

Bhanuja

2024-25

Shree Guru Gobind Singh Ji Government College
Paonta Sahib, Distt. Sirmour (H.P.)

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Dr. Amarjeet K. Sharma
Director (Higher Education)



Directorate of Higher Education
Himachal Pradesh
Shimla - 171001

Tel. : 0177-2656621 Fax : 0177-2811347

E-mail : dhe-sml-hp@gov.in

MESSAGE

It is a matter of immense delight for me to know that your college is going to publish the college magazine .

College magazine is a very useful medium for young minds to express their bristling ideas and thoughts. It gives a chance to students, the budding writers, to get the attention of others through their creative and contemporary writings. It is an essential ingredient of college regular activities and documentation of such events. The true purpose of higher education is to open the horizons for the curious young minds and to refine and polish them in such a way that they become responsible citizens of our country.

I wish your college a great future and grand success to the college magazine. I also congratulate the Editor(s) of the magazine and wish everyone all the best in their ventures.

Jai Hind.

(Dr. Amarjeet K. Sharma)

Message



I'm delighted to announce the release of the latest edition of our college magazine, 'Bhanuja'. This publication serves as a platform for our students to express their views and perspectives on various aspects of life, including social, national, and international issues. It also showcases the academic, cultural, sports, and co-curricular activities that have taken place throughout the year.

'Bhanuja' highlights the achievements of our meritorious students in diverse spheres of life, reflecting the commitment of college to all-round growth and development. This year has been a remarkable milestone for our female students, marked by several notable achievements. Our team emerged as the winner of the HPU Inter College Hockey Championship, (women) showcasing their exceptional skills and teamwork. College Kabbadi team (Women) secured an impressive 3rd position in the HPU Inter College Kabaddi Championship, demonstrating their determination and perseverance. A shining star among our students, NCC Cadet Kritika successfully scaled Mt. Everest as part of the NCC Everest Expedition by the Ministry of Defence Govt. of India. This incredible feat has brought immense pride to our college and the state of Himachal Pradesh. These achievements are a testimony to the talent, hard work, and dedication of our students and faculty members who have brought laurels to the college time and again.

I extend my heartfelt congratulations to the editorial team for their outstanding work in successfully publishing this edition of 'Bhanuja'. Their dedication and efforts have made this publication an evidence to the motto and objectives of the college

I hope you enjoy reading this edition of 'Bhanuja' and find inspiration in the stories, achievements, and perspectives shared within its pages.

Dr Jagdish Chauhan
Principal

Message



As the Editor-in-chief of college magazine 'Bhanuja' I feel full of the joys of the spring while embarking on this wondrous journey of espousing creativity and expressiveness among my students. In today's rapid-paced world where technology dominates every aspect of our lives, it's vitally important to accept the import of creative writing as an indispensable life skill, particularly during student life.

As we steer through the intricacies of the digital age, it's essential to strike a balance between technology and conventional skills – like writing. By embracing creative writing, one can develop a wider range of skills which are necessary for success in various spheres of life.

However, the advent of Artificial Intelligence (AI) has undoubtedly transformed the way we approach various tasks, including writing. While AI-generated content may seem like a convenient solution, it poses a significant threat to the development of our creative thinking. The ease of access to readymade material can make us lethargic and unwilling to put in the effort required to craft our own thoughts and ideas. In order to keep the original ideas of human mind alive, one needs to look at a particular idea from multiple perspectives and examine it minutely so that we can develop our own point of view. Only the genuine human ideas are instrumental in bringing a change in us. These ideas further travel to this cosmos and connects us to higher realms of universe and make us capable of unleashing the energy this universe encompasses, only then can we send and receive the vibrations and match the frequency of our fellow beings. An AI generated idea with robotic mindset, infused with prestored information can never be capable of bringing a change – neither to himself nor to any living being which is a unique and most beautiful creation of God.

Being the Editor-in-chief of prestigious college magazine 'Bhanuja' I am thankful to esteemed principal, Dr Jagdish Chauhan for his constant support and encouragement that motivated me to give my best while undertaking this endeavor. I am also thankful to former principal Dr Vibhaw Kumar Shukla for his enduring cooperation, valuable guidance and sustained encouragement. Acknowledgements are also due to Asstt. Editor-in-chief Lt. Dr. Pooja Bhati for being a wonderful teammate bringing abounding energy and enthusiasm to our collaboration. I am also thankful to the entire team of editors for their dedication and sincerity. Finally the colleagues and contributors deserve a special mention in accomplishing the task of publication.

Deepa Chauhan
Editor-in-chief

Message



Dear Readers,

With immense joy and a deep sense of pride, we present to you the latest issue of the prestigious college magazine 'Bhanuja'. I am overly excited to share with you the creative endeavours and intellectual pursuits that thrive within the vibrant student community of our esteemed institution.

A college magazine is more than just a publication; it is a mirror reflecting the diverse talents, thoughts, and creativity of its contributors. Serving as a platform for students to express themselves, it showcases a blend of literary works, artistic expressions, and insightful articles that encapsulate the essence of campus life. It nurtures a sense of belonging and pride among students, as they see their thoughts and creations come to life in print. Bhanuja is more than just a collection of articles; it is a reflection of the diverse perspectives of our students and faculty. In this issue, from personal narratives to thought provoking pieces, we have featured articles, stories and poetry that resonates with the emotions and dreams of our contributors. It has played a pivotal role in rearing writing skills, encouraging critical thinking, and promoting cultural awareness.

Our journey in shaping this edition would not have been possible without the unwavering support of our respected Principal, Dr. Jagdish Chauhan whose encouragement has been a guiding force in publishing the magazine. I would also like to express my sincere gratitude to Dr. Vibhaw Kumar Shukla, our esteemed former Principal, for entrusting me with the role of Assistant Editor-in-Chief. This opportunity has been instrumental in honing my editorial skills and deepening my appreciation for the nuances of academic publishing. My heartfelt gratitude also extends to the Editor-in-Chief and the entire editorial team for their tireless efforts in transforming this vision into a reality. As the Assistant Editor-in-Chief, I have had the privilege of working alongside an exceptional team of editors, writers and contributors who have poured their passion and dedication into curating this edition.

As you flip through the pages, I hope you immerse yourself in the essence of Bhanuja, appreciating the dedication and enthusiasm that have gone into its creation. May this magazine inspire, enlighten, and leave a lasting impression on each one of you.

Happy Reading!

***Warm Regards,
Lt. Dr. Pooja Bhati
Assistant Editor-in-Chief***



Shree Guru Gobind Singh Ji Government College, Paonta Sahib, Distt. Sirmour (H.P.) 2024-25

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Assistant Editor-in-Chief
Staff Editors

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Dr. Khatri Ram Tomar
Dr. Jahid Ali Malik
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Madhav
Adhit Pathak
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English Section
Hindi Section
Science Section
Commerce Section
Sanskrit Section
Planning Section
Pahadi Section

English Section

**“Poetry is when an emotion has
found its thought and the thought
has found words.”**
Robert Frost

Content

Will Machines Ever Think like Humans? - Vikas Chaudhary

Student Politics in Colleges - Shiwani Chauhan

Beautiful Mind, Better than Fair Complexion - Dhariya

Importance of English Language - Deepak

Mental Health Awareness - Sakshi Chauhan

Finding Peace in the Village - Neha Thakur

Positive Thinking - Jyoti

Love - Devesh Choudhary

Empty Pocket Taught a Life Lesson - Divya

I Will Not Turn Back - Kareena

A Poem on Nature - Taniya Sharma

Childhood Memories - Arnavi

Whispers Amidst woods - Dalip Kumar

When Life Wins - Shruti

Memoir Writing A Time I Overcome A Fear - Upasana

To Mom - Aashi Sharma

My Blooming Days - Anjani Yadav

The Joyful Years - Prakirti Thakur

Broken Leaf - Kajal Sharma

Will Machines Ever Think like Humans?

Artificial intelligence (AI) has come a long way in recent years. From voice assistant like Siri and Alexa to self-driving cars, AI is becoming a part of our everyday lives. But one big question remains -- Will machines ever think like humans?

AI refers to machines or computer system designed to perform tasks that would normally require human intelligence. This includes things like learning problem-solving and decision making. In many ways, AI is already performing tasks that were once thought to be done only by humans such as recognizing faces in photo, recommending movies based on our preference etc.

AI system uses a lot of data to "learn" and improve over time. For example, a self driving car uses sensors and data to understand the road and make decisions like when to stop or turn. AI also uses something called Machine learning, where the system improves through experience, much like how humans learn from doing something over and over again.

Though AI is very smart at completing certain tasks, yet it is incapable of thinking like humans. Humans have emotions, creativity, and consciousness, which AI lacks. While a machine might be able to answer questions or play chess better than a person, it doesn't truly understand the world or have personal experience. AI does not have feelings, self awareness, or a desire to create or explore the world like man.

Some experts believes that AI may continue to improve but it is unlikely to ever think or feel like a human. There are many things that make humans unique, such as our emotions, complex thoughts and creativity. AI may be able to mimic certain human actions, but will always be limited by its programming and the data it has been stored in.

There are many exciting possibilities for AI in the future. For example, AI may help solve big problems like climate change, disease diagnosis and space exploration. But there are also many concerns related to AI. If AI becomes powerful, it would replace jobs, make decisions without human input, or may even be used for harmful purpose. That's why its important to think carefully about

how we use AI and ensure that it benefits the society.

The future of AI is full of possibilities, but whether machines will ever truly think like humans is still uncertain. For now, AI is a tool that can help us in many areas of life, but it will always be limited by the way it is programmed. Only time will tell how far AI will go and whether it can ever reach the level of human thoughts and understanding or not.

Vikas Chaudhary
BA 2nd Year
08527

Student Politics in Colleges

Student politics in colleges is a vibrant and dynamic aspect of campus life, playing a significant role in shaping the mind and character of young individuals. It's not just about elections, campaigns and debates, but also about developing essential life skills like leadership, communication and crisis management. By participating in student politics, students can discover their passions; build confidence, and learn to navigate complex social and political issues.

One of the most significant impacts of student politics is the development of Leadership Quality, which enables students to stand out in their future careers. Whether it's in the corporate world, government or entrepreneurship, leadership skills are highly valued and student politics provide a platform for students to have these skills. Additionally, it helps students to develop communication skills, which are crucial in today's globalised world. By engaging in debates, discussions, and public speaking, students can improve their ability to articulate their thoughts and express themselves effectively.

Student politics also fosters patriotism and a sense of social responsibility, encouraging students to think critically about the issues affecting their community and country. In India, student politics has a rich history and plays a significant role in shaping the future of the leaders country.

Shiwani Chauhan
B.A. 2nd Year
04517

Beautiful Mind, Better than Fair Complexion

Someone has very rightly said, “Beauty isn't 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 overlook this moral and run after appearance.

In India, people are so obsessed with fair complexion that they refuse to marry a person just because of dark complexion. When we read matrimonial advertisements, it is really sad to see that everyone wants a fair complexioned partner. For job ads, everyone demands for fair skin people. High sale of all fairness products is also an indication of people's obsession with fair complexion. Our brown skin has its own beauty and it perfectly suits us. What matters is to have a beautiful heart to focus on being good human beings.

So, Instead of giving preference to fair complexion, one should look at the inner beauty which provides us perceptual, experience, inspiring us to perform good deeds. Our real progress will occur when we get rid of such racist mind.

***Dhariya
B.A. 2nd Year***

Importance of English Language

English is a language spoken by many people around the world. We can say that English is the world's language. So it is very importance to learn such a powerful language. It helps us communicate with people from different countries. It breaks all the barriers to connect with people worldwide. It has lot of phrases and rhyming words that make it more interesting. Most of the trades and interesting business are handled in English language only. It makes our foreign journey easy and comfortable. English language enables us to read many books by international writers. We must recognise the importance of learning English language in our lives.

***Deepak
B.A. 3rd Year (Hindi)
22533093***

Mental Health Awareness

We all know the significance of physical health in our life, but what about mental health. Mental health is also an important issue that should be given more attention. Mental health affects us all, directly or indirectly. “According to the World Health Organization (WHO) apporoximately 1 in 4 individuals experience a mental health disorder each year”. This translates to over 450 million people worldwide suffering from condition like depression, anxiety, bipolar disorder and schizophrenia. Mental disorder is the reason why people commit suicide.

A mental disorder, also known as a mental illness or psychiatric disorder, arises due to many reasons like childhood abuse, trauma or neglect, loneliness etc. When unwanted thoughts arise on mind or the mind becomes unable to handle this, then slowly it leads to mental illness or depression. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest in many things and there remains no hope to live. Mental illness affects a person's mood, thought, perception and behavior. These conditions can impact a person's daily life, relationship and overall well being.

So, we must not neglect this. Mental health is as important as physical health. We should not focus on problem but focus on solution. There are many ways to treat mental disorder problem, including therapy, meditation and lifestyle changes. We should talk openly with our parents or good friends. We should do exercise, yoga and try to remain positive. We all suffer from mental disorder like stress, anxiety or other psychiatric problem but we shouldn't let it dominate us. We must spread awareness on mental health. There should be lectures and awareness drives on mental health in schools and colleges.

Sakshi Chauhan

Finding Peace in the Village

Village life is a testament to the beauty of simplicity amongst the rolling hills and whispering trees. One finds serenity in the village life, disconnecting from the chaos and embracing the tranquility of village life. Every corner of the village exudes rustic beauty with its traditional wood houses, slate stone roofs and hand crafted pottery. Nestled in the embrace of nature, every corner tells a story of heritage and simplicity. A new day begins with the soft melodies of birds and golden sunlight kissing the dewy fields when the clear sky rolls in the scent of damp earth nourishes the soul. The memory of barefoot walks on dewy grass and warmth of grandmother's stories rejuvenates the soul.

Village life is a proof that true wealth lies in simplicity. No sky scraper can replace the peaceful horizon of a village, just like no glamour can outshine its beauty. In the hustle - bustle of modern life, we forgot what the village life has always been known for.

Neha Thakur
B.A. 1st Year
6545

Positive Thinking

The mental attitude, which enables people to expect the best in life, is known as positive thinking. It is through this process that our thoughts are transformed into reality. Positive thinking leads a man to success.

Life is a battle, one has to fight it fearlessly with confidence, positive attitude and right aptitude. Strong determination and tireless efforts lead to the surest path of success. Positive thinking helps bring out the best in people and enables them to avoid some of the problems they face in life. Once you replace negative thoughts with positive ones, you'll start having positive results. Thoughts have a profound effect on a person's life. Our thoughts affect our brain; If thinking is positive then success and happiness can be found in every way of life. Negative thoughts give us stress and illness. People who always keep positive thinking and stay away from negative thoughts, attain their full

strength. Positive thinking not only helps a person to overcome obstacles, but also helps in boosting their confidence.

Difficulties and failure are a part of life. A blossoming personality encompasses all aspects of life. We have to face both good and bad situation with positive thinking. To do something big in your life, make positive thinking the mantra of your life. Just by changing your thinking, you will find a way open for you everywhere.

Jyoti
06512

Love

Love is a flame that softly burns,
A steady light that always turns.
To guide us through the darkest days,
A warmth that never fades or sways.

It lives in whispers, soft and true,
In quiet moments, shared by two.
In the gaze, the gentle touch,
Its knowing hearts that care so much.

Love is a song, timeless beat,
A rhythm that makes life complete
It grows in the silence, speaks in grace,
A memory that time cannot erase.

In Love, we find our true self,
A treasure greater than all wealth
A gift so deep, that heart desires
Love burns forming, a steady fire.

Devesh Choudhary
B.Com 2nd Year
03583

Empty Pocket Taught a Life Lesson

Having an empty pocket can be a frustrating experience but it can also teach us valuable life lessons. When we have no money, we are forced to prioritize our needs over our wants and this helps us to understand the importance of budgeting and saving. Moreover being broken can also teach us to be more creative and resourceful. As we have to find ways to make do with what we have. By embracing the challenges of having an empty pocket, we can develop a more frugal money management.

Divya
B.A. 2nd Year
2305001

I Will Not Turn Back

I am a little girl
Who can reach her destination
but such troubles come that
I lose my dreams.

If I go somewhere then
my steps say keep moving
keep moving towards your destination.

If my mind is happy
Then I would see the same dream that,
I have to fulfill
On returning home
my mind would again say the same thing.

I want to reach my
destination but sometimes
such calamity comes that
I forget my dreams.

Once I thought
and asked if I well reach
my destination, then
I said "Yes" for sure.

So I said that no matter What
Flower or thorns are there.
I will not leave my path
No matter, what calamity,
Comes my way, I will not turn back.

Kareena
B.A. 1st Year, 06510

A Poem on Nature

Nature sings in quiet tones,
Whispered winds and mossy stones.
The sun sets low. a fiery red,
As stars begin to light the spread.

Rivers hum a tranquil song,
In forests deep, shadows long.
Mountains stand with quiet grace,
Time slows down serene space.

The flowers bloom, in colors bright.
A symphony of pure delight.
Birds take flight on wings so free,
Dancing in the sky's blue sea.

The earth's embrace, wild and kind,
A peaceful refuge for the mind.
In nature's arms, We are reborn,
A timeless love from dusk till dawn.

Taniya Sharma
B.A. 2nd Year
2308070

Childhood Memories

Once my childhood flew
Nothing now I see was new
Now the beauty of droplets of dew,
Were counted just in few.

I came to know about paradoxes,
Crowded rooms just like empty boxes I don't
chase butterflies now,
Not willing to find what,
where and how.

The world isn't a fantasy,
Yes it too lacks intimacy.
But never did I lose hope,
I learnt to fight and cope,
all the fears and wars,
Everyday made those tears slope.
Once my childhood flew,
Nothing now I see was new

Arnavi
B.A. 2nd Year
6013

Whispers Amidst woods

As I was having my routine night walk, I heard a whisper from behind but there was no one in sight. I thought it might be some animal like cat or dog and continued my walk. Something moved again behind me, I felt as if there was some humanly figure. My dreadful mind started recalling all the horror movies that I had watched till that night. I, somehow, convinced myself that it was nothing terrible or super natural and moved ahead without looking back. Suddenly, I again felt something behind my back. This time I could't resist my head from turning back to look what it was. It was a woman in white costume with her hair open. On seeing her, I felt relieved thinking that she also might be out for her night walk after having her supper. I started moving ahead but then, I noticed that she was walking behind me at the same distance. I felt it a bit awkward as she didn't say a word to me. It was dark outside and her white dress was the only thing that could be noticed or seen in such darkness. I saw a street light a few steps further. When I turned back to see her face in the light, she suddenly disappeared. There were large, thorny bushes and trees around that made me wonder where she could have gone? Her sudden disappearance frightened me. I started perspiring, my heart started beating faster and my pace of walking also fastened. I ran from there. After running a kilometer towards my home, I again saw the same woman behind me. This time I looked at her feet. She was a half foot up from the ground. My heart, soul and body had realised that it was a ghost. A thunderous scream came out of my frightened throat but there was no one to hear me. I ran a little faster towards home and jumped into my bed. Even if my parents passed through my door, I felt that woman was passing by. I could't sleep that entire night. I was so scared that I imagined that figure in my window and on my bed whole night.

Next morning, I told everything to my family but they started making fun of me saying that I should stop watching horror movies and series. But, inside me something had terribly scared my soul. I could't eat, sleep and study as well. Few days passed, I didn't go for night walk. My appetite for food was diminishing day by day and I had started sleeping with my parents at an age of twenty. My behaviour was totally changed. I started feeling sick and weak and showed no interest in studies. My family noticed this change in me throughout that entire

month and realised that something had definitely happened to me in the woods that night. They asked me about the incident. While detailing the entire scenario in front of them, my body began to perspire and tongue started fumbling.

My exams approaching and my situation was not favourable so my parents took me to a practitioner of 'Tantra'. He did his spell and all occult practices that were needed to resolve my situation. He told us that it was a wandering spirit of a woman who had an unnatural death and her body was not found for cremation. That is why her soul had not gotten peace. Who ever paid attention to her moves in that ghostly form to him she started bothering again and again. My parents asked why the ghost grabbed my body and if she would appear in front of me again. The 'Tantric' said, that he would give permanent solution to get rid of that spirit. He again spelled something with 'ash' in his hand and handed over that ash to me. He asked me to keep it under my pillow to sleep well, put a little amount of it in my plate while having food so that I could eat properly and also put some amount of it in my books, so that I could concentrate on my studies. All this worked desirably and I never witnessed such incident again. Everything got normal. My mind and body got relieved from stress and terror and started working properly.

Dalip Kumar
M.Sc. 3rd Sem
80231940003

When Life Wins

Sun beats down usually hard, casting long shadows across the landscape. Blue clouds drifted overhead and a cool breeze shivered down my spine. I closed my eyes, lost in those few years we spent together. Those who move away hardly realise how much heartaches and hollowness they leave behind in the partings.

A few year's ago, "How are your studies going? Are you studying well?" "I'm fine and yes, I'm studying well." My sister responded with a mix of concern and affection. "Oh okay! Make sure you don't talk to strangers and be a good girl." I chuckled at her motherly tone. I took a deep breath and thought to myself, I hope she gets well soon.

Memoir Writing

A Time I Overcome A Fear

She had been struggling with depression for a long time, and I was deeply worried about her. I remember the day I saved her from jumping off the roof. I managed to grab her arm, but I felt a wave of fear washed over me. If I had let go, I would have regretted it forever. My mother and aunt rushed over, and together we pulled her back to safety. None of us slept a wink that night, fearing she might do that again. That incident had left me traumatized, but I was determined to overcome it. Two years have passed since that happened

I shook off the memory and went to my room as darkness fell. I had a lot to unpack, as it was my first day in a new place far from home. I had dreamt of achieving something significant someday and hoped to fulfill the reason I had come here.

Several months passed, I studied diligently and called my parents once or twice in a week. I missed them dearly, and I also missed my sister's fun loving nature and her delicious cooking. I longed to return home and relive our old memories.

With only two months left before returning back home, I was eager to see my family. My sister's behavior continued to worry me, and it was affecting my studies. My parents seemed to be arguing constantly because of her, and it broke my heart to see my family falling apart. When I returned back home, I tried to convince my parents to take her to a rehabilitation center, but my father was convinced that family love would heal her. She was taking medicines, and our family was hopeful that she would recover soon. She would wake up early to make breakfast for everyone, even try to study despite having dropped out of college years ago. She was trying to be better but her health began to deteriorate drastically. I was deeply concerned but tried to hide my feelings. During her final days, she did what her heart desired. And then one day, she got consumed in the darkness forever. Her cold hands and lifeless body shattered our hearts. I tried to revive her, believing it must be a mistake, but she never moved. I cried until I couldn't cry anymore, overwhelmed by the suddenness of her passing. I wished I had told her sooner... I loved you too. A single tear escaped my eye as I returned to reality. She was truly gone.

‘You were right. when you don't need time, You have so much to spend. But when you do, you're always running out.’

Shruti , B.Sc, 00515

Fear can hold you back from experiences that could bring joy, freedom and growth. For me, that fear was public speaking. From the moment I stepped in a classroom as a child, the idea of standing in front of others and speaking terrified me. My hands would shake, my voice quiver, and my mind would go blank. It was a fear that stayed with me for years, manifesting in presentations, group discussions, or even just answering a question in class. I would do anything to avoid being in the spotlight.

The turning point came during my 12th class at school. I had enrolled in a communication course, unaware that a major part of the class involved giving a solo presentation to the entire group. When the teacher announced the assignment, I felt my stomach drop. I seriously considered dropping the class, but I knew I couldn't keep running from this fear forever. It was time to face it.

