



सत्यमेव जयते

# GOVT. DEGREE COLLEGE SUGH BHATOLI

## SUGHANCHAL

I<sup>st</sup> Edition



### SESSION 2022-23

Tehsil Indora, District Kangra, Himachal Pradesh

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## Pearls of GDC Sugh-Bhatoli



Sejal Thakur  
Ist in B.A. IIIrd  
(2021-22)



Neha  
Ist in B.Sc. IIIrd  
(2021-22)



Meenakshi  
Ist in B.Com. IIIrd  
(2021-22)



Nikita Devi  
Ist in B.A. Ist Year  
(2021-22)



Kiran Jamwal  
Ist in B.Sc. Ist Year  
(2021-22)



Mitali Sharma  
Ist in B.A. IIInd Year  
(2021-22)



Aryan Sumbria  
Ist in B.Sc. IIInd Year  
(2021-22)



Jorawar Singh  
Ist in B.Com IIInd Year  
(2021-22)



Samriti  
Ist in B.A. Ist, Mid Term  
Exam (2022-23)



Saloni Sharma  
Ist in B.Sc. Ist, Mid Term  
Exam (2022-23)



Muskan  
Ist in B.Com. Ist, Mid Term  
Exam (2022-23)



Manish  
Ist in B.Sc. IIIrd, Mid Term  
Exam (2022-23)



Neha Devi  
N.S.S. Best Volunteer  
(Female) 2022-23



Mukesh  
N.S.S. Best Volunteer  
(Male) 2022-23



Rahul, Best Volunteer  
(Male), Red Ribbon Club  
2022-23



Kiran Jamwal, Best Volunteer  
(Female), Red Ribbon Club  
2022-23



Mitali Sharma, President  
C.S.C.A. (2022-23)



Aryan Sumbria, Vice-President  
C.S.C.A. (2022-23)



Muskan Devi Secretary  
C.S.C.A. (2022-23)



Saloni Sharma Joint Secretary  
C.S.C.A. (2022-23)

**Dr. Amarjeet K. Sharma**  
Director (Higher Education)



Directorate of Higher Education  
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## **MESSAGE**

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

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

I wish your college a great future and grand success to the college magazine. I also congratulate the Editors' of the magazine and wish everyone all the best in their ventures.

Jai Hind.

(Dr. Amarjeet K. Sharma)

## Principal's Message



*It is a matter of great pleasure to launch the very first edition of College Magazine “Sughanchal” which represents the accomplishments of the previous year as well as the aspirations of the students and faculty. The goal of the magazine is to give young minds a place to explore their potential and abilities. It provides a forum for students and teachers to express their opinions and make suggestions for improving the quality of education and co-curricular activities.*

*By 2030, the global education development strategy, as embodied in Sustainable Development Goal (SDG) 4, aims to provide all people with access to high-quality education and encourage lifelong learning opportunities. We are now on the verge to implement National Education Policy (NEP) 2020. The NEP 2020 is a welcome and ambitious re-imagination of India’s education system into a modern, progressive and equitable one. The goal of the NEP 2020 is to generate excellent human beings with firm ethical foundations and values, capable of logical thought and action, compassion and empathy, courage and resilience, scientific temper and creative imagination. It intends to produce job creators. As a result, we, teachers and students must be enthusiastic enough to carry out this policy in its entirety.*

*The session 2022-23 was extremely satisfying, as the entire system recovered from the effects of Covid-19. Various activities of different clubs and societies were accomplished successfully. I am thankful to all students and staff members for their strenuous efforts to complete academic and non-academic activities in time.*

*I would like to express my heartfelt gratitude to the magazine’s Chief Editor Bhavna Kumari, Assistant Professor of English as well as the editorial board, staff members, and aspiring writers, for their devotion and cooperation in getting this edition of the magazine published. It is for the faculty and students to put this magazine to better use and achieve the desired results. I hope that readers will like this edition and will appreciate the efforts of the contributors.*

  
(Shashi Bhushan)

Principal (Officiating)



*It is a matter of pride that Govt. Degree College Sugh-Bhatoli is going to publish First Edition of College Magazine “Sughanchal” in this session 2022-2023 and I am fortunate enough to be the Chief Editor of College Magazine under the able leadership of worthy Principal, Sh. Shashi Bhushan, who is potentially divine.*

*Education is not an act of acquiring knowledge but learning a skill to lead life and forming one’s personality. Situated in the nature’s lap, the college has been nurturing young minds of the village students for the past seven years. Now, it’s time to discover the magic lying dormant inside all the students,. A lot of effort has gone into the making of this issue by the editorial team, which represents the creative side of college students as well as teaching and non-teaching staff. It has actually been a great experience for all of us and the articles published in it, I, hope will be of contemporary relevance.*

*I am thankful to all my dear students & my editorial team members for working hard to accomplish this innovative and imaginative task by contributing creatively and interesting literary, science, pahari and commerce items. My heartfelt thanks to the whole Editorial committee members for their support.*

*I express my deep sense of gratitude to our principal Sh. Shashi Bhushan for giving us an opportunity to bring out the magazine. From the entire team of students and staff Editors of “Sughanchal” I, wish all readers a happy reading.*

*Bhavna Kumari (Chief Editor)*

*Assistant Professor in English*



ties



Activities of Road Safety Club



## Glimpses of Annual Athletic Meet



**Anty Drug Oath Being Administered**



**Teaching Staff with Principal**



**Non-teaching Staff with Principal**



**Editorial Board**



# Sughanchal 2022-23



Teacher Editor  
Bhavna Kumari  
Asstt. Prof. (English)

Student Editor  
Payal Devi  
B.A. 3rd Year, Roll No. 9101



## English Section

Sr.	Writer	Class	Roll No.	Title
1.	Off. Superintendent			A Few Words From Clerical Staff
2.	Payal Devi	B.A. 3rd Year	9101	From Student -Editorial
3.	Abhay	B.A. Ist Year	9514	Discipline
4.	Shakshi	B.A. Ist Year	9516	Child Labour
5.	Saurabh Singh	B.A. Ist Year	9215	Yoga
6.	Sneha Devi	B.A. 3rd Year	9132	Mother
7.	Shikha Rana	Asstt. Prof. (Physics)		Short Story
8.	Kajal	B.A. 3rd Year	918	Field of Dandelions
9.	Samriti	B.A. Ist Year	9505	Self Confidence
10.	Latasha	B.A. Ist Year	9503	Nature
11.	Pallvi	B.A. 2nd Year	9104	Smoking : The Silent Killer
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13.	Palak	B.A. 2nd Year	9207	Article on Girl Child Education
14.	Mitali Sharma	B.A. 3rd Year	9110	Stress
15.	Jyoti	B.A. 3rd Year	9119	Health is Wealth
16.	Ankita Sharma	B.A. 3rd Year	9141	Sustainable Development and India
17.	Payal Devi	B.A. 3rd Year	9101	World Happiness Index
18.	Payal Devi	B.A. 3rd Year	9101	Equality For Women
19.	Sneha Devi	B.A. 3rd Year	9132	Life is Precious
20.	Shikha Devi	B.A. 3rd Year	9112	Flight
21.	Tamanna Pathania	B.A. 3rd Year	9102	Still Held
22.	Tamanna Pathania	B.A. 3rd Year	9102	Possibilities or Problems
23.	Tarun Choudhary	B.Sc 2nd Year	9306	Good Thoughts Increase Year Value
24.	Mitali Sharma	B.A. 3rd Year	9110	Hear the Voice of the Bird
25.	Mitali Sharma	B.A. 3rd Year	9110	Trees are the Kindest thing I Know

### **Student - Editorial**

The journey as an Editorial member is like riding a roller coaster. There were many ups and downs in this journey. Editing several types of writings ranging from newsletters, write ups to short stories was a wonderful experience for me. In the editorial board, we live deeper into the secrets of the English language along with the teachers and I enjoyed it. As I said earlier, it was a journey just like a roller coaster, but teamwork is what it make a joyful ride. This is an experience would remain a treasure in my mind forever.

Payal Devi (Student editor)

B.A. 3rd Year, Roll No. - 9101

### **A Few Words From Clerical Staff**

It is our proud privilege to be associated with the 1st edition of College Magazine “SUGHANCHAL.” This Govt. Degree College has been providing quality education to rural students of the area. There are so many reasons which show that this college has unique status.

First of all it is situated in a peaceful location which is suitable and perfect for study purpose. Limited strength of this college enhances the standard of studies. There is no need of extra tuition for this college students. Every student can clear his doubts from his teachers in the class itself. All the teachers are well educated and well versed in their subjects. They take much initiative for all over development of the students. Office staff is very familiar with them.

Being a part of this respective institution Let's promise, we will give our best for progress of the college.

Jai Hind

Rajesh Kumar

Office Superintendent

GDC Sugh-Bhatoli

## Discipline

- \* Discipline is one of the first few lessons that we learn as children.
- \* It means living your life with proper rules and systems, which will help you achieve your goals.
- \* When we lead a disciplined life, we start improving our habits, which improves our personality and life.
- \* Discipline is the factor that makes us learn all the principles required to be successful in life. It is one of the most important lessons that will be useful for you throughout your life.
- \* Discipline is the watchword everywhere whether society, school, an organization or home.
- \* Even in general life discipline in student's life is very important as it helps him to achieve his career goals.
- \* A disciplined lifestyle always leads to success, be it academic, health, business or profession.
- \* Discipline makes our food habit, safeguards us from various diseases and helps to lead a longer and healthy life.
- \* Parent and family play an important role in developing the sense of discipline in the child which helps to shape his overall personality.

Abhay,

B.A. Ist Year, Roll No. - 9514

## YOGA

The origin of yoga:- It was a discipline that originated in ancient India and was aimed at in stilling peace of mind and body with concentration, meditation, postures and breathing. Yoga can be said to have over 5000 year of history and is probably one of the oldest ways to keep track of your mind and body. The father of yoga Tirumalai Krishnamacharya (18 Nov 1888 - 28 Feb 1989) was an Indian yoga teacher. As mentioned above yoga offers flexibility to the body and relaxation to the mind. There are different Asans practised by people and each Asana has its benefits on the mind and body. Yoga is designed to sharpen our mind and to improve our intelligence. Regular practice of yoga can help in controlling our emotions and promote well-being. On June 21, International Yoga Day is celebrated all across the world, to make people aware of the benefits of yoga.



