



Estd. 1965

हमीर

2024-25

Teaching Staff with Chief Minister & Principal



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"HAMIR"

2024-25



Estd. 1965

N.S.C.B.M. Govt. College Hamirpur (H.P.)

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

Dr. Pramod Patial
Principal

Editorial Board

Principal : Dr. Pramod Patial

Chief Editor : Prof. Prakash Thakur

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Annual Report		

Rohit Thakur
Higher, Elementary
Education Minister



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Message

To the Resilient Students and Dedicated Staff of Netaji Subhash Chander Bose Memorial Govt. College Hamirpur,

Heartfelt congratulations on the triumphant unveiling of the latest edition of Hamir, the College Magazine. Your unwavering commitment of fervor for literature and creativity have once again graced the pages of this remarkable publication.

Hamir stands as a living testament to the amalgamation of your collective talents, creativity, and indomitable spirit. Within its covers, one finds the essence of your hard work, dedication, and collaborative efforts, showcased through a myriad of captivating stories, insightful articles, and breathtaking artwork.

This achievement is not merely a showcase of literary prowess but a celebration of teamwork, perseverance, and the relentless pursuit of excellence. Your unwavering dedication to bringing Hamir to life is not only commendable but serves as an inspiration to all.

May this edition of Hamir be a perennial source of inspiration, sparking creativity and fostering a profound love for knowledge among generations to come. Congratulations once again to the entire team for this outstanding accomplishment.

(Rohit Thakur)

Dr. Amarjeet K. Sharma
Director (Higher Education)



Directorate of Higher Education
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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)

Principal's Message ...

Dear Readers,

It is with great pride and joy that I introduce this edition of Hamir, a publication that showcases the collaborative spirit and relentless dedication of both our students and faculty here at Netaji Subhash Chandra Bose Memorial Government College Hamirpur. This magazine is a mirror reflecting the vitality and distinctiveness of our college community, capturing the essence of who we are and what we aspire to be.

Each year, Hamir brings new insights, fresh creativity, and often, unexpected reflections, all of which highlight the extraordinary talent and resilience of our students. It reaffirms my confidence in their abilities as they tackle challenges with unwavering resolve, culminating in this beautiful compendium of their work. Hamir is more than a magazine; it's a platform where students present their voices, share their ideas, and offer glimpses into the vibrant tapestry that makes Government College Hamirpur truly unique.

At Government College Hamirpur, we strive to create an environment that encourages growth, exploration, and self-discovery, with our faculty continually offering invaluable support to shape the minds and aspirations of our students. It is a privilege to witness how each page of the annual magazine serves as a canvas, capturing the creativity and diverse perspectives within our college walls.

As you turn these pages, I hope you'll be inspired, find new insights, and perhaps even uncover a different viewpoint. Let this magazine be a spark for creativity and a celebration of the talent that thrives within our campus.

Happy reading, and here's to many more editions that celebrate our journey together!

Warm regards,

Dr Pramod Patial
Principal
NSCBM GC Hamirpur



सम्पादकीय



महाविद्यालय की वार्षिक पत्रिका विद्यार्थियों की सृजनात्मक प्रतिभा की दर्पण होती है। यह छात्र-छात्राओं के भावों और विचारों को अभिव्यक्ति का मंच प्रदान करती है। युवा पीढ़ी किसी भी राष्ट्र की रीढ़ होती है। सोशल मीडिया के युग में युवाओं के समक्ष अनेक चुनौतियाँ हैं। युवावर्ग सत्संगति में रहकर तथा जीवन शैली में निरंतर सुधार करते हुए इन चुनौतियों का सामना कर सकता है।

मानव जिस संगत में रहता है उस पर उस संगत का प्रभाव अवश्य पड़ता है। सत्संगति से मानव उच्च आसन तक पहुँच जाता है। कुसंगति में पड़ने से पतन के गर्त में गिर जाता है। सत्संगति के प्रभाव से दुराचारी सदाचारी हो जाते हैं। सज्जनों के सम्पर्क में आने से अनेक व्यसनों से दूर चले जाते हैं, जबकि कुसंगति में पड़कर अनेक युवा व्यसनों में पड़ जाते हैं और जीवन का विनाश करते हैं। जो कुसंगत में फँस जाते हैं उनका प्रगति का मार्ग रूक जाता है। युवा अनुशासनहीन हो जाते हैं। सत्संगति से आत्म संस्कार होता है, व्यक्ति अज्ञानता से ज्ञान की ओर आता है। कुसंगति से व्यक्ति का शारीरिक और मानसिक पतन होता है।

विद्यार्थी जीवन ही सम्पूर्ण जीवन की आधारशिला है। इस समय विद्यार्थी पर अच्छे और बुरे संस्कार पड़ते हैं जो जीवन पर्यन्त उसके साथ रहते हैं। मानव जीवन के सर्वांगीण विकास के लिए सत्संगत को अपनाना अनिवार्य है तभी आज का युवा कल एक उत्तरदायी व निष्ठावान नागरिक बन सकता है। युवाओं को सशक्त समाज और आत्मनिर्भर राष्ट्र निर्माण में अहम भूमिका निभानी होती है, इसलिए उनका चरित्रवान होना चरूरी है।

पत्रिका 'हमीर' का मूल उद्देश्य छात्र-छात्राओं की लेखन क्षमता को प्रस्फूटित करना है। विद्यार्थी रचनाकारों ने अपनी रचनाओं के माध्यम से वर्तमान समय के विविध पहलुओं एवं संदर्भों को स्पर्श कर पाठकों के समक्ष प्रस्तुत किया है। मैं सम्पादन कार्य से जुड़े हुए सभी सहायक एवं सह आचार्य सम्पादकों और विद्यार्थी सम्पादकों का आभारी हूँ, जिन्होंने अथक प्रयास कर वार्षिक पत्रिका 'हमीर' को प्रकाशित करने में सहयोग किया व इसे सुधी पाठकों तक पहुँचाया।



प्रो. प्रकाश ठाकुर
मुख्य सम्पादक



हिन्दी अनुभाग

विद्यार्थी सम्पादिका
शिल्पा ठाकुर
एम.ए. (हिन्दी) तृतीय सत्र

प्राध्यापक सम्पादिका
सहायक आचार्या नीना कुमारी
(हिन्दी विभाग)

विषयानुक्रमणिका

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2.	छात्रा सम्पादक	शिल्पा ठाकुर
3.	मेरा सफर	अक्षुन
4.	संकल्प	पलक पठानिया
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6.	जीवन का लक्ष्य	काजल
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छात्रा सम्पादक



शब्दों की दुनिया में उतरना मानो अपने ही मन के आइने में झाँकना है। रचनाएँ सिर्फ शब्द नहीं होती, ये तो आत्मा की धड़कने होती हैं, जो कागज़ पर उतरकर अमर हो जाती हैं।

यह मेरे लिए गौरव का विषय है कि मैं वार्षिक पत्रिका की छात्रा सम्पादक के रूप में अपने विचार और भावनाएँ आपके सामने रख रही हूँ। यह पत्रिका केवल पन्नों का संकलन नहीं है, बल्कि विद्यार्थियों की भावनाओं का एक जीवंत उदाहरण है।

मैं हृदय से आभार व्यक्त करती हूँ हिन्दी विभाग की प्रोफेसर नीना कुमारी जी का जिन्होंने मुझे इस दायित्व के योग्य समझा तथा निरंतर मार्गदर्शन एवं प्रेरणा दी। इस पत्रिका में विद्यार्थियों ने अपनी सृजनात्मकता के माध्यम से कविता, कहानी इत्यादि विविध विधाओं में अपने विचारों को व्यक्त किया है। मुझे विश्वास है कि यह रचनाएँ पाठकों को अवश्य ही प्रभावित करेंगी और प्रेरणा देंगी।

यदि इस सम्पादन कार्य में किसी प्रकार की त्रुटि रह गई हो तो मैं विनम्रतापूर्वक क्षमाप्रार्थी हूँ।

शुभकामनाओं सहित,

शिल्पा ठाकुर

छात्रा सम्पादिका

एम.ए. तृतीय सत्र (हिन्दी)

मेरा सफर

सपनों की दुनिया में, चलता है एक नाम,
मैं चाहता हूँ, बनूँ सबसे बड़ा इंसान ।
दिल में है वो चमक, जैसे फिल्मों का पर्दा,
हर नज़र में जादू, हर लम्हा हो जिंदा ।
सपना है उसका शाहरूख खान का जलवा
मंच पे खड़ा हो, और कहे हर कोई – वाह!
यात्राओं का शौक, समंदर—सा गहरा,
पहाड़ों से लेकर शहरों का चेहरा ।
हर सफर में ढूँढ लेता है नई कहानी,
राहों में ही मिलती है उसे जिंदगानी ।
संगीत की धुनों में खो जाए जब मन,
हर सुर में पा ले वो अपनी पहचान ।
गिटार की तारों—सा, रूह से बंधा हुआ,
संगीत है उसका, सबसे सच्चा रस्ता हुआ ।
अक्षुण्ण न रुकता है, न थकता है कभी,
उसका आसमान, उसका अपना है सभी ।
जो ख्वाबों को हकीकत में बदलना जानता है,
वो इंसान जमाने को भी बदलना जानता है ।

अक्षुण्ण

25एचआईएन040

संकल्प

खुद पर विश्वास और मन में उमंग हो,
कौशल के साथ अगर साहस का संग हो,
तो किसी भी काम को, अधर में नहीं छोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना ।।
विचार को विचार कर,
दृष्ट को दुलार कर,
एकबार थामकर हाथ नहीं छोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना ।।
जीत के लिए तो संकल्प शुद्ध चाहिए,
आलस प्रमाद के विरुद्ध युद्ध चाहिए,
हारकर किसी से तू हाथ नहीं जोड़ना,
निश्चय जब कर लिया संकल्प नहीं तोड़ना ।

पलक पाठनिया

बी.ए. द्वितीय वर्ष

अनुक्रमांक : 23एचआईएन025

वर्तमान ही जीवन है

ना जाने क्यों बार—बार, जो नहीं है, उसी को याद करते हैं हम ।
जो मिला ही नहीं, उसी का गम पालते हैं हम
जो बीत गया, उसे बदलना चाहते हैं,
पर जो चल रहा है उसे जीना नहीं चाहते हम ।
माना कि अतीत में बुरा हुआ था,
पर जो बीत गया, उसे पकड़ना कैसा?
क्या पछतावे में कोई हल मिला ?
आज के क्षण को खोकर क्या तुम्हें कोई फला मिला ?
तुम अतीत का बहाना बनाकर वर्तमान की चुनौतियों से छुपते हो
या भविष्य की कल्पनाओं में वर्तमान को खोते हो ?
याद रखो यही वर्तमान ही कल का अतीत बनेगा ।
फिर यही तुम्हें जीवन की असली तस्वीर दिखाएगा ।
तो क्यों न इस अतीत को छोड़ हम,
वर्तमान को जी भर कर जी लें हम ।
क्योंकि जो वर्तमान है, वही जीवन है, जो वर्तमान है वही जीवन है ।
अंजली शर्मा, बी.ए. द्वितीय वर्ष, रोल नं. 23एचआईएन079

जीवन का लक्ष्य

वह जीवन भी क्या जीवन है
जिसमें आशा का नीर नहीं।
पथ पर आगे बढ़ना ही क्या,
जब लक्ष्य के लिए अधीर नहीं।

जीवन की कठिन परीक्षा में
आशा ही एक सफलता है।
जीवन पथ पर आगे बढ़ना,
यही तो जीवन की सुंदरता है।

स्वयं के लिए जिये तो क्या जिए,
कभी औरों के लिए जीना सीखो।
पथिक के पथ, प्रदर्शक बनकर,
सबको राह दिखाना सीखो।

द्वेष, दम्भ और अप्रसन्नता,
मन से दूर भगाओ।
हृदय की प्रसन्नता का जीवन है,
इसका सार बनाओ तुम।

काजल

बी.ए. तृतीय वर्ष,

अनुक्रमांक 23एचआईएन010

माँ

दुनिया की सबसे प्यारी माँ,

मैं अगर रूठूँ तो मनाना जानती है,

अगर मैं रोऊँ तो हंसाना जानती है,

मेरी परेशानी को चुटकी में खत्म करना जानती है, मेरी माँ।

माँ से बढ़कर, दोस्त बनाना जानती है,

अपना हर पन्ना खोल कर,

मेरी हर बकवास सुनना चाहती है,

भूख न हो तो भी खिलाना जानती है, मेरी माँ।

यह कर्ज आपका कैसे अदा कर पाऊँगी मैं माँ,

जितना आप करते हो, उसका आधा भी,

कैसे कर पाऊँगी मैं, माँ ?

अब भी जब जरूरत पड़ती है

मुझे आपकी, आप नहीं तो,

आप की सीख है समाधान कर जाती,

ऐसा जादू दिखाना जानती हैं,

मेरी माँ।

स्नेहा, बी.ए. द्वितीय वर्ष

अनुक्रमांक 24एचआईएन0008

ज़िंदगी

कल एक झलक ज़िंदगी को देखा,
वो राहों पे मेरी गुनगुना रही थी।
फिर ढूँढा उसे इधर उधर,
वो आँचा मिचौली कर मुस्कुरा रही थी।
एक अरसे के बाद आया मुझे करार,
वो सहला के मुझे सुला रही थी।
हम दोनों क्यूँ खफ़ा हैं एक दूसरे से,
मैं उसे और वो मुझे समझा रही थी।
मैंने पूछ लिया – क्यों इतना दर्द दिया कमबख्त तूने,
वो हँसी और बोली –
मैं ज़िंदगी हूँ पगले,
तुझे जीना सिखा रही थी।

पूर्णिमा शर्मा

बी.ए. तृतीय वर्ष

अनुक्रमांक : 23एचआईएन001

समय

समय लगता है,
सपनों की उड़ान भरने में,
हिम्मत लगती है,
उनको सच करने देने में,
संघर्षों की आंच पर,
खुद को तपाना होता है,
मुसीबतों से खुद को,
बाहर निकलना होता है,
रोते रहोगे तो,
रोते रह जाओगे,
हौसलों से कदम बढ़ाओ,
मंजिला पर पहुंच ही जाओगे।

परीक्षा कुमारी

अनुक्रमांक : 25पीएडी028

कोशिश कर हल निकलेगा

कोशिश कर हल निकलेगा
आज नहीं तो कल निकलेगा।
अर्जुन सा लक्ष्य रख, निशाना लगा
मरुस्थल से भी फिर जल निकलेगा।।
मेहनत कर, पौधों को पानी दे,
बंजर में भी फिर फल निकलेगा।
ताकत जुटा, हिम्मत को आग दे,
फौलाद का भी बल निकलेगा।।
सीने में उम्मीदों को जिंदा रख,
समंदर से भी गंगाजल निकलेगा।
कोशिशें जारी रख कुछ कर गुजरने की
जो कुछ थमा थमा है चल निकलेगा।
कोशिश कर हल निकलेगा,
आज नहीं कल निकलेगा।।

अर्चना

बी.ए. प्रथम वर्ष

अनुक्रमांक : 25एचआई010

चले चलो

ना रूको कभी, न थमों कभी,
बस राहों पर अपनी चले चलो, चले चलो ।
मुश्किलें आएंगी हजार, मानना न कभी हार,
मंजिलों की ओर ऐ मुसाफिर, बढ़े चलो, चले चलो ।

जिंदगी की कविता को समझो, अल्फाजों में न उलझो,
हर एक नज़्म को तर्बियत से पढ़े चलो, चले चलो ।

तूफान से भरे समुंदर में, विकराल लहरों पे,
अपनी मन को कशती पर संभले चलो, चले चलो ।

चट्टानों को पार करते हुए, सपनों पर धार करते हुए,
जीवन पर्वत शिखर पर चढ़े चलो, चले चलो ।।

प्रांचल धीमान

बी.ए. प्रथम वर्ष

अनुक्रमांक : 25एचआई019

बिटिया

एक गुड़िया के बच्चे रूई के फाहे सी है बिटिया
कभी उछल कर कभी बिदक कर
आटे की चिड़िया सी है बिटिया
नन्हें पाँवों की धीमी थाप है बिटिया
सर्दी में गर्म रोटी की भाप है बिटिया
बिटिया संगम का गंगा जल है
बिटिया गरीब किसान का हल है
चूड़ियों की खनक, पायल की झंकार है बिटिया
झरने की मध्यम फुहार है बिटिया
कभी धूप कभी छाँव कभी बरसात है बिटिया
गर्मी में पहली बारिश की सौगात है बिटिया
और किसी मुश्किल खेल में मिलने वाली जीत है बिटिया
दिल को छू जाए वो मधुर गीत है बिटिया
चिड़िया की चहचहाट और कोयल की कूक है बिटिया
हो जिसमें भला सबका वो प्यारा सा झूठ है बिटिया
माँ की एक पुकार है बिटिया
मुस्काता हुआ त्यौहार है बिटिया
सच बोलूं तो बिटिया पीड़ा की घाटी है
क्या किसी ने उसकी पीड़ा रत्ती भर भी बाँटी है
अरमानों के काले जंगल उसको रोज डराते हैं
हम बिटिया कैसी हो? कह कर चुपचाप सो जाते हैं
हर दुख को वो हँसते हँसते बिन बोले सह लेती है
पूरे घर में खुशी बिखरे, बिटिया दुख में रह लेती है ।

कल्पना देवी, बी.ए. तृतीय वर्ष, अनुक्रमांक : 22एचआईएन047

समय पर

समय पर सबसे कहना है,
जीवन चलते रहना है,
इसको
मत बर्बाद करो,
सदा काम की बात करो।
समय पे सोना समय पर जागना,
समय पे खाना समय पर खेलना,
फिर आज का काम कल पे क्यों टालना,
मनन करो समय का नमन करो।
कल कल नदियाँ बहती हैं,
हर-पल सबसे कहती हैं,
जीवन बहता पानी है,
रुकना मौत की निशानी है।

मनीषा

बी.ए. तृतीय वर्ष

अनुक्रमांक : 22एचआईएन023

एकाग्रता का रहस्य

एक बार स्वामी विवेकानंद अमरीका में थे, जब उन्होंने कुछ लड़कों को एक पुल से नदी में पानी में बहते हुए अंडों के छिलकों पर बंदूक से निशाना लगाते देखा। कोई भी निशाना नहीं लगा पा रहा था। स्वामी विवेकानंद रुके और उन्होंने बंदूक उठाई और एक के बाद एक कई निशाने लगाए, जो सभ अचूक थे। जब लड़कों ने उनसे पूछा कि उन्होंने ऐसा कैसे किया, तो स्वामी विवेकानंद जी ने कहा "जो भी काम करो, अपनी पूरी एकाग्रता उसी में लगा दो। यदि पाठ पढ़ रहे हो तो सिर्फ पाठ के बारे में सोचो। यदि निशाना लगा रहे हो, तो अपना पूरा ध्यान लक्ष्य पर रखो।" इस तरह तुम कभी नहीं चूकोगे। इस तरह स्वामी विवेकानंद जी ने एकाग्रता के रहस्य को समझाया।

दिव्यांशी

अनुक्रमांक : 25पीएडी034

वफादार नेवला

एक किसान दंपति ने अपने नवजात शिशु की देखभाल के लिए नेवले को छोड़ दिया, जबकि वे जरूरी काम पर गए थे। लौटकर उन्होंने देखा कि पालने के पास नेवले के ऊपर खून लगा है और वे नेवले को गुस्से में मार देते हैं। लेकिन जब उन्होंने बच्चे को सुरक्षित देखा और पास में एक मरा हुआ सांप पाया, तो उन्हें अपनी भूल का अहसास हुआ। निष्कर्ष : किसी भी निष्कर्षक पर पहुँचने से पहले पूरी सच्चाई जाननी चाहिए।

निधि शर्मा

अनुक्रमांक : 24एचआईएन031

दूसरों की खुशी में खुशी

आश्रम में एक छात्र ने पूछा, गुरुवर! क्या आसानी से खुशी पायी जा सकती है? गुरुजी ने मुस्कुरा कर कहा, तुम्हारे प्रश्न का उत्तर मैं कल सुबह सभी विद्यार्थियों के सामने दूंगा।

दूसरे दिन सभी छात्र जब आ गये तो गुरुजी ने कहा, आज हम एक खेल खेलेंगे। बायीं तरफ स्थित कक्षा में कुछ पतंगें रखी हैं। उन पर आपके नाम लिखे हैं। आपको उस कक्षा में जाकर अपने नाम की पतंग लानी है और प्रांगण में आकर उड़ाना है।

सभी छात्र कमरे में अपने नाम की पतंग को तलाशने में जुट गए। अफरातफरी में कोई भी अपनी पतंग को साबित नहीं कर पाया। छीना झपटी में पतंगें फट गईं। गुरुजी ने कहा, सभी अपनी नाकामी को भूल कर दायीं ओर स्थित कक्षा में जाएं। वहां भी आपके नाम की पतंगें हैं और आपको किसी की भी पतंग लाकर उड़ानी है। सभ कुछ ही क्षणों में आ गए और खुशी से पतंग उड़ाने लगे। तब गुरुजी ने उस शिष्य को कहा, हम खुशी की तलाश इधर-उधर करते हैं, जबकि हमारी खुशी दूसरों की खुशी में होती है।

पलक जसवाल, बी.ए. द्वितीय वर्ष, अनुक्रमांक : 24एचआईएन013

सपनों को सच करने का सफर

“जीवन में सफलता पाने के लिए केवल प्रतिभा ही काफी नहीं होती, बल्कि लगातार मेहनत और सकारात्मक सोच भी जरूरी है। एक प्रसिद्ध कहावत है,

‘सपने वो नहीं जो हम सोते वक्त देखते हैं,
सपने वो हैं जो हमें सोने नहीं देते।’

महाविद्यालय का समय युवाओं के लिए अपने सपनों को समझने और उन्हें पूरा करने का सबसे उपयुक्त समय होता है। इस समय की ऊर्जा, जोश और प्रेरणा को सही दिशा देना ही आपकी सफलता का मूलमंत्र है।

आपका दृष्टिकोण ही आपकी जिन्दगी को नया रंग देता है। इसलिए, छोटी-छोटी असफलताओं से निराश न हों, बल्कि उन्हें सीखने का अवसर समझें। उसी तरह, जो विद्यार्थी कठिनाइयों का सामना करते हुए अपने लक्ष्यों पर डटे रहते हैं, वही बहुमूल्य जीवन में सफलता पाते हैं।

महाविद्यालय की पाठशाला मात्र शैक्षणिक ज्ञान का केन्द्र नहीं है, बल्कि यह आपकी सोच, अभिव्यक्ति और नेतृत्व क्षमता को निखारने का मंच भी है। यहाँ की प्रत्येक गतिविधि, प्रत्येक अनुभव आपके व्यक्तित्व को मजबूत बनाता है। इसलिए इस समय का सदुपयोग करें, अपने हुनर को जगाएँ और सपनों को सचन करने की ओर कदम बढ़ाएं।

याद रखिए, सफल व्यक्ति वे नहीं होते जो कभी फेल नहीं हुए, बल्कि वे होते हैं जो कभी हार नहीं मानते। आपकी मेहनत, लगन और सकारात्मक सोच ही आपको एक उज्ज्वल भविष्य की ओर ले जाएगी। इसलिए, हर दिन एक नई शुरुआत समझें और अपने सपनों को पाने के लिए प्रतिबद्ध रहें।

रूमा

बी.ए. तृतीय वर्ष

अनुक्रमांक : 23एचआईएन037

पिता की सीख

एक बार एक शहर में एक छोटा सा परिवार रहता था। जिसमें पति, पत्नी और उनके बच्चे थे। बच्चों में एक बेटा और बेटा थे। वे सब आपस में एक-दूसरे से बहुत प्रेम करते थे। बेटे का नाम अनिकेत और बेटा का नाम अनुषिता था। अनुषिता की उम्र 10 साल और अनिकेत की उम्र 8 साल थी। एक दिन शाम को अनिकेत के पिता अपने 8 साल के बेटे को पतंग उड़ाना सिखा रहे थे। धीरे-धीरे पतंग काफी ऊँची उड़ने लगी। बच्चा ये सब बड़ी गौर से देख रहा था। उसको बहुत मज़ा आ रहा था। कुछ देर ऐसे ही देखते हुए बच्चा अचानक जोर से बोला, पिताजी ये पतंग ज्यादा ऊपर नहीं जा पा रही है, आप ये धागे की डोर तोड़ दीजिए तो ये पतंग बहुत ऊँची चली जाएगी। पिता ने हंसते हुए पतंग की डोर तोड़ दी, पर ये क्या? अगले ही पल पतंग ऊपर जाने के बजाए नीचे जमीन पर आ गिरी।

बच्चा बहुत हैरानी से देख रहा था। तो पिता ने समझाया कि बेटा यही जीवन का सार है। जिंदगी में हम जिस ऊँचाई पर हैं ऐसा लगता है कि कुछ चीजें हमें और ऊपर जाने से रोक रही हैं। जैसे-जैसे हमारा घर, परिवार, माता-पिता, दोस्त, रिश्तेदार आदि। और हम पतंग की डोर की तरह इन सब चीजों से आजाद होना चाहते हैं, लेकिन कहीं न कहीं वही सब चीजें हमारी प्रगति की जिम्मेदार होती हैं। उस बच्चे को ये बात समझ में आ गई और हमेशा उसने अपने माता-पिता की आज्ञा का पालन किया और आगे चलकर वह एक बड़ा ऑफिसर बना।

सीख :- अगर तुम इन सब से दूर भागोगे तो पतंग के जैसा ही हश्र होगा।

सच्ची दौलत

एक गाँव में रामू नाम का एक गरीब किसान रहता था। उसके पास ज्यादा जमीन नहीं थी, लेकिन वह मेहनती और ईमानदार था।

गाँव के धनवान लोग अक्सर उसे ताने देते कि उसके पास न घर है न पैसा। एक दिन एक व्यापारी ने रामू से पूछा, “तुम्हारे पास कुछ नहीं है, फिर भी तुम हमेशा खुश क्यों रहते हो?”

रामू मुस्कुराते हुए बोला, “मेरे पास मेहनत करने वाले हाथ हैं, सच्चाई जीने का मन है और अपने परिवार का प्यार है। यही मेरी असली दौलत है।”

व्यापारी चुप हो गया, क्योंकि उसने समझ लिया कि सच्ची दौलत रूपयों से नहीं, बल्कि संतोष और ईमानदारी से मिलती है।

पायल कौशल

बी.ए. तृतीय वर्ष

अनुक्रमांक : 23एचआईएन019

लोक जीवन की आत्मा

लोकगीत भारतीय संस्कृति की सबसे सजीव और प्राचीन विधा है। यह किसी पुस्तक या विद्वान की देन नहीं, बल्कि जनमानस की अपनी अनुभूति और भावनाओं से उपजा हुआ खजाना है। लोकगीतों में जीवन के हर पहलू की झलक मिलती है – खुशी, दुःख, प्रेम, विवाह-पर्व और परंपरा।

उत्पत्ति और महत्त्व :- लोकगीत की उत्पत्ति उस समय हुई जब लोगों ने अपने जीवन की घटनाओं, त्योहारों, रीति-रिवाजों और अनुभूतियों को गाने के रूप में व्यक्त करना शुरू किया। यह गीत न केवल मनोरंजन का साधन बने, बल्कि समाज को जोड़ने और सांस्कृतिक पहचान बनाए रखने का भी माध्यम बने।

विषय वस्तु :- लोकगीतों की विषय-वस्तु अत्यंत व्यापक है :-

क. पर्व और त्यौहार :- होली, दीवाली, तीज, करवा चौथ जैसे अवसरों पर गाए जाने वाले गीत।

ख. विवाह और संस्कार :- शादी-ब्याह में गाए जाने वाले मंगल गीत, सोहर और विदाई गीत।

ग. प्रेम और विरह :- प्रियजन से बिछड़ने या मिलने की भावनाओं को व्यक्त करने वाले गीत।

घ. कृषि और श्रम :- खेत-खलिहान, बुआई और कटाई से जुड़े गीत।

क्षेत्रीय विविधता :- भारत के हर राज्य और क्षेत्र के अपने विशिष्ट लोकगीत हैं।

क. राजस्थान :- में माँड और पधारे के गीत।

ख. उत्तरप्रदेश :- में कजरी और चौताल गीत।

ग. पंजाब :- में गिद्दा और बोलियां।

घ. बिहार :- में सोहर और समा-चकेवा।

ङ. हिमाचल :- में नाटी।

यह विविधता हमारी सांस्कृतिक धरोहर को समृद्ध करती है।

आज की प्रासंगिकता :- आधुनिक युग में भले ही फिल्मी और पॉप संगीत का प्रभाव बढ़ गया है, लेकिन लोकगीत आज भी अपनी पहचान बनाए हुए हैं। गांवों से लेकर बड़े मंचों तक रेडियो से लेकर सोशल मीडिया तक, लोकगीतों की

गूज सुनाई देती है। यह हमारी जड़ों से जोड़ने का कार्य करते हैं और हमें हमारी सांस्कृतिक अस्मिता का एहसास कराते हैं।

निष्कर्ष :- लोकगीत मात्र एक गीत नहीं, बल्कि लोकजीवन की आत्मा हैं इनमें जनता की भावनाएँ, अनुभव और सांस्कृतिक रची-बसी है। हमें चाहिए कि हम इन गीतों को सहेजें, नई पीढ़ी तक पहुंचाएं और इन्हें जीवित रखें, क्योंकि यह हमारी असली पहचान है।

नेहा

अनुक्रमांक : 29एमयूवी004

इतिहास से वर्तमान तक

1. भारत का इतिहास अत्यधिक प्राचीन एवं गौरवशील है, जैसे तक्षशिला में विश्व का पहला विश्वविद्यालय 700 ई.पू. स्थापित हुआ था।
2. भारत विश्व का सबसे बड़ा लोकतंत्र और सातवां सबसे बड़ा देश है।
3. भारत के हिमाचल प्रदेश के चम्बा जिले में 'सूही मेला' लगता है जो कि 'रानी सुनैना' की याद में लगाया जाता है तथा यह भी मान्यता है कि उसमें केवल स्त्री एवं बच्चे ही शामिल हो सकते हैं।
4. हिन्दू धर्म में 16 संस्कार माने गए हैं।
5. पहले जहाँ लोकगीत, लोकनाट्य, लोक संस्कृति का प्रदर्शन मंच पर एवं खुले मैदान में किया जाता था, आज तकनीक के माध्यम से अब ऑनलाइन भी देखा जा सकता है।
6. तकनीक में हुई बढ़ोतरी के कारण हम यूट्यूब जैसे प्लेटफॉर्म पर किसी भी प्रकार से जुड़ी जानकारी प्राप्त कर सकते हैं।
7. जहाँ पहले पत्र और चिट्ठियाँ लिखकर कर भेजी जाती थीं, आज वही कार्य व्हाट्सएप, इंस्टाग्राम, फेसबुक द्वारा किया जाता है।
8. शिक्षा के क्षेत्र में भी तकनीक को अधिक महत्व दिया जा रहा है।
9. इंस्टाग्राम, फेसबुक पर बढ़ रहे नए ट्रेंड के कारण भारत की संस्कृति को कुछ हद तक नुकसान भी पहुँचता है। परन्तु इन्हीं प्लेटफॉर्मों के जरिए भारतीय संस्कृति से विदेश के लोग प्रभावित भी होते हैं।
10. मुस्कुराने से चिन्ता दूर होती है और शारीरिक व मानसिक तनाव भी कम होता है।
11. नई तकनीक और नए ट्रेंड्स की होड़ में हमें अपनी संस्कृति एवं साहित्य को भुलाना नहीं चाहिए।

स्वाति

बी.ए. तृतीय वर्ष

अनुक्रमांक : 23एचआईएन033

चुटकले

1. हिन्दी के पीरियड में मास्टर जी ने पूछा – चिटू बताओ, कविता और निबंध में क्या अंतर होता है ?
चिटू – सर, प्रेमिका के मुँह से निकला हुआ एक शब्द भी कविता होता है और पत्नी के मुँह से निकला हुआ एक ही शब्द निबंध के समान होता है जवाब सुनकर मास्टर जी की आंखों में आंसू आ गए ।
2. क्लास में लम्बा-चौड़ा लैक्चर देने के बाद मास्टर जी ने पूछा – किसी को कोई डाउट है तो पूछ सकता है ।
पप्पू – सर वो

मुस्कान

अनुक्रमांक : 24एचआईएन024

क्या आप जानते हैं ?

