



NAAC Accredited
Grade "B++" Institution

Parbat Rekha

2025-26

Government College Nalagarh
(College of Excellence in Soft Skills)

Principal with the Members of Editorial Board



Dr. Amarjeet K. Sharma
Director (Higher Education)



Director of Higher Education
Himachal Pradesh
Shimla - 171001

Tel.: 0177-2656621 Fax : 0177-2811347

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

MESSAGE

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

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



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

(Dr. Amarjeet K. Sharma)
Director Higher Education H.P.



FROM THE PRINCIPAL'S DESK

"The future belongs to those who believe in the beauty of their dreams."

– Eleanor Roosevelt

It fills my heart with pride to present this edition of Parbat Rekha, a celebration of creativity, intellect, and the boundless energy of our students. This magazine is not just a compilation of articles and art—it is a testament to the dreams, ideas, and courage of young minds ready to shape the world. In every word written and every thought shared, I see the power of imagination and the spark of innovation. Our students are the architects of the future, and platforms like Parbat Rekha give them the space to express, explore, and inspire. Remember, every idea you share, every story you tell, has the potential to ignite change—not just within these walls, but beyond.



I congratulate the editorial team for their unwavering dedication and the contributors for their passion and creativity. Your work reflects not only talent but also the spirit of curiosity, resilience, and ambition that defines our institution. As you read, write, and dream, I urge every student to embrace challenges, pursue excellence, and believe in the power of their own voice. Let Parbat Rekha continue to be a beacon of inspiration, guiding and motivating generations to come. Regards and Happy Reading.

Dr. Lalit Kumar Guleria
Principal
Government College Nalagarh



FROM THE CHIEF EDITOR'S PEN...

"The purpose of art is to wash the dust of daily life off our souls."

-Pablo Picasso

It gives me immense pleasure to present to you the 2025-26 edition of our college magazine, "Parbat Rekha". A college magazine is more than a compilation of articles and photographs — it is a mirror of the creativity, intellect, and aspirations of our students. In this edition you will find the diverse voices of Nalagarh College: poems that question, stories that inspire, reports that record, and artwork that speaks where words fail. The enthusiasm that our contributors have shown reaffirms the belief that the campus of Government College Nalagarh is brimming with talent waiting to be expressed.

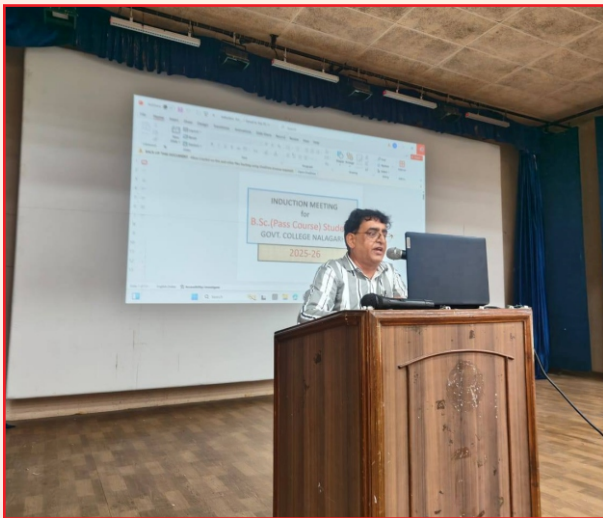


I extend my heartfelt gratitude to our Principal Dr Lalit Guleria for his constant guidance and support. I also thank the Editorial Board, staff advisors, and all teaching and non-teaching staff who contributed to bringing this magazine to life. I also extend special thanks to the photographers and designers who captured the moments so beautifully. To our readers — dear students — I hope this magazine reminds you that your ideas matter, and that Government College Nalagarh will always be a place where they can take flight.
Happy Reading

Dr. Shipra



Induction



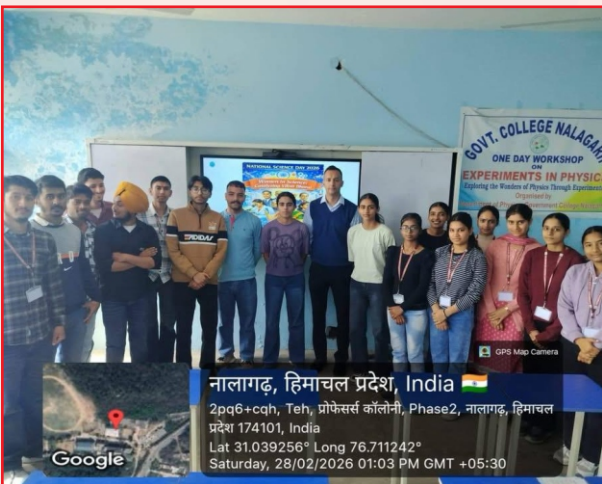
N Cord



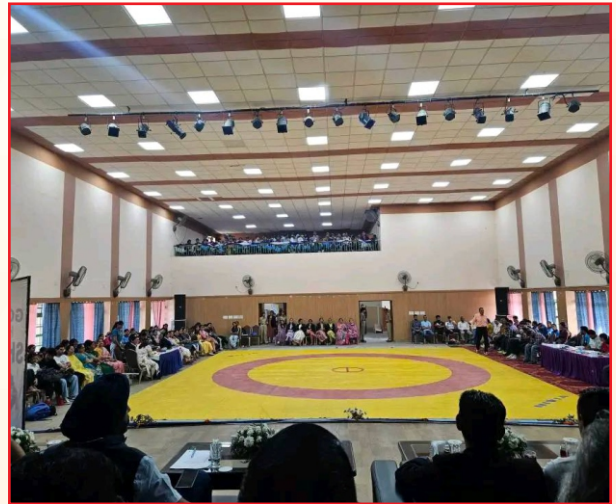
Office Bearers of CSCA



National Science Day Celebration



Achievements in Sports



Annual Athletic Meet (2025-26)



Glimpse of Annual Function (2025-26)



Cleanliness Drive





Parbat Rekha



Chronicle Section

2025-26



Chronicle of Events

Academic Session: 2025-2026

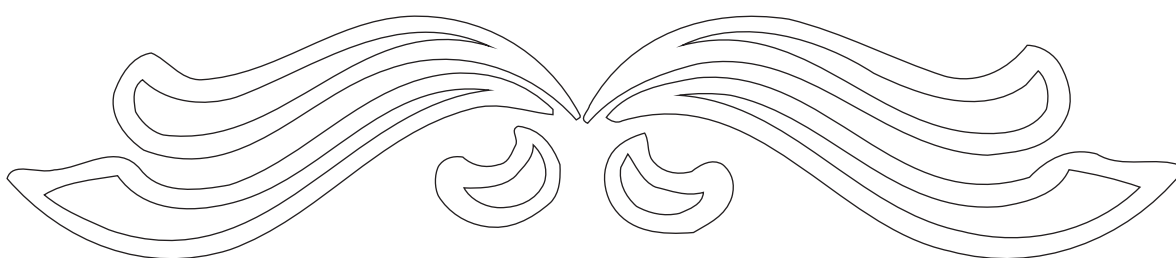
| No. | Brief Description | Date of Event |
|-----|--|--|
| 1 | Beginning of Admissions for the Academic Session 2025-2026 | 12 June 2025- onwards |
| 2 | Celebration of ' International Yoga Day ' by NCC Unit in collaboration with Awasthi Group of Institutions, Nalagarh | 21 June 2025 |
| 3 | Honouring Ms. Aanchal, B.Sc II (Maths Major) for participating in National level Summer Camp organized by Indian Institute of Science and Research, Pune. | 23 June 2025 |
| 4 | Induction Meet : 2025-2026 | 09 July 2025 |
| 5 | Honouring the meritorious students of BCA (2024-2025) for securing commendable positions in HPU End Semester Exam. | 12 July 2025 |
| 6 | Awareness Lecture on First Aid jointly organized by Rovers and Rangers Club and NSS Unit in collaboration with Inner Wheels Royals Club. | 22 July 2025 |
| 7 | Mass Plantation Drive organized in the college campus by Rovers and Rangers Club, Eco Club and NSS unit of the college. | 30 July 2025 |
| 8 | Plantation Drive organized in the campus by Old Students' Association (OSA) as an eco-friendly initiative. | 06 August 2025 |
| 9 | The Department of Sociology celebrated ' Sadbhavna Diwas ' in the college to disseminate the message of goodwill, brotherhood and unity amongst the youth. | 20 August 2025 |
| 10 | PTA Executive Body framed for the session 2025-2026. | 23 August 2025 |
| 11 | Plantation Drive organized in the campus by ' Harit Dhara ', the College Eco Club, to sensitize the students about Green World Initiatives for sustainable growth. | 20 to 25 August 2025 (Phased manner Plantation) |
| 12 | A Community Awareness Drive on 'Preventive Measures against Rabies' organised by the Department of Zoology. | 29 August 2025 |
| 13 | Celebration of ' Fit India ' National Sports Day | 29 August 2025 |
| 14 | HPU Inspection Team visited the college | 29 August 2025 |
| 15 | ' Literacy Day ' celebrated by the Department of History to reflect upon the relevance of literacy in a progressive society. | 08 September 2025 |
| 16 | ' Hindi Divas ' celebrated by the Department of Hindi to promote the usage of mother language across the country. | 15 September 2025 |
| 17 | Inter-college Quiz Competition organized by the Department of Geography. | 17 September 2025 |
| 18 | An Orientation Programme on ' Diverse Career Avenues ' organised by Crack Academy in collaboration with Career Counselling Cell. | 18 September 2025 |
| 19 | NSS Day Celebration in the college Auditorium. | 24 September 2025 |
| 20 | Honble Manmohan Singh jee, the former Prime Minister of India, was fondly remembered on the eve of his 93 rd Birth Anniversary. Department of Economics celebrated the occasion with fervour. | 26 September 2025 |
| 21 | Electoral Literacy Club in collaboration with the Department of Political Science organized a nukkad natak ' Democracy and Voting Awareness ' to sensitize the youth on electoral rights. | 27 September 2025 |
| 22 | The NCORD Unit of the college presented a street play on ' Drug Abuse and its Complete Eradication from Society? | 29 September 2025 |
| 23 | Distribution of Prasaadam : Seeking the blessings of Durga Mata during the holy Navratras . | 01 October 2025 |
| 24 | Felicitating the budding wrestlers of the college for securing the overall 2 nd position in Inter-college Wrestling Championship at GC Daultapur | 04 October 2025 |

| | | |
|----|--|------------------|
| | Chowk. | |
| | CSCA :2025-2026 Oath Ceremony | 11 October 2025 |
| 25 | Inauguration of HPU Inter-College Wrestling Championship (Women) at Government College Nalagarh. | 15 October 2025 |
| 26 | Honouring the students for bagging the three top positions in a Declamation Contest during the celebration of Vigilance Awareness Week. | 30 October 2025 |
| 27 | Celebration of NSS Day | 21 November 2025 |
| 28 | Active participation of students in ' <i>Anti-Chitta Movement</i> ' organized by the NCORD Unit of the college. | 23 November 2025 |
| 29 | Celebration of ' Constitution Day ' by Electoral Literacy Club in collaboration with Department of Political Science. | 26 November 2025 |
| 30 | Celebration of ' International Human Rights Day ' by Department of Public Administration. | 10 December 2025 |
| 31 | Department of Commerce organized an Awareness Programme on finance management: ' Steps Towards Enhancement '. | 10 December 2025 |
| 32 | ' Girls Safety ': An Outreach programme to sensitize, the girl students in particular, was organized by Women Redressal Cell, College Sparsh Cell and Old Students' Association (OSA) of the college. | 13 December 2025 |
| 33 | Department of Botany and Zoology organized an Awareness Lecture on ' Forest Conservation and Snake Species found in HP ' during which IFS Shri Susheel Rana sensitized the students. | 17 December 2025 |
| 34 | One day Blood Donation Camp organized through the valiant efforts of 'Old Students' Association (OSA). | 17 December 2025 |
| 35 | ' A Step Towards Green Future ' an Eco-friendly Plantation Drive organized in the campus through the joint efforts of Eco Club and Old Students' Association(OA). | 18 December 2025 |
| 36 | Department of Mathematics organized ' Math Olympiad Quiz ' Competition to showcase the world of Mathematical Magic | 19 December 2025 |
| 37 | NCORD, Energy Club in collaboration with Rovers and Rangers Club organized a Poster Making Competition on the theme ' Conservation of Energy '. | 22 December 2025 |
| 38 | Department of Mathematics organized Poster Making and Declamation Contest to commemorate Mathematics Day. | 22 December 2025 |
| 39 | NSS Unit organized one day Trekking Camp and Cleanliness Drive at Tara Devi Temple Nalagarh. | 23 December 2025 |
| 40 | An Awareness Programme on ' Artificial Intelligence(AI) ' organized by Department of Physics. | 23 December 2025 |
| 41 | Disaster Management Committee in collaboration with Youth Red Cross Club organized a Mock-drill in the campus through the active initiative of Fire Department Nalagarh. | 29 December 2025 |
| 42 | Electoral Literacy Club (ELC) organized Awareness Drive-cum-registration camp for enrolling the new voters. | 30 December 2025 |
| 43 | ' Young Minds, Safe Roads ' a Declamation contest organized by the Road Safety Club. | 14 February 2026 |
| 44 | ' Green Future:Sustainable Paths to Protect Our Planet ' a sensitization programme organized by Eco Club in which Dr.Mamta Bansal from Department of Zoology , Maharaja Agarsen University Baddi spoke at length about the Green World Concept. | 16 February 2026 |
| 45 | Department of Chemistry organized an interesting discourse on ' DNA Sequencing ' in which Dr. Sitansh Sharma, Principal Research Scientist, Stem Skills Labs Faridabad disseminated vital information to the students. | 16 February 2026 |

| | | |
|----|--|---------------------------|
| 46 | An informative lecture on ' Role of Microbes in Shaping a Sustainable Future ' was jointly organized by the Department of Botany and Zoology during which Dr. Anita Saini, Assistant Professor Biotechnology, Maharaja Agarsen University Baddi shared valuable facts with students | 16 February 2026 |
| 47 | Formal Opening of Seven Days NSS Camp. The Unit adopted Radiyali village, Tehsil Nalagarh for community service during this camp. | 18 February 2026 |
| 48 | Annual Athletic Meet | 19 February 2026 |
| 49 | Formal Closing of Seven Days NSS Camp | 24 February 2026 |
| 50 | Department of Physics celebrated the ' National Science Day ' with fervor during which an inspiring documentary 'The Quantum Indians' was also watched by the students. | 28 February 2026 |
| 51 | Celebration of 'International Women's Day' by College Women Cell | 07 March 2026 |
| 52 | Annual Function of the College for the session 2025-2026. | 16 March 2026 |
| 53 | Distribution of ' Prasaadam ' to the students and staff on the occasion of Ram Navmi/ Navratras | 25 March 2026 |
| 54 | Commencement of HPU Annual Exams for UG Classes. | 28 March 2026- Onwards |



Compiled and Edited by:
 Dr. Daleep Bali,
 Editor: Chronicle Section,
(Parbat Rekha)
 GC Nalagarh (Solan)HP





Parbat Rekha



***Commerce &
Planning Section***

2025-26



Editorial

In an academic environment that is rapidly evolving under the influence of technology, global markets, and shifting economic paradigms, the study of commerce is no longer confined to ledgers, balance sheets, or traditional business theories. It has expanded into a dynamic discipline that demands analytical thinking, adaptability, and a forward-looking mindset.

As the Assistant Professor of Commerce and Editor of the Commerce & Planning section of this college magazine, I take immense pride in presenting this edition that reflects not only academic engagement but also the intellectual curiosity of our students. This platform is more than a compilation of articles—it is a space where ideas meet expression, and theory connects with practice.

Commerce today is deeply interwoven with planning—be it financial planning, strategic business development, or policy formulation. In an increasingly competitive world, the ability to anticipate change, interpret data, and make informed decisions has become a vital skill set. Through this section, we aim to encourage students to move beyond rote learning and engage with real-world economic issues, emerging business trends, and innovative management practices.

This edition also highlights the importance of interdisciplinary thinking. Whether it is understanding the impact of digital transformation on trade, analyzing sustainable business models, or exploring behavioral aspects of consumer markets, commerce students must develop a holistic perspective. Knowledge, when applied with clarity and purpose, becomes a powerful tool for transformation.

I sincerely appreciate the efforts of all contributors who have brought depth, originality, and critical thought to their articles. Your work reflects not just academic learning, but also your ability to observe, question, and interpret the world around you.

As we move forward, I encourage every reader to view commerce not merely as a subject, but as a lens through which we understand society, economy, and development. May this magazine continue to inspire thoughtful dialogue and nurture future leaders who are both competent and conscious.

With best wishes,

Dr. Ina
Assistant Professor (Commerce)



Student Editorial

As the Student Editor of the Commerce & Planning section of this college magazine, it gives me great pleasure to present this edition to all our readers. This section is a small but meaningful effort to bring forward the ideas, thoughts, and creativity of our commerce students. Commerce is not just about books and exams; it is about understanding how the world of business, economy, and planning actually works in real life. Through this magazine, we try to connect our classroom learning with real-world situations in a simple and interesting way.

Planning plays an important role in every area of life—whether it is business planning, financial planning, or career planning. In today's fast-changing world, students need not only knowledge but also the ability to think practically and make better decisions for the future. This magazine section encourages students to explore new ideas, think critically, and express their views freely. I would like to sincerely thank all the students who contributed their articles, ideas, and efforts to make this section possible. Your participation shows your interest and enthusiasm towards learning beyond the classroom. I hope readers will enjoy this edition and find it useful, inspiring, and easy to connect with. Let us continue to learn, share, and grow together.

Student Editor
Commerce & Planning Section



How Artificial Intelligence is Changing Daily Business Activities

Artificial Intelligence (AI) has become an important part of modern business activities. Earlier, businesses mostly depended on manual work and human decision-making, but now AI is helping in improving efficiency and accuracy. After studying this topic, it is clear that AI is not just a future concept, but something that is already being used in daily business operations.

One major area where AI is used is customer service. Many companies have started using chatbots on their websites and mobile applications. These chatbots can handle basic customer queries at any time, which reduces the workload of employees. For example, when we visit an online shopping website and get instant replies to our questions, it is usually managed by AI systems.

AI also plays an important role in decision-making. Businesses collect a large amount of data, and it becomes difficult to analyze it manually. AI helps in processing this data and finding patterns. A common example can be seen in online platforms like Amazon, where product recommendations are shown based on previous searches and purchases. This shows how AI understands customer preferences.

Another important impact of AI is on customer experience. Companies are now able to provide personalized services, which increases customer satisfaction. Applications like Netflix and YouTube suggest content according to user interest, which keeps people engaged and improves user experience.

It is also interesting to note that AI is not limited to big companies. Small businesses are also using simple AI-based tools such as digital payment systems, billing software, and inventory management apps. These tools help in saving time and reducing errors in daily work.

However, there are some challenges associated with AI. The cost of advanced technology can be high, and there is a need for proper knowledge to use it effectively. There are also concerns about job loss in some sectors due to automation.

In conclusion, Artificial Intelligence is changing the way businesses function on a daily basis. It is making processes faster, more efficient, and more customer-focused. From a student's point of view, understanding AI is very important, as it will continue to influence the future of business and employment opportunities.

Aradhana
B.com 3rd year
233117027

A Day Without Digital Payments: What Happens?

“Network Error. Try Again.”

That's the message that starts the chaos.

It's 9:00 AM. You walk into a café, order your usual coffee and casually say, “UPI kar dunga.” The cashier smiles awkwardly, “Server down hai.” You check your wallet—no cash. The person behind you is in the same situation. Within minutes, a simple coffee turns into a small economic crisis.

Now imagine this not as a moment—but as an entire day.

By noon, grocery stores are crowded but silent. People pick items, then leave them back because digital payments aren't working. Shopkeepers start writing entries in notebooks—“udhaar” makes a

comeback. Rickshaw drivers refuse rides unless you pay cash. Even online food delivery apps become useless, as payments fail at checkout.

But the real impact is deeper than inconvenience.

Digital payments are not just about ease—they are about speed, trust and flow of money. When that flow stops, even temporarily, the entire system feels stuck. Small businesses suffer the most because they rely on daily cash flow. A day without transactions means a day without income.

Students feel it too. No splitting bills on apps, no instant transfers, no last-minute recharges. Suddenly, we realize how dependent we have become on a system we barely think about.

By evening, people start adapting. Some borrow cash, some postpone purchases, and some simply go without. And when the network finally returns, there's a rush—payments, orders, transactions—all at once. It's like the economy takes a deep breath again.

Lesson for us as commerce students:

Digital payments are not just a convenience—they are the backbone of today's economy. They reduce transaction costs, increase transparency, and speed up economic activity. But this experiment also reminds us of one important thing:

Every system needs a backup.

A cashless economy is powerful, but a cash-ready mindset is equally important. Because sometimes, progress pauses—and in that pause, we understand its true value.

Shradha Kumari
B.com 1st year
2503117009



Is College Really Preparing Us for Corporate Life?

We attend lectures, take notes, pass exams, and move to the next semester. On paper, everything looks perfect. But there's a question most students quietly ask themselves:

“Will all this actually help me in a real job?”

In college, we learn concepts—Marketing Strategies, Accounting Principles, Management Theories. We know definitions, formats, and case studies. But corporate life doesn't ask for definitions. It instead asks:

Can you handle pressure?

Can you communicate clearly?

Can you solve a problem without step-by-step guidance?

That's where the gap begins.

A student who scores well in exams may still struggle in a meeting. Not because they lack knowledge, but because they lack application. Corporate life is less about what you know and more about how you use what you know.

But does that mean college is failing us? Not exactly.

College gives us the foundation—the basic understanding of how business works. It introduces us to the language of commerce. However, expecting college alone to prepare us completely for corporate life is unrealistic.

Think of it this way:

College is the theory manual.

Real life is the practical exam without instructions.

So what should students do?

- Participate in presentations, not just written exams.
- Take internships seriously—even small ones.
- Work on communication and decision-making skills.
- Try real-world exposure like freelancing or small projects.

The truth is, preparation for corporate life is a shared responsibility. College provides the tools, but students must learn how to use them.

Final thought:

The real question is not “Is college preparing us?”

It is “Are we using college to prepare ourselves?”

Because in the end, success in corporate life doesn't come from marksheets—it comes from mindset, skills, and the ability to adapt.

Sakshi Sharma

B.com 2nd year

243117060

The Psychology Behind Discounts: Why We Buy What We Don't Need

Have you ever entered a store or opened a shopping app just to “browse,” but ended up buying things you never planned to? The answer lies not in our needs, but in our minds. Businesses today don't just sell products—they sell feelings, urgency, and illusions of savings.

One of the most powerful tricks used in marketing is the concept of “anchoring.” When a product shows a price of

₹ 2,000 crossed out and replaced with ₹ 999, our brain automatically compares it with the higher price. Even if the product was never truly worth ₹ 2,000, it feels like a great deal. This creates a sense of achievement in the buyer.

