

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS

Sector-11, Chandigarh



Alba
2023-24

FROM PRINCIPAL'S DESK



Dear Scholars,

ABHA is a vibrant tapestry of emotions, skills, and creativity, embodying the essence of the spirit of PGGCGians. For decades, it has served as a platform for the imaginative minds in our institution, reflecting their intellectual and artistic potential. As an alumna and now as your Principal, I feel honoured to be part of this legacy, witnessing countless students embark on their journey from enrolment to the peak of excellence.

Dear students, knowledge knows no bounds. The world of books is infinite, and the pursuit of learning is eternal. Writing, beyond being a cathartic release, is a powerful medium for self-expression, skill refinement, and the discovery of latent talent. As Emily Dickinson aptly said, "I know nothing in the world that has as much power as a word. Sometimes I write one, and look at it, until it shines." Words have life; they shape our thoughts, fuel our creativity, and help us develop perspective. And creativity, once nurtured, only grows.

In today's competitive world, excellence must be pursued vehemently, but with wisdom and integrity. True success is not about diminishing others, but about uplifting oneself while respecting the talents of those around us. Differences of opinions are inevitable, but they should serve as catalysts for constructive dialogue rather than division. Each of us possesses a unique gift, and our greatest responsibility is to harness it for the betterment of society and the nation.

As India rises on the global stage, it is our duty to contribute to its progress. Former President Dr. A.P.J. Abdul Kalam wisely noted, "When learning is purposeful, creativity blossoms. When creativity blossoms, thinking emanates. When thinking emanates, knowledge is fully lit. When knowledge is lit, economy flourishes." The youth of today, especially young women, must be the torchbearers of progress, the ambassadors of change, and the architects of transformation for nation-building.

Whatever path you choose—be it in academics, arts, sciences, or social service—remember that every contribution, no matter how small, adds to the larger success story. As Dr. S. Radhakrishnan profoundly stated, “The end-product of education should be a free creative man, who can battle against historical circumstances and adversities of nature.”

At PGGCG-11, we are committed to holistic development, empowering you to make informed choices and drive meaningful change. Do not seek to imitate others. Instead, recognise your strengths, unlock your potential, challenge yourself, and strive for continuous improvement. As Swami Vivekananda wisely said, “Arise, awake, and stop not till the goal is reached.” Stay optimistic, be confident, express your thoughts boldly, dream fearlessly, and carve your own unique path. Let your journey inspire others.

My best wishes

Prof (Dr) Anita Kaushal
Principal
PGGCG-11 Chandigarh

EDITORIAL

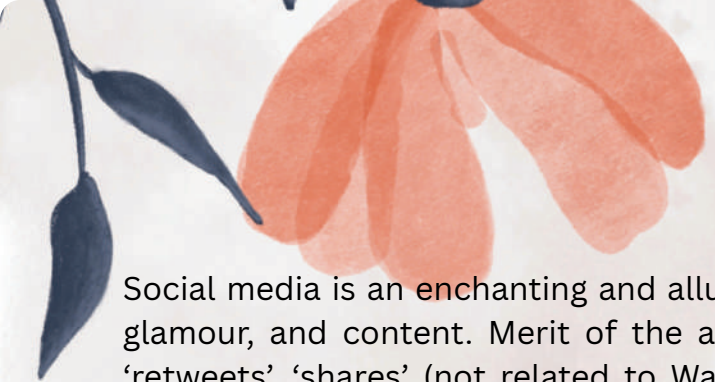


REEL-/ REAL World

Dear students,

‘Knowledge is power’, so we believe. It is with this strong belief that we dive into the world of social media and reels/shorts to gain that extra bit of knowledge/information that might give us an edge in this cut throat competitive world. To have that power we are frantically hoarding information in our mind (like Professor James Moriarty’s memory palace) and on our devices. But in this race to catch up with the latest news/trends/reels/memes, we are missing on the real life around us. Important consideration would be when exactly are we going to use this stashed information? Is it for some distant future or are we going to put it to use instantly? If it is former than trust me it would be obsolete by the time we wish to put it to use, and if it is latter, then we need to discuss it further.

Apart from being a storehouse of verified/unverified knowledge/information, the reel-world is also a source of inspiration. In the world of start-ups and entrepreneurial skills, we enter this reel world with a searchlight constantly looking for ideas. And since most of us believe that inspiration is the key ingredient of success, that is exactly what we look for in the ocean of reels. This reel world seems a perfect gateway to success. ‘Popularity’ in youngsters is often considered a synonym of success (a person with n number of ‘followers’ is naturally considered successful). So, it is imperative to ask at this point if this one parameter of success is enough or should we be looking at something more tangible than a click of a mouse, that which can impact our life beyond 30 seconds?



Social media is an enchanting and alluring world. Its magic lies in humour, quirkiness, glamour, and content. Merit of the available content is measured by 'views', 'likes', 'retweets', 'shares' (not related to Wall Street or Dalal Street either). This quest for inspiration, novelty, popularity, and success is so urgent that before we realise it, the innocent seconds (lifetime of a reel) soon turn into hours. Hours not necessarily spent constructively.


Algorithm has the greatest power in the virtual universe (social media or otherwise); by influencing our choices, it is inadvertently controlling our life. With constant disruptions it is directing our attention wherever it deems fit. On internet, real choice is a myth. AI driven algorithms are the true influencers. With overexposure to the reel-world, our attention span has been reduced to 30 seconds or less. This is no conjecture but verifiable from our classrooms as well. The acceptance of this reduced attention span is evident from the fact that nowadays the content creators for OTT mediums are looking for content compatible with second screening. The ones running the 'show' (pun intended) are not there to rectify our behavioral flaws, but to incorporate those and work around it.

So, dear students, life- real life, is more than those 30 seconds. It takes more time shaping itself, than it takes for you to view and scroll down those reels and shorts. Learning can be fast, as fast as you are capable of, but for real life to unfold- it takes more than a reel time. So does lasting success.

Internet and social media will not tell you who you are. To know that, you will have to devote time on yourself not on the device in your hand. Before you go looking for inspirations, know your capabilities/strengths, your dreams, and your aspirations; again, away from the device in your hand. Hone your skills, have faith in your dreams. Live thoughtfully. ~~Beware~~ Be aware of the content you are spending time on, make sure it genuinely empowers you for the real life away from the devices. Take a breath and see that life is happening to/around you in the real time. Take your head out of the screen, know the difference, and enjoy the real life.

Best wishes

Dr. Tanuja Pathak
(Chief Editor)



Mission and Vision

Vision

- With motto 'Courage to Know' the institute envisions to instil a firm resolve in the students to strive for the best and have the desire and the courage to know.
- The emblem of the college, 'The Tree', stands for steadfastness, strength and stability.
- To integrate academics and community outreach in a way that students can serve as agents of social change.

Mission

- To promote knowledge sharing and ensure holistic development of the students through education and empowerment.
- To enable them to actualise their potential and turn into an educated and informed citizenry.

MISSION



VISION



Objectives

- To develop the institution in tune with the global trends.
- To make the teaching learning process more interactive.
- To create more opportunities for research for faculty and students.
- To focus on holistic development of students by integrating curricular, extracurricular and sports.
- To cater to the needs of the underprivileged sections specifically SCs, Divyangjan and other minorities.
- To make the girls empowered so as to attain self-reliance.
- To make the institution socially responsible by carrying out extension, outreach and awareness generation activities.



Outstanding Achievements



- **NAAC Accredited 'A' Grade** in its third cycle, highest among all Arts and Science Government colleges in the city.
- Ranked **37th among Science Colleges, 43rd among Arts Colleges and 51st among Commerce Colleges** by India Today.
- **23rd in Science, 38th in Commerce and 42nd in Arts** in **The Week-Hansa Colleges Rankings 2023**.
- Ranked **1st in Arts, Science and Commerce** in the category of State-wise Government Colleges **Open Magazine Best Colleges Rankings 2023**.
- Ranked in **top 200 colleges of the country** in NIRF Rankings.
- **College IIC awarded a 4-Star Ranking** by Institution's Innovation Council, Ministry of Education, Govt of India.
- The college won the title of **Eat Right Campus with a five-star rating** awarded by the Food Safety and Standards Authority of India for the second time.
- PGGCG-11 received **State NSS Award for the Best NSS College Unit**.
- PRAKRITI- The Environment Society of the College was adjudged as the **Best Environment Society** among the city colleges by the Department of Environment, Chandigarh Administration.
- PGGCG-11 is the pioneer in the region to install the **Windrow Composting System** wherein all food waste from the College canteen and mess is collected and Compost is generated from it.
- College won **second prize under the Best Maintained Campus Category in 52nd Chandigarh Rose Festival 2024** and in cultural items Luddi team of the college bagged the First prize.



Outstanding Achievements



- Awarded **Vice-Chancellor's Trophy** in the **64th Panjab University Inter-Zonal Youth and Heritage Festival** held at Dev Samaj College for Women, Ferozepur, Punjab from 3 – 6 November, 2023.
- **Overall Trophy** for the **Tenth consecutive year** in **Panjab University Zonal Youth and Heritage Festival** held at MCM-DAV, Sector-36 Chandigarh held from 7-10 October, 2023.
- **Group Dance Team** felicitated by **Governor H.E. Shri Banwari Lal Purohit** in **GRRID**, Sector-31, Chandigarh for winning **First Prize** in intercollege cultural competitions.
- PGGCG-11 Cultural team was selected to present a '**Cultural Evening**' at **Punjab Raj Bhawan** on the occasion of **Jharkhand State Formation Day** and **Bhagwan Birsha Munda Jayanti**.
- Earned **Outstanding Grading for Sustainability** by **MGNCRE, Department of Higher Education**, Ministry of Education, Government of India.
- Bagged **First Position in Swachh Ward Survey** by **Municipal Corporation Chandigarh**.
- The College has been recognized as a '**Sustainable Campus**' for adopting the best practices in the areas of sanitation, hygiene, waste management, energy management and greenery management by the Ministry of Education, Govt of India.
- PGGCG-11 was nominated as a **Finalist in International Green Gown Awards**.
- The College won **Gold** in the '**Most Innovative Renewable Energy Programs/Projects in India**' category at **9th International Conference and Exhibition on Smart Energy and Smart Mobility**.

Outstanding Achievements



- Conferred with **Certificate of Appreciation for successfully completing The Use of Gandhi Chhadi and Waste Management Swachhta Drive** by Government of India.
- The College is a **Certified Member of Global Waste Cleaning Network**.
- **Prof (Dr) Anita Kaushal, Principal PGGCG-11** honoured with **Sapt Sindhu Shiromani Award for Leadership and Dedication** in the field of Higher Education at Sapt Sindhu Lit Fest 2024, Panjab University.
- PGGCG-11 signed **Eight Memorandums of Understanding (MoUs)** with different organizations for promoting entrepreneurial skill development, outcome based trainings, placement related services and also to promote community welfare by addressing issues relating to food habits and lifestyle diseases in our society.
- Students showcased the rich heritage of Punjab through their energetic performance of the Heritage Dance Luddi at Parade Ground, Sector 17, Chandigarh on Republic Day 2024
- **Mehak Saini** from the PG Department of Fine Arts of the college won 2nd position and a cash award of **Rs. One Lakh in the Poster Making Competition** in the National Youth Festival held in Nashik, Maharashtra from 12 – 16 January, 2024.

Outstanding Achievements

- **Mehakdeep**, our student made not only the institution, but also the city of Chandigarh proud by making a **speech in the Parliament on Gandhi Jayanti**. She won the first place in Solo Drama at National Art Utsav, Bhubaneswar. She participated in the discussion in the Prime Minister's Pariksha Pe Charcha and was also invited to the Republic Day Parade at New Delhi.
- More than **150 top ten merit positions** in Panjab University Examinations out of which **15 students** were awarded **Gold Medals** at 71st Convocation of Panjab University.
- **Thirteen students** qualified **UGC NET** examination and **three students** cleared **GATE Examination**.
- **Sixteen members of the Faculty** are recognized **PhD supervisors** of Panjab University and are currently supervising research scholars in different disciplines registered in PU through the College Research Centre.



Institution Social Responsibility (ISR)

- The college was felicitated by Hon'ble Sh. Banwarilal Purohit, Governor of Punjab and Administrator UT, Chandigarh for Cyber Swachhta Mission and Cyber Safety and National Security Program.
- Received a **Certificate of Appreciation** in recognition of the success of **Electoral Literacy** in the College.
- **Certificate of Appreciation** from the **Narcotics Control Bureau, Chandigarh** recognizing our dedicated efforts in fostering awareness and contributing to the mission of drug control.
- **Skill Based Training Programme on Vermicomposting Technology** conducted for Entrepreneurship under the aegis of **Director Higher Education, Chandigarh Administration**. The outcome of the programme included the harvesting of **1300 kgs** of vermicompost in the campus.
- Recognition for the promotion of **Social Entrepreneurship for Swachhta and Rural Engagement Cell (SES-REC)** by Govt. of India.
- Felicitated by Department of Education, Govt. of India for successfully completing **The Largest Plantation Drive** in Higher Educational Institutions.
- Recognized as **Beat Covid Campaign Institution** in Each One Reach One Covid Mission as a part of Beat Campaign initiated by Mahatma Gandhi National Council of Rural Education, Ministry of Education, Govt. of India.



Outstanding Achievements



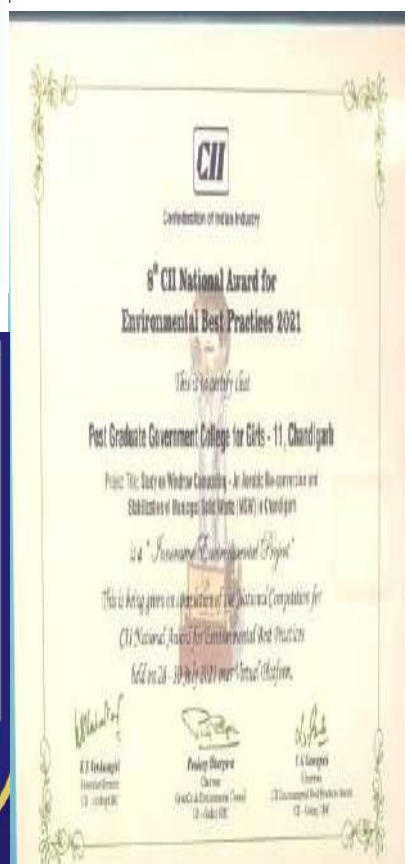
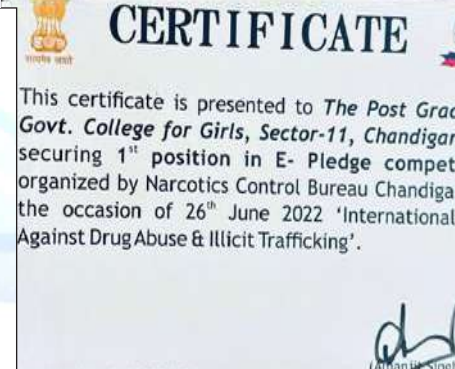
Post Graduate Government College For Girls

Finalist/Finalista
2022

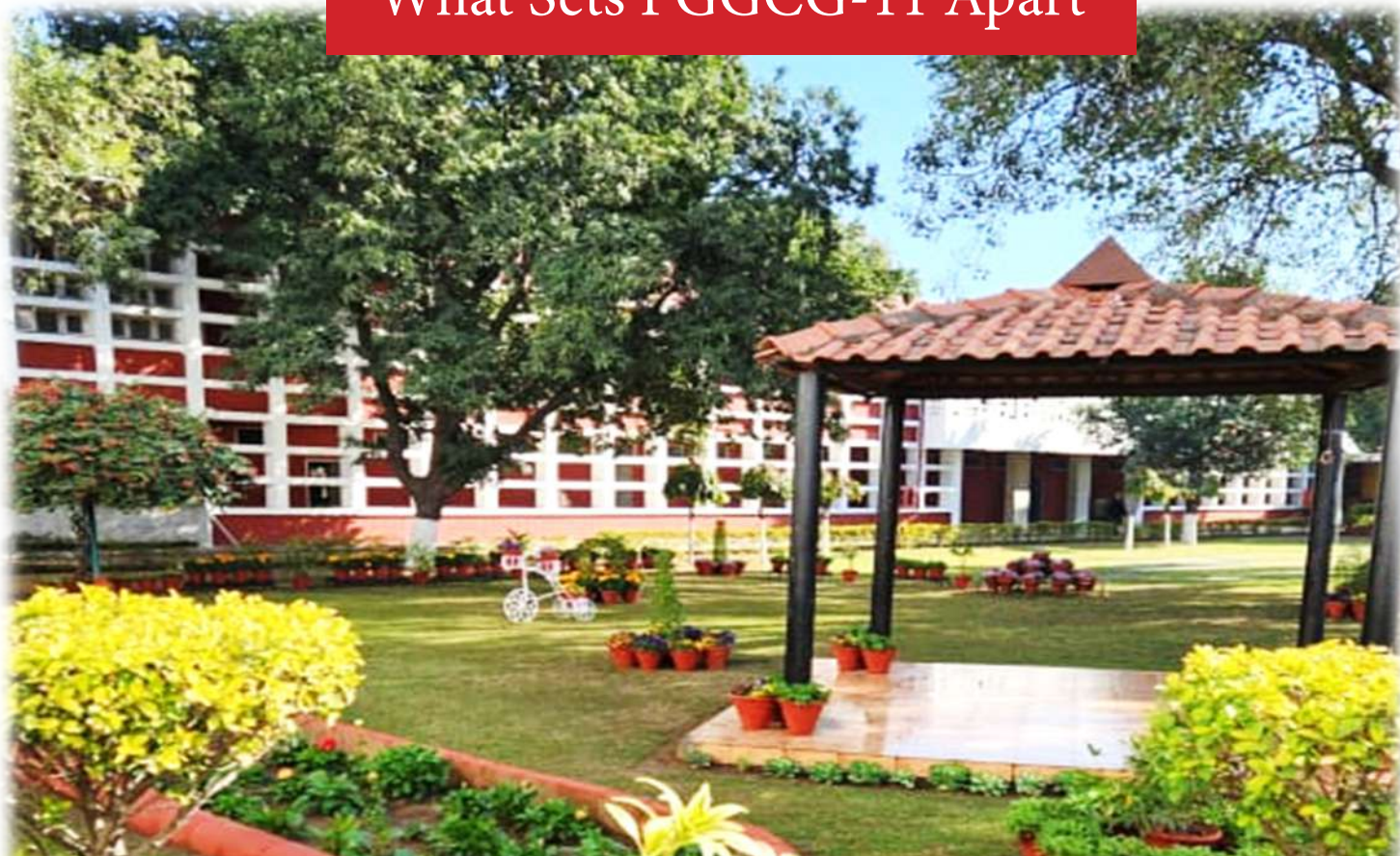
Creating Impact
Creando un impacto



The International Green Gown Awards are administered by EAUJ



What Sets PGGCG-11 Apart



- Centrally located and easily accessible campus.
- Students from diverse social, cultural and geographical backgrounds.
- 100% results in majority of disciplines.
- Highly qualified and committed faculty.
- 1st position in Swachh Ward Survey.
- Interactive teaching methodology.
- Active Career Guidance and Placement Cell that organises regular placement drives.
- Institution Innovation Council (IIC) to promote entrepreneurship and innovation.
- Proactive Counselling Cell -SAARTHI
- More than 97,163 books, 52 print journals, 70 print magazines, 17 newspapers, and 905 rare books.
- Library is equipped with internet facility, INFLIBNET, RFID System and BRAILLE Corner for Divyangjan.
- Special facilities such as lifts, ramps, special washrooms, wheelchair, reserved parking area etc. are available for Divyangjan.
- 100% course content available on the E portal
- Ph.D. in five disciplines and a separate Research Centre for its scholars.
- A Multimedia Room equipped with the advanced digital devices to conduct seminars, conferences and meetings.
- Indoor and Outdoor State-of-the-Art gymnasium for the students and faculty.
- ICT enabled classrooms with LCD projectors
- 4 hostels which can accommodate 1000 students.
- Dispensary with 24x7 nurse is available on the campus.
- Round the clock CCTV surveillance
- Fire safety mechanism.
- “Eat Right Campus” certification by FSSAI
- Windrow Composting system which generates compost from food waste.
- Departmental and inter-disciplinary societies to carry out extension activities.
- The college has eight NSS units comprising of 800 volunteers.
- NCC Army Wing and Air Wing volunteers attend State and National level camps.
- Regular tutorials are held for interaction with the students under mentorship programme.
- Parent-teacher interactive sessions.
- No-smoking and no-plastic zone.

ENGLISH SECTION



FROM THE DESK OF STAFF EDITOR



Welcome my dear students and faculty members to the annual edition of Abha, the college magazine. Today, we inhabit a world which is changing so fast that we can barely keep pace. Technology in all its forms touches every aspect of our lives. Social media keeps us on our toes as we're always fed with information about other people's lives. Things which were earlier expressed privately are now expressed as publicly as possible. With so much happening outside us, we have no time to think of what's happening inside us. We're chasing the elusive thing called happiness using the wrong means.

However, authentic happiness is always independent of external conditions. How easily we're bedazzled by impressive job titles, degrees, honours, fancy possessions, expensive clothing or a suave demeanour. We assume that people who possess all this are very fortunate. But don't make the mistake to assume that celebrities or wealthy people with great artistic or intellectual gifts are necessarily happy.

Remember dear reader, the real happiness is found only in things under your control. Within our control are our own opinions, aspirations, desires and the things that attract or repel us. Outside our control are such things as what kind of body we have, whether we are born into wealth or strike it rich and how we're regarded by others. These are externals. Trying to change them will only result in torment. If you keep this in mind you won't find yourself feeling envious or forlorn, pitifully comparing yourself and your accomplishments to others.

Stop aspiring to be anyone other than your own best self- for only that falls within your control.

Ms Kamaldeep Kaur
Assistant Professor
Dept. of English
PGGCG- 11, Chandigarh

FROM STUDENT EDITOR

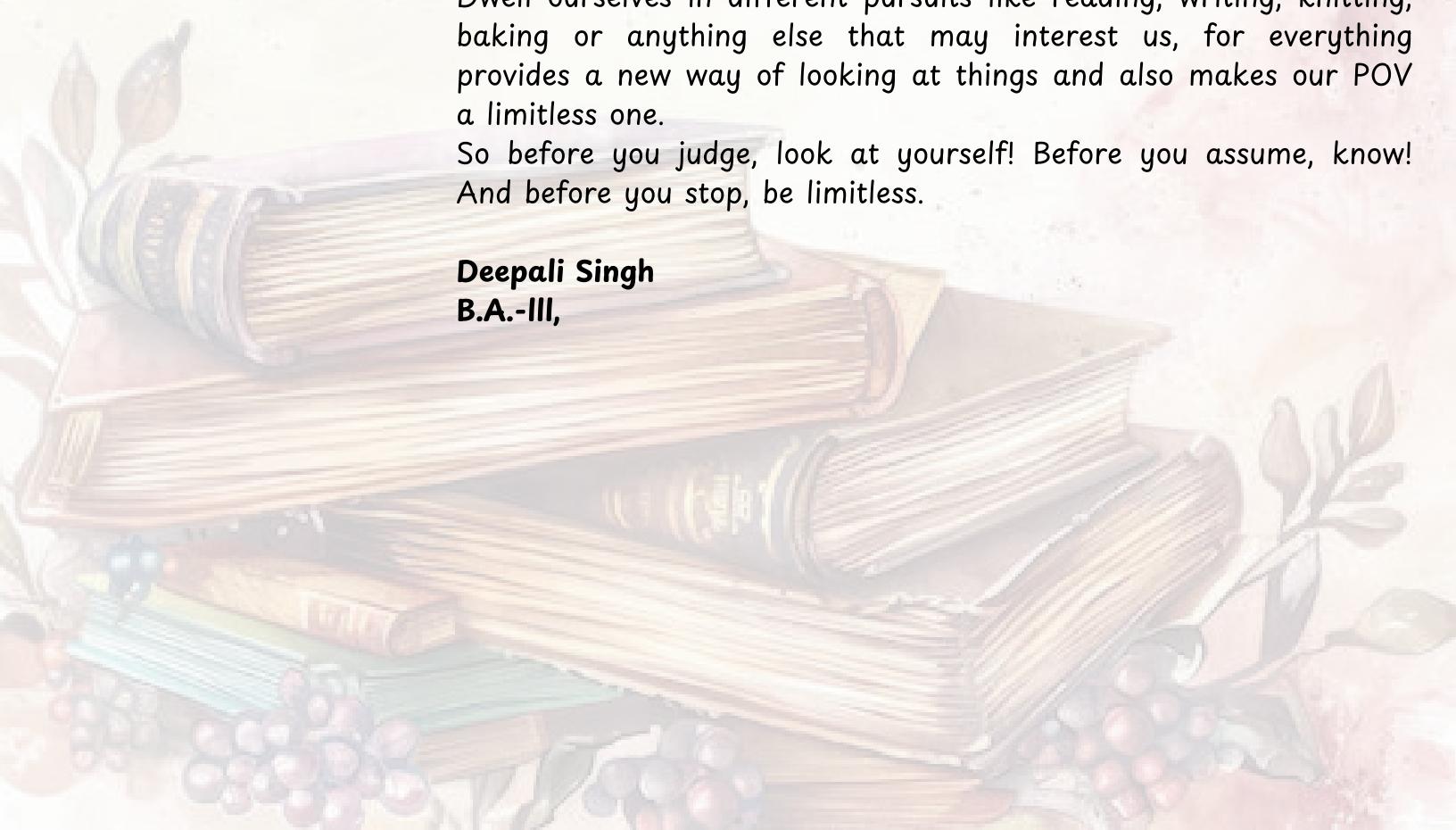


From a young age I wished to see myself through the eyes of someone else. Like when I was performing on stage or entering a room, I wanted to see how I looked to the others. One can say that the camera and confessions helped but couldn't satisfy that desire completely. However, I also realised in my two decades on this planet that others' perspectives are also not of that importance. "What we think, we become." Buddha put a lot of wisdom in these mere five words, telling us that it is only what we think of ourselves that matters. From teenage to varying spans in different people's lives, we keep thinking about people's opinions. We keep wondering how we'll look to others when the only thing we should be concerned about is how we'll look to ourselves.

Though we have been gifted with only one POV, I think it is also the most lasting one. And since this is what we carry with us throughout our life, we should make sure that it is a good one. We should invest in developing a sight which is unbiased and ever ready; not biased to anything and ever ready to learn and unlearn things. World provides limitless things to be seen and experienced and it is important that in our limited time on this planet we try to experience them and keep ourselves open to all possibilities. Dwell ourselves in different pursuits like reading, writing, knitting, baking or anything else that may interest us, for everything provides a new way of looking at things and also makes our POV a limitless one.

So before you judge, look at yourself! Before you assume, know! And before you stop, be limitless.

Deepali Singh
B.A.-III,



POET'S PALETTE

IT HAS BEEN A LONG TIME

It has been a long time
Of not letting it stay.
It has been a long time
In crying for nay.

It has been a long time
In finding the right way.
Having understood the mistakes
And rising above the curtains.

Courage comes no easy
Far away it lays
Little clouds rising up
Causing me to delay.

My eyes have a downpour in cushions
Everything seems to betray.
Searching for sunlight
It has been a long day.

A lot did she say
Less did I obey.
A lot I spoke
Wish I could unsay.

The past is gone
The future will repay
It has been a long time
Turning white to grey.

Sukriti
B.A.-II, 10035/22

THE SURVIVOR'S PLIGHT

Sitting on the bed,
Wondering in my head,
About the lives being laid,
In the wars unpaid.

In the teary warfare,
With no love in the air,
Why the attitude
Stands unswayed?

No guilt, no shame
Just to earn yourself a name,
for petty ego
Innocents being slain.

Funerals overlaid
Ambulances on the raid
Every heart shatters
Hearing the sirens being played.

Angels cry
Devils laugh
Considering violence as the
Puppets are betrayed.

Ashjit Sandhu
B.A.-I

SHE

She is not a queen
But a lil bean,
She is not perfect
She just tries, tries and tries
And just tries many times.

She is smart but also rude
She is grace but also fire,
She looks soft-
But has a heart made of
Umm... not roses but rocks.

She has the whole universe in her eyes,
Dreams in her mind and family in her heart.
A focus on the present
And also the long term goals.

She looks upon the place
Where she was born.
She wants to see every colour of life-
Because having no regrets
Is all that she really wants.

She wants what she wants!
She's not a queen
Because she needs no titles to be one,
She's already 'The one'.

Hasrat Chauhan
B.A.-III 5397/21

THE AGONY OF A MOTHER

I lift my head ,I find my mom,
To prevent me from the burning scorn,
The stillness of the moon,
The tenderness of the sun,
She gave to me and
To her dear son.
The brunt of the mess,
She takes on her,
To protect her 'sun'
From being run.
He had his doublet for the press,
His age was twenty one I guess,
His hat and bonnet from Germany , France,
He gave his parents a single glance,
Seven years passed to at least
meet her son,
Yet no word of her only shining one.
She wished and prayed and held her breath,
For the only one who was her strength,
She questioned about the one she couldn't find,
And the whole world appeared unkind.
Oh! Someone send her the news of her friend,
That woes and pleas of her may end!
For she hath no other friend,
She hath no other friend.
I couldn't help but pity her,
The mother whose prayer ,
Was for the one,
Who left her burning in the scorching sun.

**-Snehil Rana
B.A.-I**

HER ICY SERENADE

She arrives singing an icy serenade,
turning the familiar streets into a canvas of silver blues.
Wearing a snow gown embroidered with nascent moons.

A crystalline crown ,
under the dove grey sky with each hue darker than before.

Confessing that her mother was not willing to give her a rainbow palette ,
so she brought out every shade from beaches, woodland and a perfume of meadow.
The blue of sea or sky and every shade of brown from almost white to almost black ,
everything arranged in an ineffably peaceful harmony.

As if God is asking me to see the spark,
the spark that remains even when the world is frozen.

I saw the river that appears still,
but I chose to see the water that flows underneath the blanket of ice.

She takes my hand and walks me down to a wide avenue,
her touch feels like an ethereal frozen lace; delicate and cold.

I saw her eyes, illuminating brilliant watery light; chaotic and
Me wondering if she looked right into my soul and pulled the weather out.

I run, run past the trees who stands like ballet dancers,
standing proudly as if the bare silver brown skin was their glory all along.

We reached a cliff, bejeweled with frost,

She quietly shattered her chain and gave me a pretty flower.
Just then, slipping off my feet brings my attention earthwards,
only to find myself in the lap of spring.

**-Umang Bangar
B.A.-III**

A BUTTERFLY

Through those windows that show you the world during daytime
And give a peek to the passersby at night,
I saw a butterfly among the greens
With colours magnificent and graceful flight.

It looked like a Mirage
of some world imagined,
I wondered what magic it spilled
That I couldn't distract, remained pinned?

Beauty finds no difficulty
In taming the eyes,
But the butterfly captured
that part of me which was wise.

I looked at her colours
But admired it for her spirit,
That challenge of weeks
Couldn't break, couldn't shift.

It became in my eyes
A symbol of strength and perseverance
And not the conventional beauty and grace,
For there are things worthier
Than the exterior, shell or face.

The butterfly like some angelic light
Treaded my garden, but also my core,
Where prejudice and judgements
Had accumulated plenty in store.

So I learnt, not to see and decide
But to understand,
That everyone is on a different step of the journey planned!
On a different step of the journey planned!



-Deepali Singh
B.A.-III, 5147/21



WHY ARE YOU ASKING?

What I was wearing, why are you asking?
Where I was going, why are you asking?
Wait, does that seem to be my fault,
Why do these questions seem to hit like a bolt?
Yes, I was wearing a mini dress,
According to you, full clothes are best.
A two year old girl was raped,
Eighty year old woman-in a saree she was draped,
Still no humanity twelve times she was raped.
Still it's the matter of clothes you are saying,
But do your actions justify your way?
Somewhere it's a young daughter or it's an old mother,
But clothes should hide well is all that you utter.
Wearing a short dress doesn't mean we are asking for it.
We get ready for man it's only a myth,
Please be some shameful at least use your wit,
It might be our favourite dress. What is so abnormal about it?
Why not ask that man who was lusty?
Why not question his mentality which was rusty?
His judgement which is blurred with prejudice
Can it be possible that his eyes must be dusty?
Will you still ask where I was going?
I was going to the club one says,
But I was going to the temple the other says.
Will you still ask with whom I was going?
I was going with my boyfriend one says,
But I was going with my brother.
Which place, which person, what time is safe?
Actually the point is that you are holding a wrong case.
Please understand the pain we hold,
You can't even imagine the blood that flowed,
The amount of emotions we always owed,
But you can't understand even if it's told,
Lots of writings on this evil have been composed,
But I know it will always be opposed.

-Kirti

B.A.-II 10520/22

DEVI

I am not going to change.
Lock me up; tangle me in social chains,
But you will regret when my soul will infuriate.

It's enough of you all suppressing me,
Making me a robot and victimizing me.
It's enough of me tolerating the world,
Now I am confident and here I speak my
words.

I am not a survivor anymore; I am not a slave
anymore,
I am an individual whose thoughts are clear
and the voice roars.
I am not a system controlled by the society,
I am a person who lives with dignity and
carefree.

Lie down on Earth, get pious in river,
You worship the goddess whose fear makes you
quiver.

Mother Nature lends from its each anatomy,
A feminine essence each element carries.

And the lady working in shattered homes,
Doesn't she deserve to be worshipped or even
taken care of?

She is the creator, a sister and a daughter,
For the family she dies and acts as an armour.

She holds the seeds of trust and innocence,
And always pacifies the sudden turbulence.

She holds her identity as a Devi,
And for assisting others, she is always ready.

All the girls out there; do not keep quiet,
All the elegant ladies; do not press your voice.

All the powerful females; do not stop
dreaming,
All the divine Devis; do not ever think of
giving in between.

No need to burden yourself with illogical laws,
It's okay to break the blemished societal
flaws.

No need to respect the social obligations,
That is just meant to imprison your grace
and fascination.

You are beautiful; you are worthy to be
appreciated,
You are life; you deserve to be nourished.
You are happiness; you are meant to be
cherished,
You are free; you are not created to be
demolished.

Fight against the world, for the umpteenth
time,
You are potent enough to hide your pain and
smile.

Be the limitless sky, impossible to measure,
You are the queen and charm is your
treasure.

IN THE TAPESTRY OF MEN'S BEAUTY

All the stories of beauty, in poems and songs,
Are often about women, where joy belongs.
But did you ever notice the men, with hearts
so strong?

When they share a bright smile, it's like a
happy song.

With their messy hair, a sleepy serenade,
Soft whispers at night, a gentle escapade.
Their gaze, so deep, like a never-ending
cascade,
In their strong hands, facing challenges
unafraid.

Yet, behind the toughness and the rugged look,
Beauty quietly resides, like a hidden brook.
Their eyes are captivating, with a soulful
outlook,
In their kind gestures, love can easily be
forsook.

Yes, men are beautiful, in every step they take,
Especially in their tenderness, where emotions
wake.

With caring hearts and love as their guide,
In the tapestry of beauty, men too are side by
side.

-Mehak Thakur
B.C.A.-II, 11002/22

MY STORMS

The rainbow started fading away
The soft shower is now a furious storm.
My life I see falling apart,
Brick by brick crumbling.

I've lost my ground
And I can't be found.
I'm lost somewhere in my dreams.

The storm grows stronger
With every passing minute,
And I see no way out
Nowhere to escape,
Nowhere to breathe in peace,
Nowhere to lie still,
Nowhere with no worries,
Nowhere I can just exist
Without being anything.

I hear the storm screams
I hear my people's voices,
They call me hope, faith, desire, need,
But I see nothing in myself.
I close my eyes
And pray for the storm to quieten.

The detritus flies around me in a whirl,
Scratches and cuts and wounds and hurls,
I bleed and heal and smile and smile.
I wear a new armour at every mile.
They call me a warrior,
But I see myself losing all the battles.

My blood mixes with my tears
To prepare the elixir of life.
Too bitter to consume,
Too expensive to lose,
But that's all that remains of me,
Today, tomorrow and for the times to come.

-Vandana
B.A.-III, 5020/21

SUCCESS

Take time to work;
It is the price of success.
Take time to think;
It is the source of power.
Take time to play;
It is the secret of perpetual youth.
Take time to read;
It is the foundation of knowledge.
Take time to share;
Life is too short to be selfish.
Take time to laugh;
Laughter is the music of the soul.
Take time to love and be loved;
Love gives life a meaning.
Remember to be friendly;
It is the road to happiness.
"Whatever you choose to do in life....
Do it with all of your heart".

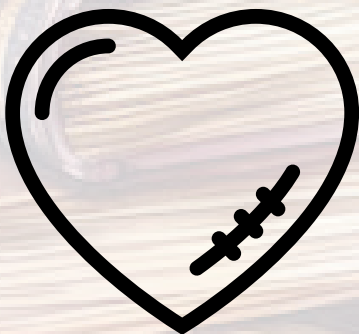
-Preeti
B.A.-III, 5393/21



THE SECRET LESSON

From holding hands to sharing food
To witnessing mountain top to watching underwater fishes
From trying shots to dancing together
From Getting tan together to exploring streets while being
high
From watching stars together to expressing our heart out
And
From talking about future together along the seaside to
we don't share the chemistry
From all willing to get into to not available or willing to
stay by
From showing them how being loved feels like to showing
you how being loved looks like..
We all have scars

-Mahima Benal
B.A.-III



I HAVE GROWN UP

I have turned twenty,
hmm I have grown up (at least I think so),
But why does each day still seem uneasy ?
Why can't the sparkle be seen nearby ?
ahh life isn't ready to introduce it's meaning,
so I let it be,
didn't complain,
no question of arguments,
after all she is my whole family,
I told her you need time it's okay,
I understand,
wouldn't ask you anything,
I know you will show up,
'cause I have grown up.
till then, I'll see you in the sunshine ,
I'll thank you in my love,
I'll feel you in the soft breeze,
my heart is ever ready to greet you,
but please please you can't take much time,
of course things are piled up to be solved,
your girl needs to sit in the captain seat,
have to sail the ship,
have to find the island,
'cause now I have grown up,
so I need to charge up.
wandering in the usual routines;
I shall try to find you,
may you be dressed differently so that I can register you,
but yes , you boss lady
Who can order you ?
I knee folded would look for you
and I know you will show up
Ofcourse, because I have grown up.

-Anjali Negi
B.A.-III, 5012/21

LOVERS AND ALL

Desdemona who loved Othello despite all the differences,
Who even rejected a number of Venetian for his sake
Had the courage to elope despite her class and clime
But ended up being murdered by a web crafted fake.

Did she suffer because of her kindness or her simplicity?
Or was Iago's hypocrisy?
Did it happen because Othello was doubtful and jealous?
Or was it Roderigo's silence?

Oh it's the folly of human nature.
Had Othello trusted his wife
And not get swayed by a stranger's actions,
They would have had a long and fulfilling life.

-Jasmine Bajaj
B.A.-II, 10066/22

WOMEN'S WORLD

Every day she tells her daughter
"Baby, you're not just a pretty face"
She says "you gotta work much harder
Than every single man, that's just the way"
But she goes to the same job everyday
She's overworked and underpaid
Just 'cause the way her body's made
Ain't that insane?
If you never been told how you gotta be
What you gotta wear, how you gotta speak
If you never shouted to be heard
You ain't lived in a woman's world
And if you can't see that it's gotta change
Only want the body and not the brains
If you think that's the way it works
You ain't lived in a woman's world
Try living in a woman's world.

-Asiya Syed
B.A.-III

THOUGHT THEATRE

WHAT IS LIFE?

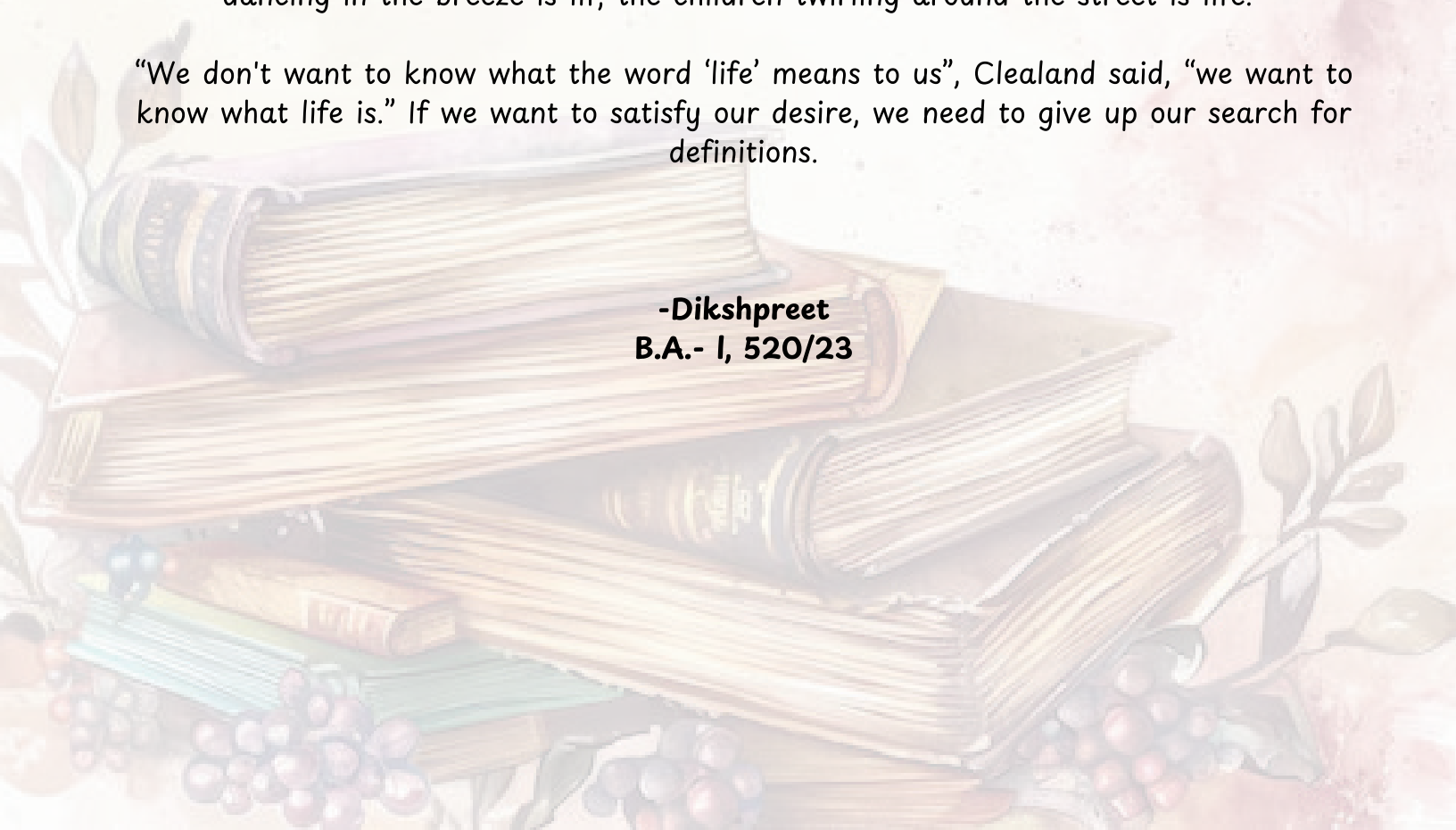
The most vivid and fascinating history on this planet is of the progression of life. From the introduction of first multicellular organisms around 541 million years ago, first appearing plants in the Silurian period to appearance of great dinosaurs in the Cretaceous age; from the emergence of Homo sapiens around 55,000 to 750,000 years ago to finally the advent of human beings as we know them today, life has got various definitions.

Despite all that, it remains a tangled enigma about how abundant descriptions of the term 'life' breathe today. It is commonly said, the scientists Frances Westall and Andre Brack wrote, "There are as many definitions of life as there are people trying to define it." We cannot find life on Mars simply because we cannot agree on what life represents there.

If we ask people about what life is, their replies will range from house, money, business, car, family to spouse, pet and so on. Afterall, there can't be a philosophical idea on every subject. But what is concerning is the shallowness that dwells behind these ideas. According to the author, you are life! "I am life, so I exist." If we keep our emotional, psychological and genetic makeup aside for a while, the remainder is what we call life. Anything that drives us is life. The early bright crack of daylight hitting the green grass is life; the birds singing mellowly is life; the beautiful tulips, pansies, violas, daffodils, roses and sunflowers dancing in the breeze is life; the children twirling around the street is life.

"We don't want to know what the word 'life' means to us", Cleland said, "we want to know what life is." If we want to satisfy our desire, we need to give up our search for definitions.

-Dikshpreet
B.A.- I, 520/23



A LETTER TO FUTURE SELF

"This letter is to you"
The you that had a rough week.
The you that seems to be under constant storm clouds.
The you that feels invisible.
The you that doesn't know how much longer you can hold on.
The you that had lost faith.
The you that always blames yourself for everything that goes wrong.