जगन्नाथ मन्दिर के अनसुलझे रहस्यों में हवा के विपरीत लहराता झंडा, मंदिर में प्रवेश करते ही समुद्र की लहरों की आवा का बंद हो जाना, मंदिर की रसोई में सात मिट्टी के बर्तन, अदृश्य सुदर्शन चक्र और हर 12 साल में होने वाले नवकलेश्वर उत्सव के दौरान लकड़ी की मूर्तियों में हृदय के प्रवेश का रहस्य शामिल है ।

समुद्र की आवाज़ का बंद होना :-

जब मंदिर के सिंह द्वार के पास खड़े रहने पर समुद्र की लहरों की आवाज़ सुनाई देती है, लेकिन जैसे ही कोई व्यक्ति सिंह द्वार के अंदर एक कदम रखता है तो यह आवाज़ आना बंद हो जाती है

छाया का अदृश्य होना :-

जगन्नाथ मंदिर का मुख्य गुंबद कभी भी दिखाई नहीं देता, दिन के किसी भी समय छाया नहीं पड़ती ।

हवा के विपरीत लहराता झंडा :-

मंदिर का शिखर ध्वज हमेशा हवा की विपरीत दिशा में लहराता है ।

आँचल

बी.ए. द्वितीय वर्ष

अनुक्रमांक : 24एचआईएन059



संस्कृत अनुभाग

विद्यार्थी सम्पादिका
अंकिता ठाकुर
बी.ए. तृतीय वर्ष
अनुक्रमांक 23POL008

प्राध्यापक सम्पादक
डॉ० विनय कुमार

विषयानुक्रमणिका

क्र.सं.	विषय/शीर्षक	लेखक/लेखिका
1.	वैदिक और लौकिक संस्कृत	अंकिता ठाकुर
2.	संस्कृत भाषा का महत्व	अमित ठाकुर
3.	संस्कृत संगीत व मानसिक स्वास्थ्य	मुस्कान
4.	संस्कृत भाषा का महत्व	अंशिका शर्मा
5.	पुराण	अक्षय
6.	उपनिषद् एवं गीता तथा पाणिनीय शिक्षा	शिवानी ठाकुर
7.	संस्कृत भाषा का इतिहास	वंशिका धीमान
8.	उपनिषदों में वर्णित सिद्धांत	गीतांजलि
9.	पाणिनीय शिक्षा	पायल शर्मा
10.	पर्यावरणम्	रूपाली
11.	श्रीमद्भागवत गीता	आंचल शर्मा
12.	संस्कृत सूक्तियां	अभय वर्मा
13.	भारत व विश्व के लिए संस्कृत का महत्व	रिया
14.	परोपकारः	नरगिस
15.	गीता का परिचय व महत्व	दीक्षा
16.	संस्कृत भाषा का इतिहास	कोमल
17.	संस्कृत और अंतरिक्ष विज्ञान	सुहानी ठाकुर

वैदिक और लौकिक संस्कृत

भूमिका :-

संस्कृत भाषा भारत की प्राचीनतम तथा विश्व की सबसे व्यवस्थित भाषाओं में से एक है। इसे देववाणी कहा गया है। संस्कृत का विकास दो प्रमुख रूपों में दिखाई देता है।

1. वैदिक संस्कृत
2. लौकिक संस्कृत

इन दोनों रूपों में ध्वनि, व्याकरण प्रयोग तथा शैलीगत भेद मिलते हैं।

1. वैदिक संस्कृत

सामान्य परिचय :- वैदिक संस्कृत, संस्कृत भाषा का सबसे प्राचीन, पूर्व शास्त्रीय रूप है। जिसमें वेद और अन्य प्राचीन ग्रन्थों की रचना हुई थी। यह इंडो-आर्यन भाषा परिवार का हिस्सा है। वेदों के रचनाकाल (लगभग 1500-200 ईसा पूर्व) के दौरान बोली जाने वाली एक पवित्र भाषा थी। शास्त्रीय संस्कृत की तुलना में वैदिक संस्कृत अधिक संगीतमय, छंदयुक्त और प्राचीन शब्दावली वाली है। साथ ही इसमें कुछ विशेष ध्वनियां और व्याकरणिक रचनाएं भी शामिल हैं जो शास्त्रीय रूप से लुप्त हो गई हैं।

वैदिक संस्कृत की विशेषताएँ :-

प्राचीन स्वरूप :- यह संस्कृत का सबसे पुराना रूप है, जिसका प्रयोग वेदों के संकलन के समय हुआ था।

धार्मिक स्वरूप :- वेदों और अन्य प्राचीन हिंदू धर्मग्रंथों की भाषा होने के कारण, इसे एक पवित्र भाषा माना जाता है।

इंडो-आर्यन शाखा :- यह इंडो यूरोपीय भाषा परिवार की इंडो-आर्यन उपशाखा से संबंधित है।

छंद :- वैदिक मंत्रों को पढ़ने के लिए छन्द शास्त्र का ज्ञान आवश्यक है जो कि वैदिक मंत्रों का उचित उच्चारण और विराम के लिए मार्गदर्शन प्रदान करता है।

स्वर :- इसमें उदात्त, अनुदात्त और स्वरित जैसे स्वर होते हैं। जिनके उच्चारण के तरीकों में एक विशेष लय होती है।

समाज :- वैदिक संस्कृत में प्रयोग किए जाने वाले शब्द और वाक्य सामान्य बोलचाल की भाषा में अधिक प्राचीन और धार्मिक अर्थ वाले होते हैं।

2. लौकिक संस्कृत :-

सामान्य परिचय :- लौकिक संस्कृत संस्कृत भाषा के उस रूप को कहते हैं जो वेदों के बाहर साहित्य (जैसे रामायण, महाभारत, पुराण, नाट्य काव्य) में प्रयोग हुआ है। यह वैदिक संस्कृत से अलग है क्योंकि इसका विषय धार्मिक होने के साथ धर्मनिरपेक्ष या लौकिक भी है। जिसमें लोक और परिलोक से संबंधित सभी विषयों का समावेश होता है। जैसे गणित दर्शन, कला, चिकित्सा आदि।

परिभाषा :- महर्षि पाणिनी के व्याकरण (अष्टाध्यायी) के बाद जो संस्कृत विकसित हुई है उसे लौकिक या शास्त्रीय संस्कृत कहते हैं।

लौकिक संस्कृत की विशेषताएं :-

व्यापकता :- लौकिक संस्कृत साहित्य अत्यधिक व्यापक है इसमें विभिन्न विधाओं की शाखाएं शामिल हैं। जैसे महाकाव्य, पुराण, नाटक, दर्शन, अलंकारशास्त्र, गणित, औषधि आदि।

विषय वस्तु :- वैदिक संस्कृत की तरह शुद्ध रूप से धार्मिक न होकर लौकिक संस्कृत या लोक जीवन से जुड़ी होती है। जिसमें प्रेम, सौंदर्य और अन्य लौकिक भावनाएं भी चित्रित हैं।

लेखक :- कालिदास, भास, अश्वघोष, भारवि जैसे प्रसिद्ध कवियों और लेखकों की रचनाएं लौकिक संस्कृत में हैं।

साहित्यिक परंपरा :- वाल्मीकि रामायण, महाभारत, पुराण और विभिन्न प्रकार के काव्य नाटक व सूत्रग्रंथ इसी भाषा में लिखे गए हैं।

वैदिक और लौकिक संस्कृत में अंतर :-

काल :- 1500 ई.पू. – 500 ई.पू. से आगे।

ग्रंथ :- वेद, ब्राह्मण, उपनिषद, रामायण, महाभारत, कालिदास के नाटक।

भाषा :- स्वच्छंद, मंत्र प्रधान, अनुशासित, पाणिनी, व्याकरणाधारित।

शैली :- दार्शनिक, यज्ञीय, सांकेतिक साहित्य, अलंकारिक, वैज्ञानिक

प्रयोग :- धार्मिक अनुष्ठान, दर्शन साहित्य, विज्ञान, राजनीति, इतिहास।

महत्व :-

१. **वैदिक संस्कृत :-** वैदिक संस्कृत से हमें भारतीय संस्कृति धर्म और जीवन की पारंपरिक झलक मिलती है।

२. **लौकिक संस्कृत :-** लौकिक संस्कृत से भारतीय साहित्य कला और दर्शन का सुव्यवस्थित रूप सामने आता है।

दोनों की रूप भारतीय सभ्यता और ज्ञान परंपरा की नींव है।

उपसंहार :-

इस प्रकार संस्कृत भाषा का वैदिक और लौकिक रूप मिलकर एक ही महान धारा का निर्माण करते हैं। वैदिक संस्कृत में जहां जीवन के आध्यात्मिक व धार्मिक पहलू व्यक्त हुए हैं, वहीं लौकिक संस्कृत साहित्य, शास्त्रीय और लौकिक जीवन को स्वर दिया है। वास्तव में दोनों रूप मिलकर संस्कृत को विश्व की शाश्वत भाषा सिद्ध करते हैं।

अंकिता ठाकुर

बी.ए. तृतीय वर्ष

अनुक्रमांक : 23पीओएल008

संस्कृत का महत्त्व

संस्कृत दुनिया की सबसे पुरानी भाषाओं में से एक है। यह भारत की सांस्कृतिक भाषा रही है और इसे देववाणी भी कहा जाता है। संस्कृत का साहित्य अत्यन्त प्राचीन, विशाल और विविधतापूर्ण है। इसमें अध्यात्मिक, दर्शन, ज्ञान-विज्ञान के क्षेत्र में प्रगति को बढ़ावा मिलेगा। संस्कृत को कम्प्यूटर के लिए (कृत्रिम बुद्धि के लिए) सबसे उपयुक्त भाषा माना जाता है। संस्कृत की उत्पत्ति वैदिक संस्कृत के रूप में 1700-1200 ईसा पूर्व हुई थी, तथा इसे वैदिक मंत्रोच्चारण परंपरा के एक भाग के रूप में मौखिक रूप से संरक्षित किया गया था। विद्वान पाणिनी ने लगभग 500 ईसा पूर्व व्याकरण को परिभाषित करते समय वैदिक संस्कृत को शास्त्रीय संस्कृत में मानकीकृत किया। संस्कृत भाषा के रचयिता और उनके योगदान :-

महर्षि पाणिनी :- संस्कृत भाषा के जनक, जिन्होंने ध्वनिविज्ञान, स्वरविज्ञान और रूप विज्ञान का एक व्यापक और वैज्ञानिक सिद्धांत दिया।

महर्षि कात्यायन :- संस्कृत को संस्कारित करने वाले महर्षि।

महर्षि पतंजलि :- योगशास्त्र के प्रणेता, जिन्होंने योग की क्रियाओं को भाषा में समाविष्ट किया।

वरदराज :- लघुसिद्धान्तकौमुदि और सारसिद्धान्तकौमुदि जैसे व्याकरण ग्रंथों के रचनाकार।

नारायण भट्ट :- प्रक्रिया सर्वस्व जैसे व्याकरण ग्रंथों के रचनाकार।

विट्ठल :- प्रसाद जैसे ग्रंथों के रचनाकार।

• संस्कृत के महत्त्व के बारे में ज्यादा जानकारी :-

- संस्कृत में ही दुनिया की सबसे पुरानी किताब वेद रची गई है।
- संस्कृत में अनेक धर्म—शास्त्र और ग्रंथ हैं।
- संस्कृत में व्याकरण और वर्णमाला वैज्ञानिक है।
- संस्कृत में शब्दों के कई रूप होते हैं।
- संस्कृत में द्विवचन होता है।
- संस्कृत में सन्धि का विशेष महत्व है।
- संस्कृत को कम्प्यूटर और कृत्रिम बुद्धि के लिए सबसे उपयुक्त भाषा माना जाता है।
- संस्कृत पढ़ने से स्मरण शक्ति बढ़ती है।
- संस्कृत को हिन्दी और कई अन्य इंडो—यूरोपीय भाषाओं का मूल माना जाता है।
- संस्कृत ही ध्वन्यात्मकता, व्याकरण के नियम और लिपि से दूसरी भाषाएँ सीखना आसान होता है।
- संस्कृत के अध्ययन से भारतीय संस्कृति का पूर्ण ज्ञान होता है।
- संस्कृत में गहराई है और तत्वदर्शन है।
- संस्कृत के ज़रिए ही भारत की सांस्कृतिक, ऐतिहासिक, धार्मिक, अध्यात्मिक, दार्शनिक, सामाजिक और राजनीतिक जीवन की व्याख्या होती है।

अमित ठाकुर

कला स्नातक प्रथम वर्ष

अनुक्रमांक : 24पीईडी050

श्रीमद्भगवद् गीता परिचय

गीता भगवान् श्री कृष्ण द्वारा अर्जुन के प्रति कहा गया या गाया गया उपदेश है इसलिए इसे गीता या दैवी वाक् तथा भगवद्गीता भी कहते हैं। वास्तव में यह महाभारत का ही एक अंश है, जो भीष्म पर्व से संकलित है। गीता के संकलनकर्ता महर्षि वेदव्यास जी हैं तथा वक्ता स्वयं भगवान् श्रीकृष्ण एवं श्रोता अर्जुन। यह अट्ठारह अध्यायों एवं 700 श्लोकों वाला परमोपयोगी शास्त्र है। इसकी संस्कृत इतनी सरल है कि थोड़ा—सा अभ्यास करके मनुष्य इसके सामान्य अर्थ को जान सकता है परन्तु यह एक ऐसा रहस्यमय ग्रंथ है कि हम इसे जितनी बार पढ़ेंगे इससे नित नये भाव फूट पड़ेंगे। यही कारण है कि इस शास्त्र पर आज सैकड़ों टीकाएं एवं अनुवाद विश्व की अनेकानेक भाषाओं में उपलब्ध हैं तथा अनेकों लिखे जा रहे हैं। इसके महत्व को देखकर ऐसा लगता है कि भविष्य में भी जो कोई इसे गम्भीरता से पढ़ेगा उसे इसमें नये भाव उपलब्ध होंगे और तदनुसार निरन्तर इसकी व्याख्याएं की जाती रहेंगी।

वास्तव में यह शास्त्र सम्पूर्ण वेदों का सार संग्रह है। भगवान् के गुण, प्रभाव, स्वरूप, तत्व और उपासना तथा कर्म एवं ज्ञान का वर्णन जिस प्रकार इस गीताशास्त्र में किया गया है, वैसा अन्य ग्रंथों में एक साथ मिलना कठिन है। भगवद्गीता एक ऐसा अनुपमेय शास्त्र है जिसका एक भी शब्द सदुपदेश से खाली नहीं है। यह साक्षात् भगवान् श्रीकृष्ण के मुखारविन्द से निःसृत उपदेश है।

बुद्धियुक्तो जहातीह उ भे सुकृतदुएकृते।

तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम्॥

प्रसंग :- "बुद्धियुक्तो जहातीह" इत्यादि श्लोक महर्षि वेदव्यास द्वारा विरचित "श्रीमद्भागवद्गीता" के द्वितीय अध्याय से उद्धृत है। इसमें श्रीकृष्ण जी अर्जुन को जय—पराजय की परवाह न करते हुए मात्र कर्म करने की प्रेरणा देते हुए कहते हैं कि —

सरलार्थ :- हे अर्जुन! समझदार इन्सान पुण्य एवं पाप दोनों ही प्रकार कर्मों का इसी लोक में त्याग कर देता है अर्थात् इनसे लिप्त नहीं होता है। इसलिए तू भी समत्व योग अर्थात् जय-पराजय में समभाव रखने वाला बन क्योंकि कर्म के भले-बुरे परिणाम के प्रति समभाव बनाये रखना ही कर्म करने का कौशल है।

व्याख्या :- युद्ध में अपने माननीय-सम्माननियों को विपक्षी सेनाओं में खड़ा देखकर अर्जुन मोह ममता में फँस गया। उसने सोचा गुरुजनों की हत्या करके तो मैं पाप का भागी बन जाऊँगा। श्रीकृष्ण अर्जुन के हृदय की इस बात को भाँप गये। तब उन्होंने लब्धख्याति उस अर्जुन को योग का रहस्य समझाया। वे कहते हैं कि यसोगी सर्वश्रेष्ठ माने जाते हैं क्योंकि वे योग में निष्ठ होते हैं। योगनिष्ठ होने का भाव यह है कि जो व्यक्ति धार्मिक, सामाजिक एवं नैतिक दृष्टि से अनुमत अपने कर्मों का पालन लाभ-हानि, जय-पराजय, पुण्य-पाप की परवाह किये बिना करता रहता है, वही योगी कहलाता है और इस भाव से कर्म करना ही कर्म करने में कौशल है अर्थात् कर्म करने की सर्वश्रेष्ठ विधि है।

भावार्थ :- भावार्थ यह है कि प्रत्येक इन्सान को जो स्वयं को समझदार इन्सानों की श्रेणी में परिगणित करवाना चाहता हो; उसे समभाव से अपने कर्म का पालन करते रहना चाहिए।

विहाय कामान् यः सर्वान् पुमांश्चरति निःस्पृहः।

निर्ममो निरहङ्कारः स शान्तिमधिगच्छति ॥

प्रसंग :- “विहाय कामान् यः सर्वान्” इत्यादि श्लोक महर्षि वेदव्यास द्वारा विरचित “श्रीमद्भागवद्गीता” के द्वितीय अध्याय से उद्धृत हैं। इसमें स्थितप्रज्ञ की परिभाषा को समेटते हुए श्रीकृष्ण भगवान् कहते हैं कि –

सरलार्थ :- हे अर्जुन! जो पुरुष सभी प्रकार की कामनाओं का त्याग करके ममता रहित, अहंकार रहित, स्पृहारहित होकर लोकव्यवहार को करता है, वही शान्ति को प्राप्त होता है।

व्याख्या :- मोहग्रस्त अर्जुन द्वारा स्थितप्रज्ञ पुरुष की परिभाषा पूछने पर भगवान् अर्जुन को विस्तार से स्थितप्रज्ञ की परिभाषा बतलाते हैं। स्थितप्रज्ञ की परिभाषा के वर्णन प्रसंग में उपर्युक्त श्लोक अन्तिम श्लोक है, जिसमें भगवान् श्री कृष्ण अर्जुन से कहते हैं कि अर्जुन यदि कम-से-कम शब्दों में स्थित-प्रज्ञ पुरुष की परिभाषा बतलानी हो तो हम इस प्रकार कह सकते हैं कि जो व्यक्ति मन में उपजने वाली समस्त कामनाओं का त्याग करके इच्छा रहित होकर, मोह-ममता से विरहित होकर लोकव्यवहार का निर्वाह करता है, केवल वही व्यक्ति परम शान्ति को प्राप्त करता है। इसलिए मानसिक शान्ति की प्राप्ति के लिए यह आवश्यक है कि मनुष्य निःस्पृह, निर्मम और निरहंकार हो।

भावार्थ :- उपर्युक्त श्लोक का भावार्थ यह है कि यदि कोई व्यक्ति संसार में तनावमुक्त होकर रहना चाहता हो तो उसे अहंकार, ममता और इच्छाओं पर नियन्त्रण करना ही पड़ेगा।

अमित ठाकुर

कला स्नातक प्रथम वर्ष

अनुक्रमांक : 24पीईडी050

संस्कृत, संगीत चिकित्सा और मानसिक स्वास्थ्य

1. भूमिका और परिचय :-

मानव सभ्यता के विकास में संस्कृत, संगीत और मानसिक स्वास्थ्य तीनों का गहरा संबंध रहा है। संस्कृत, जो कि दुनिया की सबसे प्राचीन और वैज्ञानिक भाषाओं में से एक है, केवल धार्मिक और साहित्यिक ग्रंथों तक सीमित नहीं है, बल्कि इसका प्रभाव मानसिक स्वास्थ्य और चिकित्सा पद्धतियों में भी देखा जा सकता है।

संगीत चिकित्सा (Music Therapy) एक आधुनिक वैज्ञानिक पद्धति है जिसमें ध्वनि और संगीत का उपयोग मानसिक, शारीरिक और भावनात्मक स्वास्थ्य को संतुलित करने के लिए किया जाता है। संस्कृत में उच्चारित मंत्रों और

श्लोकों में विशिष्ट ध्वनि तरंगें होती हैं, जो मस्तिष्क की न्यूरोलॉजिकल गतिविधियों को प्रभावित करके मानसिक विकारों को दूर करने में सहायक होती हैं।

इस शोध-पत्र में हम संस्कृत और संगीत चिकित्सा के संबंध को समझेंगे, मानसिक स्वास्थ्य में उनके योगदान की समीक्षा करेंगे, और आधुनिक वैज्ञानिक अनुसंधानों के प्रकाश में इनका विश्लेषण हो।

2. मानसिक स्वास्थ्य की परिभाषा और संस्कृत ग्रंथों में वर्णन :-

2.1 मानसिक स्वास्थ्य की आधुनिक परिभाषा :- विश्व स्वास्थ्य संगठन के अनुसार, मानसिक स्वास्थ्य केवल मानसिक रोगों की अनुपस्थिति नहीं है, बल्कि यह व्यक्ति के भावनात्मक, सामाजिक और संज्ञानात्मक संतुलन को भी दर्शाता है। मानसिक रूप में स्वस्थ व्यक्ति जीवन की कठिनाईयों का सामना सकारात्मक दृष्टिकोण से कर सकता है।

2.2 संस्कृत ग्रंथों में मानसिक स्वास्थ्य :- संस्कृत में प्राचीन ग्रंथों में मानसिक स्वास्थ्य का व्यापक रूप से वर्णन मिलता है।

भगवद्गीता : “अशांतस्य कुतः सुखम्” – जिसका मन अशांत है, वह सुखी नहीं हो सकता।

योगसूत्र (पतंजलि) : “योगश्चिद्वृत्तिनिरोधः” – योग मन की चंचलता को रोकने का साधन है।

आयुर्वेद (चरक संहिता) : मानसिक स्वास्थ्य तीन गुणों सत्त्व (शांति), रजस (उत्तेजना), तमस (जड़ता) के संतुलन पर निर्भर करता है।

संस्कृत ग्रंथों में मानसिक स्वास्थ्य को आध्यात्मिक और व्यवहारिक दृष्टि से देखा गया है।

3. संगीत चिकित्सा और संस्कृत मंत्रों का प्रभाव :-

3.1 संगीत चिकित्सा क्या है ?

संगीत चिकित्सा में विभिन्न ध्वनि तरंगों और रागों का उपयोग मानसिक और शारीरिक उपचार के लिए किया जाता है। यह विधा वैज्ञानिक अनुसंधानों पर आधारित है और मस्तिष्क की अल्फा, बीटा और थीटा तरंगों को प्रभावित करके मानसिक विकारों में राहत प्रदान करती है।

3.2 संस्कृत मंत्रों की ध्वनि शक्ति

संस्कृत मंत्रों का उच्चारण ध्वनि विज्ञान पर आधारित होता है। जब मंत्रों का उचित उच्चारण किया जाता है, तो वे शरीर और मस्तिष्क में कंपन उत्पन्न करते हैं, जिससे डोपामाइन और सेरोटोनिन हॉर्मोन का स्राव होता है और व्यक्ति को मानसिक शांति मिलती है।

ॐ मंत्र : तनाव और चिंता को कम करता है।

गायत्री मंत्र : मस्तिष्क को शक्ति और एकाग्रता को बढ़ाता है।

महामृत्युंजय मंत्र : मानसिक संतुलन और आत्मविश्वास प्रदान करता है।

3.3 वैज्ञानिक प्रमाण

एमआईटी और हार्वर्ड विश्वविद्यालय में किए गए शोध बताते हैं कि संस्कृत के मंत्रों के नियमित उच्चारण से मस्तिष्क की न्यूरोप्लास्टिसिटी में सुधार होता है, जिससे अवसाद और चिंता जैसी समस्याएं कम होती हैं।

4. मानसिक स्वास्थ्य में संस्कृत-संगीत चिकित्सा का योगदान :-

नीचे दी गई तालिका दर्शाती है कि विभिन्न मानसिक विकारों के लिए संस्कृत और संगीत चिकित्सा का कैसे उपयोग किया जा सकता है।

मानसिक विकार

अवसाद (Depression)
चिंता (Anxiety)
माइग्रेन (Migrane)

संस्कृत आधारित उपचार

गायत्री मंत्र, ध्यान
ॐ जाप, अनुलोम-विलोम
शांति पाठ, मंत्र ध्यान

संगीत आधारित उपचार

राग भैरवी, राग यमन।
राग हंसध्वनि, राग बिलावल
राग मालकौंस, बांसुरी वादन

5. संगीत, संस्कृत और आधुनिक मनोविज्ञान :-

आधुनिक मनोविज्ञान और संगीत-संस्कृत चिकित्सा की तुलना नीचे दी गई तालिका में दर्शायी गई है।

मनोवैज्ञानिक उपचार

एंटीडिप्रेसेंट दवाइयाँ
काउंसलिंग और थेरेपी
इलेक्ट्रोथेरेपी
साइकोथेरेपी

संस्कृत-संगीत चिकित्सा

मंत्र जाप और ध्वनि चिकित्सा
ध्यान, प्राणायाम, योग
संगीत चिकित्सा और कंपन चिकित्सा
राग चिकित्सा और मंत्र उच्चारण

आधुनिक मनोविज्ञान और संस्कृत-संगीत चिकित्सा का संयुक्त उपयोग मानसिक स्वास्थ्य समस्याओं में समाधान के लिए अधिक प्रभावी हो सकता है।

6. मानसिक विकारों का संस्कृत-संगीत चिकित्सा आधारित उपचार :-

मानसिक विकारों का उपचार केवल दवाओं तक सीमित नहीं है, बल्कि योग, ध्यान, मंत्र जाप और संगीत चिकित्सा जैसे प्राकृतिक एवं वैकल्पिक उपायों से भी मानसिक स्वास्थ्य में सुधार किया जा सकता है। संस्कृत के मंत्रों और भारतीय शास्त्रीय संगीत की ध्वनि तरंगें मस्तिष्क की न्यूरोलॉजिकल संरचना को संतुलित करती हैं, जिससे अवसाद, चिंता, अनिद्रा और अन्य मानसिक विकारों में राहत मिलती है।

6.1 अवसाद का उपचार

अवसाद एक गंभीर विकार है, जिसमें व्यक्ति लगातार नकारात्मक विचारों, थकान, ऊर्जा की कमी और उदासी का अनुभव करता है। कई बार यह विकार आत्मघाती प्रवृत्तियों को भी जन्म दे सकता है। संस्कृत के मंत्र और संगीत चिकित्सा इस समस्या को हल करने में सहायक हो सकते हैं।

संस्कृत आधारित उपचार :-

1. गायत्री मंत्र (ॐ भूर्भुवः स्वः.....) :

- यह मंत्र सकारात्मक ऊर्जा प्रदान करता है और मन को शुद्ध करता है।
- इसका उच्चारण मस्तिष्क में डोपामाइन और सेरोटोनिन हार्मोन के स्तर को बढ़ाता है, जिससे व्यक्ति अधिक सकारात्मक और ऊर्जावान महसूस करता है।
- प्रातः काल में इसका जाप अवसाद ग्रस्त व्यक्तियों के लिए अत्यंत लाभकारी होता है।

2. महामृत्युंजय मंत्र :

- यह मंत्र मानसिक और शारीरिक स्वास्थ्य को बढ़ाने वाला माना जाता है।
- यह तनाव, भय और नकारात्मक विचारों को कम करने में सहायक होता है।
- इसका 21 या 108 बार जाप करने से मानसिक शांति मिलती है।

3. योग और ध्यान :

- अवसाद के लिए अनुलोम-विलोम, भ्रामरी प्राणायाम और ध्यान अत्यंत लाभदायक है।
- योगासन जैसे सर्वांगासन, बलासन और विपरीत करणी मानसिक शांति और सकारात्मकता बढ़ाने में सहायक होते हैं।

संगीत चिकित्सा आधारित उपचार :

1. राग यमन

- यह राग शाम के समय गाया जाता है और मानसिक शांति प्रदान करता है।
- यह तनाव और अवसाद को कम करने में कारगर है।

2. बांसुरी वादन :

- बांसुरी की मधुर ध्वनि मस्तिष्क को शांत करती है और मानसिक ऊर्जा को पुनः सक्रिय करती है।
- शोध बताते हैं कि बांसुरी सुनने से कॉर्टिसोल हार्मोन का स्तर घटता है, जिससे अवसाद में राहत मिलती है।

6.2 चिंता का उपचार :

चिंता एक मनोवैज्ञानिक समस्या है, जिसमें व्यक्ति भविष्य की अनिश्चितताओं को लेकर अत्यधिक तनावग्रस्त रहता है। अत्यधिक चिंता करने से नींद न आना, चिड़चिड़ापन, सिरदर्द और आत्म-संदेह जैसी समस्याएँ उत्पन्न हो सकती हैं।

संस्कृत आधारित उपचार :

1. ॐ मंत्र जाप :

- 'ॐ' ध्वनि के उच्चारण में मस्तिष्क की बीटा वेक्स धीमी हो जाती हैं, जिससे तनाव कम होता है।
- वैज्ञानिकों शोधों में पाया गया है कि 'ॐ' जाप करने से हृदय की धड़कन स्थिर होती है और चिंता में कमी आती है।

2. शांति मंत्र :

- "ॐ सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु, मा कश्चित् दुःखभाग्भवेत् ॥
- यह मंत्र शांति और स्थिरता लाता है।
- नियमित रूप से इस मंत्र के जाप से व्यक्ति सकारात्मक सोच और आत्मविश्वास प्राप्त करता है।

संगीत चिकित्सा आधारित उपचार :

1. राग भैरवी :

- इस राग को भोर के समय गाने या सुनने से चिंता कम होती है।
- यह मानसिक ऊर्जा को स्थिर करने का कार्य करता है और व्यक्ति को संतुलित महसूस कराता है।

2. राग हंसध्वनि :

- इस राग का उपयोग ध्यान और योग के दौरान किया जाता है।
- यह मानसिक हलचल को शांत करता है और व्यक्ति को सकारात्मक दृष्टिकोण प्रदान करता है।

6.3 पीटीएसडी (Post-Traumatic Stress Disorder) का उपचार :

यह एक मानसिक विकार है, जो किसी गहरे आघात या ट्रॉमा के बाद उत्पन्न होता है।

संस्कृत आधारित उपचार :

1. अष्टांग योग :

- हठयोग, ध्यान और मंत्रों का संयोजन पीटीएसडी से ग्रस्त व्यक्ति के लिए अत्यंत लाभकारी होता है।
- शांति मंत्र व्यक्ति को आंतरिक शांति देता है और उसे ट्रॉमा से बाहर आने में मदद करता है।

संगीत चिकित्सा आधारित उपचार :-

राग तोड़ी और राग मालकौंस :

- पीटीएसडी के इन रागों का उपयोग आत्म-चिकित्सा के रूप में किया जाता है ।
- ये मस्तिष्क की न्यूरो-प्लास्टिसिटी को सुधारते हैं, जिससे व्यक्ति पुराने सदमे से बाहर उबरने लगता है ।

निष्कर्ष :-

- संस्कृत-संगीत चिकित्सा मानसिक विकारों के उपचार में प्राकृतिक, प्रभावी और वैज्ञानिक रूप से प्रमाणित पद्धति है । मानसिक विकारों को कम करने के लिए संस्कृत मंत्रों और भारतीय शास्त्रीय संगीत का उपयोग किया जाता है ।
- अवसाद, चिंता और अनिद्रा जैसी समस्याओं में संस्कृत के मंत्र और संगीत चिकित्सा सहायक हैं ।
- वैज्ञानिक शोधों से सिद्ध हुआ है कि मंत्रों और संगीत के संयोजन से मस्तिष्क की तरंगों में संतुलन आता है ।
- मानसिक विकारों के उपचार में संस्कृत और संगीत चिकित्सा का आधुनिक मनोविज्ञान के साथ समन्वय मानसिक स्वास्थ्य को और अधिक प्रभावी बना सकता है ।

मुस्कान

बी.ए. प्रथम वर्ष

अनुक्रमांक : 24एचआईएस018

संस्कृतभाषायाः महत्वम्

धन्योऽयम् भारतदेशः यत्र समुल्लसति जनमानसपावनी भव्य भावाद भाविनी शब्द-सन्दोह-प्रसविनी सुरभारती ।

जनमानस को पवित्र करने वाली, सुन्दर भावों को उत्पन्न करने वाली शब्दों के समूह को जन्म देने वाली ।

- संस्कृत भाषा सर्वासु भाषासु प्राचीनतमा इत्यप्र नास्ति कोऽपि विवादः ।
- संस्कृतभाषा अनेकासां भाषाणां जननी मता
- विज्ञानिकाः कथयन्ति यत् संस्कृत संगणकस्य कृते सर्वोत्तमः भाषा अस्ति ।
- संस्कृतभाषायां एव ज्ञानविज्ञानयोः निधि सुरक्षिते अस्ति ।
- संस्कृत अस्माकं सन्मार्गम् उपरी प्रेरयति ।
- संस्कृत भाषायां विश्वसाहित्यस्य सर्व प्राचीन ग्रन्थाः चत्वारः वेदः सन्ति ।
- संस्कृत भाषा एव भारतवर्षम् एकसूत्रे बध्नाति ।
- संस्कृतमेव भारतस्य गौरवं अस्ति अतः अस्याः प्रचारः प्रसारः अस्माकं कर्तव्याः ।
- भारतीय भाषासु बाहुल्येन संस्कृतशब्दाः उपयुक्ताः ।
- संस्कृततात् एव अधिका भारतीय भाषा उद्भूताः
- तावदेव भारत-युरोपीय-भाषावर्गीयाः अनेकाः भाषाः संस्कृतप्रभावं संस्कृतशब्दप्राचुर्यं च प्रदर्शयन्ति ।
- संस्कृतवाङ्मय विश्ववाङ्मये स्वस्य अद्वितीयं स्थानम् अलङ्करोति ।
- संस्कृतस्य प्राचीनतमग्रन्थाः वेदाः सन्ति ।
- वेद-शास्त्र-पुराण-इतिहास-काव्य-नाटक दर्शनादिभिः अनन्ताङ्मयरूपेण विलसन्ति अस्ति एषा देववाक् ।
- न केवलं धर्म-अर्थ-काम-मोक्षात्मकाः चतुर्विधपुरुषार्थहेतुभूताः विषयाः अस्याः साहित्यस्य शोभां वर्धयन्ति अपितु धार्मिक-नैतिक-आध्यात्मिक-लौकिक-पारलौकिकविषयैः अपि ।

सुसम्पन्ना इयं देववाणी ।

अर्थ :-

- संस्कृत सबसे प्राचीन भाषा है और इसमें कोई विवाद नहीं है।
- संस्कृत को कई भाषाओं की जननी माना जाता है।
- वैज्ञानिकों का कहना है कि संस्कृत कम्प्यूटर के लिए सर्वोत्तम भाषा है।
- संस्कृत भाषा में ज्ञान का खजाना सुरक्षित है।
- संस्कृत लोगों को सही मार्ग की ओर प्रेरित करती है।
- विश्व साहित्य के सबसे प्राचीन ग्रंथ संस्कृत के चार वदे हैं।
- संस्कृत भाषा भारत को एकजुट करती है।
- संस्कृत भारत का गौरव है इसलिए इसका प्रचार प्रसार सभी का कर्तव्य है।
- संस्कृत शब्दों का प्रयोग अनेक भारतीय भाषाओं में प्रायः किया जाता है।
- कई भारतीय भाषाओं की उत्पत्ति संस्कृत से हुई है।
- कई इंडो-यूरोपीय भाषाओं में संस्कृत शब्दों को प्रभाव और प्रचुरता दिखती है।
- संस्कृत साहित्य विश्व साहित्य में अद्वितीय स्थान रखता है।
- संस्कृत के सबसे प्राचीन ग्रंथ वेद है।
- यह दिव्य भाषा संस्कृत, वेद, शास्त्र, पुराण, इतिहास, काव्य, नाटक और दर्शन जैसे विभिन्न रूपों में प्रकट होती है।
- संस्कृत न केवल धर्म, अर्थ, काम और मोक्ष को समाहित करती है, बल्कि धार्मिक, नैतिक, आध्यात्मिक, सांसारिक और पारलौकिक विषयों से साहित्य को भी समृद्ध करती है।

