area in Sheung Wan, the most densely-populated area in Hong Kong, characterized by Chinese-style buildings. From May to October 1894, the plague killed more than 6,000 people, leading to the exodus of one third of the population. In the 30 years starting in 1926 the plague occurred in Hong Kong almost every year and killed more than 20,000 people. Through maritime traffic, the epidemic spread to the rest of the country after 1894 and eventually to the whole world.

There were several reasons for the rapid outbreak and spread of the plague. Firstly, in the early days, Sheung Wan was a Chinese settlement. Houses — in the mountains — had no drainage channels, toilets, or running water. The houses were small and the floors were not paved. Secondly, during the Ching Ming Festival in 1894, many Chinese living in Hong Kong returned to the countryside to tend to family graves, which coincided with the outbreak of the epidemic in Canton and the introduction of bacteria into Hong Kong. Thirdly, in the first four months of 1894, rainfall decreased and soil dried up, accelerating the spread of the plague.

The main preventive measures were setting up plague hospitals and deploying medical staff to treat and isolate plague patients; conducting house-to-house search operations, discovering and transferring plague patients, and cleaning and disinfecting infected houses and areas; and setting up designated cemeteries and assigning a person responsible for transporting and burying the plague dead.

Navjot Kaur and Pranjal Sharma
M.Sc. Botany I

DNA FINGERPRINTING

DNA fingerprinting, also called **DNA typing**, **DNA profiling**, **genetic fingerprinting**, **genotyping**, or **identity testing**, in genetics, method of isolating and identifying variable elements within the base-pair sequence of DNA (deoxyribonucleic acid). The technique was developed in 1984 by British geneticist Alec Jeffreys, after he noticed that certain sequences of highly variable DNA (known as minisatellite), which do not contribute to the functions of genes, are repeated within genes.

Jeffreys recognized that each individual has a unique pattern of minisatellites (the only exceptions being multiple individuals from a single zygote, such as identical twins). The procedure for creating a DNA fingerprint consists of first obtaining a sample of cells, such as skin, hair, or blood cells, which contain DNA. The DNA is extracted from the cells and purified.

In Jeffreys's original approach, which was based on restriction fragment length polymorphism (RFLP) technology, the DNA was then cut at specific points along the strand with proteins known as restriction enzymes. The enzymes produced fragments of varying lengths that were sorted by placing them on a gel and then subjecting the gel to an electric current (electrophoresis): the shorter the fragment, the more quickly it moved toward the positive pole (anode). The fragments underwent autoradiography in which they were exposed to DNA probes—pieces of synthetic DNA that were made radioactive and that bound to the minisatellites. A piece of X-ray film was then exposed to the fragments, and a dark mark was produced at any point where a radioactive probe had become attached. The resultant pattern of marks could then be analysed.

The assay developed by Jeffreys has been supplanted by approaches that are based on the use of the polymerase chain reaction (PCR) and so-called microsatellites (or short tandem repeats, STRs), which have shorter repeat units (typically 2 to 4 base pairs in length) than minisatellites (10 to more than 100 base pairs in length).

PCR amplifies the desired fragment of DNA (e.g., a specific STR) many times over, creating thousands of copies of the fragment. It is an automated procedure that requires only small amounts of DNA as starting material and works even with partially degraded DNA.

Once an adequate amount of DNA has been produced with PCR, the exact sequence of nucleotide pairs in a segment of DNA can be determined by using one of several biomolecular sequencing methods. Automated equipment has greatly increased the speed of DNA sequencing and has made available many new practical applications, including pinpointing segments of genes that cause genetic diseases, mapping the human genome, engineering drought-resistant plants, and producing biological drugs from genetically altered bacteria.

An early use of DNA fingerprinting was in legal disputes, notably to help solve crimes and to determine paternity. Since its development, DNA fingerprinting has led to the conviction of numerous criminals and to the freeing from prison of many individuals who were wrongly convicted. However, making scientific identification coincide exactly with legal proof is often problematic. Even a single suggestion of the possibility of error is sometimes enough to persuade a jury not to convict a suspect. Sample contamination, faulty preparation procedures, and mistakes in interpretation of results are major sources of error. Forensic

DNA samples frequently are degraded or are collected post mortem, which means that they are lower-quality and subject to producing less-reliable results than samples that are obtained from a living individual.

Ujjwal

M.Sc. Botany I

WHAT IS EPIGENETICS ?

Epigenetics is an emerging field of science that studies heritable changes caused by the activation and deactivation of genes without any change in the underlying DNA sequence of the organism. The word epigenetics is of Greek origin and literally means over and above the genome. Epigenetics is the study of changes in gene function that are heritable and that are not attributed to alterations of the DNA sequence. The term epi means above. It's a Greek prefix. It's also defined as on top of the basic DNA sequence. In general terms you can think of them like accent marks on words where the DNA is the language and the modifications are the accent marks. Epigenetic marks change the way genes are expressed. The promise of epigenetics is that it tells us about the cell, it's a way to define the cell that's different than just looking at gene expression levels. We could look at any kind of cell and it will have specialized epigenetic patterns. There are two types of modifications: DNA methylation and histone modification. DNA methylation goes awry in cancers so if we knew the normal pattern of methylation and then looked at the pattern of methylation in a tumour we could see what changes were taking place and we could see which genes were being affected.

Srishti

M.Sc. Botany I

CLUSTERED REGULARLY INTERSPACED SHORT PALINDROMIC REPEATS (CRISPR) CAS 9

CRISPR – CAS9 (The ART Of Genome Editing)

CRISPR Cas 9 is a gene editing tool that can manipulate gene expression in plants, animals and humans. **CRIPR (CLUSTERED REGULARLY INTERSPACED SHORT PALINDROMIC REPEATS)** are short sections of bacterial DNA containing repetitive base sequences. It plays a crucial role in the immune response of bacteria against foreign DNA.

When a bacterium detects viral DNA, it produces two strands of short RNA called guide RNA, which then go on to form a complex with an endonuclease enzyme called Cas9 (CRISPR associated protein 9). This complex targets and cuts out the viral DNA rendering the virus disabled. The Cas9 nuclease will not bind to the DNA if the target sequence is not followed by the Protospacer Adjacent Motif, or PAM, which helps the enzyme distinguish between the bacterial DNA and the viral DNA target.

The CRISPR/Cas9 system then has the ability to store this viral data so that it will be able to recognize and eliminate future viral threats.

- CRISPRs are found approximately 40% of sequenced bacterial genome and 90% of sequenced archaea.
- CAS 9 is an endonuclease first identified from *Streptococcus pyogenes* bacteria. Its genes are often located next to CRISPR repeat spacer array.
- Specificity of CRISPR Cas 9 depends on presence of sequence specific protospacer adjacent motif (PAM) and target sequence 20 bases.
- Absence of PAM in host genome enables to avoid self cleavage.
- CRISPR Cas9 is based on the programmable RNA guide system.
- It is easier to apply and inexpensive.

Anchal and Taniya
M.Sc. Botany I

INTERMITTENT FASTING

Intermittent fasting can produce clinically significant weight loss as well as improve metabolic health in individuals with obesity, according to a new study review led by University of Illinois Chicago researchers. According to the analysis published in the Annual Review of Nutrition, all forms of fasting reviewed produced mild to moderate weight loss, 1%-8% from baseline weight, which represents results that are similar to that of more traditional, calorie-restrictive diets. Intermittent fasting regimens may also benefit health by decreasing blood pressure and insulin resistance, and in some cases, cholesterol and triglyceride levels are also lowered. Other health benefits, such as improved appetite regulation and positive changes in the gut microbiome, have also been demonstrated.

The review looked at over 25 research studies involving three types of intermittent fasting:

- Alternate day fasting, which typically involves a feast day alternated with a fast day where 500 calories are consumed in one meal.
- 5:2 diet, a modified version of alternate day fasting that involves five feast days and two fast days per week.
- Time-restricted eating, which confines eating to a specified number of hours per day, usually four to 10 hours, with no calorie restrictions during the eating period.

Various studies of time-restricted eating show participants with obesity losing an average of 3% of their body weight, regardless of the time of the eating window. Showed alternate day fasting resulted in weight loss of 3%-8% of body weight over three to eight weeks, with results peaking at 12 weeks. Individuals on alternate day fasting typically do not overeat or binge on feast days, which results in mild to moderate weight loss, according to the review. Late day fasting, which surprised the study's reviewers. The subjects who participate in the 5:2 diet fast much less frequently than alternate-day fasting participants do, but the results of weight loss results are similar.

