श्री पंचानन

2023-24

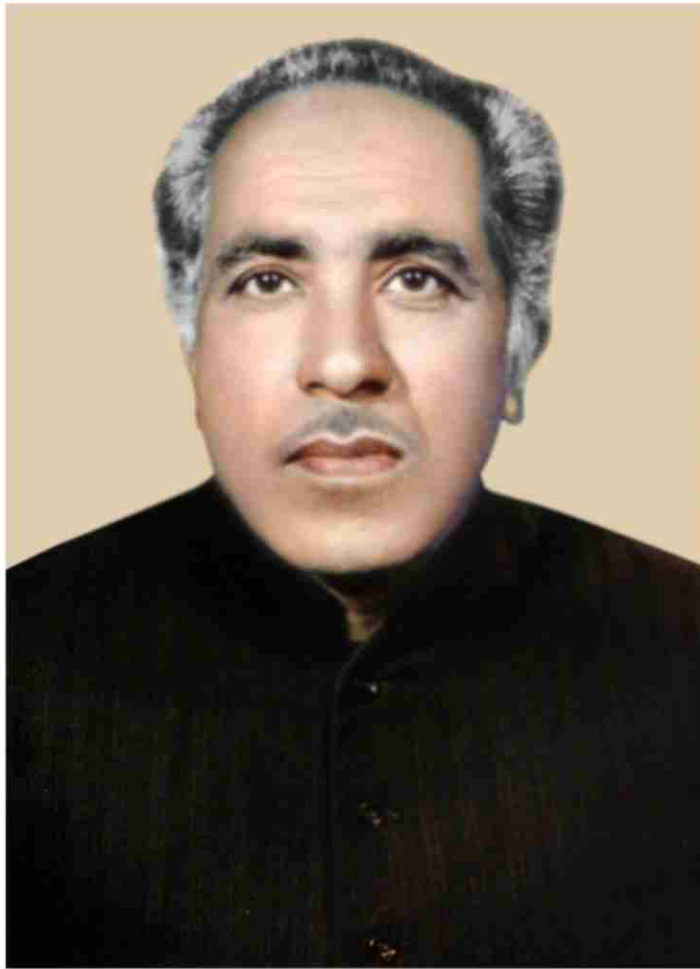# SANATAN DHARMA COLLEGE
HOSHIARPUR

01882-249968, 248068 | Accredited by NAAC B+

sdcollegehsp@gmail.com | www.sdcollegehsp.net

Late Pt. Amrit Anand Ji

(Bhrigu Shastri)

Founder Secretary,
New S.D. College Managing Committee, Hoshiarpur

Maa Sneh Amrit Anand Ji

Former President & Presently Sr. Vice President,
New S.D. College Managing Committee, Hoshiarpur

Message

"Take risks in your life,
If you win, you can lead!
If you lose, you can guide!

- Swami Vivekananda

Goddess Nature has crafted every child in a unique way and everyone has been gifted with an exceptional talent. We need to channelize their flow of energy to help them demonstrate their exclusiveness. **Shri Panchanan**, annual magazine of Sanatan Dharma College, Hoshiarpur offers our students an opportunity to showcase their discerning and creative writing skills. True education is not to confine the students in the boundaries of the curriculum, but to help them recognize, manifest, and enhance their abilities. Immense talent of students remains hidden until they find the right direction and expression. It becomes the duty of an educator to help them make maximum use of their talent for the betterment of our society. Thus, I congratulate the budding scholars of each section for enriching their writing skills through **Shri Panchanan** and urge them to contribute to the social and national amelioration.

MRS. HEMA SHARMA
President
New S.D. College Managing Committee
Hoshiarpur

Message

The Importance of Being Earnest

Dear Students,

The title taken from Oscar Wilde's play of the same name emphasizes the need of this quality lacking in the youth of the day. The synonyms for the word earnest are- grave, sincere, decisive, sober, solemn. The wayward and the directionless life being led by a majority of the youth these days is a testimony of the trending tendencies of the days. Hedonism, rudeness, disrespectful attitude, inconsiderate behaviour, egoistical mindset; all are the pitfalls of the modern day youth. It is high time they realize that we get life once and we need to live an ethical and dedicated life. Nobody wants to deprive them of their lighter moments, albeit, these moments should not be eternal.

The best thing one can do is to live a purposeful life. The words of Swami Vivekananda should ring in your ears and give you perpetual inspiration-

"Take up one idea. Make that one idea your life: dream of it, think of it; live on that idea.. Let the brain, the body, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success, and this is the way great spiritual giants are produced." Be wary of the fact that you have to support your family in future, not to impress the society with swagger. The hollow, directionless life will lead you nowhere. The earlier we follow this philosophy of a meaningful and earnest life, the better for ourselves, our family and our society. Our nation is at the threshold of becoming a 'World Leader." Find out how you can contribute in attaining this momentous title for your country. Welcome to Sanatan Dharma College.

सर्वे भवंतु सुखिनः

PARSHANT SETHI

Officiating Principal
Sanatan Dharma College
Hoshiarpur

Late Sh. Tulsi Bhimjyani Ji

SHREE PANCHANAN

2023-24

ENGLISH SECTION

STAFF EDITOR :

MS. MONIKA KANWAR

STUDENT EDITOR :

ISHAN

Editorial...

The Art of Doing Nothing

Ms. Monika Kanwar

Asst. Prof.

Staff Editor

"The Art of Doing Nothing" is a concept that encourages us to take time out of our busy schedules to simply relax and enjoy the present moment. It's about finding peace and contentment in stillness, rather than constantly seeking stimulation and activity. This concept is about appreciating the simple moments in life, like enjoying a cup of coffee, watching the sunset, or just sitting quietly in a park.

This practice can take many forms, such as meditation, deep breathing, spending time in nature, or journaling with the intention of nourishing our souls. It's about being present in the moment and allowing ourselves to simply be, without feeling the need to do something productive.

The art of doing nothing is not about laziness or idleness. It's about intentionally taking time to enjoy life's simple pleasures. It's a form of self-care that can help reduce stress, increase mindfulness and improve overall well-being.

Teaching children the "Art of Doing Nothing" can be a valuable lesson in today' s fast-paced world. Here are some ways to incorporate this concept into their lives:

1. **Mindful Moments :** Encourage children to take a few minutes each day to simply sit and observe their surroundings. This could be looking out the window, watching the clouds, or listening to the sounds of nature. This practice can help them become more aware of their environment and appreciate the beauty in everyday moments.

2. **Unstructured Play :** Allow time for unstructured play where children can use their imagination and creativity without any specific goals or outcomes in mind. This can foster creativity and encourage them to find joy in simple activities.

3. **Quiet Time :** Designate a quiet time each day where children can engage in calm activities like reading, drawing, or listening to music. This can provide a much-needed break from screen time and stimulate relaxation.

4. **Nature Walks :** Regular walks in nature can be a great way to practice the art of doing nothing. Encourage children to observe the colors, sounds, and smells around them without any distractions.

5. **Mindfulness Activities :** Introduce mindfulness activities like deep breathing exercises or guided meditations designed for children. These can help them learn to focus on the present moment and find peace in stillness.

5. **Modeling Behavior :** Children often learn by observing adults. By practicing the art of doing nothing yourself, you can set a positive example for you children.

Remember, the goal is not to encourage laziness or idleness, but to teach children the value of slowing down, being present and appreciating life's simple pleasures.

Achieving the Goal of Mental Peace

Mr. Vipan Kumar

(Asst. Prof.)

Life, these days, has become extremely busy in material possessions. In this race of getting this or that material object, we have forgotten the meaning and essence of inner peace. It is because of this forgetfulness that we are suffering from various sorts of health issues on account of mental stress. Let us first see what we actually mean by mental peace.

Mental peace, often referred to as inner peace or tranquility, is a state of emotional and psychological well-being characterized by a sense of calm, contentment, and harmony within oneself. It is characterized by reduced stress, anxiety, and emotional turbulence. We can say that it is a state of mind when we feel emotionally balanced and content. It is essential for all to attain better mental health, enhance emotional resilience, and a positive outlook in life.

We, human beings, tend to seek short term pleasures for they offer immediate and pleasant results. Something having an immediate appeal to our senses is sure to lure us in first sight, though it may lead to catastrophic results in terms of deteriorated health or bitter relationships. But something that is commissioned by goddess nature to deliver most fruitful results is often disapproved because it does not appeal to our senses. Thus, in a sense we are slaves to our senses. If we really wish to achieve the paramount goal of mental peace, we really need to break the shackles of sensuous slavery and we must think at least a bit about the consequences of our actions on mind before we actually do them. Remember, nothing in the world is more important than your inner being . If your inner world is at peace, the outer world can never disturb you. But if you have replaced this peace with anything else, nothing in the world can emancipate you from various types of slavery.

But the problem is, how a working individual can attain mental peace while doing his or her routine works. We actually need to maintain a fine balance between both these aspects of the life. In this direction we can seek support of meditation, allocate time for self-care, establish boundaries to prevent over exertion, efficiently manage our routine to prevent wastage of time, avoid procrastination, eat healthy, be positive even in the worst conditions, and seek expert advice if required. Ultimately, the goal is to create a routine that supports both your physical and mental well-being. A well-balanced routine can enhance your ability to achieve and maintain mental peace, and mental peace, in turn, can help you navigate the challenges and demands of your routine with greater ease and resilience.

Kindness

Ms. Alisha
(Asst. Prof.)

Before you know what kindness really is you must lose things,

Feel the future dissolve in a moment like salt in a weakened broth.

What you held in your hand,

what you counted and carefully saved, all this must go so you know

how desolate the landscape can be between the regions of kindness.

How you ride and ride

thinking the bus will never stop,

the passengers eating maize and chicken will stare out the window forever.

Before you learn the tender gravity of kindness

you must travel where the Indian in a white poncho lies dead by the side of the road.

You must see how this could be you, how he too was someone

who journeyed through the night with plans and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,

you must know sorrow as the other deepest thing.

You must wake up with sorrow. You must speak to it till your voice

catches the thread of all sorrows and you see the size of the cloth.

Then it is only kindness that makes sense anymore, only kindness that ties your shoes

and sends you out into the day to gaze at bread, only kindness that raises its head

From the crowd of the world to say

It is I you have been looking for

and then goes with you everywhere

like a shadow or a friend.

If Opportunity doesn't Knock, Build a Door

Ishan

B.A. III Year

Student Editor

This phrase is a powerful testament to the human spirit's resilience and creativity. It encapsulates the essence of proactive living, encouraging us to take control of our lives rather than waiting for opportunities to come our way.

In life, we often find ourselves waiting for the right opportunities. Whether it's a job, a business idea, or a personal goal, we tend to wait for the perfect moment. However, this quote challenges that mindset. It suggests that instead of waiting passively for opportunities, we should create them ourselves.

Creating opportunities requires initiative and hard work. It involves identifying our goals and then taking concrete steps towards achieving them. This could mean acquiring new skills, expanding our network, or venturing into unexplored territories. It's about being proactive and making things happen rather than waiting for them to happen.

Building a door symbolizes creating a pathway or an entry point for opportunities. It's about paving the way for success and opening up new possibilities. The door you build is a metaphor for the efforts you put in towards achieving your goals. Each plank could represent a skill you 've learned, each nail could symbolize the risks you 've taken, and the knob could signify the control you have over your destiny.

However, building a door doesn't necessarily guarantee immediate success. There will be challenges and setbacks along the way. But each challenge overcome is a step closer to your goal. And every setback is an opportunity to learn and grow.

Moreover, the process of building that door can be transformative. It can lead to personal growth and self-discovery. You might uncover strengths you didn't know you had or interests you hadn't explored before. The journey can be just as rewarding as the destination.

"If opportunity doesn't knock, build a door" is more than just a motivational quote. It's a philosophy of life that encourages proactivity, resilience, and perseverance. It reminds us that we are the architects of our own destiny and that with determination and hard work, we can create our own opportunities.

Resilience

Krishma Kumari

B.C.A. III Year

In the realm of dreams where courage resides,

Embrace the journey, where ambition guides.

Mountains may rise, daunting and steep,

But within you, the strength runs deep.

Challenges come, like waves on the shore,

Yet, with resilience, you can always explore.

Rise from setbacks, let setbacks be fuel,

For every trial endured shapes a victor's rule.

In the tapestry of time, weave your own story,

A narrative of grit, resilience, and glory.

With each step forward, leave doubts behind,

For within your spirit, greatness you'll find.

So, when shadows linger, obscuring the light,

Remember, within you, burns a fierce, resilient might.

The canvas of potential is vast and grand,

Seize the moment, for you're meant to withstand.

Pride has a Fall

Radhika

B.C.A. I Year

Gorelal was a famous sculptor. His sculptures looked like real ones. One day he saw a dream that after 15 days, the demon of death would come to take him. Gorelal prepared nine statues of himself and on the 15 day when the demon of death was to come, he took his place among the statues. The demon could not recognise him and was astonished to see ten Gorelals instead of one. He returned without taking him. Now the God of death came himself. He was also confused so he said that, "Gorelal these sculptures would have been perfect but for one mistake", Gorelal could not tolerate the fault finding in his work. He came out and asked, "Where is the fault?" God of death caught him and said, "Here". The statues were faultless but Gorelal was caught because of his pride.

Moral : Pride has a Fall.

Everything has Beauty, but not Everyone Sees it

Japleen Kaur

B.B.A. II Year

Everything has beauty, but not everyone sees it. This profound statement, often attributed to Confucius, encapsulates a universal truth about perception and appreciation of beauty.

Beauty is a subjective experience; it varies from person to person. What one individual finds beautiful, another might not. This is because beauty is not just an external quality but also a reflection of our internal state, our experiences, and our understanding of the world.

The world around us is filled with beauty. It 's in the grandeur of a mountain range, the tranquility of a quiet forest, the vastness of the ocean, and the serenity of a sunset. It's also in the simplicity of everyday life - a smile, a kind gesture, or a moment of silence.

However, not everyone perceives this beauty. Some are too busy chasing materialistic goals or are burdened by their problems. They are so engrossed in their own world that they fail to notice the beauty around them.

On the other hand, some people have the ability to find beauty in the most unlikely places. They can see beauty in adversity, find joy in hardship, and appreciate the simple things in life. These individuals have a different perspective on life. They understand that beauty is not just about physical appearance but also about inner qualities like kindness, courage, resilience , and love.

Moreover, recognizing beauty requires mindfulness - being present in the moment. When we are mindful, we can appreciate the beauty in every moment and every aspect of life. We can see the beauty in others and in ourselves.

"Everything has beauty, but not everyone sees it" is a reminder to slow down and appreciate the world around us. It encourages us to look beyond the surface and find beauty in every person and every situation. After all, life becomes much more fulfilling when we can see and appreciate the beauty that surrounds us.

> " Pride is an admission of Weakness; it secretly fears all competition & dreads all rivals. "
>
> *- Fulton John Sheen*

The Ultimate Productivity is "Saying No"

Aarti Sharma

B.Com. I Year

The ultimate productivity hack is saying no. Not doing something will always be faster than doing it. This statement reminds me of an old computer programming saying, "Remember that there is no code faster than no code."

The same philosophy applies in other areas of life. For example, there is no meeting that goes faster than not having a meeting at all.

This is not to say you should never attend another meeting, but the truth is that we say yes to many things we don't actually want to do. There are many meetings held that don't need to be held. There is a lot of code written that could be deleted.

How often do people ask you to do something and you just reply, "Sure thing." Three days later, you're overwhelmed by how much is on your to-do list. We become frustrated by our obligations even though we were the ones who said yes to them in the first place.

It's worth asking if things are necessary. Many of them are not, and a simple "no" will be more productive than whatever work the most efficient person can do.

But if the benefits of saying no are so obvious, then why do we say yes so often?

Leisure

Gautam Yadav

B.C.A. I Year

In leisure's arms, time takes a rest,
A tranquil pause, where moments jest .
Sunset hues on the canvas of ease,

Leisure, a breeze that whispers peace.
Gentle moments, unhurried grace,
In the lap of leisure, life finds space .
A symphony of laughter, a quiet smile,
Leisure's embrace, a respite awhile.
In the garden of repose, where worries cease,
Leisure weaves a tapestry of sweet release.
A book unfolded, a sunset's pleasure,
In leisure's sanctuary, we find true treasure.

A Mother's Love :
An Endless Symphony of Compassion & Devotion

Agrima Sethi

B.A. III Year

There exists a force in this world, gentle yet mighty, that transcends the boundaries of time and space-a force universally recognized and universally cherished. It is the boundless and unconditional love of a mother. A mother's love is a testament to the extraordinary capacity of the human heart, a symphony that plays from the moment life begins.

A mother's love is the first lullaby, a soothing melody that cradles us into existence. It is the warmth that envelops a newborn, a cocoon of comfort and security. Through sleepless nights and whispered lullabies, a mother's love is a constant, unwavering presence, a beacon in the darkness of uncertainty.

This profound love evolves as a child grows, shaping itself to meet the unique needs of each stage. It is a gentle guide through the stumble of the first steps, a patient teacher through the trials of adolescence, and a steady anchor when life's storms rage. In times of joy, a mother's love magnifies the celebration, turning ordinary moments into extraordinary memories. In times of sorrow, it serves as a balm, comforting and healing the wounds that life inevitably brings. It is a love that sacrifices, that gives without expecting in return, and that finds fulfillment in the well-being and happiness of the ones she holds dear.

In the embrace of a mother's love, we find solace, understanding, and acceptance. It is a force that shapes character, builds resilience, and fosters empathy. In celebrating a mother's love, we celebrate the very essence of humanity-a boundless, selfless, and enduring force that enriches our lives in ways words can scarcely capture.

The Happiest Days of your Life

Lakshita

B.C.A. I Year

School days should be a happy time in young person's life. What can make people's lives a misery during this time then?

In my opinion, there is one word which answers this question – bullying.

Unfortunately bullying is quite common in schools where I live. It can affect students of any age, and both boys and girls. A friend of mine had a very negative experience at secondary school years back as an older boy continually called him names and sometimes used to post nasty things about him on Facebook.

Obviously my friend felt very upset about this and it affected his self confidence. Some days he did not want to come to school at all.

What can people do to stop this problem?

Personally I think teachers need to be aware that bulling may be happening in their classes and be very strict when they have a case of bullying.

Another thing teachers can do is to prepare a lesson to talk about the problem with their students, especially the ones in junior classes, that will make bullies understand how badly they hurt their victims.

As for students, if they find out a classmate is being bullied, they should support them as much as possible and let a teacher know.

Bullying can be a nightmare but there are things we can do to prevent it. Hopefully, one day all students will be able to go to school without the fear of being bullied.

Honesty is the Best Policy

Chahat

B.C.A. I Year

A milkman became very wealthy through dishonest means. He had to cross a river daily to reach the city where his customers lived. He mixed the water of the river generously with the milk that he sold for a good profit. One day he went around collecting the dues in order to celebrate the wedding of his son.

With the large amount thus collected he purchased plenty of rich clothes and glittering gold ornaments. But while crossing the river the boat capsized and all his costly purchases were swallowed by the river.

The milk vendor was speechless with grief. At that time he heard a voice that came from the river, "Do not weep. What you have lost is only the illicit gains you earned through cheating your customers.

Moral : Honest dealing are always supreme. Money earned by wrong methods will never remain forever.

Books are our Best friends

Sanjana
B.C.A. I Year

Books are our best friends. Books are the ones which give us an enormous amount of knowledge. We go to school and learn a lot of new stuff. We are taught a lot of things and we are told some things. But to completely understand all concepts in the subjects, we need to read and consult the books.

The people who tell, teach or advise us are not always there with us but the books are always with us. We can refer to them and clarify our doubts or remind ourselves of some point we have forgotten or learn a point which we have not looked into so far.

Books may be costly to buy but good books are worth more than the money. They give something more than money can give. When we are traveling and have to spend time on the journey, it is good to read books. When we are at home and have nothing very important or urgent to do, it is better to read books. The time is well spent and we gain interesting things.

We need to put the books for the good use. We need to organize them well. We need to read the right kind of books at the right time. Often some people with disturbed minds try to read scriptures to keep their minds occupied and to regain their peace of mind.

Books written by great persons generate noble thoughts in us. They give us analytical skills. They help in the conceptualization of concepts and practical problems. It is important to be practical in applying the knowledge gained from the books and not just remain readers.

How We Spend Time is How We Spend Life

Jasleen Dola
B.Sc. (Bio-Tech) I Year

The adage, "How we spend time is how we spend life," encapsulates a profound truth about the essence of our existence. Time is the currency of life, and how we allocate it shapes the very fabric of our being.

Every choice we make, from the mundane to the monumental, contributes to the narrative of our lives. The moments spent in laughter with loved ones, the hours dedicated to personal growth and learning, and ever the quite minutes of solitude - all these fragments comprise the mosaic of our life story.

Time is not merely a resource; it's the essence of our experiences, the canvas upon which we paint our aspirations and dreams. Yet, the paradox lies in the elusive nature of time, It's finite, fleeting and irretrievable.

The way we choose to invest this precious commodity mirrors our values, passions and priorities.

When we squander time on frivolous pursuits or distractions that offer no lasting fulfillment, we inadvertently diminish the substance of our lives. Conversely, when we invest our time in pursuits that align with our values, bring us joy, and contribute to our growth and the welfare of others, we enrich the very essence of our existence.

In essence, the way we spend time defines our life's narrative. Each moment presents an opportunity - an opportunity to create, to connect, to learn, and to savor the richness of existence. It beckons us to be mindful custodians of this finite resource, urging us to spend our time consciously, purposefully, and in alignment with the life we aspire to live.

श्री पँचानन

2023-24

हिन्दी अनुभाग

प्राध्यापक सम्पादक :

करिश्मा

छात्रा सम्पादक :

भूमिका भार्गव

सम्पादकीय

करिश्मा
हिन्दी विभागाध्यक्षा

विद्यार्थी जीवन में अपनी रचनाओं को कॉलेज मैगज़ीन में छपे हुए देखना, एक सुखद अनुभव होता है। 'श्री पंचानन' रचनाशील विद्यार्थियों की प्रतिभा को उभारने का काम बख़ूबी कर रहा है। अपनी रचनाओं के माध्यम से रचनाकारों ने जीवन के विविध पहलुओं को छूने का स्तुत्य कार्य किया है। यह प्रयास आज के युवा पाठक के लिए मार्गदर्शक का काम करेगा। अपने आशु लेखकों को साधुवाद देते हुए उसके यह अपेक्षा करती हूँ कि वे निरन्तर कर्मशील रहेंगे और अपने व्यक्तित्व का सुमुचित विकास करेंगे। जीवन के प्रत्येक क्षेत्र रहन-सहन, सोच, वातावरण में स्वच्छता अनिवार्य है। आशा है हमारे विद्यार्थी 'राष्ट्र निर्माण' में अपना योगदान अवश्य देंगे।

हिन्दी भाषा (कविता)

करिश्मा
हिन्दी विभागाध्यक्षा

हिन्दी इस देश का गौरव है,
हिन्दी भविष्य की आशा है।
हिन्दी हर दिल दी धड़कन है,
हिन्दी जनता की भाषा है।
इसको कबीर ने अपनाया,
मीराबाई ने मान दिया।
आज़ादी के दीवानों ने,
इस हिन्दी को सम्मान दिया।
जन-जन ने अपनी वाणी से,
हिन्दी का रूप तराशा है।
हिन्दी हर क्षेत्र में आगे है,
इसको अपनाकर नाम करें।
हम देशभक्त कहलाएंगे,
जब हिन्दी में सब काम करें।
हिन्दी हम सब की ख़ुशहाली,
हिन्दी विकास की रेखा है।

हिन्दी में ही इस धरती ने,
हर ख़्वाब सुनहरा देखा है।
हिन्दी हम सबका स्वाभिमान,
यह जनता की अभिलाषा है।

सनातन धर्म

भूमिका भार्गव
छात्रा सम्पादक
बी.ए. प्रथम वर्ष

सनातन का अर्थ है जो शाश्वत हो, सदा के लिए सत्य हो। जिन बातों का शाश्वत महत्व हो वही सनातन कही गई है। जैसे सत्य सनातन हैं। ईश्वर ही सत्य है, आत्मा ही सत्य है, मोक्ष ही सत्य है और इस सत्य के मार्ग को बताने वाला धर्म ही सनातन धर्म भी सत्य है। वह सत्य जो अनादि काल से चला आ रहा है और जिसका कभी भी अन्त नहीं होगा वह ही सनातन हैं। जिनका न प्रारंभ है और जिनका न अंत हैं उस सत्य को ही सनातन कहते हैं। यही सनातन धर्म का सत्य है।

वैदिक या हिंदू धर्म को इसलिए सनातन धर्म कहा जाता है क्योंकि यही एकमात्र धर्म है जो ईश्वर, आत्मा और मोक्ष को तत्व और ध्यान से जानने का मार्ग बताता है। मोक्ष का कांसेप्ट इसी धर्म की देन है। एक निष्ठा, ध्यान, मौन और तप सहित यम-नियम के अभ्यास और जागरण का मोक्ष मार्ग है अन्य कोई मोक्ष मार्ग नहीं है। मोक्ष से ही आत्मज्ञान और ईश्वर का ज्ञान होता है। यही सनातन धर्म का सत्य है।

सनातन धर्म सभी धर्मों से प्राचीन धर्म है। सनानत धर्म के मूल तत्व सत्य, अहिंसा, दया, क्षमा, दान, जप, तप, यम-नियम आदि हैं जिनका शाश्वत महत्व है। अन्य प्रमुख धर्मों के उदय के पूर्व वेदों में इन सिद्धान्तों को प्रतिपादित कर दिया था।

विज्ञान जब प्रत्येक वस्तु, विचार और तत्व का मूल्यांकन करता है तो इस प्रक्रिया में धर्म के अनेक विश्वास और सिद्धान्त धराशायी हो जाते हैं। विज्ञान भी सनातन सत्य को पकड़ने में अभी तक कामयाब नहीं हुआ है किन्तु वेदांत में उल्लेखित जिस सनातन सत्य महिमा का वर्णन किया गया है विज्ञान धीरे-धीरे उससे सहमत होता नज़र आ रहा है।

सनातन धर्म में हर प्रश्न का उत्तर है तथा हर बिमारी का इलाज है । हमारे धर्म में जानवरों को ''मार के खाया नहीं पूजा जाता हैं ।'' हमारे सनातन धर्म में निर्जीव चीज़ों को भी पूजा जाता है । सनातन धर्म हमें प्रत्येक वस्तु, व्यक्ति में परमात्मा का दर्शन करने की शिक्षा देता हैं । सनातन धर्म हमें यही सिखाता है । सच्चे हृदय से पश्चाताप करें, तो प्रत्येक पापी के लिए मुक्ति की संभावना हैं । गलतियां करें, तब भी सच्चे मन से कोशिश करें कि फिर उन्हें न दोहराएं ।

यही अगर व्यक्तियों की भूमिका हम सनातन धर्म के प्रचार प्रसार के लिए देखें हो तो बिल्कुल न के बराबर है । आज का मनुष्य ये भूलता जा रहा है कि जो व्यक्ति अपने धर्म की रक्षा करता है, धर्म भी स्वयं उस व्यक्ति की रक्षा करता है । सनातन धर्म एक ऐसा धर्म है जिसमें मात्र मानव कल्याण की ही भावना छुपी हुई हैं ।

सनातन का अर्थ होती है, जो पृथ्वी या ब्रह्माण्ड के अस्तित्व के समय से ही अस्तित्व में हो । वैदिक काल में भारतीय उपमहाद्वीप में प्रचलित जीवन पद्धति को सनातन धर्म के नाम से जाना जाता है । यह धर्म जीवन जीने के तरीकों का ही संकलन है, जिसमें मानवीय मूल्यों को विशेष महत्व दिया गया है ।

सनातन धर्म कहता है कि अगर ''तुम धर्म की रक्षा करोगे तो धर्म स्वयं तुम्हारी रक्षा करेगा ।''

सुखार्थ सर्वभूतानां मता: सर्वा: प्रवृत्तय: ।

सुखं नास्ति विना धर्म तस्मात् धर्मपशे भप ।।

अर्थात् :- सब प्राणियों की प्रवृति सुख के लिए होती है, (और)

बिना धर्म के सुख मिलता नहीं ।

धर्मो रक्षित रथित: ।।

अर्थात् :- तुम धर्म की रक्षा करो धर्म तुम्हारी रक्षा करेगा ।

मन के हारे हार है, मन के जीते जीत

सोनी कुमारी
बी.ए. प्रथम वर्ष

प्रस्तावना - संस्कृत की एक कहावत है- मन एवं मनुष्याणां कारण बन्धमोक्षयो: अर्थात् मन ही मनुष्य के बन्धन और मोक्ष का कारण है । तात्पर्य यह है कि मन ही मनुष्य को सांसारिक बन्धनों में

बाँधता है और मन ही बन्धनों से छुटकारा दिलाता है यदि मन न चाहे तो व्यक्ति बड़े से बड़े बन्धनों की भी उपेक्षा पर सकता है । शंकराचार्य ने कहा है कि ''जिसने मन को जीत लिया, उसने जगत् को जीत लिया'' मन ही मनुष्य को स्वर्ग या नरक में बिठा देता है स्वर्ग या नरक में जाने की कुंजी भगवान् ने हमारे हाथों में ही दे रखी है ।

उक्ति का आशय : मन के महत्व पर विचार करने के उपरान्त प्रकरण सम्बन्धी उक्ति के आशय पर विचार किया जाना आवश्यक है यह उक्ति अपने पूर्ण रूप में इस प्रकार है ।

दु:ख-सुख सब कहाँ परत है, पौरुष तजहु न मीत ।

मन के हारे-हार है, मन के जीते-जीत । अर्थात् दु:ख और सुख तो सभी पर पड़ा करते हैं इसलिए अपना पौरुष मत छोड़ो; क्योंकि हार और जीत तो केवल मन के मानने अथवा न मानने पर ही निर्भर है, अर्थात् मन के द्वारा हार स्वीकार किये जाने पर व्यक्ति का मन हार स्वीकार नहीं करता तो विपरीत परिस्थितियों में भी विजयी श्री- अपयश और दु:ख सुख सब मन के ही कारण हैं; इसलिए व्यक्ति जैसा अनुभव करेगा वैसा ही वह बनेगा । मन की दृढ़ता के कुछ उदाहरण हमारे सामने ऐसे अनेक उदाहरण हैं, जिनमें मन की संकल्प शक्ति के द्वारा व्यक्तियों ने अपनी हार को विजयपक्षी में परिवर्तित कर दिया । महाभारत के युद्ध में पाण्डवों की जीत का कारण यही था कि श्री कृष्ण ने उनके मनोबल को दृढ़ कर दिया था न चिकेता ने न केवल मृत्यु को पराजित किया, अपितु यमराज से अपनी इच्छानुसार वरदान भी प्राप्त किया सावित्री ने यमराज के सामने भी हार नहीं मानी और अन्य में अपने पति को मृत्यु के मुख से निकाल लाने में सफलता प्राप्त की । अल्प साधनों वाले महाराणा प्रताप ने अपने मन में दृढ़- संकल्प करके मुगल सम्राट अकबर से युद्ध किया । शिवाजी ने बहुत थोड़ी सेना लेकर ही औरंगज़ेब के दाँत खट्टे कर दिए । द्वितीय विश्व युद्ध में अमेरिका द्वारा किए गए अणुबम के विस्फोट ने जापान मनोबल की दृढ़ता के कारण आज वही जापान विश्व के गिने-चुने शक्ति सम्पत्र देशो में से एक है दुबले पतले गाँधी जी ने अपने दृढ़ संकल्प से ब्रिटिश साम्राज्य की नींव को हिला दिया था इस प्रकार के कितने ही उदाहरण प्रस्तुत किए जा सकते हैं जिनसे यह बात स्पष्ट हो जाती है कि हार-जीत मन की दृढ़ता पर निर्भर है प्राय: देखा गया है कि जिस काम के प्रति व्यक्ति का रुझान अधिक होता है उस कार्य को वह कष्ट सहन करते हुए भी पुश करता है जैसे ही किसी कार्य के प्रति मन की आस्कि कम हो जाती है वैसे-वैसे ही उसे सम्पन्न करने के

प्रयत्न भी शिथिल हो जाते हैं हिमाच्छादित पर्वतों पर चढ़ाई करने वाले पर्वतारोहियों के मन में अपने कर्म के प्रति आस्थि रहती है आस्थि की यह भावना उन्हें निरन्तर आगे बढ़ने के लिए करती है ।

आत्मनिर्भर भारत, स्वतंत्र भारत

मुस्कान

बी.सी.ए. प्रथम वर्ष

भारत को पुनः विश्व गुरू बनाना है
और स्वदेशी को अपनाना है ।

प्रस्तावना : आत्मनिर्भर भारत अभियान की शुरूआत भारत के प्रधानमंत्री श्री नरेन्द्र मोदी ने कोरोना संकट के दौर में भारत की अर्थव्यवस्था को सुधारने के लिए की थी। इस अभियान के द्वारा भारत में लोगों को कामकाज करने की सुविधा उपलब्ध कराई जाएगी और यह प्रयत्न किया जाएगा कि अगले कुछ सालों में अपने ज़रूरत की अधिकतर वस्तुएं अपने देश में ही तैयार करें अर्थात आत्मनिर्भर बनें ।

सैन्य शक्ति का विस्तार : भारत ने अपनी सैन्य शक्ति में अभूतपूर्व विस्तार किया है। अत्याधुनिक हथियारों, उपकरणों के साथ-साथ राइफल से भी हमारी सेना सुसज्जित हो गई है। ताकि हमें बाहरी देश पर निर्भर ना होना पड़े ।

उद्देश्य : इस योजना का उद्देश्य यह है कि लॉकडाउन के कारण जितने भी मजदूरों और किसानों को इस संकटकाल में नुकसान हुआ है उनकी भरपाई की जाएगी और उन्हें लाभ भी पहुंचाया जाएगा ।

संकल्प : आत्मनिर्भर भारत के संकल्प को, सिद्ध करने के लिए इस पैकेज में भूमि, तरलता, मजदूर और कानून सभी पर ज़ोर दिया गया है। जो हर स्थिति, हर मौसम में देशवासियों के लिए परिश्रम करते हैं ।

