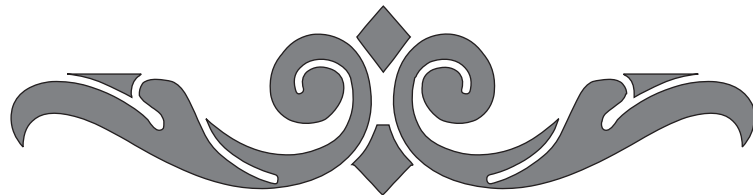


Parbat Rekha



Chronicle Section

2023-24

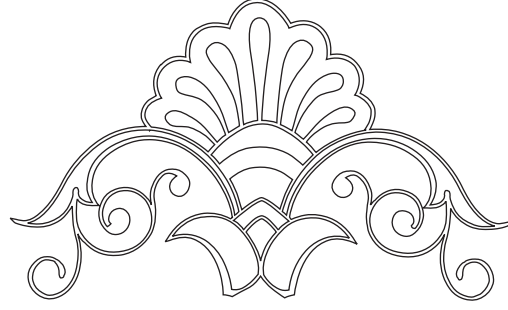


ACADEMIC SESSION AT A GLANCE: REFLECTIONS 2023-2024

1. Summer Vacation: 05.06.2023-29.06.2023
2. Admission Process for the Session: 30th June onwards
3. Formal release of College Prospectus for different streams and courses: 14th July.
4. Regular Teaching: 18.07.2023 onwards
5. Celebration of Kargil Vijay Diwas by NCC Unit: 26.07.2023
6. Inaugural session of "Meri Mati Mera Desh" under Azadi ka Amrit Mahotsav and Registration cum orientation drive by NSS Unit: 05.08.2023.
7. Plantation Drive under Azadi Ka Amrit Mahotsav: 09.08.2023
8. BBA Fresher's Party: 12.08.2023
9. Cleanliness Drive by NSS Unit : 15.08.2023
10. PTA Meeting: 16.08.2023
11. G-20 Awareness Rally: 22.08.2023
12. G-20 Environment Awareness Lecture: 23.08.2023
13. Induction cum Counselling Program with freshers of BA 1st Year and BCOM 1st Year : 29.08.2023
14. Induction cum Counselling Session for students of BSC 1st Year : 31.08.2023
15. Campus Cleanliness Shramdaan by NSS Unit: 13.09.2023
16. Hindi Divas Celebration: 14.09.2023.
17. Slogan Writing Competition on World Ozone day: 16.09.2023.
18. Plantation cum campus beautification drive by Eco Club: 26.09.23-30.09.23
19. Himachal Pradesh University Youth Festival Group I : 28.09.2023-30.09.2023.
20. Honoring students of the Institution for achieving prominent positions in Group I: 30.09.2023
21. Punit Sagar Abhiyaan (Collection of Plastic Waste): 02.10.2023.
22. Amrit Kalash Yatra by NSS Unit: 07.10.2023.
23. Cleanliness Drive by Rovers and Ranges Unit: 12.10.2023.
24. One day Industrial cum Education tour organized for BSC. I Students : 21.10.2023.
25. Felicitating students of the college for securing first position in skit in group IV of HPU Youth festival: 25.10.2023.
26. Honoring NCC Cadets for winning medals in different activities at CATC-142, Sirmour : 26.10.2023
27. Honoring Ms. Vasundhara of BCA for bagging second position in the HPU Inter college Youth festival group II at G.C. Rampur : 31.10.2023.
28. CSCA Oath ceremony: 31.11.2023.
29. Entrepreneurship Mela organized by students of BCA Department: 04.11.2023.
30. Honoring the Promising wrestlers of the college for bagging 1 Gold, 1 Silver, 1 Bronze (W) and 4 Gold, 1 Silver and 3 Bronze medals (M) in the HPU Inter College Wrestling Competition: 06.11.2023.

31. Diwali Break: 11.11.2023-15.11.2023
32. Organization of Health Camp in College in Collaboration with health department, Nalagarh: 20.11.2023.
33. Rangoli Competition by Road Safety Club: 20.11.2023.
34. Felicitation of the students for winning the silver Medal in HPU youth festival, Taekwando Competition (M) at GC Dhama: 21.11.2023.
35. Counselling session by CID Unit BBN Nalagarh on 'Unite against Drug Abuse and Crimes of Women and Children': 22.11.2023.
36. NCC Day Celebration: 25.11.2023
37. Observed Constitution Day: 25.11.2023.
38. Felicitation of Students for bagging second prize in Distt level Quiz competition held at IEC University Baddi 29.11.2023.
39. Lecture by SHO Nalagarh on 'Road Safety: Challenges and Solutions': 29.11.2023
40. Honoring Students for winning runners up trophy by bagging 3 silver and 1 bronze medals in HPU inter college Wushu competition: 30.11.2023.
41. Rangoli Competition and Poster Making competition on World AIDS Day by Red Ribbon Club and NSS Units : 01.12.2023.
42. Mid Term Examination: 04.12.2023-13.12.2023
43. Honoring Weightless of the College for bagging Silver Medal in HPU Weightlifting competition held at GC Daulatpur Chowk, Una: 04.12.2023.
44. Smart Investors Awareness Programme organized by Securities of Exchange Board of India: 16.12.2023.
45. One day Cleanliness Drive by Rover and Rangers 16.12.2023.
46. Job Fair : 18.12.2023
47. Poster Making Competition by Road safety club 19.12.2023.
48. Quiz Competition : 20.12.2023
49. Essay Writing Competition: 26.12.2023.
50. Annual Athletic Meet: 21.12.2023- 22.12.2023
51. National Mathematics Day: 23.12.2023.
52. Felicitation of NCC Cadets (G) for bagging best Institution Trophy at 10 day NCC ATC-134: 24.12.2023.
53. Harit Dhara Eco Club Campus beautification campaign: 31.12.2023.
54. Winter Vacation: 01.01.2021-04.02.2024.
55. One day educational trip of BSc 3 students to Shiwalik Solid Waste Management Centre Dabhota : 31.12.2023



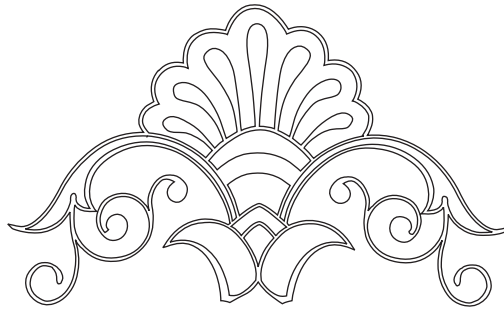


Parbat Rekha

Teacher

की कलम से

2023-24



Why should History be studied ?

As a Professor of History, I am often asked by students and parents the reason for studying the past. With new technologies and globalizing world, some wonder if history is still important today. My answer is affirmative. History remains deeply valuable for students in India and worldwide. Studying history teaches critical thinking skills. By analyzing complex events over time, one learns to look at facts objectively, question assumptions, and interpret evidence. This helps to become discerning citizens. History also provides context for understanding today's world. By exploring how past events shape modern times, one gains perspective on current issues and conflicts. This context is crucial for making sense of the world around. Studying India's rich and diverse history builds cultural literacy. It allows one to appreciate the many contributions that formed the shared identity and promotes respect in the multi-cultural society. Crafting evidence-based historical narratives also teach important skills. These skills helps to develop persuasive, accurate accounts useful across careers. Finally, studying history is intellectually rewarding. Uncovering insights into past events and making connections across eras provide a profound sense of discovery. The human story is endlessly fascinating and complex. Its study trains flexible and curious minds.

In the fast-changing world, history may seem outdated. But its lessons remain relevant for India's future. Studying history builds skills for engaged citizenship and imparts timeless wisdom. It anchors one to an increasingly globalized era. For these reasons, I encourage new generation to explore India's historical heritage. The past nurtures young minds to shape India's future.

Prof. Shipra
Assistant Professor in History
GDC, Nalagarh

नशा एक अभिशाप

नशे के विषय में इतना कुछ कहा सुना गया है कुछ भी लिखना बेमानी लगता है। परन्तु अगर अध्यापक ऐसा सोचने लगे तो मानवता को गर्त में जाने से कोई नहीं रोक सकता। अतः इस विषय को थाड़ा अलग ढंग से समझने का प्रयास करेंगे। अब तक नशे की आदत को सामाजिक, शारीरिक, मानसिक एवम आर्थिक रूप से घातक बताया गया है। मेरा मानना है यह इससे कहीं बड़ा विषय है। नशा हमारे विराट मानव मन और शरीर पर बहुत बड़ा और घातक प्रहार है। यह मनुष्य की असीमित क्षमताओं से परिष्कृत चेतना को सीमित दायरों में बांधने जैसा है। साधरणतया जिस परिस्थिति या समस्या से भागने के लिए मनुष्य नशा करता है। नशा उतर जाने पर वह समस्या या परिस्थिति और भी विकराल रूप में खड़ी मिलती है। इसका कारण यह है कि समस्या को समझने की बुद्धिकी स्पष्टता को नशा कुंद करता है। मनुष्य परिस्थिति की विवेचना करना और उसको निष्ठा पूर्वक हल करने की चेष्टा करने के स्थान पर पुनः नशे की शरण में जाना पसन्द करता है। इस तरह जीवन की समस्याओं से भगने वाले लोग नशे के कुचक्र में फंस जाते हैं।

हमारा शरीर रसायनिक तत्वों की एक फैक्ट्री है। नशा शरीर की रासायनिक संरचना के साथ इतना भयावह खिलवाड़ करता है, कि अब आप इसके बिना रह नहीं सकते तथा नशे की लत का शिकार हो जाते हैं। किशोरावस्था की उत्सुकतावश हंसी मजाक से शुरू हुई नशे की छोटी-छोटी आदते आपको सारे जीवन के लिए मानसिक एवम शारीरिक रूप से विकृष्ट बना देती हैं। मैं यहाँ पर उस तबके के विषय में बात नहीं करूंगी जो आनन्द मनाने और पैसा उड़ाने के लिए नशा करते हैं इस तबके की नशे की आदते पीछे भी विस्तृत मानसिक समाजिक विज्ञान है। परन्तु उस पर चर्चा करने से हम विषय से भटक जाँगे। हम अध्यापकों की चिन्ता का विषय हमारे युवा छात्र छात्राएँ हैं जोकि किसी न किसी नकरात्मक प्रभाववश नशे की चपेट में आकर अपना छात्र जीवन एवम भविष्य बर्बाद कर लेते हैं। जैसे कि हमने पहले भी समझा कि शरीर रासायनिक तत्वों की फैक्ट्री है। हम अपनी विभिन्न प्रकार की क्रियाओं आदतों, व्यवहार एवम सोच समझ के कारण अलग अलग समय में अलग अलग रासायन का उत्पादन विना जाने समझे करते रहे हैं। अच्छी आदतों को अपनाकर अपनी रुचियों के प्रति सजगता से सोचकर एवम दिनचर्या में खेलकूद, दौड़ना तथा अन्य व्यायाम शामिल करके आप नशे से बचे रह सकते हैं। अतः बच्चों, खूब दौड़ो, खूब खेलो। अपनी रुचियों को पहचानो। रुचि के क्षेत्र में अपनी मन बुद्धि का यथाशक्ति प्रयोग ऐसे हारमोन्स एवम अन्य रसायनों से शरीर को उद्वेलित कर देता है कि आपको नशे जैसी किसी विमार बनाने वाली वस्तु की आवश्यकता नहीं पड़ेगी।

यह लेख (शब्द सीमा में बंधे होने के कारण) पूर्णतय नशे से बचाव पर केन्द्रित हैं। अतः नशा बेचने वालों के खिलाफ आप क्या कर सकते हैं। वह भी चर्चा नहीं करूंगी। आप में से बहुत से बच्चे जानते हैं, उन्हें क्या करना चाहिए। अध्यापक और अभिभावक होने की हैसियत से एक बात और कहना चाहूंगी। वह बच्चे जो किसी कारण वश नशे की चपेट में आ चुके हैं और किसी से बता नहीं पाते, हम सभी अध्यापक आपकी मदद करने के लिए सदैव तत्पर हैं। हम वादा करते हैं। हम आपको इस दल दल से निकालने में सहायता करेंगे, सम्भवतः निकाल ही लेंगे। शर्त यही है कि आप अपनी नशे की आदत को विमारी के रूप में स्वीकार करें एवम उससे मुक्ति के लिए तत्पर हो जाएँ। इच्छाशक्ति संसार की सबसे बड़ी शक्ति है। मैं इश्वर से प्रथना करती हूँ। ईश्वर सब बच्चों को सदबुद्धि दे।

डा. शुक्ला राणी
सहायक प्राध्यापक
शिक्षा विभाग

Winning the College Maze: with Stoic Strength and Gita's Wisdom

College is a colourful tapestry made up of social, existential, and academic strands that can occasionally become so tight it feels like you're choking. Feeling lost in this maze with your compass spinning, it's simple to see a decline in your mental well-being and a loss in clarity. But young explorer, do not be afraid! The resilient Stoics and the wise Gita, two ancient allies, offer lanterns to lead the way.

"Pay attention to what you can control, such as your sleep schedule or emotional impulses," whisper the stoics. The others are like clouds; you can't drive them away, but you can learn to manoeuvre around them, much like social media storms or exam anxiety." Consider a difficult project in the same way as a Spartan warrior going into a difficult campaign. You hone your analytical abilities (study skills), modify your strategy (time management), and charge in with grit, overcoming unforeseen obstacles without allowing worry or self-doubt to get in the way. What's the point? Focus on the fight not the fear.

Bhagwat Gita give us the wisdom, "Let not fruits of action be your motive, neither attachment to inaction. The results aren't your burdens to bear." So we should not need to constantly prove ourselves but embrace the joy of learning for its own sake.

Whole life is a test. It's like Arjuna facing Duryodhana's tricks, it becomes a chance to learn, adapt, and rise stronger. Let not the focus on grades or validation become your motive; instead focus on the knowledge itself.

Both schools of thought teach you to ground yourself in the here and now, much how a yogi finds serenity in the middle of the circus. Without passing judgement, observe your thoughts and fears as they pass by like clouds. Being aware acts as a buffer against stress, enabling you to react with inner peace rather than aggressive emotions. Pay attention to the breath, the step, and the current conversation, and observe how your mental health blossoms .

This inner control blossoms into deep relationships, which strengthen resilience by creating a sense of belonging. Instead of becoming a social media king seeking approval, be a beacon of acceptance and respect amidst the confusion of college life. Show compassion to everyone, irrespective of their number of followers or background. Empathy and understanding become your golden bridges in the various colors of college life, creating a community where everyone feels safe and supported. Focus on the journey of shared experiences, not the destination of social rankings, and watch your sense of belonging bloom.

These are lifelong quests for wellbeing and self-discovery rather than fast solutions. However, their core principles – control what you can, let go of the rest, focus on the present, and build meaningful connections – offer a powerful map for navigating the college maze while also protecting your mental health. By embracing Stoic strength and Gita's wisdom, you can transform this transient phase of college into a journey of inner growth, authentic fulfilment, and resilient mental wellbeing. You'll emerge from the chaos not just academically successful, but also strong, resilient, and compassionate, ready to make a positive impact on the world, and a true warrior of your own life.

Davesh Sharma
Assistant Professor Department of philosophy



TOWARDS A BETTER SPOKEN ENGLISH

By: Dr Suneela Sharma
Associate Professor of English

Today English has become World Link Language. It is the native language of more than 400 million people and many more people spread worldwide with Americans, British, Australians, Canadians, and Scottish speakers having various accents of their speech. It is not surprising that we in India too have a marked pan Indian accent. Moreover, English in India has acquired different regional accents due to the influence of the various regional languages spoken in different states. This hinders its intelligibility not only at the international level but at the national level as well. English is our national link language, the bridge that breaks language barriers, apart from being the state language of a couple of the north-east states-Meghalaya and Arunachal Pradesh. Therefore, it becomes very important, at least for the educated Indians, to adopt a uniform accent of English. For this the educators and learners must follow the accent called Received Pronunciation, commonly called 'British accent' that even the Indian news readers follow on the national news channels. To learn good pronunciation it is imperative to follow the followings steps :-

- « Become aware of the deviations of your English speech from RP by listening to a good model of speech,
- « Know the sounds of English – all the 20 Vowels and all the 24 Consonants,
- « Know the region based errors in your English speech.
- « Practice regularly with a conscious introspection.
- « Overcome hesitation by learning from the best dictionaries. Preference are :-
 - i. Oxford Advanced learners Dictionary.
 - ii. Pronouncing dictionary by Daniel Jones.

Some of the common errors of our state:-

1. Inter mixing of /e/ and /ae/ before or after nasal sounds by the speakers of district Shimla and Kullu e.g. :-
Pain>Pan, Main >Man, Chain>Chan
2. /ae/ becomes /e/ in District Kinnaur ...
e.g:- Van > Vain
Band > Bend
Pant > Paint
3. Inter mixing of (o) and / ao/ when used in front or behind nasal sounds in the speech of speakers from Kullu and otherwise by the speakers of Kangra and Mandi
Kullu:-
Phone > Fao n
Loan > Laon
Kangra:-
Forty > Pho:rtly
Naughty > no:ty
4. There is confusion while using /l/ and /i/ sound as in :
Chip > Cheap
Ship > Sheep
Live > Leave
Slipper>Sleeper

Thus, the first step to improve our speech of English is to know errors in our speech.



The Scenario of Sanitation- World & India

Poor sanitation is one of the leading risk factors for child mortality worldwide. Improved sanitation, the practice of appropriate hygiene and use of improved sources of drinking water would prevent 2.4 million deaths (4.2% of all deaths) annually including an estimated 1.2 million children under age of 5 who died from diarrhea (UNICEF).

Diarrheal diseases are transmitted through human excreta and it is therefore critically important to have effective barriers in place to prevent this major transmission route. Childhood underweight causes about 35% of all deaths of children under 5 years of age worldwide. Estimated 50% of this underweight or malnutrition is associated with repeated diarrhea and intestinal nematode infections.

It is no surprise that much health attributable to lack of hygiene, sanitation and water. Only 63% of global population used improved sanitation facilities. At this current rate we can miss the SDG Goal 6 of proper sanitation. In 2010 44% of the population in developing countries was without improved sanitation.

Regions facing great challenges are Sub Saharan Africa (70% population without sanitation) and south Asia (59% population without sanitation) as quoted by WHO.

Improved sanitation generates both social and economic benefits. The main motivations for sanitation adoption includes-

- The desire for privacy.
- To avoid embarrassment and to be modern.
- The desire for convenience.
- To avoid discomforts or dangers.
- For social acceptance or status.

Scenario in India

Among sanitation practices open defecation poses the great threat to human health. It is a stigma to human dignity. Open defecation happens to be traditional behavior in rural India. One of the targets of Millennium development Goals was to half the proportion of the population without basic sanitation between 1990 & 2015. The MDG Goals Report 2012 highlighted that despite improvements in most of the developing regions the target is still out of reach. As per this target about 76% of households

lacked any sanitation facility in 1990 and India was required to reduce this proportion to 38% by 2015 (UNDP 2102).

United Nations University (2010, April 14) remarked, ``*Although India can be called country wealthy enough considering the fact that around half of its population owns mobile phones, yet about same number of people don't have access to basic dignity of a toilet.*``

Though proportion of people practicing open defecation is decreasing the absolute number has remained at over 1 billion for several years, because of population growth, most of them 59% in India (WHO).

About 77% of all households in India practiced open defecation in 1991 & by 2011 this proportion declined to 54% but in India this proportion is as high as 67.3% (GOI). National Average of Availability of Toilets in 1991 was 23.70% which increased to 46.92% in 2011.

Lakshadweep UT topped position of availability of toilets with 98% availability in 2011 followed by Kerala (95%) and Mizoram (92%). Lowest availability of toilets was in Jharkhand followed by Odisha and Bihar. Sikkim was declared open defecation free in October 2016 followed by Himachal

Pradesh. Under Indian Constitution sanitation and water supply is a state responsibility. Current central government makes policies related to water supply and sanitation. States plan, design and execute water supply schemes. This is a well established fact that as such there is no autonomous regulatory agency for water supply and sanitation at national level in India. Both rural and urban sanitation policies are developed independently & are managed by different government departments. Thus, Indian sanitation policy is focused on decentralized solutions instead of a centralized treatment.

The GOI has introduced a variety of programs and policies to eradicate the problem of open defecation like Integrated Cost Sanitation Scheme (IICS), Mega City Scheme, Integrated Development of Small & Medium towns (IDMST), Swachh Bharat Abhiyan & so on.

Despite this problem of sanitation have been looming large. There may be numerous reasons for the failure of policies among them is lack of awareness among people which is a key factor. In general belief sanitation has been accorded low priority & there is poor awareness about its inherent linkages with public health.

**Sindhuja Sharma Assistant
Professor Department of
Geography**



लुप्त होते संस्कार

मनुष्य जीवन में संस्कारों का बेहद महत्वपूर्ण स्थान है जिसका रोपण गुरु के रूप में माता पिता द्वारा ही संभव हो सकता है। बच्चे की शिक्षा का प्रथम अध्याय घर से ही प्रारंभ होता है जैसे तो संस्कारित शिक्षा बच्चों को कभी भी दी जा सकती है। पर मनोवैज्ञानिकों के अनुसार बच्चों में अच्छे संस्कारों के बीच 16 वर्ष की आयु तक ही चले जा सकते हैं। ताकि एक सुनहरे जीवन का आरंभ हो सके। बचपन से ही जो संस्कार माता-पिता द्वारा आपनी संतान को दिए जाते हैं। आगे चलकर वही आगे उनके भावी जीवन की उन्नति और अवनति के कारण बनते हैं। वही संस्कारी बालक आगे जीवन में माता-पिता की प्रतिष्ठा एवं स्वयं सुख का भोग करता है। हमारी प्राचीन शिक्षा मनोवैज्ञानिक सिद्धान्तों पर निर्भर थी। बच्चे में गुरु, माता पिता, बड़ों का सम्मान करना और धार्मिक कार्यों में रुचि पैदा की जाती थी। उनके प्रति पूजनीय भाव शुरू से ही जोड़ दिया जाता था। ब्रह्मचार्य का पालन करते हुए पवित्र, भोजन, पवित्र भजन, पूजा, यज्ञ, अध्यापन, आदि से पवित्र भावनाओं के साथ गुप्त मन का उदय होता था। घर का वातावरण उच्च नैतिक मूल्यों से परिपक्व, हो। जिससे पीढ़ी दर पीढ़ी वही संस्कार विकसित होते चले जाए। आज आवश्यकता है कि पहले माता-पिता स्वयं भावनाओं की शिक्षा उपयोगिताओं को समझे। आदर की भावनाओं को संस्कार रूप में बच्चों के मन पर स्थापित करें। बचपन से ही बच्चे के मन पर बड़ों के प्रति, मिल-जुल कर रहने की भावना उत्पन्न करें। संस्कार जीवन की नींव है। यही की व्यक्ति मर्यादा और उसकी गरिमा है। कौन व्यक्ति कैसा है यदि यह पहचान करनी हो तो उसके संस्कारों को जाने। सदैव संस्कार व्यक्ति का सही मूल्यांकन करवाता है। संस्कार और संगति दोनों ही व्यक्ति को महान और गुणवान बनाती हैं। बच्चों में अच्छे संस्कारों के बीच रोपते और लहलहाते सुखमय भविष्य का निर्माण करें। बच्चों को अच्छे संस्कार देने वाले माता-पिता गुरु का भी दायित्व निभाते हैं।

**Prof. Anchala
Department of Public Administration**



Mobile phone- a threat to human life

Mobile phone also called cell phone has become life's integral and necessary part. Without mobile phones, it is tough to imagine life. It may be called the fourth basic need of our life. Mobile Phone now days, not only used for its basic applications, but as means of entertainment and spending leisure time, due to which the users are at high risk of exposure to electromagnetic fields (EMFs) radiated by these devices. The amount of radiation energy, absorbed by human tissues, depends on the frequency, intensity, polarization and duration of exposure. Latest generation cell phones have the capacity to switch automatically among various frequencies due to MIMO (multiple inputs and multiple output system) system. Smart phones emit more radiation because; a series of antennas in a handset can receive and transmit from multiple sources.

EMFs radiated by these devices are absorbed in body tissues by various mechanisms and interfere with the body's own electromagnetic energy system, thus cause a considerable stress. Non-ionizing radiation are a series of energy waves composed of oscillating electric and magnetic fields traveling at the speed of light. Non-ionizing radiation includes the spectrum of ultraviolet (UV), visible light, infrared (IR), microwave (MW), radio frequency (RF), and extremely low frequency (ELF). All electrical appliances and electronic devices produce damaging electromagnetic fields (EMFs) which are harmful to biological systems. Although, the non ionizing radiations are considered safe, because its energy level is not high enough to destroy the bonds between atoms and molecules of body cells. But, non-ionizing radiation may affect biological tissues through other mechanisms. The International Agency for Research on Cancer (IARC) in 2011 confirmed the RF radiations from the mobile phones as a 'possible carcinogenic' hazard for human health and classified them in "group 2B" in 2013.

In recent years electromagnetic fields radiated from mobile phones has been implicated as a contributory factor in a variety of adverse health effects. Short term exposure effects include headaches, sleep disorders, poor memory, mental excitation, confusion, anxiety, depression, appetite disturbance and listlessness while, Long-term usage of mobile phones cause health hazards such as irreversible hearing problems, damaging of the embryonic development, increasing risk of miscarriage, decrease in the number of sperms, damaging of the brain tissue, heart related problems, weakening of the memory, lymphoma, and damaging of the genetic structure, drying up of the fluids around eyes, brain, joints, heart, abdomen, etc., damage to the lens and uveal melanoma and many more. Children are more vulnerable to cell phone radiation as they absorb more energy than adults from the same phone because of their smaller head and brain size, thinner cranial bones and skin, thinner, more elastic ears, lower blood cell volume, as well as greater conductivity of nerve cells due to which, the energy penetrates more deeply.

Below are some useful tips to minimize the exposure to cell phone radiations

- Use speaker mode, head phones or ear buds to keep more distance between your head & the cell phone.
- Avoid making calls when the signal is weak.
- Consider texting, avoid talking if possible.
- Turn your phone to air plane mode with antenna off whenever possible.
- Turn mobile data off, when not using the internet.

**Dr. Harvinder Singh,
Teacher Editor (Science Section)**



Himachal Pradesh Budget Analysis 2023-24

Chief Minister Mr. Sukhvinder Singh presented the Himachal Pradesh Budget for the fiscal year 2024-25, unveiling a comprehensive plan with a total outlay of Rs.58,444 crore with an eye on catalysing systemic change and addressing critical sectors. The vision, he said, was to make the state “self-reliant” over the next one decade. The budget is 9.1% higher than the 53,413 crore figure for 2023-24 fiscal year and places special emphasis on vital areas including agriculture, infrastructure development, animal husbandry, education, health and digitisation. There is also a big push to make Himachal a green state, the major theme in last year's budget, also resonates with focus on clean energy.

According to the revised estimates for the financial year 2023-24, the total revenue receipts stand at Rs.40,446 crore. Concurrently, the total revenue expenditure is estimated to be Rs.45,926 crore, leading to a revenue deficit of Rs.5,480 crore. “The government proposes to spend 9,990 crores for the state development budget during 2024- 25,” he said, adding that 2,516 crore have been allocated to the Scheduled Caste Development Programme, 899 crores for Tribal Development Programme and 110 crores for Backward Area Development Programme. An outlay of 5,280 crore, meanwhile, is proposed for central schemes.

Economic Growth during 2023-24:

The growth rate of Himachal Pradesh's economy is estimated to be 7.1 percent during 2023-24. The per capita income in Himachal is estimated to reach Rs.2,35,199 during the same period. The State's Gross Domestic Product is projected to be Rs.2,07,430 crore in the financial year 2023-24.

Debt and Liabilities:

Total liabilities in the form of loans have surged to Rs.87,788 crores, signalling a significant rise in financial obligations. The burden of debt has seen a notable escalation, jumping from Rs.47,906 crore in 2018 to Rs.76,651 crore in 2023. In the upcoming fiscal year, the government anticipates total revenue receipts of Rs.42,153 crore, with the total revenue expenditure pegged at Rs.46,667 crore. Consequently, the state is expected to incur a revenue loss of Rs.4,514 crore. The fiscal deficit for 2024-25 is estimated at Rs. 10,784 crore, constituting 4.75 percent of the state's gross domestic product (GDP).

Education sector at the heart of budget

A whopping 9,560 crore outlay for education is proposed. The initial target stands at 850 educational institutions, 500 primary schools, 100 high schools, 200 senior secondary schools and 50 degree colleges.

582-crore for agriculture

Describing agriculture as the backbone of the state's economy, the CM announced Rajiv Gandhi Prakritik Kheti Start-up Yojana as the third component of 680-crore Rajiv Gandhi Start-up Yojana aimed at increasing farmer income.

Ten farmers from each panchayat will be encouraged to take up chemical-free farming, making way for around 36,000 farmers adopting natural farming. Those already in the practice will be given priority.

To motivate unemployed youth to natural farming, a maximum of 20 quintals of naturally grown grains per family will be procured by the government at a minimum support price (MSP) of 40 per kg and maize at 30 per kg.

Horticulture:



a 531-crore outlay was announced for the horticulture sector. Besides a push to the apple growers, Seventy-five new irrigation schemes will be set up, as will a Centre of Excellence in Horticulture as a one-stop resource centre for all the needs related to quality, skill, tourism and marketing, state-of-the-art fruit processing units in sub-tropical areas and a foundation block for mother trees/bud wood banks for the promotion of guava, lemon among others.

Green energy a priority still

A 32-MW solar power plant, the state's largest, will be commissioned in Una by March 2024, while another plant with an installed capacity of 10 MW will be ready for commissioning by June 2024.

“**Bhanjal Solar Power Project** with an installed capacity of 5 MW will be installed by September 2024,” solar panels ranging from 100 to 500 KW will be installed on owned land at a 45% subsidy under the Rajiv Gandhi Start-up Yojana. A target of harnessing 100 MW of solar energy has been envisaged under the scheme's first phase. Registration of solar energy projects to be established on private land will also remain year-round and solar parks and other projects will take shape in Una, Kangra, Solan, Sirmaur, Mandi and Shimla districts.

Tourism

Apart from development and management of Pong Dam under Swadesh Darshan-2 Chandratal, Kaza, and Tandi in Lahaul-Spiti and Rackchham and Nako–Chango–Khab in Kinnaur will be developed from a tourism point of view and a skywalk bridge will be built at Haasan Valley near Kufri. To provide better facilities to tourists during their stay in the state, all homestays will also be brought under the Himachal Pradesh Tourism Development and Registration Act.

Healthcare services

A State Cancer Institute will be set up at the Hamirpur Medical College with the latest state-of-the-art diagnostic and treatment facilities at a cost of 100 crore.

Others

- 4 anti freeze drinking water schemes will be started.
- 2 ultra modern fruit processing units will be opened.
- 860 kms long roads, metalling on one thousand kms roads, 57 bridges, 230 kms long roads with plastic waste will be constructed
- Rs 2,457 will be spent on women and child welfare.
- New policy on mining.
- Rs 200 crores will be spent on ration under food and supply
- 327 diesel buses will be replaced by electric buses
- 5 new tourist destinations will be developed.
- Rs 10 crores will be spent on railway line surveys
- New industrial policy, minimum wages raised to outsourced, solar energy, arrears to government employees, green energy, electricity, etc will also be taken care of.

