



ISHARJYOT DEGREE COLLEGE FOR WOMEN

" MAKE A NEW PERSPECTIVE "



CAMPUS BUZZ 2025-26

OUR INSPIRATION

SANT BABA ISHAR SINGH JI (RARA SAHIB WALE)

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(Pehowa Wale)

Sant Baba Mann Singh Ji, the great
educationist, a versatile genius of highest
order, fear- less 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 THE PRINCIPAL'S 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 allow them to upgrade their knowledge and skills. College magazine is one of the platforms of any college, where students may express their views, ideas, innovations or whatever they have learnt in their life. A college magazine is a mirror of college life. It helps to train and educate the students on how they can concentrate on their thoughts and ideas. It provides an opportunity to the young writers for displaying their views in the form of articles, short stories and poems.

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

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

Principal
Dr. Ranju Sobti

STAFF EDITORIAL BOARD



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ENGLISH SECTION



Esophageal Cancer: A Comprehensive Overview



INTRODUCTION

Esophageal cancer is a malignant disease that develops in the esophagus, the muscular tube responsible for transporting food and liquids from the mouth to the stomach. It is considered one of the more aggressive gastrointestinal cancers because it is often diagnosed at an advanced stage due to the absence of early symptoms. Worldwide, esophageal cancer represents a significant cause of cancer-related mortality.

ANATOMY AND FUNCTION OF THE ESOPHAGUS

The esophagus is approximately 25 cm long and is lined by epithelial cells that protect it from mechanical injury during swallowing. It connects the pharynx to the stomach and passes through the chest before entering the abdomen. Cancer usually arises from the inner lining of the esophagus and may spread outward to surrounding tissues and organs.

TYPES OF ESOPHAGEAL CANCER

There are two major histological types:

1. Squamous Cell Carcinoma (SCC)

- Originates from the flat squamous cells lining the esophagus
- Commonly affects the upper and middle portions
- Strongly associated with tobacco use, alcohol consumption, and poor nutrition

2. Adenocarcinoma

- Develops from glandular cells that produce mucus
- Typically occurs in the lower esophagus, near the stomach
- Strongly linked to chronic acid reflux (GERD)

SIGNS AND SYMPTOMS

Early esophageal cancer is often asymptomatic, but as the disease progresses, symptoms may include:

- 
- Progressive difficulty in swallowing (dysphagia)
 - Sensation of food getting stuck in the chest
 - Unexplained weight loss
 - Chest pain or burning sensation
 - Hoarseness of voice or chronic cough
 - Vomiting or coughing up blood
 - Fatigue and weakness due to anemia

DIAGNOSIS

Diagnosis requires a combination of clinical evaluation and investigations:

- Upper endoscopy with biopsy (gold standard)
- CT scan, PET scan, or MRI to assess spread
- Endoscopic ultrasound (EUS) for staging depth and lymph nodes
- Blood tests to evaluate nutritional and general health status

TREATMENT OPTIONS

Treatment depends on cancer stage, tumor type, and patient health:

1. Surgery

- Esophagectomy (partial or complete removal of the esophagus)
- Most effective for early-stage disease

2. Chemotherapy

- Uses anti-cancer drugs to destroy cancer cells
- Often combined with radiation therapy

3. Radiation Therapy

- High-energy rays used to kill or shrink tumors
- Used before surgery or for symptom relief

4. Targeted Therapy and Immunotherapy

- Modern treatments targeting specific cancer pathways
- Useful in advanced or recurrent cases

5. Palliative Care

- Focuses on symptom relief and quality of life
- Includes stent placement to improve swallow.

PREVENTION AND RISK REDUCTION

Although not all cases are preventable, risk can be reduced by:

- Maintaining a healthy body weight
 - Treating acid reflux promptly
 - Consuming a diet rich in fruits and vegetables
 - Undergoing surveillance if diagnosed with Barrett's esophagus
- 

CONCLUSION

Esophageal cancer is a serious and potentially life-threatening disease that requires early recognition and timely intervention. Increased awareness of symptoms, risk factors, and preventive measures can lead to earlier diagnosis and improved survival. Multidisciplinary treatment approaches remain key to effective management.

Ms NEELAM
Asst. Prof. of Commerce

Spiritual Electricity



THE POWER WITHIN THE MIND

The human mind has a unique ability to both generate and consume spiritual energy, depending on the nature of our thoughts. Just as electricity powers machines, spiritual energy empowers the soul. The way we think, feel, and act determines whether our inner power is charged or drained.

As Swami Vivekananda rightly said,

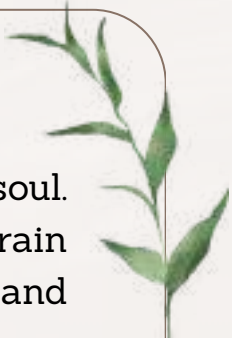
“THOUGHTS ARE POWERFUL; THEY CAN UPLIFT US OR PULL US DOWN.”

THE WORLD AS A FIELD OF ENERGY

Everything in this universe is energy. The world around us is a vast combination of physical and spiritual energies vibrating at different frequencies. Fresh, pure, and creative environments radiate positive energy, while old, neglected, and negative surroundings emit low energy.

This constant flow of energy can be felt in nature, relationships, and even in our thoughts.





THE DRAIN OF NEGATIVE AND WASTE THOUGHTS

In human life, negative and waste thoughts weaken the soul. Feelings of anger, jealousy, ego, fear, and worry slowly drain spiritual strength. Such thoughts create heaviness, laziness, and emotional exhaustion.

When individuals lose self-control and disconnect from a positive source of strength, they feel burdened and helpless. They are unable to stop unwanted thoughts or emotions, leading to prolonged stress and depression.

As Buddha said,

“THE MIND IS EVERYTHING. WHAT YOU THINK, YOU BECOME.”

THOUGHTS: CHARGING AND DISCHARGING THE SOUL

Thoughts created by the conscious mind act like switches—they can either charge or discharge the soul's energy. During sleep, the mind rests and does not create new thoughts. However, during waking hours, every thought consumes or generates energy.

Negative thoughts cause power leakage, while waste thoughts—such as regrets of the past and anxieties about the future—create mental heat in the form of tension and restlessness. In contrast, thoughts filled with determination, enthusiasm, and spiritual values are high-voltage thoughts that energize the soul.

GENERATING SPIRITUAL ENERGY THROUGH POSITIVE LIVING

Spiritual energy increases through positive and righteous actions. When we help others, think good for everyone, and act with kindness, we naturally feel light, peaceful, and happy.

Adopting a ‘to give’ attitude instead of a ‘to get’ mindset strengthens inner power. Living in the present moment conserves energy, while forgiveness and forgetting past hurts put a full stop to negative thinking.

As Mahatma Gandhi said,

“HAPPINESS IS WHEN WHAT YOU THINK, WHAT YOU SAY, AND WHAT YOU DO ARE IN HARMONY.”



SOUL CONSCIOUSNESS AND DIVINE CONNECTION

The highest level of spiritual energy is generated through soul consciousness—seeing oneself as a peaceful, powerful soul rather than merely a physical body. Detachment from bodily identification and connection with the Supreme Source, God, fully recharge the soul.

Regular spiritual practices such as meditation, self-reflection, and remembrance of the Divine help maintain this inner power and bring lasting peace.

SPIRITUALITY AND EDUCATION: BUILDING KNOWLEDGE WITH WISDOM

Education is the foundation of personal growth and social progress. However, education that focuses only on academic achievement often overlooks the emotional, ethical, and spiritual needs of learners. In the modern world, where stress, competition, and material success dominate life, integrating spirituality with education has become essential. Spirituality gives education a deeper purpose by nurturing inner values, emotional balance, and moral responsibility.

MEANING OF SPIRITUALITY IN EDUCATION

Spirituality in education does not imply religious instruction or rituals. It refers to the cultivation of inner awareness, ethical values, compassion, discipline, and self-reflection. It encourages students to understand not only what they learn but also why they learn. Spiritual education helps students connect knowledge with wisdom and action with responsibility.

SPIRITUALITY AS A TOOL FOR STRESS MANAGEMENT

Examination stress and performance pressure can negatively affect students' mental health. Spiritual education teaches students to accept challenges with patience and confidence. Students who practice yoga and pranayama regularly show better stress management during exams. They learn to remain calm under pressure and develop resilience rather than fear.

CONCLUSION

Producing spiritual electricity is an inner process.

By choosing positive thoughts, meaningful actions, and a higher spiritual connection, we can transform our lives. When the soul is fully charged, life becomes purposeful, peaceful, and powerful.

Ms SUMAN
Asst. Prof. of Physics



Women's Rights in India



Women's rights in India have evolved significantly over the past century, shaped by constitutional commitments, legal reforms, social movements, and growing awareness among the younger generation.

Historical Evolution:

The development of women's rights in India began with social reform movements in the 19th century. Reformers such as Raja Ram Mohan Roy, Jyotirao and Savitribai Phule, and Ishwar Chandra Vidyasagar challenged oppressive practices like sati, widow remarriage restrictions, and denial of education to girls. Their campaigns created a foundation for modern gender justice in India.

CONSTITUTIONAL FRAMEWORK

The Constitution of India provides a strong legal backbone for women's rights:

- Article 14 ensures equality before the law.
- Article 15 prohibits discrimination based on sex.
- Article 15(3) allows the state to create special provisions for women.
- Article 39(d) mandates equal pay for equal work.
- Article 42 protects maternity rights.

These articles collectively guarantee a legal environment where gender equality is a fundamental principle.

KEY LAWS EMPOWERING WOMEN:

To strengthen women's protection and participation, India has enacted several significant laws:

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- The Dowry Prohibition Act, 1961
 - The Protection of Women from Domestic Violence Act, 2005
 - The Sexual Harassment of Women at Workplace (POSH) Act, 2013
 - The Prohibition of Child Marriage Act, 2006
 - The Maternity Benefit Act (Amendment), 2017

These legal measures aim to secure women's dignity in both private and public spheres.

PRESENT-DAY CHALLENGES:

Despite legal safeguards, Indian women continue to face multiple challenges:

- Gender-based violence and harassment
- Unequal access to education and employment
- Wage gaps and limited leadership roles
- Social pressure, stereotypes, and patriarchal norms
- Health and nutrition disparities

For college students, understanding these issues is important because they reflect broader systemic inequalities in society.

PROGRESS AND OPPORTUNITIES:

In recent years, India has witnessed remarkable strides in women's empowerment:

- Women now lead in fields such as engineering, medicine, administration, entrepreneurship, and the armed forces.
- Government schemes like Beti Bachao Beti Padhao, Ujjwala Yojana, Stand-Up India, and Self-Help Groups (SHGs) have increased education, health, and economic opportunities.
- Digital platforms have opened new avenues for learning, employment, and financial independence.

Ms. GURJINDER KAUR
Asst. Prof. of Commerce



Demonstration Effect (Duesenberry Effect)/ Ratchet Effect



The Demonstration Effect concept has been around for several decades. The term "demonstration effect" was first introduced by economist James Duesenberry in his 1949 book "Income, Saving, and the Theory of Consumer Behavior." Duesenberry's work focused on how people's consumption patterns are influenced by their social environment and the consumption patterns of others .

The demonstration effect is a socio-economic phenomenon where individuals change their consumption patterns and behaviors by imitating or emulating others, particularly those perceived as having higher social status or wealth. This effect plays a significant role in shaping consumer behavior and has important implications in economic and social development.

Essentially, the demonstration effect occurs when people observe the lifestyles, purchases, or consumption habits of others and feel compelled to match or surpass them. This can happen within a local community or across countries, especially when modern communication and media expose individuals to different standards of living. For example, someone in a developing country might desire to own products or adopt lifestyles seen in wealthier countries after watching foreign movies or advertisements.

Since then, the concept has been widely studied and applied in various fields, including economics, sociology, and marketing. The Demonstration Effect remains a relevant and important concept in understanding consumer behavior and the factors that influence consumption patterns.

The demonstration effect, also known as the Duesenberry effect, is a concept in economics that explains how people's consumption patterns are influenced by observing and imitating others. This effect suggests that individuals tend to increase their consumption of goods and services as they observe others consuming similar products.



KEY ASPECTS OF DEMONSTRATION EFFECT

SOCIAL COMPARISON:

The demonstration effect is driven by social comparison, where individuals compare their consumption patterns with those of others.

IMITATION:

People tend to imitate the consumption patterns of others, often to feel part of a social group or to enhance their social status.

INCREASED CONSUMPTION:

The demonstration effect can lead to increased consumption, as individuals strive to keep up with the consumption patterns of others.

DAILY LIFE EXAMPLES

-KEEPING UP WITH THE JONESES:

A person may buy a new smartphone because their friends have recently purchased similar devices, even if their current phone is still functional.

FASHION TRENDS:

People may follow fashion trends and buy new clothing or accessories because they see others wearing similar items.

LUXURY GOODS:

The demonstration effect can also influence the consumption of luxury goods, such as designer clothing, jewelry, or high-end electronics.

FACTORS INFLUENCING DEMONSTRATION EFFECT

-SOCIAL MEDIA:

Social media platforms can amplify the demonstration effect, as people are exposed to curated images and videos of others' consumption patterns.

PEER PRESSURE:

Peer pressure can also contribute to the demonstration effect, as individuals may feel pressure to conform to certain consumption patterns.

CULTURAL FACTORS:

Cultural factors, such as the emphasis on material possessions or social status, can influence the demonstration effect.

IMPLICATIONS OF DEMONSTRATION EFFECT





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IMPLICATIONS OF DEMONSTRATION EFFECT

CONSUMER BEHAVIOR:

The demonstration effect can significantly influence consumer behavior, leading to increased consumption and potentially contributing to issues like overconsumption and waste.

-MARKETING STRATEGIES:

Businesses can leverage the demonstration effect in their marketing strategies, using social proof and influencer marketing to promote their products.

SOCIAL AND ENVIRONMENTAL IMPACT:

The demonstration effect can have broader social and environmental implications, such as contributing to fast fashion or the consumption of unsustainable products.

CONCLUSION

The demonstration effect is a powerful force that shapes consumer behavior and influences consumption patterns. By understanding this concept, businesses and policymakers can develop strategies to promote sustainable consumption and mitigate the negative impacts of overconsumption.

Ms. LOVELY
Asst. Prof. of Economics



Social Media – A Boon or Bane for Youth?



“TECHNOLOGY IS A USEFUL SERVANT BUT A DANGEROUS MASTER.”