जिससे यह एक सर्वांगीण भाषा बन जाती है।

अंशिका शर्मा

बी.ए. प्रथम वर्ष

अनुक्रमांक : 24एचआईएस003

पुराण

पुराण हिन्दुओं के धर्म-सम्बन्धी आख्यान ग्रन्थ हैं, जिनमें संसार-ऋषियों-राजाओं के वृत्तान्त आदि हैं। ये वैदिक काल के बहुत समय बाद के ग्रन्थ हैं। भारतीय जीवन-धारा में जिन ग्रन्थों का महत्त्वपूर्ण स्थान है उनमें पुराण प्राचीन भक्ति-ग्रन्थों के रूप में बहुत महत्त्वपूर्ण माने जाते हैं। अट्ठारह पुराणों में अलग-अलग देवी-देवताओं को केन्द्र मानकर पाप और पुण्य, धर्म और अधर्म, कर्म और अकर्म की गाथाएँ कही गयी हैं। कुछ पुराणों में सृष्टि के आरम्भ से अन्त तक का विवरण दिया गया है।

‘पुराण’ शब्द का शाब्दिक अर्थ है, ‘प्राचीन’ या ‘पुराना’। पुराणों की रचना मुख्यतः संस्कृत में हुई है, किन्तु कुछ पुराण क्षेत्रीय भाषाओं में भी रचे गए हैं। हिन्दू और जैन दोनों ही धर्मों के वाङ्मय में पुराण मिलते हैं।

पुराणों में वर्णित विषयों की कोई सीमा नहीं है। इसमें ब्रह्माण्डविद्या, देवी-देवताओं, राजाओं, नायकों, ऋषि-मुनियों की वंशावली, लोककथाएँ, तीर्थयात्रा, मन्दिर, चिकित्सा, खगोल शास्त्र, व्याकरण, खनिज विज्ञान, हास्य, प्रेम कथाओं के साथ-साथ धर्मशास्त्र और दर्शन का भी वर्णन है। विभिन्न पुराणों की विषय-वस्तु में बहुत अधिक असमानता है। इतना ही नहीं, एक ही पुराण के कई-कई पाण्डुलिपियाँ प्राप्त हुई हैं जो परस्पर भिन्न-भिन्न हैं। हिन्दू पुराणों के रचनाकार अज्ञात हैं और ऐसा लगता है कि कई रचनाकारों ने कई शताब्दियों में इनकी रचना की है। इसके विपरीत जैन पुराण हैं। जैन पुराणों का रचनाकाल और रचनाकारों के नाम बताये जा सकते हैं।

कर्मकाण्ड (वेद) से ज्ञान (उपनिषद्) की ओर आते हुए भारतीय मानस में पुराणों के माध्यम से भक्ति की अविरल

धारा प्रवाहित हुई है। विकास की इसी प्रक्रिया में बहुदेववाद और निर्गुण ब्रह्म की स्वरूपात्मक व्याख्या से धीरे-धीरे मानस अवतारवाद या सगुण भक्ति की ओर प्रेरित हुआ। छोटे और बड़े के भेद से अट्टारह पुराण बताये गये हैं :-

1. ब्रह्मपुराण
2. पद्म पुराण
3. विष्णु पुराण
4. शिव पुराण
5. भागवत पुराण
6. भविष्य पुराण
7. नारद पुराण
8. मार्कण्डेय पुराण
9. अग्निपुराण
10. ब्रह्मवैवर्त पुराण
11. लिंग पुराण
12. वाराह पुराण
13. स्कन्द पुराण
14. वामनपुराण
15. कूर्म पुराण
16. मत्स्य पुराण
17. गरुड़ पुराण
18. ब्रह्माण्ड पुराण

पुराणों में वैदिक काल से चले आते हुए सृष्टि आदि सम्बन्धी विचारों, प्राचीन राजाओं और ऋषियों के परम्परागत वृत्तान्तों तथा कहानियों आदि के संग्रह के साथ-साथ कल्पित कथाओं की विचित्रता और रोचक वर्णनों द्वारा साम्प्रदायिक या साधारण उपदेश भी मिलते हैं।

विष्णु, ब्राम्हमण, वायु, मत्स्य और भागवत आदि पुराणों में ऐतिहासिक वृत्त- राजाओं की वंशावली आदि के रूप में बहुत कुछ मिलता है। ये वंशावलियाँ यद्यपि बहुत संक्षिप्त हैं और इनमें परस्पर कहीं-कहीं विरोध भी है पर हैं बड़े काम की। पुराणों की ओर इतिहासकारों ने इधर विशेष रूप से ध्यान दिया है और वे इन वंशावलियों की छानबीन में लगे हैं।

पुराण के लक्ष्य :- 'पुराण' का शब्दिक अर्थ है - 'प्राचीन आख्यान' या 'पुरानी कथा'। 'पुरा' शब्द का अर्थ है - अनोगत एवं अतीत। 'अण' शब्द का अर्थ होता है - कहना या बतलाना। रघुवंश में पुराण शब्द का अर्थ है "पुराण पत्रापग मागन्नतरम" एवं वैदिक वाङ्मय में "प्राचीनः वृत्तान्तः" दिया गया है।

सांस्कृतिक अर्थ से हिन्दू संस्कृति के वे विशिष्ट धर्मग्रन्थ जिनमें सृष्टि से लेकर प्रलय तक का इतिहास वर्णन शब्दों से किया गया हो, पुराण कहे जाते हैं। पुराण शब्द का उल्लेख वैदिक युग के वेद सहित आदितम साहित्य में भी पाया जाता है। अतः ये सबसे पुरातन (पुराण) माने जाते हैं। अथर्ववेद के अनुसार, "ऋचः सामानि छनसि पुराणं यजुषो सह" अर्थात् पुराणों का आविर्भाव ऋच, साम, यजुस् और छन्द के साथ ही हुआ था।

शतपथ ब्राह्मण में तो पुराण वाङ्मय को वेद ही कहा गया है। छान्दोग्य उपनिषद् (इतिहास पुराणं पंचम् वैदानां वेदम्) भी पुराण को वेद कहा है। बृहदारण्यकोपनिषद् तथा महाभारत में कहा गया है कि "इतिहास पुराणाभ्यां वेदार्थमुपबृंहयेत्" अर्थात् वेद का अर्थ विस्तार पुराण के द्वारा करना चाहिये। इनसे यह स्पष्ट है कि वैदिक काल में पुराण तथा इतिहास को समान स्तर पर रखा गया है।

अमरकोष आदि प्राचीन कोशों में पुराण के पाँच लक्षण माने गये हैं : सर्ग (सृष्टि), मन्वन्तर (प्रलय, पुनर्जन्म), वंश (देवता व ऋषि सूचियाँ), मन्वन्तर (चौदह मनु के काल) और वंशानुचरित (सूर्य चन्द्रादि वंशीय चरित)।

सर्गश्च प्रतिसर्गश्च वंशो मन्वन्तराणि च।

वंशानुचरितं चैव पुराणं पञ्चलक्षणम्॥

1. सर्ग - पंचमहाभूत, इन्द्रियगण, बुद्धि आदि तत्वों की उत्पत्ति का वर्णन;
2. वंश - सूर्यचन्द्रादिवंशों का वर्णन,
3. प्रतिसर्ग - ब्रह्मादिस्थावरान्त संपूर्ण चराचर जगत् के निर्माण का वर्णन,
4. वंशानुचरित - प्रति वंश के प्रसिद्ध पुरुषों का वर्णन।

अक्षय, बी.ए. प्रथम वर्ष

अनुक्रमांक : 24एचआईएस089



पहाड़ी अनुभाग

विद्यार्थी सम्पादिका
अंशिता कौशल
बी.ए. द्वितीय वर्ष

प्राध्यापक सम्पादक
डॉ. सुरेन्द्र ठाकुर

विषयानुक्रमणिका

क्र.सं.	विषय/शीर्षक	लेखक/लेखिका
1.	नशा	शिवानी
2.	सैर हिमाचले दी	दिव्या भारती
3.	दहेज	श्रेया
4.	माँ	रजिया
5.	दादिया दी अंग्रेजी	मुस्कान ठाकुर
6.	पहाड़ी लोकोक्तियाँ	प्रिया
7.	प्यारा हिमाचल हमारा	अंशिता कौशल
8.	पहाड़ों साईं जीणा कुथू	तानिया शर्मा
9.	बजुर्गों री सीख	तानिया ठाकुर
10.	छड हुण नी कमाण	तानिया शर्मा
11.	पहाड़ी कविता	अंजली कश्यप
12.	हिमाचल प्रदेश : साड़ी देवभूमि दी शान	सेजल
13.	पहाड़ों रा जीणा	रचना भारती

नशा

नशा नाश दा हार, इस जों बढ़णे नि देवा,
न नशा करना न किसी जो करने देणा ।
पाप जी जितणेरी पीन्दे तुसां ध्याड़ी री बीड़ी,
उतणेरी तां आई जान्दी मेरी छेमी दी एमबीडी ।
अजकल जनानियाँ वी खान्दी नस्वार,
अप्पू नी सुधरी क्या सुधारना परिवार ।
सुणी लियो जे माणु खांदा खैणी,
तिसरे घरे बरकत नी रैणी ।
जे माणु पींदा रजी करी शराब,
तिसेरा लिवर हुन्दा झट खराब ।
जे खान्दा हर रोज जरदा,
रेहन्दा नि तिसरे अन्नेरा परदा ।
बोलदा ये देविन्द्र नशा दियो छड्डी,
नितां मास जाणा सुकी रेई जाणी हड्डी ।
ते तुसां जाणा मुकी ।

**शिवानी, बी.ए. द्वितीय वर्ष,
अनुक्रमांक : 24टीटीएम008**

सैर हिमाचले दी

मण्डी दी शिवरात्री कन्ने कुल्लू दा दशहरा,
दिन—रात रैहन्दा पुल्ला दा पैहरा,
शिमले दी चढ़ाई कने जाखू दा मन्दिर,
दर्शन करने वाले जो तंग करदे बन्दर ।
चम्बे दा चौगान कने मिंजरा दे मेले,
देखी—देखी नेई थकदे अलबेले ।
कांगड़े दी सड़कां करने बसा दी होड़,
लोग भी नी देखदे कने देई देंदे दौड़ ।
स्पीतियाँ दी ठण्ड कन्ने किन्नौरा दी घाटी,
बिलासपुरे दी छिंजा ता सिरमौरा दी नाटी ।
हमीरपुरा दे स्कूल कन्ने ऊने दी मशीनां,
पानी दी तंगी चाहे हो बरसाती दा महीना ।
सोलना दी खेती कने कांगड़े दी चा,
बस होयी गयी हुण हिमाचले दी सैर ।

**दिव्या भारती,
अनुक्रमांक 24पीयूबी005,
बी.ए. द्वितीय वर्ष**

देहज

अज देहज बणी गईदा अजगर
नूआं जो लैंदा खाई
जांदी बारी बोलदी बचारियाँ,
कजो असां दुनियां च आई ।
दहेजा पीछे ससां मरदी,
मारी दिंदी नूआं जो ।
मारने ते बाद बआना बणांदी
भाड़ा नी पाया गउआं जो ।
अज ब्याह होया बचारियां दा,
कल्ला जो सौरेयां ते आई लास
परमात्मा न करो कुड़ियां जमां ।
माँ बुडेयां कित्ती परमात्मं ने अरदास ।
कुड़ियां जमां अमीरां दे घरे ।
घर अमीरां दे बणदी दास ।
कल्ला जो कुड़िया सुख देणा असां जो,
छडी ती मां बुडेयां ऐ अरदास ।

**श्रेया,
अनुक्रमांक 23एचआईएस086
बी.ए. द्वितीय वर्ष**

माँ

ममता जदु साकार हुन्दी ता गले लाई मुस्कांदी माँ ।
सुख दे सुपने दिखदी—दिखदी, सुपनेया बिच डुबी जांदी माँ ।
अप्पू सोन्दी सिन्ने पासे, बच्चा सुक्के सुआन्दी माँ ।
खरा—खरा बस बच्चे खातिर, अप्पु सुक्खा खांदी माँ ।
बुरी नजर नी कुसे दी लगै, काला टीक्का लांदी माँ ।
प्रेम निशानियाँ दिक्खी—दिक्खी, गले लाई मुस्कांदी माँ ।
पढ़ाई—लिखाई बरी—बियाई खुशियाँ खूब मनांदी माँ ।
बच्चे दियां खुशियां दिक्खी फुल्ली नी समांदी माँ ।
वक्त बदलदा बुड्डी हुन्दी, होई फालतू जांदी माँ ।
पुत—नुआं मौजां मनान्दे, किल्ली बेई रोन्दी माँ ।
पुत कुपुत्र होई जायँ फिरी भी माँ दा फर्ज निभांदी माँ ।
गल्ल घरे दी घरे रक्खी, हिकडुए दर्द छुपांदी माँ ।
कुते आया ते कुते नौकराणी बणी ने वक्त लगांदी माँ ।
कदी—कदी तां लेई बुढापा, वृद्धाश्रम पूजी जान्दी माँ ।
माँ हुन्दी जियां बड़े दा बुट्टा, ठण्डी छाँ हुन्दी माँ ।
नौ महीने पेटे टुंगी, जम्मी संसार दस्दी माँ ।
माँ दा कर्ज देयी नी मुकदा, दर्दे दी कलम गलान्दी माँ ।

रजिया, अनुक्रमांक 23एचआईएस037

बी.ए. द्वितीय वर्ष

निहारिका

अनुक्रमांक 25पीयूबी002

दादिया दी अंग्रेजी

एक बारी री गल हुई । ता दादिया जाणा हुआ बसा बिच तां दादिया रा
पौत्रु बोलां जे कंडक्टर कराया मंगगा तां बोलेयां हाऊँ ई 'हैण्डीकैण्ड'
जाहलु जे से दादी बसा बिच बैठ दी होर बोलाई हाऊँ ई 'हैलीकॉप्टर'
ताहलु कन्डक्टर बोलां बसा च किसो बैठरी आसमाना च उड़ ।

दादिया रे छोटे पोता—पोती विलायता ते वापिस घरा जो जाएं । दादिये
लम्बा सारा पुरांदा लाईरा था । पोता पुछां, 'वट इज दिस?' ता दादी तेसरे
गले पाई सी टाई पकड़ी कने बोलाई, 'वट इज दिस?' पोता बोलां दिस
इज माई नेक टाई । तां दादी आपणे पुरांदा पकड़ी कने बोलाई दिस इज
माई बैक टाई ।

मुस्कान ठाकुर, अनुक्रमांक 23एचआईएस078

बी.ए. तृतीय वर्ष

पहाड़ी लोकावित्तियाँ

1. आए नदौण तां जाए कौण ।
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3. काल अखर मयी बराबर ।
4. वेदी ते वाद परोत कैत लाणाँ ।
5. चलणा अपि जो नी आँदा फिटे मूँ गोडेयाँ दा ।
6. गट्ठी नी तेला कनै चढ़ना रेला ।
7. बब्बे नी मारी कुटारी कनै मुन्नु बणै सकारी ।
8. बान्दरा जो बालियाँ नी उंदियाँ ।
9. तीथे तमकड़ा नुएँ नू कन कर ।
10. कार बगाना टिड्ड अपणा ।

प्रिया, 24एचआईएस051

बी.ए. द्वितीय वर्ष

प्यारा हिमाचल हमारा

नदियां नाले ऐ गीत सुणांदे,
सायं-सायं करदे ।
लगदे जांदे जंगला राज सुंदर नजारा
सड़का ने देशां च जाल बिछाया
जगज-जगह बिजली दा डैम बनवाया
साक्षरता दा सारा पाठ पढ़ाया
प्यारा हिमाचल हमारा ।
बर्फा दी ठण्डी-ठण्डी हवा ऐ भी चलदी
ऊँची-ऊँची पहाड़ियां बड़ी प्यारी लगदी
बर्फा दा सुन्दर नजारा
जालू असां दिखा दे इस हरियाली जो,
तां असां दा मन बड़ा भारी खुश हुंदा
तालू लगदा कि स्वर्ग मिली गया,
प्यारा हिमाचल हमारा ।

अंशिता कौशल

बी.ए. द्वितीय वर्ष,

अनुक्रमांक 24एचआईएस048

छड हुण नी कमाण

बापुए खाई के कोठी पाई,
ऐश करदे अनजान कई भाई,
कहंदे छड हुण नी कमाण,
बापू साडा है सरकारी,
हुक माराना साडया बौड़ा ताई
सारी दुनिया पढ़ना पाई,
कहंदे चावल दाल मिली जांदे सस्ते,
आईआरडीपी बिच दे ना लखाई,
अनजान कजो जोड़दा तू
पाई-पाई तू भी उठ
राजनीति च ले हाथ अजमाई,
रौब ठाठ-बाठ एथू पूरे,
पंजा साला बाद पैशन पाई,
छड हुण नी कमाना,
तुप्पा सेकणी मंजा डाणा,
नेक सलाह तुहाड़े ताई,
अनजान करे पर तुसां मत करदे पाई ।

तानिया शर्मा, बी.ए. द्वितीय वर्ष

अनुक्रमांक 24एचआईएस039

पहाड़ों रा जीणा

पहाड़ों रा नजारा नोखा
पहाड़ों रा माणु बांका
देश दुनिया घूमो
हटे फिरो जबी पहाड़ ही लुबाउंदे
ऊँचे देवदार शोबले केसो

बान केसो चील कई जैसे
बुरांश आदे ।
ऊँची टिबी दे देव-देवी बसदे
साजो त्यारो रे दैड़े से पूज जाऊंदे
जेबे आउंदी फसल नई

सबी द पैले मंदरा दे चढ़ाई जांदी
तां ई सुख समृद्धि गरे आऊंदी ।
पहाड़ो रा जीवणा शोबला,
नी आँदा कनीं चीजो रा जोटा
तीज-त्यारो री का लाणी गल,

सब जणे मिले
जुली ए मनाउंदे ।

रचना भारती
25टीटीएम015

... पहाड़ों साई जीणा कुथू

ठंडी-ठंडी हवा कुथू
रुखां च ग्लांदे पंखेरू कुथू
इसा दुनिया च पहाड़ों साई जीणा कुथू ।
झर-झर करदे झरने ते
सां-सां करदियां खड्डां कुथू ।

बरफा ने लदेयो पाड़ कुथू ।
हरा-भरा एक नजारा पाई कुथू ।

तानिया शर्मा

बी.ए. द्वितीय वर्ष

अनुक्रमांक 24एचआईएस039

बजुर्गों री सीख

आसां रे बुजुर्ग हुंदे बड़डे ही काबिल
तिन्हा जो हुंदा तजुर्बा जिन्दड़ी दा
सेही तजुर्बा तिन्हा आगे जो सिखाणा
आसा कन्ने आपणी आपबीती सुणाणा ।
बजुर्ग हुन्दे खजाना संघर्ष रा
जिवणा रे जजबे रा सौगी बाटा रे पाथरू रा
सारी जिन्दड़ी आपणी गरीबी च बिताई
छल्लियां कन्ने छाह पी कन्ने भूख अपणी मिटाई ।
खेतारा काम कमाई कन्ने धान कोदर बाई कन्ने
खिंद खंदोलुआं च सोई कन्ने नींद मीठी आवंदी

रिश्ते नाते निभावदे थे चावा कन्ने
नाटी रा फेरा पांवदे थे पूरे गांवा कन्ने
बजुर्गों री सीख बड़ा कुछ सिखांदी
कदी आसा जो नी भटकांदी
बजुर्गों री सीख आसां सभी जिंदगिया च
याद रखणी
अपु भी निभावणी सोगी आपणी आवणे
आली पीढ़ी जो सिखाणी ।

तानिया ठाकुर

अनुक्रमांक 25टीटीएम005

पहाड़ी कविता

आज रा बच्चा भी बड़ा बेमिसाल
सारा गूगल रा कमाल
लिखना भी णी पोन्दा हुंन कोई भी सवाल
सारा गूगल रा कमाल बच्चा बड़ा बेमिसाल
दिमाग च असर इन्हें पाया
हुंन न कर पाया इसरा इस्तेमाल
सारा कुछ गूगल पर ही मिलदा

से जे इस विच फसी गया
हुंन नई निकली सकदा
गूगल भाई रा ता येही जाल है
आज रा बच्चा भी बड़ा बेमिसाल
सारा गूगल रा कमाल ।

अंजली कश्यप

बी.ए. प्रथम वर्ष, अनुक्रमांक 25टीटीएम016

हिमाचल प्रदेश : साड़ी देवभूमि दी शान

हिमाचल प्रदेश साड्डा एकदम सोणा राज्य है । इत्ते दी ठंडी-ठंडी हवा व पानी बिल्कुल साफ़, इत्थी दे लोग भी बड़े सीधे-सादे कने प्यारे होंदे । तांही ता ये साड्डा हिमाचल बड़ा प्रसिद्ध कने लोकप्रिय है । हर इक इलाका अपणी बोली कने रंग च अलग है : कुल्लू च कुल्लुवी, मंडी च मंडियाली, चंबा च चंबयाली, ते काँगड़ा च काँगड़ी बोलदे । हर इक बोली च अपनापन कने मिठास है । इत्थी लोग मेहनती कने सच्चे होंदे । प्यागा उठी के खेतां च कमांदे । इना सारेयां गाएं—भैंसी रखियां, कने इना पशुआं दी सेवा जो अपना कर्तव्य समझदे ।

ऐ हिमाचली संस्कृति बड़ी पुरानी है, इत्थी नाटी, नगाड़े कने मेल्यां दा बड़ा रवाज है । इना बिनां तां हिमाचल अधूरा ऐ । जिना कि : कुल्लू दशहरा, मंडी दी शिवरात्री, चंबा मिंजर मेला, सुजानपुरे दी होली, ए सब हिमाचल दी शान हैं । कने इत्थी इतने सोणे पहाड़, हर नदी च भगवान दी झलक मिलदी । लोग अक्सर बोलदे भी हैं, "जित्थे पहाड़, औथे रब बस्दा यार ।"

सेजल, बी.ए. तृतीय वर्ष, अनुक्रमांक 23एचआईएस049



COMPUTER SECTION

Tech Chronicles
A Computer Science Students' Magazine



Student Editor
Shagun Dhatwalia
CLASS: B.Sc. 3rd YEAR
ROLL NO: 22BCS053

Staff Editor
Prof. Praveen Kumar

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THE POWER OF AI: TOOLS THAT ARE SHAPING THE FUTURE

AI tools are transforming various domains by enhancing efficiency, creativity, and productivity. In writing and content creation, tools like ChatGPT, Jasper, GrammarlyGO, and Copy.ai help generate, refine, and optimize text. For education, tools such as Khanmigo, Socratic, Quillbot, and TutorAI assist in learning, paraphrasing, and tutoring.

In image generation, DALL·E, Midjourney, and Stable Diffusion create visuals from text prompts, while Canva AI and Adobe Firefly offer user-friendly design support. For video creation, tools like Sora, Synthesia, and Runway ML turn text into engaging videos with AI avatars and effects.

Voice and audio tools like ElevenLabs, Murf.ai, and Descript provide voice generation, editing, and transcription. Developers benefit from GitHub Copilot, Code Interpreter, and Tabnine for AI-assisted coding and analysis.

In business and productivity, tools such as Notion AI, Otter.ai, and Fireflies.ai help with organization, note-taking, and automation. For marketing and e-commerce, SurferSEO, Tidio, and Shopify Magic support content optimization and customer interaction. In research, Elicit, Research Rabbit, and Semantic Scholar streamline academic discovery and analysis.

Shagun Dadwalia
Roll No. 22BCS053

CLOUD COMPUTING AND BLOCKCHAIN TECHNOLOGY: TRANSFORMING THE DIGITAL WORLD

In today's fast-paced digital landscape, cloud computing and blockchain stand as transformative forces redefining data management and security. Cloud computing enables access to computing services like servers, storage, and databases over the internet, allowing users to work remotely with enhanced scalability and reduced hardware costs. Its benefits include real-time collaboration, advanced security, and cost-efficiency. Meanwhile, blockchain technology offers a decentralized, transparent, and immutable ledger system that enhances trust and accountability. It is especially beneficial in applications like secure transactions, digital identity verification, and supply chain traceability. Together, these technologies are revolutionizing sectors such as finance, healthcare, education, and governance, marking a significant shift towards a more connected and secure digital future.

Neha
Roll No: 23BCA046

THE INTERNET OF THINGS (IOT): CONNECTING THE WORLD LIKE NEVER BEFORE

The Internet of Things (IoT) is a game-changing technology connecting everyday devices through the internet to exchange data seamlessly. From smartphones and wearable tech to smart appliances and vehicles, IoT devices collect and share data autonomously, creating smarter environments. This technology has immense applications, such as enabling smart homes with voice-controlled systems, improving healthcare with remote patient monitoring, and boosting efficiency in agriculture through automated irrigation. IoT provides convenience, operational efficiency, and data-driven decision-making, fundamentally transforming industries and daily life.

Priyanshu, Roll No: 23BCA059

A NEW ERA OF INNOVATION IN COMPUTER TECHNOLOGY

The computer technology landscape in 2025 is marked by groundbreaking advancements reshaping how we work, communicate, and innovate. Quantum computing has moved from theoretical models to practical solutions, tackling problems beyond traditional systems. AI-powered PCs now feature embedded chips that enhance performance, battery life, and real-time processing capabilities. Neuromorphic computing mimics brain-like activity for energy-efficient data handling. Furthermore, AI-driven cybersecurity systems provide real-time threat detection and response. These innovations emphasize not only power and speed but also intelligence and sustainability in modern computing.

Swati
Roll No: 23BCA035

MACHINE LEARNING: TRANSFORMING DATA INTO INSIGHTS

Machine Learning (ML), a vital branch of Artificial Intelligence, is revolutionizing industries by enabling systems to learn from data and improve over time. ML is categorized into supervised learning, where models learn from labeled data; unsupervised learning, which identifies hidden patterns in data; and reinforcement learning, where agents learn through feedback from their environment. Applications of ML are extensive, spanning from disease prediction and diagnostics in healthcare, fraud detection in finance, to personalized recommendations in marketing. Challenges include data quality, model interpretability, and ethical concerns. As ML evolves, trends like explainable AI and transfer learning aim to make it more transparent, ethical, and adaptable across domains.

Rhythm Sharma
Roll No: 24BCA006

GREEN COMPUTING: THE ECO-FRIENDLY FACE OF TECHNOLOGY

Green Computing, or Green IT, promotes sustainable practices in technology usage, design, and disposal to minimize environmental impact. This approach emphasizes energy efficiency, responsible recycling, and the reduction of electronic waste. Examples include the use of ENERGY STAR-rated devices, which consume less power, and the shift to digital documents and cloud storage, reducing the reliance on paper. Green computing encourages practices that align technology with ecological responsibility, striving for a balance between innovation and environmental conservation.

Nilakshi Sharma
Roll No: 23BCA106

THE ROLE OF COMPUTER NETWORKS IN THE DIGITAL AGE

Computer networks are the backbone of modern communication and technology, connecting devices to facilitate resource sharing and data exchange. They range from Local Area Networks (LANs) used in schools and offices, to Wide Area Networks (WANs) like the internet, and include Wireless Networks that enable mobile connectivity. Key components like routers, switches, servers, and IP systems form the core of network infrastructure. Networks enhance communication, support cloud computing and IoT, and drive e-commerce operations. Looking ahead, advancements like 5G, AI-based network optimization, and quantum networking will redefine connectivity.

Vikash Singh Dhiman, Roll No: 23BCA111

THE EXPANDING ROLE OF GPUS BEYOND GAMING

Graphics Processing Units (GPUs), once primarily used for gaming, have become indispensable in various high-performance computing fields. Their ability to handle parallel processing makes them ideal for AI and Machine Learning model training, cryptocurrency mining, and complex simulations in scientific research. GPUs are widely used in cloud computing infrastructures by tech giants like Google and Amazon to provide enhanced computing power. They're also essential in content creation, enabling efficient rendering in video editing and animation. As technology progresses, GPUs will remain critical to advancements across AI, research, and industry.

Shivanshu Pal Singh
Roll No: 23BCA055

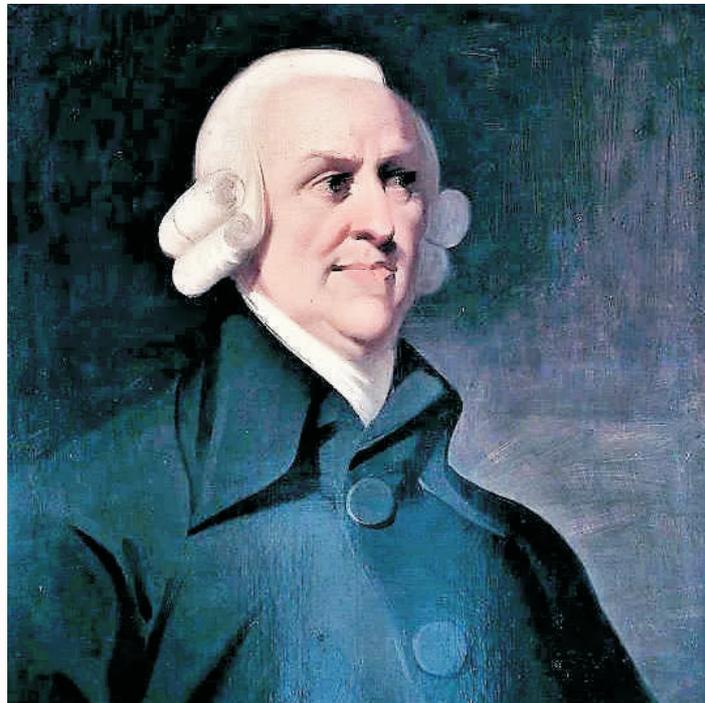
TOP YOUTUBE CHANNELS EVERY COMPUTER SCIENCE GRADUATE MUST FOLLOW

For Computer Science graduate students, YouTube offers a wealth of high-quality educational content across various domains. Channels like Neso Academy and Gate Smashers are excellent for mastering core subjects such as Operating Systems, Computer Networks, DBMS, and Theory of Computation, with clear and concise lecture-style videos. Jenny's Lectures CS/IT NET&JRF is another popular choice among Indian students, especially for UGC NET preparation. For programming and development, freeCodeCamp.org provides full-length courses on Python, Web Development, and Machine Learning, while CodeWithHarry offers beginner-to-advanced tutorials in Hindi. Those interested in AI and Data Science can benefit from Krish Naik for real-world machine learning projects and StatQuest with Josh Starmer for simplified explanations of statistical concepts. Advanced learners can explore MIT OpenCourseWare for graduate-level lectures and Computerphile for deep dives into computing fundamentals. For career and interview preparation, channels like Tech Dummies - Narendra L, Hitesh Choudhary, and ThePrimeagen offer valuable insights into system design, technical interviews, and industry trends. These channels collectively serve as an invaluable resource for both academic learning and professional growth in the field of computer science.

Rishul Raj,
Roll No: 23BCS084



PLANNING SECTION



ADAM SMITH
FATHER OF ECONOMICS

Student Editor
Anshul Kumar
M.A. IVthe Sem.

Staff Editor
Dr. Dinesh Kumar Sharma

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EDITORIAL EDITOR

"Your voice, your stories, your magazine".

Dear Readers,

Welcome to the planning section of our college magazine (HAMIR) - a dedicated space where ideas transform into strategies and visions shape the future. This section is an ode to the art and science of planning, exploring topics that define progress and innovation in our society.

Here, you will find thought-provoking articles and insights that delve into sustainable development, strategic frameworks and transformative solutions. Each contribution reflects the analytical brilliance and creativity of our peers, showcasing their ability to approach challenges with foresight and determination.

I would like to extend my gratitude to all contributors and mentors for their support in making this section insightful and engaging. And special thanks to Prof. Dinesh Sharma for providing me this incredible opportunity. My hope is that the ideas shared has inspirational to think critically, plan thoughtfully and act boldly to create impactful change.

Happy reading and thank you for joining us in celebrating the power of planning.

Warm Regards,

Anshul Kumar

Editor Planning Section

Roll No. 23MECO0011

ADAM SMITH - THE FATHER OF ECONOMICS

Adam Smith (1723-1790) was a Scottish economist and philosopher who was a pioneer in the thinking of political economy. Seen by some as "The Father of Economics" or "Father of Capitalism", he wrote two classic works, *The Theory of Moral Sentiments* and *An Inquiry into Nature and Causes of Wealth of Nations*. The latter, after considered as his 'magnum opus' and the first modern work that treats economics as comprehensive system and as an academic discipline. Smith refuses to explain the distribution of wealth and power in terms of God's will and instead pleads to natural, political and social factous.

In his later life, he took a tutoring position that allowed him to travel throughout Europe, where he met other intellectual leaders of his day. Smith also laid the foundations of classical free market economic theory.

Mehak Verma

B.A. Ist Year

WHAT IS ECONOMICS & WHY IS IT IMPORTANT

Economics is a social science that studies how societies allocate scare resources by analyzing the production, consumption and distribution of goods and services, making it important to study because it provides insights into how our daily lives are impacted by economic factors like inflation, interest rates, taxes and market dynamics, allowing individuals to make informed decisions and understands broader societal issues; it also develops critical thinking analytical skills applicable across various careers.

Key points about studying economics :

Understanding the world around :

Economics helps explain how markets function, how govt. policies influence the economy and how

individual choices impact the larger economic system.

Informed decision making :

By studying economics, individuals can make better choices about personal finance, investments and career paths.

Critical thinking skills :

Economics encourages analyzing data, evaluating different perspective, and developing logical reasoning to solve complex problems.