Weight loss in both the alternate day and 5:2 fasting are comparable to more traditional daily calorie-restrictive diets. And, both fasting diets showed individuals were able to maintain an average of 7% weight loss for a year. Vardy added the review set out to debunk some myths regarding intermittent fasting. Intermittent fasting does not negatively affect metabolism, nor does it cause disordered eating, according to the studies reviewed.

"Fasting people are worried about feeling lethargic and not being able to concentrate. Even though you are not eating, it won't affect your energy," Vardy said. "A lot of people experience a boost of energy on fasting days. Don't worry, you won't feel crappy. You may even feel better."

The study review includes a summary of practical considerations for those who may want to try intermittent fasting. Among the considerations are:

- Adjustment time – Side effects such as headaches, dizziness and constipation subside after one to two weeks of fasting. Increased water intake can help alleviate headaches caused by dehydration during this time.
- Exercise – Moderate to high-intensity endurance or resistance training during food abstention can be done, and some study participants reported having more energy on fast days. However, studies recommend those following alternate day fasting eat their fasting day meal after exercise.
- Diet during fasting – There are no specific recommendations for food consumption during intermittent fasting, but eating fruits, vegetables and whole grains can help boost fibre intake and help relieve constipation that sometimes accompanies fasting.
- Alcohol and caffeine – For those using an alternate day or 5:2 fasting plan, alcohol is not recommended on fast days as the limited calories should be used on healthy foods that provide nutrition.

Neelam
M.Sc. Botany I

WOMEN AND SCIENCE

“Do not wait for someone else to come and speak for you. It’s you who can change the world.” I have always believed what my eyes saw and consequently, a myth is something I don’t comprehend. I live in a real world and the reality is that **the woman of today doesn’t need a man but she is definitely what a man needs.**

The era of globalization and rapid technological development has changed people’s lives dramatically. Science and technology play an extremely important role in the contemporary society. The roles of men and women have changed dramatically in the contemporary society. Today the economic empowerment of women is something we cannot turn a blind eye to. Women have got more freedom to express themselves and take active part in the development of sciences, despite the fact that there are still problems in this sphere. The gender inequality still exists in this sphere and it is necessary to pay scrupulous attention to this problem. The history shows a lot of examples of great input made by women to the development of science, and have played an important role, but their names are rarely mentioned.

E K Janaki Ammal, Founder Fellow of the Indian Academy of Sciences was the winner of Padmashri Award and renowned botanist and plant cytologist who made significant contributions to genetics, evolution, and phytogeography and ethnobotany.

Marie Curie, a physicist and chemist who conducted pioneering research on radioactive decay, was the first woman to receive a Nobel Prize in Physics and became the first person to receive a second Nobel Prize in Chemistry. And so many more such cases are there which demonstrates the way female brain works.

In the interesting study performed by the Centre for Children and Technology, specialists tried to find the difference between male and female approaches to technological advances. The participants of the experiment, both – men and women – were asked to describe the perfect machine of the future.

Results showed that machines proposed by men were designed in order to get their owners to expand control and to become more powerful. The machines designed by women had an intention to help people and to make their life easier. These differences in approaches to technological innovations show basic difference between male and female approaches in life.

Men want to expand their influence and women are ready to adapt technologies and make their use easier and more comfortable for people. That is the reason men are more likely to invent new things and women are more likely to improve things which already exist.

This division does not make men superior to women or vice versa. It means that men and women possess different types of knowledge and skills and best results can be achieved in their combination. Women play an important role in a lot of spheres in the contemporary society. They make great contribution to the development and improvement of life in a lot of spheres.

Sukhpal Kaur
B.Sc. Non Medical III

CONTRIBUTION OF PHYSICS IN THE WORLD OF SCIENCE

Physics is the natural science that studies matter its fundamental constituents, its motion and behaviour through space and time, and the related entities of energy and force. Physics is one of the most fundamental scientific disciplines, and its main goal is to understand how the universe behaves.

Physics is one of the oldest academic disciplines and, through its inclusion of astronomy, perhaps the oldest. Over much of the past two millennia, physics, chemistry, biology, and certain branches of mathematics were a part of natural philosophy, but during the Scientific Revolution in the 17th century these natural sciences emerged as unique research endeavours in their own right. Physics intersects with many interdisciplinary areas of research, such as biophysics and quantum chemistry, and the boundaries of physics are not rigidly defined. New ideas in physics often explain the fundamental mechanisms studied by other sciences and suggest new avenues of research in academic disciplines such as mathematics and philosophy.

Advances in physics often enable advances in new technologies. For example, advances in the understanding of electromagnetism, solid-state physics, and nuclear physics led directly to the development of new products that have dramatically transformed modern-day society, such as television, computers, domestic appliances, and nuclear weapons; advances in thermodynamics led to the development of industrialization; and advances in mechanics inspired the development of calculus.

Namrata Jain
B.Sc. Non Medical III

ARTIFICIAL INTELLIGENCE

Artificial intelligence is something that has been inculcated in humans and that every biotic thing, which came into existence, ever since this universe has been known. From the tiniest plant *Mimosa Pudica* to the world's largest animal blue whale, intelligence has been part of their sensory apparatus. But when we talk about artificial intelligence, the self-explanatory term which means the intelligence that has been created artificially by humans.

Artificial intelligence predominantly means the intellect that machines have, these machines or mod cons did not get this intelligence naturally, but instead they have got it to install by the human beings. The question arises what is AI? And to this we explain, AI is the wide bough of a tree called computer science, in this all world, wide aspects are included and this branch of science is implicated with building smart out of numb, i.e. creating smart and efficient machinery, widgets and appliances that are proficient and capable of executing the tasks that classically require human intelligence.

In simple words, artificial intelligence is the fine substitute of natural intelligence in today's day and age. For example; a human-built program has been put into a computer, the first step is that the computer will analyse the program and convert it into its own language and then process it and it will give the results accordingly, while processing it all, if there is any error the computer will notify us. Surprising, isn't it? That what computer does for us is just similar to what another person who is slightly more knowledgeable than we will do. And the more astounding part of this is that all the processes that are present in the computer are the result of a lot of elbows grease and mental hard work of many well-known people.

Talking about artificial intelligence brings up another question that what are its objectives and its importance in human world where already there are billions of people with variable intelligence and approach towards different subjects. Where, at one point the thinking of one's ideologies end and from there another person's dogma is born. For this, we need to understand the dissimilarity among every human being. In everyday life, we perform different tasks and take different decisions regarding ourselves and other people we encounter in our lifetime.

The basic mean and objective of creating AI are to formulate a poodle that obeys and makes our everyday tasks easier. Studies show that human nature is very dominating and challenging towards oneself or other people. They like to compete in every sort they can and like to challenge their modesty. To this they have created a blunt weapon that is AI which obeys them and performs every task given quite fervently and briskly. Computers ease up every piece of work, may it be counting the numbers or creating something that needs hours of human energy, in just a few minutes.

The main objective of AI is to comfort human beings and help them do things more effortlessly, and in today's era people tend to have less time than they had in earlier times, due to this fast-moving life computers have been an astonishing companion. From big industries and firms to small offices and homes we are surrounded by computers and other

artificially intelligent appliances. Secondly, less time is taken to perform and complete the task, and in this fast-moving world we need something that is less time consuming and more efficient. Thirdly, the outcomes are technically more cut above the rest which means the outcome is finer. All these objectives (mentioned above) creates a clear picture of how important and essential AI has become in our lives and how we depend upon it willingly or unwillingly.

Talking about feasibility, humans are making the uttermost attempt to create such a mechanism that is humanly unreal and has artificial intelligence embedded in it. I'm sure you must've got it right! We're talking about robots over here. They're purely an example of inhuman intelligent species that work and exist on human terms and work for them. Latterly, human beings are working on how we can clutch more advantages of robotic sciences and create more robots to work under or for all the earthlings.

Ishita Bhardwaj

B.Sc. Computer Science III

PLASTIC EATING BACTERIA - A VIABLE SOLUTION TO THE PLASTIC PROBLEM ?

Headlines blew up in 2016 when a study from the Kyoto Institute of Technology discovered that the *Ideonella sakaiensis* can break down PET using the enzyme PET hydrolase and MHETase. Though this is an exciting discovery, there are currently many challenges that stand in the way of it being a marketable solution to plastic pollution or recycling. At the moment, most plastic recycling is thermo-mechanic, which doesn't fully degrade the plastics into its monomers (the "building blocks" of plastic). It tends to produce lower-quality plastics.