— CHRISTIAN LOUS LANGE

In this modern digital age, social media has become an inseparable part of our lives. Whether we are children, teenagers, or adults, almost everyone uses social media in one way or another. But while it connects the world, it also raises serious concerns. So, let's try to understand whether social media is helping us or harming us.

First, let us understand what social media is. Social media includes platforms and apps that allow people to connect, share information, express their opinions, and create content. Popular platforms like Facebook, Instagram, WhatsApp, Twitter (X), YouTube, and Snapchat are used by billions of people every day.

The positive side of social media—how it is a boon. Firstly, it makes communication easy and instant. Whether your friend is next door or in another country, you can talk, video call, or message them anytime. Secondly, it is a powerful source of knowledge and awareness. News, updates, health tips, and educational content are just a click away. Thirdly, for students, social media can be used for learning. Platforms like YouTube, LinkedIn Learning, and online study groups help us understand difficult subjects in simple ways. Another big advantage is that social media provides a stage to showcase talent. Many youngsters have become singers, artists, chefs, and dancers just by posting their work online. During emergencies, like the COVID-19 pandemic, social media played a major role in helping people find hospital beds, oxygen cylinders, and support.



It is also a place where job seekers and professionals connect, especially through platforms like LinkedIn. So, in many ways, social media has made our lives easier and more connected.

But at the same time, social media also has a negative side, which makes it a bane for many people. One of the biggest problems is addiction. According to research, people spend over 2.5 hours daily on social media, which often affects their study time and personal life. Another issue is related to mental health. Many teenagers face anxiety, depression, and loneliness because of too much time spent online or comparing themselves with others. Also, social media is a place where cyberbullying happens. People often post mean comments, spread rumors, or threaten others, which can hurt a person's self-esteem. The spread of fake news is another danger. False information spreads faster than the truth, causing confusion, panic, or even violence. Privacy is also at risk, as personal details can be misused by hackers or strangers. Lastly, people often post perfect pictures and happy moments, which may not be real, creating unrealistic expectations and feelings of sadness in others.

So, what's the final answer—is social media a boon or a bane? Well, it depends on how we use it. Like a knife that can be used to cut fruits or harm someone, social media is a tool. If we use it wisely, it can help us grow. If we misuse it, it can harm us deeply. That is why students must learn to balance their screen time, avoid sharing personal information, and never believe or spread unverified news. Parents and teachers must also play a role in guiding young users.

In conclusion, social media has both bright and dark sides. It is a powerful invention that has changed the world forever. But it is up to us to choose the right path. Let's use social media not to waste time or hurt others, but to learn, grow, connect, and spread positivity. Let us become responsible digital citizens and make the internet a better and safer place for everyone.

"THINK BEFORE YOU UPLOAD, THINK BEFORE YOU TWEET, AND THINK BEFORE YOU CLICK."

Ms. Rohina
Asst. Prof. of English



Digital Detox : Do We Really Need It?



“ALMOST EVERYTHING WILL WORK AGAIN IF YOU UNPLUG IT FOR A FEW MINUTES — INCLUDING YOU.”

In today's fast-paced digital era, technology has become an essential part of our daily lives. Smartphones, laptops, and social media platforms connect us to the world within seconds. From online education and communication to entertainment and news, digital devices make life convenient. However, this convenience comes at a cost, making us question — do we really need a digital detox?

Excessive use of digital devices has a serious impact on mental health. Continuous notifications and constant screen exposure increase stress, anxiety, and mental fatigue. Many students experience disturbed sleep, reduced attention span, and emotional exhaustion due to excessive screen time. The mind rarely gets time to relax, leading to burnout at a young age.

Social media plays a major role in shaping our thoughts and emotions. While it helps us stay connected, it also promotes unrealistic lifestyles and constant comparison. Seeing curated and filtered lives often creates feelings of inadequacy and dissatisfaction. Gradually, real-life interactions are replaced by virtual ones, weakening genuine relationships.

Digital addiction also affects productivity and academic performance. Hours spent scrolling through screens reduce focus and delay important tasks. Creativity, critical thinking, and self-discipline suffer when digital consumption becomes uncontrolled. Instead of being a tool for growth, technology turns into a distraction.

HOW CAN WE PRACTISE A DIGITAL DETOX?

- 
- · Set Healthy Digital Boundaries: Fix specific times for using phones and social media. When boundaries are clear, technology remains a tool instead of becoming a habit.
 - · Create Screen-Free Moments: Keeping devices away during meals, study hours, and before sleep helps the mind relax and improves focus and relationships.
 - · Reduce Digital Noise: Turning off unnecessary notifications minimizes distractions and lowers mental stress caused by constant interruptions.
 - · Reconnect with Offline Life: Spending time on hobbies, exercise, reading, or nature refreshes the mind and restores emotional balance.
 - · Be Mindful, Not Mindless: Using technology with purpose—rather than endless scrolling—helps us regain control over our time and attention.

A digital detox does not mean completely abandoning technology. It simply means using technology mindfully. Setting screen-time limits, avoiding phones before sleep, spending time in nature, reading books, or engaging in hobbies can help restore balance. Even short digital breaks can refresh the mind and improve emotional well-being.

CONCLUSION:

A digital detox is not about rejecting technology but about regaining control over it. In a world where screens dominate our lives, taking time to unplug helps us reconnect with ourselves, our goals, and the people around us.

“YES, WE REALLY DO NEED A DIGITAL DETOX — NOT TO ESCAPE THE DIGITAL WORLD, BUT TO LIVE WISELY WITHIN IT.”

MS. SHIVIKA
Asst. Prof. of MATHEMATICS



Ethics in Computer Science: Responsible Use of Technology in the Digital Age



“WITH GREAT TECHNOLOGICAL POWER COMES GREAT RESPONSIBILITY.”

In today's digital world, computer science is a part of our everyday life. We use smartphones, social media, artificial intelligence, and cloud services regularly. Technology helps us learn, work, and communicate easily. However, along with these benefits, many ethical problems have also emerged. That is why understanding ethics in computer science is very important for students and professionals.

Ethics in computer science means using technology in a responsible and correct manner. It guides us to use computers, software, data, and digital systems honestly, safely, and fairly. As technology becomes more powerful, the responsibility of using it wisely also increases.

One of the biggest ethical issues is data privacy. Large amounts of personal information are collected through websites, mobile apps, and social media platforms. Misuse or unauthorized access to this data can lead to identity theft and financial loss. Therefore, protecting user data is an important ethical duty of computer professionals.

Another serious concern is cybercrime. Hacking, phishing, online fraud, and spreading malware are increasing rapidly. Students must understand that using technical skills for illegal purposes is unethical and punishable by law. Ethical computer use means respecting cyber laws and digital property.

Plagiarism and software piracy are also major ethical issues. Copying code, projects, or digital content without giving proper credit is dishonest. Students should develop originality and respect intellectual property rights. Ethical behavior builds professionalism and trust.

With the rapid growth of Artificial Intelligence, new ethical challenges have appeared. Issues like bias in AI systems, misuse of AI-generated content, and lack of transparency raise serious questions.



Ethics in computer science also includes responsible use of social media. Spreading fake news, cyber bullying, and misuse of online platforms can negatively affect society. Students should be aware of their digital footprint and act responsibly online.

“TRUE PROGRESS IN TECHNOLOGY IS POSSIBLE ONLY WHEN IT IS GUIDED BY ETHICS.”

In conclusion, ethics plays a vital role in computer science. Technical skills alone are not sufficient; ethical values and moral responsibility are equally important. By following ethical principles, students can become responsible digital citizens and help create a safe, fair, and trustworthy digital future.

Ms. RIYA

Asst. Prof. of Computer Science



Invisible Evidence: Microbiomes Solve Forensic Mysteries



**“NOT ALL WITNESSES BREATHE, WALK, OR SPEAK,
SOME PERSIST AS PATTERNS THE MICROSCOPE SEEKS.”**

Forensic zoology is undergoing a fundamental shift as scientific attention moves beyond visible evidence to microscopic biological signatures. Recent research has revealed that animal microbiomes—complex communities of microorganisms residing on and within animals carry highly specific and persistent information. Forensic investigations involving animals have traditionally depended on morphological examination, DNA profiling, and forensic entomology. Recent advances in microbiology have introduced the animal microbiome as a novel and powerful source of forensic evidence. Animal microbiomes are microscopic yet powerful repositories of biological information. Their significance lies in transforming invisible microorganisms into tangible evidence, bridging zoology, ecology, and forensic investigation in ways previously unimaginable. The animal microbiome refers to the diverse community of microorganisms inhabiting the body surfaces and internal systems of animals.

Current research demonstrates that these microbial communities are species-specific, environmentally influenced, and temporally stable, making them highly valuable in forensic zoology. The skin, gut, oral, and respiratory microbiomes of animals are shaped by diet, habitat, health status, and ecological interactions. Importantly, studies have shown that individual animals possess distinct microbial profiles, often described as microbial fingerprints. Unlike host DNA, microbial signatures can persist under harsh environmental conditions, allowing forensic reconstruction even when traditional biological evidence is compromised.

A major advancement in this field is the study of the thanatomicrobiome, which refers to microbial communities that proliferate after death.



Research indicates that microbial succession within internal organs follows a consistent temporal pattern. Analysis of these changes enables more precise estimation of time since death and offers insight into post-mortem conditions. This method is particularly valuable when visual or morphological indicators are no longer available. Emerging studies suggest that microbiome profiling may aid in identifying animal abuse and neglect. Chronic stress, poor nutrition, and substandard living conditions lead to measurable alterations in microbial diversity. Veterinary forensic investigations increasingly recognize these microbial changes as supportive biological indicators of compromised animal welfare.

The forensic application of animal microbiomes offers several advantages, including high specificity, persistence, environmental sensitivity, and non-invasive sampling. By integrating microbiome analysis with traditional forensic methods, zoologists can achieve more accurate and comprehensive investigations. However, ethical considerations related to data interpretation, standardization, and responsible use must be addressed as the field continues to develop.

In conclusion, the incorporation of animal microbiome analysis into forensic zoology represents a significant scientific advancement. These microbial communities function as silent biological witnesses, capable of providing crucial forensic information when conventional evidence is limited. As methodologies continue to evolve, microbiome-based forensics is expected to play an increasingly important role in wildlife conservation, animal welfare, and forensic science. And very well said “Where bones surrender and tissues decay,

MICROBIAL SIGNATURES CONTINUE TO STAY.”

Mr. Saurabh
Asst. Prof. of Zoology



The Happy Chemicals

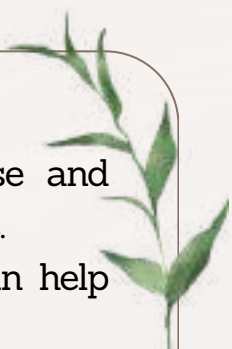


Every day you experience many kinds of emotions that affect the way to think and act. However you probably never stop to think about why you feel this way. The tiny chemicals responsible for this, called neurotransmitters that control your mood and activity. “Happy chemicals”, often referred to by the acronym D.O.S.E., are key neurotransmitters and hormones in the brain that influence our mood, emotions and overall sense of well-being. The four primary chemicals – Dopamine, Oxytocin, Serotonin and Endorphins – work together to regulate how we experience pleasure, satisfaction, bonding and pain relief.

THE D.O.S.E. OF HAPPINESS:-

- **Dopamine**- It is a neurotransmitter that helps send messages between our brain neurons. It is known as reward chemical, as it is involved in the brain's pleasure and reward system. It provides motivation and sense of achievement when we achieve goals or experience something pleasurable, reinforcing the behavior.
- **Oxytocin** -It is known as love or cuddle hormone. It is a hormone and neuropeptide produced in the hypothalamus that plays a crucial role in social bonding, trust, empathy and relationship building. As a medication it is used to induce or strengthen uterine contractions during labor.
- **Serotonin** -(The mood stabilizer) It is a chemical that acts as neurotransmitter and hormone, playing a key role in functions like mood, sleep, digestion, appetite and promotes feeling of satisfaction, confidence and overall well-being.
- **Endorphins**- (The natural painkiller) It is body's natural pain relievers, released in response to stress, pain or vigorous exercise. It produces a brief, euphoric feeling that helps mask discomfort and can lead to a “runner's high”.

BOOSTING HAPPY CHEMICALS NATURALLY :

- 
- Exercise –Regular physical activity, especially aerobic exercise and laughter therapy, can boost both endorphins and dopamine levels.
 - Sunlight –Exposure in sunlight and spending time outdoors can help regulate serotonin production.
 - Diet- Eating foods containing tryptophan (an amino acid needed for serotonin production) such as milk, cheese,oats and nuts may supports the process.
 - Social interactions- Positive social interactions like spend quality time with family and friends, engaging in shared activities stimulates the release of oxytocin.
 - Achievement / Mindfulness –Taking pride in accomplishments and practicing mindfulness can increase serotonin levels.

“Your brain is like a lab, constantly mixing chemicals that shape how you feel. Dopamine gives rewards, Oxytocin builds connection, and Serotonin stabilizes mood and endorphins being euphoria. Together they create the spark of happiness.”

Ms. Staffee
Asst. Prof. of Chemistry



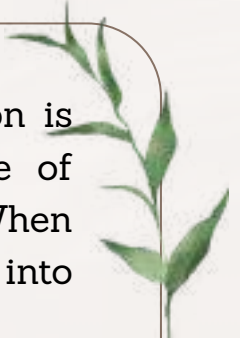
Environment



The environment is the natural world that surrounds us, including the air we breathe, the water we drink, the land we live on, and the plants and animals that share the planet with us. It plays a vital role in sustaining life, forming a complex system where every element is connected. For centuries, humans lived in harmony with nature, using only what they needed and allowing the environment to regenerate. However, with the growth of population, urbanization, and modern technology, the strain on natural resources has increased tremendously. Forests are being cut at alarming rates, rivers and oceans are becoming polluted, and the air in many cities is filled with harmful chemicals. These activities have disturbed the natural balance of the environment and created serious ecological challenges.

One of the most critical issues the world faces today is climate change. Because of excessive burning of fossil fuels and the rise in greenhouse gases, the Earth's temperature is increasing, leading to melting glaciers, irregular rainfall, heatwaves, floods, and droughts. Climate change not only affects the environment but also threatens agriculture, health, and the overall economy of nations. Animals are losing their habitats, and many species are becoming endangered or extinct. Soil quality is declining due to the overuse of chemical fertilizers and pesticides, which also harm human health. Water scarcity is becoming more common, and the pollution of freshwater sources is making the situation even worse.