Global understanding :

Economics provides insight into international trade, global markets and the interconnectedness of economies worldwide.

Entrepreneurial skills :

Economics equips aspiring entrepreneurs with knowledge about market dynamics, pricing strategies and resource allocation.

Other career opportunities :

A strong understanding of economics opens doors to diverse careers in finance, business, government, policy analysis, research and more.

Societal impact :

Studying economics can empower individuals to engage in discussions about important economic issues affecting their communities and the world.

Financial decisions :

Understanding economic principles can help people make better financial decisions.

Everyday living conditions :

Economics can help improve people's everyday living conditions, such as by leading to higher wages and better housing.

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THE DEVELOPMENT OF INDIAN ECONOMY

The development of the Indian Economy since Independence in 1947 has been marked by significant transformations, driven by diverse strategies, policies and reforms. India's economic trajectory can be broadly divided into phases reflecting its policies, priorities and global context.

1. 1947 - 1991 : Command Economy and Planned Development :

After independence, India adopted a mixed economy model, combining elements of socialism and capitalism. Guided by the Nehru-Manalanobi's model., the govt. prioritized industrialization and **public sector dominance**. Five year plans were introduced by the planning commission to drive economic development.

Example : Establishment of state-owned enterprises like Steel Authority of India Limited (SAIL) and Bharat Heavy Electrical Limited (BHEL)

Theoretical Basis : Keynesian economics influenced the focus on state-led investment to stimulate growth. Agriculture was supported through land reforms. Green revolution (1960) and community development programs. Green revolution led to self sufficiency in food grain production but also regional disparities.

2. 1991 - 2000 : Liberalization, Privatization and Globalization

Faced with a balance of payment crisis, India introduced sweeping economic reforms in 1991 under Prime Minister P.V. Narasimha Rao and finance minister Dr. Manmohan Singh. These reforms liberalized trade, deregulated industries and encouraged foreign direct investment (FDI).

Example : Entry of global companies like Suzuki in the automobile sector and Pepsico in the food and beverage industry.

Theoretical Basis : Adoption of neoliberal policies aligned with globalization principles. The reforms marked a shift from import substitution to export orientation. This phase saw the emergence of the Information Technology (IT) sector, with cities like Bengaluru becoming global IT hubs.

3. 2000 - 2014 : Growth and Inclusion

During this period, India witness high GDP growth rates, driven by services and technology. However, challenges like poverty and inequality persisted. The government launched several social welfare programs, including the Mahatma Gandhi National Rural Employment Guarantee Act (MNREGA) in 2005, aimed at inclusive growth.

Example : The rise of IT giants like Infosys and TCS, and implementation of rural development schemes.

Theoretical Basis : Amartya Sen's capabilities approach emphasized inclusive development.

4. 2014 - Present : Structural Reforms and Digital India

Under Prime Minister Narendra Modi, economic reforms continuous focusing on infrastructure, digital transformation and self reliance. Initiatives like "Make in India", "Digital India" and "Start-Up India" aimed to boost manufacturing entrepreneurship and technology adoption.

Key reforms included the Goods and Services Tax (GST) for tax unification, the Insolvency and Bankruptcy Code (IBC) for resolving financial distress and direct benefit transfer (DBT) for welfare schemes.

Example : Expansion of the Unified Payments Interface (UPI) revolutionized digital payments.

Theoretical Basis : Schumpeter's theory of innovation aligns with fastening entrepreneurial growth.

Challenges and Future Prospects

Despite significant progress, India faces challenges like unemployment, income inequality and environmental concerns. With a youthful demographic and increasing urbanization, India has the potential to become a \$5 Trillion economy by leveraging its human capital, technology and reforms.

India's journey reflects a unique blend of planned interventions and market-driven strategies, transitioning from an agrarian economy to a global powerhouse. This evolution underscores resilience, adaptability and the pursuit of inclusive growth.

Anmol Koundal
Roll No. 24ENG013

विदेशी सहयोग : एक नए युग की शुरुआत

विदेशी सहयोग एक ऐसी प्रक्रिया है जिसमें दो या दो से अधिक देशों की कंपनियां या संगठन एक दूसरे के साथ मिलकर काम करते हैं। यह सहयोग विभिन्न क्षेत्रों में हो सकता है, जैसे कि व्यापार, उद्योग, शिक्षा, स्वास्थ्य और अनुसंधान। (विदेशी सहयोग के लाभों के बारे में लिखें) जैसे :- नई प्रौद्योगिकी का आदान-प्रदान, विदेशी सहयोग से व्यापार में वृद्धि हो सकती है और नए बाजारों तक पहुंच बनाई जा सकती है, निवेश में वृद्धि हो सकती है और नए उद्योगों की स्थापना हो सकती है, शिक्षा और अनुसंधान में सुधार हो सकता है। जैसे :- भारत और अमेरिका के बीच विभिन्न क्षेत्रों में सहयोग हो रहा है, जैसे कि व्यापार, उद्योग, शिक्षा और अनुसंधान। भारत और चीन के बीच सहयोग, भारत और यूरोपीय संघ के बीच सहयोग। विदेशी सहयोग के आवश्यक कदम जैसे कि विदेशी सहयोग के लिए समझौता करना आवश्यक है जिसमें सहयोग के उद्देश्य, शर्तें और नियम शामिल हों। विदेशी सहयोग के लिए ढांचा तैयार करना आवश्यक है जिसमें आवश्यक संसाधन कौशल और प्रौद्योगिकी शामिल हों।

निष्कर्ष :- विदेशी सहयोग एक महत्वपूर्ण उपकरण है जो देशों को विभिन्न क्षेत्रों में सहयोग करने और नए अवसरों का लाभ उठाने में मदद करता है। विदेशी सहयोग से देशों को नई प्रौद्योगिकी, व्यापार में वृद्धि, निवेश में वृद्धि, और शिक्षा और अनुसंधान में सुधार का लाभ मिल सकता है।

नैसी, बी.ए. तृतीय वर्ष, अनुक्रमांक 22जीईओ014

ROLE OF ENTREPRENEURSHIP IN ECONOMIC DEVELOPMENT

Entrepreneurs play a vital role in the economy by creating new business, generating jobs and introducing new products and services.

i. Job Creation : Entrepreneurship is a significant source of job creation. By starting new business, entrepreneurs create employment opportunities.

ii. Change the Community : Entrepreneurs help change the local community by introducing new products and services that can improve the quality of life.

iii. Makes Economic Growth : Through their ambitious business models, entrepreneurs help promote economic growth and stability by creating new products and services that generate revenue for businesses.

iv. GDP and Per Capita Income : Entrepreneurs help to promote economic growth by raising the gross domestic product (GDP) and per capita income.

v. Innovation : Entrepreneurship is a powerful source of innovation. They have the ability to innovate. Entrepreneurs came with new ideas and turn them into products or services.

vi. Market Competition : Entrepreneurs are the game changers of the market, introducing fresh solutions that challenge the status of existing paradigms and inspiring healthy competition among industry.

vii. Increased Productivity : Entrepreneurship drives productivity by encouraging the use of new technologies and more efficient business practices.

it also helps people become more self-reliant and financially independent.

Sakshi Sharma
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WATER DIAMOND PARADOX

"The pure water diamond paradox" refers to the economic concept where water, which is essential for life, is significantly cheaper than diamonds, even though diamonds have much less practical utility, highlighting the difference between a good's intrinsic value and its market price, primarily. Explained by the concept of marginal utility and scarcity; essentially, because water is readily available, the added satisfaction from consuming another unit is low, while the scarcity of diamonds drives their higher price.

Adam Smith's Observation : This paradox is attributed to economist Adam Smith, who first discussed the discrepancy between the high value of diamonds and the low value of water despite being crucial for survival.

Scarcity and Value : While water is essential, its abundance leads to a low marginal utility whereas diamonds, being scarce, have a much higher marginal utility, resulting in a higher market price.

Kritik Banyal
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"INVESTMENT AND SAVING" : THE KEY OF FINANCIAL GROWTH

In today's fast-paced world, financial security is essential for a stable and stress-free life. Two key concepts that play a vital role in achieving this are saving and investment. While both involve setting aside money for the future, they serve different purposes. Saving focuses on safety and liquidity, while investing aims for wealth creation over time.

Why are Saving and Investment Important ?

Saving helps individuals build an emergency fund, meet short-term financial goals and develop

financial discipline. It ensures stability in case of unexpected expenses such as - medical emergencies or job loss. On the other hand, investing allows money to grow by generating returns. The value of money, investing becomes necessary to maintain and increase purchasing power.

Best Saving and Investment Options :-

1. Bank Saving Accounts : The safest place to store money with easy access.
2. Fixed Deposit (FDs) and Recurring Deposits (RDs) : Offer fixed returns with low risks.
3. Mutual Funds : Systematic investment plans (SIPs) allow small monthly investment with potential long-term growth.
4. Stock Market : Investing in shares of companies can yield high returns but involves risks.
5. Gold and Real Estate : Traditional investment option that provide stability.

The Power of Compounding :

Investing early allows individuals to benefit from compounding, where return generate additional earning over time. Even small investment can grow significantly in the long run.

Conclusion :

Balancing saving and investment is crucial for financial security. A disciplined approach to managing money ensures a stable present and a prosperous future.

Nitika

Roll No. 24ECO016

THE FUTURE OF DIGITAL PAYMENT SYSTEMS IN INDIA

India's digital payment landscape has undergone a significant transformation in recent years. The government's push for digitalization. Coupled with the rising adoption of smart phones and the internet, has led to a surge in digital payment transactions. In this article, we'll explore the future of digital payment systems in India and the trend that will shape this industry.

Current State of Digital Payments in India

India's digital payment market has grown exponentially in recent years. According to a report by Google and Boston Consulting Group, the country's digital payment market is expected to reach \$500 billion by 2025. The growth of digital payments has been driven by the increasing adoption of mobile wallets, unified payments interface (UPI) and other digital payment modes.

Trends Shaping the Future of Digital Payments in India

1. Contactless Payments :- Contactless payments are becoming increasingly popular in India. The government's push for contactless payments, coupled with the growing adoption of NFC - enabled smart phones, will drive the growth of contactless payments in the country.
2. Artificial Intelligence (AI) and Machine Learning (ML) : AI and ML will play a crucial role in shaping the future of digital payments in India. These technologies will enable payment companies to detect and prevent fraudulent transaction, improve customer experience, and offer personalized services.
3. Blockchain Technology : Blockchain technology has the potential to transform the digital payment landscape in India. This technology will enable secure, transparent, and efficient transactions, reducing the need for intermediaries and increasing the speed of transactions.
4. Digital Wallets : Digital wallets will continue to play a crucial role in India's digital payment ecosystem. These wallets will offer customers a conventional and secure way to make transactions, both online and offline.

Challenges Facing Digital Payment Systems in India

1. Security Concerns : Security concerns remain a major challenge for digital payment system in India. Payment companies must invest in robust security measures to protect customer data and prevent fraudulent transactions.
2. Regulatory Framework : The regulatory framework for digital payment in India is still evolving. The

government must create a clear and concise regulatory framework to support the growth of digital payment in the country.

3. Infrastructure : India's digital payment infrastructure is still in the development stage. Payment companies must invest in building a robust and scalable infrastructure to support the growth of digital payment.

Conclusion :

The future of digital payment systems in India looks promising. The growth of digital payments will be driven by the increasing adoption of smart phones, the internet, and digital payment modes. However, payment companies can create a secure, efficient and scalable digital payment ecosystem that benefits customers and merchants alike.

Palak
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CRYPTO CURRENCY

Crypto currency is a form of payment that can be exchanged online for goods and services. Many companies have issued their own crypto currencies, often called tokens, and these can be traded specifically for the goods or services that a company provides. Think of them as you would arcade tokens or casino chips. You'll need to exchange real currency for the crypto currency to access the good service.

Crypto currencies work using a technology called the block chain. Block chain is a decentralized technology spread across many computers that manages and records transactions part of the appeal of this technology is its security. Best crypto currencies by market capitalization. These are the 10 largest trading crypto currencies by market capitalization as tracked by coin market cap, a crypto currency data and analytics provider.

For those who see crypto currency such as bit coin as the currency of the future, it should be noted that a currency need stability so that merchants and consumers can determine what a fair price is for the goods. Bit coin and other crypto currencies have been anything but stable through much of their history. This price volatility creates a conundrum. If bit coins might be worth a lot more in the future, people are less likely to spend and circulate them today, making them less viable as currency.

Why spend a bit coin when it could be worth three times the value next year. While some crypto currencies, including bit coin, are available for purchase with U.S. dollars. Others require that you pay with bit coins or another crypto currency.

To buy crypto currencies, you'll need a "wallet", an online app that can hold your currency. Generally, you create an account on an exchange and then you can transfer real money to buy crypto currencies. Such a bit coin. Here's more on how to invest in bit coin. Coin base is one of the popular crypto currency trading exchange where you can create both a wallet and buy and sell bit coin and other crypto currencies. Also a growing number of online brokers offer crypto currencies, such as a Toro, Trade Station and Sofi Active Investing.

There's no question that they're legal in the United States, though China has essentially banned their use, and ultimately whether they're legal depends on each individual country. Also be sure to consider how to protect yourself from fraudsters who see crypto currencies as an opportunity to investors. As always, buyer beware.

Isha Kumari
M.A. 1st Sem.

COLLUSIVE AND NON COLLUSIVE OLIGOPOLY

Oligopoly : When companies within same industry work together to increase their mutual profit instead of exclusively competing with one another it's known as an oligopoly. Oligopoly word derived from two Greek words 'Oligo' means few & 'poly' means control. In oligopoly there are so few sellers that they recognized their mutual dependence.

Examples of Oligopolies can be found across major industries like oil & gas, airlines, mass media, automobile & telecom etc. There are two types of Oligopoly :

i. Collusive : Market structure where a few companies work together to fix price & restrict output.

ii. Non-collusive : Where a few large companies compete with each other without explicitly colluding.

There is some examples of Collusive : In India automobile, cement, steel & aluminium industries.

Automobile Industry : Companies like Tata motors, Ashok leyland, Eicher motors, and Mahindra are example of automobile industry.

Cement Industry : It's an example of pure oligopoly where product is homogenous.

Steel & Aluminium Industry : These industries are examples of pure oligopoly where the product is homogeneous.

Oil, Railroads, Tyre manufacturing, Grocery store chains, Wireless carriers, Airlines, Pharmaceutical these all are examples of the oligopoly. OPEC these are oil producing companies. Airline industry are example of oligopoly.

Non-collusive oligopoly : Many industries with a few dominates firms such as automobile industry, are considered non-collusive. These firm compete aggressively but don't engage in explicit collusion.

Now, we will take a real-life example at first when **Jio** was launched in Dec. 2015 it began with free voice call & data. And also offered low-cost data plan & free voice calls. Whereas, **Airtel** approved by govt. in 1995. Within few years it become first telecom company to cross 2 million mobile subscriber mark.

By offering free 4GB high speed 4G data Jio gained a lead allows Jio to initially large no. of subscribers Airtel is under high debt turns out to be poor investment and credit is high and margins are weak. Airtel doesn't have deep pockets like Jio. Mukesh Ambani's RIL was in oil & gas industry. Before Jio become self-sufficient, he had made enough money to invest in Reliance Jio.

When customer get a SIM card, when he buy a Jio SIM he also got Jio TV, Jio Cinema, Jio News, Antivirus - all for free. Other companies also have ecosystem of their own, but they are not as robust as Jio. Even before Jio's entry some Airtel digital offerings exist. But only in past 3-4 years did big drive to improve their service and momentary arrive.

Airtel continuously introduce new mobile packages its well known that Airtel has been targeting upper & middle class who value speed & quality network. Airtel focus on differentiated marketing where it use mass & micro-marketing (local & individual marketing).

Now we can understand how Telecom industry is an example of non-collusive oligopoly. But in future it can be happened so that these companies get into collision for their profit.

Seema
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THE GREAT AUTOMOTIVE POWER STRUGGLE : HOW PORSCHE TRIED TO SWALLOW VOLKSWAGEN AND ENDED UP BEING EATEN INSTEAD

Porsche's ambitious plan to take over Volkswagen became a dramatic example of how the hunter can become the hunted. Starting in the early 2000s, Porsche, known for its sports cars, began a stealthy accumulation of VW shares, aiming to gain control of the much larger automotive giant. By 2008, Porsche held over 40% of VW, publically declaring its intent to reach 75%. However, the 2008 financial crisis dealt a devastating blow to Porsche's heavily leveraged takeover strategy. Facing mounting debt, Porsche found itself in a vulnerable position. Volkswagen, in a stunning reversal, capitalized on Porsche's financial woes, strategically buying up Porsche's shares. By 2019, VW had seized control of Porsche, effectively turning the tables on its would-be acquirer. The smaller Porsche, attempting to swallow the behemoth, was instead integrated into the VW group in 2012. The Porsche-VW saga serves as a compelling reminder of risks inherent in corporate takeovers and how quickly fortunes can change in the high-stakes world of business.

Vinay Thakur
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PUBLIC DEBT

Introduction : Public Debt is the total amount of money borrowed to fund its activities. It can also refer to the overall liabilities of state and central government.

Body : Debt incurred by the government from different sources to meet its excess expenditure, is known as public debt. It refers to all types of borrowing made by the government.

Causes : Public debt arises from a government's need to finance its expenditures, which can exceed its revenue. This can happen for various reasons. 1) Funding public goods and services. 2) Financing war and defence. 3) Responding to economic crises. 4) Demographic changes.

Consequences of Public Debt : It refers to the potential outcome or effect of a government's debt on its economy, citizens and financial stability. These consequences can be far-reaching and impact various aspects of a country's economic and social well-being.

Managing of Public Debt : To mitigate the negative consequences of public debt, governments can employ various strategies, including : i) Fiscal Consolidation ii) Increase revenue iii) Improving public financial management.

Conclusion : Public debt is a critical aspect of a country's fiscal policy and its management has significant implications for economic growth, stability and prosperity. While some level of public debt is necessary for governments to finance essential public goods and services, excessive debt can have far-reaching negative consequences. By employing effective management strategies, governments can ensure sustainable fiscal policies that promote economic growth and prosperity.

Rohin Kumar
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ROLE OF MICROFINANCE IN INDIA'S ECONOMIC DEVELOPMENT

Microfinance is a category of financial services that is designed to be accessible to low-income individuals and small businesses who lack access to conventional banking services. These services typically include small loans, saving accounts and money transfers.

The organizations that provide these services are known as microfinance institutions.

Contribution to economic growth :

1. Financial inclusion : India has a large no. of people living in rural and economically marginal areas, where traditional banking services often face challenges in reach in the population. Micro finance helps them to bring in the finance system providing small loans to the modern financial needs of the individuals and institutions of the country. This contributes to the achievement of financial inclusion throughout the country.

2. Poverty Eradication : Micro finance has held million of poor households to escape poverty by providing them with the means to start or expand their small business.

3. Reducing Gender Inequality : Micro finance helps to reduce gender inequality. Micro finance often target women as beneficiaries by providing financial resources to women entrepreneurs. Micro finance contribute to the economic empowerment leading to improve social status and decision making power within the households and communities. This has led to reduce gender inequality.

4. Job Creation : Micro Finance enables the growth of small businesses and entrepreneurship leading to job creation at the grassroots level.

Contributing to Crisis Resilience :

- Financial safety net during tough economic times.
- Primary responders during disasters.
- Micro finance can quickly change and adopt. (COVID-19)

Challenges :

- Risk of over-indebtedness among borrows.
- Micro finances often charge higher interest rates.
- Borrower often lack adequate financial literacy about loans and manage their finance effectively.
- Achieving financial sustainability is a challenge.

Conclusion :

Micro finance in rural India is a game changer. It helps people who were left out, especially in villages. It boosts small businesses, support women and fights inequality. Even in tough times like COVID-19 pandemic, micro finance steps up. It offers flexible help during, helping folks recover from disasters. The future of micro finance in India is bright. With new tech. and smart ideas, it will keep changing lives. It'll help the economy grow, make it stronger, and make sure everyone, especially the most vulnerable, gets a chance.

Mehak

Roll No. 23BAM001

THE RISE OF AI AND ITS IMPACT ON JOBS AND WAGES

Artificial Intelligence (AI) is revolutionizing industries and changing the way people work. From automated customer service to self-driving vehicles and intelligent data analysis, AI is improving efficiency and reducing costs for businesses. While this technological advancement, wage fluctuations, and the need for new skills.

One of the biggest benefits of AI is its ability to automate respective tasks, allowing businesses to operate more efficiently. In sectors like healthcare, finance and manufacturing, AI can analyze large amounts of data, detect fraud, manage inventory, and even assist in diagnosing diseases. This leads to increased productivity, economic growth and higher profits for companies. Additionally, AI has created new job opportunities in field such as machine learning, robotics and cyber security, often offering higher salaries to skilled professionals.

However, AI also challenge, particularly for workers in industries where automation is replacing human labour. Jobs that involve routine tasks, such as manufacturing, data entry and customer support, are at risk of being taken over by AI-powered systems. As a result, some workers may face job losses or wage reductions, especially if their roles become obsolete. The growing demand for AI-related skills has also widened the gap between high-skilled workers, contributing to income inequality.

Despite these challenges, AI is unlikely to completely replace human workers. Many jobs require creativity, emotional intelligence, problem-solving skills that AI currently struggles to replicate. Instead of eliminating jobs entirely, AI is transforming work by making certain tasks more efficient, allowing employees to focus on more complex and meaningful responsibilities.

To navigate this changing job market, workers must embrace continuous learning and up-skilling. Governments, business and educational institutions need to invest in training programs that help workers adapt to AI-driven changes.

Bhawna Shawrma
M.A. 2nd Sem.
24MECO001

INDIA'S JOBLESS GROWTH : THE PARADOX OF ECONOMIC EXPANSION WITHOUT EMPLOYMENT CREATION

India has been one of the fastest growing major economies in the world in recent decades. However, despite the growth in GDP, innovation, technology India has been grappling with a perplexing issue : Jobless Growth.

This term refers to a situation where the economy grew, but job creation does not keep pace with the expansion, resulting in stagnant or even rising unemployment levels.

Jobless Growth Occur :

1. Shift toward a service-based economy : While these sectors contribute significantly to GDP, but they are not labour-intensive.
2. Technological Displacement and Automation (AI)
3. Agricultural Distress.
4. Rigid Labour Laws : India's labor laws are often seen as overly stringent and outdated.

The consequences of jobless growth :

1. Economic Inequality
2. Youth Unemployment
3. Political Instability

Addressing the problem policy solutions :

1. Skill development and vocational training (more dynamic education)
2. Support for labour-market reforms.
3. Labour Market Reforms
4. Encouraging entrepreneurship
5. Social protection and safety.

Conclusion :

India's jobs growth is a complex issue that requires urgent attention. Technological (AI) improvement is good but govt. has to give attention in skill development of youth. To overcome jobless growth. Indian Govt. needs to focus on creating more inclusive growth reforming labour laws to facilitate job creation.

Karan
Roll No. 24ECO008

CLIMATE CHANGE AND ECONOMIC GROWTH

Climate change and economic growth are intricately linked with each influencing the other in complex ways. On one hand, economic growth is often driven by fossil fuel consumption, deforestation, and other environmentally damaging activities that exacerbate climate change. Rising greenhouse gases emissions lead to more frequent natural disasters, droughts and heat waves, which can devastate economics and hinder growth. More over, climate-related disruptions to supply chains, agriculture and infrastructure can have far-reaching economic consequences, including loss of productivity, damage to infrastructure and increased healthcare costs.

On the other hand, transitioning to a low-carbon economy can drive innovation, create jobs, and stimulate growth. Investing a renewable energy, sustainable infrastructure and green technologies can yield significant economic benefits, including reduced healthcare costs, improved productivity and enhanced competitiveness. Additionally, governments, businesses and individuals must work together to address climate change and promote sustainable economic growth.

Shivani

M.A. 2nd Sem.

Roll No. 24ECO011

ECONOMIC CONDITION OF HIMACHAL PRADESH : A VISION OF SUSTAINABLE GROWTH AND CHALLENGES

Himachal Pradesh's economic landscape reflects a blend of progress, challenges and opportunities. It is known for its pristine natural beauty, hydro power potential and tourism driven economic status, the state has made magnificent strides in recent years. However the road ahead is marked by the need for sustainable development, diversification of income sources, and addressing structural challenges.

1. Growth Drivers : Himachal Pradesh's economy is primarily driven by the following sectors :

a) Hydro Power and Renewable Energy : Himachal Pradesh continues to be a powerhouse in renewable energy, particularly hydropower. With abundant rivers and streams, the state contributes significantly to India's clean energy goals. By 2025, several hydropower projects are expected to be operational boosting the state's revenue and providing employment opportunities. Additionally, the state is exploring solar and wind energy projects to diversify its energy portfolio.

b) Tourism : Tourism remains the backbone of Himachal's economy. The state has further capitalized on its natural beauty, adventure tourism, and cultural heritage. Destinations like Shimla, Manali, Dharamshala and Spiti Valley continues to attract domestic and international tourists. The government has invented in infrastructure including better roads, eco-friendly accommodations, and digital connectivity to enhance the tourist experience.

c) Agriculture and Horticulture : Agriculture and horticulture are vital to the rural economy. The state is known for its apple orchards, which contribute significantly to farmers incomes. By 2025, Himachal Pradesh has adopted advanced agriculture practices, including precision farming and organic farming, to improve yield and sustainability. The government is also focusing on promoting niche products like medicinal plants, saffrons and off season vegetables.

d) Manufacturing and MSMEs : The manufacturing sector, though small, has shown steady growth. The state has attracted investments in food processing, pharmaceuticals and handicrafts. Micro, small and medium enterprises (MSMEs) have played a crucial role in generating employment and promoting local products like woolen garments and handicrafts.

2. Challenges Facing the Economy : Despite its progress, Himachal Pradesh faces several challenges in last year and onwards :

a) Climate Change and Environmental Concerns : The state's fragile ecosystem is under threat due to climate change, deforestation and unregulated tourism. Global melting, erratic weather patterns and landslides pose risks to infrastructure and livelihoods. Balancing economic growth with environmental conservation remains a critical challenge.

b) Limited Industrialization : Himachal Pradesh's hilly terrain and strict environmental regulations limit large scale industrialization while this preserves the state's natural beauty, it also restricts job creation and economic diversification.

c) Depending on Tourism : Over-reliance on tourism makes the economy vulnerable to external shocks such as the Covid-19 pandemic. The state needs to diversify its income sources to reduce its dependency.

3. Government Initiatives and Policies : Himachal Pradesh government has implemented several policies to address these challenges and promote sustainable growth.

Sustainable Tourism : The state has introduced eco-tourism initiatives, promoting responsible travel and minimizing environmental impact.

Skill Development : Programs to train youth in hospitality, renewable energy, and IT have been launched to enhance employment.

Digital Transformation : The government has focused on improving digital connectivity, enabling e-governance have been introduced to reduce the state's carbon footprint.

4. Future Prospects : Himachal Pradesh is poised to become a model for sustainable development in India. Key areas of focus include :

a) Diversification of the Economy : Expanding into IT, education and healthcare sectors to reduce dependency on tourism and agriculture.

b) Climate Resilience : Implementing policies to mitigate the impact of climate change and protect natural resources.

c) Public-Private Partnership : Encouraging private investments in infrastructure, renewable energy and tourism.

Conclusion : Himachal Pradesh stands at a crossroads, balancing economic growth with environmental sustainability progress in hydropower, tourism and agriculture. It must address challenges like climate change, limited industrialization and infrastructure gaps. With proactive policies and a focus on sustainable development, Himachal Pradesh has the potential to emerge as a thriving and resilient economy in the years to come.

Rohit

Roll No. 23ECO004

HOW JAPAN BECAME AN ECONOMIC SUPERPOWER : LESSONS FOR INDIA

After World War - II, Japan was left in ruins - its economy collapsed, industries were destroyed, and people struggled to rebuild their lives. Yet, within a few decades, it rose to become a global economic power house. This transformation, known as the "Japanese Economic Miracle", was driven by smart policies, skilled workers and continuous innovation.

India, too, has the ambition to become an economic leader. While both nations have different histories and challenges, Japan's journey offers valuable lessons for India's growth.

How Japan Rose to Power :

1. Strong Government Policies : Japan's government played a crucial role in guiding industries. Through the Ministry of International Trade and Industry (MITI), it provided support, incentives, and long-term planning to help business thrive.

Lessons for India :

1. India needs stable economic policies that promote industries and innovation.
2. Initiatives like Make in India should focus on cutting Red Tape and improving ease of doing business.

2. Skilled Workforce & Education : Japan invested heavily in education and skill development, ensuring its workforce was highly trained. This made Japanese products famous for their quality and precision.

Lesson for India :

1. India's young population is an advantage, but better vocational training and industry-relevant education are needed.
2. Strengthening technical institutes and digital learning platform can bridge the skill gap.

3. Innovation & Technology : Companies like Toyota, Sony, and Honda didn't just manufacture, they revolutionized industries. Japan adopted Kaizen (continuous improvement) and Just-in-Time Manufacturing (JIT) to increase efficiency and reduce waste.

Lessons for India :

1. India must invest in research & development (R&D) to drive innovation.
2. Focus on sectors like semiconductors, AI, and advanced manufacturing is essential for global competitiveness.

4. Export-Focussed Growth : Japan became an economic superpower by producing high-quality goods for global markets. Strong trade policies and a reputation for reliability made Japan a trusted supplier worldwide.

Lessons for India :

1. India must shift from low-cost labor to high-value exports like electronics and machinery.
2. Strengthening global trade relations and improving manufacturing efficiency can boost exports.

5. Resilience & Adaptability : Despite economic setbacks, Japan continuously adapted and innovated. Even today, it is tackling challenges like an aging population through automation and social reforms.

Lessons for India :

1. India has a young work force, but it must prepare for future challenges like urbanization and automation.
2. A long-term vision and strategic planning are essential for sustained growth.

Conclusion : Can India become the next Japan ? India has the resources, talent and ambition to be global economic leader, but to achieve this, it must focus on :

1. Stronger policies and industrial growth.
2. Better education and skill development.
3. A culture of innovation and efficiency.

Japan's story proves that progress is possible with determination and the right policies. If India learns, adapts, and take bold steps, its rise as an economic superpower is only a matter of time. In the words of Dr. Manmohan Singh himself, "India's best days are ahead of us, provided we show the wisdom courage and will to move forward.

Harsh Kumar
B.A. 2nd Year
Roll No. 23ECO016

THE IMPACT OF INFLATION ON EVERYDAY LIFE

Inflation, the sustained increase in the general price level of goods and services, significantly impacts everyday life, affecting purchasing power, saving and overall economic stability. As prices rise, consumers find that their money buys less than it did before, making essentials like food, fuel and housing more expensive. This erodes disposable income forcing individuals and families to adjust their spending habits prioritize necessities and cut back on discretionary expenses like dining out entertainment and travel.

For salaried employees if wages do not increase in line with inflation their real income declines, leading to financial stress and reduced living standards. Similarly, retirees and those on fixed incomes struggle to maintain their purchasing power as the cost of living rises. Inflation also affects savings and investments. While moderate inflation can encourage spending and investment high inflation erodes the value of money held in bank accounts discouraging saving. In response, people often turn to assets like real estate gold, or stocks as a hedge against inflation.

Business too, face challenges as the cost of raw materials, labor and production rises, often forcing them to increase prices, which can reduce consumer demand. Small businesses in particular, may struggle to maintain

profitability, leading to potential job losses and economic slowdown. On a broader scale, inflation can create uncertainty in the economy, making it difficult for governments to plan fiscal policies and for businesses to make long term investments.

While some inflation is a natural part of a growing economy uncontrolled or high inflation can severely impact the financial well being of individuals and businesses. Effecting government policies, such as adjusting interest rates and managing money supply are crucial to keeping inflation in check and ensuring economic stability.

Jyoti
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THE GIG ECONOMY : OPPORTUNITIES AND CHALLENGES

In recent years, the gig economy has emerged as a transformative force in the global labor market from side-sharing drivers to freelance graphic designers, the gig economy is reshaping how people work, earn and live. While it offers unprecedented flexibility and opportunities it also raises significant challenges that need to be addressed. This article explores the rise of the gig economy, its benefits and the hurdles it presents for workers, businesses and policy makers.

What is the Gig Economy ?

The Gig Economy refers to a labor market characterized by short term, flexible, and freelance jobs, often facilitated by digital platforms like Uber, Fiverr and Up work. Unlike traditional employment, gig workers are independent contractors who take on 'gigs' or 'tasks', often on a project-by-project basis. This model has gained immense popularity, especially among millennial and Gen-Z, who value autonomy and work-life balance.

Opportunities in the Gig Economy :

- 1. Flexibility and Autonomy :** One of the most significant advantages of the gig economy is the flexibility it offers. Workers can choose when, where and how much they want to work. This is particularly appealing to students parents and those pursuing side hustles.
- 2. Access to Global Opportunities :** Digital platform have eliminated geographical barriers, allowing gig workers to offer their services to clients worldwide. A graphic designer in India can now work for a startup in the US, thanks to platform like Fiverr and Behance.
- 3. Low Entry Barrier :** The gig economy provides opportunities for individuals with diverse skill sets, from driving and delivery services to specialised fields like coding and content creation. This inclusivity has empowered many to enter the work force without the need for formal qualification.
- 4. Entrepreneurial Spirit :** Gig work encourages entrepreneurship by allowing individuals to market their skills directly to consumers. This has led to the rise of micro-entrepreneurs who build their brands and business independently.

Challenges in the Gig Economy :

- 1. Lock of Job Security :** Unlike traditional employment, gig work does not offer long-term contracts, benefits, or job security. Workers are often at the mercy of market demand and platform algorithms, which can lead to inconsistent income.
- 2. Absence of Benefits :** Gig workers typically do not receive benefits like health insurance, paid leave, or retirement plans. This lack of social safety nets can make them vulnerable during emergencies or economic down turns.
- 3. Exploitation and Low Wages :** Some gig platforms, have been criticized for exploiting workers by offering low wages and imposing high commission fees. For example, ride sharing drivers often bear the cost of fuel, maintenance, and insurance, which can significantly reduce their earnings.
- 4. Regulatory Challenges :** The Gig Economy operates in a legal gray area, with many countries struggling to classify gig workers as employees or independent contractors. This lack of clarity has led to disputes over labor rights, taxation and accountability.

