



Tyagamurti
2023



Goswami Ganesh Dutta
Sanatan Dharma College
SECTOR 32-C, CHANDIGARH-160 030

Our *Immortal* Luminaries



Goswami Ganesh Dutta Ji Maharaj

The Goswami Ganesh Dutta Sanatan Dharma College was set up at Chandigarh, in July 1973, in the revered memory of Tyagmurti Goswami Ganesh Dutta Ji, who was inspired by a deep spirit of service and sacrifice for society. He visualized Chandigarh as a principal socio-cultural centre and wanted it to be the hub of Sanatnist activities. As an integral part of his vision, he wanted to start a first rate college in the City Beautiful. It became possible to resuscitate those plans in 1972.



Late Pandit Mohan Lal Ji

Pt. Mohan Lal Ji formerly the Education, Home & Finance Minister, Punjab and the President of Sanatan Dharma Partinidhi Sabha, Punjab called some admirers of the illustrious Goswami Ji comprising some eminent educationists, prominent lawyers and public men from Chandigarh, Punjab, Haryana, Himachal Pradesh and Delhi & decided to raise a first rate college in the revered memory of Goswami Ji. Consequently, Goswami Ganesh Dutta Sanatan Dharma College Society was duly registered under the Societies Registration Act of 1860.



Late Prof. R.L. Verma Ji

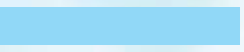
Prof. Roshan Lal Verma donated his entire life's savings amounting to a lakh and ten thousand in the memory of his mentor and thus facilitated opening of the college. The college started functioning in rented buildings for a premier Institute that Goswami Ganesh Dutta Sanatan Dharma College is known as today. It was Rohan Lal Verma's value system that formed the foundation Prof. Roshan Lal Verma volunteered to serve as its founder Principal in an honorary capacity.



Late Sh. Upkar Krishan Sharma

Shri Upkar Krishan Sharma took over as President of the GGDSD College Society in 1999. He brought with him a new sense of energy and futuristic thinking that helped this institution keep up with contemporary trends and challenges. In his decades of service to this institution, Pradhan ji, as he was fondly called, ensured that this institution continues to scale new heights. As he left for his heavenly abode on July 14, 2022, his legacy of excellence continues to act as a guiding beacon in aeternum, leading the institution to a path of further success and glory.

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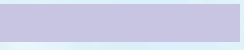
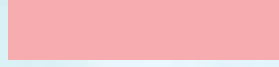
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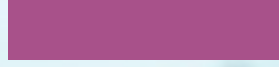
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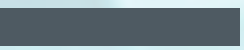
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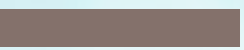
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From the Desk of the President

Towards a Century of Peace and Humanism Through the Power of Words

If there is change that can be propelled in the 21st century, then the trigger for that change will be words. Much has been written about the power of words and their ability to move humankind.

Words have inspired Love, Social change, the Arts, Innovations and Scientific and Technological breakthroughs. At the same time, they have also triggered revolutions, conflicts, hatred, discrimination and wars.

So, the crucial aspect to consider today is what kind of words do we use, where do they stem from and what is the effect that we hope to create with them.

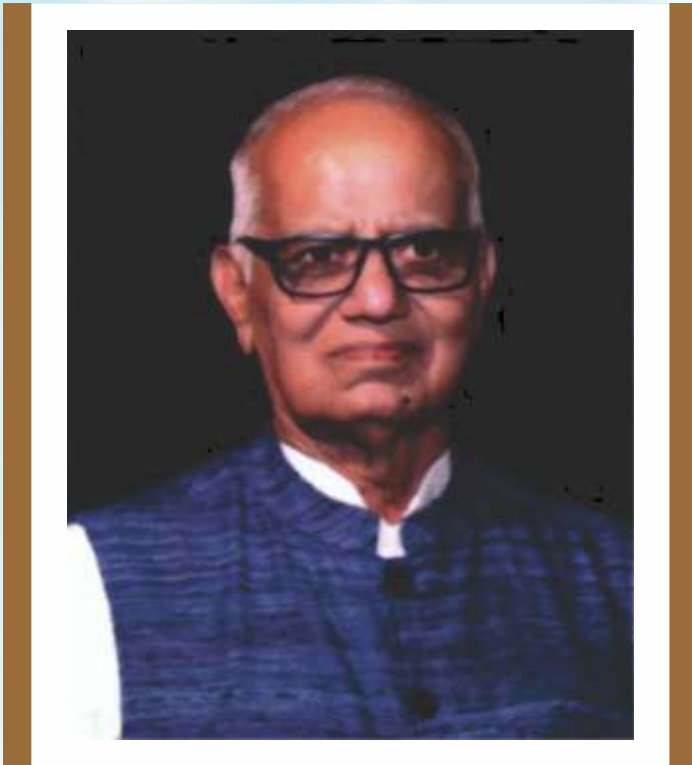
The most powerful words are those that stem from the heart and the heart is the home of intent. The more noble the intent, the more beauty and magic will they create in life. Their ability to touch and inspire lives will be unsurpassed. One often wonders -

Should words create empathy through pathos,
and sympathy while acknowledging the pain of others....
Can words inspire the heart to love someone,
or to harmonize and narrow distances of thought and belief...
Will they create a groundswell of uniting the world,
of inspiring the youth to lead humanity to an oasis of peace....

In the 21st century, literature needs to take the responsibility of creating a new phenomenon for words to act as enablers for peace and in empowering change through wisdom for the betterment of humanity. Let us be reminded of what Lord Byron wrote,

***“But words are things, and a small drop of ink, falling like dew upon a thought,
produces that which makes thousands perhaps millions think”***

- Ms. Vaishali Sharma
President, GGSDS College Society



Working President's Message

It gives me immense pleasure to know that the latest issue of “Tyagmurti” – the college magazine is getting printed. College magazines provide an important forum for talented young writers to showcase their creativity. The pleasure of seeing one’s writing in print is always immense. Many famous writers started their literary journeys from college magazines. Apart from poems and fictional write-ups, one can find informative articles in this magazine. This publication also improves the writing skills of the students. It has been a delight to read this publication of the college annually.

I wish this endeavour a great success and congratulate the Principal Dr. Ajay Sharma, the members of the Editorial Board and the students who contributed, for their efforts.

Dr. Anirudh Joshi
Working President
GGSDS College Society



Principal's Message

"Words are our most inexhaustible source of magic." - J. K. Rowling

It is with great delight that I write this message for the college's annual magazine Tyagmurti, which has given a beautiful outlet to the creative expressions of our talented students over the years. Writing is a sophisticated skill that the educated can exercise to become more self-aware and confident. Effective writing helps students in organizing their thoughts and express themselves in more creative ways. It is a matter of pride for the institution that our students have been writing articles and poetry through the recent years of the Covid-19 pandemic and continue to do the same.

Creative writing is a wonderful skill that allows one to have a voice and the ability to state one's thoughts and opinions in a polished manner. Apart from giving our students a platform to share their perspectives, Tyagmurti takes out attention to very important environmental and social issues of the present times. Expressive writing along with giving healthier minds to our students and readers alike also expands our horizons of understanding and enhances our linguistic skills.

At GGSDS College, Chandigarh, we have always aimed for a futuristic outlook for education with an immense focus on interdisciplinary and multidisciplinary approaches along with skill-based development. We hope that the implementation of the New Education Policy will further bring about a tectonic shift in the way we prepare our students as future leaders who exhibit original thinking and universal aspirations. As you read through the various sections of the magazine, you will find the academic excellence that the college has striven to provide to its students, exhibited in their insightful articles and mindful write-ups. I would like to congratulate all the students and faculty members who contributed to this magazine and got their immaculate work published.

Dr. Ajay Sharma
Principal, GGSDS College



From the Editor's Desk

Dear budding writers and avid fellow readers,
Greetings from a fellow bibliophile!

Before we indulge our souls in the pleasure of soothing and enchanting words, I would like to steal the opportunity to thank our entire editorial team for making tireless efforts in publishing our multi-lingual annual magazine 'Tyagmurti'.

I also thank the Principal of our college, Dr. Ajay Sharma for his consistent encouragement and guidance. Further, I extend my heartiest gratitude and wishes to all the young contributors who have poured their heart and soul into this literary mirror and embellished it with their creativity.

I would like to extend a helping hand to our aspiring writers in pursuit of material for their writings.

As you all are aware, our civilization is one of the oldest continuous civilization in the world, and as such, is full of varied literature encompassing the expression of almost all human emotions. I would recommend that you go through the study of the source I am recommending below to expand your horizon of ideas. No doubt it may take months, but you will find yourself surrounded by the immortal ideas and emotions in an ever expanding ocean of delight.

As you must have learnt it for yourselves by now that our brief lives are too small for experiencing the myriad emotions and experiences this rich world has to offer. In this scenario, it may never hurt us to partake from the past everlasting tales and mould them in the shape of our contemporary experiences.

Kathasaritsagara is the text I would like to introduce to you. It means Ocean of Stories. It contains around 350 stories woven in the rich tapestry of a frame story of the adventures of Naravahanadatta, son of the legendary king Udayana, his romances with damsels of great beauty and wars with enemies.

It was written in the 11th century in Kashmir. It's writer or compiler is Somadeva from Kashmir. This rich work was written for the amusement of Sūryavatī, wife of King Ananta of Kashmir, at whose court Somadeva was poet.

It is my hope that our aspiring writers will partake of this rich feast and enrich themselves in its experience.

The aim of this magazine is to provide a platform to display this diverse yet essential aspect. Our young writers, creative as well as critical, must keep the engines running and keep fueling their minds with a conscious view of the world. Our literary magazine is enriched and the society benefited only through their novel perspectives towards various issues, observations and critical insights.

Fly dear fledgelings, fly... world is your oyster!

Thanks and Regards!

Mr. Harender Kumar

Editor-in-Chief



Dr. Poorva Trikha
Editor



Dr. Richa Gaiind
Editor



English
Section



Editor's Message

A language is a living entity which constantly changes and evolves as per the needs of the people using it. It reflects society and the culture of which it is a part. Using language in form of speaking, writing, reading and listening is integral to each person. This basic function of expression, consciously and unconsciously, serves to determine, mirror and change the cultural, social and psychological aspects of society. 'Pinkie promise' is an age-old phrase which was recently added to Oxford English Dictionary. It shows the impact of society and culture on the ever-changing, ever-growing property of language.

Roland Barthes, a French philosopher, views the meaning-making of language as infinite in its possibilities and culturally specific. He says, "The pleasure of the sentence is to a high degree cultural. The artifact created by rhetors, grammarians, linguists, teachers, writers, parents—this artifact is mimicked in a more or less ludic manner; we are playing with an exceptional object, whose paradox has been articulated by linguistics: immutably structured and yet infinitely renewable: something like chess."

The immense possibilities offered by language are a great opportunity to demolish stereotypes and to de-structure the existing cultural patterns. Using language mindfully and critically analysing the acquired patterns can bring a change on micro and macro levels in society. In this issue, we have set out to give voice to the thoughts and experiences of our young contributors. This section of the magazine gives insight into the psychology of the youth, their experiences with life, studies, college, friends, their future dreams, injustices they see around them and their passionate outpouring against them. It was a pleasure to read these young writers and know that we have thinking individuals amongst us. To see 'life' in your subject, to express disappointment in friendships, to angst against social injustices or simply to pour out your creative expression in pure joy, sadness or horror is a gift. To play with language and its semantics for creative joy, to mirror society, or to a private cathartic need is the contribution of language to us. I congratulate all the contributors for lending words to their thoughts.

- Ms. Nitika Garg
Editor, English Section

Happiness

Why doesn't happiness last forever?
Why does it end up going far beyond the mountains?
Away from the sole sight of this world
Perhaps, to vent out its frustration
Of the societal chains.
Is this world so cruel?

That the mere sight of it intimidates the soulful happiness
The chaotic nature that it possesses
The limitations in the process of success
The chains of its biasness
And the eternal distress
That leads to human separation from divine happiness.

The happiness goes to rest in the clouds' lap
And after a deep nap
It comes back
Back like the wanted showers of rain
Like the water after evaporation



- Vrinda
B.A. 2nd Year

Chemistry, O Chemistry

Chemistry, O Chemistry
Why are you so hard to get?
So many formulas,
So many structures
Still, nothing gets into my system

Chemistry, O Chemistry
Talk to me about elements
And your periodic trends
They are also my friends
And I will love them to the end

Chemistry, O Chemistry
In all the colours of titration
Pink, blue and none
In all the smells of test
Fishy burnt and rotten eggs
You teach us the world

Chemistry, O Chemistry
Why are you so hard to get?
So many formulas,
So many structures,
Still, nothing gets into my system.

- Anisha Saini
B.Sc. 2nd Year

Phoenix

Who am I? A Phoenix?
Without feathers to fly,
Who can speak yet is unable to express,
Unlike a phoenix who can express,
I don't symbolize peace, harmony or balance,
Nor do I possess any of them in me.
Unlike Phoenix, I don't have to wait for five centuries to be reincarnated.
I reincarnate every day, every moment, every second of my life, not in a new body,
But just like a phoenix in my own body,
I don't have to set myself on a funeral pyre to turn myself into ashes,
I do that by opening windows to heart,
I do that by connecting emotionally with a stranger,
I do that by trusting people,
I do that by letting everyone mock me,
Every day, every moment and every second
And then I gather all my courage and my smile,
To again set myself on that emotional funeral pyre, in this vicious circle of life.



- Gurleen Kaur
M.A. 2nd Year

Men are Humans too

He is assumed as an iron wall,
Just for the reason, he is strong and tall,
'cause sometimes we forget,
Men are humans too.
His body is well built up and he is cool,
Though sometimes he is scolded for being
Laziest at home and naughtiest at school,
'cause sometimes we forget,
Men are humans too.
He feels a lot on the inside but won't show it,
As society deems him fit to handle all it slings,
'cause sometimes we forget,
Men are humans too.
He deserves love, care and loyalty,
And at times we feel he is rude when he becomes short-tempered because of anxiety,
'cause sometimes we forget,



- Itika Loona
B.A. 2nd Year

No Goal Too Big!

Move ahead with a strong desire
You'll definitely achieve what you aspire
Never ever give up, come what may
Make sure the blue devils never overstay

The laurels that you can't bring
Have not yet come into being
With a cheerful smile and a bright spark
Move courageously through every dark phase
Much you may have survived

And made through and enduringly revived
Just keep this journey going heartily on
And set a model to look upon
"Oh you'll make it" my intuition hoots
Just fasten the belt of hope and tighten your strength boots



Here comes another year
Eminently enlivening and so very dear
Live to the fullest and paint the town red
Awaiting you are surprised widespread
May the scale of euphoria always weigh
Wishing you a very happy birthday!!!

- Kriti Jain
B.A. 3rd Year

Trust Paper More than People

Trust is the toughest virtue
Once lost cannot be revived.

One can trust paper
'cause secrets it can hide.

So trust paper more than people
As paper makes us alive

Trust is like a paper
Once crumpled cannot be redesigned.

But people if you trust,
they spread them worldwide.

And people make us deprive.

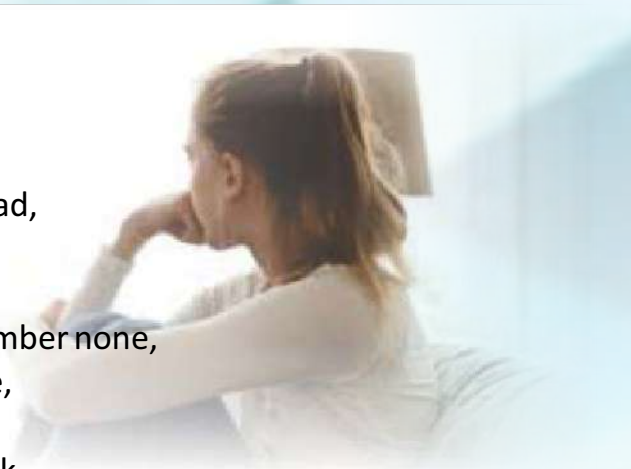
- Aastha Garg
B.A. 2nd Year



I've Lost Count

I've lost count of the people I've met,
And those I've trusted and now regret,
For I never thought I'd be this alone,
But this is what you feel once grown,
I've lost count of all the memories I've had,
Not all melancholic, I'm glad
For I never thought I'd crave one,
But once you want to rewind, you remember none,
I've lost count of the promises I've made,
And all of them never fulfilled, just fade
For I never thought promises could break,
But they're meant to be broken, I realize as I wake
I've lost count of the tears I've shed,
For him, for her, for them, I've just bled
For I never thought bliss was this hard to find,
But the gloom never leaves, it's just behind.

- Atithi Kapoor
B.C.A. 1st Year



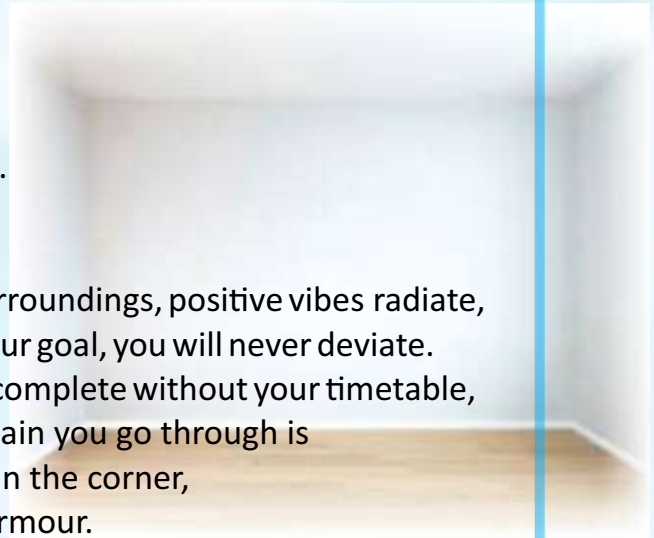
A Room With Four Walls

Four walls aren't just made of bricks,
And the chair in the room creaks.
Piles of books are stacked,
Sometimes in there, you feel trapped.
The room is filled with your dreams,
Sitting there you thought of streams.

From the surroundings, positive vibes radiate,
And from your goal, you will never deviate.
Walls are incomplete without your timetable,
And every pain you go through is

bearable. Photo frames are hanging in the corner,
Because motivational frames act as armour.
Sitting beside the window wondering,
There are new things which are discovered.
The success you got is among four walls,
Because every day you went to bed with applause

- Divya Babbar
B.A. 2nd Year



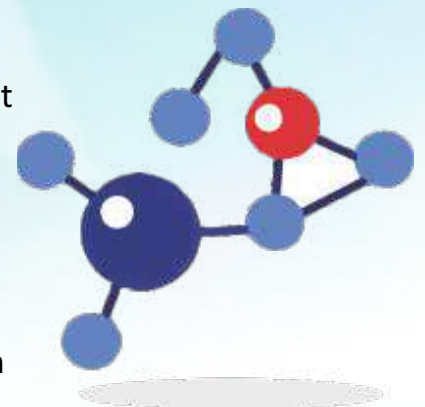
Matter

There is matter over here
There is matter over there
Liquid, solid, or a gas
There is matter everywhere.

A solid keeps its shape
It does not separate
What you see is what you get
A solid keep its shape.

Gas is in the air
You can't see, but it is there
It flows and blows right through your nose
And fits in everywhere.

When you melt a solid down
A liquid can be found
It's wet and moves whenever there is room
And spills and splashes, too.



- Neha
M.Sc. 2nd Year

The Sooner you Realise, the Better it Shall be

When you are low, when in cheer your smile does glow;
When you are in the gloom, when you're waiting for some flower to bloom;
When you are in your shell, the times you're looking out for a magic spell;
When you're in perfect ease, when you're fighting a disease;
When you have it all balanced inside, when your secretions chide;
When you battle a void within,
And when you're filled up to the brim;
If the time you need to put yourself together,
Or when you're under the weather;
In spirit pink or mood blue,
Having it all figured out or left with just no clue;
Whether you crave condolence,
Or seek utter silence;
When you're fuming badly, when you admire something madly;
When something gives you collywobbles,
when you're tempted enough to throttle;
When you need a hope bright in a dark night,
or in despair you long for a hug super-tight;
When you need a shoulder to lean on,
when you can offer one to cry upon;
When you need a lap to rest in,
when you can empower someone to calm the demon within;
When you feel the connection,
When you regard the clashing intention;
When your soul needs to laugh out loud,
When of your people, you're so damn proud;
When you're grateful immensely,
When you want to complain intensely;
When your destiny you debate,
when your troubles yourself you abate;
When you're happy about a divine bond,
when you miss some moments far gone;
Whenever you go through what you do,
Remember, to yourself you ought to be true;
The help you need, to heal the wounds you bleed,



For every bit,
You have to ask for it.
Come to you in your service shall no one, how far will alone you run?
Tear off the layers stiffly you've draped,
The relief will make you in comfort agape.
Let yourself be a fierce apprentice
Express sincerely, give to my reader, this much-deserved prize.
Idolise yourself and on the stage of your life, be the 'emcee'.
The sooner you realise, the better it shall be!

- Kriti Jain
B.A. 3rd Year

You never know, what time bring thy,
Just follow your heart, don't ask why.
Life's been hell, harder than you can justify,
You're a fierce warrior and warriors don't cry.

Room's too dark, that solemn imply,
Vitality filled with tears, your eyes exemplify.
Heart's too broken, your soul signify,
But Spirit's full of hope, you solely justify.

They'll crush you, break you, burn you to ash,
But they forget You're a fierce Phoenix.
Get up!! Rise from those ashes,
Make the fire rain, and see how water ignites.

A glance at your heart, purity suffice,
Where the demons hide, you glorify,
Nothing soo awry that time can't rectify
Even Nightmares become so lovely,
When angels like you pacify...

So, Believe in yourself, keep the spirits high,
Fap your wings, leap and fly.
Above and above, in that beautiful sky,
You have the power, use it you're never too shy.

- Vasu Malhotra
B.Voc. IGMT

Thou

Erratically thou feel that deep gulf in the
tunnels of intellect,
Alike you find in someone's presence,
That happiness, those tears,
That just keeps on forging,
Perhaps like a waterfall,
Like a piece of a broken puzzle,
That you have endowed after long,
Viz that meditation music you listen to,
Or as those tapping of rail drops in
monsoon,
Akin that tranquil silence of night,
You know you cannot be an ally,
Thou cannot be us,
And that is the dilemma,
Life ponders upon us,
To consort in,
To bide in,
To stride in.

There were seas aghast,
There were leaves plunging,
Winds gusting and
And the snow flurrying,
Where the ebb meets the flow,
Where the sun touches the snow,
When you will be me,
And I will be you,
Thou will be we,
And we will be us.
I will meet you there.
I will meet you there.

Let's unravel the streets of Los Angeles,
Let's parish the bounties of life,
Let's stop the tickling of time,
Let's carcass under the light of the moon,

Where the birds were cawing,
The shepherds were rowing,
When the nights befall,
When the silence crawl,
When time stops.
When the clock hopes.
I will meet you there.
I will meet you there.

Where the flowers are
succulent,
Where the leaves are drenched,
Where the past is begotten,
Where the love is rotten,
Where the hopes die,
Where nature cries,
Where love is letting go,
So I let you go,
So I let you go.

When the ghastly nights crave,
The doors of dark break,
The souls abide,
The wholes ignite,
If death could be once,
I would satiate,
I would satiate.

Souls transpire to meet the one,
Nature craves to be dawn,
Skies wish a meteor,
White flowers desire for
quietness,
Shadow of a shadow containing
the entire universe,
Is you.
Is you.

- Aayushi Chawla
M.A. 2nd Year

Serenity at a Sip

She pushed the door,
Went straight inside,
Took the menu,
Ordered a cup of hazelnut coffee,
Waited patiently for good 5 minutes,
And there it is,
White cup filled with her world forming heart out of it,
Carried on a similar white saucer.
She held the cup blows several times,
And there it is the moment she was longing for,
She brought the cup close to her lips,
And took her first sip,
Which soothes her mind.

It was not just a cup of coffee,
It was more to her,
It was the peace she was searching for,
When in crowd,
It was Contentment amongst her doom,
It was her me time she starved for,
While doing her daily chores,
The other sip she took,
And consumes the joy of her own company,
And sip by sip she consumed,
She had her whole new world now,
The world which was fresh to her now,
She had her last sip and leaves with a promise to come again,
Another day in search of her new world again.

- **Gurleen Kaur**
M.A. 2nd Year

Those Days

Sitting idly in my room a sudden reality hit me.
One that made me ponder on my thoughts a little longer than usual.
The thoughts that said I don't have friends.
No really, I don't.
All I have are acquaintances to walk with
In the suffocating, foreign pathways of college.
In front of whom I effortlessly pull up a façade
That's now getting heavier and heavier with the
Burdens of unoriginality and sheets of
Pre-planned words.
It's dreadful to be here and I want to go back.
To those days in my school where
Being 'cool' didn't require me to frame up lies.
Where popularity didn't matter and my
Three close friends were enough to blanket me
From the fears of loneliness.
Those three girls and their teasing, never felt like snide remarks.
Friends for whom friendship didn't give them a free pass for judging my
personality and being close didn't mean sneaking into my privacy.
Who stood by me not once but always.
With them, frequent fights never led to that
Horrorifying thought of weakening bonds.
Neither did their taunts pierce through my heart in a way to make me
doubt my grounds.
Surprisingly, a forever with them was the only truth worth believing.
Singing tuneless songs with broken voices was fun back then.
Dancing was a silly activity without perfection.
Oh, how many weird poses we struck to click a single selfie.
Being my weird self was no albatross around my neck.
Now, the thought of behaving like the 'real me' is the scariest.
So yes, take me back.
In those days when the biggest fear
Was being present in class without any of them
And calling or texting daily wasn't proof of our deep friendship.
Days where their birthdays meant simply having fun in those childish
party games.

There was never a single worry about how expensive the gift should be.
Brands weren't as precious as the game gifts anyway.
Once in a while, I still meet them around the year
And it's funny how we always pickup
Right where we last left.
No questions about being M.I.A. for months
But just a silly 'look who's finally got time to meet.'
It's in those moments that I realise
What friends really are.
Because I feel a sense of belongingness,
The 19-year-old me letting go of the mask she's been holding.
I miss them, truly.
And I miss 'myself' without them.
'Them' whom I now call my family.
So yeah.
I don't have friends. Not anymore.

- **Ananya Abrol**
B.A. 1st Year

I Wish

I wish to escape this world,
Where lies have outgrown the truth,
Where anger has replaced serenity,
Where hatred has surpassed love,
Where heartbreaks have outnumbered togetherness,
Where backstabs have transcended affinity,
Where darkness has engulfed enlightenment,
Where revenge has exceeded acceptance.
I wish to ascend towards tranquillity,
Where thoughts replace words,
Where music engulfs uproar,
Where love fills the gap,
Where benevolence exceeds selfishness,
Where sympathy transcends carelessness,
Where tolerance surpasses action,
Where acceleration outnumbers breaks.

- **Atithi Kapoor**
B.C.A. 1st Year

Looking Ahead!

Though the sky was blue and clear
And the wind hot and dry,
It wasn't easy to hear my soul cry,
But I had something to try.

My thoughts went back time and again,
As I was overcome with the feeling of pain,

I tried my best to turn my back,
But every time was led to the same track.

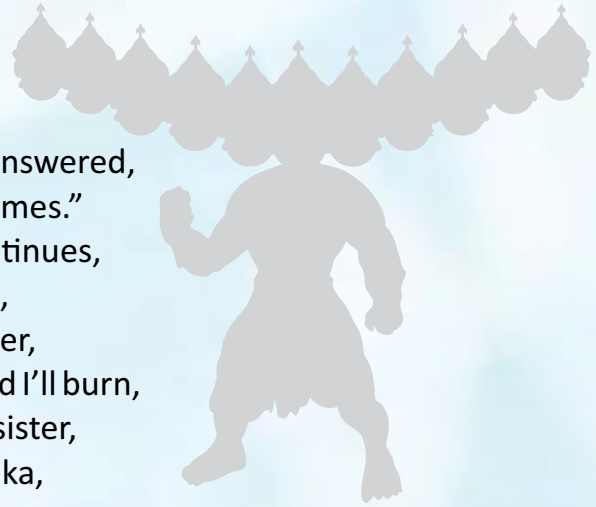
This, definitely had to change,
For inside me there was a rage,
The memories, I wanted to block,
Move ahead and not turn the clock.

That love of mine was long lost,
And I tried in vain,
To be sane again,
My heart be home to the singing thrush,
It was not too late for a new crush,
To look afresh and open the gates,
Forget and let go of all Hate.

- Oindrilla Saha
B.A. 3rd Year

Raavan

I met him yesterday,
He came to my dreams,
He gave me a grimace of pain,
I asked him the reason to which he answered,
“tomorrow they’ll kill me multiple times.”
I was shocked to know this as he continues,
“my enormous effigies will be made,
One embellished more than the other,
Crackers will be placed inside me and I’ll burn,
For the sin of taking revenge for my sister,
I kept her in my pulchritudinous Vatika,
I gave her much respect.”



“You burn me every year,
But what about them who actually commit the sin?”
He said, “I met a girl deeply gloomed,
Who was the victim of similar horrendous incidents in myriad phases,
First the main culprit,
Then she was attacked by your so-called society,
You say that I have ten but what about ten heads that shattered the life
of that girl?
Main head is the Rapist who did that,
But it doesn’t cease here,
As then she goes through that same agony by giving its narrative to the
other nine heads-
Her family who told her not to go out of that vicious circle of patriarchy,
Her partner who tortured her,
Your policemen who again and again called her to hear that narrative,
Her captious neighbours,
Her so-called allies,
Your leaders who know that it was her fault as she is a girl,
She must be wearing provoking clothes,
Your intelligent media who already came to capture her feelings of how
she felt,
Your majestic administration which is willing to let her suffer for so long
in wait of evidence to prove what actually happened,
The lawyer for protecting her victim.

Why don't they get punished but I was, rather my whole family suffered for my actions. Why I wasn't given any option of giving money and then fleeing away?"

Suddenly I heard a knock outside my door and
I realized that it was a dream,
But a dream of reality,
I read the newspaper and read 9 months old baby girl being raped,
Another page said an 11 year old being raped,
Next page a 60 years old being raped,
I went into deep thoughts,
Was he really so bad to be burnt every year?
But what about those who destroy the lives of girls and are roaming free?
Who will burn them?
Who will punish them?
Will they ever get punished?

- **Gurleen Kaur**
M.A. 2nd Year

There is a love I reminisce,
Like a seed
I've never sown.
Of lips that I'm yet to kiss,
And eyes
Not met my own
Hands that wrap around my wrist,
And arms
That feel like home.
I wonder how it is I miss,
These things
I've never known.



- **Itika Loona**
B.A. 2nd Year

The Reason

The sky was cool and dry,
It was easy to hear nature's cry,
Though the wind was sweet and clear,
I had something to try.
Thinking more and more made it lack,
A feeling of getting it back,
Lost a time, was the love of mine,
Leading me to the same track.
But something underwent a change,
Inside me was a cage,
Where it was locked,
A feeling totally blocked,
Containing the stories of my past's page.
Still it was not too late,
To open the way to my heart's gate,
Because there was still inside, written in bright,
The name on my heart's slate.



- Oindrilla Saha
B.A. 3rd Year

Wedlock or Deadlock?

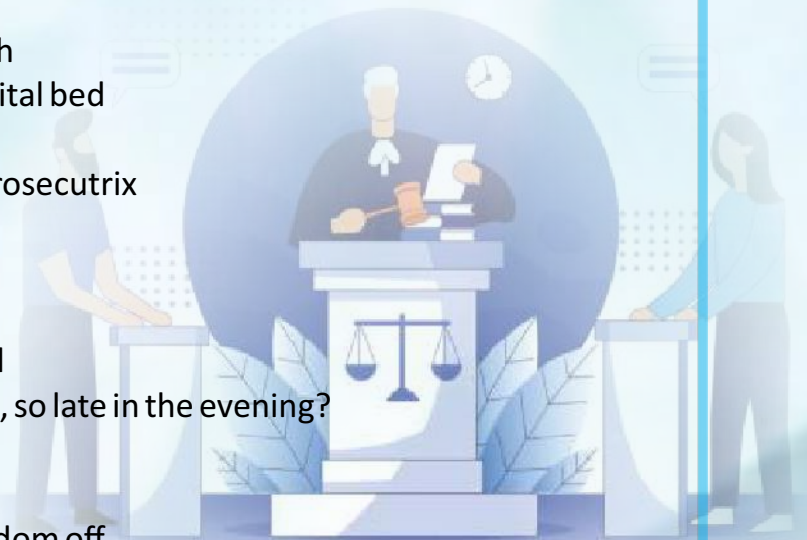
She is the beauty with her flaws
Sitting in front of her to be in-laws
Samosas, pakoras, and tea laden table
every other person judging her whether she is suitable
with all those judgemental eyes, she sat stable
a distant aunt instructed to cover her head with her ancestral saree
so that she looks full-on sanskari
and here she is saree clad
but all those glares are aghast
exams are not just limited to the education system
they are there in every sphere
to even serve a man whole of her life
she has to pass with flying colours
with all those bizarre thoughts
but less bizarre than this nonsensical rivaaz
she's trying her best to make sense of it
with each passing second failing badly at it
everyone sitting there in cynicism
but wrapping it in fervour of idealism



- Deepti
M.Sc. Physics 1st Year

Courtroom

They touched her without her permission
But now they want remission
Claiming we were adolescent
But to commit a crime were bold enough
Howled we were a child
Gave her pain, were they blind?
My lord! She hasn't died yet
Shamelessly ardent their lawyer said
You have ripped her soul
Committed a deed very foul
She died even before her death
Still fighting for life in the hospital bed
With a shaky voice,
And heavy heart replied the prosecutrix
Rage and helplessness mix
And the judge gasped
Alas! Society is still masked
Oh! Much to despair it reacted
What's the necessity to be out, so late in the evening?
It vexed
From there it messed
One by one, chopped the freedom off
Obviously! Of girls, refraining them from slipping off
We need to protect them,
Unwanted useless shield to them
By stopping them from going out
Snatching all of their clout
What if they scream loud?
We will shut their mouth
Their way to dress
Choices they make give us stress
Conventional unconventional doesn't matter
It's just not our culture settles
Sadly, enough it's very common
Happening around in every other courtroom
Tainting the fairy tale of national glory
And making this society even more scary
Then what's the solution?
I guess it's Moral Education.



- Deepti

M.Sc. Physics Sem 1

Aren't you glad you didn't turn left last night?

Ever since I entered the hostel, I had nightmares. Every night I woke up in the middle not because I was an insomniac but because it felt to me as if someone's watching over me. It usually happened at midnight and needless to say it was pitch black at that time. Last night, it happened again and it felt as if a dark



black shadow with red eyes is glaring at me and this woke me up, As I glanced out from the window on my right there was nobody and it was mysteriously dark. Later in the morning, I saw a note on my table written with red blood and it read:-

Aren't you glad you didn't turn left last night?

- Itika Loona
B.A. 2nd Year

A Changed World

As a girl, I was told,
Not to go out at night, trying to be bold
And also not to walk in the world alone,
And in my young mind, these fears were sown
Growing a little bit I thought,
Why are we girls frightened a lot?
I wanted to ask this society,
If they didn't feel on us, a little pity?
Living in a world,
Where girls are bought and sold, I thought, why should we always bow?
And of our problems, why does this world not know?
Everyone in this world wants to live in a world so modern
But before that how to respect us, they need to learn,
Then only we'll get a world so fresh and modern,
And everything will be fair and best,
In this world full of women-related crimes,
Let us join hands and end these hard times,
And get a world full of justice,
And also a world full of bliss.



- Atithi Kapoor
B.C.A. 1st Year

Oh Life!

I want to buy a day,
That is free from Haze.
Let it be at slow pace,
Because I want to gaze at the phase.
I praise your glaze,
But let me more appraise.
Please stay,
I don't want you to sway.
I'm amazed at how you always Embrace
Oh Life!
I want to buy a day,
'cause you have so many different shades.



- Itika Loona
B.A. 2nd Year

Sanskrit
Section



सम्पादकीयम्

भारतस्य प्रतिष्ठे द्वे संस्कृतं संस्कृतिश्च

अद्यत्वे केचित् मूढाः संस्कृतं मृतभाषां कथयन्ति ते न जानन्ति यत् ये संस्कृतस्य रसेन ज्ञानेन, संस्कृति बलेन अद्यापि कृतकृत्याः भवन्ति किं तेभ्यः संस्कृत भाषा मृता ? पुनरपि यदि केचित् कुपुत्राः स्वजननी स शीम् इमां भाषां मृतां कथयन्ति येन च भारतवर्षे संस्कृत भाषा उपेक्ष्येत, तर्हि गीर्वाण वाणी एवं क्षमयतु तेषाम् अपराधः। यतो हि- “कुपुत्रो जायेत् क्वचिदपि कुमाता न भवति”। संस्कृतभाषा अस्माकं देशस्य प्राचीनतमा भाषा अस्ति। प्राचीनकाले सर्वे एव भारतीयाः संस्कृतभाषाया एव व्यवहारं कुर्वन्ति स्म। कालान्तरे विविधाः प्रान्तीयः भाषाः प्रचलिताः अभवन्, किन्तु संस्कृतस्य महत्त्वम् अद्यापि अक्षुण्णं वर्तते। सम्यक् परिष्कृतं शुद्धमर्थाद् दोषरहितं व्याकरणेन संस्कारितं वा यत्तदेव संस्कृतम्। एवञ्चि सम-उपसर्गपूर्वकात् कृधातोर्निष्पन्नोऽयं शब्द संस्कृतभाषेति नाम्ना सम्बोध्यते। सैव देवभाषा गीर्वाणवाणी, देववाणी, अमरवाणी, गीर्वागित्यादिभिर्नामभिः कथ्यते। इयमेव भाषा सर्वासां भारतीयभाषाणां जननी, भारतीयसंस्कृतेः प्राणस्वरूपा, भारतीयधर्मदर्शनादिकानां प्रसारिका, सर्वास्वपि विश्वभाषासु प्राचीनतमा सर्वमान्या च मन्यते। अस्माकं समस्तमपि प्राचीनं साहित्यं संस्कृतभाषायामेव रचितमस्ति, समस्तमपि वैदिक साहित्यं रामायणं महाभारतं पुराणानि दर्शनग्रन्थाः स्मृतिग्रन्थाः काव्यानि नाटकानि गद्य-नीति-आख्यानग्रन्थाश्च अस्यामेव भाषायां लिखिताः प्राप्यन्ते। गणितं, ज्योतिषं, काव्यशास्त्रमायुर्वेदः, अर्थशास्त्रं राजनीतिशास्त्रं छन्दःशास्त्रं ज्ञान-विज्ञानं तत्त्वज्ञानमस्यामेव संस्कृतभाषायां समुपलभ्यते। अनेन संस्कृतभाषायाः विपुलं गौरवं स्वमेव सिध्यति। भारतीयभाषासु बाहुल्येन संस्कृतशब्दाः उपयुक्ताः। संस्कृतात् एव अधिका भारतीयभाषा उद्भूताः। तावदेव भारत-युरोपीय-भाषावर्गीयाः अनेकाः भाषाः संस्कृतप्रभावं संस्कृतशब्दप्राचुर्यं च प्रदर्शयन्ति। संस्कृतवाङ्मयं विश्ववाङ्मये स्वस्य अद्वितीयं स्थानम् अलङ्करोति। संस्कृतस्य प्राचीनतमग्रन्थाः वेदाः सन्ति। वेद-शास्त्र-पुराण-इतिहास-काव्य-नाटक-दर्शनादिभिः अनन्तवाङ्मयरूपेण विलसन्ती अस्ति एषा देववाक्। न केवलं धर्म-अर्थ-काम-मोक्षात्मकाः चतुर्विधपुरुषार्थहेतुभूताः विषयाः अस्याः साहित्यस्य शोभां वर्धयन्ति अपितु धार्मिक-नैतिक-आध्यात्मिक-लौकिक-पारलौकिकविषयैः अपि सुसम्पन्ना इयं देववाणी।

- डॉ. देवीसिंहः
संस्कृतविभागाध्यक्षः

सैन्यगीतम्

सादरं समीयताम् वन्दना विधीयताम्
श्रद्धया स्वता स्वमातृभू - समर्चना विधीयताम् ।।
आपदो भवन्तु वा, विद्युते लसन्तु वा,
आयुधानि भूरिशोऽपि, मस्तके पतन्तु वा,
धीरता न हीयताम् वीरता विधीयताम्



निर्भयेन चेतसा पदं पुरो निधीयताम् ।।
प्राणदायिनी इयम् प्राणदायिनी इयम्,
शक्ति - भुक्ति-मुक्तिदा सुधाऽनपायिनी इयम्,
एतदीय वन्दने, सेवनेऽभिनन्दने
साभिमानमात्मनो जीवनं प्रदीयताम् ।।

- नेहा शर्मा
बी.ए. द्वितीय वर्ष

ज्ञानम्

यस्य नास्ति स्वयं प्रज्ञा, शास्त्रं तस्य करोति किम् । लोचनाभ्यां विहीनस्य, दर्पणः किं करिष्यति ।

अर्थ - जिसके पास स्वयं बुद्धि नहीं है, उसका शास्त्र भला क्या कर सकते हैं? आँखों से अन्धे व्यक्ति के लिए भला शीशा क्या कर सकता है ?

पृथिव्यां त्रीणि रत्नानि जलमंत्रसुभाषितम् । मूढः पाषाणखण्डेषु रत्नसंज्ञां विधीयते ।।

अर्थ - पृथ्वी पर जल, मंत्र और सुवचन ये तीन ही रत्न हैं, परन्तु मूर्खों के द्वारा पत्थर के टुकड़ों को रत्न का नाम दिया जाता है ।

सत्येन धार्यते पृथ्वी सत्येन तपते रविः । सत्येन वाति वायुश्च सर्व सत्ये प्रतिष्ठितम् ।।

अर्थ - सत्य से पृथ्वी धारण की जाती है। सत्य से सूरज है और सत्य से ही वायु प्रवाहित होती है। सब कुछ सत्य में समाहित है ।

धनधान्यप्रयोगेषु विद्यायाः संग्रहेषु च । आहारे व्यवहारे च त्यक्तलज्जः सुखी भवेत् ।।

अर्थ - धन धान्य के प्रयोग में और विद्या के संचय में, आहार और व्यवहार में संकोच को छोड़ने वाला अर्थात् उदार प्रवृत्ति वाला व्यक्ति सुखी है ।

गते शोको न कर्तव्यो भविष्यं नैव चिन्तयेत । वर्तमानेन कालेन वर्तयन्ति विचक्षणाः ।।

अर्थ - किसी को अतीत पर पछतावा नहीं करना चाहिए, किसी को भविष्य की चिंता नहीं करनी चाहिए वर्तमान समय में समझदार पुरुष कार्य करते हैं ।

-हिमांशु संगजोत्रा
बी.ए. प्रथम वर्ष

परिश्रमः

दैवं उद्योगिनं पुरुषसिंहमुपैति लक्ष्मीः

दैवं हि दैवमिति कापुरुषा वदन्ति ।

निहत्य कुरु पौरुषं आत्मशक्त्या

यत्ने कृते यदि न सिध्यति न कोऽत्र दोषः ।

अर्थात्:- मेहनती तथा साहसी लोगों को ही लक्ष्मी प्राप्त होती है। यह तो निकम्मे लोग हैं जो कहते रहते हैं कि भाग्य में होगा तो मिल कर रहेगा। भाग्य को मारो गोली जितनी तुम्हारे पास योग्यता और शक्ति है अपनी मेहनत करते रहो यदि प्रयत्न करने पर भी सफलता नहीं मिलती है तो इसमें तुम्हारी कोई गलती नहीं है।

विद्वत्त्वं दक्षता शीलं सङ्क्रान्तिरनुशीलनम् ।

शिक्षकस्य गुणाः सप्त सचेतस्त्वं प्रसन्नता ।।

अर्थात्:- विद्वत्त्व, दक्षता, शील, संक्रांति, अनुशीलन सचेतत्व, और प्रसन्नता- ये सात शिक्षक के गुण हैं।



- जशनप्रीत
बी.ए. प्रथम वर्ष

प्राकृतिकपर्यावरणम्

परब्रह्मन् प्रभो पाहि सुपर्यावरणप्रिय

भूमि जलं नभो वायुं पुनातु पावकं ध्वनिम् ।।

अर्थ - पर्यावरणप्रिय हे प्रभो! भूमि, जल, वायु, अग्नि और आकाश के साथ-साथ ध्वनि को पवित्र रखकर पंचतत्त्वात्मक जगत् को पवित्र रखो।

वनगिरिः खगवृन्दसुपल्लवाः प्रकृतिरम्यसुरम्यधरा

नदी जलजपिण्डजतापजभूमिजो भवतु पावनजीवनशोभनम् ।।

अर्थ - वन पर्वत, पल्लव, खगवृन्द, धरती, नदी, अण्डज, पिण्डज, तापज एवं भूमिज प्राणी प्राकृतिक अवस्था में रहें तथा प्राकृतिक एवं भूमिज प्राणियों का जीवन पावन हो।

प्रदूषण प्रदुः खेन बहुभिर्वहुधाभितः ।

चेतयितुं नरान रुग्णान् काव्यं कर्तुं समुत्सहे ।।

अर्थ - पृथ्वी पर चारों ओर व्यास नानाविध प्रदूषण की समस्या को झेल रहे रुग्ण मानव को जागरूक करने के लिए इस काव्य को लिखने में मैं प्रवृत्त हुआ हूँ।

- जशनप्रीत
बी.ए. प्रथम वर्ष

उपयोगिज्ञानम्

निश्चित्वा यः प्रक्रमते नान्तर्वसति कर्मणः ।

अवन्ध्यकालो वश्यात्मा स वै पण्डित उच्यते ।।

अर्थ - जो व्यक्ति किसी भी कार्य-व्यवहार को निश्चयपूर्वक आरंभ करता "उसे बीच में नहीं रोकता, समय को बरबाद नहीं करता तथा अपने मन को नियंत्रण में रखता है, वही ज्ञानी है।"

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः ।

गुरुसाक्षात् परब्रह्म तस्मै श्री गुरुवे नमः ।।

अर्थ - गुरु ही ब्रह्म हैं, गुरु ही विष्णु हैं और गुरु ही भगवान शंकर हैं। गुरु ही, साक्षात् परब्रह्म हैं। ऐसे गुरु को मैं प्रणाम करता हूँ!

