



ISHARJYOT DEGREE COLLEGE FOR WOMEN

MAKE A NEW PERSPECTIVE

CAMPUS BUZZ

(2022 - 23)

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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 personality, who changed the course of life of Sant Baba Mann Singh Ji.

Sant Baba Mann Singh Ji, the great educationist, a versatile genius of highest order, fearless revolutionary, visionary par excellence, 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**

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B.A 3rd



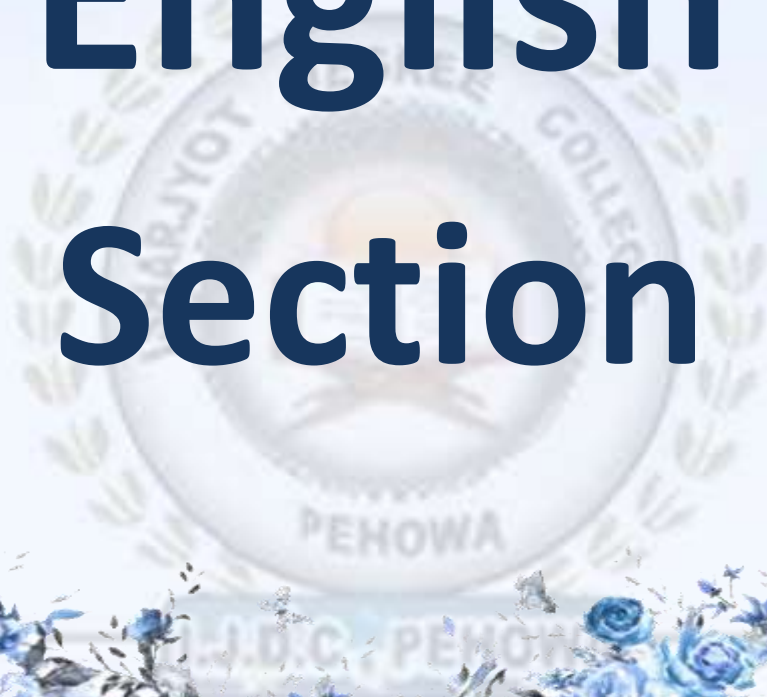
Manisha
B.A 2nd



Palak
B.A 1st



English Section



The background features a light blue gradient with a faint, circular seal of Maharaja College, Pehowa. The seal contains the text 'MAHARAJA COLLEGE' and 'PEHOWA' around a central emblem. The entire design is framed by a decorative border of blue roses and leaves.



Bitter Reality

“Ladki hun lad Sakti hun”, “Pink doesn’t mean weak”, “Women are future voice”. Now a days these slogans are #on social media. Everyone is trying to come in front and speak about women, especially ministers are talking a lot about women and their empowerment. It is said ‘an educated man can feed a family but educated woman can speed its growth’.

Do you think, on a question of women we are on a right track? I think no. we are giving education to women but that is somehow not going on right track. In society we can feel that educated women are got more exploited.

Some states of India like west Bengal, Tamil Nadu, and Kerala there are lots of educated women who are seduced on the name of education and jobs. Trapper shows sweet dreams of earning money and cast into hell to them and their life become awful. We have an example of Kerala its literacy rate is 94% and that is highest literacy rate of India as well. In the same way, the literacy rate of women also highest (95.2%) in Kerala but Kerala has a dark side as well, exploitation rate of women’s rapidly increasing in Kerala. Every year girls trafficking is increasing. Anti-social elements take the benefit of their innocence. They seduced to them, wash their brains to say “you are educated and independent, you should leave your family” they also convert to their region.

The issue of Love Jihad is also not hidden from us. In its seducer makes a trap on social media with the help of fake id. they trap girls use them and kill them. We have a recent example of “Shraddha Murder Case”. She was a working woman, trapped and killed by a particular religion person. At present around five thousand cases are for hearing in Supreme court of Love Jihad.

Only education can not help you to come out of these kinds of situations but your awareness about yourself and society will help you. Before coming in relationship with somebody we should think with open mind about its pros and cons. At last, but not the least aware what Cinema is serving us.

Ms Monika
A.P in English



Literature

Literature! What is Literature? Literature, the body of written works of a language, period or culture. Literature means not only what is written but what is voiced, what is expressed, what is invented, in whatever form. Literature allows us to step back in time and learn about life on earth from the ones who walked before us.

We can gather a better understanding of culture and have a greater appreciation of them. When we study literature, we learn to appreciate words and their power. The travel to other realms and times through the texts we read. We understand about their own culture and others'. We learn to sympathise with characters to feel their joys and pain.

When we analyse literature, we learn to identify cause and effect and are applying critical thinking skills. People who read literature have more sympathy for others, as literature puts the reader into another person's shoes. Having sympathy for others leads people to socialize more effectively, solve conflicts peacefully, collaborate better in the workplace, behave morally and possibly even become involved in making their community a better place.

Works of literature, at their best, provide a kind of blueprint of human society. From the writings of ancient civilizations such as Egypt and China to Greek philosophy and poetry, from the epics of Homer (author of the Iliad and the Odyssey) to the plays of William Shakespeare, from Jane Austen and Charlotte Bronte, works of literature give insight and context to all the world's societies.

In this way, literature is more than just a historical or cultural artefact; it can serve as an introduction to a new world of experience. Ultimately, we may discover meaning in literature by looking at what the author writes or says and how he or she says it.

We may interpret and debate an author's message by examining the words he or she chooses in a given novel or work or observing which character or voice serves as the connection to the reader. But what we consider to be literature can vary from one generation to the next.

Veerpal Kaur

A.P of English



Sarojini Naidu

Sarojini Naidu (1879-1949), also known by the sobriquet Nightingale of India, was a poet and politician. Naidu served as the first governor of the United Provinces of Agra and Oudh from 1947 to 1949. She was the first woman to become the governor of an Indian state. She was the second woman to become the president of the Indian National Congress in 1925 and the first Indian woman to do so.

Naidu joined the Indian National Movement in the wake of partition of Bengal in 1905. In 1915-18, she travelled to different regions in India delivering lectures on social welfare, women's empowerment and nationalism. She also helped to establish the Women's Indian Association (WIA) in 1917. She was sent to London along with Annie Besant, President of home rule league and Women's Indian Association, to present the case for the women's vote to the committee of British Parliament.

In 1925, Naidu presided over the annual session of Indian National Congress at Cawnpore (now Kanpur). In 1929, she presided over East African Indian Congress in South Africa. She was awarded the Kaisar-i-Hind Medal by the British government for her work during the plague epidemic in India. In 1930 during the salt satyagraha, she was one of the women protesters at the Dharasana salt works, Gujarat. Hundreds of satyagrahis were beaten by soldiers under British command at Dharasana. The ensuing publicity attracted world attention to the Indian independence movement and brought into question the legitimacy of British rule in India.

In 1931, she participated in the round-table conference with Gandhi and Madan Mohan Malaviya. She played a leading role in the Civil Disobedience Movement and was jailed along with Gandhi and other leaders. In 1942, she was arrested during period of the Quit India Movement. Sarojini Naidu has made significant contributions to the causes of India's independence, poverty, and women's liberation. She drew inspiration from the natural world and her surroundings, and her work represented her sense of patriotism..

"I say it is not your pride that you are a madrasi, It is not your pride that you are a Brahmin, it is not your pride that you belong to south india, it is not your pride that you are a Hindu, that it is your pride that you are an Indian."

~ Sarojini Naidu

**Ms. Neelam
AP in Commerce**

LIFE SKILLS FOR STUDENTS THAT HELP IN FUTURE DEVELOPMENT



We now live in a modern world where we have access to more information than ever before and can interact with others in ways we never could have imagined. The educational system will undergo numerous changes soon, and we might need to alter the way we instruct and educate children. We must get ready for this new technological era and prepare our children for the world they will live in. They require instruction in critical thinking, problem-solving, and ethical decision-making. A few crucial life skills for students that can support them in having a successful career: -

1. **Self-Awareness**

Any area of your life can be improved by starting here. To know what you need to change and be self-motivated enough to do it, you must first be self-aware. The first step to success and personal development is self-awareness. Without it, you won't know what needs to be improved, and without drive, you won't take any action.

2. **Setting Objectives**

You need to have definite goals if you want to succeed in life. Goals must be attainable and measurable; it is vital to remember this. They should also be difficult but doable. Having unreachable objectives could lead to low self-esteem.

3. **Managing time**

The capacity to efficiently manage your time and set priorities to do more in a day.

4. **Problems Solving**

The capacity to recognise problems as they arise and to fix them. This entails formulating potential solutions, gathering pertinent data, and putting them into practise. One of the biggest causes of student failure is their inability to think creatively or recognise issues that are not directly related to their academics.

5. **Effective Communication**

A vital life skill is communication. It can be used by a student to communicate their thoughts, feelings, and ideas to others. You can use it to build new relationships and to help you solve difficulties.

6. **Decision-Making Capabilities**

This is the capacity to choose wisely in trying situations. You can use this in your personal and professional lives as well as your studies. Making wise decisions can enable you to advance in life and seize opportunities that present themselves. You may attain your goals and be happy if you make the best decisions all the time.

7. Critical Analysis

You can examine the information you are provided and draw your own conclusions by using the critical thinking talent. It is a skill that may be applied in both academic and professional settings. Although critical thinking may be taught and practised, it is a talent that takes time to master.

8. Self-Control Techniques

This is the capacity to control your emotions and act in a suitable manner. This is appropriate for usage at home, in the classroom, and at work. One of the most crucial life skills is this one.

9. Motivation for Achievement

This is the desire to give everything you do your all. It is the motivation to advance and get better. It is the willpower to succeed. A positive outlook is what empowers you to get through difficulties and hurdles. Nothing will ever be done without it.

10. Empathic Qualities

Understanding and experiencing what others are going through is referred to as empathy. It is the capacity to relate to and comprehend the emotions and ideas of another individual. You can apply this ability in your educational institution, your home, and your personal life.

Life skills are important because they are a component of learning and an essential component of education. People with life skills are better able to deal with change and the various demands placed on them. They assist us in understanding how to apply our talents and strengths to achieve our goals and objectives. Learning to live well is important for students because they must learn to manage their behaviour, cope with pressures, work as part of a team, deal with stress, and work towards goals.

**Ms. Suman
A.P of Physics**



PROFESSIONAL CODE OF ETHICS

A professional code of ethics provides individuals with a set of guidelines to make good decisions in the workplace. Taking the effort to develop moral standards can foster harmony within an organisation and elevate your reputation among clients and customers. What professional ethics are? Why they are important? Such ethics in various industries and professions and how to develop ethical guidelines. A code of professional ethics is a set of customs that outline an organisation's mission and values. A code of ethics acts as a model of moral standards that employees are required to comply with. It ensures that every individual is personally accountable for their actions and their treatment of others.

Employers expect professionals to act in line with these principles, especially when approaching problems or making decisions that have a wider impact on society. People who violate the code of ethics compromise their trustworthiness and an organisation's reputation. It may lead to serious consequences, such as the termination of your contract.

Why Are Professional Ethics Important?

Many institutions have adopted professional ethics because it is an important tool that establishes rules for behaviour. When structured clearly, it sends out a coherent message to employees about expectations in the workplace. A code of professional ethics acts as a warning, informing people about the consequences when they break any guidelines. A moral statement is also valuable to a institution reputation in society because it is a public declaration of its principles.

Here are some examples of professional ethics for the work environment:

Equal opportunity

Professional dress code

Policy against discrimination and harassment

Privacy policy

Safety policy

Non-violence policy

Policy against destructive behaviour, including substance abuse and gambling

Teachers are role models for their young, impressionable students. They inspire and guide them through their own conduct. Not only do teachers share knowledge, but they also have the power to shape the future as they prepare the younger generation for the actual world. Education has a crucial impact on society; that is why it is important for teachers to follow professional ethics.

To conclude, we can say that, ethics is certainly one of the most important requirements of humanity. Furthermore, without ethics, the world would have been an evil and chaotic place. Also, the advancement of humanity is not possible without ethics. There must be widespread awareness of ethics among the youth of society and as we are all engaged in one and other profession, ethical codes should be properly followed for running an institution properly.

Ms. Jyoti

A.P in Political Science



Clean India Green India

“Cleanliness is equal to godliness”

Cleanliness means maintaining neatness both physically and mentally. We can estimate and analyse a person by his way of dressing. If one dressed carelessly all the people will assess his character. A good heart is moulded from a good character.

Cleanliness of mind will promote spiritual perfection and happiness.

Cleanliness is very important whether it is our home, workplace, or public places. It is one of the very basic needs of a civilized lifestyle. Clean India and Green India are the two sides of one coin, i.e., sustainable development in India. Clean India or Swachh Bharat Abhiyan (SBA) was the dream of the father of the nation. Mahatma Gandhi was mindful of the poor position of Indian rural people at that time and he dreamed of a cleaner India, where he emphasized on cleanliness and sanitation as an intact function of surviving. Recently, the Narendra Modi Government is trying to establish the “Swachh Bharat Mission”. Green India mission is a National Mission under eight Missions of the National Action Plan on Climate Change (NAPCC), recognizes that climate change phenomena will seriously affect and alter the distribution, type and quality of natural biological resources of the country and the associated livelihoods of the people.

Clean India Green India – an initiative under the Swachh Bharat Mission Launched by Hon’ble Prime Minister of India on 02-10-2014. Swachh Bharat Abhiyan set a lot of objectives to achieve, so that India could become cleaner and better; and is an appeal to all the citizens of the country to contribute their best for making it possible.

This mission actually wanted to make people aware of health and education through awareness programs. After that a major objective is to teach citizens to dispose of waste mindfully. In short Swachh Bharat Abhiyan is a great start to make India cleaner and greener. If all citizens could come together and participate in this drive, India will soon flourish. Moreover, when the hygienic conditions of India will improve, all of you will benefit equally. India will have more tourists visiting every year and will create a happy and clean environment for the citizens.