उपसंहार / निष्कर्ष : समय ने हमें सिखाया है कि लोकल को हमें अपना जीवन मंत्र बनाना ही होगा। 21वीं सदी, भारत की सदी बनाने का वायिड, आत्मनिर्भर भारत हौंसला बुलंद से ही पूरा होगा। हमें अपना भारत आत्मनिर्भर बना सकते हैं। धन्यवाद अंत हम यही वादा करेंगे कि –

''स्वदेशी उत्पादों को अपनाओ,
भारत को आत्मनिर्भर बनाओ ।''

माँ (कविता)

सिमरन
बी.बी.ए. तृतीय वर्ष

माँ शब्द है माँ है अर्थ,
माँ के बिना जीवन व्यर्थ ।
माँ आत्मा माँ परमात्मा,
माँ में बसे पुरे जीवात्मा ।
माँ जननी माँ जगदम्बा,
माँ के बिना ये जीवन अचम्भा ।
माँ परोपकार का ऐसा वृक्ष है,
जीवन जोत अमृत वृक्ष है ।
क्या लिखूं तेरे बारे में,
कोई शब्द नहीं तेरे दायरे में ।
इस नन्हे से पाँव को तूने,
सीने से लगाया था ।
माँ इस मतलबी जहाँ में तूने,
जीने की राह बताया था ।

ज़िन्दगी (कविता)

सरस्वती सैनी
बी.बी.ए. तृतीय वर्ष

पूछा जो मैंने एक दिन खुदा से,
अंदर मेरे ये कैसा शौर है ।
हंसा मुझ पर फिर बोला,
चाहतें तेरी कुछ ओर थी ।
पर तेरा रास्ता कुछ ओर है,
रूह को संभालना था तुझे ।
पर सूरत सँवारने पर तेरा जोर है,
खुला आसमान चाँद, तारे चाहते हैं तेरी ।
पर बन्द दीवारों को सजाने पर तेरा जोर है,
सपने देखता है खुली फिज़ाओं के ।
पर बड़े शहरों में बसने की कोशिश,
पुरजोर है

महिलाओं की समाज में भूमिका

मनप्रीत कौर

बी.ए. प्रथम वर्ष

हमारे समाज में महिला अपने जन्म से लेकर मृत्यु तक एक अहम किरदार निभाती हैं। अपनी सभी भूमिकाओं में निपुणता दर्शनों के बावजूद आज के आधुनिक युग में महिला पुरूष से पीछे खड़ी दिखाई देती हैं। पुरूष प्रधान समाज में महिला की योग्यता को आदमी से कम देखा जाता है। सरकार द्वारा जागरुकता फैलाने वाले कई कार्यक्रम चलाने के बावजूद महिला की ज़िन्दगी पुरूष की ज़िन्दगी के मुकाबले काफी जटिल हो गयी है। महिला को अपनी ज़िन्दगी का ख़्याल तो रखना ही पड़ता है। वह पूरी ज़िन्दगी बेटी, बहन, पत्नी, माँ, सास और दादी जैसे रिश्तों को ईमानदारी से निभाती हैं। इन सभी रिश्तों को निभाने के बाद भी वह पूरी शक्ति से नौकरी करती है, ताकि अपना परिवार का और देश का भविष्य उज्जवल बना सकें।

बीते कुछ सालों में सरकार द्वारा अनगिनत योजनाएं चलाई गयी है जो महिलाओं को सामाजिक बेड़ियों तोड़ने में मदद कर रही है तथा साथ ही साथ उन्हें आगे बढ़ने में प्रेरित कर रही हैं। दिन प्रतिदिन लड़कियां ऐसे–ऐसे कीर्तिमान बना रही हैं जिस पर न सिर्फ परिवार या समाज को बल्कि पूरा देश गर्व महसूस कर रहा है।

सरकार ने पुराने वक्त के प्रचलनों को बंद करने के साथ–साथ उन पर कानून रोक लगा दी है। जिनमें मुख्य थे बाल विवाह, भ्रूण हत्या, दहेज प्रथा, बाल मजदूरी, घरेलू हिंसा आदि। इन सभी को कानूनी रूप से प्रतिबंध लगाने के बाद समाज में महिलाओं की स्थिति में काफी सुधार आया है। महिला अपनी पूरी ज़िन्दगी अलग-अलग रिश्तों मे खुद को बाँधकर दूसरों की भलाई के लिए काम करती हैं। सही शिक्षा की व्यवस्था न होने के कारण महिलाओं की दशा दयानीय हो गई है। एक औरत बच्चे को जन्म देती है और पूरी ज़िन्दगी उस बच्चे के प्रति अपनी सारी ज़िम्मेदारियों को निभाती हैं। बदले में वह कुछ भी नहीं मांगती है और पूरी सहनशीलता के साथ बिना तर्क किये अपनी भूमिका को पूरा करती हैं।

अगर हम महिलाओं की आज की अवस्था को पौराणिक समाज की स्थिति से तुलना करे तो यह तो साफ दिखता है कि हालात में कुछ तो सुधार हुआ है। महिलाएं नौकरी करने लगी हैं। कई क्षेत्रों में तो महिला पुरूषों से आगे निकल गई हैं।

सभी नारियों के लिए (कविता)

रिषभ

बी.ए. प्रथम वर्ष

नारी तुम आस्था हो तुम प्यार, विश्वास हो,
टूटी हुई उम्मीदों की एक मात्र आस हो।
अपने परिवार के घर जीवन का तुम आधार हो,
इस बेमानी से भरी दुनिया में एक तुम ही एकमात्र प्यार हो।
चलो उठों इस दुनिया में अपने अस्तित्व को संभालो,
सिर्फ एक दिन ही नहीं बल्कि हर दिन नारी दिवस मना लो।

हिन्दी दिवस

अमित कुमार

बी.ए. प्रथम वर्ष

- हर साल 14 सितंबर को हिन्दी दिवस मनाया जाता है।

- इस दिन भारत की संविधान सभा ने देवनागरी लिपि में लिखी गई हिंदू भाषा को भारत गणराज्य की आधिकारिक भाषा घोषित किया था।

- यह हर साल हिन्दी के महत्व पर ज़ोर देने और हर पीढ़ी के बीच इसको बढ़ावा देने के लिए मनाया जाता है जो अंग्रेज़ी से प्रभावित है।

- स्कूल और कॉलेजों में प्रबंधन समिति हिन्दीवाद विवाद कविता या कहानी बोलने की प्रतियोगिताएं आयोजित करती है।

- हिन्दी दिवस हमारे सांस्कृतिक जड़ों को फिर से देखने और अपनी समृद्धता का जश्न मनाने का दिन है।

- इस दिवस पर विभागो, मंत्रालयों राष्ट्रीयकृत पुरस्कार भी प्रदान किए जाते हैं।

- हिन्दी हमारी मातृभाषा है और हमें इसका आदर और हिन्दी भाषा का मूल्य समझना चाहिए।

> एक मिनट में ज़िन्दगी नहीं बदलती,
> पर एक मिनट सोच कर लिया हुआ फैसला
> पूरी ज़िन्दगी बदल देता है।

ਸ਼੍ਰੀ
ਪੰਚਾਨਨ

2023-24

ਪੰਜਾਬੀ ਅਨੁਭਾਗ

ਅਧਿਆਪਕ ਸੰਪਾਦਕ

ਡਾ. ਗੁਰਚਰਨ ਸਿੰਘ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ

ਹਰਜੋਤ ਸਿੰਘ

ਸੰਪਾਦਕੀ

ਡਾ. ਗੁਰਚਰਨ ਸਿੰਘ
ਮੁਖੀ, ਪੰਜਾਬੀ ਵਿਭਾਗ
ਅਧਿਆਪਕ ਸੰਪਾਦਕ

ਸਾਹਿਤ ਅਤੇ ਸਮਾਜ ਦਾ ਗੂੜ੍ਹਾ ਸੰਬੰਧ ਹੁੰਦਾ ਹੈ। ਵਿਦਵਾਨਾਂ ਨੇ ਸਾਹਿਤ ਨੂੰ ਵੱਖ-ਵੱਖ ਰੂਪਾਂ ਵਿਚ ਪਰਿਭਾਸ਼ਿਤ ਕੀਤਾ ਹੈ। ਕੋਈ ਸਾਹਿਤ ਨੂੰ ਜੀਵਨ ਦੀ ਵਿਆਖਿਆ, ਕੋਈ ਜੀਵਨ ਦੀ ਨਕਲ, ਅਤੇ ਕੋਈ ਸਾਹਿਤ ਨੂੰ ਜੀਵਨ ਦੀ ਰੂ-ਬ-ਰੂ, ਤਸਵੀਰਾਂ ਆਖਦਾ ਹੈ। ਵਾਸਤਵ ਵਿਚ ਸਾਹਿਤ ਇਕ ਕਲਾ ਹੈ ਅਤੇ ਸਾਹਿਤਕਾਰ ਇਕ ਕਲਾਕਾਰ। ਕਲਾਕਾਰ ਆਪਣੀ ਕਲਾ ਲਈ ਸਮੱਗਰੀ ਆਪਣੇ ਆਲੇ-ਦੁਆਲੇ ਦੇ ਜੀਵਨ ਵਿਚੋਂ ਪ੍ਰਾਪਤ ਕਰਦਾ ਹੈ। ਇਸ ਆਲੇ-ਦੁਆਲੇ ਦੇ ਜੀਵਨ ਵਿਚੋਂ ਉਹ ਕੁਦਰਤੀ ਤੌਰ 'ਤੇ ਕਲਾ ਦਾ ਵਿਸ਼ਾ ਮਨੁੱਖ ਨੂੰ ਬਣਾਉਂਦਾ ਹੈ ਕਿਉਂਕਿ ਮਨੁੱਖ ਹੀ ਸਮਾਜ ਦਾ ਜਨਮਦਾਤਾ ਹੈ। ਸਪੱਸ਼ਟ ਹੈ ਕਿ ਸਾਹਿਤਕਾਰ ਆਪਣੀ ਕਲਾ ਲਈ ਮਸਾਲਾ ਸਮਾਜ ਵਿਚੋਂ ਲੱਭਦਾ ਹੈ। ਇਸ ਕਰਕੇ ਕਿਸੇ ਸਮਾਜ ਦੇ ਸਾਹਿਤ ਵਿਚ ਉਸਦੇ ਲੋਕਾਂ ਦੀਆਂ ਖੁਸ਼ੀਆਂ-ਗਮੀਆਂ ਸੁੱਖਾਂ-ਦੁੱਖਾਂ ਨੂੰ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ।

ਸਾਹਿਤ ਸਾਡੀ ਵਿੱਦਿਆ ਪ੍ਰਣਾਲੀ ਦਾ ਪ੍ਰਮੁੱਖ ਅੰਗ ਹੈ। ਸਾਹਿਤਕ ਵਿੱਦਿਆ ਰਾਹੀਂ ਇਕ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਦੇਸ਼ ਅਤੇ ਵਿਦੇਸ਼ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਦਾ ਹੈ। ਉਥੋਂ ਦੇ ਲੋਕਾਂ ਦੀਆਂ ਭਾਵਨਾਵਾਂ, ਰੁਚੀਆਂ, ਲੋੜਾਂ ਥੋੜਾਂ ਨੂੰ ਸਮਝਦਾ ਹੈ। ਇਸ ਦੇ ਨਾਲ ਸਾਹਿਤਕ ਵਿੱਦਿਆ ਨਾਲ ਪਾਠਕ ਦੀ ਸੋਚ ਸ਼ਕਤੀ ਵੱਧਦੀ ਹੈ। ਸ਼ਾਇਦ ਇਸ ਲਈ ਸਕੂਲਾਂ, ਕਾਲਜਾਂ ਵਿਚ ਕੇਵਲ ਆਰਟਸ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਹੀ ਨਹੀਂ ਸਗੋਂ ਸਾਇੰਸ ਕਾਮਰਸ ਅਤੇ ਹੋਰ ਵਿਸ਼ਿਆਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੀ ਸਾਹਿਤਕ ਵਿੱਦਿਆ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ।

ਸਾਹਿਤ ਸਿਰਜਣਾ ਦੇ ਸੰਬੰਧ ਵਿਚ ਉਹੀ ਸਾਹਿਤ ਉੱਤਮ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ ਜਿਹੜਾ ਸੁਹਜ ਸੁਆਦ ਦੇ ਨਾਲ-ਨਾਲ ਸਮਾਜ ਦੇ ਲੋਕਾਂ ਨੂੰ ਨਵੇਂ ਵਿਚਾਰ ਦਿੰਦਾ ਹੈ।

ਸਮਾਜਿਕ ਬੁਰਾਇਆਂ ਨੂੰ ਨੰਗਿਆਂ ਕਰਕੇ ਸਮਾਜਿਕ ਜੀਵਾਂ ਨੂੰ ਚੰਗੇ ਬਣਾਉਣ ਲਈ ਸੁਝਾਅ ਦਿੰਦਾ ਹੈ। ਪੰਜਾਬੀ ਵਿਭਾਗ, ਭਾਸ਼ਾ ਮੰਚ ਅਤੇ ਭਾਸ਼ਾ ਅਤੇ ਸਾਹਿਤਕ ਕਲੱਬ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਤਰ੍ਹਾਂ ਦੀ ਸਾਹਿਤ ਸੰਵੇਦਨਾ ਨਾਲ ਜੋੜਨ ਲਈ ਲਗਾਤਾਰ ਯਤਨਸ਼ੀਲ ਹਨ। ਇਸੇ ਯਤਨ ਦੇ ਅੰਤਰਗਤ ਅਸੀਂ ਪਿਛਲੇ ਸੈਸ਼ਨ ਦੌਰਾਨ ਭਾਸ਼ਾ ਵਿਭਾਗ, ਪੰਜਾਬ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਵਿਤਾ ਵਰਕਸ਼ਾਪ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ ਜਿਸ ਵਿਚ ਪੰਜਾਬੀ ਸਾਹਿਤ ਦੇ ਪ੍ਰਮੁੱਖ ਕਵੀ ਮਦਨ ਵੀਰਾ ਜੀ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕਵਿਤਾ ਲਿਖਣ ਦੀ ਪ੍ਰਮੁੱਖ ਤਕਨੀਕਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਇਸਦੇ ਨਾਲ ਹੀ ਮਾਤ ਭਾਸ਼ਾ ਦਿਵਸ ਮੌਕੇ ਪੰਜਾਬੀ ਅਤੇ ਹਿੰਦੀ ਦੇ ਰਾਸ਼ਟਰਪਤੀ ਅਵਾਰਡ ਜੇਤੂ ਸਾਹਿਤਕਾਰ ਡਾ. ਧਰਮਪਾਲ ਸਾਹਿਲ ਦਾ ਮਾਤ ਭਾਸ਼ਾ ਅਤੇ ਸਾਹਿਤ ਵਿਸ਼ੇ 'ਤੇ ਲੈਕਚਰ ਕਰਵਾਇਆ ਗਿਆ। ਉਨ੍ਹਾਂ ਵੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮਾਤ ਭਾਸ਼ਾ ਅਤੇ ਸਾਹਿਤ ਲੇਖਣ ਬਾਰੇ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਪ੍ਰਦਾਨ ਕੀਤੀ।

ਇਸਦੇ ਨਾਲ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਸਮੇਂ-ਸਮੇਂ ਉੱਤੇ ਮੌਲਿਕ ਸਾਹਿਤ ਸਿਰਜਣਾ, ਕਵਿਤਾ ਉਚਾਰਨ, ਵਾਦ ਵਿਵਾਦ, ਭਾਸ਼ਣ ਪ੍ਰਤੀਯੋਗਤਾ ਅਤੇ ਸੁੰਦਰ ਲੇਖਣ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਜਾਂਦੇ ਹਨ ਤਾਂ ਜੋ ਵਿਦਿਆਰਥੀਆਂ ਵਿਚਲੀ ਸਾਹਿਤਕ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਭਾਰਿਆ ਤੇ ਉਘਾੜਿਆ ਜਾ ਸਕੇ। ਇਸਦੇ ਫਲਸਰੂਪ ਇਸੇ ਸੈਸ਼ਨ ਦੌਰਾਨ ਸਾਡੇ ਦੋ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਜਿਲਾ ਪੱਧਰੀ ਭਾਸ਼ਾ ਅਤੇ ਸਾਹਿਤਕ ਕੁਇਜ਼ ਵਿਚ ਭਾਗ ਲੈਂਦਿਆਂ ਦੂਸਰਾ ਅਤੇ ਤੀਸਰਾ ਸਥਾਨ ਪ੍ਰਾਪਤ ਕੀਤਾ।

ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਵੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਾਹਿਤਕ ਪ੍ਰਤਿਭਾ ਨਿਖਾਰਨ ਲਈ ਇਕ ਮੰਚ ਮੁਹੱਈਆ ਕਰਦਾ ਹੈ। ਇਸੇ ਦੇ ਅੰਤਰਗਤ ਉਨ੍ਹਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਨੂੰ ਇਸ ਮੈਗਜ਼ੀਨ ਵਿਚ ਛਾਪਿਆ ਜਾ ਰਿਹਾ ਹੈ। ਮੈਗਜ਼ੀਨ ਵਿਚ ਛਪੀਆਂ ਰਚਨਾਵਾਂ ਨੂੰ ਜਦੋਂ ਉਹ ਦੇਖਣਗੇ ਤਾਂ ਉਨ੍ਹਾਂ ਵਿਚ ਆਤਮ ਵਿਸ਼ਵਾਸ ਦੇ ਨਾਲ-ਨਾਲ ਸਾਹਿਤਕ ਚੇਟਕ ਦਾ ਵਿਕਾਸ ਵੀ ਹੋਵੇਗਾ। ਇਸ ਤਰ੍ਹਾਂ ਉਹ ਸਾਹਿਤ ਦੀ ਦੁਨੀਆਂ ਦੇ ਪਾਂਧੀ ਬਣਨਗੇ। ਜਿਨ੍ਹਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਇਸ ਮੈਗਜ਼ੀਨ ਦਾ ਹਿੱਸਾ ਬਣੀਆਂ ਹਨ ਉਹ ਵਧਾਈ ਦੇ ਪਾਤਰ ਹਨ। ਕਾਲਜ ਨੇ ਇਸ ਵਰ੍ਹੇ ਆਪਣੀ ਸਥਾਪਨਾ ਦੇ 50 ਵਰ੍ਹੇ ਵੀ ਪੂਰੇ ਕੀਤੇ ਹਨ। ਇਸ ਲਈ ਇਹ ਵਰ੍ਹਾ ਵਿਸ਼ੇਸ਼ ਮਹੱਤਵ ਦਾ ਧਾਰਨੀ ਹੈ। ਮੈਂ ਇਸ ਸੰਸਥਾ ਦਾ ਭਾਗ ਹੋਣ ਦੇ ਨਾਤੇ ਇਹ ਕਾਮਨਾ ਕਰਦਾ ਹਾਂ ਕਿ ਇਹ ਸੰਸਥਾ ਦਿਨ ਦੁਗਣੀ ਅਤੇ ਰਾਤ ਚੌਗੁਣੀ ਤਰੱਕੀ ਕਰੇ। ਮਾਨਵਤਾ ਦਾ ਹੋਕਾ ਦਿੰਦੀ ਇਸ ਸੰਸਥਾ ਦੇ ਵਿਦਿਆਰਥੀ ਸੰਸਾਰ ਪੱਧਰ 'ਤੇ ਸਾਹਿਤਕ ਖੇਤਰ ਵਿਚ ਆਪਣਾ ਅਤੇ ਇਸ ਸੰਸਥਾ ਦਾ ਨਾਮ ਰੋਸ਼ਨ ਕਰਨ।

ਨੈਤਿਕ ਸਿੱਖਿਆ

ਪ੍ਰੋ. ਰਾਜਵਿੰਦਰ ਕੌਰ
ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ

ਨੈਤਿਕ ਸਿੱਖਿਆ, ਸਿੱਖਿਆ ਪ੍ਰਣਾਲੀ ਦਾ ਇਕ ਬਹੁਤ ਹੀ ਮਹੱਤਵਪੂਰਨ ਅੰਗ ਹੈ, ਕਿਉਂਕਿ ਇਹ ਵਿਅਕਤੀਆਂ ਵਿਚ ਕਦਰਾਂ-ਕੀਮਤਾਂ, ਨੈਤਿਕਤਾ ਅਤੇ ਚੰਗੇ ਗੁਣ ਪੈਦਾ ਕਰਦੀ ਹੈ। ਇਹ ਇਨਸਾਨ ਨੂੰ ਇਮਾਨਦਾਰ, ਜ਼ਿੰਮੇਵਾਰ ਅਤੇ ਆਦਰਯੋਗ ਜੀਵਨ ਜੀਉਣਾ ਸਿਖਾਉਂਦੀ ਹੈ। ਨੈਤਿਕ ਸਿੱਖਿਆ ਦੁਆਰਾ ਵਿਅਕਤੀ ਚੰਗੇ ਅਤੇ ਮਾੜੇ, ਸਹੀ ਅਤੇ ਗਲਤ ਵਿਚ ਫ਼ਰਕ ਕਰਨਾ ਸਿੱਖਦੇ ਹਨ ਅਤੇ ਸਹੀ ਜੀਵਨ ਦੇ ਮਾਰਗ ਚੁਣਨ ਲਈ ਪ੍ਰੇਰਿਤ ਹੁੰਦੇ ਹਨ। ਇੱਕ ਸਭਿਅਕ ਸਮਾਜ ਦੇ ਵਿਕਾਸ ਲਈ ਵਿਅਕਤੀਆਂ ਵਿਚ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਮਹੱਤਵਪੂਰਨ ਹੈ ਕਿਉਂਕਿ ਇਸ ਨਾਲ ਸਮਾਜਿਕ ਸਦਭਾਵਨਾ, ਸ਼ਾਂਤੀ ਅਤੇ ਖ਼ੁਸ਼ਹਾਲੀ ਆਉਂਦੀ ਹੈ।

ਨੈਤਿਕ ਸਿੱਖਿਆ ਦਾ ਇਨਸਾਨ 'ਤੇ ਸਕਾਰਾਤਮਕ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ, ਕਿਉਂਕਿ ਉਹ ਉਨ੍ਹਾਂ ਨੂੰ ਇਕ ਜ਼ਿੰਮੇਵਾਰ ਨਾਗਰਿਕ ਬਣਨ ਵਿਚ ਮਦਦ ਕਰਦਾ ਹੈ। ਇਹ ਵਿਅਕਤੀਆਂ ਵਿਚ ਸਵੈ-ਅਨੁਸ਼ਾਸਨ, ਮਿਹਨਤ, ਇਮਾਨਦਾਰੀ ਦੀ ਭਾਵਨਾ ਅਤੇ ਸਦਾਚਾਰ ਦੇ ਗੁਣ ਪੈਦਾ ਕਰਦਾ ਹੈ। ਨੈਤਿਕ ਸਿੱਖਿਆ ਦਾ ਸਮਾਜ ਉੱਤੇ ਬਹੁਤ ਗਹਿਰਾ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ। ਇਕ ਸਮਾਜ ਜੋ ਨੈਤਿਕ ਸਿੱਖਿਆ ਦੀ ਕਦਰ ਕਰਦਾ ਹੈ। ਉਸ ਵਿਚ ਕੌਮੀ ਏਕਤਾ, ਸਮਾਜਿਕ ਸ਼ਾਂਤੀ ਅਤੇ ਖ਼ੁਸ਼ਹਾਲ ਹੋਣ ਦੀ ਸੰਭਾਵਨਾ ਜ਼ਿਆਦਾ ਹੁੰਦੀ ਹੈ। ਸਮਾਜ ਵਿਚ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਪੈਦਾ ਕਰਨ ਦੇ ਨਾਲ ਸਮਾਜ ਦੇ ਆਪਸੀ ਟਕਰਾਅ ਨੂੰ ਘਟਾਉਣ ਆਪਸੀ ਤਾਲਮੇਲ ਦੀ ਸਮਝ ਨੂੰ ਵਧਾਉਣ ਅਤੇ ਏਕਤਾ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨ ਵਿਚ ਮਦਦ ਮਿਲਦੀ ਹੈ। ਇਹ ਸਤਿਕਾਰ, ਸਹਿਣਸ਼ੀਲਤਾ ਅਤੇ ਹਮਦਰਦੀ ਦੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦਾ ਹੈ ਜੋ ਕਿ ਇੱਕ ਸੰਪਨ ਸਮਾਜ ਲਈ ਮਹੱਤਵਪੂਰਨ ਗੁਣ ਹਨ। ਨੈਤਿਕ ਸਿੱਖਿਆ ਦੀ ਮਹੱਤਤਾ ਦੇ ਬਾਵਜੂਦ, ਇਸ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹਮੇਸ਼ਾ ਆਸਾਨ ਨਹੀਂ ਹੁੰਦਾ।

ਨੈਤਿਕ ਸਿੱਖਿਆ ਪ੍ਰਦਾਨ ਕਰਨ ਵਿਚ ਕਈ ਚੁਣੌਤੀਆਂ ਹਨ, ਜਿਨ੍ਹਾਂ ਵਿਚ ਸਿਖਿਅਤ ਅਧਿਆਪਕਾਂ ਦੀ ਘਾਟ, ਨਾਕਾਫ਼ੀ ਸਰੋਤ ਅਤੇ ਪਾਠਕ੍ਰਮ ਵਿਚ ਨੈਤਿਕ ਸਿੱਖਿਆ 'ਤੇ ਜ਼ੋਰ ਦੇਣ ਦੀ ਘਾਟ ਸ਼ਾਮਲ ਹੈ।

ਸਿੱਟੇ ਵਜੋਂ, ਨੈਤਿਕ ਸਿੱਖਿਆ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪ੍ਰਦਾਨ ਕਰਨ ਵਿਚ ਚੁਣੌਤੀਆਂ ਹਨ ਅਤੇ ਇਸਨੂੰ ਯਕੀਨੀ ਬਣਾਉਣ ਲਈ ਮਾਪਿਆ, ਅਧਿਆਪਕਾਂ ਅਤੇ ਨੀਤੀ ਨਿਰਮਾਤਾਵਾਂ ਦੇ ਠੋਸ ਯਤਨਾਂ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਜੋ ਕਿ ਇਕ ਚੰਗੇ ਸਮਾਜ ਦੀ ਨੀਂਹ ਰੱਖੀ ਜਾ ਸਕੇ।

ਭਾਸ਼ਾ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ

ਪ੍ਰੋ. ਖ਼ੁਸ਼ਦੀਪ
ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ

ਹਰ ਦੇਸ਼ ਦੀ ਭਾਸ਼ਾ ਅੱਡ ਹੁੰਦੀ ਹੈ। ਇਹ ਉਸ ਕੌਮ ਦੇ ਇਤਿਹਾਸ ਦਾ ਅਜਾਇਬ ਘਰ ਹੁੰਦੀ ਹੈ ਜਾਂ ਇਕ ਅਜਿਹੇ ਨਗਰ ਵਾਂਗ ਜਿਸਦੀ ਉਸਾਰੀ ਵਿਚ ਉਸ ਥਾਂ ਦੇ ਹਰ ਵਾਸੀ ਨੇ ਕੋਈ ਨਾ ਕੋਈ ਇੱਟ ਚਿਣੀ ਹੁੰਦੀ ਹੈ। ਇਹ ਕੌਮਾਂ ਦਾ ਵਿਰਸਾ ਹੁੰਦੀ ਹੈ। ਕਿਸੇ ਵੀ ਕੌਮ ਜਾਂ ਦੇਸ਼ ਦੀ ਭਾਸ਼ਾ ਤਾਂ ਹੀ ਉਨਤ ਹੋ ਸਕਦੀ ਹੈ, ਜੇ ਉਸਦੇ ਬੋਲਣ ਵਾਲੇ ਦੂਜੀਆਂ ਭਾਸ਼ਾਵਾਂ ਦੇ ਵੀ ਮਾਹਰ ਹੋਣ। ਭਾਸ਼ਾਵਾਂ ਇਕ ਦੂਜੇ ਤੋਂ ਬਹੁਤ ਕੁਝ ਅਦਾਨ ਪ੍ਰਦਾਨ ਕਰਦੀਆਂ ਰਹਿੰਦੀਆਂ ਹਨ ਅਤੇ ਫਿਰ ਵੱਖ-ਵੱਖ ਨਦੀਆਂ ਵਾਂਗ ਇਕ ਵੱਡੇ ਸਾਗਰ ਵਿਚ ਜਾ ਰਲਦੀਆਂ ਹਨ। ਮਨੁੱਖ ਦੇ ਹਿਰਦੇ ਦੀ ਭਾਸ਼ਾ ਇਕ ਹੀ ਹੁੰਦੀ ਹੈ, ਜਿਸਦਾ ਪ੍ਰਗਟਾਵਾ ਉਹ ਅੱਖਾਂ ਰਾਹੀਂ ਕਰਦਾ ਹੈ। ਭਾਸ਼ਾ ਉਹ ਹੀ ਚੰਗੇਰੀ ਜਾਂ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਹੁੰਦੀ ਹੈ, ਜਿਹੜੀ ਮਨੁੱਖ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਜੋੜਨ ਵਿਚ ਮਦਦ ਦਿੰਦੀ ਹੋਵੇ। ਸੱਚੀ ਪ੍ਰੀਤ ਵਾਂਗ ਭਾਸ਼ਾ ਵੀ ਦੋ ਹਿਰਦਿਆਂ ਨੂੰ ਇਕ ਦੂਜੇ ਦੇ ਨੇੜੇ ਲਿਆਉਂਦੀ ਹੈ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਸੰਬੰਧ-ਅੱਟਵੇਂ ਬਣਾ ਦਿੰਦੀ ਹੈ। ਭਾਸ਼ਾ ਦੈਵੀ ਜੀਭ ਦਾ ਕੰਮ ਦਿੰਦੀ ਹੈ। ਮਨੁੱਖ ਕੇਵਲ ਆਪਣੀ ਭਾਸ਼ਾ ਕਾਰਨ ਹੀ ਸ੍ਰਿਸ਼ਟੀ ਦੇ ਦੂਜੇ ਜੀਵਾਂ ਤੋਂ ਸ੍ਰੇਸ਼ਟ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ, ਮਨੁੱਖ ਨੂੰ ਲੋਕਪ੍ਰਿਯ ਬਣਾ ਦਿੰਦੀ ਹੈ ਅਤੇ ਇਸਦੇ ਕੌੜੇ ਬੋਲ ਉਸਨੂੰ ਅਯੋਗਤਾ ਵੱਲ ਲੈ ਜਾਂਦੇ ਹਨ। ਭਾਸ਼ਾ ਦੀ ਬੀਨ ਨਾਲ ਮਨੁੱਖੀ ਜ਼ਹਿਰੀ ਸੱਪਾਂ ਵਰਗੇ ਸੁਭਾਵਾਂ ਨੂੰ ਕੀਲ ਲੈਂਦਾ ਹੈ ਅਤੇ ਬੇਸੁਰੀ ਭਾਸ਼ਾ ਨਾਲ ਉਹ ਕਈਆਂ ਨੂੰ ਆਪਣੇ ਦੁਸ਼ਮਨ ਬਣਾ ਲੈਂਦਾ ਹੈ।

ਪੰਜਾਬੀ ਭਾਸ਼ਾ - ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਪੰਜਾਬ ਦੀ ਬੋਲੀ ਹੈ ਅਤੇ ਜਦ ਤੋਂ ਪੰਜਾਬ ਭੁਗੋਲਿਕ ਤੌਰ 'ਤੇ ਹੋਂਦ ਵਿਚ ਆਇਆ, ਉਸ ਸਮੇਂ ਤੋਂ ਹੀ ਬੋਲੀ ਜਾ ਰਹੀ ਹੈ। ਆਰੀਆ ਦੇ ਆਉਣ ਤੋਂ ਪਹਿਲਾਂ ਇਹ ਦਰਾਵੜਾ ਦੀ ਪਿਆਰੀ ਸੀ ਤੇ ਪਿੱਛੋਂ ਆਮ ਆਰੀਆ ਜਨਤਾ ਦੀ ਬੋਲੀ ਬਣ ਗਈ। ਨਾਥਾ ਜੋਗੀਆਂ ਨੇ ਇਸਨੂੰ ਆਪਣੇ ਅਧਿਆਪਤਮਕ ਪ੍ਰਚਾਰ ਦਾ ਸਾਧਨ ਬਣਾਇਆ। ਅੱਠਵੀਂ ਨੌਵੀਂ ਸਦੀ ਵਿਚ ਇਹ ਸਾਰੇ ਉੱਤਰੀ ਭਾਰਤ ਦੀ ਲੋਕਪ੍ਰਿਯ ਬੋਲੀ ਬਣ ਗਈ।

ਭਗਤੀ ਲਹਿਰ ਦੇ ਆਰੰਭ ਨਾਲ ਇਸਦਾ ਮੁਹਾਂਦਰਾ ਸਾਧ ਭਾਸ਼ਾ ਵਿਚ ਵਟਣ ਲੱਗਾ। 11ਵੀਂ ਸਦੀ ਤੱਕ ਇਸਦਾ ਕੇਂਦਰ ਸੁਲਤਾਨ ਰਿਹਾ। ਬਾਬਾ ਫਰੀਦ ਜੀ ਨੇ ਇਸ ਨੂੰ ਸਾਹਿਤਕ ਜਾਮਾ ਪਹਿਨਾਇਆ। ਸ਼ੁਰੂ ਕਾਲ ਤੋਂ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਵਰਤੋਂ ਅਧਿਆਤਮਕ ਭਾਵਾਂ ਦੇ ਪ੍ਰਗਟਾਵੇ ਲਈ ਕੀਤੀ ਜਾਣ ਲੱਗੀ। ਇਹ ਸਮਾਂ ਪੰਜਾਬੀ ਦਾ ਸੁਨਹਿਰੀ ਸਮਾਂ ਕਿਹਾ ਜਾਂਦਾ ਹੈ।

