

Syagmurti
2024



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 Sanatnrist 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 GGSD 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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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"***

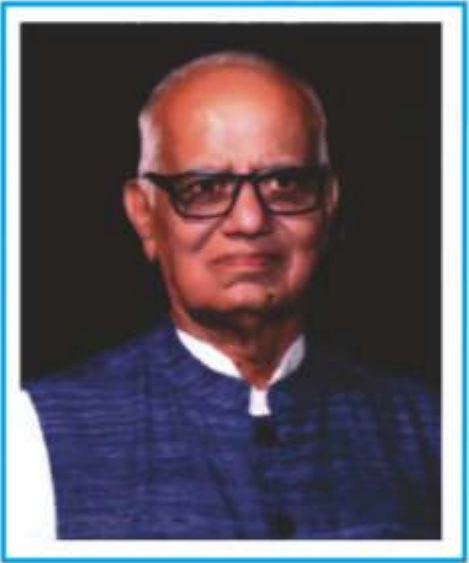


- Ms. Vaishali Sharma

President
GGSDS College Society, Chandigarh

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

As we immerse ourselves in the pages of Tyagmurti 2024, I am compelled to reflect on the profound journey of human creativity that unfolds within the art of writing. It is with great admiration and a sense of wonder that I witness the kaleidoscope of ideas, emotions, and perspectives expressed by our talented student writers.

The art of writing is a testament to the boundless creativity inherent in every individual. It is a medium through which thoughts are transmuted into words, creating a tapestry of narratives that not only captivates the reader but also serves as a mirror reflecting the depths of the human experience. In the words of Anais Nin, "We write to taste life twice, in the moment and in retrospect." Tyagmurti, much like a literary time capsule, encapsulates these moments of reflection, introspection, and creative exploration.

Famous writers throughout history have recognized the transformative power of writing. The renowned author Toni Morrison once said, "If there's a book that you want to read, but it hasn't been written yet, then you must write it." Tyagmurti embodies this spirit of creating the narratives we long to encounter, providing a platform for our students to contribute their unique voices to the literary canon.

Our students, through their writings, release the untold stories within, adding depth and richness to the cultural fabric of our academic community. I extend my gratitude to the faculty, whose guidance nurtures the seeds of creativity in our students. Tyagmurti is a testament to our shared commitment to fostering an environment where the art of writing flourishes. Through the written word, may we continue to explore, understand, and contribute to the rich tapestry of human experience.

With warm regards,



- Dr. Ajay Sharma

Principal
GGSD College, Chandigarh

Editor in Chief's Message

In the digital age, where information flows ceaselessly, and the written word permeates every corner of our lives, Tyagmurti 2024 emerges as a testament to the enduring significance of writing in the modern world. Tyagmurti, with its diverse sections opens these windows wide, inviting us to peer into the minds of our students and explore the worlds they envision.

In a world inundated with information, the art of writing becomes a tool for shaping narratives and influencing perceptions. The words we pen have the power to transcend boundaries, challenge norms, and create connections. Salman Rushdie once remarked, "A book is a version of the world. If you do not like it, ignore it; or offer your own version in return." Tyagmurti offers our students the platform to offer their versions of the world, contributing to the rich tapestry of perspectives that define our collective human experience.

The significance of expression in the modern age cannot be overstated. In the words of Margaret Atwood, "A word after a word after a word is power." Tyagmurti stands as a beacon of sincerity, a space where the authenticity of expression is cherished, and the clarity of language becomes a bridge connecting writers and readers. To our contributors, I commend you for embracing the challenges and opportunities presented by the modern age of writing. Your voices add depth and nuance to the ongoing conversation of our times.

Each piece within Tyagmurti is a labor of love, a product of the dedication and enthusiasm of our student writers who have meticulously crafted their thoughts into eloquent expressions. The editorial team has endeavoured to maintain the highest standards of quality, ensuring that the essence of each article is preserved and presented with the utmost clarity. Tyagmurti is a celebration of our collective efforts in fostering an environment where expression flourishes. Thank you for being part of this enriching journey.

- Mr. Harender Kumar
Editor-in-Chief



Dr. Poorva Trikha, Editor



Dr. Richa Gaiind, Editor

विश्व के नव-निर्माण में नारी शक्ति का योगदान:



भारत के विशेष संदर्भ में -

युगों-युगों से भारतीय संस्कृति में नारी को सम्मान दिया जाता रहा है। वैसे तो दुनिया के हर भू-भाग, देश, क्षेत्र व समाज में नारी की पूजा की जाती रही है। साहस, शौर्य, बलिदान व त्याग की प्रतीक नारी का सम्मान, सभ्य समाज में सर्वोपरि माना गया है, नारी ने हमेशा मानव सभ्यता के विकास में ऊर्जा का संचार किया है। नारी को जब-जब भी अवसर मिला है, उसने अपनी दक्षता, प्रखरता, क्षमता और आत्मविश्वास से, हर एक चुनौती का सामना किया है एवं उन्नति के हर क्षेत्र में नए-नए कीर्तिमान स्थापित किये हैं, तथा हर घर परिवार, समाज, तथा सम्पूर्ण सृष्टि को अपने ज्ञान कि सुगंध से समय-समय पर महकाया है। नारी ने अनेकों स्वरूपों में पुरुष के शुष्क हृदय में वात्सल्या एवं स्नेह का भाव जगाया है, इसलिये उसके सभी स्वरूप सृष्टि के आभामंडल पर वंदनीय है।

संसार में जब-जब भी मानव इतिहास में संकट एवं चुनौतियां आई हैं चाहे वो किसी भी युग में आई हों नारी ने हमेशा इन सभी समस्याओं को अपनी सूझ-बूझ, ज्ञान, बलिदान एवं अपने त्याग से सब पर विजय पाई है। मानव जीवन को सुखमय बनाने के लिए कभी-कभी तो नारी ने अपने जीवन का बलिदान दिया है। सबसे बढ कर नारी ने माँ के रूप में अपने आप को ममतामयी, अमृतमयी, संस्कारदात्री, प्रथम शिक्षिका के साथ-साथ एक पालनहार के रूप में हर एक मानव के जीवन में बहुमूल्य योगदान दिया है।

हमारे धर्मग्रन्थों व संस्कृत साहित्य में भी माँ की महिमा का यशोगान किया है अर्थात्, "मातृसमं गुरुः नास्ति" अर्थात् माता के समान कोई गुरु नहीं है। सभ्य समाज में नारी शक्ति को हमेशा उच्च स्थान दिया गया है, व माँ, बेटी, पत्नी, बहन सभी रूपों में पूजनीय एवं वंदनीय है। संस्कृत में एक श्लोक है, "त्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः। यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः"। अर्थात् जहाँ स्त्रियों की पूजा होती है वहाँ देवता निवास करते हैं और जहाँ स्त्रियों की पूजा नहीं होती है, उनका सम्मान नहीं होता है वहाँ नकारात्मक आती है और कोई भी कार्य शुभ नहीं होता।

लेखक डॉ. जी.एस. चौहान ने भी अपनी कविता के माध्यम से नारी शक्ति की महिमा का गुणगान किया है और नारी शक्ति को प्रणाम और उसका वंदन किया है तथा कविता के द्वारा यह बतलाने का प्रयास किया है कि नारी ने समूचित मानवता को प्रकाशित किया है और वह इस सृष्टि की जननी है और साहस, शौर्य, त्याग कि प्रति मूर्ति है। इतना ही नहीं कवि ने अपनी कविता के द्वारा नारी के कार्यों व उसके प्रताप कि महिमा का सराहना कि है जो निम्न प्रकार से है:

युगों - युगों से पूजित, नारी शक्ति का सम्मान करो,
कर शिक्षित नारी को, उसकी महिमा का गुणगान करो।
बेटी बचाओ, बेटी पढ़ाओ के नारे का, हर घर में प्रचार करो,

नारी बिना नहीं कोई नायक जग में, इस पर भी विचार करो।
 कर पहचान बेटी की प्रतिभा की, उसके सपने साकार करो,
 नारी है घर-2 की शोभा, उसके समर्पण को हमेशा नमन करो।
 नारी ने दिया हर क्षेत्र में योगदान, उस योगदान की कद्र करो,
 नारी ही जननी मानवता की, उस मातृशक्ति को प्रणाम करो।
 नारी बिन सूनी है दुनिया, उसके ओज का नित सम्मान करो,
 नारी है बल की प्रतिमा, उसकी साहसिक शक्ति को सलाम करो।
 लक्ष्मीबाई, झलकारी हुई विरांगनाएं उनके, बलिदानों को याद करो,
 भारतीय संस्कृति प्रफुल्लित नारी, ऐसी नारी शक्ति पर गर्व करो।
 उड़ा रही जहाज, यान अंतरिक्ष में, उनकी कुशलता पर नाज करो,
 जो निभा रही फर्ज डक्टर, शिक्षक का, ऐसी नारी का सम्मान करो।
 दे रही राष्ट्र निर्माण में योगदान, ऐसी नारी शक्ति की पहचान करो,
 देश पे मर मिटने वाली विरांगनाओं को, नतमस्तक हो प्रणाम करो।
 साहस, शौर्य की प्रतीक नारियों को, समाज में ऊंचा स्थान प्रदान करो।

- डॉ. जी. एस. चौहान

प्राचीन काल से ही भारतीय सभ्यता अपने ज्ञान और समृद्धि की परम्परा से ओत-प्रोत रही है। भारतीय नारी शक्ति ने प्राचीन युग से ही मानव सभ्यता को अपने अलग-अलग रूपों से सींचा है विशेषकर शिक्षा के क्षेत्र में उसने अपने ज्ञान एवं कौशल से विश्व में एक अलग पहचान दिलवायी है विशेष रूप से पिंगला, मैत्री, गार्गी, अपाला, अदिती, लोपा, मुद्रा, घोषा, गोधा, और विश्वारा जैसी महान विदुषियों को भारत की मातृभूमि पर जन्म लिया और भारतीय संस्कृति और सभ्यता को विकसित करने में इन्होंने अहम भूमिका निभाई है। इन सभी महिलाओं ने अपने ज्ञान, विरता, पराक्रम से भारतीय संस्कृति की रक्षा की तथा गणित, खगोल, चिकित्सा, योग, कला, संस्कृति एवं दर्शनशास्त्र आदि में भी अपना बहुमूल्य योगदान देकर, विश्व में भारतीय संस्कृति को एक अलग पहचान दिलवाई है।

वर्तमान व पिछली सदी में भी भारतीय महिलाओं का राष्ट्र के हर क्षेत्र में योगदान अति सराहनीय रहा है, विशेषकर आजादी की महान विरांगनाओं के योगदान की वंदना करते हैं, जैसे रानी लक्ष्मी बाई, रानी झलकारी बाई, रानी वेलु नचियार व उनकी सेनापति कुयिली, पद्मिनी, इंदौर की रानी अहिल्याबाई होलकर, अवंतिका बाई लोदी, रानी दुर्गावती, रानी गिडायलू, पन्नाधाय, बेगम हजरत महल, सावित्रीबाई फुले, आजाद हिन्द फौज की नायिका कैप्टन लक्ष्मी सहगल, विद्यावती कौर, माता गुजरीबाई, माता जीजाबाई, दुर्गाभाभी, ऊदा देवी पासी इनके अतिरिक्त कमला नेहरू, मागरेट कंजिस, निशातुन्निसा, मिस एन एम जोशी, सरला बाई नायक एमए, खुशीद बेगम, कमला देवी चट्टोपाध्याय, एनी बेसेंट, सरोजनी नायडू, मुथुलक्ष्मी रेड्डी, अरुणा असफ अली, इंदिरा गाँधी, मीरा कुमार, ममता बैनर्जी, मायावती, सुषमा

स्वराज, सोनिया गाँधी एवं वर्तमान भारत की राष्ट्रपति महामहिम द्रौपदी मुर्मू आदि।

सामाजिक, आर्थिक, धार्मिक अनुसंधान, ज्ञान-विज्ञान, खेल, शिक्षा, चिकित्सा, न्यायपालिका, अंतरिक्ष विज्ञान जैसे तमाम महत्वपूर्ण क्षेत्रों में महिलाओं ने अपने कठिन परिश्रम, संघर्ष, ईमानदारी व निष्ठा के बल पर इन तमाम महत्वपूर्ण क्षेत्रों में ऊँचे से ऊँचे मुकाम हासिल किये हैं, लेकिन राजनीतिक क्षेत्र में महिलाओं को उनकी हिस्सेदारी अभी भी उनकी संख्या के अनुरूप नहीं मिल पाई है, जो कि हम सब के लिए विशेषकर भारतीय प्रजातांत्रिक प्रणाली में एक चुनौती है।

यहाँ पर यह भी वर्णन करना जरूरी है कि पिछले वर्ष (23 अगस्त 2023) भारत ने अंतरिक्ष विज्ञान के क्षेत्र में विश्व पटल पर अपनी एक अलग पहचान बनाई है और भारत ने न केवल चंद्रमा पर अपना तिरंगा लहराया बल्कि विश्व के अंतरिक्ष इतिहास में भी अग्रणी स्थान प्राप्त किया है, जो हर भारतवासी के लिए गौरव और स्वभिमान का विषय है। इस अभियान को सफल बनाने और चंद्रमा के दक्षिण छोर पर हमारा यान पहुँचाने में भारतीय महिलाओं ने अहम भूमिका निभाई है और अपनी दक्षता के द्वारा ये सिद्ध कर दिया है कि नारी हर एक क्षेत्र में अग्रणी है और उसका योगदान सर्वोपरि है।

चंद्रयान मिशन में 100 से अधिक महिलाएं काम कर रही हैं और भरत के चंद्रयान-3 मिशन में ये सब महिलाएँ भी शामिल थीं, विशेषकर कल्पना कालाहस्ती, रीमा घोष वस्तु करिधाल तथा मोमिता दत्ता तथा नंदिनी हरिनाथ द्वचन्द्रयान मिशन की प्रमुख वैज्ञानिक सुप्रसिद्ध वैज्ञानिक है, जिन्होंने अंतरिक्ष विज्ञान के क्षेत्र में अपनी ख्याति का लोहा मनवाया है इनके अतिरिक्त दूसरी प्रमुख अंतरिक्ष वैज्ञानिक विशेषकर अश्वप्टिकल और आईआर सेंसर में दत्ता की दक्षता ने मिशन की सफलता में महत्वपूर्ण भूमिका निभाई। भारत के पहले सौर मिशन अदित्य एल-1 की सफलता के पिछे भी एक महिला वैज्ञानिक निगार शाजी का ही हाथ रहा और वह मिशन की परियोजना निदेशक थी और उनके अथक प्रयासों के कारण आदित्य एल-1 ने सफलता पूर्वक अंतरिक्ष कक्षा में स्थापित किया।

किंतु वर्तमान समय में जो सामाजिक के हालात दिखाई रहे हैं, उसमें नारी के सम्मान में कमी महसूस की जा रही है, और नारी का कई तरीकों से शोषण किया जा रहा है। यह बेहद चिंताजनक बात है। लेकिन हमारी संस्कृति को बनाए रखते हुए नारी का सम्मान कैसे किया जाए, इस पर हम सब की नैतिक जिम्मेदारी बनती है कि उसपर सही तरीके से विचार किया जाए और नारी को उसका उचित सम्मान प्रदान किया जाये।

मां अर्थात् माता के रूप में नारी धरती पर अपने सबसे पवित्रतम रूप में है। माता यानी मानवता की सृष्टि की जननी है और माँ का स्थान हमारे धर्म ग्रन्थों में ईश्वर से भी बढ़कर माना गया है, क्योंकि वह ईश्वर की भी जन्मदात्री रही है। किंतु बदलते समय के हिसाब से अपनी ही संतानों ने अपनी मां को महत्व देना कम कर दिया है। यह अत्यन्त चिंताजनक पहलू है। यह सब धन-लिप्सा व अपने स्वार्थ सिद्धी के कारण हो रहा है। जबकि जन्म देने वाली माता के रूप में नारी का सम्मान अनिवार्य रूप से होना चाहिए, जो वर्तमान में लगभग कम हो रहा है। यह सवाल आजकल यक्षप्रश्न की तरह भारतीय समाज में चहुँओर पाँव पसारता जा रहा है।

इस बारे में नई पीढ़ी को आत्मावलोकन आवश्यक करना चाहिए। मगर आजकल की युवाशक्ति पर नजर डालें विशेषकर लड़कियों पर तो हम पाते हैं कि हमारी बेटियाँ हर क्षेत्र में नये-नये कीर्तिमान बना रही हैं और परचम लहरा रही हैं। उन्हें हर क्षेत्र में आगे बढ़ते हुए देखा जा सकता है। विभिन्न परीक्षाओं की मेरिट लिस्ट में लड़कियाँ तेजी से आगे बढ़ रही हैं। एक समय इन्हें कमजोर समझा जाता था, किंतु इन्होंने अपनी मेहनत, परिश्रम और मेधा शक्ति के बल पर हर क्षेत्र में प्रवीणता अर्जित की है। हाल ही में विश्व में हमारी सफलता का ऐतिहासिक पहचान बनाने में महिलाओं की भूमिका अत्यन्त महत्वपूर्ण रही है और हर क्षेत्र में भारतीय महिलाओं ने तरक्की कर दुनिया को अपना दमखम दिखाया है।

नारी की प्रतिभा का सम्मान किया जाना चाहिए। नारी का सारा जीवन पुरुष के साथ कंधे से कंधा मिलाकर चलने में ही बीत जाता है। पहले पिता की छत्रछाया में उसका बचपन बीतता है। पिता के घर में भी उसे घर का कामकाज करना होता है तथा साथ ही अपनी पढ़ाई भी जारी रखनी होती है। उसका यह क्रम विवाह तक जारी रहता है। उसे इस दौरान घर के कामकाज के साथ पढ़ाई-लिखाई की दोहरी जिम्मेदारी निभानी होती है, जबकि इस दौरान लड़कों को पढ़ाई- लिखाई के अलावा और कोई काम नहीं रहता है। कुछ नवयुवक तो ठीक से पढ़ाई भी नहीं करते हैं, जबकि उन्हें इसके अलावा और कोई काम ही नहीं रहता है। इस पितृसत्तात्मक समाज में नौजवान व युवा केवल अपनी सत्ता और राजनैतिक व पैसे का जलवा दिखाते हैं। वे न तो शिक्षा में कुशलता दिखा रहे हैं, और न ही अपनी अन्य जिम्मेदारीयां बखूबी से निभाते हैं।

यह भी देखने में आया है कि महिलाओं ने हर एक क्षेत्र में अहम मुकाम हासिल किये हैं और मानवीय मूल्यों तथा समाज के हर क्षेत्र में अपना योगदान देकर ये साबित कर दिया है कि महिलाएं पुरुषों से किसी भी मायने में कम नहीं हैं तथा हर एक विकास के हर क्षेत्र में उनका योगदान अतुलनीय है। यदि हम पिछले 123 वर्षों के नोबेल विजेताओं पर नजर डालें तो महिलाओं ने 962 में से 65 महिलाओं ने नोबेल पुरस्कार हासिल किए विशेष रूप से शांति, साहित्य, चिकित्सा, रसायन, भौतिकी और अर्थशास्त्र में नोबेल पुरस्कार जीत कर मानव इतिहास के विकास में अपनी एक अलग पहचान बनाई है, जिनका विवरण निम्न तालिका में दर्शाया गया है। हालाँकि, महिला विजेताओं का प्रतिशत पुरुष विजेताओं के मुकाबले कम है और इसमें पिछले 25 वर्षों में काफी बढ़ोत्तरी हुई है, जो एक सकारात्मक परिणाम है।

123 साल में सिर्फ 65 महिलाओं को मिला नोबेल:

विभिन्न क्षेत्रों में नोबेल पुरस्कार प्राप्त करने वाली महिलाओं की संख्या

नोबेल	संख्या	नोबेल	संख्या
शांति	19	साहित्य	17
चिकित्सा	13	रसायन	08
भौतिकी	05	अर्थशास्त्र	03

हर 25 साल में नोबेल पुरस्कार जीतने वाली महिलाओं की संख्या

वर्ष	संख्या	वर्ष	संख्या
1901-1925	04	1926-1950	08
1951-1975	03	1967-2000	15
2001-2023	35		

भारत में महिला नोबेल पुरस्कार विजेता:

भारत ने अभी तक कुल 962 नोबेल पुरस्कारों में से केवल 9 नोबेल पुरस्कार प्राप्त किए और उनमें से मात्र एक भारतीय महिला मदर टेरेसा ने 1979 में शान्ति का नोबेल पुरस्कार जीता। इस तरह के पुरस्कार प्राप्त करने के योग्य बनना चाहिए ताकि विश्व में भारत का विशेषकर भारतीय महिलाओं का गौरव बढ़े।

विश्व में अलग-अलग देशों कि सरकारों/राजनैतिक क्षेत्र में महिलाओं की भागेदारी:

- चीन में करीब 25 प्रतिशत
- अफगानिस्तान में 27 प्रतिशत
- पाकिस्तान में 20 प्रतिशत
- नेपाल में 33 प्रतिशत
- बांग्लादेश में 21 प्रतिशत

उपर दिये गये आकड़े यह प्रदर्शित करते हैं कि इन देशों में महिलाओं की भागेदारी काफी सकारात्मक है। लेकिन 21वीं सदी में भारत में महिलाओं की हिस्सेदारी में लोक सभा में करीब 15 प्रतिशत और राज्यसभा में करीब 14 प्रतिशत ही है। यह भारतीय संसद महिलाओं के भागेदारी का कोई अच्छी स्थिति नहीं है। यह विश्व के अन्य देशों विशेषकर पड़ोसी देशों के मुकाबले हमारे देश में महिलाओं का प्रतिनिधित्व प्रतिशत काफी कम है। और इतना ही नहीं विधान सभाओं में भी उनका प्रतिनिधित्व उतना नहीं है जितना होना चाहिए। यदि हिमाचल प्रदेश विधान सभा की बात करें तो वहाँ महिला प्रतिनिधित्व का प्रतिशत केवल 1.47 प्रतिशत ही है जो की सबसे निम्न स्तर का है और ये सभी आँकड़े हमारे समाज की पितृसत्तात्मक व्यवस्था को दर्शाते हैं। जबकि महिलाएं कुल आबादी का 50 प्रतिशत हैं।

*64 वर्षीय श्रीमती मूर्मु सबसे कम उम्र की राष्ट्रपति 25 जुलाई 2022 को बनी। इनकी उम्र 64 साल, 1 महिना और 8 दिन इससे पहले यह रिकार्ड नीलम संजीव रेड्डी के नाम था, जो 64 साल, 2 महिना और 6 दिन की थीं।

"I measure the progress of a community by the degree of progress of progress which women have achieved."

- Dr. B.R. Ambedkar

"मैं किसी समुदाय की प्रगति को महिलाओं द्वारा हासिल की गई प्रगति की डिग्री से मापता हूँ"।

- डॉ. बी. आर. अम्बेडकर

"हम प्राचीन भारत की नारीयों को आदर्श मानकर ही नारी का उत्थान और सशक्तीकरण कर सकते हैं"।

-स्वामी विवेकानंद

तत्काल में निम्नलिखित देशों की राष्ट्राध्यक्ष और शासनाध्यक्ष महिलाएँ हैं और उन देशों का नेतृत्व बहुत ही बेहतरीन तरीके से कर रही हैं और हर एक क्षेत्र में विशेष रूप से राजनैतिक क्षेत्र में उन्होंने एक अलग पहचान बनाई है।

- 4 देशों में पहली बार महिला नेतृत्व से 28 देशों में नई सरकार बनी।
- जॉर्जिया मेलानी-इटली 77 साल की प्रधानमन्त्री बनी।
- कैटलिन नोवाक-हंगरी 44 साल की पहली महिला राष्ट्रपति।
- स्लोवेनिया नतासा पिरकमुस की पहली महिला राष्ट्रपति।
- शियोमारा कास्त्रों हांडुरास, पहली महिला राष्ट्रपति।

राजनैतिक क्षेत्र में भारतीय महिलाओं की भागेदारी:

20 सितम्बर 2023 के आकड़ों के अनुसार अब तक संसद में महिला उम्मीदवारों की भागेदारी

वर्ष	महिला उम्मीदवार	कुल महिला सांसद	सांसदों का प्रतिशत (लगभग)
1957	45	22	49
1962	66	31	48
1967	67	29	45
1971	83	28	30
1977	70	19	25
1980	143	28	20
1984	14	43	25
1989	198	29	15
1991	330	39	12
1996	559	40	7
1998	274	43	16
2004	355	45	13
2009	556	59	11
2014	668	66	10
2019	716	78	11

स्रोत- इलेक्शन कमीशन ऑफ इंडिया, सितम्बर 2023

- अब 181 सीटें लोकसभा में आरक्षित हो जायेंगी।
- 543 सदस्यों में से अभी 82 महिला सांसद हैं लोक सभा में।

लोकसभा में स्थिति:	
कुल सदस्य	महिला सांसद
543	78

राज्यसभा में स्थिति:	
कुल सदस्य	महिला सांसद
238	31

देश के विभिन्न राज्यों में महिला विधायकों का प्रतिशत:

राज्य	महिला विधायक :
बिहार	10.70
छत्तीसगढ़	14.44
हरियाणा	10
झारखण्ड	12.35
पंजाब	11.11
राजस्थान	12.0
उत्तराखंड	11.43
उत्तर प्रदेश	11.66
पश्चिम बंगाल	13.70
दिल्ली	11.43
गुजरात	8.20

विश्व की प्रमुख महिला नोबेल पुरस्कार विजेता:

1. मदर टेरेसा, भारत (1979)
2. मलाला युसुफ जई, पाकिस्तान (2014)
3. इलिनश्चर ऑस्ट्रॉम प्रथम महिला अर्थशास्त्री में नोबेल विजेता, अमेरिकी (2009) ओलिवर विलियमसन के साथ संयुक्त रूप से.
4. मैरी स्वलाडोवका क्यूरी, पोलैंड (1903, 1911) इनकी दो बेटियाँ भी नोबेल विजेता थी। विख्यात भौतिकविद और रसायनशास्त्री, रेडियम की खोज की थी.
5. आइरीन रसायन विज्ञान में नोबेल पुरस्कार (1935) प्राप्त हुआ.
6. ईव शांति के लिए नोबेल पुरस्कार (1965) में मिला था।
7. पर्ल एस बक अमेरिकी लेखिका और उपन्यासकार (1938) में उन्हें नोबेल पुरस्कार और रमन मैंगसेस से सम्मानित किया गया।

8. ऐडा ई. योनाथ एक इस्रायली क्रिस्टलोग्राफर राइबोसोम की संरचना पर अपने अग्रणी काम के लिए जानी जाती हैं। साल (2009) में जिन्हें रसायन विज्ञान का नोबेल पुरस्कार मिला।
9. गर्ट्रूड बेले एलियन एक अमेरिकी बायोकेमिस्ट और फार्माकोलॉजिस्ट थी। 1988 में जॉर्ज एच. हिचिंग्स और सर जेम्स ब्लैक के साथ फिजियोलॉजी या मेडिसिन में नोबेल पुरस्कार साझा किया था।
10. एलिस अन मुनरो नोबेल पुरस्कार से सम्मानित कनाडाई लेखिका हैं। उनका लेखन उन्हें समकालीन कथालेखन के सर्वश्रेष्ठ हस्ताक्षरों में स्थापित करता है। 2013 में साहित्य में नोबेल पुरस्कार दिया गया।

- ✓ विश्व में 19 महिलाओं को शान्ति नोबल पुरस्कार अभी तक मिला है।
- ✓ विश्व में 3 महिलाओं ने अर्थशास्त्र विज्ञान में मिला है।
- ✓ विश्व में 17 महिलाओं को साहित्य में नोबल पुरस्कार अभी तक मिला है।
- ✓ विश्व में 8 महिलाओं को रसायनशास्त्र में नोबल पुरस्कार अभी तक मिला है।
- ✓ विश्व में 5 महिलाओं को भौतिकीशास्त्र में नोबल पुरस्कार अभी तक मिला है।
- ✓ विश्व में 13 महिलाओं को फिजियोलॉजी व मेडिसिन में नोबल पुरस्कार अभी तक मिला है।

विश्व की सुप्रसिद्ध महिलाएँ:

- ब्रिटेन की महारानी विक्टोरिया.
- वेल्स की महारानी डायना.
- वर्जिनिया वुल्फ ब्रिटीश उपन्यासकार.
- फ्रिडा काहो मेक्सिकन कलाकार.
- इंदिरा गाँधी भारत की पूर्व प्रधानमन्त्री.
- श्रीमाओ भण्डारनायके श्रीलंका की पूर्व प्रधानमन्त्री.
- बेगम खालिदा जिया बांग्लादेश की 9वीं प्रधानमन्त्री.
- शेख हसीना बांग्लादेश की वर्तमान प्रधानमन्त्री.
- बेनजीर भुट्टो पाकिस्तान की पूर्व प्रधानमन्त्री.
- मार्गरेट थेचर ब्रिटेन की पहली पूर्व प्रधानमन्त्री.
- मदर टेरेसा.
- मेरी क्युरी.

भारत की सुप्रसिद्ध महिलाएँ एवं उनका योगदान:

- राजनैतिक क्षेत्र: महामहिम राष्ट्रपति श्रीमती द्रौपदी, मूर्मु, इंदिरा गाँधी, सरोजनी नायडु, प्रतिभा पाटिल, मीरा कुमार, सुषमा स्वराज, मायावती, ममता बैनर्जी, शीला दिक्षित, जयललिता, अरुणा आसफ अली (भारत रत्न) कमला हैरिस (भारतीय मूल की अमेरिकी उपराष्ट्रपति).

- **सिनेमा:** लतामंगेशकर (भारत रत्न) विश्वविख्यात स्वर कोकिला, आशा भोसले, मदुरै शनमुखावदिवु सुब्बुलक्ष्मी (भारत रत्न),
- **खेल क्षेत्र:** मैरी कॉम, सायना नेहवाल, पी.टी. उषा, पी.वी. संधु, अंजु बोबीजॉर्ज, दीपिका, मीराबाई चानू, दिपा कर्माकर, सानिया मिर्जा, हिमा दास, रानी रामपाल, कर्णम मल्लेश्वरी, निखत जरीन, साक्षी मलिक।
- **अंतरिक्ष विज्ञान:** कल्पना चावला (1997), सुनीता विलियम्स (2006) और सिरिशा बांदला 2021, कल्पना कालाहस्ती, रीमा घोष वस्तु करिधाल तथा मोमिता दत्ता तथा नंदिनी हरिनाथ (चन्द्रयान मिशन की प्रमुख वैज्ञानिक) सुप्रसिद्ध वैज्ञानिक है।
- सरला ठकराल, विमान उड़ाने वाली पहली भारतीय महिला.
- **शिक्षा क्षेत्र में:** सावित्रीबाई फूले (प्रथम भारतीय शिक्षिका), दुर्गाबाई देशमुख, आर्मती देशाई, रमाबाई रानाडे.
- **अध्यात्मिक क्षेत्र:** सतगुरु रविदास की शिष्या, श्री कृष्ण भक्त मीराबाई
- **अर्थशास्त्री:** जयती घोष एक विकास अर्थशास्त्री हैं,
- **चिकित्सा क्षेत्र:** इंदिरा हिन्दुजा (पद्मश्री), गगनदीप कांग (इनफोसिस विजेता, 2016), मंजुला अनागानी (पद्मश्री), केतायुन आर्देशिर दिनशाँ (पद्मश्री).
- **न्यायतंत्र के क्षेत्र में :** फातिमा बीबी सर्वोच्च न्यायालय की प्रथम महिला न्यायाधीश (6 October 1989– 29 April 1992), न्यायमूर्ति सुजाता वसंत मनोहर सुप्रीम कोर्ट की न्यायाधीश (8 November 1994– 27 August 1999) और राष्ट्रीय मानवाधिकार आयोग की सदस्य रह चुकी हैं तथा केरला हाई कोर्ट में मुख्य न्यायाधीश के पद पर रह चुकी हैं (21 April 1994– 7 November 1994), न्यायमूर्ति रुमा पॉल सुप्रीम कोर्ट के पूरे इतिहास में न्यायाधीश बनने वाली तीसरी महिला हैं, जो 3 जून 2006 को सेवानिवृत्त हुई हैं, न्यायमूर्ति ज्ञान सुधा मिश्रा सुप्रीम कोर्ट में न्यायाधीश हैं। वे झारखण्ड उच्च न्यायालय की पहली महिला मुख्य न्यायाधीश रह चुकी हैं।
- **महिलाओं के प्रमुख मुद्दे:** शिक्षा (Education), रोजगार (Employment), सशक्तिकरण (Empowerment), बचाव और सुरक्षा (Safety and Security), दहेजप्रथा (Dowry System), आवास (Housing), महिला अधिकार (Women Rights), सभी क्षेत्रों में महिलाओं को समान प्रतिनिधित्व (Equal representation to women in all field), लैंगिक असमानता (Gender Disparity), भेदभाव (Discrimination), जागरूकता की कमी (Lack of Awareness).

– डॉ. जी. एस. चौहान

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English
Section

Editor's Message

The pandemic of Covid 19 lead us to transform our outer world. Telecommuting and hybrid work became a regular mode of work. It also changed the manner in which we relate to one another, by bringing caution and wariness into human relationships. Physical distance made us conscious of those we feel tied to, care out, and love. Those who remained engaged with us despite the constraints imposed by the pandemic were proved to be our well-wishers. Those who fell away were never truly present in our life. The pandemic also made us turn inwards, and this brings me to writing. The act of writing is the act of turning inwards. Many of us must have experience this during the pandemic. Some of the contributions published in our college magazine last year and this year, might be a product – or should I say, a gift – of the pandemic.



Writing exists on the edge of paradox. Turning inward, we write. Publishing or speaking our utterance, we seek to be read or heard. Turning inward we relate to ourselves. Putting our words out in the world, we seek to share, to be understood, to relate to others. All writing is relationship, be it with self or others.

When we write, we relate to our innermost selves, and seek to express through language realizations, insights, and incidents gleaned from our life's journey; in other words, we seek to express the truth of our experience. Writing, therefore, is a form of truth-telling. The truths we tell ourselves and the world through a short story or poem are not those of rocket science or artificial intelligence, but the small truths of our imagination and our insights into culture, human relationships, war and peace, the purpose of human existence, greed, despair, loss, and the triumph of the human spirit despite all odds.

When we publish what we write, we lay bare our inner lives, hand over to the public our creation, and open ourselves to praise, blame, ridicule, fame or notoriety. This takes courage. I commend all those who had the courage to share their innermost thoughts and feelings by submitting their writings to us.

Writing means the courage to plumb the depths of what makes and unmakes us. The courage to be vulnerable lies at the heart of writing. Everything that makes you more human will also make you a better writer. This, then, to my mind, is the deeper purpose of all writing, a process of becoming more human – staying vulnerable, speaking your truth, and using the medium of language to not only express but to evolve. My hope for you, dear students, is to keep writing, to keep contributing, to keep contributing despite rejection, to have the courage to stay vulnerable, and above all, to use writing to become a better version of yourself.

- Dr. Archana Sahni
Editor, English Section

Finding Light Amidst the Shadows: A Journey Through Emotional Depths

*They say that happiness will find you
But I think sadness will find you too
It sneaks up on you in darkness
Just when you think you have made it through
It opens holes in what was solid ground
The kind you never know is there
The world around you passes by
In blurs of colour and sound
Nothing around you makes any sense
You can't remember how it started
And you don't know when it will end
Sadness is that feeling
When the falling doesn't stop
It saps your life of meaning
And all the good things that you've got.*

*If you look back up at the sky
The only thing left to do is cry*

- Itika Loona
B.A. III



Counting the Unseen: A Reflection on Loss and Resilience

*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.*

- Itika Loona
B.A. III

Cocoon turning into Butterfly

*My life is about to change
Prepared I must keep my stage
My young freedom lacked courage
To let go this youthful rage
And ready me for a new age
Like a new me a new page.*



- Itika Loona
B.A. III

Time Travels: Embracing the Past and Present with My Nine-Year-Old Self

*If I met my 9 year old self today,
What would I tell her?
What would I say?
Would I warn her of the future,
Of the bad things yet to come?
Or would I leave her be naïve,
To keep having fun?
My nine year old self,*

*Believed the world a perfect place.
Would she recognise herself?
Even though I've learnt so much more,
And ten years have passed since then,
I would give up everything I have,
To view life through her eyes again.*



- Itika Loona
B.A. III

A Brief Moment

*Let's talk about
these gloomy days,
These are the days
you aren't here.
Still hoping to
see you again,
But the possible
place is a dream.
I feel you everyday
in my heart,
Wonder what was*

*your last thought.
Listened to your
favourite song,
I should've danced
with you all along.
That night I saw
you in the stars,
Didn't expect our
journey
was near the finish
line.*

*Feels like it was yesterday,
You were calling my name.
Now I am calling myself,
In my mind, in your voice
everyday*

- Navroop Kaur
B.A. II

A Flower with a Face

*To the flower
I planted a while ago;
You have grown
to be so beautiful,
Sworn to be the
sunshine of garden,
I'm afraid of,
what the world might do to you,
Tear you, break you,
shred you or burn you.
For you are so fragile,
I count on you in this vile world,
It's this vile world
I cannot count upon,
Perhaps with this
Rosy face of yours,
You make this place
a little less miserable;
Maybe a little bearable too,
For I fear in every breath,
if you're still intact,
If your hands are sturdy enough to hold me,
Or this horrid hole has gotten to the abyss.*



- Hiya Girotra
B.A. II

A Muse for Life

*There's a graveyard
of all the moments we've lived
Then there're melodies
in the greatest of fear,
some good and some bad to hear.*

*And there's a loop of life called 'death',
where there's a child who sounds
like shattered glass under the shedding tree.
And his only fantasy is to go home;
Perhaps his only home is a cage,
his own self; he can't break through
In this war of his, he is the bullet and he is the armour.*



- Hiya Girotra
B.A. II

Love Language

*The language of love, fingers intervene
Silent whispers, a love that is one of a kind
Your embrace making me feel a lot less colder.
Heads finding solace over each others shoulder,
Imperfect verses of a perfect tale,
Notes in between books, kisses on head
A profound love, beyond the internet
A kind of love found in books,
Passing smiles in secrecy, singing our own hooks.
In stories inked by time's own hand
Souls aligned, forevermore.
His and hers, a mirrored flame,
Love's eternal, the very same.*



- Harshita Nijhawan
B.A. I (First Semester)

New Beginnings

*New beginnings, new inception
New dawn, new rise
Being new is the need of the hour
Being new is a necessity now*

*Why don't let go of all cynicism
Why don't start new optimism*

*New beginnings for body
New beginnings for mind
New beginnings for soul
New beginnings for thoughts, for your notions*

*Make every dawn, worth remembering
Make every second, worth impacting
WITH NEW BEGINNINGS*



- Pavni Behal
B.A. Sem. 1

Reality Check

*The fascination
of assassination
of his millionaire step dad
let him ponder for years
to plan a mystery for people.
An immediate murder would expose him,
and an accident would mean an investigation.
so how about killing him slowly over the years?
Wasn't a big deal for him to hurt,
being a forensic expert.
His step dad damaged
his lungs and kidney
and gradually died
leaving a skilled billionaire behind.
This is a generation
where money matters
more than relation.
He misused his proficiency
and this is an example of gen-z.*



- Aayushi Mehta
B.A. II

Suicide

*What is suicide?
Is it to hide
or a reality's escape
or your own life's rape?
Is it in the hope of a better afterlife
or a greater latter birth?
Maybe there are a hundred reasons to die,
and five hundred reasons to cry
but still why?
Is it for internal pleasure
or for external leisure?
Let me know the reason.
If it's not mind's prison
and worth trying
I would definitely give it a chance
and let my freedom to enhance!*



- Aayushi Mehta
B.A. II

A Real Gift

*Nobody stays with you till your death,
nobody is invariably there with you
till your last breath.
No one walks hand in hand in the
journey of life along with you,
not even your shadow,
which disappears whenever darkness
surrounds you from head to toe.
It's only the faint old memories
and frames of you with your parents
that are eternal and live with you.
It's only the love and blessings
of your parents that go a long way.
You are lucky,
if you have the gift of parents in life
because there are many who're deprived!*



- Aayushi Mehta
B.A. II

Resilience

*How do I calm the Storm within me?
When I feel like a flower wilting
Why is it so difficult for me?
Rest have it all
figured out like an adult
How do I speak
when times get rough?
When all they say is,
“don’t plead, be tough”.
How do I ask for help
or only just confess?
When I see no one
around in this darkness.
Why am I the only one falling behind?
When I spent day and night doing the grind.*

*Maybe my expectations
are too high,
Unrealistic dreams
that are hard to try.
Maybe my battles were all wrong
I don’t need to be, I am strong.
Maybe I didn’t get
the time to grow; it started all so young,
But life is always unfair
that’s the rule unsung!*

*Maybe I should ask less,
appreciate more
Jump and knock
at all the opportunities’ doors.
But it’s easier said than done,
When all you know is to run,
When in the battle
you’re the only one.
When it’s not me
fighting against all;
But against myself,
I only went!
But for me, there is
still hope in despair
and till the end,
I shall give my best;
“When darkness is at its darkest,
a star shines the brightest.”
This battle is worth fighting,
For in the end,
I’ll win or
at least, die trying.
For both, I’ll be a warrior
Above all my own saviour.
In the end,
everyone has super powers
‘Resilience’
just happened to be ours!*

- Ishwinder Kaur
Biotechnology (Hons.) I

Time

*Time along they'll tell you,
signs will be scattered all along.
Beware of the storm, tsunamis will arise.
Ounce by ounce insides will be assassinated,
Slowly, leisurely, impudently, subtly
the dagger will impede upon the
confinements of your heart,
Tickers will be heard and central will implode
wrath of death will be shadowed upon you,
Only the death which no one sees but you,
which cannot be seen with naked eyes
but must rest upon you and only you.*



- Bismanpreet Kaur
B.Com. Hons.

Until next time...

Memory

*What a joyous moment to evocate back
as a child-jolly and carefree
What a memory to gain and revive the track
Childhood is a dream, blooming like a spring tree.
Time back as a child, sleeping in mother's cosy lap
Sheltering in the loving hug of their hands
Muttering little words; singing and learning to lap
Playing with mud, dirty, drained in sand.
Good were those days howling with phlegm hanging
Cherishing happiness in hills and valley
Innocent souls, honest and wise never demanding
Satisfied to marvellous living, no-worry only happy.
Sunrise and sets, days come and go,
Life as a child filled with family was all
No pains and struggle, taught to follow the flow.
Childhood is a precious memory worth more than gold.
Today I look out the window, heard birds melody
Sounding so lively, never fading
Turned to the mirror, saw myself growing up
Reminiscing old good days, bitter in corner translating.*



- Jiya Kumar
B.A. I

No Sound to My Confession (But it's Loud Anyway)

*There is no sound to my confession.
But you told me about a classic you wanted to read,
And now it sits upon my bedside table — pink as the hue that
colours my cheeks at the thought of you.
(Have I told you I don't like classics?)
The confession lies in its delicate pages
(I've given you love letters without writing any.)*

*There is no sound to my confession.
But you told me about your favourite band,
And now I'm watching a seven hour long documentary so that by
knowing them I may get to know you.
(I'm not really big on movies.)
The confession lies in my new favourite song
(Yesterday, all my troubles seemed so far away . . .)*

*There is no sound to my confession.
But I saw you in the canteen a couple days ago,
And now I've abandoned my secluded route for another just to
catch your glimpse every morning.
(I despise crowds.)
The confession lies in my incessantly searching eyes
(Oh, there you are.)*

*There is no sound to my confession.
But you wore a ring this one time,
And now I've stolen it so as to compensate for the theft you've
committed unknowingly.
(Thank you for letting me.)
The confession lies in the heart missing from my chest
(Give it back (please don't), give it back.)*

*There is no sound to my confession.
But sometimes you send me a voice note,
And time comes to a standstill — you're playing guitar and I'm
playing with the sleeves of my sweater.*

*(I want to say I love you but I say I love the song.)
The confession lies in the repeated plays
(Could I hear you just one more time?)*

*There is no sound to my confession.
But you told me about your favourite chocolate,
And now here I am, buying two of them, one for you to smile upon
and one for me to experience something you love.
(Chocolates have never really been my thing.)
The confession lies in the pocket of my jeans
(Its wrapped in blue and so is my love.)*

*There is no sound to my confession.
But these days you're my first thought and my last dream,
And now you're a poem in the making — mundane as you like
them to be and full of yearning as I do.
(Maybe I have written a love letter after all.)
The confession lies in the way I look at you
(Not that you'd know, you never do.)*

- Parneet Kaur Kalsi
B.A. III

Autumn Visiting

*It's September twenty-three,
There's a knock at my door.
Leisurely I open it,
To find Autumn standing forth.*

*She wears a dress of rich sunset,
Her eyes like glowing embers.
She tells me she's here to stay,
Until the twenty-first of December.*

*I welcome her, for I love her much,
She steps inside and bestows me a kiss.
Gathering me in an embrace most gentle,
Leaves a cool touch on my still warm lips.*

*I've longed for her through all of summer,
"We meet again," she breathes.
Walks past me in a manner so hushed,
I hear her in the sound of falling leaves.*

*Though her beauty itself is much a treat,
She seems to have come bearing gifts.
I spot some apples and pumpkin pies,
With lots of candies thrown amidst.*

*With that she trails off to my backyard,
To the ground she tips her graceful fingers.
When I sit she cradles my head in her lap,
Hiding me from the sun that lingers.*

*She knows that Summer has just left,
The one who carries exuberance as her child.
And Winter is soon to declare her onslaught,
She knows before it, I need a friend who is mild.*

*And that is why I love her the best,
Her and the motions of her careful hands.
It is her voice that lulls me to sleep,
Under the curtains of her mahogany strands.*

- Parneet Kaur Kalsi
B.A. III

All Things Beautiful In This World

*A lot can be found in this world
Apt to be called "Beautiful".*

*The velvety petals of lush red roses,
Blooming rich and fragrant
Under careful tending hands.*

*The roars of thundering clouds,
While lightning plays hide-and-seek
Like exuberant children let loose.*

*The tantalising aroma of a gentle rain
Mingling with the earth ever so naturally,
Entrancing in its utter simplicity.*

*Soft sunlight flickering on a placid lake,
Leisurely dispersing the morning mist as
Butterflies of all hues emerge from the shore.*

*Stars aflame adorning the night sky
As if diamonds embedded in black silk,
Dazzling and lulling all the same.*

*The serene glow of a crescent moon
Cradling a thousand whispered secrets,
Partial in its being yet wholly ethereal.*

*Hypnotic melodies worthy of Apollo
Bearing pieces of a composer's soul,
Stunning in their other-worldliness.*

*Poems scribbled in the margins of a diary,
Entirely raw in their hurried scripting
Dripping with musings candid to their core.*

*Colours running careless on stained cheeks
Of an artist feverishly lost in their creation.*

Adrift to a realm in their mind alone.

*Laughter emerging from pure happiness,
Unadulterated and unbridled,
Wild enough to be the sound of freedom.*

*The look of a lover's adoration,
Earnestly confessing their devotion,
Muted — only for the cupid to discern.*

*But most of all, you.
You.*

- Parneet Kaur Kalsi
B.A. III

Problems With Ideologies

Let's start by defining what an ideology means. Ideologies are these closed sets of rules which are constructed with a bunch of different ideas of a similar nature, these structures being complex and rigid. At its heart, every ideology has a single idea which holds the weight of every principle that the respective ideology abides by. This idea is not to be questioned. If this idea is challenged then the whole ideology is challenged. This idea is called Dogma. Ideologies, as a concept are problematic as they restrict the human brain to work in a single direction, or allow humans to live with these certain ideas or principles.

Some parts of our society are moulded in a way where we have to abide by these ideas of certain principles. For example, materialism; our society puts people on a higher pedestal, who own 'materialistic' wealth, which is a Western ideology. If one isn't materialistically or in the reference, capitalistically well off, then society rejects the individual and their lifestyle considering the person to not be worthy of respect, one ain't even given access and is always set to an inferior stature in social settings. Even though the person never chose to be a part of this ideology, nevertheless was pressured into the normative lifestyle. But what we need to understand is that society is hypocritical by nature, when one has a choice in the above-mentioned context, they praise the people who despite having the choice to buy into materialism, choose not to. This gives us the idea that these ideologies are self-sufficient yet complex.

Probably the biggest example of ideologies is religion. We may agree upon, that humans are lazy and thus, very easily follow a leader blindly. Religion may be considered as a 'starter pack' of virtues for people to choose from, these packs giving one dogma which is the word of their 'God' and command the people to protect this dogma at any cost or one would lose their virtues. Religious people are scared to lose their virtues because without them, they won't have any purpose in their lives, which is what religions have insinuated in the masses; by people not knowing what to do with their lives they naturally turn to this omnipresent being which can't be questioned because the majority of us are you too lazy to question the reality and to find out the truth of the universe. The people, thus look up to their gods for a set of morals to live by. Those who aren't sluggish, eventually start to question things, setting up their own codes of conduct and virtues. But the problem now is that religion has become hereditary and is restricting the newer generation from questioning their reality because religious people feel that if they do question, their dogma is being questioned. Now religion isn't about following a starter pack of virtues, it's just to justify their dogma. People have gone to the extent of murdering humans for

merely questioning their dogma, which in essence is immoral but is justified by their god's moral act! To quote Slavoj Zizek on religion "The lesson of today's terrorism is if there is a God then everything, even blowing up hundreds of innocent bystanders is permitted, to those who claim to act directly on behalf of God." Immoral acts are permitted by the extremists if it protects their morals which is the dumbest and the lowest, we humans will ever go. Zizek also talks about our most accepted beliefs are the ones least challenged; we are made to fear if to know the truth or at least, try to find it which is the greatest human tragedy. Steven Weinberg claimed that while without religion good people would do good things and bad people would continue with bad things, only something like 'religion' can make good people do evil things. Religion as a super-restricted ideology has done more significant harm to us than it has done well.

SUBJECTIVE OPINION

This is the big problem with ideologies; how to make good and decent people do horrible things. I've never associated myself with any political ideology because throughout my life I knew that every dogma has its flaws which are often justified by ignorance and stated "It is how it's meant to be" but with recent developments by a certain politically right-aligned party, they have now started to snatch away the history in our textbooks from the next generation of learners making them handicap of the essential knowledge of our country's history, it has made their handicap to be curious and to question.

My political alignment will always be outside of the line due to the Horseshoe theory which asserts that the extreme left and the extreme right, rather than being at opposite and opposing ends of a linear political continuum, closely resemble each other, analogous to the way that the opposite ends of a horseshoe are close together. This as a theory may be highly criticized but that doesn't take away from the fact that people in command of the ideologies want nothing but the command over people by giving them the facade of protecting the dogma.

I understand the world where people have different virtues and it is important that we are free to choose our virtues but immorality shouldn't be one of them.

Ideologies have trapped more people into thinking a certain way which makes their dogmas difficult to challenge. I believe that instead of ideologies there should just be ideas which everyone should be accepting of even though one does not have to agree with every idea but needs to acknowledge it in order to criticize it. But if you do accept an ideology you shouldn't be ignorant of the challenges because those challenges are the way towards evolution and development of ideas.

- Garv Khosla

B.A. I



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 स्वजननीं 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। एवञ्च सम्-उपसर्गपूर्वकात् कृधातोर्निष्पन्नोऽयं शब्द संस्कृतभाषेति नाम्ना सम्बोध्यते। सैव देवभाषा गीर्वाणवाणी, देववाणी, अमरवाणी, गीर्वाणित्यादिभिर्नामभिः 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

वसुधैव कुटुम्बकम्

विश्वस्य स्रष्टा ईश्वरः एकः एव अस्ति। सर्वे प्राणिनः च तस्य तनयाः सन्ति। अतः विश्वस्य सर्वेषु भागेषु स्थिताः जनाः रूपवर्ण-भाषा-संस्कृतिभेदान् धारयन्तः अपि अभिन्नाः एव। यतोहि सर्वेषां मूलप्रवृत्तयः समानाः एव। यथा एकः जनः सम्माने सुखम् अपमाने च दुःखम् अनुभवति तथैव अन्येऽपि। अतः श्रेष्ठः जनः सः एव यः सर्वेषु प्राणिषु समानं व्यवहारं करोति, सर्वेषु स्निह्यति न कमपि पीडयति। अद्य तु विज्ञानस्य प्रभावेण देशकालयोः अन्तरं प्रायः समाप्तिं गतम्। भारतस्थितः जनः विदेशेषु स्थितानां जनानां समाचारं प्रतिदिनं प्राप्नोति दूरभाषेण च वार्ता करोति। दूर-दर्शनेन तु सर्वं विश्वं करतलस्थितमेव जातम्। एतस्य सहयोगेन कुत्रचिदपि घटितां घटनां क्षणादेव वयं ज्ञातुं समर्थाः भवामः। अतः उपर्युक्तस्थितौ विश्वबन्धुत्वस्य भावनायाः महती आवश्यकता अस्ति। अतः महर्षिभिः उक्तम् उदारचरितानां तु वसुधैव कुटुम्बकम्। केनचित् कविना उक्तम् 'अयं निजो परोवेति गणना लघुचेतसाम्। उदारचरितानान्तु वसुधैव कुटुम्बकम्।'

अस्मिन् जगति जनाः द्विविधाः सन्ति। येषां चेतः विशालं भवति ते कोऽपि भेदः न मानयन्ति। किन्तु लघुचेतमानवा, भेदभावं कुर्वन्ति। यदि वयं सर्वे एकस्य परमात्मानः पुत्राः तर्हि भेदभावस्य किं कारणम्? इदं मम इदं परस्य इति भावना एवं दुःखाय, क्लेशाय भवति। सर्वेषां हृदये यदि एकत्व भावना स्यात् तर्हि सर्वे परस्परस्नेहे वसन्ति। यदि मनुष्य हृदये स्वार्थभावना भवति तर्हि सः श्रेष्ठकार्यं कर्तुं कदापि न शक्नोति। ये स्वार्थं परित्यज्य परोपकाराय स्वजीवनं यापयन्ति तेषां जीवनं सफलं भवति। यथा परिवारे माता सर्वेषु पुत्रेषु स्निह्यति तथा समाने अपि सर्वेषां प्रति स्नेहभावः आचरितव्यः उदारपुरुषाः सर्वं विश्वं स्वपरिवारवत् मानयन्ति। तेषां जीवनं नित्यं परहिताय, परकल्याणाय भवति। सर्वविश्वं स्वकुटुम्बं मन्यमानाः ते कदापि उन्मार्गं सेविन न भवन्ति। नीतिमार्गं न परित्यजन्ति। ते स्वार्थं परित्यज्य सततं लोकसेवां कुर्वन्ति परदुःखेन दुःखिताः भवन्ति तथा परदुःखं निवारणाय नित्यं प्रयत्नशील भवन्ति। अस्माकं प्राचीनेषु ग्रन्थेषु एतदेव कथितं यत् संसारे भेदभावः न कर्तव्यः स्वार्थभावना विनाशं प्रति गच्छति। विश्वकल्याणभावनया मानवः गौरवं लभते। वसुधैव कुटुम्बकम् इति विशालं भवनाम् आश्रित्य अस्माकं जीवनं सफलं करणीयम्। सर्वकल्याण भावना, सर्वहित कामना सुभाषितेषु अपि कथिता यत्। सर्वेऽत्र सुखिनः सन्तु सर्वे सन्तु निरामयाः सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखं भागभवेत्। अतः उच्यते गौरवप्राप्त्यर्थं, सम्मानप्राप्त्यर्थं स्वार्थभावना त्याज्या, तथा वसुधैव कुटुम्बकम् इयं भावना स्वीकरणीया।

अर्थ - ब्रह्मांड की रक्षा करने वाला एक ही ईश्वर है। और सभी जीवित चीजें उसके बच्चे हैं। इसलिए, दुनिया के सभी हिस्सों में लोग उपस्थिति, रंग, भाषा और संस्कृति में अंतर के बावजूद अभिन्न हैं।

क्योंकि सभी की मूल प्रवृत्तियाँ समान होती हैं। जैसे एक व्यक्ति को सम्मान में खुशी और अपमान में दर्द महसूस होता है, वैसे ही दूसरों को भी। इसलिए श्रेष्ठ व्यक्ति वह है जो सभी प्राणियों के साथ समान व्यवहार करे, सभी से प्रेम करे और किसी को पीड़ा न दे। आज विज्ञान के प्रभाव में स्थान और समय के बीच का अंतर लगभग मिट चुका है। भारत में लोग प्रतिदिन विदेशों से समाचार प्राप्त करते हैं और फोन पर बात करते हैं। हालाँकि, दूर-दूर तक, पूरा ब्रह्मांड आपके हाथ की हथेली में बन गया है। इसकी मदद से हम तुरंत यह जान पाते हैं कि कहीं क्या हो रहा है। अतः उपरोक्त स्थिति में विश्व बंधुत्व की भावना की बहुत आवश्यकता है। इसलिए महान ऋषियों ने कहा है कि पृथ्वी उदार लोगों का परिवार है। एक कवि ने कहा, 'यह हल्के दिमाग वाले हैं जो इसे अपना और दूसरे को अपना मानते हैं। लेकिन पृथ्वी उदार लोगों का घर है। इस दुनिया में दो तरह के लोग होते हैं। जिनका दिल बड़ा होता है वो किसी भी अंतर का सम्मान नहीं करते। लेकिन हल्के दिमाग वाले इंसान भेदभाव करते हैं। यदि हम सभी एक ही परमात्मा के पुत्र हैं, तो भेदभाव का कारण क्या है? यह भावना कि यह मेरा है और यह किसी और का है, इस प्रकार दुख और परेशानी के लिए है। सबके दिलों में एकता का भाव होगा तो सभी आपसी स्नेह से रहेंगे। यदि किसी व्यक्ति का हादरा के प्रति स्वार्थी रवैया है, तो वह कभी भी वह सर्वश्रेष्ठ नहीं कर पाएगा जो वह कर सकता है। जो लोग स्वार्थ का त्याग कर दूसरों के कल्याण के लिए अपना जीवन समर्पित करते हैं, वे अपने जीवन में सफल होते हैं। जिस प्रकार एक परिवार में एक माँ अपने सभी बच्चों से प्यार करती है, उसी तरह सभी को भी उसी तरह प्यार से पेश आना चाहिए। उदार पुरुष पूरी दुनिया को अपना परिवार मानते हैं। उनका जीवन हमेशा दूसरों के लाभ और कल्याण के लिए होता है। सारे संसार को अपना परिवार मानकर वे कभी पथभ्रष्ट सेवक नहीं बनते। वे नैतिकता का मार्ग नहीं छोड़ते। वे स्वार्थ का त्याग करते हैं और निरंतर लोगों की सेवा करते हैं, दूसरों के दुख से दुखी होते हैं और हमेशा दूसरों के दुख को दूर करने का प्रयास करते हैं। हमारे प्राचीन ग्रंथ हमें बताते हैं कि संसार में कोई भेदभाव नहीं होना चाहिए और वह स्वार्थ विनाश की ओर ले जाता है। ब्रह्मांड के कल्याण को महसूस करने से मनुष्य गरिमा प्राप्त करता है। हमें वासुदेव कुटुम्बकम नामक विशाल भवन में शरण लेकर अपने जीवन को सफल बनाना चाहिए। सर्व कल्याण की भावना, सर्व कल्याण की कामना, जिसका उल्लेख नीतिवचनों में भी मिलता है। यहां सभी खुश रहें और सभी स्वस्थ रहें। सब अच्छा रहे और किसी को तकलीफ न हो। इसलिए कहा जाता है कि गरिमा प्राप्त करने के लिए सम्मान प्राप्त करने के लिए स्वार्थ की भावना का त्याग करना

- श्यामसुन्दर
बी.ए. तृतीय वर्ष

जीवनोपयोगिश्लोकाः

अष्टौ गुणा पुरुषं दीपयन्ति प्रज्ञा सुशीलत्वदमौ श्रुतं च ।

सौभाग्यश्च बहुभाषिता च दानं यथाशक्ति तज्जता च ॥ 1.

अर्थ - आठ गुण पुरुषों को सुशोभित करते हैं - बुद्धि, सुंदर चरित्र, आत्म-नियंत्रण, शास्त्र-अध्ययन, साहस, मितभाषिता, यथाशक्ति दान और कृतज्ञता ।

आयुषः क्षण एकोऽपि सर्वरत्नैर्न लभ्यते ।

नीयते स वृथा येन प्रमादः सुमहानहो ॥ 2.

अर्थ - आयु (जीवन) का एक क्षण भी सारे रत्नों को देने से प्राप्त नहीं किया जा सकता है। अतः इसको व्यर्थ में नष्ट कर देना महान असावधानी है (महान गलती है) ।

परान्नं च परद्रव्यं तथैव च प्रतिग्रहम् ।

परस्त्रीं परनिन्दां च मनसा अपि विवर्जयेत् ॥ 3.