PET is manufactured in varying levels of crystallisation; the more crystallised the plastic, the harder it is to break down. The study afore-mentioned used a small, low-crystalline PET sample, and it still took six weeks to be broken down. The enzyme has been improved since then: in 2018, UK scientists discovered the structure of PET hydrolase and modified it, accidentally causing it to work faster and on crystallised PET. In April 2020, the French company Carbios released a modified enzyme that could degrade 90% of PET bottles within 10 hours, though it still required a temperature of above 70°C.

These are significant improvements, but the risks involved in plastic degradation are still relatively high. Plastics contain toxins that may be released upon degradation. Next, the broken down plastic needs to be isolated from the other elements of the mix to be made reusable, which adds to the cost. Even if the degradation process was made cheaper and quicker, making plastics de-novo remains difficult to compete with. However, companies like Carbios are currently working on making this a viable marketable solution. Enzymatic

plastic recycling has huge potential, we are already producing 270 million tonnes of plastic waste yearly, and scalable solutions need to be found now. The solution will likely be a combination of many approaches, including reduced production, governmental incentives, and better recycling infrastructure.

Kirti Kohar
B.Sc. Non Medical IIII

THE PHYSICS OF FIRE

On average, about 8 million acres of land burns each year from wildfires. Big fires can reduce forests and grasslands to ash and can destroy homes and lives. Sadly, up to 90 percent of wildland fires in the United States are caused by humans' carelessness, like unattended campfires, burning trash or waste, tossed-out cigarettes, and arson. The remaining 10 percent are usually started by lightning. Controlling and fighting fires isn't easy. But knowing the science behind a burning blaze helps firefighters tackle the heat and flames to help save property, land and lives.

Did you know wildfires often want to move uphill? It's all part of the physics of how fires start and spread. "The physics of combustion determine when and where we have a fire. Basically, in order to have combustion you need fuel, something burnable; you need oxygen, which we're surrounded by; and then you need a source of energy to kick start the combustion reaction.

Now, 'the how' fires spread then is also a matter of the physics of fire," said Don Falk from The University of Arizona. In general, fire will spread uphill. That's because fire, like the sun, releases radiant energy that heats up the environment. Some of the energy is dissipated into the sky. But the radiant energy that's released on the uphill side warms up nearby fuels -- like grass and trees. "That means that those fuels are most likely to combust and the fire's going to creep uphill. So, the fire in effect actually pulls itself uphill by this process of preheating fuels and it's a very powerful force," said Falk.

For every 10 degrees of slope, a fire can double its speed. "Now, fires can move in other directions too. For example, in Southern California when we have the Santa Ana winds, those are often blowing downhill, and those fires can spread downhill very fast and those are called wind-driven fires, and a wind-driven fire can spread in pretty much any direction," concluded Falk. Many scientists think wildfires are likely to become more extreme as global temperatures continue to rise due to greenhouse gas emissions. They emphasize the importance of research to better reduce local risks from fires.

Once a fire moves from wildlands into developed areas and neighbourhoods, the flames can engulf homes and structures with tragic and costly consequences. The fire's growth results both from flame spread along the initial item and from flame spread, from one item to the

next. Heat transfer from the flame raises the temperature of the adjacent unburned fuel and promotes the further spread of the fire.

Under favourable conditions, a self-sustaining chain reaction occurs. The nature of the enclosure in which the fire occurs will determine the further development of the fire. Ventilation will intensify the fire. Temperature increases which occur through the reradiation process can lead to flashover, when items not in direct contact with the original flames suddenly burst into flames.

The combustion process varies according to whether the fuel is solid, liquid, or gas. Fires usually receive oxygen, which combines with the fuel in the combustion process, from the surrounding air. Mixtures of fuel gas and air will burn only if their composition rests within certain limits.

Parul
B.Sc. Non Medical III

YOU MAY NOT BELIEVE IN MAGIC

You may not believe in magic,
The amount of matter in our universe ,
Has never slightly changed,
That all which makes your body,
But don't you think it strange,
Was once part of something more,
And every breath you ever breathe,
Has seen it all before,
There are countless scores of beauty,
In all the things that you despise,
It could once have been a shooting star ,
That now makes up your thighs,
And atoms of forgotten life ,
Who've long since ceased to roam,
May now have the great honour,
To call your crooked smile their home,
But I thought that you should know,
The makings of your heart were born,
Fourteen billion years ago,
So next time you feel lonely,
When this world makes you feel small,

Just remember that it's part of you,
And you're part of it all.
You may not believe in magic

Lalita Rana
B.Sc. Computer Science III

Seminars/ Webinars

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS,
SEC 11, CHANDIGARH**
NAAC credited grade 'A' (CGPA 3.52)

**PRAKRITI – THE ENVIRONMENT
SOCIETY**

Invites you to witness
NUKKAD NATAK
(THEME: POLLUTION PREVENTION)

Date: 10th December 2021
Time : 12.00 noon
Venue : Near Nescafe in College Campus

Prof. Dr. Anita Kaushal
PRINCIPAL PGGCG11
CHANDIGARH

Dr. Sangeeta Mehtani
CONVENER

Dr. Sadhana Verma
CO-CONVENER

Dr. Parul virk 9646800035
Dr. Rinky 9501554108
Committee members

Post Graduate Government College for Girls
Sector-11, Chandigarh

PLACEMENT CELL ORGANISES
WEBINAR
ON
"Reading Tips for Faster and Easier
Location of Objective Type of Answers"

13 DECEMBER, 2021 11:00 AM

Video Call Link
<https://meet.google.com/fwp-qkhh-phm>

Initiated under the leadership of

Prof. (Dr) Anita Kaushal
Principal

StarQuest

StarQuest - Founder CEO

Post Graduate Govt.College for Girls,
Sector 11 Chandigarh

SPEAKER Community Hygiene and Public
Health Society
and
Department of Zoology

is organizing a lecture on
**Women's Reproductive
Health: Facts & Fancies**

TIME: 11.15 AM
Venue: Zoology Lab 2

Dr. Tejinder Kaur
MBBS, DNB (Obs & Gynaec)
Empanelled Consultant
Laprosopic Surgeon & Infertility
Specialist
FORTIS MEDCENTRE, CHD

Organized by
Dr. Umesh Bharti
Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandeep Kaur

Prof. (Dr.) Anita Kaushal
Principal
PGGCG 11 Chd.
Patron

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS,
SECTOR 11, CHANDIGARH

PG DEPARTMENT OF SOCIOLOGY
Cordially invites you to a lecture on

**INTER-RELATIONSHIP
BETWEEN HEALTH RISKS
AND ENVIRONMENT**

On 18 January @ 4:30am
Joining Link to follow

Guest Speaker
Prof. Dr. Rani Mehta

Chairperson,
Deptt of Sociology,
Panjab University,
Chandigarh
and Alumnus PGGCG-11

COORDINATOR:
Ms. Monika Sikka,
VicePrincipal & HoD
Deptt of Sociology,
PGGCG-11

PRINCIPAL:
Prof. Dr. Anita Kaushal
PGGCG-11

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS SECTOR -11,
CHANDIGARH

A TALK ON HERITAGE OF CHANDIGARH- THE CAPITOL COMPLEX: CREATIVE
GENIUS OF LE CORBUSIER

By
PROF. GUNEETA CHADHA
FRIDAY JANUARY 14, 2022 @ 11:30 am
Link meet.google.com/gaq-ezdr-dux

Patron
Principal Prof. Anita Kaushal

Speaker
Prof. Guneeta Chadha

Organizer: History deptt

Post Graduate Government College for Girls
Sector-11, Chandigarh

Department of English and Nostalgia (The Alumni Association)
present a Webinar on

'HER STORY': A SAGA OF CONQUERING CHALLENGES

Ms. NEHA BANSAL, IAS
COMMISSIONER (FOOD AND SAFETY)
GOVT. OF NCT, DELHI

Our Illustrious Alumna will be the key speaker
on
Monday: January 17, 2022 at 4pm on Google meet

meet.google.com/uqu-usfj-dfd

Coordinator:
Dr. Tanuja Pathak
(Acting H.O.D.)
Department of English
PGGCG-11, Chandigarh

Prof. Dr. Anita Kaushal
Principal, PGGCG-11
Chandigarh

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS,
SECTOR 11, CHANDIGARH

On the Occasion of
NATIONAL GIRL CHILD WEEK
NATIONAL SERVICE SCHEME
In Collaboration with
DEPARTMENT OF HOME SCIENCE
is Organizing a
WEBINAR
On
**"SURVIVAL AND PROTECTION OF THE
GIRL CHILD"**

Prof. Dr. Anita Kaushal
Principal
PGGCG 11

Dr. Navneet Arora
Professor of sociology
University Institute of
Legal studies
Panjab University, Chd

Date: Monday, 24 January 2022
Time: 11:00 AM
Google Meet Link: <https://meet.google.com/dsr-ehbn-syy>