I spent weeks dreading the day of my presentation. Just the thought of standing in front of my peers made my anxiety skyrocket. I imagined every worst - case scenario : tripping on the way up, forgetting my words, or, even worst, people laughing at me. My fear of being judged and failure to face it was paralysing me, but deep down, I knew that overcoming this fear was essential for my personal and professional growth.

As the presentation day came closer, I decided to approach it differently than I had in the past. Instead of letting the fear consume me, I started preparing as much as possible. I researched my topic thoroughly, wrote a clean outline, and practiced over and over again. I rehearsed in front of a mirror, to my parents, and even in an empty classroom. Every practice session gave me a little more confidence, even though the fear was still there.

On the day of the presentation, my heart raced as I walked into the class. My hands were clammy, and my throat felt tight. When my name was called, I stood up, feeling as if my legs would give out beneath me. I walked to the front of the room, took a deep breath, and turned to face the audience. The first few moments were the hardest. My voice wavered, and I could feel the familiar panic setting in. But I had prepared for this. I reminded myself that I knew my material, and that I had practiced

countless times. Slowly, I found my rhythm.

As I spoke, something unexpected happened. The more I focused on my message and less on my fear, the more relaxed I became. I started making eye contact with my classmates, and to my surprise, they seemed engaged and interested. I even noticed a few nods of encouragement. By the time I finished, I was shocked to realize that I had made it through the entire presentation without freezing or forgetting anything. In fact, I had done better than what I had ever imagined.

The sense of relief and accomplishment that washed over me afterward was overwhelming. I had faced one of my biggest fears and come out on the other side not just surviving but succeeding. Public speaking, something that had terrified me for years, no longer felt like an impossible task. I realized that the fear wasn't as much about the act of speaking itself, but about the fear of failure and judgement. By focussing on preparation and giving myself permission to make mistakes, I had unlocked a new level of confidence.

That experience didn't make my fear of public speaking disappear entirely, but it taught me that fear often grows in the absence of action, and the only way to shrink it is by confronting it head on. Since that day, I had to speak in front of many students, and while I still get nervous, I no longer let that fear hold me back.

Overcoming my fear of public speaking taught me that facing your fears is never easy, but its always worth it. Every time I step in front of an audience now, I remind myself that I've done it before, and I can do it again. Fear is just a challenge waiting to be conquered.

Upasana
B.Com 2nd Year
03541

To Mom

As we all know that mothers are the best and the most precious gift given by God to us. Likely my mother is my biggest supporter in the world. She is like a Theodore to me, whom I never want to lose.

For me, my mother is the strongest women who has sacrificed everything for me. Although being a single parent she never made me feel alone and uncomfortable. She is the one who accepts my faults and quirks.

My mother even supported me to pursue my hobby of dancing and she always encourages me. She is like a best friend to me with whom I can share everything without any hesitation. Only because of her I was able to achieve success. She's the best part of my life whom I never want to hurt. My mother is the best and pure soul who helps me throughout my ups and downs.

My best and loveliest experience happened when I acquired position in a reality show only because of her encouragement, love and support for me. I always feel happy when I spend time with her. I love my mom.

Aashi Sharma
B.A. 1st Year
6006

My Blooming Days

With the glint in the eyes I wake up from the bed
Set the hair, tie the shoelace and leave my shed
Stand in the crowd to catch the bus.
Quarrel for the seat and create a fuss
Jabber during class and scuffle for a bread
All that covert news I spread.

Get my bag ready before the school chime
Create a hustle and bustle to go home
Sit to study and discover that sound of van
Run to see that ice-cream selling man
Dawdle my time by playing in the park
Buzz like bus in the garden fill dark.

Make all my house with pebbles and clay
With sweet odour of soil together we play
Ride my bicycle and fly my kite
Quest for new island without any fright
Wear new dress and celebrate my day
Get all blessings and relish with gay.

This is my childhood where I stay
Nothing to take and nothing to pay
I laugh from heart without any strain
Tie all my memories with a golden chain
In a jiffy I will become old
Visit myself with the memories I have hold.

*Anjani Yadav
B.A. 2nd Year
04506*

The Joyful Years

I was once a happy child,
Playing free, with a smiling style.
Life was bright, with colors bold,
Dreams were big, and my heart was gold.

I remember laughter, warm and bright,
Summer days at grandma's house, so light.
Chasing fireflies on summer nights,
And mom's sweet lullabies, gentle delights.

But as I grew, I faced some pain,
And learned to rise above the strain,
I found strength in every fall,
And stood up taller after all.

I recall my father's guiding hands,
Teaching me to ride, on a sunny land,
My first heartbreak, and tears so true,
And friendships warmth, shining through.

Now I look back, and tears arise,
For the child I was, with wondering eyes.
Though life's journey has taken its toll,
My heart remains, with a tender soul.

With every breath, I'll hold on tight,
To the love and hope that shines like light,
For in the darkness, it guides me through,
And fills my heart, with a love anew.

*Prakirti Thakur
M.Sc 3rd Sem
80231940011*

Broken Leaf

Today it was
raining,
everybody was happy
But the broken leaf was
paining.

Till today,
it was protecting us
from heat
And now it is under
people's feet.

Yesterday, it was
shining
Only one blink
And here it is
shrinking.

It always tried to fly
towards the sky,
But when it happens
Silly, falls on the earth
which has given it birth.

*Kajal Sharma
BA 2nd Year
2308021*

हिन्दी अनुभाग

उसी उदार की कथा सरस्वती बखानती,
उसी उदार से धरा कृतार्थ भाव मानती।
उसी उदार की सदा सजीव कीर्ति कूजती;
तथा उसी उदार को समस्त सृष्टि पूजती।
अखंड आत्म भाव जो असीम विश्व में भरे,
वही मनुष्य है कि जो मनुष्य के लिए मरे।

मैथिलीशरण गुप्त

विषय

- ‘हिन्दी भाषा की भारत में दिशा और दशा’ — रेशमा ठाकुर
परिवर्तन — राघव चौहान
प्रमाण — साक्षी ठाकुर
गूगा गाथा — दीपक
माँ भगायणी देवी हरिपुरधार — कशिश
ख्वाब — काजल शर्मा
आखिर हिसाब देगा कोन ? — आयुष पंवार
कैसे बनी रेणुका झील और क्यों मनाया जाता है रेणुका मेला ? — दीपक
मेरे सपनों का ख्याल — प्रितिका सिंगटा
युवा पीढ़ी — नितिक्षा
मेरे पिता — रीतिका
मनमंच — राघव चौहान
हार जीत — पूजा
जीवन एक उम्मीद की किरण — अंजनी यादव
अम्बेडकर था जिसका नाम — अमीशा
अच्छा व्यवहार और संस्कार — संजना
खाहिशें और हौसलें — तनिश
मेरी प्यारी माँ — प्रीती कुमारी
रंग और ढंग — काजल शर्मा
बचपन का जमाना — स्नेहा ठाकुर

‘हिन्दी भाषा की भारत में दिशा और दशा’

“हिन्दू से तू हिन्द बनी, हिन्दू से हिन्दुस्तान
अरबी फारसी आकर बोले हिन्दी हिन्दुस्तान”

हिन्दी भाषा भारत में प्राचीन समय से बोली जा रही है। यह भारत में अद्भुत रूपों में प्रस्तुत है। हिन्दी भाषा के उत्थान के लिए हमारे कवियों तथा साहित्यकारों ने महत्वपूर्ण भूमिका निभाई है। जैसा कि सर्वविदित है 14 सितंबर को हिन्दी दिवस इसलिए मनाया जाता है, क्योंकि 14 सितंबर, 1949 को देवनागरी लिपी में लिखी हिन्दी भाषा को अधिकारी भाषा के रूप में स्वीकार किया गया था। हिन्दी भाषा का उद्भव संस्कृत भाषा से हुआ है जबकि इसका प्रचार और प्रसार भारत देश में हुआ है।

“संस्कृत से तेरा उत्थान हुआ, भारत देश मे तेरा विस्तार हुआ। संविधान के भाग-17 और अनुच्छेद 343 में तेरा नाम हुआ”।

यदि हिन्दी भाषा की दिशा की बात करे तो 1893 ई० में जब स्वामी विवेकानन्द जी अमेरिका के शिकागो नगर पहुंचे तो उन्होंने विश्व धर्म सम्मेलन में भाग लिया था। उन्हें पहले ही दिन केवल दो मिनट बोलने का समय दिया गया जैसे ही उन्होंने अपने वक्तव्य से हिन्दी भाषा में भाई और बहनों के साथ अमेरिका के लोगो का स्वागत किया तालियों की गड़गड़ाहट ने ना केवल उन्हें अपितु भारत को सर्वश्रेष्ठ देशो में लाकर खड़ा कर दिया। उन्हें तूफानी—P—हिन्द इसीलिए कहा जाता है क्योंकि उनका हिन्दी भाषा के प्रति अत्यधिक लगाव था।

1893 ई० में ही जब एनी बेसेट भारत आई थी तो उन्होंने कहा था कि मैं हृदय से भारत के लोगों के साथ हूँ भाषा तथा संस्कृति से भी मैं उन्ही के साथ हूँ। यह भारत के लिए गर्व की बात है कि दूसरे देश के जो लोग हैं वह भारत की भाषा को अपनाना चाहते हैं लेकिन दुःख की बात यह है कि जो स्वयं भारतवासी मातृभाषा को नहीं अपनाना चाहते क्या कभी भारतवासियों ने सोचा होगा कि जो दूसरे देश के लोग हैं वह भारत के लिए क्या कहते होंगे ?

“भारतवासी ध्यान से सुनो इस बात को जिन शहीदों ने बलिदान देकर अंग्रेजों को भारत से मिटाया आज भारत ने उसी संस्कृति और सभ्यता को अपनाया”

देश की उन्नति उस देश की भाषा पर टिकी होती है। और भारतवासियों का मातृभाषा के प्रति सम्मान नहीं होगा तब वह किसी भी देश में उन्नति के पथ को नहीं चुन सकता किसी वक्ता ने कहा है :-

“चार कोस पर पानी बदले आठ कोस पर वाणी बीस कोस पर पगड़ी बदले तीस कोस पर धानी”

हर देश की पहचान उसकी भाषा होती है और हिंदी भाषा भारत के लिए किसी सांस्कृतिक धरोहर से कम नहीं। परन्तु यदि हिन्दी की दिशा और दशा की बात करे तो दोनों ही दयनीय है।

1907 में मुंशी प्रेमचंद द्वारा लिखा गया उपन्यास ‘सोजे वतन’ अंग्रेजों ने जब्त कर लिया था। क्योंकि अंग्रेज चतुर कुटनीतिज्ञ थे। वह इस बात को भली-भांति जानते थे कि यदि वतन पर लिखे उपन्यास को भारतवासी पढ़ेंगे तो देश भक्ति की भावना से ओत प्रोत हो जायेंगे और अंग्रेजों के विरुद्ध हो जाएंगे इसीलिए 1907 में लिखी गई जितनी भी पत्र पत्रिकाएँ हैं वह अंग्रेजों ने जब्त कर ली थी।

हिन्दी भाषा की गरिमा का मान रखें इसके महत्त्व को समझे तभी ‘हिन्दी दिवस’ मनाने का औचित्य सिद्ध हो जाएगा हमें याद रखना होगा :-

हिन्दी नहीं तो भारत माँ के सजदे माथे पर बिंदी नहीं
हिन्दी नहीं तो भारत माँ की आत्मा जिंदी नहीं।

रेशमा ठाकुर
तृतीय वर्ष
22533061

परिवर्तन

‘परिवर्तन’
इतना भी आवश्यक नहीं,
यदि परिवर्तित हो जाएं, स्वविचार
खों जाए यदि ‘अस्तित्व’।
यदि हो जाएं हम कोई ओर
समय संग परिवर्तन आवश्यक है पर
आवश्यकता नहीं उस परिवर्तन की,
जो हुआ नहीं स्वतः
प्रेरित न हुए जो विवेक से
निरर्थक है, परिवर्तन वह।
अर्थपूर्ण है वही,
अनुभव हुआ जहाँ सच्ची
आवश्यकता का, परिवर्तन का

राघव चौहान
बी०ए० तृतीय वर्ष
22533046

प्रमाण

ये किसने मान लिया
“मैं हार गई” ये तय कर लिया !
ये किसका बनाया परीक्षण है,
जिसने मेरा सारा सामर्थ्य ही नाप लिया !

पर वे भी तो इंसान हैं मेरी तरह,
भगवान नहीं!
ये बस उनका अनुमान होगा,
विधान नहीं।

कि, मैं मिटती नहीं कभी
सुलगती रहती हूँ।
तेज हवा जब चलेगी
ये चिनगारी आग बन जलेगी।

ठोंकरों से मैं टूटती नहीं कभी,
आकार लेती हूँ।
ठेस की वेदना
मेरी गति ओर तेज करेगी।

हां, झड़ जाते हैं पत्ते मेरे, और
शाखाएं भी काट दी जाती हैं बार-बार !
पर मेरी जड़े साबूत हैं,
मेरा हर बार हरा होना
इसी बात का सबूत है।

ये सफलता विफलता,
किसी किताब के पन्नों की
तरह पलट जाती है,
और होता है समक्ष अगम अध्याय,
जिसे पढ़ने के लिए
मैं आतुर रहती हूँ,
इसी में मेरी जय समझती हूँ।

मेरा निर्णय लेने वालों,
मुझे पराजित कहनेवालों, है साहस तो,
मेरी आंखों से होकर मेरे भीतर उतरो,
जो भी मिले उसका मोल करो !

मेरे उन जागते सपनों को,
क्या किसी तराजू में तोल पाओगे?
वो रास्ते, जिनको मैंने
स्वयं चलकर बनाया?
लम्बाई उनकी क्या नाप पाओगे?

तुम्हे दिखता है, मैं लक्ष्य तक
अब तक ना पहुंच पाई,
और मैं देखती हूँ मैं कहां थी,
और कहां तक आई हूँ।

फिर कैसे तुम मेरा न्याय करोगे ?
कि तुम्हारे वही नियमित परीक्षण है और
मैं अतल, प्रयत्न मेरे अपरिमित अखण्ड हैं।

साक्षी ठाकुर
बी०ए० तृतीय वर्ष
22533074

गूगा गाथा

हिमाचल प्रदेश सिरमौर जिले में गूगा की लोकगाथा बड़ी प्रसिद्ध है। रक्षाबंधन पर्व के साथ ही पूरे क्षेत्र में घर-घर गोगा जी महाराज गाथा का शुभारंभ हो जाता है। गोगा जी महाराज को राजा छतरी जाहरवीर के नाम से भी जाना जाता है।

लोक कथाओं के अनुसार गोगाजी महाराज को सांपों के देवता के रूप में भी पूजा जाता है। कहा जाता है कि गोगा महाराज गुरु गोरखनाथ के प्रमुख शिष्यों में से एक थे। लोग श्रद्धा से उनकी छतरी पर डोरियां, चूड़ियाँ, तथा श्रृंगार का सामान सहित कपड़े की कितरे इत्यादि बांध कर मंगल कामना करते देखे जा सकते हैं।

बताया जाता है कि गोगा जी महाराज की मां बाछल देवी निःसंतान थी संतान की कामना के प्रयत्न करने के बाद संतान सुख जब उन्हें नहीं मिला तो वे गोगामेड़ी के टीले पर तपस्या कर रहे गुरु गोरखनाथ की शरण में पहुंची। उस समय गुरु गोरखनाथ ने उन्हें पुत्र प्राप्ति का वरदान दिया। प्रसाद खाकर बाछल माता गर्भवती हो गई और उसके बाद गोगा महाराज का जन्म हुआ!

कहते हैं कि गोगा गाथा सुनने से सभी प्रकार के कष्टों और सर्प भय से मनुष्य को मुक्ति मिल जाती है। यह गोगा गाथा हमारे यहां हिमाचल प्रदेश में जिला सिरमौर के गांव कठवार में रक्षाबंधन के आठ दिन बाद बड़ी धूम-धाम से हर वर्ष मनाई जाता है।

दीपक
स्नातक तृतीय वर्ष
22533093

एक बार चुडेश्वर श्री शिरगुल महाराज को दिल्ली के एक राजा ने छल से चमड़े की बेड़ियों में कैद कर दिया। उस राजा को यह ज्ञात था कि शिरगुल महाराज को बल से नहीं छल से ही चमड़े की बेड़ियों में कैद किया जा सकता है और उसे यह भी ज्ञात था कि चमड़े से शिरगुल महाराज की सारी शक्तियाँ क्षीण हो जाती हैं। कुछ समय बीतने के बाद एक रोज उसके कैदखाने में एक भंगन झाड़ू लगाने गई। शिरगुल महाराज ने उस भंगन से कहा कि क्या तुम मेरी मदद कर सकती हो। भंगन ने शिरगुल महाराज की यह दशा देखकर पूछा कि आप कौन हो? महाराज शिरगुल बोले मैं भी एक राजा हूँ लेकिन तुम्हारे राजा ने मुझे छल से चमड़े की बेड़ियों में कैद किया है। चमड़े की बेड़ियाँ होने से मेरी सारी शक्तियाँ क्षीण हो गई हैं इसलिए तुम जाकर मेरे भाई को बुलाओं जोकि बागड़ देश के राजा गोगा जाहरवीर हैं अब सिर्फ वही मुझे इन बेड़ियों से मुक्त करवा सकते हैं। उस भंगन ने तुरंत बागड़ देश के राजा तक यह सन्देश पहुंचाया गोगा जी ने यह सन्देश सुना तो वह तुरंत दिल्ली रवाना हुए दिल्ली पहुंचने पर उन्होंने पाया कि शिरगुल महाराज तो चमड़े की बेड़ियों में कैद है उसी समय उन्होंने सारी बेड़ियाँ अपने मुँह से काट दी और शिरगुल महाराज को मुक्त कर दिया। मुक्त होने पर शिरगुल महाराज ने गोगा जी का धन्यवाद किया और उस भंगन को अपने साथ चलने का आश्वासन दिया भंगन बोली मैं आप के साथ जाकर क्या करूंगी। शिरगुल महाराज ने उत्तर दिया कि तुमने मेरी मदद की है इसलिए मैं तुम्हें अपनी बहन मानता हूँ और समय आने पर तुम्हें सारा उद्देश्य समझ आ जाएगा। शिरगुल महाराज ने सिरमौर की एक चोटी पर उस भंगन से कहा मैं तुम्हें वरदान देता हूँ कि अब से तुम लोगो की रक्षा और इच्छाओं को पूर्ण करोगी। लोग माता भंगायणी के नाम से तुम्हारी पूजा करेंगे। तब से माता भंगायणी हिमाचल ही नहीं बल्कि सारे जगत में विख्यात है।

या देवी सर्व भूतेषु, शक्ति रूपेण संस्थिता, नमस्तस्ये
नमस्तस्ये, नमस्तस्ये नमो नमः ।।

कशिश
बी०ए० प्रथम वर्ष
04503

आओ, तुम्हें एक ख्वाब सुनाऊं
इस दुनिया से दूर उस जहां में जाऊं
जहां नीला हो अम्बर
और नीली ही धरा
चमकते सितारों तले
हो बहती हुई शैया
जहां सिर्फ मैं, अपार शांति
और कोई भी नहीं
ना दुनिया की खबर ना मरने का डर
उछलते जीवो संग दो पल का शयन
जब मन हो स्थिर बस कुछ पल का इंतजार
और फिर इस शैया को छोड़
हो जाऊं इक और
लेश मात्र भी मन पर बोझ ना हो
बस गगन को देखते-देखते
उसी में समा जाऊं
सितारों को ताकते – गिनते
उन्ही में एक हो जाऊं ।

काजल शर्मा
बी०ए० स्नातक द्वितीय वर्ष
2308021

आखिर हिसाब देगा कौन ?

बुझा है जिस आँगन का चिराग
उस घर की दीवारें भी रोयी होगी
खोया है जिन माँओं ने लाल अपना
न जाने वो माँये कैसे सोयी होगी ।

कतरा – कतरा बहे खून का अब
आखिर हिसाब देगा कौन
क्यों न भड़के मेरे सीने में भी
आग आखिर, कब तक कोई रहेगा मौन ।

छलनी किया जिन दहशतगर्दों ने सीना
अब उन्हें उनकी औकात दिखानी होगी
भूलना नहीं कर्ज ये देश जवानों का
बात ये उनके घर में घुस कर सिखानी होगी
बात ये उनके घर में घुस कर सिखानी होगी ।

आयुष पंवार, भजौन
बी०ए० तृतीय वर्ष, राजनीतिक विज्ञान
22506072

कैसे बनी रेणुका झील और क्यों मनाया जाता है रेणुका मेला ?

रेणुका झील हिमाचल प्रदेश के सिरमौर जिले में स्थित है रेणुका झील की समुद्र तल से ऊँचाई 2200 फीट है यह एक अत्यंत सुंदर झील है इस झील का आकर लेटी हुई स्त्री की देह के समान है। यह हिमाचल प्रदेश की सबसे बड़ी प्राकृतिक झील है हर वर्ष दिवाली के 10 दिन बाद रेणुका क्षेत्र में विशाल मेले का आयोजन किया जाता है जिसमें हजारों श्रद्धालु भाग लेते हैं रेणुका झील का स्त्री आकार देखने के लिए जामु कोटी जाना पड़ता है।

आखिर रेणुका झील कैसे बनी? एक कहानी के अनुसार कहा जाता है कि यहां पर राजा रेणु रहा करते थे उनकी दो सुन्दर पुत्रियां थी जिनमे से एक का नाम नेनुका तथा दूसरी का नाम रेणुका था एक बार राजा ने अपनी दोनों पुत्रियों से प्रश्न किया कि आप दोनों किसका दिया खाती है तब उनकी पुत्री नेनुका ने कहा कि मैं अपने पिता का दिया खाती हूँ। रेणुका ने जवाब दिया कि मैं भगवान का दिया खाती हूँ। रेणुका के जवाब से राजा अप्रसन्न हो गए राजा ने रेणुका को सबक सिखाने का निर्णय लिया। कुछ समय पश्चात राजा ने अपनी बड़ी पुत्री नेनुका का विवाह बड़ी धूम-धाम से एक पराक्रमी राजा शस्त्रबाहु से कर दिया और छोटी पुत्री का विवाह एक साधु ऋषि जमदग्नि से कर दिया। रेणुका भले ही राज-पाठ में पली-बढ़ी फिर भी उन्होंने ऋषि जमदग्नि को अपना पति-परमेश्वर मान लिया कहा है कि महर्षि जमदग्नि के पास एक कामधेनु नामक अद्भुत चमत्कारी गाय थी। कामधेनु गाय उनकी हर इच्छा पूरी करती थी। शस्त्रबाहु ने ऋषि जमदग्नि से बलपूर्वक गाय छीन ली। उस समय माता रेणुका बावड़ी के पास पानी लेने गई थी जब माता ने ऋषि जमदग्नि का सर धड़ से अलग देखा तो माता से यह घटना सहन नहीं हो पायी और वह अपने बेटे परशुराम को पुकारने लगी। और राम बावड़ी में कूद पड़ी लोगो के अनुसार उस दिन कार्तिक मास की शुक्ल पक्ष की दसवीं तिथि थी। परशुराम भी उस दिन महेंद्र पर्वत पर तपस्या में लीन थे उन्हें भी अपनी माँ की पुकार का अहसास हुआ और उनकी तपस्या भंग हो गयी और वह अपनी माँ के पास दौड़े चले आ गए जल समाधि ले चुकी माँ रेणुका ने उन्हें दर्शन दिए और उन्हें सारा वृत्तांत सुनाया माँ रेणुका ने बाहर आने को मना कर दिया लेकिन पुत्र के आग्रह करने पर माता ने परशुराम को साल में एक बार मिलने का वचन दिया। इस प्रकार हर वर्ष जब भी परशुराम रेणुका माता से मिलने आते हैं तो उस उपलक्ष पर रेणुका मेला मनाया जाता है। यह परम्परा आज भी प्रचलित है अब भी रेणुका मेला बड़ी धूम-धाम से मनाया जाता है।

दीपक, बी०ए० तृतीय वर्ष, 22533093

मेरे सपनों का ख्याल

सपनों में आया मेरे एक ख्याल
क्यों न घूमा जाए पहाड़
ठंडी-ठंडी शुद्ध हवाएँ बहती है जहाँ
वही है मेरे सुंदर से पहाड़
जहाँ है मेरे भगवान का निवास
वही है मेरा संसार।

पहाड़ों पर चढ़ने का आनंद
और पहाड़ों की सुन्दरता का आनंद
मन को ही मोह लेने वाला होता है
देख पहाड़ों की प्यारी सुन्दरता को
देख मुरझाया मन खिल उठता है।

प्रितिका सिंगटा
बी०ए० प्रथम वर्ष
065551

युवा पीढ़ी

युवा पीढ़ी जो देश को आगे की ओर ले जाती है
वही आज देश को नशे की ओर बढ़ाती है।

एक तरफ हमारा देश महान के नारे लगाती है,
वहीं दूसरी तरफ खुलेआम सिग्रेट का धुआ उड़ाती है

क्या हुआ ये आजकल की पीढ़ी को
जो हर समय नशे की गिरफ्त में घिरी रहती है।

कहीं सिग्रेट, कहीं गांजा, कहीं चरस का हो रहा
कारोबार है
अरे मौत के सौदागरों में कैसा व्यापार है?

