



# ISHARJYOT DEGREE COLLEGE FOR WOMEN

MAKE A NEW PERSPECTIVE



# CAMPUS BUZZ

( 2021-2022 )



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# Our Inspiration



A firm believer of "Atam Marg" (Spiritual path), who constantly practised and preached "Nam" and "Kirtan"



The great towering personlaity, who changed the course of life of Sant Baba Mann Singh Ji.

Sant Baba Mann Singh Ji, the great educationist, a versatile genuis of highest order, fear-less revolutionary, visionary par excellene, a unique preacher, champion of the downtrodden, who has executed the dream of Sant Ishar Singh Ji, in the field of imparting education in rural region.



Baba Ji has devoted himself to worship, motivating the entire world to be ' Gur-Sikhs' and to follow the path shown by the Sikh Gurus.



## From Principal Desk



**“Education is the most powerful weapon which you can use to change the world”**

**- Nelson Mandela**

Education imparts in-depth knowledge and understanding among the students and allows them to upgrade their knowledge and skills. College magazine is one of the platforms of any college, where students may express their views, ideas, innovations or whatever they have learnt in their life. A college magazine is a mirror of college life. It helps to train and educate the students on how they can concentrate on their thoughts and ideas. It provides an opportunity to the young writers for displaying their views in the form of articles, short stories and poems.

It gives me immense pleasure in conveying my best wishes to students and staff of Isharjyot Degree College For Women for releasing the college magazine which brings the students and teachers from various disciplines on a common platform to share and display their views and creative ideas.

**I wish all the students and staff who put their sincere efforts in framing the college magazine.**

**Principal  
Dr. Ranju Sobti**

## Staff Editorial Board



**Sangeeta**  
A.P in Commerce



**Pooja Verma**  
A.P in Punjabi



**Suman**  
A.P in Pysics



**Dr. Shivani Verma**  
A.P in Botany



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**Swati Chauhan**  
A.P in English



**Anuradha**  
A.P in Comp. Sci



**Kusum**  
A.P in Hindi



## Student Editorial Board



**Bharti Rana**  
B.Com 3<sup>rd</sup>



**Simranjeet**  
B.Com 2<sup>nd</sup>



**Kajal**  
B.Com 1<sup>st</sup>



**Simranjeet Kaur**  
B.Sc 3<sup>rd</sup>(C.S)



**Yogita Goyal**  
B.Sc 3<sup>rd</sup> (Med)



**Gurwinder Kaur**  
B.Sc 1<sup>st</sup> (NM)




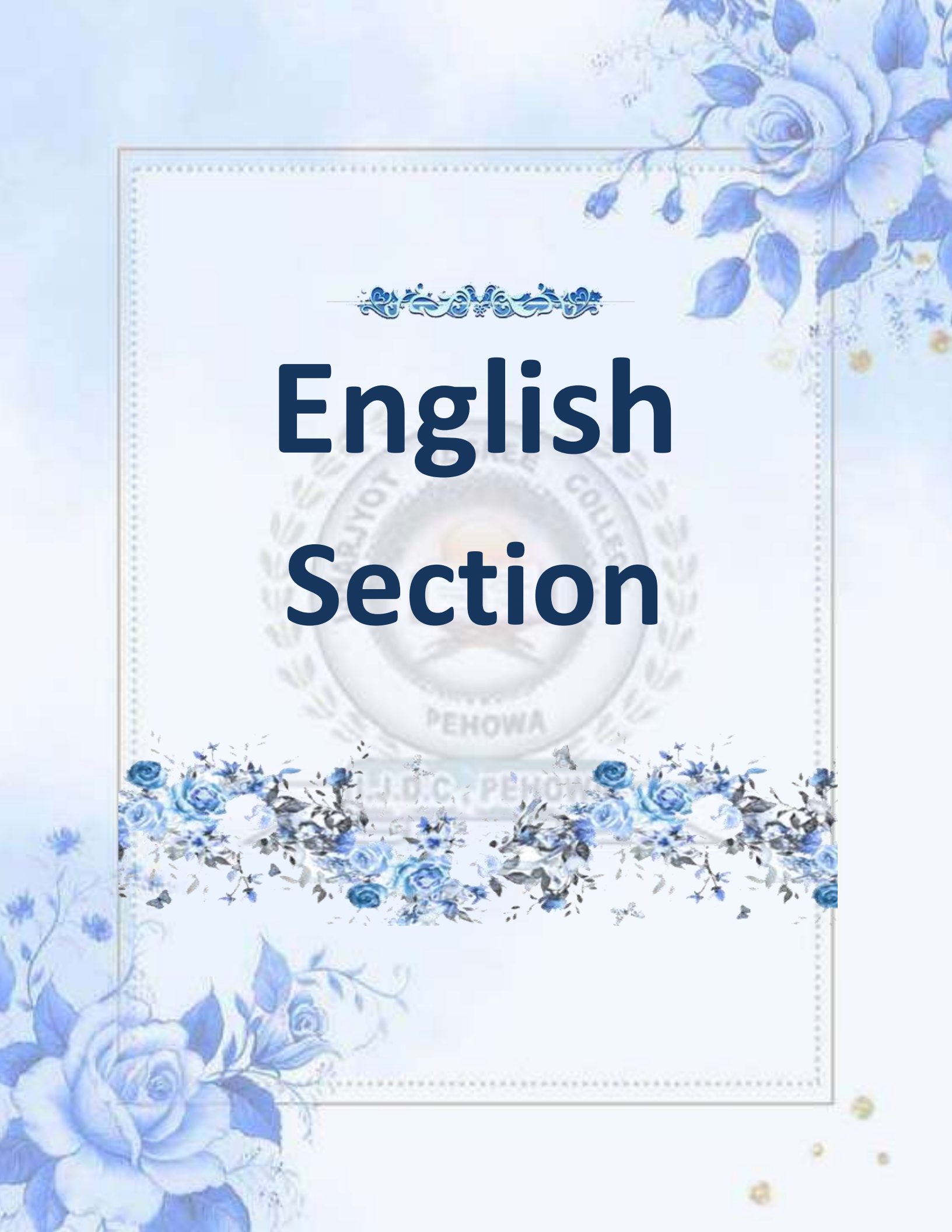
**Gurpreet**  
B.A 3<sup>rd</sup>




**Muskan**  
B.A 2<sup>nd</sup>



**Manisha**  
B.A 1<sup>st</sup>



# English Section



The background features a light blue gradient with a faint, circular seal of the University of Pehowa. The seal contains the text 'UNIVERSITY OF PEHOWA' and 'J.D.C. PEHOWA'. The entire design is framed by a decorative border of blue roses and leaves.

## Declare Today



The old me is gone.  
Gone forever!  
This is the new me!  
The new me has new standards.  
And I declare today that  
I live by these standards.  
I don't need mental strength,  
to say no to easy options,  
Because I know who I am!  
I know my goals.  
I am clear about everything.  
I will not stop until I get it.  
I will not settle, not even for a day.

**Ms. Sangeeta**

**A.P in Commerce**



## CHANGING PHASES OF LIFE



Change is vital part of one's life and individual should adjust according to situations. A school of thought do have the opinion that people should have pleasure in unsatisfied conditions while other have the believe that one should work hard to make a desired life

Commencing with the first school of view that why pupils should find satisfaction in unsatisfactory cases, the predominating factor is having faith in divine power. To elaborate it God bless the individuals with which they deserve too. So, in such circumstances where a person is facing financial crises or not having a dream job one should be optimistic as their positive mind set up will help the particular to live a smooth life. Besides this individual should believe in hope of light. However this thought is going to make people understand no matter what someday situations will be in there favors as this attitude of person will go to serve as a support to deal with the unfortunate conditions of life.

Moving ahead to the concept those who do think that people should act on things which make them to suffer. Firstly, to live a comfortable life one need to work on it. So, that they can fulfill their and family's dreams by earning hand some money. Meanwhile a dream job also plays a significant role in individual's life. In that case people should plan to achieve the goal they desire and deserve to be.

In my opinion a balance should be between the two thoughts of minds. So, stability should be added to life to live a peace full life.

**Shiva Vats**

**A.P in English**





## College Life

### "THERE IS A TIME AND PLACE FOR EVERYTHING AND THAT IS COLLEGE"

College Life is one of the most remarkable and lovable time of an individual's life. For every person, College Life has a different meaning. While some people spend their college life partying with friends, others become more cautious about their careers and study hard. Many students imagine what college might be like. However, they realise the reality of college life once they enter college. They realise that life is not as easy as they thought. They must learn to adapt their surrounding and to adjust themselves. It is big transition if we compare it with school life. College life is golden period of life because it makes one stronger, serious and independent. The lesson of self importance and self confidence are learning at college level. The most important lesson one must learn at college is not to misuse the liberty. College life experience makes a person stronger to fight his own battles. Those students who utilize college time productively get successful in future.

The time spent with friends, goofing around, making college trips, college photos are the golden time which are rare to find after college life. Last day of college is very emotional. It is unbearable to

say goodbye to best friends.

"College..."

"College..."

A place where a group of strangers meets that turns out to be a beautiful family at the end."

Everyone goes separate ways after college. However it is an amazing experience which can't be forgotten. We didn't realize, we are making memories; we just knew that we are having fun...

#college memories never dies.

**Name: Sukhdeep kaur**

**Class: B.A. Final**

**Roll No : 35**

# Discipline



Discipline plays an important role in everyone's life. Its importance can be ascertained by the statement that,

**'Life without discipline is just like a house without a roof'.**

Discipline means strictly adhering to certain rules and regulations.

Discipline is the fundamental and structural unit in life. It is not a thing that is required at any single situation or task; it is required in every sphere of life.

It's absence also results in causing great damage to the person. The team of even experienced players, losses the match due to the absence of discipline and even a horrible battle can also be won by a disciplined army.

Discipline is most important in the life of a student. A student is required to strictly follow the rules and regulations as determined by the Principal and teachers and also work according to the given guidelines. A student must be focussed towards his goals and dreams. If he violates the rules then he suffers a great lose and his future also gets impacted due to his carelessness.

The students are the future of the country, so they need to be very punctual, hard working, and healthy. So that they can successfully fulfill their responsibilities towards their family and the country.

There are also many famous personalities that maintain discipline in their life, one of them is Mr. Amitabh Bachchan. He is said to be a self confessed disciplined man. He is quite ambitious and dedicated. Amitabh Bachchan has always been a go-getter. Even his co-actors have also mentioned that he is very proffessional and straight forward and doesn't like gossip.

To conclude, we can say that discipline has its same place in everyone's life. And especially in life of a student, as they are the future of the nation and the success of nation's economy lays on their shoulders.

**Name: Kajal Devi**  
**Class: B.com 2<sup>nd</sup> year**  
**Roll no: 16**





## Girl Child

You want mother,  
You want wife,  
You want sister,  
But, why not a girl....

You want a boy,  
To play, to enjoy,  
To stand on his legs,  
But, why not a girl....

Everything you want,  
Is for your sake,  
But, what a girl want,  
Just their parent's true love .....

## Sorry Mom....

I love you mom in many forms,  
You are right and and I am wrong,  
You are sweet and I am sour,

I love you mom please come at home,  
When you shout at me I feel sad,  
But when I hurt you, I am bad.

I love you mom  
sorry,I fight at home  
and my argue was wrong.

**So Sorry mom.....,**

**So Sorry mom.....,**

**I love you mom**

**Simranjeet Kaur Cheema**

**Class: Bcom 1<sup>st</sup> year**

**Roll number: 21**

## Waste Management Is Our Responsibility



Today we are generating a large quantity of waste in our ongoing life style. Due to increase in population and urbanization waste generation has increased. Waste management is an alarming problem caused by Industrialization and lack of public awareness.

Waste management is the essential of our life because its improper management or direct dumping will not only going to impact us but to the next generations also.

So, as a Responsible citizen we should encourage the proper management of waste and we should avoid the herd dumping and before dumping we should saperate the waste because when we dispose the waste directly it will pollute the environment and also affect the quality of soil.

Sometimes we burn the waste to minimize its quantity but it causes the release of harmful gases into the environment and which causes the diseases like Asthma, bronchitis, and so many.

Oftenly some of us use to dump the waste into water bodies which causes the diseases like cholera, diarrhea and typhoid etc.

As from all these aspects we came to the conclusion that it is a dynamic subject on which we all have to work in a integrated manner.

So being a responsible citizen of a nation we should reuse, recycle and separate the waste before its disposal.

At the end I just want to say that we all have to beware of such serious issue. We all should move towards the sustainable development and give our future generation a peaceful and disease free environment.

**Name: Siya**  
**Class : B.A 2<sup>nd</sup> year**  
**Roll no: 62**



# My First Day at College



The first day of college was a very important day in my life. To me it was an unforgettable day. During my school days I had partial views of college life from my elder brother and sisters.

I was admitted to the college in my city. I entered college with new hopes and aspirations. I was glad to see that the college presented a new sight. It was completely different from what I had seen in my school. I came across many unknown faces. I had some very strange feelings on the first day of my college life. There are no restrictions and uniforms. I observed that the students are free in their movement and found all the newly admitted students to be highly energized. I was very happy to make some new friends. I moved around the college. I was very much delighted to see the huge library of the college where I could find books in every subject. I noted down the time table of my class from the notice board and attended the class. I found that the method of teaching in college is different from school. The student finds a homely atmosphere which they were looking for, in school. The college would give me knowledge and wisdom and make me a good citizen. There are many functions at college. College is a place where opportunities for overall personality development are provided to the students. Students are very excited to participate and show their talents.

In conclusion we can say that college life is a very beautiful phase of our life which provides us opportunities and directions towards better future and make us confident to take decisions in life.

**Name: SANJOLI**

**Class: B.Com 2<sup>nd</sup> Year**

**Roll No: 5**



## A BIRD'S NEW LIFE

Sun rise that day,  
River feels the ray  
Flow look-like a gold,  
That make me so bold.

I stretch my arms to fly,  
It like a smarter guy  
Green trees are life's bone,  
Remember that they had gone.

Sky is blue,  
I attach to it with glue  
A new baby flower grown up,  
Few days before it sown up  
It spread it's fragrance to attract me, just like a bee.

Ooo, do you know who I'm?  
A sweet, stylish, smart BIRD.

**Name: Pallvi Sharma**  
**Class: B.sc 1<sup>st</sup> Year (Med)**  
**Roll No: 07**





## Students

You enter life without opinion  
without Bias, or hate  
You neither like, Nor dislike anything  
Never the less  
Socialization begins it's campaign of  
deformation  
And demands a certain conformity  
A certain brainless continuation  
Of hateful insanity  
Under the banner of learning  
And there by profane purity  
Which is the first state of human  
consciousness?  
With bullshit fraught  
With bourgeoisie erudition  
Allowing you to look back one day  
And declare with  
Misinformed arrogance,  
My opinions are absolutely correct  
I have been taught well

## Mobile ! Mobile ! Mobile !

You've changed everyone's life.  
Children have become Crazy.  
Constantly Using FB, Whats app they.  
Have become lazy  
As time and tide wait for none,  
For children and parents are very.  
much concern.  
Mobile ,you are today's youth's friend.


But there is a great need to change  
this trend.  
It must be remembered that science  
and technology may have given us  
comforts,  
But their adverse effects have to be  
countered by continuous efforts.