Protecting the environment is now a global priority. Governments, organizations, and individuals must work together to reduce pollution and adopt sustainable practices. Renewable sources of energy, such as solar and wind power, can help decrease our dependence on fossil fuels. Encouraging recycling, reducing waste, and promoting the use of eco-friendly materials can significantly reduce environmental damage. Planting trees and conserving forests are essential steps to maintaining



clean air and preserving biodiversity. Environmental education is also crucial, as it helps people understand the importance of conservation and encourages them to act responsibly. When children learn to respect nature from a young age, they grow into adults who care about the planet.

Every individual has the power to contribute to environmental protection. Simple habits like using water wisely, switching off lights when not needed, avoiding plastic bags, and supporting green initiatives can create a positive impact. Communities can come together to clean local water bodies, plant trees, and promote awareness about environmental issues. When people unite for a common cause, change becomes possible. The environment is not something separate from us; it is our home, and its well-being directly affects our health, happiness, and future. If we continue to harm it, we will ultimately harm ourselves.

In conclusion, the environment is a precious gift that must be protected with care and responsibility. The need for conservation has never been more urgent than it is today. By making thoughtful choices and adopting sustainable lifestyles, we can restore the balance of nature and ensure that future generations inherit a clean, safe, and beautiful planet. The Earth is our only home, and preserving it is not just an option but a duty for every human being. Only when we respect and protect the environment can we hope to build a healthier and more harmonious world.

Ms. Shivani
Asst. Prof. of Geography



Financial Management



Finance means money and other resources that people use to meet their daily needs and long-term goals. Everyone needs money to live, pay bills, buy food, pay for transportation, or save for future needs. Since money is limited, it is very important to manage it properly. If finances are not managed well, people can spend too much on unnecessary things, face shortages, or even get into debt. Proper financial management helps individuals and families use their money wisely, save for emergencies, and plan for the future.

Financial management is the process of planning, organizing, and controlling how money is earned, spent, and saved. It is not only for businesses; it is also important in daily life. Managing money properly ensures that people can meet their needs, save for important goals, and handle unexpected expenses without stress. For example, in daily life, a family can practice financial management by making a monthly budget. They can decide how much money will go to groceries, bills, rent, transportation, and entertainment. They can also set aside some money for savings or emergencies like medical treatment, car repair, or sudden expenses. By tracking income and expenses carefully, they can avoid overspending and make sure that money is available when needed.

Financial management also helps in planning for bigger goals in life. For example, if a person wants to buy a house, go on a vacation, or invest in education, proper planning of income and savings is necessary. People can divide their money into portions for daily needs, savings, investments, and emergencies. By doing this, they ensure that they do not run out of money and can achieve their goals step by step.



It also teaches discipline and helps people make informed decisions about how to use their resources.

Simple practices like writing down daily expenses, comparing spending with available income, and adjusting expenses if needed are part of good financial management. Avoiding unnecessary debts, spending according to priorities, and saving regularly are also very important. For instance, a family may want to buy a new TV, but they may decide to wait and save gradually instead of borrowing money and paying high interest. This way, they can meet their needs without creating financial problems.

Financial management is had become necessary due to rising inflation in the economy. It ensures that money is used wisely, daily needs are met, emergencies are handled, and future goals can be achieved. By managing finances properly in daily life, individuals and families can reduce stress, avoid financial problems, and enjoy a secure and stable life. Good financial management teaches discipline, planning, and smart decision-making, helping people use their resources effectively and prepare for both short-term and long-term needs. Whether it is managing daily expenses, saving for a trip, or planning for big goals like buying a house, financial management plays a vital role in creating a stable and successful life.

Ms Lovepreet
Asst. Prof. of Management



Digital Payments: The Backbone of a Cashless Future



FROM CASH TO CLICK – THE FINANCIAL REVOLUTION IN EVERYDAY LIFE

The evolution of technology has revolutionised the way financial transactions are carried out. Digital payments have become an integral part of our daily lives, offering speed, convenience, and efficiency. In today's digital era, platforms like Phone Pay, Google Pay, and Paytm have made it possible to transfer money anytime and anywhere with just a few clicks.

As Bill Gates once said, "Banking is necessary, but banks are not." This statement perfectly reflects the shift from traditional banking methods to digital financial services. Today, even small vendors and local shops accept digital payments, highlighting the growing acceptance of a cashless economy.

For students, digital payment systems offer a practical way to manage finances. Whether it is paying fees, splitting bills with friends, or shopping online, these platforms provide transparency and ease. Every transaction is recorded, allowing students to track their expenses and develop better financial habits.

However, with convenience comes responsibility. The rise of digital payments also brings challenges such as cyber fraud, phishing, and data security risks. Students must be aware of safe practices like not sharing OTPs, using secure passwords, and verifying payment links before transactions.

As Nandan Nilekani rightly emphasised, "Digital infrastructure is the backbone of a modern economy."

India's rapid adoption of digital payments has strengthened financial inclusion, enabling even remote areas to access financial services.

In conclusion, digital payments are not just a technological advancement but a step towards a smarter and more efficient financial system. By embracing digital tools responsibly, students can become financially aware individuals and contribute to the vision of a truly cashless and empowered economy.

Ms Javinder

Asst. Prof. of Management

Balance Diet



A balanced diet is one of the most essential foundations of good health. It provides the body with the right amount of nutrients, energy, and strength needed to carry out daily activities efficiently. In today's fast-paced world, where processed food and irregular eating habits have become common, understanding the value of a balanced diet is more important than ever. A balanced diet not only supports physical health but also promotes mental well-being, immunity, and long-term disease prevention.

A balanced diet refers to a way of eating that includes a wide variety of foods in the right proportions. It ensures that the body gets all required nutrients, including carbohydrates, proteins, fats, vitamins, minerals, and water. Each nutrient has its own set of functions, and together, they help maintain the proper functioning of the body.

COMPONENTS OF A BALANCED DIET

1. CARBOHYDRATES

Carbohydrates are the body's main source of energy. They fuel the brain, muscles, and other organs. Whole grains, brown rice, oats, fruits, and vegetables are excellent sources of healthy carbohydrates. Choosing complex carbohydrates over refined ones helps maintain stable energy levels throughout the day.

2. PROTEINS

Proteins are essential for growth, tissue repair, and building muscles. They also play a role in hormone production and immune function. Lean meats, eggs, pulses, legumes, nuts, and dairy products are rich sources of protein. For vegetarians, foods like soy, paneer, lentils, and chickpeas are excellent options.

3. FATS

Healthy fats are vital for brain function, cell growth, and nutrient



absorption. They also provide long-lasting energy. Sources of good fats include avocados, nuts, seeds, olive oil, and fatty fish. However, saturated and trans fats found in junk food, fried items, and sugary snacks should be limited.

4. VITAMINS AND MINERALS

These micronutrients play a crucial role in supporting immunity, metabolism, and overall body functioning. For example, Vitamin C boosts immunity, while calcium strengthens bones and teeth. Fruits, vegetables, leafy greens, dairy products, and nuts supply a wide range of essential vitamins and minerals.

5. WATER

Water is often overlooked, but it is a vital part of a balanced diet. It helps regulate body temperature, aids digestion, removes toxins, and keeps the skin healthy. Drinking at least 6–8 glasses of water daily is recommended to maintain hydration.

BENEFITS OF A BALANCED DIET

1. IMPROVED PHYSICAL HEALTH

A balanced diet helps maintain ideal body weight, strengthens bones and muscles, and reduces the risk of lifestyle diseases such as diabetes, heart disease, and high blood pressure.

2. ENHANCED MENTAL WELL-BEING

Nutrients such as omega-3 fatty acids, vitamins, and antioxidants support brain health. They improve concentration, reduce stress, and help maintain a positive mood.

3. STRONGER IMMUNE SYSTEM

Foods rich in vitamins, minerals, and antioxidants protect the body against infections. A strong immune system helps reduce the frequency and severity of illnesses.

4. HIGHER ENERGY LEVELS

By consuming the right mix of nutrients, the body receives steady and balanced energy throughout the day, preventing fatigue and improving productivity.

5. BETTER DIGESTION

A diet rich in fiber, found in fruits, vegetables, and whole grains, promotes healthy digestion and prevents constipation and digestive discomfort.



TIPS TO MAINTAIN A BALANCED DIET

- Include a variety of foods from all food groups.
- Prefer fresh, home-cooked meals over processed foods.
- Eat small, frequent meals instead of large heavy ones.
- Add more fruits and vegetables to your plate.
- Limit sugar, salt, and oily foods.
- Keep yourself hydrated throughout the day.
- Practice mindful eating—eat slowly and avoid overeating.

CONCLUSION

A balanced diet is not about strict limitations or depriving oneself of favorite foods. Instead, it is about making smart, nutritious choices that nourish the body and support long-term health. When accompanied by regular physical activity and adequate sleep, a balanced diet becomes the foundation of a healthy, energetic, and fulfilling life. Developing healthy eating habits from a young age can have lasting positive effects, ensuring overall well-being for years to come.

Ms Shabnam
Asst. Prof. of Home Science

Role of Modern Digital Technologies in Enhancing Learning and Well-being of Students



KEYWORDS:

Virtual classrooms, Educational Videos, Online Learning, Screen Time, Spiritual Health.

Various studies have shown that digital technology plays an important role in improving learning abilities and in maintaining a balance between mental and emotional health of students. According to digital technology statistics (2015), about two-thirds of the global population uses the internet, and 65-70% students are now connected to digital platforms for learning in one way or another.

Learning through digital tools and the internet has shown exponential growth, especially in the post-COVID scenario. Virtual classrooms, online classes, educational websites, and mobile applications are reshaping the education system. YouTube has become a well-proven host for learning, providing a wide range of educational videos and contents on various subjects, which were not easily available earlier.

E-resources such as online notes, e-books, and e-lectures have also become popular learning resources among students. Different studies have shown that digital technologies help in connecting family and friends through digital social platforms like WhatsApp, Facebook and X using messaging, video calls and other sources. This helps in reducing isolation and loneliness.

Now a days, digital technologies have become a means of gradually progressing society by balancing their physical, mental and spiritual health. In this, online meditation, stress management and online counselling are common, and play an important part in human well-being.

Similarly, self exposure through blogs, videos, music and digital art also allow people to express their emotions freely. However, screen time limits, avoiding negative contents and wise use of digital tools and technologies are important considerations in using digital technology.

Dr. Renu Shah
Asst. Prof. of Home Science

TALENT SHOW



WOMEN CELL





Academics & Career

Academics and career are deeply intertwined, with a person's academic foundation providing the knowledge, skills, and credentials necessary to enter and succeed in a chosen field. A strong academic record can open up more job opportunities and help individuals advance professionally by improving productivity and providing transferrable skills like problem-solving and critical thinking. Ultimately, education and career goals are often synergistic, as academic pursuits develop the expertise and experience needed to achieve professional aspirations, while career experiences can provide new opportunities for continued learning and growth.

FOUNDATION FOR SUCCESS:

Academic studies provide the foundational knowledge and technical skills required for most careers in today's job market.

SKILL DEVELOPMENT:

Education develops transferable skills such as critical thinking, problem-solving, and information processing, which are valuable in any profession.

CAREER ADVANCEMENT:

A good education can lead to a competitive advantage in the job market and pave the way for career advancement, according to Author.

CAREER FULFILLMENT:

By aligning academic interests with career goals, individuals can increase their chances of finding a career path that is both successful and fulfilling.

Payal Saini
B.Sc IVth SEM
ROLL NO.- 7



The Invisible Backpack: Why Student Mental Health Matters

In the modern world, the life of a student is far from simple. They carry a heavy invisible backpack filled with academic pressure, extracurricular commitments, and the relentless noise of social media. While we focus heavily on physical health and academic grades, there is an urgent need to prioritize mental health education within our schools.

THE IMPACT OF DIGITAL PRESSURES

Social media often presents a skewed reality, leading many students to experience low self-esteem, anxiety, and FOMO (fear of missing out). The pressure to maintain a perfect online image can lead to burnout, poor sleep, and increased stress. Constant comparison makes many students feel inadequate, despite their sincere efforts.

THE ROLE OF COLLEGES

Colleges should not only be places of academic learning but also sanctuaries for mental well-being.

- **Mental Health Education:** Colleges must introduce curriculum-based sessions that teach students how to identify stress and manage their emotions.
- **Support Systems:** Having trained counselors available is essential so students can openly discuss their problems without fear.
- **Focus on Sleep and Routine:** Promoting healthy sleep habits, along with practices like yoga and meditation, can improve concentration and reduce anxiety.

Prioritizing mental health is not just important—it is essential for building a healthier, more balanced generation of students.

RITIKA
BSC IVth SEM
ROLL NO.-3



The Importance of Digital Awareness in Today's World

In today's fast-changing world, digital technology has become a major part of our daily lives. From online classes to social media and digital payments, we depend on the internet for almost everything. While technology has made life easier, it has also created new challenges. That is why digital awareness is extremely important today. Digital awareness means understanding how to use technology safely, responsibly, and effectively. Many people, especially students, spend hours online without realizing the risks involved. Cybercrime, online scams, data theft, and misinformation are increasing day by day. Without proper awareness, anyone can become a victim. One major issue is the spread of fake news. People often believe and share information without checking its truth. This can create confusion and even harm society. Therefore, it is important to verify information before sharing it. Another concern is online privacy. Many users share personal details on social media without thinking about the consequences. This can lead to misuse of information. Strong passwords, privacy settings, and careful sharing can help protect personal data. Digital awareness also includes maintaining a healthy balance between online and offline life. Spending too much time on screens can affect physical health, sleep, and mental well-being. It is important to take breaks and stay connected with real-life activities. In conclusion, digital awareness is not just a skill but a necessity in today's world. By using technology wisely and responsibly, we can enjoy its benefits while staying safe and secure.

Renu
BSC IVth SEM
ROLL NO.-4



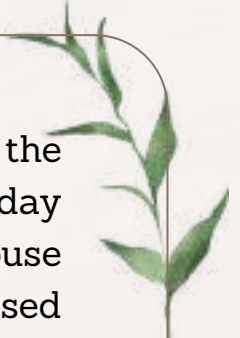
First College Day: A New Chapter Begins

The first day of college is a moment that stays with us forever—a blend of excitement, nervousness, curiosity, and hope. It marks the beginning of a new chapter, where we step out of our familiar school life and enter a world filled with endless possibilities.

As I walked through the college gate for the first time, everything felt different. The campus looked vibrant and alive—students chatting in groups, seniors guiding new faces, and teachers welcoming everyone with warm smiles. For a moment, I felt lost in the crowd, but somewhere inside, there was a spark of confidence telling me that this place would soon feel like home.