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਪਾਚਨ ਸ਼ਕਤੀ ਬੜੀ ਤਕੜੀ ਹੈ। ਇਸਨੇ ਸਮੇਂ-ਸਮੇਂ ਤੇ ਲੋੜ ਅਨੁਸਾਰ ਦੂਜੀਆਂ ਭਾਸ਼ਾਵਾਂ ਤੋਂ ਤਤਸਮ ਤੇ ਤਦਭਵ ਰੂਪ ਵਿਚ ਸਮੋ ਲਿਆ ਹੈ। ਪੰਜਾਬੀ ਬੋਲੀ ਤੇ ਰਾਗ ਦਾ ਵੱਡਾ ਸੰਬੰਧ ਹੈ, ਜੇ ਇਸ ਬੋਲੀ ਵਿਚ ਗੀਤ, ਛੰਦ, ਸਲੋਕ ਜਾਂ ਸ਼ਬਦ ਨਹੀਂ ਹੁੰਦੇ ਤਾਂ ਉਹ ਜਨਤਾ ਦੇ ਮੂੰਹ ਨਹੀਂ ਚੜ੍ਹ ਸਕਦੀ ਸੀ ਤੇ ਨਾ ਹੀ ਲੋਕਪ੍ਰਿਯ ਹੋ ਸਕਦੀ। ਅੱਜ ਲੋੜ ਹੈ ਕਿ ਪੰਜਾਬ ਕਈ ਗੀਤ, ਠੇਠ ਪੰਜਾਬੀ ਦੇ ਛੰਦ ਸਾਹਿਤਕ ਬੋਲੀਆਂ ਤੇ ਬੀਰ ਰਸੀ ਵਾਰਾਂ ਲਿਖਣ ਵੱਲ ਵੱਧ ਧਿਆਨ ਦੇਣ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਗਿਡਿਆ ਤੇ ਤ੍ਰਿੰਞਣਾਂ ਦੀ ਬੋਲੀ ਹੈ। ਇਹ ਜਵਾਂਵਾਂ ਤੇ ਮੁਟਿਆਰਾਂ ਦੇ ਪੈਰਾਂ ਨੂੰ ਨੱਚਣ ਤੇ ਘੁੰਗਰੂਆਂ ਨੂੰ ਛਣਕਾਉਣ ਲਈ ਮਜਬੂਰ ਕਰ ਦਿੰਦੀ ਹੈ। ਇਸਦਾ ਇੱਕ ਇੱਕ ਲਲਕਾਰਾ ਦੁਸ਼ਮਣਾਂ ਦੇ ਦਿਲਾਂ ਨੂੰ ਕੰਬਾ ਦਿੰਦਾ ਹੈ।

ਲੋੜ ਹੈ ਪੰਜਾਬੀ ਦੀ ਇਸ ਜਾਨ ਤੇ ਰੂਹ ਨੂੰ ਸਦਾ ਕਾਇਮ ਰੱਖਣ ਦੀ। ਵਿਸ਼ਵਾਸ ਹੈ ਕਿ ਜਦ ਤੱਕ ਪੰਜਾਬੀ ਜਦ ਤੱਕ ਆਪਣਾ ਰੂਪ ਨਹੀਂ ਵਟਾਉਂਦੀ, ਮੁਹਾਂਦਰਾ ਨਹੀਂ ਵਟਾਉਂਦੀ, ਉਨ੍ਹਾਂ ਚਿਰ ਇਸ ਵਿਚ ਸਦਾ ਵਾਲੀ ਕਸ਼ਿਸ਼, ਸੁੰਦਰਤਾ ਤੇ ਗੰਭੀਰਤਾ ਕਾਇਮ ਰਹੇਗੀ। ਇਸ ਲਈ ਸਾਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਪਰਵਾਹ ਨੂੰ ਗੰਧਲਾ ਨਹੀਂ ਕਰਨਾ ਚਾਹੀਦਾ, ਇਸਦੇ ਪੰਜ ਦਰਿਆਵਾਂ ਨੂੰ ਆਪਣੀ ਮਸਤ ਚਾਲ ਚੱਲਣ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਸਾਨੂੰ ਇਕ ਬੋਲੀ ਜਾਂ ਦੂਜੀ ਭਾਸ਼ਾ ਦੇ ਬੰਨ ਇਨ੍ਹਾਂ ਪਾਣੀਆਂ ਅੱਗੇ ਨਹੀਂ ਮਾਰਨੇ ਚਾਹੀਦੇ।

ਮਨੁੱਖ ਅਤੇ ਵਿਗਿਆਨ

ਹਰਜੋਤ ਸਿੰਘ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ

ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਅੱਜ ਦੇ ਯੁੱਗ ਨੂੰ ਵਿਗਿਆਨ ਦਾ ਯੁੱਗ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਨਿੱਤ ਦੇ ਜੀਵਨ ਵਿਚ ਜਿਹੜੀਆਂ ਚੀਜ਼ਾਂ ਅਸੀਂ ਵਰਤਦੇ ਹਾਂ ਉਨ੍ਹਾਂ ਵਿਚੋਂ ਸ਼ਾਇਦ ਹੀ ਕੋਈ ਅਜਿਹੀ ਹੋਵੇ ਜਿਸ ਦੇ ਪੈਦਾ ਹੋਣ ਵਿਚ ਵਿਗਿਆਨ ਸਹਾਈ ਨਾ ਹੋਇਆ ਹੋਵੇ। ਜ਼ਰਾ ਝਾਤੀ ਮਾਰੀਏ ਤਾਂ ਪੌਣ, ਪੁਸਤਕ, ਕੱਪੜੇ, ਮੇਜ, ਕੁਰਸੀ, ਬਿਜਲੀ, ਆਵਾਜਾਈ ਦੇ ਸਾਧਨ, ਦਵਾਈਆਂ, ਮਨੋਰੰਜਨ ਦੇ ਸਾਧਨ ਆਦਿ ਅਣਗਿਣਤ ਚੀਜ਼ਾਂ ਵਿਗਿਆਨ ਦਾ ਵਰਦਾਨ ਹਨ। ਵਿਗਿਆਨ ਦਾ ਸਦਕਾ ਧਰਤੀ 'ਤੇ ਕਿਤੇ ਵੀ ਵੱਸਦਾ ਮਨੁੱਖ ਸਾਰੀ ਦੁਨੀਆ ਨਾਲ ਜੁੜਿਆ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ। ਦੂਰੀਆਂ ਘੱਟ ਗਈਆਂ ਜਾਪਦੀਆਂ ਹਨ। ਕਿਤੇ ਵੀ ਕੋਈ ਘਟਨਾ ਵਾਪਰੇ ਉਸ ਦੀ ਸੂਚਨਾ ਮਿੰਟਾਂ-ਸਕਿੰਟਾਂ ਵਿਚ ਧਰਤੀ ਦੇ ਹਰ ਕੋਨੇ 'ਤੇ ਪਹੁੰਚ ਜਾਂਦੀ ਹੈ। ਮਾਰੂ ਸਮਝੀਆਂ ਜਾਂਦੀਆਂ ਬਿਮਾਰੀਆਂ ਉੱਤੇ ਕਾਬੂ ਪਾ ਲਿਆ ਜਾਂਦਾ ਹੈ। ਹਰ ਪ੍ਰਕਾਰ ਦੇ ਸੁੱਖਾਂ ਦੇ ਸਾਧਨ ਮਨੁੱਖ ਦੀ ਸੇਵਾ ਵਿਚ ਹਨ। ਕੁਦਰਤ ਦੀਆਂ ਸ਼ਕਤੀਆਂ ਨੂੰ ਵੱਸ ਵਿਚ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਵਿਗਿਆਨ ਨੇ ਮਨੁੱਖ ਦੇ ਜੀਵਨ-ਢੰਗ ਨੂੰ ਹੀ ਬਦਲ ਦਿੱਤਾ ਹੈ। ਹੁਣ ਵਿਗਿਆਨ ਸਦਕਾ ਹੀ ਮਨੁੱਖ ਧਰਤੀ ਦਾ ਬਾਦਸ਼ਾਹ ਹੈ।

ਵਿਗਿਆਨ ਮਨੁੱਖ ਦੀ ਹੀ ਸੂਝ ਅਤੇ ਮਿਹਨਤ ਦਾ ਸਿੱਟਾ ਹੈ। ਵਿਗਿਆਨ ਦਾ ਇਹ ਵਿਕਾਸ ਇਕ ਦਿਨ ਵਿਚ ਨਹੀਂ ਹੋਇਆ। ਇਸ ਦੇ ਪਿੱਛੇ ਮਨੁੱਖ ਦੀਆਂ ਆਪਣੀਆਂ ਲੋੜਾਂ ਲਈ ਕੁਦਰਤ ਨੂੰ ਸਮਝਣ ਅਤੇ ਉਸ ਉੱਤੇ ਕਾਬੂ ਪਾਉਣ ਦੇ ਯਤਨਾ ਦੀ ਲੰਮੀ ਕਹਾਣੀ ਹੈ। ਜਿਹੜੀਆਂ ਚੀਜ਼ਾਂ ਦੀ ਅਸੀਂ ਹੁਣ ਆਮ ਵਰਤੋਂ ਕਰਦੇ ਹਾਂ ਉਹ ਕਿਸੇ ਸਮੇਂ ਹੋਈ ਵਿਗਿਆਨ ਦੀ ਕਾਢ ਦਾ ਇਕ ਸਿੱਟਾ ਹੈ। ਜਿਵੇਂ - ਅੱਗ ਬਾਲਨ ਦੀ ਕਾਢ, ਪਹੀਏ ਦੀ ਕਾਢ, ਹਵਾਈ ਜਹਾਜ ਦੀ ਕਾਢ। ਜੋ ਅੱਜ ਵਿਗਿਆਨ ਹੈ ਉਹ ਕੁਝ ਸਮੇਂ ਬਾਅਦ ਗਿਆਨ ਦਾ ਹਿੱਸਾ ਬਣ ਜਾਂਦਾ ਹੈ। ਵਿਗਿਆਨ ਦੇ ਖੇਤਰ ਵਿਚ ਲਗਾਤਾਰ ਵਾਧਾ ਹੋ ਰਿਹਾ ਹੈ। ਨਿੱਤ ਅਖਬਾਰਾਂ, ਰਸਾਲਿਆਂ, ਰੇਡੀਓ, ਟੈਲੀਵਿਜ਼ਨ ਰਾਹੀਂ ਨਵੀਆਂ ਤੋਂ ਨਵੀਆਂ ਕਾਢਾਂ ਦਾ ਪਤਾ ਲੱਗਦਾ ਹੈ। ਪਰ ਇਹ ਪਸਾਰਾ ਇਨੀ ਤੇਜ਼ੀ ਨਾਲ ਹੋ ਰਿਹਾ ਹੈ ਕਿ ਜਿਹੜੀ ਕਾਢ ਅੱਜ ਹੈਰਾਨੀ ਕਰਦੀ ਹੈ ਉਹ

ਕੁਝ ਸਮੇਂ ਪਿੱਛੋਂ ਆਮ ਹੋ ਜਾਂਦੀ ਹੈ। ਇਲੈਕਟ੍ਰਾਨਿਕ ਘੜੀ ਹੀ ਲਈਏ। ਕੁਝ ਸਾਲ ਪਹਿਲਾਂ ਅਜਿਹੀਆਂ ਘੜੀਆਂ ਹੈਰਾਨੀ ਪੈਦਾ ਕਰਦੀਆਂ ਤੇ ਉਤਸੁਕਤਾ ਜਗਾਉਂਦੀਆਂ ਸਨ, ਪਰ ਅੱਜ-ਕੱਲ੍ਹ ਇਨ੍ਹਾਂ ਦੀ ਵਰਤੋਂ ਆਮ ਹੁੰਦੀ ਹੈ। ਇੰਝ ਇਹ ਅਨੁਮਾਨ ਕਰਨਾ ਸੌਖਾ ਨਹੀਂ ਕਿ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿਚ ਵਿਗਿਆਨ ਦੀਆਂ ਕਿਹੜੀਆਂ-ਕਿਹੜੀਆਂ ਕਾਢਾਂ ਹੋਣਗੀਆਂ ਤੇ ਉਨ੍ਹਾਂ ਕਾਰਨ ਜੀਵਨ ਕਿੰਨਾ ਤਬਦੀਲ ਹੋ ਜਾਵੇਗਾ।

ਵਿਗਿਆਨ ਸਦਕਾ ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਵਿਚ ਭੌਤਿਕ ਤਬਦੀਲੀਆਂ ਆਈਆਂ ਹਨ। ਮੁੱਖ ਰੂਪ ਵਿਚ ਇਹ ਤਬਦੀਲੀ ਸਾਹਿਤ ਤੇ ਕਲਾਵਾਂ ਨੇ ਲਿਆਉਣੀ ਹੁੰਦੀ ਹੈ। ਵਿਗਿਆਨ ਨੇ ਕਲਾਵਾਂ ਦੇ ਵਿਕਸਿਤ ਹੋਣ ਵਿਚ ਵੀ ਬਹੁਤ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ। ਉਦਾਹਰਣ ਲਈ ਸੰਗੀਤ ਦੇ ਇਹੋ ਜਿਹੇ ਸਾਜ਼ ਬਣ ਗਏ ਹਨ ਜਿਨ੍ਹਾਂ ਨਾਲ ਬਰੀਕ ਅਤੇ ਛੋਟੀਆਂ ਧੁਨੀਆਂ ਪੈਦਾ ਕੀਤੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ। ਫ਼ਿਲਮਾਂ ਵਿਚ ਵਿਗਿਆਨ ਨੇ ਕਲਾਕਾਰਾਂ ਦੀ ਕਲਾ ਦੇ ਪ੍ਰਭਾਵ ਵਿਚ ਬੇਅੰਤ ਵਾਧਾ ਕੀਤਾ ਹੈ। ਇਸ ਪ੍ਰਕਾਰ ਵਿਗਿਆਨ ਅਤੇ ਕਲਾਵਾਂ ਮਨੁੱਖ ਨੇ ਪੈਦਾ ਕੀਤੀਆਂ ਹਨ ਅਤੇ ਮਨੁੱਖ ਦੇ ਮਨ ਵਿਚੋਂ ਅੰਧ-ਵਿਸ਼ਵਾਸਾਂ, ਵਹਿਮਾਂ-ਭਰਮਾਂ ਤੇ ਨਿਰਮੂਲ ਤਰੁਂ ਦਾ ਹਨੇਰਾ ਦੂਰ ਕਰਨ ਲਈ ਵਿਗਿਆਨ ਅਤੇ ਕਲਾਵਾਂ ਦਾ ਬਰਾਬਰ ਯੋਗਦਾਨ ਹੈ।

ਵਿਗਿਆਨ ਮਨੁੱਖ ਦੇ ਹੱਥ ਵਿਚ ਇਕ ਵੱਡੀ ਸ਼ਕਤੀ ਹੈ। ਕਿਸੇ ਵੀ ਸ਼ਕਤੀਸ਼ਾਲੀ ਸਾਧਨ ਵਾਂਗ ਇਸ ਦੀ ਕੁਵਰਤੋਂ ਵੀ ਮਾੜੀ ਹੈ। ਅੱਜ ਜੰਗਾਂ-ਯੁੱਧਾਂ ਲਈ ਵਿਗਿਆਨ ਦੀ ਮਦਦ ਨਾਲ ਬੜੇ ਭਿਅੰਕਰ ਹਥਿਆਰ ਬਣਾਏ ਜਾ ਰਹੇ ਹਨ। ਦੂਜੇ ਮਹਾਂਯੁੱਧ ਸਮੇਂ ਜਪਾਨੀ ਸ਼ਹਿਰਾਂ ਹੀਰੋਸ਼ੀਮਾ ਅਤੇ ਨਾਗਾਸਾਕੀ ਦੇ ਐਟਮ-ਬੰਬਾਂ ਨਾਲ ਹੋਈ ਬਰਬਾਦੀ ਅਜੇ ਤੱਕ ਸਭ ਨੂੰ ਯਾਦ ਹੈ। ਪਰ ਇਸ ਵਿਚ ਦੋਸ਼ ਵਿਗਿਆਨ ਦਾ ਨਹੀਂ ਸਗੋਂ ਉਨ੍ਹਾਂ ਲੋਕਾਂ ਦਾ ਹੈ ਜਿਹੜੇ ਇਸ ਨੂੰ ਤਬਾਹੀ ਲਈ ਵਰਤਣ ਤੋਂ ਝਿਜਕਦੇ ਨਹੀਂ। ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿਚ ਅਜਿਹੇ ਮਨੁੱਖ ਦੀ ਲੋੜ ਹੈ ਜਿਹੜਾ ਮਾਰੂ ਦੀ ਥਾਂ ਉਸਾਰੂ ਹੋਵੇ। ਨਿਸ਼ਚੇ ਹੀ ਅਜਿਹੇ ਮਨੁੱਖ ਦੀ ਸ਼ਖ਼ਸੀਅਤ ਦਾ ਵਿਕਾਸ ਵਿਗਿਆਨ ਅਤੇ ਕਲਾ ਦੋਹਾਂ ਦੇ ਸੁਮੇਲ ਸਦਕਾ ਹੀ ਹੋ ਸਕਦਾ ਹੈ।

> ਵਿਚਾਰ ਫੁੱਲਾਂ ਦੇ ਸਮਾਨ ਹਨ ਅਤੇ ਸੋਚਲਾ
> ਉਨ੍ਹਾਂ ਨੂੰ ਸੁੰਦਰ ਮਾਲਾ ਵਿਚ ਧਰੋਣ ਦੇ ਸਮਾਨ ਹੈ।
>
> – ਸਵੇਟ ਸੀਨ

ਵੱਧ ਰਹੇ ਨਸ਼ਿਆਂ ਦੀ ਰੋਕਥਾਮ

ਹਰਮਨਜੋਤ ਸਿੰਘ
ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਨਸ਼ਿਆਂ ਦੀ ਬਿਮਾਰੀ ਨੇ ਤਕਰੀਬਨ ਹਰ ਮੁਲਕ ਨੂੰ ਤਬਾਹੀ ਦੇ ਕੰਢੇ 'ਤੇ ਖੜਾ ਕਰ ਦਿੱਤਾ ਹੋਇਆ ਹੈ। ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਬਿਮਾਰੀਆਂ 'ਚ ਨਿੱਤ ਨਵਾਂ ਵਾਧਾ ਹੋ ਰਿਹਾ ਹੈ। ਕੈਂਸਰ ਅਤੇ ਏਡਜ਼ ਵਰਗੀਆਂ ਮਾਰੂ ਬਿਮਾਰੀਆਂ ਨਾਲ ਲੋਕੀ ਕੁਰਲਾ ਰਹੇ ਹਨ ਅਤੇ ਮੌਤ ਦੇ ਮੂੰਹ ਜਾ ਰਹੇ ਹਨ। ਕਿਡਨੀ, ਦਿਲ ਅਤੇ ਲਿਵਰ ਵਰਗੀਆਂ ਖਤਰਨਾਕ ਬਿਮਾਰੀਆਂ ਨਾਲ ਵਸਦੇ ਰਸਦੇ ਘਰ ਉਜੜ ਰਹੇ ਹਨ। ਲੱਖਾਂ ਹੀ ਮੁਲਕ ਜਵਾਨੀਆਂ ਹਰ ਸਾਲ ਤਬਾਹ ਹੋ ਰਹੀਆਂ ਹਨ। ਵਿਰਲਾ ਹੀ ਕੋਈ ਘਰ ਹੋਵੇਗਾ ਜਿੱਥੇ ਪਰਿਵਾਰ ਨੂੰ ਇਸ ਕਰੋਪੀ ਦਾ ਸੇਕ ਨਾ ਲੱਗਿਆ ਹੋਵੇ।

ਅਫ਼ਸੋਸ ਹੈ ਕਿ ਸਾਡੇ ਕੱਲ੍ਹ ਦੀ ਵਾਰਸ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਕੁਰਾਹੇ ਪਈ ਜਾ ਰਹੀ ਹੈ। ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਨੇ ਨਸ਼ਿਆਂ ਦੀ ਪੂਰਤੀ ਲਈ ਅਪਰਾਧਾਂ, ਕਤਲਾਂ, ਲੁੱਟਾਂ, ਚੋਰੀਆਂ ਅਤੇ ਡਾਕਿਆਂ ਦੀ ਓਟ ਲੈ ਲਈ ਹੈ। ਵੈਸੇ ਤਾਂ ਨਸ਼ਿਆਂ ਦੀ ਬਿਮਾਰੀ ਦਾ ਅਸਰ ਹਰ ਮਨੁੱਖ 'ਤੇ ਹੀ ਹੋ ਰਿਹਾ ਹੈ ਪਰ ਸਭ ਤੋਂ ਵੱਧ ਪ੍ਰਭਾਵ ਔਰਤ ਵਰਗ ਉੱਪਰ ਹੋ ਰਿਹਾ ਹੈ। ਹੱਸਦੇ-ਖੇਲਦੇ ਘਰ ਉੱਜੜ ਰਹੇ ਹਨ। ਔਰਤਾਂ ਦੇ ਸ਼ੋਸ਼ਣ, ਲੁੱਟਾਂ-ਖੋਹਾਂ, ਘਰੇਲੂ ਝਗੜਿਆਂ, ਆਪਸੀ ਮਾਰ ਕੁਟਾਈਆਂ, ਬਲਾਤਕਾਰਾਂ ਅਤੇ ਤਲਾਕਾਂ ਨੇ ਖ਼ੁਸ਼ੀ-ਖ਼ੁਸ਼ੀ ਵੱਸਦੇ ਘਰਾਂ ਨੂੰ ਖੇਰੂ-ਖੇਰੂ ਕਰ ਦਿੱਤਾ ਹੈ। ਖਾਸ ਕਰਕੇ ਇਸ ਸੰਬੰਧੀ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਅਤੇ ਵਿਦਿਆਰਥੀ ਵਰਗ ਨੂੰ ਹੁਲੂਣਾ ਦੇਣ ਅਤੇ ਜਾਗਰੂਕ ਕਰਨ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿ ਉਹ ਵੀ ਇਸ ਸਮੱਸਿਆ ਦੇ ਹੱਲ ਲਈ ਆਪਣਾ ਯੋਗ ਹਿੱਸਾ ਪਾ ਸਕਣ।

ਪੰਜਾਬ ਗੁਰੂਆਂ, ਪੀਰਾਂ, ਫ਼ਕੀਰਾਂ ਅਤੇ ਯੋਧਿਆਂ ਦੀ ਧਰਤੀ ਹੈ। ਇੱਥੇ ਇਹ ਲਿਖਣਾ ਯੋਗ ਹੋਵੇਗਾ ਕਿ ਸਿੱਖ ਧਰਮ, ਇਸਲਾਮ, ਬੁੱਧ-ਧਰਮ, ਹਿੰਦੂ ਅਤੇ ਇਸਾਈ ਮੱਤ ਦੇ ਧਰਮ ਗ੍ਰੰਥਾਂ ਅਨੁਸਾਰ ਨਸ਼ੇ ਕਰਨੇ ਘੋਰ ਬੁਰਾਈ ਹਨ। ਜੇਕਰ ਗੌਰ ਸਰਕਾਰੀ ਵੇਚੇ ਜਾਂਦੇ ਨਸ਼ਿਆਂ ਅਪਰਾਧ ਹਨ ਤਾਂ ਸਰਕਾਰਾਂ ਵੱਲੋਂ ਪਿੰਡਾਂ ਤੇ ਸ਼ਹਿਰਾਂ ਦੇ ਹਰ ਮੋੜ 'ਤੇ ਖੋਲੇ ਗਏ ਸਰਕਾਰੀ ਠੇਕਿਆਂ ਰਾਹੀਂ ਵੇਚੇ ਜਾਂਦੇ ਨਸ਼ੇ ਵੀ ਤਾਂ ਬੁਰਾਈ ਹੀ ਹੁੰਦੇ ਹੋਣਗੇ।

ਜੇਕਰ ਸਰਕਾਰੀ ਤੇ ਗੌਰ ਸਰਕਾਰੀ ਸ਼ਰਾਬ ਅਤੇ ਕੈਮਿਸਟਰਾਂ ਵੱਲੋਂ

ਅਣਅਧਿਕਾਰਤ ਨਸ਼ਿਆਂ ਦੀ ਵਿਕਰੀ ਨੂੰ ਕੰਟਰੋਲ ਕਰ ਲਿਆ ਜਾਵੇਗਾ ਤਾਂ ਸ਼ਾਇਦ ਬਹੁਤ ਹਸਪਤਾਲਾਂ ਜਾਂ ਨਸ਼ਾ ਛੁਡਾਓ ਕੇਂਦਰਾਂ ਦੀ ਲੋੜ ਵੀ ਘੱਟ ਜਾਵੇਗੀ ਅਤੇ ਇਸ ਢੰਗ ਨਾਲ ਬੱਚਿਤ ਕੀਤੀ ਮਾਇਆ ਕਿਸੇ ਹੋਰ ਚੰਗੇ ਕੰਮ ਲਈ ਵਰਤੀ ਜਾ ਸਕੇਗੀ।

ਨਸ਼ਿਆਂ ਦੇ ਕੋਹੜ ਨੂੰ ਖ਼ਤਮ ਕਰਨ ਲਈ ਮਾਪਿਆਂ, ਧਾਰਮਿਕ ਅਦਾਰਿਆਂ, ਸਮਾਜ ਸੇਵੀਆਂ, ਸਿਆਸੀ ਲੀਡਰਾਂ, ਰੋਲ ਮਾਡਲਾਂ, ਮੀਡੀਆ ਅਤੇ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਸਮੇਤ ਸਾਰੇ ਹੀ ਅਦਾਰਿਆਂ ਵਲੋਂ ਨਸ਼ਿਆਂ ਨੂੰ ਖ਼ਤਮ ਕਰਨ ਲਈ ਵਧੀਆ ਯੋਗਦਾਨ ਪਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਵਿੱਦਿਅਕ ਅਦਾਰਿਆਂ ਵਿਚ ਨਸ਼ਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਸੰਬੰਧੀ ਸਿਲੇਬਸ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਜਿਸ ਨਾਲ ਨਸ਼ਿਆਂ ਦੇ ਮਾਰੂ ਅਸਰਾਂ ਦੀ ਜਾਣਕਾਰੀ ਦੇਣ ਬਾਰੇ ਨੌਜਵਾਨ ਪੀੜ੍ਹੀ ਨੂੰ ਜਾਗਰੂਕਤਾ ਮਿਲ ਸਕੇਗੀ। ਯਾਦ ਰਹੇ ਕਿ ਗੱਲੀ-ਬਾਤੀਂ ਸਮਾਜ ਦੀ ਸਿਰਜਨਾ ਨਹੀਂ ਹੋ ਸਕੇਗੀ ਸਗੋਂ ਸੜ ਰਹੇ ਇਸ ਨਜ਼ਾਮ ਨੂੰ ਬਿਹਤਰ ਬਨਾਉਣ ਲਈ ਸੰਜੀਦਗੀ ਅਤੇ ਈਮਾਨਦਾਰੀ ਦੀ ਲੋੜ ਹੋਵੇਗੀ।

ਭਰੂਣ-ਹੱਤਿਆ

ਕਿਰਨਦੀਪ ਕੌਰ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਭਰੂਣ-ਹੱਤਿਆ ਦਾ ਅਰਥ - ਗਰਭਵਤੀ ਮਾਂ ਦੀ ਕੁੱਖ ਵਿਚ ਵਿਕਸਤ ਹੋ ਰਿਹਾ ਬੱਚਾ ਜਦੋਂ ਅੱਠ ਹਫ਼ਤਿਆਂ ਦਾ ਹੁੰਦਾ ਹੈ, ਤਾਂ ਉਸ ਨੂੰ 'ਭਰੂਣ' ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਇਸ ਸਮੇਂ ਉਸ ਦੇ ਸਾਰੇ ਅੰਗ ਅਰਥਾਤ ਲਿੰਗ ਵੀ ਪਛਾਣਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਜਦੋਂ ਇਸ ਨੂੰ ਗਰਭਪਾਤ ਦੁਆਰਾ ਖਤਮ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ, ਤਾਂ ਇਸ ਨੂੰ 'ਭਰੂਣ ਹੱਤਿਆ' ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਪਰ ਅੱਜ ਸਾਡੇ ਦੇਸ਼ ਵਿਚ ਸਿਰਫ਼ ਮਾਦਾ ਭਰੂਣ-ਹੱਤਿਆ ਹੀ ਹੋ ਰਹੀ ਹੈ। ਭਾਵ ਜੇਕਰ ਪੇਟ ਵਿਚ ਪਲਣ ਨਾਲਾ ਬੱਚਾ ਮਾਦਾ (ਲੜਕੀ) ਹੈ ਤਾਂ ਉਸ ਨੂੰ ਖ਼ਤਮ ਕਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ।

ਗਿਆਨ-ਵਿਗਿਆਨ ਦੀ ਦੁਰਵਰਤੋਂ - ਅਲਟਰਾਸਾਊਂਡ ਸਕੈਨ ਜੋ ਕਿ 1980 ਈ: ਵਿਚ ਭਾਰਤ ਆਈ, ਇਹ ਸਰੀਰ ਅੰਦਰਲੀ ਬਿਮਾਰੀਆਂ ਤੇ ਨੁਕਸਾਂ ਦਾ ਪਤਾ ਲਾਉਣ ਲਈ ਬਣਾਈ ਗਈ ਸੀ ਪਰ ਮਨੁੱਖ ਨੇ ਇਸ ਦੀ ਵਰਤੋਂ ਭਰੂਣ ਦੇ ਨਰ ਜਾਂ ਮਾਦਾ ਹੋਣ ਦੀ ਜਾਣਕਾਰੀ ਲੈਣ ਲਈ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ। ਮਾਦਾ ਭਰੂਣ ਦੀ ਸੂਚਨਾ ਮਿਲਣ 'ਤੇ ਇਸ ਦੀ ਸਫ਼ਾਈ ਕਰਵਾਏ ਜਾਣ ਦੀ ਸਹੂਲਤ ਦਿੱਤੀ

ਜਾਣ ਲੱਗ ਪਈ। ਸਿੱਟੇ ਵਜੋਂ ਹੌਲੀ-ਹੌਲੀ ਅਲਟਰਾਸਾਊਂਡ ਸਕੈਨ ਕੇਂਦਰ ਤੇ ਨਰਸਿੰਗ ਹੋਮ ਥਾਂ-ਥਾਂ 'ਤੇ ਖੁੱਲ ਗਏ। ਹੌਲੀ-ਹੌਲੀ ਭਰੂਣ-ਹੱਤਿਆ ਦੇ ਕਤਲ ਨੇ ਸਮਾਜ ਦੇ ਭਵਿੱਖ ਦੀ ਭਿਆਨਕ ਤਸਵੀਰ ਪੇਸ਼ ਕਰ ਦਿੱਤੀ।

ਜੀਵ-ਹੱਤਿਆ - ਸਮੇਂ ਦਾ ਸੱਚ: ਇਕ ਵੇਲਾ ਸੀ ਜਦੋਂ ਸਾਡੇ ਦੇਸ਼ ਵਿਚ ਬੋਲੀ ਮਾਰਨ ਜਾਂ ਗਊ ਮਾਰਨ ਨੂੰ ਮਹਾਂ-ਪਾਪ ਸਮਝਿਆ ਜਾਂਦਾ ਸੀ। ਇੱਥੇ ਹਰ ਜੀਵ ਆਤਮਾ ਵਿਚ ਪਰਮਾਤਮਾ ਦਾ ਵਾਸਾ ਮੰਨਿਆ ਜਾਂਦਾ ਸੀ ਤਾਂ ਕੀ ਮਾਦਾ ਭਰੂਣ-ਹੱਤਿਆ ਕੁਦਰਤ ਦੀ ਤੌਹੀਨ ਨਹੀਂ ਕਿ ਉਸ ਦੀ ਮਰਜ਼ੀ ਦੀ ਥਾਂ ਅਸੀਂ ਆਪਣੀ ਮਰਜ਼ੀ ਕਰਨ ਲਗ ਪਏ ਹਾਂ? ਕੀ ਕੁਦਰਤ ਇਸ ਤਰ੍ਹਾਂ ਦੀ ਜੀਵ-ਹੱਤਿਆ ਦਾ ਸਾਡੇ ਕੋਲੋਂ ਬਦਲਾ ਨਹੀਂ ਲਵੇਗੀ? ਇਸ ਜੀਵ-ਹੱਤਿਆ ਦਾ ਪਾਪ ਕਿਸ ਤਰ੍ਹਾਂ ਦੂਰ ਹੋਵੇਗਾ? ਕੀ ਇਸ ਤਰ੍ਹਾਂ ਕਰਕੇ ਅਸੀਂ ਦੁਨੀਆਂ ਦੇ ਖ਼ਾਤਮੇ ਵੱਲ ਨਹੀਂ ਵੱਧ ਰਹੇ? ਜ਼ਰਾ ਸੋਚੋ ਕਿ ਜੇਕਰ ਔਰਤ ਨਾ ਹੁੰਦੀ ਤਾਂ ਕੀ ਹੁੰਦਾ।

ਇਸ ਸੰਬੰਧੀ ਕਿਸੇ ਸ਼ਾਇਰ ਨੇ ਠੀਕ ਹੀ ਕਿਹਾ ਹੈ :

"ਗੁਰ ਔਰਤ ਨਾ ਹੋਤੀ ਬਾਗੋ-ਆਲਮ ਮੇਂ ਤੋ ਕਿਆ ਹੋਤਾ?
ਸਾਰਾ ਆਲਮ ਏਕ ਨੁਕਤੇ ਪੇ ਸਿਮਟ ਕੇ ਰਹਿ ਗਿਆ ਹੋਤਾ।"