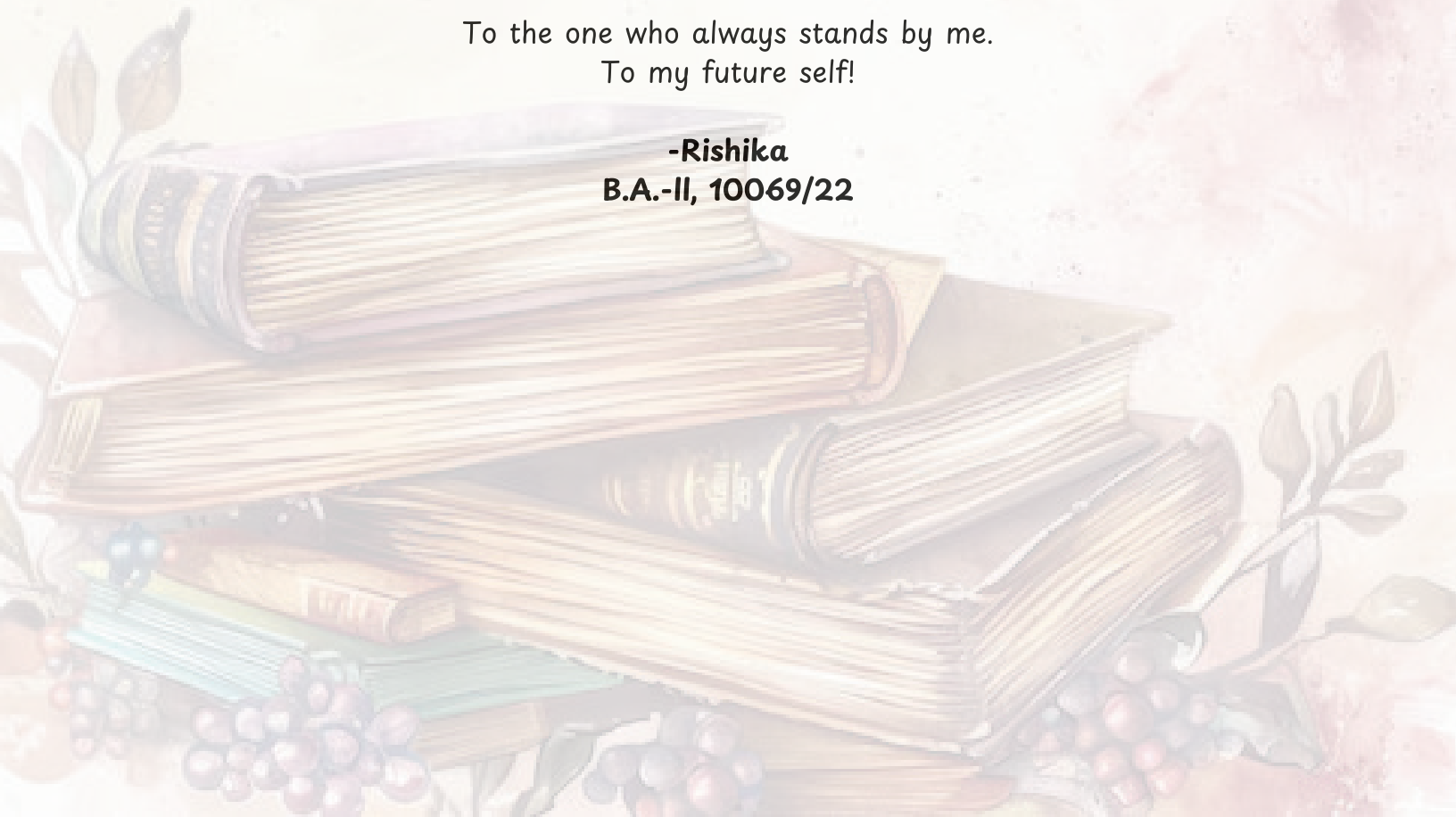
You are incredible.
You make this world a little bit better and wonderful.
You have so many things left to see and admire.
You have time.
Better things are coming your way, so please hang in there!
You can do it!

By the way, today you look absolutely gorgeous; every pore of your skin radiates beauty and your smile seems to shine more than ever.

Today, tomorrow and everyday,
Always embrace all that makes you YOU.

To the one who always stands by me.
To my future self!

-Rishika
B.A.-II, 10069/22



I BLEED

Red is the color of love,
on every valentine's day they plead.
And the same red color makes me impure,
just because I BLEED.
Working for 24 hours,
rest is what I need.
Impure is the word for me,
just because I BLEED.

Periods, a natural biological process in every woman /mammal, a manifestation of the female reproductive abilities, during their reproductive age are so uniquely significant that the existence and proliferation of mankind is dependent on it. But why do we hesitate to talk openly about it? Is it a sin? Is it something to hide? Why the shame to say that I BLEED?

Menstruation is a part of the reproductive cycle in which blood from the uterus exits through vagina. Menstruation occurs in females aged 12-50 due to hormonal fluctuations, which thicken the uterine lining and lead to egg formation. Ovulation happens around day 14, releasing an egg. The thick uterine lining nourishes a potential embryo. Without pregnancy, it sheds during menstruation. It's neither a viral or bacterial infection nor a contagious disease. It is clearly a natural physiological process. Women, blessed with the ability to bring a new life in the world, unfortunately are considered impure every month for five days of their periods. When a woman is pregnant the same blood provides nutrients and safety to the sprouting life in the uterus, yet the same blood during her periods make her impure.

In ancient times menstrual practices were established to provide rest and comfort to the women during their periods. Gradually, the patriarchs started making their own rules to ensure control over the woman. 'Don't cook because you need rest' became 'Don't cook because you are impure'. I BLEED.

Rapist stained with the same blood, enters the temple indeed. You can pray from outside, they say. Just because I BLEED.

The biggest issue is that menstruation has always been surrounded by taboos and myths that exclude women from many aspects of socio-cultural life. In the Hindu faith, women are prohibited from participating in normal life while menstruating. They are restricted from entering the puja room, temple and kitchen during menstruation. Purification is required before returning to daily activities including prayers and handling holy books. While on the other hand, the society itself presents us with an antithetical example of worshiping a menstruating goddess- The Kamakhya Temple, in the north-eastern part of India. The temple is a symbol of the power within a woman who is capable of creation and celebrates this Shakti (power) within every woman. But, the irony remains that they worship a menstruating goddess but banish a menstruating women from entering it. Though challenges persist, efforts to challenge menstrual taboos and reduced stigma are growing. There were times when we used to hesitate a lot in just saying the word 'periods' freely. But now talking about periods is being normalized to a greater extent. There is a noticeable cultural shift towards more open discussions about it. For instance, in the not so distant past, Indian advertisements for sanitary pads depicted menstrual blood in the form of blue liquid being poured out of a test tube. People used to feel embarrassed while buying sanitary napkins. Even the chemist would give sanitary pads wrapping it with a newspaper as if we are buying something illegal. Today, advertisements regarding menstruation have transformed from being discreet to being more open, inclusive and empowering, reflecting changing societal attitudes. Men too talk about it, they too buy sanitary napkins. There are men like Arunachalam Muruganantham- The Real 'Padman' who designed a small sanitary-pad making machine and with it, he scripted a big change in the society. However, there is a lot which still needs to be changed. We cannot deny the truth that society is still entangled in the chains of orthodoxy related to menstruation. We need to understand that menstruating doesn't cause pickles to spoil, temples to collapse or food to rot, nor is it contagious. Menstruation, a sign of good health, must be normalized by spreading awareness and conducting seminars and workshops for girls as well as boys.

So, as you stop me from living,
Dear society, change yourself with some speed.
Bleeding is as common as breathing,
So what if I BLEED?

-Khushi Sharma
B.A.-III, 5776

JOBLESS INDIA

India is a large country with 140.76 crore population in which nearly 65% of the population is below the age of 30 years i.e. 'Youth' which means that more than half of our population belongs to the youngsters. Most of the present generation is very focused on their future. They wish to live a life of quality and to give a safe and sound life to their family. In today's world, the main motive after attaining the age of 18 is to start working towards the achievement of this goal - to get a secure job with a good salary. But in the present times, the country is facing a grave issue of the 'jobless era.' India's unemployment rate climbed to the highest in more than two years and nearly 42.3% of the youth population is currently jobless. This percentage is increasing by leaps and bounds.

There are numerous youngsters who even after being highly qualified, have to look for substitutes. This situation is called 'educated unemployment'. Recently in an article, a young boy holding a PHD degree had to work as a green grocer. Many such instances persist around us and aren't very hard to find. This is the plight of modern India where the youths are referred to as the 'future of India'.

Nowadays, the appeal is to create jobs rather than just to seek one. A wave of entrepreneurship and startups has been waving in India and many concepts like 'Shark tank' have been started which is a USA format show. The government is also taking initiative to improve the situation by introducing various schemes like 'Pradhan Mantri Mudra Yojna', 'Start-up India', etc. However, what we fail to see through these steps and actions is that a poor man, having already seen various hurdles like family pressure, economic disparity can hardly rise above this situation. After devoting all these years and money to attain education only to be jobless is a concerning thought and sadly is the reality today. Are all the start-ups capable of employing this huge multitude?

No doubt, that in the Government Budget, 2024, focus has been laid on youth and the problem of unemployment but the impact and result this will have is still unclear and obscure. It is the need of the hour that the administrative authorities look deeper into the well and try to find more reasonable solutions to this problem which is still one of the biggest hurdles in the way of India in becoming a developed nation.

-Payal Sharma
B.A.-III

CONTEMPORARY CHANNEL

ONE NATION, ONE ELECTION

Elections are considered a festival of democracy. India is now debating how often this festival should be held. One nation, One election is among the critical reforms in the current central government's agenda. In fact, the former President of India, Ram Nath Kovind, in his address to Parliament in January 2018, mentioned this as one of the reforms proposed by the government. He said that citizens are concerned about frequent elections in one part of the country or another, which adversely impact the economy and development. The Prime Minister has spoken emphatically about the desirability of having one election across the country. Therefore, the idea is not a bolt from the blue.

●What is the Central Idea behind One Nation, One Election?

- The central idea behind One nation, One election is to synchronize the timing of Lok Sabha and State Assembly elections across all States to reduce the frequency of polls throughout the country.
- This concept was the practice till 1967, but it was disrupted due to various reasons such as defections, dismissals, and dissolutions of government.
 - ° The cycle was first broken in 1959 after the Centre invoked Article 356 to dismiss the then-Kerala government.
 - ° Subsequently, due to defections and counter-defections between parties, several Legislative Assemblies dissolved post-1960, which eventually led to separate polls for Lok Sabha and State Assemblies.
 - ° Currently, the assembly polls in the States of Arunachal Pradesh, Sikkim, Andhra Pradesh and Odisha will be held together with the Lok Sabha elections.
- ° The idea of conducting simultaneous elections was advocated in 1999 by the Law Commission headed by BP Jeevan Reddy.

What are the Benefits of having One Nation, One Election? Focused Governance: It enables the government to concentrate on governance once the elections are over. Today, there is some election or the other in some part of the country, at least every three months. The entire attention of the country becomes focused on these elections. From the Prime Minister to Union ministers, from chief ministers to ministers to MPs, MLAs and panchayat members — everyone gets deeply involved with these elections.

- Continuity in Policy Decisions: The Model Code of Conduct (MCC) comes to play just after the elections are announced by the Election Commission (EC). No new policy decisions are taken during elections due to the MCC
- Reduced Cost of Elections: One of the main reasons for political corruption is frequent elections. An enormous amount of money has to be raised at every election. Election expenses of political parties can be reduced drastically if elections are held simultaneously.

●What are the Challenges associated with ONOE?

° Logistical Challenges: It will pose logistical challenges in terms of availability and security of electronic voting machines, personnel and other resources. EC may face difficulties in managing such a massive exercise.

- Against the Idea of Federalism: The idea of ONOE does not square with the concept of 'federalism' as it is established on the notion that the entire nation is "one" contradicting the content of Article 1 which envisages India as a "Union of States".

The Government should not implement ONOE in a hurry, it should conduct additional study, evaluate the data, and solicit feedback from voters, opposition party leaders, and local parties on how to implement the concept. Hence, let India decide whether it needs "One Nation, One Election"

INDIA IN THE ASIAN GAMES 2023

India finished fourth in overall medals tally at the Asian Games 2023 held at Hangzhou, China. This is the country's best ever medal haul at the duration of four years. with 107 medals, India's medal tally comprised 28 gold, 38 silver and 41 bronze medals. This surpassed India's previous record tally achieved at the last edition at Jakarta 2018, where a strong 570-strong Indian squad won 70 medals 16 gold, 23 silver and 31 bronze.

Following are the medals won by India's players in different sports events:

Gold: Shooting, Athletics, Archery, Cricket, hockey, Kabaddi, Badminton, Squash, Tennis, Equestrian

Silver: Shooting, Javelin Throw, Athletics, Boxing

Bronze : Athletics, Shooting, Archery, Boxing, Sailing, Tennis, Water polo.

GCG shines in sports:

Nupur Malhotra, student of BA 3rd year and Yashica Bishokarma, student of BA 2nd year won silver and bronze medals AUTY! respectively in Chandigarh State Taekwondo Championship by Chandigarh Olympic Association. As per sports policy of Chandigarh, they won Rs 54,000 and Rs 48,000 respectively on the basis of these medals.

Nishita, a student of MA 2nd year (Economics), won one silver and one bronze medal in the PU Inter college swimming tournament held in Panjab University. As per the latest sports policy from Chandigarh, she won a scholarship worth Rs 1 lakh on the basis of these medals.

The Chess team of Post Graduate Government College For Girls, sector 11 won silver medal in PU inter college tournament. According to latest sports policy, they won a scholarship worth Rs 54,000 for winning a silver medal.

**-Nupur Malhotra
B.A.-III, 5158/21**



AWARENESS WAVE OF MENTAL HEALTH

In today's era, mental health is receiving more and more attention in the public sphere. It isn't just about mental illnesses, it's also about maintaining a positive state of wellbeing. But, studies show that stigma against mental health is still powerful. Thus, talking about mental health is important as it helps make our community more acceptable for those suffering from mental illnesses to seek help and to recover.

The History of Mental Health

The origin of the concept of 'mental health' can be traced back to Bethlem Royal Hospital, England, opened in 1330, considered as the first ever mental health institution in the world. In 1908, Clifford Beers founded "Mental Health America" and opened the first mental health clinic in the United States. In the Indian subcontinent, modern psychiatry dates back to the factories of the East India Company in the 17th century. The first lunatic asylum was established in Bombay in 1745 and the second at Calcutta in 1784, both only for Europeans. Subsequently, the number of such asylums increased significantly and by the year 1947, there were 31 mental health institutions in India. The National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bangalore began as a lunatic asylum, in 1848. It provided service for psychiatric and neurological conditions and carried out pioneering research in Yoga. The Institute of Mental Health and Hospital, Agra established in 1859, provided ways to improve treatment, rehabilitation and care of mentally ill persons. TISS (Tata Institute of Social Sciences), Mumbai established in 1936, always had its focus on individual centered programmes and later moved from a welfare oriented approach to an integrated perspective.

World Mental Health Day

10th October is recognised as Mental Health Day worldwide. The objective is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health. The theme for this year's Mental Health Day was 'Mental health is a universal human right.' The Department of Psychology, PGGCG-11, Chandigarh organised an event on 10th October, 2023 to celebrate "World Mental Health Day". Students organized a Mental Health camp, a 'Spread Positivity Campaign' and various stalls. They shared some heartfelt poetry and affirmations allowing them to show their zeal and enthusiasm. A green ribbon was given to everyone to show that mental health matters. The main aim of the entire event was to not only spread positivity but also to gain positivity.

Men v/s Women - The Gender Gap in Mental Health

When the topic of mental health is raised, the conversation is often centred around women. Male mental health is often overlooked due to myths, social norms and cultural beliefs. Still, the issue looms large. According to the National Institute of Mental Health, suicide rate among men is 2.5 times higher than that of women. Men's mental health is important too, and sadly, many men struggle with mental health concerns on their own. However, in recent years, the general notion of men's mental health received great attention on social media platforms like Instagram, Twitter and Facebook.

Ways To Improve Mental Well-being

Treatments for mental illness include lifestyle changes, support groups, medication and therapy, which may require working with professionals but there are also lots of things you can do on your own:

- Connecting with other people helps us build a strong sense of belongingness and self-worth.
- Being physically active raises our self-esteem and we're able to achieve our goals.
- Learning new skills boosts our self-confidence.
- Acts of giving and kindness develops positive feelings and a sense of reward.
- Mindfulness can positively change the way you feel about life and how you approach challenges.

WOMEN WRESTLERS' PROTEST

The world of wrestling in India was shaken when the renowned wrestlers of India or can say the pride of India sat for a protest at Jantar Mantar in Delhi against the president of the Wrestling Federation of India (WFI), Brij Bhushan Sharan Singh, also a member of parliament of the ruling BJP, in January 2023. The seven female wrestlers including a minor accused Brij Bhushan of sexually harassing them by calling them in his hotel and touching them inappropriately. The wrestlers including Sakshi Malik, Bajrang Punia, Vinesh Phogat, Sangeeta Phogat and many more protested and demanded justice. The women wrestlers filed allegations against Brij Bhushan of groping and touching them without their consent and even forcing them to make physical contact with him if they wanted selection in the trials. This led to a sense of fear and trauma in women wrestlers. In January, the protesting wrestlers were given an assurance that a new committee will be formed by the Central Government that will look into the allegations, after which the wrestlers called off the protest. But after no action had been taken in January 2023, the wrestlers again raised/resumed their protest on 23 April 2023 at Jantar Mantar.

Even though the law in India demands immediate registration of an FIR in cognizable offences such as sexual harassment, no FIR was registered against him. Bhushan is a member of ruling BJP that oversees the Delhi police. Therefore, it was accused of not taking any action and refusing to register FIR even after several complaints had been filed by the wrestlers. After the intervention of the Supreme Court, the FIRs were registered in which Bhushan was booked under POCSO act for harassing a minor. The minor's statement was recorded under 164CrPC but it was alleged that due to the pressure on her father, she had withdrawn the case. Special Investigation Team (SIT) questioned Bhushan twice but he has denied all the allegations and stated that he will hang himself if any allegation gets proved. He also passed a very shocking statement that the medals are worth rupees 15 that these wrestlers have earned.

On the night of 3rd May 2023, the wrestlers protesting at Jantar Mantar were manhandled by Delhi police. One of the policemen was drunk and also misbehaved and abused female wrestlers including Vinesh Phogat, Sangeeta Phogat and Sakshi Malik that resulted in several injuries to the wrestlers. The clash happened when Aam Aadmi party MLA, Somnath Bharti came there with some beds as their beds got wet due to the heavy rainfall. Also, there was no police woman present when the policemen misbehaved with the female wrestlers.

Although many leaders and athletes came in support of the wrestlers, Prime Minister Narendra Modi and Home Minister Amit Shah remained silent. Seeing their silence, Sakshi Malik said that she is hurt due to PM Modi's silence. Sports persons like Neeraj Chopra, Abhinav Bindra, Sania Mirza, Harbhajan Singh and many more came in support of the wrestling protest. Also the opposition party members such as Priyanka Gandhi, Rahul Gandhi, Arvind Kejriwal, Navjot Singh Sidhu and different leaders visited the protest site. P.T. Usha, who is the head of the Indian Olympic Association, labelled the protest as an attempt to tarnish the image of India, in criticism. But later on she visited the protest and assured them with her support. Not only the athletes and opposition political leaders, but also the farmer unions came on the ground to support the wrestlers.

On the day of inauguration of the New Parliament House by PM Modi in New Delhi on 28 May 2023, the wrestlers started marching towards it. As they moved further, the wrestlers were detained and dragged brutally on the ground by the large force of police. The police accused the protesters of rioting and obstructing public servants. Due to this harsh action of police, Bajrang Punia, Sakshi Malik and Vinesh Phogat announced that they will immerse their medals in the Ganga River in the evening on 30 May 2023. When they reached along with their medals to immerse, Naresh Tikkait, farmer leader, reached at the spot and took their medals, giving them the assurance that the action would be taken within five days. The wrestlers met sports minister Anurag Thakur on 7 June and put the protest on hold till 15 June. On 15 June, police filed chargesheet against Brij Bhushan under sections 35A (use of criminal force for outraging modesty), 354A (sexual harassment) and 354A (stalking) but it is alleged that the POCSO act has been cancelled in order to protect him. The protesting wrestlers announced the ceasing of their protest on 25th June 2023 and said that they will pursue the fight through legal means.

The WFI committee has been dissolved and the new list of nominees is out. The elections that were scheduled for July 6 have been postponed.

ISRAEL AND PALESTINE WAR

The beginning:

ISRAEL is the only Jewish nation in the world and it didn't officially exist until 1948, but many people associate Israel with its ongoing conflict with Palestine, a violent dispute over land, political control and resources.

From Palestine to Israel

In Europe, the Jewish diaspora faced oppression and persecution. So in the 1880's many Jewish people started emigrating back to the promised land, in Ottoman controlled

Palestine. By 1914 there were more than 75,000 Jews in the area. After World War I, Great Britain took control of modern day ISRAEL, PALESTINE, and JORDAN from the Ottomans. In 1922 the League of Nations was home for the Jewish people in Palestine, but it would be more than two decades before that promise was fulfilled. In 1939 World War II broke out and more than 6 million Jews murdered in the Holocaust with millions more displaced.

In 1947 after the war was over, the United Nations decided to partition Palestine into two countries, the Jewish state of Israel and the Arab state of Palestine. Israel agreed to the partition and borders were drawn for two states, but many Arab residents thought the partition unfairly favoured the Jewish. Violence soon broke out. On May 14th 1948, the state of Israel was established with David Ben-Gurion as its Prime Minister.

Almost immediately the Arab League, a group of surrounding Arab countries rejected the partition and attacked Israel. Israel fought back and after more than nine months of conflict, its

armed forces occupied much of the land designation and became the Arab state of Palestine. Egypt took control of the Gaza Strip. Jordan, then called TransJordan, took control of the West Bank.

The original plan for a Palestine state was scrapped. This historic event was a victory for many Jewish people, but approximately 720,000 Arabs fled or were expelled from their homes, many taking refuge in the Gaza Strip and the West Bank. The war would be remembered in Hebrew as the war of Independence and in Arabic as the catastrophe. Tension between Jews and Arab

Muslims in the region would continue for decades.

What is Hamas? What is happening in Israel and Palestine?

In 1987, after the outbreak of the First Intifada against Israel, Hamas was founded by Palestinian Imam and activist Ahmed Yassin. It emerged from his Mujama al-Islamiya, Islamic charity involved with the Egypt-based Muslim Brotherhood. Hamas gunmen launched an unprecedented assault on Israel from the Gaza Strip on 7th October, killing more than 1,400 people and taking more than 200 hostages.

What is Israel doing in Gaza?

The Israel Defense Forces (IDF) have bombarded Gaza from the air and sent ground forces into the territory. Israeli Prime Minister, Benjamin Netanyahu, has said there is a 'clear goal of destroying Hamas Military and governing capabilities,' as well as freeing hostages. The IDF's focus has been on northern Gaza, on the densely built-up area of Gaza City and the nearby refugee camps of Jabalia and Shati.

What does new analysis tell us about the Gaza hospital blast?

BBC verifies attack in Gaza 'safe' areas. There are upwards of 300,000 civilians still living in northern Gaza. The situation in Gaza is changing rapidly. The IDF said that it had surrounded Gaza City and cut the Gaza Strip into two. One of its heaviest bombardments of Gaza overnight on 7th October.

Who are the hostages?

The Israel military says Hamas is holding 242 hostages in Gaza. It is thought Hamas may have captured the hostages to pressurise Israel into freeing some or all of the estimated 5,100 Palestine who were held in Israeli prisons at the start of October. Hamas says it has hidden the

hostages across Gaza, including in tunnels. It says at least 50 hostages have been killed by Israeli air strikes, and the seven hostages were killed in the attacks on the Jabalia refugee camp.

Why is there a war in Gaza now?

On 7th October, hundreds of Hamas gunmen crossed from the Gaza Strip into southern Israel by breaking through the heavily fortified perimeter fence, landing by sea, and using paragliders. The gunmen killed 1,400 people, most of them civilians, in a series of raids on military posts, kibbutzim and a music festival, and took hostages back into Gaza. PM Netanyahu said after the attack that Israel was at war, and vowed that Hamas would "pay an unprecedented price". Given the significant resources of Israel's security service, it was astounding that the attack by Hamas was Israeli-occupied West Bank, which could have motivated Hamas to strike Israel. Hamas might also have been seeking to score a significant propaganda victory to boost its popularity among ordinary Palestinian.

2023 MANIPUR ETHNIC VIOLENCE

Ethnic violence erupted in India's north-eastern state of Manipur on May 3, 2023 between Meitei, a majority that lives in the Imphal valley, and the Kuki, tribal community from the surrounding hills.

A horrific video of an attack on Kuki women went viral on July 19, 2023. The video shows two Kuki women, one aged in her forties and another in her twenties, being stripped, paraded naked on the streets, slapped and sexually assaulted by Meitei men. This shocking incident attracted nationwide attention.

Meitei and Kuki have fought one another for decades over conflicting homeland demands and religious differences. However, all this started when Kuki began protesting against demands from the Meitei people to be given official tribal status. The Kuki argued that this demand will strengthen their already strong influence on the government and society which will allow them to buy land or settle in predominantly Kuki areas.

As of 29 July, 181 people have been killed in the violence, more than 300 wounded and approximately 54,488 have been forced out of their homes as the army, paramilitary forces were struggling to quell the violence. The Indian government had deployed soldiers, army troops and police in the region to stem the violence even so the violence continues to spread and force more villagers from their homes.

Prime minister Narendra Modi's Bharatiya Janata Party, which governs India, also runs the state government in Manipur which is led by N Biren Singh, a Meitei. PM Modi had remained silent on the violence in Manipur up until the video of 4th May attack on two Kuki women emerged in July. He said the incident had "Shamed India" and that "no guilty will be spared...what happened with the daughters of Manipur will never be forgiven." But many Indians were asking why it had taken so long and such a horrific incident for him to comment publicly on the violence.

The Union government ordered social media platforms to remove all posts showing the viral video. Seven arrests were made in the case, all of them after the viral video surfaced. The Supreme Court responded within hours after the circulation of the video, warning that the court will intervene if the government fails to act. The CBI took over the case on 29 July.

On 1 August, Due to objections by the women, the Supreme Court stopped CBI from recording the two women's statements which was scheduled just two hours before the Supreme Court hearing on the case.

Manipur much like the rest of the north-eastern region consists of a variety of communities that have a history of mistrust towards one another. There were several recent factors that triggered the protests but the root reason is deep-seated divisions within the society, where different groups compete for benefits and rights.

GCG GYANAM

A BEAUTIFUL CHAPTER

“Don't cry because it's over, smile because it happened.”

My journey as a student in PGGCG-11 gave me a beautiful lifelong experience. In 2021, when I first entered college after a year of online study, I never expected that I'd get to experience so many things which I had never tried before. From mine to dancing on the stage for the first time, from NSS camps to practicals and from busy days during exams to life lessons in a hostel, everything has contributed abundantly in making me the independent, strong and confident person I am today.

The academic environment of college, inter college participation and plethora of opportunities helped me push my limits and evolve as a better person. Though balancing the never tried before college life and hostel life is a challenging task, it has its fruits in the memories, happiness and confidence you gain from it. Not only this, you get an opportunity to experience various customs, languages, cultures, ideals etc. at a single place for people coming from the various parts of the country.

For this wonderful journey of mine, I shall always be grateful to teachers, parents, non teaching staff and my friends.

I hope this nest PGGCG-11 always flourished and the little young birds of this nest fly high.

-Anshika Vohra
MSC Physics
Panjab University



MEMOIRS

With an online last year in school and no board exam, life really showed a different side to my age fellows. Without a proper goodbye to school, college seemed to come a little too early to accept the abrupt maturity one is supposed to wear upon. With a semester in bed and multiple tabs in the background began my GCG journey. At one end was the disappointment of watching the pandemic snatch away my school life and at other it was also slowly devouring my college life.

Finally after a semester online, I got to see my college in reality for the first time and a new home away from home. Cinema and literature had always left a fascination and curiosity about colleges and it seemed it was the time to find out.

College greeted me with one of its experiences by giving me three roommates instead of just one in the first year. However, the excitement of coming to a new place simply washed off the possible discomforts it could bring. College was confusing but it wasn't the first time being a student, so things worked out. Classes began, hostel schedules continued, outings remained and time went flying. There were lessons in every moment and every person seemed to come with a teaching. There were moments when I felt like going back and not continuing anymore and now when we know that there's no next year that we realise we'll have this moment only once. I was told that after school, the teacher-student bond dies but I was fortunate to have some of those professors who have motivated and guided me in a light of love. The staff was always there to assist and co-operate. From juice corner to the printout shop, everyone has become a part of this chosen family and my gratitude will always find a way to them. There are different kinds of people I met in this time period. I was fascinated to find different views, ideas and results that can be produced with minds so different and unique. I look at everyone's faces and try to think how and where life would take us in the course of life. I try to imagine their future, to see through their eyes, to try to know their aspirations, but fail; just like the first time I met them.

This journey will soon come to an end but I'm glad the lessons and learnings will not. I'm proud to call GCG my Alma mater! Long live GCG!

-Deepali Singh
B.A.-III, 5147/21

MUKHAUTE

Living in a hostel was a whole new experience for me, especially after my expectations were shaped by movies and series. On my first day, stepping into the hostel, I was warmly welcomed by friendly seniors who helped with my luggage and guided me to my room. It was easy to make friends, everyone was helping each other to settling down, whatsapp groups were formed , everyone seemed genuine and kind. We celebrated birthdays and everyone was trying to make it as homely as possible. Reflecting back, I realize that many of us were wearing masks, trying to fit in and belong. Over time, some of those friendly faces changed dramatically. It became evident that beneath the surface, people were shedding their facades as they felt more secure in this new city and among new people. But amid the sea of changing personas, I found genuine souls who remained true to themselves. It took me two years, but I did find my people. They became the source of many of my happiest memories during my time in the hostel. We broke rules and got punished for the same. But in that punishment too we were smiling just because we were together. The beginning of hostel life was too good to be true, but I did enjoy that brief time too and the lessons I learned from both the hurt I experienced and the hurt I caused, whether intentional or unintentional, are invaluable. These experiences have shaped me into a better human being. I learned that sometimes, you have to endure pain to survive, and that silence can be the most powerful response. As people often say, it's not the physical structure of the college we'll miss, but the connections we've forged with others. As the curtains draw on this chapter I can say hostel life has been a journey of self-discovery, filled with both challenges and joys, and I wouldn't trade it for anything.

-Arpita Ghosh
B.A.-III, 5042/21



Dignitaries who graced our Institution



Mrs. Kirron Kher
M.P. UT, Chandigarh



H.E. Shri Banwarilal Purohit
Governor of Punjab and
Administrator UT Chandigarh



H.E. Shri V.P. Singh Badnore
Former Governor of Punjab and
Administrator U.T. Chandigarh



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



Sh. Dharam Pal, IAS
Adviser to the
Administrator, UT ,
Chandigarh



Sh. Manoj Kumar Parida, IAS
Former Adviser to the
Administrator, UT Chandigarh



Ms. Purva Garg
Education Secretary,
Chandigarh Administration



Hon'ble Ms. Justice Ritu Bahri
Punjab and Haryana High
Court Chandigarh



Hon'ble Ms. Justice
Jaishree Thakur
Punjab and Haryana High
Court, Chandigarh



Hon'ble Ms. Justice Sabina
Singh
Himachal Pradesh High
Court



Sh. Tajender Singh Luthra, IPS
DGP Chandigarh



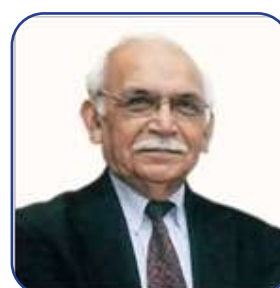
Sh. Sanjay Baniwal, IPS, Director
General of Police, Chandigarh
Administration



First Lady
Smt. Alka Singh
W/o H. E. Sh. V.P. Singh Badnore



Smt. Lippi Parida
W/o Sh. Manoj Kumar Parida,
Former Adviser to the
Administrator, UT, Chandigarh



Padma Bhushan, Padma Shri
Prof. B. N. Goswamy
Art Historian, Former Vice
Chairman of the Sarabhai
Foundation of Ahmedabad.



Shri Manoj Kumar Meena, IPS
SSp Security Headquarters and
Crime
Chandigarh Administration

Dignitaries who graced our Institution



Ms. Kanwal Thakur Singh
Arjuna Awardee



Padamshri Kawaljeet Sandhu
Arjuna Awardee



Sh. Amandeep Singh Bhatti
Director Higher Education
Chandigarh Administration



Mr. Debendra Dalai, IFS
Former Chief Conservator of
Forests (CCF), UT, Chandigarh



Dr. Neeru Katyal Gupta, IAS
Additional Secretary,
Personnel cum Vigilance
Govt. of Punjab,
Chandigarh.



Ms. Garima Singh, IRS,
Special Secretary (Finance)
Punjab Government)



Ms. Kanwardeep Kaur, PCS
Senior Superintendent of Police
Chandigarh



Ms. Monica Bhatia, IRS
Director General of Income Tax
NWR Chandigarh



Prof. Renu Vig
Hon'ble Vice-Chancellor
Panjab University
Chandigarh



Prof. (Dr) Nishtha Jaswal
Hon'ble Vice Chancellor
Himachal Pradesh National Law
University, Shimla



Prof. (Dr) R.K. Kohli
Hon'ble Vice-Chancellor
Amity University,
Mohali



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



Prof. S. K. Tomar
Hon'ble Vice-Chancellor
J C Bose University,
Faridabad Haryana



Prof (Dr) Jaspal Singh Sandhu
Hon'ble Vice Chancellor
Guru Nanak Dev University
Amritsar



Sh. Saurabh Joshi
Mayor, M C, Chandigarh



Prof. Krishna Kumar
Former Director, NCERT

Dignitaries who graced our Institution



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



Prof. Reicha Tanwar
Former Director, Women's Studies
Research Centre, Kurukshetra
University.



Dr. Neelam Mansingh Chowdhry
Theatre Artist



Prof. Amitabh Kundu
Distinguished Fellow
Research and Information
System for Developing
Countries, New Delhi

Dignitaries' Messages

“

It was a matter of immense honour and joy to be back to my alma mater after 38 years and to honour the high achieving girls. It's a privilege to be here. I am amazed, proud and happy to see the tremendous achievements of the college and its students and the wonderful contributions being made to large society through academics, sports, social and environmental consciousness and cultural virtues. Congratulations to the principal and faculty for their vision and leadership.

Ms. Monica Bhatia, IRS
Director General of Income Tax
NWR Chandigarh

“


It's indeed an honour to be Chief Guest for the Annual Convocation at the oldest college of Punjab, Chandigarh. The students gave very positive vibes”

Prof (Dr) Jaspal Singh Sandhu
Hon'ble Vice Chancellor
Guru Nanak Dev University
Amritsar

“

It is an honour to witness a great show put up by the students on the Annual Sports Day. My best wishes to students for their bright future.

Ms. Kanwardeep Kaur, PCS
Senior Superintendent of Police
Chandigarh



HINDI SECTION

FROM THE DESK OF STAFF EDITOR



साहित्य का धर्म : मनुष्यता

मनुष्य धरती पर विधि द्वारा निर्मित श्रेष्ठ कृति है, विचार एवं सौंदर्य की दृष्टि से। सृष्टि के सभी जीवों के सुख:दुख, स्वभाव एवं प्रकृति को समझकर उसका सबके कल्याण को ध्यान में रखकर वर्णन करना केवल और केवल मनुष्य की शक्ति में निहित है। मनुष्य ने इसी शक्ति के बल पर सभ्यता एवं संस्कृति का उत्तरोत्तर निर्माण-विकास किया। प्रकृति, ईश्वर, संसार में मनुष्य ही एकमात्र ऐसा प्राणी है, जिसे धर्म-अधर्म का विवेकपूर्ण ज्ञान साहित्य के केन्द्र में रखने के लिए पर्याप्त है।

साहित्य में प्रकृति, ईश्वर और ऐतिहासिक-पौराणिक घटनाओं तथा पात्रों को सर्वाधिक स्थान मिला है। वैदिक काल एवं साहित्य के बाद लौकिक संस्कृत साहित्य में प्रकृति और ईश्वर के साथ मानव भी साहित्याकर्षण का केन्द्र बना। उषा-अनिरुद्ध, श्रीकृष्ण-राधा, श्रीराम-सीता, शिव-पार्वती की प्रेमकथाएं काव्य (साहित्य) में स्थान पाने लगीं। पालि, प्राकृत जैसी भाषाएं ही जन-जन की रही तो स्वाभाविक रूप में जन सामान्य ही उसमें स्थान पाने लगा। तंत्र-मंत्र की साधना करने वाले साधु-संन्यासी, संसार से ऊबकर ईश्वरीय स्मरण करने वाले भक्त, समाज-धर्म की रूढ़ियों-बुराईयों का विरोध करने वाले समाज-दर्शक धीरे-धीरे साहित्य में स्थान पाने लगे। राजा-महाराजाओं, सामंतों-जमींदारों का युग बीत जाने पर आधुनिक काल में समाज के हर वर्ग-किसान, मजदूर, नारी, सभ्य-असभ्य, नगरीय-ग्रामीण सभी को ध्यान में रखकर कविता, कहानी, नाटक, उपन्यास, निबंधादि लिखे जाने लगे ताकि हम मनुष्य और उसकी भावनाओं को समझ सकें और मानव होने के नाते मानवता को बढ़ावा दे सकें। साहित्य के मर्म की परिभाषा में आचार्य मम्मट ने 'काव्यदर्पण' में साहित्य के छः उद्देश्यों का उल्लेख किया है-

“काव्यं यशसेऽर्थकृते शिवते रक्षतये।

सद्यः परनिवृत्तये कान्तासम्मितयोपदेश युजे॥”

अर्थात् काव्य का उद्देश्य यश की प्राप्ति, धन की प्राप्ति, संसार कल्याण (अशिव से शिव रक्षा), आत्मपरितोष, परोपकार और कांता के समान मधुर उपदेश देना है।

हिंदी साहित्य के आधुनिक काल में मानव एवं मानवता की विशिष्ट पहचान साहित्यिक कृतियों में मिलती है। आचार्य महावीर प्रसाद द्विवेदी की प्रेरणा से राष्ट्रकवि मैथिलीशरण गुप्त ने 'साकेत', 'यशोधरा', 'जयभारत', 'जयद्रथ वध' आदि कृतियाँ लिखीं। 'साकेत' में श्रीराम के धरती पर आने का उद्देश्य वे स्वयं मुखरित करते हैं-

“संदेश नहीं मैं यहां स्वर्ग का लाया।

इस भूखंड को ही स्वर्ग बनाने आया॥”

प्रथम विश्वयुद्ध (1914 - 1918 ई.) के बाद भारत में अंग्रेजी अत्याचारों का विरोध तीव्र होने लगा, क्योंकि वे सभी वर्गों पर घोर अत्याचार करने लगे। जलियावाला बाग हत्याकांड, भगतसिंह को फाँसी, 1935 का साविधानिक प्रावधान, पूना पैक्ट और द्वितीय विश्वयुद्ध में भारतीयों का कुचला जाना आदि से उस समय का साहित्यकार अन्तर्बाह्य रूप में हिल उठा। अब कविता (पद्य) कहानी, उपन्यास, निबंध (गद्य) में मनुष्य को बचाने, वकालत पुराजोर की जाने लगी। जयशंकर प्रसाद ने 'कामयनी' में मानव-मात्र को हँसने-हँसाने की कुहिका दी-

“औरों को हँसते देखो मनु, हँसों और सुख पाओ।

अपने सुख को विस्तृत कर लो, सबको सुखी बनाओ॥”

सूर्यकांत त्रिपाठी निराला ने 'भिक्षुक, वह तोड़ती पत्थर, बादल-राग, कुकुरमुत्ता' जैसी कविताओं, 'चतुरी चमार' उपन्यास में गरीब-उपेक्षित वर्ग के दुःख-दर्द को दूर करने और उनका सहयोग करने का निवेदन किया, शोषक का विरोध एवं शोषित के प्रति सहानुभूति प्रकट करते हुए।

“वह तोड़ती पत्थर

देखा मैंने उसे इलाहाबाद के पथ पर

वह तोड़ती पत्थर।”

और 'भिक्षुक' में कटु-तिक्त व्यंग्य के साथ सहानुभूति देखने योग्य है-

“वह आता

दो टूक कलेजे के करता पछताता पथ पर आता।

पेट-पीठ दोनों मिलकर हैं एक

चल रहा लकुटिया टेक

मुट्ठीभर दाने को-भूख मिटाने को

मुंह फटी-पुरानी झोली को फैलाता।”

सुमित्रानंदन पंत ने प्रकृति प्रेम, सौन्दर्य, अध्यात्म, दर्शन के साथ मनुष्य-मनुष्यता के सहितार्थ 'ताज' और 'लोकायतन' लिखी। 'ताज' में मृत्यु रूपी ताजमहल के पत्थरों की पूजा पर दुःख और जीवित मनुष्य की उपेक्षा पर दुःख जताते हुए लिखा है कि मनुष्य की पूजा ही ठीक है, पत्थरों की नहीं-

“हाय! मृत्यु का ऐसा अमर पार्थिव पूजन।

जब विषिष्ण निर्जीव पड़ा हो जग का जीवन॥

स्फटिक सौंध में हो श्रृंगार मरण का शोभन।

नग्न, क्षुधातुर वास विहीन रहे जीवित जन।?”

क्रांतिकारी कवि रामधारी सिंह दिनकर ने 'रेणुका, हुँकार, परशुराम की प्रतीक्षा, दिल्ली ऊँचा सुनती है' में दीन-हीन लाचार मानव के प्रति सहानुभूति और शोषकों-पूजीपतियों के प्रति आग उगली है। एक उदाहरण द्रष्टव्य है-

“श्वानों को मिलता दूधवस्त्र, भूखे बालक अकुलाते हैं।

माँ की छाती से चिपक ठिठुर जाड़े की रात बिताते हैं॥”

आज हमारे देश में बेकारी, गरीबी, भूख, असमानता है, तो वहीं व्यापारी, साहूकार, नेता, पूँजीपति सब अंदर ही अंदर मिले हुए हैं और ऐश्वर्य-विलासिता में जी रहे हैं। नागार्जुन ने मानवता की रक्षार्थ लिखा है -

देश हमारा भूखा नंगा घायल है बेकारी से।
मिले न रोटी रोजी भटके दर-दर बने भाखरी से॥
जमींवर हैं, साहूकार हैं, बनिया हैं, व्यापारी हैं।
अंदर-अंदर विकट कसाई बाहर खददर/खददरधारी है।
खादी ने मलमल से अपनी साठ-गांठ कर डाली है।
बिड़ला टाटा डालमिया की तीसों दिन दिवाली है।”

वास्तव में, साहित्य का मर्म केवल मनोरंजन और जानकारी देना नहीं है, अपितु इससे कहीं आगे बढ़कर मनुष्य की सेवा, मनुष्य में स्पंदन पैदा करने और मानवता की भावना में निहित है। ‘विचार और वितर्क’ निबंध में आचार्य हजारीप्रसाद द्विवेदी ने लिखा है - “वह शास्त्र, वह रसग्रंथ, वह कला, वह नृत्य, वह राजनीति, वह समाज सुधार और पूजा पार्वण जंजाल मात्र है, जिसमें मनुष्यता का भला न होता हो।” साहित्य के चित्ते मुंशी प्रेमचंद ने साहित्य के धर्म एवं मर्म पर विचार करते हुए मानव-कल्याण की कामना, विकास और स्मृद्धि की कामना की है। वे लिखते हैं - “हम साहित्य को मनोरंजन और विलासिता की वस्तु नहीं समझते। हमारी कसौटी पर वही साहित्य खरा उतरेगा जिसमें चित्रण की स्वाधीनता का भाव हो, सौंदर्य का सार हो, सृजन की आत्मा हो, जीवन की सच्चाई का प्रकाश हो, जो हममें गति, संघर्ष और बेचैनी पैदा करे, सुलावे नहीं।” आज का साहित्य और साहित्यकार इस धर्म एवं मर्म का पालन कर रहा है, यह मनुष्य और मानवता के लिए सुखद संकेत है।

डॉ० मोहनलाल जाट
विभागाध्यक्ष
हिंदी विभाग

FROM STUDENT EDITOR



यह जीवन है दीर्घ यात्रा

यह जीवन है दीर्घ यात्रा,
पल दो पल की सैर नहीं।
इस यात्रा में 'पथिक' अनेक,
आद्योपान्त, आसरा कोई नहीं।

प्रणय, हर्ष, विषाद, उच्छृंखलता 'पथिकालय' मेरा
करते नवसंचित प्राण हैं।

आत्म सम्मन व विश्वास 'पाथेय' मेरा,
अन्तहीन शून्य गंतव्य है, तो
संघर्ष व अनुभव सुशोभित इस पथ में,
हर पग में गुरू हैं।

कुछ सशक्त करते वर्तमान,
तो कुछ करते उज्ज्वल भविष्य हैं।
'पथ' में जो संग चले सखा अपना,
कहीं किसी से वैर नहीं।

यह जीवन है दीर्घ यात्रा,
पल दो पल की सैर नहीं।

अर्चना
(5004/21)
स्नातक द्वितीय (हिंदी विशेष)
'छात्र संपादिका'

भारतीय संस्कृति

प्रस्तावना :- भारत विभिन्न संस्कृतियों का देश है। भारत की संस्कृति दुनिया की सबसे पुरानी संस्कृति है, जिसे लगभग 5000 वर्ष प्राचीन माना जाता है। भारतीय संस्कृति पूरी दुनिया में प्रसिद्ध है। सभ्यता को 'शरीर' व संस्कृति को 'आत्मा' माना जाता है, ये एक-दूसरे के पूरक होते हैं। संस्कृति इस समाज को सभ्य बनाती है। किसी भी देश के आदर्श व जीवनयापन का तरीका ही उसकी संस्कृति है। भारत की संस्कृति में धार्मिक संस्कार एवं मान्यताएँ हैं। लोग अपने धर्म के अनुसार परम्पराओं का पालन करते हैं। भारत समृद्ध संस्कृति वाला देश है, जिसकी सभ्यता से बड़ी सभ्यता कोई नहीं है। यहाँ पर अलग-अलग धर्मों के लोग बड़े ही प्रेमपूर्वक रहते हैं। अलग-अलग भाषाएँ बोलते हैं। भारतीय संस्कृति जैसी कोई भी संस्कृति नहीं है।

भारतीय संस्कृति का महत्व

संस्कृति एक समाज की ताकत है। वह एक समाज को जोड़कर रखने का कार्य करती हैं। संस्कार एक व्यक्ति को जीवन जीने का सही तरीका सिखाते हैं।

ये संस्कार हमारी पूंजी होते हैं। जो मनुष्य को सभ्य बनाते हैं। ये सामाजिक एकता को बढ़ावा देते हैं। हमारे देश की संस्कृति हमारे इतिहास को दर्शाती है। संस्कृति इस समाज का रचनात्मक विकास करती है। यह हमारा अस्तित्व प्रदान करती है। हमारी संस्कृति दूसरों को दिखाती है कि हम कौन हैं?