The budget seems to be very progressive and towards a self-reliant state.

Dr. Mamta Sharma,
Asstt. Prof.
Department of Commerce.



"In the marketplace's vibrant embrace, where commerce and industry intertwine, dreams take flight on wings of innovation, and the pulse of progress beats in time."

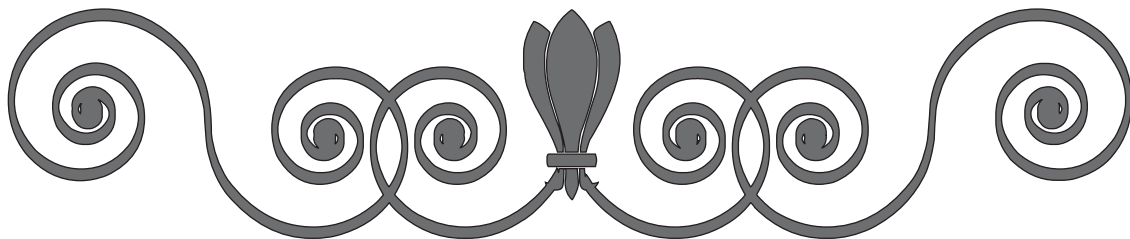
Commerce, the heartbeat of modern society, pulsates through our daily lives, weaving its intricate threads into the fabric of our existence. In a world driven by trade and exchange, its importance resonates in every transaction, from the humblest marketplace barter to the grandeur of multinational corporations. At its core, commerce embodies the essence of human interaction fostering connections enriching lives and fulfilling needs. Whether it's the morning cup of coffee sourced from distant lands or the latest technological marvel delivered to our doorstep, commerce intertwines our lives with the broader tapestry of humanity.

In the grand ballet of a student's life, commerce pirouettes gracefully, a vibrant partner in the dance of learning and discovery. Beyond the classroom's hallowed halls, it whispers secrets of the world's economy, teaching lessons profound and true. With each exchange of goods in bustling markets, with each venture into the realm of entrepreneurship, students learn the cadence of supply and demand, the song of innovation, the rhythm of financial stewardship. These are the melodies that resonate, shaping young minds into astute navigators of the economic seas.

Commerce, a muse of inspiration, ignites the flames of creativity within eager hearts. It beckons students to sail uncharted waters, to chart their course through the currents of possibility. In the crucible of entrepreneurial endeavour, they forge dreams into reality, sculpting futures with hands of determination and vision. And as the world's tapestry unfurls before their eyes, commerce unveils its myriad hues and textures. Through global trade's kaleidoscope, students glimpse the diversity of cultures, the richness of traditions, and the beauty of unity in multiplicity. With each transaction, each connection made across borders, they weave threads of understanding, stitching together the fabric of a shared humanity.

Practical wisdom is the treasure trove commerce bestows upon the diligent seeker. In the crucible of real-world experience, theory finds its counterpart in practice. Managing own budgets, orchestrating events, participating in business simulations – these are the crucibles wherein knowledge is transmuted into wisdom, and theory into mastery. Thus, in the grand symphony of student life, commerce plays a melody both profound and sweet. With each note, it guides students along the path of discovery, illuminating their journey with the light of knowledge, the warmth of creativity, and the promise of a future shaped by their hands and hearts.

**Dr. VESHALEE SINGH,
DEPARTMENT OF COMMERCE, G C NALAGARH.**





Parbat Rekha



Commerce

&

Planning

Section

2023-24





“The early bird gets the worm”

This is an adage most of us have grown up listening to. Success in all aspects of life is usually attributed to early starters. So is true with investments. Most of us till a few years back, used to boast of our fixed deposits and hefty bank balance only to realise now that we have actually paid a huge 'opportunity cost' for the same. Had we invested the same amount in mutual funds or stocks or systematic investment plans, our corpus would have been much higher than what it is now. All these years most of us have been working relentlessly to make good money but not taking out time to learn how to grow the money we have earned, at an exponential rate. This is precisely the reason, the students should be introduced to financial markets. Even before they start earning, they would have great knowledge about how to make their money grow. It will also in still a healthy spending saving balance amongst students.

We should catch these future investors young and in still a sense of financial

discipline because if you start early, then you give your money enough time to generate wealth. Even a small amount saved every month when you are young can snowball into a large sum by the time you retire.

So the mantra is Start early, keep it simple, and keep learning with time. Wealth Creation is a long-term process and there is no shortcut to it. And as a young investor, the biggest advantage that one has is - Time!



Dr Mamta
Editor



Student Editorial

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

MARIN LUTHER :-

I express my gratitude to our teachers for enduring faith in me and entrusting the task of putting this wonderful journey together through our college magazine, PARBAT REKHA 2023-24. Her unconditional support and guidance has always acted as a catalyst to bring out the best in me as an individual .

PARBAT REKHA etch the beautiful memories of our friends . The literary articles reveal the potential and their hidden talents . I appreciate and thank everyone associated with PARBAT REKHA for rendering their endearing love and support.

I express my considerable appreciation to all the authors of the articles in this magazine . These contributions have required a generous amount of time and effort .



Happy reading Give wing to
your dreams It's time to
Fly !

Prithvi Raj
Student Editor
Commerce & Plannig Section



NEW BILLS INTRODUCED IN LOK SABHA

The centre has introduced three new bills in the Lok Sabha that proposes a complete overhaul of the country's criminal justice system .The three bills are set to replace the indian penal code (IPC),1860; The code of criminal procedure (crpc), 1973; and the India Evidence Act ,1872 .

- IPC→ Replaced → Bharatiya Nyaya sanhita, 2023
- CRPC → Replaced → Bharatiya Nagaik suraksha sanhita ; 2023
- Indian Evidence Act → Replaced→ Bharatiya Sakshya

★WHAT WAS THE NEED FOR NEW BILLS ?

- Colonial legacy

From 1860 to 2023, the country's criminal justice system functioned as per the laws made by the British .

- Advances in Technology

The rapid advancement of technology has introduced new dimensions to crime, evidence and investigation.

★KEY HIGHLIGHTS OF THE BHARATIYA SAKSHYA BILL, 2023

- The Indian Evidence act will be replaced by bill which proposes changes to 23 provision now , its total section are 170 .
- The bills permit the admissibility of an electronic or digital record as evidence and will have legal validity as documentary evidence .

Shrishti Raj
B.COM 3rd Year



ARTICLE **Importance OF Education**

The value of education to a much younger age our first tryst with learning begins at home, and our first teachers are our parents, grandparents, and often siblings . The importance of education lies in its continuity. learning is a lifetime process that will stop with our death. It is the foundation for the development of a healthy individual and society. Our world cannot have a bright future if our culture Lacks education

Education is the key to change. It is an important tool that allow a person to understand his rights and responsibilities to his family, Society and nation .

Roshan Kumar
B.Sc 2nd year



Entrepreneurship

Many people will agree on the idea of an entrepreneurship is one of the most important business concepts .

★ What is Entrepreneurship and who is an Entrepreneur ?

Entrepreneurship is the process of starting a business or an organisation for profit or for social needs .

We have used the phrase for profit or for social needs to delineate and separate the commercial entrepreneurship from social and charitable entrepreneurship .

An entrepreneur is someone who develops a business model, acquires the necessary physical and human capital to start a new venture, and operationalization it and is responsible for its success or failure.

In other words, an entrepreneur is the risk taker and an innovation in addition to being a creator of new enterprise whereas the professional manager is simply the executor .

★ How to become an entrepreneur ?

There's no single path to becoming a successful entrepreneur . it can come down to having the right skills, mindset and ideas at the right time to resonate with the public . However, there are few things you can do to increase your chances of starting a business

- Find the right idea.
- Develop a plan for your business .
- Determine your clientele .
- Sell your idea .
- Meet others in your field .

Examples of successful entrepreneurs

- Bill Gates → Microsoft co-founder.
- Jeff Bezos → founder and creator of amazon .
- Mark Zuckerberg → Co-founder of social networking platform facebook.

★ How do you overcome fear or failure in entrepreneurship ?

- Acknowledg your' fear .
- Reframe your failure .
- Set realistic and specific goals .
- Seek support and feedback .
- Take action and experiment



RBI

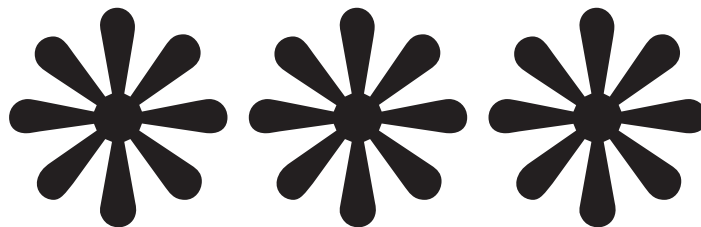
- The Reserve Bank of India is India's central bank . It controls the monetary policy concerning the national currency, the Indian rupee. The basic functions of the RBI are the issuance of currency, sustaining monetary stability in India, operating the currency and maintaining the country's credit system .
- ★ RBI LATEST UPDATES :
In May 2023, the RBI approved a ₹ 87, 416 crore dividend payout to the central Government for 2022-23, nearly triple what it paid in the previous year .
- The decision was taken at the 602nd meeting of the central Board of Directors of the RBI held under the chairmanship of Governor Shaktikanta Das .
 - This is a 188% jump from the last year's (2021-22) surplus transfer of ₹ 30,307 crore,
- It decided to keep the contingency risk buffer (CRB) at 6 % .

The Bimal Jalan committee recommended that the CRB needs to be maintained at a range of 5.5% of the RBI's balance sheet .

★ How does RBI make profits ?

- The RBI is a "Full- service" central bank.
- It is mandated to keep inflation in check and also manage the borrowings of the Govt. of India and of state govt .
- It also supervises or regulates banks and non-banking finance companies and manages the currency and payment systems

Prithvi Raj
B.Com. 3rd year



SATYAM COMPUTER SERVICES SCANDAL

Satyam computer services scandal was a corporate scandal affecting India-based company satyam computer services in 2009, in which the chairman to the company Mr Ramalinga Raju admitted that the accounts of the company had been manipulated .

Satyam computer services scandal was of amount of ₹ 7,000 crore . Satyam computer services Ltd, was a Hyderabad based software company founded in 1987 by ramalinga Raju. It catered the IT needs of various sectors like Healthcare, Bio-tec, telecommunication and Media, Automotive, Banking and finance etc. The company was one of the few fastest growing companies in India prior to the year 2009, generating Us dollar 2.1 billion revenue and having about 9%of the market share.

On January 9, 2009, Ramalinga Raju and his younger B. Rama Raju were arrested. CBI special court Found B. Ramalinga Raju founder and CEO of satyam computers along with nine others guilty of criminal conspiracy and cheating among services and awarded 7 years imprisonment. The trial court also imposed a fine of ₹ 5.5 crore .

Prithvi Raj
B.COM 3rd Year



WAR AND HUMANITY

As technology and capitalism are evolving at a faster rate in this era, We must all spread humanity wherever possible. Humanity is not just about the actions that are happening between human beings, its also about how human being interact with the whole world. Humanitarians are the greatest blessings to a nation . But in modern era humanity is not safe . The world has witness two world war. The total number of military and civilian casualties in world war I (1914-1918) was around 40 million while in world war 2 (1939-1945) was about 75 million. where does humanity stand ? an organization UNO was created to protect generations from horrors of war by fostering international peace and security, but it is not as much effective . Everyday we get to listen about war news . Russia- Ukraine conflict, Israel-Hamas war is caused by many different things including competition over and, religious conflicts and nationalism . war kills innocent children , who don't even know the reason behind their killing . Killing innocent people just for religious a piece of land on to satisfy the ego cant be justified . The infants who lose their lives in war could be a future doctor, scientist philosophy or a great leader. A war is a war, it cannot be beneficial under any circumstance . So it is the moral duty of every person and the prominent leaders of the world to made every possible effort to stop war and protect humanity at any cost . We need to understand that every single life matters. We must fight for peace bravely as we fought in war - Lal Bahadur shastri

Vibhuti Sharma
B.A 2nd Year



Future Of E-Commerce in India.....

India is developing rapidly and if progression is to be assisted in what capacity may be neglected the activity of online business in it. The web customer base in India may at present be a minor 100 million which is significantly less when diverged from its passageway in the US or UK anyway its numbers, and or butts stretching out at an irritating rate.

The amount of new members in this circle is elevating step by step and with improvement rate landing at its pinnacle. It might be expected that in year to come standard retailers will need to change to online business.

Bits of learning into growing enthusiastic for broadband organisations, rising lifestyles, reveal the reality even more prominently along these lines offering way to online courses of action on gift vouchers.

Going by the experiences the E exchange publicize in India was worth about 2.5 billion of each 2009

It raise to 8.5 billion by 2011 as such depicting unequivocally flood over the latest two years .

★Key drivers in indian E-commerce

- Large degree of people, purchased in to broadband internet, 3G web customers, and a continuous introduction of 4G the country over .
- Explosive improvement of smart phone customers base .
- Rising lifestyles, as out come of snappy reduction in poverty rate .
- Availability of much progressive broad thing expand (tallying long tail and direct imports) appeared differently in relation to what is open at physical retailers .
- Evolution of Million-dollar new organisations like jobong com, saavn , Makemytrip ,Zomato etc .

Nargis Jamal
B.COM 3rd year



TELECOMMUNICATIONS BILLS 2023

Recently, the government introduced the Telecommunication bill 2023 in the Lok Sabha . It seeks to repeal the Indian telegraph act, 1885; The Indian wireless telegraphy Act, 1993; and the telegraph wires (unlawful possession) Act, 1950. It also amends the telecom regulatory authority of India (TRAI) act, 1997.

KEY PROVISIONS OF TELECOMMUNICATION BILLS 2023 :-

• Authorization for telecom- related actives :

prior authorization from the central government will be required to provide telecom-munication services, establish, operate, maintain or expand telecommunication networks or possess radio equipment ;

• Satellite internet allotments :

The bill introduces provision for allocating spectrum to satellite internet providers like one web (Supported by Bharti) and us based companies such as space X's starlink .

• Appointments to TRAI :

The bill amends the TRAI Act to also allow individuals with atleast 30 years of professional experience to serve as the chairperson, and at least 25 years of professional experience to serve as members.

• Regulation of OTT Apps :

It has removed over the top (OTT) services and apps from the definition of telecommunication services, in a big relief to communication service providers such as Whatsapp and Telegram .

Prithvi Raj
B.COM 3rdYear

Water Conservation

Introduction :- We know how water, an essential resources on which the entire human race depends on is becoming scarce . There are lakhs of people in india who are already facing the of irregular water supply or are living without drinking water . As a result , citizens are getting affected by water diseases even though we have seen thought about water conservation since the early years of our lives yet the contribution from everyone is not as significant as it should be .

Problems :- Around 71% of the earth's water is covered by water out of which 97% is the saline water of oceans and seas . Which is unfit for drinking . the remaining 3% of drinkable water come from streams . Ponds ,lakes and rivers . Rapid urbanization , irregular monsoons , expeditious use of ground water and unchecked sewage has further the country into a dire strait and has made it quite hard to quench the thirst of the population. today is the situation where the world is headed towards a water crises and the day is not far enough for another country of major city to become the next cape town .

Solutions and Conclusion :- As a citizen its our fundamental responsibility to supplement the efforts of the governments and organisation with our actions using a limited amount of water while washing clothes and utensils, brushing teeth and bathing and farming is the first step in this. School and offices should start planting as many trees as possible . NGO must come up with plausible solutions and spread awareness amongst masses about the importance and the technique to conserve water . To every problem, there is a solution and have , it is we . In order to bring out the change . Our actions need to be changed .

Pratham
BSC 2nd Year



HISTORY OF RBI

Reserve Bank of India is the central bank of the country . central banks are a relatively recent innovation and most central banks, as we know them today, were established around the early twentieth century .

The RBI was setup on the basis of the recommendations of the hilton young commission . The RBI Act , 1934 provides the hcatutory basis of the functioning of the Bank , which commenced operations on April 1,1935

The Bank was constituted to

- Regulate the issue of banknotes
- Maintain reserves with a view to securing monetary stability
- To operate the credit and currency system of the country to its advantage .

→The Bank began its operations by taking over from the government the functions so far being performed by the controller of currency and from the Imperial Bank of India the management of government accounts and public debt . The existing currency offices at Calcutta, Bombay , Madras, Rangoon, Karachi, lahore and cawnpore (Kanpur) became branches of the issue department offices of the banking department were established in Calcutta, Bombay , Madras, Delhi and Rangoon .

→Burma (Myanmar) seceded from the Indian union in 1937 but the reserve Bank continued to act as the central Bank for Burma and later up to April , 1997. After the partition of India, the reserve Bank served as the central bank of pakistan up to June 1948 when the slate Bank of pakistan commenced operations. The Bank, which was originally set up as a shareholder's bank, was nationalised in 1949.

→An interesting feature of the reserve Bank of India was that its very inception the bank was seen as playing a special role in the context of development, especially agriculture . When India commenced its plan endeavours, the development role of the bank come into focus, especially in the sixties when the reserve bank in many ways , pioneered the concept and practise of using finance to catalyse development . The bank was also instrumental in institutional development and helped setup institutions like deposit insurance and gedit credit corporation of india, the industrial Delovelment bank of agriculture and rural development, the discount and finance house of India etc .

→With liberalisation the Bank's focus has shifted back to core central banking functions like Monetary policy , Bank supervision and Regulations, and overseeing the payments system and onto developing the financial markets

Shivani Gupta
B.COM 3rd year



Article

Why invest in stock market ?

Introduction : People are turning towards the stock market from traditional investment options like fixed deposits, regular deposits, etc . Because investing in stocks can be a good way to beat inflation investing in the stock market can provide you with several benefits, including earning returns on your investment, building wealth over time, achieving your long term goals, diversifying your portfolio, and reducing your risk .

IN this article, we are going to learn about the advantages of stock market, things to keep in mind while investing in the share market and why to invest in stock market .

This article covers :

- Why invest in stock market ?
- Benefits of investing in stock market .
- Things te keep in mind while investing in the stock market .

★Why invest in stock market ?

The stock market is a vital part of the Indian economy . It provides investors with the opportunity to earn profits through the fluctuation of stock prices . It's a great way to get exposure to a variety of companies while still staying safe . You can make money by selling your shares a higher price than you bought them .

People invest in stock market for many reasons . Some people believe that the stock market is always . going to go up, so they want to have some of their money invested in it . Other just like the idea of making money through investment , without having to worry about the stocks .

Whatever your reason for investing in the stock market , it's a great way to put your money to work and make some extra cash . If you are just a beginner and have basic knowledge of the stock market, you can start investing in mutual funds like index funds, multi-cap funds, debt funds, etc. On the other hand, if you have good years of experience investing in stocks, you can create your own portfolio by doing proper research .

★Benefits of investing in stock market :-

There are many reasons why you invest in stock market

1) Earning returns on investment -

One of the main benefits of investing is that you can earn return on it . This means that , over time, you will make money when there is an increase in the value of the stocks or investments that your own . You can earn dividends by investing in dividend stocks . Investing in dividend stocks gives you benefits of both capital appreciation and dividend income.

2) Building wealth over time : Another benefit of investing in stock market is that you can build your wealth over time . This means that , by investing in stock or other securities , you can increase the value of your holdings . Over time , this can add up to big savings and greater financial security. Hence, it helps you to fulfil your goals like retirement, children's education , building a home, etc.

3) Diversifying your portfolio : One of the key benefits of investing in the stock market is that it can help you to diversify your portfolio . This means that your portfolio .



investments will include a variety of different types of securities such as stocks, bonds, real estate, gold ,etc . Some of these may be more volatile than others, but all of them will offer different potential rewards .

4) Liquidity : liquidity is an important characteristic of stocks that makes them relatively easy to buy and sell . When a stock is liquid, it means that there are a large number of buyer and sellers in the for the stock, which makes it easy to find a willing buyer or seller when you want to buy or sell the stock .

5) Flexibility : One of the benefits of investing in the stock market is that it allows you to start with small investments and gradually build up your portfolio over time . You can choose the invest in stocks on your own, rather than through a mutual fund or other investment vehicle that require a specific minimum investment amount This allows you to invest .Small amounts at a time, which can be good option for these who may not have a lot of money to invest up front or who want to invest in a more flexible and customizable way .

Things to keep in mind while investing in the stock market :

While the stock market is volatile and risky investment, there are a few things you need to keep in mind to make sure your money is safe and sound :

- 1 Do your research
- 2 Diversify your portfolio
- 3 Have a plan .

Conclusion : - Investing in stocks can be a good way to grow your wealth over time, but it is also important to recognise that the stock market can be volatile and that it carries some level of risk .Therefore, it is important to do your research and make informed decisions when investing in stocks . Also it is always a good idea to consult with a financial professional before making any significant investment decisions .

Vijayshree
B.COM 3rd Year



WORLD BANK

INTRODUCTION :

The World Bank is an international organisation dedicated to provide financing, advice and research to developing nations to aid their economic development . The World Bank was created in 1944 out of the BRETTON WOODS AGREEMENT, which was secured under the auspices of the united nations in the latter days of the world-war 2 .

ORGANISATION AND STRUCTURE :

- The World Bank is related to the UN, through it is not accountable either to the general assembly or to the security council .
- Each of the bank's more than 180 member states are representeg on the board of governor, which meets once a year .
- The bank obtains its fund from the capital subscriptions of member countries bonds floatation on the world's capital markets, and net earnings accrued from interest payments on IRBD and IFC loans .



WORLD BANK CRITICISM :

- Structural under-representation of the global south :
one of the central criticism of the World Bank relates to the political power imbalance in their governance structure .
- Undermining democratic ownership :
The issue of political power imbalances is exacerbated by another long-standing critique of the bank and undermine the sovereign of borrowed nations , limiting their ability to make policy decisions and eroding their ownership of national development strategies .

Shrishti Raj
B.COM 3rd Year



STOCK MARKETING

Stock market is a place where shares of public listed companies are traded . The primary market is where companies float shares to the general public in on initial public offering (IPO) to raise capital . Stock market is to consider it as a network of stock exchanges where traders and investors buy and sell shares of publicly . traded companies .

The term stock market refers to several exchanges on which shares of publicly held companies are bought and sold . Such financial activities are conducted through formal exchanges and via over-the-counter (OTC) marketplaces that operate under a defined set of regulations .

How can a beginner start share market ?

- Open a demat account
- Understand stock Quotes
- Bids and asks
- Fundamental and technical knowledge of stock
- Learn to stop the loss
- Ask an expert
- Start with safer stock .

★How much money need to start trading stocks in India

there is no minimum limit to start investing in the Indian share market you simply need to have sufficient capital `to cover the price of a stock so you do not need a huge amount of money to start investing it is possible to buy stock for even less than Rs 10 !

Best company to invest in India :-

- Reliance industries Ltd → MNC
- HDFC Bank Ltd → Banking
- Itc Ltd → FMCG

Top stocks of successful investor India :-

- | Name of Investor → | Stock |
|-----------------------|----------------------------------|
| • Rakesh Jhunjhunwala | Titan lupin |
| • Ashish Dhawan | JB chemicals, Manappuran finance |

Tanvi Negi
B.COM. 3rd Year





Parbat Rekha



English Section

2023-24



Editorial

I am thrilled to present the English section of the College Magazine of Nalagarh College which is packed with informative and entertaining features that I think you all will like. Whether you are looking for inspiration, education or just some light-hearted entertainment, I hope this section of our College Magazine will meet your expectations. As always, we value your feedback and ideas, and we look forward to hearing from you.

Happy Reading...

Dr. Punam Chauhan,



**Editor,
English section.**



Student Editorial

The magazine of our college “Parbat Rekha” has been publishing articles and academic achievements of our students every year. I am honoured to be a part of this amazing team. The enthusiasm that has been shown by the students through their wholehearted participation in article writing is praiseworthy. The students have tried to cover every spectra to raise awareness in the society about science and technology, finance, health and language. It is certain that the English section holds a huge significance, not only in the magazine but as a whole. English is the most widely spoken language worldwide, rather it is among the top three languages of the world. This dynamic language can't be neglected. In the changing environment of the technological era, the whole world has become a global village. As a result, the popularity, importance and necessity of English has increased even more. Keeping this in view, many colleges, universities, private educational institutions and coaching centres are running various English speaking skill courses also. Talking about “Parbat Rekha”, this year we have obtained numerous articles from our fellow students. The members of the Dramatic club have contributed substantially to the magazine. This session has been very productive for our institute. It's our duty as students to further enhance the prosperity of the college in studies and co-curricular activities as well. I hope in the upcoming session there will be a huge surge among the student writers who will enrich “Parbat Rekha” with their academic articles and poems.



**Simran Deep Kaur,
Student editor,
English Section.**



OVERCOMING THE FEAR OF FAILURE

It is not necessary that every time you try something new, you will definitely succeed. One bad thing in a day or in life does not define the rest of the day or life. Change in any direction is an irreversible process. In Human life, there are no closures. In life's cycle, everything requires development. In addition, to escape from the usual drab of life, we should take a step towards something new. The experiences of the past, which leave on us negative impressions, should be forgotten and we should move forward. How to move forward is the next question and how let go of the past ?

We should live in the present, and all our energy should be invested in the present. It is better to fill each moment with strength and awareness, than to suffer from the past happenings. Redirecting attention from the past to present, increases the amount of energy in our body. When you look at your past, nothing is visible except your old trucks. Life's goal cannot be realized if we go by the old habit. What is ahead is more interesting! It's time to stop living in the past and move forward. Walk along the road of your life, stay in the present and look forward to the future and you will see many interesting things and exciting prospects! The burden of the past is a bad acquirer. You should use it only as an experience for introspection.

**Nargis Jamal,
B.com 3rd Year.**



BE UNIQUE

If people aren't different, where is the beauty in life?... Society tells us that in order to 'fit in' we must be same. This is not creditable because when we all act the same, nothing new will ever come out. When you try to 'fit in', you may start to conform to things with which you don't agree. This may lead to flawed personalities. Dr. Secuss, once said, "Be who you are and say what you feel; because those who mind don't matter, and those who matter don't mind". This quote tells us to be unique and act as we are made. When people conform to one another, they begin to live their lives the way others want them to; not the way they want to. Uniqueness is what nurtures the world.

Trying to be like anyone else is hard work and doesn't pay off. You must be yourself to achieve your goals. When you try to 'fit in' and be the same as those around you, you are diminishing who you truly are. In order to maintain individuality, you must have different viewpoints and beliefs. What makes you unique are your experiences, the initiatives you take, problems you face and achievements you earn. Always remember that you are absolutely unique, just like anyone else. So, "Be you Be unique".

**Mandeep Kaur ,
BCA 4 semester.**



TO A FRIEND

We walked together on the sands,
We gambolled in the sun,
We quaffed life's gayest droughts away,
And thought that all was fun.

But Yesterday the earth was green,
The birds trilled Sweetly on.
And now the earth lies grim and bare,
And all the birds have gone.

I Wander, friend, and wonder where you are,
The Sun doth ever shine.
Are you in Sunny Aualon?
or with fair Proserpine ?
I sometimes ask if there is GOD,
Some have all they desire,
While you, my dearest friend, my all,
Have you vanished in the fire?

The nights lie barrenly behind.
Day follows bitter day,
My only consolation is you
And you have also gone away....

**Sonali,
M.A 3rd Semester**

HAPPY COLLEGE STUDENTS

I See their confidence,
Not over- assuming,
But not too shy and timid,
Their Socialization sounds healthy,
Not extreme nor coneited in characters.

Abit classy but not social climber,
They have nice comaraderie and cool friendships,
They have a sense of loyalty to their university,
Proud to be the alma mater with high spirit.

They have a love life but are serious in their
studies,
They are close with their classmates,
They have catchy and elegant uniform
and know how to handle and bring up their
stance.

Most of them are not hi-hat shops,
They have good and natural smiles,
They have well-rounded school education that
enriches and nurtures in all fields like sports, arts
and academics,
They`re enjoying their college lives and will
graduate as happy and fulfilled students.

**Sonali,
M.A. 3rd semester.**

IMPORTANCE OF ENGLISH LANGUAGE

Today, English is widely spoken in all parts of the world. English has actually become a global language. In India, English serves as a bridge language and brings people closer. English teaching educational institutes attract big crowds. There are courses for various age groups with different suitable time slots. People of all ages are enthusiastic about learning English for their placements in business and other kinds of work in life. People are spending a lot of money to acquire proficiency in spoken English too as they rate English speaking people as more accomplished. So, English is always in great demand.

**Jaswinder kaur,
B.A. 1st year.**

A STATE OF BEAUTY

Himachal Pradesh has some gorgeous places like Shimla, Manali, Rohtang Pass, Chamba etc. It is nearly impossible to visit all these places in one trip. Hence, you need to plan your trip in such a way that you get to make the most of it. Some of the places that you must visit are –

Palampur

Palampur is an ideal tourist place with rustic and rural beauty. Its beauty is beyond imagination and it is, therefore, emerging as one of the most popular tourist spots in Himachal Pradesh. Hotels in Palampur are equally beautiful and luxurious. You can choose any hotel for exceptional services and amenities.

Manali

Located near Kullu, this beautiful place is a popular tourist spot. It is a famous location for Bollywood films. With a vibrancy like no other town, and mountains in the background, Manali is an ideal vacation spot for you and your loved ones.

Dharamshala

If you are a nature lover, then you must make it a point to visit this hill station. The beautiful and well known Dal Lake, Bhagsunag Falls, Nyamgyal Monastery and the Gyuto Monastery make this place a must visit destination. There are many resorts and hotels near Dharamshala that you can book while travelling to this beautiful place.

McLeodganj

You must have heard people saying that they're going to Dharamshala to see the Dalai Lama. McLeodganj is what they mean. It is a small, dainty place in the Kangra region located beyond Dharamshala. It is called "little Lhasa", or simply Dhasa because of the large number of Tibetans living here. This is another beautiful place in Himachal Pradesh that one must include in the visit list.

Shimla

If you are talking about Himachal Pradesh, how can you miss out the capital of this amazing state? Shimla has always been one of the most popular hill stations for ages, right from the time of the British. Greenery, vibrancy, great weather, and amazing tourist attractions are what make Shimla so popular. If you are looking for a hill station to visit during your vacation, then Himachal Pradesh should be at the top of your list and I assure, you will want to keep coming back.

**Shyama,
B.A 1st year.**



CONFIDENCE

Confidence means-belief in oneself, the conviction that one has the ability to meet life's challenges and to succeed—and has the willingness to act accordingly. Being confident requires a realistic sense of one's capabilities and feeling secure in that knowledge. Projecting confidence helps people gain credibility. It makes a strong first expression, helps to deal with pressure, and tackles personal and professional challenges. Confidence is an attractive trait, as confidence helps put others at ease.

How to Build Confidence

Confidence is not an innate, fixed characteristic. It's an ability that can be acquired and improved over time. Social confidence can be developed by practising self-development in social settings. Individuals can observe societal structure and develop accordingly. Anxiety develops when people are plagued by self-doubt. One can enhance confidence with personal and professional accomplishments. Continuing to set and meet goals enables competency and capable people do well in life.

**Ankita,
B.A. 1st year.**



CHILD LABOUR

Child labour is a term that refers to a crime when children are forced to work at an early age. It forces kids to perform responsibilities like working and fending for themselves. There are certain policies which have been made to put restrictions and limitations on child labour. The average age for a child to work is fourteen years and more. Children falling below this age limit are legally not allowed to indulge in any type of hard work. This is so, because child labour takes away the kid's opportunity of having a normal childhood, hinders physical development, and hampers mental well being. Though it is banned legally, it is not so in reality.