Saurabh Singh,

B.A. Ist Year, Roll No. - 9215

## Child Labour

Child labour means the employment of children who have not reached the legal age for working. This is very shameful that even in the modern age of advancement, millions of children are under the heavy burden of work, when they are supposed to be learning at a school. Our country is not the only one to have been suffering from the curse of child labour. It exists all over the world. Due to poverty the children have to work like adults from very young ages. This apart from destroying their future also affects their health very badly. Government of India like the government of many other countries has made strict laws against it. Employing a child for works that are not suitable for them is now a crime. Although the situation is much better now but still there are numerous child labours hidden in many corners of the world. Now we must consider the fact that directly or indirectly we are the creators of child labour and only we have the power to get rid of it, if we all work together. Therefore thinking about the future of the world we must take care of the children and give them what they deserve. The problem of child labour is quite rampant in all parts of India. In spite of the enforcement of many anti-child labour laws, the problem still exists. The adverse effects of this problem affect the growth, development, and progress of our nation. Not only millions of children below the age of 14 are working in factories, shops, glass-blowing industry, workshops, etc, they are forced to work in the most unhygienic work conditions. According to census data, there are over 82 lakh child labourers (aged between 5-14 years) in India. Our country needs more and more skilled manpower to achieve the objectives of growth, development and advancement. With a huge number of children employed in menial jobs, without education, how can India achieve her goals? Child labour is the illegal act of forcing young children to work. In India, multiple industries force children to work illegally. Among many sectors, the agriculture sector attracts more children to engage in agriculture activity to earn their living. Eighty - five percent of children are from Indian rural sectors. Which are employed due to various social factors that fail to meet their lifestyle.



Sakshi,

B.A. 1st Year, Roll No. - 9516

## “Mother”

Father retires at 60  
Mother never retires  
She works for her Husband,  
She works for her Children,  
She looks after her Grandchildren.  
She looks after Everyone.  
Everyone retires,  
But Mother never retires.

Sneha Devi,

B.A. 3rd Year, Roll No. - 9132



## Field of Dandelions

One fall in a sunlit field  
I saw a girl running aimlessly  
Her golden hair in a perfect sync  
With her white dress flowing effortlessly.  
Little did that oblivious child know  
That sail she is treating in mixed with ashes prime of old ancestors,  
blood of warriors and sweat of farmers  
That sacrificed themselves for golden field of Dandelions.  
That woeful piece of land had ensanguined history  
That fortuitous piece of land saw dignified glory.  
That inexplicable piece of land had supernatural mystery.  
That salient piece of land saw boundless downfalls and victory.  
Many a legends with dynamic worth  
Left their footprints on these sounds of laceration  
Blessing this wretched land with yearning and devotion  
Devising over tormented hill a heave of infatuation.  
Little did that oblivious loss knew  
That sunlit field was once a smoked whiff of spirit evils  
The burdened breaths were than optimized by  
The angels rained tears of divinity once again reveals.

Kajal,

B.A. 3rd Year, Roll No. - 918



## Short Story

### Short-term Planning

The subject of discussion in a moral education class was heaven. Having explained the beauty and joys of heaven, the teacher said “And now, everyone in class who wants to go to heaven, hold up your hand.” Everyone but Raju compiled.

“What is the matter, Raju?” the teacher asked.

“Didn’t you want to go to heaven?”

“I can’t, he said with sorrow, “Mummy asked me to come straight home after school.”

Moral:- It is better to concentrate on the present than to muse over the distant future.

Shikha Rana

Asst. Prof. (Physics)



## “Self Confidence”

1. Self confidence is the key to success.
2. The confidence of a person can be seen in the work done by that person.
3. A person with self-confidence can face the biggest problems or challenges in his/her life alone.
4. We should overcome our fears and weakness to become self-confident.
5. One should avoid negative thought and try to get surrounded by positivity to do much better.
6. Self-confident people should always be careful not to become overconfident.
7. To develop self-confidence one must also start loving oneself.
8. Every person should have self-confidence because it is essential for us to have confidence in us for doing any work.
9. Self confidence boosts us to strive hard.
10. We all should have faith in ourselves and that will become the reason for our Success.

Samriti,

B.A. 1st Year, Roll No. 9505



## Nature

1. Nature is an important part of life.
2. Without nature man cannot survive. Nature keeps us happy, healthy and peaceful.
3. Nature attracts us with beautiful colours.
4. The oxygen we breathe all the time comes from nature.
5. Nature has given us beautiful mountains, forests and waterfalls.
6. Nature has many colours like the blue sky, orange sunset and white clouds.
7. All these things make our life colourful and full of joy.
8. Nature is like our friend.
9. We should take care of nature by protecting it from pollution.
10. We cannot survive without our Mother Nature.



Latasha,  
B.A. 1st Year, Roll No. 9503

## Smoking: The Silent Killer

Today I'm going to talk to you about the silent killer. The world's most dangerous, most widely used substance of abuse. Forty - Six million Americans are addicted to the invisible drug. It is as addictive as cocaine and heroine, yet its makers continue producing and distributing it nationwide. The invisible drug is hidden within the leaf of a plant. When It's smoked, it releases over two thousand chemical poisons along with one of the world's most addictive drugs. The silent killer is nicotine, straight from the tobacco plant.

The American Indians were the first people know to cultivate and use tobacco. It was inhaled, smoked, and chewed since the early 1500's. The modern tobacco plant had its beginnings in 1609 when the Englishman John Rolfe arrived in Jamestown, Virginia, Dissatisfied with the tobacco grown tree (*Nicotia glauca*). He cultivated a new species of tobacco (*Nicotiana glauca*) the species grown worldwide today. Today, there are about 160,000 tobacco farms. In this nation, the leading tobacco growing states are North Carolina and Kentucky, followed by South Carolina and Virginia. One reason that led to such a large amount of tobacco growth is that farmers make more money from tobacco crops than they do on food crops. Based on 1979 prices, the profit per acres is \$1.198 for tobacco, \$233 for peanuts, and \$72 for soybeans or corn. Since then, the price for tobacco has grown steadily to over \$ 4,000 Per acre.



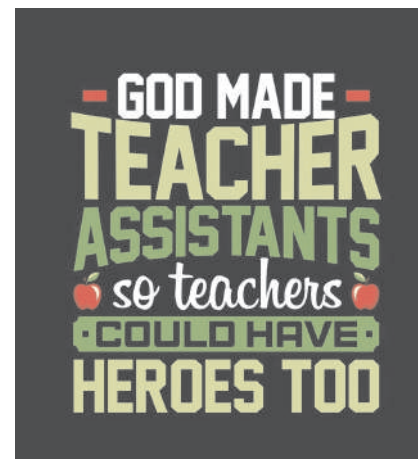
Pallvi,  
B.A. 2nd Year, Roll No. 9104

## Why God Made Teachers

When God created teachers  
He gave us special friends  
To help us understand his world  
And truly comprehend  
The beauty and the wonder  
of everything we see,  
And become a better person  
With each discovery

When God created teachers  
He gave us special guides  
To show us ways in which to  
grow  
So we can all decide  
How to live and how to do  
What's right instead of wrong  
To lead us so that we can lead  
And learn how to be strong.

Why God created teachers  
In His wisdom and His grace  
Was to help us learn to make our world  
A better, wiser place.



Komal,  
B.A. 1st Year, Roll No. 9504

## Girl Child Education

Girl Child education is highly important and crucial for the development of a nation. There is a very famous saying which says, if you educate a man you educate an individual, but if you educate a woman you educate a family. The girl child is discriminated against in many nations, including India from an early age. Girls are not permitted to attend school throughout their childhood or after a particular age as a result of this inequality. One of the reasons why girls in rural India are denied education is that they will leave their parents, home after marriage. Poor parents do not consider it to be economical investment. Girls frequently opt not to study for a variety of reasons including financial hardships at home, household duties and even a lack of desire. Girl's education on the other hand is critical since they play a vital part in the economics and society of the country. Child labour would be eliminated if educated girls shared the responsibility of earning a living. The only solution is to empower girls via education. A well-educated girl will be able to realise her ambitions. Only a well-educated woman can support herself and be really independent. Not only will she profit from her education but she will also disseminate the light of knowledge to everyone around her. India is a rapidly growing nation. Complete progress would not be feasible unless every Indian is not only highly educated but also highly skillful. This goal can only be completed with the education and involvement of the females. As a result educating girls will be the finest investment a country can make.



Palak,  
B.A. 2nd Year, Roll No. - 9207

## STRESS

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response.

Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time.

But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headache, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school.

### \* What Can You Do About Stress?

The good news is that you can learn ways to manage stress. To get stress under control:

- \* Find out what is causing stress in your life.
- \* Look for ways to reduce the amount of stress in your life.
- \* Learn healthy ways to relieve stress and reduce its harmful effects.

### How Do You Measure Your Stress Level?

Sometimes it is clear where stress is coming from. You can count on stress during a major life change such as the death of a loved one, getting married, or having a baby. But other times it may not be so clear why you feel stressed.

It's important to figure out what causes stress for you. Get a notebook, and write down when something makes you feel stressed. Then write how you react and what you did to deal with the stress. Tracking your stress can help you find out what is the cause of your stress and how much stress you feel. Then you can take steps to reduce the stress or handle it better.

### How Can You Avoid Stress?

Stress is a fact of life for most people. You may not be able to get rid of stress, but can look for ways to lower it.

### You Might Try Some of These Ideas:

- \* Learn better ways to manage your time. You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.
- \* Find better ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.
- \* Take good care of yourself. Get plenty of rest, Eat well, Don't smoke, Limit how much alcohol you drink.
- \* Try out new ways of thinking when you find yourself starting to worry, try to stop the thoughts, or write down your worries and work, you cannot change, learn to say "No".
- \* Speak up. Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Assertive communication can help you express how you feel in a thoughtful, tactful way.
- \* Ask for help. People who have a strong network of family and friends manage stress better. Sometimes stress is just too much to handle alone. Talking to a friend or family member may help, but you may also want to see a counselors.

### How Can You Relieve Stress?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person.

Try some of these ideas to see which ones work for you:

- \* Exercise:- Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- \* Write:- It can help to write about the things that are bothering you.
- \* Let your feelings out:- Talk, laugh, cry, and express anger when you need to with someone you trust.
- \* Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps other's can be a great stress reliever.
- \* Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aroma therapy, yoga, or relaxing exercises like tai chi and qi gong.
- \* Focus on the present. Try meditation and imagery exercises. Listen to relaxing music. Try to look for the humor in life. Laughter really can be the best medicine.





## Health is Wealth

1. Health is the most important part of our life.
2. Good health is our real wealth.
3. Good health brings happiness to our life.
4. Money can earn everything but not a peaceful mind.
5. A sound mind is in a sound body.
6. Daily exercise is important for good health.
7. We should not eat junk food to maintain a good health.
8. We should have a balanced diet to be healthy.
9. Only a healthy person can live longer and happier life.
10. We should take good care of our health.



Komal,  
B.A. 1st Year, Roll No. 9504

## Sustainable Development and India

The term sustained development was first used and described by Brundtland Commission in its report Our Common Future. According to Brundtland Commission Report, “Sustainable development is development that meets the needs of present without compromising the ability of future generations to meet their own needs.” The Sustainable Development Goals are a collection of 17 global goals set by the United Nation General Assembly in 2015 for the year 2030. At the Paris Climate Conference in December 2015, 195 countries adopted the first ever universal, legally binding global climate deal. Countries further aimed to reach” global peaking of greenhouse gas (GHG) emission as soon as possible. According to India’s Biennial Update Report (BUR), India emitted 2.1 billion tonnes of CO<sub>2</sub> equivalent in 2010 from energy, industrial processes and product use, agriculture and waste sectors. The share of energy in GHG emission is 71 percent, and that of agriculture is 18 percent. Industry and waste contribute around 8 percent and 3 percent of GHG emission respectively.