भारत की विभिन्न संस्कृतियाँ

भाषा, धर्म और पंथ :- भारत की राष्ट्र भाषा हिन्दी है हालांकि विभिन्न राज्यों और केन्द्रशासित प्रदेशों में लगभग 22 अधिकारिक भाषाएँ और 400 दूसरी भाषाएँ प्रतिदिन बोली जाती हैं। इतिहास के अनुसार हिन्दू और बौद्ध धर्म जैसे धर्मों की जन्मस्थली के रूप में भारत को पहचाना जाता है। भारत की अधिकांश जनसंख्या हिन्दू धर्म से संबंध रखती हैं। हिन्दू धर्म की दूसरी विविधता शैव, शक्त्य, वैष्णव और समार्त है।

वेशभूषा और खानपान

भारत अधिक जनसंख्या के साथ एक बड़ा देश है। जहाँ विभिन्न धर्मों के लोग अपनी अनोखी संस्कृति के साथ एक साथ रहते हैं। देश के कुछ मुख्य धर्म हिन्दू, मुस्लिम, सिक्ख, ईसाई, जैन और यहूदी हैं। भारत एक ऐसा देश है जहाँ देश के अलग-अलग हिस्सों में भिन्न-भिन्न भाषाएँ बोली जाती हैं। आम तौर पर यहाँ के लोगों की वेश-भूषा, सामाजिक मान्यताओं, प्रथाओं और खाने की आदतों में भिन्नता होती है। भारत के प्रत्येक राज्यों में भिन्न-भिन्न प्रकार के व्यंजन बनाए जाते हैं। अलग-अलग तरह के वस्त्र पहनते हैं। भारतीय वेशभूषा में पारंपरिक तौर से कढ़ाई, प्रिंट, हस्तकला और अलंकरण की व्यापक विविधता शामिल है।

है। भारतीय भोजन भी वैसे ही विविध है। दैनिक खाने में साधारणतः लोग चावल, रोटी और दालों व शाक-फलियों को खाते हैं।

पर्व एवं जयंतियाँ :- विभिन्न सामाजिक कार्यक्रमों सहित हम कुछ राष्ट्रीय उत्सवों को एकसाथ मनाते हैं। जैसे :- गणतंत्र दिवस, स्वतंत्रता दिवस, गाँधी जयंती आदि। बिना एक-दूसरे में टाँग अड़ाये बेहद खुशी और उत्साह के साथ देश के विभिन्न धर्मों के लोग अपने त्यौहारों को मनाते हैं। इसके अतिरिक्त हिन्दू धर्म में होली, दीवाली और दशहरा आदि तथा मुसलमानों में ईद और मोहर्रम आदि त्यौहार मनाएँ जाते हैं।

निष्कर्ष :- भारत की संस्कृति एक महान संस्कृति है। यहाँ पर योग व भारत की संस्कृति बड़ी धार्मिक है। यहाँ लोग पूजा-पाठ व व्रतों में विश्वास रखते हैं। भारतीय संस्कृति मानवतावादी संस्कृति है। हमें इस संस्कृति का सम्मान करना चाहिए और इसे अपनाना चाहिए और भविष्य में आने वाली पीढ़ियों को भी इससे अवगत कराना चाहिए, ताकि यह संस्कृति ऐसे ही चलती रहे और कभी भी विलुप्त न हो।

दुनियाँ जलवायु परिवर्तन, सामाजिक, आर्थिक असमानता गरीबी और संघर्ष जैसे कई संकटों का सामना कर रही है। इसलिए G20 शिखर सम्मेलन का आयोजन हर साल होता है और इसमें कई देशों को शामिल किया गया है।

हमारी भारतीय संस्कृति पूरी दुनियाँ में प्रसिद्ध है। इसकी संस्कृति की बात ही निराली एवं अद्भुत है।

“पग पग पर जहाँ बोली बदले,
बदले भेषभूषा,
पकवानों की बात अलग है,
त्यौहार भी न्यारा, ऐसा है भारत मेरा।”

नाम - कोमल गुप्ता

वर्षा - ' बी.ए. द्वितीय

अनुक्रमांक - 10289/22

निबंध

“श्री राम मंदिर : अयोध्या”

“जन्मभूमि अयोध्या में हुआ राममंदिर का निर्माण,
चारों ओर गूंज रहा जय सिया राम का आह्वान।”

प्रस्तावना :- अयोध्या का राम मन्दिर हिंदू धर्म के लिए एक महत्वपूर्ण धार्मिक स्थल है। अयोध्या भगवान राम की जन्मभूमि मानी जाती है। अयोध्या में राममंदिर के निर्माण का स्वप्न हर भारतवासी ने देखा था जो सन् 2024 में इसके उद्घाटन के साथ ही पूरा हो गया और सदा-सदा के लिए इतिहास के पन्नों में स्वर्णक्षरों में दर्ज हो गया।

राममंदिर भारत व भारतवासियों के सांस्कृतिक, धार्मिक और ऐतिहासिक रूप से अत्यंत महत्वपूर्ण है। मन्दिर परिसर की भूमि को लेकर हुए कानूनी और राजनैतिक संघर्ष की समाप्ति सन् 2019 में सुप्रीम कोर्ट के फैसले के साथ हुई, जिससे राम मंदिर के निर्माण का मार्ग प्रशस्त हुआ।

राममंदिर का शिलान्यास “प्रधानमंत्री नरेन्द्र मोदी” जी के द्वारा 5 अगस्त 2020 को अयोध्या में किया गया। 22 जनवरी 2024 को साकेत में रामलला का प्राण प्रतिष्ठा समारोह आयोजित किया गया। अयोध्या में राम मन्दिर के लिए आवंटित भूमि 2.7 एकड़ हैं जिसमें से राम मन्दिर निर्मित क्षेत्रफल 57,400 वर्ग फुट है। मंदिर 360 फीट लंबा, 235 फीट चौड़ा और 161 फीट ऊँचा है। मंदिर सभी श्रद्धालुओं के लिए एक महान् तीर्थ स्थल होगा।

धार्मिक महत्त्व :- अयोध्या राम मंदिर उच्च धार्मिक मूल्य का एक हिंदू मंदिर है, जो उत्तर प्रदेश के अयोध्या शहर में स्थित हैं। यह मंदिर भगवान श्री राम को समर्पित है। ऐसा माना जाता है कि यह जन्मभूमि वही स्थान है जहाँ भगवान श्री राम का जन्म हुआ था। यह हिंदू समुदाय के लोगों के लिए अत्यधिक धार्मिक महत्त्व रखता है।

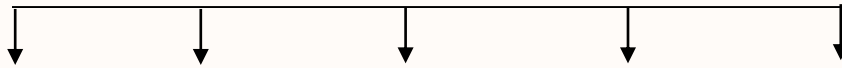
पारंपरिक इतिहास में, अयोध्या कोसल राज्य की प्रारम्भिक राजधानी थी। गौतमबुद्ध के समय कोसल के दो भाग हो गए थे - उत्तर कोसल और दक्षिण कोशल, जिनके बीच में सरयू नदी बहती थी। वेदों में अयोध्या को ईश्वर की नगरी बताया गया है। वहीं इसकी सपन्नता की तुलन स्वर्ग से की गई है। अयोध्या को ऐतिहासिक रूप से साकेत के नाम से जाना जाता था। प्रारम्भिक बौद्ध और जैन निहित ग्रंथों में उल्लेख हैं कि धार्मिक नेता, गौतम बुद्ध व महावीर इसी शहर में आए और रहते थे।

विशेषताएँ :- अयोध्या राम मंदिर भारत के उत्तर प्रदेश राज्य के अयोध्या शहर में स्थित है।

- राम मंदिर का कुल क्षेत्रफल 2.7 एकड़ है और इसका निर्मित क्षेत्रफल 57400 वर्ग फुट है।

- मंदिर 360 फीट लंबा, 235 फीट चौड़ा और 161 फीट ऊँचा है।
- मंदिर में तीन मंजिलें हैं, प्रत्येक मंजिल की ऊँचाई 20 फीट है। मंदिर के भूतल पर 160 स्तंभ हैं पहली मंजिल पर 74 स्तंभ हैं।
- मंदिर में पांच शिखर और पांच मंडप हैं। मंदिर में 44 द्वार हैं। मन्दिर में कुल 392 खंभे हैं।

इसके अलावा मन्दिर में 5 मंडप होंगे :-



1. नृत्य मंडप
2. रंग मंडप
3. सभा मंडप
4. प्रार्थना मंडप
5. कीर्तन मंडप

कर्नाटक के मूर्तिकार 'अरुण योगीराज' ने 51 की भगवान रामलला की मूर्ति बनाई। रामलला की मूर्ति में 'भगवान विष्णु के 10 अवतार हैं, इसमें केवल एक ही पत्थर का इस्तेमाल किया गया है। भगवान राम की प्रतिमा 25 अरब साल पुराने काले ग्रेनाइट से बनी हुई है। इस मूर्ति में भगवान राम के पंच वर्षीय बाल स्वरूप को दिखाया गया है। (मंदिर 251 फीट ऊँचा है, 42 इंच चौड़ा है) रामलला की नवनिर्मित प्रतिमा की ऊँचाई 51 इंच है। श्री राम जन्मभूमि का शिलान्यास नरेन्द्र मोदी जी ने किया। राम मन्दिर से पहले यहाँ बाबरी मस्जिद के तीन गुबन्द थे। '9 नवम्बर 1989' को अयोध्या में राम जन्मभूमि मंदिर के लिए नींव की पहली 'राम शिला' (ईंट) रखी थी।

भव्य राम मन्दिर को बनाने में लगा खर्च 1800 करोड़ रूपए है। अयोध्या में मन्दिर 2025 में पूरी तरह बनकर तैयार होगा, तब तक इसकी कुल लागत 2000 करोड़ को भी पार कर जाएगी।

महत्वपूर्ण तथ्य :- मुख्य वस्तुकार : चन्द्रकांत बी. सोमपुर (CBS)

निर्माण कंपनी :- लार्सन एंड टुब्रो (L & T)

परियोजन प्रबंधन कंपनी : टाटा कंसल्टिंग इंजीनियर्स लिमिटेड (TCEL)

डिजाइन सलाहकार : IIT चेन्नई, IIT बॉम्बे, IIT गुवाहटी, CBRI रूड़की, SVNIT सूरत, NGRI हैदराबाद।

मूर्तिकार : अरुण योगीराज (मैसूर), गणेश भट्ट और सत्यनारायण पांडे

कुल क्षेत्रफल : 70 एकड़ (70% हरित क्षेत्र) मंदिर क्षेत्रफल 2.77 एकड़। निर्माण शैली : भारतीय नागर शैली। मंदिर के आयाम लम्बाई : 380 फीट, चौड़ाई 250 फीट, ऊँचाई 161 फीट।

निष्कर्ष :- धार्मिक आस्था का प्रतीक होने के साथ-साथ श्री राम मन्दिर एक अद्भुत वास्तुशिल्प कृति है। भारत की अध्यात्मिक विरासत और भगवान राम की अमर प्रसिद्धि के जीवित प्रमाण के रूप में यह मन्दिर अयोध्या को भारत की आध्यात्मिक राजधानी बनाने में अहम भूमिका निभाएगा।

नाम :कृतिका
कक्षा - स्नातक (बी.ए.) तृतीय
अनुक्रमांक - 5377/21

भारत की बढ़ती आर्थिक शक्ति

भारत का आर्थिक विकास सिंधु घाटी सभ्यता से आरम्भ माना जाता है। सिंधु घाटी सभ्यता की अर्थव्यवस्था मुख्यतः व्यापार पर आधारित प्रतीत होती है। जो यातायात में प्रगति के आधार पर समझी जा सकती है।

लगभग 600 ई. पू. महाजनपदों में विशेष रूप से चिन्हित सिक्कों को ढालना आरम्भ कर दिया था। इस समय को गहन न्यापारिक गतिनिधि एवं नगरीय विकास के रूप में चिन्हित किया जाता है। 300 ईसा पूर्व से मौर्य काल ने भारतीय उपमहाद्वीप का एकीकरण किया। राजनीतिक एकीकरण और सैन्य सुरक्षा ने कृषि उत्पादकता में वृद्धि के साथ व्यापार एवं वाणिज्य से सामान्य आर्थिक प्रणाली को बढ़ावा मिला।

आर्थिक इतिहास अंगस मैडिसन की पुस्तक “The World Economy : A Millennial Perspective” (विश्व अर्थव्यवस्था : एक हजार वर्ष का परिप्रेक्ष्य) के अनुसार ‘भारत विश्व का सबसे धनी देश था और 17वीं सदी तक दुनियाँ की सबसे बड़ी अर्थव्यवस्था था।

1991 के आर्थिक संकट के बाद केन्द्र सरकार ने आर्थिक उदारीकरण की नीति आरम्भ की। भारत आर्थिक पूंजीवाद को बढ़ावा देने लग गया और विश्व की तेज़ी से बढ़ती अर्थव्यवस्था में से एक बनकर उभरा।

कुल मिलाकर 2019 में भारत की अर्थव्यवस्था 5 फीसदी की दर से बढ़ी, यह वृद्धि मुख्य रूप से उच्च स्तर की औद्योगिक गतिविधि के अलावा देश की वस्तुओं और सेवाओं की मज़बूत मांग के कारण थी। यह देश जो कभी ब्रिटिश चाय और कपास का आपूर्तिकर्ता था, अब एक विविध अर्थव्यवस्था है और अधिकांश गतिविधि और विकास सेवा अद्योग से आ रहा है। भारत को अब अंतर्राष्ट्रीय अर्थशास्त्र की दुनियाँ में एक “वैश्विक खिलाड़ी” माना जाता है।

अर्थव्यवस्था को मज़बूत बनाने के लिए देश के अनेक ऐसे क्षेत्र उत्पादन संस्थान हैं, जो इसे निरंतर रूप से मज़बूत बना रही है और साथ ही साथ भारत देश में पीढ़ी को रोज़गार देने में भी सक्षम है, जो कि अर्थव्यवस्था को मज़बूत बनाने में एक अहम भूमिका निभाते हैं। निम्न कुछ ऐसे क्षेत्र हैं जो अर्थव्यवस्था को मज़बूत बनाने में अहम भूमिका निभाते हैं :-

कृषि क्षेत्र :- कृषि क्षेत्र भारत का प्राचीन काल से ही एक महत्वपूर्ण राजस्व स्रोत रहा है। आज भारत दुनियाँ का दूसरा सबसे बड़ा फल उत्पादक है, और नींबू, केला, आम, पपीता का वैश्विक अग्रणी उत्पादक है। जबकि वानिकी देश की जीडीपी में अपेक्षाकृत छोटा योगदानकर्ता है, यह एक बढ़ता हुआ क्षेत्र

है और ईंधन, लकड़ी आधारित पैनल, कागज के लिए लुगदी, कागज और पेपरबोर्ड के उत्पादन के लिए जिम्मेदार है।

भारत की अर्थव्यवस्था का एक अतिरिक्त छोटा प्रतिशत मछली पकड़ने और जलीय कृषि से आता है जिसमें झींगा, सार्डिन, मैकेरल और कार्प को पाला और पकड़ा जाता है।

औद्योगिक उत्पादन :- भारत में रसायन बड़ा व्यवसाय है, पेट्रोकेमिकल उद्योग जिसने पहली बार 1970 के दशक में भारतीय औद्योगिक परिदृश्य में प्रवेश किया। 1980 और 1990 के दशक में तेजी से विकास का अनुभव किया।

रसायानों के अलावा, भारत दुनियाँ की फार्मास्यूटिकल्स के साथ-साथ अरबों डॉलर मूल्य की कारों, मोटरसाइकलों, औजारों, ट्रैक्टरों, मशीनरी और जाली इस्पात की बड़ी आपूर्ति करता है।

भारत एस्बेस्टस, यूरोनियम, चूना पत्थर और संगमरमर के साथ-साथ लौह अयस्क, बॉक्साइट और सोने सहित बड़ी संख्या में रत्नों और सामान्य खनिजों का भी खनन करता है। उदाहरण के लिए, 2019 से 2020 तक भारत ने 729 मिलियन टन कोयले का खनन किया (जो आश्चर्यजनक रूप से, देश की कोयला जरूरतों को पूरा करने के लिए पर्याप्त नहीं था) 2018 से 2019 में क्रमशः 24.2 मिलियन मीट्रिक टन और 32.9 बिलियन क्यूबिक मीटर की दर से तेल और गैस निकाला गया।

सूचना प्रौद्योगिकी (आईटी) और बिजनेस सर्विसेज आउटसोर्सिंग

पिछले 60 वर्षों से भारत में सेवा उद्योग 2019 और 2020 के बीच सकल घरेलू उत्पाद के एक अंश से बढ़कर लगभग 55% हो गया है। कुशल अंग्रेज़ी बोलने वाले और शिक्षित लोगों की उच्च आबादी के साथ भारत व्यवसाय करने के लिए एक बेहतरीन जगह है।

देश में अग्रणी सेवा उद्योगों में दूरसंचार, आईटी और सॉफ्टवेयर शामिल है और श्रमिकों को इंटेल (आईएनटीसी), टेक्सास इंस्ट्रुमेंट्स (टीएक्सएन), याहू (वाईएचओओ), मेटा (एमआईटीए) सहित घरेलू और अंतर्राष्ट्रीय दोनों कंपनियों में आयोजित किया जाता है।

बिजनेस प्रोसेस आउटसोर्सिंग (बीपीओ) भारत में एक कम महत्वपूर्ण लेकिन अधिक प्रसिद्ध उद्योग है और इसका नेतृत्व अमेरिकन एक्सप्रेस (बएकपी), आईबीएस, हेवलेट-पौकार्ड (एचपीक्यू) (सूचना प्रौद्योगिकी सक्षम सेवा) उद्योग का सबसे तेजी से बढ़ने वाला खंड है, जिसका श्रेय पैमाने की अर्थव्यवस्थाओं, लागत लाभ, जोखिम शमन और योग्यता को जाता है। भारत में बीपीओ, जिसकी शुरुआत 90 के दशक के मध्य में हुई थी, वह तेजी से बढ़ी है।

चिकित्सा :- भारत में चिकित्सा पर्यटन भी एक बढ़ता हुआ क्षेत्र है। फेडरेशन ऑफ इंडियन चैंबर्स ऑफ कॉमर्स एंड इंडस्ट्री (फिक्की) और अर्नस्ट एंड यंग द्वारा जारी एक निपोर्ट के अनुसार, मेडिकल टूरिज्म

के लिए भारत का बाजार 2020 तक 9 बिलियन डॉलर का आंकड़ा छूने की उम्मीद थी। भारत में चिकित्सा पर्यटन अपनी कम लागत वाली स्वास्थ्य देखभाल और अंतर्राष्ट्रीय मानकों के अनुपालन के कारण लोकप्रिय है। हृदय, कूल्हे और प्लास्टिक सर्जरी प्रक्रियाओं के लिए दुनिया भर से ग्राहक आते हैं और बहुत कम संख्या में लोग भारत की वाणिज्यिक सरोगेट सुविधाओं का लाभ उठाते हैं।

तल-रेखा:- 21वीं सदी में भारत एक उभरती हुई आर्थिक शक्ति बन गया है। वर्ष 2011 और 2015 के बीच भारत में 90 मिलियन से अधिक लोग अत्यधिक गरीबी से बाहर निकले, जिसका श्रेय आंशिक रूप से मजबूत आर्थिक विकास को जाता है, जिसने देश में जीवन स्तर के समग्र मानकों में सुधार किया है।

विश्व बैंक के अनुसार 2021 में भारत की विकास दर 9-05%, 2022 में 7% रही थी और इस वित्तीय वर्ष में यह विकास दर 6.7% रही है। जो कि भारत की स्थिति को भली भाँति दर्शाने में सक्षम है तथा वर्तमान में भारत विश्व की पाँचवीं सबसे बड़ी अर्थव्यवस्था है। यह अनुमान लगाया जा रहा है कि भारत राष्ट्र वित्तीय वर्ष 2028 तक जापान और जर्मनी को पीछे छोड़कर दुनियाँ की तीसरी सबसे बड़ी अर्थ-व्यवस्था बन जाएगा तथा यह दुनियाँ भर के निवेशकों का भी फोकस बन गया है।

अन्य सेवाएँ :-

भारत के सेवा उद्योग के अन्य हिस्सों में बिजली उत्पादन और पर्यटन शामिल है। देश काफी हद तक जीवाश्म ईंधन, तेल, गैस और कोयले पर निर्भर है, लेकिन यह तेजी से जवविद्युत, पवन सौर और परमाणु ऊर्जा उत्पादन की क्षमता बढ़ा रहा है।

2018 में 10 मिलियन से अधिक विदेशी पर्यटक भारत आए। 2018 में भारत में पर्यटक से अनुमानित विदेशी मुद्रा आय 28.585 बिलियन डॉलर थी। विश्व यात्रा और पर्यटन परिषद ने गणना की कि 2019 में पर्यटन ने भारत की जीडीपी का 10.3% उत्पन्न किया।

इस प्रकार से हम कह सकते हैं कि किस तरह से भारत अब पूरी दुनियाँ में अपना सिक्का जमा रहा है जिसके कारण इसकी अर्थव्यवस्था में बेहद सुलभ प्रभाव पड़ा रहा है। परन्तु देश की विकास दर की गति के साथ-साथ हमें यह भी नहीं भूलना चाहिए कि इसके कुछ दुर्लभ मुद्दे भी हैं जो कि आने वाले समय में देश की अर्थव्यवस्था में एक बुरा प्रभाव भी डाल सकता है। इसके दुष्प्रभाव से संबंधित मुद्दे कुछ इस प्रकार से हैं :-

निर्यात में कमी और आयात में वृद्धि :-

विनिर्माण क्षेत्र की 8% की अल्प वृद्धि (2020 में) चिंता का विषय है। साथ ही, आयात की तुलना में निर्यात अधिक होना चिंता का विषय है।

अप्रत्याशित मौसम :- यह अप्रत्याशित मौसम। मानसून कृषि विकास और ग्रामीण मांग पर दबाव डाल सकता है।

महँगाई में वृद्धि :-

भारतीय अर्थव्यवस्था को उच्च ऊर्जा और कमोडिटी की कीमतों से प्रतिकूल परिस्थितियों का सामना करना पड़ा रहा है, जिसका उपभोक्ता माँग और कंपनियों की निवेश योजनाओं पर प्रभाव पड़ने की संभावना है। उपरोक्त सभी कुछ उदाहरण हमें पता चल सका कि भारत अपनी अर्थव्यवस्था को किन-किन क्षेत्रों से मजबूत बनाता जा रहा है। साथ ही विकास दर को बढ़ाने में उसके सामने आने वाले मुद्दों को भी दर्शाया है जिससे कि भारत को आर्थिक तौर पर काफी नुकसान हो सकता है, अगर इन्हें समय रहते न ठीक किया जाए।

परिशिका
रो नं. 10609/22
कक्षा : बी.ए. - द्वितीयवर्ष

गिरना भी अच्छा है

“गिरना भी अच्छा है,
औकात का पता चलता है....
बढते हैं जब हाथ उठाने को....
अपनों का पता चलता है!

जिन्हें गुस्सा आता है,
वो लोग सच्चे होते हैं,
मैंने झूठों को अक्सर
मुस्कराते हुए देखा है....

सीख रही हूँ मैं भी,
मनुष्यों को पढ़ने का हुनर,
सुना है चेहरों पे....
किताबों से ज्यादा लिखा होता है....”

नाम - कृति ठाकुर
कक्षा - बी.ए. द्वितीय

घर

आज अपने बचपन से मिली,
कुछ उसकी सुनी कुछ अपनी कही,
उसके अपने सुख थे, मेरे अपने दुख थे,

उसने कहा “माँ खाना बहुत अच्छा बनाती है,
मुझे भी घर की याद बहुत सताती है
पिता ने मुझे मेरी मनपसंद चीज़ दिला दी,
खुद का टुकड़ा तोड़ कर ज़्यादा रोटी मुझे खिला दी
भाई के कंधों पर आज फिर अपना भार दे दिया,
मेरी हर गलती का इलजाम उन्होंने अपने सर ले लिया

मैंने बहुत देर सोचा और अपने दिल का राज़ खोल दिया
आज मैंने फिर खुद से झूठ बोल दिया,
कहने को तो बातों का अंबर था,
पर आज भी समय थोड़ा कम रह गया,
खुद को बताना था जो वो अधुरा सा गम रह गया,
पिता का प्रेम, माँ के दुपट्टे का रंग, सब मन लुभाता है,
मुझे घर से दूर होना बहुत सताता है,
ऐसा नहीं कि मैं हार कर बैठी हूँ,
हट कर सामना करूंगी क्योंकि मैं अपने पिता की बेटी हूँ।

शायद मेरे बचपन ने मेरी आँखों की नमी देख ली
इन सब दिलासों में विश्वास की कमी देख ली”,

उसने मेरा हाथ पकड़ कर पूछा “मुझे क्या सताता है?”
मैंने भी रोते हुए कह दिया, “घर का आंगन बहुत याद आता है।”
उसने फिर कहा,

“आंगन वही है, धूप नई आ जाती है,
माँ वही बैठ तुम्हारे लिए सपने सजाती है,

पिता की हर बात विश्वास झलकाती है
उन्हें भी अपनी बेटी बहुत याद आती है।
पर वो यह सोच कर रोते नहीं,
मन की माटी पर दुख के बीज बातें नहीं।
माना तुम दूर हो उनसे,
पर तुम पर विश्वास कभी खोते नहीं।
मृग की कस्तूरी की तरह तेरे मन में ही, घर की झांकी है,
साहस दिखा और आगे बढ़,
क्योंकि तेरी मंजिल अभी बाकी है।”

नाम - अतिभूति चौधरी
कक्षा - बी.ए. तृतीय
रोल नं. 5074/21

जरूरी है

खुद के लिए जीना भी जरूरी है,
जिंदगी में रोना और हंसना भी जरूरी है।
वक्त से वक्त को मांगना भी जरूरी है।
रह जाएगी आबादियां यहां,
तुम्हारे लिए तुम्हारा होना भी जरूरी है।
रूके हुए कदमों का आगे बढ़ाना भी जरूरी है,
छुटी हुई मंजिल को पाना भी जरूरी है।
जे पीठ पीछे खंजर चलाते हैं,
हर उस शख्स से दूरी बनाना भी जरूरी है।
हर बात पर बहस नहीं,
कभी-कभी चुप रहना भी जरूरी है।
वक्त पर सपनों को पूरा करना भी जरूरी है।
जिंदगी में हार और जीत भी जरूरी है।
अगर सपना पूरा ना हो तो जिंदगी पूरी होकर भी अधूरी है।
इसलिए खुद के लिए जीना भी जरूरी है।

हिंदी विभाग
नाम - किरण
कक्षा बी.एच. तृतीय

नई शुरूआत



नया सवेरा नया दिन है,
नई उम्मीद है नई घड़ी,
हो जोश से नई शुरूआत
बने फिर कोई बात,
कदम है बढ़ाते रहना
कदम से कदम मिलाते
रहना।
इक दिन हार तो जाना है
मौत से
पहले ही क्यूँ माने फिर हार,
हर हार कर जो जीत जावे
उसी गले में हार शोभा पावे।
करो शुरूआत इक जीवन
की
खुशियों का हो जहाँ मेला
हो न किसी का मन मेला,
हो जब नई शुरूआत
फिर बने कोई बात,
रोज ही सूरज ढलता है

फिर नई उम्मीद से उगता
है,
हर प्रलय के बाद होती
नव जीवन शुरूआत।
फिर हम क्यूँ हिचकते
करने की नई शुरूआत
किंचित मन भयभीत है,
शायद हार यह डरता
अरे डरपोक प्राणी!
झंकझोर इस मन को,
हारेगा तो सिख पाएगा
आओ करे हम आरम्भ
देवें जीवन को नई दिशा,
इक नया उद्देश्य,
करेंगे नई शुरूआत,
तभी तो बनेगी बात।

शामबीर
कक्षा - बी.ए. द्वितीय
रोल नं. 10820

पहचान

आंखें खुली तो सामने एक सुन्दर संसार था
लेकिन न जाने क्यों माँ में आसुओं
का भण्डार था।
जहां था सारा परिवार माँ के विरूद्ध
कहा - क्या फायदा अब इस संतान का?
फैंक आ किसी सड़क किनारे या गन्दी नालों में
न ये बेटा, न ये बेटी, बस भार है हर साल का
मैं थी नादान मुझे न था कुछ मालूम
माना सभी को अपना, अपनों ने ही मुझे फटकारा था।
माँ से पूछा ऐसा क्यों? लेकिन मां ने मुझे बहकाया था।
कहा न है सब से खांस जैसे संबंध भक्त और भगवान का
मान माँ की बात मैं मुस्काई, लेकिन असल बात समझ न पाई।
हुई बड़ी तो, घर से बाहर मैं निकली
देखा समाज जहां हुई मैं नफरतों का शिकार
कहा दूर रहो इससे, ये न बेटा, न ये बेटी
अरे ये तो है - “किन्नर साहब”
इसका काम है - नाचना, गाना, ताली मार पैसा कमाना
किन्नर सुन आंखों में आंसू लें घर आई
सारी बीती माँ को बतलाई
क्यों करते हैं सब ऐसा व्यवहार माँ
सब सच्चाई सुन माँ की आंखें भर आई
कहा यहीं है बेटा तेरी सच्चाई
हाँ, तू हैं सबसे अलग पर सबसे खास भी तो हैं।
मेरे जीवन जीने की आशा भी तो हैं
तू भी तो बनी उस भगवान द्वारा
जिस पर है विश्वास हमारा



तू हैं शिव की आधी शक्ति
तू है दुर्गा, तू है महाकाली
सुन सब सच्चाई, माँ को समझाया
जाना तो होगा एक दिन तुझ से भी दूर माँ
रही यहाँ तो मिले नफरत
माँ मिले उसे भी अपमान
जाऊँ अपनी दुनियाँ मिले वहां प्यार और सम्मान
रो मत माँ शायद यही थी मेरी किस्मत
का फरमान।
लेकिन तू रहेगी मेरी बेटी
मेरी वही प्यारी संतान
जिससे है मेरे खून की पहचान।

नाम - नैना

कक्षा - बी.ए. द्वितीय साल

अनुक्रमांक - 10291/22

यादें

जब यादों के किस्से खोलूँ,
तो कुछ पल बहुत याद आते हैं,
कुछ खुशी के पल, कुछ गमी के पल,
कुछ हंसी के पल, और कुछ रोने के पल।
जिंदगी का अनमोल खज़ाना होती है ये यादें,
कभी मुस्कान बन चेहरे से खुशियाँ छलकती है,
तो कभी आँसू बन आँखों से गम दिखाती है ये यादें
कभी हंसाती है तो कभी रूलाती है,
कभी गुस्सा दिलाती है तो कभी खुद ही मनाती है ये यादें
जिंदगी के सबसे खास पलों में वापिस ले जाती है,
और उन पलों को पाने के लिए फिर तड़पाती है ये यादें
हर तरफ पड़ी धूल सी होती है ये यादें,
किसी दिल में सदियों से दफ़न एहसास सी होती है ये यादें।
बीते हुए पलों की यादें आज को खूबसूरत बनाती है
न जाने जिंदगी जीने के कितने सबक सिखाती हैं,
वक्त के साथ बढ़ती हैं, कभी घटती नहीं,
यादें जिंदा रहती हैं, कभी मरती नहीं।

सुनंदा

बी.ए. द्वितीय साल

10597 / 22

क्यों हो गए बड़े हम?

हम क्यों बड़े हो गए बस यही सोच रहे हैं,
खोज रहे हैं, बचपन को -
पपा की डाँट में, माँ के प्यार में,
खो से गए हैं, कहीं जिम्मेदारी के संसार में।

वे बचपन क्या खूब था,
जब दोस्त का साथ और खुशियों में भरा रविवार था।
अब तो खो गए हैं,
सब कहते हैं, हम बड़े हो गए हैं।

हमने ढूँढी हर जगह वहीं शरात,
पर कहीं पा ना सके।
हम क्यों हा गए बड़े, बस यहीं सोच रहे हैं।
प्यार से उस बचपन को हर जगह खोज रहे हैं।

ढूँढा सिर्फ वहीं बचपन,
जिसमें ना था डरा किसी का
ना थीं उम्मीद किसी से,
सिर्फ थी हमारी नादानियां बेफिक्र बातें,
सोचते थे, हम बड़े कब होंगे,
अब सोचते हैं, बचप नही अच्छा था।
खो गए हैं, अब जिम्मेदारियों में,
दिल भी कहता है, अब बड़े हो गए हैं।

जिम्मेदारियों के शहर में खो गए हम,
लोग कहते हैं, बड़े हो गए हम।
हम क्यों हो गए बड़े, बस यही सोच रहे हैं,
हर रोज़ खुदा से सिर्फ यहीं पूँछ रहे हैं।

नाम - अंकिता
कक्षा - बी.ए. तृतीय वर्ष
रोजल नं- 5275

Student Achievers (Academics)



Ruchika
1st Position
M.Sc. II (Botany)
3rd Semester



Bharti
1st Position
M.Sc. II (Physics)
3rd Semester



Ritika Sharma
1st Position
M.A. II (Music Vocal)
3rd Semester



Abhijeet Kaur
1st Position
M.A. II (Dance)
3rd Semester



Dishi Malik
1st Position
M.A. I (Dance)
1st Semester



Tamanna
1st Position
M.Sc. I (Botany)
1st Semester



Arushi Sharma
1st Position
M.Sc. II (Botany)
4th Semester



Shreya Sharma
1st Position
M.Sc. II (Zoology)
4th Semester



Jashanpreet Kaur
1st Position
M.A. I (Economics)
2nd Semester



Anamika
1st Position
M.A. II (Music Instrumental)
4th Semester



Ritika Sharma
1st Position
M.A. I (Music Vocal)
2nd Semester



Mrinal Kaushal
1st Position
M.A. I (Sociology)
2nd Semester



Diksha Jain
1st Position
M.A. I (Psychology)
2nd Semester



Jenab
1st Position
M.A. II (Public Administration)
3rd Semester



Megha
1st Position
M.A. I (Psychology)
1st Semester



Deepankita Syal
1st Position
M.A. II (Psychology)
3rd Semester

Student Achievers (Academics)



Simarpreet Kaur
1st Position
B.A. II (Pol. Sci. & Maths)
3rd Semester



Mandeep Kaur
1st Position
B.A. III (Hindi Honours)
6th Semester



Amandeep Kaur
2nd Position
M.A. II (Psychology)
3rd Semester



Pragya
2nd Position
M.Sc. II (Botany)
3rd Semester



Aarti
2nd Position
M.A. II (Dance)
3rd Semester



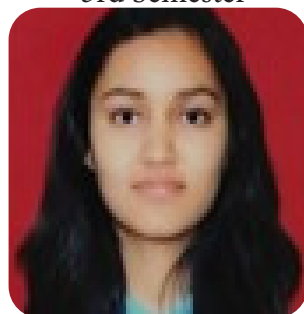
Bhumika
2nd Position
M.A. I (Dance)
1st Semester



Pooja Mittal
2nd Position
M.A. I (Sociology)
1st Semester



Jaspreet Kaur
2nd Position
M.Sc. II (Zoology)
3rd Semester



Pragya
2nd Position
M.Sc. I (Botany)
2nd Semester



Ashu
2nd Position
M.Sc. II (Botany)
4th Semester



Aashna Verma
2nd Position
M.Sc. II (Physics)
4th Semester



Meenakshi
2nd Position
M.Sc. II (Zoology)
4th Semester



Shreya Mishra
2nd Position
M.A. II (Music Instrumental)
4th Semester



Ritika Kumari
2nd Position
M.A. I (Music Vocal)
2nd Semester



Varda Universe
2nd Position
M.A. I (Music Vocal)
2nd Semester



Prateeksha
2nd Position
M.A. II (Public Administration)
4th Semester

Student Achievers (Academics)



Deepankita Syal
2nd Position
M.A. I (Psychology)
2nd Semester



Prachi
2nd Position
B.A. III (Sanskrit Hons.)
2nd Semester



Muskan
2nd Position
B.A. III (Pol. Sci. Honours)
6th Semester



Sakshi Verma
3rd Position
M.Sc. I (Botany)
1st Semester



Ravneet Kaur
3rd Position
M.A. I (Sociology)
1st Semester



Manisha
3rd Position
M.Sc. II (Zoology)
3rd Semester



Ruchika
3rd Position
M.Sc. I (Botany)
2nd Semester



Pooja
3rd Position
M.Sc. II (Botany)
4th Semester



Bharti
3rd Position
M.Sc. I (Physics)
2nd Semester



Devyani Sharma
3rd Position
M.Sc. II (Zoology)
4th Semester



Niharika
3rd Position
M.A. I (Economics)
2nd Semester



Sakshi Devi
3rd Position
M.A. II (Music Instrumental)
4th Semester



Amandeep Kaur
3rd Position
M.A. I (Psychology)
2nd Semester



Jaspreet Kaur
3rd Position
M.Sc. I (Zoology)
2nd Semester



Hardika Narang
3rd Position
M.A. I (Psychology)
1st Semester



Diksha Jain
3rd Position
M.A. II (Psychology)
3rd Semester

Student Achievers (Academics)



Sanya
3rd Position
B.Com II
4th Semester



Kasak Shaunik
4th Position
M.Sc. II (Botany)
3rd Semester



Divya
4th Position
M.A. I (Dance)
1st Semester



Mehak Kapoor
4th Position
M.A. I (Music Instrumental)
1st Semester



Anshim Dogra
4th Position
M.Sc. II (Physics)
3rd Semester



Nikita Vashist
4th Position
M.Sc. II (Botany)
4th Semester



Shivangi
4th Position
M.Sc. I (Physics)
2nd Semester



Oshin
4th Position
M.Sc. II (Physics)
4th Semester



Sukhmeen Kaur
4th Position
M.Sc. II (Zoology)
4th Semester



Devanshi Sanjay Kumar Saini
4th Position
M.A. I (Fine Arts)
2nd Semester



Kasak Shaunik
4th Position
M.Sc. I (Botany)
2nd Semester



Diksha
4th Position
M.A. I (Psychology)
1st Semester



Manisha Kumari
4th Position
B.A. III (Sanskrit Hons.)
2nd Semester



Nikita Kukreti
5th Position
M.Sc. II (Botany)
3rd Semester



Shruti Jhingram
5th Position
M.A. II (Dance)
3rd Semester



Sheetal
5th Position
M.A. I (Dance)
1st Semester

Student Achievers (Academics)



Lalita Saravagi
5th Position
M.A. I (Music Instrumental)
1st Semester



Diksha
5th Position
M.Sc. II (Physics)
3rd Semester



Kritika
5th Position
M.Sc. II (Zoology)
3rd Semester



Priyanka
5th Position
M.Sc. I (Botany)
2nd Semester



Srishti Jagota
5th Position
M.Sc. II (Botany)
4th Semester



Eishika
5th Position
M.Sc. I (Chemistry)
2nd Semester



Manisha
5th Position
M.Sc. I (Zoology)
2nd Semester



Muskan Thakur
5th Position
M.Sc. I (Zoology)
2nd Semester



Pallavi Thakur
5th Position
M.Sc. II (Zoology)
4th Semester



Vandana
5th Position
M.A. II (Public
Administration)



Sanju Kumari
5th Position
B.A. III (Sanskrit
Hons.)



Rishita Sharma
6th Position
M.Sc. I (Botany)
1st Semester



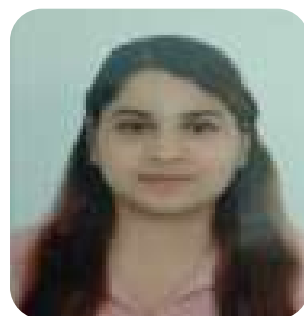
Shivani
6th Position
M.Sc. I (Botany)
1st Semester



Unnati
6th Position
M.A. II (Dance)
3rd Semester



Kamakshi
6th Position
M.A. I (Music Vocal)
1st Semester



Sanjeevani Kansal
7th Position
M.A. I (Music Vocal)
1st Semester

Student Achievers (Academics)



Nitya Sharma
9th Position
M.A. II (Dance)
3rd Semester



Anjali
10th Position
M.A. II (Dance)
3rd Semester



Jasleen Kaur
UGC NET-2023
Subject: Public
Administration



Navdeep Kaur
CSIR-UGC NET 2023
Subject: Chemistry



Manpreet Kaur
CSIR-UGC NET 2023
Subject: Botany



Ruchika
GATE 2024
Subject: Botany



Anu Sangwan
UGC-NET & JRF 2023
Subject: Physics



Anuradha
GATE 2024
Subject: Physics



Naina Sharma
UGC-NET 2023
Subject: Fine Arts



Himani Sharma
UGC-NET 2023
Subject: Psychology



Amandeep Kaur
UGC-NET 2023
Subject: Psychology



Aarvi Sharma
UGC-NET 2023
Subject: Psychology



Mrinal Kaushal
UGC NET 2023
Subject: Sociology



Shagun
GATE 2024
Subject: Zoology



Shreiya Sharma
CSIR-UGC NET & JRF
2023
Subject: Zoology



Pooja Rani
CSIR-UGC NET & JRF
2023
Subject: Zoology

Student Achievers (Academics)



Mrinal Kaushal
UGC NET 2023
Subject: Sociology



Aisha
JRF-2023
Subject: English



Leimakhujam Neetu
UGC NET 2023
Subject: English



Yasha Gupta
UGC NET 2023
Subject: English

SECURING MERITORIOUS POSITIONS WITH EXCELLENCE



Our Gold Medalists
being awarded degrees at
71st Convocation of Panjab
University

Student Achievers (Co-Curricular)



MUSKANPREET KAUR
1st in FOLK SONG
1st in GROUP SONG
2nd in VAAR SINGING
3rd in KALI SINGING
ZONAL YOUTH
FESTIVAL-2023



VARDA UNIVERSE
1st in GROUP BHAJAN
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL
YOUTH FESTIVAL-2023



POOJA NEGI
1st in GROUP BHAJAN
& CLASSICAL MUSIC (V)
ZONAL YOUTH
FESTIVAL-2023



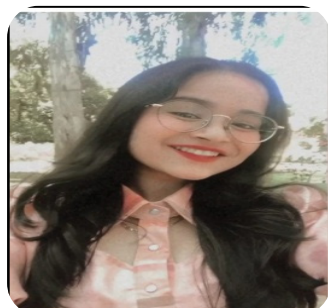
RITIKA KUMARI
1st in GROUP BHAJAN
ZONAL YOUTH
FESTIVAL
3rd in INTER
ZONAL YOUTH
FESTIVAL-2023



SWATI BHARDWAJ
1st in GROUP BHAJAN
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL
YOUTH FESTIVAL-2023



ROSHNI
1st in GROUP BHAJAN
ZONAL YOUTH
FESTIVAL
3rd in INTER ZONAL
YOUTH FESTIVAL-2023
3rd in INTER ZONAL
YOUTH FESTIVAL-2023



KAMAKSHI
1st in GROUP BHAJAN
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
3rd in GROUP BHAJAN
INTER ZONAL YOUTH
FESTIVAL-2023



ISMEET KAUR
1st in GROUP BHAJAN
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
1st in INDIAN ORCHESTRA
(INDIVIDUAL)
3rd in GROUP BHAJAN INTER
ZONAL YOUTH FESTIVAL-2023



RITIKA SHARMA
1st in GROUP SONG
ZONAL YOUTH
FESTIVAL 2nd in
INTER ZONAL YOUTH
FESTIVAL-2023

Student Achievers (Co-Curricular)



HARMAN PREET
KAUR
1st in GROUP SONG
ZONAL YOUTH
FESTIVAL 2nd in
INTER ZONAL YOUTH
FESTIVAL-2023



AANCHAL
1st in INSTRUMENTAL
(NON PRECUSSION)
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL YOUTH
FESTIVAL-2023



SHIVANI
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
INTER ZONAL YOUTH
FESTIVAL-2023



TANVI SHARMA
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
INTER ZONAL YOUTH
FESTIVAL-2023



SANJEEVANI KANSAL
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
INTER ZONAL YOUTH
FESTIVAL-2023



SNEHA
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
INTER ZONAL YOUTH
FESTIVAL-2023



SIMRANJEET KAUR
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
INTER ZONAL YOUTH
FESTIVAL-2023



UNNATI SHARMA
1st in CLASSICAL DANCE
ZONAL YOUTH
FESTIVAL-2023



KANCHAN
1st in GIDHA
ZONAL YOUTH
FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023

Student Achievers (Co-Curricular)



JASLEEN KAUR
1st in GIDHA
ZONAL YOUTH
FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



GAGANDEEP KAUR
1st in GIDHA
1st in LADIES TRADITIONAL SONG
ZONAL YOUTH FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



AMANDEEP KAUR
1st in GIDHA
ZONAL YOUTH FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



MUSKAN KAUR
1st in GIDHA
ZONAL YOUTH FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



ARSHDEEP KAUR
1st in GIDHA
ZONAL YOUTH FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



KULWINDER KAUR
1st in GIDHA
ZONAL YOUTH FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



SIMRANJEET KAUR
1st in INDIAN ORCHESTRA
ZONAL YOUTH FESTIVAL
1st in INDIAN ORCHESTRA
INTER ZONAL YOUTH
FESTIVAL-2023



MJAISMEEN KAUR
1st in GIDHA
ZONAL YOUTH FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



VAISHALLI
1st in GIDHA
ZONAL YOUTH
FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023

Student Achievers (Co-Curricular)



KASHVEEN KAUR
1st in GIDHA
ZONAL YOUTH
FESTIVAL
2nd in GIDHA
INTER ZONAL YOUTH
FESTIVAL-2023



RAVNEET KAUR
1st in ELOCUTION
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL YOUTH
FESTIVAL-2023



SHIVANI
1st in ONE ACT PLAY
3rd INDIVIDUAL PRIZE
ZONAL YOUTH
3rd in ONE ACT PLAY
INTER ZONAL YOUTH
FESTIVAL-2023



ANCHAL
1st in ONE ACT PLAY
ZONAL YOUTH
3rd in ONE ACT PLAY
INTER ZONAL YOUTH
FESTIVAL-2023



KARUNA GULATI
1st in ONE ACT PLAY
ZONAL YOUTH
3rd in ONE ACT PLAY
INTER ZONAL YOUTH
FESTIVAL-2023
MS. PANACHE AT PANACHE'24



KHUSHI SHARMA
1st in LADIES TRADITIONAL
SONG
ZONAL YOUTH
FESTIVAL-2023



SHWETA
1st in LADIES TRADITIONAL
SONG
ZONAL YOUTH
FESTIVAL-2023



JASHANPREET KAUR
1st in LADIES TRADITIONAL
SONG
ZONAL YOUTH
FESTIVAL-2023



MAHEE KAUSHIK
1st in LADIES
TRADITIONAL SONG
ZONAL YOUTH
FESTIVAL-2023

Student Achievers (Co-Curricular)



DIKSHA SINGH
1st in LUDDI
INTER ZONAL &
ZONAL
YOUTH FESTIVAL-2023



ABHIJEET KAUR
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023



AMANPREET KAUR
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023
3rd in INTER ZONAL YOUTH
FESTIVAL-2023



HARPREET KAUR
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023



AISHPREET KAUR
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023
GGDSD-32, CHD



NIKITA
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023



PAYAL
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023



MEHAK VERMA
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023



SHIVANI
1st in LUDDI
INTER ZONAL & ZONAL
YOUTH FESTIVAL-2023

Student Achievers (Co-Curricular)



VANDANA
1st in LUDDI
INTER ZONAL &
ZONAL
YOUTH FESTIVAL-2023



ISHA
1st in RASSA VATNA
ZONAL YOUTH FESTIVAL
2nd in RASSA VATNA
INTER ZONAL YOUTH
FESTIVAL-2023



AANSHI KUMARI
1st in CLAY MODELLING
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL
YOUTH FESTIVAL-2023



MEHAK SAINI
1st in POSTER MAKING
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL
YOUTH FESTIVAL
2nd in NATIONAL YOUTH
FESTIVAL NASIK-2023



DEVANSHI SANJAYKUMAR
SAINI
1st in STILL LIFE
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL
YOUTH FESTIVAL-2023