Causes of child labour : Child labour happens due to a number of reasons. While some of the reasons may be common in some countries, there are some reasons which are specific to particular areas and regions. After identifying the causes of child labour, we can fight this menace better. Firstly, it happens in countries that have a lot of poverty and unemployment. When the families do not have enough earnings, they put the children of the family to work so they can have enough money to survive. Similarly, if the adults of the family are unemployed, the younger ones have to work in their place. Moreover, when people do not have access to education they put their children to work. Such people only care about short term results which is why they put children to work. Furthermore, the money saving attitude of various industries is also a major cause of child labour. Children are hired because they are paid lesser for the same work as compared to adults. Industries prefer children also because they can easily be influenced and manipulated.

Eradication of child labour : If we want to eradicate child labour, we need to formulate some very effective solutions which will save our children. It will also enhance the future of our country. To begin with, one can create a number of unions or NGO's that solely work to prevent child labour. We need to keep the parents in the loop so as to teach them the importance of education. If provisions for free education are provided and the people are made aware, children will live secure lives. Moreover, making people aware of the harmful consequences of child labour is also a must. In addition, family control measures must also be taken. This will reduce the family's burden because when they have fewer mouths to feed, parents will have enough to provide for them. In fact, every family must be promised a minimum income by the government to survive in order to save children from early labour.

In short, the government and people must come together for this purpose. Employment opportunities must be given to people in abundance so that they can earn their livelihood instead of putting their kids to work. Children are the future of any county; we cannot expect them to maintain the economic conditions of their families early in life.

Pushpjeet Kaur
B.A. 1st year.



CRICKET; MY FAVOURITE PLAY

Cricket is one of my favourite sports and I love to play this game. Cricket is the most watched sport in India. People have an emotional connection with this game. All we need in this sport is a bat and a ball; it is played between two teams of eleven members each. Every team has its own set of batsmen, bowlers and fielders. Among numerous cricketers, AB de Villiers is my favourite player, I love the way he plays the game. Cricket is popular because, it is not bound to any particular gender, caste or nationality. Today, I hardly see any person who doesn't watch cricket.

**Sameer Khan,
B.BA 1st year.**

THANKSGIVING

Every autumn, Canadian and American families gather for a day centred around community, food and giving thanks – the day of Thanksgiving. Where did this holiday come from and how is it celebrated today?

The history of Thanksgiving-

Thanksgiving combines the traditions of different groups of people. Travellers and migrants brought different religious traditions from Europe to the United States and Canada. Several celebrations are claimed as the first Thanksgiving. The best known is the celebration held by the pilgrims in what is now Plymouth, Massachusetts, after their journey across the Atlantic Ocean on the famous Mayflower ship. Like the pilgrims, many groups held days of prayer, fasting or feasting to give thanks for successfully making through the long boat journey. Later, settlers celebrated their successful harvest in a new land by holding feasts with their Native American neighbours. Over the times, this Canadian and American tradition has become familiar and has transformed into the modern holiday of Thanksgiving.

Thanksgiving today-

In Canada, Thanksgiving is celebrated on the second Monday in October. In the United States, it is on the fourth Thursday in November. Although its origins are religious, Thanksgiving is a largely secular holiday. For most Americans and Canadians, it is a day of coming together with family and friends to share a large meal. It is an occasion to spend time with loved ones and express gratitude for the year that has passed. In many households, there is a tradition of everyone being seated at the table sharing what they are most grateful for.

Thanksgiving is also about food. Thanksgiving dinner traditionally includes roast turkey, mashed potatoes, cranberry sauce and apple, pumpkin or pecan pies for dessert. Every family has its own recipes, sometimes secret recipes handed down through generations. Turkey, a bird native to North America, is the unofficial mascot of Thanksgiving, with roast turkey on the menu and turkey decorations on the wall. In the United States, a tradition of gifting turkeys to the President has more recently evolved into a humorous turkey 'pardoning'. At this light-hearted ceremony, the President issues an official pardon for one or two turkeys, saving them from being cooked for supper.

**Sheetal Kanwar,
M.Sc. 3rd semester.**



AI COULD BE MORE DANGEROUS THAN NUCLEAR WEAPONS

Uk's Prime Minister, Rishi Sunak recently said at the first international AI Safety Summit, that he would tip the balance in favour of humanity in the race to contain the risks from rapid advances in cutting-edge Artificial Intelligence. Sunak later met with Tesla's CEO Elon Musk, where the two discussed AI. The conversation was played on the social network X, which Musk owns. While Sunak said it was important not to be alarmed about the technology which could bring huge benefits, Musk, at the summit said, "Here we are for the first time, really in human history, with something that is going to be far more intelligent than us. It's not clear to me if we can control such a thing."

Beginning the conversation, Sunak said that he was excited to have the technology superstar like Musk at the summit, and he asked Musk, "What do we need to do to make sure we do enough to regulate AI? Some people said it was wrong to invite China (to the summit)," "Should we be engaging with them? Can we trust them? Was that the right thing to have done?" he said. He went on to ask Musk and then complimented him, by calling him "a brilliant innovator and technologist."

Musk, who is often known to be blunt said, "Having a referee is a good thing." and added that he listed London as second only to San Francisco in terms of global AI power. He called Sunak's decision to invite China to the summit "essential" and thanked China for attending.

Musk said, "It's hard to say exactly what that moment is, but there will come a point where no job is needed. You can have a job if you want to have a job for personal satisfaction. But, AI would be able to do everything." Musk has recently founded a new AI start-up. He also said that there will come a time when AI will be smarter than the smartest human.

"If you wish for a magic genie, that gives you any wish you want, and there's no limit. You don't have those three wish limits nonsense, it's both good and bad. One of the challenges in the future will be how do we find meaning in life," he said and AI could be more dangerous than nuclear weapons. He also urged that efforts need to be made to develop AI further.

As Musk and Sunak debated on the risks of frontier AI models, Musk called for an "off switch" built-in to model "throw it into a safe state." He also said he wanted to make the social media platform as "accurate as possible and as truthful as possible." So, when such a genius has a premonition of danger which we would face, then why we are continuing to use social networking carelessly. Nobody is safe today either man or woman, therefore one must handle his/her social media account responsibly. Make sure you restrict your personal information on social media.

**Khushi Kaushik,
B.A. 1st year.**



DBMS

In the world of code and structured style,
Lies a system that makes data smile.
DBMS, the hero grand,
Organizing data, hand in hand.

Tables stand like sturdy towers high,
Linked by keys, reaching the sky.
SQL queries, their language sweet,
Retrieve and store, in a seamless feat.

Normalization, a graceful dance,
Eliminating errors, giving data a chance.
ACID principles, steady and true,
Transactions safe, through and through.

Indexes speed up, like lightning's spark,
Keys unlock, in a database arc.
Backups guarded, in a vault so deep,
Protecting data while we sleep.

So here's a rhyme, a poetic spree,
For the DBMS, the data's trustee.
In every magazine, let it be known,
DBMS reigns, on the data throne.

**Mandeep Kaur,
BCA 4th semester.**

SWEET SOUL

You have the sweetest soul,
With soft words.
Brilliant eyes,
And a soft smile.
Your soul is sweeter,
Than honey.
Your smile is softer
Than wool.
For you have the softest smile,
The sweetest soul.
And the kindest eyes.

**Anamika Kanwar,
B. A. 3rd year.**

ACTING STRANGE

I'm in an acting position
Just doing it temporary.
You could just say,
I'm acting strange,
Or acting arbitrary.

Today, I'm acting normal:
A hard act to follow.
In my juggling act,
You'll find in fact,
I'll act differently tomorrow.

If I'm acting funny towards you,
The advice I give is clear,
Just leave me be
You'll come to see
The whole thing's my idea.

When I've got my act together,
My life will be jam-packed.
So, I'll act my age,
On and off the stage,
'til they catch me in the act.

You may see me acting out or up.
I'll act like a kid all day.
I can explain it all,
Come curtain call,
I'm just acting in my play.

**Harsh Chauhan,
B.Sc. 3rd year.**



TRIBES OF HIMACHAL PRADESH

Himachal Pradesh is famous in India as a tourism hotspot due to its diverse culture and exceptional weather. There are numerous places to visit here, ranging from breath-taking plains to snow-capped mountain ranges. However, the most astounding characteristic of this location are the popular tribes, which provide ethnic significance to the entire province. There's a lot more to Himachal's tribal villages that will astound anyone who studies them. As a result, here is a shortlist of seven well-known Himachal Pradesh tribes that you should be familiar with.

Tribe of Kinnauras- Kinnar is a blend of the Sanskrit words Kim and Nara, which imply 'what kind of man?' derived from traditions of a mythological being with a human body and a horse's head, or vice versa. Kinnaur is a district in Himachal Pradesh where tribal people are concentrated. Kinnauri tribe in Himachal Pradesh is believed to be the descendants of the Kinners of Vedic times. Their cultural dance was performed recently in Delhi on Independence Day. The fundamental signature-dress of Kinnauri traditional garments are the Dohru stall and the Bushehri Topi. Tibetan accent has an impact on their ethnic language. The majority of this tribal group in Himachal Pradesh practise Buddhism or Hinduism as their religion.

The Gujjar Tribe- The Gujjar Tribes are the individuals of west Himachal Pradesh. Particularly from the districts of Chamba and Kangra. Originally, the Gujjar tribes of Himachal Pradesh lead nomadic lives, moving with their cattle and other belongings. However, they are currently established in grasslands or hills depending on the favourable seasons. Historically, the Gujjar tribes are known as the plains immigrants who fled to the hills due to the Huna invasion.

Tribes of Lahaul- Lahauli Tribes are indigenous to Himachal Pradesh's Lahaul region, as the name denotes. They are thought to be the descendants of Mongols. Agriculture, herding, and weaving are the mainstays of their existence. Their brilliant, multicolored woven goods are sure to impress you. Lahaulis are one of the most well-known tribes in Himachal, with a unique Milliseconds system in households. The system was efficient at first, but it gradually became obsolete as modernization knocked on its doors. The society was then organized into clans such as Gotra and Kul. Tribal individuals of various clans were permitted to marry, but those of the same clan were not permitted to do so because they would be considered members of the same family. The Lahaul Tribes are well-known throughout the country for their potato output.

The Gaddi Tribe- Gaddi Tribes are inhabitants of Himachal Pradesh's Dhauladhar region. This tribe is mostly concentrated on the river's banks of Ravi and Budhil. The Gaddi tribes of Himachal Pradesh are described as Mughal-era immigrants who escaped to the hills. They encompass all types of Hindus and have a definite caste structure.

Swangla Tribes-Swangla tribes are modern scheduled tribes of Himachal that live in the city and nearby valleys along the Chandra Bhaga river. They primarily speak Manchhad languages. They live in far northern reaches of Himalayan tracts.

Pangwal Tribes- Pangwals are Pangi Valley dwellers. Every home in this town owns a 'Choori,' which is a hybrid between a yak and a cow. Their largest event, 'Tyane,' is held in August. 'Hishoo' is their new year's day, which is celebrated with intense excitement and many extended traditional dances at night. They now have one of the contentious practices of marriage by capture, which is mostly practised in this tribal community's Pith or Chori systems.



Khampa Tribes- Himachal Pradesh's Khampa tribes are believed to have migrated from Tibet. They settled in Himachal Pradesh's Kullu, Chamba, Kinnaur, and Lahaul districts. Gradually, each region developed its own phrase to describe Himachal Pradesh's tribal communities. They are called 'Bauddh' in Kullu valley and 'Piti Khampa' in the Spiti division. They go by different names in different parts of the world, but their unusual facial features set them apart.

Bodh Tribes Of Himachal Pradesh- The Bodh people, commonly called Khas Bodhi, are an ethnic group of Himachal Pradesh. They can be found in the Lahaul and Spiti area, but also, to a lesser extent, in the Miyar Valley, the higher reaches of Pangi in Himachal Pradesh, and the Paddar valley in Jammu and Kashmir. Their religion is mostly Buddhist, with atavistic and Shaivite rituals. Although caste regulations are not as strict as in the plains, they are designated as Rajput, Thakur, or Kshetriya. Historically, the rulers of Chamba, Kullu, or Ladakh bestowed the titles of Rana, Wazir, or Thakur on three or four notable families in the area for the purposes of overall management and revenue collection.

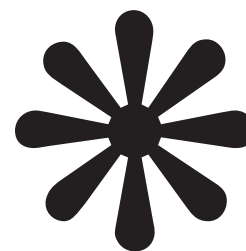
**Jyotii,
B.Sc. 3rd Year.**

KOOVAGAM FESTIVAL- THE TRANSGENDER FESTIVAL OF BHARAT

Transgender, the third gender of the world.

Due to differences in personality, behaviour and physique, they are still banned from many places. But in the Koovagam village of Tamil Nadu, the 18 days Koovagam festival is celebrated every year. This festival is the only festival in Asia which gives importance and recognition to transgender's identity. This festival depicts a story from Mahabharata, when Pandavas were forced to sacrifice Arjun's son Aravan and before dying Aravan made a last wish to get married, which was fulfilled by Shree Krishna. Shree Krishna took the form of Mohini and married Aravan. That's why transgenders marry the temple priest by tying a thread around their wrist. One day they celebrate their marriage and the next day they become widows by breaking their bangles and wearing a white saree. This is how they decide the journey from "beauty to sorrow." Not only this, in this 18 days festival there is also a beauty pageant along with singing and dancing, and many NGO's organise HIV and AIDS awareness campaigns. Isn't this a great way to promote inclusivity in our culture?

**Anjali,
B.Sc. 3rd year.**



A HEALING SILENCE

When in anger and in rage,
Resist the urge to speak.
Words will only wound,
Resolve is what you seek.

Simply take a quiet moment,
To let your feelings rest.
Remember all that is good,
Let nature do the best.

Within this moment of silence,
Reason will abound.
Animosity will retreat,
Again love will be found.

**Deepika,
B.A. 1st year.**



CHAT GPT

Chat GPT can perform many assignments. It can write poems, newspaper columns, computer codes, teach in a classroom, help in planning a party, take up advisory works; thus it is a virtual assistant. In future, companies and employers could even fire a hired person, as these machines promise to be smarter, better and more obedient. It may result in job loss, increase unemployment and may cause chaos in societal arrangements. AI should be controlled timely as rich and powerful people may cause massive adverse impacts.

**Sonam,
B.C.A 3rd semester.**

TWINS LIFE : A SWEET & FRUSTRATED COMEDY

“For me having a twin means deciding who is the original one decided by God to be sent on earth and who is the one decided to be the original's bodyguard.”

So, how is the life of a twin? What is it like to be a twin? Is it something unique?

If you also ask these types of questions to the twins then take free advice and stop asking them because believe me, they find such questions stupid.

Why? Just imagine, someone out of the blue asking you, “Hey, you don't have a twin? How does it feel to be born single? Do you feel alone? Does it feel different?”

It's stupid; right? You don't feel anything different because that's how you were born and that is what is normal for you. The same goes for us too. We were always twins, so that is what is normal for us. We don't feel anything different. We don't know how it is to be born single.

There are so many things to talk about but I want to talk about – “JUDWAA 2”, yes the Bollywood movie which I think is the main reason for the misconception about JUDWAAs in India. Here are the answers to the question.

Do all twins look alike?

NO! NO! It's a big No! Not all twins look alike.

Why don't your faces match? Why do you look different? These are the most frequent questions one asks the twins that don't look alike. Some twins become so used to these questions that they are shocked if someone does not ask them these drab questions.

So here is the reality: there are two types of twins, one identical who are an exact copy of each other and then there are fraternal twins who are dizygotic, when two separate eggs are fertilised by separate sperm and hence, they don't have the same appearance. Now, I go in the second category and I believe, “Having a fraternal twin is a destiny which means that our lives coincide with each other even when we are just a few cells of life in this world.”

Do all twins have the same fate?

No, it's not a big no but it depends...On what?

Well, I am still searching for that...

When I was in my 5th grade accidentally a little ink fell on my white shirt but it did not look that bad. I still remember, I was marching back to the class with my classmates from the morning assembly and a few senior girls who were on duty asked me “Hey, you have this ink stain. Does your sister have it too? Or is she going to have it soon?” And at that time, I was ...confused, I was not able to distinguish their curiosity from their strangely mocking behaviour.

Then again in my 7th standard, we participated in the matki race, and we whenever practiced for that and whenever my sister fell and broke her matki, every child would be like, “Hey, it's your matki's turn now....”

And here is the most interesting part- what happened with her matki, was the same with mine.

But wait, she never got an ink stain on her white dress !! That's unfair.

Do we feel the same pain and emotions? is another question.

This misconception is also a reward from the movie, JUDWAA 2.

If Someone hits you, will the other feel the pain too?

Oh no!! I mean if you hit one in front of his twin, he/she will also be hurt, not physically but emotionally, the heart will ache too. Anyway, physical pain does not transfer to the other. We once went to an internet cafe to fill out a form and the owner asked us about some of the details for the form like father's name, address, date of birth, contact no etc. Except for our names which are also rhyming Ambika-Shivika, almost everything was the same. So, he noticed and asked "Hey, are you twins?". Then he said, do you feel the same emotions for everything? For once, I thought it was a little different question. So, for once, I gave it a thought.

As we have lived almost our whole lives or almost every moment with each other, our brains may have developed and evolved in the same manner. So, whenever we encounter a situation we feel almost the same emotions. But, before I could say something he said "If one hits her head will you also have pain in your head?"

Well, these are the things which we can understand that people may have doubts about, but there are a few things which are as clear as oil and water in a transparent glass. But still, they will not be in our shoes ever, so they may have such 'curiosity' and 'genuine doubts'.

Like, whenever they see twins. They will be like;

Were you born on the same day?

Of course, that's why we are twins.

Who is older?

We are of the same age.

Oh yeah! But who came first? Do you have the same date of birth? Do you cut two cakes on your birthday?

When you see your identical twin don't you feel like you are looking into a mirror?

Aaahh!!!!

Anyway, we forgive them.

"Having a twin is surely a blessing that comes with an expensive price of always being compared with each other." Being a twin attracts unwanted attention, followed by unwanted judgements from society.

People usually take double turns whenever they see twins, wearing the same clothes but always take double turns if they by chance see a triplet or quadruplet wearing the same clothes. That's okay and can be understood but the worst part is to get compared with each other.

From our physical appearance to our professional skills and mental capacity, people just love to compare twins. What's the after-effect of this comparison? They never give it a thought to that.

For me,

"It's a great blessing just that few are born with it."

**Shivika Maletha,
B.Sc. 2nd year.**

ARTIFICIAL INTELLIGENCE

Though artificial-but genuine, Though no emotions-but teaches how to emote,
Though not a human-but has brain,
Though not eating-but teaches how to cook, though not writing-but teaches how to write,
Though not studying-yet it gives tips for studying,
Though no diploma-but a master in all degrees,
The master of all- Artificial Intelligence.

**Priya,
BCA 6th sem.**

JOURNEY OF NALAGARH'S FIRST DRAMATIC CLUB TO ROHRU

This was my first trip that I took on 19 November, 2023 and this trip was the one that I will never forget. We, the members of the dramatic club, all set out with a hope, "We will bring a prize for our college". When we reached Seema college, we all had lot of fun and one of my dearest friends was so excited about the journey that we both sang songs and reached our destination with anticipation. There the mission of setting up an example was a mammoth task. Our director sir was so energetic that he gave his zest to everyone. He and the entire team stayed awake till 12 A.M and the next day our group had to perform. We were all worried, but our professor Dr. Suneela Sharma and honourable director, Rupesh Bali sir gave us a lot of courage and we gave our performance. When we came down from the stage, we knew we did our best. I told everyone, "We are winners." When our college was called for the first prize that feeling I cannot explain in words, but surely that was the moment that had left a grand impression on my heart for a lifetime. This was our journey from Nalagarh to Rohru.

**Tina,
B.A. 1st year.**

KIND OF TREASURE WE NEVER HAD !

They chose between rides and toys,
for me plastic bottles were not just trash;
we were the same age,
but still we had a huge gap.

Education and dreams,
Were merely a wishful thought 'Never give
up on responsibilities' Was what I was
taught.

I was starving to death,
they had food to waste;
they threw it away just because
it wasn't to their taste.

Became family's breadwinner, the age was
hardly eight;
childhood was a kind of treasure. That
people like me never had, That people
like me never had.

**Anuradha
B.A. 3rd year**



WHY GOD MADE TEACHERS

When God created teachers,
He gave us special friends
To help us understand His world
And truly comprehend
The beauty and the wonder
Of everything we see,
And become a better person.

When God created teachers,
He gave us special guides
To show us ways in which to grow
So we can all decide
How to live and how to do
What's right instead of wrong
To lead us, so that we can lead
And learn how to be strong.
Why God created teachers,
In his wisdom and his grace ,
Was to help us to learn to make our world
A better, wiser place.

**Radhika Verma,
Bsc 2nd year .**



UNLOCK YOUR POTENTIAL: 75 DAYS HARD

This image the 75 days hard:

Two daily workouts, a gallon of water, a strict diet, no alcohol, no excuses; welcome to the tough 75days challenge, a viral movement that promises mental strength and physical changes. Sounds brutal, right? That is. But is it worth the sweat, tears and questionable coffee choices? Let's decode.

Rules created by Andy Frisella, 75 Hard is simple, although unforgiving. Stick to five non-negotiables- exercise, drink water, diet, no alcohol and sugar for 75 days straight.

Science says, the core of 75 hard lies in forming habits. Repetition creates neural pathways and 75 days is a marathon for your brain. You force yourself to step out of your comfort zone, conquer your desires and develop courage, all the while sculpting your body, a wonderful side effect.

However, critics say the 75 Hard's rigid structure ignores individual needs and risks causing injury and exhaustion. Not everyone needs a gallon of water unless you are training to climb Everest. Hence, 75 Hard is a beast, and it's not for everyone. If you crave structure, want a mental reset and have the green light from doctor, go for it. Remember, listen to your body always, adjust as needed and celebrate every moment. Remember, transformation happens on the inside, not just the outside.

So, is 75 Hard good or bad?

It's your call.

Just know this, when you accept the challenge, you will come out stronger, braver and have a new appreciation for a good cup of coffee if you go with it.

**Kuldeep Singh,
B.Com. 3rd year.**

YOGA AND HEALTH

Yoga not only improves the overall quality of life but also makes our life very meaningful. Yoga is a great way to improve strength, flexibility, balance and mental health. Yoga is a great workout to become fit and mentally strong.

1. Yoga can help decrease anxiety-

Anxiety runs widespread throughout the world. We are continuously busy in a mental strife to solve the problems of our lives. A research shows that one hour of yoga-twice a week leads to significant decrease in anxiety disorder. Yoga increases our focus on the present and to stay connected with our body.

2 Yoga can help decrease stress-

Stress is all around us. The pressure of everyday life can lead to chronic stress. During a study, a Yogi's cortisol level was found to be lower as compared to non-Yogis. Cortisol is the hormone associated with stress.

3. Yoga can help in depression-

Increase in cortisol can interfere with the serotonin release, which leads to depression. Yoga helps to deal with the healing of depression. Hence, it is clear that yoga has many health benefits which helps us to stay fit and calm. Yoga helps us to learn to live in the present and enjoy every moment of our life.

**Harshdeep Kaur,
B.A. 1st Year.**



MULTILINGUALISM

Multilingualism is the ability to speak more than two different languages fluently. Contrary to what some societies believe, a vast majority of the world's population is either bilingual or multilingual.

Speaking one language is a human necessity but speaking more than one opens up fresh possibilities. In early life, we learn to master the language of our culture, but as we get older, we become multilingual. As Indians we know that our varied cultures and languages have their own speciality. The more languages we adapt to, the more fluent and sharp our tongue will become. Multilingualism improves a person's memory. Actually, being multilingual changes the structure of our brain. It enhances our memory, helps us process data better, and increases multitasking abilities.

It also creates an opportunity for societies with diversity, to learn from differences instead of being scared of them. Multilingualism also broadens our career prospects. Learning one new language makes it easier to learn others. Once a second language has been learned, a student becomes "bilingual," and it becomes much easier for that person to learn yet another language. This also widens our travel opportunities. Being multilingual is a blessing which makes a person sharp and fresh minded.

**Purnima Nandini Pandey,
M.A (English) 3rd semester.**



PARENTS

Parents are the ultimate guide of a child. Love and respect them and you will find the path to success. A father's protection is higher than any mountain; a mother's love is deeper than any sea. "The end product of child raising is not the child's success, but the parents's sacrifice."

The permanent address for the daughter is her parents' heart. Nobody on earth can ever love you more than your parents. Parents give many things to their child throughout their lives, most of which we never appreciate until they are gone.

Love your parents and treat them with love and care. We only know their value when we see their empty chairs. Respect your parents, listen to your parents and give them time. Don't make your parents angry in order to please other people; those people didn't spend their lives building yours. Parents come in all types, and they are all very different, but the lessons they teach will be a gift that you'll cherish forever. Parents may not be the people you come from, but they are surely the people you want to be when you grow up. Parental love is the only love that is truly selfless, unconditional and forgiving.

**Kumari Sushma,
B.Sc. 3rd year**



DOWRY SYSTEM; A STIGMA ON SOCIETY

Dowry system is prevalent in India since a very long time. Our ancestors started this system for valid reasons but now it is leading to issues and problems in society. In this article we will see what dowry exactly is, how it started, and why it should be stopped now.

History of dowry :

Dowry system was prevalent in ancient India. In those days, society did not consider dowry as a "Money" or "Fee" one had to pay as a bride's parents. The idea behind the dowry system was to make sure the bride would be financially stable after getting married. The intentions were very clear. Bride's parents used to give money, land and assets to the bride as a gift to make sure their daughter would be happy and independent after marriage. But when British rule came into the picture, they restricted women to own any property. Women were not allowed to buy any property, land or assets. Hence, men started owning all the "gifts" given to the bride by her parents. This rule changed the ancient dowry system into a mess! Now parents of the groom started looking at their bride as a source of income. Parents started hating their daughters and wanted only sons. Some started demanding money as a dowry. Women were suppressed since they did not have equal rights as men. And since then the groom's parents adopted this rule to their advantage.

Why should dowry system be stopped :

The new dowry system has created problems in society. Poor parents can not find a proper match who would marry their daughter without taking dowry. They take marriage loans to get their daughter married. Dowry is becoming a nightmare for women in modern times. The cases of infanticide are increasing. Poor parents who cannot afford to have a girl child, prefer to have none. It is very clear that dowry is creating violence. Groom's parents are misusing this tradition. Everyone is just following the new dowry system blindly. Dowry is complete injustice to women and creates unequal status in society. Because of dowry, men see women as property bringers. This is creating a mess and negative environment in society. Under the dowry prohibition act, taking or giving dowry is a crime and is illegal. If someone takes or gives dowry, a complaint can be lodged against them.

**Pushpjeet Kaur,
BA 1st year.**

FINANCIAL LITERACY

Financial literacy is more than just the knowledge of finances. It's an essential skill. As we navigate the complexities of personal and global finances, the need for financial literacy has become urgent. Understanding basic financial concepts is like holding the key to a secure future.

Whether it's budgeting, saving or investing wisely, financial knowledge helps an individual to make informed decisions. It acts as a compass and guides us through the complex web of loans, credit scores and retirement plans. Without this, we risk falling into financial traps that could be easily avoided. Additionally, in a world dominated by digital transactions and investment opportunities, the need for financial education is growing.

Crypto currencies, stocks and various financial instruments are reshaping the finance landscape, making it imperative for individuals to understand these concepts to protect their assets and take advantage of monetary opportunities. Financial knowledge is not only a personal but also a social asset. In communities where financial literacy is widespread, economic resilience and prosperity tend to flourish. It fosters a culture of responsible financial behaviour, thereby reducing the burden on social support systems.

In short, the need for financial knowledge transcends personal interests; it is the foundation for building a resilient and prosperous society. By investing in financial education, we pave the way for a better future, where economic uncertainties can be faced with confidence and informed decisions can be made.

**Kuldeep Singh,
B.Com. 3rd year .**



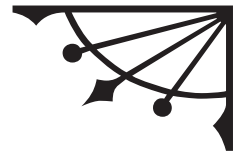
SUCCESS AND FAILURE

Failure is not the opposite of success; it's a part of success. Success is not final, failure is not fatal. It is the courage to continue that counts. Every failure is just another step closer to victory, "Never stop trying." Failing to attempt is the biggest failure of life. Failure is just a stepping stone to greatness. People who avoid failure also avoid success. It's fine to celebrate success but it is more important to heed to the lessons of failure.

Success is no accident; it is hard work, sacrifice, learning from failure and persistence. If you focus on success, you'll have stress, but if you pursue excellence, success is guaranteed. The key to success is discovering your innate power and using it daily.

Without failure there is no sweetness in success, there's no understanding of it. Success is not measured by what you achieve; it's measured by the obstacles you overcome. Success doesn't mean the absence of failure; it means the attainment of ultimate objectives. In time, I realized that the satisfaction of success does not come from achieving your goals, but from struggling.

**Sushma,
B.Sc.3rd Year Medical.**



TAMPERING WITH NATURE

Nature which we see as our mother, are we violating it? Are we taking advantage of nature? Today, many are playing with nature in a mean manner. Bore wells are being dug due to which our natural resources like ponds and lakes are drying. Many herbs and shrubs are at the risk of extinction.

We have done nature great wrongs and it is now avenging us in different forms of natural hazards. No rainfall at some places, smog in city areas and harsh sunshine in some places. Crops are ruined due to the lack of rain and sunlight. If we keep tampering with nature, then it will punish us in its most dangerous form and it will destroy the earth.

**Shubham Sharma ,
B.Sc. 1st year.**



THE CHAOS BY GEORGE NOLST TRENITÉ (1870–1946)

Dearest creature in creation
Studying English pronunciation,
I will teach you in my verse
Sounds like corpse, corps, horse and worse.

I will keep you, Susy, busy,
Make your head with heat grow dizzy;
Tear in eye, your dress you'll tear;
Queer, fair seer, hear my prayer.

Pray, console your loving poet,
Make my coat look new, dear, sew it!
Just compare heart, hear and heard,
Dies and diet, lord and word.

Sword and sward, retain and Britain
(Mind the latter how it's written).
Made has not the sound of bade,
Say—said, pay—paid, laid but plaid.

Now I surely will not plague you
With such words as vague and ague,
But be careful how you speak,
Say: gush, bush, steak, streak, break, bleak,
Previous, precious, fuchsia, via,
Recipe, pipe, studding-sail, choir;
Woven, oven, how and low,
Script, receipt, shoe, poem, toe.

Say, expecting fraud and trickery:
Daughter, laughter and Terpsichore,
Branch, ranch, measles, topsails, aisles,
Missiles, similes, reviles.

Wholly, holly, signal, signing,
Same, examining, but mining,
Scholar, vicar, and cigar,
Solar, mica, war and far.

From 'desire': desirable—admirable from 'admire',
Lumber, plumber, bier, but brier,
Topsham, brougham, renown, but known,
Knowledge, done, lone, gone, none, tone,
One, anemone, Balmoral,
Kitchen, lichen, laundry, laurel.
Gertrude, German, wind and wind,
Beau, kind, kindred, queue, mankind,
Tortoise, turquoise, chamois-leather,
Reading, Reading, heathen, heather.
This phonetic labyrinth
Gives moss, gross, brook, brooch, ninth, plinth.

Have you ever yet endeavoured
To pronounce revered and severed,
Demon, lemon, ghoul, foul, soul,
Peter, petrol and patrol?