The orientation hall buzzed with energy. Introductions, laughter, and awkward smiles filled the air as we all tried to learn each other's names. We weren't just strangers anymore; we were future friends, teammates, and companions on this academic journey. The teachers shared inspiring words, reminding us that college isn't only about lectures—it's about discovering ourselves, questioning the world, and growing into responsible individuals.

Stepping into the classroom brought back memories of school, yet everything felt fresh. The desks were the same, but the conversations were different. Instead of talking about homework, people talked about dreams, careers, and ambitions. It was a reminder that college is not just the next step—



It was a reminder that college is not just the next step— it is the step where we start shaping our future. The best part of the day was exploring the campus. The library felt like a treasure house of knowledge. The canteen, with its lively atmosphere, promised friendship, fun, and countless unforgettable moments ahead. And the playground echoed with the spirit of youth—full of energy, competition, and joy. By the end of the day, my nervousness had melted away. I walked out of the campus with a smile, realizing that the first day of college was not just the beginning of a course—it was the beginning of memories, friendships, and experiences that would stay with us for life. The first college day teaches us one important lesson: every big journey begins with a small, courageous step. And that step leads us towards discoveries we never imagined.

MEHAK
BSC IVth SEM
ROLL NO.-6





Value of Hardwork and Perseverance

In life, success does not come easily. Hard work and perseverance are two important qualities that lead a person toward success. Hard work means putting sincere effort into our goals, while perseverance means continuing to work even when difficulties arise. Together, they help people achieve great things in life.

Nothing valuable can be achieved without effort. Students who study regularly, athletes who practice daily, and workers who perform their duties honestly all succeed because of hard work. Perseverance teaches us not to give up after failure. Many successful people faced challenges, but they continued trying until they reached their goals.

Hard work and perseverance also build confidence, discipline, and patience. They help us learn from our mistakes and become stronger individuals. Success may not come quickly, but continuous effort always brings positive results.

In conclusion, hard work and perseverance are the keys to success. Talent alone is not enough; determination and consistent effort are equally important. A person who works hard and never gives up can overcome any obstacle and achieve success in life.

Hardwork + Perseverance=success

Sahajnoor
B.B.A II SEM
ROLL NO.- 1



WINGS OF DREAMS

Dreams are the invisible wings that lift us beyond our limits and give our lives a true sense of purpose. They inspire us to set goals and move forward with hope and determination. Without dreams, life would feel empty and directionless.

A dreamer's journey is never easy, as it is filled with challenges, failures, and moments of doubt. However, these difficulties make us stronger and teach us valuable lessons.

Imagination plays an important role in shaping our dreams, as it helps us visualize success and believe in our abilities. But dreams alone are not enough. Hard work, discipline, and consistent effort are necessary to turn them into reality.

With courage and determination, the wings of dreams can take us to great heights and help us achieve success in life.

Nishu Rana
B.B.A II SEM
ROLL NO.- 2



Success vs Happiness: Are We Chasing the Wrong Goal?

In today's competitive world, success is often seen as the ultimate goal. Students are constantly pushed to achieve high grades, secure good jobs, and gain recognition. But in this race, an important question arises—are we losing our happiness while chasing success?

From an early age, we are taught to focus on achievements. This pressure to succeed can lead to stress, anxiety, and a constant fear of failure. Many people become so focused on their goals that they forget to enjoy the present moment.

Happiness, however, is not something that comes only after success. It is found in inner peace, meaningful relationships, and satisfaction with life. A person who is happy can handle challenges better and enjoy the journey, rather than just chasing the destination.

Success without happiness often feels empty. One may achieve everything yet still feel unfulfilled. Therefore, it is important to maintain a balance—where we work towards our goals but also take care of our well-being.

In conclusion, true success is not just about achievements, but also about happiness. After all, a life without joy cannot be called truly successful.

Kumkum
B.B.A IV SEM
ROLL NO.- 2

SCIENCE EXHIBITION



मुद्रा अतिरिक्त इस बात की भी है कि
कहा कि: यदि केवल एक शब्द नहीं
बोली, मुद्रा ही वह शब्द है। वह
जीवमूर्ति है। इस की मूर्ति और
रिश्ते काव्य के लिये हैं। भारतीय
संस्कृति में नारी को लक्ष्मी, ममता, और
प्रेम का प्रतीक माना गया है। इसी



HINDI SECTION





जिंदगी

जिंदगी क्या है कुछ वक्त का एक कारवां है जो चल पड़ता है किसी अनजान मंजिल को पाने के लिए।

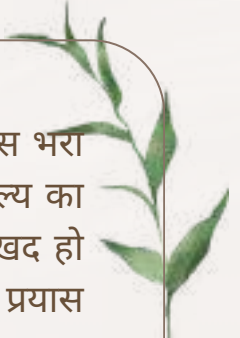
समय के साथ साथ हमारी मंजिलें भी बदलती रहती हैं फिर हमे अपने रास्ते भी बदलने पड़ते हैं इन मंजिलों तक जाने के लिए। जन्म से लेकर मृत्यु तक हमारी जिंदगी में बचपन, जवानी, बुढ़ापा जैसे कुछ पड़ाव आते हैं जिनसे हमे गुजरना पड़ता है जिंदगी बिताने के लिए। जिंदगी में हमे बहुत से साथी मिलते रहते हैं जिनमे से कुछ आजीवन हमारे साथ चलते हैं तथा कुछ विछड़ भी जाते हैं मगर रुकना मना है बिछड़ों को वापिस लाने के लिए क्योंकि जिंदगी किसी के लिए नहीं रुकती। जैसे-जैसे जिंदगी गुजरती जाती है वैसे ही हमारी उम्र भी बढ़ती जाती है। लेकिन उम्र पाना एक पहलू है और उस उम्र को जीना दूसरा पहलू है। उम्र बढ़ रही होती है, पर जिंदगी घट रही होती है। उम्र तब तक बढ़ती रहेगी जब तक जीवन की डोर है, किंतु उस उम्र को जीना अपनी समझ, अपनी दृष्टि और अपने विवेक पर निर्भर करता है। जब तक जीवन समझपूर्वक नहीं जाएंगे तब तक यही कहा जाएगा कि सौ वर्ष की उम्र तो पाई, परंतु सौ वर्ष का जीवन भी जिया यह कहना मुश्किल है। जीवन, विकसित या वृद्ध होने की प्रक्रिया हो सकता है। विकसित होना वर्षों में जीवन को जोड़ना है और वृद्ध होना जीवन में वर्षों को जोड़ना है।

आजकल 'लर्निंग' और 'अर्निंग' के पीछे हम भागते हैं, पर 'लिविंग' भूल गए हैं। मूल बात उम्र नहीं है। मायने रखता है जीवन का जीना। कौन कितनी सुगमता, बुद्धिमत्ता से जीता है उसका महत्व है। सिर्फ सांस लेना ही जीवन नहीं, सांस को सुगंधित करके जीना जीवन है।

रवींद्रनाथ ठाकुर ने कहा है कि जीने के लिए भोजन जरूरी है, भोजन से भी ज्यादा पानी जरूरी है, पानी से भी ज्यादा वायु जरूरी है और वायु से भी ज्यादा जरूरी है जितनी आयु मिली है उसे जीवंतता पूर्वक जीना। मगर मरने के लिए कुछ भी जरूरी नहीं है। मरने के लिए अधिक परिश्रम नहीं करना पड़ता है। आजकल के आपाधापी भरे जीवन में कभी भी दिमाग की नस फटने, दिल की धड़कन रुकने मात्र से आदमी की मृत्यु हो जाती है। लेकिन वास्तविक रूप से उसकी मृत्यु तो तभी हो जाती है जिस दिन उसके अंदर से जीने का उत्साह, ललक और उम्मीदें मर जाती हैं।

जो सीखना छोड़ देता है वह बूढ़ा है, चाहे बीस का हो या अस्सी का। जो सीखता रहता है वह जवान रहता है। जिंदगी की सबसे बड़ी चीज है अपने दिमाग को जवान रखना। कोई उम्र का बढ़ना नहीं रोक सकता, पर अपनी उत्पादकता बढ़ाते हुए उम्रदराज होना कुछ और ही है।

हम अपनी नासमझी के कारण रोज-रोज मरते हैं। कभी हताशा से तो कभी मूर्छा से। कभी हमें अहंकार मार देता है तो कभी हम कुंठा के हाथों मृत्यु का शिकार बन जाते हैं। सच है कि



आजकल की समस्याओं के बीच जिंदगी जीना विमान से बिना पैराशूट कूदने जैसा साहस भरा काम है। लेकिन जिसे जीना आता हो उसे कोई मार नहीं सकता। जब हमें जीवन के मूल्य का बोध हो जाता है तभी से हम जिंदगी के हर पल की इज्जत करने लगते हैं, चाहे वह सुखद हो या दुखों से भरा ही क्यों न हो। जीवन, मृत्यु के पड़ाव तक पहुंचे, उससे पहले हमारा प्रयास होना चाहिए कि चाहे हम कम जिएं लेकिन हमेशा एक प्रकाश स्तंभ बन कर जिएं।

दुखों का ज्वालामुखी हो या सुनामी की लहरें, अपने जीवन को कभी टूटने नहीं देना है। यूं भी जीवन के आखिरी क्षणों में अपनी जीवन भर की कमाई परिवार को सौंप कर, शरीर श्मशान को अर्पित कर हम सभी को इस दुनिया से विदा होना ही है। अगर इसी वास्तविकता को निरंतर अपने सामने रखें तब शायद जीने का असली सुख भोग लें। न शरीर में रोग-व्याधि उत्पन्न हो, न ही मन में पाप वृत्ति उपजे और न ही कभी संपत्ति का दुरुपयोग हो।

मिस कुसुम
(सहायक प्राध्यापिका हिंदी)





अभिप्रेरणा

परिभाषा: जीवन की वह धड़कन जो हमें आगे बढ़ाती है!

अभिप्रेरणा वह ज्वाला है जो मन के भीतर जलती रहती है, चाहे परिस्थितियाँ कितनी भी कठिन हों। यह सिर्फ लक्ष्य नहीं, बल्कि वह शक्ति है जो हमें हर सुबह उठने, रास्ते में आने वाले बाधाओं को पार करने और अपने सपनों को साकार करने के लिए प्रेरित करती है।

पहले, अभिप्रेरणा हमें दिशा देती है। जब हम जानते हैं कि हम क्या चाहते हैं—एक सफल करियर, एक बेहतर जीवन, या समाज में बदलाव—तो हमारे कदम स्पष्ट हो जाते हैं। यह स्पष्टता हमें अनावश्यक विचलनों से बचाती है और ऊर्जा को सही दिशा में लगाती है।

दूसरे, अभिप्रेरणा हमें धैर्य और दृढ़ता सिखाती है। रास्ते में असफलताएँ आती हैं, लेकिन एक दृढ़ अभिप्रेरणा हमें फिर से उठने, सीखने और आगे बढ़ने की शक्ति देती है। इतिहास में कई महान व्यक्तियों—महात्मा गांधी, एलीज़ाबेथ—की कहानियाँ यही बताती हैं कि बड़ी उपलब्धियों के पीछे एक अटूट अभिप्रेरणा ही थी।

तीसरे, अभिप्रेरणा सामाजिक परिवर्तन का उत्प्रेरक बनती है। जब एक व्यक्ति अपने लक्ष्य के लिए प्रयास करता है, तो वह अपने आस पास के लोगों को भी प्रेरित करता है। इस प्रकार व्यक्तिगत अभिप्रेरणा सामूहिक प्रगति में बदल जाती है।

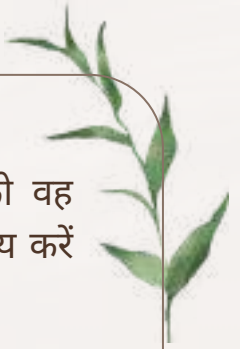
अभिप्रेरणा को पोषित करने के कुछ सरल तरीके

- **स्पष्ट लक्ष्य निर्धारित करें** – छोटे-छोटे लक्ष्य बनाकर उन्हें हासिल करने की योजना बनाएं।
- **दैनिक सकारात्मक पुष्टि** – “मैं कर सकता हूँ” जैसी वाक्यांशों को रोज़ दोहराएँ।
- **आध्यात्मिक और शारीरिक स्वास्थ्य का ध्यान रखें** – नियमित व्यायाम, पर्याप्त नींद और पढ़ाई मन को ताज़ा रखती है।
- **प्रेरणादायक कहानियाँ पढ़ें** – बायोग्राफी, आत्मकथा या सफलता की कहानियाँ पढ़ने से नई ऊर्जा मिलती है।

यह सब करने के बाद सबसे ज्यादा अभिप्रेरणा हमें अपने हालात से मिलती है जो हम हर समय अपने जीवन में देखते हैं क्योंकि यह अभिप्रेरणा हमारी एक आंतरिक अभिप्रेरणा होती है जो बाहरीय अभिप्रेरणा से ज्यादा समय तक हमारे साथ लक्ष्य की प्राप्ति के अंतिम समय तक रहती है।

अभिप्रेरणा बिना मेहनत के कुछ नहीं देती, पर सही दिशा में की गई मेहनत को वह अनगिनत गुना बढ़ा देती है। तो आज ही अपने दिल की आवाज़ सुनें, अपना लक्ष्य तय करें और उस अभिप्रेरणा को अपने हर कदम में जीवंत रखें।

मिस सुनीता
(सहायक प्राध्यापिका इतिहास)





लोकतंत्र

लोकतंत्र शासन की वह प्रणाली है जिसमें सत्ता का वास्तविक स्रोत जनता होती है। “लोकतंत्र” शब्द ग्रीक भाषा के दो शब्दों डेमोस (जनता) और क्रैटोस (शासन) से मिलकर बना है, जिसका अर्थ है जनता का शासन। इस व्यवस्था में नागरिकों को अपने प्रतिनिधि चुनने का अधिकार होता है, जो जनता की इच्छा के अनुसार शासन करते हैं। लोकतंत्र का मुख्य उद्देश्य जनता की भागीदारी से शासन को न्यायपूर्ण, उत्तरदायी और पारदर्शी बनाना है। लोकतंत्र के प्रमुख सिद्धांत स्वतंत्रता, समानता और बंधुत्व हैं। इसमें प्रत्येक नागरिक को जाति, धर्म, लिंग या वर्ग के भेदभाव के बिना समान अधिकार प्राप्त होते हैं। अभिव्यक्ति की स्वतंत्रता, मतदान का अधिकार, संगठन बनाने की स्वतंत्रता और धर्म की स्वतंत्रता लोकतंत्र की आधारशिला हैं। इन अधिकारों के माध्यम से नागरिक अपने विचार खुलकर व्यक्त कर सकते हैं और सरकार की नीतियों की आलोचना कर सकते हैं।

