



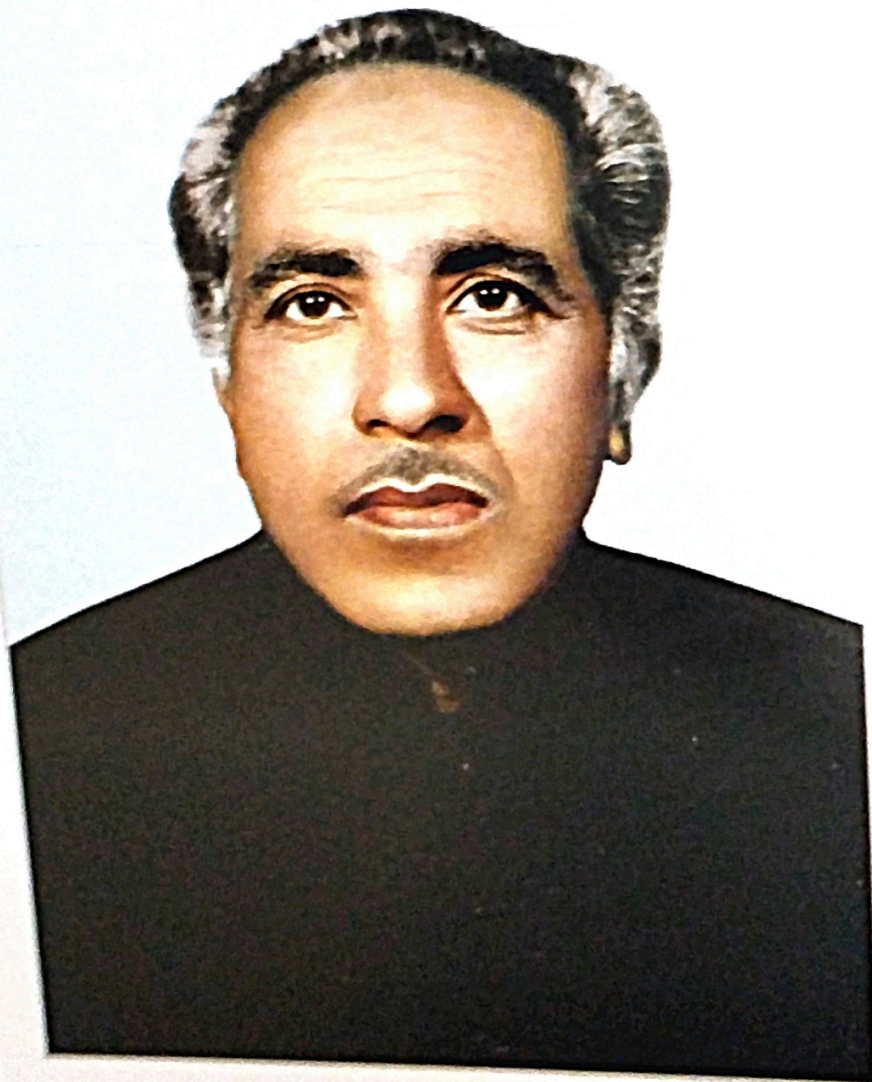
# श्री पंचाब्ज

2019-2020

**SANATAN DHARMA COLLEGE  
HOSHIARPUR**

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 *Our Inspiring Spirit*



**Late Pt. Amrit Anand Ji**  
(Bhrigu Shastri)

Founder Secretary,  
New S.D. College Managing Committee, Jhansi, U.P.

*Our Beacon Light*



**Maa Sneh Amrit Anand Ji**

Former President,  
New S.D. College Managing Committee, Hoshiarpur.

## Message

*"Arise, awake and stop not  
till the goal is achieved"*

*- Swami Vivekananda*



Everyone is unique in one way or the other. Just like a seed hidden beneath the earth, every student has some hidden talent. There is just need of shaping and chiseling that talent. This college magazine gives the students an opportunity to exploit their talent. Real education goes beyond curriculum. The true aim of education lies in recognizing, manifesting and improving your potential, According to English Poet Milton, it is almost sin to conceal the talent given to us by God. So let it consider our duty to give right direction and expression to our talents.

I congratulate the contributors to various section of this college magazine for their flair of writing and urge all the students to write on issues of social and national interest.

**Mrs. Hema Sharma**

President  
New S.D. College Managing Committee,  
Hoshangpur.

## Message



It is, indeed, a matter of great jubilation to note that our Institution has witnessed strong blend of committed human resource to provide education with thrust on creativity and innovation and state of the art infrastructure. In this 21st century, the education scenario is changing by leaps and bound, as we move into a boundary less and inter connected world, the common phrase 'sky is the limit' seems a bit of a cliché since the quantum of success has grown manifold. The syllabus must be enriched by incorporating a good pedagogy and integrated programs to create learning experiences and right interpretation of facts. The special emphasis is on Outcome Based Education and Experimental Learning. The academic activities concentrate on helping the students to gain an excellent theoretical knowledge base and in the development of skills to implement them. We are constantly reviewing our set up to update and improve while making sure that students gain thinking skills, analytical frameworks, entrepreneurial skills, interpersonal and communication skills.

Each and everyone of you will one day have to ascribe a meaning to your life. As Swami Vivekananda said, "Truth can be sated in a thousand different ways, yet each once can be true." Your education here, in this college and outside it, during your time here and long after your graduation and post graduation, will help you find that truth. The true hallmark of the education would be one "by which character is formed, strength of mind is increased, the intellect is expanded and by which one can stand on one's own feet." So, seek out that education, discover that truth and remember to use it well.

**Dr. Nand Lal**

Principal,  
Sanatan Dharma College,  
Hoshiarpur

*Our Patron*

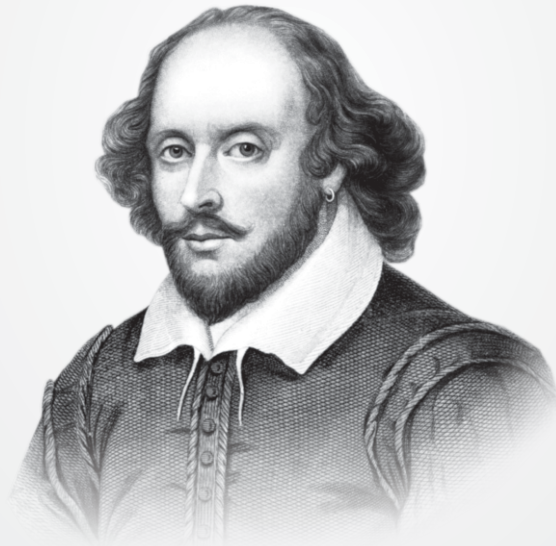


**Late Sh. Tulsi Bhimjyani Ji**

# SHREE PANCHANAN

2019-2020

ENGLISH SECTION





STAFF EDITOR :  
MS. MONIKA KANWAR

STUDENT EDITOR :  
ROBIN



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*Editorial..* 

## Appreciate Publically, Criticise Privately

**Mr. Parshant Sethi**  
(Editor-in-Chief)

Dear readers,

Life is all about attaining a goal and solving the mysteries of life right to the hilt. We seek inspiration from people, incidents and tricky situations that we come across in day to day life. By virtue of our hard work, luck or pluck, we might assume lofty summits of success, glory, name and fame. We will be dictating the terms to our employees and subordinates. But one thing requires our attention and observance. We should be particular about choice of words while conversing with our juniors and subordinates.

A famous entrepreneur Richard Branson holds the view-Take care of your employees and they will take care of your business. Never shy away from being considerate, caring and gentle towards the juniors and sub-ordinates. Have empathy for them and become their guiding force in life. Hail their good initiatives publically and boost their morale by patting their back. In case they falter at any hurdle in life, do not criticise or condemn them publically. Their zeal for dedicated hard work might take a back seat or they might shrink back to their cocoon and never be the same enterprising person they were previously. Therefore the dictum-appreciate publically, condemn privately should be your watchword in life.

## Patience: An Essential Life Skill

**Ms. Monika Kanwar**  
Staff Editor  
English Section

Patience is a virtue which is hard to master. Patience means the quality to retain poise under duress. It helps us to become more adaptive which makes us less susceptible to the urge of reacting negatively in moments of anger, frustration and hard knocks. It has many shades: acceptance, forgiveness, tolerance and self-control. Very often, we become victims of our own thoughts. Sometimes we have to deal with certain circumstances where it is more tempting to be in a state of denial as acceptance seems unpleasant. However, by developing patience we can liberate ourselves from the fear of facing painful and unacceptable experiences. Patience can bring us a moment of clarity amidst turmoil that things are not that bad as we are imagining them to be; that we need to throw the dead weight of vain hopes to move ahead in life; and that we can't always accomplish what we want. Patience also saves us from negative emotional experiences. Out of these experiences, frustration and anger caused by the behaviour of others can particularly be disturbing. Patience teaches us to let go of things that don't contribute in any way to make us better human beings. It shows that we can't change past but we can definitely work towards a better future. Patience is a valuable skill that everyone needs to develop to rise above daily trifles and issues which can gain momentum even due to the slightest thoughtlessness. To avoid hassles in daily life, patience is something really indispensable.

It encourages us to be tolerant thereby saving us from a lot of troubles. Just imagine yourself getting irritated because of a traffic jam or a long queue and then letting this irritation affect your mood; or reacting bluntly to a remark; or behaving unreasonably in a fit of anger. Just a little tolerance and consideration can save us from turning into savages and regretting later. Patience exercised in form of self-control can really pave way for healthy relationships and a good reputation. It can help in avoiding unnecessary conflicts that doesn't deserve our time and energy. It also inculcates in us other closely associated virtues namely compassion, empathy and diligence. Given the modern stressful and hectic lifestyle, patience becomes all the more desirable quality which everyone must possess.

## Globalization of Literary Works

**Vipan Kumar**

(Asst. Prof. Dept. in English)

World Literature or *Weltliteratur*, as coined by Goethe, is a visionary concept which exceeds the national literatures without destroying their individualities. It is not a selective collection of world classics or great books, but a concert among all the literature produced by man about man. In a wider sense, it includes any work that has ever reached beyond its home base, but in Guillen's view, a work only has an effective life as world literature whenever and wherever, it is actively present within a literary system beyond that of its original culture. It is not an infinite, understood canon of works but rather a mode of circulation and of reading, a mode that is as applicable to individual works as to bodies of material, available for reading established classics and new

discoveries alike. Its variability is one of its constitutive features. It is strong when it is well presented and well read. It is weak when it is mishandled or misappropriated by its new found foreign friends.

There are two ways for a work to enter into the sphere of world literature: first by being read as literature and second by circulating out into a broader world beyond its linguistic and cultural point of origin. It is also possible that first a work enters into world literature and then falls out of it again. Besides, sometimes a work may function as world literature for some readers and not for others. We can say that very few works secure a quick and permanent place as world literature and most of other keep moving into and out of it.

Our understanding of world literature is indebted to the impulse given that epoch by historicist humanism: the concern of that humanism was not only the explicit discovery materials and the development of methods of research, but beyond that their penetration and evaluation so that an inner history of mankind could be written. To understand the function of world literature one needs to historicize it. History is important for the understanding of world literature because it is the science of reality that affects us most immediately, stirs us most deeply and compels us most forcibly to a consciousness of ourselves. It is the only form in which human beings step before us in their totality. It includes the past and the present as well. Thus, we cannot afford to ignore history. For, whatever we are, we became in history, and only in history we can sustain this position and develop therefrom. It is the task of a philologist, whose province is the world of human history, to demonstrate this so that it penetrates our lives unforgettably.

There are truly great difficulties for someone who is dealing with the philology of the world literature. He has to master the vast material of world literature. Besides, he cannot concern himself merely with the literature of a given period; he has to study the conditions under which this literature developed. He must conduct an individual research into religion, philosophy, politics, economics, fine arts and music. Apart from these difficulties, there arises a problem of historical synthesis. To begin with the synthesis of world literature, what should be the point of departure? To answer this question, the point of departure must be the election of a firmly bounded, easily comprehensible set of phenomena whose interpretation is a radiation out from them and which orders and interprets a greater region than they themselves occupy. A good point of departure is the one which is concrete and precise. It should not be imposed on a theme from the outside, but ought rather to be an organic inner part of the theme itself. Then whatever phenomena a philologist treats, must contain his own objectivity, and this objectivity must not disappear in the synthesis. In present times, very few efforts are being made to synthesis world literature. There should be more efforts for the same to make men conscious of themselves.

## Positive Attitude

**Robin**

(B.com 1st Year)

Positive attitude is the result of positive thinking, ideas and actions and coming up with solution to a problem. The way one thinks, day in and day out, affects our every aspect of life. Learning to listen to our inner voice will help us to handle the stressful situations of daily life and live a stressfree life.

### Some of the ways to develop a positive attitude are:-

- Listen to your inner voice
- Learn to communicate

### One can learn the ways of developing positive attitude from the mountain story as following:-

A son and his father were walking on the mountains. Suddenly, son falls, hurts himself and screams "AAHHHHH"! To his surprise, he hears the voice repeating, somewhere in the mountain "AAHHHHH"!

Curious! he yells, "Who are you"?

He receives the answer, "Who are you"?

Once again he screams to the mountain, "I admire you"!

The voice answers, "I admire you"!

Angered at the response, he screams, "Coward"!

He receives the answer, "Coward"!

He looks at his father and asks, "What is going on"?

The father smiles and says, "You are a champion"!

The boy is surprised, but does not understand.

The father explains, "People call this ECHO, but really this is life.

It gives you back everything you say or do. Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart. If you want more competence in your team, improve your competence.

This relationship applies to everything in all aspects of life. Life will give you back everything you have given to it. Your life is not a coincidence. It is a reflection of you.

## Nomophobia : A Modern Day Pathology

**Sarthak Jain**  
(B.com 1st Year)

With the passage of time, mobile usage has also increased significantly. This article intends to shed light on merits and demerits of increasing mobile usage in subsequent paragraphs.

Mobile phones have made communication much simpler and quicker. Anyone can connect with people living far away. Features like phone call, skype, video-call and chat help one to connect with any other person who is living thousands of miles away. To cite an example, a student who goes to another country for his studies, can use mobile features to stay in touch with his family whenever he wishes to. Moreover, mobile phones have allowed people to access limitless information in a matter of few seconds through applications like Google.

Facebook, Fire box and Plus one 8 etc. give people access to information about almost everything. For instance, if a family goes on a vacation to an unknown place and it loses its way, with the help of mobile phone it can not only find the right paths but also have information about various hotels, restaurants, places of tourist interest and shopping sites.

In contrast to its advantages, it has some limitations too. Although mobile phones help to connect people living far away, they have somehow detached people living near one another. Mobile phones have created social awkwardness and people are becoming somewhat addicted. To exemplify, internet usage has increased by a huge percentage over the past few years.

Now a days children and teenagers are so addicted to mobile phones that they are detaching themselves, unknowingly, from the real world. Countries like U.S.A. with the highest usage of internet, are also the countries with the most obese teenagers and depressed adults. Also, internet has a negative impact on wildlife. Due to the harmful rays emitted from wireless transmission, sparrows and other bird species are dying. Bees are also dying because of this wireless transmission of data.

To conclude, it can be said that in many ways mobile phone has helped in exponential growth of the world and mankind. But simultaneously, its excess use has hampered the progress of world in many ways. Keeping in view the fact that excess of anything is harmful, we should use it in such a way as not to affect us in a negative sense and to help us to grow.

## Discipline is the key to success

**Seerat**  
(B.A. IInd Year)



While birds and bees  
Know how to lead regulated lives,  
Alas! Man endowed with intelligence  
Does not lead a disciplined life.

Discipline is vital to everybody. It means the observance of certain well-defined rules and is essential from the moment of waking up to the time of going to bed. It helps in leading an organized life as you can do things in a systematic

Discipline is vital to everybody. It means the observance of certain well-defined rules and is essential from the moment of waking up to the

time of going to bed. It helps in leading an organized life as you can do things in a systematic way and focused manner. It enhances your personality and makes you stand out in a crowd. It helps in achieving your goals. It paves way for essential life skills required for success in life. A disciplined life leads to healthy habits which in turn become a way of living and thus prepares one for success. Discipline determines the destiny of individuals. To sum up, life without discipline is like a ship sailing without navigator. To quote the words of Napoleon: "If you do not conquer self, you will be conquered by self".

## Free me from Myself

**Shriya Gupta**  
(B.com IIIrd Year)

You came to my life,  
the best gift of God I thought.  
My days with you were the best.  
My nights talking to you,  
My unsaid words you understood.  
My pain in eyes you saw,  
My life was beautiful.  
One day came - a wind harsh and dry,  
It took you away,  
And I searched all day and all night like water in the  
desert, but no where I could find.  
I cried, I cried out loud,  
For the void in my heart.  
Why? Why me? I shouted.  
"I deserve better", you said.  
You taught me a lot.  
I don't deny.  
I am thankful to you for it.  
You left your memories to me,  
But free me now  
No more I can take  
The burden has brought me close to my death,  
Free me,

Free me from the thought in which your reside,  
Free me from the frown I have contracted.  
Free me from myself,  
Liberate me and let me be myself again.

## Gender Discrimination

**Shriya Gupta**  
(B.Com IIIrd Year)

They said "you are girl".  
I accepted.  
They said, "you can't speak", I accepted  
They kept on prohibiting me and I accepted  
But when they said that I am weak,  
I am powerless  
I am a shame,  
They had an answer.  
Who gave you birth?  
Who is the one you want to marry?  
Who is mother nature to you?  
Who is the goddess you pray to?  
"A women", I said.  
My feelings and my ways are different  
as I don't keep myself first.  
I stand with you and behind you,  
For the thirst for the honour is not what I live by.  
My sacrifices are infinite but I don't glorify.  
Oh man! I am a woman out of the range of  
your thoughts.

## Silence is Gold

**Seerat**  
(B.A. IInd Year)

"I hate talking, no talking in the class",  
says the teacher entering the class.  
"I want complete silence here".  
Silence in the library.

Silence in assembly while praying,  
 Silence while walking.  
 Everything is allowed except talking,  
 even at home it's the same.  
 At lunch says mother, "Don't talk  
 while eating".

"Silence", thunders my father  
 during the news.  
 Oh! when and where on earth  
 can I express my views?  
 For I love talking  
 Talking the whole day long.

## The Winners take Risk

**Anjali**

(B.com IIIrd Year)

Earlier, before taking any decision, I used to feel scared but soon I realised that I am living for myself and for people who care for me any not for any third person.

During the moments of fear, I reminded myself, fear is a conditioned response. When fear rear its ugly head, beat it down quickly. The best way is to do the thing you fear fast!

We feel scared and we don't take risks as we have the fear of failing. Then, one day, I decided that I will be a risk taker; at least taking risk will assure me of my existence rather than dying slowly in fear. Fear is for losers and cowards, risks are for the brave. Risk takers are game changers. They turn the table on their side and rule the world.

People who don't fear have just one theory: Life is larger than fear. Cowards die everyday, valiants die only once.

## A Shift in Perspective

**Robin**

(B.com 1st Year)

A cruise ship met with an accident at sea. There was a couple on board. After making their way to the lifeboat, they realized that there was room for only one person.

At this moment, the man pushed the woman behind him and jumped onto the lifeboat himself.

The lady stood on the sinking ship and shouted one sentence to her husband. The teacher stopped and asked, "What do you think she shouted"?

Most of the students excitedly answered, "I hate you! I was blind"!

Now the teacher noticed a boy who was silent throughout, she got him to answer and he replied, "Teacher, I believe she would have shouted, that take care of our child"!

The teacher was surprised and asked "Have you heard this story before"!

The boy shook his head, "No, but that was what my mom told my dad before she died of disease".

The cruise sunk. The man went home and brought up their daughter single handedly.

Many years later after the death of the man, the daughter found his diary while tidying his belongings.

It turns out that when parents went onto the cruise ship, the mother was already diagnosed with a terminal illness.

At the critical moment, the father rushed to the only chance of survival. He wrote in his diary, "How I wished to sink to the bottom of the ocean with you, but for the sake of our daughter, I could only let you lie forever below the sea alone".

The story ended, the class was silent.

The teacher knew that the student had understood the moral of the story. There is good and evil in the world and there are many complications behind them which are hard to understand.

This is the reason that we should never only focus on the surface and judge others without understanding them first.

Those who like to pay the bill, do so not because they are loaded but because they value friendship above money.

Those who take the initiative at work, do so not because they are stupid but because they understand the concept of responsibility.

Those who apologize first after a fight, do so not because they are wrong but because they value the people around them. Those who are willing to help you, do so not because they owe you any thing but because they see you as a true friend.

Those who often text you, do so not because they have nothing better to do but because you are in their heart.

## **Corruption is a Tax on the Poor and does not Affect the Rich**

**Seerat**  
(B.A. IIInd Year)

From getting a job as a 'munshi' to getting a vote in the parliament corruption helps it all. The rich have the money and as you all know, money talks. Those who don't have this talking piece of paper are the ones who are left to be victims of this die hard evil. To affirm my point, I would like to give an example. Sudan is the poorest nation and the UN provides immense financial and material aid to its poorest part, Darfur yet they don't get it all. Corruption at different levels of distribution eats into this aid just like a termite.

The poor are easy targets for extortion, bribery, double standards and intimidation with no armour of gold. It is literally impossible for them to shelter themselves from this massive evil-'Corruption'. The disproportionate factor and inequality acts as salt to their wounds.

Let me draw your attention towards a biting reality. There are millions of people in India who earn barely enough to make both ends meet. Although there is no denying the fact that the government is trying to help them but the help never reaches the poor. For instance, consider day meal programme originally meant to provide food to the children of the poor. There are still regions in Bihar and Uttar Pradesh where this meal never reaches the poor and the regions where it reaches, the quality is hardly acceptable. Again the culprit is none other than Corruption.

Ever since 1951, the planning commission of India has allotted millions of rupees for poverty elevation programme, but the people living below the poverty line still exist. A former prime minister had once said that out of every 1 rupee sanctioned at New Delhi only 17 paise reach the village level. The remaining goes down into the pockets of

middlemen as a result of corruption. The third world people are vulnerable to this game of vulpine beings. Here I appeal to your spirit of empathy to dwell upon the plight of our poor brethren. The affluent are born with a silver spoon in their mouth. They have never ever been bugged by their own produce-corruption. They can be merry in life even after paying high bribes under the mask of development.

But in the race for development, can we forget those millions? We can't. We have to bridge the gap; we have to carry the poor along; we have to eradicate corruption in order to have a more justified world and in order to give the poor a life, worth calling life.

## **The Technology is Taming Us**

**Kartik Malhotra**  
(B.Com. 1st Year)

A large proportion of people is unfit and inactive unlike the people of former generations who lived lives full of activity and enthusiasm. In the forthcoming paragraphs, I will discuss some of the reasons, impacts and solutions to solve this problem.

There are various reasons that drive this problem but it can be attributed to the inactive work culture that largely came into play few years earlier. Due to introduction and exponential development of IT sector across the world, people have to sit for hours before their screens. Technological advancements have also made people lazy as anything. One can sit at home all day and do any kind of activity he or she wants to. To exemplify, anyone from home can order food through Internet, pay bills, perform bank transactions, and ever handle their business. This

over convenient lifestyle have not only turned people's lives inactive but have also made them procrastinators.

As every lock has a key, a problem also comes with a solution. Owing to over-rexploitation of technology, people have become lazy and the solution also lies in the same. Everything which hinders people's urge to move out of their comfort zones and work towards their fitness and health should be abandoned partially. One needs to be more aware of his or her lifestyle. People whose work demand long hours of sitting at one place must have an active lifestyle when not at work. They should have a healthy morning routine so that overall productivity at work can be improved. Many of the great leaders of the world believe that your morning routine can elevate your life in every walk. As it is said that with a matchstick, you can either burn things or you can make light; similar is the case with the use of technology. Anyone who wishes to monitor their pulse rate, blood pressures or even the number of steps he or she has taken can do it with the help of a smart watch.

Thus, learning from every problem realting to people's health and keeping in mind every solution for the same, it can be said that if wealth is lost, nothing really is lost but on the contrary if health is lost, everything is lost.

## **Life**

**Life"Living a life is a lie and death is truth".**

**Manisha**  
(B.Com. 1st Year)

Life is just like the showers of rain which showers itself upon everyone without any discrimination of class, religion, gender, rich or poor. Some of us take it as a blessing from the



Almighty God while others consider it simply drops of water.

What is life about? Is it simply about obtaining success? What is success then? It is only a matter of opinion. To some, success means money, to some success means doing what they love or being with those they love. Either way success can only be defined in one word and that one word is 'HAPPINESS'. It is only because of this happiness that we all wander here and there. This happiness is not sought by proving others wrong or by conspiring against someone because life is not about proving anyone wrong; it is about proving yourself right and this in turn will make us happy. This is how life is lived: by enjoying the small moments in life.

Sometimes life appears to be a mystery which is hard to solve. Really life is full of mysteries that will lead us from one experience to another. There are hurtful experiences that we may want to forget but there are happy moments that will surely linger on our thoughts for many years.

One never knows what will happen in the next second. Life is very unpredictable. Perhaps that is what people call destiny. No one has control over it, all we can do is to value every second of our lives. Everyone's life is a mystery. We may undergo some stages of life, but not with the same experiences and the same people. Every moment, even the smallest of the moments must be lived and enjoyed.

## One Nation One Language

**Simran Dhani**  
(B.Com. IInd Year)

Let us change,  
now with acceptance not by force.  
free ourselves from slavery,

of a foreign good ,  
used because of its common touch .  
Master be recalled;  
the mother of all languages;  
language of God himself ;  
core of knowledge;  
source of values;  
collection of hymns;  
guidance to infinite and beyond ;  
mystery of world and its treasures ;  
solution to every problem of science and its laws;  
medicine and its application ;  
maths and its uses;  
all things human mind knows or even beyond it  
beholds ,  
lies unlocked in the safe of Sanskrit.

## I Love my Slow and Steady Walk

**Tania**  
(B.Com. IInd Year)

Thought that lingers everyday,  
is that I love my slow and steady walk.  
Neither good am I as a friend, sister and daughter.  
Nor do I possess any quality,  
I am not an artist nor a lover of cosmetics.  
In today's era of fashion and fakeness,  
I love my slow and steady work in pajamas.  
I prefer not to be clever beside the foxy people all  
around.  
I do not make good choices but I am still learning.  
In this fast moving world,  
I love my slow and steady walk.  
I love to sit and watch moon, stars and sometimes  
sun and talk to them as well.  
I do not have any quality in myself but I love slow  
and steady concept that time makes you learn  
everything.

# श्री पंचानन

2019-2020

हिन्दी अनुभाग



प्राध्यापक सम्पादक :  
श्री हरीश बजाज (अध्यक्ष)

छात्र सम्पादक :  
रेंगुका

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## सम्पादकीय

श्री हरीश बजाज  
(अध्यक्ष) प्राध्यापक सम्पादक

कर्म प्रधान विश्व रचि राखा,  
जो जस करहि सो तस फल चाखा।  
सकल पदारथ हैं जग मांही,  
कर्महीन नर पावत नाहीं।।

-गोस्वामी तुलसीदास कृत रामचरित मानस

अखिल संसृति के निर्माण में विश्व नियन्ता का क्या उद्देश्य है? समस्त प्राणियों के सृजन का लक्ष्य क्या है? ये ऐसे विवादग्रस्त प्रश्न हैं जिनका समाधान सभी अपने-अपने दृष्टिकोण से करते हैं। युग के अन्तराल में मान्यताएँ बदलती रहें, विचार परिवर्तित होते रहें, मानव-प्रवृत्तियों में विप्लव होता रहे, किन्तु इतना निर्विवाद सत्य है कि संसार में आकर मानव की सबसे बड़ी उपलब्धि उसके कर्म हैं। कर्म से विमुख प्राणी जीवन के सुख सौख्य का अधिकारी नहीं हो सकता, कर्म से पराड.मुख मानव का संसार में अस्तित्व नहीं, मानव जीवन के इस सत्य को पहचानने वाले कर्म की उपासना को अनन्त चेतन सत्ता की आराधना स्वीकारते हैं। इस तथ्य को पहचाना था हमारे वैदिक ऋषियों एवम् तत्त्ववेत्ता चिन्तकों ने जिनकी अभीप्सा जीवन के अन्त तक कार्यरत रहना था। उनके अनुसार:-

“कुर्वन्नेवेह कर्माणि जिजीविषेच्छतम् समाः”

संसार में कार्य करते हुए ही शत वर्ष तक उन्होंने जीवन की कामना प्रकट की है। अकर्मण्य जीवन निःसार, निरर्थक एवम् निष्प्रयोजन है। कर्म की अवहेलना करने वाले प्राणी का संसार में जन्म लेना व्यर्थ हैं। सृष्टि के प्रारम्भ काल से ही कोई भी ऐसा युग नहीं आया, जब कर्म को महत्त्व न दिया गया हो। महाभारत में अकर्मशील व्यक्ति के संसर्ग तक से दूर रहने को कहा गया है।

“अकर्मशीलम् च महाशनं च  
लोक द्विष्ट बहुभायं नृशंसम्।  
अदेश कालज्ञमनिष्ट वेष  
मेताज्जनान्न प्रतिवासयेत्।।”

इस प्रकार से यदि देखा जाए तो इस विश्व में साहित्य, विज्ञान, चित्रकला, मूर्तिकला, स्थापत्यकला आदि जितनी भी कलाएँ हैं सभी मानवकृत कर्म के ही परिणाम हैं। कर्मों की स्थिति ही मानव का स्मरण करवाती है। उसी का जीवन सार्थक है जिनके कर्म उज्ज्वल हों, वहीं प्राणी स्पृहणीय है जिसके कर्मों का हम अनुगमन करें। सृष्टि का आधार ही कर्म है। संसार का सब कुछ गतिशील है। प्रकृति अनवरत कार्यरत रहने पर भी विश्राम नहीं लेती। फूल विकसित होकर संसार को सुगन्धि प्रदान करता है। वृक्ष स्वयं अग्नि-वर्षा पीकर पथिक को छाया प्रदान करते हैं। पर्वतों से करुणा के झरने और सरिताएँ प्रवाहित होती हैं जो संतप्त धरा को शीतलता और हरियाली प्रदान करती हैं। चन्द्र, सूर्य नित्य अनन्त यात्रा करके भी नहीं थकते, वायु की गति कभी शिथिल नहीं होती, इसी प्रकार संसार के सभी प्राणी किसी न किसी कार्य में लगे रहते हैं। जीवन के सत्य को जानने वाले महाकवि “जयशंकर प्रसाद” कामायनी में आदि पुरुष मनु को कर्म का सन्देश देते हैं। श्रद्धा कहती हैं:-

“यह नीड़ मनोहर कृतियों का  
सह विश्व कर्म रंग स्थल है  
है परम्परा लग रही यहाँ  
ठहरा जिसमें जितना बल है।।”

कर्म की साधना कभी निष्फल नहीं जाती। जीवन को नवीन गति, चेतना एवम् प्रेरणा देने वाले क्रान्तिदर्शी कवि गोस्वामी तुलसीदास जी ने भी सत्य का प्रत्यक्ष दर्शन किया एवम् उन्होंने बताया है। विश्व में कर्म की ही प्रधानता है गतिशीलता ही जीवन है।

## शिक्षा का माध्यम हिन्दी या अंग्रेजी?

रेंगुका  
बी.ए. तृतीय वर्ष

आज भारत स्वतंत्र है और हमें अपनी नीति निर्धारित करने का पूरा अधिकार प्राप्त है। अन्य विषयों के साथ-साथ जिस विषय पर विचारकों का ध्यान जाता है। वह है शिक्षा प्रणाली। क्योंकि राष्ट्रनिर्माण में सबसे अधिक योग शिक्षा का होता है। शिक्षा सम्बंधी समस्या में सबसे बड़ी समस्या यह है कि शिक्षा का माध्यम क्या

आज भारत स्वतंत्र है और हमें अपनी नीति निर्धारित करने का पूरा अधिकार प्राप्त है। अन्य विषयों के साथ-साथ जिस विषय पर विचारकों का ध्यान जाता है। वह है शिक्षा प्रणाली। क्योंकि राष्ट्रनिर्माण में सबसे अधिक योग शिक्षा का होता है। शिक्षा सम्बंधी समस्या में सबसे बड़ी समस्या यह है कि शिक्षा का माध्यम क्या हो? स्वतंत्रता प्राप्ति से पूर्व तो शिक्षा का माध्यम अंग्रेजी था, परन्तु आज जब कि भारत स्वतंत्र हो गया है इस विषय पर विवाद उठ खड़ा हुआ है।

इस विषय में विद्वानों के दो दल हैं। एक वह जो अंग्रेजी का समर्थन करता है और दूसरा वह जो राष्ट्रभाषा हिन्दी को शिक्षा के लिए उपयुक्त मानता है।

अंग्रेजी के समर्थक नये-नये आवरण ओढ़ कर आते हैं। इनका कहना है कि अंग्रेजी में भावों की अभिव्यक्ति विचारों का प्रतिपादन करने की जो शक्ति है वह हिन्दी में नहीं है।

हिन्दी के पक्ष के समर्थकों का कहना है कि शताब्दियों के निरन्तर संघर्ष के पश्चात गुलामी की जंजीर टूटी है। हम अपनी राजनैतिक स्वतंत्रता का तभी बनाए रख सकते हैं, उन्नति के पथ पर तभी अग्रसर हो सकते हैं जब हम में आत्मगौरव की भावना पैदा हो। परन्तु जब तक शिक्षा का माध्यम अंग्रेजी रहेगा हमें कदम-कदम पर अपनी दासता की याद आती है। इसलिए यह आवश्यक है कि शिक्षा का माध्यम हमारी निजी भाषा हो। राष्ट्रीय एकता को बनाए रखने के लिए यह भी आवश्यक है कि हमें एक सूत्र में बांधने वाली एक भाषा ही राष्ट्रीय भाषा और शिक्षा का माध्यम है। इस प्रकार भारतीय भाषाओं में सबसे ज्यादा बोली तथा समझी जाने वाली राष्ट्र भाषा का गौरव प्राप्त करने वाली भारतीयों की एकता की प्रतिनिधि हिन्दी ही एक ऐसी भाषा है जिसे अंग्रेजी के स्थान पर शिक्षा का माध्यम होना चाहिए।

हमारे सामने रूस, चीन तथा जापान का उदाहरण है। अपनी राष्ट्रीय भाषा में वहां शिक्षा दी जाती है। किन्तु ये देश अंग्रेजी से किसी भी दशा में पीछे नहीं हैं। हम तो यहां तक कहने को तैयार हैं कि इन देशों ने उन्नति ही इसलिए की उनके यहां शिक्षा का माध्यम उनकी राष्ट्रभाषा है।

## प्लास्टिक को कहें 'ना'

मेघा शर्मा

बी.ए. प्रथम वर्ष

पर्यावरण के लिए प्लास्टिक बहुत खतरनाक है। इसलिए इसका कम से कम उपयोग करने का संकल्प लेना चाहिए। इसके लिए कुछ उपाय करने होंगे। मसलन, प्लास्टिक की थैलियों को सम्भाल कर रखें और जितना सम्भव हो, इनका इस्तेमाल न करें। जहां तक सम्भव हो प्लास्टिक से बचे गिलास, थैले, स्ट्रॉ आदि के इस्तेमाल से बचें और कपड़े या जूट से बने थैले लेकर बाजार जाएं। प्लास्टिक के साथ पोलिएस्ट्रीन फोम का भी कम से कम इस्तेमाल करें। इनकी पुनर्चक्रण दर बहुत कम होती है। पारंपरिक तरीके से बने मिट्टी के बर्तनों को बढ़ावा दें। प्लास्टिक से होने वाले नुकसान की जानकारी ही काफी नहीं है, जब तक कि इसकी रोकथाम के लिए ठोस कदम न उठाए जाएं।

जलवायु परिवर्तन, जैव-विविधता में कमी और भूमि के बंजर होने का कारण इंसानी दखल है। तीनों आपस में जुड़े हुए हैं। पूरी दुनिया की जलवायु में तेजी से परिवर्तन हो रहा है। सच्चाई यह है कि पर्यावरण सीधे-सीधे हमारे अस्तित्व से जुड़ा मसला है।

मोदी जी ने कहा, प्लास्टिक का कचरा भी मरुस्थलीकरण बढ़ा रहा है। प्लास्टिक कचरा न केवल स्वास्थ्य को प्रभावित कर रहा है, बल्कि धरती की उर्वरता के लिए भी समस्याएं पैदा कर रहा है। संयुक्त राष्ट्र के अनुसार, दुनियाभर में सालाना 500 अरब प्लास्टिक बैग का इस्तेमाल होता है, जो सभी प्रकार के अपशिष्ट निकलता है, जिसकी मात्रा निरन्तर बढ़ रही है। प्लास्टिक के बढ़ते उपयोग का अनुमान इसी से लगाया जा सकता है कि दुनियाभर में प्लास्टिक इतना अधिक है कि इससे पृथ्वी को पांच बार लपेटा जा सकता है। समुद्र में करीब 80 लाख टन प्लास्टिक बहा दिया जाता है, जिसका अर्थ है कि प्रति मिनट एक ट्रक कचरा समुद्र में डाला जा रहा है।

यह स्थिति पृथ्वी के वातावरण के लिए बेहद हानिकारक हो सकती है, क्योंकि प्लास्टिक को पूरी तरह अपघटित होने में 500 से 1000 वर्ष लग जाते हैं। अरबो पौण्ड, प्लास्टिक जल स्रोतों,

पर्यावरण के लिए प्लास्टिक बहुत खतरनाक है। इसलिए इसका कम से कम उपयोग करने का संकल्प लेना चाहिए। इसके लिए कुछ उपाय करने होंगे। मसलन, प्लास्टिक की थैलियों को सम्भाल कर रखें और जितना सम्भव हो, इनका इस्तेमाल न करें। जहां तक सम्भव हो प्लास्टिक से बचे गिलास, थैले, स्ट्रॉ आदि के

## मंजिल

वक्त का इंजतार कर रही,  
अपने मंजिलों से प्यार कर!!  
अपने हौसलों को सीच ले तू,  
आगे बढ़ना सीख ले तू,  
रोक ना कदमों को अपने,  
देखे हैं जो तूने सपने  
उन सपनों को साकार कर तू,  
वक्त का इंताजर कर रही,  
वक्त का इंजतार कर रही,  
अपनी मंजिलों से प्यार कर!!  
पड़ गए पैरों में छाले  
फिर भी थोड़ा जोर लगा ले  
पुकार रही मंजिल है तुझको  
आज खुद को आजमा ले  
ये वक्त का फिर क्या ठिकाना  
ना चले अब कोई बहाना  
वक्त का इंतजार कर रही  
अपनी मंजिलों से प्यार कर

मनप्रीत कौर  
बी.बी.ए. प्रथम वर्ष

## “कविता और कहानी”

कवि की कविता,  
शब्दों की सरिता।

लेखक की कहानी,  
झरने का पानी।

कुछ नयी कुछ पुरानी,  
सब को समझ न आनी।

इन्द्रप्रीत कौर  
बी.ए. द्वितीय वर्ष

कुछ में प्रेम कुछ में गाथा,  
कुछ में पूजा या अपनी व्यथा।

किसी में दिल का हाल,  
किसी में कुछ सवाल।

कविता और कहानी,  
शब्दों की जबानी,  
जो मैंने है बतानी।

## “वो क्या बचपन था”

इन्द्रप्रीत कौर  
बी.ए. द्वितीय वर्ष

बचपन मेरा पीछे छूट गया,  
खुशियों भरा वह खजाना छूट गया।

क्या दिन थे क्या रातें थीं,  
क्या यादें, क्या बातें थीं?

बचें थे हम तन-मन के सच्चे,  
पर बालपन के धागे सब हो गए कच्चे।

जाता हुआ बचपन एक अनूठी छाप छोड़ गया,  
समय की डोर में बंधी कुछ यादें छोड़ गया।

आगे का सफर अब स्वयं ही हमें तय करना,  
बचपन की शरारतों को भूल गम्भीरता से जीना।

## जिन्दगी की किताब के तीन पन्ने

अंजली  
बी.कॉम तृतीय वर्ष

जिन्दगी एक किताब है और इस किताब का हर एक पन्ना  
‘जिन्दगी को जीने के तरीके के बारे में दर्शाता है’ मगर मैं इस  
किताब के “तीन” खास पन्नों पर रोशनी डालना चाहूँगी।

जिन्दगी एक किताब है और इस किताब का हर एक पन्ना 'जिन्दगी को जीने के तरीके के बारे में दर्शाता है' मगर मैं इस किताब के "तीन" खास पन्नों पर रोशनी डालना चाहूँगी।

जिन्दगी की किताब का पहला पन्ना यह बयान करता है, कि हर एक इंसान में अपनी जिन्दगी को खुशहाल तरीके से जीने के लिए सहनशीलता होनी चाहिए और साथ ही होंसले बुलंद होने चाहिए। चाहे जिन्दगी में कोई भी मुसिबत, दुख-दर्द, आँधी-तूफान आ जाए 'मगर इंसान को कभी भी कमजोर नहीं पड़ना चाहिए' क्योंकि अगर इंसान कमजोर पड़ गया तो, फिर उसके आँगन की खुशियों को बिखरने में देर नहीं लगेगी। इस पन्ने का एक खास उदाहरण यह है कि, हमने अकसर सुना है कि घर परिवार में रह रहे व्यक्तियों में से सबसे ज्यादा सहनशीलता 'माता-पिता' में होती है क्योंकि एक माँ अपने बच्चों की खुशी के लिए कुछ भी कर सकती है। चाहे वो खुद खाना न खाए, खुद अच्छे कपड़े न पहने मगर वो अपने बच्चों की जिन्दगी को खुशहाल बनाने के लिए अपनी पूरी जिन्दगी व्यतीत कर देती है और दूसरी तरफ 'पिता' जो बिना सर्दी-गर्मी देखे, दर-दर ठोकर खाकर सुबह से लेकर शाम तक काम करता है, पैसे कमाता है ताकि अपनी बीवी और बच्चों को हर एक खुशी दे सके।

जिन्दगी की किताब का दूसरा पन्ना यह बयान करता है कि इंसान को अपनी खुशी से पहले दूसरे की खुशी की कामना करनी चाहिए। क्योंकि अपने लिए तो हर कोई करता है बात तो तब बने जब इंसान किसी दूसरे के लिए करें। अपने से पहले किसी दूसरे की खुशी के बारे में सोचने की खूबी किसी-किसी में होती है और यह खूबी एक आम इंसान को खास इंसान बना देती है। लोग कहते हैं कि "हम एक बार जीते हैं और एक ही बार मरते हैं" तो क्यू न अपनी इस एक जिन्दगी को दूसरों की खुशियों के लिए समर्पित कर दें। क्योंकि जो खुशी हमें दूसरे के चहरे पर खुशी देखकर मिलती है जोकि हमारी वजह से है उस खुशी का ठिकाना ही नहीं है। इंसान को असली खुशी लोगों में खुशियां बांटने से मिलती है और हमारे देश के जवान इस पन्ने का खास उदाहरण है हमारे देश के जवान चाहे तो अपनी खुशी के बारे में सोच सकते हैं बिना पुरे

देश की खुशी के बारे में सोचे। वो अपने घर परिवार के साथ सुख शांति से रह सकते हैं मगर वो ऐसा नहीं करते। वो बिना सर्दी गर्मी देखे अपना सीना तान देश की रक्षा के लिए खड़े रहते हैं ताकि देश का हर एक इंसान शांति से खुशी से अपने घर परिवार के साथ रह सके।

जिन्दगी की किताब का तीसरा पन्ना यह बयान करता है, लोगों में पैसो का अहंकार नहीं होना चाहिए और न ही जाति-पाति, अमीरी-गरीबी जैसे भेद-भाव होने चाहिए। इंसान को कभी भी पैसो को लेकर एक दूसरे से नफरत की भावना नहीं रखनी चाहिए। पैसा तो हाथों की मैल है, "आज एक के पास है तो वो ही पैसे कल दूसरे के पास होंगे।" अगर रिशतों को समेट के रखना है तो इंसान को कभी भी एक कागज के नोट को और साथ ही जाति-पाति जैसे भेद-भाव को इतनी मान्यता नहीं देनी चाहिए कि वो एक वियोष कारण बन जाए रिशतों के बिखरने का।

अतः मैं आप सभी से यही कहना चाहूँगी कि जिन्दगी एक किताब की तरह है, इस किताब के पन्ने जैसे-जैसे हम पलटते जाएंगे वैसे-वैसे जिन्दगी को जीने की सीढ़ियां पार करते जायेंगे। इंसान की जिन्दगी में सुख हमेशा के लिए नहीं रहता और न ही दुःख। आज सुख है, तो कल दुःख होगा और अगर आज दुःख है,

## अनमोल वचन

विशाखा

बी.ए. प्रथम वर्ष

1. जिसके पास उम्मीद है, वह हार कर भी नहीं हारता - अज्ञात
2. श्रेष्ठ होना कोई कार्य नहीं बल्कि यह हमारी एक आदत है जिसे हम बार-बार करते हैं - अरस्तु
3. विजेता बोलते हैं कि मुझे कुछ करना चाहिए, जबकि हारने वाले बोलते हैं कि कुछ होना चाहिए - शिव खेरा
4. मैं हर कदम पर हारा हूँ, पर जन्मा केवल जीत के लिए हूँ।- एमर्सन
5. बड़ा सोचो, जल्दी सोचो, आगे की सोचो क्योंकि विचारों पर किसी का एकाधिकार नहीं है - धीरूभाई अम्बानी

6. जिसके पास उम्मीद है, वह हार कर भी नहीं हारता - अज्ञात  
श्रेष्ठ होना कोई कार्य नहीं बल्कि यह हमारी एक आदत है जिसे
7. हम बार-बार करते हैं - अरस्तु
8. विजेता बोलते हैं कि मुझे कुछ करना चाहिए, जबकि हारने वाले बोलते हैं कि कुछ होना चाहिए - शिव खेरा
9. मैं हर कदम पर हारा हूँ, पर जन्मा केवल जीत के लिए हूँ।- एमर्सन
10. बड़ा सोचो, जल्दी सोचो, आगे की सोचो क्योंकि विचारों पर किसी का एकाधिकार नहीं है - धीरूभाई अम्बानी
11. मैं कर सकता हूँ यह विश्वास है, केवल मैं ही कर सकता हूँ यह अंधविश्वास है - अज्ञात
12. बिना विश्वास के कोई काम, हो ही नहीं सकता - नारायणदास
13. जब तक तुम स्वयं पर विश्वास नहीं करते, परमात्मा में विश्वास कर ही नहीं सकते - विवेकानंद
14. यदि हम समाधान का हिस्सा नहीं हैं, तो इसका मतलब यह है कि हम खुद समस्या हैं - कहावत
15. प्राण देकर भी मित्र के प्राण की रक्षा करनी चाहिए - बाणभट्ट
16. जो काम पड़ने पर सहायक होता है, वही मित्र है- दीर्घनिकाय
17. अभागों के मित्र नहीं होते - एमर्सन
18. मित्र को प्रकृति की उत्कृष्टकृति माना जा सकता है - अमरसन
19. पिता ही महान देवता है - अज्ञात
20. देश की रक्षा राजा की सेना नहीं करती, देश की प्रजा करती है - लक्ष्मीनारायण मिश्र

## कुछ अनकही बातें

मनीषा संधू  
बी.कॉम प्रथम वर्ष

बात उन दिनों की है जब मैं कॉलेज में नयी-नयी आई थी। उन दिनों मैंने अपनी क्लास में एक बड़ा सुशील और संस्कारी

लड़का देखा वह देखने में बड़ा शील सुभाव का था और एक दफा वह कॉलेज में कुछ दिन नहीं आया और एक दिन जब वह आया तो उसने आध्यापक को अपना चिकित्सक छुट्टी प्रमाण पत्र दिखाया। आपको यह सब सुनकर ताजुफ होगा। आखिर वह लड़का कौन है? सच बताऊँ, तो मैं भी इस बात से अनजान थी कि वह आखिर है कौन?

हर रोज़ की तरह एक और सुबह आई और हम सब कॉलेज आए। सब कुछ पहले की तरह था। मगर एक अनसुनी और अनकही खबर चारों ओर आग की तरह फैल चुकी थी। मैं उस वक्त तक उस लड़के के नाम से भी बेखबर थी लेकिन मुझे सुनने में मिला की। कोई कायर जिन्दगी से हार मान कर इस दुनिया को छोड़ कर जा चुका है।

लेकिन मुझे यह हकीकत न लगी और मैंने खुद जाकर देखने का फैसला किया। क्योंकि हमारे साथ उसके पहले दो मित्र पढ़ते थे, उन्होंने मुझे सारी बात बताई। मगर मैंने समझा की वह दोनों झूठ बोल रहे हैं लेकिन हकीकत में वह सच था।

“ज़ख्म तो बहुत है जिंदगी में, पर महरम लगाने वाला कोई नहीं, ज़ख्म तो बहुत है जिंदगी में, पर महरम लगाने वाला कोई नहीं, कंधे तो बहुत हैं इस दुनिया में, पर सहारा देने वाला कोई नहीं।।”

“कौन कहता है कि, जिंदगी आसान है

कौन कहता है कि जिंदगी आसान है

जो कांटों की राह पर भी मुस्कुरा कर चल दिये

जिंदगी भी उन बहादुरों को झुक कर सलाम करती है”

“जिंदगी एक खेल का मैदान है, यहाँ जीतने वाले की जीत से ज्यादा, व्यक्ति का मैदान में आखिरी दम तक लड़ते रहना ज्यादा महत्वपूर्ण है”

इसलिए मेरे प्रिय सभी दोस्तों जिंदगी में गिरना लाज़मी है पर गिरकर उठना कुदरती है। बचपन से ही हम एक कविता पढ़ते आ रहे हैं जो कि युवकों के लिए प्रेरणादायक है। यह कविता हरिवंश राय बच्चन जी की लिखित है।

हिम्मत करने वालों की कभी हार नहीं होती लहरों से डरकर नैया पार नहीं होती, नन्हीं चींटी जब दाना लेकर चलती है चढ़ती



इसलिए मेरे प्रिय सभी दोस्तों जिंदगी में गिरना लाजमी है पर गिरकर उठना कुदरती है। बचपन से ही हम एक कविता पढ़ते आ रहे हैं जो कि युवकों के लिए प्रेरणादायक है। यह कविता हरिवंश राय बच्चन जी की लिखित है।

हिम्मत करने वालों की कभी हार नहीं होती लहरों से डरकर नैया पार नहीं होती, नन्हीं चींटी जब दाना लेकर चलती है चढ़ती

## गुरु जी के चरणों को शत-शत प्रणाम

गुरु है तो प्यार है,  
गुरु है तो संसार है,  
घने अन्धकार में भी,  
दीपक का प्रकाश है,  
मन का विश्वास है,  
दिल का एहसास है,

सुन्दर सा गीत है,  
हर शब्द में ही प्रीत है,  
गुरु के ही हाथों में,  
संसार की कमान है,  
गुरु के चरणों को शत-शत प्रणाम है .....

गुरु है तो विश्वास है,  
गुरु है तो सब पास है,  
गुरु से ही आस है,  
गुरु जो अपने पास है,  
तो मंजिल की क्या बात है,  
एक सुन्दर सा एहसास है,  
ना हो कोई लक्ष्य अधूरा,  
सब कुछ अपने हाथ है,  
गुरु सुन्दर साज है,  
गुरु शिष्य का सरताज है,  
गुरु वो जो कभी मन की न होने दे शाम है,  
गुरु के चरणों को शत-शत प्रणाम है .....