Ms. Nisha Khokhar

A.P in Economics




NIYAMGIRI – A SUCCESS STORY

Have you ever seen something in the news and thought- What is the point of doing any of this? We see all these movements of change, and revolutions in media every day but how many of us follow through with any event until the end? The results seldom make it to the mainstream media; consequently, we find ourselves caring less and less about what's happening. But if we wondered about the results, the former question will easily be resolved on its own. As I was asked to write an article for the magazine, I decided to counteract this thought of giving a sequel to the success of the successful public movement - The Niyamgiri movement of the 2010s. It is one of this century's most successful and impactful movements, although I'm doubtful if anyone even remembers the result. Niyamgiri is a hill in the Kalahandi district of Odisha. The Tribes of Dongaria konds and Kutiya konds are native dwellers and as per their cultural beliefs, the hill is the abode of the God Naga Raja.

In 2003, Sterlite industries (now Vedanta Ltd) along with Odisha state government-owned OMC established an alumina refinery at Lanjigarh – a neighbouring area of Niyamgiri as an effort to state's economic and industrial growth. The state also gave the rights of mining bauxite from the Niyamgiri Mountain to the company. In a series of political affairs, the environment ministry passed the initial clearance to the mining project and thus land acquisition by the Dongaria people. CEC was set up in 2005 but the court ignored the report that warned against potentially scathing outcomes for the local communities and environment and the project was nonetheless given a green flag.

Around 2008, the Dongaria community protested against mining by various means like barricades, marches, protests, human chains, etc. By 2009 they were joined by local tribes and international organizations. Due to international pressure, the central government sent a team to assess the project and in August decided to hold it because of numerous violations of environmental laws. The state-owned OMC not only petitioned the Supreme Court against this ban but demanded a sixfold expansion of the refinery. Amid the hearings of court, there were mass movements, rallies, and protests by the stakeholders. By Dec 2012 the Lanjigarh refinery closed down due to insufficient ore supply.



Finally, in 2013, the Epic decision came, in which the court ruled that the final say about the mining project lies with the local community as it was their fundamental right to protect and preserve their culture and heritage. A 12-village-wide voting was held and a unanimous resounding 'NO' was given by the gram sabhas. In 2014, OMC rejected the project thus sealing the decade-long battle of the local tribes against the multi-million company and stamping the win. This was celebrated all over the world as a victory of the cultural, traditional, and religious rights movements and the environmental activists and locals.

The mountain holds the bauxite ore which plays an important role in the sustenance of yearlong water resources in this otherwise rain deficit area. The mining waste would have polluted and affected the life of locals and the loss of biodiversity would have been unaccounted for. Dongaria tribe's life is intertwined with the mountain. It is their culture, heredity, nourisher, and identity. The mining project threatened it all, but a successful mass movement saved the day.

People all over the world are fighting for their identities and survival. You and I sit hundreds of miles away from the ground reality of these life-changing events but if we just care enough about knowing the backgrounds behind whatever we consume in news and media, we can contribute towards being good citizens of the planet earth. So yes, there is a point in doing all this. So never ever stop caring.

Ms Radhika
A.P in Botany

MY FARM



My farm to me is not just land
Where bare unpainted buildings stand
To me, my farm is nothing less
Than all created loveliness.
My farm to me is not a place
Outmoded by the modern race
For here I think I just see less
Of exile, greed and selfishness.
My farm haven here dwells rest,
Security and happiness
Whatever befalls the world outside
Here faith and hope and love abide.
And so my farm is not just land
Where bare unpainted buildings stand
To me my farm is nothing less
Than all God's hoarded loveliness.

Name : Mehak
Class: B.A 1st year
Roll no: 23

BEAUTIFUL MIND, BETTER THAN FAIR COMPLEXION



Someone has very rightly said, “Beauty is not about having a pretty face. It is about having a pretty mind, a pretty heart and most importantly a beautiful soul”. However there are still many people who lack this moral and run after appearance rather than personality. In India, people are so obsessed with fair complexion that they rejected the girl for marriage just because of her dark complexion. When we read matrimonial advertisements it is really sad to see that everyone wants a fair complexioned bride. High sale of all fairness creams is also an indication of people paying a good amount to get tanned skin.

It is high time that we are all supposed to be that our brown skin has its own beauty and it perfectly suits us. Important thing is that we have a beautiful heart under the skin, we need to focus on being good human beings. Not to forget that beauty is just an external part of our lives. It is something that will stay only for a short period of time, whereas, a positive character is eternal.

So instead of giving preference to a fair complexion, one must look at the inner beauty and focus on the experience, pleasure and satisfaction that motivate us to do good deeds.

Name : Rajni
Class: B.A 1st year
Roll No: 13



LET'S VIBE SOMETHING POSITIVE.....

Train your mind to see positive in every situation. Once you replace negative thoughts with positive ones, you'll start having positive results. Say something positive and you'll see something positive. Believe you can, and you're halfway there because Success is not final and failure is not fatal. Everything seems impossible until it is done. Our Life is all about 10% what happens to us and 90% how we react to it. Millions saw the apple fall but Newton was the one who asked why. That's why we should focus on our potential instead of our limitations. Always remember you are the best in one way or other, there's no one better than you. Recognize what you have inside and imagine the best version of yourself because the power of imagination makes us limitless. Whenever you fail in life, take a deep breath and realise you are doing the best you can! Keep your mind full of positivity because Success starts with a positive mindset.

So Think Positive, Talk Positive and Feel Positive.

Name : Priti

Class: B.A 2nd year

Roll no: 31



A POSITIVE ATTITUDE

One day with teary eyes and face with a frown, I was sitting alone a bench. I was looking at the sand that was light brown and I thinking about "My life and the bench". After sometime I was looking at the boy that was running around me. I found that he was playing with his dog. He was sitting beside me and said. "Your face so sad what happen". I replied, "stupid situation of my life, feels killing them with knife". He said looking around the while; there is so much for you to smile. Look at the colourful balloon, they teach us something true. They everyday is not bright boon, rather Grey days will one day get a sue. The waves tell you to never stop. Our life is like a broach, one day you win reach the top.

Just wear it with a **POSITIVE APPROACH**.

Name: Kajal Rana

Class: B.COM 2nd

Roll no: 02



NEVER, NEVER...NEVER GIVE UP

This poem/thoughts is for those who have tried so hard that they can't try again but they can't even give up because of your destination title as :-

NEVER ,NEVER...NEVER GIVEUP

Your apology should be as loud
As high as you can see that cloud
Heart break doesn't make any sound
But surely it always leaves a wound
Never give up when things go awry
'Tis said: "It is darkest before dawn,
So pray "till the morn brings light"
When, in chilly winters, you perspire
With resenting thoughts and constant ire
Don't give up.
When surrounded by people with look askance
And nobody is willing to give you a chance
Don't give up

Name: Sneha kaushik

Class: B.sc 1st

Roll No - 18

MENSTRUAL HYGIENE

A Comparative Study Of Urban And Rural Menstruators
In Pehowa, District Kurukshetra

Abstract:

The history of menstruation is as old as the existence of human life but all over the world it is still a taboo till date. We still hesitate in talking about period and even if we do it, we often do it in a hushed voice. This treating menstruation as a taboo is a conservative way of life style around and area that surrounds 50 percent of our population which create mental, physical, emotional imbalance in the society.

From the study, we found that the urban belt of India supposedly are more aware about menstrual health and managing it better than rural belt. In order to study this comparison, a survey was done for the students of age group 18 to 22. Further, this article aims to discuss these surrounding myths and spread awareness among the readers regarding menstrual health.

Keywords: menstruation, young adult period myths, menstrual hygiene.

Radhika Bansal, Jyoti, Neelam Devi

INTRODUCTION

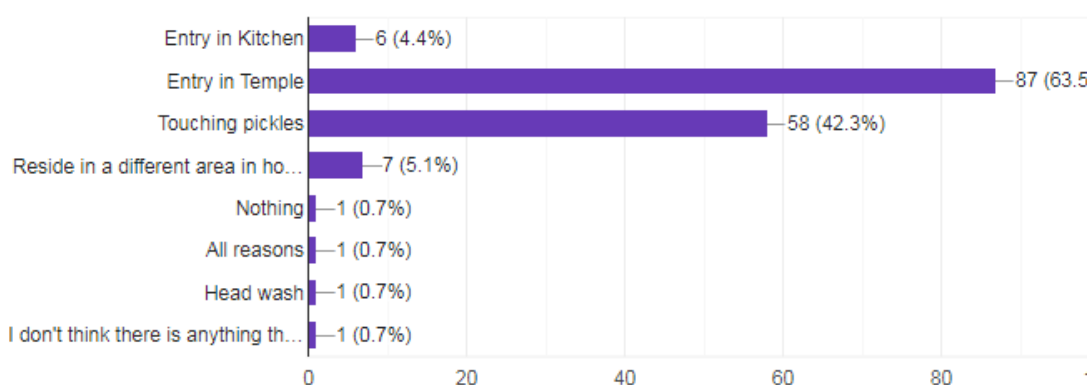
Menstruation is a very normal and a natural physiological phenomenon for the females but some of the times, it is considered as an impure occurrence in the society. Just a mere discussion on the topic has become a taboo in the past and even if look at the present scenario, we see it as a barrier in the advancement of knowledge on the subject. In India, in cultural aspect, menstruation is still considered to be the dirty and filthy. As a common belief, the period blood is considered impure and there are millenary of myths surrounding period blood. Sometimes incorrect, insufficient information regarding it has often been a cause of unnecessary limitations in the daily affairs of the menstruating girls creating various psychological issues.

Many times, it also leads to reproductive tract infection (RTI)¹. Currently millions of women undergo from RTI and infection is further transmitted to the offspring.

Menstrual hygiene depends upon the educational, social, economic and cultural status of the family. The increased knowledge will help in decreasing problems among millions of women. Thus, the aim of the study is to determine the perception of different aspect of menstruation and menstrual hygiene.

Table1. What activities are forbidden for you during menstruation?

137 responses



First few days of menstruation, period women are prohibited to take a bath.

In some parts of India, some restrictions are followed during menstruation such as sour food like curd pickles are usually avoided by menstruation girls. It is believed that such food will disturb the menstrual flow. Young girls have limited knowledge about menstruation because their mothers do not want to discuss the issue with them. Table 1. Shows the similar trend that not entering the Pooja room is the major restriction among urban girls and not entering the kitchen is the main restrictions among the rural girls during menstruation. Taboos surrounding menstruation excludes women and girls from many aspect of social and cultural life. Our study shows that similar pattern 63.5 percent of the respondent was prohibited in entry into the temples. 42.3 percent of population are prohibited for touching pickles 44 percent of the respondent were forbidden in entry into the kitchen. However, there seems to be no logic and scientific explanation to this.

OBJECTIVES:

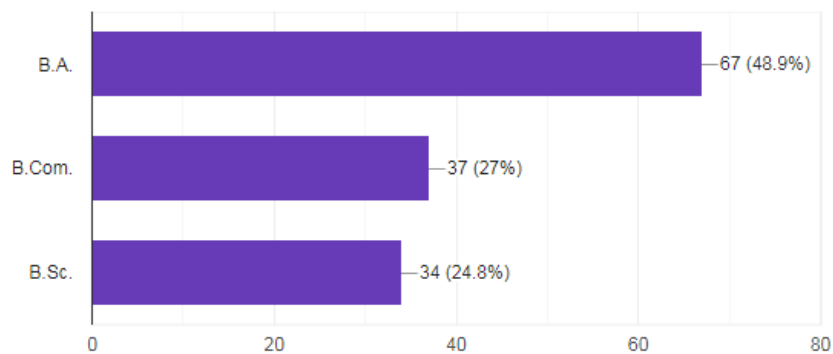
To compare the perception of different aspect of menstrual hygiene between young adults of rural and urban area.

METHODOLOGY:

Study was conducted in the form of questionnaire containing 17 questions from April 5 to April 7, 2023 among undergraduate college going girls under the age group of 18 to 22 years. Data were collected by the pre designed questionnaire.

Before the onset of the study, the concerned teachers laid down the objectives and the purpose of the study. The students were instructed to fill up the questionnaire within the stipulated time period of 1 day. Information was collected regarding various aspects of menstruation like awareness about it regarding the perception about the social stigmas and taboos associated with it. Information was also collected regarding various hygiene practices during it. **Table 2. Name of the course**

137 responses

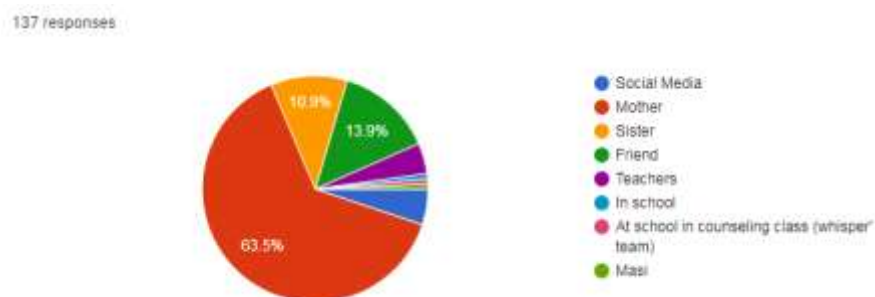


Total 137 responses were recorded and out of these total responses 48.9%(67 in number) were students from arts department, 27%(37 in number) were participants from commerce department and from science department, 24.8%(34 in number) did participated in the survey. The students were told that the confidentiality of their identity and the study was assured to them and it was through obtaining verbal constant from all students. The analysis of the study was done in the form of percentage calculative method.

RESULTS:

In this survey, we noticed an interesting pattern between how they find out menstruation and how they first reacted to their first period.

Table 3. From where did you get the information about menstruation?



Most of the surveyors (63.5%) had that first period conversation with mother's but as for the society goes around we can predict how weird and to the point one sided that conversation would have been because even after getting the period, even being pre aware about the event, the acceptance rate is still low.

On the other hand, it is too farfetched to make this conclusion with the size of our survey, a pattern can be noticed that menstruators that already had that conversation with friends and social media are more accepting and open to talk about periods. This show that the way period talk taboo and myths and hygiene health issues around them can only be resolved through conversation.

Large numbers of girls in many very less economically developed countries of ASAFLA¹ drop out of school when they starts menstruating.

Table 4. Are you comfortable in discussing regarding menstruation with others?