नास्ति मातृसमा छाया, नास्ति मातृसमा गतिः ।

नास्ति मातृसम त्राण नास्ति मातृसमा प्रिया ।।

अर्थ - माता के समान कोई छाया नहीं है, माता के समान कोई सहारा नहीं है। माता के समान कोई रक्षक नहीं है और माता के समान कोई प्रिय चीज नहीं है।

- वन्दना जोशी
बी.ए. प्रथम वर्ष

गीताज्ञानम्

क्रोधाद्भवति संमोहः संमोहात्स्मृतिविभ्रमः ।

स्मृतिभ्रंशाद्बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ।।

अर्थ - क्रोध से मनुष्य की मति मारी जाती है यानी मूढ़ हो जाती है। जिससे स्मृति भ्रमित हो जाती है। स्मृति-भ्रम हो जाने से मनुष्य की बुद्धि नष्ट हो जाती है और बुद्धि के नष्ट हो जाने से मनुष्य अपना ही नाश कर बैठता है।

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।

सङ्गात्संजायते कामः कामात्क्रोधोऽभिजायते ।।

अर्थ - विषयों वस्तुओं के बारे में सोचते रहने से मनुष्य को उनसे असक्ति हो जाती है। इससे उनमें कामना यानी इच्छा पैदा होती है। कामनाओं में विघ्न आने क्रोध की उत्पत्ति होती है।

यस्य नाहंकृतो भावो बुद्धिर्यस्य न लिप्यते ।

हत्वापि स इमाल्लोकान्न हन्ति न निबध्यते ।।

अर्थ - जिस पुरुष में अहंकार का भाव नहीं है और बुद्धि किसी (गुण दोष) से लिप्त नहीं होती, वह पुरुष इन सब लोकों को मारकर भी वास्तव में न मरता है और न (पाप से) बँधता है।

- सक्षम खेड़ा
बी.ए. प्रथम वर्ष

राष्ट्रभाषा

राष्ट्रस्य जनाः मुख्यतः यां भाषां वदन्ति सा एव राष्ट्रभाषा भवति । हिन्दी अस्माकं राष्ट्रभाषा अस्ति । अस्यां भाषायां भारतस्य अधिकतमा जना वार्तालापं कुर्वन्ति । इयं हि सुबोधा भाषा अस्ति । अस्याः लिपिः अतीव, वैज्ञानिका अस्ति । अस्याः साहित्यम् गतिसमृद्धम् अस्ति । इदानी - अहरहः अस्याः उन्नतिः भवति । अस्याम् एव सूर-कबीर-तुलसी-प्रसादप्रमुखाः कवयः विराजन्ते । यस्याः उन्नतिः एव राष्ट्रस्य उन्नतेः मूलमस्ति । अतः अस्माभिः सदा अस्याः भाषायाः उन्नत्ये यत्नः करणीयः ।

अनुवाद :- राष्ट्र (देश) के लोग मुख्य रूप से जो भाषा बोलते हैं, वही राष्ट्रभाषा होती है। हिन्दी हमारी राष्ट्रभाषा है। इस भाषा में भारत के अधिक लोग वार्तालाप करते हैं। यह अच्छी तरह समझ आने वाली भाषा है। इसकी लिपि की बहुत वैज्ञानिकता है। इसका साहित्य बहुत समृद्ध है। आजकल दिन-रात इसकी उन्नति हो रही है। इस भाषा में ही सूर, कबीर, तुलसीदास, प्रसाद इत्यादि प्रमुख कवि विद्यमान हैं।

- अनीस कुमार
बी. ए. प्रथम वर्ष

गणेशः

कार्य मे सिद्धिमायातु प्रसन्ने त्वयि धातरि ।

विघ्नानि नाशमायन्तु सर्वाणि सुरनायक । ।

हे निर्माता, हे देवताओं के नेता, आपकी कृपा से मेरे प्रयासों में सफलता मिले और मेरी सभी बाधाओं का अंत हो ।

गजवक्तं सुरश्रेष्ठं कर्णचामरभूषितम् ।

पाशाङ्कुशधरं देवं वन्देऽहं गणनायकम् । ।

हाथी के मुख वाले देवताओं में श्रेष्ठ, कर्णरूपी चामरों से विभूषित तथा पाश एवं अंकुश को धारण करने वाले भगवान् गणनायक गणेश की मैं वन्दना करता हूँ ।

अभिप्सितार्थसिध्यर्थं पूजितो यः सरासुरैः ।

सर्वविघ्नहरस्तस्मै गणाधिपतये नमः । ।

उन श्री गणेश को नमन है जिनकी उपासना देवता और असुर दोनों ही अपनी इच्छाओं की पूर्ति और सर्वविघ्नों के नाश हेतु करते हैं ।

- मुस्कान अरोड़ा
बी.ए. प्रथम वर्ष

गायत्री मंत्र

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् । ।

सृष्टिकर्ता प्रकाशमान परमात्मा के तेज का हम ध्यान करते हैं, परमात्मा का वह तेज हमारी बुद्धि को सन्मार्ग की ओर चलाने के लिए प्रेरित का करे ।

-मनन मेहता
बी. ए. प्रथम वर्ष

संस्कृतश्लोकाः

त्वमेव माता च पिता त्वमेव
त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्रविणं त्वमेव
त्वमेव सर्वं मम देव देव । ।

हे प्रभु ! तुम ही मेरी माता हो, तुम ही पिता भी हो,
बंधु भी तुम ही हो, सखा भी तुम्हीं हो,
तुम्हीं मेरी विद्या और हे प्रभु ! तुम ही देवता भी हो ।

न कश्चित् कस्यचिन्मित्रं न कश्चित् कस्यचिद्रिपुः ।
स्वभावेन हि मित्राणि जायन्ते रिपवस्तथा । ।

अर्थ - इस जगत् में प्रारंभ से ही कोई किसी का मित्र या शत्रु नहीं होता ।
मनुष्य के जो मित्रों और शत्रुओं उत्पन्न होते हैं, वो उसके स्वभाव के कारण
ही होते हैं ।

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।

नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति । ।

अर्थ - आलस मनुष्य का अपने खुद के ही शरीर में रहने वाला बहुत बड़ा दुश्मन है
और मेहनत जैसा कोई बन्धु नहीं है, जिसे (मेहनत) कर के मनुष्य (कभी भी)
दुखी नहीं होता है ।

-स्मृति
बी. ए. प्रथम वर्ष

रामायणज्ञानम्

अनिकेतं च दाक्ष्यं च मनसश्चापराजयम् ।

कार्यसिद्धिकराण्याहुः तस्मादेतत् ब्रवीम्यहम् ।

अर्थ - मन की प्रफुल्लता, उत्साह और धैर्य कार्य की सिद्धि के साधन कहे जाते हैं। इसी से मैं तुम से यह कहता हूँ।

तथाप्येको रामःसकलमवधीद्राक्षसकुम् ।

क्रियासिद्धिः सत्त्वे भक्ति महतां नोपकरणे ।।

अर्थ - आपदाओं के विरुद्ध श्री राम ने सभी राक्षसों का सहार किया। व्यक्ति की सफलता अपनी क्षमताओं पर निर्भर करती है।

विक्लबो वीर्यहीनो यस्स दैवमनुवर्तते ।

वीरास्सम्भावितात्मानो न दैवं पर्युपासते ।।

अर्थ - जो कायर हैं वे केवल भाग्य पर निर्भर रहते हैं। स्वाभिमानी तथा शूरवीर भाग्य की परवाह नहीं करते।

गुरौ न प्राप्यते यत्तन्नान्यत्रापि हिलभ्यते ।

गुरुप्रसादात् सर्वं तु प्राप्नोत्येव न संशयः ।।

अर्थ - गुरु के द्वारा जो प्राप्त नहीं होता, वह अन्यत्र भी नहीं मिलता। गुरु कृपा से निस्संदेह द्धमनुष्यऋ सब कुछ प्राप्त कर ही लेता है।

-भूमिका शर्मा

बी. ए. प्रथम वर्ष

विद्यायाः महत्त्वम्

पण्डितैः उक्तं, यत् विद्याधनं सर्वेषु धनेषु प्रधानम्। विद्यायाः विषये संस्कृते बहूनि सुभाषितानि रचितानि प्रत्येकसुभाषिते विद्यायाः महत्त्वम् दत्तम्। विद्या धनतुल्यः इति कथ्यते परम् एतत् विद्यधनं साधारणधनवत् नास्ति विद्यधनस्य व्ययेन तस्य क्षयः न, परं तस्य वर्धनम् एव भवति। इदं विद्यधनं हर्तुं अपि न शक्यते। चौरेण वा राज्ञा वा तत् हर्तुं न शक्यते। अस्य विद्याधनस्य भारोऽपि न अनुभूयते। विद्यधनस्य भ्रातृषु विभाजनम् अपि न कर्तुं शक्यते। विद्या तु सत्यमेव सर्वधनप्रधानम्। प्रवासेषु विद्या मित्रवत् अस्ति। विद्यायाः कारणात् मनुष्यस्य तेजः वर्धते। विद्या परमं भूषणम्। विद्या एव मनुष्यस्य कार्यक्षमता वर्धते। सर्वेषु जीवेषु मनुष्यः विशेषः, यतः तस्य समीपे विद्या वर्तते। अतः विद्यविहीनः जनः पशुवत् एव अस्ति। ज्ञानेन मनुष्यः जगति कीर्तिवान् भवति। तस्य ज्ञानसम्पत्तेः कारणात् सः सर्वत्र सम्मानितः। विद्यायाः विषये, सत्यमेव उक्तम् – ‘विद्या परमं बलम्।’ सुखम् प्राप्तुम् विद्यार्जनम् आवश्यकम् अस्ति। अतः कथ्यते –

विद्या ददाति विनयं, विनयात् याति पात्रताम्।

पात्रत्वात् धनम् आप्नोति, धनाद्धर्मं ततः सुखम्।।

हिन्दी अनुवाद – विद्वानों ने कहा है कि ज्ञान का धन सबसे बड़ा है। ज्ञान की स्तुति में संस्कृत में अनेक सुभाषितों की रचना की गई है। प्रत्येक सुभाषित में ज्ञान का महत्व बताया गया है। कहा जाता है कि ज्ञान धन के बराबर है। लेकिन ज्ञान का धन सामान्य धन के समान नहीं है। ज्ञान के धन को बांटने से वह घटता नहीं बल्कि बढ़ता है। यह छीना नहीं जा सकता। इसे न तो लुटेरे चुरा सकते हैं और न ही राजा इसे करों के रूप में ले जा सकता है। यह बोझ भी नहीं है। इसे भाई-बहनों के बीच विरासत के रूप में वितरित नहीं किया जा सकता। ज्ञान वास्तव में सभी का सबसे बड़ा धन है। ज्ञान यात्रा में मित्र के समान होता है। ज्ञान से व्यक्ति का तेज बढ़ता है। ज्ञान सबसे बड़ा आभूषण है। ज्ञान व्यक्ति की कार्य करने की क्षमता को बढ़ाता है। मनुष्य अन्य सभी प्राणियों से भिन्न है, क्योंकि उसके पास ज्ञान का वरदान है। इसलिए ज्ञान विहीन व्यक्ति को पशु के समान माना जाता है। ज्ञान व्यक्ति को संसार में प्रसिद्धि दिलाता है। व्यक्ति अपने ज्ञान के कारण ही सर्वत्र आदर पाता है। ज्ञान के बारे में सच में कहा गया है कि – ज्ञान सबसे बड़ी ताकत है। खुश रहने के लिए ज्ञान प्राप्त करना महत्वपूर्ण है। कहा जाता है कि – ज्ञान मनुष्य को विनम्र बनाता है, विनम्रता से ही उस व्यक्ति को योग्यता मिलती है। योग्यता से संपत्ति मिलती है संपत्ति से (संपत्ति का सदुपयोग करने से) सुख मिलता है।

– निश्चय गांधी
बी.ए. तृतीय वर्ष

Hindi
Section



संपादक का संदेश

विद्यार्थियों,

‘त्यागमूर्ति’ पत्रिका का अगला अंक प्रकाशित होने जा रहा है। आपने अपने लेखों के माध्यम से अपने विचारों की अभिव्यक्ति की है, जो प्रशंसनीय है। हमारे शास्त्रों में लिखा है कि “श्रद्धावान् लभते ज्ञानम्” अर्थात् श्रद्धावान् व्यक्ति ही ज्ञान को प्राप्त करता है। इसके अतिरिक्त यह भी कहा गया है कि “सा विद्या या विमुक्तये” अर्थात् वास्तविक विद्या वही है जो हमें सब प्रकार के बंधनों से मुक्त करती है। जब हम एक सभ्य समाज की कल्पना करते हैं तो हमारा अभिप्राय ऐसे समाज से होता है जिसमें संकीर्ण विचारधारा का कोई स्थान नहीं होता। चाहे वह विचारधारा जातिगत, भाषागत, धर्मगत भेद पर आधारित ही क्यों ना हो। वास्तविक ज्ञान वही है जो हमें अंधकार से प्रकाश की ओर अग्रसर करे। तमसो मा ज्योतिर्गमय इसी बात का द्योतक है। अब हमें संकीर्ण विचारधाराओं से बाहर निकलकर अपने इर्द-गिर्द पीड़ित समुदाय के कष्ट को दूर करने के लिए प्रयासरत रहना होगा। सभी हम सभ्य कहलाने के अधिकारी हैं। बाबा भीम साहब अंबेडकर ने कहा था, “मैं उस धर्म का प्रशंसक हूँ जो स्वतंत्रता समानता और सहिष्णुता की शिक्षा प्रदान करता है।” वास्तव में जिनमें यह भाव विद्यमान है वही गुणी है और समाज के लिए कुछ कर सकने में सक्षम है।

ढेर सारी शुभकामनाओं के साथ।

- डॉ. प्रतिभा कुमारी
विभागाध्यक्षा (हिंदी विभाग)

सुनो मां!

सुनो मां! बेटी बेशक मत बनाना मुझे,
पर “पराई हूँ” ऐसा भी न जताना मुझे,

हो सकता है कि मेरी कोख में नन्ही गुड़िया हो,
पोता न हुआ तो मनहूस कहके न बुलाना मुझे

“नहीं लेके आयी तू अपने साथ हीरे-दौलत”,
अगर हो सके तो ऐसी बातें न सुनाना मुझे

गलती पर डांटने का भी हक है आपको,
पर हो सके तो मुहब्बत से समझाना मुझे

हर फर्ज निभाने की कोशिश करूंगी मैं,
कभी थक जाऊं तो गोद में सुलाना मुझे

घर के फैंसलों में राय आपकी भी बहुत मायने रखती है,
“हां-हां ये पढ़ी-लिखी जो आ गई” कहके न रुलाना मुझे

जो प्यार आपको बहू बन के था न मिल सका,
सास बन के वैसा ही न महसूस करवाना मुझे

कभी हुई मैं परेशान तो बस पास रहना मेरे,
ये भी नहीं कहती के सीने से लगाना मुझे

अपना सब कुछ छोड़ के आयी हूँ इस घर में,
प्यार इतना तो देना कि याद आये न घर पुराना मुझे

सुनो मां! बेटी बेशक मत बनाना मुझे,
पर “पराई हूँ” ऐसा भी न जताना मुझे,

-- शंकराये गर्ग
बी.ए. तृतीय वर्ष

चार मोमबत्तियाँ

रात का समय था. चारों ओर अंधेरा छाया हुआ था. केवल एक ही कमरा प्रकाशित था. वहाँ चार मोमबत्तियाँ जल रही थी. चारों मोमबत्तियाँ एकांत देख आपस में बातें करने लगी. पहली मोमबत्ती बोली, “मैं शांति हूँ. जब मैं इस दुनिया को देखती हूँ, तो बहुत दुःखी होती हूँ. चारों ओर लूट-खसोट और हिंसा का बोलबाला है. ऐसे में यहाँ रहना बहुत मुश्किल है. मैं अब यहाँ और नहीं रह सकती.” इतना कहकर मोमबत्ती बुझ गई. दूसरी मोमबत्ती भी अपने मन की बात कहने लगी, “मैं विश्वास हूँ. मुझे लगता है कि झूठ, धोखा, फरेब, बेईमानी मेरा वजूद खत्म करते जा रहे हैं. ये जगह अब मेरे लायक नहीं रही. मैं भी जा रही हूँ.” इतना कहकर दूसरी मोमबत्ती भी बुझ गई. तीसरी मोमबत्ती भी दुःखी थी. वह बोली, “मैं प्रेम हूँ. मैं हर किसी के लिए हर पल जल सकती हूँ. लेकिन अब किसी के पास मेरे लिए वक्त नहीं बचा. स्वार्थ और नफरत का भाव मेरा स्थान लेता जा रहा है. लोगों के मन में अपनों के प्रति भी प्रेम-भावना नहीं बची. अब ये सहना मेरे बस की बात नहीं. मेरे लिए जाना ही ठीक होगा.” कहकर तीसरी मोमबत्ती भी बुझ गई.

तीसरी बत्ती बुझी ही थी कि कमरे में एक बालक ने प्रवेश किया. मोमबत्तियों को बुझा हुआ देख उसे बहुत दुःख हुआ. उसकी आँखों से आँसू बहने लगे. दुःखी मन से वो बोला, “इस तरह बीच में ही मेरे जीवन में अंधेरा कर कैसे जा सकती हो तुम. तुम्हें तो अंत तक पूरा जलना था. लेकिन तुमने मेरा साथ छोड़ दिया. अब मैं क्या करूंगा?”

बालक की बात सुन चौथी मोमबत्ती बोली, “घबराओ नहीं बालक. मैं आशा हूँ और मैं तुम्हारे साथ हूँ. जब तक मैं जल रही हूँ, तुम मेरी लौ से दूसरी मोमबत्तियों को जला सकते हो।”

चौथी मोमबत्ती की बात सुनकर बालक का ढाढस बंध गया. उसने आशा के साथ शांति, विश्वास और प्रेम को पुनः प्रकाशित कर लिया।

शिक्षा:- जीवन में समय कभी भी एक सा नहीं रहता। जब भी मन अशांत हो, विश्वास डगमगाने लगे तभी आशा का दीपक जला लेना। आशा के बल पर जीवन में सब कुछ पाया जा सकता है।

- कर्मजोत कौर
बी.ए. पांचवां सैमेस्टर

तुम्हें तुम पर विश्वास है तुम जीत जाओगे

तुम्हें तुम पर विश्वास है तुम जीत जाओगे...

हर मुश्किल से बिना डरे लड़ जाओगे....

जिन्दगी के उतार चढ़ाव पार कर जाओगे....

परिवार, मित्र, मोह, दुनिया से लड़ जाओगे...

तुम रुकोगे नहीं...



मंजिलें चाहे लाखों कदम दूर है...

तुम्हारा मन आशा से भरपूर है...

इस उम्मीद में तुम कुछ कर जाओगे...

तुम्हें तुम पर विश्वास है तुम जीत जाओगे...

- अभिनव
बी.एससी. तृतीय वर्ष

अनुभूतियां

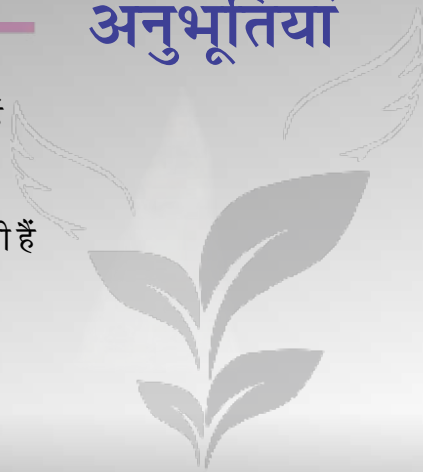
अनुभूतियाँ पंख लगा अब उड़ती हैं

शब्दों के असीमित आकाश पर

सम्पूर्ण ब्रम्हाण्ड के भाव समेट लेती हैं

अपनी झोली में

संभावनाओं की आँखों में तैरते



वे स्वप्न सारे

साकार होने की आकांक्षा में

भावनाओं के अथाह गहन सागर का

मंथन कर ही निःसृत होती हैं

परिकल्पनाएँ और कविताएँ मुस्कुराती हैं!

- श्याम सुन्दर
बी.ए. द्वितीय वर्ष

जिजीविषा

बीज से अंकुर और
वृक्ष बन फलने फूलने तक की
सम्पूर्ण यात्रा में
प्रकृति का संघर्ष
एक शिक्षा है
जीवन यात्रा की
धूप, नमी व मिट्टी



वह अनुकूलन जिसके साथ
सामंजस्य की स्थापना ही
तन, मन की जिजीविषा की
असीम परीक्षा से होकर
गुजरने के असंख्य प्रमाण
अस्तित्व की तलाश
भला सहज कहाँ होती है ?



- श्याम सुन्दर
बी.ए. द्वितीय वर्ष

कविता बची रहेगी

कविता बची रहेगी
बच्चों की मुस्कराहट में
माँ-बाप की आँखों में
बुजुर्गों की दुआओं में ।

कविता बची रहेगी
पत्तियों की सरसराहट में
झींगुर की आवाज में
दूब पर ठहरी ओस की बूँदों में ।



कविता बची रहेगी
पहाड़, झरने और नदियों में
फुसफुसाहट में और राग में ।

कविता बची रहेगी
मुझमें, तुममें और हम सब में
जब तक संवेदनाएँ जिंदा हैं
कविता सच में बची रहेगी ।

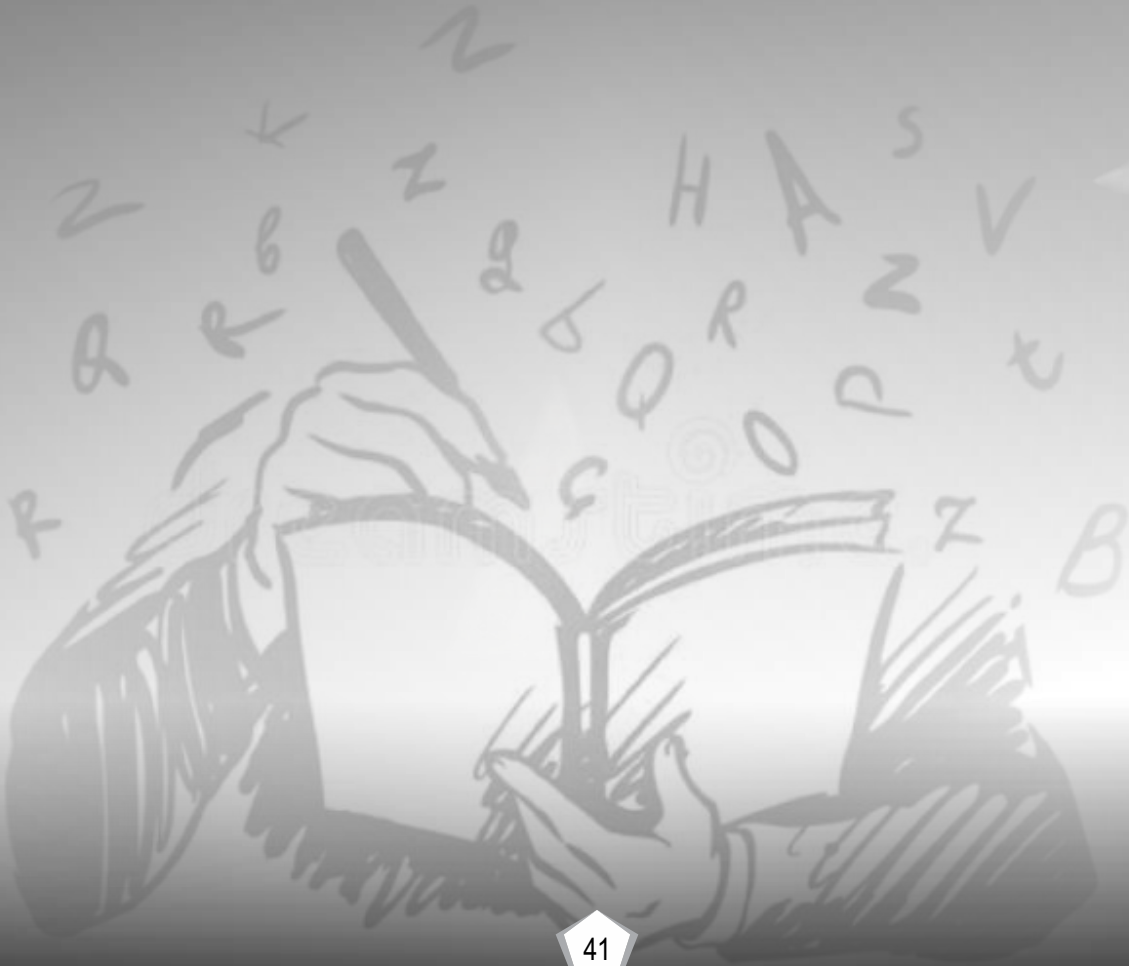
- नेहा शर्मा
बी.ए. द्वितीय वर्ष

‘जिंदगी’

जब जरूरत थी तब हमारे साथ कोई ना था,
किताबें पढ़कर तसल्ली रही की हमें सब आता है,
जब जिंदगी पढ़ने चले तब पता लगा
हमसा अनपढ़ कोई ना था।
आँखें बंध कर विश्वास कर लिया सब पे,
क्या पता था आँखें खुलेंगी तो अंधेरा दिखेगा,
मुझसा नासमझ कोई ना था।
रात मे देखे हुए किसी सपने की तरह

भुला दिया गया हमें,
जरूरत पड़ी तो फिर बुला लिया हमें
यह जरूरत भी क्या चीज है
कितनो को आबाद और
कितनो को डुबा दिया इसने।
चेहरे बदलते गये और हम संभलते गये
जिंदगी हमे सीख देती चली गई और
हम भी सीखकर बदलते गये।

- समृद्धि गोयल,
बी.ए. तृतीय वर्ष



Punjabi
Section



ਸੰਦੇਸ਼

ਕਵਿਤਾ ਦਾ ਮਨੁੱਖ ਨਾਲ ਰਿਸ਼ਤਾ ਬਹੁਤ ਗਹਿਰਾ ਤੇ ਪੁਰਾਣਾ ਹੈ। ਜਦ ਵੀ ਇਨਸਾਨ ਨੇ ਪਹਿਲੀ ਵਾਰ ਭਾਸ਼ਾ ਰਾਹੀਂ ਆਪਣੇ ਅੰਤਰਮਨ ਨੂੰ ਪ੍ਰਗਟਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਤਾਂ ਉਸਦੇ ਅੰਦਰੋਂ ਕਵਿਤਾ ਹੀ ਨਿਕਲੀ। ਇਸੇ ਲਈ ਸਾਹਿਤ ਦਾ ਪੁਰਾਣੇ ਤੋਂ ਪੁਰਾਣਾ ਰੂਪ ਕਵਿਤਾ ਹੀ ਮਿਲਦਾ ਹੈ। ਸਾਰੇ ਧਰਮਾਂ ਦੇ ਗ੍ਰੰਥ ਵੀ ਕਵਿਤਾ ਵਿਚ ਹੀ ਹਨ। ਜਨਮ ਤੋਂ ਲੈ ਕੇ ਮਰਨ ਤੱਕ ਕਵਿਤਾ ਇਨਸਾਨ ਦੇ ਅੰਗ ਸੰਗ ਰਹਿੰਦੀ ਹੈ, ਕਦੇ ਲੋਰੀਆਂ ਦੇ ਰੂਪ ਚ, ਕਦੇ ਘੋੜੀਆਂ ਤੇ ਸੁਹਾਗ ਦੇ ਰੂਪ ਚ ਤੇ ਅੰਤ ਤੇ ਅਲਾਹੁਣੀਆਂ ਦੇ ਰੂਪ ਚ। ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਲਈ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਜੋ ਹੁੰਗਾਰਾ ਮਿਲਿਆ ਉਹ ਕਵਿਤਾ ਦੇ ਰੂਪ ਵਿਚ ਹੀ ਮਿਲਿਆ। ਅੱਜ ਵੀ ਕਵਿਤਾ ਬੰਦੇ ਦੇ ਅੰਦਰ ਨੂੰ ਬਿਆਨ ਕਰਨ ਦਾ ਮੁੱਖ ਜ਼ਰੀਆ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਇਹ ਸ਼ੁਰੂਆਤ ਹੈ ਇਸ ਲਈ ਉਹਨਾਂ ਨੂੰ ਖੁਸ਼ਾਮਦੀਦ ਕਹਿਣਾ ਬਣਦਾ ਹੈ। ਇਹ ਕਵਿਤਾਵਾਂ ਇਸ ਗੱਲ ਦੀ ਗਵਾਹੀ ਹਨ ਕਿ ਅਸੰਵੇਦਨਸ਼ੀਲ ਅਤੇ ਨਫਰਤੀ ਦੌਰ ਦੀ ਇਸ ਘੜੀ ਵਿਚ ਕੁਝ ਨਜ਼ਰਾਂ ਹਨ ਜੋ ਦਿਖਦੇ ਤੋਂ ਪਾਰ ਵੇਖਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਚ ਹਨ, ਕੁਝ ਦਿਲ ਅਜਿਹੇ ਹਨ ਜੋ ਨਫਰਤ ਤੇ ਹਿੰਸਾ ਨਾਲ ਲੜਨ ਲਈ ਇਸ਼ਕ ਤੇ ਸਾਂਝ ਦੀ ਗੱਲ ਕਰਨ ਵਾਲੇ ਹਨ। ਇਕ ਧਰਵਾਸ ਵੀ ਹੈ ਕਿ ਅਜੋਕੇ ਸਮਿਆਂ ਵਿਚ ਵੀ ਸੰਵੇਦਨਸ਼ੀਲਤਾ ਬਚੀ ਹੈ, ਪੰਜਾਬੀ ਨਾਲ ਮੋਹ ਬਚਿਆ ਹੈ, ਬੁੱਲੇ, ਵਾਰਿਸ ਤੇ ਸ਼ਾਹ ਹੁਸੈਨ ਹੁਰਾਂ ਦੀ ਪਾਈ ਇਸ਼ਕ ਦੀ ਬਾਤ ਇਨ੍ਹਾਂ ਤੱਕ ਪਹੁੰਚ ਗਈ ਹੈ ਤੇ ਆਸ ਹੈ ਕਿ ਇਹ ਉਸਨੂੰ ਅਗਾਂਹ ਤੋਰਨਗੇ।

- ਡਾ. ਪਰਦੀਪ
ਸੰਪਾਦਕ, ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ

ਚਿੱਟਾ ਪਰ ਹਨੇਰਾ

ਬਿੰਨ੍ਹੇ ਹੱਥ ਵੇਖ ਕੇ ਮਾਪਿਆਂ ਨੇ
ਹੱਥ ਬੰਨ੍ਹੇ ਬਥੇਰੇ ਸੀ
ਪੁੱਤ ਸੰਗਲਾਂ ਦੇ ਨਾਲ ਬੰਨ੍ਹਿਆਂ
ਤੇ ਘਰ ਪਏ ਖਲੋਰੇ ਸੀ

ਜਿਨ੍ਹਾਂ ਹੱਥੀਂ ਫੜਾਈਆਂ ਕਲਮਾਂ
ਅੱਜ ਟੀਕੇ ਆ ਗਏ ਸੀ

ਇਹ ਪੇਪਰ, ਚਿੱਟਾ, ਟੀਕੇ ਪੰਜਾਬ
ਦੀਆਂ ਨਸਲਾਂ ਖਾ ਗਏ ਸੀ
ਪੁੱਤ, ਪਿਉ, ਭੈਣ ਤੇ ਮਾਵਾਂ ਦੀ
ਸ਼ਰਮ ਹੀ ਲਾ ਗਏ ਸੀ

ਕਿਥੇ ਮੋਢੇ ਨਾਲ ਮੋਢੇ ਜੁੜਨੇ ਸੀ
ਪਿਉ ਪੁੱਤ ਦੇ ਆਸਰੇ ਤੁਰਨੇ ਸੀ
ਉਹ ਆਪ 20-20 ਸਾਲਾਂ ਦੇ
ਪਿਉ ਦੇ ਮੋਢੇ ਆ ਗਏ ਸੀ

ਜੇ ਹੱਡ ਤੁੜਾ ਕੇ ਜੋੜਿਆ ਸੀ ਪੁੱਤ
ਥਾਣੇ ਬੈਠਾ ਮੋੜਿਆ ਸੀ
ਪੁੱਤ ਉਹ ਵੀ ਕੱਢ ਕੇ ਲੈ ਗਿਆ
ਜੇ ਭੈਣ ਦੇ ਵਿਆਹ ਨੂੰ ਜੋੜਿਆ ਸੀ

ਮਾਂ ਰੋਂਦੀ ਦੀ ਅੱਖ ਨਾ ਸੁਕਦੀ
ਸੀ ਨਾ ਜਿਉਂਦੀ ਸੀ ਨਾ
ਮੁੱਕਦੀ ਸੀ

ਪੁੱਤ ਮੁੜ ਆਵੇ ਇਹੀ ਸੁੱਖਦੀ
ਸੀ ਪਰ ਇਸ ਰਸਤੇ ਤੇ
ਆਖਿਰ ਨੂੰ

ਮੌਤ ਹੀ ਆ ਕੇ ਢੁੱਕਦੀ ਸੀ

ਪੁੱਤ ਲੁੱਟਿਆ ਜਿੰਦਗੀ ਤੋਂ
ਹੁਣ ਲੁੱਟਣ ਲੱਗ ਪਿਆ ਸੀ
ਸਬਰ ਵੀ ਮਾਪਿਆਂ ਦਾ ਹੁਣ
ਟੁੱਟਣ ਲੱਗ ਪਿਆ ਸੀ

ਪੱਥਰ ਰੱਖ ਕੇ ਮਾਪਿਆਂ ਦਿਲ
ਤੇ ਰਿਹੈਬ 'ਚ ਦੇ' ਤਾ ਸੀ

ਨਾ ਲੱਗਦਾ ਸਾਡਾ ਕੁੱਝ ਤੂੰ
ਆਉਣ ਲੱਗਿਆਂ ਕਹਿਤਾ ਸੀ

ਉਹ ਟੁੱਟਿਆ ਜਿੰਦਗੀ ਤੋਂ ਤੇ
ਪਿਆਰ ਵੀ ਬੁੜ ਗਿਆ ਸੀ

ਆਇਆ ਰਾਤ ਕਲਿਹਣੀ
ਸੁਨੇਹਾ ਪੁੱਤ ਛੱਡ ਕੇ ਤੁਰ
ਗਿਆ ਸੀ

ਮਾਂ ਬੁੱਕਲ 'ਚ ਲੈ ਕੇ ਪੁੱਤ ਆਖਰੀ
ਵਾਰੀ ਚੁੰਮਿਆਂ ਸੀ

ਰੋਂਦੀਆਂ ਭੈਣਾਂ ਦੇ ਹੱਥ ਪਏ ਕੰਬਦੇ ਸੀ
ਜਦੋਂ ਸ਼ਾਂਤ ਪਏ ਭਰਾ ਦੇ ਸਿਰ ਸਿਹਰਾ
ਬੰਨਦੇ ਸੀ

ਉਹ ਜਾਂਦਾ ਜਾਂਦਾ ਚਿਹਰਿਓਂ ਲਾਹ ਕੇ
ਹਾਸੇ ਲੈ ਗਿਆ ਸੀ

ਉਹ ਹੱਸਦਾ ਵੱਸਦਾ ਮਕਾਨ ਪੱਕਾ
ਸਵਾਹ ਬਣਕੇ ਢਹਿ ਗਿਆ ਸੀ

ਕਦੀ ਮੋਢੇ ਚਾੜ੍ਹ ਦਿਖਾਈ ਦੁਨੀਆਂ ਤੇ
ਸਹੀ ਗਲਤ ਸਿਖਾਇਆ ਸੀ

ਅੱਜ ਮੋਢੇ ਚਾੜ੍ਹ ਕੇ ਤੋਰਿਆ ਤੇ ਹੱਥੀਂ
ਲਾਂਬੂ ਲਾਇਆ ਸੀ

ਉਹ ਬੁੱਢੇ ਹੋਗੇ ਉਡੀਕ 'ਚ ਓਹਦੀ ਨਾ
ਪੁੱਤ ਮੁੜ ਵਾਪਸ ਆਇਆ ਸੀ

ਤੇਰੇ ਜਾਣ ਪਿਛੋਂ ਨਾ ਲੰਘੀ ਰੋਟੀ ਚੂਲੇ
ਘਾਹ ਉੱਗ ਆਇਆ ਸੀ

- ਰੋਹਿਤ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰਬਰ- 2215184

ਕਹਿਰ

2020- 2021 ਵੀ ਕੀ ਸਾਲ ਸੀ
ਜਦੋਂ ਹਰ ਪਾਸੇ ਮੱਚਿਆ ਭੂਚਾਲ ਸੀ ॥
ਕਿੱਥੇ ਇਜ਼ਰਾਈਲ, ਫਿਲੀਪੀਨਜ਼ ਦੀ ਜੰਗ ਸੀ
ਕਿੱਥੇ ਹਰ ਇਕ ਇਨਸਾਨ ਦੀ ਜ਼ਿੰਦਗੀ ਦੀ ਜੰਗ ਸੀ
ਅਸੀਂ ਵੀ ਪੰਜ ਤੋਂ ਚਾਰ ਹੋਏ ਸੀ
ਕੁਦਰਤ ਨੇ ਵਿਖਾਇਆ ਆਪਣਾ ਰੰਗ ਸੀ ॥
ਕੀ ਅਮੀਰ ਕੀ ਗਰੀਬ ਸਭ ਹੋਏ ਸੀ ਬੇਰੰਗ

20- 21ਵੀਂ ਕੀ ਸਾਲ ਸੀ
ਦੁਆ ਹੈ ਮੇਰੀ ਓਸ ਸਾਈਂ ਨੂੰ
ਨਾ ਵਿਖਾਈ ਫੇਰ ਉਹ ਦੁੱਖ ਸਾਨੂੰ ॥
ਹਰ ਕੋਈ ਹੋਇਆ ਬੀਮਾਰ ਸੀ ॥
20 - 21 ਵੀਂ ਕੀ ਸਾਲ ਸੀ
ਅਸੀਂ ਵੀ ਪੰਜ ਤੋਂ ਚਾਰ ਹੋਏ ਸੀ
20 - 21 ਵੀਂ ਕੀ ਸਾਲ ਸੀ।

- ਸੋਨਾਲੀ ਅਰੋੜਾ
ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

ਮਾਂ ਦੇ ਸਵਾਲ ਸ਼ਹੀਦ ਪੁੱਤਰ ਨੂੰ

ਤੂੰ ਮੈਨੂੰ ਛੱਡ ਕੇ
ਸਰੀਰ 'ਤੇ ਤਿਰੰਗਾ ਓਡ ਕੇ,
ਕਿੱਥੇ ਚਲਾ ਗਿਆ?
ਸਾਰੇ ਰਿਸ਼ਤੇ ਵੱਡ ਕੇ
ਮਿੱਟੀ ਚ ਖੁਦ ਨੂੰ ਗੱਡ ਕੇ
ਕਿੱਥੇ ਚਲਾ ਗਿਆ?
ਹਜੇ ਤਾਂ ਤੇਰੇ ਵਿਆਹ ਦੇ ਸੁਪਨੇ ਸਜਾਉਣੇ ਸੀ
ਮੈਂ ਤੇਰੇ ਵਿਆਹ ਤੇ ਢੋਲ ਨਗਾੜੇ ਵਜਵਾਉਣੇ ਸੀ,
ਓਹਨਾਂ ਸਾਰੇ ਸੁਪਨਿਆਂ ਨੂੰ ਤੋੜ ਕੇ
ਤੂੰ ਕਿੱਥੇ ਚਲਾ ਗਿਆ?
ਸ਼ਹੀਦ ਦਾ ਜਵਾਬ
ਮਾਂ
ਮੈਂ ਮੰਨਦਾ ਹਾਂ ਪਰਿਵਾਰ ਦੀ ਮੇਰੇ ਉੱਤੇ ਜ਼ਿੰਮੇਵਾਰੀ
ਸੀ
ਪਰ ਮਾਂ ਤੇਰੇ ਜਿੰਨੀ ਹੀ ਭਾਰਤ ਮਾਤਾ ਵੀ ਮੈਨੂੰ
ਪਿਆਰੀ ਸੀ

ਹਾਂ ਮਾਂ ਤੁਸੀਂ ਮੇਰੇ ਵਿਆਹ ਤੇ ਢੋਲ ਵਜਵਾਉਣਾ ਸੀ
ਪਰ ਮੈਂ ਵੀ ਦੁਸ਼ਮਣ ਦੇ ਸੀਨੇ 'ਤੇ ਤੋਪ ਚਲਾਉਣਾ ਸੀ,
ਜਦ ਭਾਰਤ ਮਾਂ ਦੇ ਬੱਚੇ ਮੈਨੂੰ ਜਾਗਦਾ ਦੇਖ ਸੌਂਦੇ ਸੀ
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਤੁਸੀਂ ਪਰਿਵਾਰ ਵਾਲੇ ਮੇਰੀ ਚਿੰਤਾ
ਵਿਚ ਰੋਂਦੇ ਸੀ,
ਪਰ ਮਾਂ ਤੇਰੇ ਮੌਹ ਦੇ ਵਿਚ ਭਾਰਤ ਮਾਂ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ
ਨੀ ਛੱਡ ਸਕਦਾ ਸੀ
ਆਪਣੇ ਪਿੰਡ ਦੀ ਯਾਦ ਵਿੱਚ ਦੁਸ਼ਮਣ ਦੀ ਗੋਲੀ ਤੋਂ
ਮੂੰਹ ਨਹੀਂ ਵੱਟ ਸਕਦਾ ਸੀ,
ਏਸੇ ਲਈ ਲੜਦਾ ਰਿਹਾਂ ਤੇ ਤਿਰੰਗੇ ਵਿਚ ਲਿਪਟਕੇ
ਚਲਾ ਗਿਆ,
ਮਾਂ ਅੱਜ ਆਪਣਾ ਕੰਮ ਪੂਰਾ ਕਰਕੇ ਮੈਂ ਮਿੱਟੀ ਵਿਚ
ਸਿਮਟਕੇ ਚਲਾ ਗਿਆ

- ਅਕਰਿਸ਼ਟ ਮਦਾਨ
ਬੀ. ਕੌਮ. ਭਾਗ ਤੀਸਰਾ

ਕਿਤੇ ਯਾਦਾਂ ਮੇਰੀਆਂ ਤੈਨੂੰ ਘੇਰਾ ਨਾ ਪਾਉਣ,
 ਮੈਂ ਤਾਂ ਹੀ ਤੈਨੂੰ ਘੇਰਾ ਪਾਉਂਦਾ ਨੀ,
 ਕਿਤੇ ਤੇਰਾ ਸੁਪਨਾ ਨਾ ਬਣ ਜਾਵਾਂ,
 ਮੈਂ ਤਾਂ ਹੀ ਤੇਰੇ ਖਿਆਲਾਂ ਵਿੱਚ ਸੌਂਦਾ ਨੀ,
 ਕਿਤੇ ਤੂੰ ਮੇਰੇ ਲਈ ਰਾਹਾਂ ਵਿੱਚ ਨਾ ਰੁੱਕ ਜਾਵੇਂ,
 ਮੈਂ ਤਾਂ ਹੀ ਰਾਹਾਂ ਤੇਰਿਆਂ 'ਚ ਆਉਂਦਾ ਨੀ,
 ਕਿਤੇ ਤੇਰੇ ਬੁੱਲ ਮੇਰਾ ਨਾਂ ਲੈ ਲੈ ਸੁੱਕ ਨਾ ਜਾਣ,
 ਮੈਂ ਤਾਂ ਹੀ ਤੈਨੂੰ ਜਾਨ-ਜਾਨ ਬੁਲਾਉਂਦਾ ਨੀ,

ਨਾਂ ਮੇਰੇ ਦਾ ਸੁਰਮਾ ਪਾ ਤੂੰ ਨਜ਼ਰੀ ਤੀਰ ਨਾ ਮੈਨੂੰ ਮਾਰੇ,
 ਮੈਂ ਤਾਂ ਹੀ ਸੁਰਮਾ ਤੇਰੇ ਲਈ ਬਜ਼ਾਰੋਂ ਲਿਆਉਂਦਾ ਨੀ,
 ਡਰਦਾ ਹਾਂ ਮੈਂ ਤੈਨੂੰ ਖੋਹ ਨਾ ਦੇਵਾ ਕਿਤੇ,
 ਮੈਂ ਤਾਂ ਹੀ ਤੈਨੂੰ ਚਾਹ ਕੇ ਵੀ ਭੁਲਾਉਂਦਾ ਨੀ,
 ਕਿਤੇ ਨਸ਼ੇ ਵਾਂਗੂ ਰੱਚ ਨਾ ਜਾਵੇ ਹੱਡਾ ਵਿੱਚ ਤੂੰ,
 ਮੈਂ ਤਾਂ ਹੀ ਖੁਦ ਨੂੰ ਹਰ ਵਾਰ ਤੇਰੀ ਯਾਦ ਦਿਵਾਉਂਦਾ ਨੀ,
 ਜੱਸ ਨਜ਼ਮਾਂ ਲਿਖ-ਲਿਖ ਪਿਆਰ ਚ ਡੁੱਬੋ,
 ਮੈਂ ਤਾਂ ਹੀ ਤੈਨੂੰ ਨਜ਼ਮਾਂ ਸੁਣਾ ਕੇ ਪਿਆਰ ਜਤਾਉਂਦਾ ਨੀ.