अर्थ - पराया अन्न, पराया धन, दान, पराई स्त्री और दूसरे की निन्दा, इनकी इच्छा मनुष्य को कभी नहीं करनी चाहिए।

-विशालः वैदः
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विद्या

विद्यां ददाति विनयं, विनयाद् याति पात्रताम् ।

पात्रत्वात् धनमाप्नोति, धनात् धर्मं ततः सुखम् ॥ 1.

अर्थ - विद्या विनय देती है, विनय से पात्रता आती है, पात्रता से धन आता है, धन से धर्म होता है और धर्म से सुख प्राप्त होता है।

वाणी रसवती यस्य, यस्य श्रमवती क्रिया ।

लक्ष्मीः दानवती यस्य सफलं तस्य जीवितम् ॥ 2.

अर्थ - जिस मनुष्य की वाणी मीठी है, जिसका कार्य परिश्रम से परिपूर्ण है, जिसका धन दान करने में प्रयोग होता है, उसका जीवन सफल है।

प्राप्यापदं न व्यथते कदाचिदुद्योगवन्विच्छति चाप्रमत्तः ।

दुःखं च काले सहते महात्मा धुरन्धरस्तस्य विपद्विनश्येत् ॥ 3.

अर्थ - जो धुरंधर महापुरुष आपत्ति पड़ने पर कभी दुखी नहीं होता, बल्कि सावधानी के साथ उद्योग का आश्रय लेता है तथा समय पर दुःख सहता है, उसके शत्रु तो पराजित ही हैं।

-इशमीत कौर
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परिश्रमः

जननी जन्मभूमिश्च स्वर्गादपि गरीयसी । 1.

अर्थ- माँ और मातृभूमि स्वर्ग से भी बढ़कर हैं।

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।

नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ।। 2.

अर्थ- व्यक्ति का सबसे बड़ा दुश्मन आलस्य होता है, व्यक्ति का परिश्रम ही उसका सच्चा मित्र होता है।

नास्ति मातृसमा छाया नास्ति मातृसमा गतिः ।

नास्ति मातृसमं त्राणं नास्ति मातृसमा प्रपा॥ 3.

अर्थ- माता के समान कोई छाया नहीं, कोई आश्रय नहीं, कोई सुरक्षा नहीं।
माता के समान इस विश्व में कोई जीवनदाता नहीं।

उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।

न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः॥ 4.

अर्थ- जिस प्रकार सोते हुए सिंह के मुँह में मृग स्वयं नहीं प्रवेश करता,
उसी प्रकार केवल इच्छा करने से सफलता प्राप्त नहीं होती है। अपने कार्य
को सिद्ध करने के लिए मेहनत करनी पड़ती है।



- अंशिका
बी.ए. तृतीय वर्ष

भगवद्गीतायाः प्रसिद्धश्लोकाः

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ।। 1.

अर्थ- तेरा कर्म में ही अधिकार है ज्ञान निष्ठा में नहीं। वहाँ (कर्म मार्ग में) कर्म करते हुए तेरा फल में कभी अधिकार न हो अर्थात् तुझे किसी भी अवस्था में कर्म फल की इच्छा नहीं होनी चाहिये।

यदि कर्म फल में तेरी तृष्णा होगी तो तू कर्म फल प्राप्ति का कारण होगा। अतः इस प्रकार कर्म फल प्राप्ति का कारण तू मत बन, क्योंकि जब मनुष्य कर्म फल की कामना से प्रेरित होकर कर्म में प्रवृत्त होता है तब वह कर्म फल रूप पुनर्जन्म का हेतु बन ही जाता है। यदि कर्म फल की इच्छा न करें तो दुःखरूप कर्म करने की क्या आवश्यकता है इस प्रकार कर्म न करने में भी तेरी आसक्ति या प्रीति नहीं होनी चाहिये।

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।

धर्मसंस्थापनार्थाय संभवामि युगे युगे ॥ 2.

अर्थ - सन्मार्ग में स्थित साधुओं का परित्राण अर्थात् (उनकी) रक्षा करने के के लिये पाप कर्म करने वाले दुष्टों का नाश करने के लिये और धर्म की अच्छी प्रकार स्थापना करने के लिये मैं युग युग में अर्थात् प्रत्येक युग में प्रकट हुआ करता हूँ।

न चौतद्विद्मः कतरन्नो गरीयो

यद्वा जयेम यदि वा नो जयेयुः ।

यानेव हत्वा न जिजीविषाम

स्तेऽवस्थिताः प्रमुखे धार्तराष्ट्राः ॥ 3.

अर्थ - हम नहीं जानते कि हमें क्या करना उचित है। हम यह भी नहीं जानते कि हम जीतेंगे, या वे हमको जीतेंगे, जिनको मार कर हम जीवित नहीं रहना चाहते वे ही धृतराष्ट्र के पुत्र हमारे सामने युद्ध के लिए खड़े हैं।

गुरुनहत्वा हि महानुभावान्

श्रेयो भोक्तुं भैक्ष्यमपीह लोके ।

हत्वार्थकामांस्तु गुरुनिहैव

भुञ्जीय भोगान् रुधिरप्रदिग्धान् ॥ 4.

अर्थ - महानुभाव गुरुजनों को न मार कर इस लोक में मैं भिक्षा का अन्न खाना भी श्रेष्ठ समझता हूँ। क्योंकि गुरुजनों को मार कर यहाँ रक्त से सने हुए तथा धन की कामना की मुख्यता वाले भोगों को ही तो भोगूँगा!

कार्पण्यदोषोपहतस्वभावः

पृच्छामि त्वां धर्मसंमूढचेताः ।

यच्छ्रेयः स्यान्निश्चितं ब्रूहितन्मे

शिष्यस्तेऽहं शाधि मां त्वां प्रपन्नम् ॥ 5.

अर्थ - कायरता रूप दोष से तिरस्कृत स्वभाव वाला और धर्म के विषय में मोहित अन्तःकरण वाला मैं आपसे पूछता हूँ कि जो निश्चित कल्याण करने वाली हो, वह मेरे लिये कहिये। मैं आपका शिष्य हूँ। आपके शरण हुए मुझे शिक्षा दीजिये।

- इन्द्र कुमार
बी.ए. तृतीय वर्षम्

विदुरनीति:

निश्चित्वा यः प्रक्रमते नान्तर्वसति कर्मणः ।

अवन्ध्यकालो वश्यात्मा स वै पण्डित उच्यते। 1.

अर्थ – जिनके प्रयास एक दृढ़ प्रतिबद्धता से शुरु होते हैं, जो कार्य पूर्ण होने तक ज्यादा आराम नहीं करते हैं, जो समय बर्बाद नहीं करते हैं और जो अपने विचारों पर नियंत्रण रखते हैं, वह बुद्धिमान हैं।

आतुरे व्यसने प्राप्ते दुर्भिक्षे शत्रुसण्कटे ।

राजद्वारे श्मशाने च यात्तिष्ठति स बान्धवः ।। 2.

अर्थ – जब कोई बीमार होने पर, असमय शत्रु से घिर जाने पर, राजकार्य में सहायक रूप में तथा मृत्यु पर श्मशान भूमि में ले जाने वाला व्यक्ति सच्चा मित्र और बन्धु है।

आयुषः क्षण एकोऽपि सर्वरत्नैर्न लभ्यते ।

नीयते स वृथा येन प्रमादः सुमहानहो ।। 3.

अर्थ – आयु का एक क्षण भी संसार के सब रत्न देने पर भी नहीं मिल सकता। ऐसे बहुमूल्य जीवन को जो व्यर्थ खोता है, वह बहुत बड़ा भारी प्रमादी है।

– सिद्धार्थ कुमार
बी.ए. तृतीय वर्षम्

प्रेरणादायकश्लोकाः

यावद्वित्तोपार्जनसक्त तावन्निजपरिवारो रक्तः ।

पश्चाज्जीवति जर्जरदेहे वार्तां कोऽपि न पृच्छति गेहे ।। 1.

अर्थ – जब तक व्यक्ति धनोपार्जन में समर्थ है, तब तक परिवार में सभी स्नेह प्रदर्शित करते हैं परन्तु अशक्त होने पर उसे सामान्य बातचीत में भी नहीं पूछा जाता है।

जाड्यं धियो हरति सिंचति वाचि सत्यं,

मानोन्नतिं दिशति पापमपाकरोति ।

चेतः प्रसादयति दिक्षु तनोति कीर्तिं,

सत्संगतिः कथय किं न करोति पुंसाम् ।। 2.

अर्थ – अच्छे मित्रों का साथ बुद्धि की जड़ता को हर लेता है, वाणी में सत्य का संचार करता है, मान और उन्नति को बढ़ाता है और पाप से मुक्त करता है, चित्त को प्रसन्न करता है और (हमारी) कीर्ति को सभी दिशाओं में फैलाता है, (आप ही) कहें कि सत्संगतिः मनुष्यों का कौन सा भला नहीं करती।

अष्टादश पुराणेषु व्यासस्य वचनद्वयम् ।

परोपकारः पुण्याय पापाय परपीडनम् ।। 3.

अर्थ - महर्षि वेदव्यास जी ने अठारह पुराणों में दो विशिष्ट बातें कही हैं। पहली-परोपकार करना पुण्य होता है और दूसरी-पाप का अर्थ होता है दूसरों को दुःख देना।

शोचन्ति जामयो यत्र विनश्यत्याशु तत्कुलम् ।

न शोचन्ति नु यत्रता वर्धते तद्धि सर्वदा ।। 4.

अर्थ - जहाँ बहू-बेटियां या कुल की स्त्रियां शोकाकुल हैं वह कुल शीघ्र ही नष्ट हो जाता है। जहाँ ये शोकाकुल नहीं रहती मतलब प्रसन्न रहती हैं वह कुल सदा समृद्ध एवं फलता-फूलता रहता है।

कर्मफल-यदाचरित कल्याणि ! शुभं वा यदि वाऽशुभम् ।

तदेव लभते भद्रे! कर्त्ता कर्मजमात्मनः ।। 5.

अर्थ - मनुष्य जैसा भी अच्छा या बुरा कर्म करता है, उसे वैसा ही फल मिलता है। कर्त्ता को अपने कर्म का फल अवश्य भोगना पड़ता है।

- आशीष कुमार
बी.ए. तृतीय वर्षम्

वञ्चकः बकः कथा

कुत्रचित् अरण्य प्रदेशे एकः सरोवरः आसीत् । तत्र बहवः जलचराः आसन् ।

कञ्चन बकः अपि तत्र बहुकालतः वसति स्म । कालान्तरे सः बकः वृद्धः अभवत् ।

वार्धक्यकारणतः सः मत्स्यान् ग्रहीतुम् अपि असमर्थः अभवत् । 'इदानीं कथम् आहारः सम्पादनीयः ?' इति चिन्तयन् सः एकम् उपायम् अन्विष्टवान् । सरोवरस्य तीरे स्थित्वा अश्रूणि मुञ्चन् सः रोदनम् आरब्धवान् । तदा कश्चन कर्कटकः तस्य समीपम् आगत्य पृष्टवान् :- 'माम् ! किमर्थं भवान् रोदनं करोति ?' इति । तदा बकः उक्तवान् :- "अद्य दैवज्ञमुखतः अहम् एकां दुर्वाता श्रुतवान् 'इतः परं द्वादशवर्षपर्यन्तम् अत्र अनावृष्टिः भविष्यति' इति । अस्माकं सरोवरे किञ्चिदेव जलम् अस्ति । शीघ्रमेव तदपि शुष्कं भविष्यति । तदा मम बान्धवाः भवन्तः सर्वे अपि मृताः भविष्यन्ति किल इति मम अतीव दुःखम् " इति । तत् श्रुत्वा कर्कटकः तां वार्ताम् अन्यजलचरान् निवेदितवान् । ते सर्वे अपि भीताः सन्तः बकस्य समीपम् आगतवन्तः ।

उपकर्त्ताऽरिणा संधिर्न मित्रेणापकारिणा ।

उपकारापकारौ हि लक्ष्यं लक्षणमेतयोः ।

"माम् ! अस्माकं प्राणरक्षणार्थं कोऽपि उपायः अस्ति किम् ?' इति । तदा बकः उक्तवान् " इतः किञ्चिद्दूरे अन्यः कश्चन सरोवरः विनयेन तं पृष्टवन्तः अस्ति । तत्र प्रभूतं जलम् अस्ति । तत् कदापि शुष्कं न भविष्यति । यदि भवन्तः मम पृष्टम् आरोहन्ति तर्हि अहं भवतः सर्वान् तत्र नयामि " इति । तदा ते जलचराः

महता उत्साहेन तं परितः स्थितवन्तः। बकः तान् पृष्ठे आरोप्य ततः प्रस्थितवान्। किञ्चिद्दरे एका शिला आसीत्। तत्र तान् स्थापयित्वा सः सन्तोषेण खादितवान्। एवमेव सः बहून् जलचरान् खादितवान्। एकस्मिन् दिने कर्कटकः उक्तवान्: " माम्! अद्य मां नयतु 'इति। 'अस्तु, अद्य कर्कटकस्य मांसं खादामि 'इति चिन्तयित्वा बकः तं पृष्ठे आरोपितवान्, वध्यशिलां प्रति गतवान् च। कर्कटकः दूरादेव शिलायां पतितानि अस्थीनि दृष्ट्वा बकस्य दुरालोचनां ज्ञातवान्।

अतः सः स्वदन्तद्वयेन बकस्य कण्ठं ढंगृहीतवान्।

वेदनया रोदनं कुर्वन् सः वज्रकः बकः मृतः।

बगुला और केकड़ा

कहीं दूर जंगल में एक सरोवर था। जिसमें अनेक प्रकार के जल जीव रहते थे तथा एक बगुला भी वहीं कई सालों से रहता था। वह बगुला अब बहुत बूढ़ा हो गया था। इस कारण से वह मछली पकड़ने में सक्षम नहीं था। वह सोचने लगा की किस तरह से भोजन की व्यवस्था की जाये। सोचते सोचते उसे एक उपाय आया। वह बूढ़ा बगुला सरोवर के किनारे जाकर जोर-जोर से विलाप करने लगा। विलाप सुनकर केकड़े ने बगुले के पास जाकर पूछा :- मामा आप विलाप क्यों कर रहे हैं? तब बगुले ने कहा:- आज मैंने किसी से सुना की एक बहुत बड़ी महा प्रलय आने वाली है। जिससे इस सरोवर का पानी सूख जायेगा। जिसके कारण तुम सभी की मौत हो जायेगी। इसलिए मैं विलाप कर रहा हूँ। यह सब सुनकर केकड़े ने पानी में रहने वाले सभी जीवों को बताया। यह सुनकर वे सभी डर गए और बगुले के पास गए। सभी ने बगुले के पास जाकर पूछा :- मामा हमारे बचने का कोई उपाय तो होगा? बगुला बोला :- हां एक उपाय तो है। यहां से कुछ दूरी पर एक और बड़ा सा सरोवर है। जिसमें बहुत सारा जल है। जो की कभी नहीं सूखेगा। यदि तुम सब एक एक करके मेरे पीठ पर चढ़ जाओ तो मैं तुम सब को वहीं छोड़ कर आ सकता हूँ। वह सभी जीव बगुले का कहना मान गए।

तो अब रोज बगुला उनमें से एक को अपनी पीठ पर बैठा और कुछ दूरी पे एक पहाड़ पर जाता। पहाड़ पर वह उने आराम से मार कर खा लेता। ऐसा करके उसने कई सारे जानवरों खा लिए। एक दिन केकड़े ने कहा :- मामा आज मुझे ले जाओ। बगुले ने भी सोचा अच्छा है आज केकड़े का मांस खाने को मिलेगा। ऐसा सोच कर वह उसे अपनी पीठ पर बैठाकर ले गया। कुछ दूर जाते ही केकड़े ने दूर से ही चट्टान पर हड्डियों का ढेर देख लिया। हड्डियों का ढेर देखते ही केकड़ा समझ गया था कि यह बगुला सभी को खा चुका है और अब मुझे भी खा जायेगा। इस कारण उसने अपने बाजुओं से बगुले की गर्दन पकड़ी और तोड़ दी। जिस कारण बगुले की मृत्यु हो गयी।

तो दोस्तों आज हमने इस कहानी से दो बातें सीखी है -

1. जो काम बल से नहीं हो सकता वो बुद्धि से किया जा सकता है।
2. दूसरों की बातों पर आंखें मूंदकर विश्वास नहीं करना चाहिए।

- प्राची

बी.ए. प्रथम वर्षम्

शुचिपर्यावरणम्

अयं पाठः आधुनिकसंस्कृतकवेः हरिदत्तशर्मणः “लसल्लतिका” इति रचनासङ्ग्रहात् सङ्कलितोऽस्ति। अत्र कविः महानगराणां यन्त्राधिक्येन प्रवर्धितप्रदूषणोपरि चिन्तितमनाः श्यते। सः कथयति यद् इदं लौहचक्रं शरीरस्य मनसश्च शोषकम् अस्ति। अस्मादेव वायुमण्डलं मलिनं भवति। कविः महानगरीयजीवनात् सुदूरं नदी-निर्झरं वृक्षसमूहं लताकुञ्जं पक्षिकुलकलरवकूजितं वनप्रदेशं प्रति गमनाय अभिलषति।

दुर्वहमत्र जीवितं जातं प्रकृतिरेव शरणम्। शुचि-पर्यावरणम्॥ महानगरमध्ये चलदनिशं कालायसचक्रम्। मनः शोषयत् तनुः पेषयद् भ्रमति सदा वक्रम्॥ दुर्दान्तैर्दशनैरमुना स्यान्नैव जनग्रसनम्। शुचि...॥११॥

कज्जलमलिनं धूमं मुञ्चति शतशकटीयानम्। वाष्पयानमाला संधावति वितरन्ती ध्वानम्॥ यानानां पङ्क्तयो ह्यनन्ताः कठिनं संसरणम्। शुचि...॥१२॥

वायुमण्डलं भृशं दूषितं न हि निर्मलं जलम्। कुत्सितवस्तुमिश्रितं भक्ष्यं समलं धरातलम्॥ करणीयं बहिरन्तर्जगति तु बहु शुद्धीकरणम्। शुचि...॥१३॥

कञ्चित् कालं नय मामस्मान्गराद् बहुदूरम्। प्रपश्यामि ग्रामान्ते निर्झर-नदी-पयःपूरम्॥ एकान्ते कान्तारे क्षणमपि मे स्यात् सर्चिरणम्। शुचि...॥१४॥

हरिततरूणां ललितलतानां माला रमणीया। कुसमावलिः समीरचालिता स्यान्मे वरणीया॥ नवमालिका रसालं मिलिता रुचिरं संगमनम्। शुचि...॥१५॥

अयि चल बन्धो! खगकुलकलरव गुञ्जितवनदेशम्। पुर-कलरव सम्भ्रमितजनेभ्यो धृतसुखसन्देशम्॥ चाकचिक्यजालं नो कुर्याज्जीवितरसहरणम्। शुचि...॥१६॥

प्रस्तरतले लतातरुगुल्मा नो भवन्तु पिष्टाः। पाषाणी सभ्यता निसर्गे स्यान्न समाविष्टा॥ मानवाय जीवनं कामये नो जीवन्मरणम्। शुचि...॥१७॥

अर्थ - प्रस्तुत पाठ आधुनिक संस्कृत कवि हरिदत्त शर्मा के रचना संग्रह ‘लसल्लतिका’ से संकलित है। इसमें कवि ने महानगरों की यांत्रिक बहुलता से बढ़ते प्रदूषण पर चिन्ता व्यक्त करते हुए कहा है कि यह लौहचक्र तन-मन का शोषक है, जिससे वायुमण्डल और भूमण्डल दोनों मलिन हो रहे हैं। कवि महानगरीय जीवन से दूर, नदी-निर्झर, वृक्ष समूह, लताकुञ्ज एवं पक्षियों से गुञ्जित वन प्रदेशों को ओर चलने की अभिलाषा व्यक्त करता है।

यहाँ जीवित रहना (जीवन) कठिन हो गया है, अब प्रकृति ही हमारी शरण है, शुद्ध पर्यावरण ही हमारी शरण है। महानगरों के बीच रात-दिन काला लोहे का पहिया (चक्का) चल रहा है, जो मन को सुखाते हुए और शरीर को पीसते हुए सदा टेढ़ा चलता रहता है। इसके द्वारा (इससे) अपने कठोर (भयानक) दातों से जनता का नाश न हो, इसलिए शुद्ध पर्यावरण ही हमारी शरण है। 1.

आज देश में सैकड़ों मोटर गाड़ियाँ काजल की तरह मैले (काले) धुएँ को छोड़ रही हैं। अनेकानेक रेलगाड़ियाँ चारों ओर शोर करती हुई दौड़ रही हैं। गाड़ियों की पंक्तियाँ अनंत हैं, जिससे चलना कठिन हो गया है। इसलिए शुद्ध पर्यावरण ही हमारी शरण है। 2.

आज वायुमंडल बहुत प्रदूषित हो गया है और जल (पानी) भी शुद्ध नहीं रहा। सारी खाने योग्य वस्तुएँ आज अशुद्ध (विषैली) वस्तुओं से मिलावटी हो गई हैं तथा सारी धरती मैली (अशुद्ध) हो चुकी है। इन सभी अशुद्धियों (मैल) को दूर बाहर करके अंतर्जाल अर्थात् मन व बुद्धि आदि को बहुत अधिक शुद्ध करना चाहिए। इसलिए शुद्ध पर्यावरण ही हमारी शरण है। 3.

कुछ समय के लिए मुझे इस (प्रदूषित) नगर से बहुत दूर ले चलिए, जहाँ मैं गाँव की सीमा पर जल से भरी देखू। एकांत जंगल में मेरा क्षणभर के लिए भी भ्रमण होवे। इसलिए शुद्ध पर्यावरण ही हमारी शरण है। 4.

हरे भरे वृक्षों की, सुंदर लताओं की सुंदर माला, हवा से हिलाई गई फूलों की पंक्ति (गुच्छे) मेरे लिए सुंदर हो। आम की नई पंक्ति रुचिपूर्वक (मुझे) प्राप्त हो। शुद्ध पर्यावरण ही हमारी शरण है। 5.

हे मित्र (बंधु भाई) पक्षियों के समूह की आवाज से गुंजायमान वन में चलो। नगर की आवाज (कोलाहल) से परेशान लोगों को धैर्य के सुख का संदेश दो। नगरों की चकाचौंध भरी दुनिया कहीं हमारे जीवन के रस का हरण न कर ले। इसलिए शुद्ध पर्यावरण ही हमारी शरण है। 6.

पत्थर के तल (नीचे) पर लताएँ, पेड़ और झाड़ियाँ पिसें नहीं। प्रकृति में पथरीली सभ्यता समाविष्ट (सम्मिलित) न हो। मनुष्य के लिए जीवन की कामना करता हूँ, जीवित मृत्यु की नहीं। इसलिए शुद्ध पर्यावरण ही हमारी शरण है। 7.

- रोहित कुमार
बी.ए. प्रथम वर्षम्



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. तृतीय वर्षम्

मातृभाषा

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 ।

अनुवादः - 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 लिपी 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. द्वितीय वर्ष



Hindi
Section

संपादक का संदेश



प्रिय विद्यार्थियों,

'त्यागमूर्ति' पत्रिका का अगला अंक प्रकाशित हो रहा है। इसमें कुछ विद्यार्थियों ने लेखों के माध्यम से अपने विचार व्यक्त किए हैं। आप सभी ने अपनी प्रतिभा, क्षमता को आधार बना कर अपने लक्ष्य निर्धारित किये हैं। इन सबसे पहले हमें यह भी याद रखना होगा कि जीवन में दृढ़ संकल्प, इच्छा शक्ति और परिश्रम से अपना लक्ष्य हासिल किया जा सकता है। उस मार्ग में हमें अनेक संघर्षों को पार करना भी पड़ सकता है। लेकिन जो परिस्थितियों का डट कर मुकाबला करते हैं उनकी जीत निश्चित है।

लहरों से डरकर नौका पार नहीं होती

कोशिश करने वालों की कभी हार नहीं होती ।।

अनेक शुभकामनाओं के साथ ।

- डॉ. प्रतिभा कुमारी
विभागाध्यक्षा (हिंदी विभाग)

शहीदे-ए-आजम भगत सिंह

बचपन से रगों में ज्वाला उसने आजादी की जलाई थी
अंग्रेजों को भगाने के खातिर खेतों में बंदूक उसने उगाई थी
फिरंगी अत्याचारी थे
अब कोई जुल्म ना सहने की कसम उसने खाई थी
भूखा रह उसने झुका दिया अंग्रेजों को
लोगों में अब आजादी की भूख और क्रांति की लहर उसने जगाई थी
गांधी अहिंसा पर अडिग था पर आजादी क्रांति माँगती है
माटी का फर्ज करने को अदा उसने अपनी जवानी दाव पर लगाई थी
लोग कहते हैं आजादी चरखे ने लाई थी
नहीं जनाब आप गलत हैं
आजादी तो लहू और बलिदानों से आई थी
कितनी बही खून की नदियाँ कितनों ने जिंदगी अपनी गवाई थी
ये मुफ्त में नहीं जनाब कर्जों में आजादी आयी थी
जो भर चुका है अब इकलौता वो आजादी का जखम था
उसे उन जख्मों का क्या दर्द भला
जिसने बेड़ियों में गुलामी की चोट खाई थी
और जनाब भगत अमर है
भगत शहीद नहीं हुआ था उस दिन
जिसने लगाया गले उस फाँसी के फंदे को मौत आयी थी ।।

-- श्रुति शर्मा
बी.ए. द्वितीय वर्ष

मैं कौन हूँ...

इस शख्सियत के अंदर एक और शख्स है मुझमे
जो आज तक खुद को भी न दिखा वो अक्स है मुझमे
एक वो है जो हार बैठा है जिंदगी से हताश होकर
दूसरा वो है जिसे मुस्कराकर जिंदगी बितानी है
एक वो है जो शायद अकेला पड़ गया है कहीं
दूसरा वो है जिसे अपनी अलग दुनिया बसानी है
एक वो है जिसने खो दिया है खुदको,
सबको समझते-समझते
दूसरा वो है जिसे अपनी कहानी भी सुननी है
जो समझा बैठा है खुदको वो समझदार है मुझमे
एक नासमझ जिद्दी और नर्म दिल से बच्चे का सार है मुझमे ।
एक वो है जिसे हर चीज की फिक्र रहती है
दूसरा वो है जो बेफिक्र है हर बात के लिए
एक वो है जो खुश है अकेले में
दूसरा वो है जो तरस रहा है किसी साथ के लिए

एक वो है जो शांत है समंदर सा
दूसरा वो है जिसमें बवंडर भरा है हर बात के लिए
जो सबको सुन जाती है वो चुप्पी हर ओर है मुझमे
कमबख्त जो किसी को सुनाई न दे वो शोर है मुझमे ।
एक वो है जो हर पल मुस्कराता है
दूसरा वो है जो हर बात से उदास है
एक वो है जिसका दिल काँच से भी नाजुक है
दूसरा वो है जिसमें पत्थर से जज्बात हैं
एक वो है जो अपने लिए बहुत ख्यास है
दूसरा वो है जिसकी न किसी को फिक्र,
न कीमत, ना कोई अहसास है,
जो किसी को दिखता नहीं वो राज है मुझमे
जो नाराज बैठा है खुद से वो आवाज है मुझमे ।

-- श्रुति शर्मा
बी.ए. द्वितीय वर्ष

पूर्णता की दौड़

खामियों से यहाँ सब भरपूर है।
मगर फिर भी दुनिया संपूर्ण होने के,
संघर्ष से जूझ रही है।
इसकी ना तो कोई जरूरत है,
ना ही कोई अंत है।
अरे, किस-किस की नजरों में,
उत्तम बनोगे ?
ये तो विचारों का ही षडयंत्र है।
भूल कर भी मत अटकना,
इस प्रपंच में।
फलस्वरूप और फंस जाओगे,
तुम एक नये आतंक में।
अपने ही व्यक्तित्व में,
हजार ऐब अखरने लगेंगे।

एक पल को,
खुद के कलात्मक गुण भी,
तुम्हें खलने लगेंगे।
तो इस दलदल से निकल कर अपने लिए,
नया आसमान बनाओ।
जो कभी ना टूटे,
स्वयं में एक दृढ़ आस्था बनाओ।
पूर्ण होने के लिए किसी का,
किरदार मत चुराओ।
बल्कि अचल रह कर खुद के,
किरदार को ऊंचा उठाओ।
बल्कि अचल रह कर खुद के,
किरदार को ऊंचा उठाओ।

– रूहानी
बी.ए. तृतीय वर्ष

राहों की मंजिल को ऐसे यूं ताकना,
मस्ती में झूमे ये पूरा जमाना,
हवा सरसराए यूं लहराते हुए,
चांद की रोशनी को पहुंचना है,
दरिया पार होते हुए
राहों की सफलता में मुशिकलें बहुत हैं,
लेकिन लड़ खड़ाते हुए पैरों में जान बहुत है,
चल दिए हम, उस राह की मंजिल तरफ,
बोलना और करना हो गया, एक तरफ
राहों में हम आपसे यूं टकरा गए,
कि महफिलों में हम मदहोश से हो गए,

जान थी शरीर में, या नहीं,
इसका पता मालूम नहीं,
वहां मन मंदिर की पुजारिन को,
तप- तपस्या से फुरसत नहीं
राहों की मंजिल की तरफ हम यूं चल दिए,
कुछ मुशिकलें जरूर रुकावट बन आईं,
लेकिन हम सफलता के लिए, नहीं रुके
और ऐसे ही अपनी मंजिल की तरफ
आगे बढ़ते ही चले गए.....

– खुशी
बी.ए. द्वितीय वर्ष

उम्मीद की किरण

उम्मीद की किरण लिए हुए हम,
आसमानों की तरफ बहक गए...
जब नींद खुली तब हम
तारों की निगाहों से उतर गए।
हवा का ऐसा झोंका
मन को तर-बदर कर गया,
हकीकत को जब पहचाना,
तो उलझनों का वो दौर
फिर दौहरा गया
सनक हमको ऐसी लगी कि
सनकी आशिकों में हमारा नाम बन गया,
शायरी-शायरियों में ताना-बाना
सा हमारा चल गया, शिखिशयत हमारी तो
पतझड़ के मौसम की तरह बिखर गई,
सिलसिला सफरनामों का

मजाकियत में बदल गया,
होशमंदी के जमाने में
साजिशो ऐसी होने लगी,
कि पानी के झरने ने
अपना रंग बदल दिया,
शरबती मौसम का हुजूम
ऐसा निकला
कि फूल की खुशबू महक उठी,
कपूर जलाकर इंतजार
जिनका होने सा लगा,
राह से राहगीरों की कतार
का अनुभव जाने सा लगा,
बस एक उम्मीद ही थी,
जो उम्मीद ही बनी रह गई.....

- खुशी
बी.ए. द्वितीय वर्ष

मन

ये मन
बड़ा चंचल बड़ा शैतान
सुने ना किसी की
बस...अपनी ही करता जाए...
जिंदगी की दौराहों पर
खड़ा ये मन
जिद्द किये बैठा है
टाने बैठा है।
टूटता है बिखरता है गिरता है
फिर जुडता है फिर संभलता है
किर से खड़ा हो जाता है
और बस....यही करता रहता है

हार मानने को तैयार ही नहीं
ये मन...
बड़ा साहसी बड़ा अलग
सुने ना किसी की
बस...अपनी ही करता जाए...
दुनिया की बंदिशों में
फसा हुआ अकेला है
ना फसना चाहता है
ना अकेला रहना चाहता है
वो चाहता है तो बस
सुकून
वो चाहता है तो बस

आसमान
खुला आसमान पाने की कशमकश में
भूल जाता है कि ये लोग ये दुनिया ये बंदिशों
उसे आसमान ति भी पहुंचने ही नहीं देंगी
फिर भी
ये मन
बड़ा जिद्दी बड़ा प्रयतनी
सुने ना किसी की
बस...अपनी ही करता जाए
अपनी ही करता जाये!!!!

- दिक्षा गुप्ता
बीसीए सी

वक्त

वक्त वक्त की बात है
वक्त का बस इंतजार करो
वक्त सही वक्त आने पर
वक्त बदलता है।
कुछ वक्त बस इंतजार कर लो जनाब
क्यूंकी सबका वक्त आता जरूर है
क्यूं करते हो वक्त बेवक्त हरदम चिंता
कभी वक्त लगा कर
उसका चिंतन भी कर लिया करो
वक्त वक्त पर हंस लिया करो
वक्त वक्त पर हौंसले बुलंद कर लिया करो
वक्त वक्त पर खुशियाँ ढूँढ लिया करो

वक्त वक्त पर खुशियाँ बांट लिया करो
वक्त भी गुजर जाएगा
क्यूंकी वक्त वक्त का तो काम ही गुजारना;
सब संभल जायेगा
सब सिमट जाएगा
क्यूंकी सिर्फ एक वक्त ही है
जो तुम्हारा वक्त बदलने की ताकत रखता है
बस सही वक्त का इंतजार करो
क्यूंकि
आज वक्त चाहे किसी और का है
पर एक वक्त ये वक्त तुम्हारा भी होगा !!

- दिक्षा गुप्ता
बीसीए सी





Punjabi
Section

ਸੰਪਾਦਕੀ

ਅੱਜ ਦੇ ਮਸ਼ੀਨੀ ਯੁੱਗ ਵਿਚ ਜਦੋਂ ਮਨੁੱਖਾਂ ਦੇ ਰਿਸ਼ਤੇ, ਵਿਹਾਰ ਤੇ ਅਨੁਭਵ ਸਭ ਮਕਾਨਕੀ ਹੋ ਰਹੇ ਹਨ, ਅਜਿਹੇ ਸਮਿਆਂ ਵਿਚ ਨਵੀਂ ਪੀੜ੍ਹੀ ਅੰਦਰ ਪੂੰਗਰਦੀ ਸਾਹਿਤਿਕ ਸੰਵੇਦਨਾ ਦੀ ਰਿਸ਼ਮ ਤਪਦੀ ਮਿੱਟੀ ਨੂੰ ਬਾਰਿਸ਼ ਬੂੰਦਾਂ ਨਾਲ ਠਾਰਨ ਜਿਹਾ ਅਹਿਸਾਸ ਹੈ। ਇਹ ਗਵਾਹੀ ਭਰਦੇ ਨੇ ਕਿ ਇਸ ਮਿੱਟੀ ਦੀ ਖਸਲਤ ਅਜੇ ਮਰੀ ਨਹੀਂ, ਇਹ ਗਵਾਹੀ ਭਰਦੇ ਨੇ ਕਿ ਵਿਰੋਧੀ ਪ੍ਰਸਥਿਤੀਆਂ ਵਿਚ ਵੀ ਜੀਵਨ ਨੂੰ ਮਾਨਣ ਦੀ ਸੰਵੇਦਨਾ, ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਮਕਾਨਕੀ ਹੋਣ ਤੋਂ



ਬਚਾਉਣ ਦੀ ਜੱਦੋ-ਜਹਿਦ ਸੂਖਮ ਮਨ ਦੇ ਕਿਸੇ ਕੋਨੇ ਵਿਚ ਅਜੇ ਵੀ ਬਚੀ ਹੋਈ ਹੈ। ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ ਦੇ ਇਸ ਹਿੱਸੇ ਵਿਚ ਪ੍ਰਕਾਸ਼ਿਤ ਰਚਨਾਵਾਂ ਵਿਚਲੇ ਵਿਚਾਰਾਂ ਤੋਂ ਇਸ ਗੱਲ ਦਾ ਅੰਦਾਜ਼ਾ ਲਗਾਇਆ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਅੱਜ-ਕੱਲ੍ਹ ਦੇ ਨਫਰਤੀ ਮਾਹੌਲ ਵਿਚ ਵੀ ਨਵੇਂ ਪੂਰ ਨੇ ਮਹੁੱਬਤ ਦੇ ਨਿੱਘੇ ਅਹਿਸਾਸ ਨੂੰ ਆਪਣੇ ਬੁੱਕਲ ਵਿਚ ਸੰਭਾਲਿਆ ਹੋਇਆ ਹੈ। ਮਹੁੱਬਤ ਦਾ ਪ੍ਰਚਾਰ ਤੇ ਪ੍ਰਸਾਰ ਹੀ ਅਜੋਕੇ ਸਮਿਆਂ ਦੀ ਸਭ ਤੋਂ ਵੱਡੀ ਜ਼ਰੂਰਤ ਹੈ। ਜਦੋਂ ਸਾਰੇ ਮੁਆਸ਼ਰੇ ਅੰਦਰ ਨਫਰਤ ਭਰੀ ਜਾ ਰਹੀ ਹੋਵੇ, ਮੀਡੀਆ ਮਨੁੱਖਾਂ ਅੰਦਰ ਪਾੜ ਪਾ ਰਿਹਾ ਹੋਵੇ, ਧਰਮ ਦੇ ਠੇਕੇਦਾਰ ਧਰਮ ਦੇ ਨਾਂ ਤੇ ਸਮਾਜ ਨੂੰ ਵੰਡ ਰਹੇ ਹੋਣ ਉਦੋਂ ਨਵੀਂ ਪੀੜ੍ਹੀ ਅੰਦਰ ਪੂੰਗਰਦੇ ਮਹੁੱਬਤ ਦੇ ਅਹਿਸਾਸ ਇਸ ਗੱਲ ਦੀ ਹਮੀ ਭਰਦੇ ਨੇ ਕਿ ਝਨਾਂ ਦਾ ਪਾਣੀ ਅਜੇ ਸੱਕਿਆ ਨਹੀਂ ਹੈ ਤੇ ਸਤਲੁਜ ਧਰਤੀ ਤੇ ਨਹੀਂ ਸਾਡੀਆਂ ਰਗਾਂ ਅੰਦਰ ਦੌੜਦਾ ਹੈ। ਇਸ ਲਈ ਇਸ ਨਵੇਂ ਪੂਰ ਦਾ ਸੁਆਗਤ ਕਰਨਾ ਬਣਦਾ ਹੈ ਇਨ੍ਹਾਂ ਨੂੰ ਖੁਸ਼ਾਮਦੀਦ ਕਹਿਣਾ ਤਾਂ ਬਣਦਾ ਹੈ। ਉਮੀਦ ਹੈ ਕਿ ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ ਤੁਹਾਨੂੰ ਸ਼ਰਸ਼ਾਰ ਕਰੇਗਾ।

ਧੰਨਵਾਦ!

- ਡਾ. ਪਰਦੀਪ
ਪੰਜਾਬੀ ਵਿਭਾਗ

ਪੰਜਾਬ ਦਾ ਕੱਲ ?

ਸੋਝੀ ਦੀ ਕੀ ਗੱਲ ਕਰੀਏ,
ਜ਼ਮੀਰ ਤਾਂ ਹੋ ਗਈ ਭੰਗ ਯਾਰੋ।
ਵਿਚਾਰ ਮੈਂ ਸੁਣਿਆ ਹੋ ਗਏ ਮੈਲੇ,
ਜਿਉਂ ਲੋਹੇ ਨੂੰ ਲੱਗਦੀ ਜੰਗ ਯਾਰੋ।

ਆਸ ਮੈਂ ਰੱਖੀ ਬਾਕੀ ਤਾਂਵੀ,
ਜੇ ਹੋਜੇ ਕੋਈ ਮਸਲੇ ਦਾ ਹੱਲ ਯਾਰੋ।
ਪਰ ਵੇਖ ਮੌਜੂਦਾ ਹਲਾਤ ਲੱਗੇ,
ਕੀ ਹੋਉ ਪੰਜਾਬ ਦਾ ਕੱਲ ਯਾਰੋ।

- ਸਿਮਰਨ ਸੰਧੂ
ਬੀ. ਏ ਭਾਗ ਦੂਜਾ

ਰਹਿਬਰ.....

ਹਾਲ ਮੇਰੇ ਤੋਂ ਵਾਕਿਫ ਦੁਨੀਆ,
ਉਂਝ ਉਹਲੇ ਮੈਂ ਰੱਖਦੀ ਨਾ।
ਬੱਸ ਰਹਿਬਰ ਮੇਰੀ ਉਮੀਦ ਹੈ ਬਣਿਆ,
ਉਸ ਬਾਝੋਂ ਮੈਂ ਕੱਖ ਦੀ ਨਾ।

ਬੋਲ ਕੇ ਦੱਸਣਾ ਆਵੇ ਨਾ ਮੈਨੂੰ,
ਕੋਈ ਬੁੱਝਣ ਵਾਲਾ ਮਿਲਦਾ ਨਈਂ।
ਸ਼ਰੀਰ ਵੀ ਸਾਰਾ ਮਿੱਟੀ ਹੋਇਆ,
ਕੱਲਾ ਹਾਲ ਮੇਰੇ ਇਹ ਦਿੱਲ ਦਾ ਨਈਂ।

ਅੱਖੇ ਵੇਲੇ ਕਿਸੇ ਹੱਥ ਨਾ ਫੜਿਆ,
ਦੁੱਖਾਂ ਨਾਲ ਦਿੱਲ ਕੱਲਾ ਅਤਿਆ,
ਤਾਹੀਂ ਤਾਂ ਦਿੱਲ ਪੱਥਰ ਘੜਿਆ,
ਲੋਕਾਂ ਭਾਣੇ ਗਰੂਰ ਹੈ ਚੜਿਆ।

ਬੱਸ ! ਦੁਨੀਆ ਤੋਂ ਮੇਰਾ ਮਨ ਹੈ ਅਕਿਆ,
ਅਕਿਆ ਮਨ ਖੁੱਦਾ ਵੱਲ ਧਕਿਆ।
ਰਹਿਬਰ ਹੀ ਮੇਰਾ ਯਾਰ ਹੈ ਸੱਚਾ,
ਜਿੱਸਨੇ ਮੈਨੂੰ ਫਰਸ਼ ਤੋਂ ਚਕਿਆ।

ਹੁੱਣ ਇਹ ਤਾਂ ਹੋ ਨਈਂ ਸਕਦਾ ਕਿ,
ਰਹਿਬਰ ਨੂੰ ਮੇਰੀ ਫਿਕਰ ਨਾ ਹੋਏ।
ਸੰਧੂ ਉਸ ਮਹਿਫਿਲ ਨੂੰ ਮਹਿਫਿਲ ਨਹੀਂ ਮੰਨਦੀ,
ਜਿੱਥੇ ਖੁੱਦਾ ਦਾ ਜਿਕਰ ਨਾ ਹੋਏ।

- ਸਿਮਰਨ ਸੰਧੂ
ਬੀ. ਏ ਭਾਗ ਦੂਜਾ

ਖਿਆਲ.....

ਇੱਕ ਖਿਆਲ ਉਠਿਆ ਧੁਰਅੰਦਰ ਤੋਂ,
ਜਿੱਸਨੇ ਮੈਂ ਬੇਬਸ ਕਰ ਦਿੱਤੀ।
ਮੈਂ ਅੱਗੇ ਖਿਆਲ ਤੋਂ ਸੋਚਿਆ ਨਾ,
ਫੋਰਨ ਇੱਕ ਹਾਂਮੀ ਭਰ ਦਿੱਤੀ।

ਮੈਂ ਰੁਕਣਾ ਇੱਕ ਵਾਰ ਚਾਹਿਆ ਸੀ।
ਮੁੱਤ ਫੇਰ ਮੈਂ ਸੋਚਣਾ ਚਾਹਿਆ ਸੀ।
ਖੋਰੇ ਖਿਆਲ ਨੇ ਕੀ ਵਖਾਇਆ ਸੀ।
ਜੱਦ ਪਿੱਛੇ ਵੱਲ ਮੈਂ ਮੁੱਤਨ ਲੱਗੀ ,
ਨਾ ਮੈਨੂੰ ਮੁੱਤਨਾ ਆਇਆ ਸੀ।

ਅਖੀਰ ਖਿਆਲ ਨੂੰ ਮੈਂ ਅਪਣਾਲਿਆ।
ਫੇਰ ਰਸਤਾ ਇੱਕ ਬਣਾਲਿਆ।
ਅੰਤਾਂ ਦਾ ਰੱਸ ਆਵੇਗਾ,

ਮੈਂ ਮਨ ਨੂੰ ਇਹ ਸਮਝਾਲਿਆ।

ਅੱਧਵਿੱਚਕਾਰ ਸਫ਼ਰ ਦੇ ਪਹੁੰਚ ਗਈ,
ਜੱਦ ਅਵਾਜ਼ ਹੋਸ਼ ਨੇ ਲਾਈ ਸੀ।
ਰੱਸ ਐਨਾ ਭਾਰੂ ਹੋਗਿਆ ਸੀ ,
ਨਾ ਮੈਨੂੰ ਸਮਝ ਫੇਰ ਆਈ ਸੀ।

ਅੱਖਾਂ ਸਾਵੇਂ ਹਨੇਰਾ ਆਉਣ ਲੱਗਾ।
ਖਿਆਲ ਅਸਲ ਰੰਗ ਵਖਾਉਣ ਲੱਗਾ।
ਹੁਣ ਪਿੱਛੇ ਵੀ ਮੁੱਤ ਸਕਦੀ ਨਾ ,
ਤੇ ਦਿੱਲ ਮੇਰਾ ਘਬਰਾਉਣ ਲੱਗਾ।

ਖਿਆਲ ਮਿੱਠਾ ਜਹਿਰ ਬਣ ਗਿਆ,
ਮੈਂ ਦਿੱਲ ਨੂੰ ਆਖ ਸੁਣਾਇਆ ਸੀ।
ਪਛਤਾਵਾ ਖਿੱਤ-ਖਿੱਤ ਹੱਸਣ ਲੱਗਾ,
ਜੱਦ ਮੈਨੂੰ ਰੋਣਾ ਆਇਆ ਸੀ।

ਪਛਤਾਵਾ ਆਖੇ ਸੰਧੂ ਨੂੰ,
ਇਸਕੇ ਬਾਅਦ ਕਯਾ ਹੋਗਾ ?
ਕਰਨੇ ਸੇ ਪਹਿਲੇ ਸੋਚ ਲੇਤੇ,
ਅੰਜਾਮ ਕਯਾ ਹੋਗਾ।

- ਸਿਮਰਨ ਸੰਧੂ
ਬੀ. ਏ ਭਾਗ ਦੂਜਾ

ਕਵਿਤਾ:- ਪੰਜਾਬ

ਜਿਸ ਧਰਤੀ ਤੇ ਰੁਤਨਾ ਸਿੱਖੇ,
 ਜਿਸ ਧਰਤੀ ਤੇ ਤੁਰਨਾ ਸਿੱਖੇ
 ਸਾਡੀ ਜਿੰਦ ਵੀ ਏਥੀ, ਦਿਲ ਵੀ ਇਥੇ,
 ਇਸ ਜਗ੍ਹਾ ਨੂੰ ਦਿਲ ਮੱਥਾ ਟੇਕੇ
 ਭੰਗੜੇ ਪਾ ਪਾ ਖੁਸ਼ੀ ਮਨਾਈ,
 ਢੋਲ ਬਜਾਕੇ ਬੋਲੀ ਪਾਈ
 ਸਾਗ ਲੱਸੀ ਗੁੜ ਵਾਲੀ ਚਾਹ ਹੈ,
 ਬਤਾ ਸੋਹਣਾ ਮੇਰੇ ਪਿੰਡ ਦਾ ਰਾਹ ਹੈ
 ਖੁਸ਼ੀਆਂ ਗਮੀਆਂ ਸਾਂਝੀਆਂ ਕਰੀਆਂ,
 ਫੁਰਤੀਲੇ ਗੱਭਰੂ ਹੁਸਨਾਂ ਦੀਆਂ ਪਰੀਆਂ
 ਪੰਜਾਬ ਵਰਗੀ ਮੌਜ ਨੀ ਲੱਭਣੀ,
 ਭਾਵੇਂ ਸਾਰੀ ਦੁਨੀਆ ਵਿਚ ਘੁੰਮ ਕੇ ਆਵਾਂ
 ਰੱਬਾ ਜੇ ਫੇਰ ਮੈਨੂੰ ਜਿੰਦਗੀ ਦਵੇ ਤੂੰ,
 ਕਰੀ ਏਨਾ ਕੇ ਮੈਂ ਪੰਜਾਬ ਚ ਆਵਾਂ
 ਗੁਰੂਆਂ ਪੀਰਾਂ ਦੀ ਧਰਤੀ ਅਸਾਡੀ,
 ਜੰਮੇ ਜਿੰਨੇ ਕਈ ਜਵਾਨ ਫੌਲਾਦੀ
 ਫਸਲਾਂ ਨੇ ਅਫਸਾਨਿਆਂ ਕਰੀਆਂ,
 ਪੀਲੀਆਂ ਸਰੋਆਂ ਜਿਰੀਆਂ ਹਰੀਆਂ
 ਯਾਰ ਬੋਲੀ ਸਭ ਰਿਸਤੇ ਨਾਤੇ,
 ਸਾਰਿਆਂ ਨਾਲ ਹੀ ਦਿਲ ਵਟਾਤੇ
 ਕਿੰਨੇ ਕਵੀਸ਼ਰ ਕਿੰਨੇ ਰਾਂਝੇ,
 ਚੁੱਲ੍ਹੇ ਫਰਾਟੇ ਪਿੱਤਲ ਦੇ ਭਾਂਡੇ
 ਮੋਟਰ ਦੀਆਂ ਛਾਲਾਂ ਵੱਖ ਨੇ,
 ਮੋਢੇ ਉੱਤੇ ਚਕੇ ਕੱਖ ਨੇ
 ਵਸਦਾ ਰਹੇ ਰਹਿੰਦੀ ਦੁਨੀਆ ਤੱਕ ਇਹ,
 ਰੱਬ ਅੱਗੇ ਮੈਂ ਕਰਾਂ ਦੁਆਵਾਂ
 ਰੱਬਾ ਜੇ ਫੇਰ ਮੈਨੂੰ ਜਿੰਦਗੀ ਦਵੇ ਤੂੰ,
 ਕਰੀ ਏਨਾ ਕੇ ਮੈਂ ਪੰਜਾਬ ਚ ਆਵਾਂ
 ਬਾਗ਼, ਬਾਗ਼ਾਂ ਵਿਚ ਮੋਰ ਨੀ ਲੱਭਣੇ,
 ਰਾਂਝੇ ਹੀਰਾਂ ਕੀਤੇ ਹੋਰ ਨੀ ਲੱਭਣੇ
 ਇਸਕ ਚ ਕਿੰਨੀਆਂ ਜੋਤਿਆਂ ਬਣੀਆਂ,
 ਮੁਹੱਬਤ ਨਾਲ ਕਵਿਤਾਵਾਂ ਭਰੀਆਂ
 ਨਹਿਰਾਂ ਸੂਏ ਖੇਤ ਨੂੰ ਹੋਣੇ,
 ਪੰਜਾਬ ਵਰਗੇ ਕੀਤੇ ਲੇਖ ਨੀ ਹੋਣੇ
 ਫਰੀਦ ਕਬੀਰ ਗੁਰੂ ਨਾਨਕ ਅਬਾਦ ਹੈ,

ਸ਼ਿਵ, ਪਾਤਰ ਹਰ ਇਕ ਨੂੰ ਯਾਦ ਹੈ
 ਪੰਜਾਬੀ ਫਾਰਸੀ ਨਾਲੇ ਉਰਦੂ,
 ਅਨੇਕਾਂ ਫੁੱਲ, ਫੁੱਲਾਂ ਵਿਚ ਖੁਸ਼ਬੂ
 ਬਜ਼ੁਰਗਾਂ ਦੇ ਆਸ਼ੀਰਵਾਦ ਦੇਣ ਦੁਆਵਾਂ
 ਰੱਬਾ ਜੇ ਫੇਰ ਮੈਨੂੰ ਜਿੰਦਗੀ ਦਵੇ ਤੂੰ,
 ਕਰੀ ਏਨਾ ਕੇ ਮੈਂ ਪੰਜਾਬ ਚ ਆਵਾਂ
 ਸ਼ਰਮ ਇੱਜਤ ਨਾਲੇ ਸੰਗ ਨੀ ਲਭਣੀ,
 ਸ਼ਰਾਰਤੀ ਜਹੀ ਕੀਤੇ ਖੰਗ ਨੀ ਲਭਣੀ
 ਚੋਬਰ, ਜਵਾਨ, ਤੇ ਹੁਸਨ ਨਹੀਂ ਹੋਣਾ,
 ਦੁਜਾ ਕੀਤੇ ਪੰਜਾਬ ਨੀ ਹੋਣਾ
 ਦਿਲ ਤੋਂ ਵੱਡੇ ਘਰ ਨੇ ਛੋਟੇ,
 ਮੁੱਛਾਂ ਖਤੀਆਂ ਡੌਲੇ ਮੋਟੇ
 ਕੁਲਹਾੜੀ ਸੱਕਰ ਗੁੜ ਨੀ ਲੱਭਣਾ,
 ਏਥੇ ਵਰਗਾ ਸਵਰਗ ਨੀ ਲੱਭਣਾ
 ਸਾਰਾ ਦਿਨ ਕੰਮ ਕਰਕੇ ਥੱਕ ਕੇ,
 ਸ਼ਾਮੀ ਖੇਡਣ ਲਈ ਯਾਰ ਬੁਲਾਵਾਂ
 ਰੱਬਾ ਜੇ ਫੇਰ ਮੈਨੂੰ ਜਿੰਦਗੀ ਦਵੇ ਤੂੰ,
 ਕਰੀ ਏਨਾ ਕੇ ਮੈਂ ਪੰਜਾਬ ਚ ਆਵਾਂ
 ਰੱਬਾ ਜੇ ਫੇਰ ਮੈਨੂੰ ਜਿੰਦਗੀ ਦਵੇ ਤੂੰ
 ਕਰੀ ਏਨਾ ਕੇ ਮੈਂ ਪੰਜਾਬ ਚ ਆਵਾਂ
 ਗੁਰਬਾਣੀ ਕੀਰਤਨ ਕਥਾ ਵਿਚਾਰਾਂ,
 ਧਿਆਨ ਲਾ ਕਦੇ ਸੁਣ ਲੈ ਯਾਰਾ
 ਸਰਦੀ ਗਰਮੀ ਠੰਡੀਆਂ ਛਾਵਾਂ,
 ਨਿਤ ਸੰਝਾ ਨੂੰ ਵਗਣ ਹਵਾਵਾਂ
 ਛਬੀਲਾਂ ਲੰਗਰ ਸੇਵਾ ਨੀ ਹੋਣੀ,
 ਸਿਰ ਤੇ ਚੁੰਨੀ ਲਗਦੀ ਸੋਹਣੀ
 ਪੱਗਾਂ ਦੁਮਾਲੇ ਕੇਸ ਤੇ ਕੰਘੇ,
 ਸ਼ਰਾਰਤਾਂ ਦੇ ਵਿਚ ਲੈਂਦੇ ਪੰਗੇ
 ਜੇ ਨਾ ਕਦੇ ਸਾਨੂੰ ਮੌਤ ਆਵੇ,
 ਦਿਲ ਕਰਦਾ ਏਥੇ ਹੀ ਬੱਸ ਜਾਵਾਂ
 ਰੱਬਾ ਜੇ ਫੇਰ ਮੈਨੂੰ ਜਿੰਦਗੀ ਦਵੇ ਤੂੰ,
 ਕਰੀ ਏਨਾ ਕੇ ਮੈਂ ਪੰਜਾਬ ਚ ਆਵਾਂ

- ਅਮਨਦੀਪ ਸਿੰਘ

ਬੀ ਸੀ ਏ ਭਾਗ ਦੁਜਾ (ਸੈਕਸ਼ਨ ਸੀ)

ਪੰਜਾਬ ਦੀ ਮਿੱਟੀ

ਇਸ ਮਿੱਟੀ ਨਾਲ ਕੋਈ ਰਾਬਤਾ ਏ
ਜਾਂ ਰਾਬਤਾ ਇਹ ਹਵਾਵਾਂ ਨਾਲ
ਜਦ ਵੀ ਸਾਨੂੰ ਛੋਹਦੀਆਂ ਨੇ
ਹਾਏ ਸੀਨੇ ਠੰਡਕ ਪੈ ਜਾਂਦੀ
ਲੰਘਦੀ ਸਾਡੇ ਮੱਥੇ ਚੁੰਮਕੇ
ਜੀਅ ਆਇਆਂ ਨੂੰ ਕਹਿੰਦੀ ਹੈ
ਇੰਜ ਲੱਗਦਾ ਜਿਉਂ ਕੋਲ ਬਹਾਕੇ
ਆਪਣਾ ਸਾਨੂੰ ਕਹਿ ਜਾਂਦੀ

ਆਪੇ ਹੀ ਚਿੱਤ ਖੁਸ਼ ਹੰਦਾ ਏ
ਬਹਾਰਾਂ ਖਿੜੀਆਂ ਲੱਗਦੀਆਂ ਨੇ
ਇਹ ਮੇਰੇ ਦੇਸ਼ ਪੰਜਾਬ ਦੀ ਮਿੱਟੀ
ਆਪੇ ਹੀ ਖਿੱਚ ਜਿਹੀ ਪੈ ਜਾਂਦੀ
ਕਿ ਜੀਹਨੇ ਵਾਰੇ ਪੁੱਤਰ ਚਾਰ
ਤੇ ਲੇਖੇ ਲਾਇਆ ਆਪਣਾ ਸਭ
ਇਹ 'ਗੋਬਿੰਦ' ਦੇ ਪੰਜਾਬ ਦੀ ਮਿੱਟੀ
ਆਪੇ ਹੀ ਖਿੱਚ ਜਿਹੀ ਪੈ ਜਾਂਦੀ

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਆਪਣੀ ਬੋਲੀ

ਫਤਿਹ ਦੀ ਹੁੰਦੀ ਆਗਾਜ਼ ਨਾ ਛੱਡੀਂ
ਦਿਲ 'ਚ ਵੱਸਦਾ ਪੰਜਾਬ ਨਾ ਛੱਡੀਂ
ਵੱਡੇ ਸ਼ਹਿਰ ਤੂੰ ਆਗਿਆ ਭਾਵੇਂ
ਆਪਣੀ ਬੋਲੀ ਆਪਣਾ ਅੰਦਾਜ਼ ਨਾ ਛੱਡੀਂ
ਹੁੰਦੀ ਜੋ ਪਰਵਾਜ਼ ਨਾ ਛੱਡੀਂ
ਸਿਰਾਂ ਤੇ ਸੱਜਦੇ ਤਾਜ ਨਾ ਛੱਡੀਂ
ਕੋਈ ਮਾੜੇ ਨੂੰ ਦਬਕਾਵੇ ਜੇਕਰ
ਉਹਦੀ ਹੱਕ 'ਚ ਚੁੱਕੀ ਆਵਾਜ਼ ਨਾ ਛੱਡੀਂ
ਇਹ ਮੌਜਾਂ, ਹਾਸੇ, ਬਹਾਰ ਨਾ ਛੱਡੀਂ
ਮੀਰੀ-ਪੀਰੀ ਦਾ ਸਤਿਕਾਰ ਨਾ ਛੱਡੀਂ
ਉਂਜ ਘੁੰਮਣ ਨੂੰ ਜਿਥੇ ਮਰਜੀ ਘੁੰਮਲਾ

ਕਦੇ ਪੈਸੇਆਂ ਵੱਟੇ ਪੰਜਾਬ ਨਾ ਛੱਡੀਂ
ਜਿਹੜੇ ਪਿੰਡਾਂ ਨਾਲ ਆਪਣੇ ਲਿਹਾਜ਼ ਨਾ ਛੱਡੀਂ
ਉਹ ਹੱਸਕੇ ਮਿਲਣ ਦੇ ਰਵਾਜ਼ ਨਾ ਛੱਡੀਂ
ਕਿ ਵੱਡੇ ਸ਼ਹਿਰ ਤੂੰ ਆਗਿਆ ਭਾਵੇਂ
ਆਪਣੀ ਬੋਲੀ ਆਪਣਾ ਅੰਦਾਜ਼ ਨਾ ਛੱਡੀਂ
(ਕਿ ਲੱਖ ਤੋਂ ਚਾਹੇ ਕੱਖ ਹੋਜੇ ਜਾਂ ਕੱਖ ਤੋਂ
ਫਿਰ ਲੱਖ ਕਿਉਂ ਨਾ
ਜਿੱਥੇ ਮਰਜੀ, ਜਿੱਦਾਂ ਮਰਜੀ ਰਹਿ
ਆਪਣੀ ਬੋਲੀ ਆਪਣੇ ਅੰਦਾਜ਼ ਨਾ ਛੱਡੀਂ)

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਉਦੋਂ ਵੇਖਾਂਗੇ

ਤੂੰ ਹੌਲੇ-ਹੌਲੇ ਚੱਲਦਾ ਰਹਿ
ਜਦੋਂ ਸਾਮ ਫੁਲੂ ਉਦੋਂ ਵੇਖਾਂਗੇ
ਬਣ ਬੇਪਰਵਾਹ ਮਲੰਗ ਜਿਹਾ
ਜਦੋਂ ਵਿਪਤਾ ਆਣ ਖੜੂ ਉਦੋਂ ਵੇਖਾਂਗੇ
ਜਿਹੜੇ ਬਣਦੇ ਸੱਜਣਾ ਤੇਰੇ ਨੇ
ਬੜੇ ਦੋਗਲਿਆਂ ਦੇ ਚਿਹਰੇ ਨੇ
ਤੂੰ ਬਣਕੇ ਵੇਖ ਫਕੀਰ ਦਿਲਾ
ਕਿਹੜਾ ਨਾਲ ਖੜੂ ਉਦੋਂ ਵੇਖਾਂਗੇ
ਉੱਜ ਦਿਨ ਦਾ ਚਾਨਣ ਸਾਰੇ
ਕਿਹੜਾ ਚਕੋਰ ਬਣੂ ਉਦੋਂ ਵੇਖਾਂਗੇ

ਉੱਜ ਲਿਖਤਾਂ ਤਾ ਸਭ ਪੱਤ੍ਰ ਲੈਂਦੇ
ਕੋਈ ਚੁੱਪ ਦਾ ਸੋਰ ਪੜ੍ਹ ਉਦੋਂ ਵੇਖਾਂਗੇ
(ਇਹ ਖਿੜਦੇ ਸੱਜਰੇ ਫੁੱਲਾਂ ਨੂੰ

ਸਭ ਤੋੜ ਹੀ ਲੈਂਦੇ ਬਾਗਾਂ ਚੋਂ
ਰੱਖ ਦਿੰਦੇ ਜਾਕੇ ਪੱਥਰਾਂ ਤੇ
ਰੱਬ ਆਣ ਖੜੂ ਉਦੋਂ ਵੇਖਾਂਗੇ)

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਖਾਬਾਂ ਦਾ ਸ਼ਹਿਰ

ਲੱਭ ਸੱਜਣਾ ਐਸਾ ਸ਼ਹਿਰ ਕੋਈ
ਜਿੱਥੇ ਚਾਨਣ ਦੇ ਪਰਛਾਵੇਂ ਹੋਣ
ਜਿੱਥੇ ਲੋੜ ਨਾ ਪਵੇ ਮਲੂਮਾਂ ਦੀ
ਗਲ ਲਾਕੇ ਮਰਜ਼ ਪੁਰਾਣੇ ਹੋਣ
ਜਿੱਥੇ ਵੱਗਦੀਆਂ ਹੋਣ ਹਵਾਵਾਂ ਠੰਡੀਆਂ
ਖੜੇ ਦਰੱਖਤ ਪੁਰਾਣੇ ਹੋਣ
ਜਿੱਥੇ ਸੱਥਾਂ ਵਿੱਚ ਵੀ ਰੋਣਕ ਹੋਵੇ
'ਤੇ ਘਰ ਵੀ ਕਰਮਾਂ ਵਾਲੇ ਹੋਣ
ਜਿੱਥੇ ਮੋਹ, ਪਿਆਰ ਤੇ ਸਾਂਝ ਹੋਵੇ
ਨਾਲ ਵੰਡਕੇ ਦਾਣੇ ਖਾਣੇ ਹੋਣ
ਜਿੱਥੇ ਹਿੰਦੂ, ਮੁਸਲਿਮ, ਸਿੱਖ, ਇਸਾਈ

ਸੱਭਦੇ ਇੱਕ ਠਿਕਾਣੇ ਹੋਣ
ਮੇਲੇ ਹੋਣ, ਵਰਤਾਵੇ ਹੋਣ
ਰਾਹ ਜਾਂਦੇ ਸੂਰਗਾਂ ਵਾਲੇ ਹੋਣ
ਲੱਭ ਸੱਜਣਾ ਐਸਾ ਸ਼ਹਿਰ ਕੋਈ
ਜਿੱਥੇ ਚਾਨਣ ਦੇ ਪਰਛਾਵੇਂ ਹੋਣ

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਨਜ਼ਰਾਣੇ

ਕਿ ਸੁਰੂਆਤਾਂ ਸੱਜਣਾ ਇਸਕ ਦੀਆਂ ਨੇ ਹੁੰਦੀਆਂ ਅੱਖ ਮਟਾਕੇ ਤੋਂ
ਜਦੋਂ ਮਿਲਦੀ ਨਜ਼ਰ ਫਿਰ ਹੋ ਜਾਂਦੇ ਨਜ਼ਰਾਣੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ
ਕਿ ਹੌਲੀ-ਹੌਲੀ ਹੁੰਦਾ ਜ਼ਿਕਰ ਇੱਕ ਦੂਜੇ ਦੀਆਂ ਗੱਲਾਂ ਚੋਂ

ਇੱਕ-ਦੂਜੇ ਦੀਆਂ ਗੱਲਾਂ ਚ ਅਫਸਾਨੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ
ਕਿ ਸੱਭ ਨਿਆਮਤਾਂ ਹੁੰਦੀਆਂ ਫਿਰ ਕੁਰਬਾਣ ਯਾਰ-ਏ-ਜਹਾਨ ਉੱਤੋਂ
ਫਿਰ ਹੋਰ ਕੋਈ ਨਾ ਸਾਂਝ ਬਣੇ ਬੱਸ ਯਾਰਾਣੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ
ਕਿ ਓਹਦੀ ਹਾਂ ਚ ਹਾਂ ਹੋਈ ਤੇ ਓਹਦੀ ਨਾਂ ਚ ਨਾਂ ਹੋਈ
ਜਦੋਂ ਮਿਲਦੀ ਨਜ਼ਰ ਫਿਰ ਹੋ ਜਾਂਦੇ ਨਜ਼ਰਾਣੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਯਾਦਾਂ ਰਹਿ ਜਾਣੀਆਂ

ਕਹਿੰਦਾ ਕੁਝ ਨੀ ਹੁੰਦਾ, ਕਈ ਵਾਰ ਨਾ ਸੁਰਤਾਂ-ਸੁਰਤਾਂ ਤੋਤ
ਲੈਣੀਆਂ ਚਾਹੀਦੀਆਂ ਨੇ। ਕਿਉਂ ਜੋ ਅੰਤ ਤੇ ਬੰਦੇ ਕੋਲ ਯਾਦਾਂ

ਸਿਵਾਏ ਕੱਖ ਨੀ। ਤੇ ਜਿਹ ਓਹ ਵੀ ਮਨਾ ਹਸੀਨ ਨਾ ਹੋਣ ਫਿਰ
ਆਪਾਂ ਜ਼ਿੰਦਗੀ 'ਚ ਕੀ ਓਹ ਖਾਟਿਆ। ਕਦੇ ਕਦੇ ਇਹ

ਆਵਾਰਗੀ, ਸੁਰਾਰਤਾਂ, ਬੇਪਰਵਾਹੀਆਂ ਇਹ ਚੰਗੀਆਂ ਨੇ।
ਨਹੀਂ ਯਾਦਾਂ ਸਭ ਕੋਲ ਹੋਣਗੀਆਂ ਪਰ ਕੀਹਦੀਆਂ ਕਿੰਨੀਆਂ

ਹਸੀਨ ਹੋਣਗੀਆਂ ਇਹਦੀ ਗਵਾਹੀ ਓਹਦੀਆਂ ਸੁਰਾਰਤਾਂ ਦੇ
ਕਿੱਸੇ ਭਰਣਗੇ।

ਕਿਉਂ ਜੋ ਅੰਤ ਤੇ ਤਾਂ ਸਿਰਫ ਯਾਦਾਂ ਹੀ ਨੇ ਤੇ ਯਾਦਾਂ ਹੀ ਰਹਿ
ਜਾਣੀਆਂ...