Another strategy is “limited-time offers.” Phrases like “Only for today” or “Last 2 hours left” create urgency. This triggers a psychological response called FOMO (Fear of Missing Out). Instead of thinking logically, we rush to purchase because we don't want to regret missing the deal.

Then comes “buy more, save more.” Offers like “Buy 2 Get 1 Free” often lead us to spend more than we intended. In reality, we might not even need two items, but the idea of getting something “free” pushes us into buying extra.

The key is not to avoid BNPL completely, but to use it wisely. Treat it as a financial tool, not free money. Always ask:

- Do I really need this?
- Will I be able to pay on time?
- Is this purchase worth future stress?

Financial freedom doesn't come from spending easily—it comes from spending wisely.

Nishu Kumar
B.com 2nd year
243117048

Financial Planning for Students: Smart Money Habits

Think of money like a subject you were never taught—but are expected to pass in real life

Here's a simple Student Financial Toolkit:

Rule 1: The 50–30–20 Student Version

50% → Needs (food, travel, books)

30% → Wants (shopping, outings)

20% → Savings (non-negotiable)

Rule 2: Delay, Don't Deny

Before buying anything, wait 48 hours.
If you still want it—you probably need it.

Rule 3: Track Invisible Spending

Small payments (₹50–₹200) feel harmless
...but they quietly drain your budget.

Rule 4: Start “Micro-Saving”

Even ₹20–₹50 daily = strong habit + emergency fund.

Rule 5: Avoid “Comparison Spending”

Your financial journey ≠ your friends' lifestyle.

Reality Check:

Financial planning is not about how much you earn,
it's about how well you manage what you have.

Khushboo
B.com 3rd year
233117010

Even colours and design play a role. Red tags, bold fonts, and flashy banners signal urgency and excitement. Our brain associates these visuals with opportunity, making it harder to resist.

Interestingly, discounts also give us a sense of emotional satisfaction. We feel smart, successful, and financially wise—even when we've spent unnecessarily. This emotional reward is what keeps us coming back for more deals.

From a commerce perspective, this shows how consumer behavior is deeply influenced by psychological triggers rather than actual need or value. For students, understanding this is crucial—not just as buyers, but as future marketers and entrepreneurs.

The next time you see a discount, pause and ask yourself:
Am I saving money, or just spending it cleverly?

Himanshu Tiwari
B.com 1st year
2503117064

The Hidden Cost of “Buy Now, Pay Later” Culture

In today's digital world, shopping has become easier than ever. With just one click, you can order anything—and thanks to “Buy Now, Pay Later” (BNPL) services, you don't even need to pay immediately. While this may sound convenient, it comes with hidden risks that many students overlook.

At first glance, BNPL feels like a blessing. No upfront payment, zero interest (in some cases), and quick approvals make it attractive, especially for young consumers with limited income. However, the real cost lies beneath the surface.

The biggest issue is overspending. When payment is delayed, the pain of spending is also delayed. This makes people less cautious. A student who would hesitate to spend ₹3,000 at once might easily choose BNPL without realizing the future burden.

Another concern is debt accumulation. Multiple small purchases can quickly turn into a large total amount. Since each payment seems manageable, people often ignore the bigger picture. Over time, this creates financial stress.

There is also the risk of late fees and penalties. While many platforms advertise “zero interest,” missing a payment can result in high charges. This can damage a student's financial discipline at an early stage.

From a broader perspective, BNPL is shaping a culture of instant gratification. Instead of saving first and spending later, people are now consuming first and worrying later. This shift can have long-term consequences on financial habits.

For commerce students, this trend is important to understand because it reflects a major change in consumer finance. Companies benefit from increased sales, but consumers may unknowingly fall into a cycle of dependency.

Challenges Faced by Commerce Students in the Real World

College Expectation Real World Reality

"I know accounting" "Can you use accounting software?"

"I studied marketing" "Can you bring actual customers?"

"I'll get a good job easily"

"Experience matters more than marks"

"Theory is enough" "Skills decide your value"

"Communication is optional" "Communication is everything"

The Real Challenge:

It's not lack of knowledge.

It's lack of application, exposure, and confidence.

Survival Strategy:

Learn tools (Excel, software, analytics basics)

Do internships (even unpaid initially)

Improve communication (spoken + written)

Observe real businesses, not just books

Conclusion:

The real world doesn't ask, "What did you study?"

It asks, "What can you actually do?"

Lata Karki
B.com 3rd year
233117072

Study of a Popular Brand's Marketing Strategy

Why do people buy Nike—not just wear it?

It's not just a shoe. It's a feeling.

Nike doesn't say, "Buy our product."

It says, "Become your best version."

That's the power of emotional marketing.

What Nike Actually Does:

Sells Identity, Not Product

You don't buy shoes—you buy confidence.

Uses Real Heroes

Athletes represent struggle, success, and discipline.

Simple but Powerful Messaging

"Just Do It" → Short, memorable, motivating.

Digital Connection:

Social media isn't advertising—it's storytelling.

Key Insight:

People forget product features.

They remember how a brand makes them feel.

Anshika
BBA 2nd semester
2505108013

Career Options After BBA/ B.Com: A Practical Guide

Confused after graduation? Start here ↓

Step 1: Ask Yourself One Question

"Do I want to STUDY more or
START earning?"

If STUDY:

MBA → For management & leadership
roles

[M.Com](#) → For academic & advanced
commerce knowledge

CA/ CMA/ CFA → For finance specialists

If JOB:

Accounting roles

Marketing / Sales roles

HR / Operations

Entry-level corporate jobs

If INDEPENDENT:

Freelancing (content, digital marketing)

Small business / startup

Online earning platforms

Common Mistake:

Choosing a career based on trend or
pressure, not interest.

Smart Choice Formula:

Interest + Skill + Opportunity = Right Career

Pratiksha
BBA 2nd semester
2505108034

From Campus to Commerce

— A Student's Perspective

As a college student, I strongly feel that our campus life is not just about attending lectures and passing exams. It is actually the best time to explore ideas, take risks, and try something new. Instead of waiting for the “right time” after graduation, we can start our journey towards earning and entrepreneurship right now.

One important suggestion I would give to fellow students is to start small but start early. We all have some talent or interest—whether it is designing, cooking, teaching, or creating content. These can easily be converted into small business ideas. For example, starting an Instagram page, offering tuition, or selling handmade products can be a great beginning. You don't need huge investment, just creativity and consistency.

Another important thing is to use digital platforms wisely. Social media is not just for entertainment; it can be a powerful tool for promotion and growth. Many students are already earning by creating content, doing freelance work, or promoting products online. If used properly, it can help us reach a wide audience and build our own brand.

At the same time, we must remember to balance studies and business. Academics are equally important, and managing both requires discipline and time management. Setting clear priorities and following a routine can help in handling both responsibilities effectively.

We should also not be afraid of failure or slow growth. In the beginning, things may not work as expected. But every mistake teaches us something valuable. College is the best time to learn from failures because the risks are lower and the learning is higher.

Lastly, I would suggest that students should focus on learning, not just earning. Even if your business is small, the experience you gain—like communication, marketing, and problem-solving—will help you in the future, whether you choose a job or entrepreneurship.

In conclusion, moving “from campus to commerce” is a smart step for today's students. If we start early, stay consistent, and believe in our ideas, we can create opportunities for ourselves instead of waiting for them. College life is the perfect time to build not just a degree, but also a strong and independent future.

Muskan Thakur
B.Com 3rd year
233117035



Mini Lessons, Mega Success

Quick lessons for smart students

“Don't be afraid to give up the good to go for the great.” Growth begins when you step out of comfort and aim higher.

“Opportunities don't happen. You create them.” Stop waiting—start doing. Initiative is the real game changer.

“Small steps every day lead to big results.” Consistency beats talent when talent doesn't work consistently.

“Your network is your net worth.” The people you connect with today can shape your future tomorrow.

“Do something today that your future self will thank you for.” Every smart decision today builds a better tomorrow.

“Success usually comes to those who are too busy to be looking for it.” Focus on your work—results will follow automatically.

“Turn your ideas into action before someone else does.” Ideas are common, execution is rare—be the one who acts.

“Failure is not the opposite of success; it's part of success.” Every mistake teaches something that success cannot.

“Discipline is choosing between what you want now and what you want most.” Control today = success tomorrow.

“Dream big, but start small.” Big journeys always begin with small steps.

Final Thought:

Success is not about doing big things once, but doing small things right every day.

Adarsh Thakur
BCA 2nd year
246109004

From Reels to Revenue: The Rise of Student Entrepreneurs

Introduction:

In today's college life, social media is no longer just about scrolling, liking, and sharing—it has become a powerful platform for earning and self-expression. Many students are now turning their creativity into income by using platforms like Instagram and YouTube. What once started as a hobby is now growing into a serious business opportunity.

The New Age of Student Entrepreneurship:

College students today are more independent and innovative than ever before. From fashion pages and handmade crafts to food blogs and digital services, students are building their own brands online. With just a smartphone and internet connection, they are reaching customers beyond their local area. Social media has removed the need for large investments and physical shops.

From Reels to Revenue:

Short-form content like reels and videos plays a major role in this transformation. A single creative video can attract thousands of viewers, helping students gain followers and potential customers. As their audience grows, they can earn through product sales, brand collaborations, and promotions. This shows how entertainment can be converted into income with the right strategy.

Balancing Studies and Business:

Managing studies along with a business is not always easy. Students often face time pressure, deadlines, and academic responsibilities. However, those who manage their time well learn discipline, responsibility, and multitasking—skills that are valuable for life.

Skills Beyond the Classroom:

Running a social media-based business teaches practical skills that are not always covered in textbooks. Students learn marketing communication, content creation, and customer handling. These real-world experiences help them become more confident and career-ready.

Challenges of the Journey:

The journey is not always smooth. Competition is high, growth can be slow, and negative feedback can be discouraging. But consistency, creativity, and patience help students overcome these challenges and achieve success.

The rise of student entrepreneurs shows a major shift in mindset—from job seekers to job creators. Social media has given students the power to dream big and start small. It proves that success is no longer limited by age or resources, but driven by ideas and effort.

In the coming years, more students will step into entrepreneurship, making college life not just about degrees, but also about discovering passions and building futures.

Anant Rajdev
BBA 2nd Sem.
2505108001

Latest Digital Marketing Trends Students Should Know in 2026

Digital marketing is evolving very fast, and in 2026 it has become more technology-driven and customer-focused than ever before. For college students, understanding these trends is important for both academic learning and future careers.

1. Artificial Intelligence (AI) in Marketing:

AI is widely used to create content, analyze customer behavior, and run targeted advertisements. It helps companies work more efficiently and make better decisions.

2. Personalization in Marketing:

Customers expect content based on their interests and preferences. Personalized ads, emails, and recommendations make marketing more effective.

3. Short-Form Video Content

Platforms like Instagram Reels and YouTube Shorts are popular for quick and engaging content. These videos attract more attention, especially among young audiences.

4. Influencer Marketing:

Brands collaborate with influencers and content creators to promote products. This type of marketing feels more real and builds trust among customers.

5. Social Commerce:

Social media platforms now allow users to buy products directly. This makes shopping faster, easier, and more convenient.

6. Data Privacy and First-Party Data:

Companies are focusing on protecting user data and building trust. They rely more on their own collected data instead of third-party sources.

7. AR and VR in Marketing:

Augmented Reality (AR) and Virtual Reality (VR) provide interactive experiences, such as virtual product trials, making marketing more engaging.

Conclusion

Digital marketing in 2026 combines creativity with advanced technology. Students should stay updated with these trends and develop digital skills to succeed in the modern business environment.

Shivam
BBA 4h sem

Work From Home Culture and Its Impact on Companies

In recent years, the concept of “Work From Home” (WFH) has transformed from a flexible option into a mainstream work model. Initially accelerated by global circumstances, it has now become a long-term strategy adopted by companies worldwide. This shift has brought significant changes in how businesses operate, communicate, and measure productivity.

One of the most notable advantages of work from home culture is increased flexibility. Employees can manage their work schedules more efficiently, which often leads to improved work-life balance. Without the need for daily commuting, employees save time and energy, which can be redirected toward productive tasks. This flexibility also contributes to higher job satisfaction, which in turn can reduce employee turnover rates.

From a company's perspective, WFH has led to substantial cost savings. Organizations can reduce expenses related to office space, utilities, and maintenance. Many companies have even adopted hybrid models or fully remote structures, allowing them to operate with smaller physical offices. Additionally, businesses now have access to a global talent pool, enabling them to hire skilled professionals without geographical limitations.

However, the work-from-home model is not without challenges. One major issue is communication. In a traditional office setting, face-to-face interactions help in quick decision-making and team bonding. In contrast, remote work relies heavily on digital tools, which can sometimes lead to misunderstandings or delays. Maintaining effective communication and collaboration requires proper planning and the use of advanced technologies.

Another concern is employee productivity and accountability. While many employees perform better in a home environment, others may struggle with distractions or lack of structure. Companies must implement clear performance metrics and provide support systems to ensure consistent productivity. Regular virtual meetings, progress tracking, and feedback sessions have become essential management practices.

Work from home also affects organizational culture. Building a strong company culture becomes more challenging when employees are physically distant. Informal interactions, team activities, and workplace engagement are harder to replicate online. To address this, companies are introducing virtual team-building activities and digital engagement initiatives to maintain a sense of belonging among employees. Moreover, the impact on employees' mental health cannot be ignored. While some enjoy the comfort of working from home, others may feel isolated or disconnected. Companies need to prioritize employee well-being by promoting healthy work habits, encouraging breaks, and providing mental health support when needed.

In conclusion, the work-from-home culture has significantly reshaped the modern business environment. It offers numerous benefits such as flexibility, cost efficiency, and access to global talent, but also presents challenges related to communication, productivity, and employee well-being. For companies to succeed in this evolving work model, they must adopt balanced strategies that combine technology, effective management, and a strong focus on employee engagement. The future of work is likely to be a blend of remote and in-office practices, making adaptability the key to long-term success.

Anubhav Rai
BBA 2nd sem.
245108040



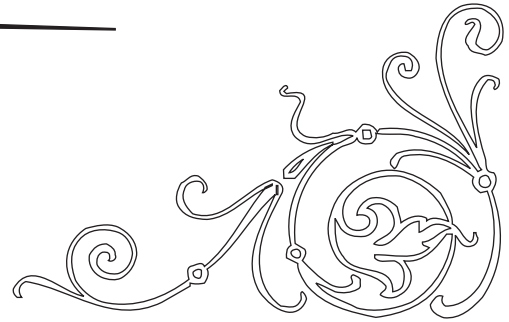


Parbat Rekha



English Section

2025-26



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

As I sit down to pen this note for our college magazine, a wave of nostalgia hits me. Being a final-year BA student, I have spent three years walking these corridors, but serving as the Editor this year has truly changed my perspective on our campus life.

When I first took on this role, I thought editing was just about correcting grammar and choosing fonts. I quickly realized, it is much more—it is about capturing the heartbeat of our college. From short stories that made me pause to poems that echoed the silent thoughts of my peers, every submission was a window into the incredible talent we house here.

The journey wasn't always smooth. There were late-night brainstorming sessions, endless emails, and the "good" kind of stress that comes with meeting deadlines. But, seeing these diverse voices come together into one beautiful collection has been the most rewarding experience of my academic life.

To my team, thank you for your tireless energy. To the contributors, thank you for being brave enough to share your words. This magazine is not just a book; it is a time capsule of our shared laughter, struggles, and dreams.

I hope that as you flip through these pages, you find a piece of yourself in them.



**Shyama
BA 3rd Year**

“The Timeless Beauty of Flowers”

Flowers, with their vibrant hues and graceful forms, are nature's living art. Each petal tells a story of growth, resilience, and fleeting beauty. From fragrant roses to cheerful daisies, flowers captivate our senses, uplift our spirits, and inspire creativity. Their delicate presence reminds us to pause, reflect, and cherish life's simple joys. Beyond mere decoration, flowers symbolize love, hope, and renewal, proving that even the smallest bloom can leave a lasting impression on the heart.

Shyama
BA 3rd Year



Really Your Friend?

Human nature often seeks the easiest path with minimal effort—and Chat GPT is a perfect example. Assignments due? Need to vent? Why rely on human interaction when AI is available? It feels like a friend, even a therapist. But have we considered the environmental cost of a single question? While we casually generate responses or aesthetic images, data centers powering AI consume massive energy and up to millions of gallons of water daily, worsening global crises. Climate change is accelerating—polar ice is melting, habitats are vanishing, and water scarcity is rising. Beyond the environment, AI affects human thinking and creativity. People increasingly depend on it for writing, studying, and even emotional support instead of real relationships or professional help. In extreme cases. This over reliance has led to dangerous consequences. AI does not truly understand or challenge us—it often validates everything, unlike a real friend who offers honesty and perspective.

There's also the issue of art. AI-generated content often draws from artists' lifelong efforts, raising concerns about originality and respect for creativity. In the end, this convenience comes at a cost—of our planet, minds, and values.

So ask yourself: Is Chat GPT really your friend?

Ankita Kaushal
B Sc.1st Year

Echoes in Silence

I laugh the loudest in the room,
Turning silence into sound.
I joke, I talk, I light the mood,
Like confidence is always found.
But when I'm alone with my thoughts,
No crowd, no noise to see,
The doubts, the delays, the hidden fears
Start speaking back to me.
I'm not a failure, just unfinished,
A story still in flow.
The world sees noise and energy —
But only I see how I grow.

Inder Dhiman
B.A 2nd year



Whispers of a Peaceful Night

Under the quiet sky so wide,
The moon walks softly by my side.
A starry night, so calm and deep,
Feels like a lullaby for sleep.

The rivers flow with gentle sound,
A peaceful song that wraps around.
Soothing whispers in the air,
Calming every little care.

I sit and breathe, my heart feels light,
Enjoying this soft, silent night.
No rush, no noise, no need to roam—
At this moment, I am home.

Harshdeep Kaur
BA 3rd Year

Failure: The Turning Point of My Life

Failure is often considered a negative word. Many people think that failing means losing, ending, or being incapable. But from my personal experience, I strongly believe that failure is not the end — it is the beginning of something greater. Failure is not a full stop; it is a comma that prepares us for a stronger comeback.

I am a huge fan of Virat Kohli. For me, he is not just a cricketer; he is an inspiration. In many of his interviews, he has clearly said that failures are the most important part of life. He once said, “You learn more from your failures than from your successes.” This line deeply influenced me. When I started observing his career closely, I realized that he did not reach the peak of his career in one day. There was a phase when his form dropped, when people questioned him, and when he struggled for runs. But he never gave up. He worked harder, focused on his fitness, improved his mindset, and made a powerful comeback. That phase taught me that downfall is temporary, but determination is permanent.

Now, let me share my own journey.

In 7th standard, I got the opportunity to contest for House Captain. I was nominated, and I was very excited. I really wanted to win. I had dreams, confidence, and the desire to lead. But unfortunately, I lost the election by just three votes. Losing by such a small margin hurt me deeply. At that moment, I felt disappointed and questioned myself.

But today, when I look back, I realize that losing that election was the biggest turning point of my life.

That defeat taught me lessons that victory never could. It taught me how to accept disappointment gracefully and work on myself. Instead of giving up, I improved my communication skills, participated more actively in school activities, and built stronger connections with students and teachers.

Years later, in +2, I got another opportunity — this time to contest for Head Boy of my school, one of the biggest schools in the region. I remembered my failure in 7th class, but instead of fear, I felt strength because I had grown and learned.

When the results were announced, I won the election by 100+ votes. It was a proud and emotional moment for me and my family. More than the victory, I felt grateful for my past failure because it had prepared me mentally and emotionally for this responsibility.

If I had won in 7th class, maybe I would not have understood the value of improvement and patience. That small defeat shaped my mindset and prepared me for a much bigger achievement.

Becoming the Head Boy was a lifetime achievement for me. Even today, after passing out from school, many students still recognize me because of that role. That respect and identity exist because I once failed and learned from it.

Virat Kohli's journey and my own journey connect at one point — setbacks before success. He faced criticism during his lean phase but came back stronger. I lost in 7th class but rose in +2. That is why I believe failure is not an obstacle; it is preparation.

Failure builds character and strengthens us internally. Success shows the world what we achieve, but failure shows us who we truly are. When we fail, we discover our fears, weaknesses, and hidden strengths. If we choose persistence instead of quitting, failure transforms into growth.

Another lesson that failure teaches is humility. Losing helps us understand effort, respect others, and stay grounded. Leadership is not about position; it is about responsibility — a lesson I truly understood only after failing once.

Many students fear failure and think one loss defines their future. But a single failure never decides destiny. What decides destiny is the response to that failure. If treated as motivation, failure becomes the fuel for success.

For me, the biggest example is my own life. Losing by three votes in 7th class made winning by 100+ votes in +2 incredibly meaningful. That contrast made the victory unforgettable and taught me the importance of patience, growth, and self-belief.

In conclusion, failure is not something to fear but something to appreciate. It prepares us for bigger responsibilities and greater achievements. My journey from losing in 7th class to becoming Headboy proves that setbacks are setups for comebacks. Failure did not stop me — it shaped me, strengthened me, and guided me toward success.

Jay Gautam
B.A. First Year

HUMANITY

Humanity is the quality of being kind, compassionate, and caring towards others. It is one of the greatest virtues that makes us truly human. Humanity teaches us to love, respect, and help others without expecting anything in return.

In today's fast-moving world, people are often busy with their own lives. However, small acts of kindness-like helping someone in need, speaking politely, or showing empathy-can make a big difference. Humanity is not about wealth, status, or power; it is about understanding the pain and happiness of others.

Great leaders like Mahatma Gandhi and Mother Teresa showed the world the true meaning of humanity through their selfless service. Their lives remind us that serving others is the highest form of living.

Humanity also promotes peace and unity. When people treat each other with kindness and respect, society becomes a better place. In times of natural disasters or crises, we often see humanity at its best, as people come together to help one another.

Humanity is the foundation of a happy and peaceful world. If every person practices kindness, love, and compassion, the world will become a better place for future generations...!

Sameer Khan
BBA 4th Sem



EDUCATION

Education is the foundation of a strong and progressive society. In the present situation, where the world is rapidly changing due to technology, globalization, and social challenges, education has become more important than ever before. It not only provides knowledge but also shapes character, builds confidence, and prepares individuals to face real-life challenges.

In today's digital age, technology plays a major role in our daily lives. The growth of the internet, artificial intelligence, and online platforms has transformed the way we learn and work. Companies like Google and Microsoft constantly look for skilled and educated individuals who can adapt to new technologies. Without proper education, it becomes difficult for a person to compete in the modern job market.

The recent global pandemic caused by COVID-19 showed us how important education is, even during crises. Schools and colleges shifted to online learning, proving that education must continue in every situation. Students learned the importance of digital skills, self-discipline, and adaptability. This situation also highlighted the need to make education accessible to everyone, including those in rural and underprivileged areas.