ਵਰਤਮਾਨ ਤੇ ਪੁਰਾਤਨ ਸਮੇਂ ਵਿਚ ਫ਼ਰਕ ਸਿਰਫ਼ ਏਨਾ ਸੀ ਕਿ ਉਦੋਂ ਲਿੰਗ ਨਿਰਧਾਰਨ ਕਰਨ ਲਈ ਮਸ਼ੀਨਾਂ ਨਹੀਂ ਸਨ। ਇਸ ਲਈ ਘੱਟੋਘੱਟ ਬੱਚੀ ਜਨਮ ਤਾਂ ਲੈ ਸਕਦੀ ਸੀ ਭਾਵੇਂ ਬਾਅਦ ਵਿਚ ਕੁਝ ਪਾਪੀ ਮਾਪੇ ਉਸ ਨੂੰ ਮਾਰ ਦਿੰਦੇ ਸਨ। ਇਤਿਹਾਸ ਗਵਾਹ ਹੈ ਕਿ ਸ਼ੇਰੇ-ਪੰਜਾਬ ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਦੀ ਮਾਤਾ ਸਦਾ ਕੌਰ ਨੂੰ ਜਨਮ ਲੈਣ ਤੋਂ ਫ਼ੌਰਨ ਬਾਅਦ ਜਿਉਂਦੀ ਨੂੰ ਜ਼ਮੀਨ ਹੇਠ ਦੱਬ ਦਿੱਤਾ ਗਿਆ ਸੀ। ਮਾਂ-ਬਾਪ ਜੋ ਇਕ ਪੂਰਨ ਸੰਤ ਦੇ ਸ਼ਰਧਾਲੂ ਸਨ, ਉਨ੍ਹਾਂ ਆਖਿਆ, "ਪਾਪੀਓ" ਤੁਹਾਡੀ ਸੇਵਾ ਨਿਸਫ਼ਲ ਹੈ। ਤੁਸੀਂ ਬੱਜਰ ਪਾਪ ਕਰ ਚੁੱਕੇ ਹੋ। ਜਾਓ, ਪਹਿਲਾਂ ਜ਼ਮੀਨ 'ਚੋਂ ਬੱਚੀ ਨੂੰ ਬਾਹਰ ਕੱਢੋ। ਭਾਣਾ ਰੱਬ ਦਾ, ਸਿੱਟੀ ਪੁੱਟਣ 'ਤੇ ਬੱਚੀ ਜਿਉਂਦੀ ਨਿਕਲੀ। ਉਸੇ ਹੀ ਬੱਚੀ ਦੀ ਕੁੱਖ ਤੋਂ ਮਹਾਨ ਸੂਰਬੀਰ ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਦਾ ਜਨਮ ਹੋਇਆ।

ਭਰੂਣ-ਹੱਤਿਆ ਰੋਕਣ ਦੇ ਸੁਝਾਅ - ਭਰੂਣ-ਹੱਤਿਆ ਰੋਕਣ ਲਈ ਹੇਠ ਲਿਖੇ ਸੁਝਾਅ ਪੇਸ਼ ਕੀਤੇ ਜਾਂਦੇ ਹਨ :

- ਲਿੰਗ ਨਿਰਧਾਰਨ ਟੈਸਟ ਕਾਨੂੰਨੀ ਤੌਰ 'ਤੇ ਮੁਕੰਮਲ ਬੰਦ ਕੀਤੇ ਜਾਣ। ਫਿਰ ਵੀ ਜੇਕਰ ਸ਼ੱਕ ਜਾਂ ਸ਼ਿਕਾਇਤ ਆਵੇ ਤਾਂ ਸੰਬੰਧਤ ਹਸਪਤਾਲ ਜਾਂ ਕਲੀਨਿਕ ਬੰਦ ਕਰ ਦਿੱਤਾ ਜਾਵੇ।

- ਸਕੂਲਾਂ-ਕਾਲਜਾਂ ਵਿਚ ਨੈਤਿਕ ਸਿੱਖਿਆ ਹੋਵੇ।
- ਦਹੇਜ-ਵਿਰੋਧੀ ਬਿੱਲ ਪਾਸ ਹੋਣਾ।
- ਬਲਾਤਕਾਰੀ ਨੂੰ ਆਮ ਜਨਤਾ ਵਿਚ ਗੋਲੀ ਮਾਰੀ ਜਾਵੇ।
- ਪੱਛਗਰਾਗਤ ਸੋਚ ਨੂੰ ਬਦਲਿਆ ਜਾਵੇ ਤੇ ਮੁੰਡੇ-ਕੁੜੀ ਵਿਚ ਕੋਈ ਅੰਤਰ ਨਾ ਕੀਤਾ ਜਾਵੇ।
- ਗਰਭਪਾਤ ਕਰਨ 'ਤੇ ਕਰਾਉਣ ਵਾਲਿਆਂ ਨੂੰ ਵੱਧ ਤੋਂ ਵੱਧ ਜੁਰਮਾਨਾ ਤੇ ਸਜ਼ਾ ਹੋਵੇ।
- ਔਰਤ ਨੂੰ ਇੱਜ਼ਤ-ਮਾਨ ਦਿੱਤਾ ਜਾਵੇ।

ਦਾਜ ਦੀ ਸਮੱਸਿਆ

ਗੁਰਜੋਤ ਕੌਰ
ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਦਾਜ ਤੋਂ ਭਾਵ : ਉਨ੍ਹਾਂ ਸਭ ਚੀਜ਼ਾਂ-ਵਸਤਾਂ ਨੂੰ ਜਿਹੜੀਆਂ ਮਾਪੇ ਆਪਣੀ ਬੱਚੀਆਂ ਨੂੰ ਵਿਆਹੇ ਜਾਣ 'ਤੇ ਸਹਾਇਤਾ ਜਾਂ ਦਾਨ ਵਜੋਂ ਦਿੰਦੇ ਹਨ, ਦਾਜ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਇਨ੍ਹਾਂ ਵਸਤਾਂ ਵਿਚ ਨਕਦੀ ਤੋਂ ਛੁੱਟ ਗਹਿਣੇ, ਕੱਪੜੇ, ਬਿਸਤਰੇ, ਫਰਨੀਚਰ, ਟੈਲੀਵਿਜ਼ਨ, ਸਕੂਟਰ, ਕਾਰ ਆਦਿ ਆ ਜਾਂਦੇ ਹਨ।

ਇਸ ਪ੍ਰਥਾ ਦਾ ਪ੍ਰਾਚੀਨ ਰੂਪ : ਕੋਈ ਵੇਲਾ ਸੀ ਜਦ ਸਾਡੇ ਦੇਸ਼ ਵਿਚ ਲੜਕੀ ਦੇ ਵਿਆਹ 'ਤੇ ਮਾਪੇ ,ਅੰਗ ਸਾਕ, ਗੁਆਂਢੀ ਤੇ ਦੋਸਤ-ਮਿੱਤਰ ਆਪਣੀ ਵਿੱਤ ਅਨੁਸਾਰ ਕੁਝ ਸੁਗਾਤਾਂ ਵਿਆਹੀ ਜਾ ਰਹੀ ਨਵੀਂ ਜੋੜੀ ਨੂੰ ਦਿਆ ਕਰਦੇ ਸਨ ਤਾਂ ਜੋ ਇਹ ਆਪਣਾ ਘਰ ਅਰਾਮ ਨਾਲ ਸ਼ੁਰੂ ਕਰ ਸਕੇ। ਲੜਕੇ ਦੇ ਮਾਪੇ ਇਨ੍ਹਾਂ ਚੀਜ਼ਾਂ-ਵਸਤਾਂ ਨੂੰ ਖਿੜੇ-ਮੱਥੇ ਪ੍ਰਵਾਨ ਕਰਕੇ ਕਹਿ ਦਿੰਦੇ ਸਨ – ਜਿਨ੍ਹਾਂ ਧੀ ਦੇ ਦਿੱਤੀ, ਸਭ ਕੁਝ ਦੇ ਦਿੱਤਾ। ਲੜਕੀ ਦਾ ਵਿਆਹ, ਕੰਨਿਆ ਦਾਨ ਦਾ ਸਮਾਗਮ ਸਮਝਿਆ ਜਾਂਦਾ ਸੀ।

ਇਸ ਪ੍ਰਥਾ ਦਾ ਨਵੀਨ ਰੂਪ : ਸਾਡੇ ਦੇਸ਼ ਵਿਚ ਦਾਜ ਦੀ ਸਮੱਸਿਆ ਪੂੰਜੀਵਾਦੀ ਪ੍ਰਬੰਧ ਦੀ ਦੇਣ ਹੈ। ਇਹ ਹੁਣ ਅਤਿ-ਭਿਆਨਕ ਰੂਪ ਧਾਰ ਗਈ ਹੈ। ਲੜਕੇ ਵਾਲੇ ਲੜਕੀ ਦਾ ਘਰ-ਘਾਟ, ਖ਼ਾਨਦਾਨ, ਉਸ ਦੀ ਦਿੱਖ, ਵਿੱਦਿਅਕ ਯੋਗਤਾ ਤੇ ਹੋਰ ਗੁਣ ਵੇਖਣ ਨਾਲੋਂ ਦਿੱਤੇ ਜਾ ਰਹੇ ਦਾਜ ਦਾ ਵੇਰਵਾ ਵੇਖਦੇ ਹਨ। ਇਸ ਸਮਾਜਕ ਕੁਰੀਤੀ ਨੇ ਸੰਸਾਰ ਦੇ ਉੱਨਤ ਦੇਸ਼ਾਂ ਵਿਚ ਸਾਡਾ ਸਿਰ ਨਮੋਸ਼ੀ ਨਾਲ ਨਿਵਾ ਦਿੱਤਾ ਹੈ। ਦਾਜ ਪ੍ਰਥਾ ਸਮੇਂ ਦੇ ਬੀਤਣ ਨਾਲ ਭਿਆਨਕ ਤੇ ਹਾਨੀਕਾਰਕ ਰੂਪ ਧਾਰਨ ਕਰ ਗਈ ਹੈ। ਵਿਆਹ ਲੜਕੀ ਨਾਲ ਨਹੀਂ ਸਗੋਂ ਦਾਜ ਨਾਲ ਹੋਣ ਲੱਗ ਪਿਆ ਹੈ। ਲੜਕੀਆਂ ਦੇ ਮੁੱਲ ਪੈਣੇ ਸ਼ੁਰੂ ਹੋ ਗਏ ਹਨ। ਸਹੀ ਅਰਥਾਂ ਵਿਚ ਵਿਆਹ ਇਕ ਵਪਾਰ ਬਣ ਗਿਆ ਹੈ ਤੇ ਸੌਦੇਬਾਜ਼ੀ ਹੋਣ ਲੱਗ ਪਈ ਹੈ। ਲੜਕੇ ਵਾਲਿਆਂ ਵੱਲੋਂ ਦਾਜ ਮੂੰਹੋਂ ਮੰਗਿਆ ਜਾਣ ਲੱਗ ਪਿਆ ਹੈ।

ਦਾਜ ਦੀ ਬਲੀ ਦਾ ਸ਼ਿਕਾਰ : ਅਮੀਰ ਤੇ ਕਾਲੇ ਧਨ ਵਾਲੇ ਤਾਂ ਆਪਣੇ ਸਰਮਾਏ ਦੇ ਸਿਰ 'ਤੇ ਆਪਣੀਆਂ ਧੀਆਂ ਨੂੰ ਚੰਗੇ ਕਮਾਊ ਮੁੰਡਿਆਂ ਨਾਲ ਵਿਆਹ ਰਹੇ ਹਨ ਪਰ ਗਰੀਬ ਤੇ ਮੱਧ ਸ਼੍ਰੇਣੀ ਵਾਲਿਆਂ ਲਈ ਤਾਂ ਧੀ ਦੇ ਹੱਥ ਪੀਲੇ ਕਰਨਾ ਤਕੜੀ ਸਮੱਸਿਆ ਬਣ ਗਈ ਹੈ। ਜੋ ਉਹ ਕੁਝ ਪੇਟ ਕੱਟ ਕੇ ਤੇ ਕੁਝ ਕਰਜ਼ਾ ਚੁੱਕ ਕੇ ਜਿਵੇਂ : ਕਿਵੇਂ ਵਿਆਹ ਕਰ ਵੀ ਦਿੰਦੇ ਹਨ ਤਾਂ ਬਾਅਦ ਦੀਆਂ ਮੰਗਾਂ ਪੂਰੀਆਂ ਨਾ ਕਰ ਸਕਣ ਕਰਕੇ ਮਾਨੋ ਲੜਕੀ ਦੇ ਜੀਵਨ ਨੂੰ ਨਰਕ ਦੀ ਭੱਠੀ ਵਿਚ ਝੋਕ ਦਿੰਦੇ ਹਨ। ਜੋ ਲੜਕੀ ਜ਼ੁਰਅਤ ਕਰਕੇ ਆਪਣਾ ਪੱਖ ਪੂਰਦੀ ਹੋਈ ਆਪਣਾ ਮੂੰਹ ਖੋਲਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦੀ ਹੈ ਤਾਂ ਉਸ ਦੇ ਆਚਰਨ 'ਤੇ ਉਜਾਂ ਲਾ ਕੇ ਉਸ ਨੂੰ ਭਾਈਚਾਰੇ ਵਿਚ ਭੰਡਿਆ ਜਾਂਦਾ ਹੈ। ਅਤਿ ਹੋਣ 'ਤੇ ਲੜਕੀ ਨੂੰ ਜਾਂ ਸਟੋਵ ਫਟਣ ਦੇ ਬਹਾਨੇ ਸਾੜਿਆ ਜਾਂਦਾ ਹੈ ਜਾਂ ਉਹ ਆਪ ਆਤਮਘਾਤ ਕਰ ਲੈਂਦੀ ਹੈ। ਅਜਿਹੀਆਂ ਖ਼ਬਰਾਂ ਅਸੀਂ ਆਏ ਦਿਨ ਅਖ਼ਬਾਰਾਂ ਵਿਚ ਪੜ੍ਹਦੇ ਰਹਿੰਦੇ ਹਾਂ। ਨਿਰਸੰਦੇਹ ਹੁਣ ਤੱਕ ਅਣਗਿਣਤ ਲੜਕੀਆਂ ਇਸ ਕਲੇਸ਼ ਵਿਚ ਆਪਣੀ ਜਾਨ ਤੋਂ ਹੱਥ ਧੋ ਬੈਠੀਆਂ ਹਨ। ਹੱਤਿਆ ਦੇ ਵਾਧੇ ਦਾ ਵੀ ਇਹੋ ਹੀ ਕਾਰਨ ਹੈ।

ਸੁਝਾਅ – ਦਾਜ ਦੀ ਸਮੱਸਿਆ ਨਾਲ ਨਜਿੱਠਣ ਲਈ ਕੁਝ ਸੁਝਾਅ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ

(ੳ) ਸਭ ਭਾਰਤੀਆਂ ਨੂੰ ਇਕਮੁੱਠ ਹੋ ਕੇ ਇਸ ਪ੍ਰਥਾ ਵਿਰੁੱਧ ਅੰਦੋਲਨ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਸਮਾਜ ਵਿਚ ਜਾਗਰੂਕਤਾ ਲਿਆ ਕੇ ਇਸ ਲਾਹਨਤਾ 'ਤੇ ਠੱਲ ਪਾਈ ਜਾ ਸਕਦੀ ਹੈ। ਨੌਜਵਾਨ ਮੁੰਡੇ-ਕੁੜੀਆਂ ਨੂੰ ਇਹ ਪ੍ਰਣ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਨਾ ਆਪਣੇ ਵਿਆਹ 'ਤੇ ਦਾਜ ਲੈਣਗੇ ਅਤੇ ਨਾ ਹੀ ਆਪਣੀ ਭੈਣ ਦੇ ਵਿਆਹ 'ਤੇ ਦਾਜ ਦੇਣਗੇ। ਇਹ ਤਾਂ ਹੀ ਹੋ ਸਕਦਾ ਹੈ ਜੇ ਮੁੰਡੇ-ਕੁੜੀਆਂ ਆਤਮ ਨਿਰਭਰ ਹੋਣ।

(ਅ) ਇਸ ਵਿਸ਼ੇ 'ਤੇ ਟੀ.ਵੀ. ਰੇਡੀਓ ਤੇ ਅਖ਼ਬਾਰਾਂ ਰਾਹੀਂ ਪ੍ਰਚਾਰ ਤੋਂ ਛੁੱਟ ਨਾਟਕ, ਲੇਖ, ਕਹਾਣੀਆਂ, ਨਾਵਲ ਤੇ ਕਵਿਤਾਵਾਂ ਵੀ ਲਿਖੀਆਂ ਜਾਣ। ਫਿਲਮਾਂ ਬਣਾਉਣ ਵਾਲਿਆਂ ਨੂੰ ਵੀ ਇਸ ਵਿਸ਼ੇ 'ਤੇ ਫਿਲਮਾਂ ਬਣਾਉਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ।

(ੲ) ਇਸਤਰੀ ਨੂੰ ਮਰਦ ਦੇ ਬਰਾਬਰ ਸਨਮਾਨਜਨਕ ਦਰਜਾ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਜਿਨ੍ਹੀ ਦੇਰ ਤੱਕ ਇਹ ਸਮਾਨਤਾ ਨਹੀਂ ਦਿੱਤੀ ਜਾਂਦੀ, ਇਹ ਸਮੱਸਿਆ ਬਣੀ ਰਹੇਗੀ।

(ਸ) ਇਸ ਕੰਮ ਲਈ ਅਤਿ-ਸੁਲਝੇ ਤੇ ਨੇਕ-ਨੀਤੀ ਵਾਲੇ ਆਗੂਆਂ ਨੂੰ ਅੱਗੇ ਆਉਣਾ ਚਾਹੀਦਾ ਹੈ।

(ਹ) ਭ੍ਰਿਸ਼ਟਾਚਾਰ, ਤਸਕਰੀ ਤੇ ਚੋਰ-ਬਜ਼ਾਰੀ 'ਤੇ ਰੋਕ ਲੱਗਣੀ ਚਾਹੀਦੀ ਹੈ।

(ਕ) ਜਨਤਾ 'ਚ ਰਾਸ਼ਟਰੀ ਭਾਵਨਾ ਦਾ ਬੋਲਬਾਲਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ।

(ਖ) ਲੜਕੀਆਂ ਦੀ ਵਿੱਦਿਆ ਵੱਲ ਵੀ ਧਿਆਨ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਉਹ ਆਪਣੇ ਪੈਰਾਂ 'ਤੇ ਆਪ ਖੜੀਆਂ ਹੋ ਸਕਣ।

ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਨੁਸ਼ਾਸਨ

ਸਨੇਹਾ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਅਨੁਸ਼ਾਸਨ ਦਾ ਕੀ ਅਰਥ ਹੈ : ਅਨੁਸ਼ਾਸਨ ਇਕ ਵਿਦਿਆਰਥੀ ਦੀ ਅਕਾਦਮਿਕ ਉੱਤਮਤਾ ਨਿੱਜੀ ਵਿਕਾਸ, ਅਤੇ ਸਫਲਤਾ ਵੱਲ ਯਾਤਰਾ ਦਾ ਆਧਾਰ ਹੈ। ਇਹ ਇਕ ਮਹੱਤਵਪੂਰਨ ਗੁਣ ਹੈ ਜੋ ਨਾ ਸਿਰਫ ਇਕ ਵਿਦਿਆਰਥੀ ਦੀਆਂ ਅਕਾਦਮਿਕ ਪ੍ਰਾਪਤੀਆਂ ਨੂੰ ਆਕਾਰ ਦਿੰਦਾ ਹੈ, ਸਗੋਂ ਉਨ੍ਹਾਂ ਦੇ ਚਰਿਤਰ ਅਤੇ ਭਵਿੱਖ ਦੀਆਂ ਸੰਭਾਵਨਾਵਾਂ ਨੂੰ ਵੀ ਆਕਾਰ ਦਿੰਦਾ ਹੈ। ਅਨੁਸ਼ਾਸਨ ਇਕ ਅਜਿਹਾ ਸਟਾਫ ਹੈ ਜੋ ਇਕ ਵਿਦਿਆਰਥੀ ਦੇ ਜੀਵਨ ਵਿਚ ਸਭ ਤੋਂ ਵੱਧ ਮਹੱਤਵ ਰੱਖਦਾ ਹੈ। ਇਕ ਮਾਰਗਦਰਸ਼ਕ ਸਿਧਾਂਤ ਵਜੋਂ ਕੰਮ ਕਰਦਾ ਹੈ। ਜੋ ਉਨ੍ਹਾਂ ਦੇ ਵਿਵਹਾਰ, ਕਾਰਵਾਈਆਂ ਅਤੇ ਸਿੱਖਣ ਅਤੇ ਵਿਅਕਤੀਗਤ ਵਿਕਾਸ ਲਈ ਸਮੁੱਚੀ ਪਹੁੰਚ ਨੂੰ ਆਕਾਰ ਦਿੰਦਾ ਹੈ।

1. **ਸਵੈ-ਨਿਯੰਤਰ ਅਤੇ ਨਿਯਮ :-** ਅਨੁਸ਼ਾਸਨ, ਵਿਦਿਆਰਥੀ ਲਈ, ਸਵੈ-ਨਿਯੰਤਰ ਅਭਿਆਸ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ। ਇਸ ਵਿਚ ਸੁਚੇਤ ਚੋਣਾਂ ਕਰਨ ਦੀ ਯੋਗਤਾ ਸ਼ਾਮਲ ਹੁੰਦੀ ਹੈ। ਜੋ ਕਿਸ ਦੇ ਅਕਾਦਮਿਕ ਟੀਚਿਆਂ, ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਅਤੇ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਨਾਲ ਮੇਲ ਖਾਂਦੀਆਂ ਹਨ।

2. **ਫੋਕਸ ਅਤੇ ਸਮਰਪਨ :-** ਅਨੁਸ਼ਾਸਿਤ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਪੜ੍ਹਾਈ ਤੇ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਤੇ ਮਜ਼ਬੂਤ ਫੋਕਸ ਪ੍ਰਦਰਸ਼ਿਤ ਕਰਦੇ ਹਨ। ਉਹ ਆਪਣੇ ਕੰਮਾਂ ਲਈ ਸਮਰਪਿਤ ਹਨ, ਉਨ੍ਹਾਂ ਭਟਕਣਾਵਾਂ ਤੋਂ ਪਰਹੇਜ਼ ਕਰਦੇ ਹਨ ਜਾਂ ਉਨ੍ਹਾਂ ਦੀ ਤਰੱਕੀ ਵਿਚ ਰੁਕਾਵਟ ਬਣ ਸਕਦੇ ਹਨ। ਇਹ ਸਮਰਪਣ ਨਿਰੰਤਰ ਯਤਨ, ਸਮਾਂ ਪ੍ਰਬੰਧਨ ਅਤੇ ਆਪਣੇ ਵਿੱਦਿਅਕ ਉਦੇਸ਼ਾਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਹੈ।

ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਵਿਚ ਅਨੁਸ਼ਾਸਨ ਦੀ ਮਹੱਤਤਾ

3. **ਅਕਾਦਮਿਕ ਉੱਤਮਤਾ :-** ਅਨੁਸ਼ਾਸਨ ਅਕਾਦਮਿਕ ਸਫਲਤਾ ਨਾਲ ਨੇੜਿਓ ਜੁੜਿਆ ਹੋਇਆ ਹੈ। ਜਿਹੜੇ ਵਿਦਿਆਰਥੀ ਅਨੁਸ਼ਾਸਨ ਦਾ ਅਭਿਆਸ ਕਰਦੇ ਹਨ, ਉਹ ਆਪਣੀਆਂ ਨਿਰੰਤਰ ਅਧਿਐਨ ਦੀਆਂ ਆਦਤਾਂ, ਸੰਗਠਨ ਅਤੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਸਮਾਂ ਪ੍ਰਬੰਧਨ ਦੇ ਕਾਰਨ ਆਪਣੀ ਪੜ੍ਹਾਈ ਵਿਚ ਉੱਤਮ ਹੁੰਦੇ ਸਨ।

4. **ਚਰਿਤਰ ਨਿਰਮਾਣ :-** ਅਕਾਦਮਿਕ ਪ੍ਰਾਪਤੀਆਂ ਤੋਂ ਪਰੇ, ਅਨੁਸ਼ਾਸਨ ਚਰਿਤਰ ਨਿਰਮਾਣ ਵਿਚ ਯੋਗਦਾਨ ਪਾਉਂਦਾ ਹੈ। ਅਨੁਸ਼ਾਸਨ ਦਾ ਅਭਿਆਸ ਕਰਨ ਵਾਲੇ ਵਿਦਿਆਰਥੀ ਜ਼ਿੰਮੇਵਾਰੀ, ਸਮੇਂ ਦੀ ਕਦਰ ਅਤੇ ਜਵਾਬਦੇਹੀ ਵਰਗੇ ਮੂਲ ਸਿੱਖਦੇ ਹਨ।

ਅਨੁਸ਼ਾਸਨ ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਨੂੰ ਕਿਵੇਂ ਆਕਾਰ ਦਿੰਦਾ ਹੈ :-

5. **ਸਮਾਂ ਪ੍ਰਬੰਧਨ :-** ਅਨੁਸ਼ਾਸਨ ਦੇ ਮੁੱਖ-ਪਹਿਲੂਆਂ ਵਿਚੋਂ ਇਕ ਸਮਾਂ ਪ੍ਰਬੰਧਿਨ ਹੈ। ਅਨੁਸ਼ਾਸਿਤ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਪੜ੍ਹਾਈ, ਪਾਠਕ੍ਰਮ ਤੋਂ ਬਾਹਰਲੀਆਂ ਗਤੀਵਿਧੀਆਂ ਅਤੇ ਨਿੱਜੀ ਕੰਮਾਂ ਲਈ ਸਮਝਦਾਰੀ ਨਾਲ ਸਮਾਂ ਨਿਰਧਾਰਤ ਕਰਦੇ ਹਨ।

6. **ਟੀਜਾ ਨਿਰਧਾਰਨ :-** ਅਨੁਸ਼ਾਸਨ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਪੱਸ਼ਟ ਟੀਚੇ ਨਿਰਧਾਰਤ ਕਰਨ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਲਗਨ ਨਾਲ ਕੰਮ ਕਰਨ ਲਈ ਸ਼ਕਤੀ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ।
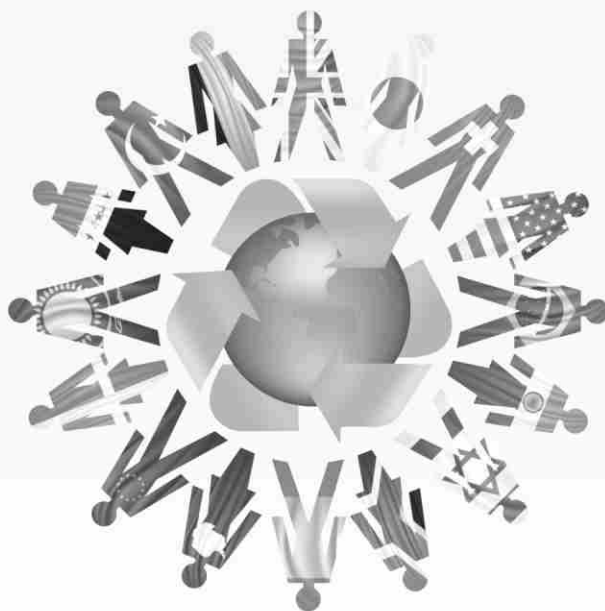
ਅਨੁਸ਼ਾਸਨ ਪੈਦਾ ਕਰਨਾ :-

7. **ਇਕਸਾਰਤਾ ਅਤੇ ਰੂਟੀਨ :-** ਅਨੁਸ਼ਾਸਨ ਪੈਦਾ ਕਰਨ ਵਿਚ ਇਕਸਾਰ ਰੂਟੀਨ ਸਥਾਪਤ ਕਰਨਾ ਸ਼ਾਮਲ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਕ ਢਾਂਚਾਰਾਤ ਰੋਜ਼ਾਨਾ ਸਮਾਂ-ਸਾਰਣੀ ਬਣਾਉਣੀ ਚਾਹੀਦੀ ਹੈ।

ਸਿੱਟਾ :- ਅੰਤ ਵਿਚ, ਅਨੁਸ਼ਾਸਨ ਕੇਵਲ ਇਕ ਗੁਣ ਨਹੀਂ, ਇਹ ਜੀਵਨ ਦਾ ਇਕ ਤਰੀਕਾ ਜੋ ਇਕ ਵਿਦਿਆਰਥੀ ਦੇ ਵਿੱਦਿਅਕ ਸਫਰ ਵਿਚ ਅਤੇ ਉਸ ਤੋਂ ਅੱਗੇ ਬਹੁਤ ਮਹੱਤਵ ਰੱਖਦਾ ਹੈ। ਕਿਸੇ ਦੀਆਂ ਕਾਰਵਾਈਆਂ ਨੂੰ ਨਿਯੰਤਰਿਤ ਕਰਨ, ਸਮੇਂ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਬੀਤਾਣ ਅਤੇ ਮਜ਼ਬੂਤ ਚਰਿਤਰ ਗੁਣ ਪੈਦਾ ਕਰਨ ਦੀ ਯੋਗਤਾ ਅਕਾਦਮਿਕ ਸਫਲਤਾ, ਨਿੱਜੀ ਵਿਕਾਸ ਅਤੇ ਭਵਿੱਖ ਦੀਆਂ ਪ੍ਰਾਪਤੀਆਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਸਹਾਇਕ ਹੈ।

SHREE PANCHANAN

2023-24

SOCIAL SCIENCES SECTION

STAFF EDITOR :
DR. DEEPIKA THALIA

STUDENT EDITOR :
AGRIMA SETHI

Types of Stress & Effects

Dr. Radhika Rattan

(Head, Psychology Department)

Stress can effect your body, your thoughts and feelings, and your behavior. Stress that is not dealt with can lead to many health problems such as high blood pressure, heart disease, stroke, obesity and diabetes. Stress in psychology and biology, any environmental or physical pressure that elicits a response from an organism. In most cases, stress promotes survival because it forces organisms to adapt to rapidly changing environmental conditions. This type of adaptive stress is sometimes described as eustress [Moderate or normal psychological stress, interpretated as being beneficial]. However, when an organism's response to stress is inadequate or when the stress is too powerful, disease or death of an organism may result. Such maladaptive stress is sometimes referred to as distress. Humans respond to stress through basic physiological mechanisms, similar to all other organisms; however, in humans, stress is an especially complex phenomenon, influenced and complicated by modern lifestyles and technologies.

Stress may be acute, chronic, or traumatic. In humans, acute stress is characterized by immediate danger that occurs within a short span of time and that activates the fight-or-flight response of the sympathetic nervous system: narrowly avoiding an automobile accident and being chased by a dog are examples of acute stress. Chronic stress is characterized by the persistent presence of sources of frustration or anxiety that a person encounters every day. An unpleasant job situation, chronic illness, and abuse incurred during childhood or adult life are examples of factors that can cause chronic stress. This type of stress involves long-term stimulation of the fight or-flight response. Traumatic stress is characterized by the occurrence of a life-threatening event that evokes fear and helplessness. Tornadoes, fires, and wars are examples of events capable of causing traumatic stress; these events sometimes lead to the development of post-traumatic stress disorder.

In the case of chronic stress, there is little doubt that an individual's success or failure in controlling potentially stressful situations can have a profound effect on his or her ability to function. The ability to "cope" with stress has figured prominently in psychosomatic research. Researchers have reported a statistical link between coronary heart disease and individuals exhibiting stressful behavioral patterns designated "Type A." These patterns are reflected in a style of life characterized by impatience and a sense of time urgency, hard-driving competitiveness and preoccupation with vocational and related deadlines.

Biochemical changes play an important role in mediating physiological responses to stress; these chemical changes can result in psychological disturbances. Most chemical changes associated with stress are a result of stimulation of the Sympathetic nervous system, specifically the fight-or-flight response. In acute stress, this catecholamines, which include epinephrine, norepinephrine, and cortisol from the adrenal glands. These substances prepare the body to react to immediate danger by increasing heart rate, increasing oxygen delivery to the brain, dilating blood vessels in skeletal muscles, and increasing blood glucose levels.

In chronic stress, continuous stimulation of the fight-or-flight response leads to constant production and secretion of catecholamines. This has a variety of physiological consequences, including hyperglycemia (high blood glucose levels) which can lead to type II diabetes mellitus, and hypertension (high blood pressure), which can lead to cardiovascular disease. Because some

catecholamines such as norepinephrine act as neurotransmitters in the brain, these substances can alter cognition and other mental processes, .leading to poor concentration, mood swings, agitation, depression, and anxiety.

In addition, long- term stress-induced cortisol secretion from the adrenal glands can depress immune function, leading to increased risk of illness. High levels of cortisol also are associated with weight gain, particularly with the accumulation of excess abdominal fat. Prolonged norepinephrine release directly by neurons of the sympathetic nervous system can lead to depletion of stem cell populations in hair follicles, resulting in premature graying of the hair.

Research suggests that persons who consume a high-calorie diet are especially vulnerable to weight gain when under chronic stress, owing to elevated levels of the hormone insulin. High insulin levels in a part of the brain known as the amygdala eventually desensitize neurons to the hormone. Once desensitized, the neurons increase their secretion of the neurotransmitter molecule neuropeptide Y, which promotes eating and weight gain.

Various strategies have been successful in treating stress. Moderate stress may be relieved by exercise, meditation (e.g., yoga), sufficient rest, and modification of diet, such as decreasing intake of alcohol and caffeine. Severe stress may require psychotherapy to uncover and work through the underlying causes.

A form of behaviour therapy known as biofeedback enables the patient to become more aware of internal processes and thereby gain some control over bodily reactions to stress. Sometimes, a change of environment or living situation may produce therapeutic results.

In many cases, joining a support group or strengthening social bonds with friends and family can reduce stress and thereby improve overall health.

Partition a Da
Dark Phase of 1947

Dr. Deepika Thalia
(Asst. Prof.)
Staff Editor

Partition meant not only the geographical division of the country _but also produced a mental divide which is still plaguing the two nations and bedeviling their relations . The time 1947 marked the morning of a period of dramatic change for India. In August of that time, India was granted independence from Britain after decades of formal social rule and over three centuries of British presence in the country. Just one day after independence, India passed "Partition" it was sculpted into two, with the northwest border shifting to produce the new nation of Pakistan. The population of India was divided along religious lines, with Muslims commanded to move to Pakistan and Sikhs and Hindus to recently-readdressed India. Over the course of bare months, up to fifteen million people crossed this border. This period was marked by fear and query, and over to one million people was killed in rioting and insular violence. India's Partition is one of the largest and deadliest forced mass migrations in mortal history.