- ਜਸਕੀਰਤ ਸਿੰਘ
 ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

ਕਿੰਨੇ ਹੱਸਦੇ ਨੇ, ਕਿੰਨੇ ਵੱਸਦੇ ਨੇ,
 ਕੁਝ ਚੁੱਪ ਬਾਕੀ ਰੌਲਾ ਪਾ ਕੇ ਦੱਸਦੇ ਨੇ,
 ਕਿੰਨਾ ਪਾਇਆ-ਕਿੰਨਾ ਗਵਾਇਆ ਏ,
 ਕੁਝ ਹੱਸਦੇ ਨੇ ਤਕਲੀਫਾਂ ਚੇ, ਕੁਝ ਰੋ-ਰੋ ਇਲਜ਼ਾਮ
 ਲਾਇਆ ਏ,
 ਕਿੰਨਾ ਰੁਝਾਇਆ ਏ, ਕਿੰਨਾ ਫਸਾਇਆ ਏ,

ਕੁਝ ਪੜ੍ਹਦੇ ਨੇ, ਕੁਝ ਮੇਰੇ ਵਰਗਿਆ ਤੋਂ
 ਲਿਖਾਇਆ ਏ,
 ਕਿੰਨਾ ਬੋਇਆ ਏ, ਕਿੰਨਾ ਕਟਾਇਆ ਏ,
 ਜਿੱਥੇ ਹੌਂਸਲੇ ਬੁਲੰਦ ਨੇ, ਜੱਸ ਉਸ ਸ਼ਹਿਰੋਂ
 ਆਇਆ ਏ,
 ਕਿੱਥੋਂ ਆਈ ਏ, ਕਿੱਥੋਂ ਲਿਆਈ ਏ,
 ਮੇਰੀ ਕਲਮ ਚੋਂ ਸ਼ਾਇਰੀ ਉਹਨੇ ਵਿਆਈ ਏ।

- ਜਸਕੀਰਤ ਸਿੰਘ
 ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

ਪੰਜਾਬ ਦੀ ਮਹਾਂਰਾਣੀ ਹੈ ਗੁਰੂਆਂ ਦੀ ਵੀ ਬਾਣੀ ਹੈ
 ਤੂੰ ਫਿਰ ਵੀ ਨਾ ਜਾਣੀ ਹੈ? ਇਹ ਕੈਸੀ ਪੀੜ੍ਹੀ ਮਰਜਾਣੀ ਹੈ
 ਪੰਜਾਬੀ ਹੀ ਬਣਾ 'ਤੀ ਅਨਜਾਣੀ ਹੈ
 ਅੰਗਰੇਜ਼ ਤਾਂ ਦੇਸ਼ ਤੋਂ ਕੱਢਤੇ ਅੰਗਰੇਜ਼ੀ ਨਾ ਕੱਢ ਹੋਈ
 ਤਾਂ ਹੀ ਉਹ ਬਾਣੀ 'ਚ ਰਚੀ ਕਿਸੇ ਪੰਨੇ ਉੱਤੇ ਰੋਈ
 ਅਸੀਂ ਅਨਜਾਣੇ ਹੋ ਗਏ ਹਾਂ ਪੰਜਾਬੀ ਨਾ ਕਿਸੇ ਦੀ ਹੋਈ
 ਅਸੀਂ ਹੀ ਕਿਤਾਬਾਂ ਚ ਬੰਦ ਕਰ ਟਰੰਕਾਂ 'ਚ ਲਕੋਈ
 ਤਾਂ ਹੀ ਮਾਂ ਬੋਲੀ ਰੋਈ ਉਹ ਆਪਣੀਆਂ ਦੀ ਹੀ ਨਹੀਂ ਹੋਈ

ਜੁਰਮਾਨੇ ਲੱਗਦੇ ਸਕੂਲਾਂ 'ਚ ਨਿੱਤ ਪੰਜਾਬੀ ਬੋਲਣ 'ਤੇ
 ਹੋ ਜਾਣਾ ਦਿਵਾਨਾ ਤੂੰ ਇਕ ਵਾਰ ਸ਼ਿਵ ਨੂੰ ਖੋਲ੍ਹਣ 'ਤੇ
 ਕਰ ਲੈ ਇੱਕ ਹੋਰ ਮੁਹੱਬਤ ਲੱਗਜਾ ਮਾਂ ਬੋਲੀ ਨੂੰ
 ਬੋਲਣ ਤੇ
 ਲਾ ਲੈ ਥੋੜ੍ਹਾ ਜੋਰ ਨੀ ਤੂੰ ਟਰੰਕਾਂ ਨੂੰ ਖੋਲ੍ਹਣ ਤੇ
 ਮਾਂ ਬੋਲੀ ਨੂੰ ਟੋਹਲਣ ਤੇ
 ਮਾਂ ਬੋਲੀ ਨੂੰ ਬੋਲਣ ਤੇ

- ਜਸਕਰਨ ਸਿੰਘ ਅਨੇਜਾ
 ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ

ਮਾਂ

ਰਿਸ਼ਤੇ ਤਾਂ ਬਹੁਤ ਨੇ ਇਸ ਜੱਗ ਤੇ ਪਰ ਮਾਂ ਜਿਹਾ
ਕੋਈ ਨਾ
ਜਿਹੜੀ ਕਦੇ ਮੇਰੇ ਸੋਏ ਬਿਨਾਂ ਸੋਈ ਨਾ
ਮੇਰੀ ਜ਼ਿੰਦਗੀ ਦੀ ਕਹਾਣੀ ਲਿਖਤੀ
ਤੂੰ ਕਿਉਂ ਨਹੀਂ ਪਹਿਲਾਂ ਰੋਟੀ ਖਾਂਦੀ ਦਿਖਦੀ।

ਰੱਬ ਦਾ ਰੂਪ ਨਹੀਂ ਤੂੰ ਤੇ ਰੱਬ ਹੈਂ
ਹੋਰਾਂ ਦਾ ਨਹੀਂ ਪਤਾ ਮੈਨੂੰ ਤੂੰ ਤਾਂ ਮੇਰਾ ਸਭ ਹੈ
ਇੱਕ ਨਹੀਂ, ਮਾਂ ਦੇ ਦਿਨ ਤਾਂ ਸਾਰੇ ਨੇ
ਉਹਦੇ ਸਾਹਮਣੇ ਤਾਂ ਸਾਰੇ ਹੀ ਵਿਚਾਰੇ ਨੇ।

ਓਹਨੇ ਦੁਨੀਆਂ ਭਾਵੇਂ ਘੱਟ ਵੇਖੀ
ਪਰ ਮੇਰੀ ਦੁਨੀਆਂ ਤਾਂ ਉਹ ਵੇ
ਕੀ ਦੱਸਾ ਮੈਂ ਸਿਫ਼ਤ ਉਹਦੀ
ਉਹਦਾ ਤਾਂ ਮੇਰੇ ਯਾਰਾਂ ਨਾਲ ਵੀ
ਪੁੱਤਾਂ ਵਾਲਾ ਮੋਹ ਵੇ।



ਸਾਰੇ ਰਿਸ਼ਤੇ ਦੁਨਿਆਵੀ ਨੇ ਪਰ ਤੇਰੇ ਨਾਲ ਪੱਕਾ ਹੈ
ਮਾਫ਼ ਕਰੀ ਮਾਂ, ਤੇਰਾ ਪੁੱਤ ਹਲੇ ਰੱਬ ਬਾਰੇ ਲਿਖਣ ਵਿਚ
ਕੱਚਾ ਹੈ।

- ਜਸਕਰਨ ਸਿੰਘ ਅਨੇਜਾ
ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ

ਬਚਪਨ

ਆਪਣੀ ਦੁਨੀਆਂ ਆਪਣੇ ਰੰਗ ਸੀ
ਮੁੱਖ ਤੇ ਮੁਸਕਾਨ ਭਾਵੇਂ ਜੇਬ ਤੋਂ ਤੰਗ ਸੀ
ਪੂਰੀ ਹੁੰਦੀ ਜੱਦ ਹਰ ਇਕ ਮੰਗ ਸੀ
ਬੜੇ ਚੰਗੇ ਮੇਰੇ ਬਚਪਨ ਦੇ ਰੰਗ ਸੀ।

ਕਦੇ ਨਹੀਂ ਮੁੜਨੇ ਉਹ ਦਿਨ
ਜੱਦ ਖੇਡਦੇ ਹੁੰਦੇ ਸੀ ਸਾਰਾ ਸਾਰਾ ਦਿਨ
ਖੁਸ਼ ਹੁੰਦੇ ਸੀ ਤਾਰੇ ਗਿਣ ਗਿਣ
ਨੱਚਦੇ ਹੁੰਦੇ ਸੀ ਮੀਂਹ ਕਿਣ ਮਿਣ।

ਹੁਣ ਕੱਲੇ ਰਹਿ ਗਏ ਹਾਂ ਜ਼ਿੰਦਗੀ 'ਚ
ਤੱਦ ਕੱਲੇ ਰਹਿਣ ਤੋਂ ਡਰਦੇ ਸੀ
ਹੁਣ ਕਦੇ ਮਾਂ ਨੂੰ ਨਹੀਂ ਹੱਸ ਕੇ ਮਿਲਦੇ
ਤੱਦ ਮੰਮੀ ਮੰਮੀ ਕਰਦੇ ਸੀ
ਇੱਕ ਟਾਫੀ ਪਿੱਛੇ ਲੜਦੇ ਸੀ।

ਆਪਣੀ ਦੁਨੀਆਂ ਆਪਣੇ ਰੰਗ ਸੀ
ਮੁੱਖ ਤੇ ਮੁਸਕਾਨ ਭਾਵੇਂ ਜੇਬ ਤੋਂ ਤੰਗ ਸੀ
ਪੂਰੀ ਹੁੰਦੀ ਜੱਦ ਹਰ ਇਕ ਮੰਗ ਸੀ
ਬੜੇ ਚੰਗੇ ਮੇਰੇ ਬਚਪਨ ਦੇ ਰੰਗ ਸੀ।

- ਜਸਕਰਨ ਸਿੰਘ ਅਨੇਜਾ
ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ

ਪੰਛੀ

ਜਿਵੇਂ ਇੱਕ ਪੰਛੀ
ਇੱਕ ਟਾਹਣੀ ਤੋਂ ਦੂਜੀ ਤੇ
ਝੱਟ ਉਡਾਰੀ ਮਾਰ ਲੈਂਦਾ,
ਉਸੇ ਤਰ੍ਹਾਂ
ਮਨ ਮੇਰਾ ਵੀ
ਇੱਕੋ ਥਾਂ 'ਤੇ ਟਿਕਦਾ ਨਹੀਂ।

ਕਦੇ-ਕਦੇ
ਮਨ ਸੋਚਦਾ ਏ
ਕੋਈ ਲੰਮੀ ਉਡਾਰੀ ਮਾਰ ਲਵਾਂ,
ਪੰਛੀ ਜਿਵੇਂ

ਆਪਣਾ ਸਭ ਛੱਡਕੇ
ਕਿਤੇ ਦੂਰ-ਦੁਰਾਂਡੇ ਉੱਡ ਜਾਂਦਾ ਏ।
ਫਸ ਜਾਂਦਾ ਏ
ਮਨ ਫਿਰ ਉਲਝਣ ਵਿੱਚ
ਕਿਸੇ ਅਣਜਾਣ ਚੀਜ਼ ਲਈ ਕਿੰਜ ਆਪਣਾ
ਪਿਛੋਕੜ ਛੱਡਦਾ,
ਵਿਚਾਰਾ ਪੰਛੀ ਵੀ ਤਾਂ
ਆਪਣਾ ਆਲੁਣਾ ਛੱਡਣ ਲੱਗਾ
ਇਸੇ ਕਸ਼ਮਕਸ਼ ਵਿੱਚ ਫਸਦਾ ਹੋਣਾ ਏ।

- ਯਾਦਵਿੰਦਰ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

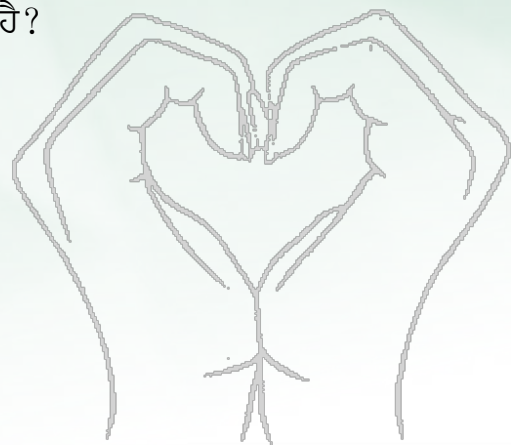
ਪਿਆਰ

ਕੀ ਹੈ ਪਿਆਰ ?
ਬਾਪ ਦੀ ਝਿੜਕ,
ਭੈਣ ਨਾਲ ਲੜਾਈ,
ਮਾਂ ਦੀਆਂ ਗਾਲ੍ਹਾਂ,
ਤੇ ਹਰ ਵਾਰੀ
ਮੇਰਾ ਪੱਖ ਪੂਰਦਾ ਮੇਰਾ ਦਾਦਾ,
ਇਸ ਸਭ ਪਿੱਛੇ ਲੁਕਿਆ
ਪਿਆਰ ਨਹੀਂ ਤੇ ਹੋਰ ਕੀ ਹੈ?

ਚਾਚੇ-ਤਾਇਆਂ ਦੀ ਹੱਲਾਸ਼ੇਰੀ,
ਮਾਮੇ-ਮਾਸੀਆਂ ਦਾ ਮੋਹ,
ਪਰਛਾਵਿਆਂ ਵਰਗੇ ਭਰਾ,

ਤੇ ਯਾਰਾਂ ਨਾਲ ਪਈਆਂ ਸਾਂਝਾ,
ਪਿਆਰ ਨਹੀਂ ਤੇ ਹੋਰ ਕੀ ਹੈ?

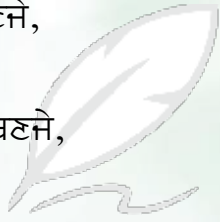
ਪਿਆਰ ਤਾਂ ਮੈਨੂੰ
ਆਪਣੇ ਸਕੂਲ ਨਾਲ,
ਆਪਣੇ ਪਿੰਡ ਨਾਲ,
ਆਪਣੇ ਘਰ ਨਾਲ ਵੀ ਹੈ,
ਪਰ 'ਕੱਲੇ ਇਸ਼ਕ ਨੂੰ
ਪਿਆਰ ਦਾ ਦਰਜਾ ਦੇਣਾ,
ਤੌਹੀਨ ਹੈ ਇਸ਼ਕ ਦੀ ਵੀ
ਤੇ ਪਿਆਰ ਦੀ ਵੀ।



- ਯਾਦਵਿੰਦਰ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

ਤੰਦ

ਉਂਝ ਜਿੰਦਗੀ ਬਹੁਤੀ ਸੌਖੀ ਨਹੀਂ
ਪਰ ਤੂੰ ਨਾਲ ਹੋਵੇਂ ਤਾਂ ਗੱਲ ਬਣਜੇ,
ਜਦ ਵੀ ਕਦੇ ਧਿਆਂਵਾ ਰੱਬ ਨੂੰ
ਅੱਖਾਂ ਮੂਹਰੇ ਤੇਰੀ ਹੀ ਸ਼ਕਲ ਬਣਜੇ,



ਜੇੜ ਕੋਈ ਤੰਦ ਇਸ਼ਕੇ ਦੀ
ਸਾਡੀ ਕਲਮ 'ਚੋਂ ਵੀ ਕੋਈ ਗਜ਼ਲ ਬਣਜੇ,
ਹੋਰ ਲੋੜ ਨਹੀਂ ਕਿਸੇ ਵੀ ਚੀਜ਼ ਦੀ
ਬਸ ਤੇਰੇ ਆਉਣ ਨਾਲ ਹੀ ਸਾਡੇ ਮਸਲੇ ਦਾ
ਹੱਲ ਬਣਜੇ।

- ਯਾਦਵਿੰਦਰ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

ਲੰਘੀਆਂ ਜਿਨ੍ਹਾਂ ਦੀਆਂ ਉਮਰਾਂ,
ਪੱਕੀਆਂ ਜਿਨ੍ਹਾਂ ਦੀਆਂ ਉਮਰਾਂ, ਕੱਚੇ ਘਰੀਂ।
ਕਾਹਦੀ ਐ ਜਿੰਦਗੀ ਏਨਾਂ ਨਿਆਣਿਆਂ ਦੀ?
ਇਨਸਾਨੀਅਤ ਤੋਂ ਵੱਡੀ ਕੋਈ ਜਾਤ ਨਹੀਂ
ਗੱਲ ਹੈ ਸੱਚੀ, ਸਿਆਣਿਆਂ ਦੀ।

ਅਣਖਾਂ ਦੀ ਜਗ੍ਹਾ, ਜੋ ਰੱਖਦੇ ਨਫਰਤ,
ਨਾ ਦੂਰ ਉਨ੍ਹਾਂ ਤੋਂ ਕੁੜੱਤਣ ਹੋਵੇ।
ਇੱਕ ਪੱਖੀ, ਸੀਮਤ ਸੋਚ ਉਨ੍ਹਾਂ ਦੀ,
ਇਹ ਤਾਂ ਖੇਡ ਲੱਗੇ ਨਿਆਣਿਆਂ ਦੀ॥

ਮੈਂ ਨਹੀਂ ਸਿਆਣਾ

ਮੈਂ ਨਹੀਂ ਸਿਆਣਾ
ਪਰ ਭੀੜਾਂ ਤੁਰ ਜਾਂਦੀਆਂ
ਜੋ ਨਾ ਸਮਝ ਪਾਉਣ ਜਿੰਦਗੀ ਦੀ ਗੂੰਜ,
ਜੋ ਖੋਲ੍ਹ ਸਕੀ, ਨਾਂ ਅੱਖ ਤੇਰੀ
ਕੀ ਕਰਨਾ ਐਸੀ ਪੜ੍ਹਾਈ ਨੂੰ।



ਵੱਸੇ ਆਪਣੀ ਕੁਦਰਤ ਚ ਆਪ ਖੁਦਾ,
ਇਹ ਇਨਸਾਨ ਵੀ ਤਾਂ ਓਹਦਾ ਈ ਐ,
ਖੁਦ ਨੂੰ ਸਮਝਣ ਜੋ ਉੱਚੇ ਥੰਮ,
ਨਾ ਕਰਨ ਮਹਿਸੂਸ, ਛੋਹ ਇਲਾਹੀ ਨੂੰ।

ਭੇਡਚਾਲ

ਵਧੇ ਨੇ ਕਦਮ, ਬੱਸ ਬਰਬਾਦੀ ਵੱਲ।
ਡੂੰਘੀ ਹੈ ਪੱਤਰਿਆਂ ਦੀ ਹਰ ਲਿਖਤ,
ਲਿਵ ਲਾਵੇਂ, ਤਾਂ ਵੱਧ ਸਕੇ ਅਜ਼ਾਦੀ ਵੱਲ।
ਕੀਕਰ ਨਾ ਮੈਂ ਕਹਾਂ, ਬੇਅਸਰ ਨੇ ਰੁਤਬੇ,
ਬੇਅਸਰ ਨੇ ਮਿਹਨਤਾਂ, ਬੇਅਸਰ ਨੇ ਸੋਚਾਂ।
ਫਰਕ ਐ ਚੰਗੇ ਤੇ ਸ਼੍ਰੇਸ਼ਠ ਵਿਚ।
ਸੱਚੀ ਗੱਲ, ਦੇ ਅਸਲ ਮਤਲਬ, ਮੈਂ
ਸਿੱਦਤ ਨਾਲ ਲੋਚਾਂ।

ਸਿੱਟ ਦਿਓ ਵਗਾਹ ਕੇ ਪਰ੍ਹਾਂ, ਦੋਗਲੇਪਨ, ਹੰਕਾਰ ਨੂੰ
ਬਣ ਬੈਠੀਆਂ ਜੋ, ਤੇਰੇ ਪੈਰ ਦੀਆਂ ਮੋਚਾਂ।

ਇਹ ਯਾਦ ਰੱਖੀਂ ਕਿ:
ਨਿਮਾਣੇ ਰਹਿਣਾ ਕੋਈ ਪਾਪ ਨਹੀਂ ਹੁੰਦਾ
ਤੇ ਗਲਤ ਸੋਚ ਨਾਲ ਖੜਨਾ, ਅਕਸਰ ਮਾਫ ਨਹੀਂ ਹੁੰਦਾ,
ਅਕਸਰ ਮਾਫ ਨਹੀਂ ਹੁੰਦਾ।

- ਜੈਕਿੰਥ
ਬੀ.ਐੱਸ.ਸੀ. ਭਾਗ ਦੂਸਰਾ

ਤਨਹਾਈਆਂ ਤੋਂ ਕਿਉਂ ਡਰਦੈਂ, ਇਹੋ ਤਾਂ ਸਾਥ ਨਿਭਾਉਂਦੀਆਂ।
ਜੇ ਲੋਕ ਪਛਾਣੇ ਨਹੀਂ ਜਾਂਦੇ, ਇਹੋ ਤਾਂ ਪਛਾਣ ਕਰਾਉਂਦੀਆਂ।

ਮਿੱਤਰ ਆਏ ਕੋਲ ਤੇਰੇ, ਜਦ ਜੇਬਾਂ ਤੇਰੀਆਂ ਭਰੀਆਂ ਸੀ।
ਇਹ ਕੋਲ ਬੈਠੀਆਂ ਤੇਰੇ, ਜਦ ਮਿੱਤਰਾਂ ਡੰਡੀਆਂ ਫੜੀਆਂ ਸੀ।

ਸੋਚਿਆ ਨਾਂ ਕਦੇ ਮਹਿਫਲਾਂ ਅੰਦਰ, ਕੀ ਚੰਗਾ ਕੀ ਮਾੜਾ ਐ।
ਤਨਹਾਈਆਂ ਤੈਨੂੰ ਸਮਝਾਇਆ, ਕੀ ਸੱਜਣਾਂ ਕੀਤਾ ਕਾਰਾ ਐ।

ਖੋਜਾਂ ਲਈ ਤਨਹਾਈ ਚੰਗੀ, ਸੋਚਣ ਲਈ ਤਨਹਾਈ ਚੰਗੀ।
ਭਗਤੀ ਲਈ ਤਨਹਾਈ ਚੰਗੀ, ਮਸਤੀ ਲਈ ਤਨਹਾਈ ਚੰਗੀ।

ਤਨਹਾਈ ਵਿੱਚ ਆ ਕੇ ਸੱਜਣ, ਤਾਰ ਤਾਰ ਨਾਲ ਜੋੜ ਦੇਵੇ।
ਵਰ੍ਹਿਆਂ ਦੀ ਤਨਹਾਈ ਸੱਜਣ ਗਲ ਨਾਲ ਲਾ ਕੇ, ਰੋੜ੍ਹ ਦੇਵੇ।

- ਜੈਕਿੰਥ
ਬੀ.ਐੱਸ.ਸੀ. ਭਾਗ ਦੂਸਰਾ

ਕਿਉਂ ਨਾ ਮੈਂ ਫਿਕਰ ਮਨਾਵਾਂ ਜਦ ਕਾਫ਼ਿਰ ਮੇਰੇ ਦੀਵਾਨੇ ਨੇ,
ਮੁਹੱਬਤ ਦੀ ਥਾਂ ਤੋੜ ਨੇ ਪੜ੍ਹਦੇ ਦਿਲ ਜ਼ਹਿਰ ਦੇ ਖਾਨੇ ਨੇ,
ਇਲਮ ਏ ਸਾਰੀ ਦੁਨੀਆਂ ਦਾ ਉਤੋਂ ਸਾਰੇ ਹੀ ਪਰਵਾਨੇ ਨੇ,
ਮੈਂ ਕੁਰਬਾਨ ਹਾਂ ਜਿਨ੍ਹਾਂ ਤੋਂ ਮੇਰੇ ਆਪਣੇ ਹੀ ਬਿਗਾਨੇ ਨੇ !

- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਲੋਕਾਂ ਵਾਂਗੂ ਕਈ ਆਪਣੇ ਮਿਹਣਾ ਮਾਰ ਜਾਂਦੇ
ਸੱਜਣ ਆਪਣਿਆ ਤੋਂ ਆਪਾ ਹਾਰ ਜਾਂਦੇ ।

ਲਾਜਮੀਂ ਨਹੀਂ ਹੋਵੇ ਇਸ਼ਕ ਇੱਕੋ ਜਿਹਾ
ਸਾਰੇ ਡੁੱਬਦੇ ਨਈਂ ਤੇ ਨਾ ਹੀ ਸਾਰੇ ਪਾਰ ਜਾਂਦੇ ।

ਖਵਰੇ ਕੀ ਚੀਜ਼ ਏ ਜੋ ਮੁਹੱਬਤ ਨਾਲੋਂ ਵੱਡੀ ਏ
ਉਹ ਫਿਰ ਨਹੀਂ ਮੁੜਦੇ ਜੋ ਇੱਕ ਵਾਰ ਜਾਂਦੇ ।

- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਜਿੰਦਗੀ ਜਿਓਈ ਬਹਾਰਾਂ ਵਿੱਚ
ਗੱਲਾਂ ਹੋਣ ਦਰਬਾਰਾਂ ਵਿੱਚ ,

ਮਾਂ ਗੱਲਾਂ ਕਰਦੀ ਤਸਵੀਰਾਂ ਨਾਲ
ਪੁੱਤ ਨਾ ਮਿਲਣ ਬਜ਼ਾਰਾਂ ਵਿੱਚ ,

ਜਿਉਂਦੇ ਨੂੰ ਕਰਨ ਸਾੜਾ ਸਾੜਾ
ਮਰੇ ਨੂੰ ਸਲਾਹੁਣ ਵਿਚਾਰਾਂ ਵਿੱਚ ,

ਅੰਤ ਮੌਤ ਬਰਾਬਰ ਸੱਚ ਦੇ ਰਮਨਾ
ਇੱਥੇ ਝੂਠ ਛਪੇ ਅਖਬਾਰਾਂ ਵਿੱਚ ।



- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਪਿਆਰ ਲੋੜ ਏ ਰਮਨ
ਇਸ਼ਕ ਕੌੜ ਏ ਰਮਨ

ਇੱਕ ਤਰਫ਼ੀ ਕਰ ਮੁਹੱਬਤ
ਦੋ ਦਿਲਾਂ ਵਿੱਚ ਚੋਰ ਏ ਰਮਨ

ਇੱਥੇ ਦਿੱਲ ਹਰ ਕੋਈ ਤੋੜ ਏ ਰਮਨ
ਪੈਂਡਾ ਇਸ਼ਕੇ ਦਾ ਨਾ ਕੋਈ ਜੋੜੇ ਰਮਨ

ਤੇਰੀ ਪਸੰਦ ਜੇ ਤੈਨੂੰ ਜਾਨਣ ਲੱਗੇ
ਫਿਰ ਕੁੱਝ ਗੱਲ ਹੋਰ ਏ ਰਮਨ !



- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਖੱਤ

ਸੱਜਣ ਪਿਆਰਾ ਸਾਡਾ ਲੱਖਾਂ ਕੋਹਾਂ ਦੂਰ ਸਾਥੋਂ
ਆਹਾ ਖੱਤ ਕਿੰਝ ਉਸ ਤਾਈਂ ਪੁਚਾਈਏ
ਦਿਲ ਸਾਡਾ ਆਖੇ ਸਾਨੂੰ ਦੀਦ ਉਹਦੀ ਕਰਨੀ ਮੈਂ
ਝੱਲੇ ਦਿਲ ਨੂੰ ਹੁਣ ਕਿੰਝ ਆਹਰੇ ਲਾਈਏ

ਹਿਜਰ ਦਾ ਜਿਹੜਾ ਰੋਜ਼ ਨਾਗ ਸਾਨੂੰ ਡੱਸਦਾ ਏ
ਕਿੰਝ ਕੀਲ ਕੇ ਪਿਟਾਰੀ ਵਿੱਚ ਪਾਈਏ
ਉਹਦੀ ਯਾਦ ਅੱਖੋਂ ਦਿਨ ਰਾਤ ਹੰਝੂ ਬਣ ਵਗੇ ਜਿਹੜੀ
ਦੱਸੋ ਕਿੰਝ ਭਲਾ ਪੂੰਜੀ ਇਹ ਲੁਕਾਈਏ

ਤੋਲੂ ਮੈਨੂੰ ਸਾਹਿਬਾਂ ਨਾਲ ਲਾਹਨਤਾਂ ਇਹ ਜੱਗ ਪਾਉ
ਜੇ ਹੁਣ ਜਾਈਏ ਵੀ ਤਾਂ ਕਿਹੜੇ ਪਾਸੇ ਜਾਈਏ
ਇੱਕ ਪਾਸੇ ਦਿਸੇ ਮੈਨੂੰ ਜਨਮਾਂ ਦਾ ਸਾਥੀ ਪਰ
ਦੱਸੋ ਬਾਬਲ ਵਿਰੁੱਧ ਕਿੰਝ ਜਾਈਏ

ਸਾਡਾ ਕਿਹੜਾ ਕੁੜੀਆਂ ਦਾ ਦਰਦੀ ਏ ਕੋਈ ਮਾਨਾ ਏਥੇ
ਦੁੱਖ ਦਿਲ ਵਾਲਾ ਜਿਸ ਨੂੰ ਸੁਣਾਈਏ
ਪਹਿਲੇ ਘਰ ਜੰਮ ਕੇ ਤੇ ਦੂਜੇ ਘਰ ਤੁਰ ਜਾਈਏ
ਇਸ ਚੰਦਰੀ ਜਹੀ ਰੀਤ ਨੂੰ ਚਲਾਈਏ

ਸੱਜਣ ਪਿਆਰਾ ਸਾਡਾ ਲੱਖਾਂ ਕੋਹਾਂ ਦੂਰ ਸਾਥੋਂ
ਆਹਾ ਖੱਤ ਕਿੰਝ ਉਸ ਤਾਈਂ ਪੁਚਾਈਏ ।

13 ਮਾਨ ਲਿਖਾਰੀ
- ਪ੍ਰਿਤਪਾਲਜੋਤ ਸਿੰਘ ਮਾਨ
ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

ਤੇਰੇ ਨਾਲ (ਗੀਤ)

ਸੱਜਣਾ ਵੇ ਗੱਲ ਸੁਣ ਮੇਰੀ ਵੇ ਤੈਨੂੰ ਮੈਂ ਤਰਲੇ ਪਾਵਾਂ
ਤੇਰੇ ਨਾਲ ਦੂਣੀ ਹੋਜਾਂ ਮੈਂ ਤੇਰੇ ਬਿਨ ਮੁੱਕਦੀ ਜਾਵਾਂ
ਕਿਧਰੇ ਨਾ ਦਿਲ ਚੋਂ ਕੱਢ ਦਈਂ, ਕਮਲੀ ਦਾ ਪਿਆਰ ਵੇ
ਜੀਣਾ ਤੇਰੇ ਨਾਲ ਵੇ ਅੜਿਆ, ਮਰਨਾ ਤੇਰੇ ਨਾਲ ਵੇ



ਮਾਨਾ ਤੈਨੂੰ ਦਿਲ ਵਿਚ ਰੱਖਿਆ ਵੇ ਪਲਕਾਂ ਨਾਲ ਮੱਥੇ ਟੇਕਾਂ
ਤੇਰਾ ਮੈਨੂੰ ਪਵੇ ਭੁਲੇਖਾ ਵੇ ਜਦ ਵੀ ਮੈਂ ਚੰਨ ਵੱਲ ਵੇਖਾਂ
ਤੂੰ ਹੀ ਮੇਰਾ ਗਹਿਣਾ ਅੜਿਆ ਚਾਉਂਦੀ ਨਾ ਹਾਰ ਵੇ
ਜੀਣਾ ਤੇਰੇ ਨਾਲ ਵੇਹ ਅੜਿਆ, ਮਰਨਾ ਤੇਰੇ ਨਾਲ ਵੇ

ਦੁਨੀਆਂ ਸੱਚੇ ਇਸ਼ਕ ਦੀ ਵੈਰੀ ਵੇ ਕੈਦੋਂ ਜਿਹੇ ਲੋਕ ਨੇ ਲੱਖਾਂ
ਕਿਧਰੇ ਤੈਨੂੰ ਨਜ਼ਰ ਨਾ ਲੱਗ ਜਾਏ ਵੇ ਕਰ ਕੇ ਮੈਂ ਪਰਦਾ ਰੱਖਾਂ
ਗੱਲ ਮੇਰੇ ਦਿਲ ਦੀ ਸੱਜਣਾ, ਹੱਸ ਕੇ ਨਾ ਟਾਲ ਵੇ
ਜੀਣਾ ਤੇਰੇ ਨਾਲ ਵੇ ਅੜਿਆ, ਮਰਨਾ ਤੇਰੇ ਨਾਲ ਵੇ

ਮਿਲਣੇ ਦੀ ਰੁੱਤ ਹੁਣ ਆ ਗਈ ਵੇ ਤੂੰ ਕਿਉਂ ਨਾ ਘਰ ਨੂੰ ਮੁੜਿਆ
ਕਾਹਦਾ ਤੂੰ ਮਾਨ ਲਿਖਾਰੀ ਜੇ ਮੇਰੇ ਲਈ ਗੀਤ ਨਾ ਜੁੜਿਆ
ਤੇਰੇ ਪਿੱਛੇ ਰਹੀ ਕੁਆਰੀ, ਛੱਬੀਵਾਂ ਸਾਲ ਵੇ
ਜੀਣਾ ਤੇਰੇ ਨਾਲ ਵੇ ਅੜਿਆ, ਮਰਨਾ ਤੇਰੇ ਨਾਲ ਵੇ
ਜੀਣਾ ਤੇਰੇ ਨਾਲ ਵੇ ਅੜਿਆ, ਮਰਨਾ ਤੇਰੇ ਨਾਲ ਵੇ

13 ਮਾਨ ਲਿਖਾਰੀ

- ਪ੍ਰਿਤਪਾਲਜੋਤ ਸਿੰਘ ਮਾਨ, ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

ਤੋਹਫ਼ਾ ਸ਼ਬਦਾਂ ਦਾ (ਕਵਿਤਾ)

ਕਿਸੇ ਦੇ ਵੱਲੋਂ ਆਪਣੀ ਮਹਿਬੂਬ ਦੀ ਤਾਰੀਫ ਵਿੱਚ ਆਖੇ ਗਏ ਸ਼ਬਦ
ਅੱਖਾਂ ਤੇਰੀਆਂ ਡੋਬ ਲੈਂਦੀਆ, ਜਿਵੇਂ ਡੂੰਘੀਆਂ ਹੁੰਦੀਆ ਝੀਲਾਂ ਨੇ
ਤੈਨੂੰ ਵੇਖ ਕੇ ਮੈਨੂੰ ਯਕੀਨ ਹੋਇਆ, ਕੇ ਪਰੀਆਂ ਅੱਜ ਵੀ ਹੁੰਦੀਆ ਨੇ
ਸਾਹਮਣੇ ਰੱਖ ਕੇ ਪੜ੍ਹ ਕੁੜੀਏ, ਮੈਂ ਸ਼ੇਅਰ ਕਈ ਲਿਖ ਕੇ ਆਂਦੇ ਆ
ਤੂੰ ਜਿਸ ਰਾਹ ਉਤੇ ਪੈਰ ਧਰੇ, ਉਸ ਰਾਹ ਤੇ ਫੁੱਲ ਉੱਗ ਜਾਂਦੇ ਆ
ਮੈਂ ਸਦਕੇ ਤੇਰੀਆਂ ਜੁਲਫਾਂ ਤੋਂ, ਕਰਾਂ ਸੱਜਦਾ ਤੇਰਿਆ ਹੱਥਾਂ ਨੂੰ
ਮੇਰੇ ਯਾਰ ਤੂੰ ਲੱਖਾਂ ਵਰਗਾ ਏ, ਮੈਂ ਕੀ ਕਰਨਾ ਏ ਲੱਖਾਂ ਨੂੰ
ਤੈਨੂੰ ਦੂਰ ਅੰਬਰਾਂ ਚੋਂ ਤੱਕ ਕੇ ਤੇ, ਚੰਨ ਵੀ ਸ਼ਰਮਾਇਆ ਲੱਗਦਾ ਏ
ਜੇ ਸੱਚ ਆਖਾਂ ਤਾਂ ਤੈਨੂੰ ਰੱਬ ਨੇ, ਬੜੀ ਫੁਰਸਤ ਚ ਬਣਾਇਆ ਲੱਗਦਾ ਏ

13 ਮਾਨ ਲਿਖਾਰੀ

- ਪ੍ਰਿਤਪਾਲਜੋਤ ਸਿੰਘ ਮਾਨ
ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

ਚੁੱਪ ਦੀ ਅਵਾਜ਼

ਸਮਝਦਾਰੀ ਨਾਲ ਵਰਤੀ ਜੁਬਾਨ ਨੂੰ,
ਕਦੇ ਘਬਰਾਉਣਾ ਨਹੀਂ ਪੈਂਦਾ
ਕਿ ਜਨਾਬ ਤੋਲ ਕੇ ਬੋਲਣ ਵਾਲੇ ਨੂੰ
ਕਦੇ ਪਛਤਾਉਣਾ ਨਹੀਂ ਪੈਂਦਾ।

ਵੱਢੀ ਜੀਭ ਤੇ ਲੰਬਾ ਧਾਗਾ,
ਹਮੇਸ਼ਾ ਹੀ ਉਲਝ ਜਾਂਦੇ ਨੇ।
ਕਿ ਚੁੱਪ ਰਹਿਣ ਨਾਲ ਕਈ ਵਾਰ,
ਮਸਲੇ ਸੁਲਝ ਵੀ ਜਾਂਦੇ ਨੇ।

ਵਹਿਮ ਨਾ ਰੱਖਿਓ ਘੱਟ ਬੋਲਣ ਵਾਲਿਆਂ ਕੋਲ,
ਸ਼ਬਦਾਂ ਦੀ ਥੋੜ੍ਹ ਨਹੀਂ ਹੁੰਦੀ।
ਗੱਲ ਤੇ ਬੱਸ ਐਨੀ ਹੈ ਕਿ,
ਜਿਹਨਾਂ ਦੇ ਸਲੀਕੇ ਬੋਲਦੇ ਹੋਣ,
ਉਹਨਾਂ ਨੂੰ ਜੁਬਾਨੋਂ ਬੋਲਣ ਦੀ ਲੋੜ ਨਹੀਂ ਹੁੰਦੀ।

ਪੱਕੇ ਨਮਾਜ਼ੀ ਤੋਂ ਬਿਨਾ ਅਦਾ,
ਪੰਜ ਵੇਲੇ ਦੀ ਨਮਾਜ਼ ਨਹੀਂ ਹੁੰਦੀ।
ਬਿਨਾਂ ਬੋਲੇ ਹੀ ਸਾਹਮਣੇ ਵਾਲੇ ਨੂੰ ਦੁਬਿਧਾ 'ਚ
ਪਾ ਸਕਦੇ ਹਾਂ ਅਸੀਂ,
ਤੇ ਤੁਸੀਂ ਕਹਿੰਦੇ ਹੋ ਚੁੱਪ ਦੀ ਅਵਾਜ਼ ਨਹੀਂ ਹੁੰਦੀ।

ਸਿਆਣਾ ਵਿਅਕਤੀ ਲਹਿਜੇ ਨਾਲ ਬੋਲਦਾ
ਮੂਰਖ ਬੁੜਕਦਾ ਹੀ ਰਹਿੰਦਾ ਹੈ।
ਯਾਦ ਰੱਖਿਓ ਜੋ '100 ਦਾ ਨੋਟ ਕਦੇ ਬੋਲਦਾ ਹੀ ਨਹੀਂ,
ਤੇ ਸਿੱਕਾ ਹਮੇਸ਼ਾ ਖੜਕਦਾ ਹੀ ਰਹਿੰਦਾ ਹੈ।

ਬੇ-ਖੁਦੀ ਹੈ ਕੇ ਜਿਰਾਹ ਕਰਨ ਤੋਂ ਪਰਹੇਜ਼ ਕਰੀਂ
ਜੁਬਾਨ ਦਾ ਲਾਇਆ ਫੱਟ ਦੂਣੇ ਤੋਂ ਚੋਖਾ ਹੋ ਜਾਣਾ।
ਸੰਧੂ ਘੱਟ ਬੋਲਕੇ ਇੱਜ਼ਤ ਨੂੰ ਮਹਿਫੂਜ਼ ਰੱਖੀਂ,
ਨਹੀਂ ਤੇ ਤੇਰੀ ਜੁਬਾਨ ਦਾ ਰਸ ਤੈਨੂੰ ਹੀ ਪੀਣਾ
ਔਖਾ ਹੋ ਜਾਣਾ।

- ਸਿਮਰਨ ਸੰਧੂ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਤੇਰਾ ਕੱਖ ਨਾ ਰਹੇ,
ਇਹ ਕਿਸੇ ਤੋਂ ਕਹਾਉਣਾ ਨੀ ਚਾਹੀਦਾ।
ਜੇ ਸੱਚ ਸੁਣਨ ' ਤੇ ਵੀ ਰੁੱਸਦਾ ਹੋਏ,
ਉਹਨੂੰ ਕਦੇ ਮਨਾਉਣਾ ਨੀ ਚਾਹੀਦਾ।

ਕੋਰੇ ਬੰਦੇ ਦੇ ਅਕਸਰ ਕੋਈ ਕਰੀਬ ਨਹੀਂ ਹੁੰਦਾ।
ਪਛਤਾਵੇ ਤੇ ਵਹਿਮ ਦਾ,
ਜੱਗ ਤੇ ਕੋਈ ਤਬੀਬ ਨਹੀਂ ਹੁੰਦਾ।

ਕਿਸੇ ਦਾ ਕਰਨ ਤੋਂ ਬਾਅਦ,
"ਕਰਨ ਲਈ ਕਿਹਾ ਕਿਸ ਨੇ ਸੀ?"
ਇਹ ਇਲਜ਼ਾਮ ਸਿਰ ਲੈਣਾ ਪੈਂਦਾ।
ਕਿ ਜਨਾਬ ਤਰੀਫ਼ ਕਰਾਉਣ ਲਈ ਵੀ,
ਪਹਿਲਾਂ ਉਖਲੀ ਚ' ਸਿਰ ਦੇਣਾ ਪੈਂਦਾ।

-ਸਿਮਰਨ ਸੰਧੂ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਲਿਬਾਸ ਐਸਾ ਪਹਿਨੋ ਕਿ ਵੇਖਣ ਵਾਲਾ,
ਇੱਜ਼ਤ ਦੇਣ ਤੇ ਮਜ਼ਬੂਰ ਹੋਜੇ।
ਤੇ ਇੱਜ਼ਤ ਐਨੀ ਕੁ ਕਮਾਉ ਕਿ ਪੈਸੇ ਦੀ ਥਾਂ,
ਤੁਹਾਡਾ ਨਾਮ ਲੈਣ ਨਾਲ ਹੀ ਲੋਕਾਂ ਦਾ ਕੰਮ ਹੋਜੇ।

ਇਮਾਨਦਾਰੀ ਦਾ ਇੱਕ ਫਾਇਦਾ ਇਹ ਵੀ
ਕਿ ਬੰਦਾ ਜਿਉਂਦਾ ਦਿਲ ਤੋਂ ਆ
ਹਾਸਾ ਝੂਠਾ ਵੀ ਹੋ ਸਕਦਾ ਸੰਧੂ,
ਪਰ ਬੰਦਾ ਰੋਂਦਾ ਦਿਲ ਤੋਂ ਆ।

-ਸਿਮਰਨ ਸੰਧੂ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਅਣਕਹੇ ਸੱਚ

ਤੁਹਾਡਾ ਘਰ ਵੰਡਦਾ ਵੇਖ ਦੁੱਖ ਸਿਰਫ਼ ਉਸਨੂੰ ਹੋਵੇਗਾ,
ਜਿਸਨੇ ਨਾ ਚਾਹੁੰਦੇ ਹੋਏ ਆਪਣਾ ਵੰਡਾਇਆ ਹੋਵੇ
ਤੁਹਾਡਾ ਦਰਦ ਵੀ ਉਹੀ ਸਮਝ ਸਕਦਾ ਹੈ,
ਜਿਸਨੇ ਆਪਣੇ ਤੇ ਕਦੇ ਹੰਢਾਇਆ ਹੋਵੇ।

ਤਕਲੀਫ਼ ਦਰਦ ਸਹਿਣ ਚ' ਨਹੀਂ ਹੁੰਦੀ,
ਤਕਲੀਫ਼ ਤਾਂ ਉਦੋਂ ਹੁੰਦੀ ਹੈ
ਜਦੋਂ ਦਰਦ ਲਕੋਣਾ ਪੈ ਜਾਵੇ
ਤੇਰਾ ਆਪਣਾ ਵੀ ਕੋਈ ਨਾਲ ਨੀ ਤੇਰੇ,
ਮਨ ਨੂੰ ਜਦੋਂ ਸਮਝਾਉਣਾ ਪੈ ਜਾਵੇ।

ਇੱਜ਼ਤ ਦੇਹਲੀ ਟੱਪ ਜਾਂਦੀ,
ਜਦੋਂ ਸ਼ਰਮਾਂ ਦੇ ਤੱਖਤੇ ਪੁੱਟੇ ਜਾਂਦੇ ਨੇ।
ਐਥੇ ਜ਼ਲੀਲ ਵੀ ਉਹ ਹੁੰਦਾ,
ਜਿਹਦੇ ਸਿਰ ਤੇ ਨਜ਼ਾਰੇ ਲੁੱਟੇ ਜਾਂਦੇ ਨੇ।

-ਸਿਮਰਨ ਸੰਧੂ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਗੱਲ ਦਿਲ ਚ ਰੱਖਣਾ ਵੀ ਗੁਨਾਹ ਐ,
ਤੇ ਕਿਸੇ ਨੂੰ ਕਹਿਣਾ ਵੀ ਮਾੜਾ ਐ।
ਜ਼ਰਾ ਗੱਲ ਤੁਸੀਂ ਆਪਣੀ ਵੀ ਰੱਖਿਓ,
ਮੇਰੀ ਬੇਨਤੀ ਸੁਣਨ ਵਾਲਿਆਂ ਨੂੰ
ਉਸ ਤੇ ਜ਼ਰਾ ਯਕੀਨ ਵੀ ਕਰ ਲਿਓ।
ਜਿਨ੍ਹਾਂ ਦੀ ਬੀਤੀ ਜ਼ਿੰਦਗੀ ਕਾਲੀਆਂ ਰਾਤਾਂ ਤੇ
ਜਿਨ੍ਹਾਂ ਨੇ ਕਦੇ ਰੋਸ਼ਨੀ ਦਾ ਸੂਰਜ ਨੀ ਵੇਖਿਆ
ਬੰਦ ਦਰਵਾਜ਼ੇ ਦਿਲ ਤੇ ਬੇਚੈਨੀ ਐ,
ਜਿਨ੍ਹਾਂ ਨੇ ਕਦੇ ਆਪ ਦੀ ਹੀ ਪਹਿਚਾਣ ਗਵਾ ਲਈ
ਜ਼ਰਾ ਉਹਨੂੰ ਵੀ ਸਮਾਂ ਕੱਢ ਪਹਿਚਾਣ ਦੇ ਦਿਓ,
ਵੇ ਉਹਨੂੰ ਵੀ ਆਪਣਾ ਸਮਝ ਸਹਾਰਾ ਦੇ ਦਿਓ।
ਬੱਸ ਜਿਹਨੇ ਵੀ ਉਹਦਾ ਇਹ ਹਾਲ ਕਰਿਆ,
ਹੇ ਰੱਬ ਉਸ ਨੂੰ ਆਪਣੀਆਂ ਗਲਤੀਆਂ ਦਾ
ਪਛਤਾਵਾ ਦੇ ਦਿਓ।

-ਪ੍ਰਭਜੋਤ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

ਬੇਤਕੁਲਫੀ ਜੁਬਾਨ

ਸੰਕਟ ਤਾਂ ਬਹੁਤ ਨੇ ਜਿੰਦਗੀ 'ਚ
ਉਮੀਦ ਮਾਰ ਕੇ ਵਖਤ ਤੋਂ ਪਹਿਲਾਂ ਮਰੀਏ ਕਿਉਂ?
ਜੇ ਇਕੱਲੇ ਆਏ ਹਾਂ ਤੇ ਇਕੱਲੇ ਹੀ ਜਾਣਾ
ਫੇਰ ਇਕੱਲੇ ਚੱਲਣ ਤੋਂ ਡਰੀਏ ਕਿਉਂ?
ਆਪਣੀ ਕੀਮਤ ਜਾਣਦੇ ਹਾਂ ਅਸੀਂ
ਕਿਸੇ ਦਾ ਪਾਣੀ ਭਰੀਏ ਕਿਉਂ?
ਸਾਨੂੰ ਹੀ ਪਤਾ ਹੈ ਜਿੰਦਗੀ ਦੇ ਹਰ ਪੰਨੇ ਦਾ
ਦੁਨੀਆਂ ਦੇ ਮਿਹਣੇ ਜਰੀਏ ਕਿਉਂ?
ਕਈ ਕਹਿਣ ਸਾਨੂੰ ਮਾੜਾ
ਅਸੀਂ ਤਾਂ ਵੀ ਚੁੱਪ ਤੇ ਅਸੂਲਾਂ ਦੇ ਪਾਬੰਦ ਰਹਿੰਦੇ ਹਾਂ

ਉਸ ਮਾਲਕ ਨੇ ਜਿੱਥੇ ਵੀ ਰੱਖਿਆ ਹੈ
ਚਾਹੇ ਤਿੰਨ ਚ ਚਾਹੇ ਤੇਰ੍ਹਾਂ ਚ
ਚਾਹੇ ਸ਼ੇਰਾਂ ਚ ਚਾਹੇ ਪਲੇਰਾਂ ਚ
ਚਾਹੇ ਵਿਕੇ ਹੋਏ ਬੇਰਾਂ ਚ
ਅਸੀਂ ਰਜਾਮੰਦ ਰਹਿੰਦੇ ਹਾਂ
ਜਿਉਂਦੇ ਜੀਅ ਤਾਂ ਹਰਦੇ ਨੀ
ਜੇ ਮਰਗੇ ਸਾਡੀ ਮਜ਼ਬੂਰੀ ਐ
ਰਹਿਣਾ ਤਾਂ ਉਹਦੇ ਹੀ ਦਰ ਤੇ ਪਸੰਦ ਕਰਾਂਗੇ
ਜਿੱਥੇ ਖੁਦਾ ਦੀ ਮਨਜ਼ੂਰੀ ਐ।

- ਸਿਮਰਨ ਸੰਧੂ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਕਵਿਤਾ : ਮਾਂ

ਸਾਰਿਆਂ ਦੁੱਖਾ-ਦਰਦਾਂ ਨੂੰ ਆਪ ਵਿਚ ਸਮਾਂ ਕੇ ਬੱਚਿਆਂ ਨੂੰ ਖੁਸ਼ੀਆਂ ਵੰਡ ਦੀ ਹੈ ਮਾਂ।
ਸਾਰੇ ਕੰਮ ਬਣਨ ਸੰਤਾਨ ਦੇ, ਇਹੀ ਹਰ ਵੇਲੇ ਦੁਆਵਾਂ ਮੰਗਦੀ ਹੈ ਮਾਂ।
ਸੰਸਾਰ ਕੀ ਜਾਣੇ ਉਸ ਪਿਆਰ ਨੂੰ ਜੋ ਬੱਚਿਆਂ ਨੂੰ ਹਰ ਵੇਲੇ ਵੰਡਦੀ ਹੈ ਮਾਂ।
ਮਾਂ ਦੇ ਚਰਨਾਂ ਵਿਚ ਹੀ ਰੱਬ ਵਸਦਾ ਹੈ, ਸੁੱਖਾ ਦਾ ਬ੍ਰਹਿਮੰਡ ਹੈ ਮਾਂ।
ਮਾਂ ਦੀਆਂ ਦੁਆਵਾਂ ਲੈ ਲੈਂਦਾ ਜੋ, ਉਸ ਦਾ ਜੀਵਨ ਬਦਲ ਦਿੰਦੀ ਹੈ ਮਾਂ
ਮਾਂ ਦਾ ਦਿਲ ਜੋ ਖੁਸ਼ ਰੱਖਦਾ, ਤਾਂ ਸੁਰਗਾ ਦਾ ਰਾਹ ਬਣਾ ਦਿੰਦੀ ਹੈ ਮਾਂ।
ਹਾੜੀ ਦੀ ਧੁੱਪ ਵਿਚ, ਬਣ ਠੰਡੀ ਛਾਂ ਬੱਚਿਆਂ ਨੂੰ ਬਚਾ ਲੈਂਦੀ ਮਾਂ।
ਸਾਰਾ ਜੱਗ ਸੌਂਵੇ ਜਦੋਂ, ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਜਾਗ ਰੋਟੀ ਪਕਾ ਦੇਵੇ ਮਾਂ।

- ਜੈਅੰਤ
ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

Science
Section



Editor's Message

Human civilization and Science have grown together over a period spanning from initiation of civilization till date. Both will show the trend of growth even beyond this time. While looking back in time, it is found that development of scientific temperament and formulation of scientific concepts was in the hands of philosophers, who had made simple rules, which were applicable in different walks of life.