मेघा शर्मा  
बी.ए. प्रथम वर्ष

## अनजानी राह

मनप्रीत कौर  
बी.बी.ए. प्रथम वर्ष

बन जाते हैं कितने दोस्त इस राह पर,  
बदलते हैं लोग हर जगह पर,  
बनते हैं कई साथी जीवन की इस राह पर  
कई छोड़ जाते हैं साथ कोई मोड़ पर,  
मिलते हैं लोग राह में पर रास्ते बदल जाते हैं,  
ये लोग हमें बहुत कुछ सीखा जाते हैं।  
मंजिल भले ही हो अलग फिर भी दिल में बस जाते हैं।  
बिछड़ने के बाद भी ये बहुत याद आते हैं।  
मंजिल जिसकी एक हो, वो हम सफ़र कहलाते हैं।  
याद इनको क्या करे, हम तो इन्हें कभी भूल न पाते हैं।  
जिस दिल में बसाया कितनों को, वो ही चुरा जाते हैं।  
राह खत्म होती नहीं, बस चेहरे बदल जाते हैं।  
बस चेहरे बदल जाते हैं।

## रास्ते पर सम्भल कर जाना

चिराग गुप्ता  
बी.कॉम द्वितीय वर्ष

भावनाओं में वह ना जाना  
बाजार में गुम हो ना जाना  
सब बिक जाता है यहां  
रास्ते पर सम्भल कर जाना

जो बुरे हैं उनसे फासला बढ़ाना  
जो हैं अच्छे उनका साथ निभाना  
मुश्किलों से मुकाबला करना चाहते हो तो,  
अपनी हिम्मत को जगाना  
सब बिक जाता है यहां .....

अच्छे पलों की उम्मीद न रखना  
जिसकी अच्छी खुशबु उसे चखना  
स्वाभिमान में जीना चाहते हो तो,  
ठोकरो को अपनी सीख बनाना  
सब बिक जाता है यहां, रास्ते पर सम्भल कर जाना।

## झलक मेरो श्री धाम-वृन्दावन की

श्रुति

बी.कॉम प्रथम वर्ष

मैं एक कृष्ण भक्त हूँ और मैं आपको अपने शब्दों के द्वारा प्रेम नगरी वृन्दावन की सैर करवाने जा रही हूँ। वृन्दावन श्री कुंज बिहारी जी श्री कृष्ण जी का धाम है जहाँ पर वह भानु जी की दुलारी श्री राधा रानी जी के संग रास रचाते थे। यूँ तो भगवान श्री कृष्ण जी का जन्म मथुरा में हुआ था, उनका बचपन गोकुल धाम में व्यतीत हुआ और राधा जी के संग वह रास वृन्दावन में रचाया करते थे। यही कारण है कि वृन्दावन को प्रेम नगरी भी कहा जाता है। वृन्दावन में लगभग 5500 मंदिर हैं। तो चलिए मैं आपको इनमें से मुख्य मंदिरों के नज़ारों से रू-ब-रू करवाती हूँ। इनमें से मुख्य मंदिर है “श्री बाँके बिहारी जी का मंदिर” जो कि तानसेन के गुरु जी श्री हरिदास जी ने बनवाया था। वृज धाम में भक्तों का दिन ही बिहारी जी के दर्शन करने से शुरू होता है। दूसरा प्रिय मन्दिर है “प्रेम मंदिर” प्रेम मंदिर के निर्माण में 11 साल का समय और लगभग 100 करोड़ रुपये की धन राशि लगी थी। इस मंदिर में इटैलियन करारा संगमरमर का प्रयोग किया है और इसे राजस्थान और उत्तरप्रदेश के एक हजार शिल्पकारों ने मिलकर बनाया था। इस मंदिर का नजारा रंग बिरंगी लाईटों से जगमगा रहा होता है। आगे है “इस्कॉन मंदिर” यह मंदिर 1975 में बना था और इसे श्री कृष्ण बलराम मंदिर के नाम से भी जाना जाता है। इस मंदिर की यह मान्यता है कि यह मंदिर ठीक उसी जगह पर बना है जहाँ आज से 5000 साल पहले भगवान श्री कृष्ण दूसरे बच्चों के साथ खेला करते थे। दिन भर इस मंदिर में श्री कृष्ण जी के नाम का जाप होता है जिसे ‘चैंट’ भी कहा जाता है और यह ‘चैंट’ हरे कृष्णा हरे कृष्णा, कृष्णा कृष्णा हरे हरे, हरे रामा हरे रामा, रामा रामा हरे हरे बहुत ही आनन्दमयी और सुकून दायक होती है।

अगला मन्दिर है “निधिवन मंदिर” यह मंदिर श्री कृष्ण जी की प्रसिद्ध लीला स्थलों में से एक है। इस मंदिर की यह मान्यता है कि कोई भी व्यक्ति यहाँ तक कि कोई भी जानवर भी शाम के बाद यहाँ नहीं रूक सकता। क्योंकि संध्या के समय श्री कृष्ण राधा जू के

संग रास रचाते हैं। यहाँ के वृक्ष भी एक-दूसरे से लिपटे हुए मिलते हैं और यह माना जाता है कि यह वृक्ष नहीं होते यह सखियां होती हैं जो रास में शामिल होती हैं। इन वृक्षों पर लाल सिंदूर भी गिरा मिलता है। आगे हम चलते हैं “श्री वृंदाकुण्ड” वृंदाकुण्ड वहीं जगह है जहाँ वृंदा देवी रोज बैठकर राधा और कृष्ण द्वारा बिताये जाने वाले दिनों के बारे में विचार करती थी। आगे अब चलते हैं वृन्दावन की सबसे प्रसिद्ध जबह “यमुना नदी” वृन्दावन में यमुना जी का विशेष महत्त्व है। यमुना नदी भारत की पवित्र नदियों में से एक है। यमुना तट पर भी भगवान् श्री कृष्ण रास रचाते थे। यह माना जाता है कि आज तक जिन भक्तों को भी श्री कृष्ण जी के दर्शन हुऐ हैं, वह यमुना घाट पर ही हुऐ हैं। यमुना नदी में नौका भी चलती है, वहाँ कुछ लोग यमुना मैया जी की इस पवित्र नदी में स्नान करना भी पसंद करते हैं, यमुना नदी में स्नान करना बहुत अच्छा माना जाता है।

तो यह थी एक छोटी सी झलक मेरो प्यारो श्री धाम वृन्दावन की। आप सबको को सैर करवाते-करवाते मैं खुद भी वृन्दावन की गलियों में पहुँच गई थी। वृन्दावन सच-मुच एक जन्त है और जिस पर मेरे ठाकुर जी की कृपा हो जाती है वो हर भव सागर पार कर जाता है।

राधे-राधे जी।

## सफलता क्या है?

रीमा

बी.सी.ए. तृतीय वर्ष

अगर आप सचमुच सफल होना चाहते हैं, तो उन कामों के करने की आदत डालिए, जिन्हें असफल लोग नहीं करना चाहते।

सफलता और असफलता के बारे में काफी शोध किया गया है। सफलता का राज सफल लोगों के जीवन के इतिहास को पढ़कर जाना जा सकता है। सफल लोग चाहे जिस दौर में पैदा हुए हों, और चाहे जिस क्षेत्र में सक्रिय रहे हों, उनमें कुछ खासियतें समान रूप में पाई जाती रही हैं।

सफलता अपने निशान छोड़ जाती है। यदि हम सफल लोगों

अगर आप सचमुच सफल होना चाहते हैं, तो उन कामों के करने की आदत डालिए, जिन्हें असफल लोग नहीं करना चाहते।

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सफलता अपने निशान छोड़ जाती है। यदि हम सफल लोगों के गुणों को पहचान कर उन्हें अपना लें, तो हम भी सफल हो जाएंगे। इसी तरह असफल लोगों में भी कुछ समानताएं होती हैं। यदि हम उनमें पाई जाने वाली कमियों को खुद से दूर रखें, तो असफल नहीं होंगे।

## वक्त

रीमा

बी.सी.ए. तृतीय वर्ष

वक्त ने मुझे सबकुछ सिखा दिया,  
मंजिल को हासिल करने के इस दौड़ में,

माँ से दूर इस शहर में अकेले रहना सिखा दिया,  
जज्बातों को अल्फाजों में बदलना सिखा दिया,  
वक्त ने हमें “वक्त” के ऊपर कविता लिखना सिखा दिया!

दिल की कुछ ख्वाहिशों को दिल के अंदर दबाकर,  
मंजिल की तरफ बढ़ना सिखा दिया,  
सपनों की खातिर अपनों से दूर रहना सिखा दिया,  
अच्छे और बुरे के बीच फर्क करना सिखा दिया,  
जिन्दगी के इस सफर में गिरकर उठना, उठकर सँभलना  
और फिर मंजिल की तरफ बढ़ना सिखा दिया।  
वक्त ने मुझे सबकुछ सिखा दिया!

## आज एक नई सवेर....

अनुपम  
बी.कॉम प्रथम वर्ष

1. आज एक नई सवेर हुई,  
अंधेरा ढलने में, चाहे थोड़ी देर हुई  
आज एक नई सवेर हुई....
2. साथ दिया कुछ चारों ने,  
कुछ आसमानों के चाँद-सितारों ने,  
राह ढूँढ़ने में मुझे फिर जरा देर न हुई,  
आज एक नई सवेर हुई....
3. डरा था देख, मुसीबतों के पहाड़ों को  
रूका था देख, कठनाईओं के द्वारों को  
पर चढ़ता गया मैं धीरे-धीरे,  
अब मंजिल मेरे कुछ करीब हुई,  
आज एक नई सवेर हुई....
4. ठोकरें खा-खा कर चलता रहा,  
गिर-गिर फिर से सम्भलता रहा,  
मेरी जीत की किस्मत के साथ,  
फिर ये गुफ्तगू हुई,  
आज एक नई सवेर हुई....
5. एक सवेर देखी, एक रात देखी,  
अब फिर से अगली सवेर को  
पाने की नई दौड़ शुरू हुई,  
फिर एक नई सवेर हुई....
6. अंधेरा ढलने में, चाहे थोड़ी देर हुई,  
आज फिर एक नई सवेर हुई....

## चाणक्य के विचार

योगिता

बी.ए. प्रथम वर्ष

1. चाणक्य नीति के मुताबक राज्य का शासक कुलिन होना चाहिए। तभी वह एक अच्छा राज्य का निर्माण करने में सक्षम हो सकेगा। अच्छे शासन के बिना अच्छे राज्य का निर्माण नहीं हो सकता।
2. किसी भी राज्य के शासन का शारीरिक रूप से ठीक होना बेहद ज़रूरी है क्योंकि अगर राजा स्वस्थ होगा तभी वो अपनी प्रजा का अच्छे से ध्यान रख सकेगा।
3. चाणक्य नीति के मुताबिक एक राज्य के शासक का हमेशा अपने प्रजा के हितों का ध्यान रखना चाहिए और उसके लिए लड़ना चाहिए।
4. चाणक्य के मुताबिक एक राज्य के शासक को काम, क्रोध, लोभ, मोह माया से दूर रहना चाहिए।
5. राज्य के शासक को निडर राज्य और बलवान होना चाहिए।
6. चाणक्य के मुताबिक राजा राज्य का प्रथम नागरिक होता है ताकि राज्य निर्माण हो सके और राज्य की प्रजा का विकास हो सके।
7. चाणक्य के मुताबिक आलसी मनुष्य का न तो वर्तमान का पता होता है न भविष्य का ठिकाना।
8. भाग्य भी उन्हीं का साथ देता है जो मेहनत पर विश्वास रखते हैं।
9. चाणक्य जी के मुताबिक अधिक सीधा होना भी अच्छा नहीं है सीधे वृक्ष पहले काट लिए जाते हैं। टेढ़े-मेढ़े बच जाते हैं।
10. कोई भी व्यक्ति अपने कार्य से महान होता है। अपने जन्म से नहीं।
11. बच्चों को खिलौना न दिया जाए तो वह कुछ ही समय रोएगा मगर संस्कार न दिया जाए तो सारी जिन्दगी रोएगा।
12. मुश्किलें केवल बेहतरीन लोगों के हिस्से में आती हैं क्योंकि वहीं लोग उसे बेहतरीन तरीके से अंजाम देने की ताकत रखते हैं।
13. किसी भी व्यक्ति की वर्तमान स्थिति देखकर उसके भविष्य का मज़ाक मत उड़ाओ, क्योंकि समय में इतनी ताकत है कि वह भी एक कोयले को हीरे में बदल देती है।
14. भूल करने में पाप तो है ही, परन्तु उसे छिपाने में उससे भी ज्यादा पाप है।
15. दुनिया में सब चीज़ मिल जाती है। केवल अपनी ग़लती नहीं मिलती।
16. समय अच्छा हो तो आपकी ग़लती भी मज़ाक लगती है और समय ख़राब हो तो मज़ाक भी ग़लती बन जाती है।
17. अपने पिता की दौलत पर क्या घमंड करना। मज़ा तो तब आता है जब दौलत अपनी हो और घमंड पिता करे।
18. बुरे बनो हमेशा सफल रहोगे।
19. जो तुम्हारी बात सुनते हुए इधर-उधर देखे, उस पर कभी विश्वास न करो।
20. सबसे बड़ा गुरु मन्त्र है, कभी भी अपने राज दूसरो को मत बताएं, ये आपको बर्बाद कर देगा।
21. व्यक्ति अपने गुणों से ऊपर उठता है ऊँचे स्थान पर बैठने से ऊँचा नहीं हो जाता।

## “अक्षर गीत”

सीरत

बी.ए. द्वितीय वर्ष

‘अ’ से अनार, ‘आ’ से आम,  
पढ़ने का है अच्छा काम।  
‘इ’ से इमली, ‘ई’ से ईख,  
दोनों को लो जल्दी सीख।  
‘उ’ से उल्लू, ‘ऊ’ से ऊँट,  
कभी न बोलेगें हम झूठ।  
‘ए’ से एक समान है सारे,

‘ऐ’ से ऐसे विचार हमारे।  
 ‘ओ’, ‘औ’ और भी सुन्दर लगते,  
 ‘अ’ से अंगूर हमने खाए,  
 ‘अः’, ‘अः’ हमें बड़ा मजा आए।

## “लक्ष्य”

लक्ष्य हमेशा बड़े रखो,  
 राह पर हमेशा चले चलो।

संभव है इसमें बाधाएं भी आएँ,  
 पर बाधाओं से लड़ते चलो।

कोई अमीर है, कोई गरीब,  
 पर सबकी अपनी-अपनी तकदीर।

हर मंजिल तुमको मिल जाएगी,  
 बस, कर्तव्य पर बढ़े चलो।

## “अजब कहानी”

यह जीवन की है कैसी अजब कहानी,  
 कभी होगा बुढ़ापा, अभी है जवानी,  
 यह है मस्तानी,  
 है यह सुहानी।

कभी रोना रूलाना,  
 कभी हँसना हँसाना  
 कभी काले हैं बादल,  
 कभी मौसम सुहाना।

यह जीवन तो ऐसे ही चलता जाएगा,  
 जिसे मौत कहते हैं, वह है हकीकत।  
 चलो अब किसी और कहानी को ढूँढ़ो,  
 खत्म हो जाएगा जिन्दगी का फसाना।

## विद्यार्थी जीवन: कर्तव्य और अधिकार

सुमित कुमार  
 बी.कॉम द्वितीय वर्ष

आम बोलचाल की सामान्य भाषा में विद्या-प्राप्ति का इच्छुक विद्यार्थी कहा जाता है। इस दृष्टि से सामान्यता शिक्षा कला को विद्यार्थी जीवन कहा जा सकता है। यूं तो मनुष्य सारा जीवन कुछ न कुछ सीखता रहता है पर उसे विद्यार्थी नहीं कहा जाता। जब तक वह स्कूल-कॉलेज जाता है और उसके अनुरूप परीक्षाएं देता रहता है उस कालावधि को विद्यार्थी काल कहते हैं। इस काल में अपने नाम के अनुरूप व्यक्ति का मुख्य कर्म और कर्तव्य मन लगाकर विद्या कर अध्ययन करना होता है। विद्या का अध्ययन करने का मुख्य अर्थ और प्रयोजन मात्र कुछ परीक्षाएं पास करना न होकर होता है कुछ नया सीखना। जीवन का अर्थ समझकर, उसको सफल-सार्थक बनाने के लिए व्यक्ति जो भी सीखता है, व्यापक अर्थों में उस सबको विद्या ही कहते हैं और उसके इच्छुक को भी व्यापक अर्थ में विद्यार्थी कहा जाता है। विद्यार्थी के लिए विद्या का अध्ययन का अर्थ केवल कुछ पुस्तकें पढ़ना और उनके आधार पर कुछ परीक्षाएं पास कर लेना ही नहीं है, बल्कि जीवन को सफल तथा उपयोगी बनाने के लिए जहां से भी कुछ मिले उस सबको सीखना, ग्रहण करना और फिर उपयोग में लेकर आना इस दृष्टि से कहा जा सकता है कि प्रत्येक विद्यार्थी जिज्ञासु और ग्रहण-शक्ति से संपन्न होना चाहिए। तभी वह विद्या पाकर सफल जीवन व्यतीत कर सकता है।

जीवन में सीखने और पढ़ने के साथ-साथ अपनी सभी आदतों को भी संतुलित बनाए रखने का प्रयत्न करना विद्यार्थी का एक कर्तव्य माना जाता है। जीवन और समाज में व्यक्ति अपनी अच्छी-बुरी आदतों और व्यवहार से पहचाना जाता है। इस प्रकार सब प्रकार की बुराईयों से दूर रहकर मन-मस्तिष्क के विकास के लिए खूब पढ़ना-लिखना, स्वास्थ्य सौंदर्य के लिए खेलना कूदना, सब प्रकार की चिंताओं से मुक्त रहकर अपना चरित्र-निर्माण करना ही विद्यार्थी जीवन के मुख्य कर्तव्य कह सकते हैं। ऐसा करके ही वह भविष्य में अच्छा नागरिक भी बन सकता है।

आम बोलचाल की सामान्य भाषा में विद्या-प्राप्ति का इच्छुक विद्यार्थी कहा जाता है। इस दृष्टि से सामान्यता शिक्षा कला को विद्यार्थी जीवन कहा जा सकता है। यूं तो मनुष्य सारा जीवन कुछ न कुछ सीखता रहता है पर उसे विद्यार्थी नहीं कहा जाता। जब तक वह स्कूल-कॉलेज जाता है और उसके अनुरूप परीक्षाएं देता रहता है उस कालावधि को विद्यार्थी काल कहते हैं। इस काल में अपने नाम के अनुरूप व्यक्ति का मुख्य कर्म और कर्तव्य मन लगाकर विद्या कर अध्ययन करना होता है। विद्या का अध्ययन करने का मुख्य अर्थ और प्रयोजन मात्र कुछ परीक्षाएं पास करना न होकर होता है कुछ नया सीखना। जीवन का अर्थ समझकर, उसको सफल-सार्थक बनाने के लिए व्यक्ति जो भी सीखता है, व्यापक अर्थों में उस सबको विद्या ही कहते हैं और उसके इच्छुक को भी

एक दिन तुम्हारा भी नाम होगा,  
तुम्हारा भी सत्कार होगा,  
तुम कुछ लिखो तो सही,  
तुम कुछ आगे पढ़ो तो सही,  
तुम चलो तो सही, तुम चलो तो सही।

सपनों के सागर में कब तक गोते लगाते रहोगे,  
तुम एक राह है चुनो तो सही,  
तुम उठो तो सही, तुम कुछ करो तो सही,  
तुम चलो तो सही, तुम चलो तो सही।

तुम कुछ सिखो तो सही,  
तुम कुछ आगे पढ़ो तो सही,  
तुम चलो तो सही, तुम चलो तो सही।



हर विद्यार्थी शौक से पढ़ेगा  
जितना पढ़ेगा शौक बढ़ेगा  
शौक बढ़ा तो लत लगेगी  
शिक्षा की लत से शोभित राष्ट्र होगा।

## तुम चलो तो सही

त्रिशिता  
बी.सी.ए. प्रथम वर्ष

राह में मुश्किल होगी हजार,  
तुम दो कदम बढ़ाओ तो सही,  
हो जाएगा हर सपना साकार,  
तुम चलो तो सही, तुम चलो तो सही।

मुश्किल है पर इतना भी नहीं,  
कि तू कर ना सके,  
दूर है मंजिल लेकिन इतना भी नहीं,  
कि तू पा ना सके,  
तुम चलो तो सही, तुम चलो तो सही।

## हिन्दी भाषा

ब्रजेश यादव  
बी.ए. द्वितीय वर्ष

चीनी भाषा के बाद हिन्दी विश्व में सर्वाधिक बोली जाने वाली भाषा है। भारत और विदेश में करीब 50 करोड़ लोग हिन्दी बोलते हैं तथा इस भाषा को समझने वाले लोगों की कुल संख्या करीब 90 करोड़ है। हिन्दी भाषा का मूल प्राचीन संस्कृत भाषा में है। इस भाषा ने अपना वर्तमान स्वरूप कई शताब्दियों के पश्चात हासिल किया है और बड़ी संख्या में बोलीगत विभित्रताएं अब भी मौजूद हैं। हिन्दी की लिपि देवनागरी है, जो कि कई अन्य भारतीय भाषाओं के लिए संयुक्त है। हिन्दी के अधिकतम शब्द संस्कृत से आए हैं। इसकी व्याकरण की भी संस्कृत भाषा से समानता है।

**राजभाषा के रूप में हिन्दी:-** भारत के संविधान में देवनागरी की लिपि में हिन्दी को संघ की राजभाषा घोषित किया गया है। अनुच्छेद 343 (1) हिन्दी की गिनती भारत के संविधान की आठवीं अनुसूची में शामिल पच्चीस भाषाओं में की जाती है। भारतीय संविधान में व्यवस्था है कि केन्द्र सरकार की पत्राचार की भाषा हिन्दी और अंग्रेजी होगी। यह विचार किया गया था कि

चीनी भाषा के बाद हिन्दी विश्व में सर्वाधिक बोली जाने वाली भाषा है। भारत और विदेश में करीब 50 करोड़ लोग हिन्दी बोलते हैं तथा इस भाषा को समझने वाले लोगों की कुल संख्या करीब 90 करोड़ है। हिन्दी भाषा का मूल प्राचीन संस्कृत भाषा में है। इस भाषा ने अपना वर्तमान स्वरूप कई शताब्दियों के पश्चात हासिल किया है और बड़ी संख्या में बोलीगत विभिन्नताएं अब भी मौजूद हैं। हिन्दी की लिपि देवनागरी है, जो कि कई अन्य भारतीय भाषाओं के लिए संयुक्त है। हिन्दी के अधिकतम शब्द संस्कृत से आए हैं। इसकी व्याकरण की भी संस्कृत भाषा से समानता है।

**राजभाषा के रूप में हिन्दी:-** भारत के संविधान में देवनागरी की लिपि में हिन्दी को संघ की राजभाषा घोषित किया गया है। अनुच्छेद 343 (1) हिन्दी की गिनती भारत के संविधान की आठवीं अनुसूची में शामिल पच्चीस भाषाओं में की जाती है। भारतीय संविधान में व्यवस्था है कि केन्द्र सरकार की पत्राचार की भाषा हिन्दी और अंग्रेजी होगी। यह विचार किया गया था कि 1965 तक हिन्दी पूर्णतः केन्द्र सरकार के काम-काज की भाषा बन

## दहेज का दानव

नेहा रानी  
बी.सी.ए. तृतीय वर्ष

देश में व्याप्त दहेज की कुप्रथा का स्वरूप अत्यंत प्राचीन है। प्राचीनतम धर्मग्रंथ मनुस्मृति में उल्लिखित है, “माता-पिता कन्या के विवाह के समय दान भाग के रूप में धन, संपत्ति व गांए आदि कन्या के परिवार की तरफ से पर पक्ष को देते थे। परन्तु बाद में इस प्रथा ने एक कुप्रथा या बुराई का रूप धारण कर लिया।

दहेज प्रथा आज के मशीनी युग में एक दानव का रूप धारण कर चुकी है। यह ऐसा काला सांप है जिसका डसा पानी नहीं मांगता। इस प्रथा के कारण विवाह एक व्यापार प्रणाली बन गया है। यह दहेज प्रथा हिन्दु समाज के मस्तक पर एक कलंक है। इसने कितने ही घरों को बर्बाद कर दिया है। अनेक कुमारियों को अल्पायु में ही घुट-घुट कर मरने पर विवश कर दिया है। इस कारण समाज में अनैतिकता को बढ़ावा मिला है तथा पारिवारिक

संघर्ष बढ़े हैं। इस प्रथा के कारण समाज में बाल-विवाह, वेमेल-विवाह तथा विवाह-विच्छेद जैसी अनेकों कुरीतियों ने जन्म ले लिया है।

दहेज की समस्या आजकल बड़ी तेजी से बढ़ती जा रही है। धन की लालसा बढ़ने के कारण वरपक्ष के लोग विवाह में मिले दहेज से संतुष्ट नहीं होते हैं। परिणामस्वरूप वधुओं को जिन्दा जला कर मार दिया जाता है। इसके कारण बहुत से परिवार तो लड़की को जन्म देना अभिशाप समझते हैं।

यह समस्या दिन प्रतिदिन विकराल रूप धारण करती जा रही है। धीरे-धीरे सारा समाज इसकी चपेट में आता जा रहा है।

इस सामाजिक कोढ़ से छुटकारा पाने के लिए हमें प्रयत्न करना चाहिए। इसके लिये हमारी सरकार द्वारा अनेकों प्रयत्न किये गए हैं जैसे ‘हिन्दू उत्तराधिकार अधिनियम’ पारित करना। इसमें कन्याओं को पैतृक सम्पत्ति में अधिकार मिलने की व्यवस्था है। दहेज प्रथा को दण्डनीय अपराध घोषित किया गया तथा इसकी रोकथाम के लिये ‘दहेज निषेध अधिनियम’ पारित किया गया। इन सबका बहुत प्रभाव नहीं पड़ा है। इसके उपरान्त विवाह योग्य आयु की सीमा बढ़ाई गई है। आवश्यकता इस बात की है इसका कठोरता से पालन किया जाये। लड़कियों को उच्च शिक्षा दी जाए, युवा वर्ग के लिये अन्तजातीय विवाह संबंधों को बढ़ावा दिया जाये ताकि वह इस कुप्रथा का डट कर सामना कर सकें। अतः हम सबको मिलकर इस प्रथा को जड़ से ही समाप्त कर देना चाहिए तभी हमारा समाज प्रगति कर सकता है।

## जीवन में काम आने वाली बातें

1. व्यवहार अगर अच्छा है तो,  
मन ही मन्दिर है,  
आहार अगर अच्छा है तो,  
तन ही मन्दिर है,  
विचार अगर अच्छा है तो,  
मस्तिष्क ही मन्दिर है,  
यह तीनों अगर अच्छे हैं,  
तो जीवन ही मन्दिर है।

राहुल वर्मा  
बी.ए. प्रथम वर्ष

2. अच्छे लोगों का स्वभाव गिनती में शून्य जैसा होता है। जैसे शून्य की कोई कीमत नहीं होती परन्तु शून्य जिसके साथ होता है। उसकी कीमत बढ़ जाती है।
3. अगर मरने के बाद थी  
जीना है तो  
एक काम जरूर करना  
पढ़ने लायक  
कुछ लिख जाना  
या फिर लिखने लायक  
कुछ कर जाना
4. तलाब एक होता है  
उसी तलाब में से हंस  
मोती चुनता है और  
बगुला मछली  
सोच-सोच का फंक होता है  
आपकी सोच ही आपको  
बड़ा बनाती है।
5. उम्र थका नहीं सकती  
टोकें गिरा नहीं सकती  
अगर जीतने की ज़िद हो तो  
परिस्थितियां भी हरा नहीं सकती।



# ਸ੍ਰੀ ਪੰਚਾਨਨ

2019-2020

ਪੰਜਾਬੀ ਅਨੁਭਾਗ



ਅਧਿਆਪਕ ਸੰਪਾਦਕ  
ਪ੍ਰੋ. ਸੁਰਿੰਦਰ ਪਾਲ ਸਿੰਘ ਕੰਗ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ  
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ਨੰ.	ਵਿਸ਼ਾ	ਲੇਖਕ
1.	ਸੰਪਾਦਕੀ	ਪ੍ਰੋ. ਸੁਰਿੰਪਾਲ ਸਿੰਘ ਕੰਗ (ਮੁੱਖੀ ਪੰਜਾਬੀ ਵਿਭਾਗ)
2.	ਨਸ਼ਾਖੇਰੀ	ਰੁਪਿੰਦਰ ਕੌਰ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-III)
3.	ਅੰਤਰਰਾਸ਼ਟਰੀ ਮਾਂ-ਬੋਲੀ ਦਿਨ ਤੇ ਪੰਜਾਬੀ ਬਾਰੇ ਕੁਝ ਵਿਚਾਰ ਸਾਧੂ ਬਿਨਿੰਗ	ਨੇਹਾ ਰਾਣੀ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-III)
4.	ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ	ਮੇਘਾ ਸ਼ਰਮਾ
5.	ਕਿਸਮਤ ਹੀ ਕਿਉਂ?	ਇੰਦਰਪ੍ਰੀਤ ਕੌਰ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-II)
6.	ਅੰਮ੍ਰਿਤ ਵੇਲਾ	ਰੋਬਿਨ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-I)
7.	ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ	ਕੁਮਕੁਮ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-I)
8.	ਤੇਰੀ ਯਾਦ	ਕੁਮਕੁਮ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-I)
9.	ਗੁਰੂ ਨਾਨਕ ਸਾਹਿਬ ਦਾ ਸਰਬ ਸਾਂਝਾ ਉਪਦੇਸ਼	ਰੁਕਸਾਨਾ (ਬੀ.ਐਸ.ਸੀ. ਬਾਇਓਟੈਕਨੋਲੋਜੀ)
10.	ਰੁੱਖਾਂ ਨੇ .....	ਜੈਸੀਕਾ ਸੈਣੀ (ਬੀ.ਐਸ.ਸੀ. ਬਾਇਓਟੈਕਨੋਲੋਜੀ)
11.	ਮਾਂ ਬੋਲੀ ਤੇ ਮਾਂ	.....
12.	"ਮਨੁੱਖੀ ਜੀਵਨ ਦਾ ਮੰਤਵ"	ਮਨਪ੍ਰੀਤ ਕੌਰ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-I)
13.	ਮੰਜ਼ਿਲ	ਮਨਪ੍ਰੀਤ ਕੌਰ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-I)
14.	ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ	ਅੰਮ੍ਰਿਤਾ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-I)
15.	ਧਰਮ ਅਤੇ ਇਨਸਾਨੀਅਤ	.....
16.	ਨਸ਼ਾ	ਰਾਹੁਲ ਵਰਮਾ (ਬੀ.ਸੀ.ਏ. ਭਾਗ-I)

## ਸੰਪਾਦਕੀ

ਪ੍ਰੋ. ਸੁਰਿੰਪਾਲ ਸਿੰਘ ਕੰਗ  
(ਮੁੱਖੀ ਪੰਜਾਬੀ ਵਿਭਾਗ)

ਇਸ ਵਿੱਚ ਕੋਈ ਸ਼ੱਕ ਨਹੀਂ ਕਿ ਮਨੁੱਖੀ ਜੀਵਨ ਦਾ ਸਭ ਤੋਂ ਕੀਮਤੀ ਸਮਾਂ ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਹੁੰਦਾ ਹੈ। ਇਸ ਸਮੇਂ ਦੀ ਵਰਤੋਂ ਬਹੁਤ ਸੂਝ-ਬੂਝ ਨਾਲ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਕਿਉਂਕਿ ਇਸ ਸਮੇਂ ਦੇ ਵਿੱਚ ਹੀ ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਦੀ ਨੀਂਹ ਰੱਖੀ ਜਾਂਦੀ ਹੈ। ਜੇ ਵਿਦਿਆਰਥੀ ਇਸ ਦੀ ਵਰਤੋਂ ਸਹੀ ਤਰੀਕੇ ਨਾਲ ਕਰੇ ਤਾਂ ਹੀ ਉਸ ਦਾ ਜੀਵਨ ਸਹੀ ਮਾਰਗ 'ਤੇ ਚੱਲ ਸਕਦਾ ਹੈ। ਉਸ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਇਸ ਸਮੇਂ ਦੀ ਵਰਤੋਂ ਪੜ੍ਹਾਈ ਵਿੱਚ ਕਰੇ, ਤੇ ਨਾਲ ਹੀ ਸਾਹਿਤ ਲਿਖਣ, ਪੜ੍ਹਨ ਤੇ ਸੱਭਿਆਚਾਰਕ ਕੰਮਾਂ ਵਿੱਚ ਲਗਾਏ, ਇਸ ਨਾਲ ਉਸ ਦੀ ਸ਼ਖਸ਼ੀਅਤ ਦੀ ਉਸਾਰੀ ਹੁੰਦੀ ਹੈ।

ਐਮ.ਡੀ. ਕਾਲਜ ਹੁਸ਼ਿਆਰਪੁਰ ਵਲੋਂ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰੇਕ ਸਾਲ 'ਸ਼੍ਰੀ ਪੰਚਾਨਨ' ਮੈਗਜ਼ੀਨ ਕੱਢਣਾ ਬਹੁਤ ਹੀ ਸ਼ਲਾਘਾਯੋਗ ਉਪਰਾਲਾ ਹੈ, ਕਿਉਂਕਿ ਇਸ ਮੈਗਜ਼ੀਨ ਦੇ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਅਲੱਗ-ਅੱਲਗ ਵਿਚਾਰਾਂ ਨੂੰ ਆਪਣੀ ਸੂਝ ਅਨੁਸਾਰ ਲਿਖਤੀ ਰੂਪ ਵਿੱਚ ਪੇਸ਼ ਕਰਦੇ ਹਨ, ਆਪਣੇ ਮਨੋਭਾਵਾਂ ਨੂੰ ਉਜਾਗਰ ਕਰਦੇ ਹਨ, ਤਾਂ ਜੋ ਭਵਿੱਖ ਵਿੱਚ ਉਹਨਾਂ ਨੂੰ ਵਧੀਆ ਲੇਖਕ ਬਣਨ ਦਾ ਵੀ ਮੌਕਾ ਮਿਲਦਾ ਹੈ, ਉਹ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਰਾਹੀਂ ਆਧੁਨਿਕ ਸਮੇਂ ਦੇ ਹਾਣੀ ਬਣ ਕੇ ਕਈ ਤਰ੍ਹਾਂ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਪੇਸ਼ ਕਰਕੇ ਉਹਨਾਂ ਨੂੰ ਹੱਲ ਕਰਨ ਦਾ ਵੀ ਸੁਝਾਅ ਦਿੰਦੇ ਹਨ, ਉਹਨਾਂ ਦੀਆਂ ਇਹ ਰਚਨਾਵਾਂ ਨਿਰੋਲ ਮੌਲਿਕ ਹੁੰਦੀਆਂ ਹਨ, ਇਹਨਾਂ ਵਿੱਚੋਂ ਕੁਝ ਰਚਨਾਵਾਂ ਮੌਲਿਕਤਾ ਦੀ ਘਾਟ ਕਰਕੇ ਤੇ ਵਿਆਕਰਣਕ ਉਣਚਾਈਆਂ ਕਰਕੇ ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਛਪਣ ਤੋਂ ਰਹਿ ਗਈਆਂ ਹਨ ਉਹਨਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਹੋਂਦਸਲਾ ਨਹੀਂ ਹਾਰਨਾ ਚਾਹੀਦਾ ਸਗੋਂ ਲਗਾਤਾਰ ਮਿਹਨਤ ਕਰਕੇ ਆਪਣੀਆਂ ਕਮੀਆਂ ਨੂੰ ਦੂਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਧੰਨਵਾਦ।

## ਨਸ਼ਾਖੇਰੀ

ਰੁਪਿੰਦਰ ਕੌਰ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-III)

ਨਸ਼ਾਖੇਰੀ ਸਾਡੇ ਸਮਾਜ ਦੀ ਇੱਕ ਭਾਰੀ ਸਮੱਸਿਆ ਬਣ ਚੁੱਕੀਆ ਹੈ। ਖਾਸ ਕਰਕੇ ਸਾਡੀ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਇਸ ਸਮੱਸਿਆ ਦਾ ਸ਼ਿਕਾਰ ਹੋ ਰਹੀ ਹੈ। ਬਹੁਤ ਸਾਰੇ ਨੌਜਵਾਨ ਵੱਖ-ਵੱਖ ਕਿਸਮ ਦੇ ਨਸ਼ੀਲੇ ਪਦਾਰਥਾਂ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹਨ। ਨਸ਼ਾਖੇਰੀ ਬਾਰੇ ਸਭ ਤੋਂ ਪਰੇਸ਼ਾਨ ਕਰਨ ਵਾਲੀ ਗੱਲ ਇਹ ਹੈ ਕਿ ਦੁਨੀਆਂ ਦੇ ਵੱਖ-ਵੱਖ ਦੇਸ਼ਾਂ ਦੇ ਲੋਕ ਹਰ ਕਿਸਮ ਦੇ ਨਸ਼ਿਆਂ ਦੇ ਆਦਿ ਹੋ ਚੁੱਕੇ ਹਨ ਜਿਵੇਂ ਕਿ ਕੋਕੀਨ, ਮੈਥ, ਮਾਰਿਜੁਆਨਾ, ਕ੍ਰੈਕ, ਹੈਰੋਇਨ ਆਦਿ ਵਰਗੀਆਂ ਵੱਖੋ-ਵੱਖਰੀ ਕਿਸਮਾਂ ਦੀਆਂ ਖਤਰਨਾਕ ਦਵਾਈਆਂ, ਸਟ੍ਰੀਟ ਨਸ਼ੀਲੇ ਪਦਾਰਥ ਹਨ। ਹੋਰੋਇਨ ਖਤਰਨਾਕ ਦਵਾਈਆਂ ਵਿੱਚੋਂ ਇਕ ਹੈ ਜੋ ਤੁਹਾਡੇ ਦਿਲ ਦੇ ਕੰਮ ਨੂੰ ਦਬਾਉਂਦੀ ਹੈ ਅਤੇ ਨਸ਼ੀਲੇ ਪ੍ਰਭਾਵ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਉਚਿਤ ਮੰਨੀ ਜਾਂਦੀ ਹੈ।

ਡਰੱਗ ਦੀ ਖਪਤ ਦੀ ਚਿੰਤਾਜਨਕ ਦਰ ਹਮੇਸ਼ਾ ਇੱਕ ਸਮੱਸਿਆ ਰਹੀ ਹੈ। ਇਸ ਨਾਲ ਸਮਾਜ ਉਤੇ ਨੁਕਸਾਨਦੇਹ ਪ੍ਰਭਾਵ ਪਾਏ ਗਏ ਹਨ। ਨਿੱਜੀ ਅਤੇ ਪਰਿਵਾਰਕ ਸਮੱਸਿਆ ਉਨ੍ਹਾਂ ਨੌਜਵਾਨਾਂ ਵਿੱਚ ਨਸ਼ਾਖੇਰੀ ਦੀ ਅਗਵਾਈ ਕਰਦੀਆਂ ਹਨ। ਜੋ ਨਿੱਜੀ ਸਮੱਸਿਆਵਾਂ ਨਾਲ ਨਜਿੱਠਣ ਵਿੱਚ ਅਸਫਲ ਰਹਿੰਦੇ ਹਨ। ਨਸ਼ਾਖੇਰੀ ਦੇ ਸਰੀਰਕ ਪ੍ਰਭਾਵਾਂ ਨੂੰ ਸਹਿਣ ਕਰਨਾ ਮੁਸ਼ਕਲ ਹੋ ਸਕਦਾ ਹੈ ਅਤੇ ਇਸੇ ਲਈ ਨਸ਼ੇੜੀ ਦਾ ਉਨ੍ਹਾਂ ਦੀ ਸਥਿਤੀ ਲਈ ਇਲਾਜ ਕੀਤਾ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ। ਸਭ ਤੋਂ ਭੈੜੀ ਗੱਲ ਇਹ ਹੈ ਕਿ ਨਸ਼ੇ ਦੁਨੀਆਂ ਦੇ ਹਰ ਦੇਸ਼ ਦੇ ਨੌਜਵਾਨਾਂ ਨੂੰ ਪ੍ਰਭਾਵਤ ਕਰਦੇ ਹਨ।

ਨਸ਼ੇੜੀਆਂ ਦੇ ਦਿਮਾਗ ਅਤੇ ਸਰੀਰਕ ਕੋਸ਼ੀਕਾਵਾਂ ਉੱਤੇ ਇਹਨਾਂ ਦਵਾਈਆਂ ਦੇ ਮਾੜੇ ਪ੍ਰਭਾਵ ਹੁੰਦੇ ਹਨ। ਨਸ਼ੇੜੀ ਨਸ਼ੇ ਤੇ ਬਹੁਤ ਹੱਦ ਤੱਕ ਨਿਰਤਰ ਕਰਦਾ ਹੈ। ਉਹ ਇਸ ਨੂੰ ਵਰਤਣਾ ਬੰਦ ਨਹੀਂ ਕਰ ਸਕਦਾ। ਸਿਹਤ 'ਤੇ ਇਸਦੇ ਪ੍ਰਭਾਵਾਂ ਦੇ ਪੂਰੇ ਗਿਆਨ ਹੋਣ ਦੇ ਬਾਵਜੂਦ ਵੀ ਨਸ਼ੇੜੀ ਇਸ ਦਾ ਸੇਵਨ ਕਰਦੇ ਹਨ।

ਨਸ਼ਾਖੇਰੀ ਅਸਲ ਵਿੱਚ ਇੱਕ ਦਿਮਾਗ ਦੀ ਬਿਮਾਰੀ ਹੈ ਜੋ ਦਿਮਾਗ ਦੇ ਕੰਮਕਾਜ ਨੂੰ ਬਦਲਦੀ ਹੈ। ਨਸ਼ਿਆਂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਦੀ ਬੇਕਾਬੂ ਇੱਛਾ ਹੈ। ਜਿਸਦੇ ਨਤੀਜੇ ਵਜੋਂ ਨਸ਼ੇੜੀ ਲੋਕ ਨਸ਼ੇ ਕਰਨੇ ਸ਼ੁਰੂ ਕਰਨ ਲਈ ਜ਼ਬਰਦਸਤ ਰਵੱਈਆ ਅਪਣਾਉਂਦੇ ਹਨ। ਨਸ਼ੇੜੀ ਨੂੰ ਨਸ਼ਿਆਂ ਦੀ ਵਰਤੋਂ 'ਤੇ ਨਿਯੰਤਰਣ ਕਰਨਾ ਅਸੰਭਵ ਲੱਗਦਾ ਹੈ ਜਿਸਦੇ ਸਿੱਟੇ ਵਜੋਂ ਉਹ ਕਾਰਜ-ਕੁਸ਼ਲ ਤਰੀਕੇ ਨਾਲ ਰੋਜ਼ਾਨਾ

ਦੀਆਂ ਜਿੰਮੇਵਾਰੀਆਂ ਨੂੰ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਅਸਫਲ ਰਹਿੰਦੇ ਹਨ। ਉਹ ਆਪਣੇ ਪਰਿਵਾਰ ਦੇ ਨਾਲ ਸੰਪਰਕ ਗੁਆ ਲੈਂਦੇ ਹਨ ਅਤੇ ਇੱਕ ਵੱਖਰੇ ਸੰਸਾਰ ਵਿੱਚ ਰਹਿੰਦੇ ਹਨ। ਉਹ ਨਸ਼ਾ ਕਰਨ ਲਈ ਗੈਰ ਕਾਨੂੰਨੀ ਤਰੀਕੇ ਨਾਲ ਪੈਸੇ ਕਮਾਉਣ ਲਈ ਅਨੇਕਾ ਤਰੀਕੇ ਲੱਭ ਲੈਂਦੇ ਹਨ। ਨਸ਼ੇ ਦੀ ਆਦਤ ਨੂੰ ਨਸ਼ੀਲੇ ਪਦਾਰਥਾਂ ਦੇ ਤੌਰ ਤੇ ਵੀ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਕਿਉਂਕਿ ਨਸ਼ੇੜੀ ਖਾਸ ਪਦਾਰਥਾਂ ਲਈ ਨਿਰਭਰਤਾ ਨੂੰ ਵਿਕਸਿਤ ਕਰਦਾ ਹੈ।

ਵਰਤਮਾਨ ਸਮੇਂ ਪੰਜਾਬ ਦੇ ਨੌਜਵਾਨ ਨਸ਼ਿਆਂ ਦੀ ਲਪੇਟ ਵਿੱਚ ਆ ਕੇ ਜਿੱਥੇ ਆਪਣੀ ਜਵਾਨੀ ਖਰਾਬ ਕਰ ਰਹੇ ਹਨ ਉੱਥੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦਾ ਕੀਮਤੀ ਸਮਾਂ ਵੀ ਆਜ਼ਈ ਹੀ ਗੁਆ ਰਹੇ ਹਨ। ਕਾਲਜ ਪੜ੍ਹ ਰਹੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮੈਂ ਇਹ ਕਹਿਣਾ ਚਾਹੁੰਦੀ ਹਾਂ ਕਿ ਉਹ ਇਸ ਅਲਾਮਤ ਤੋਂ ਦੂਰ ਰਹਿਣ ਅਤੇ ਇਸ ਕੀਮਤੀ ਸਮੇਂ ਨੂੰ ਪੜ੍ਹਾਈ, ਖੇਡਾਂ ਅਤੇ ਕਲਾਤਮਕ ਕੰਮਾਂ ਵਿੱਚ ਲਗਾਉਣ ਇਹਨਾਂ ਵਿੱਚ ਲਗਾਇਆ ਸਮਾਂ ਹੀ ਉਹਨਾਂ ਦੇ ਭਵਿੱਖ ਨੂੰ ਸੁਨਹਿਰਾ ਬਣਾਉਣ ਵਿੱਚ ਸਹਾਈ ਹੋ ਸਕਦਾ ਹੈ।

## ਅੰਤਰਰਾਸ਼ਟਰੀ ਮਾਂ-ਬੋਲੀ ਦਿਨ ਤੇ ਪੰਜਾਬੀ ਬਾਰੇ ਕੁਝ ਵਿਚਾਰ ਸਾਧੂ ਬਿਨਿੰਗ

ਨੇਹਾ ਰਾਣੀ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-III)

ਫਰਵਰੀ 21 ਦਾ ਦਿਨ ਸਾਰੇ ਸੰਸਾਰ ਵਿੱਚ ਮਾਂ-ਬੋਲੀ ਦਿਨ ਵਜੋਂ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਆਪੋ ਆਪਣੀ ਮਾਂ-ਬੋਲੀ ਵੱਲ ਆਪਣਾ ਪਿਆਰ, ਸਤਿਕਾਰ ਹੈ ਤੇ ਜਿੰਮੇਵਾਰੀ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਨ ਲਈ ਹਰ ਬੋਲੀ ਦੇ ਲੋਕ ਇਸ ਦਿਨ 'ਤੇ ਢੁਕਵੀਆਂ ਸਰਗਰਮੀਆਂ ਕਰਦੇ ਹਨ। ਦੁਨੀਆਂ ਦੇ ਵੱਖ-ਵੱਖ ਹਿੱਸਿਆਂ ਵਿੱਚ ਵਸਦੇ ਪੰਜਾਬੀ ਲੋਕ ਵੀ ਇਸ ਦਿਨ ਤੇ ਆਪਣੀ ਮਾਂ-ਬੋਲੀ ਨਾਲ ਆਪਣੀ ਮੁਹੱਬਤ ਦਾ ਵੱਖਰੇ-ਵੱਖਰੇ ਤਰੀਕਿਆਂ ਨਾਲ ਪ੍ਰਗਟਾਵਾ ਕਰਦੇ ਹਨ। ਇਸ ਦਿਨ ਨੂੰ ਅੰਤਰਰਾਸ਼ਟਰੀ ਮਾਂ-ਬੋਲੀ ਦਿਨ ਵਜੋਂ ਮਾਨਤਾ ਦਿਵਾਉਣ ਲਈ ਬ੍ਰਿਟਿਸ਼ ਕੋਲੰਬੀਆ ਦੇ ਸਰੀ ਸ਼ਹਿਰ ਰਹਿੰਦੇ ਬੰਗਲਾਦੇਸ਼ੀ ਪਿਛੋਕੜ ਦੇ ਕੁੱਝ ਲੋਕਾਂ ਨੇ ਪਹਿਲ ਕੀਤੀ ਸੀ। ਉਨ੍ਹਾਂ ਨੇ ਬੰਗਾਲੀ ਬੋਲੀ ਲਈ ਸੰਘਰਸ਼ ਦੌਰਾਨ 1952 ਵਿੱਚ ਸ਼ਹੀਦ ਹੋਏ ਨੌਜਵਾਨਾਂ ਦੀ ਯਾਦ ਵਿੱਚ ਯੂਨੈਸਕੋ ਕੋਲੋਂ ਮੰਗ ਕੀਤੀ ਸੀ ਕਿ ਹਰ ਸਾਲ ਇੱਕ ਦਿਨ ਮਾਂ-ਬੋਲੀ ਦਿਨ ਵਜੋਂ ਦੁਨੀਆ ਭਰ ਵਿੱਚ ਮਨਾਇਆ ਜਾਵੇ। ਉਨ੍ਹਾਂ ਦੀ

ਮੰਗ ਜੋ ਹੁੰਗਾਰੇ ਵੱਜੋਂ ਯੂਨੈਸਕੋ ਨੇ ਨਵੰਬਰ 1999 ਵਿੱਚ 21 ਫਰਵਰੀ ਦਾ ਦਿਨ ਅੰਤਰਰਾਸ਼ਟਰੀ ਮਾਂ-ਬੋਲੀ ਦਿਨ ਵਜੋਂ ਮਨਾਉਣ ਦਾ ਐਲਾਨ ਕੀਤਾ। ਇੱਥੇ ਇਹ ਜਿਕਰ ਕਰਨਾ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਬੰਗਾਲੀ ਬੋਲੀ ਨੂੰ ਪਿਆਰ ਕਰਨ ਵਾਲੇ ਬੰਗਲਾ ਦੇਸ਼ੀਆਂ ਵਿੱਚ ਸਰੀ ਵਸਦੇ ਰਫੀਕੂਲ ਇਸਲਾਮ ਨਾਂ ਦੇ ਵਿਅਕਤੀ ਨੇ ਮੂਹਰਲੀ ਭੂਮਿਕਾ ਨਿਭਾਈ ਸੀ। ਇਹ ਦੁੱਖ ਵਾਲੀ ਗੱਲ ਹੈ ਕਿ ਕੁਝ ਦੇਰ ਪਹਿਲਾਂ 20 ਨਵੰਬਰ, 2013 ਵਾਲੇ ਦਿਨ ਸ਼੍ਰੀ ਰਫੀਕੂਲ ਇਸਲਾਮ ਹੋਰਾਂ ਦਾ ਸਰੀ ਵਿੱਚ ਦਿਹਾਂਤ ਹੋ ਗਿਆ। ਆਪੋ ਆਪਣੀ ਮਾਂ-ਬੋਲੀ ਨੂੰ ਪਿਆਰ ਕਰਨ ਵਾਲੇ ਅਤੇ ਉਸ ਬਾਰੇ ਫਿਕਰ ਕਰਨ ਵਾਲੇ ਲੋਕ ਰਫੀਕੂਲ ਇਸਲਾਮ ਹੋਰਾਂ ਦੇ ਸਦਾ ਸ਼ੁਕਰਗੁਜਾਰ ਰਹਿਣਗੇ।

## ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ

ਮੇਘਾ ਸ਼ਰਮਾ

ਪਹਿਲਾਂ ਮੈਂ ਤੁਹਾਨੂੰ ਦੱਸਣਾ ਚਾਹੁੰਦੀ ਹਾਂ ਕਿ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਦੇ ਮੌਕੇ ਉੱਤੇ ਲੋਕਾਂ ਨੂੰ ਏਕਤਾ ਦਾ ਪਾਠ ਸਿਖਾਇਆ ਜਾਂਦਾ ਹੈ। ਭਾਰਤ ਦੇ ਲੋਹ ਪੁਰਸ਼ ਕਹਿ ਜਾਣ ਵਾਲੇ ਸਰਦਾਰ ਵੱਲਭ ਭਾਈ ਪਟੇਲ ਦੇ ਜਨਮ ਦਿਨ ਦੇ ਸ਼ੁੱਭ ਮੌਕੇ ਦੇ ਉੱਤੇ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਨ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਭਾਰਤ ਦੇਸ਼ ਵਿੱਚ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਦੀ ਸ਼ੁਰੂਆਤ ਸੰਨ 2014 ਵਿੱਚ ਪਹਿਲੀ ਵਾਰੀ ਦਿੱਤੀ ਗਈ ਸੀ। ਭਾਰਤ ਦੇਸ਼ ਸੰਸਾਰ ਦੇ ਸੱਭ ਤੋਂ ਵੱਡੇ ਦੇਸ਼ਾਂ ਵਿੱਚ ਆਉਂਦਾ ਹੈ ਜੋ ਪੂਰੇ ਸੰਸਾਰ ਦੇ ਵਿੱਚ ਸੱਭ ਤੋਂ ਜਿਆਦਾ ਜਨ-ਸੰਖਿਆ ਵਾਲਾ ਦੇਸ਼ ਹੈ। ਪੂਰੇ ਭਾਰਤ ਵਿੱਚ 1600 ਤੋਂ ਵੱਧ ਭਾਸ਼ਾਵਾਂ ਬੋਲੀਆਂ ਜਾਂਦੀਆਂ ਹਨ।

ਜੇਕਰ ਹੁਣ ਅਸੀਂ ਦੇਖੀਏ ਤਾਂ ਸਾਡਾ ਇਤਿਹਾਸ ਦੱਸਦਾ ਹੈ ਕਿ ਪੁਰਾਤਨ ਸਮੇਂ ਭਾਰਤ ਵਿੱਚ ਅਮਨ-ਸ਼ਾਂਤੀ ਦਾ ਬੋਲ-ਬਾਲਾ ਸੀ, ਹਰ ਕੋਈ ਸੁੱਖ-ਅਰਾਮ ਨਾਲ ਆਪਣਾ ਖੁਸ਼ੀਆਂ ਭਰਿਆ ਜੀਵਨ ਬਤੀਤ ਕਰਦਾ ਸੀ। ਇਸ ਸ਼ਾਂਤੀਮਈ ਜੀਵਨ ਦਾ ਮੂਲ ਆਧਾਰ ਇੱਕ ਧਰਮ ਤੇ ਇੱਕ ਭਾਸ਼ਾ ਨੂੰ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ। ਨਾਲੇ ਰਮਾਇਣ ਅਤੇ ਮਹਾਂਭਾਰਤ ਦੇ ਵਿਚਾਰਾਂ ਨੇ ਵੀ ਸਦੀਆਂ ਤੱਕ ਭਾਰਤੀਆਂ ਨੂੰ ਏਕਤਾ ਦਾ ਧਾਰੇ ਵਿੱਚ ਪਰੋਈ ਰੱਖਿਆ। ਇਸ ਗੱਲ ਦੀ ਪੁਸ਼ਟੀ ਲਈ ਅਸੀਂ ਇਨ੍ਹਾਂ ਮਹਾਨ ਗ੍ਰੰਥਾਂ ਦੇ ਭਾਰਤ ਦੀਆਂ ਅੱਡ-ਅੱਡ ਬੋਲੀਆਂ ਵਿੱਚ ਹੋਏ ਅਨੁਵਾਦਾਂ ਨੂੰ ਵੇਖ ਸਕਦੇ ਹਾਂ। ਉਸ ਸਮੇਂ ਦੀ ਘੱਟ ਜਨ-ਸੰਖਿਆ ਵੀ ਏਕਤਾ ਸਥਾਪਤ ਰੱਖਣ ਵਿੱਚ

ਏਕਤਾ ਦਿਵਸ ਦੇ ਮੌਕੇ ਉੱਤੇ ਲੋਕਾਂ ਨੂੰ ਏਕਤਾ ਦਾ ਪਾਠ ਸਿਖਾਇਆ ਜਾਂਦਾ ਹੈ। ਭਾਰਤ ਦੇ ਲੋਹ ਪੁਰਸ਼ ਕਹਿ ਜਾਣ ਵਾਲੇ ਸਰਦਾਰ ਵੱਲਭ ਭਾਈ ਪਟੇਲ ਦੇ ਜਨਮ ਦਿਨ ਦੇ ਸ਼ੁੱਭ ਮੌਕੇ ਦੇ ਉੱਤੇ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਨ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਭਾਰਤ ਦੇਸ਼ ਵਿੱਚ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਦੀ ਸ਼ੁਰੂਆਤ ਸੰਨ 2014 ਵਿੱਚ ਪਹਿਲੀ ਵਾਰੀ ਦਿੱਤੀ ਗਈ ਸੀ। ਭਾਰਤ ਦੇਸ਼ ਸੰਸਾਰ ਦੇ ਸੱਭ ਤੋਂ ਵੱਡੇ ਦੇਸ਼ਾਂ ਵਿੱਚ ਆਉਂਦਾ ਹੈ ਜੋ ਪੂਰੇ ਸੰਸਾਰ ਦੇ ਵਿੱਚ ਸੱਭ ਤੋਂ ਜ਼ਿਆਦਾ ਜਨ-ਸੰਖਿਆ ਵਾਲਾ ਦੇਸ਼ ਹੈ। ਪੂਰੇ ਭਾਰਤ ਵਿੱਚ 1600 ਤੋਂ ਵੱਧ ਭਾਸ਼ਾਵਾਂ ਬੋਲੀਆਂ ਜਾਂਦੀਆਂ ਹਨ।

ਜੇਕਰ ਹੁਣ ਅਸੀਂ ਦੇਖੀਏ ਤਾਂ ਸਾਡਾ ਇਤਿਹਾਸ ਦੱਸਦਾ ਹੈ ਕਿ ਪੁਰਾਤਨ ਸਮੇਂ ਭਾਰਤ ਵਿੱਚ ਅਮਨ-ਸ਼ਾਂਤੀ ਦਾ ਬੋਲ-ਬਾਲਾ ਸੀ, ਹਰ ਕੋਈ ਸੁੱਖ-ਅਰਾਮ ਨਾਲ ਆਪਣਾ ਖੁਸ਼ੀਆਂ ਭਰਿਆ ਜੀਵਨ ਬਤੀਤ ਕਰਦਾ ਸੀ। ਇਸ ਸ਼ਾਂਤੀਮਈ ਜੀਵਨ ਦਾ ਮੂਲ ਆਧਾਰ ਇੱਕ ਧਰਮ ਤੇ ਇੱਕ ਭਾਸ਼ਾ ਨੂੰ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ। ਨਾਲੇ ਰਮਾਇਣ ਅਤੇ ਮਹਾਂਭਾਰਤ ਦੇ ਵਿਚਾਰਾਂ ਨੇ ਵੀ ਸਦੀਆਂ ਤੱਕ ਭਾਰਤੀਆਂ ਨੂੰ ਏਕਤਾ ਦਾ ਧਾਗੇ ਵਿੱਚ ਪਰੋਈ ਰੱਖਿਆਂ। ਇਸ ਗੱਲ ਦੀ ਪੁਸ਼ਟੀ ਲਈ ਅਸੀਂ ਇਨ੍ਹਾਂ ਮਹਾਨ ਗ੍ਰੰਥਾਂ ਦੇ ਭਾਰਤ ਦੀਆਂ ਅੱਡ-ਅੱਡ ਬੋਲੀਆਂ ਵਿੱਚ ਹੋਏ ਅਨੁਵਾਦਾਂ ਨੂੰ ਵੇਖ ਸਕਦੇ ਹਾਂ। ਉਸ ਸਮੇਂ ਦੀ ਘੱਟ ਜਨ-ਸੰਖਿਆ ਵੀ ਏਕਤਾ ਸਥਾਪਤ ਰੱਖਣ ਵਿੱਚ ਸਹਾਈ ਹੋਈ ਕਹੀ ਜਾ ਸਕਦੀ ਹੈ।

ਸੁਤੰਤਰਤਾ-ਪ੍ਰਾਪਤੀ ਸਮੇਂ ਭਾਰਤ ਦੀ ਦੋ ਭਾਗਾਂ, ਭਾਰਤ ਤੇ ਪਾਕਿਸਤਾਨ ਵਿੱਚ ਵੰਡ ਨੇ ਸਾਡੀ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਨੂੰ ਵੱਡੀ ਸੱਟ ਮਾਰੀ। ਅੰਗਰੇਜ਼ ਆਪਣੀ ਨੀਤੀ ਵਿੱਚ ਪੂਰਨ ਤੌਰ 'ਤੇ ਸਫਲ ਹੋਏ। ਇੱਥੇ ਅਸ਼ਾਂਤੀ ਨੇ ਪੱਕੇ ਡੇਰੇ ਜਮ੍ਹਾਂ ਲਏ। ਹਰ ਪਾਸੇ ਗੜ-ਬੜ ਹੀ ਗੜ-ਬੜ ਨਜ਼ਰ ਆਉਣ ਲੱਗ ਪਈ, ਕਿਧਰੇ ਨਾਗਵਾਸੀ ਭਾਰਤ ਨਾਲੋਂ ਅੱਡ ਹੋਣ ਲਈ ਦਿੱਲ ਲਾਉਣ ਲੱਗ ਪਏ, ਕਿਧਰੇ ਮਦਰਾਸੀ ਹਿੰਦੀ ਦੇ ਵਿਰੁੱਧ ਜਲੂਸ ਕੱਢਣ ਲੱਗ ਪਏ; ਕਿਧਰੇ ਯੂ.ਪੀ. ਨਿਵਾਸੀ ਅੰਗਰੇਜ਼ੀ ਨੂੰ ਖਤਮ ਕਰਨ ਲਈ ਖੱਪ ਪਾਉਣ ਲੱਗ ਪਏ; ਕਿਧਰੇ ਧਰਮ ਤੇ ਬੋਲੀ ਦੇ ਆਧਾਰ 'ਤੇ ਲਾਠੀਆਂ ਚਲਣ ਲੱਗ ਪਈਆਂ, ਖੂਨ-ਖਰਾਬੇ ਹੋਣ ਲੱਗ ਪਏ 'ਤੇ ਅੱਗਾਂ ਲਾਈਆਂ ਜਾਣ ਲੱਗ ਪਈਆਂ।

ਹੁਣ ਭਾਸ਼ਾ ਦੀ ਸਮੱਸਿਆਂ ਦੇਸ਼ ਦੀ ਏਕਤਾ ਲਈ ਇੱਕ ਬਹੁਤ

ਵੱਡੀ ਸਮੱਸਿਆਂ ਬਣੀ ਹੋਈ ਹੈ। ਭਾਸ਼ਾ ਹੀ ਇੱਕ ਅਜਿਹਾ ਸਾਧਨ ਜਿਸ ਨਾਲ ਲੋਕੀ ਆਪਣੇ ਵਿਚਾਰ ਸਾਂਝੇ ਕਰਦੇ ਹਨ; ਇੱਕੋ ਭਾਸ਼ਾ ਬੋਲਦੇ ਲੋਕ ਇੱਕ-ਦੂਜੇ ਦੇ ਨੇੜੇ ਹੁੰਦੇ ਸਨ। ਭਾਰਤ ਵਿੱਚ ਅਨੇਕਾਂ ਭਾਸ਼ਾਵਾਂ ਹਨ। ਭਾਰਤ ਦੇ ਸੰਵਿਧਾਨ ਅਨੁਸਾਰ ਪੰਦਰਾਂ ਭਾਸ਼ਾਵਾਂ ਸਵੀਕਾਰ ਕੀਤੀਆਂ ਗਈਆਂ ਹਨ। ਭਾਰਤ ਦੇ ਪ੍ਰਾਂਤਾਂ ਦੀ ਵੰਡ ਦੀ ਬੋਲੀ ਦੇ ਆਧਾਰ 'ਤੇ ਕੀਤੀ ਗਈ ਹੈ। ਹੁਣ ਹਾਲਤ ਇਹ ਹੈ ਕਿ ਹਰ ਪ੍ਰਾਂਤ ਦੇ ਵਾਸੀ ਚਾਹੁੰਦੇ ਹਨ ਕਿ ਉਨ੍ਹਾਂ ਦੀ ਬੋਲੀ ਨੂੰ ਹੀ ਭਾਰਤ ਵਿੱਚ ਸੱਭ ਤੋਂ ਵੱਧ ਮਹਾਨਤਾ ਮਿਲੇ। ਪੰਜਾਬ ਵਿੱਚ ਪੰਜਾਬੀ, ਬੰਗਾਲ ਵਿੱਚ ਬੰਗਾਲੀ ਅਤੇ ਦੱਖਣੀ ਭਾਰਤ ਵਿੱਚ ਤਾਮਿਲ, ਤੈਲਗੂ ਆਦਿ ਨੂੰ ਪ੍ਰਫੁੱਲਤ ਕਰਨ ਦੇ ਸਿਰ ਤੋੜ ਯਤਨ ਕੀਤੇ ਜਾ ਰਹੇ ਹਨ। ਇਸ ਗੱਲ ਤੋਂ ਇਨਕਾਰ ਨਹੀਂ ਕੀਤਾ ਕਾ ਸਕਦਾ ਕਿ ਭਾਸ਼ਾ ਹੀ ਲੋਕਾਂ ਨੂੰ ਏਕਤਾ ਦੇ ਘੇਰੇ ਵਿੱਚ ਬਣ ਸਕਦੀ ਹੈ। ਇਸ ਤੱਤ ਨੂੰ ਮੁੱਖ ਰੱਖਦਿਆਂ ਹੀ ਭਾਰਤ ਸਰਕਾਰ ਨੇ ਹਿੰਦੀ ਨੂੰ ਰਾਸ਼ਟਰੀ ਭਾਸ਼ਾ ਨਿਸ਼ਚਿਤ ਕੀਤਾ ਹੈ, ਪਰ ਦੱਖਣ-ਵਾਸੀ ਆਪਣੀ ਭਾਸ਼ਾ ਦੇ ਪਿਆਰ ਦੇ ਬੱਝੇ ਹਿੰਦੀ ਨੂੰ ਅਜਿਹੀ ਮਾਨਤਾ ਦੇਣ ਲਈ ਤਿਆਰ ਨਹੀਂ। ਇਸੇ ਲਈ ਉਹ ਇਸ ਫੈਸਲੇ ਦੇ ਵਿਰੁੱਧ ਨਿੱਤ ਹੜਤਾਲਾ ਕਰਦੇ ਹਨ, ਅੱਗ ਲਾਉਂਦੇ ਹਨ ਅਤੇ ਖੂਨ-ਖਰਾਬੇ ਕਰਦੇ ਹਨ। ਅਜਿਹੇ ਵਿਰੋਧ ਨੂੰ ਸ਼ਾਂਤ ਕਰਨ ਲਈ ਭਾਰਤ ਸਰਕਾਰ ਨੇ ਤਿੰਨ-ਭਾਸ਼ਾਈ ਫਾਰਮੂਲਾ ਬਣਾਇਆ ਹੈ, ਜਿਸ ਅਨੁਸਾਰ ਹੇ ਵਿਦਿਆਰਥੀ ਨੂੰ ਤਿੰਨ ਭਾਸ਼ਾਵਾਂ ਸਿੱਖਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ- ਇੱਕ ਮਾਤ-ਭਾਸ਼ਾ, ਦੂਜੀ ਕੋਈ ਵਿਦੇਸ਼ੀ ਬੋਲੀ ਜਾਂ ਅੰਗਰੇਜ਼ੀ ਬੋਲੀ ਅਤੇ ਤੀਜੀ ਰਾਸ਼ਟਰੀ ਭਾਸ਼ਾ ਹਿੰਦੀ। ਅਫਸੋਸ ਦੀ ਗੱਲ ਹੈ ਕਿ ਇਹ ਫਾਰਮੂਲਾ ਵੀ ਸਾਰਿਆਂ ਨੂੰ ਵਿਸ਼ੇਸ਼ ਕਰਕੇ ਦੱਖਣੀ ਭਾਰਤੀਆਂ ਨੂੰ ਸਵੀਕਾਰ ਨਹੀਂ।

ਜੇਕਰ ਹੁਣ ਅਸੀਂ ਦੇਖੀਏ ਤਾਂ ਭਾਰਤ ਵਿੱਚ ਏਕਤਾ ਨਹੀਂ ਸਗੋਂ ਅਨੇਕਤਾ ਹੈ - ਅਨੇਕ ਬੋਲੀਆਂ ਹਨ ਭਿੰਨ-ਭਿੰਨ ਧਰਮ ਤੇ ਜਾਤਾਂ ਹਨ ਅਤੇ ਕਈ ਪ੍ਰਾਂਤ ਹਨ। ਅੱਡ-ਅੱਡ ਲੋਕਾਂ ਦੇ ਅੱਡ-ਅੱਡ ਰਸਮ ਰਿਵਾਜ ਹਨ, ਪਰ ਵਾਸਤਵ ਵਿੱਚ ਭੂਗੋਲਿਕ ਤੌਰ 'ਤੇ ਭਾਰਤ ਇੱਕ ਦੇਸ਼ ਹੈ। ਇਸ ਲਈ ਇਨ੍ਹਾਂ ਅਨੇਕ ਪ੍ਰਕਾਰ ਦੇ ਲੋਕਾਂ ਵਿੱਚ ਏਕਤਾ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਇਨ੍ਹਾਂ ਨੂੰ ਇਕਠੀਆਂ ਕਰਨ ਲਈ ਸਰਕਾਰੀ ਤੇ ਗੈਰ-ਸਰਕਾਰੀ ਯਤਨ ਕਰਨ ਦੀ ਲੋੜ ਹੈ।

ਪਹਿਲਾਂ ਤਾਂ ਏਕਤਾ ਦੀ ਮਹਾਨਤਾ ਦੱਸਣ ਲਈ ਸਰਕਾਰ ਨੂੰ ਪ੍ਰਚਾਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਲੋਕਾਂ ਵਿੱਚ ਭਾਰਤੀ ਹੋਣ ਦੀ

ਭਾਵਨਾ ਪੈਦਾ ਹੋ ਸਕੇ। ਹਰ ਕੋਈ ਆਪਣੇ ਆਪ ਨੂੰ ਭਾਰਤੀ ਪਹਿਲਾਂ ਅਤੇ ਕੁੱਝ ਹੋਰ ਮਗਰੋਂ ਸਮਝਣ ਵਿੱਚ ਮਾਣ ਕਰਨ ਲੱਗ ਜਾਵੇ। ਇਸ ਸੰਬੰਧੀ ਕੇਂਦਰੀ ਪੱਧਰ ਤੇ ਰਸਾਲੇ ਕੱਢੇ ਜਾ ਸਕਦੇ ਹਨ, ਲੋਕ-ਸੰਪਰਕ ਵਿਭਾਗ ਰਾਹੀਂ ਜਨਤਾ ਨੂੰ ਅਜਿਹੀਆਂ ਫਿਲਮਾਂ ਵਿਖਾਈਆ ਜਾਣ ਜਿਨ੍ਹਾਂ ਨਾਲ ਲੋਕੀ ਭਾਰਤ ਨੂੰ ਆਪਣਾ ਦੇਸ਼ ਅਤੇ ਭਾਰਤੀਆਂ ਨੂੰ ਆਪਣੇ ਭਰਾ ਸਮਝਣ। ਸਰਕਾਰ ਨੂੰ ਇਸ ਗੱਲ 'ਤੇ ਵੀ ਵਿਸ਼ੇਸ਼ ਧਿਆਨ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਜੇ ਵਿਅਕਤੀ ਜਾ ਪਾਰਟੀ ਭਾਰਤ ਦੀ ਅਖੰਡਤਾ ਲਈ ਖਤਰਨਾਕ ਹੈ ਉਸ ਨੂੰ ਕਾਨੂੰਨ ਦੀ ਸ਼ਕਤੀ ਨਾਲ ਰੋਕ ਦਿੱਤਾ ਜਾਵੇ। ਕਿਸੇ ਸਰਕਾਰੀ ਅਧਿਕਾਰੀ ਨੂੰ ਆਪਣੇ ਪ੍ਰਾਂਤ ਦੇ ਲੋਕਾਂ ਦੀ ਅੰਨੇ-ਵਾਹ ਭਰਤੀ ਕਰਨ ਦੀ ਇਜਾਜ਼ਤ ਨਾ ਦਿੱਤੀ ਜਾਵੇ। ਧਰਮ ਦਾ ਵਾਸਤਾ ਦੇਣ ਵਾਲੀਆਂ ਰਾਜਨੀਤਕ ਪਾਰਟੀਆਂ ਤੇ ਪਾਬੰਦੀ ਲਗਾਈ ਜਾ ਸਕਦੀ ਹੈ। ਜਨਤਾ ਤੇ ਸਰਕਾਰ ਨੂੰ ਤਿੰਨ-ਭਾਸ਼ਾਈ ਫਾਰਮੂਲੇ ਤੇ ਦਿਲੋਂ-ਮਨੋਂ ਅਮਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਹਰ ਵਿਦਿਆਰਥੀ ਨੂੰ ਰਾਸ਼ਟਰੀ ਭਾਸ਼ਾ ਹਿੰਦੀ, ਪ੍ਰਾਂਤਕ ਭਾਸ਼ਾ ਤੇ ਵਿਦੇਸ਼ੀ ਬੋਲੀ ਅੰਗਰੇਜ਼ੀ ਨੂੰ ਪੜ੍ਹਨਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਏਕਤਾ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਹੋਣ ਦੀ ਸੰਭਾਵਨਾ ਵੱਧ ਸਕਦੀ ਹੈ। ਹਰ ਭਾਰਤੀ ਨੂੰ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਪ੍ਰੀਸ਼ਦ ਦੀਆਂ ਜੋ ਮੈਂ ਗੱਲਾਂ ਦੱਸਣ ਜਾ ਰਹੀ ਹਾਂ 'ਤੇ ਅਮਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ:-

- (ੳ) ਕੇਂਦਰੀ ਅਤੇ ਪ੍ਰਾਂਤਕ ਪੱਧਰ ਤੇ ਇਕਾਈਆਂ ਬਣਾਈਆਂ ਜਾਣ ਜਿਹੜੀਆਂ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦੀ ਅਖੰਡਤਾ ਦਾ ਧਿਆਨ ਰੱਖਣ। ਜਿਲ੍ਹਾਂ ਅਧਿਕਾਰੀ ਰਿਪੋਰਟ ਤੇ ਵਿਚਾਰ ਕਰਨ ਤੋਂ ਬਾਅਦ ਫਿਰਕੂ ਗੜਬੜ ਨੂੰ ਰੋਕਣ ਲਈ ਅਧਿਕਾਰ ਰੱਖਣ।
- (ਅ) ਇਹ ਇਕਾਈਆਂ ਆਪਣੀ ਰਿਪੋਰਟ ਪੁਲਿਸ ਦੇ ਜਿਲ੍ਹਾਂ ਅਧਿਕਾਰੀਆਂ ਨੂੰ ਦੇਣ।
- (ਸ) ਅਫਵਾਹਾਂ ਫੈਲਾਉਣ ਵਾਲਿਆਂ ਤੇ ਕਰੜੀ ਨਜ਼ਰੀ ਰੱਖੀ ਜਾਏ।
- (ਹ) ਧਰਮ-ਅਸਥਾਨਾਂ ਦੀ ਵਰਤੋਂ ਅਜਿਹੇ ਕੰਮਾਂ ਲਈ ਨਾ ਕੀਤੀ ਜਾਵੇ ਜਿਨ੍ਹਾਂ ਨਾਲ ਸੰਪਰਦਾਇਕ ਭਾਵਨਾ ਫੈਲੇ।
- (ਕ) ਫਿਰਕਾਪ੍ਰਸਤੀ ਅਤੇ ਗੜਬੜ ਫੈਲਾਉਣ ਵਾਲੀਆਂ ਖਬਰਾਂ ਦੀ ਛਪਾਈ ਤੇ ਸਰਕਾਰ ਵੱਲੋਂ ਮਨਾਹੀ ਹੋਵੇ।

- (ਖ) ਪ੍ਰਚਾਰ ਦੇ ਸੱਭ ਸਾਧਨ-ਰੇਡੀਓ, ਟੈਲੀਵੀਜ਼ਨ ਤੇ ਪ੍ਰੈਸ ਆਦਿ ਨੂੰ ਏਕਤਾ ਦੇ ਪ੍ਰਚਾਰ ਲਈ ਵਰਤਿਆ ਜਾਵੇ।

ਜੇ ਜਨਤਾ ਦੇ ਮੁਖੀਏ ਅਤੇ ਭਾਰਤ ਸਰਕਾਰ ਇਸ ਸਮੱਸਿਆ ਵੱਲ ਲੋੜੀਂਦਾ ਧਿਆਨ ਦਿੰਦੇ ਰਹੇ ਤਾਂ ਇਕ ਦਿਨ ਅਜਿਹਾ ਆਵੇਗਾ ਕਿ ਏਕਤਾ ਦੀ ਤਾਕਤ ਅੱਗੇ ਕੋਈ ਰੋੜ੍ਹਾ ਨਹੀਂ ਬਣ ਸਕੇਗਾ। ਅੱਜ ਭਾਰਤ ਦੀ ਏਕਤਾ ਦੇ ਪ੍ਰਮੁੱਖ ਚਿੰਨ ਤਿੰਨ ਹੀ ਹਨ- ਸੈਨਾ, ਸਰਬ-ਭਾਰਤੀ ਸੇਵਾਵਾਂ ਅਤੇ ਸਰਬ-ਭਾਰਤੀ ਪਾਰਟੀਆਂ, ਪਰ ਉਹ ਸਮਾਂ ਦੂਰ ਨਹੀਂ ਜਦੋਂ ਹਰ ਭਾਰਤੀ ਦੇ ਦਿਲ ਵਿੱਚ ਦੇਸ਼-ਪਿਆਰ ਦੀ ਭਾਵਨਾ ਜਾਗੇਗੀ ਅਤੇ ਉਹ ਧਰਮ, ਜ਼ਾਤ, ਬੋਲੀ, ਰੰਗ-ਰੂਪ ਅਤੇ ਪ੍ਰਾਂਤ ਆਦਿ ਦੇ ਭੇਦ-ਭਾਵ ਨੂੰ ਛੱਡ ਕੇ ਹਰ ਭਾਰਤੀ ਨੂੰ ਗਲੇ ਲਾਵੇਗਾ। ਇਹੀ ਭਾਰਤ ਦੀ ਏਕਤਾ ਦਾ ਸਬੂਤ ਹੋਵੇਗਾ।

## ਕਿਸਮਤ ਹੀ ਕਿਉਂ?

ਇੰਦਰਪ੍ਰੀਤ ਕੌਰ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-II)

ਹਰ ਵਿਅਕਤੀ ਦੀ ਜਿੰਦਗੀ ਵਿੱਚ ਚੰਗੀਆਂ ਮਾੜੀਆਂ ਘਟਨਾਵਾਂ ਹੁੰਦੀਆਂ ਹੀ ਰਹਿੰਦੀਆਂ ਹਨ। ਬਹੁਤ ਸਾਰੇ ਲੋਕ ਕਿਸੇ ਵੀ ਵਾਪਰਨ ਦੇ ਕਾਰਨਾਂ ਦਾ ਡੂੰਘਾਈ ਨਾਲ ਵੇਖਣ ਤੇ ਬਿਨਾਂ ਉਸਨੂੰ ਕਰਮਾਂ ਦਾ ਫਲ ਜਾਂ ਕਿਸਮਤ ਦੀ ਲਿਖਿਆ ਸਮਝ ਲੈਂਦੇ ਹਨ। ਬਹੁਤ ਲੋਕ ਅਜਿਹੇ ਹੁੰਦੇ ਹਨ ਜਿਹੜੇ ਮੁਸ਼ਿਕਲਾਂ ਸਾਹਮਣੇ ਇਹ ਤਾਂ ਸਾਡੀ ਕਿਸਮਤ ਵਿੱਚ ਹੀ ਲਿਖਿਆ ਹੈ। ਜੇ ਅਜਿਹੇ ਲੋਕ ਆ ਰਹੀਆਂ ਮੁਸ਼ਿਕਲਾਂ ਦੇ ਕਾਰਨਾਂ ਨੂੰ ਲੱਭਣ ਅਤੇ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿੱਚ ਉਹਨਾਂ ਮੁਸ਼ਿਕਲਾਂ ਨੂੰ ਦੂਰ ਕਰਨ ਦਾ ਉਪਰਾਲਾ ਕਰਨਾ ਸਿੱਖ ਲੈਣ ਤਾਂ ਸਫਲਤਾ ਨੂੰ ਪ੍ਰਾਪਤ ਕਾਰਨ ਕੋਈ ਔਖਾ ਨਹੀਂ। ਕਿਸੇ ਵੀ ਪ੍ਰੰਪਰਾ ਦੇ ਲਾਭ ਜਾਂ ਨੁਕਸਾਨ ਵੇਖਣ ਸਮੇਂ ਸਾਨੂੰ ਉਸਦੇ ਪੈਦਾ ਹੋਣ ਦੇ ਕਾਰਨ ਵੀ ਜ਼ਰੂਰ ਲੱਭਣੇ ਚਾਹੀਦੇ ਹਨ। ਆਓ, 'ਕਰਮਾਂ ਦੇ ਫਲ' ਜਾਂ 'ਕਿਸਮਤ ਦਾ ਲਿਖਿਆ' ਵਰਗੇ ਭਰਮਾਂ ਨੂੰ ਦੂਰ ਕਰੀਏ ਤੇ ਕਿਸਮਤ ਬਦਲੀਏ।

## ਅੰਮ੍ਰਿਤ ਵੇਲਾ

## ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ

ਰੋਬਿਨ

(ਬੀ.ਸੀ.ਏ. ਭਾਗ-1)

ਕੁਮਕੁਮ

(ਬੀ.ਸੀ.ਏ. ਭਾਗ-1)

ਅੰਮ੍ਰਿਤ ਵੇਲੇ ਰੱਬ ਦੀ ਵਡਿਆਈ।  
ਕਰ ਇਸ਼ਨਾਨ, ਕਰੀਏ ਨਾਲ ਕਮਾਈ।  
ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਦਾ ਹੈ ਸੋਹਣਾ,  
ਮਿਲੇ ਪ੍ਰਭੂ ਪ੍ਰੀਤਮ ਮਨਮੋਹਣਾ।

ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ  
ਤੇਰੇ ਜਾਣ ਪਿੱਛੋਂ ਅਸੀਂ  
ਤੈਨੂੰ ਕਿੰਨਾਂ ਕੀਤਾ ਯਾਦ।

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਹੈ ਉੱਚਾ ਦਰਸਾਇਆ,  
ਗਾਡੀ ਰਾਹ ਇਹ ਗੁਰਾਂ ਬਣਾਇਆ।  
ਅੰਮ੍ਰਿਤ ਵੇਲੇ ਦੀ ਮਹਿਮਾ ਉੱਚੀ,  
ਜਿੰਦਗੀ ਬਣੇ ਚੰਗੀ ਤੇ ਸੁੱਚੀ।  
ਇਸ ਵੇਲੇ ਜੋ ਹਨ ਜਾਗਦੇ,  
ਬਿਸਤਰੇ ਨੀਂਦ ਨੂੰ ਹਨ ਤਿਆਗਦੇ,  
ਉੱਠ ਕੇ ਹਨ ਰੱਬ ਜੀ ਨੂੰ ਪਾਉਂਦੇ,  
ਬਰਕਤਾਂ ਹਜ਼ਾਰਾਂ ਨੇ ਹਨ ਪਾਉਂਦੇ,  
ਉੱਠ ਕੇ ਸਿੱਟਦਾ ਹਰ ਇੱਕ ਸੋਗ,  
ਸਰੀਰ ਨਵਾਂ ਤੇ ਸਦਾ ਅਰੋਗ।

ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ  
ਤੇਰੇ ਸੁੱਖ ਲਈ ਅਸੀਂ  
ਰੋਜ਼ ਕੀਤੀ ਫਰਿਆਦ।

ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ  
ਤੇਰੇ ਜਾਣ ਪਿੱਛੋਂ  
ਰੂਹ ਕਿੰਨੀ ਰਹੀ ਹਤਾਸ਼

ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ  
ਤੇਰੇ ਸਾਥ ਬਿਨਾਂ ਆਈ  
ਸਾਨੂੰ ਦੁਨੀਆਂ ਨਾ ਰਾਸ।

ਕਿਉਂ ਨਾ ਉੱਠ ਕੇ ਵੇਖੀਏ,  
ਇੱਕ ਦਿਨ ਇਹ ਕਰ ਦੇਖੀਏ।  
ਤਜ਼ਰਬਾ ਚੰਗਾ ਲਗੇ, ਤਾਂ ਅਪਣਾਈਏ,  
ਫੇਰ ਰੋਜ਼ ਦਾ ਹੀ ਨੇਮ ਬਣਾਈਏ।

ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ  
ਤੇਰੇ ਜਾਣ ਪਿੱਛੋਂ  
ਸਾਨੂੰ ਕੋਈ ਨਾ ਲਗਾ ਖਾਸ।

ਸੌਣ ਲਗੇ ਅਰਦਾਸ ਇਹ ਕਰੀਏ,  
ਬੇਨਤੀ ਸਤਿਗੁਰ ਜੀ ਪਾਸ ਤਕੀਏ।  
ਭਲਕੇ ਉਠਾਉਣਾ ਦਿਨ ਜੋ ਕੱਲ,  
ਗੁਰੂ ਜੀ ਨਾਲ ਕਰ ਲਈਏ ਗੱਲ।  
ਘੜੀ ਅਲਾਰਮ ਵੀ ਬੇਸ਼ੱਕ ਲਾਓ,  
ਕੀਰਤਨ ਸੋਹਿਲਾ ਪੜ੍ਹ ਸੌਂ ਜਾਓ।  
ਛੋਟੀ ਸੂਈ ਜਦ ਵੱਜਣ ਸਾਰ,  
ਨੀਂਦ ਨੂੰਦ ਸਭ ਉੱਡੇ ਯਾਰ।  
ਉੱਠ ਕੇ ਵਾਹਿਗੁਰੂ-ਵਾਹਿਗੁਰੂ ਉਚਾਰੀਏ,  
ਪੰਨਵਾਦ ਸਹਿਤ ਰੱਬ ਨੂੰ ਪੁਕਾਰੀਏ।

ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ  
ਤੇਰੇ ਭੁੱਲ ਜਾਣ ਦਾ  
ਸਾਨੂੰ ਹੋਇਆ ਨਾ ਵਿਸ਼ਵਾਸ।

ਭਲਾ ਕੌਣ ਦੱਸੂ ਤੈਨੂੰ  
ਆਪਣੇ ਆਖਰੀ ਸਾਹ ਤੱਕ ਰੱਖੀ।  
ਤੈਨੂੰ ਮਿਲਣੇ ਦੀ ਆਸ।

## ਤੇਰੀ ਯਾਦ

ਕੁਮਕੁਮ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-1)

- ਤੂੰ ਸੋਹਣਾ ਖਾਬ ਸੀ ਮੇਰਾ ਪਰ ਮੈਂ ਤੇਰਾ ਟੁੱਟਾ ਹੋਇਆ ਸੁਪਨਾ ਸੀ।  
ਤੂੰ ਉਹ ਰਾਹੀ ਜਿਹਨੇ ਪਤਾ ਨੀ ਕਿੱਥੇ ਜਾ ਕੇ ਰੁਕਣਾ ਸੀ।
- ਤੂੰ ਤਾਂ ਦੂਰ ਹੋ ਗਿਆ ਪਰ ਤੇਰੀ ਯਾਦ ਮੇਰੇ ਵੱਲ ਆਉਂਦੀ ਸੀ।  
ਬੈਠ ਕੇ ਮੇਰੇ ਸਾਹਮਣੇ ਮੈਨੂੰ ਹੰਝੂਆ ਦਾ ਸੁਰਮਾ ਪਾਉਂਦੀ ਸੀ।
- ਹਸਾਉਂਦੀ ਸੀ ਮੈਨੂੰ ਕਦੇ-ਕਦੇ ਫੇਰ ਰੱਜ ਕੇ ਮੈਨੂੰ ਰਵਾਉਂਦੀ ਸੀ।  
ਚਾਨਣ ਵਿੱਚ ਆਪ ਘੁੰਮਦੀ ਤੇ ਮੈਨੂੰ ਹਨੇਰਿਆ ਵਿੱਚ ਭਟਕਾਉਂਦੀ ਸੀ।
- ਰੁੱਸ ਕੇ ਜੇ ਬੈਠ ਜਾਵਾਂ ਤੇਰੇ ਵਾਂਗ ਹੀ ਮੈਨੂੰ ਮਨਾਉਂਦੀ ਸੀ।  
ਮੇਰੀਆਂ ਟੁੱਟੀਆਂ ਹੋਈਆ ਸਧਰਾਂ ਦਾ ਉਹ ਰੱਜ ਕੇ ਮਜ਼ਾਕ ਉਡਾਉਂਦੀ ਸੀ।
- ਮਹਿਫਲਾਂ ਵਿੱਚ ਤਾਂ ਖੋਹ ਜਾਂਦੀ ਸੀ ਕਿਤੇ ਕਾਲੀਆਂ ਰਾਤਾਂ ਵਿੱਚ ਹੀ ਨਜ਼ਰੀ ਆਉਂਦੀ ਸੀ।  
ਧੁੱਪਾਂ ਵਿੱਚ ਸੀ ਉਹਨੂੰ ਡਰ ਲੱਗਦਾ ਤਾਰਿਆ ਦੇ ਥੱਲੇ ਬਾਤਾਂ ਪਾਉਂਦੀ ਸੀ।
- ਉਹ ਰਾਹੀ ਨੇ ਹੁਣ ਮੁੜ ਨੀ ਆਉਣਾ ਮੈਨੂੰ ਏਹੀ ਰੋਜ਼ ਸਮਝਾਉਂਦੀ ਸੀ।  
ਹੁਣ ਹੌਲੀ-ਹੌਲੀ ਇੰਝ ਲੱਗਦਾ ਮੇਰੇ ਹੱਥੋਂ ਹੀ ਮੈਨੂੰ ਮਰਵਾਉਂਦੀ ਸੀ।

## ਗੁਰੂ ਨਾਨਕ ਸਾਹਿਬ ਦਾ ਸਰਬ ਸਾਂਝਾ ਉਪਦੇਸ਼

ਰੁਕਸਾਨਾ  
(ਬੀ.ਐਸ.ਸੀ. ਬਾਇਓਟੈਕਨੋਲੋਜੀ)

ਦੁਨੀਆਂ ਭਰ 'ਚ ਵਸਦੇ ਸਿੱਖ ਗੁਰੂ ਨਾਨਕ ਪਾਤਸ਼ਾਹ ਦੇ 550 ਸਾਲਾ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਨੂੰ ਬਹੁਤ ਸ਼ਰਧਾ ਤੇ ਪਿਆਰ ਸਤਿਕਾਰ ਸਹਿਤ ਮਨਾ ਰਹੇ ਹਨ। ਜਿਸ ਵਿੱਚ ਵੱਡੇ-ਵੱਡੇ ਨਗਰ ਕੀਰਤਨ,

ਦਰਬਾਰ, ਕਥਾ ਦਰਬਾਰ ਅਤੇ ਢਾਢੀ ਦਰਬਾਰ ਦੇ ਨਾਲ-ਨਾਲ ਸੈਮੀਨਾਰ, ਕਾਨਫਰੰਸਾਂ ਵੀ ਕਰਵਾਈਆਂ ਜਾ ਰਹੀਆਂ ਹਨ। ਜਿਸ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਸੰਦੇਸ਼ ਨੂੰ ਸੰਸਾਰ ਭਰ ਦੇ ਕੋਨੇ-ਕੋਨੇ ਵਿੱਚ ਪਹੁੰਚਾਉਣਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਗੁਰੂ ਜੀ ਦਾ ਉਪਦੇਸ਼ ਕੇਵਲ ਪੰਜਾਬ, ਭਾਰਤ ਜਾਂ ਏਸ਼ੀਆ ਦੇ ਲੋਕਾਂ ਲਈ ਨਹੀਂ ਸੀ, ਜਾਂ ਸਿਰਫ ਸਿੱਖਾਂ, ਹਿੰਦੂਆਂ, ਮੁਸਲਮਾਨਾਂ ਅਤੇ ਹਰੀਜਨਾਂ ਲਈ ਨਹੀਂ ਸੀ ਬਲਕਿ ਸੰਸਾਰ ਭਰ ਦੀ ਸਮੁੱਚੀ ਮਨੁੱਖਤਾ ਦੇ ਕਲਿਆਣ ਲਈ ਹੈ। ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਮਨੁੱਖਤਾ ਦੇ ਕਲਿਆਣ ਲਈ ਅਜਿਹਾ ਕਰਾਂਤੀਕਾਰੀ, ਨਵਾਂ-ਨਰੋਆ ਤੇ ਲੋਕ ਹਿਤੈਸ਼ੀ ਸੰਦੇਸ਼ ਦਿੱਤਾ ਜਿਸ ਦੀ ਝਲਕ ਸਮਾਂ ਬੀਤਣ ਨਾਲ ਘਟਣ ਦੀ ਬਜਾਏ ਵੱਧਦੀ ਜਾ ਰਹੀ ਸੀ।

"ਚਹੁ ਵਰਨਾ ਉਪਦੇਸਦਾ, ਛਿਅ ਸਰਸਨ ਸਭਿ ਸੇਵਕ ਸੇਉ ॥ ਭਾ: ਗੁਰਦਾਸ, ਵਾਰ 24, ਪਉੜੀ 2"

ਇਹ ਸ਼ਤਾਬਦੀ ਇੱਕ ਮੀਲ ਪੱਥਰ ਸਾਬਤ ਹੋ ਸਕਦੀ ਹੈ ਜੇ ਅਸੀਂ ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਉਪਦੇਸ਼ ਨੂੰ ਸਮੁੱਚੀ ਮਾਨਵਤਾ ਤੱਕ ਪਹੁੰਚਾਉਣ ਵਿੱਚ ਸਫਲਤਾ ਹਾਸਲ ਕਰ ਸਕੀਏ। ਸਿੱਖ ਯੂਨੀਵਰਸਟੀ, ਸਿੱਖ ਕਾਲਜ, ਸਿੱਖ ਰੀਸਰਚ ਸੈਂਟਰ ਅਤੇ ਸਿੱਖ ਲਾਇਬਰੇਰੀ ਬਣਾਉਣ ਦਾ ਯਤਨ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਗੁਰਦੇਵ ਦੇ ਆਗਮਨ ਸਮੇਂ ਦੋਵੇ ਪ੍ਰਚੱਲਿਤ ਧਰਮ, ਹਿੰਦੂ ਤੇ ਇਸਲਾਮ ਭਰਿਸ਼ਟ ਤੇ ਪਤਿੱਤ ਹੋ ਚੁੱਕੇ ਸਨ। ਉਹ ਆਪਣੀ ਸਿਖਰੀ ਸੁੱਚਮ ਤੇ ਸ਼ੋਭਾ ਗਵਾ ਚੁੱਕੇ ਸਨ। ਵੇਦ ਆਮ ਆਦਮੀ ਦੇ ਪਾਠ ਤੇ ਸਮਝ ਤੋਂ ਪਰੇ ਹੋ ਚੁੱਕੇ ਸਨ ਅਤੇ ਉਨ੍ਹਾਂ ਦੀ ਥਾਂ ਤਾਂਤਰਿਕ ਸਾਹਿਤ ਨੇ ਲਈ ਸੀ, ਉੱਚੀਆਂ ਜਾਤਾਂ ਮੂੰਹ ਜ਼ੋਰ ਹੋ ਗਈਆ ਸਨ ਅਤੇ ਕਈ ਗੋਤਾਂ ਵਿੱਚ ਵੰਡੀਆਂ ਜਾ ਚੁੱਕੀਆ ਸਨ।

ਗੁਰੂ ਨਾਨਕ ਸਾਹਿਬ ਨੇ ਰੱਬੀ ਗਿਆਨ ਉਪਰੰਤ ਸੱਭ ਤੋਂ ਪਹਿਲਾਂ ਇੱਕ ਕਰਾਂਤੀਕਾਰੀ ਸੰਦੇਸ਼ ਦਿੱਤਾ ਹੈ 'ਨਾ ਕੋ ਹਿੰਦੂ ਨਾ ਮੁਸਲਮਾਨ'। ਜਿਸ ਦਾ ਭਾਵ ਇਹ ਸੀ ਕਿ ਚਾਹੇ ਕੋਈ ਹਿੰਦੂ ਹੈ ਜਾਂ ਮੁਸਲਮਾਨ ਅਸਲ ਵਿੱਚ ਉਹ ਇੱਕ ਮਨੁੱਖ ਹੈ ਇੱਕ ਰੱਬ ਦੀ ਸੰਤਾਨ ਹੋਣ ਕਰਕੇ ਇੱਕ-ਦੂਜੇ ਦੇ ਭਰਾ-ਭਾਈ ਹਨ। ਸਾਰੇ ਜੀਵ ਉਸ ਪ੍ਰਮਾਤਮਾ ਦੇ ਨਾਲ ਸਾਂਝ ਰੱਖਣ ਵਾਲੇ ਹਨ ਕੋਈ ਵੀ ਐਸਾ ਜੀਵ ਨਹੀਂ ਹੈ ਜੋ ਉਸ ਤੋਂ ਵੱਖ ਹੋਵੇ। ਗੁਰੂ ਨਾਨਕ ਸਾਹਿਬ ਨੇ ਉਪਦੇਸ਼ ਦਿੱਤਾ ਇੱਕ ਰੱਬ ਹੈ ਇਹ ਕਦੇ ਨਹੀਂ ਹੋ ਸਕਦਾ ਕਿ ਹਿੰਦੂਆਂ ਦਾ ਰੱਬ ਹੋਰ ਤੇ ਮੁਸਲਮਾਨਾਂ ਦਾ ਹੋਰ। ਗੁਰੂ ਜੀ ਨੇ ਇਸ



ਗੱਲ ਉੱਪਰ ਜ਼ੋਰ ਦਿੱਤਾ ਕਿ ਪ੍ਰਮਾਤਮਾ ਸੱਭ ਨੂੰ ਪੈਦਾ ਕਰਦਾ ਹੈ ਕੋਈ ਕੌਮ ਜਾ ਧਰਮ ਇਹ ਨਹੀਂ ਕਹਿ ਸਕਦਾ ਕਿ ਰੱਬ ਕੇਵਲ ਤੇ ਕੇਵਲ ਉਨ੍ਹਾਂ ਦਾ ਹੀ ਹੈ ਜਾਂ ਉਹ ਪ੍ਰਮਾਤਮਾ ਦੇ ਜ਼ਿਆਦਾ ਨੇੜੇ ਹਨ।

ਜੇ ਕੋਈ ਮਨੁੱਖ ਇੱਕ-ਦੂਜੇ ਨਾਲ ਗੱਲ ਬਾਤ ਨਹੀਂ ਕਰਦਾ ਸਮਾਜ ਦੀ ਭਲਾਈ ਬਾਰੇ ਕੋਈ ਸੋਚ ਹੀ ਨਹੀਂ ਦਿੰਦਾ ਉਸ ਦੀ ਸਮਾਜ ਨੂੰ ਕੀ ਦੇਣ ਹੋ ਸਕਦੀ ਹੈ? ਭਾ. ਗੁਰਦਾਸ ਜੀ ਨੇ ਇਸ ਪ੍ਰਕਾਰ ਕਿਹਾ।

'ਸਿਧ ਛਪ ਬੈਠੇ ਪਰਬਤੀ ਕੌਣ ਜਗਤ ਕੋ ਪਾਰ ਉਤਾਰਾ' ॥

ਗੁਰੂ ਨਾਨਕ ਪਾਤਸ਼ਾਹ ਨੇ ਅੱਜ ਦੀ ਤਰ੍ਹਾਂ ਰੇਡੀਓ ਅਤੇ ਪ੍ਰੈਸ ਦੀ ਰਾਹੀਂ ਨਹੀਂ ਬਲਕਿ ਆਪ ਪੈਦਲ ਤੁਰ ਕੇ ਬਹੁਤ ਕਠਿਨ ਹਾਲਤਾਂ ਵਿੱਚੋਂ ਲੰਘ ਕੇ ਠੰਗਾਂ ਦੇ ਟਿਕਾਣਿਆਂ, ਦੰਡੀਆਂ ਦੇ ਡੇਰਿਆਂ, ਰੋਗੀਆਂ ਦੇ ਘਰਾਂ, ਪੰਡਿਤਾਂ ਦੇ ਮੱਠਾਂ, ਪੀਰਾਂ ਦੇ ਤਕੀਆਂ, ਜੋਸ਼ੀਆਂ ਦੀਆਂ ਕੇਂਦਰਾਂ ਤੇ ਗਰੀਬਾਂ ਦੇ ਘਰਾਂ ਵਿੱਚ ਆਪ ਪੁੱਜ ਕੇ ਸੱਚ ਤੇ ਸ਼ਾਂਤੀ ਦਾ ਸੁਨੇਹਾ ਦਿੱਤਾ। ਇੱਕੋ ਰੱਬ ਦੇ ਪੁਜਾਰੀ ਹੋਣਾ, ਹਰ ਮਨੁੱਖ ਨੂੰ ਇੱਕੋ ਜਿਹਾ ਸਮਝਣ, ਪਿਆਰ, ਹਲੀਮੀ ਤੇ ਮਿਲ ਚਲਣ ਦਾ ਉਪਦੇਸ਼ ਦਿੱਤਾ। ਗੁਰੂ ਸਾਹਿਬ ਦਾ ਸੰਦੇਸ਼ ਕਿਸੇ ਇੱਕ ਸਮੇਂ, ਦੇਸ਼, ਕੌਮ, ਜਾਤੀ ਪੱਧਰ ਦੇ ਲੋਕਾਂ ਤੱਕ ਹੀ ਸੀਮਿਤ ਨਹੀਂ ਸੀ ਬਲਕਿ ਹਰ ਪ੍ਰਾਣੀ, ਹਰ ਦੇਸ਼, ਕੌਮ ਦੀ ਜਨਤਾ ਲਈ ਸਾਂਝਾ ਤੇ ਸਦ-ਭਾਵਨਾ ਵਾਲਾ ਹੈ। ਗੁਰੂ ਜੀ ਨੇ ਕਿਰਤ ਕਰਨ, ਵੰਡ-ਛੱਕਣ ਦੇ ਨਾਮ ਜੱਪਣ ਦਾ ਉਪਦੇਸ਼ ਦਿੱਤਾ ਜੋ ਕਿ ਅੱਜ ਵੀ ਸਾਰੀ ਦੁਨੀਆਂ 'ਚ ਉੱਸੇ ਤਰ੍ਹਾਂ ਚੱਲ ਰਿਹਾ ਹੈ ਜਿਸ ਦੀ ਮਿਸਾਲ ਗੁਰੂ ਨਾਨਕ ਫਰੀ ਕਿਚਨ ਅਤੇ ਖਾਲਸਾ ਏਡ ਜਥੇਬੰਦੀਆਂ ਜੋ ਬੈਗੋਰ ਕਿਸੇ ਭੇਦ-ਭਾਵ, ਜਾਤ-ਪਾਤ, ਰੰਗ ਜਾਂ ਦੇਸ਼ ਦੇ ਲੋਕਾਂ ਦੀ ਸੇਵਾ, ਤਨੇ, ਮਨੇ ਤੇ ਧਨੇ ਕਰ ਰਹੀਆਂ ਹਨ।

## ਰੁੱਖਾਂ ਨੇ .....

ਜੈਸੀਕਾ ਸੈਣੀ  
(ਬੀ.ਐਸ.ਸੀ. ਬਾਇਓਟੈਕਨੋਲੋਜੀ)

ਰੁੱਖਾਂ ਨੇ ਇਕ ਬਾਤ ਸੁਣਾਈ ਬੰਦੇ ਨੂੰ  
'ਵਾ' ਦੀ ਸ਼ੁਕਰ ਸਮਝ ਆਈ ਬੰਦੇ ਨੂੰ

ਕਿੰਨੀ ਵਾਰੀ ਬੰਦੇ ਕੋਲੋਂ ਪੜ੍ਹ-ਪੜ੍ਹ ਕੇ  
ਬੰਦਿਆਂ ਸਿੱਖਿਆ ਹੋਰ ਪੜ੍ਹਾਈ ਬੰਦੇ ਨੂੰ

ਕਰ-ਕਰ ਖੋਜਾਂ ਅਕਲ ਵਧਾਈ ਜਾਂਦਾ ਏ  
ਕੀਤਾ ਅਕਲ ਦੀ ਖੋਜ ਸੁਦਾਈ ਬੰਦੇ ਨੂੰ

ਜਾਂ ਲੋਟੂ ਜਾਂ ਮਾਰੂ ਜਾਂ ਪਰੇਸ਼ਾਨ ਕਰੂ  
ਕਿੰਨੀ ਮੁਸ਼ਕਿਲ ਬੰਦੇ ਪਾਈ ਬੰਦੇ ਨੂੰ

ਭਰਮ ਭੁਲੇਖੇ ਕੱਢਣ ਖਾਤਿਰ ਬੰਦਿਆਂ ਨੇ  
ਰੱਬ ਦੇ ਨਾਂ ਦੀ ਰੱਟ ਲਗਾਈ ਬੰਦੇ ਨੂੰ।

## ਮਾਂ ਬੋਲੀ ਤੇ ਮਾਂ

ਆਉਂਦੇ ਵਕਤ ਨੇ ਮਾੜੇ ਜਦ ਵੀ

ਦੁੱਖਾਂ ਦੇ ਧੁੱਪ ਸਾੜੇ ਜਦ ਵੀ

ਪਿਆਸੇ ਥਲਾਂ ਤੇ ਇੱਕ ਪਾਣੀ ਤੇ ਦੂਜੀ ਬਣਦੀ ਛਾਂ

ਇੱਕੋ ਜਿਹੀਆਂ ਲੱਗਦੀਆਂ ਮੈਨੂੰ, ਮਾਂ ਬੋਲੀ ਤੇ ਮਾਂ.....