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਧਰਮ ਜਾਂ ਇਨਸਾਨੀਅਤ

ਕਿ ਸੁਰੂਆਤਾਂ ਸੱਜਣਾ ਇਸ਼ਕ ਦੀਆਂ ਨੇ ਹੁੰਦੀਆਂ ਅੱਖ ਮਟੱਕੇ ਤੋਂ
ਜਦੋਂ ਮਿਲਦੀ ਨਜ਼ਰ ਫਿਰ ਹੋ ਜਾਂਦੇ ਨਜ਼ਰਾਨੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ
ਕਿ ਹੌਲੀ-ਹੌਲੀ ਹੁੰਦਾ ਜ਼ਿਕਰ ਇੱਕ ਦੂਜੇ ਦੀਆਂ ਗੱਲਾਂ ਚੋਂ

ਇੱਕ-ਦੂਜੇ ਦੀਆਂ ਗੱਲਾਂ ਚ ਅਫਸਾਨੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ
ਕਿ ਸੱਭ ਨਿਆਮਤਾਂ ਹੁੰਦੀਆਂ ਫਿਰ ਕੁਰਬਾਣ ਯਾਰ-ਏ-ਜਹਾਨ ਉੱਤੋਂ
ਫਿਰ ਹੋਰ ਕੋਈ ਨਾ ਸਾਂਝ ਬਣੇ ਬੱਸ ਯਾਰਾਣੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ
ਕਿ ਓਹਦੀ ਹਾਂ ਚ ਹਾਂ ਹੋਈ ਤੇ ਓਹਦੀ ਨਾਂ ਚ ਨਾਂ ਹੋਈ
ਜਦੋਂ ਮਿਲਦੀ ਨਜ਼ਰ ਫਿਰ ਹੋ ਜਾਂਦੇ ਨਜ਼ਰਾਨੇ ਸੱਜਣਾ ਵੱਲਦੇ ਨੇ

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਨਾਂ

ਇਤਿਹਾਸ ਗਵਾਹ ਹੈ ਅੱਜ ਤਾਈਂ ਜਿੰਨੀਆਂ ਧਰਮ ਦੇ ਨਾਮ ਤੇ ਲੜਾਈਆਂ ਹੋਈਆਂ ਓਹ ਸਰਕਾਰਾਂ
ਨੇ ਆਪਣੇ ਨਿਜੀ ਫਾਇਦਿਆਂ ਵਾਸਤੇ ਕਰਾਈਆਂ। ਕਦੇ ਕਿਸੇ ਨੂੰ ਕੁਰਸੀਆਂ ਚਾਹੀਦੀਆਂ ਹੋਣ ਓਹ
ਦੇਸ਼ ਵੰਡ ਦਿੰਦਾ। ਕਦੇ ਕੋਈ ਕੁਰਸੀ ਮਗਰ, ਆਪ ਹੀ ਲੜਾਈਆਂ ਕਰਵਾਕੇ ਅਤੇ ਆਪ ਹੀ
ਸੁਲਝਾਕੇ ਬਹੁਗਿਣਤੀ 'ਚ ਹੋਣ ਵਾਲੇ ਲੋਕਾਂ ਦੇ ਹੱਕ ਚ ਫੈਸਲੇ ਕਰ ਵੋਟਾਂ ਖਿੱਚਦਾ।

ਜੇਕਰ ਥੋਨੂੰ ਯਾਦ ਹੋਵੇ ਤਾਂ ਪਾਕਿਸਤਾਨ; ਜਿਨੂੰ ਅੱਜ ਇਕ ਇਸਲਾਮਿਕ ਸਟੇਟ ਕਿਹਾ ਜਾਂਦਾ, ਓਹ
ਪਹਿਲਾਂ ਪੰਜਾਬ ਦਾ ਇੱਕ ਬਹੁਤ ਅਹਿਮ ਹਿੱਸਾ ਸੀ। ਅਤੇ ਆਜ਼ਾਦੀ ਤੋਂ ਪਹਿਲਾਂ ਵੀ ਹਿੰਦੂ-
ਮੁਸਲਿਮ-ਸਿੱਖ ਸਭ ਰਲ ਮਿਲਕੇ ਰਹਿ ਰਹੇ ਸਨ।

ਸਭ ਕੁਝ ਜਾਨਣ ਸਮਝਣ ਦੇ ਬਾਵਜੂਦ ਵੀ ਲੋਕ ਸਰਕਾਰਾਂ ਮਗਰ ਲੱਗ ਜਾਂਦੇ ਨੇ। ਜਦੋਂ ਪਤਾ ਵੀ ਅੰਤ
ਤੇ ਥੋਡੇ ਨਾਲ, ਨਾਲ ਦੇ ਭਰਾ ਹੀ ਖਤਨਾ ਫਿਰ ਫਰਕ ਨੂੰ ਪੈਂਦਾ ਵੀ ਓਹ ਕਿਹੜੇ ਧਰਮ ਦਾ ਹੈ ਜਾਂ
ਓਹਦੀ ਜਾਤ ਕੀ ਹੈ। ਕਦੇ ਸੁਣਿਆ ਵੀ ਸਰਕਾਰਾਂ ਆਕੇ ਖੜਗੀਆਂ ਹੋਣ? ਇਹਨਾਂ ਦੇ ਚਾਰ ਦਿਨ ਦੇ
ਪ੍ਰਚਾਰ ਹੀ ਚੰਗੇ ਨੇ। ਮੁੜ ਬਾਅਦ 'ਚ ਕੋਈ ਕਿਸੇ ਨੂੰ ਨਹੀਂ ਪੁੱਛਦਾ। ਤੁਸੀਂ ਇੱਕ ਦੂਜੇ ਨਾਲ ਲੜਦੇ
ਮਰਜੋ ਅਗਲੇ ਕੁਰਸੀਆਂ ਲੈਕੇ ਓਹ ਜਾਂਦੇ।

ਧਰਮ ਓਹਨਾ ਚਿਰ ਹੀ ਚੰਗੇ ਲੱਗਦੇ ਨੇ ਜਿੰਨਾਂ ਚਿਰ ਓਹ ਇਨਸਾਨੀਅਤ ਦੇ ਹੱਕ 'ਚ ਨੇ। ਧਰਮ
ਇਨਸਾਨੀਅਤ ਤੋਂ ਉਪਰ ਨਹੀਂ ਹੋਣੇ ਚਾਹੀਦੇ। ਪਰ ਅੱਜ ਦੇ ਹਾਲਾਤ ਦੇਖਕੇ ਤਾਂ ਇੰਜ ਲੱਗਦਾ ਵੀ
ਧਰਮਾਂ ਦੇ ਬਰੌਲੇ ਇਨਸਾਨੀਅਤ ਨੂੰ ਉਤਾਕੇ ਲੈਗਦੇ ਨੇ।

ਬੰਦੇ ਦਾ ਧਰਮ ਬੰਦੇ ਦੀ ਜਾਤ ਕੋਈ ਉਪਰੋਂ ਮਿੱਥਕੇ ਨਹੀਂ ਲਿਆਉਂਦਾ। ਇਹ ਸਿਰਫ ਮਨੁੱਖ ਨੇ
ਆਪਣੀ ਆਸਥਾ ਵਾਸਤੇ ਬਣਾਏ ਸੀ ਅਤੇ ਇਹਨਾਂ ਨੂੰ ਸਿਰਫ ਆਸਥਾ ਤੱਕ ਹੀ ਕਾਇਮ ਰੱਖਿਆ
ਜਾਏ ਤਾਂ ਬਹਿਤਰ ਹੈ!

- ਦੀਪਕ ਕੌਸ਼ਲ
ਬੀ. ਕਾਮ ਭਾਗ ਦੂਜਾ

ਇੱਕ ਫੁੱਲ ਦੀ ਆਵਾਜ਼

ਬੰਦਗੀ ਜੇ ਕਿਸੇ ਦੀ ਕਰਨੀ ਹੋਵੇ,
ਜਾਂ ਸਵਾਗਤ ਕਿਸੇ ਦਾ ਕਰਨਾ ਹੋਵੇ,
ਫਿਰ ਯਾਦ ਮੇਰੀ ਸਭ ਨੂੰ ਆ ਜਾਂਦੀ।
ਪਰ ਉਸ ਤੋਂ ਬਾਅਦ ਕੀ?
ਰੂਹ ਮੇਰੀ ਕੁਹਮਲਾਂਦੀ ਜਾਂਦੀ।
ਚਮਕ ਮੇਰੀ! ਜਿਸ ਨੇ ਸਭ ਨੂੰ ਮੋਹਿਆ ਸੀ,
ਉਹ ਹੌਲੀ ਹੌਲੀ ਬੱਸ ਲਹਿੰਦੀ ਜਾਂਦੀ।
ਕੀ ਬੀਤਦੀ ਮੇਰੇ ਤੇ,
ਇਹ ਸਮਝ ਕਿਸੇ ਦੇ ਕੋਲ ਨਹੀਂ।
ਮੈਂ ਬੱਸ ਇਹੋ ਪੁੱਛਣਾ ਚਾਹੁੰਦਾ ਹਾਂ ਦੱਸੋ,
ਕੀ ਮੇਰਾ ਕੋਈ ਮੋਲ ਨਹੀਂ?
ਪ੍ਰੇਮ ਦੀ ਸੋਗਾਤ ਵੱਜੋਂ,
ਮੈਨੂੰ ਵਰਤਿਆ ਜਾਂਦਾ ਹੈ।
ਠੋਕਰ ਜੇ ਮੁਹੱਬਤ ਨੂੰ ਵੱਜਦੀ,
ਅੱਵਲ ਬੇਦਖਲ ਮੈਨੂੰ ਕੀਤਾ ਜਾਂਦਾ ਹੈ।

ਕੀ ਮੈਂ ਇਨਸਾਨ ਤੋਂ ਵੀ ਮਾਤਾ ਹਾਂ?
ਉਹ ਇਨਸਾਨ ਜਿਸ ਨੇ,
ਬੱਸ ਰੰਗ ਬਦਲਨਾ ਸਿੱਖਿਆ ਹੈ।
ਤੇ ਮੈਂ ਉਹ ਜਿਸ ਨੇ ਹਰ ਕਹਾਣੀ ਵਿੱਚ,
ਰੰਗ ਭਰਨਾ ਸਿੱਖਿਆ।
ਹਰ ਥਾਂ ਨੂੰ ਸੁਗੰਧਿਤ ਕਰਨ ਦੀ ਫਿਤਰਤ,
ਮੇਰੇ ਬਾਝੋਂ ਹੋਰ ਕਿਸੇ ਦੇ ਕੋਲ ਨਹੀਂ।
ਮੈਂ ਫਿਰ ਵੀ ਇਹੋ ਪੁੱਛਦਾ ਹਾਂ,
ਦੱਸੋ,
ਕੀ ਮੇਰਾ ਕੋਈ ਮੋਲ ਨਹੀਂ?
ਦੱਸੋ,
ਕੀ ਮੇਰਾ ਕੋਈ ਮੋਲ ਨਹੀਂ?

- ਰੁਹਾਨੀ
ਬੀ ਏ ਭਾਗ ਤੀਜਾ

ਪਿੰਡ ਦੀਆਂ ਬਾਤਾਂ

ਪਿੰਡ ਦੀਆਂ ਰੌਣਕਾਂ ਛੱਡ ਕਿਵੇਂ ਸ਼ਹਿਰ ਆਜਾਂ
ਆਪਣੀ ਮਾਂ ਨੂੰ ਛੱਡ ਕਿਵੇਂ ਅੱਗੇ ਤੁਰ ਆਵਾਂ
ਗੁਰੂ ਦੀ ਬਾਣੀ ਨਾਲ ਜਿਥੇ ਸਵੇਰਾ ਹੋਵੇ
ਉਹ ਸਕੂਨ ਛੱਡ ਕਿਵੇਂ ਸ਼ਹਿਰ ਜਾਵਾਂ
ਪਿੰਡਾਂ ਦੇ ਜਾਏ ਆਂ ਯਾਰਾ ਬਿਨਾਂ ਦਿਲ ਨਹੀਂ ਲੱਗਦਾ
ਕਿਵੇਂ ਸ਼ਹਿਰ ਬੇਗਾਨੇ ਵਿਚ ਮਾਂ-ਪਿਓ ਬਿਨ ਵੱਸ ਜਾਵਾਂ

- ਨਿਕਿਤਾ ਠਾਕੁਰ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਸ਼ਰੀਫ ਕੋਈ ਨੀ ਹੁੰਦਾ ਸੱਜਣਾ

ਸ਼ਰੀਫ ਕੋਈ ਨੀ ਹੁੰਦਾ ਸੱਜਣਾ
ਇਹ ਸੱਭ ਆਪਣੇ ਆਪਣੇ ਰਾਜ ਹੁੰਦੇ ਨੇ
ਕਈ ਸਾਡੇ ਵਰਗੇ ਬਹਿਫਿਕਰੇ ਬਦਨਾਮ ਹੋ ਜਾਂਦੇ ਨੇ
ਤੇ ਅਗਲਾਵਾ ਵਾਲੀਏ ਦੇ ਚੇਹਰੇ ਤੇ ਨਕਾਬ ਹੁੰਦੇ ਨੇ ਤੇ ਨੇ
ਨਸ਼ੇ ਤਾਂ ਬਹੁਤ ਕੀਤੇ ਪਰ ਇਸ਼ਕ ਬਿਨ੍ਹਾਂ ਕੋਈ ਹੱਡਾਂ 'ਚ ਰਚਿਆ ਹੀ ਨੀ
ਜਿੱਥੇ ਆਪਾਂ ਦੋਵਾਂ ਨੇ ਜਾਣਾ ਸੀ... ਮੈਂ ਜਾ ਆਇਆ
ਤੇਰੀ ਪਸੰਦ ਦਾ ਸ਼ਹਿਰ ਕੋਈ ਬਚਿਆ ਹੀ ਨੀ...
ਹਰ ਥਾਂ ਫੋਟੋਆਂ ਤਾਂ ਮੈਂ ਬਹੁਤ ਲੋਕਾਂ ਨਾਲ ਖਿਚਾਈਆਂ
ਪਰ ਸੱਚ ਜਾਣੀ ਤੈਥੋਂ ਬਗ਼ੈਰ ਹੋਰ ਕੋਈ ਮੇਰੇ ਨਾਲ ਜਚਿਆ ਹੀ ਨੀ

- ਮਨਵੀਰ ਸਿੰਘ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਗੱਲ ਪਾਣੀ ਵਾਂਗਰਾਂ, ਸਾਫ਼ ਕਰ ਦੇਵਾਂ... ਉਹਲਾ ਤਾਂ ਕਦੀ,

ਰੱਖਿਆ ਹੀ ਨੀ,...
ਲੱਭਦਾ ਰਿਹਾ ਆਪਣੇ ਜਿਹਾ ਮੈਂ,...
ਪਰ ਤੈਨੂੰ ਕਦੇ
ਤੱਕਿਆ ਹੀ ਨੀ
ਨਸ਼ੇ ਤਾਂ ਬਹੁਤ ਕੀਤੇ ਪਰ ਇਸ਼ਕ ਬਿਨ੍ਹਾਂ ਕੋਈ ਹੱਡਾਂ 'ਚ ਰਚਿਆ ਹੀ ਨੀ
ਜਿੱਥੇ ਆਪਾਂ ਦੋਵਾਂ ਨੇ ਜਾਣਾ ਸੀ... ਮੈਂ ਜਾ ਆਇਆ
ਤੇਰੀ ਪਸੰਦ ਦਾ ਸ਼ਹਿਰ ਕੋਈ ਬਚਿਆ
ਸ਼ਰੀਫ ਕੋਈ ਨੀ ਹੁੰਦਾ ਸੱਜਣਾ
ਇਹ ਸੱਭ ਆਪਣੇ ਆਪਣੇ ਰਾਜ ਹੁੰਦੇ ਨੇ
ਕਈ ਸਾਡੇ ਵਰਗੇ ਬਹਿਫਿਕਰੇ ਬਦਨਾਮ ਹੋ ਜਾਂਦੇ ਨੇ
ਤੇ ਅਗਲਾਵਾ ਵਾਲੀਏ ਦੇ ਚੇਹਰੇ ਤੇ ਨਕਾਬ ਹੁੰਦੇ ਨੇ ਤੇ ਨੇਹੀ ਨੀ...
ਹਰ ਥਾਂ ਫੋਟੋਆਂ ਤਾਂ ਮੈਂ ਬਹੁਤ ਲੋਕਾਂ ਨਾਲ ਖਿਚਾਈਆਂ
ਪਰ ਸੱਚ ਜਾਣੀ ਤੈਥੋਂ ਬਗ਼ੈਰ ਹੋਰ ਕੋਈ ਮੇਰੇ ਨਾਲ ਜਚਿਆ ਹੀ ਨੀ

- ਮਨਵੀਰ ਸਿੰਘ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਅੱਜ ਦੀ ਕੁੜੀ

ਨਾ ਪਤਦੇ ਪਤਾਉਂਦੇ ਆ ਨਾ ਹੱਕੀ ਖਤਦੇ
ਆਪਣੇ ਚਾਵਾਂ ਲਈ ਉਹਨਾਂ ਚਾਅ ਮਰਦੇ

ਸੁਪਨੇ ਨੇ ਰੋਲੇ ਵਿੱਚ ਕਿੰਨੀਆਂ ਨੀ ਬੋਲੀਆਂ
ਘਰਾਂ ਵਿੱਚੋਂ ਧੱਕੇ ਨਾਲ ਉੱਠਦੀਆਂ ਡੋਲੀਆਂ
ਫੁੱਲਾਂ ਨਾਲ ਲੱਦੇ ਰਾੱਬ ਸੋਹਣੇ ਕਿੰਨੇ ਲੱਗਦੇ
ਕਈਆਂ ਦੀਆਂ ਜਵਾਨੀਆਂ ਫੁੱਲਾਂ ਨਾ ਤੋਲੀਆਂ
ਵਿਆਕੇ ਤੋਰੀਆਂ ਦੇ ਖੰਭ ਕਾਟੇ ਜੱਗ ਵੇ
ਚੁੱਪ ਚੁੱਪ ਰਹਿਣ, ਨਾ ਬਹੁਤਾ ਉਹ ਬੋਲੀਆਂ

ਪਸੰਦੀਦਾ ਮਨੁੱਖ ਨਾਲ ਖੁਸ਼ ਰਵੇ ਚੋਰੀ ਚੋਰੀ
ਰਮਜਾਂ ਪਿਆਰ ਦੀਆਂ ਬਾਬਲ ਅੱਗੇ ਨਾ ਫਰੋਲੀਆਂ

ਬੁੱਤ ਜਾਂਦੇ ਵਿਆਹੇ ਨਾ ਰੂਹਾਂ ਨਾਲ ਜਾਂਦੀਆਂ
ਕੁੱਝ ਸਧਰਾਂ ਵਿਚਾਰੀਆਂ ਇਸੇ ਪੱਖੋਂ ਰੋਲੀਆਂ
ਮਾਂ ਨੂੰ ਜੇ ਦੱਸਦਾ ਏਂ ਰੂਪ ਦੂਜਾ ਰਾੱਬ ਦਾ
'ਰਮਨਾ' ਏਨਾ ਵਾਰੀ
ਅੱਖਾਂ ਕਿਉਂ ਨਹੀਂ ਖੋਲੀਆਂ ॥

- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਮੈਨੂੰ ਤੂੰ

ਤੇਰਾ ਇਹ ਜੋ ਖਾਬ ਨੀ ਅਤੀਏ
ਤਿੱਤਲੀ ਨੂੰ ਜਿਉਂ ਗੁਲਾਬ ਨੀ ਅਤੀਏ,
ਤੇਰੇ ਵਿੱਚੋਂ ਸੁਨਹਿਰੀ ਮਿੱਟੀ ਮਹਿਕੇ
ਜਿਉਂ ਦੁਨੀਆਂ ਚੋਂ ' ਪੰਜਾਬ ' ਨੀ ਅਤੀਏ,
ਤੇਰੀਆਂ ਗੱਲਾਂ ਗੋਲ ਨੇ ਕਈ
ਮਿਸਰੀ ਜਿਹੇ ਬੋਲ ਨੇ ਕਈ,
ਤੇਰੀ ਆਵਾਜ਼ ਕੰਨਾਂ ਵਿੱਚ ਇੰਝ
ਜਿਉਂ ਕੋਇਲ ਬੋਲੇ ਨੀ ਅਤੀਏ,
ਜੁਲਫਾਂ ਉਤੋਂ ਤਿੱਲਕੇ ਧੁੱਪ
ਅੱਖਰ ਤੈਨੂੰ ਮਿੱਲਕੇ ਚੁੱਪ,
ਹਾਸੇ ਦਾ ਤੇਰਾ ਮੁੱਲ ਨਾ ਕੋਈ
ਜਿਵੇਂ ਕੋਹੇਨੂਰ ਨੀ ਅਤੀਏ,
' ਰਮਨਾ ' ਲਿੱਖੇ ਗੁਜਲਾਂ ਤੀਕ
ਚੁੜ ਚੁੜ ਬਣਜਾਵੇ ਗੀਤ
ਇੱਕ ਗੱਲ ਬੜੀ ਰੀਜ ਨਾਲ ਲਿਖੇ
ਆਪਣੀ ਮੁਹੱਬਤ ਦੀ ਰੀਤ।

- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਨਕਸ਼ਾ

ਵਿੱਚ ਮੈਦਾਨੇ ਇਸਕ ਦੇ ਮੈਂ ਆਨ ਖੜਿਆ
ਘੁੱਪ ਹਨੁਰੇ ਵਿੱਚ ਮੈਂ ਓਦੇ ਲਈ ਚਾਨਣ ਘੜਿਆ ,
ਫੇਰ ਹੌਲੀ ਹੌਲੀ ਮੈਂ ਉਹਦੇ ਦਿੱਲ ਫ਼#39;ਚ ਉਤਰਿਆ
ਉਤਰ ਕਿ ਮੈਂ ਉਹਦਾ ਸਾਰਾ ਢਾਂਚਾ ਪੜਿਆ ,
ਫੇਰ ਸਿਆਹੀ ਆਪਣੀ ਮੈਂ ਵਰਤਣ ਲਗਿਆ
ਮੈਨੂੰ ਆਖਣ ਲੱਗੀ ਕੀ ਲਿਖਦੈ ਵੇ ਅਤਿਆ ,
ਮੈਂ ਇੱਕੋ ਝਟਕੇ ਵਿੱਚ ਉਹਨੂੰ ਦੱਸ ਹੀ ਦਿੱਤਾ
ਮੈਂ ਤੈਨੂੰ ਪੜ੍ਹਨੇ ਲਈ ਤੇਰੇ ਵਿੱਚ ਸਾਂ ਵੜਿਆ ,
ਆਪਣਾ ਪਾਸਾ ਮੈਂ ਪਹਿਲਾਂ ਹੀ ਲਿੱਖ ਦਿੱਤਾ ਸੀ
ਦੂੱਜੇ ਪਾਸੇ ਵਿੱਚ ਉਹ ਰਮਨੇ ਤੇ ਮਰਿਆ ,
ਇਨ੍ਹਾਂ ਖੁੱਬ ਗਿਆ ਸਾਂ ਮੈਂ ਉਹਦੇ ਅੰਦਰ
ਮੁੜਕੇ ਬਾਹਰ ਆਉਣ ਦਾ ਮਨ ਨੀ ਕਰਿਆ ॥

- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਮਾਡਰਨ ਜ਼ਮਾਨਾ

ਅੱਜ ਦੀਆਂ ਧੁੱਪਾਂ ਨੇ ਛਾਵਾਂ ਲੁੱਟ ਲਈਆਂ
ਏਸੀਆਂ ਨੇ ਠੰਡੀਆਂ ਹਵਾਵਾਂ ਲੁੱਟ ਲਈਆਂ ,
ਬਿਰਖਾਂ ਤੇ ਖਾਲੀ ਪਏ ਆਲੁਣੇ ਨੇ ਝਾਕਦੇ
ਖੌਰੇ ਕੋਇਲਾਂ ਅੱਜ ਦੀਆਂ ਕਾਂਵਾਂ ਲੁੱਟ ਲਈਆਂ ,
ਸੁੰਨੇ ਪਏ ਨੇ ਬਨੇਰੇ ਨਾ ਹੋਕਾ ਦੇਵੇ ਆਣਕੇ
ਫੂਨ ਨੇ ਕਾਂਵਾਂ ਦੀਆਂ ਸਲਾਹਵਾਂ ਲੁੱਟ ਲਈਆਂ ,
ਭੋਰਾ ਭੋਰਾ ਕਰਕੇ ਸੱਭ ਠੱਗ ਲਿਆ ਉਹਨੇ
ਦਿੱਤੀਆਂ ਉਧਾਰੀਆਂ ਸਾਹਵਾਂ ਲੁੱਟ ਲਈਆਂ ,

ਰੁਲ ਗਈ ਜਵਾਨੀ ਮੇਰੀ ਤੇਰੇ ਤੱਕ ਆਉਂਦਿਆਂ
ਅੱਜ ਦੇ ਸਮੇਂ ਨੇ ਮੇਰੀਆਂ ਰਾਹਵਾਂ ਲੁੱਟ ਲਈਆਂ ॥

- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਆਪਣਾ - ਆਪਣਾ

ਕੀ ਹੈ ਖੌਰੇ ਇਸ ਸੰਸਾਰ ਅੰਦਰ
ਕਿਉਂ ਇਧਰ ਉਧਰ ਭੱਜਦਾ ਹੈ ,
ਕਈਆਂ ਦੇ ਨੱਖਰੇ ਉੱਚ ਬੜੇ
ਕੋਈ ਦੇਖ ਕੇ ਅੰਨ ਨੂੰ ਰੱਜਦਾ ਹੈ ,
ਕਈਆਂ ਦੀ ਇੱਥੇ ਮਰਜ਼ੀ ਚੱਲੇ
ਕੋਈ ਮਜ਼ਬੂਰ ਹੋਕੇ ਸੱਜਦਾ ਹੈ ,
ਕਿਵੇਂ ਰਾਵੀ ਤੇ ਕਿਵੇਂ ਚਨਾਬ ਲਿਖਾਂ
ਲੁੱਚਿਆਂ ਦਾ ਦਰਿਆ ਜੋ ਵੱਗਦਾ ਹੈ ,

ਕਿਸੇ ਪੱਧਰੇ ਰਸਤੇ ਪਾ 'ਅੱਲਾਹ'
ਇੱਥੇ ਹਰ ਕੋਈ ਵਿੱਚ ਵੱਜਦਾ ਹੈ ,
ਹਰ ਕੋਈ ਦੇਵੇ ਮੱਤ ਜਿਉਣ ਦੀ
ਪਰ ਵਿਚਾਰ ਨਾ ਕੋਈ ਚੱਜਦਾ ਹੈ ,
ਚੰਗੇ ਕੰਮਾਂ ਨੂੰ ਪਹਿਲ ਕਰ ਬੰਦਿਆ
ਕਿਉਂ ! ਲੋਕਾਂ ਤੋਂ ਕਿਉਂ ਧੱਜਦਾ ਹੈ ,
ਪੱਥਰਾਂ ਵਿੱਚ ਰੱਬ ਨੂੰ ਛੱਡ ਕੇ 'ਰਮਨਾ'
ਦੱਸ ਕਿਉਂ ਬੰਦਿਆ 'ਚੋ ਰੱਬ ਲੱਭਦਾ ਹੈ ॥

- ਰਮਨ ਦੰਦੀਵਾਲ
ਬੀ ਏ ਭਾਗ ਦੂਜਾ

ਨਾਂ

ਕੋਲਿਆ ਗੁਮਾਨ ਏ ਤੈਨੂੰ ਆਪਣੇ ਰੰਗ ਦਾ
ਕੁੱਤੀ ਦੇ ਲੇਖਾਂ ਨਾਲ ਸ਼ਰਤ ਲਗਾ ਕੇ ਦੇਖ
ਤੂੰ ਮਘਦਾ ਮਘਦਾ ਸੇਕ ਦੇਵੇਂ
ਉਹਦੇ ਹਉਕੇ ਤੂੰ ਅਜਮਾਕੇ ਦੇਖ
ਦਿਲ ਖੁਸ਼ ਤੇ ਹੱਸਣਾ ਸਭ ਜਾਣਦੇ ਨੇ
ਦੁਖ ਦਬਾ ਕੇ ਕਦੇ ਮੁਸਕਰਾ ਕੇ ਦੇਖ
ਅੰਦਰੋਂ ਬਾਹਰੋਂ ਤੇਰਾ ਏ ਰੂਪ ਇਕੋ
ਦੋਹਰੀ ਜਿੰਦਗੀ ਕਦੇ ਹੰਢਾ ਕੇ ਦੇਖ

- ਰੂਪਨ ਕੌਰ ਉੱਪਲ
ਬੀ ਏ ਭਾਗ ਪਹਿਲਾ



Science —
Section

Editorial

One of the most pious relationships is shared by the teacher and the taught. This relationship is based upon the trust that the teacher will provide valuable information to the students and the students will imbibe the information and use it for the benefit of the society. There are numerous checks which ensure that teaching learning process and personality development of the students is of proper order. In this regard, one such check is in the form of College Magazine, Tyagmurti. Here, the students are given a chance to open up their mind and bring to the fore some undiscussed, undiscovered and challenging realms of either their own subject in specific or education system as a whole.



As we know education system is changing fast with introduction of NEP 2020. Now, it has been understood that education taken up by the students is not only for developing personalities, but also to generate employment. Moreover, it also demands that curriculum should be designed based upon needs of industry. Therefore, students should be trained so that they are able to get employment immediately after finishing their studies.

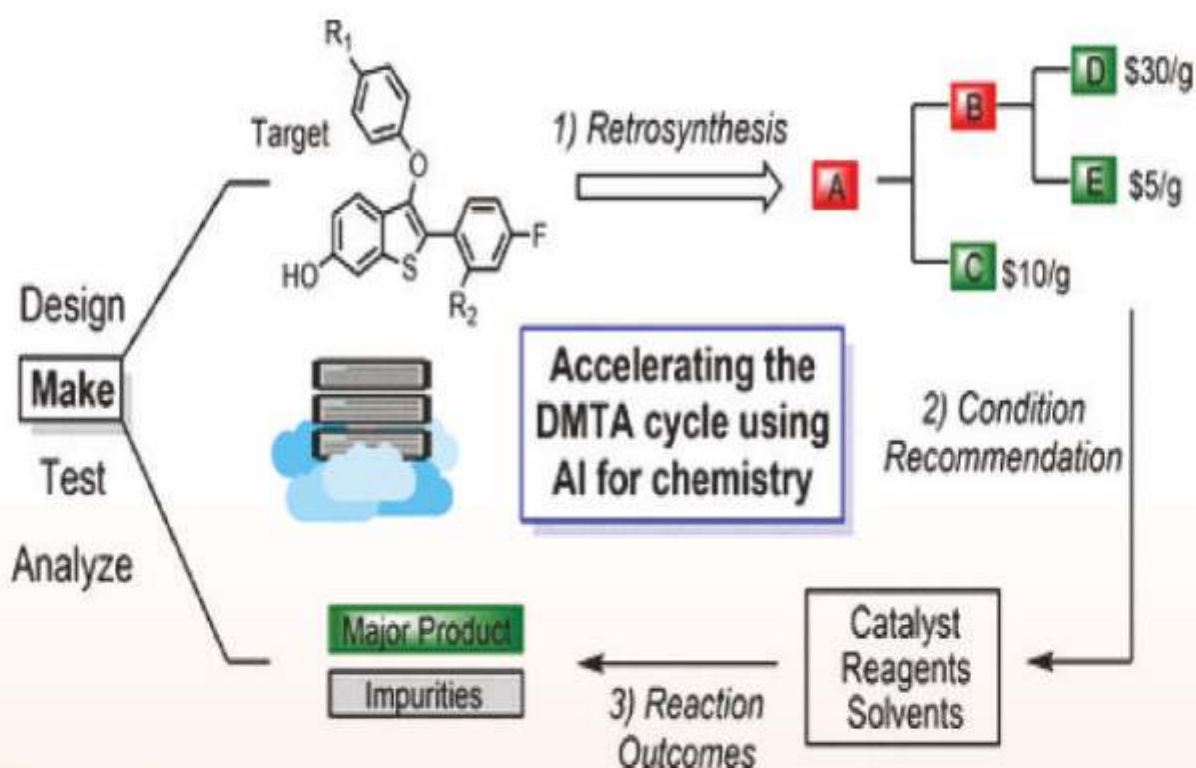
The students of this college have covered beautifully all different aspects of life and penned their views in our college magazine. I thank all my students for providing different flavours in our single manuscript i.e. Science Section of Tyagmurti.

- Dr. Shweta Wadhavan
Editor, Science Section



Role of AI in Medicinal Chemistry

The use of Artificial intelligence (AI) in medicinal chemistry has gained great attention in recent years as a potential means of revolutionizing the pharmaceutical industry. In the 1970s AI applications were first used to help with biomedical problems. One of the key applications of AI in medicinal chemistry is the prediction of the efficacy and toxicity of potential drug compound. It is now often used in combination with the virtual screening of millions of compounds to speed up potential hit selection. Artificially intelligent computer systems are used extensively in medicinal sciences. Common applications include diagnosing patients, end to end drug discovery and development, improving communication between physician and patient, transcribing medical documents, such as prescriptions, and remotely treating patients.



- Harpreet Kaur
M.Sc. I (Applied Chemistry)

Anxiety among College Students

Anxiety among college students is a common issue nowadays. The beginning of college life comes with academic pressures, social challenges, and newfound responsibilities. All this can contribute to increase in anxiety. It's important for students to seek support from counsellors, professors, and peers if they're experiencing anxiety. You should eat well, get enough sleep, be physically active, and take time to relax. Practicing stress management techniques and maintaining a healthy lifestyle can help alleviate symptoms. Paying more attention to the present moment can improve your mental wellbeing.

If you or someone you know is struggling with anxiety in college, consider reaching out to Campus mental health services for assistance and visit psychologist and certain other mental health professionals. Our anxiety does not come from thinking about the future, but from wanting to control it so let's live in the moment and go with the flow while giving our best.

- Parul

M.Sc. I (Applied Chemistry)

The Long Future of Nuclear Waste

As in 1956 in UK the first nuclear power station was opened and stayed operational for 47 years. It was the first to produce electricity for domestic use but in 1986 the Chernobyl accident made things paused. It was dark year for the technology. Nuclear power once accounted for 31 % of the country electricity but by 2015 that number was zero. But not everyone gave up on nuclear power, despite Chernobyl and many countries like France and Sweden held investment in the technology and that's why until today on global scale nuclear power generation kept increasing.



- Shagun Puri

M.Sc. I (Applied Chemistry)

The Symbiotic Relationship between Pharmacy and Biotechnology

The fields of pharmacy and biotechnology are inextricably linked, with a symbiotic relationship that has transformed the pharmaceutical landscape. Biotechnology, the manipulation of biological systems for practical applications, has significantly influenced the development, production, and efficacy of pharmaceuticals. In this article, we delve into the dynamic interplay between pharmacy and biotechnology and how it has revolutionized the world of medicine.

- **BIOTECHNOLOGY: A Catalyst for Drug Discovery:** Biotechnology has been a game-changer in drug discovery. Advances in genomics, proteomics, and molecular biology have provided researchers with a deep understanding of the molecular basis of diseases. This knowledge is harnessed to identify novel drug targets and design more effective pharmaceutical compounds.
- **BIOPHARMACEUTICALS: A Biotech-Powered Revolution:** The emergence of biopharmaceuticals exemplifies the synergy between pharmacy and biotechnology. Biotech-derived drugs, such as monoclonal antibodies, vaccines, and gene therapies, have redefined treatment options for various diseases. These complex molecules are often produced through genetic engineering techniques, marking a departure from traditional small-molecule drugs.
- **PERSONALIZED MEDICINE: Where Biotech Meets Pharmacy:** Pharmacy and biotechnology are at the forefront of personalized medicine. Genetic profiling and molecular diagnostics allow healthcare providers to tailor treatments to individual patients. This approach not only enhances therapeutic outcomes but also minimizes adverse effects, maximizing the benefits of pharmaceutical interventions.
- **PRODUCTION ADVANCEMENTS: Biotech Impact on Manufacturing:** Biotechnology has revolutionized drug manufacturing. Bioprocessing techniques, such as cell culture and recombinant protein production, have improved the scalability and efficiency of pharmaceutical production. This

has led to increased access to life-saving medications on a global scale.

- **REGULATORY CHALLENGES AND ADVANCEMENTS:** The evolving relationship between pharmacy and biotechnology has brought about regulatory challenges. Regulatory agencies worldwide have adapted to ensure the safety and efficacy of biopharmaceuticals. Collaboration between scientists, regulators, and pharmaceutical companies is crucial to navigate this complex landscape.

CONCLUSION: The relationship between pharmacy and biotechnology is at the heart of modern medicine progress. Biotechnology fuels drug discovery, ushers in biopharmaceutical revolutions, enables personalized medicine, enhances drug production, and presents new regulatory challenges. As these two fields continue to intertwine, they will undoubtedly drive innovations that benefit patients and push the boundaries of what is possible in healthcare. The synergy between pharmacy and biotechnology represents a dynamic force shaping the future of medicine.

- **Dikshant**
M.Sc. (Applied Chemistry)

Pharmacology: Riding Wave of A Booming Industry

Pharmacology, the science of studying drugs and their interactions with living organisms, has experienced an unprecedented boom in recent years. This remarkable growth can be attributed to a convergence of factors, including technological advancements, increased funding, and a growing global demand for innovative healthcare solutions. In this article, we will explore why pharmacology is currently thriving and how it is shaping the future of medicine and healthcare.

TECHNOLOGICAL ADVANCEMENTS: One of the primary drivers behind pharmacology's boom is the rapid advancement of technology. Cutting-edge tools such as high-throughput screening, computational modelling, and precision medicine techniques have revolutionized the drug discovery and

development process. These technologies allow researchers to identify potential drug candidates more efficiently and accurately, reducing both time and costs associated with drug development.

PERSONALIZED MEDICINE: Pharmacology has played a pivotal role in the rise of personalized medicine. With advancements in genomics and molecular biology, healthcare providers can tailor treatments to individual patients based on their genetic makeup and specific disease profiles. This shift towards personalized therapies has not only improved patient outcomes but also created a substantial market for pharmacological innovations.

BIOTECHNOLOGY AND IMMUNOTHERAPY: The pharmaceutical industry has witnessed a surge in biotechnology and immunotherapy research. Biotech companies are developing cutting-edge therapies like gene editing, monoclonal antibodies, and cell-based treatments. These breakthroughs have opened new avenues for treating previously incurable diseases, further driving the growth of pharmacological research and development.

GLOBAL HEALTHCARE CHALLENGES: The COVID-19 pandemic highlighted the critical importance of pharmacology in addressing global healthcare challenges. The rapid development and distribution of vaccines showcased the industry's ability to respond swiftly to emerging threats. This experience has spurred investment in pharmaceutical research and innovation, positioning the field for continued growth in the face of future healthcare crises.

CONCLUSION: Pharmacology is undeniably in the midst of a significant boom, driven by technological advancements, personalized medicine, biotechnology breakthroughs, global healthcare challenges, substantial investments, and a growing demand for innovative treatments. As the industry continues to evolve, it will undoubtedly shape the future of medicine and healthcare, offering hope for patients and fostering economic growth worldwide. This is a testament to the enduring importance of pharmacology in improving human health and quality of life.

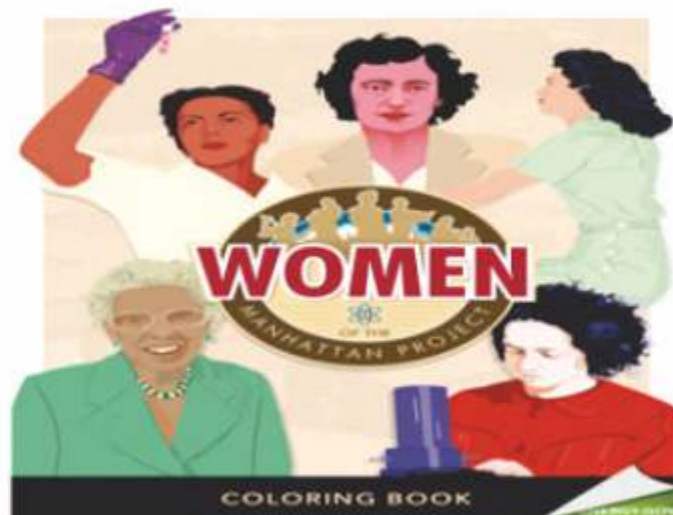
- **Tanvi Choudhary**
M.Sc. I (Applied Chemistry)

Women Behind The Manhattan Project

After the release of the movie Oppenheimer by Christopher Nolan, everyone has been so fascinated by physicist Robert J. Oppenheimer and his work. It can be said without a doubt that he holds a very important and prestigious position in science and world history making the title 'father of atomic bomb' fully justified. Despite the mention of a very few female scientists I feel like the roles and work of women in the Manhattan project was highly neglected in the movie. Did you know several hundred women worked on the Manhattan project as scientists, mathematicians, engineers, and technicians? At Los Alamos alone 640 active working women were present. The most famous woman who worked on the Manhattan project was Maria Goeppert Mayer. She was German born American physicist. During World War II she worked on isotope separation at Columbia University and further worked with Edward Teller at Los Alamos laboratory.

Did you know Maria Mayer was the female scientist who proposed the nuclear shell model of atomic nucleus along with Hans Jensen in 1949?

Another female scientist was Dr. Lilli Hornig who was a Czech American Chemist. She is mentioned in the movie too. In the Manhattan project she worked as a staff member in plutonium chemistry but when it was found that plutonium is hazardous, she worked in high explosive lenses. Women have been playing equally important role as men. It's time we give them the recognition they highly deserve and honour their contribution to the world.



- Mittali Singh
B.Sc. II

Bio Edible Plastic: A Solution

Plastic pollution is a global crisis that demands some innovative solutions. As we know that most of the countries are facing many difficulties related to plastics as it is non-biodegradable and causes harm to nature and wildlife. Even some scientists have tried very well to overcome the challenge of plastic by using it in making roads or in astronomical works. Bio edible plastic is also a great response against it as it is only less harmful for environment even though it offers a range of applications in various industries. In recent years, natural polymers such as starch have been widely considered as alternatives to plastics derived from petroleum derivatives in the production of packaging films. Bio plastics are those plastics which are derived from some natural sources such as corn, starch, biomass, sugarcane etc. As the name suggests the bio plastics are entirely or partially bio degradable. So, these are less harmful for the environment. The main aim is the making of bio edible plastic is for the packaging of some food substances such as the toffee wrappers etc. Apart from the packaging, it represents an exciting and eco-friendly innovation against the plastic pollution. Addition of tulsi and carrot powder can add medicinal benefits to a bio-edible plastic and it will be even better for human consumption. There are even some challenges regarding this such as the consumer acceptance, scalability, and the wages. In conclusion it is the best way to control the land pollution in the environment and a great idea for the food packaging industry.

- **Kushagar**
B.Sc. Med II

Story of Doctor in COVID-19 Pandemic

When I die in a battlefield...covid hospital

Box me up and send me to a cemetery

Put my stethoscope on my chest

And tell my mom that I did my best.

Tell my father not to bow he will never get tension from me now.

Tell my brother and sister to study hard and not to be upset as their sister will take a long sleep after sunset.

Tell my all dear ones that I saved many but failed to save myself.

- **Shivangi Ratwan**
B.Sc. 2nd Year (IMB)

Aditya-L1 Mission

One of the most important missions undertaken by the Indian Space Research Organization (ISRO) to unravel the mysteries of the solar system is the Aditya-L1 mission. The mission, named after the sun god in Hindu mythology, aims to explore the sun, the closest star to the Earth. Aditya-L1 represents a breakthrough in solar science and space exploration and has the potential to improve our understanding of the Sun's behaviour and its impact on Earth.

MISSION OBJECTIVES

The Aditya-L1 mission has three primary objectives:

- 1. STUDY THE SOLAR PHOTOSPHERE:** The photosphere is the Sun's visible surface layer, and Aditya-L1 will observe it to understand its various features and dynamics. This includes investigating sunspots, which are temporary dark spots on the Sun's surface indicative of intense magnetic activity.
- 2. OBSERVE THE SOLAR CHROMOSPHERE:** Above the photosphere lies the chromosphere, a region of the Sun's atmosphere where temperatures rise dramatically. This mission will help scientists study this layer in detail, enabling insights into the Sun's energy transfer processes.
- 3. ANALYSE SOLAR CORONAL MASS EJECTIONS (CMES):** CMEs are massive bursts of solar wind and magnetic fields that can disrupt satellite communications, navigation systems, and power grids on Earth. Aditya-L1 will monitor and study these phenomena, contributing to early warnings of potential space weather hazards.

INTERNATIONAL COLLABORATIONS

The study of the Sun is a global endeavour, and Aditya-L1 is no exception. ISRO has partnered with several international space agencies and organizations to share data and collaborate on research related to the Sun. This collaborative approach fosters the exchange of knowledge and ensures a broader understanding of solar science.

- Nishthaa

B.Sc. Biotechnology (2nd Year)

Head And Neck Squamous Cell Carcinoma (HNSCC) And Cornulin Protein

Head and neck squamous cell carcinoma (HNSCC) is a mucosal epithelium cancer which occurs in the oral cavity, pharynx, larynx and other parts of the head and neck. It is of two types (1) HPV positive (2) HPV negative. HPV positive is caused by Human papilloma virus. Major cases of HPV positive HNSCC are found in western countries, it can be completely treated with the help of vaccination. This type of HNSCC mainly occurs in the pharynx. Whereas, HPV negative HNSCC occurs due to alcohol and tobacco consumption. Major cases of HPV negative HNSCC are found in Eastern countries. This type of HNSCC mainly occurs in larynx and oral cavity. Various researchers are working on the discovery of biomarkers of HNSCC. Recently a new protein that belongs to a fused gene family called Cornulin has been found. It is located on chromosome 1q21.3 and this protein encodes 495 amino acid long proteins. EF hand motif is present on the N terminal of cornulin, it is a calcium binding motif of 90 amino acid as well as two repeated sequences of 60 amino acids. It has been found that Cornulin has high glutamine content (14.6%). Cornulin has a role in other skin diseases such as eczema as its level is up regulated and down regulated in psoriasis and eczema respectively. It has a role in G1/S cell cycle arrest at the time of stress. Recently, researchers are trying to find the therapeutic value of cornulin and its importance as a biomarker of HNSCC, as concentration of cornulin decreases in HNSCC. There is still a lot to find out about cornulin-like importance of EF hand motif in working Cornulin, metabolic pathway of cornulin that it goes through inside the cell and how it interacts with other biomolecules.

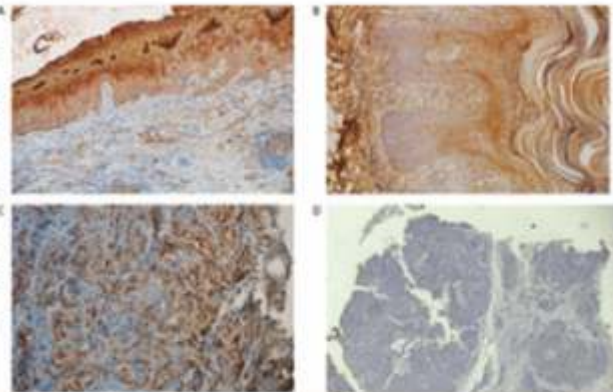


Figure : Immuno histochemical staining of human epithelial specimen For Cornulin expression in (A) normal squamous epithelial tissue (strong Cornulin staining $\times 20$). (B) Psoriasis tissue (strong Cornulin staining in stratum spinosum $\times 40$). (C) Well-differentiated squamous cell carcinoma tissue (moderate Cornulin expression $\times 4$). (D) Poorly differentiated squamous cell carcinoma tissue (NO Cornulin expression $\times 10$).

- **Bhumika Gangi**
B.Sc. 2nd Year (Medical)

Needle Free Vaccines

As long we all have known, vaccines have been an important part of our life and vaccines mean needles which are of course a thing that people do not like much. Imagine if needles are replaced by puffs of air, how fun and convenient getting a vaccine could be. Jeremiah Gassensmith, a bioengineering student at the University of Texas at Dallas at first decided to build a gene gun which were used in agriculture at the time of the pandemic but came up with an air-based vaccine system. The technology is quite good to be true and it includes blasting carbon dioxide through the skin. The gas carries a powder made of tiny bits of vaccine wrapped in metallic crystals and the best part is that this powder needs not to be refrigerated. Then the bits of vaccine will enter the bloodstream and that's it. According to Gassensmith, he tested it out on his own arm and it felt like being shot with a nerf dart this was not painful at all. This device at present has gone through many updates now. Scientists have been researching about how fast the tiny capsules of vaccine can enter the bloodstream. If carbon dioxide is being used, the process will be much faster than plain air. But vaccines work much better if released slowly but in the case of some other medicines like insulin, the process must take place much faster for the help of diabetic patients so this research is being done for the betterment of the device. This invention could be a great help in providing vaccines easily, fastly and as the device transfers the drug without touching the bloodstream, it could widely reduce the risk of infections and diseases.



- Jashanpreet
B.Sc. II

Climate Change

One of the hottest topics around the globe today is "Climate Change" which is creating threat to our life on Earth. Climate change is referred to as the unfavourable changes in the environment and its impacts on the living organisms on the planet. Climate change and global warming has resulted in making the climate of Earth warmer over the last two million years. The absurd increase in the atmospheric temperature is leading to various drastic changes in the planet, for example shifting of season and increasing their duration. Deforestation, the burning of fossil fuels, and other human activities like overfishing, rising number of vehicles are the most important reasons for global warming, which causes a great change in the climate. Forest fire, intense rainfall, melting of the glaciers, drought, rising sea levels, catastrophic storms, declining biodiversity etc. are horrific climate changes brought around by global warming. Global warming must be prevented sooner to live a peaceful and healthy life. Afforestation needs to be practised, and the exploitation of the existing natural resources must be immediately slowed down. Climate change and global warming are some severe affairs that demand recognition so that the planet Earth can heal.



- Shivangi Ratwan
B.Sc. 2nd Year (IMB)

The Solar Mission

Recently, on September 2, 2023 the Indian Space Research Organization (ISRO) has launched its first solar mission "ADITYA-L1". Aditya in Sanskrit means 'sun', as the name suggests "ADITYA-L1" is the satellite which is dedicated to study the sun. It will stay approximately 1.5 million km away from earth (at the L1 point). L1 refers to Lagrange Point of the Sun-Earth system, the point in space where the gravitational forces of two celestial bodies are in equilibrium. Since, the gravitational pull here is almost equals to zero, so an object can be made to stay here. Aditya-L1 will neither land on the sun nor approach the sun any closer. It will only study the outer atmosphere of the sun. It will take about four months for the satellite to reach its destination. It will be placed in a halo orbit around the Lagrange point (L1) of the Sun-Earth system. Movement in the halo orbit around L1 point will let the satellite to continuously observe the Sun without any occupation/eclipses. Because of this, the scientists would be able to observe the solar activities and its effect on space weather in real time. The major science objectives of Aditya-L1 mission are: Study of solar upper atmospheric (chromosphere and corona) dynamics, study of chromosphere and coronal heating, physics of the partially ionized plasma, and initiation of the coronal mass ejections, and flares. It will also observe the in-situ particle and plasma environment providing data for the study of particle dynamics from the Sun.



- Varishtha Jain
M.Sc. I (Applied Chemistry)

Brain: The Most Fascinating and Incredible Part of The Human Body

Human brain is both mysterious and beautiful.

Did you know that the brain changes constantly through a process known as neuroplasticity?

But what is neuroplasticity and how does it work?



Through neuroplasticity, the brain can modify its connections and consistently change the structure and functions itself. Neuroplasticity is also known as neural plasticity or brain plasticity. It is one of the most important and intricate process. Without it, we would not be able to do such things like forming new memories, learning, creating etc. There are approximately 100 billion cells called neurons which form the grey and white matter in our brain. Each neuron is linked to thousands of other neurons. Together they form network and communicate with other through connections called synapses.

Human brain goes through a lot of changes gradually, which can reflect in the behaviour of people. Throughout life, experiences continually shape human brains, thanks to brain plasticity.



- Sunidhi
B.Sc. II

10 Greatest Scientific Discoveries and Inventions of 21st Century

Robotic Body Parts

Through the help of biomechanics and engineering, scientists from University of Twent have devised robotic body parts like robotic arms that can aid those individuals affected by Duchenne muscular dystrophy. This will allow patients to amplify residual function in the arm. They also applied Darpa's Revolutionizing Prosthetics project of creating prosthetics for wounded US military personnel, in developing robotic limbs. Today, scientists are studying the viability of making these robotic body parts or exoskeletons controlled by the mind to help disabled individuals, survivors of stroke and elderly people.

For the past centuries, there have been countless developments and advancements in the world. Scientists and researchers have continued to discover new things and expand our understanding and knowledge of the natural phenomena happening around us. In the 21st century, there are thousands of scientific breakthroughs. These have helped in improving our way of living while some are the key to greater innovation in the future. In this article, we ranked the greatest scientific discoveries and inventions of the 21st century.

Detection of Gravitational Waves

Albert Einstein first predicted in his theory of relativity that time travel will be possible. Now, it has been proven by the recent findings. The LIGO project based in the United States has detected gravitational waves that could allow scientists to develop a time machine and travel to the earliest and darkest parts of the universe. This was the first time that the witnessed the "ripples in the fabric of space-time".

Evidence of Water on Mars

The National Aeronautics and Space Administration confirmed last September 2015 that there is evidence proving the existence of liquid water in Mars. Using the imaging spectrometer of NASA'S Mars Reconnaissance Orbiter (MRO), scientists detected hydrated salts in different locations on Mars. During the warm season, the hydrated salts darken and flow downsteep. However,

they fade in cooler seasons. The detection of hydrated salts means that water plays a vital role in their formation.