The first aspect of science developed by pre-historic man was more linked with naming of organisms which is called as taxonomy today. When humans learnt to construct houses, though with simple naturally available materials at first, and then using different materials made by them. This turned him into an engineer who could design tools, use them to shape the material for constructing houses. Not only this, in due course he learnt usage of metallurgy as science to develop composite materials which were instrumental in developing study material for construction, travelling as well as weaponry.

The basic science was done by the early settlers, henceforth, more application based science was done by the successors. Since over a period of centuries, humans have learnt basics and applications of different forms of Science and put it in the form of technology and made it beneficial for us. Therefore, it is the duty of present generation to pay homage to the scientifically bent minds which were at work over generations. The best way is to depict thoughts and believes regarding science in the form of writings which could then be communicated to masses. One such effort had always been and is still being made by our college by publication of science section in the college magazine Tyagmurti.

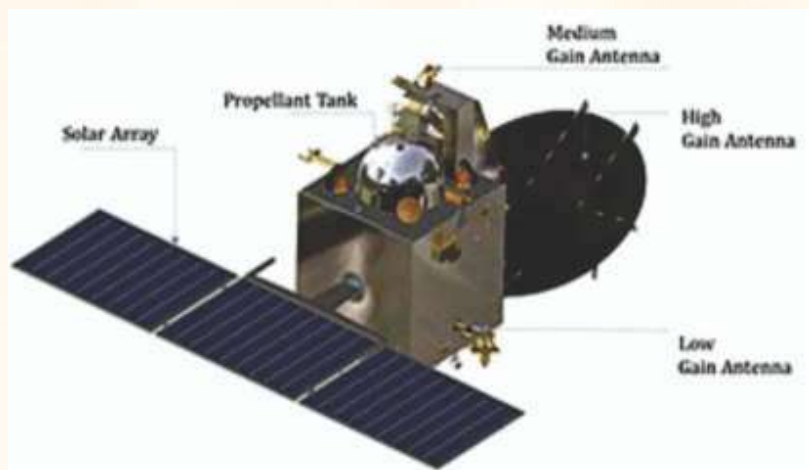
As an editor I was overwhelmed by merely looking at large number of articles submitted by the scholars of our college. It was more difficult for me as a selector of articles for the reason every article submitted to me was rich in both content and had valuable inputs by the student himself.

The inquisitive thinking by students shown in their writings the something which assures that science is in promising hands of future generations and they will leave no stone unturned to quench their thirst on one hand and dissipate the knowledge of science to the masses in the form of publications and communications.

- Dr. Shweta Wadhawan
Editor, Science section

MANGALYAAN

MANGALYAAN, a journey that made our nation proud. The pride of our nation, The Mars orbiter mission of ISRO had made history. Launched on 5th November 2013, the Mars Orbiter Mission has given us information unmatched in the history of space exploration. Mars, a tiny planet standing on the 4th position in the solar system has been a subject of admiration and exploration throughout centuries. ISRO's most proud gem was not designed to survive this long a period, but it did. On 2nd October 2022 ISRO had lost communication with the satellite and after a while, made a public statement that the Orbiter had gone dead, due to the reasons of loss of fuel and battery power. The main objective of the Orbiter was to understand and explore the topography, morphology and mineralogy of the planet Mars and as well as studying the dynamics of the weather there. The Orbiter has made it possible what was once thought impossible, it helped us study the event of Solar Corona known as 'The Mars Conjunction', in which Earth and Mars are on the opposite sides of the sun.



We hereby bid adieu to the prodigal son of ISRO, we are proud that you have served this long and informed and helped us understand the impossible. In the words of professor Brand from the movie, Interstellar,

"Do not go gentle into that goodnight,
Do not go gentle into that good night,
Old age should burn and rave at close of day;
Rage, rage against the dying of the light.
Though wise men at their end know dark is right,
Because their words had forked no lightning,
Do not go gentle into that good night."

- Harshit
B.Sc. 2nd Year

FACTS ABOUT ASTEROIDS YOU MAY HAVE NOT KNOWN

"Not all asteroids create extinctions". From space dust to crater makers, here are some interesting things you should know about:

1. THEY CAN CREATE A BIG IMPACT

About 66 million years ago, an asteroid the size of a mountain hit the coast of Mexico's Yucatán Peninsula — creating the Chicxulub crater. The impact and its damage changed life on Earth and is believed to have contributed to the extinction of the dinosaurs.

2. THEY CAN BECOME PLANETS

The Italian priest and astronomer, Giuseppe Piazzi, discovered Ceres in 1801, and experts reclassified it from an asteroid to a dwarf planet in 2006.

3. THEY CAN HAVE MOONS

Some asteroids are large enough to have moons. According to NASA, more than 150 asteroids have moons, and some even have two.

4. NO ASTEROIDS HAVE EVER BEEN OBSERVED TO HIT THE SUN. BUT THAT DOESN'T MEAN THAT THEY DON'T !!

5. HOW BIG IS 2027 ASTEROID?

An asteroid, named "2019 PDC", was discovered that will come dangerously close to the earth 8 years from now, on April 29, 2027. The space rock is between 330 and 1000 feet in size, somewhere in between the length of 6.5 school buses to the height of two Washington Monuments stacked on top of each other.

- Ashu Singh
B.Sc. 2nd Year

WORLD'S FIRST WARM BLOODED FISH

The silver fish, roughly the size of a large automobile tyre is known from oceans around the world and dwells hundreds of feet beneath the surface in ice cold waters.

Biologist Nick Wegner discovered a first fully warm blooded fish that circulates heated blood throughout its body much like mammals and birds. The warm blooded advantage turns the opah into a high performance predator that swims faster and reacts more towards external environment conditions. This design is known in engineering as "Counter current heat exchange". The unique location of heat exchange within the gills allows the entire body of the fish to maintain an elevated temperature even in chilled depths of the water gives a competitive edge to these animals.

- Vedangi Thakur
B.Sc. 2nd Year

ASTRONOMY

Astronomy is the study of everything in the universe beyond Earth's atmosphere. That includes objects we can see with our naked eyes, like the Sun, the Moon, the planets, and the stars. It also includes objects we can only see with telescopes or other instruments, like far away galaxies and tiny particles. And it even includes questions about things we can't see at all, like dark matter and dark energy.



History of Astronomy -Astronomy is the oldest of the natural sciences, dating back to antiquity, with its origins in the religious, mythological, cosmological, calendrical, and astrological beliefs and practices of prehistory.

Discovery -In 1609, using this early version of the telescope, Galileo became the first person to record observations of the sky made with the help of a telescope. He soon made his first astronomical discovery.

Some interesting facts about Astronomy :

- Our solar system is about 4.5 billion years old.
- The Moon is drifting away from Earth at a rate of 1.5 inches (3.8 cm) a year.
- A person who weighs 220 pounds (100 kg) on Earth would weigh only 84 pounds (34 kg) on Mars.
- Scientists discovered a hydrogen signal from a galaxy located five billion light - years away.
- Saturn is made of 96% hydrogen.

- Ritu

B.Sc. 2nd Year

PROOF OF 2=1

Do you find mathematics boring??

Let's make it interesting.

So let's prove that $1 = 2$

Proof : Let $a = b = 1$

$$a^2 = a.a$$

$$= a.b$$

(Since $a = b$)

Subtract b^2 from both sides

$$a^2 - b^2 = a.b - b^2$$

$$(a - b)(a + b) = b(a - b)$$

Cancelling $(a - b)$ from both sides

Therefore,

$$(a + b) = b(1 + 1) = 1$$

$$2 = 1 \text{ (Hence proved)}$$

- Srishti Juneja

B.Sc. 2nd Year

EXISTENCE OF ALIENS

Humans have spent centuries wondering if we are alone in the universe, or is there any other creatures like aliens who live in this universe too. The history of our ideas about aliens is plain fascinating in its own right.

Recently the misconception that there is no sound in the space originates because most space is a vacuum, providing no way for sound waves to travel. A galaxy cluster has so much gas that researchers have picked up actual sound. #NASA's account dedicated to #exoplanets tweeted-

The black hole at the center of the Perseus galaxy cluster has long been associated with sound. In 2003, astronomers discovered that the pressure waves sent out by this black hole causes ripples in the cluster's gas that can be translated into a note, albeit, one that humans cannot hear. But NASA has created a sonification of this sound.

Sonification is the translation of astronomical data into sound. This sonification translates the actual sound waves discovered in data from NASA's Chandra X-ray Observatory. There is a popular misconception that there is no sound in space because most of the space is a vacuum, with no medium for sound waves to travel through. But galaxy clusters enveloping thousands of galaxies within it often have large amounts of sound, providing a medium for the sound waves to travel.

Rest is still a mystery but it's clear that there is some energy and maybe some other creatures, which is still not known and they live beyond our thinking power.

- **Deepti Sharma**, B.Sc. 2nd Year

THE MYSTERIES OF THE BERMUDA TRIANGLE...

The Bermuda Triangle is a mythical section of the Atlantic Ocean roughly bound by Miami, Bermuda and Puerto Rico, where dozens of ships and airplanes have disappeared. Unexplained circumstances surround some of these accidents, including one in which the pilots of a squadron of U.S. Navy bombers became disoriented while flying over the area; the planes were never found and it was thought that they may have disappeared in the bermuda. Other boats and planes have seemingly vanished from the area in good weather without even radioing distress messages. But although myriad unrealistic theories have been proposed regarding the Bermuda Triangle, none of them prove that mysterious disappearances occur more frequently there in that particular area than in other well-traveled sections of the ocean. In fact, people navigate the area every day without incident.

The area referred to as the Bermuda Triangle, or Devil's Triangle, covers about 500,000 square miles of ocean off the southeastern tip of Florida. Persons accepting the Bermuda Triangle as a real phenomenon have offered a number of explanatory approaches.

Some hypothesize that a parallel universe exists in the Bermuda Triangle region, causing a time/space warp that sucks the objects around it into a parallel universe. Others attribute the events to UFOs.

Few theories regarding 'Bermuda' suggests that some magnetic anomalies exist here in Bermuda which attracts everything to itself. A number of theories have been also proposed and documentaries have been made but nobody knows what exactly Bermuda triangle is.

- **Amanjot Kaur**, B.Sc. 2nd Year

THE DISCOVERY OF JAMES WEBB TELESCOPE

The largest and most powerful space telescope ever developed, was launched in December 2021. The James Webb Telescope will travel nearly 1 million miles over 30 days to a stable spot in space, and then take another six months to unfold its instruments, align, and calibrate. The work to create the telescope started in 1996 by NASA, the Canadian Space Agency and the European Space Agency, and it cost around USD 500 million or more than 40 thousand crore rupees. The launch was delayed several times. For the next several decades, it will track Earth's orbit around the sun. Previously invisible parts of the universe would now be observable giving way to new discoveries, it would be able to do things the Hubble Space Telescope cannot. Some of the findings of this Telescope are exoplanet with evidence of silicate-rich clouds; the brown dwarf is nearly 20 times the size of Jupiter. The brown dwarf is called VHS 1256 b and orbits two small red dwarf stars, 72 light-years from Earth.



Priyanshu Khajuria
B.Sc. 2nd Year

CHEMISTRY.O.CHEMISTRY

Chemistry.O.Chemistry
Why are you so hard to get
So many formulas,
So many structures
Still nothing gets into
my system
Chemistry. O.Chemistry
Talk to me about elements

And your periodic trends
They are also my friends
And i will love them to the end
Chemistry.O.chemistry
In all the colours of titration
Pink, blue and none
In all the smells of test
Fishy burnt and rotten eggs

You teach us the world
Chemistry.O.Chemistry
Why are you so hard to
get
So many formulas,
So many structures
Still nothing gets into
my system

- Anisha Saini
B.Sc. 2nd Year

MYSTERY BEHIND THE NUMBER 3, 6 AND 9

'If you know the magnificence of the no. 3, 6 and 9 you would have a key to the universe.' -**Nicola Tesla**

Our universe is so mathematical, almost everything in nature is highly symmetrical and follows geometrical patterns in the form of Golden ratio and Fibonacci sequence present everywhere in the nature.

Everything is made up of particles and if we go deeper at more microscopic level we reach into the Quantum World which is pure mathematics. All the living things in the universe are made up of cells. Multicellular organisms are formed by the divisions of cells. A single cell divides into 2 then 4,8,16,32 and so on and finally we have a multicellular organisms.

If we observe doubling and halving sequence of the numbers till we get a single number i.e. digital root of the number.

In both the cases we get the same numbers 1,2,4,8,7,5.

In both the cases numbers 3,6,9 are missing in the sequence!!!

According to the researchers, numbers 1,2,4,8,7,5 represents our 3D world where we live. And, the absence of numbers 3,6,9 means these numbers belongs to higher dimensional world.

If we double and half the numbers 3 and 6 we get the same result each time.

And same is in the case of 6 we get 3 and 6 every time as a digital root. This time numbers of the previous sequence were absent. But, surprisingly number 9 is absent in the sequence. Actually, numbers 1,2,4 are controlled by 3 and numbers 8,7,5 are controlled by 6. And, numbers 3,6 are controlled by 9. So, 9 controls all the numbers.

If we double and half the number 9 and even on adding the digits in the table of 9 we get 9 as a digital root each time i.e. number 9 represents itself.

How the number 9 is present everywhere in the universe?

- If we divide angle of the circle into equal parts we always get 9 as the digital root
- If we take the sum of all the interior angles of the polygons we get 9 as a digital root.

The number 9 is present from singularity to infinity of space.

The above statement is supported by various examples present everywhere in the space.

Bonus example:-

The total duration of pregnancy is also 9 months.

It proves number 9 is present everywhere in Space and Time.

This is not the limit. If we talk about the Hindu religion we will find number 9 at different places. According to the researchers our universe vibrates at a same frequency that a well known symbol of Om if pronounced correctly i.e. 432Hz which reduced to 9 as a digital root.

On observing the shape of Om symbol, it appears to be a combination of 3,6,9 with number 9 at the top of 3 and 6.

A sacred number 108, Number of chapters in Shrimad Bhagvad Geeta is 18, The Mahabharata war lasted for 18 days with 18 warriors left alive and all these reduces to 9 as a digital root.

Number 9 represents everything and nothingness.

Number 9 is same as 0 in some sense i.e. in any number if we replace 0 by 9 then there is no change in the digital root of the number. example,

Digital root of, $708 = 7 + 0 + 8 = 15$

• $= 1 + 5 = 6$

If we replace 0 by 9

• Digital root of, $798 = 7 + 8 + 9 = 24$
 $= 2 + 4 = 6$

Hence, digital root of 708 is same as that of 798.

Also, if we multiply any number by zero it is zero, in the same way if we multiply any number by 9 we get 9 as the digital root.

Hence, we can say number 9 represents all the other numbers.

It represents itself, nothingness and everything. Number 9 is the king of all the numbers and controller of numbers and Space-Time.

- Bhavay Khatri
B.Sc. 2nd Year

THE PERIODIC TABLE

The Periodic Table

Its periodic table

The chemical element table,

First there is hydrogen,

which is used for rocket propulsion;

Then there is helium,

which floats balloons;

Then comes lithium

Present in battery;

Then is beryllium

which is toxic and forms sweet salts;

Then is boron

which is found in every household;

Now comes carbon

which forms million compounds;

This is the Periodic table

metals and non-metals,

There comes Nitrogen

Present in

laughing gas;

Then is oxygen

Sustaining life;

Then comes fluorine

which prevents dental cavities,

Now its turn for Neon

making the bulb glow

and explosive..

- Hemadri Pathak

M.Sc. Applied Chemistry

(Pharmaceutical) 2nd Floor

IF SCIENCE IS BRAIN, NATURE IS THE HEART

We are talking about 21st century, the century where we start and end our day with Science, Science without which it is really hard to imagine our life. Today we wake up with science and get back to the bed with science. Every little thing is science. In order to make our present comfortable and easy, we have reached the pinnacle, as far as use of science is concerned. where it has started eating up the nature. Greed has no ending. slowly this science has starting grabbing us.

The way it is attacking us is, in fact, weakening us, both physically and mentally. It has given us "little boy "and " fat man"(Atomic bomb dropped on Hiroshima and Nagasaki),

No, science is not the evil, evil is the way it is being used, evil are its owner, evil are the humans. All of the science inventions are under the control of humans and it is completely in our hands as to how we use it. Excess of everything is bad and this has now become excess. And the bad results are there for us to see.

Every invention in science no matter big or small, is enough to cause destruction. Science not only needs atomic bombs to destroy the planet, it can do it with its very small parts and plastic is one of the example. And the irony is, even though we know that what we are doing is destroying the nature and one day it will end up by destroying us also but we still do it.

- Anshita Dubey

M.Sc. Applied Chemistry

(Pharmaceutical) 2nd Year

विज्ञान

आक्सीजन हमारा प्राण दाता
हाइड्रोजन ज्वलनशील हैं।
नाइट्रोजन है आगरोकता,
पोटैशियम उर्वरक कर का दिल हैं।
क्लोरीन जल को शुद्ध करता है,
कैल्शियम हड्डियों को जोड़ता है।
आयरन जहाज से लेकर बनाता किल है,
बेरियम से ही फोटोग्राफी का रील हैं।
हीलियम बनता है सूर्य से ज्यादा,
कार्बन होता कोयले में ज्यादा।

नियन और ऑर्गेन अक्रिय गैसों हैं,
स्टील बनाने में क्रोमियम भी शामिल है
सोडियम - मैग्नीशियम बहुत मुलायम हैं।
अल्युमिनियम से बनते विद्युत सामान हैं।
रेडिम होता बहुत चमकीला,
क्रिप्टन बम से बचना मुश्किल
थोरियम-यूरेनियम से परमाणु उर्जा,
सोना-चाँदी होते विद्युत के अति सुचालक,
कॉपर के बर्तन भी सोने जैसा लगता है,
जाँदी और प्लेट निर्माण में शामिल हैं।

- Lagan Mudgil

M.Sc. Applied Chemistry
(Pharmaceutical) 2nd Year

MATTER

There is matter over here
There is matter over there
Liquid, solid, or a gas
There is matter everywhere.
A solid keeps its shape
It does not separate
What you see is what you get
A solid keeps its shape.
Gas is in the air
You can't see, but it is there
It flows and blows right through
your nose

And fits in everywhere.

When you melt a solid down

A liquid can be found

It's wet and moves whenever there is room

And spills and splashes, too.

- Neha

M.Sc. Applied Chemistry
(Pharmaceutical) 2nd Year

SIMPLE HARMONIC MOTION

Rapid oscillations,
between dusk and dawn bring elation and pain.
My detached amplitude tucks away desires
and unearths fear.
Your varied frequency awakens longing
and eases distractions.
Time,
an unforgiving spectator pushes you forward
as I pull back.

We cannot help it,
trapped in a
sinusoidal wave,
repeating our dance,
for we have
nowhere
to go.

- **Samriti**

M.Sc. Applied Chemistry
(Pharmaceutical) 2nd Year

10 AMAZING CHEMISTRY FACTS

1. Every hydrogen atom in your body is likely 13.5 billion years old because they were created at the birth of universe.
2. Hydrofluoric acid, which belongs to the category of weak acids, is so corrosive that it can dissolve glass.
3. Mercury and Bromine are the only two elements that change from a solid to a liquid at room temperature. However, if you hold a lump of gallium in your hands, it will melt with their warmth
4. Water expands when freezes, unlike other substances.
5. Mars is red because of iron oxide.
6. Sodium is a corrosive metal which burns upon contact with water.
7. The number of buckets of water found in the Atlantic Ocean is less than the number of atoms found in a bucket of water.
8. Although the temperature is same, the water feels colder than air, as water is the better conductor of heat and acts as a thermal insulator.
9. Radioactive and nuclear elements actually glow in the dark.
10. Glass is actually a liquid, it flows very slowly.

- **Manmeet Kaur**

M.Sc. Applied Chemistry
(Pharmaceutical) 2nd Year

SCIENTIFIC INQUIRY

Scientists are like explorers,
using what they know and see
to blaze trail that step by step,
Will lead to new discoveries.
Formulate, distill and Focus,
narrow down, define the gist,
determine Scope and pinpoint locus-
this is your **HYPOTHESIS** .
Gather all the stuff you need,
to put in play the machinations.
Document the happenings-

These comprise your **OBSERVATIONS**.
What things change and what things stick,
Record the outcomes and effects.
Don't presume and don't predict-
Collect the **DATA** just the facts.
Combine the concrete things you see
With what you know and trials you test,
Interpretation is the key-
RESULTS are where you end the quest.

- **Aniket Rana**

M.Sc. Applied Chemistry
(Pharmaceutical) 2nd Year

A POEM NARRATED BY CHEMISTRY...

Dear Friends,
Hello!
I am Chemistry
I am really full of mystery,
I am not too stern or strict
Like Physics or Mathematics.
I am calm and easy going
I am also too scoring,
I know I am difficult to memorize
But for that all you need to do is a lot
of exercise.
I come with both magic & fun
And the students love to do different
reactions,
I have a family of 118 members
Who are too difficult to remember.

Bose, Bohr, Plank & Curie
Enriched my theory,
Einstein, Lavoisier & Rutherford
Made me strong & bold.
But there are many mysteries still untold
I hope one day some of you might unfold,
Now I think I must bid all of you good-bye
But friends don't be afraid of me
As I am essential part of your life.
From –
Your Loving Friend,
Chemistry "

- **Bhupender Sharma**

M.Sc. Applied Chemistry
(Pharmaceutical) 2nd Year

NEUROTROPHINS

Neurotrophins are a family of proteins that play an important role in the survival, development and function of neurons (neurons are messenger, that transmit information between cells and brain)

Neurotrophin prevents the neurons from initiating programmed cell death, which allows neurons to survive. They also induce the differentiation of cells to form neurons. Neurotrophins controls and stimulates the process of neurogenesis (the process by which neurons are formed in brain)

Neurotrophin mediate these actions by binding different receptors ex.Trk (receptor tyrosine kinases) which affect neuronal growth and differentiation, p75 (p75 neurotrophin receptor) is responsible for cell death

Alteration in levels of Neurotrophin have various effects these include – pain, aggression, depression, phenomena, myelination etc.

There are four types of neurotrophin in mammals nerve growth factor (NGF), brain derived neurotrophic factor (BDNF), neurotrophin 3, neurotrophin 4.

Nerve growth factor play a role in formation of tumor.

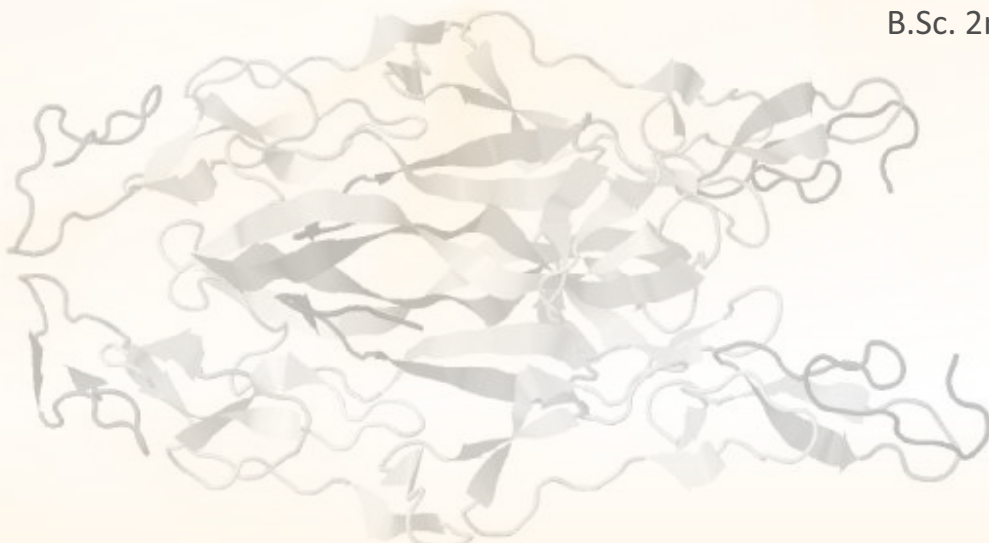
Low level of BDNF can cause Alzheimer disease, Parkinson's disease and other neurodegenerative diseases

Neurotrophin-3 It promotes survival and differentiation of existing neurons and growth and differentiation of new neurons

Neurotrophin-4 It supports survival and outgrowth of sensory neurons

Sources- Neurotrophin Signaling Pathway - Creative Diagnostics (creative-diagnostics.com)

- **Shivang**
B.Sc. 2nd Year



THE BAD BUZZ OF KETOGENIC DIET

Ketogenic diet is one of the trendy and increasingly popular diet among teens during this era of fitness. The ketogenic diet is outlined as low carbs diet, having moderate protein content and rich in fats. The carbohydrates particularly glucose is the major fuel for the brain and other tissues.

While following Ketogenic diet, due to low availability of carbohydrates, the body switches to fats as the primary- source of fuel. The catabolism of fats results in the production of Acetyl CoA as its major product.

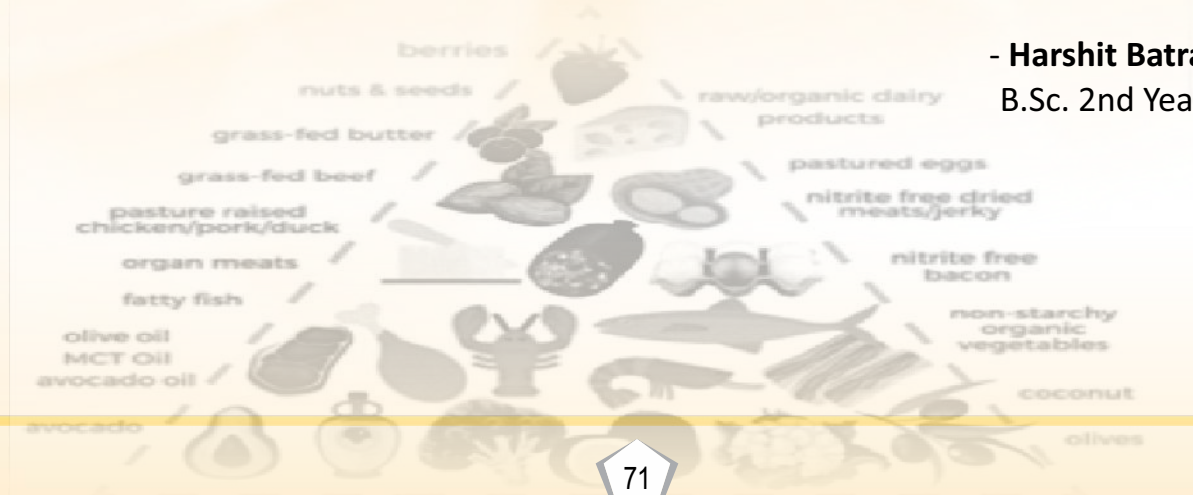
The Acetyl-CoA produced by the oxidation of fatty acids proceeds further in TCA cycle (Tricarboxylic Acid Cycle) or Krebs cycle. But during the ketogenic diet, as fats are the major source of fuels, the Acetyl CoA through the process of ketogenesis is converted into ketone bodies. By this the body is using and burning fats for the source of energy. These ketone bodies are acetone, acetoacetate and beta-Hydroxybutyrate.

When ketone bodies are synthesized at higher amounts than usual, their level in blood is increased which causes ketonemia and its increased level in urine marks ketonuria. The high plasma level of ketone bodies can cause Bad breath as acetone smell can be detected in person's breath. Apart from it, the ketone bodies are moderately strong acids which are buffered in blood. It decreases the pH of a blood causing Ketoacidosis. Being fitness conscious is

very good for person's own sake, but following such types of a diet for faster weight loss can result in more side effects than benefits. So instead of following blind trend, one should have balanced nutritional diet.



- Harshit Batra
B.Sc. 2nd Year



*Commerce
and
Management*
Section



Editor's Message

In today's society, the urban landscape is replete with perspectives. With the academia, the skilled and the unskilled workers, the student community, the subalterns of the society, all wish to acquire an opportunity to talk about issues relevant to them and also participate in discussions that can yield solutions to their problems. More particularly when it comes from the intelligentsia, effective communication can be a means for transforming the society and liberating it from the fundamentalist and orthodox mindset. The academic community, which gives these ideas a platform, is a crucial component of the vast and important regime that offers all such people and their viewpoints, an opportunity to originate, evolve, and generate ideologies that can reveal the mutation in the thought processes and can contribute considerably to the existing body of knowledge.

To further this objective, this section of the annual college magazine is an attempt to provide a sound and steady stage for contemporary research and development; to underline the dynamics of business and management; to comment and participate in the recent issues and debates pertaining to the field of commerce. We sincerely believe that such a climate of awakened thoughts and social change will add to the volume of information in the society and will further help the community in taking informed decisions based on the scenario at hand. Thus, a greater participation in terms of articulating one's thoughts and presenting them in the form of documented ideas will go a long way in creating a sustainable future. The idea behind the present endeavor is thus, to inspire all to think keenly and express vividly.

- Dr. Mani Parti
Editor, Commerce & Management Section

DIGITAL MARKETING

What is digital marketing?

Is it solely for the purpose of selling goods and providing services?

Is it merely promoting digital products?

Is it secure for the clients?

So, here are the answers to your questions!!

Digital marketing encompasses a wide range of activities, including the promotion of various brands and products through commercials, brochures, short videos, and other means. Today's youth is too sluggish to go out and purchase items or request services. All of these challenges have been solved thanks to digital marketing. All you need to know is how to work online and how to select from a wide range of brands the item that best meets your needs.

Digital marketing is the result of combining two skills: digital platforms and marketing science. To be successful in both, one must be exceptional in both. By using Internet platforms, businesses can create competitive advantage through various means. Through this a business can create a system in which they are able to pinpoint behavioral patterns of clients and feedback on their needs.

If we talk about today's time then, there are a number of Institutes all over the World which provide knowledge about digital marketing. Digital marketing has not only made work easy for customers but it has provided employment to various people, it is exploring day by day and plans to lead all over the globe. The first objective is *Customer Satisfaction* and then earning a profit.

If we talk about the safe zone of customers then we have cash on delivery option, use debit or credit card as per their convenience and we have a separate department to look after the grievances and complaints of customers, to look after it.

Digital marketing is not free, not cost effective either; but it is more productive- it's a two way communication.

- Muskan Mittal
M. Com. II

RECOVERING GLOBAL ECONOMY AMID COVID CRISIS

“The world is at a global turning point where leaders must cooperate, innovate and secure a robust recovery.”

The global economy is growing far more strongly than anticipated a year ago but the recovery remains uneven; exposing both advanced and emerging markets to a range of risks. Extraordinary support from governments and central banks helped avoid the worst once the Covid-19 pandemic hit. With the vaccine roll-out continuing and a gradual resumption of economic activity underway, Countries are emerging from the crisis with different challenges, often reflecting their pre-covid-19 strengths and weaknesses, and their policy approaches during the pandemic. Even in countries where output or employment have recovered to their pre-pandemic levels, the recovery is incomplete, with jobs and incomes still short of the levels expected before the pandemic.

Global Activity: Strong but uneven global recovery. The global economy is set to expand by 5.6 % in 2021—its strongest post-recession pace in 80 years. The recovery is highly uneven, however, and largely reflects sharp rebounds in some major economies while many EMDEs are lagging behind. The recovery is expected to continue into 2022, with global growth moderating to 4.3 %. Still, by 2022, global GDP is forecast to remain nearly 2% below pre-pandemic projections.

EMDE (Emerging Markets Developing Economies) growth: Losing ground. Aggregate EMDE growth is forecast to reach 6% in 2021. The rebound reflects robust pickups in a few large economies, particularly China. In many other EMDEs, activity is being dampened by a partial withdrawal macroeconomic support and a slow pace of vaccination. Compared to recoveries from previous global recessions, the current cycle is notably uneven, with per capita GDP in many EMDEs projected to remain below pre-pandemic peaks for an extended period. While about 90% of advanced economies are forecast to regain their pre-pandemic per capita income levels by 2022, only about one-third of EMDEs are expected to do the same. By the end of this year, about 100 million people are expected to have fallen back into extreme poverty.

Risks to the Outlook: Tilted to the downside. The global picture is clouded by uncertainty and exposed to a variety of dangers. COVID-19 outbreaks are still a possibility, especially with the advent of new variations that are more virulent, lethal, and vaccine resistant. The financial sector is vulnerable to a sudden spike in interest rates, which could be caused by a rise in risk aversion, inflation, or expectations of faster monetary tightening, due to high debt levels. A surge in bankruptcies might harm the banking sector by restricting loan flow and causing credit constraints. Inequalities in growth that persist could exacerbate societal instability.

Macroeconomic Policy Response: A difficult balancing act. The legacies of the pandemic exacerbate the challenges facing policy makers as they balance the need to support the recovery while safeguarding price stability and fiscal sustainability. Continued support from monetary and fiscal policy is needed to nurture the recovery in the short term. As the pandemic abates, a gradual normalization of macroeconomic

policy will be required. In EMDEs, such policies include efforts to improve spending efficiency and to better target social protection measures, which can be complemented with policies that bolster domestic revenue mobilization. International debt relief and financing support have been critical in providing fiscal space for many countries facing liquidity or solvency issues, but measures to strengthen the effectiveness of debt restructuring and increase private sector participation are likely to be needed. Structural policy priorities: Steering the global economy toward a green, resilient and inclusive growth.

Controlling the pandemic at the global level will require more equitable vaccine distribution, especially for low-income countries. Global initiatives, including COVAX, can redistribute excess vaccine doses and ensure more equitable access. As the recovery becomes more entrenched, policy makers have an opportunity to bolster a green, resilient, and inclusive recovery. To this end, authorities can prioritize policies that facilitate the transition of labor across sectors while protecting vulnerable groups, deepen human capital, expand access to digital connectivity, and reduce trade costs. There is also tremendous scope to improve environmental performance through green investments in EMDE.

Macroeconomic policy support is still needed as long as the outlook is uncertain and employment has not yet recovered fully, but clear guidance is called upon from policymakers to minimize risks looking forward.

Presenting the Interim Economic Outlook alongside Chief Economist Laurence Boone, OECD Secretary-General Mathias Cormann said, “The world is experiencing a strong recovery thanks to decisive action taken by governments and central banks at the height of the crisis. But as we have seen with vaccine distribution, progress is uneven. Ensuring the recovery is sustained and widespread requires action on a number of fronts – from effective vaccination programmes across all countries to concerted public investment strategies to build for the future.”

Ms Boone said, “Policies have been efficient in buffering the shock and ensuring a strong recovery; planning for more efficient public finances, shifted towards investment in physical and human capital is necessary and will help monetary policy to normalize smoothly once the recovery is firmly established.”

While the pandemic may be far from over, it has become clear that transforming global approaches to trade and development cannot be avoided when charting a sustainable course to recovery from the pandemic. It identifies several areas where the pandemic is accelerating trends already building up since the global financial crisis in trade, investment and technological change. It is our belief that recovery from the pandemic can help reshape global production networks and reset multilateral cooperation for the better, accelerating achievement of the Sustainable Development Goals.

It is our hope that this “better recovery” can sow the seeds of a healthier, fairer and greener globalization that can be nourished by a more resilient approach to multilateralism.

- Vanshika Gandhi
B. Com. I

FUN FACTS OF A COMMERCE STUDENT'S LIFE

1) The struggle of matching balance sheets and ledger

Matching balance sheets may sound simple but a single error can make consecutive calculations go all wrong, and at last a minor difference can make your whole hard work go in the drain.

2) What is your end goal, CA?

For some reason what comes into mind, after thinking of commerce is he/she would be pursuing CA. It is a very popular myth that people choose commerce only with the objecting of being CA.

3) Debit what comes in, credit what goes out.

This is one of the basic and the most important of the three rules of accountancy which forms its foundation and according to reports, this respective rule is considered as the most commonly heard line by commerce students.

4) High cut-offs

In comparison to other streams, commerce is considered as an easy subject but cut offs from various colleges for commerce can prove you wrong . For example, this year itself, many reputable colleges had more than 98% cutoff for B.Com. Hons.

5) Starting their own business

According to data, commerce students are more likely to start their own business, because they have studied deeply about business, entrepreneurship and partnership, and are more willing to take risks, which is a positive aspect.

6) Importance of calculators and scales

To check difficult calculations, calculators play a vital role and for graphs in economics, use of scales is equally important. In the end they have a vital role in a commerce student's life.

- Kirti
B.Com. I

TAXES : ASSET OR LIABILITY FOR ECONOMY

Taxes are important for every economy. The biggest question is why is there a lack of awareness in India, and why in India fewer than 2% of the population is ready to pay taxes timely? Maybe it is because our country's higher tax rates motivate people to evade tax, or maybe it is that people still regard tax as an expense. People also see taxation as a source of revenue for our politicians.

Thus, they resort to tax evasion. But, it is important to pay taxes as they are referred to as the "foundation stones" of our country and they aid in the operation of our economy. GST, excise duty, import export duty, custom duty, income and corporate tax are a few examples of taxation regime.

Before the GST, Indian tax system was quite complicated, but after the GST, it has become much simpler. In our country slabbing system of taxation is levied on the basis of earning capacity of an individual. In order to have income equality in our country our government puts higher taxes on the rich and very low or no taxes on the poor so that we have the flow of income from rich to poor. Majority of the people in the country come in the bracket of the low middle income group however, a shift is being witnessed wherein India's average income is slowly moving towards the higher middle income group. Various data publishing institutions have predicted that in the upcoming future, India will progress to the high middle average income and then to the rich average income. But the problem is that we have unreasonably high taxation on the higher income groups in our country and they often grudge about the same. We have a massive 30% tax +4% cess & other charges for those who have an income above 15 lakh whereas there is no tax in Dubai and some other countries for someone earning the same. In Canada as well, the income is tax free till 36 lakh.

Thus it is important to notice that while India's average income is increasing, increasing tax rates can be imposed on people who are earning above 15 lakh as these people can be an aid to generate employment opportunities and these type of people act as catalysts to the growth of our economy. Also, they create a lot of demand which results in boom of the economy but due to high taxation the residual income of the individual decreases. But such people are what one may call euphemistically - smart. They shift to other countries which have low taxation which leads to brain drain. People with a lot of earning potential shift to other countries, which is a huge loss for a developing country like India. This reduces the pace of growth in our country. We have an unreasonable tax structure for the high middle class people.

Taxes may be an asset or a liability for any country depending on the taxation structure and its utilization. A proposed new taxation system can be that only the wealth of a person be taxable and not the person's income; but this can be a controversial proposal. We are the stakeholders in the process of nation building. We must raise our voices and concerns as aware citizens of our country.

- - **Aryan Verma**
B. Com. I

SCOPE OF EVENT MANAGEMENT IN INDIA

Events and festivities are the heart and soul of India. There are thousands of events held every year which are professionally managed: from corporate seminars to diplomatic talks; from regional fairs to weddings; event management companies plan and organize events of all sorts.

Events are a social gathering conducted with an intent to celebrate, educate, persuade, promote or motivate. Management is the art of getting things done in an organized way so that the common goal is achieved. Hence event management is the art of planning and organizing an event that can be personal, social and educational or corporate in nature, as the case maybe. Events can be categorized in categories like: Cultural events and celebrations; Arts and entertainment events; Business and trade events; Sports events; Educational and scientific events; Political and state events.

The event management industry of India is a dynamic and flourishing sector. According to a report of the economic times, the event and activations industry, which was at Rs 5631 crores in the fiscal year of 2016-17 has been growing at 16% CAGR. Today, there are a number of companies hosting and organizing events on a regular basis. These range from the small-time private events to large scale international events. A lot of people now are entering this field because they realize the potential of the market and the demand and supply situation.

The demand for professional event planners is growing rapidly in India. Event management provides multiple opportunities to meet and interact with celebrities like actors, sports personalities, politicians and other similar high-profile people. This profession provides opportunities for free travel. Event management is though not a 9 AM to 5 PM job but it makes for a personally rewarding career as it helps you explore your creative side and provides immense job satisfaction. There is a lack of stability in this profession but it is one of the rare professions that requires bare minimum educational qualifications to start a career in.

The Effects Of COVID-19 Pandemic On Event Management Industry Of India

With the announcement of the lockdown each sector of the economy came to a standstill. The event management industry was no stranger to the drift. According to a recent report of the event and entertainment management association, the events and exhibition industry is expected to face huge losses. Now like every other industry in India there is no denying that the scope of event management has decreased but like other industries this industry has also adapted itself to the situations with measures like virtual live events, modern advertising and promotional techniques.

The event management industry is shifting to the online mode and is now handling virtual events quite efficiently. The events organized are either live webinars or pre-recorded events. The increase in social media consumption has forced event management companies and agencies to promote their content extensively on social media. As the lockdown is being lifted off, the local event management agencies have started to conduct small gatherings, weddings and business conventions.

Nowadays there is a requirement of event managers in every field like in the corporate sector, hotel industry, tourism, fashion industry, film and media industries, social events etc. Event management also provides the opportunities to people to learn from the best and then become young entrepreneurs. Professionals in this industry also get to showcase their talents at an international level where delegates from our country participate in cultural festivals, exchange programs, trade shows, conferences, exhibitions, corporate events and so on. A successful event manager can earn crores. So, the demand for creative and talented event managers is immense.

To conclude, there is no doubt that the event management industry is not a traditional profession but it is on the rise in recent times as it promotes the creative side of people and is based on skills more than education. And yes, it has faced a lot of difficulties during the pandemic but it is recovering and in no time the demand for this industry will be back to normal as we all know that festivals and events are of huge significance for a country like India.

- Bhakti Verma
B.B.A. II



CRYPTO CURRENCY

Few things have transformed the field of trade, commerce and economics as currency has done. The very existence of a reliable and standardized means of exchange has pushed the envelope for better trades and in turn, better lives. With the increasing permeation of technology in our lives, it's hardly a surprise that technology has changed the way we transact and trade. The latest in the run is the **Crypto currency**, known popularly by its eponym, Bitcoin. But what exactly is it and more importantly, how does it work?