**Name: Pooja**  
**Class: B.sc 3<sup>rd</sup> Year (Med)**  
**Roll No: 16**

# Talent Show







# Hindi Section

I.J.D.C, PEHOWA



## मातृभाषा हिंदी

हिंदी विश्व की लगभग 3000 भाषाओं में से एक है। आकृति के आधार पर हिंदी वियोगात्मक भाषा है। भाषा-परिवार के आधार पर हिंदी भारोपीय परिवार की भाषा है। भारत में चार भाषा परिवार हैं — भारोपीय, द्रविड़, आस्ट्रिक व चीनी-तिब्बती। भारत में बोलने वालों के प्रतिशत के आधार पर भारोपीय परिवार सबसे बड़ा भाषा - परिवार है।

8वीं अनुसूची में संविधान द्वारा मान्यता प्राप्त 22 प्रादेशिक भाषाओं का उल्लेख है।

इस अनुसूची में आरंभ में 14 भाषाएँ थी —

- 1) असमिया 2) बांग्ला 3) गुजराती 4) हिंदी
- 5) कन्नड़ 6) कश्मीरी 7) मलयालम 8) मराठी
- 9) उड़िया 10) पंजाबी 11) संस्कृत 12) तामिल
- 13) तेलगु 14) उर्दू।

बाद में सिंधी को 21वाँ संविधान संशोधन अधिनियम 1967 में तथा कोंकणी, मणिपुरी,

नेपाली को 71वाँ संशोधन 1992 में शामिल किया गया। जिससे इसकी संख्या 18 हो गयी थी। तदुपरांत बोडो, डोगरी, मैथिली, संथाली को 92वाँ संशोधन अधिनियम 2003 में शामिल किया गया। इस प्रकार इस अनुसूची में 22 भाषाएँ शामिल हो गईं। हिंदी को 14 सितंबर, 1949 को संवैधानिक रूप से राजभाषा घोषित किया गया।

इसलिए प्रत्येक वर्ष 14 सितंबर को “हिंदी दिवस” के रूप में मनाया जाता है।

एक भाषा के रूप में हिंदी न सिर्फ भारत की पहचान है, बल्कि यह हमारे जीवन मूल्यों, संस्कृति एवं संस्कारों की सच्ची संवाहक, संप्रेषक और परिचायक भी है। बहुत सरल, सहज, और सुगम भाषा होने के साथ हिंदी विश्व की संभवतः सबसे वैज्ञानिक भाषा है। जो हमारे पारम्परिक ज्ञान प्राचीन सभ्यता और आधुनिक प्रगति के बीच एक सेतु भी है।

हिंदी भाषा को जानते हुए भी लोग हिंदी में बोलने, पढ़ने या काम करने में हिचकने लगे हैं। हिंदी देश की राजभाषा होने के बावजूद आज हर जगह अंग्रेज़ी का वर्चस्व कायम है। इसलिए सरकार का प्रयास है कि हिंदी के प्रचलन के लिए उचित माहौल तैयार किया जा सके। भाषा वही जीवित रहती है जिसका प्रयोग जनता करती है भारत में लोगों के बीच संवाद का बेहतर माध्यम हिंदी है।

भाषा शिक्षण का उद्देश्य भाषा की समझ और अभिव्यक्ति का विकास करना है। इस उद्देश्य को प्राप्त करने के लिए ऐसा आत्मीय परिवेश ज़रूरी है जिसमें हर बच्चा अपनी सोच और भावनाओं को बगैर डर और संकोच के व्यक्त कर सके। बच्चे का परिवेश उसकी भाषा से गढ़ता है। इसलिए उच्चारण और शब्दावली पर परिवेश का प्रभाव होना स्वाभाविक है।

अंग्रेज़ी बाज़ार में पिछड़ती हिंदी -

आजकल अंग्रेज़ी बाज़ार के चलते दुनिया भर में जानने और बोलने वाले को अनपढ़ या एक गँवार के रूप में देखा जाता है या यह कह सकते हैं कि हिंदी बोलने वालों को लोग तुच्छ नज़रिए से देखते हैं। यह क़तई सही नहीं है।

हम हमारे ही देश में अंग्रेज़ी के गुलाम बन बैठे हैं और हम ही अपनी हिंदी भाषा को वह मान सम्मान नहीं दे पा रहे हैं, जो भारत और देश की भाषा के प्रति हर देशवासियों के नज़र में होना चाहिए। हम या आप जब भी किसी बड़े होटल या बिज़नेस क्लास के लोगों के बीच खड़े होकर गर्व से अपनी मातृभाषा का प्रयोग कर रहे होते हैं तो उनके दिमाग में आपकी छवि एक गँवार की बनती है।

घर पर बच्चा अतिथियों को अंग्रेज़ी में कविता आदि सुना दे तो माता-पिता गर्व महसूस करने लगते हैं। इन्हीं कारणों से लोग हिंदी बोलने से घबराते हैं।

आज हर माता-पिता अपने बच्चों को अच्छी शिक्षा के लिए अच्छे स्कूल में प्रवेश दिलाते हैं।

इन स्कूलों में विदेशी भाषाओं पर तो बहुत ध्यान दिया जाता है लेकिन हिंदी की तरफ़ कोई ख़ास ध्यान नहीं दिया जाता।

लोगों को लगता है कि रोज़गार के लिए इसमें कोई ख़ास मौक़े नहीं मिलते। हिंदी दिवस मनाने का अर्थ है गुम हो रही हिंदी को बचाने के लिए एक प्रयास।



कोई भी व्यक्ति अगर हिंदी के अलावा अन्य भाषा में पारंगत है तो उसे दुनिया में ज्यादा ऊँचाई पर चढ़ने की बुलंदियाँ नज़र आने लगती हैं ,चाहे वह कोई भी विदेशी भाषा हो,फ्रेंच या जर्मन या अन्य और ये कतई सही नहीं हैं ।

“आओ हम सब मिलकर  
हिंदी को कंठ में बसायें ।

मातृभाषा पर गर्व करें ,  
गौरव मान बढ़ायें ।

संकल्प ले कि हिंदी को चहुँओर फैलाएँगे ,  
पूरे देश में गर्व से हिंदी का परचम लहराएँगे ।

दादी,नानी की कहानियाँ इसमें ही बस्ती थी ,  
माँ की लोरी भी तो इसी भाषा में ही कानों में पड़ती थी ।

जिसको सुनकर मैं सपनों में खो जाती थी और ,  
कुछ लम्हों के लिए ही सही ,शहज़ादी हो जाती थी ।”

संगीता  
असिस्टेंट प्रोफेसर (हिन्दी)



## आत्म चिंतन

सत्य अकेला ना चले, साथ प्रेम औ न्याय ।  
ऐसे साथ असत्य के, संकट पतन नसाय ॥

स्वारथ संग परमारथ, कभी न सधते साथ।  
संसार और भगवान में, लगता एकै हाथ ॥

ज्ञान उपासक ब्राह्मण, जाति वर्ग मत जान ।  
ब्रह्मचर्य और ब्राह्मण, दोनों संयम मान ॥

समुचित आचार विचार, जब तक रहते साथ।  
फलीभूत हो साधना, भव्य ज्ञान हर माथ ॥

सूर्य-चंद्र ग्रहण काल, भोजन देते फेंक ।  
हानि परक होती किरण, दूषित देती सेंक ॥

सात्विक भोजन के बिना, हिंसा चारों ओर।  
तन-मन को दूषित करे, हिरदय हो कमजोर ॥

शांत-चित्त एकाग्रता , दे आनंद विभोर ।  
पूजन में घंटा ध्वनि, यों देते हैं जोर ॥

कलश भावना जोड़ते, धार्मिक जो अनुष्ठान ।  
ब्रह्मा, विष्णु, महेश की, इसमें संगति जान ॥

कलश प्रतीक ब्रह्माण्ड, सब देवों का वास ।  
परम विराट का सृजन, देती ऊर्जा श्वास ॥

गुरु बिचारा क्या करे, जो मनवाँ कमजोर।  
बिन श्रद्धा विश्वास के, पावै ओर न छोर ॥

गुरु मिला तब जानिए, हिय उपजै जो ज्ञान ।  
कल्मष दोष निकाल दे, दुनिया प्यारी मान ॥

मेरा तेरा कुछ नहीं, सब ईश्वर का मान ।  
सब प्यारा इस जगत में, त्यागो सब सामान ॥

हाड़ मास का पींजरा, ईश्वर का वरदान ।  
धुला मजा हरदम रखो, लौटाना सामान ॥

संगीता  
असिस्टेंट प्रोफेसर (कॉमर्स)

## डर से मत डर



डर!

डर से मत डर

डर से मत डर

कुछ अलग कर

चाहे बिना हाथों वाला कभी कुछ नहीं बन

पाएगा

डर तुझे यह समझाएगा

तू आत्म विश्वास दिखाएगा

तू डर से आँख मिलाएगा,

डर से मत डर , कुछ अलग कर

डर का सामना कर, आगे बढ़ कुछ अलग कर

ज़िंदगी के हर मोड़ पे तुझे दर्द सताएगा

और उसी दर्द का फ़ायदा बिना चूके ये डर  
उठाएगा

तुझसे कहेगा कि तू आगे कुछ नहीं कर  
पाएगा

पर क्या वो लिखकर दे पाएगा कि तू हार  
जाएगा ,

तेरी हर कमजोरी पर ये डर घर बनाएगा

पर तू अपना हुनर दिखाएगा

उसी कमजोरी को तू अपनी ताकत बनाएगा

और उस दिन ये डर ,तुझसे डर जाएगा

डर का खेल निडर होकर खेल

डर से मत डर

डर से मत डर

आगे बढ़,भुला दे डर

कुछ अलग कर ।

**नाम - जसकिरण कौर**

**कक्षा - बी०ए० तृतीय वर्ष**

**अनुक्रमांक - 57**



## कहना तो बहुत कुछ चाहती हूँ तुझसे – माँ



टूटे हुए दिल से ही संगीत निकलता है ,ये सच है क्योंकि हम ऐसे डरे हुए लोग हैं जो दर्द को सहते तो हैं पर आगे बढ़ते नहीं ,हम सोच के ऊपरी परत तक रहते हैं ,हम इतना रौं लेते हैं कि हमें पता ही नहीं होता कि उसके अंदर कितने सारे मोती छुपे हुए हैं।

वो कहते हैं ना कि अगर ज़िंदगी में रोओगो नहीं तो हँसोगे कैसे , तो बिलकुल वैसे ही अगर खुलके उस दर्द का अहसास करोगे नहीं तो खुलके खुशी का अहसास कैसे कर पाओगे ।

तो इस बार थोड़ा अलग करते हैं सोच के ऊपर तक नहीं रहते , अंदर तक जाते हैं । दर्द की बात करते हैं कुछ मेरी और कुछ आपकी बात करते हैं।

एक ऐसी शख्स के बारे में बात करने जा रही हूँ जो अपने दूसरे हिस्से से अलग हो चुकी है , और वह अकेली कमरे में बैठी है और वो बातें मन ही मन में कह रही है कि अगर तू यहाँ पे होती तो मैं यह सब कर पाती ? पर अब तू नहीं है तो मेरा आलम क्या है ,वो बात .....

कहना तो बहुत कुछ चाहती हूँ तुझसे मगर ,कहा पाती हूँ ,

सच तो है कि जीना है तेरे बगैर ,पर एक पल भी कहाँ रह पाती हूँ ।

कोशिश हर बार होती है तुझे भुलाने की ,पर एक पल भी कहाँ भुला पाती हूँ ,

देखना चाहती हूँ हर रात वो सपने ,पर मैं खुद को कहाँ सुला पाती हूँ ।

तू अगर देख पाती 'माँ ' तो समझ जाती ,कि इस बेबसी को कहाँ छिपा पाती हूँ ,

झलक जाता है दर्द आँखों से कभी , पर खामोश मैं कहाँ रह पाती हूँ ।

लिए फिरती हूँ एक समंदर आँखों में ,मगर रौ लूँ जी भरके ऐसा भी मैं कहा कर पाती हूँ ,  
मुमकिन नहीं था जीना तेरे बगैर ए 'माँ' ,

तेरे बगैर मुमकिन नहीं था जीना पर मजबूर हूँ ,मर भी नहीं पाती हूँ ।

कितना कुछ कहना है तुझसे पर कह नहीं पाती हूँ,  
जीना है तेरे बगैर ये सच है , पर एक पल भी कहाँ रह पाती हूँ ।

नाम - आरती

कक्षा - बी० ए० तृतीय वर्ष

अनुक्रमांक - 29

## मैं कुरुक्षेत्र की भूमि हूँ



मैं कुरुक्षेत्र की भूमि हूँ  
मुझ पर ही महाभारत का महासंग्राम हुआ  
मुझ पर ही मृत्यु का हाहाकार हुआ  
मुझ पर ही कालचक्र का दुष्प्रभाव हुआ  
मुझ पर ही कौरवों का सर्वनाश हुआ  
मुझ पर ही अधर्मियों का नाश हुआ ।  
  
मुझ पर ही पापियों का विनाश हुआ  
मैं राजा कुरु की भूमि कुरुक्षेत्र हूँ  
मुझ पर ही नारायण की नारायणी सेना का  
विध्वंस हुआ,  
मुझ पर रक्त की वर्षा हुई, इसलिए मेरा सीना  
लाल हुआ,

महाभारत के महासंग्राम में पांडव दल या कौरव  
दल किसी भी दल का जब -जब रक्त बहा,  
मुझको ही दुख हर बार हुआ  
महाभारत के धर्म युद्ध में वीर अभिमन्यु का  
रक्त गिरा हो या दानवीर कर्ण का मेरा ही वध हर  
बार हुआ ।

मैं कुरुक्षेत्र की भूमि हूँ  
मुझ पर ही गीता के अमूल्य ज्ञान का दान हुआ,  
मुझ पर ही अर्जुन को वासुदेव कृष्ण के विश्वरूप  
देखने का सौभाग्य प्राप्त हुआ  
मैं ही तो हूँ साक्ष्य इस बात का महाभारत का धर्म  
युद्ध होकर भी इसमें छल हर बार हुआ ।  
मैं कुरुक्षेत्र की भूमि हूँ  
मुझ पर ही वीरों का अधिकार हुआ  
मुझ पर ही पांडवों का जय जय कार हुआ

नाम - अमीशा  
कक्षा - बी० ए० तृतीय वर्ष  
अनुक्रमांक - 33



## धोखेबाज़ों की दुनिया



आए दिन रोज़, नए धोखे खा रहा हूँ,  
ना जाने, कैसे जीवन बिता रहा हूँ,  
विश्वास का बांध, चरमरा रहा है,  
धोखे का दलदल, मुझे समा रहा है,

सोचा ना था कभी, पाऊँगा इतना धोखा,  
विश्वास करके मैंने, पाया सिर्फ़ धोखा,  
हर कोई यहाँ, अपना सीधा करने में लगा है,  
बड़े से बड़ा भी यहाँ, सिर्फ़ धोखा देने में लगा है,

दो कदम बढ़ने पर, पीछे देखता हूँ,  
खंजर लेकर सबको, खड़ा देखता हूँ,  
पीठ घाव से, लहलुहान हो चुकी हैं,  
प्यार की एक बूँद भी, अब नहीं बची है,

सारा ये मायाजाल, धन का ही तो है,  
आदमी लाचार भी, पैसों से ही तो है,  
खुद नहीं कमाते, वे औरों से छीन लेते हैं,  
कुछ धोखे से, अपनों को ही बेच देते हैं,

मुखौटे सबने, अपनों के ही पहन रखे हैं,  
पर्दे के पीछे गिद्ध और भेड़िये छुपे हैं,  
धोखे की दुनिया, का राजा भी धोखा खाता है,  
यहाँ का राजा, हर रोज़ धोखे से बदल जाता है,

यहाँ सब दूसरे को, छलने में लगे हैं,  
अब सब मेरा रंग भी, बदलने में लगे हैं,  
रोज़ लड़ता हूँ, पहचान बचाने के लिए,  
धोखेबाज़ों से अलग, पहचान बनाने के लिए ।

नाम - प्रभजोत कौर

कक्षा - बी०ए० तृतीय वर्ष

अनुक्रमांक - 26

## लड़की होना भी अपराध हो गया



एक लड़की होना भी अपराध हो गया  
माँ - बाप के लिए भी सवाल बन गया  
कुछ दरिंदे ऐसे पनपने लगे हैं  
एक लड़की का पैदा होना भी बवाल बन गया ।

अब तो बाहर जाते हुए भी सोचना पड़ता है  
अपना मुँह छुपा के जाना पड़ता है  
कहीं से कोई तेज़ाब न फेंक दे  
इस डर से नीचे देख के चलना पड़ता है ।

माँ- बाप भी कहते हैं लड़की हो शर्म करो  
बस यही सुनके पले बड़े हैं ,  
अरे दरिंदे कुछ तो शर्म करो  
तुम्हारी वजह से हम बंधे हैं ।

एक बच्ची जो फूल सी थी  
उसको भी मुरझा दिया  
उसने देखा ही क्या था,  
जो उसका जीवन ही मिटा दिया ।



हर पल अब तो यही सोचती हूँ  
लड़की होना भी गुनाह बन गया  
ज़िंदगी जीना भी सज़ा बन गया !!