लोकतंत्र के सफल संचालन के लिए स्वतंत्र और निष्पक्ष चुनाव अत्यंत आवश्यक हैं। चुनावों के माध्यम से जनता सरकार को चुनती है और समय-समय पर उसे बदल भी सकती है। इससे सरकार पर जनता का नियंत्रण बना रहता है। इसके साथ ही स्वतंत्र न्यायपालिका लोकतंत्र का एक महत्वपूर्ण स्तंभ है, जो नागरिकों के अधिकारों की रक्षा करती है और संविधान की सर्वोच्चता बनाए रखती है। स्वतंत्र प्रेस भी लोकतंत्र में महत्वपूर्ण भूमिका निभाता है, क्योंकि यह सरकार और जनता के बीच सेतु का काम करता है।

लोकतंत्र के कई लाभ हैं। यह शासन प्रणाली जनता को सशक्त बनाती है और उन्हें निर्णय प्रक्रिया में भाग लेने का अवसर देती है। इससे लोगों में राजनीतिक जागरूकता बढ़ती है और सामाजिक न्याय को बढ़ावा मिलता है। लोकतंत्र शांतिपूर्ण तरीके से सत्ता परिवर्तन को संभव बनाता है, जिससे हिंसा और अस्थिरता की संभावना कम होती है।

हालाँकि लोकतंत्र में कुछ चुनौतियाँ भी हैं। निर्णय लेने की प्रक्रिया धीमी हो सकती है और कभी-कभी जनमत को प्रभावित करने के लिए धन, जाति या धर्म का दुरुपयोग किया जाता है। फिर भी, इन कमियों के बावजूद लोकतंत्र को विश्व की सर्वश्रेष्ठ शासन प्रणाली माना जाता है क्योंकि यह मानव गरिमा, अधिकारों और स्वतंत्रता की रक्षा करता है। लोकतंत्र तभी सफल हो सकता है जब नागरिक जागरूक, जिम्मेदार और सक्रिय हों।

मिस निशा
(सहायक प्राध्यापिका हिंदी)



जिंदगी

पांच शब्दों का नाम है जिंदगी,
जो हमें जीना सिखाती है।
सफर चाहे कितना लम्बा हो,
सबको सबकी मंजिल तक पहुंचाती है।
पांच शब्दों का नाम है जिंदगी,
जो हमें जीना सिखाती है।

आस नहीं विश्वास रखो,
बड़ी कीमती है ये हर वक्त अपने पास रखो।
कहीं भटक गए मंजिल से,
तो नसीब में एक ठोकर भी आती है।
पांच शब्दों का नाम है जिंदगी,
जो हमें जीना सिखाती है।

बुरे हालातों से लड़ना,
हिम्मत करके आगे बढ़ना।
मेहनत तो लगती है,
मगर सबका एक नाम बनाती है।
पांच शब्दों का नाम है जिंदगी,
जो हमें जीना सिखाती है।

हजारों उम्मीदें तोड़ती है,
खुद से खुद को जोड़ती है।
लहरों से पार कर,
किनारों पर छोड़ती है।
पांच शब्दों का नाम है जिंदगी,
जो हमें जीना सिखाती है।

नाम : अंजू
कक्षा – बी०ए० (तृतीय वर्ष) वर्ष
अनुक्रमांक – 37



“मैं नारी हूँ”

मैं नारी हूँ
पर आज भी एक सवाल हूँ
कभी पूजी जाती हूँ,
तो कभी बस एक ख्याल हूँ।

जन्म से पहले ही डर लगता है,
क्या इस दुनिया में मेरा हक बनता है।
कभी कोख में ही रोक दी जाती हूँ,
कभी जन्म लेकर भी ठुकराई जाती हूँ।

कहते हैं घर की इज्जत हूँ मैं,
फिर क्यों हर बार परखी जाती हूँ मैं?
मेरे सपनों को क्यों रोका जाता है,
क्यों मुझे ही समझाया जाता है।

मैं भी उड़ना चाहती हूँ खुले आसमान में,
मैं भी जीना चाहती हूँ अपने अरमान में।
पर हर कदम पर बंदिशें मिलती हैं,
मेरी राहें क्यों इतनी मुश्किल होती हैं।

कभी सीता बनकर अग्नि परीक्षा देती हूँ,
कभी दुर्गा बनकर अन्याय से लड़ती हूँ।
हर रूप में खुद को साबित करती हूँ,
फिर भी क्यों मैं अधूरी सी लगती हूँ?

अब वक्त है खुद को पहचानने का,
अपनी ताकत को जानने का।
मैं कमज़ोर नहीं, मैं आवाज़ हूँ,

हर बंदिश के खिलाफ एक आगाज़ हूँ।

अब मैं चुप नहीं रहूँगी,
अपने हक़ के लिए लड़ुगी।
क्योंकि मैं सिर्फ़ एक कहानी नहीं,
मैं बदलते समय की निशानी हूँ।

नाम : मुस्कान
कक्षा – बी०ए० (तृतीय वर्ष) वर्ष
अनुक्रमांक – 18



लोक कला, लोक और जीवन का रंग

लोक कला भारत की वह धड़कन है जो गाँवों की मिट्टी, त्योहारों के गीत और आम लोगों के जीवन से जन्म लेती है। यह राजा-महाराजाओं के महलों में नहीं, बल्कि किसान की झोपड़ी, आदिवासी की दीवार और कुम्हार के चाक पर पनपती है। लोक कला का अर्थ है लोक की कला, लोक के लिए, लोक के द्वारा। लोक कला वह पारंपरिक कला है जो पीढ़ी-दर-पीढ़ी मौखिक रूप से और अभ्यास से हस्तांतरित होती है। इसमें कोई औपचारिक प्रशिक्षण नहीं, बल्कि समुदाय की संस्कृति, विश्वास और दैनिक जीवन झलकता है। इसका उद्देश्य सजावट के साथ-साथ धार्मिक, सामाजिक और व्यावहारिक भी होता है। घर की दीवार को शुभ बनाना, फसल की प्रार्थना करना, या विवाह के समय शुभ संकेत देना। लोक कला सरल और सहज जटिल तकनीक नहीं, बल्कि सीधी-सादी रेखाएँ और रंग होते हैं।

स्थानीय सामग्री: मिट्टी, गोबर, चावल का घोल, प्राकृतिक रंग, बाँस, कपड़ा और कागज का उपयोग।

समूहिकता: यह व्यक्तिगत नहीं, बल्कि पूरे समुदाय की सांस्कृतिक पहचान है।

अस्थायीता: कई लोक कलाएँ अस्थायी होती हैं - जैसे मंडना, अल्पना, रंगोली - जो त्योहार के बाद मिट जाती हैं।

प्रकृति से जुड़ाव: सूरज, चाँद, पेड़, पशु, पक्षी और कृषि जीवन इसके मुख्य विषय हैं। भारत की प्रमुख लोक कलाएँ मधुबनी कला - बिहार मिथिला क्षेत्र की यह कला कागज या दीवार पर प्राकृतिक रंगों से बनाई जाती है।

विषय: राम-सीता, राधा-कृष्ण, मछली, मोर और सूर्य। काली रेखा से बनी आकृति और भरावदार रंग इसकी पहचान है।

वारली कला - महाराष्ट्र आदिवासी वारली समुदाय की यह कला सफेद रंग से मिट्टी की लाल-भूरी दीवार पर बनती है। इसमें केवल गोला, त्रिभुज और चौकोर से मानव और पशुओं की आकृतियाँ बनती हैं।

विषय: खेती, नृत्य, शिकार और त्योहार।

गोंड कला - मध्य प्रदेश गोंड जनजाति की यह कला बिंदुओं और रेखाओं से भरपूर होती है। प्रत्येक बिंदु जीवन का प्रतीक माना जाता है। इसमें पेड़, जानवर और देवताओं को जीवंत रूप में दिखाया जाता है।

फड़ चित्रकला - राजस्थान कपड़े के लंबे टुकड़े पर देवी-देवताओं और लोक नायकों की कहानी चित्रों में सुनाई जाती है। भोपा नामक गायक रात भर इसे गाकर कहानी सुनाते हैं।

संजही कला - उत्तर प्रदेश वृंदावन की कागज काटने की कला। एक कागज को कई परतों में मोड़कर सुई से काटकर कृष्ण लीला के दृश्य बनाए जाते हैं। इसे दीयों की रोशनी में दिखाया जाता है।

पिथोरा चित्रकला गुजरात व मध्य प्रदेश आदिवासी घर की दीवारों पर घोड़े, बैल और देवताओं के चित्र बनाए जाते हैं। यह कला सुख-समृद्धि और रोग मुक्ति के लिए की जाती है। लोक कला लोक कला केवल चित्र नहीं, बल्कि लोक का इतिहास है।

त्योहार: दीवाली पर अल्पना, होली पर फाग चित्र, मकर संक्रांति पर मंडना।

कृषि: अच्छी फसल के लिए खेतों में और घर की दीवारों पर चित्र बनाना। लोक कलाकार अपने आसपास की प्रकृति, देवता और दैनिक काम को ही कैनवास बना लेते हैं। आधुनिकता और शहरीकरण के कारण कई लोक कलाएँ लुप्त हो रही हैं। युवा पीढ़ी गाँव छोड़कर शहर जा रही है। लेकिन अब बदलाव आ रहा है।

आधुनिक उपयोग: फैशन, इंटीरियर डेकोर, होम डेकोर में लोक कला के डिज़ाइन।
डिजिटल प्लेटफॉर्म: इंस्टाग्राम पर लोक कलाकार सीधे दुनिया भर में बेच रहे हैं। आज मधुबनी पेंटिंग को दीवार पर, वारली को टी-शर्ट पर और गोंड को मोबाइल कवर पर देखा जा सकता है। लोक कला भारत की जड़ है। यह हमें याद दिलाती है कि कला केवल संग्रहालय में नहीं होती, बल्कि उस महिला के हाथ में होती है जो सुबह आँगन में रंगोली बनाती है। लोक कला का संरक्षण केवल कला का संरक्षण नहीं, बल्कि हमारी सांस्कृतिक पहचान और विविधता का संरक्षण है। जब तक गाँवों में त्योहार मनाए जाएँगे, तब तक लोक कला जीवित रहेगी। मिट्टी की गंध और रंग के साथ।



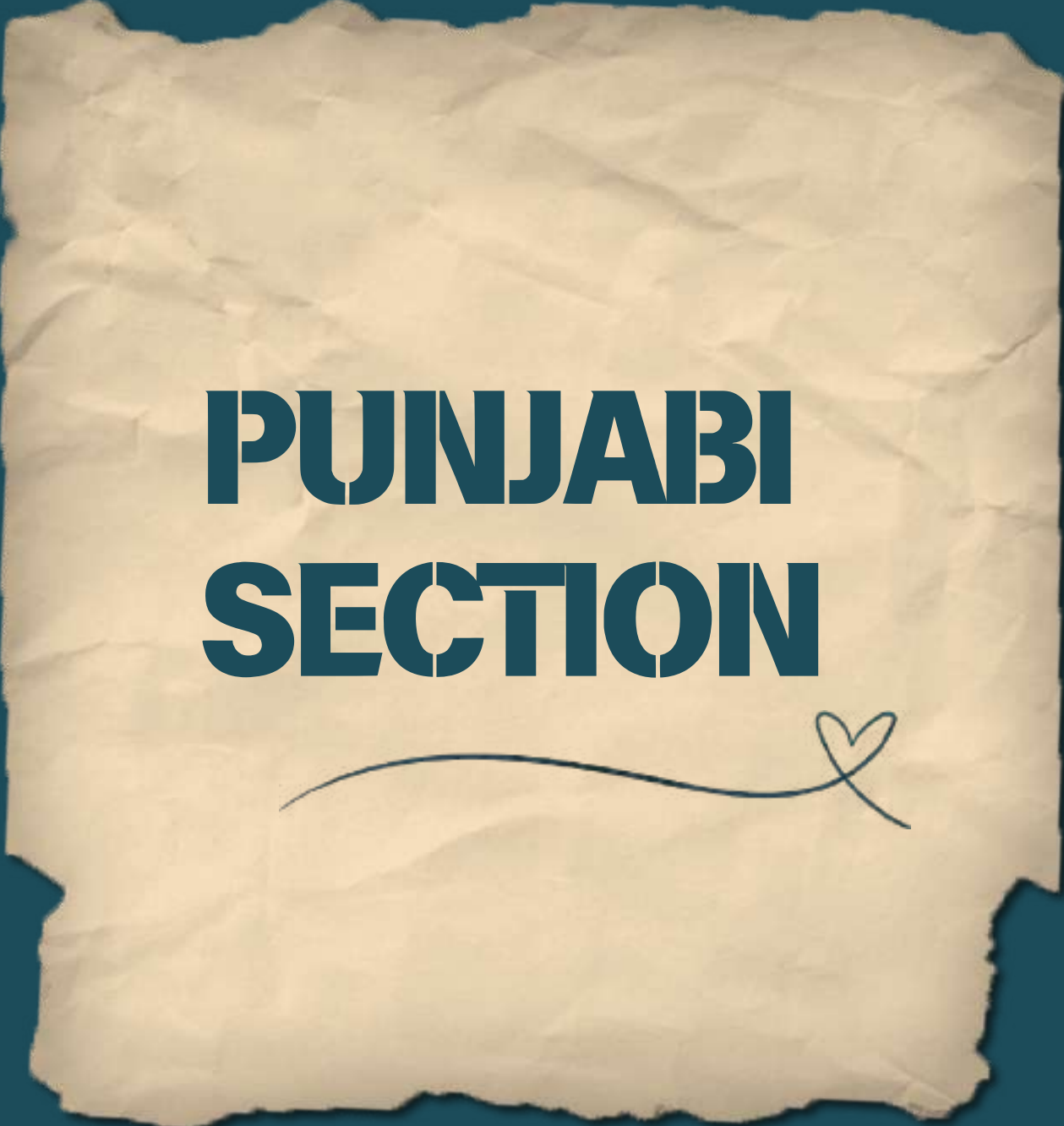
नाम कोमल
कक्षा – बी०ए० (तृतीय वर्ष) वर्ष
अनुक्रमांक – 40