AYUSHI MALLIK
1st in PHOTOGRAPHY
ZONAL YOUTH FESTIVAL-2023



KAJAL
2nd in SKIT
1st in INDIVIDUAL
ZONAL YOUTH
FESTIVAL-2023



KHUSHI
2nd in SKIT
ZONAL YOUTH
FESTIVAL-2023



MEHAK
2nd in MIME
ZONAL YOUTH
FESTIVAL-2023

Student Achievers (Co-Curricular)



VANDANA
2nd in INSTRUMENTAL
(PERCUSSION)
ZONAL YOUTH
FESTIVAL-2023



RISHIKA KOHLI
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



PURNIMA
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



MEHAK SAINI
1st in POSTER MAKING
ZONAL YOUTH FESTIVAL
3rd in INTER ZONAL
YOUTH FESTIVAL
2nd in NATIONAL YOUTH
FESTIVAL NASIK-2023



BALSIMRAN
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



ISHMEET KAUR
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



SANIA SHARMA
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



HARSHPREET KAUR
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



SARBHJOT KAUR
2nd in FOLK
ORCHESTRA ZONAL
YOUTH FESTIVAL-2023

Student Achievers (Co-Curricular)



NEHA
2nd in FOLK
ORCHESTRA
ZONAL YOUTH
FESTIVAL-2023



MEHAK KAPOOR
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



SANCHITA KUMARI
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



RIYA SHARMA
2nd in FOLK
ORCHESTRA ZONAL YOUTH
FESTIVAL-2023



TANIA
2nd in VAAR SINGING
ZONAL YOUTH FESTIVAL-2023



KRITIKA
2nd in VAAR SINGING
ZONAL YOUTH FESTIVAL-2023



SHINY GEORGE
3rd in DEBATE
ZONAL YOUTH
FESTIVAL-2023



ARSHLEEN KAUR
3rd in KAVISHRI
ZONAL YOUTH
FESTIVAL-2023



SONIA
3rd in KAVISHRI
ZONAL YOUTH
FESTIVAL-2023

Student Achievers (Co-Curricular)



ANJALI SHARMA
1st PRIZE in TRASH
HUNT (SWACHATA
KE KHILADI)
ORGANIZED
BY MUNICIPAL
CORPORATION



KHUSHI
1st PRIZE in TRASH HUNT
(SWACHATA KE KHILADI)
ORGANIZED BY MUNICIPAL
CORPORATION



SIMRAN
1st PRIZE in TRASH HUNT
(SWACHATA KE KHILADI)
ORGANIZED BY MUNICIPAL
CORPORATION



HIMANSHI
1st PRIZE in TRASH HUNT
(SWACHATA KE KHILADI)
ORGANIZED BY MUNICIPAL
CORPORATION



TARANUM
1st PRIZE in TRASH HUNT
(SWACHATA KE KHILADI)
ORGANIZED BY MUNICIPAL
CORPORATION



DIVYA SHARMA
1st PRIZE in TRASH HUNT
(SWACHATA KE KHILADI)
ORGANIZED BY MUNICIPAL
CORPORATION



MUSKAN THAKUR
1st PRIZE in TRASH HUNT
(SWACHATA KE KHILADI)
ORGANIZED BY MUNICIPAL
CORPORATION



HARSHITA
1ST and 3RD PRIZE IN IT QUIZ
1ST PRIZE IN VIDEO MAKING
3RD PRIZE IN E-WASTE
MODELLING
AN INTER COLLEGE
COMPETITION



ADITI
1ST & 3RD PRIZE IN IT QUIZ
1ST PRIZE IN VIDEO MAKING
3rd PRIZE IN DANDIYA
COMPETITION AT GCG11
FIESTA AN INTER COLLEGE
COMPETITION

Student Achievers (Co-Curricular)



KHUSHBOO

1ST PRIZE IN VIDEO MAKING
2ND PRIZE IN MODEL MAKING
2ND PRIZE IN SCREEN BATTLES
3RD PRIZE IN E-WASTE
MODELLING
AN INTER COLLEGE COMPETITION



REEVA CHAUHAN

1ST PRIZE IN FACE PAINTING IN
IT- FEST HELD AT PGGCG-11
2ND PRIZE IN FACE PAINTING
AT INTER STATE IT FEST HELD
AT PGGCG11 AN INTER COLLEGE
COMPETITION



PALAK SHARMA

1ST PRIZE IN FACE PAINTING IN
IT- FEST HELD AT PGGCG-11
2ND PRIZE IN FACE PAINTING
AT INTER STATE IT FEST
HELD AT PGGCG11 AN INTER
COLLEGE COMPETITION



DIMPLE

1ST PRIZE IN AD-MAD
SHOW, BIZFEST-24
PGGCG-11 AN INTER
COLLEGE COMPETITION



SUKHWINDER KAUR

1ST PRIZE IN AD-MAD SHOW,
BIZFEST-24 PGGCG-11
3rd IN AD-MAD
SHOW,PANACHE'24 GGDSD-32
AN INTER COLLEGE
COMPETITION



MAMTA

1ST PRIZE IN AD-MAD SHOW,
BIZFEST-24 PGGCG-11
3rd IN AD-MAD
SHOW,PANACHE'24 GGDSD-32
AN INTER COLLEGE



KIRAN

1ST PRIZE IN AD-MAD
SHOW, BIZFEST-24
PGGCG-11
3rd IN AD-MAD
SHOW,PANACHE'24
GGDSD-32 AN INTER
COLLEGE COMPETITION



AARTI

1ST PRIZE IN POSTER
MAKING,BIZFEST-24
PGGCG-11 AND 2nd PRIZE IN
"WASTE PRO" IN BIZZTECH
2K24, PGGC-11 AN INTER
COLLEGE COMPETITION



SAMISKHA SADIORA

1ST PRIZE IN AD-MAD SHOW,
BIZFEST-24 PGGCG-11
3rd IN AD-MAD
SHOW,PANACHE'24 GGDSD-32
AN INTER COLLEGE
COMPETITION

Student Achievers (Co-Curricular)



PREKSHA HIRAWAT
1ST PRIZE IN RANGOLI MAKING
COMPETITION, NATIONAL
SCIENCE DAY-2024 PGCG-11 AN
INTER COLLEGE COMPETITION



POOJA
1ST PRIZE IN RANGOLI MAKING
COMPETITION, NATIONAL
SCIENCE DAY-2024 PGCG-11 AN
INTER COLLEGE COMPETITION



DIMPLE
1ST PRIZE IN FLORAL FRENZY,
BIZTECH,PGGC-11
1st PRIZE IN STANDUP COMEDY
GGSCW-26
AN INTER COLLEGE
COMPETITION



CHAVVI
2nd PRIZE IN IT- FEST AT
PGGC, SECTOR 46 AN INTER
COLLEGE COMPETITION



JASMEEN
2nd PRIZE IN E-WASTE
MODELLING IN IT- FEST AT
MCM DAV AN INTER COLLEGE
COMPETITION



ANSHITA
2nd PRIZE IN E-WASTE
MODELLING IN IT- FEST AT
MCM DAV AN INTER COLLEGE
COMPETITION
COMPETITION



SAPNA
2nd PRIZE IN SCREEN
BATTLES AT IT-FEST
AT PGGC-11,AN INTER
COLLEGE COMPETITION



DIKSHA
2nd PRIZE IN MOVIE MAKING
AT IT-FEST AT PGGC-
11,AN INTER COLLEGE
COMPETITION



SIMRAN
2nd PRIZE IN MOVIE MAKING AT
IT-FEST AT PGGC-11,AN INTER
COLLEGE COMPETITION

Student Achievers (Co-Curricular)



RIDHI

2nd PRIZE IN MODEL MAKING AT
IT-FEST AT PGGC-11,AN INTER
COLLEGE COMPETITION



SEHAJPREET KAUR

2nd PRIZE IN DEBUGGING AT
IT-FEST HELD AT PGGC-11,AN
INTER COLLEGE COMPETITION



MAMTA

2nd PRIZE IN RANGOLI
MAKING,BIZTECH,PGGC-11
2nd PRIZE IN RANGOLI
MAKING "VERMICOPOSTING:
EK KADAM SWACHHATA KI
AUR" UNDER THE AEGIS OF
DHE,CHANDIGARH



SUMAN KUMARI

2nd PRIZE IN BUSINESS
QUIZ, GGSCW, SECTOR-26
AN INTER COLLEGE
COMPETITION



SNEHA REGHUNATH

2nd PRIZE IN BUSINESS QUIZ,
GGSCW, SECTOR-26 AN INTER
COLLEGE COMPETITION



SHRUTI

2nd PRIZE IN TURN THE
COURT:DEBATE, GGSCW,
SECTOR-26 AN INTER
COLLEGE COMPETITION



SHREYA

3RD PRIZE IN RANGOLI
MAKING AT GCG11 FIESTA
AN INTER COLLEGE
COMPETITION



NEETU DHIMAN

3RD PRIZE IN RANGOLI
MAKING AT GCG11 FIESTA
AN INTER COLLEGE
COMPETITION



PRACHI

3RD PRIZE IN QUIZ IN IT- FEST
AT MCM DAV
3RD PRIZE IN DANDIYA
COMPETITION AT GCG11
FIESTA AN INTER COLLEGE
COMPETITION

Student Achievers (Co-Curricular)



ISHA SHAKLANI
3rd PRIZE IN IT QUIZ AT INTER
STATE IT FEST HELD AT PGGCG42



SALONI
3RD PRIZE IN E-COLLAGES AT
INTER STATE IT FEST HELD AT
PGGCG42



ANUGYA KUSHWAHA
3RD PRIZE IN E-COLLAGES AT
INTER STATE IT FEST HELD AT
PGGCG42
AN INTER COLLEGE
COMPETITION



KANIKA
3RD PRIZE IN JUST-A-
MINUTE, PAWARZ-E-GGCBA
50 AND GGSCW, SECTOR-26
AN INTER COLLEGE
COMPETITION



SUSHEEL
3RD PRIZE IN RANGOLI
MAKING "VERMICOPOSTING:
EK KADAM SWACHHATA
KI AUR" UNDER THE AEGIS
OF DHE, CHANDIGARH
ADMINISTRATION



ANAMIKA
1st in PEERHI
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



NAVJOT KAUR
1st in TOKRI MAKING
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



NAVJOT KAUR
1st in GUDDIYAN PATOLE
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



KANIKA
1st in CHIKKU
ZONAL YOUTH FESTIVAL
FESTIVAL-2023

Student Achievers (Co-Curricular)



BHAVIKA JINDAL
2nd in EENNU
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



BHOOMIKA
2nd in MITTI DE KHIDONE
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



SIMRAN
3rd in KHIDDO MAKING
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



KHUSHI
3rd in NAALA
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



SHARUTI CHAUDHARY
3rd in PARANDA
ZONAL YOUTH FESTIVAL
FESTIVAL-2023



“The purpose of education is to make good Human Beings with skill and expertise. Enlightened Human Beings can be created by teachers”

- A. P. J. Abdul Kalam

Our Pride: Outstanding Achievers



Shivika Hans MAII student secured 300th Rank in the UPSC Civil Services Examination



Mehakdeep, made a speech in the Parliament on Gandhi Jayanti. She also won the first place in Solo Drama at National Art Utsav, Bhubaneswar, participated in the discussion in the Prime Minister's Pariksha Pe Charcha and was also invited to the Republic Day Parade at New Delhi



Unnati Sharma brought laurels by standing First in Classical Dance in Inter Varsity Youth Festival at Amritsar among 13 Universities.



Parul, NCC Army Wing cadet has been awarded the prestigious CWS scholarship of Rs 6000.



Mehak Saini from the PG Department of Fine Arts of the college won 2nd position and cash award of Rs. One Lakh in the Poster Making competition in the National Youth Festival held in Nashik, Maharashtra



Heritage Dance Luddi was selected to participate at National Youth Festival held in Nashik, Maharashtra

Student Achievers (Sports)



KRITIKA
GOLD MEDAL IN LONG JUMP
AND TRIPLE JUMP



SHIVANI
SILVER MEDAL IN
RELAY RACE AND LONG
JUMP



SHWETA
SILVER MEDAL IN
LONG JUMP
BRONZE MEDAL IN RELAY RACE



NUPUR
SILVER MEDAL IN TAEKWONDO



NIDHI
SILVER MEDAL IN
DISCUS THROW
BRONZE MEDAL IN RELAY RACE
AND DISCUS THROW



SHREYA THAKUR
SILVER MEDAL IN CHESS



NUPUR KAITH
SILVER MEDAL IN CHESS



PALAK
SILVER MEDAL IN CHESS



JASLEEN
SILVER MEDAL IN CHESS



NISHITA
SILVER AND BRONZE MEDAL
IN BREAST STROKE 200M
BRONZE MEDAL IN 4 X 100M
MEDLEY RELAY MIX



TAMANNAH
BRONZE MEDAL IN
JAVELIN THROW



MONIKA
BRONZE MEDAL IN
1500 METERS RACE



AASHIMA
BRONZE MEDAL IN
LONG JUMP



YASHICA BISHOKARMA
BRONZE MEDAL IN
TAEKWONDO



MEHAKPREET
BRONZE MEDAL IN
HOCKEY



PEEHU
BRONZE MEDAL IN DISCUS
THROW



SANSKRIT SECTION

FROM THE DESK OF STAFF EDITOR

व्यक्तित्वविकाससन्दर्भे वसुधैव कुटुम्बकम् इत्यस्य सार्थकता



जी.20 शिखरसम्मेलनस्य 2022 तमस्य वर्षस्य भारतस्य अध्यक्षतायाः विषयः वसुधैव कुटुम्बकम् इति आसीत् । अस्य वाक्यस्य सारः वृ देशप्रदेशधर्मजातिलिङ्गादिभेदात् परं सर्वा पृथ्वी एककुटुम्बम् अस्ति । यस्मिन् परस्परं स्नेहादरकरुणादयासौहार्दत्यागकल्याणादीनां भावना अस्ति।

सिद्धान्तवाक्यं यावत् लघुतरं सरलं च अस्ति व्यावहारिकः पक्षः तावत् जटिलः कठिनश्च अस्ति। वेदोपनिषद्दर्शनादिशास्त्राणाम् ज्ञानोपलब्धिमाध्यमेन एव एतं विचारं स्वजीवने आचरणीयम्। अनेनैव वाक्यस्य सार्थकता भवति। युवजनानां व्यक्तित्वविकासे औपनिषदिकज्ञानस्य महत्त्वपूर्ण भूमिकास्ति। युवजनानां व्यक्तित्वविकासद्वारैव अस्माकं भविष्यत् स्वस्थं सुन्दरं कल्याणकरञ्च भविष्यति।

उपनिषदः सनातनदार्शनिकतत्त्वज्ञानस्य मूलोद्गमरू सन्ति। याः तर्कबुद्धिभ्यां प्रश्नोत्तराभ्यां शास्त्रार्थपरम्परया च प्रमाणितारू ऋषीणामनुभवेन अनुप्राणितारू दिव्यज्ञानप्रकाशभासितारू सन्मार्गप्रदर्शकारू सन्ति। एतारू जीवात्माबह्वणां रहस्यं समाधाय मानवान् सर्वदुःखान् विमुक्तान् कुर्वन्ति।

अयं बन्धुरयं नेति गणना लघुचेतसाम्।

उदारचरितानां तु वसुधैव कुटुम्बकम्॥ महोपनिषद् 6:71

अर्थात् अयम् अस्माकं मित्रम् अयं च अस्माकं मित्रं नास्ति एवं छुद्रहृदयजनाः एव चिन्तयन्ति। उदारहृदयानां कृते तु सर्वा पृथ्वी एव एकं कुटुम्बम् । अहंभावविरहितरू यः सत्यं ज्ञात्वा सर्वत्र आध्यात्मिकीमेकतां पश्यति तस्यैव कृते सर्वा पृथ्वी एकं कुटुम्बं भवितुमर्हति। महोपनिषदरू वसुधैव कुटुम्बकम् इति लघुवाक्यमिदम् अद्यत्वेऽपि विश्वमाकर्षयति। विश्वे प्रचलितस्य सर्वप्रकारस्य जीवनमूल्यसम्बद्धयोजनानां लक्ष्यसाधनाय वाक्यमेतत् आधारशिला अस्ति । आपृथिव्यां ब्रह्माण्डपर्यन्तं व्याप्तनियमानां संरक्षणभावं सन्निहितमस्ति। मनुष्याणां स्वार्थपरता संवेदनहीनता अतिभोगलोलुपता अतिभौतिकतेत्यादयः सामाजिकप्रक्रियाभ्यरू आरभ्य प्राकृतिकप्रक्रियापर्यन्तं सर्वं नाशयन्ति।

अतिभौतिकवादेन व्यक्तिगतरुचिः प्रवर्धिता भवति। जनाः स्वार्थं सर्वोपरि स्थापयन्ति। एषा भावना अनेकानां समस्यानामुत्पादिका अस्ति। यथा युद्धरू प्राकृतिकापदाः कोरोनायारू सट्टशरू वैश्विकरोग इत्यादयः। तथैव विश्वे प्रभुत्वं स्थापयितुं निर्वाहयितुं च स्पर्धायाः कारणात् सामाजिकार्थिकराजनैतिकारू समस्याः जातारू। येन मानवाः पशवः पक्षिणः सर्वविधाः प्राणीसमूहाः वनाः पर्वताः नद्यः वनस्पतयः इत्यादयः प्रतिकूलरूपेण प्रभाविताः अभवन् । विश्वे कुत्रापि याः अपि घटनाः भवन्ति ताभ्यरू सर्वे प्रभावितारू भवन्ति। यथा मानवीयपरीक्षाणां त्रुटिनां वा परिणामः कोरोना समस्तं विश्वं संकटापन्नम् अकरोत्। इदानीं रूसः यूक्रेनयुद्धे फिलीस्तीन-इजराइलयुद्धे च अन्यानेकदेशारू परोक्षरूपेण सम्मिलितारू सन्ति। प्रभुतायारू अतिलोलुपतायारू च अयं युद्धरू यः जीवनमूल्यानां कृते विनाशक अस्ति। वसुधैव कुटुम्बकम् इति अवधारणा सर्वेषां कृते शान्त्या स्नेहेन सह च विकासस्य मार्गं प्रशस्तं करोति।

व्यक्तित्वविकासः अतिविस्तृतविषयः अस्ति । कालान्तरे प्रौद्योगिक्याः विकासेन अपि अयं प्रभावितं भवति। आन्तरिकव्यक्तित्वं बाह्यव्यक्तित्वं स्थायिरूपेण प्रभावितं करोति । व्यक्तित्वे आध्यात्मिकमूल्यानां विकासं विना स्वसुधैव कुटुम्बकम् इत्यस्य लक्ष्यं प्राप्तुं न शक्यते । एतस्य भावस्य विकासाय उपनिषत्सु वर्णितं ज्ञानं जीवने कार्यान्वितं कर्तव्यं भविष्यति। अस्माकं सनातनपरम्परा उपनिषदरू च त्यागमयजीवनं जीवितुं उपदेशं ददति। स्वार्थात् परमार्थं प्रति नयन्ति। ईशावास्योपनिषदि उक्तं यत् अस्मिन् परिवर्तनशीललोके यत् किमपि अस्ति तत् सर्वं ईश्वरेण व्याप्तम् अतः वस्तूनां त्यागपूर्वकम् उपभोगं कर्तव्यं कस्यचिदन्यस्य धनस्य लोभं न कर्तव्यम्।

ईशा वास्यामिदं सर्वं यत्किञ्च जगत्यां जगत्।

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम् ॥ ईशावास्योपनिषद् 1६

यदा बालकः पदार्थान् विभज्य खादितुम् आरब्धः तदा तस्मिन् त्यागस्य भावः विकासमाप्नोति। यदा लुप्तं पदार्थं प्राप्य निवर्तयति तदा लोभभावना समाप्ता जाता। विश्वम् अनेकेषु जातीयभाषिक सामाजिक धार्मिक क्षेत्रीय समूहेषु विभक्तम् अस्ति । प्रत्येकप्राणीषु बाह्याकारप्रकारयोरु विविधता भवति । सामान्यः सर्वत्र भेदबुद्धिं पश्यति परन्तु सर्वत्र आत्मनः अभेदो वर्तते। ईशावास्योपनिषदि उक्तमस्ति यत् यः पुरुषः स्वस्मिन् सर्वभूतानि पश्यति सर्वभूतेषु च आत्मानं पश्यति तदा सः कस्यचित् द्वेषं न करोति। सः सर्वेभ्यः प्रेम्णा व्यवहरति।

यस्तु सर्वाणि भूतानि आत्मन्येवानुपश्यति।

सर्वभूतेषु चात्मानं ततो न विजुगुप्सते ॥ ईशावास्योपनिषद् 6६

कठोपनिषदपि तदेव भावम् अभिव्यञ्जयति। सर्वत्र एकस्य ईश्वरस्य एव सत्ता अस्ति। अस्यामेकतायां यः नरः विविधतां पश्यति स अज्ञानी मृत्युद्वारा मृत्युं संसारं वा प्राप्नोति।

मृत्योरु स मृत्युमाप्नोति य इह नानेव पश्यति। कठोपनिषद् 2१११0६

यावत् भौतिकवादाध्यात्मिकतयोरु मध्ये सामञ्जस्यं न भवति तावत् लौकिकजीवनं सुखी भवितुं न अर्हति। अपूर्णता तिष्ठति। सर्वेषु बाह्यरूपरङ्गधनीनिर्धनादीनां भेदो भवति परन्तु यदा आत्मायाः विषयरु आगच्छति तदा तत् मूलतत्त्वं तु सर्वेषु समानमेव अस्ति। यदा वयं स्वपरिवारस्य दृष्ट्या समग्रं विश्वं पश्यामः तदा अस्माकं तं प्रति किमपि दुर्भावना न भवति। अपितु वयं सर्वथा तस्य हिताय प्रयत्नशीलाः भवामः। अस्माकम् एतादृशाः प्रयत्नाः अस्य विश्वस्य मङ्गलं कुर्वन्ति। एषा भावना प्रत्येकं मानवं व्यक्तिगतरूपेण शारीरिकरूपेण मानसिकरूपेण च स्वस्थं करोति। अस्मिन् पारिस्थितिकीतन्त्रे वयं सर्वे परस्परं सम्बद्धाः। परस्परं आश्रिताः च स्मः । परिवारस्य भावना एव सम्पूर्णस्य पारिस्थितिकीतन्त्रस्य सुरक्षायाः आधारशिला भवति ।

**डॉ.चन्दन लाल गुप्ता, असिस्टेंट प्रोफेसर- संस्कृत
पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स सेक्टर-11 चंडीगढ़**



छात्रसम्पादिका कल्याणपथप्रदर्शकाः सर्वकल्याणपोषकाः वेदाः

वेदाः विश्वसाहित्यस्य आदिग्रन्थाः विविधज्ञानविज्ञानराशयः भारतीयसंस्कृतेराधाररूपाः कर्तव्याकर्तव्यज्ञापकाः विश्वकल्याणपोषकाः सत्स्वरूपप्रकाशकाः मार्गनिर्देशकाश्च सन्ति। येषामाधारेण जगतः अन्ये धर्माः जाताः ये स्वविधिना भिन्नभाषासु वेदज्ञानस्य प्रचारं कुर्वन्ति स्म। वेदाः ऋषिभ्यः ईश्वरेण अनुभूतं ज्ञानमाश्रित्य भवन्ति। अतः श्रुतिः इति कथ्यते। सामान्यभाषायां वेदस्य अर्थः ज्ञानम्। वेदाः प्राचीनज्ञानस्य विज्ञानस्य च विशालः भण्डारः अस्ति। अनेन प्रत्येकस्य मानवीयसमस्यायाः समाधानं भवति। ब्रह्म-देवता-ब्रह्माण्ड-ज्योतिष-गणित-रसायन-चिकित्सा-प्रकृति-खगोलविज्ञान-भूगोल-धार्मिकनियमेतिहास-परम्परेत्यादयः प्रायः सर्वे विषयाः वेदसम्बद्धाः सन्ति।

शतपथ ब्राह्मणस्य श्लोकानुसारं अग्निः वायुः आदित्यः अङ्गिरः च तपः कृत्वा ऋग्वेदं यजुर्वेदं सामवेदम् अथर्ववेदं च प्राप्तवन्तः। ऋग्वेदः यजुर्वेदः सामवेदश्च क्रमशः अग्निवायुसूर्यैः सह सम्बद्धाः सन्ति। सम्भवतः अथर्वदेवः अङ्गिरात् उत्पन्नः इति मन्यते। एकस्य शास्त्रस्य अनुसारं ब्रह्मणः चतुर्भ्यः मुखेभ्यः वेदानां उत्पत्तिः अभवत्। अतः वेदाः प्राचीनतमाः ग्रन्थाः सन्ति। वेदाः मानव सभ्यतायाः प्रायः प्राचीनतमाः लिपिबद्धग्रन्थाः सन्ति। भारतस्य पुणेनगरस्य भाण्डारकरप्राच्यविद्यासंशोधनसंस्थाने वेदानां २८ सहस्राणि पाण्डुलिपयः स्थापिताः सन्ति। एतेषु ऋग्वेदस्य ३० पाण्डुलिपयः अतीव महत्त्वपूर्णाः सन्ति। याः यूनेस्कोविरासतसूचौ समाविष्टाः सन्ति। सांस्कृतिकविरासतसूचौ ३० पाण्डुलिपयः समाविष्टाः सन्ति।

वेदोपवेदाः-

ऋग्वेदस्य आयुर्वेदः यजुर्वेदस्य धनुर्वेदः सामवेदस्य गन्धर्ववेदः अथर्ववेदस्य स्थापत्यवेदः च एते क्रमशः चतुर्णां वेदानां उपवेदाः इति वर्णिताः सन्ति।

वेदानां चत्वारः विभागाः सन्ति।

ऋग्वेदः यजुर्वेदः सामवेदः अथर्ववेदः। ऋक् च धर्म उच्यते यजुः मोक्षः सामः कामः अथर्वः अपि अर्थः इति। एतेषाम् आधारेण धर्मशास्त्रम् अर्थशास्त्रम् कामशास्त्रम् मोक्षशास्त्रं च रचितानि।

१^० ऋग्वेदः

ऋक् अर्थात् स्तुतिः ज्ञानं च। ऋग्वेदः प्रथमः वेदः यः काव्यात्मकः अस्ति। अस्य १० मण्डलेषु (अध्यायेषु) १०२८ सूक्तानि सन्ति। येषु १०५८० मन्त्राः सन्ति। ऋग्वेदस्य २१ शाखाः उक्ताः परं शाकल-वाष्कल-आश्वलायन-शाङ्खायन-माण्डूकायननामपञ्चशाखाः उपलब्धाः। भौगोलिकस्थानेन सह देवानाम् आह्वानमन्त्राणां निकटसम्बन्धः अस्ति। ऋग्वेदस्य स्तोत्रेषु प्रार्थनाः देवानां स्तुतिः तेषां आकाशलोके स्थानस्य वर्णनं च अस्ति। अत्र जलचिकित्सा वायुचिकित्सा सौरचिकित्सा मानसिकचिकित्सा हवनादिद्वारा चिकित्सा च विषये सूचनाः अपि प्राप्यन्ते। औषधिसूक्त अर्थात् औषधानां उल्लेखः ऋग्वेदस्य दशममण्डले प्राप्यते। तस्मिन् औषधानां संख्या १२५ परितः इति कथ्यते ये १०७ स्थानेषु दृश्यन्ते। चिकित्साशास्त्रे सोमस्य विशेषवर्णनम् अस्ति। च्यवनऋषेः कायाकल्पस्य कथा ऋग्वेदे अपि प्राप्यते।

२^० यजुर्वेदः

यज्ञादिकर्मणां प्रतिपादकगद्यात्मकमन्त्राः यजुष् इति कथ्यन्ते। अन्याः उक्तयः सन्ति- गद्यात्मको यजुः शेषे यजुः अनियताक्षरावसानो यजुः इत्यादयः। कर्मकाण्डप्रधानोऽयं वेदः उत्तमकार्यस्य प्रेरणा ददाति। यजुर्वेदे यज्ञविधयः यज्ञे प्रयुक्ताः मन्त्राः च सन्ति। यज्ञं विहाय तत्त्वज्ञानस्य वर्णनम् अस्ति। तत्त्वज्ञान इत्यर्थः रहस्यज्ञानम्। ब्रह्मात्मेश्वरद्रव्यज्ञानञ्च। यज्ञस्य वास्तविकप्रक्रियायाः गद्यमन्त्राः अत्र सन्ति। अस्य वेदस्य द्वे शाखे शुक्लः कृष्णः च।

कृष्णः-

वैशम्पायन मुनिः कृष्णेन सह सम्बन्धितः अस्ति। कृष्णस्य चत्वारि शाखाः सन्ति। शुक्लः- ऋषिः याज्ञवल्क्यः शुक्लसम्बद्धः अस्ति। शुक्लस्य शाखाद्वयम्। अस्मिन् ४० अध्यायाः सन्ति। अध्यात्मचिन्तनविषयकं वर्णनं यजुर्वेदस्य मन्त्रेषु प्राप्यते। एतदतिरिक्तं दिव्यवैद्यः कृषिविज्ञानविषयः अपि अस्मिन् वर्तते।

३^०सामवेदः-

साम इत्यर्थः विकारः सङ्गीतं च। सौम्यता च पूजा च। अस्मिन् वेदे ऋग्वेदस्य स्तोत्राणां सङ्गीतरूपं दृश्यते। सामवेदः गीतात्मकः अर्थात् गीतरूपः। अस्मात् वेदात् सङ्गीतविज्ञानस्य उत्पत्तिः इति मन्यते। अस्मिन् १८७५ मन्त्रेषु ९९ मन्त्रान् विहाय शेषाः सर्वे मन्त्राः ऋग्वेदात् गृहीताः सन्ति। तस्मिन् सविताऽऽग्निः इन्द्रः च देवानां उल्लेखः अस्ति। अस्य १३ शाखाः ज्ञाताः परन्तु ३ एवोपलब्धाः।

४^०अथर्ववेदः-

थर्व धातोः अर्थोऽस्ति कौटिल्यः हिंसा च। अकुटिलतया अहिंसया च मनसः स्थिरतायाः नाम अथर्वः अस्ति। ब्रह्मकर्मप्रतिपादनकारणात् अथर्ववेदः ब्रह्मवेदः कथ्यते। अस्मिन् वेदे रहस्यज्ञानस्य ओषधीनां चमत्कारस्य आयुर्वेदस्य च उल्लेखः अस्ति। अस्मिन् २० काण्डेषु ७३१ सूक्तानि ५९८७ मन्त्राणां संकलनं वर्तते। आधुनिकविज्ञानस्य आधारोऽयं वेदः। अत्र आयुर्वेदस्य कृषिव्यवस्थायाः गृहस्थाश्रमस्य कर्तव्याणां पशुपक्षीणां च वर्णनं प्राप्यते।

उपसंहारः

वेदवचनं हितकरं भवति। तस्य ज्ञानं सर्वेषां लोकानां कृते जातिधर्मपेक्षया। चतुर्णां वेदानां मध्ये प्रसिद्धतमः बृहत्तमः च ऋग्वेदः। यस्मिन् मनुष्यः एकः तस्य ईश्वरः अपि एकः इति उक्तः अस्ति। सर्वे एकमेव ईश्वरं भिन्नभिन्ननामभिः आह्वयन्ति। विविधज्ञानविज्ञानानां पोषकाः वेदाः सन्ति। अस्माकं प्राचीनगौरवसूचकाः कल्याणपथप्रदर्शकाः सर्वकल्याणपोषकाः वेदाः विश्वेऽस्मिन् सम्माननीयाः सन्ति। अस्माकं कर्तव्यम् वेदाध्ययनं वेदानुसारं आचारपालनञ्च।

आकांक्षा
स्नातक तृतीया वर्ष

वृक्षः

ऋषीणाम् एतत् वक्तव्यम् अस्ति
वृक्षः पृथिवीमातुः रत्नम् अस्ति।
वृक्षान् रोपयन्तु हरिततां आनयन्तु
पृथिव्याम् अस्यां स्वर्गम् आनयन्तु।
वृक्षान् मा कर्तन्तु संरक्षणं कुर्वन्तु
वृक्षः पृथिव्याः सुन्दरं वस्त्रम्।
एषः वसुधायाः गौरवम्
एतदेव सर्वेषां जीवानां जीवनं ददाति।
एतदेव जीवानां जीवनं ददाति
वृक्षान् रोपयन्तु पृथिव्याम् स्वर्गम् आनयन्तु।।

हरप्रीत
स्नातक ए प्रथम वर्ष

प्रकृति ईश्वर का स्वरूप है

कभी - कभी हमारे मन में एक सवाल आता है कि क्या हमने उस ब्रह्म अर्थात् ईश्वर को देखा है? तब हमारा जवाब होता है- 'नहीं' क्योंकि वह ईश्वर तो निराकार है जिसका कोई आकार नहीं है कोई रंग नहीं है उसे तो केवल महसूस किया जा सकता है। दूसरी ओर हमारे मन में यह भी सवाल आता है कि क्या हमने प्रकृति को देखा है और यकीनन हमारा जवाब हां होता है। प्रकृति यानी जल, जंगल, पहाड़, नदियाँ, भूमि आदि जो स्वयं ही विद्यमान होती हैं।

प्रकृति का अर्थ है - जो स्वयं अपने आप की रचना करती हो, जो मानव के द्वारा नहीं बनाई जाती। इस संसार में उपस्थित प्रत्येक वस्तु जो स्वयं विद्यमान होती है, धूल के कण से लेकर ब्रह्माण्ड में उपस्थित ग्रह-उपग्रह आदि सब ईश्वर का ही अंश है। जिसे हम प्रकृति कहते हैं- वह ईश्वर को जानने व ईश्वर को अनुभूत करने का एक जरिया ही तो है। जैसा की हमारी पौराणिक कथाओं में कहा जाता है कि भगवान शंकर के जटाओं से गंगा जी निकली हैं अर्थात् गंगा नदी को माता गंगा मानकर उनकी उपासना भी करते हैं और ऐसा भी माना जाता है कि जो पेड़, पौधे, पर्वत, पहाड़ आदि पर देवी- देवता निवास करते हैं, ये सब प्रकृति ही तो है। हमें जंगलों से अनेक प्रकार की औषधियाँ, फल - फूल और अन्न प्राप्त होते हैं। ये अन्नपूर्णा प्रकृति ही है। ऐसा माना जाता है कि इस मृत्युलोक और परलोक के बीच प्रकृति ही हमें ईश्वर के होने का संकेत देती है। जब कहीं हम तेज धूप में तप रहे होते हैं तो वह वर्षा की ठण्डी बूंदों के रूप में हमारी तपिस को दूर करती है, कहीं वह सूरज की तेज धूप है तो कहीं चन्द्रमा की शीतल छाया भी है।

प्रकृति सभी जीव जन्तुओं को अपने आंचल की छाँव में लाड़-प्यार भी करती है, जब भी हम उसके अस्तित्व को भूल जाते हैं तथा उस को नष्ट करना चाहते हैं तो वह माँ की भाँति हमें डाँट लगाने के साथ सजा भी देती है। प्रकृति प्रत्येक प्रकार के अति का विरोध करती है तथा वह हमारे इस संसार रचयिता ईश्वर के होने की गवाही भी देती है। प्रकृति जन्म का संकेत होने के साथ मृत्यु का सूचक भी है। हमारे धर्म ग्रन्थों में कभी भी प्रकृति को शरीर से अलग करके नहीं देखा गया है, जैसा कि महाभारत में भी कहा गया है कि -

भूमिरापस्तथा वायुरग्निराकाशमेव च। महाभारत भीष्मपर्व 54-४

यह शरीर पृथ्वी, जल, आग, आकाश और हवा इन पाँच तत्त्वों से बना हुआ है। लेकिन आज के आधुनिक दुनिया में हमने इन तत्त्वों को दूषित कर दिया है, मिट्टी में हमने न जाने कितने प्रकार की दवाइयों और खादों का प्रयोग करके उसे दूषित कर दिया है। जिन नदियों को हम माता मानते हैं, उनके जल को अनेक प्रकार से दूषित करते रहते हैं, जैसे गंगा नदी को मानते हैं कि वह हमारे मन के मैल को साफ करती है, लेकिन आज हमने उसके पवित्र जल में दूषित जल, कारखानों के गन्दे पदार्थ आदि को डाल कर उसे शरीर साफ करने योग्य भी नहीं रहने दिया।

उपसंहार-

आज प्रकृति हमें चीख-चीख कर पुकारते हुए कह रही है- मुझे न मारो मैं तुम्हारा जीवन हूँ, तुम्हारा आने वाला कल हूँ। चलो हम मिल कर संकल्प करते हैं कि आज से जिस प्रकार प्रकृति हमें अपने आंचल की छाँव में हमारी देखभाल तथा रक्षा करती है, उसी प्रकार हम भी इसको दुःख न पहुँचाते हुए इसकी रक्षा करेंगे। यदि हम प्रकृति को दुःख पहुँचाते हैं तो यकीनन हम ईश्वर को भी दुःख पहुँचा रहे हैं। क्योंकि प्रकृति भी हमारी तरह ईश्वर का ही अंश है और प्रकृति को दुःख पहुँचाना ईश्वर को दुःखी करने के बराबर है।

**तमन्ना
स्नातक ९ द्वितीय वर्ष**

संस्कृत एवं जीवन की सरलता

आज जीवन शब्द सुनते ही मन में जटिल अवसाद कठिनाइयाँ असफलता अथवा इच्छाएं आदि न जाने कितनी ही नकारात्मक भावनाओं का तीव्र वेग से संचार होता है। आज हर व्यक्ति कहीं न कहीं जिंदगी को बस जिए जा रहा है। सप्ताहांत में शॉपिंग और फिल्में देखते अपने चलचित्र को सामाजिक मीडिया पर शेयर करके अपने दिल में जीवन के खालीपन को भरने के प्रयास में लगा रहता है परन्तु सच तो यह है की झूठी मुस्कानों में अथाह खालीपन है और वह जीवन से जुड़े तमाम प्रश्नों में उलझा हुआ है। संस्कृत के श्लोकों में इस दुःख, क्रोध एवं खालीपन के कारण को बताया गया है-

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते।

सङ्गात् संजायते कामः कामात्क्रोधोऽभिजायते॥

क्रोधाद्भवति संमोहः संमोहात्स्मृतिविभ्रमः

स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति॥ (गीता)

श्रीमद्भागवतगीता कहती है कि विषयों का चिन्तन करने वाले मनुष्य की उनमें आसक्ति पैदा हो जाती है आसक्ति से इच्छा पैदा होती है। इच्छा से क्रोध तथा क्रोध व्यक्ति में मूर्खता को जन्म देता है जिससे स्मृति भ्रष्ट हो जाती है। स्मृति भ्रष्ट होने पर बुद्धि का नाश हो जाता है जो मनुष्य के पतन का कारण बनता है। अतः जीवन में दुःख का सबसे बड़ा कारण फल से आसक्ति है। आज अवसाद व निराशा का सबसे बड़ा कारण यह है कि आज हम जीवन के हर क्षण बस कुछ प्राप्ति की होड़ में लगे रहते हैं। हम अपनी प्रसन्नता को किसी निर्धारित कार्य की सिद्धि तक स्थगित रखते हैं। इसमें कुछ भी गलत नहीं है क्योंकि हम लगातार बेहतर पाने एवं बेहतर होने की ओर अग्रसर हैं। परन्तु जिस निर्धारित कार्य की सिद्धि के लिए हम प्रसन्नता को टाल रहे हैं उसमें साल दो साल या जीवन का न जाने कितना समय बीत जाए। संस्कृत की इस सूक्ति को सदैव ध्यान में रखना चाहिए-

जीवितं क्षणविनाशिशाश्वतं किमपि नात्र ।

अर्थात् इस क्षणभंगुर जीवन में कुछ भी शाश्वत नहीं है। इसलिए सभी भौतिक वस्तुओं का त्यागपूर्वक उपभोग करने का प्रयास करना चाहिए। एक सत्य यह भी है कि वास्तविक आनन्द की प्राप्ति के लिए अपना कर्म पूरी निष्ठा, समर्पण एवं परिश्रम से करना चाहिए है।

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः

नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥

अर्थात् आलस्य ही मनुष्य का सबसे बड़ा शत्रु है और परिश्रम के समान कोई मित्र नहीं होता क्योंकि उसको करते हुए मनुष्य कभी भी दुःखी नहीं होता। अतः कर्मों में फलासक्ति भाव को त्याग कर सदैव अपने कर्तव्यों को निभाने का प्रयास करना ही संस्कृत भाषा का परम संदेश है। सदैव स्मरण रखना चाहिए -

सन्तोषवन्न किमपि सुखमस्ति।

निष्कर्षः

अन्ततः जीवन जीने की कला सिखाने वाले दैवीय संस्कृत ग्रन्थों को अपनाकर हम अपने व्यक्तित्व का विकास कर अपने परिवार, समाज व देश को आगे ले जा सकते हैं। इसलिए पश्चिमीकरण के अन्धानुकरण का त्याग कर अपनी संस्कृति व भाषा का संरक्षण कर मानवता का कल्याण ही हमारा परम दायित्व है।

**स्मृति
स्नातक एवं द्वितीय वर्ष**

गीता में अवतारवाद

जब-जब धर्म की हानि होती है तथा इस धरती पर पाप का घड़ा भरता है, तब-तब भगवान विष्णु कोई न कोई अवतार रूप लेकर इस धरती पर जरूर अवतरित होते हैं। गीता में श्री कृष्ण के अवतारवाद के बारे में बताया गया है। श्री कृष्ण ने धरती पर अवतार लिया था। जब-जब लोग धर्म को छोड़कर अधर्म की ओर बढ़ते हैं तथा अधर्म और बुराई की जब-जब वृद्धि होती है तब-तब श्री कृष्ण अवतार लेते हैं। अपनी स्थिति से नीचे उतरना उसको अवतार कहते हैं। गीता में श्री कृष्ण अपने प्रिय भक्त अर्जुन को उपदेश देते हुए अपने अवतारवाद के बारे में कहते हैं-

अजोऽपि सन्नव्ययात्मा भूतानामीश्वरोऽपि सन्।

प्रकृतिं स्वामधिष्ठाय संभवाम्यात्ममायया ॥ (गीता 4१६)

अर्थात् कृष्ण अपने अवतार अपने अस्तित्व को इस श्लोक में समझाते हुए कह रहे हैं कि मैं अजन्मा हूँ, मतलब मेरा कभी जन्म नहीं हुआ, मैं अविनाशी अर्थात् मेरा कभी नाश नहीं हो सकता। कृष्ण अर्जुन को बताते हुए कहते हैं कि मैं समस्त प्राणियों का ईश्वर होते हुए भी अपनी प्रकृति को अधीन करके अपनी योग माया से प्रकट होता हूँ। कृष्ण कहते हैं कि उनका जन्म दूसरे लोगों के समान नहीं हुआ बल्कि उनका जन्म लोगों को सही मार्ग दिखाने के लिए हुआ है। भाव यह है कि उनका जन्म भोगार्थ न होकर अन्य लोगों को मोक्ष मार्ग का उपदेश देने के लिए है। जिसका जन्म होता है, उसकी मृत्यु निश्चित है तो जिसे अर्जुन देख रहे थे वह क्या था, क्योंकि वो तो कभी जन्मे ही नहीं फिर जिन्हें अर्जुन ने देखा वह कौन थे वह थी कृष्ण की योग माया अपनी माया से कृष्ण ने अपने आप को ही प्रकट किया था। मनुष्यों में वह मनुष्यों जैसे ही आए थे ताकि हम सब की तरह जीवन जी सकें। जिसका अनुकरण मानव समाज करे।

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत।

अभ्युत्थानमधर्मस्य तदाऽऽत्मानं सृजाम्यहम् ॥ (गीता 4१७)

अर्थात् कृष्ण अपने अवतार को समझाते हुए इस श्लोक में अर्जुन से कहते हैं कि हे अर्जुन! जब जब धर्म की हानि होती है तथा अधर्म की वृद्धि होती है तब-तब मैं सृष्टि करता हूँ अर्थात् लोक कल्याण के लिए जन्म ग्रहण करता हूँ। कृष्ण अर्जुन को बताते हैं कि जब भी इस धरती पर बुरा होता है लोग सही मार्ग तथा धर्म को छोड़कर अधर्म की तरफ बढ़ने लगते हैं, तब कृष्ण लोगों के कल्याण के लिए तथा उन्हें मोक्ष मार्ग दिखाने के लिए अपनी सृष्टि करते हैं अर्थात् अवतार; जन्म लेते हैं, जिससे लोग बुरी चीजों तथा अधर्म के रास्ते को छोड़कर मोक्ष मार्ग पर आ सकें। हर काल में धर्म का नाश होता है तथा पाप बढ़ने लगता है, ऐसे समय में कृष्ण अपना अवतार लेकर मनुष्य के समान इस धरती पर प्रकट होते हैं।

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।

धर्मसंस्थापनार्थाय संभवामि युगे युगे ॥ (गीता 4.8)

अर्थात् धर्म को फिर से स्थापित करने के लिए कृष्ण हर युग में जन्म या अवतार लेते हैं। कृष्ण कहते हैं कि साधु पुरुषों की रक्षा के लिए तथा दुष्ट कर्मों को करने वाले दुष्टों के विनाश के लिए तथा धर्म की स्थापना के लिए मैं युग-युग में जन्म लेता हूँ। आजकल की दुनिया में लोग बेईमानी की बहुत

जकड़ में आते जा रहे हैं, जिससे निकल पाना आसान नहीं है । सच्चाई की राह छोड़कर गलत काम करना ही अधर्म है और कृष्ण अधर्म को खत्म करते हैं अवतार लेकर ।

उपसंहार .