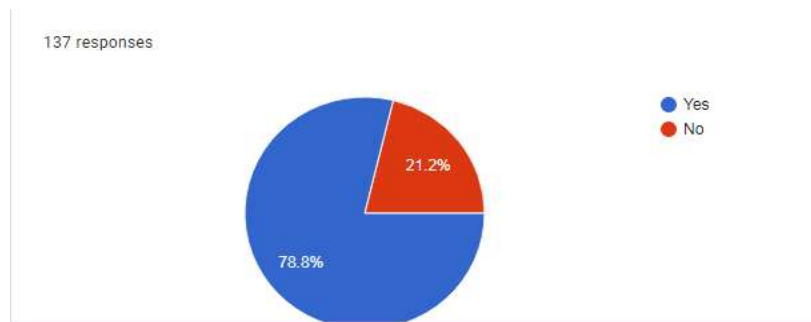


Table 4 shows that 78.8% of the responses were comfortable in discussing menstruation with other beings and the rest 21.2% were not comfortable in discussing with others. Another trend that was very important from the result is that among the urban population the conversation surrounding period is more comfortable. More than 50% of the rural population still considered period as a taboo. This trend needs to be changed. As a fact, we would also state that none of the survey takers had the conversation with the males. Mostly the first conversation was done with the motherly figures(sisters masis). It was easier for girls to not be bothered about / accept the menstruation when they were already aware .

TABLE 5. Were you aware about menstruation before you started menstruating?

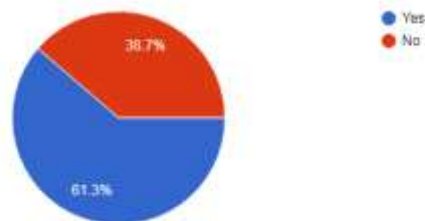
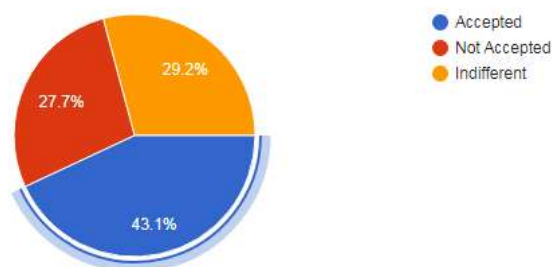


Table 5 shows when it comes to awareness regarding menstrual hygiene among the menstruators, the survey shows that 61% of the menstruators were aware about it before they first started menstruating. Only 39% were not aware about it beforehand.

Table 6. What was your first reaction when you experienced your first menstruation ?

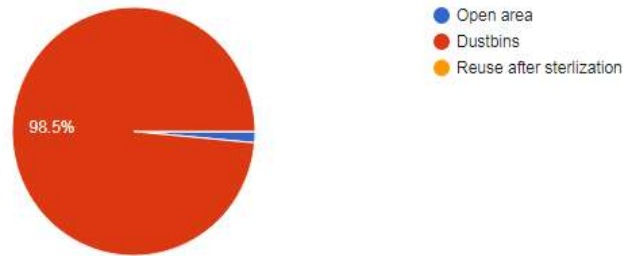


the survey shows a mixed trend that 43% of the menstruators were accepted the situation when they first experienced it for the first time. 27.7% not accepted the situation as it is for the first time and 29.2% were totally indifferent to their first hand experience of menstruation. Thus the entire study shows 56.9% of the total menstruator's shows negative and no attitude towards it and doesnot bothered them at all.

CONCLUSION:

The study shows that awareness regarding menstruation was equivalent in both urban and rural area.

Table 7. Where do you dispose off this menstrual waste?



The chart shows that the hygiene practices are found satisfactory in both rural and urban area because they have the separate dustbin to dispose off the material. Only 1.45 percent of the respondent used open area to dispose off the material.

RECOMMENDATIONS

Girls should be educated about the facts of menstruation psycho- sociological impact and importance of menstruation, sex education in the curriculum should be included and how to maintain proper hygiene practice during it. There is also need to spread awareness amongst the school teachers regarding menstruation. It is also required to bring them out of traditional beliefs taboos misconception and restrictions which can be achieved with the help of social media and focus group discussion.

Community based health education campaigns could prove worthwhile in achieving this task. Creating an enabling and supporting environment for the females at workplace.

Empowerment of women through documentaries showing these safest products, its uses, benefits and how they will not affect their health and universalization usage of sanitary pads can be advocated to every girl through social marketing.

Engaging men and boys in the conversation to address social and systemic barriers. The world's first feature film on period poverty was made in India. *Padman* (2018), starring Bollywood star Akshay Kumar, is based on the true story of Arunachalam Muruganantham, who invented a low-cost machine to make sanitary pads, after seeing his wife's use of a dirty piece of cloth

during her periods. It was a brave attempt to tackle a taboo subject and marked the changing conversation around menstrual hygiene management in a country with more than a billion people.

INITIATIVES TAKEN BY THE GOVERNMENT

- I. The Ministry of Health and Family Welfare has introduced a scheme for promotion of menstrual hygiene among adolescent girls in the age group of 10-19 years in rural areas. The major objectives of this scheme are:

To increase awareness among adolescent girls on Menstrual Hygiene

To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.

To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner.

The scheme was initially implemented in 2011 in 107 selected districts in 17 States wherein a pack of six sanitary napkins called “Freedays” was provided to rural adolescent girls for Rs. 6. From 2014 onwards, funds are now being provided to States/UTs under National Health Mission for decentralized procurement of sanitary napkins packs for provision to rural adolescent girls at a subsidized rate of Rs 6 for a pack of 6 napkins. The ASHA will continue to be responsible for distribution, receiving an incentive @ Rs 1 per pack sold and a free pack of napkins every month for her own personal use. She will convene monthly meetings at the Aanganwadi Centres or other such platforms for adolescent girls to focus on issue of menstrual hygiene and also serve as a platform to discuss other relevant SRH issues. A range of IEC material has been developed around MHS, using a 360 degree approach to create awareness among adolescent girls about safe & hygienic menstrual health practices which includes audio, video and reading materials for adolescent girls and job-aids for ASHAs and other field level functionaries for communicating with adolescent girls. AKDN¹ agencies have formed partnerships with organisations such as Ecofemme, Wonder Wings, Unipads, and others and are today cumulatively ensuring access to reusable products for over 6500 women and girls.

AKF supported Women's federations in Gujarat are also leading the charge on MHM in their neighboring villages. AKDN efforts have ensured revival of MHM absorbents at Udit Corners in select Anganwadi Centres in Madhya Pradesh. AKF has also been successful in streamlining availability in select Anganwadi Centres in Mangrol and Wankaner Blocks of Gujarat.

II. Separate toilets for girls.

III. Toilets in every house.

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Talent Show





Hindi Section



हिंदी में रोजगार के बढ़ते कदम

कोई व्यक्ति जीवन के विभिन्न कालावधियों में जिस क्षेत्र में काम करता है या जो काम करता है, उसी को उसकी आजीविका या रोजगार या करियर कहते हैं। आजीविका प्रायः ऐसे कार्यों को कहते हैं जिससे जीविकोपार्जन होता है। शिक्षक, डाक्टर, इंजिनियर, प्रबन्धक, वकील, श्रमिक, कलाकार, आदि कुछ आजीविकाएँ हैं। आज हिंदी भाषा के बढ़ते चलन और वैश्विक रूप ने रोजगार की अनेक संभावनाओं को उजागर किया है। विविध क्षेत्रों में इसकी स्वीकृति और प्रयोजनीयता बढ़ने से हिंदी को नई दृष्टि से देखा जा रहा है। निश्चित ही वर्तमान समय में हिंदी भाषा बहुत ही महत्वपूर्ण भाषा बन चुकी है।

हिंदी को 14 सितंबर 1949 को देश की राजभाषा घोषित किया गया। इसलिए देशभर में 14 सितंबर को हिंदी दिवस मनाया जाता है। विश्व में हिन्दी का विकास करने और एक अंतरराष्ट्रीय भाषा के तौर पर इसे प्रचारित-प्रसारित करने के उद्देश्य से विश्व हिन्दी सम्मेलनों की शुरुआत की गई और 10 जनवरी 2006 को भारत सरकार ने इस दिन को विश्व हिंदी दिवस के रूप में मनाने का ऐलान किया था इसलिए 10 जनवरी को प्रत्येक वर्ष विश्व हिंदी दिवस के रूप में मनाया जाता है। आज के समय में किसी भाषा या बोली के जीवित रहने के लिए मात्र साहित्य की नहीं, बल्कि उसे व्यवसाय, विज्ञान और रोजगार की भाषा बनाने की भी जरूरत होती है। जो भाषा सामान्य मनुष्य को रोजगार नहीं दे पाती, वह धीरे-धीरे एक संकुचित दायरे में सिमटती चली जाती है। अंग्रेजी के अंतरराष्ट्रीय भाषा होने का सबसे बड़ा कारण व्यवसाय है। शौकिया रूप से किसी भाषा को सीखने वाले बहुत ही कम लोग होते हैं। अधिकतर लोग किसी न किसी व्यावसायिक कारण से ही किसी अन्य भाषा को सीखते हैं। आज हिंदी भाषा और साहित्य को वैश्विक रूप प्राप्त हुआ है।

हमारी राष्ट्रीय भाषा की अत्यधिक लोकप्रियता और बढ़ते अंतर्राष्ट्रीय महत्व के साथ-साथ, हिंदी भाषा के क्षेत्र में रोजगार के अवसरों में भी जबरदस्त प्रगति हुई है। आज के समय में जिन लोगों को अच्छी हिंदी आती है उनके पास रोजगार के कई अवसर होते हैं। केंद्र सरकार, राज्य सरकारों (हिंदी भाषा राज्यों में) के विभिन्न विभागों में, हिंदी भाषा में काम करना अनिवार्य है। अतः केंद्र/राज्य सरकारों के विभिन्न विभागों और इकाइयों में हिंदी अधिकारी, हिंदी अनुवादक, हिंदी सहायक, प्रबंधक (राजभाषा) जैसे विभिन्न पदों की भरमार है। निजी टीवी और रेडियो चैनलों की शुरुआत और स्थापित पत्रिकाओं/समाचार-पत्रों के हिंदी रूपांतर आने से रोजगार के अवसरों में कई गुणा वृद्धि हुई है। हिंदी मीडिया के क्षेत्र में संपादकों, संवाददाताओं, रिपोर्टरों, न्यूजरीडर्स, उप-संपादकों, प्रूफ-रीडरों, रेडियो जॉकी, एंकर्स आदि की बहुत संभावना है।

आज हम देखें तो गूगल और यूट्यूब में भी हिंदी भाषा को बहुत ज्यादा महत्व दिया जाता है। हिंदी भाषा में आपको यूट्यूब पर कई वीडियो भी देखने को मिलेंगे एवं कई वेबसाइट आपको हिंदी भाषा में पढ़ने को मिलेंगी। कई लोग अपनी मातृभाषा हिंदी में वीडियो बनाकर रोजगार प्राप्त करते हैं और बहुत सारा पैसा कमाते हैं, कई लोग हिंदी में ब्लॉगिंग करते हैं और पैसे कमाते हैं। वास्तव में हिंदी भाषा एक ऐसी भाषा है जो तेजी से लोगों के बीच में लोकप्रिय होती जा रही है। यह भारत देश के ज्यादातर लोगों की पसंदीदा भाषा बन चुकी है। हिंदी भाषा के जरिए बहुत से रोजगार के अवसर प्राप्त होते हैं।

हिंदी भाषा के जरिए हम एक अनुवादक के रूप में भी कार्य कर सकते हैं। हिंदी में अनुवादक के क्षेत्र के लिए द्विभाषी दक्षता होना महत्वपूर्ण है। कोई व्यक्ति एक स्वतंत्र अनुवादक के तौर पर अपनी आजीविका संचालित कर सकता है और अपनी खुद की अनुवाद फर्म भी स्थापित कर सकता है। ऐसी फर्म अनुबंध आधार पर कार्य प्राप्त करती हैं तथा बहुत से पेशेवर अनुवादकों को रोजगार उपलब्ध करवाती हैं। विदेशी एजेंसियों से भी अनुवाद परियोजनाओं के अवसर प्राप्त होते हैं। यह कार्य इंटरनेट के जरिए आसानी से किया जा सकता है।

हिंदी का अध्ययन करने वालों के बीच अध्यापन एक पारंपरिक रोजगार विकल्प के रूप में लोकप्रिय है। उच्च शिक्षण संस्थानों से लेकर प्राथमिक स्तर तक शिक्षण के अवसर योग्यतानुसार उपलब्ध रहते हैं और इसे सदाबहार करियर माना जाता है। समय-समय पर आयोजित होने वाली 'राष्ट्रीय पात्रता परीक्षा' (NET) में शामिल हो सकते हैं। इसमें अधिकतम अंक प्राप्त करने वालों को 'जूनियर रिसर्च फेलोशिप' (JRF) मिल सकती है। जिसके माध्यम से शोधकार्य (PHD) करने वाले छात्रों को हर महीने छात्रवृत्ति दी जाती है। यह परीक्षा पास करने वालों को महाविद्यालयों में सहायक प्रोफेसर के पद पर नियुक्ति के अवसर मिल सकते हैं।

हिंदी भाषा में रोजगार का एक अवसर रचनात्मक लेखन भी है जिसे आज के युवाओं की भाषा में क्रिएटिव राइटिंग कह सकते हैं। इस क्षेत्र में 'स्वतंत्र लेखन' और नियमित लेखन किया जा सकता है। फिल्म, टीवी, रेडियो, वेबसाइट, पोर्टल आदि क्षेत्रों से जुड़कर हिन्दी में लोकप्रिय लेखन किया जा सकता है और बाहर रहकर भी सेवाएं दी जा सकती हैं।

वास्तव में हिंदी भाषा लगातार लोकप्रिय होती जा रही है। सोशल मीडिया से लेकर तमाम प्लेटफॉर्म पर हिंदी का बोलबाला है। इसके साथ ही हिंदी में रोजगार या करियर बनाने के विकल्पों में भी लगातार इजाफा होता जा रहा है।