Education is not only about earning money; it also teaches moral values, critical thinking, and social responsibility. An educated person can make informed decisions, understand social issues, and contribute positively to society. In present times, when misinformation spreads quickly through social media, education helps individuals to think logically and differentiate between truth and falsehood.

Moreover, education plays a key role in reducing poverty and inequality. It empowers people to improve their living standards and achieve their dreams. Governments and organizations around the world are working to improve literacy rates and promote equal educational opportunities because they understand that a nation's progress depends on the education of its citizens.

Education is the most powerful tool for personal and national development in today's world. In present situations filled with technological advancements and global challenges, education is not just important-it is essential. Every individual must value education and use it to build a better future for themselves and society.

Vansh Rana
BA 2nd year

Each Day Can Be A Good Day

Sometimes when things go wrong it is not easy for us to forget, The joy that we have experienced and the good fortune that we've met.

Those rough times become good times to cherish. Friends that we have known,

Of the favors that they've shown, To think of the fun-filled times we've spent,

Nice places that we've been. Of the beauty that life offers us time and again.

A day when things go wrong, don't give up, rather embrace the memories and think of the joyous days.

Live young, Live free, Live Joyfully.



Muskan
B.A- 3rd year

The Quiet Between Classes

The bell is a period at the end of a thought, but the hallway is where the real lesson's caught.

We are notebooks half-filled, a coffee-stained blur, Not quite who we were, nor who we will be, for sure.

We chase the high honors, the credits, the grade, While watching the sunlight in the library fade.

But look at the margins-the doodles, the dreams, Life isn't as scripted as the syllabus seems.

We're just atoms in motion, a temporary crowd, learning to speak our own truths out loud.

Satwinder Kaur
M.A 4th semester

Even through the distance, I'll hold on

i can't really promise you perfection and sunshine every single day,

I can't promise you a life without storms where the world feels heavier on our hearts,

i can't promise you that our distance won't ache or that airports won't steal pieces of us every time we say goodbye,

i can't promise you that every plan we talk about will work out, or that the road ahead won't bend in ways we never expected,

but although i can't promise you a life full of joy, there is one thing i am sure about,

even on the darkest nights when the world around feels just a little too loud, and the miles between us seem endless, my hand will never let go of yours.

Jaswinder kaur
BA 3rd year



My College Experience: A Journey of Growth and Recognition

College life has been one of the most memorable and transformative phases of my life. It is not just about studies, but about discovering yourself, building confidence, and creating a unique identity. My journey in college has been full of excitement, learning, and unforgettable experiences. From the very beginning, I made sure to actively participate in everything the college had to offer. Whether it was cultural functions, competitions, or academic events, I never hesitated to step forward. Every function became an opportunity for me to showcase my talent and interact with new people. Slowly, people started recognizing me, and I built a strong identity of my own in the entire college. Being known by my name and appreciated by others gave me immense confidence and motivation.

One of the most special parts of my college life has been my experience in NCC (National Cadet Corps). NCC has given me not just enjoyment, but also discipline, leadership skills, and a sense of responsibility. The drills, camps, and activities were full of energy and excitement. Honestly, NCC was the most enjoyable part of my college journey—it brought a different level of thrill and pride. It made me stronger, more confident, and more focused in life. Apart from NCC, the college also provides amazing opportunities like athletic meets, marathons, and various competitions. I actively participated in these events, which made my college life even more lively and adventurous. Each event taught me something new and helped me grow as a person. The most surprising thing is how quickly this one year passed. It feels like it all went by in the blink of an eye, almost like a snap of fingers. With so many activities, fun moments, and experiences, time just flew without me even realizing it.

Overall, my college experience has been incredible. I didn't just study; I lived every moment to the fullest. I built my own identity, became popular in the college, and enjoyed every opportunity that came my way. These memories will always stay with me, and I will cherish them forever.

**Arushi Pathak
(Non-Medical)**

The Architecture of Three Years

We often enter the college gates carrying a heavy backpack and an even heavier set of expectations. On day one, the campus feels like a labyrinth—vast, intimidating, and impossible to navigate. We worry about finding the right lecture hall, but secretly, we are more worried about finding the right "people."

College is often sold to us as a bridge to a career, a three-year grind to earn a piece of parchment that proves we can follow instructions. But if you look closer at the architecture of our daily lives, you'll see it's actually a laboratory for the soul.

In the classroom, we learn the "how" of our chosen subjects. We learn the formulas, the historical dates, and the coding languages. But in the corridors, the canteens, and the quiet corners of the library, we learn the "why." We learn why some friendships survive a failed group project and why others fade after a single semester. We learn how to balance the crushing weight of a deadline with the sudden, urgent need for a midnight coffee run with friends.

The beauty of the college experience is that it is the only time in our lives when we are allowed to be "under construction." We are allowed to change our minds, our majors, and our personalities. One year we are the quiet observer in the back row; the next, we are leading a protest or organizing a festival.

As we move toward graduation, the labyrinth that once scared us starts to feel like home. The faces that were strangers become the family we chose for ourselves. We realize that the most important thing we've built isn't a high GPA—though that helps—but a sense of resilience.

So, to the freshers: don't be afraid to get lost. And to the seniors: don't be afraid to leave. We aren't just passing through these halls; these halls are passing through us, shaping us into the people we were always meant to be.

**Suhani Mishra
B.A 3rd year**

A New Beginning

Graduation marks the end of one chapter and the start of another. As you step out of college, it's natural to feel both excitement and uncertainty. Remember, it's okay not to have everything planned—most journeys are shaped along the way.

Focus on learning rather than chasing the “perfect” job. Build skills, stay adaptable, and be open to new opportunities. Mistakes and failures are not setbacks but lessons that help you grow stronger and wiser.

Value the people you meet—friends, mentors, and colleagues—as they will influence your journey in meaningful ways. At the same time, define success on your own terms instead of comparing yourself to others.

Take care of your well-being and stay curious. Keep learning, keep exploring, and trust yourself. This is your path—walk it with confidence and courage.

Poorav
BA 3rd Year



Fading Light

The evening leans softly on the shoulders of the hills,
Where sunlight melts into amber whispers.
Mountains stand in quiet, ancient grace,
Their peaks catching the last golden breath of day.

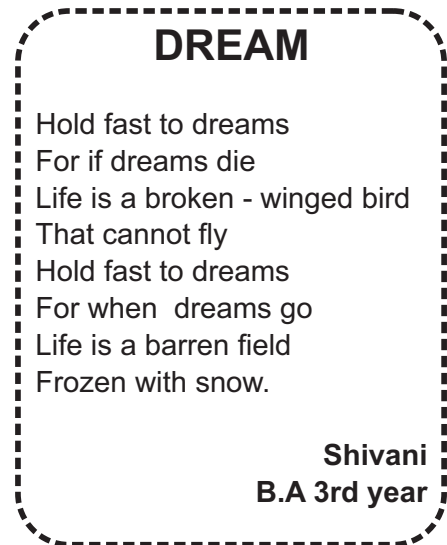
A hush drifts through the valley—
Not silence, but something gentler—
Feathered songs ripple through the air
As birds stitch melodies into the fading light.

The sky blushes in shades of farewell,
Crimson dissolving into dusky blue,
And each chirp feels like a small goodbye
Carried on the cooling breeze.

Shadows stretch and curl at the earth's feet,
While the sun slips behind the mountain's edge,
Leaving behind a glow—soft, lingering—
Like a memory not ready to fade.

In that fragile hour between day and night,
The world exhales, unhurried, whole—
And for a moment, everything listens
To the quiet music of going home.

Pushpjeet kaur
BA 3rd Year



Nature in 2026: A Call for Care

In 2026, nature stands at a critical point. Climate change has led to rising temperatures, melting glaciers, and frequent natural disasters. Forests are shrinking, wildlife is disappearing, and pollution continues to harm ecosystems. These changes not only threaten biodiversity but also affect human life. However, there is hope. People across the world are becoming more aware and are taking steps to protect the environment. The use of renewable energy, reduction of plastic waste, and conservation efforts are increasing. Technology is also helping monitor environmental changes and protect wildlife. As students and responsible citizens, it is our duty to care for nature. Small actions like saving water, planting trees, and reducing waste can make a big difference. Protecting nature today ensures a better tomorrow for all.

Jyoti
BA 3rd Year



To the Silent Pillars of Our Journey

In the rush of assignments, deadlines, and exams, we often forget to pause and appreciate those who stand quietly behind our growth—our professors.

They are more than just educators delivering lectures; they are guides who shape our thinking, mentors who believe in us when we doubt ourselves, and constant sources of patience in our moments of confusion. Long after the classrooms empty, their work continues—preparing lessons, reviewing papers, and finding new ways to reach to every student.

Their dedication is not always loud, but it is deeply felt. It lives in the extra time they give, the encouragement they offer, and the countless small efforts that build our confidence day by day.

This piece is a small tribute to their unwavering commitment. To the professors who challenge us, support us, and inspire us—thank you for being the foundation upon which our futures are built.

You may not always hear it, but your impact stays with us forever.

Deepika
BA 3rd Year



The Ripple of One Step

Maya felt buried under assignments, exams, and expectations. She wanted to quit. One morning, she decided to do just one small thing—write a single paragraph. The next day, she wrote another. Slowly, her mountain of tasks became a path forward. Each small effort added up, and by semester's end, she had completed everything, learned more than she imagined, and discovered a truth: that success isn't about giant leaps—it's about starting and keep going. One step, taken consistently, can create ripples that move mountains. Progress begins with a choice to begin.

Khushi
BA 3rd Year

“Fur and Feelings”

Pets are more than companions; they are silent healers of the heart. A wagging tail or a gentle purr can dissolve stress, ease loneliness, and bring joy in ways words cannot. Beyond emotional support, pets teach responsibility, empathy, and patience—qualities every student needs. They transform ordinary routines into moments of laughter and comfort, offering unconditional love that brightens the toughest days. In a fast-paced world, these furry friends remind us to pause, connect, and cherish simple joys. Truly, pets enrich our lives, leaving pawprints not just on our floors, but on our hearts.

Vedika

BA 3rd Year



Personality Development

Personality development is the lifelong process of enhancing one's attitude, behaviors, and mindset, combining inborn traits with environmental influences to shape how individuals interact with the world. It involves nurturing confidence, communication skills, and emotional intelligence, leading to improved, meaningful relationships and better, more efficient professional and personal outcomes.

Key Aspects of Personality Development

Self-Awareness & Growth: It focuses on refining thoughts and actions to change how one perceives things.

Behavior and Mindset: It goes beyond external appearance to improve inner qualities, such as emotional intelligence, mindset, and confidence.

Communication Skills: Effective communication is vital for building a pleasant personality.

Personal Branding: Developing a positive attitude, grooming, and social etiquette helps create a lasting first impression.

Factors Influencing Personality Development:

Heredity (Inborn Traits): Biological factors, such as body type and intelligence determine a person's baseline, but it is not entirely fixed.

Environment & Culture: The family environment, upbringing, and cultural context play a significant role in developing personality traits.

Socialization: Interactions with peers, teachers, and family shape attitudes and social behavior.

Situational Factors: Individual behavior is modified by specific situations or circumstances, leading to flexible, adaptive personalities.

Ankita

B.A 3rd year



Parbat Rekha



Computer Section
2025-26



Editorial

It gives me immense pleasure to present the Computer Science section of *Parbat Rekha*, the magazine of Government College Nalagarh. Located in the industrial hub of Solan District, our college stands at a unique place where education meets industrial growth and technological development. This environment inspires our students to think creatively, learn practically, and prepare themselves for the opportunities and challenges of the modern digital world.

The field of Computer Science is not limited to coding or software alone. It teaches logical thinking, innovation, teamwork, and the ability to adapt to new technologies. Today, concepts such as Artificial Intelligence, Cyber Security, Data Science, Cloud Computing, and Digital Communication are becoming important parts of every profession. Through this section, we aim to encourage students to explore these emerging areas and develop a scientific and creative mindset.

This magazine section reflects the enthusiasm, talent, and curiosity of our students. Their articles, ideas, and contributions showcase not only technical knowledge but also awareness about the social impact of technology. I sincerely appreciate all the students and faculty members who contributed their valuable efforts in making this section meaningful and inspiring.

I also extend my gratitude to the Principal, editorial team, and all contributors for their continuous support and encouragement. I hope that this edition of *Parbat Rekha* will motivate readers to keep learning, innovating, and using technology responsibly for the betterment of society.

Best Wishes To All The Readers.

Dr. Rajeesh Sharma
Assistant Professor, Computer Applications



Student Editorial

I would like to express my sincere thanks to the Editorial Board of **Parbat Rekha** and the Department of Computer Science for giving me the opportunity to serve as the Editor of the Computer Science section for this year's college magazine. It is a privilege to lead a department that represents the very heart of modern innovation.

Technology is no longer a subject confined to a single classroom; it is a universal language that connects every student, from the arts to the sciences. As an editor, my goal has been to bridge the gap between complex computing and everyday life, ensuring that our technical world is accessible, engaging, and inspiring for everyone on campus.

I would also like to extend my deepest appreciation to the students who participated and contributed their insightful articles. Your dedication, research, and creative perspectives are what truly bring this section to life. Without your hard work and enthusiasm, this compilation would not have been possible.

I am deeply grateful to the faculty members and the editorial team for their trust in my vision and for their constant support throughout this journey. This role has been an incredible learning experience, and I am proud to showcase the brilliant intersection of creativity and logic that defines our college community.

Priti Kumari
Student Editor



Mindful Technology Use: Understanding Social Media and Brain

In today's digital age, social media platforms such as Instagram and YouTube have become a regular part of students' daily routines. While these platforms help people stay connected and entertained, excessive usage can sometimes lead to unhealthy habits.

One reason social media is so engaging is that it's related to the brain's reward system. Every time a user receives a like, comment, or notification, the brain releases dopamine, a chemical that creates feelings of pleasure and satisfaction. This process is studied in the field of Neuroscience. Because of this reward system, many users feel the urge to check their phones repeatedly, which can lead to excessive screen time.

However, technology itself is not the problem; the way we use it matters. Practicing mindful technology use can help students maintain a healthy balance between online and offline life. Setting limits on daily screen time, avoiding unnecessary scrolling, and focusing on productive activities can greatly improve concentration and mental well-being.

Modern devices also provide helpful tools for managing screen usage. Features available in Android and iOS allow users to track their screen time and set usage limits for certain applications.

In conclusion, understanding how social media affects the brain and using technology mindfully can help students stay productive, maintain focus, and protect their mental health in an increasingly digital world.

Priti Kumari
B.sc. IIIrd year



Computer Science and Emerging Technologies: Creating the Future

What if the world we imagine tomorrow is already being coded today?

In a time where ideas turn into innovations overnight, Computer Science stands at the heart of progress. Every app we use, every digital payment we make, and every smart device around us is powered by logic, algorithms, and human creativity.

Artificial Intelligence is teaching machines to learn and think. Organizations like OpenAI and Google are pushing the limits of innovation, transforming healthcare, education, and communication.

Blockchain, the technology behind Bitcoin is building systems based on trust and transparency. Quantum computing initiatives by IBM are opening doors to possibilities once thought impossible.

But technology is not just about machines — it is about vision. It is about daring to solve problems that once seemed unsolvable.

As students and future innovators, we are not simply learning to code; we are learning to create impact. The future is not something we wait for — it is something we design, develop, and define.

And perhaps, at this very moment, the tomorrow we dream of is already taking shape — one line of code at a time.

Chandni Kumari
B.sc. 3rd Year

Encryption: The Digital Shield of Modern Communication

In today's digital world, we share a large amount of personal information online through social media, online banking, shopping websites, and messaging apps. With increasing cyber threats, protecting this data has become essential. One of the most important tools that ensures online security is *encryption*. It quietly works behind the scenes to keep our information safe from unauthorized access.

Encryption is the process of converting readable information, known as *plaintext*, into an unreadable form called *ciphertext*. This conversion is done using mathematical algorithms and a secret key. Only someone who possesses the correct key can convert the encrypted data back into its original form, a process called *decryption*. Without the key, the data appears meaningless to anyone who tries to intercept it.

There are two main types of encryption used today: *symmetric* encryption and *asymmetric* encryption. *Symmetric* encryption uses the same key for both encryption and decryption. It is fast and suitable for protecting large amounts of stored data. *Asymmetric* encryption, on the other hand, uses two keys - a public key to encrypt the data and a private key to decrypt it. This method is commonly used in secure online communications and digital signatures.

Encryption plays a crucial role in our daily lives. When a website shows "HTTPS" in its address, it means that the connection is *encrypted*, protecting sensitive details such as passwords and credit card numbers. Messaging platforms like WhatsApp use end-to-end *encryption* so that only the sender and receiver can read the messages. Organizations also encrypt stored data to safeguard confidential records and customer information.

The importance of *encryption* lies in the security it provides. It ensures confidentiality, meaning only authorized users can access information. It also maintains integrity, preventing data from being altered without detection, and supports authentication, verifying the identity of users.

Without *encryption*, digital information would be vulnerable to hacking, identity theft, and financial fraud. As technology continues to advance, *encryption* remains a fundamental safeguard for maintaining privacy and security in the digital age.

Anchal Bhandari
B.sc. 3rd year

Programming language

A programming language is a formal language used to write instructions (called programs) that a computer can understand and execute. Programmers use languages like C, C++, Java, Python to communicate with computers.

Programming languages can be classified into different ways:

A). **Low level language:** These are close to machine level language and hardware.

. Machine language (binary 0 and 1)

. Assembly language

They are fast but difficult to write and understand.

B). **High level language:** These are easy to read, write and understand .

Example: C ,C + + ,Java and python

High level language requires a compiler or interpreter to convert code into machine language.

.C: *C language is a powerful, general - purpose programming language widely used in computer science and software development.*

. **C++** : It was developed by Bjarne Stroustrup in 1983 at bell labs. It is an extension of the C language and include feature of object oriented programming (OOP).

Chandni kumari
Bsc.1st year

Cyber Security

Cyber security means protecting computers, mobile phones, networks, and information from being misused or harmed on the internet. In today's world, most of our daily activities like studying, shopping, banking, chatting with friends, and watching videos happen online. Because of this, keeping our personal data safe has become very important. Cyber security helps us protect important information such as passwords, photos, bank details, and personal messages from hackers and cyber criminals.

Cyber crimes can happen in many ways. Sometimes hackers try to steal passwords by sending fake emails or messages. This is called phishing. At other times, harmful software called viruses or malware enters our devices and damages files or steals information. Cyber security teaches us how to stay safe from these dangers. Simple steps like using strong passwords, not sharing personal details with strangers, and avoiding unknown links can protect us a lot.

Cyber security is important for students, families, businesses, and governments. Schools use cyber security to protect student records. Banks use it to keep people's money safe. Governments use it to protect national data and online services. If cyber security is weak, it can cause financial loss, data theft, and even mental stress.

Everyone can practice basic cyber security in daily life. We should keep our devices updated, install trusted antivirus software, and log out after using public computers. We should also talk to elders or teachers if something online feels unsafe. In simple words, cyber security helps us use the internet safely and confidently. By being careful and aware, we can enjoy technology while keeping ourselves and our information protected.

Shivani
B.sc. 3rd year



Machine Learning

Machine learning is a part of computer science that helps computers learn from data and improve their performance without being directly programmed for every task. It is a branch of Artificial Intelligence (AI). In simple words, machine learning allows a computer to learn from experience, just like humans do. For example, when we teach a child to recognize animals by showing many pictures, the child slowly learns the differences between a cat and a dog. In the same way, a machine learning system is trained using large amounts of data. The computer studies the data, finds patterns, and uses those patterns to make decisions or predictions. Machine learning is used in many areas of daily life. For example, when you watch videos on YouTube, the recommendations you see are based on machine learning. Online shopping websites suggest products based on what you search or buy. It is also used in voice assistants like Siri and Google Assistant to understand human speech. There are three main types of machine learning: supervised learning, unsupervised learning, and reinforcement learning. In supervised learning, the system learns from labeled data. In unsupervised learning, it finds patterns in unlabeled data. In reinforcement learning, the system learns by trial and error. Machine learning is also used in healthcare to detect diseases, in banks to detect fraud, and in self-driving cars to recognize roads and obstacles. Overall, machine learning makes computers smarter and helps them solve complex problems quickly and accurately, making our lives easier and more efficiency.

Palak
B.sc. 3rd year

Digital defence :How technology strengthen the Indian Army

The strength of the Indian Army is not only measured by its soldiers and weapons, but also by the technology that supports them. In the modern era, computers, drones, Artificial Intelligence, and cybersecurity systems have become essential pillars of national defence. Today's battlefield is both physical and digital.

Cybersecurity: Guarding the Invisible Front

One of the most critical aspects of modern defence is cybersecurity. Military communication and operational data must remain protected from cyber attacks. Sensitive information is secured through encryption, which converts data into coded form that only authorized systems can decode.

Advanced firewalls and intrusion detection systems continuously monitor digital traffic. If suspicious activity is detected, immediate alerts are generated. Multi-factor authentication ensures that only verified personnel can access confidential systems.

Protecting digital information is just as important as protecting the nation's borders.

Artificial Intelligence: Enhancing Decision-Making

Artificial Intelligence helps analyse large volumes of data within seconds. AI systems detect patterns, identify unusual signals, and support strategic planning.

Instead of manually analysing reports and visuals, intelligent software highlights critical information automatically. This improves speed, accuracy, and coordination across various Army divisions.

Structured Data: The Backbone of Coordination

Behind every advanced system lies organised data. The Army handles maps, communication logs, sensor inputs, and operational records daily.

Data structures such as graphs, trees, hash tables, and priority queues help organise and retrieve information efficiently. This ensures smooth coordination between different branches and faster response during critical situations.

Conclusion

Technology has transformed modern defence into a digitally integrated system. Cybersecurity protects sensitive information, drones enhance surveillance, Artificial Intelligence improves analysis, and structured data ensures efficiency.

Courage remains the spirit of the Indian Army — but in today's digital age, technology has become its strategic strength, supporting every branch and securing the nation from both visible and invisible borders

Simran
Bsc IIIrd year

5G Technology and Its Impact on IoT

The introduction of 5G is transforming the Internet of Things (IoT), making smart devices faster, more efficient, and more reliable. With ultra-low latency, high-speed data transfer, and the ability to connect millions of devices, 5G is unlocking new possibilities across industries.

How 5G Improves IoT

1. **Faster Speeds:** 5G provides up to 10 Gbps, ensuring smooth data transmission for connected devices.
2. **Lower Latency:** With response times as low as 1 millisecond, real-time applications like self-driving cars and remote surgeries become more effective.
3. **More Connections:** 5G supports millions of IoT devices simultaneously, ideal for smart cities and industrial automation.