नाम - सुखदीप कौर  
कक्षा - बी०ए० तृतीय वर्ष  
अनुक्रमांक - 35

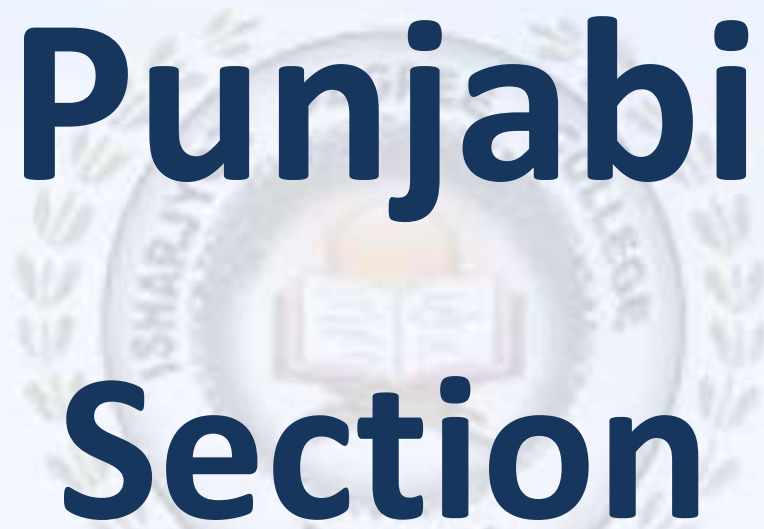
# Fresher's Party







# Punjabi Section





## ਮਾਂ ਬੋਲੀ ਪੰਜਾਬੀ

ਜਿਵੇਂ ਮਾਂ ਦਾ ਦਰਜਾ ਕਿਸੇ ਹੋਰ ਔਰਤ ਨੂੰ ਨਹੀਂ ਦਿੱਤਾ ਜਾ ਸਕਦਾ, ਉਸੇ ਤਰ੍ਹਾਂ ਸੰਸਾਰ ਦੀ ਕਿਸੇ ਵੀ ਬੋਲੀ ਨੂੰ ਅਸੀਂ ਮਾਂ ਦਾ ਸਥਾਨ ਨਹੀਂ ਦੇ ਸਕਦੇ। ਹੋਰ ਇਸਤਰੀ ਦਾਦੀ, ਨਾਨੀ, ਚਾਚੀ, ਭੂਆ, ਮਾਸੀਆਂ ਆਦਿ ਹੋ ਸਕਦੀ ਹੈ ਪਰ ਮਾਂ ਤਾਂ ਮਾਂ ਹੀ ਹੁੰਦੀ ਹੈ। ਇੱਕ ਪੰਜਾਬੀ ਗੀਤਕਾਰ ਲਿਖਦਾ ਹੈ

ਮਾਂ ਹੁੰਦੀ ਹੈ, ਮਾਂ ਓ ਦੁਨੀਆਂ ਵਾਲਿਓ।

ਆਓ ਪੰਜਾਬੀਓ, ਆਪਣੀ ਮਾਂ ਤੇ ਮਾਂ ਬੋਲੀ ਮਾਣ ਕਰਨਾ ਸਿੱਖੋ। ਮਾਂ ਕੇਵਲ ਬੱਚੇ ਨੂੰ ਜਨਮ ਦੇਣ ਵਾਲੀ ਜਨਮ-ਦਾਤੀ ਹੀ ਨਹੀਂ ਹੁੰਦੀ ਸਗੋਂ ਉਸ ਦੀ ਪਹਿਲੀ ਅਧਿਆਪਕ ਭਾਵ ਸਿੱਖਿਆ ਦੇਣ ਵਾਲੀ ਵੀ ਹੁੰਦੀ ਹੈ। ਮਾਂ ਹੀ ਬੱਚੇ ਦੀ ਸਾਂਝ ਸੰਸਾਰ ਨਾਲ ਪੁਆਂਦੀ ਹੈ। ਉਸ ਨੂੰ ਬੋਲਨਾ, ਤੁਰਨਾ, ਖਾਣਾ, ਪੀਣਾ ਸਿਖਾਉਂਦੀ ਹੈ ਤੇ ਹੋਰ ਰਿਸ਼ਤਿਆਂ ਦੀ ਪਛਾਣ ਕਰਵਾਉਂਦੀ ਹੈ।

ਕਹਿੰਦੇ ਹਨ ਜੇ ਕਿਸੇ ਨੂੰ ਉਸ ਦੇ ਆਪਣੇ ਵਿਰਸੇ ਤੇ ਉਸਦੀਆਂ ਜੜ੍ਹਾਂ ਤੋਂ ਵੱਖ ਕਰਨਾ ਹੋਵੇ ਤਾਂ ਉਸ ਤੋਂ ਉਸ ਦੀ ਮਾਂ-ਬੋਲੀ ਖੋਹ ਲਵੇ ਉਹ ਹੋਲੀ ਹੋਲੀ ਆਪੇ

\*\*ਕੋਇਲ ਆਪਣੀ ਭਾਸ਼ਾ ਬੋਲਦੀ ਹੈ ਇਸ ਲਈ ਅਜ਼ਾਦ ਰਹਿੰਦੀ ਹੈ ਪਰ ਤੇਤਾ ਦੂਜੀ ਭਾਸ਼ਾ ਬੋਲਦਾ ਹੈ ਇਸ ਕਰਕੇ ਗੁਲਾਮ ਰਹਿੰਦਾ ਹੈ। \*\*

ਨਿਰਸੰਦੇਹ, ਪੰਜਾਬੀ ਏਨੀ ਸਮਰੱਥ ਭਾਸ਼ਾ ਹੈ ਕਿ ਇਸ ਨੂੰ ਮਾਧਿਅਮ ਬਣਾ ਕੇ ਸੂਫੀ ਸੰਤ ਫਰੀਦ ਜੀ, ਸ਼ਾਹ ਹੁਸੈਨ, ਬੁਲ੍ਹੇ ਸ਼ਾਹ ਆਦਿ ਨੇ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਰਚੀਆਂ। ਸਮਰੱਥ ਮਾਂ-ਬੋਲੀ ਪੰਜਾਬੀ ਵਿੱਚ ਹੀ, 'ਇਸ਼ਕ ਹਕੀਕੀ' ਦੀਆਂ ਗੂੜ੍ਹੀਆਂ ਰਮਜ਼ਾਂ ਲੋਕਾਂ ਨਾਲ ਸਾਂਝੀਆਂ ਕੀਤੀਆਂ। ਵਾਰਿਸ ਸ਼ਾਹ, ਹਾਸਿਮ ਸ਼ਾਹ, ਦਮੋਦਰ ਤੇ ਪੀਲੂ ਆਦਿ ਕਿੱਸਾਕਾਰਾਂ ਨੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਰਾਹੀਂ ਹੀ ਅਜਿਹੀਆਂ ਕਾਵਿ ਰਚਨਾਵਾਂ ਦੀ ਰਚਨਾ ਕੀਤੀ, ਜਿਨ੍ਹਾਂ ਨੂੰ ਪੜ੍ਹ ਕੇ ਅੱਜ ਵੀ ਲੋਕ ਵਜ਼ਦ ਦੀ ਹਾਲਤ ਵਿੱਚ ਜਾ ਪਹੁੰਚਦੇ ਹਨ।

ਇਤਨਾ ਹੀ ਨਹੀਂ, ਪੰਜਾਬੀ ਲੋਕ-ਗੀਤ, ਪੰਜਾਬੀ ਸਾਹਿਤ, ਪੰਜਾਬੀ ਸਭਿਆਚਾਰ ਨੂੰ ਪੇਸ਼ ਕਰਦੀਆਂ ਪੰਜਾਬੀ ਫਿਲਮਾਂ, ਪੰਜਾਬੀ ਗਾਣੇ, ਪੰਜਾਬੀ ਅਖ਼ਬਾਰਾਂ

ਤੇ ਮੁਹਾਵਰੇ, ਪੰਜਾਬੀ ਬੁਝਾਰਤਾਂ ਆਦਿ ਵੀ ਪੰਜਾਬੀ ਬੋਲੀ ਵਿੱਚ ਹਨ ਜਿਨ੍ਹਾਂ ਨੂੰ ਸਮਝਣ ਲਈ ਮਾਂ-ਬੋਲੀ ਪੰਜਾਬੀ ਆਉਣੀ ਲਾਜ਼ਮੀ ਹੈ।

ਐ ਪੰਜਾਬੀਓ! ਮਾਣ ਨਾਲ ਕਹੋ- 'ਅਸੀਂ ਹਾਂ ਪੰਜਾਬੀ ਤੇ ਪੰਜਾਬੀ ਸਾਡੀ ਬੋਲੀ ਹੈ', ਫਖਰ ਨਾਲ ਕਹੋ- ਸਾਡੀ ਮਾਂ-ਬੋਲੀ ਪੰਜਾਬੀ ਹੈ, ਮਾਖਿਓਂ ਮਿੱਠੀ ਬੋਲੀ। ਕਦੀ ਵੀ ਪੰਜਾਬੀ ਬੋਲਣ ਵਿੱਚ ਸ਼ਰਮਿੰਦੇ ਹੋਣ ਜਾਂ ਸ਼ਰਮਿੰਦਗੀ ਮਹਿਸੂਸ ਕਰਨ ਦੀ ਲੋੜ ਨਹੀਂ ਹੈ। ਜੀ ਸਦਕੇ ਅਸੀਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਜਿਵੇਂ ਹਿੰਦੀ, ਅੰਗਰੇਜੀ, ਫਰੈਂਚ, ਫਾਰਸੀ, ਚੀਨੀ, ਸਪੈਨਿਸ਼, ਆਦਿ ਸਿੱਖੀਏ ਤੇ ਬੋਲੀਏ, ਪੜ੍ਹੀਏ ਤੇ ਲਿਖੀਏ ਕਿਉਂਕਿ ਸਾਰੀਆਂ ਬਹੁਤ ਵਧੀਆ ਹਨ।

ਅਸੀਂ ਜਿੰਨੀਆਂ ਵੀ ਵੱਧ ਤੋਂ ਵੱਧ ਭਾਸ਼ਾਵਾਂ ਸਿੱਖਾਂਗੇ, ਸਾਡਾ ਓਨਾ ਗਿਆਨ ਵਧੇਗਾ ਪਰ ਇੱਕ ਗੱਲ ਹਮੇਸ਼ਾਂ ਯਾਦ ਰੱਖਣੀ ਚਾਹੀਦੀ ਹੈ ਕਿ ਆਪਣੀ ਮਾਂ-ਬੋਲੀ ਪੰਜਾਬੀ ਨੂੰ ਭੁਲਾਉਣਾ ਨਹੀਂ ਕਿਉਂਕਿ ਇਹੀ ਇੱਕ ਅਜਿਹਾ ਵਸੀਲਾ ਹੈ ਜੋ ਸਾਨੂੰ ਸਾਡੇ ਵਿਰਸੇ, ਸਭਿਆਚਾਰ, ਇਤਿਹਾਸ ਤੇ ਮੂਲ ਨਾਲ ਜੋੜਨ ਦੇ ਸਮਰੱਥ ਹੈ।

" ਇਹ ਪੰਜ ਦਰਿਆ ਦੀ ਰਾਣੀ ਹੈ  
ਇਹ ਮੂਹੋਂ ਬੋਲਦੀ ਸਾਡੇ ਅਮੀਰ ਵਿਰਸੇ ਦੀ ਕਹਾਣੀ ਹੈ।"

**ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ :- ਪੂਜਾ ਵਰਮਾ**

**ਵਿਭਾਗ :- ਪੰਜਾਬੀ**



## ਮਨੁੱਖੀ ਜ਼ਿੰਦਗੀ ਤੇ ਸਮਾਜ ਵਿੱਚ ਤਬਦੀਲੀਆਂ



ਅੱਜ ਬੜੀ ਤੇਜ਼ੀ ਨਾਲ ਮਨੁੱਖੀ ਜ਼ਿੰਦਗੀ ਤੇ ਸਮਾਜ ਵਿੱਚ ਤਬਦੀਲੀਆਂ ਵਾਪਰ ਰਹੀਆਂ ਹਨ। ਨਵੀਂ ਸਦੀ ਦੀ ਸ਼ੁਰੂਆਤ ਨਾਲ ਜ਼ਿੰਦਗੀ ਦੇ ਹਰ ਖੇਤਰ ਦੀਆਂ ਲੋੜਾਂ, ਕਦਰਾਂ-ਕੀਮਤਾਂ ਅਤੇ ਮਾਪਦੰਡਾਂ ਵਿੱਚ ਵੱਡੀ ਤਬਦੀਲੀ ਹੋ ਰਹੀ ਨਜ਼ਰ ਆਉਂਦੀ ਹੈ। ਅੱਜ ਦੇ ਜ਼ਮਾਨੇ ਵਿੱਚ ਕੰਪਿਊਟਰ ਅਤੇ ਟੈਲੀਵਿਜ਼ਨ, ਵਿਗਿਆਨ ਦੇ ਦੋ ਅਜਿਹੇ ਸਾਧਨ ਹਨ, ਜਿਨ੍ਹਾਂ ਨੇ ਸਾਡੀ ਰੋਜ਼ਾਨਾ ਜ਼ਿੰਦਗੀ ਨੂੰ ਬੇਹੱਦ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ ਹੈ।

ਪਰ ਮਨੁੱਖੀ ਦਿਮਾਗ ਦੀ ਇਕ ਵਿਸ਼ੇਸ਼ ਤੇ ਵਿਲੱਖਣ ਸਮਰਥਾ ਅਜਿਹੀ ਹੈ ਜਿਸਦਾ ਬਦਲ ਕੋਈ ਕੰਪਿਊਟਰ ਜਾਂ ਭਵਿੱਖ ਦੀ ਮਸ਼ੀਨ ਵੀ ਨਹੀਂ ਲੈ ਸਕਦੀ। ਉਹ ਹੈ ਸਿਰਜਣਾ ਦਾ ਅਮਲ। ਕਿਉਂਕਿ ਹਰ ਮਸ਼ੀਨ ਉਸ ਵਿੱਚ ਰੱਖੀਆਂ ਸੰਭਾਵਨਾਵਾਂ ਦੇ ਸੀਮਤ ਦਾਇਰੇ ਵਿੱਚ ਹੀ ਕੰਮ ਕਰਨ ਦੇ ਸਮਰੱਥ ਹੁੰਦੀ ਹੈ। ਜਦੋਂ ਕਿ ਮਨੁੱਖ ਵਿੱਚ ਸਾਧਾਰਨ ਜੀਵ ਤੋਂ ਪਰਮ ਮਨੁੱਖ ਤੱਕ ਹੋਣ ਦੀਆਂ ਅਸੀਮ ਅਤੇ ਅਨੰਤ ਸੰਭਾਵਨਾਵਾਂ ਮੌਜੂਦ ਹਨ।

ਇਹ ਉਸਦੇ ਯਤਨ ਅਤੇ ਅਮਲ ਉੱਤੇ ਨਿਰਭਰ ਕਰਦਾ ਹੈ ਕਿ ਉਹ ਇਸ ਨੂੰ ਕਿੱਥੋਂ ਤੱਕ ਉਜਾਗਰ ਕਰ ਸਕਦਾ ਹੈ। ਮਨੁੱਖੀ ਵਿਅਕਤਿਤਵ ਦਾ ਇਹ ਪੱਖ ਜਿਸ ਹੱਦ ਤੱਕ ਵਿਕਸਤ ਹੋਵੇਗਾ ਸਮਕਾਲੀ ਸਮਾਜਕ ਪ੍ਰਸਥਿਤੀਆਂ ਵਿੱਚ ਮਨੁੱਖ ਉਸੇ ਸੀਮਾ ਤੱਕ ਸਕੂਨ ਤੇ ਸੰਤੁਸ਼ਟੀ ਭਰੇ ਸੰਤੁਲਤ ਜੀਵਨ ਨੂੰ ਜਿਉਣ ਯੋਗ ਹੋ ਸਕੇਗਾ।