Post Graduate Government College for Girls
Sector 11 Chandigarh

IQAC IN COLLABORATION WITH PG DEPARTMENT OF
MUSIC INSTRUMENTAL CELEBRATES

Basant

UTSAV & SARASWATI PUJA



DR GOPAL KRISHAN
ASSISTANT PROFESSOR, FACULTY OF MUSIC AND FINE ARTS,
UNIVERSITY OF DELHI

5TH FEB 2022
1:00 PM ONWORDS

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH

PRAKRITI- The Environment Society

In Collaboration with

KALA SRIJAN- Best Out of Waste Society

Celebrates
World Environment Day
(6th June 2022)

On the theme
"Only One Earth- Living sustainably in Harmony with Nature"

Events :

1. Intra College Best Out of Waste Competition (Near Nescafe)
2. Intra College Green Corner Development Competition (Near Solar Green House Area)
4. Lecture on the theme "Only One Earth- Living sustainably in Harmony with Nature"
5. Cleanliness Drive inside the College
5. Pledge to Save Environment



Prof. (Dr.) Anita Kaushal
PRINCIPAL

Dr. Sadhana Verma
Convener-PRAKRITI

Dr. Guneeta Chadha
Convener- KALA SRIJAN

Dr. Parul Virk
Dr. Rinky
Organizing Committee

Post Govt. College for Girls,
Sector 11 Chandigarh

DEPARTMENT OF ZOOLOGY

organized

ESSAY WRITING AND EXTEMPORE
on


ROLE OF WOMEN SCIENTISTS IN EMPOWERING SCIENCE

24-02-2022



Members:
Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

Organized by
Dr. Umesh Bharti



Prof. (Dr.) Anita Kaushal
Principal
PGCG - 11 Chd.

POST GRADUATE GOVT. COLLEGE FOR
GIRLS, SECTOR 11 CHANDIGARH

DEPARTMENT OF ZOOLOGY
is organising an invited talk on


WORLD CANCER DAY

04 Feb., 2022


THEME: HOW TO JUDGE BREAST CANCER

1 PM onwards

Patron **Speaker**




Prof. (Dr.) Anita Kaushal
Principal
PGCG 11 Chd.



Dr. Narendra Kumar Bhalla
Director
Radiation Oncology
Fortis Hospital, Mohali

Organized by
Dr. Umesh Bharti

Join us on 

Mahatma Gandhi National Council of Rural Education
Ministry of Education, Government of India


in association with

Post Graduate Government College for Girls
Sector 11 Chandigarh

Invites faculty and students for
One Day Online Workshop
on
Swachhta Action Plan and Sustainability Effort in
Higher Education Institutions

March 6, 2022
11.30am - 12.30pm

Mr. Ajay Tanwar
Program Coordinator, MGNCRE



Join us: <https://meet.google.com/rby-coik-snb>

Coordinator **Dr. Vishal Sharma**

Principal **Prof. (Dr.) Anita Kaushal**

Post Graduate Govt. College for
Girls, Sector 11 Chandigarh

Department of Zoology
is organizing


Power Point Presentations 8TH-9TH JUNE, 2022

on

Immunity & Human Health

Organised by:
Dr. Umesh Bharti

Members:
Dr. Shivani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur



Prof. (Dr.) Anita Kaushal
Principal
(Patron)


POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SEC 11,
CHANDIGARH

NAAC ACCREDITED GRADE 'A' CGPA 3.52


DEPARTMENT OF PHYSICS
ORGANISES AN ONLINE SEMINAR ON

ENGINEERING EXOTIC STATES OF LIGHT AND MATTER

PRINCIPAL (PATRON):
PROF. (DR.) ANITA KAUSHAL



SPEAKER:
DR. MANAS KULKARNI
INTERNATIONAL CENTER FOR THEORETICAL
SCIENCES, TIFR, BENGALURU

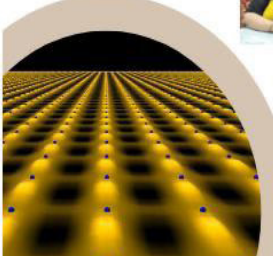


PLATFORM:
GOOGLE MEET

27/05/2022
5:00 PM

CONVENER:
PROF. ANJU SHARMA

ORGANISING COMMITTEE:
DR. SARVPREET KAUR
MS. DIPTI MUNJAL
DR. GOPIKA SOOD
DR. MANDEEP KAUR
DR. ANTERPREET KAUR
DR. GAGANPREET



Post Graduate Government College for Girls
Sector 11 Chandigarh

Department of Philosophy
In Association with I.Q.A.C.

Celebrating 75 Years of India's Independence
Invites you to the Panel Discussion
on
"What is Worth Teaching?" / "क्या है शिक्षा के अर्थ ?"
Challenges of Translation in Contemporary Times"



Prof. Sandeep Kaur
Department of Education,
Panjab University,
Chandigarh

Patron



Prof. Krishna Kumar
Honorary Professor
Department of Education,
Panjab University, Chandigarh

Date: 07.06.2022 (Tuesday)
Time: 11:00am to 12:30pm
Venue: Conference Room, PGCG-11,
Chandigarh



Prof. (Dr.) Anita Kaushal
Principal



Dr. Anubhag Sharma
Head, Dept. of Philosophy


Coordinator:
Dr. Anubhag Sharma
Head, Dept. of Philosophy

Epiphany society
cordially invites you to
the annual event.

WORDY BREW 2022

EVENTS
SLAM POETRY
JAM SESSION
DUMB CHARADES
BOOK QUIZ
AND MORE...

Date: 21st April 2022
Room no 34



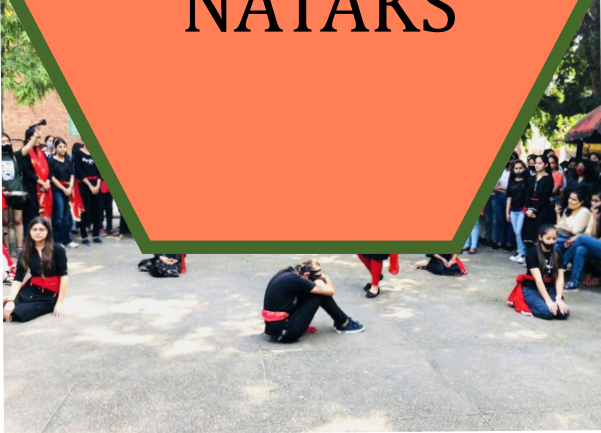
Registration are open for teams
for more details contact:
Vanshita (+91 83606 63498)

SOCIETY ACTIVITIES





NUKKAD NATAKS



COMMERCE SECTION



FROM THE DESK OF STAFF EDITOR



“We are all born as empty vessels which can be shaped by moral values”

Jerry Springer

Human life has meaning and importance when it is based on values. Moral values are fundamental in a students' life. These are basic values that reflect integrity and humanity. A student's life is focused on learning and exploring the world and a student is yet too young to distinguish right from wrong in an absolute sense. In addition, the temptations of growing bit too fast are too many. These days students love to enjoy only without bothering what people think about them. However, moral values are of paramount importance in a students' life.

The importance of moral values is felt once one leaves the college as these let you gain decision making ability and let you determine how you fare in life. Having moral values will keep you going astray and help in getting through various tough situations. These will always help you become truthful in life as one can't make good future by a lie. A student who goes through his education ethically will be richer and wiser as he gains real knowledge. A person with moral values will gain respect from everyone around.

“In the end we all have our different levels of moral values.”

Dr. Geeta Sukhija

Associate Professor

Department of Commerce

PGGCG Sector 11, Chandigarh

रास्ते

तू चलता चल,
मत पूछ किसी से मंज़िल का पता।
तू रोज़ उग तू रोज़ ढल,
एक दिन मिलेगा तुझे भी अपना रास्ता।
मत देख उस बीते हुए कल को,
आज तुझे बनाना है इन नए चेहरों से वास्ता।
ना दुखः अपने देख तू
ना इनपे शौक तू जता।
हार नहीं मानेगा तू कभी,
दुनियावालों को दे तू बता।
देख के तुने सपने बड़े,
की है लोगों की नजरों में खता।
तेरी भी हर दुआ होगी कबूल,
जब मेहनत से कर लेगा तू वास्ता।
अभी तो बहुत दूर है मंज़िल,
इतने में ना संतोष तू जता।
लोग तो बस कमियां ही निकालेंगे,
चाहे खुद को खुद से दे तू मिटा।
हालातों को ना कोस तू
जला अपने भीतर की मशा।
अगर सपने अपने करने हैं हकिकत,
तो इन पर अपने आप को दे तू लुटा।।।

Kirti Sharma
Bcom 3

Top 5 INDIAN BUSINESS ICONS

1.Mukesh Ambani: He is an Indian billionaire businessman, chairman, managing director, and the largest shareholder of Reliance Industries Ltd. (RIL), a Fortune Global 500 company and India's most valuable company by market value. As per Forbes and Bloomberg Billionaires Index, Ambani's net worth is estimated at around US\$86.9 billion making him the wealthiest person in Asia and 10th wealthiest in the world as of February 2022.