Billet does not end like ballet;
Bouquet, wallet, mallet, chalet.
Blood and flood are not like food,
Nor is mould like should and would.

Banquet is not nearly parquet,
Which exactly rhymes with khaki.
Discount, viscount, load and broad,
Toward, to forward, to reward,
Ricocheted and crocheting, croquet?
Right! Your pronunciation's OK.
Rounded, wounded, grieve and sieve,
Friend and fiend, alive and live.
Is your R correct in higher?
Keats asserts it rhymes Thalia.
Hugh, but hug, and hood, but hoot,
Buoyant, minute, but minute.

Say abscission with precision,
Now: position and transition;
Would it tally with my rhyme
If I mentioned paradigm?

Twopence, threepence, tease are easy,
But cease, crease, grease and greasy?
Cornice, nice, valise, revise,
Rabies, but lullabies.

Of such puzzling words as nauseous,
Rhyming well with cautious, tortious,
You'll envelop lists, I hope,
In a linen envelope.

Would you like some more? You'll have it!
Affidavit, David, davit.
To abjure, to perjure. Sheik
Does not sound like Czech but ache.

Liberty, library, heave and heaven,
Rachel, loch, moustache, eleven.
We say hallowed, but allowed,
People, leopard, towed but vowed.

Mark the difference, moreover,
Between mover, plover, Dover.
Leeches, breeches, wise, precise,

Chalice, but police and lice,
Camel, constable, unstable,
Principle, disciple, label.
Petal, penal, and canal,
Wait, surmise, plait, promise, pal,
Suit, suite, ruin. Circuit, conduit
Rhyme with 'shirk it' and 'beyond it',
But it is not hard to tell
Why it's pall, mall, but Pall Mall.

Muscle, muscular, gaol, iron,
Timber, climber, bullion, lion,
Worm and storm, chaise, chaos, chair,
Senator, spectator, mayor,
Ivy, privy, famous; clamour
Has the A of drachm and hammer.
Pussy, hussy and possess,
Desert, but desert, address.

Golf, wolf, countenance, lieutenants
Hoist in lieu of flags left pennants.
Courier, courtier, tomb, bomb, comb,
Cow, but Cowper, some and home.

'Solder, soldier! Blood is thicker',
Quoth he, 'than liqueur or liquor',
Making, it is sad but true,
In bravado, much ado.

Stranger does not rhyme with anger,
Neither does devour with clangour.
Pilot, pivot, gaunt, but aunt,
Font, front, wont, want, grand and grant.
Neither, leisure, skein, receiver.
Never guess—it is not safe,
We say calves, valves, half, but Ralf.

Starry, granary, canary,
Crevice, but device, and eyrie,
Face, but preface, then grimace,
Phlegm, phlegmatic, ass, glass, bass.

Bass, large, target, gin, give, verging,
Ought, oust, joust, and scour, but scouring;
Ear, but earn; and ere and tear
Do not rhyme with here but heir.

Mind the O of off and often
Which may be pronounced as orphan,
With the sound of saw and sauce;
Also soft, lost, cloth and cross.

Pudding, puddle, putting. Putting?
Yes: at golf it rhymes with shutting.
Respite, spite, consent, resent.
Liable, but Parliament.

Seven is right, but so is even,
Hyphen, roughen, nephew, Stephen,
Monkey, donkey, clerk and jerk,
Asp, grasp, wasp, demesne, cork, work.

A of valour, vapid vapour,
S of news (compare newspaper),
G of gibbet, gibbon, gist,
I of antichrist and grist,
Differ like diverse and divers,
Rivers, strivers, shivers, fivers.
Once, but nonce, toll, doll, but roll,
Polish, Polish, poll and poll.

Pronunciation—think of Psyche!—
Is a paling, stout and spiky.
Won't it make you lose your wits
Writing groats and saying 'grits'?

It's a dark abyss or tunnel
Strewn with stones like rowlock, gunwale,
Islington, and Isle of Wight,
Housewife, verdict and indict.

Don't you think so, reader, rather,
Saying lather, bather, father?
Finally, which rhymes with enough,
Though, through, bough, cough, hough, sough, tough?
Hiccough has the sound of sup.
My advice is: GIVE IT UP!

Name- Jyoti,
Class- B.A 1st year.



WHY INDIA NEEDS EDUCATED PEOPLE?

India is the motherland of great Aryabhata; honoured worldwide for the discovery of “0”. There were numerous others like Dr. B.R. Ambedkar, Dr. Sarvapalli Radhakrishnan, Mahatma Phule and Dr. APJ Abdul Kalam whose doctrines and discoveries have proven useful for our nation. There was a time when girls and poor people were not allowed in schools and colleges. The continuous efforts of these brave and great personalities heralded a revolution in the education system. These social activists were voracious admirers of books and modern knowledge. For instance, the father of the Indian Constitution Dr. B.R. Ambedkar faced many obstacles in life because of his caste and some people even tried to stop him from pursuing education. Despite all the social hurdles, he acquired 36 degrees and diplomas. Dr. Ambedkar stoked his library with more than 50000 books. He is remembered as a “Symbol of Knowledge”. Dr. APJ Abdul Kalam, a popular aeronautical engineer and political leader was no less in educational aspects than any other leader of the world. Nuclear weapons were the ultimate result of his scientific temper. Today, majority of us are not even aware of the important Acts, Articles and Sections of our Constitution which is a sign of irresponsibility. Death of a nation is sure when its citizens are not educated enough to reprimand the wrong people in power. India needs young, qualified, selfless and responsible leaders who will fight for the needs of the citizens. It is possible only when we start reading valuable texts rather than wasting time on social networking sites. Education is the only key to success. If we truly want our nation to grow, then it's our primary duty to ensure that we shouldn't divert our minds for petty things. Instead, we should devote ourselves to education. Always remember Nelson Mandela's saying -

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

**Simran Deep Kaur,
M.A. (English).**



ROAD SAFETY: PROBLEMS, CHALLENGES AND SOLUTIONS

Roads are the arteries of any economy. They connect workers to jobs, students to school, sick to the hospital etc. People of a country will be safe if the roads of the country are safe. In India, many people die every year in road accidents. Approximately 73% of accidents happen on open and straight roads. Majority of accidents happen due to negligent driving. On two wheelers people don't wear helmets, so they encounter severe injuries. Government has set up traffic rules, but people don't follow those rules. Moreover, poor construction of roads also leads to many road accidents. Some people, under the intoxication, cause threat to their as well as the lives of others.

Solution- There are many technologies and methods that we can apply to the Indian road safety system. We can also apply the model of Sweden. In addition to this, speed detection cameras must be fixed on every road. It is the duty of the government to tighten the laws for road safety and to provide appropriate punishment to careless drivers. Follow the rules of road safety. It is not just a duty but is a collective responsibility.

**Preeti Singh,
B.A. 3rd year.**

POSITIVE MIND-SET

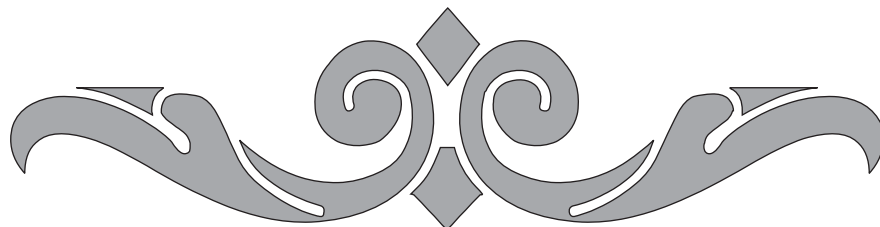
It is not a surprise that, positivity is inherently at the center of creative psychology. Positivity doesn't always refer to simply smiling and looking cheerful, however—positivity is more about one's overall perspective towards life and the tendency to focus on all that is good . The definition from Remez Sasson is a good general description- “Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results.” Having a positive mindset means making positive thinking a habit, continually searching for the silver lining and making the best out of any situation. However, “thinking happy thoughts” may not bring you the success you desire in life, but developing a truly positive mindset can develop optimism that is required in every situation in every minute of the day.

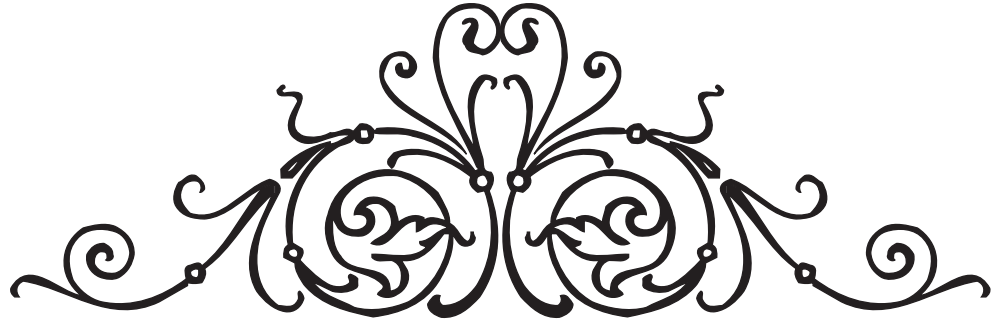
Developing right thoughts is not about being constantly happy or cheerful, and it's not about ignoring anything negative or unpleasant in life either. It's about incorporating both the positive and negative into your perspective and choosing to be generally optimistic. It's about acknowledging that you will not always be happy and learning to accept bad moods and difficult emotions when they come.

Above all, it's about increasing your control over your own attitude in the face of whatever comes your way. You cannot control your mood, and you cannot always control the thoughts that pop into your head, but you can choose how you handle them. When you choose to give into negativity, pessimism, and doom-and-gloom view of the world, you are not only submitting to a loss of control and potentially wallowing in unhappiness—you are missing out on an important opportunity for development. According to positive psychologist Barbara Fredrickson, negative thinking and negative emotions have their place: they allow you to sharpen your focus on dangers, threats, and vulnerabilities. This is vital for survival, although perhaps not as much as it was for our ancestors. On the other hand, positive thinking and positive emotions, “broadens and builds”our resources and skills, and open us up to possibilities.

Building a positive framework for your thoughts is not about being bubbly and annoyingly cheerful, but making an investment in yourself and your future. It's okay to feel down or think pessimistically sometimes, but choosing to respond with optimism, resilience, and gratitude will benefit you far more in the long run.

**Anjali,
B.Sc. (Medical) 3rd year.**



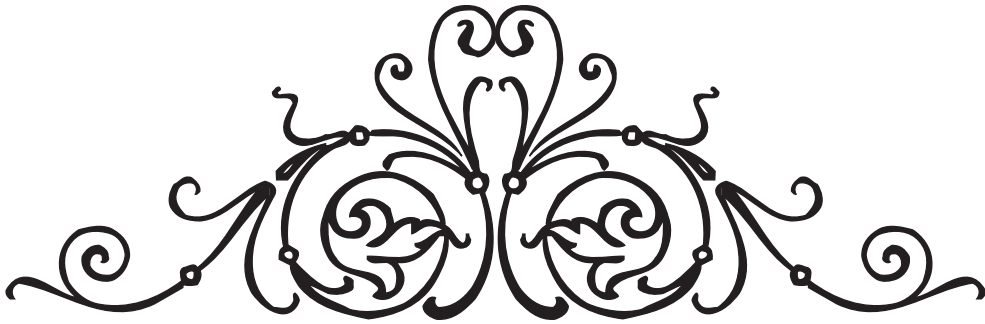


Parbat Rekha



Science Section

2023-24



Editorial

“Imagination is more important than knowledge.
Knowledge is limited. Imagination encircles the world.”

-Albert Einstein

The role of institution is very crucial in nurturing the skills and talent of students. The magazine is a platform to exhibit the literary skills and innovative ideas of students. Our students have also made their endeavors to give wings to their imagination. Some of them have even tried to persuade their readers by their pure logic. The most potent weapon of a writer is his/her critical thinking so this college magazine “**Parbat Rekha**” provides our students a platform to hone their critical thinking. Some of our student contributors aspire to be creative writers and journalists. It requires courage to ink your thoughts initially, so, as readers it becomes our moral duty to motivate these budding writers and poets. It gives us an immense pleasure to bring you this issue of the college magazine “**Parbat Rekha**” for 2023-24.

I am thankful to our worthy Principal **Dr. Sapna Sanjay Pandit** for giving me the opportunity to be the Teacher Editor of the Science section of “**Parbat Rekha**”. I am thankful to Chief Editor **Dr. Suneela Sharma** for giving support and encouragement and my blessings to **Anjali** of BSc.III (medical) for her efforts in editing the Science section as Student Editor. Thanks are also due to all the students who have sent their articles. I am sure that the pages that follow will surely gain accolades of readers.

Harvinder Singh,
Staff editor (Science Section)



Student Editor

Dear readers ,

First of all I just want to take the opportunity to Thank you . Without the hardwork of my mentors and colleagues it was not possible for me to put efforts into editing the college magazine. So I would like to express my sincere gratitude for the time and efforts you all put into this work. College magazine is a mirror of the college life. It reflects the literary, educational and sports activities going on in the college. It projects the important events celebrated in the college during a certain month or year. It also contains news about the college. The magazine prepares students for their future. It gives them training in concentration of thoughts and ideas and in discipline. It can educate and prepare students for their different roles in society which they will certainly play in the near future. Students can benefit a lot by the friendly guidance of a college magazine. I hope that reading this magazine will have an impact on and encourage you to have an impact on others. We may never know how much our words or actions influence the lives of those around us. Thank you again for all your hard work.

Anjali
Bsc 3rd year



Some amusing and fascinating facts about AI:

1. **AI in Art:** AI has created some intriguing art pieces, like the painting sold for over \$400,000 at auction. It was generated by an algorithm!
2. **Robot Opera Singer:** A humanoid robot named YuMi performed alongside Italian tenor Andrea Bocelli at the Teatro Verdi in Pisa, Italy.
3. **Chatbot Friends:** There's a chatbot called Replika that's designed to be your AI friend, learning from your conversations to provide companionship.
4. **AI's Gaming Skills:** AI systems have defeated world champions in games like chess, Go, and even video games like Dota 2 and StarCraft II.
5. **AI Fashion Designer:** Some AI algorithms are creating fashion designs and predicting future fashion trends by analyzing social media and runway images.
6. **AI Psychologists:** AI is being used in therapy and mental health apps to provide support and guidance to users dealing with stress, anxiety, or depression.
7. **Robot Comedians:** There are AI-generated jokes and comedy routines, although the humor might still be a work in progress!
8. **AI Ghost-writer:** AI programs can help write stories, articles, or even generate poetry, sometimes fooling people into thinking a human wrote it.
9. **Robotic Pets:** Some elderly care facilities and hospitals use robotic pets to provide companionship and emotional support to patients.
10. **AI in Cuisine:** There are AI systems creating new recipes by analysing flavour combinations and cooking styles from around the world.

Name- **Shiva Sharma**,
Class- **BCA 4th Semester**.



National Science Day 2024

National Science Day is celebrated annually on February, 28th in India to commemorate the discovery of the “Raman Effect” by Sir C. V. Raman in 1928. This scientific discovery earned him the Nobel Prize in Physics in 1930. In 2024, the theme for National Science Day is “Science for a Sustainable Future”. This theme underscores the critical role the science and technology play in tackling global challenges and creating a more sustainable future for all. Everyone should contribute for achieving there goals for a sustainable future. The theme focuses on areas like:

- **Climate change:** Developing solutions to mitigate climate change impacts and promote renewable energy sources.
- **Resource depletion:** Exploring sustainable management of natural resources like water, energy, and food.
- **Environmental degradation:** Implementing strategies for pollution control, waste management, and biodiversity conservation.
- **Sustainable development:** Integrating science and technology into development strategies for achieving economic prosperity while protecting the environment.

Arushi Sharma
Msc. Chemistry, 2nd Year



TechBeauty - Glam with Gadgets

The world of cosmetics and technology is truly fascinating. There are so many innovative products and techniques that are revolutionizing the beauty industry. It's all about combining science and beauty to enhance our skincare routines and makeup experiences. There are some really cool cosmetic tech products.

1. Smart Makeup Brushes: These brushes have sensors embedded in the bristles that can detect the pressure and movement as we apply makeup.

2. Virtual Makeup Try-On Apps: These apps use augmented reality technology to let us virtually try on different makeup looks before applying on the skin.

3. Automatic Makeup Applicators: These devices use innovative technology to apply makeup products with precision and ease. They can mimic the movements of a makeup artist's hand.

4. Airbrush Gun: They are used to apply makeup in a fine mist, creating a flawless and natural looking finish.

5. Braid Maker: Hair braiding machines are electronic devices that can automatically twist and braid our hair.

6. Facial Cleansing Brushes: These handheld devices use sonic vibrations or rotating bristles to deeply cleanse and exfoliate the skin. They can help remove dirt, oil, and dead skin cells, leaving your skin feeling refreshed and rejuvenated.

7. LED Light Therapy Devices: LED devices emit different wavelengths of light that can target specific skin concerns. It's a popular skincare treatment that uses different colors of LED lights to target specific skin concerns. Each color has its own benefits:

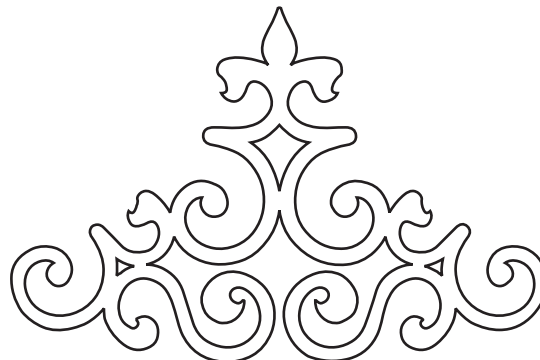
- Red light: It stimulates collagen production, reduces inflammation, and promotes skin rejuvenation. It's great for anti-aging and improving overall skin texture.
- Blue light: It targets acne-causing bacteria and helps reduce breakouts. It's commonly used for treating acne and controlling oil production.
- Green light: It helps even out skin tone; reduce hyper pigmentation, and calm irritated skin. It's often used to brighten the complexion and reduce redness.
- Yellow light: It promotes lymphatic drainage, improves circulation, and helps reduce the appearance of fine lines and wrinkles.

8. Skin Analyzer: It uses advanced technology to examine our skin's condition, including hydration levels, oiliness, wrinkles, and even UV damage. It provides a detailed analysis and recommendations for skincare products and routines tailored to our specific needs.

9. Face mask maker: They are the devices that allow us to create our own personalized face masks using natural ingredients.

10. Micro current devices: These handheld devices use low-level electrical currents to stimulate facial muscles, improve circulation, and promote a more toned and lifted appearance. They can help with firming and tightening the skin.

Reva Sharma
B.Sc 2nd Year (Med.)



Birds Mysterious Suicide Zone of Assam.

We all know that Assam is known for its beautiful valleys, but do you know, the Jatinga village of Assam is called a mysterious suicide zone of birds. Every year in September to November month, hundreds of local as well as migratory birds, lose their lives while crossing this particular zone of about 1.5 km. This zone is also famous as a birds suicide point. This is such a mysterious thing, isn't it? There are three theories behind this mass suicide; According to the villagers there are some evil spirits that force birds to commit suicide. But the question arises why evil spirits forces only birds to commit suicide. Second theory says that birds have to migrate for better habitat in monsoon and in Jatinga, due to high winds and dense fog, birds lose their direction . But the question arises, why this happens only in an area of 1.5 km. The third theory has been given by scientists. (Acc. to this theory, during) monsoon due to increase in ground water level in that particular zone, the electric and magnetic properties change, which ultimately disturbs the sleep and nervous system of birds and perhaps due to this, they die. These are all theories, why do you think this happens?

Anjali
B.Sc 3rd year (Med.)+



Chemistry behind the Food

- **Molecular Gastronomy Unveiled:** The chemistry behind food involves a symphony of molecules, with molecular gastronomy showcasing the art of transforming ingredients on a microscopic level to create extraordinary culinary experiences.
- **Maillard Reaction Magic:** When heat meets amino acids and reducing sugars, the Maillard reaction occurs, infusing our favorite dishes with complex flavors, aromas, and that delectable golden-brown crust.
- **pH Ballet in Culinary Chemistry:** Balancing acidity and alkalinity, chefs choreograph a pH ballet, enhancing flavors, preserving textures, and unlocking the full potential of ingredients in the culinary realm.
- **Emulsification Elegance:** The chemistry of emulsification creates velvety sauces and creamy dressings by coaxing oil and water to dance together harmoniously, defying their natural tendency to repel each other.
- **Caramelization's Sweet Alchemy:** Witness the magic of caramelization as sugars undergo transformation, turning from simple sweetness to a rich spectrum of flavors and colors, elevating both sweet and savory dishes.
- **Enzymatic Symphony in Ripening:** The enzymatic interplay during fruit ripening orchestrates the transformation of starches into sugars, providing nature's cue for the perfect moment to savor the ripest fruits.
- **Umami Unveiled:** Delve into the fifth taste, umami, as glutamate-rich ingredients like tomatoes and mushrooms impart a savory depth, creating a savory sensation that complements and elevates various cuisines.

Ayushi Rai
Msc. Chemistry, 2nd Year



Every student should go through the journey of research, see why?

"Success comes from curiosity, concentration, perseverance and self-criticism."
-Albert Einstein

The irresistible desire to learn and know new things is the foundation of research. A curious student will observe, question, experiment, and then learn. This will lead him to discover and uncover new things, which may change the face of the world forever. Research is critical for improving society, sustaining the economy, propelling innovation, and tackling problems that ordinary people confront daily. Studying, analyzing, experimenting and discovering teach students about our rich history and help them understand our present context and plan their future.

The research component provides a comprehensive learning experience as students can investigate the impact of implementing new thought processes through research and testing. Discoveries are being made in numerous domains daily, particularly science-related, and research is at its centre. Research keeps you from lagging or harboring inaccurate information about a subject. You might utilize the most recent data to expand on ideas or speak eloquently about a topic. This brings us to the second point about establishing credibility.

Research enables us to tackle global challenges and make evidence-based decisions. It sheds light on issues that have remained buried for long and allows people to discuss concerns and answer questions that society does not address.

Simran Deep Kaur
M.A. (English) 3rd semester

2023-Achievement for India's Space Program

India's third lunar mission, Chandrayaan-3 made history on 23 August, 2023, by successfully achieving a soft landing on the south pole of the moon. With this, India became the first nation to land on the moon's South Pole. India now joins the US, Russia and China as the only country to successfully landed the spacecraft on the lunar surface. Chandrayaan-3 is the 3rd lunar mission of the Indian Space Research Organisation (ISRO) and was launched on 14 July, 2023 from the Satish Dhawan Space Center in Sriharikota, Andhra Pradesh. Chandrayaan-3 mission is follow-up of two previous missions to the moon, namely the Chandrayaan-1 and the Chandrayaan-2. Chandrayaan-1 was launched in 2008 and lasted till 2013 after communications to it were lost. The thermal shielding of Chandrayaan-1 failed, it didn't protect the spacecraft from the heat of the sun. Chandrayaan-2, launched in 2019, attempted a soft landing but crash-landed on 06 September, 2019. The third moon mission took into account the drawbacks and lessons learnt from the previous missions and successfully achieved soft landing. The landing area was expanded giving flexibility to soft landed safely within a larger designated region on the surface of the moon. Vikram was equipped with more fuel enabling it to travel more towards the landing site. Chandrayaan-2 had only two solar panels while Chandrayaan-3 has four. The lander's speed was continuously monitored. To mark the successful landing of Chandrayaan-3, "**National Space Day**" will be celebrated on **23 August**, each year. Chandrayaan 3 consist of lander module (LM), a propulsion module



(PM), and a rover. The Lander is called Vikram and the Rover is called Pragyan, was the first Indian rover to land on the moon. The rover will be used to explore the lunar surface and collect scientific data. Scientist hopes to analyze lunar soil, lunar surface rocks and craters and also study moon surface and quakes. India managed to complete the mission for around \$75 million (approximately Rs.615 crore) which is almost 30% less than the previous Chandrayaan-2 mission (\$124 million or approx. 980 crore). ISRO conducted a record seven missions in 2023, including of the successful Chandrayaan-3 on the South Pole . ISRO is gearing up to launch a series of space exploration Missions to take the country's another level. Proud to be an Indian.

**Rakhi,
Bsc.II year (Med.)**

Aditya - L1 Mission

Aditya-L1 Mission is India's first solar mission dedicated to observe the Sun by the Indian Space Research Organization (ISRO). Aditya in Sanskrit means the Sun. L1 here refers to Lagrange Point-1 of the Sun-Earth system. Aditya-L1 was launched on September 2, 2023. Aditya-L1 stays Earth-bound orbits for 16 days, during which it undergoes 5 maneuvers to gain the necessary velocity for its journey. The main objective of Aditya L1 mission is to study the Solar Corona, which is the outermost layer of the Sun's atmosphere. The corona is very hot, reaching temperatures of millions of degrees Celsius, and emits high-energy radiation such as X-rays and Ultraviolet rays. The corona also generates solar wind, which is a stream of charged particles that flows outwards from the Sun and interacts with the Earth's magnetic field. It will also help us to protect our planet and us from the harmful effects of space weather. Aditya-L1 mission is not just a journey to the Sun, but also a journey to the future.

**Sejal Thakur
BSc. 1st Year (Med.)**

Ayurveda and Health

“When diet is wrong, medicine is of no use;
When diet is correct, medicine is of no need.”
—Ayurvedic Proverb

According to Ayurveda, good digestion is the basis of good health, and good digestion starts with a balanced, healthy diet! Therefore, one of the most important things you can do for your health is to give your daily diet some attention.

Ayurvedic medicine emphasizes the role of five elements: air, fire, water, space, and earth. These elements make up Ayurveda's three energies, or doshas:

Vata: This is a combination of space and air. People with the vata dosha are creative and active, but tire easily.

Pitta: This is a combination of fire and water. People of this type are intelligent and temperamental, with a big appetite and healthy digestion.

Kapha: This is a combination of earth and water. People of this type tend to have immense stamina and high intelligence.

The Ayurvedic diet emphasizes eating the right food as per person's dosha. In addition to diet, Ayurveda also says a person should take other steps to balance their dosha. For example, people with pitta dosha should avoid activities that increase the element of fire. The Ayurvedic diet is just one aspect of Ayurvedic medicine. Practitioners believe in embracing an entire Ayurvedic lifestyle to realize Ayurveda's full benefits.

**Simran Deep Kaur
M.A. (English) 3rd semester**

Memory Implantation Tech - Will The Future Of Memory Be Ethical?

Human memory has the ability to encode, store and remember information and past experiences in the brain. But, as the time goes by, humans tend to suffer from several brain/memory disorders including Parkinson's disease, Alzheimer's disease, Depression, Dementia etc. Scientists discovered "Memory Implantation Technology" and given "Memory Prosthesis" to counter the threat of memory problems. Memory Prosthesis is the process which involves inserting an electrode deep into the brain to mimic the way our brain creates memory. It can work in people with memory disorders but it is even more effective in people with bad memory to begin with. In short, "memory prosthesis could restore memory in people with damaged brain."

Memory Implantation involves feeding people untrue information about their lives so that it becomes embedded in their memory, causing the people to misidentify the false event as true. In these studies scientists make people believe that they remember an event that actually never happened. Example Gina Arata and Ellen Musk who were undergone such implants and are living peaceful life compared to before. After receiving a traumatic brain injury in a car accident, Gina Arata was unable to focus well enough to read. A device implanted in her brain has improved her ability to focus her memory and mood. Memory implantation or Brain chip implants help in interaction of patient with computer to read patients mind which help in automatic movement of paralyzed part. Brain implant also enhances capabilities of human organ and senses.

Above all, Interesting fact is that, scientist have completed a successful human trial using high frequency technique to stimulate neurones in the hippocampus region of brain (i.e., the area responsible for forming, organising and retrieving one's memory). The technique is called Deep Brain Stimulation (DBS). It is a surgical procedure that uses electricity to stimulate site of brain. DBS can be used to treat OCD or depression in patients who have not responded to other treatments.

Deep brain stimulation (DBS) with the help of Brain Computer Interface (BCI) devices (Neuro links, Nano-Scale Neural Dust and AI Algorithms etc.), scientist can check the progress of patient on the computer.

Treating brain disorders using implants:-

- 1) A bridge Between Broca's area and Wernicke 's area could help us restore language.
- 2) A chip in the Prefrontal cortex could restore decision making and executive control.
- 3) In the hippocampus region it could restore the ability to form memories.

Janvi
B.Sc. 2nd year(Med)



The Power of Positive Thinking

Many people think life happens by accident. Not at all. Life is simply a communication of thought patterns that have been established in our mind over time. "As a man thinks so is he". Which means you become what you think You may wonder why you keep doing the same thing over and over. Check the pattern of your thoughts.

Three Parts of the Mind

our mind consists of three important compartments, the conscious mind, unconscious mind and the subconscious 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 gears when driving. The subconscious mind stores past experiences both good and bad. It functions on the basis of how you have responded to your past experiences.

Redefine Yourself

|



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 be stored up in your subconscious mind. Going forward, no matter how much 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 and so just remain poor. The converse is true. If you experience an event of failure today. It's up to you to respond positively. You could say. "Yes I failed but I am not gonna allow that to define me." "I am beautifully and wonderfully made by God. Continue to redefine yourself in God's terms until your mind believes. This is called reprogramming or mind renewal.

New Ways of Thinking

It's easier to achieve what we have already defined ourself to be, because our life is an external reflection of who we are internally. Our thought patterns are established or programmed either by the way we were brought up (nurturing) or through our lineage (genetic influence). Whichever way, we are still in-charge over the way you think. We can always choose our thoughts according to our preferred destiny. Replace your old thinking pattern. We can enforce a new way of thinking by speaking what God says about us. Life and death are in the power of our tongue. If we are cautious about what come through our tongue, we will ultimately live our desires and enjoy life.

Harsh Chauhan
BSc-III (Med.)



CONSEQUENCES OF GLOBAL WARMING

We all are very well aware of the climate change that is happening these days. Wind patterns , temperatures, atmospheric pressure and humidity, all determined our climate .Different parts of the world have different climates, for instance, dry , moderate, tropical and others . Climate is what determines the seasons of that area . As we are human beings , our way of life depends on the environment around us. That is why we need a healthy and stable one to lead a normal life. However, global warming is disrupting this pattern.

Question arises what is this term GLOBAL WARMING? So basically global warming is a process in which the temperature of the earth rises steadily and constantly . This brings greater dangers to all living beings. There are many reasons for this phenomenon. Enhanced levels of carbon dioxide ,as well as green house gases , contribute to it greatly . If we do not take measures to tackle this problem now, living beings will soon face doom. Moreover, we need to realize its harmful consequences so we can work on fixing it quickly . Furthermore, everyone must be made aware of how they can contribute to the increasing global warming . Most importantly, we must find an alternative that will help in tackling this menace and save earth and life on it .

CONSEQUENCES OF GLOBAL WARMING : The temperature of earth has risen by one degree Celsius .Although it seems a small increase but its consequences are massive . It's so because the amount of energy we need to augment this temperature even by one degree Celsius is huge. This extra energy is equivalent to force - feeding our climate system .

We are experiencing hotter and hotter days due to global warming . Each year records in the hottest day , month or year . The worrying degree has gone as far as 54 degrees Celsius . Moreover, the frequent and intense extreme weather events we are facing are also due to Global warming. Forest fires , droughts , floods , and others natural disasters are now becoming more and more common . For instance , the Amazon Rainforest fire being the latest one .