श्री कृष्ण का जन्म लोगों को मोक्ष मार्ग का उपदेश देने के लिए हुआ है आगे भी जब कभी भी लोग अधर्म की ओर बढ़ने लगेंगे तथा लोग मानवता को भूलकर जब बुरे काम करना शुरू कर देंगे तब अवश्य ही श्री कृष्ण किसी न किसी रूप में अपना अवतार लेकर धर्म की स्थापना करने के लिए जरूर प्रकट होंगे, क्योंकि अधर्म का नाश करने के लिए अवतारवाद का होना आवश्यक है नहीं तो इस ब्रह्मांड का नाश होना निश्चित है ।

**मनवीर कौर
सातक, द्वितीय वर्ष**

श्रेष्ठ कर्म - निष्कामकर्म

गीता मनुष्य का ध्यान कर्म पर केन्द्रित करती है। किन्तु साधारण मनुष्य अपना ध्यान कर्मफल पर केन्द्रित करते हैं। परिणाम यह होता है कि कर्म पर पूरा ध्यान केन्द्रित न होने के कारण कर्म अधूरा रह जाता है। जिसके परिणामस्वरूप फल भी अधूरा रह जाता है। इसलिए कर्मफल में आसक्ति मनुष्य दुःख, अशान्ति और मानसिक तनाव में डूबकर अपना जीवन दुःखमय बना लेता है। इसलिए श्रीकृष्ण गीता में कहते हैं कि कर्म करना तुम्हारे अधिकार क्षेत्र में है परन्तु कर्मफल तुम्हारे अधिकार क्षेत्र में नहीं है।

कर्मणो ह्यपि बोद्धव्यं बोद्धव्यं च विकर्मणः।

अकर्मणश्च बोद्धव्यं गहना कर्मणो गतिः॥ (गीता 4^{१७})

अर्थात् कर्म की गति का ठीक - ठीक ज्ञान होना अत्यन्त कठिन है। मनुष्य अपने कर्मों के कारण ही इस सांसारिक बंधनो व मोह माया में फंसता है। गीता में श्री कृष्ण ने कर्म के तीन रूप बताये हैं - कर्म, अकर्म व विकर्म। श्री कृष्ण कहते हैं कि कर्म के बंधनो से बचने के लिए कर्म के इन तीनों रूपों का ज्ञान होना आवश्यक है। जैसे जो कोई मनुष्य कर्म में अकर्म को देखता है और अकर्म में कर्म को देखता है वही मनुष्य ठीक प्रकार से कर्म कर पाता है। जो कर्म फल में आसक्ति को छोड़कर नित्य तृप्त रहता है तथा जिसका सुख किसी वासना की पूर्ति पर आश्रित न होकर कर्तव्य पालन पर आश्रित रहता है, ऐसा मनुष्य प्रत्येक कर्म को करके भी कुछ नहीं कर रहा। जैसे जल्लाद किसी के प्राण लेता हुआ भी हत्या के अपराध का भागी नहीं होता।

प्राणी फल पाने की इच्छा से ही कर्म करता है। परन्तु निष्कामकर्म योग ये सिखाता है कि फल पाने की इच्छा से नहीं बल्कि अपने कर्तव्य पूरा करने के लिए कर्म करो। क्योंकि कर्म फल पाना तुम्हारे हाथ में नहीं है, तुम्हारे अधिकार में केवल कर्म करना ही है। सकाम व्यक्ति हमेशा अच्छा फल पाने के लिए अच्छा कर्म करता है परन्तु निष्काम व्यक्ति में ऐसी कोई इच्छा व वासनाओं में आसक्ति नहीं होती है वह अपने जीवन में कल्याणकारी कर्मों को अपना कर्तव्य मानकर करता है तभी वह सन्तुष्ट रहता है। सुख - दुःख, इच्छा व ईर्ष्या से रहित है वह सफलता और असफलता में समान रहता है वह कर्म करके भी आसक्ति के बंधन में नहीं बंधता है। निष्कामभाव से कर्म करने की बड़ी महिमा बताई गई है। कर्म योग चाहे सकाम हो, चाहे निष्काम किन्तु वह अवश्य फल देता है। इसका तात्पर्य है कि जब मनुष्य कर्म करता है तब वह कुछ सीमा तक उस कर्म को करने न करने, गलत करने और कुछ भी करने में स्वतंत्र होता है परन्तु कर्म करने के पश्चात् जैसा भी अच्छा या बुरा कर्म किया गया है उसका फल उसे भोगना ही पड़ता है। सकाम कर्म करने वाला व्यक्ति इच्छाओं की पूर्ति के लिए कर्म कर रहा था इसलिए वह सफलता और असफलता के बंधनो में फंसता ही है।

निष्कर्षः

मनुष्य एक आशावादी स्वभाव का होता है। जिसका उसके जीवन पर बहुत गहरा प्रभाव पड़ता है। वह दिन प्रतिदिन अपने कार्यों में सफल होना चाहता है जिसके लिए वह उचित व अनुचित कर्मों को करता है तदनुसार उसका परिणाम भी उसे मिलता ही है। अगर मनुष्य अपने कर्मों को निष्कामभाव से करे तो असफलता रूप दुःख के बन्धनों से मुक्त हो जाता है। ऐसे व्यक्ति का बदलती परिस्थितियों में जीवन यापन करना भी बहुत आसान हो जाता है। इसलिए सभी को खासकर हम छात्रों को छात्रजीवन में ईमानदारी

से अपने कर्मों को करते जाना चाहिए और कभी निराश नहीं होना चाहिए क्योंकि एक मात्र कर्म ही हमारे अधीन है।

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥ (गीता 2^१47^२)

शालिनी
स्नातक द्वितीय वर्ष

कठिन परिश्रम का रंग सफलता है

मनुष्य को अपने जीवन में कड़ी मेहनत करनी चाहिए। जीवन में कभी आलस्य नहीं करना चाहिए। बार.बार मेहनत करने के बाद भी जब मनुष्य पराजित हो जाता है और हर मोड़ पर असफल हो जाता है और जीवन में परिश्रम करना छोड़ देता है फिर वह जीवन में हार मान लेता है। जीवन में सफलता को पाना है तो कड़ी मेहनत करनी चाहिए। मेहनत करने से नहीं भागना चाहिए। सफलता भी उसी को प्राप्त होती है जो बार.बार पराजित होने के बाद भी मेहनत और परिश्रम करना नहीं छोड़ता है। इसलिए जीवन में हमेशा कठोर परिश्रम और मेहनत करना चाहिए।

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥ (गीता६)

इस श्लोक में यह बताया गया है कि मनुष्य को हमेशा कर्म करते रहना चाहिए फल की चिन्ता नहीं करनी चाहिए, फल तो ईश्वर के हाथों में है। इसलिए ना ही कर्म से भागना उचित है, ना ही कर्म से फल की इच्छा रखना उचित है। कार्य पूर्ण रूप से तभी सम्पन्न होता है, जब उसके साथ फल की आशा ना जुड़ी हो। असफलता से दुःखी होकर जिसका मन निराश नहीं होता है, वही मनुष्य सफलता प्राप्त करता है। कार्य सफल हो या निष्फल यदि उस कार्य के साथ फल की आशा जुड़ी हो तो मनुष्य को हानि ही होती है।

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः।

नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥

इस श्लोक में यह बताया गया है कि मनुष्यों के शरीर में रहने वाला आलस्य ही उसका सबसे बड़ा शत्रु होता है और परिश्रम जैसा दूसरा हमारा कोई अन्य मित्र नहीं होता है। क्योंकि परिश्रम करने वाला मनुष्य कभी दुःखी नहीं होता है। इसलिए मनुष्य को अपने जीवन में परिश्रम करते रहना चाहिए आलस्य को दूर करना चाहिए। परिश्रम करने वाला मनुष्य कभी असफल नहीं होता वह अपने जीवन में अपना लक्ष्य प्राप्त करता है।

उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः।

न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥

इस श्लोक में यह बताया गया है कि उद्यम यानी मेहनत से ही कार्य पूरे होते हैं, सिर्फ इच्छा करने से नहीं। जैसे सोये हुए शेर के मुह में हिरण स्वयं प्रवेश नहीं करता बल्कि शेर को स्वयं ही प्रयास करना पड़ता है व ठीक इसी प्रकार मनुष्य को भी प्रयास करते रहना चाहिए। एक बार असफल हो जाने के बाद हमें निराश नहीं होना चाहिए व क्योंकि यह कहा जाता है कि असफल व्यक्ति ही सफल होता है।

निष्कर्ष

जब मनुष्य हर स्थान पर पराजित हो जाता है और टूट जाता है तो मनुष्य को लगता है कि भगवान उससे छल कर रहे हैं, जबकि वास्तव में भगवान छल नहीं करते वो व्यक्ति का मन है जो उसके साथ छल करता है। मन वह है जिसमें मोह है सफलता के द्वार तो सदैव खुले रहते हैं, परन्तु असफल

हो जाने के बाद मनुष्य सदैव उस असफलता के द्वार को देखता रहता है। इसी कारण वह अन्य द्वार को नहीं देख पाता है और न खोज पाता है। सफलता पाने का सही मतलब मोह का त्याग ए परिश्रम और कड़ी मेहनत है।

भावना
स्नातक, द्वितीय वर्ष

महाकवि भर्तृहरि के पथप्रदर्शक उपदेश

महाकवि भर्तृहरि परमार वंश के शासक थे। उनका पूरा नाम गोपीचंद भर्तृहरि था। उज्जैन के सम्राट होने के साथ-साथ वह संस्कृत के विद्वान् कवि एवं नीतिकार थे। रानी पिंगला के वियोग में उन्होंने वैराग्य धारण कर लिया और संयासी बन गए। इन्होंने उज्जैन में स्थित एक गुफा में 12 वर्षों तक कठोर तपस्या की थी। भर्तृहरि ने अपने जीवन काल में प्राप्त अनुभव के आधार पर कई ग्रन्थों की रचनाएं की हैं। वह एक महान् संस्कृत कवि थे। संस्कृत साहित्य के इतिहास में वे एक नीतिकार के रूप में प्रसिद्ध हैं। उनके द्वारा रचित प्रसिद्ध ग्रन्थ हैं-

1^० महाभाष्य-दीपिका 2^० वाक्यपदीय-तीन खण्ड 3^० वाक्यपदीय की स्वोपज्ञ वृत्ति-प्रथम और द्वितीय काण्ड
4^० नीतिशतक^१ श्रृंगारशतक और वैराग्यशतक 5^० जैमिनीय मीमांसा वृत्ति 6^० वेदांतसूत्रवृत्ति 7^० शब्दधातुसामीक्षा
8^० भट्टिकाव्य 9^० भागवृत्ति ।

भर्तृहरि के उपदेश आधुनिक समय में भी सभी के लिए उपयोगी और मार्गनिर्देशक का कार्य कर रहे हैं।

परिवर्तिनि संसारे मृतः को वा न जायते च

स जातो येन जातेन याति वंशः समुन्नतिम् च^२ (नीतिशतक)

अर्थात् संसार में असंख्य जीव पैदा होते हैं और मरते हैं। मनुष्य को छोड़कर बाकी सभी पशु हैं। उनका लक्ष्य केवल खाना^३ पीना^४ सोना और कोल्हू के बैल की तरह कार्य में लगे रहना है। लेकिन मनुष्य ही एक ऐसा जीव है^५ जो अपनी बुद्धि से उन्नति भी कर सकता है और पशु तुल्य जीवन भी व्यतीत कर सकता है। जो मनुष्य पशु के समान जीवन व्यतीत करता है^६ वह मनुष्य केवल जीवित रहता है। उन्नति प्राप्त करना^७ महान् कार्य करना और वंश का नाम रौशन करना इसके सामर्थ्य की बात नहीं जो पशु के समान जीवन व्यतीत करता है। इसके विपरीत गुणी मनुष्य के जन्म से देश का भी कल्याण होता है। वह समाज में रहकर बहुत परिश्रम करके समृद्धि प्राप्त करता है और इसी तरह से वह उन्नति की सीढ़ियां चढ़ता जाता है और समाज में रहकर कल्याणकारी कार्य करता है। इससे वह अपने वंश का नाम रौशन करता है। महात्मा गांधी जी ने ऐसे ही कार्य किए थे^८ जिससे उनका नाम सारे संसार में प्रसिद्ध है। महाराजा हरिश्चन्द्र का नाम आज युगों के बीत जाने पर भी अमर है। सामान्यतः इस संसार में लोग रोज पैदा होते हैं और मरते हैं। पर उन्हें

कोई भी नहीं जानता। अतः जो अपने कुल को समुन्नति तथा समुत्कर्ष प्रदान करें उसी का जीवन जीना वास्तव में जीना है।

**प्रारभ्यते न खलु विघ्नभयेन नीचैः
प्रारभ्य विघ्नविहता विरमन्ति मध्याः ।
विघ्नैः पुनः पुनरपि प्रतिहन्यमानाः
प्रारब्धमुत्तमजना न परित्यजन्ति ॥**

अर्थात् इस पद्य में तीन प्रकार के मनुष्यों की श्रेणी बताई गई है। नीच, मध्य और उत्तम। इसमें से जो नीच प्राणी के लोग होते हैं। वे लोग तो आने वाली बाधाओं के डर से ही किसी भी कार्य का आरम्भ नहीं करते। कार्य को आरंभ करने से पहले ही उनके मन में यह डर बना रहता है कि वह उस कार्य में सफल होंगे या नहीं। अतः इस दुविधा से विचलित होकर कार्य का आरम्भ ही नहीं करते। मध्य कोटि के लोग कार्य तो आरम्भ कर देते हैं परन्तु किसी बाधा के आ जाने पर वह अपने कार्य को बीच में ही छोड़ देते हैं। उसे पुनः आरम्भ ही नहीं करते। परन्तु उत्तम कोटि के पुरुष बार-बार बाधाओं द्वारा सताए जाने पर भी संघर्ष करना नहीं छोड़ते। वे अपने हाथों में लिए कार्य को पूरा किए बिना नहीं छोड़ते। भाव यह है कि बाधाओं के बार-बार आने पर भी मनुष्य को हार नहीं माननी चाहिए। जब तक मनुष्य को सफलता प्राप्त न हो जाए तब तक मनुष्य को संघर्ष करते रहना चाहिए।

निष्कर्षः

नीतिशतक, शृंगारशतक और वैराग्यशतक इन तीन ग्रन्थों में महाकवि भर्तृहरि ने अपने जीवन की अलग अलग अवस्थाओं में अनुभूत कटु सत्य का वर्णन किया है। जो सार्वभौमिक सार्वकालिक और सभी के लिए उपयोगी हैं। इनके उपदेश मानव के संसार मार्ग को सरल और आनन्दप्रद बनाते हैं। हमारे छात्रजीवन के लिए भी यह उपदेश प्रेरणादायक और सफलता प्राप्त कराने वाले हैं। हम सभी को इन ग्रन्थों को अवश्य पढ़ना चाहिए।

**मानसी
स्नातक द्वितीय वर्ष**

कर्म का महत्त्व

श्रीमद्भगवद्गीता में श्रीकृष्ण के उपदेशों का वर्णन है। भगवान श्रीकृष्ण ने अर्जुन के माध्यम से इस संसार को गीता का उपदेश दिया था। ऐसा माना जाता है कि गीता पढ़ने से मनुष्य को सारी मुश्किलों के रास्ते मिल जाते हैं। श्रीकृष्ण के उपदेश सुनकर ही अर्जुन ने अपना लक्ष्य हासिल किया था। गीता हमें जीवन में आगे बढ़ने की प्रेरणा देती है। कर्म के बारे में श्रीकृष्ण अर्जुन से कहते हैं कि मनुष्य को पुण्य और पाप दोनों को त्यागकर केवल अपने कर्म पर ध्यान देना चाहिए। उन्होंने कहा है कि मनुष्य को कोई न कोई कर्म तो करना चाहिए क्योंकि कर्म न करने की अपेक्षा कर्म करना श्रेष्ठ है।

तस्मादसक्तः सततं कार्यं कर्म समाचर।

असक्तो ह्याचरन्कर्म परमाप्नोति पूरुषः ॥ (गीता 3^{११})

इस श्लोक में श्रीकृष्ण अर्जुन से कहते हैं कि मनुष्य को लोभ से बिना किसी आसक्ति के कर्म करना चाहिए। ऐसे कर्म करते हुए मनुष्य परमात्मा को प्राप्त होता है।

यदृच्छालाभसन्तुष्टो द्वन्द्वातीतो विमत्सरः।

समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते ॥ (गीता 4^{२२})

अर्थात् जो कुछ मिल जाए मनुष्य को उसमें संतुष्ट रहना चाहिए। सुख - दुःख, हानि-लाभ में भी समान रहना चाहिए। ईर्ष्या से मुक्त, सफलता एवं असफलता में एक समान रहने वाला मनुष्य ही सच्चा कर्मयोगी है। ऐसे मनुष्य के ऊपर कर्म का प्रभाव नहीं पड़ता ऐसा मनुष्य ही अपने जीवन में संतुष्ट और खुश रहता है।

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ (गीता 2^{४७})

श्रीकृष्ण कहते हैं कि मनुष्य का कार्य केवल कर्म करना है। उस कार्य का फल कोई और देता है। इसलिए मनुष्य को बिना चिंता के अपना कर्म करना चाहिए। उसके फल की चिंता नहीं करनी चाहिए। मनुष्य यह सोचकर कर्म करे कि मुझे फल अवश्य मिलेगा यह उचित नहीं है। मनुष्य को केवल अपना कर्म पूरी लगन से करना चाहिए। यदि वह मेहनत करेगा तो फल तो उसे अवश्य मिलेगा बस उसे उचित समय का इंतजार करना चाहिए।

निष्कर्षः

हम कह सकते हैं कि मनुष्य को निष्काम भाव से कर्म करना चाहिए। निष्काम कर्म का अर्थ निःस्वार्थ या इच्छाहीन कर्म से है। यह फल या किसी भी उम्मीद के बिना किया गया एक कार्य है जो कभी दुःखी नहीं होने देता है। सदैव कार्य करने की प्रेरणा इस संसार में सफलता को प्रदान करता है।

**जिज्ञासा
स्नातक एवं प्रथम वर्ष**

सरल और संतुलित जीवन

सरल जीवन जीने का एकमात्र उपाय है आप जैसे हैं वैसे रहें वैसे जियें। लेकिन यह आज की सच्चाई है कि कुछेक अपवादों को छोड़ दें तो इंसान अपनी जिंदगी को अपने हिसाब से नहीं जी पाता है।

यथा चित्तं तथा वाचो यथा वाचस्तथा क्रियाः।

चित्ते वाचि क्रियायाञ्च साधुनामेकरूपता।।

अर्थात् अच्छे लोग वही बात बोलते हैं जो उनके मन में होती है अच्छे लोग जो बोलते हैं वही करते हैं। ऐसे व्यक्ति के मन वचन व कर्म में समानता होती है। जैसे कुछ व्यक्ति होते हैं जो दूसरों के हिसाब से चलते हैं जिसके कारण उनका जीवन दूसरों पर निर्भर हो जाता है। उसके पास वह सूट है तो हमें वह सूट चाहिए। उसके पास वह नौकरी है तो हमें भी वह नौकरी चाहिए। यानी हमें ऐसा सिर्फ इसलिए करना है क्योंकि वह ऐसा कर रहा है। फिर हमारी अपनी ही जिंदगी हमारी अपनी कहां से रह गई जो जिंदगी किसी और के हिसाब से चल रही हो उसमें सरलता कहां से आ पाएगी।

मन एवं मनुष्यानां कारणं बंधमोक्षयोः ॥

अर्थात् मन ही मनुष्य के मोक्ष तथा बंधन का कारण है। जिस दिन हमने स्वयं का आदेश मानना शुरू कर दिया जीवन सरल हो जाएगा। जीवन में सफल होना है तो कुछ महान् लोगों को अच्छी प्रकार पढ़िये तो आप पाएंगे कि उन्होंने अपनी जिंदगी को अपने ढंग से जीने की कोशिश की। जैसे थे वैसे ही रहने का प्रयास किया।

उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः।

न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः।।

अर्थात् जिस प्रकार सोते हुए सिंह के मुँह में मृग स्वयं नहीं प्रवेश करता उसी प्रकार केवल सिर्फ इच्छा करने से व्यक्ति के काम पूरे नहीं होते बल्कि मेहनत करने से ही उसके काम पूरे होते हैं। मेहनत ही सफलता का एक मात्र रास्ता है। जिसे कोई भी व्यक्ति हासिल कर सकता है। इसलिए सरल जीवन जीने का एकमात्र उपाय है कि हम जैसे हैं वैसे ही रहें वैसे ही जीएं।

वर्षा

स्नातक प्रथम वर्ष

मन की शक्ति

मन हमारी वह शक्ति है जो हमारे शरीर को चलाने में सहायक है। मन एक विचार शक्ति है जो हमारे कार्यों, संस्कारों आदि को निर्धारित करती है। मन को बुरे विचारों से दूर रख कर हमेशा अच्छे विचार और अच्छे संकल्प ही मन में धारण करने चाहिए। सभी प्रकार के अच्छे या बुरे विचार धारण करने वाला यह हमारा मन ही है और **"तन्मे मनः शिव संकल्पमस्तु" (यजुर्वेद)** के अनुसार ऐसा हमारा मन कल्याणकारी और शुभ संकल्पों वाला हो ऐसा हमें सदैव ध्यान रखना होगा। तभी हम मानसिक और शारीरिक स्वास्थ्य की रक्षा कर सकेंगे।

मन को शुद्ध रखने का काम हमारी बुद्धि करती है और बुद्धि ज्ञान से शुद्ध होती है इसलिए हमें हमेशा ज्ञान प्राप्त करने में जुटे रहना चाहिए। मनुस्मृति में कहा गया है कि -

अद्धिर्गात्राणि शुद्ध्यन्ति मनः सत्येन शुद्ध्यति ।

विद्यातपोभ्यां भूतात्मा बुद्धिर्ज्ञानेन शुद्ध्यति । (मनुस्मृति 5:109)

जल से शरीर शुद्ध होता है ए सत्य से मन शुद्ध होता है ए विद्या और तप से आत्मा तथा ज्ञान से बुद्धि शुद्ध होती है। जो भी व्यक्ति इन चार प्रकार की शुद्धियों को धारण करेगा वह मन ए आत्मा और शरीर से सदा निरोग और स्वस्थ बना रहेगा और संसार के सब सुख भोगता हुआ अपना जीवन सफल कर सकेगा। हम सभी छात्राओं को अपने मन पर नियन्त्रण रखने की कोशिश करनी चाहिए। इसे सद्विचारों में लगाकर परिश्रम से अध्ययन करने पर जीवन में सफलता सुनिश्चित मिलेगी।

ऊषा

स्नातक ए प्रथम वर्ष



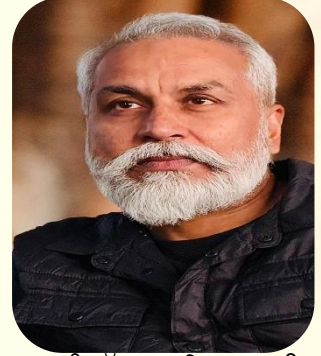
PUNJABI SECTION



FROM THE DESK OF STAFF EDITOR

ਸੰਪਾਦਕੀ

ਸਾਹਿਤ ਰਚਨਾ ਇੱਕ ਬੜੀ ਹੀ ਸਿਰਜਣਾਤਮਕ ਪ੍ਰਕਿਰਿਆ ਹੈ। ਸਾਹਿਤ ਦਾ ਪ੍ਰਮੁੱਖ ਮਰਕਜ਼ ਮਨੁੱਖ ਨੂੰ ਮਨੁੱਖ ਬਣਾਉਂਦਾ ਹੈ। ਜਦੋਂ ਤੋਂ ਸਮਾਜਿਕ ਪ੍ਰਕਿਰਿਆ ਦਾ ਨਿਰਮਾਣ ਹੋਇਆ ਹੈ ਉਦੋਂ ਤੋਂ ਹੀ ਕਿਸੇ ਨਾ ਕਿਸੇ ਰੂਪ ਵਿੱਚ ਸਾਹਿਤਿਕ ਗਤੀਵਿਧੀਆਂ ਦੀ ਸਿਰਜਣਾਤਮਕ ਭੂਮਿਕਾ ਦੇਖੀ ਜਾ ਸਕਦੀ ਹੈ। ਮੁੱਢਲੇ ਸਮਿਆਂ ਵਿੱਚ ਸਾਹਿਤ ਵਧੇਰੇ ਕਰਕੇ ਮੌਖਿਕ ਰੂਪ ਵਿੱਚ ਲੋਕਾਂ ਦੀਆਂ ਭਾਵਨਾਵਾਂ ਦਾ ਸਿਰਜਣਾਤਮਕ ਸਰੋਤ ਬਣਿਆ ਰਿਹਾ ਹੈ।



ਅਜੋਕੇ ਸਮੇਂ ਵਿੱਚ ਜਦੋਂ ਅਸੀਂ ਸਾਹਿਤ ਸਿਰਜਣਾ, ਸਾਹਿਤਕ ਗਤੀਵਿਧੀਆਂ ਤੇ ਇਸਦੇ ਸਮਾਜਿਕ ਸਰੋਕਾਰਾਂ ਦੀ ਗੱਲ ਕਰਦੇ ਹਾਂ ਤਾਂ ਇਸ ਦੀ ਅਹਿਮੀਅਤ ਹੋਰ ਵੀ ਵਧੇਰੇ ਜ਼ਰੂਰੀ ਹੋ ਜਾਂਦੀ ਹੈ। ਵਰਤਮਾਨ ਸਮੇਂ ਦੇ ਜਿਸ ਦੌਰ ਵਿੱਚੋਂ ਅਸੀਂ ਲੰਘ ਰਹੇ ਹਾਂ ਇਸ ਵਿੱਚ ਮਨੁੱਖ ਨੂੰ ਸਮਾਜਿਕ ਰਾਜਨੀਤਿਕ ਤੇ ਧਾਰਮਿਕ ਸੰਕੀਰਣਤਾ ਨੇ ਬੋਝਾ ਬਣਾ ਦਿੱਤਾ ਹੈ। ਜ਼ਿੰਦਗੀ ਜਿਉਣ ਦਾ ਸ਼ੁਰੂ ਉਸਨੂੰ ਆਸ਼ਾਵਾਦੀ ਹੋਣ ਦੀ ਥਾਂ ਨਿਰਾਸ਼ਾਵਾਦੀ ਸਮਾਜਿਕ ਸੰਗਠਨ ਵਾਲੇ ਉਸ ਅਣਦਿਸਦੇ ਖਿਲਾਅ ਵੱਲ ਲੈ ਜਾ ਰਿਹਾ ਹੈ ਜਿੱਥੇ ਖੜ ਕੇ ਉਸਨੂੰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੋਈ ਆਸ ਨਜ਼ਰ ਨਹੀਂ ਆਉਂਦੀ। ਸੋ ਅਜਿਹੇ ਮਾਹੌਲ ਵਿੱਚ ਸਾਹਿਤ ਸਿਰਜਣਾ ਇਕੋ-ਇੱਕ ਇਹੋ ਜਿਹਾ ਸਾਧਨ ਹੈ ਜਿਸ ਵਿੱਚੋਂ ਕੋਈ ਵੀ ਪਾਠਕ ਨਵੇਂ ਉਸਾਰੂ ਦਿਸ਼ਾਵੇਸ਼ ਵੱਲ ਪੁਲਾਘ ਪੁੱਟ ਸਕਦਾ ਹੈ।

ਸਿਰਜਣਾਤਮਕ ਪ੍ਰਕਿਰਿਆ ਇੱਕ ਸਹਿਜ ਕਾਰਜ ਹੈ। ਜਿਵੇਂ ਮਨੁੱਖ ਦਾ ਤਜਰਬਾ ਵੱਧਦਾ ਜਾਂਦਾ ਹੈ ਉਵੇਂ-ਉਵੇਂ ਉਸਦੀ ਲਿਖਤ ਵੀ ਵਧੇਰੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਹੁੰਦੀ ਜਾਂਦੀ ਹੈ। ਇਹਨਾਂ ਵਿਦਿਆਰਥਣਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਵਿੱਚ ਲੇਖਕ ਬਣਨ ਦੇ ਮੁੱਢਲੇ ਬੀਜ ਖਿੱਲਰਵੇਂ ਰੂਪ ਵਿੱਚ ਪਏ ਹਨ ਜਿਨ੍ਹਾਂ ਨੇ ਵੱਡੇ ਹੋ ਕੇ ਗੁੱਥ ਬਣ ਕੇ ਮੌਲਣਾ ਹੈ। ਮੈਨੂੰ ਬੜੀ ਖੁਸ਼ੀ ਹੋ ਰਹੀ ਹੈ ਕਿ ਇਸ ਹਨੇਰਗਾਰਦੀ ਦੇ ਦੌਰ ਵਿੱਚ ਸਾਡੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਕਵਿਤਾ, ਲੇਖ, ਕਹਾਣੀਆਂ, ਬੁਝਾਰਤਾਂ ਤੇ ਹੋਰ ਸਾਹਿਤਿਕ ਵੰਨਗੀਆਂ ਦੇ ਰੂਪ ਵਿੱਚ ਆਪਣੇ ਮਨੋਭਾਵਾਂ ਨੂੰ ਬੜੇ ਸੰਜੀਦਾ ਢੰਗ ਨਾਲ ਬਾਖ਼ੂਬੀ ਪੇਸ਼ ਕੀਤਾ ਹੈ। ਇਹਨਾਂ ਰਚਨਾਵਾਂ ਨੂੰ ਪੜ੍ਹ ਕੇ ਉਹਨਾਂ ਦੀ ਸਿਰਜਣਾਤਮਕਤਾ ਤੇ ਸਾਹਿਤਿਕ ਪ੍ਰਤਿਭਾ ਨੂੰ ਦੇਖ ਕੇ ਲੱਗਦਾ ਹੈ ਕਿ ਭਵਿੱਖ ਵਿੱਚ ਇਹਨਾਂ ਵਿੱਚੋਂ ਹੀ ਕਿਸੇ ਨੇ ਨਵੀਂ ਪੀੜ੍ਹੀ ਦੇ ਸਾਹਿਤਕਾਰ ਬਣ ਕੇ ਪੁਰਾਣੀ ਪੀੜ੍ਹੀ ਦੇ ਖੱਪਿਆਂ ਨੂੰ ਪੂਰਨਾ ਹੈ। ਮੈਨੂੰ ਪੂਰੀ ਆਸ ਹੈ ਕਿ ਇਸ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਇਹਨਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਦਾ ਛਪਣਾ ਇਹਨਾਂ ਦੀ ਕਲਾਤਮਕ ਸੋਝੀ ਅਤੇ ਭਵਿੱਖ ਦੀ ਅਗਾਂਹ ਵਧੂ ਸੋਚ ਨੂੰ ਹੋਰ ਪਕੇਰਾ ਕਰਨ ਵਿੱਚ ਅਹਿਮ ਭੂਮਿਕਾ ਅਦਾ ਕਰੇਗਾ। ਇਸ ਰਸਾਲੇ ਵਿੱਚ ਛਪ ਰਹੀਆਂ ਰਚਨਾਵਾਂ ਸਿਰਜਣ ਵਾਲੀਆਂ ਸਮੁੱਚੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਬਹੁਤ-ਬਹੁਤ ਮੁਬਾਰਕਾਂ ਤੇ ਸ਼ੁੱਭ-ਇੱਛਾਵਾਂ।

ਡਾ. ਜਸਪਾਲ ਸਿੰਘ

ਸੰਪਾਦਕੀ



ਸੰਪਾਦਕੀ ਦਾ ਸਬੰਧ ਸਾਡੇ ਜੀਵਨ ਨਾਲ ਉਸ ਤਰ੍ਹਾਂ ਨਾਲ ਹੈ, ਜਿਸ ਤਰ੍ਹਾਂ ਇੱਕ ਚਰਖੇ ਦਾ ਤੰਦ ਨਾਲ ਹੁੰਦਾ ਹੈ। ਜੇਕਰ ਉਹ ਤੰਦ ਹੀ ਟੁੱਟ ਕੇ ਅਲੱਗ ਹੋ ਜਾਵੇਗਾ ਤਾਂ ਚਰਖਾ ਕਿਸੇ ਕੰਮ ਦਾ ਨਹੀਂ ਰਹਿਣਾ। ਇਸੇ ਤਰ੍ਹਾਂ ਸਾਹਿਤ ਤੋਂ ਬਿਨਾਂ ਸਾਡਾ ਮਨੁੱਖੀ ਜੀਵਨ ਵੀ ਅਧੂਰਾ ਹੈ। ਸਾਹਿਤ ਤੇ ਮਨੁੱਖ ਦਾ ਰਿਸ਼ਤਾ ਮਨੁੱਖ ਦੇ ਜਨਮ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਸ਼ੁਰੂ ਹੋ ਜਾਂਦਾ ਹੈ, ਕਿਉਂਕਿ ਗਰਭ ਦੇ ਸਮੇਂ ਹੀ ਕਈ ਰਸਮਾਂ ਸ਼ੁਰੂ ਹੋ ਜਾਂਦੀਆਂ ਹਨ ਜੋ ਕਿ ਅਪ੍ਰਤੱਖ ਰੂਪ ਵਿੱਚ ਸਾਹਿਤ ਦਾ ਹਿੱਸਾ ਹਨ। ਬਚਪਨ ਦੇ ਵਿੱਚ ਬੱਚਾ ਆਪਣੀ ਦਾਦੀ ਮਾਂ ਕੋਲੋਂ ਕਹਾਣੀਆਂ, ਬਾਤਾਂ ਸੁਣਨ ਵਿੱਚ ਦਿਲਚਸਪੀ ਰੱਖਦਾ ਹੈ, ਇਹ ਵੀ ਸਾਹਿਤ ਦਾ ਹੀ ਰੂਪ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਸਾਹਿਤ ਦਾ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਅਪ੍ਰਤੱਖ ਰੂਪ ਨਾਲ ਸਬੰਧ ਹੈ।

ਸਾਹਿਤ ਕੋਮਲ ਭਾਵਾਂ ਦਾ ਸੁਹਜਮਈ ਪ੍ਰਗਟਾਵਾ ਹੈ ਤੇ ਇਸ ਦੇ ਅੰਦਰ ਉਹ ਸਭ ਸਾਰਥਕ ਕਲਾਤਮਕ ਅਭਿਵਿਅਕਤ ਸ਼ਾਮਲ ਹਨ ਜੋ ਮਨੁੱਖ ਨੂੰ ਸੁਹਜ ਸਵਾਦ ਦਿੰਦੇ ਤੇ ਜੀਵਨ ਦੀ ਅਗਵਾਈ ਕਰਦੇ ਹਨ। ਜਿਸ ਤਰ੍ਹਾਂ ਪੈਨਸਿਲ ਨੂੰ ਘੜਨ ਨਾਲ ਉਹ ਤੇਜ਼ ਹੋ ਜਾਂਦੀ ਹੋ, ਉਸੇ ਤਰ੍ਹਾਂ ਹੀ ਸਾਹਿਤਕ ਗਿਆਨ ਗ੍ਰਹਿਣ ਕਰਨ ਨਾਲ ਮਨੁੱਖੀ ਦਿਮਾਗ ਵਿੱਚ ਵੀ ਪਰਿਵਰਤਨ ਆਉਂਦਾ ਹੈ। ਉਹ ਆਪਣੀ ਨਿੱਜੀ ਜ਼ਿੰਦਗੀ ਦੇ ਫੈਸਲੇ ਚੰਗੀ ਤਰ੍ਹਾਂ ਕਰ ਸਕਦਾ ਹੈ। ਸਾਹਿਤ ਨੂੰ “ਸੱਤਯਮ ਸ਼ਿਵਮ ਸੁੰਦਰਮ” ਕਿਹਾ ਗਿਆ ਹੈ, ਭਾਵ ਜੋ ਸੱਚ ਹੋਵੇ, ਕਲਿਆਣਕਾਰੀ ਹੋਵੇ ਅਤੇ ਸੁੰਦਰ ਹੋਵੇ, ਉਹ ਸਾਹਿਤ ਹੁੰਦਾ ਹੈ।

ਮੈਂ ਇਸ ਸਾਲ ਸਾਡੇ ਕਾਲਜ ਦੀ ਸਲਾਨਾ ਮੈਗਜ਼ੀਨ ‘ਆਭਾ’ ਲਈ ਸੰਪਾਦਕੀ ਦਾ ਕੰਮ ਕਰਦਿਆਂ ਬਹੁਤ ਹੀ ਮਾਣ ਮਹਿਸੂਸ ਕਰ ਰਹੀ ਹਾਂ, ਕਿਉਂਕਿ ਇਸ ਨਾਲ ਮੈਨੂੰ ਸਾਹਿਤ ਨਾਲ ਬਹੁਤ ਕਰੀਬੀ ਤੋਂ ਜੁੜਨ ਦਾ ਮੌਕਾ ਮਿਲਿਆ ਹੈ। ਵੱਖ-ਵੱਖ ਵਿਦਿਆਰਥਣਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਨੇ ਮੈਨੂੰ ਬਹੁਤ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ ਅਤੇ ਦਿਲ ਨੂੰ ਖੁਸ਼ੀ ਮਿਲੀ। ਮੈਂ ਸਭ ਨੂੰ ਇਹ ਹੀ ਕਹਿਣਾ ਚਾਹੁੰਗੀ ਸਾਹਿਤ ਸੱਚਮੁੱਚ ਹੀ ਬਹੁਤ ਕਮਾਲ ਦਾ ਹੈ, ਤੁਸੀਂ ਇੱਕ ਵਾਰ ਇਸ ਨਾਲ ਜੁੜ ਕੇ ਤਾਂ ਵੇਖੋ, ਇਹ ਤੁਹਾਡੀ ਜ਼ਿੰਦਗੀ ਹੀ ਬਦਲ ਦੇਵੇਗਾ।

ਜਿੰਨਾ ਵਿਦਿਆਰਥਣਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਇਸ ਵਰ੍ਹੇ ਕਾਲਜ ਦੀ ਸਲਾਨਾ ਮੈਗਜ਼ੀਨ ਚ ਛਪਣ ਜਾ ਰਹੀਆਂ ਹਨ ਮੈਂ ਉਹਨਾਂ ਨੂੰ ਵਧਾਈ ਦਿੰਦੀ ਹੋਈ ਖੁਸ਼ੀ ਮਹਿਸੂਸ ਕਰ ਰਹੀ ਹਾਂ।

ਹਸਰਤ ਚੌਹਾਨ

5397/21

ਬੀ.ਏ. – ਤੀਜਾ ਸਾਲ

78145-90650

ਮੇਰਾ ਰੱਬ

ਸ਼ਬਦ ਤਾਂ ਉਹਨਾਂ ਲਈ ਸਾਰੇ ਹੀ ਥੋੜ੍ਹੇ ਪੈ ਜਾਣ, ਪਰ ਫਿਰ ਵੀ ਇਹ ਚਾਰ ਸ਼ਬਦ ਮੇਰੇ ਰੱਬ ਮੇਰੇ 'ਮਾਂ-ਪਿਓ' ਲਈ ।
ਉਸ ਕਰਕੇ ਹੀ ਆਂ ਅੱਜ ਮੈਂ ਇਸ ਜੱਗ 'ਤੇ,
ਉਸ ਨੂੰ ਤੱਕ ਕੇ ਰੂਹ ਖੁਸ਼ ਹੁੰਦੀ ਏ,
ਸ਼ਬਦ ਤਾਂ ਉਹਦੇ ਲਈ ਸਾਰੇ ਹੀ ਥੋੜ੍ਹੇ ਨੇ,
ਉਸਦਾ ਦਰਜਾ ਈ ਬੜਾ ਉੱਚਾ ਏ,
ਸੱਟ ਮੇਰੇ ਵੱਜਦੀ, ਦਰਦ ਉਹਨੂੰ ਹੁੰਦਾ,
ਇਹ ਦਿਲ ਦਾ ਹੀ ਤੇ ਰਿਸਤਾ ਏ,
ਹਰ ਚੀਜ਼ ਉਹ ਆਪਣੇ ਹਿੱਸੇ ਦੀ ਵੀ,
ਬੱਸ ਮੈਨੂੰ ਹੀ ਦਿੰਦੀ ਏ,
ਮੈਨੂੰ ਵੱਡਾ ਬਣਾਉਣ ਲਈ ਉਹ ਭਟਕਦੀ ਫਿਰਦੀ ਏ,
ਹੋਰ ਮੈਂ ਰੱਬ ਕੀਹਨੂੰ ਆਖਾਂ, ਕਿਉਂਕਿ ਮੇਰਾ ਤਾਂ ਉਹੀ ਏ,
ਉਹ ਮੇਰੀ ਮਾਂ ਏ, ਉਹ ਮੇਰੀ ਮਾਂ ਏ ।

ਬੱਕ ਹਾਰ ਕੇ ਹਨੇਰੇ ਘਰ ਵੜਦਾ ਏ,
ਪਰ ਰਾਤ ਨੂੰ ਪਹਿਰੇਦਾਰੀ ਦਾ ਕੰਮ ਵੀ ਉਹੀ ਕਰਦਾ ਏ,
ਨਿਕਲ ਜਾਂਦਾ ਏ ਭੁੱਖਾ-ਭਾਣਾ ਕੰਮ ਤੇ ਕਰਦਾ ਏ,
ਆਪਣੇ ਲਈ ਕਦੇ ਕੁੱਝ ਨਾ ਸੋਚੇ,
ਪਰ ਸਾਡੇ ਲਈ ਸੋਚਣੇ ਹਟਦਾ ਨੀ ਉਹ,
ਖੁਦ ਤਾਂ ਫਟੇ ਪੁਰਾਣੇ ਪਾਈ ਰੱਖਦਾ ਏ,
ਪਰ ਸਾਡੇ ਸੌਂਕ ਤਾਂ ਪੂਰੇ ਕਰਦਾ ਏ ਉਹ,
ਨਾਂ ਰੋਂਦਾ ਏ, ਨਾਂ ਹੱਸਦਾ ਏ, ਪਤਾ ਨੀ ਕੀ ਪੱਥਰ ਏ,
ਬੱਸ ਇੱਕ ਉਹੀ ਹੈ, ਜੋ ਇੱਥੇ ਮੇਰਾ ਸੱਚਾ ਮਿੱਤਰ ਏ,
ਉਹ ਮੇਰਾ ਬਾਪੂ ਏ, ਉਹ ਮੇਰਾ ਬਾਪੂ ਏ ।

ਹਸਰਤ ਚੌਹਾਨ

B.A. – ਤੀਜਾ ਸਾਲ

5397/21

ਅੱਜ ਦਾ ਪੰਜਾਬ

ਅੱਜ ਮੈਂ ਦੱਸਾਂ ਹਾਲ ਤੁਹਾਨੂੰ ਉਸ ਧਰਤੀ ਦਾ
ਜਿਸਨੂੰ ਕਹਿੰਦੇ ਸੀ ਕਦੇ ਚੜ੍ਹਦਾ ਪੰਜਾਬ ।
ਕਿਸੇ ਸਮੇਂ ਬਾਬਾ ਨਾਨਕ ਇੱਥੇ ਵਜਾਉਂਦਾ ਸੀ ਰਬਾਬ ।
ਪਰ ਬਣ ਕੇ ਰਹਿ ਗਿਆ ਇਹ ਨਸ਼ਿਆਂ ਦਾ ਪੰਜਾਬ ।
ਕਦੇ ਹੁੰਦੀ ਸੀ ਇਹ ਗੁਰੂਆਂ ਪੀਰਾਂ ਦੀ ਧਰਤੀ,
ਪਰ ਅੱਜ ਇਸ ਦੀ ਹਾਲਤ ਨਸ਼ਿਆਂ ਨੇ ਕੀ ਕਰਤੀ?
ਕਦੇ ਹੁੰਦੀ ਸੀ ਦੁਨੀਆਂ ਵਿੱਚ ਇਸਦੀ ਵੱਖਰੀ ਸ਼ਾਨ ।
ਪਰ ਅੱਜ ਬਣ ਕੇ ਰਹਿ ਗਈ ਇਹ ਧਰਤੀ ਵੀਰਾਨ ।
ਕਦੇ ਹੁੰਦਾ ਸੀ ਇੱਥੇ ਭਾਈਚਾਰੇ, ਏਕਤਾ ਦਾ ਬੋਲਬਾਲਾ
ਪਰ ਅੱਜ ਧਰਮਾਂ ਨੇ ਨਫਰਤ ਨਾਲ ਭਰ ਤਾ ਇਸ ਦਾ ਆਲਾ-ਦੁਆਲਾ ।
ਕਦੇ ਹੁੰਦਾ ਸੀ ਇਹ ਬਾਬੇ ਨਾਨਕ ਦਾ ਪੰਜਾਬ ਖੁਸ਼ਹਾਲ
ਪਰ ਸਰਕਾਰਾਂ ਨੇ ਕਰਤਾ ਇਸਦਾ ਬਿਲਕੁਲ ਮਾੜਾ ਹਾਲ ।
ਲੋੜ ਹੈ ਫਿਰ ਇੱਕ ਵਾਰ ਉਸ ਬਾਬੇ ਨਾਨਕ ਦੀ
ਜੋ ਲੈ ਆਵੇ ਮੁੜ ਬਹਾਰ ਰੰਗਲੇ ਪੰਜਾਬ ਦੀ ਰੋਣਕ ਦੀ ।

ਸਿਮਰਨ

ਬੀ.ਏ. — ਤੀਜਾ ਸਾਲ

ਰੋਲ ਨੰਬਰ 5038/21

88472-50550

ਕਾਲਜ ਦੇ ਦਿਨ ਚੇਤੇ ਆਉਣਗੇ

ਕੁੱਝ ਨਾ ਚੇਤੇ ਰਹਿਣਾ, ਬਸ ਇਹ ਪਲ ਚੇਤੇ ਆਉਣਗੇ,
ਜੋ ਤੇਰੇ ਵੇਹੜੇ ਵਿੱਚ ਬਿਤਾਏ, ਉਹ ਪਲ ਚੇਤੇ ਆਉਣਗੇ,
ਕਦੇ ਕਲਾਸ ਵਿੱਚ ਹੀ ਬਹਿਣਾ, ਤੇ ਕਦੇ ਗਰਾਊਂਡ ਵਿੱਚ ਗੇੜੀ ਲਾਉਣਾ,
ਵੇਲੇ ਕੁਵੇਲੇ ਦਿਲ ਦੀ ਕੁੰਡੀ ਖੜਕਾਉਣਗੇ,
ਤੇਰੇ ਵੇਹੜੇ ਵਿੱਚ ਬਿਤਾਏ, ਉਹ ਪਲ ਚੇਤੇ ਆਉਣਗੇ,
ਕਦੇ ਲੈਕਚਰ ਨਾਂ ਲਾਉਣਾ, ਕਦੇ ਲੈ ਊਬਾਸੀਆਂ ਲੈਕਚਰ ਲੰਘਾਉਣਾ,
ਕਦੇ ਦੋਸਤਾਂ ਮਿੱਤਰਾਂ ਨਾਲ ਚਾਹ ਦੀਆਂ ਸ਼ਰਤਾਂ ਲਾਉਣਾ,
ਅੱਖੇ ਵੇਲੇ ਉਹ ਪਲ ਯਾਦ ਚੇਤੇ ਆਉਣਗੇ ।
ਤੇਰੇ ਵਿਹੜੇ ਵਿੱਚ ਬਿਤਾਏ ਉਹ ਪਲ ਯਾਦ ਆਉਣਗੇ ।

ਇੱਕ ਦੂਜੇ ਦਾ ਮਜ਼ਾਕ ਉਡਾਉਣਾ, ਤੇ ਕਦੇ ਬਿਨਾਂ ਗੱਲ ਤੋਂ ਖੋਰ੍ਹ ਪਾਉਣਾ,
ਪੇਪਰਾਂ ਵਿੱਚ ਨਕਲ ਚਲਾਉਣਾ, ਤੇ ਕਦੇ ਚੋਰੀ ਛਿਪੇ ਪਰਚੀਆਂ ਬਣਾਉਣਾ,
ਅਧਿਆਪਕਾਂ ਦੇ ਰੱਖੇ ਹੋਏ ਨਾਮ ਦਿਲ ਵਿੱਚ ਹਲਚਲ ਮਚਾਉਣਗੇ ।
ਤੇਰੇ ਵੇਹੜੇ ਵਿੱਚ ਬਿਤਾਏ ਉਹ ਪਲ ਯਾਦ ਆਉਣਗੇ ।

ਅੱਜ ਵਿਦਾ ਲੈਂਦੇ ਹੋਏ ਦੁਆ ਇਹੋ ਕਰਦੇ ਹਾਂ,
ਫੁੱਲ ਨਵੇਂ ਹਮੇਸ਼ਾ ਤੇਰੀਆਂ ਹਵਾਵਾਂ ਨੂੰ ਮਹਿਕਾਉਣਗੇ,
ਜਦ ਵੀ ਤਨਵੀ ਵੱਲੋਂ ਲਿਖੇ ਹਰਫ਼,
ਚੋਰੀ ਛਿਪੇ ਝਾਤ ਜਿਹੀ ਪਾਉਣਗੇ,
ਤਦ ਤੇਰੇ ਵਿਹੜੇ ਵਿੱਚ ਬਿਤਾਏ ਉਹ ਪਲ ਬੜੇ ਯਾਦ ਆਉਣਗੇ ।
ਤਦ ਤੇਰੇ ਵਿਹੜੇ ਵਿੱਚ ਬਿਤਾਏ ਉਹ ਪਲ ਬੜੇ ਯਾਦ ਆਉਣਗੇ ।

ਤਨਵੀਂ ਬਾਂਸਲ

ਰੋਲ ਨੰ. 5405/21

ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ

78148-30617

ਕਿਉਂ ਡਰੇ ਵੇ ਮਨਾਂ.....?