ਭਾਵੇਂ ਮਨੁੱਖ ਨੇ ਆਪਣੀ ਤੀਖਣ ਬੁੱਧੀ ਅਤੇ ਨਿਰੰਤਰ ਸੰਘਰਸ਼ਾਂ ਨਾਲ ਆਪਣੀ ਸੁੱਖ-ਸੁਵਿਧਾ ਲਈ ਬਹੁਤ ਪਦਾਰਥਕ ਵਸਤੂਆਂ ਤੇ ਸਮਾਨ ਪੈਦਾ ਕਰ ਲਿਆ ਹੈ। ਪਰ ਇਸ ਸਭ ਕੁਝ ਦੇ ਬਾਵਜੂਦ ਵਸਤਾ, ਸੁਵਿਧਾਵਾਂ ਅਤੇ ਰਿਸ਼ਤੇ-ਨਾਤਿਆਂ ਨਾਲ ਭਰੀ ਇਸ ਦੁਨੀਆਂ ਵਿੱਚ ਉਹ ਹਰਰੋਜ਼ ਵਧੇਰੇ ਉਦਾਸ ਤੇ ਗ਼ਮਗੀਨ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਬਹੁਤ ਕੁਝ ਪਾਉਣ ਦੀ ਧੁਨ ਵਿੱਚ ਉਸਨੇ ਆਪਣੇ ਆਪ ਨੂੰ ਗੁਆ ਲਿਆ ਹੈ ਤੇ ਆਪਣੀ ਹਰ ਨਵੀਂ ਲੱਭਤ ਨਾਲ ਉਹ ਆਪਣੇ ਆਪ ਤੇ ਆਪਣੇ ਸਵੈ ਤੋਂ ਦੂਰ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਪੈਸਾ ਪ੍ਰਧਾਨ ਸਮਾਜ ਨੇ ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਦੇ ਅਰਥ ਹੀ ਬਦਲ ਦਿੱਤੇ ਹਨ। ਹਰ ਖੇਤਰ ਵਿੱਚ ਅਨਿਸ਼ਚਤਤਾ ਪ੍ਰਧਾਨ ਹੋ ਗਈ ਹੈ। ਅੱਜ ਦਾ ਨੌਜਵਾਨ ਵੀ ਇਸੇ ਅਨਿਸ਼ਚਿਤਤਾ ਦਾ ਸ਼ਿਕਾਰ ਹੋਕੇ, ਦਿਸ਼ਾਹੀਣ ਹੋਕੇ, ਭਟਕਣ ਵਿੱਚ ਇੱਧਰ ਉੱਧਰ ਘੁੰਮ

ਰਿਹਾ ਹੈ। ਨੌਜਵਾਨ ਜੋ ਕਿਸੇ ਵੀ ਦੇਸ਼ ਦੀ ਰੀੜ੍ਹ ਦੀ ਹੋਂਦੀ, ਕੌਮ ਦਾ ਸਰਮਾਇਆ ਤੇ ਭਵਿੱਖ ਹੁੰਦੇ ਹਨ। ਜੇਕਰ ਉਹੀ ਨੌਜਵਾਨ ਬੇਰੁਜ਼ਗਾਰੀ ਦੇ ਆਲਮ ਵਿੱਚ, ਰੁਜ਼ਗਾਰ ਮਿਲਣ ਦੇ ਸੁਪਨੇ ਅੱਖਾਂ ਵਿੱਚ ਲਟਕਾਈ, ਦਿਸ਼ਾਹੀਣ ਹੋਕੇ ਦਰ-ਦਰ ਭਟਕ ਰਹੇ ਹਨ ਤਾਂ ਜ਼ਿੰਮੇਵਾਰੀ ਕਿਸ ਦੀ ਹੈ? ਅਧਿਆਪਕ ਦੀ, ਸਮਾਜ ਦੀ ਜਾਂ ਫਿਰ ਮਾਤਾ-ਪਿਤਾ ਦੀ ?

ਉਹ ਮਾਤਾ-ਪਿਤਾ, ਜਿੰਨ੍ਹਾਂ ਕੋਲ ਬੱਚਾ ਅਠਾਰਾਂ ਘੰਟੇ ਹਰ ਰੋਜ਼ ਰਹਿੰਦਾ ਹੈ, ਉਨ੍ਹਾਂ ਮਾਪਿਆਂ ਵਿਚ ਜੇ ਮਾਂ ਕੋਈ ਪਾਰਟੀ ਵਿੱਚ ਗਈ ਹੁੰਦੀ ਹੈ ਤਾਂ ਪਿਤਾ ਸ਼ਰਾਬ ਦੀ ਬੋਤਲ ਮੇਜ਼ 'ਤੇ ਸਜਾਈ ਬੈਠਾ ਹੈ ਜਾਂ ਵਪਾਰ ਵਿੱਚੋਂ ਅੰਨ੍ਹਾ ਪੈਸਾ ਕਮਾਉਣ ਦੀ ਚੂਹਾ ਦੌੜ ਵਿੱਚ ਲੱਗੇ ਉਸ ਬੰਦੇ ਕੋਲ ਬੱਚਿਆਂ ਲਈ ਸਮਾਂ ਹੀ ਨਹੀਂ ਹੈ- ਤਾਂ ਕਿਹੜੇ ਸਰਵਣ ਪੁੱਤਰ ਜਾਂ ਸਵਿੱਤਰੀਆਂ ਪੁੱਤਰੀਆਂ ਬਣਨ ਦੀ ਉਮੀਦ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ?

ਰਹੀ ਗੱਲ ਸਿੱਖਿਆ ਪ੍ਰਣਾਲੀ ਦੀ। ਇਹ ਇਸ ਤੋਂ ਵੱਧ ਕਿੰਨੀ ਕੁ ਹੈ ਕਿ ਬੱਸ ਘੰਟੀਆਂ ਵਜਦੀਆਂ ਹਨ, ਪੀਰੀਅਡ ਲਗਦੇ ਹਨ, ਗਿਣੇ ਮਿਥੇ ਸਿਲੇਬਸ ਵਿੱਚ ਨੌਕ ਦੀ ਸੋਧ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਅਧਿਆਪਕ ਲੰਘਾਉਂਦੇ ਹਨ। ਟਿਊਸ਼ਨ ਕਲਚਰ ਨੇ ਕਲਾਸਾਂ ਵਿਚਲੀ ਪੜ੍ਹਾਈ ਦਾ ਉਹ ਮਜ਼ਾਕ ਉਡਾਇਆ ਹੈ।

ਨਤੀਜੇ ਤੋਂ ਬਾਅਦ ਅਗਲਾ ਸ਼ੈਸ਼ਨ ਫਿਰ ਸ਼ੁਰੂ ਹੋ ਜਾਂਦਾ ਹੈ। ਕੋਹਲੂ ਦੇ ਬਲਦ ਵਾਂਗ ਸਾਡੀ ਵਿਦਿਅਕ ਪ੍ਰਣਾਲੀ ਨਿਰੰਤਰ ਇਕ ਹੀ ਰਟਨ ਵਿਚ ਘੁੰਮੀ ਜਾ ਰਹੀ ਹੈ ਤੇ ਇਸ ਤਰ੍ਹਾਂ ਦੀ ਵਿਦਿਅਕ ਪ੍ਰਕਿਰਿਆ ਵਿੱਚੋਂ ਪੈਦਾ ਹੋ ਰਹੀ ਹੈ। ਪੜ੍ਹੀ-ਲਿਖੀ ਅਗਿਆਨਤਾ। ਜ਼ਿੰਦਗੀ ਤੇ ਆਪਣੇ ਆਲੇ ਦੁਆਲੇ ਦੇ ਸਮਾਜਕ ਵਰਤਾਰਿਆਂ ਦਾ ਠੀਕ ਤੇ ਹਾਂ-ਪੱਖੀ ਵਿਸ਼ਲੇਸ਼ਣ ਕਰਨ ਵਾਲਾ ਨੌਜਵਾਨ ਮੀਲਾਂ ਦੂਰ ਤੱਕ ਦੀਵਾ ਲੈਕੇ ਲੱਭਿਆ ਵੀ ਨਹੀਂ ਲੱਭਦਾ।

ਅਸੀਂ ਦੇ ਰਹੇ ਹਾਂ ਕੇਵਲ ਅੱਖਰ-ਗਿਆਨ। ਜਦੋਂ ਕਿ ਵਿਦਿਆ ਦਾ ਮੰਤਵ ਕੇਵਲ ਅੱਖਰ-ਗਿਆਨ ਦੇਣਾ ਹੀ ਨਹੀਂ, ਸਗੋਂ ਬੱਚੇ ਦੀ ਸ਼ਖ਼ਸੀਅਤ ਦਾ ਸਰਵਪੱਖੀ ਵਿਕਾਸ ਕਰਨਾ ਵੀ ਹੁੰਦਾ ਹੈ। ਪੂਰਣ ਸਾਖਰਤਾ ਇਕ ਮਿਥ ਹੀ ਬਣੀ ਰਹੀ ਹੈ। ਜਿਵੇਂ ਉੱਚ-ਸਿੱਖਿਆ ਕੁੱਝ ਲੋਕਾਂ ਦਾ ਵਿਸ਼ੇਸ਼-ਅਧਿਕਾਰ ਹੀ ਬਣੀ ਰਹੀ ਹੋਵੇ। ਹੁਣ ਵਿਸ਼ਵੀਕਰਣ ਦੇ ਵਰਤਮਾਨ ਦੌਰ ਵਿਚ ਨਿੱਜੀਕਰਨ ਦੀ ਹਨੇਰੀ ਨੇ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਨ ਦੇ ਮੌਕਿਆਂ ਨੂੰ ਆਮ ਗ਼ਰੀਬ ਲੋਕਾਂ ਦੀ ਪਹੁੰਚ ਤੋਂ ਹੀ ਦੂਰ ਕਰ ਦਿੱਤਾ ਹੈ। ਇਕ ਤਾਂ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਵਰਤਮਾਨ ਪੀੜ੍ਹੀ ਅੱਗੇ, ਭਵਿੱਖ ਦੇ ਮਸਲੇ ਤੇ ਰੁਜ਼ਗਾਰ ਦੇ ਮਸਲੇ ਨੂੰ ਲੋਕੇ ਹੀ ਅੰਧਕਾਰ ਛਾਇਆ ਹੋਇਆ ਹੈ- ਦੂਜੇ, ਵਿੱਦਿਆ ਵਰਗੇ ਪਵਿੱਤਰ ਕਾਰਜ ਨੂੰ ਵੀ ਸੰਪਰਦਾਇਕਤਾ ਦੇ ਬੁਰਕੇ ਹੇਠ-ਸਿਲੇਬਸਾਂ ਨੂੰ ਇਤਿਹਾਸ ਨੂੰ ਬਦਲਕੇ, ਗ਼ੈਰ-ਵਿਗਿਆਨਕ ਜੋਤਿਸ਼ ਵਰਗੇ ਤਰਕਹੀਣ ਵਿਸ਼ਿਆਂ ਨੂੰ ਬੱਚਿਆਂ ਦੀ ਮਾਨਸਿਕਤਾ ਤੇ ਸਿੱਖਿਆ ਦਾ ਹਿੱਸਾ ਬਣਾਉਣ ਦਾ ਯਤਨ ਕੀਤਾ ਜਾ ਰਿਹਾ।

- ਸੋ ਇਉਂ ਅੱਜ ਦਾ ਨੌਜਵਾਨ ਚਿੱਟ-ਕਪੜੀਆ, ਬੰਦ-ਕਮਰੀਆ, ਤੇ ਟੈਲੀਵਿਜ਼ਨੀਆਂ ਬਣਕੇ ਜਿੱਥੇ ਆਪਣੀ ਸਿਹਤ, ਆਪਣੀ ਸਿਰਜਣਾਤਮਕ ਸ਼ਕਤੀ ਤਾਂ ਖ਼ਰਾਬ ਕਰ ਹੀ ਰਿਹਾ ਹੈ, ਉੱਥੇ ਆਪਣੇ ਭਾਰਤੀ ਸਭਿਆਚਾਰ ਦੇ ਚੰਗੇ ਗੁਣਾਂ ਨੂੰ ਵੀ ਤਿਆਗ ਰਿਹਾ ਜੋ ਹੈ। ਜ਼ਿੰਦਗੀ ਨੂੰ ਕੋਈ ਵੀ ਗਲਤ ਰਾਸ਼ਤੇ ਪਾ ਸਕਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਦੇ ਹਨੇਰੇ ਰਾਹਾਂ ਨੂੰ ਰੋਸ਼ਨ ਸਵੇਰਿਆ ਵਿੱਚ ਕੌਣ ਬਦਲੇਗਾ।

**ਗੁਰਪ੍ਰੀਤ**

**ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ**

## ਕੰਧ



ਕੰਧ ਜ਼ਰੂਰੀ ਹੈ ਹਰ ਘਰ ਦੇ ਲਈ,  
ਪਰ ਕੰਧਾਂ ਨਾਲ ਰਿਸ਼ਤਿਆਂ ਨੂੰ,  
ਟੁਕੜਿਆਂ ਵਿਚ ਨਾ ਵੰਡਣ ਦੇਵੇ।

ਖਿੜੇ ਹੋਏ ਮੁਖੜੇ ਹੋਣ,  
ਆਪਣੇ ਹੋਣ ਸਾਰੇ ਜਿਸ ਵਿਚ,  
ਤਸਵੀਰ ਕੋਈ ਅਜਿਹੀ,  
ਕੰਧ ਤੇ ਸਜਣ ਦੇਵੇ।

ਅਸੀਂ ਤਾਂ ਬਣਾਇਆ ਹੈ, ਦੁੱਖਾਂ ਨਾਲ ਘਰ ਨੂੰ,  
ਹਰ ਇੱਟ, 'ਤੇ ਖਾਬਾਂ ਦੇ ਹਰ ਰੰਗ ਨੂੰ ਨਾ ਬਿਖਰਨ  
ਦੇਵੇ।

ਹਰ ਪਲ, ਬਤੀਤ ਹੈ ਕਰਨਾ, ਇਸ ਖੇਡ ਦੇ ਥੱਲੇ  
ਅਸੀਂ।

ਖੁਸ਼ੀਆਂ ਦੇ ਪਰਛਾਵਿਆਂ ਵਿੱਚ ਜੀਵਨ ਨੂੰ ਗੁਜ਼ਰਨ  
ਦੇਵੇ।

ਕੰਧ ਜ਼ਰੂਰੀ ਹੈ, ਹਰ ਘਰ ਦੇ ਲਈ,  
ਪਰ ਕੰਧਾਂ ਨਾਲ ਰਿਸ਼ਤਿਆਂ ਨੂੰ,  
ਟੁਕੜਿਆਂ ਵਿੱਚ ਨਾ ਵੰਡਣ ਦੇਵੇ।

ਮੇਨਾ

ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ



## ਕਵਿਤਾ



ਹਿੰਦੀ ਸਾਡੀ ਮਾਸੀ ਲੱਗਦੀ, ਮਾਂ ਲੱਗੇ ਪੰਜਾਬੀ ।  
ਉਰਦੂ ਸਾਡਾ ਭਾਈ ਲੱਗਦਾ, ਅੰਗਰੇਜ਼ੀ ਸਾਡੀ ਭਾਬੀ ।  
ਮਾਂ ਬੋਲੀ ਦਾ ਰਿਸ਼ਤਾ ਗੂੜ੍ਹਾਂ, ਮਿੱਠੜਾ ਬੋਹਿਸਾਬੀ ।  
ਵਤਨ ਮੇਰੇ ਦੀ ਰਾਣੀ ਬੋਲੀ, ਵੱਖਰੇ ਠਾਠ ਨਵਾਬੀ ।  
ਇਹ ਤਾਂ ਸਾਡੀ ਰੂਹ ਦੀ ਭਾਸ਼ਾ, ਕੋਈ ਨਹੀਂ ਕਿਤਾਬੀਂ ।  
ਮਾਂ ਬੋਲੀ ਨੂੰ ਜਿਸ ਨੇ ਮਾਣ ਨਾਂ ਦਿੱਤਾ, ਕਾਹਦਾ ਉਹ  
ਪੰਜਾਬੀ ।  
ਆਪਣੀ ਬੋਲੀ ਮਾਣ ਆਪਣਾ, ਸੇ ਜਿੰਦੀਆ ਦੀ ਚਾਬੀ ।