4. Energy Efficiency: Improved network efficiency extends battery life for IoT sensors and devices.

Real-World Applications

1. Smart Cities: Traffic management, security cameras, and waste management benefit from 5G's high-speed connectivity.

2. Healthcare: Remote patient monitoring, telemedicine, and robotic surgeries become more reliable.

3. Autonomous Vehicles: 5G enables real-time communication for self-driving cars, improving safety.

4. Industry 4.0: Smart factories use 5G for automation, predictive maintenance, and real-time data analysis.

5. Agriculture: Farmers use IoT sensors and drones for better crop monitoring and precision farming.

Challenges

Despite its benefits, 5G comes with challenges such as security risks, high infrastructure costs, and regulatory concerns. More connected devices mean higher chances of cyberattacks, and building 5G networks requires significant investment.

Conclusion

5G is revolutionizing IoT by making devices faster, smarter, and more interconnected. While challenges exist, its impact on industries like healthcare, transportation, and smart cities is undeniable. As 5G continues to expand, it will play an even bigger role in shaping our future.

Charu
B.sc. 2nd year

Cryptocurrency

Cryptocurrency is a form of digital or virtual money that uses cryptography for security and operates independently of traditional banking systems. Unlike physical currencies issued by governments, cryptocurrencies are typically decentralized and run on blockchain technology, which is a distributed ledger that records all transactions transparently and securely. The most well-known cryptocurrency is Bitcoin, but thousands of other digital coins and tokens now exist, each designed for different purposes. One of the main advantages of cryptocurrency is that it allows fast, borderless transactions with relatively low fees compared to conventional banking methods. It also gives users greater control over their funds because transactions do not require intermediaries such as banks. However, cryptocurrency also carries risks. Prices are highly volatile, meaning their value can rise or fall sharply in a short time, which makes investing in them risky, especially for beginners. Security is another concern; while the blockchain itself is secure, users can lose funds through hacking, scams, or by forgetting their private keys. Governments around the world are still working on regulations, so the legal status of cryptocurrency varies from country to country. Despite these challenges, cryptocurrency continues to grow in popularity and is increasingly being used for online payments, investment, and technological innovation. Many experts believe that digital currencies and blockchain technology could play an important role in the future of finance, although traditional money systems are unlikely to disappear completely anytime soon.

Saniya
B.sc. 3rd year

The Future is AI

Artificial Intelligence (AI) is no longer a futuristic concept—it is the engine of the modern world.

* We are moving from "using" computers to "collaborating" with them. AI handles data-heavy and repetitive tasks, allowing humans to focus on creativity, empathy, and complex strategy.

* In the future, healthcare will be personalized. AI will detect diseases from scans earlier than the human eye and help design medicines tailored to an individual's unique DNA.

* Education and skill-building will become "smart." AI tutors will adjust lessons in real-time based on a student's pace, making learning more accessible and efficient.

* As AI grows, the focus will shift toward Responsible AI—ensuring algorithms are fair, transparent, and respect user privacy.

The future isn't about AI replacing humans; it's about augmented intelligence. Those who learn to work alongside AI will have a significant advantage in the rapidly evolving global.

Navneet kaur
B.sc. 2nd year

The Invisible Assistant: How AI is Changing Your Major

Walking through the college corridors, you'll see students from every stream—History, Commerce, Physics, and Fine Arts. At first glance, it seems like we are all studying completely different worlds. But look closer at our laptops and phones, and you'll find a common thread connecting us all: Artificial Intelligence (AI).

For a long time, AI was seen as a "Computer Science thing"—something involving complex math and rows of green code. But today, AI has moved out of the lab and into our classrooms, acting as an "Invisible Assistant" for every student, regardless of their subject.

The Digital Renaissance (Arts & Humanities) If you think AI is only for numbers, think again. In the world of Literature and History, AI is being used to translate ancient, damaged manuscripts that were previously unreadable. For Fine Arts students, AI tools aren't replacing creativity; they are acting as a new kind of brush, helping to brainstorm color palettes or generate 3D models from simple 2D sketches. It's not about the machine making art—it's about the artist having a more powerful tool.

The Algorithmic Accountant (Commerce & Management) In the Commerce wing, the impact is massive. Gone are the days of just manual bookkeeping. AI now predicts market trends with incredible accuracy and helps managers understand consumer behavior by analyzing millions of data points in seconds. For a marketing student, AI isn't just a buzzword; it's the engine that helps them understand exactly what a customer wants before the customer even knows it themselves.

The Virtual Laboratory (Science & Medicine) For Science students, AI is like having a thousand lab assistants. It can simulate chemical reactions that would be too dangerous or expensive to do in real life. In Biology, AI is helping researchers map proteins and discover new medicines at a speed that was once thought impossible. It's shortening the bridge between a "hypothesis" and a "discovery."

Conclusion A Tool for All : The most important thing to realize is that you don't need to be a coder to use AI. Just as you don't need to be a mechanical engineer to drive a car, you don't need to be a software engineer to use technology to your advantage.

Whether you are writing a thesis, analyzing a balance sheet, or studying cell structures, the "Invisible Assistant" is here to stay. The future belongs not just to those who build AI, but to those in every stream who learn to work alongside it.

Akansha
B.sc. 3rd year

Digital Hygiene: How to Stay Safe in a Connected World

Introduction We all know the importance of physical hygiene—washing our hands, brushing our teeth, and keeping our surroundings clean. But in 2026, we spend more time in the digital world than the physical one. This is where "Digital Hygiene" comes in. It is a set of simple habits that keep your data, your identity, and your devices safe from the invisible germs of the internet: viruses, hackers, and trackers.

The Password Paradox Most people use the same password for their Instagram, email, and bank accounts. Usually, it is something easy to remember, like a pet's name or a birthday. This is the digital equivalent of leaving your front door wide open. A strong password should be a "Passphrase"—a random sentence that is easy for you to remember but impossible for a computer to guess. Better yet, using a Password Manager is like having a high-security vault for all your digital keys.

The Magic of Two-Factor Authentication (2FA) Imagine if your house required two different keys held by two different people to open the door. That is Two-Factor Authentication. Even if a hacker steals your password, they cannot enter your account without the special code sent to your phone. It is the single most effective way to stop 99% of cyber-attacks. If an app offers 2FA, turn it on immediately.

The "Phishing" Hook Have you ever received an urgent email saying your account will be deleted unless you click a link? This is called "Phishing." Hackers go "fishing" for your details by pretending to be a bank, a social media platform, or even your college administration. Before you click any link or download an attachment, look closely at the sender's email address. If it looks strange, it is probably a trap.

Decluttering Your Digital Life Just like a messy room, a messy phone is a security risk. Old apps that you no longer use often have access to your location, photos, and contacts. Digital hygiene means deleting apps you don't need and regularly updating your software. Those "System Update" notifications aren't just for new emojis; they contain "patches" that fix security holes.

Conclusion: A Habit, Not a Task Digital hygiene doesn't require you to be a computer expert. It just requires a shift in mindset. By spending just five minutes a month checking your privacy settings and updating your passwords, you can protect your digital life from years of potential trouble. Stay safe, stay updated, and stay clean—digitally!

Rohit

BA IIIrd year

Is My Phone Listening to Me? (Demystifying Targeted Ads)

Introduction We have all been there. You are sitting with a friend discussing a specific brand of shoes or a vacation to the mountains. An hour later, you open Instagram or YouTube, and the very first advertisement you see is for those exact shoes or a travel deal to the Himalayas. It feels like magic—or worse, like someone is spying on you through your microphone. But is your phone actually "listening" to your private conversations?

The Myth of the Microphone The short answer from most tech experts is: No, they probably aren't recording your voice 24/7. Recording, uploading, and processing billions of hours of voice data from every person on Earth would be incredibly expensive and easy to detect. The reality is actually much more fascinating—and a bit more "tech-heavy" than a simple hidden microphone.

The Power of Digital Twins Every time you like a photo, search for a recipe, or even linger on a video for three seconds longer than usual, you are feeding an algorithm. They don't need to hear you say "I want pizza" because their AI already knows your habits, your location, the time of day you usually get hungry, and even who your friends are.

Connection by Association The reason you see an ad after talking to a friend is often "Association." If you and your friend spend two hours together, your GPS data shows you are in the same location. If your friend searches for "Blue Jackets" while sitting next to you, the AI assumes you might also be interested in blue jackets because you share similar interests and surroundings. It's not eavesdropping; it's highly advanced pattern recognition.

Taking Back Control While it feels like the "Invisible Assistant" knows too much, you are still the one in charge of the settings. Every modern smartphone now has a "Privacy Dashboard." You can see exactly which apps have permission to use your microphone, camera, or location. Turning off "Background App Refresh" and "Tracking" for non-essential apps can significantly reduce how much data these companies collect about your daily life.

Conclusion: The Future of Privacy The "creepiness" of modern advertising is a sign of how powerful Computer Science has become. It's not about spies in your pocket; it's about math and data predicting your next move. As we move further into a data-driven world, understanding how these algorithms work is the first step toward reclaiming our digital privacy.

Karan Veer
B.A. 2nd year

Importance of computer

Computer is an electronic device that processes, stores and retrieves data. It performs tasks based on instructions given to it by the user. From simple calculation to perform complex tasks computers play a vital role in almost every aspect of modern life. Computers have become an essential part of our daily lives. They provide instant access to lots of information, enable communication with others, enable business and automate tasks to increase productivity. Computers help us do many complex works in few seconds. It saves our time and performs every task with great accuracy. As technology advances, the importance of computers will continue to grow in every field. Overall computers transformed the way we live, work and interact.

Sonam
B.sc. 2nd year

The Attention Economy: Why You Can't Stop Scrolling

Introduction Have you ever picked up your phone just to check the time, and suddenly realized that forty-five minutes have passed while you were scrolling through reels? You aren't alone, and it isn't just a lack of willpower. In the world of Computer Science, your "attention" is the most valuable currency. We are living in an "Attention Economy," where apps are specifically engineered to keep your eyes on the screen for as long as possible.

The Science of the "Slot Machine" Why is the "pull-to-refresh" feature on apps so addictive? It is based on a psychological concept called "Variable Ratio Reinforcement". Sometimes when you refresh, you see a boring post; other times, you see a hilarious video or a like from a friend. Because you don't know *when* the reward is coming, your brain keeps telling you to pull the lever—or in this case, the screen—one more time.

The "Infinite Scroll" Trap In the early days of the internet, we had to click "Next Page" to see more content. This gave our brains a "stopping cue"—a natural moment to decide if we wanted to continue. Modern apps have removed these cues through "Infinite Scrolling." By making the content flow like a never-ending stream, the app prevents your brain from reaching a natural pause, making it much harder to put the phone down and go back to studying.

The Echo Chamber Effect Algorithms are designed to show you what you already like. If you are a Science student interested in space, your feed will be full of planets. While this feels personalized, it creates an "Echo Chamber." We stop seeing different points of view and only see what confirms our own beliefs. This makes the digital world feel very comfortable, which is why we stay there longer.

Conclusion: Reclaiming Your Time Understanding the "tricks" of Computer Science isn't just for programmers; it is for anyone who wants to own their time. By turning off "Auto-play" on videos or setting "Screen Time" limits, you are breaking the code that keeps you scrolling. Technology should be a tool that we use, not a trap that uses us. The next time you find yourself stuck in a scroll, remember: your attention is a choice, not a programmed response.

Bhoomika Singh
B.sc. 3rd year



Can a Robot Write a Poem? The Intersection of AI and Art

Introduction For centuries, we believed that creativity was the final frontier of the human spirit. We thought that while machines could calculate numbers and move heavy loads, they could never capture the beauty of a sunset in a painting or the ache of heartbreak in a poem. However, in 2026, the world of Computer Science is challenging this idea. Artificial Intelligence (AI) is now composing symphonies, painting digital masterpieces, and yes—even writing poetry.

The Logic of Creativity How does a machine "create"? It doesn't feel emotions, but it is a master of patterns. By analyzing millions of lines of poetry—from Shakespeare to Ghalib—an AI learns the rhythm, the rhyme, and the metaphors that make a poem "feel" human. When you ask an AI to write a verse, it isn't "thinking"; it is predicting which word should follow another to create a beautiful structure. To a Science student, this is a marvel of data processing; to an Arts student, it is a new way to explore language.

Collaborator or Competitor? The biggest fear among artists is that technology will replace them. But history shows a different story. When the camera was invented, people thought it would be the end of painting. Instead, it gave birth to photography as an art form and pushed painters to explore new styles like Impressionism. Similarly, AI tools are becoming a "Digital Muse." They can help a writer overcome "writer's block" by suggesting a first line, or help a designer brainstorm a thousand color combinations in a single second.

The Human Element If a robot writes a poem that makes you cry, is it "real" art? Most experts agree that art requires two things: a creator and an audience. While the AI provides the "brushstrokes," it is the human who provides the "meaning." We are the ones who read the poem and connect it to our own lives. Technology can provide the ink and the paper, but the "soul" of the work still comes from the person who chooses to use the tool to say something important.

Conclusion: The New Canvas As we look toward the future, the boundary between the "Tech Lab" and the "Art Studio" is fading. Whether you are a student of Literature, Commerce, or Computer Science, we are all witnessing a new era of human expression. AI is not here to take away our creativity; it is here to give us a bigger, more complex canvas to play with. The poem of the future might be co-written by a human and a machine, but the heart behind the words will always be ours.

Harpreet Kaur
B.A. 2nd year

The Dopamine Button: Why Social Media Feels So Good

Introduction We have all felt it—that tiny spark of excitement when a red notification bubble pops up on our screen. Whether it is a "Like" on a photo, a "Retweet," or a "Heart," these small digital icons have a massive impact on our daily lives. To an Arts student, a "Like" is a form of social approval; to a Science student, it is a chemical reaction; and to a Computer Science student, it is a brilliantly designed piece of code. But why, exactly, does it feel so addictive?

The Science of Dopamine The secret lies in a chemical in our brain called "Dopamine." Evolution designed dopamine to reward us when we do something good, like eating a meal or learning a new skill. Computer scientists and app developers have learned how to "trigger" this chemical digitally. Every time you see a new "Like," your brain gets a tiny splash of dopamine. This creates a "Feedback Loop"—you feel good, so you post again, seeking that next hit of digital pleasure.

Variable Rewards: The Slot Machine Effect If you knew exactly when you would get a "Like," it wouldn't be as addictive. The "Magic" of social media algorithms is that the rewards are unpredictable. This is a concept in psychology called "Variable Ratio Reinforcement." It is the same logic used in casino slot machines. Because you don't know *if* your next post will go viral or *who* will comment, you keep checking your phone every few minutes. The uncertainty is what keeps us hooked.

Social Validation and the Modern Student In the past, we only cared about the opinions of the people we saw in person. Today, our "Social Circle" includes hundreds or thousands of people online. For many, the number of "Likes" has become a measure of self-worth. This is where the danger lies. When we rely on an algorithm to tell us if we are "popular" or "good enough," we give away our mental peace to a piece of software.

Conclusion: Taking Back the Remote Understanding the "Psychology of Likes" doesn't mean we have to stop using social media. It just means we should be the masters of our tools, not the other way around. By realizing that these apps are designed to be addictive, we can choose to put the phone down and find "Dopamine" in real-life achievements—like finishing a painting, solving a math problem, or having a long conversation with a friend. After all, the best "Like" is the one you give yourself.

Shivani Tanwar
B.sc. 3rd year

The Tech-Life Balance: How to Rule Your Phone

Introduction In the year 2026, the line between our "digital life" and our "real life" has almost disappeared. We wake up to a phone alarm, study using YouTube, and relax by scrolling through social media. While technology has made our lives easier, it has also made us feel constantly "busy" and "tired." Finding a "Tech-Life Balance" isn't about throwing away your smartphone; it's about making sure that you are the master of the machine, not the other way around.

The "Always-On" Trap The biggest challenge for a modern student is the feeling that they must be "available" 24/7. Whether it is a WhatsApp group message about an assignment or a notification from a game, our attention is constantly being pulled away. In Computer Science, we call this "Context Switching." Every time you stop studying to check a notification, it takes your brain nearly 20 minutes to get back into the same level of deep focus. This is why "studying for four hours" often feels like it only yields one hour of actual work.

Simple Habits for Digital Health You don't need to be a tech expert to improve your digital wellbeing. Start with the "20-20-20 Rule": every 20 minutes, look at something 20 feet away for 20 seconds. This simple habit, backed by science, prevents digital eye strain. Another powerful trick is the "Notification Audit." Go to your settings and turn off all notifications except for those from actual humans (like calls or direct messages). You don't need an app to tell you it missed you; you only need to know when a person needs you.

The "Bedroom Sanctuary" One of the most important rules for a healthy tech-life balance is keeping technology out of the bedroom. The "blue light" emitted by our screens tricks our brain into thinking it is still daytime, which ruins our sleep quality. By leaving your phone in another room—or at least away from your bed—an hour before sleep, you allow your brain to recharge. A well-rested brain is more creative, more logical, and much better at coding or writing than a tired one.

Conclusion: Technology as a Tool At the end of the day, a smartphone is just a tool, like a hammer or a pen. It is meant to help you build a better life, not to be the center of it. As a student let us pledge to use our devices with purpose. Set limits, take breaks, and remember that the most beautiful "high-definition" view is the one right outside your window. Your life is happening right now—don't miss it because you were looking at a screen.

Jasbinder Kaur
B.sc. 3rd year

From Coins to Code: The Story of Digital Currency

Introduction For thousands of years, money was something we could touch—gold coins, silver bars, or paper notes. But if you look at how we pay for tea at a stall or buy a book online today, physical cash is disappearing. We are entering the era of "Digital Currency." To a Commerce student, this is an evolution of trade; to a Computer Science student, this is a masterpiece of encryption and networking. But how does "invisible" money actually stay safe?

The End of the Physical Wallet In the past, if you wanted to send money to a friend, you had to physically hand it over or ask a bank to move it for you. Today, we use Digital Wallets and UPI. Behind every transaction is a complex series of "handshakes" between computers. When you scan a QR code, the computer doesn't move "money"; it moves "information." It verifies that you have the balance and instantly updates the ledger of the person you are paying. It is fast, efficient, and works 24/7.

Understanding the Blockchain You might have heard the word "Blockchain" in the news. Imagine a giant notebook that everyone can see, but no one can erase. Every time a transaction happens, it is written in this notebook in digital ink that can never be changed. This is why digital money is often safer than physical cash—it is nearly impossible to "counterfeit" or fake a digital coin that is being watched by millions of computers at once. This technology is the backbone of the future economy.

A World Without Borders One of the most exciting parts of digital money is that it doesn't care about borders. Sending money from one country to another used to take days and cost high fees. With the future of "Cryptocurrencies" and Central Bank Digital Currencies (CBDC), moving money across the world will be as easy and fast as sending a WhatsApp message. For the modern student, this means the entire world is now a single, connected marketplace.

Conclusion: The New Financial Literacy : Understanding digital money is no longer optional—it is a survival skill. Whether you are planning to start a business or work in a lab, your "wallet" will soon be entirely inside your phone. The future of money is not made of paper; it is made of code. By learning how this code works, we aren't just becoming tech-savvy; we are becoming financially independent in a digital world.

Pooja Ranote
B.A. 2nd year

The Digital Doctor: How Technology is Healing the World

Introduction

For decades, the image of a doctor was someone with a stethoscope and a paper prescription pad. But walk into a modern hospital today, and you will see a revolution. From AI-powered surgeries to watches that can detect heart problems, Computer Science has become the "silent partner" in medicine. Technology is no longer just helping doctors; it is transforming how we stay healthy, making healthcare faster, cheaper, and more accurate for everyone.

AI: The Super-Specialist

One of the most exciting breakthroughs is the use of Artificial Intelligence in diagnostics. A human doctor might look at a few thousand X-rays in their lifetime, but an AI can analyze millions in a single second. In many cases, AI can now detect early-stage cancer or rare eye diseases better than the human eye. To a Science student, this is a miracle of biology; to a Computer Science student, it is a triumph of "Machine Learning." It ensures that diseases are caught early when they are easiest to cure.

Wearable Wonders

You might be wearing a "doctor" on your wrist right now. Smartwatches and fitness trackers are no longer just for counting steps. These devices use advanced sensors to monitor your heart rate, oxygen levels, and even your sleep patterns. In the near future, these "wearables" will be able to alert your real doctor if your body shows signs of an upcoming illness before you even feel a single symptom. This shifts medicine from "treating the sick" to "keeping the healthy, healthy."

Surgery via Joystick

Robotic surgery is another field where code meets the operating table. Using highly precise robotic arms, surgeons can now perform complex operations through tiny incisions that are too small for human hands. These robots don't replace the doctor; they act as a high-tech tool that reduces tremors and allows for "Tele-medicine." This means a specialist in New Delhi could potentially perform a life-saving surgery on a patient in a remote village using a high-speed internet connection and a robotic interface.

Conclusion: The Human Heart in the Machine

As we move forward, the "Digital Doctor" will become a common part of our lives. However, technology will never replace the empathy, care, and touch of a human nurse or physician. Instead, it frees them from paperwork and routine tasks so they can focus on what matters most: the patient. This is a reminder that no matter what your stream is, technology is the tool that will help us build a healthier, longer-living society.

Himanshi

B.A. 2nd year

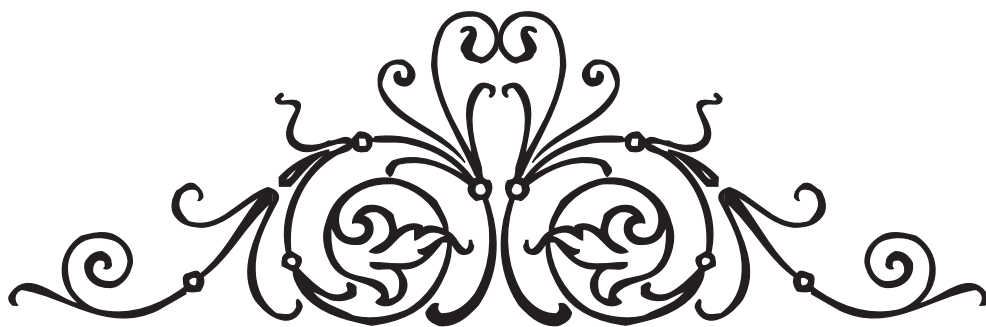


Parbat Rekha



Science Section

2025-26



Editorial

Science is more than formulas and laboratories — it is a way of seeing the world with clarity, curiosity, and courage. As the Editor of the Science Section for Parvat Rekha, I believe this year's edition reflects that very spirit: a bridge between the mysteries of the cosmos and the complexities of life within us. We live in a time where information travels instantly through social media. While this ease of access is powerful, it also demands a stronger scientific temper — the ability to question, analyze, and seek evidence rather than accept everything at face value. True science thrives on doubt, not blind belief. This section explores both the vast and the minute. We begin with the Big Bang theory and the holistic view of why the universe began, moving on to the enigma of black holes and the concept of the silent death of the universe — reminders of how small we are in the cosmic scale. At the opposite end lies the marvel of microbiomes, the trillions of microorganisms that shape our health and immunity. On the frontier of biology, the * brain organoids* or “mini-brain” technology is revolutionizing neuroscience and drug testing. Combined with AI and healthcare, it opens doors to personalized medicine and early disease detection. Yet, science also invites us inward — to understand the power of the subconscious mind and its relation with dreams, and even the biology behind laziness, which is far more complex than mere lack of willpower. Amid these discoveries, pollution remains a stark challenge, reminding us that scientific progress must go hand in hand with environmental stewardship. Is life just a series of biological miracles, or does it pose a deeper philosophical question about purpose and existence? May this section inspire you to think critically, act responsibly, and remain forever curious.