ਤੂੰ ਕਿਉਂ ਡਰੇ ਵੇ ਮਨਾਂ-----?
ਤੂੰ ਬਸ ਚੱਲਦਾ ਜਾ, ਉਸ ਹਵਾ ਦੀ ਤਰ੍ਹਾਂ,
ਤੂੰ ਬਸ ਵਹਿੰਦਾ ਜਾ, ਲਹਿਰਾਂ ਦੀ ਤਰ੍ਹਾਂ,
ਤੂੰ ਬਸ ਤਰਦਾ ਜਾ, ਮੱਛਲੀ ਦੀ ਤਰਾਂ,
ਜੇ ਡਰੇਗਾ ਤਾਂ ਮਰੇਗਾ----- ।

ਬਸ ਤੂੰ ਹੌਸਲਾ ਤਾਂ ਰੱਖ ਆਪਣੇ ਤੇ,
ਪਹੁੰਚ ਜਾਏਗਾ ਕਦੀ ਮੰਜ਼ਿਲ ਤੇ,
ਭਟਕਦਾ ਹੋਇਆ, ਡਿੱਗਦਾ ਹੋਇਆ, ਢਹਿੰਦਾ ਹੋਇਆ,
ਤੈਨੂੰ ਤੇਰਾ ਹੀ ਸਹਾਰਾ ਏ,
ਫਿਰ ਕਿਉਂ ਉਮੀਦਾਂ ਰੱਖਦੇ ਏ
ਬਸ ਤੂੰ ਹੌਸਲਾ ਉਮੀਦਾਂ ਰੱਖਦੇ ਏ,
ਬਸ ਤੂੰ ਹੌਸਲਾ ਤਾਂ ਰੱਖ ਆਪਣੇ ਤੇ ।

ਚੱਲ ਉੱਠ ਤੇ ਤੁਰ ਆਪਣੀ ਮੰਜ਼ਿਲ 'ਤੇ
ਪਹੁੰਚ ਜਾਏਗਾ ਕਦੀ ਮੰਜ਼ਿਲ 'ਤੇ ।

ਪੂਜਾ ਦੇਵੀ

5252/21

ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ

ਮੈਂ ਪੰਛੀ ਅਸਮਾਨ ਦਾ

ਮੈਂ ਪੰਛੀ ਹਾਂ ਅਸਮਾਨ ਦਾ
ਮੈਨੂੰ ਅੰਬਰਾਂ 'ਚ ਉੱਡਣ ਦਾ ਚਾਅ
ਕਿਉਂ ਭਰ ਨਾ ਹੋਣ ਉਡਾਰੀਆਂ,
ਕਿਸ ਗੱਲ ਦਾ ਡਰ ਹੈ ਲੱਗਾ
ਦੇਖਾਂ ਖੁੱਲ੍ਹੇ ਅਸਮਾਨ ਨੂੰ
ਖਾਹਿਸ਼ਾਂ ਦੀ ਪੰਡ ਹਾਂ ਬੰਨ੍ਹਾਂ,
ਫਲਾ ਕੇ ਆਪਣੇ ਖੰਭਾਂ ਨੂੰ
ਕਰਾਂ ਇਸ ਵੱਲ ਸਿੱਜਦਾ ।

ਦੇਖਾਂ ਉੱਚੇ-ਉੱਚੇ ਪੰਛੀਆਂ ਨੂੰ
ਕਿਸ ਗੀਤ 'ਚ ਹੈ ਗਾ ਰਹੇ ।
ਚਮਕਾ ਕੇ ਆਪਣੀਆਂ ਅੱਖਾਂ ਨੂੰ,
ਕਿਸ ਰਸਤੇ ਤੇ ਜਾ ਰਹੇ ।
ਕਾਸ਼ ਹੋਵੇ ਐਸਾ ਕ੍ਰਿਸ਼ਮਾ,
ਇਹ ਅੰਬਰ ਹੀ ਸੁਨੇਹਾ ਭੇਜ ਦੇਵੇ,
ਫਿਰ ਉੱਡਾ ਮੈਂ ਇਸ ਅਸਮਾਨ 'ਚ
ਉੱਚੀਆਂ-ਉੱਚੀਆਂ ਉਡਾਰੀਆਂ ਭਰ ਕੇ ।

ਕਰਾਂ ਮਹਿਸੂਸ ਹਰ ਹਵਾ ਦੇ ਝੋਕਿਆਂ ਨੂੰ,
ਅੱਖਾਂ ਆਪਣੀਆਂ ਬੰਦ ਕਰਕੇ ।
ਚੰਦ ਦੀ ਇਸ ਚਾਨਣੀ ਦਾ ਦੀਦਾਰ ਕਰਾਂ,
ਕੋਲ ਉਸਦੇ ਬਹਿ ਕੇ ।
ਖੁੱਲ੍ਹੇ ਇਸ ਅਸਮਾਨ ਚ, ਕਿਸੇ ਵੱਲ ਨਾਂ ਤੱਕਾਂ,
ਆਪਣੀ ਇਸ ਹੁੰਨ ਵਿੱਚ ਜ਼ਿੰਦਗੀ ਦੇ ਆਨੰਦ ਮਾਣਾ
ਤੇ ਜੀਵਾਂ ਜੀ ਭਰਕੇ
ਮੈਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ

ਪੂਜਾ ਦੇਵੀ

5252/21

ਬੀ.ਏ. — ਤੀਜਾ ਸਾਲ

ਅਜ਼ਾਦੀ

ਅਜ਼ਾਦੀ ਦੇ ਲਈ ਅਸੀਂ ਲੜੀਆਂ ਬਹੁਤ ਲੜਾਈਆਂ
ਤੇ ਪਾਉਣ ਲਈ ਇਸਨੂੰ ਕਈ ਜਾਨਾਂ ਵੀ ਗਵਾਈਆਂ
ਭਗਤ, ਊਧਮ ਤੇ ਕਰਤਾਰ ਜਿਹਾ ਨੇ
ਖਾਤਿਰ ਦੇਸ਼ ਦੀ ਆਪਣਾ ਸਭ ਕੁੱਝ ਗਵਾਇਆ,
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ,
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ ।

ਵਿੱਚ ਜਲਿਆਵਾਲੇ ਬਾਗ ਦੇ ਬੜਾ ਨੁਕਸਾਨ ਸੀ ਹੋਇਆ ਜਾਨੀ
ਦੇਖ ਇਹ ਸਭ ਊਧਮ ਸਿੰਘ ਨੇ ਬਦਲਾ ਲੈਣ ਦੀ ਠਾਨੀ
ਜਾ ਕੇ ਵਿੱਚ ਵਿਦੇਸ਼ ਵੈਰੀ ਨੂੰ
ਨਾਲ ਗੋਲੀਆਂ ਉਡਾਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ ।

ਨੌਜਵਾਨ ਤਾਂ ਹੋਰ ਵੀ ਬਹੁਤ ਸੀ
ਪਰ ਤਿਆਗ ਕਰਨਾ ਸੌਖਾ ਨਹੀਂ
ਉਨ੍ਹਾਂ ਅਣਖੀ ਵੀਰਾਂ ਨੇ ਸਭ ਕੁੱਝ ਕਰ ਦਿਖਾਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ,
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ

1857 ਦੇ ਅਜ਼ਾਦੀ ਦੇ ਸੰਗਰਾਮ ਵਿੱਚ
ਝਾਂਸੀ, ਤਾਤੀਆ ਤੇ ਹੋਰਾਂ ਨੇ ਸੀ ਹਿੱਸਾ ਪਾਇਆ
ਸਭ ਤੋਂ ਪਹਿਲਾਂ, ਖਿਲਾਫ ਫਿਰੰਗੀਆਂ
ਅੰਗਾਰੀ ਨੂੰ ਮੰਗਲਪਾਂਡੇ ਨੇ ਜਗਾਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ ।

ਪਲੇ ਸੀ ਜਿਹੜੇ ਵਿੱਚ ਮਹੌਲਾ ਖੁੱਲੇ
ਛੱਡ ਕੇ ਆਪਣੇ ਮਾਣਨੇ ਜਵਾਨੀ ਦੇ ਬੁੱਲੇ

ਵਾਰ ਕੇ ਆਪਣਾ ਸਭ ਕੁੱਝ, ਨਾਲ ਲਹੂਆਂ ਦੇ
ਅਜ਼ਾਦੀ ਦੇ ਤਿਰੰਗੇ ਨੂੰ ਸੀ ਝੁਲਾਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ,
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ ।
ਗਦਰੀਆ ਨੇ ਵੀ ਬਥੇਰਾ ਗਦਰ ਮਚਾਇਆ
ਇਨ੍ਹਾਂ ਨੇ ਵੀ ਵਿੱਚ ਅਜ਼ਾਦੀ, ਅਹਿਮ ਯੋਗਦਾਨ ਪਾਇਆ
ਲੋਕਾਂ ਨੂੰ ਇੱਕ ਮੁੱਠ ਕਰਨ ਲਈ
ਗਦਰ ਨਾਂ ਦਾ ਅਖਬਾਰ ਚਲਾਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ ।

ਸ਼ਹੀਦਾ ਦਾ ਖੂਨ ਰੰਗ ਲਿਆਇਆ
ਆਖਿਰ ਬੜੀ ਮੁਸ਼ਕਿਲ ਨਾਲ
15 ਅਗਸਤ 1947 ਦਾ ਸੁਭ ਦਿਨ ਆਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ

ਹੁਣ ਕ੍ਰਿਸ਼ਟਾਚਾਰ, ਰਿਸ਼ਵਤਖੋਰੀ ਦੇ ਵਿੱਚ ਡੁੱਬਿਆ ਦੇਸ਼
ਬੜਾ ਔਖਾ ਸੀ ਗੋਰਿਆਂ ਤੋਂ ਛੁਟਵਾਇਆ
ਫਿਰ ਵੀ ਅਸੀਂ ਸ਼ਹੀਦੀਆਂ ਦਾ ਸਹੀ ਮੁੱਲ ਨਾ ਲਾਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ

ਦੇਸ਼ ਨੂੰ ਪੂਰਨ ਆਜ਼ਾਦ ਕਰਵਾਉਣ ਲਈ
ਧਰਮ, ਜਾਤ ਨੂੰ ਰੱਖ ਕੇ ਇਕ ਪਾਸੇ
ਮਿਲ ਏਕਤਾ ਦੀ ਜਾਗਰੂਕਤਾ ਫੈਲਾਈਏ
ਕਿਉਂਕਿ ਬੜੀਆਂ ਔਖਾ ਨਾਲ
ਸੂਰਬੀਰਾਂ ਨੇ ਸੀ ਦੇਸ਼ ਨੂੰ ਅਜ਼ਾਦ ਕਰਵਾਇਆ
ਕਰਕੇ ਪ੍ਰਾਪਤ ਖਿਤਾਬ ਅਜ਼ਾਦੀ ਦਾ
ਦੇਸ਼ ਦੀ ਝੋਲੀ ਪਾਇਆ ।

ਸੁਮਨਦੀਪ ਕੌਰ
ਬੀ.ਏ.- ਪਹਿਲਾ ਸਾਲ

268/23

6284426560

ਕਾਲਜ ਦਾ ਆਖਰੀ ਸਾਲ

ਕਾਲਜ ਦਾ ਆਖਰੀ ਹੈ ਸਾਲ,
ਮਨ ਵਿੱਚ ਆਉਂਦੇ ਕਈ ਸਵਾਲ,
ਨਾ ਜਾਣੇ ਕੀ ਹੋਊਗੀ ਜ਼ਿੰਦਗੀ ਦੀ ਚਾਲ ।
ਇੱਕ ਪਾਸੇ ਕਾਲਜ ਮੁੱਕਣ ਦਾ ਦੁੱਖ
ਦੂਜੇ ਪਾਸੇ ਜ਼ਿੰਦਗੀ 'ਚ ਅੱਗੇ ਵਧਣ ਦੀ ਖੁਸ਼ੀ
ਨਾ ਜਾਣੇ ਇਹ ਕਿਹੋ ਜਿਹੇ ਜੇ ਆ ਪਲ
ਮਨ ਵਿੱਚ ਆ ਥੋੜ੍ਹੀ ਜੀ ਹਲਚਲ
ਕੀ ਅਸੀਂ ਜ਼ਿੰਦਗੀ 'ਚ ਹੋਵਾਂਗੇ ਵੀ ਸਫਲ
ਸੁਪਨੇ ਜਿਹੜੇ ਦੇਖੇ ਅਸੀਂ ਕੀ ਉਹ ਹੋਣਗੇ ਹੱਲ?
ਨਾ ਜਾਣੇ ਕਿਹੋ ਜਿਹਾ ਹੋਵੇਗਾ ਆਉਣ ਵਾਲਾ ਕੱਲ?
ਯਕੀਨ ਨਹੀਂ ਹੁੰਦਾ ਉਹ ਆਉਣ ਵਾਲਾ ਹੈ ਪਲ,
ਜਿੱਥੇ ਸਕੂਲ, ਕਾਲਜ ਦੀ ਕਿਤਾਬਾਂ ਦੀ ਥਾਂ, ਬਦਲ ਜਾਊਗੀ ਜ਼ਿੰਦਗੀ ਦੀ ਕਿਤਾਬ ।
ਇਸ ਕਰਕੇ ਹੈ ਮਨ ਚ ਹਲਚਲ,
ਬਸ ਇਹ ਖਿਆਲ ਆਉਂਦਾ ਹੈ ਹਰ ਪਲ,
ਬਸ ਇਹ ਖਿਆਲ ਆਉਂਦਾ ਹੈ ਹਰ ਪਲ ।

ਯਾਸਿਕਾ ਵਰਮਾ
ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ
5267/21

ਸਹਿਣ ਸ਼ਕਤੀ

ਵੇ ਮਾਹੀ! ਫਰਕ ਥੋੜਾ ਹੁੰਦਾ ਤੇ ਮਿਟਾ ਲੈਂਦੀ ,
ਤੈਨੂੰ ਮੁੜ ਕੇ ਸੀਨੇ ਲਾ ਲੈਂਦੀ,
ਜ਼ੁਲਮ ਪਹਿਲਾਂ ਵੀ ਕਈ ਵਾਰ ਕੀਤੇ ਤੂੰ,
ਅਸਾਂ ਖੋਲ ਨਾ ਖਿੜਕੀ ਉਹ ਬਾਹਰ ਕੀਤੇ,
ਕਿਹੜੀ ਪਰੀਆਂ ਦੀ ਹੂਰ ਉਹ ਲੱਗਦੀ ਸੀ,
ਜੁੱਤੀ ਪੈਰ ਦੀ ਪੈਰ 'ਚ ਸੱਜਦੀ ਸੀ,
ਟੱਕ ਡੂੰਗਾ ਤੂੰ ਕਾਲਜੇ ਮਾਰਿਆ ਹੈ,
ਤਾਂ ਹੀ ਲੋਕਾਂ ਨੇ ਇਹ ਵਿਚਾਰਿਆ ਹੈ,
ਲੋਕ ਆਖਣ ਨੂੰ ਮਾਹੀ ਤੂੰ ਮਾਫ ਕਰਦੇ,
ਜਿੰਦੀ ਜਾਨ ਨਾ ਤੈਨੂੰ ਅਪਣਾਵਾਂਗੀ,
ਸੁਹਾਗਣ ਤੇਰੀ ਹੀ ਦੁਨੀਆਂ ਤੋਂ ਜਾਵਾਂਗੀ,
ਚਿਤਾ ਮੇਰੀ ਨੂੰ ਲਾਂਬੂ ਲਾ ਆਵੀ,
ਸੱਚ ਖੋਲ ਕੇ ਲੋਕਾਂ ਸੁਣਾ ਆਵੀ ।

ਪਾਵਨ

ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ

20331/22

76960-58374

ਮਾਂ ਬੋਲੀ

ਹਿੰਦੀ ਸਾਡੀ ਮਾਸੀ ਲੱਗਦੀ,
ਮਾਂ ਲੱਗੇ ਪੰਜਾਬੀ ।

ਉਰਦੂ ਸਾਡਾ ਭਾਈ ਲੱਗਦਾ,
ਅੰਗਰੇਜ਼ੀ ਸਾਡੀ ਭਾਬੀ ।

ਮਾਂ ਬੋਲੀ ਦਾ ਰਿਸ਼ਤਾ ਗੂੜਾ,
ਮਿੱਠੜਾ ਬੇਹਿਸਾਬੀ ।

ਵਤਨ ਮੇਰੀ ਦੀ ਗਈ ਬੋਲੀ,
ਵੱਖਰੇ ਠਾਠ ਨਵਾਬੀ ।

ਇਹ ਤਾਂ ਸਾਡੀ ਰੂਹ ਦੀ ਭਾਸ਼ਾ,
ਕੋਈ ਨਹੀਂ ਕਿਤਾਬੀ ।

ਮਾਂ ਬੋਲੀ ਨੂੰ ਜਿਸਨੇ ਮਾਣ ਨਾ ਦਿੱਤਾ,
ਕਾਹਦਾ ਉਹ ਪੰਜਾਬੀ ।

ਆਪਣੀ ਬੋਲੀ ਮਾਣ ਆਪਣਾ,
ਸੌ ਜ਼ਿੰਦਿਆਂ ਦੀ ਚਾਬੀ ।

ਸਾਹਿਤ ਦੇ ਖੇਤਰ 'ਚ ਮਾਰੋ ਮੱਲਾਂ,
ਭਾਸ਼ਾ ਜਾਣ ਖਿਤਾਬੀ ।

ਮਹਿਕ ਸੈਣੀ

ਕਲਾਸ - ਬੀ.ਏ. ਪਹਿਲਾ ਸਾਲ

ਰੋਲ ਨੰਬਰ : 35

ਫਰਜ਼ੀ ਦੋਸਤ

ਜਾਨ ਦਿੰਦੀ ਹਾਂ ਉਹਨਾਂ ਤੇ
ਪਰ ਕਦਰ ਨਹੀਂ ਕਰਦੇ ਉਹ ਮੇਰੀ
ਹਰ ਪਲ ਸਾਥ ਦਿੰਦੀ ਹਾਂ ਉਹਨਾਂ ਦਾ
ਪਰ ਉਹ ਫਿਰ ਵੀ ਕਰਦੇ ਨੇ ਹੇਰਾ-ਫੇਰੀ
ਜੇ ਮੈਂ ਦੋਸਤੀ ਲਈ ਇੱਕ ਕਦਮ ਚੁੱਕਾ
ਉਹ ਦਿਖਾਵੇ ਲਈ ਹੱਥ ਵਧਾਉਂਦੇ ਨੇ
ਹਰ ਪਲ ਨਾਲ ਰਹਿਣ ਦੇ ਬਾਅਦ ਵੀ
ਪਤਾ ਨਹੀਂ ਕਿਉਂ ਉਹ ਮੈਨੂੰ ਭੁੱਲ ਜਾਂਦੇ ਨੇ
ਰੱਖਦੇ ਨੇ ਗੈਰਾਂ ਨੂੰ ਵੀ ਯਾਦ
ਪਰ ਮੈਂ ਨਹੀਂ ਰਹਿੰਦੀ ਯਾਦ ਉਹਨਾਂ ਨੂੰ
ਭਾਵੇਂ ਸਭ ਕੁੱਝ ਵਾਰ ਦੇਵਾਂ ਉਹਨਾਂ ਤੇ
ਫਿਰ ਵੀ ਉਹ ਮੰਨਣਗੇ ਇੱਕ ਬੋਝ ਮੈਨੂੰ ।
ਸਮਝ ਨਹੀਂ ਆਉਂਦਾ ਕਿ
ਕਿਉਂ ਉਹ ਮੇਰਾ ਦਿਲ ਦੁਖਾਉਂਦੇ ਨੇ,
ਕਿਉਂ ਏਨਾ ਦਰਦ ਦਿੰਦੇ ਨੇ,
ਕਿਉਂ ਹਰ ਪਲ ਮੈਨੂੰ ਰਵਾਉਂਦੇ ਨੇ,
ਕਿਉਂ ਹਰ ਪਲ ਮੈਨੂੰ ਰਵਾਉਂਦੇ ਨੇ ----- ।

ਨਾਮ - ਸੁਨੰਦਾ
ਬੀ.ਏ. - ਦੂਜਾ ਸਾਲ
10597/22

ਧੀ ਦੀ ਜ਼ਿੰਦਗੀ

ਕੀ ਹੈ ਜ਼ਿੰਦਗੀ ਇੱਕ ਧੀ ਦੀ
ਉਹਦੀ ਮਰਜ਼ੀ ਕੋਈ ਪੁੱਛਦਾ ਹੀ ਨੀ ।
ਉਹ ਕਿਉਂ ਨੀ ਖੁਸ਼,
ਕੋਈ ਪੁੱਛਦਾ ਹੀ ਨੀ ।
ਉਹਦੇ ਨਾਲ ਕੀ ਕੁੱਝ ਬੀਤਿਆ,
ਕੋਈ ਪੁੱਛਦਾ ਹੀ ਨੀ ।
ਉਹਦੀ ਮਰਜ਼ੀ ਕੀ ਏ,
ਕੋਈ ਪੁੱਛਦਾ ਹੀ ਨੀ ।
ਉਹਦੀ ਮੰਜ਼ਿਲ ਕੀ ਏ,
ਕੋਈ ਪੁੱਛਦਾ ਹੀ ਨੀ ।
ਉਹਦਾ ਵੀ ਮਨ ਕਰਦਾ ਏ
ਅੰਬਰਾਂ ਵਿੱਚ ਉਡਾਰੀ ਮਾਰਨ ਦਾ
ਪਰ ਉਹਦੀ ਮਰਜ਼ੀ ਕੋਈ ਪੁੱਛਦਾ ਹੀ ਨੀ ।
ਪੁੱਛਾਂ ਮੈਂ ਉਹਨਾਂ ਦੀਵਿਆਂ ਦੀਆਂ ਲਾਵਾਂ ਨੂੰ,
ਕੀ ਹੋਂਦ ਏ ਇੱਕ ਔਰਤ ਧੀ ਦੀ ।
ਕਾਸ਼ ਉਹਨੂੰ ਵੀ ਕੋਈ ਕਹਿੰਦਾ
ਕੀ ਛੱਡ ਇਸ ਮਹਾਨ ਨੂੰ
ਕਰ ਤੂੰ ਉਹ ਜਿਹੜਾ ਤੇਰਾ ਮਨ ਕਹਿੰਦਾ ।

ਹਿਨਾ ਦੇਵੀ

ਬੀ.ਏ. - ਪਹਿਲਾ ਸਾਲ

ਰੋਲ ਨੰਬਰ 411

77173-21110

ਅਸੀਂ ਕਿਉਂ ਹੋ ਗਏ ਵੱਡੇ?

ਅਸੀਂ ਕਿਉਂ ਹੋ ਗਏ ਵੱਡੇ, ਬੱਸ ਇਹ ਸੋਚ ਰਹੇ ਹਾਂ,
ਬੱਚੇ ਹੋ ਗਏ ਬਚਪਨ ਨੂੰ
ਬਾਪੂ ਦੇ ਗੁੱਸੇ ਵਿੱਚ, ਮਾਂ ਦੇ ਪਿਆਰ ਵਿੱਚ,
ਗੁੰਮ ਜੇ ਹੋ ਕੇ ਰਹਿ ਗਏ ਹਾਂ, ਇਸ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਦੇ ਸੰਸਾਰ ਵਿੱਚ।

ਉਹ ਬਚਪਨ ਦਾ ਵੀ ਕੀ ਨਜ਼ਾਰਾ ਸੀ,
ਜਦੋਂ ਦੋਸਤਾਂ ਦਾ ਸਾਥ ਤੇ ਐਤਵਾਰ ਦਾ ਦਿਨ ਬੜਾ ਪਿਆਰਾ ਸੀ,
ਹੁਣ ਤਾਂ ਗੁੰਮ ਜੇ ਹੋ ਕੇ ਰਹਿ ਗਏ ਹਾਂ, ਇਸ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਦੇ ਸੰਸਾਰ ਵਿੱਚ,
ਸਭ ਕਹਿੰਦੇ ਨੇ, “ਅਸੀਂ ਵੱਡੇ ਹੋ ਗਏ ਹਾਂ।”

ਅਸੀਂ ਹਰ ਪਾਸੇ ਉਹ ਸ਼ਰਾਰਤਾਂ ਲੱਭੀਆਂ,
ਪਰ ਕਿੱਤੇ ਪਾ ਨਹੀਂ ਸਕੀਆਂ।
ਅਸੀਂ ਕਿਉਂ ਹੋ ਗਏ ਵੱਡੇ, ਬੱਸ ਇਹ ਸੋਚ ਰਹੇ ਹਾਂ,
ਪਿਆਰ ਨਾਲ ਉਸ ਬਚਪਨ ਨੂੰ ਹਰ ਥਾਂ ਲੱਭ ਰਹੇ ਹਾਂ।

ਉੱਥੇ ਹੀ ਬਚਪਨ ਲੱਭਿਆ,
ਜਿਸ ਵਿੱਚ ਕਿਸੇ ਦਾ ਡਰ ਨਹੀਂ ਸੀ।
ਕਿਸੇ ਤੋਂ ਕੋਈ ਉਮੀਦ ਨਹੀਂ ਸੀ,
ਇਹ ਸਿਰਫ਼ ਸਾਡੀ ਮਾਸੂਮੀਅਤ ਅਤੇ ਬੇਪਰਵਾਹੀ ਸੀ।

ਸੋਚਦੇ ਸੀ, ਅਸੀਂ ਵੱਡੇ ਕਦੋਂ ਹੋਵਾਂਗੇ,
ਹੁਣ ਸੋਚਦੇ ਹਾਂ ਚੰਗਾ ਸੀ, ਉਹ ਬਚਪਨ ਹੀ।
ਹੁਣ ਤਾਂ ਗੁੰਮ ਜੇ ਹੋ ਕੇ ਰਹਿ ਗਏ ਹਾਂ, ਇਸ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਦੇ ਸੰਸਾਰ ਵਿੱਚ,
ਦਿਲ ਵੀ ਕਹਿੰਦਾ ਹੈ, ਅਸੀਂ ਹੁਣ ਵੱਡੇ ਹੋ ਗਏ ਹਾਂ,

ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਦੇ ਸ਼ਹਿਰ ਵਿੱਚ ਗੁੰਮ ਜੇ ਹੋ ਗਏ ਅਸੀਂ,
ਲੋਕ ਕਹਿੰਦੇ ਨੇ, ਵੱਡੇ ਹੋ ਗਏ ਅਸੀਂ।
ਅਸੀਂ ਕਿਉਂ ਹੋ ਗਏ ਵੱਡੇ, ਬੱਸ ਇਹ ਸੋਚ ਰਹੇ ਹਾਂ।
ਹਰ ਰੋਜ਼ ਰੱਬ ਤੋਂ ਹੀ ਸਿਰਫ਼ ਇਹ ਪੁੱਛਦੇ ਹਾਂ।

ਨਾਮ - ਅੰਕਿਤਾ
ਕਲਾਸ - ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ
ਰੋਲ ਨੰ: 5275/21

ਸਮੇਂ ਦੀ ਕਦਰ

ਸਮੇਂ ਦੀ ਕਦਰ ਪਛਾਣ ਲੈ ਬੰਦਿਆ,
ਮੌਤ ਹੈ ਕੀ ਤੂੰ ਜਾਣ ਲੈ ਬੰਦਿਆਂ,
ਜੀਵਨ ਦੀ ਤੰਦ ਕਦ ਟੁੱਟ ਜਾਣੀ
ਧੜਕਣ ਖਬਰੇ ਕਦ ਰੁਕ ਜਾਣੀ,
ਪੂਰੇ ਕਰ ਅਰਮਾਨ ਲੈ ਬੰਦਿਆਂ,
ਸਮੇਂ ਦੀ ਕਦਰ ———
ਮੌਤ ਹੈ ਕੀ ——— ।

ਗੈਰਾਂ ਦੇ ਲਈ ਦੁੱਖ ਤੂੰ ਜ਼ਰ,
ਆਪਣਾ ਜੀਵਨ ਪਾਕ ਤੂੰ ਕਰ ਲੈ,
ਬੁਰੇ ਕਰਮ ਤੂੰ ਛਾਣ ਲੈ ਬੰਦਿਆਂ,
ਸਮੇਂ ਦੀ ਕਦਰ ———
ਮੌਤ ਹੈ ਕੀ ——— ।

ਵੇਖ ਮੁਸਕਿਲਾਂ ਬਹਿ ਨਾ ਜਾਵੀਂ
ਸਭ ਤੋਂ ਪਿੱਛੇ ਰਹਿ ਨਾ ਜਾਵੀਂ,
ਉੱਠ ਚੱਲ ਸੀਨਾ ਤਾਨ ਲੈ ਬੰਦਿਆਂ,
ਸਮੇਂ ਦੀ ਕਦਰ ———
ਮੌਤ ਹੈ ਕੀ ——— ।

ਭਾਵੇਂ ਰੱਬ ਦੇ ਦਰ ਨਾ ਜਾਈਂ,
ਦਿਲ ਦੇ ਵਿੱਚ ਨਾਮ ਧਿਆਈਂ
ਚੰਗਾ ਬਣ ਇਨਸਾਨ ਵੇ ਬੰਦਿਆਂ,
ਸਮੇਂ ਦੀ ਕਦਰ ———
ਮੌਤ ਹੈ ਕੀ ——— ।

‘ਸ਼ਾਯਰ’ ਤਾਂ ਬਸ ਇਹ ਗੱਲ ਆਖੇ,
ਮੁੜ-ਮੁੜ ਕੇ ਨਾ ਮਿਲਦੇ ਮਾਪੇ,
ਇੰਨਾਂ ਨੂੰ ਮੰਨ ਭਗਵਾਨ ਵੇ ਬੰਦਿਆਂ,
ਸਮੇਂ ਦੀ ਕਦਰ ———
ਮੌਤ ਹੈ ਕੀ ——— ।

ਸਰਬਜੀਤ ਕੌਰ
ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ
5655/21

ਸ਼ਾਇਰੀ

ਪਿਆਰ ਤਾਂ ਰੂਹਾਂ ਦਾ ਮੇਲ ਆ,
ਜਬਰਦਸਤੀ ਪਾਉਣਾ ਪਿਆਰ ਲਈ ਹੁੰਦਾ,
ਯਾਰ ਹੁੰਦਾ ਉਹ ਜੋ ਦੁੱਖ-ਸੁੱਖ ਵਿੱਚ ਕੰਮ ਆਵੇ,
ਕੰਮ ਵੇਲੇ ਧੋਖਾ ਦੇ ਜਾਵੇ ਉਹ ਯਾਰ ਨਹੀਂ ਹੁੰਦਾ ।
ਦੀਦਾਰ ਉਹ ਹੁੰਦਾ ਜੋ ਮਨ ਵਿੱਚ ਖੁਸ਼ੀ ਪਾਵੇ,
ਅੱਖ ਨਾਲ ਅੱਖ ਮਿਲਾਉਣਾ ਦੀਦਾਰ ਨਹੀਂ ਹੁੰਦਾ
ਇਕਰਾਰ ਉਹ ਹੁੰਦਾ ਜੋ ਕਿਸੇ ਨੂੰ ਆਪਣਾ ਬਣਾ ਲਵੇ,
ਸ਼ਬਦਾਂ ਵਿੱਚ ਇਕਰਾਰ ਕਰਨਾ ਇਕਰਾਰ ਨਹੀਂ ਹੁੰਦਾ ।

ਸਰਬਜੀਤ ਕੌਰ
ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ
5655/21

ਸ਼ੇਅਰੋ ਸ਼ਾਇਰੀ

ਇਕ ਵਾਰ ਜੇ ਫੁੱਲ ਤੂੰ ਤੋੜ ਦਿੱਤਾ
ਤਾਂ ਉਸ ਵਰਗੇ ਫੁੱਲ ਦੁਬਾਰਾ ਖਿਲਣੇ ਨਹੀਂ
ਤੇ ਜਿਹੜੇ ਪਿਆਰ ਦੇ ਅਸੀਂ ਸੁਪਨੇ ਸਜਾਣੇ ਸੀ
ਉਹ ਰੂਹਾਂ ਆਲੇ-ਪਿਆਰ ਅੱਜ-ਕਲ ਮਿਲਦੇ ਨਹੀਂ
ਪਰ ਸੋਹਲੇ ਉਹ ਦਿਲ ਦੇ ਨਹੀਂ ।

ਮੇਰਾ ਲਿਖਿਆ ਹਰ ਇੱਕ ਸ਼ਬਦ ਤੇਰੇ ਲਈ ਏ
ਮੇਰੇ ਲਈ ਤਾਂ, ਤੇਰੇ ਨਾਲ ਰਹਿਣਾ
ਜਿਵੇਂ ਜੰਨਤ ਵਿੱਚ ਕੁੱਝ ਪਾਇਆ ਹੋਵੇ
ਇੰਜ ਲਗਦਾ ਜਿੰਨੀਆਂ ਕੀਤੀਆਂ ਮੈਂ ਰੱਬ ਅੱਗੇ
ਉਨ੍ਹਾਂ ਮੰਨਤਾਂ ਵਿੱਚ ਤੈਨੂੰ ਚਾਹਿਆ ਹੋਵੇ
ਗਵਾਇਆ ਹੋਵੇਗਾ ਮੈਂ ਕਿਸੇ ਅਨਮੋਲ ਚੀਜ਼ ਨੂੰ
ਤਾਂ ਹੀ ਤਾਂ, ਤੂੰ ਮੈਨੂੰ ਮਿਲਿਆ ਏ
ਸੱਚੀ, ਤੇਰਾ ਮਿਲਣਾ ਇੰਝ ਲਗਦਾ ਜਿਵੇਂ
ਸੁੰਨੀ ਕਿਸਮਤ ਦੀ ਕਿਆਰੀ ਵਿਚ ਕੋਈ ਬੇਸ਼ਕਿਮਤੀ ਫੁੱਲ ਖਿੜਿਆ ਏ ।

ਮੀਨੂੰ
ਬੀ.ਏ.- ਤੀਜਾ ਸਾਲ
5139/21

ਬੁਝਾਰਤਾਂ

1. ਖੰਭ ਨਹੀਂ ਪਰ ਉੱਡਦਾ ਹੈ
ਨਾ ਹੱਡੀਆਂ ਨਾ ਮਾਸ
ਬੰਦੇ ਚੁੱਕ ਕੇ ਉੱਡ ਜਾਂਦਾ ਹੈ
ਹੋਵੇ ਨਾ ਕਦੇ ਉਦਾਸ
ਹਵਾਈ ਜਹਾਜ਼
2. ਬੱਚਾ ਇੱਕ ਨਾ ਜਾਂਦਾ ਸਕੂਲ
ਨਾ ਕੋਈ ਪੜ੍ਹੇ ਕਿਤਾਬ ਜਦ ਕਰਦਾ ਹੈ ਹਿਸਾਬ
'ਕੱਲਾ-ਕੱਲਾ' ਦਿੰਦਾ ਸਹੀ ਜਵਾਬ
ਕੈਲਕੁਲੇਟਰ
3. ਹੇਠਾਂ ਕਾਠ
ਉੱਪਰ ਕਾਠ
ਵਿੱਚ ਬੈਠਾ ਜਗਨ ਨਾਥ
ਜੀਭ
4. ਗੁਠਲੀ ਨਾ ਬੀਜ ਦੇਖਿਆ
ਹਰ ਮੌਸਮ ਵਿਚ ਵਿਕਦਾ ਦੇਖਿਆ
ਕੇਲਾ
5. ਖਾਲ ਭਰਿਆ ਮੋਤੀਆ ਦਾ
ਸਭ ਦੇ ਸਿਰ ਤੇ ਉਲਟਾ ਪਇਆ
ਹਨੇਰੀ ਚੱਲੇ ਪਾਣੀ ਚੱਲੇ
ਮੋਤੀ ਫਿਰ ਨਾ ਡਿੱਗਣ ਥੱਲੇ
ਤਾਰੇ
6. ਬੋਲੇ ਨਾ ਬੁਲਾਵੇ
ਬਿਨ ਪੇੜੀ ਅਸਮਾਨ ਚੜ੍ਹ ਜਾਵੇ
ਪਤੰਗ

ਪੂਨਮ ਸੇਤਿਆ
ਰੋਲਨੰਬਰ 5795
ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ

ਹੋਸਟਲ ਦਾ ਜੀਵਨ

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

ਇਹ ਗੱਲ ਸੱਚ ਹੈ ਕਿ ਬੀਤਿਆ ਸਮਾਂ ਕਦੇ ਵਾਪਿਸ ਨਹੀਂ ਆਉਂਦਾ। ਇਸ ਲਈ ਸਾਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦਾ ਹਰ ਇੱਕ ਦਿਨ ਹੱਸ ਕੇ ਬਿਤਾਉਣਾ ਚਾਹੀਦਾ। ਇਸੇ ਤਰ੍ਹਾਂ ਹੋਸਟਲ ਦਾ ਜੀਵਨ ਜੋ ਕਿ ਜ਼ਿੰਦਗੀ ਦਾ ਅਹਿਮ ਹਿੱਸਾ ਹੈ। ਸਾਨੂੰ ਹਰ ਇੱਕ ਹੋਸਟਲ ਦਾ ਦਿਨ ਵੀ ਰੱਜ ਕੇ ਜੀਣਾ ਚਾਹੀਦਾ। ਹੋਸਟਲ ਵਿੱਚ ਰਹਿੰਦਿਆਂ ਅਸੀਂ ਅਨੁਸ਼ਾਸਨ ਸਿੱਖਦੇ ਹਾਂ ਤੇ ਹੋਸਟਲ ਵਿੱਚ ਰਹਿੰਦਿਆਂ ਹੀ ਅਸੀਂ ਸਮੇਂ ਦਾ ਪਾਬੰਦ ਹੋਣਾ ਸਿੱਖਦੇ ਹਾਂ। ਹੋਸਟਲ ਵਿੱਚ ਅਸੀਂ ਹਰ ਇੱਕ ਤਰ੍ਹਾਂ ਦੇ ਇਨਸਾਨ ਨੂੰ ਮਿਲਦੇ ਹਾਂ ਤੇ ਇੱਥੇ ਹੀ ਅਸੀਂ ਅਲੱਗ-ਅਲੱਗ ਸੰਸਕ੍ਰਿਤੀ ਦੇ ਲੋਕਾਂ ਨੂੰ ਮਿਲਦੇ ਹਾਂ। ਹੋਸਟਲ ਦਾ ਜੀਵਨ ਸਾਨੂੰ ਬਹੁਤ ਲਾਭ ਪਹੁੰਚਾਉਂਦਾ ਹੈ। ਇਕੱਠੇ ਰੋਟੀ ਖਾਣੀ ਇਕੱਠੇ ਚਾਹ ਪੀਣਾ ਤੇ ਇਕੱਠੇ ਸੌਣਾ ਤੇ ਨਾਲ ਹੀ ਇੱਕ ਕਮਰਾ 'ਚ ਰਹਿਣਾ ਜਿਸ ਨਾਲ ਬਹੁਤ ਸਾਰੀਆਂ ਯਾਦਾਂ ਜੁੜ ਜਾਂਦੀਆਂ ਹਨ ਤੇ ਇਹ ਜ਼ਿੰਦਗੀ ਭਰ ਨਹੀਂ ਭੁੱਲਦੀਆਂ। ਇਕੱਠੇ ਬਹਿ ਕੇ ਇੱਕ ਦੂਜੇ ਦੀ ਬੇਇਜ਼ਤੀ ਕਰਨਾ, ਕਦੇ ਲੜਨਾ ਤੇ ਫਿਰ ਇਕੱਠੇ ਹੋ ਜਾਣਾ ਬਾਅਦ ਵਿੱਚ ਸਭ ਯਾਦ ਆਉਂਦਾ ਹੈ। ਹੋਸਟਲ ਦੇ ਬਿਤਾਏ ਦਿਨ ਕਦੇ ਨਹੀਂ ਭੁੱਲਦੇ।

ਅੰਤ ਵਿੱਚ ਮੈਂ ਕਹਿਣਾ ਚਾਹੁੰਦੀ ਹਾਂ ਕਿ ਹੋਸਟਲ ਦਾ ਜੀਵਨ ਸਾਨੂੰ ਬਹੁਤ ਕੁੱਝ ਸਿਖਾਉਂਦਾ ਹੈ ਤੇ ਇਸ ਨਾਲ ਕਈ ਯਾਦਾਂ ਜੁੜ ਜਾਂਦੀਆਂ ਹਨ ਜੋ ਕਦੇ ਨਹੀਂ ਭੁੱਲਦੀਆਂ।

ਪੂਨਮ ਸੋਤਿਆ
ਕਲਾਸ - ਬੀ.ਏ. ਤੀਜਾ ਸਾਲ
ਰੋਲ ਨੰਬਰ - 5795

ਪਿਆਰ

ਸੰਨ 1947 ਦੀ ਵੰਡ ਸਮੇਂ ਲੋਕਾਂ ਲੋਕ ਬੇਘਰ ਹੋ ਗਏ। ਅਨੇਕਾਂ ਪਰਿਵਾਰ ਤਬਾਹ ਹੋ ਗਏ। ਉਸ ਕਾਲੇ ਦੌਰ ਦੇ ਸਮੇਂ ਦੇਸ਼ ਦੀਆਂ ਸਰਕਾਰਾਂ ਨੇ ਦੋ ਮੁਲਕਾਂ ਵਿੱਚ ਤਾਂ ਵੰਡ ਵਾ ਦਿੱਤੀ ਪਰ ਉਹ ਲੋਕਾਂ ਦੇ ਆਪਸੀ ਪਿਆਰ ਤੇ ਭਾਈਚਾਰੇ ਨੂੰ ਨਹੀਂ ਖਤਮ ਕਰ ਸਕੇ। ਮੌਜੂਦਾ ਸਮੇਂ ਦੇ ਹਲਾਤ ਭਾਵੇਂ ਅਜਿਹੇ ਹਨ ਕਿ ਹਿੰਦੁਸਤਾਨ ਅਤੇ ਪਾਕਿਸਤਾਨ ਇੱਕ ਦੂਜੇ ਦੇ ਦੁਸ਼ਮਣ ਹਨ ਪਰ ਦੋਹਾਂ ਮੁਲਕਾਂ ਦੀਆਂ ਆਮ ਜਨਤਾਂ ਵਿੱਚ ਅੱਜ ਵੀ ਬਹੁਤ ਪਿਆਰ ਹੈ। ਦੇਸ਼ ਦੀ ਵੰਡ ਨੇ ਜ਼ਮੀਨਾਂ 'ਚ ਤਾਂ ਵੰਡੀਆਂ ਪਾ ਦਿੱਤੀਆਂ ਪਰ ਲੋਕਾਂ ਦਾ ਆਪਣੇ ਮੁਲਕ ਲਈ ਜੋ ਪਿਆਰ ਸੀ ਉਹ ਅੱਜ ਵੀ ਕਾਇਮ ਹੈ। ਉਸ ਵੰਡ ਦੌਰਾਨ ਇੱਕ ਮਾਂ ਦਾ ਪੁੱਤ ਉਸ ਤੋਂ ਵਿਛੜ ਗਿਆ ਸੀ। ਉਸ ਮਾਂ ਦੇ ਦੁਖਾਂਤ ਦੀ ਕਹਾਣੀ ਕੁੱਝ ਇਸ ਤਰ੍ਹਾਂ ਸੀ —

ਸਾਜੀਆ (Sajiya) ਦੇ ਨਿਕਾਹ ਦੇ ਚਿਰਾਂ ਪਿੱਛੋਂ ਰਫੀਕ ਦਾ ਜਨਮ ਹੋਇਆ ਸੀ। ਉਸ ਮਾਂ ਦਾ ਆਪਣੇ ਬੱਚੇ ਲਈ ਬਹੁਤ ਪਿਆਰ ਸੀ। ਘਰ ਵਿੱਚ ਚਿਰਾਂ ਪਿੱਛੋਂ ਔਲਾਦ ਆਉਣ ਕਰਕੇ ਸਾਰਾ ਪਰਿਵਾਰ ਬਹੁਤ ਖੁਸ਼ ਸੀ। ਉਨ੍ਹਾਂ ਨੇ ਕਦੇ ਅਜਿਹਾ ਨਹੀਂ ਸੋਚਿਆ ਸੀ ਕਿ ਦੇਸ਼ ਵੰਡ 'ਚ ਉਹਨਾਂ ਦਾ ਪੁੱਤਰ ਵਿਛੜ ਜਾਏਗਾ।