The melting of ice caps and glaciers are also a result of global warming . All this melted ice creates a rise in water volume of the oceans . The sea levels increase due to this . Moreover, the warmer the temperature gets , more the water expands and this poses a great threat to the low - lying islands and coastal cities .

Furthermore, our oceans are becoming warmer and are acidifying ,because these water bodies absorb most of the excess heat as well as carbon dioxide they have become more acidic . This in turn , results in coral bleaching .In addition , it also makes stronger storms . This rising acidity poses a great threat to aquatic life and disrupts the food chain . Thus we need to soon get together to eliminate this problem to help our earth heal .

Pushpjeet Kaur
BA 1st year

Biohacking- A Way to Human Enhancement.

Biohacking is the activity of altering the natural processes of one's body in an attempt to improve one's health and physical capacity. Biohacking simply means to hack our body just to have desirable results or managing one's own biology using a combination of medical, nutritional and electronic techniques. It is a **do it yourself** (DIY) form of human enhancement, in which people attempt to change aspects of their biology to improve health, performance, or well being. For e.g. Intermittent fasting, Meditation, Wearing self monitoring and self sensing sensors (e.g. ECG, EEG) and wearable computing to collect data etc.

Biohacking ranges from efforts to improve brain function to faster weight loss. The most well-known type of Biohacking is genetic engineering, where individuals experiment with new technologies to enhance their physical appearance or capabilities. Some Biohackers use a highly technical approach to engineer their own body while attempting to fix their flaws and make themselves superhuman. Biohacking has gained more attention and popularity in recent years but it also raises ethical and safety concerns, particularly when individuals engage in risky or unproven procedures.

Shreya
Msc. Chemistry, 2nd Year



Deepfake Technology

Deepfake technology is a type of artificial intelligence (AI) technology for manipulating videos, images, audios using powerful computers and deep learning. It is used to generate fake news and commit financial fraud among other wrong doings. For example, in 2022 a deepfake video of Ukrainian president Volodymyr Zelenskyy was released asking his troops to surrender.

The term deepfake originated in 2017, when an anonymous reddit user called himself "Deepfake". This user manipulated Google's Open-Source, Deep-Learning technology to create and post pornographic videos. It can be used to make people appear to say or do things that they have not actually said or done. It can be used to perpetrate various crimes, including financial fraud and intellectual property theft.

This technology is now being used for various criminal purposes like scams, pornography, identity theft, financial fraud etc. The greatest danger posed by deepfakes is their ability to spread false information that appears to come from trusted sources. Deepfakes are getting harder to detect with the advancement of technology.

How to deal with Deepfakes:

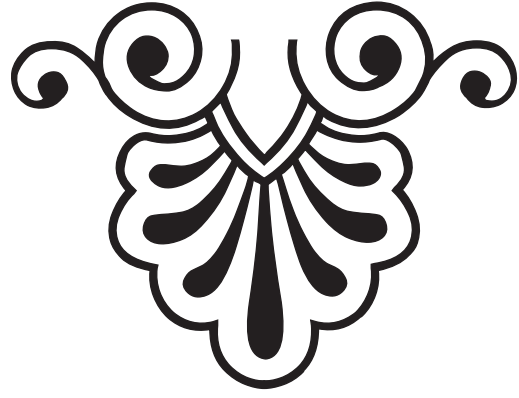
1. Control Access to Social Media Profiles: Lock access to photos, media, and sensitive content on your social media profiles, enhancing privacy and control.
2. Utilise Deepfake Detection Tools: Employ advanced Deepfake detection tools to verify the authenticity of media content.
3. Verify Sources: Always check the source of provocative or remarkable content. Anything forwarded without proper attribution to the source is likely questionable; exercise caution.
4. Blockchain technology can be utilized to prevent deepfake AI by time stamping and adding a record of content creation to the blockchain.

Legal rules against using Deepfake technology in India:

Section 66E of the IT Act of 2000 applies in cases of deepfake offences involving the capture, publication, or transmission of a person's photographs in mass media, infringing on their privacy. This offence is punishable by up to three years in prison or a fine of up to Rs . 2 lakh.

Ekta
Msc. Chemistry, 2nd Year



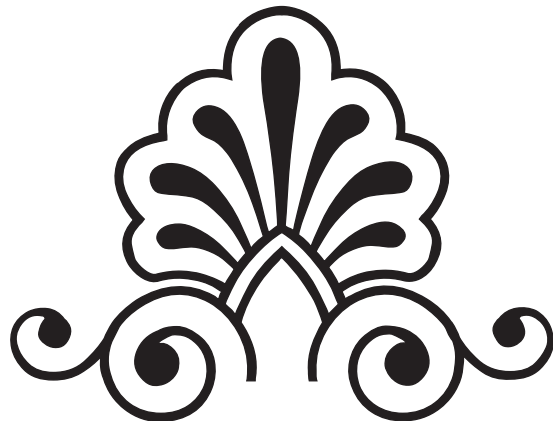


पर्वत रेखा



पहाड़ी अनुभाग

2023-24



प्राध्यापक संपादक

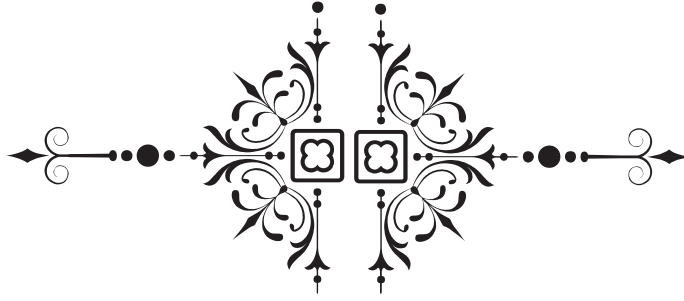
प्यारे दोस्तो,

मिजों इस साल राजकीय स्नाकोतर महाविद्यालय नालागढ़ री वार्षिक पत्रिका पर्वत रेखा पहाडी अनुभाग लई संपादक वणने रा मौका मिलेया। पहाडी अनुभाग जो पढ़ने वालेया सभी पाठक वर्ग जो मेरा नमस्कार।

दोस्तो पहाडी हमारी घरेलु भाषा ही। आसे वचपन ते ऐई भाषा वोली कने बडे हुए। पढ़ाई-लिखाई और सीखी पर आसे हिन्दी भाषा सिखणे रे खातर ए पहाडी अनुभाग बौत ही बढियां साधन आ। असा ते बाद वी आणे वाले पाठक आसां री पहाडी कने विचार ऐसे पहाडी अनुभाग ते जाणी सके।

हाऊं तुसां जो ऐ ही वोलणा चाऊई कि किसी वी कामो जो करना मुशिकल नी आ, पर आसान भी नीआ। जे आसे आत्म विश्वास और कठिन परिश्रम करें तां हर काम जो करी सकुंऐ। दुनिया रा सभी ते बडा गुण तुसा री आपणी मेहनत ही।

अन्वला
लोक प्रशासन विभाग



छात्रा संपादक

प्यारे दोस्तो,

मिजों इस साल राजकीय स्नाकोतर महाविद्यालय नालागढ़ री वार्षिक पत्रिका रे पहाडी अनुभाग लई छात्रा संपादक वाणने रा मौका मिलेया। पहाडी अनुभाग जो पढ़ने वालेया सभी पाठक वर्ग जो मेरा नमस्कार।

दोस्तो पहाडी हमारी घरेलु भाषा ही। आसे वचपन ते ऐई भाषा पहाडी वोली कने बडे हुए। पढ़ाई-लिखाई और सीखी पर आसे हिन्दी भाषा सिखणे रे खातर ए पहाडी अनुभाग बौत ही बढियां साधन हा। असा ते बाद वी आणे वाले पाठक आसां री पहाडी भाषा साथे विचार ऐसे पहाडी अनुभाग ते जाणी सके।

हाऊं तुसा जो ही वोलणा चाऊई कि किसी भी काम जो करना मुशिकल नी हा, पर आसान भी नी हैं जे आसे आत्म विश्वास और कठिन परिश्रम करे ता हर काम जो करी सकुंऐ। दुनिया रा सभी ते बडा गुण तुसा री अपनी मेहनत ही।



नेहा देवी
बी.ए तृतीय वर्ष

तीन गल्ला रखेया याद

जिन्दगी बीच कामयाब दूजे कट्टे तीन गल्ल बड़ी जरूरी हुई। इन्हा, तीन गल्लों जो याद करी के होर इन्हा गल्ला पर चली के आसे हर कामयाबी जो हासिल करी सकाएँ स्यो तीन गल्ला हई मेहनत, अनुशासन होर हिम्मत।

सभी ते पहले ता कोई भी काम हो तस् कामा मंझ सफल हूणे रे कट्टे बड़ी भारी मेहनत करनी पड़गी। अनुशासन बनाई रखणा पऊणार एडा नी करना की एकी ध्याडे खूब काम किता ता इजे ध्याडे बेले बैठी जाणा। तिजी गल्ल एड़ी की आसो जो हिम्मत नी हारनी चाहिए। जे आसे मुसीबता रे वक्त हिम्मत हौसला हारी देणे ता आसे कुछ भी नी करी सकदै।

ता ऐबे हाऊ इतना बोली सकाई की केड़ा बी वक्त हो तीन गल्ला री याद होणी चाहिए। ताकि कोई गलत गल्ल या कोई का गलत काम नी करी सके। तेभे ओसे आगे बढ़ी सका ता होर कुछ आपणी जिन्दगी मंझ बणी सका विधी के आपणे -आपणे आमा - बापू होर गुरु रा मान बढ़ाई सके।

श्रीका शर्मा
बी.ए. द्वितीय वर्ष



मार गई महँगाई

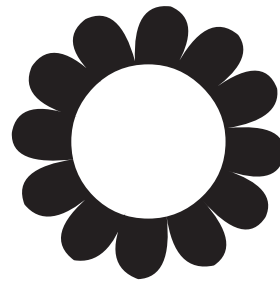
झाँगेगी हमा रोटी री जुदाईया
खाए डा दाला री तन्हाईया
भाजे मिले त चाऊल मिला
दूधा री आसा तन्हाईया
धीऊ, तेल मिला न सस्ता,
रसोई री ता बुशा न लाओं
गैसा गा खून रूलाऊँ
नेता हणो चाहे अभिनेता
इऊँ मथी महँगाई रो
फर्क न पड़े भईया
पढने लिखने रे ता बुशा न लाओ
पढाई होए गए बिकाऊ
पढा लिखा भटकते लगदा
रोजगार मिला न भईया
आम आदमी रे मना दे देखो
इयाँ महँगाई री
केती बेदण उठा भाईरू।
इर्ती मथी भी सरकारा रे
नीज खुले न भईया।

एकता ठाकुर
बी. ए. तृतीय वर्ष

चुटकले

एक किसानों रे चार पाऊ थे तो एकी रा नांव टूटी, दूजे रा नांव सड़ा ले तीजे रा नांव फाँसी और चौथे रे नांव पंचर। तिनो रे करे एक आया किसानों ने अपने जो बोलेया टूटी कुर्सी ली आओ तेबे राजे ने बोलेया की ना हाऊ थाले ही बैठी जाऊंगा। तेबे किसानों ने दूजे पाऊ जो की सड़ा फल ली आओ तेबे राजे बोलेया की ना ना हाऊं खाई के आऊरा। तेबे सजं हुइगी और राजे जो ठंड लगी तेबे किसानों ने अपने तीजे पाऊए जो बोलेया की फटी चादर ली आओ तेबे राजा ने बोलेया की ना ना मैं इआं ई सोई जना तेबे सवेर होइगी और राजे ने जाणा था तेबे किसानो ने अपने चौथे पाऊए जो बोलेया की पंचर साईकल लई आओं। तेबे राजे ने बोलया ना ना मैं पैदल ही चली जाणा।

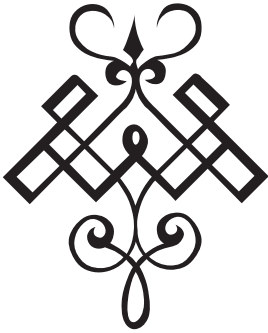
शिवाली ठाकुर
बी.ए. तृतीय वर्ष



आजकला री पढ़ाई

आजकला रे छोरू आजकला री पढ़ाई।
न पढ़ना चाँदे छोरू न मास्टर करदे कसाई।।
फेशनों रे बाल राखिरे, जुआँ चाहे पइरीयाँ,
लीखा दूरते चमकेयाँ करोइया।।
अनुशासन नी जाणदे न जाणदे कमाई,
सोचदे नौकरी नी मिलणी, किजों करनी दमाक चटाई।।
आजाद बणी फिरदे जिंया पंछी उड़दे,
परवाह किसी दी नी करदे, जियाँ भई जोगी फिरदे।।
इम्तहान ज्यों लगदे सोचदे नकल ही मार दे,
जाघाँ और जुराबाँ ते परचुआ पाई की काम सारदे।।
रही गल मास्टर री -
मास्टर करो क्या, छोरूआँ जो बोली नी सकदे।
थोडा जे बी बोलया, तेवे माओ-बाओ डंडा चकदे।।
लोक बोलों ऐ मास्टरो जो -
एसरी आसा बदली कराई देणी, एजोनी छाड़ी सकदे।
चाहे कुछ बी हो, छाड़ी नी सकदे। प्रधानों साथे मिली
के कुसी असा चकाई देणी। एजो तो लाहोलसपिति
चंबा पागी दखाई देणी। छोरू आरे माओ-बाओ एड़ा
नी सोचदे, पई छोरू मारे पढ़दे नी। लड़के सोचदे नी
माओ-बाओ कुछ बोलदे नी आसे मास्टरो ते डरदे नी।
काजो आरे पढ़ना चलो दादागिरी करदे। मास्टर बचारा
निरास हुई के सोचवा सुनो रे ओ लोको मौज मारे लड़के
वक्त आसावी कटी जाणा छोरूआँ एक गल मारी वी याद
राखेओ तुसाँ एक दिन जरूर बराबाद हुई जाणा।।

कंचन कुमारी
बी. एस. सी. द्वितीय वर्ष



पहाडी चुटकले

इस बारी इक सेठ री भैस चोरी हुई जांदी
ता से अपने नौकर जो गलादा। पुलिस वो
किया जाईकरने रिपोर्ट लिखाई कि अधि रात भी।
चमकणे लगेरे थे। कुत्ते भौकना लागेरे थे चोर ओए
दीवार तोड़ी कने भैस जो लई गे। नौकर भी दाड़ी
कने जांदा सै पुलिस चौकिया पुजदा ता लिसणों कुछ
भी यादे नी रेदा सै रिपोर्ट लिखादा की आधी रात थी।
तारे भोकण लगीरे थे। कुत्ते चमकण लगीरे थे। चोर
आए कणे भैस जो तोड़ी कणे दीवारा जो लेई गे।

नये जमाने का डॉक्टर
एक लडकी डाक्टर के पास गई
लडकी - मै हमेशा ही रहती हूँ बहुत ज्यादा
नीद आती है।
डाक्टर- मोबाईल कौन-सा है। आपके पास
लडकी - नोकिया 1100 है।
डाक्टर- ओइ समझ गया

मै एक समार्ट फोन लिख के देता हूँ
उससे जियो फोन का सिम डालकर,
यूटुयब, फेसबुक इन्स्टाल कर लेणा
एकदम आराम हो जायेगा।

नशा नशा भाऊ

छठी दे खरा नी हुंदा नशेरा सुवाद भाऊ
रोग लगी जादें मते सारे सेयद होई जांदी खराब भाऊ
बीडी, सीगरेट, अफीम, गांजा न खरी शराब भाऊ
पलै रैहदी नी चवानी हालत होई जांदी खराब भाऊ
किडनी दिल ते सडी जादें फेफडे पछताना पुंदा बाद भाऊ
अलाज कोई हुदा नी ते पुंदा मता फसाद भाऊ।
इज्जत कोई करदा नी घर होए ते चाहे समाज भाऊ
लाड़ी बच्चे मा बाप से परेशान सारे जरा ता कर लाज भाऊ
गल मनी ले उल्लमे दी ते छठ नशेरा सुपाद भाऊ
मौतीरे मूहे मत जा जहर है बीडी, सीगरेट, अफीम, गांजा शराब भाऊ

जसविन्द्र कौर
बी.एस.सी. प्रथम वर्ष

फैशनो रा नजारा

आजकल रे फैशन देखने जुगे।
का छोरु और का छोरियाँ।
पढ़ने मा ये जीरो और फैशन मा ये हीरो।
आजकला री छोरिया पैट पैनी रो।
देखने जोगी हो इनोरी चालो।
ये छोरिया गुमों पैनी से।
देखने जोगी हो इनोरी चालो।
जे इना जो बोली दो कुछ दिखओ आखी।
और देखो आजकला रे छोरु बेजे पढ़ने।
करो फैशन नोए दे नोए।
बालो रे लगा रखे शौत।
छोरु पीयो जेबे शराब करते नी काम।
पडे रोए हर केथी।
करो तेबे नाम बदनाम।
जब जाओ पेपर लिखो उठपटांग।
जब आओ रिजलटो से फेल।
तब भी नही करदे गम। फैशनो रे मामले चे छोरिया भी नी कम
ऊँचे-ऊँचे सैंडल बूट पाइके खुले बाल छडिके गुमो बजारो जे
छोरु देखो-दिखाओ नखरे हजार।
छोरो राखो फ्रैच कट और मुडो दा मशरूम कट।
ऐ आजकल रे फैशनो रा नजारा।
देखो आजकला री छोरिया रा नजारा।

प्रीति

बी.ए प्रथम वर्ष



यां बिताओ स्कूले ते कोलजे दे ऐ ठारा साल

बारा साला दा स्कूले दा सफर,
बीता कुछ इस कदर,
जिंदगी दी ए सोणी डगर,
पूलणा भी चाहण अहां।
पूला नी पाणा मगर।
दास्सा साल बडे रगीन,
नीचे आसमां ते ऊपर जमीनां
मने च भरी के नोआ जोश,
पद्रंआ सालां च बणीगे असां बोस।
सोलवे साला च होश आया।
कि पंद्रंआं साला कुछ नी कमाया।
सगी साथी सारे जाणे छूट,
सच्ची ए गल पर लगदी सबना जो चूट।
ठारां साल दी लेई ने सोगात,
होणा सांजो बड़ा हर्ष, जालू याद ओणे ए ठारा साल।

अमनप्रीत कौर
बी.ए. द्वितीय वर्ष

पाणी दी समस्या

सारे बोलदे पाणी-पाणी।
पर सारेया जो अक्ल कदी नी आणी।
बरसाती जो सारे भूली जाँदे।
पर गर्मिया जो सारे पछंतादे।
इयाँ रहणा साल भर कब्दे जंगल,
सोचा फिरी होणा अंसा रा मंगल।
जदी पाणी जाणा सूकी,
जानवरा समेत सारे माणुआँ जाणा मूकी।
आवा असाँसभी ऐह कसम खाणी, कदी ना
असाँ सभी ऐह कसम खाणी, कुछ पेड़-पौधे लगाई करी फर्ज
अपना निभाणा,
वातावरण स्वच्छ बणाई करी जीवन
सारेयाँदा बचाणा।
जे बचांगे अंसा बूद-बूद पाणी,
तां हुणी असा दी ऐ ह देश बास्ते कुर्बानी।

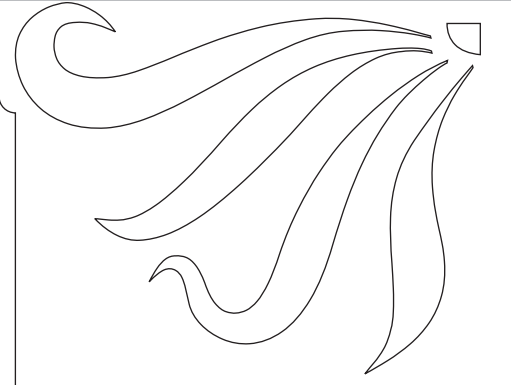
अनुराधा शर्मा
बी.ए. प्रथम वर्ष

मेरा बांका हिन्दूस्तान

मेरा बांका हिन्दूस्तान, मेरा प्यारा हिन्दूस्तान इस कटठें ही हुई जाणा कुर्बाना
होरी बड़ें देशा री हों चाहे केडी शान, पर मेरे देशा री एक लग ही पहचान।
मेरा बांका हिन्दूस्तान, मेरा प्यारा हिन्दूस्तान, इस देशा पर हुए ही बड़े वीर
कुर्बान,जिया सुभाष, गांधी, भाग होर टीपु सुल्तान।

चाहे कोई पढ़े बाईबल, कोई पढ़े कुरान एक ही हये सब औद एक ही हया हिन्दूस्तान,
आवा आसा भी पढ़ी लिखी के करना देशा रा कल्याण मांगनें कुर्बानों तो देयी देणी
एस कठें अपनी जान मेरा बांका हिन्दूस्तान

अनुप्रीया
बी.ए.प्रथम वर्ष



फैशनो रा नजारा

आजकल रे फैशन देखने जुगे।
का छोरू और का छोरियाँ।
पढ़ने मा ये जीरो और फैशन मा ये हीरो।
आजकला री छोरिया पैट पैनी रो।
देखने जोगी हो इनोरी चालो।
ये छोरिया गुमों पैनी से।
देखने जोगी हो इनोरी चालो।
जे इना जो बोली दो कुछ दिखओ आखी।
और देखो आजकला रे छोरू बेजे पढ़ने।
करो फैशन नोए दे नोए।
बालो रे लगा रखे शौत।
छोरू पीयो जेबे शराब करते नी काम।
पड़े रोए हर केथी।
करो तेबे नाम बदनाम।
जब जाओ पेपर लिखो उठपटांग।
जब आओ रिज्लटो स फेल।
तब भी नही करदे गम। फैशनो रे मामले चे छोरिया भी नी
कम
अँचे-अँचे सैंडल बूट पाइके खुले बाल छडिके गुमो बजारो जे
छोरू देखो-दिखाओ नखरे हजार।
छोरो राखो फ्रैच कट और मुडो दा मशरूम कट।
ऐ आजकल रे फैशनो रा नजारा।
देखो आजकला री छोरिया रा नजारा।

शिवानी तनवर
बी.ए.सी. प्रथम वर्ष

सुधरा कनै सुधारा

अपू सुधरा कनै होरी जो भी सुधारा
अपणे धर्मा रा मता पणादे अखाड़ा
मत वानांणेदेया धर्मा कमाणे रा जयरीया
खरे खरे माहणुओं कमा-कमाई ताई जेड धर्म रा तमासा बणादे
क्यों माण्णुओं, तुहा तिन्हा मिच्छे जादे अपणे धर्म कुलदेवतेआं री करा
सेवा
स्याणेयां रा मान करी मिलदा मेक । कदी मत कुदा दिलडु दुखा
अपु समझा कनै और नां समझा।
धर्म मजहब पिच्छे मत बन्डोआ
मुकणां ईया देश मियो होसा च ओआ।
ऐह गल अपणे खोपडी बिटा
अपु समझा कनै और नां समझा।

अरुशिता देवी
बी. ए प्रथम वर्ष

आसारी बोली पहाडी री पुकार

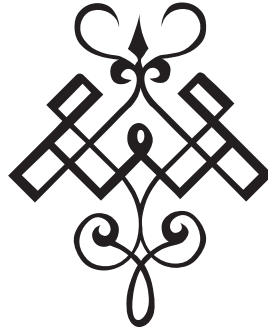
ग्लोबलाइजेशन कने आधुनिकता रे बीच असा री संस्कृति ते परंपरा केने गुम होई जाया करदी। कुछ एडी ही कहानी हाई आसारी बोली पहाडी री भी। ता देखा पहाडी आसा ते क्या बोलना चाहंदी। एडी गुस्ताखी क्या किती मैं बुराई ? पढ़दे- लिखदे ता थे जी बोलने गलाणे ते भी गवाई। ऐडी. केडी खता हुई मेरे ते ओ,
जे मेरे आपणेयां है किती हांड पराई ।।
सोचदे के कुण ही क्या ग्लान्दी ने कुती ते आई।
हांड, तुसारी पहाडी, जो सारेया गा दी दिती भुलाई।
कथे हिंदी बोली, कसे पजाबी,
फेरी अंग्रेजी री कीति बड़ाई ।
ज्यादा पढ़ा लिखा लगने खातर, मेरे ते मुह दिता फिराई।
बोली भाषा च तबदीली ता हुंदी आई।
पर आसे आपणी बोली रा अस्तित्व दिया मुकाई।
बच्चयां जो माँ-बापुए, हिंदी ता अंग्रेजी है सिखाई,
ए ता पिछड़ी, पुराणी ही, ऐ सोच केथी ते आई ?
भई एड़ा भी क्या हुआ, ए ध्याडा दित्या दिखाई,
पहाडी री संस्कृति री पहचान हे दिती मुकाई।
मोटी, किन्नौरी, कांगडी चंब्याली, मुहासवी, सिरमौरी काने मड्याली,
इना सारियां रा नावे है दित्या भुलाई। किसी भाषा ने मिंजो बैर
नी हर भाषा छेल हुई। पर आपणी जो होरी ते छोटा समझना,
केथी री रीत हुई, अंग्रेजी गाने मॉडर्निटी, ते भागडे पुराने हुए।
पहाडी ग्लान्दा ग्वार ते अंग्रेजी री गाली मुहाँ री शोभा बढ़ाई।
हर भाषा बोली सीखा पढ़ा ते बोला,
पर आपणी मत देंदे गवाई।
हर बोली री आपणी अहमियत हुई,
मेरे बगैर तुसा रा भी क्या बजूद रहेंगाओ भाई।।
- तुला री आपणी बोली पहाडी

हिमा देवी
बी.ए. द्वितीय वर्ष

पहाडी चुटकले

पेन गुआची जाये ता तुसां
नोया लई सकदे हन,
पर पैन दा ढक्कान गुआची जाये
ता से नोया नी मिलदा
इस ताई
जिदगी च एक गल जरूर याद राखयो
पेन जालू भी लेणा टीचक-टीचक वाला।

मनिषा देवी
बी.ए.प्रथम वर्ष



नशयां जो न करो

बोलदां ये कॉलजा दे छोरू आ तिझो मैं।
छोडी दे तम्बाकू ते खेणियां जो।
कई इसदे पिछे बर्बाद होई गे।
मुझ भी इसदे पिछे बर्बाद होई जाणा।
तिझो तेरे अम्मा ते बापू भेजया कोलजा जो,
तू जांझाये बजारा ते सिनेमहाला जो।
तिझो कुछ भी इना फिल्म ने देणा ये,
जे तू कॉलजा जाई कनै दो अखर पड़ी लेगां।
आई तेरे कम जाणा ये,
कॉलजा तिजो ते मस्टर प्रश्न पूछदे।
फायदा कुछ नी हुंदा ये,
संझा जो तू घरा जो चली जाया ये।
सवेरा जो चमकी-चमकी कन्ने कॉलजा जो आंदा ये,
घूमि फिरी के सांझा जो, तू घरा जो चली जांदा ये।
फायदा कुछ नी हुंदा ये,
काजौ मापेया जो बेवकूफ बनाया ये।।

चौदनी कुमारी
बी.एस.सी. प्रथम वर्ष

हिमाचली शायरी

ऊठ वो माणुआ कमाई ले कुछ।।
बैठी के वी मिलणा कुछ भी,
दुनियादारी दिखणा पोणा
इस दिल हुये समाझाई लै कुछ।।
बड़ा होई गेया रोणा धोणा,
चल उठ कन्ने कमाई ले कुछ।।
बुरा करी के बुरा ही मिलना,
खरा कम भी कमाई ले कुछ।।
पैसा ही नी सबकुछ होंदा,
यार दोस्त भी बनाई ले कुछ।।
फोकेयां इरादियां ने कुछ नी होणा,
पक्का मन बणाई ले कुछ,
ऊठ के माणुआ कमाई कुछ।।

मान्या शर्मा
बी.एस. सी. प्रथम वर्ष

Learn Himachali Language

Where	:-	कदो
Who	:-	कुण
When	:-	काहली
A lot of	:-	मता
Say	:-	क्या करदा
What are you doing	:-	क्या करदा
Where are you going	:-	कुयी जाहदा
Chilli	:-	पिपल
Rice	:-	भत्त
Boy	:-	छोरू
girl	:-	छोरी
How much it is time	:-	किन्ने बज्जी गए We will
do your work	:-	तोहां दा काम करी देंगे Chapati
(Wheat roti)	:-	फुलका
Headache	:-	घोमरे पड़ि



रीमपल देवी
बी.ए.प्रथम वर्ष

मारा हिमाचल

मारा हिमाचल सबतो न्यारा मारा हिमाचल सबतो न्यारा स्वर्ग एत्यू ओ,
स्वर्ग एत्यू ओ, देवो का आचल पर्वत हिमालय स्वर्ग एत्यू ओ, स्वर्ग एत्यू ओ।
भोले-भेले लोकी इसदे भोलियां-भोलियां शक्तां सीढ़ीनुमा खेत एत्यू हरियां-हरियां
फसलां डूंगो-डूंगो नालू, खड़े कुआलू स्वर्ग एत्यू ओ, स्वर्ग एत्यू ओ।
जेठ महीने च मेले जो लगदे सज्जी धज्जी जांदियां नारा नंदपुर दा मेले।
मारा हिमाचल सोणा हिमाचल लोक क्या देखने जाते है
विदेशस में कभी आना हिचल देश में

भूमिका सिंह
बी.एस.सी. प्रथम वर्ष

हिमाचली शेयरी

ऊठ जो मणुआ कमाई ले कुछ॥
बैठी के वो मिलणा कुछ भी,
इस शरीरे सरकाई ले कुछ॥
दुनियादारी दिखणा पौणा।
इस दिल डूये समझाई ले कुछ॥
बढ़ा होई गोया रोणा धोणा।
चल उठ कन्ने कमाई ले कुछ॥
बुरा करी के बुरा ही मिलणा।
खरा कम भी कमाई ले कुछ॥
पैसा ही नी सबकुछ होदा,
यार दोस्त भी बनाई ले कुछ॥
फोकेयां इरादियां ने कुछ नी होणा,
पक्का मन बणाई ले कुछ,
ऊठ के माणुआ कमाई कुछ॥

मान्या शर्मा
बी.कोम. प्रथम वर्ष

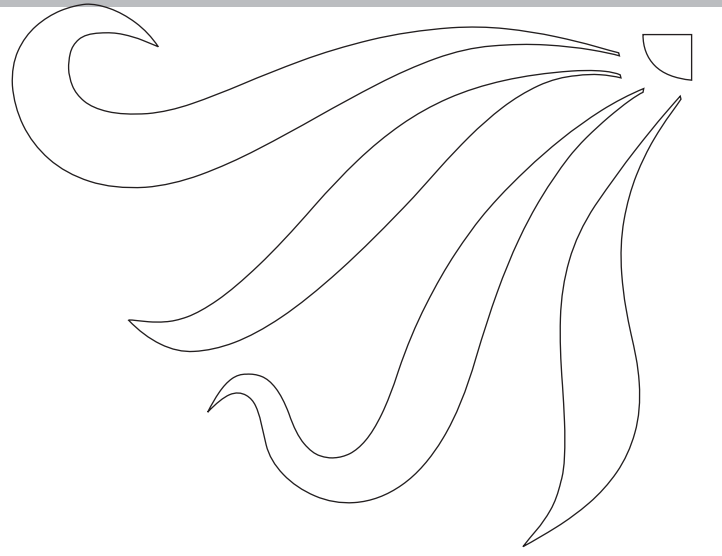
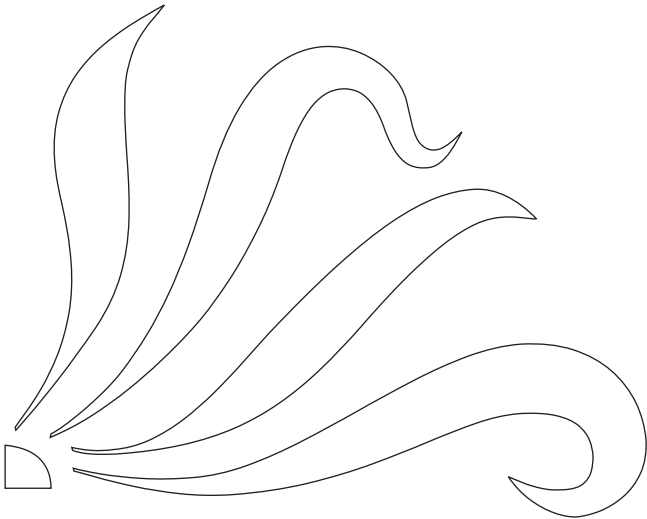


नया जमाना

एलो आई नवां जमाना
नवां जमाना कलियुग लोके मोमो
चाऊमिन, मामोस, गोलगपे खाइके
पेट भरदे। काम कुछ न करदे
अम्मा पापा के मामा और डेड वोल दे
जिन्ना री पेट गले ते टाई
जिओं लागो मुन्ना पाई। बाला दे जैल इयाँ लाई राखो
जिआं लगरो तिनाखे करंट।
जब पेपरा दे बैणेतेबे पेपर देखीखे हाथ चलके हुई
जाओ तीनारे बद सारी चीजा मोल री खओं काम
करने ते जिऊ चुराओ
पहले जाओ थे आम्मा बापू रे पैर छूइके
रोबे जाओ मोबइला री बैटरी फुल कर के।
ऐवे आई गवा मोबाइला रा जमाना
एथे सई बोलना तेथे साई गलाना
शरी आदमी तिनाखे कुछ नी बोलना
से रही जाओ सोचदा
ना ऐबे शार्म आई ना केसरा डर
ना छेरेया रेजमाने दे आवणा कलियुग घोर।

प्रीयंका

बी.सी.ए प्रथम वर्ष



किंच्या

सिन्ने रूकखे सोणा किंच्या
फुक्खे पेटे सोणा किंच्या
थेडी कमाई बडूडा टबबर
बाझि त्राणे कमावा किंच्या।

लूणा तेल दाणा फक्का
मगी छुंगी खाणा किंच्या
ब्याज फारजे नाते गोते
खाली हत्थे जाणा किंच्या

हाँखी च नी होये निंदर
तां फ़ैर सबेला सोणा किंच्या
गटवी नी हार त्हेल्ला
परौहण ब्हाणिया जाणा किंच्या

गोइडे जान्न सुज्जी ता
खड़ा क्वालू गोहणा किंच्या
मंजे कसदियां दौण टटूटे
छकडैणे मंजे सोणा किंच्या

देणे यो दाज गटठी नी होवे
सौरेयां फ़ेजणियां ल्हियां किंच्या

सिमरण देवी

बी.एस.सी. प्रथम वर्ष



Parbat Rekha



Computer Section

2023-24



Editorial

Exploring New Frontiers: Student Insights on Tomorrow's Technology

Dear Esteemed Readers,

As the editor of our cherished computer section, it's with immense pleasure and a sense of profound anticipation that I introduce this edition of our college magazine. This issue is particularly special as it features a series of enlightening short articles penned by our very own students, each dedicated to unveiling the mysteries and marvels of new technology.