2.Lakshmi Mittal: He is an Indian steel magnate, based in the United Kingdom. He is the Executive Chairman of ArcelorMittal, the world's largest steelmaking company, as well as Chairman of stainless-steel manufacturer Aperam.

3.Dilip Shanghvi: Dilip Shanghvi is an Indian billionaire businessman and one of the country's richest people. He founded the Sun Pharmaceuticals. The Government of India awarded him the civilian honor of the Padma Shri in 2016. According to Forbes, as of October 2021, Shanghvi is the 14th richest person in India with a net worth of US\$14.3 billion.

4.Kumar Mangalam Birla: Kumar Mangalam Birla is an Indian billionaire industrialist, philanthropist, and the chairman of the Aditya Birla Group, one of the largest global conglomerates in India. He is also the chancellor of the Birla Institute of Technology & Science and Indian Institute of Management Ahmedabad.

5.Ratan Tata: Ratan Naval Tata is an Indian industrialist, philanthropist, and a former chairman of Tata Sons. He was also chairman of Tata Group, from 1990 to 2012, and again, as interim chairman, from October 2016 through February 2017, and continues to head its charitable trusts.

Monalika Bansal
Bcom 3

कहती है औरत

कहती है औरत...
'बेटी बचाओ बेटी पढ़ाओ' का,
नारा हम लगाते हैं।
क्योंकि ना उसको बचाते हैं,
ना उसको पढ़ाते हैं।

पैदा होते ही वो बन जाती है,
गुलाम इस काले समाज की।
सौंप देती है खुद को अपने घर व संतान को,
नहीं फिक्र जरा भी उसे अपने ख्वाब की।

संदर्भ उसका करते हैं भगवान से,
फिर भी कुरबान होते-होते
बन जाती है वो कठपुतली इस समाज की।
क्या अब भी उसे हक नहीं,
एक छोटे से दर्जे और सम्मान की।

पहचान उसकी 'मैं' नहीं,
ना ही ये नाम है।
ना ही उससे उपजी ये दुनिया,
ना ही उसका काम है।
पहचान उसकी तब समझो,
जब मिलता उसे प्यार व सम्मान है।

Simran Dheeman
Mcom 1

Chasing Dreams

Chasing Dreams
Don't escape from your problems, face them,
Don't move away from your dreams, chase them.
At this time, if you don't take rest,
You might be the one who will give lectures on success.
Future is waiting for you to succeed,
You will become what you will read.
Let your courage leave behind your fears,
Your future will pay off for your tears.

YuktaSobti
Bcom 1

SPREAD POSITIVITY

Spread positivity
In this world of cruelty,
Let's spread positivity.
Hear the voice inside you,
It is the one that will guide you.
Don't let fears overcome you,
Trust God, he is with you.
Be with someone who brings out the best version of you,
Help someone and it will come back to you

YuktaSobti
Bcom 1

NIGHTINGALE'S LAMENT

The spring clouds has pitched its tent in the valley and desert
It has now taken leave, broken lies the lyre string,
The birds that chirped among the leaves have also taken wings;
A nightingale is left singing on the tree,
A flood of laments in her breast is longing for release
From atop the firs and pines the doves have flown away
The floral petals lie scattering all along the way.
Desolate lie the garden paths, once dressed and neat,
Leafless hang the branches on the bare trees;
The nightingale is unconcerned with the season's range
Would that someone in the grove appreciates her wail
If there's still some traces of sleep left in the buds,
My nightingale, then make your songs more plaintive,
For you found their desire to hear your melody too little
Whether your agitation be in courtyard of the garden,
In nest, in the leafy branches-
This quicksilver-destiny cannot be separated from mercury.
Teach the nightingale to send forth its clamour;
Open the knot of the bud,
For you are the spring breeze for this garden

Immerse yourself in yourself, my forgetful one,
This is the secret of life,
Come out from the fetters of evening and morning
Become sublunary ephemeral
Before it's daring swiftly fell the ramparts of the skies;
May the nightingale wail pierce the listener hearts
May the clinking caravan awaken slumbering thoughts
Let the hearts pledge anew their faith to you, O Lord!
Let's re-charge our cups from the taverns of the past....

Anshu
Bcom 2

THE SILENT RANK

I wear no uniform,
No dress blue or Army green.
But I am in the military,
Among the rank rarely seen.
I have not a rank up on my shoulder, salute I do not give.
But the military is the world in which I live,
I am not the one who fires the weapon,
Who puts my life on line
But my job is tough,
I am the one that's left behind
My husband is a soldier,
A brave and prideful person
and the call to serve his country,
not everyone can understand.
behind the lens, I see things
needed to keep this country free
my husband makes the sacrifice.
I love the man I married,
Soldiering in his life.
But I stand among the silent rank
KNOWN AS THE
MILITARY WIFE.

Sushmita
Bcom 3

UPLIFTMENT OF GIRL CHILD

Let's discuss about the girl child upliftment. First and foremost, we need to understand the concept of "upliftment".

Consider general aspects, upliftment basically means any sort of improvement in a certain area or situation of a person or a group of people. Consider the word "improvement", it's not dominance. Upliftment and empowerment's about improving the position and giving the individual access to better situations and living conditions. Same is the situation with women empowerment and feminism. It never was and still isn't about demanding higher power or dominance against anyone. It's about improving the quality of life for girl child all in all aspects combined.

To be quite honest, it's very clear that the situation of a girl child has never been that good in a patriarchal country like ours. Everyday we come across a number of cases and crimes against young minor women. And these are the ones that are covered, imagine the number of malpractices that go undetected. Young women often feel unsafe and always exposed to bad public eye. The number of crimes keeps shooting up and provisions do no good. While we are here having a dialogue regarding the poor condition of minor women, somewhere a female child is being killed who didn't even get to see the world. Yes, female foeticide is still a thing. Although there have been made stricter provisions and rules against the practice, lots of cases of female foeticide go undetected if we consider rural areas. While we are on the topic of rural environment, young girls in rural areas are still not allowed to get proper education and are raised just to be married off, without consent.

Under the covers of modernization, some societies still exist that use rape based correctional therapies and such other evil inhumane practices for girls as young as 13 years. Other than these, teen pregnancies, lack of proper sanitation facilities, period poverty and other religious and traditional practices, makes it very clear that the condition of a girl child in a country like ours is miserable if not completely the worst.

The biggest reason for the poor conditions and why so many crimes go unnoticed is the lack of awareness. People all over the country should atleast recognize the problem and the situation of young women. We need intelligent and informative media coverage and sources especially in the rural areas. I have seen so many women who aren't even aware of their own basic human rights and are being continuously exploited.

Other than that, we need better provisions to provide young girls access to better facilities in every area. Access to education and better sanitation and period related facilities is a must. We need stricter rules against female foeticide and gender related abortions. Remember our voices and actions can sure make a great positive difference. Change begins with you. Mentor young girls and make

them aware about their rights and plans of action. If you see any malpractice anywhere, speak up and never back down. Tell the women in your life that you care. Have engaging dialogues and most importantly recognize the problem and amplify it as much as you can.

Oranoshaidar

Bcom 3

DOMESTIC AND FAMILY VIOLENCE

The least reported and discussed topic in our country is domestic and family violence. The traditional Indian culture and the subject matter of public and private life have made both a complex topic which results in justice but with a lot of struggle. Even the society feels ashamed to talk on such serious issues which are the root cause of backwardness of our country.

Domestic and Family violence is an abusive behaviour in which an individual gains power over another. When we hear the word we relate it with the abuse that women suffer. But along with women an abuse from intimate partner, with child and elders is also a part of domestic and family violence. Physical, mental and sexual abuse are part of this. A person who is abused doesn't even know that something wrong is happening with them.

Nowadays, men and women both suffer the violence. Whether it is physical, mental, sexual or being stalked by someone they know. While most of the incidents are minor such as slapping, hitting, grabbing, pushing which may result in serious or fatal injuries. All these small events have remained hidden and unreported.