ਮਨੀਸ਼ਾ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

## ਕਵਿਤਾ



ਪੰਜਾਬੀ ਮੇਰੀ ਜਾਨ ਵਰਗੀ  
ਪੰਜਾਬੀ ਮੇਰੀ ਪਹਿਚਾਣ ਵਰਗੀ  
ਪੰਜਾਬੀ ਬਜ਼ੁਰਗ ਦੀ ਦੁਆ ਵਰਗੀ  
ਪੰਜਾਬੀ ਨਿਰੀ ਖੁਦਾ ਵਰਗੀ  
ਪੰਜਾਬੀ ਨਾਨਕ ਦੀ ਰਬਾਬ ਵਰਗੀ  
ਪੰਜਾਬੀ ਕੋਰੇ ਜਵਾਬ ਵਰਗੀ  
ਪੰਜਾਬੀ ਵਾਰਿਸ ਦੀ ਹੀਰ ਵਰਗੀ  
ਪੰਜਾਬੀ ਨੈਣਾਂ ਦੇ ਨੀਰ ਵਰਗੀ  
ਭੁੱਲ ਕੇ ਵੀ ਨਾ ਭੁਲਾਉਣਾ ਉਸ ਨੂੰ  
ਕਿਉਂਕਿ ਪੰਜਾਬੀ ਹੈ ਸਾਡੀ ਮਾਂ ਵਰਗੀ.....  
ਇਹ ਪੰਜ ਦਰਿਆ ਦੀ ਰਾਣੀ ਹੈ  
ਇਹ ਮੂਹੋਂ ਬੋਲਦੀ ਸਾਡੇ ਅਮੀਰ ਵਿਰਸੇ ਦੀ ਕਹਾਣੀ ਹੈ।

ਸਿਮਰਨ ਸ਼ਰਮਾ  
ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ



# Proud Moments







# Commerce Section



## कानून के साथ सामाजिक बदलाव भी जरूरी

दरिया की कसम, मौजों की कसम, ये ताना-बाना बदलेगा,  
तू खुद को बदल, तू खुद को बदल, तब ही तो ज़माना बदलेगा,  
दरिया की कसम.....

महिलाओं पर परिवार के अन्दर हिंसा का सीधा सम्बन्ध समाज में महिलाओं की स्थिति से है। क्योंकि हमारा समाज पितृसत्तात्मक अर्थात् पुरुष प्रधान सोच पर आधारित है जिसमें महिलाओं को एक पूरे इन्सान के तौर पर नहीं देखा जाता और उनकी कोई स्वतंत्र पहचान नहीं समझी जाती, इसलिए परिवार में महिलाओं पर हिंसा के अनेक भयानक रूप देखने में आते हैं। इनमें कन्या भ्रूण हत्या से लेकर परिवार की इज्जत के नाम पर हत्या शामिल हैं। परिवार हमारे समाज की बुनियादी इकाई है और महिलाओं के सम्बन्ध में यह भी कहा जाता है कि महिलाएं अपने घर में सुरक्षित होती हैं। लेकिन सरकारी आंकड़े बताते हैं कि महिलाओं की कुल आबादी की एक तिहाई आबादी परिवार में ही हिंसा के सबसे भयानक रूपों का सामना करती हैं।



हमारे देश के संविधान के अनुसार देश के सभी नागरिक समान हैं चाहे वे स्त्री हों या पुरुष, चाहे वे देश के किसी भी इलाके, मजहब, भाषा या जाति से सम्बन्ध रखते हों। इसके इलावा हमारा संविधान महिलाओं, कमजोर एवं पिछड़े तबकों के सामाजिक आर्थिक उत्थान पर भी विशेष जोर देता है। 1966 में आर्थिक-सामाजिक एवं सांस्कृतिक अधिकारों पर, 1979 में महिलाओं के साथ हर प्रकार का भेदभाव खत्म करने तथा बीजिंग घोषणा जैसे अन्तर्राष्ट्रीय सम्मेलनों तथा मंचों पर शामिल सभी देशों ने अपने-अपने देश में महिलाओं का मान-सम्मान एवं गरिमा बचाने के लिए उचित कदम उठाने के निर्णय पर हस्ताक्षर किए। अन्तर्राष्ट्रीय मंचों पर की गई वचनबद्धता एवं संविधान में समान अधिकारों की गारंटी को ध्यान में रखते हुए हमारी संसद में 'घरेलू हिंसा से महिला संरक्षण अधिनियम 2005' पास किया गया। घरेलू हिंसा पर मौजूदा कानून महिलाओं की सामाजिक स्थिति को ऐतिहासिक परिप्रेक्ष्य में समझते हुए उन सभी महिलाओं को प्रभावशाली संरक्षण एवं संविधान आधारित अधिकारों की दावेदारी प्रदान करता है जो हिंसा की शिकार हैं। यह कानून महिलाओं को हिंसा मुक्त घर के अधिकार को मान्यता देता है तथा सभी प्रकार की हिंसा जैसे – शारीरिक, यौनिक, भावनात्मक एवं आर्थिक हिंसा से राहत प्रदान करता है। इस कानून में हिंसा की परिभाषा को व्यापक बनाया गया है। हालांकि घरेलू हिंसा पर बने कानून के लागू होने के बाद भी हिंसा की स्थिति जैसी की तैसी बनी हुई है और महिलाओं को हिंसा से निजात नहीं मिल पाई है। असल में समाज में स्थापित व्यवस्था को चुनौती देने वाले कानूनों को सही भावना से लागू करने के लिए जबरदस्त वातावरण निर्माण की जरूरत होती है जो वास्तविकता में नहीं हो पाता।

जब महिलाओं का सवाल आता है तो व्यवस्था का सवाल आना लाजिमी है। हमारी पूरी व्यवस्था पुरुष प्रधान व्यवस्था है जिसमें महिलाओं को निचले पायदान पर रखा जाता है। यह व्यवस्था आधी आबादी अर्थात् महिलाओं का उत्पीड़न करने वाली है। विकसित देशों में भी महिलाओं का दर्जा पुरुषों के मुकाबले में निचला ही है। भारत में स्थिति और भी खराब है। हमारे देश में हर 6 मिनट में महिलाओं पर अत्याचार का एक मामला दर्ज होता है, जबकि आपराधिक मामलों में सजा की दर 2.2 प्रतिशत है। दरअसल महिला अधिकारों की विरोधी लॉबी हमेशा इस काम में सक्रिय रहती है कि महिलाओं को दबाने वाले, कुचलने वाले पुरानी मान्यताएं व मूल्य बने रहें क्योंकि पीढ़ियों से चलाई जा रही मान्यताओं के सहारे ही पितृसत्ता को बनाए रखा जा सकता है। इस पूरे दृश्य पर नजर डालें तो लगता है कि पितृसत्ता और ज्यादा मजबूत हुई है और इसी पितृसत्ता के खिलाफ वातावरण निर्माण की जरूरत है। यहां पर महिला आन्दोलनों एवं सामाजिक संगठनों की भूमिका और ज्यादा महत्वपूर्ण हो जाती है उन्हें महिलाओं को संगठित करते हुए उन्हें शिक्षित भी करना है। दरअसल महिलाओं के सवाल, वर्ग और जाति के सवालों से अलग हैं क्योंकि उनका दायरा परिवार तक ही सीमित है और वे स्वयं को महिला वर्ग, स्त्री जाति के साथ जोड़ कर नहीं देख पाती। इसमें भावनाएं आड़े आ जाती हैं और पितृसत्ता का विरोध पर सीमा से ज्यादा नहीं हो पाता।



बेशक महिलाओं पर घरेलू हिंसा मानवाधिकारों का मुद्दा है और विकास में बड़ी बाधा है। नए-नए कानून समाज की मानसिकता बदलने में बड़ी भूमिका निभाते हैं और दूसरी तरफ धीरे-धीरे आगे बढ़ता समाज भी नए-नए कानूनों के बनवाने में अहम भूमिका निभाता है। अकेला कानून अपने आप में हिंसा, भेदभाव, सामाजिक बुराइयों को खत्म नहीं कर सकता लेकिन सामाजिक चेतना के स्तर पर आगे बढ़ते समाज को कानूनी प्रावधानों की आवश्यकता पड़ती है। महिलाओं पर हिंसा रोकने के लिये समाज, पुलिस, प्रशासन एवं न्यायपालिका को अतिरिक्त संवेदनशीलता ग्रहण करनी होगी।

महिलाओं को हिंसा रहित घर और समाज तभी उपलब्ध हो सकता है जब समाज अपनी वर्तमान व्यवस्था को बदले। भेदभाव और असमानता के स्थान पर समानता पर टिका परिवार व समाज बने। ऐसा तभी संभव है जब शिक्षित वर्ग समाज-सुधार के लिये पहलकदमी ले और समाज के सभी वर्गों को समाज सुधार आन्दोलन में शामिल करें। प्रत्येक समाज उसकी संस्कृति से संचालित होता है।

महिलाओं एवं कमजोर वर्गों के नज़रिये से हमें अपनी संस्कृति को भी झाड़ना-पोंछना होगा और समीक्षा करनी होगी कि हमारी संस्कृति में ऐसी कौन सी चीज हैं जो भेदभाव को बढ़ाती है, जो हमारे संवैधानिक अधिकारों के खिलाफ हैं। महिलाओं पर हिंसा पर बातचीत के दौरान लोगों द्वारा संस्कृति का हवाला देते हुए हिंसा को जायज ठहराया जाता है। अतः हमें अपनी सांस्कृतिक विरासत की बेहतर चीजों को आगे ले जाते हुए बहुत सी गलत अवधारणाओं को छोड़ना होगा। बहुत सी मान्यताएं, रीति-रिवाजों व सांस्कृतिक कर्मकाण्डों को लिंग संवेदी नज़रिये से परख कर छोड़ना होगा और बदलना होगा।

प्रत्येक सरकार की भी यह जिम्मेदारी बनती है कि सभी नागरिकों को एक समान अवसर प्राप्त हों। सरकारों को ही संविधान प्रदत्त अधिकारों की रक्षा की गारन्टी देनी होती है। सरकार का काम कानून बनाना ही नहीं बल्कि उसकी मूल भावना अनुसार लागू करवाने के लिये स्वयं भी लिंग संवेदी होना होगा और कानूनों के प्रभावी तौर पर लागू करने के लिये बजट एवं ढांचागत सुविधाओं को उपलब्ध कराना होता है।



मुनाफा आधारित मीडिया एवं समाज में व्याप्त सामंती सोच के गठजोड़ के चलते मीडिया पर महिलाओं को उपभोग की वस्तु के तौर पर प्रस्तुत किया जाता है। हिंसा और सैक्स के दृश्यों की भरमार लोगों को वास्तविक जीवन में न केवल अपराधों के प्रति असंवेदनशील बनाती है बल्कि अपराध की मानसिकता को बढ़ाती है। मीडिया में उपभोक्तावाद और ग्लैमर से प्रभावित साधन सम्पन्न और साजिशों में लिप्त महिलाओं की छवि को गढ़ा जा रहा है और करोड़ों साधारण महिलाएं जो पूरे समाज निर्माण में अपनी भूमिका निभा रही हैं, उन्हें लगभग अदृश्य कर दिया गया है। हिन्दुस्तान की महिलाएँ अमानवीय परिस्थितियों में रह रही हैं तथा उन्हें सीता और सावित्री के आदर्श का बोझ भी उठाना पड़ रहा है। महिलाओं पर हिंसा को रोकने के लिये एक तरफ हमें आधुनिकता के नाम पर थोपी जा रही उपभोक्ता संस्कृति से लड़ना होगा दूसरी तरफ महिलाओं की घिसी-पिटी परम्परागत छवि को भी बदना होगा। आज इस बात से भी इन्कार नहीं किया जा सकता कि नागरिक अधिकारों की आवाज को मीडिया के माध्यम से बुलंद किया जा सकता है इसलिए ऐसा जन दबाव भी बनाना होगा जो मीडिया को जनपक्षीय बनाए।

फिर न रो सके कोई दुल्हन जोर-जुल्म का न हो निशां  
मुस्करा उठे धरा-गगन हम रचेंगे ऐसी दास्तां  
यूं सजाएंगे वतन को हम हर खुशी को ढूंढते हुए  
गीत गा रहे हैं आज.....

**नीलम**

**असिस्टेंट प्रोफेसर (कॉमर्स)**



## Food Inflation

Enough is written, spoken on this topic but inflation is still going up everywhere. Inflation is regarded as a major problem and Indian economy worsly hitted by inflation. INFLATION means a general increase in prices of goods and services and fall in the purchasing power of money. In indian economy prices are also going up and, now in everyone's mind this question arises is this a price of growth? And how longer the prices will keep going up. Food prices increase in the country which effect poor and fixed income group of society.

Measurement of inflation and trends in India having multiple inflation indicators with none of them reflecting the commonly accepted representative consumer or retail prices index nor the producer's price index. There are three measures of inflation measurement.

- WPI (Whole Price Index): it measures change in wholesale price on the weekly basis. This index was nearly 435 and doesn't account for services.
- CPI (Consumer Price Index): it measures change in retail prices on monthly basis CPI includes both goods and services. It focuses on homogeneous group of consumer like industrial workers agricultural sector etc.
- RPI (Retail Price Index): A list of prices which shows how much the cost of living changes from one month to the next.

In 2019-20 the overall inflation was 4.8% the main reason was a 6% and spike in food prices and in 2020-21 when the pandemic hit the economy food prices rose by 7.3% and inflation rose by 5.5%.

**Causes:** There are many causes of food inflation like rise in cost of production and MSP are the main drivers of serial inflation. Prices of inputs including fuel and agriculture wages have impacted the price of various commodities and aggregate food inflation. Retailers with the low volume of business they have to keep high profit margins and they are also bad conductors of market if there is shortage of supply in

short period. Poor storage facilities and black marketing show the temporary shortage and release the supply when there is increasing in the prices.

Government policies like MANREGA also increase the prices of food grains.

Deficit financing also effect prices, increasing money supply cause more demand other causes also effect prices like rise in population, structure problems in agriculture and backward technique, lack of land reforms, corruption and also the PDS (Public Distribution system). Through this system government give food to below poverty line families but the identification of these families is very difficult and the benefit of the system approximately 40% goes to above poverty line families. Inflation adversely effect the growth of economy and exports of the country. It originates instability in the economy. A huge rise in prices gives a big disspointment to stock market.

The government needs to regulate the functioning of agriculture market transportation and storage facilities to increase the agriculture productivity. It is necessary to increase investment in irrigation and transportation. There is an urgent need for convergence in the developing schemes, better civilization of funds and winding duplication and wastage. FCI (Food Corporation of India) can actively make policies for storing food and regulate MSP (Minimum Support Price) so that produces and farmers get benefits.

The government has adopted various measures to improve agriculture marketing like constructing warehouses, grading and standardizing weight so that prices may in control. And this along with the other policies help in controlling food inflation.