जिस युवा पीढ़ी के लिए फाँसी चढ़ गए हमारे वीर
जवान
वही युवा पीढ़ी नशे की गिरफ्त में आकर भूल बैठे वो
सारे एहसान।

मेरे देश के नौजवानों उठो जागो, निज काम करो
नई उमंग भरकर अपने मन में तुम, आसमान में उड़ान
भरो।

नितिक्षा
बी०ए० प्रथम वर्ष
06543

मेरे पिता जिन्होंने खुद ठोकर खा. खाकर मुझे तथा मेरे भाई-बहनो को अच्छी राह पर चलना सिखाया। पिता जो कि खुद की ख्वाहिशो का गला घोट कर अपनी संतानों की इच्छाओं की पूर्ती करने के लिए किसी भी हद तक जा सकते है। एक पिता, जो दिन-रात मेहनत करके अपने बच्चों के सपनों को पूरा करने के लिए अपना खून-पसीना बहाकर एक-एक रुपए इकट्ठा करके अपने बच्चों की शिक्षा के लिए राशि एकत्र करता है। एक पिता घर का वो चिराग होता है जो कभी बुझ गया तो उस परिवार का अस्तित्व भी खत्म हो सकता है। सोचो जिस घर मे पिता न हो तो उस घर की दशा क्या होती होगी?

पिता हमेशा अपनी सन्तानो को एक अच्छाई तथा ईमानदारी के राह पर चलना सिखाता है। मेरे पिता जो मुझे कभी हार नहीं मानने देते वह हर बार मुझे एक कविता सुनाया करते कि कोशिश कर हल निकलेगा

“कोशिश कर हल निकलेगा,
आज, नहीं तो कल निकलेगा!
अर्जुन सा लक्ष्य रख, निशाना लगा
तो फिर मरुस्थल से भी जल निकलेगा !”

रीतिका
बी०ए० प्रथम वर्ष
4509

मनमंच

कर रहे प्रस्तुत नित नवीन
श्रेष्ठ से श्रेष्ठतर बनकर प्रतिदिन ।

एक एक संग कर रहे, स्पर्धा !!

जीत के लिए। परंतु
हारे जाते हैं स्वयं से ही,
मनमंच पर।

राघव चौहान
22533046
बी०ए० तृतीय वर्ष

कौशल नरेश परम दानी और प्रेमी थे। प्रजा भी बहुत मेहनती थी। राज्य में सुख शांति थी। उनके पड़ोसी काशी नरेश ने कौशल पर चढ़ाई करने की आज्ञा दी कौशल नरेश युद्ध के पक्ष में नहीं थे पर उन्हें अपनी मातृ-भूमि की रक्षा तो करनी ही थी अतः उन्होंने भी सेना को तैयार करने की आज्ञा दी। दोनों सेनाओं में भयंकर युद्ध हुआ कौशल की सेना संख्या में कम थी पर वह बड़ी वीरता से लड़ रही थी। युद्ध में कौशल नरेश घायल हो गए और उपचार के लिए वन में चले गए, उनकी सेना ने पराजय स्वीकार कर ली।

कौशल नरेश की हार से प्रजा बड़ी दुःखी हुई। काशी नरेश ने उन्हें जीवित या मुर्दा पकड़ लाने वाले को पुरस्कार देने की घोषणा की कौशल की प्रजा तो उन्हें ईश्वर एवं पिता मानती थी। अतः उन्होंने घोषणा पर कोई ध्यान नहीं दिया।

उधर कौशल नरेश वन-वन भिक्षुक के वेश में भटक रहे थे। एक दिन मार्ग में उन्हें एक व्यापारी का पुत्र मिला, उसने कौशल नरेश तक पहुंचने का मार्ग पूछा उस व्यापारी के पुत्र ने कौशल नरेश को बताया कि उसकी नौका नदी में डूब जाने से उसका सारा धन नष्ट हो गया। कौशल नरेश बड़े दानी, दयालु और प्रजा प्रेमी है उनसे मैं सहायता लेकर फिर से व्यवसाय करूंगा उस व्यापारी की बात सुन कर कौशल नरेश स्वयं कौशल सभा में गये वहां काशी नरेश राज सिंहासन पर बैठे थे। कौशल नरेश ने कहा आप ने मुझे पकड़ने के लिए जिस पुरस्कार की घोषणा की वह मेरे इस दुःखी साथी को दे दिजिए। काशी नरेश यह सुनकर चकित रह गये उन्होंने कौशल नरेश को उनका राज्य वापिस सौंपते हुये कहा आप अपनी हार को जीत में बदल कर पधारे हैं यह कहकर काशी नरेश ने उन्हें सिंहासन पर बिठा दिया और उनको उसी वेश में ही राजमुकुट पहना दिया।

पूजा
बी०ए० प्रथम वर्ष
5002

जीवन एक उम्मीद की किरण

प्रत्येक दिन की तरह कैलाश निवास में रहने वाले श्री गंगाधर जी सुबह 4:30 बजे अव्यांश को साइकिल पर लेकर मंदिर पहुँच गए। रोज की तरह अव्यांश ने मंदिर में झाड़ू लगाया तथा गंगाधर जी ने बाल्टी में पानी भरकर मंदिर को धोया तत्पश्चात दोनों ने हाथ जोड़कर भगवान की आरती की तथा प्रार्थना करके घर को लौट गए, जहाँ पर अव्यांश की माँ श्रीमती शाम्भवि जी ने उनका नाश्ता तैयार रखा था। माँ ने अव्यांश को दूध तथा गुड़ रोटी दी जिसे देख अव्यांश बहुत प्रसन्न हुआ। नाश्ता करने के बाद दोनों पिता-पुत्र साइकिल पर बैठ कर स्कूल की ओर निकल गए। घर से स्कूल की दूरी 2 कि.मी की थी परंतु रास्ते का पता ही नहीं चलता था। गंगाधर जी भारत की स्वतंत्रता के लिए संघर्ष की कहानियाँ तथा स्वतंत्रता सेनानियों के प्रेरणादाई जीवन की कहानियाँ अव्यांश को सुनाया करते थे जिसे अव्यांश बड़े ही ध्यानपूर्वक सुना करता था। स्कूल पहुँचते ही पिता-पुत्र का संबंध अध्यापक तथा शिष्य का हो जाता था। दरअसल विद्यालय में गंगाधर जी इतिहास के अध्यापक थे। वह सादा जीवन उच्च विचार जीने वाले व्यक्ति थे। जो कर्मों को ही अपना जीवन मान कर चलते थे। घर लौटते समय अव्यांश दूध जलेबी खाते-खाते गंगाधर जी को स्कूल की सारी बातें सुनाया करता था। रात्रि के भोजन के समय वह अक्सर अपनी माता शाम्भवि जी को अपने स्कूल तथा मित्रों के किस्से सुनाया करता था जिसे सुनकर दोनों खिलखिला उठते थे।

एक दिन मंदिर की सफाई करते समय अव्यांश ने गंगाधर जी से पूछा “पिता जी व्यक्ति के जीवन में सबसे बड़ी चीज क्या होती है?” पिता जी ने कहा “अव्यांश तुम भूल गए मैंने तुम्हें बताया था न “कर्मण्येवाधिकारस्ते मा फलेषु कदाचन। मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि” अर्थात् जीवन में सबसे बड़ी चीज कर्म होते हैं। कर्म ही सर्वश्रेष्ठ है क्योंकि जिस प्रकार के कर्म तुम करोगे उसी प्रकार का फल तुम्हें प्राप्त होगा। हमें कभी भी फल की चिंता नहीं करनी चाहिए क्योंकि हमारे कर्म ही हमें हमारे फल दिलाएंगे।

इस पर अव्यांश ने डरते हुए अपने पिता से पूछा “पिता जी झाड़ू लगाते समय मुझसे भूलवर्ष एक चींटी मारी गई तो क्या अब मुझे इसका दंड मिलेगा? अब मुझे मेरे इस कर्म का फल कब मिलेगा ?

तब गंगाधर जी ने अव्यांश को अपने पास बैठाकर पूछा “क्या उस चींटी को मारना तुम्हारी इच्छा थी?” जिसपर अव्यांश ने कहा “नहीं पिता जी वह तो गलती से मारी गई।”

तब गंगाधर जी ने अव्यांश को गोद में लेकर कहा “बेटे, 2 चीजे कभी मत भूलना—पहली कि इस संसार में हमें हमारी इच्छाएँ बाँधती हैं और मुक्त भी इच्छाएँ ही करती है। और दूसरी इस धरती पर कोई भी जीव, पशु, पक्षी, कीड़े, मनुष्य आदि किसी निर्धारित समय तक ही रहता है। हम सब यहाँ भगवान की इच्छा से आए हैं और उनकी इच्छा पर ही यहाँ से चले जाएंगे। यहाँ कोई अमर नहीं जो आया है उसे जाना ही होगा क्योंकि यही जीवन का सबसे बड़ा सत्य है। चींटी अपना समय आते ही चली गई। तो चिंता मत करो और चलो माफ़ी माँगो।

अव्यांश ने कहा “किससे माफ़ी माँगू।” जिसपर गंगाधर जी ने कहा “भगवान से, क्योंकि भूल वश ही सही पर गलती तो तुमसे हुई है न पुत्र।” अव्यांश ने माफ़ी माँगी तथा दोनों घर लौट गए।

देखते ही देखते समय बीत जाता है तथा अव्यांश का विवाह श्रद्धा नामक लड़की से हो जाता है। बढ़ती उम्र के साथ अव्यांश अपने वैवाहिक जीवन में व्यस्त हो जाता है। वह अपने पेशावर जिंदगी में भी कई पदोन्नतियाँ प्राप्त करता है। बढ़ती जरूरतों के अनुसार घर अब दो कमरों, किचन के बजाए चार कमरों तथा दो मंजिला हो जाता है। समय के साथ बहुत कुछ बदल जाता है। कैलाश निवास अब अव्यांश निवास हो जाता है। गुड़रोटी की जगह अब ब्रेड जैम ने ले ली, साइकिल की जगह कार ने ले ली। दूध जलेबी तो अब घर में देखने को भी नहीं मिलती थी। केक ने उसकी जगह जो ले ली थी। अव्यांश मंदिर तो जाया करता था। परंतु केवल पूजा करने क्योंकि मंदिर की सफाई करने के लिए अब उसके पास समय नहीं था। ऐसा नहीं था कि वो अपने संस्कार भूल गया था बात सिर्फ इतनी थी कि वो अब बड़ा हो गया था। शायद जिम्मेदारियों ने उससे उसका बचपन भूला दिया था। पिता जी से अब ज्यादा बात नहीं हुआ करती थी क्योंकि उतना समय ही नहीं मिलता था। तो बातें सिर्फ खाने की, टेबल तक ही सिमित थीं। बस वही एक जगह थी जहा गंगाधर जी अव्यांश को मन भर कर देख लेते थे। कुछ समय बाद गंगाधर जी स्कूल से सेवा निवृत्त हो जाते हैं। अब उनका ज्यादातर समय उनकी सात वर्षीय पोती गौरी के साथ व्यतीत होता।

एक दिन गंगाधर जी ने खाने की टेबल पर अव्यांश से कहा “अव्यांश मेरी एक इच्छा है कि मैं पी.एच.डी. कर लूँ। वैसे तो यह मैंने बहुत पहले सोचा था किंतु जिम्मेदारियों की वजह से कभी पूरी नहीं कर पाया। यह सुनकर अव्यांश भावुक हो गया और कहने लगा “तो फिर अब हम सब मिलकर आपकी इच्छा पूरी करेंगे पिता जी। शाम तक अव्यांश इतिहास की

सारी किताबे ले आया और इस प्रकार कुछ समय आगे बढ़ गया और गंगाधर जी अपने शोधपत्र लिखने में व्यस्त हो गए। अव्यांश भी अब प्रतिदिन गंगाधर जी से पूछा करता

“पिता जी शोधपत्र कितना आगे बढ़ा?”
जिसपर गंगाधर जी कहते “केवल इसका अंत बचा है जो मैं तुम्हें पूरा होने पर ही सुनाऊंगा”।

अव्यांश को शोधपत्र पूरा होने का इंतजार रहता। वह इंतजार कर ही रहा था कि एक दिन अचानक गंगाधर जी की तबियत खराब हुई और वह अव्यांश निवास को, हमेशा के लिए छोड़ कर चले गए। घर में दुख का माहौल छा गया। कई बार अव्यांश की आवाज पर जब पिताजी जी जवाब नहीं दिया करते तब उसे याद आता कि पिता जी जा चुके हैं। सारी सुख सुविधाएं होने के बाद भी अव्यांश का मन अब घर में नहीं लगता था।

एक दिन गौरी ने अव्यांश से पूछा “पिता जी, दादा जी कहाँ चले गए?” जिस पर अव्यांश ने कहा “बेटा भगवान की इच्छा से दादा जी भगवान के पास चले गए।” गौरी कहती है “किन्तु उनकी इच्छा तो पी.एच.डी. करने की थी? अव्यांश कहता है “यह आवश्यक नहीं कि हमारी सारी इच्छाएं पूरी हो। इसपर गौरी कहती है किन्तु आप तो मेरी सारी इच्छाएं पूरी करते हैं।” जिस पर अव्यांश कहता है

“क्योंकि मैं आपका पिता हूँ और यह मेरी जिम्मेदारी है। यह सुनकर—गौरी मासूमियत के साथ अव्यांश को जवाब देती है, “तो फिर बड़ी होकर मैं भी आपकी सारी इच्छाएं पूरी करूंगी”।

यह सुनकर अव्यांश को अपने पिताजी का शोधपत्र याद आ जाता है अगले दिन वह गौरी को लेकर सुबह 4.30 बजे मंदिर चला जाता है। और दोनो मिलकर मंदिर की सफाई कर पूजा करते हैं। घर पर आकर अव्यांश ने अपनी माँ तथा पत्नी से कहा “मैं पिता जी की अधूरी इच्छा पूरी करूँगा इसलिए मैं पिता जी का अधूरा शोधपत्र पूर्ण करूँगा”।

कुछ वर्ष बीत गए और आज अव्यांश अपने घर की नाम पट्टिका उतारता है तथा भरी हुई आँखों के साथ डा० गंगाधर निवास की नाम पट्टिका लगाता है जिसे देखकर वह फूट-फूट कर रोने लगता है क्योंकि आज उसने अपने पिता जी की अधूरी इच्छा पूरी कर दी है। अब उसके जीवन में कई बदलाव आ गए हैं। वह रोज मंदिर सुबह 4:30 बजे चले जाता है, रात में बेटी को रोचक कहानियाँ सुनाता है, माँ के साथ घंटों बातें करता है, अक्सर अपने पिता जी की तस्वीर देखकर अपने पुराने समय को याद करता है। आज भी उसे

अपने पिता जी की बात नहीं भूलती कि हर जीव इस धरती पर कुछ समय के लिए ही होते हैं अतः अपने समय को अपनों के साथ व्यतीत करना चाहिए।

अंजनी यादव
बी.ए. बी०ए० द्वितीय वर्ष
4506

अम्बेडकर था जिसका नाम

जिस तरह लड़ा वो इंसान
इसलिए है भारत में उसकी पहचान
कोई कहता उसे भगवान तो कोई कहता
गरीबों का मसीहा
कोई कहता उसे भारत की शान
पर उसने रच दिया भारत का संविधान
अम्बेडकर था जिसका नाम

बिना शस्त्र उठाए ही कई
लड़ाईयाँ की ईमान से
स्वतंत्रता दिलानी थी
महिलाओं को आगे बढ़ाने के लिए
किया मंत्री पद से त्याग
आज वही महिलाएं कहती हैं
कौन था वो ईन्सान अम्बेडकर था जिसका नाम?

संविधान जलाने वाले जाने कितने होंगे
पर संविधान लिखने वाला एक ही जन्मा
अम्बेडकर था जिसका नाम

नीला है अंबर नीली तेरी निशानी
नीला है अशोक चक्र
नीली तेरी कलम की स्याही
जिन्दगी ना थी उनकी आसान
बचपन से ही संघर्ष में हुआ पालन
किया उसने हर समस्या का डट कर सामना
अपने लिए कुछ ना किया
किया सभी भारतवासियों के लिए
पर लोग कहते हैं कौन था वो ईसान
अम्बेडकर था जिसका नाम।

अमीशा
बी०ए० तृतीय वर्ष
22533068

इंसान का व्यवहार उसके संस्कार से निर्धारित होता है। संस्कार किसी किताब में नहीं मिलते, ये सीखे जाते हैं अपने परिवार से और अपने घर के बड़े बुजुर्ग लोगों से। संस्कारविहीन व्यक्ति पशु समान होता है, हमारे संस्कार ही हमें जीवन जीने का तरीका सिखाते हैं। संस्कार का संस्कृत में अर्थ है “शुद्धीकरण” अर्थात् जो तन और मन को शुद्ध करे वह संस्कार है। व्यक्ति की बोली बता देती है कि व्यक्ति का व्यवहार कैसा है और संस्कार बता देते हैं परिवार कैसा है। बच्चे को उपहार न दे तो वह कुछ समय तक रोयेगा यदि समय पर उसे अच्छे संस्कार न दिए जाए तो जीवन भर रोयेगा। डिग्री महज एक कागज का टुकड़ा है असली शिक्षा हमारे व्यवहार से दिखती है। किसी का सरल स्वभाव उसकी कमजोरी नहीं होती बल्कि उसके माता-पिता द्वारा दिए हुए संस्कार हैं अपनी अच्छाई पर इतना भरोसा रखो कि जो तुम्हें खोएगा यकीनन रोएगा। इत्र से कपड़ों को महकाना कोई बड़ी बात नहीं है मजा तो तब है जब आपने किरदार से खुशबु आए बात संस्कार या आदर की है वरना जो सुन सकता है वह सुना भी सकता है एक व्यक्ति दूसरे व्यक्ति से सब कुछ छीन सकता है परन्तु किसी से उसका अच्छा व्यवहार, अच्छे संस्कार और ज्ञान कोई नहीं छीन सकता। अच्छा व्यवहार आपके जीवन की वो तस्वीर है जिसे जितना ज़्यादा अपनाओगे आपकी चमक उतनी ज़्यादा बढ़ती जाएगी। जीवन में धन तो कोई भी कमा सकता है, मगर सम्मान केवल अच्छे व्यवहार से ही मिलता है। यदि आपके संस्कार, विचार और व्यवहार अच्छे हैं तो आपको जीवन में आगे बढ़ने से कोई नहीं रोक सकता।

संजना
बी०ए० प्रथम वर्ष
06502

मिली नहीं है मंजिल हमें
अभी तलाश जारी है
अभी तो बस ख्वाहिश की है
अब हौसलों की बारी है।

अंतर्मन में छपी मंजिल की
अभी-अभी छवि निहारी है,
कुछ भी कह लो लेकिन
मंजिल की छवि अति प्यारी है।

राह में बिखरे शूलों की
कश्मकश भी अभी जारी है,

एक शूल फूल बना नहीं कि
अब दूसरे की बारी है।
मिली नहीं है मंजिल हमें अब हौसलों की बारी है।

ख्वाहिशो ने समक्ष हमारे
इक पहाड सी छवि उजियारी है,
लेकिन अब मांझी से बुलंद
हौसलों की बारी है।

मांझी ने भी पहाड तोड
आगमन की राह परवारी है,
मांझी का तो हो गया अब हमारी बारी है।
मिली नहीं है मंजिल हमें अब हौसलों की बारी है।

तनिश
बी०ए० तृतीय वर्ष
22507006

मेरी प्यारी माँ

वो मेरी आशा वो मेरी अभिलाषा
ममता से भरी अपनेपन की परिभाषा

वो साथ मेरे हरदम बनकर एक साया
उसने ही मेरा जीवन महकाया

तकलीफ में भी मुस्काती है
हर गम खुशी से सह जाती है

मेरी राहों पर फूल बिछाती वो
खुद कांटो पर भी सो जाती है

ममता की मूरत होती है माँ
भगवान की छवि कहलाती है माँ
लोरी सुनकर सुलाया तुमने मुझे
गिरने से उठना सिखाया तुमने है।

प्यार यह अजीब नहीं बस थोड़ा अनोखा सा है
हो भी कैसे न मैंने माँ पुकारा जो तुम्हे है।

मेरी प्यारी माँ।

प्रीती कुमारी
बी०ए० प्रथम वर्ष
4513

रंग और ढंग

अचानक फूल खरीदने का ख्याल आया
सोचा फूल का
रंग और ढंग,
और चल दी बाजार साथ लिए माया।
विक्रेता तो फूल लिए
बहुत थे रास्ते में
मगर ये कि दुकान भी ढंग की होगी।
शहर भी पूरा घूमी
सुंदरता तो मैं चुन लेती अक्सर
मगर ठहराव में रह जाती कसर।
जो दिखता अधिक सुंदर फूल
तो पिछले वाला लगने लगता धूल
लेकिन ऐसे कैसे
जब तक तो अगले पर नहीं गई थी नजर
पहले वाले फूल की सुंदरता थी बरकरार
देखा दूसरा फूल तो पिछले वाले की महक फीकी थी
ये गुत्थी मुझसे सुलझी ही नहीं
और मैं बिना फूल लिए वापस घर लौट आई।

काजल शर्मा
बी०ए० कला स्नातक द्वितीय वर्ष
308021

बचपन का जमाना

जिस में खुशियों का खजाना था
चाहत चाँद की तरह थी
पर दिल तितली का दीवाना था
खबर न थी कुछ सुबह की
ना शाम का ठिकाना था
स्कूल से थक कर आना
खेलने भी जाना था पर

माँ की कहानी थी और
बारीश में कागज की नाव के साथ खेलना।
हर मौसम सुहावना था और हर खेल में
साथियों का साथ निभाना था।
गम की जुबान ना होती थी
ना जख्मों का पैमाना था
बचपन का वो जमाना था जहाँ चारों ओर दृश्य
सुहावना था।