कुसुम
असिस्टेंट प्रोफेसर - हिंदी



जलरंगों का प्रयोग

चित्रण के जल रंग का इतिहास उतना ही पुराना है जितना चित्रकला का। भारतीय चित्रण में तो जलरंगों का इतिहास बहुत पुराना और संपन्न है। भारतवर्ष में जल रंगों से चित्रण सर्वाधिक हुआ। वर्तमान की तरह बने बनाए रंग तो मिलते नहीं थे। प्राकृतिक पदार्थों जैसे विभिन्न रंगों की मिट्टी कोयला और वनस्पतियों के रंगों का ही प्रयोग किया जाता था। रंगों के घोलने का माध्यम भी जल ही था। टैम्परा और पोस्टर जलरंग का प्रयोग ही प्रारंभ से होता आया है और टैम्परा जलरंगों का स्वर्णिम काल अजन्ता गुफा चित्रों में देखा जा सकता है। भारत में त्यौहारों पर बनाए जाने वाले चित्र जैसे राजस्थान के माण्डना, उत्तरप्रदेश का करवाचौथ, बंगाल आदि की रंगोली लोक चित्रण में टैम्परा या पोस्टर जलरंगों का प्रयोग किया जाता था, क्योंकि तब तक कलाकार अन्य माध्यमों से अपरिचित थे। बाद में यूरोपीय देशों के सम्पर्क से तैलरंग और पेस्टिल रंगों का परिचय हुआ। अतः भारतीय चित्तेरों ने भी अपने चित्रों में इन माध्यमों का प्रयोग करना प्रारंभ किया। यूरोप में जलरंगों का प्रयोग भी चलता रहा। अतः इंग्लैंड के चित्रकार टर्नर और कॉन्स्टेबिल आदि चित्तेरों ने जलरंग चित्रण को ऊँचाइयों तक पहुँचाया। टर्नर ने तो जल रंग में इतनी महारत हासिल की कि उनके बारे में कहा जाता था कि उन्होंने चित्रों में छाया व प्रकाश का इतना सुंदर प्रभाव उत्पन्न किया कि जैसे उन्होंने सूरज को ही फलक (कैनवास) पर उतार दिया हो। पूर्व में विशेष रूप से भारत में जलरंग चित्रण में बंगाल के चित्तेरों ने टैम्परा और जलरंग से नई-नई शैलियों का विकास करके अधिक मात्रा में चित्रण किया। जलरंग चित्रण में रेखाओं के प्रकार व चित्र में लय गति रंगों का चयन छाया-प्रकाश विभिन्न टेक्चरों पर प्रकाशित रंगों का प्रभाव और तूलिका घातों (ब्रुश स्ट्रोक) की गति पर सैद्धांतिक रूप से बल दिया जाता है। पानी में घुलने वाले कोई भी रंग या रंगीन पदार्थ ही जलरंग कहे जाते हैं। इनमें बहुत से प्राकृतिक पदार्थ भी होते हैं इन्हीं को घोलकर गाढ़ा या पतला करके चित्रण में प्रयोग किया जाता है।

यही टैम्परा या पोस्टर रंग कहे जाते हैं। इसमें रंगों की मोटी परत भी चढ़ाई जाती है। जलरंग का प्रयोग करने वाला चित्रकार विश्व के सभी माध्यमों का प्रयोग आसानी से कर सकता है इसलिए जलरंगों के चित्तेरों की संख्या विश्व में बहुत कम है। जलरंग चित्रण में कागज का टेक्स्चर बहुत ही महत्वपूर्ण होता है। यह प्रभाव विज्ञान के अनुसार उनके टेक्स्चर के कारण होता है। जलरंगों की कोमलता और पेपर कि सतह को ध्यान में रखकर हस्तनिर्मित “वॉटर कलर” की खोज सर्वप्रथम पौर्वत्य में स्थित चाइना में 105 ई.पू. में हुई। पाश्चात्य में 18वीं सदी के मध्य हस्तनिर्मित वॉटर कलर की पारस्परिक पद्धति को छोड़कर मिस्टर वाटरमैन एक नवीन पद्धति से हस्तनिर्मित कागज को बनाया। जो आज भी वाटरमैन पेपर के नाम से जाना जाता है। इंग्लैंड में विश्वविख्यात विन्सन न्यूटन कम्पनी ने उच्च कोटि के जलरंग के ट्यूब व केक (टिकिया) भी बनाये। जल रंग चित्रण में ब्रश भी विशेष प्रकार के ही प्रयोग में लाए जाते हैं। जो कि पतले से पतले ब्रश नम्बरों के अनुसार जीरो से प्रारंभ होकर मोटाई के अनुसार एक, दो, तीन, चार, पांच, छः बढ़ते जाते हैं। जलरंगों की सामग्री में पैलेट बहुत ही महत्वपूर्ण है। पैलेट कई खानों का वह पात्र होता है जिसमें रंग घोले जाते हैं। चित्रण में जलरंग का प्रयोग व्यापक स्तर तक किया गया है।

शिल्पा

असिस्टेंट प्रोफेसर - ललित कला



सिंधु घाटी की सभ्यता

दुनिया के सबसे बड़े एवं पुराने सिंधु घाटी सभ्यता के स्थलों में एक राखीगढ़ी तेज आर्थिक विकास के उफान के कारण विलुप्त के कगार पर पहुंच गया। हरियाणा में स्थित राखीगढ़ी की खोज 1963 ईसवी में की गई थी। जिसके खोजकर्ता-सूरजभान थे। प्रथम उत्खनन- अमरेन्द्र नाथ द्वारा किया गया। खोज के मुताबिक 'विश्व विरासत कोष' की मई 2012 रिपोर्ट के अनुसार एशिया के 10 विरासत स्थलों को चिन्हित किया गया, जो खतरे में हैं। इन स्थानों को अपूरणीय क्षति अविनाश के केंद्र के बाहर दिया गया है। इनमें हरियाणा में स्थित राखीगढ़ी भी है। भारतीय पुरातत्व विभाग ने राखीगढ़ी में खुदाई में एक पुराने शहर का पता लगाया जहां पर तकरीबन 5000 साल पुरानी कई वस्तुएं मिली हैं। राखीगढ़ी में लोगों के आने-जाने के लिए बने हुए मार्ग जल निकासी की प्रणाली, बारिश का पानी एकत्र करने का विशाल स्थान सहित कई धातुओं की वस्तुएं मिली थी।

राखीगढ़ी सरस्वती नदी के किनारे स्थित है। नदी के किनारे बसे राखीगढ़ी सभ्यता की निरंतर खुदाई में मिले सामान और कंकाल आदि से अनुमान लगाया जा रहा है कि यह सभ्यता हड़प्पा काल से भी प्राचीन रही है। अवशेषों से पता चल रहा है कि उस काल में रहन-सहन जीवन का स्तर और सामाजिक विकास के स्त्रोत कैसे थे। विशेषज्ञों के अनुसार सरस्वती नदी के प्रभाव के कारण ही हिसार जिले में तीन स्थानों पर सभ्यताओं का पता चला है इनमें सबसे बड़ी सभ्यता राखीगढ़ी, बनवाली तथा कुणाल गांव शामिल है।

डेक्कन यूनिवर्सिटी के पूर्व वाइस चांसलर प्रोफेसर बसंत शिंदे ने बताया कि 2016 में हुई खुदाई के दौरान करीब 60 कंकाल मिले थे, जिनमें से 40 कंकालों का डीएनए सैंपल लिया गया। इनमें से सिर्फ एक कंकाल में ही डीएनए मिल सका जिसके आधार पर रिपोर्ट तैयार की गई थी। वह कंकाल 4000 वर्ष पुराने हैं। बाद में अलग-अलग लोगों के डीएनए लेकर उससे उनका मिलान किया गया तो उनका डीएनए एक जैसा ही पाया गया। उसी आधार पर यह कहा गया था कि आर्य कहीं बाहर से ना आकर यही के बाशिंदे थे।

डीएनए परीक्षण में शामिल वैज्ञानिक हैं- नीरज राय।

इस महिला कंकाल को जेनेटिक नाम दिया गया है-16113.

सुनीता देवी

असिस्टेंट प्रोफेसर - इतिहास



Cadestral Map (भू-कर मानचित्र)

Cadestral map फ्रांसीसी भाषा के शब्द से बना है। जिसका अर्थ है “संपत्ति रजिस्टर” **Register of Terrestrial Property** से होता है। बहुत मापक पर बनाए गए नगरों के प्लान जिसमें नागरिकों के भवनों की सीमाएं अंकित हो या पटवारियों द्वारा प्रयोग किया जाने वाला **सिजरा** जिसमें सार्वजनिक स्थान तथा भूमि की व्यक्तिगत मिल्कियत दर्शाई गई हो। भूकर अथवा कैडैस्ट्रल मानचित्र कहलाते हैं। भूमि के विस्तार मूल्य तथा स्वामित्व का अभिलेख होता है। यह मानचित्र सरकारी कार्यालयों द्वारा भूमि तथा भवन करों को वसूल करने के लिए बनाए जाते हैं। हमारे देश के गांव के मानचित्र जो 16 इंच या 32 इंच या 64 इंच = 1 मील के मापक पर बनाए जाते हैं। नगरों के मानचित्र भी इसी श्रेणी में रखे जाते हैं **British ordinance series** के मानचित्र जो 1:2500 या 25” के मापक पर बनाए जाते हैं। इसके माध्यम से किसी भूमि के स्वामित्व की पीढ़ी दर पीढ़ी जानकारी मिलती है। **Catastral** मानचित्र किसी क्षेत्र विशेष की वास्तविक संपत्ति से तात्पर्य भूमि से है जिसमें उस पर फैले स्थापित तत्व जैसे मकान आदि भी शामिल होते हैं। इस मानचित्र के माध्यम से विभिन्न प्रकार की भूमि का ब्यौरा प्रदर्शित होता है। इन मानचित्रों का संरक्षण सरकार द्वारा होता है और यह एक जन अभिलेख भी होते हैं तथा कोई भी व्यक्ति संबंधित विभाग में जाकर इनका अवलोकन कर सकता है। भारत सहित अनेक देशों में इन चित्रों को कानूनी मान्यता प्राप्त है तथा **Cadester** का किसी भूमि के विन्यास तथा अवस्थिति की व्याख्या हेतु एक कानूनी अभिलेख के रूप में प्रयोग किया जाता है। कैडैस्ट्रल सर्वेक्षण के द्वारा गांव/शहरी भू-स्वामित्व की सीमाओं का पत्रों, आरेखों, प्लान चार्ट तथा मानचित्रों के माध्यम से अभिलेखन किया जाता है।

- सर्वेक्षण के द्वारा किसी भी भूमि की गणना व रखरखाव एवं उस पर फैले निर्माण की जानकारी प्रदान की जाती है। वर्तमान में कैडैस्ट्रल मानचित्रों द्वारा प्रदत्त जानकारी भौगोलिक सूचना प्रणाली (GIS) का आधार तत्व बन गई है। कैडैस्ट्रल मानचित्र द्वारा प्रदत्त जानकारीयां:-
1. संसाधनों संबंधी जानकारी एक कैडैस्ट्रल मानचित्र ना केवल किसी भूमि की सीमाओं को दर्शाता है बल्कि उससे संबंधित अनेक भौतिक संसाधनों जैसे कि उस पर निर्मित भूगर्भिक संरचनाओं, मिट्टियां वनस्पति तथा भूमि उपयोग की जानकारी भी प्रदान करता है।
 2. कैडैस्ट्रल मानचित्र भू-मालिक से संबंधित भूकर संरचनाओं एवं किसी क्षेत्र (**Region**) की मेखलाओं (**Zoining**) आदि की जानकारी दर्शाई जाती है। अतः इस प्रकार प्रदत्त जानकारीयां प्रयोगकर्ता की भूमि से संबंधित अधिक से अधिक आंकड़े उपलब्ध करवाते हैं।
 3. **Cadestral** मानचित्र के मापक का बहुत महत्व है क्योंकि मानचित्र का उद्देश्य किसी भूमि की सटीक व्याख्या तथा पहचान करना है।



4. **Reference point** संदर्भ बिंदु संबंधित जानकारी किसी भी ग्राम/शहर के भूकर मानचित्र देखने मात्र से या घटनाओं के माध्यम से बहुतायत में ऐसे बिंदुओं को प्रदर्शित करते हैं जिनको धरातल पर सटिकता से पहचाना जा सकता है।

5. **स्वामित्व** के इतिहास संबंधित जानकारी कैडेस्ट्रल मानचित्र ना केवल वर्तमान भू स्वामित्व की जानकारी देते हैं अपितु किसी भूमि/क्षेत्र की स्वामित्व/अधिकारी संबंधी ऐतिहासिक जानकारी मिलती है।



उपरोक्त अध्ययन से स्पष्ट है कि किसी भी ग्रामीण या शहरी दोनों प्रकार के क्षेत्रों की पूर्ण विस्तृत जानकारी एवं विस्तृत अध्ययन हेतु कैडेस्ट्रल मानचित्र एक बहुआयामी यंत्र है।

प्रियंका राठी
असिस्टेंट प्रोफेसर - भूगोल



जिंदगी

जिंदगी भी कितनी अजीब है,
जो कोसों दूर हैं, वो दिल के करीब हैं।

फेक लोग अमीर और दिल के साफ गरीब है,
ये जिंदगी भी कितनी अजीब है।

लडका पैदा हुआ सब ने बर्थ डे मनाया,
लडकी पैदा हुई, तो किसी ने नहीं अपनाया।

ये कैसा नसीब है,
ये जिंदगी भी कितनी अजीब है।

ईमानदारी है मरी हुई,
पर कहने को सब संजीव हैं।

ये जिंदगी भी कितनी अजीब है,
ये जिंदगी भी कितनी अजीब है।

नाम - मोहिनी
कक्षा - बी०ए० द्वितीय वर्ष
अनुक्रमांक - 45



बचपन

एक बचपन का ज़माना था,
जिसमें खुशियों का खज़ाना था।

रोने की वजह ना थी, ना हसने का बहाना था।
खबर ना थी कुछ सुबह की, ना शाम का ठिकाना था।

थक कर आना स्कूल से, पर खेलने भी जाना था।
बारिश में कागज़ की नाव थी, हर मौसम सुहाना था।

माँ की कहानी थी, परियों का फ़साना था।
चाहत चाँद को पाने की थी, पर दिल तितली का दीवाना था।

क्यूँ हो गए हम इतने बड़े, इससे अच्छा तो वो बचपन का ज़माना था
वो बचपन का ज़माना था !