In a world where technology evolves at the blink of an eye, staying abreast of the latest advancements is not just an interest but a necessity. This edition is a reflection of our students' commitment to not only keeping pace with these changes but also understanding their implications and sharing their newly found knowledge with our community.

The articles within these pages are more than just informative pieces; they are a glimpse into the future through the eyes of those who will one day shape it.

This initiative is a testament to the curiosity, intelligence, and diligence of our student body. It highlights the importance of learning beyond the classroom and the value of sharing that knowledge with others. Each article serves as an invitation to explore, question, and engage with the technologies that are poised to shape our future.

I am incredibly proud of the work our students have put into their articles and grateful for the opportunity to share their insights with you. Their contributions make it abundantly clear that the future of technology is not only bright but also diverse, inclusive, and boundlessly exciting.

To our readers, I encourage you to dive into these pages with an open mind and a keen sense of wonder. Let the articles inspire you to learn more, to ask questions, and to consider how you might contribute to the ongoing dialogue about technology and its role in our lives.

To our student contributors, thank you for your enthusiasm, your hard work, and your willingness to share your knowledge with the wider college community. Your articles are a beacon of inspiration, reminding us all of the power of education and the importance of looking forward, always.

Together, let's embrace the endless possibilities that technology holds and continue to foster a culture of curiosity, learning, and innovation.

With deepest respect and admiration,



Dr. Ankur Sharma
Editor, Computer Section

Student Editorial

It is my proud privileged to serve as student editorial of computer science section for our college magazine "Parbat Rekha". This role not allowed me to showcase my passion for technology but also gives me the chance to work with individuals who are dedicated to the computers science field. While working as a student editor I have learn lot of new things that are going to help me in future. I would like to thankful all the students who are sharing their knowledge and ideas with the readers to gain information about computer science field and contribute in the growth and success of the magazine. Your support and passion making this section of magazine informative. Thank you for believing in me and giving me this chance to grow and develop as a writer and a leader



Suraj Kumar Student Editor
Computer science section

BLUE EYES TECHNOLOGY

Blue eyes technology is a technology which is being so that the machines get sensational abilities and perceptual abilities just like our human beings. These abilities make the computational machines to understand the feeling of humans and this help to interact with them. The main aim of this technology is to analyse human brain and understand their physiological conditions.

Imagine a world where humans can communicate with their computers. This concept was first developed by a research team IBM at Almaden Research Centre (ARC) in San Jose, California since 1997. This is based on the idea of Paul Ekan's facial expression.

The term Blue eyes goes as Blue stands for Bluetooth technology which is wireless and the term eyes are used because it is the only part that helps us in finding the human expression easily.

The aim of this technology is to provide computers all those human abilities of understanding the feeling by others through their facial expressions and tone in which they speak. So that these machines would interact with humans.

This technology works with the combination of both software and hardware components.

Central system unit and the data acquisition unit act as the hardware component.

Microcontroller acts as the heart for this technology. We could use this type of technology in all working places.

Hardeep Saini
Bsc. 2nd Year

IS AI THREAT FOR HUMAN JOBS?

The integration of Artificial Intelligence (AI) poses a dual challenge to the job market. While automation of routine tasks may lead to job displacement in certain industries. AI also creates new job opportunities and transforms existing roles. The shift highlights the importance of skills like creativity and critical thinking, making certain jobs less susceptible to automation. Proactive measures such as retraining programs are essential to equip the workforce with the skills demanded by the evolving job market. Balancing the potential job displacement with the creation of new opportunities requires strategic planning and investment in education to ensure a smooth transition into an AI-driven future.

Simern Devi
BSc 1st year

ROLE OF IT IN HUMAN HEALTH AND MEDICINE

1. It can be used for audio, visual and data communication for medical consultation, diagnosis, treatment, nursing and medical education.
2. It is used for testing of DNA, creating DNA database and genetic information about population.
3. Medical records and finger prints which are used by investigation agencies to identify missing persons and criminals.
4. Better control and monitoring of epidemics and spread of disease (HIV, Malaria, Swine Flu).

Megha Bassi
Bsc 3rd Year



NAVIGATING THE EVOLVING LANDSCAPE OF IT, & COMPUTER SCIENCE: A JOURNEY TO INNOVATION"

In today's rapidly advancing technological era, the realms of information technology (IT) & COMPUTER SCIENCE have become the backbone of our digital existence. This article delves into the dynamic landscape of those fields, exploring their interconnected nature & the profound impact they have in our daily lives.

1 The confluence of IT & Computer Science -

As technology continues to intertwine with our lives, the boundaries between IT & Computer Science blur. IT, traditionally associated with managing & utilizing technology now relies heavily on cutting Edge developments form of the realm of Computer Science. The Fusion of these disciplines creates a powerful synergy, enabling the Creation of innovative Solutions.

2) Artificial Intelligence: Pioneering the future:

One of the most frontiers within computer science is Artificial Intelligence (AI). From machine learning to neural networks. AI is reshaping how we approach problem-solving. Whether it's optimizing processes, predicting patterns or enhancing using experience, the integrating of AI in IT applications is revolutionizing industries.

3) Cyber security: The Guardian of Digital Realms:

With the increasing reliance on technology, the importance of Cyber security cannot be overstated. IT professionals & computer scientists work hand in hand to fortify digital infrastructure against cyber threat. The article explores the evolving landscape of cyber security highlighting the role of encryption, ethical hacking and protective defence mechanism

4 Quantum Computing: Unrevealing the Unthinkable:

As the we push the boundaries of classical computing. Quantum Computing emerge as game changer. This section delves into the theoretical underpinnings of quantum computings to solve & its potential to solve complex problems at speed's unimaginable with traditional computing paradigms.

5 The Workforce of Future : Nurturing Tech Talent:

In a world driven by skill technology the demand for skilled professionals in IT & Computer Science is soaring. The article examines the involving role of education institutions in shaping the next generation of tech leaders, fastening innovation & equipping students to thrive in the digital landscape.

6 Ethical consideration: Balancing Innovation & Responsibility.

With great technological power comes great responsibility. This section explores the ethical considerations surrounding IT & Computer Science emphasizing the need for responsible Innovation. Topics include data privacy, algorithmic bias & the societal impact of technological advancements.

In conclusion, the synergy between IT & Computer Science in propelling us into a future when innovation knows no bounds. This article provide a glimpse into the multifaceted world encouraging readers to the involving landscape & contribute to the over wing expanding frontier of IT & Computer Science.

Akash Prajapate

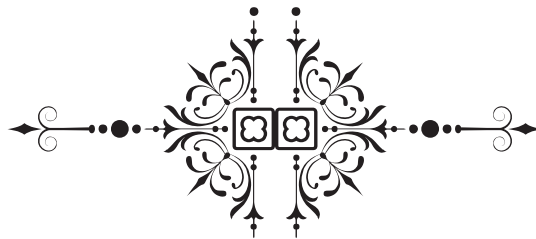
Bsc. 1st year



WHAT IS COMPUTER?

Charles Babbage is the father of computers. It is an electronic gadget that is used to store and process data. The features which are found in a computer are a notepad, calculator, paint tool, etc. A computer can be used to store, receive, or send information via different mediums. A computer is a reliable gadget that can store all your private information with security protection. In order to operate a computer, we need an operating system and someone to operate it. If you know how to operate, then it is easier for you to handle any kind of job. If you are not well aware of using a computer, then you will have to be dependent on someone for your work. There is no job that is impossible with the computer. Every day, scientists are working really hard to find new innovations to improve the performance and quality of computers. Therefore, in today's changing world, it is necessary for every individual to learn the basics of computers at least.

Lovepreet Singh
Bsc 3rd year



Unlocking the Potential of IT

Information Technology (IT) is the driving force behind our digital evolution. Cloud computing has redefined data management, offering unprecedented storage and accessibility. Artificial Intelligence (AI) is revolutionizing tasks, enhancing efficiency, but raising ethical concerns. Cybersecurity is crucial, safeguarding against evolving threats in our interconnected world. The Internet of Things (IoT) connects devices, offering efficiency but requiring careful consideration of security implications. As demand for skilled IT professionals rises, education adapts to meet industry needs. IT is not just a tool; it's a dynamic force shaping how we live and work in the modern age.

Pranay
Bsc 3rd Year



Spooftng

Spooftng is the act of disguising a communication from an unknown trusted source. Spooftng can apply to emails, phone calls, and Websites or can be more technical such as a computer Spooftng an IP addresses, Address Resolution Protocol (ARP) or Domain Name System (DNS) server.

Spooftng can be used to gain access to a target's personal information, spread Malware through infected links or attachments, by pass network access controls or redistribute traffic to conduct a denial-of-service attack. Spooftng is often the way a bad actor gains access in order to execute a larger Cyber-attack such as an Advanced Persistent threat or a Man -in -the - middle attack.

Successful attacks on organization can lead to infected Computer systems and Networks data breaches, and loss of revenue all liable to affect the organization's public reputation. In addition, spooftng that leads to the rerouting of internet traffic can overwhelm Networks or lead customers/clients to malicious sites aimed at stealing information or distributing Malware

How to protect against spooftng attacks The primary way to protect against spooftng is to be vigilant for the signs of a spooft, whether by email, web, or phone. When examining a communication to determine legitimacy, keep an eye out for: Poor spelling, Incorrect/inconsistent grammar, unusual sentence structure or turns of phrase. These errors are often indicators that the communications are not from who they claim to be.

Other things to watch out for include: The email sender address: sometimes addresses will be spoofted by changing one or two letters in either the local-part (before the @ symbol) or domain name. The URL of a webpage: similar to email addresses, the spelling can be slightly changed to trick a visitor not looking closely. Don't click on unfamiliar links or download unfamiliar/unexpected attachments. If you receive this in your email, send a reply to ask for confirmation. If an email address is spoofted exactly, the reply will go to the actual person with the email address-not the person spoofting it. Don't take phone calls at face value; be wary of the information the caller is requesting. Google the phone number presented on the caller ID to see if it's associated with scams. Even if the number looks legitimate, hang up and call the number yourself, as caller ID numbers can be spoofted. Spooftng can sometimes be easy to spot, but not always-more and more, malicious actors are carrying out sophisticated spooftng attacks that require vigilance on the part of the user. Being aware of different spooftng methods and their signs can help you avoid being a victim

Suraj Kumar

Bsc3rd



Types of Spoofing

Email Spoofing

Email spoofing occurs when an attacker uses an email message to trick a recipient into thinking it came from a known and/or trusted source. These emails may include links to malicious websites or attachments infected with malware, or they may use social engineering to convince the recipient to freely disclose sensitive information.

Sender information is easy to spoof and can be done in one of two ways:

Mimicking a trusted email address or domain by using alternate letters or numbers to appear only slightly different than the original

Disguising the 'From' field to be the exact email address of a known and/or trusted source Caller ID

Spoofing

With caller ID spoofing, attackers can make it appear as if their phone calls are coming from a specific number—either one that is known and/or trusted to the recipient, or one that indicates a specific geographic location. Attackers can then use social engineering—often posing as someone from a bank or customer support—to convince their targets to, over the phone, provide sensitive information such as passwords, account information, social security numbers, and more.

Website Spoofing

Website spoofing refers to when a website is designed to mimic an existing site known and/or trusted by the user. Attackers use these sites to gain login and other personal information from users.

IP Spoofing

Attackers may use IP (Internet Protocol) spoofing to disguise a computer IP address, thereby hiding the identity of the sender or impersonating another computer system. One purpose of IP address spoofing is to gain access to a networks that authenticate users based on IP addresses.

More often, however, attackers will spoof a target's IP address in a denial-of-service attack to overwhelm the victim with traffic. The attacker will send packets to multiple network recipients, and when packet recipients transmit a response, they will be routed to the target's spoofed IP address.

ARP Spoofing

Address Resolution Protocol (ARP) is a protocol that resolves IP addresses to Media Access Control (MAC) addresses for transmitting data. ARP spoofing is used to link an attacker's MAC to a legitimate network IP address so the attacker can receive data meant for the owner associated with that IP address. ARP spoofing is commonly used to steal or modify data but can also be used in denial-of-service and man-in-the-middle attacks or in session hijacking.

DNS Server Spoofing

DNS (Domain Name System) servers resolve URLs and email addresses to corresponding IP addresses. DNS spoofing allows attackers to divert traffic to a different IP address, leading victims to sites that spread malware.

Jagmohan Singh
Bsc 3rd Year



The Pillars of Information Technology (IT)

The pillars of Information Technology (IT) advancement are foundational elements that have driven the evolution and innovation within the field of IT. These pillars not only represent the core technologies but also the methodologies and frameworks that have significantly influenced the development of IT solutions, applications, and infrastructure. Understanding these pillars is crucial for grasping how IT has shaped and continues to shape our world. Here are some of the key pillars:

1. Computational Power

- The exponential increase in computational power, often referenced in accordance with Moore's Law, has been a fundamental driver of IT advancement. This includes the development of microprocessors, GPUs (Graphics Processing Units), and more recently, quantum computing.

2. Data Storage and Management

- Advances in data storage technologies, including the evolution from magnetic tape to solid-state drives (SSDs) and the development of scalable cloud storage solutions, have been crucial. Effective data management practices and database technologies (relational databases, NoSQL databases) play a pivotal role in organizing and accessing vast amounts of data.

3. Networking and Connectivity

- The Internet and broadband connectivity are arguably among the most transformative advancements. Networking technologies like Ethernet, Wi-Fi, and more recently, 5G, have enabled global connectivity, leading to the proliferation of the internet, IoT (Internet of Things), and edge computing.

4. Software Development and Frameworks

- The evolution of programming languages, development tools, and methodologies (from procedural to object-oriented programming, and the advent of agile and DevOps practices) have significantly impacted how software solutions are developed, deployed, and maintained.

5. Cybersecurity

- As IT systems have become more integral to personal, corporate, and government operations, the importance of cybersecurity has grown. This includes the development of encryption technologies, secure communication protocols, and cybersecurity frameworks to protect data and systems from unauthorized access and cyber threats.

6. Artificial Intelligence and Machine Learning

- The fields of AI and machine learning have emerged as fundamental drivers of IT innovation, enabling the development of intelligent systems capable of learning from data, making decisions, and performing tasks that previously required human intelligence.

7. User Interface and Experience (UI/UX)

- Advances in UI/UX design have significantly influenced how humans interact with technology, making it more accessible and intuitive. This includes the evolution from command-line interfaces to graphical user interfaces (GUIs) and the development of touch, voice, and gesture-based interfaces.

8. Cloud Computing and Services

- The shift to cloud computing has revolutionized IT infrastructure, offering scalable, on-demand access to computing resources and services. This has enabled new business models, such as Software as a Service (SaaS), Platform as a Service (PaaS), and Infrastructure as a Service (IaaS).

9. Open Source Movement

- The open source movement has been pivotal in promoting collaboration, innovation, and transparency in software development. It has led to the creation of numerous tools, operating systems, and applications that serve as the backbone of today's IT infrastructure. These pillars are interdependent, and advancements in one area often drive innovation in others. Together, they form the foundation upon which the current and future state of IT rests, continuously evolving to meet the changing needs of society and industry.

Chandani
BSC 3rd Year

Solid State Drives (SSD)

Solid State Drives (SSDs) represent a significant advancement in data storage technology, offering numerous benefits over traditional Hard Disk Drives (HDDs). Here's an overview of SSDs, how they work, their advantages, and their applications:

What are SSDs?

SSDs are a type of non-volatile storage media that store and retrieve digital information using integrated circuits, rather than magnetic media or optical discs. Unlike HDDs, SSDs have no moving parts, which contributes to their increased reliability and performance.

How Do SSDs Work?

Flash Memory: The core technology behind most SSDs is NAND-based flash memory, a type of non-volatile memory that retains data even when power is turned off.

Controller: SSDs also include a controller, which is an embedded processor that executes firmware-level software. The controller plays a crucial role in managing the data stored on the SSD, including error correction, wear leveling, and read/write caching.

Advantages of SSDs

Speed: SSDs offer significantly faster data access and boot times compared to HDDs because data can be read directly from any flash memory cell instantly.

Durability: With no moving parts, SSDs are more resistant to physical shock and vibration, making them more durable and reliable.

Silent Operation: SSDs operate silently as they lack the mechanical parts found in HDDs.

Lower Power Consumption: SSDs are more energy-efficient, which makes them an ideal choice for laptops and other battery-powered devices.

Form Factor Flexibility: The absence of mechanical parts allows SSDs to be smaller, making them suitable for slim and compact devices like ultrabooks and tablets.

Applications

Personal Computing: SSDs are widely used in laptops, desktops, and gaming consoles for faster system boot-and application loading times.

Servers and Data Centers: Their speed and reliability make SSDs suitable for servers, especially those requiring high-speed data access for databases and real-time processing.

Mobile Devices: The compact size and energy efficiency of SSDs make them ideal for smartphones, tablets, and other portable devices.

Industrial and Automotive: SSDs are used in environments requiring durability and reliability, including industrial machines and automotive applications.

Gagan Gautam
Bsc 3rd Year



"Uncovered Mysteries: Decoding the Enigma of Information Technology (IT)"

Uncovered Mysteries: Decoding the Enigma of Information Technology (IT)" could be envisioned as a compelling exploration into the complex, ever-evolving world of IT. This journey might unveil how IT has transformed societies, economies, and personal lives, while also peering into the challenges and uncertainties that lie ahead. Here's a closer look at what such an exploration could entail:

Historical Evolution

- **The Dawn of Computing:** Tracing back to the earliest mechanical calculators and the monumental development of the first computers. Understanding the visions of pioneers like Charles Babbage and Alan Turing, whose ideas laid the groundwork for modern computing.
- **The Rise of the Internet:** How the creation of ARPANET evolved into the internet we know today, revolutionizing communication, commerce, and information sharing on a global scale.

Core Technologies and Their Impact

- **Software Development:** From the first programming languages to the sophisticated, user-friendly applications of today, exploring how software has become the backbone of modern IT infrastructure.
- **Networking and the Digital World:** Examining the infrastructure that keeps the internet running, including data centers, cloud computing, and cybersecurity measures protecting vast amounts of information.

Societal Transformations

- **The Information Age:** Analyzing how the advent of IT has ushered in a new era where information accessibility and digital literacy are critical to economic and social participation.
- **Privacy and Surveillance:** Delving into the double-edged sword of digital advancement, highlighting concerns over privacy rights versus the benefits of big data and surveillance technologies.

Future Frontiers

- **Artificial Intelligence and Machine Learning:** Predicting the future impacts of AI and ML on job markets, ethics, and societal norms. Exploring the potential for both utopian outcomes and dystopian scenarios.
- **Quantum Computing:** Unraveling the mysteries of quantum computing and its potential to solve problems beyond the reach of classical computers, from drug discovery to solving complex mathematical problems.

Ethical and Philosophical Questions

- **The Digital Divide:** Addressing the inequalities in access to IT resources between different socioeconomic groups and regions, and discussing potential solutions.
- **The Role of IT in Climate Change:** Investigating how IT contributes to climate change through energy consumption but also offers tools for environmental protection and sustainability efforts.

Personal Narratives

- **Human Stories Behind the Screen:** Sharing personal stories of individuals whose lives have been significantly impacted by IT, from tech innovators to end-users who have found community and connection through technology.

"Uncovered Mysteries: Decoding the Enigma of Information Technology" would not only serve as an educational resource but also as a reflection on the profound influence IT has on our world, prompting readers to think critically about the future they wish to shape in this digital age.

Vishnu
BSc 3rd Year



Web development 2024

Web development has undergone significant evolution over the years, and the landscape in 2024 is a testament to the rapid advancements in technology. Let's explore the key facets of web development today.

Modern web development is characterized by a shift towards more dynamic and interactive user experiences. Technologies like React and Vue.js dominate the front-end scene, enabling developers to create responsive and feature-rich interfaces. Progressive Web Apps (PWAs) have gained popularity, offering users a seamless experience across various devices.

On the server side, Node.js has emerged as a powerhouse, allowing developers to use JavaScript for both front-end and back-end development. Cloud computing services like AWS, Azure, and Google Cloud have become integral, providing scalable infrastructure for web applications.

Web Assembly has opened new possibilities, allowing developers to run high-performance code in browsers, and expanding the capabilities of web applications. Headless CMS solutions simplify content management, while GraphQL provides a more efficient way to query and manipulate data.

In conclusion, web development in 2024 is marked by a diverse ecosystem of tools and technologies that empower developers to build sophisticated, responsive, and scalable applications, pushing the boundaries of what is possible on the web.

Ronish Ahir
Bsc 3rd Year



ARTIFICIAL INTELLIGENCE

●The most revolutionary technologies of our time - Artificial Intelligence, or AI. AI has been a topic of fascination and debate for decades, but in recent years, we have seen incredible advancements in this field that are changing the way we live, work, and interact with the world around us.

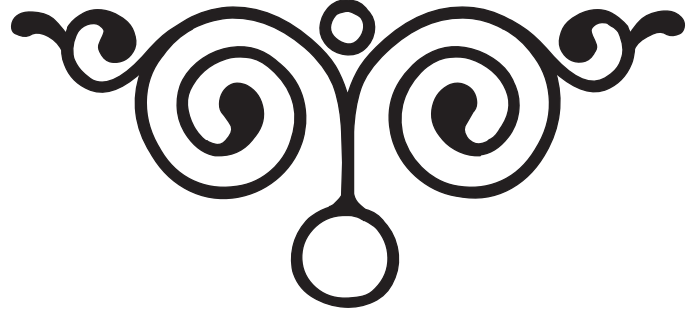
●AI refers to the development of computer systems that can perform tasks that typically require human intelligence, such as visual perception, speech recognition, decision-making, and language translation. These systems are capable of learning from data, identifying patterns, and making decisions with minimal human intervention.

●However, with these incredible advancements come challenges and concerns. The rise of AI has raised questions about job displacement, data privacy, and ethical implications. As we continue to integrate AI into our daily lives, it is crucial that we address these issues and ensure that AI is developed and used responsibly.

●In conclusion, AI has the potential to revolutionize the way we live and work, offering tremendous opportunities for innovation and progress. As we navigate this new era of technology, let us embrace the possibilities that AI presents while also being mindful of the challenges it brings. By working together to harness the power of AI responsibly, we can create a brighter future for all.

Pawan Singh
(234103002)



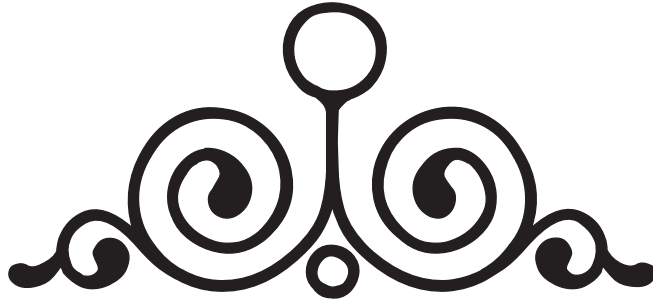


पर्वत रेखा



हिन्दी अनुभाग

2023-24



संपादकीय

”हम परवरिश-ए-लौह-ओ-कलम करते रहेंगे,
जो दिल पे गुजरती है रकम करते रहेंगे” -फैज़

लेखन मन के भावों और विचारों को व्यक्त करने का सबसे सशक्त माध्यम है। इससे न केवल व्यक्ति को मानसिक संतुष्टि मिलती है बल्कि समाज को एक नई सोच भी मिलती है। लेखक अपने लेखन में जहां भावनाओं और विचारों को व्यक्त करता है वहीं समाज को भी एक नई दिशा देने का काम भी करता है। आम आदमी को नए विचारों से अवगत करवाता है और समाज में जो हो रहा है उसे अपनी लेखनी के माध्यम से पहचान देने की कोशिश करता है। समाज में घट रही घटनाओं का चित्रात्मक भावनात्मक विवरण करता है। वह अपनी रचना सृष्टि से समाज का नियामक, संचालक और उन्नायक बन समाज को मार्गदर्शन और नेतृत्व प्रदान करता है। हमारे महाविद्यालय में भी विद्यार्थियों में रचनात्मक लेखन प्रतिभा की कमी नहीं है, बस जरूरत है उन्हें प्रोत्साहित करने की, एक माध्यम, एक मंच प्रदान करने की, जो उनमें लेखन के प्रति रुचि और प्रेरणा जागृत करने में सहायक बन सके।



पत्र पत्रिकाएं विद्यार्थी जीवन में महत्वपूर्ण भूमिका निभाती हैं। विद्यार्थियों में लेखन क्षमता को बढ़ाना देना शिक्षा-संस्थाओं द्वारा प्रकाशित पत्र पत्रिकाओं का मुख्य उद्देश्य होता है। किसी भी शिक्षण-संस्थान की पत्रिका वहाँ के विद्यार्थियों की वैचारिक अभिव्यक्ति का माध्यम बनती है और उन विद्यार्थियों की सृजनशीलता को एक मंच प्रदान करती है। राजकीय महाविद्यालय नालागढ़ से प्रकाशित की जा रही 'पर्वत रेखा' पत्रिका ऐसे ही छात्रों की प्रतिभाओं व रचनात्मक विचारों को तराशने का और उनके कौशल को पहचानने का माध्यम है।

यह अत्यंत हर्ष और गर्व का विषय है कि "पर्वत रेखा" पत्रिका का यह सत्र 2023-24 का अंक प्रकाशित होने जा रहा है। मुझे पूर्ण विश्वास है कि महाविद्यालय की यह वार्षिक पत्रिका नवोदित छात्र लेखकों, साहित्य सर्जकों और कला प्रेमियों के भावों और विचारों की अभिव्यक्ति के लिए श्रेष्ठ मंच सिद्ध होगी।

अनीता कुमारी (सहायक आचार्या हिन्दी)
संपादिका - हिंदी अनुभाग



छात्र-संपादिका

निज भाषा उन्नति अहै, सब उन्नति को मूल।
बिन निज भाषा-ज्ञान के, मिटत न हिय को सूल॥
विविध कला शिक्षा अमित, ज्ञान अनेक प्रकार
सब देसन से लै करहू, भाषा माहि प्रचार॥

हिंदी केवल भाषा नहीं यह हृदय की भाषा है और जब भी कला प्रेमी हृदय की भाषा से सृजन की कलम पकड़ वर्तमान के पन्नों पर रचना गढ़ता है, तो इतिहास बनता है। विचारों को शब्द देकर क्या नहीं हो सकता, विचारों में एक क्रांति तक लाने की शक्ति होती है। आवश्यकता है तो एक माध्यम की, जो आज की पीढ़ी में साहित्य के प्रति रुचि तथा लेखन के प्रति प्रेरणा को बनाए रखने में सहायक हो।

राजकीय महाविद्यालय नालागढ़ से प्रकाशित की जा रही 'पर्वत रेखा' पत्रिका ऐसे ही छात्रों की प्रतिभाओं व रचनात्मक विचारों को तराशने का और उनके कौशल को पहचानने का माध्यम है। मैं सभी नवोदित लेखकों की बहुत आभारी हूँ, जिन्होंने सुंदर रचनाएं रच कर 'पर्वत रेखा' पत्रिका हिंदी अनुभाग को संपन्न करने में सहयोग दिया।



यद्यपि पर्वत रेखा पत्रिका के हिन्दी अनुभाग के छात्र-संपादिका का कार्य मेरे लिए अत्यंत कठिन था परन्तु प्राध्यापिका श्रीमती अनीता के मार्गदर्शन एवं सहयोग से ही यह कार्य सफलतापूर्वक संपन्न हो सका। हिंदी अनुभाग का संपादन कार्य स्वीकार करते हुए मुझे अपार हर्ष हो रहा है। पर्वत रेखा पत्रिका का हिन्दी - अनुभाग नवोदित लेखकों को प्रोत्साहित करते हुए आपके समक्ष है।