स्नेहा ठाकुर
बी०ए० प्रथम वर्ष
6603

संस्कृत अनुभाग

भाषासु मुख्या मधुरा
दिव्या गीर्वाणभारती।

**Of all the languages, the God's own language -
Sanskrit is the mother, divine and most lyrical language.**

सभी भाषाओं में सबसे मुख्य,
मधुर और दिव्य देवभाषा 'संस्कृत' है।

विषय

- समयस्य महत्त्वम् — साक्षी ठाकुर
सत्संगति — दीपक
भारतजनताऽहम् — सरगम ठाकुर
छात्रजीवनम् — दीपक
महार्षि पतञ्जलि — दीपक
योगस्य महत्त्वम् — दीपक
प्रेरणादायक संस्कृत श्लोक — साक्षी ठाकुर
संस्कृत कवि पाणिनी — रेशमा
विद्यायाः महत्त्वम् — रीमा
एहि एहि वीर रे — सरगम ठाकुर
योगः जीवनस्य आधारः — रीमा
विज्ञानस्य योगदानम् — रीमा

समयस्य समुचित रूपे उपयोगः एव समयस्य सदुपयोगः कथ्यते । समयस्य सदुपयोगः मानवसमाजस्य हितसाधकेषु साधनेषु साधनं वर्तते । संसारे बहूनि वस्तूनि बहुमूल्यानि सन्ति परं तेषु सर्वापेक्षया बहुमूल्य वस्तु समयः वर्तते । यतः अन्यानि वस्तूनि विनष्टानि अपि पुनः लब्धुं शक्यन्ते परन्तु व्यतीतः समयः केनापि उपायेन पुनः लब्धुं न शक्यते । विद्या विनष्टा पुनः अभ्यासेन लब्धुं शक्यते, धनं विनष्टं पुनः उपार्जनेन लब्धुं शक्यते, यशः विनष्टं पुनः सत्कर्मणा उपार्जयितुं शक्यते परं विनष्ट समयः सहस्त्रैरपि प्रयत्नैः दुर्लभः एव अतएव समयः सर्वाधिकं बहुमूल्य वस्तु मन्यते ।

“कालः पचति भूतानि, कालः संहारते प्रजा ।
कालः सुप्तेषु जागर्ति, कालो हि दुरतिक्रमः ॥

अर्थात् : समय सबकुछ है ।

साक्षी ठाकुर
बी०ए० तृतीय वर्ष
22533074

सत्संगति

सज्जनानाम् सङ्गतिः सत्संगति कथ्यते मानवः एकः सामाजिकः प्राणी अस्ति सः एकाकी न वस्तुम् शक्नोति अतः केनचित् सः सङ्गम करोति समाजे केचन सज्जनाः पुरुषाः सन्ति, केचन च दुर्जनाः ये परेषाम् हितम् इच्छन्ति ते सज्जनाः भवन्ति, अस्य विपरी तम् दुर्जनाः पुरुषाः स्वाभावेन निर्दयाः अभिमानिनः च भवन्ति ।

सङ्गते प्रभावः मनुष्ये अवश्यम् भवति । सत्सङ्गत्या नरे सदगुणाः स्वयं एव आगच्छन्ति । कुसङ्गत्या नरे सदगुणाः स्वयं नश्यन्ति । नारदस्य सङ्गत्या रत्नाकरः महर्षिः वाल्मीकिः अभवत् । कमलस्य पत्रे पतितम् जलम् मौक्तिकम् शोभाम् धारयति । अस्माभिः यशः सुखः शान्तिश्च प्राप्तुम् सत्सङ्गतिः कर्तव्या दुर्जनानाम् सङ्ग च त्याज्यः ।

दीपक
बी०ए० तृतीय वर्ष
22533093

अभिमानधना विनयोपेता, शालीना भारतजनताऽहम् ।
कुलिशादपि कठिना कुसुमादपि, सुकुमारा
भारतजनताऽहम् ।

निवसामि समस्ते संसारे, मन्ये च कुटुम्बं वसुध्वराम् ।
प्रेयः श्रेयः च चिनोम्युभयं, सुविवेका भारतजनताऽहम् ।

विज्ञानधनाऽहं ज्ञानधना, साहित्यकला-सङ्गीतपरा ।
अध्यात्मसुधातटिनी-स्नानैः, परिपूता भारतजनताऽहम् ।

मम गीतैर्मुग्धं समं जगत्, मम नृत्यैर्मुग्धं समं जगत् ।
मम काव्यैर्मुग्धं समं जगत्, रसभरिता भारतजनताऽहम् ।

उत्सवप्रियाऽहं श्रमप्रिया, पदयात्रा-देशाटन-प्रिया ।
लोकक्रीडासक्ता वर्धेऽतिथिदेवा, भारतजनताऽहम् ।

मैत्री मे सहजा प्रकृतिरस्ति, नो दुर्बलतायाः पर्यायः ।
मित्रास्य चक्षुषा संसारं, पश्यन्ती भारतजनताऽहम् ।

विश्वस्मिन् जगति गताहमस्मि, विश्वस्मिन् जगति सदा
दृश्ये ।
विश्वस्मिन् जगति करोमि कर्म, कर्मण्या
भारतजनताऽहम् ।

सरगम ठाकुर
बी०ए०, द्वितीय वर्ष
2308505

छात्रजीवनम्

छात्रजीवनं जीवनस्य सर्वाधिकः महत्त्वपूर्णः भागः । एतत् हि जीवनस्य आधारः भवति । दृढम् आधारं बिना भवनं दृढं न भवति । एवमेव छात्रजीवनं विना भाविजीवनं सफलं न भवति । विद्योपार्जनम् छात्रजीवनस्य प्रथमा आवश्यकता । विद्या एव मानवं पशो पृथक् करोति । अतः छात्रेण विद्याः सम्यक् उपार्जनं करणायम् । तेन सुखस्य विचारः त्याज्यः । अनेन सह छात्रजीवने शरीरं प्रति अपि ध्यानं देयम् । छात्र जीवने राजनीतेः पृथक् स्थातव्यम्

दीपक
बी०ए० तृतीय वर्ष
22533093

न केवल व्याकरण क्षेत्रे अपितु चिकित्सा क्षेत्रे अपि महर्षेः योगदानं अनुपमेवास्ति, वर्तमाने परिदृश्ये तु महर्षेः योग विज्ञान जगतः वरदानम् इव सजातम्, तस्य लोक कल्याण कारकत्वम्, एतेनैव सिद्धयति यत् अस्माकम् प्रधानमंत्रिण माननीय नरेंद्र दामोदर दास मोदी महोदयेन सयुक्त राष्ट्र संघे संस्थापित प्रस्ताव समर्थने सप्त सप्तति अधिक शतदेशाः संजाताः । अत्यल्पेनैव कालेन प्रस्तावोडयं स्वीकृतः अनन्तरः 2024 तमे इसवीये वर्षे जून मासस्य एकः विशतिः, दिनङ्को विश्वस्य प्रथमः योगदिवसः सम्पन्न अभवत् ततः प्रतिवर्ष जून मासस्य एक विशतिः दिनाङ्को विश्वयोग दिवस रूपेण, सम्पादितः भवति, अघ कोटिशः जनाः योग कृपया स्वास्थ्यलाभं प्राप्नुवन्ति ।

दीपक
बी०ए० तृतीय वर्ष
22533093

योगस्य महत्त्वम्

योगः अस्माकं सर्वेषां कृते अतीव लाभ प्रदः अस्ति । योगः एक प्रकार स्य प्राचीनः अभ्यासः अस्ति । योगं कृत्वा शरीरः स्वस्थं भवति । योगेन अनेकाः रोगाः चिकित्सिताः । योगः मनसः शरीरस्य च कृते अतीव लाभप्रदः अस्ति । योगं कुर्वन् सर्वः रोगाभ्यां दूरं तिष्ठति । योगेन शरीरं योग्यं चपलं च भवति । योगेन अस्माकं मनः चिन्ताभ्यः मुक्तो अपि भवति । प्रतिदिनं प्रातः 15 तः 20 निमेष पर्यन्तं योगं कृत्वा शरीरः पूर्णतया स्वस्थो भवति, योगः सर्वेषां बालकानां प्रादौनां च कृते अतीव लाभ प्रदः अस्ति ।

दीपक
बी०ए० तृतीय वर्ष
22533093

“उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥”

अर्थात् :— सिर्फ इच्छा करने मात्र से किसी व्यक्ति के काम पूरे नहीं होते, बल्कि इसके लिए मेहनत भी करनी पड़ती है । जिस प्रकार सोए हुए शेर के मुंह में हिरण स्वयं नहीं आता उसे स्वयं ही अपने भोजन के लिए परिश्रम करना पड़ता है ।

“उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।
क्षुरासन्नधारा निशिता दुरत्यदुर्ग पथस्तत्कवयो वदन्ति ॥”

अर्थात् :— उठो, जागो, और अपने लक्ष्य को प्राप्त करो । भले ही रास्ते अत्यन्त कठिन और दुर्गम हो । लेकिन विद्वानों का कहना है कि कठिन रास्तो पर चलकर ही सफलता की प्राप्ति की जा सकती है ।

“न चोरहार्यं न राजहार्यं न भ्रातृभाज्यं न च भारकारि ।
व्यये कृते वर्धति एव नित्यं विद्याधनं सर्वधनप्रधानम् ॥”

अर्थात् :—विद्या एक ऐसा धन है, जिसे चुराया नहीं जा सकता और न ही इस धन को कोई छीन सकता । इस धन का भाइयों के बीच भी बंटवारा नहीं किया जा सकता । विद्या एक ऐसा धन है अधिक खर्च करने पर भी बढ़ता ही जाता है ।

“स्वभावो नोपदेशेन शक्यते कर्तुमन्यथा ।
सुतप्तमपि पानीयं पुनर्गच्छति शीतताम ॥”

अर्थात् :— किसी व्यक्ति को आप चाहे कितनी ही सलाह दे दो किन्तु उसका मूल स्वभाव नहीं बदलता ठीक उसी जैसे ठण्डे पानी को उबालने पर तो वह गर्म हो जाता है, लेकिन बाद में पुनः ठंडा हो जाता है ।

साक्षी ठाकुर
बी०ए०, तृतीय वर्ष
22533074

संस्कृतभाषायाः महान् वैयाकरणः। तेन लिखित अष्टाध्यायीनामकः व्याकरणग्रन्थः विश्वप्रसिद्धं वर्तते। पाणिनीया शिक्षाग्रन्थे त्रयः श्लोकाः पाणिनेः नमस्कारपराः दृश्यन्ते। पाणिनी वैयाकरणानां प्रातः स्मरणीयः मुनिः। न केवलं वैयाकरणानाम् अपि तु निखिलसंस्कृत विपक्षिताम् एष प्रातर्नमस्यः इत्यत्र न काऽपि संशीतिः। यतः तस्मात् पूर्वतनानाम् ऐन्द्र-चान्द्र-आपिशलादीनां व्याकरणशास्त्राणि सव्यमधीत्य तानि असमग्राणि च परिभाव्य नवं समग्र विश्वजनीनं च व्याकरणम् चिकीर्षुः वाचामधीशं परमेश्वरं तपसा आराधयामास पाणिनेः तपसा सन्तुष्टः परशिवः ताण्डवं चाटयम् अकरोत् नृत्यान्ते चतुर्दशवारम् ढक्कारम् अवादयत्। तस्याः ढक्कायाः शब्दान् पाणिनीः अश्रृणोत्। पाणिनेः जन्म क्रिस्तपूर्वसप्तमशताब्द्यां शालातुरग्रामे अभवत्। अतः तस्थ 'शालातुरीयः' इति नाम अति प्रसिद्धम् अस्ति। वर्तमानकाले पाकिस्तानदेशे स्थितः बहुरनामकः ग्रामः एव शालातुरग्रामः अस्ति। पाणिनेः मातुः नाम दाक्षी। अतः स्य सः दाक्षीपुत्रः इत्यादि संस्कृतज्ञाः तं प्रीत्या आह्वयन्ति पाणिनः इति तस्य पितुः नाम। अतः तस्य नाम पाणिनीः अभवत्। पञ्चतन्त्रानुसारेण पाणिने मृत्यू सिंहकारणात् अभवत्सिंहो व्याकरणस्य कर्तुरहरत् प्राणान् प्रियान् पाणिनेः परम्परानुसारेण पाणिनेः मृत्यूः त्रयोदशीतिथ्याम् अभवत्। अतः एव पण्डितपरम्परायाम् अधुना आय त्रयोदश्यां व्याकरणस्य अनध्यायः भवति। मृत्यूः इति स्थाने मृत्यूः इति भवितव्यम्।

रेशमा

बी०ए० तृतीय वर्ष, 22533061

प्रस्तावना :- विद्या मानवजीवनस्य दीपः अस्ति। सा तमसः नाशं करोति तथा च आत्मविश्वासं, सद्गुणान् च जनयति। शिक्षायाः महत्त्वं सनातनं अस्ति। प्राचीनकालात् अद्यतनकालपर्यन्तं विद्या जीवनस्य मूलाधारः इति स्वीडुतम्।

विद्यायाः लाभाः :-

ज्ञानप्राप्ति :- विद्या मानवस्य अज्ञानं निवार्य सत्यं ज्ञानं प्राप्नोति।

नैतिकता एवं चारित्रिकविकास :- शिक्षया केवलं बुद्धिवर्धनं न, अपितु आचारसंस्काराः अपि विकसिताः भवन्ति।

स्वावलम्बनम् :- शिक्षयः पुरुषः आत्मनिर्भरः भवति, येन सः निजं जीवनं सफल करोति।

समाजसुधार :- शिक्षित व्यक्तिः समाजे परिवर्तनं आनयति, तथा च सर्वे सुखेन जीवनं यापयन्ति। अतः विद्या सर्वेषां कृते अत्यावश्यकं अस्ति। "विद्या ददाति विनयं, विनयाद् याति पात्रताम्।" इति श्लोकेन विद्यानां महत्त्वं प्रतिपाद्यते। अतएव सर्वे मानवाः शिक्षायाः महत्त्वं ज्ञात्वा तां प्राप्तुं प्रयत्नं कुर्वन्तु।

रीमा

बी०ए० तृतीय वर्ष

22531001

एहि एहि वीर रे

एहि एहि वीर रे
वीरतां विधेहि रे
पददृढ निधेहि रे
भारतस्य रक्षणाय
जीवनं प्रदेहिरे।।

त्वं हि मार्गदर्शकः
त्वं हि देशरक्षकः
त्वं हि शत्रुनाशकः
कालनाग तक्षकः।।

साहसी सदा भवेः
वीरतां सदा भजेः
भरतीय-संस्कृतिं
मानसे सदा धरेः।।

पदं पदं मिलच्चलेत्
सोत्साहं मनो भवेत्
भारतस्य गौरवाय
सर्वदा जयो भवेत्।।

सरगम ठाकुर

बी०ए०, द्वितीय वर्ष

2308505

योगः जीवनस्य आधारः

योगः भारतस्य अमूल्यं वरदानम् अस्ति। अस्य प्राचीनस्य विद्याः महत्त्वं केवलं शरीरे लाभाय न, अपितु मानसिकं, आत्मिकं च विकासाय अपि अस्ति।

योगः 'युज्' धातोः निर्मितः अस्य अर्थः अस्तिसंयोगः, एकीकरणं वा। पतञ्जलिमुनिना योगसूत्रेषु योगस्य अष्टाङ्गमार्गः वर्णितः, यः यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधि इत्यादिभिः विकसितः।

योगस्य लाभाः

शारीरिक स्वास्थ्यं :- योगाभ्यासेन शरीरं दृढं, लचीलं च भवति। रोगाणां प्रतिरोधक्षमत्वं वर्धते।

मानसिकं संतुलनम् :- ध्यानस्य माध्यमेन चित्तस्य शुद्धिः, तनावस्य नाशः च सम्भवति।

आत्मिकं विकासः :- योगः केवलं व्यायामः न, अपितु आत्मस्वरूपस्य बोधः अपि अस्ति।

आयुर्वृद्धिः :- योगाभ्यासेन दीर्घजीवनं लभ्यते।

समाजे योगस्य भूमिका :- अद्यतनकाले सर्वे तनावग्रस्ताः भवन्ति। योगस्य अभ्यासेन लोकाः सुखं, शान्तिं च प्राप्नुवन्ति।

अन्तरराष्ट्रीय-योग-दिनं अपि २३ जून तिथौ उत्सवाय मन्यते।

योगः केवलं भारतस्य सम्पत्तिः न, अपितु समस्तस्य जगतः अमूल्यं उपहारः। अस्माभिः सर्वैः योगस्य महत्त्वं ज्ञातव्यं, तं च प्रतिदिनं आचरितव्यम्।

योगः "कर्मसु कौशलम्" इति गीता वदति, अतः योगाभ्यासेन जीवनं सफलं, सम्यक्, सन्तुलितं च भवति।

रीमा
बी०ए० तृतीय वर्ष
22531001

विज्ञानस्य योगदानम्

विज्ञानं मानवजीवनस्य प्रत्येकं क्षेत्रं प्रभावितं करोति। आधुनिकयुगे विज्ञानं सर्वत्र विद्यमानम् अस्ति। चिकित्सा, सञ्चार शिक्षा, कृषि, परिवहनं च इत्यादिषु क्षेत्रेषु विज्ञानस्य महत्वपूर्ण योगदानं अस्ति।

विज्ञानस्य विविधक्षेत्रेषु योगदानम्

1) चिकित्सा क्षेत्र :-

विज्ञानस्य कृपया अद्य नवीनाः औषधयः, शस्त्रक्रियायाः विधयः च विकसिताः। वैद्युतचिकित्सा, प्रत्यारोपणं, एक्स-रे, एमः एम. आर. आई इत्यादीनि चिकित्साविज्ञानस्य वरदानानि सन्ति।

2) संचारक्षेत्रे :-

आधुनिकसंचार व्यवस्थायां विज्ञानस्य योगदानं अतिमहत् अस्ति। दूरदर्शनं, मोबाइल, दूरभाषा, इन्टरनेट, उपग्रहसञ्चारः च अस्मिन् क्षेत्रे अद्भुतानि परिवर्तनानि आनयत्।

3) कृषि क्षेत्रे :-

विज्ञानं कृषिक्षेत्रे अपि क्रान्तिं जनयति। नवीनानाम् बीजानां विकासः, कीटनाशक-द्रव्याणां निर्माणः, जलसिंचनयन्त्राणां प्रयोगः इत्यादीनां माध्यमेन कृषकाः अधिकं उत्पादनं प्राप्तवन्तः।

5) परिवहन क्षेत्रे :-

अन्तरिक्ष-अनुसन्धानं, चन्द्र-अवलोकनं, मंगलअभियानं च विज्ञानस्य अद्भुतानि योगदानानि सन्ति। इसरो, नासा इत्यादीनां प्रयोगशालासु नित्यं नवीनाः अनुसन्धानाः क्रियन्ते। विज्ञानं आधुनिकसमाजस्य मेरुदण्डः अस्ति। अस्य उपयोगेन मानवजातिः सर्वेषु क्षेत्रेषु विकासं कृत्वा सुखमयजीवनं निर्वहति। परन्तु, विज्ञानस्य दुरुपयोगः मानवजातिं विनाशस्य मार्गे नेतुं शक्नोति।

रीमा
बी०ए० तृतीय वर्ष
22531001

NSS: Not Me, But You



Cleanliness is next to Godliness



Tiranga March



Beats of Bhangra



Slogan writing competition



Ek Ped Maa Ke Naam



NSS campers preparing food during camp

NCC: Unity And Discipline



Testing the spirit



Up to the mark for NCC Journey



Disciplined for Life



Cadets upright in honour of National Anthem



Tight rope walk by NCC cadet



Wishing Cadet Kritika wings of success

NCC: Unity And Discipline



Cadet Kritika (extreme right) after scaling the Mount Abi Gamin



Cadet Sunny Singh at Kartavya Path, New Delhi



NCC (SD) Campers



NCC (SD) Cadets focussing on the target



Trekkers on the trek



The final day of NCC (SD) Camp

Rovers & Rangers



Rovers & Rangers : Physically strong, mentally awake & morally straight



Mock drill



Empowering communities : One drill at a time



Volunteers at Nipun Testing Camp



Shining bright at State RD Camp, Shimla



Swachhta Pledge

Chemigreen Club : Chemically Eco-friendly



Executive Body of Chemigreen Club



Induction meeting for M.Sc I Sem. students



Winners of Poster making competition on Mole Day



Chemistry week celebration



Saraswati Vandana by Cultural Squad



Hands-on training by lab squad leader Ritik Bangar

Red Ribbon Club



Principal Flagging off the AIDS Awareness Rally



Awareness session on 'HIV AIDS'



Volunteers with Officials



Participants at District Level Marathon



Poster making competition



Human chain on AIDS Day

Co - Curricular Activities



Jam session on 'Drug Abuse'



Lecture on Road Safety



Session on Insurance and Banking Updates by Career Counselling and Placement Cell in association with Ananya Foundation and PNB Metlife



Natti Winners in Talent Fiesta 2025 organised by HGPI, Kala Amb



Drug-Deaddiction : A heart-touching Story



Officials at Book Exhibition

Co - Curricular Activities



**Drug Awareness Program sponsored by
Department of Social Justice and Empowerment**



**Principal with Organizing Committee
during Book Exhibition in the College**



Inspection team visit for grading of Libraries



**Workshop on How to Prepare for Civil Services
by Nimbus Academy, Chandigarh**



**Winners of Poster Competition in Talent Fiesta
2025 organised by HGPI, Kala Amb**



**Honouring Chief Guest during
Special Annual Camp 2025**

Annual Function



Chief Guest Sh. Kirnesh Jung
Ex-MLA Paonta Sahib



Stage Compering by Prof. Deepa Chauhan and Dr. Jai Chand Sharma



Guests and audience enjoying performances



Saraswati Vandana



A token of honour



**Principal Dr. Vibhaw Kumar Shukla
addressing the students**

Annual Function



Beats of Sirmouri Natti



Cultural achievers being felicitated by Chief Guest



Recognizing the academic excellence



Academic achiever being felicitated



Honouring of CSCA 2024-25



Excellence in Sports

HPU Intercollege Hockey Championship



Chief Guest addressing the audience



Lamp lighting by Guests



Players being motivated by the Chief Guest



The Guest of Honour



Arrival of Chief Guest



Chasing the ball

HPU Intercollege Hockey Championship



Dignitaries and staff



The expert officials from HPU



Words of Motivation



The host team



Corner Battle



Grateful acknowledgement

CSCA Cultural Function “PAHAL”



Principal addressing the guests & students



Natti Vibes



Guests and faculty enjoying performances



Shining bright on the ramp



Rajasthani beats



Prize winners of intra-college competitions

Annual Athletic Meet



Welcome of Guests



Chief guest and other dignitaries



Ready to reach the goal



Winning matters



Honouring sports officials



Winners on the Podium

Outstanding Performers



Cadet Kritika B.A. II Year : A member of Mount Everest expedition under Govt. of India



SUO Sunny Singh (NCC SD) participated in Republic Day Parade in New Delhi



**Taniya Thakur M.A. English IV Sem.
Miss Sirmour, 2024**



**Best Athlete Shiran Khan (M) & Cdt.
Monika (F) 2024-25**



SUO Suhani (NCC SW)



Best NSS Volunteer - Neeraj



**Best NSS Volunteer -
Parul Chauhan**

Outstanding Performers



Winner team (1st Position) of HPU Inter College Women Hockey Championship



Winner team (3rd position) HPU Inter College Kabbadi Championship



CSCA Executive Body with the guiding light

Luminary Alumni



Lt. Dr. Pooja Bhati

A pass out of B.Sc. (Non. Med.), 2007 batch, Lt. Dr. Pooja Bhati completed her Pre-Commissioned Course (NCC) at Officers Training Academy, Gwalior and became Associate NCC officer by attaining the rank of lieutenant. During the course, she received DG Plaque of honour and Gold Medal for being first in order of overall merit, gold medal for best in special skills and Course certificates of excellence in Yoga IP, Exercise Anubhav and Drill Square test. Presently she is serving in the college as Assistant Professor, Chemistry.