नाम - पूनम

कक्षा - बी०ए० द्वितीय वर्ष

अनुक्रमांक - 32

जिंदगी कुछ सिखाना चाहती है!



मुश्किलों पर गौर कर ए दोस्त,
जिंदगी कुछ सिखाना चाहती है।
पहले तेरा इम्तिहान ले रही है,
फिर तुझे कुछ बनाना चाहती है।

आज की गई तेरी मेहनत ,
कल किसी के लिए ज्ञान बनेगी ।
आज कुछ मुश्किल करेगा तभी तो ,
कल जिंदगी आसान बनेगी।

ये आज तुझसे कुछ सवाल कर रही है ,
कल तुझे कुछ बताना चाहती है ।
रुला रही बेशक तुझे इस वक्त ,
अगले ही पल तुझे हंसाना चाहती है।

आज पहेली सी बनी है तो क्या हुआ,
कल सब कुछ सुलझाना चाहती है ।
अभी तू हार गया तो क्या हुआ,
कुछ सबक देकर कल तुझे जीताना चाहती है ।

मुश्किलों पर गौर कर ए दोस्त,
जिंदगी कुछ सिखाना चाहती है।
जिंदगी कुछ सिखाना चाहती है!

नाम – प्रीति

कक्षा - बी० ए० द्वितीय वर्ष

अनुक्रमांक - 31

जिंदगी एक अनोखी पहेली



पल पल जिंदगी होती है कम,
तो फिर क्यों मनाते हैं जन्मदिन हम,
एक दिन जाना उस आसमां में ही है,
फिर क्यों आते हैं इस जिंदगी में हम॥

रोते-रोते जन्म लिया,
फिर हंसना सीख गए,
जिंदगी में आंसुओं के साथ,
जीना सीख गए॥

गजब की है ये जिंदगी,
हसीन है ये जिंदगी,
लेकिन जिन के वालिद और गुरु हो,
उनके लिए खुशनसीब है ये जिंदगी॥

जिंदगी एक अनोखी पहेली है,
जिसकी प्रत्येक पंक्ति में राज छुपे हैं,
कोई ना सुलझा पाया आज तक इसको,
क्योंकि इसमें गहन भाव छुपे हैं॥

हम चले जिंदगी को जीने,
जिंदगी ने ही हमें जीना सिखा दिया,
चाहे दुख हो ,चाहे सुख हो,
हर हाल में संभल कर चलना सिखा दिया॥

जिंदगी के सफर में,
हर मोड़ पर पड़ाव आते हैं,
जो इन्हें खुशी से पार कर जाए,
उसे 'जिंदगी का सरदार' कहते हैं॥

नाम - सेजल
कक्षा- बी०ए० द्वितीय वर्ष
अनुक्रमांक - 3

कुछ कर दिखाना है



किताबों से नहीं, जज्बातों से नहीं,
अपने संस्कारों से आसमां को छू कर, दिखाना है।

कुछ कर दिखाना है,
कुछ कर दिखाना है ।।

जो बोलतें हैं तुमसे न हो पाएगा,
उनको अपना भविष्य बताना है।
कुछ कर दिखाना है,
कुछ कर दिखाना है ।।

दुनिया की नजरों में,
खुद को महान बनाकर,
अपने सपनों को साकार कराना हैं,
कुछ कर दिखाना है,
कुछ कर दिखाना है ।।

अपने सपने को सच की दुनिया मे लाना है,
वर्तमान की दुनिया मे अपना नाम कमाना है।
कुछ कर दिखाना है,
कुछ कर दिखाना है ।।

किताबों से नहीं, जज्बातों से नहीं,
अपने संस्कारों से आसमां को छू कर, दिखाना
है।
कुछ कर दिखाना है,
कुछ कर दिखाना है ।।

नाम - सोनिया
कक्षा - बी०कॉम० द्वितीय वर्ष
अनुक्रमांक - 19



मौसम

काली घटा छाई है,
लेकर अपने साथ यह
ढेर सारी खुशियां आई है।
ठंडी हवा है चल रही ,
खुशियों की बौछारो से है भर रही।

बच्चों की टोली यह
कभी छत तो कभी गलियों में
किलकारियां-सिटी लगा रहे,
नौजवान-बूढ़े सभी मौसम का मजा है उठा रहे।

किसी के लिए है खुशी का आलम
तो कोई आंसू बहा रहा है,
छह महीने से था जिस फसल का इंतजार
यह मौसम किसानों के लिए सजा लेकर आ रहा है।



नाम - सपना

कक्षा- बी०ए० द्वितीय वर्ष

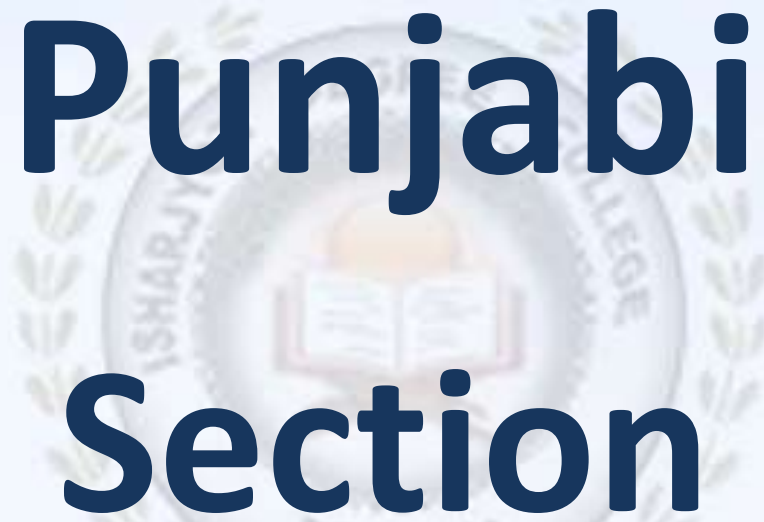
अनुक्रमांक - 4

Red Cross Society





Punjabi Section





ਕਿਤਾਬਾਂ ਇੱਕ ਅਨਮੋਲ ਖਜਾਨਾ

ਆਧੁਨਿਕਤਾ ਨੇ ਮਨੁੱਖ ਨੂੰ ਕਿਤਾਬਾਂ ਤੋਂ ਕੋਹਾਂ ਦੂਰ ਕਰ ਦਿੱਤਾ ਹੈ। ਭਾਵੇਂ ਮੋਬਾਈਲ ਕ੍ਰਾਂਤੀ ਨੇ ਮਨੁੱਖ ਦੇ ਗਿਆਨ ਵਿੱਚ ਅਥਾਹ ਵਾਧਾ ਕੀਤਾ ਹੈ, ਪਰ ਕਿਤਾਬਾਂ ਦਾ ਆਪਣਾ ਵੱਖਰਾ ਹੀ ਮੁਕਾਮ ਹੈ। ਚੰਗੀਆਂ ਕਿਤਾਬਾਂ ਤਾਂ ਇਨਸਾਨ ਦੀ ਤਕਦੀਰ ਪਲਟ ਦਿੰਦੀਆਂ ਹਨ। ਕਿਸੇ ਕਿਤਾਬ ਵਿੱਚ ਲਿਖੀਆਂ ਕੁਝ ਸਤਰਾਂ ਤੁਹਾਡੀ ਕਾਇਆ ਕਲਪ ਕਰ ਸਕਦੀਆਂ ਹਨ, ਤੁਹਾਡਾ ਆਚਾਰ, ਵਿਹਾਰ ਅਤੇ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਬਦਲ ਸਕਦੀਆਂ ਹਨ। ਇੱਕ ਚੰਗੀ ਕਿਤਾਬ ਮਨੁੱਖ ਦੀ ਸੱਚੀ ਦੇਸਤ ਹੁੰਦੀ ਹੈ। ਲਾਰਡ ਬਾਇਰਨ ਦਾ ਕਥਨ ਹੈ ਕਿ “ਸਿਆਹੀ ਦਾ ਇੱਕ ਕਤਰਾ ਲੱਖਾਂ ਲੋਕਾਂ ਦੀ ਸੋਚ ਵਿੱਚ ਹਿਲਜੁਲ ਮਚਾ ਦਿੰਦਾ ਹੈ।”

ਅੱਜ ਦੀ ਨਵੀਂ ਪੀੜ੍ਹੀ ਤਾਂ ਆਪਣਾ ਜ਼ਿਆਦਾ ਸਮਾਂ ਫੇਸਬੁੱਕ, ਵੂਟਸਐਪ, ਇੰਸਟਾਗ੍ਰਾਮ ਆਦਿ ਸੋਸ਼ਲ ਸਾਈਟਾਂ ‘ਤੇ ਹੀ ਬਤੀਤ ਕਰਦੀ ਹੈ। ਉਹ ਸਮਾਂ ਹੁਣ ਖ਼ਤਮ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ, ਜਦੋਂ ਹਰ ਪੜ੍ਹਿਆ-ਲਿਖਿਆ ਮਨੁੱਖ ਘਰ ‘ਚ ਕਿਤਾਬਾਂ ਲਈ ਵੱਖਰੇ ਤੌਰ ‘ਤੇ ਲਾਇਬ੍ਰੇਰੀ ਬਣਾ ਕੇ ਰੱਖਦਾ ਸੀ। ਆਧੁਨਿਕ ਯੁੱਗ ਤਕਨੀਕ ਦਾ ਯੁੱਗ ਹੈ। ਅੱਜ ਅਸੀਂ ਕਿਸੇ ਵੀ ਖੇਤਰ ‘ਚ ਕੰਮ ਕਰ ਹਾਂ ਪਰ ਬਿਨਾਂ ਕਿਸੇ ਤਕਨੀਕੀ ਉਪਕਰਨ ਦੇ ਕੋਈ ਵੀ ਕੰਮ ਸਹੀ ਤੇ ਸਮੇਂ ਸਿਰ ਮੁਕੰਮਲ ਨਹੀਂ ਕਰ ਸਕਦੇ।

ਕਿਤਾਬਾਂ ਗਿਆਨ ਨੂੰ ਸੰਜੋਅ ਕੇ ਰੱਖਣ ਦਾ ਬਹੁਤ ਵਧੀਆ ਸਾਧਨ ਹਨ। ਜਿਹੜੀ ਗੱਲ ਕਿਸੇ ਕਿਤਾਬ ‘ਚ ਅਸੀਂ ਪੜ੍ਹ ਲਈ, ਉਹ ਜ਼ਿੰਦਗੀ ਭਰ ਸਾਨੂੰ ਯਾਦ ਰਹਿੰਦੀ ਹੈ।

ਕਿਤਾਬਾਂ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਉਸਾਰੂ ਅਤੇ ਚਰਿੱਤਰ ਨਿਰਮਾਣ ਵਿੱਚ ਵੱਡੀ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੀਆਂ ਹਨ। ਸਾਨੂੰ ਇਨ੍ਹਾਂ ਨਾਲ ਦੇਸਤੀ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ, ਕਿਉਂਕਿ ਇੱਕ ਸੱਚਾ ਦੇਸਤ ਜੀਵਨ ਵਿੱਚ ਸਹੀ ਮਾਰਗ ਦਰਸ਼ਕ ਹੁੰਦਾ ਹੈ ਤੇ ਕਿਤਾਬਾਂ ਸਾਡੇ ਜੀਵਨ ਨੂੰ ਸਹੀ ਸੇਧ ਦਿੰਦੀਆਂ ਹਨ। ਕਿਤਾਬਾਂ ਪੜ੍ਹਨਾ ਕੋਈ ਵਾਧੂ ਕੰਮ ਨਹੀਂ ਹੈ। ਇਸ ਲਈ ਸਾਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਇਨ੍ਹਾਂ ਦਾ ਮਹੱਤਵ ਸਮਝਦੇ ਹੋਏ ਕਿਤਾਬਾਂ ਪੜ੍ਹਨ ਦੀ ਰੁਚੀ ਪਾਲਣ ਦੀ ਲੋੜ ਹੈ। ਗੂੜ੍ਹ ਗਿਆਨ ਵਾਸਤੇ ਚੰਗੇ ਅਧਿਆਪਕਾਂ ਤੋਂ ਚੰਗੀਆਂ ਕਿਤਾਬਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਲਈ ਜਾਵੇ ਤੇ ਉਹੀ ਪੁਸਤਕਾਂ ਪੜ੍ਹੀਆਂ ਜਾਣ। ਅਖੀਰ ਵਿੱਚ ਕਹਾਂਗੀ, “ਕੋਈ ਮਹਿਬੂਬ ਨੀ ਸੋਹਣਾ ਕਿਤਾਬ ਵਰਗਾ, ਰੰਗ, ਫੁੱਲ ਨੀ ਮਨਮੋਹਣਾ ਕਿਤਾਬ ਵਰਗਾ, ਕਿਤਾਬਾਂ ਹਰ ਵੇਲੇ ਸਾਥ ਦਿੰਦੀਆਂ, ਕੋਈ ਦੇਸਤ ਨੀ ਹੋਣਾ ਕਿਤਾਬ ਵਰਗਾ।”

ਮਾਪਿਆਂ ਨੂੰ ਛੋਟੇ ਉਮਰ ਦੇ ਬੱਚਿਆਂ ਨੂੰ ਅਤੇ ਸਕੂਲ ਵਿੱਚ ਅਧਿਆਪਕਾਂ ਦੁਆਰਾ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕਿਤਾਬਾਂ ਪੜ੍ਹਨ ਦੀ ਆਦਤ ਪਾਉਣੀ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਜੋ ਉਹਨਾਂ ਦੇ ਗਿਆਨ ਵਿੱਚ ਨਿਰੰਤਰ ਵਾਧਾ ਹੋ ਸਕੇ। ਛੋਟੀ ਤੋਂ ਛੋਟੀ ਤੇ ਵੱਡੀ ਵੱਡੀ ਪੁਸਤਕ ਸਾਡੇ ਗਿਆਨ ਵਿੱਚ ਹਮੇਸ਼ਾ ਹੀ ਵਾਧਾ ਕਰਦੀ ਹੈ। ਬੱਸ ਲੋੜ ਇਸ ਗੱਲ ਦੀ ਹੈ ਕਿ ਇਹ ਗਿਆਨ ਕਦੋਂ ਤੇ ਕਿਸ ਤਰ੍ਹਾਂ ਪ੍ਰਾਪਤ ਕਰਨਾ ਹੈ? ਪੁਸਤਕਾਂ ਸਾਨੂੰ ਬੀਤ ਚੁੱਕੇ ਸਮੇਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਦਾਨ ਕਰਦੀਆਂ ਹਨ ਜਿਵੇਂ ਪੁਰਾਣੇ ਸਮੇਂ ਦੀਆਂ ਜੰਗਾਂ, ਯੁੱਧਾਂ, ਰਾਜਿਆਂ-ਮਹਾਰਾਜਿਆਂ, ਸ਼ਹੀਦਾਂ, ਦੇਸ਼-ਭਗਤਾਂ ਦੀਆਂ ਕੁਰਬਾਨੀਆਂ ਆਦਿ ਬਾਰੇ। ਜਿਨ੍ਹਾਂ ਬਾਰੇ ਅਸੀਂ ਨਹੀਂ ਜਾਣਦੇ ਉਹਨਾਂ ਬਾਰੇ ਪੁਸਤਕਾਂ ਸਾਨੂੰ ਦੱਸਦੀਆਂ ਹਨ।