ਮਿਸਰੀ ਤੋਂ ਵੱਧ ਮਿੱਠੀਆਂ ਜਾਪਣ

ਰੱਬ ਦੀਆਂ ਲਿੱਖੀਆਂ ਚਿੱਠੀਆਂ ਜਾਪਣ

ਪੜ੍ਹਿਆ ਕਰ 'ਘੁਮਾਣਾ' ਹੋਜੂ ਜਿਉਂਦਿਆਂ ਦੇ ਵਿੱਚ ਨਾਂਅ

ਇੱਕੋ ਜਿਹੀਆਂ ਲੱਗਦੀਆਂ ਮੈਨੂੰ, ਮਾਂ ਬੋਲੀ ਤੇ ਮਾਂ.....

## "ਮਨੁੱਖੀ ਜੀਵਨ ਦਾ ਮੰਤਵ"

ਮਨਪ੍ਰੀਤ ਕੌਰ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-1)

ਉਸ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਨੇ ਜੀਵਨ ਦਿੱਤਾ ਹੈ,

ਮਨੁੱਖਾ ਇਹ ਜੀਵਨ ਉਸ ਦੇ ਲੇਖੇ ਲਾ।

ਸਭ ਨੇ ਸਾਥ ਛੱਡ ਦੇਣਾ ਹੈ ਤੇਰਾ,

ਇਕ ਰੱਬ ਹੈ ਜਿਸ ਦਾ ਸਾਥ ਚੱਲਣਾ ਹੈ ਨਾਲ।

ਬਿਨਾਂ ਮਤਲਬ ਦੇ ਤਾਂ ਇੱਥੇ ਕੋਈ ਕਿਸੇ ਨੂੰ ਪੁੱਛਦਾ ਨਾ,

ਇਕ ਰੱਬ ਹੈ ਜੋ ਕਰੇਗਾ ਤੇਰੇ ਜੀਵਨ ਦਾ ਆਧਾਰ।

ਉਸ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਨੇ ਜੀਵਨ ਦਿੱਤਾ ਹੈ,  
ਮਨੁੱਖਾ ਇਹ ਜੀਵਨ ਉਸ ਦੇ ਲੇਖੇ ਲਾ।  
ਇਸ ਧਰਤੀ ਤੇ ਇਨਸਾਨ ਆਪਸ ਵਿੱਚ ਲੜ ਰਿਹਾ ਹੈ,  
ਅੰਦਰੋਂ-ਅੰਦਰੋਂ ਘੁਟ-ਘੁਟ ਕੇ ਮਰ ਰਿਹਾ ਹੈ।  
ਇਕ ਰੱਬ ਦੀ ਰੋਸ਼ਨੀ ਨਾਲ ਹੀ ਉਜਾਲਾ ਹੋਵੇਗਾ।  
ਆਤਮਾ ਨੂੰ ਇਕ ਸਕੂਨ ਜਿਹਾ ਮਹਿਸੂਸ ਹੋਵੇਗਾ।

ਬਸ, ਬਹੁਤ ਜੀ ਲਿਆ ਮਤਲਬੀ ਬਣ ਕੇ,  
ਹੁਣ ਦੂਸਰਿਆਂ ਲਈ ਜੀਣਾ ਹੋਵੇਗਾ।  
ਸਰਬਤ ਦਾ ਭੱਲਾ ਕਰੋ, ਵੰਡ ਛੱਕੋ ਤੇ ਕੀਰਤਨ ਕਰਨਾ,  
ਹੁਣ ਇਹੀ ਗੱਲਾਂ ਦੀ ਪਾਲਣਾ ਕਰਨਾ ਅਸਲ ਜੀਣਾ ਹੋਵੇਗਾ।

ਕਹਿ ਗਏ ਗੁਰੂ ਨਾਨਕ ਜੀ ਸਦੀਆਂ ਪਹਿਲਾਂ ਕੀ ਨਿਰੰਕਾਰ  
ਇੱਕ ਹੈ,  
ਇਕ ਰੱਬ ਹੀ ਹੈ ਜੋ ਤੇਰਾ ਮਿੱਤ ਹੈ।  
ਉਸ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਨੇ ਜੀਵਨ ਦਿੱਤਾ ਹੈ,  
ਮਨੁੱਖਾ ਇਹ ਜੀਵਨ ਉਸ ਦੇ ਲੇਖੇ ਲਾ।

## ਮੰਜ਼ਿਲ

ਮਨਪ੍ਰੀਤ ਕੌਰ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-1)

ਜੇਕਰ ਮੰਜ਼ਿਲ ਨੂੰ ਪਾਉਣ ਦੀ ਹੈ ਚਾਹ,  
ਤਾਂ ਦਿਲਾਂ ਦੁਨੀਆਂ ਦੀ ਛੱਡ ਪ੍ਰਵਾਹ।  
ਆਪਣੇ ਦਿਲ ਦੀ ਸੁਣਕੇ,  
ਖੁੱਲ੍ਹ ਜਾਣਗੇ ਸਾਰੇ ਰਾਹ।  
ਇਸ ਧਰਤੀ 'ਤੇ ਸਦਾ ਨਹੀਂ ਰਹਿਣਾ ਕਿਸੇ ਨੇ,  
ਤਾਂ ਦਿਲਾਂ ਦੁਨੀਆਂ ਦੀ ਛੱਡ ਪ੍ਰਵਾਹ,  
ਆਪਣੀ ਮੰਜ਼ਿਲ ਨੂੰ ਪਾਉਣ ਦੀ ਲੱਭ ਰਾਹ।  
ਮੰਜ਼ਿਲ ਨੂੰ ਪਾ ਕੇ ਜ਼ਿੰਦਗੀ ਦਾ ਮਕਸਦ ਹੋ ਜਾਵੇਗਾ ਪੂਰਾ,  
ਦਿਲ ਵਿੱਚ ਨਹੀਂ ਰਹੇਗਾ ਕੋਈ ਚਾਹ ਅਧੂਰਾ।

ਮਾਂ-ਬਾਪ ਨੂੰ ਕਦੇ ਨਾ ਭੁੱਲਣਾ,  
ਆਪਣੇ ਮਕਸਦ ਨੂੰ ਪੂਰਾ ਕਰਨਾ ਕਿਸੇ ਹੋਰ ਰਾਹ ਤੇ ਨਾ ਭੁੱਲਣਾ।  
ਤਾਂ ਦਿਲਾਂ ਦੁਨੀਆਂ ਦੀ ਛੱਡ ਪਰਵਾਹ,  
ਆਪਣੀ ਮੰਜ਼ਿਲ ਨੂੰ ਪਾਉਣ ਦੀ ਲੱਭ ਰਾਹ।

## ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ

ਅੰਮ੍ਰਿਤਾ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-1)

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਤੇ ਭਾਵ ਹੈ ਪੰਜਾਬੀ ਲੋਕ- ਸਮੂਹ ਦੁਆਰਾ  
ਸਿਰਜੀ ਵਿਸ਼ੇਸ਼ ਜੀਵਨ ਜਾਂਚ । ਜਿਸ ਵਿੱਚ ਉਨ੍ਹਾਂ ਲੋਕਾਂ ਦਾ ਰਹਿਣ  
ਸਹਿਣ, ਕਿੱਤੇ , ਰਸਮ-ਰਿਵਾਜ, ਰਿਸ਼ਤੇ-ਨਾਤੇ, ਪਹਿਰਾਵਾ, ਹਾਰ  
ਸਿੰਗਾਰ , ਵਿਸ਼ਵਾਸ, ਕੀਮਤਾਂ, ਮਨੋਰੰਜਨ ਦੇ ਸਾਧਨ, ਭਾਸ਼ਾ ਅਤੇ  
ਲੋਕ- ਸਹਿਤ ਆਦਿ ਸ਼ਾਮਿਲ ਹੁੰਦੇ ਹਨ । ਓਪਰੇ ਨਜ਼ਰੋਂ ਵੇਖਿਆ  
ਜਿਥੇ ਸੱਭਿਆਚਾਰ ਦੀ ਪ੍ਰਕਿਰਤੀ ਸਧਾਰਨ ਜਾਪਦੀ ਹੈ । ਪੰਜਾਬ  
ਸ਼ਬਦ ਦੋ ਸ਼ਬਦਾਂ ਦੇ ਸੁਮੇਲ ਤੋਂ ਮਿਲਕੇ ਬਣਿਆ ਹੈ । ਪੰਜ- ਭਾਵ  
ਕਿ ਗਿਣਤੀ ਦੇ ਪੰਜ ਅਤੇ ਆਬ ਭਾਵ ਕਿ ਪਾਣੀ । ਇਸ ਤਰ੍ਹਾਂ  
ਪੰਜਾਬ ਸ਼ਬਦ ਦਾ ਅਰਥ ਹੈ । ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ ਹੈ ।  
ਇਸ ਸ਼ਬਦ ਪੰਚਨਦ ਵੀ ਸੀ ਜਿਹੜਾ ਪੰਜਾਬ ਦਾ ਹੀ ਪਰਿਆਵਾਚੀ  
ਸੀ, ਅਤੇ ਉਸ ਖਿੱਤੇ ਲਈ ਵਰਤਿਆ ਜਾਂਦਾ । ਅਸਲ ਵਿੱਚ ਕੋਈ  
ਵੀ ਕੌਮ ਜਾਂ ਕੋਈ ਵੀ ਜਨ ਸਮੂਹ ਜਿਹੜਾ ਸਮਾਜ ਦੇ ਨਾਂ ਨਾਲ  
ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਪੁਰਾਤਨ ਸਭਿਆਚਾਰਕ ਸੋਮਿਆਂ ਵਿੱਚ ਇੱਕ  
ਸ਼ਬਦ ਪੰਜਨਦ ਜਿਹੜਾ ਸਿੰਧ ਅਤੇ ਸਰਸਵਤੀ ਨੂੰ ਮਿਲਾ ਲੇ ਕੁਝ  
ਵਡੇਰੇ ਖਿੱਤੇ ਦਾ ਸੂਚਕ ਸੀ। ਜਾਤ-ਪਾਤ ਦੇ ਨਿਜ਼ਾਮ ਨੂੰ ਪੱਕੀ  
ਅਧਾਰਸ਼ਿਲ ਦੇਣ ਲਈ ਹਿੰਦੂ ਸਮਾਜ ਦੇ ਮੁਖੀ ਬ੍ਰਾਹਮਣ ਨੇ ਜਾਤ  
ਪਾਤ ਦੇ ਕਾਨੂੰਨ ਨੂੰ ਧਾਰਮਿਕ ਰੰਗ ਦੇ ਦਿਤਾ ਸਿੱਖ ਧਰਮ ਅਤੇ  
ਇਸਲਾਮ ਦੇ ਆਉਣ ਨਾਲ ਜਾਤ-ਪਾਤ ਦੇ ਨਿਜ਼ਾਮ ਨੂੰ ਵੱਡੀ ਸੱਟ  
ਲੱਗੀ। ਇਹ ਪੂਰਬ ਵਿੱਚ ਸਤਲੁਜ ਤੋਂ ਲੈ ਕੇ ਪੱਛਮ ਵਿੱਚ ਜਿਹਲਮ  
ਨਦੀ ਵਿਚਲੀ ਧਰਤੀ ਵੱਲ ਸੰਕੇਤ ਕਰਦਾ ਹੈ। ਇਹ ਦਰਜਾਬੰਦੀ  
ਜ਼ਮੀਨ ਧਨ ਦੌਲਤ ਗਿਣਤੀ ਆਦਿ। ਆਰੀਆ ਲੋਕਾਂ ਨੇ ਲਗ ਪੂਰਾ  
1500-3000 ਈਸਵੀ ਪੂਰਵ ਦੇ ਸਮੇਂ ਵਿੱਚ ਪੰਜਾਬ ਇਸ ਖਿੱਤੇ  
ਵਿਚੋਂ ਪ੍ਰਵੇਸ਼ ਕੀਤਾ । ਉਹ ਵੱਖ ਵੱਖ ਸਮਿਆਂ ਵਿੱਚ ਵੱਖ ਵੱਖ

ਟੋਲਿਆ ਦੇ ਰੂਪ ਵਿੱਚ ਆਏ ਪੰਜਾਬ ਦੀ ਇਸ ਧਰਤੀ ਦਾ ਇਹ ਨਾਂ ਤਾਂ ਮੁਸਲਮਾਨਾਂ ਦੇ ਆਉਣ ਨਾਲ ਪੰਜ+ਆਬ ਤੋਂ ਪ੍ਰਚੱਲਿਤ ਹੋਇਆ।

## ਨਸ਼ਾ

ਰਾਹੁਲ ਵਰਮਾ  
(ਬੀ.ਸੀ.ਏ. ਭਾਗ-1)

ਹਨੇਰੀ ਨਸ਼ਿਆਂ ਦੀ ਕਰਕੇ ਅਟੈਕ ਬੈਠ ਗਈ  
ਨਾ ਬਕਸ਼ੇ ਅਮੀਰ ਨੂੰ ਨਾ ਬਖਸ਼ੇ ਗਰੀਬ ਨੂੰ

ਸਿਗਰਟ ਬੀੜੀ ਜਰਦਾ ਦਾਰੂ ਬਣੇ ਨਸ਼ੇੜੀ  
ਸਾਰੇ ਕੰਮ ਕਾਰੂ ਭੁੱਕੀ ਡੋਡੇ ਖਾਣ ਅਫੀਮਾਂ  
ਮੈਡੀਕਲ ਨਸ਼ਾ ਸਿਹਤ ਤੇ ਮਾਰੂ

ਦੱਸ ਕੁ ਰੁਪੀਏ ਦੀ ਚੀਜ਼ ਸਾਰੀ  
ਕਹਿੰਦੇ ਕਣੀ-ਕਣੀ ਢੰਗ ਟੱਪਾ ਜਾਂਦੀ  
ਪੰਜ ਕੁ ਐਮ. ਐਲ. ਦੀ ਸਰਿੰਜ  
ਛੇ-ਛੇ ਫੁੱਟ ਦੀ ਗੱਭਰੂ ਏ ਖਾ ਜਾਂਦੀ।

## ਧਰਮ ਅਤੇ ਇਨਸਾਨੀਅਤ

.....  
.....

ਵੱਖ-ਵੱਖ ਧਰਮ ਸ਼ਾਸਤਰਾਂ ਅਤੇ ਵਿਦਵਾਨਾਂ ਅਨੁਸਾਰ ਧਰਮ ਦੇ ਅਰਥ ਹਨ ਕਾਨੂੰਨ ਕਰਤਵ ਸੱਚਾਈ ਹੱਕ ਚੰਗੇ ਗੁਣ ਕਿਸੇ ਵੱਲ ਸਾਡੇ ਫਰਜ਼ ਆਦਿ। ਭਾਵ ਪਰਮਾਤਮਾ ਦੀ ਭਗਤੀ ਅਰਾਧਨਾ ਅਤੇ ਮਨੁੱਖ ਜਾਤੀ ਦੀ ਸੇਵਾ ਵਰਗੇ ਫਰਜ਼ ਮਿਲ ਕੇ ਧਰਮ ਅਖਵਾਉਂਦੇ ਹਨ।

ਆਪਣੇ ਧਰਮ ਨਾਲ ਜੁੜਨ ਵਾਲਾ ਫਰਜ਼ ਨੂੰ ਪਛਾਣਨ ਵਾਲਾ ਅਤੇ ਆਪਣੇ ਇਖਲਾਕ ਤੇ ਪਹਿਰਾ ਦੇਣ ਵਾਲਾ ਵਿਅਕਤੀ ਹੀ ਧਰਮੀ ਪੁਰਸ਼ ਹੁੰਦਾ ਹੈ ਤੇ ਅਸਲੀ ਇਨਸਾਨ ਵੀ ਉਹੋ ਹੀ ਹੁੰਦਾ ਹੈ। ਧਰਮੀ ਪੁਰਸ਼ ਆਪਣੇ ਨਿੱਜੀ ਸਵਾਰਥ ਤੋਂ ਉੱਪਰ ਉਠ ਕੇ ਦੂਜਿਆਂ ਲਈ ਜਿਊਂਦਾ ਹੈ। ਉਹ ਆਪ ਸਦਾਚਾਰੀ ਹੁੰਦਾ ਹੈ ਤੇ ਸਦਾਚਾਰਕ ਕੀਮਤਾਂ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਲਾਗੂ ਕਰਨ ਲਈ ਹਮੇਸ਼ਾ ਤਿਆਰ ਰਹਿੰਦਾ ਹੈ ਤਾਂ ਜੋ ਨਰੋਏ ਸਮਾਜ ਦੀ ਸਿਰਜਣਾ ਕੀਤੀ ਜਾ ਸਕੇ।

ਸਭ ਧਰਮਾਂ ਦੇ ਮਹਾਪੁਰਖਾਂ ਨੇ ਆਪਣੇ ਸਮੇਂ ਵਿੱਚ ਸਮਾਜ ਵਿੱਚ ਨਰੋਈਆਂ ਕਦਰਾਂ ਕੀਮਤਾਂ ਸਥਾਪਿਤ ਕਰਨ ਹਿੱਤ ਨਿੱਗਰ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਇਤਿਹਾਸ ਵਿੱਚ ਹੋਰ ਵੀ ਬਹੁਤ ਸਾਰੀਆਂ ਉਦਾਹਰਣਾਂ ਮਿਲ ਜਾਂਦੀਆਂ ਹਨ ਜਿਨ੍ਹਾਂ ਤੇ ਇਹ ਸਪਸ਼ਟ ਹੁੰਦਾ ਹੈ ਕਿ ਸਰਬਸ੍ਰੇਸ਼ਟ ਧਰਮ ਇਨਸਾਨੀਅਤ ਹੈ। ਮਨੁੱਖ ਨੂੰ ਦੇਵਤਾ ਵੀ ਬਣਾ ਸਕਦੀ ਹੈ। ਅਜਿਹੇ ਮਨੁੱਖ ਇਨਸਾਨੀ ਜੀਵਨ ਨੂੰ ਨਵੀਂ ਸੇਧ ਵੀ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹਨ। ਜੇ ਸੰਸਾਰ ਸਥਿਰ ਹੈ ਤਾਂ ਇਨ੍ਹਾਂ ਧਰਮੀ ਪੁਰਖਾਂ ਦੀ ਬਦੌਲਤ ਹੈ। ਸੰਸਾਰ ਵਿੱਚ ਧਰਮ ਵੀ ਜਿੰਦਾ ਹੈ ਤੇ ਧਰਮੀ ਪੁਰਖ ਵੀ। ਲੋਕਾਈ ਅਧਰਮੀ ਬਣ ਰਹੀ ਹੈ ਕਿਉਂ ਕਿ ਮਨੁੱਖ ਆਪਣੇ ਧਰਮ ਤੋਂ ਡੋਲ ਗਏ ਹਨ। 'ਧਰਮ' ਮੌਜੂਦ ਹੈ ਪਰ ਆਦਮ ਨੇ ਆਪਣੀਆਂ ਅੱਖਾਂ ਦੇ ਦਰਵਾਜ਼ੇ ਬੰਦ ਕਰ ਲਏ ਹਨ।

# Shree Panchanan

2019-2020

SOCIAL SCIENCE SECTION



STAFF EDITOR :  
DR. DEEPIKA THALIA

STUDENT EDITOR :  
SEERAT PARMAR



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## **Gandhi @ 150**

### **The Only Way To Peace**

**Dr. Deepika Thalia**

Staff Editor (Social Science Section)

***Mahatma Gandhi, know in India as:***

**“The forefather of Indian Freedom ;**

**Apostle of non violence;**

**The Lover of Truth”**

was born 150 years ago on October 2, 1869. His birthday is a major national holiday called Gandhi Jayanti. Mahatma Gandhi is well known for his philosophy of life for his theories of humanity and for his simplicity with high views. We know very well that Gandhi was not of one age but of all ages as he loved all humanity and fight for all humanity using various peaceful weapons such as Satyagrah, Non-Violence, Non-Co-operation etc..... Gandhi Ji once said that :

**Love begets Love; Violence begets Violence.**

If we love others they will also reciprocate it but if we hate the same we will gain. The Satyagrah used by Gandhiji contains deep meaning : Satya means : Truth, graha implies :- insistence or firmness. Satyagrah is an end and non-violence is a means. Thus this is called a relentless search for truth. Using these peaceful means Gandhi brought freedom for us. Again in his peasant's movement at Ahmadabad, in his revolution against the British, in his movements of Non-Cooperation and Quit India, Gandhi used non-violence despite violence and got success also. Not only India but out of India also as in South Africa, USA etc. People followed this idea of Gandhi. But Gandhi Ji told three types of Non-violence.

**First is based on opportunity.**

**Second based on weakness.**

**Third based on Bravery.**

Gandhi favored the third kind of Non-violence as is produced by purity of heart and not by any selfish motive. Before using in daily life Gandhi Ji himself did practical work in his own life and then implied it in society. Again we know that Gandhi Ji spreaded his views on all aspects of life including social, religious, political, educational, environmental etc. which proved him a true philosopher of human life.

Really Gandhiji's Unique personality, his gospel and technique of Non-violence cannot be measured in any material scale. Nor is its value limited to any particular country or generation. It is his imperishable gift to humanity. The need of Gandhiji's theories with his non-violence has become a very necessity point in present time modern life.

“Generation to come, it may be, will sacre believe”, Wrote by Einstein

“That such a person as Gandhi, ever in flesh and blood walked upon this earth”.

He seemed to live like no other man, it is good to remember that when he began he was like any other man. Gandhi was unique at past, alive in present and will remain as shining star in future also. He is everlasting apostle of India.

### **Important Facts Related with Freedom Struggle and Partition**

**Prabh Kiran Kaur**

Asst. Prof. in History Department

- ★ The partition between India and Pakistan claimed the lives of almost 1 to 2 million peoples. 5 Million Muslims shifted from India to Pakistan and around 4 Million Sikhs and Hindus moved to India from Pakistan At least 15 Million people were uprooted.
- ★ Lord Atlee, the British Prime Minister revealed a shocking truth. He said the British Quit India not because of Gandhi but because of the damage they'd faced at the hands of Subhash Chandra Bose. When asked how much the withdrawal of the British from India was influenced by Gandhi, he said minimal.
- ★ Sir Cyril Radcliffe a British lawyer, drew up the border for the newly independent Pakistan, completed on Aug. 17, 1947.
- ★ Until 1948, Pakistan used Indian currency Bank notes, over stamped with 'Pakistan' on the notes. New coins and Banknotes of Pakistan Rupees were circulated in 1948.
- ★ Bhagat Singh was a Polyglot. He knew french, Swedish and Arabic besides English, Hindi, Urdu and Punjabi. He was an avid reader too.
- ★ Indian National Flag was first designed by Pingali Venkayya at Bezwada in 1921. He used two colours red and green. Mahatama Gandhi suggested the addition of a white band and the spinning wheel. Late saffron colour replaced red.
- ★ 15 Aug. was chosen by Lord Mount Batten for India's independence because it was on this day in 1945 that Japan surrendered to the Allied forces.
- ★ When India got freedom she did not have a

National checked. Jana Gana Mana was adopted as National Anthem three years after Independence.

- ★ Khudi Ram Bose was the youngest Martyr. He was hanged when he was just 18 years. old.

## Smart Phone Addiction and Mental Health

**Manpreet Kaur**

Asstt. Prof. Dept. in Psychology

In the modern world where people suffer from many kind of diseases such as obesity, cancer, blood pressure etc. They are not aware that an innovative kind of disease is capturing their mind and making them addictive for this. The name of this disease is smartphone addiction. This is not effecting the children only but also effecting the adults.

A study conducted that 70% of Indian population suffers from mobile addiction. This addiction has become such kind of necessity for most of the people that some people stated that they become very anxious when they lose their smartphone and become phoneless.

An another study showed that 91% of people take their smartphones to the bathroom to use it 80% of 18 and 24 years old sleep with their phones right next to then.

Most of the addicted people completely out themselves of from real life and thus limit interaction with people and other real life experience.

This addiction is reached at such level that

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## Present Phase of Indian Politics

**Brijesh Yadav**  
B.A. 1<sup>st</sup> Year  
Dept. of Psychology

In Indian Politics is the most lucrative business these days where money power and muscle power are the best investments and leadership can be passed to the succeeding generations. Politics for many is a shortcut to fabulous wealth. In such a system it is very difficult for a common man to get a suitable living, accommodation, good education, nice employment, nutritious food, appropriate medical treatment and justice in courts. Everywhere to get the work done. There are two ways-either give bribe or get recommendation. Day by day the gap between the rich and poor, unemployment, number of court cases, suicide, crimes and criminals are all

increasing. Have you ever thought what is the cause of these things? The first answer that you will get is- Politics and corruption, which we have in our system. Politicians only know how to make promises and lame excuse. They seldom do the work of the lay man without taking bribe.

In India, Politics is a greater threat than terrorism. Terrorists are harmful to us but they are not a part of our society, so we do not have control over them. What about our politicians? They are from our own community and nation. Politicians are like parasites who feed on our many and ultimately harm us. It would interest you that in the word 'Politics' 'Poly' means many and 'tics' means blood sucking parasites. Someone has rightly said. There is nothing wrong with Indian Laws, nothing wrong with its socialist economy or with its political and judicial institution, what ails India its moral poverty.

Galloping corruption and lack of integrity at higher levels needs consideration without further delay, for the 'health' of our democracy criminalization of politics and corruption in public life has become the biggest threat to India, the world is largest democracy. Tehalka like sting operations have already exposed our politicians. If the government of the country is corrupt and is degrading a nation, it is so easy for the terrosits to promote it.

India being ranked among the top most corrupt countries in the world, always has the danger of collapsing politically and economically if corruption is allowed to sustain itself in the system of governance.

Now the nation needs leaders who are rich in



In Indian Politics is the most lucrative business these days where money power and muscle power are the best investments and leadership can be passed to the succeeding generations. Politics for many is a shortcut to fabulous wealth. In such a system it is very difficult for a common man to get a suitable living, accommodation, good education, nice employment, nutritious food, appropriate medical treatment and justice in courts. Everywhere to get the work done. There are two ways-either give bribe

## Woman in Politics

**Seerat Parmar**  
B. A.-IInd Year

History has stood witness to the brilliance of women in politics, time and again. From Marie Antoinette to queen Alizabeth, woman across the world have often held the Political Sceptre firmly in their hands whenever needed. India has also seen such influential females political figures from time to time. Their schemes and political traits have been appreciated by many and criticised by many more. However, their contribution to the development of the country can never be overlooked.

The term 'Political Participation' has a very wide meaning. It is not only related to 'Right to vote' but simultaneously relates to participation in: decision making process, political activism, political consciousness etc. To combat gender inequality in politics, the Indian Government has instituted reservation for seats in local government. Woman turnout during India's parliamentary general elections was 65.63% compared to 67.09% turnout for men. India ranks 20th from the bottom in terms

of representation of women in Parliament. The constitution of India attempts to remove gender inequality by banning discrimination based on sex and class.

- **SUSHMA SWARAJ** : Seven times member of parliament and three times member of the Legislative Assembly. Sushma Swaraj, the BJP leader, had been the Union Minister of external affairs of India.
- **MAMTA BANERJEE** : The first Woman Chief Minister of West Bengal Mamta Banerjee, popularly known as Mamta Didi, dethroned the 34 years old life front government in the state. She was also the first woman railway minister of country. In 1997 she launched Trinamool Congress, an anti leftist Party to consolidate her position in West Bengal.
- **JAYALALITA** : Tamil Nadu Chief Minister Jayalalitha Jayaram who had been the general sec of All India Anna Drauida Munnetra Kazhgam joined politics in 1982. In 1984 she became 'Rajya Sabha' MP.

## Poem of History

**Inder Preet Kaur**  
B.A. IInd Year

**H**ear the stories  
**I**ntertwined with events  
**S**ing the praises of Heroes  
**T**each the triumphs  
**O**ffer respect for the fallen  
**R**ediscover lost memories of  
**Y**esterday's forgotten lesson.

## Freedom

Freedom has a high cost,  
 lives given, the ultimate loss.  
 That cost they Willingly give  
 So freedom can continue to live

## Freedom Freedom

Freedom, Freedom let it ring,  
 "Let it ring", said Dr. King.  
 Let us live in harmony  
 Peace and love for you and me.  
 Freedom Freedom, let it ring,  
 "Let it ring", said Dr. King.

## Corruption in India

**Sonu**

B. A. IInd Year

Corruption in the Indian Society has prevailed from time immemorial in one form or the other. The basic inception of corruption started with our opportunistic leaders who have already done greater damage to our nation. People who work on right principles are unrecognized and considered to be foolish in the modern society. Corruption in India is the result of the connection between bureaucrats, politicians and criminals. Earlier Bribes were paid for getting wrong things done, but now bribe is paid for getting right things done at right time. Further corruption has become something

respectable in India, because respectable people are involved in it. Social corruption like less weighing of products, adulteration in edible items, and bribery, of various kind have incessantly prevailed in the society.

In today's Scenario, If a person wants a government job he has to pay lakhs of rupees to the higher officials irrespective of satisfying all the eligibility criteria. In every office one has either to give money to the employee concerned or arrange for sources to get work done. There is adulteration and duplicate weighing of products in food and civil supplies department by unscrupulous workers who cheat the consumers by playing with the health and lives of the people. In the assessment of provident tax the officers charge money even if the house is built properly according to the government rules and regulations.

Political corruption is worst in India. The major cause of concern is that corruption weakening the political body and damage the supreme importance of the law governing the society. Now a days politics is only for criminals and criminals are meant to be in politics. Elections in many part of the country have become associated with a host of criminal activities. Threatening voters to vote for a particular candidate or physically prevent voters from going into the polling both-especially weaker sections of the society like tribals, dalits and rural woman occurs frequently in several parts of the country. Recently the government increased the salary of the M.P.S. from Rs. 16,000 to Rs. 50,000, that is 300% increase to the praisting salary. But many of them are unhappy with rise and want the

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## A Summary History of Lord Clive

**Seerat Parmar**

B. A. IIInd Year

About a hundred and fifty years ago, History relates it happened so,

A big ship sailed from the shores of Britain Bound for India across the raging main.

And many of the passengers did cry and moan

As they took the last look of their old home,

Which they were fast leaving far behind, And which some of them would long bear in mind.

Among the passenger was a youth about seventeen years old,

Who has been a wild boy at home and very bold,

And by his conduct had filled his parents hearts with woe,

Because to school he often refused to go.

And now that he was going so far away from home,

The thought thereof made him sigh and groan,

For he felt very sad and dejected were his looks,

And he often wished he had spent more time at his books.

And when he arrived in India he searched for work there,

And got to be a clerk in a merchant's office, but for it he didn't care;

About a hundred and fifty years ago, History  
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And when he arrived in India he searched for  
work there,

And got to be a clerk in a merchant's office, but  
for it he didn't care;

The only pleasure he found was in reading  
books,

And while doing so, sad and forlorn were his  
looks.

One day while feeling unhappy he fired a Pistol  
at his own head,

Expecting that he would kill himself dead;

But the Pistol wouldn't go off although he tried  
every plan,

And he felt sorry, and resolved to become a  
better man.

So alive left his desk and became a soldier brave,

And soon rose to be a captain and manfully did  
behave;

For he beat the French in every battle,

After all their foolish talk and prattle.

Then he thought he would take a Voyage home  
to his friends,

And for his bad behaviour towards them he  
would make some amends;

For he hadn't seen them for many years.

And when he thought of them he shed bright  
tears.

And when he arrived in London

The people after him in crowds did run;

And they flocked to see him every minute,

Because they thought him the most famous  
man in it.

And all the great people in the land were proud  
to shake him by the hand;

And they gave him a beautiful sword because  
he had fought so well

And of his bravery the people to each other did  
tell.

And when his own friends saw him they to him  
ran,

## Human Trafficking in India

**Rahul Verma**  
B. A. Ist Year

Human trafficking is illegal under section 310 in India but it remains a significant problem. People are frequently illegally trafficked through India for the purpose of commercial sexual exploitation and forced/ bonded labour. Estimatedly this problem affects the 20 to 65 millions Indians. Men women and children are trafficked in India for diverse Reasons. Women and girls are trafficked within the country for the purpose of commercial sexual exploitation and forced marriage, especially in those areas where the sex ratio is highly skewed in the favour of men. Men and boy are trafficked for the purpose of labour and may be sexually exploited by trafficker to serve as gigolos, message expert, escorts etc. This thing is illegal but in India its is development on its risk.

In last years over 3 Lack 5 thousand 43 complaint are registered in which 2 Lack 6 Thousand 3 were girl 55,587 are boys and 50,053 are children these number are only of Punjab so think what were the numbers of whole India.

For trafficking Public as well as Government both are responsible. I will suggest some solution and reasons of trafficking.

### CAUSES OF TRAFFICKING :

a) One of the most and biggest reasons factor which support human trafficking is the Corruption.

- b) Lack of awareness in the people such as their basic rights.
- c) Lack of employment is also a major cause. Human trafficking, specially girls trafficking is a dirty worst things.
- d) Government should be increased the punishment for the human trafficking India.
- e) Government has to be focused on corrupted officer who support the traffickers and punish them hard.
- f) Awareness program should be organised by the or Government and the NGO's to control the trafficking.

## Education and Politicians

**Karan Singh**  
B. A.–III Year

For any growing nation education is most important aspect in all terms may it be human development or mechanical development. Thus our politicians need to be qualified and educated. Thus this leads to the question that whether educational qualifications for politicians are necessary or not?

Politicians should be people with high education because many leadership attributes are gained through education leaders with no education can not cope up with the challenges hence it hinders country's development. Education is necessary for a leader for country's bright future and prosperity. As now a days it is the basic need of a person. But yes, it should not be fixed till a certain

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Politicians should be people with high education because many leadership attributes are gained through education leaders with no education can not cope up with the challenges hence it hinders country's development. Education is necessary for a leader for country's bright future and prosperity. As now a days it is the basic need of a person. But yes, it should not be fixed till a certain level. A leader should be matured, experienced, kind, educated and should understand peoples feelings, thinking, vision etc. And all that comes from education itself and our moral life. Politicians must be educated because they are the persons to rule the society.

Unfortunately, the highly educated people like IAS officers are working under the uneducated persons and also there is no rule for politician's

## National Integration Past and Present

**Anjali**

B. Com. III Year

It is a very significant aspect as it has a deep bearing on the country's unity and integrity. What exactly does National Integration mean? It means the realization of collective identity among the natives of a country. It signifies that even though we

all belong to diverse religions, regions, caste and speak different languages, we must always feel that we all are one. Such feeling of oneness is very crucial for building a prosperous and strong nation. The real meaning of integration is the existence of multifarious identities with a unifying thread. In the words of Benjamin Franklin— "National Integration" is the assimilation of the entire people of a country to a common identity".

India has a vast land and people from diverse communities, cultures and castes inhabit the space. It seems almost impossible to hold all of them together and it was owing to these religious and cultural differences that the country lost its independence in the past. Now that our country is free, it should be our first and foremost responsibility to preserve its integrity and honour from external threats and internal dissension.

National Integration not only helps in the formation of a strong country, but also encourages the development of its people. In India, the period from 19th Nov. to 25th is celebrated as the National Integration week to raise awareness about the subject matter among the common public. The idea of national integration has also led to the obliteration of social and religious differences. So, if people of our country stand in unity, many societal issues can be eradicated. People of different faith and communities who used to uphold their religion over others are gradually realizing the importance of oneness and are standing in support of the country's unity and honour.

National Integration has led to the formation of an invisible thread of unity which binds different parts of the country. It has certainly added to the

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## Introduction of Indian Political System

**Megha Sharma**  
B.A. 1st Year

India is a federal Parliamentary democratic republic. It is known to be world's largest democracy. This Indian political system came into being in August 1947 as the country got freedom from the British Rule. The constitution of India was written soon after and came into force on 26th January 1950. It has seen several amendments since then. These changes have been brought about for the good of the security after a lot of consideration.

The president of India is the head of the state in our country while the Prime Minister is the head of the government. We have an upper house referred to as the Rajya Sabha. The members of these houses are known as the members of Parliament (MP). There is a brief about these Parliamentary houses.

- **LOK SABHA**
- There are a total of 545 members in the Lok

Sabha.

- 543 Lok Sabha members are elected by the general public of the country through elected. 2 Lok Sabha Members are elected directly by the President of the country from the Anglo Indian Community.
- Among other requirements, one must be 25 years of age in order to be eligible for Lok Sabha Membership.
- **RAJYA SABHA**
- There are a total of 245 members in the Rajya Sabha.
- 233 members of the Rajya Sabha are elected from states and Union.
- Territories 12 Members are nominated by the president.
- A candidate must be at least 30 years old in order to become a Rajya Sabha Member.

The members of Parliament is an essential part of the Indian Political System and here the Power to take in many Political decisions collectively.

### POLITICAL PARTIES AND FORMATION OF GOVERNMENT

India has numerous Political Parties that contest the elections. The party that gets majority of votes comes into Power. The government of India is formed for a total of five years.

Four years, the Indian National Congress and the Bhartiya Janata Party were the main Political Parties. In the country that gave is tough competition to reach other during elections.

**CONCLUSION :**

India is a federal Parliamentary democratic republic. It is known to be world's largest democracy. This Indian political system come into being in August 1947 as the country got freedom from the British Rule. The constitution of India was written soon after and come into force on 26th January 1950. It has seen several amendments since

## Role of Religion in Indian Politics

**Inderpreet Kaur**  
B.A. IIInd Year

Secularism in India began to face turbulent weather with the revival and strengthening of religion learning political parties in the country. The pro-Hindu strategies of the ruling congress reminded the Bharatiya Janata Party (BJP), Rashtriya Swayam Sevak Sangh (RSS), Vishva Hindu Parishad (VHP) of its actual role for which they had struggling in the previous decades. Earlier in the 70's several proposals were made for a judicious deradicalisation of BJP's slogans from groups inside the party itself.

The decades also witnessed communal propaganda bring in a few dividends and the irreversible decline of the Jana Sangh. At this juncture, it was felt inside the party that it should subtly shift its appeal to the middle-class. Instead of the traditional appeal to Hindu Chauvinism, it should try to project itself as a substitute for the congress, asking for support not because of its ideological differences with the congress, but because of its similarities offering a cleaner, more efficient, less corrupt government. After the dramatic success of the Ratha Yatras (Public

Processions in a Chariot), Its own agenda was rewritten in a retrograde direction, but it is remarkable how clearly the party has not rejected its other, more secular constituency.

From the early '80s, Hindu Communal Organisations increased the scale, aggressive-ness and violence of their operations under the general direction of the militant Hindu right-wing party RSS and its mass fronts: the VHP, which coordinates religious bodies, and the BJP, its electoral using. Again in the mid-1980s, elections were held to the Lok Sabha in 1984 after Indira Gandhi's assassination and the BJP, under the president ship of Atal Bihari Vajpayee got only two seats. Vajpayee resigned and LK Advani, considered a hawk in the party, took over and gave BJP new hope and a decisions was taken by the leadership of BJP to promote Hindu militancy to snatch the Hindu Vote Bank from the Congress.



# REPUBLIC DAY CELEBRATION



# ACTIVITIES UNDER NCC



## ACTIVITIES UNDER NSS



Exhibition of Disabled Children crafts on Diwali by NSS Unit in College campus.



Cleanliness program on Railway Station by college NSS Visit.



Eye Check up Camp in celebration with Third Eye Hospital Jalandhar and Awareness rally in adopted village Phadma.



Different activities in Adopted Village Phadma by NSS Unit.



A group Photo Volunteers and Teachers in NSS Seven days camp.



team of theater Artists from Prof. Bahadur Singh Sunet being honored Punjabi University, Patiala performed his Lecture on Blood Donation Nukkar Natak on Save Environment and Eye Donation Awareness organized by College NSS Visit.



## PARTICIPATIONS, WORKSHOP AND SEMINARS



सुन्दर हस्तलेख प्रतियोगिता का आयोजन हिन्दी विभाग द्वारा।



विश्व हिन्दी दिवस समारोह का आयोजन हिन्दी विभाग द्वारा।



हिन्दी दिवस समारोह का आयोजन हिन्दी विभाग द्वारा।



An essay competition on 31-01-2020 in social science council. Topic is importance of CAA (citizenship amendment act).



Poster making competition organised by science department for the celebration of international women's day.



Lecture on save water by NSS.



Poster making contest on voting awareness by NSS.

# Shree Panchanan

2019-2020

COMPUTER SECTION



STAFF EDITOR :  
MS. NISHA ARORA

STUDENT EDITOR :  
RUPINDER KAUR



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## Top 6 Technology Trends of 2020

**Ms. Nisha Arora**

(H.O.D. Asst. Prof. Comp. Deptt.)

- 1. Artificial Intelligence**:- Artificial Intelligence, or AI, has already received a lot of buzz in recent years, but it continues to be trend to watch because its effects on how we live, work and play are only in the early stages. AI refers to computers systems built to mimic human intelligence and perform tasks such as recognition of images, speech of patterns and decision making. AI is used to schedule trains, assess business risk, predict maintenance, and improve energy efficiency, among many other money-saving tasks. 5G technology is going to improve processing speeds by more than 10 times. This is the technology that can make possible, for instance, the much expected remote surgery in rural areas.
- 2. Machine Learning**:- Machine Learning is a subset of AI. With Machine Learning, computer are programmed to learn to de something they are not programmed to do: they learn by discovering patterns and insights from data. In general, we have two types of learning, supervised and unsupervised.
- 3. Robotic Process Automation or RPA**:- Like AI and Machine Learning, Robotic process Automation, or RPA, is another technology that is automating jobs. RPA is the use of software to automate business process such as interpreting applications, processing transactions, dealing with data, and even replying to emails. RPA automates repetitive tasks that people used to do. These are not just the menial tasks of a low-paid worker: up to 45 percent of the activities we do can be automated, including the work of financial managers, doctors and CEOs.
- 4. Edge Computing**:- Edge Computing is designed to help solve of those problems as a way to bypass the latency caused by cloud computing and getting data to a datacenter for processing. It can exist "on the edge", if you will, closer to where computing needs to happen. For this reason, edge computing can be used to process time-sensitive data in remote locations with limited or no connectivity to a centralized location. In those situations, edge computing can act like mini datacenters. Edge computing will increase as use of the Internet of Things (IoT) devices increase.
- 5. Virtual Reality and Augmented Reality**:- Virtual Reality (VR) immerses the user in an environment while Augment reality (AR) enhances their environment. Although VR has primarily been used for gaming thus far, it has also been used for training, as with Virtualship, a simulation software used to train U.S. Navy, Army and Coast Guard ship captains.
- 6. Internet of Things (IoT)**:- Many "things" are now being built with WiFi connectivity, meaning they can be connected to the Internet- and to each other. Hence, the Internet of Things, or IoT. The Internet of Things is the future and has already enabled devices, home appliances, cars and much more to be connected to and exchange data over the Internet.

## Introduction to Internet of Things (IoT)

**Mrs. Pooja**

(Asst. Prof. Comp. Deptt.)

Anyone who says that the Internet has fundamentally changed society may be right, but at the same time, the greatest transformation actually still lies ahead of us. Several new technologies are now converging in a way that means the Internet is on the brink of a substantial expansion as objects large and small get connected and assume their own web identity.

"Today computers and the Internet are almost wholly dependent on human beings for information. Nearly all of the roughly 50 petabyte (1 petabyte =  $10^{15}$  bytes) of data available on the Internet were first captured and created by human beings by typing, pressing a record button, taking a digital picture or scanning a bar code.

### ARCHITECTURE OF INTERNET OF THINGS

Architecture of Internet of Things Contains Basically 4 Layers:

- Application Layer
- Gateway and the Network Layer
- Management Service Layer
- Sensor Layer

### APPLICATIONS:

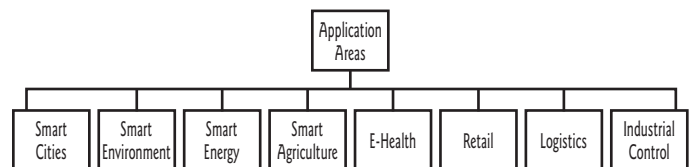
There are several application domains which will be impacted by the emerging Internet of Things. The applications can be classified based on the type of network availability, coverage scale, heterogeneity, repeatability, user involvement and impact.

We categorize the applications into four application domains:

- (1) Personal and Home
- (2) Enterprise
- (3) Utilities
- (4) Mobile

There is huge crossover in applications and the use of data between domains. For instance, the Personal and Home IoT produces electricity usage data in the house and makes it available to the electricity (utility) company which can in turn optimize the supply and demand in the Utility IoT. The Internet enables sharing of data between different service providers in a

seamless manner creating multiple business opportunities



## Machine Learning

**Ms. Amandeep Kaur**

(Asst. Prof. Computer)

**Machine Learning** is an application of artificial **intelligence (AI)** that provides systems the ability to automatically learn and improve from experience without being explicitly programmed. **Machine learning** focuses on the development of computer programs that can access data and use it learn for themselves.

Machine learning - Algorithms that generate Algorithms

Algorithms are a sequence of instructions used to solve a problem. Algorithms, developed by programmers to instruct computers in new tasks,



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Machine learning - Algorithms that generate Algorithms

Algorithms are a sequence of instructions used to solve a problem. Algorithms, developed by programmers to instruct computers in new tasks, are the building blocks of the advanced digital world we see today. Computer algorithms organize enormous amounts of data into information and services, based on certain instructions and rules. It's an important concept to understand, because **in machine learning, learning algorithms - not**

### HOW MACHINES LEARN:

Although a machine learning model may apply a mix of different techniques, the methods for learning can typically be categorized as three general types:

- **Supervised learning:** The learning algorithm is given labelled data and the desired output. For example, pictures of dogs labelled "dog" will help the algorithm identify the rules to classify pictures of dogs.
- **Unsupervised learning:** The data given to the learning algorithm is unlabelled, and the algorithm is asked to identify patterns in the input data. For example, the discovers similar items often bought together.

- **Reinforcement learning:** The algorithm interacts with a dynamic environment that provides feedback in terms of rewards and punishments. For example, self-driving cars being rewards to stay on the road.

### FUTURE OF MACHINE LEARNING

Machine Learning can be a competitive advantage to any company be it a top MNC or a star tup as things that are currently being done manually will be done tomorrow by machine. Machine Learning revolution will stay with us for long and so will be the future of Machine Learning.

## Near Field Communications (NFC) Technology

Mr. Keshav  
(Asst. Prof. Comp. Deptt.)

Near Field Communication (NFC) is a short-range (within 10 cm) wireless technology that makes your smartphone tablet, payment cards, and other devices make smarter. With NFC, you can transfer information between devices quickly and easily without internet connection. Data exchange between two mobiles, Attendance Tracking, contact-less payment and Identity Validation/Access Control are the common applications of NFC. every NFC enable device will have "N-mark" tag on it. NFC works on a wireless signal that transmits data via radio waves, usually between two devices contained with NFC chips. The data transfer between the chips if generally triggered when the two NFC-compatible devices are places very close to each other.

## Blue Eyes Technology - Monitoring Human Operator and Intelligence Sensing System

**Ms. Neena**

(Asst. Prof. Computer Application)

Blue Eyes is a technology conducted by the research team of IBM at its Almaden Research Center (ARC) in San Jose, California Since 1997. Blue eyes technology makes a computer to understand and sense human feelings and behaviour and also enables the computer to react according to the sensed emotional levels. The aim of the blue eyes technology is to give human power or abilities to a compute, so that the machine can naturally interact with human beings as we interact with each other. With the help of **speech recognition and facial recognition systems**, computers gather information from the users and starts interacting with them according to their mood variations. Computer recognizes your emotional levels by a simple touch on the mouse and it can interact with us an intimate partner. he machine feels your presence; verifies your identify and starts interacting with you and even it will dial and call to your home at any urgent situations. This all is happening with this "**Blue Eyes**" technology.

The main objective of Blue Eyes technology is to develop a computational machine having sensory and perceptual ability like those of humans. The Blue Eyes technology system is a combination of a set of hardware and software systems.

Blue eyes technology consist of Mobile measuring device or Data Acquisition Unit (DAU), Central System Unit (CSU) and Hardware.