Mahima Pundir was selected for Senior Women's National Hockey Camp at Bengaluru from 23 to 30 March, 2025. As goal keeper, she participated in National Hockey Tournaments in Kerala (2020), Jhansi (2021), Bhopal (2022), Kakinanda (2023) & Pune (2024). She is the first and only goal keeper from Himachal Pradesh to be selected for the Senior Women National Hockey Camp. She passed her graduation from this college in 2019. Her outstanding performance between the posts has been a game changer for her team.



Mahima Pundir



Lt. Swaraj Singh Thakur

A graduate of 2022 batch, Lt. Swaraj Singh Thakur secured 45th rank in CDS exam in 2024. After the rigorous training from Officer's Training Academy, Chennai, he was conferred with the rank of lieutenant in Indian Army in March, 2025. He basically hails from village Kamrao. He demonstrated a high level of competence in all aspects of training. His performance had been exemplary, showcasing a deep understanding of military principles and a keen ability to apply them in practical scenarios.

A Glimpse of Mount Everest Journey



Cadet Kritika unfurling National Flag, 1HP (G) Battalion and SGGSJ Govt. College Paonta Sahib Flags at Mount Everest



During winter training at Siachen



Mount Abi Gamin expedition



Glimpses of Mount Everest Expedition

Cadet Kritika's Journey of Mount Everest Expedition

"Technique and ability alone do not get you to the top; it is the willpower that is the most important. This willpower you cannot buy with money or be given by others... it rises from your heart,"

~Junko Tabie, *First Woman to climb Mount Everest*, 1975.

This report highlights the extraordinary journey of the trailblazer Cadet Kritika, who recently conquered Mount Everest in the expedition carried out by National Cadet Corps. Her achievement is not only a personal triumph but also serves as a beacon of inspiration for her peers and community. On May 18, 2025, 10 NCC cadets along with the other members of the team (4 officers, 1 Girls cadet instructor, 2 JCOs and 10 Non Commissioned Officers) successfully summited Mount Everest, marking the third NCC expedition to achieve this feat.

Cadet Kritika, born to Sh. Bharat Sharma and Smt. Vidya Devi, and raised in a modest family in Gattadhar alongside her two siblings, Aditya and Jyoti, has a humble background that has significantly shaped her strong personality from a young age. She is a student of B.A. II Year in Shree Guru Gobind Singh Jee Government Degree College Paonta Sahib. A skilled kabaddi player, Kritika has represented the college in inter-college competitions and was crowned the Best Athlete of the college in 2024. She won a bronze medal in Khelo India too. Her kabaddi training has instilled in her valuable qualities like discipline, patience, and courage.

The historical excursion started when 1 HP(G) Bn, Solan invited the colleges under the battalion to nominate one cadet each for single Mount Everest expedition vacancy received by the battalion and the best cadet was to be nominated further. Given her exceptional physical fitness and athletic prowess, Cadet Kritika got selected by her college's ANO. Following an online interview with all the colleges' girl cadets, conducted by the battalion, Cadet Kritika was selected for the first trial phase of prestigious expedition at Ropar, Punjab.

The primary criteria for selecting mountaineers included physical and mental endurance. At Ropar, Punjab, she was one amongst 20 cadets from the PHHP & C Directorate, all geared up for the

rigorous training ahead. The three-day training session tested the cadets' physical efficiency, with a compulsory 5-kilometer run carrying 15 kilograms of weight. Cadet Kritika excelled, securing the top spot. She was one of three cadets selected from Punjab, Haryana, Chandigarh and Himachal Pradesh. Next phase of selection was at Delhi, where she emerged as one of 32 cadets chosen from 167 participants. She topped the list of 16 girls and was selected to climb Mount Abi Gamin, situated at 7,355 meters. It was a task of significant challenges, including extreme weather, steep slopes, and oxygen-related issues. She successfully completed the climb with her team in 20 days.

After successfully completing the expedition, she went for Winter Training cum Selection Camp at Siachen, the world's highest battlefield, from December 19, 2024, to January 31, 2025. Eight girls and eight boys participated in the camp, undergoing more than a month-long rigorous training program out of which five girls and five boys were selected for the Mount Everest international expedition, with Cadet Kritika topping the list once again. Her remarkable performance in extreme conditions, including endurance running in -30°C temperatures, demonstrates her unwavering determination and courage.

After the comprehensive training, Cadet Kritika with her team left on 9th March, 2025 to the NCC Head Quarter, New Delhi. The expedition team was flagged off by Raksha Mantri Shri Rajnath Singh on April 3, 2025. After overcoming harsh weather conditions and treacherous terrain, on May 18, 2025, 10 NCC cadets along with the other members of the team (4 officers, 1 Girls cadet instructor, 2 JCOs and 10 Non Commissioned Officers) successfully summited Mount Everest, marking the third NCC expedition to achieve this feat. Cadet Kritika unfurled the National Flag, NCC Flag and the college flag atop the world's highest peak, symbolizing national pride and youth power. At the age of 18 years, she was the youngest member of the team that achieved the remarkable feat of scaling Mount Everest.

The team's remarkable physical readiness, discipline, and morale earned praise from Sherpas highlighting Kritika's youthful determination. This

achievement showcases the NCC's structured training regimen and Kritika's unwavering spirit and discipline.

"The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night,"

~Henry Wadsworth Longfellow.

Science Section

**The good thing about science is that it's
true whether or not you believe in it.**
Neil deGrasse Tyson

Content

The Power of a Positive Approach: Transforming Your Life and Mindset - Aastha Sharma

Cyber security: Safeguarding the Digital Frontier - Anshika Parwal

The Flight of Young Wings - Kavyanjali Kundlas

Beyond The Dust, The Red Planet's Secret - Madhav Tomar

Are we really saving the environment? - Yunas

The Interplay of Science and Medicine - Anshika

Hacking Happiness: Unlocking Joy Through Science and Inspiration - Kavyanjali Kundlas

The Future of Space: Expanding the Final Frontier - Sukhvinder Kaur

Science and Religion: A Journey of Dialogue and Divergence - Yashika

“Importance of Zoology” - Ishika Tomar

A College Mind - Kavyanjali Kundlas

Human Mind - Aditi Sharma

Rays of Resilience - Shreya Kapoor

The Power of a Positive Approach: Transforming Your Life and Mindset

In today's fast-paced and often challenging world, it's easy to get caught up in negative thoughts and emotions. However, adopting a positive approach to life can have a profound impact on both our mental and emotional well-being. In this article, we'll explore the benefits of a positive approach and provide practical tips on how to cultivate a more optimistic mindset.

The Benefits of a Positive Approach :

Research has shown that individuals with a positive approach to life tend to experience a range of benefits, including:

- Improved mental health and well-being.
- Increased resilience and stress management.
- Better physical health and immune function.
- More fulfilling relationships and social connections.
- Greater success and achievement in personal and professional pursuits.

The Science Behind a Positive Approach:

So, why does a positive approach have such a profound impact on our lives? The answer lies in the way our brains process information. When we focus on positive thoughts and emotions, our brain releases neurotransmitters such as dopamine, serotonin, and endorphins, which help to regulate our mood and motivation.

On the other hand, negative thoughts and emotions can activate the brain's stress response, leading to increased levels of cortisol and adrenaline. Chronic stress can have serious negative consequences for our mental and physical health.

Practical Tips for Cultivating a Positive Approach:

1. Practice Gratitude: Take a few minutes each day to reflect on the things you're grateful for. This can help shift your focus away from negative thoughts and cultivate a more optimistic mindset.

2. Reframe Negative Thoughts: Challenge negative self-talk by reframing negative thoughts in a more

positive or realistic light.

3. Focus on the Present: Rather than dwelling on the past or worrying about the future, focus on the present moment. Mindfulness practices such as meditation and deep breathing can help you stay present and centered.

4. Surround Yourself with Positivity: Spend time with people who support and uplift you, and avoid negative influences that can drain your energy.

5. Take Care of Yourself: Prioritize self-care by getting enough sleep, exercise, and healthy nutrition. Taking care of your physical health can help boost your mood and energy levels.

Remember, it's all about perspective –by choosing to focus on the positive, we can transform our lives and unlock our full potential.

Aastha Sharma
B.Sc.II
2231940001

Cyber security: Safeguarding the Digital Frontier

In the digital age, our reliance on technology and interconnected systems has grown exponentially. From personal devices to large-scale industrial operations, nearly every aspect of modern life is connected to the digital world. This shift has brought about immense convenience and productivity; however, it has also exposed individuals, businesses, and governments to a range of cyber security threats. Understanding and addressing these threats is crucial for maintaining security and trust in the digital ecosystem.

Cybercriminals use a variety of techniques to compromise systems, ranging from relatively straightforward phishing attacks to sophisticated nation-state-sponsored operations.

Phishing: Phishing attacks involve tricking individuals into revealing sensitive information, such as passwords or credit card numbers, by pretending to be a legitimate entity. Cybercriminals often use emails or fake websites that closely resemble real ones to deceive users.

Distributed Denial-of-Service (DDoS) Attacks: DDoS attacks are designed to overwhelm a network or service, rendering it unavailable to users. By flooding a target with excessive traffic, attackers can cause disruptions that lead to financial and reputational losses for businesses.

Social Engineering: Unlike technical attacks, social engineering exploits human psychology to gain access to systems or information. Attackers might pose as IT staff or use other deceptive tactics to trick employees into divulging passwords or bypassing security protocols defences.

Cyber security is essential for various sectors, each of which faces unique challenges such as business, healthcare, defence & infrastructure.

Building an effective cyber security strategy involves a multi-layered approach:

1. Regular Security Audits and Risk Assessments: Organizations should routinely evaluate their cyber security posture by conducting risk assessments and audits.

2. Employee Training and Awareness: Comprehensive training programs that teach employees how to recognize phishing attempts, use strong passwords, and follow security protocols can significantly reduce the risk of breaches.

3. Multi-Factor Authentication (MFA): Implementing MFA adds an extra layer of security by requiring users to provide multiple forms of verification before accessing sensitive systems. This reduces the risk of unauthorized access, even if passwords are compromised.

4. Regular Updates and Patching: Many cyber attacks exploit known vulnerabilities in outdated software. Ensuring that all software and systems are kept up-to-date with the latest security patches can close these gaps and reduce risk.

5. Incident Response Plan: Even with the best defences, no system is completely immune to attack. Having a clear and well-practiced incident response plan helps organizations respond quickly to minimize damage, restore services, and communicate effectively with stakeholders during an incident.

Cyber security is an ongoing battle that requires

vigilance, innovation, and collaboration. The consequences of neglecting cyber security can be severe, impacting not just businesses and governments but society as a whole. By adopting comprehensive security measures, staying informed about evolving threats, and fostering a culture of cyber security awareness, we can create a safer digital environment for everyone. As the cyber landscape continues to shift, proactive efforts will be key in safeguarding our connected world.

Anshika Parwal
B.Sc. II
2231940013

The Flight of Young Wings

From eighteen's dawn to twenty-five's glow,
The seeds you plant begin to grow.
A time of learning, trials, and care,
With dreams as vast as the open air.

Friends are found, and some depart,
Love may bloom or break your heart.
Mistakes are made, yet wisdom is gained,
Through every storm, a lesson is claimed.

The nights are long, the mornings fast,
Moments fleeting, memories vast.
Freedom calls, but fears remain,
Joy and sorrow, hand in chain.

The world feels large, yet you must roam,
To carve your path, to find your home.
This age a song, both sweet and wild,
The growing pains of life's young child.

So dance through chaos, embrace the pain,
Let every loss be growth's true gain.
For these are years you'll always miss,
A fleeting storm, a fleeting bliss.

Kavyanjali Kundlas
B.Sc. II
2231940033

Beyond The Dust, The Red Planet's Secret

For centuries, humans have gazed at the stars, pondering the possibility of extra-terrestrial life. Among the celestial bodies within our reach, Mars has long been a focal point of intrigue and speculation. The Red Planet's similarities to Earth, combined with recent scientific discoveries, make it a prime candidate for hosting life, either in the past or potentially in the future.

Mars, the fourth planet from the Sun, has a cold, desert-like environment. Its thin atmosphere is composed mainly of carbon dioxide, with traces of nitrogen and argon. Despite these harsh conditions, certain factors suggest that Mars might once have been habitable. Evidence of ancient river valleys, lake beds, and mineral deposits indicates that liquid water, a key ingredient for life as we know it, flowed on the Martian surface billions of years ago. These findings come mainly from robotic missions, such as NASA's Mars rovers, including Curiosity and Perseverance, which have been diligently exploring the planet. One of the most exciting discoveries pointing to potential life on Mars is the detection of methane in its atmosphere. Methane can be emitted by geological processes, but on Earth, it is also a byproduct of microbial life. The episodic spikes of methane observed on Mars have intrigued scientists, sparking debates about their origin. If these methane emissions are biologically produced, it could mean that microbial life exists beneath the Martian surface, where conditions might be more hospitable. In addition to methane, scientists have uncovered organic molecules in Martian soil. These carbon-based compounds are the building blocks of life and bolster the case for Mars as a potentially habitable environment. Furthermore, recent studies have suggested the presence of subsurface water reservoirs, such as the saline lakes detected beneath the Martian south polar ice cap. These underground lakes could provide refuge for microbial life, shielded from the planet's harsh radiation and extreme temperatures. However, the quest to determine whether life exists or existed on Mars is far from over. There exist many challenges. The Martian surface is bombarded by high levels of radiation due to its lack of a protective magnetic field and a thin atmosphere. This radiation makes the surface environment hostile to life and complicates the search for viable biological signatures. Future

missions aim to address these challenges and uncover these challenges uncover the mysteries of the red planet. NASA's Perseverance rover is currently collecting rock and soil samples, which are planned to be returned back to Earth through a collaborative effort between NASA and the European Space Agency. Analyzing these samples with advanced laboratory equipment on Earth could provide definitive evidence of past or present life on Mars. The discovery of life on Mars would be a groundbreaking achievement in human history, reshaping our understanding of biology, evolution, and our place in the universe. Whether or not we find conclusive proof, the exploration of Mars continues to inspire and challenge humanity, pushing the boundaries of science and technology. In the process, it keeps alive our timeless quest to answer the profound question: Are we alone in the cosmos?

Madhav Tomar
B.Sc.II
2231940040

Are we really saving the environment?

Today we make so many efforts to save the environment like poster making, presentations, holding rallies and sometimes even skits. Do these things really help in saving the environment? Really?

First we cut down the trees, then we make papers from them and then on the same papers we write slogans of "SAVE ENVIRONMENT". We give power point presentations on environmental changes and share knowledge as no one knows what climate change is. We do skits on the same topic. We sit in a fully A.C room to discuss environmental issues. Is this really worth it?

We do everything but not what the environment needs the most. A genuine effort to conserve it. The first step in this regard is massive tree plantation drives. And we can do only more and more plantations from our side for this issue. So please save the environment in an actual sense not only in papers. Plant as many trees as possible.

Yunas
B.Sc.III
22401024

The Interplay of Science and Medicine

Science and medicine are inseparably linked, with each discipline fueling the other to improve human health and extend life expectancy. The evolution of medical science is a testament to human ingenuity, with milestones ranging from ancient herbal remedies to cutting-edge genomic research. This article explores the profound relationship between science and medicine, highlighting their historical development, current advancements, and future prospects.

The origins of medicine can be traced back to early civilizations like Egypt, India, and China, where healing practices were rooted in natural remedies and spiritual beliefs. However, it was the scientific method emphasizing observation, experimentation and rational inquiry that transformed medicine into a systematic discipline. In the 19th century, germ theory revolutionized healthcare by identifying microorganisms as the cause of many diseases. This led to the development of sterilization techniques, vaccines, and antibiotics. Pioneers like Louis Pasteur and Robert Koch laid the foundation for microbiology, bridging the gap between science and practical medicine.

Advances in technology have further accelerated the synergy between science and medicine. The invention of the microscope allowed scientists to study cellular structures, leading to breakthroughs in understanding diseases at the molecular level. Imaging techniques such as X-rays, CT scans, and MRIs have revolutionized diagnostics, enabling doctors to detect abnormalities with unprecedented precision. The development of pharmaceuticals is another example of this interplay. Drugs like insulin, discovered through meticulous research, have saved countless lives. Biochemistry, molecular biology, and pharmacology have been instrumental in understanding how medications interact with the human body, ensuring safety and efficacy.

Today, the integration of science and medicine is more dynamic than ever. Genetic research, fueled by the completion of the Human Genome Project in 2003, has paved the way for personalized medicine. By analyzing an individual's genetic makeup, doctors can tailor treatments to maximize effectiveness and minimize side effects.

Immunotherapy, a groundbreaking approach to cancer treatment, exemplifies this progress. Artificial intelligence (AI) and machine learning are also transforming healthcare. From predicting disease outbreaks to analyzing complex medical data, AI is enhancing diagnostic accuracy and treatment planning. Robots assist in surgeries, making procedures less invasive and recovery times shorter.

The journey of science and medicine is a story of relentless curiosity and innovation. As they continue to evolve together, their partnership offers hope for addressing humanity's most pressing health challenges. By embracing interdisciplinary collaboration and ethical responsibility, we can ensure that the fruits of scientific discovery are used to improve lives worldwide.

*Anshika
B.Sc.II
2231940012*

Hacking Happiness: Unlocking Joy Through Science and Inspiration

“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”
—Aristotle.

This timeless wisdom underscores the universal pursuit of happiness. But how much of our happiness is within our control? Science reveals that joy isn't merely a result of chance or circumstances. It's deeply rooted in biology and shaped by our actions.

Happiness is not just a feeling; it's a complex interplay of brain chemicals. Dopamine, known as the “Reward chemical,” fuels motivation and feelings of accomplishment. Serotonin is a neurotransmitter which promotes mood stability and a sense of calm. Oxytocin fosters connection and trust. As Audrey Hepburn once said, “The most important thing is to enjoy your life, to be happy. It's all that matters.” By understanding the biological drivers of happiness, we can take deliberate steps to enhance our joy. There are certain happiness hacks that have a scientific edge underlying.

1. Exercise

“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.”—John F. Kennedy. Regular exercise releases endorphins, reducing stress and promoting euphoria. Just 20 minutes of physical activity daily can have profound effects on mood.

2. Gratitude

“Gratitude unlocks the fullness of life. It turns what we have into enough.”—Oprah Winfrey. Gratitude rewires the brain to focus on positive experiences. A simple practice, like jotting down three things you’re thankful for each day, can boost overall well-being.

3. Sleep

“A good laugh and a long sleep are the two best cures for anything.”—Irish Proverb. Quality sleep restores neurotransmitter balance, especially serotonin, which is essential for emotional resilience. Aim for 7–8 hours of restful sleep to stay balanced and refreshed.

4. Connection

“Happiness is only real when shared.”—Christopher McCandless. Human connection increases oxytocin levels, fostering trust and belonging. Spending time with loved ones or practicing kindness can significantly enhance joy.

5. Mindfulness

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”—Buddha. Mindfulness practices like meditation reduce stress hormones and improve emotional regulation. Even a few minutes of focused breathing can create a sense of calm and positivity.

In our pursuit of happiness, technology plays an intriguing role. Apps like Headspace and Calm promote mindfulness, while biofeedback devices encourage relaxation. Emerging tools like transcranial magnetic stimulation (TMS) directly influence brain activity to improve mood. Yet, as Albert Einstein said, “happiness never decreases by being shared.” True joy often comes from human connection and shared experiences.

Thus, as Maya Angelou beautifully said, “if you’re always trying to be normal, you will never know how amazing you can be.” Science shows us that

happiness is not intentional habits, we can unlock our full potential for joy and live a life of fulfillment

The choice is yours what will you do today to hack your happiness?

Kavyanjali Kundlas
B.Sc. II
2231940033

The Future of Space: Expanding the Final Frontier

The future of space exploration is no longer a distant dream confined to the pages of science fiction. It is an unfolding reality driven by relentless advancements in technology, the growing involvement of private enterprises, and a renewed sense of curiosity about the cosmos. Humanity stands on the brink of a new era, one that promises to redefine our understanding of the universe and our place within it.

The space age began with the launch of Sputnik in 1957 and was followed by the Apollo moon landings, a milestone that cemented humanity's ability to venture beyond Earth. Decades later, the landscape of space exploration has shifted dramatically. Government-led initiatives by agencies such as NASA, ESA, Roscosmos, CNSA, and ISRO are now complemented by private companies like SpaceX, Blue Origin, and Rocket Lab. This collaboration between public and private sectors is accelerating innovation and reducing the cost of space exploration.

A key aspiration for the future of space is the establishment of permanent human settlements on other celestial bodies. Mars has become the focal point of this ambition. NASA, SpaceX, and other organizations are working tirelessly to develop technologies that will enable humans to live on the Red Planet. Concepts such as sustainable habitats, in-situ resource utilization, and life support systems are being tested to ensure the feasibility of long-term colonization.

Space mining is emerging as a critical component of the future economy. Asteroids, for example, are rich in valuable metals such as platinum, gold, and rare earth elements, which are essential for advanced technologies. Companies like Planetary

Resources and Astro Forge are exploring ways to mine asteroids and transport these resources back to Earth or use them in space to build infrastructure.

Artificial intelligence (AI) and robotics are becoming indispensable tools in space exploration. AI is being used to analyse vast amounts of data from telescopes and spacecraft, identify patterns, and make decisions autonomously. Robotic explorers like the Perseverance rover on Mars are paving the way for human missions by gathering data and testing technologies.

The commercialization of space is another exciting frontier. Companies like SpaceX, Blue Origin, and Virgin Galactic are making strides in space tourism, offering suborbital flights and plans for orbital vacations. While still in its infancy, space tourism is expected to grow into a multi-billion-dollar industry, opening space to civilians and fostering a broader cultural connection to the cosmos.

The future of space is a beacon of hope for humanity's advancement. As we explore the cosmos, we will undoubtedly uncover new technologies, resources, and knowledge that will transform our world. The possibilities are endless, and it is our responsibility to seize this moment and propel humanity forward.

Sukhvinder Kaur
B.Sc. II
2231940076

Science and Religion: A Journey of Dialogue and Divergence

The interplay between science and religion has been a subject of fascination and debate for centuries. While science seeks to understand the natural world through observation, experimentation, and reason, religion offers a framework of meaning, purpose, and moral guidance based on faith and spiritual experience. At times, these two domains have clashed; at others, they have cooperated, complementing each other in profound ways. The dynamic relationship between science and religion reflects humanity's quest to understand the universe and our place within it.

The history of science and religion reveals a complex tapestry of conflict, coexistence, and collaboration. In ancient times, religious explanations dominated humanity's understanding of the world. Natural phenomena, such as thunderstorms or eclipses, were often attributed to the actions of gods or supernatural forces. Yet, many early scientific advancements occurred within religious frameworks. For example, ancient Greek philosophers like Aristotle sought rational explanations for natural phenomena, and their ideas were later preserved and expanded upon by scholars.

The Enlightenment of the 17th and 18th centuries marked a turning point in the relationship between science and religion. Empirical evidence, and skepticism of traditional authority became central to intellectual thought. Scientists like Isaac Newton demonstrated that natural laws, rather than divine intervention, could explain the workings of the universe. This period also saw the emergence of deism, a belief system that reconciled science and religion. Deists maintained that a divine creator had established the world.