अनुराधा
छात्र संपादिका
कला स्नातक, तृतीय वर्ष

छात्र-संपादिका

निज भाषा उन्नति अहै, सब उन्नति को मूल।
बिन निज भाषा-ज्ञान के, मिटत न हिय को सूल।।
विविध कला शिक्षा अमित, ज्ञान अनेक प्रकार
सब देसन से लै करहू, भाषा माहि प्रचार।।

हिंदी केवल भाषा नहीं यह हृदय की भाषा है और जब भी कला प्रेमी हृदय की भाषा से सृजन की कलम पकड़ वर्तमान के पन्नों पर रचना गढ़ता है, तो इतिहास बनता है। विचारों को शब्द देकर क्या नहीं हो सकता, विचारों में एक क्रांति तक लाने की शक्ति होती है। आवश्यकता है तो एक माध्यम की, जो आज की पीढ़ी में साहित्य के प्रति रुचि तथा लेखन के प्रति प्रेरणा को बनाए रखने में सहायक हो। राजकीय महाविद्यालय नालागढ़ से प्रकाशित की जा रही 'पर्वत रेखा' पत्रिका ऐसे ही छात्रों की प्रतिभाओं व रचनात्मक विचारों को तराशने का और उनके कौशल को पहचानने का माध्यम है। मैं सभी नवोदित लेखकों की बहुत आभारी हूँ, जिन्होंने सुंदर रचनाएं रच कर 'पर्वत रेखा' पत्रिका हिंदी अनुभाग को संपन्न करने में सहयोग दिया।

यद्यपि पर्वत रेखा पत्रिका के हिन्दी अनुभाग के छात्र-संपादिका का कार्य मेरे लिए अत्यंत कठिन था परन्तु प्राध्यापिका श्रीमती अनीता के मार्गदर्शन एवं सहयोग से ही यह कार्य सफलतापूर्वक संपन्न हो सका। हिंदी अनुभाग का संपादन कार्य स्वीकार करते हुए मुझे अपार हर्ष हो रहा है। पर्वत रेखा पत्रिका का हिन्दी - अनुभाग नवोदित लेखकों को प्रोत्साहित करते हुए आपके समक्ष है।

अनुराधा
छात्र संपादिका
कला स्नातक, तृतीय वर्ष



आज के युवा

आज के युवाओं को हुआ क्या है ?
जा रहे हैं पतन की ओर।

सो चुकी है मानसिक चेतना,
गौर नहीं करते अपने लक्ष्य की ओर।

समाज के अवांछित पहलुओं में उलझकर,
अपनी महत्वाकांक्षाओं में सिमटकर,
कर रहे हैं अपना जीवन व्यर्थ।

यदि उलझे रहे सामाजिक कुसंगतियों में,
तो नहीं रह जाएगा जीवन का कोई अर्थ।

यदि जीवन को सफल बनाना है,
तो जीवन को पथ पर लाना होगा।

रविंद्र सिंह चौधरी
तृतीय वर्ष

प्रकृति में सुकून मिला

घर की अशांति से तंग आकर जब नदी किनारे बैठी,
तो धारा की कल कल की आवाज से सुकून मिला।

बंद कमरे की घुटन से तबाह होकर जब प्रकृति के सौंदर्य को निहारा,
तो संरचना से संतुष्ट होकर सुकून मिला।

कांटों की चुभन की तकलीफ से परेशान जब,
फूलों और कांटों के बीच संबंध देखा तो दिल को सुकून मिला।

इंसानों की बस्ती से बाहर निकल कर जब,
बाकि जीव-जंतुओं का भाव देखा तो आंखों को सुकून मिला।

दोस्त रिश्तेदारों के धोखे से दूर होकर जब प्रकृति को अपनाया तो,
उसके अपनेपन से मुझको सुकून मिला।

इस तरह यारों मुझे प्रकृति में सुकून मिला,
इस तरह यारों मुझे प्रकृति में सुकून मिला।

पूर्णिमा नंदिनी
ए.म.ए तृतीय समेस्टर

माँ

मेरी मां है मेरी दुनिया,
उन्होंने मुझे चलना सिखाया।

रुक जाती थी जब मैं तब मुझे प्रेरणा देकर आगे बढ़ाया,
हर सही गलत का मुझे फर्क बताया।

जब भी मुझे जरूरत पड़ी भाग कर मेरे पास चली आई,
सबको खाना खिलाने के बाद अंत में स्वयं खाना खाती।

मेरी हर गलती को पल में कर देती माफ
मेरे बिन बोले ही मेरी हर तकलीफ को समझ लेती।

मेरी इच्छा को पूरी करने के लिए स्वयं की इच्छा त्याग देती,
हर पल रखती अपने बच्चों का ख्याल, मां की महिमा अपरम्पार।

मेरी मां का है बस यही एक सपना,
कि मैं पूरी करूं अपने माता-पिता की हर इच्छा।

कभी भी अपने बारे में नहीं सोचती,
निस्वार्थ होकर बहुमूल्य प्रेम अपने बच्चों से करती।

मां का प्यार और पिता का दुलार दोनों है जरूरी,
इन दोनों के बिना हमारी जिंदगी है अधूरी।

हम बच्चों को भी करना चाहिए उनका सत्कार,
हर पल देना चाहिए उनका साथ।

कैसे राम समझ पाओगे ?

ब्रह्मा जी के कुल से होकर जो वन में सोए हों,
जो अपनी विजय छोड़कर रावण की मौत पर रोए हों।
शिवजी जिन की सेवा खातिर मारुति रूप में आ जाए,
शेषनाग जिनके रक्षक बनकर लक्ष्मण रूप में आ जाए,
और तुम लोग छल कपट सीने में लगाकर सो जाओगे,
तो कैसे भक्त बनोगे उनके ? कैसे राम समझ पाओगे ?

अघोर क्या है पता नहीं और शिवजी का वरदान चाहिए,
ब्रह्मचर्य का इल्म नहीं, इन्हें भक्त स्वरूप हनुमान चाहिए,
भगवा क्या है पता नहीं लहराना सबको होता है,
भगवा क्या है वह जाने जो भगवान में ही लीन रहता है।

राम से मिलना है ना तुमको निश्चित राम समझना होगा,
शीश काट कर रख दूंगा यह नाम समझ आ जाए तो,
कितनी दिक्कत पता है तुमको राम समझ आ जाए तो,
राम-राम सब कह लेंगे राम-सा दुःख भी सहना होगा।

पहली चुनौती यह कि मर्यादा में रहना होगा,
काम क्रोध के भीतर रहकर तुम को शीतल बनना होगा।
बुद्ध भी जिनकी छांव में बैठे ऐसा पीपल बनना होगा।
बनना होगा सब कुछ वह भी शून्य में रहकर प्यारे,
तभी तुमको पता चलेगा कितने अद्भुत राम हमारे।

क्या है पढ़ाई

वास्तव में क्या है पढ़ाई ?
रटकर अर्थ से अंक लेना है पढ़ाई।
या बिना रुके किताबों को पढ़ना है पढ़ाई,
सभी कार्यों को छोड़कर हर वक्त लिखते रहना है पढ़ाई।

पढ़ाई की वास्तविक परिभाषा
किसी व्यक्ति ने न जाना,
बस भेड़ चाल में चलते हुए अच्छे अंक लेना ही
पढ़ाई की परिभाषा है माना।

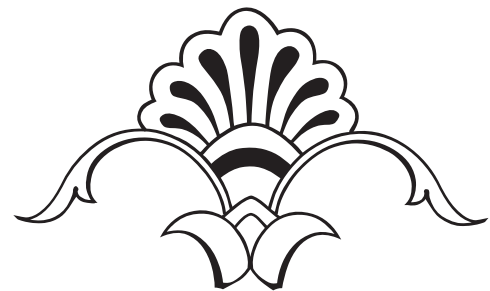
पढ़ाई का है एक उद्देश्य,
कि सभी मनुष्य बने एक अच्छा इंसान।
पुराने समय में पढ़ाई थी बेमिसाल,
ना तब कोई थी गाइड और न थी रटंत विद्या।

सभी विद्यार्थियों के पास थी सोचने की क्षमता,
बिना कॉलेज स्कूलों के गुरु
वनों में देते थे विद्यार्थियों को शिक्षा,
परंतु आधुनिक पढ़ाई बन गई है रटंत विद्या।

जो कर नहीं रही किसी बच्चे का विकास,
यह पढ़ाई बन गई है बच्चों के लिए पहाड़,
रटकर कैसे लिखेंगे सोचते हर बार,
आधुनिक पढ़ाई बन गई है विद्यार्थियों में लड़ाइयां।

हर विद्यार्थी लेना चाहता एक दूसरे से ज्यादा अंक,
इसलिए पढ़ते रहते दिन-रात,
पढ़ लिखकर कोई मंजिल हासिल कर ले,
यही उसकी चाह,
परंतु मैं पढ़ाई के अर्थ को ही नहीं समझ पाया।

लखवीर कौर बी.ए प्रथम वर्ष



विशाल बी ए तृतीय वर्ष

अनजान लोग

अनजान हैं वह लोग,
जो गुरुओं का अपमान करते हैं।
गुरु तो वह अनमोल रत्न है,
जिन्हें भगवान भी प्रणाम करते हैं।

गुरु के द्वारा दी गई शिक्षा,
आती है जिंदगी में हर कदम पर काम।
अरे इसी शिक्षा से तो होता है,
अपना और माता-पिता का ऊंचा नाम।

अरे गुरु अपने मन में धारण करने से ही
आ जाते हैं गुरु से बढकर ज्ञान,
इसी प्रकार तो हुए
एकलव्य भी अर्जुन से महान्।

उनका और उनके गुरु भक्ति का
था संबंध इतना अनूठा,
कि गुरु के मांगने पर उन्होंने
गुरु दक्षिणा में दे दिया था अंगूठा।

अनजान हैं वह लोग,
जो गुरुओं का अपमान करते हैं,
गुरु तो वह अनमोल रत्न है,
जिन्हें भगवान भी प्रणाम करते हैं।

गुरु तो वह दीया है जो खुद जलकर,
दूसरों को रोशनी करते हैं,
तभी तो भगवान राम भी गुरुओं की
इतनी पूजा करते हैं।

गुरु ही देते हैं हमें हर समय
काम आने वाली शिक्षा
यही तो एक ऐसी संपत्ति है जिसके होते हुए
हमें नहीं मांगनी पड़ेगी भिक्षा

अनजान हैं वह लोग,
जो गुरुओं का अपमान करते हैं।
गुरु ही तो वह रत्न है,
जिनको भगवान भी प्रणाम करते हैं।

अंशु कुमारी
बी.ए तृतीय वर्ष

पिता

दिल ही दिल मानते हैं जिसके
बलिदान को, सारी जिंदगी के सफर में मुश्किल के
मोड़ पर, चलती रही हूँ मैं जिनके सहारे,
न जाने क्यों अक्सर भूल जाते हैं उसे कवि भी हमारे।

माँ की ममता तो अक्सर कविता में ढल जाती है,
किंतु पिता की भूमिका तो कभी किसी पंक्ति में नजर नहीं आती
माँ तो सर्व-संपन्न है,
तो पिता भी क्या कम है ?

मां ठंडी छाव है कड़कती धूप में,
तो पिता भी खड़े हैं वृक्ष की भांति शीतल स्वरूप में,
बाहर से है कठोर परंतु भीतर से हैं मर्मस्पर्शी,
सदैव मेरे भविष्य के लिए जो है दूरदर्शी।

ढलना चाहती हूँ मैं इनके स्वरूप
जो हर परिस्थिति में है स्थाई
खुद पर ओढ़ दुखों की चादर
पिता ने प्रेम की दुनिया है बसाई

अंशु कुमारी
बी ए तृतीय वर्ष

स्कूल का आखिरी दिन

मुश्किल था उस कॉलेज की दहलीज़ को लांघना,
स्कूल की आखिरी दिन पर मैं रोया बहुत था।

नन्हे नन्हे कदमों के साथ दौड़ते थे जिस आंगन में,
बड़े-बड़े सपनों को मौन खुद में पिरोया बहुत था।

दिल पर लिख दिया खुशी से बीते उन लम्हों को,
दोस्ती के साथ कुछ यादों को मैंने संजोया बहुत था।

हकीकत बयां करती है और सपनों को
मेरे मेहनत करते हुए मैं ख्वाबों को खोया बहुत था।

काबिलियत पर खड़ा किया अपने पैरों पर मुझे
खुशी के आंसुओं से, मैंने अपनी आंखों को भी भिगोया बहुत था।

सुरुचि कुमारी
बी ए तृतीय वर्ष

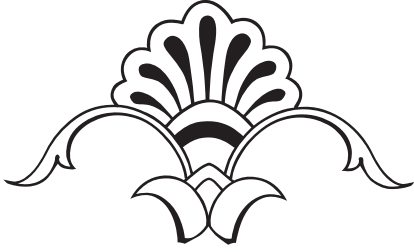
बढ़े चलो

फूल बिछे हो या कांटे हो,
राह न अपनी छोड़ो तुम।
चाहे जो विपदाएं आए,
मुख को जरा ना मोड़ो तुम।

साथ रहे या रहे ना साथी,
हिम्मत मगर न छोड़ो तुम।
नहीं कृपा की भिक्षा मांगो,
कर ना दीन बन जोड़ो तुम।

बस ईश्वर पर रखो भरोसा,
पाठ प्रेम का पढ़े चलो।
जब तक जान बनी हो तन में,
तब तक आगे बढ़े चलो।

सुरुचि कुमारी
बी ए तृतीय वर्ष



हिंदी काव्य

क्या खोजते हो दुनिया में,
जब सब कुछ तेरे अंदर है।
क्यों देखते हैं औरों में,
जब तेरा मन ही दर्पण है।

दुनिया बस एक दौड़ नहीं,
तू भी अक्ष नहीं है धावक।
रुक कर खुद से बातें कर ले,
अंतर्मन को शांत कर ले।

सपनों की गहराई समझो,
अपने अंदर की अच्छाई समझो।
स्वाध्याय की आदत डालो,
जीवन को तुम खुलकर जी लो।

सुरुचि कुमारी
बी ए तृतीय वर्ष

प्रेरणादायक कविता

आज तू बिखरा है, एक रोज तू निखरेगा,
ढला है जो आज सूरज कल सुबह निकलेगा।

माना तेरी मंजिल है, इन लोगों की जंजीरों में,
पर तू तपेगा जब, तेरी तपन से वह लोहा भी पिघलेगा।

मंजिलों के रास्तों में कांटे तो सभी के हैं,
पर तेरे अंदर जुनून है तो तू कांटों पर चलेगा।

आज तू बिखरा है, एक रोज तू निखरेगा,
ढला है जो आज सूरज, कल सुबह निकलेगा।

हवाएँ विपरीत क्यों ना चले, तू कदम कदम बढ़ेगा,
तुझे है कल के लिए तैयार होना, तो आज तो गिरेगा।

तेरी कोशिश देख, हवाओं का रुख एक रोज तो बदलेगा,
तेरी कोशिश देख, हवाओं का रुख एक रोज तो बदलेगा।

आज तू बिखरा है, एक रोज तू निखरेगा।
ढला है जो आज सूरज कल सुबह निकलेगा।

विरक्षा कुमारी
बी ए तृतीय वर्ष

भौतिक सुख और अध्यात्म

देखते हैं हम अपने चारों ओर,
संसार के भौतिक सुखों को।
क्या यही है वास्तविक जिंदगी,
या है इसका कोई और मुकाम।

गुम हो जाते हैं सांसारिक संगतियों में,
हो जाते हैं हताश।
क्यों नहीं देखे अंतरमन में झांक कर,
क्यों नहीं करते आंतरिक सुख की तलाश।

सांसारिकता में उलझ कर,
नहीं जाती अध्यात्म की ओर,
नहीं समझते संसार एक माया है,
जाओ अध्यात्म की ओर फिर परमात्मा की ओर।

यदि मानव जीवन मूल्यवान ना होता,
तो इसका कोई मुकाम ना होता।
यदि मानव ना भूलता, अपने कर्तव्य और संस्कारों को,
तो मानव आज मानव नहीं मानव आज देवता होता।

वैष्णव परमजीत शर्मा
बी ए तृतीय वर्ष

जी 20 में भारत की अध्यक्षता

यह देश जो कभी किसी का गुलाम हुआ करता था,
आजादी के सपने और संघर्ष किया करता था।
आज अपनी ही नहीं पूरे विश्व की आवाज है,
अपनी ही नहीं ग्लोबल साउथ की आवाज है।
यह न जाने कितने ही भटकों का आवास है,
यह प्रेम से नफरत को काटने का आगाज है।

यह देश है जिसने मानवता के इत्र से समस्त धरा को सुगंधित किया,
इसी ने पूरे विश्व को अमन का पैगाम दिया।

यह देश है जिसने वन्य जीव और प्रकृति तक को समझा,
इसीलिए लाइफ फॉर एन्वायरमेंट का प्रस्ताव सामने रखा।

जी 20 में अफ्रीकी संघ जुड़ा कर भाईचारे का साक्ष्य दिया,
विकासशील देशों की आवाज बना भारत को सच्चा नेता साबित किया।

भारत मंडपम में कोणार्क चक्र -दृश्य बड़ा रमणीक था,
चिह्न नहीं था वह केवल हमारे भव्य इतिहास का प्रतीक था।

अरे खान-पान परिधान से विश्व वाकिफ हो रहा है,
अपनी संस्कृति के बीज भारत विश्व के कोने-कोने में बो रहा है।

रूस और यूक्रेन का मन मुटाव मिटाय,
जो किसी ने ना किया भारत ने कर दिखाया।

भविष्य में भारत से अरब तक अब रेल दौड़ेगी,
विश्व को भौतिक नहीं अपितु भावनात्मक रूप से जोड़ेगी।

जी 20 की अध्यक्षता से भारत नई बुलंदियों पर आ खड़ा है,
चार चांद लगे चंद्रयान -3 ने सबके लिए प्रेरणा स्रोत बना है।

अतिशयोक्ति ना होगी जो कहूं कि,
विकासशील और विकसित देशों में भारत सेतु बुनता है,
आज जब भारत कहता है तो पूरा विश्व सुनता है।

उज्ज्वल भविष्य का पाठ चलो मिलकर करें नियास,
सबका साथ, सबका विकास, सबका विश्वास, सबका प्रयास।

भारत हमारा भारत।

यह देश है जिसने सबको मिलकर चलना सिखाया,
यह देश है जिसने छोटे बड़े का भेदभाव मिटाया,
यह देश है जिसने शत्रु मित्र सबको है अपनाया,
यह देश है जिसने वसुधैव कुटुंबकम जैसा नारा है अपनाया।
धन्य है यह देश जिसने हमें गौरवान्वित भारतीय बनाया,
धन्य है यह देश जिसने हमें गौरवान्वित भारतीय बनाया।

अनुराधा
बी ए तृतीय वर्ष

युवा मांगे जवाब अब

भर्ती निकले तो इस्तिहान नहीं,
परीक्षा हो तो परिणाम नहीं।
परिणाम निकले तो ज्वाइनिंग का नाम नहीं,
आखिर क्यों युवाओं का सम्मान नहीं ?

बस करो मजाक अब,
युवा मांगे हिसाब अब,
बात करो संवाद करो,
दो हमारे प्रश्नों का जवाब अब।

क्यों हर भर्ती पंचवर्षीय योजना है,
किस नए भारत की परियोजना है,
कैसी यह परीक्षा प्रणाली है ?
आपने युवाओं की छीन ली जवानी है।

क्यों पेपर में गलत सवाल डालते ?
फिर 100-100 रु का व्यापार करते।
रैंक लिस्ट का नहीं प्रावधान करते,
साहब दो-चार हो तो बोलूँ.....
अरे आप तो जुल्म हज़ार करते।

जागो सरकार जागो, बस यही कहना है,
हमारी समस्याओं पर ध्यान दो,
एक वर्ष के भीतर प्रक्रिया हो,
दया नहीं बस नौकरियां हो।

युवा से भी कुछ कहना है,
अब और नहीं सहना है,
बुलंद अपनी आवाज करो,
आज कुछ ऐसी हुंकार भरो।

आ जाए सैलाब अब,
रुकना नहीं झुकना नहीं,
अपने हकों का करना है हिसाब अब,
युवा मांगे जवाब अब।

नरगिस जमाल
बी कॉम तृतीय वर्ष



एक पानी था होता

(यह बात सौ साल बाद की होगी)

एक पानी नाम की चीज हुआ थी करती,
जिसको पीकर लोग अपनी प्यास थे बुझाते।

जिसको गले से उतार कर ठण्डक सी थी मिलती,
उबलती झुलसती गरमी में सबसे मीठी चीज थी होती।

पानी के बिना ना था कोई काम बनता,
जिसका उपयोग करती थी सारी जनता।

मगर लोगों की गलती से हो रहा था गायब आज,
किसी को चिंता ना थी कि क्या देंगे अपनी अगली पीढ़ी को।

कुछ बाद में कुछ थोड़ी पहल उठाई
मगर कुछ अधिक बात ना बन पाई।

करते-करते, करते-करते लोगों ने सीखा,
अपने साथ और की भी दिक्कत बढ़ाई।

अब बात है यह आज की नजर नहीं आ रही बूंद आब(पानी) की,
कि नजर नहीं आ रही बूंद आब की, अब नजर नहीं आ रही बूंद आब की।

भूपिन्द्र कुमार

बी.एस. सी तृतीय वर्ष

यह साल भी गुजर गया

खुशी भी गुजर गई मलाल भी गुजर गया,
गुजरते-गुजरते यह साल भी गुजर गया।
उसकी लौट आने की धुंधली, मगर उम्मीद तो थी,
गुजरते साल वह ख्याल भी गुजर गया।

अब चैन की नींद खो गई, रातों की आंखों का ख्वाब भी गुजर गया,
गुजरते-गुजरते यह ख्याल भी गुजर गया।
सूरज की चमक गुजर गई रात को वह चांद गुजर गया,
गुजरते-गुजरते यह साल भी गुजर गया।

बहुत कुछ कहना था बहुत कुछ सुनना था,
कुछ कहे शब्दों का अर्थ भी बदल गया,
गुजरते गुजरते यह साल भी गुजर गया।
पर वह जो जिज्ञासा थी मन की, पूछने का सवाल भी गुजर गया,

गुजरते-गुजरते यह साल भी गुजर गया।
सवालियों के ख्वाबों में उलझ पड़ा था मैं,
इस उलझने के चक्कर में वह काल भी गुजर गया,
गुजरते-गुजरते यह हर साल भी गुजर गया।

विद्याल

बी ए तृतीय वर्ष



हिंदी क्या है

जन-जन की आशा है हिंदी,
भारत की भाषा है हिंदी,
जिसने सब काल को जीता,
वह काल विजेता है हिंदी।

सरल शब्दों में कहीं तो,
जीवन की परिभाषा है हिंदी,
बच्चों का पहला शब्द है हिंदी,
मां के प्रेम की छाया है हिंदी।

हिंदुस्तान के गौरव की गाथा,
एकता की परिभाषा है हिंदी।
हर दिल की अभिलाषा है हिंदी,
भारत की भाषा है हिंदी।

संस्कृत की बेटी है हिंदी
सबको समेटे है हिंदी,
हिंदी से सब का अभिमान है
हिंदी भारत की जान है।

वीर मराठा और राणा शौर्य वीरों की पहचान है यह,
और कोई नहीं हिंदी की पहचान है।
भारत की आन वान शान,
भारत की जान है हिंदी।

विद्याल

बी ए तृतीय वर्ष

जानवरों के साथ दोस्ती

जानवर बहुत अच्छे दोस्त होते हैं। कभी कोई सवाल नहीं पूछते। कभी कोई आलोचना बर्दाश्त नहीं करते, जानवर बेजुबान हैं। इन्हे समझने की औकात ना हो तो कम से कम मारा तो मत करो। जानवर एक बहुत अच्छा दोस्त होता है।

मेरे पास एक तोता है। हम उसे प्यार से मिठू बुलाते हैं पर उसका नाम एलेक्स रखा हुआ है, जो मुझे बहुत प्यारा है। वह मेरा नाम भी लेता है। वह शरमाता और डरता नहीं है। मुझे उस की देखरेख करना बहुत पसंद है। मुझे उसकी देखरेख में सुकून मिलता है। जब भी मैं दुखी होती हूँ, वह मेरे पास आकर बैठ जाता है और मैं उसको देखकर अपने दुःख भूल जाती हूँ, पर वह मुझ से दूर हो गया है। एक दिन जब मैं कॉलेज आई तो वह घर से आजाद हो गया पर मैं दुखी नहीं हूँ। हर रोज़ मुझे उसकी याद जरूर आती है लेकिन मैं सोचती हूँ कि हर जानवर को उसकी आजादी प्यारी होती है। जब पहली बार मेरे पास मिठू आया, तो मैं दसवीं कक्षा की छात्रा थी। वह बहुत छोटा और प्यारा था। हर रोज़ मैं उसकी देखरेख खाना पीना सभी चीजों का ध्यान रखती। मैं अपनी हर खुशी में उसको शामिल करती थी। दोस्ती भी कितनी अजीब होती है ना। दोस्ती करके दोस्त को भुलाया नहीं जा सकता। दोस्ती बहुत प्यारी चीज होती है। दोस्तों, चाहे दोस्ती किसी से भी हो, दोस्ती, दोस्ती होती है।

रुबी

बी ए प्रथम वर्ष



सब कुछ तुम्हारे हाथ में है

एक आदमी रेगिस्तान से गुजरते वक्त गुदगुदा रहा था, कितनी बेकार जगह है। बिल्कुल भी हरियाली नहीं है, और हो भी कैसे सकती है, यहां तो पानी का नाम निशान भी नहीं है। तपती रेत में वह जैसे-जैसे आगे बढ़ रहा था उसका गुस्सा भी बढ़ता जा रहा था। अंत में वह आसमान की तरफ देख जलते हुए बोला-क्या भगवान ! आप यहां पानी क्यों नहीं देते ? अगर यहां पानी होता तो कोई भी यहां पेड़ पौधा उग सकता था। तब यह जगह भी कितनी खूबसूरत बन जाती है। ऐसा बोलकर वह आसमान की तरफ देखता है, मानो वह भगवान के उत्तर की प्रतीक्षा कर रहा हो।

तभी एक चमत्कार होता है। नजर झुकते ही उसे सामने एक कुआं नजर आता है। वह उस इलाके में बरसों से आ जा रहा था, पर आज तक उसे वहां कोई कुआं नहीं दिखा वह आश्चर्य में पड़ गया और दौड़कर कुएं के पास गया। कुंआ लबालब पानी से भरा था। उसने उठ कर एक बार फिर आसमान की तरफ देखा और पानी के लिए धन्यवाद करने की बजाय बोला-लेकिन इसे निकालने के लिए कोई उपाय भी तो होना चाहिए। उसका ऐसे कहना था, कि कुएं के बगल में पड़ी रस्सी और बाल्टी दिख गई एक बार फिर उसे अपनी आंखों पर यकीन नहीं हुआ। वह कुछ घबराहट के साथ आसमान की ओर देखकर बोला लेकिन मैं यह पानी दूंगा कैसे ? तभी उसे महसूस हुआ कि कोई उसे पीछे से छू रहा है। पलट कर देखा तो एक ऊंट उसके पीछे खड़ा था। यह आदमी एकदम घबरा जाता है। उसे लगता है कि कहीं वह रेगिस्तान में हरियाली लाने के काम में ना फंस जाए और इस बार वह आसमान की तरफ देख बिना तेज कदमों से आगे बढ़ने लगता है अभी उसने चार कदम ही बढ़ाए थे, कि उड़ता हुआ पेपर का एक टुकड़ा उससे जाकर चिपक जाता है। उसे टुकड़े पर लिखा होता है, मैंने तुम्हें पानी दिया बाल्टी और रस्सी दी और पानी ढोने का साधन भी दिया। अब तुम्हारे पास वह हर एक चीज है, जिससे तुम रेगिस्तान को हरा भरा कर सकते हो। अब सब कुछ तुम्हारे हाथ में है। आदमी एक क्षण के लिए ठहर पर अगले ही पल आगे बढ़ गया। रेगिस्तान कभी भी हरा भरा नहीं बन सका।

सीख :- कई बार हम चीजों को अपने मन मुताबिक न होने पर दूसरों को दोष देते हैं। हम सरकार को दोषी ठहराते हैं। कई बार तो अपने बुजुर्गों को, कभी कंपनी को, तो कई बार भगवान को, पर इस सब दोषारोपण के चक्कर में हम इस सच्चाई को अनदेखा कर देते हैं, कि एक इंसान होने के नाते कमी हम में भी हो सकती है। हम अपने सभी सपनों को खुद साकार कर सकते हैं।

नरगिस जमाल

बी कॉम तृतीय वर्ष

आत्मनिर्भर भारत: समृद्ध राष्ट्र के पथ पर

“भारत देश जहां स्वदेशी ही विज्ञान हो,
भारत देश जहां प्रत्येक नागरिक कौशल प्रधान हो,
भारत देश जहां अन्नदाता हर किसान हो,
भारत देश जहां वसुधैव कुटुंबकम की संकल्पना से पूरे विश्व को एक सूत्र में बांधा जाता हो”।

आत्मनिर्भर का अर्थ दूसरों पर निर्भर न होकर खुद पर निर्भर होना होता है। जब हम इस विषय को देखते हैं तब हमें दो पहलू दिखाई देते हैं। पहला पहलू कि भारत अपने नागरिकों को कैसे आत्मनिर्भर बना रहा है और दूसरा पहलू कि भारत अंतरराष्ट्रीय स्तर पर दूसरे देशों की तुलना में स्वयं को कैसे आत्मनिर्भर बन रहा है।

जब हम पहले पहलू की बात करें तो भारत सरकार द्वारा प्रत्येक नागरिक को आत्मनिर्भर बनाने के लिए तरह-तरह की योजनाएं चलाई जा रही हैं कृषि क्षेत्र की बात की जाए तो, किसानों को सिंचाई योजना, फसल बीमा योजना, किसान क्रेडिट कार्ड और ग्रामीण क्षेत्र में मधुमक्खी पालन मुर्गी पालन गाय पालन जैसे सहायक कार्य चलाकर लोगों को आत्मनिर्भर बनाया जा रहा है। आज के समय में जो भारत का निर्यात है, उसमें 45% तक योगदान लघु व कुटीर उद्योगों से निर्मित वस्तुओं का ही रहा है।

महिलाओं के लिए राष्ट्रीय ग्रामीण आजीविका मिशन के तहत सरकार द्वारा तीन लाख तक का ऋण दिया जाता है, ताकि वह अपना रोजगार विकसित कर सकें। इसी प्रकार प्रधानमंत्री उज्ज्वल योजना के तहत मुफ्त में बांटे गए घरेलू गैस कनेक्शन ने भी ग्रामीण महिलाओं को आत्मनिर्भर बनाने का कार्य किया है। युवाओं को “कौशल विकास योजना” के तहत प्रशिक्षण देकर कुशल बनाया जा रहा है ताकि वह बेहतर आजीविका प्राप्त कर सकें। “पंडित जवाहरलाल नेहरू जी ने कहा था-लोगों को जगाने के लिए सबसे पहले महिलाओं को जागृत करना होगा। कारण है कि वह हमें आगे बढ़ाती है तब हमारा परिवार चलता है, गांव चलता है और राष्ट्र चलता है”।