1) **DATA ACQUISITIONS UNIT (DAU):-** Is a mobile part of the Blue Eyes st=ystem. To accomplish a task the device must manage wireless Bluetooth onnections (connection establishment, authentication and termination). Authorization can be provided through ID cards and PIN. All the DAU software is written in 8051 assembler code.

### **TASKS:**

- Maintain Bluetooth Connections
- To get information from the sensor and transfer it over the wireless connection
- To deliver the alarm messages which are sent from the Central System Unit to the operator and handle ID cards.

2) **CENTRAL SYSTEM UNIT (CSU):-** Contains a Bluetooth module and a PCM codec for voice data transmission. The PCM codec is an analogy-digital interface for voice band signals designed with a combination of codes and decoders (codec) and filters. The codec reduces the microcontroller's tasks by reducing the amount of data being sent over the UART (Universal. Asynchronous. Receiver. Transmitter). UART is the interface where Communication between the Bluetooth module and the microcontroller is carried. The module is connected to a PC using a parallel, serial and USB cable.

### **TASKS:**

- Maintain the other side of the Bluetooth connection.
- Buffers incoming sensor data-Performs on-line data analysis.
- Records the conclusions for further exploration and provides visualization interdface.

## APPLICATIONS

- 1) **SECURITY SYSTEMS:-** The security can be controlled by using blue eye technology. The concerns of getting a wrong person in security systems should be avoided and if his intentions are not harmful then he must be allowed to enter the security system.
- 2) **CONTROL SYSTEM:-** Human control is required in various control system, however human may get tired, so to avoid this situation, blue eye technology can be used, where cameras kept for surveillance can be used to detect the person's emotional condition rather than just recording. Blue eye technology can be used in various control systems like banks, aeroplanes, trains etc.
- 3) **ASSISTING HUMAN OPERATORS:-** This technology helps to monitor physical conditions of operators in various industries, where toxic substances are generated, so if any harm is caused these operators can automatically generate a signal so that an alarm can be triggered. Therefore preventing any catastrophe.
- 4) **DRIVING SYSTEMS:-** It can be helpful o all the people who are driving. When a sensor is attached to steering-wheel, it can assess the emotional stability of driver and can guide him in traffic conditions to stop and take a break or continue driving.
- 5) **ACCESS TO DATA:-** Rather them physically searching all data, it can be easily accessed using one signal command for e.g. if a user to make an urgent call to some other location

which is known to both sides then the person can make call instantly.

6. **BLUETOOTH:-** Data can be acquired using Bluetooth, this data can be available to anyone in wireless mode.

Blue Eyes system can be applied in every working environment requiring permanent operator's attention:

1. At power plant control rooms
2. Flight control canters
3. Professional drivers

## Why Use Java for AI?

**Ms. Amanpreet Kaur**  
(BCA - 3rd Year)

Java is the most widely used programming language in the world. Large organizations in the public and private sector have enormous Java code bases, and rely heavily on the JVM as a compute environment. In particular, much of the open-source big data stack is written for the JVM. Thus includes Apache Hadoop for distributed data management; Apache Spark as a distributed runtime for fast ETL; Apache Kafka as message queue; Elastic Search, Apache Lucene and Apache Solr for serach; and Apache Cassandra for data storage to name a few.

Since access to data is a perquisite to building AI and machine-learning solutions, AI tools need to inegrate well with those technologies. AI starts with the data you gather. That's why the AI and machine-learning tooling you choose is crucial, The right tools solve a lot of integration problems (many data science project fail when prototypes

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Since access to data is a prerequisite to building

## Computer & its Terminology

Muskan Saini  
(BCA - 3rd Sem.)

- **Introduction to Computer:** A computer is an electronic device, operating under the control of instructions stored in its own memory that can accept data (input), process the data according to specified rules, produce information (output), and store the information for future use.
- **Computer Components:** Any kind of computers consists of Hardware and Software.
- i) **HARDWARE:** Computer hardware is the collection of physical elements that constitutes a computer system. Computer hardware refers to the physical part or components of a computer such as the monitor, mouse, keyboard, computer data storage, hard device disk, system unit (graphic cards, sound cards, memory, motherboards and chips etc. All of which are physical objects that can be touched.

**INPUT DEVICES:** Input Devices is any peripheral piece of computer hardware equipment to provide data and control signals to an information processing system such as a computer. Examples: Keyboard, Mouse etc.

ii) **SOFTWARE:** Software is a generic term for organized collection of computer data and instructions, often broken into 2 major categories: System Software that provides the basic non-task-specific function of the computer and application Software which is used by users to accomplish specific task.

- **Characteristics of computer:**

1. **Speed:** The computer can process data very fast.
2. **Accuracy:** Computer provides a high degree of accuracy.
3. **Storage Capability:** Large volumes of data and information can be stored in the computer.
4. **Versatility:** Computer is versatile in nature.

**Computer Viruses:** A virus is a small piece of software that piggybacks on real programs.

**E-mail Virus:** An e-mail virus travels as an attachment to e-mail messages and usually replicates itself by automatically mailing itself to dozens of people in the victim's e-mail address book.

**Trojan Horses:** A Trojan Horses is simple a computer program. The program claims to do one thing but instead does damage when you run it (it may erase your hard disk).

**Worms:** A worm is a small piece of software that use computer network and security holes

**Introduction to Computer:** A computer is an electronic device, operating under the control of instructions stored in its own memory that can

## Introduction of Computer Graphics

**Manisha Rani**  
(BCA - 3rd Sem.)

### COMPUTER GRAPHICS:-

Computer Graphics is the creation of picture with the help of a computer. The end product of the computer graphics is a picture it may be a business graph, drawing and engineering. In computer graphics, two or three dimensional pictures can be created that are used for research.

### TYPE OF COMPUTER GRAPHICS:-

There are two kinds of computer graphics raster (composed of pixels) and vector (composed of paths) A bitmap (Raster) image use a grid of individual pixels where each pixel can be different color or shade. Bitmaps are composed of pixels. Vector Graphics use mathematical relationships b/w points and the paths connecting them to describe an image. Bitmap images require higher resolutions and anti-aliasing for a smooth appearance. Vector based graphics are mathematically described and appearance smooth at any size or resolution. Bitmaps are best used for photographs and images with subtle shading. Graphics best suited for the vector format are page layout type, line art or illustrations.

### APPLICATION OF COMPUTER GRAPHICS:-

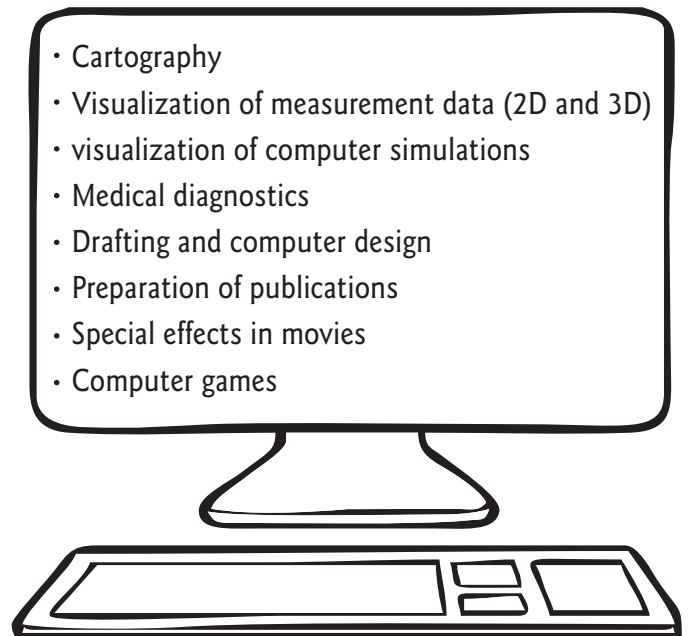
Computer graphics are very useful. Today almost

every computer can do some graphics and people have even come to expect to control their computer through icons and picture rather than just by typing. Computer generated image is used for movie making, video game and computer program development scientific modeling and design for catalogs and other commercial art. Some people even make computer graphics as art.

### USE OF COMPUTER GRAPHICS:-

The areas in which computer graphics is used include

- Cartography
- Visualization of measurement data (2D and 3D)
- visualization of computer simulations
- Medical diagnostics
- Drafting and computer design
- Preparation of publications
- Special effects in movies
- Computer games



## Introduction of Computer / System Software

**Tripam**  
(BCA - 2nd Year)

**SYSTEM SOFTWARE:-** System Software is software designed to operate and control the hardware and to provide a platform for running application software.

**There are "5" main types of system software:-**

1. Boot Code
2. Operating System
3. User Interfaces
4. Widgets
5. Utilities

- **BOOT CODE:-** Boot Code is used to create a working environment for the operating system. The term "boot" is a shortening of the term, "bootstrapping" which answers the problem of computer needing itself to be in running state in order to start itself.
- **OPERATING SYSTEM:-** An operating system is a master program that a computer uses to execute both user-level program as well as environment routines and drivers. Therefore, the operating system is the most important program a computer must run.

MS-DOS, Microsoft Windows XP and Mac OS X are some example of personal computer operating systems. Server-level computers use operating systems such as UNIX and Microsoft Windows

- **INTERFACES:-** How you work with the computer.

**GUI:-** GUI is an acronym for " graphical user Interface". It allows people to interact with computer. Icons are used in conjunction with text, labels or text navigation.

**CUI:-** Character user Interface. You type commands into the computer. It's not easy to remember all the commands. This is the precursor to GUI.

- **WIDGETS:-** A widgets engine is host software system for running and displaying desktop widgets.

- **FILES:-** A file is one of two things  
1) Data file 2) Program file

Computer files make it easier for the user to find and save their data.

- **UTILITIES:-** Utilities perform a variety of functions like disk defragmenting or data compression.

**DRIVER:-** A computer driver is a program that acts as controller.

**VIRUS:-** A virus is destroy and corrupt data on computer. It can come floppy disk, CD or USB, but not come e-mail.

## Active VS Passive

**Kuljit Kaur**  
(BCA - 3rd Year)

- Active people use the Internet to express themselves and earn about their world... Passive people watch TV.
- Active people strategize their life plans and work to accomplish their goals... passive people wait for a miracle.
- Active people cook their dinner fresh... passive people microwaves something frozen.
- Active people walk around a new city they are exploring... passive people take cabs.
- Active people spend their lives pursuing their dreams... passive people have a midlife crisis.
- Active people don't wait for opportunity., they create it... passive people need it handed to them.

- Active people make their own opinions and choices on things... passive people let others make up their minds for them.
- Active people build their own... passive people buy it.
- Active people volunteer, give calls to action, help others and make their world better... passive people complaint.

## Programming Languages

**Gurpreet Kaur**  
(BCA - 3rd Year)

A Programming language is a set of english - like instructions that includes a set of rules for putting the instructions together to create commands. A translator language arranges the english like commands into numeric code that the computer can understand. The most common type of translator is a compiler. The compiler is program that reads english - like commands in a file and then create another file containing computer readable numeric code or commands. I will be talking about some of the major functions and uses six high level programming languages.

Microsystems and released in 1995. Java is based on C and C++ and incorporates many features object oriented languages. Third is that its a standardized programming language C++ was developed by Bjarnar Stroustrup in the early 80's at Bell Laboratories. It is an object - oriented programming language which contains three elements: First is encapsulation with which extends the capacity of modularity. Second polymorphism which is the use of a name or symbol. Third is the inheritance which allows the

designer to take existing objects and create new ones that inherit the properties of an earlier object. Objects are created in C++ through the mechanism of the class which is the data type similar to the C structure.

The most important that it not only contains variable number, but also functions number which are the methods that act on the variable numbers. A private section is parts of a class that are available to member function. A public section defines the interface between the class object and the rest of the program. The class data type is the focus of C++, everything in the language revolves around this user-defined data type.

## 3D Metal Printing Technology

**Chandni**  
(BCA - 5th Sem.)

3D Printing or Additive Manufacturing is a novel method of Manufacturing parts directly from digital Model by Using layer by layer material build-up approach. This toll-less manufacturing method can produce fully dense metallic parts in short time with high precision features of additive manufacturing like freedom of part design, part complexity, light weighting, part consolidation and design for function are garnering particular interests in Metal additive. Manufacturing and automobile application. Powder bed fusion, in which each powder bed layer is selectively fused by using energy source like, laser is the most promising additive manufacturing technology that can be used for manufacturing small, low volume, complex metallic parts.

The Review presents overview of 3D Printing

3D Printing or Additive Manufacturing is a novel method of Manufacturing parts directly from digital Model by Using layer by layer material

## Cloud Computing

**Navjot**  
(BCA - 3rd Year)

Cloud computing is the on-demand availability of computer system resources, especially data storage and computing power, without direct active management by the user. The term is generally used to describe data centers available to many users over the internet. Large clouds, predominant today, often have functions distributed over multiple locations from central servers. Clouds may be limited to a single organization. The availability to many organization. the availability to high-capacity networks, low cost computers and storage devices as well as the widespread adaption of hardware vitalization, service-oriented architecture and autonomic and utility computing has led to growth in cloud computing. By 2019, Linux was the most widely used operating system, including in Microsoft's offerings and is thus describes as dominant.

## 3D Printing

**Rupinder Kaur**  
(BCA - 3rd Year)

3-Dimesional Printing is the latest that deals with creating a physical object from a digital design that has been created using high-end graphics

related software on the system. There exist a wide range of materials that can be used in 3D printing based on requirement but the basic concept remains the same i.e. a particular blueprint is turned into a solid three dimensional physical object by adding material layer by layer.

### ADVANTAGES OF 3D PRINTING:-

- i) **Offers high customizability:-** In order to make changes to the item, altering the digital blueprint of the object will be sufficient to reflect them over the finished product without the need for extra manufacturing cost.
- ii) **Minimal Wastage:-** The conventional manufacturing methods require the use of various tools, raw materials and equipment for preparing the appropriate design.
- iii) **Creating Sophisticated Designs:-** The Technology can be used to create complex designs which are generally different to illustrate using the existing models of printing.

### APPLICATIONS OF 3D PRINTING:-

- i) **Automobile Manufacturing:-** 3D Printing is used in the car manufacturing industry so as to create prototype of various parts to test the durability of the design. It is of great help when creating customized cards.
- ii) **Medical:-** the various medical aids such as hearing devices, prosthetics are largely developed by using 3D Printing Technology.
- iii) **Drone Manufacturing:-** The drone has always fascinated experts from every field but due to its limited production difficult repairing and availability of spare parts, the concept was



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**Minimal Wastage:-** The conventional

## Computing Basics

Mehak

(BCA - 2nd Year)

The first computers were used primarily for numerical calculations. Their Capacity to handle large amounts of data has extended the range and accuracy of weather forecasting.

- **Analog Computers:-** Analog Computers use continuous physical magnitudes to represent quantitative information. At first they represent quantities with mechanical components, but after world war II Voltages were used; by the 1960 & digital computers had largely replaced them.
- **Digital Computer:-** Digital Computer represent information in discrete form, generally as sequences of OS as Is. The first devices used switches operated by electromagnets. Their programs were stored on punched paper tape or cards, and they had limited internal data storage.
- **Super Computer:-** They have historically been very expensive and their use limited to high-priority computations for government-sponsored research, such as nuclear simulations and weather modeling.
- **Mini Computer:-** Relatively small and inexpensive, mini computer were typically used in single department of an organization

and often dedicated to one task or shared by a small group.

- **Micro Computer:-** Micro Computer is a small computer built in around a microprocessor integrated circuit. In 1975 the first personal computer the Altair used a successor chip, the intel 8080 microprocessor.
- **Embedded Processors:-** They generally do not have to do elaborate computations or be extremely fast, nor do they have to have great "input-output capacity", and so they can be inexpensive.

## Article on Computer

Amit Kumar

(BCA-1st Sem.)

### **Computer are an Integral Part of Offices:-**

Computer first become popular in the office spaces. Some organized bought and installed the machines this data shortages device streamlined the work process to large extent. the piles of papers and files that formed a part of the offices were replaced by computer. Any information related to any customer or policy that the staff members were earlier required to find in the files spending howes became available at just the click of a button with the installation of computer.

### **Computer - A Boon for the Education Sector:-**

Education Sector is among those sectors that have benefitted immensely from the advent of computer and Internet. Unlike the earlier times when the students had to take out time too visit the library and surf through rows of books for hour and then collate the necessary information to prepare their notes, these their notes, these days everything just click away.

# Shree Panchanan

2019-2020

PLANNING FORUM SECTION



STAFF EDITOR :  
MS. MONIKA

STUDENT EDITOR :  
MS. ANKITA SHARMA

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## Status of Food Processing Industry in India

**Dr. Monika**

Staff Editor, Planning Forum Section

Food Processing includes process under which any raw product of agriculture, dairy, animal husbandry, meat, poultry or fishing is transformed through a process in such a way that its original physical properties undergo a change and the transformed product has commercial value and is suitable for human and animal consumption. It also includes the process of value addition to produce products through methods such as preservation, addition of food additives, drying etc. with a view to preserve food substances in an effective manner, enhance their shelf life and quality.

**The Food Processing Industry (FPI)** is of enormous significance as it provides vital linkages and synergies that promotes between the two pillars of the economy, i.e. agriculture and industry.

**Employment Generation:** It provides direct and indirect employment opportunities, because it acts as a bridge between Agriculture and Manufacturing.

**Doubling of Farmer's income:** With the rise in demand for agri-products there will be commensurate rise in the price paid to the farmer, thereby increasing the income.

**Reduce Malnutrition:** Processed foods when fortified with vitamins and minerals can reduce the nutritional gap in the population.

**Reduce Food Wastage:** With a greater thrust on proper sorting and grading close to then farm gate, and diverting extra produce to FPI, this wastage

could also be reduced, leading to better price realisation for farmers.

**Boosts Trade and Earns Foreign Exchange:** It is an important source of foreign exchange. For e.g. Indian Basmati rice is in great demand in Middle Eastern Countries.

**Curbing Migration:** Food Processing being a labour intensive industry will provide localized employment opportunities and thus will reduce the push factor in source regions of migration.

**Curbing Food Inflation:** Processing increase the shelf life of the food thus keeping supplies in tune with the demand thereby controlling food-inflation. For e.g. Frozen Safal Peas are available throughout the year.

**Crop-Diversification:** Food processing will require different types of inputs thus creating an incentive for the farmers to grow and diversity crops.

**Preserve the Nutritive Quality of Food and prolongs the Shelf Life** by preventing them from spoilage due to microbes and other spoilage agents.

**Enhances the Quality and Taste of Food** thereby bringing more choices in food basket.

**Enhances Consumer Choices:** Today, food processing allows food from other parts of the world to be transported to our local market and vice versa.

**The Indian Food Industry** is poised for huge growth, increasing its contribution to world food trade every year. In India, the food sector has emerged as a high-growth ad high-profit sector due to its contribution in country's total food market. The government has been taking many steps in the growth and development of the food processing

Food Processing includes process under which any raw product of agriculture, dairy, animal husbandry, meat, poultry or fishing is transformed through a process in such a way that its original physical properties undergo a change and the transformed product has commercial value and is suitable for human and animal consumption. It also includes the process of value addition to produce products through methods such as preservation, addition of food additives, drying etc. with a view to preserve food substances in an effective manner, enhance their shelf life and quality.

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## Niti Aayog

**Ankita Sharma**

Student Editor, B.Com-IIIrd Year

The NITI Aayog (National institution for transforming India) is a policy think tank of the govt. of India, established with the aim to achieve sustainable development goals with cooperativ federalism by fostering the involvement of state govt. Govt. of India in the economic policy making process using a bottom up approach. It's initiatives

The NITI Aayog (National institution for transforming India) is a policy think tank of the govt. of India, established with the aim to achieve sustainable development goals with cooperative federalism by fostering the involvement of state govt. Govt. of India in the economic policy making process using a bottom up approach. Its initiatives includes "15 year old map," "7 year vision", strategy and action plan , " AMRUT , Digital India, Atal Innovation mission, etc.

It was established in 2015 by the NDA govt. to replace the planning commission which followed a top down model. The main objectives of NITI AAYOG are as follows:

- To evolve a shared vision of national development priorities, sectors and strategies with the active involvement of states in the light of national objectives.
- To foster Cooperative Feudalism through structured support initiatives and mechanism with the states on a continuous basis , recognizing that strong states makes a strong nation.
- To develop mechanism to formulate credible progressively at higher levels of government.
- To ensure, on areas that are specifically referred to it, that the interest of national security are incorporated in economics and policy.
- To pay a special attention to the section adequately from economic progress.
- To provide advise and encourage partnership between key stake holders and nation and international like - minded think tank well as

educational and policy research institutions.

But NITI Ayog at the same time wants to promote healthy competition among the developing state thus the propulsive concept behind the new body would be " co- operative federalism " including that the states to have their say in framing plans and policies for development . The NITI AAYOG has been envisaged as a kind of including think tank embracing the entre and stage give strategic and technical advice on economic matters of national and global importance. This step mainly focuses on strategies to spread awareness about and use of evaluate on to as a tool for embracing the result from policies and programmer of good governance. So it was time to consider developing a national evaluation policy that would provide direction to monitoring and evaluation activities in the country, laying stress upon quality standards and sound ethical procedures and provide for appropriate institutional mechanisms.

NITI Aayog would therefor mean:-

- a) A group of people with authority entrusted by the govt. to formulate to and regulate policies

## **Ecological Economics: A Concept for Sustainability**

**Megha Dua**

Asst. Prof. in Economics Deptt.

Ecological Economics also known as bioeconomics or ecoeconomics is a transdisciplinary and an interdisciplinary field of academic research which addresses the interdependence and the co-evolution of human

Ecological Economics also known as bioeconomics or ecoeconomics is a transdisciplinary and an interdisciplinary field of academic research which addresses the interdependence and the co-evolution of human economies as well as the natural ecosystems. Found in 1980's as a modern discipline on the works and interactions between various European and American academics it is defined by its focus on nature, justice and time. The primary objective of ecological economics is to ground the economic thinking and practice and put them to physical reality especially in terms of this physics. Well-being in ecological economics is also differentiated in terms of its welfare which is found in the main stream economics and is named as new welfare economics. The concept of ecological economics challenges the conventional approach towards the natural resources which claims that the natural capital is undervalued by considering it as interchangeable with the human capital which is labour and technology.

Ecological economics also rejects the view of energy economics that the growth in the energy supply has a direct link with the well-being and it focuses on biodiversity and creativity and this terminology is adopted for the issues of uneconomic growth. The concept of energy economics draws its results from geology, political science, ecology. However, the recent focuses of this economics is on climate change and climate policy, demand response, elasticity of supply and demand in the energy.

One of the major differences between the mainstream economics and ecological economics

is that where the main stream economics attempted to make economics a value free hard science the ecological economics argued that the value free economics is generally not realistic and is also willing to entertain the concepts of utility, efficiency and cost benefits. Ecological economics is also viewed in terms of sustainability economics and may also have the goals which are similar to great politics. Basically the ecological economics is a transdisciplinary field which does not try to a subdiscipline of economics or ecology but also of psychology, anthropology, archaeology and history. The idea of ecological economics is an attempt to look at humans as not being separate from their

## The State of The Indian Economy

**Dr. Palwinder Kaur**

Asst. Prof. in Economics Deptt.

Concern over the economy has growth with the projection that GDP growth is likely to be around 5 percent as against 6.8 percent the last fiscal. the information came on a day when there were other developments relating to a nod for running private trains, disinvestment of the national carrier Air India and call for a nationwide strike by trade unions to protest against the economic policies in which farmers and students were to join hands. The Government is also expected to cut spending as it faces one of the biggest tax shortfalls, with the sluggishness attributed to lack of private investment. The

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The country doesn't seem to have recovered from the convulsions caused due to demonetisation and GST; and it has found the recovery to be halting. Measures to rid the nation of its pet peeves have resulted in confusion and turmoil, a putdown for private investment that looks for stability and assured returns. Days back. Finance Minister Nirmala Sitharaman unveiled a project to give infrastructure a push even as the

## Pollution And Economic-development

**Anshu Sharma**

B. Com-IIInd Year

The relationship between pollution and economic development has been widely debated across various disciplines in the natural and social sciences. This relationship is complex with several possible feedback loops that are predicted on drivers and consequences of economic growth, ecosystem and the ultimate reliance of financial capital on nature. The aim is to achieve the sustainable development goals (SDGs) is an opportunity to revise and organize the debates between pollution and economic development.

NOW THE QUESTION ARISES :

How economic development can lead to increase in pollution?

The environment pollution impact of Economic Development stems from two key pathways that have been widely studied in the literature: a) the resource base needed to develop infrastructure to deliver key economic development outcomes such as - access to transport, electricity, water and food. b) The increased consumption of pollution-intensive resources that comes from access to more disposable income.

**The First impact:** is of Air pollution which is growing too huge for India: Sitting in your airconditioned office behind glass walls, if you think pollution doesn't affect you as much as the people working out there, you are wrong. Pollution has a deep economic impact in the whole gross domestic product (GDP). The onset of winters brings a huge



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Measures to control pollution such as banning pollution vehicle and factories impact economy no doubt good impact but the cost of pollution has to

be quantified by various global studies.

A world bank study released in 2016 revealed that India lost more than 8.5% of its GDP in 2013 due to cost of increased welfare and cost labour due to air pollution. As its current size of \$ 2.6 trillion, the cost equals about \$ 221 billion.

Rising air pollution is also likely to impact rainfall pattern in the country and decrease monsoon, which can cause extensive financial losses, warns a United Nations report.

If the governments takes tough measures against pollution, it will actually increase productivity and can lead to economic benefits.

Now the question arises pollution's negative impact on economic development or growth?

The primary of natural capital as limiting resource means from which we derive other forms of capital is a fundamental premise in both economic and ecological sciences.

Technological progress and innovation can often augment the availability of natural capital but decline in basic environmental system that supports natural capital still remains a looming concern.

" There is a growing evidence of the negative impact of pollution on economic growth and that we need to pay more attention towards indicators of environmental harm such the ecological carrying capacity to prevent reversible harm to particular ecosystem that also sustain livelihood.

**Pollution's negative impact on human development impacts of Economic Growth.**

As noted by the world bank in its approach

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## Women Empowerment

**Anjali**

B. Com-IIInd Year

Women empowerment implies the ability in women to take decision with regard to their life and work and giving equal rights to them in all spheres like personal, social, economic, political, legal and so on.

Women empowerment is the much talked about issue today. Women are increasingly getting empowered to decide the course of their life and profession and realize their fullest potential.

### WOMEN EMPOWERMENT:

#### WINDS OF CHANGES

Women empowerment has become the buzzword today with women working along side men in all spheres. They prefer an independent outlook, whether they are living inside their home or working outside. They are increasingly gaining control over their lives regarding their education, career, profession and life style.

### WOMEN EMPOWERMENT:

### MAKING THE WORLD A BETTER PLACE

We are living in an age of woman empowerment. Women the world over are working shoulder to shoulder with man. By and large, they are now empowered to take decision about different aspects of their life and profession.

### BENEFITS OF WOMEN EMPOWERMENT

Women empowerment adds to confidence of woman in their ability to lead meaningful and purposeful lives. It removes their dependence on other and makes them individuals in their own right.

- They are able to lead their lives with dignity and freedom.
- It adds to their self esteem.
- It gives them a distinct identity.
- They are able to make meaningful contributions to the well being of society.
- They get fair and equitable access to resources of the country.

### NECESSITY OF WOMEN'S EMPOWERMENT

- Without women empowerment we cannot remove injustice and gender bias and inequalities.
- If women are not empowered, they cannot enjoy security and protection in life.
- It also provides them a safe working environment.
- It is a great means to get adequate legal protection for women.
- If not socially and economically empowered, women cannot develop their own identity.

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### **MEANS OF WOMEN**

#### **EMPOWERMENT:**

#### **EDUCATION:**

Without proper and adequate education women cannot become empowered individuals. They need to be encouraged to go for the higher studies so that they can contribute significantly in the creation of a knowledge society.

#### **COMMUNICATION SKILLS:**

Without developing skills for effective communication, women cannot make their voices heard. It is essential for them to communicate effectively to become successful. As leaders they need to put across their points to the people so that

Women empowerment implies the ability in women to take decision with regard to their life and work and giving equal rights to them in all spheres like personal, social, economic, political, legal and so on.

Women empowerment is the much talked about

## Impact Of Demonetization on Banking Sector

**Kanika Sharma**  
B.BA. IIInd Year

Demonetization is a tool to battle inflation, black money, corruption and crime discourage a cash dependent economy and help trade. Its policy of the government by banning Rs. 500 and Rs 1000 currency notes has influenced almost all the owner of the economy.

The influence of demonetization are:

### 1. INCREASE IN DEPOSITS:

Demonetization has increased the deposit in banks unaccounted money in the form of Rs. 500 and Rs 1000 were flowing to the banks and the size of deposits have been increased.

### 2. FALL IN COST OF FUNDS:

Over the past few months, the deposits are increased. It led the banks to keep a major parts of deposits in the form of cash deposits. PSU Bank have a lion share (over 70%) of the deposits, leading to lower cost of funds.

### 3. DEMAND FOR GOVERNMENT BONDS:

After sharp rise in deposits on past demonetization, banks started lending such surplus deposits to the RBI under the reverse repo option.

### 4. SAGGINESS IN LENDING :

Lending growth of the bank is considerably less even after demonetization and its impact of growth in the amount of public deposit.

Banks have tried to lend the money to the needy group by reducing rule.

## Problem of Child Labour in India

**Baby**  
B. Com.-IIIr Year

Despite constitutional provisions against child labour a large number of children continue to be exhibited under hazardous work conditions, poorly paid for long hours of work, they have to abandon their studies to support to just play around and have fun. They are made to forego all the joys of childhood by a cruel and truth less word.

Rural areas employ the largest number of child labour. In urban areas, they work in Dhabas, Tea-Stalls and Restaurants and household. They are shamelessly exploited in the recognised sector as domestic servants, hawkers, rags pickers paper vendors, agricultural labourers, and as workers in Industrial concerns.

Some of the Industries that employ children as labourers include match Industry in Sivakasi, TAMIL NADU : Glass Industry in Firozabad, Brass Ware industry in Muradabad and the handmade carpet stone polishing Industry in Jaipur Rajasthan; lock making Industry in Markapur Andhra Pradesh and state Industry in Mandsaur, Madhya Pradesh. Sometimes children are employed against a loan or debt or social obligation by the family of the child, generally, they are forced to work assisting their families agricultural sector, brick kilns and store

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#### **CAUSES OF CHILD LABOUR :**

Child labour is inevitable in country like India

where over 40% of the population lives in conditions of extreme poverty. The children have to supplement their parents . Income or in some cases, they are the only wage earners in the family.

Another reason is that vested Interests deliberately create child labour to get cheap labour as a factory hand, a domestic servant or a shop assistant. Children often work in dangerously polluted factories . They work for 9 to 10 hours at a stretch including night shifts. No wonder that large number of child workers have sunken chest and thin bone frames which give them Fregit look. They are made to work in small rooms under inhuman conditions which include unhygienic surroundings . Most of these children come from extremely poor households. They are either school drop outs or those who have not seen any school at all. Child labourers even the risk of contracting various diseases . They are vulnerable to exploitation by all. There is no strict enforcement of laws against child labor. So employers continue to circumvent the provisions of the law in the full knowledge that the child workers themselves will not dare to expose them.

#### **BONDED CHILD LABOUR IN INDIA:**

Under this system the child or usually Child's parent enter into an agreement , where in the child performs work as in kind repayment of credit.

## **Role of Agro Based Industries in Indian Economy**

**Jaspreet Kaur**  
B. Com. IIIrd Year

Indian economy is the seventh largest economy in the world , measured by nominal GDP . According

Indian economy is the seventh largest economy in the world, measured by nominal GDP. According to IMF, on a per capita Income basis, India ranked as 142nd by GDP (nominal) and 119th by GDP (PPP) per capita in 2018.

India's economy is the world's fastest growing major economy, surpassing China, India economy is classified in three sectors- Agriculture and allied Industry & service.

The agro-industry should encompass not only the activities that consume agricultural raw materials, but also those that seek to provide input for modern age economic practices. The Agro based industry related to textiles, sugar, paper and vegetable oil. Agricultural products are used as a new material by these Agro based industries. There are some factors that influenced the growth of Agro based industries like:

- Employment Generator
- Less capital investment
- Social and economic development
- Locally available raw materials used in the production activities.

Textiles, Sugar, Vegetable Oil and Plantation, Industries that derived their raw material from agriculture. These are called Agro based industries.

### **FOOD PROCESSING INDUSTRIES AS FOLLOWS :**

#### **THE SUGAR INDUSTRY :**

India emerged as largest sugar producing country in the world with 15% share of world's sugar production. The sugar industry is the most important agro based industry in India. This

industry provides employment to million skilled and unskilled workers. India ranks as a second in the world production of sugar despite.

Production of sugar increased during the war. In 1950-51, 139 factories were in operation producing 11.34 lakh tonnes of sugar. Sugar mills were started in Bihar in 1903.

As sugar industry is based on sugarcane, which is heavy and perishable, thus the mills are located close to the sugarcane producing area.

The southern states enjoy more favourable climatic condition for cultivation of Cane. eg. Maharashtra, Uttar Pradesh, Karnataka, Gujarat and Tamil Nadu are major sugar producing states. The industries in the states of Uttar Pradesh, Bihar are considered as "Sugar Belt" because more than 60% of factories are located there.

#### **VEGETABLE OIL INDUSTRY :**

Vegetable oil is also the important industry included in Agro based industry. It is also an important item in Indian food as it is a major source of fat. India is the biggest consumer of vegetable oil as it is the popular cooking medium. The most common sources of oil are groundnut, mustard, soyabean and coconut.

The ordinary oil was replaced by hydro generated oils giving to ghee. 'Vanaspati' is the hydro generated oil. The first Vanaspati factory was established in 1930.

#### **PAPER INDUSTRY :**

The Indian paper industry accounts for about 3% of world's production of paper. These industries use woods as a raw material for producing the paper of different kinds. The estimated turnover of the

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## **Economic Slowdown Due To Structural Changes, Not Cyclical**

**Sanchit Jain**

B. Com. IIIrd Year

Finance minister Mr. Amit Mitra, said that current slowdown in the economy is due to structural changes and not cyclical. He said that structural changes have been ushered in due to demonetization and "faulty" GST implementation along with the collapse of IL&FS which crippled the NBFC sector.

He said that when the economy was "coming up from the U-curve", the rising growth rate was hit by demonetization which caused GDP growth to fall from 8.15% to 7.17%.

Another massive structural change came from GST implementation which was implemented from July 1st, 2017.

Lastly, the collapse of IL&FS crippled the NBFC sector which is now facing huge liquidity crunch.

Regarding the direct tax collection, he said government could mop-up only 4.7% more so far.

In order to meet the budgetary target of 17.3% the growth in direct tax collection will have to be 27% in the remaining month of this fiscal.

Mitra said, "Is it possible to meet the target for an economy which is witnessing slow down."

Regarding GST he said that collection of the indirect tax is not meeting its target.

Talking about West Bengal he said that the state cabinet had cleared the proposal of Tata Metalik's

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of contraction in GDP. But since India is a large developing economy , contraction is a reality . The last instance of negative growth of India was in 1979 . A growth recession is more common place where the economy continues to grow but as a slower pace than usual for a sustained period , what India has been facing now days.

## The Dynamics of India's Growth Slowdown

**Milan Joshi**

B.B.A. IInd Year

India's GDP growth rate has slipped to 5% in the first quarter of FY20 the lowest in over 6 years.

The rises brewing with in the Indian economy has gained an animals acceptance by now even the latest annual report of the RBI for the fiscal year 2018-19 or (FY 19) confirmed that the Indians economy has indeed hit a rough patch. The GDP growth rate of the economy has slipped to 5% in the first quarter of FY 20 . The lowest is over the 6 years . This is an indication of tougher times ahead.

Be in the recent collapse of the automobile sector or the rising number of non- performing assets (NPA) sluggish consumer sector demand all have hand in this declaration of growth Rate.

The spurt in instances of job losses from automobile manufacturers to biscuit makers has led to the general acceptance of the downturn. This is the third instance of an economic slow down for Indian in the past decade after the ones that began in June 2008 and March 2011 . The technical terms for the same is growth recessions. A recession is defined in economics as three consecutive quarters

## Amazon.com – The World's Largest Internet Company

**Ravinder Kaur**

M. Com. Ist Year

Amazon .com is the world's largest internet company . It started out as online bookstore in the middle of the 1905's and grew gradually over the years. Today Amazon sells almost everything from CDs and DVDs to sportswear and electrical appliances. The company also produces its own - tablets and e-readers and lets users upload their own photos and other files to the Amazon - based cloud.

Amazon.com was founded by Jeff BeZos in 1994 . It first operated out of a small garage in Washington state. With in a year Amazon. offered hundreds of thousands of books. People could not only order books from an online catalogue but also write their own reviews. in 1997.

As time went on amazon. com grew gradually. It bought many of its rivals and today corporate with other companies and lets them sell their products via the Amazon website.

In 2007 Amazon went a step further. It



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## Women Education is Important

**Tarandeep Singh**  
B. Com.1st Year

Educating women is integral to the economical and social development of a nation. An educated woman can bring some positive changes in her own house as well as in the society .She is more likely to send her children , to school , improving the nation literacy rate. There are numerous other advantages of educating women apart from good health and hygiene , raised economy of the nation etc. No nation can achieve development in a true sense if it leaves its women behind on education .

### **DIGNITY AND HONOUR :**

A woman is the dignity of a house and a society is judged depending on how its women are treated and how much they are educated. It is only when a woman is able to protect her own dignity and honor that she will be able to protect the dignity and honor of her family. An uneducated woman may

lack the courage to speak for her own dignity while an educated woman will be confident enough to fight for it.

### **SELF RELIANCE :**

Education makes a woman self-reliant that is, she does not depend on anyone for her own survival as well as the survival of her children. She knows that she is educated equally like men and fond for the need of her family. A woman who is financially independent can raise her voice against injustice and exploitation .

### **INTEGRAL DEVELOPMENT :**

Today the developing as well as the under - development countries strive for integral development . that is they have realized that the true development of a nation can be achieved only when no one is left behind on the path to progress . The goals of integral and sustainable development will be nothing more than mere words if our women are not educated and empowered. Women must be provided equal opportunity to stand shoulder to shoulder with men they aspire doctor, lawyer, scientist, journalist etc. Only then we will be able to achieve our goals of sustainable development.

### **DECREASED MORTALITY RATES :**

An educated woman is more likely to marry later in life improving the chances of survival of the children. Another educated mother is more aware of their children's needs and nutrition, and takes well care of their resulting in a low child mortality rate, providing them better health , hygiene and nutrition. According to a study it is estimated that nearly 1.5 million children could be saved globally if only their mother had completed secondary school.

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## **Concept of FDI**

**Bariya**

B. Com-IIInd Year

FDI occurs when an investor based in one country acquires an asset in another country with the intent to manage the asset. Investments can take place for many reason like cheaper wages, special investment privileges (tax exemptions ) offered by the country.

Many countries seek FDI because domestic capital is inadequate for purpose of economic growth foreign capital is usually essential at least as a temporary measure , during the period when the capital market is in the process of development. Foreign capital usually brings it with other scares productive factors like technical know how. business expertise and knowledge.

FDI has many merits and demerits who impacts the Indian economy.

Some of the merits are to be discussed here:

- infrastructure and technology transfer increased productive efficiency due to competition from multinational subsidies.
  - EMPLOYMENT.
  - Increase in savings and investment.
- Some of the demerits are to be discussed here.
- Entry of MNC super market chairs would cause severe displacement of small and unrecognized shop keeper and trades.
  - Large gaints of the world try to monopolise and take over the highly profitable sector

## **Important Economic Abbreviations**

**Anjali**

B. Com. IInd Year

- ABD: Asian Development Bank.
- ADR: American Depository Receipts.
- AGMARK: Agricultural Marketing Department.
- AITUC: All India Trade Union Congress.
- AMC's: Asset Management Companies.
- APM: Administered Pricing Mechanism.
- ARF: Asset Reconstruction Fund.
- ASSOCHAM: Associated Chamber of Commerce and Industry.
- BIFR: Board of Industrial and Financial Reconstruction.
- BIMARU: Bihar, Madya Pradesh, Rajasthan and U.P.
- BOP: Balance of Payment.
- BPL: Below Poverty Line.

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## Importance of Indigenous Industries

**Ridhima**

B. Com. IInd Year

Cottage industries or the small scale industries are usually the terms used for small business carried on at home involving less number of people as labourers who may or may not be the members of one family and such a production or manufacturing of goods included the traditional artisans and craftsman who have inherited their work as an art form from their ancestors. Their various goods produced include dress fabrics such as Khadi, Wool, Muslim Leather Silk, Cotton etc. & many precious items like Jewellery, ornaments, statues, idols, gems, stones etc and also edible items like spices, oils, honey etc. have a huge demand not only within India but also in the foreign markets.

Since ancient times in the country such indigenous products have always been able to attract foreign traders and merchants. These helped India in successfully establishing trade relations with the Greek, Chinese and Arab merchants.

Since then today after several years of Indian Independence the contemporary condition of the small scale industries is under control more than ever before.

## Role of Banks in The Economics Development of A Country

**Riya Saini**

B. Com. 1st Year

In this article we will discuss about the role of bank in the economic development of country.

The banking system plays an important role in the modern economic world. Banks collect the saving of the individual and lend them out of business people and manufactures.

Manufactures borrow from banks the money needed for the purchase of raw material and to meet other requirements such as working capital interest is also earned there by. The savings increase can be utilized to produce to produce new capital assets.

Banks arrange for the sale of shares and debenture. Thus, business houses and manufacturer can get fixed capital with the aid of the banks. They are banks known as industrial banks, which assist the formation of new companies and new industrial enterprise and give long term loans to manufactures.

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The banking system can create money under business expands more money is needed for exchange transactions. The legal tender money of the country cannot usually be expanded quickly . In

condition create a number of problems such as premature ageing , malnutrition depression, drug dependency etc.

From disadvantaged backgrounds minority groups or abducted from their families, these children have no protection . Their employers do whatever necessary to make them completely invisible and are thus able to exercise an absolute control over them. These children work in degrading conditions, under mining all the principles and fundamental rights based in human nature.

Additionally a child who works will not be able to have a nominal education and will be doomed to become an illiterate adult, having no possibility to grow in his on her professional and social life.

In certain cases child labour also endangers a child 's dignity and morals , especially , when sexual exploitation is involved , such as prostitution and child pornography.

Furthermore, a child who works will be exposed to malnutrition. Those children are often victims of physical, mental and sexual violence.

## The Problem of Child Labour

**Parmvir Singh**  
B. Com. Ist Year

Child Labour in the world Today close to 250 million of the children are working in the dangerous condition . Additionally each year more than 1 million of these children will be victims of human trafficking .

The basic minimum legal age at which children are authorised to work is 15 years.

The difficulty of tasks and harsh working

## Make in India

Roll No.: 183,  
B. Com. Ist Year

### PROGRAM :

The make in India initiative was launched by Prime minister in september 2014 as part of a wider set of nation- building initiatives. Devised to transform India into a global design and manufacturing hub, make in India was timely response to a critical situation . By 2013, the much typed emerging markets bubble had burst, and

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**PROCESS :**

Make in India was launched by Prime minister against backdrop of this crisis and quickly become a recycling cry for India's innumerable stock holder and partners. It was a powerful , galvanizing call to action to India's citizens and business leaders and an inciters to potential partners and investors around the world. But make in India is much more than an inspiring slogan . It represents processes and policies . Most importantly , it represents a complete change of the government's a complete change of the government's midnest a shift from issuing authority to business partner, in keeping with Prime minister 's tenet of "Minimum Government Maximum Governance".

**PLAN :**

To start a movement , you need a strategy that

empowers and enables in equal measures. Make in India needed a different kind of campaign : instead of the typical statistics - laden newspaper advertisement , this exercise required messaging that was informative , well packaged and most importantly credible . It had to (a) inspire confidence in India's capabilities amongst potential partners abroad , the Indian business community and citizens at large (b) provide a frame work for a vast amount of technical information on 25 industry sector and (c)reach out to a vast local and global audience via social media and constantly keep them updated about opportunities , reforms etc.

The department for promotion of industry and internal Trade (DPIIT) worked with a group of highly specialized agencies to build brand new infrastructure , including a dedicated help desk and a mobile first website that packed as wide array of information into a simple and sleek menu. Designed primarily for mobile screens , the site's architecture ensured that exhaustive levels of details are neatly tucked away so as not to overwhelm the user. 25 sector brochures were also developed - contents included key facts and figures , policies and initiatives and sector - specific contact details , all of which was made available in print and on the website.

**PROGRESS :**

In a short space of time, the absolute and obsolete and abstrunctine frame work of the past have been dismantled and replaced with a transport and user - friendly system. This is helping to drive investment, fastening innovation , developing skills, protecting intellectual property (IP) and building best in class manufacturing

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current environment crises and resource depletion Malaysia is currently facing a conflict between economic growth and environment conservation. Greening the economy could integrate the social quality as a pillar of sustainable. Development with economic and environ-mental priorities. Indeed it may improve the human well being while significantly reducing environmental scarcity the problems of sustain ability are becoming a global concern by many manufacturing companies specially in the automotive industries. Thus this paper attempts to discuss on how green growth could improve the corporate sustainability performance. A research framework will be proposed to examine the relationship between green growth and corporate sustain ability automotive industry.

Green growth is not a replacement for sustainable development. Rather, it provides a practical and flexible approach for achieving concrete, measurable progress across its economic and environment pillars, while taking full account of the social consequences of greening the growth strategies is ensuring that natural assets can deliver their full potential on a sustainable basis. The potential includes the provision of critical life support services- clean air and water and resilient bio diversity needed to support food production and human health.

Green growth policies are on integral part of the structural reforms needed to faster strong more sustainable and inclusive growth . They can unlock new growth engines by :

- Enhancing productivity by creating incentive for greater efficiency in the use of natural resources, reducing waste and energy

## Green Growth and Sustainability

**Diksha Gupta**  
B. Com. IInd Year

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## India's Gross Domestic Product (GDP)

**Vishali**  
B. BA. IIIrd Year

India 's gross domestic product (GDP) grew 5% in the April June 2019 , much lower than 6 percent growth in the same quarter last fiscal.

It also lower than 5.8 percent GDP growth in March quarter in 2018 to 2019 . This is the second straight quarter when the quarterly GDP growth was lower than 6percent . It has opened the door for more Interest Rates cuts by the RBI in the coming days.

The show down in broad based and GDP growth during the first quarter was dragged down by manufacturing growth.

The growth value added (GVA) for the June quarter stood at 4.9% percent , lower than 7.7. percent growth in the same quarter.

Last fiscal , The latest GDP growth print of 5% in the lowest in 6 years. Private consumption , which was the bulwark of the Economy has fallen in the quarter under review.

The Reserve Bank of India (RBI) have recently projected India's GDP growth for 2019-2020 at 6.9% .

The RBI annual report relies on Thursday said that it was difficult to diagnose the reason or nature of India's slow down.

"The diagnosis is difficult , these conditions are hard to distingue clearly, at least in the formative state," The RBI report said.

## Nature of Inflation in India

**Shivani**  
B. Com. IIIrd Year

Inflation refers to a continuous, general, increase in the prices of good and services. Rise in prices is called inflation . Inflation at very fast rate is Hyper-inflation, medium is state- inflation and low level is creeping inflation. During the recent years the rise has abnormal and it has endangered the stability. In Pakistan inflation has become an unending disease to our economy. Once a state is caught in the circle of inflation them it will be difficult for that state to get rid of it.

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There are various factors that contribute to the rise in prices, Some are natural factors like unfavorable weather conditions which affect the food production and lead to the shortage of commodities in the market. With more money chasing fewer goods, the prices take to the wings. Besides this natural problem there are man-made problems like hoarding which contribute to the rapid increase in prices. The trading community which senses a shorting of cartoon commodities, especially the essential commodities, they resort to large scale hoarding. They release the hoarding products after increase, in the prices and make a neat margin over their investment in the hoarded products. They get so much profit but it waters inflation.

Inflation rate in India was 5.5% as of may 2019, as per the Indians Ministry of statistics and program Implementation. This represents a modest reduction from the previous annual figure of 9.6% for June 2011. Inflation rates in India are usually quoted as changes in the wholesale price index (WPI) for all commodities.

Many developing countries use changes in the consumer price Index (CPI) as their central measure of inflation. In India, CPI (combined) is declared as

the new standard for measured monthly, and with a significant lag, making them unsuitable for policy use. India uses changes in the CPI to measure its rate of inflation.

Provisional annual inflation rate based on all Indian general CPI (combined) for november 2013 on point to point basis is 11.24% a compared to 10.17% (final) for the previous month of october 2013. The corresponding provisional inflation rates for rural and urban areas for November 2013 are 11.74% and 10.53% respectively. Inflation rates for rural and urban areas for October 2013 are 10.19% and 10.20% respectively.

The WPI measures the price of a representative basket is compared of three group: Primary Article (22.62% of total weight), full & power (13.15%) and manufactured products (64.23%) Food Articles from the Primary Article Group account for 15.26% of the total weight. The most important components of manufactured products, food products (19.12%) group are chemicals and chemical product (10.8%) machinery and machine tools (8.9%), Textiles (7.3%) and Transport, Equipment and parts ((5.2%)

WPI numbers were typically measured weekly by the ministry of commerce and industry. This make it more timely than lagging and infrequent CPI statistics. However science 2009 it had been measured monthly instead of weekly.

Inflation in Indian economy is in dynamic nature. It depending on the following conditions or situations:

- Monetary Measure
- Government Fiscal Policies



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## The Problem of Unemployment in 21st Century

**Simranjit Kaur**  
B. Com. IIIrd Year

Unemployment or jobless is a situation in which able-bodied people who are looking for jobs cannot find a job.

Unemployment is a serious problem in our country, which leads to poverty. Many people are eager to find jobs. Support themselves as well as their families but there are not enough jobs for everyone. As a result the problem of unemployment is seen at every level. Lack of job opportunities has brought depression and hopelessness among our youth.

It has made them to go astray which creates many other problems like drug addiction, identity crises etc. Let us first examine the cause of the problem of unemployment before discussing the various ways and means of solving this problem.

There are many reasons for the problem of unemployment in our country.

One of them is slow growth of our economy in relation to the increase in the number of educated

persons. When an economy is growing there are plenty of jobs for everyone.

Our economy has grown and there has been development but not enough to generate sufficient number of jobs. Another factor that has hindered development and led to unemployment is the growth in population increasing by leaps and bounds. But jobs and gainful work cannot be generated in the proportion in which capital and labor are available in surplus quantity. Under these circumstances, the country should adopt labor-intensive techniques of production. But, here it has been observed that not only in the industrial sector but in the agricultural sector also, there is a substantial increase in capital than labor.

In the case of Western countries, where capital is abundant and the use of automatic machines and other sophisticated equipment is justified while in our country. The education system in our country too has failed to respond to the existing inter-generational gap. It is the same old system which McCauley introduced during the colonial period.

The expansion of the tertiary sector comprising commerce, trade, transportation is limited which could not provide even to the existing labor force, what to think about new entrants. As a result of this, there is a wide scale of unemployment among engineers, doctors, technically trained persons and other technocrats. Another hurdle in the generation of more employment opportunities is that there are inappropriate means for self-employment in rural and semi-urban areas of the country. Like other developed countries, most of our engineers, technocrats and other well-qualified persons do not possess ample means for self-employment. They

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## Working of Trade Union in Indian Economy

**Supreeti**  
B. Com. IIIrd Year

Labour unions or trade unions are organisation formed by worker from related fields that work for

common interest of its members . They help workers in issues from like fairness of pay, good working environment , hours, of work and benefits. They represent a culture management & workers.