Cryptocurrency is a form of payment that can be exchanged online for goods and services. Many companies have issued their own currencies, often called tokens, and these can be traded specifically for the goods or services that the company provides. Think of them as you would arcade tokens or casino chips. You'll need to exchange real currency for the cryptocurrency to access the goods or services. Cryptocurrencies work using a technology called blockchain. Blockchain is a decentralized technology spread across many computers that manages and records transactions. Part of the appeal of this technology is its security.

In simple words, crypto currency (hereafter referred to as coins) is a digital form of currency. It is termed 'crypto currency' as it uses cryptographic techniques (like hashing, game theory etc.) for security. But unlike traditional currency, it is not controlled by a Central Bank or a government. That is, it is open-source in nature. It's not controlled by one particular institution or group of individuals, but rather it works on a principle of a distributed public ledger. This distributed public ledger is known as Block chain. A Block chain essentially ensures there's no duplicity of coins and that every transaction that happens between any two users is recorded and maintained. The Block chain makes sure that no one makes a duplicate of his or her own coin and uses that to transact.

The Block chain uses cryptography to keep its ledgers secure from any tampering. Any person can also mine coins by simply solving an auto-generated algorithm but this too happens in a controlled way to prevent over-mining. Every coin requires a marginally harder algorithm to be solved, than its preceding one, to be mined. This ensures that only people who really want it actually have the incentive to mine. The system is thus also Pareto efficient. There are various crypto currencies on the internet at this point. Some of them are Bitcoin, Litecoin, Ethereum, Dogecoin, Ripple XRP etc.

Are cryptocurrencies a good investment?

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Cryptocurrencies may go up in value, but many investors see them as mere speculations, not real investments. The reason? Just like real currencies, cryptocurrencies generate no cash flow, so for you to profit, someone has to pay more for the currency than you did. That's what is called "the greater fool" theory of investment. Contrast that to a well-managed business, which increases its value over time by growing the profitability and cash flow of the operation.

"For those who see cryptocurrencies such as bitcoin as the currency of the future, it should be noted that a currency needs stability." So that merchants and consumers can determine what a fair price is for goods. Bitcoin and other cryptocurrencies have been anything but stable through much of their history. For example, while bitcoin traded at close to \$20,000 in December 2017, its value then dropped to as low as about \$3,200 a year later. By December 2020, it was trading at record levels again.

- Nikhita Katia
M.Com. II



ESSAY ON BLOCKCHAIN TECHNOLOGY

Blockchain in simple terms is regarded as the record-keeping technology and has been a popular method after the advent of Bitcoin. This technology is also linked with banking and investment firms. The information regarding different transactions and details of credit and debit are noted down by us and are termed as records. This is the procedure for maintaining the records manually and the manual records are stated as the ledger. The process of maintaining the record of information and data in the form of databases that are stored electronically on the computer system is called Blockchain. It can also be regarded as a digital ledger.

The concept of Blockchain came into reality in the year 2008 and the credit for inventing this technology goes to Satoshi Nakamoto. He named this technology Block and Chain i.e. it was of two words in his original paper but later the technology was named Blockchain - a single word in the year 2016. This technology came into existence after the advent of cryptocurrency called Bitcoin. Nakamoto wanted to create a Bitcoin ledger as a decentralized system that can easily be assessed by the people connected to the system.

Working of blockchain technology

- The information is stored in different blocks that are linked in a sequence and thus this technology is termed Blockchain. Every block in the Blockchain has a limited storage capacity for storing data and information. The blocks, after becoming full with the information, are linked with the other blocks and the information starts being stored in the new blocks.
- The Blockchain is made up of different blocks containing information. Every block in the Blockchain has its own data, a cryptographic hash that is unique to every block and the hash of the previous block.
- The hash of the previous block present in every block helps in linking the blocks together to form a Blockchain. The only block that does not have any hash of the previous block is the genesis block. It is formed initially and thus does not have any hash of previous blocks.
- Any attempt to edit data and information stored in blocks results in changing the hash of the block. Thus, change in the hash of one block leads to changes in other linked blocks too. In this way, the change can be easily detected. This causes disruption of data of all blocks in a Blockchain.
- The Blockchain can be assessed by different people linked to this system. The people connected to this system through their computers are termed nodes. Miners among them are the people who are connected to this system and verify the

information that is newly added to the blocks. Thereafter, the data is noted and stored in the blocks.

- The information stored in the Blockchain can easily be assessed by the computers linked in the network but the privacy of the data will be maintained throughout this process.
- The information in Blockchain is updated after every ten minute interval.

Bitcoin is a digital currency and it is managed by the Blockchain. There is no authority that is meant for operating the crypto currencies. The transaction of every Bitcoin is stored in the blockchains. Further, the options of the digital currency are distributed on the computers in the network. This facilitates the operation of Bitcoins without the involvement of any kind of central authority. The data of the transactions of Bitcoins are stored in the blocks of the blockchain. This is a risk-free and secure option for operating Bitcoin.

Blockchain is an emerging technology and its use at present is limited only to the crypto currency. This technology is also said to be useful in different sectors in the coming future. It is being tested for the same in different sectors in several countries of the world. It is brought into use in the banking and commerce sectors in different countries. This technology is becoming popular at a very fast pace and there are many fields where it can bring revolutionary changes. Such technology will be of immense use in the coming future.

- Garv Gaba
B.Com. II

TOPIC: RISE OF GIG ECONOMY

The gig economy is a type of economy in which firms recruit independent workers for short-term commitments and temporary positions are popular. The speed with which the gig economy is growing is astounding. Gig work opportunities have changed the way people work. Previously, people could only choose traditional jobs that required them to sacrifice their creative skills. The world has seen a variety of economies, including informal and official economies, as well as numerous economic trends such as toyconomy and gig economy.

The state of production and consumption of services in countries around the globe has increased inevitably due to the gig activities. An economy is driven by producers and consumers. The factors contributing producers and consumers to drive the gig economy are many. Referring to producers, living in the 21st century where a culture of creative, unique and potential ideas are driven by start-ups has led to a huge rise in hiring by start-up companies. The presence of creative skills is ubiquitous but the opportunities for them are limited. The gig economy is providing a platform to the potential population to monetize their skills, driving the culture of side hustle among youth. Hiring companies have to incur low cost as the employees are not offered fixed salaries and also the expenses of working in an office are saved. Also the main factor is technological advancements, making it convenient for companies providing services through application. These are some of the factors that are pushing producers towards the rise of the gig economy.

On the other hand there is a wide consumer base for gig services. The factors can be ubiquitous demand for mobile phones making availability of services easily accessible. The gig workers are changing work relationships by shifting to provide their skills to society remotely. Be it video editing, content writing, graphic designing or online teaching, the gig workers are enjoying the flexible working environment. To meet their ends, workers are taking non-permanent jobs, such as being cab drivers or delivery partners, along with their main tasks like studying or doing formal jobs.

In India the rise of gig companies is unstoppable with the impact it has on society. The companies targeting their efforts towards the needs and wants of the society have excelled in gaining good market share. Companies are growing in diverse sectors like Airbnb which provides online rental services in accomodation; Grofers is an online delivery service for groceries; Zomato is an online food delivery service, Fiverr is an online marketplace for freelance creative services and Ola is an online cab service provider. These companies have gained popularity both through service providers and service takers.

The gig companies target audiences of every kind irrespective of age and income but what is indispensable is a mobile phone and an internet connection providing customers with a friendly user interface of these applications. Gig companies are compensating for unemployment in India and contributing to rising per capita income of the population by shifting the pressure of getting conventional jobs on graduates to focusing on skill based knowledge. Convenient for people as they can work remotely and earn, the impact of gig companies is here to stay .

Gig economy has played a credible role in providing employment opportunities amongst women, providing them with a platform which nullifies the constraints of coming to a physical place. Strengthening the argument with a research by Mastercard, it is estimated that the global gig economy will be worth almost \$350 billion this year 2021 . The widespread lucrative roles include project management, multimedia production, sales, marketing, finance, IT and content writing .

Further, the rise of gig companies faces challenges. Gig economies fail to provide security. Some gig workers work in their spare time and this leads to lack of time for personal life affecting mental and physical health. Students lose focus in their main learnings for greed of short term money and end up spending their crucial time on the work without any discipline of acquiring knowledge for big career plans. The gig companies provide an opportunity to earn money without being fully educated which gives negative confidence to some that education isn't adequate or necessary as whatever their needs and wants are, are being fulfilled with the gig jobs. The bigger picture is, however, different.

In conclusion, the gig economy is inevitably rising. Businesses are taking benefits for they have increased profits and individuals get to monetize their otherwise unused skills. Gig economy's risk of downfall can't be overlooked in the present time with increased consciousness for mental health and wellness. Individuals and companies should understand it as their moral duty to have work life balance for themselves and others. Thus, in order to make the gig economy really get its standing in the good economy, one should not limit but only fuel the rise of the gig economy but strive to eradicate its disadvantages.

- Riya Jindal
B.Com. I

RISE OF RETAIL INVESTORS IN INDIAN STOCK MARKET

Since the year 2020, the number of retail investors in India and around the world in financial markets are on a massive rise. In the FY21 itself more than 1.4 crore people opened their Demat Account to invest in stock markets. The share of individual investors in total turnover on stock exchange has risen to 45% in Mar'21 from 39% in Mar'20, according to NSE data. To understand the reason behind this sudden surge we need to first understand what are retail investors.

A retail investor is someone who buys and sells Equity Shares, Commodity Contracts, Mutual Funds, or Exchange Traded Funds (ETFs) through traditional or online brokerage firms or other types of investment accounts. According to The Securities and Exchange Board of India (SEBI) a retail investor is an investor who applies for securities of value not more than Rs 2,00,000 in an Initial Public Offering (IPO). An IPO is a route through which companies raise funds through the stock market. It is the sale of shares by a company to the public for the first time.

Factors Influencing the growth of retail investors in India:

1. Easier entry - Earlier the process of opening a Demat account was very cumbersome. However, now we can open a Demat account in less than 10 minutes due to adoption of E-KYC making the process simpler and less time consuming reducing the apprehensions of the complications of opening an account.

2. Increasing Awareness - Earlier the people used to think that investing in stock market was very tough and only people with in depth knowledge about it can do so. However, Recently some stock broker companies like Grow, Zerodha, Upstox, Paytm Money etc. ran advertisement campaigns on television, newspapers, social media etc. to promote investing in the stock market and making people aware about the fact that investing is not as difficult as people thought it was. Web Series like Scam 1992 also helped people to feel connected to the stock market. These developments explained basics, risks and benefits of stock market in an entertaining way. As a result, many people learned about the same which otherwise they would not have bothered to check out.

3. Requirement of alternative sources of income - Due to the Covid induced lockdowns in

the entire country many people lost their jobs and were unable to earn the amount of money they used to do earlier. As a result, they required other sources of income. In that The stock market proved to be the alternative people needed at the time.

4. Increase in Savings - During the Covid induced lockdowns the people who did not have to face job losses and salary cuts had increase in the amount of savings they had due to less expenditure. As a result, some people turned to stock market to utilize savings to generate more wealth through stocks.

5. More time – Due to Work from home and job losses people had more free time. As a result, many people who wanted to invest but did not have enough time were able to invest time in stocks.

6. Weak returns from other investment options – Earlier the people used to save their money in bank accounts or FDs. However, in recent years the amount of interest rate given by them is diminishing. Other options like real estate are struggling to give good returns in the recent years. Whereas the stock market has been on a rise recently and is giving good returns.

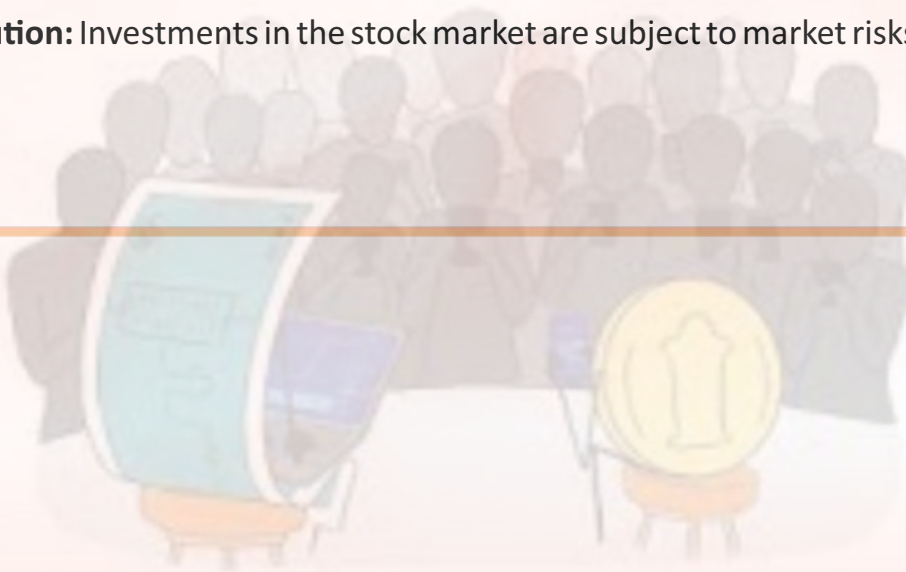
7. Market crash – In March 2020, the stock market had crashed due to Covid induced lockdown in the country. This attracted many people to buy the shares of companies at a lower rate and get good returns.

What The Future Holds

With the number of retail investors increasing every day the future of the stock market looks to be bright. The stock market is expected to attract even more people in the future. Despite the fact that recently a lot of people entered the stock market only about 4 percent of the population is investing. As a result, there is a lot of scope for the increase of retail investors in the future also. This augurs well for the development of Financial Literacy in the Indian Youth and the growth of the Indian Economy.

Caution: Investments in the stock market are subject to market risks.

- Aryan Singla
B.B.A.-I



THE RISE OF MOBILE COMMERCE

‘Mobile is no longer about what you can do on your cell phone.
Mobile is all about doing more, all of the time.’ - **Mitch Joel**

The above quote by an eminent author and entrepreneur, epitomizes how smartphones play a pivotal role in our lives. Mobile devices are a natural extension of human beings nowadays, it's an inevitable part of everyone's lives especially the millennials who wake up with it in the morning and go to bed with it at night. The internet mobile can be called "little world in your pocket". Everyone performs all day-to-day activities like buying and selling of products and services, booking movie tickets, reservations and ticketing, trading shares on their mobiles. E-commerce was born with M-commerce as its soul. Mobile commerce or m-commerce simply means using wireless electronic devices like mobile phones, tablets, or iPads to perform commercial transactions including mobile banking, buying and selling of products/services online, mobile brokerage, mobile marketing, and advertising, education or any other activity that can be done through a mobile phone online.

Since m-commerce has broadened its horizons in a short span, it has become part and parcel of our lives and the ultimate multi-tasking tool in our palms. Mobile Shopping apps like Amazon, Flipkart are the 'go to' options for people wanting to buy any stuff online. Mobile Banking apps like YONO SBI, PNB, etc. allow people to conduct all those activities like making a fixed deposit, applying for a loan, transferring large amounts, without any hassle and without physically going to the branch. From every small street vendor to big shopping malls, everyone accepts payments digitally and especially after Covid breakout it has worked wonders by helping the social distancing norm big time. UPI payment apps like BHIM, Google Pay, and online wallets like Paytm have revolutionized the way to make payments. Sending money to anyone in the world by just having their UPI ID is a phenomenal feature that makes it easier to conduct daily transactions. The revolution of M-commerce has proved to be a win-win for both the consumers and the service providers. Also, purchasing or renting digital content which involves buying or renting online services like Music Streaming, Video Streaming, on apps like Netflix, Amazon Prime, Spotify, etc. has changed the narrative for viewers and the audiences.

This is just the beginning of M-commerce and it will be a booming industry in the future. Mobile wallets have made everyone's lives easier by reducing the hassle of carrying a wallet with them everywhere. It offers the convenience of making as many transactions by just storing our credit or debit card details once. Currently, the payment markets are

captured by old players like PayPal, Google, and Apple. But in the coming years, one can see an increase in the number of new contenders capturing the majority amount of market share. They will bring more opportunities for customers and bring uniformity.

Every technology has its good and bad impacts. Starting with the merits of M-Commerce- it creates new marketing channels, increases the amount of customer retention, offers wider variety of commodities and services, leads to cost reduction due to cut in marketing campaigns, is convenient for the consumer to compare the pricing, contains product reviews, and make purchases without the use of a computer, and creates multiple options for payments like credit card and debit card payments as well as provides better user experience.

Stating its limitations, Online fraud is always the biggest drawback in mobile commerce along with data security concerns. Meanwhile, the majority of businesses are not well prepared to deal with this risk. Everything online is hackable and the threat of confidential information of the person doing online transactions is always there. More so, still a large population is used to traditional ways of shopping. And Mobile shopping is slowly and gradually ruining the small businesses which are not part of this revolution.

Needless to say, mobile commerce is not just a trend but a phenomenon that's here to stay. As smartphones become more central to how communication happens, gather information, and shopping online, mobile commerce will likely become less of an option and more of a necessity for eCommerce retailers and consumers in the times to come. The future of Mobile commerce is enormous and with the ever increasing penetration of smartphones, it will only add the impetus to its growth.



- Khushi Makkar
B.Voc. (FTAD) - II

MAGIC OF DIVERSITY – A DAY OF COMMERCIAN

In every day of life, we always get myriad opportunities to learn challenging jobs and to accomplish them with our expertise. Besides this, cultural diversity around us builds brand-new strengths and confidence to always be excited to face these challenges. Our culture shapes the way we work and play, and it makes a difference in how we view ourselves and others. It affects our values—what we consider right and wrong.

Being an Indian, the day begins with a cup of tea which itself illustrates the strength of cultural diversity. The water - symbol of purity and peace, the milk - symbol of kindness and health, the sugar - symbol of sweetness, the tea leaves - symbol of sacrifice, all these being diverse in their culture but still with the hope of getting strength to become the source of energy, they all collectively burn themselves on heat.

Further getting up with the thought of meeting new challenges and new people everyday is next level excitement. But this terrible pandemic has brought the whole life and the diversity to an irritating screen. Even then the excitement of interacting with culturally diverse acquaintances kills all my boredomness of sitting in front of a screen the whole day. Different and unique thoughts of every person belonging to different cultures always inspire me to improve my innovative skills. Every culture has its own unique thought process which always motivates me to never stick to any traditional thoughts.

Not being stuck to a single subject the whole day, I always have to be diverse in my study plan. Allotting a proper slot of time to each subject, results in the best utilization of my efficiency. Subjects like taxation, law, audit, accounts, EIS etc. , although belong to the same community but still diverse in their characters. While accounting provides the knowledge of preparing our financials, auditing evaluates that presentation, the law requires the various compliances to be followed by various entities, taxation encourages us to accomplish our responsibility towards society. The day, indeed, can be struggling but all my partnered subjects come together to make me perfect and powerful to hustle for my goals, everyday.

- **Jaspreet singh**
B.Com. II

EMOTIONAL INTELLIGENCE

Emotional intelligence is defined as the ability to notice, evaluate, and manage emotions in a positive manner in order to relieve stress and communicate effectively. It also aids in the expression of people's feelings of state of mind in order to alleviate mental tension. To overcome conflict changes and defuse conflict, it is common to relate with the individuals with whom we work or have a close relationship.

Self-Awareness

If you're self-aware, you always know how you feel, and you know how your emotions and your actions can affect the people around you. Being self-aware when you're in a leadership position also means having a clear picture of your strength and weakness.

Perception

The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of the person's anger and what it could mean. For example, if your boss is acting angry, it might mean that they are dissatisfied with your work, or it could be because they got a speeding ticket on their way to work that morning or that they've been fighting with their partner.

Relationship Management

The ability to manage emotions effectively is a crucial part of emotional intelligence and the highest level. Regulating emotions and responding appropriately as well as responding to the emotions of others are all important aspects of emotional management.

Importance

Emotional intelligence can lead us on the path to a fulfilled and happy life by providing a framework through which to apply standards of intelligence to emotional responses and understand that these responses may be logically consistent or inconsistent with particular beliefs about emotion.

As the workplace evolves, so does the body of research supporting that individuals (from interns to managers) with higher EI are better equipped to work cohesively within teams, deal with change more effectively, and manage stress – thus enabling them to more efficiently pursue business objectives.

Eq Vs Iq

Emotional Intelligence, or emotional quotient (EQ), is defined as an individual's ability to identify, evaluate, control, and express emotions. IQ, or intelligence quotient, is a score derived from one of several standardized tests designed to assess an individual's intelligence.

Conclusion

Individuals and organizations alike are concerned about stress. Exhaustion is the result of long-term stress. Individuals and organizations can take a variety of steps to reduce the negative health and professional consequences of being overly stressed. Emotions play a role in the workplace. Individuals can better manage their emotions if they understand them. Individuals can be taxed by emotional labor, yet emotional intelligence can help them cope with the emotional demands of their professions. It aids in the management of people's cognitive actions in order to turn them into work productivity.

- **Mandvi Sood**
B.Com. I



NEED OF WHOLESALERS IN RETAIL MARKET

"Number one, cash is king; number two, communicate; number three, buy or bury the competition." -- **Jack Welch, General Electric**

Let's pretend for a moment that you've come up with a great product idea for the market. You might be considering how to get that product to market, or you might already be selling it in modest amounts and want to expand. There are essentially two methods to offer your product: as a wholesaler or through a retail store. Each has its own set of advantages and disadvantages. Wholesalers are those who sell their products in bulk to multiple outlets and retailers for resale, either directly or through a middleman. Wholesalers are able to sell their products for a lower price because they are selling in bulk, which reduces handling time and costs. It is also possible for wholesalers to be producers or manufacturers of the goods they sell, but they do not have to be. Wholesalers usually supply large quantities of goods but will accept smaller orders as well.

In any business, wholesalers, distributors, agents, and retailers play an important role. They play a vital role in managing sales forces, improving marketing, analyzing market demand, and adjusting supply lines accordingly. This post examines how wholesalers can contribute to these goals.

Importance Of Wholesalers

Break Down Bulk

Wholesalers break down bulk things into smaller, more manageable parts. This makes distribution very straightforward. The product can be distributed efficiently and smoothly. Retailers and manufacturers can add value at this stage as well.

Sells in Small Quantity

Retail store owners generally buy in bulk from wholesalers and keep small amounts in their stores while wholesalers buy bulk and sell in small quantities.

Storage

One more important thing is that wholesalers provide storage facilities. The most important point is the warehousing point as even the retailers can buy directly from manufacturers at a lower price, but the only thing they lack is in warehousing, where will they keep all the stock? How will they manage the inventory and many more questions.

Demand Supply Stability

An effective wholesaler is an intermediary between the producer and a retailer or customer. Wholesalers are in direct contact with retailers and markets, and so they have a good understanding of product demand in the market. Wholesalers help manufacturers and economies maintain demand stability.

Risk Bearing

In order to boost product sales without spending additional costs, wholesalers handle responsibilities like sales force and promotion.

Bottom line

This article discusses the importance of wholesalers to the manufacturer, retailer, client, and, most significantly, society. The wholesaler serves as a vital link between the manufacturer and the retailer. It is an important component of the distribution channel's value chain in marketing.

- Pearl Kapoor

ROLE OF SOCIAL MEDIA MARKETING DURING COVID -19

For buying and selling things online, social media marketing is an effective technology. Digital marketing is the process of completing a task utilizing the internet or an electronic device.

Social media marketing played a major role during COVID-19 pandemic, it served many users, invented ways to improve their lifestyle in pandemic situations. In the situation of sudden lockdown, online marketing was promoted through various social media platforms like Facebook, Instagram, YouTube, Twitter, Vlogs and Whatsapp to create awareness and increase the sales, especially during Covid-19. The outbreak of Covid-19, social distancing and risk of visiting physical stores are the main reasons for the increase of online sales in the digital era.

During the time of lockdown people were spending a lot of time in online searches and used social media regularly. As a result they found more information about a particular products and hence could compare the prices and also could read the reviews related to the particular product. Also sometimes the people were influenced by the online advertisements starring famous celebrities. During the pandemic social media marketing became the most reliable tool to boost business as there was sudden increase in the content online.

It is important to protect everyone's health but at the same time, one also needs to protect their livelihood and business, to get through these difficult times. It may not be easy for a business to flourish when the whole world is hit down by the looming recession because of the pandemic. But by changing the marketing approach businesses can reconnect with their customers. Hence Social media marketing is a simple and effective way of demonstrating support to the local

-Snohi Soni

B.Voc. (Logistics management) – II

THE RISE OF ONLINE PAYMENT SYSTEM

Digital payments are transactions that take place via digital or online modes, with no physical exchange of money involved. This means that both parties, the payer and the payee, use electronic mediums to exchange money.

The Government of India has been undertaking several measures to promote and encourage digital payments in the country. As part of the 'Digital India' campaign, the government has an aim to create a 'digitally empowered' economy that is 'Faceless, Paperless, Cashless'. There are various types and methods of digital payments. Over the past six to eight months, we've seen the use of cash decline even further, and that's a trend I think that we're going to see continue. The unprecedented surge in the demand for contactless payment has also led to outstanding performances for major companies offering cashless methods, such as Apple, Square and PayPal. When the pandemic hit, people really started paying attention to how literally they were spending money and people found that they didn't want to touch cash and exchange cash. Millennials are the ones leading the charge toward a cashless future. In a country like India, where disparities are sometimes poles apart, ensuring financial equality becomes an issue of prime importance. One of the reasons why our government started vocalizing Cashless Economy and Digital India was to improve access to financial resources. There are multiple benefits that digital payments bring to the table.

Ease and Convenience- One of the most significant advantages of digital payment is the seamless experience they provide to customers. Reduced dependency on cash, fast transfer speed, and the ease of transacting make online payments a preferred option. Traditional payment methods like cash and cheques add to factors like risk, steps, and physical presence. With digital payment, you can send and receive fund from anywhere in the world at the click of a button.

Economic Progress- Customers transact more online when they see the ease, convenience, and security of online payments. This means that more and more people feel comfortable buying online, investing digitally, and transferring funds via electronic mediums. The increase in money movement and online business contributes to the progress of the economy. This is why online ventures are being launched every day and even more are making profits daily.

Safety and Efficient Tracking - Handling and dealing in cash is a cumbersome and tedious task. Along with the risk of losing money, there is the hassle of carrying cash everywhere you go and keeping it safe. With digital payments, one can keep their funds

secured in online format effortlessly. Nowadays, your mobile phone alone is enough to make and receive payments – thanks to UPI, netbanking, and mobile wallets. Additionally, most digital payment channels provide regular updates, notifications, and statements for a customer to track his funds. The digital payment wave in India is not going anywhere. With financial literacy and financial accessibility on everyone’s mind, online payments are going to grow exponentially. As a business and a professional, right now is the right time to onboard the digital payment wagon and enable your customers to transact online securely.

The Covid-19 pandemic has led many consumers to increasingly use online and mobile channels to carry out their daily activities, including making and receiving payments. Consumers are shopping more online or through mobile apps and relying more on digital payment methods even for in-person transactions to avoid contact with cash or card readers. The pandemic may also motivate businesses to accelerate the implementation of digital strategies. Many consumers and employees are concerned about potential exposure to Covid-19 when using contact-based payment methods. To address these concerns, more banks are beginning to deploy contactless cards, and some businesses have sped up their adoption of contactless POS terminals. Others have enabled customers to place and pay for their orders through mobile apps before picking them up.

As the Covid-19 pandemic continues, more consumers are likely to adopt digital payments. Aided by various legislative and industry initiatives, consumers and businesses are adapting to the new realities of the Covid-19 world by going digital. Whether this trend will continue post-pandemic remains to be seen—much will depend on whether the initiatives and momentum arising from this pandemic lead to sustained improvements in the ability of financially or digitally underserved consumers to participate in digital payments. Assisting unbanked and underbanked consumers in particular may require an array of stakeholders.

- Aashima Goyal
B.Voc. (FTAD) II

E PAYMENT

elit amet, consectetur
ad elit, consectetur
ad elit, consectetur
ad elit, consectetur



THE VISIONARY WOMEN: MODERN COMMERCE

“If you want something said, ask a man; if you want something done, ask a woman.”

From young innovators to the chairpersons of fortune 500 company, from financial advisors to the head of world’s largest trade organization, from path followers to path creators, there have been no other greater achievers in world history than the women. Their contribution in the field of commerce is indeed ineffable and worth acknowledging. It is not the heights of their success which astounds but the stories of their unceasing determination and tenacity.

The contributions of women in the prehistoric era have been equally significant yet remain untold. With the men fighting in the wars, women were needed to take on responsibilities that the men had to leave behind. But the topic for today is an attempt to celebrate and salute the women entrepreneurs in our global economy and their valuable inputs in making this world a better place. It is a moment of pride to accept the fact that the CEO of Youtube, an app which caters to the needs of millions, is a woman. Not only this, the soft drinks we sip, the TV channels we view, the banks we visit and the apparels we purchase are all led by women entrepreneurs at the highest levels of their operation.

The biggest stories come from the humblest backgrounds. Each successful woman is a story in herself which is a guiding force to many others, who dare to dream. Falguni Nayar, founder and CEO of e-commerce giant Nykaa, quit her job at 50, only to give birth to her entrepreneurship dream, “Think big but start small”, she says. The journeys of Kiran Mazumdar, Ritu Kumar, Oprah Winfrey and many more women entrepreneurs running large companies is a significant incorporation to the list of accomplishments of women. In fact, it is not only the successful women entrepreneurs but each and every woman worker, contributing to the growth of the economy that counts. Every single woman who works towards self-independence is symbolic of the growth of mankind, commerce and trade being one major subset.

Their zeal to keep growing and trying hands on newer ventures marks an impact. Their audacity to take up challenging roles and aim for the sky incites a revolution. Their entry in the e-commerce domain is yet another significant feat for it attempts to maintain pace with the most dynamic form of existence. Perhaps the women's vision in the commercial field has been not only a valuable input but also a promising prospect for a brighter future. It is no more a matter of issues like gender disparity or women rights, but instead conceding to the available women potential which can be directed in the right way for the upliftment of the society as a whole. Research indicates that when more income is put into the hands of women, child nutrition, health and education improves. When women progress, mankind advances. When a woman is resolute, there is no force stronger than her will to rise.

- Sanaya Aggarwal

SEMICONDUCTOR CHIPS CRISIS

(A Big Threat to Indian and Global Economy)

The semiconductor crisis has been one of the most critical economic threats looming over the world economy for 1 year now. This crisis has been so bad that big companies like Apple lost 6 billion dollars in revenue, Maruti had to cut down 60% of their production, Mahindra had to cut down 20% of their production, HP has increased its printer price by 20% and auto industry itself has already lost 100 billion dollars in revenue due to Chip shortage. And India being one of the largest and fastest growing electronic markets in the world is again vulnerable to a massive threat due to this crisis.

Semiconductor chips are the brain of any electronic device and are responsible for conducting every small action in electronic devices and cars. For Example – Semiconductor chips in your mixer control the speed of the motor, and in your car there are hundreds of semiconductors that controls everything and in today's world semiconductors are by far the most important components that keep the world functioning starting from mobile phones to the biggest servers in the world.

Now The Question Arises Why There Is A Sudden Shortage Of Semiconductors And What Is Its Impact On Different Industries?

The automobile industry had already been growing at such a rapid pace that the chips were already at the brink of shortage (Fact: Today more than 100 Billion Integrated chips are used every single day all across the world , which is equal to the number of stars in our corner of the galaxy). And therefore when the covid-19 pandemic hit the world it devastated most countries in the world in 2020, leading to widespread restrictions. The situation has changed drastically, resulting in lesser production of electronic goods and automobile products that further resulted in lesser supply to the customers.

The most important reason in context of the shortage of chips is that manufacturing a microchip typically takes more than three months that involves giant factories and requires multi million dollars machines and tons and tons of Milton tin and lasers and the supply chain disruptions due to the pandemic hit literally hard to this industry. (The wait time for chips is increasing at an alarming rate increasing from 11.8 weeks in September 2019 to 21 weeks in august 2021)

Industries Affected – Countless industries have been affected as global demand for semi-conductor chips continues to outstrip. Companies like Samsung, Apple, LG, HP, and Ford have been severely affected by the chip shortage –

Concluding the point the four major industries affected by the chip shortage are –

1. Automobile Industry.

2. LED Lighting Industry.
3. Consumable Electronics Industry.
4. Appliances Industry.

What Is The Position Of India In The Semiconductor Market ?

The sad news is that in spite of having Intel, Micron and Samsung housing in India we have nothing significant in chip manufacturing. Looking at India's Semiconductor trade situation – India Import semiconductor chips almost 20 times more than what it exports and the cherry on top is that more than half of our chip imports originate from China and Hong Kong .

So What Is India Doing To Fix This Dependency And De-risk This Situation?

1. India was a member of the quad summit which was a leaders conference held by president Biden on 24th September 2021 and the agenda was to discuss how to tackle the several economic challenges of respective countries and one of them was the shortage of semiconductor in the world. Chip production is a complex process that requires multiple steps and for this India, Australia, USA and Japan have collaborated to implement only those processes which are their respective strength and pass on to other countries. This will eliminate the dependence for semiconductor chips on China, Hong Kong and Taiwan.

2. Indian Cabinet cleared Rs 76,000 Cr. incentive Scheme for companies engaged in Silicon Semiconductors Fabs , Display Fabs , Compound Semiconductors , Silicon Photonics , Sensor Fabs , Semiconductor Packaging, Semiconductor Design – wherein the central government of India plans to establish 20 Semiconductor units in the country over the next two years .

3. India is now Partnering with Taiwan which is sternly opposing the Chinese takeover and India is having this partnership in order to establish semiconductor units in India. (Taiwan accounted for 60% of the total global foundry revenue from semiconductor manufacturing last year)

Therefore all these new schemes announced by the government are expected to contribute to the one trillion dollar digital economy by 2025-26 and exports are expected to touch 68 billion over the next 20 years. And if this happens along with the successful execution of the quad summit agreements India will definitely go on to become a hub of Semiconductors and more importantly will be less dependent on China and Hong Kong .

- Divyanshu Batra
B.Com. II

INVESTMENT ARBITRATION AND ITS SCOPE IN INDIA

Our investors and trade are getting increasingly intertwined as the globe becomes a more integrated place. The importance of Investment Arbitration has risen dramatically as a result of recent changes in a variety of investment sectors.

Investment arbitration is a process for resolving conflicts between international investors and host governments (also called Investor-State Dispute Settlement or ISDS). The ability of a foreign investor to sue a host state ensures that, in the event of a dispute, the foreign investor will have access to impartial and experienced arbitrators who will resolve the conflict and issue an enforceable judgment. This enables the foreign investor to avoid national jurisdictions that may be viewed as prejudiced or lacking in independence, and to resolve the conflict and issue an enforceable judgment.

In India, arbitration is available under Bilateral Investment Treaties (hereinafter "BIT") that India has signed with various different countries. Under a Bilateral Investment Treaty, it is the duty of the State to ensure certain rights and protections to foreign investors. These BIT give foreign individual investors access to protection under different kinds of international law, for various acts of omission or commission that the Indian Government may play a role in. Namely, these treaties include – fair and equitable treatment, protection from expropriation, national treatment, and most favored nation, to name a few. The protections and rights are usually negotiated upon by the contracting nations.

In November 2011, the impact of these types of proceedings first came to light when an arbitral tribunal delivered the first-ever published award to the Republic of India in an International Investment Arbitration. White Industries Australia Limited had initiated the proceedings against India under the BIT between Australia and India. After this, within a year, there were six other foreign investors who sent notices to the Indian Government that invoked arbitration under various BIT in regard to their investments in India. The case of White Industries Australia Limited v. The Republic of India later posed as a landmark judgment for India under BIT.

Scope and future of investment arbitration in India

The emerging divide between procedures that resolve low value or low complexity disputes on one end, and high complexity on the other will be the most significant development in the next five years. While arbitration is normally used to resolve larger issues, Indian institutions will continue to develop new instruments to make cost-effective dispute resolution processes available at lower levels.

Institutions will also increase the popularity, strength, and stability of online dispute resolution (ODR). The dearth of accessible information available to arbitrators will continue to be driven by Indian institutions. In the next five years, transparency trends will accelerate. Institutions will also begin to investigate novel types of collaboration. These might include sharing of administrative and technological resources. The role of foreign arbitrators will become increasingly formalized in the market.

Gender diversity is one of the most important factors which will be considered when appointing international arbitrators in the future. Many countries' commercial courts are currently undergoing reform in the area of international investment arbitration, and will change their policies more quickly in the near future. Above all, countries and investors will expect technology to quickly access and crunch data related to the dispute's issues, resulting in accurate and predictable awards. As human intelligence and machine intelligence collide, we can call technology the future of Investment Arbitration.

To sum up, India has always been at the forefront of FDI policy making. Due to principles like 'Maximum Governance, Minimum Government,' India's landscape of Bilateral Treaties has greatly benefited the country. Unlike most other countries, India has reaped the benefits of its Investment Arbitration policies in recent years, as its provisions allow investors to avoid complex and lengthy litigation in India and to obtain relief against India through provisions in BITs, Free Trade Agreements, and other agreements. Given the current environment, Investment Arbitration appears to be on the rise in India and may continue to do so over the next few years.

- Kanika Chaudhary
B.Com. II

Social Science
Section



Editor's Note

Dear Writers and Readers,
Greetings to you!

With gratefulness, I would like to put forth the 'Social Science Section' of the annual college magazine 'Tyagmurti'. The thoughtful and innovative articles reveal the potential and hidden talent of our college students.

From the very beginning when the first words were uttered, the ability to communicate has played an important role in our world. Whether within our own thoughts, spoken or written, words have the power to transform the world we live in. Language is at its best when it is used to inspire others to find the best in oneself. I hope this social science section will find a special place in the heart of its readers.

I express my sincere gratitude to our worthy principal Dr. Ajay Sharma for putting his faith in me for editing the Social Science section of our college magazine. I would also like to extend my thanks to members of editorial board, staff editors and college students for their immense contribution of diverse articles leading to completion of the social science section of college magazine – 'Tyagmurti'.

Wishing everyone great success and a synergetic life

Read on – and please, take the time to enjoy!

- Dr. Nidhi Chadha
Staff Editor, Social Science Section

Forgiveness

Forgiveness is defined as conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

Despite its obvious importance in social interactions, forgiveness did not receive much attention from psychologists up until a few years ago. So, however, there has been an enormous increase in the amount of attention given to forgiveness. Some people object to forgiveness, citing the need for justice after a wrong has been committed. Other people say you can still forgive people even if you punish them for what they did. Forgiveness is a choice one makes over and over again. It can be a fresh perspective or a healthy distance; like a quiet room with a view onto the world of complexity and conflict. While forgiveness can be understood as a situational response and as a skill that can be learned, it is also influenced to a large extent by an aspect of one's personality and as such termed as trait forgiveness. People are said to have an unforgiving disposition when they are unable to forgive across different situations and over time.

Forgiving disposition can also come about by nature and by nurture. Another mitigating factor that can influence one's ability to forgive is one's attachment style. Based on how we develop a sense of attachment to our primary caregivers as infants, those dispositions reflect important cognitive frameworks that are likely to drive interpersonal behavior in adulthood.

9 Benefits of Forgiveness:

1. Reduction in negative affect and depressive symptoms
2. Restoration of positive thinking
3. Restoration of relationships
4. Reduction in anxiety
5. Strengthened spirituality
6. Raised self-esteem
7. A greater sense of hope
8. Greater capacity for conflict management and
9. Greater ability to cope with stress and find relief

Forgiveness as an emotional and cognitive process is characterized by releasing of anger. Elsewhere it has been proven to have negative physical, emotional and cognitive consequences over time.

What and when is Forgiveness Day?

World Forgiveness Day falls on the first Sunday in August each year. This year it falls on August 4 and you can learn more about it through the Worldwide Forgiveness Alliance, non-profit organization and their website.

Is Forgiveness a Choice?

Forgiveness is a choice, even if it takes a long time to make that choice. While forgiveness relates to the perception of injustice, the decision to forgive is different than the emotional experience of forgiveness. Forgiveness also suggests change over time and it is not always possible to say if we have “fully forgiven.” It is important to remember that one might grant decisional forgiveness and still be emotionally upset. Despite having made a decision to forgive we may still be prone to angry, anxious, or depressive rumination and exhibit motivations oriented.

At the end, I just want to say that the concept of forgiveness is embraced by many spiritual traditions around the world and considered a universal virtue. The ceremony allows for everyone’s feelings to be acknowledged and ends with releasing of the past by a very simple prayer that consists of saying these words:

“I’m sorry, I love you, please forgive me, I thank you.”

Yashvi Bhandari

B.A. I

Dreams: Big Parts of Our Lives?

Everyone sleeps - humans, dogs, primates, rats, and the rest of the earth’s inhabitants, all experience the relaxing and necessary state of sleep. It appears to just be an unconscious state that is essential for survival, however, there is much more going on than meets the eye. Sleep is accompanied by dreams, a term associated with adventures, experiences, and conflicts, which occurs in one’s mind during those hours, when one is fast asleep in bed. All people dream from the moment they enter this world, till the day they leave, but whether they remember what they experienced the previous night or not, varies. I, of course, am no exception to the fact of having dreams and dialing back to my younger days that have remained in my memory.

Dreams connote several things about people and their lives. Dreams can be related to what people aspire to be as they grow up and what their ambitions are. Freud (1900) considered dreams to be the royal road to the unconscious as it is in the dreams that ego’s defenses are lowered so that some of the repressed material

comes through to awareness, albeit in distorted form.

Dreams perform important functions for the unconscious mind and serve as valuable clues to how the unconscious mind operates. On 24 July, 1895, Sigmund Freud (a clinical psychologist), also known as father of Psychoanalytical School of Psychology, had his own dream, that was to form the basis of the theory called Dream Analysis. He had been worried about a patient, Irma, who was not doing as well in treatment as he had hoped. Freud in fact blamed himself for this, and was feeling guilty, due to which he had a dream about her and that's how he developed dream analysis, or dream interpretation, as a way of tapping into the unconscious mind (as in his case, feeling guilty).

However, what do those dreams mean? Experts refute that dreams can predict events, but they can help us interpret our feelings and that the events in our dreams are symbolic. For example:

- o Missing the train might indicate that you are feeling left behind, or simply that you are anxious.
- o Walking on air shows, that you are feeling invincible and capable of anything.
- o If you dream that your teeth are falling or crumbling, you have bitten off more than you can chew. Slow down and do less!
- o Dreaming of natural disasters – earthquakes, tsunamis and volcanic eruptions can be intense and terrifying. They show that you are feeling frightened by events outside of your control, like the time of coronavirus.

It is worthwhile to try and decipher your dreams, as this can help you interpret your feeling. One way to do this is by association. If you dream about people, ask: what does this person mean to me? If you dream about, let's say birds: think, do you love birds or do they make you nervous?

Some people claim they never dream; well, they do, but they just forget. It may be useful when you wake up, to try to recall your dreams, they might be telling you something important.

- Tavleen Kaur
B.A. II

Mental stress and its Management

Stress is a natural feeling of not being able to cope with specific demands and events. However, stress can become a chronic condition if a person does not take steps towards its wellbeing. This can come from work, relationships and other pressures. Anything that poses a real or perceived challenge to a person's wellbeing can cause stress. This topic should be paid more attention to, as someone whose mental health is disturbed does not look any different from us but can be causing serious harm. It just needs to get identified!

While stress is an automatic response from your nervous system, some stressors release at predictable times. While handling such times, we can either change, the situation or reaction. There are four A's that can be helpful while handling such situations: Avoid, Alter, Adapt, Accept.

Avoid unnecessary stress: It is not healthy to avoid a stressful situation that needs to be addressed but we can surely try to eliminate the topics that gives us stress. Learn how to say "No" to taking on too much. Avoid people who stress you out and try to take control of your environment.

Alter the situation: If you can't avoid a stressful situation, try to alter it. Express your feelings instead of bottling them up. Communicate your concerns in an open and respectful way. Try to find a balance between work, your personal life and social life.

Adapt to the stressor: If you can't change their stressor, change yourself in a positive way. Try regaining your sense of control by changing your expectations and attitude. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth it? If the answer is no, focus your time and energy elsewhere. Practice gratitude.

Accept the things you can't change: Some sources of stress are unavoidable. You can't prevent or change such stressors. Acceptance may be difficult, but in the long run it is very helpful. Don't try to control the uncontrollable, rather we can change our attitude towards it. Learn to forgive. Accept the fact that we live in an imperfect world and people make mistakes. Let go of anger and resentment. Free yourself from negative energy. Even if you don't trust anyone, try seeking a help from therapist. It is completely a normal thing to do for your mental health. Because at the end of the day, YOU MATTER!



- Ayushi Verma
B.A. III

Music for Mental Health

“Music can heal the wounds which medicine cannot touch.” — Debasish Mridha

Music has been associated with healing for centuries and its association with mental health is just as old. The relation between music and the mind is usually considered limited to emotions but neurobiological studies of music have intrinsically linked music to various other functions of brain like, perceptual processing, emotional processing, autonomic processing, cognitive processing and motor processing as well.

Research done in 2019 proved that college students who listened to classical music every day for 2 months experienced lowered levels of anxiety and reduced depression. Another study conducted in 2013 suggested that music listeners tended to recover from stressful situations quicker than those who did not listen to music.

The natural mood-lifting properties of music are used to improve mental health and overall well-being of individuals by the use of Music Therapy. Music therapy, in general terms can also be defined as “the clinical and evidence-based use of music to accomplish individualized goals such as reducing stress, improving mood and self-expression.” One does not need to have musical skills in order to enjoy the benefits of music therapy. Depending on your needs, music therapy may consist of listening to music, singing, playing instruments, discussing or composing music. There are a number of people who benefit from music therapy some of them being substance abusers, people with mental health problems, physically challenged people, victims of abuse, traumatized individuals, individuals with autism and PTSD (post-traumatic stress disorder).

Music therapy is a fairly a new concept but brings with itself a wide array of emotional, spiritual, physical and social benefits. Some of these benefits being, lowering blood pressure, improving memory, enhanced communication and social skills through experiencing music with others. It is a way of self-reflection by observing your thoughts and emotions reducing muscle tension and many more. Music opens the door of spirituality and allows you the opportunity to explore your own spiritual beliefs. Music can also provide an increased sense of control. Helps in developing coping skills. Lessen the effects of dementia. Music can bring together people and act as magic medicine to wounds of the soul.

Research into music therapy of deaf people is limited but case studies suggest, just as in people who can hear music can also help people with hearing loss express emotions and improve cognitive abilities. Music therapists are highly trained, board-

certified practitioners. The most common settings for music therapy are hospitals, schools, nursing homes, outpatient clinics, mental health centers and residences for individuals with developmental disabilities.

Music therapy is also being introduced in educational institutions. However, to experience the benefits of music one does not need to be in a full-on clinical setting, your first step can be as simple as making a playlist for different moods or listening to classical music when you struggle with difficult emotions. In conclusion music therapy is an effective way to connect with oneself and improve our mental health. It is also a fulfilling career option.