Dr. Harvinder Singh
Editor, Science Section



Editorial

First of all, I sincerely pay my gratitude to the staff editor for considering me worthy. I want to express my deep appreciation to the editing team for being supportive and dedicated. It is a matter of great pride to present the annual magazine of government degree college Nalagarh, “Parbat Rekha” for academic year 2025-2026. This role not only allows me to show case my passion for writing but also gives me chance to work with like-minded individuals who are dedicated to the field. Parbat Rekha is not a magazine it is the mirror of college heritage and decorum. It includes all educational and sports activities of college with remarkable events. It displays the hard work and dedication of teachers, staff members and students. It gives chance to students to enhance their writing skills which helps students to realise their potential and role in society. Parbat Rekha not only encourages writing but also develop the personalities of students in different ways. It helps us to remember beautiful & remarkable memories of the past year. It is a testament to the resilience and creativity of our students. I wish reading this magazine will impact readers in positive way for their future roles. At the end I want to the thank editing team this magazine is the result of countless hours of hard work, sleepless nights & the collective creativity of our talented team. A huge thank you to the editorial committee and contributors for making this edition a reality. I extend my sincere gratitude to the faculty advisor and our Principal for their constant guidance & support. I hope this magazine not only highlights the talent within our campus but also sparks meaningful conversations.



Simran Guleria
Bsc 2nd year

Physics: Understanding The Laws Of The Universe

Physics is one of the most fundamental branches of science that help us understanding how the universe works. From the movement of tiny atoms to the motion of planets and galaxies, physics explains the principles that govern nature. It forms the foundation of many modern technologies and plays a vital role in shaping scientific and technological progress. Physics is often described as the science of matter energy and their interaction. It helps us understand everyday phenomena such as why objects fall to ground, how electricity powers our homes and how sound and light travels. The laws of physics, discovered through observation and experimentation, help to explain natural events with logical reasoning and mathematical accuracy. One of the most important contribution of physics is in the field of technology. The invention of electricity transformed life by making communication, transportation, and industrial development possible. Devices like mobile phone, computer, televisions and medical equipment are based on physics, modern communication system such as satellites and the internet would not exist. Physics has also contributed significantly to the field of medical technologies like X-rays, MRI scan, ultrasound machines and radiation therapy are results of advancements in physics. These inventions have improved diagnosis and treatment saving countless lives. Medical physics continues to play a major role in developing safer and more effective healthcare solution. For students, studying physics develops analytical thinking, problem-solving ability and logical reasoning. It encourages curiosity and helps students to understand how scientific principles apply to real-life situations. Physics not only builds strong academic knowledge but also inspires innovation and research. However the advancement of physics also requires responsible use. Nuclear energy, for example can provide large amounts of power but can also be harmful if misused. Therefore scientific progress must always be guided by ethical values and concerns for human welfare. In conclusion physics is a powerful subjects that explains the laws of nature and drives technological development. It has transformed human life and continues to open new possibilities for the future by studying Physics, students gain a deeper understanding of the universe and develop skills that helps in solving real-world problems. physics truly connects knowledge with innovation and discovery, making it an essential part of modern education and society.



Assistant Prof. Physics
Dr. Shalini Sharma

सौर पैनल और बैटरी का कचरा: हरित ऊर्जा के सामने नई चुनौती

नवीकरणीय ऊर्जा को हम पर्यावरण बचाने का सबसे बड़ा समाधान मानते हैं। सौर पैनल और लिथियम-आयन बैटरियां इस हरित क्रांति की रीढ़ हैं। लेकिन 25-30 साल बाद जब सौर पैनलों की दक्षता कम हो जाती है और 8-15 साल बाद बैटरियां काम करना बंद कर देती हैं, तो एक नई चुनौती सामने आती है इनका कचरा। अनुमान है कि 2050 तक दुनिया में 78 मिलियन टन से अधिक सौर पैनल का कचरा और लाखों टन इस्तेमाल की गई बैटरियां उत्पन्न होंगी। अगर इसका उचित प्रबंधन नहीं किया गया तो यह कचरा कार्बन उत्सर्जन कम करने के हमारे प्रयासों को ही कमजोर कर सकता है।

सौर पैनल मुख्य रूप से कांच और एल्युमिनियम से बने होते हैं, जो लगभग 90% होते हैं और इन्हें आसानी से रीसायकल किया जा सकता है। असली जटिलता बाकी 10% में है सिलिकॉन, चांदी और थोड़ी मात्रा में सीसा और कैडमियम। ये परतें आपस में इतनी कसकर जुड़ी होती हैं कि इन्हें अलग करने के लिए 1400 डिग्री सेल्सियस तक तापमान की जरूरत होती है। इससे ऊर्जा की खपत और लागत इतनी बढ़ जाती है कि वर्तमान में इससे केवल थोड़ी मात्रा में ही चांदी और सिलिकॉन पुनः प्राप्त हो पाते हैं। यही कारण है कि आज विश्व में अधिकांश सौर पैनल सीधे लैंडफिल में फेंक दिए जाते हैं।

लिथियम-आयन बैटरियों की स्थिति भी अलग नहीं है। इनमें लिथियम, कोबाल्ट, निकल और कार्बनिक इलेक्ट्रोलाइट होते हैं। जब इन्हें खुले में फेंका जाता है तो इनमें मौजूद जहरीले रसायन मिट्टी और भूजल में घुलकर पौधों, जानवरों और मानव स्वास्थ्य को गंभीर नुकसान पहुंचा सकते हैं। बैटरी पुनर्चक्रण में आग लगने का खतरा और खतरनाक गैसों का उत्सर्जन भी एक बड़ी समस्या है। इसी वजह से आज वैश्विक स्तर पर 10 प्रतिशत से भी कम लिथियम-आयन बैटरियों का वैज्ञानिक तरीके से पुनर्चक्रण हो पाता है।

इसका प्रभाव सिर्फ पर्यावरण तक सीमित नहीं है, यह आर्थिक भी है। यदि हम पुनर्चक्रण नहीं करेंगे तो लिथियम और कोबाल्ट की मांग बढ़ेगी और इसके लिए संवेदनशील पारिस्थितिक क्षेत्रों में खनन करना पड़ेगा, जिससे वन्यजीवों के आवास नष्ट होंगे। दूसरी ओर, पुनर्चक्रण की प्रक्रिया में भी ऊर्जा चाहिए। अगर वह ऊर्जा कोयले जैसे जीवाश्म ईंधन से आएगी तो हरित ऊर्जा का पूरा कार्बन लाभ ही समाप्त हो जाएगा। साथ ही कई विकासशील देशों में अभी भी उचित बुनियादी ढांचा और नीतियों का अभाव है, जिससे कचरे का असुरक्षित निपटान अनौपचारिक क्षेत्रों में हो रहा है।

इसका समाधान चक्रीय अर्थव्यवस्था बनाने में है, जहां कचरा ही नया संसाधन बन जाए। इसके लिए पैनलों और बैटरियों को डिजाइनिंग के समय से ही इस तरह बनाया जाए कि उन्हें आसानी से अलग किया जा सके। पुरानी इलेक्ट्रिक वाहन बैटरियों को अंतिम पुनर्चक्रण से पहले 5-10 साल तक घर, स्कूल या स्ट्रीट लाइट में ऊर्जा भंडारण के लिए फिर से इस्तेमाल किया जा सकता है। यह "सेकेंड लाइफ" तकनीक कचरे को कम करने के साथ-साथ लागत भी घटाती है। इसके अलावा बायोलीचिंग और कम तापमान वाली रासायनिक प्रक्रियाओं जैसी नई तकनीकें कम ऊर्जा खर्च करके सामग्री की पुनर्प्राप्ति दर बढ़ा रही हैं।

सरकारों की भूमिका भी अहम है। विस्तारित उत्पादक जिम्मेदारी जैसी नीतियां निर्माताओं को अपने उत्पादों के संग्रह और पुनर्चक्रण के लिए कानूनी रूप से उत्तरदायी बनाती हैं। यूरोपियन यूनियन में ऐसी नीतियां पहले से लागू हैं और भारत में भी ई-कचरा प्रबंधन नियम 2022 के तहत इसकी शुरुआत हो चुकी है।

छात्रों और शिक्षण संस्थानों के लिए जागरूकता पहला और सबसे जरूरी कदम है। पुराने मोबाइल, लैपटॉप और बैटरियों को सामान्य कचरे में न फेंककर अर्धित ई-कचरा संग्रह केंद्रों में जमा करें। कॉलेज स्तर पर ई-कचरा संग्रह अभियान चलाना और टिकाऊ उत्पादों का चयन करना एक छोटा लेकिन प्रभावी योगदान हो सकता है।

अंत में, हरित ऊर्जा की सफलता केवल इस बात से नहीं मापी जाएगी कि हम कितनी स्वच्छ बिजली पैदा करते हैं, बल्कि इस बात से भी मापी जाएगी कि हम उसके कचरे को कितनी जिम्मेदारी से संभालते हैं। एक वास्तव में टिकाऊ भविष्य तभी संभव है जब हम पर्यावरण और उसे चलाने वाले संसाधनों दोनों की रक्षा करें।



सुखदर्शन कुमार
कार्यालय लिपिक

सरकारी महाविद्यालय नालागढ़

Scientific Temper Matters in the Age of Social Media

Social media plays a powerful role in shaping opinions among young people today. From health advice and environmental claims to space news and technological breakthroughs, information spreads within seconds. Unfortunately, along with reliable knowledge, misleading posts, fake remedies, and pseudoscience also travel quickly. This makes cultivating a scientific temper — the habit of questioning, reasoning, and trusting evidence — more necessary than ever. Social media algorithm can trap users in echo chambers, where repeated misinformation begins to feel true. A scientific mindset helps student step back, cross-check facts from credible sources, and understand data before forming opinions. For college students especially, scientific temper strengthens critical thinking, curiosity and responsible citizenship. In an era where a single post can influence millions, choosing evidence over emotion is not just smart but it is essential for building a rational and informed society.

Aditya Rawat
B.Sc 2nd Year



The Power of Subconscious Mind & Relation with Dreams

What if I say you can pass a test naturally without much effort or play a guitar without technically knowing the basics. That'd not a theory but a seen fact. That's more like what common people called a born thinker. But thinkers and researchers define it as the power of the unlocked "The subconscious mind". The above examples are just the upper portion of an iceberg. The real consciousness lies within the subconscious mind is a data-bank for everything, which is not in your conscious mind. It stores your beliefs, your previous experience, your memories, your skills. Everything that you have seen, done or thought is also there. It is also your guidance system which guides you while himself being in a compromised exile. Some revolutionists said that it can activate the skills from previous lives. A long ago a study were conducted which included interviewing the people with such characteristics. They ultimately found that the key source to unlock this subconscious power is the burning desire to achieve your goal. The most powerful, positive emotions are faith and love when both of them are present they empower any thought and it can easily enter subconscious mind. Then it will act as the thought which will translate it into actions, opportunities & ideas. Interestingly even the way to understand & to conquer your own mind needs love, passion & desire. But according to my factual knowledge this is mere a theory in history or mythology. We got references of some great people like lord Gautam Buddha who erased his existing desires & still attained 'Param Dharma' or unlocked the subconscious power in its full potential. So, what we know so far is the power, beliefs and contingencies of subconscious mind but its key is still yet to be discovered.

Shreya
B.Sc 2nd year



Chemistry of Benzene

Benzene, the most famous and commonly used substance in organic chemistry. It is not undeserving of the title "celebrity of organic compounds." It was discovered by Michael Faraday in 1825 by isolating it from oil gas. Faraday even determined its formula (C_6H_6) by analyzing it using chemical methods. However, he was not able to identify its structural formula. He described it simply as a new hydrocarbon with unusual properties and originally called it "Bicarburet of hydrogen."

Later, in 1865, August Kekule proposed its famous ring structure, inspired by a daydream, he once had during an evening nap. It is quite fascinating that a dream inspired a scientist to propose the structure of one of the most famous organic compounds. One evening, while half asleep, he had a vivid vision in which he saw carbon atoms dancing and forming long chains, twisting and moving like snakes. Suddenly, one snake grabbed its own tail and formed a ring. That image gave him the idea, and he proposed the cyclic structure of benzene.

Later, in 1867, James Dewar proposed a different structure for benzene. The structure suggested by Dewar also contained a six-membered ring, but with a different arrangement of single and double bonds. Dewar's structure does, in fact, exist; however, it is less stable than Kekule's structure. Thus, benzene shares a fascinating history—discovered by Faraday, structured by Kekule and Dewar, and studied by generations of chemists—standing today as a cornerstone of modern organic chemistry.

Harman Kapoor
B.Sc 2nd Year



Brain Organoids – The Mini Brain Technology

Brain organoids, also known as “mini brains”, are tiny three dimensional structures grown in laboratories using human stem cells. These structures closely resemble the basic organization and functioning of the human brain. They are created under controlled conditions where stem cells develop into brain- like tissues. This technology has become an important tool in modern life sciences, especially in neuroscience research, as it helps scientists to study the human brain without directly experimenting on humans. The first brain organoids were successfully developed in 2013 by scientist **Madeline Lancaster** at the institute of Molecular Biotechnology of Austrian Academy of Sciences in Vienna, Austria. Initially, these organoids were simple and lacked complex structures, proper organization, and long term survival. However, continuous research has improved their structure and functionality over time. Recent developments have significantly enhanced brain organoid technology. Scientists have created “assembloids”, where different brain regions are combined to form more complex systems capable of communication. These organoids now show electrical activity, meaning neurons can send signals similar to the human brain. Another important advancement is vascularization, where blood vessel – like structures are introduced. This allows better supply of nutrients and oxygen, helping organoids survive longer and grow more realistically. These improvements have made organoids closer to actual human brain tissue.

The development of brain organoids has raised several important ethical concerns in modern sciences . As these “mini brains” become more complex , there is a possibility that they may develop some level of consciousness or the ability to feel sensations. This creates a serious moral questions about how they should be treated in research. Another concern is the use of human stem cells, which requires strict guidelines and informed consent. So it becomes important to establish a clear ethical boundaries to protect human dignity and scientific integrity.

Brain organoids are widely used to study neurological diseases like Alzheimer's disease, Parkinson's disease, and Autism. They are also used for drug testing and reducing the need for animal experiments. In the future, brain organoids may revolutionize medicine and help us better understand the human brain. In the future ,brain organoids hold great potential to revolutionize medicine , improve drug testing, and provide deeper insights into the human brain . This discovery marked a major breakthrough in understanding brain development.

Tamanna Pal
B.Sc 2nd Year

Microbiomes: The Silent Guardians of Our Health

Often viewed solely as germs, bacteria are actually essential partners in human health. The microbiome is a complex ecosystem of trillions of microorganisms residing primarily in the gut. Far from being invaders, these beneficial or commensal bacteria play a vital role in our daily physiological functions. Species such as *Lactobacillus* and *Bifidobacterium* are crucial for digestion, immunity, and overall well-being.

Digestive power house- The good gut bacteria are essential for breaking down complex carbohydrates and dietary fibres that human enzymes cannot digest on their own. Through this process, they produce beneficial by-products known as short-chain fatty acids (SCFAs), such as butyrate, which serve as a primary energy source for the cells lining the colon. Additionally, these bacteria help synthesize essential vitamins, including vitamin K and several B vitamins, thereby improving nutrient absorption.

Immune system trainers- Up to 80% of the body's immune system resides in the gut. Good bacteria act as trainers, teaching the immune system to distinguish between harmful pathogens and harmless substances. Furthermore, they provide a protective shield by colonizing the gut, leaving little room or nutrients for pathogenic bacteria to survive — a mechanism known as colonization resistance.

A healthy ecosystem- A diverse and balanced microbiome is linked to improved metabolic health, weight management, and even better mental health through the gut-brain axis. A disruption to this balance, or dysbiosis, caused by a poor diet, stress, or overuse of antibiotics, can lead to chronic inflammation and illness.

Cultivating a healthy microbiome- Supporting these beneficial bacteria requires a healthy lifestyle. Consuming a fibre-rich, plant-based diet nourishes probiotics- the good bacteria, while fermented foods like yoghurt, kefir, and kimchi supply them directly. By caring for our microbiomes, we maintain a thriving internal ecosystem that is essential for long-term health.

Chand Rani
B.Sc 2nd Year



AI & Human Health Care

Artificial Intelligence (AI) and health care are the two most vast and valuable fields of modern [times](#). AI, or artificial intelligence, refers to the simulation of human intelligence in machines that are programmed to think and learn like humans. AI is revolutionizing the medical field by improving diagnostics, personalizing treatments, and accelerating drug discovery. Artificial intelligence is rapidly modifying various sectors and health care is no [exception](#). AI is poised to how the future of medicine looks? From diagnostics to drug discovery, AI is used to revolutionize how we approach medicine, offering the potential for more efficient, accurate, and personalized care to the humans in future which is more advanced and more reliable.

One of the most promising applications of AI in healthcare is in diagnostics. AI algorithms can analyze medical images, such as X-rays and MRIs, with remarkable speed and accuracy, often surpassing human capabilities in detecting such disease with accuracy. This can lead to earlier and more accurate diagnoses, improving patient outcomes. Moreover, AI can assist in the analysis of patient data, identifying patterns and things that might be missed by human clinicians. This can aid in the development of personalized treatment to the individual patients. AI is also accelerating the process of drug discovery. Machine can analyze more amount of data to identify potential drug candidate. This can significantly reduce the time and cost associated with bringing new medications to market. Furthermore, AI-powered robots are being used in surgery, offering enhanced precision and minimally invasive procedures.

However a question arise there is that can AI replace human doctors? The answer is No yet because it can only assist in medicine or surgery as the technology today is not that much advanced or reliable to keep the human life's in the hands of robots. However the future of such robotic surgeries may be different from the one we have today . However, the integration of AI in healthcare also presents challenges. Concerns about data privacy, and the need for robust regulatory frameworks must be addressed. As AI continues to evolve, it is crucial to ensure that it is used ethically and responsibly, with a focus on improving patient care and outcomes.

In conclusion, AI holds immense potential to trans form healthcare, offering new possibilities for diagnostics, treatment, and drug discovery. While challenges remain, the benefits of AI in medicine are undeniable, paving the way for a healthier future.

Gursimar Kaur
B.Sc 3rd Year



Silent Death of the Universe

"What is born must eventually die."Every road has its end, every book has its last page, even speed has its limit (3×10^8 m/s). Stars are born and they die, galaxies are formed over billions of years, planets are formed and eventually destroyed. Hence, the universe, which began with the Big Bang, may not stay active forever. The theory that describes this is called the heat death of the universe, which is based on the Second Law of Thermodynamics and the concept of entropy. Entropy is the idea of how things naturally spread out and mix; however, the reverse is not naturally possible. For example, you clean your room, but after a few days it becomes messy, its entropy increases. You find disarranging things easier than arranging them. Everything in the universe tends to increase its entropy.

The Second Law of Thermodynamics gives us the direction in which the flow of energy occurs. We all know heat always flows from a hot body to a cold body naturally, without any help from an external source. In a hot body, particles have high kinetic energy and move faster, while in a cold body, particles move slowly or may even be at rest; in other words, they have lower entropy. Now, since heat flows from a hot body to a cold body, during this process the entropy of the cold body increases; this is what occurs naturally. That is, heat always transfers from one place to another in the universe, which means that different parts of the universe are not in thermal equilibrium with each other. Due to the flow of energy from hot bodies to cold bodies, the entropy of the universe always increases.

However, after billions of years, it may occur that all parts of the universe come into thermal equilibrium with each other. At that point, the exchange of heat would no longer produce work. The universe would go silent no shining stars, very little light, darkness almost everywhere. This would not be like an explosion; think of it like your vehicle not starting one day, even though it was in good condition yesterday. However, since we still do not know the ultimate fate of the universe, this phenomenon may or may not happen, although it is considered likely based on current observations.

Harman Kapoor
B.Sc 2nd Year

Science Behind Laziness

Many people think laziness means a person doesn't care or doesn't want to work. But in reality, laziness is often connected to how our brain works. connected to how our brain works.

- **1.** First, your brain wants to save energy. The brain uses a lot of energy every day. So naturally, it prefers easy tasks like scrolling on your phone instead of difficult tasks like studying or solving math problems. Hard work requires more thinking power, and your brain tries to avoid extra effort when possible.
- 2 .** Second, motivation depends on a chemical in the brain called dopamine. Dopamine makes you feel excited and rewarded. When a task feels interesting or rewarding, your dopamine increases and you feel motivated. But when a task feels boring or stressful, dopamine levels are low, and you feel lazy or uninterested.
- 3.** Third, emotions play a big role. Sometimes what looks like laziness is actually stress, fear of failure, overthinking, or mental tiredness. If your mind feels overwhelmed, it may choose to avoid work as a protection mechanism.
- 4.** Fourth, habits matter. If you repeatedly delay work, your brain learns that postponing gives temporary comfort. Slowly, procrastination becomes a habit.
So laziness is not always about character. It is often about energy, emotions, motivation, and habits. The good news is that small actions, clear goals, proper sleep, and building simple routines can train your brain to become more active and productive.

Divyanshu Sharama
B.Sc 2nd year



Why Universe Begins – A Holistic View

The universe began about 13.8 billion years ago in an event called the Big Bang. This was not a normal explosion. It was the moment when space, time, matter, and energy all started together. Before that, there were no stars, no planets, and not even time. From a very tiny and hot state, the universe started expanding. It is still expanding today. Scientists have evidence for this idea. They see that galaxies are moving away from each other, which shows that the universe is growing. They also discovered faint radiation in space that supports this theory. Science explains how the universe began, but it does not clearly explain why it began. That question is still open. Some scientists think the universe may have come from a small energy change called a quantum fluctuation. Others think there may be many universes, and ours is just one of them. Philosophers ask deeper questions, like why anything exists at all. Some people believe there must be a first cause or a creator. Religious beliefs also give different answers about the beginning of the universe. In the end, no one knows the complete answer yet. The beginning of the universe is still one of the biggest mysteries. Humans continue to study and think about it, trying to understand where everything came from. Again I ask why this universe begins? Is there any answers to it or we Just assuming our own existence. Just think.