While science seeks to uncover the mechanisms of the universe, religion grapples with questions of meaning and purpose. Together, they contribute to a holistic understanding of existence, addressing both the material and existential dimensions of human life. Interfaith and interdisciplinary dialogues are becoming increasingly important in fostering mutual understanding. Organizations like the Templeton Foundation actively promote the integration of science and spirituality, funding research and discussions that bridge the gap between these domains.

The relationship between science and religion is neither static nor monolithic. It is a dynamic interplay shaped by historical, cultural, and intellectual contexts. While conflicts have occurred, they do not define the entirety of the science-religion dialogue. Both science and religion offer unique insights into the mysteries of existence, each contributing to a richer, more nuanced understanding of the world. By embracing dialogue and seeking common ground, science and religion can continue to complement each other, guiding humanity in its enduring quest for knowledge, meaning, and transcendence.

Yashika, B.Sc. III Year, 2221940116

“Importance of Zoology”

Zoology, the branch of biology that deals with the study of animals, is a vast and fascinating field that has captivated human imagination for centuries. From the tiny insects that crawl on our skin to the majestic lions that roam the savannas, the animal kingdom is home to an incredible diversity of species, each with its unique characteristics, behaviours, and habitats.

It is a multidisciplinary field that draws on concepts and techniques from biology, chemistry, physics, and mathematics to understand the structure, function, behaviour, and evolution of animals. Zoologists study the anatomy, physiology, development, and behaviour of animals, as well as their interactions with the environment and other organisms.

Some of the main branches of zoology include:

1. Mammalogy: The study of mammals, including their evolution, behaviour, and ecology.
2. Ornithology: The study of birds, including their behaviour, ecology, and conservation.
3. Herpetology: The study of reptiles and amphibians, including their behaviour, ecology, and conservation.
4. Ichthyology: The study of fish, including their behaviour, ecology, and conservation.
5. Entomology: The study of insects, including their behaviour, ecology, and conservation.
6. Invertebrate Zoology: The study of invertebrate animals, including their behaviour, ecology, and conservation.

Zoology plays a vital role in understanding the natural world and addressing some of the most pressing issues facing our planet. Some of the key importance of zoology includes:

1. Conservation: Zoology helps us understand the behaviour, ecology, and conservation of endangered species, informing conservation efforts.
2. Ecosystem Management: Zoology informs our understanding of ecosystem function and dynamics, helping us manage ecosystems sustainably.
3. Human Health: Zoology contributes to our understanding of animal models of human disease, informing medical research and treatment.
4. Food Security: Zoology helps us understand

animal agriculture, informing sustainable food production practices.

5. Biotechnology: Zoology contributes to the development of new biotechnologies, such as genetic engineering and regenerative medicine.

Thus, zoology is a fascinating and diverse field that offers insights into the biology, behaviour, and ecology of animals. From conservation and ecosystem management to human health and food security, zoology plays a vital role in addressing some of the most pressing issues facing our planet. As we continue to explore and understand the animal kingdom, we may uncover new discoveries and innovations that benefit both humans and animals alike.

Ishika Tomar
Class : B.Sc. II
22319940030

A College Mind

Late nights filled with books and dreams,
Chasing goals, or so it seems.
Pressure high, the stress is real,
A hidden pain that few reveal.

Friends laugh loud, the world feels bright,
Yet shadows linger in the night.
A whisper, a worry, an unspoken fear,
The weight of the unknown draws near.

“It’s okay to not be okay,” they say,
A simple truth that lights the way.
Reach for help, speak your mind,
You’re not alone, there’s hope to find.

In the storm of tests and trials,
Take a breath, walk a mile.
The heart is strong, the spirit too,
College life is hard, but so are you.

So when the nights seem long and gray,
Remember, there’s a brighter day.
You matter more than grades or fame,
A college mind, a heart untamed.

Kavyanjali Kundlas
B.Sc. II
2231940033

Human Mind

Many people think life happens by accident .Not at all. Life is simply a communication by thought patterns that have been established in your mind over time. Proverb says, "As a man thinks, so is he", which means you become what you think. You must always check the pattern of your thoughts.

Your mind consist of three compartments, namely the conscious mind, the unconscious mind and the sub- conscious mind. The conscious mind is where we make decisions on a day to day basis such as attending school and going to work. The unconscious mind is when we do something without even thinking about it such as blinking and changing gear while driving. The subconscious mind stores past experience both good or bad. It functions on the basis of how you have respond to your past experiences.

If you were brought up in a poverty stricken environment, your mind will tell you that you are poor but the game changer is in how you respond to that. If you say, "Yes I am poor" and let what happened to you define you, that's exactly what will stored up in your subconscious mind Go forward no matter how much time you want to live a good life you will have been locked inside the prison of your thoughts and your subconscious mind will keep dictating to you that you are poor so just remain poor.

It's easier to achieve what you have already defined yourself to be because your life is an external reflection of who, you are internally. Your thought patterns are established or programmed either by the way you were brought up or through your lineage. Whichever way, you are still in charge of the way you think. You can always choose your thoughts according to your preferred destiny. Replace your old thinking pattern.

“Think Positive”

Aditi Sharma
B.Sc. II
2231940003

Rays of Resilience

When nights grow long and heavy,
And thoughts like rivers rush, unsteady,
Assignments, exams, the path so steep,
Deadlines chase, while you barely sleep.

Pause, dear heart, take a moment's rest,
Calm your mind, and ease your chest.
The mountain ahead, though tall and wide,
Is climbed by courage, with hope as guide.

Overthinking weaves a tangled thread,
But peace can quiet the storm in your head.
Each step you take, with grit and grace,
Shapes the future, sets the pace.

Stress may knock, and pressure may call,
But inside you, there's strength to stand tall.
A warrior who learns, who grows, who strives,
With every challenge, your spirit thrives.

Anxiety is but a passing cloud,
Beyond the gray, the sun is proud.
Through trials and tests, you're meant to soar,
You're not just surviving, you're meant for more.

Face the storm with steady hands,
The future's bright with new demands.
For strength is built in moments of fight,
And your journey glows with endless light.

Let your heart be calm, your mind be clear,
Victory's near, just persevere.

Shreya Kapoor
B.Sc. II
2231940071

Commerce Section

**If you don't find a way
To make money while you sleep,
You will work until you die.**
Warren Buffett

Content

E-Commerce: Shaping the Future of Shopping - Krishan Gopal

NFT (Non Fungible Token) - Payal

Corporate Social Responsibility - Tejasvee Shubhakar bhandari

Cashless Economy - One Step of Digital India - Adhit Pathak

The Role Of Digital Payments In Modern Commerce - Upasana

E-Commerce: Shaping the Future of Shopping

E-commerce has transformed the way people shop. From clothes and electronics to groceries and services, everything is now just a click away. This growth is driven by technological advancements, secure payment gateways, and widespread internet use.

Global giants like Amazon and Flipkart have made online shopping mainstream, while smaller businesses leverage e-commerce platforms to reach wider public. The COVID-19 pandemic further boosted online shopping, as many businesses shifted to digital platforms to stay afloat.

E-commerce is more than just retail. It includes education, healthcare, and entertainment services, integrating AI and big data to offer personalized experiences.

However, challenges such as cybersecurity and delivery logistics are still the challenges in its way. For students, e-commerce represents a wealth of opportunities, from careers in digital marketing to data analytics. It is not just a trend but a significant driver of global economic growth and innovation.

Krishan Gopal
B.com 2nd year
03502

NFT (Non Fungible Token)

Non fungible token (NFT) is a special kind of crypto asset. Non fungible means unique and irreplaceable. NFT of New York times column earning half a million dollar of charity is a popular example of NFT.

As it can be anything digital, its value is speculative. You can copy a digital file as many times as you want. Its major worth is in community as it can represent the interest and tastes of the people.

NFT is unique as it's like fine art collecting but on virtual basis. People are buying the right to say they "owned this artwork".

- The major platforms of NFT are Nifty gateway
- Open sea
- Super rare
- Foundation
- Known origin

Payal
B.com 2nd Year
03547

Corporate Social Responsibility

Corporate social responsibility (CSR) is a self-regulating business model that helps a company to be socially accountable to itself, its stakeholders and the public.

Types of CSR

Environmental responsibility: Corporate social responsibility is rooted in preserving the environment. A company can pursue environmental stewardship by reducing pollution and emissions in manufacturing, recycling materials, replenishing natural resources like trees or creating product lines consistent with CSR.

Ethical responsibility: Corporate social responsibility includes acting fairly and ethically. Instances of ethical responsibility include fair treatment of all customers regardless of age, race, culture or sexual orientation. Favorable pay and benefits are paid to employees.

Tejasvee Shubhakar bhandari
B.com 3rd Year
21120129

Cashless Economy - One Step of Digital India

Cashless economy is an economy where transaction can be done without physical cash as a means of exchange of transaction but rather with the use of credit or debit card payment for goods and services.

Circulation of a large amount of cash in the economy leads to many problems, including corruption. Cashless economy will solve transmission issues of monetary policy as well as cash management issues in the banking system. In a recently concluded study carried out by the India Development Foundation (IDF), it was argued that, in addition to these, the move towards a less cash-using economy will lead to an improvement in financial inclusion, more digital record-keeping of transactions, a reduction in the costs of transactions and encourage greater growth.

Challenges of Cashless Economy

- One of the biggest challenges towards a less-cash society is that dependency on cash is a deep rooted habit in India.
- The level of customer protection available in paper transactions and electronic transactions in India.
- Hence before cashless system of payment can be widely accepted and used, Consumers must trust and have full confidence in the system.

Adhit Pathak
B.com 3rd Year
21120080

The Role Of Digital Payments In Modern Commerce

Digital payments have transformed the way commerce operates in the modern world making transactions faster, safer and more convenient. Unlike traditional cash based systems, digital payments allow businesses and consumers to transfer money electronically using mobile wallets, credit and debit cards Internet banking and apps like Google Pay and Paytm. This shift has brought significant benefits to businesses, governments and individuals alike.

One of the primary advantages of digital payment is convenience. Consumers can make purchases or transfer money with just a few clicks, eliminating the need to carry cash or visit physical stores for businesses. Digital payments streamline operations, reduce cash handling costs and improve customer satisfaction. Additionally, digital payments play a crucial role in the growth of e-commerce, enabling seamless online transactions and expanding market reach.

Digital payments also promote financial inclusions by providing banking access to people in remote areas through smartphones and digital wallets. Governments benefit from increased transparency and reduce corruption as digital transactions leave a clear audit trail.

However challenges such as cyber security threats and digital divide must be addressed to ensure widespread adoption.

In conclusion, digital payments are driving modern commerce by fostering efficiency, accessibility and innovation They are shaping a cashless economy and redefining how businesses and consumers interact.

Upasana
B.Com 2nd Year
03541

Planning Section

**Economic growth without investment
in human development is
unsustainable and unethical**
Amartya Sen

Content

Contribution of Dr. Manmohan Singh in India Economy - Kavita Verma

Geopolitics and the World Economy - Mohit Thakur

Tax For Health - Akash

Structure of Money Market - Tanish

Understanding GDP - Akash

Digital India : Transforming India into a knowledge Economy - Charanjeet Kaur

Demonetization - Priya Chauhan

Navigating the Economic Storm :- Predicting the 2025 Recession - Ritik Chaudhary

Understanding GST: A Simplified Tax System - Shivani

Contribution of Dr. Manmohan Singh in India Economy

Dr. Manmohan Singh was an Indian politician, economist, nationalist and statesman who served as the Prime Minister of India from 2004-2014. He was the 4th longest serving prime minister after Jawahar Lal Nehru, Indira Gandhi and Narendra Modi. A member of the India National congress, Manmohan Singh was first Sikh Prime Minister of India.

During the 1970s and 1980s, Manmohan Singh held several key posts in the Govt. of India such as Chief Economic Advisor (1972-1976) Governor of the Reserve Bank of India (1982-1985) and Head of the Planning Commission (1985-1987).

In 1991, when India faced a severe economic crisis the newly elected Prime Minister, P.V. Narasimha Rao inducted Manmohan Singh into his cabinet as Finance Minister. Dr. Manmohan Singh's contributions to the Indian economy are immense. As the finance minister in 1991, he played a crucial role in shaping India's economic policies and managing economic crisis.

In 1980 India's economy was heading into a crisis with fiscal deficits, soaring inflation on a high and an acute balance of payments problem in 1991, foreign exchange reserve had dwindled to the point where India could only afford a few weeks worth of imports. Despite borrowing heavily from the IMF, India's foreign exchange reserves continued to plummet and by 1991, the country was on the brink of an economic collapse. At this critical moment, Manmohan Singh introduced a landmark budget that would reshape India's economic future reducing import tariffs, devaluing the rupee to boost exports and opening up sectors like telecommunications, banking and aviation to private and foreign investment.

Dr. Manmohan replaced LPQ by LPG.
L-License L-Liberalization
P-Permit P-Privatisation
Q-Quota G-Globalization

Economic Reforms :-

1) Liberalization :- Dr. Manmohan Singh dismantled the "License Raj" system which required businesses to obtain multiple govt. approvals and introduced liberalization policies to

promote private enterprise and foreign investment.

2) Privatization :- Dr. Manmohan Singh replaced permit to privatisation. The govt. transferred ownership of property to private agencies.

3) Globalization :- Dr. Manmohan Singh opened the country trade and commerce with the rest of the world.

4) Trade Reforms :- He reduced trade barriers and encouraged exports and made India's economy more competitive globally.

5) Fiscal Discipline :- Dr. Manmohan Singh emphasized the importance of fiscal discipline by reducing the fiscal deficit and promoting economic stability.

Impact of Reforms :-

1) Rapid Economic Growth :- India's economic growth rate increased significantly making it one of the fastest growing economy in the world.

2) Increased Foreign Investment :- Foreign Direct Investment (FDI) raised up to 51% in high priority sectors.

3) GDP Growth :- India's GDP grew from \$266 billion in 1991 to \$2.3 trillion in 2018.

4) Reduce Poverty :- Poverty fell from 36% in 1993-1994 to 26.1% in 1999-2000.

*Kavita Verma
M.A. Economics 2nd Sem*

Geopolitics and the World Economy

The term geopolitics denotes a broad analytical framework in international relations, encompassing different phenomena such as political instability, tensions and military conflicts between countries, terrorist threats or geographical events that can have regional or global impacts.

The global economy can be affected by geopolitical events both directly and indirectly through financial, trade and commodity price channels. In terms of financial markets, this happens both through direct capital controls or financial sections, and indirectly through increased uncertainty and asset price surges.

On the trade side, increased restrictions due to tensions between countries can disrupt trade flows and cause supply chain problems even in third-party countries. Restrictions can also affect commodity prices and lead to shortages of key resources such as oil and gas, affecting industrial production worldwide.

Taken together and mutually reinforcing each other, the global economy can experience higher inflation, lower growth and significant welfare losses in times of geopolitical tension.

Following are the most prominent issues impacting the Global Economy at present

1) Experts have identified the elections in the United states; a possible escalation of the Israel-Hamas conflict into a wider conflagration in the middle east and a further deepening of the Russia Ukraine war as top of the list.

2) In relation to the crises in the middle east, a larger regional war has increased due to the Houthi attacks on the ships in the red sea. In addition, there is a risk that the regional war could result in actions against or by Iran that could significantly disrupt Iranian and global oil supplies. Further the crisis in middle east could have a significant impact on global markets even without disrupting oil supplies. Given that approx 12% of global maritime trade passes through the red sea, The Houthi attacks are likely to keep freight insurance rates elevated, cause longer trade journeys, disrupt supply chains and increase inflationary pressures.

3) At the same time, the situation in Ukraine is becoming challenging as the likelihood of a 'de-facto' partitioning of the country has increased. Russia holds material advantage and its military and economic capabilities have strengthened. Ukraine, on the other hand, grapples with manpower shortages need to enhance defence productions.

4) Outside these major risks posed by the conflicts the world is facing other risks posed by unregulated and more powerful AI tools, increased protectionism, which disrupts the trade of critical minerals and the failure to address macro-economics and financial market vulnerabilities.

5) Increased cooperation among rogue states such as Iran, North Korea, Russia and the setbacks to the

Chinese growth model also bring international risks.

Latest researches assessment of global risks indicates that the probability of a deeper economic contraction resulting from monetary tightening, financial shocks and higher energy prices due to heightened geopolitical risks has slightly increased with escalation of conflicts in last few years.

Mohit Thakur
B.A. 3rd Year
22507010

Tax For Health

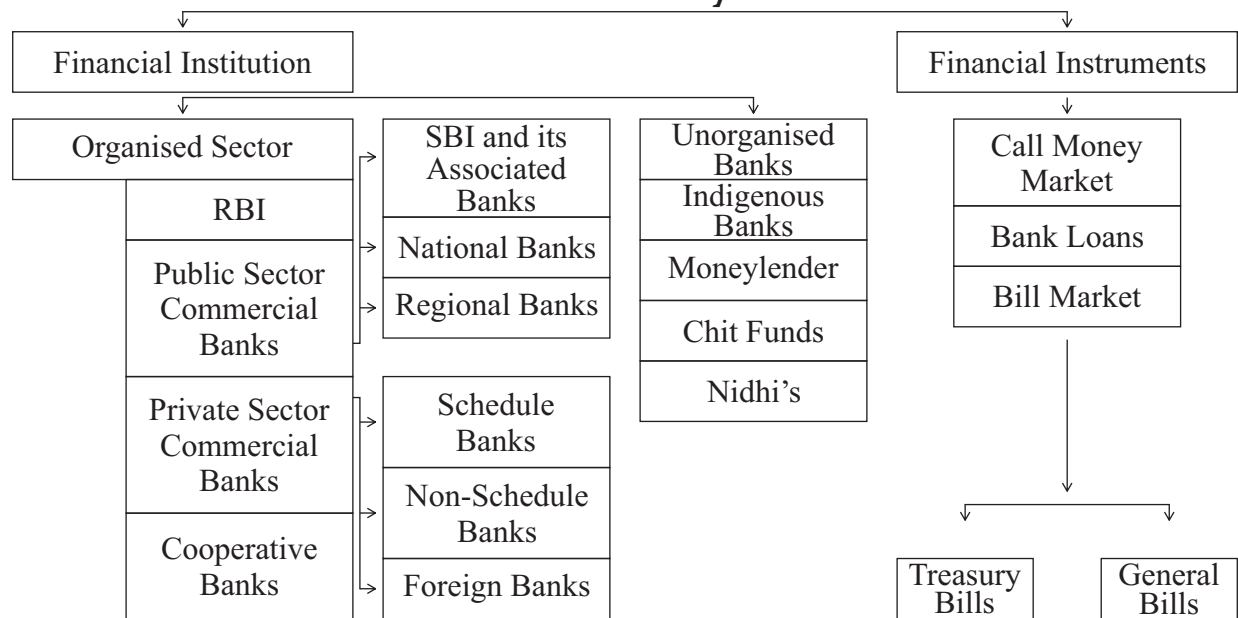
Health taxes are levied on products that have a negative public health impact, for example tobacco, alcohol and sugar-sweetened beverages (SSBs). These taxes are considered win-win policies because they save lives and prevent disease while advancing health equity and mobilising revenue for the general budget. They can also be used for specific priorities such as financing universal health coverage (UHC) or highly cost-effective yet under utilised population health measures.

The aim of health tax policy is to reduce the consumption of products identified risk factors for noncommunicable diseases by making them less affordable through higher prices. This is achieved with regular tax increases large enough to result in real price increases greater than economic growth.

Excise taxes are the most effective tax measure for promoting health because they change the price of a harmful product in comparison to other goods and can be easily increased over time. Consumption is reduced best with taxes based on the quantity of an unhealthy product or its unhealthy ingredient (such as pure alcohol or sugar) rather than taxes based on the product's value.

Akash
B.A. 3rd Year
(Economics)

Structure of Money Market



Here we will talk about the Bill Market of the Indian Market System :-

Bill Market :- A Bill Market deals in short term bills. It is an important component of the Money Market. The duration of bills is generally three months (90 days). Bills are of two types :-

i) Treasury Bills

ii) Commercial Bills

Treasury Bill :- Treasury Bills are the money market instruments issued by the Government. The Bill is issued as promissory note of repayment in the future. The purpose of treasury note is to secure funds to meet the short term fund requirements of the Government. It is done to minimise the fiscal deficit of the country. The bills are purchased by the Reserve Bank of India, Commercial Banks, Non-Banking financial intermediaries like LIC, UIT and GIC. Treasury bills are bought and sold on discounted basis. It means that the amount of interest due on it is paid in the form of the discount in the price charged for the bills. The price is the lower than its face value by amount of interest due on the bill. Interest rate on treasury bill is very low.

Commercial Bills :- Commercial bills are those which are issued by the businessmen or firms in exchange of the good purchased. The buyers using promissory notes promise to pay the seller a specified amount at a particular date on the other hand, the seller issues commercial bills directly to the buyers to pay a specified amount at a particular date for good received. The buyers show his

acceptance by countersigning the bills.

Reserve Bank has been making efforts to encourage the use of bills and develop bills market in India. It has had only limited success so far. The RBI has adopted two specific bill market schemes so far.

Bill Market Scheme 1952 :- Reserve Bank introduced a bill market scheme in January 1952. Under this scheme, the Reserve Bank started to give demands loan to scheduled banks against their promissory notes. These promissory notes were to be supported by the security of bills of their constituents with a tenure of 90 days or less. The bills could be genuine trade bills or not. The scheme itself did not require them to be genuine trade bills. Instead it permitted banks a part of their advances into promissory notes for 90 days. This scheme was not based on any genuine trade bills but on created bills to enable the banks to obtain accommodation from RBI. The Bill market scheme of 1952 was primarily a scheme of accommodation of banks. The scheme did not bother a market in genuine bill.

New Bill Market Scheme 1970 :- To rectify the drawbacks of Bill Market scheme 1952, the RBI introduced a new bill market scheme in November 1970. The main objective of the new scheme is to develop a genuine bill market in India. Main factors of this scheme are :-

- The Bills carried under the scheme must be

- The Bills carried under the scheme must be genuine trade bill. In other words it must be an evidence of sale or dispatch of goods.
- The RBI Rediscounts these bills. Hence, this scheme is also called Rediscounting Scheme.

The new scheme is an improvement over the old scheme. It is the first serious attempt to develop a bill market in India.

Tanish
B.A. 3rd,
22507006

Understanding GDP

Gross Domestic Product is the monetary value of all finished goods and services made within a country during a specific period. GDP provides an economic snapshot of a country and is used to estimate the size of an economy and growth rate. GDP can be calculated in three ways, using expenditure, production and incomes.

GDP is important because it gives information about how an economy is performing. The growth rate of real GDP is often used as an indicator of the general health of the economy. In broad terms an increase in real GDP is interpreted, as a sign that the economy is doing well. The GDP is the total of all value added created in an economy. The value added means the value of goods and services that have been produced minus the value of the goods and services needed to produce them, the so called intermediate consumption.

It is the total value of the goods and services produced during a specific period of time, usually a year (Financial Year). GDP is used throughout the world as the main measure of output and economic activity.

Akash
B.A. 3rd Year
(Economics)
22522008

Digital India : Transforming India into a knowledge Economy

Digital India is a flagship initiative launched by the Government of India in July 2015 with the vision of transforming the country into a digitally empowered society and knowledge economy. The program aims to bridge the digital divide, enhance digital infrastructure and improve the delivery of government services through technology.

Objectives of Digital India :- The core objectives of the Digital India initiative can be categorized into three broad areas:-

1) Digital infrastructure as a utility for every citizen :- The main objective of digital India is to provide high-speed internet access in rural areas, ensuring digital identity through Aadhaar for every citizen and Offering safe and secure cyber infrastructure.

2) Government and services on Demand :- Making government services available online and on mobile platforms. Creating e-government platforms to streamline processes and enhance transparency. Ensuring digital literacy and accessibility for all citizens.