ਉਸ ਸਮੇਂ ਜਦੋਂ ਦੰਗੇ ਚੱਲ ਰਹੇ ਸੀ ਤਾਂ ਹਰ ਕਿਸੇ ਨੂੰ ਆਪਣੀ ਜਾਨ ਪਿਆਰੀ ਸੀ। ਆਪਣੇ ਪਰਿਵਾਰ ਨੂੰ ਬਚਾਉਣ ਲਈ ਜਿਸਨੂੰ ਜਿਹੜਾ ਵੀ ਰਾਹ ਮਿਲਿਆ ਉਸਨੇ, ਉਸੇ ਰਾਹ ਤੇ ਜਾਣ ਵਿੱਚ ਭਲਾਈ ਸਮਝੀ। ਦੰਗਿਆ ਵਿੱਚ ਚੱਲ ਰਹੀ ਭੱਜ ਦੌੜ ਦੌਰਾਨ ਰਫੀਕ ਆਪਣੇ ਪਰਿਵਾਰ ਤੋਂ ਵਿਛੜ ਗਿਆ। ਉਸ ਛੋਟੇ ਜਿਹੇ ਬੱਚੇ ਨੂੰ ਰੋਂਦਾ ਵੇਖ ਕੇ ਇੱਕ ਵਿਅਕਤੀ ਉਸਨੂੰ ਆਪਣੇ ਨਾਲ ਹਿੰਦੁਸਤਾਨ ਲੈ ਗਿਆ। ਇਸ ਤਰ੍ਹਾਂ ਰਫੀਕ ਆਪਣੇ ਪਰਿਵਾਰ ਤੋਂ ਵਿਛੜ ਗਿਆ। ਹੁਣ ਉਸ ਵਿਅਕਤੀ ਨੇ ਹੀ ਜ਼ਿੰਦਗੀ ਭਰ ਉਸਦਾ ਪਾਲਣ ਪੋਸ਼ਣ ਕੀਤਾ। ਉਸ ਬੱਚੇ ਨੂੰ ਇੱਕ ਚੰਗਾ ਪਰਿਵਾਰ ਤਾਂ ਮਿਲ ਗਿਆ ਪਰ ਉਹ ਸਾਰੀ ਉਮਰ ਆਪਣੀ ਅਸਲੀ ਮਾਂ ਦੇ ਪਿਆਰ ਤੋਂ ਵਾਂਝਾ ਰਹਿ ਗਿਆ।

ਦੂਜੇ ਪਾਸੇ ਉਸ ਦੀ ਮਾਂ ਜੋ ਵੰਡ ਸਮੇਂ ਪਾਕਿਸਤਾਨ ਵਿੱਚ ਹੀ ਰਹਿ ਗਈ ਸੀ, ਉਹ ਸਾਰੀ ਉਮਰ ਆਪਣੇ ਪੁੱਤ ਦੀ ਉਡੀਕ ਵਿੱਚ ਤੜਫਦੀ ਰਹੀ। ਇੱਕ ਮਾਂ ਜੋ ਆਪਣੇ ਪੁੱਤ ਨੂੰ ਮਿਲਣ ਦੀ ਆਸ ਲਾਈ ਬੈਠੀ ਸੀ, ਦੇਸ਼ ਦੀਆਂ ਨਿਰਦਈ ਸਰਕਾਰਾਂ ਕਰਕੇ ਉਸਦੀ ਇਹ ਆਸ ਇੱਕ ਸੁਪਨਾ ਬਣ ਕੇ ਹੀ ਰਹਿ ਗਿਆ। ਅੰਤ ਉਸ ਮਾਂ ਦਾ ਪਿਆਰ, ਉਸਦੀ ਉਡੀਕ ਤੇ ਉਸਦੀ ਆਸ, ਉਹਦੇ ਮ੍ਰਿਤ ਸਰੀਰ ਦੇ ਨਾਲ ਹੀ ਦਫਨ ਹੋ ਗਈ। ਪਰ ਇੱਕ ਮਾਂ-ਪੁੱਤ ਦਾ ਪਿਆਰ ਹਮੇਸ਼ਾਂ ਲਈ ਅਮਰ ਹੋ ਗਿਆ।

ਕਹਿਣ ਦਾ ਭਾਵ ਕਿ ਅੱਜ ਵੀ ਬਹੁਤ ਸਾਰੇ ਲੋਕਾਂ ਵਿੱਚ ਲਾਹੌਰ ਜਾਣ ਦੀ ਤਾਂਗ ਜਾਰੀ ਰਹੀ ਹੈ। ਉਸ ਮੁਲਕ ਵਿੱਚ ਵੀ ਅਜਿਹੇ ਲੋਕ ਜ਼ਰੂਰ ਹੋਣਗੇ ਜੋ ਹਿੰਦੁਸਤਾਨ ਆਉਣ ਦੀ ਆਸ ਲਾਈ ਬੈਠੇ ਹੋਣਗੇ।

ਲੋਕਾਂ ਦੀਆਂ ਜ਼ਮੀਨਾਂ, ਸਰਹੱਦਾਂ ਉਹਨਾਂ ਦੇ ਮੁਲਕ ਤਾਂ ਵੰਡੇ ਗਏ ਪਰ ਲੋਕਾਂ ਦਾ ਆਪਸੀ ਪਿਆਰ ਨਾ ਵੰਡ ਤੋਂ ਪਹਿਲਾਂ ਵੰਡਿਆ ਗਿਆ ਸੀ ਤੇ ਨਾ ਹੀ ਬਾਅਦ ਵਿੱਚ।

ਸਿਮਰਨਜੀਤ ਕੌਰ
ਬੀ.ਏ. ਪਹਿਲਾ ਸਾਲ
ਰੋਲ ਨੰ. 458

ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ

“ਸੁਰਿੰਦਰ! ਉੱਠ ਜਾ ਵੇਖ ਸੂਰਜ ਕਦੋਂ ਦਾ ਚੜਿਆ ਹੈ ਤੇ ਤੂੰ ਅਜੇ ਤੱਕ ਬਿਸਤਰ ਨਹੀਂ ਛੱਡਿਆ।” ਸੁਰਿੰਦਰ ਦੀ ਮਾਂ ਨੇ ਉਸਨੂੰ ਉਠਾਇਆ ਕਿਹਾ। “ਮੰਮੀ ਅਜੇ ਬਹੁਤ ਸਮਾਂ ਹੈ, ਸੌ ਜਾਣ ਦਿਓ” ਸੁਰਿੰਦਰ ਨੇ ਨੀਂਦ ਵਿੱਚ ਬੋਲਦਿਆਂ ਕਿਹਾ। “ਤੇਰੀਆਂ ਅਜਿਹੀਆਂ ਹਰਕਤਾਂ ਕਾਰਨ ਹੀ ਤੂੰ ਅਜੇ ਤੱਕ ਬੇਰੁਜ਼ਗਾਰ ਹੈ, ਵੇਖ ਆਪਣੇ ਨਾਲਦਿਆਂ ਨੂੰ ਸਭ ਆਪਣਾ ਕਮਾਉਂਦੇ ਤੇ ਖਾਂਦੇ ਨੇ।” ਪਿੱਛੋਂ ਉਸ ਦੇ ਪਿਓ ਨੇ ਟੋਕਦਿਆਂ ਕਿਹਾ। ਸੁਰਿੰਦਰ ਅਜਿਹੇ ਮਿਹਨੇ ਸੁਣ ਕੇ ਦੁਖੀ ਤਾਂ ਹੁੰਦਾ ਸੀ ਪਰ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਛੋਟੀ-ਛੋਟੀ ਗੱਲਾਂ ਦੀ ਅਹਿਮੀਅਤ ਨੌਕਰੀ ਦੀ ਹੋੜ ਵਿੱਚ ਇੱਧਰ-ਉਧਰ ਹੱਥ ਪੈਰ ਮਾਰ ਰਿਹਾ ਸੀ ਪਰ ਨਿਯਮ ਨਾ ਮੰਨਣ ਕਰਕੇ ਉਸ ਨੂੰ ਕੋਈ ਨੌਕਰੀ ਉੱਤੇ ਰੱਖੇ ਕੇ ਰਾਜ਼ੀ ਨਹੀਂ ਸੀ। ਪਿਛਲੀ ਨੌਕਰੀ ਤੋਂ ਵੀ ਉਸਨੂੰ ਇਹੀ ਕਾਰਨ ਕਰਕੇ ਹੱਥ ਧੋਣਾ ਪਿਆ ਸੀ। ਉਸ ਦੇ ਮਾਪੇ ਉਸਨੂੰ ਸਮਝਾ-ਸਮਝਾ ਕੇ ਥੱਕ ਚੁੱਕੇ ਸਨ ਪਰ ਉਸ ਦੇ ਕੰਨ ਤੇ ਜੂ ਨਹੀਂ ਸਰਕਦੀ। “ਸੁਰਿੰਦਰ! ਓ ਸੁਰਿੰਦਰ ਇੱਧਰ ਆਈ ਜ਼ਰੂਰੀ ਕੰਮ ਹੈ।” ਸੁਰਿੰਦਰ ਦੇ ਮਾਮੇ ਨੇ ਸੁਰਿੰਦਰ ਨੂੰ ਹਾਕ ਮਾਰਦਿਆਂ ਕਿਹਾ। “ਵੀਰੋ ਉਹ ਤਾਂ ਅਜੇ ਸੁੱਤਾ ਹੀ ਪਿਆ ਹੈ।” ਸੁਰਿੰਦਰ ਦੀ ਮਾਂ ਨੇ ਆਖਿਆ ਉਸ ਦਾ ਮਾਮਾ ਉਸ ਦੇ ਕਮਰੇ ਵਿੱਚ ਗਿਆ ਤੇ ਉਸਨੂੰ ਉਠਾਇਆ ਆਖਣ ਲੱਗਾ, “ਵੇਖ ਸੁਰਿੰਦਰ ਪੁੱਤ ਹੁਣ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਬਾਰੇ ਵੀ ਸੋਚ ਮੇਰੇ ਦੋਸਤ ਨੇ ਤੇਰੇ ਲਈ ਇੱਕ ਬਹੁਤ ਵੱਡੀ ਕੰਪਨੀ ਵਿੱਚ ਗੱਲ ਕੀਤੀ ਹੈ, ਕੁੱਝ ਦਿਨਾਂ ਵਿੱਚ ਹੀ ਤੇਰਾ ਇੰਟਰਵਿਊ ਹੈ।” ਸੁਰਿੰਦਰ ਇਹ ਸੁਣ ਕੇ ਬਹੁਤ ਖੁਸ਼ ਹੋ ਜਾਂਦਾ ਹੈ। ਉਸ ਦੇ ਪਿਓ ਨੂੰ ਵੀ ਥੋੜੀ ਜਿਹੀ ਆਸ ਜਾਰੀ ਉਸਨੇ ਸੁਰਿੰਦਰ ਨੂੰ ਸਮਝਾਉਂਦਿਆਂ ਆਖਿਆ, “ਵੇਖ ਹੁਣ ਆਲਸ ਛੱਡ, ਤੇਰੀ ਇਹੀ ਹਰਕਤਾਂ ਦੇ ਸਿੱਟੇ ਵਜੋਂ ਹੀ ਤੂੰ ਅੱਜ ਬੇਰੁਜ਼ਗਾਰ ਹੈ।” ਪਰ ਕਿਤੇ ਨਾ ਕਿਤੇ ਉਸ ਦੇ ਇਸ ਰਵੱਈਏ ਦੇ ਜ਼ਿੰਮੇਵਾਰ ਉਸਦੇ ਮਾਪੇ ਹੀ ਸਨ। ਜਿਨ੍ਹਾਂ ਨੇ ਉਸਨੂੰ ਕਦੇ ਰੋਕਿਆ ਟੋਕਿਆ ਹੀ ਨਹੀਂ ਸੀ। ਇੱਕ ਵਾਰ ਤਾਂ ਉਸਨੇ ਕਿਸੇ ਬਜ਼ੁਰਗ ਵਿੱਚ ਕਾਰ ਮਾਰ ਦਿੱਤੀ ਸੀ ਅਤੇ ਮਾਫੀ ਮੰਗਣਾ ਤਾਂ ਦੂਰ ਪਰ ਉਸ ਬਜ਼ੁਰਗ ਨੂੰ ਹੀ ਅਵਾ-ਤਵਾ ਬੋਲਣ ਲੱਗ ਗਿਆ। ਜਦ ਪੁਲਸ ਘਰ ਆਈ ਉਸਦੇ ਪਿਓ ਨੇ ਪੈਸੇ ਦੇ ਕੇ ਕੇਸ ਰਫਾ-ਦਫਾ ਕਰਵਾ ਦਿੱਤਾ। ਉਸਨੂੰ ਸਮਝਾਉਣ ਦੀ ਵੀ ਜ਼ਰੂਰਤ ਨਹੀਂ ਸਮਝੀ। ਭਰ ਹੁਣ ਉਹ ਉਸ ਨੂੰ ਸਮਝਾਉਂਦੇ ਸਨ ਕਿ ਇੰਨਾਂ ਛੋਟੀ-ਛੋਟੀ ਗੱਲਾਂ ਨਾਲ ਹੀ ਜ਼ਿੰਦਗੀ ਸਫਲ ਹੁੰਦੀ ਹੈ ਪਰ ਹੁਣ ਸੁਰਿੰਦਰ ਨੇ ਕਿੱਥੇ ਸੁਣਨਾ ਸੀ। ਪਰ ਉਸ ਨੂੰ ਕੀ ਪਤਾ ਸੀ ਕਿ ਇਹ ਆਉਣ ਵਾਲਾ ਇੰਟਰਵਿਊ ਉਸ ਦੀ ਜ਼ਿੰਦਗੀ ਦੀ ਕਾਇਆ ਹੀ ਪਲਟ ਦੇਵੇਗਾ।

ਆਖਰ ਉਹ ਦਿਨ ਆ ਗਿਆ। ਸੁਰਿੰਦਰ ਖੁਸ਼ ਵੀ ਸੀ ਤੇ ਬੇਚੈਨ ਵੀ। ਉਸ ਦੇ ਮਾਪੇ ਉਸਨੂੰ ਸਮਝਾ ਰਹੇ ਸਨ ਕਿ ਹਰੇਕ ਨਿਯਮ ਦਾ ਧਿਆਨ ਰੱਖੋ। ਸੁਰਿੰਦਰ ਨੇ ਆਪਣੇ ਮਾਪਿਆਂ ਦਾ ਆਸ਼ੀਰਵਾਦ ਲਿਆ ਤੇ ਚਲ ਪਿਆ ਆਪਣੀ ਮੰਜ਼ਿਲ ਵੱਲ। ਜਦ ਉਹ ਆਫਿਸ ਪਹੁੰਚਦਾ ਹੈ ਤਾਂ ਵੇਖਦਾ ਹੈ ਕਿ ਇੰਟਰਵਿਊ ਪਹਿਲੀ ਮੰਜ਼ਿਲ ਤੇ ਹੈ। ਅੱਗੇ ਜਾਂਦੇ ਉਸ ਨੂੰ ਪੱਖੇ ਚਲਦੇ ਦਿਸ ਜਾਂਦੇ ਹਨ ਪਰ ਕੋਈ ਆਦਮੀ ਨਹੀਂ ਦਿਖਦਾ। ਉਹ ਦਿਲ ਵਿੱਚ ਸੋਚਦਾ ਹੈ, “ਮੰਮੀ ਹਰ ਵਾਰ ਆਖਦੀ ਹੈ ਕਿ ਫਾਲਤੂ ਬਿਜਲੀ-ਪੱਖੇ ਬੰਦ ਕਰ ਦਿਆਂ ਕਰਸ ਚਲੇ ਕਰ ਹੀ ਦਿੰਦਾ ਹਾਂ, ਕੁੱਝ ਹੋਰ ਨਾ ਸਹੀ, ਮੰਮੀ ਤਾਂ ਖੁਸ਼ ਹੋ ਹੀ ਜਾਊ। ਅੱਗੇ ਜਾ ਕੇ ਉਸਨੂੰ ਪਾਣੀ ਦੀ ਬਾਲਟੀ ਰਸਤੇ ਵਿੱਚ ਪਈ ਦਿਖਦੀ ਹੈ ਤੇ ਉਹ ਉਸ ਨੂੰ ਵੀ ਪਰ੍ਹਾਂ ਹਟਾ ਦਿੰਦਾ ਹੈ। ਉਹ ਮਨੋ-ਮਨ ਖੁਸ਼ ਹੋ ਰਿਹਾ ਸੀ ਕਿ ਅੱਜ ਨੌਕਰੀ ਮਿਲੇ ਨਾ ਮਿਲੇ, ਮੰਮੀ ਤਾਂ ਖੁਸ਼ ਹੋ ਹੀ ਜਾਊ। ਜਦ ਉਹ ਪਹਿਲੀ ਮੰਜ਼ਿਲ ਤੇ ਪਹੁੰਚਦਾ ਹੈ ਤਾਂ ਵੇਖਦਾ ਹੈ ਪਹਿਲਾਂ ਹੀ 15-20 ਨੌਜਵਾਨ ਉੱਥੇ ਮੌਜੂਦ ਸਨ। ਉਸਨੂੰ ਜਾਪਿਆ ਕਿ ਕਿਤੇ ਉਹ ਅੱਜ ਵੀ ਦੇਰ ਨਾਲ ਤਾਂ ਨਹੀਂ ਆਇਆ ਪਰ ਜਦ ਉਸ ਨੇ ਘੜੀ ਵੱਲ ਵੇਖਿਆ ਤਾਂ 10 ਵੱਜ ਰਹੇ ਸਨ। ਉਹ ਸਮੇਂ ਸਿਰ ਹੀ ਸੀ। ਪਰ 15-20 ਮਿੰਟਾਂ ਨੂੰ ਹੀ ਇੱਕ ਕਰਮਚਾਰੀ ਆਖਦਾ ਹੈ ਕਿ, “ਸਭ ਆਪਣੇ-ਆਪਣੇ ਘਰ ਚਲੇ ਜਾਓ, ਅੱਜ ਇੰਟਰਵਿਊ ਨਹੀਂ ਹੋਵੇਗਾ।” ਨਿਰਾਸ਼ ਜਿਹਾ ਮੂੰਹ ਲੈ ਕੇ ਸਭ ਆਪਣੇ ਘਰਾਂ ਵੱਲ ਨੂੰ ਹੋ ਜਾਂਦੇ ਹਨ। ਜਦ ਸੁਰਿੰਦਰ ਘਰ ਪਹੁੰਚਦਾ ਹੈ ਤਾਂ ਸਾਰੀ ਕਹਾਣੀ ਆਪਣੇ ਮਾਪਿਆਂ ਨੂੰ ਸੁਣਾਉਂਦਾ ਹੈ ਤੇ ਆਪਣੀ ਮਾਂ ਨੂੰ ਆਖਦਾ ਹੈ “ਵੇਖ ਲਓ, ਅੱਜ ਮੈਂ ਤੁਹਾਡੀ ਇੱਛਾ ਪੂਰੀ ਕਰ ਦਿੱਤੀ, ਇੰਟਰਵਿਊ ਤਾਂ ਹੋਇਆ ਨਹੀਂ ਪਰ ਮੈਂ ਫਾਲਤੂ

ਬਿਜਲੀ ਬੰਦ ਕਰ ਦਿੱਤੀ, ਰਸਤੇ ਵਿੱਚ ਪਈ ਬਾਲਟੀ ਪਰ੍ਹਾਂ ਕਰ ਦਿੱਤੀ ਪਰ ਤੁਸੀਂ ਤਾਂ ਕਹਿੰਦੇ ਸੀ ਇਹਨਾਂ ਚੀਜ਼ਾਂ ਦਾ ਬਹੁਤ ਮੁੱਲ ਹੈ, ਵੇਖੋ ਕਿਤੇ ਨੀ ਕੁੱਝ ਹੋਇਆ”। ਉਸ ਦੀ ਮਾਂ ਚੁਪ-ਚਪੀਤੇ ਸਭ ਸੁਣ ਰਹੀ ਸੀ।

ਕੁੱਝ ਹੀ ਘੰਟਿਆ ਬਾਅਦ ਸੁਰਿੰਦਰ ਨੂੰ ਕੰਪਨੀ ਦੇ ਮੈਨੇਜਰ ਦਾ ਕਾਲ ਆਉਂਦਾ ਹੈ ਤੇ ਉਹ ਆਖਦਾ ਹੈ, “ਤੁਸੀਂ ਨੌਕਰੀ ਲਈ ਚੁਣ ਲਏ ਗਏ ਹੋ, ਤੁਸੀਂ ਕੱਲ ਤੋਂ ਹੀ ਆ ਸਕਦੇ ਹੋ।” ਸੁਰਿੰਦਰ ਹੈਰਾਨ ਸੀ ਤੇ ਉਸ ਨੇ ਅੱਗੋਂ ਸਵਾਲ ਕੀਤਾ, “ਪਰ..... ਪਰ ਮੇਰਾ ਤਾਂ ਇੰਟਰਵਿਊ ਹੋਇਆ ਹੀ ਨਹੀਂ ਫੇਰ ਮੈਂ ਕਿਵੇਂ?” ਮੈਨੇਜਰ ਨੇ ਉੱਤਰ ਦਿੰਦਿਆਂ ਕਿਹਾ, “ਸਾਡੀ ਕੰਪਨੀ ਡਿਸਪਲਿਨ ਤੇ ਚਲਦੀ ਹੈ, ਜਿਸ ਬੰਦੇ ਵਿਚ ਡਿਸਪਲਿਨ ਨਹੀਂ, ਦੂਜਿਆਂ ਬਾਰੇ ਨਾ ਸੋਚਣ ਦਾ ਗੁਣ ਨਹੀਂ ਹੋ ਚੁੱਕਾ ਹੈ ਤੇ ਤੁਸੀਂ ਪਾਸ ਵੀ ਹੋ ਗਏ ਹੋ।” ਸੁਰਿੰਦਰ ਨੂੰ ਹੌਲੀ-ਹੌਲੀ ਸਭ ਸਮਝ ਆ ਰਿਹਾ ਸੀ ਤੇ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਦੇ ਮੁੱਲ ਤੋਂ ਉਹ ਚੰਗੀ ਤਰ੍ਹਾਂ ਵਾਕਫ਼ ਸੀ ਜਿੰਨਾਂ ਸਦਕਾ ਹੀ ਅੱਜ ਉਸ ਇਸ ਮੁਕਾਮ ਤੇ ਸੀ।

ਆਯੂਸ਼ੀ

ANNUAL PRIZE DISTRIBUTION FUNCTION -2024



ANNUAL CONVOCATION-2024









A decorative border surrounds the central text, featuring various science-related icons. On the left side, from top to bottom, there is a rocket, three interlocking gears, a calculator, a molecular structure, a horseshoe magnet, a satellite dish, and a graph. On the right side, from top to bottom, there is a satellite dish, a DNA helix, a rocket, three interlocking gears, a laptop with a graph, a book, and a globe. At the bottom, from left to right, there are two interlocking gears, a calculator, a DNA helix, and a globe.

SCIENCE SECTION

FROM THE DESK OF STAFF EDITOR

LIFE ON MARS

The possibility of life on Mars is a subject of interest in astrobiology due to the planet's proximity and similarities to Earth. To date, no proof of past or present life has been found on Mars. Cumulative evidence suggests that during the ancient Noachian time period, the surface environment of Mars had liquid water and may have been habitable for microorganisms, but habitable conditions do not necessarily indicate life.



Scientific searches for evidence of life began in the 19th century and continue today via telescopic investigations and deployed probes, searching for water, chemical biosignatures in the soil and rocks on the planet's surface, and biomarker gases in the atmosphere.

Mars is of particular interest for the study of the origins of life because of its similarity to the early Earth. This is especially true since Mars has a cold climate and lacks plate tectonics or continental drift, so it has remained almost unchanged since the end of the Hesperian period. At least two-thirds of Mars's surface is more than 3.5 billion years old, and it could have been habitable 4.48 billion years ago, 500 million years before the earliest known Earth lifeforms. Mars may thus hold the best record of the prebiotic conditions leading to life, even if life does or has never existed there.

The findings of organic compounds inside sedimentary rocks and of boron on Mars are of interest as they are precursors for prebiotic chemistry. Such findings, along with previous discoveries that liquid water was clearly present on ancient Mars, further supports the possible early habitability Of Gale Crater on Mars. Currently, the surface of Mars is bathed with ionizing radiation, and Martian soil is rich in perchlorates toxic to microorganisms. Therefore, the consensus is that if life exists— or existed—on Mars, it could be found or is best preserved in the subsurface, away from present-day harsh surface processes.

Some of the main reasons for colonizing Mars include economic interests, long-term scientific research best carried out by humans as opposed to robotic probes, and sheer curiosity. Surface conditions and the presence of water on Mars make it arguably the most hospitable of the planets in the Solar System, Earth. Human colonization of Mars would require in situ resource utilization (ISRU); A NASA report states that "applicable frontier technologies include robotics, machine intelligence, nanotechnology, synthetic biology, 3-D printing/additive manufacturing, and autonomy. These technologies combined with the vast natural resources should enable, pre- and post-human arrival ISRU to greatly increase reliability and safety and reduce cost for human colonization of Mars."

Dr. Anurita Sharma
Associate Professor
Department of Botany

FROM THE STUDENT EDITOR

ANTIKYTHERA

The Antikythera mechanism is an Ancient Greek hand- powered orrery (model of the Solar System), described as the oldest known example of an analogue computer used to predict astronomical positions and eclipses decades in advance. The quality and complexity of the mechanism's manufacture suggests it must have had undiscovered predecessors during the Hellenistic period. Its construction relied on theories of astronomy and mathematics developed by Greek astronomers during the second century BC.



In 2008, research by the Antikythera Mechanism Research

Project suggested the concept for the mechanism may have originated in the colonies of Corinth, since they identified the calendar on the Metonic Spiral as coming from Corinth, or one of its colonies in northwest Greece or Sicily. Syracuse was a colony of Corinth and the home of Archimedes, and the Antikythera Mechanism Research Project argued in 2008 that it might imply a connection with the school of Archimedes. It was demonstrated in 2017 that the calendar on the Metonic Spiral is of the Corinthian type, but cannot be that of Syracuse. Another theory suggests that coins found by Jacques Cousteau at the wreck site in the 1970s date to the time of the device's construction, and posits that its origin may have been from the ancient Greek city of Pergamon, home of the Library of Pergamum. With its many scrolls of art and science, it was second in importance only to the Library of Alexandria during the Hellenistic period.

The ship carrying the device contained vases in the Rhodian style, leading to a hypothesis that it was constructed at an academy founded by Stoic philosopher Posidonius on that Greek Island. Rhodes was a busy trading port and centre of astronomy and mechanical engineering, home to astronomer Hipparchus, who was active from about 140-120 BC. The mechanism uses Hipparchus' theory for the motion of the Moon, which suggests he may have designed or at least worked on it. It has been argued the astronomical events on the Parapegma of the mechanism work best for latitudes in the range of 33.3—37.0 degrees north the island of Rhodes is located between the latitudes of 35.85 and 36.50 degrees north.

A study by Iversen in 2017 reasons that the prototype of the device was from Rhodes, but that this particular model was modified for a client from Epirus in northwestern Greece; Iversen argues it was probably constructed no earlier than a generation before the shipwreck, a date supported by Jones in 2017. A five years programme of investigations began in 20 October 2019, with a new five-year session started in May 2020.

In 2022 researchers proposed the mechanism's initial calibration date, not construction date, could have been 23 December 178 BC. Other experts propose 204 BC as a more likely calibration date. Machines with similar complexity did not appear again until the astronomical clocks of Richard of Wallingford and Giovanni de' Dondi in the fourteenth century.

Tanishqa Sharma
M.Sc. 1 Chemistry
Student Editor

BEATITUDE

Sun Shines from the window
My eyes could follow the spread and glow
Oh honey! so beautiful!
Your words are as aesthetic as you
If you say shall die for you
The broken mirror halted me
Well! Can't stay, food is calling me
Ready with aerobicized and peaceful mind
Remember! Cut the fruit, don't grind
My papers, pen lying on the table
Screaming "Don't forget us"
May the comeback be full of bliss
Oh! Hurry up...don't be missed
The bliss and joy gone away from the face
Just like meteor from the space
The amazement of words went down
And home seems more like a dark town
Storm of obstacles.....can lower the pace and not you
Remember...passion found you, where you lost her...
She picked you up once again, to allow you to
succeed..

Vaishali
M.Sc. I Physics
(Roll. No. -15026/23)

FUN FACTS IN CHEMISTRY

1. Vanadium oxide is a weird material which is a conductor of electricity but is not a conductor of heat. Is it not weird?
2. Do you know that the human body contains enough carbon to provide lead for 9,000 pencils?
3. Did you know that you have lost about 1% of your body's water by the time you feel thirsty?
4. If you took out all the empty space in atoms, the complete human race could fit in the volume of a sugar cube.
5. What is more complex, the universe or chess? As it is agreed by most physicists, the entire universe is made up of about 10^{80} atoms. This is a 10 followed by a lot of zeroes. A gigantic number. However, a mathematical estimation of the possible moves that could happen in a game of chess, found to be 10^{120} . This points to Chess not being so boring as it may seem.
6. If you peed in space, then your pee will vaporize.
7. Near the absolute zero temperature, liquid helium flows against the gravity.
8. One bucket full of water contains more atoms than the Atlantic Ocean. Does a bucket full of water..... It seems to be unbelievable, but in a bucket full of water the molecules are over 10,000 times more than points of water on Earth.
9. We all know about DNA. But have you wondered that it also acts as a Fire or Flame Retardant.
10. Every year on October 23 from 6:02 am to 6:02 pm every chemistry student and chemist celebrate moles day in honour of Avogadro's number (6.022×10^{23}) the number of carbon atoms in 12 grams of atom.
11. Above 4°C water expands when heated and contracts when cooled but do you know what happens between 4°C to 0°C . At this range opposite phenomenon happens, water expands on cooling and contracts on heating.
12. Do you know that lemon contains more sugar than strawberry, for the same mass of them.
13. It is very interesting to note that acids are the by-products of any stressful events in our body. The more is the acid in our body, the faster we are going to the older age.
14. Do you know that maximum photosynthesis occurs in red light but maximum absorption of light by the chlorophyll occurs in blue light?
15. Alkaline foods are full of electrons or electrical energy. This is the energy the body runs on electrons, not calories. Alkaline foods and drinks would not be alkaline if they did not have electrons. That's what makes them alkaline.
16. Every hydrogen atom in your body is likely 13.5 billion years old because they were created at the birth of the universe during the big bang.

Sakshi Verma

M.sc. 1 Botany

(Roll No. - 14823/23)

BREAST CANCER

Breast cancer is one of the most frequently detected & cancers among woman across the world with more than 1 million reported cases annually in India. Though, it doesn't have 100% certified treatment but can prove to be non-lethal through prevention, early detection, right treatment. While oncologists across the world are busy trying their best to get its sure shot treatment, we should educate ourselves and woman around us about this disease. Although, breast cancer is most common cancer but it ranks 5th in terms of motality because of more favorable survival rate in developed countries, but it is still more frequent cause of death in developing countries.

So, what is breast cancer? The abnormal, excessive growth of cells in breast tissue causes breast cancer. The cancerous cells divides rapidly, increasing their count and damages the normal body and its functions. Breast cancer can be fatal, if left untreated or if detected at later stages. Though, breast cancer can affect women of any age but its probability increases 40 after menopause (stage when menstrual cycle stops permanently). At menopause, there occurs a drastic change in hormonal levels of female body which sometimes causes breast cancer due to hormonal imbalance. If you get around any female of 35-45 age groups, alert her about it and ask her to perform Breast self-Examination (BSE). According to survey reports, there are higher chances of detection of it by than any medical professional. What is Breast self-Gamination and how to perform it? Breast Self-Examination is performed by a woman ____ she physical and visually examines herself for any changes in breast and underarms. When to perform? For premenopausal woman: perform about a week after periods end and for postmenopausal woman- Fix up a day for breast examination, perform it on same day every month.

So, How to perform it? Breast self-examination is performed in steps by assessing breast with hands to feel any abnormal changes in it.

STEP-1: Stand in front of mirror; keep the shoulders straight, place hands on waist, look for dimpling, bulging, nipples pushed inwards, redness, soreness.

STEP-2: Raise both arms; clasp both the hands over head and look for same changes (dimpling, bulging, nipples pushed inwards, redness, soreness)

STEP-3: Stand and squeeze each nipple between index finger and thumb to check any abnormal nipple discharge.

STEP-4: Lie down on back, so that breast tissue spreads evenly. Place a small pillow under left shoulder, Keep left arm behind. Use three fingers pads of right hand to feel lumps in left breast in light, medium, firm pressure. Cover whole breast, don't leave any spot. Perform it on right breast also. You can also perform these steps while showering by applying soap for easy detection. If found something problematic, don't panic! Consult a physician. Breast cancer has its cure, if detected at early stage. So, all we can do is to detect it at right time. Lump found in breast in not always cancerous, it can sometimes be due to inflammation or bacterial infection. One needs to through biopsy or FNAC (Fine/Needle sure about its cancerous origin. Woman whose mother or sister had cancer in past is more susceptible to it. Awareness about cancer is very important and is part of primary prevention of disease. So, beware of it. Educate people about it and help community in its fight with breast cancer.

Shivani
M.Sc. I Botany
(Roll NO. - 14814/23)

NUCLEAR FISSION AND FUSION

What exactly is meant by fission? The word is borrowed from biology, where fission means the breaking up of a living cell into two roughly equal parts. Imagine we have a nucleus with 200 nucleons and we can somehow break it into two equal parts. This can be thought of as happening in two steps.

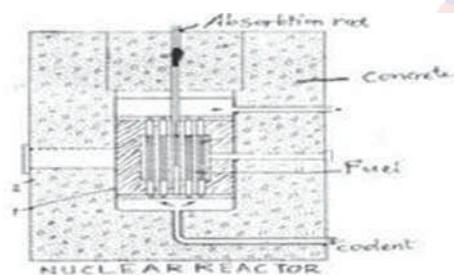
1. The nucleus is broken up into 200 individual nucleons.
2. 200 nucleons each are bound together into two nuclei.

The first step involves breaking up of a nucleus and needs energy to occur. How much energy does it need?

We take a look at our binding energy figure. It tells us that for $A=200$, the binding energy per nucleon B is roughly 7 MeV. Hence the total binding energy $= B \times A = 1400 \text{ MeV}$. This is the amount of energy we need to supply for this to happen. The second Step involves forming of two nuclei. Each releases energy. Observe that at $A=100$, the B released is roughly 8 MeV. Hence each nucleus releases $8A: 8 \times 100 = 800 \text{ MeV}$ so that two nuclei release $2 \times 800 = 1600 \text{ MeV}$.

So the process, where a nucleus with 200 nucleons breaks up into two nuclei with 100 nucleons each, needs a net amount of energy needed equal to the difference in the above two steps. That is, the net amount of energy needed equals $1400 - 1600 = -200 \text{ MeV}$. The minus sign means that energy is released in the process. This is the source of nuclear energy. Let us summarize. We need (a lot of) energy to break up a heavy nucleus. A lot more energy is released when medium-heavy nuclei are formed. Hence, when a heavy nucleus breaks up into two medium-heavy nuclei, energy is released in the process. This is how energy is produced in nuclear fission. This energy powers nuclear reactors like those at Kalpakkam, as well as nuclear explosion, like those at Pokhran and Chagai. Looking at the binding energy of lighter nuclei, we can make an equally interesting statement. When two light nuclei (such as hydrogen) fuse together to form a slightly heavier nucleus, again, energy is released.

This is the basis of energy production in fusion reactions. This happens exactly as in the case of fission: at low A values, B increases with A and exactly the same argument as above can be used to show that more energy is released than absorbed. This is how energy is produced in the Sun.



QUANTUM DOTS : A BIGGEST ACHIEVEMENT IN NANOTECHNOLOGY

The Nobel Prize in Chemistry 2023 was awarded to Mougi Bawendi, Louis Brus and Aleksey Yekimov “for the discovery and synthesis of quantum dots.” Independently of each other, Ekimov and Brus succeeded in creating quantum dots, and Bawendi revolutionized the chemical production. Quantum dots now illuminate computer monitors and television screens based on QLED technology. They also add nuance to the light of some LED lamps, and biochemists and doctors use them to map biological tissue. Everyone who studies chemistry learns that an element's properties are governed by how many electrons it has. The smaller a particle, the more its electrons are squeezed together, and that affects its properties. Such particles, whose size determines their behaviour, are called quantum dots. However, when matter shrinks to Nano -dimensions, quantum phenomena arise; these are governed by the size of the matter. The Nobel Laureates in Chemistry 2023 have succeeded in producing particles so small that their properties are determined by quantum phenomena. The particles, which are called quantum dots, are now of great importance in nanotechnology. Quantum dots are nanoscale particles, typically ranging in size from 1 to 100 nanometers. These minuscule structures possess unique properties that are governed by their size. Notably, the size of quantum dots determines the colour of light they emit, with smaller dots emitting blue light and larger ones shining in yellow and red.

Quantum dots are thus bringing the greatest benefit to humankind. Researchers believe that in the future they could contribute to flexible electronics, tiny sensors, thinner solar cells and encrypted quantum communication. The success of these researchers is yet another example of how exploratory, fundamental research yields surprising discoveries that can be applied to enhance our quality of life.

RITIKA
M.Sc. 1 Chemistry
(Roll NO. -14866/23)

SCIENCE AND TECHNOLOGY

Science and technology are important parts of our day to day life. We get up in the morning from the ringing of our alarm clocks and go to bed at night after switching our lights off. All these luxuries of science and that we are able to afford are a result technology. Most importantly, how we can do all this in a short time are because of the advance in science and technology. Every day new technologies are coming up Which are making human life easier and more comfortable. It is hard to imagine our life now without science and technology. Indeed our existence itself depends on it now.

BENEFITS OF SCIENCE AND TECHNOLOGY

If we think about it, there are numerous benefits of science and technology. They range from the little things to the big ones. For instance, the morning paper which we read that delivers us reliable information is a result of scientific progress. In addition, the electrical devices without which life is hard to imagine like a refrigerator, AC microwave and more are a result of technological advancement. Furthermore, if we look at the transport scenario, we notice how science and technology play a major role here as well. We can quickly reach the other part of the earth within hours, all thanks to advancing technology.

In a addition, science and technology has enabled man to look beyond our planet. The discovery of new planets and the establishment of satellites in space is because of the very same science and technology. Similarly, science and technology have also made an impact on the medical and agricultural fields; various cures being discovered for diseases have saved millions of lives through science. Moreover, technology has enhanced the production of different crops benefitting the farmers largely.

India and Science and Technology —

Ever Since British rule, India has been in talks all Over the world. After gaining independence, it is science and technology which helped India advance through times. Now, it has become an essential source of creative and foundational scientific developments all Over the world. In Other words, all the incredible scientific and technological advancements of our country have enhanced the Indian economy. Subsequently, science and technology have assisted in advancing various fields including Mathematics, Astrophysics, Space technology, Nuclear energy and more. Some fine examples of these developments are the railway system, smartphones, the metro system, and many more. Looking at the most recent achievement, India successfully launched Chandrayaan 2. This lunar exploration of India has earned critical acclaim from all over the world.

Anjali
M.Sc. 1 Chemistry
(Roll No. -14852/23)

ARTIFICIAL INTELLIGENCE

Artificial intelligence is the science and engineering of making intelligent computer programs. It requires human intelligence. AI systems are basically software systems (or controllers for robots) that use techniques such as machine learning and deep learning to solve problems in particular domains without hard coding all possibilities (i.e. algorithmic steps) in software. Due to this, AI started showing promising solutions for industry and businesses as well as our daily lives.

Importance and Advantages of Artificial Intelligence are :

Advances in computing and digital technologies have a direct influence on our lives, businesses and social life. This has influenced our daily routines, such as using mobile devices and active involvement on social media. AI systems are the most influential digital technologies. With AI systems, businesses are able to handle large data sets and provide speedy essential input to operations. Moreover, businesses are able to adapt to constant changes and are becoming more flexible.

By introducing Artificial Intelligence systems into devices, new business processes are opting for the automated process. A new paradigm emerges as a result of such intelligent automation, which now dictates not only how businesses operate but also who does the job. Many manufacturing sites can now operate fully automated with robots and without any human workers. Artificial Intelligence now brings unheard and unexpected innovations to the business world that many organizations will need to integrate

to remain competitive and move further to lead the competitors. Artificial Intelligence Shapes our lives and social interactions through technological advancement. There are many AI applications which are specifically developed for providing better services to individuals, such as mobile phones, electronic gadgets, social media platforms etc. We are delegating our activities through intelligent applications, such as personal assistants, intelligent wearable devices and other applications. AI systems that operate household apparatus help us at home with cooking or cleaning.

Future Scope of Artificial Intelligence

In the future, intelligent machines will replace or enhance human capabilities in many areas. Artificial intelligence is becoming a popular field in computer science as it has enhanced application areas of artificial intelligence are having a huge impact on various fields of life to solve complex problems in various areas such as education, engineering, business, medicine, weather forecasting etc. Many labourers' work can be done by a single machine. But Artificial Intelligence has another aspect: it can be dangerous for us. If we become completely dependent on machines, then it can ruin our life. We will not be able to do any work by ourselves and get lazy. Another disadvantage is that it cannot give a human-like feeling. So machines should be used only where they are actually required.

Muskan

**M. SC, I Chemistry
(Roll - 14856/23)**

PRINCIPLE OF GREEN CHEMISTRY AND RESEARCH IN FIELD OF GREEN CHEMISTRY

Global biodiversity refers to the incredible variety of life on Earth, encompassing all species of plants, animals, and microorganisms, as well as the ecosystems they inhabit. Biodiversity is essential for the health and stability of our planet, providing numerous benefits to humanity. However, it faces a multitude of threats, making conservation efforts crucial. Biodiversity offers various ecological and economic benefits. Ecosystem services such as pollination, water purification, and carbon sequestration rely on diverse species interacting harmoniously. These services underpin agriculture, medicine, and the global economy. Furthermore, biodiversity provides cultural and recreational value, contributing to our quality of life. Despite its importance, global biodiversity is under severe stress. Habitat destruction due to deforestation, urbanization and agriculture is a leading cause of species extinction. Climate change exacerbates these problems by altering habitats and increasing the frequency of extreme weather events. Pollution, invasive species, and overexploitation of resources also threatens biodiversity. Conservation efforts are vital to counter these threats. The convention on Biological Diversity an international treaty, aims to protect biodiversity and its sustainable use. National governments play a significant role in implementing conservation measures, such as establishing protected areas and regulating the trade of endangered species.

One critical Strategy for biodiversity conservation is the establishment of protected areas, such as national parks and wildlife reserves. These areas provide a safe haven for numerous species and promote ecological balance. Additionally, reforestation and habitat restoration projects help reverse habitat loss. Furthermore, conservation organizations and scientists work to raise awareness about the importance of biodiversity and conduct research to better understand and protect various

Public education and community involvement are essential for achieving conservation goals. Individuals can also contribute to biodiversity conservation by making sustainable choices in their daily lives, such as reducing waste, supporting ethical and eco-friendly products, and participating in local conservation initiatives.

In conclusion, global biodiversity is crucial for the health of our net and provides numerous benefits to humanity. However, it is under constant threat from habitat destruction, climate change and other activities. Conservation efforts, including agreements, protected areas, research, and public engagement are essential to safeguard rich tapestry of life on Earth. It is our collective to protect preserve the biodiversity that sustains us and the planet for future generations.

Anjali Yadav
M.Sc. 1 Botany
(Roll No. 14835/23)

GREEN CHEMISTRY AND DEVELOPMENT IN FIELD OF GREEN CHEMISTRY

1. Prevention of waste - It is better to prevent waste than to treat or clean up waste after it has been created.
2. Atom Economy Synthetic methods should be designed in such a way to maximize the incorporation of materials used in the process into the final product.
3. Less Hazardous Chemical practicable, synthetic methods should be designed to use and generate substances that possess little or no toxicity to human health and the environment
4. Designing Safer Chemicals-chemical products should be designed to affect their desired function while minimizing toxicity.
5. Safer Solvents and Auxiliaries-The use of auxiliary substances (e.g. solvents, separation agents, etc.) should be made unnecessary wherever possible and innocuous when used.
6. Design for energy Efficiency- Energy requirements of chemical process should be recognized for their environmental and economic impacts and should be minimized. If possible, synthetic be conducted at ambient temperature.
7. Use of Renewable Feed stocks - A raw material or feedstock should be renewable rather than depleting whenever technically and economically practicable.
8. Reduce Derivatives-Unnecessary derivatization should be minimized or avoided if possible, because such steps require additional reagents and can generate waste.
9. Catalysis-Catalytic reagents (as selective as possible) are superior to stoichiometric reagents.
10. Design for Degradation-Chemical products should be designed so that at the end of their function they break down into innocuous degradation products and do not persist in the environment.
11. Real-time analysis for Pollution Prevention — Analytical methodologies need to be further developed to allow for real-time, in-process monitoring and control prior to the formation of hazardous substances.
12. Inherently Safer Chemistry for Accident Prevention Substances and the form of a substance used in a chemical process should be chosen to minimize the potential for chemical accidents, including releases, explosions, and fires.

RESEARCH : Alternative feed stocks Green chemistry promotes the development Of innovative technologies to utilize the potential of renewable resources. Historically, many of the materials used to make products often were toxic or as petroleum, but green chemistry research is developing ways to renewable and nonhazardous substances, such as plants and agriculture wastes. For example cellulose and hemicellulose, which percentOfbiomass, can be broken down to sugars, then fermented to chemical commodities such as ethanol, organic acids.

CLIMATE CHANGE AND ITS IMPACT

Climate change refers to long-term shifts in temperatures and weather patterns. Such Shifts can be natural, due to changes in the Sun's activity or large volcanic eruptions. But since the 1800s, human activities have been driving the climate change, primarily due to the burning of fossil fuels like coal, oil and gas. Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth, trapping the sun's heat and raising temperatures.

The main greenhouse gases that are causing climate change include carbon dioxide and methane. These come from using gasoline for driving a car or coal for heating a building, for example. Clearing land and cutting down forests can also release carbon dioxide. Agriculture, oil and gas operations are major sources of methane emission. Energy, industry, transport, buildings, agriculture and land use are among the main sectors causing greenhouse gases.

Unless greenhouse gas emissions and global temperature are reduced within years, the world will face damning consequences. The Paris Agreement (2015) which is legally binding on climate change has been accepted by approximately 191 countries and to limit global warming to below 2, if possible to 1.5. The countries have committed to achieve this primary goal and minimize global warming. According to the UN Intergovernmental Panel on Climate Change (IPCC), human cause a dramatic increase in global temperatures. Humans are the leading cause of global warming, and humans should be the ones who stop it. This matter which requires many areas in its solution including technologies such as artificial intelligence.

In conclusion, climate change is the most significant problem facing the world. Global warming is increasing day by day. If we cannot prevent it as soon as possible our world will face undesirable consequences. We have made a lot of progress in artificial intelligence and machine learning and this must be used as immense weapons in the fight against climate change. Governments, non-profit organizations, and companies also have the responsibility to implement and contribute to these studies.