ਕਿਤਾਬਾਂ ਬਾਰੇ ਕਿਸੇ ਲੇਖਕ ਨੇ ਸੱਚ ਕਿਹਾ ਹੈ:

ਚੁੱਪ ਰਹਿ ਕੇ ਵੀ ਬੋਲਦੀਆਂ ਕਿਤਾਬਾਂ,

ਵਰਕੇ ਜ਼ਿੰਦਗੀ ਦੇ ਖੋਲ੍ਹਦੀਆਂ ਕਿਤਾਬਾਂ।

ਪੁਸਤਕਾਂ ਸਾਡੇ ਚਰਿੱਤਰ ਨਿਰਮਾਣ ਵਿੱਚ ਸਰਵੋਤਮ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੀਆਂ ਹਨ। ਸਾਨੂੰ ਇਨ੍ਹਾਂ ਨਾਲ ਦੇਸਤੀ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ, ਕਿਉਂਕਿ ਇੱਕ ਸੱਚਾ ਦੇਸਤ ਜੀਵਨ ਵਿੱਚ ਸਹੀ ਮਾਰਗ ਦਰਸ਼ਕ ਹੁੰਦਾ ਹੈ ਤੇ ਕਿਤਾਬਾਂ ਸਾਡੇ ਜੀਵਨ ਨੂੰ ਸਹੀ ਸੇਧ ਦਿੰਦੀਆਂ ਹਨ। ਪੁਸਤਕਾਂ ਪੜ੍ਹਨਾ ਕੋਈ ਬੇਕਾਰ ਕੰਮ ਨਹੀਂ ਸਗੋਂ ਸਾਨੂੰ ਇਨ੍ਹਾਂ ਤੋਂ ਕਈ ਪ੍ਰਕਾਰ ਦੀ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਹੁੰਦੀ ਹੈ। ਇਸ ਲਈ ਸਾਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਇਨ੍ਹਾਂ ਦਾ ਮਹੱਤਵ ਸਮਝਦੇ ਹੋਏ ਇਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਅਪਣਾਉਣ ਦੀ ਲੋੜ ਹੈ।

ਕੋਈ ਮਹਿਬੂਬ ਨੀ ਸੋਹਣਾ ਕਿਤਾਬ ਵਰਗਾ,

ਰੰਗ, ਫੁੱਲ ਨੀ ਮਨਮੋਹਣਾ ਕਿਤਾਬ ਵਰਗਾ।

ਕਿਤਾਬਾਂ ਹਰ ਵੇਲੇ ਸਾਥ ਦਿੰਦੀਆਂ,

ਕੋਈ ਦੇਸਤ ਨੀ ਹੋਣਾ ਕਿਤਾਬ ਵਰਗਾ।

ਗੰਗਾਧਰ ਤਿਲਕ ਕਿਹਾ ਕਰਦੇ ਸਨ, “ਮੈਂ ਨਰਕ ਵਿੱਚ ਵੀ ਚੰਗੀਆਂ ਕਿਤਾਬਾਂ ਦਾ ਸੁਆਗਤ ਕਰਾਂਗਾ ਕਿਉਂਕਿ ਉਨ੍ਹਾਂ ਵਿੱਚ ਇਹ ਸ਼ਕਤੀ ਹੈ ਕਿ ਜਿੱਥੇ ਵੀ ਉਹ ਹੋਣਗੀਆਂ, ਉੱਥੇ ਹੀ ਸਵਰਗ ਬਣ ਜਾਏਗਾ।”

ਪੂਜਾ ਵਰਮਾ

ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ ਪੰਜਾਬੀ

ਪੰਜਾਬ



ਕੱਚੇ ਘਰਾਂ ਚ ਪਿਆਰ ਬੜਾ ਸੀ,
ਸਭਨਾਂ ਵਿਚ ਸਤਿਕਾਰ ਬੜਾ ਸੀ,
ਪਹਿਲਾਂ ਜਿਹਾ ਲੋਕਾਂ ਚ ਹਿਸਾਬ ਰਿਹਾ ਨਾਂ
ਇਹ ਸਾਡਾ ਪੰਜਾਬ ਰਿਹਾ ਨਾਂ।

ਜਵਾਨ ਧੀਆਂ ਨੂੰ ਮਾਰ ਦਿੰਦੇ ਨੇ,
ਦਾਜ ਦੀ ਬਲੀ ਚਾੜ੍ਹ ਦਿੰਦੇ ਨੇ,
ਪੰਚ ਪਾਣੀ ਪੰਚ ਆਬ ਰਿਹਾ ਨਾਂ,
ਇਹ ਸਾਡਾ ਪੰਜਾਬ ਰਿਹਾ ਨਾਂ।

ਨਸ਼ਿਆਂ ਵਿੱਚ ਜਵਾਨੀ ਰੋਲੀ ,
ਖਤਮ ਕੀਤੀ ਪੰਜਾਬੀ ਬੋਲੀ,
ਨਾਂ ਗੁਰੂ ਓਹ ਬਾਜ ਰਿਹਾ ਨਾਂ,
ਇਹ ਸਾਡਾ ਪੰਜਾਬ ਰਿਹਾ ਨਾਂ।

ਪਹਿਲਾਂ ਵਰਗਾ ਪਿਆਰ ਵੀ ਹੈਣੀਂ,
ਬੋਲਿ ਵੀਚ ਮਿਠਾਸ ਵੀ ਹੈਣੀਂ,
ਜੇ ਖਿੜਿਆਂ ਫੁੱਲ ਗੁਲਾਬ ਰਿਹਾ ਨਾਂ,
ਇਹ ਸਾਡਾ ਪੰਜਾਬ ਰਿਹਾ ਨਾਂ।

ਰਣਜੀਤ ਸਿੰਘ ਦਾ ਰਾਜ ਹੁੰਦਾ ਸੀ,
ਮਜੀਦੇ ਸੋਹਣਾਂ ਇਹ ਪੰਜਾਬ ਹੁੰਦਾ ਸੀ,
ਕੋਈ ਰਾਜਾ ਨਵਾਬ ਰਿਹਾ ਨਾਂ,
ਇਹ ਸਾਡਾ ਪੰਜਾਬ ਰਿਹਾ ਨਾਂ।

ਨਾਮ-ਪ੍ਰਦੀਪਕੋਰ

ਰੋਲਨੰ.- 46

ਕਲਾਸ - ਬੀ.ਏ 2nd



ਕਾਸ਼

ਦੁਨੀਆਂ ਦਿਆਂ ਸੈਰਾਂ ਤੋਂ
ਹਰ ਵੇਲੇ ਮੰਗਿਆ ਖੈਰਾਂ ਤੋਂ
ਇੱਕ ਖ਼ਬਰ ਮਿਲੀ ਐ ਗੈਰਾਂ ਤੋਂ
ਕੋਈ ਆ ਰਿਹਾ ਏ ਸ਼ਹਿਰਾਂ ਤੋਂ.....

ਕਾਸ਼ ਅੱਸੀ ਕੁੱਝ ਕਰ ਸਕਦੇ
ਉਹਨੂੰ ਜਿੱਤਣ ਲਈ ਖੁੱਦ ਹਰ ਸਕਦੇ
ਦਿਲ ਵਿਚ ਜੋ ਜਜ਼ਬਾਤ ਛੁਪੇ ਨੇ
ਕਾਸ਼ ਉਹਨੂੰ ਵੀ ਦੱਸ ਸਕਦੇ.....

ਇੱਕ ਵਾਰੀ ਜੇ ਉਹ ਮਿੱਲ ਜਾਵੇ
ਦਿਲ ਵਾਂਗ ਫੁੱਲਾਂ ਦੇ ਖਿੱਲ ਜਾਵੇ
ਕੁੱਝ ਜਖ਼ਮ ਜੋ ਦਿਲ ਤੇ ਲੱਗੇ ਨੇ
ਕਾਸ਼ ਉਹ ਫਿਰ ਤੋਂ ਸਿੱਲ ਜਾਵੇ.....

ਹੋ ਸਕਦਾ ਅੱਜ ਮੁਲਾਕਾਤ ਹੋਊ
ਖੁਸ਼ੀਆਂ ਦੀ ਬਰਸਾਤ ਹੋਊ
ਦੂਰ ਜਦੋਂ ਉਹਨੇ ਹੋ ਜਾਣਾ
ਉਹਦੇ ਬਾਜੇ ਕਾਲੀ ਰਾਤ ਹੋਊ
ਕਾਸ਼ ਨਾ ਕਾਲੀ ਰਾਤ ਹੋਊ !!

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Sports Meet





Commerce Section

Women Entrepreneurship In India: Problems and Prospects



Women in India are confronted with the harsh reality of their households' poor economic condition. As a result, women turn to self-employment to provide for basic necessities for their families. Over the time, encouragement of women entrepreneurs improves the socio-economic conditions of households. Periodic Labour Force Survey (PLFS) 2018-19 indicated that more than half of the India's female labour force is self-employed

Review of Literature

Google and Bain & Company, in 2020, released a report & estimated that the total share of businesses really owned and controlled by women would be less than 20 per cent; this figure also aligns with the National Sample Survey Office's (NSSO) estimate. According to official data from the Udyam portal, launched by the Government of India, over 60.38 lakh MSMEs (new and existing) had registered themselves officially as of 12 December 2021. However, only 16.6 per cent of the enterprises were women-owned MSMEs, with 97 per cent being micro units. Further, the Sixth Economic Census of India reports that women-owned and women-run establishments cater to employment of 13.48 million people, equivalent to 10.2 per cent of the labour force, under different economic activities.

Continue.....

It has been discovered in India that, while women-run microenterprises face greater constraints than men-run microenterprises, they produce more employment for women: women make up more than three-quarters of the workforce at women-run microenterprises Basole and Chandy, 2019. Only 17 per cent of female entrepreneurs were aware of government or financial institution-sponsored funding programmes International Finance Corporation, 2018. An International Finance Corporation study 2014 across 143 countries found that almost 90 per cent have at least one difference between women and men -- with respect to the ownership of land and property -- that further restricts women's economic opportunities.

Research Methodology

Secondary data is used to explore the position of women entrepreneurs in India

Collection of data

Data is collected from online journals, magazines, articles

Objectives of the Study

- **To critically evaluate various problems faced by women entrepreneurs**
- **To study the Govt. schemes influencing women entrepreneurs**
- **To suggest how to overcome the problems**

Status of Women Employment in India		
	2011-12	2018-19
Self Employed	55.6%	52.9%
Salaried Women	13.4%	22.9%
Casual Labourer	31.0%	24.2%

Source: Initiative for What Works to Advance Women and Girls in the Economy (IWWAGE) and Institute of Social Studies Trust (ISST) Report 2020; Statistical

As per 2020 report of (IWWAGE) and (ISST):-

The percentage of self employed women in India went down by 4.85% and percentage of casual labourer went down by 21.9% as the percentage of salaried women drastically went up by 70.89% in a span of 6 years.

Share of MSMEs Owned by Women in 2020-21	
Micro Enterprises	20.44%
Small Enterprises	5.26%
Medium Enterprises	2.67%

Source: Initiative for What Works to Advance Women and Girls in the Economy (IWWAGE) and Institute of Social Studies Trust (ISST) Report 2020; Statistical

* As per report of IWWAGE and ISST 20.37% women own micro, small and medium enterprises in India and due to lack of capital very less women own small and medium enterprises.

Challenges for Women Entrepreneurs

Lack of Education	Lack of Confidence	Dependency on Family and Family Obligation	Lack of Credit Facility
In India female literacy rate 2021 is 70.30% which is low as compared to male literacy rate i.e. 84.70%. Due to lack of education they are not aware about the govt. programs and policies.	Society and family members criticize. The role of the women as entrepreneurs. This criticism is the main cause of lack of confidence among women entrepreneurs which creates a fear from committing mistakes and they do prove.	Due to dependency on family and family responsibilities women are unable to devote their time and energy for entrepreneurial work. Only few women are able to manage both home and business.	Women generally donot have property on their own names therefore they face problems while taking loan from banks and financial Institutions.

Cont.....

Legal, Statutory and Procedural Formalities	Lack of Managerial Skills	Lack of Marketing Skills	Intense Competition
There are so many legal, statutory and procedural formalities to be performed before starting a new business. But due to limited knowledge women do not take a decision to establish a business unit.	They have to manage their time for both family and business that why they cannot spare sufficient time for business. They take the training by attending the Entrepreneurial Development Programme without an entrepreneurial	Due to dependency on family and family responsibilities women are unable to devote their time and energy for entrepreneurial work. Only few women are able to manage both home and business.	Women generally do not have property on their own names therefore they face problems while taking loan from banks and financial Institutions.