**Ms. Pooja Sharma**

**A.P in Economics**





## Skill India Mission

The Government has announced the start of a national multi-skill programme called Skill India Mission. Skill India mission launched in 2015, Skill India Mission focuses on re-skilling and up-skilling in prominent trades. Under the mission government implements Pradhan Mantri Kaushal Vikas Yojana (PMKVY), Jan Shiksha Sansthan (JSS Scheme and National Apprenticeship Promotion Scheme (NAPS), for providing short term Skill Development training and Craftsman Training Scheme (CTS), for long term training to the youth. These schemes discuss as below:-

- **Pradhan Mantri Kaushal Vikas Yojana (PMKVY):-** PMKVY has two training components, viz., short term training and recognition of prior learning. Between 2016-17 and 2021-22 (as on 15 Jan. 2022), under PMKVY 2.0 about 1.10 crore people were trained (inclusive of the placement linked and non placement linked components of the PMKVY: 83% certified and about 21 lakhs placed. In 2021-2022, under this scheme 3.0, 3.48 lakh persons have been trained: 50 percent certified and 16321 placed. PMKVY also provided training to Shramik affected by COVID-19. This component covered 116 districts of 6 states. Several micro-programmes under PMKVY have also been formulated for targeting artisans, clusters in partnership with private sector, also to ensure employment to all artisans.
- **Jan Shikshan Sansthan (JSS) Scheme:-** JSS aims to provide vocational skills to non-literate, neo-literates, persons with rudimentary level of education up to 8th and school dropouts up to 12th standard in the age group of 15-45 years. The priority groups are women, SC, ST, minorities, divyangjan and other backward sections of the society. The Jan Shikshan Sansthan work at the doorstep of the beneficiaries with minimum infrastructure and resources. Under the scheme grant is released to Jan Shikshan Sansthan (NGOs) for Skill Development.
- **National Apprenticeship Promotion Scheme (NAPS):-** This Scheme promotes apprenticeship training and the engagement of apprentices by providing financial support to industrial establishments undertaking apprenticeship program under The Apprentices Act, 1961. As on 31 October 2021, 4.3 lakh apprentices engaged under the scheme.
- **Craftsmen Training Scheme (CTS):-** CTS is for providing long-term training in 137 trades through 14,604 Industrial Training Institutes (ITIs) across the country. For session 2020, 13.36 lakh trainees were enrolled.

**Ms. Gurjinder Kaur**

**A.P In Commerce**



# E-Shopping Via Internet

Internet is a vast and mysterious place. It is a never-ending series of tubes that connects the entire world. It is a vast maze of websites and servers that is filled with information. It is a digital jungle where anything and everything is possible.

## **Birth of internet**

The internet has a long and colorful history, dating back to 1969 when the first message was sent over the ARPANET, a precursor to the internet. The ARPANET allowed researchers at different universities to send messages to each other, paving the way for the internet as we know it today. The first public website went online in 1991, and since then, the internet has become a staple of everyday life. Now a days a computer can be used for various purposes. So in the same way the internet can be used for various purposes eg. Entertainment, Education, Research and Online shopping purpose.

## **E- Shopping (online shopping)**

E-commerce is a huge industry. There are many ways to shop online and the competition is fierce. With the introduction of AI, e-shopping has been revolutionized. The role of AI in e-shopping is to provide an easier way for customers to find what they want, when they want it and at the best price possible.

In the past, e-shopping was a niche market. However, with the advent of smart phones, e-commerce has become more popular and accessible. Nowadays, people can shop from anywhere at any time. The increasing popularity of social media has led to more people becoming aware of products they didn't know existed before. As online shopping becomes more popular, many shoppers are turning to their smartphones to shop. While this can be convenient, it can also be dangerous if you're not careful.

## **The Risks of online shopping**

With online shopping, you run the risk of identity theft, as your personal and credit card information is often stored on the retailer's website. In addition, you may not be able to return the product you purchased if it doesn't fit or you don't like it, and you may not be able to get a refund if the product is defective.

### **The Risks of Credit Card Fraud**

Credit card fraud is a significant risk when shopping online. The most common way that credit card information is stolen is through a phishing attack. In this type of attack, the thief sends an email that looks like it is from a legitimate company (like your bank or the online store you are shopping at). The email asks you to click on a link, which takes you to a website where you are asked to enter your credit card information. If you enter your information on this website, the thief will be able to steal your credit card information.

### **The Risks of Personal Data Theft**

When you are shopping online, you are putting your personal information at risk. Hackers can steal your identity, credit card information, and other private data. This can lead to costly financial losses and identity theft. However, there are ways to reduce your risk of becoming a victim of online theft. First, be sure to use a secure internet connection when shopping online. This means that you should avoid public Wi-Fi networks, as they are not secure. Second, be sure to use a strong password for your online accounts. Third, be cautious about the websites you visit and the links you click on. Only shop on reputable websites, and avoid clicking on suspicious links.

### **The Benefits of online shopping**

There are many benefits of online shopping. The most obvious benefit is convenience. You can shop from the comfort of your own home, any time of day or night. You don't have to fight traffic, search for a parking spot, or carry your purchases around the mall. Another advantage of online shopping is that you can often find better deals than you would at brick-and-mortar stores. Online stores typically have lower overhead costs, so they can offer better prices.

**Online shopping can be a great way to get the best deals, but it's important to be aware of the risks involved.**

**Ms. Anuradha**

**A.P in Computer Science**





# Women Empowerment

Women Empowerment is made of two words women and empowerment. Empowerment means to give power or authority to someone. So, Women empowerment means power in the hands of women so that they can take decisions on their own. They should be given equal opportunities with no discrimination in all matters with equal participation in decision making and choices. A woman can be empowered if she is educated and she is well known about her rights then she can raise her voice and inspire other women as well. Women can raise their status through education, awareness and with developmental opportunities. When a woman makes crucial decisions they feel empowered.

Empowerment of women is most important and crucial for the economic development of the country. When men and women works together country develops at a faster rate. In a family where both the spouse are earnings will have more income and better lifestyle opportunities in comparison to where only single spouse is earning.

## **Necessity of women empowerment:-**

1. Gender biasness and inequalities can't be eradicated without empowering women.
2. If women are not empowered they can't feel protected and can't enjoy security in life.
3. If women are not empowered and educated there employment ratio along with their contribution in economic development will be very low.

## **Benefits:-**

- (1) Women will be able to live their life with more freedom, self esteem and confidence.
- (2) Women can make their own identity.
- (3) Women can help to increase the GDP of the country.
- (4) If women are financially stronger and independent, they will be able to fulfill their own and family needs.

## **Conclusion of women empowerment:-**

If we want to empower women then we have to focus on the followings things:-

- (1) Girls Education
- (2) To make them aware about their rights
- (3) To provide them equal opportunities.

**Name: Simranjeet Virk**

**Class: Bcom 2<sup>nd</sup>**

**Roll No: 21**

# Red Cross Society and Women Cell







# Science Section





## Positive Thinking

Have you heard about this age old questions, Is your glass half empty or half full? How would you see this will reflect your thinking and your thinking may reflect your outlook of life? Are you “optimistic or pessimistic”? (Think!)

Positive Thinking usually comes with optimism. Staying positive might not sound that you have solution of all the problems, but there are evidences that it can help you to improve your state of mind. Your attitude towards any situation should be positive. Suppose you have given a task to do and you approach this situation “I’ve never done it before”. This is negative approach. You can give this a positive thinking twist by saying “It is an opportunity for me to learn new things”.

You can never become optimistic overnight, but by practicing, eventually you’ll able to handle every situation or stress in more constructive way. Self-talk is a primary way to learn positive thinking skill. But you have to make sure that your self-talk comes from logic and reason. Your self-talk may not arise from misconception due to lack of information. Negative self -talk include “Blaming others”, “Magnifying minor problems”, “Filtering”(always look for negative aspects of situation) etc.

It has been proven scientifically that avoiding negative talks can help you to reach your personal goal. Positive thinking and gratitude are conjugate pair that could be the keys to achieve the state of mind you desire. By being grateful for your past experience and appreciating things exactly as they are can help you achieve lasting happiness. You should always look on the bright side. You should find positivity in every little thing that comes up-to you. Surround yourself with respectful and motivating folks who appreciate you for who you are. Think about things you’re thankful for in your life. You should never tend to have a negative outlook, always reflect positivity, be less critical towards your surroundings and you’ll widely observed benefits of positive thinking.

**R.C. Sharma**  
**A.P. in Physics**

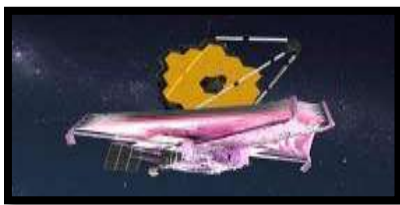


## New Generation Of Telescopes

The mysteries of the universe seems limitless, however to unlock them we've going to need some incredible technologies to peer deeper and more sharply than is currently possible. Telescopes have come a long way since Galileo first fixed two lenses to a tube and discovered the moons of Jupiter and the phases of Venus. But today's advanced telescope will allow us to crack open some of the greatest mysteries of the universe. The **Hubble Space Telescope** is the most important observatory ever built. It has opened up incredible windows of our universe by its stunning images and Spectra.



**Hubble's Telescope :-** The first, publicized successor of Hubble Space Telescope is **James Webb telescope**.



### **James Webb's Telescope**

It has launched recently on 25<sup>th</sup> December 2021. It's collective area is 5 times greater than Hubble space telescope. It has 18 hexagonal mirrors which approximately took five months to unfold, cooled before opening its camera to sky. Hubble was optimized for visible and UV light. But James Webb telescope is optimized for infrared wavelengths of light. Object Detected by Webb's larger mirror are 16 times fainter than Hubble. So the true successor to Hubble will not be in space at all. A new generation of ground based extremely large telescopes is being planned. And it is "**Giant Magellan Telescope** (GMT)".



### **Giant Magellan Telescope**

GMT is a ground based extremely large telescope under construction as a part of “Extremely large Telescope program” as of 2022. Its collective area is over 80 times Hubble’s and nearly 15 times Webb’s. GMT is built to explore visible wavelength just like Hubble. However it would produce image 10 times sharper than Hubble’s, but on the ground that resolution is normally limited to about 10 times worse than Hubble’s. But by using “adaptive optics” technique it can be corrected. GMT has extreme sensitivity; this will allow taking photographs of planets in other solar system. We can hope that GMT will observe the very first population of stars that formed in our universe.

Another new type of telescope referred to as the **Large Synoptic Survey Telescope** currently under construction in Chile.



### **Large Synoptic Survey Telescope**

LSST was proposed in 2001. But full survey operations not beginning before 2023. LSST will scan the whole southern sky every few nights. This is possible because of the giant field of view of its car sized 3.2 gigapixel camera. Every night for 10 years it will take 1000 pairs of exposures and store 15 terabytes of data. We’ll spot countless fast moving objects in our solar system, including potentially hazardous asteroids that could one day impact the Earth. It will be easier to find new supernovae.

**Webb, GMT** and **LSST** are designed to tackle some of the biggest questions about our universe. These telescopes will change the way we do astronomy.

**Ms. Suman**  
**A.P. in Physics**





## Carcinogenic Activity of Aloe Vera

Aloe vera whole leaf extract has been classified by the International Agency for Research on Cancer as a possible human carcinogen (Group 2B) recently along with other natural products such as Ginkgo biloba extract and kava extract. Non-decolorized whole leaf extract of Aloe vera is on the Proposition 65 list because it can cause cancer. Exposure to this substance may increase the risk of cancer. *Aloe barbadensis* Miller (Aloe vera) is an herbal remedy promoted to treat a variety of illnesses; however, only limited data are available on the safety of this dietary supplement. Drinking water exposure of F344/N rats and B6C3F1 mice to an Aloe vera whole-leaf extract (1, 2, and 3%) for 13 weeks resulted in goblet cell hyperplasia of the large intestine in both species. Based upon this observation 2-year drinking water studies were conducted to assess the carcinogenic potential of an Aloe vera whole-leaf extract when administered to F344/N rats (48 per sex per group) at 0.5, 1, and 1.5%, and B6C3F1 mice (48 per sex per group) at 1, 2, and 3%. Compared with controls, survival was decreased in the 1.5% dose group of female rats.

Treatment-related neoplasms and nonneoplastic lesions in both species were confined primarily to the large intestine. Incidences of adenomas and/or carcinomas of the ileocecal and cecal-colic junction, cecum and ascending and transverse colon were significantly higher than controls in male and female rats in the 1 and 1.5% dose groups. There were no neoplasms of the large intestine in mice or in the 0 or 0.5% dose groups of rats. Increased incidences of mucosa hyperplasia of the large intestine were observed in F344/N rats and increased incidences of goblet cell hyperplasia of the large intestine occurred in B6C3F1 mice. These results indicate that Aloe vera whole-leaf extract is an intestinal irritant in F344/N rats and B6C3F1 mice and a carcinogen of the large intestine in F344/N rats.

**Proposition 65 lists a specific type of Aloe vera extract: non-decolorized whole leaf extract.**

- This extract from the plant's leaves is not filtered to remove cancer-causing chemicals naturally found in the Aloe vera plant.
- Most consumer products with Aloe vera do not contain this type of extract and are not known to pose a cancer risk. They contain decolorized whole leaf Aloe vera extract. This extract is filtered to remove cancer-causing chemicals and is not on the Proposition 65 list.

**How does exposure to non-decolorized whole leaf extract of Aloe vera occur?**

- Exposure can take place by consuming products with non-decolorized whole leaf extract of Aloe vera or applying them to the skin.
- A few consumer products contain this non-decolorized extract though product labels do not always make this clear.
- Home remedies with Aloe vera may pose a cancer hazard if the liquid extracted from the leaves is not properly processed to remove the cancer causing chemicals.
- During pregnancy, some chemicals of concern in non-decolorized whole leaf extract of Aloe vera can pass from mother to baby.

**How can I reduce my exposure to non-decolorized whole leaf extract of Aloe vera?**

- If you are using Aloe vera products that contain whole leaf extract check the label or check with the manufacturer to be sure that the extract has been decolorized.
- If you are using whole Aloe vera leaves to make your own home remedies take steps to remove the plant's harmful chemicals such as filtering the Aloe vera extract through an activated charcoal filter.

**Dr. Shivani Verma**  
**A.P. in Botony**



# Nanotechnology

## A Revolution In Science

There have always been demands from technology for the development and discovery of new materials with tailor-made properties. The most well known example of this is electronics technology, which has a continuous demand for the miniaturization of its components.

The components used in electronic changes from the vacuum tubes to semiconductor devices to integrated circuits VLSI's. Now a days, a chip of one centimeter square area can contain as many as 10,000 devices. As a consequence of this miniaturization, not only have the machines become smaller but there has also been a large saving in power consumption, resulting in the reduction of their cost. Gordon Moore, a computer scientist made the observation in 1964 that the no. of devices placed on a chip was not going to double every 18 to 24 months. His observation has not been violated till today; consequently his observation has come to be called "Moore's law".

'Nanotechnology' and 'nanoscience' have become buzzwords these days. One can hear everybody talking about them. So what does these terms deal with? It will become more exciting with some examples of nanotechnology.

### **a) Scratch resistant plastic lenses:-**

Normally the spectacles consist of a pair of appropriate lenses made of glass. Because glass is transparent to visible light and grinding it to make lenses is rather easy.

### **b) Dirt Repellent trains:-**

The outer side of compartments of trains is usually coated with a thick layer of dust and other dirt particles. The compartment can be made dirt repellent by painting their outside with an emulsion containing nano particles. Because of extremely small size of these particles the painted surface will be smooth that dirt can not stick to it and compartments would remain clear.

**Certified that this is my original work and not from internet or any other written material.**

**Ms. Ambika**

**A.P in Chemistry**





## Indian in Space

Human being is part of the whole, called by us the universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest a kind of optical delusion of his consciousness. Delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.

India is making remarkable progress in the field of space research .It has made great achievements during recent times. At the time of independence, India was far behind the developed countries in terms of scientific and technological research and development, particularly in the field of space research. Naturally, India had to depend on other developed countries of the world. However, after independence, the country made great efforts to minimise its dependence on other countries and to become technologically independent. India has made great strides in the sphere of space and technology and has applied it successfully for its rapid development and for the development of society as well.

India started its space program with the launch of first space satellite 'Aryabhata' on April 19, 1975. The space satellite was named after the great Indian astronomer and mathematician of the 5th century, Aryabhata. It was launched from a soviet cosmodrome with the help of a soviet rocket. The second satellite 'Bhaskara' was launched on June 7, 1979. It was also launched from a soviet cosmodrome. It was named after two eminent personalities Bhaskara-I and Bhaskara-II. It was followed by 'Rohini'. It was the first Indian satellite put into the space by SLV-III, an Indian rocket. It was launched from Sriharikota in Andhra Pradesh on July 9, 1980. It was a success of the mission of SLV -III which brought recognition to the space program of India.