The Way Forward :

- 1. Policy Reforms :** Government should introduce regulations that protect gig workers' rights without stifling innovation. For instance, mandating minimum wages and providing access to benefit like health insurance.

2. Skill Development : Workers should be encouraged to upskill and adapt to the changing demands of the gig economy. Online courses and certification can help them stay competitive.

3. Corporate Responsibility : Gig platforms must take responsibility for their workers' well-being by offering fair wages, transparency and support system.

Conclusion :

The gig economy is here to stay, offering a new paradigm of work that aligns with the digital age. While it provides unparalleled opportunities for flexibility and entrepreneurship, it also poses significant challenges that require collective action from governments, businesses and workers. By addressing these issues, we can create a gig economy that is not only profitable but also equitable and sustainable.

Ajay Sharma
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POVERTY

Poverty, a state where individuals lack the basic necessities like food, shelter and clothing is a complex global issue with far reaching consequences, global issue hindering access to education healthcare and overall quality of life.

Causes include unemployment are : low wages, lack of access to quality education. Social inequalities, and natural disasters often perpetuating a cycle where individuals struggle to escape poverty requires multi faced approaches including economic development strategies, social safety nets, poverty reduction program and tackling underlying systemic inequalities to ensure everyone has the chance to live a dignified life.

Key Points to Consider in a Longer Essay :

1. Different dimensions of poverty (absolute, relative)
2. Impact of poverty on health, education and social mobility.
3. Role of government policies and interventions.
4. Importance of addressing the root causes of poverty.

"Poverty is the worst form of violence" - Mahatma Gandhi

How Poverty Measured ?

For measuring poverty United Nations have devised two measures of poverty. Absolute & relative poverty. Absolute poverty is used to measure poverty in developing countries like India. Relative poverty is used to measure poverty in developed countries like the USA. In absolute poverty, a line based on the minimum level of income has been created & is called a poverty level. If per day income of a family is below this level, then it is non-poor or above the poverty line. In India the new poverty line is Rs. 32 per day in rural areas and Rs. 47 per day in urban areas.

Cause of Poverty : According to the Noble Prize winner South African leader Nelson Mandela - "Poverty is not natural it is man made". The above statement is true as the causes of poverty are generally man-made. There are various causes of poverty but the most important is population. Rising population is putting the burden on the resources & budget of countries. Governments are finding difficult to provide food, shelter & employment to the rising population.

Eradication of Poverty in India :

India has made significant strides in poverty eradication through various govt. initiatives and economic reforms. Government programmes like the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) and the Pradhan Mantri Awas Yojna - Gramin (PMAY-G) are key components of this effort. These aim to provide employment opportunities, affordable housing and improve overall living standards for rural population and many more schemes for welfare of poor section.

Overall, India's efforts in poverty eradication are a multifaceted approach that combines economic reforms, targeted government programmes and community participation. While challenges remain, the government's commitment to improving the lives of its citizens and addressing poverty is evident in the various initiatives and success achieved.

Neha Thakur
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MOTHER

Never seen a woman so beautiful, none other,
I'm talking about my mother.
 Deep in her heart, how much she forgets,
 She was a girl too, with dreams she once sought.
How she held her head, yet she couldn't choose,
Between her own dreams, and her own muse.
 How come she adores everyone,
 But the one she loves cares for none ?
She couldn't dance in Rome, yet walked like an angel,
Even flowers bent before her gentle.
 Her smile is like a flower blooming,
 Her laughter spills like sunlight consuming.
Her bangles' gentle sound keeps resuming,
Their echoes follow me, endlessly booming.
 Her love is a river, quietly grooming,
 Its warmth fills the air, endlessly fuming.
Her presence is a light, forever illuminating,
A quiet strength, in my heart reverberating.
 Still in my mind, echoes so loud.
 So motherly, so divine. How come God made her so fine ?

Rashi Chauhan
M.A. 3rd Sem.
Roll No. 24MENG006

ALWAYS YOUR DAD

I held you close the day you come,
So small, so soft, without a name.
But in my heart, I know to true -
My world had changed the day I met you.
 I watched you take your first small stride,
 With open arms and tears of pride.
 No words could match the joy I had,
 in that sweet moment - always your dad.
 When skies were dark and nights were long,
 I stayed beside you, holding strong.
 No storm could shake the bond we made,
 Through every fear, I would have stayed.
 You may outgrow my arms someday,
 But not the love that guides your way.
 Wherever life may call or hand,
 I'll still be there near - just reach my hand.
 So when you're lost, or feeling sad,
 Remember this : I'm always your dad.
 Through every step, both near and far,
 My love with you and find you where you are.

Sonali

A TRUE FRIEND

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day one fellow met the great philosopher and said, "Do you know that I just heard about your friend?". "hold on a minute" Socrates replied. "Before telling me about my friend I'd like you to pass a little test. It's called Triple filter test". "Triple Filter Test?". "That's right," Socrates continued. "Before you talk to me about my friends its good idea to take a moment and filter what you are going to say. That's why I call it Triple Filter Test. The First Filter's Truth. Have you made absolutely true?" "No" the man said, "actually I heard it and" . Socrates said, "you don't know if it's true or not. Now lets try 2nd Filter of Goodness. Is what you are going to tell me is good?" "No, on the contrary....."? "So" Socrates continued, "the thing is not good about him. You may pass the last filter. The filter of usefulness. Is what you are going to tell me is useful?" "No, not really". "Well", conclude Socrates, "If what you want to tell me is neither true not good nor even useful, then why tell it to me at all?"

Lesson : We can always participate in loose talks to curb our boredom. But when it comes to your friends it's not worth it.

Diksha Bhatia
M.A. English
Roll No. 24MENG031

THE SILENT POWER OF KINDNESS

In today's world, where people often run after money, success and fame one small but powerful quality is often forgotten - kindness. Kindness does not make noise, it does not demand attention, and it does not always written in big letters. Yet, it has a silent power that can touch lives in ways we cannot always measure kindness is not only about acts like donating huge amounts of money or doing something extra ordinary. It is also about small gesture - *smiling at someone, helping strangers, offering your seat to an old person or listening a friend who is upset*. These little things seem ordinary, but they carry a power that stay in the heart of receiver for a long time.

Kindness has the ability to heal emotional wounds. In today's busy world many people feel lonely, stressed or depressed. Sometimes medicines or advise do not work as much as one gentle act of kindness does. Imagine a student who feels ignored in calls, but then one day someone invite him to sit together. The simple kindness can heal his conditions.

When kindness becomes a habit, it creates a chain reactions. For example - if a bus conductor speaks kindly to passengers, passenger may also treat each other with respect. If parents treat their children kindly those children will grow up and grow with good learning to spread kindness.

We may not always notice the power of kindness, but it leaves deeper marks than we can imagine. A worker who is treated with respect may carry that warmth back to his home, filling his family with happiness.

What make kindness powerful is not how loud is, but how deeply it is felt. You may forget that day you offered water to a thirsty stranger, but that person may carry your face in their memory forever. You may not remember when you gave someone any advise or hope through a kind word, but that word may still be echoing in their soul. Kindness is like a candle : when it lights another, it loses nothing of itself, but together they remove the darkness.

Reany Thakur
B.A. 2nd Year, 24ENGH045

FIVE COLORS OF FREEDOM

"As it is said : Love your neighborhood, for its echoes unite every heart".

O India, your spirit forever will stay, from earth to space, in night and day.

Your tricolor waves with pride untold, a timeless story, brave and bold.

Saffron burns with courage bright, heroes march in fearless light,

Reminding us that courage is not born, but chosen each time when challenges are borne.

White is peace, so pure, so true, the soul of harmony shining through.

It asks us to question, to reflect - how every act shapes the world we protect.
Green is hope, the living land, fields of dreams by nature's hand.
It challenges minds to build and sow, to learn, to grow, to rise, and to know.
At the heart, the **Blue Wheel** turns, duty eternal, its justice burns.
It teaches that fairness is not given freely, but earned through thought, action, and unity.
Yet one more hue, though not in thread, the sacred **Red** where soldiers bled.
A mother cries, her arms now bare, her lullabies echo in empty air.
A wife holds silence, her smile now gone, but his courage lives, forever strong.
A child still waits by the broken door, calling "Papa", though he comes no more.
Critical thought reminds us here : freedom is paid for, with courage dear.
But courage alone cannot make us whole - a nation needs many to shape its soul.
The farmer who sows with tireless hand feeds the spirit of this land.
The teacher who lights the path of the mind leaves generations of wisdom behind.
The doctor who heals, the worker who builds, each silent duty, filled with sacrifice.
The scientist who dares the skies above, the citizen who serves with patient love.
Each heart, though unseen, beats just the same, in India's vast and endless flame.
And today, with a dream so grand, our flag now rests on the moon's soft sand.
It whispers proudly across the skies : "No chains can bind us, we shall rise".
A call to reflect, to act, to strive, to question, to reason, to keep dreams alive.
From battlefields to the starlit dome, the tricolor whispers : "This is home".
O India, your spirit forever will stay, from earth to space, in night and day.
"True courage and hope shine brightest not in ease, but when life challenges us to rise together".

Komal Thakur
M.A. English 3rd Sem.
Roll No. 24MENG026

FRIENDS THAT FEEL LIKE HOME

Life isn't the same for me every time.
Some moments feel heavenly, some worse than hell
Some feels like the soothing daylight.
And some more scary than a horror night.
 But despite them all. I found some allies
 Who are there for me in every situation.
 Who even guide me in light and take me out for darkness.
 And I address them as my friends, friends for life.
I have a life which I can dedicate to them.
Because they understand my silence better than words.
Because they look at me like family member
Because I can't forget them in my entire life.
 Well I am mostly unlucky in my life.
 And I think God is against me.
 But one thing that I can say for sure,
 God was truly by my side when he gave me friends.

Anmol Koundal
B.A. 2nd Year
Roll No. 24ENG013

GRANDDAUGHTER'S LOVE

A sunbeam broke, a new day dawned,
The moment I was born, a love was drawn.
In your eyes, I saw the purest glee,
The happiest person you were, for me.
With gentle hands and a knowing smile,
You walked with me for a little while.
A trinket, a toy, a book to read,
You always knew what my heart would need.
A teacher you were, with wisdom deep,
Promises of knowledge, you helped me keep.
In every story, every lesson shared,
I learned what it mean to be truly cared for.
But seasons change, and days grow cold,
A story of sorrow, yet to be told,
A sudden hush, a fading light,

You left me standing in the night.
The world went dim, the colors gray,
A piece of my heart was taken away.
Tears fell like rain, a flood of grief,
A pain that offered no relief.
I miss you now, with every beat
I search for your presence in every street.
I wish for a moment, just one more day,
To hold your hand, to hear you say.
My dearest Grandpa, though you're not here,
Your love still conquers all my fear.
You are my world, my shining star,
Forever with me, no matter how far.

Anmol Thakur
B.A. 2nd Year

RISE AGAIN

When shadows fall and doubts grow near,
Stand tall, hold fast, refuse the fear.
The climb is steep, the night feels long,
But every step makes you more strong.
The storm may howl, the winds may bend,
Yet courage carries to the end.
Your fire within will light the way,
Through darkest night to brightest day.
So lift your eyes, the dawn is near,
Each trial passed will make it clear.
You hold the power, fierce and true,
No mountain's taller than you.

Riya
Roll No. 24ENG050

COFFEE AND DEADLINES

Pages piled high, the clock ticks loud,
Library whispers blend with the crowd.
Eyes half-closed, yet minds still race,
Dreams and worries shares the same space.
Coffee cups circle like loyal friends,
Fueling thoughts that never end.
One sip for courage, another for time,
A final one just finish the line.
Laughter in hallways, stress in the air,
We Jack, we panic, we still somehow care.
For every deadline that makes us groan,
Is a step toward futures will call our own.
Nandini, B.A. 2nd Year, Roll No. 23ENG003

A SOLDIER

I am a soldier born to die
If I die in a war zone,
Box me up & send me home,
Put my medals on my chest,
Tell my Mom I did my best,
Tell my Dad to bow,
he won't get tension from me now,
Tell my brother to study perfectly,
Keys of my bike will be his permanently,
Tell my sister not to be upset,
Her bro will not rise after this sunset,
Tell my love not to cry,
"Because I am a soldier born to die.....".

Rupali Thakur, B.A. 2nd Year, Roll No. 24ENG048

WOMEN EMPOWERMENT

The Light Within

In a small village, there lived a girl named Meera. She was bright, curious and full of dreams. But every time she spoke about studying further, people around her laughed. "Girls are meant to cook and marry early". They said. Even her relatives reminded her that education was only for boys.

But Meera's mother, though uneducated, believed differently. She told her, "if you want to fly, don't let anyone cut your wings. Education is your strength.

Encouraged Meera's mother's words. Meera studied under dim light of a lantern every night after finishing her household chores. She walked miles to

school, often mocked by others. Yet, she never gave up.

Years later, her determination bore fruit. Meera became the **First Women Teacher** of her village. She opened a small school for girls, teaching them not just subjects, but also the importance of self-respect and independence.

The same people who once doubted her now sent their daughters to study under her guidance. The village that once silenced women's voice now echoed with their laughter and dreams. "Meera proved that women empowerment begins when one woman dares to rise and then helps others to rise with her".

Moral : True empowerment is not just about breaking barriers for oneself but also about lighting the path for others.

Ritika
B.A. 2nd Year
Roll No. 24ENG002

IF YOU ARE IN MY PLACE, WHAT WOULD YOU LIKE TO CHOOSE ?

Life is full of choices, some small and some life-changing. Sometimes we take them confidently, and sometimes we keep questioning them for years. I often feel as if I am living a life of a Victorian period, where people also faced various dilemmas. Like them, I too face many confusions in my journey. Maybe this constant questioning is not a weakness, but simply one of the natural paths of life. Often, these choices are not about right or wrong, but about who we are in that moment.

During my graduation, I participated in many competitions, especially poster-making. Once, I made a poster on "Ek Bharat Shreshtha Bharat". Everyone appreciated it, but some teachers doubted that I had really made it. One even told me, "if you had created this, you wouldn't be here". At that time, I smiled and took it as a compliment. But now, when I think about it as a compliment, or should I have proved myself? I don't know. At that time, I chose to ignore it because I thought, even if I told him the truth - that the poster was indeed made by me - nothing would really change in my life.

Another turning point came after my 12th. My father had decided that our family would move to Himachal to look after our new house. I had two choices : stay with my father in Delhi, where I would have to manage household responsibilities but also gain exposure, or move with my mother to Himachal, where life felt simpler and freer from chores. I chose the second option, and though I have been happy here, I sometimes wonder - did I miss a chance to learn more, to grow in different ways? If you were in my place, would you have made a different choice?

These moments taught me that choices are rarely about right or wrong. They are about what feels right at that moment. Maybe I could have defended my work more strongly, or maybe I could have challenged myself in Delhi. But then, I wouldn't be who I am today. Perhaps the real lesson is not in asking what others would choose, but in accepting that every decision shapes us, whether through success or regret.

Anshika
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HELPING THE NEEDY IN SMALL WAYS

Helping the needy is one of the most important and kind acts a person can do. Many people think that to help others, we need a lot of money or big resources. But in reality, even small acts of kindness can make a big difference in someone's life. Helping the needy in small ways shows compassion, empathy and humanity.

The first step is understanding who needs help. Needy people are not only those without money. They may be hungry, sick, lonely or lacking education. Even a smile, a kind word or a small gift can bring hope and happiness to someone who is struggling. Observing our surroundings carefully can help us find small opportunities to help.

One simple way is sharing food and essentials. Donating leftover food to the poor, giving clothes to those in need, or helping someone with basic necessities can change their day. During festivals or cold winters, providing blankets, warm clothes, or food packets is a small gesture that shows care.

Helping with knowledge or skill is another small way. Many children cannot afford proper education. Teaching them small lessons, helping them with homework, or sharing knowledge can empower them for the future. Similarly, guiding someone in learning a skill, like sewing, painting, or using a computer can improve their life.

Volunteering time is also very valuable. Spending time at old age homes, orphanages, or community centers can bring joy to both the helper and the needy. Listening to someone's problems, playing with children, or simply being present shows that you care even if you cannot give money.

Kindness in daily life matters too. Holding the door for an elderly person, helping someone carry heavy bags, or giving directions to someone lost are small acts to help. These may seem tiny, but for the person receiving help, it can be a very meaningful. Small acts also inspire others to do the same, creating a chain of kindness in society.

Even in today's busy life, we can use technology to help. Donating online, spreading awareness about social issues, or contributing to crowd funding for someone in need are modern ways to make a difference. Every small contribution counts and adds up to create a bigger impact.

In conclusion, helping the needy does not always require big actions or wealth. Everyone should try to help the needy in small ways because little things done with love can create a big change.

**Khushi Dogra, B.A. 2nd Year
Roll No. 24ENG040**

THE ELEPHANT WITH A ROPE (BELIEF)

Another inspiring story is of the elephant with a rope. One day there was a man who was walking around the camp of an elephant. He decided to go a bit closer and was surprised to see that these mighty animals were not held with cages or chains. The only thing that stopped them was a thin rope tied in one of their legs to a simple pole in the ground. The man got a bit confused, and asked the trainer, "Why these elephants weren't trying to run away when they had all the strength to break that rope and the pole?"

The trainer replied that "When we have baby elephants, we tie them with these ropes which are strong enough to stop them and when they grew up, they still believe that they won't be able to break that rope even when they are adults".

**B.A. 2nd Year
Roll No. 23ENG007**

SMILE

An act of kindness as we all know.
A miracle that flickers like rainbow.
Perhaps in the dark when there's
none to light up your day,
It will cheer you on your way.
Never feel ever you're worthless.
Not every road you take is gonna be ruthless.
SMILE to deal with your insecurity,
As the world needs your love,
warmth and prosperity.
And remember in the midst of everything

to have the ability;
Not to use your smile as a weapon
against someone's inferiority.
No one knows where life can take you
Let them gossip and mock you
As long as you know you are the only one,
Keep radiating your light just like the SUN.
And remember in the midst of everything
to have the ability;
Not to use your SMILE as a weapon against someone's inferiority.

Rakshit Thakur, Roll No. 24ENG016

THE MAGIC DOOR- AN ESCAPE

A tiny door of silver glow,
Hid secrets only dreamers know
Step through once, the skies turn gold
A thousand tale begin to unfold
 Through this door, the house bend,
 Time gives pause, husk can mend
 Whispers float on winds so free
 An escape for souls that long to be
The city roar, the clock's demand,

Fade away at your own command
Here, your spirit dances, soars,
Beyond the grind, through hidden doors
 The door then closed but left a key,
 Magic lives in you and me.
For every soul who dares explore,
There lies their own magic door.

Arpita Sharma
Roll No. 24ENG032

FROM ANCESTRAL ECHOES TO GLOBAL VOICES

"Language is the bridge between our roots and the world beyond".

Every tongue holds beauty, a voice of hearts, a bond, the dialect of home, where life first takes its start, carries the people, the culture, and the heart.

Hindi, born of Sanskrit, with words so grand, binds the soul to the soil, the touch of the land.

Himachali dialects, sung in valleys and streams, econ our hills, our heritage, our dreams.

In poems, in songs, in prayers, it stays, a heritage glowing through countless ways.

It carries the scent of roots so deep, a voice home, a bond we keep.

Yet in the realm of law and state, Hindi is honoured but not given the weight. For English serves the office call, the working tongue in courts and halls.

In science, commerce, global exchange, its spread and power feel vast, not strange.

It opens door to a wider stage, the chosen tool of a modern age.

English connects us with the world outside, where thoughts and culture coincide.

It helps us share, it helps explain, bringing hearts across the plain.

For if we speak in Hindi or Himachali alone, in some places, the meaning is unknown.

But English clears the path with ease. A common tongue for minds to please.

So here we stand with voices three, once ancient, timeless, ever free. One echoing hills and valleys wide. The other a bridge to the world outside.

Hindi- the heart that keeps us whole, Himachali dialects - the soul that shapes our role, English - the tool that helps us speak to all. With all we rise, with all we explore.

A nation's voice, a journey bright, guided by roots and wings for flight. Our languages unite, lighting the way, A bridge to the world, come what may.

Hindi gives us roots, Himachali gives us soul, English gives us wings, together they guide the journey of a nation.

And the language or dialect of one's home always feels closest to the Steel's heart, carrying the spirit, the culture and the timeless art of its people.

From Bilaspur, Chamba, Hamirpur, Kangra, Kinnaur, Kullu, Lahaul & Spiti, Mandi, Shimla, Sirmaur, Solan and Una, the local dialects charm every heart, every soul.

Officially, Hindi and English connect us far and wide, but the dialect of one's own district stays uniquely dear.

Hindi gives us roots, Himachali gives us soul, English gives us wings, together they guide the journey of a nation.

Komal Thakur
M.A. English 3rd Sem., Roll No. 24MENG026

A PATH TO SUCCESS IN COLLEGE LIFE

College life is an important phase filled with new challenges, opportunities, and experiences. Success during these years requires more than just hard work, it demands focus, planning and the right mindset. By developing certain habits and skills student can create their own path to success in college and beyond.

First and foremost, sitting clear goal is crucial. Knowing what you want to achieve academically and personally helps in staying in motivated. Breaking large goals into smaller, manageable tasks more it easier to track progress and celebrate achievements along the way. For example, instead of just aiming to "do well in exams". A student can set goals to study a specific chapter every day or complete assignment in advance.

Time management also plays a vital role. With so many classes, assignment and activities, organizing time wisely is essential creating a daily or weekly schedule stress and increasing productivity. Technique like the pomodoro method, with encourage focused work sessions with short break and enhance concentration.

Another key factor is active participation in class and using available resource. Attending lecture regularly, taking notes and asking question deepen understanding using office hour to clarify doubts and joins study group provide additional support. Developing good communication skill and building relationship with professors and peers also open path ways for guidance and opportunities.

Taking care of physical and mental health cannot be overlooked. Proper sleeps a balanced diet, and regular exercise improve energy levels and cognitive function. Mindfulness practice such as meditation on deep breathing exercise help manage stress and maintain focus during busy times.

Finally, embracing flexibility and resilience help students navigate obstacle. Success is not a straight path; setbacks are common learning from mistake and adopting encourages growth and persistence. Skills like emotional regulation problem solving and mindfulness contribute to long term achievement.

Shakshi

Roll No. 24ENG023

WHISPERS OF THE FORGOTTEN HAND

"Creativity turns even the forgotten into something extraordinary".

Long ago, in a small ancient village, young Arin wandered near the river bank where discarded wood, broken metal and old clay pieces were often thrown away. He had always wondered what could be made from these scraps. Arin (thinking): "Could these broken pieces ever become something beautiful?"

Suddenly, a shadow moved among the piles. An elderly craftsman appeared, his hands weathered but steady. Craftsman: "Curiosity brought you here. Most ignore what they see as waste".

Arin (curious): "Master, can you teach me to create beauty from these scraps?"

The craftsman smiled, handing him a small, worn notebook. Craftsman, "This guided my hands when I started. Only those willing to see potential in the overlooked may learn its secrets.

Arin opened it. The pages held sketches of objects-ornaments, toys, small figurines and instructions on shaping them from wood scraps, broken clay, and metal fragments. Arin (reading aloud): "Patience is key. Every piece has a story. Courage is needed to turn what is forgotten into what inspires".

Over the following months, Arin worked quietly, crafting intricate items from the discarded materials. Villagers marveled at his creations-ornaments, small tools and beautiful figurines that seemed to carry magic.

One evening, the craftsman vanished into the mist, leaving the notebook behind. Arin realized: even the most overlooked materials could become extraordinary if handled with vision, patience and courage.

"True mastery is seeing potential where others see only waste, and creating courage from it".

Komal Thakur

M.A. English 3rd Sem.

Roll No. 24MENG026

PURE SOUL

No matter how hard you try to keep your heart safe, at least once in your life you will come across someone who will be like no other. You will watch them with kind eyes and an expression of disbelief at the possibility of people like them existing a pure soul. The kind of person who only knows how to spread love, positivity and good vibes. They will come into your life like a blast of sunlight, making your heart fall for them recklessly, madly. In ways it has never fallen before. And you will be happy, excited and extremely scared. Scared for your sanity, for the safety of your heart and for every dream you had about love that their existence validates.

No matter how hard you try to keep your heart safe, this person will come into your life and topple your world over in a way no one ever has before, and you will not even realize it.

Shilpa
21ENG020, BA Third Year

MY COLLEGE LIBRARY

A room full of silence, Filled with books and stairs
What am I doing here, Holding a pen in my right hand
Waiting for knowledge to come In just a few second
The walls are too white, Benches look so right
What am I doing here, Having a blank sheet by my side
Waiting for someone to remind me,
That Aaina you have to open your book.

Aaina Vashisht (22ENG072)
BA 2nd Year

TIME

Time is money. The power of time is strong and great. You never know, what lies hidden in the next moment for you. Hence utilize the time carefully and to the best of your ability.

Remember, that wealth lost can be retrieved again. Similarly health lost can be recaptured, but there is no way to get back the time lost once. To show this a painter once made a cartoon of time. He made the picture of a man, whose face was covered with hair on his forehead, but was bald in the rear part of his head and had wings in legs.

People asked him "whose picture is it? The painter replied "Time". When people enquired as to why the man's face was covered, the painter replied "when times comes before the people, they cannot recognize him" and the answer to the baldness in the rear portion of head was, when time comes catch hold of him from the front his hair. But if you miss to do so, then you cannot get back the second even by spending immense money.

Then the people asked the painter about the wings in the legs of the picture. The painter replied "because time moves very fast and once gone, then even Gods cannot catch hold of it".

Now a day, most of the people tie a watch around their wrist. But it must be known, that watch is not an ornament, its utility must be understood. The "tick-tick sound of the watch gives you a constant warning that hard work and industry only play in life. The word "watch" has two meanings, such as the device which shows time and to be careful. So, please watch your time, watch your action, watch your word, watch your thoughts and watch your character. If you will be careful about time, you will certainly be doing the action which should bring you in good esteem.

Sujata
B.A. 3re Year, Roll No. 20HIS02

YOUR BEST

If you always try your best
Then you'll never have to wonder
About what you could have done I
f you'd summoned all your thunder.
And if your best Was not as good
As you hoped it would be,
You still could say,
"I gave today
All that I had in me."

Vaishali Kumari
BA2nd Year Roll No.
22ENG017

FRIENDSHIP

I wanted to thank you but was unable to explain
What it means to have a friend to share life's joys and life's pains
It's good to know our friendship is one of endless devotion
Forged out of respect and every kind of emotion

It's patient and forgiving never failing or forsaking
When a hand is outstretched or one's heart is breaking
It's ever faithful even when the world condemns
And sparkles in the darkness like fireworks and gems.

It does my heart good at the end of the day
To know that you will never be more than an email away

PROOF OF A TRUE FRIEND IS KNOWING THAT IF I WERE
LOST YOU WOULD FIND ME

Narayan
Roll No. 22ENG060 Class - B.A2nd Year

HOW TO BE SUCCESSFUL IN LIFE

Once upon a time a king was sitting in his court. It was winter season and the court was being held in open courtyard in the sunshine. The priest and all minister were also present in the court. King's family members were also sitting there. There was a costly table like thing kept in front of King's throne. Just then a man came and asked for permission to enter court. After getting permission the man came to front, bow down to king and said sir I have two identical diamonds out of these two diamonds, one is real and one is fake. I have visited many different Kingdoms and asked them to identify which one is real and which one is fake. But till now no one is able to find out the correct one and in final I am winner. Now I have come to your kingdom. Can you, or anyone in your court tell me which diamond is real and which diamond is fake if anyone tells me which diamond is real and which one is fake. I'll donate the diamond to your treasury. But If you can't tell then you will have to pay me the heavy price of this diamond. I will give only one chance and in that one chance anyone will have to give me the right answer saying this he put both the diamonds on the table. The king accepted the challenge of the man and process of finding real diamond started. First of all, king himself checked both the diamonds. King saw that both the diamonds were identical in shape, size, colour and appearance. There was not even a slight difference between both of them. The king was confused he could not decide which one is real and which one is fake. Therefore, he sat back on his throne. Then he invited his ministers to come to front and find out which diamond is real and which one is fake. All the minister came one by one checked both the diamonds closely but no one could identify which diamond is real and which one is fake. All the ministers went back to their seats. Seeing all his ministers disappointed the king looked at the people present in the court and said is there anyone who can find which of these diamond is real and which is fake? But no one was daring to come forward. All the people were afraid and they have only one chance and if their guess turns out to be wrong then the king can also punish them. There was complete silence in the court. Finally, an old blind man came in front with a stick in his hand. He told people to take him to the king. A man helped him and brought him in front of King. Then he said to king. sir, I am blind from birth but still I want to try. Let me check my capability. I May be successful and may not be. But even if I fail there is no harm because you have already lost. King thought that there is no harm in giving a chance to him and gave him permission. The blind man took both the diamonds in his both hands felt them for a while and then raise up one piece of diamond in his hand and declared that this is real diamond and other piece is fake. The

man who challenged accepted that blind man's judgement is correct and as per his promise he agreed to deposit the diamond in king's vault. Everyone surprised to see that what not even intelligent ministers could do this old blind man has done. The king was also surprised to see this. So, he asked the old blind man how he came to know which of these two was the real diamond and which was the fake. The blind man said, sir, it is very simple we all are the sitting in the sunshine

I touched both the diamonds one by one. The real diamond was a little cool in temperature and the fake diamond which was made of glass, was little hot in temperature. Thus, I came to know that the cold one is real diamond and the piece which is little hot was glass. The king was very happy after listening to this from the blind man. He honoured him in his court and gave him many rewards.

If we seen in our lives, we will find that the person who keeps his cool in odd situations is like a real diamond. Such person always get successful in their life and a person who loses his cool in odd situations and become angry at small things is like a piece of glass. Such people break down easily in their life and lose courage. They can never get success in their life. Therefore, if you want to progress in your life then always remember that no matter how many difficulties come in your life no matter how many odd situations you go through always keep your mind cool and work patiently because the one who maintains his cool even in difficult situations is the real diamond.

Purna
Class B.A 2nd year
Roll No. 22ENG022

HOW SHOULD I FLY

1) Once I saw a bird fly
High in the sky,
I should also fly,
Just by achieving
Success in the sky.

2) The rain comes and the birds
Sits inside their house,
Just like a mouse,
Should I also sit inside?
When the difficulties arrive;
How should I survive?

3) Oh! Look at the eagle fly,
High in the sky,
He himself should feel proud
Overcoming all the difficulties.
And flying above the cloud.

4) Facing the difficulties,
I shouldn't cry
Look at the eagle fly, who doesn't wait
For the weather to became dry, S
o I should fly as eagle fly High in the sky.

DEATH

People dies, But love remains
Life is gone, Leaves only hope
Only thing comes to mind,
we are left behind
Not able to know,

how to say goodbye
Various chapter comes,
but at last the chapter of life ends.

Rajnandini
22ENG 010

TRY, TRY AND TRY

Once there was a boy
And everyone thought
He was a useless guy
He always failed
In every exam
Be it first second or third
Or the Last final term
Once he saw an ant
Who was trying to climb a wall
Fell down but tried again
And then it did not fall
This lit up his inner soul
He worked harder to achieve his goals
And one day he went up so
High That he finally touched the sky
If you too want achievements
Never, ever cry
Just set your goals and aims
And try try and try

Vivek Sharma
B.A. 3rd year
21ENG072

OCEAN...

Eleven thousand kilometres apart,
A thousand years separating their souls,
Lovers are waiting to hold each other in their arms,
Looking at dusk waiting for dawn
As loneliness traps their hearts,
Remembering cold, snowy winters,
Holding each other light, two souls with one heart
Dreaming of cherry blossoms,
Falling asleep in the spring time
Can never forget to love.
Their hearts open to capture dreams
from across a vast ocean of loneliness.
Now the waves whisper to me,
calling me to the soft sand.
the water sweeps over my feet,
Surrounds where I stand.
Dreams that leave them at the first light each day,
that leaves them With only emptiness and pain.
Living in this earthly place
Unable to fly into each other's arms,
Two souls are missing their lovers from
across an ocean of time.

Palak Thakur
22 ENG 061
BA IInd Year



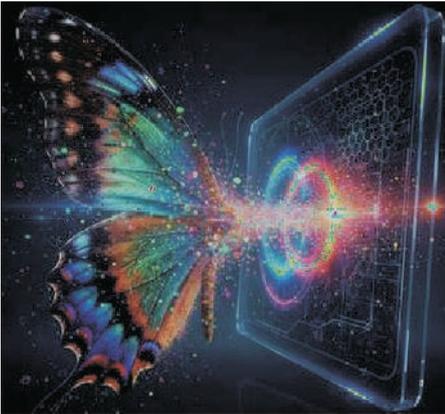
SCIENCE SECTION

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M.Sc. (Botany) 3rd Sem.

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NANOCRYSTALS: NATURE'S HIDDEN JEWELS IN MODERN TECHNOLOGY

How can something smaller than dust create colors brighter than gemstones ?

NATURE'S TINY ARTISTS

Hidden beneath the surface of nature's beauty lies a world of incredible design — the world of nanocrystals. These are crystals so small that thousands could fit across the width of a human hair, yet they hold the power to paint the wings of a butterfly, the feathers of a peacock, and even the shimmering shells of certain beetles. Their colors don't come from pigments, but from structural coloration — the way light interacts with perfectly arranged nanostructures to produce vivid, unfading hues. Long before humans built microscopes, nature was already a nanoscientist, crafting brilliance at the atomic scale.

HOW DO THEY SHAPE THE WORLD AROUND US?

Inspired by this natural wonder, scientists now create artificial nanocrystals, also known as quantum dots. These tiny particles have become the stars of modern technology — glowing in bright, pure colors inside TV screens, solar panels, and LED lights. What's truly fascinating is that by changing just the size of these nanocrystals, their color can shift from red to green to blue. In the medical world, they are used for bioimaging, sensors, and targeted drug delivery, helping doctors see and treat diseases at a microscopic level.