The entire struggle for freedom was non-violent under the benign leadership of Mahatma Gandhi and yet it was not altogether non- violent and communal riots in the wake of country's partition, converted it into a blood-splattered freedom. Whose were responsible for it? Some historians claim Political consequences were responsible for this .The roots of this problem was started from beginning of British Imperialism in India.

British Imperialism

First of all the British rule started for its business purpose by establishing an East India Company.The British rule, under its divide and conquer policy, first recorded a decisive victory over

Sirajud-Daula, the Nawab of Bengal under the Battle of Plassey in 1757. In which the British rule won with a strong fight. Through this victory, British rule spread to the rest of the country from its imperial foundations in Calcutta, beginning almost immediately after Plassey. The profits made by the East India Company from its economic operations in Bengal financed, to a great extent, the wars that the British waged across India in the period of their colonial expansion.

When the British decided to hand over the arm of power in India, the result wasn't a smooth transfer of power from social rule to two independent countries, of India and Pakistan. The reality was much more chaotic, with wide lawlessness creating the space for unknown situations of collaborative violence between Hindus and Muslims and in the case of Punjab, the Sikhs too. The poisonous blend of large figures of demilitarised labor force and artillery, the militarised Punjab (Sikh) States, and law and complaint as the British exit, and at stake for the average millions was their livelihoods, their motherlands and theirlives. In the case of the Sikhs this was also their spiritual motherland. Utmost were taken by surpnse at the situations of violence, chaos and mass forced migration that followed.

The result, an estimated death risk of roughly 1 million people, though the true mortal cost can no way be measured. The Punjab & Bengal were the two regions most affected by the division, which drew the new boundaries between India and Pakistan. The each-consuming violence which gulfed these regions redounded in one of the largest forced migrations in the twentieth century, with an estimated 15 million people crossing the recently created borders by Sir Cyril Radcliffe. The disturbance was at its peak in Punjab between August and December 1947. It was estimated by the Indian government that, by June 1948, 5.5 million non-Muslims and 5.8 million Muslims crossed the border in Punjab.

Burning Kashmir : Curse of Partition

Ever since 1947, India and Pakistan have nourished a deep-rooted mutual antipathy. They have fought two inconclusive wars over the disputed region of Kashmir-the only Muslim majority area to remain within India. In 1971, they fought over the secession of East Pakistan, which became Bangladesh. In 1999, after Pakistani troops crossed into an area of Kashmir called Kargil, the two countries came alarmingly close to a nuclear exchange. Despite periodic gestures toward peace negotiations and moments of rapprochement, the Indo-Pak conflict remains the dominant geopolitical reality of the region. In Kashmir, a prolonged insurgency against Indian rule has left thousands dead and still gives rise to intermittent violence. Meanwhile, in Pakistan, where half population remains illiterate, defense eats up a fifth of the budget, dwarfing the money available for health, education, infrastructure and development.

One can say the freedom was not an unmixed blessing as it was accompanied by much bloodshed and human killing, along with huge collateral damage to property. Millions were uprooted from their soil and rendered refugees. About half a million people died in communal carnage. India thus won freedom but with a scar. Never perhaps in history, peaceful transfer of power involved so much of bloodshed and human killing on such a vast scale. This was the anguish of freedom.

Changing Face of Education

Mrs. Prabhkiran Kaur
(Asst. Prof.)

Education is an important aspect of one's life, who helps to one made better and responsible citizens and also at the same time creates the future of the country. By observing the history, we will know how education has changed itself by time, and still in

a process of change. From Ashram education which was followed in Vedic time to Nalanda University to CBSE of present time, and now we can see a change happening again due to the technological innovations in the education system. We also experienced how the education system has changed due to the Corona virus pandemic. A year back our kids used to go to school to educate themselves, which used to happen in a concrete classroom using a blackboard and chalk and duster as the main medium to transfer the knowledge from the teacher to the students. But after this pandemic everything has changed. Now the classroom and school have become a past for us. We are in a phase of change again. Isn't our generation a lucky one to experience all such changes? We know some time ago the computers were something which were only used by people who worked in corporates and teachers used to be busy with their books to gain more and more knowledge and blackboard and chalk to transfer their knowledge and wisdom to the students.

This changing face of education forced to changed our teachers themselves. Now teachers are seen busy to be working on laptops and computers, creating slides and material to teach their students through an online platform. Change happens so that we can evolve a little more to our profiles. If we evolve, we can survive or if we fail then we are out of the game. Confinement has changed the way we understand education, but online classes are just the tip of the iceberg of a much deeper transformation. Educators had to reinvent themselves in this time of need, where they must not only teach, but also ensure that they adapt their skills to an entirely new learning environment. Moreover, not all teachers and students were familiar with the technological training tools used today, so this change has been a huge adaptation process for them.

The traditional education system and the teacher of the past

Traditional education is also called customary education or conventional education. The main motive of traditional education is to pass on the values, manners skills and the social practice to the next generation which is necessary for their survival. In traditional education the student learns about the customs and tradition of the society in which he lives. This type of education is mostly imparted to the students by the means of oral recitation. There is very less written work or practical work. The students simply sit down together and listen to the teacher or another who will recite the lesson. The traditional does not include written tests but it includes some oral tests which are not very formal. Traditional education is very far from the use science and technology. Neither the education about sciences we study today in a great detail is imparted in the traditional education system. Traditional education system basically included the knowledge about customs, traditions and religions. That is why it is called traditional education.

The new educational framework and the teacher of the present

Changes in education have been slowly taking place for some time now, when the development of the internet gave us access to information in a matter of seconds. Hybrid education is the future and, beyond compulsory basic education, all institutions will have to adapt to the new digital environment. Teachers must become content creators and foster a learning environment, whether or not they are face-to face with their students. Quality education has to be accessible to all and digitisation is the only way to achieve this goal. Today's teacher adapts to the current situation: he or she is flexible and open-minded to new challenges and possibilities. Unlike the traditional teacher, today's teacher is not overwhelmed by technology, he or she appreciates technology as an opportunity to improve and to transmit his or her knowledge in a unique and different way. Today's teacher does not

only use textbooks, in fact they may not even use textbooks at all: their resources may be slides, articles, news or even films and videos. Today's classes are much more collaborative, involving the student a lot more.

For all these reasons, it is difficult to replace the classroom experience with a screen. The personal experience of a classroom and the contact with the teacher irreplaceable in many cases, so we must work to build a future with hybrid education, combining the good things of traditional and digital education. The old methodologis and the teaching pedagogy has to change with time and that's a fact. We can't deny that the Indian government and education ministry is coming up with better education strategies that contribute to the betterment of our education system. But, as educators, we need to understand that until then, we have to come up with a strategic plan to reform the existing educational model.

G-Summit 2023

Mrs. Inderdeep Kaur

(Asst. Prof.)

The G20 (Group of 20) is an international forum that includes 19 of the world's largest economies and the European Union. G20 is a forum for economic, financial, and political cooperation . It addresses the major global challenges and seeks to generate public policies that resolve them. The G20 is made up of 19 countries and the EU.

G20 Summit 2023

•   The invited countries for the year were: Bangladesh, Egypt, Mauritius, Netherlands, Nigeria, Oman, Singapore, Spain and UAE. Six agendas were put forth for the G20 Dialogue 2023 :

•   Green Development, Climate Finance & Life

•   Accelerated, Inclusive & Resilient Growth Accelerating progress on SDGs

•   Technological Transformation & Digital Public Infrastructure

•   Multilateral Institutions for the 21st Century

•   Women-led development

Major outcomes of the G20 summit 2023

•   The African Union joined the G20 as a permanent member. Now, G20 become G21.

•   A new organization called the Global Biofuel Alliance (GBA) was launched, to promote the development and adoption of sustainable biofuels, and set relevant standards.

•   The New Delhi Leaders Declaration was adopted with consensus.

•   A group of countries made a joint agreement to build a rail and shipping corridor linking India with the Middle East and Europe called the India-Middle East-Europe Economic Corridor. The group comprises India, Saudi Arabia, UAE, Jordan, Israel and the European Union.

Conclusion

•   G20 Summit 2023 reiterates that cooperation is essential in determining the course the world takes. Headwinds to global economic growth and stability persist.

•   Years of cascading challenges and crises have reversed gains in the 2030 Agenda and its Sustainable Development Goals (SDGs).

•   Global greenhouse Gas (GHG) emissions continue to increase, with climate change, biodiversity loss, pollution, drought, land degradation, and desertification threatening lives and livelihoods.

•   Rising commodity prices, including food and energy prices, are contributing to cost of living pressures. Global challenges like poverty and inequality, climate change, pandemics, and conflicts disproportionately affect women and children, and the most vulnerable.

Role of Youth in Social Change

Agrima Sethi

Student Editor

B.A. III Year

The youth is the backbone of the nation and the youth is indeed our future. In the present socital set-up, the youth occupies the pivotal importance. It would not be gain saying the fact that a nation with a large base of youth power is bound to progress in an unparalleled manner. As rightly said by 'Kailash Satyarthi' that 'The power of youth is the common wealth for the entire world. The faces of young people are the faces of our past, our present and our future. No segment in the society can match with power, idealism and courage of the young people.'

In present times, youth has many firsts which no other age group can match, leave apart superceding them. Youth is currently a part of almost all different sectors in the country like :- Voting, Socital help, Blood donations, Start-ups, NGO's etc. We boost of being the biggest democracy in the world and that is through elections that we choose our representatives. The political system offcate has gone to the dogs with undeserving politicians gaining power. The ones is on the young voters to pay dividends and change the existing social structure by voting sensibly and where the need arises to context elections for a fair & progressive society. The changes can also be seen as according to the article of 'The Indian Express' currently 64 MP's are under age of 40. Youth power has immense & unfathomable impact.
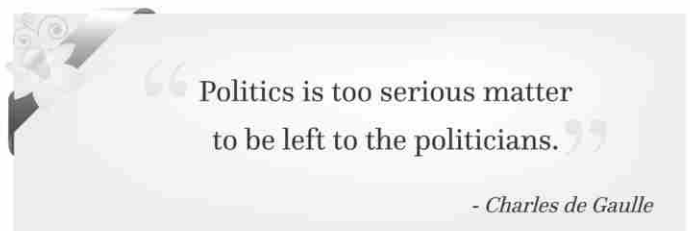
At club & society level, young boys and girls tend to change the social & cultural mindset of people. The taboos & conservative approach with rigid norms is to a large extent nullified by the efforts of youth. Real life examples from such active groups in Hoshiarpur include Blood Donor's Association & Voiceless second innings. While Blood Donor's association Hoshiarpur has created an awareness & removed taboos pertaining to blood donation. Thereby providing life saving blood & platelets to the needy patients, a group started by visionary & dynamic young chaps. Voiceless second innings has been instrumental in serving medical attention & rescue missions for animals in & around Hoshiarpur. This is not all many societies & clubs run by the youth of India are working on major issues like water conservation, say no to plastic, plantation drives & self help groups. Social values & ethics have been deeply in granted in the youth of the nation because of the guidance & control of the elders.

As a result, tenderness, affection, care & sensation towards the children & the elderly develop among the youth. Youth are more considerate about the elderly & readily come to their aid when & where required. Youth of India has a very creative mind.

According to the Global Entrepreneurship Monitor Report 2020-2021 highlighted the abundance of entrepreneurial talent in India, with approximately 81 percent of youth reporting having the skills and knowledge needed to start a business. It is not that the youth of India were not involved in introducing start-ups to kick start their careers earlier. However, with the present Modi Government encouraging start-ups & Make In India initiatives, the number of young entrepreneurs in the country has risen up remarkably.

These start ups are turning up profitable for the nation & its people. Youth has the mindset, the accumer & the expertise to make the best of this golden period of life. The only thing is that they should resist the allurements & instructions on the way.

> *Politics is too serious matter to be left to the politicians.*
>
> *- Charles de Gaulle*

National Panchayati Raj Day

Ishan Sharma

B.A. III Year

Introduction

India observed the first National Panchayati Raj Day on 24th April 2010. People should know a bout the history, significance, and more details regarding National Panchayati Raj Day.

National Panchayati Raj Day 2023

The Ministry of Panchayati Raj organizes the National Panchayati Raj Day or the National Local Self Government Day. After the approval of the 73rd Amendment Bill ,1992 which came into force on April 24 1993, formed the Panchayati Raj system across the country through the village, intermediate and district-level panchayat celebrates the National Panchayati Raj Day.

India observed first National Panchayati Raj Day on 24th April 2010. The then Prime Minister of India Dr. Manmohan Singh initiated for this nationwide celebration for the local self-government day. This year also Prime Minister Narendra Modi will interact with Gram Panchayat via Video Conferencing.

National Panchayati Raj Day Important Facts :

Local Government is mentioned in the state list under the 7th schedule of the constitution.

Article 40 of the Indian constitution states: The state shall take steps to organize village Panchayats and endow them with such powers and authority as may be necessary to enable them to function as units of self-government.
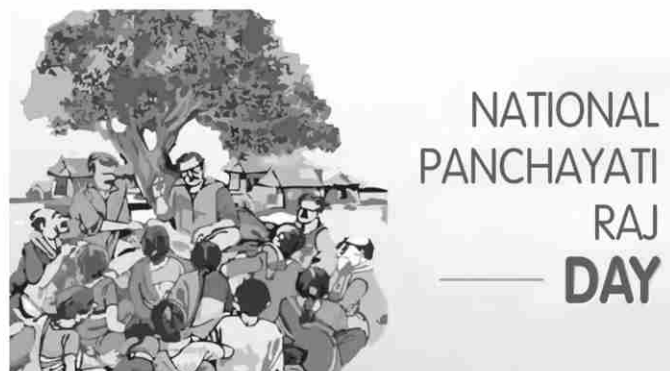
The main features of the 73rd amendment 1992 is as below :

1) By inserting PART-9 : THE PANCHAYAT in the constitution of India, the Panchayat Raj Institutions in India have become Constitiona l bodies.

2) The Panchayati Raj is divided into a three-tier structure, namely :
   - **Gram Panchayat (Village Level)**
   - **Mandal Parishad (Block Level)**
   - **Zila Parishad (District Level)**

3) Establishment of Panchayats in every state has become mandatory under ARTICLE 243-B.

4) Provisions of mandatory devolution of powers, authority and responsibilities by the state government to the Panchayat have been made in ARTICLE 243-B.

5) The tenure of the village Panchayats has been fixed to five years under ARTICLE 243-B.

6) Mechanism of the state election commission has been provided to conduct Independent Election under ARTICLE243-K.

7) Provision for giving due representation to SC/ST or Women in the village Panchayat has been made under ARTICLE 243-D.

8) Provision to review the financial position of the Panchayat once in 5 years through the state finance commission has been made under ARTICLE 243-1.

National Panchayati Raj Day Significance

The biggest aspect of National Panchayati Raj Day is that the political power is in hands of common men. Now almost every village, block, a nd district has a separate leader that runs the administration of that particular territory. To supervise the Panchayati Raj System in India a separate Ministry of Panchayati Raj was constituted on 27th May 2004.

SHREE PANCHANAN

2023-24

COMPUTER SECTION

STAFF EDITOR :
MRS. NISHA ARORA

STUDENT EDITOR :
RADHIKA BHARDWAJ

Role of Artificial Intelligence in Curing Physical Ailments

Mrs. Nisha Arora

(Asst. Prof.)

Staff Editor

Artificial Intelligence (AI) refers to smart machines or algorithms that are capable of performing cognitive tasks usually made by humans. This includes different technology solutions that mimic humans and use logic from playing chess to solving equations. Machine learning is one of the technologies that is part of AI: when algorithms are exposed to more data, they can learn and improve from it in order to anticipate consumers' needs. For example, Google uses machine learning: its algorithms collect what Internet users searched and what they liked on social networks in order to provide more personalized search results and recommendations.

Technology in general and artificial intelligence in particular have a key role in accessibility. It's not just about finding the latest innovations but mostly about providing a solution at the service of a category of people in order to improve their lives. This represents a major progress for over 1billion disabled people in the world who could use AI.

It can remove accessibility barriers through different solutions :

- Image recognition for people with a visual impairment,
- Facial recognition for people with a visual impairment,
- Lip-reading recognition for people with a hearing impairment,
- Text summarization for people with a mental impairment,

- Real-time captioning or translations for people with a hearing impairment or even people who don't speak the language.

For blind or visually impaired people:

- **VoiceOver :** A screen reader directly integrated on iPhones. Although its main use is to enunciate any email or textual message, VoiceOver also uses AI to describe apps icons, the battery level and even in part images.

- **TalkBack :** The equal of VoiceOver for Android smartphones. It enables users to fully use their smartphones.

- **Siri :** iPhones virtual assistant. Thanks to voice control, users simply have to enunciate their request: from doing a Google search or dictating a text message to send to a friend. People with a visual impairment can easily use Siri and stay in touch with others.

- **Cortana :** A virtual assistant created by Microsoft and implemented on Windows. It helps blind or visually impaired users to navigate on their computer using simply their voice. In a sense, it's similar to Siri.

- **Google Assistant :** An app activated by voice control. Users can easily set up an alarm or manage their schedule, the same way as Siri.

For deaf or hard of hearing people:

- **Ava :** an instant transcription app that uses AI to instantly transcribe the conversation of a group of people. Its algorithm adds punctuation, the name of the person who is talking and the necessary vocabulary from the user's dictionary. An easy way for people with a hearing impairment to be included and to follow a conversation with several people without lip-reading.

- **RogerVoice:** A French instant transcription app for group conversations available in 90 languages. It works the same way as Ava .

For people with physical disabilities :

- **Virtual assistants like Siri, Google Assistant**

and Google Voice Access : People with reduced mobility can use their smartphone by voice command. Google Voice Access was especially created for people with reduced dexterity.

IFTTT : an app that connects other apps so that the user with poor dexterity can use all his smartphone's functionalities without struggling. It creates combinations with the apps to automatically perform tasks such as reading an email aloud and sending a tweet.

Even people with speech impediments can benefit from AI technology with the app Voiceitt. Thanks to machine learning, Voiceitt can easily understand people with brain injuries or Parkinson's and whose speech may first seem difficult to apprehend. This app normalizs their speech to create an output of audio or text so that people with speech impediments can still communicate with others and be understood.

Exploring the Future :
Cyber Physical Systems Revolutionizing our World

Mrs. Pooja
(Asst. Prof.)

Introduction

Cyber-Physical Systems (CPS) are a new technology paradigm that has emerged in the linked world of today as a result of the convergence of physical and digital systems. CPS is an innovative merger of computation, communication, and physical processes that has the potential to transform industries, improve daily life, and spur innovation in a variety of fields. We shall examine the universe of CPS in this essay, as well as its essential elements, uses, and potential for revolutionising society.

Understanding Cyber-Physical Systems

Cyber-Physical Systems are a class of smart systems that integrate computational and physical elements to interact and cooperate seamlessly. At their core, CPS consist of three fundamental components:

• **Physical Processes :** These are the tangible entities that CPS systems interact with, manipulate, or monitor. Physical processes can range from industrial machines and autonomous vehicles to healthcare equipment and environmental sensors.

• **Computational Elements :** CPS systems incorporate embedded computers or microcontrollers that run complex algorithms, process data, and control physical processes. These computational components serve as the brain of the system, making real-time decisions and adjustments.

• **Communication Infrastructure :** It plays a pivotal role in CPS, enabling data exchange between computational elements and physical processes. High-speed, reliable communication networks, such as the Internet of Things (IoT), facilitate seamless interaction and information flow.

Key Features of Cyber Physical System

• **Real-Time Operation :** CPS must adapt quickly to dynamic changes in their surroundings by making decisions and modifications in real-time. In applications like driverless vehicles, where split-second choices might mean the difference between life and death, this skill is essential.

• **Interconnectivity :** Components of the CPS can communicate information and plan actions because of their close interconnection. This connectedness encourages cooperation and makes it possible for systems to successfully adapt to changing conditions.

• **Sensing and Actuation :** CPS systems depend on sensors to collect information from the real world and on actuation methods to influence real-

world processes. These sensors give decision-makers crucial information, while actuation mechanisms let the system change the environment physically.

Some applications of Cyber Physical System are :

Industrial Automation, Smart cities, Health care, Transportation, Environmental monitoring etc.

Conclusion

Cyber-Physical Systems are at the forefront of technology innovation, promising to transform industries and improve the quality of life. With their ability to bridge the gap between the digital and physical worlds, CPS systems are paving the way for a smarter, more connected future. However, addressing the associated challenges, such as security and privacy, will be crucial in realizing the full potential of CPS and such ensuring that it benefits society as a whole. As we move forward, the continued development and adoption of CPS will undoubtedly shape the landscape of technology and our daily lives.

Semantic Web : A Data Organizing Paradigm Shift

Mrs. Amandeep Kaur

(Asst. Prof.)

The huge amount of information on the internet nowadays, especially in the digital age, is daunting. Finding pertinent and accurate information is becoming a difficult task as a result. A potential answer to this issue is the Semantic Web, a proposal put out by Tim Berners-Lee, the creator of the World Wide Web. It seeks to increase the significance, connectivity, and use of data for both people and machines.

The Semantic Web is a part of the World Wide Web that concentrates on giving web content additional layers of meaning. The Semantic Web was created to make it possible for robots to comprehend and analyse the information, in contrast to the traditional web, where material is primarily intended for human consumption. Essential Semantic Web Principles RDF and Triple Stores: RDF, a framework for defining resources and their connections in a machine-readable format, is at the core-of the Semantic Web. Ontologies define concepts and relationships in a particular area and are formal representations of knowledge. They give data descriptions a standard language, ensuring that information is understood and interpreted uniformly by all stakeholders.

Businesses can effortlessly combine data from diverse sources to enable better judgement and data-driven insights. This is particularly useful in industries like finance, healthcare, and research where data interoperability is essential.

Automating processes like content creation, data extraction, natural language understanding allows machines to handle and analyse web information efficiently. Semantic Web encourages collaboration between many platforms and systems.

We may anticipate that in the upcoming years, emerging technologies like the Internet of Things (IoT), artificial intelligence, and big data analytics will heavily rely on the Semantic Web. The Semantic Web ecosystem has the potential to revolutionize the digital world by facilitating easier access to information.
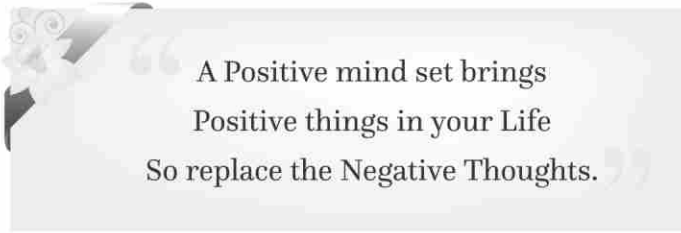
Self-Driving Cars

Mr. Keshav

(Asst. Prof.)

Self-Driving cars are also known as driverless cars. These vehicles are equipped with advanced technology and sensors that allow them to navigate and operate on roads without human intervention. These vehicles use combination of sensors, cameras, radar, GPS and artificial intelligence (AI) algorithms to perceive surroundings & make driving decisions.

Key components and technologies involved in self-driving cars include :

• **Sensors :** Self-driving cars are equipped with various sensors, including cameras, radar, lidar (light detection and ranging), ultrasonic sensors, and GPS. These sensors help the vehicle perceive its environment and detect other vehicles, obstacles, and road markings.

• **Machine Learning and AI :** Advanced AI algorithms process the data from sensors and make real-time decisions based on that data. These algorithms can recognize and interpret road signs, traffic lights, and other objects on the road.

• **Control Systems :** Self-driving cars have sophisticated control systems that manage the vehicle's acceleration, braking, and steering to navigate safely.

• **Connectivity :** Many autonomous vehicles are connected to the internet and can communicate with other vehicles, infrastructure (V2I), and the cloud (V2C). This connectivity enhances their ability to share data, receive updates, and coordinate with traffic management systems.

• **High-Definition Maps :** Autonomous vehicles often rely on high-definition maps that provide detailed information about the road, including lane markings, curves, and intersections. These maps help the vehicle localize itself and plan routes.

• **Redundancy and Safety Features :** Safety is a main concern in self-driving cars. They are equipped with some backup systems to en sure that critical functions continue to work even if one component fails. Additionally, they have emergency braking and steering systems to respond to unforeseen situations.

> A Positive mind set brings
> Positive things in your Life
> So replace the Negative Thoughts.

Artificial Intelligence

Ms. Rampy
(Asst. Prof.)

Artificial Intelligence (AI) refers to the simulation of human intelligence in machines that are programmed to think and act like humans. It involves the development of algorithms and computer programs that can perform tasks that typically require human intelligence such as visual perception, speech recognition, decision-making, and language translation. AI has the potential to revolutionize many industries and has a wide range of applications, from virtual personal assistants to self-driving cars

Uses of Artificial Intelligence

Artificial Intelligence has many practical applications across various industries and domains, including:

1 . **Healthcare :** AI is used for medical diagnosis, drug discovery, and predictive analysis of diseases.

2. **Finance :** AI helps in credit scoring, fraud detection, and financial forecasting.

3. **Retail :** AI is used for product recommendations, price optimization, and supply chain management.

4. **Manufacturing :** AI helps in quality control, predictive maintenance, and production optimization.

5. **Transportation :** AI is used for autonomous vehicles, traffic prediction, and route optimization.

Drawbacks of Artificial Intelligence

1. **Bias and Unfairness :** AI systems can perpetuate and amplify existing biases in data and decision-making.

2. **Lack of Transparency and Accountability :** Complex AI systems can be difficult to understand and interpret, making it challenging to determine how decisions are being made.

3. **Job Displacement :** AI has the potential to automate many jobs, leading to job loss and a need

for re-skilling.

4. Security and Privacy Risks : AI systems can be vulnerable to hacking and other security threats, and may also pose privacy risks by collecting and using personal data.

5. Ethical Concerns : AI raises important ethical questions about the use of technology for decision-making, including issues related to autonomy, accountability, and human dignity.

Technologies Based on Artificial Intelligence

1. Machine Learning : A subfield of AI that uses algorithms to enable systems to learn from data and make predictions or decisions without being explicitly programmed.

2. Natural Language Processing (NLP) : A branch of AI that focuses on enabling computers to understand, interpret, and generate human language.
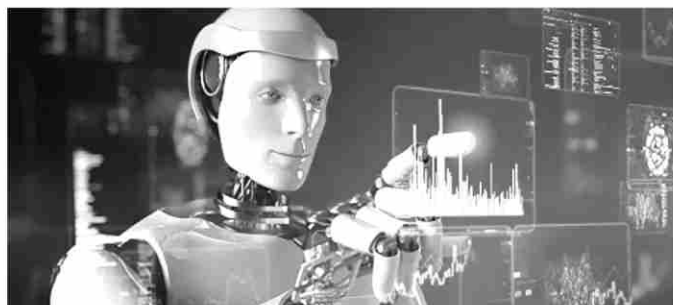
3. Computer Vision : A field of AI that deals with the processing and analysis of visual information using computer algorithms.

4. Robotics : AI-powered robots and automation systems that can perform tasks in retail, manufacturing, healthcare and other industries.

5. Neural Networks : A type of machine lean1ing algorithm modeled after the structure and function of the human brain.

6. Expert Systems : AI systems that mimic the decision-making ability of a human expert in a specific field.

7. Chatbots : AI-powered virtual assistants that can interact with users through text-based or voice-based interfaces.

Metaverse : Technology of Future

Radhika Bhardwaj
B.C.A. III Year

Metaverse Technology and Ecosystem

The content of Metaverse which is thought to affect human lives to a great extent has become one of the most topics discussed recently. the word Metaverse consists of the roots of meta 'beyond' universe in Ancient Greek. Indeed the word Metaverse was first used in the now crash Science fiction novel that was published. Afterward it has been the subject of many movies and books.

While teleportation was once a fantasy used only in movies perhaps it does not seem impossible in the new digital world. If metaverse is put into use as planned; it will inevitably bring important changes to human lives. Metaverse include the idea of transportation of commerce, entertainment and other activities in real-life to the three-dimensional virtual world we will be able to interact and meet with the avatar of a friend we want at any time and place by thanking the avatars of a friend we want at any time and place by thanking the avatars. We have created in the virtual world of Metaverse. On Metaverse, users can buy, produce and sell by also allowing new professions to be created by them. New job profiles such as NFT designer, stylists, investment consultants and meta journalists appear on the way. The increase in popularity of Metaverse started to increase nowadays.

Metaverse is facing many challenges related to augmented and virtual reality technologies. Both virtual and augmented reality technology.

The Importance of the Avatar in the Metaverse

In Indian Culture the word avatar is used to denote the temporary characters that Gods take on as they roam the Earth.

Socializing in the virtual world of Metaverse

happens through avatars. Activities like chatting, living it up & learning are carried out through avatars.

In the field of fashions and textiles, thanks to various programs clothing patterns are prepared digitally and are tied on avatars. Thanks to these programs various styles can be created by adding the desired pattern, detail, logo and color to the clothes.

Quantum Computing

Samrik Singh

B.C.A. II Year

What is Quantum Computing?

Quantum computing is a multidisciplinary field comprising aspects of computer science , physics, and mathematics that utilizes quantum mechanics to solve complex problems faster than on classical computers. The field of quantum computing includes hardware research and application development. Quantum computers are able to solve certain types of problems faster than classical computers by taking advantage of quantum mechanical effects, such as superposition and quantum interference.

Some applications where quantum computers can provide such a speed boost include machine learning (ML), optimization and simulation of physical systems. Eventual use cases could be portfolio optimization in finance or the simulation of chemical systems, solving problems that are currently impossible for even the most powerful supercomputers on the market.

What is Quantum Mechanics?

Quantum mechanics is the area of physics that studies the behavior of particles at a microscopic level. At subatomic levels, the equations that describe how particles behave is different from those that describe the macroscopic world around us.

Quantum computers take advantage of these behaviors to perform computations in a completely new way.

What is a Qubit?

Quantum bits, or qubits, are represented by quantum particles. The manipulation of qubits by control devices is at the core of a quantum computer's processing power. Qubits in quantum computers are analogous to bits in classical computers. At its core, a classical machine's processor does all its work by manipulating bits. Similarly, the quantum processor does all its work by processing qubits.

Internet of Thinking

Kajal

B.C.A. III Year

Today the technology is growing day by day as the new technologies are coming very quickly. So here is a small introduction of these technologies is provided. So that you can get an idea of these technologies like What does these technologies, how these technologies will be very useful in day to day life in coming years and many more.

Rain Technology : It is a component that stores data in distributed processors and retrievers the data even many of the processors fails to do that. It is a uniform way to connecting any of the processors. It is automatically recovers that data and restarts applications if some of the processor fails to do that. It minimizes the number of terminals in the chain that connects the client and server. It provides robustness and the independence to nodes.

iTwin : It is a limitless and the secure USB device that facilitates users to access, share and edit files and media between two connected computers everywhere.

Role of AI in Animation

Deepak Mehra

B.C.A. II Year

Artificial intelligence is the intelligence of machines or software, as opposed to the intelligence of humans or animals. It is also the field of study in

computer science that develops and studies intelligent machines. "AI" may also refer to the machines themselves.

Question?

This evolving article will look at current, new and upcoming AI tools available to help create professional animated explainers, business animation and more using AI.

Do u know?

AI is already being used in professional animation production

1. Content-Aware Fill

AI has been used in animation production processes for years now. One example is Content-Aware Fill, a feature in Adobe After Effects that uses AI to remove unwanted objects from videos. It works by analyzing the pixels around the object and then filling space with pixels that match surrounding area.

2. Adobe Sensei

Another example of AI in animation and media production is Adobe Sensei which is Adobe's AI and machine learning framework. Adobe Sensei has delivered hundreds of AI-driven features over more than ten years.

Features like Auto Reframe and Remix in Premiere Pro and Content-Aware Fill for Video in After Effects are already helping video and audio professionals around the world create stunning content at high velocity.

The Imperative of Cyber Security in Digital Age

Divya

B.C.A. II Year

Cyber Security is a critical aspect of our increasingly digitalized world. This essay highlights Its importance, challenges and also the need for robust protection.

Importance of Cybersecurity

In today's interconnected world, almost every facet of our lives relies on digital systems. From financial transactions to healthcare records and critical infrastructure, the digital realm is integral to our daily routines.

Consequently, the need to protect sensitive data and systems from cyber threats has never been more significant.

Challenges In Cybersecurity

1. Sophisticated Threats : CybercrimInals continually develop advanced techniques to breach systems, steal data, and disrupt services. Threats include malware, phishing attacks, and ransomware.

2. Data Privacy : With the vast amounts of personal data collected online, protecting Individuals' privacy has become a paramount concern. Data breaches can have severe consequences for individuals and organizations.

3. IoT Vulnerabilities : The proliferation of Internet of Things (IoT) devices has expanded the attack surface. Many IoT devices lack robust security features, making them vulnerable to exploitation.

4. Supply Chain Risks : Cyberattacks can target supply chains, compromising the security of products and services at various stages of production and distribution.

5. Human Error : Employees are often the weakest link in cybersecurity. Social engineering attacks, where attackers manipulate individuals to gain access to systems, exploit human vulnerabilities.

The Need for Robust Protection

1. Prevent Financial Loss : Cyberattacks can result in substantial financial losses for individuals and organizations. Robust cybersecurity measures can mitigate these risks.

2. Protect Critical Infrastructure : Infrastructure like power grids and healthcare systems must be safeguarded to ensure public safety and national security.

Shree Panchanan

2023-24

Planning Forum

Staff Editor :

Ms. Megha Dua

Student Editor :

Sugandha

Economic Growth & Sustainable Development

Dr. Monika

Chief Editor, Shree Panchanan

Sustainable Development is a way to make the world a better place for every one now without destroying the possibilities for the next generations. Three main things have to be stressed on talking about sustainable development- social progress, economic development and environment. So much has been achieved in business world, medicine, construction, IT and fanning sectors, many people are earning a lot, saving and investing but mass population (including privilege one) are losing much higher ecologically, socially and culturally than most of us can think of.

Saving rate among middle class families have increased rapidly over last decade, which is well appreciated. But many families are actually saving money for the dowry of their daughter's wedding by compromising quality education, nutrition and health of children. Malnourishment among girls is much higher than boys. For the objective of faster economic development and earning money, the ecology and vital role it play on our lives has been drastically ignored. Climate change, frequent floods are consequences of excessive exploitation of our natural resources. In these circumstances the sustainable economic growth depends crucially on the natural resources and on the quality of the environment, i.e. the quality of land, water and air.