Government Schemes Promoting Women Entrepreneurship

Schemes	Benefits	Schemes For
Stand-up India	Bank loan from 10 lakh to 1 crore	Women, SC, ST
Trade Related Entrepreneurship Assistance and Development (TREAD)	grants up to 30 per cent of total project cost	Women
Rashtriya Mahila Kosh	loans of up to INR 10 lac	Women
Micro units development and Refinance Agency Limited (MUDRA)	Refinance Loans upto 10 lac	Both Men & Women
Women Entrepreneurship Platform (WEP)	It helps aspiring women to connect with relevant people in their industry and fosters networking amongst.	Women
Atal Innovation Mission (AIM)	promote the culture of innovation and entrepreneurship	Schools, University, research institutions, MSME
women's entrepreneurship programme (WING)	organises both basic and advanced workshops for aspiring and existing innovators	Women
Annapurna Scheme	Loan upto 50,000 for food catering business	Women
Dena Shakti Scheme	Loan upto Rs. 20 lac for agriculture, manufacturing, retail store	Women
Mahila Udyam Nidhi Yojana	Loan upto Rs. 10 lac to set up a new small-scale venture	Women

Prospects for Women Entrepreneurial Development in India

As each and every woman wants to be financially independent but due to lack of some factors she is not presently fully equipped to become economically empowered. But she is looking for such opportunities to make herself as financially independent women. Therefore, there is no doubt future prospect of women as entrepreneur is very bright. The need is to promote education among the women, build their confidence and to support them emotionally and financially by their family.

Measures to be taken:-

- Provide education to women particularly rural women
- Self confidence of women can be built through counseling and training
- Awareness programs should be launched not only at national but also at regional level
- NGOs and other social organization should come forward for providing help to women entrepreneurs
- Successful women entrepreneurs should come forward for guidance to the young women entrepreneurs

Conclusion

With the development of education and awareness, women are seeking to achieve their position as independent women. But very less women are benefited with the skill development programs of govt. of India. Still there are so many hurdles due to social constraints in the Indian economy in the development of women entrepreneurship these hurdles can be overcome the support of family, society, NGOs and government of India.

Dr. Ranju Bala
Officiating Principal



New Education Policy in India

The New Education Policy was released by the Ministry of Human Resource Development (MHRD) under the guidance of Prime Minister Narendra Modi. The National Education Policy 2020 was released on 29th July 2020, after getting approved by the Union Cabinet. The New Education Policy seeks to make education more inclusive, equitable, and accessible for all, with a particular focus on marginalized communities. It also emphasizes the development of 21st century skills like creativity, critical thinking, and problem-solving.

Additionally, the policy provides for the establishment of new institutions, such as digital universities, and the use of technology to facilitate learning. The New Education Policy replaces the 34-year-old National Education Policy which was formulated in 1986. The New National Educational Policy NEP focuses on 5 pillars: Access, Equity, Quality, Affordability and Accountability.

New Education System in India 2020:- The new education system in India 2020 introduced a new 5+3+3+4 education structure. 5+3+3+4 education structure is a major change from previous education system in India, which was a 10+2 system. In the new system, students will spend more time in the school overall but the number of years spent in each stage of education will be reduced. Below is the detailed overview of the new education structure:

Foundational Stage 5 years: - The foundation stage will comprise the first 5 years of a child's schooling. In the first 3 years of education, children will be taught in Anganwadi, Balvatika or community-based nurseries. The other 2 years of schooling include multilevel, play/ activity-based learning, during which they will develop the basic skills and knowledge required for learning.

Preparatory Stage 3 years: - The preparatory stage will be from age 8 to 11 and focus on foundational learning, including developing basic literacy and numeracy skills among students. The preparatory stage will help students develop their understanding of concepts in various subjects.

Middle Stage 3 years:- The middle stage will be from age 11 to 14 years. During the middle stage, students will be expected to develop core academic skills such as reading, writing, and basic language competencies. They will also be expected to develop life skills such as teamwork, problemsolving, and critical thinking.

Secondary Stage 4 years: - The secondary stage will be from age 14 to 18. During this stage, students will be expected to complete a core curriculum consisting of English, Mathematics, Science, and Social Studies. In addition, they will have the opportunity to choose from a range of electives, including languages, arts, and vocational subjects. The secondary stage aims to provide students with the skills and knowledge they need to prepare for further education or enter the workforce.

Key objective of the New Educational Policy 2020 is to make India a global knowledge superpower by promotion of research and innovation, improving education quality and increasing access of education to all with a target to increase gross enrollment ratio in higher education from 27 Percent to 50 Percent by 2035.

Ms. Gurjinder Kaur
A.P in Commerce



The Future of Technology: Predictions for the Next Decade

Information technology, or IT, has become a ubiquitous part of our daily lives. From our smartphones to our laptops, technology surrounds us in everything we do. But what exactly is IT, and how has it evolved over time? In this blog post, we're going to explore the world of information technology, its history, and its impact on our lives. We'll take a look at how IT has changed the way we communicate, learn, work, and play, and how it continues to shape the future of society. So, whether you're a tech enthusiast or just curious about the world of IT, join us as we delve into the fascinating world of information technology.

The Impact of Artificial Intelligence

Artificial Intelligence has definitely emerged as a game-changer in the field of Information Technology. It has the potential to not only automate repetitive tasks but also improve the overall efficiency of an organization. For instance, a manufacturing unit that leverages AI-powered robots can significantly reduce human errors and increase productivity, resulting in higher profits for the business by saving costs. In addition, we can also observe a significant improvement in customer service, with AI-powered chatbots handling customer queries at any time of the day. Overall, Artificial Intelligence is revolutionizing the Information Technology industry and is here to stay.

Advances in Networking

Information technology has come a long way since its inception to the current age of technological advancement that we experience. The development of software-defined networking (SDN) is one of the critical technological advancements that has revolutionized network administration. This groundbreaking technology has made it possible to separate network control from data forwarding, thus making the networks much more agile and programmable, and it has changed how we design and build networks.

Advanced automation in Information technology has reduced the amount of manual work involved in network configuration, making the whole process easy and consistent. In summary, we can say that Information technology has come far in effecting positive changes in business processes through remarkable advancements like software-defined networking.

Furthermore, 5G technology is a game-changer in the information technology industry as it will revolutionize the way we use and access networks. By enabling faster connectivity, low latency, high bandwidth and facilitating the broader deployment of IoT devices, it is set to accelerate digital transformation for businesses and organizations around the globe. As such, 5G promises to be an invaluable asset when it comes to advancing information technology.

IT and Education

The role of IT in education is expected to continue to grow over the next decade. IT has already enabled learning and teaching to move online, with distance learning becoming increasingly popular. The use of AI in classrooms is also expected to expand, enabling personalized learning experiences for students. With the rapid advancement of technology, it is likely that we will see the use of virtual classrooms, augmented reality, and interactive whiteboards use become commonplace. Furthermore, the use of cloud computing and machine learning will likely lead to increased automation and improved accuracy in grading and assessment. As these technologies become more widely adopted in the educational space, it is likely that educators will have more time to focus on the development of their students' interpersonal and critical thinking skills.

The Proliferation of Cyber-Security Measures

With the rise of cyber threats, digital security is becoming an increasingly vital aspect of protecting one's personal and professional data. In today's digital age, everyone is at risk of cyber threats. Gone are the days where technology was simply a choice - it is now a necessity. From backing up files to secure servers to utilizing multi-factor authentication, the landscape of data security continues to evolve to match that of the cyber threats that lurk in the shadows. It is no longer just about taking steps to protect your personal computer, but also those on your network, including your smartphone and tablet. As more and more businesses shift to cloud-based systems, it's important to ensure that all employees are properly trained and that access is limited to only those who need it, reducing the chance of data breaches or sensitive information being leaked. Again, information technology is a rapidly evolving field. As we explore and leverage more ways to secure our information systems, it is important to remember not to become overwhelmed by all the measures out there.

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



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 by availing opportunities. When a woman makes crucial decisions she feels empowered.

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

Necessity of women empowerment:-

1. Gender biases 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, their employment ratio along with their contribution to 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) Girl's Education
- (2) To make them aware about their rights
- (3) To provide them equal opportunities.

Name: Simranjeet Virk

Class: Bcom 2nd

Roll No: 21



COMMERCE: CONCEPT AND ITS CAREER PROSPECTS

What is concept: means what exist in the mind as a representation or as a formulation (as a plan). Commerce as a concept is skill oriented and life centric in nature. It refers to all activities that are concerned with business come under commerce.

According to JAMES STEPHNSON :

"an organized system for the exchange of commodities and distribution of finished productions".

Commerce study came into existence in 1886 with the establishment of commercial school in Madras .It offers a wide range of carrer opportunities to students. Due to its increased demand over the time. In 2021 - 2022, the current strength of UG and PG students were 120 and 35. Commerce stream is one of the prominent course for students to start their career. Now a days, professionals with business intellect and managerial skills are in high demand.Following subjects of Commerce like Accounts, Economics, Business studies and Maths. If we talk about its benefits it is as follows.

1. Commerce offers a wide range of career options for students such as accountant, company Secretary, Chartered Accountant, Manager in various fields like finance, marketing, production and so on.
 2. Whichever Industries students choose to work a basic understanding of Commerce is needed for their better career prospects.
 3. Companies like Knowledge Process Outsourcing and Business Process Outsourcing selects only those employees who have a basic understanding of accounts and Finance.
 4. Commerce will always be in demand whether there is a recession or no recession period. It gives various job opportunities to students to achieve success in his/her life. "It is just like a map which guides the students' a way of success' ' This stream gives various job facilities such as Chartered accountant, Banking, Stock brokers etc.
- The demand for jobs is very high not only in India but also in other countries. It offers a high salary package of Rs 10 lakh to 50 lakh to its employees.

Name: Gurpreet Kaur

Class: Bcom 1st

Roll No: 02

Women Cell





Science Section





INTENTIONS

"Our Intentions Are everything, nothing happens on this planet without it "...

Jim Carrey

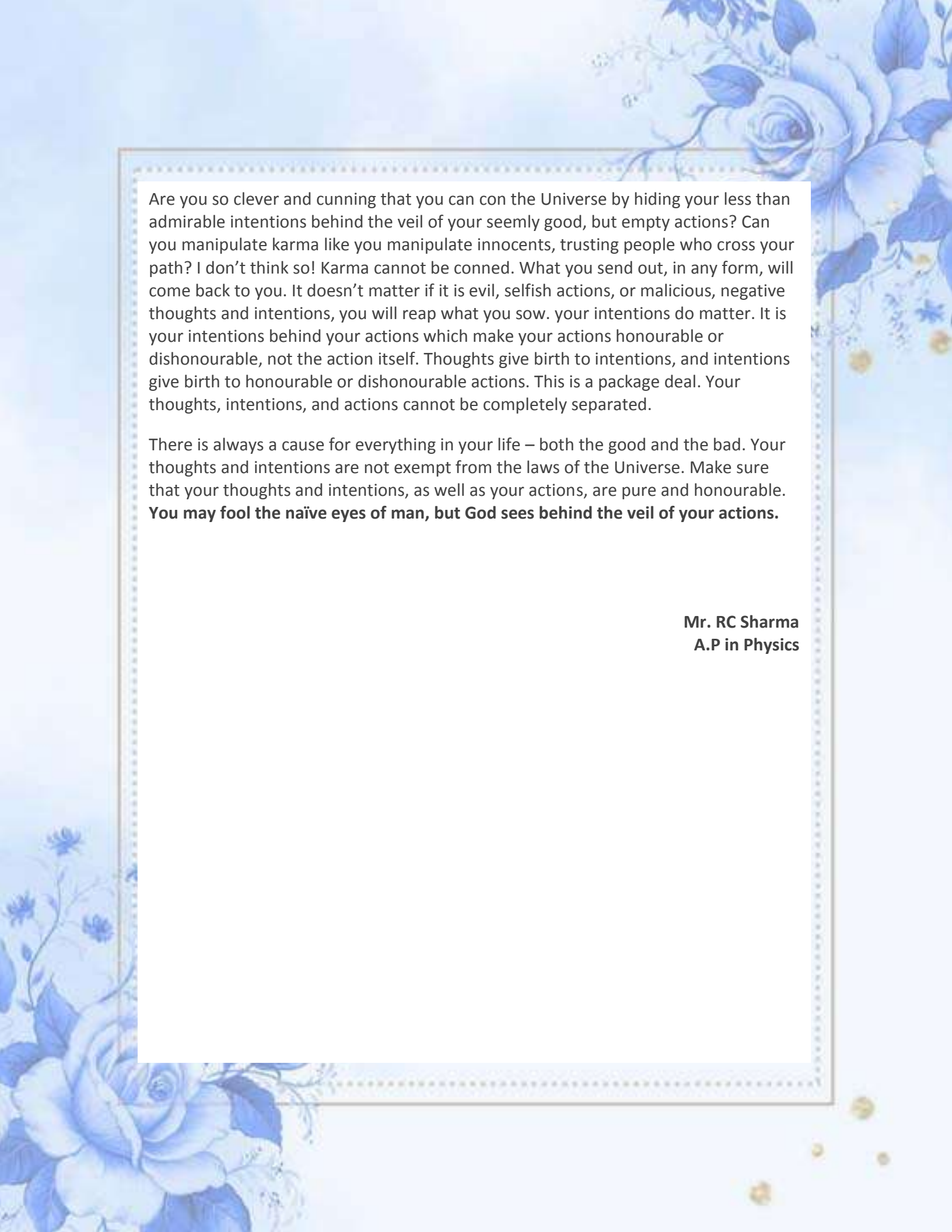
Is karma based on the intentions?

Karma is based on both the intentions and actions behind the intentions. This is because the actions arise from intentions only, they are not independent. Let's say you intend to do some good to someone that in itself is karma. If you don't put in into action, this noble thought will make you a better person, someone will probably wish you well and next time you may be able to act on it. Your reality and the outcome of your life is directly related to your intentions. While this may sound ludicrous, it's completely true: Your choices empower you, and the way you act creates varying results.

For example, think about it in terms of painting. The blank canvas represents your life and the paint colours represent your intentions. Depending on the colour of paint you choose (the intentions you set), you'll shift the outcome of what's painted on your canvas (the trajectory of your life).

Scientific research has shown that the energy of thought can alter the environment, which in other words, means there is power in our thinking. This is because our intentions operate as highly coherent frequencies capable of changing the molecular structure of matter.

What is often said about intentions is that intentions are seeds? If you act on certain intentions, you are planting those certain seeds. You may plant seeds of hate, of greed, or of delusion. It is one thing to plant one seed, but if you keep planting them, then you keep nourishing them, keep watering them, and they grow and grow until they almost become our character. Well, I have some news for you. Karma does apply to your thoughts and intentions. Do you think that the Great Spirit of our Universe cannot see the intentions behind your actions?