Divyanshu
B.Sc 2nd Year

Life: Biological Miracle or Philosophical Question

Life is shaped by heartbeats, chemical reactions, and DNA. What biology teaches us about cell division, evolution, and the way things come together as an ordered whole is incredible. It provides us with the tools to study living things, but it does not fully explain how or why life exist. Even though science helps us understand living systems, it does not attempt to answer the question of why they exist or what their purpose is. Understanding when a collection of a few molecules begins to feel, dream, and ponder existence lies at the intersection of biology and philosophy. This is the point where factual information awaits meaning. Is living about growth, survival, and evolution? Is living about forming bonds with others—loving someone, hating someone? Can something or someone be said to be living if they are alone, or is life a collective meaning made of everybody's experiences, relationships, and senses? You know you exist because you can feel someone and someone can feel you; you can see someone and someone can see you. You can interact, interfere, and interlink with others. Is that actually life? A plant is considered living because it grows, reproduces, and survives. A virus also grows and reproduces, but only inside a host; outside the host, it is considered dead. Inside the host, it behaves like a living being, but outside, it is just a pile of organic matter. Is it a living being or non-living matter? Our definitions of life seem to fail here. So, what is life? Perhaps life is both a miracle governed by the laws of nature and an unanswered question. Can we understand the complex nature of life simply by looking at it under a microscope, performing experiments, and conducting research? Ultimately, when we try to understand life, we are also trying to figure out who we are. The very idea of life—questioning it, turning it over in our minds—leads us to another deeply existential and unavoidable question: Are we alive? Are YOU alive?"

Deepak

B.Sc 2nd Year

Classification Of Statistics In Statistics Mechanics.

Statistical mechanics is divided into two main branches: Classical statistics and quantum statistics. Classical statistics, also known as Maxwell-Boltzmann statistics, applies to distinguishable particles and is suitable for ordinary gases at high temperature and low density. However it fails to explain certain microscopic phenomena, so quantum statistics was developed. Quantum statistics is of two types: Bose-Einstein statistics, which applies to indistinguishable particles called Bosons where many particles can occupy the same quantum state, and Fermi-Dirac statistics which applies to fermions and obeys Pauli's Exclusion principle, meaning no two particles can occupy the same quantum state simultaneously.

Charu

B.Sc 2nd year

Black Holes

A black hole is a geometrically defined region of space time exhibiting such strong gravitational effects that nothing including particles and electromagnetic radiation such as light can escape from inside it. The theory of general relativity predicts that a sufficiently compact mass can deform space time to form a black hole. The boundary of the region from which no escape is possible is called the event horizon. Although crossing the event horizon has enormous effect on the fate of the object crossing it, it appears to have no locally detectable features. In many ways a black hole acts like an ideal black body, as it reflects no light. This temperature is on the order of billionths of a kelvin for black holes of stellar mass, making it essentially impossible to observe. Black holes whose gravitational fields are too strong for light to escape. Modern solution of general relativity that would characterize a black hole was found by Karl Schwarzs child in 1916, although its interpretation as a region of space from which nothing can escape.

Yogita Rana

B.Sc 2nd year

Pollution

Pollution is the introduction of contaminants into the natural environment that cause harm. Pollution can take the form of any substance (solid, liquid or gas) or energy. Pollutants, the components of pollution, can be either foreign substance energies or naturally occurring contaminants. Although environmental pollution can be caused by natural events, the word pollution generally implies that the contaminants have a human source such as manufacturing, poor waste management, transportation or agriculture. Pollution is often classed as point source site such as a factory, mine, construction. Many sources of pollution were unregulated parts of industrialization during 19th and 20th centuries until emergence of environment.

Anchita
B.Sc 2nd Year



Big Bang Theory

The Big Bang theory stands as the most widely accepted explanation for the origin of the universe began as an infinitely small, hot, and dense point, which rapidly expanded and continued to stretch over 13.7 billion years. This initial period of rapid inflation set the stage for the vast and still-growing cosmos we observe today. Although astronomers cannot directly witness the universe's formation. Much of what we know about the Big Bang theory comes from advanced mathematical models and simulations. Evidence supporting this theory includes the cosmic microwaves background, a faint "echo" of the universe's early expansion that scientists can study in details.

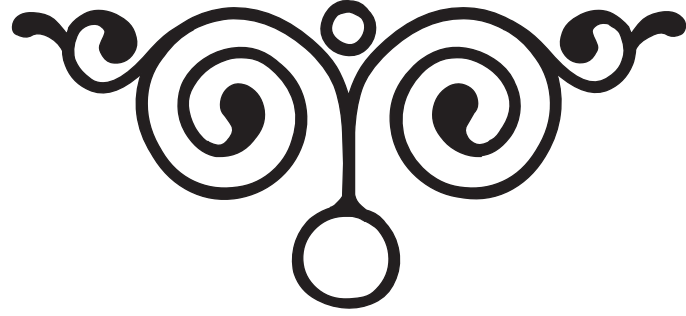
Pooja
B.Sc 2nd year



Plasma

Plasma is considered the fourth state of matter. The funny thing about that is as far as we know, plasmas are the most common state of matter in the universe. They are even common here on earth. The biggest chunk of plasma you will see is that dear friend to all of us, the sun. The search for new and innovative fields of plasma application for the new century resulted in new approaches solving unmet problems by plasma technology. Plasma and medicine are interrelated in modern medical technology, biotechnology and pharmacy. Plasma medicine is an emerging field that combines plasma physics, life sciences and clinical medicine. Most of the research is in vitro and animal models. Plasma medicine means the direct application of cold atmospheric plasma (CAP) on or in the Human Body for Therapeutic purposes.

Ankita Thakur
B.Sc 2nd Year

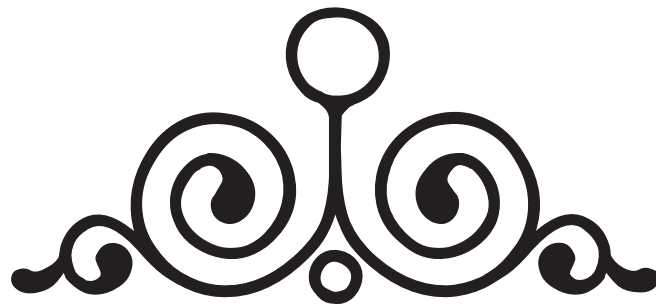


पर्वत रेखा



हिन्दी अनुभाग

2025-26



संपादकीय

“समय के प्रवाह में शब्द ही वे चिन्ह हैं,
जो विचारों को स्थायित्व प्रदान करते हैं।

विचारों की अभिव्यक्ति ही सृजन की पहली सीढ़ी है। आज के इस प्रतिस्पर्धात्मक युग में जहाँ हर दिन नई चुनौतियाँ सामने आती हैं, वहाँ आवश्यक है कि विद्यार्थी अपनी सृजनात्मकता को भी विकसित करें। राजकीय महाविद्यालय नालागढ़ से प्रकाशित की जा रही, “पर्वत रेखा” पत्रिका इसी दिशा में एक महत्वपूर्ण प्रयास है, जो विद्यार्थियों को अपनी भावनाओं और विचारों को अभिव्यक्त करने का अवसर प्रदान करता है।

आज के इस तेजी से बदलते युग में जहाँ तकनीक ने संवाद के स्वरूप को सरल और त्वरित बना दिया है, वहीं अपनी भाषा और संस्कृति से जुड़े रहना अत्यंत आवश्यक हो गया है। हिन्दी न केवल हमारी अभिव्यक्ति का माध्यम है, बल्कि हमारी पहचान, परंपरा और हमारे मूल्यों की आधारशिला भी है।

महाविद्यालय पत्रिका का हिन्दी अनुभाग विद्यार्थियों की रचनात्मकता, विचारशीलता और संवेदनशीलता का सजीव दर्पण है। यह केवल लेखों, कविताओं का संग्रह नहीं, बल्कि उन भावनाओं और अनुभवों का मंच है, जो युवा मन में निरंतर उमड़ते-धुमड़ते रहते हैं।

यह अत्यंत हर्ष एवं गर्व का विषय है कि “पर्वत रेखा” पत्रिका का सत्र 2025-26 का अंक प्रकाशित होने जा रहा है। मुझे पूर्ण विश्वास है कि महाविद्यालय की यह वार्षिक पत्रिका नवोदित साहित्य सर्जकों और कलाप्रेमियों के भावों और विचारों की अभिव्यक्ति के लिए श्रेष्ठ मंच सिद्ध होगी।

सभी प्रतिभागी विद्यार्थियों को शुभकामनाएं। अंत में यही कहूँगी कि -

“कलम की ताकत को पहचानो तुम,
शब्दों से अपनी राह बनाओ तुम,
जो सपने मन में पलते हैं चुपचाप,
उन्हें आज कागज पर लाओ तुम।”

अनीता कुमारी (सहायक आचार्या हिन्दी)
संपादिका - हिन्दी अनुभाग



छात्रा-संपादिका

प्रिय पाठकगण,

“विद्याधनं सर्वधनप्रधानम्।”
ज्ञान का धन सभी धनों में श्रेष्ठ है।

सौभाग्य की बात है कि हम देवभूमि भारत के निवासी हैं तथा हमारी राष्ट्रभाषा हिन्दी है, जो सभी भाषाओं में सरल, सुबोध एवं वैज्ञानिक है। पिछले सत्र की भांति इस वर्ष भी हमारे महाविद्यालय की वार्षिक पत्रिका “पर्वत रेखा” में हिन्दी-अनुभाग का प्रकाशन हो रहा है, जो कि छात्रों की प्रतिभा व रचनात्मक विचारों को खोजने व कौशल पहचानने का माध्यम है। मैं उन सभी की बहुत आभारी हूँ जिन्होंने सुंदर रचनाएं रच कर पर्वत रेखा, पत्रिका हिन्दी अनुभाग को संपन्न करने में सहयोग दिया।

कोई भी कार्य असंभव नहीं होता, परंतु आसान भी नहीं। छात्र संपादिका का कार्य मेरे लिए थोड़ा कठिन था, परन्तु प्राध्यायिका श्रीमती अनीता जी के मार्गदर्शन एवं सहयोग से ही यह कार्य सफलतापूर्वक संपन्न हो सका। मुझे विश्वास है कि यह रचनाएं पढ़कर हिन्दी भाषा में रचनाएं गढ़ने की आपको भी जिज्ञासा अवश्य उत्पन्न होगी।



रुबी
छात्र संपादिका
कला स्नातक, तृतीय वर्ष

आधुनिक युद्ध और शांति की आवश्यकता

वर्तमान समय में विश्व एक ऐसे दौर से गुजर रहा है, जहाँ युद्ध और तनाव की घटनाएँ लगातार बढ़ती जा रही हैं। ईरान और इजराइल के बीच बढ़ता संघर्ष, रूस-यूक्रेन युद्ध, इजराइल-हमास टकराव तथा भारत और पाकिस्तान के बीच समय-समय पर होने वाला तनाव, यह दर्शाते हैं कि आज भी विश्व पूरी तरह से शांति नहीं हो पाया है।

इन संघर्षों का प्रभाव केवल संबंधित देशों तक सीमित नहीं रहता, बल्कि पूरी दुनिया को प्रभावित करता है। ऊर्जा संकट, महंगाई, खाद्य कमी और शरणार्थियों की बढ़ती संख्या जैसे कई वैश्विक समस्याएँ युद्ध के कारण उत्पन्न हो रही हैं। आम जनता को इसका सबसे अधिक नुकसान झेलना पड़ता है, जिससे मानवता पर गहरा प्रभाव पड़ता है।

आधुनिक युग में युद्ध का स्वरूप भी बदल चुका है। अब यह केवल सीमाओं तक सीमित नहीं है, बल्कि तकनीक, साइबर हमले, ड्रोन और आर्थिक प्रतिबंधों के माध्यम से भी लड़ा जा रहा है। इससे युद्ध और अधिक जटिल और खतरनाक बन गया है।

ऐसी स्थिति में यह आवश्यक हो जाता है कि विश्व के सभी देश शांति और सहयोग का मार्ग अपनाएँ। कूटनीति और संवाद के माध्यम से मतभेदों को सुलझाना ही सबसे बेहतर उपाय है। अंतरराष्ट्रीय संगठनों की भूमिका को मजबूत करना, हथियारों के उपयोग पर नियंत्रण रखना और देशों के बीच आर्थिक एवं सामाजिक सहयोग को बढ़ावा देना भी अत्यंत आवश्यक है।

अंततः, यह स्पष्ट है कि युद्ध कभी भी स्थायी समाधान नहीं हो सकता। यह केवल विनाश और पीड़ा को जन्म देता है। यदि मानवता को सुरक्षित और समृद्ध भविष्य की ओर बढ़ना है, तो हमें शांति, समझदारी और सहयोग को अपनाना ही होगा।

दिवयांशु
बी.स.सी. द्वितीय वर्ष

आत्मनिर्भर भारत का संकल्प 2047

हर राह हर एक मोड़ पर, बस एक ही संकल्प है।

राष्ट्र ही जीवन और राष्ट्र सर्वप्रथम है, राष्ट्र सर्वप्रथम है।

2047 का वर्ष भारत की आजादी का शताब्दी वर्ष होगा। यह वह महत्वपूर्ण क्षण होगा जब हम अपने पूर्वजों की कुर्बानियों को याद करते हुए यह विचार करेंगे कि हमने अपने देश को कहाँ से कहाँ तक पहुँचाया है। 1947 में जब भारत स्वतंत्र हुआ, तब देश के सामने गरीबी, अशिक्षा और भुखमरी जैसी गंभीर समस्याएँ थीं। लेकिन हमारे देश के महान नेताओं, वैज्ञानिकों और युवाओं के दृढ़ संकल्प ने भारत को केवल स्वतंत्र ही नहीं, बल्कि विकास और प्रगति के मार्ग पर अग्रसर कर दिया।

आज भारत डिजिटल दुनिया में अग्रणी बन चुका है। मोबाइल बैंकिंग और ऑनलाइन सेवाओं के क्षेत्र में भारत कई देशों से आगे है। भारत सरकार के वित्त मंत्रालय की रिपोर्ट के अनुसार, भारत में लगभग 45 करोड़ इंटरनेट उपयोगकर्ता हैं और यह संख्या लगातार बढ़ रही है। यदि यही गति बनी रही, तो 2047 तक भारत डिजिटल व्यापार और तकनीकी क्षेत्र में विश्व का नेतृत्व करेगा।

भारत आज विश्व की तीसरी सबसे बड़ी अर्थव्यवस्था बनने की राह पर है। वर्तमान में भारत की जी.डी.पी. लगभग 4 ट्रिलियन डॉलर तक पहुँच चुकी है और 2047 तक इसे 30 ट्रिलियन डॉलर तक ले जाने का लक्ष्य निर्धारित किया गया है। यह लक्ष्य तभी संभव है, जब प्रत्येक नागरिक आत्मनिर्भर भारत के निर्माण में अपना योगदान दे। मतलब, हमारा देश आत्मनिर्भर तभी बनेगा जब हमारे देश का हर बच्चा गुणवत्तापूर्ण शिक्षा प्राप्त करेगा। आज शिक्षा केवल किताबों तक सीमित नहीं रही, बल्कि यह तकनीकी, विज्ञान और नवाचार का माध्यम बन चुकी है। जिस दिन भारत का युवा आर्टिफिशियल इंटेलिजेंस, स्पेस साइंस और मेडिकल रिसर्च जैसे क्षेत्रों में विश्व का नेतृत्व करेगा, उस दिन भारत वास्तव में आत्मनिर्भर कहलाएगा।

भारत का आई.एस.आर.ओ. आज विश्व में विज्ञान और तकनीक का प्रतीक बन चुका है। भारत ने अब तक 400 से अधिक विदेशी उपग्रह लॉन्च किए हैं, और चंद्रयान-3 की सफलता के साथ भारत चाँद के दक्षिणी ध्रुव पर उतरने वाला पहला देश बन गया। ये उपलब्धियाँ केवल विज्ञान की नहीं, बल्कि आत्मनिर्भरता की उड़ान हैं।

कभी भारत सत्तर रक्षा उपकरण विदेशों से आयात करता था, लेकिन आज भारत सत्तर रक्षा उपकरण स्वयं निर्मित कर रहा है। तेजस लड़ाकू विमान, आई.एन.एस विक्रान्त और आकाश मिसाइल आत्मनिर्भर भारत की शक्ति की पहचान हैं। अब भारत “खरीदने वाला नहीं, बल्कि बनाने वाला” देश बन चुका है।

अब बात करते हैं उस पहल की, जिसने युवाओं के सपनों को पंख दिए – मेक इन इंडिया और स्टार्टअप इंडिया। ये केवल सरकारी योजनाएँ नहीं हैं, बल्कि यह “आत्मनिर्भर भारत” की शुरुआत हैं। कभी भारत में सिर्फ दो मोबाइल निर्माण इकाइयाँ थीं, और आज देश में 200 से अधिक इकाइयाँ निरंतर कार्यरत हैं। जहाँ पहले “मेड इन इंडिया” एक लेबल था, आज वह गर्व का प्रतीक बन चुका है। ये अभियान युवाओं को यह संदेश देते हैं कि रोजगार मांगना नहीं, अब उसे बनाना है। यही है नया भारत – जो विचार भी देता है और अवसर भी।

हमने कोविड-19 जैसी महामारी में भी भारत ने आत्मनिर्भरता का परिचय दिया। भारत ने अपनी स्वदेशी वैक्सीन विकसित की, करोड़ों नागरिकों को सुरक्षित किया और अनेक देशों की सहायता भी की। यही है आत्मनिर्भर भारत – जो खुद भी बचता है और दुनिया को भी बचाता है।

हमारा युवा केवल पढ़ाई और खेल तक सीमित नहीं, बल्कि संस्कार और वैश्विक सोच में भी आगे बढ़ रहा है। जैसे कि हमारे पूर्व राष्ट्रपति डॉ. ए.पी.जे. अब्दुल कलाम जी ने कहा था “अगर आपको भारत को महान बनाना है, तो उसके हर एक नागरिक को महान बनाना होगा जब भारत का हर नागरिक अपनी जिम्मेदारी निभाएगा, तभी भारत आत्मनिर्भर और विकसित बनेगा”।

मैं आज के युवाओं का आह्वान करना चाहूँगी कि,

“उठो जवान! देश की वसुंधरा पुकारती,
उठो जवान! देश की वसुंधरा पुकारती,
ये देश है पुकारता, पुकारती मां भारती।”

ममता भंडारी
बी.कॉम. तृतीय वर्ष



पर्यावरण और विकास

आज का युग विज्ञान, तकनीक और विकास का युग है, लेकिन इस विकास की तेज गति ने प्रकृति के संतुलन को गंभीर रूप से प्रभावित किया है। बढ़ते उद्योग, वाहनों की संख्या, पेड़ों की कटाई और प्रदूषण ने पर्यावरण को संकट की स्थिति में पहुँचा दिया है। स्वच्छ वायु, शुद्ध जल और हरित वातावरण अब धीरे-धीरे दुर्लभ होते जा रहे हैं।

विश्व स्वास्थ्य संगठन के अनुसार वायु प्रदूषण के कारण हर वर्ष विश्व में लाखों लोगों की समयपूर्व मृत्यु होती है। पिछले दशकों में वैश्विक तापमान में लगातार वृद्धि दर्ज की गई है, जिससे मौसम चक्र प्रभावित हुआ है।

भारत में विकास और पर्यावरण के बीच संतुलन की चुनौती स्पष्ट रूप से दिखाई देती है। गंगा नदी के किनारे औद्योगिक गतिविधियों और शहरी अपशिष्ट के कारण प्रदूषण की समस्या लंबे समय से बनी हुई है। दिल्ली में वाहनों और उद्योगों से निकलने वाला धुआँ वायु गुणवत्ता को प्रभावित करता है।

हिमाचल प्रदेश जैसे पर्वतीय राज्यों में भी अनियंत्रित निर्माण, पर्यटन का दबाव और सड़कों के विस्तार से प्रकृतिक संतुलन प्रभावित हो रहा है।

महात्मा गांधी जी ने कहा था कि प्रकृति हर व्यक्ति की आवश्यकता पूरी कर सकती है, लेकिन किसी एक के लालच को नहीं। यह विचार आज के मॉडल पर सीधा प्रश्न उठाता है। यदि विकास में संतुलन नहीं होगा, तो आने वाली पीढ़ियों के लिए स्वच्छ जल, शुद्ध वायु और सुरक्षित पर्यावरण उपलब्ध कराना कठिन हो जाएगा।

सतत विकास वही है जिसमें आर्थिक उन्नति के साथ पर्यावरण संरक्षण भी समान रूप से सुनिश्चित किया जाए। इसलिए आज सौर ऊर्जा, वर्षा जल, हरित भवन और वृक्षारोपण जैसी योजनाएँ अत्यंत आवश्यक बन चुकी हैं।

वास्तविक विकास वही है, जिसमें उद्योगों की प्रगति के साथ नदियाँ स्वच्छ रहें, शहरों के विस्तार के साथ हरियाली बनी रहे और आधुनिकता के साथ प्रकृति सुरक्षित रहे। हमें यह समझना आवश्यक है कि पर्यावरण और विकास विरोधी नहीं, बल्कि एक-दूसरे के पूरक हैं। यदि प्रकृति सुरक्षित रहेगी, तभी विकास स्थायी, समावेशी और भविष्योपयोगी बन सकेगा।

हर्षिता ठाकुर
बी.कॉम. द्वितीय वर्ष

आत्मनिर्भर भारत

1947 में जब भारत ने आजादी पाई थी, तो यह केवल एक सत्ता परिवर्तन नहीं था, यह एक सपना था। और 2047- स्वतंत्रता के 100 वर्ष उस सपने की असली अग्निपरीक्षा है। परंतु सवाल यह है कि क्या भारत केवल एक बाजार बन कर रहेगा या खुद को आत्मनिर्भर राष्ट्र के रूप में गढ़ेगा?