T. Rex Tissue

Palaeontologists have discovered partially fossilized and decomposing femur of a Tyrannosaurus rex which was believed to be 70 million years old. Mary Higby Schweitzer of North Carolina State University found flexible and out transparent vessels. This soft tissue discovered is preserved because of the iron between the leg bones. The T. Rex tissue is very essential in determining the physiology of dinosaurs and to study its cellular and molecular structures. They have found out that dinosaurs are closely related to big birds, like the ostrich.

Advancement in HIV Cure

According to HIV.gov, there are over 36.7 million people worldwide living with HIV/AIDS, out of which 1.8 million are children. HIV/AIDS remains to be one of the deadliest diseases in the world. On the other hand, HIV treatment has been available in Germany for more than two decades already. Antiretroviral therapy allows HIV/AIDS patients to live longer. However, no definite cure has been still discovered. In 2007, Dr. Gero Hutter was the first one to successfully cure an HIV/AIDS patient named Timothy Ray Brown by transplanting bone marrow from an HIV-immune patient.

Existence of Dark Matter

In 2006, a team of researchers has found evidence that proves the existence of dark matter. They inferred the presence of dark matter by measuring the bullet clusters or the location of mass in the collision of galaxies. According to Maxim Markevitch of the Harvard-Smithsonian Centre for Astrophysics in Cambridge, the dark matter can be proven by the bulk of visible matter in the clusters that have been disconnected to the rest of the mass. According to NASA, it is still a complete mystery. What they can prove for now is that 68% of the universe is composed of dark energy.

Sequencing Genome of Cancer Patient

In 2003, scientists completed the sequencing of the human genome or genetic blueprint that points out the mutations leading to cancer. It took three



years for them to finish drafting the three billion letters that compose the human DNA. The Human Genome Project helped scientists in treating a deadly type of skin cancer and understanding the genes involved in leukaemia, eczema, and diabetes. Now, cancer genome sequencing is integrated into medical care facilities. It characterizes and identifies DNA or RNA sequences of cancer cells.

Creation of Human Organs

Stem Cell research has paved the way to greater access to organs, instead of waiting for donors or taking harsh medications. Scientists from Massachusetts General Hospital and Harvard Medical School have discovered how to regenerate the function of human heart tissue through adult skin cells. Through stem cells, humans can grow another organ. This is associated with the regenerative nature of living organisms. Recently, various researches all around the world enables growing fallopian tubes, heart, brain, lung, and kidney, among others through stem cells.

- Prerna Sharma
B.Sc. II

Green Flash

A green flash is an optical phenomenon that occurs right after sunset or right before sunrise. The word “flash” refers to the sudden appearance of a green colour which stays for a brief duration, usually lasting about a second or two at moderate latitudes. Usually, the effect is very subtle, but occasionally the result is intense. The green flash is not that common and is visible only if the sun is rising or setting on a clear, unobstructed, and low horizon.

Green flashes occur because the Earth’s atmosphere acts like a weak prism to refract (bend and spread out) sunlight into a spectrum of individual colours - red, orange, yellow, green, blue and violet. Red has the longest wavelength and Violet has the shortest. Therefore, Blue and violet light are refracted the most and red light is refracted the least. This scattered blue light is the reason the sky appears blue. During the day, the Sun’s disk is fully visible above the horizon and so, the different colours of light rays overlap to the extent where each individual colour cannot be seen by the naked eye. During sunrise or sunset, the sun is at the horizon and light travels a longer distance than it does during the day, hence only the red component of light reaches our eyes, causing the sun to appear red at these times.

As the sun starts to slip below the horizon, the colours of the spectrum disappear one at a time, red rays sliding below the horizon first. In general, therefore, the red image of the Sun disappears first, followed by yellow, green, blue and violet. So, at sunset (or sunrise), the refractive delay of the sunset is usually a second or two longer for blue and violet than for red. At an instant when the other wavelengths have just slipped below the horizon, we observe a green flash. The violet and the blue colours do not reach the eye of the observer as they are refracted by air molecules in all directions and green is the last colour seen at sunset. Hence, the momentary green flash! It is possible to observe this phenomenon only when the sky is clear and stable. On very rare occasions, with particularly clear air, enough of the blue or violet light rays make it through the atmosphere, causing even a blue flash to be visible.

At sunset, the colour usually goes from red or orange to green or blue. At sunrise, the process is reversed, and a green flash may occur as the top of the sun peeks above the horizon.

- **Purna Sharma**
B.Sc. II

"Revolutionizing Quantum Mechanics with Entanglement: Insights from The Nobel Prize in Physics 2023"

The 2023 Nobel Prize in Physics was awarded to three physicists, Alain Aspect, John F. Clauser, and Anton Zeilinger, for their groundbreaking research in quantum mechanics and in particular for their experiments that tested the boundaries of the physical law called "locality."

Aspect, Clauser, and Zeilinger's work proved that particles that have a connection, or "entanglement," can maintain that connection even when they are separated by a large distance. This work contradicts the notion of "locality," which states that an object's properties can only be influenced by its immediate surroundings.

Their experiments showed that when two particles are entangled, if you perform a measurement on one of the particles, the other particle's state is instantly affected, even if it is separated by a large distance.

This discovery has far-reaching implications in the fields of quantum computing and quantum information, where researchers are working to develop new technologies that could have applications in cryptography, communication, and computing.

The Nobel Prize in Physics is one of the greatest honours in the scientific world, recognizing researchers for their outstanding contributions to their field. The award comes with a cash prize of \$1.1 million, which is shared equally among the recipients.

Congratulations to Alain Aspect, John F. Clauser, and Anton Zeilinger for their incredible work in pushing the boundaries of our understanding of quantum mechanics and demonstrating the strange properties of entangled particles.

- **Ramneek Sidhu**
B.Sc. II

White Holes: A Cosmic Enigma

Introduction

In the vast expanse of the cosmos, our understanding of the universe continually evolves as we uncover new mysteries and phenomena. One of the most intriguing and perplexing concepts in astrophysics is that of white holes. Unlike their well-known counterparts, black holes, white holes remain shrouded in mystery, with many questions yet to be answered. In this essay, we will explore the fascinating and enigmatic world of white holes, their theoretical existence, potential characteristics, and the implications they hold for our understanding of the universe.

Definition and Theoretical Existence

White holes are theoretical objects that are the antithesis of black holes. While black holes are known for their ability to trap everything, including light, due to their immense gravitational pull, white holes are believed to repel matter and energy, ejecting them outward. The concept of white holes emerges from the mathematics of general relativity, a theory proposed by Albert Einstein. General relativity describes the warping of space-time due to the presence of massive objects, and it predicts the existence of black holes. Theoretical existence of white holes is rooted in mathematical equations, but they have not been directly observed or confirmed by astrophysical evidence. Some physicists argue that white holes could be a natural consequence of black hole formation, appearing as the "other end" of a hypothetical wormhole, which connects two separate points in space-time. However, the existence of stable wormholes and white holes remains speculative and challenging to prove.

Characteristics of White Holes

White holes, if they exist, would possess unique characteristics that set them apart from other celestial objects. Here are some of the theoretical characteristics associated with white holes:

- 1. Repulsion of Matter:** Unlike black holes, which attract matter and light with their intense gravitational pull, white holes are theorized to expel matter and energy. Anything that approaches a white hole may be ejected at high speeds, making them seemingly impossible to approach or study closely.

2. Reverse Time Arrow: White holes are also associated with the reversal of the flow of time. In the vicinity of a white hole, the arrow of time is believed to point outward, which challenges our fundamental understanding of time and entropy.

3. High Energy Emission: Some theoretical models suggest that white holes might emit extremely energetic particles and radiation, similar to the way black holes emit Hawking radiation. This high-energy emission could potentially be detectable from a distance.

Implications and Unanswered Questions

The existence of white holes, if confirmed, would have profound implications for our understanding of the universe. They could potentially help solve some of the most pressing questions in physics, such as the unification of general relativity and quantum mechanics. Additionally, they might be connected to the concept of wormholes, which could open up possibilities for faster-than-light travel and exploring other regions of the cosmos.

However, many questions and challenges remain. The primary challenge lies in the lack of empirical evidence for white holes. To date, no observational data or experiments have definitively confirmed their existence. This leaves us with the need for more advanced technology and innovative theoretical frameworks to study these enigmatic objects.

Conclusion

White holes represent one of the most intriguing and mysterious concepts in astrophysics. They are the theoretical counterparts to black holes, repelling matter, and energy rather than trapping them. While white holes remain of theory, their potential existence holds profound implications for our understanding of the universe, including time, space, and unification of fundamental forces. As we continue to push the boundaries of astrophysics and technology, the enigma of white holes may one day be unravelled, shedding light on the hidden secrets of the cosmos.

- Aryan Singh
B.Sc. II

Black Holes

Black holes are fascinating astrophysical phenomena, and there has been extensive research on them. Here are some key points:

Formation: Black holes are formed from massive stars that collapse under their own gravity. The process depends on the star's mass, with more massive stars forming black holes.

Types of Black Holes: There are primarily three types of black holes: stellar-mass black holes, intermediate-mass black holes, and supermassive black holes found at the centres of galaxies.

Event Horizon: The event horizon is the boundary around a black hole beyond which nothing, not even light, can escape. It's a critical concept in black hole physics.

Hawking Radiation: Stephen Hawking proposed that black holes can emit a form of radiation due to quantum effects near the event horizon. This phenomenon is known as Hawking radiation.

Black Hole Information Paradox: The fate of information that falls into a black hole has been a subject of intense debate. Some theories suggest that information may be preserved, while others argue that it is lost forever.

Gravitational Waves: The detection of gravitational waves in 2015 provided a new way to study black holes. LIGO and Virgo collaborations have observed mergers of binary black hole systems.

Supermassive Black Holes: Researchers study the role of supermassive black holes in the evolution of galaxies and their connection to quasars and active galactic nuclei.

Black Hole Imaging: In 2019, the Event Horizon Telescope collaboration produced the first-ever image of the event horizon of a super massive black hole in the centre of the galaxy M87.

These are just a few aspects of black hole research, and scientists continue to investigate the mysteries of these enigmatic objects to better understand their nature and implications for our understanding of the universe.

- Saksham Attri
B.Sc. II

Sustainable and Eco-friendly Farming Methods

Agriculture is the backbone of our civilization, providing food, fiber, and livelihoods to billions of people worldwide. However, the excessive use of pesticides in modern farming practices has raised concerns about its impact on the environment, human health, and the long-term sustainability of agriculture. In this article, we will explore various strategies and practices that can help farmers reduce their reliance on pesticides and transition to more sustainable and eco-friendly farming methods.

- **Integrated Pest Management (IPM):** Integrated Pest Management (IPM) is a holistic approach that emphasizes the prevention of pests through a combination of strategies, including biological control, crop rotation, and the careful use of pesticides as a last resort. IPM encourages farmers to monitor their crops regularly, identify pest threats, and take targeted actions to minimize damage. By using IPM, farmers can significantly reduce pesticide use while maintaining healthy crops.
- **Crop Rotation:** Crop rotation is a time-tested practice that involves planting different crops in a sequence in the same field. This disrupts the life cycles of pests and diseases, reducing the need for chemical interventions. Additionally, certain crops can naturally repel pests, acting as a form of natural pest control. Crop rotation not only minimizes pesticide use but also helps maintain soil health and fertility.
- **Organic Farming:** Organic farming is an environment friendly approach that prohibits the use of synthetic pesticides and fertilizers. Instead, it relies on natural methods like composting, cover cropping, and beneficial insects to maintain crop health. While transitioning to organic farming can be challenging, it offers long-term benefits for soil quality and ecosystem health.
- **Beneficial Insects:** Introducing beneficial insects like ladybugs, parasitic wasps, and nematodes into agricultural ecosystems can help control pest populations naturally. These insects' prey on or parasitize common crop pests, reducing the need for chemical pesticides. This biological control method is sustainable and contributes to the overall health of the ecosystem.

Conclusion

The excessive use of pesticides in agriculture poses serious risks to our environment and human health. However, by adopting sustainable practices like integrated pest management, crop rotation, organic farming, and natural

pest control methods, farmers can significantly reduce their reliance on chemical pesticides. These strategies not only protect our planet but also contribute to the long-term viability of agriculture, ensuring a healthier and more sustainable future for all. It's time to cultivate a greener tomorrow.

- **Kanishka Sindhu**
B.Sc. II

Cosmology And Astrology

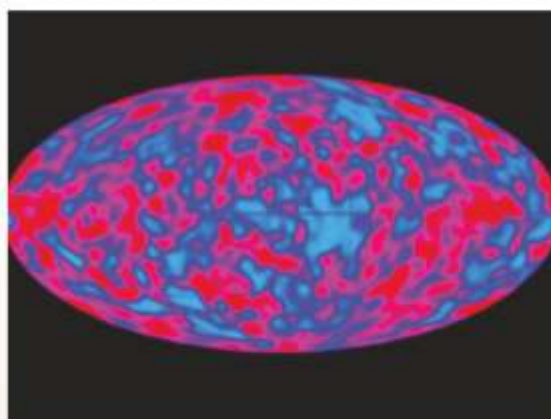
Cosmology is a branch of astronomy that involves the origin and evolution of the universe, from the Big Bang to today and on into the future. According to NASA, the definition of cosmology is "the scientific study of the large-scale properties of the universe as a whole."

The early 20th century brought further perception into understanding the vast universe. Albert Einstein proposed the unification of space and time in his General Theory of Relativity. In the early 1900s, scientists were talking whether the Milky Way contained the whole universe within its span, or whether it was simply one of many collections of stars.

Decades before, cosmologist Stephen Hawking determined that the universe itself is not infinite but has a definite size. However, it lacks a definite boundary. This is similar to Earth; although the planet is finite; a person traveling around it would never find the "end" but would instead constantly circle the globe. Hawking also proposed that the universe would not continue on forever but would eventually end.

Although NASA's Hubble Space Telescope is probably best known for its astounding images, a primary mission was cosmological.

By more accurately measuring the distances to Cepheid variables, stars with a well-defined ratio between their brightness and their pulsations, Hubble helped to refine measurements regarding how the universe is expanding. Since its launch, astronomers have continued to use Hubble to make cosmological measurements and refine existing ones.



- **Sanya Kaushal**
B.Sc. II

Poem

*Yes, I am afraid of failing
Because I wanna shine
Yes, I am afraid of heartbreaks
Because I love so deep
Yes, I am afraid of people changing
Because I am too sensitive
Yes, I am afraid of death
Because my people love me too deeply*



- Arpita
B.Sc. II

Poem

*He says
Why are you afraid of dark
when you yourself are light?
He says
Why are you yourself sad
when you spread happiness?
He says
Why do you think you're hard
to love
when I am here to love you
unconditionally?
He says
Don't be sad I'm here*



- Arpita
B.Sc. II

Fake it till you make it

This is the mantra I've been following lately.

By looking upon the word "fake " negativity and insecurities takes over a person but genuinely speaking this the best way to improve one's mental health.

We can stay in bed for a day, may be two or may be three but we cannot stay in bed forever.

We cannot stare lifelessly at the ceiling but we cannot cry our whole life.

We cannot avoid family gatherings, meet ups and we cannot forever stay depressed.

At some point when even the bed starts to give you discomfort, when the ceilings start reminding you of your loss and when the window near you starts giving you hope for a new life ,

You'll have to get up!

I know it takes immense courage to get up each day, to interact with people, to let go things, to fight with your own head, to bear those headaches.

I know it's not easy to carry the tag of being lazy.

I know it's not that casual to bear the taunts regarding gaining or losing weight.

I know it's next to impossible to eat when you've lost appetite and all you have is nausea and bloating.

I know it's not easy to act normal when you're getting anxiety even for a childish reason.

BUT I ALSO KNOW THAT IT'S OHKAY NOT TO BE OHKAY SOMETIMES AND AT THE END EVERYTHING WILL BE FINE !

It wasn't easy for me to fake happiness.

I never thought that I would ever heal from all this. In these past three years I've realized that at the end you just have yourself. Nobody will help you till you don't start getting up for yourself!

Stop being sad and try faking happiness.

This won't sound like a good idea but trust me once you try this, you'll see improvement!

We all are still healing from things we don't talk about but faking happiness gives us a way to a new and a better life!

STILL FIGHTING BUT AIN'T GIVING UP !

HAPPY ENDING IS DESTINED

WE JUST DON'T HAVE TO GIVE UP!

- Arpita
B.Sc. II



*Commerce
Et
Management*
Section

Editor's Message

In present times, there are numerous opportunities available but the problem is how to encash these opportunities available. With the help of the academia, the student community, and the subalterns of the society, these can be availed of in the best possible manner as all of them wish to acquire an opportunity to talk about issues relevant to them and participate in discussions that can yield solutions to their problems. More particularly when it comes from the intelligentsia, effective communication can be an effective means for bring desired changes in the society and liberating it from the fundamentalist and orthodox mindset. The academic community is a great help in giving wings to these ideas and building an important regime that would offer 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.



Hence to further this purpose, this section of the 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 endeavour is thus, to inspire all to think keenly and express vividly.

- Dr. Mani Parti
Assistant Professor
Dept. of Commerce and Management

Introduction To Stock Market

For individuals new to investing, the stock market might look intimidating and complicated since various interweaving elements decide where and how much cash to deposit. While a basic understanding of stock market operations and several key ideas may help anybody build wealth via shares, newbie investors should exercise caution. This article reviews the elements underpinning investing in the market for corporate shares by defining the basic principles of participation in the stock exchange.

1. The stock market allows people and organisations to buy and sell parts of ownership in publicly traded companies. Investors who purchase stock become partial owners of the firm and can benefit as the company's value rises.
2. The diverse stock market landscape brings together a wide range of players, from private citizens seeking returns on their own to large institutional investors and fund directors allocating assets on behalf of clients, as well as brokers energising trade between buyers and sellers to keep the market active. Understanding each market participant's position may help investors navigate the market more successfully.
3. **Stock Types:** Classification of equities into numerous groups based on their characteristics. Investors in common stock have voting rights and may receive dividends. Before buying, it's critical to grasp the distinctions between their different sorts.
4. **Fundamental Analysis:** Fundamental analysis is assessing a company's financial health, considering aspects such as sales, profitability, debt levels, and industry rivalry. Investors may determine if a company's stock is worth investing in based on its intrinsic value by doing extensive research.
5. **Technical Analysis:** Technical analysis is concerned with the understanding of price patterns and market movements. This method examines previous price charts, volume, and numerous technical indicators, which helps predict price changes. Although technical analysis alone may meet the

demands of a few investors, combining it with fundamental research might result in a more solid investing strategy by considering all significant market factors.

- 6. Risk and Diversification:** There are inherent dangers to investing in the stock market. Those placing resources into the market might reduce their risk by diversifying where they divide their cash across numerous areas, sectors, and types of resources. Diversification helps to lessen reliance on a single stock or industry, reducing possible losses.
- 7.** While long-term goals are crucial, one must also consider immediate needs and how they affect the near future. Before deciding on a long-term or short-term investing plan, investors should carefully consider their objectives and how such funds may best be used to meet their short- or long-term goals. While long-term investment focuses on projecting a company's growth over many years, short-term investment aims to profit from transitory price movements over brief periods. It is critical to match the period of your investment to your financial objectives.
- 8.** Maintaining composure while investing in the stock market is one of life's most difficult challenges since emotions often overpower rational judgement during market volatility. Price swings often, and it is critical to avoid making hasty judgements based on market feelings. Creating and adhering to a long-term investing strategy may help investors avoid emotional mistakes.

While stock market investment has the potential for wealth building, one must be firm in the face of short-term swings, do significant research, and adopt a long-term perspective to achieve this possibility of financial success over a lengthy period. A solid understanding of the basic ideas espoused in this post is an essential first step before delving further into the world of stock exchange investing. By constantly educating oneself and receiving expert help when necessary, one may confidently manage the stock market and attain financial objectives.

- Ketan Katyal
B.Com. II

Growing Importance of Financial Literacy in India

Introduction

In 2020, RBI Governor Shaktikanta Das said that in a large nation like India with a young population, financial education cannot be left alone to financial sector authorities. With digitally savvy millennials joining the workforce, social media bridging the urban-rural divide, and technology influencing governmental programmes, India might see massive growth in financial inclusion.

As a result, we can claim that the capacity to handle money and financial concerns is becoming necessary. It is valid for professionals, such as those in the banking and investment industries, and regular individuals in charge of managing their budgets and economies. This skill is also known as financial literacy, economic literacy, or economic competence.

The following points highlight the importance of financial literacy:

Personal Empowerment: Financial literacy gives people the power to take charge of their finances. They can use it to set financial objectives, make budgets, and decide how much money to spend, save, and invest.

Debt Management: financially literate People are more likely to manage debt well, avoid high-interest loans, and make wise borrowing choices.

Investment Knowledge: Growing one's wealth over time necessitates knowing investing opportunities and techniques. Making sound financial choices requires a thorough grasp of money.

Retirement Planning: Because it is a long-term goal, financially aware people are better equipped to save for retirement and make sound decisions about pension plans and retirement funds.

Consumer Protection: Consumers who are financially aware are less likely to become victims of fraud and financial scams. They can spot warning signals of financial fraud and defend themselves.

Economic Stability: Financial literacy among people in general helps to maintain economic stability. It lessens the possibility of financial problems brought about by careless lending and borrowing practices.

Reduced Poverty: By giving people the skills to handle their money wisely and accumulate wealth over time, financial literacy helps people break the cycle of poverty.

Increased Savings: Societies with greater financial literacy are more likely to have higher savings rates, which can foster economic expansion and act as a safety net in case of unforeseen needs.

Improved Financial Inclusion: Financial education can enhance financial inclusion by equipping underprivileged groups and people with the information and abilities to access financial services.

Better Decision-Making: Informed citizens make better financial decisions, resulting in fewer instances of bankruptcy, foreclosure, and financial distress.

Efforts to promote financial literacy

Governments, nonprofit groups, and financial institutions have launched several projects to encourage financial education in India: "Pradhan Mantri Jan Dhan Yojana" (PMJDY) (2014) and "Pradhan Mantri Mudra Yojana" (2015), in which a crucial part of the campaigns is financial literacy, which goes hand in hand with account opening and providing loans, etc.

Financial literacy is one of several topics covered in training programmes and workshops offered by the National Institute of Financial Management (NIFM). Government employees, bank staff, and other parties interested in financial services can take courses from it.

The central and regulatory bodies of India have also established Financial Literacy Centres (FLCs) all over the nation. These institutions focus on enhancing financial literacy among rural and urban communities.

SEBI also runs various investor education initiatives to enhance the financial knowledge of investors in the stock market.

The government is encouraging digital literacy initiatives to assist people in understanding and securely utilising online payment methods, mobile wallets, and digital banking. Together, these programmes seek to increase financial inclusion and literacy, giving people the power to make wise financial decisions and advance their economic well-being.

Conclusion

Financial literacy and education are not only personal assets but also critical components of an equitable society. We can promote economic stability, lessen poverty, and enable people to live financially secure lives by providing the information and skills necessary to make wise financial decisions. A wealthier and more financially robust society is due to the collaborative effort to promote financial literacy.

- Anshi
B.Com. III

Navigating Through India's Consumer Protection Landscape

An important step forward in India's consumer rights and protection is the Consumer Protection Act of 2019. Consumer protection laws are essential for defending consumer interests and promoting honest and ethical company conduct. In this article, we'll define consumer protection, go over consumers; fundamental rights in detail, and examine some notable changes made by the Consumer Protection Act of 2019.

CONSUMER PROTECTION EXPLAINED

Consumer protection refers to the legislative frameworks and rules given by governments to protect citizens; rights and interests while dealing with companies and service providers. These rules guarantee that customers get fair treatment, are given accurate information, and have options available to them in the event of poor goods or services. They help to promote consumer confidence and market transparency by levelling the playing field between customers and enterprises.

CONSUMER RIGHTS

Right to Information: Consumers have the right to clear and accurate information about goods and services, including price, features, terms, and conditions. Consumers may make more educated judgements with this information.

Right to Choice: Consumers should have the freedom to choose from a variety of products and services available in the market. Monopolistic practices that limit choice are generally discouraged.

Right to Safety: Consumers have the right to anticipate that the things they buy will be safe to use. Businesses are accountable for the safety of their goods.

Right to Redress: Customers can seek redress if they are unhappy with a product or service. Refunds, substitutions, repairs, or damage compensation are some examples.

Right to Consumer Education: To help consumers make educated decisions, governments and consumer protection organisations should actively educate them about their rights and obligations in the marketplace.

2019 Consumer Protection Act Amendments

The Consumer Protection Act of 2019 significantly altered numerous key aspects of India's consumer protection system. The Act's essential amendments and sections include:

Regulations for E-Commerce: The Act establishes particular rules for e-commerce platforms, making them responsible for fake goods, deceptive advertising, and protecting the security of customer information. E-commerce businesses must also make clear information about vendors and return procedures available.

Product Liability: The Act establishes the idea of product liability, holding dealers and manufacturers accountable for substandard goods that hurt consumers. This clause broadens the definition of consumer protection by ensuring compensation for harms or losses brought on by defective goods.

The Central Consumer Protection Agency (CCPA): The law established the CCPA, which serves as a regulatory body with the authority to conduct investigations, recall products, and impose sanctions on businesses using deceptive marketing and unfair trade practices.

Simple dispute resolution and mediation: The legislation emphasises mediation as another conflict resolution option to enable quicker and more inexpensive settlement of consumer concerns. This strategy lightens the load on the established legal system.

Consumer Responsibility and Rights: The law acknowledges that consumers also have obligations, including utilising things as intended, being truthful when making repairs, and disclosing unfair business activities.

Conclusion

The Consumer Protection Act of 2019 is essential to increasing consumer protection and rights in India. It considers how the market has changed over time, especially in the era of e-commerce, and it provides additional safeguards to ensure that customers are informed, secure, and in control of their dealings with companies. These modifications strengthen the tenets of consumer protection and contribute to an honest and open market, which benefits both consumers and companies.

- Tanya Gupta
BBA-II

What is branding?

The process of establishing a company's brand identity is known as branding. This method also produces brand-supporting assets such as a logo, slogan, visual design, or tone of voice. In a nutshell, branding is the process of researching, developing, and applying a distinctive feature or set of features to your business so that consumers can associate your brand with your goods or services.

HOW DOES A COMPANY CREATE A BRAND?

Many business owners make an effort to create a label for their enterprises. A brand is the lasting impression left by a company's products and services on its customers.

Some of the key steps to creating a BRAND are given below:

1. Research your target audience and your competitors. Before you start making any decisions about how to create a business name, you need to understand the current market, i.e., who your potential customers and current competitors are.
2. Pick your focus and personality. You cannot establish your brand as everything to everyone, especially at the start. It is necessary to find your guide and let that inform all the other details of your brand as you build it.
3. **Choose your business name:** A rose by any other name would still smell as sweet. But Nike, by another name, would be seen on fewer feet. (Shakespeare)

What is in a brand name? The name of your company, whether essential or not, can be decided based on the business you delve into.

4. **Write a slogan:** A catchy slogan is a nice-to-have asset—something brief and descriptive you can use as a tagline in your social media bios, website headers, and anywhere else where you only have a few words to make a huge impact.
5. **Choose the look of your brand (colours and font):** Once you have a name down, you will need to think about your brand design—how you will visually represent your brand—namely your colours and typography. It will be handy when you use a website builder to make your website.
6. **Design your brand logo:** When you think about creating a new company, one of the primary things that occurs to you is perhaps a brand logo

design. **And for good reason:** it is the face of your company, after all, and could potentially be everywhere your brand is.

7. Apply your branding across your business. Applying your identity across your company creates a unified brand narrative. A brand narrative embodies "who" your company is and what it represents. It sets the tone for every consumer engagement with the organisation, in-store and online.

USES OF BRAND

1. **Customer Recognition:** When a customer identifies a brand's colour, concept, logo, and so on, they are more likely to prefer its item over all others. It is because they are already familiar with your brand and what it stands for. From something simple and minimalistic to something wild and eye-popping, a good brand will get recognition in a sea of others.

2. **Customer Loyalty:** Once a customer begins to recognise and buy a product or a service, good branding will keep bringing them back. A reliable firm with exceptional goods and strong branding strikes all the right chords with consumers. In the long term, it will boost client loyalty.

3. **Consistency:** A trusted brand establishes the framework for a firm. Once a business has found its branding—company philosophy, colours, typography, etc.—all other efforts can be modelled around it. All future marketing efforts can branch off of this foundation. It creates consistency within a brand and helps customers relate to it more.

4. **Credibility:** Every customer has trust issues while trying a new product or service. However, a strong brand may help you distinguish yourself as a well-established firm with strong values that people can relate to.

5. **Stay Ahead of Competitors:** If you have so many competitors in the market that you are just starting in, it may be a tough job to get ahead of them. However, a personalised and distinct brand may assist in attracting the correct clients.

You can also charge extra for premium-quality products with good branding.

Some basic examples of brands include:

Apple, Starbucks, Adidas, McDonald's, Google, The Coca-Cola Company, Airbnb, Disney, Dove, and Warby Parker

- Chahat
BBA-II

Rise and growth of OTT platforms

In the last decade, the entertainment landscape has undergone a significant shift with the rise of Over-The-Top (OTT) platforms. OTT means over-the-top platforms which deliver streamlined content directly over the internet. In the olden days, a middleman, generally a cable TV provider, was responsible for providing content. But nowadays, we can instantly watch any content over the internet. So, the need for middlemen is no more. Hence the name, Over the Top Platform.

Introduction of OTT platforms in India:

The first OTT platform in India was Big Flix by reliance industries. Its business model was a video-on-demand or pay-per-view model. Other OTT platforms were Sony Liv, Hotstar, Netflix, Amazon Prime, etc. However, the introduction of Reliance Jio changed the landscape of OTT platforms in India by providing the cheapest internet rates for its consumers. So, the audience for the OTT platforms increased tremendously.

Business model:

OTT platforms have two ways to stream movies and shows on their website. One is to acquire streaming rights for programs, and the other is to produce own shows. The OTT platforms earn in many ways. The 1st model is an advertising-based model where one can watch movies and series for free but has to watch advertisements (for example, JIO Cinema). The second is a subscription-based model where the customer must pay monthly/quarterly/yearly subscription fees (e.g. Netflix, Hotstar, Amazon Prime). The third model is the pay-per-view model, where one can rent and watch a movie, and the fourth model is the hybrid model, i.e., a combination of one or more models.

Growth of OTT platforms:

In the beginning, OTT platforms paid large sums of money to acquire the rights to movies to attract an audience. It was the scene before the covid 19 pandemic. After the pandemic, the OTT platforms have started to wait for the films to be released in cinema and then acquire their streaming rights. The success of OTT platforms is due to the content and the advanced technology

that improves the overall user experience. With the help of artificial intelligence, audience receive personalized recommendations based on their viewing habits and preferences. This level of customization ensures that viewers receive content suited to their tastes, making the viewing experience more engaging and enjoyable. Moreover, the rise of high-speed internet and the proliferation of smart devices have facilitated seamless streaming experiences. The ability to watch content on smartphones, tablets, smart TVs, and laptops has made OTT platforms an integral part of our daily lives.

Effect on the Indian Film Industry:

The rise and growth of OTT platforms have caused severe challenges to cinemas in the country. Many individuals prefer to view films at their own homes. Also, the cost of watching movies in the cinema is much higher when compared to the monthly subscription of many OTT platforms. Due to this very reason, many movies had to suffer a financial loss in 2022. However, things are again changing in 2023 with people going to watch movies in theatre.

Challenges to OTT platforms:

While the growth of OTT platforms has been commendable, it hasn't been without challenges. Increased competition, content saturation, and data privacy and security concerns have prompted the industry to evolve rapidly. Also, privacy is a huge concern. People download movies from illegal websites and watch them free of cost. Despite all the challenges, the growth expectation in OTT platforms is at 20% pa, and by 2030, their valuation will be about 1.2 lakh crores.

Conclusion:

The rise and growth of OTT companies is highly commendable and a turning point in the entertainment industry. These platforms have not only digitalized content creation but also give audiences unprecedented control over what, when, and how they want to consume content. As the digital revolution in entertainment unfolds, OTT platforms play a leading role in shaping the future of how we experience and engage with media.

- Pulkit Kumar
B.Com.-III

The Role and Importance of Middlemen: A Balanced Perspective

IN FAVOUR OF MIDDLEMEN

Middlemen have played a significant role in commerce and trade for centuries, acting as intermediaries between producers and consumers. While some critics argue against their existence, it's essential to recognise the numerous advantages they bring to the economy and supply chain.

1. Market Expansion:

One of the primary functions of middlemen is to expand the reach of their products. They bridge the gap between producers and distant markets, enabling goods to reach consumers who might not otherwise have access. This expansion of markets benefits both producers and consumers alike by increasing sales opportunities and choices.

2. Efficiency in Distribution:

Middlemen streamline the distribution process. They handle logistics, warehousing, and transportation, reducing the burden on producers. This efficiency leads to cost savings, which can benefit consumers through competitive pricing.

3. Risk Mitigation:

In a volatile market, middlemen absorb some of the risks associated with fluctuations in demand and supply. They often purchase goods in advance, providing producers with a level of financial stability while also ensuring a consistent supply of products to consumers.

4. Product Expertise:

Middlemen often possess in-depth knowledge about the products they sell. This expertise allows them to educate consumers, offer recommendations, and provide after-sales support, enhancing the overall customer experience.

5. Competitive Pricing:

By leveraging economies of scale, middlemen can negotiate better deals with producers and suppliers. This negotiation power can lead to more competitive pricing for consumers, making products more accessible.

AGAINST MIDDLEMEN

While middlemen provide undeniable benefits, it's essential to acknowledge the potential drawbacks associated with their role in the supply chain.

1. Added Costs:

Middlemen add an extra layer to the supply chain, which can increase costs. These expenses might be passed on to customers as increased prices, lowering affordability.

2. Lack of Transparency:

The presence of middlemen can sometimes obscure the origin and quality of products. Consumers might be uncertain about the source of their purchases or the authenticity of the goods they receive.

3. Market Manipulation:

Sometimes, middlemen can manipulate prices and control the supply chain, limiting competition and potentially harming producers and consumers.

4. Dependency:

Over-reliance on middlemen can create a situation where producers become dependent on them. This dependency can lead to producers losing control over their products and pricing.

5. Disintermediation:

Some say that the growth of e-commerce and direct-to-consumer methods has rendered intermediaries redundant. Cutting out middlemen can lead to cost savings for consumers, as they can buy directly from producers.

While there are valid concerns about the role of middlemen in the supply chain, it's crucial to understand that they bring significant benefits, including market expansion, distribution efficiency, and risk mitigation. Maintaining balance can be done by ensuring transparency, fair pricing, and healthy competition within the industry.

Ultimately, middlemen have a vital role to play in modern commerce. Instead of completely removing them, the emphasis should be on regulating and optimising their operations. It ensures that they continue to serve the greatest interests of producers and consumers.

- Himmeth Bhardwaj
BBA-II

Great Leaders: Are They Born Or Made?

A very famous saying by NFL Coach Vince Lombardi is that “leaders are not born; they are made. And they are made, just like anything else, through hard work.” While these words sound very inspirational to some, Thomas Carlyle, a famous philosopher of the 19th century, proposes a contradictory yet controversial analogy. According to him, some individuals are born with inner characteristics and traits that make them natural-born leaders. To sum it up, great leaders are born, not made.

It leads us to a very interesting question of what to believe and whom to believe. These two schools of thought, proposed by Two Great Men of Two Different Times, are infused with each other when we come to the modern developing world. But first, it is important to understand who a leader is.

When we think of a leader, many names come to mind, like Martin Luther King Jr., Nelson Mandela, and, famously enough, our very own Netaji Subhas Chandra Bose and Shaheed Captain Vikram Batra. These real-life heroes faced different situations and different problems with different scenarios in different eras. However, they all had one thing in common: They all stepped up in the need of the hour.

So, who is a leader? A leader can be anyone, from the extroverted chief of a rebellion for justice to the introverted founder of a startup, leading his team on the thrilling adventure of becoming a unicorn. A leader is like a shepherd to a flock of sheep.

Leaders are said to be the ones who drive their teams to their highest possible potential and fill them up with passion and courage. They act like guides to blind men during a problem, a tragedy, or a new project.

If we look at the origins of The Great Man Theory, it comes from a time when the belief was that the right man “unmistakably” appeared at the right time, like a Messiah sent by God. Carlyle had put his faith in God and believed that people in positions of power deserve to lead because of the characteristics granted to them at birth. Interestingly, the usage of the word “man” in this theory in itself is an implication of gender bias, wherein the assumption is that a leader can only be a “great man.”

In a world where people tend to believe in facts and figures rather than

thoughts and blind faith and where women tend to lead the world equally and justly as men, the Great Man theory seems outdated.

According to another famous leadership theory, the trait theory, popularised by many psychologists and philosophers, a leader has certain qualities, like intelligence, empathy, physiological factors, adaptability, and social skills, that make one a leader. However, many years of study have failed to provide particular qualities or personality traits that help distinguish between a leader and a non-leader.

To assume that a fully rounded, perfect leader has the ability to lead, direct, and influence every group they are known to with all the characteristics mentioned in the trait theory does not make sense. No human is perfect or the same; each being is unique and possesses a different skill set. Managing a team is a complex task that necessitates a diverse range of abilities. Some of these skills can naturally come from within as an inherent trait, while others are a subsequent effect of experiences, training, and development. Research suggests that one-third of leaders are born, whereas two-thirds, or the majority of leaders, are made.

The creation of a leader is a perfect example of nature vs. nurture. Before a great man can come up and shape society, it is society that makes a great man. A person can possess all the above qualities but is not a leader if they do not step up in the need of the hour.

It is the situations, the circumstances, and the atmosphere in which a person lives and grows up that make them a leader. For example, an Unsung Hero, Ghulam Dastagir, stepped up as a leader amidst the Bhopal Gas Tragedy and saved as many as 1,000 lives during the mishap. Ghulam was just a regular inspector, but his courage at that moment made him a leader.

In conclusion, the creation of a leader is an infusion of both perspectives. A leader can be born as well as made. Both aspects are just two sides of a coin, different yet inseparable from each other. Leadership is a very complex topic of study for psychologists, and it is the need of the hour that leadership models expand to include more coachable perspectives. Lastly, do not confine yourself based on a few theories, thoughts, or opinions; keep learning and growing, for if you are not a leader today, you can be the leader of tomorrow.

- Diksha Chandouk
B.Com.-I

Fast Tag On Fast Track Economy

Increasing road connectivity, additional toll plazas, and higher road traffic have raised everyday toll collection from Rs 100 crore/day in September 2021 to roughly Rs 167.6 crore now. The daily toll collection before the monsoon touched a high of Rs 193.15 crore.

Improvements in road infrastructure have been one of India's major success stories over the past decade. While the indirect benefits of a well-built road infrastructure are difficult to quantify, the direct advantages are visible in toll collection.

The growth of toll collection has been significant since the shift from manual collection to technology-based collection using FASTag.

The government has made FASTag mandatory for all private and commercial cars as of February 16, 2021. Any vehicle not having a valid functional FASTag will have to pay double the toll charge as a penalty.

The toll collections are mainly on the national highways. Though the national highways account for around two percent of the overall road network, 40 percent of the total traffic concentration is on these highways.

The country now has 1,228 toll plazas, compared to 770 in 2021, where collections are done through FASTag. Besides, FASTags are also available at over 140 parking lots in more than 50 Indian cities.

As a result, annual toll collections have risen from nearly Rs 18,000 crore in 2016–17 to Rs 50,855 crore in 2022–23. The tolls collected are passed on to the developer or investor in the road project. Increasing revenue with few leakages helps to bring more investors and players into the road infrastructure space, benefiting the entire ecosystem. It is a great combination of convenience, technology, and its contribution to the growth of the economy.

- Anshika Suri
B.Com. II

Types of Stock Exchanges

A stock market is a market where buying and selling of shares takes place. It is a complex yet crucial component of the financial system. It is a vital component of the economic landscape at a global level. Here, trade related to shares of business concerns takes place. It provides a platform for companies to raise capital by selling shares of stock or equity to investors, and the buying and selling of shares took place. The exchange acts as an intermediary in the interaction between buyers and sellers and ensures that transactions are fair and transparent. The stock exchange provides liquidity and marketability to existing securities, prices the securities, ensures the safe transaction of shares, and contributes to economic growth. Traders meet here to buy and sell shares of public corporations. The stock market has two situations: bulls and bears.

Bulls are a situation when those at the stock exchange try to raise stock prices and make profits by selling. Bears are when those at the stock exchange try to reduce stock prices to buy stock cheaply.

The stock exchanges are a part of the secondary market where existing shares are traded regularly. It is often seen as an economic indicator but can be an exciting yet daunting arena, particularly for newcomers. Stocks offer the potential for higher returns but carry a higher risk. It attracts various participants, organisations, and individuals and helps them grow, especially with their wealth. The aim of the traders is also to profit from short-term price fluctuations, engaging in more frequent buying and selling than investors. Some of the most renowned stock exchanges include the New York Stock Exchange (NYSE), NASDAQ, and London Stock Exchange (LSE). There are two types of stock:

1. Common shares
2. Preferred shares

Common shares provide a voting right to traders that enables the shareholders to voice their opinions in corporate meetings and elections. Preferred shares do not come with voting rights; they focus on common shareholders to help them receive dividends, and at the time of liquidation, it also helps them to take back the assets. The stock exchange boasts a rich

history dating back to the late 17th century, when the Amsterdam Stock Exchange established itself as the world's inaugural official stock market. In 1611, when the Dutch East Company was the first publicly traded company, the Amsterdam Stock Exchange opened.

There are two types of stock exchanges:

1. Physical exchanges
2. Electronic exchanges

Physical exchanges operate on a physical trading floor, where traders conduct face-to-face transactions, as typified by the NYSE. Electronic ones undergo transactions electronically without using a physical trading floor, for example, NASDAQ.

Technological developments have had a significant influence on the nature of trading. Due to such changes, the system for executing stock exchanges has become online. In the 21st century, technological advancements and increased access to the internet have allowed traders to trade online, and electronic trading, or e-trading, has altered the investment world. The present world is a world of the internet, which has allowed development. The computerised electronic communications networks helped buyers and sellers trade safely.

The process involved in the trading and settlement of buying and selling securities is that the investor first needs to meet a broker or sub-broker, get into a broker-client agreement, and place the order for buying shares. Particular details have to be given, such as PAN number, date of birth, bank account details, etc. The investor opens a demat account for transferring securities in demat form. The account is known as a beneficial owner account with a depository participant. Then, the placing of orders takes place. It is necessary to provide proper information regarding the amount and price of orders for buying or selling. Once the trader places an order, the broker will purchase the shares from the stock exchange at the best possible price. Information on the buying or selling of shares will reach the trader through proper communication channels. Finally, the broker will issue a trade confirmation slip to the investor. An issue of a contract note takes place after

24 hours. It contains the details of the number of shares bought and sold and at what price. Each transaction is assigned a unique order code number and a corresponding contract note. Then, the broker has to make a payout within 24 hours. The delivery of shares takes place in demat form. In the end, the investor has to give details of the demat account and allow the depository to take delivery of shares.

Stock exchanges represent the pulsating core of the global financial system, interlinking investors and businesses in a multifaceted yet indispensable marketplace. Be it an experienced investor or an entry-level participant, the stock exchange invariably occupies a central position in one's financial journey.



- Ananya Munjal
B.Com. I

Can BRICS be the Change?

The term BRICS is an acronym for Brazil, Russia, India, China, and South Africa. The term was initially created by Goldman Sachs economist Jun O'Neil as BRICS in 2001, claiming that by 2050, the four economies would dominate the global economy. These countries operate as a loose organisation that seeks economic cooperation and an increase in economic and political standing in the world. BRICS is an essential grouping that brings together the world's emerging economies. Based on World Bank data (2019), it comprises 41% of the earth's population with 3.14 billion people, a total combined area of 29.3% of the world's entire land surface, 24% of the global GDP, and 16% of world trade. BRICS is a counter to the traditional Western-led international order due to the economic power of the nations of BRICS and the idea of disentangling from the West. BRICS that they invited additional countries to join the group at its 2023 summit. But how can BRICS be the change? The answer is de-dollarization. BRICS countries aim to create new economic and trade systems separate from the US-led Western systems. They aim to reduce the reliance on the US dollar and promote the use of national currencies in international trade.

America is the biggest superpower currently, whether it be finances, technology, or the military. No country alone is capable enough to challenge even superpowers like Russia and China. One such example can be the Russia and Ukraine war, where America imposed numerous sanctions on Russia, banning them from the Swift system and freezing their 330 billion-dollar reserves. It shows that the US dollar is not just a currency but a weapon. BRICS have discussed ways to expand trade between their countries as a way to rely less on the dollar. They are also considering creating their own currency as part of the solution. Over 40 countries seek to join the group, and 22 have submitted applications for the same. It is a testament to the increasing influence of the BRICS in the international arena and the possible end of the Western dominance of the world.

- Tanisha Aggarwal
B.Com. I

Time Value of Money

"I came to this city alone in 1955 carrying a 10 rupee note and established a business." - **A successful businessman**

Well, a 10 rupee note TODAY can be just used to buy a packet of chips or a bunch of toffees. Can I establish a business? Can I afford to buy the assets? Can I even purchase a bunch of penny stocks? The answer to all of these questions is a clear-cut no. But why? My great-grandfather started a business with 1 rupee, and my grandfather bought a car for just 2500 rupees! Eventually, we will know the fundamental importance of the time value of money. We are all aware that it's always better to invest our money or save it in a bank rather than collect it in a box in our house, which would perhaps increase its value, but the money will depreciate itself with time. The time value of money (TVM) is a core concept of trade and commerce. Money loses its value with time. It means that the value of money is different during different periods. The money received in the future is less valuable than it is today. In other words, the present worth of money received after some time will be less than the money received today. Another name for the time value of money is present discounted value. So, it is clear that the current value of money is greater than the future value of money. But to what extent? The rate of interest determines it.

The interest rates can calculate the excess amount earned by investing the amount available today. The interest rate on an investment could be either simple or compound interest. The discount rate, on the other hand, refers to the amount used to discount the future value in order to determine the current worth of money. The interest rate and discount rate are ideally the same; however, the term interest rate can calculate the future value, while the term discount rate calculates the present value.

Why is interest paid?

- 1. Time value of money:** Since money received today has more value, rational investors prefer current receipts over future receipts. If they postpone their receipts, they will charge some money, i.e., interest.
- 2. Opportunity cost:** The lender can use his money for different investments. If he chooses one, he forgoes the return from all others. Thus, lending

incurs an opportunity cost due to the possible alternative uses of the lent money.

- 3. Inflation** is a fall in the purchasing power of money. Due to inflation, a given amount of money will buy fewer goods in the future than it will now. The borrower is responsible for compensating the lender for this.
- 4. Liquidity preference:** People prefer to have their resources available in a form that can be converted into cash rather than a form that takes time to realize.
- 5. Risk factor:** The risk element is that the borrower will go bankrupt or otherwise fail on the loan.

Application of the concept of the time value of money:

- 1. Loan Valuation:** TVM is used for loan valuation to compute the total amount payable in the future and its net cost to the borrower.
- 2. Worth of a Bond:** TVM is used to compute the present worth of a bond or other investment avenue before making the investment decision.
- 3. Capital Budgeting Decisions:** TVM is used to make investment decisions to evaluate the actual returns associated with relevant projects.
- 4. File Returns:** TVM is used to compute the returns provided by various investment avenues available to investors.
- 5. Retirement planning:** TVM helps calculate the amount of money to save now for retirement funds.
- 6. Sinking fund:** Company finance managers may elect to put aside money in the event that debentures are redeemed in the future. The future redemption value has been determined and set. However, the funds that must be periodically set aside for the sinking fund must be decided based on a compounding interest rate.

The incorporation of the time value of money can occur by either discounting the future value or using the present worth to find the future value.

The fundamental formula to identify the future value is as follows:

$$FV = PV * [1 + (i/n)^{(n*t)}]$$

The fundamental formula to calculate the present value is as follows:

$$PV = FV / [1 + (i/n)]^{(n*t)}$$

where PV = present value; FV = future value; i = interest; n = number of compounding periods; t = number of years

All organisations need to consider the concept of the time value of money, as it plays a central role in determining an organisation's sustainability in times of turbulent variations in economies. Organisations should avoid the risks associated with poor investments by analysing the incremental and total cash flows resulting from an investment. Having strong concepts of the time value of money can help an organisation determine the time required to realise expected profits and take corrective measures to avert associated risks.

To summarise, the time value of money is an important concept in personal and company finance that may assist people and firms in making sound financial choices. By understanding how money can compound and grow over time, individuals can make informed decisions about saving, investing, and managing their money, leading to long-term financial stability and success.



- Driga Bhatia
B.Com. I

The Service Industry in Commerce and Management: Driving Modern Economies

The service industry has emerged as a powerhouse within the realm of commerce and management, reshaping economies and business strategies worldwide. This sector encompasses a variety of businesses, from retail and hospitality to finance and medical care, each playing a pivotal role in the global economic landscape. In this article, we will delve into the multifaceted facets of the service industry, exploring its economic significance, managerial challenges, technological advancements, and the critical role it plays in the contemporary business world.

1. Economic Significance

The service industry has become the backbone of many modern economies. Its contribution to gross domestic product is substantial, often surpassing the contribution of traditional industries. This shift signifies a fundamental transition from agrarian and manufacturing-based economies to service-driven ones. According to the World Bank, the services industry accounted for more than two-thirds of the global GDP in 2020. This economic importance extends to both developed and developing nations.

2. Customer-Centric Approach

One of the defining characteristics of the service industry is its inherent customer-centric nature. Success in this sector hinges on delivering exceptional customer experiences. Whether it's a fine-dining restaurant, a bank, or an e-commerce platform, businesses must prioritise managing customer expectations and ensuring satisfaction. Customer feedback and reputation management are integral components of this approach.

3. Human Resource Management

People are the lifeblood of the service industry. Effective management of employees is paramount, which involves recruitment, training, and the

maintenance of a skilled workforce. Unlike manufacturing, where machines often dominate, service businesses heavily rely on human interactions and expertise. Consequently, human resource management takes centre stage in service-oriented organisations.

4. Technology Integration

Technological advancements have significantly impacted the service industry. The digital revolution has transformed the way services are delivered and consumed. Mobile apps, online booking systems, and artificial intelligence (AI) chatbots have become commonplace in industries like hospitality and retail. Managing technology integration into service processes is critical for efficiency, enhancing customer experiences, and staying competitive.

5. Marketing and branding

Creating a powerful brand identity and an effective marketing strategy is indispensable in the service industry. Unlike tangible products, services are intangible, making branding and reputation even more crucial. Businesses must craft compelling narratives and engage with customers across multiple channels. Online presence and social media management are critical components of modern service marketing.

6. Regulations and Compliance

Many service sectors are subject to stringent regulations and compliance requirements. For example, healthcare, finance, and hospitality must navigate a complex web of legal obligations. Managers in these industries must stay abreast of changing laws and ensure their businesses operate within the boundaries of the law.

7. Innovation and Adaptation

Innovation is the lifeblood of the service industry. In this fast-paced sector, stagnation leads to obsolescence. Businesses must continually seek new ways to serve customers better. It can involve developing novel

services, enhancing existing ones, or finding creative solutions to evolving customer needs. Innovation is a continuous process rather than a one-time occurrence.

8. Globalisation and Diverse Markets

The service industry is often global in nature. With the advent of the internet, businesses can expand their reach internationally with greater ease than ever before. An understanding of diverse markets, cultures, and international business regulations is essential for service managers. Globalisation introduces both opportunities and challenges, including increased competition and the need for cultural sensitivity.

9. Supply Chain Management

While services don't involve tangible products, managing the supply chain is crucial in many service sectors. In industries like logistics and healthcare, the efficient flow of resources and information is imperative. Effective supply chain management ensures that services are delivered reliably and cost-effectively.

In conclusion, the service industry has undergone a remarkable transformation in recent decades, becoming a driving force in commerce and management. Its economic significance, customer-centric focus, human resource management, technological integration, and complex regulatory environment set it apart from other sectors. Businesses in the service industry must adapt, innovate, and excel in delivering exceptional experiences to thrive in the modern global economy. As we continue to witness the evolution of commerce and management, the service industry will undoubtedly remain at the forefront, shaping how we do business in the 21st century.

- Bhuvi Jain
B.Com. I

Meaning of term "New Economic Policy (NEP)"

What is the new economic policy? Well, the answer is that in 1991, the government of India launched a series of economic reforms called LPG, which stands for "liberalisation, privatisation, and globalisation" in India. The policy of liberalisation is in place of licencing for industries and trade. Privatisation is in place of quotas for industrialists, and globalisation is in place of import permits.

So, to start with, liberalisation means freedom of the producing units from direct and physical control of the government. Industrial sector reforms include the abolition of industrial licencing, expansion of production capacity, reduction of the public sector, freedom to import capital goods, etc. Financial sector reforms include a shift in the role of the RBI from regulator to facilitator. As a regulator, the RBI would fix rates for commercial banks, but as a facilitator, the RBI will be free to play the market forces and leave commercial banks to decide their interest. Tax reforms include taxes such as direct taxes and indirect taxes. Direct tax means the burden of tax that is not transferrable to the other person, like income tax, etc.

Indirect tax refers to taxes that are transferrable to others, such as GST. Foreign exchange reforms include devaluation, which means to decrease the value of our currency if compared to another currency so that a dollar can be exchanged for more rupees. Trade and investment policy reforms mean reductions in tariff rates, the removal of import licencing, etc.

Privatisation is the process of involving the private sector in the ownership of an enterprise. It means to give more importance to self-interest than social interest. The private sector puts 100 percent commitment and efficiency as their prime motive. With this, consumers have become kings in the market, where the products sold are according to their preferences. It helps to experience and work in a competitive environment and market. Disinvestment is a part of this in which the government sells off its share capital of public sector undertakings to the private sector as a remedial measure to improve production.

Globalisation refers to integrating a country's economy with those of other

countries to facilitate the free flow of trade and commerce. It aims to blend both the Indian and global economies. There will be an unrestricted flow of goods and services and more technological upgrading, and the expectation of flow is from developed countries to the rest of the world or developing countries. Outsourcing is one of the main highlights of globalisation.

To summarise, these three policies have good and bad consequences for the nation, just as a coin has two sides. But it has contributed much more to the economy in terms of GDP growth, foreign exchange reserves, private foreign investment, fiscal deficit, consumer sovereignty, check on inflation, and much more to the business world. So, it was indeed a wise step taken by the government to introduce LPG in the nation.

- Siya Mittal
B.Com. I

Human Resource Outsourcing

Outsourcing has become very popular these days, particularly in human resources. The rising usage of technology in the workplace is mostly to blame for this trend. Human resource outsourcing is an agreement between the employer and a third party to handle their human resources activities and administrative tasks. Some outsource all their HR requirements, while others outsource complicated duties and manage the remaining ones using an internal HR team. Generally, those HR functions are outsourced, which is not crucial or confidential. Recruitment, payroll processing, training and upskilling, retirement planning, safety management, counselling, and law compliance are some of the examples included in human resource outsourcing.

It provides many advantages to the enterprises engaged in such practices. It gives companies access to HR expertise as HR teams handle tasks that impact the end-to-end lifecycle of employees; outsourcing companies can employ experts specialised in their subject matter, which helps improve the functionality of their HR department. Operating a full-fledged HR department

is financially challenging for small and medium enterprises, so outsourcing can help companies financially by reducing the operational cost and cost of talent acquisition. It also helps eliminate the cost of purchasing and deploying HR tools. HR tools and technologies are ever-evolving, which makes it challenging for businesses to constantly update their technology at cost-effective prices.

Outsourcing provides access to the latest HR tools and technology to help employees stay productive and engaged at work. Most HR outsourcing service providers offer flexible packages with on-demand access to critical HR tools, resources, and services. It helps businesses remain agile without being burdened with an expensive in-house HR team. Businesses may save time and money by outsourcing HR operations to a professional. It helps them focus more on core business processes, increasing revenues. Outsourcing HR functions expands a company's capabilities, providing benefits that small businesses can't offer. One of the most challenging aspects of running a business is staying current with changing employment-related laws at the local, state, and federal levels. Even small changes or updates may require you to make organisational adjustments to ensure compliance. An HR outsourcing company can help strengthen the risk management approach by providing HR best practices and guidance to help avoid non-compliance.

There are many HR outsourcing models available to companies. Professional employer organisation (PEO) outsourcing is where a business enters into a contract with a third-party firm into a co-employment partnership. In administrative services organisation (ASO) outsourcing, the outsourcing partner manages all the HR functions of the business as a third-party vendor. The company retains its employer of record status under this model, and the outsourcing partner is only a vendor, not a co-employer. Human resources organisation (HRO) outsourcing provides clients with flexible packages they can customise based on their requirements, and it works best for large corporations with the resources and capacity to handle most HR functions internally. In software-as-a-service (SaaS) HR outsourcing, a business uses a software programme to automate and manage essential HR functions.

A third-party service provider offers the HR software. This option is an excellent idea for a business seeking greater flexibility and cost savings while keeping HR services in-house. In business process outsourcing (BPO), or HR outsourcing, a firm outsources a single HR function to a third-party vendor. The external service provider in BPO HR outsourcing provides tailored help and specialist knowledge in certain areas. It is an excellent choice for businesses looking to outsource difficult HR operations such as employee recruiting and benefit administration.

But before agencies dive into outsourcing, they should be prepared with some basic knowledge. They should have a good idea of outsourceable functions, which are core or strategic functions that need to stay in-house; they should thoroughly investigate numerous outsource vendors to find the right match; and they should have clear and realistic expectations about why they are outsourcing and what the cost savings are. As we know, there are two sides to a coin, hence the many disadvantages of outsourcing. One of the biggest disadvantages of outsourcing human resources functions is control loss. When you outsource core HR functions, such as payroll, you relinquish control over them. It means you can no longer adjust staffing levels or make workflow changes. It can result in a loss of control over how you run the company, which many businesses strive to achieve. The inability to control the level of service and quality of the final product is another disadvantage. It means that the final output of the process is not always optimal, which is especially true when outsourcing is one of the more complex HR tasks. For example, it is hard to ensure that the final product of the process is optimised when it comes to outsourcing the recruitment process. Outsourcing may be a demotivating force for the existing employees of the company because of the fear of losing their jobs or losing control.

Implementation of outsourcing can be successful by appointing a spokesperson to lead the initiative, choosing a senior or mid-level manager with expert business knowledge to act as a point of contact between the vendor and the company, and looking for managers with excellent communication skills as they can better address the concerns of all

stakeholders. Identify the services to outsource. Discuss with senior managers and team leaders to identify the list of challenging services for the business. Next, work with all stakeholders to identify the correct type of HR outsourcing model that best fits business requirements. Encourage workers to work with outside HR specialists. A collaborative relationship between employees and external HR professionals is essential for the partnership's success in monitoring the process. Ensure that the spokesperson regularly monitors and tracks the collaboration to ensure it is proceeding as per initial plans and is on the right path to achieving the desired objectives. Outsourcing has become a vital part of many companies' HR functions. It enables organisations to save money and resources, while workers can work from anywhere. The key to successful outsourcing is understanding the different functions and departments that form human resources.

- **Manvi Jain**
B.Com. I

Digital Transformation in Retail Industry

In today's scenario, things have taken an abrupt turn when speaking of business. Digitalization plays a significant role as it helps in planning business strategies, brings amendments to the culture, and provides a better customer experience. So that business could meet the market requirements and changes occurring around it. The digital transformation in the retail industry brings a revolutionary flux to the field of business. As digitalization helps in scaling the business up, it is also a way of execution. To have a successful business, one must execute this policy so that company growth is not restricted, especially in the case of retail. Retailers must implement this to have a complete fruit output. Digital transformation is increasingly becoming the standard in many sectors, including retail. With consumers wanting customised services and better convenience, retailers must embrace digital transformation to remain competitive. Retailers may boost consumer interaction while optimising operations by adopting new technology such as artificial intelligence and data analytics. However, there are still obstacles to

implementing retail software solutions, ranging from implementation hurdles to security concerns.

Digital transformation in the retail industry is about improving the customer experience and driving growth using technology. As digital transformation becomes more prevalent, retail executives are already having an effect. According to the latest research from Gartner, by 2023, more than 50% of all consumer spending will be done online, and almost 60% will be through mobile devices. Only retailers who embrace the digital revolution will thrive and grow.

What is driving the demand for digital transformation in retail? The retail business is a \$7 trillion worldwide market, employing 1.8 billion people. Furthermore, there are 3.2 billion internet shoppers globally. Retailers no longer offer value and build loyalty via variables such as competitive price, physical location, convenience, and variety. The one-size-fits-all age of communication and advertising is no longer applicable. Personalisation in communications and marketing methods is essential for customer retention and acquisition.

Retailers can now use data and insights to increase the frequency of purchases by their existing customers and target high-value customers of traditional retailers. The demand for digital transformation in the retail industry has grown because it has the potential to drive revenue and growth for retailers.