Economic policymakers may choose to develop a growth strategy that does not lose net environmental assets to ensure sustainable development. In second case, if an environmental resource is destroyed or depleted in an area, an equal or greater amount of the environmental resource is added or regenerated so that future economic growth is not impaired.

When we think about economic growth, we find that growth is the primary economic goal of many countries. Thus, by objective, a country that can achieve economic growth will be able to better meet the desires of its people and solve socioeconomic problems such as poverty. But economic growth will be sustainable only by not interfering with Ecosystem. Ecosystems provide the factors of production that promote economic growth: land, natural resources, labor and capital (created by labor and natural resources). Sustainable economic growth is about managing these resources so that they are not exhausted.

G20 India Vision on a Harmonious World

Ms. Megha Dua

Staff Editor

An annual meeting of the heads of the 20 major economies in the world, including the EU and 19 other nations, is known as the G20 summit. The G20 conference is crucial in determining how the global economy is governed and fostering inclusive economic progress.

India, a G20 member, has consistently been dedicated to fostering a peaceful, sustainable, and inclusive growth through its vision.

India's aspiration for a peaceful world demonstrates its faith in the ability of collaboration and teamwork to overcome world issues and

accomplish shared objectives.

A key component of India's vision for a peaceful world is combating terrorism and advancing international security. India is aware of the catastrophic effects that terrorism has on people's lives because it has experienced terrorism firsthand. India thinks that the only way to effectively combat terrorism is through international collaboration and coordinated action. India has been actively collaborating with other G20 members to create plans for effectively combating terrorism and extremism.

India is of the opinion that only global collaboration and coordinated effort can effectively combat terrorism.

India's vision for a harmonious world focuses on promoting sustainable development, addressing climate change, promoting global security, and advancing inclusive growth and development.

Why do Competitors Open their Store Next to One Another

Mr. Om Parkash

Asst. Prof., Department of Economics

Have you ever noticed restaurants or petrol pumps opened right next to each other, and then not finding one for kilometers ahead? Wouldn't a store get more customers if it opens where there is no competition?

Well, it all comes down to a popular concept in math called Game Theory. Let's explain it with a classic example theorists use.

Assume there are 2 ice-cream vendors, A and B. on a 1 km long beach, both looking to increase their revenue. Initially, they set up their stalls 250m from the middle, on opposite sides. A gets all the customers to its left, B gets all the customers to its right, and the ones in the middle are split 50/50. So both A & B get 50% of the customers. But B is not satisfied.

The next day, B shifts his stall to the exact middle, while A remains at the same spot. Now B gets 62.5% of the customers, & A gets just 37.5% So the next day, A also moves his stall to the middle of the beach. Now both get 50% of the customers, but more importantly, neither of them can change their position to get more customers. A and B have achieved what is called a Nash Equilibrium in Game Theory.

And this is what happens in real life as well with outlets of competing companies. Usually, the first company will open up shop at an optimal location inside a region/city.

Impact of Brain Drain in Indian Economy

Sugandha

Student Editor

B.Com. III Year

Brain drain leads to reduced economic growth, limited innovative capacities and lack of skilled manpower. India is losing its doctors, engineers and entrepreneurs to other countries, it's losing much of its skilled human capital.

Brain drain can also be defined as the loss of the academic and technology labor force through the moving of human body capital to move favorable geographic, economic or professional environment. Move often than not, the movement occurs from developing countries to developed countries/areas.

When brain drain is prevalent in a developing country, there may be some negative repercussions than can affect the economy. Brain drain or the exodus of human capital often has a big impact on developing nations. It also leads to a loss in tax revenue, which can lead to higher taxation to make up for the shortfall.

Infrastructure & It's Role on Economic

Partiksha

B.Com. III Year

For any kind of economic growth, the basic investment needs to be infrastructural development. Without this, there can be no scope for any economy progressing beyond the traditional model. It is important to understand how big of a role, infra structural growth can play in accelerating economic development, particularly for countries such as India.

To facilitate production and investment in the economy we need the best infrastructure in terms of quality and it also should be sufficient. The bigger infrastructure facilities pave the way for bigger investments in that sector.

Infrastructure enhances the size of the market. The fast and cost effective movement of raw materials and finished goods in bulk enables a producer to offer his products across the country and even across Inter-national boundaries.

As India progresses towards modernization, the development is required for the quality foundation, holding in view they are about their environmental consequences. It is explicit that there is the field for even admittance to infrastructure for everyone.

Income Inequality & Economic Growth

Karishma Kapila

B.Com. III Year

The 20th century has witnessed unequaled success in improving the living standard of people in most parts of the world. According to World Bank, annual statistical reports poverty has declined significantly in developing countries over the past year but the progress has been uneven.

Reducing income inequality would boost economic growth, according to new OECD analysis. This work finds that countries where income inequality is decreasing grow faster than those with rising inequality.

The single biggest impact on growth is the widening gap between the lower middle class and poor household compared to rest of society.

Income inequality has negative impact on economic growth. The unequal distribution of income and resources among population is the most important challenge of our time.

SEBI & Capital Market

Saurav Gupta

B.Com. III Year

Introduction

Securities & Exchange Board of India has a primary responsibility of regulating and a supervising the capital market of India. It has introduced a number of reforms for the control and supervision of capital market and investor protection.

Primary Reforms (SEBI)

SEBI has introduced various guidelines for healthy and efficient functioning of capital market in India. The issuing companies are required to make material disclosures about the risk factors in their offer documents.

The merchant bankers now have a greater degree of the accountability in the offer document and the issue process.

Introduction of Prudential Norms and Simplification of Issue Procedures

Secondary Reforms (SEBI)

Since the establishment of SEBI in 1992, old trading system in stock market had been under review. As a part of the process of establishing rules for trading transparent, the 'BADLA' system was discontinued in December, 1993.

The stock also directed the Stock Exchanges at Mumbai, Delhi, Kolkata & Ahmedabad to ensure that all transactions in securities are concluded by delivery and payments and not allowed to carry forward of the transactions.

The securities market moved from T+3 settlement period to T+2 rolling settlement with effect from April, 2003.

Current Scenario

In the early 1990s, India figured low in the global ranking of the state of capital market. The adoption of sophisticated IT tools in trading and settlement mechanisms has now placed India in the lead. The NSE has played an important role in this transformation. Shorter settlement periods and demateralisation have been other major developments.

Conclusion

But, all it is not entirely positive. The introduction of new reforms also poses some risk to the investor due to the some lack of transparency in system.

Impact of Population Growth on Economic Development

Ravneet Kaur
B.Com. III Year

Population growth is closely related with economic growth as population influences economic growth and economic growth influences population. It is correctly stated that "Population is wealth to a Nation or maybe a Liability."

Population is an important source of economic development but under some circumstances it becomes a growth retarding factor supplying cheap labour & helps in producing commodities at low cost.

This situation is specially where the majority of population depends upon agriculture for their livelihood. The supply of capital, level of technology,

quality of manpower and urge for innovations also determines the nature of effect of population on economic growth.

In a technologically advanced country with abundance of capital, rapidly growing population will be an economic necessity and will have growth promoting, effect on the other hand in capital poor and technologically backward country, rapidly growing.

A growing population may enable a country to divert a large portion of its labour force towards the capital creating projects. Increased population adds to the number of producers, entrepreneurs, scientists, engineers, educationalist, doctors etc. They can prove poor to economic development of a country.

Thus the population growth and the environment in which the growth takes place are the important factor which decide whether population will be growth promoting or growth retarding factor.

Impact of Technology on Education

Prabhdeep Kaur
B.Com. III Year

The impact of technology on education is not just changing the way we do school work though it has also changed the way we interact with each others. Most of the adults spend at least a part of their day online.

Education has changed dramatically in the last decade with classrooms equipped with latest technology. Students are able to experience learning in a new and different ways. that they could never before.

One of the significant benefits of technology in education is the access to vast amounts of information. Moreover, technology enables personalized learning allowing students to progress at their own pace and cater to their individuals

needs.

Additionally, technology facilitates distance learning making education accessible to individuals who may not have the means or opportunities to attend traditional classrooms. Online courses, virtual letters and digital assessments provide flexible learning options for people of all age and backgrounds promoting lifelong.

Issues such as access to technology, the digital divide and concerns about privacy and cyber security need to be addressed to ensure equitable and safe learning environments for all students.

In conclusion, technology has had a profound impact on education, empowering students with knowledge, personalized learning opportunities and global connectivity. As technology continues to advance, it is essential for educators and policy makers to embrace and harness its potential to create inclusive and innovative educational experiences for all.

Business Skills

Rohit Kumar

B.Com. III Year

Business Skills refers to the expertise and competencies that individual possess to effectively manage, operate and thrive in a business environment. There are business skills such as communication, leadership problem solving, marketing & sales, time management, adaptability, negotiation, presentation skills, teamwork and collaboration. In the startup, stage entrepreneurs wear multiple hats. Developing and having these skills can significantly contribute to a person's professional growth and success in the business world. Continous learning, practice and gaining practical experience are essential in improving these skills over time. The most effective way to develop business skills is intimidating to do something for the first time. Another way to develop business skills is by studying what other people do.

So, the business skills you develop can help you succeed as an entrepreneur.

Digital Marketing

Arsh

B.Com. III Year

Digital Marketing refers to the use of digital channels, platforms technologies to promote products, services or trends to a target audience. It encompasses various online marketing tactics & strategies to reach potential customers increase brand visibility and drive sales on conversions. Here are some key aspects and strategies of Digital Marketing :

1. **Content Marketing :** Creating and distributing valuable & relevant content to attract and engage a target audience.

2. **Social Media Marketing :** Utilizing Social Media Platforms to connect with audience, build brand awareness and drive engagement.

3. **Influence Marketing :** Collaborating with them to promote products or service to their end.

4. **Affiliate Marketing :** Partnering with affiliates who promote products or service and earn commission.

The digital landscape provides numerous opportunities for businesses to connect with this target audience, build relationships and achieve their marketing goals.

The Issue of Child Labour

Ritika

B.Com. III Year

Child Labour is a complex and multi factor issue that involves various economic, social and cultured factors. It refers to the exploitation of children for work in the conditions that are harmful and determined to their physical & mental development.

Key points that provide detailed understanding of the run on child labour :

Poverty and Economic Factors : It is a major driving force behind child labour. In poor families children are often forced to work to contribute to their family's income and survival.

Cultural & Social Norms : In certain societies, child labour may be culturally accepted as a way of teaching children responsibility. Traditional attitudes towards gender roles can lead to girls being disproportionally affected by child labour.

Impact on Health & Development : Child labour has severe consequences on the physical and mental health of children. They are imposed to hazardous conditions, long hours and lack of proper nutrition and healthcare.

Therefore, the authorities should incorporate a provision from surprise checks and establish a separate valiance cell.

Data Visualisation in Communicating Statistical Finding

Akalesh

B.C.A. I Year

Data visualization is a pivotal tool that plays a crucial role in communicating statistical findings effectively. In an era characterized by the abundance of data, the ability to present complex information in a visually appealing and easily understandable manner is invaluable.

Visualizations such as graphs, charts, and maps allow individuals to grasp intricate relationships and patterns that might be otherwise obscured in rows of data.

Moreover, data visualization aids in decision-making by providing a clear and holistic view of the information at hand. When presented with a well-designed graph, decision-makers can quickly identify trends, outliers, and correlations, which in turn can guide them in formulating informed strategies.
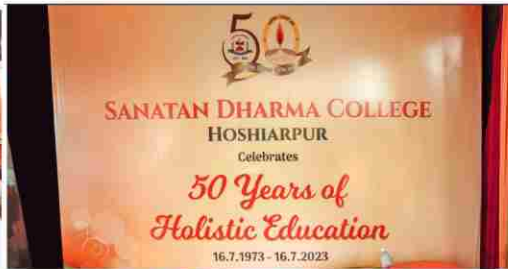
Not everyone possesses a background in statistics or data analysis, but visualizations can break down complex concepts into intuitive images that resonate with a broader spectrum of individuals. This is particularly important when communicating findings to stakeholders, policy-makers, or the general public.

Infographics, for instance, can effectively communicate public health statistics or environ-mental data, enabling audiences to comprehend the significance of the information and motivating them to take action.

In conclusion, the power of data visualization in communicating statistical findings is profound. It enables the transformation of complex data into accessible insights, facilitating comprehension, guiding decision-making, and promoting engage-ment. In an age of information overload, the ability to present data visually is essential for conveying meaningful information to diverse audiences. However, this power comes with the responsibility to create accurate and transparent visualizations that truly reflect the data's essence.

As we continue to navigate an increasingly data-driven world, mastering the art of data visualization remains a vital skill for effective communication.

Glimpses of
Golden Jubilee Celebration

16th July 2023

College Activities 2023-24 :
At a Glance

Worthy Management with Heads of Departments

Sitting Left to Right : Dr. Deepika Thalia (Political Science), Ms. Prabhkiran Kaur (History), Ms. Krishma (Hindi), Ms. Monika Kanwar (English), Ms. Nisha Arora (Computer Applications), Dr. Monika (Economics & Chief Editor, Shree Panchanan), Prof. Parshant Sethi (Officiating Principal), Shri Shri Gopal (Secretary, College Managing Committee), Ms. Hema Sharma (President, College Managing Committee), Dr. Manjit Kaur (Commerce), Dr. Radhika Rattan (Psychology), Ms. Jyoti Bala (Management), Ms. Manju (Library), Ms. Neha (Fashion Designing), Dr. Gurcharan Singh (Punjabi), Mr. Vipan Kumar (Associate Editor, Shree Panchanan), Dr. Kanwardeep Singh (Biotechnology)

Teaching Staff

Sitting Left to Right : Prof. Neha, Prof. Krishma, Prof. Prabhkiran Kaur, Dr. Deepika Thalia, Prof. Monika Kanwar, Prof. Nisha Arora, Dr. Monika, Dr. Manjit Kaur, Prof. Parshant Sethi (Officiating Principal), Prof. Jyoti Bala, Dr. Radhika Rattan, Prof. Dimple, Ms. Manju, Dr. Sachin, Dr. Gurcharan Singh, Prof. Vipan Kumar, Dr. Kanwardeep Singh, Prof. Paramveer Singh, Mr. Keshav

Standing Left to Right : Prof. Priyanka Sharma, Prof. Rampy, Prof. Amandeep Kaur, Prof. Pooja, Prof. Alisha, Dr. Palwinder Kaur, Prof. Khushdeep, Prof. Megha Dua, Prof. Isha, Prof. Sukriti Sharma, Prof. Manpreet Kaur, Prof. Neha, Prof. Manisha Thakur, Prof. Mehak, Prof. Sahiba Jain, Prof. Harjyot Kaur, Prof. Saurabh Thakur, Prof. Ram Chand, Prof. Om Parkash

Non-Teaching Staff

Sitting Left to Right : Ms. Manisha Sharma, Ms.Meenakshi, Ms. Mandeep, Ms. Gurnoor Kaur, Dr. Manjit Kaur (Bursar), Prof. Parshant Sethi (Officiating Principal), Mr. R.K. Sharma, Mr. Mohit Bhushan, Mr. Jagdeep Singh

Support Staff

Sitting Left to Right : Ms. Sonia, Ms. Simmi Rattan, Ms. Anju Bala, Dr. Manjit Kaur (Bursar), Prof. Parshant Sethi (Officiating Principal), Mr. Balwinder Singh, Mr. Ram Parkash, Mr. Raja Ram, Mr. Raghuvir Singh, Mr. Kalpnath

Standing Left to Right : Ms. Ashwani, Ms. Anu Bala, Ms. Priya, Mr. Ravi, Mr. Sewa Ram, Mr. Karan, Mr. Avtar

SHREE PANCHANAN

2023-24

COMMERCE SECTION

STAFF EDITOR :

DR. MANJIT KAUR

STUDENT EDITOR :

KRITIKA AHUJA

Inner Beauty

Dr. Manjit Kaur

(Asst. Prof.)

Staff Editor

A small simple word but with momentous meaning. Beauty doesn't mean having stunning face and body but true beauty lies in your soul, your character, and your confidence.

"Your inner beauty never needs makeup."

It only needs a good heart filled with selflessness, love and care. Real beauty is about always being willing to assist anyone even if there is nothing in it for you except the pure pleasure of seeing satisfaction, content on the other person's face, that person has inner beauty. It represents goodwill and kindness.

The physical appearance may look appealing to you for some time but inner beauty is something that remains in the heart of others for the lifetime.

Unlike physical beauty, inner beauty is hard to find in someone. Every person is like a deep ocean you do not know what's on the surface until you dive deep within that person and then you'll know their true beauty.

I'm not trying to say that outer appearances don't matter.

All I'm saying is that inner beauty plays a much bigger part even in first sight than you think. You may assume that you never notice inner beauty at first sight. But is that really true? Almost all the time, you notice a person's physical appearance only for a moment, until the real inner beauty starts the attraction game.

In my personal life I've met some people who are really beautiful and attractive from outside but there's a beast hidden inside them. Their physical beauty hides their beast but once you start conversation with them you start feeling uneasy.

Inner beauty helps you appreciate outer beauty. If you love, appreciate and feel good about yourself, you would feel more confident about facing and interacting with other beautiful people in the world. Remember, outer beauty can give you a glance, it's inner beauty that makes someone stay.

I personally don't believe in it. Your true beauty lies within you not what others observe in you. You only show the world what you want them to see not what's within you. You can never judge a person by your personal observations. You do not know their situations. So, before you start making conviction about someone do check their current status.

And learn to love yourself first. If you feel beautiful, your own self-belief and confidence brings out a glow of beauty that no outer beauty can compete with.

See the nature, they don't care about anyone. The sun doesn't care how hot it is, the moon doesn't care that he has stains, the clouds don't care that they're uneven. So goes with you feel beautiful don't care what others think of you but care what God thinks of you. Because in the end you have to answer Him about your deeds and not the world.

Always be optimistic. Spread positivity, reveal your inner beauty to the world. At the end I would conclude with the following words:

"Beautiful people are not always good but good people are always beautiful."

Microcredit :
Story behind & System to Operate in Rural Areas

Ms. Dimple

(Asst. Prof.)

Microcredit is a popular type of microfinance in which a very small loan is offered to a person in order to assist them in starting their own small business or becoming self-employed. These borrowers typically come from less developed countries (LDCs) and have modest incomes. Microcredit also goes by the names "microlending" or "microloan."

Story Behind

The foundation of microcredit was the idea that skilled individuals in poor nations who are excluded from regular banking and monetary systems might enter an economy with the help of a small loan. People that are offered this type of microcredit may use barter networks to exchange goods and services rather than actual money.

The Grameen Bank model, created by economist Muhammad Yunus, is widely credited with inventing modern microcredit. When a group of women borrowed $27 to fund their own modest companies in Bangladesh in 1976, this method was born. The women managed to pay back the loan and keep the business afloat. The Bangladeshi women who were given microcredit did not have the funds to buy the supplies they needed to construct the bamboo stools they would later sell and at the same time, each individual borrower would be too dangerous to lend to on their own. They were able to start production because they were able to borrow money as a group, with the understanding that the loan would be repaid over time as they made money.

System of Microcredit

In contrast to regular banking, where collateral may be needed or other conditions may be set up to assure repayment, the structure of microcredit arrangements usually changes. There may not even be a written agreement.

In other cases, the microcredit was backed by an agreement with the borrower's community members, who were tasked with forcing the borrower to work toward Microcredit and its potential for abuse have drawn criticism.

Issues in Microcredit

To encourage people to explore self-employment, for instance, microcredit was established in some of the most impoverished communities in South Africa. The way it was initially implemented, nevertheless, occasionally resulted in the money being spent on consumption rather than on starting or advancing any kind of business or job activity debt repayment. Borrowers who successfully repay their microcredits may be qualified for loans with increasing loan amounts. Even with the little loans provided through microcredit, the borrowers may find themselves with a sizeable amount of debt they are unable to repay. The issue is that the borrowers may not have a reliable source of income or they may intend to use the microcredit to establish an income source so they can repay the loan. In order to pay off their prior microcredit, some borrowers have resorted to selling off personal items and looking for new funding.

Improvement in the System

Microfinanciers must charge interest on loans, much like traditional lenders, and they establish detailed repayment plans with payments due on schedules. Some lenders demand that borrowers save a certain percentage of their income in a savings account that serves as insurance in the event that the borrower defaults. If the borrower successfully repays the loan, they will have added to their savings.

Microlenders frequently group borrowers together as a safety net because many applicants are unable to provide collateral. After acquiring loans, borrowers jointly repay their bills. This produces a sort of peer pressure that can help to ensure that everyone participates because the program's success depends on everyone's contributions.
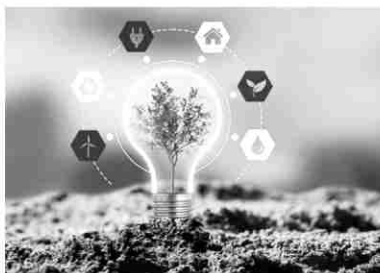
Sustainable Living

Ms. Manisha Thakur

(Asst. Prof.)

The world's population is on the rise, and according to an estimate by the United Nations (UN), it will be 10 billion by 2050. The rise in population leads to increased demand for food, fashion, travel, housing and related aspects. Increased demand for limited resources creates a distribution problem, where Sustainable living provides a solution. According to UNEP, "Sustainable living means

understanding how our lifestyle choices impact the world around us and finding ways for everyone to live better and lighter".

UN has committed towards Sustainable Living through its commitment to sustainable development goals (SDG) 4 and 12, and India is a part of this commitment. Here are certain activities of our daily routine through which we can live sustainably.

- Reduce paper wastage by making notes online, sharing your books or donating (if not in use) instead of buying a new book using the library.

- Use stainless steel bottles for drinking instead of plastic.

- Use a refillable or inked pen instead of using through pens.

- Use public transport for commuting or shift to shared rides.

- If one can afford buy product bottles or canes instead of small pouches or packets.

- Do not throw your clothes; instead, donate them to some needy, or you can resell them over platforms like FreeUp.

- Do not dump your old electric equipment or devices; instead, donate or resell.

- Reduce usage of hard disk and shift to cloud storage.

- Check your emails regularly and delete junk or spam mails.

- Switch to energy efficient devices.

- Reduce water wastage by shifting from showers to bucket for a bath.

The aforesaid activities are some of the many ways through which one can contribute towards the wellbeing of present as well as future generations. The need is for incorporating this in our thought process and executing through our living.

Stress Management

Ms. Isha Tiwari
(Asst. Prof.)

Stress management in the workplace is crucial for maintaining employee well-being, productivity, and overall organizational success. Here are some strategies and practices that can help individuals and organizations effectively manage workplace stress:

Identify Stressors : Recognize and understand the specific stressors in your workplace. These could include heavy workloads, tight deadlines, difficult colleagues, or a lack of resources. Identifying the sources of stress is the first step in addressing them.

Time Management : Develop good time management skills to prioritize tasks and set realistic goals. Tools like to-do lists, calendars, and project management software can help you stay organized and reduce the feeling of being overwhelmed.

Work-Life Balance : Strive to maintain a healthy balance between work and personal life. Overworking can lead to burnout and increased stress. Ensure you take regular breaks and use your vacation days to recharge.

Healthy Lifestyle : Eating well, regular exercise, and getting enough sleep are essential for stress management. A healthy lifestyle can improve your resilience to stress.

Mindfulness and Relaxation Techniques : Practices like meditation, deep breathing exercises, or yoga can help reduce stress and improve focus. These techniques can be integrated into your daily routine, both at work and at home.

Social Support : Connect with colleagues, friends, or family to share your thoughts and feelings. Sometimes, simply talking about your stress can help you feel better and gain valuable insights and support.

Set Realistic Expectations : Avoid perfectionism and set realistic expectations for yourself and your team. Understand that not

everything can be perfect, and it's okay to ask for help when needed.

Conflict Resolution : Learn effective communication and conflict resolution skills. Address workplace conflicts promptly and constructively to prevent them from escalating and causing additional stress.

Delegate and Prioritize : Delegate tasks when possible and focus on high-priority items. Learn to say "no" to tasks or commitments that will overload you.

Training and Skill Development : Invest in training and skill development to enhance your confidence and competence in handling job responsibilities. Feeling more capable can reduce stress.

Workplace Policies : Encourage your organization to implement stress-reduction policies and practices, such as flexible work hours, remote work options, and employee assistance programs (EAPs).

Seek Professional Help : If stress becomes overwhelming, consider seeking support from a mental health professional or counselor. Many workplaces offer EAPs that provide confidential counseling services.

Regular Check-Ins : Employers can conduct regular check-ins with employees to gauge their well-being, identify potential stressors, and provide necessary support.

Ergonomic Workspace : Ensure your workspace is ergonomically designed to reduce physical stress, such as back pain or eye strain.

Training for Managers : Train supervisors and managers in recognizing signs of stress and promoting a healthy work environment. They play a crucial role in mitigating workplace stress.

Workplace Wellness Programs: Encourage or participate in workplace wellness programs that focus on physical and mental health, such as fitness challenges, stress management workshops, or mindfulness sessions.

Remember that stress management is a continuous process, and it may require a combination of strategies to be effective. Both individuals and organizations should work together to create a supportive and stress-reducing work environment.

Social Responsibility of Business Case of Husk Power

Dr. Sachin Kumar

(Asst. Prof.)

Social responsibility is a business's contract with society to make safe products, treat customers and employees fairly, and conduct business honestly. A company has a duty to protect its customers from unsafe products and misinformation. The Environmental Protection Agency (EPA), the media, and the public all promote environmentalism among businesses. Husk Power limited (HPL) is an example of socially responsible business. Husk Power Limited was founded by Gyanesh Pande, Ratnesh Yadav and Manoj Sinha. All of them are from Bihar and they wanted to do something concrete to improve lives of the rural poor in Bihar. In August 2007 HPS enlightened the first village from 100% Biomass based Power plant that uses rice husk to generate electricity. In just four years HPS has installed 84 mini-power plants, providing electricity to over 2,00,000 people spread across 300 villages, and employing 350 rural people operating across the state of Bihar.

Each plant serves around 400 households, saving approximately. 42,000 litres of kerosene and 18,000 litres of diesel per year, significantly reducing indoor air pollution and improving health conditions in rural areas. By extending village life

beyond daylight hours, HPS promotes economic development by enabling businesses to stay open after dark and allowing children to study at night. HPS creates an ecosystem around each plant by providing income generation opportunities to local farmers and entrepreneurs. Additionally, it creates employment through its livelihood programmers such as the incense stick manufacturing program which largely employs women.

This enables sustainable development within the communities. Since entering Nigeria in 2020, Husk now accounts for about 15% of the microgrids commissioned under the World Bank-funded Nigeria Electrification Project (NEP), a unit under the Rural Electrification Agency (REA) that is working to scale private sector solar microgrids. Husk is on track to complete about 20 sites in Nigeria by the start of 2023. At full capacity the 12 microgrids owned and operated by Husk, all located in Nasarawa state, are expected to benefit more than 50,000 people. Husk is seeing 50% of diesel generators in its communities taken offline within the first year of a microgrid's operations, amounting to hundreds of displaced generators. Customers are registering at least 30% reduction in monthly energy costs by switching from diesel to solar.

An Investment in Knowledge Pays the Best Interest

Ms. Mehak

(Asst. Prof.)

Knowledge plays a part in everything we do. It can help you make more money, make better decisions, be better at sports, take better care of your health and much more.

Yet, too many people think that after high school or college, their education is over. They breathe a sigh of relief and think they made it. Now, it's time to just get a career and go with flow until retirement.

But, this is the wrong outlook to have. Benjamin Franklin once said, "An investment in knowledge pays the best interest." He knew the value of constantly becoming more knowledgeable.

In fact, just about every successful person in the world has one thing in common: they are constantly reading and educating themselves on a daily basis.

You should always be educating yourself through books, biographies, articles, audios, experience, etc. Your education should be a work in progress until the day you die.

The investment you make in yourself will always pay off in the end. The wiser you are, the better decisions you'll make. The smarter you are, the more things you can be successful at.

Make it a point to always keep improving yourself each day by learning new things.

Action Steps:

- Read daily for at least 30 minutes (audio books, books, e-books, etc.)
- Study other successful people you look up to.
- Listen to podcasts, interviews and watch biographies to learn as much as you can about how to get better at what you're doing.

Yes, You Can

Ms. Sahiba Jain

(Asst. Prof.)

Come out of your comfort zone to fully spread your wings.

"Once you taste failure, you have no fear. You can take risks more easily. Then, you do not want to struggle in your comfort zone anymore, You are ready to fly."   **- Chetan Bhagat**

Getting out of your comfort zone is actually a four stage process, if we go by what psychologists suggest. When you leave your comfort zone, you first win over your fear zone, then enter a learning zone and finally get into your growth zone. Here are some

simple tips :

1. Make a list of things you are uncomfortable with.

2. Do one thing everyday that scares you.

3. Ask deep questions like : What holds me applying newer methods of studying?

4. Switch up your routine just a little.

5. Make it a habit to try out something new.

6. As you enter to learning zone, try adding a new skill to your arsenal. - anything that you have not tried your hand on yet.

7. Work out in a new fun way - this is one of the techniques that takes you out of your comfort zone mentally and physically both.

Finally, start a creative endeavour as creativity is all about stepping into the unknown and learning in a new environment.

Having learnt to live out of your comfort zone, you will find that you have grown into a more confident, more positive, more energetic, more risk free and more rejuvenated person.

Growing from your comfort zone grants you all new experiences and novel tools to keep and build upon as you move further into your growth zone. And remember, it all starts with just one small step.

With best wishes for your success in all your endeavours.

Government Schemes for Entrepreneurs

Ms. Davinder Kaur

(Asst. Prof.)

India is in the mindset of an entrepreneurship boom with a large magnitude of people attempting to become entrepreneurs and it is the wake of an era of start ups. The Indian Government has fuelled up the idea by introducing several scheme in their favour and is pushing young people to start their firms. Proper utilisation of them can aid finances and pushes the start up culture forward.

Here are few schemes that every young entrepreneur should be aware of :

1. **Start Up India :** This initiative is aimed at promoting entrepreneurship in India by providing funding incubation and mentoring support to startups. It also offers tax benefits, patent filling assistance and easier access to funding.

2. **Atal Innovation Mission :** This initiative promotes innovation and entrepreneurship by setting up Atal Tinkering Labs (ATLs) in schools across India. It also provides funding, mentoring and incubation support to startups through Atal Incubation Centres (AICs)

3. **Pradhan Mantri Mudra Yojana (PMMY) :** PMMY provides loans to INR 10 Lakh to micro and small enterprises for their business activities. These loans are provided by various banks and financial institutions and are categorised into three segments: Shishu, Kishore and Tarun.

4. **Stand up India Scheme :** The objective of this scheme is to provide bank loans between Rs. 10 Lakh to Rs. 1 Crore to women and SC/ST entrepreneurs to set up green field projects for manufacturing, trading or service sector activities.

5. **Skill India :** This scheme is aimed at providing skill training and employment to the youth of India. It offers various training programs in different sectors such as healthcare, hospitality, construction and manufacturing.

6. **Woman Entrepreneurship Platform :** Launched by NITI Aayog, WEP is for women entrepreneurs across India. This scheme includes benefits like free credit rating, mentorship, funding support to women entrepreneur, apprenticeship and corporate partnership.

7. **e-Biz Portal :** e-Biz Portal was launched in January 2013 and it is the first Indian electronic Government to business (G2B) portal. It was designed as communication platform for the business community and investors.

8. Pradhan Mantri Employment Generation Programme (PMEGP) : PMEGP provides financial assistance to micro enterprises in the manufacturing and service sectors. It provides a subsidy of up to 35% of the project cost for general category entrepreneurs and upto 50% for women and SC/ST entrepreneur.

9. Udyog Adhar Memorandum (UAM) : UAM is an online registration system for micro, small and medium enterprises. It simplifies registration process and provide various benefits such as easier access to credit, subsidies and government schemes.

Plagiarism

Kritika Ahuja

M.Com. II Year

Student Editor

The act of meaning of money or tangible things is considered as crime and it can be easily identified. This is known as cheating.

The act of using another individual's work like scaling information, ideas, tables from various looks articles and then passing it as one's is what known as plagiarism.

Hence, plagiarism is using someone else's work into one's own, with or without their approval and then offering it as own without any acknowledgment whether it is intentional or unintentional.

Different forms of Plagiarism

1. The Potluck Paper : In this the writer use different sowres and compile them into a new article. The writer only changes some sentences and paragraphs in this.

2. The Photocopy : In this some portion are taken exactly without making any change.

3. The Self-Stealer : In this the author reproduces his own works and make changes in it. This is not considered as wrong in India.

4. The Ghost Writer : It is the exact copy of someone's work and preventing it as your own.

Clean India Green India

Garima Sharma

B.Com. II Year

Making India clean and green is a dream of all the citizens. With this clean India green India mission, we focus to keep our India clean and also concentrate to step deforestation and increase the number of trees in India. The best way is that we should start the cleanliness drives from our room, kitchen, house and society. The demand of the time and situation is to protect the environmental beauty and purity of the surroundings. Sustainable development is not possible without green environment and clean climate.

Swachh Bharat Abhiyan launched by the Prime Minister of India in 2014 is a good start to make India cleaner and greener. The Government must plant trees near every city and town. We should also take some basic steps like carry a recyclable bag when we go out of our house and not throw garbage here and there.

Internet

Harshika

B.Com. I Year

The internet is a worldwide network that links computers. People may exchange information and converse through the internet from any location with an internet connection. The internet is a vast network that connects billions of computers and other electronic devices, all around the world.

You can get nearly any information interact with anyone in the globe and do a lot more using the internet. The internet is the world's most innovative and engaging innovation. It is the most beneficial technology for sharing knowledge from one part of the world to another. Today 90% of work is handled online or with the use of internet. Whether to study, play games or watch movie, we can rely on the internet.

College

Sanjana

B.Com. II Year

You drained me like no other;

Trying to make friends who wouldn't bother.

The work was far from rough;

It had me crying every night I've had enough.