India's fourth satellite Rohini II was launched by the launch vehicle SLV- III from Sriharikota on May 31, 1981. It was weighted 38 kg. It was known as India's first development rocket flight. Unfortunately, it burnt in space on June 8, 1981 without completing its mission. Bhaskara II, India's fifth satellite in space was launched on November 20, 1981 from Soviet cosmodrome Volgograd. It was the earth observation satellite. It was a milestone in the space journey of India as it brought to India the honor of being a space nation.

In August 1983, India successfully launched INSAT-IB satellite. It marked the opening of new horizons for India. India's 9th satellite INSAT-1B becomes fully operational in October 1983. It was the world's first geostationary satellite combining services like telecommunication, mass communication and metallurgical.

India's space programme is primarily driven by the vision of great scientist Dr Vikram Sarabhai. He is considered as the father of Indian space program. India launched INSAT series satellite which made India's position stronger in the comity of nations. India has now become self-reliant in terms of launching vehicles and telecommunications. Now India offers telecommunication services to other countries. The launching of satellites like IRS, ASLV, PSLV have placed India in the exclusive club of four Nations-USA, Russia France and Israel. The space research was mainly conducted with the help of sending rockets. Infact, space research in India gained momentum with the formation of the Indian Space Research Organization (ISRO). Today, INSAT and IRS are the major programs of ISRO.

India has today robust launch vehicle program with the help of which it can launch spacecraft indigenously. The program is mature enough to offer launch services to the outside world. ANTRIX, the commercial arm of the space department is concerned with India's based services globally. ANTRIX is also supplying various IRS specific hardware and software items.

The INSAT system is one of the largest domestic communication satellites in the Asia- Pacific region. It revolutionized India's communication sector. While the IRS is the world largest constellation of civilian remote sensing satellites providing imagery at the national and global level. At present, it consists of 11 operational satellites. The INSAT system is a multipurpose satellite system offering services to telecommunication, television broadcasting, and weather forecasting.

The services of the IRS are equally important, the picture of high-resolution state of the art camera of the IRS are used in a variety of ways in planning and development of society. These images are used for ground and surface water harvesting and irrigation command areas to optimise water use. Forest survey and management, wasteland identification and recovery are other allied used of the space program. Besides, the data provided by the IRS are used in urban planning, flood prone area identification and the consequent suggestion for mitigation measures. ISRO has a leading role in the field of Space Research. It has an active program to interact with academic and Research institutions all over the country. It has cooperative agreement with NASA and other agencies for the reception of metrological data from INSAT spacecraft by those agencies.

Thus India has made tremendous strides in the field of Space Research. With the development of launch vehicle technology indigenously and other significant achievements .It is now a member of space club. It has been successful in the application of satellite technologies for the benefit of society. Research is to see what every day as has seen and to think what no body else has thought.

**Ms Amanpreet**

**A.P in Chemistry**



## Mathematics Is Everywhere

**Mathematics** is the science involving numbers, shapes and patterns which is present in almost every thing around us. It helps us to derive analytical solutions to practical problems. It is applied in various fields such as engineering, finance, physical science, etc. It has a great impact in every domain of our life and we can find many mathematics applications around us.

Mathematics has been around us from the beginning of the time and it enters in our lives as soon as we enter in this world, for instance, we get our date of birth first and also gets a mandatory Aadhaar Card with a number having a dozen digits. Since our birth, we have lived surrounded by numbers and wherever there are numbers, there is Mathematics and numbers are everywhere, Mathematics is also everywhere. To support it let's recall Galileo Galilei's quote that "**Mathematics is the language in which God has written the universe.**" The planets go around the sun in a precise orbit and sun goes around the universe in a precise orbit. Days become nights and nights become days in a precise order of time.

Mathematics is in every aspect of our lives; from a mother-child relationship to a person's every needs. The emotional distance between a mother-child can be minimised, i.e. there exists a  **$\Delta > 0$**  for which we have  **$\epsilon > 0$** . A mother always tends to a child, who is a limit to her. Every person has  $\infty$  desires to fulfill despite knowing the fact that  $\infty$  is not a real number.

Human beings generally behave like a **modulus function** as they react positively or negatively according to the circumstances or people around them; whenever a person is looking forward to a positive outcome from a situation he takes the positive values otherwise he chooses to remain indifferent by taking the negative values.

Friends are like limitless functions separately but together they become a constant function.



College students resemble 'unlike terms' of algebra, that is, until the lunch break. The Cafeteria then becomes their limit point of enjoyment as there exists a lot of points in that interval of time.

A group of friends is like an **integral domain** because of the absence of zero divisors which implies there exists two friends such that (1st friend x 2nd friend) = 0 as their love for each other makes them an identity together. Teachers are synonymous with **integration** as they increase the capabilities of a constant student with their knowledge and magnify a student's capabilities.

**The most important lesson Mathematics teaches us to never give up as every problem has a solution.**

**MS. Simple Rani**

**A.P in Mathematics**



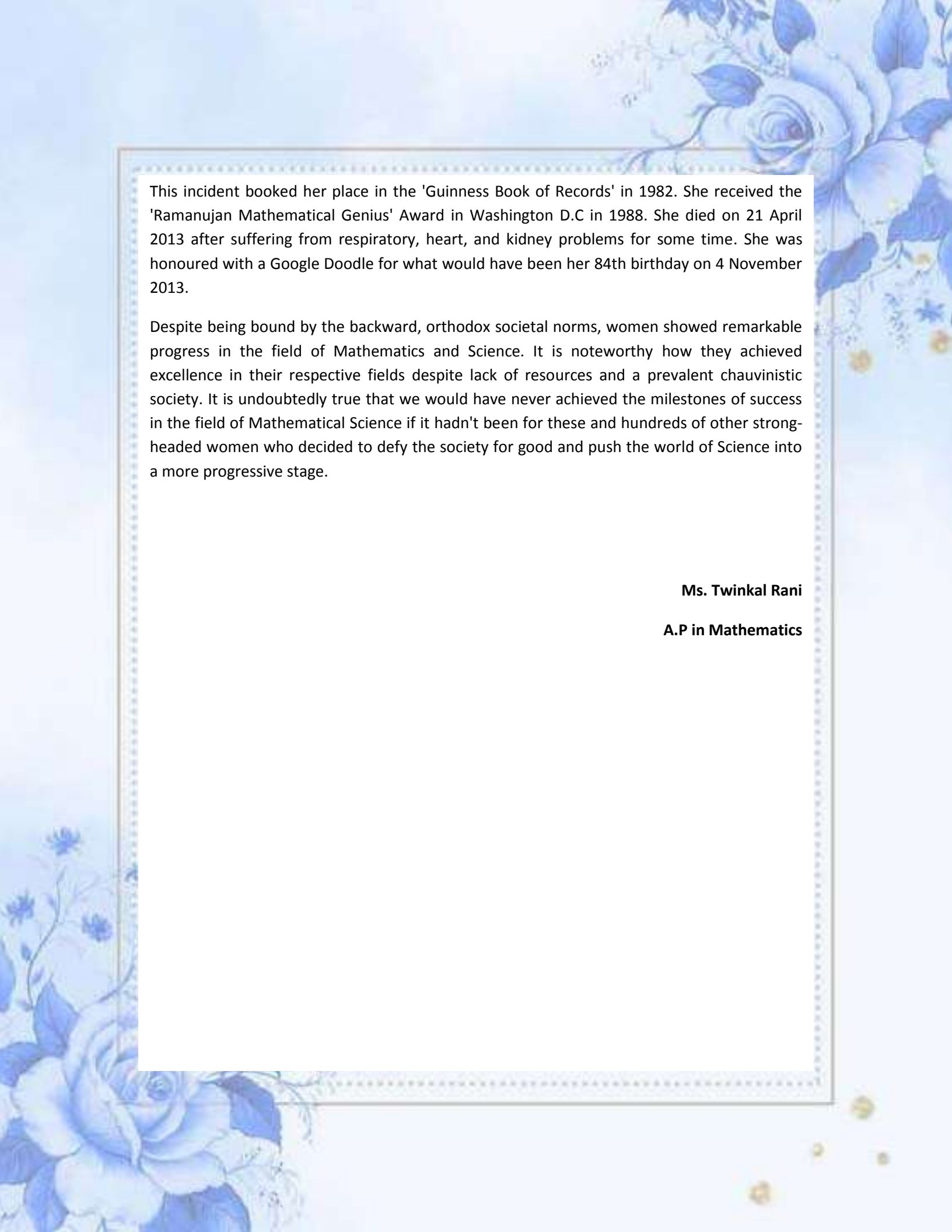
## Women of Mathematics

Until very recently society dictated that it wasn't very respectable for women to be Mathematician. In a patriarchal society where the world was dictated by the likes of men, women were oppressed if they had an opinion. However, there were a few women who dared to go against the flow and their achievements demonstrate that women have as much to contribute to Mathematics as any of their male counterparts.

It is hard to perceive who the first female Mathematician was. Hypatia was certainly one of the earliest. She was born in 370 AD in Alexandria, Egypt. She was the daughter of Theon, the last known member of the famed library of Alexandria, She followed his footsteps in the study of Mathematics and Astronomy. She collaborated with her father on commentaries of classical Mathematical works, translating them and incorporating explanatory notes, as well as creating commentaries of her own and teaching a succession of students from her home. A philosopher, a follower of Neoplatonism, a belief system in which everything emanates from the One. Hypatia was highly popular among crowds who listened to her public lectures about Plato and Aristotle.

Another female mathematician Shakuntala Devi who was born into a financially weak family in Bengaluru, India. She could not receive her formal education due to her family's poor financial condition. When she was 3 years old, her father noticed her ability to do quick calculations and remember numbers while he was playing card games with her.

At the age of 5, she started calculating cube roots. When her father recognised her talent, he took her on the road shows and displayed her talent of doing quick calculations. Soon, Shakuntala started earning money by showcasing her talent. At the age of six, Shakuntala displayed her talent to the faculty of the University of Mysore. She had also demonstrated her talent at the Annamalai University, Osmania University, and the universities of Hyderabad, and Visakhapatnam. In 1944, her father took her to London. By 1944, Shakuntala received wide recognition and travelled to different parts of the world demonstrating her expertise in mathematics. In 1969 she was awarded the title of the 'Most Distinguished Woman of the Year' by the University of Philippines. Once she was asked to multiply two randomly picked 13 digit numbers  $7,686,369,774,870 \times 2,465,099,745,779$ . She gave the correct answer within 28 seconds.



This incident booked her place in the 'Guinness Book of Records' in 1982. She received the 'Ramanujan Mathematical Genius' Award in Washington D.C in 1988. She died on 21 April 2013 after suffering from respiratory, heart, and kidney problems for some time. She was honoured with a Google Doodle for what would have been her 84th birthday on 4 November 2013.

Despite being bound by the backward, orthodox societal norms, women showed remarkable progress in the field of Mathematics and Science. It is noteworthy how they achieved excellence in their respective fields despite lack of resources and a prevalent chauvinistic society. It is undoubtedly true that we would have never achieved the milestones of success in the field of Mathematical Science if it hadn't been for these and hundreds of other strong-headed women who decided to defy the society for good and push the world of Science into a more progressive stage.

**Ms. Twinkal Rani**

**A.P in Mathematics**





## Do You Know.....?

- A teaspoon of honey is result of a lifetime work of 12 bees.
- The whale's heart beats only 9 or 11 times in a minute.
- Polar bears are almost impossible to detect with a thermal imaging camera.
- Even the smallest drop of alcohol placed on a scorpion drives him crazy.
- The skunk spider likes to wear a drop of water as a headdress.
- Scorpion can kill an adult person.
- A cat's noise print is as unique as a person's fingerprints.
- Sharks go into a coma if they are turned upside down.
- An ostrich's eye is bigger than its brain.
- Pigs can squeal louder than a jet engine.
- Some species of ants knew farming. They grew mushrooms and lived on them themselves.
- A penguin can hold its breath for upto 18 or 20 minutes.
- If you cut a person's liver in half, it will fully recover in 1 month.
- The brain reacts to alcohol in 6 minutes.
- Maximum temperature at which a person can breathe is about +116°C.
- The fastest muscles in human body are the ones that make the eyes blink.
- Human glow in dark but light emitted by our bodies is 10 times less than the level our eyesight can detect.

**Ms. Manju**

**A.P in Zoology**



## The Goodness of Milk

**Bone health promotion:** 1 cup of milk provides 70% of recommended daily allowance of calcium. Milk promotes strong bones, due to presence of calcium and vitamin D, which help in bone formation. Bone formation and acceleration takes place in childhood and bone maintenance happens in adulthood. This is the reason why children must drink at least 2 glasses of milk daily. Encouraging adults to add 1 more dairy food like milk to their eating pattern is a practical way to help them meet their dairy recommendation. Calcium obtained from milk can reduce the risk of osteoporosis. Milk consists phosphorus abundantly which helps in building bones.

**Reduce fatigue:** About 18.18% of recommended daily allowance of Riboflavin (vit B2) comes from milk. Vitamin B2 helps in breaking down of the macronutrients-protein, carbohydrate and fat. Riboflavin, in the form of FAD, helps your body break down fats and carbohydrates into energy. Other B-vitamins like thiamine and niacin are also present in milk that is involved in energy metabolism reactions in our body.

**Low carb:** Milk is low in carbs and therefore does not raise blood glucose levels. One cup of milk gives 10 grams of carbs.

**Mental health:** 1cup of milk provides 6% of the recommended daily allowance of zinc, and zinc acts in our body to revive the brain. Diets high in zinc are seen to keep the cognitive function intact even in senility. Folic acid is used for memory loss. Alzheimer disease and depression.

**Sleep inducer:** Warm milk helps induce sleep, due to presence of tryptophan, which has the property of inducing sleep. Also the warmth of milk raises our body temperature and gives sound sleep. Milk needs to be heated to the extent where it can be drunk comfortably. Or you can make it as a soothing sleep inducer drink which will help you to get a peaceful sleep.

**Eye health:** Milk may be helpful in keeping your eye healthy because the nutrient riboflavin present in it has been linked with prevention of eye problems like cataracts, glaucoma. Milk also contains other eye health promoting nutrients like vitamin A and zinc which are linked with reducing the chances of night blindness.

**Anti-cancerous:** A recent study on cow's milk stated that it neutralizes the cytotoxicity of acrolein which is a carcinogen found in cigarette smoke. A protein in milk called lactoferrin has emerged as a promising anticancer agent as it prevents cancers of prostate and bone.

**Name - Alisha**  
**Class - Bsc 3<sup>rd</sup> yr**  
**Roll no. 22**





## Mental Health

Nowadays, almost everyone is unhealthy or suffering in life in different ways. As the new problems or diseases arising day by day, humans are trying to improve their healthcare facilities, finding new techniques and cure for every disease or solutions for new problems like recently we have even invented the vaccination for dreadful Covid-19. We usually discuss about our physical health issues with our family and others and they also take them seriously, however, it's not same when it comes to depression, anxiety, panic attacks and many more. WHY???

What's wrong with that?

We take our visible physical symptoms so seriously then why don't we take our "MENTAL HEALTH" as a critical issue?

Isn't it serious, if not then why, what is it lacking to not be taken seriously?

Stress affects our mind as well as our body negatively. Insomnia, weight loss, poor appetite, restlessness are just few little symptoms of unfavorable health or body issues. Still we ignore it casually. It even collides with our daily life, how we cope up with other people, with our family, friends even with ourselves. It impacts on our present, future, feeling, thoughts....the whole life. There isn't any specific age in which a person can suffer from it. However, teenagers and middle-aged persons are most affected by it these days. People think it's just a sudden little wave of sadness or that they are just little bit tired and of course, it can be because of your busy schedule but if it goes on increasing steadily then it can worsen the health.

There can be many reasons behind the stress, depression and other mental health issues but the point is, as a society, as a family, what are we doing exactly to help.....IGNORE?

We call them "OUTCAST" or make fun of them just because they don't get along with others or tag them as "ATTENTION SEEKERS" if they ever reach out for help.

PEOPLE REGRET LATER BUT DON'T TAKE THE PRECAUTIONS EARLIER.

"A little too late is much too late"

So, Yes "MENTAL HEALTH" is a major issue.

Even WHO (WORLD HEALTH ORGANIZATION) considers a person healthy if he or she is "mentally healthy" in addition to being physically or socially healthy.