Digital transformation is essential in the retail industry for many reasons, such as the transition to mobile, as people nowadays are using smartphones on a large scale not only for calling purposes but also for many other purposes. They use mobile phones to purchase goods and access other services. They are making online payments using digital wallets to buy their items, so the retailers need to bring their business online to avail themselves of the benefits of this factor, which would result in market growth. Another factor that helps in scaling the corporation up in the retail field is the use of wearables. Many people nowadays use different wearables to buy things and, thus, are frequently investing in them. So, this is a very significant thing for retailers to understand because they have even greater access to notifications and

information that they can use to help make their purchasing decisions.

Retailers are adopting digital transformation practices in the retail market. One of the most critical factors that should be considered if you want to execute a successful digital transformation in retail is understanding where your customers are actively engaging. One should perform social engineering in the customer's interest and must react according to the requirements and importance of the customer. Another significant factor that plays a vital role in implementing digital transformation in retail is to figure out the best way to target your ideal customers and mainly focus on them throughout the entire experience. When you want to offer them what they want and understand what they need in the way they want, this typically focuses on incorporating mobile strategies into your customer experience. There are some other factors or things that one must be aware of when focusing entirely on digitalizing their business. They need to implement some quality business strategies and improve their efforts. We must invest in digital transformation plans since they'll need significant energy and resources for accurate execution.

By using this in the retail field, things can change, as it will act as a game-changer for the retail business. Instead, you should transition to being much more about your target customer. You want to focus on a customer-centric selling strategy that may uplift your sales processes. The key to succeeding in this is understanding the processes that need to be done, being willing to make the necessary investments, and being ready to make the required changes. The retailers that will survive and thrive in today's marketplace will be able to embrace all the new challenges that the digital age presents. One of the significant digital transformation trends followed by retailers is using big data to understand their customers better, as the modern customer expects a personalised and efficient shopping experience. Omnichannel, augmented reality, and blockchain technology help track products in the supply chain and allow retailers to store information in a decentralised ledger.

There are many benefits of digital transformation in the retail industry, such as increased customer retention, an easier way of managing inventory, and omnichannel retail, which offers a more distinct and personalised shopping experience to its customers. It also has benefits like cloud services, an

improved customer experience, increased operational efficiency, better decision-making capabilities, cost optimisation, etc. Some challenges it faces are the lack of qualified experts, the cost of transformation, security concerns, coping with changes, budget constraints, complexity, etc.

So, in the end, we can conclude that as consumers gravitate towards online shopping and other online purchasing options, digital transformation is more vital than ever for any retail business that wants to stay current. Retailers who stick to traditional methods are likely to be knocked out of the market by tech- and data-driven organizations. To configure their organisations for success and growth, retailers must stay updated with the current trends and technologies in the retail business.

- Anshita
B.Com. I

The US Dollar: The World's Reserve Currency

- **WHAT IS RESERVE CURRENCY?**

A reserve currency is a foreign currency held as part of a country's official foreign exchange reserves by a central bank or treasury. Countries bear reserves for many reasons, including weathering economic shocks, paying for import and service debts, and moderating the value of their currencies. Most countries want to hold their reserves in a currency with large and open financial markets, and the US Treasury remains by far the world's largest and most liquid market. That is why the central banks often hold their currency in government bonds, such as US Treasury bonds. Since World War II's end, the dollar has been the world's most significant medium of trade. It is the most commonly held reserve currency, making up 59 percent of global foreign exchange reserves. Factors contributing to its dominance include its stable value, the size of the US economy, and its geopolitical heft. But to understand why and how the dollar became the reserve currency, we must delve back into the history of money and its evolution.

- **EVOLUTION OF MONEY**

A medium of exchange that is centralised, generally accepted, recognised, and facilitates transactions of goods and services is known as money. Bartering was one way people exchanged goods for other goods before the creation of money. But this system faced the problems of double coincidence of wants, storage, and measurement of value, and people wanted something that didn't get damaged for a long time and served as a common unit of measurement, something like gold. But travelling with gold, checking on adulteration, and ensuring maintenance and security were inconvenient. The government then gave an option whereby people could deposit their gold with the government; in return, the government would issue them paper notes and coins of the same value, which would serve as legal tender in the country, which is how the introduction of currencies took place. However, the currency issue was its acceptance as legal tender only in that country. No country trusted a single currency for international trade. But at that time, every country trusted gold and silver, which led them to introduce the gold standard system.

- **THE GOLD STANDARD SYSTEM**

It is a monetary system whereby a country's currency, or paper money, has value directly linked to gold. With this system, countries agreed to convert paper money into a fixed amount of gold. A gold-standard nation establishes a fixed price for gold and buys and sells gold at that price. In a hypothetical situation, suppose India announces the value of 1 grammeme of gold to be 10 rupees and the USA declares the value of 1 grammeme of gold to be 1 dollar, which would mean that 1 dollar = 10 rupees. Following the introduction of this system, the countries faced no problem with trading due to the fixation of the exchange rates, and they knew that currency coming in after trade could be converted into gold anytime. It was essential to ensure that if a country wished to convert a currency back to gold, there should be sufficient reserves of gold with the other country. A rule was made to ensure that a country could print only as many currency notes as it had gold reserves. It limits the power of governments or banks to cause price inflation due to excessive printing of notes and leads to certainty in international trade by providing a fixed pattern of exchange rates.

- **ABANDONMENT OF THE GOLD STANDARD SYSTEM**

Currently, no country is using the gold standard. Britain officially ceased using the gold standard in 1931 and the United States in 1933, but it was not until 1971 that the abolishment of the system took place. The reason behind the removal of this system was primarily economic instability during the First World War, which left countries struggling with high unemployment rates, poverty, and political instability. When World War I started, many countries around the world needed to buy weapons in bulk for fighting in the war. The crisis was so big that they had to finance this purchase with currencies backed by gold reserves. Gradually, gold started shifting to the US because it was the major exporter of weapons around the world and the only nation that did not suffer any significant losses to its mainland during the war. After that, one of the most expensive wars in history started: World War II. The countries were in massive debt this time, while the US economy was at its peak. The US exported huge amounts of weapons, and its gold reserves were skyrocketing. It held approximately 80 percent of the entire world's gold. It led to a decline in international trade and increased competition for resources, which created tensions between the countries. It led to a drop in international dealings and increased competition for resources, which created tensions between the countries. Countries had also engaged in competitive devaluations of their currencies, destabilising the global economy. Towards the end of World War II, there was a collective need to take steps to improve the economic conditions of countries, which brought us to the Bretton Woods Agreement.

- **THE BRETTON WOODS AGREEMENT**

The Bretton Woods Agreement was signed in **July 1944**, towards the end of World War 2.

Bretton Woods, New Hampshire, USA, was where the conference of representatives from 44 allied nations negotiated the agreement. The agreement aimed to establish a new international monetary system that would help promote economic stability and prevent a repeat of the

economic chaos that had occurred during the interwar period. Its goal was to create a fixed exchange rate system with the US dollar as the world's reserve currency. Under the agreement, other countries would be tied to the US dollar at a fixed exchange rate, and the central banks could convert their dollars into gold at a fixed rate of 35 dollars per ounce. Now that the US held three-fourths of the world's gold reserves, it became the most desirable currency, and all other major currencies were allowed to float against the dollar. The dollar was officially crowned as the world's reserve currency thanks to the Bretton Woods Agreement. Other nations acquired US dollar reserves instead of gold reserves. Central banks keep around 59% of their reserves in US dollars. The US dollar is still the world's reserve currency.

- Sanya Thakur
B.Com. I

E-Commerce and its Impact on Production Cycle

One of the most significant effects of the Internet revolution is its impact on business. Nowadays, individuals and organisations are using Internet technology to enhance their businesses in the contemporary context of e-commerce. Electronic commerce is increasingly helping individuals and organisations to retain consumer attention and expand their markets through business-to-business (B to B) or business-to-consumer (B to C) deals on the Internet. Furthermore, via electronic data interchange, electronic money transfers, emails, and other means, e-commerce has become a vital type of paperless sharing of business information. In the highly competitive e-commerce industry, order cycle time is the speedometer. A shorter one can lead to better customer satisfaction, an enhanced reputation, and increased repeat purchases. A catalyst can propel your e-commerce business from an 'another player' to an industry leader. Hence, with everyone striving to minimise the total time spent on every transaction, supply chain management has gained momentum for understanding and reducing the cycle time needed in the business field. Cycle time is the amount of time taken

to complete a process. For example, the process of purchasing orders, delivering goods, and reaching customers. Several factors impact cycle time, such as the nature of the product, the location of the customer, and the size of the business. However, some typical issues that influence cycle time include imprecise purchase instructions, insufficient inventory management, and inefficient shipping and delivery operations.

Unclear order instructions can cause delays in order processing, as the business may need to contact the customer to clarify the order details. Inadequate inventory management can lead to stockouts and delay the shipping preparation stage. Poor shipping and delivery processes can cause delays in delivery times and hurt customer satisfaction and loyalty.

A shorter cycle time is achievable if e-commerce businesses invest in efficient order processing systems, effective inventory management, and reliable shipping and delivery processes. Such corporations can meet customer demands for faster delivery times, establish customer loyalty, and increase their revenue and profitability.

E-commerce enables clients to communicate directly with the firm, get rapid replies, and place purchases on the spot by facilitating increased communication over the Internet. As such, the suggestions and requests received from the market enhance the ability of a business to incorporate new ideas that are likely to reduce the time needed to design or redesign products and services to meet the prevailing market needs. Moreover, the enhanced communication speed allows the company to increase the speed of its operations and the flow of funds since there is a significant reduction in the relationship between the company and its customers, suppliers, and other parties.

Perhaps the most significant impact that e-commerce has had is the reduction of cycle time in production lines. By incorporating e-commerce into their operations, businesses use the Internet to facilitate communication with strategic suppliers and internal customers. By streamlining order processing and reducing costs, a reduction in cycle time occurs. Thirdly, e-commerce uses technologies rather than humans to process transactions between the company and other parties. As a result, it offers a transaction platform 24

hours a day, seven days a week, removing the requirement for clients to remain at the company premises or outlets to meet personnel when placing purchases, making requests, or giving comments.

As a result of the automation of the corporate production system, there is a decrease in administrators' working time. A well-designed e-commerce platform can record transactions automatically and keep a long record of all the transactions, thus reducing the time needed for human administrators to go through the work. Moreover, a well-designed e-commerce platform has a low chance of detecting and removing errors. As a result, it decreases the likelihood of incurring losses or wasting time by fixing errors. Finally, production time is significantly reduced.

Dell Computers Company is a company that has successfully used e-commerce platforms to cut manufacturing cycle times. Since 2000, the company has implemented the Supply Chain Management platform, a form of e-commerce that allows companies to adopt the direct-sales model. The model is a demand-driven supply chain where a conventional build-to-stock model is not in use but a customer-friendly approach is in place that lets the customers deal directly with the company on the Internet. Using the model helps the company reduce the cost of inventories, production cycles, and overall production costs.

Another case in point is Zara's "fast fashion" model, which allows retailers to deliver designer products to mass markets at relatively low prices and with extreme speed, bringing trends virtually straight from the catwalks to retail locations. Traditional fashion retailers cannot manage or achieve this, as they operate on a seasonal basis and require several-month-long lead times for the production and distribution of collections. On the other hand, Zara has used digitalization and data analytics to develop an agile, efficient supply chain that cuts this production cycle to less than three weeks. Zara's ability to grasp this fast-paced manufacturing cycle has catered to demanding, instant-gratification-minded customers, causing the company to prosper over the last few years while other retailers have seen diminishing or stagnant growth. Zara is focusing on digitalizing every aspect of a consumer's shopping experience. Through these practices, Zara has managed to streamline its supply chain to

the point where approximately 50% of its SKUs are designed and produced during the relevant season. The proportion may increase much higher in the future year.

Hence, it is safe to say that e-commerce has undeniably become an essential part of our society. Companies that take e-commerce seriously and devote appropriate resources to its growth will be the most successful in the future. E-commerce is a whole-business endeavour, not just an IT problem. Companies that use it as a reason for completely changing their business processes are likely to reap the benefits. Moreover, e-commerce is a helpful technology that gives consumers access to businesses and companies everywhere.

- Kriti Gupta
B.Com. I

Financial Literacy- A Key Component

Financial literacy is a term that has gradually gained attention in recent times. It refers to an individual's skill, knowledge, and ability to make planned financial decisions that align with their goals. It enables anyone to navigate their income, expenditures, and savings according to their will.

In modern times, money is required everywhere, from the smallest to the most monumental task. From the breakfast we eat to the vehicle we drive to the clothes we wear, money is required to carry out all such acts in one's life. Money is a potent tool in today's world. The greatest of ideas fail to reach their final destinations in the absence of financial assistance. So, controlling, studying, and planning our finances are necessary.

A person, through his mind, ideas, and innovation, can, by even starting from scratch, reach the pinnacle of the graph. But one needs to understand the importance of money and the consequences if it is spent without proper diligence. Often, we hear about many flourishing businesses with abundant resources that are still coming to a halt due to unprofessional management of finances and inadequate attention to cash flows, which brings our attention to

the fact that no matter what the magnitude of finances involved, one must learn the skill to manage and plan their finances; otherwise, even the biggest empires fade away. Financial literacy skyrockets the growth and strengthens the position of an institution or an individual.

The pattern of expenditure has drastically changed over the period. Lifestyles and expanding habits have changed over time. Earlier, people used to live a minimal life, trying to save as much as possible for the future. But now everything has changed. The lifestyle has shifted from being minimal to trying to live the most lavish life, showing no concern for the availability of adequate resources, which has led to the degradation of the administration of personal finances.

People, especially the youth, have put their best efforts into moving mountains to live a life filled with luxuries. It may not be possible with their funds, so they have to opt for debt, with credit cards being the prime source. Most decisions are made without proper scheming or checking the feasibility and ability of oneself to repay the amounts. Credit cards enable holders to make payments up to a specific limit, even if they do not have an adequate amount in their bank account. As the payments are done without proper supervision, many find themselves stuck in a debt trap, burdened with a lack of interest payments, and seeing no ray of hope.

A person who starts earning has many dreams and desires that they want to accomplish. Sometimes, this factor becomes the reason and overpowers one's emotions over our thoughts and minds, and we tend to procrastinate the rationing and planning for the funds. The amount involved may be small or large, but one should plan and apportion one's funds before spending a penny. It should be clarified in the mind from the beginning about the sources and final destination of its funds. If everything is done right, a person can acquire anything he wants with minimal risk involved.

This mismanagement of funds is due to a lack of proper awareness of the use and importance of funds. When someone is unaware of the power of financial planning, this is often taken for granted, destroying their financial stability. For instance, when a business firm plans to take debt, the company does a tonne of calculations, forecasting market trends, and many other analyses before taking such debts, as this may adversely affect the financial state of the

institution and put the institution in a situation that may even make the survival of the company difficult.

On an individual level, decisions should be taken carefully, with consideration for consequences. DA debt is a responsibility that requires careful management, as mismanagement can lead to situations that are hard to recover from. Today, thousands of online courses are available that teach proper financial planning. Also, how to increase the source of funds, especially the roots of passive income; even if a person's main profession or primary source of funds is disturbed for some reason, his necessities are fulfilled from these passive earnings.

There is a saying that "the money saved is the money earned." The phrase explains that even if a person has ample resources, he still can't save them, i.e., plan and direct them, and then he may end up nowhere. One has to put in a deliberate effort to manage funds and plan for the future by putting money in the right place today. So, a person with firm control over himself and his money can steer himself towards the desired destination.

- Agamvir Singh
B.Com. II

The impact of Artificial Intelligence (AI) on the commerce industry

Artificial intelligence (AI) is rapidly transforming the commerce industry, from the way businesses operate to the way customers shop. AI is already being used to improve customer service, automate tasks, develop new products and services, and optimise marketing and sales strategies.

One of the most crucial impacts of AI on the commerce industry is its ability to personalise the customer experience. AI-powered software can analyse the customer's purchase history, browsing behaviour, and social media (Facebook, Instagram, etc.) activities to suggest the products and services they need, which leads to increased sales and customer satisfaction. The use of AI-powered chatbots is to provide customer support, in which the customer can

ask a question, and the chatbot automatically replies to that message by generating a reply using AI technology. It also helps humans work on other productive things.

AI is also used to optimise marketing and sales strategies in the commerce industry. AI-powered marketing platforms help to analyse customer data and identify the target audience to develop personalised marketing campaigns. AI-powered sales forecasting tools can help businesses predict demand and optimise inventory levels.

One of the leading companies, Amazon, is an example of how to use AI. Amazon's recommendation programme, which proposes things to users based on their previous purchases and browsing behaviour, is powered by AI. Amazon also uses AI to automate tasks such as product fulfilment and customer service.

AI is helping businesses reduce the costs of their products and improve efficiency. Also, it is helping to generate new types of jobs, like AI engineers and data scientists. The people can explore new fields of interest and earn huge money, as they are comparatively new in the market.

In my opinion, AI is the most powerful technology that has the potential to revolutionise the commerce industry in different aspects. Businesses in the commerce industry need to use AI to improve their operations and gain a competitive advantage over others.



- Lavish Katoch
B.Com. III

Business Ethics and its Relevance Today

We have very often heard that business is a part of society. It derives all its needs and requirements, directly or indirectly, from 'society'. In this context, 'society' refers to all stakeholders, from the government to consumers, including owners, members, lenders, workers, dealers, etc. It is the responsibility and duty of businesses to follow societal standards. It was during the 1960s that terms like 'social concerns' and 'consumer-based society' became popular. And in 1974, 'Norman Bowie' coined the term business ethics.

Ethics is a common term that means beliefs about what is right and wrong and what is morally correct or acceptable. Similarly, business ethics refers to the moral premises of right and wrong from the point of view of business. However, ethics are different from legal norms. Business ethics is a much broader term that includes legal practices as well as practices of corporate social responsibility (CSR). It follows principles of accountability towards society, integrity with norms, respect for others, honesty in operations, duty towards the environment, transparency in functions, compassion towards employees, loyalty in management, leadership, etc. All these principles together lead to the fulfilment of laws, along with maintaining a competitive edge over other businesses in the market. Business ethics have one relation with the reputation of business in society. Goodwill improves in the market, and people develop trust in it. No third party would then like to destroy peace relations with your business. Which, in turn, facilitates negotiations in market dealings and helps to improve the bottom line simultaneously. When your trades are good, resources are accessible, there is demand and trust among customers, and everything goes well, profit is an obvious result. This way, companies flourish. We usually observe that a leader sets the example for the group. Likewise, the morals that company leaders follow act as a lighthouse for employees associated with them. There is a well-known proverb: As you sow, so shall you reap. The seeds of generosity and goodwill shall be harvested.

Corporate social responsibility (CSR) is a new term used today. In the business sector, business ethics and corporate social responsibility are two

equally essential ideas. Business ethics are moral principles that display how a company or business conducts itself and its transactions. Simultaneously, corporate social responsibility means a firm should be socially responsible to itself, its stakeholders, and the general public. For the smooth conduct of any work, be it the day-to-day work we do on an individual basis or any large project, there have to be some reasonable boundaries that we have to take into consideration. These limits within which we have to work are business ethics.

But what we see today is suppressing the above-discussed values. We have examples of companies like Enron, WorldCom, Tyco, Hollinger International, and others that have violated ethics and faced adverse implications. For instance, if there is a business operating in pharmaceuticals and discharging all its waste into river bodies, They not only break laws but also defile the responsibility towards the local environment. With continuous growth and profit-making, businesses keep neglecting their duty towards moral values. False accounting, insider trading, bribery, and discrimination have all become part of the business at some point or another. But this is ethically wrong. For survival in the long run, the management of trades should sincerely and seriously consider the idea of 'BUSINESS ETHICS'.

- Tenzin Dolma
B.Com. II

Dissecting India's Rising Inflation

The headlines these days are comprised of varied issues ranging from the rising tomato prices to the Manipur ethnic violence. However, high costs and inflation have predominantly caught people's attention in the country.

The Reserve Bank of India is required to keep inflationary rates between 2 and 6%. However, there was a contrasting view when the inflation rates touched 7.44% in July, and the prices of vegetables and food items were chiefly affected.

Ascertaining the Policies by RBI

Inflation, or what is termed a rise in prices of all goods and services in the country, is sought to take place because of two phenomena, the first being the excess of money supply amongst people due to which they demand more and the prices take a surge, and the latter factor being the deficit of supply due to which the prices soar.

As mentioned, the powers and control are vested with the RBI to control the ascending prices, and it undertakes various monetary policies to tackle inflation.

In the same fashion, the RBI took various monetary measures to decrease the supply of money in the hands of people.

The RBI also said that the resultant elements of the actions would become discernible after a certain period.

However, the hurdle remains with inflation at 6.83 in August and everlasting food prices.

SHIFTING OUR VIEW TO VARYING ISSUES

We always sought solutions to the issue of inflation from the money supply side, although India is in agony due to the shortfall in the supply of goods, due to which inflation is being fuelled in part by supply issues.

The year 2023 is the El Nino year, and with the onset of climatic changes, things took a turn for the worse. Due to deficient or postponed rain in many parts of our country, the supply of important food essentials was affected, and, hence, we became witnesses to the high prices of tomatoes per se. This pattern caused a great deal of hardship for the people, as it affected their food security as well as their purchasing power.

PAVING THE WAY FOR CHANGE

For the increase in the supply side of various crops to provide people with the need for proper nutrition, the government must focus on the different climatic changes, and its highlights took place during the Indian presidency of

the G20 under the vision 'One Earth, one family, one future'. The second step to take would be to incentivize farmers for various crops that are suited for adaptation, which is helpful for our future. One example of this is the promotion of millet as a food essential, as it can withstand various droughts and is also necessary for food security. The third step forward could be to use technology, as we can employ genetically mutated crops like mustard for advancement and enhanced yield.

While we shift our sense to the commodity as a whole level, the steps taken forward should be for the upliftment and promotion of the 'Make in India' scheme, wherein even right now, we are focusing on making India the hub for the manufacturing of semiconductor chips. In the fiscal year 2022, where India relied on imports for 90 percent of the supply of semiconductor chips, we can see the way forward now.

The next step should be in the direction of enhancing the productivity of enterprises and firms so that the supply takes a boost and takes a blow on the inflation side.

THE NEED FOR UNITY

With the advent of climate change, there is a need for change at every individual level to tackle the situation, as change comes from home. We all must devote our parts as well to counter the whole agenda.

Although the RBI and government are directing their efforts to moderate prices, a slight shift to the issue from the other side needs a little more consciousness.

For an ever-growing economy and for the fulfilment of the claims of our prime minister to make India the third largest economy in 2027–28, we need to keep the rates within the limits and also shift our emphasis on the population of India, especially the middle and poor class, and for the overall good, as every political party and government claims to accomplish in its manifesto.

- Megha Garg
B.Com. II

Unveiling Commerce's Gender Lens: A Deeper Look at How Gender Shapes Economic Interactions

In the intricate tapestry of human society, gender plays a pivotal role, impacting every facet of our lives, including the world of commerce. While economic interactions might seem gender-neutral, a closer examination reveals a fascinating web of gender dynamics that influence decisions, opportunities, and outcomes. This article embarks on a journey to unveil commerce's gender lens, delving into the multifaceted ways in which gender shapes economic interactions, with poignant examples that shed light on this complex interplay.

The Gender Pay Gap: A Persistent Disparity

The continuous gender pay disparity is one of the most prominent examples of gender influence on economic interactions. Despite tremendous progress in gender parity, this imbalance lingers in many regions of the globe. Women still make less than their male colleagues for the same work duties.

Consider the situation of David and Sasha, two marketing professionals with comparable credentials, experience, and work duties. In the same firm, David, a guy, earns more than Sasha, a female. This pay disparity not only shows an injustice but also perpetuates economic disparities since Sasha has less financial means to invest, save, or spend, thus hurting her overall economic well-being.

The gender wage gap demonstrates how deeply embedded gender stereotypes and prejudices may have significant economic effects on people and nations as a whole.

Gendered Consumer Behaviour: The Power of Marketing

Consumer behaviour is another arena where gender plays a profound role in shaping economic interactions. Marketing and advertising strategies often exploit gender stereotypes to influence purchasing decisions. One striking example is the portrayal of beauty standards. The beauty industry has long promoted unrealistic beauty standards aimed at women. Products promising flawless skin, toned bodies, and perfect hair have aggressive marketing, frequently using highly photoshopped images and airbrushed models, which not only creates unattainable beauty standards but also puts significant

financial pressure on women to purchase beauty products and services.

On the other hand, the male grooming industry has seen a substantial rise, with advertisements focusing on the 'ideal' rugged and masculine appearance. These portrayals encourage men to invest in grooming products, further driving economic interactions. The gendered marketing strategies employed by the beauty industry highlight how commerce can reinforce gender norms and capitalise on insecurities to drive financial transactions.

Entrepreneurship and Access to Capital: Breaking Barriers

Another facet of commerce's gender lens is the disparity in entrepreneurship and access to capital. Women-owned businesses often face hurdles when seeking financing, which limits their growth potential and economic impact.

Consider the case of two entrepreneurs, Sarah and Chris. Sarah, a woman, and Chris, a man, both have innovative tech start-up ideas. While Chris secures venture capital funding relatively easily, Sarah faces scepticism from investors who doubt her ability to lead a tech company. This gender bias in financial access not only hampered Sarah's company but also perpetuated women's underrepresentation in the IT sector.

Initiatives such as women-focused venture capital funds and mentoring programmes have evolved to bridge this gap and to provide women entrepreneurs with the support and tools they need to prosper in historically male-dominated areas. These projects show how recognising and correcting gender differences may improve economic relationships.

Gender in Negotiation and Decision-Making

Gender dynamics influence negotiation and decision-making processes in commerce. Several studies have shown that when women argue for their interests and they are seen as aggressive or overbearing.

For example, in salary negotiations, women may be cautious to negotiate aggressively for a higher salary for fear of being seen as pushy or unlikeable. It can lead to lower starting salaries and slower career progression, ultimately affecting their economic standing.

Hence, organisations are implementing training programmes and policies to ensure fair and equitable negotiations. These initiatives aim to level the playing field and create an environment where gender does not hinder economic interactions.

The Intersectionality of Gender and Commerce

When discussing gender and business, various individuals are influenced differently by gender. Intersectionality examines how many diverse identities, including ethnic origin, socioeconomic class, and gender orientation, interact to shape people's lives.

For example, a woman of ethnicity may confront employment problems that are not the same as those endured by a white heterosexual woman. She may encounter gender and racial biases, which influence her economic interactions and opportunities.

Understanding gender intersectionality is critical to developing inclusive economic policies and strategies that meet the various demands of all people.

Understanding gender intersectionality is critical to developing inclusive economic policies and strategies that meet the various demands of all people.

The Road Ahead: Striving for Gender Equality in Commerce

As we navigate the terrain of commerce through a gender lens, it becomes evident that gender plays a profound role in shaping economic interactions. The gender pay gap, consumer behaviour, access to capital, negotiation dynamics, and intersectionality are just a few examples of the intricate ways in which gender influences commerce.

It is imperative to challenge and dismantle the gender norms and biases that perpetuate disparities in economic interactions. Organisations, politicians, and people must collaborate to establish a level playing field in which everyone has equal opportunities to prosper in the business world.

This path towards gender equality in trade is not just an issue of social fairness; it is also a matter of economic need. When gender prejudices no longer exist, firms can fully capitalise on the potential of a diversified staff and customer base, supporting innovation and development.

In closing, commerce's gender lens reveals a complex and multifaceted landscape where gender norms and biases intersect with economic interactions in extreme ways. By shedding light on these dynamics and working collectively to address them, we can pave the way for a more inclusive and prosperous future where commerce benefits all members of society, regardless of gender or intersecting identities.

- Sartaj Singh Kukkar
B.Com. III

The Business of Artificial Intelligence

In recent years, the business world has changed rapidly due to the entry of various new forces that have completely transformed the industry. Artificial intelligence (AI) is a transformational force in different commercial fields. The most prominent player that has emerged in the market, however, is artificial intelligence. AI has a tremendous influence on organisations of all sizes, from increasing productivity to facilitating data-driven decision-making.

One of the most significant ways AI has altered business is its capacity to handle massive volumes of data and deliver vital insights for decision-making. AI systems can forecast trends, client behaviour, and market movements by analysing historical and real-time data. Many businesses use this predictive analysis to make educated choices, optimise strategy, and lead the competition.

AI-powered technologies have also changed the workings of customer service and interaction. Chatbots and virtual assistants armed with natural language processing capabilities provide instant support and assistance to customers, enhancing their experience. AI algorithms can personalise recommendations based on a customer's past behaviour, preferences, and demographic data, leading to higher customer satisfaction and loyalty.

Artificial intelligence-driven computerization improves corporate processes by automating monotonous work, enabling staff to focus on higher-value activities. Thus, an increase in efficiency, lower operating expenses, and quicker job completion are there. Supply chain management, inventory forecasting, and manufacturing processes are some areas where the impact of AI-driven automation is visible.

AI algorithms enable businesses to target their marketing and advertising efforts more effectively. Machine learning algorithms analyse and determine vast consumer data to identify patterns and preferences. This data-driven strategy enables firms to tailor their marketing efforts to target the

appropriate audience with the correct message, resulting in increased conversion rates and a higher return on investment.

AI facilitates innovation by providing valuable insights into consumer preferences and market demands. Data analysis helps to identify gaps in the market and areas where new products or services can meet customer needs. Additionally, simulations powered by AI and modelling assist in product design and testing, reducing the time a product takes to reach the market and improving product quality.

The necessity for effective cybersecurity measures has expanded as organisations depend more on digital platforms. AI enhances cybersecurity by detecting and mitigating potential threats in real time. AI algorithms can analyse network traffic, identify suspicious activities, and respond to cyber threats swiftly, protecting sensitive data and ensuring business continuity and safety.

In the agricultural sector, AI has transformed how farmers manage crops and resources. AI-powered drones and sensors collect data about soil conditions, crop health, and weather patterns. This data is then analysed to optimise irrigation, fertiliser usage, and overall crop management, leading to increased yields and sustainable farming practices.

Artificial intelligence has become a vital pillar of the modern business landscape, driving unparalleled change and growth. Its impact on decision-making, customer experience, operations, marketing, innovation, cyber security, and resource management is tangible across industries. As AI advances, businesses that harness its potential effectively will likely stay competitive and thrive in this rapidly evolving business world.



- Aakarsh Ahluwalia
B.Com. III

Financial Literacy

As correctly said by Benjamin Franklin, “An investment in knowledge pays the best interest.” College graduates spend years gaining skills that help them get a job commanding a higher salary, yet negligible time goes into making their money work for them. Here, the need for financial literacy arises.

Financial literacy gives us the confidence and knowledge required to make financial decisions that can lead to financial stability and security. It plays a pivotal role in the process of wealth building. By understanding investment strategies, risk tolerance, and the power of compounding, individuals can make their money work for them. According to the Global Survey, India accounts for around 17.76% of the global population; nevertheless, just 27% of the Indian population is aware of financial principles. Financial literacy education is critical for empowering people, reducing financial burdens, and fostering economic progress. It has a different importance for Indian youth. It can provide practical and real-life experiences that help them make financial decisions. To be financially literate, one must know the principles of financial literacy, i.e., earn, save, and invest; protect, spend, and borrow.

The initiatives for financial literacy must start at the root level, i.e., schools and colleges. They must include various aspects like effective money management, debt management, SIP, EMI, etc. that are important to gaining financial stability. To make people more financially aware, the Securities and Exchange Board of India has set up an educational institution named the National Institute of Securities Markets. Various initiatives are taken across India, like the Kona Kona Shiksha programme, to inculcate the habit of investment among students. At every stage of life, finance carries importance, whether for education, marriage, or retirement. Time and compounding are the most critical elements when growing wealth. Warren Buffett, the famous investor, started at the age of 11. With the power of compounding, he has a net worth of \$117 billion as of 2022. Here, the lesson for us is that everyone must start investing early to enjoy the benefits of compounding.

Financial literacy assists individuals in managing their finances efficiently, making appropriate investment decisions, and achieving economic growth and success. There is a famous saying by Warren Buffett that reflects the importance of wise investment decisions: “If you buy things you don’t need, soon you will have to sell things you need”.

- Mehak
B.Com. III

Leader of My Life

In my eyes, MS Dhoni is the greatest leader of our time. Dhoni was born on July 7, 1981, in Ranchi, Jharkhand, to Pan Singh and Devaki Devi. He has two siblings: Jayanti and Narendra Singh Dhoni. His family is from the Uttarakhand district of Almora. In Ranchi, Jharkhand, he attended the DAV Jawahar Vidya Mandir School. He is the reason behind the success of the Indian cricket team, not only during his career and captaincy tenure but also currently. One of the prominent examples that come to mind is the Champions Trophy of 2013. In the tournament, Dhoni gave India a team that no one believed in, as they were the amateurs of the time but the mega stars of the future, by resting the giants like Gautam Gambhir, Yuvraj Singh, Harbhajan Singh, Irfan Pathan, Suresh Raina, etc. He handed the baton to young players like Virat Kohli, Rohit Sharma, Shikhar Dhawan, R Ashwin, Ravindra Jadeja, etc.

People criticised his decision not to pick experienced players, but MS Dhoni had other plans. He saw the future megastars in them, which shows the leadership quality of "Optimism and Trust".

In the first match, his "Amateurs" showed the world that they had arrived to carry India to the peak of the cricketing world. This young team not only played every match to their finest but also brought home the Champions Trophy after 2002, when India shared the trophy with Sri Lanka. The win was not only the roar of these budding players but also a stamp of Dhoni's leadership qualities. The people who criticized MS Dhoni's decision to bring youngsters into the team are the ones who currently thank him for trusting young lads like Virat Kohli, Rohit Sharma, Shikhar Dhawan, etc. The players who were part of the 2013 Champions Trophy played a major role in carrying India to the top-ranked team in the world.

MS Dhoni, as a leader, gave us an example for centuries that even if you face criticism for your decision as a leader, just trust yourself and your team, and the results will come your way.

- Divpreet Singh
B.Com. I

Why one should pursue An MBA?

In today's competitive and ever-evolving global job market, individuals constantly seek ways to enhance their skills and advance their careers. Pursuing a Master of Business Administration (MBA) has emerged as a popular choice for many, and for good reasons. This article explores why one should consider an MBA and its numerous benefits.

An MBA degree allows personal and professional growth that you typically will not be able to gain just from work experience alone. MBA programmes cultivate unique leadership styles in order to equip students for lifelong learning and success in business. The structure of most business schools surrounds identifying strengths and weaknesses via the case study method or experiential learning and incorporating high levels of diversity into the classroom to mimic real-world experiences, among other learning methods. Being in a competitive yet professional setting may help graduate management education achieve better outcomes in the long term.

Developing management skills

It is vital to recognise the purpose of earning an MBA, which is rapid job advancement. Although the MBA is no shortcut—not a cheap one at that—it does help develop numerous skills, such as leadership, communication, teamwork, entrepreneurship, and even strategic thinking. Even more importantly, becoming internationally aware or developing marketing, finance, or IT skills has become core to management skills since it expects you to have a bird's-eye perspective on any business. Through its curriculum, an MBA helps you gain these soft and hard skills.

Entrepreneurial Ambitions:

Most average MBA programmes boast of their five years of work experience candidates, so many, true to form, have developed entrepreneurial desires, whether straight after an MBA or at least ten years post-MBA. Given their rapid expansion, many emerging nations, notably China and India, are seeing

a boom in startup activity, and it may seem simple to launch an entrepreneurial enterprise. However, around 80% of startups in India die within the first three years of inception. Hence, not only are MBA hopefuls considering starting up ventures, but they are also looking at running one successfully in the long run. The MBA is heavily relied upon to honour these skills via entrepreneurial case studies, assignments of innovative new product development and future projections, and international networking opportunities.

Build a network of professional contacts.

One of the most valuable benefits of having an MBA is having the opportunity to network with other business professionals. Your classmates, professors, and alumni will become a valuable resource for you throughout your career.

Earning Potential:

Statistics consistently show that MBA graduates earn higher salaries when compared to those with just a bachelor's degree. The return on investment for an MBA is often substantial, making it a wise financial decision.

Becoming a Global Leader:

All the above led to the emergence of a 'Global Leader', a multi-cultured problem-solver at its core. Most institutions conduct leadership and other courses alongside the MBA programme to help students develop these abilities. Apart from that, sitting in a class that discusses global case studies with candidates from various backgrounds and industries, putting forward their perspectives, and concluding a joint solution gives one a broad look into being a worldwide solution-producer at every stage of any company. Networking through an MBA programme is an intense by-product, but its usage makes it consequential in obtaining a global outlook. Whether via internal networking with students and professors or external networking with recruiters, guest speakers, and social platforms, colleges foster an atmosphere that fosters problem-solving vision. This comprehensive talent allows most MBAs to function more easily and confidently in a post-MBA context.

The essence of pursuing an MBA might differ from individual to individual, but the outcome, if the MBA is taken maximum advantage of, will directly or indirectly be a mix of all the above.

In conclusion, pursuing an MBA is a transformative experience that can open opportunities and propel your career to new heights. It provides a unique combination of skills, knowledge, and connections that sets you apart in today's competitive job market. Whether you aspire to climb the corporate ladder, become an entrepreneur, or gain a global perspective on business, an MBA can be a valuable investment in your future success.

- Vanshika Gandhi
B.Com. III

Legacy of Football

Football is the world's most popular game in terms of the number of participants and spectators. We can play the sport practically anywhere since its basic rules and equipment are simple. After numerous attempts in the mid-19th century to codify the rules, they were finally given to Cambridge University in 1863. The most popular sports association in the world, FIFA, was established in 1904; it oversaw all the international tournaments, and now 211 nations are part of FIFA. So, how was it that football came to India? It was in the year 1872 that British soldiers introduced football in Calcutta.

Nagendra Prasad, also known as the father of Indian football, was the one who spread awareness of football in Calcutta and later on in India. 1889 was historic in Indian football due to the establishment of Mohun Bagan Athletic Club. The AIFF (All India Football Federation) was formed in 1937 when associations from various regions combined to form the AIFF. The Blue Tigers played barefoot in the 1948 Olympics and qualified for the 1950 FIFA World Cup but withdrew from the tournament due to insufficient practice time. The year 1951 was legendary as Syed Abdul Rahim became the head coach of Indian football. The term for his tenure as the head coach is the golden era of Indian football, where India won the 1951 Asian Games, were winners of the

Asian Games in 1962, and were runners-up in the AFC Asian Cup in 1964.

India recently displayed immense passion and team spirit by winning a hat trick of tournaments in the 2023 Hero Tri-nation Series, the Intercontinental Cup, and the 2023 SAFF championship. In the tri-nation series, India defeated Myanmar and Kyrgyzstan by scores of 1-0 and 2-0, respectively. In the Intercontinental Cup, India dominated the tournament and won the finals by achieving victory over Lebanon with a score line of 2-0, with Sandesh Jhingan awarded as the "best player of the tournament." India also won the SAFF championship for the ninth time in 2023 by thrashing Pakistan and Nepal in the group stage and clinching a hard-fought victory in the final against Kuwait in a nail-biter penalty shoot-out. On the bright side, India was placed in pot 2 for the FIFA 2026 World Cup qualifiers, leading to a favourable group in the qualifiers. Indian skipper Sunil Chettri also achieved a personal milestone by being the 3rd highest international goal scorer, only behind Cristiano Ronaldo and Lionel Messi, and the highest goal scorer in India.

- Vaishnav Ayush Sharma
B.Com. I

Day Late And A Dollar Short

In today's world, where everything seems extravagant and expensive for the average person with a 9-to-5 job, there is only one solace they can reach out to, which is to invest. Therefore, starting to invest early sounds like the savviest financial decision one can make that lays the groundwork for a secure financial future. This article will highlight some key motivations to contemplate investing at a young age.

First and foremost, let's talk about the potential of compounding. It's a force that works silently and diligently in finance, turning a fair sum into a grand capital over time. At its core, compounding is the process of earning interest or returns not just on your initial investment but also on the profits generated. It's like a snowball rolling down a hill, gathering more snow as it goes and getting larger with each revolution. This powerful snowball effect can help individuals reach their financial goals faster, like retirement, purchasing a

home, or financing their child's schooling. The earlier they start investing, the more time their money has to grow because compounding works like a charm. It's the engine that transforms disciplined saving and investing into substantial wealth.

Young adults also have the amenity of a longer time horizon. In investing, time is not merely a bystander; it's the silent partner in your financial success story. Young adults can afford to take more risks as their investments have a longer time horizon to recover from any short-term volatility. For instance, if they start investing in stocks at a young age, they can weather storms, ride out market turbulence, and benefit from the inevitable recoveries. The brushstrokes of market dynamics paint a portrait of volatility and opportunity. Prices rise and fall, and investments gain and lose. Even in the face of short-term peaks and valleys, time ensures that people's portfolios can regain their former glory and even surpass them. On the other hand, if they start investing late in life, they may have a shorter time to recuperate from market hiccups and may need to take a more conventional perspective on investing.

Besides, investing at a young age allows for the indulgence of making blunders and learning from them. However, here's where the magic begins: with each market cycle, their investments have a chance to recover, adapt, and flourish. As young adults have more time to recover from potential losses, they can try distinct investment strategies and comprehend their ventures. This hands-on approach to investing can be valuable, as it can help them develop a profound acquaintance with the financial markets and make sounder investment decisions in the future.

Furthermore, young adults often have a lower tax bracket, which can be beneficial when investing. By taking advantage of tax-deferred retirement accounts like EPFs, they can defer taxes on their investment returns until they withdraw the money in retirement, when they're likely to be in a higher tax bracket. It means they can keep more of their hard-earned money toiling for them instead of providing it to the government in taxes. By strategically supervising their revenues and pullouts, they can potentially profit from lower tax rates, which can cultivate a healthy habit of consistent savings and maintain a financial safety net for future well-being and security.

The earlier they start, the longer their money can grow and compound. It implies that even small investments made early on can boost immensely over time. Ponder employing a rupee-cost averaging strategy, where they invest a set amount of money regularly, regardless of market conditions. It helps to alleviate the aftermath of market volatility and can help them accumulate wealth over time. For example, if they invest Rs. 500 p.m. from age 25 to 65, they could have a portfolio worth over Rs. 31.5 lakh. All in all, venturing on an investment journey with small initial contributions is a strategic decision that leverages time, decreases risk, and fosters discipline. It is a cautious approach that accommodates various investment opportunities and gradually paves the way for gathering significant wealth over the long term.

Finally, investing at a young age can also be a great way to develop suitable financial habits. When people start investing early, they understand how to prioritise their financial goals and make investments that align with them. They learn about various investment options, risk management, market dynamics, and long-term financial planning. It enables them to designate a concrete financial foundation and makes it easier to attain their financial goals thereon. It can provide financial security and flexibility to pursue their passions, change careers, or start a business without relying on a paycheck. Opening an emergency fund worth three to six months of living expenses can help mitigate unexpected financial setbacks. Investing at a young age can facilitate funding for the same. Early investing can fund their travel adventures and allow them to build a financial cushion to explore without worrying about finances.

In conclusion, if people initiate their retirement framework in their 20s, it will give them the power to orchestrate every phase of their life, which, when executed flawlessly, might be thrilling. So, if anyone is a young adult who hasn't started investing, now is the time to take advantage of these opportunities and build a brighter financial future!

"The biggest risk of all is not taking one" - Quote by Mellody Hobson.

- **Stuti Aggarwal**
B.Com. II

The Stories The Nations Tell and The Indian Twist that JIO Financial Can Offer

The majority of our world is predicated on the workings of the capitalistic machine. The capitalistic machine, in its purest form, if we were to personify it, is an enigma. It has no purpose, longing, ethics, or even a hint of humanity, yet it has certain principles and rules that it follows with certitude. The market knows it all, but what for? The machine is capricious and ambivalent in that it can bring on absolute destruction of everything that we hold sacred but at the same time can also bring alleviating and paradigm-shifting transformations, both at radical and seismic intensities, while never really desiring any of it. It just follows its principles and rules wherever it takes the world. It is only we who can discern which of the two paths it has taken or if it is something in between. In the director PTA's movie, 'There Will Be Blood', there is a case to be made that the hesitant villagers would've never gotten the money and prosperity that followed the oil drilling by the protagonist Daniel Plainview, however unjust that would have been relative to the resources found, had Daniel not taken the initiative (fueled by greed) to drill the land. Daniel Plainview played the violin to the tune of the noble American Dream in front of them, which moved them, but that was never the core motive behind his tenacity and gumption. The benefits the villagers got were never objective. That came only as a by-product.

The workings of the economy are complex. It is helpful to think of the economy as consisting of gears of clockwork. An economy made of a couple of gears is relatively easy to understand. You can tell where the movement starts and where it ends, but as the economy gets more and more complex, the gears quickly add up, and it is now impossible to discern with certainty where the movement starts and where it ends. It may prove helpful, especially for the uninitiated, to follow the following two video links, one of which is from Ray Dalio, the American billionaire investor who founded Bridgewater Associates, the world's largest hedge fund. One can learn a lot about basic economics from these two videos. The video from Ray Dalio is largely based

on a capitalistic system with a central bank and draws heavily from Keynesian principles. I would like to preface the next three paragraphs by emphasising that no economic system is ever absolute in the real world.

The economic system of the USSR was based on centralised planning, preventing market forces from dictating the economy. This system quickly transformed the agrarian and feudal economies of the nation. The aversion to market forces helped it expand during the Great Depression, but it also led to long queues for consumer goods, something paradigmatic of the Soviet economy. The driver of centralised planning—5-year plans—was introduced, and it influenced not just the nation but the whole region. The centralised plans forced the allocation of resources towards more productive heavy industries rather than consumer goods, often even brutally (collectivization and forced allocation contributed to famines). The industrialization of the economy grew the economy at an unprecedented scale, but after the foundations were set, the economy started to stagnate. The market forces that punish inefficiencies were not there. The bureaucracy and tyrannical power opposed the changes that the economy demanded. The essence of the sentiments behind this prevalence of bureaucracy and the concentration of power can be seen in the discussions of power in the BBC show 'Yes Minister'. The collapse of the Soviet economy, catalysed by the arms race with the US, was the collapse of the USSR and the Eastern Bloc with it. The concentration of power gave way to the oligarchies pervasive now in many of the constituent states.

The USA is the nation that first comes to mind when thinking of a nation run by a capitalistic machine. The notion of upward mobility that is embodied in the ever-so-abstract notion of the American Dream is sold to the world by ad executives. The nation at its inception set a precedent for many things, chief among them democratic foundations, peaceful transitions of power, and stability of government, which fostered private enterprise. The present dominant market of the world, in its influence (the 2008 recession and the US dollar), has the most capital (its stock exchanges and VC funds). So pervasive and ubiquitous is its system that it is the archetypal idea of an economic

system and market. Presently, the nation is facing the looming threat of long-term high fiscal deficits and the debt ceiling crisis.

The foundations of the economy of China were not unlike those of the Soviet one. The 5-year plans and the collection of land were also implemented here. The Great Leap Forward and centralised planning again averted market forces and aided in rapid industrialization and famines here too. The key divergence came later, particularly during the 1980s, when China designed and implemented a kind of state capitalism with, for instance, the introduction of SEZs in Shenzhen. China's economic system is fascinating in that it combines the elements of capitalism, socialism, and communism. A communist nation where the workers' rights and freedom are less than, say, the USA. It can be argued that China is akin to a cell with a membrane where the constituents of the cell are all capitalistic, but the membrane is made of communistic and socialistic elements ultimately subjected to the totalitarian government. Any of the constituents get spit out of the membrane if they disturb it. This totalitarianism, currently, with its stringent zero COVID policy, bursting of the real estate market, bank failures, and its altercations with the booming tech industry and foreign investments, has deterred international market sentiments towards China, perhaps best exemplified by the emerging markets investing pioneer Mark Mobius' comment, "I can't get my money out," and now threatens the decades-long ascent of China.

The Indian economy's foundations were deeply influenced by socialism, with Nehru keenly following Soviet developments, even visiting the USSR in 1955. The Zamindari system was abolished, the land was redistributed in many areas, and the 5-Year Plans were also introduced. The economy needed government intervention to bootstrap its industrialization and expansion, with the private sector reluctant to invest in kick-starting industries with long gestation periods. This led to the burgeoning public sector and the nationalisation of many strategically important industries. As important as it may have been in the beginning, by the 1990s, the licence raj, red tape, and the closed market were strangling the Indian economy, and it paved the way for the neo-liberal policies of LPG after an almost decade-long lag from the US and the UK in the 1990s. Now, India is one of the fastest-growing economies in

the world, with a robust startup ecosystem capable of providing innovation along with the imitation ubiquitous in a developing economy. The JIO revolution is underway. In just a few years, its distribution and reach have extended to almost every stratum of Indian society. The better accessibility and reliability of the Internet have permeated Indian life in so many ways that it has transformed the way we eat, buy, communicate, get entertainment, and even sleep. Presently, for the Indian consumer, it is the equivalent of a capitalist machine serving the societal needs and the good of the public as and only because it all happens to align in such a way. The JIO revolution has unlocked many industries (creator, EdTech, FinTech, streaming, online shopping, and the like), and JIO is keen on capitalising on those.

The initiation of this revolution, as with almost all revolutions, has not been smooth and straightforward. The wheels of revolution were set in motion when the JIO 4G services were commercially launched on September 5, 2016, offering free data and voice services until March 31, 2017. The seed of this revolution was planted much earlier. After the untimely death of the pioneer Dhirubhai Ambani, the succession of the Reliance business ensued. Eventually, the business was divided between the brothers Anil and Mukesh. Notably, the Telecomm and Financial Services business came to Anil and the Petrochemical and Textiles business to Mukesh. A non-compete agreement was signed between the two, which was eventually scrapped as disagreements related to oil price contracts between the two businesses mounted, leading to a new truce agreement and a very public power struggle (Anil Ambani even lashed out at RIL and the Oil Ministry at the Reliance ADA AGM). RIL re-entered the telecom business in 2010 with the acquisition of Infotel, promoted by the Mahendra Nahata (now the MD of HFCL, the telecom equipment maker supplying JIO, among others) group. The telecommunications industry is one of the highest-regulated sectors. It is a cutthroat and brutal industry where colossal sums of capital are required to even enter the market with spectrum sales. The characteristics of the industry make it a trend towards monopoly or oligopoly. Telecommunications are essential for nation-building, and their fair distribution is the antecedent to preventing uneven growth among regions and the creation of divides in a country. Ever since JIO entered the telecom industry, there have been cries of

floor prices, lax telecom regulations, and allegations of predatory pricing leading to monopolies from its competitors and experts. It is important to note that even with the tremendous distribution and success of JIO, it has not been able to break even as a project focusing on growth and tangent investments instead. It has brought veritable disruption to the industry, wiping out many players in the process (Vodafone and Idea have merged into VI and are floating on the government's help; BSNL is finding it hard to justify its existence commercially after being the regulator's player for many decades). It seems like JIO has a taste for predatory pricing, as it recently launched JIO Cinema. The streaming service gave access to major sporting events like the FIFA World Cup 2022 and IPL 2023 for free, a move that has led Disney+Hotstar to stream the Asia Cup 2023 and the ICC's World Cup 2023 for free. JIO Cinema has quickly gained viewers and has also capitalised on Disney's troubles, making it lose focus in emerging markets like India. Its launch made Voot, the streaming service from Viacom 18 (a joint venture between Paramount Global and Network 18, a subsidiary of RIL), useless, as its content was simply added to JIO Cinema, which eventually led to their merger. Similar developments are happening in consumer retail (most notably the acquisition of the Campa cola brand, the acquisition of Future Retail stores, partnerships with LVMH brands), telecom equipment like Set Up Box and Broadband Services, music streaming, and many others. JIO is quite deliberately creating an ecosystem with its JIO suite, developing a consumer-facing conglomerate under one umbrella. The most recent and potentially the most exciting among them is JIO Financial Services Ltd.

JIO Financial Services Ltd. and BlackRock have entered into a 50-50 joint venture (JV) named 'Jio BlackRock' to penetrate yet another highly regulated industry—the financial services industry, particularly the MF industry. BlackRock is no stranger to India either. It exited India in 2018 after its 40% share in the JV 'DSP BlackRock' was bought out, after nearly a decade-long partnership, by the legacy financial firm DSP. BlackRock is the world's largest asset manager, being a top shareholder across a wide range of industries. Its influence has led some to allege that it is the company that owns the world. The MF space has historically been a tough nut to crack for foreign players, but

opportunity. This JV can provide access to low-cost passive index fund investing to the general Indian population by leveraging the distribution and brand of JIO. It can potentially act as a funnel for the resources of the general Indian population to be allocated to the fast-growing Indian markets, providing great returns on their investments and much-needed capital for emerging businesses. It can induce a democratisation of Indian capital markets. Again, it would be the exemplified capitalistic machine unconsciously aligning itself with the societal good. The strength of India is its sheer population. This type of capitalistic pursuit causing societal development and transformation is nothing new; Tatas have been doing it for generations. However, there is a difference between a capitalistic machine arbitrarily causing societal development and a capitalism that is receptive to societal needs. This difference can be accentuated by overplaying and sensationalising the categorization of the different approaches of Tata and Reliance to business opportunities, something that I can get away with with the authorization of my shiny new poetic license. Now, take, for instance, 'Nano' by Tata Motors, the development of which began after a societal need for an affordable car for Indians was felt by the now Chairman Emeritus Ratan Tata and the company, which then conceived the idea of this car from the societal needs. Everyone appreciated the vision and the consideration shown by the company, but as we all probably know, the car failed commercially despite the intention behind it and has been discontinued. A car was still seen as a status symbol by the Indians rather than a mode of transport, but maybe Tata Motors was less receptive to the vices of society. Reliance, on the other hand, with 'Jio' for instance, served its capitalistic pursuits and served the societal needs and its transformation as a by-product. It happened to align that way. 'Jio' was never conceived with societal transformation as its primary motive, but it transformed the Indian economy and lives at breakneck speeds. Despite the primary motives or how the business opportunity was seeded, the capitalistic machine is more likely to succeed, whatever its societal consequences may be.

The problem nearly all businesses face in India is that consumption is drastically divided into different strata. The discretionary spending is fuelled

consumer-facing businesses find it challenging to navigate this divide. Jio is unique in that it has been able to penetrate and establish distribution channels across these strata and beyond. It has been able to activate India-II. Before Jio Infocomm, reliable and easy access to telecommunication services had largely been limited for India-II, but Jio Infocomm changed that. 'Jio BlackRock' now provides hopes to do the same with capital markets. The capital markets have largely been inaccessible for many strata of Indian society. The JIO Suite has the data power for effective product placement and marketing of its offerings. Jio Financial Services holds the potential for transforming not just the way but also how Indians invest and catalysing the growth of the Indian market, lest the growing divide and polarisation (The same economic and easy access to the Internet is also responsible for the creation of echo chambers and provocative and reactionary content getting undue reach due to the very design of social networking sites—CGP Grey has a great video on it). Taking roots in the country leads everything astray. The truly legendary investor Warren Buffet has been known to advise regular people to invest in passive index funds, even placing a bet against hedge funds charging exorbitant fees for actively managing the funds. It has been reported that 'Jio BlackRock' would initially offer low-cost offerings. Passive index funds, relative to other countries, still command only 17% of the Indian MF industry, despite its recent growth from only 1.4% in 2015. In India, investing for the public good has long been dominated by the likes of Provident Funds (PFs) and national pension schemes. We may see a transformation in the investing we do from PFs to passive funds, akin to the 401k in the US, providing market-based solutions for retirement plans and general investing. One may fear that tying such public interest funds to the volatility of the markets may bring risks (during the 2008 recession, the 401ks of many Americans tanked, with many having to delay their retirements), and while that is certainly true, the 2008 recession occurred largely because capitalism and corporate greed were allowed to run amok. It is hard to fathom something happening of that scale in India, where presently even conglomerates like Tata and Aditya Birla Group do not find getting a banking licence easy.

- Aaditya Gautam
B.Com. III



Social Science
Section

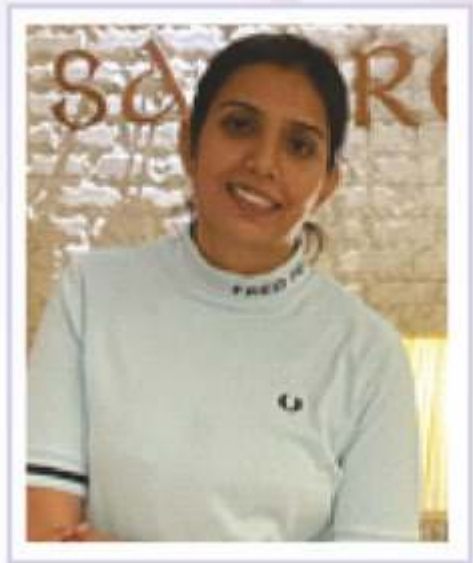
Editor's Note

Dear Writers and Readers,

Greetings to you!

"If you want to change the world, pick up your pen and write"

With immense enthusiasm, I would like to present the 'Social Science Section' of the annual college magazine 'Tyagmurti'. It gives me pleasure to look at this accomplished work, editing which was rather a joyride, and to present to you, the fruit of our mental labours.



The college magazine stands as a vibrant manifestation of creativity, freedom, self-expression and boundless energy. It embodies the culmination of a year's worth of dedicated efforts by talented students, enriched by the distinctive flavours contributed by each individual. The collaborative synergy of diverse talents and unique perspectives within this publication sparks contemplation on the rich tapestry of our collective identity. Despite the variety and divergence of thoughts amongst the contributors, the magazine serves as a testament to our shared ability to express ourselves in the most exceptional and authentic ways possible.

I express my heartfelt thanks to our worthy principal, Dr. Ajay Sharma for putting faith in me to edit the social science section of college magazine. I would also like to extend my gratitude to members of editorial board, staff editors and college students for their immense contribution of these insightful articles.

Hope you enjoy reading it as much as we enjoyed compiling it!

- Dr. Nidhi Chadha
Staff Editor
Social Science Section

On Procrastination: Adding Empathy to The Mix

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."

Jayant Sharma

B.A. III

The Upside of Downtime

"If you want to destroy something, destroy your negative thinking"

In a world full of numerous people who'd rather be electrocuted than spend 15 minutes with themselves and their thoughts, boredom is considered too 'meh' of a state to be in.

Boredom also known as ennui, existential angst and weltenschmerz. The Roman philosopher, Seneca, noted boredom's potential to reduce motivation and increase inaction. However, boredom doesn't necessarily need to be a negative experience as it can boost productivity when harnessed effectively.

Since childhood, we've been taught "Aaram haraam hai" (laziness is a sin), but why? Aaram haraam kyun hai? Our mind and body need and deserve a break, rest after being continuously stimulated. This mindset of ours, to be on the get-go 24x7 is mentally and physically exhausting. This drains our

creative juices as well as our sanity. With everything happening to us and around us, we forget the only thing that comes above everything else, is to keep our sanity intact.

*“Why are we embarrassed by silences,
what comfort do we find in all the noise?”*

We don't even recognise how much we are attracted to noise, to something filling time 24×7 that silence starts feeling uncomfortable. Boredom expert and author of 'Out of My Skull: The Psychology of Boredom', Dr John Eastwood notes: “People might experience a lot of boredom in modern times because we are experiencing intense entertainment. We're used to being passively entertained, and that constant stimulus puts us at risk for [more] boredom in the future.”

Social Media, the hyper-exaggerated version of reality sucks our energy and liveliness and instead, leaves us with a more extreme kind of boredom to deal with in future. The persistent doom-scrolling numbs our brains to such a great extent that we feel dumb for the basest of things; it makes you anticipate more and you are FORCED to feel such intense emotions within minutes of scrolling through reels and TikTok, which the human brain isn't even wired to do! This prevalent phenomenon of sticking to our screens maximum of the time, makes us spiral down into a rabbit hole that we aren't willing to part with.

This reminds me of the poem 'Television' by Roald Dahl in which he talks about how television screens affect children. It isn't just the case with television or children, it is relevant to any device and people of all age groups who are obsessed with screens. He says and I quote:

“IT ROTTS THE SENSE IN THE HEAD! IT KILLS IMAGINATION! IT CLOGS AND CLUTTERS UP THE MIND! IT MAKES A CHILD SO DULL AND BLIND HE CAN NO LONGER UNDERSTAND A FANTASY, A FAIRYLAND! HIS BRAIN BECOMES AS SOFT AS CHEESE! HIS POWERS OF THINKING RUST AND FREEZE! HE CANNOT THINK - HE ONLY SEES!”

The right kind of boredom can be extremely helpful and productive, and might even assist you in achieving what you are set to do. Dr. Thomas Goetz explains: “We speculate that experiencing specific boredom types might, to some degree, be due to personality-specific dispositions.” The researchers identified five types of Boredom:

- **Indifferent Boredom:** People experiencing indifferent boredom are calm and withdrawn from the world. Goetz uses the words "relaxation" and "cheerful fatigue" to describe it.