अब दूसरे पहलू की बात करें कि भारत अंतरराष्ट्रीय स्तर पर कैसे खुद को आत्मनिर्भर बन रहा है। रक्षा क्षेत्र की बात की जाए एक वक्त था जब हम अपने सैनिकों के जूता तक के लिए दूसरे देशों पर निर्भर थे। मगर आज हमारे देश में टैंक, लड़ाकू विमान, हेलीकॉप्टर कॉम्बैट एयरक्राफ्ट ‘तेजस’ से लेकर पनडुब्बी तक भारत में बनाए जा रहे हैं। वहीं अगर बीते वर्षों की तुलना की जाए, आज भारत के हथियार आयात में 11% की कमी आई है। एक खूबसूरत पंक्ति कहना चाहूंगी कि उगते हुए सूरज का यह पैगाम है कि आने वाला कल भारतीय युवाओं के नाम है।

आज भारत का यूपीआई सिस्टम पूरे विश्व में सुर्खियां बटोर रहा है। सिंगापुर, आस्ट्रेलिया, नेपाल, इंडोनेशिया, भूटान जैसे कई देशों ने भारत के यूपीआई सिस्टम को अपनाया है। अभी हाल ही में भारत और फ्रांस के बीच यूपीआई को लेकर समझौता हुआ कि भारतीय लोग यूपीआई की मदद से फ्रांस में रुपए से भुगतान कर सकेंगे। भारत के आई-ई-टी क्षेत्र में लगातार तरक्की ? को देखकर पूरा विश्व आश्चर्यचकित है। बेंगलुरु से लेकर गुडगांव तक आज बहुत बड़ा आई-ई-टी सॉफ्टवेयर हब बन गया है।

आज कल विश्व का 22% दवाईयों का उत्पादन भारत करता है। कोरोना महामारी के समय भारत ने जिस तेजी व विश्वसनीय स्तर पर वैक्सीन का निर्माण किया और विश्व के 80% देशों में उसे भेजा, अपनी संपूर्ण आबादी का दो बार टीकाकरण किया उससे संपूर्ण विश्व चकित है।

“सोच मत साकार कर अपने सपनों से प्यार कर,
मिलेगा तेरी मेहनत का फल,
किसी और का न इंतजार कर,
स्वयं को तबाह कर स्वर्ण बना,
आत्मनिर्भर भारत का निर्माण कर।”

आज विश्व का दूसरा बड़ा रोड और रेल नेटवर्क भारत के पास है। भारत प्रतिदिन 38 किलोमीटर सड़क निर्माण कर रहा है। अगर स्पेस की बात की जाए, आज इसरो दुनिया में अपनी खास जगह बन चुका है। आज भारत चंद्र-यान तीन जैसे मिशन से अपने दम पर चांद के दक्षिणी ध्रुव पर पहुंचने वाला पहला देश बन गया है। यह आत्मनिर्भर भारत के हौसले की नई उड़ान है। अंत में मैं यही कहना चाहूंगी कि-

“ आत्मनिर्भर बनेगा भारत खुद के बने हथियारों से,
आत्मनिर्भर बनेगा भारत मेलजोल भाईचारे से,
आत्मनिर्भर बनेगा भारत खुद के ही विचारों से,
आत्मनिर्भर बनेगा भारत खुद के ही आविष्कारों से”।

डॉ एपीजे अब्दुल कलाम

भारत के मिसाइल मैन एपीजे अब्दुल कलाम का जन्म तमिलनाडु के रामेश्वरम में हुआ था। एपीजे अब्दुल कलाम भारत के 11 वें राष्ट्रपति थे। उन्होंने 1954 में तिरुचिरापल्ली के सेंट जोसेफ कॉलेज से अपने ग्रेजुएशन और 1960 में चेन्नई के मद्रास इंस्टीट्यूट आफ टेक्नोलॉजी से एयरोस्पेस इंजीनियरिंग की पढ़ाई पूरी की थी। उन्हें भारत के मिसाइल मैन के रूप में जाना जाता था। डॉक्टर कलाम बताते हैं:-

- 1) इंसान को कठिनाइयों की आवश्यकता होती है क्योंकि सफलता का आनंद उठाने के लिए यह जरूरी है।
- 2) तुम तब तक लड़ना मत छोड़ो जब तक अपनी तय की हुई जगह पर ना पहुंचा जाओ यही अद्वितीय तुम हो।
- 3) जिंदगी में एक लक्ष्य रखो, लगातार ज्ञान प्राप्त करो, कड़ी मेहनत करो और महान जीवन को प्राप्त करने के लिए प्रेरित रहो।
- 4) अगर तुम सूरज की तरह चमकाना चाहते हो तो पहले सूरज की तरह जलना सीखो।
- 5) तुम किताबों के सामने झुक जाओ, यह दुनिया तुम्हारे सामने झुक जाएगी
- 6) इससे पहले कि सपने सच हों आपको सपने देखने होंगे।
- 7) शिक्षण एक बहुत ही महान पेशा है जो किसी व्यक्ति के चरित्र, क्षमता, और भविष्य को आकार देता है।
- 8) अगर तुम सूरज की तरह चमकना चाहते हो तो पहले सूरज की तरह जलो।

पूजा देवी
बी. ए. तृतीय वर्ष

सुविचार

- 1 आत्मविश्वास का अर्थ है, अपने काम में अटूट श्रद्धा।
- 2 सच बोलने का सबसे बड़ा फायदा यह है कि आपको यह याद नहीं रखना पड़ता, कि किससे कब क्या कहा था।
- 3 इच्छा की प्यास कभी नहीं बुझती न पूर्ण रूप से संतुष्ट होती है।
- 4 अंतर-आत्मा की आवाज इंसान को गलत रास्ते पर जाने से रोकती हैं।
- 5 अवसर हाथ से निकल जाने पर हर आदमी समझदार बन जाता है।
- 6 बिना परिश्रम व त्याग के कोई महान काम नहीं होता।
- 7 कठोर श्रम की इच्छा एवं शक्ति का दूसरा नाम प्रतिभा है।
- 8 इंसान तब कमजोर पड़ता है, जब वह ईश्वर पर विश्वास करना छोड़ देता है। प्रसन्नता इंसान को इतना नहीं सिखाती, जितना गम सीखता है।
- 9 अपने लक्ष्य पर बने रहो, यही सफलता का रहस्य है।
- 10 चरित्र का उल्लंघन कभी नहीं करना चाहिए।
- 11 चरित्र अच्छा ना हो, तो बड़ी से बड़ी विद्या भी बेकार हो जाती है।

नेहा
तृतीय वर्ष

दोस्ती

प्रेम और त्याग के धागे से जुड़ा,
एक विश्वास है दोस्ती।
दुनिया के सभी रिश्तों में,
सबसे खास है दोस्ती।
दिलो को दिलों से जोड़ने वाला,
एक प्यारा एहसास है दोस्ती।
पूरी हों जाए जो हरदम,
से वो आस है दोस्ती।
होटों पर ला दे जो
मुस्कुराहट, वो है दोस्ती।
जीवन में भर दे संगीत,
वो साज है दोस्ती।
जीना सिखलाता है जो,
वो अंदाज है दोस्ती।

कोमल
बी. ए. द्वितीय वर्ष



जिंदगी

काश जिंदगी मेरी कोई किताब होती,
जिंक तुम्हारे पन्नों का मैं फाड़ देती।
स्याही जिस कलम की इस्तेमाल होती,
उस कांच की शीशी को मैं उड़ा देती।
सहारा क्यों दिया तुमने जिंदगी,
जबकि खुद को मैं संभाल लेती।
हां गिरती कई बार, चुने मेरे रास्ते पर,
लेकिन विश्वास है मुझे,
खुद को मैं संभाल लेती।
दिखावे की तुम्हारी उन बातों को,
काश पहले ही मैं पहचान पाती।
जाहिर कर देते वो राज,
जो दिल में थे तुम्हारे।
सच कहती हूँ,
अपने जिंक को भी,
तुम्हारी जिंदगी की किताब में,
मैं टाल देती।

कोमल
द्वितीय वर्ष

कठिन और निराला प्रेम पंथ

पोथी पढ़ि पढ़ि जग मुआ, पंडित भया न कोय।
ढाई आखर प्रेम का, पढ़े सो पंडित होय ॥

प्रेम की इस राह पर हर कोई नहीं चल पाता। इस रास्ते पर चलना “खाण्डे की धार” पर चलने के समान कठिन है। सन्त कबीर के शब्दों में:

प्रेम-पंथ अतिकठिन है, ज्यों खाण्डे की धार।
जो हारे सो गिर पड़े, ठहरे उतरे पार ॥

इस कठिन और निराले पंथ पर कोई मीरा, कबीर, नानक और सरमद, मंसूर जैसा मरजीवड़ा ही चल सकता है। और लोग भी चलने का दम भरते आ रहे हैं, आज भी भरा करते हैं। पर वासना और स्वार्थों की बाहरी फिसलन पर ही फिसलकर रह जाया करते हैं। इस निराले पंथ पर चलने के लिए चाहिए, सम्पूर्ण समर्पण, त्याग और बलिदान का उत्साही भाव, मस्ती। ऐसी मस्ती या तल्लीनता, कि जो और सब कुछ भुला दे। याद रहने दे-केवल प्रिय का रूप और नाम। बस और कुछ भी नहीं !

कोमल
बी.ए तृतीय वर्ष

प्रथम वर्ष का परिणाम



अनमोल वचन

- 1 खाली दिमाग शैतान का घर होता है।
- 2 बहस करने की अपेक्षा मूर्ख से हार मान लो।
- 3 सबसे बड़ा वीर बदला ना लेने वाला होता है।
- 4 संतोष सबसे बड़ा तथा उत्तम धन है।
- 5 ठोकर मनुष्य को जीवन में जीना सिखती है।
- 6 समय से पहले तथा भाग्य से अधिक किसी को नहीं मिलता।
- 7 गुस्सा बुद्धि को खा जाता है।
- 8 अहंकार मनुष्य को कुकर्म की ओर ले जाता है।
- 9 हर कार्य की सफलता से पूर्व मनुष्य की परीक्षा होती है।
- 10 मनुष्य को कार्य करते समय फल की इच्छा नहीं रखनी चाहिए।
- 11 शरीर-बल की अपेक्षा बुद्धि-बल श्रेष्ठतर होता है।
- 12 माता-पिता का आशीर्वाद सदा कल्याणकारी होता है।
- 13 गुरु कृपा के बिना कोई भी कार्य पूर्ण नहीं होता।
- 14 सच्ची लगन कठोर परिश्रम से कुछ भी सम्भव हो सकता है।
- 15 आज को पकड़ लो, कल में विश्वास न रखें।

जब लिया कॉलेज में दाखिला सोचा था, बहुत कुछ कर जाऊंगी, जैसे स्कूल में अब्बल आती थी वैसे ही कॉलेज में आकर दिखाऊंगी। नए-नए दोस्त बनाने की इच्छा जागी थी, सबसे हंसकर बात करने की मैंने आदत सी बना ली थी। एनसीसी में दाखिल होने का सपना हो गया, खाकी वर्दी पहनने पर गर्व सा महसूस होने लगा। एकता, अनुशासन जिंदगी के अहम हिस्से बना लिए, एनसीसी के सहपाठी पक्के मित्र बना लिए। दिसंबर में आए जब पेपर, हालत कुछ खस्ता सी होने लगी, पेपर तो अच्छे गए पर चैकिंग कैसे होगी, इस बात की चिंता सताने लगी। नंबर तो बड़े अच्छे आए अब वार्षिक परीक्षा की होने लगी टेंशन, जनवरी की छुट्टियाँ एक महीने, फरवरी में बढ़ने लगा पढ़ाई का प्रेशर। सच बताओ तो फरवरी और मार्च में पढ़ाई पर पूरा जोर लगा दिया, अप्रैल में आए एग्जाम में अपनी मेहनत का परिणाम दिखा दिया। पेपर तो बाकी सब बढ़िया गए बस इंग्लिश की टेंशन खाई जा रही थी, कहीं सपली ना आ जाए यह बात बड़ी सताई जा रही थी। क्योंकि सरकारी स्कूल में पढ़े हम बच्चों को अंग्रेजी से हमेशा डर लगता आया है, परीक्षा भले अच्छी गई हो परंतु परिणाम हमेशा रूलाता आया है। सितंबर में प्रथम वर्ष का परिणाम 70 प्रतिशत नंबरों के साथ, क्लियर हो गया हो गई पास। पर सोचा था जो अब लाने का बनकर रह गई सिर्फ एक आस। चलो पास तो हुई इस बात की बड़ी खुशी थी, जिसके साथ कक्षा में रोज बैठती थी वह सहारा सा छूट गया। सहेली रह गई प्रथम वर्ष में उसने भी अब किनारा ऐसा कर लिया। वस यही थी मेरे प्रथम वर्ष की कहानी, जिसका फल मुझे खुशियाँ मिली। के सपने हुए पूरे कुछ नए दोस्त बन गए कुछ अपने मुझे छोटे और मुझे बड़ा सबक दे गए। चलो जो इस वर्ष ना हो पाया वह अगले वर्ष करके दिखाना है और इस बार केवल 70 प्रतिशत नहीं 80 प्रतिशत के पार नंबरों को ले जाना है।

सुखप्रीत
बी. ए. तृतीय वर्ष

समीक्षा ठकुर
बी. ए द्वितीय वर्ष

जीवन

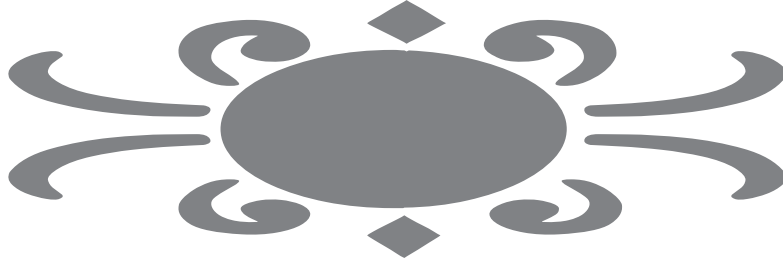
जीवन एक अनमोल उपहार है। इसे ध्यान से संभालना चाहिए। हमें धरती पर भोजन के लिए और रहने के लिए ऐसे सुंदर वातावरण देने के लिए हमें ईश्वर का आभारी होना चाहिए। हमें पूर्ण जीवन जीने के लिए, हमें शारीरिक और मानसिक रूप से स्वस्थ बनाने के लिए ईश्वर का आभारी होना चाहिए।

हमें अपने जीवन में अच्छे की सराहना करनी चाहिए। और उसी के लिए आभार व्यक्त करना चाहिए। कई लोग अपने जीवन में इस तरह से आगे बढ़ते हैं, उससे खुश नहीं होते हैं। वह लगभग हर चीज़ और हर किसी की आलोचना करते हैं और एक नकरात्मक दृष्टिकोण वकसित करते हैं। उन्हें यह समझने की जरूरत है, कि जिस तथ्य को जीने के लिए उन्हें जीवन दिया गया है, वह अपने आप में एक बड़ी बात है। जीवन को सक्षम बनाने के लिए कड़ी मेहनत करनी चाहिए। प्रयास से सब कुछ हासिल किया जा सकता है।

बहुत से लोग बुरी आदतों जैसे धूम्रपान, शराब पीना और ड्रग्स लेना पसंद करते हैं। इनका सेवन करने के बाद पैदा हुआ, कहर इनके जीवन के साथ-साथ आसपास के लोगों के लिए भी खतरा बन सकता है। बहुत से लोग नशे में गाड़ी चलाते हैं, निर्दोष लोग को मार देते हैं। इन सभी चीज़ों का व्यक्ति के स्वास्थ्य पर नकरात्मक प्रभाव पड़ता है। हमें जीवन नामक उपहार को महत्व देना चाहिए। अभी भी समय है और इसका आनंद लेने के लिए सही रास्ते पर चलें।

भगवान ने हमें प्रकृति की सुंदरता को जीने और आनंद लेने का मौका दिया है। जीवन एक अनमोल उपहार है। हमें अपने आसपास के लोगों के जीवन को भी महत्व देना चाहिए।

पलकजोत
बी.ए. प्रथम वर्ष



ऐसी वाणी बोलिए

वाणी अभिव्यक्ति का माध्यम है। हम जो कुछ भी बोलते हैं और सुनते हैं वह वाणी का ही चमत्कार होता है। वाणी प्रिय भी होती है और अप्रिय भी। प्रिय वाणी सभी को संतुष्टि और सुख प्रदान करती है। वहीं कर्कश वाणी कांटे की तरह चुभती है। वाणी ही लोगों को जोड़ती है और वाणी ही सभी से संबंध विच्छेद करती है।

मीठी वाणी के प्रभाव से सारे जग को अपना बनाया जा सकता है और कटु शब्द अपनों को भी पराया कर देते हैं। अक्सर कठोर बोलने वाले लोग कहते हैं, "हम तो खरा बोलते हैं सच कहते हैं, किसी को अच्छा लगे या बुरा।" यह कहना गलत है, सत्य को भी मीठे शब्दों में कहा जा सकता है।

“सत्यं ब्रूयांत प्रिय ब्रूयांत”

“सत्यं ब्रूयांत-प्रिय ब्रूयांत” अर्थात् सत्य बोलो प्रिय बोलो। जहां कटुवाणी हृदय में जख्म करती है, वहीं मधुर भाषा हृदय में आनंद उत्पन्न करती है। इसलिए कबीर दास जी ने कहा है-

“ऐसी वाणी बोलिए, मन का आपा खोये।

औरन को शीतल करे, आपहुं शीतल होए।।”

मनुष्य के कटु वचन कहीं-कहीं अत्यधिक अनिष्टकारी सिद्ध होते हैं। द्रोपदी के कड़वे वचन दुर्योधन के अंतःकरण में शूल से जा गढ़े और परिणाम महाभारत के रूप में सामने आया। ठीक कहा गया है कि तलवार का घाव समय के साथ भर जाता है, पर वाणी का घाव कभी नहीं भरता।

इसलिए मीठे बोल ही बोले जाएं क्योंकि कड़वा बोलें या मीठा, दोनों में ही जुबान चलानी पड़ती है।

अभिलाषा चौधरी
बी ए द्वितीय वर्ष

शहीद की जुबान

मेरा जीवन इतना अनमोल नहीं,
जितनी मेरे देश की शान है,
अपने प्राणों की जो आहुति दी है,
वह मेरे देश की रक्षा के प्रति,
मेरे द्वारा दिया हुआ एक सम्मान है।

सब छोड़ दिया मैंने तेरे लिए,
बस एक तेरा आंचल ना छोड़ सका,
अपना घर परिवार सब भूल गया ,
बस तेरी ममता को ना भूल सका।

पलकें बिछाए बैठे हैं सब,
एक दिन में वापस आऊंगा,
नम होगी उनकी आंखें फिर एक बार,
जब आकर मैं तुझ में ही समा जाऊंगा ।

वीर गति को प्राप्त हुआ हूं,
मरकर भी मैं मर ना सका,
एक नए वीर को छोड़े जा रहा हूं
क्योंकि मैं तेरी हिफाजत पूरी तरह न कर सका।

जागती आंखों से सपना देखा था,
तुझे आजाद करवाऊंगा,
उस सपने को फिर से पूरा करने,
मैं तुझसे ही जन्म पाऊंगा।

बस थोड़ा सा वक्त और दे दे,
मैं फिर से वापिस आऊंगा,
शहीद हुआ हूं इस बार मैं,
अगली बार तुझे सम्मान दिलाऊंगा।

मीनाक्षी
बीएससी तृतीय वर्ष

दोस्ती

रब का दिया एक उपहार है दोस्ती ,
दो दिलों के बीच एक रिश्ते का नाम है दोस्ती ,
बिन बोले ही जहां सब बातें समझ ली जाए ,
उस समझ का नाम है दोस्ती ।

जिसमें बसती हो खुशियां सारे जहाँ की,
उस खुशी का नाम है दोस्ती ,
ना कोई देखे अपना स्वार्थ,
ना कोई देखे अपना फायदा, ऐसे निःस्वार्थ प्रेम का नाम है दोस्ती ।

बिना डर के जिसे हर बात कही जाए ,
जो दुनिया से छिप जाए,पर दोस्त से ना छिप सके,
जो कह नहीं पाए दिल की बात किसी से,
वह उस दोस्त से दिल खोलकर कहीं जाए,
ऐसे विश्वास का नाम है दोस्ती।

जहां दुनिया आपको ठोकर मारे,
जब आपको पूरी दुनिया गलत माने,
पर जो आपके साथ खड़ा होकर आपके लिए लड़े ,
उस दोस्त के प्यार का नाम है दोस्ती।

जब सब शरारतें मिलकर की जाएं,
कॉलेज की बोरिंग सी क्लास भी, जहां हंस कर बीत जाए,
कॉलेज में साथ रहकर और
घर पर जाकर दोस्त से बातें कर मन ना भरे,
ऐसे अनलिमिटेड प्यार का नाम है दोस्ती।

जिस दोस्त के साथ कई साल बीत जाएं,
और फिर भी साथ रहने की दुआएं की जाएं,
ऐसी दुआओं का नाम है दोस्ती,
खुदा ने दिए हैं कई रिश्ते हमें
जिसमें, सबसे खूबसूरत रिश्ते का नाम है दोस्ती,
खूबसूरत रिश्ते का नाम है दोस्ती।

अनू देवी
बी कॉम प्रथम वर्ष



कुछ यादें कुछ बातें

मैं पीजी कॉलेज नालागढ़ की छात्रा हूँ। मेरा कॉलेज में अभी प्रथम वर्ष है। कॉलेज में आने के बाद मुझे अध्यापकों के द्वारा यह जानकारी प्राप्त हुई कि कॉलेज में नाटकीय क्लब की शुरुआत होने जा रही है। मैंने भी नाटकीय क्लब में हिस्सा लिया। पहले तो क्लब में हिस्सा लेने वाले सभी विद्यार्थी एक दूसरे से अपरिचित थे,परंतु कुछ दिनों के बाद सब अपने-अपने से लग रहे थे। एक महीने तक हम सब एक साथ रहे, एक दूसरे को समझा और फिर वह दिन आ गया था जिसका हमें इंतजार था। हमें मौका मिला था, हिमाचल प्रदेश के एक प्रसिद्ध हिल स्टेशन रोहडू के सीमा कॉलेज में हो रहे यूथ फेस्टिवल ग्रुप-4 में जाने का। यह मेरे जीवन की पहली यात्रा थी, मेरे मित्रों के साथ। उन मित्रों के साथ जिनसे कुछ दिनों पहले मैं अपरिचित थी। अब देखो एक परिवार की तरह हम एक साथ थे। हम सब 19 नवंबर 2023 को रोहडू यात्रा के लिए निकल चुके थे। यह 12 घंटे का सफर हमारे लिए बहुत खूबसूरत था। 12 घंटे का सफर करके हम सभी अपने गंतव्य स्थान पर पहुंच गए। सीमा कॉलेज के लोगों ने हमारे ठहरने का प्रबंध गर्ल्स हॉस्टल में किया था।

जहां हमें सभी प्रकार की सुविधा उपलब्ध करवाई गई थी। सीमा कॉलेज वालों ने और रोहडू की वादियों ने तो हमारा दिल मोह लिया। रोहडू की वादियां जितनी सुंदर थी,उतना ही सुंदर था वहां के लोगों का दिल। लेकिन यात्रा तो अभी शुरू होनी थी, हमारे प्रदर्शन की यात्रा। जो अगले ही दिन थी, जिसके लिए हम सब ने इतनी मेहनत की थी। हम सब बहुत घबराए हुए थे, क्योंकि इतने बड़े मंच पर प्रदर्शन करना, हमारे लिए बहुत ही बड़ी बात थी। लेकिन प्रोफेसर डॉक्टर सुनीला शर्मा और माननीय निर्देशक रूपेश बाली सर ने हमें बहुत प्रेरित किया। उनकी प्रेरणा के कारण ही हम सब बच्चे अपने कॉलेज के लिए प्रथम पुरस्कार लेकर आए। इस रोहडू की यात्रा ने हमें बहुत सी यादें दी हैं, यदि मुझे दोबारा मौका मिले ऐसे सुंदर स्थान पर जाने का तो मैं जरूर जाना चाहूंगी।

सुहानी मिश्रा
बी ए प्रथम वर्ष

कैसे और किस पर विश्वास करें

क्या अभिशाप था, एक लड़की होना,
एक कली खिली थी, मां के आंचल में,
उसे कन्या भ्रूण हत्या का शिकार बनाया गया।
पुरुष प्रधान समाज में बेटे की लालच में,
एक मासूम को अपनी महत्वाकांक्षा की बलि चढ़ाया गया।

जो बच गई, वह मां की सलामत कोख में,
माना हुए कहीं जश्न भी,
तो कहीं दरिदों का मन ललचाया था,
क्या कसूर उस मासूम का,जो उसे अपनी हवस का शिकार बनाया था।
कैसे विश्वास करें, कोई किसी पर,
अपनों ने ही कई दफा उसे पर हाथ आजमाया था।
क्या कोई खिलौना है
लड़कियां,तुमने उन्हें अपना घिनौना खेल बनाया था।
आज वह सुरक्षित नहीं, जन्मदाता के हाथों में भी,
जन्मदाता ने ही मौत की सैय्या पर सुलाया था।
बांधा जिन हाथों में रक्षा सूत्र,
उसने भी उसे पराया बताया था।
दहेज के नाम पर न जाने, कितनी बहू को जलाया था।
पत्नी अग्नि के साथ बंधी, जिससे परिणय सूत्र में,
उसने ही उसे प्रताड़नाओं की अग्नि में जलाया था।
सोच हैवानी तुम्हारी और दोष उनके बदलते स्वरूप को बताया था।
लड़की हो, औरत हो,माता हो,स्त्री हो, बहू हो,
एक औरत ने ही,औरतों के अस्तित्व को दबाया था।

कैसे और किस पर विश्वास करें,
अब सब ने हर दफा,उन्हें ही गलत ठहराया था।
सब ने हर दफा उन्हें ही गलत ठहराया था।

ऑंचल
बी.ए. तृतीय वर्ष

बंदिशे ना लगाओ ऐसी

जो अरमान इस दिल के हैं ,उन अरमानों को पूरा होने दो,
बंदिशे ना लगाओ ऐसी, हमारी जिंदगी है,जरा हमें भी जीने दो।
बेटा हो तो मां-बाप बंदिशे लगाते हैं,
बहू हो तो ससुराल बंदिशे लगाता है,
और अगर बेटी हो तो पूरा समाज बंदिशे लगता है।
इनका क्या हक बनता है, किसी पर बंदिशे लगाने का,
कोई न इनसे भी पूछ लो,
बंदिशे ना लगाओ ऐसी,
हमारी जिंदगी है,जनाब जरा हमें भी जीने दो।

छोटी होती हैं तो हमसे ही पूछा जाता है,कि बेटी बड़ी होकर क्या बनोगी,
और जब यह आंखें सपना देख लेती हैं,डॉक्टर इंजीनियर बनने के तो,
एक छोटी सी गलती पर भी, पढ़ाई रोक दी जाती है,
जो उम्र होती है पढ़ने की, उसी उम्र में शादी कर किसी और को सौंप दिया जाता है,
बंदिशे लगाकर हर सपने को तोड़ दिया जाता है,
इनका क्या हक बनता है,किसी के अरमानों को चूर-चूर करने का,
कोई इनसे भी पूछ लो,
बंदिशे ना लगाओ ऐसी,हमारी जिंदगी है समाज वालों,जरा हमें भी जीने दो।

कुछ लड़कों को शौक होता है, खाना बनाने का,
बंदिशे लगाकर उन्हें खाना बनाने से रोक दिया जाता है।
लड़के, लड़कियों वाले काम करते अच्छे नहीं लगते,
यह समाज द्वारा बोल दिया जाता है।
अरे ! किस संविधान में लिखा है, कि खाना बनाना,
बर्तन साफ करना, लड़कियों का जन्मसिद्ध अधिकार है,
कोई इनसे भी पूछ लो,
बंदिशे ना लगाओ ऐसी ,हमारी जिंदगी है दुनिया वालों,
हम लड़कियों को भी जीने दो।

अनु देवी बीकॉम
प्रथम वर्ष

नशा

क्यों नजरिया धुंधला रहा है,
क्यों भटक रहा है यह आज का जवान।
आखिर कब तक नशे जैसे कलंक को,
नजरअंदाज करता रहेगा यह मेरा समाज।

नशे से संबंधित एक वाक्य के जरिए अपनी बात आप
सभी के समक्ष रखना चाहूंगी, आशा करती हूँ आप सभी मेरी
दिए गए संदेश को समझेंगे और उस पर अमल करेंगे

मां ! मा ! मां ! बस एक और बार
बस यह आखरी होगा।
वह रोता रहा उस नशे के लिए,
जिसे वह दो पल की आज़ादी कहता था।
क्या करें मां का दिल था पसीज गया,
निकाले पैसे और कहा उसे, “खा मेरी सौगंध
यह आखरी होगा।”

ना आव देखा ना ताव, पैसे लगभग छिनते हुए बोला,
“हाँ मां यकीन करो यह आखरी होगा।”

लगता है यह बात उसने भी सुन ली और यकीनन वह उसका आखरी साबित हुआ।
घर में लोगों का आना जाना लगा हाल पूछते सारे,
पर कोने में बैठी थी मां चुपचाप अपने बेजान बेटे को निहारे।
खो चुकी थी वह सब कुछ अब खाली थे उसके हाथ,
बाकी था कुछ तो तो वो थे बस सवाल।

क्या होता जो समय से उसे रोका होता?
जो थोड़ा पीछे कर पाती इस समय को...तो क्या होता?

उन पैसों से उसे नशा मुक्ति केंद्र ले गई होती,
दो थप्पड़ लगाकर सही रास्ता तो दिखा पाती।
कि काश रोक लिया होता तभी
जब उसे पहली बार पकड़ा था,
दोस्त , गलत संगत या काम का दबाव,
आखिर , किस चीज ने उसे जकड़ा था।
क्यों हुआ ? कैसे हुआ ? काश हमने समाधान ढूँढा होता।
नजरअंदाज ना कर, समय रहते इसे रोका होता।

काश कि नशे की धीमी मौत के मंजर से हर कोई वाकिफ होता,
काश बच्चा-बच्चा इसकी काले रूप को जानता होता,
खुद पर आई तो समझा...नहीं... किसी सीख से भी सीखा होता ,
काश हमने समय रहते समझा होता, काश हर कोई इसके प्रति जागरूक होता।

बुझ गया ना चिराग फिर एक घर का,
छोड़ गया पीछे एक परिवार, जो पूरी तरह बिखरा था।
पर क्यों उसे सही गलत का फर्क मालूम नहीं था?
हम इतने भी छोटे तो नहीं।
जानबूझकर मौत को गले लगाना,
हम इतने भोले तो नहीं।

करना ही था नशा तो अपने लक्ष्य, अपने वतन, अपने जुनून का
करते।

धुप में घुट-घुट कर क्या ढूँढते रहे,
सही रास्ता तुम सही मायने में खुद को आजाद करते।

चलो जो हुआ उससे सीख लें, कल अगली कहानी, अगला परिवार,
मेरा.. आपका.. हमारा.. ना हो इसलिए मिलकर एक प्रण लें,

नशे ने उजाड़े है घर कई अब और नहीं
चलो खुद को इससे आज़ाद करें।

बदलेगा हर घर, परिवार हर, कोना इस देश का, चलो खुद से ही
शुरुआत करें।

‘नशा मुक्ति देश’ सपना नहीं,

‘नशा मुक्त हिमाचल’ सपना नहीं , यह सपना नहीं सच हो,
चलो छोटे-छोटे प्रयत्नों से एक बड़ा बदलाव करें।

नामदृअनुराधा
बी ए तृतीय वर्ष