मेरे अनुसार अपने व्यक्तित्व, संस्कृति और विचारों को अपनाना ही आत्मनिर्भरता है। अब जरूरत है कि हम स्वदेशी मार्ग चुनें और भारत के पंच स्तम्भों की स्थापना में अपना पूर्ण योगदान दें। पर इस मार्ग में चुनौतियां भी हैं जब छत्तीसगढ़, झारखण्ड आदि राज्यों में औद्योगिक और खनन प्रोजेक्ट रोजगार सृजन करने के साथ-साथ पर्यावरण के लिए खतरा भी बन रहे हैं तो हमारे लिए यह प्रश्न काफी महत्वपूर्ण हो जाता है कि क्या हम अपने फेफड़े काटकर सांस ले पाएंगे? हमें चाहिए ऐसा विकास जहाँ रोजगार, उद्योग तो हों लेकिन प्रकृति संरक्षण के साथ।

विदेशों पर तकनीक, हथियारों तक की निर्भरता भी हमारे लिए एक चुनौती है, परंतु अब समय आ गया है कि हम कहें भारत अब खरीदार नहीं, भारत अब निर्माता है। इस आत्मनिर्भर भारत की नींव हैं हमारा युवा, जो जब नशे, बेरोजगारी जैसी समस्याओं को हराएगा तो भारत एक विश्वगुरु के रूप में खड़ा होगा।

हमारा राष्ट्र तभी आत्मनिर्भर बनेगा, जब हम उत्पादन और उपभोग दोनों क्षेत्रों में स्वदेशी को प्राथमिकता देंगे। कृषि, उद्योग व सेवा क्षेत्रों में समान रूप से विकास होगा। जब हर युवा रोजगार पाने वाला ही नहीं, देने वाला भी बनेगा। आत्मनिर्भरता की कुंजी शिक्षा और कौशल में विकास होगा। और यह सब तभी संभव है जब देश से भ्रष्टाचारी, गरीबी, बेरोजगारी पूर्ण रूप से समाप्त होगी क्योंकि वर्तमान के मुद्दे ही भविष्य की नींव रखेंगे। जब प्रत्येक व्यक्ति लोकतंत्र में अपनी भागीदारी सुनिश्चित करेगा ताकि विकास केवल कागजों तक सीमित न रह, और जब पर्यावरण संरक्षण होगा, ताकि लाया हुआ विकास मानव-निर्मित आपदाओं में न बदल जाए क्योंकि आत्मनिर्भरता का संबंध केवल आर्थिक स्वावलंबन से नहीं अपितु सामाजिक और राजनीतिक विकास से भी है।

अगर हम सबसे कम लागत पर चाँद तक पहुंच सकते हैं, दुनिया को डिजिटल भुगतान का रास्ता दिखा सकते हैं, वैक्सीन निर्माण और वितरण में रिकॉर्ड कायम कर सकते हैं, तो हमें रोक पाना असंभव है। इसलिए अब हम सबको मिलकर एक ऐसी क्रांति लानी होगी जिससे आत्मनिर्भर भारत की भव्य इमारत का निर्माण हो सके क्योंकि “जोश है, जुनून है, हिम्मत का इम्तिहान है, अब आत्मनिर्भर भारत ही हमारी असली पहचान है।”

दिशा

बी.कॉम. तृतीय वर्ष

नारी

मैं कोई ओर नहीं, मैं भारत की नारी हूँ,
जो घर के साथ साथ बाहर भी कंधे से कंधा मिलाकर चलना जानती है।
चाहे राह में आए लाख मुश्किलें,
उनसे भी डट कर सामना करना जानती हूँ।
मैं खेतों में भी करती हूँ काम,
बाहर भी कमाने जाती हूँ,
दिन भर न मिलता है आराम,
फिर भी कभी नहीं घबराती हूँ।
मुझे पढ़ने के लिए कॉलेज भी जाना पड़ता है,
वापिस आकर घर का काम भी करना पड़ता है,
अपने सपने साकार करने के लिए समाज से ही नहीं
बल्कि खुद से भी लड़ना पड़ता है।
सभी की बातों को सुनकर,
फिर भी चुप रह जाती हूँ,
सहने की क्षमता इतनी दी है भगवान ने,
तभी तो मैं नारी कहलाती हूँ।
बचपन से ही मैंने अपने जीवन में बड़े उतार चढ़ाव देखे हैं,

दूसरों के साथ अपनों के भी बदलते स्वभाव देखे हैं।
पर न मानी कभी हार मैंने,
न डर कर कभी भी बैठी हूँ,
लाख मुश्किलों का किया सामना,
फिर भी डट कर खड़ी रहती हूँ।
अपने घर में ही मुझे पराया समझा जाता है,
जब भी आए बेटा बेटा की बात,
हमेशा बेटे का ही साथ दिया जाता है।
शादी करके जब आई दूसरे घर में,
वहां भी ऐसा ही माहौल देखने को मिलता है।
चाहे आए मेरे सपनों में हजारों कांटे,
उनका मुंह तोड़ जवाब देना है।
मैं भारत की नारी हूँ,
अब बस सहना नहीं,
सबका डट कर सामना करना है।

समीक्षा ठाकुर

बी.कॉम. तृतीय वर्ष

फेयरवेल

वो आखिरी बेंच, वो आखिरी क्लास,
वो दोस्तों के साथ बिताया हर एक एहसास।

कभी हँसी में उड़ गए सालों के साल,
तो कभी आँसुओं ने सिखाया संभलना हर हाल।

क्लासरूम की दीवारें आज भी गवाह हैं,
हमारे सपनों की कहानी की राह हैं।

टीचर्स की सीख बनी हमारी पहचान,
उनके बिना अधूरी है ये पूरी उड़ान।

आज जब कॉलेज से विदा लेने का दिन आया है,
दिल भारी है, पर आँखों में नया सवेरा लाया है।

अलविदा कॉलेज ये दोस्ती हमेशा जिंदा रहेंगी।

रुबी

बी.ए. तृतीय वर्ष



मेरी आँख में आँसू है...

मेरी आँख में आँसू है मगर मैं रो नहीं सकती,
सफलता के पंख कटे, क्या कुछ हो नहीं सकता?
मेरी आँख में आँसू है मगर मैं रो नहीं सकती।
लोग ताने कसते हैं मेरी दुर्दशा पर हंसते हैं,
तानों के ऐसे बोझ को अब मैं ढो नहीं सकती।
मेरी आँख में आँसू है... मगर मैं रो नहीं सकती।
आशाएँ माँ बाप की जुड़ी हैं मुझसे,
चला था जब घर से वादा किया था खुद से,
मुश्किल कैसी भी हो आत्मविश्वास को खो नहीं सकती।
मेरी आँख में आँसू है मगर मैं रो नहीं सकती...
गम के काले बादल छा गये तो क्या
मुश्किलों के तूफान आ गये तो क्या।
एक रात के बाद अरुण ना आए, ऐसा हो नहीं सकता।
मेरी आँख में आँसू है मगर मैं रो नहीं सकती...

कोमल

बी.ए. तृतीय वर्ष

जरा सोचें

मैं नहीं कहती किताबों में भी लिखा है,
बच्चों के लिये माता-पिता का सब कुछ बिका है।
खून-पसीना बहा जिन्होंने हमें पाला है,
उनका हमने हर कहना टाला है।
उंगली पकड़ कर चलना सिखाया जिन्होंने,
तंगी में भी पढ़ाया-लिखाया जिन्होंने,
कोई पिता चलाये रिक्शा कोई माँ करे दिहाड़ी,
हमारी मुस्कान जिन्हें जान से प्यारी।
होकर आप गीले, सूखे में सुलाया हमें,
भूखे रह कर दो समय खिलाया हमें।
हमारी खुशियों के लिये जिन्होंने कड़वा घूँट पिया है,
आखिर हमने उनके लिये क्या किया है?

प्राची मिश्रा

बी.स.सी प्रथम वर्ष

रिश्ते

धीरे-धीरे अब रिश्ते बदलने लगे हैं,
अपना कहने वालों के दिलों में अब
तेरे मेरे के भाव भरने लगे हैं।

जुबान पे मिठास

और दिलों में कड़वाहट रखते हैं।

रिश्तों को अपने पन के भाव से नहीं
पैसे से परखते हैं।

खून के रिश्तों को

गरीबी-अमीरी के तराजू में तोलते हैं।

पैसों से कमजोर के लिए बेगानापन

और पैसे वालों के लिए बातों में

शहद घोलते हैं।

रुकसाना

बी.ए. तृतीय वर्ष

बचपन

जब बचपन था, तो जवानी एक ड्रीम था,
जब जवान हुए तो बचपन एक जमाना था।
जब घर में रहते थे, आजादी अच्छी लगती थी,
आज आजादी है, फिर भी घर जाने की जल्दी रहती है।
कभी होटल में जाना पिज्जा बर्गर खाना पसंद था,
आज घर पर आना और माँ के हाथ का खाना पसंद है।
स्कूल में जिनके साथ झगड़ते थे,
आज उनको ही इंटरनेट पे तलाशते हैं।
खुशी किसमें होती है, ये पता अब चला है।
बचपन क्या था, इसका एहसास अब हुआ है।
काश बदल सकते हम जिंदगी के कुछ साल,
काश जी सकते हम जिंदगी फिर एक बार।

अफरोज सलीम

बी.ए. तृतीय वर्ष

अकेलापन

अकेलापन कमज़ोरी नहीं, खुद से मिलने का रास्ता है।

अकेलापन कमज़ोरी नहीं, खुद से मिलने का रास्ता है।

जो अकेलेपन से भर जाता है, वो खुद, खुद से मिल जाता है।

जब साथ छोड़ दें सब तब, अकेलापन हाथ थाम जाता है।

जो घबराए अकेलेपन से वो मंजिल कौन जान पाता है।

अकेले रहकर खुद, खुद का साथी बन जाता है।

फिर बनाकर अपना रास्ता खुद आगे बढ़ जाता है।

अकेले रहकर ही मनुष्य, अपनी मंजिल तय कर पाता है।

जो अकेलेपन में रहना सीख जाता है वो खुद, खुद को जान पाता है।

अकेले रहकर वो खुद के लिए जीना सीख जाता है, फिर जमाने से न घबराता है।

अकेले चलकर फिर खुद, खुद का साथी बन जाता है।

अकेले चलकर फिर खुद, खुद का साथी बन जाता है।



माँ की ममता

माँ की ममता ईश्वर का वरदान है,
सच पूछो तो माँ इन्सान नहीं, भगवान है।
माँ के चरणों में जन्त का हर रूप होता है,
माँ में ही ईश्वर का स्वरूप होता है।
माँ जो हर बच्चे के दिल की चाह होती है,
मुसीबत में एक नई राह होती है।
जो हर किसी के करीब नहीं होती,
जो हर किसी को नसीब नहीं होती।
जो हर बच्चे की जान होती है,
जो हर रिश्ते का मान होती है।
सभी का एकमात्र अरमान होती है,
माँ की एहमियत उनसे पूछो जिनकी माँ नहीं होती है।

ऑंचल पाण्डेय

बी.एस.सी प्रथम वर्ष

सुनहरे भविष्य का मार्गदर्शक

ज्ञान का दर्पण, आशाओं की यह किताब है,
सपनों को सच करने का प्यारा सा जवाब है।
प्रॉस्पेक्टस की हर एक पंक्ति में, छुपे सुनहरे रास्ते हैं,
जो लेकर जाएगी तुम्हें मंजिल, जहाँ सफलता के वास्ते हैं।

कोर्स, शिक्षक और कैंपस की शान बताती है,
नई ऊँचाइयों को छूने की, ये सीख सिखाती है।
अनुशासन, संस्कार और मेहनत का पाठ पढ़ाती है,
यह किताब नहीं, उज्ज्वल भविष्य का पाठ पढ़ाती है।

शिक्षक और ज्ञान का यह अनोखा संगम है,
आओ मिलकर कदम बढ़ाएँ, क्योंकि आज ही तो समय है।

प्रॉस्पेक्टस के पन्ने पलटो, ज्ञान की अलख जगाओ,
राहें इसमें छिपी हैं सारी अपनी मंजिल चुन जाओ तुम,
अनुभव के रंग हैं इसमें, शिक्षा की खुशबू आती है,
ये छोटी सी किताब, जीवन के मायने समझाती है।

हरसिमरन कौर

बी.कॉम. द्वितीय वर्ष

अमीषा
बी.ए. द्वितीय वर्ष

कॉलेज की विदाई

डेटशीट आई, पेपर आने का डर नहीं था
फिर भी दिल में एक अलग सा डर था।
कॉलेज खत्म हो जाए, ये

आखिरी परीक्षा है,,

क्या होगा आगे क्या बीता पीछे?
तीन साल की यात्रा, अब समाप्त होने को है।

यादें बसी रहेंगी दिल में हमेशा।
कॉलेज की दहलीज पर, खड़े
होकर सोचता हूँ, बीते हुए पल, जो कभी
नहीं भूलेंगे।

अंतिम परीक्षा, दिल को चीर गई, पर यादें
हमेशा, मेरे साथ रहेंगी। कॉलेज को अलविदा
अब बस एक याद है, जो हमेशा मेरे दिल
में बसी रहेगी।

सर्वजीत कौर
बी.ए. तृतीय वर्ष



मित्रता

मित्रता एक ऐसा रिश्ता है जो पारिवारिक या खून से संबंधित न होने के बावजूद भी उनसे कम भरोसेमंद नहीं होती। सच्ची दोस्ती कम ही नसीब होती है। वह जीवन की बड़ी उपलब्धियों के रूप में होती है।

मेरी दोस्त मेरे जीवन में कुछ खास है, जो मेरी हर मुश्किल समय में मेरी मदद करती हैं। वो हर मुश्किल समय में मुझे सही रास्ता दिखाती हैं।

अपनी व्यस्त दिनचर्या के बावजूद उसके पास मेरे लिये हमेशा समय होता है। वो मेरे लिये एक दोस्त से भी बढ़ कर है क्योंकि वो हमेशा मुझे सही रास्ता दिखाती है, जब भी मैं कठिन परिस्थितियों में होती हूँ।

वो हमेशा अच्छे मूड में रहती है और गलत रास्तों से कभी समझौता नहीं करती है। वो हमेशा बड़े लोगों की आज्ञा का पालन करती है।

हमारी पसंद और नापसंद अलग है, फिर भी हम दोनों सबसे अच्छे दोस्त हैं।

ऊषा देवी
22110249

घायल पंख हुए, हौसला नहीं

एक पिंजरे में कैद एक चिड़िया खुद को देखती रहती,
बाकी चिड़ियों को उड़ता देख, अपने पंख ना होने पर रोती रहती,
सोचती! मैं क्यों नहीं हूँ औरों जैसी,
क्यों मुझमें कमी है ऐसी, बेबस, लाचार, पिंजरे में पड़ी, अपनी बेबसी पर वो
रोती रहती।

हालांकि पंख हैं उसके पास, पर उसने कभी समझी नहीं ये बात,
पिंजरे में कभी पंखों को खोल न पाई,
वो उड़ सकती है खुद से बोल न पाई।
वो सोचती मैं लाचार हूँ, पंखों से बेज़ार हूँ,
उड़ूँ कैसे इस आसमान में, मैं हर तरह से बेकार हूँ।

एक दिन बाज़ ने किया उस पर वार,
बचाने के लिए जान, चिड़िया को भरनी पड़ी उड़ान,
डर से निकलकर, साहस का रास्ता चुनना पड़ा,
जिस उड़ान से डर था उसे, जान बचाने के लिए उसी उड़ान को भरना पड़ा।

आसमान में उड़कर, आज़ादी का एहसास हुआ,
पिंजरे से पीछा छूटा, और अपनी ताकत से मिलाप हुआ।
उड़ान भरकर अपने पंखों की ताकत समझ पाई,
वो भी उड़ सकती है, इस बात को समझ पाई।
इस चिड़िया की कहानी एक सीख देकर जाती है-
“जो खामोशी को चीरकर ना निकले वो तूफ़ान कैसा,
और जो गिरकर फिर से ना संभले वो इंसान कैसा?”

अनु देवी
बी.कॉम तृतीय वर्ष

आँखें

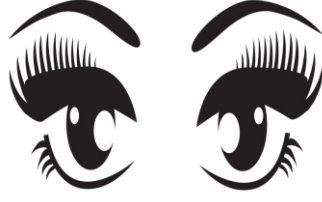
ये आँखें अक्सर धोखा दे जाती हैं,
कभी मेरे झूठ, कभी मेरी बात से
मुकर के, मुझे एक मौका दे जाती हैं,
कि मैं अडिग रहूँ अपने सच पर,
वो साथ देगी, भले फिर शर्म लिये,
झुक के नम होकर भी दृढ़ता लिये।
उठ कर, गिर कर, ये आँखें एक अदा
एक भाव अनोखा दे जाती हैं।
कुछ आँखें ऐसी होती हैं
जिनमें विश्वास झलकता है।
मेरे हर सही गलत को मानो
कोई है, जो परखता है,
इस अनजान दुनिया में
रोज़ नया कोई मिल जाता है
पर उन कुछ आँखों को देख
मेरा हर दोष बिलख जाता है।
क्रोध, घृणा और द्वेष से लेकर
प्यार, चिंता, पागलपन तक
सब कुछ 'कह' जाती हैं ये दोनों
फिर भी ख्वाब संजो के रह जाती हैं,
कभी ये मुझसे छल करके,
अंतर का झरोखा दे जाती हैं!
ये आँखें, अक्सर ही धोखा दे जाती हैं।

कुमारी खुशी
बी.कॉम. तृतीय वर्ष

हट्टा-कट्टा मोबाइल

ये मोबाइल.....
यों ही हट्टा-कट्टा नहीं हुआ है,
इसने बहुत कुछ खाया-पिया है।
अब आप पूछेंगे, ऐसा क्या खाया... तो सुनिए,
ये हाथ की घड़ियाँ खा गया,
ये चिट्ठी पत्तियाँ खा गया,
इसने रेडियो खा लिया,
टेप रिकॉर्डर और कैमरे चबा गया।
ये टॉर्च लाइट खा गया,
ये मोबाइल... किताबें खा गया,
तन्हाइयाँ पीकर, पड़ोस की दोस्ती और मेल-मिलाप खा गया।
और जिन्दगी में सबसे कीमती चीज,
ये मोबाइल लोगों का वक्त खा रहा है!
ऐसे ही हट्टा-कट्टा नहीं है ये जनाब,
मोबाइल सबका-सब कुछ लूट रहा है!
ये लोगों की तंदुरुस्ती खा रहा है,
ये लोगों को रोगी बना रहा है।
छोटे-छोटे बच्चों को ये अपना शिकार बना रहा है,
कहाँ अच्छे के लिए बनाया था इसे,
कहाँ गलत उपयोग में लाया जा रहा है,
ये मोबाइल ऐसे ही हट्टा-कट्टा नहीं हुआ जनाब,
ये सब लोगों का सुख-चैन सब खा रहा है!

अनु देवी
बी.कॉम. तृतीय वर्ष



राधा-राधा

पशु-पक्षी और हर जानवर तरस जाता है,
पर मानव ही है, जो "राधा-राधा" नाम जप पाता है।
राधा-राधा नाम सारा कष्ट मिटाता है,
राधे-श्याम कह दो तो मंगलमयी जीवन हो जाता है!
सबको नचाने वाला, तुम्हारे संग नाचने चला आता है,
तुम प्यार से बुलाओ तो सही,
देखना कैसे यशोदा का लाला, दौड़ा चला आता है।
ज्यादा कुछ नहीं मांगता, ये नंद का लाला,
माखन मिश्री में ही कुछ खुश हो जाता है।
"राधा-राधा" नाम लेते ही, मंद मंद मुस्कुराता है,
मैं राधा बुलाऊँ, और कृष्ण दौड़ा चला आता है!
जब ये तुम्हें अपना बनाएंगे,
दुनिया से मोह खत्म होता नजर आएगा।
हर रिश्ता, हर इंसान, तुम्हें दूर होता नजर आएगा,
जब श्याम प्यारा तुम्हारी जिन्दगी में आएगा।
श्रीजी तो इतनी भोली हैं हमारी, मैं एक पुष्प चढ़ा दूँ,
उसमें ही खुश हो जाती हैं।
मैं उनके सामने रो तो क्या दूँ,
मेरी श्रीजी मुझे मेरी माँ जैसे संभालती हैं।
मेरे कष्ट खत्म कर, मेरा हाथ थाम लेती हैं,
उनकी मुस्कुराहट तो जन्मों-जन्मों के कष्ट हर लेती है,
मैं राधा-राधा जपूँ, तो श्रीजी मुस्कुरा देती ह,
वो बरसाना की लाइली है, जो "राधा-राधा" जपने से निकुंज बुला लेती है,
वो लाइली जू हैं हमारी, जो मुझे मेरी माँ का प्यार देती हैं।
राधा-राधा जपते में ऐसी उसमें खो गई,
दुनिया से मोह छूटा, और मैं 'राधा-कृष्ण' की दीवानी हो गई!

अनु देवी
बी.कॉम. तृतीय वर्ष



शिक्षकों को समर्पित कविता

शिक्षक की गोद में उत्थान पलता है,
जहां सारा शिक्षक के पीछे चलता है।
शिक्षक का बोया पेड़ बनता है,
काल की गति को शिक्षक मोड़ सकता है!
शिक्षक की महिमा महान् होती है,
शिक्षक बिन अधूरी वसुंधरा रहती है!
याद रखो चाणक्य ने इतिहास बना डाला था,
क्रूर मगध राजा को मिट्टी में मिला डाला था,
बालक चन्द्रगुप्त को चक्रवर्ती सम्राट बनाया था।
संदीपनी से गुरु, सदियों से होते आये हैं
कृष्ण जैसे नन्हें बीज बोते आए हैं,
शिक्षक से ही अर्जुन और युद्धिष्ठिर जैसे नाम हैं।
शिक्षक की निंदा करने से दुर्योधन बदनाम है!
बहुत बड़ी जिम्मेदारी को हमने गले लगाया है।
शिक्षकों से ज्ञान लेकर, खुद शिक्षक बनने का सपना सजाया है।
अपने शिक्षक बनने पर, हम भी खुशी महसूस करेंगे,
इस समाज में हम भी अपनी शिक्षा दान करेंगे।

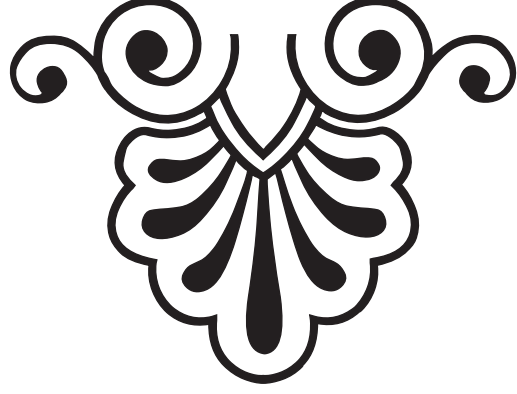
कुमारी खुशी
बी.कॉम. तृतीय वर्ष

दोस्तों भुला न देना

साल आखिरी है दोस्तों इस कॉलेज में हमारा,
लेकिन तुम भूल न जाना वो साथ हमारा तुम्हारा,
आये थे स्कूल कॉलेज में सीख कुछ पाने को,
जा रहे हैं इस कॉलेज से कुछ नया कर दिखाने को,
साथ गुजारे जो पल हम याद रखेंगे उम्रभर
हम चाहे चले जहाँ भी जायें भूलेंगे न तुम्हें हम।

हो सकता है अनजाने में दिल किसी का दुखा दिया हो।
इन बातों को भुला देना तुम याद न रखना भूलकर भी,
पछतावा तो हमें भी होगा इन बातों का कभी-कभी,
यारों जिंदगी तो धूप और छाँव हैं,
मिलकर बिछड़ना ही जिंदगी का नाम है,
हमारे चाहने वालों को मेरा पैगाम है,
याद हमें जरूर रखना चाहे जो मुकाम हो।
गुरुजनों को प्रणाम है दोस्तों को सलाम है
जाने से पहले शत-शत बार तुम्हें मेरा प्रणाम है!