- **Calibrating Boredom:** It refers to a wandering mind, a state of distractions and uncertainty where one wants to change their environment or behaviour but is not actively finding alternatives. It usually occurs when performing repetitive tasks.
- **Searching Boredom:** It is a sense of unpleasant restlessness and an active search for ways to minimize that boredom. If a suitable alternative cannot be found, some will then find themselves experiencing reactant boredom.
- **Reactant Boredom:** It is an unhappy state of feeling trapped and desperate to escape and is usually characterized by feelings of aggression. You twitch and squirm, feel tense and are desperately seeking an escape route.
- **Apathetic Boredom:** It's a deeper, more negative state of mind that can be linked with a beaten down, emotionless and helpless state which might even lead to destructive behaviours.

Indifferent and Calibrating Boredom are easy to identify and are arguably signs of a curious and creative mind. People experiencing these, simply feel what it's like to be a human and are alert to new opportunities. Reactant and Apathetic Boredom are deeper and dangerous forms of boredom as they provoke contagious resignation, passive aggression and outbursts of rage. These two could be seen as the two sides of the same unhappy coin.

In a quest to rid themselves of the unpleasantness of boredom, people may even turn to unhealthy behaviours, such as gambling internet addiction or substance abuse. If you can see boredom as a challenge to overcome, rather than a threat, you will be able to turn it into a more positive experience. Instead of suffering through it, you can use boredom as a springboard to something new and exciting. Boredom can help by making you more:

- **Productive:** Boredom sparks significant activity at the subconscious level. A 2018 study found that people who had completed a boring task (sorting a bowl of beans by colour, one by one) later performed better on an idea-generating task than their peers who had first completed an interesting craft activity. Giving your brain the time and space to experience boredom can help you do more in the long run.
- **Self-aware:** Without that feeling of boredom, you may continue to do things that you don't enjoy, like sticking around a job that isn't interesting or challenging enough. Boredom alerts you when something is wrong and helps you push.

- **Creative:** Genius can strike at any time, but usually those great ideas come during idle times, like while showering or driving. Psychologists, Karen Gasper and Brianna Middlewood wanted to find out if people who experienced boredom were more creative. They asked volunteers to watch video clips that evoked certain feelings, like boredom, relaxation, or elation, before testing their ability to think of different vocabulary words.
- **Goal-oriented:** Daydreaming is your brain's way of entertaining you when you don't have enough going on around you. And, it turns out, daydreaming can also help you be more goal-oriented. European and American researchers found that mind-wandering is predominately "future-focused," allowing you to subconsciously plan and anticipate future goals.

The right kind of boredom can work wonders, but first, you need to recognise the boredom you are feeling. If it is indifferent and/or calibrating, you can spend your time by replacing and recharging it. But if it's reactant or apathetic be forewarned, that issues that run deep are at play. You could incorporate boredom into your day-to-day life by:

- **Banishing Distractions:** It is easier to think that because of technology we are placating boredom when in actuality it leaves you to deal with more boredom and fatigue in the future. Banish any distractions. Listen to your mom and be away from that god-forsaken device for certain periods when awake. So, if you're in the elevator or waiting for the coffee machine to start brewing, avoid taking out your phone to start mindlessly scrolling. Use these pre-built moments of quiet to your advantage.
- **Choosing the Right Activities:** Sandi Mann, a senior psychology lecturer and author of 'The Upside of Downtime: Why Boredom Is Good', says that it's important to find an activity that requires little or no concentration to experience true boredom. She suggests activities like walking a familiar route, swimming laps, or even sitting with your eyes closed—letting your mind wander without music or stimulation to guide it. Look for the activities and tasks that allow your mind to wander and require less focus.
- **Avoiding Overbook Yourself:** It's easier to mark every waking minute of your calendar with something to do, but it's rather difficult to set time aside to do absolutely nothing and some boredom time for yourself. Boredom is like a muscle, and if you don't make time to train it, you'll lose it. Set aside time for boredom in your calendar, so people don't schedule overlapping meetings.

Boredom is not the enemy; it has a few benefits as well. Experiment and find what works for you, balance idle times with those of liveliness. An idle mind does not necessarily have to be the devil's workshop! I'll conclude by giving you something to ponder over... If you can't enjoy your own company, how do you expect others to do so?

- Tanvi Aggarwal
B.A. III

Balancing Act: Practicing Steps towards Yin-Yang Self-Compassion

Navigating the demands of college life can be a rollercoaster ride of highs and lows. In the whirlwind of assignments, social obligations, and personal growth, it's crucial to remember the power of self-compassion. Drawing inspiration from the ancient philosophy of yin and yang, we can uncover practical strategies to integrate this harmonious approach into our daily lives.

- **Begin Mindful and Aware:** Take a moment every day to pause, breathe, and check in with yourself. This mindful practice lays the foundation for self-compassion.
- **Cultivate Self-Kindness:** Treat yourself with the same warmth and understanding you would offer a close friend. Replace self-criticism with self-compassionate affirmations. When faced with challenges, remind yourself that you are doing the best you can with the resources.
- **Set Realistic Boundaries:** Embrace the yang aspect of self-compassion by establishing healthy boundaries. Recognize your limits and communicate them assertively. It's okay to say 'no', when you need time for self-care or to focus on your priorities.
- **Practice Active Self-Care:** Engage in activities that nourish your mind, body, and spirit. Whether it's a walk in nature, a creative outlet, or a simple moment of relaxation, prioritize self-care as an essential part of your routine.
- **Seek Support and Connection:** Embrace the yin by reaching out to trusted friends, family members, or mentors when you need guidance or a listening ear. Remember that seeking support is a sign of strength, not weakness.

- **Set Realistic Goals and Celebrate Achievements:** Embrace the yang by setting achievable goals that align with your values and aspirations. Break larger tasks into smaller, manageable steps. Celebrate your progress, no matter how small, as a testament to your dedication and growth.
- **Practice Self-Reflection:** Regularly check in with yourself to assess your well-being and progress. Recognize areas where you've shown self-compassion and areas where there's room for improvement.

Remember, yin-yang self-compassion is not a one-size-fits-all formula. It's a dynamic practice that evolves with you. Embrace the ebb and flow, and be patient with yourself. By weaving these practical steps into your college experience, you'll not only foster a deeper connection with yourself but also cultivate a more compassionate and balanced way of life.

- Mokshi Dua
B.A. III

Psychological Capital

The recent construct of psychological capital (Psy-Cap), draws from positive psychology in general and positive organisational behaviour (POB) in particular and was given by Fred Luthans, C.M. Youssef and B.J. Avolio. It integrates the four (H.E.R.O.) positive psychological resources that enhance well-being and performance- Hope, Efficacy, Resilience and Optimism. It does not focus on dysfunction or mental illness. Its focus is on helping ordinary people live more productive lives and creating an environment where individuals and the organisation itself flourish. We commonly use the terms 'hope'; 'resilience'; 'efficacy'; and 'optimism' but they have specific meanings when they combine and become Psy-Cap. Plus, they are interdependent.

- **Hope:** is the ability to see a potential path forward and, also to create new pathways to overcome obstacles and reach one's life goal. Hope is often seen as an attitude or a way of thinking or self-belief that change is possible. Individuals who have higher levels of hope, usually have high levels of self-esteem and lower levels of negative self-thoughts. In regards to overcoming mental health issues or in recovery (problematic substance use), hope is seen as closely related to 'agency' or the degree to which an individual feels that they have control over their lives. Following are the components which are found to be successful in developing hope:

1. Goal setting and perceived ability (pathway thoughts)
2. Motivation (agency thoughts)
 - **Efficacy:** i.e., 'self-efficacy' refers to a sense of confidence in one's ability and putting necessary efforts to achieve something. It is believing and seeing oneself as being able to cope with the challenges of life. It is also a belief about one's ability to cope and adjust under changing and challenging conditions. High self-efficacy individuals possess characteristics that encourage them to change. Self-efficacy has three dimensions namely-
 1. Magnitude (an individual belief about the degree of task difficulties he/she can reach)
 2. Strength (how strong or weak the belief about magnitude is)
 3. Generality (how much the belief about one's capability can be expressed across situations).
 - **Resilience:** is one's ability to return and be stronger, after experiencing emotionally challenging life events, including stressful work situations, and then cope with life's challenges. According to the American Psychological Association (2012), resilience is "the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors." There are two ways you can build resilience:
 - 1) Prioritize potential obstacles by the likelihood of their occurrence and their potential negative impact.
 - 2) Identify resources that could be activated to limit the negative impact of obstacles, avoid the obstacle, or turn the obstacle into a positive.
 - **Optimism:** is a key component of psychological capital, as it refers to our tendency to expect good things to happen in future with an understanding that life is full of difficulties. Optimistic individuals tend to view setbacks and failures as temporary and specific, rather than permanent and pervasive. Optimism is widely discussed from two perspectives: dispositional and explanatory. Dispositional perspective presents an individual's overall belief of experiencing more positive things than negative ones in the future. On the other hand, the explanatory perspective is concerned with how an individual explains the causes and influences of previous positive and negative events to create

expectancies about the future. It suggests that optimists attribute causes of negative experiences to external forces, while pessimists attribute causes of negative experiences to internal forces. The latter sees optimism as a learned skill, while the former sees optimism as a stable personality trait.

Psychological capital is something we can all develop to help us overcome obstacles, lower stress and improve job satisfaction. As a manager, focusing on psychological capital has the potential to transform one's organisation for the better—improving the performance and well-being of your team. It gives a chance to share a positive relationship among and between individuals and firms, besides encouraging organisational and individual performances. There is a direct relationship between resilience and job performance. Personal success, well-being and motivation are provided by psychological capital as hope is a positive motivational state. To conclude it can be said that psychological capital is a key factor in achieving goals, sustainable psychological well-being, and satisfaction both in life and at a job as positive psychological capital focuses on the positive sides and strengths of an individual.

- Niamat Shergill
B.A. II

Happiness: A Choice or an Emotion

"Good vibes only/ positive mindset/ cheer up/ look at the brighter side", these are some phrases we have heard in almost every conversation. As humans, we have an endearing tendency of hoping for the best and waiting for better things to happen. In this pursuit of achieving what is best for us, the major catalyst is proven to be a silver lining and a positive outlook towards everything. Dismissing negative feelings can prove constructive and motivating, while completely repressing them and not acknowledging them can prove futile and devastating in some cases.

"Toxic positivity is the unrelenting pressure to be happy or be pursuing happiness, no matter what the circumstances," says Whitney Goodman, the author of *Toxic Positivity: Keeping It Real in a World Obsessed with Being Happy*. It stems from the perpetuating belief inherited in an individual to always look at the glass half full and encourage oneself and others if faced with unforeseen problems.

Social Influence and Isolation

In recent years, the influx of social media platforms and communication has increased manifold. A place that connects people and makes them more approachable towards one another, where every action of an individual can be seen, people prefer to put a light only on the positive aspects and noticeable achievements, creating a perfect outlook on their lives. This mob mentality of portraying perfection results in accepting a culture of toxicity and false beliefs, that “good vibes only” and “just be positive”. Fuelling this several people who gained popularity on social media constantly promote ‘channelling your inner happy thoughts and shame those who feel otherwise.

In 2020 due to the mass outbreak of covid 19 and with the onset of a global pandemic, we found ourselves in a situation where it was difficult to hope for things to get better and, apart from being aloof from the social contact, we were isolated within our homes.

The social media celebrities and influencers were promoting their positive outlook towards the quarantine, and how it gave them a chance to be their better selves by focusing on their strengths. During this time some motivational speakers also rose to fame for promoting their all-or-none approach, for failure was never an option and one should focus on achieving their goals, setting unrealistic standards of happiness and contentment. A complete contrast could be drawn from a case like this, where the majority of the population was fighting for the lives of their loved ones and their own, while the privileged section of society was advocating looking at things in a positive light.

Toxic Positivity and Denial

The projection of overly positive emotions and encouragement towards staying happy stems from completely dismissing reality. Not acknowledging the distress accompanied by the aversive situation and thinking that everything will be fine as long as you think positive, can promote denial at a conscious or an unconscious level. Denial is a defence mechanism, commonly used to reduce anxiety when a person finds it difficult to accept reality, the constant suppression of emotions and feelings can induce a superficial sense of self and reality. Those who deny having a bad day or pursue others to cheer up or get over things might create a destructive environment around themselves as well as others.

Toxic Positivity v/s Genuine Optimism

Following a positive outlook and looking for good things is generally seen as a motivating force for a person to achieve the desired goal. This cheerfulness and assurance within oneself can easily be distinguished from the "get over it" attitude which can trigger self-doubt, shame and criticism within the individual. An optimistic person while having a resilient mindset, will be fully aware of his/her actions and their outcome. While a vicious cycle of positivity encourages a person to think that other people have it worse or that crying would not help, an optimistic person would understand the importance of letting the suppressed emotions out and maintaining the hope that things will work out in the end. A toxically positive person may create stressful surroundings and unrealistic expectations for those in contact, while a genuinely optimistic person will provide a safe and uplifting atmosphere.

It is OK to not be Okay

A person throughout his life seeks optimism and motivation while facing multiple hurdles at every point. Where some days are productive, hardships and distress can prevail over others. One should keep in mind that total dismissal of your overwhelming emotions can prove to be hazardous. Instead of aiming for infinite, one can make amends in something that comes naturally to them as it can be tough to deal with the pressure of excellence. One must remember that it is completely "OK to not be Okay" and everyone can face challenges. An individual should allow themselves to feel and express all kinds of emotions and one should not feel guilty about it. It is only pragmatic to accept the failures and then work hard to achieve things. A fake smile is not an indicator of someone's happiness, it is an expression of negative emotions which is equally important to attain for a comforting and expansive self. The greatest act of faith is to simply get up and face another day.

- Sianshi Sharma
B.A. III

Is Spirituality Just My Fantasy Then?

I feel very miniscule when I see the world is much bigger and vast as compared to my existence. I am nothing but a speck in this universe. Chances are that 'this' universe that I am a 'so-called' member of, is a speck compared to the plethora of other universes. When many people come to this realization of how infinitesimally small, they are, they feel a wave of melancholy hit them. Many people start to feel disassociated from their bodies and the very life they are living. The question of 'what was I made for?' tackles them to the ground. Now how different people work around this question is quite fascinating. Some people believed that life is 'meaningless' and thus not worth living, while some shifted to the other extremes, that how can it be so, we are here for a purpose ("I Think, Therefore I Am"-Descartes), i.e., life is 'beautiful' and in turn worth living. One should notice that the same question brought forth a completely different thinking pattern in the minds of people. Many of the philosophical principles and ideologies which started to develop, would believe in either of the two extremes and would knowingly unknowingly negate the sense of the other extreme.

Two philosophers tried to explain this rift between the two extremes. Hegel proposed 'Subject Object Relation'. He explains that, since humans have an inherent freedom, and at any time two conscious humans come into contact there is a 'fundamental feeling of opposition' to the other's consciousness because they inhibit your ability to act 'totally free.' And thus, both subjects struggle to impose one's will onto the others. Meanwhile, Levinas, another philosopher believed that, by simply existing we are encroaching upon someone else's land or living, by violating their rights. In the end, one way or another there will be one side that will be left satisfied and one which will be compromised, thus creating dissatisfaction between the two groups. He also believed that how one acts, post contact with the other subject, will be the defining factor of their 'individuality.'

Humans from the dawn of time were very curious about their existence as well as the environment around them. It was their innate nature to find an explanation for things they could not understand. From purely at the mercy of our environment to coexisting with nature, and then finally creating a unique microenvironment of their own, we have come a long way. We have shifted from the laws of nature to the laws of humans. We are now, in more sync with the morals, ethics, and principles of society rather than the changes occurring

in nature. So how did the homo sapiens cope with the ever-rising complexities, which come with the constant development of humankind? It was the need of the hour to create a system that would ensure seamless living while at the same time keeping the people motivated enough to keep on living. History, folklore, and mythologies are filled with stories of human lives, who were unable to find the answer to this simple question, 'What justifies my being?' Safe to say these stories did not have a happy ending.

If one looks at the patterns emerging in all past civilizations, one thing becomes very clear; there was no survival without adapting to nature. Thus, it automatically became the responsibility of the elders of these communities, to maintain harmony in the population. For they could not afford the pandemonium that would emerge from disrupting the immediate environment. They needed their community to respect and fear nature because nature is the ultimate provider and destroyer for us humans. Thus, rose the now-famous concept of Paganism or Polytheism, a practice where elements of nature were personified into divine beings. Every single element of nature which helped humans in their survival was personified, to be worshipped by the people.

Worshipping nature gave people the will to live because there is something bigger than them that is responsible for their existence and is protecting them. But it was also apparent that humans were very fickle-minded. They only believed in the tangibles and worshipping nature would not give the very needed physical pieces of evidence to gain trust in a short period.

The leaders may have had the best interests in mind (survival of the community), but it was no doubt, very difficult to get the masses to maintain a healthy relationship with nature. This is where folklore and fantasy came in. They engaged the imagination of people by telling fascinating stories, teaching important life lessons, and creating rituals, and practices that would give the common masses something to hold on to in their low moments. It gave the people the motivation to devote their energies to positive endeavors and work on creating a just society.

It is quite interesting to note, how fear of the unknown makes us afraid of death, and how aptly it was used by rulers to create harmony in their kingdoms. For instance, Ashoka popularized the notion that people who do good deeds in life will be awarded with the luxury of heaven (something quite common in nearly all the currently existing religions). So, one should not be surprised, how working with the imagination of a person, slowly solidified into a well-set code

of morals, ethics, and principles; which slowly turned into an important part of the social construct, religion. From Polytheism came Monotheism and personified, divine elements of nature turned into one divine being responsible for nature and human life. Throughout this shift, the underlying message was still the same, that is maintaining a healthy relationship between humans and nature as well as diverting the energies of people in positive actions. That is why the Sanskrit word for Religion, 'Dharma', translates to the ethics and code of conduct of a human to live a fruitful life on this planet. That is what religion meant in simplified terms.

Since religion slowly morphed into strict ethics that are to be followed diligently, it became very rigid and indirectly hindered the very purpose it was created for. Thus, branched out Spirituality from religion, which gives us the freedom to give whatever shape we want to give to our reality. The ability to mold ourselves into a better version of ourselves. Again, a fantastic use of human creativity to ensure the development of the species. So, if anyone, single-mindedly believes in the uselessness of fantasy, they should divert their attention to the fact that science, religion, and spirituality do not exist independently. All of them start with a hypothesis (which is a form of fantasy).

Riddhima Singh
B.A. III

In this World

No one knows me. Or maybe someone does, I have friends...but I can't tell them what I feel. It always felt weird labelling my emotions or being vocal about them. But I was always asked by people 'What happened?' whenever I went quite suddenly. I don't know why I went quiet, and even if I do know, I won't say it. Maybe I feel comfortable in this emptiness of mine. But comforts kill you slowly, right?

Death never scared me but stagnation, always did. I never loved the feeling of being still, always loved the adrenaline rush. But I guess people don't like hyperactive people. So changing the ways I acted in every situation made the most sense. But now it makes me question "Who am I in this world?"

In think we all think and wonder, what our purpose is. But life is bigger than all the meanings and makes sense of everything. I sit and admire the beauty of

the trees in a park, I look lost to people passing by, but I am in the pursuit of happiness. And it is what life is all about, living for little moments and craving for them once they are too long gone to return. Most of us see sadness as our friend that will stay, no matter what. And in some cases, it will. Happiness comes by and goes and we just become sad in the longing for that happiness. We lose all hope and accept fate, and then life gives us one more reason to smile. Understanding humans is the most difficult task, and maybe the most beautiful too. We all are so different yet so similar, there are so many similarities even between us and the people we never meet.

Life is way bigger than us hating on others or even hating ourselves. We can do better than this. Or we can try. I think I am no one and for a fact, many of you might even never see me, ever, but I want you to be happy. A little push that one always needed; this might be the sign for you to try to live the life not just pass it. Be everyone's friend or be of none it's up to you. But be your friend. Try to understand yourself even if u feel you are no one and you don't matter. Because slowly and surely you will conclude that you matter. But till then keep asking yourself "Who am I in this World?"

Varun Babbar
B.A. III

Altruistic behaviour

When given a choice to either be rich or be kind, be kind by being rich.

As long as my conscious allows me to think, altruism is a basic element that has been taught at my home. I believe that this life is meant to serve others and it is the most gratifying feeling in the world. The word Altruism has been derived from the French word 'autrui' which means OTHER PEOPLE.

Altruism is believed to be primarily related to the empathetic desire to help people who are suffering. It is a very basic practice of concern and empathy for every living being. The notion of the word altruism was coined by 'Auguste Comte'. It has recently become a major topic in the psychological world. It is a form of pro-social behaviour which is voluntary and has the ultimate goal of increasing the welfare of others. It is an unselfish concern for other people doing things simply out of a desire to help, not because you take it as an obligation but instead because it comes naturally to you. And when we execute this, it is then termed as altruistic behaviour.

According to recent studies, it has been observed that altruistic behaviour increases helpers' happiness and promotes positive emotions in both the parties, the helper and the one in need. But it is not always done to have a give-and-take relationship. Sometimes it is done out of empathy or sympathy and sometimes it is done so that one day when we are in need, that one person can return the favour. Great evidence suggests that when we help others, it is supposed to promote physiological changes in the brain linked with happiness.

Why have human beings become altruistic?

Altruism is a deep sense of morality and generosity. Compassionate empathy or the kind of upbringing served, draws people to help others. This creates emotional and cognitive empathy. Altruistic behaviour can activate pleasure centres in the brain. It can include feelings of happiness and joy and it can also help in reducing physical pain as proved by some scientists.

We become familiar with the meaning but what causes altruism?

Evolution is a major reason. A prolonged debate on this has been going on. Some psychologists say that it is influenced by genetics, while some say that it is an experience that comes over time, either by choice or by observing people around us. Sometimes interactions and relationships with others and socialization in younger children have a major influence. The norms of the society also play a consequential role. Here, in a social activity where helping others becomes a pressure and then later on, we tend to grasp the positive effects of it. But a coin always has two sides to it. Being altruistic can also have some drawbacks when taken to an extreme level like creating tension at home. If giving requires something that could hurt the family of the individual who is trying to help, it can lead to people putting their health, time and money on the line. It can threaten personal boundaries and needs for the sake of the well-being of others.

Looking on the brighter side, a few examples of altruistic behaviour are as follows-

1. Helping the elderly
2. Donating blood or major organs for your sibling.
3. Letting a loved one have that last piece of cake when you want it.
4. Bringing a lost animal to the shelter
5. Giving your jacket to a person shivering in the cold.

Altruism in the brain is always left as an uncovered topic. The tendency to engage in these activities is associated with the fact that the limbic region in the

in addition to cortical regions such as the medial prefrontal cortex and temporoparietal junction.

Altruism and its common types-

1. Nepotistic/kin altruism: A behaviour that benefits the family members. Our parents have given their all to us, their money, time and energy.
2. Reciprocal altruism: It occurs when we help someone knowing that they may help you in future or reciprocate it as a favour to you.
3. Pure altruism: It involves helping someone from a place where you get to have no benefit but do it as your morality.

How to cultivate altruistic behaviour?

We need to spread love as much as we possibly can. Be kind, be helpful. We might forget it one day but God never will. The universe has the habit of returning it in one way or the other.

We can reap and enjoy the benefits. Whenever we do the tiniest thing for somebody, we tend to feel contentment. This will make us feel more inclined towards an optimistic world. Besides, a feeling of joy that runs through the adrenaline is delightful. While some people need to find inspiration, for this they should engage themselves in acts which naturally let their altruistic nature come out. Practicing empathy also has an impact by letting us feel the situation. Setting a short-term goal for oneself can also escalate the process of altruism. Look around for people who might need help, look for ways where you can volunteer in your local community or try helping a friend with a chore etc. It is always the will that matters. If you think you can do it then you can do it. Putting and keeping your all, in the world selflessly and sensibly is never a bad choice to make. Sometimes contemplating over situation is also important to make the best use of our thinking abilities but sometimes we should also go with our instinct. Just see and do it. Some activities do not have time or require time to do a good deed.

As a final observation, altruistic acts benefit others where individuals are obliged to benefit others as a sense of feeling pleasure on their own. When done in moderation it is meant to provide positivity and a sense of relief. The main meaning connected with altruistic behaviour is to just give without keeping further expectations but also to be mindful because excess of everything is bad.

Mehak Kukreja
B.A. III

The Art of Emotional Release: Understanding Catharsis through Artistic Channels

Splashes of acrylic on carefully handcrafted sheets, charcoal strokes running free in search of an inner Bukowski, resounding booms draped in archaic phrases of a foreigner's plea, melancholic melodies floating around the kitchen at peeping dusk or Ghungroos going cham-cham to intricate beats – the term “art” can reasonably be regarded as a hypernym which, in its most basic sense, can be described as an act of *human expression*. Another phenomenon that relies significantly on the expression or release of one's emotions or thoughts is Catharsis.

Understanding Catharsis

The term Catharsis has been derived from an ancient Greek word. Catharsis means “purification” or “cleansing”. The first recorded usage of the term can be traced to *Politics* and *Poetics* by Aristotle comparing the effects of tragedy on the mind of a spectator to the effect of catharsis on the body. Essentially it can be understood by looking at ancient Greek theatre – the audience would experience a cathartic release of their own by watching the unfolding of multiple tragic events which would, at first, bring about several emotions (pity, fear, sorrow, disgust, etc.) leading to an eventual resolution.

It was this understanding of catharsis as a transformative and therapeutic process which in time led to its application under the Psychoanalytical therapy by Sigmund Freud, who defined it as a process involving the release of pent-up emotions, allowing for their discharge and a subsequent reduction in distress.

Exploring Different Artistic Channels for Catharsis

The intention behind the creation of any art can be ironically twofold:

- *regarding the process as an escape route* – a chance for one to evade reality and indulge in it as a means of coping mechanism
- *regarding the process as an introspective route* – a means to seek, connect with and express oneself.

When carrying the latter-mentioned intent, artistic channels provide one with an opportunity to fully immerse in the creative process, enabling us to confront and release deep-seated emotions. What we might find difficult to tread upon with straightforward conversations, we can pour out a vast array of colours on a canvas or between the elaborate curves of a mandala drawing. Even acting out theatrical scenes can allow us to experience catharsis parallel to a

character that is not quite us but carries a similar emotional intensity that we may be seeking to purge. Similarly, poetry and writing (be it abstract or representational) can be equally imaginative means of expressing our innermost thoughts and feelings in the forms of tangible creations. Others may experience catharsis by using their body as a vessel for emotional expression through various dance forms.

Safe to say, with its origin in one art form i.e., theatre, catharsis can also be achieved by various other channels of art through which one can pour out their emotions on a paper, canvas or a stage alike in a manner that feels most intimate and effective to them.

Art in Therapeutic Catharsis

Apart from recreational pursuits, creative processes are integrated with psychotherapeutic treatments under creative arts therapy which is backed by strong evidence supporting its effectiveness. For example, in hospital settings, art therapy applications have been found to reduce anxiety and stress by 40%, improve cognitive function by up to 35%, and improve mood or self-esteem by up to 71%. Creative arts therapy, too, just as art, can be branched out into numerous sub-types such as art therapy, dance/movement therapy, music therapy, drama therapy, and expressive writing therapy, all of which, one way or another, encourage emotional release and provide a safe space for individuals to express, process, and manoeuvre their emotions. This is because the process of creating or expressing something via an indirect approach allows us to tap into our inner world, or our subdued levels of consciousness, and externalise them in concrete or understandable forms, thus drawing out any trapped emotional energies within us and ultimately leading to relief or release.

Conclusion

Pablo Picasso, a renowned Spanish painter, once said, *“The purpose of art is washing the dust of daily life off our souls.”* By a simple observation, it can be understood that the quote expresses art as a refreshing practice that can help ease a burdened soul. Loosely, his words can be applied in this context too, aptly summing up how it helps with processing and eventually “purging” emotions, i.e., washing off the dust.

In conclusion, artistic channels provide a rich and diverse landscape for catharsis and in a world in which emotional well-being is gaining increasing significance, the art of emotional release is a fruitful and versatile tool for connecting with oneself to explore, heal and grow as a person.

Parneet Kaur Kalsi

B.A. III

Androgyny in Art and Culture: A Comprehensive Exploration

Welcome to an extensive and profound exploration of “*Androgyny in Art and Culture*”. In this comprehensive article, we will embark on a detailed journey through history, traverse the landscape of contemporary expressions, delve into the profound societal impact, and scrutinize the far-reaching influence of androgyny in the realms of fashion and art.

Androgyny, the blending of qualities typically associated with both males and females, isn't a new concept. It has intrigued cultures throughout history. Even in ancient Greece, stories abounded with beings who embodied a unique fusion of male and female characteristics, which they aptly termed “*Androgyny*.” This ancient fascination with androgyny illustrates how deeply Androgyny's origins trace back to ancient civilizations, where diverse cultures had their interpretations of this concept. In ancient Egypt, the god Atum was considered the creator of the universe and was depicted as a being of both genders, symbolizing the duality of creation. Similarly, Hindu mythology showcases the concept of *Ardhanarishvara*, a representation of the god Shiva as both male and female, emphasizing the idea of a harmonious balance between the two genders.

The concept of androgyny is not just limited to the West; it has been a global phenomenon throughout history, embodying diverse meanings and symbolisms across different cultures.

Ancient Greece, often regarded as the cradle of Western civilization, has played a pivotal role in shaping the concept of androgyny. In Greek mythology, the deity *Hermaphroditus*, born of Hermes and Aphrodite, represented the union of masculine and feminine attributes. Such depictions illustrated the Greeks' fascination with the idea of blending both genders into a harmonious whole.

The term “androgyny” itself finds its roots in Greek etymology, with “*andro*” denoting male and “*gyny*” representing female. The very language of ancient Greece acknowledged and encapsulated the concept of androgyny, further emphasizing its significance in their culture. Fast forward to the Renaissance, a period renowned for its creative explosion and the resurgence of classical ideas. Artists during the Renaissance sought inspiration from ancient Greece and Rome, which included a revived interest in androgynous depictions. Figures like *Leonardo da Vinci* and *Michelangelo* masterfully captured this balance of male and female qualities in their works, with famous

pieces like da Vinci's "*Vitruvian Man*" and Michelangelo's "*David*." Artists of the Renaissance conveyed a message that such equilibrium between masculine and feminine traits is not only aesthetically beautiful but also symbolically profound. They suggested that every individual is a blend of these qualities, making each of us a unique and multifaceted masterpiece.

The 21st century marks a spectacular resurgence of androgyny. It has evolved beyond mere fashion and has become a powerful celebration of individuality and self-expression. The conventional constraints of traditional gender norms are being challenged, and iconic figures have played a pivotal role in this resurgence.

David Bowie, the iconic musician and performer, created a sensation with his alter ego, *Ziggy Stardust*. Ziggy's appearance was a harmonious blend of both genders, and his character challenged societal expectations and questioned the very notion of "normal." Bowie's music, style and wholehearted embrace of androgyny made a profound impact on not only the world of music but also on societal perceptions of gender and identity. The impact of androgyny on society is profound. It sparks conversations about human identity and invites us to contemplate the intricacies of gender. It catalyzes inclusivity, offering a welcoming hand to individuals regardless of where they fall on the gender spectrum. In a world where the rigid categories of "male" and "female" have historically defined social roles, androgyny challenges these conventions. It encourages individuals to explore the full spectrum of human identity, embracing both their masculine and feminine qualities. It is a profound reminder that each person is a unique blend of these qualities, and there is beauty in diversity.

The societal impact of androgyny is not confined to the realm of art and entertainment; it extends into various aspects of life, from education and workplace equality to the recognition of non-binary and transgender individuals. This broader acceptance and recognition are vital steps towards creating a more diverse and inclusive society. The world of fashion is undergoing a transformative revolution, led by the androgynous movement. Gender-specific clothing is gradually disintegrating, making way for a new era where fashion is a medium of personal expression, uninhibited by traditional gender norms. Designers are boldly dismantling old labels and creating trendy androgynous outfits that empower individuals to dress in a way that authentically reflects their true selves. This fashion evolution has significant implications. It empowers individuals to express themselves authentically,

regardless of societal expectations. It reinforces the idea that clothing is a form of self-expression, allowing individuals to communicate their identity to the world. Androgynous fashion transcends the limitations of the gender binary, making a powerful statement about the fluidity of identity and the rejection of restrictive norms.

In the realm of art, the influence of androgyny is equally profound. Artists, both contemporary and historical, have harnessed the concept of androgyny to challenge societal perceptions of masculinity and femininity. Their work serves as a means to provoke critical thought, encouraging viewers to re-evaluate their preconceived notions about gender. Art has always been a medium through which society reflects on itself, questioning norms, and exploring the complexities of the human experience. Androgyny in art reflects the evolving understanding of human identity and the importance of embracing diversity. Artists have used androgynous themes to challenge the traditional power dynamics, gender roles, and sexual stereotypes, creating thought-provoking pieces that force us to reconsider our preconceived notions.

From Renaissance masterpieces to contemporary installations, androgyny continues to inspire artists to break free from the confines of traditional gender representations. Their art encourages viewers to think critically, question stereotypes, and ultimately embrace a more inclusive understanding of human identity. Literary works and films have explored androgynous characters and themes, providing a platform to challenge societal norms. These stories have the power to influence and inspire, encouraging society to reevaluate its preconceived notions of gender. Androgyny in literature and film often serves as a reflection of the evolving understanding of human identity and the importance of embracing diversity.

“Androgyny in Art and Culture” spans the annals of history, transcending traditional gender norms, and inviting us to celebrate diversity. From ancient myths to contemporary expressions, androgyny challenges our perceptions, encourages inclusivity, and inspires us to embrace our unique blend of masculine and feminine qualities. It’s a reminder that life is a constantly evolving masterpiece, enriched by our individuality.

- Pritinder Kaur Baidwan

B.A. III

Learning to Set Healthy Boundaries

“Healthy Boundaries are the gates and fences that allow you to enjoy the beauty of your garden.”- Lydia Hall

Everyone knows the concept of boundaries, but only a few people understand it. Seldom, the concept of setting boundaries is looked up as selfishness by many people. But to have a healthy and happy relationship with oneself and others, boundaries are highly essential. A healthy boundary simply means understanding your expectations from yourself and others, and then properly communicating them. It is all about establishing what behaviour you will accept from others and what others can expect from you. The boundaries can be of different types; you might have very strict boundaries at professional places such as work and college and loose ones at home and with friends. No fixed formula for healthy boundaries can be applied everywhere, but as you grow to become self-aware, you begin to understand the concept in a better manner.

There are five types of boundaries:

- 1) **Physical** - This is related to your personal space, privacy, and body. It defines how open you are to others about physical space such as, not everyone likes hugging.
- 2) **Sexual** - This is related to the intimate activities and comments. It defines the sexual acts and words that you are comfortable with.
- 3) **Intellectual** - This is related to your thoughts and beliefs. This defines the level to which someone else or you accept each other's ideas and opinions.
- 4) **Emotional** - This is related to your feelings and emotions. This defines the level to which two people are ready to share their feelings and emotions with
- 5) **Financial** - As the name suggests itself, this is related to money. This defines the extent and way you like to spend or save your money.

How can you set and maintain healthy boundaries?

1. **Understand the “WHY?”**

To set successful boundaries, reflect on the reasons for them. Think about how they will be beneficial and would help with your emotional well-being.

The first step in having healthy boundaries in any situation is spending the time to explore what's happening to you and how you want to deal with it.

2. *Start with a few*

When the boundaries have never been there and you are trying to introduce them, then it can be an overwhelming process. Hence, try to build them slowly. This way the pace and direction of the boundaries would be safer and only turn out to be a good decision.

3. *Stay firm on them*

When the boundaries have been introduced and yet you seldom let them slide away, then it can lead to a lot of confusion and distress. Try to stay firm on them and ensure that the boundaries are always clearly visible.

4. *Spending time alone*

Setting boundaries would only be helpful if you also spend some time with yourself now and then. You must know yourself and your decision while no one else is around to interrupt or influence.

5. *Boundaries on social media*

Social media has an impact on us every second of our lives, which can lead to boundary-blurring very easily. You must understand that you can decide how much time and how much information about yourself you want to dedicate to social media.

6. *Communicate the over-stepping*

Communication is the key to boundaries. If you have communicated with them initially then you can always speak up if the boundaries are crossed. For example, if someone keeps bugging you even when you've said no. You can say "I can see that you want me to do this thing with you, but the best I can do right now is say "no" as it doesn't align with my principles."

7. *Recognizing the Boundaries of Others*

In addition to setting your boundaries, it is important to understand the boundaries of others as well. There isn't any magical formula to understanding them than just asking upfront. During the initial stages, talk and ask questions where you think a line might have to be drawn. Always remember to not impose things on the other person and make a habit of asking beforehand.

Conclusion

To set and maintain healthy boundaries, you must have a strong foundation, which is a healthy relationship with yourself. You must know to love and take care of yourself when no one else is there to do that for you. The more you start to enjoy being with yourself, the more happy relationships you can have with others. It is all about loving yourself a little bit more every day, even when the days and circumstances are not in your Favour.

- Rakhi Sharma
B.A. III

The Allure True Crime Entertainment Holds for Women

True crime can be described as a genre of nonfiction books, podcasts, and movies where the writer investigates a crime and describes the behaviour of those involved in and impacted by criminal events. Contrary to conventional opinion, women are true crime's most ardent fans, even though men are typically regarded as the more aggressive gender. Women's consumption of true crime podcasts increased by 16 per cent in 2019 alone, according to podcast analytics from Spotify. In the examination of Amazon book reviews, women tended to gravitate toward true crime books far more than their male counterparts. So, what is it about these gruesome murders and assaults that seem to attract women towards them? Perhaps the answer can be found in the points given below.

1. *It helps them develop the ability to survive*

Women believe that watching true crime shows causes them to consciously alter their behaviour and makes them more aware, leading to being more careful. Women take safety measures like carrying pepper spray or downloading apps that send SOSs, without realizing that the genre may be appealing to them because they feel the need to protect themselves even unconsciously.

2. *Educates them about the attacker's mindset*

They are drawn to the genre because it explains how crimes are committed, and true crime stories frequently focus on aspects of offenders' mental

processes. What set off the assailant? How did the target get caught in the trap? What methods of escape did the victim employ? Women unconsciously learn coping mechanisms and techniques for identifying warning signals of impending violence while they are reading this content.

3. *Women feel empathy for the victim*

Women are more frequently survivors or victims of crime as compared to men. They are also considered the more sensitive gender. Perhaps this genre appeals to women because they connect with the victim. When they watch stories where justice is upheld, their underlying yearning to feel safe and protected by legal institutions is sublimated. As women living in patriarchal cultures, with crimes against women at their peak, feeling unsafe and afraid is virtually a constant state of mind. Our desire to be a part of a society that prioritizes the safety and protection of women is reflected in the sense of justice they experience after a true crime movie or television series when the criminal is caught and justice is restored, which is another reason why women love true crime stories.

4. *Curiosity about the criminals*

Given that they have a high level of empathy, women are curious about the backgrounds of criminals, the families they come from, the education they receive, the relationships they have, and what led them to a life of crime. Additionally, they are prepared to hear, watch, or read graphic violent passages to reach the case's conclusion and satisfy their curiosity.

5. *A way to escape reality for some time*

True crime stories allow us to feel a rush of adrenaline and escape our reality for a little while. Some women are drawn to true crime because they have a passion or need for justice; others are simply glad to not be the victims of the crime they are viewing.

So, whether it is our need to connect with victims, learn how to protect ourselves, understand why killers kill, or simply satisfy our curiosity, women's love for true crime entertainment seems to have no stop. Serial killers may come and go, but it seems that women's fascination for crime is here to stay.

- Guntaas Kaur Bajaj
B.A. III

The FOMO is real: How Social Media impacts Eating Disorders

"When you starve yourself, you feed your demons."

We live in a world where Instagram stories are the new 'reality check' about how our lives are. "Oh my God, look at her! She has lost so much weight. And here I look like a potato. I need to eat less and work out more." I'm sure many of us have thought that way without even discerning, the impact of social media consumption on our psyche and our society.

Who is on social media?

The numbers according to a recent research show that social media is more influential than we realize:

- 69% of US adults use Facebook
- 73% of US adults use YouTube
- 75% of 18–24-year-olds use Instagram
- 73% of 18–24-year-olds use Snapchat

Our lives can be on full display as little or as much as we choose. It also has the power to wreak havoc on someone suffering from an eating disorder and be even more detrimental to those in recovery.

But first, what is an eating disorder?

Eating disorders are one of the significant problems in the care of adolescents and even children. They're complex and are thought to be the result of risk factors that include genetics, social environments, personality traits, and more. Eating disorders are defined by disturbances in eating habits that may be either excessive or insufficient food intake. The most common forms of eating disorder.

- *Anorexia nervosa* (avoiding eating food due to fear of gaining weight) Anorexia nervosa has the highest mortality rate of any other mental illness. It is estimated that 10% of people with anorexia nervosa die within 10 years of the onset of the disorder.
- *Bulimia nervosa* (recurring episodes of eating large amounts of food followed by compensating behaviours like vomiting, purging, use of laxatives etc.)
- *Binge eating* (losing control of eating and having recurring episodes of eating unusually large amounts of food).

If eating disorders are this serious, why is nobody talking about it?

Well, there is an obvious stigma surrounding mental health topics. Many topics fall into the category of "keep it to yourself". Eating disorders are rarely

discussed – when they should be. Many teenagers and young adults have a poor understanding of what correct eating habits are. What doesn't help is the fact that social media sets unrealistic body standards and leaves us unsatisfied with our skin. The glamorizing, copycat behaviours and stereotypes once brazenly displayed in magazines have found a new home on the internet. For example, a 2021 New York Times article report studies show that within 30 minutes of joining TikTok, a 13-year-old user can encounter content related to eating disorders and self-harm. YouTube, Facebook, Instagram and others have all struggled to monitor content. And yet, these and other social media platforms are increasingly popular with young users. EDs are on the rise worldwide. Between 2000 and 2018, the prevalence has more than doubled (3.4% to 7.8% of all people). Many researchers claim social media to be a major contributor to these statistics.

The public discourse about EDs on social media sometimes reflects society's internalised misogyny and fatphobia. So many people aren't even aware of the fact that an eating disorder is a mental illness, and instead presume, it's a lifestyle choice. This ignorance further makes the patients ashamed to come out and speak up.

Demi Lovato, a renowned singer and songwriter has been upfront about her eating disorder and its recovery. Elton John, Taylor Swift, and Lady Gaga have openly spoken about their problems. From actresses to singers to models, eating disorders can come in many forms. This is where social media becomes an asset.

Using social media positively

Current measures like age verification for social media and attempts to remove obvious harmful content and hashtags are like "putting a Band-Aid on a gaping wound." Social awareness comes first, and rest afterwards. Many people with ED don't even know there's a problem. This self-inflicted nature of the disorder makes it incomprehensible to other people. Social media can be detrimental, but it also gives us a place to be a voice for change and to advocate. Online campaigns and backlashes against sexism and body shaming are becoming more common. Social media can promote a sense of community to those suffering from an eating disorder by simply posting an inspirational message related to body image, a recovery-oriented blog, or an article related to eating disorder education.

What can I do about it?

Charity begins from home! First things first, stop body shaming people and most importantly *yourself*. The 'zero figure' that is in vogue these days isn't the only way to make you attractive. Your favourite K-pop idols have probably tried to starve themselves at least once, just because people can't *accept* the natural fat on their bodies. Even the models we see in magazines wish they could look

careful about what we read and see and allow our minds to take in. It is easy to say “Feel good about your body,” but for many, it’s not so easy to do when social media paints an unrealistic picture. It is important to remember that regardless of what a post may be telling you, you are worthy and take the time to appreciate all that you are.

Binge on life. Purge negativity. Starve guilty feelings. 70 million people are living with different eating disorders globally. It’s clear it’s more than just a mental health issue. It’s a social one. So, let’s keep having the conversation.

-Jiya Sarvpriya

B.A. II

Relationship dynamics between Parents and Children: Misunderstanding or Hatred?

*“Behind every young child who believes in itself,
is a parent who believed first”*

The world is changing at a rapid pace and thus the difference between people born in different times is inevitable. The people belonging to different generations have been given different names, for instance, those born before independence have been termed as the Traditionalists, those born between 1965 and 1980 are called Generation X, those born between 1980 and 1999 are known as Generation Y and afterwards are called Generation Z “The Genzies”

The parent-child relationship is the most beautiful in the world. It should be nurtured with love and handled with care. It is unfortunate to see how these relationships are strained at the hands of something as trivial as “difference in opinion.” For example, the old generation would accuse the new of being disobedient and lacking in values. While the new generation would accuse the old of being too rigid and outdated. Parents and children must respect each other for their individuality rather than imposing their ideas and beliefs on each other.

A child’s perspective:

What do children wish their parents understood?

Some parents think that parenting is all about providing shelter, food, clothes and education for their children along with some disciplining. They don’t spend time, having real heart-to-heart conversations or getting to know

their child as a person. Let's take a very basic reference- "Why do you always stay glued to that laptop? There is a world outside. When I was of your age, I used to help my father in the fields." Dad blasted off at the child.

"Dad, we don't have fields here and you did not have gadgets to get addicted to. Moreover, why should I waste my time doing something else when I could use it to do something I love" I replied with a grin, trying to be as polite as possible. "I did not believe when they mentioned this in the YouTube video but kids do talk back to you when they grow up and I am the parent here. Not you. If I say something is right, then it's right." **No More Arguments!**

The fact that they just can't admit that they, as parents, can be wrong sometimes. A child's view is never taken into consideration and is further backlashed for "talking back". Children want their parents to know that if halfway through disciplining their child, they realize they're overreacting, it is OK to stop, it is OK to tell them 'Sorry', it is OK to admit that they overreacted and tell the kid that they've had a bad day causing a bad reaction. It doesn't mean they've failed. It is showing the child that you can admit when you're wrong.

The common response "What kind of problems do you have? We are providing you with whatever you require." needs to stop and understand that their children, too, are humans who have actual problems. If parents can be harsh and aggressive with their kids when they're upset, why are they surprised when the child is harsh and aggressive when they're upset? Just like them, children have bad days. Days when they're tired, not feeling well, lose their temper or are emotional for no reason. This doesn't make them bad; this makes them human. Never force your children to do a particular thing just because "log kya kahenge". Don't just snatch away the individuality of the children simply because of the highly fickle-minded society.

Children will run into lots of people who don't validate their emotions. What's important is, they know when they get home their experience will be validated. Teaching them right from wrong, rewarding good behaviour, spending quality time, showing them unconditional love, supporting and listening to the child is a recipe for a bright future.

Through a parent's lens:

There is a generation gap and we try our best to reduce the gap but do our parents also put the same effort in doing the same?

To answer the question, the fact that parents are often misunderstood,

can make it hard for parents to keep up with their evolving needs and interests. Parents may also be dealing with stressors, such as work or personal issues, that can make it hard to fully focus on their children. We encounter the following situations every day, but do we ever think about our parent's perspective? Let's analyse their frame of mind:

When mom comes and sits in your room, she isn't invading your personal space. Sometimes, she's just trying to escape her thoughts. When Dad wakes you up early in the morning and takes you to buy groceries, he is just trying to bond with you, in his way. Every time mom asks you, "What are you smiling at?" when you are using your phone, she isn't being nosy. She just wants to be a part of your life, because the two of you barely talk anymore. Every time Dad asks, "Where are you going?", I know it feels like an investigation, but I suppose, he just wants to know. We often share our live location with our friends, but how often do we share it with our parents? You know, Mom doesn't hate 'outside food', she hates that she had cooked food for you, but you ordered instead. And when she cooks your favourite meal, all she hopes to hear you say is, 'It's tasty.' Dad will say things like, "I earn for you all", but grunt if you buy books or more clothes. Dads are weird that way, but I suppose, he just wants you to spend wisely. Growing up, he has struggled, and he understands the value of money.

I know there's a generation gap, but let's not forget, that while we are growing up, they are growing older, too. They are humans, too, and just like us, our parents can feel lonely and misunderstood. I guess, all that we can do is listen to them and appreciate them.

How to bridge the gap?

Parents need to be patient, empathetic, and non-judgmental when communicating with their children. This can help create a safe and supportive environment where children feel comfortable sharing their thoughts and feelings. Parents must allow them the space to do things on their own rather than poking in everything. They must define certain boundaries that the latter should respect. Children, on the other hand, must respect their parents. Children must be open to feedback and understand that the advice coming from their parents is not wrong. It's important to be honest with your parents, they are the only ones who will help you deal with difficult situations where you can't find any solutions. Two-way communication is the basis of a strong relationship and both parents and children must ensure they maintain the same. Any issues must be discussed and both parties must try to understand each other's point of view rather than debating against it.

From a parent:

"If I had my child to raise all over again, I'd build self-esteem first, and the house later. I'd finger-paint more, and point the finger less. I would do less correcting and more connecting. I'd take my eyes off my watch, and watch with my eyes. I'd take more hikes and fly more kites. I'd stop playing seriously, and seriously play. I would run through more fields and gaze at more stars. I'd do more hugging and less tugging."

—To the parents who truly support their kids and the children who understand their parents - you are the real heroes.

-Neha Thakur
B.A. II

From Chaos to Control

"Time flies over us, but leaves its shadow behind." - Nathaniel Hawthorne

As the sands of time continually trickle through the hourglass of our lives, one undeniable truth emerges: time is a finite and invaluable resource. The art of time management is a skill that we must strive to master as we grow older, for it is the bridge between aspiration and accomplishment. The art of time management is not just a skill; it's a profound understanding of how we allocate our most precious asset. As we navigate the complexities of modern existence, our ability to manage time becomes increasingly critical.

In a world where demands and distractions are ceaseless, individuals often grapple with a sense of overwhelm. The psychological underpinnings of this struggle can be illuminated by concepts like procrastination, decision fatigue, and the perception of time itself.

I came across this saying the other day *"I can't complain about having too much on my plate if the goal was to eat,"* holds a significant relevance in today's generation. However, it often reflects a nonchalant attitude where people tend to overcommit without taking necessary precautions. It's akin to attempting to navigate multiple boats simultaneously, all while lacking a life jacket. Such a move can be perilous, especially if you don't possess the necessary skills, not knowing how to swim. In such instances, this overambitious approach may ultimately prove costly and jeopardize one's overall well-being.

In my previous article titled- *Hobbies: A Necessary Fun*, I talked about how hobbies are a valuable component of a fulfilling existence and how cultivating personal passion enhances the quality of life, but it too has its ramifications and comes with its ripple effects. If a person enthusiastically pursues numerous hobbies alongside their academic commitments but struggles to effectively manage their time, leading to a state of burnout, it raises the question: *where is the enjoyment in that?*

In the end, I won't be offering specific solutions or time management tips because there are numerous resources available on the internet. It's essential to discover the method that best suits your needs. However, it's crucial to remember that you're a human being, not a machine. You don't have to juggle everything; you also need some downtime to bask in the sun, bake, or even do something as whimsical as digging a hole in the ground.

As megastar Taylor Swift said *"Everything you lose, is a step you take"*, so just make sure you leave some space on your plate not just for tasks and responsibilities, but also for the simple joys of life, personal passions, and self-care. It's in this balance that you'll find the key to a well-rounded and fulfilling existence.

-Manjot Kaur

B.A. II

Is Religion Conceptualized by One's Own Belief Systems

Each mind conceives God in its own way. There may be as many variations of the god figure as there are people in the world.

"Religion" the word itself holds a deep meaning. To understand the topic completely, one must know the meaning of religion as a term to comprehend the argument. In technical language, we define the term religion as a socio-cultural system of designated behaviour, practices, beliefs, morals and ethics having secret histories and narratives preserved in sacred symbols and holy places to give meaning to life. Belief and worship of superhuman controlling power especially God or Gods is referred to as religion. Religion is a very broad term and is one of the main bases of societal divisions defining how different societies and cultures work by giving it a separate identity of certain belief systems and practices. It affects the lifestyle, thinking and working of an individual or group of individuals that follow a certain set of religious beliefs forming certain prejudices and traditions of particular societies.

There can be many definitions of religion available and acceptable as it is a part of an individual's choices and belief systems and all individuals have unique set of choices. However, religion affects the way of living and choices of an individual as religion is nothing but a way of living of an individual or group of individuals forming one of the main bases of division amongst different cultures that has given birth to a traditional set of practices in different societies. Hence, religion is one of the main bases of society and culture. But religion and belief systems must not be confused altogether as they have separate meanings.

“Belief system” refers to a set of principles together forming the basis of philosophy, moral code or religion. A belief system simply means the set of principles, rules, code of conduct, or philosophy in which an individual or group of individuals believe that forms a system. It is a narrow term with limited or less scope as compared to religion, as it forms the basis of religion signifying it as a part of religion, not religion. Religion includes belief systems. This set of belief systems is a part of religion and forms the basis of religions resulting in a variety of vast ideologies as its basis. Hence, it is concluded that belief systems and religion are two different things that must not be interpreted as the same thing. The belief systems in all religions are to help humans to comprehend the religious laws at their level by their means which are beyond their understanding to give a spiritual and philosophical element to a normal human life.

This gives intellectual freedom to one to comprehend the meaning, working and practice of religion at their level by giving them the choice to follow what they believe in as one believes in something according to his understanding level. Belief systems are always a mix of various ideologies due to different ideological mindsets as the level of faith is different amongst different individuals. All can't have the same level of faith and trust in the same thing. It varies from person to person. One's level of belief depends upon his level of faith and trust in the particular thing which again is different amongst various people. It is a matter of opinion that builds fate and belief systems in a particular philosophy according to his understanding level because when it comes to a fact, only right and wrong mindsets are considered, belief systems are not a part of consideration then.

Until a fact is discovered we are only landed with lots of opinions that at result in building different belief systems. So, when it comes to conceptualising religion by one's belief system, it might sound somehow true as in the end we are all different individuals who are unique and our ways have

distinct identities, understandings, ideologies and interpretations of the same thing because we do interpret the things through our self in different matters and religion.

Being a human, organisational expressions are a way of living philosophies. It isn't considered as a fact of truth until now, hence, it is an opinionated philosophy that will for sure consist of various belief systems of various individuals or groups of individuals based on their ideology that are unique in their way. All those things that are barely opinionated in this world that can't be proven without any certain proof always require some amount of faith and believes into them, which vary from level to level among different humans depending on the amount of persuasion one requires and others' intellectual prejudices and demands; which forms the basis of faith of a person resulting in various belief systems due to different individual perceptions. This is the only reason that we have come across a total of 10,000 distinct religions in this world. In the end, we all know and believe in one God; the difference lies in the methods we use to express our beliefs through distinct cultural practices. It's akin to calling the same thing in different languages, modifying the identity through our unique ways of expression."

That is why religion is solely conceptualized by one's belief systems. Even amongst one religious group, we come across thousands of different ideologies and sets of belief systems only due to individual prejudices and preferences. We interpret the same thing in different ways only because one's intellectual understanding results in various opinions as belief systems are barely opinionated until and unless they are proven. Once proven, we don't consider beliefs, and then we are only left with the right and wrong interpretation of that particular fact. With time, societies have developed and hence, this results in a gap between modern and traditional societies forming a clash between belief systems, as when time grows some things become myth and some things a fact.

Inquisitive research conducted resulting in change or development in belief systems making religion a cult or the way it is or would be, depending upon the pace of change in it. It is all a game of one's own set of beliefs that makes the religion the way it is. That is why even today despite various arguments and philosophies, religion is still followed at the individual level in its way. Hence, it can be concluded that religion is conceptualized by one's belief system.

-Rupashi Kakar
BBA-II

Mawlynnong: The power of eternal youth

"Youth is a gift of nature but age is work of art." - Stanislaw Jerzy

It is believed that no segment of society can match the power, idealism, enthusiasm, creativity, energy and courage of youth. But then why is it that George Floyd(s) still get killed on "developed streets" of "first world countries", and all we have is a legacy of police brutality and racism? What's more, have you ever wondered how many world leaders are women? Why is it that 'young modern' women are still shackled to households in many parts of the world, and in any way, they can dream of becoming a leader when they sleep? Why is it that, despite a "socially aware" youth, 42 million trees are still allowed to be 'slaughtered' and all we have is a legacy of an ever-increasing demand for more branded products?

On one side, we are developing the vast scope of futuristic AI, advanced technology, a hex track, economically sound and technology-infused structures and infrastructure, but on the other hand, we are still trapped in labyrinthine dogmas of prejudice, discrimination, drug abuse, cyberbullying, persecution and significantly more. Even though youth is coming up with many creative and innovative ideas every day, we are still moving towards a world of scorching landscapes and an unsustainable future. This is because even if youth has incentives to bring about a change, it cannot happen until the ideas are implemented uniformly and are taken as a responsibility by all regardless of age. At any point in time, youth will always inhabit a completely different world than their previous generations. There comes the need to create a system harnessed by youth but pillared by all and in that context, does age matter?

Let me take you to Asia's cleanest village, Mawlynnong. It's not in Japan, Thailand, Singapore, China or even in Maldives. But before I tell where it lies and how it is a paradigm of an everlasting youth, we should take a look at its social, economic, cultural and environmental panorama. 'God's village' as it is called, Mawlynnong is nestled in pristine east Khasi hills and is a land of lush thriving greenery, picturesque vistas and an assorted ecosystem. Sanitation and cleanliness are traditions of this village and waste management, energy and water conservation form the fundamentals of its economy. Herein, biodegradable waste is composted into fertilizer and the remaining solid waste is segregated and reused. Furthermore, every house has a separate solar plate installed to harvest clean energy, making this village self-reliant. It's gross energy consumption, which also reduces load over the conventional

electricity supplies. Solar street lamps adorn the streets and splendour of the village. Likewise, for freshwater conservation, harvesting of rainwater is done in natural stone basins with large cavities, installed outside the huts of the dwellers.

Adding to its glory, Mawlynnong is the cradle to living root bridges. But what is so special about them? According to a research study by Sanjeev Shankar and knowledge of the Khasi tribe, the living root bridges not only satisfy the need for aesthetic pleasure but are also an exemplary model for sustainable infrastructure solutions. These bridges are exceptionally robust and resilient and also have a remedial impact on surrounding air, water and soil. Where the growth conditions are appropriate, living root bridges exhibit structural resilience comparatively superior to steel suspension bridges and vernacular bamboo bridges. The living root bridges withstand heavy dynamic water loads inform of flash floods and storm surges and avoid resonance catastrophes with minimal maintenance over the centuries. Sustainable infrastructure and sustainability are its ways of life, Mawlynnong is illustrative of successful sustainable tourism. Tourism certainly acts as a catalyst of development for various countries across the globe and when this tourism is sustainable, it glows green. This eco-friendly tourism offers unparalleled opportunities to stimulate the economy, provides tangible and intangible benefits to the community and helps us step in the conservation of our very own rich biodiversity and heritage.

Over and above that, Mawlynnong models a remarkably progressive society. Matriliney here is an accepted and widely practised custom and women's empowerment forms the bedrock of a society whose economic prosperity is gender-driven and where female entrepreneurship works at all levels of economy building. On top of all that, the village is also treasured for a 100% literacy rate and an education system which is flexible and the ambition to learn is restricted neither to age nor any particular qualification, so you would see children getting special lessons on cleanliness in their schools and village council conducting workshops to spread awareness regarding global warming.

Having said all of this, we now turn to our question, where is this seemingly astounding land and how does it model the power of (eternal) youth? This land is in India, a country which has always been stereotyped to be dirty, chaotic, uneducated, inferior and where women are subordinate to men. But isn't it even more astonishing that a 'rural area' in the very same country is breaking all these stereotypes? It is because cleanliness is not only

a tradition here, it's a 130-year-old tradition. So, it was started by a youth and carried forward by several youths who were ready to adapt to the different worlds of different decades and so they were successful in not only breaking age-old stereotypes and social structures while also retaining cultural continuity but also building a model which is advanced, modern and sustainable enough to be replicated by urban areas across the globe. In this village, you would encounter everyone from toothless children to toothless elderly doing their bit for their land. This is the power of a community which is driven by all ages, irrespective of age. When we look at it from one side of the spectrum, the youth needs support and contribution from an all-age community, but when we look at the same spectrum from the other side, can we ever judge the youth of a person by their age? As the Japanese concept of 'Ikigai' puts it more formally, youth is eternal and its only prerequisite is a purpose in life and that is the exact reason why Okinawa is an island of (almost) eternal youth.

The youth, as we say it, is the time when a reservoir of energy flows perpetually, creativity is at its zenith, the indomitable spirit never fades out, and there is a belief in the power of self and the capability to think beyond ordinary mundane existence. But can we ever measure the lifespan of freshness and vigour that resides uniquely within each person? Shouldn't the three H's proffered by Swami Vivekananda, the power of Heart, Head and Hands, be one of the 'parameters' to judge the youth of a person? And if that's unsubstantiated, the youngest person to climb Mt. Everest would not have been 13-year-old Jordan Romero nor have Yuichiro Miura climbed the same peak at 80. Only if we integrate different phases of our lives into one complete 'youth', engage ourselves in advocacy and action and rather focus on the youthfulness of our minds, we can perhaps save at least one George Floyd, or we can see at least a fraction of countries represented by women.