3) Digital Empowerment of citizens :- Promoting digital literacy in rural and urban areas. Encouraging the use of digital platforms for entrepreneurship. Enabling access to digital content in local language.

The initiative is built on nine pillars, which collectively aim to transform various sectors namely Broadband highways, Universal Access to mobile connectivity, Public Internet Access program, E-Government, E-Kranti, Information for all, Electronics Manufacturing, for Jobs, Early Harvest programs.

Achievements :- Key achievements include the rapid expansion of internet connectivity through the BHARATNET PROJECT, Connecting over 2.8 lakh Gram Panchayat. Programs like Digilocker have simplified documents storage and verification, benefiting million unified payment interface (UPI) revolutionized digital payments, enabling billions of transactions monthly. The Aadhar - linked platforms streamlined government

services, ensuring transparency and efficiency in welfare delivery. E-government initiatives like UMANG and E-Hospital enhanced public access to services. Additionally, program like Make in India and Startup India supported by digital India have boosted innovation and entrepreneurship, fostering India's position as a global digital leader.

Future of Digital India :- The future of digital India lies in harnessing emerging technologies like artificial intelligence block-chain and 5G. The initiative aims to further reduce the digital divide, promote innovation and position India as a global leader in the digital economy. Thus, Digital India is a transformative initiative that has the potential to drive socio-economic growth, foster innovation and empower citizens with continued efforts and collaboration between government, private sector and civil society. It can truly revolutionize the way India connects works and lives.

*Charanjeet Kaur
M.A. 3rd sem
15502*

Demonetization

Introduction :- Demonetization refers to clearing a currency unit of its status as legal tender. It can happen for various reasons such as inflation, reducing corruption and moving towards a cashless economy. The old unit of currency unit must be retired and replaced with a new currency. It is the process of ceasing to produce and circulate particular form of currency.

Reason Behind Demonetization :-

1) Combating Black Money :- One of the primary reason is to tackle the issue of black money. Demonetization can force people to deposit large amounts of cash into banks which can help to identify and seize uncleared income.

2) Inflation Control :- Demonetization is used as a tool to control inflation by removing excess cash from circulation. Authorities can stabilize price and ensure economic stability through demonetization.

3) Central Bank Policy :- Central banks may support demonetization to update monetary policy and improve the efficiency of the payment system.

4) Digital Economy Promotion :- Due to demonetization, a nation transitions towards a cashless economy by promoting digital transactions reducing reliance on cash and enhancing transaction transparency.

Demonetization in India :- India,, on November 8, 2016, faced demonetization when P.M. Narendra Modi announced the demonetization of ₹500 & ₹100 Notes. The stated goals include eradicating black money, promoting digital payment. Due to demonetization, we saw widespread chaos-long queues at banks, disruptions in daily transactions and slow down economic growth However, over long term, the India govt. claimed greater tax compliance and increase in digital transaction as positive outcomes.

Economic Implications :-

1) Short-term Disruption :- Demonetization leads to disruptions in every day transaction, particularly in cash dependent economies. Consumers and Businesses face difficulty, leading to temporary slowdown in economic activity.

2) Impact on informal Sector :- The informal economy which depends on cash transaction, suffer most during the demonetization as they face liquidity shortage.

3) Banking Sector :- Increase deposits in banks, enhancing the banks system's liquidity. It can also put burden on banks to manage the deposit and prevent fraud.

4) Long-term Benefit :- The Short term effect can be painful but long-term benefits are increased formalization of the economy and technical advancement in payment system.

Conclusion :- As we know, demonetization has positive and negatives both outcomes. While it promotes digital transactions & decreases counterfeit currency, but its implementation may also lead to economic disruption. This, the government's efforts to minimize disruptions and promote financial inclusion will be crucial in realizing the policy's long term benefits.

**Priya Chauhan
M.A. Economics**

Navigating the Economic Storm :- Predicting the 2025 Recession

As we usher in 2025, a cloud of uncertainty hovers over the global economy. With mounting challenges such as geopolitical tensions, climate upheavals, and escalating debt levels, the specter of a looming recession has captured the attention of economists and policymakers alike. In this comprehensive analysis, we unravel the critical indicators, underlying causes, and potential impacts of an impending economic downturn, along with strategies to weather the storm.

Key Indicators Pointing to a Recession

1) Decrease in Global GDP Growth :- The International Monetary Fund (IMF) has trimmed its global GDP growth forecast for 2025 to 3.2%, a dip from the previously estimated 3.5%. This deceleration is driven by sluggish performance in economic powerhouses like the United States, China, and the European Union.

2) High Inflation Rates :- Persistently high inflation remains a pressing concern. Central banks are grappling with the dual challenge of curbing inflation while sustaining growth. If left unchecked, inflation can erode purchasing power and stifle consumer spending, setting the stage for a recession.

3) Rising Unemployment Trends :- Rising unemployment is often the harbinger of economic trouble. Faced with financial pressures, businesses may resort to layoffs and hiring freezes, pushing unemployment rates higher and dampening economic momentum.

4) Dropping Consumer Confidence :- A drop in consumer confidence can ripple through the economy. When consumers tighten their wallets, spending and investment decline amplifying economic headwinds.

5) Declining Corporate Earnings :- Declining corporate earnings serve as a barometer for business health. Reduced profits may lead companies to scale back on investments and expansion plans, further straining the economy.

What's Driving the 2025 Recession?

1) Geopolitical Tensions :- Ongoing conflicts, such as the Russia-Ukraine war and rising tensions between China and the United States, have disrupted global trade and supply chains. These disruptions increase costs, create shortages, and dampen global economic activity.

2) Climate Events :- From floods to droughts, extreme weather events are taking an economic toll. Agriculture is particularly vulnerable, with crop failures leading to higher food prices. Infrastructure damage from natural disasters further drains resources and hinders productivity.

3) Rising Debt Levels :- Skyrocketing public and private debt levels are hampering economic growth, raising concerns about financial stability. High debt burdens reduce fiscal space for governments and make businesses vulnerable to interest rate hikes.

4) Inflation Pressures :- Unrelenting inflation is reducing consumer purchasing power and deterring discretionary spending. Stagflation—a combination of stagnant growth and inflation—remains a worrying prospect.

5) Federal Interest Rates :- The Federal Reserve and other central banks have raised interest rates to combat inflation. While necessary for long-term stability, these hikes increase borrowing costs, discouraging investments and consumer spending.

Impacts on Sectors

1) Financial Markets :- The stock markets are likely to experience heightened volatility as investors react to economic uncertainties. Sectors such as banking, real estate, and manufacturing may be particularly vulnerable to market fluctuations.

2) Real Estate :- High borrowing costs and waning demand may lead to declining property prices and slowed construction activity. Housing markets may face reduced affordability and investment.

3) Manufacturing :- With reduced demand and rising input costs, the manufacturing sector could face lower production levels and job losses. Energy costs and supply chain issues exacerbate these challenges.

4) Retail :- High inflation and unemployment are squeezing disposable incomes, causing a slump in retail sales and profitability. Non-essential goods are particularly at risk as consumers prioritize basic needs.

5) Technology :- Even the resilient tech sector may feel the pinch, with reduced corporate spending on innovations and upgrades, slowing its growth trajectory. Startups reliant on venture capital may face funding shortages.

Lessons from the 2008 Global Financial Crisis

The 2008 financial crisis provides valuable insights into recession dynamics and recovery strategies. Triggered by the collapse of the housing market and risky mortgage-backed securities, the crisis led to a global economic contraction. Key takeaways include:

- **Regulatory Oversight:** The lack of adequate regulation in the financial sector allowed excessive risk-taking. Post-crisis reforms, such as the Dodd Frank Act emphasized transparency and accountability.
- **Systemic Risk Management:** Interconnected financial institutions amplified the crisis's impact. Strengthening stress tests and capital requirements became critical
- **Government Intervention:** Massive fiscal stimulus and monetary easing helped stabilize economies. Programs like the Troubled Asset Relief Program (TARP) in the US bailed out key financial institutions.
- **Long-Term Consequences:** The crisis left lasting effects, including increased income inequality and public debt, shaping how governments and central banks respond to future downturns.

Strategies to Mitigate the 2025 Recession

Monetary Policy Adjustments

Central banks can adopt measures such as lowering interest rates and implementing quantitative easing to stimulate economic activity.

Fiscal Policy Interventions

Governments can bolster economies by increasing public spending on infrastructure, social welfare

programs and job creation initiatives.

Regulatory Reforms

Streamlining regulations to foster a business-friendly environment can encourage private investment and spur growth.

Global Collaboration

International cooperation is key to addressing shared economic challenges. Strengthening trade relationships and working collectively on global issues can help mitigate the recession's impact.

Strengthening Safety Nets

Expanding unemployment benefits, food assistance programs, and affordable housing initiatives can shield vulnerable populations from the harshest effects of a downturn.

Economic Theories at Play

Keynesian Economics :- John Maynard Keynes argued that government intervention is crucial during economic downturns. Increased public spending and lower taxes can stimulate demand and revive growth.

Monetarism :- Milton Friedman emphasized controlling the money supply to manage inflation and stabilize the economy. Central banks must carefully calibrate monetary policies to avoid deepening a recession.

Supply-Side Economics :- This theory focuses on boosting production through tax cuts and deregulation. While controversial, supply-side policies can encourage investment and job creation during economic slowdowns.

Building a Resilient Future :- While the challenges of 2025 are undeniable, they are not insurmountable. By closely monitoring economic indicators, addressing root causes, and implementing targeted measures, governments, businesses, and individuals can pave the way for a more stable and resilient future. The question remains: Will we act swiftly and decisively to avert disaster, or will the lessons of history go unheeded? The time to prepare is now.

Ritik Chaudhary
M.A. Economics sem iv
50231940007

Understanding GST: A Simplified Tax System

The Good and Services Tax (GST) is a comprehensive, multi-stage, destination-based tax system, implemented to streamline India's indirect tax structure. Introduced on July 1, 2017, GST replaced multiple indirect taxes like excise duty, VAT, and service tax, creating a unified tax framework across the country. It is designed to eliminate the cascading effect of taxes, where a tax is levied on another tax, thereby reducing the overall tax burden on businesses and consumers.

GST is divided into four components:- Central GST (CGST), State GST (SGST), Integrated GST (IGST) and Union Territory GST (UTGST):- Transactions within a state attract CGST and SGST, while inter-state transactions are subject to IGST. The tax is levied at different rates, categorized into slabs such as 5%, 12% and 28% depending on the nature of goods and services. Essential Commodities are either taxed at lower rates or exempted to protect the interests of common citizens.

A key feature of GST is its reliance on technology through the GST Network (GSTIN), a digital platform that facilitates tax filing, compliance and transparency. Businesses can claim input tax credits for taxes paid on purchases which reduces their tax liability and promotes efficiency in the supply chain.

GST has significantly simplified the tax system, fostering ease of doing business and boosting India's economic competitiveness. However, it has faced challenges including initial compliance issues and the need for regular updates to address industry concerns. Despite these, GST remains a transformative step in India's tax reform journey, promoting transparency and uniformity in the taxation system.

***Shivani
M.A. 3rd Sem
15503***

पहाड़ी अनुभाग

जुणीरी झीश, तेइरी की रीश।
जिसकी सुबह उसका क्या मुकाबला।
जो सुबह जल्दी उठकर कार्य को निपटाता है वह सफलता
प्राप्त करता है।

विषय

“मां दी ममता” — स्वाति शर्मा
आमारे कुल का भगवान — सचिन चौहान
एबे की नोई नोई छोरी — सचिन चौहान
अनाणें — साक्षी चौहान
चीते आव तोबे बाबा की बातो — मोहित ठाकुर
बिशु त्यौहार — प्रवेश शर्मा
ध्यायिणी का हिस्सा — अनिशा शर्मा
पहाड़ी भाषा के शब्द — साक्षी चौहान
बूढ़ी दिवाली रा राग — साक्षी चौहान
पहाड़ी किस्से (ओनाणे) — दीपक
कोरोना महामारी — स्वाति शर्मा
पहेलियां — पूजा
पहेलियां — दीपक

“मां दी ममता”

ममता दा एहसास दिलादी ऐ माँ ।
बच्चया दे सुख—दुख च शामिल हुंदी ऐ मां,

अपनी भूखा दा ख्याल न करी के पहले अपने बच्चया जो
रोटी खोआंदी ऐ मां ।

बच्चया दे बास्ते भगवान दा रूप ऐ मां,
अपने बच्चया जो बुरी नजरा ते बचने बासते काला टिका
लगांदी ऐ मां ।

बच्चे पयागा जालू अपने—अपने कमयो चली जांदे ता संजा
तिना दा ओने दा इंतजार करदी ऐ मां ।

बच्चया दी गल्लिया जो वी माफ करदी ऐ मां,
चोट लगदी जालू बच्चया जो ता तड़पदी ऐ माँ ।
बच्चया दे हर इक दर्द दा ईलाज ऐ मां ।

इसी करी के सांजो मां दी सेवा करना चाहिदी एहि सबते
बड़ड़ा धर्म कने कर्म ऐ ।

स्वाति शर्मा
बी०ए० तृतीय वर्ष
22506157

आमारे कुल का भगवान

तु अजर ओसो, तु अमर ओसो,
तेरा अन्त नी होंदा, तु भगवान ओसो ।

तु नारायण शिवजी रा अंश तू हरि—हर ओसो ।।

जोहे रो मिलका नी ।
ऐशा रोहे घर—घर बोसो ।

तेरा शोभाला जन्मदिन ।
तोई बिना जीणा कठिन ।।
तु जोधा महाबली ओसो ।

तु मेरे कुल का देओ,
तु शिरगुल महाराज ओसो ।।

सचिन चौहान
बी०ए० तृतीय वर्ष
22513064

एबे की नोई नोई छोरी

गांठों रि ढोलकी तांबे रि मेको
एबे रि छोरियां तिरछू देखो ।

केल केलारिये आओ नी गुबी,
देंदी नी बाठनों गोईणी उबी ।

शागो रे बदले पिटो पोदिना
एबे री छोरिया उड़ी बोदिना ।

एबे री छोरिया बोणो ली हीरो
सेजा हो पेपरो हिंदी आओ जीरो ।

एबे री छोरिया राजे शी राणी
मुओ दो पोडरो नाको दी छाणी

बाजो रो बाजणो गोई रो बाणो
एबे री छोरिए तिरछू बाणो ।

सचिन चौहान
बी०ए० तृतीय वर्ष
22513064

अनाणें

जाजड़ा और झोगड़ा ओकीकै ठाँए लागो आच्छा
जाये चार मोड तिये पापा ना कोठ ।

पाथा दिया भीरी ओरी शिओदें गोई डोरे
जौसके गाऊ बाछा सै सब्दा आच्छा ।

झुगडे लान्दीयों बेई और बेटा ब्याँदियो बेई बैजाए आव खोरी
मां ओरो दा ठाँए ढो लाखो आच्छी ।

एक दूस हो पाऊँणा दूजे ही पीएं ओरो ताजे का देणा पोडो
डयाले ।
पारी रो आउए धामै—धामै ऐशणै उस ऐशणैई आमे ।

जाजड़ा और झोगड़ा ओकीकै ठाँए लागो आच्छा
जाये चार मोड तिये पापा ना कोठ ।

साक्षी चौहान

चीते आव तोबे बाबा की बातो

जोबे जोबे पोडो बाटो दी रातो, चीते आव तोबे बाबा की बातो
ऐवे रे टोडके पोढी पोढाए, थागदे भाजे होलो शमाए
जोबे गौऐणी देखी घिसरो लातो, चीते आव तोबे बाबा री बातो ।।
एतलो बोचलो दोती खे होलो, साथा साथिये कोड़बा पोलो
एबे आपणी चोरखी आपणा हांडा, भाई ऐ खेलि लुआ भाई शा बांडा
जोबे आपणा छुड़ो बाटो दो साथो, चीते आव तोबे बाबा री बातो ।।
बेटिया रात ऊबी बियाओ, खोरी खे थोई टका टियाओ
ठगड़ा सियाणा सोबी रो सुंचो, जगरा थाणा कोसी न पूछो
जोबे आपणी कुराडी आपणे लातो, चीते आव तोबे बाबा की बातो ।।
कूदा – चोलाई बोणो छूडो, बाबा रो बाणो छापरो चूडो
बीजी गयिणिये पौड़ली, थोई ऐ मेरिया पुराणी चीजों
जबे बेटा ही लाव मुंडो दी शाटो, चीते आव तोबे बाबा री बातो ।
पेटो री आग कालजे हीशो, कोरे ने मेरिया लोगो री मिशो
भाऊँ दुनिया हुटली देशो विदेशो, फोशी दो आपणे भाऊंटू दिशो
जोबे पोडे लिखे छुड़े घोरो घराटों, चीते आव तोबे बाबा री बातों ।।

मोहित ठाकुर
बी०ए० तृतीय वर्ष
2257070

बिशु त्यौहार

बिशु आमारी पहाडी संस्कृति दा विशेष महत्व राखो एजो बिशु पूरे सिरमौर और शिमला के इलाके दो मनाओ । जू एजो बिशु ओसो से बोइशाओं के भिने मनाओ । बिशु का एक आपणा खास महत्व ओसो । एक महत्व तो ओसो महाभारत का युद्ध जू अधर्म गाशी धर्म की जीत मानी जाओ । ऐसी विष्णु को साक्षी मान्य बिशु मुझे 'ठोडे' (थोऊडा) को खेल हो । जू इलाके की बुरी शक्ती खतम कोरो ।

ओरो बिशु का ओका महत्व ओसो ओमारी क्षेत्र विशेष शा जुडा दां । कोर ठोगड़े ऐशो बी बुलो थिए से ओमार शाख (पसल) आच्छी हो थी तो आमे तोबे बी एजो बिशु मोनाओ थिए । ओकी बात ओसो ऐजी जे पुराणे लोग महामारी ओरो अकाल शो बुचणो काने बी बिशु मनाओ थिये । जिंदे का उदाहरण मेरे गाँव "भराईना" को "लाणी" को बिशु ओसों ।

प्रवेश शर्मा
बी०ए० द्वितीय वर्ष
08524

ध्यायिणी का हिस्सा

ओमारे पहाड़ी भाषा दो ध्यायिणी (ध्यांटी) लोडकी खे बुलो । जोवे लोडकी या ध्यायिण शादी कोरियों आपणे शाउरे (ससुराल) खे हुटो तोबे त्यारे माएची (भाई पिता) हर त्यारो बारो मुझे त्यारा हिस्सा थुओ । जु ईयो बातो का प्रमाण ओसो जे ओमारी ध्यायिण ओमारे परिवार का होजो बी हिस्सा ओसो । हिस्से के तौर पादें ध्यायिणी रखे दिवाली मुझे मुड़ा और मांघो के भिने आटा चावल गुड़ो की भेली औरो गुल्टी थुओ । जू दुईने परिवार के आपसी प्यार (ससुराल / माईका) का भी प्रतीक माना जाओं । ऐसी तरीका शा ध्यायिणी का हिस्सा आमारे पडाडी रिवाज का एक प्रमुख अंग हुआ ।

अनिशा शर्मा
बी०ए० द्वितीय वर्ष
06519

पहाड़ी भाषा के शब्द

पहाड़ी	हिन्दी
1) टउके	लड़के
2) कोसका	किसका
3) कुकै, कैथे	कहाँ
4) आमारा	हमारा
5) ऐबे	अब
6) बीस्ती	देर से
7) बाइटी	लड़की
8) ताऊला	जल्दी
9) तिथै	वहाँ
10) उदा बोट	नीचे बैठ
11) थिया	था
12) बाईरे	बाहर
13) सेजी, सेजा	वह
14) तेणे, तेसोमे	उसने
15) बागड़ी	खेत
16) का	क्या
17) का कोरे	क्या कर रहे
18) ठाऊँ	जगह
19) ऐलो	आज
20) दोतिया	कल
21) फोरजो	परसो
22) उबा भीज	ऊपर उठ
23) उदा सूत	निचे सो
24) भितरे	अंदर
25) बायरे	बाहर
26) जाजड़ा	शादी
27) बाइटी	लड़की
28) नानडिया	बच्चे
29) घोर	घर
30) तेसी	उसको
31) होझो	दुबारा
32) सासा	चिंता
33) त्यार	त्यौहार
34) दयालो	दिवाली
35) थिया	था
36) तीसके	उसके
37) अमारा	हमारा
38) बिस्ती	लेट

साक्षी चौहान
बी०ए० द्वितीय वर्ष , 06604

बूढ़ी दिवाली रा राग

सिरमौर के गिरीपार शेत्र के हाटी समुदाय दी बूढ़ी
दिवाली बड़े शोंक से मनाओ,
सभी लोग दिवाली के आगले दूसे अपने अपने घोरो के
जाओ,

दिवाली के दूसे लोग इकठे होओं
और दिवाली के प्रमुख व्यंजन मुड़ा, शाकुली आदि
खाओ,

बच्चे खूब पटाखे जलाओ,
लोग अपने अपने घोरे बौडिया बौडिया पकवान बनाओ,
जैसे-पूड़े, बेडोली, सिड़कू, सुत्योले, पटानडे आदि
दिवाली के तीसरे दूसे बियूरी मनाओ,

ढोल नगाड़े बजाओ और लोग खूब नाचो-गाओ,
भियूरी के साथ दिवाली खे समाप्त करो।

साक्षी चौहान
बी०ए० तृतीय वर्ष
22513042

पहाड़ी किस्से (ओनाणे)

लागी लागी एक लागी, लागी जानी अनेक।
ईआ ने धिजदा तो, अपनी आंखा से तो देख ।।
सेजी जानी मोए लागी जिंदा कालजे पौडा छेक,

गाठे की तोरकारी, पोदने को शाग,
नोई धियानंटी बूढ़ा यार
माथे दी तिवड़ी, लाए तुओ प्यार ।।

एक पाटी चादोर, दो पाटा खेस
आग लागो ईओ दोस्ती दी, जिदां घुडुए लागा डेस।

शीशी भौरी कपूर की, अंदर पाणी की बांऊ।
चांद-सुरज के राम-रोमी तुम बैठो हम जाऊ ।।

दीपक
बी०ए० तृतीय वर्ष,
22533093

कोरोना महामारी

दुनिया दी आई कोरोना बीमारी,
जुणिए सारी दुनिया मारी ।।

फैली रेई महामारी,
शुनी गालियां बाजार खाली,
शड़का भी असौ खाली खाली ।।

म्हारे मिली—जुली ए कुरणा ऐगे रा इलाज,
मास्क पहनो अरा राखो दुरी,
तेबे ई ओणा, सभी रा कल्याण ।।

लॉकडाउन रा न पालण करो
न लगाओ मजरा ना बैने एक साथ
साबुन और सैनिटाइजर रा
प्रयोग करो बार—बार ।।

घरे ई रओ सबी झणे
सेई अस एथे रा इलाज
दयाडे—राती, करोना साई करो लड़ाई
योद्धा बणो देशा रे वीर सिपाही ।।

स्वाति शर्मा, बी०ए० तृतीय वर्ष, 22506157

पहेलियां

1) सास ने मास, बातो लाओ सोबी दी खास ।
(रेडियो)

2) आनल—मानल खोयर खुंडा, दश बांगणी तीन मुंडा ।
(बालदो)

3) देखी तो डोरी, खाई तो मोरी ।
(सांप)

4) हां जाऊ तु किंदा आए ।
(परछाई)

5) दो भाईडी आपस में केलो बेने भेंटो दे ।
(कान)

6) नीलो हांडकू नीली ही बात, सीऊ हांडकू धूटां घाट ।
(फेगुड़ा)

7) ऊंचा मेरा बंगुला खिड—खिड़ी बाट, तेथे बीतरे ओसो
सौं—देय शाठ बिजोउरी बाठ ।
(अडगल)

8) पहले बाजार बांश—बशोड़ा, दूसरे बाजार में कुआं,
तीसरे बाजार में आग लगी, चौथे बाजार में धुआ ।
(गुन्दो)

पहेलियां

इथे दा भागा, नौएणी लागा
बीना फुलटुएं दाणा कीस देय लागा । (तेरमोल)

एक बीघा शो कियारी
दो कानगो चार पटवारी (1 रुपया)

देखणों खे लाल
जे खाई ऊबो तोबे हो बुरे हाल (मिर्च)

काठो रो कोटेरू, लोहे को चोरू
फूटी गो मामिया, हांऊ का कोरू (नांसी)

टेडी—मेडी लकड़ी तींदा पाया रस
जे बोताला मेरी बोझोड़ी रुपया देबी दस (जलेबी)

पूजा, बी०ए० प्रथम वर्ष, 5002

दीपक
बी०ए० तृतीय वर्ष
22333093

Teacher's Section

**Everyone who remembers his own education
remembers teachers, not methods and techniques.
The teacher is the heart of the educational system.**
Sidney Hook

Content

The Hidden Intelligence of Plants - Dr. Jahid Ali Malik

Mathematics - Deepa Chauhan

“My Transformative Journey of NCC at OTA Gwalior:

Where Discipline meets Excellence” - Lt. Dr. Pooja Bhati

पहाड़ बनने की उम्मीद — डॉ जयचंद शर्मा

नशा तुंए कोबी न कोरे। — सुनील शर्मा

अब डर लगता है — डॉ० के० आर० तोमर

The Hidden Intelligence of Plants

When we think of intelligence, plants are rarely the first life forms that come to mind. Rooted in place and silent in their ways, they seem passive, even primitive compared to animals. Yet, recent scientific discoveries are challenging this perception—revealing a quiet, complex world beneath our feet and above our heads where plants not only survive but thrive using strategies that border on what some researchers call "intelligent behavior."