Children who are victims or have witnessed domestic and family violence believe that abusing someone is a way to resolve a conflict. Men who have seen women being abused by their family members follows the same practice in their adulthood. Elders who are not in the condition to work because of the age factor may suffer from domestic and family abuse. They may not report it because of ignorance, shame, fear and guilt.

Maximum victims of domestic and family violence are remained unnoticed because of their own negligence. They just tolerate the crime against them. Maximum children are the victims of sexual abuse. The reason behind this is lack of proper sex education among them. A child must know about the good and bad touch. The rights made for women and elders must be taken into consideration. If someone feels that they are the victims of domestic and family violence or they have witnessed it somewhere, they must report it. Domestic and family violence put the victims under the state of depression. Victims may feel that they are being ignored by the society and no one will listen to them. But with the change in passage of time there are many laws and some societies which are made only for this type of violence which are suffered by the people of our country. A simple conversation about the violence

and its effects can help the society to stop such crimes. The laws should be followed strictly and the culprit must be punished.

**Ananya
Bcom 1**

समय ने पूछा एक सवाल

समय ने पूछा एक सवाल

और पितामह
बताओ, कैसे है
इस बाणों की शैया पर हाल?

क्या अब सुनाई देती है
द्रोपदी के चीर की पीर
या इस बियाबान में गूंजते
दुर्योधन अवहास के तीर
या इन पीरों को बांध बैठे हो
अपनी ही किसी प्रतिज्ञा में
कि आत्माना हो अधीर!
और पितामह
बताओ, कैसे है
इस बाणों की शैया पर हाल?

कर्म का फल मिलता है
यह कैसे तुम भूले
इतने अत्याचारों पर
मुख तुम नाखोले
अत्याचारी तो अत्याचारी है
पर मौन होकर रहना
भूल शास्त्रों में भारी है
अगर समर्थ है आप तो
विरोध आपकी ज़िम्मेदारी है!
और पितामह
बताओ, कैसे है
इस बाणों की शैया पर हाल?

**Priyanka Yadav
Bcom 3**

GLOBALIZATION AFFECTS

With globalization, competition has increased among rival units in a market, due to which companies are improving their marketing tactics. Advertising is one of those tactics, used to influence more customers. Numerous factors exist behind this trend, which is a negative development.

It is irrefutable that the prominent reason is globalization of domestic markets around the world, due to which, foreign trade is promoted on a large scale, surging the competition in market owing to this, enterprises are coming up with innovative ways to prove their product's specialization over those of competitors. With the passage of time, the market has shifted from producer-oriented towards consumer-oriented. Each company now focuses on the needs and satisfaction of their customers by advertising. Furthermore, some small-scale businesses lack potential and finance for setting up a new product base, so they try to modify the old ones to influence the market.

Business environment is dynamic and unpredictable, thus, only those who adapt with it, become successful, rest outdated and they eventually have to leave the market. For change with the external environment, businesses have to constantly bring new ranges of products. For example, Samsung is continuously launching the galaxy F+ series in 2022, with new features each time to keep up with the changing business environment, whereas NOKIA launched its latest series G20 in 2019, but it failed to influence the market due to its outdated technology. Another example can be from the telecommunications industry. JIO, grabbed the majority of shares in the share market owing to its strategy of free unlimited data, while AIRTEL and others have failed to do so. These are the reasons why companies nowadays signify their products in new and better ways.

Despite the causes, the nature of the act done remains the same. In this case, this trend of depicting old products as new, will still be unjust. This way, advertising is misleading the information of the products by showing false modifications. This act is against the rights of consumers. It will, significantly, break their trust in that brand and diminish its goodwill in the market. People will move their interests onto different brands, which will lower the former's sales and eventually, profit. Forcibly, the business has to leave the market due to running in loss. With these reasons, this trend is completely a negative development for society.

It can be concluded that false advertising can prove to be beneficial for producers but harmful for consumers. Also, for the protection of customers from such misleading acts, consumer unions should be strengthened.

Harshdeep Kaur

Bcom 3

THE 10 RULES

The most selfish one letter word- 'I' avoid it
The most satisfying two letter word- 'We' use it
The most poisonous three letter word- 'Ego' kill it
The most used four letter word- 'Love' value it
The most pleasing five letter word- 'Smile' keep it
The fastest spreading six letter word- 'Rumour' ignore it
The hardworking seven letter word- 'Success' achieve it
The most enviable eight letter word- 'Jealousy' distance it
The most powerful nine letter word- 'Knowledge' acquire it
The most divine ten letter word- 'Friendship' maintain it

Anjali
Bcom 3

विश्वास रखतू।

संघर्ष करतू, डर मत,
लोगों की क्यों सुनता है तू,
सिर्फ, खुद की सुनतू।

किस्मत से क्यों डरता है तू,
कर्मों पर विश्वास रख।
परिणाम से क्यों घबराता है तू,
मेहनत पर विश्वास रख।

एक बार हार गया तो,
कोशिश बारम्बार करतू।
जीत की ललक मे,
मेहनत कर दिन-रात तू।

चंदा की तरह चमकना है तो,
अंधेरे का इंतजार करतू।
सूरज की तरह उगना है तो,
अंधकार को तपकर गुजारतू।

नया सवेरा आएगा,

अंधकारसेमतडरतू।
धैर्यरखऔर,
मेहनतबारंबारकरतू।

भरोसाखुदपररखतू,
तेरीहारकामयाबीकीवजहबनजाएगी।
उम्मीदखुदसेरखतू,
तेरीजिंदगीज़मानेकेलिएमिसालबनजाएगी।

चमकसूरजमेंभीहै,
औरचंदामेभी।
बसदोनोकेचमकनेकावक्तअलग-अलगहै।
दुनियासेक्योंडरताहैतू,
क्योंकिसबकीकलाओंमेचमकभीअलग-अलगहै।

आसमांकेपरिंदोंकीतरह,
अपनीउड़ानभरतू।
वर्षासेक्योंडरताहै,
बादलोंकेऊपरकीउड़ानभरतू।

अकेलेचलनेसेमतडरतू,
क्योंकिभीड़तोभेड़ियेकीपहचानहै।
बननाहैतोशेरबनतू,
जोएकराजाकीपहचानहै।

कामयाबीकदमोंमेंहोगीतेरे,
खुदपरविश्वासरखतू।
लोगोकीक्योंसुनताहैतू,
सिर्फखुदकीसुनतू।

**Kajal
Bcom 1**

EXPENDITURE

In many countries, a big proportion of expenditure is being spent on exploring space. It is argued that money should be splurged on various important things other than space. In my opinion, there are other worthy matters in developing countries which should be funded as priorities.

Firstly, not every part of a nation is modern and developed. There are slum areas present in every corner of an underdeveloped nation, which lack even the basic necessities. Government must consider their survival as an important element to bring them above the poverty line by availing them of casual facilities such as food, clothing, shelter and education. These roles are played by various NGOs rather than higher authorities. Moreover, the education sector needs to be developed in terms of better learning facilities, qualified teachers and institutional infrastructure as education is the right of every citizen. Talking about the transportation sector, the government regulates railways and roadways, which are in extremely vulnerable conditions. For instance, trains in India are bulked with people even on the top, which is a matter of risk of lives. Therefore, high funding is essential in improving public transport. Agriculture is the key sector of every economy and it lacks farming equipment, specialized machines etcetera as only very few are able to afford them. The authority concerned should implement farm laws which are in the favour of farmers and invest financially on their issues.

Turning to the rest of the sectors, the medical sector is one of the most crucial elements in times of sporadic diseases. Laboratories, production of vaccines on a large scale, etcetera requires loads of money which can only be done by the administration. Business and industrial sector could be improved by opening new factories, attracting foreign investors to invest in domestic firms. This will increase the scale of imports and exports, gaining foreign exchange and overall development of the country. Also, more and more workers and employees can be employed in those newly opened firms and factories, thus coping with the problem of unemployment. Lastly, the surging global warming demands attention from authorities and needs large scale investment to find solutions and implement them. Few additional efforts are needed such as public awareness for keeping hygiene and recycling products for overcoming the environmental issues.

It can be concluded that the existing elements of any country should be prioritized for investing rather than exploring mysteries of the universe. Further, underdeveloped and developing nations cannot actually afford to ignore key elements and fund space exploration. The nation fully developed can think of it.

Harshdeepkaur
Bcom 3

Bidding
adieu to the
college life-
Farewells!