Shriya
M.Sc. 1 Botany
(Roll No. 14826/23)

CARNIVOROUS PLANTS

Pitcher plants appear to use different odor cocktails to attract bees, moths, ants and other bugs into their death traps. Carnivorous pitcher plants seem like something straight out of a science fiction novel: They lure curious insects to their petal-like leaves, and once the bugs fall inside their long, narrow cavity, the plants trap them in a sticky digestive liquid that's impossible to escape. But these voracious plants are very real—and scientists are trying to work out how they draw prey into their death traps. One specific subset, known collectively as *Sarracenia* and found primarily in the bogs of the southeastern United States, eats everything from bees and moths to ants and flies. But botanists have never been able to pinpoint exactly how the *Sarracenia* plants attract bugs in the first place—or whether they target specific types of prey. Scientists have put forward numerous hypotheses: Maybe the size of the pitcher or the color of the leaves attracts their next meal. Or, perhaps the plants' scents or nectar glands are impossible for insects to resist. Now, researchers suggest pitcher plants emit various deadly concoctions of odors to attract different kinds of prey. They shared their findings in a new paper published last week in the journal *Plos One*. To understand the role of scent in attracting prey, the team took samples of chemicals called volatile organic compounds, or VOCs, produced by 16 laboratory-grown trumpet pitcher plants representing four different species. Different blends of VOCs can produce different odors.

Next, they compared those odor formulas with the types of insects they found in each plant's pitchers. They found a link between the scent cocktail a plant produced and the kind of bugs it was digesting. For instance, plants that produced monoterpenes and benzenoids—which are compounds emitted by flowers and fruits—attracted more pollinators, like bees and moths. Plants that emitted fatty acid chemicals, meanwhile, lured more ants.

The findings suggest that carnivorous plants "are not simple passive plants with random Captures, and that they can target their prey," as study co-author Laurence Gaume stated. The trends revealed in the study are correlations only—researchers did not prove a causal link between odors and bugs. But the findings are a good starting point for understanding more about the unusual lives of carnivorous plant.

In the future, the researchers hope to conduct more experiments, such as seeing how live insects react to the different odor formulas emitted by the plants. They also want to sample odors produced by pitcher plants growing in their native habitats in the wild. With more data, the research may someday prove useful for real-life applications, such as controlling pests with different odors. For now, though, the role Of scent remains largely a mystery. "Of the signals involved in communication, odor is probably the most cryptic to humans,"

Geetanjali
M.Sc. 1 Botany
(Roll NO. - 14837/23)

KITCHEN GARDEN

A kitchen garden is where herbs and vegetables are grown around the for household use. Since early times a small plot near the house has been used for growing a variety of vegetables to season. Growing vegetables according to the season. Growing pesticide-free vegetables in the kitchen garden is becoming a hobby for people. Kitchen gardening is affordable and doesn't need a lot of space. You can even use your balconies or window sills for kitchen gardening. Varieties of radish, broad leaf mustard, chilli, beans, pumpkins, tomatoes etc. can be grown.

Need for kitchen garden

1. Grow healthy, fresh vegetables yourself.
2. Cultivation in a small area facilitates the methods of controlling pests and diseases through the removal Of affected parts and non- use of chemicals.
3. It is lost effective.
4. Vegetables harvested from h garden taste better than those purchased from market.
5. Gardening gives dual benefits of food and income generation.
6. Gardens provide fodder for household animals and supplies for other household needs (handicrafts, fuel wood, furniture, baskets, etc.)

Main points While making kitchen

1. Site selection. There Will be limited choice for the selection of sites for kitchen gardens and the final choice is usually the backyard of the house. The area where come from, can be easily accessed from the house. This is convenient as the members of the family can give a constant care to the vegetables during leisure time.
2. Protection- The kitchen garden area needs protection. It should not be possible for livestock to enter the area. A permanent fence should be made. Thorny plants can be and used to make a fence.
3. Land preparation- Getting the right mix of soil is an important Step as the nutrients in the soil determine how healthy the plants would grow. Cow dung liquid manure, malching, Green manure msut be used for fertility of the soil.

After digging to the depth of 30-40 cm. Stones, bushes and perennial weeds are removed. 100 kg of well decomposed farmyard manure or vermicompost is mixed with the soil.

Ridges and furrows are formed at a spacing of 45 cm or 60 cm as per the requirement. Flat beds can also be formed instead of ridges and furrows. Sowing and planting- The main objective of a kitchen garden is the maximum output and a continuous supply of vegetables throughout the year. Direct sown crops like bhendi, cluster beans and cowpea can be sown on one side of the ridges. Amaranthus (meant for whole plant pull out and clipping) can be sown the plots. small onion, mint and coriander can be planted/sown along the bunds of plots.

If seeds and seedlings are planted too Wide apart, much of the space in between goes to waste, where weeds will grow . weeds use precious water and compost, and cause extra work to keep clear Irrigation management- It is important to provide enough moisture for the kitchen garden. To make sure your plants get optimum water, check the moisture of the soil by pressing it with your fingers and then water the plant as per requirement. if there is no irrigation for main food crops, it is likely that there is also not enough water to irrigate the kitchen garden.

But if the water conservation methods that is saving rain water are used, then more water is conserved and so less is needed, Collecting and using waste water from the kitchen can be enough to water the garden. In the hot season, irrigate in the evening or at night, and not in the daytime. Check plants regularly and prevent insects from breeding You can rotate crops to grow different crops one after the other. Top up with fertiliser once a month. Spray neem oil to keep mosquitos and other insects away. Take part in regular weeding to keep your plants' growth stable. Aerate soil by loosening the top layer. Take part in regular weeding to keep your plants' growth stable. Practice organic means to grow crops which will be good for health.

STUBBLE

Stubble burning is when today. The stubble on the field be left invites pests and insects Which can damage the crop. This burning technique is mostly practiced in Punjab and Haryana. where the farmers burn the stubble left after the rice harvest to prepare the land for the next Rabi crop, like wheat. This technique begins around October, and it is the same time in which the Southwest monsoon withdraws under section 188 of IPC stubble burning is a crime. It was also termed as an offense under the Air (Prevention and Control of Pollution Act) of 1981.

GOOD EFFECTS :-

- vThe nitrogen tie-up can be reduced. Stubble burning helps in killing the best termites and Other slugs. It also kills weeds and those resistant to Herbicides.
- vStubble burning is said to be the cheapest alternative, and it also quickly clears the field.
- vRetaining stubble can increase the risk of stubble-borne diseases, which must be managed proactively and holistically.
- vMeasures such as selecting disease-resistant crop varieties, inter-row sowing, crop rotation, and strategic fungicides are essential for disease control.
- vWhile burning can reduce disease levels, it only offers partial control, necessitating ongoing disease management.

Harmful Effects:--

- vBurning stubble can have an ill effect as it can result in the loss of wealth from the stubble.
- vBurning of Stubble can increase pests or termites, as many microorganisms in the air are killed during burning. The Killing of this microorganism can lead to an increase in pests which can cause disease in crops.
- vEvery year when the stubble is burnt, nitrogen, sulfur, Phosphorus, organic carbon, and potassium are destroyed. This can otherwise be used to make Organic manure. It will further reduce the dependency and the use of chemical fertilizers.
- vWhen the husk is burnt on the ground, it destroys or reduces the nutrients in the soil and makes it less fertile.
- vThe heat is generated after the burning of stubble or crop residue penetrates the soil, which results in the loss of moisture and useful microbes.

How to Control Stubble Burning?

The Government should introduce effective and economically viable technologies and infrastructure, such as the "Happy Seeder" to assist farmers in managing crop residue. Farmers should be encouraged to diversify their crops, moving away from paddy and towards fruits, cotton, vegetables, and maize. Local awareness programs should be organized to educate farmers about the harmful effects of stubble burning and provide them with viable alternatives. Agricultural scientist M.S. Swaminathan proposed the establishment of 'Rice Bio parks' in Haryana, Uttar Pradesh, and Delhi, which can convert stubble into useful products like cardboard, paper, and animal feed. Farmers engaging in stubble burning should face penalties and exclusion from the benefits of the Minimum Support Price (MSP) scheme.

Neha
M.Sc.I Botany
(Roll No. - 14825/23)

BONSAI

Bonsai is the Japanese art of growing and shaping miniature trees in containers, developed from the traditional Chinese art form of penjing. Penjing and bonsai differ in that the former attempts to display "wilder," more naturalistic scenes, often representing landscapes, including elements such as water, rocks, or figurines; on the other hand, bonsai typically focuses on a single tree or a group of trees of the same species, with a higher level of aesthetic refinement. Similar versions of the art exist in other cultures. During the Tang dynasty, when penjing was at its height, the art was first introduced from China. Bonsai, named "Kenshin Tōge" . Japanese Yew presented by Uesugi Kenshin to Nagao Masakage. The tree is estimated to be about 800 years old.

The loanword "bonsai" has become an umbrella term in English, attached to many forms of diminutive potted plants, and also on occasion to other living and non-living things. According to Stephen Orr in The New York Times, "the term should be reserved for plants that are grown in shallow containers following the precise tenets of bonsai pruning and training, resulting in an artful miniature replica of a full-grown tree in nature." In the most restrictive sense, "bonsai" refers to miniaturized, container-grown trees adhering to Japanese tradition and principles. Purposes of bonsai are primarily contemplation for the viewer, and the pleasant exercise of effort and ingenuity for the grower. In contrast to other plant cultivation practices, bonsai are not grown for the production of food or for medicine.

A bonsai is created beginning with a specimen of source material. This may be a cutting, seedling, a tree from the wild or small tree of a species suitable for bonsai development. Bonsai can be created from nearly any perennial woody-stemmed tree or shrub species that produces true branches and can be cultivated to remain small through pot confinement with crown and root pruning. Some species are popular as bonsai material because they have characteristics, such as small leaves or needles, that make them appropriate for the compact visual scope of bonsai.

The source specimen is shaped to be relatively small and to meet the aesthetic standards of bonsai, which emphasizes not the entirety of grand sceneries but rather, only the tree itself. When the candidate bonsai nears its planned final size, it is planted in a display pot, usually one designed for bonsai display in one of a few accepted shapes and proportions. From that point forward, its growth is restricted by the pot environment. Throughout the year, the bonsai is shaped to limit growth, redistribute foliar vigor to areas requiring further development, and meet the artist's detailed design.



POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR 11 CHANDIGARH



Community Hygiene & Public Health Society
under the aegis of IQAC

organises

Interactive Session on Heart Health, Stress Management and Fitness for Young Females

28th February, 2024 12 pm onwards

Multimedia Room

SPEAKER

PATRON



Dr. Deepak Puri
Senior Director (CTVS)
MAX SUPERSPECIALITY HOSPITAL



Prof. (Dr.) Anita Kaushal
Principal

ORGANIZING COMMITTEE

COORDINATORS

Dr. Shilvani Gupta
Dr. Ravneet Kaur
Dr. Sandaldeep Kaur
Dr. Simarjit Kaur

Dr. Umesh Bharti
Head, Department of Zoology
Dr. Vinita Rao
Head, Department of Economics

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR -11 CHANDIGARH

under the aegis of IQAC

Invite

Skill Based Training Program on Vermicompost Technology for Entrepreneurship

under the aegis of Director Higher Education, Chandigarh Administration

Chief Guest



Prof. (Dr.) Anita Kaushal
Principal, PGCG -11 Chandigarh

Guest of Honour



Dr. Kamna Barkatali
Director
Central Poultry Development
Organization, Chandigarh



Dr. Dalip Kumar
Registrar
Amity University Punjab



Mr. Madan Sharma
Founder (Global Aplary)

Mr. Ramesh (Pradhan ji)

Mr. Lal Chand ji

Dr. Sangeeta Mehtani
Dr. Madhurima Sharma

7th March 2024

From 10.15 a.m. onwards

Multimedia Room

Activities

Poster Making Slogan Writing
Poem writing Video Making
Speech Writing Rangoli Making

Coordinators

Dr. Umesh Bharti
Dr. Ravneet Kaur

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR 11, CHANDIGARH

**GLOBUS SOCIETY
GEOGRAPHY DEPARTMENT**



CORDIALLY INVITES YOU TO
INTER COLLEGE COMPETITION

GLOBUS 2024

Theme: Human Environment Interaction

EVENTS:-

1. Map making (Coloured)
 2. Map making (Black and White)
 3. Power Point Presentation
 4. Face Painting
- FOLLOWED BY CULTURAL PROGRAM

Prof. (Dr.) Anita Kaushal
PRINCIPAL

Convenor:
Dr. Salil Sharma (HOD)

9 March 11 am Auditorium

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS SECTOR 11, CHANDIGARH

As part of Teej Celebrations
DEPARTMENT OF HOME SCIENCE
(Under the aegis of IQAC)

cordially invites

ALL THE STAFF MEMBERS

to join us for

TALENT HUNT COMPETITION

to unearth the hidden gems of our
prestigious college



Venue
HOME SCIENCE DEPARTMENT
22 August 2023 at 12:30pm

ਪੋਸਟ ਗ੍ਰੈਜੂਏਟ ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ ਸੈਕਟਰ-11, ਚੰਡੀਗੜ੍ਹ



ਪੰਜਾਬੀ ਸਾਹਿਤ ਸਭਾ
ਪੰਜਾਬੀ ਵਿਭਾਗ
ਵਲੋਂ

“ਸਾਹਿਤ ਕਿਉਂ ਪੜ੍ਹੀਏ”

ਵਿਸ਼ੇ ਉੱਪਰ ਗੱਲਬਾਤ

ਮਿਤੀ-29 ਅਗਸਤ, 2023 (ਮੰਗਲਵਾਰ)

ਸਮਾਂ ਦੁਪਹਿਰ 12:15 ਵਜੇ
ਸਥਾਨ-ਮਲਟੀਮੀਡੀਆ ਸੈਂਟਰ



ਸਰਪ੍ਰਸਤ
ਪ੍ਰਿੰਸੀਪਲ

ਪ੍ਰੋਫੈਸਰ (ਡਾ.) ਅਨੀਤਾ ਕੌਸ਼ਲ
ਪੋਸਟ ਗ੍ਰੈਜੂਏਟ ਸਰਕਾਰੀ ਕਾਲਜ
ਲੜਕੀਆਂ ਸੈਕਟਰ-11, ਚੰਡੀਗੜ੍ਹ



ਮੁੱਖ ਵਕਤਾ
ਡਾ. ਯੋਗਰਾਜ ਅੰਗਰਿਸ

ਪ੍ਰੋਫੈਸਰ ਅਤੇ ਡੀਨ ਭਾਸ਼ਾਵਾਂ
ਪੰਜਾਬੀ ਵਿਭਾਗ
ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ, ਚੰਡੀਗੜ੍ਹ

ਕਨਵੀਨਰ: ਡਾ. ਜਸਪਾਲ ਸਿੰਘ ਕੋਆਰਡੀਨੇਟਰ: ਡਾ. ਹਰਦੀਪ ਕੌਰ, ਡਾ. ਮਨੀ, ਮਿਸ ਅਮਰਦੀਪ ਕੌਰ



POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR 11, CHANDIGARH
IN ASSOCIATION WITH

1 CHANDIGARH GIRLS BN NCC CELEBRATES

9TH INTERNATIONAL DAY OF YOGA, JUNE 21, 2023

'YOGA FOR VASUDHAIVA KUTUMBAKAM'

'HAR AANGAN YOG'



PATRON
PROF. DR. JANITA KAUSHAL
PRINCIPAL

ORGANISER
MRS HARPREET KAUR
CARETAKER OFFICER

ANNUAL ATHLETIC MEET- 2024



Self Help Groups



Post Graduate Government College for Girls, Sector 11 Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India promotes vocational education, skill development and Entrepreneurship through the formation of Student Self Help Groups. Student self-help groups in higher education institutions are essential for skill building for entrepreneurship and workmanship. PGGCG-11 has 10 Self-Help Groups of students to be self-sustainable and self-employable in future.

This year the students displayed their products during the Day Long Bazaar organized by Event Management and Food Preservation Team in ZenFiesta on 8th November, 2023.



Zen Fiesta



Chandigarh, Chandigarh, India
QQ4J+CC9, 11C, Sector 11, Chandigarh,
Lat 30.75581°
Long 76.781034°
08/11/23 10:51 AM GMT +05:30



Chandigarh, Chandigarh, India
QQ4J+CC9, 11C, Sector 11, Chandigarh, 160011, India
11-08-2023 10:51 AM GMT +05:30

The background is a vibrant, abstract composition. On the left, a blue and white candlestick chart is visible. In the center, there are green 3D bar charts of varying heights. On the right, a large, stylized yellow Indian Rupee symbol (₹) is prominent. The overall color palette is dominated by reds, oranges, and yellows, with a grid pattern overlaid. The text 'COMMERCE SECTION' is centered in a yellow rounded rectangle.

COMMERCE SECTION

FROM THE DESK OF STAFF EDITOR

Dear Students, Colleagues, and Esteemed Readers,
As we embark on another exciting journey through the pages of our college magazine. The world of commerce, with its dynamic and multifaceted nature, continues to inspire.



Our Commerce Department is dedicated to fostering not just academic excellence but also a deeper understanding of the global business landscape. In this issue, you will find a rich tapestry of articles, projects, and insights that highlight the creativity, innovation, and hard work of our students and faculty. From in-depth analyses of market trends to entrepreneurial success stories, each piece is a testament to the passion and dedication that drive our department forward.

This year has been marked by significant achievements and milestones. Our students have made impressive strides in academic competitions and internships while our faculty have contributed to important discussions and developments in the field of commerce. These accomplishments underscore our commitment to excellence and our shared vision of preparing students for the challenges and opportunities of the business world.

As you explore the diverse content within this magazine, I hope you are inspired by the stories of achievement, creativity, and collaboration.

Thank you for your continued support and engagement. Together, we will continue to explore new horizons in commerce and strive for excellence in all our endeavors.

Warm regards,

Dr. Meenu Verma

HOD

Commerce Department

FROM THE STUDENT EDITOR



MAYBE/VOI OLLA

May be someone collects the florets in a
bunch

May be someone amours the sky even
when in hues of coal & graphite
May be someone discover happiness in the
unlighted tunnels,

May be someone adores the thorns &
withered blossoms too

May be someone trots the alley in fall
season too

May be someone finds the chaotic side
beautiful too,

May be someone explores the inverse, to
cherish you forever more.

Preksha Hirawat
BCom-III
Roll No. 6248/21

SUCCESS

Success doesn't need dreams
It needs hard work
Then why people can't understand
They need to work
Thinking does not make them succeed in their life
But working do

As we all know actions speak louder than words
But then also some people think that success lies in luck
But they need to understand that success lies in the work

Work Work Work is the key mantra to success
So stop wasting time and start doing work to get success
It you will work you will succeed
But if you will not then you will very like a bellbird.

Ojasvi Sharma
Bcom-I
Roll No. 1316/23

HIM & HOPE

All the stars in the sky,
But all I want to look
Is at him.

The gold in the blacks of his hair,
The blue in the ambers of his eyes,
The blush in the pink of his cheeks.

All the music in the cassettes,
But all I want to listen to
Is him.

The brittle in the joy of his laugh,
The husk in the melody of his voice,
The feline in the fatigue of his yawn.

But I cannot be with him,
Even though his eyes look like
Coming home.

I cannot be with him,
Even though his laugh sounds like skies melting.

But I cannot be with him,
Because we weren't meant to be.

But I sure hoped we died,
I sure hoped.

Ojasvi Sharma
Bcom-I
Roll No. 1316/23

I WANNA GO!

The way star's are
I wanna twinkle
The way brooks are
I wanna flow
Don't interrupt me
I wanna go
Be the pebble
But let me flow
Don't interrupt the way
I wanna go

Kajal
Bcom-III
Roll No. 6359/21

LOVE THE RAIN

I love the rain
The rains are
It's like the silver stone
Falling down
Just like sprinkling stars
Visiting earth
To guest the thirst
To fulfil the dearth
It purifies the earth
It brings me happiness, lot of joys
Calms my mind, fill my heart.

Whenever I feel the presence of rains
I love the rain
The rains are.

Kajal
B.Com-II
Roll No. 6359/21

COMMERCE

A world of education
With a great aim,
Debit and Credit are rulers
Till the end of game.

Accounts is the powerful weapon
To win the battle of race,
A journey of hardwork
To bring the change.

Accounts is spicy
Economics is sweet,
With a game of mind
Doubts are ready to beat.

Commerce is like a train
Subjects are like compartments
Students are the travelers
And jobs are their aims.

Nancy
BCom-III

किताबें

किताबे बोलती तो नहीं
लेकिन बहुत कुछ सिखाती है,
लोगो की तरह पहचान तो नहीं
लेकिन गहरी तक झनक जाती है,
ज्ञान गहरा होता है इसमें
वो गहरी भी कुछ तो समझ आती है,
किताबे बोरियत है कुछ के लिए
लेकिन कुछ को खुशबू भी आती है उन में से,
किताबे रिहिनो की तरह नहीं,
लेकिन फिर भी अच्छा दोस्त बन जाता है,
किताबे बोलती तो नहीं,
लेकिन जिंदगी का तजुर्बा दे जाती है।

NOSTALGIA: Alumni Association

The bond between alumna and alma mater are strengthened through our registered alumni association **Nostalgia**. Our illustrious alumna continue to make us feel proud, setting benchmarks in politics, entrepreneurship, judiciary, civil services as well as the entertainment industry. They return to the institution and share the wealth of their experience and knowledge with the budding graduates/postgraduates and constantly inspire them to scale newer heights.



Release of Annual Newsletter Volume-8



NOSTALGIA: Alumni Association

‘JAB WE MET’- ANNUAL ALUMNI MEET



NOSTALGIA: Alumni Association

Our Illustrious Alumnae

Alumnae in Judiciary



Justice Ritu Bahri



Justice Jaishree Thakur



Justice Sabina Singh



Justice Nidhi Gupta



Justice Harpreet Kaur
Jeewan



Justice Lisa Gill



Ms. Aashima Garg
Civil Judge



Ms Manvika Yadav
Civil Judge

Alumnae in Public Life



Ms Kirron Kher



Ms Asha Hooda



Ms Pratibha Singh



Kumari Selja

NOSTALGIA: Alumni Association

Alumnae in Civil and Allied Services



Ms Rupan Deol IAS



Ms Meenakshi Chaudhary
IAS



Ms Urvashi Gulati IAS



Ms Kusamjit Sidhu IAS



Ms Anjuli Duggal IAS



Ms Keshni Anand IAS



Ms Navraj Sandhu IAS



Ms Suprabha Dahiya IAS



Ms Purna Puri IAS



Ms Garima Singh IRS



Ms Monika Sehgal IAS



Ms Gurneet Tej IAS



Ms Rupanjali Karthik IAS



Ms Neha Bansal IAS

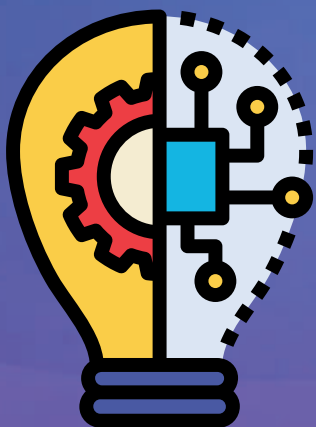


Ms Kirti Garg IAS



Ms Tanvi Garg IAS

COMPUTER APPLICATIONS



FROM THE DESK OF STAFF EDITOR

Igniting the Spark of Innovation

Dear Students,

This magazine is our platform to explore the fascinating realm of computers, its applications, and the endless possibilities it holds. As we turn the pages of this edition of our college magazine, it is with immense pride and excitement that I share a few thoughts with you.



In today's interconnected world, Computer Applications has become the backbone of almost every educational institution. From healthcare to entertainment, finance to education, technology is driving progress and creating new opportunities. Our Department of Computer Applications has always strived to be at the forefront of innovation and excellence, and this year has been no exception. Each article, project showcase, and student story reflects the technical skills and academic achievements and the creativity and resilience our students embody. We will delve into the latest trends, explore real-world applications, and showcase the remarkable achievements of our students and alumni.

We encourage students to contribute articles, share projects and participate in discussions and debates. Each article, project showcase, and student story reflects the technical skills and academic achievements and the creativity of the students. Let this magazine be a reminder of the boundless possibilities that lie ahead and the incredible potential within each of the students and also remain steadfast in our pursuit of learning and growth.

Thank you for your unwavering support and enthusiasm. We will continue to shape the future of Computer Applications, embrace the challenges, explore the possibilities and make a lasting impact on the world

Navdeep Kaur
Assistant Professor
Department of Computer Applications



FROM THE STUDENT EDITOR

INFORMATION AND TECHNOLOGY



Oh, information technology, a fascinating realm,
Where innovation and knowledge overwhelm.
Bytes and Codes, a digital symphony,
Connecting the world with boundless synergy.

In the realm of IT, possibilities unfold,
From software to hardware, stories untold.
Coding languages, algorithms, and more,
Creating solutions we couldn't dream before.

From smartphones to laptops, devices we adore,
Streaming, gaming, and so much more.
Social media, communication at our fingertips,
Connecting friends and family with just a few clicks.

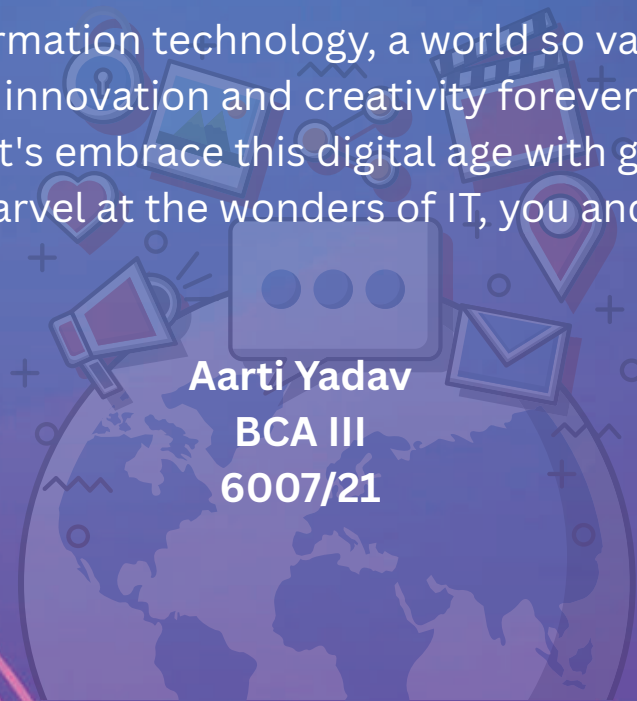
Cybersecurity, protecting our digital space,
Keeping our information safe in this fast-paced race.
Data analytics, uncovering insights profound,
Helping businesses make decisions sound.

Information technology, a world so vast,
Where innovation and creativity forever last.
So, let's embrace this digital age with glee,
And marvel at the wonders of IT, you and me!

Aarti Yadav

BCA III

6007/21



INTERNET OF THINGS

We live with a lot of shorthand Lingo and acronyms these days with a combination of letters like brb, Ty, and IDK or text and slack messages, and sometimes our emails too. Those are, for the most part, easy to decipher and even use for our replies. But there is one bit of shorthand that's showing up all over and poised to change the world yet it's not so easy to wrap our heads around.

IoT: The Internet of Things: When the Internet became complaints we were all connected as an Internet of people. That has been life-changing. But it's about to change all over again. Soon it will be a device that is connected, not us, and this shift is going to turn our world upside down in a very good way. Some predict the changes will be extreme, and IoT will lead to the next industrial revolution.

What is IoT?

According to the Internet, "it's the interconnection via the Internet of computing devices embedded in everyday objects, enabling them to send and receive data." At a consumer level, these devices can be placed in our cars, phones, appliances, medical equipment, wristbands, livestock, and more. These devices can be in machinery, reshipping equipment, vehicles, robots, warehouses, and more at an industrial level. But where the devices are located matters less than what they do. And they do "talk" to each other sharing data and getting feedback based on that data and all other data being generated, analyzed, and acted on.

How does IoT work?

Perhaps the best way to explain how IoT works is to look at the IoT applications. Are some real-world scenarios possible with this technology?

- Your Smart home could know if you've had a stressful work day, could play soothing music, and offer soft lighting when you walk through the door.

- Your refrigerator could let you know which groceries to buy or order for you.

- Your coffee maker could know when you wake up and turn it on at that time.

In these examples none of the devices is acting alone they are responding to one submitting data. The car is connected to the machine's calendar and the manufacturer's law, it powerful to knows you had a long day because it is connected to your calendar. Your refrigerator receives data to know what food might have been consumer and which food you like to have on hand. Your coffee maker is connected to your wristband, to know when you wake up.

All those scenarios make for an easier day for the customer but what about the enterprise? What does IoT mean to the commercial world? Plenty! In the Industrial world of similar devices can track inventory to optimize when stock is online and reorder, streamline transportation by taking into account weather or traffic, and decrease mechanical breakdowns will predict maintenance. Autonomous vehicles can deliver needed warehouse parts at the exact time they are needed. The example can go on and on and on because the industrial IoT is already underway, and businesses are already benefitting from it.

Why does IoT matter?

Based on the examples of applications described earlier you can see that IoT simply makes life better for the consumer and cost-effective for the business. These two points of view are equally important because you can answer questions about IoT benefits in 1 of 2 ways.

- From the business point of view, IoT has the potential to cut costs increase efficiency improve customer services speed up decision making and so much more it has the potential to make our lives easier.

- From the consumer's point of view, IoT has the potential to streamline our daily activities, lower our utility bills, improve our healthcare, keep us out of traffic, and so much more.

Pursuing a career in IoT

The IOT transformation is already underway and businesses can't afford to ignore this nor can they remain ignorant about the challenges they will face as they adopt IoT. But what steps you you and/ as an individual should braking to prepare for this next Industrial Revolution? Possibly, if you'd like a career with a secure future and endless possibilities. IoT offers plenty of jobs in part because IoT is not an industry or a specific technology, but a compendium of all. Therefore, skilled professionals are needed in data and analytical programming and ITIL(a series of practices in IT for aligning operations and services). Cloud Computing and TOGAF (an enterprise architectural framework that helps define business goals.), and programming and engineering. The list goes on and on.

Unlike some technologies that get predicted and don't pan out, IoT is already happening and soon we'll be accustomed to the connected devices and the data they share as we are now to email and google. It's better to be prepared, whether for your own business for your future job aspects.

THE CRUCIAL IMPORTANCE OF MENTAL HEALTH

Introduction: In a fast-paced world filled with daily challenges and stressors, mental health has emerged as a topic of paramount importance. It is not just the absence of mental illness but a state of well-being that allows individuals to cope with life's demands, work productively, and contribute to their communities. The significance of mental health cannot be overstated, as it affects every facet of our lives.

1. **Physical Health and Mental Health are Interconnected:** Mental health is closely intertwined with physical well-being. The tuck mind-body connection is evident in the way stress and mental distress can lead to physical ailments like cardiovascular diseases, digestive disorders, and weakened immune systems. Prioritizing mental health can significantly reduce the risk of these conditions.
2. **Enhancing Productivity :** Mental health plays a pivotal role in our ability to perform effectively in our personal and professional lives. A healthy mind is more focused, creative, and resilient. When mental health is neglected, productivity suffers, leading to decreased work performance and a lower quality of life.
3. **Stronger Relationships:** Healthy mental states are fundamental to forming and maintaining strong relationships. Good mental health enables individuals to communicate effectively, manage conflicts, and provide emotional support. It fosters empathy, understanding, and the ability to build meaningful connections.
4. **Coping with Life's Challenges:** Life is full of ups and downs, and mental health is the foundation for resilience. It equips individuals with the tools to navigate adversity, bounce back from setbacks, and adapt to change. People with good mental health are better equipped to face stressors and cope with traumatic events.
5. **Reducing Stigma:** Promoting mental health awareness helps to reduce the stigma that often surrounds mental health issues. Encouraging open conversations about mental health can lead to greater acceptance, understanding, and access to resources for those in need.
6. **Economic Impact:** Mental health has a significant impact on economies worldwide. Untreated mental health conditions lead to decreased workplace productivity, increased absenteeism, and higher healthcare costs. Investing in mental health initiatives can lead to substantial economic benefits.
7. **Public Health:** The importance of mental health extends to the broader public health landscape. Mental health issues can contribute to social problems such as substance abuse, homelessness, and crime. Addressing mental health on a societal level can have far-reaching positive effects.

Damini Sohal
BCA III
6040/21

MENTAL HEALTH

Introduction: In recent years, mental health has emerged from the shadows to become a central focus of public discourse. This shift reflects a growing recognition of the profound impact that mental well-being has on individuals, families, and communities. However, despite increased awareness, stigma and misconceptions still surround mental health issues, hindering open dialogue and access to support. This article aims to shed light on the importance of mental health, dispel myths, and provide resources for fostering emotional well-being.

The Importance of Mental Health: Mental health is a fundamental aspect of overall well-being, encompassing emotional, psychological, and social dimensions. It influences how we think, feel, and behave, shaping our relationships, productivity, and quality of life. Just as physical health requires attention and care, so too does mental health. Yet, unlike physical ailments, mental health challenges are often invisible, making them easier to overlook or dismiss. Ignoring mental health can have serious consequences, leading to increased stress, decreased productivity, strained relationships, and in severe cases, mental illness and suicide.

Dispelling Myths and Stigma: One of the biggest obstacles to addressing mental health concerns is the stigma and misconceptions that surround them. Misinformation and stereotypes perpetuate the notion that mental illness is a sign of weakness or character flaw, rather than a legitimate medical condition. This stigma can prevent individuals from seeking help, fearing judgment or discrimination. It's essential to challenge these harmful beliefs and promote understanding and empathy. Mental illness is not a choice, and seeking support is a sign of strength, not weakness. By fostering a culture of acceptance and support, we can create environments where individuals feel safe to seek help without fear of stigma or shame.

Promoting Mental Well-being: Nurturing mental health requires a holistic approach that addresses various aspects of well-being. Self-care practices, such as exercise, mindfulness, and adequate sleep, play a crucial role in maintaining emotional balance and resilience. Cultivating strong social connections and support networks provides a buffer against stress and isolation, fostering a sense of belonging and connection. Additionally, seeking professional help from therapists, counselors, or support groups can offer valuable guidance and resources for managing mental health challenges. It's essential to prioritize self-care and seek help when needed, just as one would for physical health concerns.

Accessing Support and Resources: Fortunately, there are numerous resources available for individuals struggling with mental health issues. Mental health hotlines, crisis helplines, and online support groups offer immediate assistance and guidance for those in distress. Additionally, mental health professionals, including therapists, psychologists, and psychiatrists, provide assessment, therapy, and medication management tailored to each individual's needs. Many employers and educational institutions offer employee assistance programs (EAPs) or counseling services to support mental well-being. Digital platforms and apps provide convenient access to self-help tools, meditation exercises, and mental health resources, making support more accessible to a broader audience.

RECENT BY QUANTUM COMPUTERS

Quantum computers have been making headlines as the next evolution in computer technology with the ability to solve complex problems at incredible speeds. Quantum computers promise to revolutionize various industries, ranging from cryptography and drug discovery to forecasting and optimization algorithms. In this article, we will dive into the fascinating world of quantum computers, understand the underlying principles, and explore the potential impact they could have on our lives.

The basics of quantum computing: To understand the significance of quantum computers it's essential to grasp the fundamental differences between classical and quantum computing. And classical computing bits can represent either a 0 or a 1. This binary system forms the basis for all conventional computers. However, quantum computers use qubits, which can exist in multiple states simultaneously, thanks to the phenomenon known as superposition.

Superposition enables quantum computers to perform certain tasks exponentially faster than their classical computers. Additionally, qubits can be entangled, meaning the state of one qubit is dependent on the state of another, even when separated by vast distances. This property opens up new possibilities for secure communication and data processing.

Quantum supremacy: Quantum supremacy is a term that gained significant attention when Google claims to have achieved it in 2019. This milestone marked the point at which quantum computers outperformed the most advanced classical supercomputers in a specific task. Google's quantum computer, Sycamore, completed a complex calculation in a matter of minutes, which would have taken classical computers thousands of years to accomplish. This achievement demonstrated the incredible potential of quantum computing.

Practical application: Quantum computing is not just about solving mathematical problems faster, it has a wide range of potential applications. Some of the most promising areas include:

Cryptography: Quantum computers pose a potential threat to current encryption methods. However, they can also be used to develop quantum resistance encryption algorithms, ensuring the security of digital communication.

Drug discovery: Quantum computing can stimulate molecular intersection and interaction with unprecedented accuracy accelerating the drug discovery process and potentially leading to the development of new medicines.

Optimization: They excel at solving complex optimization problems such as route planning, supply chain management, and financial modeling, which have applications across various industries.

Material science: Quantum computers can model and predict the behavior of materials at the quantum level leading to the development of new materials with extraordinary properties.

Challenges and the roads ahead: While quantum computing holds immense promise, several challenges must be overcome before it becomes a mainstream technology. These include error correction, scaling up the number of qubits, and making quantum computers more accessible and affordable.

ARTIFICIAL INTELLIGENCE

Artificial Intelligence (AI) is a rapidly advancing field that focuses on creating machines capable of performing tasks that would normally require human intelligence. It involves the development of computer systems that can learn, reason, and solve problem and ultimately mimicking human cognitive abilities.

One of the key areas of AI research is machine learning, which involves training computer systems to recognize patterns and make predictions based on large amounts of data. This allows AI systems to improve their performance over time without being explicitly programmed for every possible scenario. Machine learning is used in various applications, such as image recognition, speech recognition, and natural language processing.

Another important aspect of AI is natural language processing (NLP), which enables computers to understand and respond to human language. NLP is used in virtual assistants like Siri and Alexa, as well as in chatbots and language translation systems. These systems analyze and interpret human language, allowing them to carry out tasks and conversationally provide information.

AI is also being utilized in the field of robotics, where intelligent machines are designed to perform physical tasks autonomously. Robots equipped with AI can navigate their surroundings, manipulate objects, and interact with humans. They are used in various industries, such as manufacturing, healthcare, and agriculture, to automate repetitive or dangerous tasks.

While AI has brought about numerous advancements and benefits, it also raises many ethical concerns. Issues such as job displacement, privacy, and bias in decision-making have become topics of debate. The potential misuse of AI technology, such as in surveillance systems or weapons, is also a cause for concern.

Governments, organizations, and researchers are working to address these challenges by developing ethical guidelines and regulations for AI development and deployment. Ensuring transparency, fairness, and accountability in AI systems is crucial to prevent unintended consequences and ensure the responsible use of this technology.

In conclusion, AI is a rapidly evolving field that has the potential to revolutionize various industries and improve our daily lives. From virtual assistants to autonomous robots, AI systems are becoming increasingly integrated into our society. However, it is important to approach A development with caution and ensure that ethical considerations are taken into account to harness its full potential for the benefit of humanity.

CLOUD COMPUTING

In today's rapidly evolving digital landscape, businesses are under constant pressure to innovate, optimize operations, and stay ahead of the competition. At the heart of this transformation lies cloud computing—a game-changing technology that has revolutionized the way organizations store, process, and manage data. From startups to multinational corporations, businesses across industries are leveraging the power of the cloud to drive efficiency, agility, and growth.

Cloud computing has come a long way since its inception, evolving from a buzzword to a mainstream technology powerhouse. Initially, cloud services primarily offered basic infrastructure resources such as storage and computing power. However, with advancements in virtualization, automation, and networking technologies, cloud providers now offer a comprehensive suite of services, including platform-as-a-service (PaaS), software-as-a-service (SaaS), and even specialized offerings such as artificial intelligence (AI) and Internet of Things (IoT) solutions.

Key Benefits of Cloud Computing:

- 1. Cost Efficiency:** Cloud computing eliminates the need for upfront capital investments in hardware and infrastructure, allowing businesses to pay only for the resources they use on a pay-as-you-go basis. This cost-effective model helps organizations reduce IT expenditures and achieve greater financial predictability.
- 2. Scalability and Flexibility:** Cloud services are inherently scalable, enabling businesses to easily scale resources up or down in response to changing demand. Whether experiencing rapid growth or seasonal fluctuations, organizations can quickly adjust their computing capacity without the need for costly hardware upgrades or downtime.
- 3. Enhanced Collaboration:** Cloud-based collaboration tools facilitate seamless communication and document sharing among employees, regardless of their location or device. This fosters teamwork, improves productivity, and accelerates decision-making processes.
- 4. Improved Security and Compliance:** Leading cloud providers invest heavily in state-of-the-art security measures, including data encryption, identity and access management, and threat detection. By leveraging the expertise and resources of cloud vendors, businesses can enhance their security posture and ensure compliance with industry regulations.
- 5. Business Continuity and Disaster Recovery:** Cloud computing enables organizations to replicate data across multiple geographically dispersed data centers, ensuring high availability and disaster recovery capabilities. In the event of a hardware failure, natural disaster, or cyberattack, businesses can quickly recover data and resume operations with minimal disruption.

Challenges and Considerations:

- 1. Security and Privacy:** Entrusting sensitive data to third-party cloud providers raises concerns about data privacy, security breaches, and compliance with regulations such as the General Data Protection Regulation (GDPR).
- 2. Vendor Lock-In:** Migrating between cloud providers or transitioning back to on-premises infrastructure can be complex and costly, leading to vendor lock-in. To mitigate this risk, organizations should adopt multi-cloud or hybrid cloud strategies.
- 3. Performance and Reliability:** Shared infrastructure in multi-tenant cloud environments can result in performance variability and occasional downtime. Businesses should carefully evaluate service level agreements (SLAs) and performance guarantees when selecting a cloud provider.
- 4. Governance and Compliance:** Cloud computing introduces new challenges related to governance, risk management, and compliance. Organizations must establish robust policies and procedures to ensure data integrity, regulatory compliance, and ethical use of cloud services.

Future Trends and Outlook:

- 1. Edge Computing:** The proliferation of IT devices and the need for real-time processing will drive the adoption of edge computing solutions, enabling data processing closer to the source.
- 2. AI and Machine Learning:** Cloud providers will continue to integrate AI and machine learning capabilities into their offerings, empowering businesses to derive actionable insights from vast amounts of data.
- 3. Quantum Computing:** The emergence of quantum computing has the potential to revolutionize cloud computing by unlocking unprecedented computational power and enabling breakthroughs in areas such as cryptography, optimization, and drug discovery.
- 4. Ethical and Sustainable Computing:** As concerns about environmental sustainability and ethical use of technology grow, cloud providers will prioritize sustainability initiatives and develop frameworks for ethical AI and data governance.

THE POWER OF MINDFULNESS IN MODERN LIFE

In our fast-paced, technology-driven world, finding moments of peace and clarity can often feel like an impossible task. We are bombarded with notifications, emails, and endless to-do lists, leaving little room for stillness and introspection. However, amidst the chaos, there exists a powerful tool that has been practiced for centuries and has gained significant traction in recent years: mindfulness.

Mindfulness is the practice of being fully present and engaged in the current moment, without judgment. It involves paying attention to our thoughts, feelings, bodily sensations, and the surrounding environment with openness and acceptance. While rooted in ancient Buddhist meditation techniques, mindfulness has transcended its religious origins to become a secular practice accessible to people of all backgrounds and beliefs.

One of the primary benefits of mindfulness is its ability to reduce stress and promote overall well-being. Research has shown that incorporating mindfulness into daily life can lead to lower levels of cortisol, the stress hormone, and decreased symptoms of anxiety and depression. By cultivating awareness of our thoughts and emotions, we gain the ability to respond to stressful situations with greater clarity and resilience.

Moreover, mindfulness has been found to enhance cognitive function and improve focus and concentration. In a world where multitasking is often glorified, the practice of mindfulness encourages us to prioritize one task at a time, leading to increased productivity and efficiency. By training our minds to be more attentive, we become better equipped to navigate the complexities of modern life with intention and purpose.

Beyond its individual benefits, mindfulness also has the power to foster compassion and empathy in our interactions with others. By becoming more attuned to our own inner experiences, we develop a deeper understanding of the thoughts and feelings of those around us. This heightened sense of empathy enables us to communicate more effectively, resolve conflicts peacefully, and cultivate stronger relationships built on trust and mutual respect.

Incorporating mindfulness into our lives doesn't require hours of meditation or retreats to remote mountainsides. It can be as simple as taking a few moments each day to pause, breathe, and reconnect with the present moment. Whether it's through formal meditation practices, mindful walking, or mindful eating, there are countless ways to integrate mindfulness into our daily routines.

Furthermore, technology has made mindfulness more accessible than ever before, with a plethora of mindfulness apps, guided meditations, and online resources readily available at our fingertips. These tools offer support and guidance for those embarking on their mindfulness journey, making it easier to establish a regular practice and reap the benefits over time.

Riya Rautela

BCA III

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DEEP LEARNING

Introduction: Deep learning, a subset of artificial intelligence (AI), has emerged as a transformative technology with the potential to revolutionize numerous industries. From powering virtual assistants to enabling autonomous vehicles, deep learning has become ubiquitous in modern society. This article provides a comprehensive overview of deep learning, exploring its principles, applications, challenges, and future directions.

Understanding Deep Learning: At its core, deep learning is inspired by the structure and function of the human brain. It utilizes artificial neural networks, composed of interconnected layers of neurons, to process complex data. These networks learn from vast amounts of labeled data through a process called training, adjusting the connections between neurons to recognize patterns and make predictions. Deep learning models can be categorized into various architectures, including convolutional neural networks (CNNs) for image processing, recurrent neural networks (RNNs) for sequential data, and generative adversarial networks (GANs) for generating realistic content.

Applications of Deep Learning: Deep learning has found applications across a wide range of domains, including computer vision, natural language processing, speech recognition, healthcare, finance, and robotics. In computer vision, CNNs have revolutionized tasks such as object detection, image classification, and facial recognition, enabling applications like autonomous vehicles and surveillance systems. In natural language processing, models like recurrent neural networks and transformers have made significant strides in machine translation, sentiment analysis, and text generation, powering virtual assistants like Siri and Alexa. In healthcare, deep learning is being used for medical imaging analysis, drug discovery, and personalized medicine, improving diagnostics and treatment outcomes. Similarly, in finance, deep learning algorithms are employed for fraud detection, algorithmic trading, and risk assessment, enhancing security and efficiency in financial systems.

Future Directions: To address these challenges and unlock the full potential of deep learning, researchers are exploring various avenues for improvement. This includes developing techniques for explainable AI to enhance the interpretability and transparency of deep learning models. Moreover, efforts are underway to mitigate biases in training data and ensure fairness and equity in AI systems. Additionally, advancements in hardware acceleration, such as graphics processing units (GPUs) and tensor processing units (TPUs), are accelerating the training and deployment of deep learning models, making them more accessible and efficient. Looking ahead, the future of deep learning holds promise for even greater advancements, driving innovation, and reshaping the way we interact with technology and the world around us.



Best of Luck for the Second Innings



Ms Anu Bassi

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