In India, National Action Plan on Climate Change (NAPCC) was launched in June 2008 which includes eight national missions. National Green Corridor Programme (NGCP) was introduced in 2013 to address the fluctuations in renewable power supply. National Green Highway Commission was introduced in 2015 which aims at plantation, transplantation, beautification, and maintenance for sustainable development and inclusive growth. The Faster Adoptions and Manufacturing of Electrical Vehicles (FAME) India was launched in 2015 to promote eco-friendly vehicles in the country. The scheme will help in addressing the issue of environment pollution and fuel security. India is determined to create an additional carbon sink of 2.5-3 billion tonnes of CO<sub>2</sub> equivalent through additional forest and tree cover by 2030.



Ankita Sharma,  
B.A. 3rd Year, Roll No. 9141

## World Happiness Index

The roots of World Happiness Index (WHI) can be traced back to 1972, when Bhutanese King Jigme Singye Wangchuck propounded the concept of Gross National Happiness (GNH) to measure contentment and happiness. Four pillars of GNH are sustainable development, preservation and promotion of cultural values, conservation of natural environment and establishment of good governance. In July 2011, the UN General Assembly adopted a resolution by placing happiness on the global development agenda. Consequently, the first World Happiness Report was released on April 1, 2012. World Happiness Report is an annual publication of the Sustainable Development Solution Network (SDSN) and Global Happiness Council (GHC). Six factors are used to predict happiness across nations. These variables are levels of GDP, life expectancy, generosity, social support, freedom and corruption. As per World Happiness Report, 2021, out of 149 nations which were ranked on the basis of happiness, Finland with happiness index of 7.842 ranks one and Afghanistan with 2.253 ranks last. India with index score of 3.819 was ranked at 139th position.

Payal Devi,  
B.A. 3rd Year, Roll No. 9101



## Equality For Women

Each time our eyes hit the internet, the headlines provoke outrage with news of gang rapes, violence, molestations and harassment of women. The species which consists half of our population is still subject to violence and discrimination. Women continue to live in fear and under the domination of men in present day India.



When we talk of freedom and Independence of the country from the outside forces we are proud of what we have achieved today but woman who were equal contributors in the freedom struggle continue to remain shackled by chains of Patriarchal mind set. Women are often denied their freedom of choice. Nobody asks a girl what her dreams are or what role she aspires to play in life. Rather her status is confined to the conventional roles that the society has assigned to her. To make this country a free and enjoyable place for women, we first need to empower the police and government in order to provide a safe environment to women so that they can travel wherever and whenever they want.

We also need to improve our law and order situation and get serious about the investigation, prosecution and trials. More investment needs to be made in promoting equality and improving ways for the woman to takes stand for themselves.



Among the burdened smoke of avarice,  
I took my Flight of serenity.  
In the shades of agony and compromise,  
I took my flight to divinity.

Allowed myself to breathe in contentment.  
Allowed myself to breathe out resentment.  
Allowed myself to ravage the impaired knowledge.  
I took my flight to the paradise of enlightenment.

Bless me lord to never let my heart drown.  
In the ocean of unfathomed grief.  
Bless me lord so, I never lose my heart and crown,  
So I took my flight to tranquil belief.

How hard is to try □ To fly in the sky □  
You might fall in the pit of exploration couple time.  
You might scrape your knee with frustration and despair,  
But never give up on hope and take  
A flight toward unconditional golden times.

Shikha Devi,  
B.A. 3rd Year, Roll No. 9112

## Flight

Payal Devi,  
B.A. 3rd Year, Roll No. 9101



How cognizant was I to notch up my pride □  
I had no one to nourish my soul.  
I had many to butcher my concious to demise,  
So, I took my flight to self adoration and console.

The word might echo in torment and gripe,  
I lent my ears to the sound of gracious elation.  
In the clouds of misery and enmity,  
I took my flight to gracious salvation.

I'll rather be parched then sipping an ounce of disgrace,  
I'll rather die of hunger than taking a bite of arrogance.  
In the toxic sky of wishes powers,  
I took my flight to eternal resistance.

Flight of love, flight of strength.  
Flight of mounting perseverance.  
Flight of hope like that of bird for ancient mariner.  
In the sky of surreal piece or acceleration danger.

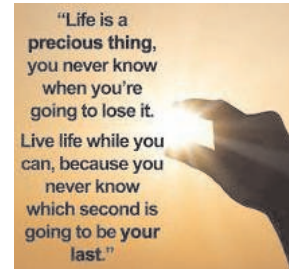
The gracefulness,  
of a butterfly,  
How gentle,  
and fragile they

Gently fluttering,  
on a calm summers day,  
Floating like,  
a dream.

## Life is Precious

But sadly,  
their time is over,  
Hardly before  
it's begun. So enjoy  
your special moments,  
Like a butterfly,  
In the sun.

Sneha Devi,  
B.A. 3rd Year, Roll No. 9132



## Still Held

Words seems so feeble  
in moments like these.  
Life is so precious,  
and death such a thief.  
The depths of your pain,  
I cannot comprehend,  
but I'll stand alongside you  
in the darkness, my friend.  
Love is a bond  
that death cannot part.  
Gone from your arms,  
but still held in your hart.

Tamanna Pathania,  
B.A. 3rd Year, Roll No. 9102

## Good Thoughts Increase Your Value

Keep your thoughts positive, Because  
your thoughts become your words.  
Keep your words positive, Because your  
words become your behavior.  
Keep your behavior positive, Because  
your behavior becomes your habits.  
Keep your habits positive, Because your  
habit become your values.

Tarun Choudhary,  
B.Sc. 2nd Year, Roll No. 9306

## Hear the Voice of the Bird

Hear the voice of the bird!  
Who present, past, and future sees:  
Whose ears have heard  
The holy word,  
That walked among the ancient trees,  
Calling the Lapsed soul,  
And weeping in the evening dew;  
That might control  
The starry pole,  
And fallen, fallen, light renew!  
'O Earth, O Earth, return!  
Arise from out the dewy grass;  
Night is worn,  
And the Morn  
Rises from the slumberous Mass.

Turn away no More;  
Why wilt thou turn away □  
The starry floor, The Watery shore,  
Is given thee till the break of day.

Mitali Sharma,  
B.A. 3rd Year, Roll No. 9110

## Possibilities or Problems

We all live  
on the edge of tomorrow  
not knowing  
if it will be of this world  
or the next.

Will it be in  
dignity we lie down  
will it be in gratitude we arise.  
will it finally be enough  
to live this given life  
to love with all being  
the beautiful light  
even as it falls.

Today at first sight  
a cloud filled sky  
possibilities or problems  
you decide.....



Tamanna Pathania,  
B.A. 3rd Year, Roll No. 9102

## **National Education Policy (NEP) 2020 and Higher Education**

This National Education Policy envisions an education system rooted in Indian ethos that contributes directly to transforming India, that is Bharat, sustainable into an equitable and vibrant knowledge society, by providing high-quality education to all, and thereby making India a global knowledge superpower. This National Education Policy 2020, which aspires to answer the numerous expanding developmental imperatives of our nation, is the first education policy of the twenty first century. The key points of the NEP 2020 for College and University education to be implemented in near future are as under:

### **1. Multi disciplinary Education**

The policy proposes broad- based multi-disciplinary, holistic undergraduate education with flexible curricula, creative combinations of subjects, integration of vocational education and multiple entry and exit points with appropriate certification.

### **2. Academic Bank of Credit (ABC)**

An Academic Bank of Credit (ABC) shall be established which would digitally store the academic credits earned from various recognized HEIs so that the degrees from an HEI can be awarded taking into account credits earned. It enables student mobility, allows student to choose own learning path and provides academic flexibility.

### **3. Multiple Entry and Exit**

The structure and lengths of degree programmes shall be adjusted accordingly. The undergraduate degree will be of either 3 or 4-year duration, with multiple exit options within this period, with appropriate certifications, e.g., a certificate after completing 1 year in a discipline or field including vocational and professional areas, or a diploma after 2 years of study, or a Bachelor 's degree after a 3-year programme. The 4-year multi disciplinary Bachelor's programme, however, shall be the preferred option since it allows the opportunity to experience the full range of holistic and multi disciplinary education.

### **4. National Higher Education Qualification Framework(NHEQF)**

A National Qualifications Framework is the unequivocal description at the national level of the education system, which is internationally understood. NHEQF has become indispensable in the context of globalization. The General Education Council (GEC) will frame expected learning outcomes for higher education programmes, also referred to as 'graduate attributes'. A National Higher Education Qualification Framework (NHEQF) will be formulated by the GEC and it shall be in sync with the National Skills Qualifications Framework (NSQF) to ease the integration of vocational education into higher education.

### **5. SWAYAM MOOCS**

SWAYAM (Study Webs of Active Learning for Young Aspiring Minds) is basically an integrated Massive Open Online Courses (MOOCS) platform for distance education. It is a programme initiated by Government of India and designed to achieve the three cardinal principles of Education Policy viz., access, equity, and quality. SWAYAM seeks to bridge the digital divide for students who have hitherto remained untouched by the digital revolution and have not been able to join the mainstream of the knowledge economy.

### **6. Resarch and Development Cell (RDC)**

Research in the arts and humanities, along with innovations in the sciences and social sciences are extremely important for the progress and enlightened nature of a nation. The establishment of RDC in HEIs will enable attainment of targets of Atma Nirbhar Bharat and is expected to play a pivotal role in catalyzing research culture mandated in NEP 2020.

### **7. Institutional Development Plan (IDP)**

Each institution will make a strategic Institutional Development Plan on the basis of which institutions will develop initiatives, assess their own progress, and reach the goals set therein, which could then become the basis for further public funding.

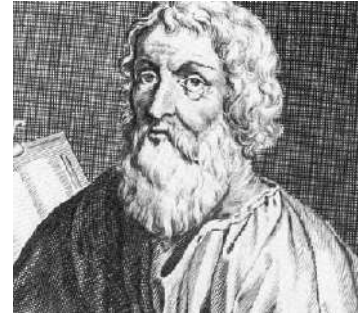
### **8. NAAC Accreditation**

The NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC) conducts assessment and accreditation of Higher Educational Institutions (HEI) such as colleges, universities or other recognized institutions to derive an understanding of the 'Quality Status' of the institution. Accreditation of institutions will be based primarily on basic norms, public self-disclosure, good governance, and outcomes, and it will be carried out by an independent ecosystem of accrediting institutions supervised and overseen by NAAC.

For full access, equity, and inclusion, more HEIs need to be constructed in under served areas. By 2030, every district must have at least one significant, multi disciplinary HEI. By 2035, it will be desired to raise the Gross Enrolment Ratio in higher education, including vocational education, from 26.3 percent in 2018. While many new institutions might be created to achieve these objectives, a significant portion of the capacity building will be accomplished by integrating, greatly enlarging, and also enhancing existing HEIs.