So, as a member of society, it's our duty to be a helping hand to the ones who are in need.

**Name - Lovedeep**

**Class - Bsc 3<sup>rd</sup> yr (Med)**

**Roll No: 10**



## Artificial Intelligence

**Fingertip Sensitivity for Robots:** The thumb shaped sensor is made of a soft shell built around a light weight stiff skeleton. This skeleton holds up the structure much like Bones stabilize the soft finger tissue. The shell is made from an elastomer mixed with dark but reflective aluminum flakes, resulting in an opaque greyish color which prevents any external light finding its way in it.

When an object touch the sensor's shell, the appearance of color pattern inside the sensor changes. The camera records images many times per seconds and feeds a deep neural network with this data. The algorithm detects even the smallest change in light in each pixel. Within a fraction of a second, the trained machine learning model can map out where exactly the finger is contacting an object, determines how strong the forces are and indicates the force direction.

"We achieved this excellent sensing performance through the innovative mechanical design of the shell; the tailored image system, inside automatic data collections and cutting-edge deep learning." says Georg Martius Max Plank research group leaders at MPI – IS where he heads the autonomous learning group.

Another special feature of the thumb shaped sensor is that it possesses a nail shaped Zone with a thinner elastomer layer. For this super sensitive Zone, the scientists chose an elastomer thickness of 1.2 mm rather than the 4 mm they used on rest of finger sensor. The hardware and software design we present in our work can be transferred to a wide variety of robot parts with different shapes and precision requirements. The machine learning architecture, training and inference process are all general and can be applied to many other sensor designs, "Huanbo Sun Concludes".

**Name - Sakshi**

**Class - Bsc 3<sup>rd</sup> yr (Med)**

**Roll No: 11**





## High Blood Pressure

High blood pressure is a common condition in the humans that increase the risk of stroke and heart disease.

Blood pushing against the wall of arteries in the body creates pressure, which generally varies throughout the day High Blood Pressure, also known as **Hypertension**, is blood pressure that is consistently higher than what is considered normal. There are two types of blood pressure measures:

### **Systolic and Diastolic**

Systolic blood pressure is the pressure in the arteries when the heart beats while diastolic blood pressure is the pressure in the arteries when the heart rests. Normal systolic blood pressure is less than 120mmHg and normal diastolic blood pressure is less than 80mmHg , together described as 120/80 mmHg. High blood pressure may be defined slightly different by clinicians because some guidelines suggest that high blood pressure is that which is consistently higher than 130/80 mmHg, while other guidelines suggest higher than 140/90mmHg.

### **Symptoms of High Blood Pressure**

High blood pressure often has no warning signs or symptoms, which can make it difficult for individuals to know they have it.

Uncontrolled high blood pressure over long periods of time can lead to serious medical conditions such as heart failure or heart attack, stroke, vision problems and kidney disease.

### **Preventing High blood pressure**

There are several known risk factor for developing high blood pressure, including unhealthy diet, physical inactivity, obesity and excess alcohol use. Some people with a family history of high blood pressure may also have an increased risk.

The most important ways to prevent high blood pressure are to maintain a healthy diet and regular physical activity along with limiting alcohol intake and avoiding tobacco use.

### **Diagnosis and Treatment**

High blood pressure is diagnosed by measuring blood pressure at a doctor's office. Many people can lower their blood pressure through lifestyle changes such as engaging in a 30 minutes of physical activity 5 days a week, eating a healthy diet that includes fresh fruits and vegetables, not smoking and managing stress.

In the office setting, many oscillometric devices have been validated that allow accurate BP measurement while reducing human error associated with the auscultatory approach. Fully automated oscillometric devices capable of taking multiple readings even without an observer being present may provide a more accurate measurement of BP than auscultation.

**Name - Shivanshi**

**Class - Bsc 3<sup>rd</sup> yr (Med)**

**Roll No: 06**



# Heart Attack

**A heart attack happens when there is a loss of blood supply to part of the heart muscle. It often results from a blockage in a nearby artery.**

A person who is experiencing a heart attack – or myocardial infarction – will feel pain in their chest and other parts of their body, as well as other symptoms. Spotting the early signs of a heart attack and getting prompt treatment is crucial and can save a person's life.

A heart attack is different from cardiac arrest, in which the heart stops working completely. Both are medical emergencies, and without treatment a heart attack can lead to cardiac arrest.

The article looks at how heart attacks happen and how to treat and prevent them.

## **Symptoms of Heart Attack**

As heart attack can be fatal, it is crucial to recognize the warnings as soon as possible and contact emergency services.

### **Symptoms include:**

- Feeling of pressure, tightness, suffering pain or aching in the chest.
- Pain that spread to the arms, neck, jaw or back.
- A feeling of crushing or heaviness in the chest.
- A feeling similar to heartburn or indigestion.
- Shortness of breathe.
- Feeling clammy and sweaty.

### **Major and Minor Heart attack;**

**Major Heart attack** - When most of people think of a heart attack, they often think of a STEMI. A STEMI occurs when a coronary artery becomes completely blocked and a large portion of the muscles stops receiving blood. It's a serious heart attack that can cause significant damage.

**Minor Heart attack** : A mini heart attack is also called a mild heart attack or a non- ST elevation myocardial infarction, is when there is only partial blockage of the artery, the symptoms don't last as long as a regular heart attack, and the heart may only suffer minimal damage.

**The symptoms can vary in their order and duration – they may last several days or come and go suddenly.**



**The following may also develop:**

1. Hypoxemia: This involves low level of oxygen in the blood.
  2. Pulmonary edema: This involves fluid accumulating in and around the lungs.
  3. Cardiogenic shock: This involves blood pressure dropping suddenly because the heart can not supply enough blood for the rest of the body to work adequately.
- Females and males sometimes experience heart attack differentially.

**Treatment:**

A heart attack is life treating and needs emergency attention.

Now a days, many people survive heart attacks, due to effective treatment. Delaying treatment, however dramatically reduce the chances of survival.

**CPR** : If persons stops breathing take the following steps:

- Do manual chest compression.
- Lock your fingers together and place the base of your hands in the centre of chest.
- Position of your shoulders, over your hands, lock your elbows, and press hard and fast, at a rate of 100-120 compressions per minute. Press to a depth of 2 inches.
- If possible, take turns without passing the compressions.

**Medical Treatment:**

When the emergency team arrives they will take over the person's care. Give them as much detail as possible about the person's health and what was happening before the event.

The team will try to stabilize the person's conditions including providing oxygen.

In hospital, a medical team will perform tests and provide appropriate treatment.

● **Many approaches can help , but three common options are:**

- Medications, including those to dissolve blood clots.
- Percutaneous coronary intervention, a mechanical method of restoring blood flow to any damaged tissue.
- Coronary artery bypass grafting, commonly called heart bypass, diverts blood around damaged areas of the arteries to improve blood flow.

**Prevention:**

These are various ways to lower the risk of a heart attack. The American Heart association advises people to make heart health a priority.

● **Ways to do this includes.**

- Avoiding or quitting smoking.
- Having a balanced, healthful diet.
- Getting regular exercise.
- Limiting alcohol intake.
- Managing diabetes, High cholesterol levels, High blood pressure and other conditions.
- Maintaining a healthy body weight.

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## Drugs and alcohol abuse

Surveys & statistics show that use of drugs and alcohol has been risen especially among the youth. This is really a cause of concern as it could result in many harmful effects. Proper education and guidance would enable youth to safeguard themselves against these dangerous patterns & unhealthy lifestyles.

The drugs, which are commonly abused, are opioids, cannabinoids and coca alkaloids.

Majoring of these are obtained from flowering plant, some are obtained from fungi.

Opioids are drugs bind to specific opioid receptor present in our central nervous system and gastrointestinal tract.

Heroin commonly called smack is chemically diacetylmorphine which is a white, odourless, bitter crystalline compound.

This is obtained by acetylation of morphine, which is extracted from latex of poppy plant, papaver somniferum generally taking by snorting and injection, heroin is depressant and slows down body function.

Cannabinoids are group of chemicals which interact with cannabinoid receptors present principally in the brain. Natural cannabinoids are obtained from the inflorescences of plant cannabis sativa. The flower top, leaves & the resin of cannabis plant are used in various combinations to produce marijuana, hashish, charas & ganja generally taken by inhalation & oral injection, these are known for their effects on cardiovascular system of body. Coca alkaloid or cocaine is obtained from coca plant erythroxylem coca, native to South America cocaine commonly called coke or crack is usually snorted. It has a potent stimulating action on central nervous system, producing a sense of euphoria and increased energy. Excessive dosage of cocaine causes hallucinations. These days' cannabinoids are also being abused by some sports person. Several plants, fruits and seeds having hallucinogenic properties have been used for hundred of years in folk medicine.

Tobacco has been used by human beings for more than 400 years. It is smoked, chewed or used as a snuff. Tobacco contains a large number of chemical substances including nicotine, an alkaloid. Nicotines stimulate adrenal gland to release adrenaline and noradrenaline into blood circulation, both of which raise blood pressure and increase heart rate.

### **Effects of drugs:**

The immediate adverse effect of drug and alcohol abuse are manifested in the form of reckless behaviour, vandalism, violence. Excessive doses of drugs may lead to death due to respiratory failure, heart failure or cerebral hemorrhage. A combination of drugs or their intake along with alcohol generally result in overdosing or even death.

### **Preventions and controls:**

- **Avoid under peer pressure:** Every child has his /her own choice and personality, which should be respected and nurtured.
- **Education and counseling:** Educating and counselling him / her to face problem and stresses and to accept disappointments and failure as a part of life.
- **Medical help:** A lot of help is available in the form of highly qualified psychologist and psychiatrist and de-addiction and rehabilitation programmes to help individual who have unfortunately got in the quagmire of drug or alcohol abuse.

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## Paddle for Health

In modern era everyone is busy with their different life periods. Everyone has to face many problems and that's why we find almost people tensed.

To avoid stress, it is advised to go for a walk, do yoga and meditation. Instead of this we have to be fit, relaxed and stress free.

So there is a way to get relief from stress and become fit and fine.

**Yes**, I'm talking about cycling. As we all know that cycling is being used as a means of transport from earlier period.

Cycling increases the Brain activities. After 35-45 minutes of cycling the brain activity is at its maximum level.

### Physically prons -

A good cycle ride can also have some emotional benefits. Cycling can change your mood, relieve anxiety and protect from stress. Cycling bring lots of happiness and silence to brain. Cycling gives you deep and good sleep,

Also, it saves the planet from the pollution. It is the best means of transport. Cycling helps in reducing growth of cancer cells as it increases brain activity, more active leads to the healthier body. Paddling also makes money. As it is the free of cost, those results in saving the money. There are many vehicles which we use in our daily life causes unnecessary pollution that results in various dangerous diseases. Cycling saves the plants from pollution because other vehicles are main polluting factors.

### Occasionally prons –

Cycling events and competitions are being held under the various associations and also through companies. With this event, all the people are encouraged for the cycling , the youngsters take part in this with full excitement and enjoy the riding.

### **Healthy body –**

As more people start cycling. There will be no more danger of heart diseases. It also helps in regulations of blood in all parts of the body. It is an exercise which keeps our muscular parts in motion.

### **Suggestions for healthy and wealthy life:**

- We all should use bicycles for the nearby visits. It is free of cost, and pollution free activity.
- We can enjoy cycling with our friends and with family members.
- Daily cycling helps in preventing disease like Asthma , Lung infections, etc

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## Benefits of Exercise

Exercise involves engaging in physical activity and increasing the heart rate beyond resting levels. It is an important part of preserving physical and mental health.

Whether people engage in light exercise, such as going for a walk or high intensity activities. For example: Uphill cycling or weight training, regular exercise provides a huge range of benefits for the body and mind.

### **What are the health benefits of exercise?**

Regular exercise and physical exercise:

- Help us control our weight: Along with diet, exercise plays an important role in controlling our weight and preventing obesity.
- Reduce our risk of heart diseases: Exercise strengthens our circulation. The increased blood flow raises the oxygen levels in our body.
- Improve your mental health and mood: During exercise our body releases chemicals that can improve our mood and make you feel more relaxed.
- Reduce our risk of some cancers, including colon, breast and lung cancer.

### **How do we exercise as a part of my daily routine?**

- Make everyday activities more active: We can make the stairs instead of the elevator.
- Park vehicle further away from your destination.
- Do exercise with more fun: Try listening to music or watching TV while exercise.

### **What are the mental health benefits of exercise?**

Exercise improves mental health by reducing anxiety, depression and negative mood and by improving self esteem and cognitive function.

### **Exercise can help in providing**

- Sharper thinking and memory
- Improve our quality of sleep
- Lower blood pressure and improve heart health
- Exercise increase our workout as you feel more energized

### **How much exercise do I need?**

A good goal is to exercise 5 times a week for at least 30 min. each time. However, most people need to start gradually. Start by exercising 2 or 3 times in a week for 20 min. at a time. So, exercise is a important part of our healthy lifestyle and it can also help you maintain a healthy body weight.

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## Environment Pollution

Environment pollution is the most common threat to the human race on this planet today. Environment consists of earth, air, water, flora and fauna. It means adding impurity which threatens the life of flora and fauna of the environment. These impurities are mainly created by man-made activities.

The impurity can be in air, water, land. As we moving towards globalization there is rapid increase in industrialization and technological growth which raises harmful gases and chemicals into the air and simultaneously into water and thus affecting land, air as well water and ultimately the life of species on Earth.

When elements like water and soil are involved catastrophes like ground leakage, waste-water discharge, surface run off, Littering, soil contamination, all these environmental issues crowd together and destroy our ecosystem.

### **Ways to reduce pollution:**

1. Using public transports
2. Turn off the lights when not in use.
- 3- Recycle and Reuse.
4. Say no to plastic bags.
5. Reduction of forest fires and smoking.
6. Use of fans instead of Air conditioner.
7. Use filters for chimneys.
8. Avoid usage of crackers.
9. Avoid using of products with chemicals.
10. Implement Afforestation etc.

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## Cancer: Causes, Symptoms and Treatment

Cancer is one of the second largest fatal illnesses across the world. One of the horrific words a human being can listen to is being diagnosed with Cancer. The word Cancer brings alarm and anxiety to the listener. Cancer is the abnormal growth of cells in one part of the body which can even spread to other parts if not treated at an early stage. Neoplasms or tumour are the subset of these abnormally grown-up cells which often results in a mass or lump.

### Causes :-

Those agents which cause cancer are termed as Carcinogens. These can be classified into physical, chemical and biological. Physical Carcinogens include ultra violet and other ionizing radiations. Food adulterants such as aflatoxin, tobacco smoke, drinking water contaminant such as Arsenic, asbestos etc., are termed as Chemical Carcinogens. Viruses, Bacteria and other parasites which cause infections and eventually lead to Cancer are categorized under Biological Carcinogens. Ageing also causes cancer as the risk of the cellular repair mechanism weakens as we age.

### Symptoms of Cancer:

Some of the major symptoms of cancer include unexplained weight loss, extreme fatigue, persistent sores that do not heal, changes in the bladder and bowel movements, odd bleeding and discharges, change in voice due to cancer indication in larynx and lumps and bumps on the skin.

### Preventive Measures:

Some of the risk factors which needs to be addressed to prevent cancer may include avoidance of tobacco, being overweight or obese, unhealthy eating with less vegetables and greens, physical in-activity, avoiding pollution etc. Apart from the mentioned, vaccination against HPV and Hepatitis B Virus, controlling hazards while at work,

Reducing exposure to ultra violet and ionizing radiation etc., can help prevent being infected by Cancer.

**Treatment:**

Assessing the type of cancer and the stage is very important because every cancer type has a different pattern of treatment from surgery, radiotherapy and chemotherapy. The treatment that is used to relieve the cancer patient from their pain and enhance the quality of life for the patients and their families is termed as Palliative care.

**Conclusion:**

**World Health Organization** has partnered with UNO and other non-profit organizations to ensure every country is being made aware of the non-communicable diseases and the prevention of cancer and its control. Insights to develop centres of excellence to provide quality treatments and to conduct research on the carcinogenesis should be provided to governments and to help the people.

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