'Put
On Your
Dancing
Shoes'





COMPUTER APPLICATIONS SECTION



**“SUCCESS COMES AS A RESULT OF HARD WORK, PERSISTENCE,
LEARNING FROM FAILURE AND PERFECTION.”**



Education is the key to success in life. We, the teachers are only a vessel to make a lasting impact in your life. As a student, hard work always pays. It should be your best friend. For bright future, you need to set a clean goal and then work hard towards achieving your goal. This will guarantee your success. The best preparation for tomorrow is to do it today. Life always presents us with lots of opportunities, always make use of every opportunity that comes your way. The best way to determine your future is to create it yourself. Believe you can and you are half way done. Wake up every morning with high spirits for it and that will determine how your day will be. A successful person is one who knows the reason for his/her being a uses his/her creative powers effectively to create and control one's destiny as well as guide others. "Learning is treasure that can't be stolen and will follow the owner everywhere." Our own light must burn brightly before we can light another lamp. For teacher, student relationship is somewhat like a sculptor shaping a stone into a beautiful appearance. Our life and values must be an inspiration to the young mind entrusted to us as we are God's coworkers in forming and molding them. I wish to express my sincere gratitude to the Madam Principal, members of the staff, students.

Dr. Meenu Verma

HOD – Commerce and Computer Applications

“KNOWLEDGE IS THE POWER AND THE ACQUIRED KNOWLEDGE IS THE ASSET, WHICH CANNOT BE ROBBED BY OTHERS UNLIKE MATERIAL ASSET.”



It is the matter of great pride and privilege for me being a part of college magazine “ABHA”. Today when the world is at its peak of educational and technological changes, a developing country like India needs to look beyond academic excellence and has to find ways and means to provide the youth, a stress free, practical and job oriented education that enables the youth to achieve the objectives of competence, confidence and commitment which fulfills the aspiration of each individual. Human force mainly consists of body, soul and mind comes in total harmony with nature can down mountains. This is evident from what we see in Japan today. “Technology will never replace great teachers but technology in the hands of great teachers is transformational.” Technology affects people all over the world. Advances in technology have made our countries safer and our lives easier; they have also negatively affected our lives. Technology has brought us online banking, smart cars, smart TVs, lightning fast computers, and the virtual reality. Also, there include cyber warfare, hackers, identity theft, cyber stalking, and many other things. Technology has also brought about efficiency and quality in the manufacturing sector. Technological advancement has reduced the risk. Development is closely related with technology and the stage of development the human being has arrived could have been possible without the advancement in technology.

Yashica

(Student Editor – Computer Applications Section)

ARTICLE ON ARTIFICIAL INTELLIGENCE RISKS AND BENEFITS

In the quest for sophistication, human beings have consistently developed and improved various technologies. The reason behind such practice is to ensure that they come up with products that have ability to provide an ease with how they carry out various methods. Various activities have been taking place since human came into existence, as they sought to ensure to have a chance of serving in different environment found. The practice would cultivate in early 1760s during industrial revolution .During the period, various countries saw it possible to create different products for the masses to meet demand for different products as a result of growing populations .The concept outlines the use of computer systems to perform tasks that usually need human intelligence .There are such speech recognition , visual perception .The paper aims to outline various benefits and risks associated with artificial intelligence about transferring engagement .Artificial Intelligence have been found to have it has increased the level of performance of physicians at hospitals facilities .The hospital staff can use computer system specially developed to identify patients who are at risk .Through the process of drug formulation and clinical research , artificial intelligence has been used to analyze the vast amount of molecular information that relates to drug candidates to determine the general effects that it would have been upon.

Aarti Maurya

BCA 2nd 1024

INFORMATION TECHNOLOGY

The IT professional is increasingly being called upon to be a sleuth in the quest for the competitive market intelligence that is necessary to support the enterprise's overall business strategy. In today's fast changing market place it is essential to monitor the techniques of similar businesses and it is being called upon to fulfill that functional need. IT must provide marketing with answers to vital questions such as 1. How our competitors getting business? 2. Where does the enterprise look for new customers? 3. How our prospects targeted? 4. What services, products and prices do competitors offer? 5. What images do our competitors project and how does that compare to our image? The combined strength of marketing and IT Enterprises have depended on marketing for too long to provide competitive intelligence. Most IT professionals work with an organization and technically understand what they need in order to meet their needs, showing them what the current technology is that is available to perform their required tasks, then their current implementing technology in the setup, or creating a whole new set up. Information technology in today's world understates the scope of the critical career field. There is much-unexpected importance of Information Technology. Many companies now have IT departments to manage computers, networks and other technical areas of their businesses. IT jobs include computer programming, network administration, computer engineering, web development, technical support, and many other related occupations. Since we live in the "world of information", information technology has become a part of our daily lives. In the coming decades, many corporations will create so-called "IT departments" to manage computer technologies related to their business.

Aditi Sharma

1068 BCA-2

INTERNET ADDICTION

Incredible Urges to get away Not caring about what people say, They say it is a disease Every second I'm in need, without it I freeze Realize the power of internet Nothing can stop me from leaving it Everything else means nothing The internet is everything. A necessity to me Days go by why can't you see? Day I wish I could let this go Impossible to just get up and go Can't keep my eyes off the screen This has taken over me, without it I scream I need this to avoid suffocation Oh, I know this to avoid suffocation Oh, I know this is a depraved condition No, this is my internet addiction.

Harmeet

1069

BCA-II

CODING ERRORS

RUNNING THE CODE;
WHILE FORGETTING THE COLONS;
COMMITTING WITH AN ERROR;
WITHOUT HAVING TERROR.
BUT COMPILER COMPILING THE CODE;
DON'T HAVING ANY LODER;
IT'S NOT ONLY YOUR'S FAULT.
WHEN YOU WANTS TO RUN;
NOBODY HAVING A GUN;
SO, YOUR PROGRAM CAN RUN.
PLAYING WITH A CODE;
NOT THE EASY ONE;
BUT YOU CAN WON;
WITHOUT HAVING ANYONE.
COMPILER SAID:
NO NEED TO USE RETURN;
BUT STILL GETTING ERRORS;
AND YOU HAVE TO TAKE U-TURN;
AND DOING CORRECTION, CORRECTION AND CORRECTION ONLY.

KUMARI MEGHA

BCA-1 6012

INFORMATION TECHNOLOGY

THE MOST COMMONLY USED WORD THESE DAYS

Information Technology (IT), the word we use or hear now-a-days a lot, is the use of computers, storage, networking, etc. to create, manage, process and exchange information. In our day-to-day life, almost everything is dependent on technology and computers especially due to the pandemic. Preschoolers and schoolers were always advice for the less use of mobiles and computers so that they could have a good eye sight and now their whole study is in mobile and computers.

IT had made everything very easy; we can get to know about anything by just a single click but where there are pros, there are cons too. It provides a source of educational entertainment for the children, they allow children to learn new and innovative things without getting bored whereas it also provides a sedentary lifestyle to kids, they use mobile phones and computer whole day without taking care of their health, the number of children struggling with their weights has tripled. With the right guidance, IT is very helpful.

The work of most organizations would slow to a crawl without functioning IT systems. You'd be hard-pressed to find a business that doesn't at least partially rely on computers and the networks that connect them.

The three primary pillars for an IT department are:

1. IT governance: It ensures IT system are effectively running and in alignment with the organizations' needs.
2. IT operations: this includes providing tech support, network maintenance, security testing and device management duties.
3. Hardware and infrastructure: This focus area refers to all physical components on IT infrastructure.

We have great career opportunities in IT sector, for example computer support specialist, network system administrations, computer system analysts, information security analysts, etc.

If you want to opt IT career, you must have done basic course in hardware and software systems. While researching careers in IT, you will come across a term computer science. Computer science focuses on the logic and design of the underpinnings of the components that IT experts use to assemble business systems. Computer science career involve develop algorithms, write code, handle engineering of software and hardware whereas IT career involve install, maintain and enhance computer systems.

Riddhi
BCA-1 6047

TOP CAREERS IN INFORMATION TECHNOLOGY (IT)

The technology sector continues to grow. Tech professionals earn high salaries. It's a good time to launch a career in information technology.

By Genevieve Carlton

Information technology careers require strong technical and business skills. IT professionals work closely with business to understand their computing and technology needs. They then design custom computing solutions. Within the field of IT, professionals specialize in areas like information security, database administrations, and information management.

This article introduces the top careers in information technology.

Job outlook for IT professionals:-

IT professionals benefit from a strong career outlook. Computer and information technology jobs continue to outperform other fields in terms of IT salaries and growth. In May 2020, for example, tech professionals earned a median salary of \$91,250 (Rs68,37,595.1) per year. Recent job projection data projects 13% job growth in computer and information technology occupations from 2020-2030.