Are you so clever and cunning that you can con the Universe by hiding your less than admirable intentions behind the veil of your seemingly good, but empty actions? Can you manipulate karma like you manipulate innocents, trusting people who cross your path? I don't think so! Karma cannot be conned. What you send out, in any form, will come back to you. It doesn't matter if it is evil, selfish actions, or malicious, negative thoughts and intentions, you will reap what you sow. your intentions do matter. It is your intentions behind your actions which make your actions honourable or dishonourable, not the action itself. Thoughts give birth to intentions, and intentions give birth to honourable or dishonourable actions. This is a package deal. Your thoughts, intentions, and actions cannot be completely separated.

There is always a cause for everything in your life – both the good and the bad. Your thoughts and intentions are not exempt from the laws of the Universe. Make sure that your thoughts and intentions, as well as your actions, are pure and honourable. **You may fool the naïve eyes of man, but God sees behind the veil of your actions.**

Mr. RC Sharma
A.P in Physics



THE SECRET KILLER: INFLAMMATION

(The surprising link between INFLAMMATION and HEART ATTACK, CANCER and Other diseases)

Every action either contributes to health or encourages disease.

Activities that encourage disease cause chronic inflammation, which is linked to nearly every disease known to man. Inflammation was dubbed "**The Secret Killer**" by Time Magazine in 2004, and each day we make decisions regarding this so-called "secret killer." For instance, the food we choose to eat, the medication we take, the time we choose to go to bed, the city we choose to live in, the job we choose to have—each of these factors either contributes to or helps reduce chronic inflammation.

As a result, this is the crux of every decision we make regarding our health: either anti- or pro-inflammatory.

How much sleep do you get from working a stressful 100-hour week? Pro-inflammatory.

Are you following a low-fat, high-carb diet loaded with sugar and grains? Pro-inflammatory.

Have a few beers in the evening? Pro-inflammatory.

Is Fish Oil Taken? Anti-inflammatory.

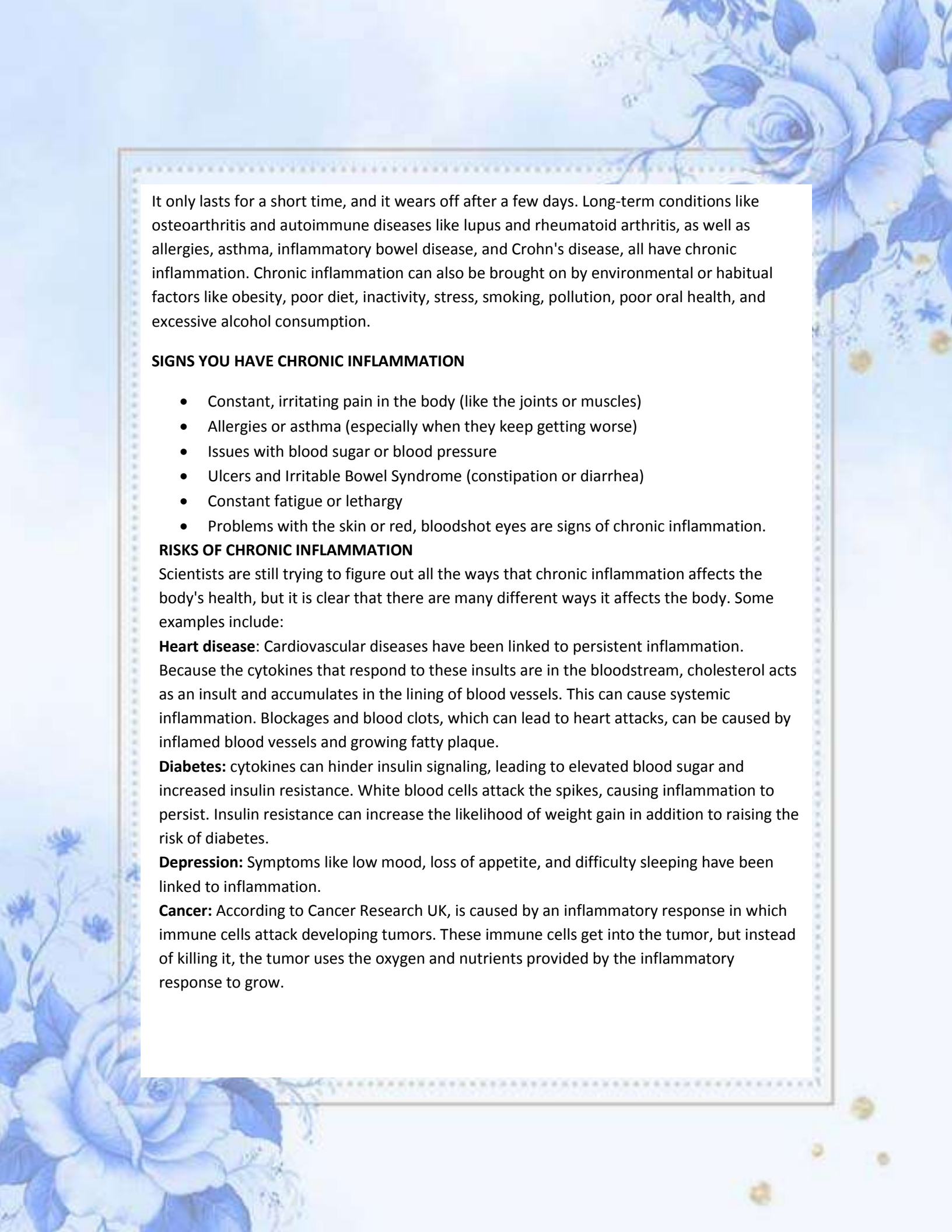
Sleeping 8 hours a night? Anti-inflammatory.

Are you avoiding all grains, particularly gluten? Anti-inflammatory.

Chronic inflammation is the result of years of making choices that hurt inflammation.

CHRONIC INFLAMMATION IS COMPARABLE TO AN INTERNAL FIRE RAGING.

Your body's normal immune response is inflammation. Typically, it is our friend. It's like the first person to arrive at the injury scene. Inflammation that has reached the affected area and is assisting your body in the healing process is accompanied by signs of pain, swelling, redness, and warmth. Inflammation comes in two varieties: chronic and acute inflammation, also known as systemic inflammation. A cut or scrape in the skin, an infected ingrown nail, a sprained ankle, acute bronchitis, a sore throat, tonsillitis, or appendicitis all result in acute inflammation.



It only lasts for a short time, and it wears off after a few days. Long-term conditions like osteoarthritis and autoimmune diseases like lupus and rheumatoid arthritis, as well as allergies, asthma, inflammatory bowel disease, and Crohn's disease, all have chronic inflammation. Chronic inflammation can also be brought on by environmental or habitual factors like obesity, poor diet, inactivity, stress, smoking, pollution, poor oral health, and excessive alcohol consumption.

SIGNS YOU HAVE CHRONIC INFLAMMATION

- Constant, irritating pain in the body (like the joints or muscles)
- Allergies or asthma (especially when they keep getting worse)
- Issues with blood sugar or blood pressure
- Ulcers and Irritable Bowel Syndrome (constipation or diarrhea)
- Constant fatigue or lethargy
- Problems with the skin or red, bloodshot eyes are signs of chronic inflammation.

RISKS OF CHRONIC INFLAMMATION

Scientists are still trying to figure out all the ways that chronic inflammation affects the body's health, but it is clear that there are many different ways it affects the body. Some examples include:

Heart disease: Cardiovascular diseases have been linked to persistent inflammation. Because the cytokines that respond to these insults are in the bloodstream, cholesterol acts as an insult and accumulates in the lining of blood vessels. This can cause systemic inflammation. Blockages and blood clots, which can lead to heart attacks, can be caused by inflamed blood vessels and growing fatty plaque.

Diabetes: cytokines can hinder insulin signaling, leading to elevated blood sugar and increased insulin resistance. White blood cells attack the spikes, causing inflammation to persist. Insulin resistance can increase the likelihood of weight gain in addition to raising the risk of diabetes.

Depression: Symptoms like low mood, loss of appetite, and difficulty sleeping have been linked to inflammation.

Cancer: According to Cancer Research UK, is caused by an inflammatory response in which immune cells attack developing tumors. These immune cells get into the tumor, but instead of killing it, the tumor uses the oxygen and nutrients provided by the inflammatory response to grow.

ANTI-INFLAMMATORY DIET AND FOODS

In recent years, anti-inflammatory diets have gained popularity. According to the Mayo Clinic, there is no hard evidence that these diets work to reduce inflammation, but the principles of an anti-inflammatory diet are healthy. Fish, fresh fruits and vegetables, and healthy fats are typical of the Mediterranean Diet's recommended foods; eating nuts in small quantities; avoiding red meat at all costs; and drinking red wine in moderation. Additionally, nutritionists recommend increasing your intake of the following foods:

Cold-water fish: Avocados are one of the best sources of omega-3 fatty acids. Avocados are very good at reducing inflammation. Polyhydroxylated fatty alcohols, omega-3 fatty acids, phytosterols, antioxidants from carotenes, and phytosterols are all components that can reduce inflammation.

Cruciferous vegetables like broccoli: Sulforaphane is found in broccoli, Brussels sprouts, kale, cauliflower, and other green leafy vegetables. It is linked to blocking enzymes that are linked to joint damage and, as a result, chronic inflammation.

Watermelon: Lycopene, a cellular inhibitor of various inflammatory processes, can be found in watermelon. It also neutralizes free radicals as an antioxidant. Walnuts and other nuts: Watermelon also has choline, which helps reduce chronic inflammation. Omega-3 fatty acids can be found in abundance here.

Onions: For centuries, they have been used as a home remedy for asthma due to their anti-inflammatory properties. Quercetin, which blocks histamines that are known to cause inflammation, is abundant in onions.

Whole grains: CRP levels have been linked to lower levels in whole grains like bulgur wheat, brown rice, and quinoa. According to the Arthritis Foundation, the fiber in whole grains can help regulate inflammatory processes by supporting weight loss and feeding beneficial gut bacteria associated with lower levels of inflammation.

**Ms. Ambika
A.P In Chemistry**



CAN NON-STICK COOKWARE LEAD TO CANCER?

We all know what non-stick cookwares are and what ease they have done in day-to-day life. Non-stick coating is useful for cooking delicate foods that might otherwise stick to the pan. The non-stick surface makes utensils convenient to use and easy to clean. It also requires little oil or butter, making it a low-fat way to cook and fry food.

But there's controversy about the non-stick coating i.e. Teflon. Some sources claim that Teflon leads to serious health issues such as **Cancer**, while others suggest that it is safe to use.

Non-stick cookwares, such as frying pans and saucepans, get coated with a material called polytetrafluoroethylene (**PTFE**), commonly known as **Teflon**. According to a survey, more than 70% of urban population of India use non-stick cookwares. Their demand is increasing in rural population as well.

Research conducted by Newcastle and Flinders University of Australia came to the conclusion that when food is cooked in these non-stick cookwares, they release microplastic (less than 5mm) and nanoplastic (less than 1mm) particles. These particles get dissolved with our food and act as slow poison. In its complete life a non-stick utensil releases approximately 28 lakh plastic particles.

Teflon is safe and stable compound in general. However, at temperatures above 500°F (260°C), Teflon coatings on non-stick cookwares start to break down, releasing toxic chemicals containing fumes into the air. Prolonged exposure to these fumes may lead to polymer fume fever, also known as the Teflon flu. Heating on slow flame for a longer period increases the risk of breakdown of the coating. Vigorous rubbing or scratching of the utensil during washing disrupts the layer of Teflon. This is another reason for the particle release.

Another compound, **PFOA** (Perfluoro octanoic acid) is used to make Teflon coating. Some of the health risks associated with PFOA are **liver tumors, breast cancer, reduced fertility, thyroid and kidney disorders**. From 2013, after the findings of various researches, companies claimed that they are producing PFOA-free products now. While PFOA has been removed from Teflon products, there are still other components, namely **PFAS** (per- and polyfluoroalkyl substances), that are not fully understood.

These and other ingredients in Teflon products may pose a health risk. Research is ongoing to more fully understand the nature of those ingredients and how they impact the human body. Much is still unknown about the safety of the fluoropolymers that are used currently. **EPA** (Environmental Protection Agency, USA) alerted the public that even tiny amounts of these chemicals used in millions of consumer products including food packaging, cosmetics, non-stick cookware, and stain-resistant fabrics can cause cancer, infertility, and cardiovascular risks. Called “**forever chemicals**” because they are indestructible and do not degrade overtime. **WHO’s** International Agency for Research on Cancer classifies PFOA as “possibly carcinogenic to humans”.

Here are **some tips** for using Teflon cookware safely:

Replace damaged or worn Teflon cookware.

Don’t preheat the non-stick utensils for longer time.

When using too high temperature, turn on the exhaust fan or open the window.

Don’t use very harsh cleaning materials.

If your utensil is made before 2013, replace it with newer one.

Ms Pooja

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NEVER DESPAIR, KEEP PUSHING ON

A man is not finished when he is defeated. He is finished, when he quits. So, never quit because the winners never quit and quitters never win. Difficulties in your life never come to destroy you, but to help you realize your hidden power. Let difficulties know that you are too difficult. Despairs and obstacles must come in life. We should not get frightened from them and we should face them bravely. We should be helpful under all circumstances. The candle of hope is the source of light for success in life. So, do not lose it, failures try to blow it out but you should try to guard it with both your hands. Every problem has its own solution in itself, it depends on us how we tackle it, No one will manufacture a lock without a key. Similarly, God would not create any problem without its solution, so, we should face the problems with great confidence. Never despair and never be discouraged, however stormy the heaven, however dark the way, however great the difficulties, march on without any fear and hesitation and the success will be yours. If fortune has played, false with you , tomorrow it may be true to you. If your riches have taken wings and left you, do not weep your life always, but be up and make up the loss by new energy and new action. If an unfortunate bargain has put out your business, do not fold your arms and do not give up hope but work more vigorously. If those whom you have trusted have betrayed you, do not discourage, and do not idly weep but keep pushing on. Let the foolishness of yesterday make us wise today.

"A quitter never wins and a winner never quits"

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