Shashi Bhushan  
Associate Professor of Economics  
Govt. Degree College Sugh-Bhatoli

# Sughanchal 2022-23



Teacher Editor  
Shikha Rana  
Asstt. Prof. (Physics)

Student Editor  
Kiran Jamwal  
B.Sc. 2nd Year, Roll No. 9303



## Science Section

Sr.	Writer	Class	Roll No.	Title
1.	Shikha Rana (Physics)	Assis. Prof.		From Editor's Desk
2.	Kiran Jamwal	B.Sc. 2nd Year	9303	From Student -Editorial
3.	Anuj	B.Sc. 2nd Year	9307	Pollution
4.	Saloni Sharma	B.Sc. Ist Year	9603	Chemical Warfare
5.	Payal Devi	B.Sc. 3rd Year	9101	Science In Everyday Life
6.	Suneet Kumar	B.Sc. 3rd Year	290104	SSLV D2
7.	Sahil Thakur	B.Sc. 2nd Year	9304	Wonders of Science
8.	Kajal Thakur	B.Sc. 2nd Year	9301	Thoughts
9.	Mandeep Singh	B.Sc. 2nd Year	9305	Science & Technology In India
10.	Bhavna Sharma	Asstt. Prof. (English)		Waste Recycling
11.	Sarbjeet Kaur	B.Com. Ist Year	9702	Science Information Resources
12.	Manish	B.Sc. 3rd Year	2901022	Gaganyaan Mission
13.	Ishan Guleria	B.Sc. 2nd Year	2007CH006	National Mathematics Day
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## **STUDENT EDITORIAL**

It was a wonderful opportunity to express one's thoughts in a creative way. Being a part of the editorial board has made me aware of the responsibilities, I, could take on and fulfill with utmost dedication. It has helped me to greatly inculcate values of punctuality, discipline, team work and a lot of creativity in myself. Appreciating the works of other and getting to read such wonderful articles was an experience no less than magical. The experience was undeniably energizing and helped me discover my profound creative and philosophical part of the mind.

Student Editor

Kiran Jamwal.

B.Sc. IInd Year, Roll No. 9303

## Pollution

Observe the traffic and pollution,  
Where is its solution □

I see in my own neighborhood this sight,  
It's not a matter to be taken light.

I see the leaves and trees crying,  
and the burnt fallen leaves lying.

I wish that it stops soon,  
Otherwise we'll have to take refuge on the moon.

Plant trees and take care of them,  
So that our lives don't go in vain.



Anuj,  
B.Sc. 2nd Year, Roll No.:- 9307

## Thoughts

Two Things Are Infinite,  
The Universe And  
Human Stupidity;  
And I'm Not Sure  
About The Universe



Science Is A Way  
Of Thinking Much  
More Than It Is A  
Body Of Knowledge.

Kajal Thakur,  
B.Sc. 2nd Year, Roll No.:- 9301

## Chemical Warfare

Poisonous gas as used in warfare is “a blessing, not a curse,” and makes for the future security and peace of the world, declares J.E mills, of the U.S. chemical warfare service, in a lecture given recently before the Institution of chemistry at Pennsylvania state college. This quotation above is from an abstract issued by the American Chemical Society.

Theoretically one ton of mustard gas could kill 45,000,000 men, Actually one ton of mustard gas as used at the front caused about twenty-nine casualties, of which one died. Is gas warfare inhumane □ All warfare is inhumane and barbarous, but the facts are that only 2 percent of American gas casualties died while more than 24 percent of American battle casualties died. “Many men have read wrongly the tendencies of the new developments of the past war”, says Mr. Mills. Three new and powerful weapons were developed airplanes, gas and submarines. It is fortune for world, he declares, that two of these airplanes and gas are bound up with development of civilization. Chemical warfare offer tremendous potentialities not only in making war less cruel and less destructive but in making it less frequent. The prejudices against gas arose as a natural wholesome reaction against the manner in which it was first introduced contrary to her pledged word. Germany released a particularly deadly and cruel gas, chlorine in a treacherous cloud attack against defenseless men. The horror of it became quite naturally but illogically attached to the weapon more than to the wielder. We have largely forgiven the Germans, but we have not yet forgiven the gas.



Saloni Sharma,  
B.Sc. 1st Year, Roll No.:- 9603

## Lithium (Li)

For the first time, lithium reserves have been discovered and that too in Jammu and Kashmir, The news agency PTI quoted mines secretary Vivek Bharadwaj as saying.

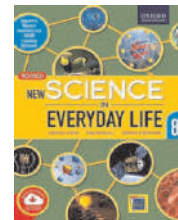
The soft shining grey metal is one that is crucial in the modern world. Among other things, its utilized to construct the essential batteries for electric vehicles. Hence, white gold was given. If India had its own lithium reserves, it wouldn't need to rely as heavily on imports as it does now to meet its demands. Given the push for electric vehicles India's needs for lithium are also probably going to increase, said Bharadwaj.

Reserve of lithium are also rare. According to Rishabh Jain, senior program director for the council on Energy, Environment and water. Who spoke to the wire, there are 98 million tonnes of lithium in the world. India has now discovered around 6.5 percent those resources.

Tarun Choudhary,  
B.Sc. 2nd Year, Roll No. 9306

## Science in Everyday Life

We live in an age of science we can see the wonder of science around us. Science has made our life easy and comfortable. We can not think of our modern life without science. The first wonder of modern science is the discovery of electricity, it has changed our life, society and culture. The radio, television, light, fans, factories and refrigerator all work through the power of electricity. Science has made our communication easy and short. On the seas, rivers, roads there are ships, trains, buses, cars etc. These are all the gifts of science. Telephones, fax and wireless are also some important means of communication. Train, steamers, airplane, buses etc make communication quick and easy. Science has conquered diseases by inventing various medicines, X-rays, microscope etc. We can't think of human life without science. But we should use it wisely.



Payal Devi,  
B.Sc. 3rd Year, Roll No. 9101

## SSLV - D2

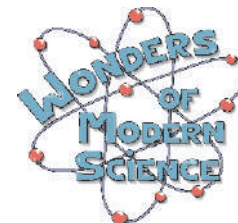
India's new rocket Small Satellite Launch Vehicle (SSLV-D2) on Friday morning (9 feb at about 9.18 am) lifted off with an earth observation satellite 0-1 (EOS-01) weighing 156.3 kg.

Piggy backing on that are two other satellites 10.2 Kg Janus- belonging to ANTARIS of the U.S. and 8.7 Kg Azaadis at -2 belonging to space kidz India, Chennai.

The SSLV-Dz is carrying a total weight of 175.2 Kg.

India space research organization has developed SSLV with a carrying capacity of 500 Kg to the low earth orbit based on the market trend of going in for smaller satellites.

Suneet Kumar,  
B.Sc. 3rd Year, Roll No. 2901041



## Wonders Of Science

- \* The harvesting machines, tractors, manures and good quality seeds and many innovations and discoveries of science help farmer grow a good quality crops.
- \* The first invention of science for entertainment was Radio. People use the radio to listen to songs and news on it. Now, we can watch T.V. programs, videos on mobiles, T.V. and also on computers.
- \* The invention of printing, typing, binding etc. has boosted our education system.
- \* Science has given comfort in our everybody life and we can't think a minute without science.



Sahil Thakur,  
B.Sc. 2nd Year, Roll No. 9304

## Science & Technology in India

It is not behind when it comes to science and technology. Over the centuries, the country has witnessed reliable technology updates giving its people a better life. The Indian economy is widely boosted with science and technology in the field of astronomy, astrophysics, space exploration, nuclear power and more. India is becoming more innovative and progressive to improve the economic condition of the nation. Similarly, medical science in India is progressing rapidly, making life healthy and carefully. Now Corona time's India help many countries and save many human beings' life. Indian scientists using are latest technology to introduce new medical products for people and offer them at the lowest price.

Mandeep Singh,  
B.Sc. 2nd Year, Roll No. 9305



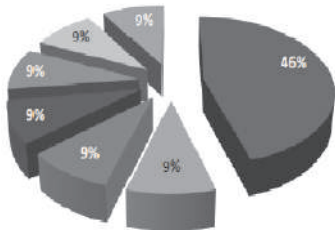
## Waste Recycling

Any substance which is no longer in use, worthless or discarded after primary use is waste. As per modern system of management, there are many waste types:

1. Municipal waste includes household waste, Commercial waste and demolition waste.
2. Hazardous waste includes industrial waste.
3. Biomedical waste includes clinical waste.
4. Special hazardous waste includes radioactive waste, explosive waste and electronic waste (e-waste).

The amount of rubbish we create is constantly increasing because increasing wealth means that people are buying more products and ultimately creating more waste. Increasing population means that there are more people on the planet to create waste. New packaging and technological products are being developed. Much of these products contains materials that are not biodegradable. New lifestyle changes, such as eating fast food, means that additional waste that is non biodegradable.

There is dire need to recycle this waste in any form it may be. It is an easy way to protect our environment and ensure the well being of our community for generations to come. Recycling is one of the best ways for us to have a positive impact on the world in which we live. It is the process of converting waste materials into new materials and objects. Recycling can present the waste of potentially useful materials and reduce the consumption of fresh raw materials, thereby, reducing energy usage, air pollution and water pollution etc. Recyclable material includes many kinds of glass, paper, tires, textiles and electronics. Recycling is very important as waste has a huge negative impact on the natural environment. It helps to reduce the pollution caused by waste.



Bhavna Sharma,  
Asstt. Prof. English

## Science Information Resources

The very fact that you are reading science reporter affirms that you are a science enthusiast, been to keep up with the latest happenings in the world of science and technology. Making science and technology developments accessible to the masses comes under the realm of science communication-wherein science gets popularized and disseminated without many technicalities and jargons.

Given the rate at which existing, scientific theories are getting falsified and paradigm shifts happening on a daily, basis keeping up-to-date with the latest research development is of paramount importance for all science enthusiasts including students, teachers and researchers. There are many resources for enhancing and supplementing, one's knowledge-sphere with contemporary, scientific research.

There are some time-tested resources, such as magazines, newspaper, radio and T.V.; and then there are today's new-generation resources, such as podcasts, audio books, RSS feeds, google alerts, MOOCs and online multimedia.

Sarbjeeet Kaur,  
B.Com 1st Year, Roll No. 9702

## GAGANYAAN MISSION

The Indian Space Research Organization (ISRO), along with the Indian Navy, has conducted an important trial for Gaganyaan, human space flight mission. On Tuesday, they carried out initial recovery trials of the crew module in the Navy's water Survival Test facility (WSTF) in Kochi.

“The trials were part of the preparation for crew module recovery operations for the Gaganyaan mission that will be carried out in Indian waters with the participation of Indian Government agencies, the overall recovery operations being led by the Indian Navy”, the space agency said.

A Crew Module Recovery Model (CMRM), that simulates the mass, centre of gravity, outer dimensions, and externals of the actual Crew Module at touch down, was used for the trials. The sequence of operations required for the recovery of the crew module were carried out as part of the trials.

According to ISRO, as the safe recovery of the Crew is the final step to be accomplished for any successful human spaceflight, it is of paramount importance and it has to be carried out with the minimum lapse of time.