कुमारी खुशी
बी.कॉम. तृतीय वर्ष

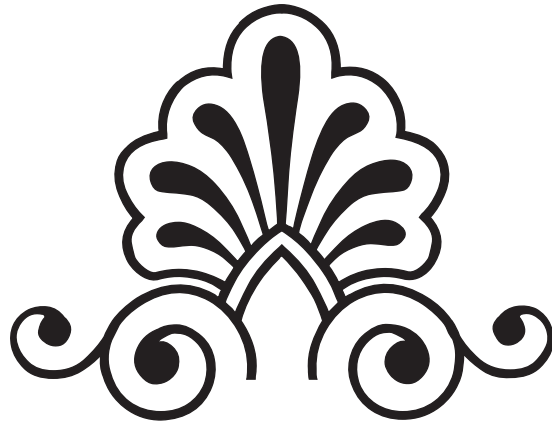


पर्वत रेखा



पहाड़ी अनुभाग

2025-26

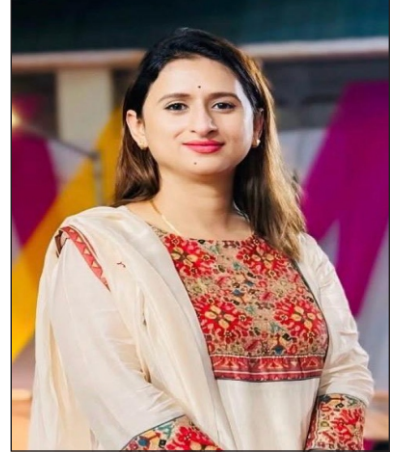


प्राध्यापक संपादक

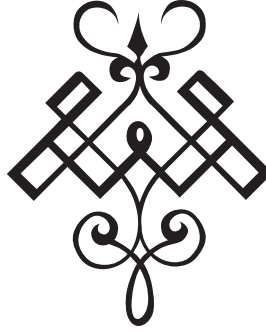
पहाड़ी भाषा अते संस्कृति साडी समृद्ध विरासत दा अहम हिस्सा न। इस बोली च साडे जीवन दे अनुभव, लोक-परंपरां दी गरमाहट अते प्रकृति नाल साडा गहरा नाता झलकदा ऐ। बदलदे समय दे नाल, स्थानीय भाषावां नूं संजोए रखना अते नवी पीढ़ी तक पहुंचाणा साडी सांझी जिम्मेदारी बनदी जा रही ऐ।

कॉलेज मैगजीन दा एह पहाड़ी अनुभाग विद्यार्थियां नूं अपनी मातृभाषा च लिखण अते अपने सांस्कृतिक अनुभव साझा करन दा सार्थक मंच प्रदान करदा ऐ। उम्मीद ऐ कि विद्यार्थी इस माध्यम नाल पहाड़ी जीवन, लोक-संस्कृति अते परंपरां नूं शब्दां च अभिव्यक्त करदे होए अपनी पहचान नूं मजबूत करंगे।

आओ, असी मिलके अपनी पहाड़ी बोली अते सांस्कृतिक धरोहर नूं संजोण अते अगली पीढ़ी तक पहुंचाण दा प्रयास जारी रखीए।



डॉ. प्रियंका

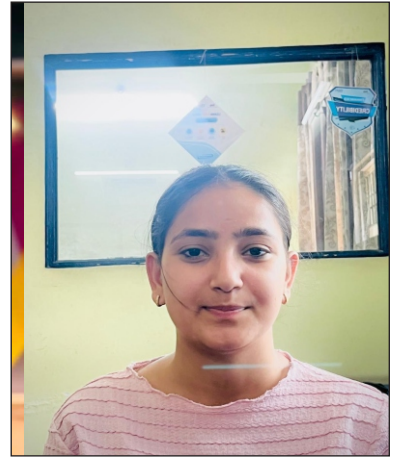


छात्रा संपादिका

प्रिय दोस्तों राजकीय स्नातकोत्तर महाविद्यालय नालागढ़ री वार्षिक पर्वत रेखा रे पहाड़ी अनुभाग जो पढ़ने वालियां सभी पाठक वर्ग जो मेरा प्यार भरा नमस्कार। मैं, पहाड़ी अनुभाग से विशाखा तुसो सभी रा वार्षिक पत्रिका पर्वत रेखा चे स्वागत करुंगई। हाऊं सभी प्राध्यापक वर्गा री बहुत-बहुत आभारी हुई तिनाने मिन्जो पहाड़ी अनुभाग री संपादक बनने रा मौका दितया।

दोस्तों पहाड़ी आसारी करेलू भाषा ई। आसे बचपनो तेएई भाषा बोली साथ पढ़ी लिखी और सिखी पर पहाड़ी भाषा सीखने खातिर ए पहाड़ी अनुभाग बोत इ बढ़िया साधन आ आसा ते बाद वी आऊने वाले पाठकों ने आसा री भाषा और विचार एस पहाड़ी अनुभाग ते जानने। हाऊं तुसा सभी जो ए ई बोलना चाउई पई तुसे हमेशा मेहनत करदे रहना काउंकी दुनियां रा सबसे बड़ा गुणा तुसा री अपणि मेहनत ई।

चांद बन इस दुनियां पर छाएं, चाह, नहीं हर दिल अजीज कहलाए। चाह है तो बस इतनी, कि हम बनके सितारा ये आसमां चमकाए।

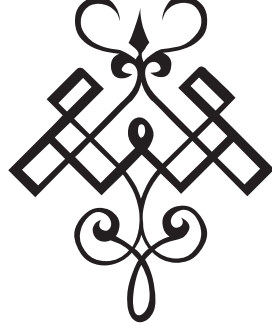


(विशाखा)
(बी. ए. तीजा साल)

मेरा पहाड़

मेरे पहाड़ा दी ठंडी हवा,
मन नू बड़ा सुकून दिंदी,
देवदारां दी खुशबू आई,
रूह तक जाके बस जांदी।
पगडंडी ते चलदी जिंदगी,
हौली-हौली पर सच्ची,
शहरा दी भीड़ तो दूर,
ए दुनिया लगदी कच्ची।
ना दिखावा, ना शोर इत्ते,
बस सादगी दा राज,
मेरा पहाड़ मेरी शान ऐ,
एहदा हर इक अंदाज

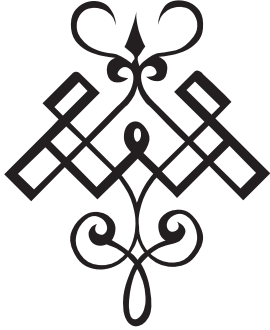
संजना
बी.ए. तृतीय वर्ष



पहाड़ां दे विच इक घर मेरा

पहाड़ां दे विच इक घर मेरा,
लगदा मैनुं बहुत ही प्यारा।
सवेरे-सवेरे सूरज चढ़दा,
सारा आकाश सोणा लगदा।
ठंडी हवा जदों चलदी,
पेड़ां दी डाली हौले हिलदी।
नदी किनारे बैठा जावां,
मीठे गीत हवा दे गावां।
चिड़ियां बोलण टहनी ऊपर,
फूल खिड़दे बागां अंदर।
खेतां विच किसान जांदे,
मेहनतके अन्न उगांदे।
सर्दी आए बर्फ पवावे,
सारा गांव सफेद बनावे।
पहाड़ी जीवन बहुत सुहाणा,
मन नूं लगदा बड़ा निराला।

नेहा
बी. ए. तृतीय वर्ष



हरे-भरे ने पहाड़ साडे

हरे-भरे ने पहाड़ साडे,
सुंदर लगदे गांव ने साडे।
ठंडी हवा चले दिन-राती,
खुश रहिंदी हर इक वादी।
नदी-नाले बहदे रहिंदे,
मीठे सुर हर पासे दिन्दे।
पेड़ां ऊपर फल ने लगदे,
लोक खुशी नाल गीत ने गोंदे।
खेतां विच मक्की लहरावे,
किसान खुशी नाल मुस्करावे।
बरखा आए पानी ल्यावे,
धरती नूं हरियाली दे जावे।
सर्दी आए बर्फ वे,
सारा गांव सफेद बनावे।
पहाड़ी लोक दिल दे सच्चे,
मेहनती ते बहुत ही अच्छे।
मेनुं अपना पहाड़ प्यारा,
इथे दा जीवन सबसे न्यारा।

निक्की
बी. ए. तृतीय वर्ष

मेरी पहाड़ी धरती

मेरी पहाड़ी धरती बहुत सुंदर ऐ। इथे ऊँचे-ऊँचे पहाड़, हरे-भरे जंगल ते साफ नदी-नाले ने। सवेरे-सवेरे जदों सूरज निकलदा ऐ, तां सारे पहाड़ सुनहरे लगदे ने। पहाड़ां दी ठंडी हवा मन नूं बहुत सुकून दिन्दी ऐ।

पहाड़ी लोग बहुत सीधे-सादे ते मेहनती होंदे ने। ओ अपने खेतां च काम करदे ने ते दूध, मक्खन, घी वरगे चीजां बनादे ने। पहाड़ां च सेब, आलू ते मक्की बहुत होन्दी ऐ।

संजना
बी. ए तृतीय वर्ष



पहाड़ी जीवन

पहाड़ी जीवन बहुत सरल ते शांत होंदा ऐ। इथे दे लोक सुबह जल्दी उठदे ने ते अपने रोजाना दे कम्मां च लग जान्दे ने। कोई खेतां च कम्म करदा ऐ, कोई पशुआं दी देखभाल करदा ऐ ते कोई बाजार जांदा ऐ।

पहाड़ां च मौसम बहुत सुहाणा होंदा ऐ। गर्मियां च ठंडी हवा चलदी ऐ ते सर्दियां च बर्फ पेंदी ऐ। जदों सारे पहाड़ बर्फ नाल ढक जान्दे ने, तां बहुत सुंदर लगदे ने।

पहाड़ी लोक अपने रीति-रिवाजां नूं बहुत मान दे ने। शादी, त्योहार ते मेल्यां च सारे लोक इकट्ठे होके खुशियां मनादे ने। लोक गीत ते नाटी नाच पहाड़ी संसति दा हिस्सा ने।

पहाड़ां च साफ पानी, ताजी हवा ते हरियाली बहुत मिलदी ऐ। इस करके इथे दा जीवन शहरां दे मुकाबले ज्यादा अच्छा लगदा ऐ। हालांकि पहाड़ां च स्कूल, अस्पताल ते सड़कां दी कुछ मुश्किल वी होंदी ऐ, पर फेर वी लोक खुश रहिंदे ने।

मेनूं पहाड़ी जीवन बहुत पसंद ऐ, क्योंकि इथे शांति, प्यार ते प्रेति दा सुंदर मेल मिलदा ऐ।

मुसकान
बी.ए. तृतीय वर्ष



पहाड़ी नदी

पहाड़ां च बहण वालियां नदियां बहुत सुंदर ते साफ होंदियां ने। इना दा पानी ठंडा ते मीठा होंदा ऐ। नदियां पहाड़ां दी शान होंदियां ने, क्योंकि इना नाल खेतां नूं पानी मिलदा ऐ ते लोकां नूं रोजमर्रा दे कम्मां च मदद मिलदी ऐ।

बरफ पिघलण नाल पहाड़ां च नदियां बहण लगदियां ने। कई वार बरसात दे मौसम च इना दा पानी बहुत वध जान्दा ऐ। नदी दे किनारे बैठेया बहुत शांति महसूस होंदी ऐ।

पहाड़ी नदियां दे आसपास पेड़-पौधे, पत्थर ते छोटे-छोटे झरने बहुत सुंदर लगदे ने। कई लोक इथे घूमण, फोटो खिचण ते पिकनिक मनाण वी आउंदे ने

रुवी
बी. ए. तृतीय वर्ष

पहाड़ी संस्कृति

पहाड़ी संस्कृति बहुत पुरानी ते रंग-बिरंगी ऐ। पहाड़ां दे लोक अपनी परंपरावां, पहनावे, खान-पान ते बोलचाल नूं आज वी संभाल के रखदे ने। इथे दे लोक बहुत मिलनसार ते मेहमाननवाज होंदे ने।

पहाड़ी औरतां रंग-बिरंगे कपड़े पहनदियां ने ते आदमी कुर्ता, पजामा ते टोपी पहनदे ने। कई जगहां ते खास पहाड़ी टोपी बहुत मशहूर ऐ। शादी-वियाह ते त्योहारां च लोक अपने पारंपरिक कपड़े पहनदे ने।

पहाड़ी खान-पान वी बहुत स्वादिष्ट होंदा ऐ। मक्की दी रोटी, सरसों दा साग, राजमा, चावल, घी ते दही इथे बहुत पसंद कीते जान्दे ने। कई जगहां ते सिद्धू, मदरा ते चने दा खास भोजन वी बनाया जान्दा

सुहानी
बी. ए. तृतीय वर्ष



पहाड़ी त्योहार

पहाड़ां च त्योहार बहुत खुशी ते उत्साह नाल मनाए जान्दे ने। हर त्योहार दे नाल लोकां दी भावना, परंपरा ते संस्कृति जुड़ी होंदी ऐ। जदों कोई त्योहार आउंदा ऐ, तां सारे पिंड च खुशी दा माहौल बन जान्दा ऐ।

लोहरी, बैसाखी, दिवाली ते दशहरा पहाड़ां च बड़े चाव नाल मनाए जान्दे ने। लोहरी दे समय लोक आग दे चारों पासे बैठदे ने, गाणे गोंदे ने ते नाचदे ने। बैसाखी खेती-बाड़ी नाल जुड़िया खुशी दा त्योहार ऐ।

दिवाली दे दिन सारे घर दीपकां ते रोशनियां नाल सजाए जान्दे ने। बच्चे पटाखे चलादे ने ते मिठाइयां खांदे ने। दशहरे दे मौके ते कई जगहां च मेल्यां लगदे ने ते रामलीला हुंदी ने।

लक्ष्मी
बी. ए. तृतीय वर्ष



पहाड़ी गाँवां दे लोक

पहाड़ी गाँव बहुत सुंदर ते शांत होंदे ने। इथे चारों पासे पहाड़, जंगल, खेत ते नदी-नाले दिखाई दिन्दे ने। गाँव दा वातावरण बहुत साफ-सुथरा ते ताजी हवा नाल भरया होंदा ऐ।

पहाड़ी गाँवां दे लोक बहुत मेहनती होंदे ने। ओ सुबह जल्दी उठके खेतां च काम करदे ने, पशू पालदे ने ते अपने घरां दा सारा काम वी खुद करदे ने। औरतां वी घर दे नाल-नाल खेती-बाड़ी च बराबर दा योगदान दिन्दियां ने।

गाँवां च छोटे-छोटे घर होंदे ने, जिनां दे आसपास पेड़-पौधे लगे होंदे ने। कई घरां च गाय, भैंस, बकरियां ते मुर्गियां वी पाली जान्दियां ने। बच्चे खुले मैदानां च खेलदे ने ते स्कूल जान्दे ने।

बनीता
बी. ए. तृतीय वर्ष

पहाड़ी प्रकृति

पहाड़ों की प्रकृति बहुत सुंदर ते मन मोहण वाली होंदी ऐ। इथे ऊँचे-ऊँचे पहाड़, घने जंगल, झरने, नदी-नाले ते हरे-भरे खेत देखने नूं मिलदे ने। हर मौसम च पहाड़ों दा रंग बदलदा रहिंदा ऐ।

बसंत दे मौसम च फूल खिल जान्दे ने ते सारे पहाड़ रंग-बिरंगे लगदे ने। गर्मियां च ठंडी हवा चलदी ऐ, जिस कारण लोग दूर-दूरों इथे घूमण आउंदे ने। बरसात च पहाड़ होर वी हरे-भरे हो जान्दे ने ते झरने बहुते सुंदर लगदे ने।

सर्दियां च जदों बर्फ पेंदी ऐ, तां सारे पहाड़ सफेद चादर नाल ढक जान्दे ने। बच्चे बर्फ च खेलदे ने ते लोक आग दे कोल बैठके गर्मी लेंदे ने। इस समय पहाड़ों दा नजारा बहुत ही मनमोहक लग दा ऐ।

पायल
बी. ए. तृतीय वर्ष

पहाड़ी खाना

पहाड़ी खाना बहुत स्वादिष्ट ते सेहतमंद होंदा ऐ। इथे दे लोक ज्यादा तर घर दा बना होया खाना पसंद करदे ने। पहाड़ों च ताजी सब्जियां, दूध, दही, घी ते अनाज आसानी नाल मिल जान्दे ने।

मक्की दी रोटी, सरसों दा साग, राजमा-चावल, दाल ते चावल पहाड़ी लोकां दे मनपसंद भोजन ने। कई जगहां च सिद्धू, मदरा, बबरू, चना मदरा ते मीठा चावल वी बहुत पसंद कीता जान्दा ऐ।

सर्दियां च लोक घी, मक्खन ते गर्म भोजन ज्यादा खांदे ने, ताकि शरीर नूं गर्मी मिले। चाय वी पहाड़ी जीवन दा अहम हिस्सा ऐ। लोक सुबह ते शाम चाय पीणा बहुत पसंद करदे ने।

अंकु
बी.ए. तृतीय वर्ष

पहाड़ी लोग

पहाड़ी लोग बहुत सीधे-सादे, मेहनती ते ईमानदार होंदे ने। ओ हमेशा मिलजुल के रहिणा पसंद करदे ने। पहाड़ों च लोक इक-दूजे वी मदद करदे ने ते दुख-सुख च साथ निभादे ने।

पहाड़ी लोक सुबह जल्दी उठदे ने ते अपने काम च लग जान्दे ने। कोई खेती करदा ऐ, कोई पशू पालदा ऐ ते कोई नौकरी या व्यापार करदा ऐ। औरतां वी बहुत मेहनत करदियां ने। ओ घर दे काम दे नाल-नाल खेतां च वी हाथ बटांदियां ने।

पहाड़ी लोग मेहमानां दा बहुत आदर करदे ने। जे कोई मेहमान घर आवे, तां ओनूं प्यार नाल खाना खिलाया जान्दा ऐ ते पूरा सत्कार कीता जान्दा ऐ। इस करके पहाड़ी लोकां दी मेहमाननवाजी बहुत मशहूर ऐ।

पहाड़ी लोग अपनी संस्कृति, भाषा ते परंपरावां नूं बहुत प्यार करदे ने। त्योहार, मेले, नाटी नाच ते लोक गीत इनां दे जीवन दा हिस्सा ने। छोटे-बड़े सारे लोक इनां च हिस्सा लेंदे ने।

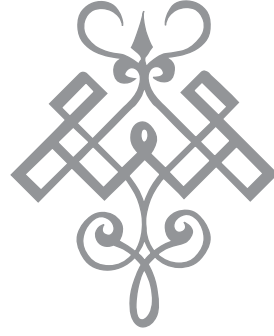
हालांकि पहाड़ों च जिंदगी च कई मुश्किलां वी होंदियां ने, जिवें सड़कां दी कमी, दूर स्कूल ते अस्पताल, पर फेर वी पहाड़ी लोग हमेशा खुश ते हिम्मती रहिंदे ने।

पुष्पजीत
बी. ए. तृतीय वर्ष

पहाड़ री सुरीली हवा

पहाड़ री सुरीली हवा
ओ मेरे पहाड़ी, ओ मेरे बणा,
तेरी ऊँची चोटी, तेरो सुंदरा बणा।
कल-कल बगेणी, ए ठंडीणी धारे,
मन हरषौंदी, ए प्यारी प्यारी डारे।
मट्टा-मट्टा चलणी, ए ठंडी पाणी,
धूँघट काढ़णी, ए प्यारी सयाणी।
सबेरे-सबेरे, ए पंछी री चहक,
कोयल री बोली, ए मीठी सी महक।
देवता री भूमि, ए पावन धाम,
सभ्य संस्कृति, ए रीत और नाम।
ओ मेरे पहाड़ी, तूँ सादा और भोला,
तेरी पहाड़ी बोली, ए मीठा-मीठा चोला।

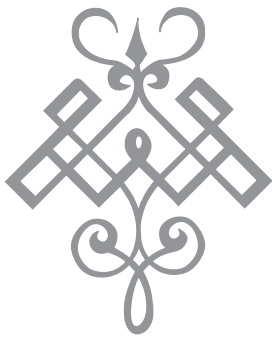
जसतिना
बी. ए. तृतीय वर्ष



पहाड़ी जीवन

सुबह-सुबह सूरज चढ़दा,
पहाड़ां ऊपर रंग बिखरदा।
ठंडी हवा जदों चलदी,
हर इक डाली हौले हिलदी।
नदी-नाले बहदे जांदे,
मीठे सुर विच गीत सुनांदे।
हरे-भरे खेतां दे नजारे,
लगदे बहुत ही सुंदर सारे।
पेड़ां ऊपर फल ने लगे,
बच्चे खुश होके फिरदे भगे।
चिड़ियां गाउन सवेरे-सवेरे,
मन नूं लगदे गीत ने प्यारे।
सर्दी आए बर्फ पवावे,
सारा गांव सफेद बनावे।
पहाड़ी लोक मेहनत करदे,
खुशी-खुशी सारे दिन लंगदे।
मेनूं अपना गांव प्यारा,
इथे दा जीवन सबसे न्यारा।

संदिप कौर
बी. ए. तृतीय वर्ष



NCC Activities



NSS Activities



Red Cross Club



Road Safety Club



ECO Club



Career Counselling & Placement Cell



Election Awareness Campaign



OSA



Rovers and Rangers Unit



Industrial Visit



Health Camp



Sparsh



PARBAT REKHA

Govt. College, Nalagarh

Statement regarding ownership and other particulars about 'Parbat Rekha' magazine of Govt. College, Nalagarh as required under rule (8) of the registration of the newspaper (Central Rules, 1956)

FORM - IV

(See Rule 8)

1. Place of Publication : Nalagarh, Distt. Solan (H.P.)
2. Periodicity of Publication : Annual
3. Printer's Name : JITENDER BASSI
Nationality : Indian
Address : NEW TECH TRADERS, MAIN BAZAR, NALAGARH
4. Publisher's Name : Principal
Nationality : Indian
Address : Govt. College, Nalagarh (H.P.)
5. Chief Editor's Name : Dr. Shipra
Nationality : Indian
Address : Govt. College, Nalagarh (H.P.)
6. Name and Address of the Individuals : Principal
who own the newspaper and partners : Govt. College, Nalagarh (H.P.)
or shareholders holding more than one
percent of the total capital

I, Dr. Shipra hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dr. Shipra
Chief Editor
PARBAT REKHA

Note : The views expressed in the articles are those of the contributors and the Editor does not necessarily agree with them

Principal with Non-Teaching Staff



Principal with Teaching Staff