Top careers in IT:-

Within, IT professionals work in many areas, including information systems management, cybersecurity, and software development. We identified the top careers in IT for 2021 using salary and projected job growth rate data from the BUREAU OF LABOR STATISTICS (BLS). They are:-

Computer and information systems managers:

- Median annual salary: \$151,150(Rs1,13,32,297.43)
- Job growth (2020-2030): 11%

Computer and information systems managers oversee IT professionals and direct the technology-related activities for an organization. They manage teams that protect network security, install new software, and organize database.

Computer and information research scientists:

- Median annual salary: \$126,830(Rs1,691.21)
- Job growth(2020-2030): 22%

Computer and information research scientists research problems that technology can solve. They develop new uses for existing technology and build new technologies, including new computing languages. Computer and information research scientists also run experiments on computer operations.

Computer network architects:

- Median annual salary: \$116,780(Rs87,55,446.20)
- Job growth (2020-2030): 5%

Computer network architects design communication networks for organizations. From small networks to cloud computing platforms, computer network architects create custom data communication systems. In addition to technical skills, they bring business training to evaluate an organization's needs and create a network that serves those needs.

Software developers:

- Median annual salary: \$110,140(Rs82,57,950.26)
- Job growth (2020-2030): 22%

Software developers design and improve software programs. They develop new software based on user needs and upgrade software to incorporate new technology or add functionalities.

Software quality assurance analysts and testers:

- Median annual salary: \$110,140(Rs82,57,950.26)
- Job growth(2020-2030): 22%

Software quality assurance analysts and testers review software programs and identify problems. They conduct tests to reveal defects and errors. In addition to identifying defects, they review a software program's functionality and user experience.

Information security analysts:-

- Median annual salary: \$103,590(Rs77,66,851.89)
- Job growth(2020-2030): 33%.

Information security analysts implement security systems to protect private data from cyberattacks. They investigate security breaches to prevent future attacks.

Database administrators:

- Median annual salary: \$98,860(Rs74,15,483.66)
- Job growth(2020-2030): 8%

Database administrators oversee data storage and security systems. They maintain databases that store health information, financial records, or retail transactions. Database administrators design custom databases and restore lost data.

Computer systems analysts:

- Median annual salary: \$93,730(Rs70,30,682.61)
- Job growth(2020-2030): 7%

Computer systems analysts evaluate an organization's computing systems to create more efficient and effective procedures. Drawing on IT and business knowledge, computer systems analysts evaluate an organization's IT needs, research upgrades, and design new systems.

Computer programmers:

- Median annual salary: \$89,190(Rs66,90,37.44)
- Job growth(2020-2030): -10%

Computer programmers write code to run software programs. Working closely with software developers and software engineers, programmers test the code to make sure it functions as expected. Programmers then identify and correct mistakes. Computer programmers specialize in many programming languages, including Python, C++, and Java.

Network and computer systems administrators:

Median annual salary: \$84,810(Rs63,61.593.86)

Job growth(2020-2030): 5%•

Network and computer systems administrators design and monitor computer networks for organizations. They built networks to transfer and protect data. Network and computer systems administrators also install and upgrade hardware and software.

Advantages :-

According to BLS data, computer and information technology careers will grow much faster than other occupations. The field also offers a median salary of more than double the national median salary.

Outside of technology skills, professionals require strong problem-solving and communication skills to thrive in IT. A detail-oriented outlook also helps tech professionals. With a mix of hard and soft skills, technology professionals can advance their careers in IT.

Challenges:-

IT jobs come with several challenges. First, IT careers require strong technical and computing skills. Tech professionals must constantly expand their information technology skills to remain current in the field. They must be able to learn new technologies or technologies throughout their career.

After entering the technology field, professionals rely on their communication skills. Tech professionals may also need to communicate with customers who do not have a strong technology background. Witten by:

SUJATA VERMA

Roll no. : 6028

College: Post Graduate Government College for Girls (PGGCG)

Sector-11 Chandigarh

Date: 31/10/2021

ARTIFICIAL INTELLIGENCE (AI) and MACHINE LEARNING

Artificial intelligence and ML are very much related. According to McCarthy (2007), one of the founders of the field,

AI is “the science and engineering of making intelligent machines, especially intelligent computer programs. It is related to the similar task of using computers to understand human intelligence, but AI does not have to confine itself to methods that are biologically observable.”

This is fairly generic and includes multiple tasks such as abstractly reasoning and generalizing about the world, solving puzzles, planning how to achieve goals, moving around in the world, recognizing objects and sounds, speaking, translating, performing social or business transactions, creative work (e.g., creating art or poetry), and controlling robots. Moreover, the behavior of a machine is not just the outcome of the program, it is also affected by its “body” and the environment it is physically embedded in. To keep it simple, however, if you can write a very clever program that has, say, human-like behavior, it can be AI. But unless it automatically learns from data, it is not ML:

ML is the science that is “concerned with the question of how to construct computer programs that automatically improve with experience,” (Mitchell, 1997).

So, AI and ML are both about constructing intelligent computer programs, and Deep Learning, an instance of ML has achieved remarkable gains in many domains spanning from object recognition, speech recognition, and control.

This illustrates that ML and AI are indeed similar. Artificial intelligence is about problem solving, reasoning, and learning in general. Machine learning is specifically about learning—learning from examples, from definitions, from being told, and from behavior. The crucial point is that they share the idea of using computation as the language for intelligent behavior. Computation neither rules out search, logical, probabilistic, and constraint programming techniques nor (deep) (un)supervised and reinforcement learning methods, among others, but does, as a computational model, contain all of these techniques.

Yashica
BCA 3rd Year
11033/19

SELF DRIVING CARS

A self-driving car, also known as an autonomous vehicle (AV), driverless car, or robotic car (robo-car) is a car incorporating vehicular automation, that is, a ground vehicle that is capable of sensing its environment and moving safely with little or no human input. The future of this technology may have an impact on multiple industries and other circumstances. Selfdriving cars combine a variety of sensors to perceive their surroundings, such as radar, lidar, sonar, GPS, odometry and inertial measurement units. Advanced control systems interpret sensory information to identify appropriate navigation paths, as well as obstacles and relevant signage. Possible implementations of the technology include personal self-driving vehicles, shared robot-axis, and connected vehicle platoons. Several projects to develop a fully self-driving commercial car are in various stages of development, but there are no self-driving cars available for everyday consumers.

PC Magazine defines a self-driving car as "a computer-controlled car that drives itself." The Union of Concerned Scientists states that selfdriving cars are "cars or trucks in which human drivers are never required to take control to safely operate the vehicle. Also known as autonomous or 'driverless' cars, they combine sensors and software to control, navigate, and drive the vehicle." The British Automated and Electric Vehicles Act 2018 law defines considers a vehicle as "driving itself" if the vehicle "is operating in a mode in which it is not being controlled, and does not need to be monitored, by an individual".

With traffic congestion a thing of the past and commuters needing to spend less time actively engaged behind the wheel, we'll have more time to accomplish both personal and career goals. For those of us who will still need to commute to work, our self-driving vehicle will allow us to read, sleep, and even workout while we are traveling. Additionally, less traffic congestion means that commuters won't have to arrive at their jobs exhausted from long travel times, which should allow them to get more done at work. Driverless cars are poised to shake up multiple industries around the world, including industries like shipping, public transportation, and emergency transportation.

The benefits that driverless cars bring are real but first and foremost, current ADAS technologies still have a long way to go. For example, while many cars equipped with ADAS can clearly identify and adjust to a car in front of them, these systems still have a difficult time making adjustments at high speeds. Additionally, if an accident occurs and the highway is littered with dangerous debris, the front-facing sensors on the vehicle might not be able to see each and every little piece of metal, fiberglass, or anything else scattered across the road, which could result in your vehicle getting a flat tire and losing control.

In the future, it's not impossible to imagine that our vehicles will be equipped with various technologies capable of monitoring the vitals of individual occupants, and if the car senses that there is a medical emergency, the vehicle can then make the decision to drive to the E.R while getting in touch with the facility and uploading its information to the medical staff.

Yashica

BCA 3rd Year 11033/19

Thank You Notes to the Retiring Teachers



Simmi Sharma

Your pleasant manner and easy approach made you a great teacher.

You inspired us to have passionate zeal for our goals.



Harpreet Sukhija



Arun Lekha

Your simplicity and hardworking nature will always remain inspirational

You will be in our hearts as an inspirational teacher and mentor



Karun Lekha



Gurdamanjit

Your acts of kindness and compassion make you unforgettable

Best of luck for the Second Innings



Sangeeta Mehtani

Wishing you all the very best for your new assignment

Wishing you good luck for your new assignment



Murlidhar Soni



Pardeep Walia

Wishing you all the best for your new assignment

Wishing you good luck for your new assignment



Gurpreet

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