4. Manish,  
B.Sc. 3rd Year, Roll No. 2901022

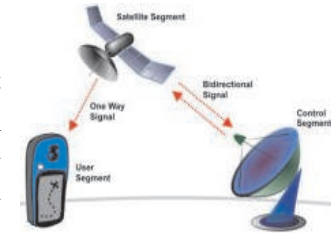
## National Mathematics Day [ 22 December ]

Every year 22 December is celebrated as National Mathematics Day to mark the birth anniversary of Srinivasa Ramanujan, a legendary Indian Mathematician. His contributions to number theory, infinite series, mathematical analysis etc. are considered instrumental. Mathematics Day is marked to celebrate his works and recognize him as a legend in Mathematics.

Ishan Guleria,  
B.Sc. 2nd Year, Roll No. 2007CH006

### Basic Idea of GPS

GPS stands for Global Positioning System. The global positioning system is a space based satellite navigation system to locate positions in terms of longitudes, latitude, height and time co-ordinates of objects where on the earth. GPS is the shortened form of NAVSTAR GPS. The Global Positioning System consists of 24 satellites, that circle the globe once every 12 hours at 20200 km in altitude, to provide worldwide position, time and velocity information. GPS satellites are powered by solar energy. Each satellite transmits low radio signals with a unique code on different frequencies, allowing the GPS receiver to identify the signals. The main purpose of these coded signals is to calculate the travel time from the satellite to GPS receiver. The travel time multiplied by the speed of light equals the distance from the satellite to the GPS receiver. Since, It is important to have a clear view of the sky.



Kiran Jamwal,  
B.Sc. 2nd Year, Roll No. 9303

### Scientist discovers wave rippled rocks on Mars

The curiosity rover of NASA discovered wave-rippled rocks on planet Mars. Which is evidence of the presence of an ancient lake in a comparatively dry area said the US space “This is the best evidence of water and waves that we have seen in the entire mission” stated Ashwin Vasavada who works as curiosity project scientist at NASA’s Jet propulsion laboratory in California.

The rover which has been exploring Mars since 2012 sent stunning pictures of rock’s surface covered with rippled patterns which seemed to have been created by the waves of a shallow lake .

Rahul,  
B.Sc.3rd Year, Roll No. 2901033

### Global Warming Impact

Rocks, rain and carbon dioxide help central Earth’s climate over thousands of years like a thermostat-through a process called weathering. Scientists have come up with a model to better understand how weathering, the process that acts as Earth’s thermostat, responds to changing global temperatures. Rocks, rain and carbon-dioxide help central earth’s climate over thousands of years-like a thermostat- through a process called weathering. A new study led by scientists from Pennsylvania state university may improve our understanding of how this thermostat responds as temperatures change. It is said that life has been on this planet for billions of years, so we know Earth’s temperature has remained consistent enough for there to be liquid water and to support life.

“The idea is that silicate rock weathering is this thermostat, but no one has ever really agreed on this temperature sensitivity”, said Brantley because many factories go into weathering. It has been challenging to use results of laboratory experiments alone to create global estimates of how weathering responds to temperature changes, the scientists said.

The study has been published in the journal science, the term combined laboratory measurements and sail analysis from US sail sites around the world and many watersheds to better understand weathering of the major rock types of earth and used those findings to create global estimate for the weathering responds to temperature, the study said.

“These trials assists in validating the SOP, and training recovery teams as well as the flight crew. They provide valuable inputs for the utilization of recovery accessories, the feedback from the recovery team. Trainers help to improve the recovery operations SOP, designs various recovery accessories, and finalize the training plan” ISRO added.



Aryan Sumbria,  
B.Sc. 3rd Year, Roll No. 9001



## Facts about Sir ISAAC NEWTON

Newton was known to have said that his work on formulating a theory of gravitation was inspired by watching an apple fall from a tree. A story well Publicized to this very day.

In 1687 Newton Published Philosophiae Naturalis Principia Mathematica, what is widely regarded to be one of the important books in the history of science. In it he describes universal gravitation and the three laws of motion concepts that remained at the forefront of science of centuries after.

Isaac Newton is credited with building the first reflector in 1668 with a design that in-cooperated a small flat diagonal mirror to reflect the light to an eye piece mounted on the side of the telescope.

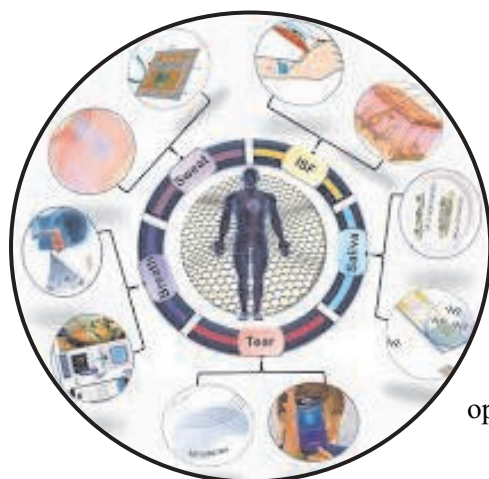
Sir Isaac Newton [1649-1727] was a 17th century Physicist and Mathematician who has been known as one of the most notable scientists in history.

Famous Issac Newton quotes include :

“Plato is my friend- Aristotle is my friend but my friend is the truth. “I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the sea-shore, and diverting myself in now and then finding a smoother Pebble or a Prellier shell that ordinary, whilst the great ocean at truth lay all undiscovered before me.”

Srijan,

B.Sc. Ist Year, Roll No. 9602



## Wearable Biosensors

Wearable Biosensors or Portable electronic devices that integrate sensors into or with the human body in the forms of tattoos, gloves, clothing and implants, realizing in vivo sensing, data recording and calculation using mobile or portable devices. They create a two way feedback between physicians and patents.

A biosensor is composed of two basic functional units, i.e. a “bio-recognition element or bio-receptor” and a “physiochemical transducer” such as optical, electrochemical, piezoelectric and thermal. The bioreceptor is responsible for selectively recognizing the target analyte and the transducer is responsible for

conversion of a biorecognition event into a measurable signal. Analyte is basically a chemical substance that needs detection.

Wearable biosensors are designed for different body parts. They can be worn on head, body, arm, foot or they can be implanted such as smart pills and artificial organs. The common purpose of all wearable the sensors and performing activities such as walking, sleeping and eating. Most of the sensors record or transfer the user data to mobile devices or smart phones through dedicated applications. For example the wearable health tracking devices for the head comprise mainly glasses, goggles, contract lenses, headbounds, hearing aids, earrings, patches; for arm there are smart watches, bracelets, armbands etc.

Wearable biosensors are personal devices that provide objective and continuous monitoring of vital parameters, they can be used as clinical tool to determine the patterns of a particular disease, and monitor the health information of users. They are used to detect sleep apnea by implanting an oral device that measures temperature, movement and head positions of patients. Similarly chronic obstructive pulmonary disease, cardiovascular diseases, skeletal system disease can be detected by biosensors.

Wearable biosensors are worn mostly on the soft and curved parts of human body and require flexible electrodes or sensors to continuously measure physiological parameters without losing the precious and accuracy of the data obtained during their use. Smart textiles and stretchable electronics are two emerging material technology fields that offer considerable promise for fabricating thin, flexible, washable, soft and durable electronics for wearables.

Wearable biosensors have many benefits such as the implementation is simple, they are convenient and useful, encourages self-responsibility in humans, provide the ability to track our fitness level, helps in remote health monitoring.

Ashish,

B.Sc. 1st Year, Roll No. 9601

## Discovery of Saturn-like ring around Trans-Neptunian object

Astronomers were left stunned after they spotted a Saturn-like ring of dust and debris around a dwarf planet called Quaoar.

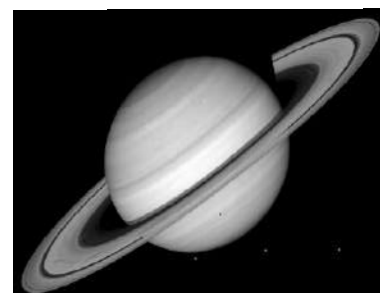
The dwarf planet Quaoar was named after a god of creation in Native American mythology. Quaoar is one of the trans-Neptunian objects and it was discovered in 2002.

A new study published on Wednesday revealed that Quaoar, which is a mini-planet orbiting in the outer reaches of the solar system, has a ring that defies the rules of Physics.

The study is titled- "A dense ring of the trans-Neptunian object Quaoar outside its Roche limit" - & it is published in the journal Nature.

The study mentions that so far, all known dense rings were located close enough to their parent bodies, being inside the Roche limit, it is a place where tidal forces prevented material with reasonable densities from aggregating into a satellite. But the ring around the trans-Neptunian body (50000) Quaoar is different as it is outside its classical Roche limit.

Quaoar has an estimated radius of 555 km and also possesses a roughly 80 km satellite.



Sajan,  
B.Sc. 2nd Year, Roll No. 9313



## Agriculture in India

Agriculture is one of the major sectors of the Indian Economy. It is present in the country for thousands of years. Over the years it has developed and the use of new technologies and equipment replaced almost all the traditional methods of farming. Besides, in India there are still some small farmers that use the old traditional methods of agriculture because they lack the resources to use modern methods. Furthermore, this is the only sector that contributed to the growth of not only itself but also of the other sections of the country.

India largely depends on the agriculture sector/sector. Besides, agriculture is not just a means of livelihood but a way of living life. In India, moreover, the government is continuously making efforts to develop this sector as the whole nation depends on it for food. In conclusion, agriculture has given so much to society. But it has its own pros and cons that we can't overlook. Furthermore, the government is doing its every bit to help in the growth and development of agriculture; still, it needs to do something for the negative impacts of agriculture. To save the environment and the people involved in it.

Mitali Sharma,  
B. A. 3rd Year, Roll No. 9110

## Oxygen

Oxygen, gaseous chemical element, chemical symbol O, atomic number 8. It constitutes 21% (by volume) of air and more than 46% (by weight) of Earth's crust, where it is the most plentiful element. It is a colourless, odourless, tasteless gas, occurring as the diatomic molecule O<sub>2</sub>. In respiration, it is taken up by animals and some bacteria (and by plants in the dark), which give off carbon dioxide (CO<sub>2</sub>). In photosynthesis, green plants assimilate carbon dioxide in the presence of sunlight and give off oxygen. The small amount of oxygen that dissolves in water is essential for the respiration of fish and other aquatic life.



Oxygen takes part in combustion and in corrosion but does not itself burn. It has a valence of 2 in compounds; the most important is water. It forms oxides and is part of many other molecules and functional groups, including nitrates, sulfates, phosphates, and carbonates; alcohols, aldehydes, carbon-dioxide acids, and ketones; and peroxides. Obtained for industrial use by distillation of liquefied air, oxygen is used in steelmaking and other metallurgical processes and in the chemical industry. Medical uses include respiratory therapy, incubators, and inhaled anesthetics. Oxygen is part of all gas mixtures for manned spacecraft, scuba divers, workers in closed environments, and hyperbaric chambers. It is also used in rocket engines as an oxidizer (in liquefied form) and in water and waste treatment processes.