Self-isolation is what you helped provide;

Depression so bad I'm dying inside.

Wondering why the work is so hard to get;

Maybe because I'm being taught by teachers

I never even met.

Stealing all my motivation till it's completely gone;

All for a life I don't even want.

Surrounded by thousands but completely alone;

Anxiety had me pretending to be on my phone.

Filling my time with knowledge I will soon forget;

The only mark you left was the one called debt.

Thank you, collage for the memories I want to return;

Collage isn't for me is what I've learned.

Women Empowerment

Komal

B.Com. II Year

Women Empowerment has become the buzzword today with women working alongside men in all spheres. They profess an independent outlook, whether they are living inside their home or working outside. They are increasingly gaining control over their lives and taking their own decisions with regard to their education, career, profession and lifestyle.

With steady increase in the number of working women, they have gained financial independence, which has given them confidence to lead their own lives and build their own identity. They are successfully taking up diverse professions to prove that they are second to none in any respect.

Women empowerment is not limited to urban, working women but women in even remote towns and villages are now increasingly making their voices heard loud and clear in society. They are no longer willing to play a second fiddle to their male counterparts. Educated or not, they are asserting their social and political rights and making their presence felt, regardless of their socio-economic backgrounds.

Women empowerment, in the truest sense, will be achieved only when there is attitudinal change in society with regard to womenfolk, treating them with proper respect, dignity, fairness and equality.

Let us hope, women empowerment spreads to progressive as well as backward areas of our vast country.

An Education without Exams

Punya Malhotra

B.Com. II Year

Traditional Education is build around exams and test scores.

Most teachers are evaluated based on their students grades. The vast majority of teaching hours are focused on teaching the curriculum, in accordance with national or international bond exams. For most schools, grades are the primary method of accountability. For most nations, they are metric the policymakers evaluate. For most parents, it is the main indicator of their child's success.

We continue to let students (and society at large) believe that a greater number of A's is an indication of success, whilst anything lower than C is often an indication of failure. For many students, it becomes the measure of their talent, potential, self worth & event status in society. Little do they know that we are lying to them.

The traditional narrative around exams is toxic, flawed and simply out-dated in the digital age. The obsession with test scraes continues to be a huge

barrier to innovation in education. This is because it leaves very little bandwidth for schools to focus on the things that actually matter.

Global Warming

Rohit Arora

B.Com. III Year

Global Warming or climate change has become a worldwide concern. It is gradually developing into an unprecedented environmental crisis evident in melting ice of the glaciers, change in the weather patterns, rising sea levels, floods, cyclones and droughts. Global Warming implies an increase in the average temperature of the Earth due to entrapment of greenhouse gases in the Earth's atmosphere.

Steps to curb Global Warming : Several measures are required to curb the problem of global warming. We can contribute towards the less production of CO_2 by adopting renewal energy instead of consuming oil, coal and gas. Tree plantation is another way out as we know that the trees absorb carbon dioxide and produce oxygen.

Conclusion : As per the Kyoto protocol, developed countries are required to cutback their emissions. There is a need to reduce coal-fired electricity, increase energy efficiency through wind and solar power. We must enhance the understanding of interconnectedness between the climate change and the nature around us. We should strive for the possible mitigation options which could be a sensible combination of technical and social adaptations that would be required to deal with the consequences of global warming.

Pollution

Jaspreet Ginday

B.Com. III Year

Anything added into the environment result in producing harmful or poisonous effect on living things is called pollution. Pollution is the process that makes natures resources such as land, water, air or other parts of environment unsafe or unsuitable to use. In the today world the population is increasing on a rapid speed.

There are many causes which leads to environment pollution. Any use of natural resources at a rate higher than the nature's capacity to restore itself can result in pollution of air, water and land. Natural activities other than human activities also result in pollution such activities are volcanic eruption, forest fires etc. Globalisation is also another major cause of pollution. Globalisation become an effective facilitator of environment degradation.

Conclusion : Every individual owns certain responsibility of maintaining few points such as not throwing garbage all around, growing trees, using public transport instead of their own etc. We must shun excessive consumption and avoid careless and deliberate disposal of past consumption waste and resources could otherwise be recycled and it would led to pollution control.

Pollution cannot be controlled if responsibility towards our Mother Earth is not felt by all concerned.

Time Management

Tania

B.Com. II Year

Time Management is the ability to utilize one's time efficiently so as to be more productive and organized. It is said that if you master this technique you can accomplish just about anything in life. However, as simplistic as it seems, efficient time management is not something that everyone is good at. Self discipline is the key to manage time well.

You can manage your time efficiently with the help of following tips :

- Prepare a list of tasks to be accomplished during the day.
- Prioritize your tasks and set time to complete each of them.
- Stick to the schedule diligently.

- Do not forget to take 7-8 hours of sleep each time of day.
- Take breaks in between the tasks.

Inflation

Swati

B.Com. II Year

Inflation means a general increase in the prices of goods and services like increases in prices of daily food items, airfare, traveling cost etc. This is due to an increase in production cost or cost of services such as raw materials and wages.

A surge in demand for products and services can cause inflation as consumer are willing to pay more for the products. In mind, the best example to know is the price of coconut water. When we come to Mumbai in 2010, my father told us that the cost of coconut water was Rs. 15 to 18 but in 2021, it is Rs. 50. Just in 11 years, the price has been triplet like this, they are several example of inflation in our daily life. The Government takes several measures to control it.

Importance of Education

Aanchal

B.Com. II Year

Education is an important part of human life. Education gives meaning to our life as it enables the growth and development of our mind an intellect. An educated society is an enlightened and empowered one. Such a society can make well-informed choices in its social, political and economic welfare. Education, therefore, ensures social justice, economic strength and political freedom. In the absence of education society remains backward. Education must be given to priority by every country. All children and youth of a country must have access to education. Through universal access to education, society can make progress swiftly and peacefully.

Demonetization Boon or Bane

Karishma

B.Com. II Year

I was not born to sit on a chair of high office.
Whatever I had, My family, my home,
I left it for the Nation.

- P.M. Narendra Modi

Demonetization the most remarkable and historical step in the history of India. Demonetization of currency means discontinuity of the particular currency from circulation and replacing it with a new currency. In the current context it is the banning of the 500 and 1000 denomination currency notes as a legal tender.

The government's stated objective behind the demonetization policy are as follows; First it is an attempt to make India corruption free. Second it is done to curb black money, Third to control escalating price rise, Fourth to stop funds flow to illegal activity, Fifth to make people accountable for every rupee they possess and pay income tax return. Finally, it is an attempt to make a cash less society and create a Digital India.

Artificial Intelligence

Navpreet

M.Com. I Year

Artificial Intelligence (AI) is the intelligence possessed by the machines under which they can perform various functions with human help. With the help of AI, machines will be able to learn, solve problems, plan things etc.

In the field of technology, AI is evolving rapidly day by day and it is believed that in the near future, artificial intelligence is going to change human life very drastically and will most probably end all the crises of the world by sorting out the major problems.

Artificial Intelligence is theory and development of computers which imitates the human intelligence and senses, such as visual perception, decision-making and translation between languages. AI has brought a revolution in the world of technology.

Unemployment

Partiksha

M.Com. I Year

Unemployment is an issue that confronts economies almost all the world. The levels of employment differ in different countries. When the number of jobs demanded by the youth and others in a country exceeds the number of available jobs there is unemployment. It has deleterious (harmful) effects on the society and the economy of the country.

Unemployed persons are unable to meet their requirements of food, clothing and shelter. The unemployed would form part of the poorer sections of society. With greater unemployment there is greater poverty.

With greater unemployment there is an increase in the number of homeless persons and street dwellers. It is also responsible for increased beggary. Unemployment has significant economic, social and psychological effects.

- Economic effects include reduced consumer spending lower tax revenues.
- Social effects include increased crime rates, social unrest and reduced social unity.

Ways to Reduce Unemployment :

- Spending more on Jobs.
- Encourage Growth, Training & Labour Mobility.

Child Labour

Tania

B.Com. I Year

Labourers below the age of 14 years are called child labour. India has the largest number of child labour in the world. According to the census figures of 1991, India has 11.29 million child labourers which constitute 1.34% for the total population of our country. Most of the child labourers are engaged in agriculture and allied subject like livestock, foresting and fisheries. In the urban areas, children work in dhabas, easteries helpers or cleaners in trucks and as domestic servants etc. They have long working hours and fewer wages.

The main reasons behind child labour is poverty. Children born in poor families are forced to work not only for their own survival but also for their family. Awareness of the people and Government also compels poor parents to make their children employed as labourers in agricultural farms, factories, brick kilns and as domestic servants. Let us all take a step to ban this evil.

Happiness

Amritpal Kaur

B.Com. I Year

Happiness often comes from within. But we should know how to tame negative thoughts and approach every day with optimism. One should stay away from negative thoughts and have to work a little harder to train brain to conquer negative thoughts.

According to me, move on is must for being happy. Stop over thinking. Don't think more about your past. Only you have to remember the struggle you did and the morals you learnt because it will helps you to stay down to Earth.

I agree that thoughts may affect happiness but one should not try to stop negative thoughts because, "I have to stop thinking about this" only makes you think about it more. Treat yourself like a friend. And start challenging your negative thoughts. At last, I want to say that :

Negative thinking happens to all of us, but if we recognize it and challenge that thinking, we are taking a big step toward a happier life.

E-Commerce

Khushi Thakur

B.Com. I Year

E-Commerce is the process of selling goods and services over the interest. Customers come to the website or online market place and purchase products using electronic payments. Upon receiving the money, the merchant ships the goods or provides the service. E-Commerce has been around since the early 1990s when Amazon just sold books, but today, it's a multibillion dollar industry and it has gotten even bigger during the pandemic. According do Digital Commerce 360's analysis of US Department of Commerce data, E-Commerce spending hit $347.26 billion in the first half of 2022, up 30% year over year.

How it works?

E-Commerce works on the same principles as a physical store. Customers come into your E-Commerce store, browse products, make purchase.

Cruelty to Animals

Aaruhi Sood

B.Com. I Year

"Animals are not property or things but rather living organisms, subjects of a life, who are worthy of our compassion, respect, friendship and support."

Unfortunately, not all animals are treated with kindness. In this easy-to-understand article, we'll explore what animal cruelty is, why it's important to care and making positive changes. Animal cruelty is when animals are treated badly causing them pain and suffering. This can happen in many ways such as neglect, abuse for entertainment. Just like us, animals can feel pain, fear and sadness too.

By being kind to them, we make the world a better and happier place for everyone.

By learning about animal cruelty and taking simple steps to help, you can be a part of creating a more compassionate and caring world for animals.

Environment

Tamana

B.Com. I Year

The world environment refers to all ecological units which are naturally present on Earth in the form of land, water, air, sunlight, minerals, living organisms etc. The Earth is full of natural surroundings, some are biotic and some are non-biotic. Biotic elements are those elements that has life like human, bird, animals, plants and micro-organisms whereas non-biotic elements are those which have no life like air, water and land etc.

Further it is divided into four spheres that is biosphere, lithosphere, atmosphere and hydrosphere. In which hydrosphere is the largest part on the Earth among all. Currently, the situation of environment is very poor that could never be imagined by our ancestors in precious time. We have endlessly spoiled our environment by using its resources in wrong way. We can see that everyday and everywhere pollution is rapidly increasing on Earth. Impurity element has involved in every era of environment.

Number of increased industries, factories, vehicles or other transportation has caused poor situation of air pollution in whole world. We should use the natural resources very carefully. For providing a better and healthy life for our fourth coming generations, we all should take pledge about prevention of our environment with less and safe use of natural resources.

> We are on earth to take care of life. We are on earth to take care of each other.

Coal Consumption Affecting Climate

Vandana

B.Com. I Year

The furnaces of the world are now burning about 2,000,000,000 tones of coal a year. When this is burned, uniting with oxygen, it adds about 7,000,000 tons of carbon dioxide to the atmosphere yearly. This tends to make the air a more effective blanket for the Earth and to raise its temperature. The effect may be considerable in few centuries.

The Happiest Days of your Life

Vandana

B.Com. I Year

School days should be a happy time in a young person's life. It can affect students of my (any) age, and both boys and girls. A friend of mine had a very negative experience at school last year as an older boy continually called him names and sometimes used to post nasty messages about him to on Facebook.

Obviously, my friend felt very upset about this and affected his self-confidence. Some days, he didn't want to come to school at all.

I think teachers need to be aware that may be happening in their classes and very strict they have care of my.

Another thing teachers could do is prepare lessons to talk about the problem with their pupils, which might make realize how badly they hurt their victims.

As for students, if they find out a classmate is being, they should support them as much as possible and let a teacher know.

Hopefully, one day all students will be able to go to school without fear of being bullied.

Stock Market is not Gambling

Isha

B.Com. III Year

The Stock Market has been a subject of fascinating and speculating. Some precative it is a realm of lucrative opportunity, But other considered the high risk gambling. The debate surrounding whether the Stock Market is gambling place or a platform for calculated investment continues to persist understand the stock market is a complex and regulated financial system where investor can buy or sell shares of publicity traded companies. Stock Market is regulated by SEBI unlike gambling where it is the game of chance. There is many difference point between stock market and gambling. Ownership and dividend - Investing in the stock market involve purchasing shares of a company, which signifies partial ownership gambling typically involve placing bet without any ownership or claim to future profit. Risk Management - The stock market provide investor with tool and strategies to manage risk other side gambling offer limit risk management option, with outcome heavily dependent on chance.

Benefits of Commerce Education

Anchal Sharma

B.Com. III Year

Commerce education can help you get many different kind of jobs. You can work in finance, accounting, marketing, human resources, taxation, banking and more.

Commerce education also teaches you how to start you own business and make it successful. Commerce education helps students learn how to manage money and investments. They can make

smarter financial decisions. Students learn about accounting, taxes and how to invest wisely which is important for their good life.

You can also get certificates like CA, CMA or CS which will help you stand out when looking for job.

Public Sector Banks in our Country

Isha

B.Com. III Year

Today, the banking industry in our country is stronger and capable of withstanding the pressures of competition. It withstood Global Financial Crisis (2008). In the era of Globalization Banking Sector in India is rapidly changing since 1990s due to technological innovation, financial liberalization with entry of new private and foreign banks, and regulatory changes in the corporate sector. Indian banking industry is gradually moving towards adopting the best practices in accounting, internationally accepted prudential norms, with higher disclosures and transparency, corporate governance and risk management, interest rates have been deregulated, while the rigour of directed lending is being progressively reduced. In our country, currently we are having a fairly well developed banking system with different classes of banks – public sector banks, foreign banks, private sector banks – both old and new generation, regional rural banks and co-operative banks with the Reserve Bank of India as the leader of the system.

History of G20

Khushi Nayar

B.Com. III Year

The G20 group of 19 countries and the EU was established in 1999 as a platform for Finance Ministers and Central Bank Governors to discuss international economic and financial issues.

Together, the G20 countries account for almost two-thirds of the global population, 75% of global trade, and 85% of the world's GDP. In the wake of the global financial and economic crisis of 2007, the G20 was elevated to the level of Heads of State/Government and was named the "premier forum for international economic cooperation."

The G20 has two main tracks of engagement: the Finance Track for finance ministers and central bank governors and the Sherpa Track. These Sherpas are responsible for overseeing the negotiations that occur throughout the year

Headless Commerce

Abhi Malik

B.Com. III Year

Headless Commerce architecture is the decoupling of a website's frontend presentation layer which includes items such as text colors styles, images, graphs and tables, buttons etc. from the backend e-commerce functionality pricing, infrastructure, security, checkout etc.

Developers can utilize their frontend technology of choice to deliver high-quality content experiences and plug in an e-commerce solution on the backend that manages all commerce functionality.

Digital Marketing

Palak Sharma

B.Com. III Year

Digital marketing has a very wide scope starting with brands products through advertisements, pamphlets, short clips and many more.
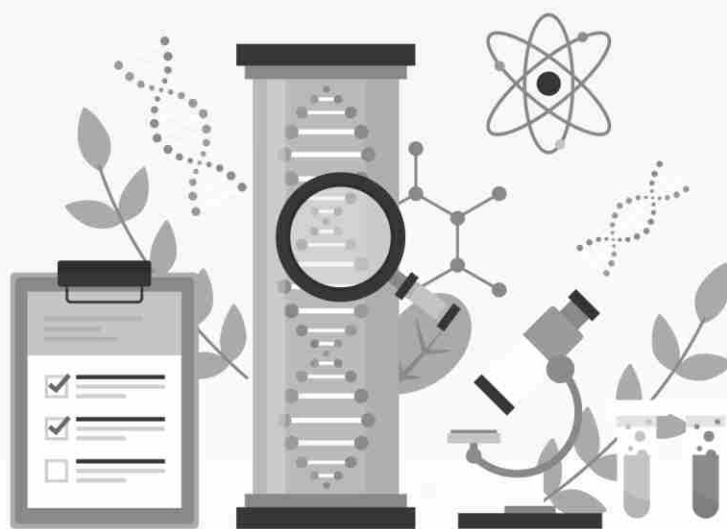
Today's youngsters are too lazy to go out and have shopping of products and asking to services, digital marketing have provided a scope to all those problems.

All you have to know is to work online, choose among varieties of brands the thing which is best suited to you. Digital Marketing is a combo of two skills digital platforms and marketing science.

SHREE PANCHANAN

2023-24

BIO-TECHNOLOGY SECTION

STAFF EDITOR :

DR. KANWAR DHALIWAL

STUDENT EDITOR :

MEHAK

Histidine Nτ-

Methylation Identified as a New Posttranslational Modification

Dr. Kanwardeep Dhaliwal

(Asst. Prof.)

Staff Editor

In eukaryotes, genomic DNA is tightly packed into the dynamic structure of chromatin, nucleosomes being its basic units. Histones are the pivotal components of nucleosome particles, forming an octamer containing two copies each of the core histone proteins, H2A, H2B, H3, and H4, which contain reversible complexes with a 147-bp segment of DNA. Each globular histone protein has an intrinsic disordered region, the N-terminal tail, characterized by relatively high contents of the basic amino acids, lysine, and arginine residues. Histone N-terminal tails are targets for multiple covalent posttranslational modifications (PTM), such as methylation, phosphorylation, acetylation, ubiquitylation, SUMOylation, glycosylation, and ADP-ribosylation., which coordinate to determine the chromatin state, thereby regulating gene expression.

Among the histone modifications, methylation, the attachment of a methyl group (-CH3) to the side chains of lysine and arginine, represents a subtle but complex modification. It occurs in three distinct forms, mono-, di-, and tri-methylation of lysine and mono-, symmetric di-, and asymmetric di-methylation of arginine.

Histone post-translational modifications play critical roles in a variety of eukaryotic cellular processes. In particular, methylation at lysine and arginine residues is an epigenetic mark that determines the chromatin state. This new histone modification may serve as a chemical flag that mediates the epigenetic mark of adjacent residues of the N-terminal tail and the conformational properties of the globular domain. These modifications act in varied biological processes such as transcriptional activation/inactivation, chromosome packaging, mitosis, meiosis, apoptosis, and DNA damage/repair Defects in the PTMs pathway have been associated with the occurrence and progression of various human diseases, such as cancer, heart failure, autoimmune diseases, and neurodegenerative disorders such as Parkinson's disease, Alzheimer's disease, and Huntington's disease.

Histone modifications are reversible and used as potential targets for cancer therapy and prevention. Recent different histone PTMs have key roles in cancer cells since it has been shown that histone PTMs markers in cancers are acetylation, methylation, phosphorylation, and ubiquitylation.

Future of Rabies Treatment : Perspective 2035

Mr. Ram Chand

(Asst. Prof.)

Rabies, a fatal disease caused by the rabies virus, is a significant global health concern. Despite its long history, little progress has been made toward a treatment for rabies. The prognosis for patient recovery remains dire. However, the landscape of rabies treatment is expected to change dramatically by 2035, thanks to advancements in medical research and technology.

In 2035, the focus of rabies treatment will likely be on developing effective therapies that can cure the disease even after it has reached the brain. Currently, treating rabies in humans who have been bitten by a rabid animal is only successful if the person gets medical help early on, before the virus gets into the central nervous system. Otherwise, it is almost always fatal. But researchers have tested a new treatment in mice that appears to cure the

disease, even after the virus has spread to the brain.

One promising area of research is the development of antiviral drugs that can inhibit viral propagation. These drugs could potentially stop the rabies virus from multiplying and spreading throughout the body. In addition to antiviral drugs, researchers are also exploring immunotherapeutics that can enhance the body's immune response to the rabies virus.

Another potential breakthrough in rabies treatment could come from advances in our understanding of neuronal degeneration and inflammation, two key aspects of rabies pathogenesis. By managing these molecular mechanisms, it might be possible to prevent or reverse the severe neurological dysfunction caused by the rabies virus.

Wonders of Supernova!

Mehak

Student Editor

B.Sc. (Hons.) Bio-Tech I Year

The cosmos is a vast expanse of mysteries and wonders, among which supernovae stand as one of the most spectacular phenomena. A supernova, the colossal explosion of a star, is one of the most energetic events in the universe. Supernovae are the final grand spectacle in the life cycle of stars that are at least five times the mass of our sun. When these massive stars exhaust their nuclear fuel, they cool off, causing a drop in pressure. The star's gravity then causes it to collapse, leading to enormous shock waves that result in a brilliant explosion.

One of the most fascinating aspects of supernovae is their role in the creation and distribution of elements. The intense heat and pressure during a supernova explosion led to nuclear reactions that produce heavy elements like iron.

These elements are then ejected into space at speeds ranging from 9,000 to 25,000 miles per second. Thus, supernovae are responsible for seeding the universe with the building blocks for planets, and even life itself. In fact, scientists believe much of the carbon, oxygen, nitrogen, silicon, and iron on Earth came from supernovae.

The first stars became supernovae about 14 billion years ago. To give you an idea of how long ago that was, a billion seconds ago was almost 32 years ago. Imagine, 14 billion years was a really, really long time ago! When a supernova ends, the star can become a white dwarf, neutron star, or black hole. The gravity inside black holes is so strong that not even light can escape!

Microbiology

Sanjana Jolly

B.Sc. (Hons.) Bio-Tech I Year

Microbiology is the study of microbes, which are minute, invisible to the unaided sight living things. Bacteria, viruses, fungi, and protozoa are among these creatures. Because it enables us to comprehend how these creatures interact with one another and with their environment, microbiology is a crucial area of study.

The use of microbiology in medicine is among its most significant applications. Numerous human diseases, such as infections, allergies, and autoimmune disorders, are brought on by microorganisms. We can create novel medications and treatments to fight these diseases if we have a better understanding of how these creature's function.

Antibiotics are one type of medication that is used to eradicate germs that cause infections. They function by stopping the bacterial cell from replicating by concentrating on particular areas of the cell.

Food production is a significant use of microbiology. Foods like cheese, yogurt, and bread are all produced using microorganisms. Beer and wine are also fermented with them. Environmental

science uses microbiology in addition to food production. Microorganisms can be employed to remove pollution and play a significant part in the cycling of nutrients in ecosystems.

Microbiology is a fascinating area of research with numerous crucial applications in environmental science, agricultural production, and medicine. We can learn more about how microorganisms' function and interact with their surroundings by researching them. This information can be utilized to create novel illness treatments, enhance food production techniques, and safeguard the environment.

COVID-19

Ayush

B.Sc. (Hons.) Bio-Tech I Year

Millions of people around the world have been impacted by the COVID-19 pandemic, which has caused a global health crisis. The SARS-CoV-2 virus, which is responsible for COVID-19, is extremely contagious and can spread through respiratory droplets. The virus was initially discovered in Wuhan, China, in December 2019, and it has since spread to cause Pandemic 1 over the world.

To combat the spread of COVID-19, many countries have implemented measures such as mask mandates, social distancing guidelines, and vaccination campaigns. Vaccines have been developed and authorized for emergency use in many countries around the world. These vaccines have been shown to be highly effective at preventing severe illness and hospitalization due to COVID-19.

COVID-19 has had a significant impact on the world and has affected millions of people worldwide. The pandemic has led to widespread lockdowns and social distancing measures, which have had a profound impact on people's lives.

However, vaccines have been developed and authorized for emergency use in many countries around the world, which is a positive development in the fight against it.

Inside the Science of Memory

Mehak

B.Sc. (Hons.) Bio-Tech I Year

Memory is a complex and fascinating topic that has been studied for centuries. According to Johns Hopkins Medicine, memories are formed as a result of connections between neurons in the brain. These connections, or synapses, are formed each time a new activity is learned. The more a person participates in a particular activity, the stronger the synapses and associated memories tied to the activity become.

Understanding the concept that how memories are created, saved, and recovered requires an interdisciplinary approach, which the science of memory employs.

Memory is studied by researchers in this discipline using a number of methods, such as brain imaging, animal models, and behavioral investigations.

Treatment of neurological diseases like Alzheimer's disease is one of the most significant uses of memory research. Memory, reasoning, and behavior are all impacted by the gradual brain illness known as Alzheimer's disease. By investigating how memories are created and maintained in the brain, researchers are trying to create new Alzheimer's disease treatments.

Memory science is a significant area of study with numerous implications in both psychology and medicine. Researchers can create brand-new treatments for neurological conditions like Alzheimer's disease and post-traumatic stress disorder (PTSD) by researching how memories are created and retained in the brain.

This study can also aid in our understanding of how the brain functions and how to enhance memory.

Quantum Mechanics

Jasleen

B.Sc. (Hons.) Bio-Tech I Year

Quantum physics is the study of matter and energy at the most fundamental level. It aims to uncover the properties and behaviors of the very building blocks of nature. Quantum experiments examine very small objects, such as electrons and photons, but quantum phenomena are all around us, acting on every scale.

Quantum discoveries have been incorporated into our foundational understanding of materials, chemistry, biology, and astronomy. These discoveries are a valuable resource for innovation, giving rise to devices such as lasers and transistors, and enabling real progress on technologies once considered purely speculative, such as quantum computers. Physicists are exploring the potential of quantum science to transform our view of gravity and its connection to space and time. Quantum science may even reveal how everything in the universe (or in multiple universes) is connected to everything else through higher dimensions that our senses cannot comprehend.

Dark Matter & It's Role in the Universe

Simran

B.Sc. (Hons.) Bio-Tech I Year

The universe, a vast expanse of space filled with galaxies, stars, and planets, is also home to a mysterious entity known as dark matter. Despite being invisible and undetectable by conventional means, the dark matter is believed to constitute approximately more than 85% of the universe's total matter.

This unseen mass, now known as dark matter, plays a crucial role in the structure and evolution of the universe. It acts as a cosmic glue, holding galaxies together and preventing them from being torn apart by their own rotation. Furthermore, dark matter forms a cosmic web that serves as a scaffold for the formation and evolution of large-scale structures in the universe.

Despite its pivotal role, dark matter remains one of the most enigmatic components of our universe. It does not interact with electromagnetic radiation, making it invisible and undetectable through traditional observational techniques. Scientists believe that dark matter is composed of undiscovered subatomic particles, with ongoing experiments aiming to detect these particles directly. Its gravitational influence shapes the large-scale structure of the universe and also holds galaxies together. As scientists continue to unravel the nature of dark matter, we move closer to understanding the composition and evolution of our universe.

Future of Cancer Care in India

Muskan

B.Sc. (Hons.) Bio-Tech II Year

The future of cancer care in India is promising, with significant advancements in technology and treatment modalities. Over the past 30 years, India has made considerable strides in cancer treatment. However, the focus is shifting towards preventing avoidable tumors and developing more individualized medicines.

The measures like precision medicine and CyberKnife are rapidly gaining ground where the former involves designing a personalized cancer treatment based on the mechanisms causing the disease and the latter is an non-invasive treatment offering several advantages over traditional treatments. In addition, India needs to utilize technology and personalized medicine for the better treatment of this fatal disease in future.

SHREE PANCHANAN

2023-24

FASHION DESIGNING SECTION

STAFF EDITOR :
MS. NEHA

STUDENT EDITOR :
RAJNI

Fashion & Social Media

Ms. Neha

(Asst. Prof.)

Staff Editor

Social media has had a profound impact on the world at large, from individuals and how they interact, to major industries. The Fashion industry is no different, an industry which previously relied heavily on print media, the advent of social media has changed the way it broadcasts to the world. Gone are the days of only an elite few having a front row seat, we've entered an era where the everyday consumer has the ability to experience the world of fashion, have an impact and make their opinions known. Followers, sharing and hashtags mean that everyone can find and view what they're looking for with the simple tap of a finger.

Consumer Interaction

Social media has created a platform for the average consumer, regardless of their means or where they may be in the world, to be a participant in the world of fashion. From live streaming of fashion shows to following their favourite designers on Twitter or Instagram, the every day person is able to feel part of the process and designers now have access to a pool of inspiration that would previously have had no voice in an industry shrouded in secrecy. Consumers are able to broadcast their views by sharing posts and commenting on what they're seeing, providing the Designer with an awareness as to what the greater consumer market is looking at, liking and wearing. Designers with the ability to anticipate fashion behaviours, likes and dislikes, by knowing what the consumer is looking for, as well as the opportunity to steer them towards their designs.

Influence on buying trends

With the easy ready access that social media sites provide, consumers are empowered, they have the ability to view trends worldwide, what's hot, what's not and what the celebrities are wearing. Coupled with the capability to make purchases online, consumers are making informed choices without having to wait for them to arrive in their local stores. This provides the added advantage for retailers in that they are able to track the purchasing behaviour of consumers, giving them insight into. what their buyers should be considering for the upcoming season. Social media has created a global village, driving instant gratification.

Networking

Keeping your finger oh the pulse of the industry has never been simpler. Fashion designers are able to easily touch base with fellow Designers, keeping up to date with what's trending and getting themselves recognised. Designers have access to icons of the industry that would have previously been unreachable and the ability to showcase their talent in shared forums. The significance of recognising the various players in the industry, and interacting on all those levels, is of the utmost importance, as influence now comes from many sides and being recognised can be as simple as being acknowledged by a fashion blogger with a robust following. Social media influencers play a huge and powerful role in this arena.

Build your brand

The wide reach of social media means fledgling Designers can now get recognised more easily than before. Have ready access to what was previously reserved for only the select few, screen time to the decision makers, and the masses alike. Making a name for yourself, and getting your designs out there, has become a much easier task. With access to a smart phone you have the ability to showcase your talent and an average fashion blogger has capability of projecting your images to thousands.

Inspiration

As with all artists, a designer finds their inspiration from many places, during their travels or

a spectacular sunset. With the plethora of imagery readily available on social media, inspiration is literally at your fingertips. From what's hot on the catwalks of Milan to a wetland of flamingos with their striking hues, it's not something that you have to imagine any longer, you have access to a bird's eye view.

Marketing

Marketing yourself and your product has always been a challenge, the expense, coupled with access, means that for a large portion of Designers starting out, it was simply not possible. Social media has provided an immediate and cost-effective means of communicating with the world with access to free advertising and the ability to create your own platform and audience.

Handicrafts of India

Rajni
Student Editor
B.A. III Year

Handicrafts are still today a vibrant aspects of Indian culture and society. Crafts have been interwoven with the culture of the people in India from the beginning of human history. Crafts have been an integral part of daily life in villages, towns, courts and religious establishments. The variety of crafts and craft skills available in India and their continous development throughout the centuries make India a unique country, unlike any other in the world. Ours is one of the few countries in the world where crafts are practised throughout the land and by many people.

Recognising the importance of the crafts sector the government policy in India has been to

- Enhance opportunities for employment and income from crafts.
- Sustain Craft as an economics activity by enhancing its market, both domestic and international.

- Pressure the traditional beauty and skills of crafts, threatened by extinction and make them once again and integral part of daily life in India.

There is a great need also to address the problems and concerns within the crafts community. Crafts have always been a significant source of employment and income in our villages and towns. Today we need to address problems of poverty. Income generation and women's empowerment through this sector also.

We need to evolve a new and innovation educational programme for young people from the crafts community and other stake-holders, to draw them into the field that will generate wealth by the use of existing craft skills and intellect, design and development and by understanding the rapidly evolving market potential in this sector. This course attempts to highlights the fine craftsmanship that India was famous for in the past with skills of entrepreneurship needed to make this sector a new and creative industry.

Traditional Hand Embroidery

Bimal Kumari
B.A. III Year

Embroidery is an art of decorating cloth with needle work using different types of threats to create fascinating designs. Embroidery may also include other materials like Pearls, Beads, Sequins etc. Embroidery varies according to its underlying foundation fabric and whether the design is stitched on the top or through the base fabric.

Hand Embroidery: Handmade items are recaptured as new personification and the manifestation of luxury. Many ancient embroidery styles are being reclaimed and popularised. Mumbai is a trade hub for many luxury brands changing Indian embroidery.

Types of Indian Embroidery

Some acclaimed and renowned Indian embroidery:

1. Kashida (Kashmir)
2. Chikankari (Uttar Pradesh)
3. Kantha (Bengal)
4. Phulkari (Punjab)
5. Kasuti (Karnataka)

What makes the Gujrati Patola Sari a Priceless Heirloom

Manpreet Kaur

Diploma in Fashion Designing

The recent revival of India weaves has led to a renewed interest in several time-honoured techniques and Gujrat's famous weave, Patola, is high on that list. Considered heirloom buys owing to their one-of-a-kind designs and painstaking weaving technique, an authentic Patorla is as intricate as it is impactful. Glasgow-based designer Ayush Kejriwal, who is a champion of this timeless weave, gives Vogue a masterclass in everything you unwanted to know about it.

Can you tell us about the origin and history of the Patola weave?

The name patola is derived from from the sanskrit work "Pattakulla', and is the plural form of the word patolu, Even though the patola fabric is said to be of Gujrati origin, its earliest mentions can be found in religious texts in South India too. The religious text Narasimha Purana talks about this fabric being worn by women during ceremonies and holy occasions. It's Gujarati connection, Pattakulla first appeared only after the 11th century. After the decline of the Solanki Empire, the salvis found a rich trade in Gujarat. Patola saris quickly became a sign of social status among Gujarati women, especially as part of their wedding trousseau.

Fashion as a Social Phenomenon

Vanisha

B.A. I Year

Fashion is a social phenomenon that has been a part of human culture for centuries. It refers to the prevailing style or trend in clothing, accessories, and other personal items that people wear or use to express their identity or social status. Fashion is not just limited to clothing and accessories, but it also includes hairstyles, makeup, and even body modification.