Only if the youth of a person is not deemed by the age of the person but by spark and vigour to bring a change, not only will we have a sustainable future but also a more harmonious relationship among ourselves and with nature. That will be the day when the whole demographic will be revolutionized into a dynamic 'youth force for change' and that day will come with a real meaningful difference which would not be limited to the world of a single youth but would apply to the context of all.

"To make good use of life, one should have in youth the experience of advanced years, and in old age the vigour of youth"

-Saloni Garg
B.A. I



Journalism
Section

Editor's Message

Dear Students and Readers of
'TYAGMURTI' Magazine,

It gives me great pleasure to extend my warmest greetings through the pages of Tyagmurti magazine. We live in a world, where we are overloaded with information. If we cut through the fog of a huge amount of information available to us and create something good enough that informs entertains and communicates in a way that stands out from numerous content available on various digital platforms – it fulfills its role and responsibility of the fourth pillar of democracy. Magazines are also the part of media.



I am thrilled to witness the incredible talent of our students. Your unique perspectives, creativity, and dedication are the driving force behind our vibrant college community. Tyagmurti gives space to the imagination while also unlocking the thoughts and values of students and staff.

I encourage you to share your achievements, whether academic, artistic, or community focussed, in upcoming college magazines. Let's illuminate the pages with brilliance and creativity.

Let your work be a testament to your growth and passion. Together, let's showcase the diverse talents that make our college a hub of inspiration and innovation.

Looking forward to celebrating your accomplishments.

Wishing you all the best in your academic journey and beyond.

Warm regards,

- Dr. Priya Chadha
Editor, Head of the Mass Communication
and Journalism Department

Defiance or Activism?

The annual Cultural and Music Fest in Malaysia faced an unexpected cancellation on July 22, 2023, leaving thousands disappointed. The Good Vibes Festival, a cherished two-to-three-day event featuring live music performances has been a staple in Malaysia since its debut in 2013.

However, this year's festival in Kuala Lumpur took a drastic turn on the night of the 21st. Matty Healy, the frontman of the British Pop Rock band 1975, delivered an intoxicated speech, damaging equipment and displaying disruptive behaviour. Healy's actions, including snatching and destroying drone cameras, were met with strong opposition.

During their performance, Healy also kissed the guitarist on stage, highlighting the LGBTQIA+ community's plight in Malaysia, thereby violating local laws and guidelines. This act resulted in the band's banishment from the country and the eventual cancellation of the festival. The incident provoked outrage on social media, also small businesses incurred losses due to the event's abrupt end.

In response, the festival's organizers, Future Sound Asia (FSA), issued an ultimatum to the band, demanding they take responsibility within seven days. Failure to comply led to the festival's cancellation and a substantial RM12.3 million (USD2.7 million or INR 22.4 crore) in damages. David Mathew, representing FSA, stated that the legal action was based on a deliberate breach of contract, tarnishing the festival's reputation.

Other artists in the festival lineup expressed remorse for the situation, apologizing to their fans and expressing discontent with the festival's cancellation. In a gesture to mitigate the disappointment, the New York-based indie rock band. The Strokes arranged a discounted additional show in Singapore to compensate their Malaysian fans.

The incident has sparked a debate on whether Healy's actions were an act of defiance or a form of activism. While some argue that his behaviour disrupted the festival's spirit, others see it as a bold stance against injustice. The cancellation of the Good Vibes Festival 2023 serves as a reminder of the fine line between artistic expression and adhering to contractual obligations in the realm of live music events.



- Aayushi Kaur Bawa
B.A. I

Fashion Meets Social Media: Embracing a New Era of Style Expression

"Fashion is more than just clothing; it's a means of conveying your unique style and personality to the world. Social media serves as the ideal runway offering a platform to display your individuality and inspire others to embrace their fashion sensibilities."

"In today's interconnected world fashion and social media are inseparable companions. It's a captivating blend of creativity and the internet where individuals proudly exhibit their styles and concepts. The fashion industry now thrives across numerous social media platforms, granting not only enhanced access to information but also a simpler, affordable and faster method of engagement. Renowned platforms like Instagram, YouTube and Facebook have enabled individuals to cultivate careers and attain societal recognition within this vast digital fashion landscape."

"In this expensive digital realm, anyone can effortlessly share images of their preferred ensembles, acquire new fashion insights and explore global trends with just a simple click—a perpetually unfolding fashion journey at your fingertips. Whether you're a trendsetter or someone good at expressing themselves through style, the fusion of fashion and social media is a boundless canvas for crafting creativity and revelling in amusement."

"The convergence of fashion and social media constitutes an expensive playground of style. Instagram offers a space to flaunt chic outfits, Twitter invites fashion-focused conversations, connections with like-minded fashion enthusiasts flourish, and YouTube showcases videos ranging from clothing to makeup. Without question, this online sphere is where fashion concepts germinate, granting unrestricted expression to individual creativity and style for all to witness.

"Indeed, it's a realm to revel in individuality, bask in uniqueness, and let one's fashion intuition radiate. When approached with mindfulness, social media possesses the potential to enrich not only the fashion domain but any field, amplifying its reach and influence over the masses."

"Thus, it's evident that social media has evolved into an indispensable facet of our lives, offering manifold ways to benefit countless individuals across various avenues."



- Anie Sharma
B.A. I

The Impact of Films on Media and Communication

Within the realm of media and communication, films stand as a timeless and potent medium that transcends cultural and generational boundaries. Spanning over a century of history, films have transitioned from black and white silent screens to the dynamic and personalized digital age, consistently pushing the limits of storytelling and visual art. However, films hold a significance that extends beyond mere entertainment; they effectively reflect societal issues and challenges.

From enduring classics like “Frankenstein” to contemporary blockbusters like “Oppenheimer,” films have enthralled audiences by transporting them to diverse eras and locales. Nevertheless, their influence reaches far beyond amusement. Films frequently address critical social concerns and historical events, catalyzing pivotal global dialogues. Works such as “Schindler’s List” and “12 Years a Slave” shed light on the themes of racism and discrimination, fostering empathy and comprehension.

What sets films apart is their capacity to evoke emotions. Stirring an audience's emotions, whether through laughter or tears, forges a unique connection between characters and viewers. This emotional involvement engenders empathy, enabling audiences to relate to experiences beyond their own. The intricate narratives woven in films defy conventional storytelling norms, exploring diverse themes and motifs.

In the digital age, films encourage audiences to engage in analysis as they become more accessible through various streaming services. Film critique and examination add another layer to the cinematic encounter, delving into aspects such as cinematography, acting, and thematic elements. By dissecting films, critics enhance our grasp of the medium, contributing to ongoing conversations.

Yet, challenges persist. Issues related to representation and diversity significantly impact the industry's equilibrium. The call for inclusive narratives that accurately depict various cultures and identities remains an ongoing endeavour. Despite these obstacles, films continue to exert a dynamic influence on media and communication, serving as sources of inspiration, education and entertainment for global audiences.

Taking all of this into account, films transcend their status as mere stories on a screen; they serve as vessels of cultural expression, emotional connection, and

societal contemplation. As technology advances and storytelling methods evolve, films will steadfastly maintain their role as a foundational element of media and communication. Therefore, the next time you watch a film, consider the profound impact it can wield in shaping perspectives and nurturing meaningful dialogues.



- Arnav Gharaiik
B.A. I

The Dominance of Social Media

The power wielded by social media is often underestimated, yet its far-reaching effects are often overlooked. This article delves into the multifaceted influence of social media on various aspects of society, including information dissemination, youth and corporations.

Social media has significantly accelerated the speed at which information spreads, encompassing both truths and falsehoods. Whether accurate or misleading, the initial information to gain attraction often shapes public perception. Unfortunately, the process of fact-checking and re-establishing the truth can be time-consuming and not always effective.

Furthermore, platforms like Instagram employ algorithms that curate users' feeds, potentially leading to biased content and even censorship. This algorithmic influence can affect the diversity and accuracy of information users are exposed to.

The formative years of adolescence are marked by the search for self-identity and social integration. Social media, however, distorts this journey by presenting manipulated images of influencers that perpetuate unrealistic beauty standards. This distortion can lead young individuals to feel pressured to conform to certain ideals.

Moreover, the constant exposure to seemingly perfect lives on social media can lead to feelings of inadequacy and self-doubt among young users. The excessive time spent on these platforms also hampers genuine peer interactions, hindering meaningful socialization.

Social media's impact extends to the corporate world as well. It has the power to catalyze growth and precipitate downfall for businesses. The rapid spread of information on social platforms can lead to swift changes in public opinion, influencing a company's reputation and performance.

In essence, social media's influence spans across domains, from information dissemination to youth development and corporate dynamics. Recognizing the complexities and potential pitfalls associated with this dominance is crucial for individuals and society at large. As we navigate the digital age, a thoughtful approach to engaging with social media is necessary to mitigate its negative effects and harness its benefits.



- Hiya Sagar
B.A. I

Bollywood - A Powerful Media Influence

Watching movies and web series has become one of our favourite pastimes. These indulgent time-fillers have the power to inspire, horrify, and even move us to tears. Undoubtedly, Bollywood movies and series wield significant influence over the lives of Indians. This influence can be both positive and negative, impacting even the lives of middle-class individuals. Among the positives, the most prominent is the concept of 'mind refreshment.' As a means to escape stress and rejuvenate our minds, movies often emerge as the preferred choice. Notably, movies such as 'Bhaag Milkha Bhaag' and '3 Idiots,' as well as series like 'Kota Factory' and others, offer thought-provoking attributes that motivate us to strive for success. Moreover, movies serve as a vehicle for spreading awareness. Narratives spotlighting women or the LGBTQ+ community, increasingly relevant today, convey messages of equality and the imperative of just treatment for all. The impact of observing idols engage in virtuous and broadminded actions often prompts



emulation, fostering positivity and open-mindedness.

Turning our attention to the negative facets, while idolization can certainly engender positive message dissemination and transformation, it carries inherent pitfalls. Intense idolization may lead people to excessively discuss and imitate their idols' behaviours, even the negative ones, inadvertently causing distress to those close to them. Instances of frenzied behaviour during encounters with these prominent stars, particularly among fervent fans, can result in physical harm to others. The undeniable truth is that Bollywood, as a media force, exerts considerable sway over the Indian populace. Be it the portrayal of perfect high school romances or more mature relationships, these themes are avidly consumed by Indians. The aforementioned points conclusively establish Bollywood's status as a highly influential entity that possesses the potential to propel society toward positive and open-minded evolution, contingent upon responsible production and consumption.

- Jaskirat Kaur
B.A. I

The Mighty Pen: Unveiling Truths and Shaping Minds through Journalism

In our interconnected world, journalists hold a role that transcends mere information conveyance. Through their words and narratives, they possess the authority to mould opinions, steer decisions, and weave the very fabric of society.

At journalism's core lies the pursuit of truth's countenance. It transcends mere fact-reporting, encompassing the unearthing of concealed layers, challenging the unquestioned, and illuminating narratives that might otherwise languish in obscurity. Through investigative journalism, reporters embark on journeys to expose corruption, injustices, and society's ills. By spotlighting these hard-hitting truths, journalists empower individuals and communities to hold those accountable for their actions.



Equally paramount is the journalist's role as an amplifier of silenced voices. They serve as the bridge between the voiceless and a wider audience. By casting their spotlight on issues like poverty, discrimination, and environmental degradation, journalists thrust these concerns into the public consciousness. This, in turn, fosters empathy, heightens awareness, and catalyzes dialogues that propel collective action and change.

However, the journalist's true potency doesn't merely stem from their capacity to uncover stories; it resides in their prowess to shape narratives. Through artful word selection, tone calibration, and perspective positioning, journalists wield the power to influence a story's interpretation. This mantle carries immense weight, for the narratives they weave have the potential to mould public sentiment, sway policy choices, and even steer the course of history. A meticulously crafted article possesses the ability to sway public emotion, leave an indelible mark, and inspire transformation in ways few other professions can achieve.

The digital age's advent has drastically amplified journalism's reach and influence. The emergence of social media and online platforms has empowered journalists to directly engage with their audience. This shift from a unidirectional communication model to an interactive, two-way exchange has metamorphosed journalism into a dynamic dialogue. This not only enriches comprehension but also grants the public the agency to contribute their viewpoints. However, in this era of information abundance, the challenges of responsible journalism have grown more pronounced. The prevalence of fake news and misinformation underscores the significance of accuracy, objectivity, and integrity in journalistic endeavours. As consumers of news, we rely on journalists to uphold these principles and furnish information that is both veracious and impartial.

In summation, a journalist's influence is multidimensional. It resides in their ability to unearth concealed narratives, amplify marginalized voices, and sculpt public stories. Their labour propels change, breeds consciousness, and kindles conversations that fuel societal advancement. Yet, this power carries the obligation to uphold the utmost ethical standards and disseminate precise, well-balanced information. As members of society, we must acknowledge and champion the pivotal role journalists play in democratic landscapes, recognizing their dedication to truth and their contributions to a well-informed and enlightened world.

- Kashish Chitkara

B.A. I

The Transformative Role of Media in Education

In recent years, the influence of media in education has undergone a profound expansion, reshaping the learning experience for both students and educators. Traditional classrooms are undergoing a transformation through the integration of diverse media formats, including videos, interactive simulations, podcasts, and online platforms. This article delves into the positive impact of media on education, examining its advantages, challenges, and the evolving landscape of learning.

The Educational Benefits of Media

Engagement and Accessibility: Media formats offer dynamic and visually captivating content, captivating students' attention and enriching the learning process. Visual aids, videos, and interactive components effectively convey intricate concepts.

Personalized Learning: Media empowers educators to cater to individual learning styles and paces. Online platforms provide adaptive learning opportunities, enabling students to progress at their own pace and revisit content as needed.

Real-World Relevance: Media bridges the gap between theoretical concepts and real-world applications. Videos, case studies, and documentaries bring practical examples into the classroom, fostering a deeper comprehension of subjects.

Global Learning: Through media, students can access resources, experts, and viewpoints from around the globe, transcending geographical barriers and broadening their perspectives.



Collaboration and Communication: Media facilitates collaborative learning through online discussion forums, video conferencing, and shared documents. Students can engage with peers and experts beyond their immediate surroundings. **Digital Literacy:** As media's role in education expands, students must cultivate critical digital literacy skills to assess information credibility, differentiate reliable sources, and navigate online platforms securely.

Overwhelm and Distraction: The profusion of media can lead to information overload and distractions. Educators must strike a balance between integrating multimedia content and ensuring students remain focused.

Equity and Access: Not all students have equitable access to technology and high-speed internet, potentially creating disparities in learning opportunities. Addressing these accessibility challenges is pivotal for inclusive education.

Quality Control: With the ease of content creation and sharing, ensuring the accuracy and quality of educational media is crucial. Educators should curate resources thoughtfully and promote credible sources.

Blended Learning: The fusion of traditional instruction with online media has become commonplace, allowing for flexibility and a more tailored learning journey.

Virtual Reality and Augmented Reality: Emerging technologies like VR and AR offer immersive learning experiences, enabling students to explore environments and scenarios that were previously inaccessible.

Gamification: Educational media with gamified elements, such as interactive simulations and educational apps, leverage gaming mechanics to make learning engaging and motivational.

Media has revolutionized education by heightening engagement, accessibility, and personalized learning opportunities. While challenges related to digital literacy, access, and quality endure, the merits of integrating media into education are indisputable. As technology continues to evolve, educators must adapt their strategies to harness the full potential of media for educational purposes, nurturing a generation of learners equipped to navigate the complexities of the modern world.

- Khushboo
B.A. I

The Impact of Mass Media on Public Opinion

Mass media has evolved into a formidable force, shaping public opinion and moulding societal narratives in the modern era. The potency of mass media, encompassing television, radio, newspapers and the Internet, in swaying public sentiment cannot be overstated. It functions as a dual-edged tool capable of both enlightenment and manipulation, rendering its influence on public opinion a subject of persistent scrutiny and fascination.

The media's capacity to select, frame, and disseminate information constitutes one of its most pivotal means of impacting public opinion. Media outlets decide which stories to cover, how to present them and which perspectives to include or exclude. This process, termed agenda-setting, dictates the priority of issues in public discourse.

For instance, media coverage of topics like climate change or political controversies significantly moulds public comprehension and attitudes toward these subjects. Furthermore, the media exerts substantial sway over how individuals and events are perceived. The manner in which news stories are framed by the media can sway how consumers interpret events and form judgments. A narrative presented as a triumph can evoke positive public sentiment, whereas the same event depicted as a catastrophe might yield negative reactions. Even in the absence of overt manipulation, the framing effect can alter public perceptions. Additionally, the media wields the power to shape public opinion on social and political matters.

Media entities can impact public opinion by employing persuasive tactics such as emotional appeals, expert endorsements, and statistical evidence. This is particularly pertinent during electoral campaigns, when media portrayals of candidates have the potential to sway voters' decisions.

However, the media's influence on public opinion remains a subject of contention. Critics argue that media outlets at times prioritize sensationalism by focusing on attention-grabbing subjects at the expense of fundamental ones. This phenomenon can distort public priorities, with minor issues overshadowing more crucial concerns.

Moreover, the advent of social media has added a layer of complexity to the interplay between mass media and public sentiment. Platforms like Twitter, Facebook, and Instagram permit individuals to express their viewpoints instantaneously and globally.

This democratization of media offers exposure to numerous perspectives, but it can also create echo chambers, where individuals primarily encounter opinions aligned with their own. In summary, the media's sway over public opinion is undeniable. It shapes our understanding, influences our thought processes, and moulds our beliefs. While it can inform and enlighten, it also possesses the potential to manipulate and distort. As consumers of media, we bear the responsibility of approaching information critically, exploring diverse viewpoints, and acknowledging the media's role in shaping our worldview. The interplay between media and public opinion remains intricate, marked by a delicate interweaving of information, persuasion, and individual judgment.

- Kritika Sawhney
B.A. I

The Complex Relationship Between Media and Crime

In today's digital age, the influence of media on our understanding of crime cannot be underestimated. The prevalence of crime-related content on television and smartphones has captured the curiosity of audiences worldwide. While these crime shows provide insights into various criminal activities worldwide, their impact on the human psyche is a double-edged sword, affecting individuals both positively and negatively. Watching crime shows can instill a sense of vulnerability in viewers, making them more conscious of the potential dangers lurking in their lives. Simultaneously, it heightens awareness of the crimes transpiring in their communities.

The media plays a pivotal role in shaping public perceptions of deviance and social issues, often portraying isolated extreme incidents as representative of broader criminal behaviour. This tendency to emphasize sensationalism can skew public understanding. To address this, various helpline numbers have been established to bolster public safety. Helplines such as Women's Helpline

(1090) and Senior Citizens Helpline (14567) serve as essential resources. The media's role is crucial in promoting these services and ensuring that all crimes are reported.

In India, a distressing statistic prevails, with approximately 99% of rape cases going unreported each year due to fear of societal stigma. The media steps in to bridge this gap by informing the public about available support systems and advocating for changes in regulations to aid victims. However, it's important to acknowledge that some individuals may misuse the information at their disposal. For instance, individuals may exploit the legal system by filing false complaints, which can harm innocent parties. Striking a balance is crucial; while some may misuse the law for personal gain, responsible citizens must act to protect the integrity of the system.

In an era where information is abundant, staying informed about societal events is essential. Reliable news sources play a critical role in exposing the true intentions of those who claim to be societal benefactors. The relationship between media and crime is intricate, and its impact varies from person to person. It's vital for individuals to approach crime-related media with a critical perspective and for the media to uphold its responsibility in presenting a balanced and accurate portrayal of crime and justice in society.

- Liza Goyal
B.A. I

The Impact of Social Media on Communication in the Digital Age

In our ever-evolving media and communication landscape, the proliferation of social media has revolutionized the way we connect, share, and engage with others. This transformative shift has not only reshaped personal communication but has also exerted a profound influence on business, politics, and society as a whole.

Prominent social media platforms, including Facebook, Twitter (now known as X), Instagram, and YouTube, have fundamentally altered the dynamics of information sharing. They have democratized content creation, enabling

individuals to become content creators themselves. Thus fostering a rich tapestry of narratives and perspectives.

One of the defining features of social media communication is its immediacy and interactivity. People can swiftly share real-time updates, live-stream from remote locations (provided there's internet access), and disseminate their messages instantly to the public. This dynamic has supplanted the traditional news cycle, facilitating the rapid spread of information, whether it's news, opinions, or personal experiences. However, this evolution has also given rise to legitimate concerns about the credibility of news and user privacy. The viral dissemination of misinformation and fake news on social media platforms has led to dire consequences, as evidenced by recent incidents like the civil unrest and communal violence in Nuh, fueled by false information about Monu Manesar, a Bajrang Dal member allegedly involved in the murder of two Muslim men during the annual Braj Mandal Yatra.

Furthermore, social media algorithms can inadvertently create echo chambers that may radicalize individuals. Striking a balance between freedom of expression and responsible content moderation has become an urgent challenge for both social media platforms and policymakers.

From a business standpoint, social media has revolutionized advertising and sales strategies. Brands now enjoy direct access to their target audiences, enabling personalized marketing campaigns and real-time customer feedback. Social media influencer marketing has emerged as a potent tool, leveraging individuals' substantial social media followings to promote products and services effectively. In conclusion, the ascendancy of social media has brought about a fundamental transformation in communication. It has dismantled barriers to entry in media creation, facilitated swift information dissemination, and revolutionized traditional marketing paradigms. While it possesses the potential for positive change, it's essential to remain mindful of issues such as the spread of misinformation, privacy concerns, and algorithmic biases. On a national and international scale, governments must collaborate to regulate major media corporations like Google and Meta and enact laws to safeguard people's privacy.

- Manish Sachdeva
B.A. I

The Impact of Social Media on Mental Health

Journalism encompasses the collection and dissemination of news through various mediums, from traditional newspapers and magazines to modern online websites and social media platforms. The term 'journalism' originally referred to reporting current events in printed form, primarily through newspapers and magazines. However, the advent of the internet in the 20th century led to a surge in electronic communication, expanding journalism's reach to encompass current affairs, particularly through social media posts.

Social media serves as a versatile platform for sharing information and ideas, fostering interaction with friends and family, and facilitating knowledge acquisition. However, the question arises: is social media a safe space for mental health and well-being? Research suggests that social media carries both benefits and drawbacks, making its usage a subjective choice for individuals.

The internet, including social media, has undeniably proven its worth in providing knowledge and understanding. However, the widespread adoption of laptops and mobile phones has led parents to introduce social media into their children's lives from an early age. Whether a child is two or twenty, social media and the internet have become integral to their daily existence. Yet, as this relatively new technology has gained prominence, research has illuminated its positive and negative consequences.

Excessive use of social media has been linked to an increased risk of mental health issues, including depression, anxiety, loneliness, and even suicidal thoughts. Additionally, the phenomenon of "fear of missing out" (FOMO) among young generations impacts their self-esteem and can exacerbate anxiety, fueling a cycle of heightened social media usage. With the knowledge of both the positive and negative aspects of the internet and social media, the question arises: does it have a net positive or negative impact on our daily lives? The answer to this question varies from person to person and depends on how individuals navigate and balance their use of these powerful digital tools.

- **Mehak Sharma**
B.A. I

Formula One – The Epitome of Motorsport

"The track is my canvas, and my car is my brush" - Graham Hill

Formula One, often referred to as F1, stands as the zenith of international motorsport. With 10 teams and 20 drivers vying for the title, the world championship, and the coveted constructor's trophy, F1 represents one of the most expensive sports globally, where the cost of crafting a single car can soar into the tens of millions each year. This extravagant sport is not only on the rise but also synonymous with a world of opulence and fine living.

Glamour has always been an integral part of Formula One; think of Monaco, think of Ferrari, think of Rolex. It exudes an air of royalty and luxury, and a multitude of factors, including the Netflix series "Drive to Survive," has propelled the sport to new heights, offering thrills, adrenaline, and drama like never before.

Among the captivating stories is that of Romain Grosjean, the "Man on Fire," who endured a harrowing 27 seconds trapped inside his blazing cockpit before his remarkable escape. Formula One has bestowed upon the world a lineage of exceptionally talented drivers, from Ayrton Senna and Michael Schumacher to Lewis Hamilton and Max Verstappen, the latter currently dominating the F1 world and shattering records. In the 2023 season, Red Bull's Max Verstappen has been the standout, with 13 consecutive wins, breaking McLaren's 35-year-old record. F1 is a sport where 20 individuals navigate high-speed circuits, pushing the boundaries of possibility, and making split-second decisions that can alter the course of the race. It is a perilous yet thrilling pursuit, a world where drivers pilot technologically advanced cars crafted by top engineers.

As we approach the halfway point of the 2023 season, anticipation is building for the Las Vegas Grand Prix, one of the most eagerly awaited races, with a staggering budget estimated at \$80 billion. Formula One, the pinnacle of motorsport, is a domain where technology, innovation, speed, and excitement converge. It embodies a certain attitude, an element of fearlessness, and a love for the thrill of the race that defines the essence of motorsport.

- Namimi Vashisht
B.A. I

Navigating Privacy in the Age of Social Networking

In our digital era, social networking has seamlessly woven itself into the fabric of our lives. It serves as a bridge that connects us with friends and family across the globe, enabling us to share and communicate effortlessly. However, as we become more entrenched in this virtual realm, it's paramount to grasp the significance of privacy and the measures we can take to safeguard our personal information.

Privacy in the context of social networking revolves around individuals' control over their personal data and the content they share on these platforms. It hinges on conscious decisions regarding what to share, with whom to share, and how much to disclose, all in pursuit of maintaining a sense of security and protection against potential risks.

Nearly all social networking platforms provide privacy settings, empowering users to dictate who can access their posts, profile details, and contact information. It is imperative to acquaint ourselves with these settings and select the appropriate level of privacy to ensure that only trusted individuals can access our personal data.

Exercise caution when posting online, as the consequences of our digital actions may not always be evident. Once information enters the digital realm, it can be challenging to control its dissemination or retract it. Therefore, it's wise to refrain from sharing sensitive data like home addresses, phone numbers, or financial information.

While the allure of expanding our social circles may tempt us to accept friend requests from strangers, it's crucial to be circumspect. Always verify the identity of the person before accepting their requests to minimize potential risks.

Regrettably, social networking platforms are not immune to incidents of bullying and harassment. If you encounter or experience any form of cyberbullying, promptly inform the platform administrators to address the issue. Oversharing can also compromise our privacy. Avoid divulging daily routines, travel plans, or any information that might jeopardize your safety.

Location tags, in particular, can reveal your exact whereabouts to others, so consider adding such tags only after leaving a place rather than in real-time.

Social networking has undoubtedly transformed the way we connect, yet it carries the responsibility of safeguarding our privacy. By mindful sharing, configuring robust privacy settings, and exercising caution when accepting friend requests, we can navigate the digital landscape safely. By taking these precautions, we can enjoy the benefits of social networking while preserving our privacy in this interconnected digital world.

- Niyati Kaur
B.A. I

The Podcast Revolution: A New Era of Digital Communication

In an era inundated with information, podcasts have emerged as a dynamic and influential medium for engaging with content. These audio shows, readily available on platforms like Spotify, Apple Podcasts, and Google Podcasts, are reshaping the landscape of media and communication. Podcasts offer a unique and intimate experience, allowing listeners to tune in while commuting, exercising, or performing daily tasks. Their versatility seamlessly fits into our hectic lives. Covering a wide array of topics, from storytelling and education to news and entertainment, podcasts cater to diverse interests, offering a personalized listening experience.

A defining feature of podcasts is their accessibility. Anyone armed with a microphone and a message can become a podcaster. This democratization of content creation provides marginalized voices a platform to share their stories, ideas, and expertise. It marks a departure from traditional media gatekeepers, fostering more inclusive and diverse dialogues. Podcasts harness the power of long-form content, distinguishing themselves from brief social media posts or short articles. They facilitate in-depth explorations of subjects, allowing experts to delve into their fields and granting listeners an opportunity for profound learning and engagement. This extended format encourages meaningful conversations that may not be feasible through other mediums.

Additionally, podcasts breathe new life into storytelling, immersing listeners in captivating narratives that evoke emotions and ignite imaginations. This narrative prowess not only entertains but also cultivates empathy and comprehension, bridging gaps between cultures, experiences, and perspectives.

The monetization opportunities within the podcasting realm are significant. Advertisers recognize the engaged and loyal podcast audience, leading to sponsorships and partnerships. Some podcasters explore premium subscription models, providing subscribers access to exclusive content while supporting their favourite creators. Nevertheless, as podcasts surge in popularity, responsible and ethical content production becomes paramount. Ensuring the accuracy of information, respecting copyright laws, and maintaining transparency are crucial, as podcasts exert influence over a growing number of listeners.

In conclusion, podcasts are redefining how we consume information and forging meaningful connections in our fast-paced world. Their accessibility, authenticity, and immersive nature make them a potent force in modern communication. As podcasts continue to evolve, they remind us of the enduring power of storytelling and the importance of lending an ear to voices that deserve to be heard.



- Shreya Kaundal
B.A. I

The Phenomenon of OTT Platforms: A Transformative Journey in Entertainment

Do you recall the days when you sat before a small television with your parents during dinner, perhaps watching 'Sony'? For those of us born in the early 2000s, that memory was nearly six years ago. It's astonishing to reflect on how, in the span of just 6-7 years, the concepts of media, television, content, cinema, music, and daily information have undergone such profound transformations that there's no turning back. The pivotal event that triggered this shift was the pandemic. As people around the world found themselves confined to their homes, some with their families and others in solitary isolation, they discovered solace in the emerging world of OTT platforms. Services like Netflix, Hotstar, Prime Video, and more brought their A-game, offering nostalgic shows and movies to comfort individuals during stressful times. While these platforms existed before the pandemic, their consumption was limited to a select stratum of society.

Almost three years have passed since the pandemic's onset, and while masks and sanitizers have come and gone, OTT platforms continue to stand tall. If someone had asked you to imagine a world a decade ago where you didn't have to wait for your favorite show to air on TV, you might not have believed it. These platforms not only offered a superior means to consume high-quality content but also curtailed piracy. OTT platforms have had a revolutionary impact in India, reshaping people's entertainment preferences. They have ushered in a more enlightened cultural environment among both children and parents. The majority of the shows and movies they offer promote gender positivity, reject misogyny, satirize social ills, and demonstrate sensitivity toward the LGBTQIA+ community. This new era of content delivery has also made storytelling more inclusive of the queer community. Moreover, many Bollywood actors are now eager to present their audience with cinema that addresses pressing issues such as rape, murder, corruption, misogyny, and inequality.

In a society like India, it's easy for subjects to become taboo, and many aspects of human life still carry that stigma. While Indian society is evolving, there remains a segment that remains largely oblivious to these changes. Even in 2023, age-old problems like hate crimes and insensitivity persist. The sensitive topics that OTT platforms bring into the public eye are a small yet impactful step toward a better nation, challenging taboos and pushing society to confront critical issues.

- Tanisha Sharma
B.A. I

Changing the Course of Modern Journalism: Social Media Journalism

Generalizing social media, we are exposed to different forms of media at almost every time of the day. However, news consumption today is not what it once was, when people used to wait for the morning paper or for the evening news. Ever since the dawn of the Internet, news consumption hasn't been the same. People are now less likely to tune into news events through 24-hour television news networks and are more likely to find out the current happenings through social media posts.

Recently, an ever-increasing number of readers, viewers, and listeners have been going online for their news. The traditional and electronic media forms; television, newspapers, and radio are still here, but they face an unfair competition from interactive online media platforms. Through online media, a user connects to the Internet and has access to a global platform that is free and works with higher efficiency. According to the new model, the devices themselves are assumed to be smart which means that one can put forward and discover new models of communication and coordination without needing anyone's consent. Any individual that has access to a camera and a keyboard is a self-publisher.

News has now become non-linear and open-sourced, which has paved the path for a new form of journalism. Journalism as it previously was, will change and is changing. Digital Journalism or Social Media Journalism is not just commenting on a blog or sending a picture to a website. In this genre of communication, conversations are high paced and information is relayed relatively easily and instantly. Due to such an impact, employers in Journalism and Communication agencies seek professionals who are well-versed in digital media platforms. Online media such as social media is growing exponentially as a business function.

- **Aashmi Gill**
B.A. II

AI in Film Production

It is not an unknown fact that artificial intelligence, also known as AI, has been sowing its seeds in many industries, one of which is the film industry. From pre-production to post-production AI can contribute at every step.

AI can give insights into the plot structure and character dynamics along with screenplay drafts and even assisting with new narratives during the pre-production of the film. Not only this but AI can provide a vast database for appropriate locations to shoot and can analyze the best actors suited for a particular role and if not that, then it can also create an entirely different digital character to fill that particular role, thus blurring the lines between real life and virtual actors.

AI provides the filmmakers with computer generated imagery along with realistic visuals and actions that stimulate physics, reducing the need for extensive manual labour. To ensure that the film becomes a box office hit, with the help of AI we can analyze historical data and predict box office performance. AI is also used for marketing and audience engagement, it generates posters and other promotional content that helps to get in touch with millions of people.

All in all, AI has been a huge help for the film creators and contributes a lot in cost reduction. However, it must be used wisely to maintain a perfect balance between human storytelling and artificial intelligence, while making a film.

- Arshpreet Kaur
B.A. II



Facial Expression as a Mode of Communication

A human face can convey countless emotions; it allows individuals to share messages with their eyes, eyebrows, mouth etc. The most important part of facial expressions is the eyes. Using facial expression, as a mode of communication, is an important form of non-verbal communication. Our face not only helps us to communicate our ideas or thoughts but also our emotions and feelings.

Most of the time, our words do not match with the expressions on our faces, and they may betray us. Paul Ekman was a psychologist who studied emotions about facial expressions. He found that human beings can make over 10000 facial expressions out of which 3000 are the relevant ones. By using facial expressions, the transmission of messages becomes easy. Facial expression, as a mode of non-verbal communication, has substituted for verbal messages.

Nowadays a person's facial expression and body language have become a more effective way of communicating with others.

- Devanshi
B.A. II

Journalism and Politics in India: A Dynamic Nexus

In India's intricate fabric, the interplay between journalism and politics weaves a captivating narrative that reflects the nation's complexity. As a bastion of democracy with fervent media, India's journalistic coverage of political matters is an intriguing journey of challenges and progress.

In the post-independence era, journalism emerged as the "Fourth Estate," wielding influence in shaping public opinion and holding power accountable. Visionaries like Ramnath Goenka and Raja Rammohan Roy established media houses that played pivotal roles in nation-building. The 1970s marked a shift with the rise of investigative journalism. Icons like Arun Shourie and N. Ram exposed issues like the Bofors scandal, showcasing journalism's power to uncover corruption.

Yet, the relationship between politics and journalism can be contentious. Media outlets aligned with ideologies fuel debates on bias, raising questions about objectivity. The digital era transformed this dynamic. Online platforms democratized information dissemination, enabling citizens to engage directly. However, it also bred misinformation challenges.

Sensationalism became a concern, with a focus on "breaking news" overshadowing substantive analysis. Maintaining journalistic standards amid competition became crucial. Balancing press freedom with challenges like censorship and violence against journalists remains vital. Ultimately, India's journalism-politics connection underscores democracy's vibrancy. As both fields evolve, ethical journalism and open dialogue must be upheld to foster a robust democratic ecosystem.

- Lavya
B.A. II

The Power of Networking

Networking is a way of investing in relationships that go a long way in your professional life and help you build connections and contacts through which you have the means to diversify more and more in your career journey. The perfect career includes several factors like the degree or the education you hold, the skills you have like communication, and soft skills, and lastly what connections you have, what kind of people you hold as your peers and what kind of relationships you invest in. All these factors have the biggest influence on your professional career.

As you grow in your career, you discover opportunities outside their means or your regular work ethic because of your connections with certain people who are, at that time, looking for someone who fits into that particular role. Networking can help in ways that cannot be known in an instant but helps you in the longer run to make healthier relationships at work and also uncover many career paths and adventures for you, which is one always unaware of.

Certain facts allow us to understand why networking is important and how it helps us in our careers-

Extra Source Library: It is very important in any career or profession to be up to date on any kind of information that could be handy in your work or something

that might be of interest. Access to that information can be provided through various people, that you might know or have built a certain relationship with when you met him or her through someone or at some event.

Increase In Your Status: Networking could help in social ways as well. To uplift your status in society and enhance your personality in front of certain people. You can get people to like you and adore you when they know that you're very well-connected and have a very strong network of people.

Increases Your Visibility: This is a very crucial point of networking that can bring you more and more results in anything you do or want. When you try to increase your presence in your network and niche, it creates value, due to the association effect, which as we are in association with people and are constantly talking to or connected to them through some means like PR, social media collaboration, through any deal, creative means or and anything else, it creates more and more presence of you as a person that could add more value which in return initiates the industry to recognize you more and help you get greater audience or clients, whatever is in the need of.

Receive Mentorship: This part of when you network your way in the industry that you wish to make a name in or you want to network is filled with people who when you'll be connected to will guide you or make you see what you can bring to the table or what all you need to make progress in. This makes or breaks you into the industry very well because the professionals who will be in contact with you will see the best for you and will guide you well if you're good to them.

Tune Your Social Skills: The part where you socialize, make a network and get to know people in your industry your work will turn you into a person that takes the initial step to talk to anyone because that is very essential when you start a career makes you into a selective extroverted personality and tune into your social skills and teach you really how to be socially acquired, talk and foster relationships and also make you feel confident about talking about your ideas and your thoughts more openly. That is why networking is the most important thing that one should do for their career as it helps widen their horizon of work and open the sky more for them to fly.

- Sejal Suman
B.A. II

Sensationalization of News- The Decline of Trust in Indian Media

The Sensationalization of news in the media is a practice where stories are exaggerated or presented in a way to provoke strong emotions and grab attention.

This often involves focusing on shocking or dramatic aspects while neglecting important context or balanced reporting. Such tactics aim to attract more viewers, readers, or clicks, leading to higher ratings and revenue. This trend has been dramatically used by the Indian Media to compete with Online news stations which has been called, in the documentary of Ravish Kumar, the "Downfall of Indian Media". While this approach might increase short-term engagement, it can erode public's trust in journalism, distort perceptions of reality, and hinder informed decision-making.

The recent trend of Sensationalization has become a cause of concern among the Journalists as Ravish Kumar stated "There is no hope." "Today, you will not get a job in the media to do journalism."

Responsible journalism serves as the cornerstone of informed societies by upholding principles like accuracy, objectivity, and comprehensive fact presentation. It's essential to provide readers with well-rounded information to foster balanced perspectives.

Maintaining journalistic integrity requires navigating the fine line between engaging content and accurate reporting. In today's age of rapid information sharing, ethical journalism is vital for counteracting sensationalism and preserving the credibility of news sources.



- Shreya Suman
B.A. II

Media Freedom and Cancel Culture Social Media: Avenger or Rewarder

Is social media a liberal platform, or have the increasingly restrictive State-imposed limitations and laws transformed it into a highly conservative one?

I often find myself engrossed in these brain-teasing topics considering the relevance of 'New Media' in the modern era.

The contemporary world has witnessed a major shift in media from the Mode of Expression to the Means of holding others accountable. On one hand, social networks have granted everyone the opportunity to voice their opinions irrespective of their class, caste, creed, sex, religion, race or any other differences prone to causing conflict; while on the other end of the spectrum, social media has also evolved into a patrolling agency, vigilant enough to penalize those who intend to spread malice, abhor and loathe.

Moreover, the idea of accountability or 'holding oneself responsible' is more pertinent or germane to eminent personalities or luminary figures considering the influence or Clout they have. Another interesting concept is that of 'CANCEL CULTURE', related to how these celebrities are chastened by the general public. The most common course of action seems to be trolling which is ironic because the same can be viewed as a form of Cyber Crime itself. Cyberbullying has become an intransigent component of social networking.

Media Freedom has been a highly controversial subject since its origin in 1644, courtesy of the English poet John Milton who made an early press defensive pamphlet 'AREOPAGITICA'.

Though Press Liberty has advanced with the establishment of Democratic Regimes, refinement is still a must-have. The role of government in managing all forms of media outlets is not only vague and lacking clarity, but also suspicious and dubious lessening its reliability, credibility and quality. Improvement is also desperately required in the Dichotomy of social media and Cancel Culture and the notion of Media Liberty in terms of the Constitutional Fundamental Right to Freedom of Speech and Expression.

- Sneha Sharma
B.A. II

Media Literacy

In this digitally driven world, having media literacy is truly an important part of one's personality. It's a skill to critically assess and discern the reliability and credibility of the information we get on a variety of platforms available. It is understanding how the media messages are constructed, the purpose behind them and for what impact. Media literacy is about being an active, informed and responsible consumer as well as the producer of media.

We have a different media landscape today with the rise of social media and internet. The line between fiction and fact often gets blurred nowadays. To protect ourselves from false information and propaganda, media literacy is an essential tool.

As an aware citizen, one needs to have a fact-checking skill whenever he/she reads misleading headlines, biased reporting or fabricated stories. One also needs to recognize biases in media outlets prevalent these days. Media literacy promotes critical thinking in an individual as the human questions themselves about whether the content is wrong or right. It will be a great thing for the democratic society as the number of active citizens will increase. Media literacy needs to be a part of our formal education. It will help young minds to grow safely. Not only in schools but the parents and guardians should also teach their wards about media literacy. We can say that media literacy is basically to safeguard ourselves from false information. However, it is not an option instead it's a necessity for the well-being of individuals.



- Ritu Garg
B.A. III

Media and Mental Health

The developing technology and urbanization have increased the pace of life, both professionally and personally. People are in the race to win. They do not embrace the view around them, never stop and take a moment to appreciate how far they've come. They just keep on running, no matter what.

The job of a journalist is to be equipped with well-versed knowledge, trending events, hot news, and accurate details about those events so that he can cater a perfect news package to the audiences, and before the competitors and fellow media houses. He must gather the data, conduct research, write or shoot the story, edit and make the final checks. This demands a lot of mental and physical effort. This is just for one news, and the number of news that must be covered is never-ending.

The fear of missing out and being second in the race revolves around him. And to satisfy that little voice in his head he keeps on working. Eventually, the pressure of being perfect overweighs and from there buds the ultimate problem of stress and anxiety. The whole process can be challenging and can tire a person out mentally and physically.

Moreover, the modern times of digital media have complicated the jobs of journalists. He needs to be always present at a lot of places to grasp the information first-hand. Furthermore, they need to prepare and present that information to the people for them to interpret.

Journalists who cover sensitive topics like violence, disaster climate change, abuse and harassment are more prone to face problems of depression and sleep disorders. The global covid 19 pandemic has brought this issue to light. Many journalists who reported on the COVID cases were psychologically affected.

The solution to this is simple yet hard to implement. The media houses should prioritize quality content over the quantity of the news. Moreover, the reporters and editors should not be over-burdened with the tasks, work should be divided efficiently. This will result in the effective working of the news channels and newspapers. The need to be number one in the race should not compromise the health and efficiency of the journalists. Healthy competition needs to be



maintained so that the media industry remains efficient.

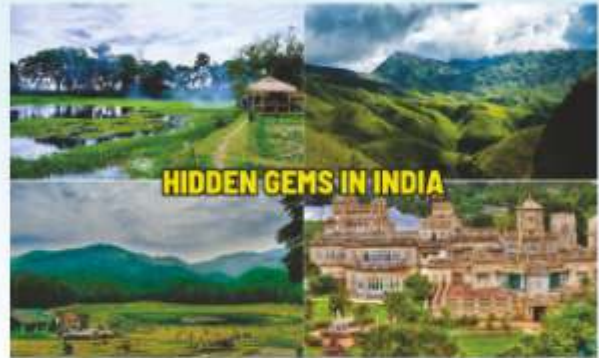
The media being the fourth pillar of democracy must be protected so that it can in turn serve the country and its people for the betterment.

- Anshita Chaudhary

B.A. III

ZIRO: The Hidden Gem of India

India is a place circled with uncountable destinations unexplored to date. Summers have been hectic and if one wants to take a break from the daily hassles of life, the untouched parts of the country are a must-visit!! They provide us with a peaceful and paradise-like environment to live in.



One such uncovered place is ZIRO. Situated in the foothills of Arunachal Pradesh, the crown of the northeast, it is an old town home to the Apatani tribe and culture. It is a mesmerizing site. It has a moderate temperature throughout the year which makes it easily accessible at any time.

Tucked away in the forbidden mountains of Arunachal, the Ziro Valley is a hidden gem in itself. It witnesses hypnotic views filled with greenery along with beautiful paddy and rice fields.

*"When a change is needed in life visit Ziro.
It is heavenly enough to make u feel lushed out!"*

- Saemal
B.A. III

AI vs HUMANS

The development of artificial intelligence (AI) has been a topic of both fascination and fear for decades. While some people view AI as a tool to improve our lives and make our world better, others worry that it will ultimately become more intelligent than humans and take over. So, the question remains: will artificial intelligence take over humans shortly?

On one hand, AI has made significant strides in recent years. Machine learning algorithms have become increasingly sophisticated, enabling computers to process vast amounts of data and learn from it in a way that was previously impossible. AI is now being used in a wide range of industries, from healthcare to finance to transportation. Autonomous vehicles are becoming more common on our roads, and AI is even being used to develop new drugs and treatments for diseases.



But, AI still requires human input and oversight. While machines can learn from data, they still need humans to tell them what data to learn from and what patterns to look for. AI also requires human programmers to develop the algorithms and software that make it work. Without human guidance, AI would be unable to function.

There is also the question of ethics. Even if AI were able to take over humans, should it? Would an intelligent machine be able to make moral judgments and decisions? Would it be able to empathize with human beings and understand our emotions and needs? These are questions that are still being debated, and there is no clear answer.

So, while AI has made impressive progress, it is unlikely that it will take over humans shortly. Instead, we can expect to see AI continue to evolve and become more integrated into our lives, improving our world in ways we never thought possible. However, we must remain vigilant and ensure that AI is developed responsibly and ethically, with human values and needs at the forefront. Only then can we truly reap the benefits of this powerful technology?

- Kitty Chawla
B.A. III

Understanding Pathological Liars

Lying has gotten a bad reputation. But a Pathological lie is different from any other lie. 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 them become a pathological liar? Telling small lies makes it easier for people to tell even bigger fibs but Trauma or head injuries may also play a role in pathological lying, along with an abnormality in hormone-control 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 they lie. 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 of why one lies in the very first place.? What if everyone was so comfortable in telling their truth that there was no need to lie..? Lying is just an escape from the truth. You don't lie because you like, you do because you don't know how your truth would be taken. So let's simply come together to build a space where nobody fears their truth and where they are not judged but understood.

- Kanishka
B.A. III

Need of Social Media

Social media has shown great growth and craze among people it has great advantages. It provides a chance for everyone to showcase their talents. We can share our experiences our daily.



Photos and all we share our journey ourselves. It also helps people to speak on issues even when news is shared on social media. It's a great medium to express our experiences and it's easy to access for all. Even brands are there on social media for promotion. It also has some disadvantages like youth are very addicted to

social media and sometimes they misuse it too. If not use it wisely, it can affect our lives too. Some platforms are aware of it and they are working on it too. Social media is a great power if we use it limited and wisely use it as we need but avoid getting addicted. We can grow on social media it's a great source of earning. We can earn by promoting brands ads with them by posting stuff that is relatable and if you are capable of reaching a good audience platform allows you to earn money and you can also do collaborations which can also lead to a good career.

- Arish
B.Voc. (Media and Entertainment)

Indian Idol: Reshaping or Destroying the Natural Art?

Singing reality shows in India have time again given contestants a dream of a better life, better income and a better future 'Indian Idol' which started on 30th October 2004, has been one such show. It has been running successfully for the past 13 years till 2017 of its season 9. However, it has not been smooth sailing for the show. There have been numerous ups and downs, and lots of controversies and not much has happened to the contestants after winning the show.

One of the most prominent controversies has been that of getting contestants from poor and downtrodden backgrounds. People have time and again trolled the show on social media for showing contestants who are either specially-abled or who have come up from really poor family backgrounds.

- Akhil Garg

B.Voc. (Media and Entertainment)

Ethics in Journalism: Navigating Truth and Sensationalism

Journalism serves as a cornerstone of democracy, tasked with the responsibility of informing the public accurately and objectively. However, in an age dominated by rapid information dissemination and the pursuit of attention, the delicate balance between truth and sensationalism has become increasingly challenging to maintain.



At its core, journalism hinges on ethics that guide the profession's standards and practices. Truth, accuracy, fairness, and impartiality are fundamental principles that journalists are expected to uphold. Yet, the pressure to generate viewership and engagement has given rise to sensationalism—a tendency to exaggerate or present information in a way that provokes strong emotional reactions. This dichotomy between ethical reporting and sensationalism has implications for the public's perception of reality and the media's role in shaping it.

The digital age's instantaneous nature has intensified these concerns. News organizations grapple with the demand for rapid updates while striving to uphold ethical standards. Fact-checking and source verification, crucial components of responsible journalism, can be compromised when speed takes precedence. This can lead to the spread of misinformation and erode public trust in the media.

The convergence of ethical journalism and sensationalism came to the forefront with the advent of clickbait, where sensationalized headlines lure readers but may not align with the actual content. This practice blurs the line between informing and manipulating. While it can boost online traffic, it risks trivializing important issues and fostering a culture of information consumption devoid of depth or context.

Resolving this ethical dilemma requires renewed commitment from both journalists and news consumers. Journalists must prioritize accuracy over speed and resist the temptation to prioritize sensationalism. Editorial boards can play a pivotal role by enforcing strict codes of conduct and encouraging investigative reporting. Simultaneously, readers should cultivate media literacy, discerning between credible sources and clickbait.

In conclusion, ethics in journalism must navigate the fine line between delivering the truth and succumbing to sensationalism. Upholding core journalistic principles while adapting to the digital age's demands is crucial for rebuilding and maintaining public trust in the media. A responsible press is not only vital for an informed society but also for the preservation of the democratic ideals journalism serves to protect.

- Vishal

B.Voc. (Media and Entertainment)

Entertainment Media's Impact on Culture

Entertainment media, encompassing films, television shows, music, and online content, wields a powerful influence on culture, shaping societal norms, values, and behaviors in profound ways. As a reflection and driver of cultural dynamics, it holds the ability to both reflect and shape the collective identity of a society.

One of the most significant impacts of entertainment media is its role in shaping societal norms and values. Characters, storylines, and themes portrayed on screens and in songs often mirror prevailing ideologies, subtly reinforcing or challenging established beliefs. Television shows and movies, for instance, can challenge stereotypes, broaden perspectives, and bring marginalized narratives to the forefront, contributing to a more inclusive cultural landscape.

Moreover, entertainment media plays a role in setting trends and popularizing certain behaviors. Fashion trends, slang, and even lifestyle choices can be influenced by what's depicted in movies and music. These media forms are not just passive mirrors; they can actively shape what is considered "cool" or desirable.

However, this influence isn't always positive. Entertainment media can perpetuate harmful stereotypes, glamorize unhealthy behaviors, and desensitize audiences to violence or other negative actions. This becomes particularly concerning when media targets impressionable audiences, like children and teenagers. It underscores the need for responsible media creation that considers the potential impacts on viewers.

With the advent of social media, the impact of entertainment media has



expanded even further. Platforms like TikTok, YouTube, and Instagram provide creators with unprecedented reach, allowing them to shape culture with their

content. This democratization of content creation has both positive and negative aspects, underscoring the importance of media literacy and critical consumption.

In conclusion, entertainment media's impact on culture is multi-faceted and far-reaching. It can both reflect and shape societal values, influencing trends, behaviors, and perspectives. As creators and consumers of entertainment media, it's vital to recognize its potential to mould cultural narratives and strive for a balanced approach that promotes inclusivity, diversity, and responsible representation.

- Gaurav

B.Voc. (Media and Entertainment)

The Emergence of Citizen Journalism

In an era characterized by rapid technological advancements and unprecedented access to information, the rise of citizen journalism has revolutionized the media landscape. Citizen journalism, defined as the collection, dissemination, and analysis of news and information by individuals not formally trained as journalists, has emerged as a formidable force that challenges traditional notions of reporting and news dissemination.

The advent of smartphones equipped with cameras and internet connectivity has empowered ordinary citizens to capture and share news events as they unfold. Social media platforms serve as the primary conduit for citizen journalists to share their content, instantly reaching a global audience. This



democratization of news production has transformed passive consumers into active contributors, reshaping the way news is gathered, reported, and consumed.

One of the key strengths of citizen journalism lies in its immediacy. As events occur, individuals on the scene can document and broadcast them in real-time, often faster than traditional news outlets can respond. This has proven crucial during crisis, protests, and natural disasters, where citizen journalists provide vital information and images from ground zero.

Moreover, citizen journalism has enabled the amplification of marginalized voices and underreported stories. Those in communities often overlooked by mainstream media can now share their experiences, shedding light on issues that might otherwise remain in the shadows. This diversification of perspectives contributes to a more comprehensive understanding of complex social issues.

However, citizen journalism is not without challenges. The absence of traditional journalistic training can lead to misinformation, lack of verification, and bias. The speed at which content is shared can also result in the spread of unverified or incomplete information, potentially harming public understanding of events.

To address these challenges, media literacy becomes paramount. Consumers of citizen journalism must develop skills to discern credible sources from unreliable ones and critically evaluate information. For citizen journalists themselves, adhering to ethical standards, fact-checking, and transparency are essential to maintaining credibility.

In conclusion, the emergence of citizen journalism has transformed the media landscape, giving rise to a more participatory and diverse news ecosystem. While it brings unprecedented immediacy and amplification of marginalized voices, responsible consumption and ethical production are vital to harnessing its potential for accurate and impactful storytelling. As technology continues to evolve, the synergy between traditional journalism and citizen reporting will shape the future of how we understand and engage with the world around us.

- Parshant

B.Voc. (Media and Entertainment)

Impact of Fake News on Society

In the digital age, the phenomenon of fake news has emerged as a potent and concerning force that shapes public perception, influences decision-making, and undermines the integrity of information dissemination. Fake news, defined as false or misleading information presented as legitimate news, has far-reaching implications that extend beyond mere misinformation.

One of the most significant impacts of fake news is its ability to erode trust in traditional media outlets and authoritative sources. As fake news stories proliferate on social media platforms and other online channels, the line between credible journalism and fabricated narratives blurs. This erosion of trust can create a climate of scepticism, leaving individuals uncertain about the accuracy of the information they encounter.

Fake news has proven to be a divisive tool, often designed to exploit existing social, political, and cultural fault lines. Manipulated narratives can amplify prejudices, deepen ideological divides, and incite conflict. By preying on emotional responses, fake news can distort public discourse and hinder productive conversations around critical issues.

Furthermore, the consequences of fake news extend to tangible actions. Misinformation about health, politics, or scientific matters can influence individuals' behaviors and decisions, potentially leading to harmful outcomes. For instance, misleading information about medical treatments or election processes can impact public health and democratic processes, respectively.

Addressing the impact of fake news requires a multi-pronged approach. Media literacy education plays a central role in empowering individuals to critically assess the credibility of sources and content. Citizens need the skills to discern trustworthy information from falsehoods, fostering a resilient and informed society.

Social media platforms and tech companies also play a critical role. Implementing stringent content moderation measures and algorithms that prioritize credible sources can help curb the spread of fake news. Collaborative efforts between governments, civil society, and technology giants are essential to combating the proliferation of misinformation.



In conclusion, the impact of fake news on society is profound and multifaceted. From corroding trust to exacerbating social divisions and influencing behaviour, fake news underscores the importance of responsible information consumption and dissemination. It is a collective responsibility to foster media literacy, promote transparency, and uphold the principles of accurate, ethical journalism in order to safeguard the integrity of information and preserve the foundations of an informed and democratic society.

- Kuldeep

B.Voc. (Media and Entertainment)

How Media Shapes What We Think: The Influence on Public Opinion

Media, like TV, newspapers, and the internet, play a big role in how we understand the world around us. This is called “public opinion.” When lots of people have similar ideas about something, it becomes public opinion. But did you know that media has a big say in shaping this?

Think about it like this: when you see news on TV or read it online, you learn about what’s happening. But guess what? The media gets to choose what news to show us. This can change how we think about things. For example, if they show mostly happy stories, we might think the world is a cheerful place. If they show a lot of problems, we might feel worried.

Movies and TV shows also influence us. The characters, stories, and ideas they show can make us like or dislike certain things. If a TV show has a brave character who stands up against bullies, we might think that’s cool and start doing it too.



Ads are a big part of media too. They try to make us want to buy things. Ever seen a yummy burger in a commercial? You might suddenly feel hungry and want one!

Social media is another way media influences us. People share their thoughts and opinions online. We might see posts and agree, so our opinions match theirs. It's like a big group chat that can make us feel part of something.

So, how can we make sure media doesn't trick us? First, we should check different sources of news to get the full picture. Also, talking to others about what we see in the media helps us understand different viewpoints. It's like piecing together a puzzle to see what's really going on.

In the end, media is super powerful. It shapes what we believe and how we act. So, it's important to watch, read, and think carefully about what we see and hear.

- Dishant Verma

B.Voc. (Media and Entertainment)

Effect of Media on Psychological Health

Media has the power to inform, illuminate and inspire.

Media plays a significant role in shaping the way we perceive the world and understand our emotions. In the digital age, where information and content are readily accessible, the influence of media on psychology and emotional health cannot be underestimated.

Constant exposure to various forms of media, such as television, social media, and online news, can have both positive and negative effects on our psychological well-being. On one hand, media offers a platform for self-expression and connection, enabling individuals to share their experiences and emotions with a global audience. This sense of belonging and validation can enhance feelings of self-worth and reduce feelings of isolation.

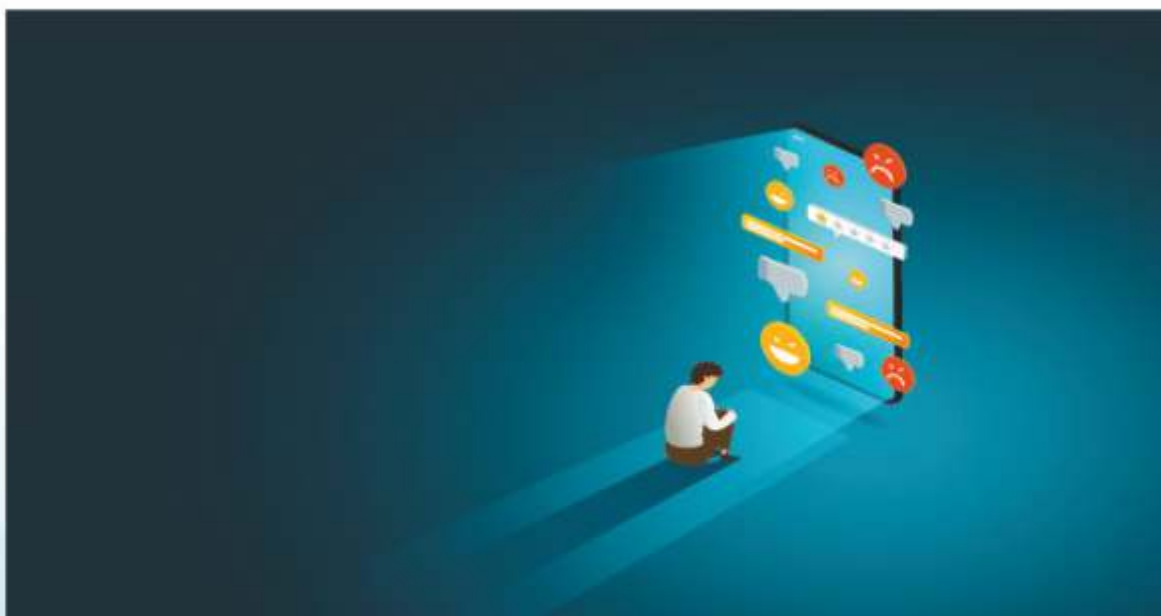
But as we are all aware of the fact that EVERY ROSE HAS A THORN, media has some negative impacts too. The omnipresence of media can also have detrimental effects. The "highlight reel" nature of social media often leads to comparisons, fostering feelings of inadequacy and low self-esteem. Images of unattainable beauty standards and lifestyles can contribute to body dissatisfaction and contribute to mental health issues like anxiety and depression.

Moreover, sensationalized news stories and graphic content can evoke fear, stress, and desensitization, affecting emotional well-being. Continuous exposure to negative news cycles may lead to a heightened sense of threat perception, contributing to heightened anxiety levels in individuals.

It's important to recognize that the relationship between media and psychology is complex. Individuals may engage in media consumption as a coping mechanism, seeking distraction from their own emotional challenges. However, this escape can sometimes escalate into an unhealthy pattern of avoidance, hindering emotional growth and problem-solving skills.

To mitigate the potential negative impacts of media on psychology and emotional health, it's crucial to develop media literacy skills. Critical evaluation of the content we consume helps us distinguish between reality and hyperbole, allowing for a more balanced perspective. Setting boundaries on media consumption and practising digital detox can also help regulate emotional responses and foster a healthier relationship with technology.