Mitali Sharma,  
B.A. 3rd Year, Roll No. 9110

# Sughanchal 2022-23



Teacher Editor  
Jagan Singh  
Asstt. Prof. (Commerce)



Student Editor  
Muskan  
B.Com. Ist Year, Roll No. 9701

“पहाड़ी सैक्शन”

क्रं०	लेखक	कक्षा	रो० न०	विषय
1.	शिखा देवी	B.A IIIrd Year	9112	पेड़ है हम
2.	पल्लवी	B.A. Ist Year	9508	जिंदगी
3.	किरण जम्बाल	B.Sc. IInd Year	9303	जीवन की यात्रा
4.	अशीष	B.Sc. Ist Year	9601	लड़कियां
5.	पलक देवी	B.A. Ist Year	9507	विश्वास करो कर्म में
6.	मोनिका	B.A. Ist Year	9107	बेटी
7.	कामिनी देवी	B.A. Ist Year	9511	जल ही जीवन है
8.	मीताली शर्मा	B.A. IIIrd Year	9110	बादल का पानी
9.	मीताली शर्मा	B.A. IIIrd Year	9110	छुप के बैठ गए हैं, सब यहाँ
10.	दीक्षा देवी	B.A. Ist Year	9509	प्रदूषण
11.	मोनिका रानी	B.A. Ist Year	9501	प्रदूषण
12.	काजल	B.A. IIIrd Year	9118	मुस्कराहट की और
13.	साहिल	B.Sc. IInd Year	9304	भारत—एक सांस्कृतिक देश
14.	मुस्कान देवी	B.A. IInd Year	9208	माँ
15.	काजल	B.A. IInd Year	9301	पापा

*I am glad to know that Government Degree College Sugh-Bhatoli is publishing 1st edition of the College Magazine “Sughanchal” in the session 2022-23.*

*The College Magazine always play an imperative role in giving an inspirational drive to the students of an educational institution and early ideas for young budding writers to showcase their talent. I believe such kind of endeavors must always be encouraged among the young generation to give a boost to their abilities from the very beginning of their career.*

*As an editor of planning section, I congratulate the entire readers of “Sughanchal” and wish all a great success ahead.*

Jagan Singh  
Assistant Prof. of Commerce  
Teacher Editor  
Planning Forum

## Ayushman Bharat Scheme

Ayushman Bharat is National Health Protection Scheme, which will cover over 10 crore poor and vulnerable families (approximately 50 crore beneficiaries) providing coverage upto 5 lakh rupees per family per year for secondary and tertiary care hospitalization. Ayushman Bharat - National Health Protection Mission will subsume the on-going centrally sponsored schemes - Rashtriya Swasthya Bima Yojana (RSBY) and the Senior Citizen Health Insurance Scheme (SCHIS).



### Salient Features:

- Ayushman Bharat-National Health Protection Mission will have a defined benefit cover of Rs. 5 lakh per family per year.
- Benefits of the scheme are portable across the country and a beneficiary covered under the scheme will be allowed to take cashless benefits from any public/private empanelled hospitals across the country.
- Ayushman Bharat - National Health Protection Mission will be an entitlement based scheme with entitlement decided on the basis of deprivation criteria in the SECC database.
- The beneficiaries can avail benefits in both public and empanelled private facilities.
- To control costs, the payments for treatment will be done on package rate (to be defined by the Government in advance) basis.
- One of the core principles of Ayushman Bharat - National Health Protection Mission is to co-operative federalism and flexibility to states.
- For giving policy directions and fostering coordination between Centre and States, it is proposed to set up Ayushman Bharat National Health Protection Mission Council (AB-NHPMC) at apex level Chaired by Union Health and Family Welfare Minister.
- States would need to have State Health Agency (SHA) to implement the scheme.
- To ensure that the funds reach SHA on time, the transfer of funds from Central Government through Ayushman Bharat - National Health Protection Mission to State Health Agencies may be done through an escrow account directly.
- In partnership with NITI Aayog, a robust, modular, scalable and interoperable IT platform will be made operational which will entail a paperless, cashless transaction.

Muskan,

B.A. Ist Year, Roll No. 9506



## The Agnipath Scheme

The Agnipath scheme was approved by the Indian Government in June 2022 to be implemented from September 2022. The announcement was done on June 14, 2022. The scheme is for both male and female aspirants of age group 17.5 to 21 years. In the midst of widespread protests against the scheme, the Central Government raised the upper limit from 21 to 23, but only for recruitment in the year 2022. The recruitment through this scheme is to be twice a year for the Indian Army, the Indian Navy and the Indian Air Force. The posts available are below the officer cadre. The Agnipath Scheme is the only route to serve in the military.

The recruits named Agniveers serve for a tenure of four years that include training for six months followed by 3.5 years deployment. After retirement from the service, they will have the opportunity to apply to continue in the armed forces. Not more than 25 percent of the total strength of the retiring batch will be selected for the permanent cadre. Personnel who retire after 4 years of service will not be eligible for pension, but will receive a lump sum amount of approximately Rs.11.71 lakh at the end of tenure. The Indian government plans to recruit 45,000 to 50,000 new personnel every year through this scheme. In September 2022, 46,000 youngsters are planned to be recruited through the scheme.

Mohit Kaushal,

BA IIIrd Year, Roll No. 9135



## Types of Bank Account

One major aspect of the banking industry is the provision of banking accounts. There are various types of bank accounts which can be opened in any public or private sector banks.

This topic essentially forms a very important part of the financial and banking sector.

Given below is the list of banking accounts :

1. Saving Account
2. Current Account
3. Recurring Deposit Account
4. Fixed Deposit Account
5. DEMAT Account
6. NRI Account

Initially, there were only four types of bank accounts that were operating in India. These included the Current Account, Saving Account, Recurring Deposit Account and Fixed Deposit Account. But later with the advancement in the banking sector, various types of bank accounts were introduced.



Muskan,  
B.Com Ist Year, Roll No. 9701

## The Twin Balance Sheet Problem

The twin balance sheet problem refers to the stress on balance sheets of banks due to non-performing assets (NPA) or bad loans on the one hand, and heavily indebted corporate on the other. In early 2016, banks in India reported that non-performing assets had soared to such an extent that provisioning had overwhelmed operation earnings. Non-performing assets of banks increased to 9 percent and four fifth of the non-performing assets were in public sector banks. Further, around 40 per cent of the corporate debt was owned by companies that had an interest coverage ratio less than one, meaning they did not earn enough to pay the interest obligation on their loans. To address the TBS challenge, Economic survey 2016-17 recommended four R's strategy: Recognition, Recapitalization, Resolution and Reforms. The government has followed a two-pronged policy to tackle the TBS problem. First, it has introduced the Insolvency and Bankruptcy Code (IBC) for time bound resolution of insolvency proceedings of firms. Second, it plans to recapitalize the banks to improve its provisioning of NPAs.

Indu Bala,  
B.A. 3rd Year, Roll No. 9109

## Micro, Small and Medium Enterprises (MSMEs)

According to new definition, the Micro enterprise will be one where investment in plant and machinery/equipment is not more than rupee 1 crore and annual turnover not more than rupees five crores. A small enterprise will be one where investment in plant and machinery is not more than rupees 10 crores and annual turnover not more than rupee 50 crores. In case of medium enterprise, investment in plant and machinery is not more than rupee 50 crores and annual turnover not more than rupee 250 crores. The MSME sector accounts for 29 percent of total GDP, 45 per cent of industrial output of the country, 40 per cent exports, generates 11.10 crores of jobs, leads to regional equality due to decentralized expansion, equitable distribution of income and inclusive growth. To promote MSMEs government has introduced number of schemes like PMEGP, CLCSS, ASPIRE, SFURTI, ZED certification etc.

Vishal Singh,  
B.A. 3rd Year, Roll No. 9103

## Role of India in G-20

India holds the presidency of the G-20 from December 1, 2022 to November 30, 2023.

G-20 is the premier forum for the international economic cooperation. It plays an important role in shaping and strengthening global architecture and governance on all major international economic issues. The G-20 was founded in 1999 after the Asian Financial Ministers and Central Bank Governors to discuss global economic and financial issues. The G-20 summit is held annually, under the leadership of a rotating presidency. The G-20 members represent around 85% of the global GDP, over 75% of the global trade, and about two-thirds of the world population. The theme of India's G-20 Presidency is - "Vasudhaiva Kutumbakam". The theme also spotlights LIFE (Lifestyle for Environment), with its associated, environmentally sustainable and responsible choices for cleaner, greener and bluer future. India's G-20 priorities includes:- Green development and accelerating progress on SDGs too. This summit is also focused on women led development and multilateral institution for the 21<sup>st</sup> century. India with G-20 presidency will be inviting Bangladesh, Egypt, Mauritius, Netherlands, Nigeria, Oman, Singapore, Spain and the UAE as guest countries, as well as International solar alliance, Coalition for Disaster Resilient Infrastructure, and Asian Development Bank as guest International Organization.

Shikha Rana,  
Assistant Prof. (Physics)



## Women as Investors:- A Behavioral Analysis

Across cultures and time, women have been associated with child rearing and house hold management. Their application to finance has generally been limited to buying daily staples every nickel possible. In a baffling bowl of irrationality, women spin themselves away from investing, refusing to manage the same herself. They let the men in their life-husband, father or brother, take charge of their finances in a regressive display of reluctance. If a woman is through in an uncertain situation, risk, partial information and uncertain outcomes, what will be her likely reaction? She would get stressed out, but her desire to control will make her act continuously and plays as safe as possible. Men admire the demand for action in a risky situation and land up making quick decisions. Subsequently, they spend time reversing their actions over time. Women not see any purpose investing their decisions without clear and tangible benefits.

Anu Bala,  
B. Com 1st Year, Roll No. 9704

## E-Banking

With the growth of internet and wireless communication technologies, telecommunication etc. in recent years, the structure and nature of banking and financial services have gone for a sea change. Internet-banking or e-banking is the latest in this series of technological wonders in the recent past which involves use of internet for delivery of banking products and services.

Banking activity is now no longer confined to the branches where a customer has to approach the branch in person, for withdrawing cash or deposit a cheque or request for a statement of Accounts.

In accessing a true internet banking, any inquiry or transaction is processed online without any reference to the branch (anywhere banking) at any time. Thus, providing Internet Banking is gradually becoming a “need to have” than a “nice to have” service.

In this system, consumers are embracing many benefits of e-banking. To have access to one’s accounts at any time and from any location through world wide web (www) is a convenient practice, which was unknown a short time ago. In India, Internet Banking is gradually being developed throughout the country but in order to make the bank account safe, one should follow certain security precautions. We should never share personal information like PIN number, passwords etc, with anyone. We should also not provide sensitive account related information over unsecured e-mails or over the phone. We should keep changing the ATM, PIN and online login and transaction passwords on a regular basis. It is also important to ensure that the logged in session is properly signed out.

Bhavna Sharma,  
Assistant Prof. of English

## Meaning of Economic Reforms

Economic reforms refer to the fundamental changes that were launched in 1991 with the plan of liberalising the economy and quickening its rate of economic growth. The Narasimha Rao Govt. in 1991 started the economic reforms in order to rebuild internal and external faith in the Indian economy.

The reforms intended at bringing in larger cooperation of the Private sector in the growth method of the Indian economy. Policy changes were proposed with regard to technology Opgrdation industrial licensing, removal of restrictions on the private sector foreign investments and foreign trade. The essential features of the economic reforms are liberalisation privatisation and globalisation commonly known as L.P.G.