CAN WE HARNESS THEIR POWER RESPONSIBLY?

As we unlock the potential of nanocrystals, an important question arises — how do we use this technology sustainably? While their applications seem limitless, understanding their long-term environmental and biological effects remains a priority. Responsible innovation — ensuring that these materials are safe and eco-friendly — will decide whether nanocrystals truly become the foundation of a sustainable future or just another passing scientific trend.

-Priyansh Dehal



THE REVIVAL OF EXTINCT FLORA THROUGH SEED BANKS AND BIOTECHNOLOGY



CAN SCIENCE BRING
LOST PLANT SPECIES
BACK TO LIFE?



Every year, hundreds of plant species vanish silently due to deforestation, habitat destruction, and climate change. Yet, deep inside the world's seed vaults, the story of extinction is being rewritten. Seed banks — often called "time capsules of biodiversity" — store millions of seeds at freezing temperatures, preserving the genetic blueprint of plants that might otherwise be lost forever. Institutions like the Svalbard Global Seed Vault in Norway and India's National Bureau of Plant Genetic Resources (NBPGR) serve as living libraries, ensuring that future generations can rediscover and replant the green treasures of the past.

How Biotechnology is Turning Back Time

Modern biotechnology has added a powerful twist to this mission. Using techniques like tissue culture, cryopreservation, and genetic engineering, scientists are attempting to revive or recreate extinct flora. Even if only fragments of plant tissue or preserved DNA remain, it is sometimes possible to regenerate a full plant in controlled lab conditions. Through micropropagation, researchers can grow hundreds of clones from a single surviving cell — restoring not only the species but also its unique genetic diversity. Moreover, genomic editing tools like CRISPR are allowing scientists to repair damaged genes or combine traits from related species, helping plants survive in today's harsher climates.

Could the Past Hold the Key to Our Future?

Reviving lost flora is not just a scientific challenge — it's a philosophical one. Should we bring back every extinct species, or focus on those that can adapt to today's ecosystems? As climate change accelerates, restoring ancient plant varieties that are drought-resistant or pest-tolerant might be vital for sustainable agriculture. In this quest, the blending of botany and biotechnology reminds us that nature's story is not over yet — it's being rewritten in petri dishes, seed vaults, and greenhouses around the world.

- Disha Sharma

Fungal Networks: The Internet of the Forest

Are trees really talking to each other beneath our feet?

The Secret Web Beneath the Soil

Deep below the forest floor lies a world far more connected than it seems. A dense network of fungal threads, known as mycelium, weaves through the roots of trees, plants, and shrubs, linking them in a vast underground communication system. Scientists call this the “Wood Wide Web”, a natural internet through which plants exchange nutrients, warnings, and even chemical signals. Through these microscopic threads, an old tree can send sugars to a struggling sapling or warn its neighbors about pest attacks — proving that forests are more than just clusters of trees; they’re intelligent communities bound by fungal networks.

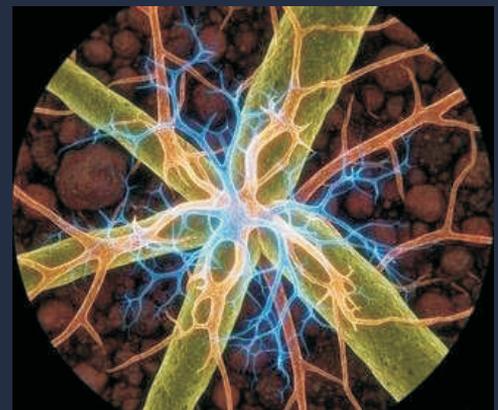


Nature’s Hidden Communication System

The fungi and plants share a mutualistic relationship — the fungi gain carbohydrates from plants, while helping them absorb water and minerals from the soil. Recent studies using carbon isotopes and molecular tracking have shown that underground mycelial connections can transmit information and resources across meters, creating a cooperative network that ensures the forest survives as a whole. This discovery has reshaped how scientists view ecosystems — not as competitive, but as deeply collaborative and communicative systems. From redwoods to orchids, almost every plant species relies on its fungal partners to thrive.

Can Humans Learn from the Forest’s Internet?

If forests already have a natural internet, what can it teach us? The efficiency, resilience, and sustainability of fungal networks are inspiring biomimetic designs in data networks and artificial intelligence. Mycelial networks operate without a central control — yet they are incredibly adaptive, distributing resources where needed most. As deforestation and climate change threaten these delicate systems, scientists warn that protecting fungal biodiversity is as important as saving the trees themselves. Perhaps, the next great innovation in human communication could come from the silent whispers of the forest floor.



-Yavindra Thakur

THE ROLE OF SCIENCE COMMUNICATION IN PROTECTING NATURE

Can words and knowledge save the planet?



When Knowledge Meets Awareness

In an age of environmental crises — from melting glaciers to vanishing species — the gap between science and society can decide the fate of our planet. This is where science communication becomes crucial. It's not just about publishing research; it's about translating complex scientific ideas into messages people can understand, feel, and act upon. When scientists, educators, and communicators explain how climate change, pollution, or biodiversity loss truly affect lives, people start caring — and caring leads to action. Science communication transforms data into stories that move hearts and inspire collective responsibility for nature.

Turning Research into Action

Every major environmental movement — from saving the ozone layer to reducing plastic waste — began with the spread of scientific understanding. Platforms like documentaries, science magazines, podcasts, and even social media now act as bridges between labs and local communities. Through clear visuals, relatable storytelling, and fact-based discussions, science communicators help people see the why behind conservation. When a villager understands how mangroves prevent floods, or a student realizes how pollinators sustain food crops, knowledge becomes a tool for protection. In essence, science communication doesn't just inform — it empowers.

Can the Right Message Save the Future?

The challenge today isn't a lack of science — it's a lack of connection. Scientists often have the answers, but those answers must reach policymakers, citizens, and the next generation. Effective communication can turn awareness into policy, fear into innovation, and curiosity into lasting change. Whether through classrooms, campaigns, or creative media, spreading scientific truth with empathy and clarity may be our best hope for protecting nature. After all, saving the Earth begins with understanding it.

- Sejal Rana

The Hidden Beauty of Crystals From Minerals to Nanomaterials

Can order at the atomic level create beauty we can see?

NATURE'S ART IN SOLID FORM

Crystals have always captured human imagination — from shimmering gemstones to the icy patterns on a windowpane. What makes them so captivating isn't just their sparkle, but their perfect internal order. Every crystal, whether it's a diamond, a salt grain, or a snowflake, is built from atoms arranged in repeating geometric patterns. This atomic symmetry gives rise to their unique colors, shapes, and optical properties. Nature, through slow geological processes, sculpts breathtaking minerals deep within the Earth — amethyst, quartz, calcite — each a frozen piece of chemistry in motion.



WHEN SCIENCE LOOKS CLOSER: CRYSTALS AT THE NANOSCALE

At the nanoscale, crystals reveal extraordinary new behaviors — they can emit light, conduct electricity, or change color when exposed to different energies. These nanocrystals or quantum dots are the hidden jewels of modern material science, used in LEDs, medical imaging, solar panels, and sensors. By controlling their size and composition, researchers can “tune” their optical and electronic properties, transforming them into the building blocks of the future. What was once admired for beauty is now engineered for innovation.

FROM EARTH'S TREASURES TO HUMAN CREATIONS

The journey from natural minerals to human-made nanocrystals shows how art and science intertwine. In the laboratory, scientists now grow synthetic crystals that mimic — or even surpass — nature's perfection. Some are designed to harvest solar energy, others to deliver drugs precisely within the body. Crystals remind us that beauty and functionality can coexist — and that even the most advanced materials start with the simple, elegant order of atoms. The hidden beauty of crystals is not just in their shine, but in the harmony of nature's design and human curiosity.



-Priyansh Dehal

DEBUNKING THE MYTH: WHITE DOTS ON STRAWBERRIES ARE NOT SEEDS

Strawberries aren't really berries at all. In botany, a berry is a fleshy fruit that is produced from a single flower and contains one ovary. But strawberry doesn't contain only one ovary. It contains many. Therefore, strawberry is not a true berry.

Strawberries are a type of fruit called “aggregate fruits”. This means that they are made up of many smaller fruits that are fused together. Each small fruit has its own ovary, which develops into an achene. The achenes are then held in place by the fleshy part of the fruit, which is what we eat.

Achenes are small, seed-like structures that are found on the surface of an aggregate fruit. They're a part of the strawberry's reproductive system. While they may look like seeds, they are not actually the same thing. Achenes are basically fruits but they're not fleshy. It doesn't contain pericarp (exocarp, mesocarp and endocarp). All it contains is the seed which was basically the ovule before pollination. So, achenes are actually the fruit's ovaries which contain the seeds. Each achene contains a tiny seed inside, which can grow into a new plant.

“SCIENCE – THE GREEN SYMPHONY OF LIFE”

Science is the silent music of creation, The rhythm that flows in every vibration. It breathes through leaves, through stars that gleam, In every cell, it builds a dream. When a seed awakens beneath the ground, Botany speaks — where life is found. Each leaf a lab of living light, Where photosynthesis turns dark to bright. Roots teach patience, flowers bloom with grace, Nature itself — a scientific embrace. Tiny microbes, unseen yet vast, Tell us that strength is not in the past. From fermentation to life's unseen art, Microbiology heals the human heart. Chemistry dances in bonds so true, Where molecules blend, and life renews. In every reaction, a story untold, Of energy, matter, and patterns bold. Physics — the poetry of motion and force, Where gravity charts the cosmic course. From the falling apple to quantum streams, It shapes the fabric of our dreams. Zoology sings of instincts and mind, Of creatures and species, diverse yet aligned. From wings that flutter to hearts that feel, Life itself — nature's ideal. The Earth then whispers in winds that cry, “Protect me before my rivers run dry.” Environmental Science reminds us all, To save the Earth — or watch it fall. Above the clouds, the cosmos spins, Astronomy smiles — the story begins. Galaxies swirl in infinite play, Where stars are born and fade away. And Biotechnology — the bridge of tomorrow, Blending life with science to heal our sorrow. From growing food to curing pain, It weaves hope through every chain. Science teaches us to ask, to see, to find, To blend emotion with an open mind. From root to star, from cell to sky, It whispers softly — learn, don't deny. So let's celebrate this endless quest, Where curiosity blooms and minds are blessed. For in every breath, in every strife, Science hums — the green Symphony of Life.

Vikas Tomar, MSc 3rd Sem. Botany

HERE ARE 7 INTERESTING FACTS ABOUT BOTANY

1. Sunflowers follow the sun! Young sunflower heads exhibit heliotropism — they face east in the morning and follow the sun across the sky until sunset.
2. Some plants “drink” through the air! Air plants (Tillandsia) don't need soil — they absorb water and nutrients directly from the air through their leaves.
3. Trees talk to each other underground! Using fungal networks called mycorrhizae, trees share nutrients and chemical signals — it's often called the “Wood Wide Web.”
4. Plants can recognize their relatives. Research shows that some plants grow less aggressively when planted near their “siblings” but compete more with unrelated plants.
5. Bananas are berries — but strawberries aren't! Botanically speaking, a berry comes from a single flower with one ovary. Bananas fit that rule — strawberries don't.
6. Plants can “hear” water. Studies suggest plant roots grow toward the sound of running water, even if no moisture is physically present nearby.
7. There's a plant that eats meat! Venus flytraps and pitcher plants trap and digest insects to get nutrients missing from the soil.

Harsh Sharma, Roll 23bota053

BIOTECHNOLOGY

Biotechnology is a dynamic, multidisciplinary field that leverages biological systems, living organisms, or their derivatives to create innovative products and services that improve the quality of human life and the health of our planet. Its core strength lies in its ability to manipulate life's fundamental processes—at the cellular and molecular level—to solve complex real-world problems. While traditional biotechnology includes ancient practices like brewing and fermentation, the modern revolution began in the 20th century with the advent of genetic engineering. This key technique, which involves the precise modification, deletion, or insertion of genetic material (DNA), allows scientists to tailor organisms for specific, desirable outcomes, such as producing pharmaceuticals or enhancing crop traits.

The impact of biotechnology is categorized into various color-coded branches, each addressing different industrial sectors. Red Biotechnology focuses on medicine and healthcare, delivering breakthrough innovations like recombinant insulin for diabetes, therapeutic proteins, and life-saving vaccines, including the rapid development of mRNA vaccines during global pandemics. It also underpins precision medicine, using individual genetic profiles to optimize treatments and diagnostics. Green Biotechnology is applied to agriculture, leading to the creation of Genetically Modified (GM) crops with increased yield, resistance to pests and diseases (like Bt cotton), and enhanced nutritional content (such as Golden Rice). This helps in combating food insecurity and reducing the environmental footprint of farming by limiting pesticide use.

Beyond health and agriculture, White or Industrial Biotechnology uses engineered microorganisms and enzymes as efficient, eco-friendly catalysts to produce chemicals, biofuels, bioplastics, and textiles, often replacing harsher chemical processes. This transition promotes sustainability and reduces reliance on petrochemicals. Furthermore, Environmental Biotechnology utilizes biological processes for bioremediation, cleaning up pollution by using microbes to digest contaminants. Advancements in cutting-edge areas like Synthetic Biology, which focuses on designing and building new biological parts and systems, and Bioinformatics, which uses computational tools to manage and analyze vast biological data, are rapidly accelerating the field. Although biotechnology offers immense promise, it is accompanied by ethical and regulatory considerations, particularly concerning genetic modification and data governance, requiring careful public discourse and oversight to ensure its responsible development for the betterment

Shagun Thakur
B.Sc. 2nd Year

AI FOR CLIMATE MODELING: HOW ARTIFICIAL INTELLIGENCE IS CHANGING THE WAY WE UNDERSTAND THE EARTH

Climate change is one of the most complex challenges facing our planet today. Predicting how the Earth's climate will change in the coming decades requires analyzing enormous amounts of data — from ocean temperatures to carbon emissions, rainfall, wind patterns, and more. Traditional computer models have helped scientists make predictions, but they often struggle to capture small details or local variations. This is where **Artificial Intelligence (AI)** is making a huge difference.

What is Climate Modeling?

Climate modeling is the process of using computer simulations to understand how different parts of Earth's system — like the atmosphere, oceans, and ice sheets — interact with each other. Scientists use these models to predict temperature rise, melting glaciers, or extreme weather events. However, these models need massive computing power and still have uncertainties.

How AI Helps

AI, especially **machine learning**, can process vast amounts of climate data much faster and more efficiently than traditional models. It can detect patterns that humans or even supercomputers might miss.

- For example:
- AI algorithms can analyze satellite images to track deforestation or sea-level rise in real time.
 - Neural networks can predict weather events like cyclones or heat waves days before traditional forecasts.
 - Deep learning models can fill gaps in incomplete climate data, improving accuracy for scientists.

Real-Life Applications

- **Google's DeepMind** developed an AI tool called *GraphCast* that predicts global weather more accurately and faster than some existing systems.
- **IBM's Green Horizons Project** in China uses AI to forecast pollution levels and help cities reduce emissions.
- **NASA** uses AI to study clouds, ice, and greenhouse gases using satellite data, improving global climate predictions.

Why AI Is a Game Changer

AI doesn't replace scientists — it strengthens them. It helps researchers run simulations in hours instead of weeks and test "what if" scenarios, such as what happens if global emissions double or if certain regions face drought. By doing this, AI offers **faster, smarter, and more detailed climate insights**.

Future Possibilities

In the future, AI could help design cities that adapt to climate change, guide farmers to protect crops from drought, or even optimize renewable energy systems. Combined with human intelligence, AI could become one of our most powerful tools to fight global warming.

In short: Artificial Intelligence is not just about robots or automation — it's about helping humanity make smarter decisions for the planet. With AI, we are entering a new era of **climate understanding, prediction, and protection**.

Akanksha, Roll No. 22BOT095

MILLETS: THE SUPERFOOD YOU NEED TO KNOW ABOUT

Have you heard about millets? They're like the superheroes of the food world! Not only are they super nutritious, but they're also good for the environment.

Millets are type of small grained cereal crop that's been around for thousands of years. They are packed with protein, fiber & minerals like iron & calcium. Plus, they are gluten free, so they're perfect for people with dietary restrictions.

But what's really cool about millets is that they're drought resistant can grow in poor soil. That means they can be a lifesaver for farmers in areas with tough climate conditions & they are super versatile.

Millets are also known as "Poor man's food" because they are so affordable & accessible.

We can use them to make everything from porridge to salads.

Stay healthy, stay happy!

Tanushi, Roll No.: 23 MSc BTo23, M.Sc. 3rd semester

HIMALAYAN BIRCH USE BY TRIBAL COMMUNITY IN HIMACHAL PRADESH

Betula utilis the Himalayan birch (Bhojpatra) is a deciduous tree native to the Western Himalayas growing at an elevation up to 4500m. The white paper like bark was used in ancient time for writing Sanskrit Scripture and texts. According to the recent publication the *Betula utilis* is in IUCN red list and considered as threatened species. It is found in Pangri valley of Himachal Pradesh. Pangwala is a local tribal community residing on the hills of Pangri valley this tribal community use it in different way. They use it to make roofs of house because of its water repellent property. The bark of Himalayan birch is used for packaging of cooked food by local tribal community.

Tamanna Ahir
MSc IIIrd Sem. (Botany)

THE WOMEN WHO DEMONSTRATED THE GREEN HOUSE EFFECT

Eunice Newton Foote showed that carbon dioxide traps the heat of the sun in 1856 beating the so-called Father of green house effect by at least three years.

In 1856, decades before the term green house gas were coined, Eunice Newton Foote demonstrated the greenhouse effect in her home laboratory she placed a glass cylinder full of carbon dioxide in sunlight and found that it heated up much more than an ordinary air Her conclusion: more carbon dioxide in the atmosphere result in a warmer planet.

Several year later an Irish Scientist named John Tynadall conducted a far more complicated experiment that demonstrated the same effect and revealed how it worked Today Tyndall is widely known as a scientist who discovered the greenhouse gas effect. Newton Foote means while was lost to history until an amateur historian stumbled on her story.

Tamanna Ahir
MSc IIIrd sem (Botany)

WONDERS OF SCIENCE

Science is a beautiful gift to humanity. There are many Wonder of science. It has made many amazing invention that changed our life. It runs industries, factories etc .With the help of science in railways, motor cars and aeroplanes. Travelling has become fast radio cinema and television are good means of recreation. Educational training are also made possible by television.

Atomic energy is the latest discovery of science with these people has reached the moon. It can meet the demand of energy. Science playa important role in medical field. It gives many effective medicines to cure terrible diseases. FOR EXAMPLE- Heart surgery and heart transplantation have become ordinary things now- a- days. There are printing and sewing machines for human comfort.

It has enables us to understand the smallest particles and the vastness of space. With science we can explore the depth of the oceans and reach the heights of the sky. Science wonders inspire curiosity, driving us to push the boundries of knowledge and innovation.

The inventions of atoms bombs is a threat to peace. It means science has also led to many dangerous inventions.

Man is called master of the world because of science. Its depend upon on man how to use science that is for beneficial of society or against the society.

Palak Bhatia, Roll number- 23zoo127, Bsc 2nd year

WONDERS OF BIOTECHNOLOGY

Biotechnology is the technological employment of micro-organisms, plant cells, animal cells, their components or biological processes to generate products and services useful to human beings. It will naturally include all those processes in which natural strains of micro-organisms and cell lines are being used in obtaining products like curd, wine, vinegar, bread, cheese, etc. Karoly Ereky coined the term 'biotechnology' in 1919. Fermentation was in use from a long time. it is still the first use of biotechnology to covert a food into another from. Biotechnology is one of the faster growing areas in science that made a great development in various fields such as agriculture, medicine, pharmacy, industry and environment science.

Biotechnology has changed our world in numerous ways. Some of them are:-

- In plants, genetics and biotechnology has been applied to improve the nutritional value, resistance and growth rate of crops. E.g. Golden Rice rich in vitamin A, Bt-Cotton- A pest resistant crop. (Genetically engineered crops).
- Enhancement of photo synthetic efficiency in plants, development of bio fertilizer and improvement in nitrogen fixing capability of plants.
- Development of recombinant vaccines has saved millions of lives.
- Use of gene therapy for the treatment of several diseases such as cystic fibrosis, hemophilia, muscular dystrophy, sickle cell anaemia and ADA-SCID disorders.
- Production of Antibiotics, vitamins, enzyme or hormones.
- Biodiesel is low-carbon alternative fuel as compared to fossil-derived fuels.

Future of Biotechnology:

Biotechnology has a very promising future in applied sciences and medicine:-

1. Stem Cell Research as a future in Medicine: Stem cells can keep dividing infinitely and have the capacity to differentiate into different types body cells, during the early development of an organism. In laboratory, researchers can program these stem cells to differentiate into specific type pf cells. Imagine an individual with degenerative spinal disorder that severely impacts the quality of his life. With the help of stem cell research, it might be possible to grow these stem cells in vitro, in a lab setting, and then implanted back into the affected individual's body. This would help restore their cognitive acuity, vision, hearing, and other physical features.
2. Nerve Regeneration: A cure for neurodegenerative disease: Nerve damage form neurodegenerative disease and spinal cord injury has largely been considered irreversible. However, researchers have made significant progress in synthesizing rare enzymes that promote regeneration and growth of injured nerve cells. Researches are pursuing this as a possible avenue for nerve regeneration.
3. 3D Printed Organs: New advances in bionic and 3D printing technology have made it possible to artificially construct internal organs like heart, kidney, and liver. As of now tissues of these organs are successfully constructed and transplanted at some extent. In the near future constructing a whole organ will be possible too.

Teku Bhau Thakre, Msc Botany 3rd Sem

THE MONSTROUS BLOOM: UNVEILING THE ENIGMA OF RAFFLESIA

The shadowy, humid depths of the rainforests across Southeast Asia conceal a botanical marvel unlike any other: the genus *Rafflesia*. This group of parasitic plants is best known for containing *Rafflesia arnoldii*, which holds the undisputed, almost mythical title of the largest single flower in the world. More than just a giant bloom, the *Rafflesia* is an extreme ecological anomaly, a plant that has entirely shed the characteristics we typically associate with flora, surviving as a true enigma of the natural world. Its bizarre biology offers botanists a constant source of wonder and concern. The fundamental mystery of *Rafflesia* lies in its lifestyle. It is a holoparasite, a plant so specialized that it completely lacks its own visible stems, leaves, and roots. This means it lacks chlorophyll and is entirely incapable of photosynthesis. For nearly its entire life cycle, the plant exists only as a network of thread-like filaments called a haustorium, which spreads invisibly throughout the tissues of a single host: the woody vines of the genus *Tetrastigma* (a member of the grape family). The *Rafflesia* essentially taps into the host vine's vascular system, drawing all its water, minerals, and complex sugars stealthily until it is ready to reproduce. It is a master of disguise, living as an internal entity, and the only part ever seen by the outside world is the colossal flower bud. The sheer size of the flower is its most defining characteristic, often inspiring awe and disbelief. *Rafflesia arnoldii* can measure up to one meter (three feet) across and weigh as much as 10 kilograms (22 pounds). Its enormous, fleshy petals are a striking reddish-brown color, often mottled with white spots, and radiate outward from a central, cup-like disk. The center of the flower can hold several liters of fluid. The flower's lifecycle is dramatically slow and brief. Emerging from the host vine's bark as a small, hard, cabbage-like bud, it can take six to nine months—or sometimes even longer—to swell to its maximum size. The ultimate spectacle, the fully opened colossal bloom, lasts for only five to seven days before withering, turning black, and decaying into a viscous puddle. This fleeting nature makes encountering a fully bloomed *Rafflesia* a rare and deeply sought-after event for researchers and ecotourists alike. This monstrous bloom is, paradoxically, designed to attract miniature allies: carrion flies. To lure these insects, the flower emits a powerful, pungent odor often likened to rotting flesh—a characteristic that has earned it the common name "corpse flower" (a title sometimes shared with the giant *Amorphophallus titanum*). The smell mimics decaying biomass, the ideal place for the flies to lay their eggs. The flies, attracted to the stench, crawl into the flower, inadvertently picking up a sticky, viscous pollen mass from the male blooms and transporting it to female blooms. *Rafflesia* species are mostly dioecious, meaning they have separate male and female flowers. Since they bloom so rarely, briefly, and often far apart in the dense rainforest, successful cross-pollination is a highly improbable event, contributing to the plant's rarity. Recent scientific discoveries have added another layer to the *Rafflesia* enigma. Researchers sequencing its genome found evidence of extensive horizontal gene transfer (HGT). This means *Rafflesia* has "stolen" numerous functional genes directly from its host *Tetrastigma* vine. This extraordinary process allows the parasite to absorb and utilize the host's genetic machinery to perform essential functions that its own highly reduced genome no longer supports. This blurring of biological boundaries between parasite and host makes *Rafflesia* one of the most extreme examples of adaptation and genetic exchange known in the plant kingdom. The limited geographic range—primarily the rainforests of Borneo, Sumatra, Thailand, and the Philippines—combined with its dependence on a specific host vine and complex, short-lived reproductive cycle, makes *Rafflesia* extremely vulnerable. Of the over 40 known species, scientists estimate that the majority are severely threatened. Habitat loss from rapid deforestation poses the greatest threat to its survival, as the destruction of the rainforest simultaneously eliminates both the parasite and its specific host vine. Furthermore, its massive, spectacular buds are sometimes illegally harvested for use in traditional medicine. The *Rafflesia* stands as a powerful symbol of the bizarre ingenuity and fragile complexity of tropical biodiversity, a silent, stinking, and genetically ambitious testament to nature's most extreme adaptations that urgently requires dedicated conservation efforts.

SIMRAN GULERIA,
M.Sc. Botany(Third Semester), 23MSCBOT002

Nutrition and diet

College life is a whirlwind of late-night study sessions, social events, and a constant need to balance multiple priorities. Our diet plays a surprisingly significant role in how well we handle it all. What we eat directly impacts our energy levels, focus in class, and even our mood. Research shows a strong link between a healthy diet, rich in fruits and vegetables, and improved academic achievement. Unhealthy eating habits can exacerbate stress and mental health issues, while a balanced diet can help alleviate symptoms of depression and anxiety. Proper nutrition is essential for physical development, emotional stability, and long-term health risks.

Make fruits and vegetables the stars of your meals. They are packed with vitamins, minerals, and antioxidants that fight fatigue and

improve cognitive function. Choose lean proteins: Incorporate sources like beans, lentils, and lean meats to help you feel full and support muscle health. Don't fear the processed foods (entirely): While you should limit them, focus on making conscious choices when you do eat them. Opt for healthier versions of snacks and meals when possible. Stay hydrated: Drink plenty of water throughout the day. It's crucial for everything from brain function to energy.

Making conscious, healthy food choices now can set you up for a lifetime of good health. It's an investment in your future self, helping to reduce your risk of developing long-term health problems.

Pallavi

M.Sc. Botany 3rd semester.



COMMERCE SECTION

Student Editor

Raman Kumar

M.Com. 4th Semester

Staff Editor

Dr. Dinesh Sharma

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TEACHER EDITOR'S NOTE

There is no great pleasure than reading. Reading a myriad of so creative, innovative and illuminating articles from the students was indeed a great delight. Some were thought provoking, some were serious, and others were so hilarious. But there was no dearth of creativity of these little brains at their best. Collecting and editing articles from the students of Commerce section is always an elixir to the soul. The students we are grooming are showing the result of our hard work. My message on this forum this year is, **Always Trust Yourself**.

Always Trust Yourself while carving a path for your life. Dream high, lead an ethical life, make your own rules and work hard towards the dream. Express yourself openly and honestly Sticking to personal standards, ethics, and core values, Knowing when you need to take care of yourself first, Be confident that you can get through difficult times pursuing your dreams without letting others stop you. Stay creative, think out of the box.

I appreciate the effort the students have put in making college magazine a success. All the articles were par excellence. Keep kindling the torch of knowledge bright. So, I dedicate the Commerce Section to the students who walk on foot through difficult terrain of their homes and despite the scarce financial resources, want to study.

All the very best students and loads of love.

Dr. Dinesh Sharma
Teacher Editor
Commerce Section

STUDENT EDITOR'S NOTE

Dear Readers,

Welcome to the latest edition of our college magazine! As we embark aims to on another exciting academic year, thin issue vigor that capture the vibrant spirit, creativity and intellectual def the our campus community.

In this edition, you'll find that reflects the diverse array of content multifaceted experience of students faculty. From thoughtful-provoking articles on current event and in depth research features to creative writing pieces and stunning visual art, each contribution showcases the unique talents and perspective within our college.

As student editor, it has been such a privilege to work alongside such a dedicated and passionate team. Their hard work and creativity have been instrumental in bringing this issue to life. I am immensely proud of we have accomplished together and grateful for the opportunity to share these stories with you.

Thank you, for your continued support and enthusiasm. We hope you enjoy reading it as much as we enjoyed creating it. Here is to a year filled with discovery, inspiration and unforgettable experience.

Warm regards

Madhu Chauhan
Student Editor

THE GRAND BUSINESS WEDDING : MR. CAPITAL AND MISS BALANCE SHEET

Introduction :

Once upon a time in the bustling city of commerceville, a grand wedding was announced - The union of capital and balance sheet. The entire business community was invited and trust me, it was nothing short of a masala-packed blockbuster!!

Guest of the Wedding :

Mr. Asset (The Rich Uncle)
Mrs. Liability (The gossip queen)
Debtors (The 'I will pay later' Ganu)
Creditors (The 'Where's my money ?')
Profit (Happy)
Loss (The mood-spoiler)
Cash Flow (Always running around)

The Ceremony Begins :

The priest Mr. Accountant opened the ceremony with the sacred words :-

"By the power of vested in me by the institute of chartered lovers, I now join capital and balance sheet. May your assets always exceed liabilities."

The Wedding Feast :

Mr. Asset flaunted his properties - land, machinery and stock.
Mrs. liability whispered 'careful with me around, things can get heavy.'
Cash flow kept running between tables, shouting 'inflow here, outflow there- No breaks for me.'

The Reception Drama :

The dance floor lit up with a performance by debtors and creditors.

Debtors : "We take money, we delay payment."

Creditors : "We give money, but we chase it cool."

The Happy Ending :

As the sun set on commerceville, capital and balance sheet stood together, balanced and happy. Mr. Accountant declared :

'In prosperity and recession, through profit and loss, may you stay balanced forever'.

Moral of the Story :

In the business world, everyone plays a role-assets bring value, liabilities create responsibility, and balance sheet tell the true story. But with smart investments and careful spending, you can always outshine loss".

Madhu Chauhan
M.Com. 4th Semester
Roll No. 23MCOM018

RBI POLICY 2025

The Reserve Bank of India (RBI) recently announced its monetary policy for 2025, and here are the key takeaways.

1. RBI reduced the repo rate by 25 basic points to 6.25% from 6.5% marking the first rate cut in nearly five years.
2. The Monetary Policy Committee (MPC) maintained a neutral stance, focusing on achieving a durable alignment of inflation with the target while supporting growth.
3. The Standing Deposit Facility (SDF) rate stands at 6% and marginal standing facility (MSF) rate and the bank rate are 6.50%.

GDP Growth Estimates :

The RBI projects India's GDP growth rate for FY-26 at 6.7% with quarterly estimates of 6.7% in Q1, 7.0% in Q2, 6.5% in Q3 and 6.5% in Q4.

Muskan Lagwal

M.Com. 2nd Sem.

Roll No. 24MCOM035

BOOM AND BUST CYCLES IN STOCK MARKET

Stock market goes through boom and bust cycles where rapid growth is followed by sharp decline. These cycles are driven by speculation, economic policies and external events. Let's look at some major historical examples to understand how they happen :-

1. Dot-com Bubble (1995-2000) :

Boom : The internet revolution led to massive investments in tech. startups. Investors believed every internet company would be the next big thing, driving stock prices to unrealistic levels.

2. COVID-19 Stock Market Crash (2020) :

Boom : Before 2020 stock markets were at record highs for too strong economic growth.

Bust : When COVID-19 hit, panic selling led to a massive crash in March, 2020. However, markets quickly recovered due to government stimulus and tech. sector growth.

Conclusion :

Boom and bust cycles are natural in financial markets. While booms create opportunities, busts remind us of the risks of excessive speculation. Learning from past cycles helps investors make smarter, long-term decisions.

Ishita Thakur

M.Com.

Roll Number 24MCOM007

ONLINE RESOURCE/E-RESOURCE

Meaning : Electronic resource or E-resources are materials in digital format accessible electronically. Examples of E-resource are electric journals (e-journal), electronic books (e-books), online database in varied digital formats, Adobe Acrobat Document (Pdf), Web. pages (.htm, .html, .asp etc) and more.

Web pages and documents on the internet that provide useful information are called online resources. While an online resource is typically data and educational in nature, any support software available online can also be considered a resource.

Online resource are internet-based equivalents of more conventional curriculum resource books, articles, pictures, movies, game, activities and homework. The key difference is that online resources are digital and available over the internet. Formats include we documents, audio files, images, videos, animations, word processing document and others. E-resource/online resource for commerce students :-

- | | | | |
|------------------------------|-----------------------|---------------|---------------------|
| 1. E-magazine | 2. E-newspaper | 3. E-journals | 4. E-articles |
| 5. E-books | 6. E-library | 7. Pdf | 8. You tube channel |
| 9. Blog | 10. Podcast | 11. Website | |
| 12. Open Education Resources | 13. Educational apps. | | |

List of E-business magazines in India :-

- | | | |
|-------------------|----------------------|-------------------|
| 1. Business India | 2. Business Today | 3. Business World |
| 4. Is Benight | 5. The Smart Manager | 6. Inc. India |
| 7. Forbes India | 8. Outlook Business | 9. Entrepreneur |

Shivani Sharma
M.Com., Roll No. 24MCOM019

SECURITIES AND EXCHANGE BOARD OF INDA (SEBI)

The Securities and Exchange Board of India is the regulatory body for the securities and commodity markets in India. Established in 1988 and given statutory power through the SEBI Act of 1992. SEBI plays a crucial role in overseeing and regulating the India financial markets to protect investors' interests and ensure the smooth functioning of the stock market. Objects of SEBI are investor protection, market regulation and development of securities market. Functions of SEBI has extensive power to regulate the securities market. Draft Regulations in the securities market. Enforce regulations and take actions against violators. These powers enable SEBI to ensure the smooth functioning of the Indian Capital Markets.