Guntaas Kaur Bajaj

B.A. III

Young Feminist – A Point of View

Are women safe? Are women free to do whatever they want? Is freedom actually given to women? Are women free from any form sexual abuse? Why is teenage pregnancy increasing day by day? Why are the parents of a girl always worried about her safety? Why women are not allowed to go out of the house late at night while their brother have full right to go out late at night? Mahatma Gandhi once said, "The day a woman can walk freely on roads at night, that day we can say that India has achieved independence." Similarly, Desmond Tutu, a south-African lama, said, "If we succeed in empowering girls, we'll succeed in everything else."

I don't deny the fact there have been some changes regarding women empowerment in the society with the passage of time. Women have received their right to get educated, to drive a car, to wear what they want, to do a job and to give their opinions. But are they actually independent? Why even after proving themselves and working on an equal level as men they are considered lower than them? Why should a man be the head of the family? Why are the household chores and taking care of children considered the work of women alone?

I don't get why a woman is stopped from sharing her real views? Why does a woman have to live under her father or husband's shadow? Why does she have to listen to whatever the patriarch of the family says? Every day in news, there is one or the other news of rape, molestation or there is a viral video of misogyny trending on social media. Why is this happening? Why men don't respect females?

Do you still remember the Nirbhaya Gang rape case? It is the infamous 16 December 2012 Delhi gang rape incident. On a December night in Delhi, Nirbhaya and her friend

were returning from a movie theatre, they were waiting for a bus. One of the would-be culprits convinced them to get on an empty bus. The girl was assaulted and sexually violated by 6 men, one of whom was a minor, aged 17.

Can you feel the atrocities happening with women nowadays? In India, where women are worshipped, why are they not safe? I know my point of view might sound very feministic to you but it is reality. Not all men are the same. There are men who respect women but, at the same time, there are men who consider women as things or objects. Although both men and women enjoy equal opportunities in terms of jobs, but as far as freedom and safety of the women, India lags behind. It is my belief that the safety of a woman is more important than everything else.



Shradha Garg
B.A. I

Who am I?

I am a machine, yes, maybe, I am a machine. I am programmed to feel certain things, in a certain way. I don't know where I came from, I don't know what the source of my inception is. I don't know who created the world I live in. Am I a part of a simulation? I think I don't care now. Am I even a human now?

We are machines, linking success with money and calling relationships useless, until and unless we see no benefit out of it. We take pictures in between a moment, ruining it and calling it a memory and never looking back at it and never re-living those moments. We are not humans anymore, we are just a library of read books, sitting on our respective shelves and collecting dust. We just move on the basis of other people's liking. We follow the trends, we dress to impress, we even lie about the things we like just to "Fit In". We all want to be liked by everyone and that's simply not possible.

Maybe, it is what we are meant to be. We are meant to be called "modern civilized people" who don't care about the civilization anymore. We are people who decide the place of our vacation on the basis of social acceptance, who have no control over our conscious self and are caged under our prejudices that emerges from our lack of ignorance in the realm of personality and beliefs. Maybe everyone reading this won't

agree with me.

I feel like we have become machines. We all should try living life in a more humane way and do the things we always wanted to do. Even if we feel that we are in the ocean of nothingness, we can at least try exploring the ocean more. Till then we can keep asking ourselves the question “Who are we?”

-Varun Babbar
B.A. I



Fear of Missing Out

What if you miss a fun party, or an important class? You might regret, but eventually forget it, but do you fear missing out? Popular as a slang, real in its effects, the internet has blurred the line of difference between reality and digital world. There is a popular acronym which most of us have used or at least heard of that refers to the social angst of missing out, characterized by the desire to stay connected to everything happening around. For a laugh and as a trending acronym, ‘FOMO’ has got many people hooked on it. Everyone relates to it over the internet, but only a few experiences and bear its consequences in reality.

The unending cycle of FOMO leads to excessive use of social media. As Caterina Fake, co-founder of Flickr highlighted: ‘Social software is both the creator and the cure of FOMO. It’s cynical’. Feeding the insecurities, the internet makes people increasingly vulnerable to the same. Minus it’s used as a joke, it means plethora of things for a person like me. While handling the daily trifles of life on one hand to juggling and constantly worrying about putting everything on the plate, life becomes a moving train without brakes.

Internet often restricts the concept only to the fun parts, like parties, fairs, etc. but it goes out and also affects you for things like course classes/lectures, which might be one of the biggest drawbacks for at least a college student like me. So, the next time you ask someone “Come, let’s skip this one out” and they reply “what if something important happens”, then they might be someone who have the fear of missing out, or just the fear of attendance. The life of someone who has ‘FOMO’ as they term it, is surrounded with walls of ‘what if’s’, so much so that it leaves people feeling left out

and anxious, thinking of the fun that they've missed out on. The saying 'enjoy and live in the moment' sometimes has little relevance for people, making the roller-coaster of emotions, which is hard to get off.

Fueling the search of happiness and validation, it impacts the way of living and thinking. It looks harmless on the outside, but poses a hard challenge in some lives. Developing divided attention and focus, it in turn leads to overthinking and worrying, putting people, especially teens under immense pressure. The insecurities, stemming from self-doubt increases day by day making one's own life feel mundane and causing people to struggle with low self-esteem.

It feels easier said than done, to overcome the feeling of being a part of nowhere, while trying to make it everywhere. Nevertheless, let's not forget to be kind and help each other grow. Let's look past the shiny layers of an ideal life, as there's always two sides to a story. Everyone has his or her own journey so, learn to accept your own. Fighting the battles of mind is more difficult than spitting words of wisdom. But there's more to life than worrying about others, to know and connect with yourself. In the end, you will look back at your own life, so fill it with rainbow of colours, rather than just black and white.



- Geetanjali Bhatti
B.A. II

Hobbies: A Necessary Fun

A hobby is just any task or activity which is done for enjoyment. Hobbies vary from person to person. For a student, it can be to play his or her favorite sport, while for an adult, it may be to read his or her favorite book.

When I was in school, I had many hobbies. There were many things apart from studies which gave me happiness- be it anchoring from time to time, drawing anime, or playing sports. All these things were a part of my regular day activities and truly completed my day. As said by Bill Malone, "Hobbies are great distractions from the worries and troubles that plague daily living". Whenever I would have free time during the school period, I would draw random doodles. This was until I reached class 10th, when I had stop every pursuing other things than studies. After that drawing and sports never played a big part in my life.

I realized that the statement - “Leave everything and focus on studies as only studies will help you achieve success” is very overrated. Along with studies, a person should strike a balance with other things which he or she loves like baking, singing, photography etc. This would help to enhance the creative mind of the individual. In studies, we force our brain to learn some unfamiliar information. It is just that we are forcing the brain to learn something new but not using the brain to create something new.

As said by Freeman Dyson, “Successful technologies often begin as hobbies”. Jacques Cousteau invented scuba diving because he enjoyed exploring caves. The Wright brothers invented flying as a relief from the monotony of their normal business of selling and repairing bicycles. If a person is not doing something which he or she feels is fun, then he or she would never do that thing on their own because they would be forced to do so. That is the case with studies for many students.

Every person has some set goals to achieve which don't give his or her much time to indulge in his or her hobbies. But what we can do is we can again regenerate that feeling of fun, entertainment, and excitement of a hobby by just starting with 20 minutes devoted to the same per day. This would make a lot of difference; these 20 minutes would matter a lot in the long run to a person's overall development.



At last, I would just like to say that you can do anything in this world if you put your mind and strength to it but please make sure that you have a side fun to your personality as well.

- Manjot Kaur
B.A. I

LGBTQ and the Society

“Love should never mean having to live in fear” said Dashanne Stroke, as the LGBT (Lesbian, Gay, Bisexual and Transgender) community faced a lot of criticism and discrimination from their families and the societies all over the world. In extreme cases, members of the community not only faced social sanctions but also physical violence. They, therefore, preferred staying in the closets in India. But in recent years after the Supreme Court verdict of 6th September 2018, making Homosexuality legal in India, people have gained more confidence and courage to come out openly. They have also gained acceptance, love and tolerance, even in the smaller towns and cities.

Even after all these change and development, people of the LGBT community are fighting for equal rights and acceptance. Trans people, especially women, face a lot of

difficulty in finding acceptance. People in the LGBT community are looked down upon all the time. This is a major issue because discrimination against the LGBT community is highly prevalent.

If a person declares himself or is found to be belonging to LGBTQ Community then generally a bounty is set for their Secret Honour Killing. Recently, many people have become victims of such honour killings. Women suffer the most for belonging to LGBTQ Community as when a woman declare herself as a lesbian or a bisexual, then the family generally suggests to them to go for sanctioned corrective rapes in which a woman has sexual intercourse with a man without her will to treat the 'Disease of Homosexuality'.

Even today people do not accept a same-sex marriage but there is less hesitation while talking about the LGBTQ Community openly. Their preferences are more respected and their problems have a greater understanding as well as appreciation. Thus, the media has played an important role in changing the mindset of the people and the stereotypical society. There is not an iota of doubt regarding the fact that all the judgments related to LGBTQ people will shape the future of the LGBTQ rights movement in India. The significance of the judgements of the people is not only limited to the recognition of their gender identity and decriminalization of homosexuality but also extend to conferring a host of other civil rights which were earlier not available to the LGBTQ community but are ordinarily enjoyed by the heterosexual persons and cisgender persons. These civil rights include the right to marriage, right to adoption, right to surrogacy, right against discrimination, freedom from sexual assault etc.

Despite all these developments, LGBTQ People are still struggling to get the societal validation. A Supreme Court Judgment can merely pass a resolution, but it is the duty of the society to not discriminate against LGBTQ people and to make them feel inclusive. Merely allowing Sexual Acts between the same sex couple will not bring them at the equal pedestal with other citizens. The legal sanction of adoption by same sex couple and right against oppression are still uncertain and the community is still fighting for them. The battle is clearly not yet won, there is a long road ahead to make India an inclusive country in ITS true sense.

- Oindrilla Saha
B.A. III

The Massacre of Komagata Maru

The Komagata Maru incident has shocked the consciousness of humanity in the year 1914 and till now it is remembered as a heinous episode in the history of British colonial empire. More than a century ago, a great injustice took place on May 23rd, 1914, when a Japanese ship named Komagata Maru arrived at the port of British Columbia, Vancouver with 376 passengers boarded on the ship. This initiative was taken by Baba Gurdit Singh an entrepreneur who was working in Singapore and was originally from Punjab, India. He decided to help his people who approached him to help them to immigrate to Canada. Baba Gurdit Singh chartered a ship to transfer the immigrants across the Pacific Ocean. On 4th of April 1914, the ship was set off from Hong Kong.

On the opposite side, many white Canadians were not happy with non-white immigrants and due to which many riots took place. In 1907 almost 10,000 people in British Columbia protested Indian immigrants; much destruction took place which led to formation of two new provinces by federal government in 1908 to prevent Indian immigrants. The first was that the immigrants must arrive in Canada by a continuous journey from their country of citizenship. As the journey was quite long, no ship was made for a continuous journey from India to Canada. The second province required Indian immigrants to pay \$200 as fee upon arrival, which was 7 times the amount required for white immigrants. Therefore, federal government achieved their motive to stop Indian immigrants for almost 5 years, until in 1913 a lawyer filed a petition against these provinces and successfully argued in the court. This resulted in hope for the passengers on the ship.

But on arrival of Komagata Maru in British Columbia Vancouver only 24 Indians were admitted in Canada out of 376. The British government did everything to stop the Indians to enter: permission for land was denied, access to bank accounts were denied and the supply of food was stopped which made them starve to death. The immigrants on Komagata Maru wanted to stay and fight. They filed their petition in the court. But unfortunately, on 6th July 1914 the judges decided against the passengers and appealed to send the passengers back to India. On 26th July 1914, the Komagata Maru was escorted out of Canadian waters by the HMCS Rainbow. After 2 months on 26th September 1914 Komagata Maru finally arrived on budge, west Bengal (a port in India). British authorities decided to capture all the passengers as they could in future agitate against the British government. There was an exchange of blows between the passengers and British which finally resulted in shooting. In the end, 22 people were dead and more than 200 people were put in prison.

Recently and in the past, the Canadian government has tendered apology for inhuman incident of Komagata Maru. The massacre of Komagata Maru begets heartfelt sympathy of all us Indians.

-Vaani Sood

B.A. III

Fatigue

Fatigue is an old friend to every college student. Fatigue makes our faces look weary and our hearts too old. But what is fatigue? Is it merely mental or physical exhaustion or something more significant?

As an inhabitant of this planet for the past 20 years, I think fatigue is more than feeling drowsy at work or unenthusiastic in class. It is the extreme exhaustion felt at heart that no amount of rest can fix. When a person is fatigued, his or her entire day's energy goes into just getting through the day. The cycle of performing, excelling, and surviving seems like a rut.

Initially, fatigue feels much like sadness. One may mistake it for worrying about his or her work too much. When we are not able to perform, we begin to talk negatively with ourselves or we forget to show ourselves kindness during tough times. All such negative talks keep piling up and go overlooked over a period of time, and eventually exhaustion sets in. Whether it is climbing the ladder of self-doubt or the gradual decrease in self-confidence, all of it happens because one hasn't healed from past setbacks. This carry-forward of exhaustion and increasing insecurities leads us to forming unhealthy habits which eventually leave us fatigued and drained.

Little by little all the things that we once enjoyed and cherished become burdensome and less rewarding like petting a dog, walking on grass barefoot, or enjoying tea after a long day's labor. All these activities seem less fruitful and sleep seems more rewarding, for sleeping, it seems more enjoyable than healing. Economics aptly describes it with the concept of diminishing marginal utility where utility derived from once-loved activities drops tremendously. Often walking down the street, we see this fatigue clearly on the faces of our elders. On questioning, they might say it's because life dealt them a bad hand or it's just how life is or at this age, such is the case, but is it really so?

Day in and day out we are tired beyond measure. Not because of our physical or mental labor, but because something within us wants to rest, heal and live. This fatigue is like a constant reminder to take a pause and breathe. It pushes us to introspect our choices. To think about what matters in life, where we wish to go, and if the path we desire to walk is our own or the result of a long time conditioning. It's like an upsurge of questions we avoid on a daily basis. It is the exhaustion that makes itself known when fulfilling others' dreams and safeguarding yourself from others' fears for you. It is also the pain of choosing to fulfill expectations over the joy of painting or running with your dog. It is the longing you feel when looking through old photographs hoping for such times to make take U-turns. It is the feeling you feel

deep within your stomach, it is the sorrow that urges you to look within, before someone else passes by. We as humans, failed to realize that we have the power to heal which doesn't come so easily to other species we share this planet with. But we never take out the time to deal with it. Rather we choose to cover it up with happy moments, only to be greeted by fatigue as an old friend when the high of joy ceases to exist.

Having gone through this process, I wish to tell you that it is not all gloomy and sad. The most intriguing side of fatigue that might go unnoticed is the chance to heal and reconnect with yourself. Self, which was left undiscovered due to worldly expectations and the pressure of making a life. Self, which is much more rewarding than any award ever won. Such a journey of healing and self-discovery can be initiated by doing things that spark light within us.

For some it may be rekindling an old hobby, for others, it might be taking walks daily, for others, it might be finding answers to those existential questions that have been bugging the life out of them. Whatever it is that the heart calls for, do it, for the answers to reconnecting with ourselves will be different for everyone but the yearning for truth, healing and in the end, an urge to be of service to others is what will unite us. Our stories will become anecdotes for the next generation of souls and act as guides toward connecting with one's innermost self.

Don't be fearful of doing things that light you up because it is because of those things that you'll reconnect with your true self and heal that fatigue that your soul feels. It is in those moments that you'll contribute to the world by healing yourself and being a part of something much bigger than yourself.



-Vidhi
B.A. I

An Industrial Manoeuvre by a Woman for a Women

The Matchgirls' Strike

The Match Girls strike, is one of the great historical events which created a landmark victory in the working class. The Match Girls' Strike of 1888, London, has a significance that is difficult to put in words. In its physical scale it is unremarkable for the period, but it's significance for the future of the British trade union movement, was immense, since the strike redefined the very nature of trade unionism and gave birth to modern-day general unions.

The Bow is situated at the East End of London, where the most poverty-stricken people lived and worked. The Match Girls' strike was an industrial movement against the profit exploiter, matchmaking factory, The Bryant and May Factory. The Bryant and May matchstick company employed 1,400 people from the Bow. For the production of the match sticks made from poplar or pinewood, the sticks were dipped in the solution made up of many chemicals including phosphorus, antimony sulphide and potassium chlorate. Within this solution there was certain amount of white phosphorus, however, the use of which, was proven to be extremely dangerous. The red phosphorus was much safer, but the white phosphorous was much cheaper and the money-making minds, the Bryant and May factory owners, gave importance to the profits as compared to workers' health.

The working conditions at the factory were appalling. There were fourteen-hour workdays and poor pay. Instructions like "Never mind their fingers", as the workers were forced to operate dangerous machinery, were given. The workers were constantly abused by the foreman. One of the worst repercussions of working in the factory included, a disease called "Phossy Jaw" which was an extremely painful type of bone cancer caused by the cheap phosphorus used in the matchsticks production leading to awful disfiguration of the face. When someone inhaled this cheap phosphorus, common symptoms like toothache started and the removal of jaw was imposed. The other ramification was, the fines imposed on the untidy work station or talking. Despite this many girls were forced to work barefoot as they could not afford shoes. In some cases, having dirty feet was also one of the reasons for imposing the fine.

Being aware of the occupational hazard like "Phossy Jaw", the company chose to deal with problem, by giving instruction of tooth removal as soon as possible, when someone complained of an ache and if someone dared to refuse, they were fired. The profit exploiters didn't compromise on profit margins, and continued to hire

thousands of women and girls in the production. The matchmaking business was blooming and the market was flourishing.

This ill-treatment was continued till the final straw came in July 1888, when the company started slacking and one female was fired without any reason. The Social activist Annie Besant, along with her friend Herbert Burrows who was a journalist, published an article in her halfpenny weekly paper, 'The Link'. These two were the key figures in organizing this industrial action. Burrows, personally met the workers of the factory. And Besant, met the young girls and listened to the appalling working conditions. They both exposed the ill-treatment happening in the factory. In the article the wording like 'white wage slaves', and also 'prison- house' gave major setback to company and its owners, as it created an outrage of many more girls who were dismissed unfairly by the company. They provided an instant support and quickly joined the walkout which turned into a full-scale strike when about 1500 workers joined.

Annie Beasant received many donations and public support from powerful bodies such as, London Trades Council. Beasant and girls also started to spread their message while marching in London and paying a visit to the Parliament. The factory wanted to deal with bad press as soon as possible and within a week the company had to compromise and offered improvement in both pay and work conditions. The women joined the factory as their rights were being secured now. But still the use of cheap white phosphorus was not stopped until the 90's.

By 1891 a new match factory was set up in Bow, by the Salvation Army which offered better working conditions, and also no usage of white phosphorus in production but this factory was a failure. So, the Bryant and May took over, and it took years to stop using white phosphorus. Matchgirls were the first workers in history to withdraw their labor in mass. This event is the key movement of social change. The forming of the match unions was beginning of the trade union movement and it's because of the Matchgirls and their matches and the strike encouraged by Annie Beasant.



They were Young, Loud, Confident and they Won.

- Harnoor
B.A. III

Acceptance & Generalization: The Two Essential Concepts for Understandings for a 21st Century Human

The generic Homo sapiens have reached the juncture where they can claim themselves as civilized human beings. The notion comes from the fact that now, they can think rationally away from superstitions, live independently irrespective of gender, and also due to technological advancements that have caused ease to human life. Externally there is no doubt, that we have evolved over time but, internally a 21st-century human even after 5000 years of labeling himself as a civilized being, has failed in overcoming mental conflicts and has been stuck in this unresolved web of dilemmas that have increased with the passage of time and caused misery to human existence. Today's human is exposed to a vast amount of information that was never experienced before by the previous generations; thus, the occurrence of conflicts is obvious, as he is consciously or unconsciously is unable to adjust himself to societal standards and has failed to accept the exponential development.

The art of acceptance thus serves as the need of the hour. Humans as rational beings have failed in accepting actuality and change. Before accepting the environment around us we have to accept the environment within us and the nurture it to the fullest. Indeed, one cannot assess his or her strengths and weaknesses unless and until he or she is not aware of them. To get into that state of awareness, accepting the current state of nature within us is the most important. For instance, a selfish human would never accept his or her selfishness, he or she will try to blame it on others or ignore that part of his or her personality, as a result of which he or she will never overcome that trait, which in turn impacts his or her social and intimate relationships. The moment we start accepting things, the path of realization would open the doors of resolution for us. Understanding that every individual had a different history, background, and moral standards from which he or she had come, would be ample for maintaining peace. India as a country is a good example of it, it had accepted people from varied religions and at the constitutional level had given mutual respect to each citizen, but at the ground level, Indians have failed in recognizing people following distinct perspectives as part of their own.

This shifts the focus of the topic to the second essential understanding for today's human which is, Generalization. It is the tendency to respond in the same way to different but similar stimuli. We have accepted generalizing people based on

their habits, appearances, belief systems, and cultural backgrounds. Like stray dogs bark at rag pickers just because they have generalized their outlook to thieves, humans too have categorized people into groups of which they are unable to differentiate and hence generalized people practicing different belief systems or looking identically different from their community as odds.

Even though humans are blessed with the faculty of consciousness unlike dogs, still we have fallen into this trap of generalization just because of lack of knowledge or ignorance. At a certain level yes, generalization is natural and indispensable, as our brain is designed to form groups and categories for the sole purpose of understanding, but the barrier widens when we start accepting it to the fullest and start excusing our mistakes through this fact. This type of acceptance is dangerous to oneself and society as a whole.

We also have to learn to accept liberty of thought, change is what remains constant in human life and if we oppose it then it will lead to separation. The western world is a good example of it, even though the three Abrahamic religions have the same roots still they fell to war with each other, just because their social groups were incapable of absorbing the fact that a new thought opposes some of their pre-existing ideologies. The reason why the oriental world had such a vast amount of wisdom, is that the people here have learned to accept change. For instance, there would be no Gautama Buddha if people haven't accepted his ideologies which too have challenged some of the pre-existing teachings of that era and that too the Vedic one, through debates and discussions between Buddhist and Vedanta Scholars, the area of ignorance has narrowed within the two groups. If the Orientals too have opposed the existence of a new thought, then they would never reach the stage where they are now and can never attain clarity.

Thus, at a relative level humans can do nothing but accept change. One has to act according to the situation and should understand the nature of reality. The search for the absolute will never get over and the need for development would never lower. The more the quest for knowledge arises, the more a human gets civilized. Through acceptance, only one can overcome mental conflicts and attain inner peace, and through understanding the cons of generalization, people as a society can live stronger and longer.

- Anirudh Sharma

B.A. III

Hijab-Religion or Death Noose

The 13th of September, 2022 was looking like an ordinary day. A 22-year-old girl, named 'Mahsa Amini' and her family, were travelling from Kurdistan region to the Iranian capital, Tehran to visit their relatives. It was evening when they were stopped on their way by the police, but this wasn't the common police, it was the 'morality police'. Now you might be thinking, what is this morality police? The Guidance Patrol or Morality Police, is an Islamic religious police deployed for the Law Enforcement Command of Islamic Republic of Iran, established in 2005, with the task of ensuring observance of Hijab, mandatory rules, requiring women to cover their hair and bodies and discouraging cosmetics. The dress codes are so strict, that Hijab cannot be worn normally, and they have to be tied tightly to cover the hair entirely. And if any woman who is not wearing the Hijab properly in public places, the morality police have been deployed to enforce the dress code.

Proceeding back to story, Mahsa and her family were stopped by the morality police and apparently, she was not wearing her Hijab properly. She was brutally dragged out of the car and forced inside the police vehicle. Her brother tried to intervene and he was told that they were taking Mahsa to the police station for a "re-education class" and would be released after one hour. After this she was taken to the detention center, and her brother said that he heard his sister shouting because she was beaten by the police. Her brother also added that he noticed bruises on head and legs when she was taken to the Kasra Hospital. When she was admitted to the hospital, the doctors declared her brain dead as she suffered a brain injury including bleeding from the ears and bruises under the eye. On the 16th of September, she died, after being in coma for 3 days. After her death protests were ignited at various places in Iran. In some cities women in crowd burnt their Hijabs and chopped off their hair publicly, as an expression of anger directed towards the morality policy responsible for Amini's death, and as a rejection of the compulsory hijab policy. Such large-scale protest does not happen because of a standalone incident. This event acted like a trigger point for the women of Iran. After considering the recent scenario, the women decided that they have had enough of these Hijab laws because women are dying in the most inhumane way due to this.

From a long time women in Iran have faced discrimination and inequality. The life of a woman is literally regarded as half as valuable as that of a man. Regardless of her accomplishments and intelligence, her testimony in court is legally viewed with

less credibility as she is only “worth half of a man”. The Talibanic pressure is put upon several Islamic nations including Iran, their beliefs for the Islamic traditions, which includes that a woman must cover her face in public and is instructed to remain in the houses except in cases of necessity. Discrimination is very common at all levels; Women are unlikely to obtain jobs that require travel because they need to obtain permission from a male family member before traveling for work. A male acquaintance that is considered as the master, has to chaperone them if they need access to the essential services or travel internationally. They are even banned from entry in certain fields of study and are excluded from many public places, even barred from singing and dancing.

In several countries, various people and governments, are trying to dictate what people may or may not wear. Women simply wants freedom, the freedom of choice. If they wish to wear a Hijab, they should be free to do so and if they do not wish to, they should not be forced. Women are the one who suffer these atrocities the most. We have not seen men protesting against any piece of clothing why? Because there are no such restrictions imposed on men. But whenever it comes to girls or women, the list of restrictions do not end. Dr. B.R. Ambedkar has profoundly said “I measure the progress a community by the degree of progress woman has achieved.” The level of progress in a society or country can be checked by looking at the status of women. Since ancient times, women have faced lots of hardships, there have been a continuous struggle for equivalent rights at various platforms.

So, what should be the possible solution for this, should Hijab be completely banned? The answer is No. Research and surveys suggests, that when women are given access to education they choose their option with their freedom. There’s a simple logic, if women are educated, they cannot be forced into wearing a Hijab, but do not use Hijab to prevent her from getting education. We must acknowledge that, there are several well-educated women who choose to wear a Hijab and that is equally correct because she is choosing it for herself. The freedom of choice should be given to every woman. When women are empowered to lead their lives, speak from their minds and determine their futures, everyone is benefitted. History suggests that when we fight gender oppression, societies are more stable, safe and prosperous, with happier, better educated citizens.

-Ananya
B.A. I

Attention

Attention is the important ability to be flexible and to be able to control limited computational resources. It has been studied in conjunction with many other topics in neuroscience and psychology including awareness, vigilance, saliency, executive control, and learning. It has also recently been applied in several domains in machine learning.

The relationship between the study of biological attention and its use as a tool to enhance artificial neural networks is not always clear. This review starts by providing an overview of how attention is conceptualized in the neuroscience and psychology literature. It then covers several use cases of attention in machine learning, indicating their biological counterparts where they exist. Finally, the ways in which artificial attention can be further inspired by biological way for the production of complex and integrative systems is explored. Attention is the behavioral and cognitive process of selectively concentrating on a discrete aspect of information, whether considered subjective or objective, while ignoring other perceivable information.

Attention is a topic widely discussed, and is publicly and widely studied scientifically. It has many definitions within and across multiple fields including psychology, neuroscience, and, most recently, machine learning. As William James wrote in the dawn of experimental psychology, "Everyone knows what attention is. It is the taking possession by the mind, in clear, and vivid form, of one out of what seems several simultaneously possible objects or trains of thought." Since James wrote this, many attempts have been made to more precisely define and quantify this process while also identifying the underlying mental and neural architectures that give rise to it. The glut of different experimental approaches and conceptualizations to study, what is spoken of as a single concept, however, has led to something of a backlash amongst researchers.

As was claimed in the title of a recent article arguing for a more evolution-informed approach to the concept, the scientific study of attention began in psychology, where careful behavioral experimentation can give rise to precise demonstrations of the tendencies and abilities of attention in different circumstances. Cognitive science and cognitive psychology aim to turn these observations into models of 'how mental processes could create such behavioral patterns'. Many word models and computational models have been created but "No one knows what attention is".

- **Samriddhi Kapoor**
B.A. I

Augmented Reality and Virtual Reality

Ever wondered how difficult 2020 would have been without technology and social media apps? We would have spent hours playing the snake game or just simply by not knowing what to do.

This growing technology made surviving 2020 a little easier for us. While distance apart, this virtual world gave us all a hope for a better future. We experimented with virtual dining, watched movies together over Zoom calls with our friends and even attended virtual birthday parties. If it wasn't for YouTube, we have no idea how we would have looked up the recipes. Brands also followed the consumers and relied on social media apps to lure them and stay connected. Social media has never been more powerful as a marketing tool as it is today.

A trend we've seen accelerate in 2020, is the importance of visual communication and how platforms like ours, can help empower it. According to Social bakers, brands dramatically increased their investment on social media advertising in 2020.

Our Friendship Report showed that 91% of Indians, regardless of age, felt that digital communication helped them maintain their friendships during isolation. For example, we normally gather together to celebrate festivals, but were unable to do that this year. Through AR on Snapchat, we've helped Indians across the country celebrate over 20 cultural moments with friends. Augmented reality (AR) and Virtual Reality (VR) are current social media developments, as brands try to offer an exciting user experience. "AR provides a unique opportunity to build the creative digital skills that we believe - and already see - are vital to the new digital economy."

"VR headsets completely take over your vision to give you the impression that you're somewhere else."

The HTC Vive Cosmos, the PlayStation VR, and other headsets are opaque, blocking out your surroundings when you wear them. If you put them on when they're turned off, you might think you're blindfolded. both games and apps, virtual reality supersedes your surroundings, taking you to other places. In games, you might sit in the ring of a star fighter. In apps, you might virtually tour distant locations as if you were there. Facebook offers a feature called 'Facebook Spaces' where up-to three people can interact using a VR device.

Whereas virtual reality replaces your vision, augmented reality adds to it. AR devices, such as the Microsoft HoloLens and various enterprise-level "smart

glasses," are transparent, letting you see everything in front of you as if you are wearing a weak pair of sunglasses.

The technology is designed for free movement, while projecting images over whatever you look at. The concept extends to smartphones with AR apps and games, such as Pokemon Go, which use your phone's camera to track your surroundings and overlay additional information on top of it, on the screen. But the AR apps only show up on your smartphone or tablet screen, and there are still many developments required in AR and VR arena and our people are working on it.

- Mrinal
B.A. I

Life is Beautiful

Life is beautiful, but not always. It has a lot of problems that you have to face every day. Don't worry though! All these problems, make you strong, they give you courage to stand alone in future. Life is full of moments, joy, pleasure, success and comfort. There is no human being on Earth, whether it be strong, powerful, rich or wise, who has not experienced, struggle, suffering, pain or failure. You have to work hard to reach to the highest position. Life is full of choices - you just have to choose the right path to make your life amazing.

Without a doubt life is beautiful and full of celebrations, however, you should always be ready to face challenges because there are difficult situations in life as well. Be careful! You might get hurt. Life is sometimes very hard to handle.

Earth is a place where every person is treated differently, racism exists as well as bullying. People tend to say bad stuff behind each other's back, people are being exploited every day, life is not that easy in my view. Sometimes, all you want to do is sit alone and ask yourself questions like:

Why don't I have many friends? Why is the world so hard to live in? How am I in other's eyes? Why don't I have the same skin colour as everyone else? How can I make other people happy?

All these promote self-doubt. The questions never stop. You ask these questions to yourself over and over again and when you do not have the answers, all you want to do is, scream and cry out loud.

Bullying? Racism? What are all these? I have failed to understand, what do people get from making others miserable and upset, I believe that every single one of you there in the world, has your own beauty.

Everything is beautiful! Everyone is beautiful!

Life changes when we lose our dear ones to death. Life teaches you that you have to go with the flow, no matter how much it hurts! People say, "Forget the past, live in the present and save the future for tomorrow". I think that it's only half the truth, people can't forget their past, because it has all those beautiful moments which means the world to them.

Don't give up and don't lose hope. Live your life however you want to. Have fun! Dance until your legs hurt! Take risks. Trust yourself. Believe in yourself.

-Smriti Chandel, B.A. |



Forgiveness and Wellbeing

Forgiveness is one of the most misunderstood concepts of psychology yet extremely helpful in one's wellbeing, be it mental or emotional or spiritual. The concept of forgiveness according to the dictionary, refers to ceasing the feeling of resentment against the offender. Forgiveness isn't something one does for someone else's benefit. This is perhaps the most important thing that one needs to know. Forgiveness is good for one's own wellbeing but still most people do not let go. By withholding forgiveness, one might feel in control of the situation, and may fear that forgiving would mean losing that control.

Research has shown, that forgiveness is linked to mental health outcomes such as reduced anxiety, depression and major psychiatric disorders, as well as with fewer physical health symptoms and lower mortality rates. Hence it is an essential part for one's own wellbeing. Toussaint and Worthington suggest that stress relief is probably the chief factor connecting forgiveness and well-being. "We know chronic stress is bad for our health," Toussaint says. "Forgiveness allows you to let go of the chronic interpersonal stressors that cause us undue burden." While stress relief is important, Enright believes there are other important mechanisms by which forgiveness works its magic. One of those, he suggests, is "toxic" anger. "There's nothing wrong with healthy anger, but when anger is very deep and long lasting, it can do a number on us systemically," he says. "When you get rid of anger, your muscles relax, you're less anxious, you have more energy, your immune system can strengthen". Another research reported slightly earlier, in 2015, linked forgiveness with the proverbial forgetting. Emotional, intentional forgiveness influenced subsequent incident forgetting. Determined, purposeful emotional forgiveness causes forgetting and is an important first step in the forgiven cascade.

Holding back from forgiving someone can have the following effects:

- It brings anger and bitterness to every new or old relationship, as one evaluates others based on the experience taken up from previous people or situations like learning through the negative experiences.
- One becomes so wrapped up in the wrongs, that they fail to enjoy the present, i.e., one gets lost in the negative thoughts or memories related to the negative experience that they tend to forget, that there are still people who care for them and want them to be happy.
- One might start to feel that they do not have purpose or value in life, as they take the other person's behavior as a result of their choice of interacting with the individual, who inflicted pain or hurt to them.
- There is a loss of in-depth enriching connectedness with others, as one stops trusting others and starts to rely upon their past experiences more and more.
- Leads to the effect on the mental health of other family members, as well because the unresolved pain and anger turns into frustration, which one might inflict on the rest of the family members, especially children.

Here are the following methods to let go of the grudge and reasons to forgive someone:

- Identifying what needs to be healed and who needs to be forgiven, in order to get relieved. One should acknowledge one's emotions and feelings with the situation or person and how it affects one's own behaviour in order to heal.
- One needs to release the control of the situation and the person that hurt them has on their life. When one does not feel intimidated by the situation, the negative feeling automatically reduces as the effect of the feeling on the person reduces.
- Recognize the value of forgiveness and how it can improve one's life. This makes it easier to let go of the resentment. As one lets go of the bitterness that they held for so long, one starts to define their life by them and not by their situations or pain that was inflicted to them, hence restoring their power.
- Forgive on the smaller things first. It's normal to struggle while forgiving someone but one can get accustomed to do so by forgiving daily for little things.
- Move on from the memories that linger on after the incident so as to let go of the resentment.
- An apology may not change your relationship with the other person or elicit an apology from her. If you don't expect either, you won't be disappointed.

Here are the following advantages of practicing forgiveness

- An improved relationship with one's own self and with others as when one forgives someone, they allow a space for positive new experiences, people and hence relationships.
- There is a restoration of faith in humanity and their loved ones.
- One has a stronger immune system and a better health as the stress caused by the grudge wears us off.
- It can lead people to have a fresher perspective in life as one starts to add a new meaning to life.

Despite of the above-mentioned methods and advantages, Forgiveness like any other tasks are easier said than done, But it should be practiced at least for one's own sake as 'To err is human to forgive, is divine'

- Simarpreet Kaur
B.A. III

Subjectivity & the Social Sciences: The Importance of Personal Experience

Our skulls host a brain that finds itself in a world of facts and figures far too often. '83% of children learn through sight and visual stimuli' or 'Twice the temperature rises in Europe' these are instances of articles or statements that tell you information that is verifiable and valid but is never easy to recall. The important question that has roamed in my mind for a long time is why we look apathetically at the news headlines that blurt out truths in ever-increasing numbers, yet never kindle any motivation to remedy the laundry list of issues erupting from all across the globe. The climate crisis, quarterly GDP fall, and soaring inflation blows past us like cars on a highway, capturing our attention momentarily as they buzz past us but never really persist in our memory, eventually turning into blurs on the road of life. These are salient issues that, when fully realized, will inhibit humans from exercising their right to a good life, yet as per consensus, we find ourselves in unparalleled quandaries, simply because we fail to comprehend their scope. In the world of objective results that chart pinpoints predictions, the only one to blame for our lack of action is ourselves, right? Yes, perhaps, but not in the way you'd think.

In the popular Japanese animated show, Haikyuu, we are presented with a group of eclectic individuals, all talented in their own right and possessing latent potential to do good in their sport. The only impediment for them to transform into a powerhouse team is that they must learn to connect; work as a team and learn to fill the gaps in each other's repertoire and, eventually, they do achieve this 'connection'. Arriving at a connection through shared personal experience; short anecdotal tales

of their own that provide an idea to their teammates about their passion and hopes for the sport, and inspire greater zeal and trust in them, is no easy feat and they manage only through the expression of their personalities and beliefs. It's not a perfect metaphor but it is suitable to depict our world issues at large, where discourse is all about echo chambers and overlapping yells on late-night TV because facts are not persuasive or sufficiently convincing. To clarify, what enters your mind when you think of objectivity? Most would envision a rational, unbiased way of presenting a topic, devoid of any interpretative action on the part of the person involved, and any person who adopts this persona is admired in our society, epitomized as the perfect intellectual, and anything else is discarded as biased. Now, I do not propose any outlandish or fringe ideas that circulate the Internet like facts do not exist but rather, I would like to quote Anais Nin, when she said, "Something is always born of excess: great art was born of great terror, great loneliness, great inhibitions, instabilities, and it always balances them and portray in turn, the profound erosion of subjectivity, to the benefit of objectivity".

Since they are considered opposite sides of the same coin, living in an objectivity-glorifying society leaves subjectivity as the black sheep of the house; better defenestrated than entertained. Thus, subjectivity is considered an unnecessary component in most research, and rightly so because who in their right mind would allow bias to ruin the validity and reliability of their research? This is what we have learned over time. Subjectivity being the enemy of scientific discovery and something that weighs down the social sciences. Usually, social sciences lack the accuracy of positive sciences and in most cases, the more they tend towards objective and statistical methods of research the better they are considered to be in the grand scheme of things; Better, accurate, and precise.

We have thus misconstrued our very nature as self-conscious living beings, who learn and build their self-image and world views through their subjective experiences. As per scholars like Thomas Newkirk we live in a world shackled by metaphors and subjective experiences. Daniel Gilbert proposes that all things personal appeal to our psyche and thus, we gravitate toward stories, anecdotes, and personal experiences. However, let any anecdotal piece enter your intellectual assertions and you have ruined their sanctity, which is a de-facto statement today that invalidates our personal biases. Yes, it is essential to divorce all biases in conclusive research so that it can be applicable over cultures, but in solemnly pledging to uplift objectivity we have lost sight of the subjective side of our person in the marketplace of ideas.

Our skulls host a storytelling mind and the social sciences and subjectivity in their fold foster it. Social sciences are important because they relay stories we can resonate with, learn from, and finally, 'connect' with in meaningful ways. They allow for a foundation of ethics that helps us furnish interpretations to hard numbers from surveys and other data as well; giving a voice to digits. In many ways, the very number line we learned in primary school is purportedly an objective mathematical

concept yet it's predicated on subjective assumptions, where we presume that numbers can be placed on a line, ever-increasingly and then measured in metrics, even when such a line objectively does not exist. Like David Hume's "is-ought problem", we find that in innumerable instances we are unable to bring out any meaningful conclusion from numbers, without subjectivity, nor can we tell effective stories to convince people of the value of these well-researched conclusions. Such is the importance of our subjective experience and the social sciences that help us gain an understanding of it, and that's what we should subscribe to as well. Understanding should be the ultimate goal and it is time we realize that even if they are two sides of a coin, subjectivity and objectivity work in tandem, both sharing the same value.

- Jayant Sharma

B.A. II

Resilience

"Do not judge me by my success, judge me by how many times I fell down and got back up again." – Nelson Mandela

Resilience comes from the Latin word 'resilire' which means to rebound, recoil, or spring back. Each individual has to face some or other difficult situation at some point of his/her life. It can be death of a loved one, loss of a job, serious illness, terrorist attacks or any such traumatic event. But, how do people deal with such difficult events that change their lives? Many feel emotionally drained, mentally exhausted and they tend to experience a sense of uncertainty. Yet people generally adapt well over time to life changing situations and stressful conditions. What enables them to do so? It involves resilience, an ongoing process that requires time and effort and engages people in taking a number of steps.

The word "resilient" means "to bounce back", bouncing back from a challenge or adversity and achieving something healthy and positive as a result. In short, resilience is about developing a sense of strength and flexibility to withstand hardships. It's also about using those experiences to grow into a better person. From surviving abuse to graduating college despite adversity, each struggle you've overcome has made you stronger and more capable of handling problems. No matter how tough life gets, some people find a way to keep going. And that's what resilience is all about. Resilience is the ability to come back from hard times or failure. It's the ability to bounce back after being knocked down. It doesn't mean you won't have bad days or tough moments, but it does mean you have the power to pick yourself up and carry on. Resilience isn't about floating through life on a breeze, or skating by all of life's many challenges unscathed, rather, it's about experiencing all of the negative, difficult, and distressing events that life throws at you and staying on task, optimistic, and high-functioning. In fact, developing resilience basically requires emotional distress. If we never ran into disappointment in the first place, we would never learn how to deal with it.

Resilience empowers us to accept a situation, adapt to it, and look for solutions. Resilience is important because it gives us the strength to process and overcome hardships. Have you ever wondered why some people remain calm in the face of adversity, while others crumble? People who are able to effectively navigate the highs and lows of life have what psychologists call resilience, or an ability to effectively bounce back from adversity. Whenever you come across a difficult situation, you have two choices: you can either let your emotions get the best of you and become paralyzed by fear, or you can uplift yourself from the negative and transform pain into possibility. Building resilience is the key to turning challenges into successes

Academic Resilience

Academic resilience is a specific type of resilience that refers to the ability to achieve academic success whilst facing environmental adversity, and it is also the ability to learn from mistakes and failures when things might not go as planned. Instead of viewing mistakes or disappointing marks as an indicator of low ability, someone who is academically resilient will reframe this and instead view these as an opportunity for learning and growth. What matters is how you respond to disappointment, and learn for the future. The good news is that academic resilience can also be built and developed. Considering 'the four C's' can help to build academic resilience.

- 1. Confidence:** when we feel confident in our abilities, it means that setbacks won't affect us as much
- 2. Control:** Gaining control over our learning can allow us to feel more comfortable with our academic tasks.
- 3. Commitment:** Sometimes when we face setbacks, it's tempting to just give up. Reinforcing your ability to stay committed even when times are tough can make you more resilient
- 4. Composure:** This relates to minimizing the impact that disappointments have on our mood.

Resilience isn't about floating through life on a breeze, or skating by all of life's many challenges unscathed; rather, it's about experiencing all of the negative, difficult, and distressing events that life throws at you and staying on task, optimistic, and high-functioning. If we make it through the challenging times that life throws at us, we'll find that we did have a great amount of resiliency. The best way to gain resilience is by learning to bounce back from whatever life throws at us. It takes a lot of work, determination, and discipline to go through a difficult time and get to the other side. However, it's worth it in the end.

-Peehu
B.A. I

Minimalism: The Mindful Dernier Cri

Contemporary society is a quaint demesne of connoisseurs of visual spaces, wherein every passenger of the 'Intentionality Express' has booked a seat in the decluttering suite.

This must sound extraordinarily similar to you, dear readers, for the waves of minimalism have hit all living generations. We are hooked to hues of aesthetics on our friends' social media accounts and associate every possible symmetry of aestheticism with their lifestyle. It is important to understand that perception of aesthetic elements isn't where the definition of minimalism begins or ends. Segregated by age, education, interests and location, the community of advocates of the "less is more" philosophy are united by relentlessly pursuing the feeling of gratitude by surrounding themselves with the necessary and mindfully curating their thoughts. Minimalism isn't about frugality - thriftiness - rather it is a thoughtful approach towards one's lifestyle to create more breathing space - physically and mentally.

Emphasising simplicity, aspirations are evolving with regard to corporeal possessions and experiences are more valuable than collecting movable objects. The minimalist savants prioritise lessons from around the globe that make existing in their mindful environments more meaningful for them. The concept of "Hygge" is pleasantly close to the lifestyle of minimalists. The "comfortable conviviality" promises a celebration of the little things in life. By giving a name to people savouring something as little as lighting a candle, conscious lifestyle choices are not ostentatious displays of having better. They are a portrayal of living better with an appreciative nature. The Swedish word "Lagom" translates to "just the right amount" and in every connoisseur's space in the previously mentioned demesne, everything is curated by value and functionality.

Minimalism has become the dernier cri, but it is so much more than the latest fashion. It is sustainability for a planet that calls for immediate attention and solace for the mind that needs space in an overwhelming little place.

-Tanisha Bhatia
B.A. II

Journalism
Section



Editor's Message

Journalism plays a very important role in a democratic country like India. It not only acts as a watchdog on three pillars of democracy -executive, legislative and judiciary but also on itself - Press or media. For journalism to survive and flourish in the 21st century, it needs young professionals who understand its importance towards society, believe in and are committed to its core values.

Freedom of speech and expression is one of the foremost fundamental rights guaranteed by our constitution. As Martin Luther once said , "If you want to change the world , pick up a pen and write", College magazine Tyagmurti gives an excellent platform for students to write accurate and trustworthy stories. I am happy our young budding journalists have taken out time to express their opinions, especially when they are 24x7 surrounded by digital media .The wide range of write-ups reflect the creativity and thoughts of our students and I am sure they would enlighten the masses hungry for ethical, unbiased reports in future as well.

I congratulate all the contributors and my best wishes for future success.

- Dr. Priya Chadha
Editor, Journalism Section
HOD, Department of Journalism and Mass Communication

Importance of Sports

Sports play a great role in our life. We can have a healthy mind only when we have a healthy body. Great achievement comes in our way when we maintain our physical and mental well-being. By being involved in sports activities, many benefits can be achieved. It not only provides physical strength but also increases mental power. Sports and strength both are considered as the two sides of the same coin. A sports person is stronger than a person who does not do any physical exercise. A person involved in these activities can develop great body strength and make a bright career by participating in any sports at national or international level. Sports help in strengthening the immune system, maintaining physical coordination, enhancing body strength and improving mental power. Playing sports on a regular basis helps in the character and health building of a human being. It is generally seen that a person involved in sports activity from a very young age develops very clear and strong character as well as good health. Sports people become more punctual and disciplined thus, we can say that sports give various strong and well-built individuals to the society and nation.