Purpose of these union is look into grievances of wagers of present at collective acts as medium of communication between workers and management.

Trade union organised century in Great Britain, continental Europe and United State . In many countries trade unionism is synonymous with term labour movement . Smaller association of workers started appearing sporadic and short lived through most of 19th century, while union organizers in both countries faced similar obstacles, their approaches evolved quite differently, British Movement favoured political activism , which led to the formation of the Labour Party in 1906, while American unions pursued collective bargaining as means of winning economic gains for their workers.

British unionism received its legal foundation in the Trade Union Act of 1871 . In United States and uncertainty by a serious of court decisions that whittled away of use injunctions , Conspiracy , laws , and other devices against unions .

In 1866 formation of the National Labour Union represented an early attempt to create a federation of American Union. The founding of the American Federation of Labour by several unions of skilled worker in 1886 marked the beginning of a continuous large -scale labour movement in the United States.

During 20th century, craft unions lost ground Industrial Unions. This shift was both historic and controversial because earliest unions had

Labour unions or trade unions are organisation formed by worker from related fields that work for common interest of its members . They help workers in issues from like fairness of pay, good working environment , hours, of work and benefits. They represent a culture management & workers.

Purpose of these union is look into grievances of wagers of present at collective acts as medium of communication between workers and management.

Trade union organised century in Great Britain, continental Europe and United State . In many countries trade unionism is synonymous with term labour movement . Smaller association of workers started appearing sporadic and short lived through most of 19th century, while union organizers in both countries faced similar obstacles, their approaches evolved quite differently, British Movement favoured political activism , which led to the formation of the Labour Party in 1906, while American unions pursued collective bargaining as means of winning economic gains for their workers.

British unionism received its legal foundation in the Trade Union Act of 1871 . In United States and uncertainty by a serious of court decisions that whittled away of use injunctions , Conspiracy , laws , and other devices against unions .

In 1866 formation of the National Labour Union represented an early attempt to create a federation of American Union. The founding of the American Federation of Labour by several unions of skilled worker in 1886 marked the beginning of a continuous large -scale labour movement in the United States.

During 20th century, craft unions lost ground Industrial Unions. This shift was both historic and controversial because earliest unions had developed in order to represent skilled workers.

## Empower Women to Empower the Country

**Simran Basra**

B. Com. IIIrd Year

Playing multiple roles in families , women have already prover their worth , but still their condition on social and economical fronts has not been up to the mark and in many parts of the world they are forced to lead a miserable life. In such a scenario, it calls for immediate attention to empower them and create conducive environment for their social and economic upliftment .

Women empowerment is a must for the betterment of any country 's future as they play dual responsibilities of managing their families while simultaneously juggling to earn to contribute in fulfilling the material needs of their families .

On various international platform, women have successfully proved that if given a chance they can perform no less than their male counterparts and the recently concluded RIO Olympics bear a testimony to this fact. No one can are forget the names of RIO stars- Sakshi Malik, PV Sindhu and Dipa Karmaka who become successful in breaking the barriers of gender to raise India's national flag high in front of the whole world.

Due to long prevailing gender discrimination dominance of men in the Indian Society, Women have been suppressed in their families , and society at large. Even they have been prone to violence and various discrimination of the male members. even in their own families. Except some European nations most of the other countries in the world are prone to serious gender discriminations to India.

In Rural areas , the condition of women in far

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In Rural areas, the condition of women is far from satisfactory and their contribution to the economy is also negligible. Through they make for almost 50% of the population of the country; they have not been empowered enough to get equal opportunity in realizing their fullest potential.

The successive government have implemented various constitutions and legal rights to help women for purposeful and meaningful lives. There is

## Impact of FDI on Indian Economy

**Payal**

B. Com. IIIrd Year

FDI play an important role in economic development of a nation. A country's technology level and sectoral development is depending upon the level of FDI inflow. The purpose of study is to analysis the trend of FDI equity inflow in different sectors and regional offices.

The maximum FDI inflow can be seen in the service and construction sector while telecommunication, computer hardware sector attract the equal FDI & equally follow 6% of total FDI in flow.

The result also presented that India have received maximum FDI in flow from the Mauritius and followed by the Singapore.

The concept of foreign Investment comes from foreign exchange. Management Act (FEMA) in 1991 driven by the finance minister Manmohan Singh.

### **FDI REVIEW IN INDIA :**

The government is examining India Foreign direct Investment Policy to look for new areas.

**NEW DELHI :** The government is examining India's foreign direct investment policy to look for new area that can be opened to overseas Investors and Sectors that face curdles despite being on the automatic route.

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"We have started a review and have asked all stake holder to check for areas that can be opened up and if the automatic route is actually being sectors," said on official aware of the development .

The exercise comes after FDI equity in flow into India fell in 2018 -2019 for the first time in six years with a step decline in telecom pharmaceuticals and power FDI equity in flow into India declined 1% to 44.4% billion in 2018-2019

## **Foreign Trade Policy**

**Gurneet Kaur**  
B. Com. Ist Year

Foreign trade policy was introduced by the government of India to grow the Indian export of goods and services. This policy is also called export -import policy. Export refers to selling goods and services to other countries while import policy and liberal export liberal import policy and liberal export policy. It could not help in planned economy. Since 1956-57 a restrictive policy was adopted. In the year 1985, First Time a joint Export–Import Policy incorporating both export and import policy was announced Government then promoted import of raw materials, technology and capital goods and gave concession to expertise.

Commerce and Industry minister Sh. Anand Sharma announced Foreign trade policy 2009–14 on 27 August, 2009 .

The new foreign trade policy , 2015-20 was announced by minister of NDA Government Smt. Nirmala Sitharaman on 1st April, 2015.

### **NEW EXAM POLICY 2015-20 :**

The new trade policy was announced on 1st April 2015. Its tenure if form 1st April 2015 to 31 March 2020. Various incentives and policies are designed for export units. Essential imports will also be promoted to increase economy. It introduces 2 new schemes for export of specified good for services' exports from India' for increasing exports of specified services . It aims to integrate trade incentives with other government programmers. Its main objectives are to simplify procedures and forms , to reduce transaction cost and to promote 'Brand India' by exporting high

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## **GST**

### **And Its Implication**

**Nishu**

B. Com. IInd Year

Goods & Services Tax (GST) is an indirect tax corruption tax imposed in India on the supply of goods & Services. It is comprehensive multistage destination based tax: Comprehensive because it has subsumed almost all the indirect taxes except few: multi staged as it is imposed at every step in the production process, but it meant to be refunded to all parties in the various stages of production other than the final consumer.

The tax came into effect from July 1 2017 through the implementation of one Hundred and First Amendment of the constitution of India by the Indian government. The tax replaced existing multiple flowing taxes levied by the central and state government.

Goods and services are divided into five different tax slabs for collection of tax 0%, 5%, 12%, 18% and 28%. However petroleum products, alcoholic drinks and electricity are not taxed under GST and instead are taxed, Separately by the Individual State government as per the previous tax regime.

#### **BENEFITS OF GST TO THE INDIAN ECONOMY**

- Removal of bundled indirect taxes such as VAT, CST Service tax, CAD, SAD and excise.
- Less tax complications and a simplified tax policy compared to current tax structure.
- Removal of cascading effect of taxes i.e. removes tax on tax.
- Increased demand and consumption of good.
- Increased demand will lead to increase supply hence this will ultimately lead to rise in the production of goods.
- Boost to the Indian economy in the long term.

#### **IMPACT OF GST TO THE INDIAN ECONOMY**

- There will be more transparency in the system as the customer will know exactly how much taxes they are being charged and what base.
- GST will add to the government revenue by extending the tax base.
- GST will Remove the custom duties applicable on exports.

### **Concept of Balance of Payment**

**Muskan Jain**

B. Com. Ist Year

Balance of payment is also known as balance of international payments and abbreviated as B.OP of a country is the records by all economic transaction between the residents of the country and the rest of the world in a particular period of time. These transactions are made by individuals, firms and government bodies. Thus, balance of payment includes all external visible and non-visible transactions of a country.

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While the BOP has to balance overall, surpluses or deficits on its individual elements can lead to imbalances between countries: In general there is concern over deficits in the current account will build up increasing debt or see increased foreign ownership of their assets.

There are conflicting views as to the primary cause of BOP imbalances , with much attention on the US which currently has by far the biggest deficit . The conventional view is that current account factors are the primary cause these include the exchange rate the govt. fiscal deficit , business competitiveness , and private behavior such as the willing of consumer to go into debt to finance extra consumption.

## Taxation System In India

**Kritika Ahuja**  
B. Com. Ist Year

### HISTORY :

India has abolished multiple taxes with passage of time and imposed new ones. Few of such taxes include inheritance tax interest tax , gift tax etc. Wealth tax Act, 1957 repealed in the year 2015.

### MEANING :

India offers a well - structures system for its population. Taxes are largest source of income for the government. This money is deployed for various purposes and projects for the development of nation. Taxes are determines by the central and state governments along with local authorities . The government cannot impose any tax unless it is passed as a law.

### FEATURES :

Following are the features of taxation system in India.

### ROLE OF THE CENTRAL AND STATE GOVERNMENT

The entire system is clearly demarcated with specific roles for the central and state government. He can levis taxes such as customs duty, Income tax, Service tax. The local bodies are allowed to Collect Octroi, Property tax and other taxes on various services like drainage and water supply.

### TYPES OF TAXES :

Following are the types of taxes.

**DIRECT TAXES :** These are levied on individuals and corporate entities and cannot be transferred to others.

### INCOME TAX :

As per Income Tax Act, 1981, every assessed whose total income exceeds the maximum exempt limit is liable to pay this tax. The tax structure are annually prescribed by union Budget. The assessed are classified as individuals, HUF, Company etc.

### INDIRECT TAXES :

These are not directly paid by the assess to the

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## **Government Budget**

**Poonam Sehgal**  
B. Com. Ist Year

Budget is presented on 1st February every year. A government budget is a document prepared by the government or other political entity presenting its expected several and expected expense for the coming financial year. In most countries parliamentary systems, the budget is presented to the lower house of the legislative and often requires approval of the legislature .

The practice of presenting budget and fiscal policy come into existence in 1720 in South Sea Bubble by Sir Robert Walpole as a chancellor of the exchanger, in an attempt to restores the confidence of public .

The need of budget is realise due to following reasons.

- a) Planned approach to government 's activities .
- b) Integrated approach to fiscal operations.
- c) Affecting economic activities .
- d) Instrument of economics policy.
- e) Index of government 's functioning.
- f) Public accountability .
- g) Allocation of resources.
- h) GDP growth
- i) Elimination of poverty .
- j) Reduce inequality in distribution of income.



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- j) Reduce inequality in distribution of income.
- k) Tax and no Tax receipt.

Government budget is of the following types:

**UNION BUDGET** : The union budget is budget prepared, by the central government for two countries as a whole.

**STATE BUDGET** : In countries like India, every state prepares its own budget.

**PLAN BUDGET** : It is a document showing the budgetary provisions for important projects, programmes and schemes included in the central plan of the country. It also shows the central assistance to states and union territories.

**PERFORMANCE BUDGET** : Performance budget presents the various projects, programmes and activities of the governments in the light of specific objectives and previous years budgets and achievements.

**SUPPLEMENTARY BUDGET** : This budget forecasts the budget of the coming year with

## Exchange Rate

**Bandana Virdi**  
B. Com. 1st Year

In finance, an exchange rate is the rate at which one currency will be exchanged for another. It is also regarded as the value of one country's currency in relation to another currency. For example, an inter-bank exchange rate of 114 Japanese Yen to the United States Dollar means that 114 Yen will be exchanged for each US \$ 1. In the case it is said that the price of dollar in relation to Yen is 114, or equivalently that the price of Yen in relation to dollars is 1/114, the government has the authority to change exchange rate when needed.

Exchange rates are determined in the foreign exchange market, which is open to a wide range of different types of buyers and sellers, and currency trading continues 24 hours a day except weekends, therefore trading from 20:15 GMT on Sunday to 22:00 GMT on Friday. The spot exchange rate refers to current exchange for delivery and payment on a specific future date.

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# Shree Panchanan

2019-2020

COMMERCE SECTION



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## Career in Commerce and Management

**Mrs. Manjit Kaur**

(Asst. Prof.) PG Department of Commerce

Inspiration comes in many forms and can strike randomly. Some days we have an abundance of creative energy which comes naturally, other days it's not so easy. Writing, music, art and design all help us foster internal creativity. There are many careers in commerce as opportunities in accounts and finance like bachelor of commerce, business management in finance, accountant, banking sector, Economist (bachelor of economics or of mathematics & statistics), stockbroking, company secretary, Actuarial science, certified financial planner, cost and management accountant, and Certified public accountant.

Gone are the days when career choices were limited to Science, Arts, and Commerce. Students now have a plethora of options to choose from. .

Societal pressure is a norm, ruining your life by choosing a career that will never give you the satisfaction of achieving a milestone that is of no

use. Every day has to be a thrilling experience and for that to happen to choose something you like is very important. How much will you earn? There is ample money in the world and your confidence mixed with your ability is a deadly combination which is sure to make you the next Mark Zuckerberg in the world.

So, if Commerce is your calling doesn't buck under the societal pressure and the traditions, get a grip, look out for your passion and do something which beckons you. Commerce is definitely more than B.com and this is what you need to learn.

### 1 – Banking

Amazing salaries, job security, and high social acceptance often drive the conventional choice but jobs are secured and with the spate of new local/national/foreign banks job market is booming for the commerce students.

### 2. Investments

Positions for equity research analyst, investment banker, mutual fund executive, capital market manager, asset manager, venture capitalist, and real estate are always open and traded by many.

### 3. Insurance Sector

A sector which has shown an exponential growth due to the liberalization policy in India. There are enormous opportunities to be exploited to make a great career.

4 – Capital market: A Liberalized Indian economy has been welcomed by capitalists with a great deal of investment and superb projects. This has definitely brought about a spurt of opportunities.

### 5 – Accounting and Taxation

Opportunities in this field will never diminish so be thoroughly prepared. KPO and BPO sector is growing and can meet the demand for talent. Skilled accountants are greeted warmly with open arms in both the domestic as well as international job market.

#### 6 – Company Secretary

A Company Secretary (CS) is an important accounting designation in a company. A CS in a company is the mediator between the board of directors, shareholders, government and other agencies. The CS has the required expertise in legal matters, securities law, capital market, and corporate governance to regulate a company according to the compliance charted out.

## Positive Versus Negative Motivation

**Isha Tiwari**

Asst. Prof. PG Department of Commerce

Motivation is the "why" behind human actions. Motivation doesn't just refer to the factors that activate behaviours, it also involves the factors that direct and maintain these goal directed actions. Such motives are rarely directly observable. Instead, people have to infer the reasons why people do the things that they do based on observable behaviours. For most people, motivation is fleeting. It drives you to complete a whole week's worth of work over the weekend without realizing it, but disappears on Monday when you really need to get started with something new at work, It's hard to control and keep alive when you need it most.

Positive motivation comes from an internal drive

to seek out pleasure. Positive motivation is the type of motivation is hen a father tells his son, "if you studies well and got high grades i will buy you the new play station". Some people respond very well to positive stimulation. Thinking about the pleasure of being financially independent very well recognized within an industry can push people to achieve impossible feats in their career. In a dig race, a rabbit on a stick is held out over the track and the dogs chase it in their run to the finish. The same mentality applies to the company that dangles bonuses, raises or other rewards to their employees to increase productivity and efficiency.

Negative motivation is about punishment and fear. Negative motivation is the type of feeling a person gets when he expects punishment. An Example of negative motivation could be telling your child "if you didn't study, i wont let you travel this summer" Negative motivators are used to take something away from the employee if performance levels are not met. Usually, money is the driving force of the negative motivator. Withholding a raise because an employee is not showing improvement is an example of using money as a negative motivator. Other negative motivators include the threat of failing to advance in the company or even losing a job altogether. If an employee knows that he must meet certain performance goals to retain his job, he will be motivated to meet them.

Both positive and negative motivation could lead to the same result however on the long run the overuse of negative motivation may result in problems like hating the person who uses it against you. For example a boss who always uses negative motivation to motivate his employee motivation likely going to be hated. So the difference between

positive and negative motivation is that positive motivation doesn't have side effects on the long run while negative motivation may have some.

Its advised that one should use positive and negative motivation together whenever possible because it has been proven that people become more motivated that way. By using both positive and negative motivation together one will be able to motivate the people they are dealing with to a great extent.

## Cognitive Biases in Decision-Making

Manisha Thakur

Asst. Prof. in P.G. Deptt. of Commerce)

**Cognitive Bias:-** is a thinking bias, its a rules of thumb that human brain applies while making a

**Cognitive Bias:-** is a thinking bias, its a rules of thumb that human brain applies while making a sense of the world and reaching decisions with relatives speed.

In a more simplified way, Cognitive biases are mental shortcuts. These biased affects the decisions and Judgements in our daily life.

### COGNITIVE BIASES THAT AFFECTS OUR DECISION-MAKING

**1. Anchoring Bias:-** refers too a human tendency to rely on the very first piece of information that they hears.

- This first piece of information act as an anchor.

**For Example:-** You wish to buy a property in a particular locality and find that first plot that you like is worth Rs. 4 Crore If you go a little further and

find another similar plot, which is priced at Rs. 3 Crore, you may think that you have found a better deal than the previous one, and may go ahead with the purchase.

**How this Bias Worked?:-** In the above example you believe that you are saving a full Rs. 1Crore on the purchase.

- But In reality your decision to buy second plot is based on the first piece of information, which has anchor a reference point.

- This way you unknowingly ignore various other factors to reach at optimism decision.

**2. Sunk Cost Fallacy:-** Sunk cost are payments investments which can never be recovered. These investments can be any resource like money, time, energy, efforts or even pain that you have already undertaken.

these Costs influence our behaviour although they should not

**For Example:-** Let us assume that you had spent Rs. 500 on a ticket for a visit to fun city in Chandigarh. But soon after, you found a better place to visit in Amritsar for Rs. 200 and bought a ticket for this trip too. Late on you were provided with the information that two trips are on same date and tickets could not be refunded or resold.

Now what will be your Decision? If you choose Chandigarh, It means your decision is affected by sunk cost fallacy.

As our brain acting as per this fallacy prevents us from realizing that the best choice is to do whatever promises the better performance/experience infuture not one which reduces the feeling of loss in the past.

**3. Peak-end Rule:-** is a Cognitive bias that impacts how people remember past events.

Intense positive or negative moments are called the "peaks" and the final moments of an experience called the "end".

**For Example:-** If you had visited a newly opened restaurant in your city and your friend asked you about the food and other service elements of the same. Your reply in most of the cases would be based on the extreme experiences whether positive or negative you had experienced at that place logically, your answer should be based on proper review of each and every element of that restaurant, but our mind applies the Peak-end rule bias and comes with the speeder review, as our brain cannot remember the each and every moment of the same.

## Education is the Most Powerful Weapon Which You Can Use to Change the World

**Jagtar Singh**

Asst. Prof. in Commerce

Why education is so important in present globalized world? Because..... it is an indispensable part of our life. Early Childhood and Higher Education is the backbone for success in life. Higher Education is important for the personal, social and economic development of the nation. Education is important to live with happiness and prosperity.

Education empowers minds that will be able to

conceive good thoughts and ideas. Education enables students to do the analysis while making life decisions. Life gives various survival challenges for humans. But education guide human to fight with failure and get success in life.

Education is only one thing that can remove corruption, unemployment, and environmental problems. Education is not about doing a degree it is about how you can live with your own feet. Education makes the national development process fast. Education develops a good political idealogy. The standard of living of its citizens is largely dependent on the level of education the citizens are able to acquire. Everyone deserves to be educated. Education is the first early investment for child development. Similar, for governments and nations, to make their country developed, their first budget allocation has to be on the education infrastructure in schools and colleges. Education grows as values. If you have the skills but don't have the values then an educated person becomes useless. For example, many people are educated, skilled in many trades, but then they use their skills and education to cheat disturb with creative fousls for society. That's why it's important for teachers, boards, syllabus creators to regulate topics to certain value (useful) goals, So that students, connect and focus on the good values and usefulness of their education for the development of society and country.

So, friends, these are the reasons why I think education is of utmost importance in the modern era. these are the reasons why I think that raising the standards of education is pivotal to the welfare of our nation. The former president of India Shri A.P.J. Abdul Kalam rightly said " Teaching is a very



noble profession that shapes the character, caliber, and future of an individual. If the people remember me as a good teacher, that will be the biggest honor for me:.

## Commerce

**Jasmeen Kaur**  
M. Com. IInd year

The village dealt in sheep each day  
The people loved this difficult way

It causes some fights  
But all of them were lites  
Into becoming a better whole

The one day there was no more barter  
The exchange of cold metal made it  
much harder

To lose in deal  
or really needs to heal  
A broken system they found much comfort in.

## Life Account

**Jasmeen Kaur**  
M. Com. IInd year

Our birth is our opening balance  
Our death is closing balance  
Our prejudiced views are our liabilities  
Our creative ideas are our assets.  
Heart is our current assets  
Brain is our fixed assets  
Thinking is our current account  
Achievement is our capital

Character & morals are stock in trade.  
Friends are our general reserve  
Value & behaviour are our goodwill.  
Patience is our interest earned  
Love is dividend.  
Children are our bonus issues  
Education is brands/patents.  
Experience is our premium accounts.  
The aim is totally the balance sheet accurately.  
The goal is to get the best  
presented accounts awards.

## Growth in the Business Enterprise into New Area

**Chirag Gupta**  
B. Com. IInd year

Today, business enterprise entities are operating with an environment characterised by stiff level of competition and 1 that appears to be soaring with the day.

There are numerous means that a business entity could quite possibly use to method a very new region or country for sector . Although , for a business entity to achieve penetrating a foreign nation or new region.

Just about the most best suited system must be chosen. It really is important that firm will practically experience hurdles within their prospectus to broaden into market positioned, inside new areas and international countries.

By and Huge, a business association ought to embrace essentially the most suited option for

Today, business enterprise entities are operating with an environment characterised by stiff level of competition and I that appears to be soaring with the day.

## Commerce

**Deepti**

B. Com. 1st year

Life is but a moment in space  
 We spend a great part of it in the workplace,  
 wouldn't it be nice to relax for a while?  
 To laugh and may be share a smile?  
 How could thin be done? One would ask  
 Let Ed Sanders handles this task!  
 Allow me an introduction, and  
 I 'll promise you this;  
 A demonstration of technology  
 that really exist!

Easy to use  
 Friendly for all  
 A quicker method of procurement  
 While eliminating paper work and time for all!

Order your stationary, forms,  
 Brochures and more!  
 Just paint and click in "Your" on -line store!  
 Now that I am done, hope you had fun!  
 Here is my number when  
 you are not on the run.

## This is how a Smart Factory Actually Works

**Simran Basra**

B. Com. Vth Sem.

Inside a seafood processing facility in norway, machines , not humans evaluate the quality of salmon, weigh, and grade the fish and distribute it to the production units. Soon machines will also calculate the quantity of ice required for transportation of the fish to its destination. Automation is powered by insights which enables the executing business processing & deliver programmed output with minimum human intervention such a Cyber Physical Environment, founded on the industrial Internet of Things (IIOT); is the very basis of the fourth Industrial Revolution that is bringing "Intelligence" to Manufacturing.

Industry 4.0 transform how factories operate by creating a conducive environment for Just in Time (JIT) practices for production, order management and shipment . A connected plant manufacturing high quality products in shorter production cycles and addresses customer demand for product variety as well as minimizing waste across operations.

IIOT digitizes the productions environments by integrating the manufacturing execution system and enterprise resource planing system with embedded devices and process instruments for real time communication . The network of connected components , sensors and controllers provide large volumes of useful data in a variety of forms and formats.

Seamless data flow between machines and enterprise system unify the entire manufacturing process . Big data tools consume data residing anywhere - sometimes even in the environment outside the manufacturing facility and in structured in structured and semi- structured formats, to provide visibility into the production environment . It facilitates the enhancement of dynamic

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## Importance of Girls Education Around the World

**Nadisha**  
Roll No.: 332

Advancement in the education of young females have caused positive effects in the past several decades still 130 million girls between the age of 6 to 17 are not in school. According to the U.N educational scientific and cultural organization estimates investing in girls educations leads to outcomes that benefits society as a whole.

### **BENEFITS OF GIRL'S EDUCATION :**

Research shows the positive results of more women and girls having better and sustained access to education. Studies show that education raises women's standard of living in economic, social and health terms.

A 2012 U.N report found that 95 percent of the 28.5 million children are not receiving primary school education who live in low and lower Middle income countries of those 55 percent children are females.

In addition, educated girl today will also help future populations. According to UNCSO data, if all females in developing countries completed primary education, child mortality would drop by a sixth, saving nearly one million lives annually schools can provide girls with life skills, reproductive health knowledge and a social space to discuss issues.

The importance of girls education is generational, "Girls are future mothers of any society. Every girl that receives education is more likely to make education a priority for her children. It is a ripple effect of positive change in the community and country".

## Importance of Outdoor Games

**Ritik**  
Roll No. 418

Outdoor games are the athletic or sporting games that involves physical activity and are generally played outside in the open, generally there is a spirit of healthy competition in outdoor games some examples includes lawn tennis, football, cricket, hockey, soccer etc. We have an instinct to play as we have an instinct to work. We work in

Outdoor games are the athletic or sporting games that involves physical activity and are generally played outside in the open, generally there is a spirit of healthy competition in outdoor games some examples includes lawn tennis , football, cricket , hockey , soccer etc. We have an instinct to play as we have an instinct to work. We work in serious mood and play in light mood. So, play and work are complementary to each other.

We cannot always be in serious mood. We sometimes required relaxation . Outdoor games give that relaxation. We have to play outdoor games such as football swimming, soccer , golf cricket etc that are necessary for our physical fitness . sporty

## मेक इन इंडिया

**Anchal Walia**

B. Com. IIIrd

प्रधानमंत्री नरेन्द्र मोदी भारत देश के विकास पर तत्पर रहते हैं । मोदी जी केद्वारा बहुत सी योजनाएं शुरू की गई है । नरेन्द्र मोदी जी ने मेक इन इण्डिया प्रोग्राम की शुरुआत 25 सितम्बर 2014 को की थी इन योजनाओ का मुख्य उद्देश्य यही है कि लोगों की रोजमर्रा में उपयोग किया जाने वाला समान का निर्माण इंडिया में ही हो । इसका मुख्य उद्देश्य देश की अर्थव्यवस्था को प्रभावित करने वाले 25 क्षेत्रों में बदलाव लाना है । योजना के तहत रोजगार बढ़ेंगे जिस से देश में बेरोजगारी की समस्या दूर होगी । इन क्षेत्र में विकास होगा जिससे देश विदेश के सभी बड़े निवेशको का ध्यान हमारी ओर केन्द्रित होगा ।

मेक इन इंडिया योजना जो देश विदेश सभी जगह निवेश को के लिए व्यापार के दरवाजे खोले है । वर्ल्ड बैंक ने भारत में व्यापार के लिए 17 शहरों में सर्वे किया था जिनके अनुसार लुधियाना हैदराबाद , भुवनेश्वर ए गुडगांव व अहमदाबाद टाप 5 शहर है । जहाँ आसानी से कोई व्यापार किया जा सकता है ।

## Why Small Scale Business?

**Baby**

B. Com. 5th (Sem.)

The reason or logic behind setting up of small scale units has been clearly demonstrated in the industrial policy Resolution of 1956.

"They provide immediate large scale employment they offer a method of ensuring a more equitable distribution of national Income and they facilitate and effective mobilisation of resource of capital and skill which might otherwise remain unutilized , Some of the problems that unplanned urbanisation tends to create will be avoided by the establishment of Small Centres of Industries Productions all over the country.

Small scale industry are labour intensive on one hand and employ lesser amount of financial resources . Thus small scale industry are more labour and less capital intensive in comparison with large scale industries. Small scale Industry have got the right solution for the unemployment problem confronting our country.

Ownership of small scale unit is widely spread amongst large number of small entrepreneur and benefits too are shared by large number of persons. This result in more even number distribution of income and wealth amongst large number of persons spread of all over a wide territory.

In the absence of small scale industries various local resources like entrepreneurial talent, capital labour and other resources are likely to remain idle or unutilised. Small scale industry provide opportunities to the talented entrepreneur

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## Article on Natural Calamities of India

**Gurpreet Kaur**  
M. Com. Ist (Sem.)

Natural disaster means a sudden occurrence havocphysical loss of life and property. This situation is unfavourable to human, physical , environmental and social functioning. It causes human suffering, harm to property and environmental degradation on a massive scale.

The worst storm in the old world had come in 1737 in Calcutta in which 3 million casualties were reported . The most earthquake prone countries include Afghanistan, Pakistan, Russia, China.

According to UN international disaster mitigation strategy (UNISDR). India is second only to china in case of natural Calamities . Nearly 59 percent of the territory of India is prone to earthquake. Himalayas and its surrounding area, the northeast, the region of Gujrat and extremely seismically sensitive areas.

In 2005, flood shook the whole of Mumbai. In 2008 floods caused by inundation of river Kosi in Bihar, hundreds of villages were submerged. Cloud bursts in Uttarakhand in 2013 caused targedy of unprecented magnitude resulting in the death of thousands of people.

## Bhangra

**Ravinder Singh**  
B.B.A.–IIInd Year

Bhangra is a type of traditional dance of our country. Originating in the area of Punjab, It is the folk dance of Punjabi Culture. Performers who perform Bhangra are known as Bhangarchi . It is performed on the beat of dhol and bolian.

Bhangra is also performed on occassions other than during the harvest season (Baisakhi). It is also performed on marriage etc. Bhangra have other similiar dances like Jhummar, Luddi etc which are similar as Bhangra steps. Now a days bhangra is developed into Bhangra fusion, which contains some steps of western dance and bhangra steps.

In present days our some youngsters do not know about our cultural dance bhangra . It is our folk dance. It is a part of our life.

## Implementation Issues in India, GST

**Sumeet Kumar**  
B. Com.–IIInd Year

As July 1st approaches, India is girding itself for its second historical financial policy shift in the span of 12 months- the advent of GST. Unlike demonetisation which was announced by prime minister without preamble, the implementation of the GST has long been in the works with initial discussion starting almost a decade ago. In formulating and implementing the GST which is meant to streamline the country's indirect tax system by amalgamating its many central and state taxes the government has set ambitious goals for itself. The potential benefits of the tax reforms are undeniable: it will help bring India's informal sector into the field, lower business costs across most sectors, increase exports and reduce incidence of unnecessary double taxation.

However there are certain issues related to the implementation of the new tax system among the problematic input tax issues.

The uncertainties related to the functionality of the GST information technology system and the ambiguity of the anti-profiteering clause.

These are challenges that could result in the sinking of an otherwise promising policy endeavour.

## Abolishment of Article 370

**Kritika Ahuja**  
B. Com. Ist Sem.

### HOW SIGNIFICANT IS ARTICLE 370 ?

The article allowed the state a certain amount of autonomy its own constitution a separate flag and freedom to make laws foreign affairs, defence and communication remained the preserve of the central government. As a result Jammu & Kashmir could make its own rules relating to permanent residency ownership of property and rights. It could also bar Indians from outside the state from purchasing property or settling there.

### WHY DID GOVERNMENT DO IT ?

PM Narendra Modi and Hindi nationalist BJP had long opposed article 370 & revoking it was in the party's 2019 election manifesto. They argued it needed to be scrapped to integrate Kashmir and put it on the same footing as the rest of India. After returning to power with a massive mandate in the April - May general elections, the government lost no time in acting on its pledge.

### WHAT IS CHANGED ON THE GROUND ?

Kashmir will no longer have a separate constitution but will have to abide by the Indian constitution much like any other state. All Indian laws will be automatically applicable to Kashmir and people from outside the state will be able to buy property there. The government says this will bring development to the region.

### IS THIS ALL LEGAL ?

According to the constitution article 370 could only be modified with the agreement of the state government. Opposition political parties could launch a legal challenge but Kashmir is an emotive

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## WHY DID GOVERNMENT DO IT ?

PM Narendra Modi and Hindi nationalist BJP

## Nothingness A Theory of Empty Space

**Bharti**  
B. Com. Ist Year

If you take everything away from a part of the universe , what are you left with? You would assume the answer is "nothing ." However that's not quite right . You can take all the particles and anti-particles away, all the particles and anti- particles away , all the curvatures of space and ripples of gravitational waves away and find yourself embedded in purely empty space, where there's nothing for you to interact with, yet is that really nothing" or is there still something there?

(But is that really the same as nothing? it is our perception and conception of nothingness which is merely and illusion and is the key to understand some of the most important secrets about the universe). It is an odd thought that what we think of us "nothingness" elsewhere, at other times or

locations and yet it is philosophically disturbing . This " Physical nothing" sounds very much like something, does not it? when we went to talk about nothing, our conceptions take us outside of space and before the universe began, yet, does that when make sense ? How can we talk about " outside when we don't have space?

How can we talk about before anything if we don't have time? and yet, whatever " nothingness" truly is, it contains the entire universe.

## If You Want

**Bharti**  
B. Com. Ist year

If you want to love.

Love your parents

If you want to serve,

Serve humanity

If you want to live,

Live a simple and pure life.

If you want t speak

Speak the Truth, Gently, Politely and Sweetly

If you want to kill,

Kill bad habits and Selfishness

If you want to recognize

Recognise the value of time.

If you want to wear,

Wear Truth and Goodness.

If you want to understand  
understand the meaning of

Life and Common Sense

If you want to develop

Develop Self Confidence and Self Respect

If you want to take

Take Blessing

## Nature Climate Change : Bridging the Gap Between Research and Real World Change

**Radha**  
B. Com. IIIrd

Nature climate change bounded in 2011 and is one of several thematic nature research journals. Published monthly in print and online formats the journal spans physical, social and life sciences. Nature climate change commissions original research, reviews, perspectives and opinion pieces on topics as diverse as political science, ice sheets the economic impact of climate change and soil microbes. It publishes an average of 10-12 original research articles per issue.

Climate change is a defining pillar of springer nature's own sustainable development programme, but both the research field and the journal also have far-reaching implications for another of its pillars, the water-food energy nexus.

Less obvious impacts of climate change, including the mental health of diverse groups from environment scientists to farmers in developing countries are regularly reviewed and commented on in nature climate change.

### REASON OF CLIMATING :

- Earth's temperature is a Balancing Act
- The green house effect causes the atmosphere to retain heat.
- Changes in the sun's energy affect how much energy reaches earth's system

- Changes in reflectivity affect how much energy enters earth's system.

At least Human-Induced climate change has contributed to changing patterns of extreme weather across the globe from longer and hotter heat waves to heavier rains. From a broad perspective all weather events are now connected variability continues to play a key role in extreme weather, climate change has shifted the odds and changed the natural limits, making certain types of extreme weather more frequent and more intense.

## Customer Habits in Mind When Creating your Online Shop

**Shami**  
B. Com. Ist Year

Setting up an online shop has become extremely easy, but making it efficient and helpful to your visitors takes more effort. You need to make sure that your online shop is not only visually appealing and easy to navigate but also truly compelling. Your customers are the heart of your business, so putting their needs and habits first is precisely that will help you grow and be successful. One of the greatest advantages of an online shop is the ability to extend your reach globally; but to effectively accomplish, you must know your target customer's needs and shopping habits and Behaviour Setting.

### NEED FOR SPEED :

Customers expect a professional, reliable site to load and average users do not want to wait any longer than 2 seconds. 79% of online shoppers say



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#### **NEED FOR SPEED :**

Customers expect a professional, reliable site to load and average users do not want to wait any longer than 2 seconds. 79% of online shoppers say they won't revisit an online shop if they weren't satisfied with its speed.

#### **NEED FOR ACCESSIBILITY :**

Real-time communication and uninterrupted data transmission have become an expectation. Customers want to be able to perform a search on their mobile, get answers via text message, make purchases through an app market and impress their friends through social channels.

#### **NEED FOR DEALS :**

## **One Nation One Election**

**Ranju**

M. Com. 1st Year

#### **ONE NATION ONE ELECTIONS :**

With newly elected BJP Govt's decision to

hold simultaneous elections to the Lok Sabha & the state assemblies is a strong step for centralising polls. But it raises a lot of eyebrows. One wonders why the BJP Govt. is attaching considerable importance to it, while a lot of issues like water problems, rising inflation, unemployment are still pending before the nation.

#### **CONCEPT OF ONE NATION ONE ELECTION :**

The concept behind one nation one election means conducting the Lok Sabha & the state assemblies elections together every five years. But it does not include elections to Panchayats, states municipalities & by-elections. But such a dramatic concept needs a constitutional amendment, which will have to be ratified by 50% of the states. This would mean that voters will cast their votes for choosing both members of the Lok Sabha or the state assemblies on a single day & at the same time.

#### **IS IT A NEW CONCEPT ?**

Simultaneous elections are not a new concept to India. They were followed till 1967. But with the dissolution of some legislative assemblies in 1968 & 1969 followed by the Lok Sabha in December 1970 resulted in confusion. So state assemblies and parliament elections have been held separately. But once again the idea of simultaneous polls mentioned and gained prominence in the annual report of the Election Commission in 1983. But the idea was shelved. Once again the Law Commission report recommended the idea in 1999. The recent push for the initiative came up before 2014 Lok Sabha polls in the BJP manifesto. Later PM Narendra Modi floated the idea once again in 2016, as a result the Niti Aayog prepared a detailed working report in January 2017 and

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### TWO KINDS OF PROPOSAL :

There were two different ideas to conduct simultaneous election along with 17th Lok Sabha elections. However , both were not considered. The first proposal was to make the shift to simultaneous polls in a divided & a phased manner. The general elections along few state assemblies which will be facility elections late 2018 or 2019 & a union . Territory could be consolidated in 2019. While the rest of the states are in the middle of their five year term. The states were Odisha a Sikkim, Andhra Pardesh , Telangana, Arunachal Pradesh, Telagana, Arunachal Pradesh, Haryana, Maharashtra, Jharkhand, Madhya Pradesh, Mizoram, Rajasthan & NCT of Delhi also facing polls in 2019. Furthermore , election to the rest of state can be synchronized in the end of 2021. The second proposal involved synchronization in two sections. First election to the 12 state legislative assemblies and one union

## Adapting Marketing

**Deepsha Mehta**  
B. Com. IIIrd Year

Companies in 21st Century have to adapt to ever changing environment adapt to ever changing environment . At present companies represent a curious mix of old as well as new economy . For the new economy companies are learning it rather hard way.

New technology revolution , globalization

Companies in 21st Century have to adapt to ever changing environment adapt to ever changing environment . At present companies represent a curious mix of old as well as new economy . For the new economy companies are learning it rather hard way.

New technology revolution , globalization and market deregulation factors are among many sculpting the new economy . These three factors interacts with each other at different levels creating the driving force for the new economy.

In the old economy focus was only on standardization, mass production and singular marketing policy . However with the amount of information available in new economy, companies are best at understanding consumers.

The new economy had brought forward

## Make in India Initiative

**Jaspreet Kaur**

B. Com. 5th Sem.

Make in India is a campaign launched by Prime Minister Narendra Modi on 25th september, 2014 the objective of this campaign is to increase the jobs and employment among the youth.

It is a campaign intended to boost the domestic industry as people prefer domestic products than the western products.

The main focus of this campaign to established MNC's in India, i.e. invites foreign companies to come India and established their Industry here, so that employment should increased in the India.

The logo for Make in India campaign is an elegant lion inspired by Ashoka Chakra and represent India's success in all spheres.

## Role of Media

**Keshav Taneja**

B. Com. 5th Sem.

Media all the communication outlets or tools used to store and deliver information or data, The term refer to components of mass media communication industry , such as print media, publishing , the news , photography, cinema and advertising .

The backbone of any democracy is independent professional and responsible media. Their role is To inform, criticise and stimulate debate. So how can the media be encouraged to step up to this vital role?

Mark Twain once said & " stupid people who constitute the over whelming majority of this and all other nations believe and are convinced by what they get out of a newspaper , and there is where the harm lies."

I would not entirely ' agree with Mr. Twain . The Crucial Poems is credibility . For the media to be credible it has to late responsibility for getting its facts rights.

## Stock Market

**Pranav Bansal**

B.B.A-1st Year

Most of the trading in the Indian stock market take place on its two stock exchange i.e.

- Bombay stock exchange (Sen Sex)
- National stock exchange (Nifty)

The Bombay stock exchange has been existence since 1875. On the other hand the

Most of the trading in the Indian stock market take place on its two stock exchange i.e.

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The Bombay stock exchange has been existence since 1875. On the other hand the national state exchange was founded in 1992 and started trading in 1994. However, both exchange follow the some trading mechanism, trading hours and settlement process.

At last count the Bombay stock exchange has 5000 listed firms. whereas the national stock exchange has only 1600 listed firms.

Top 5 most valuable stocks in India.

- **MRF TYRES**

Share Price: = 57800/- (as on 18/04/2019)

- **3N India LTD:**

Share Price: 24800/ (as on 18/04/2019)

- **EICHER MOTORS LTD.**

Share Price - 210211 (as on 18/04/2019)

- **SHREE CEMENT LTD.**

Share price: 19,657 (an on 18/04/2019)

Demand and trading account in India are provided by the two depositories, NSDL and CDSL, through brokerage firm also known as stock broker or share broker.

### **SEBI : Security exchange board of India**

The Security and exchange board of India (SEBI) was established in April 12, 1992 in accordance with the provisions of the security and exchange board of India. SEBI was setup with the main idea to keep a check on malpractice and

protect the interest of investors.

### **IPO : Initial Public Offering.**

IPO is the first time that the stock of a private company is offered to the public and IPO's are often issue by younger, small companies seeking capital to expand but they can also be done by large privately own companies.

### **Top 5 Stock Braking Companies :**

## **Friends**

**Namish**

B. B. A. 1st Year

- A true friends is the greatest gift of our life which is hard to find and once you get never let him go.
- A friend in need is a friend indeed.
- This famous quote is completely accomplishes the meaning of true friendship as true friends are always stand by you when you are in need.
- Friends who prove the closest, dearest, loyal faithful and the best companion are called true friends.

A good friend's company always matters a lot in the success of a person. A child learn good or bad habits from his or his friend but if one gets good company as friends he is the luckiest person in the world. Never lose those friends who were always besides you in your bad time. Without any friend life is just meaningless and dull. To find a good friend is just like to win the half of the worlds. We cannot live our life alone. We need a friend on every stage of it. Any relation can be stronger if it adds

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## Effects of Privatization on Government Economics

**Shivam**  
B.B.A. 1st Year

Privatization is the process of shifting the public sector industries to private sector. The decision for privatization is basically to lower the burden and role of the government in different industries. It affects the government in various ways. The government and economics are affected to great extent by way of privatization.

The effect of privatization on government

economics is largely positive. This can very well be judged by the speed at which the government is privatizing various industries that were once governed by the public sector. Many industries under the public sector in our country had been suffering major losses owing to poor management, inadequate knowledge of the owners and lack of proper resources. The burden of this loss had to be borne by the government. It affected the government economics adversely.

The decision of privatizing in various sectors has come as a relief to the government. This has reduced the wastage of resources and wealth. Privatization has led to the power in the hands of more learned and skilled professionals. The government tests the efficiency of the prospective private owners before handing over the responsibility of a particular sector to them unlike when it is in the hands of the public sector. Until an industry is under the public sector it is governed by the government and there is lot of interference from the political parties.

A lot of politics and corruption goes about in such cases, a number of scams related to various sector that have been revolved in the past are an example of the high level of corruption that took place in public sectors. The finances that must be used to improve and enhance different services under the public sector are misused by the corrupt government servants and politicians.

In conclusion, the corruption involving the misuse of government wealth has subsided with the implementation of privatization, hence privatization has had a positive impact in the government economics.

## Globalisation and Sustainable Development

**Manpreet Kaur**

B.B.A.–1st Year

Globalisation and its effects, which have traditionally been seen as an economic phenomenon associated with the development of the global market, have started to influence all aspects of community life, from culture to, it has entailed new problems and challenges for society.

These challenges are implicit in the various political, instructional, cultural and economic areas. One such idea, of a more human approach to change and organizations is embodied in the concept of sustainable human development together with solidarity economy and other new patterns of consumption and production. It could offer a genuine freedom of choice which would help democracies. The economy based on citizen commitment of greater social responsibility, cohesion and justice.

The report also examines the new emerging forms of political participation and governance, which would enhance greater involvement of citizen in decision-making and enables human communities to manage their interdependence and their integration into the global society in a peaceful and sustainable manner.

### DRAFT RESOLUTION:

- Globalization and its effects have cause anxiety world wide about the direction that society is taking. Traditionally sun as an

economic phenomenon liked with the appearance, development and consoli-dation of the global market, it has become connected with areas previously regarded as bearing little reference to economic development.

- Today globalization may be said to be covering the expansion, deepening and acceleration at planetary level of the reciprocal community life, from culture to crime and from finance to religion. The world is turning into a single social space shaped by complex economic and technological forces.
- New problems and challenges for society have emerged. Quants occurring decision taken and measures introduces in one part of the world can have profound effects on the lives of individuals or communities in another. The impact of this change is so immeasurable that governments can do little to contest or resist them.
- Globalization is characterised by four major trends: increased flows of commutators and persons, expansion and diversification of financial activities, development of communication networks, knowledge and relationships and increasing disparities.

## Inflation and Impact on Indian Economy

**Palak**

B.B.A. 1st Year

The official inflation rate in the Indian economy dipped to 1.5% last month, the lowest in

The official inflation rate in the Indian economy dipped to 1.5% last month, the lowest in almost two decades.

### INTRODUCTION :

- India's long-term record in managing inflation has been very impressive when compared with most developing countries.
- In Countries like Israel and Latin America, economies have never experienced hyper inflation
- The relatively high double - digit inflation expended between 2010 to 2013 was an aberration, which had a popliteal consequence.
- The recent drop in the inflation rate has been caused by a steep fall in the prices of vegetables (-17%) and pulses (-22%)
- Keeping them low and stable involves policies such as public procurement and a minimum support price regime.
- Growth in India is forecast to pick up further in 2017 and 2018 in line with the april forecast , " the International Monetary Fund (IMF) said in its last World Economic Outlook (WEO) reports.

### REASONS FOR RECENT DROP IN INFLATION:

The recent drop in inflation rate is to various reasons some of them are discussed below:

- It must be because the money supply has been kept "dear" or tight.
- India's real interest rates, i.e
- Net of inflation are quite high even compared

to other developing countries have ultra- low rates, with some countries like Sweden Switerzerland and Japan even having negative interest rates.

- The impact of GST is bound to be inflationary because bulk of India's GDP is in services the tax rate of which moved from 15% to 18% .
- Many state governments have introduced additional levy to counter their apprehension of a loss of revenue under the GST.
- The impact of the award of the seventh pay commission to government employees. This effect will cascade to public sector organisation and state- level employees as well and put pressure on prices.

### CONCLUSION:

Inflation is a challenge that affects everyone, whether one have a job or not. The most of the western countries are fighting deflation. But in India we are still struggling with inflationary conditions

## Creative Workforce Competing in the New Economy

**Ramandeep Kaur**  
B. Com. IIIrd Year

Having a creative workforce is important to tackle competition in a connected environment & creative workforce is important because the internet has given consumer more choices that can be customized to their own needs. Having the next "big idea" is now not as important as having a unique idea with a ready pool of consumers."

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Having the skill to use thinking process is not same as simply being "intelligent". Edward de Bono has emphasizes that a highly intelligent person will take point of view and then use intelligence to defend it.

Conversely, many excellent minds are trapped in poor ideas because they defend them well. It is not possible to be immune to biases or perceptions, but excellent thinkers have control over it.

Here are some tips to harness and cultivate

## **Positiveness is the Only Way to be Great be Positive!!!**

**Manpreet Kaur**  
B. Com. 1st Year

A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life and makes it easier to avoid worries and negative thinking. If you adopt it as a way of life, it would bring constructive changes into your life and makes them happier, brighter and more successful with a positive attitude. You see the bright side of life, become optimistic and expect the best to happen. It is certainly a state of mind that is well worth developing.

**Positive attitude manifest in the following ways:**

- a) Positive thinking
- b) Constructive thinking
- c) Creative thinking
- d) Optimism
- e) Motivation and energy to do things and accomplish goals.
- f) An attitude of happiness.

A positive frame of mind can help you in many ways such as:

- Expecting success and not failure
- Making you feel inspired
- It gives you the strength not to give up, if you encounter obstacles on your way.
- It means you look at failure and problem as blessing in disguise.
- Believing in yourself and in your abilities.
- You see and recognize opportunities
- Enables you to show self esteem and confidence.
- You look for solutions, instead of dwelling on problem

### **MORE BENEFITS OF POSITIVE ATTITUDE**

- It helps you achieve goals and attain success.
- It brings more happiness in your life.
- It produces more energy.
- Positive attitude increases your faith in your abilities and brings hope for a bright future.



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## Budget 2019 A Budget for the Masses

**Priya**  
B. Com. IIIrd Year

Finance minister Nirmala Sitharaman with Mos Anurag Thakur and other outside the north block ahead of the presentation of union budget 2019-20 at Parliament in New Delhi on July 05-2019.

As Nirmala Sitharaman presented her maiden budget as the first full time women union Budget 2019-20 have been extraordinary given the massive victory of the Modi government and the state of the economy. GDP growth has slowed down as global outlook turning gloomy amid heightened trade tensions and fear of prolonged slowdown in the euro zone.

The finance minister said that the govt has already built 1.5 crore houses and will build 195

crore houses under the Pradhan Mantari Awas Yojna. Gramin over the next two years also time taken to complete construction of houses under 2015-2016 to 114 days in 2017 -18 314 day in that the target of housing for all by 2022 be met.

## Political Corruption

**Tushar**  
B.B.A. Ist Year

**Problem:** It is natural to think of Election when we think of political corruption. people or organisation with their own agendas can skew voting. They may secretly give parties big donations or parties and candidates can buy votes instead of winning them.

But political corruption is not just about election rigging. It can lead politicians in office to steek. away from good government. Their decisions can benefit those who fund them. The public interest comes second political corruption can divert scarce resources from poor and disadvantaged people. This is especially common in countries where democratic institutions are weak or absent private rather than public interests dictate policy.

This means an ethical line has been crossed. Governness can't act freely and democracy can't function our trust in politicians in damaged. We can turn away from involvement with how were governed.

Then political corruption continues unchecked.

### **SOLUTION :**

Political corruption can feel daunting and

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## **Unemployment**

**Pulkit**

B. Com. IIIrd Year

One of the major hindrance in the growth of any country is unemployment. It is a serious issue in India. Lack of education, lack of employment opportunities and performance issue are some of factor that lead to unemployment . The

government of India must take effective steps to eliminate this problem unemployment . The government of India must take effective steps to eliminate this problem.

Unemployment is not only one of major obstacles in the country 's economic growth but also has several other negative repercussion on the individual as well as society as a whole. People who are willing to work and are earnestly looking for job but are unable to find one are said to unemployed as well as those who are unable to seek job due to certain physical or mental health problem. Though the govern-ment has been taking several measure to control the problem of unemployment in the country a lot still need to be worked upon in order to curb this problem in true sense.

## **College Life**

**Ayush Sharma**

B. B. A. Ist Year

College has give me the confidence of '**WORK HARD**' . A lot of people want a short cut. I find the best shortcut is the long way, which is basically two words **WORK HARD**.