SEBI plays a significant role in protecting investor, preventing insider trading. Promoting transparency in market operation. SEBI plays a pivotal role.

Preeti
M.Com. 2nd Sem.
Roll No. 24MCOM008

STEPS TO ENCOURAGE USE OF INDIAN RUPEE AND LOCAL, NATIONAL CURRENCIES FOR SETTLEMENT OF CROSS BORDER TRANSACTIONS

To encourage greater use of **Indian Rupee (INR)** for trade transactions, in July, 2022 an additional arrangement in the form of **Special Rupee Vostro Account (SRVA)** was introduced. Several foreign banks have since opened SRVAs with banks in India.

Notification by RBI on July 11, 2022, that we have to internationalize India Rupee.

The broad framework for cross border trade transactions in Indian Rupee under Foreign Exchange Management Act, 1999 (FEMA) is as delineated below :

A. Invoicing : All exports and imports under this arrangement may be denominated and invoiced in Rupee (INR)

B. Exchange Rate : Exchange rate between the currencies of two trading partner countries may be market determined.

C. Settlement : The settlement of trade transactions under this arrangement shall take place in INR in accordance with the procedure laid down in Para 3 of this circular.

In terms of Regulation 7 (1) of Foreign Exchange Management (Deposit) Regulations, 2016. AD banks in India have been permitted to open Rupee Vostro Accounts. According for settlements of trade transactions with any country, AD bank in India may open special Rupee Vostro Accounts of correspondent bank of partner trading country.

(AD bank : Authorized Dealer Bank)

22 Countries Opened Special Bank Accounts in India to Trade in Rupee:

- Banks in 22 countries including Russia, UK, Germany, Israel open Special Vostro Accounts in Indian Banks to trade in INR.
- The include Belarus, Botswana, Fiji, Germany, Guyana, Israel, Kenya, Malaysia, Mauritius, Myanmar, New Zealand, Oman, Russia, Seychelles, Singapore, Sri Lanka, Tanzania, Uganda, Bangladesh, Maldives, Kazakhstan and U.K.
- The RBI allowed invoicing and payments for international trade in Indian Rupee on July 11, 2022.

Steps :

- The Reserve Bank of India has also signed memorandum of understanding (MoU) with the central banks of United Arab Emirates, Indonesia and Maldives to encourage cross-border transactions in local currencies.

- Further, in December, 2023 the Foreign Exchange Management (Manner of Receipt and Payment) regulations were revised to enable cross border transactions in all foreign currencies (including local currencies of trading partner countries) and INR.

Changes in FEMA Regulations :

In order to promote cross border transactions in INR and local/national currencies, a further review of existing regulations issued under FEMA, 1999 has been undertaken by Reserve Bank in consultation with the Central Government. Accordingly, the following changes have been made in the extant FEMA regulations :

- Overseas branches of Authorized Dealer Banks will be able to open INR accounts for a person resident outside India for settlement of all permissible current account and capital account transactions with a person resident of India.
- Indian exporters will be able to open accounts in any foreign currency for settlement of trade transactions, including receiving export proceeds and using those proceeds to pay for imports.
- Persons resident outside India will be able to settle bonafide transactions with other persons residing outside India using balances in their repatriable INR accounts such as special non-resident Rupee Account and SRVA.
- Persons resident outside India will be able to use their balances held in repatriable INR account for foreign investment, including FDI, in non-debt instruments.
- Overseas branches of Authorized Dealer Banks will be able to open INR accounts for a person resident outside India for settlement of all permissible current account and capital account transactions with a person resident in India.

IMPACT OF BUDGETING ON FINANCING SYSTEM

Budgeting is a crucial aspect of financial management, enabling individuals, organizations and government to allocate resources effectively, prioritize spending and achieve their financial objectives. A well crafted budget serves as a roadmap for financial decision-making, influencing investment choices, funding requirements, and risk management strategies.

The Union Budget 2024-25, presented by Union Finance Minister Smt. Nirmala Sitharaman, sets a visionary path for India's economic development. The budget focuses on the theme of "Next Generation Reforms", aiming to bolster economic growth, improve productivity and enhance the efficiency of markets and sectors.

The Indian Union Budget for 2024-25, presented on July 23, 2024, aims for sustained high economic growth, focusing on employment, skilling, MSMEs and the middle class, with a revised fiscal deficit target of 4.9% of GDP.

A budget helps allocate resources effectively, ensuring that funds are directed towards priority areas.

Anchal Thakur
M.Com. 2nd Semester
Roll No. 24MCOM.....

THE ROLE OF E-COMMERCE IN MODERN BUSINESS

The rise of e-commerce has revolutionized the way businesses operate, transforming the way they interact with customers manage supply chains and ultimately drive revenue. In today's digital age, e-commerce plays a vital role in modern businesses, offering numerous benefits and opportunities for growth.

Benefits of E-commerce in Modern Business :

- | | |
|--------------------------------------|----------------------------------|
| i. Increased reach and accessibility | ii. Improved Customer Experience |
| iii. Reduced operational costs | iv. Enhanced data analysis |

Opportunities for Growth in E-commerce :

- i. Mobile Commerce
- ii. Social Commerce
- iii. Artificial intelligence
- iv. Sustainable E-commerce

Challenges and Limitation of E-commerce :

- i. Security and Trust
- ii. Logistics and Delivery
- iii. Competition
- iv. Regulatory Companies

As the E-commerce landscape continues to evolve business must adapt to changing consumer, remain competitive and drive success.

Sneha Kumari

M.Com. 2nd Semester, Roll No. 24MCOM012

THE PULSE OF COMMERCE

In classrooms where ideas ignite,
Commerce leads us to future bright,
With every calculations, every chart,
We shape the world, each doing our part.

From accounting ledgers to the market's flow,
In every trade, new knowledge we sow,
Innovating, strategizing, risk we take,
Building foundations that will never break.

Marketing trends, finances might,
Navigating challenges, day and night,
Through the highs and lows, we strive to be,
A generation ready for opportunity.

So let's embrace the learning ahead,
With passion and purpose, we'll be led,
In commerce, the world's at our door,
A future of success, and so much more.

Upasana

M.Com. 4th Semester, Roll No. 23MCOM015

THE THREE GOLDEN RULES OF COMMERCE

1. Personal Account

"Debit the receiver, credit the giver", A simple rule, easy to deliver.
If you receive, debit your book, If you give, a credit outlook.

2. Real Account

"Debit what comes in, Credit what goes out",
A rule that every accountant knows.
Money of goods, when they arrive, Debit the entry, keep book alive.

3. Nominal Account

"Debit all expenses and losses, Credit all incomes and gains",
This rule in finance forever remains.
Profits get credit, losses we write,
Balancing accounts, keeping them right.
Thus, in commerce, these rules we follow,
Balancing books, with no sorrow,
Master them well, keep records tight,
For every business, they shine so bright.

Priyanka, M.Com. 4th Semester, Roll No. 23MCOM012

E-COMMERCE : THE FUTURE COMMERCE

In the modern era, e-commerce has transformed the way people buy and sell products. With the rise of digital platforms, business can now reach global markets without physical stores.

Convenience and Accessibility

E-commerce allows consumers to shop anytime, anywhere, making it highly convenient. Online platforms provides a wide range of products, easy payment options and home delivery services.

Growth of Small Businesses

Small and medium enterprises (SMEs) benefits from e-commerce as they can sell their products worldwide without investing in physical stores. Social media and digital marketing helps in reaching a longer audience.

Digital Payment Revolution

The adoption of digital payment methods like UPI, Credit/debit cards, and mobile wallets has made transactions faster and safer. This shift has reduced cash dependency and improved financial transparency.

Job Opportunities and Economic Growth :

E-commerce has created numerous job opportunities in sectors like logistics, digital marketing, and customer service. It contributes significantly to a country's economic growth.

Challenges and the Future :

Despite its benefits, e-commerce faces

challenges like cyber security threats, digital fraud and the need for better internet connectivity in rural areas. However, with continuous advancements, the future of e-commerce looks promising. E-commerce is shaping the future of business by making trade more efficient, accessible and global. As technology evolves, business and consumers will continue to benefit from the rapid expansion of digital commerce.

Anjali
M.Com. 4th Sem., Roll No. 23MCOM025

WHY COMMERCE IS ESSENTIAL FOR TODAY'S STUDENTS...

In a rapidly evolving global economy, commerce is more than just a field of study. It's a gateway to endless opportunities. For students, a solid foundation in commerce equips them with the skills, insights and mindset needed to navigate and thrive in today's business world. Here's why commerce is so important and how it shapes the future of ambitious young minds.

Broadening Horizons with Diverse Career Opportunities :

Commerce is a versatile discipline that opens doors to numerous career paths. Whether you aspire to work in finance, marketing, accounting or even start your own business, a commerce education provides you with the necessary tools. By understanding business fundamentals and economic principles, students become well-prepared to enter both traditional corporate environments and innovative entrepreneurial ventures.

Gaining a Global Perspective :

In our interconnected world, commerce education offers a unique global outlook. Courses often cover international trade, economic policies, allowing students to appreciate the intricacies of global markets.

Fostering an Entrepreneurial Spirit :

Commerce is not just about numbers - its about innovation and growth. A background in commerce nurtures and entrepreneurial mindset, encouraging students to identify opportunities, manage risks, and innovate. Whether yo dream of launching a startup or steering a large corporation, the strategic and practical knowledge gained from commerce can serve as the 'cheat code' for success in a business venture.

Building Critical Skills for Success :

On the greatest benefits of studying commerce is the development of critical analytical and quantitative skills. Students learn how to interpret financial data, assess market trends and make informed decisions - all of which are crucial in today's data-driven world.

For students today, commerce is much more than a subject. Its an essential part of building a successful future. From opening up diverse career avenues and honing analytical skills to fostering innovation and global awareness, a commerce education lays the ground work for life long success.

Embrace the world of commerce, and unlock a future filled with opportunities, challenges and the potential to shape the global economic landscape.

Payal Thakur
M.Com. 4th Sem., Roll No. 23MCOM05

STOCK MARKET

What is the Stock Market ?

As its core, the stock market is a marketplace where investors buy and sell shares of publicly traded companies. When you buy a share, you are purchasing a small ownership stake in that company. Stocks represent the company's value and its potential for future earnings, which is why stock prices fluctuate daily based on how well the company is performing and other economic factors.

Key Stock Market Terms to Know :

Shares/Stock : Pieces of ownership in a company.

Bull Market : A market characterized by rising stock prices.

Bear Market : A market in which stock prices are falling, typically by 20% or more.

Dividend : A portion of a company's profit paid to share holders.

IPO (Initial Public Offering) : The first sale of stock by a company to the public.

Portfolio : A collection of investments, including stocks, bonds and other assets.

Nidhi, M.Com. 4th Semester.



ANNUAL REPORT

ANNUAL REPORT 2024-25.

Netaji Subhash Chander Bose

Memorial Govt. College Hamirpur (HP)

Chief Guest, Honourable Chief Minister of Himachal Pradesh,

Shri Sukhvinder Singh Sukhu

Sir, it is a great honor to welcome you on behalf of the entire fraternity of Netaji Subhash Chander Bose Memorial Government College, Hamirpur. It is my privilege to present the annual report of our esteemed institution. Nestled in the scenic hills of Anu, just 2 kilometers from Hamirpur town—the historic city of Chandravanshi king Hamir Chand—our college stands as a beacon of academic excellence. We extend a warm and heartfelt welcome to you, our distinguished guests, and all dignitaries who have graced this occasion with their presence.

Establishment:

This college was established in 1965 with only 165 students and 14 professors. Today, the college has reached great heights in the field of academics; with post-graduation in 9 subjects; English, Hindi, Mathematics, Economics, Commerce, Botany, Zoology, Chemistry and Physics. The college offers graduation in Humanities, Sciences and Commerce streams. The college offers Bachelors in Vocational Studies, Bachelor's in Business Administration and Computer Application as well as PGDCA through self-financed courses. This college is providing education to approximately 4,350 students. I am honoured and proud to share that our college has been adjudged **First** in State Institutional Ranking Framework (**SIRF**) with 1019 points out of 1100, and our college library adjudged **First** in **Library** Ranking among all the colleges of the state. It is also a matter of pride for our college to have **Best IGNOU Study Centre** in the state.

Number of students:

In the year 2024 - 25 the numbers of girls students enrolled are 2690 and the numbers of boys are 1615.

Teaching Staff:

There are 62 sanctioned posts in this college, out of which 14 are vacant. During this session, **Dr Satish Soni, Associate Professor, (Dept of Commerce)** and **Dr Shashi Sharma, Associate Professor (Dept of Chemistry)** were promoted as Principal.

Dr. Poonam Sharma Assistant Professor (Dept of Mathematics), Dr. Ashok Kumar Assistant Professor (Dept of Mathematics), Dr. Sunil Kumar Assistant Professor (Dept of Mathematics), got transferred from other colleges of the state to this college.

Dr. Pushpender Singh Thakur, Assistant Professor (Dept of Economics), Shri. Rajesh Kumar Assistant Professor (Dept of Mathematics), and Shri Rajinder Singh, Assistant Professor (Dept of Geography) got transferred from this college to other colleges of the state.

Shri Prakash Chand Thakur, Associate Professor (Dept of Hindi) and Dr. Uttam Kumar Sharma, Assistant Professor (Dept of Political Science) superannuated on 28 Feb 2025, Dr. Rattan Chand Sharma, Associate Professor (Dept of Chemistry) superannuated on 30 Sep 2024 and Mr. Amar Singh LA superannuated on 30 Oct 2024.

Non Teaching Staff:

There are 36 posts of non-teaching staff sanctioned for this college out of which 24 are filled and 12 vacant. In this session, Shri Sartaj Singh Pathania, Supdt. Gr-I, Shri Vijay Kumar JOA(IT), Shri Dev Raj Class IV joined and Shri. Chander Suman Supdt. Gr-II, Shri. Suresh Patial Supdt. Gr-II , and Smt Ranjana Kumari Clerk got transferred to other colleges.

University Results 2024-25

The result of the examination conducted by Himachal Pradesh University, Shimla is as follows:

Class	Year/Semester	Grand Total	Pass %
BA	1 st Year	587	66
BA	2 nd Year	439	85
BA	3 rd Year	356	96
BCOM	1 st Year	136	74
BCOM	2 nd Year	120	78
BCOM	3 rd Year	113	82
BSc	1 st Year	457	42
BSc	2 nd Year	266	71
BSc	3 rd Year	282	86
BBA	2 nd Sem	91	62
BBA	4 th Sem	60	76
BBA	6 th Sem	55	73
BCA	2 nd Sem	99	52
BCA	4 th Sem	43	65
BCA	6 th Sem	38	86
BVoc	1 st Sem	61	82
BVoc	3 rd Sem	57	38
BVoc	5 th Sem	57	56
MA Hindi	2 nd Sem	42	100
MA Hindi	4 th Sem	41	100
MA English	2 nd Sem	29	95
MA English	4 th Sem	23	100
MA Economics	2 nd Sem	19	92
MA Economics	4 th Sem	18	100
MCOM	2 nd Sem	33	100
MCOM	4 th Sem	28	100
MSc Mathematics	2 nd Sem	39	100
MSc Mathematics	4 th Sem	38	95
MSc Physics	2 nd Sem	33	95
MSc Physics	4 th Sem	28	100
MSc Chemistry	2 nd Sem	32	100
MSc Chemistry	4 th Sem	30	100
MSc Botany	2 nd Sem	22	96
MSc Botany	4 th Sem	20	100
MSc Zoology	2 nd Sem	22	100
MSc Zoology	4 th Sem	21	100
PGDCA	2 nd Sem	47	100

Scholarships:

This year, under various Scholarship schemes run by the government, the students whose performance has been excellent in the exams under different categories namely; SC, ST, OBC were allocated scholarships from the government sanctioned funds under various scholarship schemes. The detail of the same is as follows:

Sl. No.	Category	Name of Scholarship	No. of Benefitted Students
1.	SC	Centrally Sponsored Post Matric Scheme	73
2.	ST	Centrally Sponsored Post Matric Scheme	7
3.		Central sector Scheme of Scholarships for College and University Students	13
4.		Indira Gandhi Utkrisht Chatravriti Yojana	2
5.		Kalpana Chawla Chatravriti Yojana	66
6.		Mukhya Mantri Vidarthi Kalyan Yojna	4
7.		PG Indira Gandhi Scholarship for Single Girl Child	0
8.	EWS	PM Yashasvi Post Matric Scholarship	74
9.	OBC	National Scholarship for Post Graduate Studies	22

Physical Education and Sports:

Like the previous years, this year also the promising players of our college have brought laurels to the college and Himachal Pradesh University by presenting excellence in the sports field.

Performance in Inter College and State Level Competitions:

- ❖ **Kho Kho (Men) tournament** held at Govt Degree College Anni from 14 to 16 Nov 2024. GC Hamirpur got the winner trophy in this tournament. Players - Aditya Thakur, Rijul, Vishal Thakur, Abhay Thakur, Akhil Sharma, Manoj Kumar, Ajay Sharma, Sai deep Goutam, Hansh Raj, Vansh thakur, Abhishek Rana, Lalit Kumar,
- ❖ **Hockey (Men) tournament** held at Govt Degree College Chamba from 07 to 09 Nov 2024. GC Hamirpur got Runners up trophy in this tournament. Players - Anand Nayak, Bharat Khatri, Krish Sahil, Shubham, Aryan, Hitesh Kumar, Ansh, Vishal Thakur, Shubham, Khem Shing, Harsh, Kartik, Rishav Raj, Vijay Kumar, Ashish, Amit, Abhishek Kumar.
- ❖ **Badminton (Women) tournament** held at Govt Degree College Ghumarwin from 12 to 14 Nov 2024. GC Hamirpur got 3rd (Runners up) trophy in this tournament. Players = Isha, Saniya, Pakhi, Ritika
- ❖ **Boxing (Men) tournament** held at GC Una in 03 to 06 Dec 2024. GC Hamirpur got Runner up trophy in this tournament. Players - Sourabh, Minrav, Akshay, Nikhil Kumar, Nikhil, Abhishek, Ayush, Shivank Singh Chandel, Rijul Sharma.
- ❖ **Judo (Men) tournament** held at GC Rajgarh from 28 to 29 Nov 2024. GC Hamirpur got Runner up trophy in this tournament. Players - Sahil Khana, Aarinjay Sharma, Moh Sahil Paswal, Vaibhav Sharma, Adarsh, Vansh Thakur
- ❖ **Judo (Women) tournament** held at GC Rajgarh from 28 to 29 Nov 2024. GC Hamirpur got Runner up trophy in this tournament. Players - Shruti, Arpita Sharma, Kajal, Shilpa Sharma, Diksha Sharma
- ❖ **Athletics (Men) tournament** held at GC Hamirpur from 13 to 15 Nov 2024. GC Hamirpur got Runner up trophy in this tournament.

Players = Ravi, Abhishek Kumar, Dashrath, Shir Darshan, Aditya Thakur, Ayush Sharma, Parshantveer Thakur, Aditya Patial, Harsh Thakur, Surya Thakur, Rajat Chuhan, Sumit Chandel, Rohit Sharma, Naman Thakur, Aditya Kapil, Abhay, Prince, Krish, Prince Rana.

❖ **Athletics (Women) tournament** held at GC Hamirpur from 13 to 15 Nov 2024. GC Hamirpur got the Winner trophy in this tournament.

Players - Priya thakur, Rashi, Richa, Suhani, Manisha, Ankita, Isha Devi, Anita kumari, Nancy Thakur, Divya,

❖ **Wrestling (Women) tournament** held at GC Nurpur from 12 to 13 Dec 2024, GC Hamirpur got Winner trophy in this tournament.

Players - Nancy got gold medal, Ritika got silver medal, Ritika got bronze medal

Women Grievance Redressal Cell Activities during Session 2024-25

1. Organized Orientation Program for BA/ B Sc/ B Com and BBA 1st year girl students in August and September 2024.

2. Lecture by Resource person, Ms. Renu Sharma, Adl. SP SV & ACB Hamirpur during "An Awareness Program on Cyber Crime and Drug Abuse" was organized on 18 Oct 2024.

3. International Women's Day was celebrated on 08 Mar 2025.

NCC Activities During Session 2024-25

1. 42 Cadets have qualified "BEE Certificate Exam" and 30 Cadets qualified "CEE Certificate Exam" in the 2024. All the cadets qualified these exams with A and B Grades only.

2. All the 2nd year NCC Cadets and 3rd Year NCC Cadets have attended Annual Training Camp at JNV Dungri Hamirpur in the month of May 2024.

3. Sgt. Pratiksha Kumari was selected and represented Punjab, Haryana Himachal Pradesh, & Chandigarh NCC Directorate for Rock Climbing Camp at Uttarakhand in June 2024.

4. L/Cpl Abhijai Khatri was selected in All India Basic Mountaineering Camp at Manali in June 2024 and he was declared Best Climber of the Camp.

5. Two SW NCC Cadets (UO Palak Thakur & UO Sanjana Thakur) were Selected and Attended Pre-Thal Sena Camp-I Ropar in July 2024.

6. 12 NCC Cadets (7SD & 5SW) were selected and represented NCC Shimla Group in Vibrant Village Camp Rekongpeo in July 2024.

7. 45 NCC Cadets (SD & SW) have participated Har Ghar Tiranga Activity at NSCBM Govt. College Hamirpur and their respective homes on 13th August 2024.

8. 60 NCC Cadets (SD & SW) have participated Flag Hoisting ceremony at NSCBM Govt. College Hamirpur on Independence Day 15th August 2024.

9. Two contingents of NCC Cadets, 25 each (SD & SW) have participated in Independence Day Parade at Hamirpur

10. Sgt. Sneha Kumari was selected through the hardship of continuous 5 NCC Pre-TSC Camps and eventually she represented Punjab, Haryana Himachal Pradesh, & Chandigarh NCC Directorate in Thal Sena Camp 2024 at New Delhi in September 2024.

11. Five NCC SD Cadets were selected and represented Punjab, Haryana Himachal Pradesh, & Chandigarh NCC Directorate for Sardar Patel Narmada Trek 2024 at GNLA Rajpipla Vadodara, Gujarat

12. 50 NCC Cadets (SD & SW) have participated in Flag Hoisting ceremony at NSCBM Govt. College Hamirpur on Republic Day, 26th January 2025 Parade.

13. Two contingents of NCC Cadets, 25 each (SD & SW) have participated in Republic Day Parade at Hamirpur.

14. Two SD Cadets were selected and represent NCC Shimla Group in Army Attachment Camp at Pathankot in March 2024.

15. Two SW Cadets were selected and represent NCC Shimla Group in Army Attachment Camp at Dalhousie in December 2024.

16. Six SD Cadets were selected to represent NCC Shimla Group in Army Attachment Camp at Dharamshala in October 2024.

17. **CSU Sameer Mohammad, Cadet Anadita Thakur and Cadet Ashmit Thakur were selected through the hardship of continuous 5 NCC Pre-RDC Camps and eventually they have represented Punjab, Haryana Himachal Pradesh, & Chandigarh NCC Directorate in Republic Day Camp and PM Rally on Republic Day 26th January 2025 at Rajpath/Kartavya Path at New Delhi.**

18. 15 NCC Cadets and Associate NCC Officer have donated Blood during the Blood Donation Camp on 18th December 2025

19. NCC Cadets have performed many other regular activities like Cleanliness Drives, Plantation Drive, Rank Ceremony, NCC Day Celebration; Kargil Vijay Diwas Celebration throughout the year.

NSS Activities During Session 2024-25

There are two units of NSS in our college and 260 volunteers have been enrolled in it. Dr. Sanjay Chauhan is NSS PO and Distt. Nodal Officer and Dr. Sapna Nadda NSS PO dealing with students. There are some NSS activities of this year as follows:

1. The Orientation Programme for newly registered 200 NSS volunteers were organized on 07 Aug 2025.

2. International youth day was celebrated by 100 NSS volunteers on 12 Aug 2024.

3. Celebration of Independence Day on 15 Aug 2024 by 100 NSS Volunteers and distribution of sweets to the volunteers and students.

4. Cleanliness Drive was organized on 23 Aug 2024 and 13 Sep 2024 in NSS Vatika and other parts of the college campus by 80 NSS Volunteers.

5. 12 NSS Volunteers participated in District level Red Run marathon of 3km organised by CMO Health and Family Welfare Department, Hamirpur on 28 Aug 2024.

6. Cleanliness drive was conducted on 17 Sep 2024 in the college under the theme of "Swachhata Hi Seva" campaign. Main gate area was cleaned by collection of plastics and broken glass items by the 70 NSS volunteers. Some volunteers of Nehru Yuva Kendra also participated in the campaign and motivated the students.

7. District Level Pre-RD selection Camp was organised on 23 Sep 2024 by NSS Unit of the college with active participation of 50 volunteers from GC Hamirpur, GC Sujapur, GC Nadaun, GC Barsar, GC Bhoranj, and GC Dhaneta and Swami Vivekanand College of Education Tarkwari. The 15 selected NSS candidates after their scrutiny by the NSS in-charges were sent to a State Level Competition at MLSM Sunder Nagar.

8. National NSS day was celebrated on 24 Sep 2024 with the active participation of 100 NSS volunteers. A motivational lecture was delivered by the resource person Prof. Uttam Kumar Sharma, District Hamirpur NSS Coordinator.

9. Plantation drive was organised in college campus by 80 NSS Volunteers on 26 Sep 2024.

10. Volunteers Nisha and Ayush Bhatia along with NSS PO Prof. Sanjay Chauhan participated in state level Pre RD camp at MLSM College Sunder Nagar on 1 Oct 2024.

11. Cleanliness drive was conducted on 08 Oct and 10 Oct 2024 in NSS Vatika and near main gate of the college respectively, under the theme of Swachhata Hi Seva campaign by 60 NSS Volunteers.

12. On the occasion of "Diwali with my Bharat" cleanliness drive was conducted in the college campus on 26 Oct 2024 by 100 NSS Volunteers.

13. Cleanliness drive was conducted at vermi-compost unit in the college campus by 70 NSS Volunteers on 7 Nov 2024.

14. 40 NSS volunteers participated in the march past in the athletic meet held on 13 Nov 2024.

15. Plantation drive was organised in college campus by 80 NSS Volunteers on 18 Nov 2024.

16. My Bharat outreach Programme was conducted in college campus on 19 Nov 2024 and in NSS adopted village Anoo Kalan by 100 NSS Volunteers.

17. Constitution day was celebrated on 26 Nov 2024 by 60 NSS Volunteers with Resource Person Ms. Harsha AP Zoology.

18. Blood Donation Camp was organised on 18 Dec 2024 in the college campus in collaboration with Rotary Club and Shubh Prabhat Club in which total 35 Units of blood was donated by NSS Volunteers.
19. 100 NSS volunteers participated in District level youth festival organised by Nehru Yuva Kendra Hamirpur on 21 Dec 2024 on the theme 'Panch Pran'.
20. 07 days Yoga classes were organized for 100 NSS volunteers during seven days NSS Camp held on 28 Dec 2024 to 03 Jan 2025. Yoga instructor Mrs. Monika Rani, from Aayush Department Hamirpur delivered lecture on importance of Yoga on 28 Dec 2024 and focused on various Asanas for overall development of volunteers.
21. Cleanliness of Examination hall and Lecture on “managing stress and personality development” was delivered by Dr. Krishan Lal Daroch, Associate professor Zoology, on 29 Dec 2024.
22. Eradication of weeds and waste material near gate no. 2 by NSS Volunteers and Lecture on “Youth for Digital Literacy” was delivered by Prof. Lovli Rana, AP Physics on 30 Dec 2024.
23. An outreach programme on Drug awareness rally was organized by NSS volunteers from college campus to adopted Anu village on 31 Dec 2024 during seven days NSS Camp.
24. Cleanliness and eradication of weeds from Aayush garden by NSS Volunteers and Lecture on “Yuva for My Bharat” by Mr. Vivek, District Youth Organizer of District Hamirpur, was organized for NSS volunteers on 31 Dec 2024.
25. Cleanliness drive near Rangmanch by NSS Volunteers and lecture on “Cyber-crime, Digital Awareness and fire safety” was delivered by Mr. Rajesh Kumar, Assistant Superintendent of Police Hamirpur on 01 January 2025.
26. Lecture on “Effect of mobile on mental health and personal hygiene and balanced Diet” was delivered by Dr. Akshit on 02 Jan 2025 to the 100 NSS Volunteers.
27. NSS volunteer Jagriti Bhatia of MA Hindi 1st Semester participated in all women national integration camp held on 03 to 09 Jan 2025 in Jammu.
28. 80 NSS Volunteers were participated in Police ki Pathshala programme for Drug Abuse i.e. Chaired by SP Hamirpur Sh. Bhagat Singh on 25 Feb 2025.

Red Ribbon Club Activities During Session 2024-25:

1. Celebrated International Youth Day (Declamation, Poster Making, Slogan Writing activities) on 12 Aug 2024.
2. District Level Red Run Marathon Organized on 28 Aug 2024 (03 boys and 03 girls) selected for State level Red Run Marathon.
3. IEC [Information, Education and Communication] AIDS Awareness program (Declamation, Poster Making, Slogan Writing activities) organized on 10 Oct 2024.
4. World AIDS Day (Declamation, Poster Making, Slogan Writing and Rally) activities organized on 30 Dec 2024.
5. State Level Red Run Marathon Organized on 01 Dec 2024, Ms. Rashi won 4th position in the state.

Road Safety Club Activities During Session 2024-25:

1. Slogan Writing Competition on 23 Nov 2024.
2. Guest Lecture by Traffic Police in Charge, Hamirpur on 24 Dec 2024.
3. Online quiz on Road Safety from 16 Jan to 30 Jan 2025 during National Road Safety Month.
4. Painting Competition on 10 Feb 2025.
5. Declamation and Essay Writing Competition on 11 Feb 2025.
6. Nukkad Natak on Road Safety Theme on 08 Mar 2025.

Career Counseling and Placement Cell:

For the purpose of informing and guiding the students regarding employment opportunities, the career guidance and placement cell has been constituted in the college. The convener of CCPC is Associate Prof. Shri. Sanjay Kango (Dept. of Mathematics). In this session, the CCPC organised the following events for the students :

1. One day workshop on Preparation for Civil Services Examination was conducted on 16 Dec 2024 with a no. of participants- 200, Lectures delivered by Dr. Sushil Kumar Singh and Mr. Pancharia, from ETERNAL IAS, Ridhisidhi Circle, Gopalpura Bypass, Jaipur, Rajasthan.
2. Lecture on Research Methodology by Prof. Ramesh Kumar Vats, from Department of Mathematics, NIT Hamirpur and by Dr. Pankaj Thakur, Dean from ICFAI University, Baddi was conducted on 21 Dec 2024 with the number of participants - 110.
3. A lecture on Career Prospects after Graduation by Dr. Arun Kant Painoli, Professor & Dean, School of Management Studies, Baddi University of Engineering Sciences and Technology, Baddi, H. P., was conducted on 27 Dec 2024 with number of participants - 182.

Rovers and Rangers

The Scout Leader of the Rovers unit is Shri. Saurabh Sood (Dept. of Journalism & Mass Communication) and the Scout Leader of the Rangers unit is Ms. Shilpa Thakur (Dept. of Environmental Science).

1. Independence Day Celebration on 15 Aug 2024 (06 Rangers and 06 Rovers)
2. Rajya Puraskar Testing Camp from 04 Oct 2024 to 09 Sep 2024 (01 Rover)
3. Cleanliness Drive on 08 Oct 2024 (10 Rovers and 10 Rangers)
4. State Level Nipun Testing Camp from 23 Oct to 27 Oct 2024 (05 Rovers)
5. Motivational Lecture on 06 Nov 2024
6. Foundation Day on 07 Nov 2024
7. State Level Nipun Camp from 09 Nov to 14 Nov 2024 (05 Rovers)
8. Pre-RDC Selection Camp from 26 Nov to 01 Dec 2024 (02 Rangers & 04 Rovers)
9. Blood Donation Camp on 18 Dec 2024 (20 Rovers & Rangers)
10. Republic Day Celebration on 26 Jan 2025 (04 Rovers & 06 Rangers)
11. Drug Awareness Rally on 05 Feb 2025 (10 Rovers & 10 Rangers)

Eco-Club Activities for Session 2024-25:

1. Plantation drive in the campus in association with Canara Bank, Hamirpur on 25 Jul 2025
2. Dept. level quiz on Environment and sustainability on World Environment Day, 05 Jun 2024
3. Participation by Eco-club volunteers in Distt level Science Fest organised by Nehru Yuva Kendra Hamirpur and bagged 3rd prize in the working Science Model category held at GC Hamirpur on 21 Dec 2024

Self-Financing Courses

The three self-financing courses under the Higher Education Institution Society (HEIS) of this college are BCA, PGDCA, and BBA. The college has been offering Bachelor of Computer Applications (BCA) since 1999-2000, Postgraduate Diploma in Computer Applications (PGDCA) since 1999-2000, and Bachelor of Business Administration (BBA) since 2010-2011. Dr. Samjeet Singh is the coordinator of these courses.

National Assessment and Accreditation Council (NAAC):

The council, recognised by UGC, evaluates each college. On the same lines, the IQAC has been constituted at the college level. This cell is

responsible for facilitating research and teaching for students and teachers. The convener of this cell is Dr Lavli Rana (Asst Prof Physics). This cell is striving to provide basic facilities to the students like clean drinking water, clean campus, proper seating arrangement, modern facilities in the library, and repair of furniture in classrooms from time to time. Our college was re-accredited with grade B+ during the NAAC visit on 23rd and 24th Apr 2024.