- Chetan Chopra
B.A. II

Importance of Sports and Games

Sports is one of the most entertaining activities that has many benefits. This benefits the players in many ways. It is impossible to exclude some of the benefits and include the others. I strongly believe when we play a sport we not only experience immense thrill, but character building also takes place. All of us have heard famous sayings such as 'A healthy mind lives in a healthy body', and 'All study and no play makes Jack a dull boy'. Sports and games are undoubtedly the building blocks of the health and character of children. Their importance in the overall and holistic development of children cannot be denied. Let's see what happens when we play a sport.

Sports instil in us many values and virtues. The first is a sense of discipline. All sports are time bound activities. They start at fixed time, continue for a specified amount of time and then there is always end time. The player has to do his best within the given period of time to win the game. This time-limit makes him more conscious and attentive of his game. He prepares himself keeping the punctuality in mind.

Secondly, games teach us focus and concentration. The player focuses on strategies to win a game. For example in order to score the target in a cricket match, he or she keeps the target in mind and plays accordingly. This enhances his or her focus.

Thirdly, sports teach us teamwork, camaraderie, and cooperation. A player has to play in coordination with other team members. He learns how to adjust and adapt in relationship with others. This ability to work in a group and team is very essential in the current times. So according to the requirements of the game one has to work always in a team - at work, research projects, or any type of work- it is all team work. So, we can say that teamwork not only helps a person in the playground but also in real life.

Fourthly, sports can potentially teach us sportsmanship. We learn good etiquettes and polite behaviour with our opponents. Games also teach us how to accept defeat and further self-improvement. So sports indirectly help us build a strong character. We must encourage young people to play at least one sport regularly.

- Mudit
B.A. II

Media

The mass media is an important platform for getting a message across to the public. No specific community can be built without media as its crucial element. The media provides individuals information. The term media refers to a collection of communication outlets that distribute messages and information to society. Media has revolutionized the world because it allows individuals to connect with others at the push of a button, creates marketing platforms, and is a large source of entertainment. There are many types of communication technologies, such as television, the internet, movies and the radio. It is understood that media is an essential component of society but it is important to be aware of its influences. Each and every medium is dangerous because media has the power to shape societies' opinions. The 2 most powerful forms of media are the internet and television. The internet and the television are influential because they utilizes techniques such as broadcasting advertisements, celebrity endorsements and product placements in order to sell merchandise to consumers.

Media plays a very significant role in keeping everyone updated about the various events around the world. Today, we can check out the latest news and current affairs

with just few clicks of mouse or by simply switching on the radio or television, apart from glancing at the newspaper every morning! It's also the best medium of communication for mass audience. With the help of various media like electronic media, print media and web media, mass communication is accomplished in a suitable way. A vast majority of people, all across the world, rely upon various sources of media for keeping themselves updated on various ongoing issues around the world. Media plays an important role for the whole society. It is necessary to take into account that the media outlets not only communicate but also offer their own perspective on every event that takes place. Our duty is to analyze the information we receive and draw our own conclusions.

- Venya, B.A. II

Clothes: New Form of Expression

Marc Jacob, a famous American Fashion Designer said: "To me clothing is a form of self-expression" - what you wear reflects who you are as a person. Clothing isn't just what we wear it's how we want the world to look at us. It's a way to express as well as to explore ourselves. The clothes you wear can easily tell a lot about you like, how you were brought up, what place do you aspire to go to, your values, your thoughts and your choices. Clothing has been used in multiple ways since its creation, it's used to cover ourselves yet it's a way to show the world your ideas, it can be a way of acceptance and also a way of rebelliousness. The clothes we used to wear creates an image of us in front of the world, well designed clothes make us look rich, clean clothes make us look hygienic and well ironed clothes make us look disciplined. So, it won't be wrong to say that what we look like, makes the world believe what we are like. Colours you wear, patterns you choose, styles you adorn helps you express yourself in ways you desire too. This is why it would not be wrong to say that clothing is a form of art and self-expression.

- Harman Kaur, B.A. II

The Issues of Paid News

Freedom of press is important for a democracy to thrive. For people to know, whether the government they've entrusted their rights to, is it doing what it is supposed to be, we need freedom of press. And if not, is the problem being addressed? Is the media highlighting the lack on the part of the government?

India is a democratic country where people have the right to voice their opinions and the press plays an important role to enable these opinions and let them be heard. Media keeps the government in check. People consider the press to be a reliable source of information; they expect the press to be transparent with them through and through but in the present scenario the freedom of press and the transparency is being compromised.

One of the biggest aspects of journalism, which is to be unbiased is no longer seen in the media. A series of incorrect information is being spread around under the guise of organic news when clearly someone has paid for the news. Some professionals will publish false news in exchange for a payment. Sometimes high paying criminals and politicians also pay the media to only showcase their charitable and good side creating a biased image of their personality to the public. Corporation of media, desegregation of ownership and editorial roles, decline in autonomy of editors/journalists due to emergence of contract system and poor wage levels of journalists are the key reasons for the rise in the incidence of paid news.

A strict regulatory check on both print and electronic media is needed to tackle this issue of paid news. The Press Council of India (PCI) recommended establishment of either a single regulatory body for both print and electronic media or enhancing punitive powers of the PCI and setting-up a similar statutory body for the electronic media. Such regulator(s) should have the power to take strong action against offenders and should not include media owners/interested parties as members.

- Harseerat Kaur

B.A. II

How Influential Fashion Is ?

Fashion is one of the most famous criterion of showcasing personality in today's world. Fashion refers to the ongoing trend. It adds meaning to one's life. Therefore, fashion and trend go hand-in-hand, they are directly connected. It also refers to how people dress, how they represent themselves in the outgoing world. Earlier, manners and etiquettes were the main characteristic of a people but now, the trend occupies the most important position in one's life. It changes with the change in time i.e. very rapidly. This can be verified by seeing the changes adapted by the people like how they dress then and now. The influence in the fashion is made by the big celebrities and their designers. Many fashion shows take place to introduce people with new trends. The ongoing trend along with 80's and 90's trends combine to make a new and innovative approach. So, to match the trend going around, fashion motivates people to earn more and live a comfortable life. Fashion may influence the youth adversely. For them, without fashion, there is no taste to life. Because of this, we have lost the dignity of old fashion.

Fashion should be done in such a way that it should be enchanting for everyone. Fashion varies from place to place i.e. every place has different fashion sense. Fashion magazines play a major role in influencing the people. They update about the new trends, fashion and what's all happening around. Also, social media and movies are the home of new fashion. Thus, fashion is a highly influential thing and can make a person trendy or unattractive.

-Kunjun

B.A. II

The Drug Scam

Narcotics control Bureau (NCB) as the noble agency on the matters of drugs law enforcement India has gained Prominence in recent times. The one who has never experienced addiction before wonders how someone would get addicted to such a thing as drugs. The one who gets addicted to these substances can attract many health complications like continuous shivering, extreme anxiety, insomnia etc. In some cases, high dose can often lead to death. For an example, the whole NCB investigation started after the case of Sushant Singh Rajput's death on 14th of June 2020. This young actors' death was a wakeup call for the country regarding the whole drug scam in Bollywood. During the investigation, many prominent personalities like Deepika Padukone, Sara Ali Khan and Bharti Singh etc. were also held by the NCB and strict actions were taken against them. Another prominent example could be taken of Shahrukh Khan's son who has been recently held by NCB for trials. The whole NCB has moved heaven and earth in this investigation and people are found guilty no matter what their position is and also it is equal for all, whether it's a common personality or a big celebrity. Although it is a very lengthy process but if NCB continues to work like this then India will emerge as a drug free country like Portugal in a couple of years.

- **Chetna Kinra**

B.A. II

Music is Therapeutic

Music is very powerful! It is much more than a combination of tunes and words. It is a therapeutic world in itself. Music largely impacts our mind and psyche. It helps to ward off emotional burdens and calm us down. It can be used as a therapy for personal well-being.

Music can be therapeutic in the following ways:

- Music can be a form of communication. What we cannot express can be jot down on a piece of paper and formed into a song. This activity can be both interesting as well as help us indirectly in sharing our thoughts.
- Music can be a means of venting. It can help one to vent out feelings that are bothering them otherwise that are stuck inside. For e.g.: Listening to sad or slow music when upset can help a person to relieve those emotions.
- Music can also work as a healing process. It has the capacity to mend our mood and elevate it. Listening to happy music, singing it out loud or dancing on its beats can change our temperament into more cheerful ones.
- Music is a way of channelling positive thoughts and emotions. Therefore, it can be used as self-therapy to deal with daily emotional hassles.

- **Saemal**

B.A. II

Understanding Pathological Liars

Lying is one of the main reasons for begetting bad reputation. A Pathological lie is totally different from other kind of lies. Pathological lying is the compulsive urge to lie about matters big and small, regardless of the situation. A pathological liar seems to lie for no apparent reason. They harm themselves with their behaviour, but they keep doing it despite the consequences.

Now the question arises- what makes one a pathological liar? Obviously telling small lies makes it easier for people to tell even bigger ones but a trauma or head injuries may also play a role in pathological lying, along with an abnormality in hormone-cortisol's ratio.

The urge to lie is very compulsive. They often can't control the impulse to make up stories, even when this causes them harm. They may lose jobs and ruin relationships because of their lying. So, how can we prevent someone from being a pathological liar? The answer is simple but complex at the very same time or even simply the answer lies in the very question- "Why does one lie in the first place?" What if everyone becomes so comfortable in telling their truth that there remains no need to lie? Lying is just an escape from truth. You don't lie because you like it, you do because it you don't know how your truth would be taken. So, let's simply come together to build a space where no body fears their truth where they are not judged but understood.

- **Kanishka**
B.A. II

Sports

Sports are an important part of every society. There are many types of sports i.e. individual games and team games. Golf is an example of individual game played by one player. Soccer, basketball and cricket are a team games in which teams play against each other and the member of one team help each other win the game. Sports often reflect the culture of the countries in which they are played. In many ways, sports define a society. They show how people can make a living athletic lives and also entertaining other people with their games. Most of all they give people something to focus on and follow that away from the stressful chores of everyday life.

- **Abhi**
B.A. II

Media Freedom

The ability of journalists to report freely on matters of public interest is a crucial indicator of democracy. A free press can inform citizens of their leaders' successes or failures, convey the people's needs and desires to government bodies, and provide a platform for an open exchange of information and ideas. When media freedom is restricted, these vital functions break down, leading to poor decision-making and harmful outcomes for leaders and citizens alike.

The Indian authorities should respect the right to freedom of expression and release any journalists detained on trumped-up or politically motivated charges for their critical reporting and stop targeting journalists and muzzling independent media.

As per World Press Freedom Index 2022, India's ranking dropped to 150th position from last year's 142nd rank. This clearly indicates the downgrading situation of media freedom in India. Cases of crimes against journalists are no longer rare to be heard.

Press is meant to agitate, investigate, scrutinize institutions and individuals, government and others. Freedom of press is what underlines the difference between democracy and despotism; it is the lifeblood of democracy. Thus, its freedom must be protected at any cost.

- Nikita Kanwar, B.A. II

Kangaroo Courts

You read the newspaper, you watch the nine p.m. news, you are not missing out on any big news and you think everything is fine with the press in India. Think again!

Rajeev Ranjan a journalist was passing by Siwan railway station on his way to his office from gathering news when he was murdered by attackers on bikes. Ranjan received gunshot wounds to the neck and head, both at close-range. He had first been shot between the eyes and in the neck. The shooting occurred at approximately 8 p.m. in the Siwan market area. Ranjan died later at a hospital.

Ranjan's killers may be the members of a gang in Siwan. His family met with local Bharatiya Janata Party MP Om Prakash Yadav, who said, "I am absolutely sure that Shahabuddin is behind Rajdev's killing." Ranjan had been threatened before and once had been held at gunpoint, according to several of his fellow journalists. Convicted murderer Mohammed Shahabuddin allegedly had made a hit list and Ranjan's name was seventh on that list. According to Ranjan's wife Asha Ranjan he was aware of such a list and told her about people on the list who had been killed before his name. Also in a press conference she mentioned that there is no security for journalists or their families.

A report says that between 2014-2019, 40 journalists have been killed. Journalists have been fired upon, blinded by pellet guns, urinated upon and beaten etc. They are specifically targeted by political parties, student groups, supporters of religious sects, lawyers and police. The NCRB has no data on crimes against journalists. Many journalists have been targeted for their reports.

The truth is that India still remains a dangerous place for press media and journalists.

- Heena Bansal, B.A. II

Media Freedom

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- Saanvi Gupta, B.A. II

How Fashion Rules The World

In the 21st century, the style trends of the fashion industry dominate the world more than they ever did and control not only the way people dress but also trends in homeware design, makeup, fashion and people's overall attitudes. In the 60s flower power did not only mean flares and tunics, it summed up the whole attitude of a generation, and this is even more prominent today.

Nowadays, fashion is bold and daring, and this reflects a generation that is not afraid to say what they think, or wear what they want. Fashion is not just a means of clothing your body, it is the essence of your personality and beliefs, and designers are well aware of the power they hold. Designers' predictions and designs for the coming season are more hotly anticipated than any other revelation in the world.

Trends in fashion unify women and men around the world, yet they still allow people the ability to portray their own individual style at the same time. A period of time portrayed

in a picture can be identified immediately just by the style of clothes the people are wearing, and this sums up just how powerful and all-encompassing fashion is. Fashion can change from one second to the next, but what never changes is the hold it has over society, and the role it plays in the modern world. Fashion is so important that whole magazines are dedicated to it, TV programs dedicate hours of transmission time to the subject, and people discuss it between their friends continually.

To keep up with the latest fashions, people subscribe to fashion magazines, keep a keen eye on what has appeared in shops and what has been there for a long time, and go to fashion shows to see what the designers are putting on the catwalk this season, and therefore what will make it in to the shops. For the extremely wealthy, they might have their own personal relationship with a designer who will keep them well ahead of the current trends, therefore, many people wanting to know what the new fashion lines are going to be will watch what celebrities are wearing. Being ahead of fashion is for many, the ultimate achievement, although being too ahead of the fashion is just as bad as being behind it. If you are too far ahead people will think what you are wearing is not in fashion, because it isn't, yet.

Designers continue to market the importance they know people put on fashion, and people continue to hang on to designers' every move in the fashion world, therefore as long as this carries on fashion will continue to maintain its dominant position in society for a very long time to come. It influences not only what we wear, but everything we do, say, and even think. This is why fashion does indeed rule the world.

- Palkit, B.A. II

Zoning Out

Ever spaced out over a long, difficult book and realize you haven't read a single word in 10 minutes? Or started thinking about lunch when an overenthusiastic co-worker goes on a little too long in a meeting? Nearly everyone zones out from time to time. It might happen more frequently when you feel bored or stressed, or when you'd rather be doing something else. It's also pretty common to experience prolonged spaces or brain fog if you're dealing with grief, a painful breakup, or other difficult life circumstances. In these cases, zoning out can serve as a coping tactic of sorts, which isn't necessarily a bad thing. Zoning out is considered a form of dissociation, but it typically falls at the mild end of the spectrum. Often, zoning out just means your brain has switched over to autopilot. This can happen when your brain recognizes that you can complete your current task, whether that's folding laundry or walking to work, without really thinking about it. So you go into 'still mode', the following factors can make you more prone to zoning out, even when the task really does require your full attention. Think back to the last time you didn't

get enough sleep. During the day, you might have felt foggy, easily distracted, or just vaguely “off.” It might not seem like a huge deal, but sleep deprivation can take a big toll on your mental functioning and make you more prone to zoning out. This can be particularly dangerous when you’re driving or working with machinery. If you’ve ever had to handle a lot of new, important information at once — say, when starting a new job — you might have felt a little dazed and unsure of where to begin. Maybe your mind immediately began to wander when you tried to concentrate on absorbing the information.

This is where zoning out can actually come in handy. You may feel spaced out, but your brain can continue processing in the background. You might feel like you’re just going through the motions of daily life, but not really thinking about what you’re doing. Eventually, you emerge from this fog with little recollection of how much time has actually passed or how you got through it. This is often a coping tactic that helps you keep stress and overwhelm at a distance until you feel equipped to deal with them. If you’ve gone through any kind of trauma, this tendency to zone out might border on more severe dissociation. In the face of extreme stress, some people respond by shutting down, or completely detaching. Shutdown dissociation can affect a person’s central nervous system, which can lead to complete absence of presence. Letting your mind wander can boost your creativity and help you solve problems more effectively. Plus, when you’re really involved in doing something you enjoy, whether that’s drawing, working out, playing video games, or reading your favourite book, you might feel totally absorbed and not notice what’s happening around you. As a result, you get more enjoyment out of the activity. What’s more, exploring the ways that people think about personal values found evidence to support a link between zoning out and deep thinking. In a study, 78 participants reading the narratives activated the default mode network, the same area in the brain, that’s activated when you zone out. Daydreaming while doing chores or work or tasks that require little brainpower is probably just fine. But zoning out while your boss is going over important tips for your next big project? Not so great. If you tend to zone out during an opportunity times, these strategies can help you keep your focus when you need it. Keep track of when you zone out the most. It often helpful to jot down a quick note whenever you realize you’ve zoned out. If you don’t always know when it happens, you can ask someone you trust to help. Logging these episodes can give insight into any patterns of mind wandering and help you take note of your thoughts before zoning out.

Once you have more awareness of these patterns, you can take steps to change them. Mindfulness practices can help you increase your awareness of what’s happening in each moment. This can help a lot if you tend to zone out while doing tasks that don’t require a lot of mental energy. Instead of letting your thoughts wander away, focus on what you’re doing. If you’re washing dishes, for example, stay present by thinking about

the fragrance of the dish soap, the roughness of the sponge, the temperature of the water, and the satisfaction you feel when you get a really dirty pot sparkling clean. Breathing can also help. Focusing on each breath that you inhale and exhale can help you focus your awareness more easily. This can sometimes help you stay present while driving — especially if you're stuck in traffic, since breathing exercises also help relieve stress.

- Divya Babbar, B.A. II

Time Travel

Time is the most valuable thing that every human on this planet has. We all are blessed with same 24 hours in a day, so no one can complain of having been blessed with less hours, it is something which is equal to all. Every single thing in this universe is bound to time. The change and perception of time is extremely profound. One of my favourite quotes from a book is "Monotony collapses time; novelty unfolds it." You can exercise daily and eat healthily and live a long life, while experiencing a short one. If you spend your life sitting in a cubicle and passing papers one day is bound to blend into next without any memories and disappear. That's why it's so important to change routines regularly and take vacations to exotic locales, and have as many as new experiences possible that can serve to anchor our memories.

Creating new memories stretches our psychological time and lengthens our perception of our lives. As they say "Time waits for none" it emphasizes that one cannot stop time so it is important for us to make most of our time by doing things that add value to our lives or following a passion that gives wings to your dreams. The most expensive thing that you can give somebody is your time because it never comes back. Time is something which cannot be rolled back because it keeps rolling forward. If you are happy it seems to tick away fast and likewise if you are miserable it seems to tick away slowly. So it's very important to manage your time properly as once gone it won't return back. So make the most of your time by living in the present moment and by being grateful for the things that you are blessed with.

- Kitty Chawla, B.A. II

Freedom of the Press

Freedom of the press is a very important wheel of democracy. Without press, a democracy cannot exist. Press is a great medium that conveys the truth to people. But it is not possible if it is not provided for free.

Press is known to be a watchdog of the society. So, it's their responsibility to make sure that those in power do not misuse their power on the public. Whenever there is corruption or anything illegal happening in the world, media is the one who raises their voices first.

Freedom of the press is legally protected by an amendment to the constitution of India, while the sovereignty of national integrity and moral values are protected by the law of India to maintain a legal system for independent journalism.

The press including print, television, radio, and internet are normally amended to express their concerns under the selected provision such as Article 19 which became effective in 1950.

In a nutshell, freedom of the press is very important for the smooth functioning of democracy. Every citizen has the right to know what is happening outside the world and share their thoughts and knowledge about their rights so that if something happens against their will and is harmful to society, they can raise their voice and can fight freely.

- Gunjan Aggarwal
B.A. III

Media Freedom

Freedom of the press and media is considered to be protected by our Indian constitution under the freedom and expression of speech mentioned in Article 19(1)(a). Every year, the world celebrates World Press Freedom Day on the 3rd of May. It serves as a reminder to all governments all over the world to respect the freedom and rights of media institutions. To some extent, governments do respect the freedom of media houses and newspapers but as long as they're kept on the front page, adorned in praises, and keep the wrongdoings of party members out of reach of the average readers.

If any journalist steps out of the line, punishments from authorities are unleashed upon them, charges are slapped on them and they're locked away. They are kept away from the public's view under lock and key, ill-treated, and soon forgotten until it becomes sensational again. Censorship will soon swallow the freedom of the general public and by then it'll be too late to do anything about it. Employed and independent journalists are either snubbed by their bosses or back off from finding out the truth due to fear for their own life. Shooting down a journalist in this great nation of ours is not unheard of. Our media is free to talk about the truth and is able to publish the truth, on paper.

- Khyal Sharma
B.A. III

Augmented Reality and its Involvement with Journalism

Augmented Reality (AR) has built its prominent presence around us over the years yet it is often confused with the concept of Virtual Reality (VR). While VR is just a simulation of the real and imaginary world, it may include watching a walking tour of Italy or a walk around Hogwarts. It helps people to dive into the world where they wish to be at the moment. AR on the other hand enhances an interactive experience of people from their own surroundings. Using filters on Snapchat or Instagram, playing games like Pokémon Go are all enjoyed by people due to Augmented Reality.

Journalism and augmented reality go hand in hand. Journalists cover stories and collect information but with the help of augmented reality that information can be presented around the globe which is especially useful in event reporting. Immersive media will be enhanced and change the position of current media trends. The concept of 'spatial journalism' will be at the forefront. Spatial journalism is an emergent kind of journalism that incorporates space, place and/or location (physical, augmented and virtual) into the process and practice of journalism.

Mass Media is one of the factors that affect and shape people's perceptions. Augmented reality is presently intertwined and linked with social media but it will take a lot of time and technological advances just to introduce it into minor segments of life although some brands and companies are starting to introduce it. For example, Metaio, a software tech company which provides augmented reality, worked on an 18 month long project for LEGO, a Danish toy manufacturing company which now helps in providing its customers a review of the toy when it's assembled. Though it's only available in selected stores, it is an immense step towards advancement.

- Rhythm
B.A. III

Media Freedom

There is a worldwide increase in attacks on the crucial role that journalists serve. Unexpected economic and technological difficulties beset the profession. Fair and objective journalism is threatened by expanding government's control over the news industry, disruption of traditional business models, rapid changes in how people consume news, increased competition from alternative media, the pervasiveness of misinformation and disinformation, and the ensuing decline in public confidence in news sources. Citizens are better able to make decisions for themselves and their communities when there are independent, flourishing media holding governments and corporations accountable.

In many democracies, elected officials who ought to be the utmost protectors of press freedom have taken overt attempts to stifle sources that publish unfavourable stories and empower those that favourably report them. The erosion of press freedom is both a symptom and a contributor to the downfall of other democratic institutions and ideals, which makes the trend even more concerning because it is connected to a global deterioration in democracy itself.

Equally important to free and fair elections are a free and independent media sector that can inform the public and hold government officials accountable. Without it, citizens are unable to make intelligent judgments about their governance, and the misuse of power—which is all but inevitable in any society—cannot be uncovered and stopped.

Any free, democratic, and well-informed society must have a strong media foundation. Free expression must be balanced with other societal and individual rights, and everyone who benefits from these rights should be responsible for carrying out this duty, not only the judiciary.

- Shriya Sharma

B.A. III

Freedom of Mass Media

How can be media defined in simple words? Well, media can be considered as a most effective way to make people aware of every situation or circumstance associated with our country. It highlights those aspects of society that need to be considered by the government. It usually becomes the voice of citizens and makes higher authorities aware of the demands of people. An independent media sector that can keep the population informed and hold leaders to account is as crucial for a strong and sustainable democracy as free and fair elections. Without it, people cannot make informed decisions about how they are ruled, and abuse of power, which is all but inevitable in any society cannot be exposed and corrected.

Moreover, the media acts as the voice of the citizens of the nation and concerns political leaders and others in power. But, in some of the most influential democracies in the world, large segments of the population are no longer receiving unbiased news and information. This is not because journalists are being put in jail, as might occur in authoritarian settings. Instead, the media have fallen prey to more nuanced efforts to throttle their independence. Common methods include government-backed ownership changes, regulatory and financial pressure, and public denunciations of honest journalists. Governments have also offered proactive support to friendly outlets through measures such as lucrative state contracts, favourable regulatory decisions, and preferential access to state information.

There are some provisions for media that intends to protect freedom of media against prior restraint, in the data protection and human rights legislation. Free media is fundamental to a democratic society. Media circulates news, information, ideas, comment, and opinion and holds those in authority to account. The press generates the platform for a large number of voices to be heard. At the national, regional as well as local levels, it is the public's watchdog, activist, and guardian as well as educator, entertainer, and contemporary chronicler. Hence, media freedom is considered the most important wheel of democracy. Without free media, a democracy cannot exist.

- Charve Sharma
B.A. III

Importance of Free Media

In a democratic nation, the freedom of the press and journalist to report freely on matters of public concern is very crucial. Press works as a messenger between the public and the government. It has a responsibility to inform the public about the working of the government and also to provide the grievances of people to the government. For the free flow of information, media freedom is a prerequisite. Free media provides transparency in the actions of government and therefore adds to the development of a nation. Media freedom implies media responsibility and accountability. The media is a watchdog of society and it's the responsibility of the government to ensure that the media works within the parameters of public interest.

But freedom of the press in India is subject to certain restrictions, such as defamation law, a lack of protection for whistleblowers, barriers to information access, and constraints caused by public and government hostility to journalists. Sources state that the freedom of the press is now restrained and the government only allows the news that favours them or the ruling party leaders who should be protectors of media freedom are the ones attacking it.

In end, we can say that a government should only protect the freedom of the press and not suppress it.

- Bhavika Pahuja

B.A. III

Article 370 and Its Impact

Kashmir is the land of the Rishi and Sufi saints and has been known for its communal harmony prior to the conflicts caused by local terrorists and politicians. The Kashmiri identity is locally known as Kashmiriyat. Kashmir has remained one of the burning issues of contention between India and Pakistan. The conflict started soon after Maharaja Hari Singh signed its instrument of accession and Kashmir became part of the Indian Union.

The problem became more complicated when it was accorded a special status in the constitution through articles 370 and 35A. Article 370 upholds special powers like the separate constitution, flag, constituent assembly, and new terminology of the Chief Minister as Prime minister and governor as Sadar-e-Riyast. And most important is the no enforcement of most of the laws of the Indian union. No person other than a Kashmiri can buy property in Kashmir.

Many scholars and politicians have described the abrogation of articles 370 and 35A as "Constitutionally recognized separatism". NDA government particularly Amit Shah (ex-home minister) presented the Jammu Kashmir reorganization bill in Rajya Sabha (upper house of the parliament) on 5th August 2019 for the abolition of articles

370 and 35A, which was passed by the majority. The bill was passed by Lok Sabha on 6th August 2019 and got the President's assent on 9th August 2019. And soon Jammu and Kashmir were divided into 2 union territories of Ladakh and Jammu Kashmir.

Different people have different viewpoints regarding the abrogation of article 370.

India's stance on article 370: The NDA government, the current government, believes in scraping article 370 to integrate Kashmir with the rest of the country. The government aims at restoring peace through one nation one constitution approach. It wishes to curb corruption and terrorism enabling growth and development in the valley through multipurpose projects.

Pakistan's stance on article 370: The foreign ministry of Pakistan claims it that India violated UN restrictions. The Indian High Commissioner was expelled on the same day in response to the abolition of article 370. The Sheik Rasheed (Railway Minister of Pakistan) suspended Samjhuta Express and Thar Express. The ministry of information decided to ban all cultural exchanges with India, including banning the screening of Indian films and dramas inside Pakistan. On 9th August, trade between the two countries was banned. Imran Khan (Ex-Prime Minister) blamed the Indian government for trying to change the demographic structure of Kashmir by suppressing the minority.

The Reaction in the Kashmir Valley:

After the abrogation of Article 370, the Security Forces and the civil administration have efficiently managed the security and administrative affairs. There was no shortage of essential supplies. Medical facilities have improved. Barring a few minor incidents, there were no civil protests. Meanwhile, Kashmiri separatist leaders like Mehbooba Mufti, Omar Abdullah, and other political leaders were under house arrest for more than 1 year, and they in turn blamed the Indian government for causing distress and tension in the valley. Mehbooba Mufti mentioned that she won't contest polls till the article 370 is restored. She criticized the centre, claiming that it had converted the country into an open jail to suppress the voice of the people of Kashmir.

Soon after Amit Shah moved a resolution that Article 370 will not be applicable to Jammu and Kashmir, Mehbooba Mufti tweeted that the government's unilateral decision "to scrap Article 370" was illegal and unconstitutional.

Conclusion

The Indian government has recently revoked the special status that was given to Jammu and Kashmir and made them into two Union territories. This may turn into both good and bad. This is one of the good and brave moves to resolve the land dispute between India and Pakistan. At the same time, this is one of the bad moves when everyone across the country is fearing Hindu extremism.

- Dhavit Nayyar
B.A. I

Is 5 Years' Ban Enough?

Recently, Ministry of Home Affairs (MHA) added Popular Front of India (PFI), under the first schedule of Unlawful Activities Prevention Act (UAPA), 1967 with 8 associate organizations as a banned terror outfit, under Section 3. The decision was made after massive raids and nationwide drive by National Investigation Agency (NIA), ED, Intelligence agencies and other UTs and States police under the umbrella of 'Operation Octopus'.

MHA was more concerned about foreign funding, recruitment drills and other miscellaneous activities within the organization and its phenomenal growth in community which could challenge India's Internal Security like it did during Delhi Riots 2020, Anti-CAA protest, and numerous other instances. But, foremost concern arises that is banning such organization enough or could more be done?

Background

PFI, has been formed from three organization merged together, namely National Democratic Front in Kerala (NDFK), Karnataka Forum for Dignity (KFD) and Manitha Neethi Pasarai in Tamil Nadu (MNP) in Kerala in year 2006. After Babri Masjid demolition, many fringe elements rose on South Indian soil, among them PFI was one of them. Mostly, the members of PFI were affiliated with banned body Student Islamic Movement of India (SIMI).

Later, more importantly in year 2016, PFI was associated with International Terror Organizations specifically Islamic State (IS) by NIA and recently custody of many leaders of PFI after ban, leading to uprooting of indiscernible inputs to outsiders. The PFI does not maintain records of its members, and it has been difficult for law enforcement agencies to pin crimes on the organization after making arrests.

Way Forward

Can we conclude that banning PFI as an organization could also stop its leaders to form a new organization in future based on this dogma? Certainly not, because close linked members of PFI, could be ones who could possibly find new way. Along with banning of any terror-linked organization, their members are also to be banned; as well they must be kept under intelligence radar.

Secondly, what will happen to radicalized youth, who were transformed as the asset of PFI? Are they not going to work according to lessons learnt at PFI Camp? Surely they are going to do, few names like OMA Salam, E M Abdur Rahiman, V P Nazarudeen, and P Koya (Government and Private employees) and many more worked as civil beings remaining in camouflage about their association with now banned terror organization. And many such indefinite points could be mentioned supporting the ban along with more strict actions to cripple such anti-national organizations.

So the few steps as prevention detention could be used to increase communal harmony accompanied with proper education to develop the critical thinking level of youth and learn ethical values to serve for humanity rather than joining any organization that uses violence as its core ideology. Governments also need to check the emergence of such organizations to strike at their core root so that these organizations could be prevented from doing any unlawful activity within Indian territory.

- **Abhinav Koundal, B.A. II**

Role of Media in Sports

Sports industry and media work hand in hand. The media is responsible for informing, educating and entertaining the viewers. The sports industry grew from \$354.96 billion in 2021 to \$501.43 billion in 2022 at a compound annual growth rate of 41.3%. Audio and video content is distributed via electronic mass communication. In mass communication institutional methods such as print media and technical methods such as social media are used. The Summer Olympics of 1936 was the first ever-sporting event to be broadcasted on television. The spread of media has led to the growth of the business aspect of sport and it is constantly changing. There is a competition for broadcasting. Clothing equipment has changed, sponsorship logos and names are now visible for media interests, for example the Nike and Michael Jordan, the Adidas and Lionel Messi the Red Bull and Max Verstappen and Marc Marquez, these athletes have become the face of these brands. This exposure by the media has led to social, economic and cultural exchange across the oceans.

The elite players are paid high salaries. Sportspersons' face is used to create and sell merchandise, exclusive goods and tickets etc. The media professionals produce the coverage of an event in such a way that it is attractive for the audience. Story lines are created around events and individuals to make it exciting; this has also led to dramatization of sport. There is behind the scenes content and looking at the personal as well as professional lives of athletes brings the fans closer to the sport. This also has a downside that the privacy of athletes is shrinking. More media focus has improved behavior creating positive images; young kids look up to good athletes and make them their role models. With the impact of media sports events are sometimes organized at such a time, which suits the viewers instead of the ideal time for the event itself.

Sports' issues gain a lot of interest by the public and are widely covered by the media. Media coverage also brings sports closer to you like now you can watch a football match being played in London from the comfort of your home. The coverage nowadays is worldwide; live media raises issues in public domain that concern the sport. Television and broadcasting generate viewership making it appealing for advertising and sponsors this makes the sport more commercial and increases the

sporting facilities available. The athletes nowadays also earn more as compared to 30 years ago; making sports a full time opportunity. Standards of performance within the sport and the fitness levels have increased too.

With the government regulated broadcast bodies losing control over broadcasting events and the private sector being paid to for the broadcasts, has meant that a fan is supposed to pay for different subscriptions to watch different events. There also is inequality in coverage as popular sports like football and cricket get more coverage as compared to less popular sports like badminton and motorsports. Advertisement breaks in between events are important from an advertising point of view but often disrupt the viewer experience. The media coverage in recent years has not just been limited to the sporting event itself, but also the news reports, interviews and analysis. PR has become an important aspect too. Athletes are now taught how to respond to the media so that their responses are favorable for the audience.

Revenue of the sports industry has increased as more people watch it and more people are inclined to pay money for products related to it. The spread of the Internet and the growth of social media in various domains and sports have led to a greater emphasis on digital media strategy. Social media has made communication easier. Live tweeting games, making memes has become the new norm on a match day, but the effects of social media are not all positive as the resold Honda rider Marc Marquez admitted to having to delete all social media while he was injured. He said, "I've never done anything like this before, but it had to be. Social media can be a disaster for athletes and it was a disaster for me too. If I had started to think about all the news... I wanted to focus exclusively on my work."

Effect of media on sports has been increasing in popularity for sporting events and athletes. Media has also influenced changes like presentation styles, evolution in clothing in sports and the emphasis on spectacle and drama has increased.

- **Chahak Bector**

B.A. I



Women Empowerment in India

‘Empowerment holds out a promise for social change through means.’

Throughout history and in many societies including India, gender inequality was part of an accepted male-dominant culture. Physical violence and discrimination are the two major problems which the Indian women face in the present day society. The traditional mentalities of India assume that the place of women is mainly concerned with the household activities like kitchen work and upbringing of the children. They have been considered as sex objects and inferior to men in different spheres of knowledge. The ‘Sati Pratha’, ‘Pardah System’, ‘Child marriage’, ‘Dowry system’, etc. were some forms of discriminatory attitudes against the women. In India, women’s representation in Parliament is very low and most of the working women remain outside the organized sector.

Empowerment, therefore, is a process aimed at changing the nature and reaction of systematic forces which marginalize women and other disadvantaged sections of the society. The Indian Government has passed various legislations to safeguard constitutional rights to women which include, Dowry Prohibition Act (1961), Medical Termination of Pregnancy Act (1971), Equal Remuneration Act (1976), etc. Apart from these, various welfare measures have been taken up by the Government from time to time to empower women. They are Mahila Samridhi Yojana (1993), Rashtriya Mahila Kosh (1993) and DWCRA Plan (1997), etc.

The emancipation of women is not a simpler matter as it requires the attitudinal change of the husband, other family members and society as a whole to the women. More priority should be given to the education of women and the struggle for gender justice will be slow as the change cannot be brought about easily. It has to be fought at emotional and physical levels and the struggle has to be continued in order to fight caste, class, race, region, religion or other matters, wherever the man-woman relationship figures in.

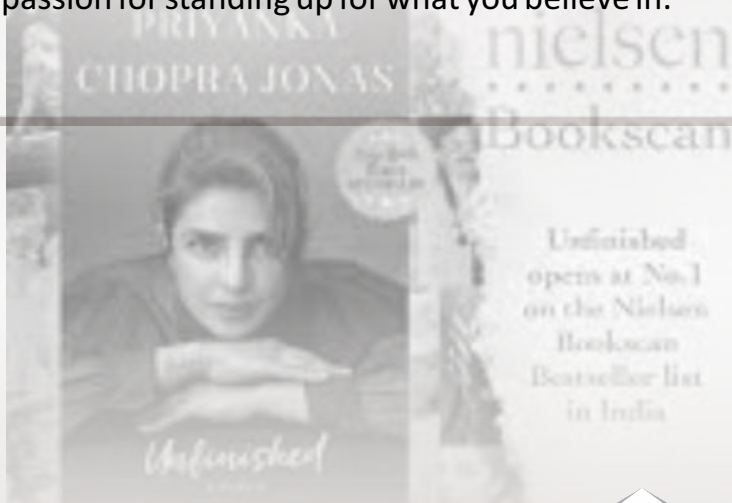
-Nyesa
B.A. I

Unfinished by Priyanka Chopra: A Must Read

The former Miss World, Hollywood and Bollywood star wrote a memoir titled “Unfinished”, choosing a title she says reflects what she still wants to do with her career. “Unfinished”, looks at Chopra Jonas’ childhood and teenage years in India and the United States respectively, her return to her homeland where she won a national beauty contest, a pageant. This road was not at all easy for her, she is the daughter of two doctors, dreaming of becoming an aeronautical engineer initially. She explains in her book that how her brother convinced their mother to enter her into the beauty contest. She went on to be crowned Miss World in 2000, a win that launched her acting career. In her book she wrote that: “My pageants were a springboard for me, not just for my career, but as a woman, but at the same time, I’m also someone who believes that women shouldn’t be judged predominantly or on the way they look... And I don’t think I would do it again.” After success in Bollywood, Priyanka made her debut in Hollywood with the drama series Quantico and married to Nick Jonas in 2019. She never intended to become the international renowned entertainer and public figure which she is today.

Her book talks about those aspects of her life that the public doesn’t see. It is her story of growing up on two continents, spending time in both India and the United States. It is the story of the love she shares with her family, and the way her parents embraced their daughter’s curve ball career path and sacrificed so she could chase her dreams. It is the story of her own battles, fought with self-confidence and doubt as she learned to stand up for what she knew she deserved. It is the story of the racism and sexism she confronted throughout her life, and the depression she battled after the death of her father. It is also a love story, chronicling how she fell in love with her now-husband Nick Jonas. Even those who are not already fans of Priyanka Chopra will find reason to enjoy her story, one that chronicles a deep love of family and culture and a passion for standing up for what you believe in.

-Taruna Dhamani



How does the Film and Music Industry Pose a Threat to the LGBTQ+ Community

LGBTQ music history is so much more than just a timeline of who came out when and which songs became gay anthems- like I will survive by Gloria Gay Nor- it's also about the artists who weren't afraid to be themselves in eras where doing so often had personal and professional risks attached. These were the eras when we didn't even have the language to talk about gender and sexuality the way we do now. As Adam Lambert said in Billboard's first Pride Roundtable, "A lot of people I meet in this generation coming up aren't necessarily aware of everything that has come before them." The pioneering blues musicians created much of the musical template that is associated with the genre, and her lyrics frankly addressed same-sex attraction and her sometimes androgynous appearance long before such topics were commonly discussed aspects of American culture. (As she sang on 1928's "Prove it on me Blues": "went out last night with a crowd of my friends/ They must've been women, because I don't like any men/ it's true I wear a collar and a tie..."). Throughout her career, Rainy-along with her peers like Bessie Smith, another bisexual blues singer whom she believed to have heavily influenced-also challenged the limited roles that were available to woman in the performing arts.

Why is music important to LGBTQ+ Community? Music and the LGBTQ+ Community can be described as synonymous. Over the years, lyricism and song content typically express the frustration, anxiety, and hope associated with non-normative sexual and gender identities, offering marginalized groups a vital platform for expression. Brandon Flynn, one of the breakout actors from Netflix's "13 Reasons Why," has spent the last two years fielding questions about his personal life. In 2017, he wrote a passionate post on Instagram, advocating for an Australian vote that allowed for same-sex marriage. Soon enough, news sites such as HuffPost and E! News was reporting that he'd come out of the closet. Flynn, 25, says that wasn't the case. "I was embraced, so I never want to take that away from people who have been supportive of me, but in no way, shape or form did I say that this is me coming out," says Flynn, who at around 15 years old had told his friends and family that he was attracted to men. "I had done that years ago. Being in the industry makes you somewhat of a public curiosity. Hence, all of a sudden, I was a gay actor, just because I was supporting human rights." We also come to know from June 15th 2020, that the Supreme Court of America has delivered Major Victory for the LGBTQ+ Community and its people. This brings hope to the community that it will have a bright future and people will have more freedom in the coming future, not only in America but in other nations too.

- Sanjana Setia

B.A. III

Article on Media

Media refers to the communication channels through which we use news, music, movies, education, promotional messages and other data. It includes local, national or world news such as stories about crime, natural disasters, world politics or important international meetings. Media serves many purposes including communicating information about a subject or providing entertainment. Media is very important to society. People are using media to get news or information from television, radio and video. As everything has its pros and cons, so does the media. The pros of media are that it helps people keep up with the trends of society. It also helps us connect with our friends and family worldwide via email, text, FaceTime etc. It is a great marketing tool and through its opportunities can be created for remote employment. Through the use of media banking and bill pay is at our fingertips. Along with the good comes bad, so is the case with the media. Its increased usage results in cyberbullying, social anxiety, depression and exposure to content that is not age appropriate.

Due to excess usage of social media, self-image issues develop. For instance, college students who use Facebook, Instagram, Twitter etc. at least five times a day are likely to link their self-worth to their looks. Most youngsters also experience FOMO (Fear of Missing Out) which often leads to continual checking of social media sites. Using social media is addictive. For instance, once you succeed in playing a game, your brain will give you a dose of dopamine and other happiness hormones, making you happy. The thing that would make you happy, will definitely be addictive. For instance, when we post a pic or put a story on Instagram, Facebook, Twitter etc. We tend to open it more often, thereby resulting in addictiveness to the media. So, in the end I would like to say that "Don't use social media to impress people; used to impact people".

- Amanveer Kaur
B.A. III

A Day of Journalism

Journalists investigate, gather and share news with the public. While the day-to-day life of a journalists may vary based on their specific role and the platform they work for, they all produce objective news stories to keep their communities informed. If you're interested in news coverage and the journalism industry, knowing what a day in the life of a journalist looks like can help you make an informative career decision.

- **What's a journalist's schedule?**

A journalist's schedule often varies due to the nature of their work. They often spend their day in front of a computer, writing or researching different news stories. Journalists also spend their days out in the field, whether to cover stories by attending events or interviewing the public. While journalists work a full-time schedule with 40-hour workweeks, their specific schedule depends on their assignments. Therefore, while they often work during normal business hours, some may work on weekends, evenings and do overtime to ensure they obtain the necessary information for a story.

Here's a look at a day in the life of a journalist through their varied responsibilities:

- **Staying informed of the latest news as a journalist-** It's important to know of any breaking news as it happens. No matter the day or time, journalists spend a part of their schedule researching the latest news and trends by checking credible news websites and social media platforms. Performing this research helps them stay informed and helps them pitch story ideas or assign reporters to stories, depending on their role.

- **Researching assigned stories** - When a journalist has an assignment, he or she spends his or her day performing thorough research. This involves finding relevant sources to interview, scheduling interviews and verifying facts and numbers. With enough research, journalists can provide the public with the most accurate and in-depth news on everything from news to sports or arts and culture.

- **Conducting interviews** – Once journalists finds the right sources for their assignment, they schedule and conduct phone or in-person interviews with them. Depending on their assignment, they may interview city council members, community members outside a polling station or speak with musicians prior to an upcoming concert. They make sure to speak with the right people, so they can include the most accurate and relevant information in their story.

- **Writing or reporting news** - While broadcast journalists create reports before broadcasting a news story, print journalists write articles and submit them to an editor for review. Whether they're covering breaking news or interviewing the public, a journalist has a multitude of duties that often change every day. While your duties often vary based on your particular job, journalists typically have the same general duties.

- **Arohini Sanjta**
B.A. III

Queen's Farewell

More than 70 years spent on the throne and 96 years spent on the earth, she lived a complete, fruitful life. The Queen is set to be laid inside the King George VI Memorial Chapel with a new ledger stone. The stone slab will bear the call of the late Queen, her husband and her dad and mom, with the two generations being distinguished by means of a metallic garter celebrity. After more than 250,000 well-wishers paid respects to the Queen in person as she lay in London's Westminster corridor at Parliament for 4 days. The royal family amassed for a non-public ceremony for the Queen's burial. The Queen changed into the Royal Vault at St George's Chapel with the Duke of Edinburgh, her past husband Prince Philip. This marked the symbolic giving up of the second Elizabethan age whilst the best ranking authentic inside the royal household, Lord Chamberlain Andrew Parker, broke his wand of office and the units of kingdom. The Imperial National Crown and the Orb and Sceptre have been laid at the excessive Altar.

What's next for the Throne? It will likely be succeeded via the Queen's descendants and consistent with a chain of legislative policies passed by using the Parliament. After the Queen's passing, Charles III, ascended the throne and was named as the new King of the UK and the 14 Commonwealth nation-states on the 8th of September 2022. He's the eldest son of Queen Elizabeth II and Prince Philip.

- Khyal
B.A. III

Augmented Reality and Its Involvement with Journalism

Augmented fact (AR) has constructed its prominent presence around us over the years, yet it's far from frequently careworn with the idea of digital fact (VR). Even as VR is just a simulation of the actual and imaginary global, it could consist of watching a walking excursion of Italy or a walk around Hogwarts. It enables human beings to dive into the sector in which they want to be in the intervening time. AR however enhances an interactive revel in human beings from their very own surroundings. The use of filters on Snapchat or Instagram, playing video games like Pokémon move are all loved by using humans because of Augmented reality.