Fashion has a significant impact on society as it reflects cultural and societal changes. It is a form of communication that enables people to express themselves, their beliefs, and values. Fashion has also been used to challenge social norms and conventions. It has been a platform for social movements, such as the feminist movement, where women started wearing trousers to challenge traditional gender roles.

Fashion is also a reflection of economic, political, and environmental factors. For instance, during times of economic prosperity, fashion trends tend to be more luxurious and expensive. However, during times of economic downturn, fashion trends become more practical and affordable. In addition, fashion has also been influenced by political events, such as wars and revolutions.

Fashion is closely tied to society because it reflects the values, beliefs, and aspirations of a community. For example, certain clothing styles may be associated with particular social groups, professions, or subcultures, while others may be seen as more mainstream or acceptable in a given context. Fashion can also be influenced by factors such as technological advancements, globalization, environmental concerns, and political movements.

In conclusion, fashion is a social phenomenon

that reflects cultural, societal, economic, political, and environmental factors. It is a form of communication that enables people to express their identity, beliefs, and values.

The Importance of Fashion Design in our Lives

Tarun Sharma

B.A. I Year

Fashion Design is the strength of utilizing design and style or customary greatness to clothing, embellishments and art in general. The significance of fashion designing is affected by friendly and social degrees and has varied after some time and location. Fesigners work in different courses in designing pieces of clothing and embellishments. Some work alone or as a segment of a gathering. They attempt to satisfy customer needs for stunningly designed clothing. Considering the time needed to bring a piece of clothing onto the market, they ought to every so often imagine changing client tastes.

Why Is Fashion Design Important?

Fashion is continually seen as an indispensable piece of our life. It has been following from the bygone era, as time traveled by, the fashion designs changed. A long time ago, fashion was seen as the proprietor for the posh people who party every day. Nonetheless, For any situation, as time and considering people have changed, the meaning of fashion designing perspective in like manner changed.

Fashion is a word, which all people see of the overall population. In this day and time, Individuals, everything being equal, and societies are recognizing fashion. India is a country of various cultures and customs has also recognized the meaning of fashion designing in its specific way. Fashion designers attempt to fulfill the craving shockingly from multiple establishments.

The significance of fashion varies, beginning with one individual then onto the following. For many, fashion is the latest example in attire, embellishments, footwear, and for others, it very well may be the newest food, lifestyle, etc. People who should be aware of everything regarding the latest fashion seek after various fashion magazines and media. To be sure, the significance of fashion designing is fundamental in our life as it gives a good impact in case we are dressing in the latest style.

Normal Fashion

Himanshi

B.A. I Year

Today we live in a world of fashion. Everybody wants to be a smart one that is how different fashions of dresses and hairstyles come to the minds of human beings. The ancient relics show that men and women wore even in the post different hairstyles, clothes and jewelry, But modern society looks crarier about fashions. People spend a lot of money on them. Man has learnt the art of spinning, weaving and making cotton and woolen cloths. The cloth so made was course and simple. With the increase of his knowledge the man began to prepare cloth of different qualities and designs. Yet he wore simple loose clothes.

Fashions change every now and then actors and actresses in the various film are the great poineers in this field. The young men and women try to ape them as they see them in films. You can often see the girls with boy-cut hair. They wear jeans and tops. It sometimes seems difficult to guess their sex sometimes fashion change to tight cloths.

It sometimes changes to loose clothes. One thing is certain that there is nothing in fashionable clothes. Best thing for us is to wear clean and simple clothes.

SHREE PANCHANAN

2023-24

MANAGEMENT SECTION

STAFF EDITOR :
MRS. JYOTI BALA

STUDENT EDITOR :
ARYAN VERMA

Importance of Micro Finance

Mrs. Jyoti Bala

(Asst. Prof.)

Staff Editor

Introduction

Microfinance is defined as, financial services such as savings account, insurance funds and credit provided to poor and low income clients so as to help them increase their income, thereby improving their standard of living.

Microfinance in India plays a major role in the development of India. It act as an anti poverty vaccine for the people living in rural areas. It aims at assisting communities of the economically excluded to achieve greater level of asset creation and income security at the household and community level. The utmost significance of microfinance in India is that it dispenses the access to the capital to small entrepreneurs. As it has been discussed above that microfinance in India is providing loans, insurance, access to savings accounts.

The concept of microfinance focuses on women also by granting them loans. It act as a tool for the empowerment of poor women as women are becoming independent, they are able to contribute directly to the well beings of their families and are able to confront all the gender inequalities. The major targets of microfinance are the poor rural and urban households and women too. The Reserve Bank of India imparts no ceiling with respect to minimum & maximum amounts to be given as loan.

Credit is important to the poor people for maintaining the common imbalance in between the income and their expenditure. It is also vital to the poor people for the income generating activities like investing in marginal farms and other small scale self employment ventures. Their access to formal banking channels are low due to the lack of resources an nature of formal credit institutions. Consequently in India, Microfinance institutions and self help groups are leading to other traditional banking channels as they are catering the need of credit to poor people. It has contribute a lot in enhancing the quality of life of the poor people.

Therefore microfinance is not a financial system but a tool to alleviate poverty from the country and bring social change and especially to uplift the status of women in our country so they can become self reliance. There is a public interest the interest of microfinance and this is what makes it acceptable as valid goal for public policy.

Channels of Microfinance

There are two channels through which microfinance is being operate in India:

1. **SHG-Bank Linkage Programme (SBLP) :** In the year 1992 NABARD initiated this channel. This model incites women to unite together to form a group of 10- 15 members. Where all the women belonging to financial backward classes contributes by giving their individual savings to the group at regular intervals. Thereafter, loans are provided to the members of the group by their contributions. Self-help groups {SHG} also at later stage provide loans for income generating activities.

Self-help groups has gained a lot of success in the past years and it got popular for contributing for the empowerment of women. It has been observed that once these self-help groups reach to the level of stability, they function almost independently with minimal support from NABARD, SIDBI and Non-governmental organisations.

2. **Microfinance Institutions :** The primary operation of these type of institutions is to have the prov1s10n of microfinancing . They lend through the concept of joint liability i.e a group of 10-15 members who seeks loans either jointly or individually.

Conclusion

As we all know financial institution are the integral part of our economy as it plays key role in

economic development. Therefore, India financial institution are very strong but operations of the same are adverse, somewhere we are lacking in its implications. However micro finance plays the major role in the alleviation of poverty from the society. Many banks in India have initiated to lend money to the micro finance institution. It works towards the empowerment of women which is the great move towards the development of the country.

IRDA : India's Insurance Regulator

Saurabh Thakur

(Asst. Prof.)

The Insurance Regulatory and Development Authority of India (IRDA) is a crucial regulatory body in India responsible for overseeing and regulating the insurance industry. Established in 1999 as an autonomous authority, IRDA plays a pivotal role in safeguarding the interests of policy holders and ensuring the stability and growth of the insurance sector.

IRDA's primary objectives revolve around creating a fair and transparent insurance market, promoting innovation, and protecting policyholders. It achieves these goals through a range of functions and responsibilities.

One of IRDA's central functions is the issuance of licenses to insurance companies and intermediaries, including insurance agents and brokers. These licenses are granted after a thorough evaluation of the applicant's financial stability and compliance with regulatory norms. IRDA also monitors their operations to ensure they adhere to the prescribed guidelines.

In addition to licensing, IRDA establishes and enforces regulations related to insurance products and premium pricing. It ensures that insurance products are well-structured and provide adequate coverage to policyholders. The authority also regulates the pricing of insurance premiums to prevent overcharging and maintain afford ability for consumers.

To protect policyholders, IRDA establishes solvency norms for insurance companies, ensuring they maintain sufficient capital reserves to fulfill their obligations. This safeguards policyholders' interests in case of unforeseen financial challenges faced by insurers.

IRDA plays a crucial role in consumer protection by addressing grievances and ensuring that insurers process claims fairly and promptly. The authority has established a grievance redressal mechanism to assist policyholders in resolving disputes with insurance companies.

In addition to these functions, IRDA monitors market conduct, investigates fraudulent activities, and promotes financial stability within the insurance sector. It regularly releases guidelines and circulars to keep insurers updated on regulatory changes and best practices.

Furthermore, IRDA keeps a close watch on the evolving global insurance landscape and adapts its regulations to align with international standards. This promotes healthy competition and encourages foreign investment in India's insurance sector.

IRDA's role has expanded to include the oversight of various types of insurance, including life insurance, general insurance, health insurance, and reinsurance. Its efforts have contributed to the growth of the insurance industry in India, making insurance products more accessible and affordable to a wider population.

In conclusion, the Insurance Regulatory and Development Authority of India (IRDA) is a vital institution that regulates and supervises the insurance sector in India. Its multifaceted role encompasses licensing, regulation of insurance products, consumer protection, and ensuring the financial stability of insurers. IRDA's proactive approach has been instrumental in the growth and

development of the insurance industry in India, ultimately benefitting policyholders and the broader economy.

Green HRM

Ms. Sukriti Sharma

(Asst. Prof.)

Green Human Resource Management (Green HRM) is a strategic approach that combines environmental sustain ability with human resource practices within organizations. This concept recognizes that people are not only valuable assets but also crucial drivers of sustainable business practices. Let's delve into the key aspects of Green HRM.

Recruitment and Selection : Green HRM starts with the recruitment process. Organizations aim to attract candidates who align with their environmental values. Job descriptions may highlight the company's commitment to sustain ability, attracting candidates who share this ethos. Screening processes can assess applicants' environmental awareness and qualifications for eco-friendly roles.

Training and Development : Once hired, employees undergo training and development programs focused on sustain ability. Green HRM ensures that staff are equipped with the knowledge and skills needed to contribute to environmentally responsible practices. This includes training on energy efficiency, waste reduction, and sustainable product development.

Performance Management : Green HRM integrates sustainability into performance appraisals. Employees are evaluated not only on traditional metrics but also on their contributions to environmental goals. This incentivizes individuals to adopt eco-friendly behaviors and align their efforts with the organization's sustainability targets.

Compensation and Rewards : To motivate sustainable behavior, Green HRM designs compensation structures that include rewards for achieving environmental objectives. This can range from bonuses tied to energy savings to recognition for innovative green initiatives.

Communication and Engagement : Effective communication is pivotal in Green HRM. HR departments facilitate the dissemination of environmental goals and achievements both internally and externally. Engaging employees through eco-friendly initiatives, workshops, and sustain ability forums fosters a culture of environmental responsibility.

Compliance and Reporting : Green HRM ensures that organizations adhere to environmental regulations and standards. HR professionals oversee the reporting of environmental performance data to stakeholders, promoting transparency and accountability.

Employee Well-Being : Employee well-being is a fundamental aspect of Green HRM. Ensuring a healthy and sustainable work environment, both physically and mentally, contributes to employee satisfaction and productivity.

Supply Chain Sustain Ability : Beyond the organization's boundaries, Green HRM extends to supplier relationships. HR professionals collaborate with procurement teams to assess and select suppliers who share the commitment to sustain ability, promoting a greener supply chain.

Benefits and Outcomes : Green HRM yields several benefits, including reduced operational costs through resource conservation, enhanced brand reputation, improved employee morale and retention and innovation in eco-friendly practices and products. It also aligns the organization with global environmental goals, contributing to a more sustainable future.

In conclusion, Green HRM is a holistic approach that recognizes the interconnectedness of human resources and environmental sustain ability. By embedding green principles into HR practices,

organizations can foster a culture of environmental responsibility, reduce their ecological footprint, and thrive in an era where sustain ability is paramount.

Digital Marketing

Aryan Verma

Student Editor

B.B.A. III Year

The term Digital Marketing refers to the use of digital channels to market products and services to consumers. This type of marketing involves the use of websites, mobile devices, social media, search engines, and other similar channels. Digital marketing became popular with the advent to the internet in the 1990s.

Digital marketing involves some of the same principles as traditional marketing and is often considered an additional way for companies to approach consumers and understand their behavior.

Companies often combine traditional and digital marketing techniques in their strategies. But digital marketing comes with its own set of challenges, including implicit bias.

Talent is Everywhere Opportunity is Not

Vanshika Sharma

B.B.A. II Year

The world needs ideas and innovation to make progress against the many problems we face. Creative and talented people that can contribute to this important work are everywhere, but the opportunity is limited to only a small number of well-off children. The entire world, as a result, is missing out on the creativity and innovations that would enrich our world and help us progress.

The ideas that sparked technological innovations made societies richer. Breakthroughs in the development of agricultural technology made it possible that while the world population increased rapidly hunger decreased at the same time.

Humanity also started to win the war against infectious diseases when scientists started to understand that it is microscopic pathogens that infect and kill us.

In conclusion, improving living conditions is our moral duty, but beyond that it is also the way to increase the supply of much needed creativity and innovation.

Don't Quit

Suhani Sharma

B.B.A. II Year

When things go wrong as they sometimes will,
When the road you are trudging seems all up hill,
When the funds are low and debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.

Life is strange with its twists and turns,
As every one of us sometimes learns,
And many a failure comes about,
When he might have won had he struck it out;
Don't give up though the pace seems slow-
You may succeed with another blow.

Success is failure turned inside out-
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit-
It's when things seem worst that you must not quit.

For all the sad words of tongue or pen
The saddest are these : "It might have been"

- John Greenleaf Whittier

Global Warming

Radhika Saini

B.B.A. II Year

Over time, the cumulative increase in Earth's average global temperature is referred to as global warming. It has been said that large-scale deforestation by humans for various reason is to blame. Every year, we use a lot of fuel. It is becoming impossible to meet people's fuel needs as the human population has increased. Natural resources must be used carefully as they are limited. The ecosystem will become unbalanced if humans overuse mineral wealth like forests and waterways.

Temperature increase alone are not the only sign of global warming. It also has other consequences natural disasters including storms, floods and avalanches are happening all over the planet. These all have a direct connection to global warming. To protect our environment we must rebuild our ecology to defend it against the negative effect of global warming. Planting trees is the fundamental action we can do improve the condition of our world as a whole. Our main objective should be reforestation.

Why Me?

Kajal

B.B.A. II Year

If you have to ask why me?
When you're feeling really blue,
When the world has turned against you
And you don't know what to do,
When it pours colossal raindrops
And the road's a winding mess,
And you're feeling more confused
Than you ever could express,
When the saddened sun won't shine,
When the stars will not align,
When you'd rather be

Inside your bed,
The covers pulled
Above your head,
When life is something
That you dread
And you have to ask Why me?...
Then when the world seems right and true,
When rain has left a gentle dew,
When you feel happy being you,
Please ask yourself Why me? then, too.

A Mother's Love

Charu Gupta

B.B.A. II Year

In tender arms, her love does bloom,
A guiding light through joy and gloom.
    With whispered words, she eases pain,
    A mother's love, an endless chain.
Her soothing touch, a healing grace,
In her embrace, we find our place.
    Through every trial, she stands strong,
    A mother's love forever lifelong.
Through laughter, tears and darkest night,
She's our beacon, our guiding light.
    In her warm heart, we always find,
    A mother's love, the purest kind.
So, let us honor, cherish and say,
To our dear mothers, every day.
    With gratitude and hearts aflame,
    A mother's love, we'll never name.

ਖੋਟ

ਭਾਵਨਾ

ਬੀ.ਬੀ.ਏ. ਪਹਿਲਾ ਸਾਲ

ਪਤਾ ਨੀ ਜ਼ਿੰਦਗੀ 'ਚ ਕੀ ਚਲਦਾ ਐ
ਕਿਤੇ ਦੂਰ ਜਾਕੇ ਆਪਣੇ ਆਪਸ 'ਚ ਖੋਟ ਨੂੰ ਜੀ ਕਰਦਾ

ਚਾਹੇ ਬਹੁਤ ਟਾਈਮ ਹੋ ਗਿਆ ਰੋਇਆ ਨੂੰ

ਸ਼ਾਇਦ ਤਾਹੀ ਹੁਣ ਉੱਚੀ-ਉੱਚੀ ਰੋਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਮਹਿਫ਼ਿਲਾਂ 'ਚ ਜਦ ਜਾਨਾ ਆ

ਤਾਂ ਹੱਸ ਕੇ ਜਿਉਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਰਾਤਾ ਨੂੰ ਦੁੱਖ ਇਨ੍ਹਾਂ ਹੁੰਦਾ

ਕੇ ਉਮਰਾਂ ਦੀ ਨੀਂਦ ਸੋਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਹਰ ਵਾਰੀ ਧਿਆਨ ਆਪਣਾ ਰੱਖਦਾ ਆ

ਕਈ ਵਾਰੀ ਹਾਦਸੇ ਨੂੰ ਗੱਲ ਲਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਚਾਹੇ ਆਪ ਅੰਦਰੋਂ ਮਰਿਆ ਆ

ਪਰ ਲੋਕਾਂ ਨੂੰ ਹਸਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਚਾਹੇ ਬਹੁਤ ਚੰਗਾ ਹੋਉਂਗਾ ਮੈਂ

ਕਈ ਵਾਰੀ ਵੈਰੀਆਂ ਨੂੰ ਪੁੰਜੇ ਲਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਚਾਹੇ ਲੱਖ ਮੇਹਨਤ ਕੀਤੀ ਹੋਵੇ

ਪਰ ਕੋਈ ਮੁਸ਼ਕਲ 'ਚ ਹੋਵੇ ਤਾਂ ਉਸਨੂੰ ਜਿਤਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ

ਬਹੁਤ ਹੋ ਗਿਆ ਲੋਕਾਂ ਦਾ ਕਰਨਾ

ਹੁਣ ਪਨੇ ਆਪ ਨਾਲ ਟਾਈਮ ਬਿਤਾਉਣ ਨੂੰ ਜੀ ਕਰਦਾ

Positivity

Viklasha Mankad
B.B.A. I Year

- "Read, Read, Read. Read everything - trash, classics, good and bad and see how they do it. Just like a carpenter who works as an apprentice and studies the master. Read! you'll absorb it. Then write. If it's good you'll find out. If it's not, throw it out of the window."

- "I write to give myself strength. I write to be the characters that I am not. I write to explore all the things I'm afraid of."

- "What I've learned about writing is that something less is more, while often more is grander. And both are true."

G20 India

Aaryan Jain
B.B.A. I Year

In the G20, India's name does shine,
A nation with history so divine.
From the Himalayas to the ocean's roar,
It's presence in G20 is felt all the more.
    With vibrant culture & colors so bold,
    India's story, for ages, has been told.
    In this global forum, they take their stand,
    A rising power in this diverse land.
From tech hubs to fields of green,
In G20 discussions, India's keen.
To address challenges & pave the way,
For a brighter future, come what may.
    So in the G20, let us find,
    India's voice strong & kind.
    Working together, hand in hand,
    To shape a world that's truly grand.

Maa

Dilheer Saini
B.B.A. I Year

Mother often in the world known as first Guru. My mother who was very good in studies and sports and perfect in everything, But her son which is me is very "dumb", poor in studies. I often wonder that I never made her proud like other children make their parents but she never loose her hope on me. This is what I do not deserve an unconditional love from my mother. She always keep on saying do it better luck next time. But I never ever came upon her expectations. But today as I am writing this on you. I just want to say "sorry", you always deserved a better and a good son, but Maa that son may not love you as much as I do. I always Thank God that he gave me the best and priceless gift. You are the only one for whom I am still trying to be better. And one day you will not regret that "I am your Son".

SHREE PANCHANAN

2023-24

PHYSICAL EDUCATION SECTION

STAFF EDITOR :
MR. MONEY SHARMA

STUDENT EDITOR :
RAHUL

Methodology of Physical Education

Mr. Money Sharma

(Asst. Prof.)

Staff Editor

The concept of physical education is generally understood as organisation of some games, sports or physical education activities in schools. There are schools where specific periods are allocated for this subject in the time table. It has been noticed that during such periods, most of the students are either left on their own to play the games in a way they like or they are taken to the field where they engage themselves in different sports without the guidance or supervision of teachers. In some schools, selected students play games like football, cricket, volleyball, hockey, basketball, and so on.

As we know, education, particularly school education, aims at the holistic development of children. It provides students with opportunities to grow and develop as adults to be useful for the society. It is important for us to know that one of the most important requirements for growing into healthy adulthood is the physical growth which supports cognitive development. It is, therefore, necessary that all children get adequate opportunity to participate in free play, informal and formal games, sports and yoga activities. It is in this context that health has been made a significant component of the subject of Physical Education in the school education system of the country. The subject "Health and Physical Education" adopts a holistic definition of health within which physical education and yoga contribute to the physical, social, emotional and mental development of a child.

Objectives of Physical Education

As discussed above, by now it may be clear to you that the aim of physical education is not only physical development but also to equip learners with knowledge, skills, capacities, values, and the enthusiasm to maintain and carry on a healthy lifestyle. It promotes physical fitness, develops motor skills and the understanding of rules, concepts and strategies of playing games and sports. Students learn to either work as part of a team, or as individuals in a wide variety of competitive activities.

Methodology of Teaching-learning

It is generally believed that the methodology of teaching learning is the concern of teachers only. Learners have little or nothing to do with it. But this is not true. The teaching learning methods are concerns of learners as well. Knowing and understanding that how different subjects are taught are important for the learners of all subjects, but it has more relevance for the learners of physical education. When we talk about you as learners of physical education, we mean that you have actually participated in the subject area, rather than merely studied it. It needs a suitable learning environment and a positive will for participation.

• Physical education is necessary to ensure participation of all children in free play, informal and formal games and sports activities. All students must be involved in health and physical education activities. Those who choose to excel in games and sports need to be provided adequate opportunity.

• Involvement of all learners means that even those students need to be involved, who are at the risk of marginalisation, for instance, who are differently abled. Such involvement will empower them to overcome the sense of helplessness, inferiority and stigma. Differences between students must be viewed as resource for supporting learning rather than as a problem. Inclusion in education is one of the components of inclusion in society.

(i) Why do you feel that it is important for students to know how physical education activities are organised in school?

(ii) Should the focus of physical education be only on selected students or for all? You can also

discuss with your classmates.

(iii) Seema is a differently abled girl and is on a wheelchair in the playground. What will you do to involve her in the game you are playing?

Various methodologies are being employed and efforts are on to develop innovative teaching-learning methodologies, one such methodology known as PEC-India Methodology has been developed. It is the outcome of a joint initiative of the British Council and the Ministry of Human Resource Development, Government of India. Other international organisations, United Nations International Children Emergency Fund (UNICEF) and U.K. Sports were also involved. To begin with, this was developed for the primary stage and it was scientifically tried out in schools. The tryout has proved its effectiveness. Based on this experience, the Physical Education Cards (PEC) and Teachers' Manual have been developed for the upper primary and secondary stages as well. Moreover, this methodology has also taken care of the needs of differently abled children.

They should also be involved in physical education.

Concept of Health & Physical Education

Rahul
Student Editor
B.A. III Year

Introduction

A sound mind always remain in sound body in sound environment. The sound body depends upon sound life style. But the changing environment is influencing the human life.

Health Education : In health education, students develop their understanding of the factors that influence the health of individuals, groups and society : lifestyle, economic, social, cultural, political and environmental factors.

Aim of Health Education

1. Increase the knowledge of the factors that affect health.

2. To encourage behaviour which promote and maintain health.

3. To enlist the support of public health measure and when necessary.

4. To encourage appropriate use of health services.

5. To inform the public about medical advantages their use and limitation.

Physical Education : The term Physical Education has two words 'Physical' and 'Education'. Here Physical means the body fitness of humans being and it also focus on movement body and its contribution to the development of individuals. Physical Education aims to develop your motor skill.

Importance of Physical Education

1. Students can utilize their leisure time through Physical Education activities.

2. Physical Education develop the alertness of mind.

3. A good sports man is a good citizen. He knows how to adjust with others.

4. Physical Education helps in creating discipline through games and sports.

5. Physical Education leads to happiness efficiency and character building.

Psycho social Aspects of Physical Activity

Gagandeep
B.A. II Year

The health benefits of regular physical activity have been studied and are well described in the Literature.

1. The psychosocial benefits of regular physical activity, which are considered to be as important as the health benefits, are less clear.

2. The current data regarding the impact of

physical activity on children's psychosocial health confirm an associative, rather than a causal link in many studies.

3. Definitive research is also made difficult by the Howthore effect. The Howthore effect refers to subjects who change their behaviour as a result of being part of a study.

The intention of the present commentary is to scrutinize current thinking regarding physical activity. It will address the role of physical activity in :

- Managing stress & anxiety in children and youth.
- Reducing depression in children and youth.
- Developing self-esteem.
- Intelligence and academic performance.
- Reducing juvenile delinquency.
- Character Development.

Physical Education & Sports

Amanpreet

B.A. II Year

Physical Education & Sports are an integral part of education. They contribute to the development of Physical competence and physical fitness and help young people have an active life style. Healthy and active youth are likely to be motivated to study, attentive and promising. This is the only program that provides youth with the opportunity to develop motor skills and mental and physical fitness. The benefits of physical activities disease prevention safety and injury prevention, reduced movability and premature mortality and improved mental health. Physical education is a course which informs young people about benefits of physical activities, skills and knowledge required for safe, satisfying physical activities, provides information on how to interact with other people.

Physical culture and sports are an independent type of human activities they are high importance for the development of society, have a significant impact on social production, development of social relations and personality.

Today, physical education and sports are very popular. Many articles, books have been written about sports, performances have been staged, film have been spot, sociologist physicians, historians, educators and other specialists are studying the problems of sports. This is not a tribute to fashion but reflects the importance of physical culture and sports in modern society. Physical culture and sports are factors that shape a comprehensively and harmoniously developed personality.

Sportsmanship

Harjot Singh

B.A. II Year

Sportsmanship means not only taking parts in games and sports but also playing the game of the life in accordance with the spirit imbibed on the playing fields. A true sportsman observes all those rules in life which he has been taught to observe in games. One who has achieved skill or proficiency in games but has not learned to apply the principles of sports to life in general does not deserve to be a true a sportsman. On the contrary, a man who gives evidence of possessing a strong spirit in the wider sphere of life but has not attained excellence in games is still a sportsman. Usually those who play games develop into true sportsman because their character is molded by the training. They are gone on the field.

Yoga

Vivek Prashar

B.A. II Year

Origin : The origin of yoga can be traced back to ancient India, with its roots dating back over 5,000 years.

Yoga development is closely interwined with the spiritual and philosophical tradition of India particularly within the vedic and pre-vedic period.

It was first documented in the Rig Veda, one of the oldest scared text of India, which mentioned various forms of meditation and ascetic practices. The father of yoga is Rishi Patanjali with his yoga sutras a foundational text serves as a guide to the philosophy and practice yoga.

Benefits of Yoga

- Physical Health
- Spiritual Growth
- Improved Sleep
- Mental Clarity
- Reduce Stress

Types of Yoga

- Hath Yoga
- Bikram Yoga
- Kundalini Yoga
- Vinyasa Yoga
- Ashtanga Yoga

Physical Education & Health

Neeraj

B.A. III Year

The physical education curriculum uses a developmentally reduced skill-based appeared emphasizing student success through small classes and motor development unit covered in physical education include soccer, flag football, volleyball, recreational games, basketball and swimming in the summer, skill practical in class are generalized to the residential program during the afternoon athletes activity period. Special emphasis is placed in sportsmanship and participation in the activity health topic include.

1. Emotional health including anger depression, frustration, affection and personal space.
2. Physical health including disease, exercise, fitness, first aid and personal safety.
3. Social health include working with other leadership, acceptance of self and others.
4. Spiritual health include working with other leadership, acceptance of self and others.
5. Occupational health including, transitions school, college and jobs.
6. Intellectual health including school, interests goals and ambitions.

Physical Activity

Davinder

B.A. III Year

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement of including during leisure time, for transport to get to and from places or as part vigorous intensity physical activity improve health.
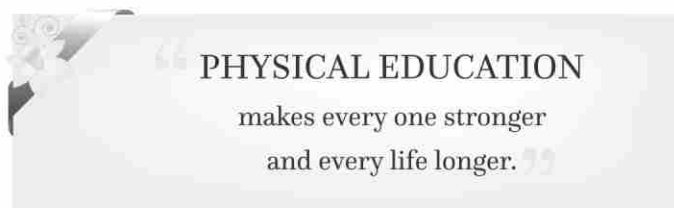
Popular ways to be active include walking, cycling, wheeling, sports, active recreation and play and can be done at any level of skill and for enjoyment by everybody.

Regular physical activity is proven to help prevent and manage non-communicable diseases as heart disease, stoke, diabetes and several concerns. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well being.

Physical inactivity is one of the leading risk factors for rencommvicable diseases mortality. People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active.

Regular physical activity can :

- Improve muscular and candiorespiratory fitness.
- Improve bone and functional health.
- Reduce the risk of falls as well as help on vertebral fractures.
- Help to maintain a healthy body weight.

> " PHYSICAL EDUCATION
> makes every one stronger
> and every life longer. "

Chief Editor	Associate Editor
Dr. Monika	Mr. Vipan Kumar

Form IV
(See Rule 8)

1. Place of Publication : S.D. College, Hoshiarpur.

2. Periodicity of the Publication : Yearly

3. Publisher's Name : Prof. Parshant Sethi
   Nationality : Indian
   Address : Officiating Principal,
   S.D. College, Hoshiarpur.

4. Chief Editor's Name : Dr. Monika
   Nationality : Indian
   Address : S.D. College, Hoshiarpur.

5. Associate Editor's Name : Mr. Vipan Kumar
   Nationality : Indian
   Address : S.D. College, Hoshiarpur.

6. Printer's Name : Mr. Jatinder Sood
   Nationality : Indian
   Address : Times Creations, Hoshiarpur.

7. Names and addresses of individuals : S.D. College,
   who own the newspaper and partners   Hoshiarpur.
   or shareholders holding more than one
   percent of the total capital.

   I, Parshant Sethi hereby declare that the particulars given here above are true to the best of my knowledge and belief.

Dated : March, 2024   Sd. /- Parshant Sethi

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 राजन शर्मा, भृगु शास्त्री
प्रबंधन समिति के सदस्य

श्री नरेंद्र कुमार
पिता, सहायक प्रो. महक (वाणिज्य विभाग)

श्रीमती रूप रानी
धर्मपत्नी, श्री जे.के. शर्मा, कॉलेज की प्रबंधन समिति के कोषाध्यक्ष श्री प्रमोद शर्मा जी के माता जी।

परमात्मा इन आत्माओं को अपने श्री चरणों में स्थान दे। द न्यू सनातन धर्म कॉलेज प्रबंधक कमेटी, प्रिंसिपल, कर्मचारी एवं विद्यार्थी वियोग ग्रस्त परिवारों के दुःख में उनके सहभागी हैं तथा दिवंगत आत्माओं की शांति के लिए प्रार्थना करते हैं।

Academic Achievers

Kritika Ahuja
73.86%
1st in College
M.Com. Sem. II

Amisha Jolly
83.32%
1st in College
M.Com. Sem. IV

Punya Malhotra
82.46%
1st in College
B.Com. Sem. II

Eknoor Kaur
81.33%
1st in College
B.Com. Sem. IV

Neha
85.24%
1st in College
B.Com. Sem. VI

Harjot Singh
77.93%
1st in College
B.A. Sem. II

Palak Handa
76.19%
1st in College
B.A. Sem. IV

Muskan Sharma
81.79%
1st in College
B.A. Sem. VI

Priya
90.8%
5th in Uni., 1st in Distt.
P.G.D.C.A. Sem. II

Vanshika
85.2%
1st in College
B.Sc. (Bio-Tech.) Sem. VI

Ruby
72.4%
1st in College
B.Sc. (Bio-Tech.) Sem. II

Suhani Sharma
80%
1st in College
B.B.A. Sem. II

Aryan Verma
72.3%
1st in College
B.B.A. Sem. IV

Harjot Kaur
82.74%
1st in College
B.B.A. Sem. VI

Divya Kalia
79.75%
1st in College
B.C.A. Sem. II

Naina
84.5%
1st in College
B.C.A. Sem. IV

Radhika
89.48%
1st in College
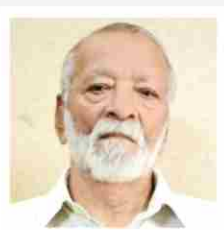B.C.A. Sem. VI

College Managing Committee

Mrs. Hema Sharma
(Bhrigu Shastri)
PRESIDENT

Mrs. Sneh Amrit Anand
(Bhrigu Shastri)
SR. VICE PRESIDENT

Sh. Chatar Bhushan Joshi
VICE PRESIDENT

Sh. Shri Gopal Sharma
SECRETARY

Sh. Tilak Raj Sharma
JOINT SECRETARY

Sh. Parmod Sharma
CASHIER

Our Magnanimous Contributors for the Noble Cause of Education

Smt. Neelam Giridhar

Patron
New S.D. College
Managing Committee,
Hoshiarpur

Sh. Amrit Sagar Mittal

Vice-Chairman, Sonalika Group
and Vice-Chairman,
State Economic Policy and
Planning Board (Cabinet Rank),
Punjab

Editorial Board

Sitting Left to Right : Ms. Neha (Fashion Designing), Ms. Krishma (Hindi), Dr. Deepika Thalia (Social Sciences), Ms. Monika Kanwar (English), Ms. Nisha Arora (Computer Applications), Mr. Vipan Kumar (Associate Editor, Shree Panchanan), Dr. Monika (Chief Editor, Shree Panchanan), Mr. Parshant Sethi (Officiating Principal & Patron), Dr. Manjit Kaur (Commerce), Ms. Jyoti Bala (Management), Ms. Megha Dua (Planning Forum), Dr. Gurcharan Singh (Punjabi), Dr. Kanwardeep Singh (Biotechnology).

Standing Left to Right : Ms. Rajni (Fashion Designing), Ms. Bhumika Bhargav (Hindi), Ms. Agrima (Social Sciences), Mr. Ishan (English), Ms. Radhika (Computer Applications), Ms. Karitika Ahuja (Commerce), Mr. Aryan (Management), Ms. Sugandha (Planning Forum), Mr. Harjot (Punjabi), Ms. Jasleen Dola (Biotechnology).