In other words economic reforms normally indicate deregulation or at times decrease in the size of government to eliminate deformities caused by the management or the presence of administration rather than current of raised regulations or government plans to lesson the perversions created by market failure.

Diksha Thakur,  
B.Com 2nd Year, Roll No. 2003CM048



## Meaning of Commerce

Commerce as a stream of education can be defined as a study of trades and business activities. Such as the exchange of goods and services from producer to final consumer. Commerce includes the study of economics, accountancy and business studies.

Studying economics enable us to learn more about, how the world works as it helps in gaining knowledge about the impact that decision have on firms, industries and nation and the effects government policies have on the economy and on employment.

Accountancy is an integral part of commerce stream. It is a branch of mathematical science that is concerned with the financial information about a business entity to users such as share holders and managers. Studying accountancy allows us to learn and discover the various causes of success and failure of different business enterprises.

Sarvjeet Kaur,  
B. Com 1st Year, Roll No. 9702

## Chief Minister Sukhashray Sahayata Kosh

Himachal Pradesh Chief Minister Sukhvinder Singh Sukhu announced to set up of Rs 101 crore CM's Sukhashraya Sahayata Kosh for the destitute in the state. The fund will be spent on the higher education of destitute children to encourage them to pursue courses such as engineering, medicine, management, and other streams from reputed institutions like IIT, IIM, AIIMS, and NIT.

### Chief Minister Sukhashray Sahayata Kosh- Key Points.

- CM Sukhvinder Singh Sukhu announced that there are 6,000 destitute children in Himachal Pradesh.
- The CM's Sukhashraya Sahayata Kosh with an expenditure of Rs 101 crore would provide the facility of higher education to needy children.
- Through the CM's Sukhashraya Sahayata Kosh other than bearing the educational expenses, the government would also provide Rs 4000 monthly pocket money to the destitute children and women pursuing higher education.
- The state government will bear the expenditure on skill development education, higher education, and vocational training of such children.
- They will also be given financial assistance as per their requirement so that they can lead a respectable life.
- The state government was committed to ensure the welfare of needy children, orphans, destitute women, and senior citizens.
- The Chief Minister informed that receiving assistance from this fund would be free from government restrictions and no income certificate would be needed.
- The assistance will be given directly to the beneficiary's account immediately by the department of social justice and empowerment on a simple application.

Deepak Kumar Sharma,  
B.A. 1st Year, Roll No. 9510



# सुघाँचल

## पहाड़ी अनुभाग

2022—2023

शिक्षक संपादक  
डॉ० पंकज कौशल,  
सहायक आचार्य  
(गणित विभाग)

विद्यार्थी संपादिका  
ज्योति शर्मा,  
बी०ए० तृतीय वर्ष  
रोल न० 9119

“पहाड़ी सैक्शन”

क्र०	लेखक	कक्षा	रो० न०	विषय
1.	किरण जम्बाल	B.Sc. IIInd Year	9303	आसारी बोली पहाड़ी री पुकार
2.	काजल	B.Sc. IIInd Year	9301	छड़ हुन नी कमाना
3.	शिल्पा	B.Sc. IIInd Year	9107	माँ बाप रा प्यार
4.	काजल देवी	B.A. IIIrd Year	9121	पैसे कन्नै क्या नी मिलदा
5.	ज्योति शर्मा	B.A. IIIrd Year	9119	आज रा बच्चा भी बड़ा वेमिसाल
6.	श्वेता	B.A. IIInd Year	9214	शिक्षा दा महत्त्व
7.	शालिका देवी	B.A. IIIrd Year	9105	पहाड़ा दा जीणा
8.	पल्लवी	B.A. Ist Year	9508	तालु कन्नै जालु
9.	नैन्सी	B.A. IIIrd Year	9125	पहाडी भाषा दा महत्त्व
10.	पलक	B.A. IIInd Year	9207	दोस्ती तां सारे करदे
11.	कामनी देवी	B.A. IIIrd Year	9114	आजकल दे छोकरे
12.	काजल देवी	B.A. IIIrd Year	9113	पुराणे दिन याद आई गे
13.	अंजली शर्मा	B.A. IIIrd Year	9108	दूनियां दी आई कोरोना
14.	राहुल	B.Sc. IIIrd Year	2901033	पहाड़ी चुटकले
15.	सुमीत	B.Sc. IIIrd Year	2901041	गुरूआं दा सम्मान

## आसरी बोली पहाड़ी री पुकार

एड़ी क्या गुस्ताखी, क्या किती में बुराई,  
पढ़दे-लिखदे ता थे नी, बोलने गलाणे ते भी गवाई ।  
एड़ी केडी खता हुई मेरे ते ओ,  
जो मेरे आपणेयां ही किती आंऊ पराई ।  
क्या सोचदे के कुण ही क्या ग्लान्दी,  
ने कुथी ते आई हांऊ तुसारी पहाड़ी,  
जो सारेया दिती भुलाई ।  
कदे हिंदी बोली, कदे पंजाबी, फेरी अंग्रेजी री किती बड़ाई ।  
ज्यादा पढ़ लिखे लगने खातिर, मेरे ते मुँह दित्या फिराई  
बोली भाषा च तबदीली तां हुदी आई ।  
पर आसे आपणी बोली रा आस्तित्व दित्या मुकाई ।  
बचेयां जो माँ-बापुए, हिंदी ता अंग्रेजी हे सिखाई ए ता पिछड़ी,  
पुराणी ही, ऐ, सोच केथी ते आई ।  
हर भाषा बोली सीखा पढ़ा ते बोला, पर आपणी मत देदे गवाई ।  
हर बोली री आपनी अहमियत हुई,  
मेरे बगैर तुसा रा भी क्या वजूद रहँगा ओ भाई ।

धन्यावाद

किरण जम्बाल,  
बी0 ए0 सी0 द्वितीय वर्ष, रोल न0 9303

## पहाड़ी कविता

### “छड़ हुन नी कमाना”

बापुए कमाई के कोठी पाई ऐश करदे  
अनजान केई भाई! कहदे छड़ हुन नी  
कमाना बापू साड़ा है सरकारी हुक माराना  
साडया बौटा ताई ।  
सारी दुनिया पढ़ना पाई कहदे चावल  
दाल मिली जादे सस्ते आई आर डी0पी0  
बीच दे ना लखाई ।  
अनजान कजो जोड़दा तू पाई पाई  
तू भी उठ राजनीति ले हथ अजमाई  
रौब ठाठ-बाठ एभू पुरे पंजा साला बाद पैशान पाई ।  
छड़ हुन नी कमाना तुपा सेकनी मजां  
डाना नेक सलाह तुहाडे ताई अनजान  
करे पर तुसां मत करदे मेरे ताई ।

काजल,  
बी0ए0सी0 द्वितीय वर्ष, रोल न0 9301

## माँ बाप रा प्यार

माँ बाप रा प्यार,  
दुनियाँ रा अनमोल तोफा,  
मेरे खातिर तिन्हा रे बिना अधूरा ये संसार,  
माँ रा आचल कन्ने बाप रा प्यार,

कदी तिन्हा री झिड़का कने कदी तिन्हा रा दुलार,  
माँ देदीं मुश्किलाँ ने लड़ने री शक्ति,  
बचपन बीतेया छावां च कने धुप पावे उस पार,  
हर वक्त लगदा जिया गुलशन च वहार,

फिर जबानी च कठिनाईयाँ ने कित्या अहाँ पर वार,  
लड़ खडाये पैर मेरे पर सभली गये,  
मेरे ले था माँ बाप रा प्यार, मैं ले था माँ बाप रा प्यार,  
मै यही फरियाद करदी,

ऐ भगवान् किसी रे भी माँ बाप ना हो जुदा,  
माँ बाप हुऐ बच्चेया री शक्ति,  
कने माँ बाप रे बिना अधूरी अहाँ री शक्ति,

सारेयाँ जो नी मिलदा माँ बाप रा प्यार,  
माँ बाप रा प्यार,  
दुनियाँ रा अनमोल तोफा ।

शिल्पा पटानियाँ,  
बी0ए0 द्वितीय वर्ष, रोल न0 9107

## पैसे कन्नै क्या नी मिलदा

पैसे कन्नै क्या नी मिलदा  
पैसे कन्नै 'दोस्त' मिली सकदा पर दोस्ती नी  
पैसे कन्नै 'प्रेमिका' मिली सकदी पर सच्चा प्यार नी  
पैसे कन्नै 'पैन्सिल' मिली सकदी पर लिखाई नी  
पैसे कन्नै 'किताब' मिली सकदी पर पढ़ाई नी  
पैसे कन्नै 'अध्यापक' मिली सकदा पर गुरु नी  
पैसे कन्नै 'माँ' मिली सकदी पर ज्ञान नी  
पैसे कने 'चिन्ता' मिली सकदी पर सुख नी  
पैसे कने 'तस्वीर' मिली सकदी पर भगवान नी  
पैसे केने 'दवा' मिली सकदी पर दुआ नी  
मतलब ऐह कि इन्सान सब कुछ खरीदी सकदा ए,  
पर मरी जाणे पर सांस नी।

काजल देवी,  
बी० ए० तृतीय वर्ष, रोल न० 9121

## पहाड़ी कविता

आज रा बच्चा भी बड़ा बेमिसाल, सारा गूगल रा कमाल  
लिखना भी नी पोन्दा, हूँन कोई भी सवाल  
सारा गूगल रा कमाल, बच्चा बड़ा बेमिसाल  
सारा गूगल रा कमाल।।

दिमाग च असर इन्हे पाया  
हुन न कर पाया इसरा इस्तेमाल  
सारा कुछ गूगल पर ही मिलदा  
से जे इस बिच फसी गया, हूँन नई निकली सकदा  
गूगल भाई रा ता येही ऐ जाल  
आज रा बच्चा भी बड़ा बेमिसाल, सारा गूगल रा कमाल।।

इसरी महिमा अंपरपार, सै जे गूगल चंलान्दा इक बार  
पैसे रा लेन देन होदां मुनाफा हजारों बार  
घरे कोई न टेम देंदा, इसने जोड़या इक रिश्ताये  
हर इक व्यस्त इस च, आज रा बच्चा भी बड़ा बेमिसाल  
सारा गूगल रा कमाल।।

फायदे बड़े सोगी नुकसान भी,  
जानकारी सारे संसार री रखदा  
येही ता इसरी पहचान  
आज रा बच्चा भी बड़ा बेमिसाल  
सारा गूगल रा कमाल।।

ज्योति शर्मा,  
बी०ए० तृतीय वर्ष, रोल न० – 9119

## शिक्षा दा महत्व

बड़ी जरूरी होन्दी शिक्षा  
सारे औंगुण धौन्दी शिक्षा  
चाहे जिन्ना पढ़ी लेइए असां  
कदी ना पूरी होन्दी शिक्षा।  
शिक्षा पाई के बणदे अफसर  
नेता, शिक्षक, वैज्ञानिक, प्रोफेसर  
बुद्धिमान जो बुद्धि होन्दी  
अज्ञानी जो ज्ञाना।  
शिक्षा कन्नै ही बणी सकदा है  
देश आसादां महान।।