Journalism and augmented truth pass hand in hand. Newshounds cowl tales and gather information however with the assist of augmented reality that information may be supplied around the world which is particularly beneficial in occasion reporting. Immersive media will be more desirable and change the placement of modern-day media traits. The idea of 'spatial journalism' may be at the vanguard. Spatial journalism is an emergent form of journalism that includes space, place and/or area (bodily, augmented and digital) into the method and practice of journalism. Mass Media is one of the

elements that have an effect on and shape people's perceptions. Augmented truth is currently intertwined and connected with social media, but it will take a number of time and technological advances just to introduce it into minor segments of life although a few manufacturers and companies are starting to introduce it. As an example, Metaio, a software tech employer which gives augmented truth, laboured on an 18-month-long undertaking for LEGO, a Danish toy manufacturing enterprise which now facilitates in providing its clients an evaluation of the toy when it's assembled. Although it's most effective to be had in selected stores, it's far a significant step in the direction of development.

- **Rhythm**
B.A. III

The Influence of Mass Media

Mass media, which includes TV, radio and newspapers have a first-rate influence on human beings and especially on the youth. It performs an important position in shaping the evaluations and roles of the younger generation. The young imitate what they see and it has an effect on the how they get dressed, communicate or behave. Now a days, information is so easy to get that we simply need to turn on our televisions by means of pressing a button, and we get all the know-how that we need or even just through searching on search engines on the internet we get all information and records pertaining to something. Media helps in bringing the data to the forefront. If there was no media, then we would be living a different lifestyle. It would have been very difficult to get any statistics or knowledge.

- **Saagar Thakur**
B. Voc. Media and Entertainment

Social Media: Causes and Effects

Social media is a tool that is becoming quite popular these days because of its user-friendly features. Social media platforms like Facebook, Instagram, Twitter and more are giving people a chance to connect with each other across distances. In other words, the whole world is at our fingertips all thanks to social media. The youth is especially one of the most dominant users of social media. All this makes you wonder that something so powerful and with such a massive reach cannot be all good. Like how there are always two sides to a coin, the same goes for social media. Subsequently, different people have different opinions on this debatable topic. When we look at the positive aspects of social media, we find numerous advantages. The most important being a great device for education. All the information one requires just a click away.

Students can educate themselves on various topics using social media. Moreover, live lectures are now possible because of social media. You can attend a lecture happening in America while sitting in India. Furthermore, as more and more people are distancing themselves from newspapers, they are depending on social media for news. You are always updated on the latest happenings of the world through it. A person becomes more socially aware of the issues of the world. In addition, it strengthens bonds with your loved ones. Distance is not a barrier anymore because of social media. For instance, you can easily communicate with your friends and relatives overseas.

Most importantly, it also provides a great platform for young budding artists to showcase their talent for free. You can get great opportunities for employment through social media too. Another advantage definitely benefits companies who wish to promote their brands. Social media has become a hub for advertising and offers you great opportunities for connecting with the customer. Despite having such unique advantages, social media is considered to be one of the most harmful elements of society. If the use of Social media is not monitored, it can lead to grave consequences. It is harmful because it invades your privacy like never before. The oversharing happening on social media makes children a target for predators and hackers. It also leads to cyberbullying which affects any person significantly. Thus, the sharing on social media especially by children must be monitored at all times.

Next up is the addiction of social media which is quite common amongst the youth. This addiction hampers the academic performance of a student as they waste their time on social media instead of studying. Social media also creates communal rifts. Fake news is spread with the use of it, which poisons the mind of peace-loving citizens. Like in recent times, services of various platforms like Instagram, Facebook, and WhatsApp were down due to technical issues, and that caused a worldwide panic amongst people. This showed how people are addicted to social platforms and merely spending few hours without it caused panic. In short, surely social media has both advantages and disadvantages. But, it all depends on the user in the end. The youth must particularly create a balance between their academic performances, physical activities, and social media. Excess use of anything is harmful, and the same thing applies to social media. Therefore, we must strive to live a satisfying life with the right balance.

- Ritik Pandey

BA III

Impact of COVID-19 on the Education of Differently Abled Students (DASs)

“Disability is no longer to be an obstacle to fulfilment”, said Stephen Hawking. Education is the right of all college students who are eager to study. Covid-19 worsened the situation of DASs. The preliminary disaster in covid-19 became procurement of meals and medicinal drugs for the homeless. Almost 7.8 million DASs, in particular those with moderate to severe incapacity and from the economically weaker section of society were absolutely misplaced from their right to education. College students having visual and listening impairments stated unique troubles with accessibility of coaching and learning together with loss of subtitles or signal language interpreters on mobile classes for the latter. It is our duty to help and inspire DASs in whatever way we can so that they may shine like stars.

- Jyoti Negi
B. Voc. I

A Holiday in Goa

My summer holidays are usually boring, but last summer they were great. My friends and I got onto an airplane and flew to Goa. We stayed at one of the first-class hotels. Though the climate was hot there, we enjoyed being there a lot. We relaxed at the beach during the evening. It was a one-week trip. We woke up early every day. On our first day we visited Bats Island. At Bats Island, we spent our whole day relaxing and snorkeling. Next day, we booked a van for sightseeing and visited Aguada Fort, Jimmy’s Palace, Central Jail, Raj Bhawan and Dolphin watch. The best part of our trip was the Dudhsagar Waterfalls, which is the fifth-largest waterfall in our country. The scenery we found there was amazing, and our photo session there, was the best. On the last day we relaxed in our room. We shopped for precious things to remember our trip and enjoyed our evening at Baga Beach, and then we returned to our hometown. It was a trip worth remembering.

- Bhavika Pahuja
B.A. III

Impact of Cinema on Our Lives

Cinema has been a part of the entertainment industry for a long time. It creates a big effect on human beings all over the world. In other words, it enables them to destroy monotony. It has evolved greatly in recent years too. Earlier, movie theatres was the most approachable way to get access to the cinema, however with the popularity of television and cable TV, watching films has become super convenient. It is rightly said that are shaped by the kind of movies we see, songs we pay attention to and the books we read.

Cinema is specifically a medium of leisure and communication but it is also an exquisite medium to train the masses. A film has the strength to showcase remote, unseen lands and their sub-cultures and traditions to the target audience. Cinema help in increasing attention to social and cultural problems and assist humans recognize the distinction between proper and awful. Cinemas are also tremendous strain relievers. Different types of films are made to cater to the interest of different types of audience. There are movies that have educational content. Watching such films widens the know-how of the scholars and has a positive impact on them.

College students want to juggle between their research, extra-curricular activities and competitions. Amid such mad rush and rising opposition, they want something for relaxation and films are an amazing way to relax. College students can also bond with their relatives and friends over watching movies. There are also some movies that can impact humans negatively. Habits such as smoking and drinking, when showcased on a screen can have a negative impact on the viewers. Sometimes films can provoke communal riots. College students must always recognize the difference among reel lifestyles and real-existence and try to inculcate the good things that cinema teaches.

- Shruti Pathak
B.A. III

Dams: China's key to Hegemony in South Asia

China plans on building 4 dams on Brahmaputra river which is also known as Tango in China. This development is a major concern for India because these dams will give China the ability to control the water supply of India and several other South Asian nations. China can use these dams as a controller to flash-floods and droughts. Affecting more than 130 million lives of just India and Bangladesh. This issue of China developing dams on trans boundary rivers has been a concern for the past 3-4 decades and there have been several meetings and negotiations between China and other concerned nations but none of them were agreed upon by China who have an ambitious plan of making itself independent of non-renewable resources. This gradual development of China building dams on trans boundary rivers is actually a domino effect of China's sudden economic growth, while most of the Chinese population is rapidly moving to cities the government is liable to provide them with drinking water and electricity which comes from these rivers. Another reason for this move is that china wants to make more of Tibet and Xinjiang fertile, Both Xinjiang and Tibet have been mostly barren land because of extreme weather conditions, changing natural conditions of lands will follow up with severe effects for the nations who are dependent on these rivers which are supposed to make Tibet a Xinjiang rich. Although china has made several statements regarding this issue commenting these dams won't in any case affect them.

- Sachin Singh
B.A. III

The Voice of Teenagers During Covid-19 Pandemic

What are teenagers? They are the backbone of our society, and the future of our nation depends on them. Children and adolescents may appear to be less at risk for severe COVID-19 symptoms, but the pandemic had highly disrupted their lives in other ways. One of the greatest impacts felt by the adolescents was not going to school, being in the house with family members and not getting to see friends and peers. Teenagers were comparatively different than adults; they were interested in social connections and going out for fun. According to many reports, it has been said that they teenagers would get more time to spend with their family but from a teenager's viewpoint, they need to experience the outside world.

Mainly because of the lockdown, the young generation had difficulties to cope with their current world. They end up messing up their mental health by being alone and not getting to share them. This led to overthinking and depression. In my personal life, I went through a period of anxiety, and I am pretty sure there are many friends and strangers who went through the same. Few of could not even share it with anyone. Bravo to those who were trying to cope with their mental health issues by working out, cycling, jogging and others. I want to say that I am very proud of you and you yourself know that your immune system was getting better. To all those who were at their home and went through the loss of losing a family member – I want to say that do not lose hope.

ए दोस्त मत घबरा
मुश्किल है समा
पर निकल जाएगा
वक्त के साथ तू फिर से जुड़ जाएगा।
हस्ते खेलते जिंदगी फिर से जरूर बिताएगा।

- Arvind Kumar
B.A. III

Media's Influence

Nowadays media plays a very important role in one's life. Through media people can nowadays obtain a great amount of information just at the touch of their fingers. It is convenient and completely accessible to get information within seconds. Media influences one's life in a certain way. Mass media is basically an agent of socialization. Media influence is basically a method through which ideas are injected into the lives of the people shaping the culture of society. This influence can be long term as well as short term. It can be positive as well as negative.

In last 40 years of evolution of media, its influence has grown. However, it is a proven fact that media has a negative impact on our daily lives especially the children of the underaged. By watching obscene movies or playing violent games, they get negatively impacted. Not only young people but adults are also engrossed in social media.

Media nowadays is an unbelievably strong force. Media influence is changing our lives. It seems that not even a single person can spent their day without using media. But as every coin has two sides, similarly media also does have positive influence. Media is one of the greatest influencing factors on the opinions and viewpoints of the society.

- Kalindi Arora
B.A. III

Mass Media has a Great Responsibility in Transforming Society

Mass media is one of the pillars of society especially in a country like India which is a constitutional democracy. Citizens have the right to know everything that goes on in the country since it concerns them in some way or the other. Without a source of credible information people would not know and wouldn't react.

Mass Media Contribution to the Society -

- **Enables People to Reach Out:** Since media is available to almost everyone, allows people to reach the masses. In a world where everything is constantly changing, any new development needs to be talked about and people's voices and opinions get heard by authorities as well as masses.
- **Allow People to Share Their Opinions:** People in a society can voice their opinions in newspaper columns and press conference etc. Mass media also gives its subscribers the opportunity to give their opinion on the events, occurrences and developments across the world. Social media platforms also enable mass sharing of opinions and discussion of various issues.
- **Serves as a Means to Connect:** Media is an excellent way to connect or to organize. People can come together and engage in conversations on a media platform. They can send out a message to masses on radio or go on air and debate on television news channel.
- **Gives Minorities a Voice:** Every society has certain groups that are marginalized and are often discriminated. Many state policies and laws infringe upon their rights and do not allow them access to same opportunities as the majority. The media reports send awareness on such cases and instances and enables the minority to think or act on the issue.
- **Lets one Raise Voice Against the Government:** It is hard for a citizen to directly voice their concern or demand justice directly from the government, thus mass media helps him or her raise the voice. A citizen of a democratic country enjoys the right to express dissent towards the government. Every decision of the government comes under public attention through mass media.

Thus mass media plays a very responsible role in transforming the society by bringing news to light and ensuring that the truth and justice prevail.

Environment
Section



Editor's Words

Greetings to all,

It gives me immense gratification when I see this effectuated work done by the students in completing the annual college magazine "Tyagmurti". It reflects the spirit of teachers as well as students along with the editorial board.

Environment plays a very important role in healthy living and existence of life on earth. We all are dependent on the environment for water, food, air, etc. Therefore, it is important for every individual to save and protect our environment. Students from various disciplines expressed their views on this topic.

Right from announcing, gathering the responses, sorting the received entries, editing and compiling, the journey had been wonderful.

I am happy to see the enthusiasm and zeal of the students in contributing their thoughts on this platform.

I am thankful to all the participants for their quality contribution in rolling this stone up the hill.

I take this opportunity to congratulate and thank Principal Dr. Ajay Sharma and the editorial board for making everything possible.

Enjoy reading...

- Dr. Indu Mehta

Editor, Science Section
HOD, Department of Zoology

ENVIRONMENT SUSTAINABILITY

Environmental sustainability is considered to be one of the biggest issues faced by the mankind at present. Increasing population along with tremendous escalation in anthropogenic activities has raised several questions on the sustainability of natural resources on our planet. No part of the Earth is now untouched by the effect of human activities or pollution. Ever increasing human population and increment in per capita



consumption has put great constraint on the natural resources. In addition to this, urbanization, industrialization and modern agricultural practices have polluted the water resources, air and soil all around the globe. The natural resources are thus not only being over-exploited but also becoming contaminated with toxic chemicals making it difficult for the survival of future generations.

The ever increasing emission of greenhouse gases is showing far reaching impact on the blue planet and according to estimates of various agencies such as United States Development Authority (USDA) and Organization for Economic Cooperation and Development (OECD) this will result in rise in temperature by 02°C by 2050. This has and will further change the face of the earth. Due to the impact of global warming, glaciers and polar ice is melting double to triple the times in comparison to last century. According to estimates, Earth at present is going through one of the biggest biodiversity loss phase, the impact of which is unforeseen and unpredictable. As per a United Nations report the humans are responsible for the extinction of species of both the plants and the animals and at present is hundreds of times higher than the natural rate in the past and as the situation is there, it can be thousands of times higher in near future. As an example it is estimated that the rate at which coral reefs are depleting, they will be completely wiped out in near future and with them several other species will also become extinct.

- Trisha Goyal
B.Sc. II

WATER POLLUTION

There are many sources of water but only a few are discussed here. Rivers and streams have some capacity to recover from the effects of certain pollutants, but lakes, bays, ponds, sluggish rivers, and oceans have little resistance to the effects of water pollution. We have a long history of introducing pollutants into aquatic environments, and have had only partial success at repairing the damage that has already been done and curbing the activities that result in environmental degradation. 'Nonpoint Source Pollution' continues to be a serious threat to receiving waters, as does the continued release of sewage and industrial effluents throughout the world. As we have seen with mercury contamination in fishes, environmental pollution can have widespread and lasting consequences. Water pollution is defined as, 'Any direct or indirect alteration of the physical, thermal, chemical, biological, radioactive properties of any part of the environment by discharge, emission or deposit of wastes so as to affect any beneficial use, adversely or to cause a condition, which is hazardous to public health, safety or welfare of animals, birds, wildlife, aquatic life or to plants of every description' ; according to Environment Act of 1980.

The cost of water pollution in Sri Lanka is on the rise. These losses are associated with reduced biological diversity, and aesthetic, recreational, cultural and archaeological values. Near shore coastal waters receive considerable amounts of pollutants by way of sewage, industrial and domestic wastewater and solid waste from land based activities. They are either released directly to the sea or are conveyed through rivers, lagoons and estuaries, which is a major threat today. Let's join hands to reduce water pollution by adapting good practice of not throwing garbage in water bodies and try to educate people as much as we can. Our little efforts can bring big changes.

- Pratham Sharma

B.Sc. II

ENVIRONMENT: A HOME TO MANKIND

We are blessed to have this beautiful earth to live on. Landscapes of great wonder and beauty lie under our feet and are all around us. They are discovered in tunnels, in the ground, in the heart of flowers, the hollows of trees, fresh-water ponds, seaweed jungles between tides, and even in drops of water. Life in these hidden worlds is more startling in reality than anything we can imagine. How could this earth of ours, which is only a speck in the heavens, have so much variety of life, so many curious and exciting creatures? No settled family or community has ever called its home place an “environment.”

The real names of the environment are the names of rivers and river valleys; creeks, ridges, and mountains; towns and cities; lakes, woodlands, lane roads, creatures, and people. As Scott Carpenter said “This planet is not terra firma. It is a delicate flower and it must be cared for. It's lonely. It's small.

It's isolated, and there is no resupply. And we are mistreating it. Clearly, we should have a great sense of loyalty not only towards our country or our own religion or our home town or even to ourselves rather it should be towards the planet at large. This is our home, and this is all we have got.

- Kirti Sharma
B.Sc. I

AIR POLLUTION AND ITS IMPACT ON HEALTH

We all need fresh air to breath. If the air is not clean and fresh, it will surely affect our health. One of our era's greatest scourges is air pollution, on account of not only its impact on climate change but also its impact on public and individual health due to increasing morbidity and mortality. There are many pollutants that are major factors in diseases in humans. Among them, Particulate Matter (PM), particles of variable but very small diameter, penetrate the respiratory system via inhalation, causing respiratory and cardiovascular diseases, reproductive and central nervous system dysfunctions, and cancer. Despite the fact that ozone in the stratosphere plays a protective role against ultraviolet irradiation, it is harmful when in high concentration at ground level, also affecting the respiratory and cardiovascular system. Furthermore, nitrogen oxide, sulfur dioxide, Volatile Organic Compounds (VOCs), dioxins, and polycyclic aromatic hydrocarbons (PAHs) are all considered air pollutants that are harmful for humans. Carbon monoxide can even provoke direct poisoning when inhaled in, at high levels. Heavy metals such as lead, when absorbed into the human body, can lead to direct poisoning or chronic intoxication, depending on exposure. Diseases occurring from the



aforementioned substances mainly include respiratory problems such as Chronic Obstructive Pulmonary Disease (COPD), asthma, bronchiolitis, and also lung cancer, cardiovascular events, central nervous system dysfunctions, and cutaneous diseases. Last but not the least, climate change resulting from environmental pollution affects the geographical distribution of many infectious diseases, as do natural disasters.

The only way to tackle this problem is through public awareness coupled with a multi-disciplinary approach by scientific experts. National and international organizations must address the emergence of this threat and propose sustainable solutions.

- Abhi Mahajan

B.Sc. II

COVID-19: SAVIOUR OF THE ENVIRONMENT

In the past few years, there have been many debates over environmental issues around the world. “The fact that Mother Earth faces an environmental crisis is indisputable. It is also clear that much of it is due to our unsustainable use of natural resources. The Earth just cannot support seven billion human beings. No wonder all our resources, from water to petrochemicals, are being depleted at an alarming rate,” says Professor Vasant Natarajan, Department of Physics, Indian Institute of Science, Bangalore in an article published in The Hindu. While the whole world was plagued with coronavirus, nature was returning to its glorious self. As people stayed home and did not venture out much, the earth became more livable. This unexpected event has changed the face of the entire world.

The Covid-19 lockdown had restricted industrial output, traffic on roads, air travel as well as unnecessary movement of people. Vehicle-free roads, airplane-free skies, widespread shutdown of brick kilns and factories had reduced the demand for electricity, natural gas and water drastically. No previous pandemic, disaster, recession or war had been able to reduce carbon dioxide emissions so dramatically in the last few decades as Covid-19 had been able to do in just a few months. Lockdown had brought about amazing changes in nature in different parts of the world.

Bangladesh is no exception. Cox's Bazar, Saint Martin's has seen a dramatic alteration in nature due to decrease in fishing and tourism. Pink dolphins had been spotted in the waters closer to the beaches. A group of dolphins were observed playing in the blue water of the sea. Local people said, such a rare sight had not been seen in the last three decades. The Bay of Bengal became a sanctuary for 407 species of fish, including 36 species of shrimp. Seaweed, grass and wild flowers were spreading all over the sand on the beach. Corona may not have lasted forever, but this tiny microbe taught the whole world a great lesson. It just means that we are constantly destroying the environment for our way of life. We need to achieve our goals by maintaining a friendly relation with the environment and now everyone should be aware of this so that the world does not have to face such a terrible situation in future.

- Vanshika Miglani

B.Sc. III

IMPACT OF ELECTRIC VEHICLES ON ENVIRONMENT

Environmental demand for cleaner air has put a heavy burden on the automobiles, much improved version by stringent exhaust stands but it is still a significant source of pollution. Along with that the depletion of the earth's ozone layer and the shortage of our oil supply is becoming an issue, we have to look for an alternative fuel for the vehicles which will not harm the environment and which will provide us with a reliable source of transportation as well. It is here, where electric vehicles come into the scenario. Research has shown that electric vehicles are better for the environment. They emit fewer greenhouse gases and air pollutants than petrol or diesel vehicles. The main benefit of electric vehicles is the contribution that they can make towards improving air quality in towns and cities. With no tailpipe, pure electric cars produce no carbon dioxide emissions when driving. This reduces air pollution considerably. In over a year, just one electric car on the roads can save an average of 1.5 million grams of CO₂. Despite the common perception that driving an electric vehicle burnishes one's environmental credentials. Electric car factories emit more toxic waste than conventional car factories. Not only this, the global warming potential from electric vehicle production is about twice than that of conventional vehicles. In addition, producing batteries and electric motors requires a lot of toxic minerals such as nickel, copper and aluminium. Hence, the acidification impact is much greater than that of

conventional car production.

In regions where fossil fuels are the main sources of power, electric cars offer no benefits and may even cause more harm. "It is counterproductive to promote electric vehicles in regions where electricity is primarily produced from lignite, coal or even heavy oil combustion."

- **Nikita Thakur**
B.Sc. II

EFFECT OF ANTHROPOGENIC ACTIVITIES ON THE ENVIRONMENT

The environment is the basic life support system of all living beings. All that surrounds us is included in the term environment. This environment affects us physically, mentally and spiritually. There is so much contradiction in discussions, decisions and ground level realities. We keep on shouting about clean and green environment but when it comes to contributing to the cleanliness of the same, all of just contribute in polluting the environment. Man has made progress all over the world and this development and progress has endangered the unique environment in which, man is living. The result is that big cities are destroying this green and healthy environment by polluting it. The forests are being cleared. Man did not only pollute air, he also spoiled the river water. If these environmental dangers are not checked timely, the life of all living creatures in the world will suffer. There will be natural calamities, and diseases will spread in epidemic form. So, to stop this damage and to save mankind, we should lay stress on afforestation. Deforestation should be stopped. Factories should adopt pollution control measures. It will balance the nature and help in making the environment pure.

- **Nandini**
B.Sc. III

WE AND OUR ENVIRONMENT

The environment is the natural surrounding of the earth that enables an organism's survival. The French word 'environ' which means to surround is a derivative of the word environment. It consists of the living beings such as humans, plants and animals. The air water and land are non- living entities. The human being is the most dominant creature of all the beings who can depend on all the natural resources of the earth. Not only humans but plants and animals also need air to breathe. There will be no life on earth without air. It is only the human being who is responsible for the destruction of the environment.

The environment is divided into different layers such as atmosphere, hydrosphere, lithosphere and biosphere. The atmosphere is made up of several gases such as nitrogen and oxygen. All the water bodies make up the hydrosphere. The lithosphere is covering of the earth that is made up of rock and soil. Life exists in the biosphere.

Currently, the situation of environment is very poor that could never have been imagined by our ancestors in previous times. The environment has been spoiled by using its resources in a wrong way. It can be seen that everyday and everywhere pollution is rapidly increasing on earth, whether it is air, land, water or soil, all are being polluted, deforestation, acid rain and other dangerous disasters created by the human beings through technological advancements. The increased number of factories, industries, vehicles or other transportation has caused the poor index value of air in the whole world. Use of natural resources should be carefully planned and executed for providing a better and healthy life to forthcoming generations.

Thus it is correctly quoted, ***"The earth does not belong to us, we belong to the Earth."***

- Harmanjot Kaur

B.Sc. I

ONE LIFE: ONE ENVIRONMENT

***WE ALL ARE LIVING ON THIS PLANET AS IF WE HAD ANOTHER
ONE TO GO TO - TERRY SWEARINGEN***

The world we are experiencing today, is the result of collective consciousness and if we want a new World each of us must start taking responsibility for helping create it. More than 90% of all species that have ever lived on earth have become extinct. It cannot be denied that our natural environment is such an important part of our ecosystem. It is important to educate people about how the environment is getting damaged. Only then we can have green earth to dwell on. For over 200 years, we have been conquering Nature and in the bargain we are beating it to death.



The occurrences of natural calamities are increasing day by day which is resulting in loss of lives. Further, the melting of the glaciers is another alarming point as to why we need to save the environment. In addition to that, the increase of carbon dioxide in the atmosphere is proving to be more harmful than ever. If we do not take immediate action, we will have to face grave consequences at the hands of nature.

It is rather important to note that by saving the environment, we will be saving mankind. We have to do this for our survival and not the earth's survival. Mother earth has survived for millions of years and will continue to do so. It is mankind that is at risk, so we must start now.

The earth does not belong to us. We belong to the earth. So, we should conserve our nature as there is no Planet B.

- Guneet
B.Sc. I

THE CHANGING ENVIRONMENT AND ITS IMPACT

Word environment in the past was undisturbed, uncontaminated and pure. What has happened to healthy lands and habitats today? It is being deforested, mined or turned into industrial farm land.

Our standard of living is directly related to the availability of useful forms of all resources, but resources are finite, and population is increasing so now many people are chasing limited supply of resources which causes severe problems. Humans live in material driven society where we are tempted to buy nice things resulting in rapid industrialisation. But we are unaware of reality behind these products which are being manufactured in industries. They are major source of pollution to environment in ways such as increased greenhouse gases leading to global warming. Earth is now warming faster than at any point in recorded history which due to summation of all the human activity. So, human activities from pollution to overpopulation are driving the alteration of world environment.

This does not mean that we should completely cease all activities at once but we must work keeping in mind their consequences in future. We should sustainably manage the resource and our environment keeping in minds other needs in future. There must be limitations over the rate and extent at which human can use or produce or manufacture products.

- **Padma Lahmo**
B.Sc. III

LEND A HAND TO SAVE OUR ENVIRONMENT

The majority of us want a cleaner and safer environment, yet none of us are willing to make significant adjustments in our habits. Earth has undergone significant changes in climatic conditions and patterns and the emergence of animal dangers has disrupted the generally peaceful interaction between humans and environment here. The acts of humans have resulted in a number of difficulties for the environment, rather than fostering a connection that is advantageous to both man and environment. There are a multitude of significant environmental challenges that the world is currently confronted with, such as rising temperature across the globe, also referred to as global warming, climatic change, deforestation, air and water pollution, and the extinction of species and as a result Earth has changed a lot.

One way or another, each one of us has some degree of responsibility for the current state of affairs. On the other hand, this also indicates that every one of us is capable of contributing something so as to find the solution of these issues, provided that we are aware of our respective roles and obligations with regard to the preservation of the natural world. Our actions and behaviours may either enhance or degrade the quality of the environment.

Humans who believe that comfort at the expense of the environment is a given, can barely maintain gluttonous lifestyle. On the contrary, human life is essentially impossible without a healthy environment. There are actions people can opt for daily to protect the environment, like recycling, reusing, composting and the use of green fuels and vehicles. These little changes and habits at individual levels can bring about a huge change, technology and policy can do nothing without individual's civic sense. Our earth can fulfil our needs but will not heed our greed. If we respond to environmental issues properly we can increase its quality. If we begin with ourselves, these concerns may progressively be solved. *(Adapted)*



- Alisha
B.Sc. III

SELF SUSTAINABLE ENVIRONMENT

Our environment includes everything that surrounds us. The environment is an essential requirement for humans and other species to survive on the planet. Without a clean and pure environment, it would be difficult for life to exist. The environment that we live in is capable of sustaining not only humans but also millions of other species of plants, animals, reptiles, insects, etc. Though, there is one requirement that human interference with the environment should be at its lowest now. It has sustained all the needs of species for millions of years. The continuous process of evaporation and rain, year after year, gets our rivers running and ponds swelled. Trees live for hundreds of years, giving a fresh supply of oxygen and fruits every season.

The soils also produce new vegetation and immediately get ready for the other. There could be no better example of self-sustainability than the environment we live in. Moreover, it also has an exceptional ability to repair itself up to a certain extent. But, despite all its sustainability and repairing abilities, the environment also has a limit. Human interference in the form of pollution, habitat destruction, resource depletion, and others is taking a heavy toll on the environment.

Though the environment is self-sustainable and can repair its damages, it depends up on a large extent on how humans treat it. The way we treat our environment, the same we will get in return. The message is clear, treat the environment well and it will shower you with goodies. Mistreat it and be prepared to be mistreated as well.

- Diya Sood
B.Sc. III

EFFECTS OF ENVIRONMENTAL POLLUTION ON ANIMAL DEVELOPMENT

It would not be wrong to cite that “Environmental pollution is an incurable disease, which can only be prevented” (Barry). The statement evinces itself to be true when we see ‘ceaseless’ advances in pollution levels. Many harmful effects of pollution on animals including humans (in their course of development) affect in such a way that they can't be ignored. They often result in psychological disabilities, behavioral disorders, or physical disabilities. The tally of effects due to pollution are enormous and can't be compiled in a short note, but an overview will surely help us identify its great change in the course of development.

Starting with an example of ‘Alzheimer’s disease in which a person’s remembering power is greatly hampered and the causing agent is not crystal clear. It is estimated to be a mix of environmental, age-related, and lifestyle factors. But if a person is living in a polluted area (where the air contains a mixture of different types of unwanted particles), the (particulate) matter gets oxidized when it enters inside a living body. It causes ‘Oxidative Stress’ in the body, making it one of the major causes. Many other diseases/problems like sore throat, lacrimation, vomiting, choking, cyanosis, lung constriction, lung cancer, bronchitis, influenza, coronary heart disease, macular degeneration, and other endocrine disorders too, that finally are responsible for reproductive stress, affected respiratory system, neuroendocrine disorders, etc. All types of contaminants must be recognized, and one must understand how to manage them. Only education and prevention can stop health problems caused by pollution.

- Jakinth Jay Paul
B.Sc. II

ENVIRONMENT AND ITS PLIGHT DUE TO CLIMATE CHANGE

Environment can be defined as the aggregate of the all the living and non-living elements, their interactions as well as their effects which influence the human life. It is a delicate balance which enables the continuation of life on planet earth. However,



this balance has been disturbed and its consequences are severe and irreversible. These consequences will be borne by the generation to come. The cause of this is global warming and pollution caused as a result of overexploitation of the natural resources. This has led to rise in sea levels, acidification of oceans, shifting of climate patterns, increase in natural disasters and formation of inhospitable habitats. It is incredibly clear that inaction against climate change is no longer an option. So, certain measures should be followed such as avoid single use plastics, use public transportation or carpool, follow the reduce, reuse and recycle method to decrease carbon footprint, afforestation and reforestation are essential to impede climate change, enforcement of laws and restrictions to prevent overexploitation of natural resources.

- Kumud
B.Sc. III

ENVIRONMENT OF INDIA

India features a variety of eco zones that are among the most biodiverse in the world, including a desert, high mountains, highlands, tropical and temperate forests, swamplands, plains, and grasslands. It also has an island archipelago. India widely supports eco-tourism by precluding the environment and preserving its resources. Places like Honey Hills, Kerala; Bandipur National Park, Karnataka; Sunderbans National Park, West Bengal; Kaziranga National Park, Assam, and many more hold immense beauty in them. So, it becomes our prime duty to conserve and preserve these beauty spots of India.

Huge development of Indian economy is leading to a number of environmental issues. Indian environment is decreasing its natural balance. The environmental issues in India are uncontrolled growth of urbanization, industrialization, massive intensification of agriculture, rapid growth of population which adversely affects the natural resources, pesticides and fertilizers, vehicles and industry emissions and the destruction of forests. These issues have direct impact on the biodiversity of India leading to extinction of many wild species and also degrading the food chain. Governments have a significant role to play in finding answers to the issues, even though everyone in the nation must work together to protect the environment. The Indian government has made a number of programmes to protect the environment that includes Swachh Bharat Mission, Green Skill Development Programme, Namami Gange Programme, Compensatory Afforestation Fund Act (CAMPA), National Mission for Green India, National River Conservation Programme, Conservation of Natural Resources & Eco-systems.

- Manan Minhas
B.Sc. III

THE CLIMATE CRISIS...

Climate change refers to changes in Earth's environmental conditions. Climate change is the biggest crisis and has become a global concern over the last century. If we look back in time, climate change due to human activities started a long time ago but we started observing it from the last few decades. We began to see how humans and climate are interconnected.

Although climatic change has hundreds of reasons but human plays a significant role in this. The rapid changes in climate that we are observing now are caused by the use of fossil fuels such as oil, coal, petroleum and natural gas by humans due to their need and greed. When these fossil fuels burn, they release large amount of Carbon dioxide (CO₂) into the air. CO₂ is a greenhouse gas which traps the heat in atmosphere. This is called greenhouse effect. The long term heating of Earth's surface will cause the temperature to rise leading to global warming. Since the preindustrial period, the world is about 1°C warmer and amount of carbon has also increased in atmosphere. The temperature is rising very quickly, beyond our imagination. Is it a great matter of concern? Well yes, If drastic actions are not taken, it will have adverse impact on everything including vegetation, animals and humans.

In the last decade humans have seen many disasters such as droughts and famines, Wildfires, strong heatwaves, invasive pest outbreak, loss of plant species, storms, hurricanes, floods, melting of glaciers, rise in sea level, population declining of several animal species etc. Do you think this will stop here ? Well, the potential consequences are daunting but there is a lot we can do to reduce the impact of climate change. Reduce dependence on fossil fuels and switch to cleaner energy sources such as wind and solar power. It is an effective way to reduce the carbon emissions. Planting trees is the best way to reduce Carbon dioxide from the atmosphere. Not only should trees be planted but trees should also be taken care of. Recycling and conserving energy can make a big difference in our daily lives.

Do you think it's easy to reverse these conditions? I agree, reversing the impacts will not be easy. It will require a lot of efforts from me, you, our friends, family, private sectors, governments, all over the world. Don't you think it's very late to take these steps? Better late than never. Take small but subtle steps. I believe together we can make a great change.

- **Mansi Gupta**
B.Sc. III

ENVIRONMENT: NO ONE'S PROPERTY TO DESTROY, EVERYONE'S RESPONSIBILITY TO PROTECT

We all demand our native rights, but sooner or later, we will have to realize that earth too, has its rights. The environment is the support system for all living and non-living components, and humans are responsible for maintaining living conditions. Humankind must remember that earth can live without humans, but humans cannot exist without the environment. *The balanced management of natural resources and the atmosphere is crucial for the well-being of all living beings and the economic growth of the entire world.*



Most important thing is: Managing the use of resources (both renewable and non-renewable) effectively which can help solve many disputes between countries, states, and people for the power to claim at least a part of the resources as their own. It is high time people understand that the environment's health is vital, and only if the domain is healthy will all living beings have a chance of survival. Our planet needs us to step up and take action towards cleaning the mess we have made by being irresponsible. Whether it be from oil spills, air pollution, plastic, or toxic chemicals leaking into our water, a lot must be done to bring to balance in our ecosystem.

Environmental justice for one and all should be our core mission. *(Adapted)*

- Seerat Kaur
B.Sc. III

ENDANGERED SPECIES IN ENVIRONMENT

Today, some species are endangered and some are on the verge of extinction in the environment. Endangered species are the organisms that are threatened by extinction. Two main reasons have been found for their extinction: loss of habitat and loss of genetic variation.

Loss of habitat can happen naturally in the environment. It can mainly be caused due to natural calamities. For example, dinosaurs are extinct due to asteroid striking the earth. Human activities also have a large contribution in the loss of habitat. Forests are cut to provide shelter to humans and to make industries. Some trees like fig trees provide shelter to some species and if these trees are cut down, the species will also be effected. Loss of habitat can also lead to increased encounters between wild species and humans. If the forests are cut down, the species will have to wander on the streets and may die due to unfavorable conditions. The other main cause is loss of Genetic variation. Genetic variation refers to the diversity found within a species. It allows species to adapt to changes in the environment. The greater is the population the greater is the genetic variation. Loss of genetic variation can occur naturally like due to long period of interbreeding. There are a very few genetic differences because of which they are not able to adapt to the changed environment. Human actions can also lead to a loss of genetic variation in the environment. Overhunting and overfishing are the cause which have reduced the population of many animals. And reduced population means there are fewer breeding pairs.

What we need to do is, provide food and shelter for native wildlife, stop cutting down forests, be cautious while driving on roads where animals are roaming. These are a few steps by which we can contribute to prevent the endangered species from extinction. Endangered species will ultimately effect us in direct or indirect way, so save them.

- Jagriti
B.Sc. III



PLASTIC POLLUTIONs: A THREAT TO THE ENVIRONMENT

Plastic pollution is the accommodation of plastic objects and particles in Earth's environment that effects humans ,wildlife and their habitat. Every minute , almost one garbage truck is dumped into oceans . 7 billion of the 9.2 billion tonnes of plastic produced from 1950-2017 became plastic waste ,which was either dumped or put in landfills . Plastic pollution can change habitat and natural processes that will reduce the ability of ecosystem to adapt to climate change which affects the people as well.



Some tiny plastic particles are present in everyday items like that in cigarettes, clothes and even in cosmetics. These tiny particles are termed microplastic. When these microplastic reaches oceans, they can be ingested by marine life such as birds, fishes, mammals and plants which could have many toxic as well as mechanical effects. It could cause behavioral changes, genetic alteration, suffocation in marine animals. As it enters the food chain through sea food, humans can also be effected as they can ingest those microplastic from water, food and absorb them from skin. These microplastic have been found in various human organs and even in placenta of new born babies. These chemicals in them causes serious health problems, especially in women, which could include changes to human genetics , brain development and respiration rates etc.

We can try to reduce the plastic pollution by using more of disposable items and not plastic items ,by stop buying water in plastic bottles and by refilling our bottle again to reduce the use of plastic ,by boycotting microbeads which are present in beauty products , by cooking fresh food rather than using packed food , by recycling products, by either banning the plastic use or supporting a bag tax, by buying in bulk or bringing your own bag to carry products . we should make this our habbit and try to imbibe all these in our life in order to reduce plastic waste generation at our level. (*Adapted*)

- **Garvita**, B.Sc. III

IMPACT OF HUMAN INTERFERENCE ON THE ENVIRONMENT

Environment plays an important role in healthy living and existence of life on planet Earth. The environment provides us the resources for production. The planet Earth is a home for different species and we all are dependent on the environment for necessities like food, water and air. But today humans are destroying the environment to fulfil their own needs. Trees are cut down for building their homes.

Humans are destroying the environment in various forms. Like pollution, over population and burning fossil fuels. Such activities cause a huge change in the climate soil erosion, poor air quality which causes problems to plants in their respiration process and even to humans.

The Environment needs to be protected. Strict actions should be taken to preserve the remaining resources provided by the environment. One should promote afforestation, measures to control the population, sustainable use of natural resources, and building eco friendly spaces.

Protecting the environment today can allow us to continue to live on this planet in a healthy and safe atmosphere. It would certainly improve the health of people and reduce many diseases. Life of many plants and animal species will not get extinct if we take measures today.

- Ritu Malodia
B.Sc.

ENVIRONMENT AND CLIMATE LITERACY

**“Environment and climate change is not about to happen but has happened.
Are we aware of it?”**

There's a saying 'change is the only constant'. Over the years, nature has also changed its ways, but is the present change happening for good? Are people aware of it? We all are experiencing extreme summers and extreme winters but do we know its root causes or solutions? Do we know what consequences are our future generations going to face because of us?

This awareness can only be created when people understand the importance of environment and climate literacy in a broad perspective. If people will not know scientifically and technically the cause, effects and consequences of everything and anything, they will continue harming our environment which they themselves are unaware of, how will they find the solution of the same and come up to save nature and the environment?

Environment Week, Earth Day, Van Mahotsav are some of the initiatives taken worldwide to educate people about the importance of keeping good environment, saving energy, water and all the resources around us. Many plantation drives, environment fests are organized to mark the importance and make everyone aware about the changing scenario.

We need to keep in mind that climate change is not an environmental issue but a social and economic problem that needs to be taken seriously and taken care of. We don't have any another planet as earth to go and settle to live a normal life like we do here. Henceforth, it is very important to give everyone the knowledge and educate them about the same or our future generations will face the music.

- Aayushi
B.Sc.II

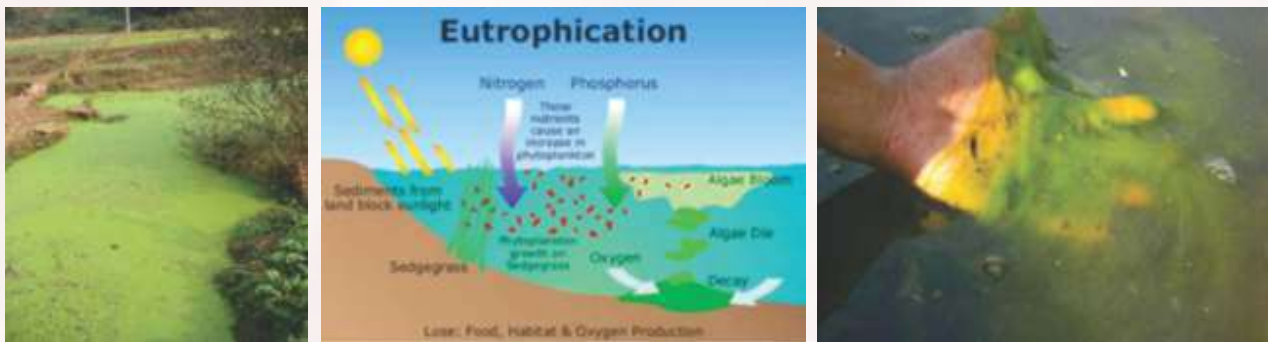
MAJOR ENVIRONMENTAL ISSUE: SOIL RETROGRESSION AND DEGRADATION

Soil retrogression and degradation, as they are termed, “are two regressive evolution processes associated with the loss of equilibrium of a stable soil.” Retrogression is due to soil erosion and corresponds to a phenomenon where succession returns the land to its natural physical state. Degradation is an evolution different from natural evolution, related to the local climate and vegetation. This replacement modifies the humus composition and amount and affects the soil’s formation. It is directly related to human activity. Soil degradation may also be viewed as any change or ecological disturbance to the soil that is perceived to be undesirable. Soils naturally reach a state of high productivity, from which they naturally degrade as mineral nutrients are removed from the soil system. Thus, older soils are more vulnerable to the effects of induced retrogression and degradation.

- **Nishant Rana**
B.Sc. I

EUTROPHICATION: AN UNRECOGNISED ENVIRONMENTAL THREAT

Eutrophication is the process by which “an entire body of water, or parts of it, becomes progressively enriched with minerals and nutrients, particularly nitrogen and phosphorus”. It has also been defined as “nutrient-induced increase in phytoplankton productivity”. The excessive growth (or bloom) of algae and plankton in a water body are indicators of this process. Eutrophication is considered to be a serious environmental



concern since it often results in the deterioration of water quality and the depletion of dissolved oxygen in water bodies. Eutrophic waters can eventually become “dead zones” that are incapable of supporting life. The excessive growth of algae in eutrophic waters is accompanied by the generation of a large biomass of dead algae. These dead algae sink to the bottom of the water body where they are broken down by bacteria, which consume oxygen in the process. The overconsumption of oxygen leads to hypoxic conditions (condition in which the availability of oxygen is low) in the water. The hypoxic conditions at the lower levels of the water body lead to the suffocation and eventual death of life forms such as fish etc.

- **Tanishka Rana**

B.Sc. I



THE ENVIRONMENT AND IT'S IMPACT ON OUR LIFE

The environment is the basic life system for all living things on planet Earth. It is a combination of natural and man-made components. Natural components include air, water, land and living organisms. Roads, industries, buildings, etc., are man-made components. The natural environment can be differentiated into four main components – Biosphere, Lithosphere, Hydrosphere and Atmosphere. The topmost layer of the Earth is called the Lithosphere, which is a thin layer of soil made of rocks and minerals. The hydrosphere consists of various types of water bodies like seas, oceans, rivers, lakes, ponds, etc. Atmosphere, consisting of water-vapour, gases and dust particles, is the layer of air that surrounds the Earth. The living world consisting of human beings, plants and animals constitute the biosphere.

The environment is dependent on the interaction between all the different components. However, human beings play a huge role in the making and breaking of the environment. Being the supreme and most intellectual power on Earth, human beings influence the wellness of the environment to a great extent. The impact of the environment on all living beings is directly proportional to the way human beings treat the environment. Any kind of existence would not be possible without air, water or land. Nothing to eat, not a drop to drink and nowhere to go is not what we or our future generations should expect to have. Every living thing depends largely on the environment for survival, and having a clean and safe environment is solely in the hands of the human beings.

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B.Sc. I

ENVIRONMENT AND ITS EXPLOITATION

Environment means the entire living and non-living entities such as land, air, water, plants, animals, solid materials and forests that maintain the balance of healthy environment and develop all living things on Earth, nurture and develop helps them. However, now some technological advances have deformed the man-made things in many ways in the environment, which is eventually spoiling the balance of nature. We are risking the existence of life along with life on this planet in the future. Apart from the natural environment, there is also a man-made environment that deals with technology, work environment, aesthetics, transportation, housing facilities and urbanization. Man-made environment affects the natural environment to a great extent, which we can save together. The components of the natural environment are used as a resource, although it is exploited by humans to meet some basic physical needs and purpose of life. We should not challenge our natural resources and prevent such pollution or waste in the environment. We should give importance to our natural resources and use them under natural discipline.

- Mohit
B.Sc. I

INCREASING URBANIZATION: THE URBAN ENVIRONMENT AND HEALTH

Cities are main source of creativity, energy, and drivers of country's economy but at the same time they are also source of inequality, poverty, and health hazards from environment. From last two centuries the proportion of people living in cities has increased from 5% to 50%. This increase reflects the level of industrialization and environmental changes. As industrialization intensified, pollution level also increased in cities, few spectacular episodes of pollution occurred in Europe, London like London's smog in winters. All these incidents ushered to new legislation to control the industrial air pollutant levels. Cities mainly encounter the wide spectrum of pollution ranging from lack of sanitation to exposure to hazardous synthetic organic chemicals in



the air, food, and water. In Delhi, India, for example, the coliform count in Yamuna, city's main river, increases 3000-fold from the time it enters the city to the time it leaves. Meanwhile, Delhi's air quality, especially in the colder months, is among the worst in the world. People in cities are also more prone to the infectious diseases caused by poor sanitation and polluted water such as tuberculosis, typhoid and cholera. Due to the increased air pollutants in cities, there has been a sharp increase in the cases of asthma attacks. Increasing temperatures of earth is also one of the major concerns which we are facing today. Hence, solutions require radical social and technological transformations. In 21st century we will undoubtedly modify the design and use of our cities.

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