RED CROSS CELL



SAY NO TO DRUGS

Kurukshetra, Haryana, India
 Tarnimangla Road, Poonia, Kurukshetra, Haryana-136115,
 India
 Lat: 30.33407E, Long: 76.81202E
 Recorder: Shri. Jyoti K. 11 AM GMT+05:30
 Note: Camera: Sony Cyber-shot DSC-WX350



PUNJABI SECTION





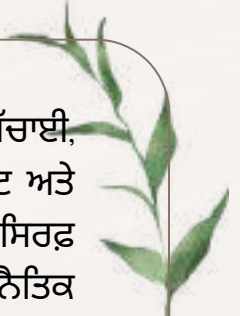
“ਸੱਚਾਈ ਅਤੇ ਨੈਤਿਕਤਾ: ਮਨੁੱਖਤਾ ਦੇ ਜੀਵਨ ਦਾ ਰਸਤਾ”

ਸੱਚ ਦੇ ਰਸਤੇ 'ਤੇ ਚਲਣਾ ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਲਈ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਹੈ। ਸੱਚਾਈ ਨਿਰੰਤਰ ਜੀਵਨ ਨੂੰ ਨੈਤਿਕਤਾ ਅਤੇ ਇਮਾਨਦਾਰੀ ਨਾਲ ਭਰਪੂਰ ਕਰਦੀ ਹੈ। ਇੱਕ ਸੁਚੱਜਾ ਜੀਵਨ ਪਾਉਣ ਲਈ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਨਿਯਮ ਇਹ ਹੈ ਕਿ ਮਨੁੱਖ ਸੱਚ ਬੋਲਣਾ ਆਪਣੇ ਜੀਵਨ ਦਾ ਮੂਲ ਸਿਧਾਂਤ ਬਣਾਏ। ਸੱਚ ਦਾ ਰਸਤਾ ਕਈ ਵਾਰ ਔਖਾ ਅਤੇ ਚੁਣੌਤੀਪੂਰਨ ਹੋ ਸਕਦਾ ਹੈ, ਪਰ ਇਸ ਰਸਤੇ 'ਤੇ ਚੱਲਦਿਆਂ ਮਨੁੱਖ ਨੂੰ ਜੋ ਆਤਮਿਕ ਸੰਤੋਸ਼ ਅਤੇ ਮਨੁੱਖੀ ਮਾਨ ਮਿਲਦਾ ਹੈ, ਉਹ ਕਿਸੇ ਰੱਬੀਅਤ ਤੋਂ ਘੱਟ ਨਹੀਂ ਹੁੰਦਾ। ਜੋ ਵਿਅਕਤੀ ਸੱਚ ਬੋਲਦਾ ਹੈ, ਉਹ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਉੱਚੇ ਸਿਖਰਾਂ ਤੱਕ ਪਹੁੰਚਦਾ ਹੈ ਅਤੇ ਹੋਰਾਂ ਲਈ ਪ੍ਰੇਰਣਾ ਦਾ ਸਰੋਤ ਬਣਦਾ ਹੈ।

ਸੱਚ ਬੋਲਣ ਵਾਲੇ ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਵਿੱਚ ਇੱਕ ਅਲੌਕਿਕ ਸ਼ਕਤੀ ਹੁੰਦੀ ਹੈ। ਉਹ ਬੋਲਣ ਸਮੇਂ ਪਿਛਲੀ ਗੱਲਾਂ ਯਾਦ ਰੱਖਣ ਦੀ ਜ਼ਰੂਰਤ ਮਹਿਸੂਸ ਨਹੀਂ ਕਰਦਾ। ਉਸ ਨੂੰ ਆਪਣੇ ਬੋਲ-ਚਾਲ 'ਤੇ ਕਿਸੇ ਤਰ੍ਹਾਂ ਦੀ ਚਿੰਤਾ ਨਹੀਂ ਹੁੰਦੀ। ਇਸ ਤਰ੍ਹਾਂ ਦਾ ਜੀਵਨ ਸ਼ਾਰੀਰਿਕ ਅਤੇ ਮਾਨਸਿਕ ਤੰਦਰੁਸਤ ਰਹਿੰਦਾ ਹੈ। ਸੱਚ ਬੋਲਦੇ ਸਮੇਂ ਮਨੁੱਖ ਦਾ ਮਨੋਬਲ ਵਧਦਾ ਹੈ ਅਤੇ ਬਿਮਾਰੀਆਂ ਉਸ ਦੇ ਨੇੜੇ ਨਹੀਂ ਆਉਂਦੀਆਂ। ਸਾਡੇ ਧਰਮ, ਸੱਭਿਆਚਾਰ ਅਤੇ ਸਮਾਜਿਕ ਢਾਂਚਾ ਸੱਚਾਈ ਅਤੇ ਨੈਤਿਕਤਾ ਦੇ ਰਸਤੇ ਨੂੰ ਪ੍ਰੋਤਸਾਹਿਤ ਕਰਦਾ ਹੈ। ਪਰ ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਮਨੁੱਖ ਸੱਚ ਤੋਂ ਦੂਰ ਹੋਣ ਕਾਰਨ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਤਕਲੀਫ਼ਾਂ ਦਾ ਸ਼ਿਕਾਰ ਬਣਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਸਾਡੇ ਲਈ ਪ੍ਰਮਾਣ ਹੈ ਕਿ ਸੱਚ ਦੇ ਰਸਤੇ 'ਤੇ ਚਲ ਕੇ ਹੀ ਮਨੁੱਖ ਜੀਵਨ ਵਿੱਚ ਸਫਲ ਹੋ ਸਕਦਾ ਹੈ।

ਸੱਚ ਦੇ ਰਸਤੇ 'ਤੇ ਚੱਲਣ ਵਾਲਾ ਮਨੁੱਖ ਆਪਣੇ ਅੰਦਰ ਨਿਰੰਕਾਰ ਦੀ ਸ਼ਕਤੀ ਭਰਦਾ ਹੈ ਅਤੇ ਹੋਰਾਂ ਨੂੰ ਵੀ ਸਹੀ ਰਸਤਾ ਦਿਖਾਉਂਦਾ ਹੈ। ਉਹ ਨਾ ਸਿਰਫ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਸੁਚੱਜਾ ਬਣਾਉਂਦਾ ਹੈ, ਸਗੋਂ ਆਪਣੇ ਆਲੇ ਦੁਆਲੇ ਦੀ ਦੁਨੀਆ ਲਈ ਪ੍ਰੇਰਣਾ ਬਣਦਾ ਹੈ। ਸੱਚ ਬੋਲਣ ਵਾਲਾ ਮਨੁੱਖ ਕਦੇ ਝੂਠੀ ਚਾਲਾਂ ਵਿੱਚ ਫਸਦਾ ਨਹੀਂ, ਉਸ ਨੂੰ ਆਪਣੇ ਬੋਲਾਂ ਅਤੇ ਕਾਰਜਾਂ ਦੀ ਸਹੀ ਜਾਣਕਾਰੀ ਹੁੰਦੀ ਹੈ। ਸੱਚ ਅਤੇ ਨੈਤਿਕਤਾ ਦੇ ਰਸਤੇ ਨੂੰ ਫਾਲੋ ਕਰਨਾ ਮਨੁੱਖ ਲਈ ਲਾਭਕਾਰੀ ਹੈ। ਇਹ ਨਾ ਸਿਰਫ ਉਸ ਦੀ ਆਤਮਿਕ ਸ਼ਾਂਤੀ ਵਧਾਉਂਦਾ ਹੈ, ਸਗੋਂ ਉਸ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਆਦਰਸ਼ ਸਥਾਨ ਦਿਵਾਉਂਦਾ ਹੈ। ਜਦੋਂ ਮਨੁੱਖ ਸੱਚ ਬੋਲਦਾ ਹੈ, ਤਾਂ ਉਸ ਦੀ ਸ਼ਾਰੀਰਿਕ ਅਤੇ ਮਾਨਸਿਕ ਤੰਦਰੁਸਤੀ ਵੀ ਬਰਕਰਾਰ ਰਹਿੰਦੀ ਹੈ।

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨੇ ਸਾਨੂੰ ਸਿੱਖਾਇਆ ਕਿ “ਕਿਰਤ ਕਰੋ ਅਤੇ ਵੰਡ ਛੱਕੋ”। ਇਸ ਦਾ ਅਰਥ ਹੈ ਕਿ ਆਪਣੀ ਮਿਹਨਤ ਅਤੇ ਇਮਾਨਦਾਰੀ ਨਾਲ ਜੋ ਕੁਝ ਕਮਾਇਆ ਹੈ, ਉਸ ਵਿੱਚੋਂ ਲੋੜਵੰਦ ਦੀ ਮਦਦ ਕਰੋ। ਅੱਜ ਦੇ ਯੁੱਗ ਵਿੱਚ ਅਸੀਂ ਆਪਣੇ ਸੁਆਰਥ ਵਿੱਚ ਲੀਨ ਹੋ ਗਏ ਹਾਂ। ਮਸ਼ੀਨਰੀ ਅਤੇ ਤੇਜ਼ ਯੁੱਗ ਨੇ ਸਾਨੂੰ ਨੈਤਿਕਤਾ, ਭਾਈਚਾਰਾ ਅਤੇ ਸੇਵਾ ਤੋਂ ਦੂਰ ਕਰ ਦਿੱਤਾ ਹੈ। ਅਸੀਂ ਆਪਣੇ ਲਾਭ ਅਤੇ ਸਹੂਲਤ ਲਈ ਜੀਣ ਲੱਗੇ ਹਾਂ, ਪਰ ਇਹ ਗੁਰੂਆਂ ਦੀ ਬਾਣੀ ਦੇ ਸਿੱਖਿਆਨੁਸਾਰ ਨਹੀਂ।



ਜਾਤੀਵਾਦ, ਧਾਰਮਿਕ ਤਰੱਕੀ ਅਤੇ ਸੰਪਰਦਾਇਕਤਾ ਸਾਡੀ ਨੈਤਿਕਤਾ ਨੂੰ ਰੋਕਦੇ ਹਨ। ਧਰਮ ਸੱਚਾਈ, ਇਨਸਾਫ਼ ਅਤੇ ਅਨਿਆਂ ਦੇ ਖਿਲਾਫ਼ ਸਾਡੀ ਸਹਾਇਤਾ ਕਰਦਾ ਹੈ। ਹਰ ਧਰਮ ਕੂੜ, ਧੋਖਾ, ਲੁੱਟ ਅਤੇ ਅਨਿਆਂ ਦਾ ਵਿਰੋਧ ਕਰਦਾ ਹੈ। ਸਾਡੇ ਲਈ ਇਹ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਅਸੀਂ ਧਾਰਮਿਕ ਗ੍ਰੰਥ ਪੜ੍ਹ ਕੇ ਸਿਰਫ਼ ਗਿਆਨ ਹੀ ਨਹੀਂ ਪ੍ਰਾਪਤ ਕਰੀਏ, ਬਲਕਿ ਉਸ ਤੇ ਅਮਲ ਵੀ ਕਰੀਏ। ਜਦੋਂ ਅਸੀਂ ਸੱਚ ਅਤੇ ਨੈਤਿਕ ਮੁੱਲਾਂ ਤੇ ਆਧਾਰਿਤ ਜੀਵਨ ਬਿਤਾਉਂਦੇ ਹਾਂ, ਤਾਂ ਦੁਨਿਆਵੀ ਮੁਸ਼ਕਿਲਾਂ ਘੱਟ ਹੁੰਦੀਆਂ ਹਨ ਅਤੇ ਮਨੁੱਖੀ ਭਲਾ ਬਣਦਾ ਹੈ। ਸੱਚ ਦੇ ਰਸਤੇ 'ਤੇ ਚੱਲਣਾ ਮਨੁੱਖ ਨੂੰ ਆਤਮਿਕ ਸੰਤੋਸ਼, ਆਦਰਸ਼ ਅਤੇ ਮਨੁੱਖਤਾ ਦੇ ਸੱਚੇ ਮੂਲਾਂ ਦੇ ਨੇੜੇ ਲੈ ਜਾਂਦਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਦਾ ਜੀਵਨ ਸਿਰਫ਼ ਮਨੁੱਖ ਲਈ ਹੀ ਨਹੀਂ, ਸਮਾਜ ਲਈ ਵੀ ਲਾਭਕਾਰੀ ਹੈ।

ਸੱਚ ਬੋਲਣਾ, ਸੱਚ ਸੁਣਨਾ ਅਤੇ ਸੱਚ ਦੇ ਰਸਤੇ 'ਤੇ ਕਾਇਮ ਰਹਿਣਾ ਹਰ ਮਨੁੱਖ ਦਾ ਫਰਜ਼ ਹੈ। ਇਹ ਨਾ ਸਿਰਫ਼ ਮਨੁੱਖ ਨੂੰ ਸ਼ਕਤੀਸ਼ਾਲੀ ਬਣਾਉਂਦਾ ਹੈ, ਸਗੋਂ ਸਮਾਜ ਨੂੰ ਵੀ ਨੈਤਿਕਤਾ ਅਤੇ ਇਨਸਾਫ਼ ਦੇ ਰਸਤੇ 'ਤੇ ਲੈ ਜਾਂਦਾ ਹੈ। ਸੱਚ, ਨੈਤਿਕਤਾ ਅਤੇ ਭਾਈਚਾਰਾ ਹੀ ਅਸਲੀ ਖੁਸ਼ੀ ਅਤੇ ਜੀਵਨ ਦੀ ਪੂਰੀਤਾ ਦਿੰਦੇ ਹਨ। ਸੱਚ ਦੇ ਰਸਤੇ 'ਤੇ ਚੱਲਣ ਵਾਲੇ ਵਿਅਕਤੀ ਦਾ ਜੀਵਨ ਮਾਣਯੋਗ, ਸ਼ਾਂਤਮਈ ਅਤੇ ਸੁਚੱਜਾ ਹੁੰਦਾ ਹੈ। ਉਸ ਦਾ ਜੀਵਨ ਸਾਰੇ ਲੋਕਾਂ ਲਈ ਪ੍ਰੇਰਣਾ ਬਣਦਾ ਹੈ ਅਤੇ ਉਹ ਸਮਾਜ ਵਿੱਚ ਇੱਕ ਰੌਸ਼ਨੀ ਦੀ ਤਰ੍ਹਾਂ ਚਮਕਦਾ ਹੈ। ਇਸ ਲਈ ਹਰ ਮਨੁੱਖ ਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸੱਚ, ਨੈਤਿਕਤਾ ਅਤੇ ਭਾਈਚਾਰਾ ਨੂੰ ਪ੍ਰਧਾਨਤਾ ਦੇਣੀ ਚਾਹੀਦੀ ਹੈ।