Plants can sense light, gravity, touch, and even chemical signals from neighboring organisms. They can differentiate between friend and foe, send out distress signals when under attack, and even form alliances with fungi to share nutrients across vast underground networks—often referred to as the "Wood Wide Web." Far from being static, they are dynamic organisms capable of learning from their environment and adapting in surprisingly sophisticated ways.

One striking example is the mimosa plant, which can "learn" not to respond to harmless stimuli after repeated exposure—an ability previously thought to be exclusive to animals with nervous systems. In forests, trees have been observed to warn each other about pest invasions through airborne chemical cues, prompting neighboring trees to produce defensive compounds before the threat arrives. These findings invite us to reconsider the very definition of intelligence and cognition.

This growing body of evidence has profound implications—not just for science, but for how we treat our environment. If plants exhibit forms of awareness and memory, what does that say about our relationship with the natural world? Should this change how we farm, deforest, or landscape our cities?

As you flip through the pages of this magazine, we invite you to look at the green world around you with new eyes. The silent forest, the backyard weed, the roadside tree—all are part of an intricate, responsive, and intelligent system that science is only beginning to understand.

Let this issue be a starting point for curiosity, not just about how plants live, but about what they know.

Dr. Jahid Ali Malik
Asstt. Prof. Botany

Mathematics

Teach me not
The baffling calculations
That are for mind
To comprehend .
The innocence doesn't
Meddle in the debit-credit play
Or keep a ledger
To count earning and spending
Or experience
The increasing order of happiness
With each zero added to the account.

Please don't teach me
All that is false
Spurious and propagated.
I have learned the mathematics
Where deductions add
And divisions multiply.
The happiness hard to earn
With a Calculator
Is easy for a heart to gain
Whose knowledge is
Limited to the calculus of
Giving, giving and giving.

Deepa Chauhan
Asstt Prof (English)

“My Transformative Journey of NCC at OTA Gwalior: Where Discipline meets Excellence”

निश्चय का सफर, संघर्षों का साथ,
जीत की कहानी, नए अध्याय की शुरुआत

I still remember the time when I joined the college in December 2020 and was appointed as the Care Taker Officer (CTO) of NCC Senior Wing of our institution, marking the beginning of my transformative journey. Years later, in October 2024, I was selected for the Pre-Commissioned NCC Course (requisite for becoming Assistant NCC Officer) at Officers' Training Academy (OTA) Gwalior, a 135-year-old heritage building that embodies discipline and excellence.

My journey began on a rainy note when our train got cancelled and we had to manage by bus at the eleventh hour. We travelled the whole night and upon arrival at OTA, I bid adieu to my husband and was introduced to my diverse group of roommates, each hailing from a different state - Orissa, Assam, Uttarakhand, and Sikkim. By intentionally mixing states, the trainees were challenged to adapt to unfamiliar settings, developing their ability to thrive in varied contexts. Initially, it was tough to adapt to different cultures and languages. However, within a couple of days, we grew comfortable with each other, bridging the gaps and forming strong bonds. Despite our diverse backgrounds, we came together, united by our shared experiences and goals.

The 75-day military course was an immersive experience, covering General NCC syllabus, Basic Military Skills such as firing, map reading and weapon training, Leadership Skills, Yoga, Sports, and Disaster Management. The day started early, at 5:00 a.m., with a strict no-mobile-phone rule in place throughout the day, barring allocated free time. Mornings were intense with physical activities, while afternoons focused on academic subjects. Evenings were a mix of sports, cultural activities, and preparation. The schedule was demanding, leaving us little time to rest, and by the end of each day, exhaustion would take over, and we'd collapse onto our beds, utterly drained.

The training was rigorous, with a focus on discipline, teamwork, and problem-solving. I

struggled with drill and physical training, but learned to push beyond my limits. Drill gave us the discipline and uniformity that we really lack in our civilian life. We procrastinate, we leave things undone, we blame, we fight. But drill made us learn to be accountable for ourselves and our team mates. Several times, I felt exhausted but I knew I couldn't give up. I remembered these lines by Jai Shankar Prasad:

हिमाद्रि तुंग श्रृंग से प्रबुद्ध शुद्ध भारती –
स्वयं प्रभा समुज्ज्वला स्वतंत्रता पुकारती –

अमर्त्य वीर पुत्र हो, दृढ़-प्रतिज्ञ सोच लो,
प्रशस्त पुण्य पथ है – बड़े चलो, बड़े चलो !

The theory classes were informative and engaging, covering military history, personality development, and nation-building. The Military History classes stood out, with in-depth coverage of key conflicts and inspiring stories of war heroes. Our tutor's firsthand experiences at the border added a unique perspective, making the lessons even more impactful. The outdoor classes were a highlight, with practical demonstrations of fire craft, battle craft, and weapon training. I was thrilled to participate in firing practice with 0.22 rifle and scored 50/50 in the final test.

The OTA experience taught me valuable lessons. We were tasked with practical exercises, such as planning and executing activities, and delivering presentations to judges. I learned to prioritize tasks and manage my time effectively. I developed skills to communicate effectively, motivate my team, and make tough decisions. Learning from the disciplined and humble faculty at OTA was a truly enriching experience. Brig. Jitendra Sharma's teachings on Personality Development emphasized the importance of acceptance and empathy towards diverse perspectives. The positive aura of the faculty created a supportive and inclusive environment.

During my intense training, I faced a personal crisis when I learned about my five-year-old daughter's severe arm fracture, which my family had kept secret to avoid distracting me. Overwhelmed with emotions, I struggled to sleep that night. Despite feeling overwhelmed, I found the strength to persevere, motivated by my family's support and the sacrifices they'd made. Ultimately, my hard work paid off when I received the DG Plaque of

Honour and two gold medals. The emotional reunion with my daughter, who had kept her injury a secret to support me, was a moment I'll cherish forever. This experience taught me the importance of mental toughness and resilience. I learned to channel my emotions into determination and focus, ultimately emerging stronger and tougher. I understood the true meaning of these lines by Maithili Sharan Gupta:

दुःख, शोक, जब जो आ पड़े
सो धैर्य पूर्वक सब सहो
होगी सफलता क्यों नहीं
कर्तव्य पथ पर दृढ़ रहो

The NCC training at OTA Gwalior was a life-changing experience that helped me develop essential skills and values. I am proud to be part of the NCC family and highly recommend it to students seeking personal and professional growth. The memories and lessons I gained will stay with me forever, guiding me as I pursue my goals.

Lt. Dr. Pooja Bhati
Associate NCC Officer (SW)

पहाड़ बनने की उम्मीद

मेरे भीतर छिपे हैं कई पहाड़
जो अक्सर रहते हैं खामोश
हस्तिनापुर के बारूद से
मेरे भीतर छिपी हैं कई नदियां
सूख चुका है अब उनकी आंखों का पानी
नदियों की बूढ़ी आँखें
अब पथराई आंखों की तरह
सूखी रेत नजर आती हैं
मेरे भीतर छिपे हैं कई दरख्त
जो आग और राग का अलाव जलाते हैं
अब सूख चुकी हैं उनकी जड़ें
खत्म हो गया है उनका दर्प, दंभ और दाप
मेरे भीतर छिपी हैं कई आकाशगंगाएं
उसकी सभी भुजाएं टूट गई हैं
मेरे भीतर छिपी हैं कई स्त्रियां
जो कभी महादेवी कभी मीरा लगती हैं
'तोड़ती पत्थर' ने छीन ली है उनकी मुस्कान
मेरे भीतर टूट रही हैं सभी चीजें
मेरे भीतर खत्म हो गई है
अब पहाड़ बनने की उम्मीद ।

डॉ जयचंद शर्मा

नशा तुंए कोबी न कोरे।

आमा—बापु रा ध्यान धोरे
नशा तुंए कोबी न कोरे।

पढ़ाई—लिखाई तुंए एशी कोरे
पेपर मुझे बादी शीट भोरे।

सोशल मीडिया, रिल्स शे रूए दुरे—दुरे
नशा तुंए कोबी न कोरे, कोबी न कोरे।

आपणा काम तुंए समय पे कोरे
बुरी आदतें कोई न कोरे।

आमा—बापु रा ध्यान धोरे
नशा तुंए कोबी न कोरे।

आपणे गांव—गली कोबी न बिसरे
काम आणा सोबी, एकी दुसरे।

सपने मां—बाप रे पुरे कोरे
नशा तुंए कोबी न कोरे।

आमा—बापु रा ध्यान धोरे
नशा तुंए कोबी न कोरे ।।

Sunil Sharma
Assistant Professor
Political Science
(Editor in Pahari Section)

अब डर लगता है

हर बरस
निर्भया की बरसी पर
करोड़ों लोगों की आंखों से आंसू झरेंगे
वही कब्र में उसके घाव को भरेंगे
सिहरन पैदा करने वाला दरिंदगी का वो चेहरा
सारा भारत था दहला जब
16 दिसंबर की भयावह घटना याद करते ही
अब डर लगता है।

दहशत पर एक पन्ना लिखना चाहता हूं
तहलका पत्रिका के मुखपृष्ठ पर
उसे छपवाना चाहता हूं
तहलका की तरह तहलका करके
पत्रकारों से रूबरू होना चाहता हूं
कलम की जुबान से शब्द
और आदमी की नियत का पाँव
कब फिसल जाए
मुंहफट सिरफिरे पत्रकारों से
अब डर लगता है।

शादी हो या त्यौहार
घर हो या बाहर
अनजान पुरुषों से लिपट लेना
परिचित व्यक्ति के साथ होटल की लिपट चढ़ना
बाजार में पैदल चलते
बस या ट्रेन में सफर करते
अब डर लगता है।

पड़ोसी की गाड़ी हो.....
या सहपाठी का कोई पुराना स्कूटर
रोज आती जाती परिचित बस के ड्राइवर कंडक्टर
स्कूल के फाटक तक छोड़ने वाला ऑटो रिक्शा
चालक रेल की सीटी या किसी कारखाने के भोंपू की
आवाज कारखानों में नौकरी करने वालों से
अब डर लगता है।

सड़क पर पीछा करती अपनी ही परछाई
अपने ही पदचाप की आवाज सुनकर
हंसी ठिठोली करते चौराहे पर बैठे नवयुवक
सभ्य समाज का धिनौना चेहरा देखकर
दुनिया की आधी आबादी से
अब डर लगता है।

किसी मंदिर का पुजारी
या मंदिर की ड्योढ़ी पर बैठे भिखारी
सीडी कांड से संलिप्त पाखंडी स्वामी

बाप-बेटे के जिस्म फरोशी आश्रम
झूठे मक्कार बनावटी बाबाओं से
अब डर लगता है।

विद्या के मंदिर में व्याख्यान देता गुरु
न्याय के मंदिर में बैठा जज
कानून बनाने वाले
संसद में बैठे सफेदपोश नेता
भारत के चप्पे-चप्पे पर तैनात खाकी वर्दी
देश के रक्षक ही जाने कब भक्षक बन जाए
खाकी वर्दी से भी
अब डर लगता है।

सड़क पर पत्थर तोड़ता मजदूर
हर रोज डोर बेल बजा बजाकर
अखबार और दूध बेचने वाले
गली में आते जाते हर शख्स
सहेली के दोस्त या भाई से
अपने ही घर में, अपनों के बीच
अपने आप से अकेले में
अब डर लगता है।

अस्पतालों में जिंदगी देने वाला डॉक्टर
दुकानों में बड़ी तोंद लिए बैठा जो
इंच टेप हाथ में थामे दर्जी
वेश्यावृत्ति के दलदल में फंसी
औरत की मानसिकता
मां की कोख में पल रहा बच्चा
कब, कहां कोई दरिंदा पैदा हो जाए
अब डर लगता है।

सड़क पर रात को सफर करते
अपनी ही गाड़ी में परिवार के साथ
न जाने कब कौन गाड़ी रोककर
सुरक्षा कवच तोड़कर
औरत की आबरू से खेल जाए
हरे भरे खेत व जंगल से भी
अब डर लगता है।

इंसानों के जंगल में
सुर्ख आंखों वाले भेड़िए
चलती फिरती जिंदा लाशों के बीच
आदमखोर शेर की तरह
कब, कहां कौन नोच ले
इंसानों की भीड़ में
कौन कहां किस रूप में मिल जाए
आदमी की शक्ल में घूमती हैवानियत से
अब डर लगता है।

डॉ० के० आर० तोमर, सहायक आचार्य, हिन्दी

Shree Guru Gobind Singh Ji Govt. College, Paonta Sahib

Chronicle 2024-25

- 29-07-2024 Reconstitution of Chemigreen Club
- 31-07-2024 One day cleanliness camp organized by the NSS Unit of the college in which NSS Volunteers removed the grass and weed in the campus.
- 02-08-2024 Tree plantation drive organized by the NSS Unit of the college under the campaign “Ek Ped Maa ke Naam” in which around 50 saplings were planted in the college campus.
- 05-08-2024 Constitution of Tech Innovators Club
- 06-08-2024 “Hariyali Teej” celebration a vibrant Mehndi Competition organized by NSS Unit in collaboration with R&R Unit of the college.
- 06-08-2024 to 14-08-2024 Independence week celebration by NSS, NSS & R&R.
- 14-08-2024 NSS Volunteers participated in Tiranga Rally from college campus to Bangran chowk to Vishwakarma Chowk and back to college.
- 15-08-2024 NSS & NCC Volunteers participated in parade and Independence day celebration at Sub Division Level Administration Paonta Sahib.
- 20-08-2024 Tree guards installed by the NSS Volunteers in the college campus to protect the saplings planted on 2nd August 2024.
- 22-08-2024 Induction meeting M.Sc. I Sem by Department of Chemistry.
- 23-03-2024 Guest lecture by Dr. Kundan Sharma, AVP Chemistry, GC Nagrota Bagwan in Department of Chemistry.
- 28-08-2024 Guest Lecture delivered by Prof. Kalyan Rana, Department of Economics on Union Budget 2024-25 to NSS Volunteers.
- 04-09-2024 NSS Unit organized a general house to nominate Group Leaders and Coordinators for smooth functioning of NSS Unit for the session 2024-25.
- 06-09-2024 Concluding function of Chemistry Week by Chemigreen Club of Chemistry Department.
- 19-06-2024 to 28-06-2024 UO Eshika Thakur, NCC (SW) attended Pre Thal Sena Camp-1 at MMU Sultanpur.
- 01-07-2024 to 10-07-2024 Eshika Thakur, NCC (SW) attended Pre Thal Sena Camp-2 at MMU Sultanpur.
- 22-07-2024 to 31-07-2024 4 Cadets of NCC (SW) attended Vibrant Village Camp at Kapla (H.P.).
- 21-08-2024 Swachh Bharat Diwas celebration by NCC (SW) of the college with the motto, “Swabhav Swachhata - Sanskar Swachhata.”
- 26-08-2024 to 30-08-2024 Cadet Kritika, NCC (SW) attended, Mount Abi Gamin Expedition.
- 03-09-2024 to 14-09-2024 Cadet Diksha Sharma attended Basic Leadership Camp at Malout. Punjab.
- 10-09-2024 Four students of college from Red Ribbon Club participated in the district level Marathon organized by the Department of Health and Family welfare in collaboration with the AIDS control society at Nahan.
- 11-09-2024 “HIV and AIDS awareness session” was organized by the Red Ribbon Club of the college.
- 12-09-2024 Induction Meeting.
- 16-09-2024 An Educational tour to “Fish Farm” was organized for the girls students of college by

- Women Development Cell of College in collaboration with Department of Zoology.
- 18-09-2024 “Swachhta Pledge” was organized in collaboration with the Municipal Council, Paonta Sahib which aimed at promoting cleanliness, environmental awareness and social responsibility.
- 18-09-2024 A guest lecture on the topic of "Skin Hygiene and Restoring Youth”, was organized by Department of Botany and Department of Zoology.
- 24-09-2024 NSS Foundation Day was celebrated with full fervor and enthusiasm.
- 28-09-2024 “Swachhta hi Seva” Programme organized in collaboration with MC Paonta Sahib in which college campus and area surrounding the campus was cleaned.
- 01-10-2024 NSS Volunteers Neeraj (BA 3rd), Sonakshi (BA 2nd) participated in State Level Pre-RD Selection Camp at MLSM College Sundernagar, District Mandi on 1st October 2024.
- 05-10-2024 A guest lecture on the topic “Career Options in Horticulture” was organized by Department of Botany in collaboration with career counseling and placement cell of the college on 5th October 2024.
- 08-10-2024 A Flash mob/Nukkad natak programmes on HIV and AIDS awareness was organised by the Red Ribbon Club of the college.
- 14-10-2024 to 16-10-2024 NSS Volunteers participated in lighting of around 21,000 Diyas at Yamuna Ghat at Yamuna Sharad Mahotsav.
- 14-10-2024 to 23-10-2024 NSS Volunteer Neeraj (BA 3rd) was selected to represent Himachal Pradesh in North Zone Pre-RD Selection Camp at Vivekanand Global University, Jaipur, Rajasthan from 14th October to 23rd October 2024.
- 18-10-2024 Swachhta pledge.
- 18-10-2024 to 20-11-2024 Cadet Kritika, NCC (SW) attended, Basic Mountaineering Camp at National Institute of Mountaineering, Uttarakhand.
- 23-10-2024 to 27-10-2024 Nipun Testing Camp for Rangers held at Rewalsar (Mandi)
- 24-10-2024 Reel Making Competition on HIV and AIDS awareness was organised by Red Ribbon Club of college.
- 21-10-2024 to 27-10-2024 Two NSS volunteers of our college Rajneesh Kumar (BA 3rd year) and Parul Chauhan BA 3rd year) participated in National Integration Camp held at Panipat, Haryana
- 23-10-2024 Mole day poster contest.
- 08-11-2024 Lecture on Women Empowerment was organized by the Women Development Cell of College.
- 09-11-2024 Poster making competition on Women Empowerment was organized by the Women Development Cell of College.
- 09-11-2024 Poster Making Competition on HIV and AIDS awareness was organized by Red Ribbon Club of college.
- 09-11-2024 “My Bharat Outreach Programme” organized to inform NSS volunteers about the important aspects of My Bharat Programme.
- 10-11-2024 Nipun Testing Camp for Rovers held at Rewalsar (Mandi)
- 14-11-2024 The Power Point Presentation Competition, focused on the themes "Climate Change and Its Impact on Global Flora” and “The Role of Botany in Sustainable Agriculture” was

- organized by the Department of Botany.
- 16-11-2024 NSS Volunteers participated in the Jagannath Rath Yatra in Paonta Sahib.
- 20-11-2024 NSS Volunteers participated in the Mock-Drill organized by the Homeguard Department in collaboration with the Disaster Management cell of the college.
- 25-11-2024 NSS Volunteers visited the Civil Hospital Paonta Sahib to help patients and clean the surroundings under the initiative “Hospital Volunteering”.
- 27-11-2024 to 01-12-2024 Pre-RDC Camp for Rovers and Rangers held at Rewalsar (Mandi)
- 29-11-2024 Slogan Writing Competition on HIV and AIDS awareness was organized by Red Ribbon Club of College.
- 30-11-2024 “Human chain formation” in college campus and Nukkad –Natak programme in Shubhkhera village was organized by Red Ribbon Club of college on occasion of World AIDS day.
- 03-12-2024 One day educational tour to Shri Renuka Ji was organized by the NSS Unit of the college.
- 04-12-2024 Lecture programme and sanitary demonstration on the subject of “Women Hygiene” was organized by the Women Development Cell of College.
- 06-12-2024 NSS Volunteers participated in an Educational and Cultural Programme organized by the Department of Social justice and Empowerment.
- 06-12-2024 Jam session on drug abuse.
- 18-12-2024 to 29-12-2024 2 NCC (SW) Cadets attended Army attachment Camp at Pathankot.
- 19-12-2024 to 03-02-2025 Cadet Kritika, NCC (SW) attended Winter training Camp at Siachen.
- 20-01-2025 to 26-01-2025 State Level Republic Day Parade Preparatory camp held at Shimla.
- 26-01-2025 Cadet Sunny Singh Participated In Republic Day Camp And Selected For Kartavya Path Parade.
- 05-02-2025 NSS Volunteer Krishna Gopal (B.Com 3rd) participated in the National integration Camp at Chandigarh University, SAS Nagar Mohali from 5th February 2025 to 11th February 2025.
- 13-02-2025 Opening ceremony of NSS Seven Days Special Camp with the theme of “Youth for Digital Literacy” organized with Sh. Mahesh Khurana, Municipal Councillor, and President Rotary Club as the chief guest.
- 15-02-2025 “Teach AIDS” movie show was organised by the Red Ribbon Club of college for HIV and AIDS awareness among students.
- 19-02-2025 Closing Ceremony of NSS Seven Days Special Camp with Prof. Sulaxna Sharma as the chief Guest. Keval (BA 2nd) and Guddi Devi (BA 3rd) were declared as the Best Volunteers (Male and Female respectively) in NSS Seven Days Special Camp.
- 18-05-2025 Cadet Kritika scaled Mount Everest during Mount Everest Expedition by NCC under Ministry of Defence

Form-IV

(See Rule 8)

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Certificate: I, Deepa Chauhan, hereby solemnly declare that the above information is correct to the best of my knowledge and belief.

Deepa Chauhan
Chief Editor

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Principal with Bhanuja Editorial Team



Principal with Department of M.B.A.





Placid Renukajee Lake



Panoramic View From Nahan Town



Sacred Yamuna river



Majestic Tons River

Cover Page Photo : View of Churdhar peak



Shree Guru Gobind Singh Ji Government College, Paonta Sahib, Distt. Sirmour (H.P.)
Ph. 01704-223357, Website: www.gcp.ac.in, E-mail: gcpaontasahib@gmail.com