These are several reasons why a college education with provide me with the tools and **KNOWLEDGE** to **SUCCEED** in the field of computer science and Business Administration with these new opportunities will come more responsibilities where I can continue to learn and grow. I want to show the nerds that a quality education leads to success. But the most satisfying reason in **PERSONAL SATISFAC-TION**. I want to tell you guys that high school is serious not a joke.

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## Everything Mom

**Taranveer Singh**  
B. Com. Ist Year

How did you find the energy mom  
To do all the things you did  
To be teacher, nurse and Counselor  
To me , when I was a kid

How did you do it all mom  
Be a chauffeur, cook and friend  
Yet find tie to be a play mate  
I just can't comprehend

I see now it was love.  
Mom That made you come whenever I 'd call  
Your nexhanstible Love  
Mom And I thank you for it all.

## Drug Addiction

**Chetan Sharma**  
B.B.A. Ist Year

Addiction is a disease that affects your brain and behaviour . When you are addicted to drugs, you cannot resist the urge to use them , no matter how much harm the drugs may cause.

Drug addiction is not about just heroin , cocaine, or other illegal drugs . You can get addicted

to Alcohol, Nicotine, Opioid , painkillers and other legal substances.

At first, you may choose to take a drug because you like the way it makes you feel. You may think you can control how much and how often you use it. But over time, drugs chance how your brain works. These physical changes can lost a long time. They make you lose self- control and can lead you to damaging behaviors.

### ADDICTION VS ABUSE :

Drug abuse is when you use legal or illegal substances in ways you should not you might take more than the regular dose of pills or use someone else 's prescription. You may abuse drugs to feel good, ease , stress avoid reality. But usually , you are able to change you unhealthy habit or stop using altogether.

Addiction is when you cannot stop. When it puts yours health in danger not when it causes financial, emotional and other problems for you or your loved ones. That urge to get and use drugs can fill up every minute of the day, even if you want to quit.

### EFFECT ON YOUR BRAIN :

Your brain is wired to make you want to repeat experiences that make you feel good. So you are motivated to do them again and again.

The drugs that may be addictive target your brain reward system. They flood your brain with a chemical called dopamine. This triggers a feeling of intense pleasure. So you keep taking the drug to chase that high.

Overtime your brain get used to the extra dopamine .So you might need to take more of the

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#### **EFFECT ON YOUR BRAIN :**

## **Impact of Automation Employ**

**Priyanka**  
M. Com. Ist Year

Job losses due to automation have become causes of concern in recent time various report of the multinational agencies such as world bank group and international labour organisation have cautioned the developed countries including India to make appropriate policy measure to minimize the adverse impact of automation on job opportunities .

#### **ABOUT AUTOMATION :**

As per the International studies association automation is defined as the creation and application of technology to monitor and control the product and service . Automation is spread across different segment of the company such as manufacturing, transportation , utilities Introduction of driver less metro in Delhi the news of lay off in big IT company like Infosys and Tech Mahindra due to automation the threat to employment opportunities from information and communication technology artificial intelligence and robotics in context banking pharmaceutical foods and beverages and security sector are indication of the impact of automation on employment scenario in the country.

#### **POSITIVE IMPACT OF AUTOMATION ON JOB**

1. Automation raises the efficiency and productivity this principle applies to public, private and non profit sector area.
2. Automation place to reduce cost by a form reduction in cost leads to more profit.
3. Automation reduction corruption lead to improve ease of doing business condition which well further lead to more investment and more job opportunities .

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## Motivational Quotes

**Bandna Virdi**  
B. Com. Ist Year

- Silence is the best answer for all questions  
smiling is the best reaction to all situations.
- To live is the rarest thing in the world. Most people exist, that is all.
- Life is very complicated,  
Don't try to find answer,  
Because when you find answer,  
Life changes the questions.
- If you want to be powerful,  
Educate yourself.
- One who wins without problem,  
It is just, victory  
But one who win with lot of troubles  
That is; History.

## Indian Market

**Harjeet Jyoti**  
Roll No. 833

Across the worlds , India is counted as an essential food producer mainly because of its huge and atmost arable land in terms of area. It is a leading producer of tea, milk, sugarcane and pulses in the world. Also it is the second largest producer of wheat , rice , fruits and vegetables.

Food processing industry is among the major industries in India. it is ranked fifth in terms of export, production consumption and the expected growth . The Indian food industry is valued over USS 200 billions and its anticipated surpass USS 300 billion by 2015. Even though India is one of the major food producers in the world. It accounts for only 1.7percent of the world in the food sector. It is

Across the worlds , India is counted as an essential food producer mainly because of its huge and almost arable land in terms of area. It is a leading producer of tea, milk, sugarcane and pulses in the world. Also it is the second largest producer of wheat , rice , fruits and vegetables.

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## Education Issues

**Navleen Kaur**  
M. Com. Ist Year

"Education is not preparation for life, education is life itself."

" Educating the mind without educating the want is no education at all".

" Good teaching is more giving of right question then giving of right answer."

Now a days there are many challenges facing public schools based on perspective of many involved in world of Education Today.

- Classroom size
- Poverty
- Family factors
- Technology
- Bullying
- Student attitude and behaviors
- No child left behind
- Parents involvement

### SEVERAL OF PRESENT ISSUES

## OF EDUCATION ARE

- Govt. funding for education
- School Safety
- Disciplinary policies
- Technology in education
- Common core
- Teacher Salaries.

## SOCIAL PROBLEMS IN EDUCATION :

- Homelessness
- Teen parenting
- Substance abuse
- Child abuse
- Youth suicide
- Complicate Student's efforts to learn school violence.
- Dropout Rates.

## The State of the E-commerce Fashion Industry

**Muskan Jain**  
B. Com. Ist Year

The definition of a fashion e commerce business can be as sweeping as fashion itself : they come in all shapes , sizes, prices, points and level of quality . But any fashion biz must share similar traits to succeed: foremost the ability to forecast and navigate change.

The best fashion companies operate like savvy tech starts -up , their style augmented by data,

The definition of a fashion e commerce business can be as sweeping as fashion itself : they come in all shapes , sizes, prices, points and level of

## Punjabi Music Industry

**Kanwarpreet**  
B. Com. Ist Year

Music of Punjab reflects the traditions of the Punjab region of the Indian sub continent . The Punjab has diverse styles of music , ranging from Folk and Sufi to classical, notably the Patiala Gharana. In previous time Punjabi folk songs were having very sweet tune and the worlds used for the lyrics were very meaningful . But now a days Punjabi music has been changed alot. Today Punjabi music Industry stop making the Punjabi folk songs.

The music had been changed alot. Now we are not able to listen that sweet meaning ful songs as earlier. Now Punjabi music Industry is collaborating with pop, Hip- hop , etc, song. But this is not our culture . Punjabi Music Industry should make that Punjabi folk song again. But we cannot blame the Music Industry truly. Little fault is in our generation also who does not like Punjabi folk song and appreciate the meaningless lyrics and pop hip hope tunes used in Punjabi songs. So we should change our generation choice or we should accept this meaningless music.

## Dreams of Being Successful Entrepreneur

**Simran Basra**  
B. Com. 5th Sem.

If you are going to dream , and we all do, why not dream big? The trick is to find something you are

good at and keep doing it until you are living you dream.

After you establish what you dream are , it's time to set your goals. Ask yourself what activities can get you to living your dream. For example Become a restaurant owner? The CEO of Fortune 500 Company? Bank manger? Do the hard work and learn everything you can about your dream goal. Then get ready to get going.

Remember, dreams are like destination -That is the key to success to stay motivated , you have to keep dreaming. If you don' t have any motivation , won't have destination.

For being a successful entrepreneur , dream give you a sense of purpose , and if you don't have a purpose in life. You will likely get depressed and sit around sulking . For example many retirees don't know what to do once they retire. They have saved up money, looked forward to having time to do what they wanted , but now that they are actually retired, they are lost and unsure of what to do next.

Instead , you should have a mental picture of what your retirement will look like . You are dreaming about your next career, may be real estate . May be your dream of mentioning or doing something philanthropic . Whatever you choose, set your goals and start working towards a new dream . And never stop researching and learning along the way once . You know what your passion is and can see your dream clearly in front of you; it is the time to get practical experience . Next , you have two question: You can dream of being and owner or work inside the business . For example you could own a restaurant or be a chef/ owner, you could own a tutoring service or be a tutor . Who owns such a

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## Trade war Between China and America

**Muskan Jain**

B.B.A. 1st Year

The China-United States Trade War is an ongoing economic conflicts between the world's two largest national economies, China and United States. The conflict, initiated by the President of The United States Donald Trump has been characterized by increasing tariffs and other trade barrier with the goal of forcing China to make changes to what the U. S. says are "unfair trade practices." Among the trade practices and their effects which the U. S. claims are unfair are the growing trade deficit, the

theft of intellectual property and the forced transfer of American technology to China. These and other rationals for the tariffs were explained in the government report published in March 2018.

China and USA are some of the world's largest economies, ranked 1st and 2nd in the terms of GDP(PPP). China as the world's largest exporter and the United States as world's largest importer. They have so far been important pillars for the global economy.

Chinese tactics has evolved to include outright Cyberespionage Companies, including one under covered last week at China's top engineering institution, Tsinghua University.

President Trump has said China was able to build up an enduring trade surplus and steal American technology because previous administrations failed to focus on the trade issues and maintain pressure on Beijing. In addition to the militarization of dispute South China Sea Islands and the more shadowy deployment of artificial intelligence to influence diplomacy, Chinese Neo-Cold War Tactics include Cyber-espionage.

The Heritage Foundations Mr. Chang said that as chaotic as the trade battle appears. American flexibility could prove a secret weapon for the Trump team.

### **BENEFITS FOR INDIA :**

China retaliated by announcing a hike in tariff from 10% to 20% or 25% on American exports worth \$60 billion which include beer and wine, swimsuits, shirts and liquified natural gas.

India's exports to China may also increase



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# Shree Panchanan

2020-2020

BIOTECHNOLOGY SECTION



STAFF EDITOR :  
MRS. ANU  
(Assistant Professor)

STUDENT EDITOR :  
RUKSANA (B.Sc.-I)



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## Editorial

**Mrs. Anu**

Asst. Prof. in Biotechnology

Through this editorial, I would like to emphasize on the situation of biotechnology sector in India & job perspective.

The Biotechnology sector of India is highly innovative with its immense growth potential. This sector is one of the most significant sectors in enhancing India's global profile as well as contributing to the growth of the economy. India is ranked 12th in the world in biotech and 3rd in Asia-Pacific. The government of India has taken several initiatives to improve the biotechnology sector in the country. Biotechnology is the application of scientific principles and technologies to the processing of material by biological agents for human welfare. Biotechnology follows an interdisciplinary approach & there are plenty of job openings in:-

- (i) Pharmaceutical industries
- (ii) Food and beverage industries
- (iii) Educational and research institutions
- (iv) Government organizations
- (v) Health and beauty care

### Title: **Senescence: An Arsenal to fight modern day ailments**

**Dr. Kanwardeep Singh Dhaliwal**  
(Asst. Prof. in Biotechnology)

Senescence is the gradual deterioration of the functional fecundity such that the proliferative

potential of the cell. Simply, it is the process by which cells stop dividing and enter a permanent state of growth arrest without proceeding towards cell death. This process thus is responsible for a stage of cells which have stopped multiplying and are aged awaiting death.

Senescent cells exhibit durable growth arrest, increased expression of the products of the CDKN2Q locus (p16<sup>INK4a</sup> and to a lesser extent ARF) and characteristic changes in cellular structures and protein expressions (e.g. elaboration of SASP Factors). Senescent cells in vitro exhibit changes in cellular morphology (e.g. increased cell spreading) and increased SA- $\beta$ -galactosidase activity, but these markers have been less useful for in vivo recognition. Several other markers (e.g. short telomeres; SCARS; activated NF- $\kappa$ B and DNA damage response; SAHFs) are often associated with cellular senescence, but these markers are neither sensitive nor specific for the senescent state. Loss of the Lamin B1 is an interesting, new marker of senescence that is under investigation.

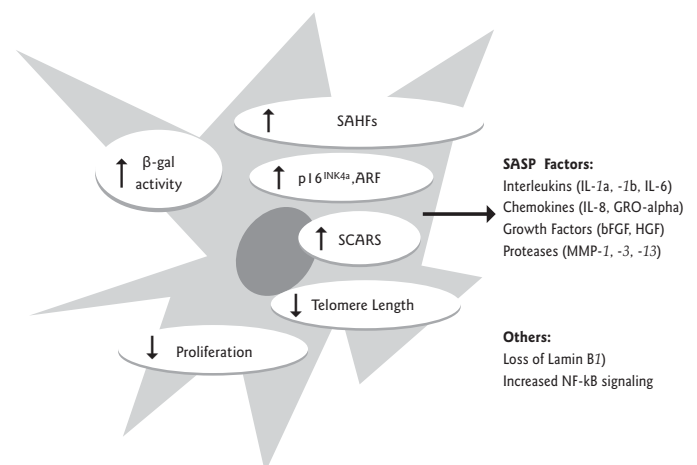


Fig: Characteristics of Senescent cells.

## Benefits of Senescent Cells:

Senescence affords tumor suppression in a cell intrinsic manner, and perhaps also by augmenting local and tumor immunity. The activation of the CDKN2a locus appears to limit the size of atherosclerotic plaques, thereby reducing anatomic obstruction. Senescence resulting from p21CIP expression during embryogenesis may be required for certain aspects of fetal development. Senescence contributes to wound healing and host immunity.

Senescence as a research topic attracted interest of Anti-Cancer drug researchers as an attractive avenue. In Cancer, Cells are continuously multiplying without any meaningful control to limit their population. Identification and activation of senescence-genes can be an effective trigger to induce control of rapidly multiplying cancerous cells. Pro-senescent drugs which promote senescence are in market now. Palbociclib (trade name Ibrance) is a drug for the treatment of Hormone receptor (estrogen) human epidermal growth factor receptor 1-positive and human epidermal growth factor receptor 2-negative breast cancer development by Pfizer. It is a selective inhibitor of the cyclin-dependent kinases CDK4 and CDK6. Palbociclib was the first CDK4/6 inhibitor to be approved as a cancer therapy.

## The Bermuda Triangle

(Devil's Triangle )

**Ms. Manpreet Kaur**  
(Asst. Prof. in Physics)

We know the Bermuda Triangle is the greatest unsolved mystery of the modern age. Also called

Devil's Triangle.

It is a triangular shaped area in the North Ocean, from Bermuda Island to Miami, USA and Puerto Rico. Hundreds of people and numerous boats, ships and planes have disappeared inside this triangle. Reasons given for these disappearances vary from scientific to sheer myth. Here are the shocking facts about Bermuda Triangle which I know and like to share with u:

### **Fact No. 1 :-**

The Bermuda Triangle is not small. In fact, it is quite large and covers an area of 440,000 miles of sea. This is larger than the combined area of Rajasthan, Madhya Pradesh & Maharashtra of India.

### **Fact No. 2 :-**

The Bermuda Triangle is certainly not fixed and its effect can be experienced outside of the triangle too.

The disappearances are ascribed to UFO's and alien activity, city of Atlantis lost under the triangle, and various other technical, natural and geographical reasons.

### **Fact No. 3 :-**

Whenever any plane or ship disappears in the Triangle, its debris cannot be found. The reason behind this is that Gulf Stream runs near the triangle, which quickly gets rid of the debris.

### **Fact No. 4 :-**

At least 1000 lives are lost within the last 100 years. On average, 4 aircraft and 20 yachts go missing every year.

### **Fact No. 5 :-**

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## Science of Dreaming

**Mrs. Anu**

(Asst. Prof. in Biotechnology)

All mammals have sleep cycles in which their brains pass through various stages of REM and non-REM sleep. Dreaming seems to occur most often and most intensely, in REM sleep. In this time many of the brain's neuroelectrical systems have risen to peak levels of activation, as high as levels found in waking consciousness. The fact that REM sleep ratios are at their highest early in childhood (newborns spend up to 80 percent of their sleep in REM, whereas adults usually have 20 to 25 percent of their sleep in REM) suggests that REM, and perhaps dreaming, have a role in neural maturation and psychological development. During REM sleep, the human brain shifts into a different mode of regional activation. Area of the prefrontal cortex involved in focused attention and rational thought become less active, while areas in the limbic system (involved in emotional processing, memory and instinctive responses) and the occipital lobe (involved in visual imagination) become much more active. This suggests that the human brain is capable of generating intense visionary experiences in dreaming.

The dreaming imagination is fully capable of portraying normal, realistic scenarios. This means dreaming is clearly not a process characterized by total incoherence or bizarreness. Research on the improbable, unreal and extraordinary elements of

dream content has shown that, on closer analysis, this material often has a figurative or metaphorical relationship to the waking life of the dreamer. Most people remember one to two dreams per week, although the memories often fade quickly if the dreams are not recorded in a journal. On average, younger people tend to remember more dreams than older people and women more than men.

The more people pay attention to their dreams, they are likely to remember. From a cognitive psychological perspective, dreaming functions to help the mind adapt to the external environment by evaluating perceptions, regulating emotional arousal and rehearsing behavioral responses. Dreaming is like a psychological thermostat, preset to keep us healthy, balanced and ready to react to both threats and opportunities in the waking world. During sleep and dreaming, the mind engages in many of the activities most associated with waking consciousness: reasoning comparing remembering, deciding and monitoring one's own thoughts and feelings. One of the examples is Lucid dreaming. These kinds of metacognitive (thinking about thinking) functions were once thought to be impossible in dreaming, but current research has proven it otherwise. Dreaming has available the full range of the mind's metacognitive powers, although in different combinations from those typically active in ordinary waking consciousness.

## Molecularly Imprinted Polymers for Cell Recognition

**Jasika Saini**

B.Sc (Hons.) Biotechnology-I Year

Molecular imprinting has been developed for

both whole cells and cell epitopes.

Molecularly imprinting Polymer (MIP) materials have been produced for cell recognition, sorting and separation.

MIP materials are suitable recognition elements for sensor development.

MIP materials have been used as scaffolds for tissue engineering.

When MIPS are produced in nanoscale formats (nano MIPS), They are suitable for tissue and cell imaging.

Nano MIPS have been developed for drug loading and delivery to specific tissue or cells types.

Since their conception 50 years ago, molecularly imprinted polymer (MIPS) have seen extensive development both in terms of synthetic routes and applications. Cells are perhaps the most challenging target for molecular imprinting. Although early work was based almost entirely around microprinting methods, recent developments have shifted towards epitope imprinting to generate MIP nanoparticles (NPS). Simultaneously the development of techniques such as solid phase MIP synthesis has solved many historic issues of MIP production.

## PU Polyurethanes

**Yashpreet Saini**

B.Sc (Hons.) Biotechnology-I Year

Polyurethanes (PU) are a family of versatile synthetic polymers intended for diverse applications. Biological degradation of PU is a blooming research domain as it contributes to the

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B.Sc (Hons.) Biotechnology-I Year

Polyurethanes (PU) are a family of versatile synthetic polymers intended for diverse applications. Biological degradation of PU is a blooming research domain as it contributes to the design of eco-friendly materials sensitive to biodegradation phenomena and the development of green recycling processes. In this field, an increasing number of studies deal with the discovery and characterisation of enzymes and micro organism able to degrade PU chains. The synthesis of short lifespan PU material sensitive to biological degradation is also of growing interest.

**Gene Therapy****Priya**

B.Sc (Hons.) Biotechnology-I year

The introduction of normal gene into cells in place of missing or defective ones, in order to correct genetic disorders or it is the therapeutic delivery of nuclei acid polymers into a patient's cells as a drug to treat disease.

In 1980s, Scientists began to lock into gene therapy. The first gene therapy was performed on september 14th, 1990.

**Types of Gene Therapy** : There are two types of gene therapy .

**1. Germ Line Gene Therapy:-** Where germ cells are modified by the introduction of functional genes. Which are integrated into their genome. Therefore changes due to therapy would be heritable and would be passed on to later generation. Theoretically this approach should be highly effective in counteracting genetic disease

and hereditary disorders, but at present many jurisdictions, a variety of technical difficulties and ethical reasons make it unlikely that the germ line therapy would be tried in human beings near future.

**Somatic Gene Therapy:-** where therapeutic genes are transferred into the somatic cells of a patient. Any modifications and effects will be restricted to the individual patient only and will not be inherited by the patient offsprings or any later generations.

## **$\beta$ -Galactosidases** (A Great Tool for Synthesizing galactose containing carbohydrates)

**Yashpreet Saini**

B.Sc (Hons.) Biotechnology-I Year

$\beta$ -Galactosidases, an important class of glycosidases, naturally catalyze the hydrolysis of  $\beta$ -galactosidases bonds in oligosaccharides and polysaccharides.

Traditionally, these enzymes have been used to degrade lactose in dairy products, which are beneficial for lactose-intolerant people. Attractively, B-galactosidases exhibit glycosyl-transfer activity under certain conditions in vitro. They are capable of synthesizing carbohydrates from cheap starting substrates in a facile, efficient and environment friendly way. The condensation of lactose into the well-known prebiotic galacto-oligosaccharides by  $\beta$ -galactosidases has become a key aspect of the industrial interest in the synthetic activity in recent years. At present, the transglycosylation activity of these enzymes has been greatly extended. It can be used not only in



of lactose into the well-known prebiotic galacto-oligosaccharides by  $\beta$ -galactosidases has become a key aspect of the industrial interest in the synthetic activity in recent years. At present, the transglycosylation activity of these enzymes has been greatly extended. It can be used not only in building blocks of crucial glycoconjugates to

## **Development of reporter gene assays to determine the bio activity of Biopharmaceuticals**

**Ruksana**

B.Sc (Hons.) Biotechnology-I Year

Complex structure and structure function relationship of bio pharmaceuticals require extensive analytical characterization & appropriate quality control of the products. Despite rapid development of sophisticated physiochemical techniques, biological activities measurement remains in the critical role in inferring the high-order structure of biopharmaceuticals. Cell-based biological assays are mostly applied to determine the biological activity of Biopharmaceutical, however, refined biological assays are continually needed to increase their robustness. Reporter gene assays (RGAs) which are mechanism of action (MOA) related, less variable, accurate, precise & labor-saving are becoming more & more recognized and adopted in the quality control.

## **Engineered microbial host selection for value-added bio-products from lignocellulose**

**Jasika Saini**

B.Sc (Hons) Biotechnology-I Year

Lignocellulose is a rich and sustainable

globally available carbon source and is considered a prominent alternative raw material for producing biofuels and valuable chemical compounds, Enzymatic hydrolysis is one of the crucial steps of lignocellulose degradation. Cellulolytic and hemicellulolytic enzyme mixes produced by different microorganisms including filamentous fungi, yeasts and bacteria, are used to degrade the biomass to liberate monosaccharides and other compounds for fermentation or conversion to value-added products. During biomass pretreatment and degradation, toxic compounds are produced and undesirable carbon catabolic repression (CCR) can occur. In order to solve this problem, microbial metabolic pathways and transcription factors involved have been investigated along with the biorefinery platform. Engineered microorganisms have been used to produce specific enzymes to breakdown biomass polymers and metabolize sugars to produce ethanol as well other biochemical compounds. Protein engineering strategies have been used for modifying lignocellulolytic enzymes to overcome enzymatic limitations and improving both their production and functionality. Furthermore, promoters and transcription factors, which are key proteins in this process, are modified to promote microbial gene expression that allows a maximum performance of the hydrolytic enzymes for lignocellulosic degradation.

## **Designing Biobased Recyclable Polymers for Plastic**

**Jasika Saini**

B.Sc Hons.) Biotechnology-I Year

- Rational Polymer design is important for desired functionality and recyclability.
- Increasing the glass transition temperature in an effective strategy for enhancing the performance and recyclability of biobased polymers.
- Selective Polymer depolymerization and repolymerization of monomers offers an important route to plastic recycling.
- Microbial cells and enzymes constitute important tools for the production as well as recycling of polymers.
- Feedstock sustainability is common and CO<sub>2</sub> will become an important alternative to biomass for fossil-free Polymers.
- Several concurrent developments are shaping the future of plastic. A transition to a sustainable plastics system requires not only a shift to fossil-free feedstock and energy to produce the carbon-neutral building blocks for polymers used in plastics, but also a rational design of the polymers with both desired material properties for functionality and features facilitating their recyclability. Biotechnology has an important role in producing polymer building blocks from renewable feedstocks and also shows potential for recycling of Polymers.

## Microbial Engineering for Easy Downstream Processing

**Yashpreet Saini**

B.Sc (Hons.) Biotechnology-I Year

Downstream is very expensive process for

microbial fermentation. It usually involves complicated equipment and processes to obtain desired chemicals or materials from intra or / and extracellular spaces of microorganisms. Recently, it becomes possible to simplify the microbial cell separation process by morphologically engineering the shapes of small microorganisms. Cells can be included aggregated or enlarged into fibers or large spheres, so that gravity sedimentation or press filtration becomes a convenient operation. Various genes related to the microbial morphology have been manipulated to obtain large shapes and multiple fission to form long fibers or large spheres. At the same time, induced lysis of cells can be achieved by introducing lysis gene into the cells. To achieve better economy, it is desirable to receive products both in broths and in cell masses. Co-production of different chemicals produced intracellularly and extracellularly could be an effectively economical way. Based on methods which are novel, easy cell separation in the downstream processing is expected to be achieved soon.

## Collagen Fingerprinting : A New Screening Techniques for Radiocarbon Dating Ancient Bone

**Ruksana**

B.Sc (hons.) Biotechnology-I Year

Collagen is the dominant component of bone & is intimately locked within the hydroxyapatite structure of this ubiquitous biomaterial that dominates archeological & palaeontological assemblages. Radiocarbon analysis of extracted collagen is one of the most common approaches to dating bone from late holocene deposits, but

dating is relatively expensive compared to other biochemical techniques. Numerous analytical methods have previously been investigated for the purpose of screening out samples that are unlikely to yield reliable data including histological analysis, UV-stimulated fluorescence and most commonly, the measurement of percentage nitrogen (%N) and ratio of carbon to nitrogen (C:N).

## New Tissue Clearing Methods offer A Window into the Brain

**Navjot Kaur**

B.Sc (Hons.) Biotechnology-I Year

The mammalian brain consists of billions of neurons wired together in various circuits, each one involved in specific physiological functions. To better understand how these different neurons and circuits are associated with mental activities and diseases, researchers are reconstructing detailed, three-dimensional maps of neural networks.

However, 3-D imaging of the mammalian brain is challenging. Light scatters as it travels through layers of tissue, dispersed by a variety of molecules such as water, lipids and proteins. This reduces image resolution.

One way to improve resolution is to reduce the scattering. Researchers achieve this by first removing water and lipids from tissue. Next, chemicals are introduced that have a refractive index, a measure of how much the molecules bend light that passes through them in the range of that of proteins. Establishing near homogenous refractive indices in the molecules that populate the tissue environment allows light rays to converge to improve image resolution.

This is the working principle of most tissue clearing methods, which have been used successfully for decades on hard tissues like bone.

Researchers have performed brain tissue clearing with limited success as the chemicals available were too harsh on delicate neural tissues. In 2013, Karl deisseroth and his team at Stanford university revolutionised the approach with a hydrogel based technique called clarity. This technique enabled researchers to label neurons in mouse neural tissue with fluorescent markers and then to image an entire mouse brain without sectioning it, while preserving the fluorescence signals.

Since then, tissue clearing methods have continued to improve as researchers have developed chemical mixtures that better preserve tissue architecture and protein structure.

# Shree Panchanan

2019-2020

FASHION DESIGNING SECTION



STAFF EDITOR :  
MS. MANMEET KAUR

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## Embroidery of Manipur

**Asst. Prof. Manmeet Kaur**  
(Fashion Designing Department)

Manipur is a 'Land of gems' surrounded by hills, vallies and lakes. The inhabitants of Manipur are expertised in weaving, varieties of beautiful and intricate weaves and are also skilled in music and dance. The Manipur women are also famous in their unique style of embroidery. However the varieties of stitches in the needle work are relatively limited in number. The tribal people employed a bamboo needle to work all along the warp threads.

The embroidery is done mostly on their traditional wear and each tribal group specialises in its own particular style of designing.

The border of 'Phaneyk', the lungi or sarong worn by the women, is usually decorated and adorned by embroidery. Women in Manipur, do weave their phaeyk in a combination of dark coloured stripes against light ground or a simple dark coloured plain fabric without any stripes or the whole Phaneyk is covered with series of stripes in three different colours with a black coloured border only on one side.

The motifs for the embroidery are taken from nature, flowers, birds, animals, geometrical forms and circles are effectively used with charming multi coloured combinations. The motif commonly used is a circular design 'Akoybi', an all over pattern. Each circle is joined to the other, with each circle being further broken into other patterns. Smt. Kamaladevi Chattopadhyay relates this design to a mythological tale " One of the husband of

goddesses killed a snake named Pakhamba but later he tried to atone for his sin by copying its scaly Patterns of skin to perpetuate them as a source of designs in the field of textiles. Some even believe that the circular motifs are the inspiration of swirls of water lotus and other objects associated with lake. The Colours used in Aboynbi are two shades of red with little of black and white the Phanyak is dark but is matched with red, phem or chocolate colours. The embroidery is so finely and evenly worked along the warp threads, many times to a stranger, it seems like woven decoration. Another simple pattern 'tindogbi', the motifs appear like a silk earua sitting on a cartor leaf and feeding it. It is an out come of inspiration by silk work rearing.

'Hijaya Mayek' is another well known all over Pattern embroidered in white and black to emphasise the running lines and circular movements. According to Jasleen Dhamija a famous carpenter was carving a boat and accidentally a long piece of wood while chipping fell on the lawn nearby. The carpenter presented this piece of wood to the king and was highly impressed by the natural flowing lines on the piece. the king later suggested to incorporate these flowing lines in the embroidery of Phaneyk. However, now a days this design is associated with costumes of older people and elderly women. This embroidery is done with tiny satin stitches, done very close to each other.

Applique work is also another specialty of Manipur. The elegant motifs of red colour were applied on the yellow borders of the dance costume. 'Kumi', the skirts Mirrors and sequences were stitched with rich red silk floss. Dalicate

Some of the presentation for the bride like curtains, cushions and other lines were decorated with applique work. The abhla work Probably migrated from Dwaraka by Vaishnavas, as mirror work is found mainly in Gujrat.

"Sami Lami Phee", the wild animal warrior cloth is a black shawl with bold embroidery also called as Angami Naga Shawl. Nagas are basically hunters and used to hunt many wild beasts. As a symbol of pride, they used a stitch the leaves cut into the shapes of wild animals. Later the Manipur started incorporating these animal motifs into women Patterns. The whole Shawl is divided into horizontal panels and the animals were distributed within these panels. Some commonly found animals are elephant, camel, sheep, cock, butterflies etc.

*Now a days this embroidery is done on cushion covers, wall hanging, bed spreads, table cloth apart from chaddar.*



## Kasuti

**Amrita**  
B.A. 1st Sem.

Kasuti is a traditional form of folk embroidery practised in the state of Karnataka, India. Kasuti work which is very intricate sometimes involves putting up to 5,000 stitches by hand and is traditionally made on dresswear like likal sarees, Ravike and Angi or Kurta. In Karnataka Handicrafts development corporation (KHDC) holds a Geographical indications (GI) protection for Kasuti embroidery which provides intellectual property rights on kasuti to KHDC. India has a rich herirage of art, music, dance, sculpture, architecture

carpentry, metal work, wire work, designing, painting embroidery expresses unity in diversity.

**HISTORY:-** Kasuti is a world famous embroidery of Karnataka state earlier was known as Mysore state. The name kasuti is derived from the words kai (Meaning hand) and suti (meaning cotton), indicating an activity that is done using cotton and hands. The women courtiers in the Mysore kingdom in the 17th century were expected to adept in 64 arts with kasuti being one of them features folk designs influenced by rangoli Patterns of Karnataka, mirror work embroidery and gold & silver thread embroidery were mostly used for special occasions like Weddings. In Karnataka sarees embroidered with kasuti were expected to be a part of the bridal trousseau of which one saree made of black silk with Kasuti.

**MOTIF:-** Kasuti work involves embroidering very intricate Patterns like gopure, chariot, palanquin, lamps and conch shells. Locally available materials are used for Kasuti. The pattern to be embroidered is first marked with charcoal or pencil and then proper needles and thread are selected. Some of the stitches employed are Ganti, Murgi, Neyge and Menthe. Murgi is Zig-Zig stich. Neyge is a running stitch and Menthe is a cross-stitch resembling fenugreek seeds. The patterns are stitched without using knots to ensure the both sides of the cloth look alike.

**KASUTI EMBROIDERY:-** Kasuti is a world famous embroidery of Karnataka. Hence kasuti means hand work made of cotton thread. There are four types of stitches in kasuti embroidery. The Ganti or double running stitch, The Murgi or Zig-Zig running, The Neyge or darning stitch and

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## Importance of Packaging in Fashion and Garment Industry

Jasmin Kaur  
M.com 3rd Sem.

Garment Industry has always been showing the need for different and attractive packaging. The

emergence of online shopping has drastically increased the demand of quality packaging in garment sector. We can say with the increase in online shopping the product branding & marketing also has garnered new dimensions. Now a day the trends in packaging are indining to wards personalized and customized packaging.

The report suggests that globally manufacturers are spending a huge amount over \$150 billion on product packaging.

### Different Types of Packaging Involved in Garment Sector are:-

The type of packaging mainly depends on the product and its requirement. The packaging is something which works as a coordinated systems of preparing goods for transport, logistics, warehousing, sale and end. Corrugated boxes are used as primary packing as well as secondary packing.

**1. Mono Cartons:-** One of the packaging style is mono cartons. Mono Cartons are designed and developed in varied styles, patterns and dimensions. Vijayshri packaging provides a customized solution to best compliment the Product.

**2. Litho Laminated Cartons:-** These cartons possess the higher holding strength as well as cushioning properties. Vijayshri packaging provides 3 ply corrugated inner cartons in multicolored printing.

**3. Window Cartons:-** Window cartons are the best way to attract new and existing customers. Window cartons are printed in extremely stunning



and visually attractive display. These are folding cartons either in paper board or litho laminated from with PVC or PET film. They are majorly used for displaying tie, belts, dresses, scarfs etc.

### **Some essential packaging functions are following:-**

- It is a protections to your product
- Storage
- loading & transport
- Promotional function
- Security
- Information transmission

The facts suggest that almost 52% consumers will buy the product again if they get the product in premier packaging. Most of the consumers use the packaging boxes after purchase as well. It has been noticed that the packing directly affect the purchase of a product and that's the reason that most of the brands in garment industry focus on product packaging as well.

## **Applique Work**

**Diksha Rana**  
M.com 3rd Sem.

Applique is a type of embroidery that employs a smaller patch or fabric to be applied or sewed onto a larger fabric of surface. It is mostly one piece of fabric in it's entirely. Applique derives its roots from French culture and it means ' something applied' or a thing that has been applied.

### **ORIGIN AND HISTORY**

Applique work was not an art form but a convention that stemmed from the necessity of

harsh times. Applique was discovered first when clothes were ripped and needed fixing in order to appear decent and wearable. The craftsmen used to sew over the top of the ripped area using patches of different materials whatever came handy later known as patchwork. Applied cloth has been an important art and craft from in Benin, west Africa, especially in the area around. Abomey, where it has been an integral tradition since the early 18th century and also in and around the kingdom of Danhome.

### **THE MAKING**

When it comes to sewing, an applique basically refers to a type of needlework technique in which various pieces of embroidery, fabric or other materials are sewn onto another piece of fabric to create different designs, abstract patterns or pictures. It is particularly suitable for the work or textile which is to be from a distance, such as in banner making. Applique is used extensively in quilting. "Sunbonnet Sue" and "Dresden Plate" are two examples of traditional native American quilt blocks that are constructed with both applique and patchwork Baltimore album quilts, Hawaiian quilts, Broder, Perse, Egyptian Khayamiya, Amish quilts and the Ralli quilts of India and Pakistan also use Applique. Apart from that, Applique is also a famous form the embroidery used to adorn sarees with elaborate and vibrant looking borders.

### **VARIETIES**

Applique work employs a number of stitches to attach the applied pieces on to the base materials some of the most common stitches and their uses are:-

- (i) **STRAIGHT STITCH**:- Straight stitch or running stitch is the most common type of stitch practiced while attaching applique

patches onto the base material. It is usually followed on the outline of edges.

(ii) **STAIN STITCH:-** Satin stitch is another popular stitch used all over to basically overlap the edges. The patch may also be glued on or straight stitched to fix its position on the fabric.

(iii) **REVERSE APPLIQUE:-** Reverse applique is achieved when various materials and their layers are stitched together. The upper parts of the top layers are cut away and the edges are stitched. The topmost layers achieve the largest cuts.

### PRESENT DAY SCENARIO

In today's time, with tremendous advancement in technology, modern embroidery machines can quickly stitch applique designs usually by following a program. These programs have a minimum complexity of at least two thread colors, meaning that the machine stops during the stitching to allow the user time to switch threads. Firstly, the fabric that is the background and then the applique fabric are affixed into the machine's embroidery ring.

Once the program begins, the machine makes a loose basting stitch running over both layers of fabric. Next, the machine stops to allow a thread change or some other pre-programmed break. The user can finally cut away the excess applique fabric from around the stitch. Following this, the machine continues on the satin stitches as well as any decorative stitching over the applique.

### WEARING APPLIQUE

While applique is a common favorite among kids and adolescents, it can be paired with

interesting accessories such as hair, ties, clip, bows, belts, chunky bracelets and chunky neck pieces.

The colors of these accessories must match the color scheme of the applique garment either in symmetry or contrast.

This timeless artistic fabric can suit any occasion as well as celebrations like a get-together, informal bashes, social parties and other events. It is a relaxed part of a casual garment and is preferred for informal occasions or to set a trendy by making a bold style statement. Its vivid hues make it the centre of attraction at any gathering and adorn the wearer with spunk and vivaciousness, making it perfect for such occasions.

### MAINTENANCE

There is no strict rule for the maintenance of applique as once they are fused and stitched, there is hardly any damage that wear and tear can cause an applique garment.

## Top Fashion Brands in India

**Simranjit Kaur**  
M.com 3rd Sem.

**FASHION BRAND:-** Fashion brand is a retail or wholesale setup which sells preta-porter (ready to wear) clothing or accessories, whereas fashion label is basically a setup run or founded by a fashion designer and mostly caters clients with customisable garments i.e. made to measure, this feature is not available with a fashion brand.

### Top Fashion Clothing Brands in India:-

I. **MUFTI:-** Established in 1998, Mufti is an Indian brand launched in Mumbai. It is known

**MUFTI:-** Established in 1998, Mufti is an Indian brand launched in Mumbai. It is known for denim and jeans. It has more than 110 mega stores and 250 exclusive brand outlets and 1400 multi brand outlets all over India.

**ALLEN SOLLY:-** Allen Solly is an initiative of Madura Fashion & Lifestyle, a division of Aditya Birla Fashion and Lifestyle in India's largest and the fastest growing Best Clothing Brands for Men Companies is and a premium lifestyle player in the retail sectors.

It was first founded in 1744 by William Hollin and Co. Ltd. The brand was bought in the 90's by a company called Madura Garments Madura Garments was a part of threads. Aditya Birla Group acquired allen solly in 2001.

**RAYMOND:-** Raymond Ltd. is one of India's and the world's leading producers of worsted fabrics because claimed some 60 percent of the India worsted suiting market.

It all started in the Raymond woolen mill during the year 1925 in the area around hane creek. The company comprises in three business divisions, such as Textiles, Engineering and Aviation. Textiles division of the company has a distribution network of more than 4000 multi-brand outlets. Over 400 exclusive retail shops in the domestic market itself.

**MANYAVAR:-** Manyavar is the sound of celebration! Manyavar focuses on the formal side of eastern fashion and delivers some of the most trending and beautiful designs that can ever exist in the Indian Fashion lineage. Catering of both, men and women, Manyavar is

5. one of the topmost fashion houses in India. renowned for its powerful creativity.

**TURTLE:-** Turtle is journey began in Kolkata, in 1993 as an aspiring yet steadfast enterprise that went on to become one of India's fastest growing companies in the Industry.

Today Turtle has made its presence felt in 400 cities across India with over 100 exclusive Turtle Stores. Turtle merchandise is available in over 1200 multi-brand outlets and in over 175 large format retail stores. Starting with exports to Dubai, Baherin, Kuwait & Fiji islands. Turtle has carved itself a niche in the overseas markets.

**CONDUSION:-** Discovering "Your Brand" can make all the difference when finding clothes that fit your body and a style that fits your personality.

So whether you are already a fashion expert or not sure where to get started when shopping for clothes. Consequently, we believe

## Dyeing and Printing

**Simra Bhatoo**  
M.com, 3rd Sem.

Dyes and Paints are substances that are used to stain or give colour to a range of objects, from textiles and paper to buildings and machinery.

The first materials used as pigments were probably coloured clays, which were mixed with water or animal oils to make paint. Some natural dyes still exist, but most used today and currently are synthetic.

Dyeing and Printing are the process employed in the non version of raw textile fibers into finished goods that add much to the appearance of textile fabrics.

Most forms of textiles materials can be dyed at almost any stage. Quality woolen goods are frequently dyed in the form of loose fibre, but top dyeing or cheese dyeing is favoured in treating worsted.

The dye depends upon on the type of material and the specific requirements to be met. For some purpose, high light fastness is essential; but for others it may be inconsequential. Factors considered in dye selection include fastness to light, reaction to washing and rubbing (crocking) and the cost of dyeing process.

Textile dyes include acid dyes, used mainly for dyeing wool, silk and nylon and direct or substantive dyes which have a strong affinity for cellulose fibers. Mordant dyes require addition of chemical substances such as salts to give them affinity for the material being dyed.

Modern dyeing machines are made from stainless steels. A dyeing machine consists essentially of a vessel to contain the dye liquor, provided with equipment for heating, coding and circulating the liquor into and around the goods to be dyed or moving the goods through the dye liquor.

In India, printing patterns with wooden blocks is mainly associated with the north and west. Dress fabrics used small repeating blocks. From the 14th Century. If not earlier, western India used large blocks to produce huge wall hangings, which were exported to south East Asia

While Printing was not strongly then associated with south India, it eventually replaced hand-down kalamkari ('pen work') there in the 19th century.

An integral step in the block printing process taken place before any textiles are involved. The carving of a printing block is in itself a highly skilled practice. Requiring a team of craft people specialising in different stages of the process.

At present, India contributes about 6% of the share in the global market. The dye markets are the mostly dominated by reactive and disperse dyes. The demand of reactive and disperse dyes are expected to grow in future as these two dyes are dominated in all the regions of India.

## Fashion and Modern Youth

**Arleen Kaur**

M.com, 3rd Sem.

Fashion is anything that becomes a rage among the masses. We see different fashion trends pouring in and taking the market by strong storm. Clothing is especially one such arena that sees changing fashion trends that are followed by vast number of people.

People these days love to dress up well in order to look presentable in society. To keep up with changing times people upgrade their style according to the latest trend in market.

Women are particularly inclined towards following latest trend few years back long kurties well in trend now same pattern come into existence.

In today's times, people have become very

particular about fashion as it gives them sense of belongingness. It makes them be one with society & not look the old one out.

Fashion has this become foremost then style these days & become necessity of everyone.

## Printing

**Vishakha**

B.A. Ist Sem.

Textile Printing is related dyeing but in dyeing properly the whole fabric is uniformly covered with one colour, whereas in printing one or more colours are applied to it in obtain parts only, and in sharply defined patterns.

In printing, wooden blocks, stencils, engraved plates, rollers or silkscreens can be used to place colours on the fabric. Colourants used in printing contain dyes thickened to present the colour from spreading by capillary attraction beyond the limits of the pattern or design.

### METHODS OF PRINTING

Fabric that has to be printed must be signed, bleached and soured. There are four main approaches to printing a colour onto a fabric.

### DYES USED FOR PRINTING

The choice of dyes in printing depends on the purpose for which the printed goods will be used, the fibers involved and the loss of the printed goods. vat dyes, reactive dyes, naphthol dyes and disperse dyes are generally used.

1. **DIRECT PRINTING:-** It has been the most common method of applying surface designs. The dye is imprinted on the fabric in paste form and many desired pattern may be produced.

a) **BLOCK PRINTING:-** The oldest method of printing design on fabric is block printing by hand. In block printing a separate block is required for each colour. On the block the designs area is raised, whereas the background area is carved away. The fabric is laid flat on a smooth padded surface and fixed so that it does not shift.

b) **ROLLER PRINTING:-** It was developed in 1785. It is done by machines called roller printers. In this method the printing on fabric is done by engraved copper rollers.

c) **DUPLEX PRINTING:-** The fabric is printed on both sides. The fabric is based through the roller printing machine in two separate operations or through a duplex printing machine in a single operation.

d) **FLOCKING:-** In this technique minute pieces of fabric called flock are adhered to the instead of a dye is roller printed onto a fabric in the shape of a design.

2. **DISCHARGE PRINTING:-** In this the fabric is piece dyed. A design roll is coated with a reducing bleach, that removes the base dye and leaves a white pattern on a coloured ground.

3. **RESIST PRINTING:-** This is just the opposite of discharge printing. It is one of the oldest methods of applying surface design the basic principle of resist printing is the protection of certain areas of the fabric by some means to prevent colour penetration.

The dye can be prevented from coming in contact with fabric with the use of wax, stencil or screen

- a) **STENCIL PRINTING:-** This printing originated in Japan. In this the printing designs areas are cut from sheets of paper, metal or wood. A stencil is cut out for each colour.
- b) **SCREEN PRINTING:-** This type of printing has developed from stenciling. In earlier days this was known as silk screen printing as screens were made of fine strong silk threads.

### Screen Printing is of two types

1. **FLAT SCREEN PRINTING:-** In this flat screen is used. Printing can be done both by hand or by machine.
2. **ROTARY SCREEN PRINTING:-** In this rotary screen is used, one for each colour. This is relatively new concept.
4. **INDIRECT METHODS:-** In these methods the colour is not applied directly to the fabric sent indirectly.
  1. **Photo Printing:-** This is very similar to making photographs on the paper. The fabric is coated with a chemical that is sensitive to light.
  2. **TRANSFER PRINTING:-** Moving a design from one surface to another is known as transfer printing. This is relatively new method introduced in 1960's.

## Wool

**Suparna Mehti**  
M.com, 3rd Sem.

Wool is the hair of certain mammals. Most wool comes from sheep and goats, but wool is also taken from camels, llamas and special rabbits. Wool is a natural material. People use wool fiber to make clothing, blankets and other things of keep

warm. It is usually used to make outer clothing but is also used to make blankets, socks, sweaters and fine clothing. Rabbit wool is called angora wool. Cashmere and mohair come from goats, qiviut from musk oxen and other types of wool from camelids. Wool has several qualities that distinguish it from hair or fur: it is crimped and elastic. Wool fabrics clean easily. Wool also absorbs moisture and insulates against heat and cold. Wool can be spun or made into yarn. The yarn is used to weave fabric or material. The yarn of wool can also be knitted into fabric or clothing like jumpers. Wool can also be made into felt after it is boiled in hot water and rubbed together. Felt is a kind of fabric that is not woven. Felt can be used to make clothes to keep warm in cold weather. Australia is the world's largest producer of raw wool, growing about 30 percent of total world supply.

Wool is produced by follicles which are small cells located in the skin. These follicles are located in the upper layer of the skin called the epidermis and push down into the second skin layer called dermis as the wool fibers grow. Follicles can be classed as either primary or secondary follicles. Primary follicles produce three types of fiber, kemp, medullated fibers and true wool fibers. Secondary follicles only produce true wool fibers. Medullated fibers share nearly identical characteristics to hair and are long but lack crimp and elasticity. Ragg is a sturdy wool fiber made into yarn and used in many rugged applications such as gloves. Worsted is a strong, long-staple, combed wool yarn with a hard surface. Woolen is a soft, short-staple, carded wool yarn typically used for knitting.

# Shree Panchanan

2019-2020

PHYSICAL EDUCATION SECTION



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## Benefits of Meditation

**Asstt. Prof. Money Sharma**  
(Dept. Physical Education)

There are many things in life that are beyond our control. However, it is possible to take responsibility of our own states of mind and to change them for the better. According to Buddhism, this is the most important thing we can do and Buddhism teaches that is only real antidote to our own personal sorrows and the anxieties, fears hatred and general confusion that beset the human conditions.

Meditation is a means of transforming the mind. Buddhist meditations practices are techniques that encourage and develop concentration, clarity, emotional positivity and a calm seeing of the true nature of things. By engaging with a particular meditation practice you learn the pattern and habits to cultivate new, more positive ways of being with regular work and patience. Focused state of mind can deepen into profoundly peaceful and energized state of mind. Such experiences can have a transformative effect and can lead to new understanding of life.

An ordinary person may consider meditation as a worship or prayer but it is not so. Meditation means awareness. Whatever you breathe is meditation. Listening to the birds is meditation. As long as these activities are free from any other distraction to the mind, it is effective meditation. Meditation is not technique, but a way of life. Meditation means a cessation of the thought process. It describes a state of consciousness, when the mind is free from scattered thoughts and various

pattern. The observer realized that all the activity of the mind is reduced to one.

**How to Meditate:-** There are many meditation techniques. Some of the techniques are quite simple and can be learnt through little practice. Other requires training by an experienced instructor. It is important to note that positively affects meditation repressed memories and the human psyche. A first time meditator may go through some discomfort initially, hence it is always a good idea to be under the care of a qualified practitioner as one starts meditation.

**Benefits of Meditations:-** Humanity is increasingly turning towards various meditation techniques in order to cope with the increasing stress of modern day lifestyle. Unable to locate stability in the outside world, people have directed their gaze inwards in a bid to attain peace of mind. Modern Psychotherapists have begun to discover various the rapeties of meditation practices.

Though meditations is usually recognized as a largely spiritual practice, it is also has many health benefits. The yoga and meditation techniques are being implemented in management of life threatening diseases, in transformation of molecular and genetic structure, in reversal of mental illness. In accelerated learning programs in perception and communications beyond the physical. In gaining better ecological understanding, in management of life style and future world are.

**Problems, some benefits of meditations are:-**

1. The foundation of self awareness that meditation provides is useful in many areas.

- The foundation of self awareness that meditation provides is useful in many areas.

It develops insight into the unconscious casual connections between thoughts, attitudes,

- perceptions, feelings, body status and behavior.

4.

Your attitude towards life will change.

- You will be able to see the larger picture of things instead of small day to today problems.

- Meditations helps us accept the thing as they are not, as we desire. Them to be.

- You will be more understanding towards others.

- You will start ignoring petty issues that consumed much of year energy.

- Your inner ability to solve complex problems increases.

10.

It is a healthy way to handle stress.

### **Conclusion:-**

Meditation will bring the above mentioned qualities in you. All kinds of prejudices, vanity, hatred, jealousy and preconceived notions have their origins in mind. But when in meditation, we transcend, the mind and contract this higher entity self we realize the calm and serenity of a focused and peaceful mind. When you mediate, you recognize that being more knowledge and being intelligent are two different thing. Once the feeling of an all pervading self comes in you, you will start seeing with you own eyes and feel with your own hearts instead of allowing others to make opinions and decisions for you.