ਪੂਜਾ ਵਰਮਾ





ਯੂਥ ਵਿੱਚ ਵਧਦਾ ਤਣਾਅ. ਖਾਮੋਸ਼ ਤੂਫ਼ਾਨ

ਅੱਜ ਦਾ ਯੂਥ ਤੇਜ਼ ਦੌੜ ਵਿੱਚ ਹੈ-ਪਰ ਅੰਦਰੋਂ ਹੌਲੀ-ਹੌਲੀ ਟੁੱਟ ਰਿਹਾ ਹੈ।
ਪੜ੍ਹਾਈ ਦਾ ਦਬਾਅ, ਕਰੀਅਰ ਦੀ ਚਿੰਤਾ, ਸੋਸ਼ਲ ਮੀਡੀਆ ਦੀ ਦੌੜ-ਇਹ ਸਭ ਮਿਲ ਕੇ ਤਣਾਅ ਨੂੰ
ਖਤਰਨਾਕ ਗਤੀ ਨਾਲ ਵਧਾ ਰਹੇ ਹਨ।
ਸਭ ਤੋਂ ਡਰਾਉਣੀ ਗੱਲ?
ਯੂਥ ਮੁਸਕੁਰਾ ਰਿਹਾ ਹੈ, ਪਰ ਅੰਦਰੋਂ ਸੰਘਰਸ਼ ਕਰ ਰਿਹਾ ਹੈ। ਲੋਕ ਦੇਖਦੇ ਤਾਂ ਹਨ ਸਫਲਤਾ, ਪਰ ਨਹੀਂ
ਦੇਖਦੇ ਉਸ ਪਿੱਛੇ ਦੀ ਥਕਾਣ।
ਤਣਾਅ ਕੋਈ ਕਮਜ਼ੋਰੀ ਨਹੀਂ-ਇੱਕ ਸਿਗਨਲ ਹੈ ਕਿ ਦਿਮਾਗ ਓਵਰਲੋਡ ਹੋ ਗਿਆ ਹੈ।
ਜਦੋਂ ਜਜ਼ਬਾਤ ਦਬਾਏ ਜਾਂਦੇ ਹਨ, ਤਣਾਅ ਸ਼ੇਰ ਮਚਾਉਣ ਲੱਗ ਪੈਂਦਾ ਹੈ।
ਹੱਲ ਵੀ ਸਧਾਰਣ ਹਨ-ਪਰ ਸਵੀਕਾਰਨਾ ਔਖਾ।
ਥੋੜ੍ਹਾ ਆਰਾਮ, ਖੁੱਲ੍ਹੀ ਗੱਲਬਾਤ, ਸੋਸ਼ਲ ਮੀਡੀਆ ਤੋਂ ਬਰੇਕ, ਤੇ ਆਪਣੇ ਆਪ ਨਾਲ ਸੱਚਾਈ-ਇਹ ਤਣਾਅ
ਨੂੰ ਹੌਲੀ-ਹੌਲੀ ਪਿੱਛੇ ਧੱਕਦੇ ਹਨ।
ਸਭ ਤੋਂ ਜ਼ਰੂਰੀ ਗੱਲ:
ਮਦਦ ਮੰਗਣਾ ਕਮਜ਼ੋਰੀ ਨਹੀਂ—ਹਿੰਮਤ ਹੈ।
ਆਪਣੇ ਮਨ ਨੂੰ ਵੀ ਉਹੀ ਖ਼ਿਆਲ ਦਿਓ ਜਿਹੜਾ ਤੁਸੀਂ ਆਪਣੇ ਭਵਿੱਖ ਨੂੰ ਦਿੰਦੇ ਹੋ।
ਯੂਥ ਤਾਕਤ ਹੈ-ਪਰ ਤਣਾਅ ਇਸ ਤਾਕਤ ਨੂੰ ਖਾ ਸਕਦਾ ਹੈ। ਜੇ ਅਸੀਂ ਆਪਣੇ ਮਨ ਨੂੰ ਸੁਣਨਾ ਸਿੱਖ
ਲਵਾਂ, ਤਾਂ ਇਹੀ ਯੂਥ ਦੁਨੀਆ ਬਦਲ ਸਕਦਾ ਹੈ।

ਲਵਪ੍ਰੀਤ ਕੌਰ
ਬੀ ਬੀ ਏ - ੧



ਮੁਸਕਰਾਹਟ ਇੱਕ ਇਲਾਹੀ ਨੈਤਿਕ ਗੁਣ

ਮੁਸਕਰਾਹਟ ਰੱਬ ਦੀ ਵਿਰਾਸਤ ਹੈ। ਇਹ ਇੱਕ ਅਜਿਹਾ ਗੁਣ ਹੈ ਜੋ ਹਰ ਮਨੁੱਖ ਵਿੱਚ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਜੇ ਮਨੁੱਖ ਹਮੇਸ਼ਾ ਮੁਸਕਰਾਉਂਦਾ ਹੈ, ਉਹ ਸਰੀਰਕ, ਮਾਨਸਿਕ ਅਤੇ ਦਿਮਾਗੀ ਤੌਰ 'ਤੇ ਆਮ ਮਨੁੱਖਾਂ ਨਾਲੋਂ ਬਿਹਤਰ ਸਿਹਤਮੰਦ ਹੁੰਦਾ ਹੈ। ਮੁਸਕਰਾਹਟ ਵਾਲੇ ਲੋਕ ਦਾ ਚਿਹਰਾ ਖੂਬਸੂਰਤ, ਸਰੀਰ ਸੁਡੌਲ ਅਤੇ ਦਿੱਖ ਜਵਾਨ ਰਹਿੰਦੀ ਹੈ।

ਮੁਸਕਰਾਹਟ ਸਿਰਫ਼ ਖੁਸ਼ੀ ਦਾ ਪ੍ਰਤੀਕ ਨਹੀਂ ਹੈ, ਇਹ ਮਨੁੱਖ ਦੇ ਦਿਮਾਗ ਨੂੰ ਸ਼ਾਂਤ ਕਰਦੀ ਹੈ, ਦਿਲ ਨੂੰ ਖੁਸ਼ੀ ਨਾਲ ਭਰਦੀ ਹੈ ਅਤੇ ਸਰੀਰਕ ਕਿਰਿਆਵਾਂ ਨੂੰ ਤੰਦਰੁਸਤ ਬਣਾਉਂਦੀ ਹੈ। ਵਿਗਿਆਨ ਦੇ ਅਧਿਐਨ ਦਿਖਾਉਂਦੇ ਹਨ ਕਿ ਗੁੱਸਾ ਅਤੇ ਤਣਾਅ ਚਿਹਰੇ ਦੇ ਕਈ ਪੱਥੇ ਖਿੱਚਦੇ ਹਨ, ਪਰ ਮੁਸਕਰਾਉਣ ਲਈ ਸਿਰਫ਼ ਕੁਝ ਪੱਥੇ ਖਿੱਚਦੇ ਹਨ। ਇਸ ਲਈ ਸਫਲ ਅਤੇ ਸ਼ਕਤੀਸ਼ਾਲੀ ਲੋਕ ਵੱਧ ਮੁਸਕਰਾਉਂਦੇ ਹਨ, ਕਿਉਂਕਿ ਉਹ ਆਸ਼ਾਵਾਦੀ, ਸਕਾਰਾਤਮਕ ਸੋਚ ਵਾਲੇ ਅਤੇ ਦਿਲਦਾਰ ਹੁੰਦੇ ਹਨ।

ਬੱਚੇ ਮੁਸਕਰਾਉਣ ਦੀ ਕਲਾ ਆਪਣੇ ਮਾਪੇ ਤੋਂ ਸਿੱਖਦੇ ਹਨ। ਮੁਸਕਰਾਉਂਦੇ ਹੋਏ ਗੱਲ ਕਰਨਾ, ਦੂਜੇ ਦੀ ਗਲਤੀ ਨੂੰ ਮਾਫ਼ ਕਰਨਾ ਮਨੁੱਖ ਵਿੱਚ ਦਇਆ ਅਤੇ ਉਦਾਰਤਾ ਦਾ ਵਿਕਾਸ ਕਰਦਾ ਹੈ। ਮੁਸਕਰਾਹਟ ਦੀ ਇੱਕ ਅਜਿਹੀ ਖਾਸ ਸ਼ਕਤੀ ਹੁੰਦੀ ਹੈ ਜੋ ਦੂਜਿਆਂ ਦੇ ਦਿਲਾਂ ਨੂੰ ਛੂਹ ਲੈਂਦੀ ਹੈ ਅਤੇ ਸਖ਼ਤ ਦਿਲਾਂ ਨੂੰ ਵੀ ਨਰਮ ਕਰ ਦਿੰਦੀ ਹੈ। ਕੋਈ ਵੀ ਵਿਅਕਤੀ, ਜੇ ਚਾਹੇ ਕਿੰਨਾ ਵੀ ਕੜਾ ਹੋਵੇ, ਤੁਹਾਡੀ ਮੁਸਕਰਾਹਟ ਦੇ ਸਾਹਮਣੇ ਨਰਮ ਅਤੇ ਸੁਖਦ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ।

ਮੁਸਕਰਾਹਟ ਲੋਕਾਂ ਵਿੱਚ ਸਮਝਦਾਰੀ, ਦੋਸਤੀ ਅਤੇ ਸਹਿਯੋਗ ਪੈਦਾ ਕਰਦੀ ਹੈ। ਦੁਨੀਆ ਵਿੱਚ ਸੱਚੀ ਸ਼ਾਂਤੀ ਮੁਸਕਰਾਉਣ ਅਤੇ ਪਰਸਪਰ ਸਮਝਣ ਨਾਲ ਹੀ ਆ ਸਕਦੀ ਹੈ। ਦੋ ਲੋਕਾਂ ਦੀ ਦੋਸਤੀ ਦਾ ਸ਼ੁਰੂਆਤ ਉਨ੍ਹਾਂ ਦੀ ਮੁਸਕਾਨ ਨਾਲ ਹੁੰਦੀ ਹੈ। ਸਮਾਜ ਵਿੱਚ ਮੁਸਕਰਾਉਂਦੇ ਲੋਕ ਵੱਧ ਮਾਣ-ਪ੍ਰਤਿਸ਼ਠਾ ਅਤੇ ਪਿਆਰ ਹਾਸਲ ਕਰਦੇ ਹਨ।

ਅੰਤ ਵਿੱਚ, ਮੁਸਕਰਾਹਟ ਸਾਰਿਆਂ ਲਈ ਸਮਝਦਾਰੀ ਅਤੇ ਦਿਆਲਤਾ ਦੀ ਸਭ ਤੋਂ ਵੱਡੀ ਭਾਸ਼ਾ ਹੈ। ਜਾਤ, ਰੰਗ, ਧਰਮ ਜਾਂ ਦੇਸ਼ ਦੇ ਫਰਕ ਦੇ ਬਾਵਜੂਦ, ਮੁਸਕਰਾਹਟ ਮਨੁੱਖਤਾ ਵਿੱਚ ਸਭ ਤੋਂ ਵੱਡਾ ਅਟੂਟ ਗੁਣ ਹੈ। ਇਹ ਖੁਸ਼ੀ, ਤੰਦਰੁਸਤੀ ਅਤੇ ਸਮਾਜਿਕ ਏਕਤਾ ਦਾ ਪ੍ਰਤੀਕ ਹੈ।

ਰਾਸ਼ੀ
ਬੀ.ਏ. ਛੇਵਾਂ ਸਮੇਸਟਰ



ਪਿਹੋਵਾ ਦੀ ਪਵਿੱਤਰ ਧਰਤੀ ਤੇ ਚਮਕੀ ਇਕ ਜੋਤ ਨਿਰਾਲੀ,
ਬਾਬਾ ਮਾਨ ਸਿੰਘ ਜੀ ਨੇ ਦਿਖਾਈ ਰਾਹ ਸੱਚੀ ਤੇ ਸੁਹਾਲੀ।
ਚਰਨਾਂ ਵਿੱਚ ਸੀ ਰਹਿਮਤ, ਅੱਖਾਂ ਵਿੱਚ ਨੂਰ ਦੀ ਕਿਰਨ,
ਉਨ੍ਹਾਂ ਦੇ ਦਰ ਤੇ ਮਿਲਦਾ ਸੀ ਹਰ ਦੁੱਖ ਦਾ ਚਿਰਨ।

ਸੇਵਾ ਤੇ ਸਿਮਰਨ ਦਾ ਉਪਦੇਸ਼ ਦਿੱਤਾ ਸਦਾ ਪਿਆਰ ਨਾਲ,
ਹਰ ਇਕ ਨੂੰ ਜੋੜਿਆ ਉਨ੍ਹਾਂ ਨੇ ਰੱਬ ਦੇ ਸੱਚੇ ਦਰਬਾਰ ਨਾਲ।
ਨਾ ਕੋਈ ਵੱਡਾ ਛੋਟਾ, ਸਭ ਨੂੰ ਇਕੋ ਨਿਗਾਹ ਨਾਲ ਵੇਖਿਆ,
ਮਨੁੱਖਤਾ ਦਾ ਪਾਠ ਬਾਬਾ ਜੀ ਨੇ ਜੀਵਨ ਭਰ ਲਿਖਿਆ।

ਦੁੱਖੀਆਂ ਦੇ ਸਹਾਰੇ, ਨਿਰਬਲਾਂ ਦੇ ਬਣੇ ਸਾਥੀ,
ਬਾਬਾ ਜੀ ਦੇ ਬਚਨ ਸਨ ਮਿੱਠੇ, ਜਿਵੇਂ ਅੰਮ੍ਰਿਤ ਦੀ ਬਾਤੀ।
ਜੇ ਵੀ ਆਇਆ ਦਰ ਤੇ ਉਨ੍ਹਾਂ ਦੇ, ਖਾਲੀ ਕਦੇ ਨਾ ਗਿਆ,
ਮੇਹਰ ਦੀ ਛਾਂ ਹੇਠ ਹਰ ਦਿਲ ਨੇ ਸੁੱਖ ਦਾ ਰਾਹ ਲੱਭ ਲਿਆ।