In conclusion, media's influence on psychology and emotional well-being is undeniable. While it offers avenues for connection and self-expression, it can also contribute to negative emotional states and mental health challenges. Developing media literacy and practising mindful consumption can empower individuals to harness the benefits of media while safeguarding their psychological and emotional health.



- Jaanmeet Kaur Dhingra
B.Voc. (Media and Entertainment)

Digital Marketing

Advertising campaigns that display on a computer, phone, tablet, or other device are often referred to as digital marketing. Online video, display ads, search engine marketing, paid social ads, and social media posts are just a few examples of the various formats it can take. Digital marketing is frequently compared with "traditional marketing" methods like direct mail, billboards, and magazine advertisements. Oddly, traditional marketing is frequently associated with television. Digital marketing, often known as online marketing, is the promotion of brands utilizing the internet and other digital communication channels to reach potential clients. As a marketing channel, this includes text and multimedia messaging in addition to email, social media, and web-based advertising.

Marketing has changed over time because of the tools that consumers use. If you look back in time, you can see that radio advertising and marketing were first created at points when consumers used radio. The proliferation of televisions, one of the most popular devices in the world, followed, enabling businesses to advertise to a huge audience on television. One of the most popular promotional methods for businesses even now is TV advertising. Since the Internet's growth, more customers have begun using it, ushering in a new era of marketing that was first known as Internet marketing and is now known as Digital Marketing.

After the Covid 19 pandemic 'work from home' has become one of the top priorities of the working population and Digital Marketing allows

you to work from home or as a Freelancer allowing you to work according to your preference. Making a Career in Digital Marketing is one of the best decisions as there is a rapid growth in the Digital Sector. Digitalization in our country is one of the major reasons for its growth and even creating high opportunities by creating a huge demand for digital marketing making it an ideal career option.

-Muskan

B.Voc. (Media and Entertainment)



The Evolution of Digital Media : From Analog to Instant

In a remarkable journey that spans mere decades, digital media has emerged as an unrivalled force, reshaping communication and consumption paradigms worldwide. The genesis of this transformative journey can be traced back to the burgeoning days of the internet when the first digital footsteps were taken.

As the 1990s ushered in the internet era, the static realm of analogue media gave way to the dynamic expanse of digital possibilities. Print media, once the primary source of information, experienced a seismic shift. Newspapers began to create online editions, introducing readers to the allure of real-time updates and interactive content.

The democratization of information marked a pivotal turning point. Websites emerged as digital portals, offering a wealth of knowledge at the click of a mouse. The early 2000s saw the rise of blogs, a precursor to user-generated content, enabling individuals to share personal insights and experiences. The world was no longer limited by geographical constraints; a global audience was now just a keystroke away.

The advent of social media platforms marked a paradigm shift in digital media's evolution. The mid-2000s saw the birth of Facebook and YouTube, revolutionizing the way we consumed and shared content. User-generated videos, photos, and posts became the currency of the digital realm, cementing the role of the everyday individual as a content creator.

The dawn of mobile technology further catalyzed this transformation. Smartphones brought the internet to the palms of our hands, enabling



constant connectivity and on-the-go access. Apps and mobile-optimized websites turned every moment into an opportunity for media consumption. This shift was not just about convenience; it was a fundamental change in how we engaged with content.

Yet, with this meteoric rise came challenges. The ubiquity of digital media gave rise to concerns about privacy, misinformation, and digital addiction. As the digital landscape evolved, traditional business models faced disruption. Advertisers shifted their focus to online platforms, challenging established revenue streams.

The trajectory of digital media is one of ceaseless evolution. From static content to interactive experiences, from newspapers to personalized newsfeeds, the journey continues. As we navigate this ever-changing terrain, it's clear that digital media has transcended its role as a disruptor; it's now an integral part of our daily lives, redefining communication, information dissemination, and the very essence of human connection.

- Jashan Kalra

B.Voc. (Media and Entertainment)

Reason for Decline of the Print Media and the Rise of Digital Media

Print media has been a cornerstone of information dissemination for centuries, but its decline has become evident with the rapid rise of digital media. This shift can be attributed to several key factors.

Firstly, the immediacy and convenience of digital media have transformed how people access news and content. With just a few taps on a smartphone, readers can access up-to-the-minute updates from around the world, rendering the traditional print publishing cycle obsolete.

Secondly, the cost-effectiveness of digital media has played a significant role. Printing, distribution, and storage expenses associated with print media have prompted many publishers to shift their focus online, where overhead costs are considerably lower.

Thirdly, digital media offers unparalleled interactivity and customization. Readers can engage with content through comments, shares, and likes,



fostering a sense of community and real-time discussion. Additionally, personalized algorithms tailor content to users' preferences, enhancing their overall experience.

The decline of print media can also be attributed to environmental concerns. The massive consumption of paper and ink for print publications has raised ecological alarms, compelling both consumers and businesses to opt for more sustainable digital alternatives.

Furthermore, advertisers have recognized the potential of digital media to reach a larger and more targeted audience. The ability to gather data on user preferences and behaviors allows for precise ad targeting, making digital platforms more attractive to advertisers than traditional print outlets.

Lastly, the accessibility of digital media on various devices anytime, anywhere, has revolutionized how people consume information. Whether it's news, entertainment, or educational content, the digital realm offers unmatched flexibility, making it difficult for print media to compete.

In conclusion, the decline of print media and the rise of digital media can be attributed to factors such as convenience, cost-effectiveness, interactivity, environmental concerns, advertising dynamics, and accessibility. The landscape of information dissemination continues to evolve, marking a significant shift in how society engages with content.

- **Shagun Sharma**

B.Voc. (Media and Entertainment)

Captivating Ears and Minds: The Swift Rise of Podcasting in Indian Media

In recent years, India has witnessed a remarkable surge in the popularity and influence of podcasts, transforming the way people consume media and communicate. The rise of podcasting has carved out a unique space within the broader domain of media and communication, offering a versatile and engaging platform that caters to a diverse range of interests and preferences.

Podcasting, a digital audio medium, has swiftly grown from a niche hobby to a mainstream phenomenon in India. The convenience of on-demand content consumption, coupled with the inherent intimacy of the audio format, has contributed to its widespread adoption. As smartphone penetration deepens and data costs decrease, a growing number of Indians are turning to podcasts for information, entertainment, and learning.

One of the key factors driving the podcasting revolution is the platform's ability to normalize content creation. With minimal barriers to entry, individuals and organizations of all sizes can produce and distribute podcasts, providing a platform for diverse voices and perspectives. This has led to a boost of content in various languages and genres, spanning from technology and education to comedy and storytelling.

In India's culturally diverse landscape, podcasts cater to audiences seeking content in their regional languages. This linguistic diversity has expanded the reach of podcasts, making them accessible to a broader demographic.

Moreover, podcasts often discuss topics that are otherwise underrepresented in mainstream media, promoting important discussions and encouraging social discourse.

Businesses and brands have also recognized the potential of podcasting as a powerful marketing tool. Companies are increasingly using podcasts to establish thought leadership, engage with their target audience, and convey their brand values in a more personalized manner. This trend has created an interdependent relationship between content creators and businesses, leading to innovative collaborations and monetization strategies.

Educational institutions and professionals have harnessed the power of podcasts to spread knowledge and skills. From interviews with experts to in-



depth explorations of various subjects, podcasts offer a flexible medium for lifelong learning. This has proven particularly beneficial in a country like India, where access to quality education can be a challenge in some regions.

While the rise of podcasting in India is promising, challenges persist. Discoverability remains a concern as the number of podcasts continues to grow. Effective promotion mechanisms are essential to help listeners find content that aligns with their interests. Additionally, the need for consistent and reliable internet connectivity can be a limiting factor, especially in rural areas.

In conclusion, the rise of podcasting in India's media and communication landscape is reshaping how information is consumed and circulated. The democratization of content creation, linguistic diversity, and the ability to cater to niche interests have contributed to the popularity of podcasts. As the ecosystem matures, collaborations, innovation, and strategic efforts to address challenges will be key to sustaining and expanding the podcasting revolution in India.

- **Vanshika Rana**
PGDMC

Rise of Independent Journalism

Independent journalism validates, exposes, and explains the reality we live in, especially in areas where reliable information is hard to get by or where individuals with political or economic power restrict media freedom.

Independent journalism is essential in maintaining the values of democracy and various key characteristics play an important as well as essential role in independent journalism firstly talking about accountability where by exposing corruption, authority abuse, and misconduct, independent journalists force people in charge to answer for their actions. There are various independent news outlets which are slowly coming into the limelight such as News Laundry and Scroll. In, alt news (quite different), the print is run by Mr Shekhar Gupta, The wire is again run by a very well-known journalist Arfa Khalum and the last yet very important is MOJO story run by Barkha Dutt which is based on an independent mobile journalism.

These platforms look into situations that the mainstream media would not cover, bringing attention to problems that could otherwise go unreported. Secondly, we can talk about the diverse perspectives where Independent journalism frequently reports on events and viewpoints that the mainstream media may not otherwise cover. It may provide a convention for disparaging groups, underrepresented opinions, and alternative perspectives. Another major element of this type of journalism is transparency this means that About their sources and procedures, independent journalists are open. They try to avoid any relationships that can undermine their reporting and declare any potential conflicts of interest. Community engagement also plays an important role here where Independent journalists frequently interact directly with their audience, forging close bonds with readers or viewers. This might entail addressing criticism, soliciting narrative ideas from the public, and remaining open to suggestions for improvement. They indulge in investigative reporting where the reporters are frequently at the vanguard of investigative reporting, delving deeply into complicated subjects, revealing material that has been kept secret, and exposing problems that need in-depth investigation and analysis. All this tries to upgrade and glorify the ethical standard of this type of journalism where Independent media abides by moral standards such as truthfulness, equity, and respect for people's privacy. Journalists uphold a



dedication to the truth and refrain from overplaying or disseminating inaccurate information. Independent journalists now play a more crucial role than ever at a time when digital media dominates and information spreads quickly. The importance of independent journalism, its difficulties, and its effects on society are all discussed in this article.

This type of media acts as a check on authority and a tool for holding companies, governments, and other organizations responsible. It gives citizens the knowledge they need to make knowledgeable decisions and take an active part in day-to-day life. Also, it has raised reporting standards and emphasized press freedom in recent years, but it is important to note that, in contrast to media in other nations, these media give propaganda and the spread of hate speech very little room.

When it comes to the long-term viability of independent media, we can point out that for some of them, the largest challenge to independence is finding the money, which means they don't have a reliable source of income, which allows them to also have an impact on their quality and reach.

Some media organizations receive funding from certain corporations, governments, and public figures; others rely on advertising; and still others get all of their money from clicks. They can probably not be eliminated for the

following reasons. The failure of many independent outlets to make ends meet due to the shift in advertising revenue to digital platforms is a serious problem. Additionally, threats to press freedom and journalistic safety continue to exist in many areas of the world, which discourages investigative reporting on important problems. Public faith in media is being further undermined by the emergence of false information and fake news.

How news is distributed and consumed has changed with the digital era. Although it has given independent chances. How news is distributed and consumed has changed with the digital era. While technology has given independent journalists the chance to reach a broader audience, it has also contributed to information overload and the proliferation of shady sources. To sustain their reputation, independent journalists must cut through the clutter and keep strict standards of fact-checking and verification.

By exposing corruption, abuses of human rights, and social injustices, independent media leaves a lasting impression on society. In situations when strong interests would have otherwise gone unchecked, investigative reporting has resulted in legislative reforms, increased public awareness, and even legal action. Independent journalists frequently give unheard segments of society a voice.

Various parties need to contribute if independent journalism is to be preserved. Governments must protect journalists from intimidation and violence while preserving press freedom. Through subscriptions or donations, readers may support independent publications, ensuring their financial viability. Technology firms may help to promote trustworthy sources and stop the spread of false information.

Independent journalism remains the cornerstone of a democratic society, facilitating informed discourse and promoting accountability.

The difficulties are great in a media environment that is continuously changing, but the value of independent journalism cannot be stressed. Supporting and promoting independent journalists and outlets is crucial for sustaining the ideals of a free and open society as readers and citizens.

- **Varisha Sablania**

PGDMC

Farmers' Protest in Punjab

Agriculture in Punjab has been badly affected by the recent floods and the crisis is increasing. The farmers are protesting and demanding compensation for the damage caused by the floods. Farmer organizations allege that the Bhagwant Mann government led by the Aam Aadmi Party of the state is being negligent in this matter, due to which the farmers are angry. On August 21, farmers going to the capital Chandigarh for a sit-in protest clashed with the police in which a farmer was seriously injured and later it was reported that the farmer died. Dozens of farmers were injured in this clash and hundreds were detained. A police officer of the rank of SHO was also seriously injured during the clash. It is being told that they are not even allowed to use the phone. According to sources, the police have fully geared up to stop the farmers from entering Chandigarh. To deal with the farmers who manage to reach the Chandigarh border, a large number of police personnel have been put on duty at the borders.

Farmer leader Charanjit Singh says, "A senior police officer has himself told me that the government does not want farmers to come to Chandigarh with their demands and protest. But let us tell you, a whole front will be organized against the government".

Jasveer Singh, the representative of Bharatiya Kisan Union, says, "The main demand of the farmers is that compensation for the flood disaster should be given immediately. Farmers have not received anything yet. Yes, they are a handful. They certainly do not represent the entire farmers of Punjab. Chief Minister Bhagwant Mann is lying that compensation is being given to the aggrieved farmers".

On behalf of Chief Minister Bhagwant Mann, it has been said that "Punjab government is paying special attention to the farmers. We are making new policies only after consulting the farmers. We have also started giving compensation for the damage caused by the flood. The reports of special girdawari are coming in slowly. Farmers will get full compensation for their losses".

After getting the information, a large number of farmers gathered there and the police lathi-charged them to disperse them, but the farmers still stood their ground.

The provincial committee of farmers' organizations announced the closure of the toll plaza located on the Bathinda-Chandigarh National Highway. After this, when the farmers moved towards the highway, the police tried to stop them by putting up barricades and mild lathi charges. Farmers riding on tractor-trolleys and other vehicles moved forward breaking the barricades. During this clash, the glasses of a bus of Bharatiya Kisan Union were broken. When the police tried to stop the farmers, the in-charge of Sunam police station Deep Inderpal Singh and some farmers were seriously injured when a trolley tied to Peter Rede hit them.

- **Varun Thakur**
PGDMC

The Impact of Media on Mental Health: Navigating the Digital Age

In today's quick-paced digital age, media has a big impact on how our lives are shaped. We are continuously exposed to a flood of information from social media platforms to news organizations and entertainment sites. Even though the media has many positive effects, significant anxiety has been raised over its impact on mental health. This article explores both the advantageous and disadvantageous aspects of the complex link between media and mental health.

Access to Information: The media provides a lot of information regarding mental health, dispelling stigmas and increasing awareness.

Online support groups: Social media sites and online discussion boards give people a place to meet people going through similar things, promoting a sense of community and minimizing isolation.

Negative Influences:

Comparison Culture: Social media frequently encourages unrealistic comparisons, which can result in low self-esteem and feelings of inadequacy.

Cyberbullying: The anonymity of the internet can facilitate this form of bullying, which can lead to worry and emotional anguish.

Fear-based content: News organizations may favour spectacular and unfavourable stories, which makes viewers anxious and stressed.

The impact of social media on FOMO (Fear of Missing Out) Constant updates on other people's lives can cause FOMO, which has a detrimental effect on mental health.

Social Validation: Seeking external validation through likes and comments can have an impact on one's self-worth.

Filtering Reality: People frequently post edited accounts of their lives online, distorting the truth.

Media knowledge and coping mechanisms:

Critical Consumption: Acquiring media literacy abilities enables people to evaluate information and filter it.

Digital detox: Interruptions from digital media sometimes might reduce feelings of overwhelm and foster mindfulness.

Seeking Professional Assistance: Therapy or counselling is essential if media exposure causes mental health issues.

Education in media literacy helps pupils distinguish between trustworthy and harmful content by incorporating it into courses.

Ethical Content Creation: Media producers should give careful consideration to truthful representations of mental health conditions.

Trigger Warnings: Trigger warnings should be included for content that has the potential to cause mental health concerns.

There are both good and bad effects of the complex interaction between media and mental health. Understanding how media affects mental health is essential as long as we live in a digital age. We can navigate the digital world while protecting our mental health by encouraging media literacy, ethical content development, and giving mental health education priority.

- **Sehaj Preet Singh**
PGDMC



Environment
Section

Editor's Message

It is with great pleasure and excitement that I welcome you all to explore the culmination of creativity, Intellect and Talent within these pages of our annual college magazine "Tyagmurti".

Our college has always stood at the forefront of Environmental consciousness and this Environment Section is a testament to the collective efforts we have undertaken to nurture greener tomorrow.

It is delightful to witness the passion and dedication of our student contributors to the environment and its conservation and also the green initiatives which can be taken. The array of topics covered is vast, like the environment, its conservation, water and soil issues, sustainable development, climate change etc. Each reflects the depth of understanding and concern our student body holds for the environment.

I express my deepest appreciation to all the student contributors who have shared their knowledge, vision and experience, echoing the urgency of environmental challenges we are facing.

I would like to express gratitude to our college principal and members of the editorial board for giving this wonderful opportunity to young minds towards environmental consciousness. May this section inspire more students to contribute their thoughts and actions on environment conservation and sustainability.

Happy reading!



- Dr. Indu Mehta
Editor, Environment Section



Environment And Sustainability

The title highlights the importance of the relationship between environment and development which we call sustainable development. It also signifies the rational use of resources i.e. using the resources by the present generation without compromising the requirement of the future generation or sustainable development can also mean that while moving on the path of economic development we should not forget to conserve the environment. No doubt, with the rising population we need more production of all things but it must also be taken care that damage to the environment should be as minimum as possible.

It equally applies to all types of resources – be it natural resources, physical resources or human resources. Some suggestive measures for sustainable development are as follows:

1. We can use public transport instead of using our vehicles, this would keep the pollution in check.
2. We should use electricity wisely e. g. switch off the fans and lights when we are not in the room.
3. Turn off the tap while brushing your teeth this would conserve water.
4. We can generate wealth out of waste e. g. – Sh. Nekchand's Rock Garden in Chandigarh is the best example of wealth out of waste.
5. There should be proper management of waste which is generated by factories.
6. Rainwater harvesting could also be of great help in conserving rainwater which could be further used for other purposes. In a nutshell, we can say that sustainable development is the need of the hour. This is not the sole responsibility of our government but every citizen can contribute to it. Therefore it is aptly said, "Conserve what our children deserve".

- **Jasleen Kaur**
B.Sc. 2nd Year

Environmental Friendly and gut friendly food: MILLETS, The Forgotten Grains Making a Nutrient-Rich Comeback

What Are Millets: Millets are a group of small-seeded grains that belong to the Poaceae family, which also includes cereals like rice, wheat, and maize. These grains have been cultivated for thousands of years in various parts of the world, including Africa, Asia, and the Americas. There are many different types of millet, with the most common ones being pearl millet, finger millet, foxtail millet, proso millet, and barnyard millet.

Nutritional Benefits of Millets

Rich in Nutrients: Millets are nutrition powerhouses. They are rich in essential nutrients like dietary fibre, vitamins (especially B vitamins like niacin and B6), minerals (iron, magnesium, phosphorus, and zinc), and antioxidants. These nutrients play crucial roles in maintaining overall health, promoting energy metabolism, and supporting immune function.

High Protein Content: Millets contain a relatively high amount of protein compared to other cereals. They are particularly valuable for vegetarians and vegans looking to increase their protein intake. Finger millet, for instance, is known to have a protein content as high as 7-12% of its weight.

Gluten-Free: One of the key advantages of millets is that they are naturally gluten-free, making them an excellent choice for individuals with celiac disease or gluten sensitivity. This makes millet an essential part of gluten-free diets.

Low Glycaemic Index: Millets have a low glycemic index (GI), which means they have a minimal impact on blood sugar levels when consumed. This property makes them an ideal choice for people with diabetes and those aiming to manage their weight.

Heart-Healthy: Millets contain heart-healthy fats and dietary fibre, which can help lower cholesterol levels and reduce the risk of cardiovascular diseases.

Ecological Advantages of Millets

Climate Resilience: Millets are hardy and adaptable crops that can thrive in a variety of challenging environmental conditions, including poor soil quality and low rainfall. This resilience to climate change makes them a valuable asset in sustainable agriculture.

Low Water Footprint: Millets have a significantly lower water requirement compared to water-intensive crops like rice and wheat. Cultivating millets can help conserve precious water resources, making them an eco-friendly choice for farmers.

Biodiversity Preservation: The cultivation of millets can contribute to the preservation of agricultural biodiversity. These ancient grains are often grown using traditional farming methods, promoting crop diversity and genetic conservation.

Reduced Pesticide Use: Millets are naturally pest-resistant, reducing the need for chemical pesticides. This has positive implications for both the environment and human health.

The Future of Millets

Millets have the potential to play a vital role in addressing some of the pressing global challenges, such as malnutrition, food security, and sustainable agriculture.

Food Security: Millets are a robust and nutrient-rich source of food. Promoting their cultivation and consumption can help alleviate hunger and malnutrition in regions where they are traditionally grown.

Sustainable Agriculture: Millets can be part of a sustainable and diversified cropping system that reduces the environmental impact of farming. Integrating millets into crop rotations can improve soil health and reduce greenhouse gas emissions.

Global Awareness: Efforts to promote millet as a healthy and sustainable food option are gaining momentum. Governments, non-profit organizations, and businesses are increasingly recognizing the value of these grains and are investing in their research and promotion.

So in a nutshell we can say that Millets are a hidden gem in the world of grains, offering a rich source of nutrients, adaptability to diverse climates, and a host of ecological benefits. As the world grapples with the challenges of climate change, food security, and nutrition, millets are emerging as a valuable solution. Incorporating these ancient grains into our diets and agricultural practices can contribute to a healthier planet and healthier people. It's time to rediscover the potential of millets and embrace them as a key component of our sustainable food future.

- **Perna Sharma**
B.Sc. II

Environment Facts: Drop by Drop, year by year, a part of Nature Dies

If the surge continues, how will men survive?

Every year with loads of workshops and events, promises are made, and posters are raised but are washed away just like the thought of putting it into action.

The climatic changes and the fluctuation in the environment are no news now. The scorching heat of 2023 provides ample support to the statement, which is not only concerning but also alarming.

The melting of glacier ice caps, the landslides in the Indian mountains and hills, and the death of many sea creatures are the uncalled harms caused in recent months.

India is "breathing death", being homage of 63 out of 100 most polluted cities. The famous rivers and lakes have become the "highways of plastic flows" imposing danger to native animals and greater biodiversity loss.

The idea of a green society entertains the media for a time and then fades away every year.

So, whether it is pollution, erosions, or any disaster, it impacts the whole ecosystem which calls for the need to jeopardise nature for us and future generations.

"The world can't be stopped and it won't unless I breathe." ~ COVID 19.

- **Aniket Rana**
B.Sc. I

Save Our Precious Environment

The environment is an integral part of our lives, which nourishes life on earth. Our environment plays a very significant role in making possible the existence of life on Earth. It consists of natural resources, like soil, water, air etc. Plants and animals are also part of our environment.

Due to the increasing human population environment is getting adversely affected. Knowingly or unknowingly, we are causing damage to the environment because of man-made technologies. Man is assassinating the precious gift of nature for his comfort and luxurious life. Contamination of the environment brings a lot of diseases causing cancer and severe respiratory disorders. Major causes of environmental pollution are the smoke released by transport and toxic effluents released from the industrial sectors are drained into the water bodies. Resulting in a great threat to the aquatic life.

Now the time has come for us to take the necessary steps to save our environment, otherwise, the survival of our upcoming generations will be difficult. We need to find environment-friendly technologies in all aspects of our life. For example, we can use electric-based vehicles instead of Petrol and Diesel. Thus, we can avoid air pollution. Plastic and paper should be strictly recycled. So that the garbage dumps can be reduced. We need to contribute to the practice of afforestation. Awareness should be created among the youth. Although the government has enacted several laws regarding plantation they are not properly enforced. So, the fault lies on our part. We need to show respect to the other creatures on earth. Let us pledge to save our resources and raise the bar of environmental degradation.



- Vishal Kakkar
B.Sc. I

Valley Environment, Now and Then

I don't remember the day, I last saw you
But I do remember the shared sights.
You see, I remember your radiant face,
The calm, the poise and all things right

When you blossomed and dressed in white,
Also when you are brimmed in green
Starry skies with loud yet dulcet waterfalls
Bewitching my heart by all means

They say you feel no more like yourself
Yet mostly, still look the same
They say your tale has muffled down
In the noise, oh, what a shame!

I remember spending noon on your lap
And sleeping under the walnut tree
I remember the fresh figs you gave
And the mornings filled with a gentle breeze

My memories, all fresh, close to my heart
Each depicts the essence of your beauty
How sweet was my childhood spent with you!
But now, your cloudy sky carries air so sooty

They say your valleys are filled with silence
But I remember your echoes, not this burn.
They say you seem to be okay now
But are you? After all that is done?

You never cared much about the division,
The religion, the castes; all man-made things
But the stones picked to throw and retaliation,
One after another, that ruined your springs

I remember your melodious voice like birds
Sun-kissed dawns, and mountains glowing
I picture your eyes still deep-set blue, so,
This moment, shun away your sufferings

I write to you to embrace you, so let this
Jog your memory; let it recall your true power
Consider it my heart your valleys will echo and
Forever love will flow, in your Lake of Flowers.

- Vartika Barnawa
B.Sc. III

Environment Crisis : "Unlocking The Secret of Neurotransmitter"

Introduction: A neurotransmitter is a type of chemical messenger in the nervous system that plays a crucial role in transmitting signals between nerve cells (neurons), as well as between neurons and other cells such as muscles or glands. These chemical substances are essential for the proper functioning of the nervous system and are involved in various physiological processes, including sensory perception, motor control, emotional regulation, and cognitive functions.

Neurotransmitters are released from the end of one neuron, called the presynaptic neuron into the synapse (the tiny gap between neurons). They then bind to specific receptors on the surface of the adjacent neuron, called the postsynaptic neuron, which can either excite or inhibit the postsynaptic neuron's activity, leading to the propagation or modulation of nerve impulses.

- Did you know that the neurotransmitter can influence your mood, memory, and even your ability to focus?
- Here are the types of neurotransmitters that influence your behaviour.

Acetylcholine: Involved in muscle contraction, learning, and memory.

Dopamine: Associated with reward, motivation, and pleasure.

Serotonin: Regulates mood, emotion, sleep, and appetite.

Norepinephrine: Plays a role in arousal, stress response, and attention.

GABA: Acts as an inhibitory neurotransmitter, reducing neuronal activity and helping to control anxiety and stress.

Glutamate: Acts as an excitatory neurotransmitter, promoting synaptic transmission and learning and memory processes.

We know the types and functioning of neurotransmitters, now here the question arises; what if there is any imbalance of neurotransmitters? How there an imbalance occur?

A neurotransmitter imbalance in the brain occurs when there is an irregularity in the levels of key chemical messengers and these imbalance mainly occurs due to environmental changes, like serotonin or dopamine. Such imbalances can lead to various mental and neurological issues. For example, low serotonin levels are linked to depression, while disturbances in dopamine can affect motivation and reward processing. These imbalances often require treatment

with medications that either boost or reduce specific neurotransmitter activity to restore equilibrium. However, proper diagnosis and management by healthcare professionals are crucial, as incorrect treatment can have adverse consequences.

Effects of pesticides: Pesticides can have various effects on neurotransmitters in the body, primarily due to their potential to disrupt the normal functioning of the nervous system.

Acetylcholine Disruption: Many pesticides, such as organophosphates and carbamates, work by inhibiting the enzyme acetylcholinesterase. This enzyme is responsible for breaking down the neurotransmitter acetylcholine. This can result in symptoms such as muscle spasms, tremors, and convulsions.

Dopamine and serotonin alteration: Some studies suggest that long-term exposure to certain pesticides may be linked to alterations in the levels of neurotransmitters like dopamine and serotonin. Changes in these neurotransmitters can potentially contribute to mood disorders, including depression and anxiety.

Neurodevelopment effects: Pesticide exposure during critical periods of development, such as prenatal or early childhood exposure, can interfere with normal brain development. This can lead to long-lasting changes in neurotransmitter systems, potentially increasing the risk of neurodevelopmental disorders like attention deficit hyperactivity disorder (ADHD).

Neuroinflammation: Pesticides may trigger neuroinflammatory responses in the brain. Chronic neuroinflammation can affect neurotransmitter balance and contribute to neurodegenerative conditions like Parkinson's disease.

Pesticide exposure should be minimized to protect both human health and the environment, and appropriate safety measures should be followed when handling or using pesticides.

- **Imagine a world without neurotransmitters !**

a world without neurotransmitters would be drastically different from our own. Neurotransmitters are essential for communication between nerve cells in the nervous system. Without them, basic functions like thinking, feeling, and moving would not be possible as we know them. It's challenging to envision the specifics of such a world, but it would likely lack complex life forms and the ability to process information in the way we do.

"In summary, neurotransmitters are the unsung heroes of our nervous system, facilitating the intricate dance of signals that underlies our thoughts, emotions, and actions. Their role in maintaining our mental and physical well-being cannot be overstated. As we continue to unravel the mysteries of the brain, understanding neurotransmitters will undoubtedly remain at the forefront of scientific exploration. From psychiatric treatments to advancements in neurology, these tiny molecules continue to shape our understanding of what it means to be human and how we can strive for healthier, happier lives."

- Richa Guhana
B.Sc. II

ENVIRONMENT: The Mother Earth

How truly did Sir LM Wide say that when we honour The Earth, we honour ourselves? We call this environment Mother Earth but we as humans have unavailed our duty as being her responsible children. Whenever I see nature with my inner eye, it takes me through a never-ending route of empathy, serenity and purity. The beauty of our environment cannot be imitated. The daffodils tossing their head makes me giggle. My heart beats rhythmically with the dancing waves. I love how the sunrise is my morning alarm and the sunset is a forever charm. The alluring moon becomes a witness to the lover's confession and the moonlight makes their bond eternal. The appealing cottony clouds make me feel on cloud nine. The stars keeping the dead immortal instils hope and gratitude in the lonely ones. The glassy crystal drops of rain quench the thirst in the scorching sunlight and become the source of livelihood for the hardworking farmer. The leaves of a tree fluttering and the shade provided by it seems not less than the air-conditioned deluxe room for the toiling labourer. The rainbow complimenting the rain is a sight to behold. We can never imagine being as selfless as the awe-inspiring environment around us is. But, let us not be a selfish son and a selfish daughter, let us be sensible enough to maintain our Mother's beauty and sustain her honour.

- Shruti Kapila
B.Sc. I

Environment and wildlife

"She asks me to kill the spider
Instead, I get the most
peaceful weapons I can find.

I take a cup and
I catch the spider, put it outside
and allow it to walk away.

If I am ever caught in the wrong place
at the wrong time, just being alive
and not bothering anyone,

I hope I am greeted
with the same kind
of mercy."

— Rudy Francisco, *Helium*

While walking, I tiptoe over families of ants diligently carrying a bread crumb, bumping into shelves and drawers and whatnot, sometimes even strangers who sneer at me, all worth keeping the beautiful trail of ants alive. We may find such unusual stories in our daily lives if we pay attention to them. From the complex patterns of the web of a spider to the wings of a butterfly, wildlife is surrounded by artistic examples. Art is an ancient and inherent part of nature. Dating back to pre-historic times, the Mesolithic period in particular bearing 30,000 years, cave paintings exemplify strong affiliations of Indian sentiments to nature. Dating back to 12,700 BC or earlier, the Bhimbetka cave located in Bhopal, paintings of this cave represent wild animals like elephants, tigers, wild boars, bison, monkeys, rhinoceros and others. The study of wildlife is a true exploration of a hidden world that holds unsuspected beauty, pattern, and complexity.

When an eagle wanders into view or when we hear the distinct sound of frogs croaking, and crickets singing in our verandah, it is a moment of grace. So it is not surprising to know that wildlife plays a major role in Art. To capture those unique moments that give us a peek at the beauty of wildlife, artists spend most of their lives in the forests or the studios. – Nancy Stoakes, Kimball Art Center said, "Images of the natural world evoke a sense of responsibility and convey a deeper meaning and truth. Wildlife art provides us with a rare glimpse into a fragile ecosystem and urges us to ponder our role in conserving it. When we marvel at the tripod of a giraffe

bent to water, or a lioness tending to her cubs, it's a visual reminder of our connectedness." To cast a few examples, *Fox in Snow*, a painting by Greg Wilson, captures a brief moment in time as a fox sprints furiously towards something just outside the frame. The form and sense of playfulness of Joshua Tobey's cast bronze wildlife sculptures quickly draw your attention. They range in size from tabletop to gigantic, yet they all exhibit a celebration of life while being refined in their execution and attention to detail.

In an article, Sean Dooley described his trip to Tokyo, he said that the most foreign aspect of my trip was not the food or the language but the natural avian silence. He recalls that he was initially startled by the bird sounds that he would hear at every railway station. For him, it was a nice surprise to learn that birds were prospering in a city with 37 million inhabitants. But he grew wary when he heard the cuckoo's unmistakable two-note call. Then he realized that they had piped in bird noises to aid those with vision impairments in navigating the extremely crowded stations. There were hardly any birds inside the enormous megapolis. In comparison to Indian cities, there were scarcely any pigeons or crows due to the lack of trash on the streets. He started to feel uneasy because there was no actual background bird noise. Recent research has demonstrated the significance of birdsong for both our physical and emotional well-being. The Aussie bird count is an event organized by Birdlife Australia where people send photos of birds from their backyard or other places, the bird with maximum votes wins the bird of the year. There is a definite connection between people and the birds with whom they share their neighbourhoods. Even while voting for the bird of the year is a little bit of fun, the celebration of the familiar birds has a positive vibe. The Oscar-winning documentary, *The Elephant Whisperers* highlights an incredibly strong and improbable maternal attachment between a young elephant and his human caretaker. This Kartiki Gonsalves-directed documentary centres on Raghu and uses a loving family dynamic in the center of Indian forest reserve to comment on climate change, the dwindling habitats for animals, and our distorted view of nature. As we struggle to coexist, Gonsalves says, "I just found it beautiful that this little family had this unusual bond."

There are several ways that animals have proved to be beneficial for us. In terms of agriculture, these encompass not only the harvesting of wild species

but also their potential for future cultivation and their function in procedures like crop pollination and biological pest management. The utilization of wild flora and animals in medicine is crucial for conducting important research, and access to natural areas can help people decompress and reduce the strain and stress brought on by contemporary living. Additionally sensitive to environmental change, and wildlife. The preservation of natural and semi-natural regions is also necessary for environmental sciences research and instruction. These regions, as well as the animals that call them home, have enormous aesthetic value and have served as inspiration for numerous masterpieces of art.

- Kirti Sharma
B.Sc. II

3Rs - A key for sustainable development

Environment term is defined as the surroundings in which we live. It constitutes biotic as well as abiotic resources. Its insight has been an emerging term nowadays which incorporates the knowledge that the earth is made up of different layers like crust, mantle, and core and what their significance is, and if they were not there then the earth would not exist. This whole science related to Earth is called Earth Science. This plays a major role in sustainable development. We humans are always in need of resources and proper management of these resources so that they can be conserved for future generations. Nowadays people are using environment like tissue paper which means they are using it and throwing it which is quite wrong. As a result, our environment is also showing adverse results like floods, tsunamis, earthquakes, and many more. So this is the alarming time to limit our needs and use the environment in such a way that no depletion is caused. Some steps can be taken like no of factories being reduced, 3Rs can be adopted which are reuse, reduce, recycle.

- Kanishka Batra
B.Sc. II

"The Silent Menace: Climate Change, a Major Threat"

In the quiet of our days, there's a danger lurking in plain sight, a danger that doesn't need grandiose words to be understood. It's climate change, and its peril is more profound than we often realize.

Picture this: once-familiar landscapes transformed into something unrecognizable. The seasons, our old companions, have grown unpredictable. Winters lack their familiar chill, and summers blaze with unrelenting fury. The world around us is shifting, and not in a way that soothes the soul.

As I reflect on the world my children will inherit, I'm moved by a profound sense of responsibility. Have we been blind to the fragile balance that sustains us? Have we let the allure of convenience cloud our judgment?

The truth is, the danger is real, and it's now. We stand at a crossroads, not as mere spectators but as architects of change. It's time to embrace our role, in protecting the beauty of our planet for generations to come. Let us act, not out of fear, but out of love for the world we call home. Together, we can navigate this dangerous path, ensuring a safer, brighter future for all.

- Akshat Sharma
B.Sc. I

The Environment And Its Importance

The Environment, our earth is a delicate and interconnected web of life. The environment word depicts the conditions, in which you live, work etc. Everything essential for our life comes under the environment such as water, air, sunlight etc.

Our environment plays a very important and vital role in making possible the existence of life on earth. It plays a role in keeping living things healthy in the environment. It provides food, air, and shelter and fulfils all basic needs of individuals. It also helps in managing physical and mental health because our environment is a source of natural beauty. Moreover, it maintains all life cycles on Earth. Besides this trees give us fresh air and absorb harmful gases. It has

helped us and other living beings to flourish and grow for thousands of years. But nowadays people have forgotten the importance of the environment.

They are so busy in their daily routine that they keep on damaging their environment. Plastics, polythene, and wrappers are daily basic things used by every individual. Instead of dustbins, they throw garbage on the roadside, grounds. Due to this animals eat them and they lose their life. Plastic does not degrade easily. We must protect our mother's environment.

The government should become active towards this problem. They should conduct campaigns, and awareness programmes so that people can become aware of the importance of our environment. Although people should use public transport to decrease the environmental pollution.

- Harshvardhan
B.Sc. I

Human Impact On The Environment

The Earth's environment makes Earth the only planet in the solar system where life and sustainability are possible. From the beginning of time, the Earth has provided all the inhabitants of the planet with everything they need for their survival. On the other hand, human beings have exploited all the natural resources for their own selfish needs and have rendered the planet a barren and ramshackle land.

Human beings are an integral part of the environment and hold a huge responsibility to upkeep the living conditions for their own sake and the sake of all the inhabitants of the planet, including plants and animals. The balanced management of natural resources and the environment as a whole is crucial for the well-being of all living beings and for the economic growth of the entire world. Managing the use of resources (both renewable and non-renewable) effectively, can help solve the 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 health of the environment is vital, and only if the environment is healthy will all living beings have a chance of survival.

Effective management of resource utilization, both renewable and non-renewable, can assist in resolving the numerous conflicts that arise between nations, governments, and individuals over the right to claim ownership of some or all of the resources. People must realize how important environmental health is and that all living things can only survive in a healthy environment.

- Dia
B.Sc. II

Climate Change: A Major Challenge

One of the hottest topics around the globe today is “Climate Change” which is creating a threat to our life on Earth. Climate change is referred to as unfavourable changes in the environment and their impacts on the living organisms on the planet. Climate change and global warming have resulted in making the climate of Earth warmer over the last two million years. The absurd increase in the atmospheric temperature is leading to various drastic changes in the planet, for example, the shifting of seasons and increasing their duration. Deforestation, the burning of fossil fuels, and other human activities like overfishing and, the rising number of vehicles are the most important reasons for global warming, which causes a great change in the climate. Forest fires, intense rainfall, melting of the glaciers, drought, rising sea levels, catastrophic storms, declining biodiversity etc. are so the horrific climate changes brought around by global warming. Global warming has to be prevented sooner to live a peaceful and healthy life. Afforestation needs to be practised, and the



exploitation of the existing natural resources must be immediately chopped down. Climate change and global warming are some severe affairs that demand recognition so that the planet Earth can heal.

- Shivangi Ratwan
B.Sc. II

Unhealthy soil environment due to the Modern Farming Practices

Agricultural activities play a crucial role in ensuring food production, but they can also pose a threat to soil health due to the accumulation of hazardous substances such as pesticides, fertilizers, and heavy metals. Prolonged and excessive use of pesticides not only disrupts essential soil processes but also has the potential to contaminate vital water sources. Similarly, heavy metals sourced from mining activities and the use of manure can gradually accumulate in the soil, leading to decreased fertility and posing serious health risks.

Organophosphates and chlorinated hydrocarbons (in pesticides) and ammonium nitrate and phosphorus compounds, (in synthetic fertilizers), can adversely affect soil microorganisms and disrupt crucial soil processes. Moreover, improper disposal of agricultural waste, including livestock manure and chemical runoff, can introduce harmful pathogens and excess nutrients into the soil and can result in contamination. The advent of Bt (*Bacillus thuringiensis*) varieties and genetically modified crops has stirred concerns about soil pollution. Bt varieties, in particular, may contribute to the buildup of toxins within the soil, while GM crops can introduce novel herbicides and pesticides, further intensifying soil contamination.

In sum, the issue of soil pollution resulting from intensive agricultural practices presents a formidable environmental challenge, exerting adverse effects on soil vitality, water purity, and human health. Precision farming methods aid in reducing contamination, while phytoremediation shows promise in addressing heavy metal pollution. To address this issue, we need to gradually use fewer chemicals, adopt eco-friendly farming methods, and use effective strategies to help the soil recover. By working together in this way, we can protect our environment and ensure a better future for upcoming generations.



(Adapted)

- Jaykinth Jay Paul
B.Sc. III

Genetic Environment and CRISPR Gene Therapy

Gene is a basic unit of heredity which is made of nitrogenous base pairs that form DNA. A technique named 'Gene Therapy' is a strategy, a benefit in which a gene is modified through various methods that may be rearrangement, replacement etc to eliminate the disease or to remove the faulty nitrogenous base. CRISPR or Cas9 is a gene therapy which provides us with the opportunity to discover and prove that gene therapy is a valuable technique.

In this process, many discoveries have taken place witnessing both success and failures.

The discovery of CRISPR therapy i.e. Clustered Regularly Interspaced Short Palindromic Repeats, which associate proteins expanded its applications across the globe. The introduction of this gene therapy in clinics would provide hope for patients who suffer from genetic diseases as utilised in the sector of transgenes for treating disease cancer. Implementation of this therapy benefits patients as it identifies the growth of tumour cells and targets the DNA at a particular site. CRISPR gene is edited using bacteria-derived Cas9 nuclease enzyme. Clinical trials involved retroviral delivery of a marker which is neomycin resistant to tumor infiltrating leukocytes which is extracted from patients of melanoma. The success rate of gene therapy shows a 60% positive response to the treatment but still not profitable to all due to its treatment cost which reaches up to millions and the other percentage of people showed no response. There are four such countries where gene therapy is banned. Limitations of the gene therapy raise concerns about immunogenic toxicity and witnessing setbacks. The advancement of CRISPR technology would provide an aid in the era of rapidly developing times. The therapeutic benefits are the reason which is leading to discoveries and advancement in such a field, repurposing of viruses for gene transfer to the genetically affected patients. The initial phase of the therapy is of excitement until the time recognition of adverse effects resulting in deaths gave a major setback.

The discovery of CRISPR gene therapy has opened the gate of change and



(Adapted)

brought out a new approach for scientists towards genetic aberration. CRISPR editing is a debatable topic and a matter of concern, trials and repetition would bring out benefit ratios for humans.

-Moksha Sharma

B.Sc. II

Protection Of Environment And Sustainable Development

Sustainable development aims to preserve natural resources so that even after the current generation uses them to meet their needs, there is enough left for the coming generation. And as a matter of fact, even for generations after that. To maintain the sustainable development, the environment needs to be protected. Conservation refers to the process of protection, preservation, management, and restoration of natural environments and their inhabitants. The main objective of sustainable development is to preserve the resources of the environment for future generations to use even after being used by the present generation. Hence, to achieve the objective of sustainable development, conservation of the environment is important.

Protection of Environment and Sustainable Development

Some of the current issues related to the environment are global warming and the depletion of natural resources. Global warming refers to the permanent climate change of the earth owing to industrial pollution, degradation of the environment, greenhouse gas emission, and depletion of the ozone layer which means a decline in the total amount of ozone in the earth's stratosphere. Scientists have proven that the temperature of the earth is increasing and if necessary precautions are not being taken, the situation will be worse which will cause further negative impacts on the environment and human health.

Depletion of natural resources is another major concern. With the overpopulation, the consumption of earth's natural resources is taking place at a faster rate even before they can be replenished. Global warming leads to a low rate of production of agricultural products and with the depletion of natural resources adding to it, very soon the mass population of Earth will face not only a shortage of food but also a shortage of resources to carry out any development process.

Conservation of the environment involves two processes – protecting natural resources and living in a way causing less damage to the environment. Environment refers to natural resources like air, water, and land and their interrelationship with human beings. In a broader aspect, it also comprises trees, soil, fossil fuels, minerals etc. Trees help protect the soil from getting eroded due to flood or rain. They are also needed to purify the air.

To overcome the shortage, chemicals are used to increase the production of agricultural products. This not only decreases the value of soil but also negatively affects human health. If the process continues, the inhabitants of the earth are going to face serious issues. In all these years, plenty of damage has been caused to the earth's environment and its resources. If necessary activities and measures are taken to protect the environment, there is hope that much worse conditions could be postponed if not avoided.

To reduce global warming, the protection of forests and wetlands is important. Trees should not be cut until and unless they are necessary. In such cases, it is required to plant as many trees wherever possible. A single step taken by a huge part of the population can play a major role in protecting the environment. It is also important to conserve natural resources, biodiversity, and wildlife. Apart from that, every inhabitant of the earth should play their part in preventing the ozone layer from depletion.

Quitting smoking and using natural products instead of chemical products not only benefits your health but also has a positive impact on the environment. One can save water by turning off the faucet or by storing rainwater for different uses. Cleaning clothes and dishes only after having a full load can also save water. Unplugging electrical devices when not in use is a cost-effective and energy-saving way. Besides, one can also reuse and recycle products that will bring a new life to old items. Also, avoiding using plastic products can have a positive impact on the environment.

Conservation of the environment not only includes conservation of natural resources. It also refers to the conservation of energy. Solar and wind energy are two forms of renewable energy that will help in the reduction of usage of non-renewable energy like fossil fuels, power cars etc. If all forms of renewable energy are used to replace the non-renewable forms of energy, a huge positive impact on Earth could be achieved. Non-renewable energies take time to replenish; this is the reason why renewable forms of energy should be used.

The main ozone-depleting substances are widely used in refrigerators, air conditioners and fire extinguishers. Many refrigerators and air conditioners use Hydrochlorofluorocarbon (HCFC) and Chlorofluorocarbon (CFC) as a refrigerant. These are important elements in causing the depletion of the earth's ozone layer.

It is hence important to not use products that use HCFC and CFC as refrigerants. It is also advisable to avoid using aerosol products that use HCFCs

and CFCs as propellants. Apart from all these above-mentioned measures, precautions should be taken to emit less carbon into the environment.

The aim of sustainable development could be achieved by conserving the environment. It will not only help in reducing the damage to the environment but also help in the preservation of resources for future generations. To undergo sustainable development, necessary precautions should be taken to protect the environment. This, in turn, will benefit the present population as well as the coming generations, which is the ultimate goal of sustainable development. Protection of the environment hence is an important step in sustainable development. The aim of sustainable development could be achieved by conserving the environment. It will not only help in reducing the damage to the environment but also help in the preservation of resources for future generations.

-Prerna Sharma
B.Sc. II

Conservation of Our Precious Environment

“In every walk with nature, one receives more than he seeks.” – By John Muir. The word environment is derived from the word “environment” which means to surround, enclose or encircle. The environment can be defined as our ecosystem (containing biotic and abiotic factors). Due to our environment, there is the existence of homosapiens and wildlife. Our environment contains organisms like saplings, trees, animals, living beings, landscapes, etc.

Our environment consists of non-renewable resources, which cannot be replenished once finished. They take millions of years to form again. The environment is a boon for all the living creatures on this planet, due to which we exist. It is also a great responsibility for us human beings to preserve our environment and reduce global warming. We have to ensure that we stop the usage of plastic bags, save electricity, plant a sapling, educating people about pollution and how harmful it proves to be for our environment. It is us and only us who are misusing the resources of our environment, the gift of nature given to us in the form of our environment.

- Shruti Kapila
B.Sc. I

Our environment is “selfless” it provides us with everything in every possible way without expecting anything from us in return. It is totally up to us regarding how we handle our environment with care, and spreading awareness regarding why we need to preserve our environment and educating people it’s importance who have taken our environment for granted before it's too late.



(Adapted)

-Jiya
B.Sc. I

The Environment: Our Essential Life Support System

The environment is the total of all the living and non-living things that surround us. It includes the air we breathe, the water we drink, the land we live on, and all the plants and animals that share our planet. The environment is essential for our survival and well-being.

It provides us with the resources we need to live, such as food, water, and shelter. It also helps to regulate the climate and protect us from harmful elements. Human beings are part of the environment, and we have a responsibility to protect it.

However, our activities are often harmful to the environment. We pollute the air and water, we destroy forests, and we contribute to climate change. The consequences of environmental damage are already being felt around the world. More extreme weather events, such as hurricanes, floods, and droughts, are becoming more common. Sea levels are rising, threatening coastal communities. And many species of plants and animals are becoming extinct.

We need to take action to protect the environment. We can reduce our pollution, conserve resources, and support sustainable practices. We can also

advocate for policies that protect the environment.

Here are some things that we can all do to help protect the environment:

- Reduce, reuse, and recycle.
 - Conserve water and energy.
 - Walk, bike, or take public transportation whenever possible.
 - Eat less meat and more plant-based foods.
 - Avoid using pesticides and herbicides.
 - Support businesses that are committed to sustainability.
 - Get involved in environmental organizations and advocacy groups.
- Protecting the environment is essential for our future. By taking action now, we can ensure a healthy planet for ourselves and for generations to come.

Additional thoughts:

- The environment is not just about nature. It also includes our built environment, such as our homes, schools, workplaces, and communities.
- The environment has a direct impact on our health. Air pollution, water pollution, and climate change can all lead to serious health problems.
- Protecting the environment is also about protecting our economy. Many jobs depend on a healthy environment, such as jobs in agriculture, tourism, and recreation.

We all have a role to play in protecting the environment. By making small changes in our daily lives, we can make a big difference.



- Mahak Thakur
B.Sc. I

Depleting Environment : The Sunburned Nation

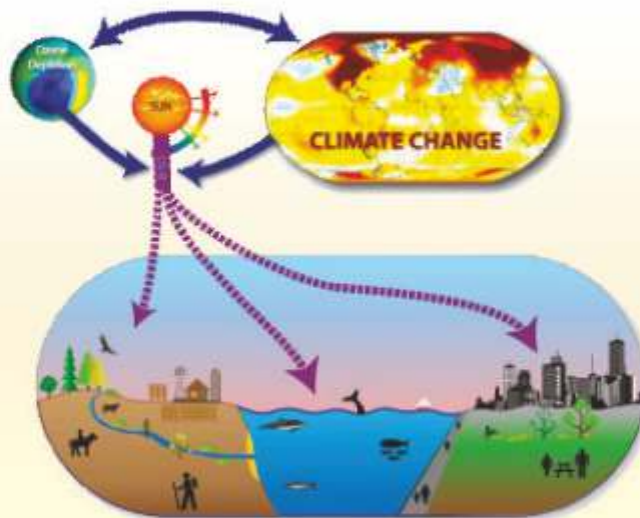
Why does Australia have so Much Skin Cancer?

Australia, with its stunning beaches and endless sunshine, is a land of outdoor enthusiasts. But there's a dark side to all that sun: skin cancer. Australia has one of the highest rates of skin cancer in the world. So, why is this the case?

1. **Blazing Sun:** Australia's strong UV rays are risky due to its location near the ozone hole. It's like a magnifying glass for sunburn!
2. **Fair Skin:** Many Aussies have fair skin, which offers less natural UV protection.
3. **Skipping Sunscreen:** People often forget to use sunscreen, hats, and other sun protection gear.
4. **Tanning Craze:** Tanned skin is trendy, leading to tanning beds and too much sun exposure.
5. **Late Detection:** Skin cancer takes time to develop, and early signs can be sneaky. By the time people notice, it's often too late.

To fight skin cancer:

- Use Sunscreen: Slap on sunscreen and wear protective gear.
- Check Your Skin: Get regular skin checks to catch issues early.
- Say No to Tanning Beds: Avoid tanning beds, and limit sunbathing.
- Spread the Word: Educate others about the risks.



- Sejal
B.Sc. III

Preserving Our Precious Environment: A Call to Action

The environment, encompassing all the living organisms, ecosystems, and natural resources that make up our planet, is the very foundation of our existence. As college students, it is our responsibility to understand the significance of the environment and actively engage in its preservation. In this article, we will explore the importance of the environment, the threats it faces, and the measures we can take to ensure a sustainable future for generations to come.

The Importance of a Healthy Environment

Our environment provides us with a multitude of benefits. It offers clean air to breathe, fresh water to drink, fertile soil for agriculture, and habitats for countless species. It is also a source of inspiration and recreation for humans. Furthermore, a healthy environment is essential for our physical and mental well-being. It contributes to the quality of life and supports economic activities vital for society.

Challenges Facing Our Environment

While the environment is vital to our survival and well-being, it faces numerous challenges. Human activities, such as deforestation, industrialization, pollution, and overexploitation of resources, have resulted in environmental degradation. Climate change, in particular, poses a significant threat, with rising temperatures, extreme weather events, and sea-level rise becoming more frequent.

Steps for Environmental Preservation

1) Sustainable Practices:

We must adopt sustainable practices in our daily lives. This includes reducing, reusing, and recycling, as well as conserving energy and water.

2) Reforestation and Conservation:

Supporting reforestation efforts and the conservation of natural habitats can help protect biodiversity and mitigate climate change.

3) Reduce Carbon Footprint:

Reducing our carbon footprint by using public transportation, carpooling, and transitioning to clean energy sources is essential.

4) **Waste Management:**

Proper disposal of waste, including the reduction of single-use plastics, can prevent pollution of land and water.

5) **Education and Advocacy:**

Raise awareness about environmental issues and advocate for policies that protect the environment. Participation in environmental groups and volunteering can make a significant impact.

6) **Sustainable Agriculture:**

Promote sustainable farming practices that reduce the use of harmful chemicals and encourage organic farming.

7) **Water Conservation:**

Conserve water through efficient use and avoid water wastage.

The environment is not a separate entity; it is an integral part of our lives. Our actions today will determine the state of the environment for future generations. It is our responsibility to ensure the well-being of the planet. By taking active measures to protect and preserve our environment, we can create a sustainable future that benefits us and all life on Earth. Let us be the stewards of our planet, and together, we can make a difference.



- Chitra Sharma
B.Sc. I

Environment Concern: Taxing Carbon Emissions, A Green Initiative for Corporate Responsibility

In an era marked by growing environmental concerns and the urgent need for sustainable practices, the idea of taxing companies based on the amount of carbon dioxide they release has gained significant traction. Proponents argue that such a tax could serve as a powerful incentive for businesses to adopt greener practices, reducing their carbon footprint and contributing to a more sustainable future. This article explores the merits and challenges of taxing companies based on their carbon emissions, evaluating whether such a measure is a viable initiative toward building a greener country.

The Case for Carbon Taxation:

- Companies are incentivized to adopt cleaner technologies, allocate resources towards renewable energy sources, and execute energy-efficient practices by imposing a financial burden on excessive polluters. In addition to being good for the environment, this presents companies as ethical citizens.
- Market-driven incentives are introduced by carbon taxing to encourage enterprises to innovate and switch to sustainable practices. Businesses that want to pay as little tax as possible are more inclined to invest in the R&D of environmentally friendly technologies, which advances the market for green solutions as a whole. One possible use for the money raised by carbon taxes is to finance sustainable development and environmental programmes. This makes sure that the money imposed on businesses is put back into initiatives that support climate resilience, environmental preservation, and community sustainability.

Challenges and Considerations:

- Some claim that small and medium-sized businesses (SMEs), that do not have the funds to invest in greener technologies, will be disproportionately impacted by carbon taxes. To reduce negative effects on smaller enterprises and offer support mechanisms for their shift to greener practices, policymakers must carefully craft tax arrangements.

The unilateral imposition of carbon prices may give rise to concerns regarding the competitiveness of businesses operating in certain regions on

a worldwide scale. To solve this, global accords and collaboration are required to guarantee fair competition and stop the transfer of industries to regions with loose environmental laws.

- Measuring carbon emissions accurately presents a big difficulty. To ensure justice and efficacy in the implementation of carbon taxes, it is imperative to establish strong and standardised methodologies for measuring emissions.

Taxing companies based on their carbon emissions presents a compelling initiative toward building a greener country. It harnesses market forces to drive environmental responsibility, encourages innovation in sustainable practices, and generates revenue for vital environmental initiatives. However, careful consideration must be given to the potential impact on smaller businesses and the need for global cooperation to maintain competitiveness. Striking a balance between economic growth and environmental stewardship will be essential in crafting effective policies that foster a sustainable future for generations to come.



- Saumya Verma
B.Sc. III

Climate Crisis: A Global Concern

One of the most pressing environmental issues of our time is the climate crisis. Human-induced greenhouse gas emissions, primarily from burning fossil fuels and deforestation, have led to a steady rise in global temperatures. This has resulted in more frequent and severe weather events, including hurricanes, heatwaves, and erratic rainfall patterns, disrupting ecosystems and endangering lives worldwide.

Governments, corporations, and individuals must collaborate to reduce carbon emissions, transition to renewable energy sources, and implement sustainable practices to mitigate the impact of climate change. Furthermore, investing in research and innovative technologies is crucial to finding viable solutions for this existential threat.

The health of our environment is intrinsically linked to the well-being of all life on Earth. Preserving and restoring our ecosystems requires a concerted effort from all sectors of society. By taking proactive steps towards sustainable living and advocating for policies that prioritize environmental conservation, we can work together to safeguard our planet for generations to come.



(Adapted)

- Vedangi Thakur
B.Sc. III

Methods and Initiatives we can take for Environment Conservation

Environment conservation refers to the practice of protecting and preserving the natural world and its resources for future generations. It is an essential aspect of sustainable development and aims to maintain the balance of ecosystems, prevent the depletion of natural resources, and reduce the negative impact of human activities on the environment.

The importance of environmental conservation can be described through these points.

Biodiversity preservation: Biodiversity refers to the variety of life forms, including plants, animals, and microorganisms, within ecosystems. It fosters ecological stability, enhances ecosystem productivity, and helps in the adaptation and resilience of species to environmental changes.

Sustainability: Environment conservation ensures the sustainable use of natural resources such as water, land, forests, and minerals. It prevents resource depletion, which can have adverse effects on both the environment and human societies.

Climate change mitigation: Conserving forests, reducing greenhouse gas emissions, and promoting sustainable energy sources contribute to mitigating climate change effects. By reducing carbon emissions through initiatives such as afforestation and renewable energy adoption, environment conservation helps preserve the climate balance and protect vulnerable ecosystems.

Methods and Initiatives:

Sustainable Resource Management: Adopting sustainable practices is crucial for environment conservation. This involves using resources wisely, minimising waste generation, and promoting recycling and reusing habits. Implementing efficient energy management systems, such as using renewable energy sources and promoting energy conservation, is also essential.

Forest Conservation: Forests play a pivotal role in maintaining ecological balance. Initiatives like afforestation (planting new trees) and reforestation (restoring lost forests) help combat deforestation and prevent soil erosion. Protecting existing forest areas from commercial exploitation through policies and regulations is crucial for biodiversity preservation. **Wildlife Protection:** Protecting wildlife habitats and preventing illegal hunting and poaching is vital for preserving biodiversity. Setting up national parks, wildlife sanctuaries, and strict laws and regulations for wildlife protection are essential initiatives. These

areas serve as havens for endangered species and provide opportunities for research and ecotourism.

Waste Management: Proper waste management is vital for environmental conservation. It includes reducing, reusing, and recycling waste materials, as well as implementing efficient waste disposal methods. Encouraging individuals and industries to adopt sustainable waste management practices can help reduce pollution, conserve resources, and prevent the release of harmful substances into the environment.

Water Conservation: The conservation of water resources is crucial for the environment and human survival. Implementing measures like water harvesting, promoting water-efficient technologies and practices, and raising awareness about the importance of water conservation can help preserve this precious resource. Additionally, efforts can be made to reduce water pollution through proper wastewater treatment and responsible industrial practices.

Biodiversity Protection: Preserving biodiversity is vital for the overall health of ecosystems. Measures such as establishing protected areas, implementing wildlife conservation plans, and enforcing regulations against illegal hunting and trafficking can help safeguard endangered species and their habitats. Additionally, promoting sustainable agriculture practices that minimise the use of pesticides and protect pollinators can contribute to biodiversity conservation.

Environmental Education and Awareness: Raising awareness and educating the public about environmental issues is crucial. Educational programs, campaigns, and workshops can inform and empower individuals to make sustainable choices and actively participate in environmental conservation efforts.

Environment conservation is a pressing global issue that requires collective action to address. By adopting sustainable practices, such as sustainable resource management, forest conservation, waste management, and water conservation, we can protect and preserve our natural ecosystems and resources. This will not only ensure the long-term well-being of our planet but also contribute to human welfare and the sustainability of future generations. Environment conservation is a responsibility we all share, and through concerted efforts, we can create a more sustainable and resilient future.

- Tarushikha
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