## **ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਵਿਅਕਤੀਤਵ ਤੇ ਪ੍ਰਭਾਵ**

**Megha Sharma**

(B.A. 1st Year)

ਸਰੀਰਕ ਸਿੱਖਿਆ ਤੇ ਕਿਰਿਆਵਾਂ ਦਾ ਮੰਤਵ ਮਨੁੱਖ ਦਾ ਬਹੁਪੱਖੀ ਵਿਕਾਸ ਕਰਨਾ ਹੈ। ਖੇਡਾਂ ਵਿੱਚ ਭਾਗ ਲੈਣ ਨਾਲ ਮਨੁੱਖ ਦਾ ਸਰਵਪੱਖੀ ਵਿਕਾਸ ਹੁੰਦਾ ਹੈ। ਅਜਿਹੇ ਮਨੁੱਖ ਅੰਦਰ ਬੁੱਧੀਮਤਾ, ਚੁਸਤੀ, ਨੇਤਾ ਦਾ ਗੁਣ, ਪੜ੍ਹਨ-ਲਿਖਣ ਤੇ ਬੋਲਣ ਦੀ ਯੋਗਤਾ, ਅਨੁਸ਼ਾਸਨ, ਭਾਈਚਾਰਾ ਆਦਿ ਗੁਣ ਆ ਜਾਂਦੇ ਹਨ।

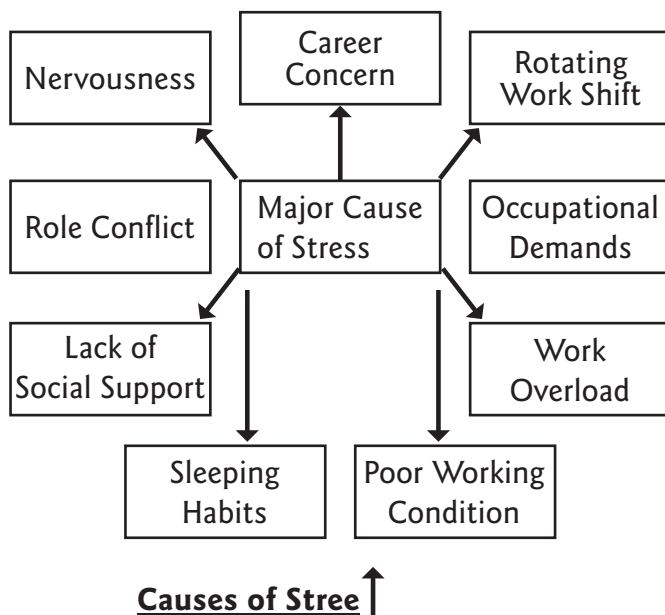
ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਤੇ ਕਿਰਿਆਵਾਂ ਮਨੁੱਖ ਦੇ ਵਿਅਕਤੀਤਵ ਦੇ ਵਿਕਾਸ ਲਈ ਉਸਨੂੰ ਬਹੁਤ ਸਾਰੇ ਗੁਣ ਪ੍ਰਦਾਨ ਕਰਦੀਆਂ ਹਨ। ਖੇਡਾਂ ਮਨੁੱਖ ਦਾ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਵਿਕਾਸ ਕਰਦੀਆਂ ਹਨ। ਖੇਡਣ ਨਾਲ ਖਿਡਾਰੀ ਨੂੰ ਪਸੀਨਾ ਆਉਂਦਾ ਹੈ। ਜਿਸ ਨਾਲ ਅਸੁੱਧੀਆਂ ਬਾਹਰ ਨਿਕਲ ਜਾਂਦੀਆਂ ਹਨ। ਸਰੀਰ ਸੁੰਦਰ, ਸੁਡੋਲ ਤੇ ਤੰਦਰੁਸਤ ਬਣਦਾ ਹੈ। ਦਿਮਾਗ ਤੇਜ਼ ਹੁੰਦਾ ਹੈ। ਵਾਧੂ ਸਮੇਂ ਦਾ ਸਦਉਪਯੋਗ ਹੁੰਦਾ ਹੈ। ਖੇਡਾਂ ਆਪਣੇ ਭਾਵਾਂ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ ਦਾ ਸਹੀ ਸਾਧਨ ਹੁੰਦੀਆਂ ਹਨ। ਖਿਡਾਰੀ ਖੇਡ ਦੇ ਮੈਦਾਨ ਵਿੱਚ ਸਾਰੇ ਗੁਣ, ਕਲਾ ਤੇ ਤਕਨੀਕ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰ ਸਕਦਾ ਹੈ। ਇਹਨਾਂ ਰਾਹੀਂ ਮਨੁੱਖ ਸੰਵੇਗਾਂ ਤੇ ਨਿਯੰਤਰਣ ਕਰਨਾ ਸਿੱਖਦਾ ਹੈ ਅਤੇ ਸੁਖੀ ਜੀਵਨ ਜਿਉਂਦਾ ਹੈ। ਅੱਜ ਦਾ ਜੀਵਨ ਮੁਸ਼ਕਿਲਾਂ ਨਾਲ ਭਰਪੂਰ ਹੈ। ਛੋਟੀ-ਛੋਟੀ ਗੱਲ ਤੇ ਗੁੱਸਾ ਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਤੋਂ ਬਚਣ ਦਾ ਸਿੱਧਾ ਉਪਾਅ ਖੇਡਾਂ ਹਨ। ਖੇਡ ਦੇ ਮੈਦਾਨ ਵਿੱਚ ਖਿਡਾਰੀ ਦਾ ਸਾਰਾ ਧਿਆਨ ਖੇਡ ਤੇ ਕੇਂਦਰਿਤ ਹੁੰਦਾ ਹੈ ਅਤੇ ਉਸਦੀਆਂ ਚਿੰਤਾਵਾਂ, ਪ੍ਰੇਸ਼ਾਨੀਆਂ ਸਭ ਭੱਜ ਜਾਂਦੀਆਂ ਹਨ। ਖੇਡਾਂ ਨਾਲ ਖਿਡਾਰੀ ਅੰਦਰ ਇੱਕ ਹੋਰ ਵਧੀਆਂ ਗੁਣ ਆਪਸੀ ਭਾਈਚਾਰੇ ਦਾ ਪੈਦਾ ਹੁੰਦਾ ਹੈ। ਟੀਮਾਂ ਵਿੱਚ ਅਲੱਗ-ਅਲੱਗ ਜਾਤਾਂ, ਧਰਮਾਂ ਦੇ ਖਿਡਾਰੀ ਹੁੰਦੇ ਹਨ। ਸਭ ਇੱਕ-ਦੂਜੇ ਨਾਲ ਮਿਲ ਕੇ ਖੇਡਦੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਦਾ ਪ੍ਰਦਰਸ਼ਨ, ਉਹ ਰਾਸ਼ਟਰੀ ਅਤੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ ਪੱਧਰ 'ਤੇ ਵੀ ਕਰਦੇ ਹਨ। ਸਪੋਰਟਸ ਮੈਨਸ਼ਿਪ ਸ਼ਬਦ ਖੇਡ ਜਗਤ ਵਿੱਚ ਬਹੁਤ ਹੀ ਮਹੱਤਵਪੂਰਨ ਸ਼ਬਦ ਹੈ। ਇਹ ਅੰਗਰੇਜ਼ੀ ਭਾਸ਼ਾ ਦਾ ਸ਼ਬਦ ਹੈ ਜਿਸ ਨੂੰ ਭਾਰਤੀ ਭਾਸ਼ਾ ਵਿੱਚ ਵੀ ਇਸੇ ਤਰ੍ਹਾਂ ਲਿਆ ਗਿਆ ਹੈ ਜਿਸਦਾ ਭਾਵ ਖਿਡਾਰੀ ਦੀ ਭਾਵਨਾ ਤੋਂ ਹੁੰਦਾ ਹੈ ਜਿਸ ਰਾਹੀਂ ਉਹ ਸ਼ੁਰੂ ਤੋਂ ਲੈ ਕੇ ਅੰਤ

ਤੱਕ ਸਾਫ਼ ਖੇਡ ਖੇਡਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਹੁੰਦਾ ਹੈ। ਜੇਕਰ ਖਿਡਾਰੀਪੁਣੇ ਦਾ ਗੁਣ ਨਾ ਹੋਵੇ ਤਾਂ ਖੇਡ ਦਾ ਮੈਦਾਨ ਲੜਾਈ ਦਾ ਅਖਾੜਾ ਬਣ ਜਾਵੇ। ਅਸੀਂ ਖੇਡ ਨੂੰ ਇੱਕ ਫੁੱਲ ਅਤੇ ਖੇਡ ਦੇ ਗੁਣਾਂ ਨੂੰ ਫੁੱਲਾਂ ਦੀਆਂ ਪੰਖੜੀਆਂ ਮੰਨ ਸਕਦੇ ਹਾਂ। ਇਸ ਤਰ੍ਹਾਂ ਇਹ ਫੁੱਲ ਬਹੁਤ ਸਾਰੇ ਗੁਣ ਪੈਦਾ ਕਰਦਾ ਹੈ। ਸਾਨੂੰ ਵੀ ਖੇਡਾਂ ਨੂੰ ਅਪਣਾਉਣਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਆਪਣੇ ਅੰਦਰ ਅਜਿਹੇ ਗੁਣਾਂ ਨੂੰ ਧਾਰਨ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਜੋ ਖਿਡਾਰੀ ਦੇ ਨਾਲ-ਨਾਲ ਇੱਕ ਚੰਗੇ ਸੱਭਿਅਕ ਨਾਗਰਿਕ ਵੀ ਬਣਾਉਂਦੇ ਹਨ।

## Stress Management

**Seerat Parmar**  
(B.A. 2nd Year)

Stress is a general term applied to various physiological (bodily) pressures experience or felt by people throughout.



### Tips For reducing Stress:-

- Regular Meditation
- Physical Exercise
- Balanced Diet
- Control of Anger
- Talk to Someone

- Get More Sleep
- Manage your Time
- Music
- Yoga
- Having a Positive attitude towards life
- Keep a Stress Diary
- Focused Thinking
- Give yourself Positive Feedback
- Re-Define your Expectations
- Balance your Scale of Emotions
- Managing expression
- Measuring Calmness in Stressful Situations

## Discipline

**Lovepreet Kaur**  
(B.A. 2nd Year)

Discipline is something that keeps each person in control. It motivates a person to progress in life and achieve success. Everyone follow discipline in his/her life in a different form. Everyone has his own respect of discipline. It is the guide that availability directs a person on the right Path. Without discipline, the life of a person will become dull and inactive. Also, a disciplined person can control and handle the situation of living in a sophisticated way then these who do not. It we talk about the types of discipline, then they are generally of two types. First one is induced discipline and the second one is self-discipline. Indirect discipline is something that others taught us or we learn by seeing others. While self-discipline come from within and we learn it on our own self. Self-discipline requires a lot of motivation. The discipline is a staircase by which the person achieve success. It helps a person to

Discipline is something that keeps each person in control. It motivates a person to progress in life and achieve success. Everyone follow discipline in his/her life in a different form. Everyone has his own respect of discipline. It is the guide that availability directs a person on the right

## Angle of Obesity

**Mohit**

(B.A. 2nd Year)

Angle of obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. People are generally considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, is over  $30\text{kg/m}^2$ ; the range  $25\text{-}30\text{kg/m}^2$  is defined as overweight. Obesity increases the likelihood of various diseases and conditions, particularly cardiovascular diseases, type 2 diabetes, obstructive sleep apnea, certain types of cancer and depression.

Obesity is mostly preventable through a combination of social changes and personal choices. Changes to diet and exercising are the main treatments. Diet quality can be improved by reducing the consumption of energy-dense foods, such as those high in fat or sugars, by increasing the intake of dietary fiber. If diet, exercise, medication are not effective, a surgery may be performed to reduce stomach volume or length of the intestines, leading to feeling full earlier or a reduced ability to absorb nutrient from food.

In conclusion, A healthy diet and exercising two to three times a work is key to not becoming obese. Let's change the trend of obesity by living

healthy lines and building towards a healthy.

## Sports Day Poem

**Berjesh Yadav**

(B.A. 2nd Year)

Today is a sports day  
 We may have to celebrate this day  
 Today is a sports day  
 We the students of Physical Education  
 Organise this day,  
 We may have to celebrate this day.  
 Today is a sports day.  
 We may have to celebrate this day..  
 Our Principal is the chief guest of this day.  
 We may have to celebrate this day,  
 Today is a sports da.  
 We may have to celebrate this day,  
 We the students to celebrate this day..  
 We the students of B.A. organise this day,  
 We may have to celebrate this day.  
 Today is a sports day  
 Shri Dhyam Chand is a father of this day  
 We may have to celebrate this day.  
 Let our mission will be the unity of nation  
 We have to celebrate this day  
 According the rules of nation.  
 Today is a sports day.  
 We have to celebrate this day  
 Today is a sports day.  
 Today is a sports day.  
 "Wish you a happy sports day".

## Physical Exercise Trends

**Yogita**

(B.A. 1st Year)

Physical exercise is any bodily activities that enhances or maintain physical fitness and overall

Physical exercise is any bodily activities that enhances or maintain physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance and also enjoyment. It may also help prevent stress and depression increase quality of sleep and act as a non pharmaceutical sleep aid to treat diseases such as insomnia, help promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and augment and individual's sex appeal or body image childhood obesity is a growing global concern, and physical exercise may help decrease some of the effects of childhood and adult obesity. Some care provides all exercise the "miracle" or "wonder" drug-alluding to the wide verity of benefits that it can provide for many individuals. Aside from the health advantages, these benefits may include different social rewards for staying active. While enjoying the environment of one's culture. In the united kingdom two to four hours of light activity are recommended during working hours. This includes walking and standing in the united states, a 1995 CDC/ACSM. Consensus statement and a surgeon generals, 1996 report state that every adult should participate in moderate exercise, such as walking, swimming, and household tasks, for a minimum of 30 minutes daily.

Worldwide there has been a large shift towards less physically demanding work. This has been accompanied by increasing sure of mechanized transportation, a greater prevalence of labor saving technology in the home, and fewer

## ਗਿਆਨ ਦਾ ਸਾਗਰ

**Sonu**

(B.A. 2nd Year)

ਭਾਵੇਂ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਇੱਕ ਹੀ ਨਾਂ ਹੈ,  
ਪਰ ਗਿਆਨ ਦਾ ਸਾਗਰ ਵਿੱਚ ਪਾਈਆ ਅਥਾਹ ਹੈ,  
ਰੋਗਾਂ, ਅਰੋਗਾਂ ਬਾਰੇ ਸਭ ਕੁੱਝ,  
ਨਾਲ ਹੀ ਸੁਨਹਿਰੇ ਇਤਿਹਾਸ ਦੀ ਥਾਂ ਹੈ,  
ਨਵੀਂ ਦੁਨੀਆਂ ਦੀਆਂ ਖੋਜਾਂ ਵੀ ਨੇ,  
ਨਾਲ ਹੀ ਸੱਭਿਅਤਾ ਦੀਆਂ ਖੇਡਾਂ ਦਾ ਨਾਂ ਹੈ,  
ਭਾਵੇਂ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਇੱਕ ਹੀ ਨਾਂ ਹੈ,  
ਪਰ ਗਿਆਨ ਦਾ ਸਾਗਰ ਵਿੱਚ ਪਾਇਆ ਅਥਾਹ ਹੈ,  
ਇੱਕੋ ਵਿਸ਼ੇ ਵਿੱਚ ਇੰਨਾ ਸਭ ਕੁੱਝ,  
ਲਗਦਾ ਜਿਵੇਂ ਇੱਕੋ ਡੱਬੀ ਵਿੱਚ ਬੰਦ,  
ਪੂਰਾ ਜਹਾਂ ਹੈ,  
ਭਾਵੇਂ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਇੱਕ ਹੀ ਨਾਂ ਹੈ  
ਪਰ ਗਿਆਨ ਦਾ ਸਾਗਰ ਵਿੱਚ ਪਾਇਆ ਅਥਾਹ ਹੈ।

## Importance of Games in Childhood

**Inderpreet Kaur**

(B.A. 2nd Year)

“ਪढ़ोगे लिखोगे बनोगे नवाब, खेलोगे कूदोगे होओगे खराब” यह कहावत आज निराधर हो गई है। माता-पिता आज जान गए हैं कि बच्चों के मानसिक विकास के साथ शारीरिक विकास भी होना चाहिए।

व्यक्ति का सम्पूर्ण जीवन तन और मन रूपी गाड़ी से चलता है। व्यायाम, खेल शारीरिक विकास करते हैं तथा शिक्षा, चिन्तन-मनन से व्यक्ति का मानसिक विकास होता है। खेल के अनेक रूप हैं- कुछ खेलों को खेलने के लिए विशाल मैदानों को आवश्यकता नहीं होती।

“पढ़ोगे लिखोगे बनोगे नवाब, खेलोगे कूदोगे होओगे खराब” यह कहावत आज निराधर हो गई है। माता-पिता आज जान गए हैं कि बच्चों के मानसिक विकास के साथ शारीरिक विकास भी होना चाहिए।

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लेकिन उनमें मनोरंजन और बौद्धिक विकास अवश्य होते हैं। जैसे क्रैम बोर्ड, शतरंज, ताश आदि। स्वस्थ शरीर में स्वस्थ मस्तिष्क का विकास होता है। जो बच्चे केवल पढ़ना ही पसन्द करते हैं खेलना नहीं, देखा जाता है कि वे चिड़चिड़े आलसी या डरपोक हो जाते हैं, यहां तक कि अपनी रक्षा करने में असमर्थ रहते हैं।

जो पढ़ने के साथ खेलों में भी भाग लेते हैं, वे चुस्त और आलस्य रहित होते हैं। उनकी हड्डियां मजबूत और चेहरा कांतिमय होता है। पाचन शक्ति ठीक रहती है। नेत्रों की ज्योति बढ़ जाती है। छात्र जीवन में केवल खेलने व पढ़ते ही नहीं रहना चाहिए अपितु

## ऐसीअन खेडं

Lovepreet

(B.com 2nd Year)

14वीं ओलंपिक खेडं दल 1948 ँः वलं लंडन वलं पुरंथ कीडल गललल। ँस सडें सुी नी.डी. सेंथी ने ँड वलंरल कीडल कल नडें डलरडती नलं ँसललललल डलडलरल डुरथी डेसलं वलं पुरंथलड डेडं डे डुकलडलललल वलं डलग लैड नलं डे हन डलं ँड खेड दल रंगल डुरडरसुन नगीं कर डलडुं डे। ँस ललल ने ँसललललल डेसलं डे डलडलरल डलडस वलं डुकलडललल करन डी सुकडती वडेगी अडे डूसरल खेड दल डंथर ँडनड हडेगल। ँस वलंरल नुं कलरन रूड डेड ललल ँडनलं ने 8 अगसड 1948 ँः लंडन डे डलडुड

रलडलल हेटल वलं ँसललललल डेसलं डी ँडक सडल डुरलललल। ँस सडल वलंरल कुरीडलं, डरडल, डीन, सुी लंकल डलडल डेसलं डे डुरडीनलडलललं ने डलग लललल ँस सडल डे सड डेंडरलं ने ँसललललल खेडं डे डुकलडललल करवलुड डे सुडलड दल सडरंथन कीडल। डलरलनल डलडललल सुी डलडललं डरल सुलंथ ने ँसललललल खेडं डे डलरंड करन वलंरल वलंरल डलडललल डुरडललल डुरडललल। ँडनलं डे डरवरी 1949 वलंरल डलंली वलंरल ँसललललल खेडं ललल ँसललललल डेसलं डी सडल डुरलललल। ँस सडल वलंरल डलरड, अडगलनलसडलन, सुीलंकल, डरडल, डलकलसडलन, ँडुडेनेसुीडलं, नेडलल, डलललडलडलन अडे डलडलललं डलडल डेसलं डे डुरडीनलडलललं ने डलग लललल। ँस सडल वलंरल ँसलललल, ँडललैडलकस डैडरुसुन ने ँसललललल खेड डैडरुसुन दल नलं डलं डलं गललल सुी। ँस डे सुंवलडलन दल नलरडलड कीडल गललल ँसलललललल खेडं नुं हर डलर सलल डलडलड डलडुं डलरन दल नलसुडल कीडल गललल। डललललललं ँसलललललल खेडं 4 डलरड डें 11 डलरड 1951 डक डलंली डे नैसुनलल सडेडीअड वलंरल हडेडीडलं नलसुडलल हडेडीडलं सन। 1982 अडे 1986 वलंरल ँडल डलंली अडे सुललल वलंरल हडेडीडलं।

डस डरुं ँड खेडं दल डुर डलंलदल डल रललल हल खेडं डनुंखी नीवलन दल ँडक अडलड अंग डड डुंकीडलं हन। खेडं कलसे डरुं डी वरग, नलडती, ँडडर डलडल दल डेड डलव कीडे डलनलं ँडक अडुं डलं डड डुंकी हल अडे ँडल ँडक अडलललल अंग डड डुंकी हल नलस नुं डनुंखी नीवलन डें डलर कल वी अलंल गलं कीडल नल सडदल।

सडें डे नलल-नलल वलंरल डलरललरडन डलडुड नलल खेडं हुर वी लुक-डुड हडे लंगीडलं। अंन खेडं डे डुर नुं डेखडे हडे ँड गलं नगीं नल सडदल हल कल खेडं डलडुड

## Yoga

Dushyant

(B.A. 3rd Year)

Derived from the sanskrit world 'yuj' yoga means union of the individual consciousness or

Derived from the sanskrit word 'yuj' yoga means union of the individual consciousness or Soul with the universal consciousness or spirit. Yoga is 5000 years old Indian body of knowledge. Though may think of yoga only as a physical exercise where people trust turn, stretch and breath in the most complex ways these are actually only the most superficial aspect of this profound science of unfolding the infinite Potentials of human mind and soul the science of Yoga imbibes the complete essence of the way of life.

As Gurudev Sr. Sri Ravi Shankar says, "Yoga is not just exercise and ananas. It is the emotional integration and spiritual elevation with a touch of

### ਖੇਡਾਂ

**Amarjit Singh**  
(B.A. 1st Year)

ਜੀਵਨ ਜਿਉਣ ਦੀ ਜਾਂਚ ਹਨ ਇਹ ਖੇਡਾਂ,  
ਜੋਸ਼-ਹੋਸ਼ ਤੇ ਤਕਨੀਕ ਦੀ ਮਿਕਦਾਰ ਹਨ ਇਹ ਖੇਡਾਂ,  
S.D. ਕਾਲਜ ਦੇ ਸਿਰ ਦਾ ਤਾਜ ਹਨ ਇਹ ਖੇਡਾਂ,  
ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੀ ਤਲਵਾਰ ਦਾ ਅਭਿਆਸ ਹਨ ਖੇਡਾਂ,  
ਰੂਹ ਵਿੱਚ ਕੁੱਝ ਭਰਦੀਆਂ ਖਾਸ ਹਨ ਖੇਡਾਂ,  
ਜਿੰਦਗੀ ਦੇ ਰੰਗਾਂ ਨੂੰ ਕਰਦੀਆਂ ਖਾਸ ਹਨ ਖੇਡਾਂ,  
ਮਰੀ ਹੋਈ ਰੂਹ ਨੂੰ ਜਿਉਣ ਦੀ ਆਸ ਹਨ ਖੇਡਾਂ,  
ਵਿੱਚ ਮੈਦਾਨ ਦੇ ਜਿੱਤਣ ਦੀ ਆਸ ਹਨ ਖੇਡਾਂ,  
ਦੇਸ਼ਾਂ ਨੂੰ ਦੇਸ਼ਾਂ ਨਾਲ ਮਿਲਾਣ ਦੀ ਰਾਹ ਹਨ ਖੇਡਾਂ,  
ਨਿਡਰਤਾ ਨੂੰ ਲਾਉਂਦੀਆਂ ਢਾਹ ਹਨ ਖੇਡਾਂ,  
ਹਰ ਪਾਸੇ ਝੰਡੇ ਦਿੰਦੀਆਂ ਗੱਡ ਹਨ ਖੇਡਾਂ,  
ਵਿੱਚ ਮੈਦਾਨਾਂ ਨਿਕਲਦੀਆਂ ਲਲਕਾਰ ਹਨ ਖੇਡਾਂ,  
ਧਰਮ ਨੂੰ ਧਰਮ ਨਾਲ ਪਵਾਉਂਦੀਆਂ ਬਾਹਾਂ ਦਾ ਹਾਰ ਹਨ ਖੇਡਾਂ।

## ਸਰੀਰਕ ਸਿੱਖਿਆਂ ਦਾ ਹੋਰਨਾਂ ਸਿੱਖਿਆਂ ਵਿੱਚ ਮਹੱਤਵ

**Anmol Bhardwaj**

(B.A. 1st Year)

ਸਰੀਰਕ ਸਿੱਖਿਆ ਸਾਧਾਰਨ ਸਿੱਖਿਆ ਦਾ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਅੰਗ ਹੈ ਜਿਸਨੂੰ ਸਿੱਖਿਆ ਤੋਂ ਵੱਖ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਮਨੁੱਖ ਦੇ ਸਰੀਰਕ, ਮਾਨਸਿਕ ਅਤੇ ਨੈਤਿਕ ਵਿਕਾਸ ਦੇ ਨਾਲ-ਨਾਲ ਉਸਦੀ ਸਮਾਜਿਕ ਤਾਕਤ ਵਿੱਚ ਵੀ ਵਾਧਾ ਹੁੰਦਾ ਹੈ।

ਸਰੀਰਕ ਸਿੱਖਿਆ ਨੂੰ ਸਿੱਖਿਆ ਦਾ ਇੱਕ ਲੋੜੀਂਦਾ ਅੰਗ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਕਿਉਂਕਿ ਇਹ ਆਮ ਸਿੱਖਿਆ ਦੇ ਟੀਚੇ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਦੀ ਹੈ। ਜਿਹੜੇ ਕਿਸੇ ਕਿਸਮ ਦੀ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਲਈ ਉਸਨੂੰ ਕਾਰਜ ਕੁਸ਼ਲ ਬਣਾਉਂਦੇ ਹਨ।

ਸਰੀਰਕ ਸਿੱਖਿਆ ਉਹ ਪ੍ਰਾਪਤੀ ਹੈ ਜੋ ਸਰੀਰਕ ਕਿਰਿਆਵਾਂ ਤੋਂ ਪੈਦਾ ਹੁੰਦੀ ਹੈ। ਜਿਹੜੀਆਂ ਕਿ ਕਿਸੇ ਖਾਸ ਉਦੇਸ਼ ਨੂੰ ਲੈ ਕੇ ਚੁਣੀਆਂ ਅਤੇ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਵਿਦਿਆਰਥੀ ਵਿੱਚ ਅਨੇਕ ਤਰ੍ਹਾਂ ਦੇ ਸਮਾਜਿਕ ਗੁਣ ਪੈਦਾ ਕਰਦੀ ਹੈ। ਉਸ ਅੰਦਰ ਭਾਵਨਾਤਮਕ ਵਿਕਾਸ ਹੁੰਦਾ ਹੈ। ਵਿਅਕਤੀ ਨੂੰ ਪੂਰਨ ਤੌਰ ਉੱਤੇ ਵਧਣ ਅਤੇ ਵਿਕਾਸ ਕਰਨ ਦੇ ਯੋਗ ਬਣਾਉਂਦੀ ਹੈ।

ਅੰਤ ਅਸੀਂ ਇਹ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦੀ ਕੋਈ ਵੀ ਇੱਕ ਪਰਿਭਾਸ਼ਾ ਦੇਣਾ ਸੰਭਵ ਨਹੀਂ ਹੈ ਕਿ ਕਿਉਂਕਿ ਇਸਦਾ ਖੇਤਰ ਕਾਫੀ ਵੱਡਾ ਹੈ। ਜਿਸਨੂੰ ਅਸੀਂ ਚੰਦ ਸ਼ਬਦਾਂ ਜਾ ਲਾਈਨਾਂ ਵਿੱਚ ਬਿਆਨ ਨਹੀਂ ਕਰ ਸਕਦੇ ਹਾਂ।

## Importance of Sports to Health

**Rahul Verma**

(B.A. 1st Year)

ਇੱਕ playing sports ਹੀ individuals ਨੂੰ ਚੰਗੇ Goal ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਅਤੇ Fitness ਨੂੰ ਵਧਾਉਣ for example weight loss. Muscle the development ਅਤੇ obesity

problem ਨੂੰ ਘਟਾਉਣ ਆਦਿ ਇਹ ਸਾਰਾ ਕੁੱਝ Physical activity ਦੇ ਨਾਲ ਹੀ ਹੁੰਦਾ ਹੈ। ਜਿਹੜਾ ਬੱਚਾ ਆਪਣੇ ਬਚਪਨ ਵਿੱਚ ਕੋਈ Sports ਕਰਦਾ ਹੈ ਜਾ game activity and obesity ਵਰਗੀ diseases ਤੋਂ ਘੱਟ ਪ੍ਰਭਾਵਿਤ ਹੁੰਦਾ ਹੈ। Playing sports ਬੱਚੇ ਦੀਆਂ bones System ਅਤੇ Physically active ਹੈ ਤਾਂ ਉਹ ਆਪਣੀ adult age ਵਿੱਚ ਵੀ ਬਹੁਤ ਵਧੀਆ ਸਪੋਰਟਸ Person ਅਤੇ Physical Activity ਉਸ ਨੂੰ longlife ਤੇ health life promote ਕਰਦੀ ਹੈ।

In other side in the life of older people playing sports ਉਨ੍ਹਾਂ ਨੂੰ ਬਹੁਤ ਸਾਰੀਆਂ opportunities ਦਿੰਦੀ ਹੈ। for example ਉਨ੍ਹਾਂ ਦੀ body movement ਹੁੰਦੀ ਰਹਿੰਦੀ ਹੈ ਉਹ ਆਪਣੇ ਆਪ ਤੇ Depend ਹੁੰਦੇ ਹਨ No depend on others ਉਹ ਦੂਜੀਆਂ ਲੋਕਾਂ ਜਾਂ .... ਇੱਕ Society ਵਿੱਚ ਉਹ ਇੱਕ Healthy way ਨਾਲ ਜਿਉਂਦੇ ਹਨ।

ਕੁੱਝ Sports ਜਾਂ Game ਸਿਹਤ ਦੀਆਂ Advantages ਨਾਲ related ਹੁੰਦੀਆਂ ਹਨ। For example - Bowling-Payer Orindividual ਇਸ ਦੇ ਦੁਆਰਾ ਆਪਣੀ Bones ਦੀ Density ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ।

ਇੱਕ ਹੋਰ ਕਾਰਨ ਇਹ ਹੈ ਕਿ Playing Sports ਜਾਂ Participating in Sports ਇੱਕ Pupil ਜਾਂ Individual ਦੇ ਅੰਦਰ Positive Thinking ਜਾਂ Positive Lifestyle ਅਤੇ Positive Decision ਵਰਗੀ ਗੁਣਾ ਦਾ ਵਾਧਾ ਕਰਦੀ ਹੈ।

## ਕਸਰਤ ਕਰਨ ਦੇ ਫਾਇਦੇ

**Jaspreet**  
(B.A. 1st Year)

ਅੱਜ ਦੇ ਮਸ਼ੀਨੀ ਯੁਗ ਵਿੱਚ ਹਰ ਇੱਕ ਕੰਮ ਮਸ਼ੀਨਾਂ ਦੁਆਰਾ ਹੋਣ ਲੱਗ ਪਿਆ ਹੈ। ਜਿਸ ਕਾਰਨ ਮਨੁੱਖ ਵਧੇਰੇ ਆਲਸੀ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਇਸ ਆਲਸੀਪਨ ਦੇ ਕਾਰਨ ਮਨੁੱਖ ਦਾ ਸਰੀਰ ਕਮਜ਼ੋਰ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ ਤੇ ਉਸ ਦੀਆਂ ਮਾਸਪੇਸ਼ੀਆਂ ਵੀ ਕਮਜ਼ੋਰ ਹੁੰਦੀਆਂ ਜਾ ਰਹੀਆਂ ਹਨ। ਸਰੀਰ ਦੀ ਵਰਤੋਂ ਘੱਟ ਕਰਨ ਕਾਰਨ ਮਨੁੱਖੀ ਸਰੀਰ ਲਈ ਭਿਆਨਕ ਬਿਮਾਰੀਆਂ ਦਾ ਸ਼ਿਕਾਰ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ ਜਿਵੇਂ:-

ਇਸ ਤਰ੍ਹਾਂ ਮਨੁੱਖੀ ਸਰੀਰ ਨੂੰ ਜਿਉਂਦੇ ਰਹਿਣ ਲਈ ਭੋਜਨ, ਸੁੱਧ ਪਾਣੀ, ਹਵਾ ਦੀ ਲੋੜ ਪੈਂਦੀ ਹੈ ਉਸੇ ਤਰ੍ਹਾਂ ਸਰੀਰ ਨੂੰ ਫਿੱਟ ਰੱਖਣ ਲਈ ਸਾਨੂੰ ਕਸਰਤ ਦੀ ਲੋੜ ਪੈਂਦੀ ਹੈ। ਕਸਰਤ ਨਾਂ ਕਰਨ ਨਾਲ ਲੋਕ ਜਲਦੀ ਬੁੱਢੇ ਤੇ ਕਮਜ਼ੋਰ ਹੋਈ ਜਾਂਦੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਕਸਰਤ ਮਹੱਤਤਾ ਰੱਖਦੀ ਹੈ।

1. ਕਸਰਤ ਕਰਨ ਨਾਲ ਸਾਡੀਆਂ ਹੱਡੀਆਂ ਮਜ਼ਬੂਤ ਹੁੰਦੀਆਂ ਹਨ।
2. ਕਸਰਤ ਕਰਨ ਨਾਲ ਮੋਟਾਪਾ ਦੂਰ ਹੁੰਦਾ ਹੈ।
3. ਕਸਰਤ ਸਾਡੇ ਸਰੀਰ ਵਿੱਚ ਚਿਕਨਾਈ ਨੂੰ ਦੂਰ ਕਰਦੀ ਹੈ।
4. ਕਸਰਤ ਫੇਫੜਿਆਂ ਦੀ ਕਾਰਜ ਸ਼ਕਤੀ ਨੂੰ ਵਧਾਉਂਦੀ ਹੈ।
5. ਕਸਰਤ ਵਿਅਕਤੀ ਦਾ ਆਲਸਪਨ ਦੂਰ ਕਰਦੀ ਹੈ।
6. ਕਸਰਤ ਸਰੀਰਕ ਸੰਤੁਲਨ ਨੂੰ ਬਣਾ ਕੇ ਰੱਖਦੀ ਹੈ।
7. ਕਸਰਤ ਕਰਨ ਨਾਲ ਮਾਸਪੇਸ਼ੀਆਂ ਮਜ਼ਬੂਤ ਬਣਦੀਆਂ ਹਨ ਅਤੇ ਉਨ੍ਹਾਂ ਵਿੱਚ ਲਚਕੀਲਾਪਨ ਵੱਧਦਾ ਹੈ।
8. ਕਸਰਤ ਕਰਨ ਨਾਲ ਵਿਅਕਤੀ ਵਿੱਚ ਥਕਾਵਟ ਨੂੰ ਦੂਰ ਕਰਨ ਦੀ ਸ਼ਕਤੀ ਪੈਦਾ ਹੁੰਦੀ ਹੈ।
9. ਕਸਰਤ ਮਾਨਸਿਕ ਸ਼ਕਤੀ ਦਾ ਵਿਕਾਸ ਕਰਦੀ ਹੈ।
10. ਕਸਰਤ ਨਾਲ ਸਰੀਰ ਦਾ ਵਾਧਾ ਤੇ ਵਿਕਾਸ ਸੁੱਚੇ ਢੰਗ ਨਾਲ ਹੁੰਦਾ ਹੈ।

## Sportsmanship

**Ankita**

(B.A. 1st Year)

When the battle lines are drawn  
And you have valiantly stood your ground.  
But once it finally dawns  
that you have lost, then get off your high hours  
Step back with grace and accept defeat  
It may be taken as sign of weakness  
But you know, it requires strength to graceful  
And to congratulate your adversary and  
shake retreat hands  
You are enveloped with a sense of  
peace in life, love, sports or war,  
You win some and lose some that's the way it is  
If everyone tries to have the last word,  
there will be answered.



## NSS Report for Magazine

The Philosophy of the NSS is Good Doctrine in this Motto "Not me but You" Our team of 7 teachers Program officer Dr. Gurcharan Singh, Program officer Manpreet Kaur, Asst. Prof. Deepika Thalia, Asst. Prof. Manisha Thakur, Asst. prof. Harjyot Kaur, Asst. Prof. Manmeet Kaur, Asst. prof. Jagtar Singh. The following activities are organised in College.

**July**:- Lecture on Drug Addiction by NSS Unit on 11 July, 2019.

**August**:- Swach Pakhwara Organised by NSS Unit from 1st to 15 August Independence day celebrated by NSS Unit on 15 August 2019. 6 NSS volunteer took participation in 10 days. Youth leadership camp nagar (Manali) from 1 August to 10 August, This camp commandant lecture and pledge on Sadbhawana Diwas by NSS unit on 20 Aug. Eye donation awareness camping by NSS unit 24 Aug. Fit India movement program by NSS unit on 29 Aug.

**September**:- lecture on against drug addiction and female foeticides program by NSS unit on 3 september 2019 poster making competition on save environment by NSS unit on 9 september 2019, Cleanliness program and save water awareness program on railway station hoshiarpur on 19 sept. 2019. Eye checkup camp. and various cleanliness activities in adopted village fadma by NSS unit on 12 Sept. 2019. Lecture on say no plastic by NSS unit on 18 Sept. 2019.

**October**:- National seminar on Swach Bharat and Swasth Bharat on occasion of Gandhi Jayanti on 4th Oct. 2019. With the Collaboration of Ashakiran NSS Unit organise exhibition on occasion of Diwali on 23rd Oct. 2019. Lecture and Debate Competition on world unity day 31st Oct. 2019.

November:- Lecture on save water and Pledge Ceremony on the occasion of 550th birth anniversary of Guru Nanak Dev Ji on 16th Nov. 2019. Constitution Pledge taken by NSS unit on 26th Nov. 2019. Lecture on aids and drug addiction by NSS Unit on 27th Nov. 2019.

**December**:- NSS Seven Day Camp organised by NSS Unit from 27th Dec. to 2nd Jan. 2020. The Seven days camp was inaugurated by respected secretary Sh. Shri Gopal Ji, Respected Principal Dr. Nand Kishor, Program Officer Dr. Gurcharan Singh, Program Officer Manpreet Kaur, Asst. Prof. Manisha Thakur, Asst. Prof. Harjyot Kaur, Asst. Prof. Manmeet Kaur, Asst. Prof. Vipin Kumar, Asst. Prof. Harish Bajaj, Asst. Prof. Manpreet Kaur, Librarian Sunita Devi. The seven day camp theme was save environment.

**January**:- NSS Unit Celebrated Republic Day.

## NSS Report

The college has well established NCC unit. Our NCC cadets have attended various camps as per course requirement of NCC which helps them to improve their personality. Our NCC cadets have given their best performances in NCC activities at various levels in this year also and their achievements for this year are listed below:-

1. From 24th June 2019- 8th July 2019, our six cadets attended national level Army Attachment Camp at Jalandhar Cantt.
2. From 20th July 2019 - 29th July 2019, our three cadets attended combined Annual Training Camp at Jawahar Navodaya Vidyalaya, Phalahi and our cadet Sachin Kumar won a Gold Medal in Drill Skill Test.
3. From 7th Sept. 2019 - 18th Sept. 2019, our Cadet Sachin Kumar was selected for national level camp "Advance Leadership Camp" held at Malout, Bathinda. He was the only cadet who got selected from the whole, Hoshiarpur District.
4. From 21st Sept. 2019 - 30th Sept. 2019, our 7 cadets attended combined Annual Training Camp held at LPU, Jalandhar.
5. Our 2 cadets, Sachin Kumar & Sumeet Kumar got selected for Participating in District level Republic Day Function on 26th Jan. 2020.

## "Earn while you Learn"

Initial line taken under Earn while you Learn Scheme during session 2019-2020.

1. Mehendi application was done by the students of our college under this scheme "EARN WHILE YOU LEARN" on 16 October 2019 on the occasion of "Karva Chauth" in college camps.
2. Workshop under this scheme was organised on 3 August 2019. Various art & craft items taught in this workshop.
3. Baking workshop under this scheme was organised on 18 November 2019 in which cupcakes & cookies their making & baking process was taught to the students.

## Youth Festival Report 2019-20

Zonal Youth Festival of Colleges affiliated to Punjab university Chandigarh Zone A was held at Babar Akali Memorial College, Garhshankar from 11<sup>th</sup> Oct 2019 to 14<sup>th</sup> Oct 2019. 14 colleges from Zone A participated in this four day extravaganza . More than 70 students from Sanatan Dharma Family showcased their performances in various categories of items in Fine Arts, Literary, Heritage, Histrionics, Music and Folk Dance. Our extremely talented students brought laurels to the institution and parents as well. Our students very successfully captivated the judges and audience with their dynamic and energy filled performances. Apart from learning the spirit of competition our students also had the pleasure of satisfaction for being a part of the greatest celebrations of their student life. The dynamic students of the college under the able guidance and blessings of Worthy management, Respected Principal and teachers bagged 7 Istpositions, 7second positions and 6 third positions(Individual) and 5 group prizes. The Ist positions holders were sent to Inter Zonal Youth Festival held at Guru Nanak National College, Doraha from 1<sup>st</sup> to 4<sup>th</sup> Nov 2019 where they competed with 14-15 zones and more than 200 affiliated colleges of Punjab University, facing tough competition but also gained lots of experience for their future.

### List of prizes of Zonal Youth Festival (Group items)

<u>Items</u>	<u>Position</u>
1. <u>Music Items</u> <u>Group Shabad</u> <u>Geet</u>	<u>Ist(Group Prize)/Ist Individual Prize(Mohit BAIII)</u> <u>IIInd (Individual Prize)(Mohit BAIII)</u>
2. <u>Bhangra</u>	<u>IIIrd (Group Prize)</u>
3. <u>Folk Dance-Luddi</u>	<u>IIInd (Group Prize)</u> <u>IIInd (Individual Prize)(Jasmine Mcom II)</u>
4. <u>Ladies Traditional Song</u>	<u>IIIrd (Group Prize)</u> <u>IIIrd (Individual Prize)(Simran</u>
5. <u>Installation</u>	<u>Ist (Group Prize)</u>

***List of prizes of Zonal Youth Festival (Individual Prizes)***

<b><u>Literary –Handwriting</u></b>	<b><u>IIrd (RamandeepKaur (BCom III)</u></b>
<b><u>Poem Recitation</u></b>	<b><u>IInd (Lakshmi (BA III)</u></b>
<b><u>Collage Making</u></b>	<b><u>IIrd (Anjali (Bcom III)</u></b>
<b><u>Chikku Making</u></b>	<b><u>IstSimranjit(MCom II)</u></b>
<b><u>Tokra Making</u></b>	<b><u>IInd Rahul (BA I)</u></b>
<b><u>Cross Stitch (Dasuti)</u></b>	<b><u>IstAnuradha(BcomII)</u></b>
<b><u>Rangoli</u></b>	<b><u>Ist Jasmine(McomI)</u></b>
<b><u>Photography</u></b>	<b><u>IstNitish(BcomI)</u></b>
<b><u>Peehri Making</u></b>	<b><u>IstAnuradha(BcomII)</u></b>
<b><u>Rassa</u></b>	<b><u>IIndChandan(BcomIII)</u></b>
<b><u>Mitti de Khidone</u></b>	<b><u>IIrdAmandeepKaur(BcomIII)</u></b>
<b><u>Khiddo</u></b>	<b><u>IIrdRamandeepKaur(BcomII)</u></b>
<b><u>Pakhi Making</u></b>	<b><u>IIndSimranjitKaur(McomI)</u></b>
<b><u>Phulkari</u></b>	<b><u>IIrdSimranBhatooa(McomII)</u></b>
<b><u>Bagh</u></b>	<b><u>IIndRamandeepKaur(BcomIII)</u></b>

***List of prize of Interzonal Youth festival***

<b><u>Photography</u></b>	<b><u>Nitish(BcomI)</u></b>
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## Recipe of Cupcake & Cookies which was taught during the workshop of "EARN WHILE YOU LEARN"

### Tuti-Fruity Cookies

#### Ingredients

1. Maida - 2 Cup+2 Tbsp.  
(All Purpose Hour)
2. Powdered Sugar - 1 Cup
3. Butter - 150 gm.
4. Custard Power - 1/2 Sup
5. Milk Powder - 2 Tbsp.
6. Tuti-Fruity - 1/2 Cup
7. Baking Powder - 1 Tsp.
8. Milk - If required
9. Essence - Rose or Pineapple (1tsp.)

#### Method

1. Beat Butter & Sugar till Creamy.
2. Add Custard Powder, Milk Powder, Baking Powder, All Purpose Flour, Tuti-Fruity and Essence.
3. Make a Soft Dough and if required add 1 tbsp Milk.
4. Divide the dough into two equal parts and make two logs of equal size.
5. Keep these logs in fridge for 1/2 hour to set.
6. Take them from fridge and cut 1/2 cm. thick slices and arrange tem on baking tray.
7. Bake them on 180°C for 15-18 minutes.

### Banana Choco-chip Oats Cupcakes

#### Ingredients

1. Mashed Bananas - 1 Cup  
(ripe)
2. Maida - 1 1/2 Cup  
(All Purpose Hour)
3. Sugar - 1 Cup
4. Salt - 1 tsp.
5. Baking Soda - 1 tsp.
6. Choco-chips - 3 tbsp.
7. Oats - 2 tbsp.
8. Refined Oil - 2 tbsp.
9. Vanilla Essence - 1 tsp.
10. Milk - 2 tbsp.  
(If required) 2 tbsp.

#### Method

1. In large bowl milk mash bananas,
2. sugar & oats.  
In a separate bowl, combine flour, baking soda and salt.
3. Add refined oil & vanilla essence in banana mixture.
4. All flour mixture (sifted) to banana mixture & combine well.
5. Fold in Choco-chips then spoon equal
6. amount of batter into Cupcake Moulds.  
Bake 20-25 Min. at 170°C until toothpick
7. inserted in center comes out clean.

# हार्दिक संवेदना

समय का चक्र अपनी अबाध गति से चलता रहता है तथा समय के इसी कालचक्र में कुछ पल ऐसे भी आ जाते हैं, जो हमें अपने प्रियजनों से दूर कर देते हैं। प्रियजनों के वियोग के इन्हीं क्षणों में हम परमात्मा से उन दिवंगत आत्माओं की शांति के लिए प्रार्थना करते हैं। बीते समय में हमें जिन श्रेष्ठ आत्माओं के सान्निध्य, मार्गदर्शन और उपस्थिति से वंचित होना पड़ा, उनके नाम हैं:-

**श्री कृष्ण कुमार**  
महाविद्यालय कर्मचारी

**श्रीमती राज रानी खन्ना**  
श्री अविनाश राय खन्ना  
(उपाध्यक्ष, इंडियन रेड क्रॉस सोसाइटी)  
के आदरणीय माता जी

**श्री फूल चन्द्र**  
श्री बलविंदर कुमार  
(महाविद्यालय कर्मचारी)  
के आदरणीय पिता जी

**श्रीमती वीना शर्मा**  
सदस्य सुश्री भृगु चन्दिनी एवं श्री राजा पृथु  
(महाविद्यालय प्रबंधक समिति)  
के आदरणीय माता जी

**श्री शाम सुन्दर बजाज**  
प्रां. हरीश बजाज (प्राध्यापक)  
(महाविद्यालय कर्मचारी)  
के आदरणीय पिता जी

**श्री तुलसी भीमज्यानी**  
संरक्षक  
सनातन धर्म कालेज

**श्री संजीव सूद**  
सदस्य  
न्यू एस.डी. कालेज  
प्रबंधक कमेटी

परमात्मा इन आत्माओं को अपने श्री चरणों में स्थान दे।

द न्यू सनातन धर्म कालेज प्रबंधक कमेटी, प्रिंसीपल, कर्मचारी एवं विद्यार्थी वियोग ग्रस्त परिवारों के दुःख में उनके सहभागी हैं तथा दिवंगत आत्माओं की शांति के लिए प्रार्थना करते हैं।

## From IV

(See Rule 8)

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percent of the total capital.

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

Dated :

**Sd. /- Dr. Nand Kishor**

# Academic Achievers 2018-19



**Sonu**  
345 Marks (Topper)  
1st in B.A. I Year Sem. II



**Lakshmi**  
300 Marks (Topper)  
1st in B.A. II Year Sem. IV



**Janvi Pandit**  
1785 Marks (Topper)  
1st in B.A. III Year Sem. VI



**Harry**  
78.24%  
1st in College  
B.Com Sem. VI



**Tanvi Jerath**  
77.59%  
IInd in College  
B.Com Sem. VI



**Divyansh**  
77.45%  
IIIrd in College  
B.Com Sem. VI



**Amisha Jolly**  
77.07%  
1st in College  
B.Com Sem. II



**Arashdeep**  
76.15%  
IInd in College  
B.Com Sem. II



**Komal Singh**  
75.54%  
IIIrd in College  
B.Com Sem. II



**Rishika**  
78.83%  
1st in College  
B.Com Sem. IV



**Mayank Gupta**  
78.83%  
1st in College  
B.Com Sem. IV



**Simran**  
78.00%  
IInd in College  
B.Com Sem. II



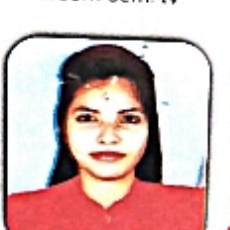
**Shivam Walia**  
78.5%  
IIIrd in College  
B.Com Sem. IV



**Vani**  
76.21%  
1st in Class  
M.Com Sem. IV



**Akanksha**  
73.04%  
IInd in Class  
M.Com Sem. IV



**Sonaly**  
72.89%  
IIIrd in Class  
M.Com Sem. IV



**Simranjit Kaur**  
79.86%  
1st in Class  
M.Com Sem. II



**Mandeep Kaur**  
78.14%  
IInd in Class  
M.Com Sem. II



**Diksha Rana**  
75.57%  
IIIrd in Class  
M.Com Sem. II



**Trasvi Sharma**  
81.26%  
1st in College  
B.Sc. Sem. VI



**Shivangi**  
69.6%  
IInd in College  
B.Sc. Sem. VI



**Karamjit Kaur**  
76.36%  
1st in College  
BBA Sem. II



**Navjot Kaur**  
78%  
1st in College  
BBA Sem. IV



**Gautam Saini**  
73.41%  
1st in College  
BBA Sem. VI



**Garima**  
77%  
1st in College  
BCA Sem. II



**Anu Bala**  
85%  
1st in College  
BCA Sem. IV



**Malti Aryal**  
75.87%  
1st in College  
BCA Sem. VI



**Varun Sharma**  
71.5%  
PGDCA Sem. II



# SARVEE PANGHEANAN 2019-2020

## Editorial Board



**Sitting Left to Right:** Dr. Deepika Thalia (Staff Editor, Social Science Section), Ms. Manjit Kaur (Staff Editor, Commerce Section), Dr. Monica (Staff Editor, Planning Forum), Prof. Manmeet Kaur (Staff Editor, Fashion Designing Section), Mr. Harish Bajaj (Staff Editor, Hindi Section), Mr. Prashant Sethi (Editor-in-Chief), Dr. Nand Kishor (Principal & Patron), Sh. S.P.S. Kang (Staff Editor, Punjabi Section), Mr. Money (Staff Editor, Physical Education Section), Mrs. Nisha Arora (Staff Editor, Computer Science Section), Ms. Monika Kanwar (Staff Editor, English Section), Ms. Anu (Staff Editor, Biotechnology Section).

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