ਰੱਬ ਨਾਲ ਜੋੜਨ ਵਾਲੀ ਬਾਣੀ ਸੀ ਉਨ੍ਹਾਂ ਦੀ ਸਚੀ,
ਅੰਧੇਰੇ ਵਿੱਚ ਦੀਵਾ ਬਣ ਕੇ ਚਮਕੀ ਉਨ੍ਹਾਂ ਦੀ ਰੋਸ਼ਨੀ ਕੱਚੀ।
ਹਰ ਸਾਹ ਵਿੱਚ ਨਾਮ ਜਪਣ ਦੀ ਦਿੱਤੀ ਸੀ ਸਿੱਖਿਆ,
ਸਾਡੀ ਰੂਹ ਨੂੰ ਸਦਾ ਮਿਲੇ ਸੁਖ, ਦਿਲ ਵੱਸੇ ਹਰ ਪਾਸੇ ਖਿੜਿਆ।

ਪਿਹੋਵਾ ਦੀ ਮਿੱਟੀ ਵੀ ਮਾਣ ਕਰੇ ਉਨ੍ਹਾਂ ਦੇ ਨਾਮ ਤੇ,
ਲੋਕਾਂ ਦੇ ਦਿਲਾਂ ਵਿੱਚ ਵੱਸਦੇ ਨੇ ਅੱਜ ਵੀ ਸਦਾ ਦੇ ਕਾਮ ਤੇ।
ਉਨ੍ਹਾਂ ਦੀ ਯਾਦ ਵਿੱਚ ਵੱਸਦੀ ਹੈ ਮਿੱਠੀ ਪਵਿੱਤਰ ਸੁਰੰਧ,
ਸਦਾ ਮਿਟੇ ਦੁੱਖ ਤੇ ਹਰ ਦਿਨ ਲੱਭੇ ਖੁਸ਼ੀ ਦਾ ਸੰਬੰਧ।

ਬਾਬਾ ਮਾਨ ਸਿੰਘ ਜੀ ਦੀ ਮੇਹਰ ਰਹੇ ਸਿਰ ਉੱਤੇ ਸਦਾ,
ਉਨ੍ਹਾਂ ਦੇ ਦਰ ਤੋਂ ਮਿਲਦੀ ਰਹੇ ਸਾਨੂੰ ਸੱਚੀ ਰਜ਼ਾ।
ਨਾਮ ਉਨ੍ਹਾਂ ਦਾ ਜਪਦੇ ਰਹੀਏ ਹਰ ਵੇਲੇ ਪਿਆਰ ਨਾਲ,
ਇਹੀ ਹੈ ਰਸਤਾ ਰੱਬ ਨੂੰ ਪਾਉਣ ਦਾ ਸਚੇ ਇਮਾਨ ਨਾਲ।

ਸ਼ਗਨਦੀਪ ਕੌਰ



ਯੂਥ ਅਤੇ ਸੋਸ਼ਲ ਮੀਡੀਆ

ਆਜ ਦੇ ਸਮੇਂ ਵਿਚ ਸੋਸ਼ਲ ਮੀਡੀਆ ਯੂਥ ਦੀ ਜ਼ਿੰਦਗੀ ਦਾ ਇਕ ਭਾਂਤਯੁਕਤ ਕਿਸਾ ਬਣ ਚੁਕਾ ਹੈ। Instagram, Facebook, YouTube, WhatsApp ਤੇ ਹੋਰ ਬਹੁਤ ਸਾਰੇ ਪਲੇਟਫਾਰਮ ਨਾ ਸਿਰਫ਼ ਮਨੋਰੰਜਨ ਦਾ ਸਰੋਤ ਹਨ, ਸਗੋਂ ਇਹ ਜਾਣਕਾਰੀ, ਗਿਆਨ ਅਤੇ ਨਵੀਆਂ ਕਾਬਲੀਆਂ ਸਿੱਖਣ ਦਾ ਵੱਡਾ ਮੰਚ ਵੀ ਹਨ।

ਸੋਸ਼ਲ ਮੀਡੀਆ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਫਾਇਦਾ ਇਹ ਹੈ ਕਿ ਇਹ ਸਾਨੂੰ ਦੁਨੀਆ ਨਾਲ ਜੋੜਦਾ ਹੈ। ਹਰੇਕ ਵਿਅਕਤੀ ਆਪਣੇ ਵਿਚਾਰ, ਕਲਾ, ਟੈਲੇਂਟ ਅਤੇ ਗਿਆਨ ਨੂੰ ਕੁਝ ਸੈਕਿੰਡਾਂ ਵਿੱਚ ਲੱਖਾਂ ਲੋਕਾਂ ਤੱਕ ਪਹੁੰਚਾ ਸਕਦਾ ਹੈ। ਬਹੁਤ ਸਾਰੇ ਨੌਜਵਾਨ ਇਨ੍ਹਾਂ ਪਲੇਟਫਾਰਮਾਂ ਰਾਹੀਂ ਵੱਡੀਆਂ ਕੰਪਨੀਆਂ, ਕਲਾਕਾਰਾਂ ਜਾਂ ਸੋਚ ਵਾਲੇ ਲੋਕਾਂ ਤੱਕ ਆਪਣੀ ਆਵਾਜ਼ ਪਹੁੰਚਾ ਕੇ ਕਾਮਯਾਬੀ ਪ੍ਰਾਪਤ ਕਰ ਰਹੇ ਹਨ।

ਪਰ ਇਸਦੇ ਨਾਲ ਕੁਝ ਚੁਣੌਤੀਆਂ ਵੀ ਹਨ। ਕਈ ਵਾਰ ਬੇਹਿਸਾਬ ਸਕ੍ਰੋਲਿੰਗ ਸਮਾਂ ਬਰਬਾਦ ਕਰ ਦਿੰਦੀ ਹੈ। ਫੇਕ ਨਿਊਜ਼ ਤੇ ਗਲਤ ਜਾਣਕਾਰੀ ਵੀ ਯੂਥ ਨੂੰ ਭਟਕਾ ਸਕਦੀ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ, ਲਾਈਕਾਂ ਤੇ ਫਾਲੋਅਰਾਂ ਦੀ ਰੇਸ ਕਈ ਬਾਰ ਨੌਜਵਾਨਾਂ ਨੂੰ ਟੈਨਸ਼ਨ ਤੇ ਦਬਾਅ ਵਿਚ ਲਿਆਉਂਦੀ ਹੈ।

ਇਸ ਲਈ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਨੌਜਵਾਨ ਸੋਸ਼ਲ ਮੀਡੀਆ ਨੂੰ ਸਮਝਦਾਰੀ ਨਾਲ ਵਰਤਣ। ਜਿੱਥੇ ਇਹ ਸਾਡੇ ਲਈ ਨਵੀਆਂ ਮੌਕਿਆਂ ਦਾ ਦਰਵਾਜ਼ਾ ਖੋਲ੍ਹਦਾ ਹੈ, ਉੱਥੇ ਇਹ ਸਾਡੀ ਜ਼ਿੰਦਗੀ 'ਤੇ ਨਕਾਰਾਤਮਕ ਅਸਰ ਵੀ ਪਾ ਸਕਦਾ ਹੈ ਜੇਕਰ ਇਸਦਾ ਵਰਤੋਂ ਸੰਤੁਲਿਤ ਨ ਹੋਵੇ।

ਅਸੀਂ ਯੂਥ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਸੋਸ਼ਲ ਮੀਡੀਆ 'ਤੇ ਸਮਾਂ ਬਰਬਾਦ ਕਰਨ ਦੀ ਬਜਾਏ ਇਸਨੂੰ ਸਿੱਖਣ, ਆਪਣਾ ਟੈਲੇਂਟ ਸਾਂਝਾ ਕਰਨ ਅਤੇ ਸਮਾਜ ਲਈ ਵਧੀਆ ਕੰਮ ਕਰਨ ਦੇ ਲਈ ਵਰਤੀਏ। ਤਦ ਹੀ ਅਸੀਂ ਤਕਨਾਲੋਜੀ ਦੇ ਇਸ ਯੁੱਗ ਵਿੱਚ ਅੱਗੇ ਵਧ ਸਕਦੇ ਹਾਂ।

ਪ੍ਰੀਤੀ

ਬੀ.ਬੀ.ਏ.- ਦੂਜਾ ਸਮੈਸਟਰ



ਪੰਜਾਬੀ ਸੰਗੀਤ ਦੀ ਮਹਿਕ

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੀ ਸਭ ਤੋਂ ਖੂਬਸੂਰਤ ਪਹਿਚਾਣ ਉਸਦਾ ਸੰਗੀਤ ਹੈ। ਚਾਹੇ ਧੌਲ ਦੀਆਂ ਧੁਨਾਂ ਹੋਣ ਜਾਂ ਵਾਜੇ ਦੀ ਤਾਨ, ਪੰਜਾਬੀ ਸੰਗੀਤ ਹਰੇਕ ਦਿਲ ਨੂੰ ਛੂਹ ਲੈਂਦਾ ਹੈ। ਇਹ ਸਿਰਫ਼ ਤਰ੍ਹਾਂ-ਤਰ੍ਹਾਂ ਦੇ ਗੀਤ ਨਹੀਂ, ਸਗੋਂ ਸਾਡੀ ਰੂਹ ਅਤੇ ਸੱਭਿਆਚਾਰ ਦਾ ਦਰਪਣ ਹੈ।

ਪੁਰਾਣੇ ਸਮਿਆਂ ਵਿੱਚ ਲੋਕ-ਗੀਤ ਪਿੰਡਾਂ ਦੀਆਂ ਧੀਆਂ-ਭੈਣਾਂ ਅਤੇ ਬੁਜ਼ੁਰਗਾਂ ਦੀਆਂ ਗੋਦੀਆਂ ਵਿੱਚ ਜੰਮਦੇ ਸਨ। ਵਿਆਹਾਂ 'ਤੇ ਗੀਤ ਗਾਉਣ ਦੀ ਰਿਵਾਇਤ, ਤਿਉਹਾਰਾਂ 'ਤੇ ਢੋਲ-ਨਗਾਰੇ, ਅਤੇ ਖੇਤੀਬਾੜੀ ਦੇ ਸਮੇਂ ਗਾਏ ਜਾਣ ਵਾਲੇ ਬੋਲ—ਇਹ ਸਭ ਸਾਨੂੰ ਆਪਣੇ ਰੂਟਾਂ ਨਾਲ ਜੋੜਦੇ ਹਨ।

ਆਜਕੱਲ ਪੰਜਾਬੀ ਪੌਪ ਸੰਗੀਤ ਨੇ ਦੁਨੀਆ ਭਰ ਵਿੱਚ ਆਪਣਾ ਨਾਂ ਬਣਾਇਆ ਹੈ। ਬੀਟ ਵਾਲੇ ਗੀਤ, ਰੋਮਾਂਟਿਕ ਗਾਣੇ, ਤੇ ਮੋਟੀਵੇਸ਼ਨਲ ਗੀਤ—ਹਰੇਕ ਕਿਸਮ ਦਾ ਸੰਗੀਤ ਨੌਜਵਾਨਾਂ ਦੇ ਦਿਲ ਨੂੰ ਭਾਂਦਾ ਹੈ। ਯੂਟਿਊਬ ਅਤੇ ਸੋਸ਼ਲ ਮੀਡੀਆ ਰਾਹੀਂ ਪੰਜਾਬੀ ਸੰਗੀਤ ਹੁਣ ਹਰ ਦੇਸ਼ ਵਿੱਚ ਸੁਣਿਆ ਜਾਂਦਾ ਹੈ।

ਹਾਲਾਂਕਿ ਕਈ ਵਾਰ ਕੁਝ ਗੀਤ ਨਕਾਰਾਤਮਕ ਸੁਨੇਹੇ ਵੀ ਦਿੰਦੇ ਹਨ, ਪਰ ਬਹੁਤ ਸਾਰੇ ਕਲਾਕਾਰ ਅਜੇ ਵੀ ਚੰਗੇ ਸੰਦੇਸ਼ ਅਤੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਅੱਗੇ ਵਧਾ ਰਹੇ ਹਨ। ਇਹ ਸਾਡੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੈ ਕਿ ਅਸੀਂ ਉਹ ਸੰਗੀਤ ਸੁਣੀਏ ਜੋ ਸਾਨੂੰ ਪ੍ਰੇਰਨਾ ਦੇਵੇ ਤੇ ਸਾਡੀ ਮਾਟੀ ਨਾਲ ਜੋੜੇ ਰੱਖੇ।

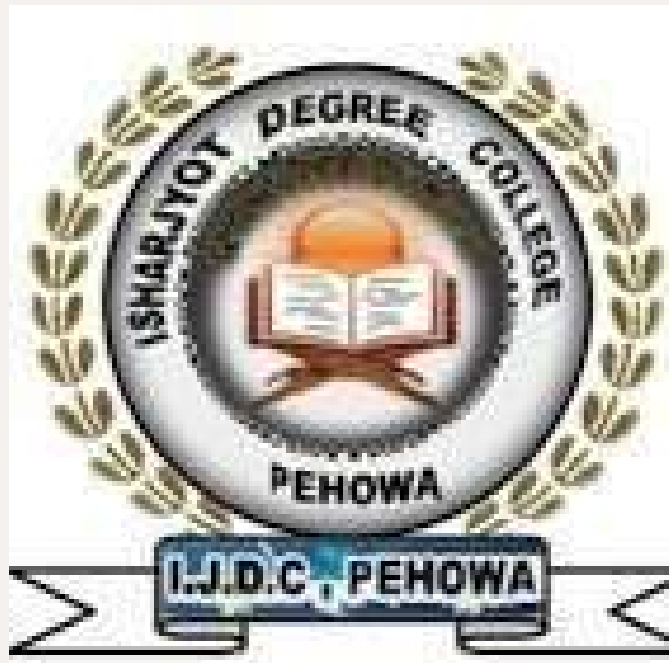
ਅੰਤ ਵਿੱਚ, ਪੰਜਾਬੀ ਸੰਗੀਤ ਸਿਰਫ਼ ਮਨੋਰੰਜਨ ਨਹੀਂ—ਇਹ ਸਾਡੀ ਪਹਿਚਾਣ ਹੈ, ਸਾਡਾ ਇਤਿਹਾਸ ਹੈ, ਅਤੇ ਸਾਡੀ ਰੂਹ ਦੀ ਖੁਸ਼ਬੂ ਹੈ।

ਗੁਰਪ੍ਰੀਤ ਕੌਰ
ਬੀ.ਬੀ.ਏ -ਦੂਜਾ ਸਮੈਸਟਰ

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