Indra Gandhi National Open University (IGNOU):

To provide higher education to a large number of people (especially the underprivileged section of society), the IGNOU center of college is running smoothly and about 5,000 students are seeking education under various courses. Every year the number of students seeking admissions in this center has been on the rise. The center conducts UG and PG level programs. Coordinated by Mr. Prakash Thakur, Associate Prof. (Dept. of Hindi) and Assistant Coordinator Dr. Dinesh Sharma, Asst. Prof. (Dept. of Commerce).

UGC Affairs

The committee takes necessary actions to implement the instructions given by UGC, time to time, at the college level.

The convener of this committee is Mr. Prakash Thakur, Associate Professor, Hindi.

Hostels

There are 2 hostels for providing accommodation facilities to students belonging to SC and ST who are pursuing their higher education in this college. These 2 hostels can accommodate 90 students each. Ms. Meenakshi Sharma (Asst. Professor B. Voc.) and Dr. Hem Suman Jamwal (Asst. Professor Chemistry) are wardens of the Girls and Boys hostels respectively. The chief warden of the hostel is Ms. Neelam Guleria, Associate Professor, Physics. Various sports, cultural and educational activities are organised for the boarders in the hostels from time to time. A special time slot (i.e. 4 pm to 5 pm) is also allocated to the students for their fitness in the hostel's premises.

Library (1st in State College Library Ranking)

The NSCBM GC HAMIRPUR boasts of a robust library infrastructure. College library serves as a vital resource for our institution, supporting the quest for knowledge and the cultivation of the mind. It is a repository of valuable information, catering to the needs of both students and teachers.

Our library is at the heart of the institution, and it plays a pivotal role in the educational process. It is equipped with modern technology, including the SOUL software, automated with barcodes and Radio-Frequency Identification (RFID) system. RFID Security gate, self-service KIOSK, stock management & Stock verification software, Students' attendance (in-out) software, Staff & students Smart Card with smart card printer, registered with One Nation One Subscription (ONOS), registered with NDLAI (Kharagpur), NVDA software for blind and visually impaired. As part of our commitment to providing electronic resources, we are proud members of NLIST by INFLIBNET, offering access to over 6,000 electronic journals and 97,000 electronic books. The college library has also purchased books for competitive exams on the demand of the students.

The library is well-stocked with a wide variety of reading materials, including textbooks, reference books, journals, magazines, and newspapers. Housed in a dedicated building with two floors, it offers a conducive environment for learning and research.

On the first floor, we have the stack room, librarian's cabin, staff cabins, and the issue-return counter, along with a section for newspapers. The second floor boasts a spacious reading room with seating for up to 400 individuals, as well as ten student cabins and a private staff cabin.

Mrs. Sunita Sani is the college Librarian and Ms. Sudesh Thakur and Ms. Anju Bala are Asst. Librarian.

Library's resources:

- Total number of books: 35,139

- Journals and magazines: 7+18

- Newspapers: 12

College Student Central Association (CSCA)

The college student central association is dedicated to improving the college experience by promoting representation, community, support, and opportunities for personal and academic growth. It works collaboratively to create an inclusive and vibrant college environment that empowers students to excel and make the most of their time on campus.

To encourage and make students aware of democratic values, this committee was constituted. Mamta Kumari, Roll No. 24 MSCBOT015 was nominated as the president, Ranjeet Singh, Roll No. 22 POL 005 as the vice president, Khushboo Sharma, Roll No. 23 BCM 119 as the secretary and Neha, Roll No. 24 BCA 043 was nominated as the joint Secretary of the CSCA.

Old Students Association

The Old Students Association (Alumni Association) has been formed to create connections between the Alumni of the college. Several alumni of this college have distinguished themselves in various fields. They serve as ambassadors for their alma mater. The OSA is giving full support in the developmental activities of the college. It plays an essential role in establishing and maintaining a lifelong relationship between the institution and its former students. It serves as a link between the alumni and college, providing networking opportunities and career services. Mr. Saurabh Sood is the convener of OSA.

Parent Teacher Association (PTA)

The PTA of the college serves as a liaison between parents, teachers, and administration. It promotes open communication and collaboration between these groups to support the academic and personal growth of students. The first PTA of the college was constituted in 1994. In this session, Shri Ajay Patial is the President, Shri Milap Chand the Vice President, Shri Hoshiar Singh is the Chief Advisor, Shri Rajesh Rana is the Technical Expert, Dr. Samjeet Singh is the General Secretary and Shri Vipin Kumar is the treasurer of the present PTA of the college.

Personal Achievements:

1. Dr. Krishan Lal, Associate Professor (Zoology) Overseas Academic Visits in Dubai and Nepal; Academic Excellence Award conferred by Lavender Literary Club, India on 21 Feb 2025; Best Teacher Award-2025 conferred by ATDS, Ghaziabad on 24 Feb 2025; Certificate of Appreciation (02). NPTEL Believer Jul-Dec 2024 NPTEL-SWAYAM; NPTEL Motivated Learner Jul-Dec 2024 NPTEL-SWAYAM; Research Guidance (Supervisor) for M. Sc. students: (05); MOOC/ Refresher Courses / NPTEL/ / Short Term Training /FDP Attended: (10); Seminars / Conferences Attended: (10); Papers (Oral / Poster) Presented in Seminars/ Conferences: (16). Tihri Garhwal, GKU Haridwar, ICAR- New Delhi, GBPUAT Pantnagar, Goa University, GC Sarkaghat, National Conference - Pangri, Dharampur, Assam, Punjab Science Congress, Khalsa College Amritsar.

2. Ms. Alpna Sharma, Associate Professor (Economics) attended and delivered a lecture as keynote speaker in 07 Days International Workshop on Sustainable Development and Environmental Conservation organised by GC Sujampur Tira from 13 Feb to 19 Feb 2025.

3. Dr. Sanjay Kango, Associate Professor (Mathematics) attended one week Workshop on NEP-2020, one week International FDP on Ethical Issues in Research Writing; Chaired a Technical Session in International Conference on Non-Linear Applied Analysis and Optimisation (ICNAO-2024); Convener and Resource Person in one week National workshop on Foundation Course on Mathematics and Research Mythology.

4. Dr. Samjeet Singh Thakur, Assistant Professor (Chemistry) attended and presented research paper in two international conferences; one National Conference; Resource Person in HBCSE INChO-2025; authored seven research paper/book chapter in International Journals: E-Waste and Hazardous Elements: A Comprehensive Study of Chemical Components and Environmental Threats; International Journal of Innovative Science and Research Technology; Volume 9, Issue 10, October– 2024; ISSN No:-2456-2165 <https://doi.org/10.38124/ijisrt/IJSRT24OCT1008>; Effects of

metals (X = Pd, Ag, Cd) on structural, electronic, mechanical, thermoelectric and hydrogen storage properties of LiX₂ perovskites; Computational and Theoretical Chemistry 1241 (2024) 114927. <https://doi.org/10.1016/j.comptc.2024.114927>; Chapter 7. Cancer Imaging Enhancement through Nanotechnology in Nanoparticles; **Book Title:** Cancer Theranostics: Current Progress in Cancer Management (1st ed.). CRC Press. Bhukya, Book Edited by P.L., & Thakur, N. (Eds.). (2024). <https://doi.org/10.1201/9781003463191>; Gelatin-EiO₂ (Ei = Si/Ti/Zr) Based Mesoporous Nano-Hybrids: Synthesis and Characterization, December 2024, [Journal of Material & Metallurgical Engineering](https://doi.org/10.1016/j.jmte.2024.100000) 14(03):31-64; Chemical Methods for Mitigating Plastic Pollution from the Environment, November 2024; [Journal of Thin Films Coating Science Technology and Application](https://doi.org/10.1016/j.jmte.2024.100000) 11(02):1-4; Innovative TiO₂ Photocatalysts: Advances and Strategies for Enhanced Hydrogen Evolution Efficiency (2024), International Journal of Innovative Science and Research Technology (IJISRT) IJISRT24OCT1548, 2241-2258. DOI: 10.38124/ijisrt/IJISRT24OCT1548; Role of Cloud Computing in Chemistry (2024) International Journal of Chemical Engineering and Processing ISSN: 2455-5576. Volume 10, Issue 2, 2024. DOI (Journal): 10.37628/IJCEP.

5. Dr. N Deepika Khanna, Assistant Professor (Chemistry) Presented papers in Four international conferences, One National conference; Published one research paper in international journal; one FDP on New Education Policy.

6. Ms. Monika Puri, Assistant Professor (Chemistry) Presented papers in two international conferences, two National conferences; Published Two research papers in a National journal; one FDP on New Education Policy.

7. Ms. Neeraj Kumari, Assistant Professor (English) attended a two-week Refresher course on Comparative Literature and Translation Studies, and a seven-day international workshop on Sustainable development and Environmental conservation.

8. Dr. Poonam Sharma, Assistant Professor (Mathematics) published three research papers in international journals, presented two papers in International Conference in Nov 2024 at NIT Hamirpur and Christ University Bangalore; completed FDP on NEP-2020.

9. Dr. Sandeep Kumar, Assistant Professor (Zoology) published a paper in Journal J. Exp. Zool. India Vol. 28, No. 1, 2025, ISSN 0972-0030, in Ichthy fauna of Kunah Stream Near Khagal Distt. Hamirpur, HP; Current Status of *Schizothrox Richersonii* (Snow trout):A review, Book: Environmental Sustainability Through Agricultural and Modern Science Innovations, ISBN:978-81-984170-4-6; Presented paper on Impact of Agrochemicals and Drug on Aquaculture-An Overview in National Seminar on "Nature & Society"; Tourism's Hidden Cost: The Degradation of Hi Streams- A Review in National Conference on the theme "The Impact of Sustainable Tourism in a Changing World : Challenges and Opportunities"; Hydrophytes as Bio indicators of Water Quality : An Overview International Conference on "The Role of Technology to Combat the Triad In Crises: Biodiversity Loss, Climate Change And Sustainable Future"; Role of Remote Sensing in Environmental Pollution Monitoring- an Overview International Conference on "Digital Transformation & Its Impact on Business, Economy & Environment: Sustainable Development Goals"; Plagiarism in the Digital Age: Challenges and Opportunities State level seminar on "Academic Writing"; "NEP 2020 orientation and sensitization programme".

10. Mr. Naresh Kumar, Assistant Professor (Commerce) presented a research paper in one day National Conference titled "Centralisation of Tourism in the Development of Indian Economy"; One day Workshop on e-filing of ITR-2 (EXCEL UTILITY); Presented paper on " Modern Technology Challenges and Limitations in Achieving Sustainable Development Targets"; "Journey from Traditional Marketing to Digital Marketing a pave to Growth and Sources of the nation"; "Impact of AI on Business" in International Symposium; attended International Workshop on Sustainable Development and Environmental Conservation.

11. Ms. Anjana Kumari, Assistant Professor (Chemistry) Presented papers in three international conferences, Two National conferences; Published Four research papers in international journals; one FDP on New Education Policy.

11. Mr. Pawan Kumar, Assistant Professor (Mathematics) pursuing PhD in Mathematics from ICFAI University, Solan.

12. Dr. Ashok Kumar, Assistant Professor (Mathematics) actively participated as "Organising Secretary" in the One Week National Workshop on "Foundation Course on Mathematics & Research Methodology"; FDP on Harnessing AI Tools a Step towards strategic approach; Workshop on "Microsoft PowerPoint using AI Tools"; One day National e-Workshop on "AI tools for Research"; National online Workshop on " Statistical Data Analysis using R & Python"; One week online FDP on "Advanced Research Methodology and Data Analytics"; participated in "NEP 2020 orientation and sensitization programme".

13. Dr Sunil Kumar Sharma, Assistant Professor (Mathematics) Served as Resource Person & Academic Coordinator in one week National Workshop on Foundation Course on Mathematics and Research; Served as Assistant coordinator in Two weeks National Online Foundation Course in Mathematics(OFCM-2024); Served as Assistant coordinator in Two weeks National Online Foundation Course in Mathematics(OFCM-2024); Participated in Two weeks online "Refresher Course on Information and Communication Technology"; Session chair at the 4th International Conference on Non-linear Applied Analysis and Optimization (ICNAO 2024); Delivered a Guest lecture on "The applications of Mathematics in real life context in one week NSS special camp; Member of Editorial Board for Recent issues on Mathematical Sciences, published by Indian Institute of Teacher Education- Gandhinagar, Gujarat, ISBN 978-81-957420-4-2, Sep 2024. Resource Person in the National Conference on Pure and Discrete Mathematics: Exploring the Technological Era's Applications in Science and Engineering (PDMTSE-2K25).

14. Mr. Manoj Kumar, Assistant Professor (Music), under the leadership and guidance of him, the college secured 3rd in HPU Inter-college, Youth Festival Group-III (Folk Dance) held at Gautam Group of Colleges from 12 Nov to 14 Nov 2024.

15. Dr. Kalpna Bhandari, Assistant Professor (Botany) Presented paper in 01 International conference organised on Modernization, Globalization, and Paradoxes of Transformation in Indian Society; One National Conference on Mountain Ecosystem: A Biodiversity Focus; One International Symposium on Extra -terrestrial life; Invited speaker in 07 days International workshop on Sustainable Development and Environmental; Co-ordinated 01 day workshop on Molecular Biology and Immuno-techniques at Botany Department, GC Hamirpur.

16. Dr. Sapana Kumari, Assistant Professor (Chemistry) Presented papers in three international conferences, one national conferences; Published one research paper in an international journal; one FDP on New Education Policy

17. Dr. Kanika Kaundal, Assistant Professor (Commerce) Participated in two weeks Refresher Course in Commerce & Management; Participated in online NEP 2020 Orientation & Sensitization Programme; Participated in International Workshop on " Role of Communication skills in career development; Attended FDP on NEP 2020: A paradigm shift in higher education; Presented research paper in one day National Conference titled " Shifting of commercial markets to e-markets with the aid of e-commerce platforms ".

18. Dr. Virender Pratap Singh, Assistant Professor (Physics) Book Published: (As an Editor) Sushil Kalia, Rohit Jasrotia and Virender Pratap Singh, Magnetic Nanostructured Hexagonal Ferrites Novel Characteristics and Multifunctional Applications (2024), Book published as an Editor in "Micro & Nanotechnologies Series" (Elsevier). Book Chapter published: Virender Pratap Singh, Ashwani Kumar, Pankaj Thakur, and Dinesh Pathak, Organic solar cells: an emerging technology, Advanced Materials and Technologies for Photovoltaics going to be published by Elsevier (Communicated), (2024); Presented paper on "A review on Lithium-ion batteries : an emerging technology" in the 11th International Conference on Materials and Biological Sciences (Sponsored by Asian Polymer Association & Zoological Survey of India); Paper on "Silver Doped Lead (M-Type) Nanohexaferrites Synthesized by Sol-Gel Auto - Combustion technique: Conceptual analysis" in Recent Trends in Materials and Biological Sciences in collaboration with DBT Ministry of Sciences and Technologies Govt. of India; Paper on "A review on fourth generation organic solar cells : an emerging technology" in 1st International Conference on 'Molecules to Materials: Chemistry for Sustainable Future (M2ChemSF) Web:

www.nith.ac.in; paper on “Room temperature Mössbauer studies of Gadolinium and Holonium doped M-type BaFe₁₂O₁₉ nanohexaferrites synthesized by Sol-gel auto-combustion techniques” in Emerging Trends and innovations in Basic Sciences (ETIBS-2024) from 22 Nov to 23 Nov 2024 organised by School of Basic Sciences and Applied Sciences in Collaboration with University of the West Indies, St. Augustine Trinidad and Tobago; paper on “Nuclear Astro Physics and Nanotechnology” in International Level Symposium on Extraterrestrial Life; paper on “Samarium Doped Lead-Silver (M-Type) Nanohexaferrites Synthesized by Sol-Gel Auto - Combustion technique” in National Conference on Indian Knowledge System: Traditional to Modern Nanotechnology); One Week Online National Level FDP on “Recent Advances in Functional Materials and Characterizations”; “One Week National Workshop on Mathematics & Research Methodologies”.

19. Dr. Hem Suman Jamwal, Assistant Professor (Chemistry) Presented papers in three international conferences, one national conference; Published one research paper in international journal; one FDP on New Education Policy.

20. Dr. Dinesh Kumar Sharma (Economics), Published the research paper entitled “Appraisal of Progress and Prospective of MDG- 7 in India: A study of Pre and Post strategy intervention period” in International Journal for Innovative Research in Multidisciplinary Field Vol.: 10, Issue -8, Aug 2024; Completed Orientation & Sensitization Programme on NEP-2020; Participated in one week National Level FDP on “Harnessing AI tools: A step toward Strategic Teaching Approach”; Participated in “International Workshop on Sustainable Development and Environmental Conservation.

21. Ms. Shilpa Thakur, Assistant Professor (Environmental Science) participated in FDP on Harnessing AI Tools a Step towards strategic approach; International Workshop on Sustainable Development and Environmental Conservation presented paper on Impact of Terrestrial on Earth's Environment; Published a Research Paper “Assessment of PM_{2.5}, PM₁₀, SO₂, & NO₂ in Northwestern Indian Himalayas a correlation with tourism and meteorological parameters: Regional Collaborative Governance” in Aerosol Science and Engineering with impact factor 1.6.

22. Mr. Vinod Chand, Assistant Professor (Public Administration) is Road Safety Club Coordinator of the college and has actively participated in FDP on “DISC Personality Types and Influencing Skills”; FDP on “Enhancing Research Skills: Ethical Practices, Journal Selection and Author Profile Management” and presented paper in National Seminar on topic “Water Management Systems in Ancient India and their Relevance Today”.

23. Ms. Harsha, Assistant Professor (Zoology) Seven Days National Virtual Workshop on Digital Education Future of Teaching - Learning: (NEP-2020); NEP-2020 Orientation and Sensitization Programme under MMTPP; Presented Paper on Ecosystem and Wildlife Conservation in National Conference on Addressing Food Security: Interdisciplinary insights and Sustainable; Impact of Using Digital Tools on Mitigating Environmental Problems in International Conference on Digital Transformation and Its Impact on Business, Economy and Environment: SDGs; GURU DAKSHITA FIP Organised by Ramanujan College, Delhi; Participated in National Webinar on “Unlocking the Potential of Academic Social Media and Researchers”; Guiding M.Sc. Students for Project Work (during academic session 2024-25) - 06 Students; IGNOU Counsellor; Member- Red Ribbon Club for Session 2024-25; Educational Trip- Field visit to Maharana Pratap Sagar or Pong Reservoir, Kangra (H.P.); Field visit to Great - Himalayan National Park, Sai Ropa, Distt. Kullu and Trout Fish Farm at Patli Kuhal, Manali enroute (H.P.); Field visit to Apiculture Centre Hatwas, Kangra and Saurav Van Vihar Palampur.

24. Dr. Manjula Sharma, Assistant Professor (Physical Education) completed FDP induction (Guru decks) one month course from Ramanujan University Delhi (online) 15 Dec 2024 to 15 Dec 2025.

25. Mrs. Sudesh Thakur, Assistant Librarian participated in a 5-day training programme on “Soul 3.0: Installation & Operations” from 20 Jan to 24 Jan 2025.

26. Mrs. Anju Bala, Assistant Librarian participated 5-day training programme on “Soul 3.0: Installation & Operations” from 20 Jan to 24 Jan 2025.

Needs & Expectations

On this big day, I would like to apprise you of certain needs & expectations of the college

1. This institution does not have an auditorium. Commensurate with the prestige of this institution, a modern auditorium that can hold 1500 audience is needed.

2. Keeping in view the increasing number of courses and students, more classrooms are needed. Therefore, a building with other cluster amenities for staff and students is proposed.

3. This institution is known for its sports infrastructure. However, the basketball ground of the college is not in a good condition. Therefore, a basketball ground, with the smooth top surface, state-of-the-art poles and boundary of steel wire-net on all sides is proposed.

4. Befitting the name of the college, on our great freedom fighter Netaji Subhash Chandra Bose, "Subhash Vatika", a small garden with a human size statue of Netaji Subhash Chandra Bose, is proposed.

5. The old staff room is not sufficient to accommodate the increasing number of faculty members over the years. This problem can be addressed if one spacious hall, equipped with all the amenities, is constructed on the third floor of a new canteen building. Therefore, it is proposed to make requisite budgetary provisions for the same.

6. The following posts are lying vacant in the college: one post in History, two in Hindi, two in sociology, one in Maths, one in botany, one in geography and one post in English. The post of one Restorer and one Library Attendant is lying vacant. We humbly request your good self to kindly give necessary instructions so that these posts may be filled up as soon as possible.

7. Keeping in view the huge strength of students of PG and UG in the subject of English at least two posts may be shifted from surplus pool to this college, and also two posts of Hindi.

8. College has also proposed to the Directorate of Higher Education for sanctioning new subjects as Philosophy, Psychology, and Geology.

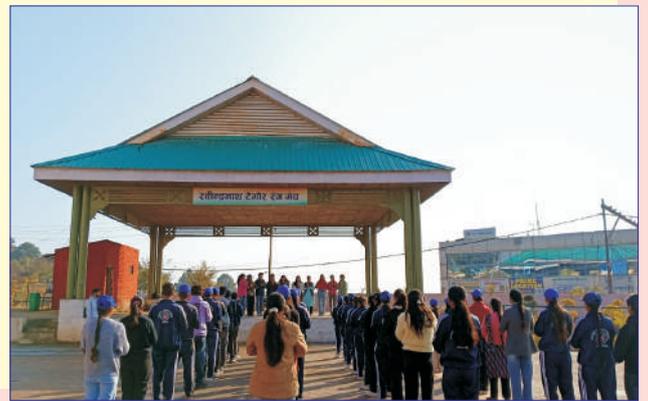
Honourable Chief Minister Sir, the college family is truly grateful for your visit to the college. We are indebted to you for taking out your valuable time from your busy schedule. I also take this opportunity to thank the other guests and dignitaries who graced the function. Your benign presence has added glory to our annual function. I would also like to put on record, on behalf of my college family, my gratitude towards Hamirpur administration, Department of Education, Public Works Department, Jal Shakti Vibhag, Electricity Department, Police, Banks, Forest Department and other departments from whom we have been getting cooperation from time to time. The college family considers it a bounden duty to thank the media, which is the fourth pillar of democracy, for highlighting the achievements of this college in their esteemed columns. I would also like to extend my gratitude to the Central Students Association for their collaboration with the college administration in fostering a peaceful and academic environment throughout this session. Congratulations to all the award-winning students! In the end, I once again thank our Chief Guest, Hon'ble Chief Minister of Himachal Pradesh, Shri. Sukhvinder Singh Sukhu, all the dignitaries and esteemed guests, for gracing the occasion and blessing the students of our college.

Jai Hind!

Dr. Pramod Patial
Principal

Glimpses

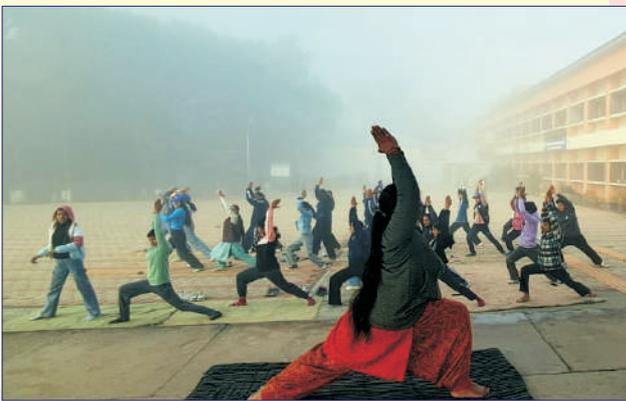
NSS Activities



Glimpses

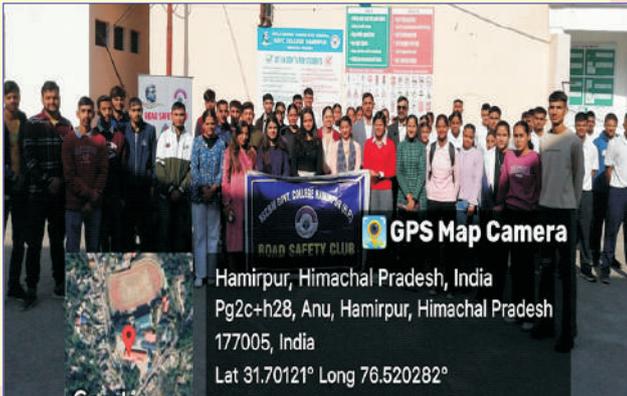
NSS Activities

Before After



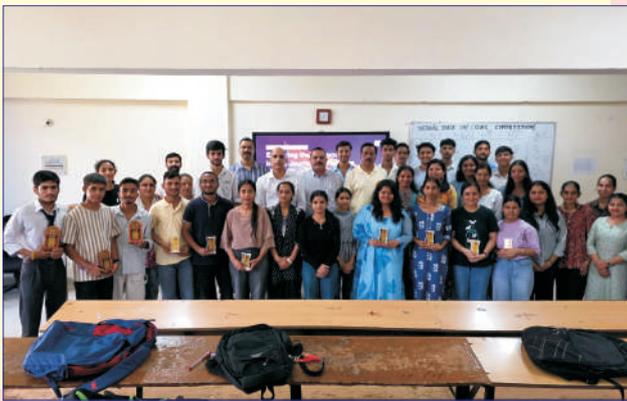
Glimpses

Road Safety Club Activities



Glimpses

Various Activities



Glimpses

Student Achievers

					
SHREYA B.Sc. III(Physics) JAM 2025	Priyanka Thakur MSc Zoology Inspire fellow (PhD) at CSIR -IHBT Palamapur	Isha BCA HPU Merit Rank-3	Reetu Sharma BCA HPU Merit Rank-8	Ms. ISHITA THAKUR MSc Chemistry GATE DST INSPIRE FELLOW Former PRESIDENT CSCA NSCBM GC Hamirpur	Ms. NIKITA SHARMA MSc Chemistry NET Qualified for PhD & SLET Qualified Selection in PhD at NIT Hamirpur DST INSPIRE FELLOW

					
Bhavya Sood BCom HPU Merit	AKANKSHA DEVI M.A. Economics UGC-NET JRF, HP SET	Manvi BCA HPU Merit Rank-7	Rahul Sharma BBA HPU Merit Rank-8	Sahil MSc Zoology GATE	Sandeep Kumar Rabi MSc Zoology GATE

					
SAHIL THAKUR BSc Selected in MSc. Chemistry CUHP RANK -1, HPU RANK -1 DST INSPIRE FELLOW NPTEL- Course Qualified	ARSHITA BSc JAM -2025 QUALIFIED Selected for MSC in NIT Hamirpur	Shivani Sharma MSc Botany CSIR-NET	Anamika Sharma MSc Botany CSIR-NET	AJAY KUMAR B.Sc. III(Physics) JAM 2025	ATAL MISHRA B.Sc. III(Physics) JAM 2025

					
Diksha Chauhan MA UGC-NET Hindi	Sahil Sepelia MSc Zoology GATE, CSIR -NET	SHREYA BSC JAM -2025 QUALIFIED Selected for MSC in NIT Hamirpur	Laxmi Devi BCom HPU Merit Rank-5	Sapna MSc Zoology CSIR-NET	Dikshat MSc Zoology CSIR-NET(PhD only)



	
Isha Thakur M.Com. UGC-NET Commerce	Raman Kumar M.Com. JRF Management & UGC-NET Commerce

Mr. Ashish Kumar
Selected for PhD position at Galgotias University Greater Noida in collaboration
with Nio-LithCompany, France



Glimpses

Red Ribbon Club Activities



Glimpses

Glimpses of Annual Function



Glimpses

Glimpses of Annual Function



Glimpses

Glimpses of Annual Function



Glimpses

Annual Function & Athletic Meet



Glimpses

Various Activities



Glimpses

NCC
Activities



Saneha Kumar
BA
ThalSena Camp



Ashmit Thakur
BA
ThalSena Camp



Sahil Thakur
BA
Selection for Sansad Bharat Darshan



ANANDITA CHAUHAN
BA
ThalSena Camp



Jagriti Bhatia
BA
Selected for YuvaSangam



VISHAL SINGH
M.Sc. Physics
Selected for CDS
AIR -18



Vikrant Thakur
BCA
Selection for Sansad Bharat Darshan



SAMEER MOHMMAD
BA
ThalSena Camp



Aayush Kumar
BA
Selection in National Defence
Academy, Khadakwasla



*Priya
MA*

- * Bronze Medal in 400m Khelo India Uni Games*
- * Gold Medal in 400m Inter-college Athletics*
- * Gold Medal in 4X100m Inter-college Athletics*
- * Gold Medal in 4X400m Inter-college Athletics*
- *Silver Medal in 200m Open state Athletic Champ.*
- *Silver Medal in 400m Open state Athletic Champ.*
- *Participated in All India Inter-University Athletics*
- * Best Athlete HPU Inter-College Athletics*
- *Participated in Open National Athletic Champ.*
- *Participated in Khelo India University Games(Ath)*
- * Created new record in 4X100m and 4X400m relay race in HPU inter-College Athletic Champ.*



*Manisha Kumari
MA*

- * Bronze Medal in 400m relay Khelo India Uni Games*
- *Gold Medal in 400m Open state Athletics Champ.*
- * Silver Medal in 400m in Inter-College Athletics*
- * Gold Medal in 4X100m Inter-college Athletics*
- * Gold Medal in 4X400m Inter-college Athletics*
- *Participated in All India Inter-University Athletics*
- *Participated in Khelo India University Games(Ath)*
- *Participated in Open National Athletics Champ.*
- *Participated in Open National U-23 Athletics Champ.*
- * Created new record in 4X100m and 4X400m relay race in HPU inter-College Athletic Champ.*



*Anshu
BA*

- * Bronze Medal in 400m relay Khelo India Uni Games*
- *Bronze Medal in 100m in Inter-College Athletics*
- *Bronze Medal in 200m in Inter-College Athletics*
- * Gold Medal in 4X100m Inter-college Athletics*
- * Gold Medal in 4X400m Inter-college Athletics*
- *Participated in All India Inter-University Athletics*
- *Participated in Khelo India University Games(Ath)*
- * Created new record in 4X100m and 4X400m relay race in HPU inter-College Athletic Champ.*



*Divya Rajput
BA*

- * Bronze Medal in 400m race in North Zone Athletics Meet*
- * Gold Medal in 4X100m Inter-college Athletics*
- * Gold Medal in 4X400m Inter-college Athletics*
- * Silver Medal in Long Jump in Inter-College Athletics*
- * Created new record in 4X100m and 4X400m relay race in HPU inter-College Athletic Champ.*



**Shivansh
BA**

- *Gold Medal in Inter-college Badminton Champ.
- *Gold Medal in Open State Badminton Champ.Single (u-19)
- *Gold Medal in Open State Badminton Champ.Double
- *Gold Medal in Open State Badminton Champ.Mixed
- *Gold Medal in Open State Badminton Champ. Single Senior
- *Gold Medal in Open State Badminton Champ.Doubles Senior
- *Participated in North Zone Inter-Uni Badminton
- *Participated in Junior National Badminton Champ.
- *Participated in Senior National Badminton Champ.



**Rashi
BA**

- *Gold Medal in 1500m in North Zone Athletics Champ.
- *Silver Medal in 3000m in North Zone Athletics Champ.



**Aditya Thakur
BA**

- *Winner in HPU inter-College Kho-kho Championship
- *Participated in North Zone Inter-Uni Kho-Kho Champ
- *Participated in National Kho-Kho Champ.
- Selected in India team



**Aarinjay
BA**

- *Gold medal in Open State Judo 66kg weight junior
- *Gold medal in Open State Judo 66kg weight sen
- *Gold medal in Inter-college Judo 66kg weight
- *Participated in Open National Judo Champ.
- *Participated in Inter-University Judo Champ.



100 वर्षीय फुलां देवी ने नवाजे खिलाड़ी, नरो से दूर रहने को कहा



100 वर्षीय फुलां देवी ने पुत्राओं को दिना नरो से दूर रहने का संदेश।
कार्यक्रम में नरो के खिलाफ दौड़ प्रतियोगिता का भी आयोजन किया
 भास्कर न्यूज/नरोपुर
 नरो में 100 वर्षीय फुलां देवी के सहज सन्तुष्टि - भास्कर नरोपुर के सार्वजनिक शिक्षा के स्टुडेंट्स द्वारा आयोजित जा रही प्रथम के सहज सन्तुष्टि कार्यक्रम में नरो के खिलाफ दौड़ प्रतियोगिता का आयोजन किया गया। इस प्रतियोगिता में पंचायत के कच्ची ने भाग लिया। सार्वजनिक शिक्षा सन्तुष्टि के सहज सन्तुष्टि के सार्वजनिक शिक्षा के स्टुडेंट्स द्वारा आयोजित जा रही प्रथम के सहज सन्तुष्टि कार्यक्रम में नरो के खिलाफ दौड़ प्रतियोगिता का आयोजन किया गया। 7 वर्ष की आयु वर्ग में प्रथम, अंजलि देवी और अंजलि देवी, 8 वर्ष आयु वर्ग में प्रथम, अंजलि देवी और अंजलि देवी, 9 वर्ष आयु वर्ग में प्रथम, अंजलि देवी और अंजलि देवी, 10 वर्ष आयु वर्ग में प्रथम, अंजलि देवी और अंजलि देवी।



6 साल आयु वर्ग की दौड़ स्पर्धा में शिद्धि और 13 वर्ष आयु वर्ग में भावना प्रथम

नरो में 6 साल आयु वर्ग की दौड़ स्पर्धा में शिद्धि और 13 वर्ष आयु वर्ग में भावना प्रथम।
 नरो में 6 साल आयु वर्ग की दौड़ स्पर्धा में शिद्धि और 13 वर्ष आयु वर्ग में भावना प्रथम।
 नरो में 6 साल आयु वर्ग की दौड़ स्पर्धा में शिद्धि और 13 वर्ष आयु वर्ग में भावना प्रथम।



**Aiana
BA**

- *Bronze Medal in North Zone Chess Championship
- *Participated in North Zone Inter-Uni Chess Champ
- *Participated in All India Inter-Uni Chess Champ

Non-Teaching Staff with Principal



Editorial Board with Principal





Estd. 1965

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