श्वेता,  
बी० ए० द्वितीय वर्ष,  
रोल न० 9214

## “पहाडा रा जीणा”

तूसां दा शहर असां छडी के आई गए,  
आज बी असां जो बड़ी याद आऊंदी  
पहले पहाड़ च बड़ी ठंड छुआ दी,  
हूण एथि बी चटकदी धूप पाउदी।।

पहले एत्थि घने-घने जंगल हौंदे थे,  
पेड़ कटी के लोके बंजर कीतियाँ जमीना  
बर्फा री चादर अंगना च आऊंदी थी,  
हूण पौष लगां लगां जेडा ज्येष्ठा रा महीना  
पहले बड़े परिवार मीली-जुली कने रहंदे,  
हूण करदे सब बखरा बसेरा  
भटके राही जो कोई राह नही दस्दे,  
उलझी रा जीवन सभीणी रा घनेरा।।

पैदल अमां सोगी नानू रे घरा जांदे थे,  
हूण गडियां मोटरां री होई गई भरमार  
आणा जाणा रिश्तेदारियां कम होईगा,  
फोना च पुछदे आज समाचार।।  
रुना रे कोटा रा बड़ा था रिवाज,  
ताई पालदे थे भेड़ा कने खाडू  
दूरा ते बेटिया आंदी थी घरा पेउकी रे,  
मील्दे थे सारे साडू ते साडू।।

पुरानी फसला, पुरानी गला, पुराने माणु,  
खरा था पुराना रिवाज,  
अज कोई एत्था जो आंदा,  
कोई उथा जो जांदा अपनी डफली  
कने अपना राग बजांदा।

शालिका देवी,  
बी०ए० तृतीय वर्ष, रोल न० – 9105

## तालु कन्नै जालु

अज उठणा तालु, चिड़क पौणी जालु, आसी रोटी खाणी तालु, भूख होणी जालु  
असां अड्डे पुजणां तालु, बस चली पौणी जालु ॥

कॉलेज पुजणां तालु, पीरियड लगी पोणां जालु, अंसा पढ़ना तालु, पेपर होणा जालु ।  
मास्टर बोलदे पढ़ी लो नीता, होश ओणा तालु, तुहाड़ा रिजल्ट निकलना जालु ।  
डॉक्टर सदणा तालु, प्राण निकली जाणे जालु ।  
असां मंदिर जाणा तालु, बुरा वक्त होणा जालु ॥

पल्लवी,

बी0ए0 प्रथम वर्ष, रोल न0-9508

## पहाड़ी भाषा रा महत्व

एड़ी क्या गुस्ताखी, क्या किती में बुराई, पढ़दे-लिखदे तां थे भी, बोलने गलाणे ते भी गवाई ।  
एड़ी केड़ी खता होई मेरे तो जे मेरे अपने आं ही किती पराई !  
क्या सोचदे कि कुण ही क्या गलांदी ने कुथी तो आई हाड़ी तुआड़ी पहाड़ी, जो सारेयां दिक्ती भुलाई ।

कदे हिंदी बोली, कदे पंजाबी, फेरी अंग्रेजी री किती बडाई, ज्यादा पढ़ लिखे लगने खातिर मेरे ते मुंह दित्या फिराई ।  
बोली भाषा च तबदीली ता हुंदी आई, पर अस्सी अपणी बोलिये दा अस्तित्व दिया मुकाई  
बचेयां जो माँ बापुए ने हिंदी ता अंग्रेजी ए सिखाई! एतां पिछड़ी पुराणी ही, ऐ सोच किथी ते ओई!

भई एड़ा भी क्या हुआ ए ध्याड़ा दित्या दिखाई, पहाड़ा री संस्कृति री पहचान ही दिक्ती मुकाई ।  
भोटी, किन्नौरी, कांगड़ी, चम्ब्याली, महासदी, सिरमौरी, कन्नै, मडंयाली, इनां, सारेया दा ना ही दित्या मुकाई ।  
हर भाषा, बोली, सीखा, पढ़ा ते बोला, पर अपनी मत दे देया गवाई ।  
हर बोली री अपनी अहमियत होंदी पर मेरे बगैर तुसां दा भी क्या बजूद ए भाई ।

नेनसी देवी,

बी0ए0 तृतीय वर्ष, रोल न0 - 9125

## पहाड़ी चुटकले

हिमाचली चाचु-क्या करदा बो मुनु तु

मुंडुं :- इंजिनियरिंग करादा चाचु

मुंडुं :- ईमारता कने मकान बनाना सिखा दा अरो

चाचु -मुडया इयां बोल न भाई मिस्त्री है तु ॥

इक बारी मखि कने मच्छरे दा व्याह बड़ी धूमधाम ने होया  
अगले दिन मखियां दा भाऊ आया  
तिन्नी पुछेया कि जीजे दे क्या हाल न,  
मखि बोली .....  
अरा भाऊ! क्या दसना, राती मच्छर ज्यादा थे तां मैं आल  
आउट ऑन कीती कनै तेरे जीजा जी मरी गये ॥

पत्नी- सुनयो जी, तोहा दे जन्मदिने जो मैं इन्ने छैल कपडे  
ले, तोहां पूछो मत

पति - खुश होकर लेआ दसां पला में भी ता दिखा कि किन्ने  
छैल न।

पत्नी - ओ हो रूका, हुनी पाई कर औंदी ।

राहुल,

बी0एस0सी0 तृतीय वर्ष,  
रोल न0 2901033

## दोस्ती तां सारे करदे

खुशबु फूलां दी कोई चोरी नी सकदा  
किसी दी किस्मत, कोई मिटाई नी सकदा

जिदे सिने च लख जख्म  
उस इन्सान की कोई हंसाई नी सकदा

आसूं तां सारे बहाई लेन्दे, मरहम कोई लाई नी सकदा  
ठोकर तां सारे मारदे पर सीने कनै कोई लाई नी सकदा

दोस्ती तां सारे करदे, पर निभाई कोई नहीं सकदा  
मंजिल ता सारे दसदे, पर सही रास्ता कोई दर्सी नी  
सकदा ।

पलक,

बी0 ए0 द्वितीय वर्ष, रोल न0 - 9207



## अजकले दे छोकरे

अजकले दे छोकरे होए खराब दिने करदे आवारागर्दी  
राती पीणी शराब, पूरा दिन लैणा उणा फिल्मा दा नजारा  
इतना भी नही सोचदे कियां होणा गुजारा  
बड़याँते नी डरदे, प्रोफैसरा ते नी डरदे, हडताला करी-करी बसां दा बुरा हाल  
करदे पढ़ाईयाँ दी गल छड़ा, छोरियां दा बड़ा ख्याल रखदे ।

इक्को क्लासा विच दीदे 5-5 साल आजकल दे  
कालजेटां दे दिखी लेया रंग इना ते ता छोकरन्या  
करने सारे पूठे काम, स्कूला दे बार पीणी इना पांग,  
रोज-रोज करदे हर कुसी की तंग, फिल्मा दिखो-दिखी इना दा बुरा हाल,  
माऊ दी नहीं करदे परवाह, बापू दा नी ख्याल, फुकरी इना मारदे जिन्ना हिरो न0 वन ।  
जे कोई नम्बर दिखे ता जीरो न0 वन मोटरा कारां लेई बणदे शहजादे,  
चाकु गडाँसे जेबा च पाई के वणदे दादे, जेड़ा कोई समझाने दी गल करदा,  
उदा थोवडा इना ने करना खराब, आजकल दे छोकरे होई गए खराब,  
दिने करदे आवारागर्दी राती पीणी शराब ।

कामिनी देवी,  
बी0 ए0 तृतीय वर्ष, रोल न0 9114

## पहाड़ी कविता

“पुराणे दिन याद आई गे”  
पुराणे दिन याद आई गे  
इतवार वाले दिन देखनी रंगोली कने शक्तिमान, लूखने री खेला खेलनी कने रेडियो पर सुनने गाने ।  
पुराने दिना याद आई गे  
रोज पैदल स्कूला जाना कने मास्टरा ते खानी मार, गर्मिया च खड्डा नहाना कने बनना बड्डे तैराक ।  
पुराणे दिन याद आई गे  
स्याणेयाँ ले बैठी ने सुननी कहानियाँ, इक था राजा कने एक थी रानी ।  
दोनो मरी गे खत्म कहानी ।  
स्कूल जाना ताँ रपईये लेने दो, कने इक रपेईये री खानी टॉफियाँ चार, पुराणे दिना री आई गी याद !

काजल देवी,  
बी0 ए0 तृतीय वर्ष, रोल न0 9113

## गुरुआं दा सम्मान

गुरु ही है सारिया दी पछाण,  
गुरु दा सारे करो सम्मान  
नई सुणा गुरुआं दा आपमान ।  
पूलगे तुसां उन्हां गुरुआं जो जिना  
दित्ता सवनां जो ज्ञान ।

कने शान सुविधा आदां करदे वरणन,  
गुरुआं दे पकडे लेआ रण गुरुआं कनै सदा जोडो नाता ।  
पढ़ाईआ दा रस्ता दिखांदा ऐ गुरु जीवने जो  
वसांदा ऐ गुरु! गुरुआं दी महिमा अपरम्पार  
वणौ गुरु दे जीवन दा आधार!

करो गुरुआं दा सम्मान,  
जेड़े भारते दा, मानमर्यादा दा सांजो अहसास करादें  
जीणे दा सीधा रस्ता दिखादें !  
साड़े गुरुआं दा जिउंदा रै स्वरूप  
साढ़ी ता पछाण,  
गुरुओं दे अनुरूप !!

सुमीत कुमार,  
बी0एस0सी0 तृतीय वर्ष, रोल न0 290141

## पहाड़ी कविता

म्हारे बजुरगां री शान,  
तब्बर होर समाजों रा माण।

समुदरों री गहराई ते  
समाणों री ऊँचाई  
बजुरगां रे आसीरवाद च समाई।

ईन्ना रा प्यार, ठण्डी हवा रे समान  
कोई माणु नी पुल्ली सकदा  
बजुरगां रा एहसान।।

हजार तंगियां सहि कन्नै  
जीवन स्वर्ग बणाया म्हारा।  
न कोई कमी हर समय देऊए सहारा।

पढाणा –लिखाणा,  
नौकरिया लवाणा  
पुक्खै–त्याए रई कन्नै,  
रज्जि के टब्बरो जो खवाणा।।

दादा – दादी,  
अम्मा–बापू शान–ऐ–म्हारी,  
इन्ना री बदौलत,  
जिन्दगी स्वर्ग ए म्हारी।

ब्रह्मा, विष्णु, महेश बेचारे।  
बजुरगां री सेवा जो तरसुंरा सारे।  
तन, दौलत ते करम सबल्लै  
करि के सेवा बजुरगां री हुई  
जाऊंई बल्लै–बल्लै।

मदंर – मसजद होर गुरदवारे  
तीर्थ बरत होर थाम है चारे  
बजुरगां रे चरणा च बसुएं सारे।

जेस माणुए किति बजुरगां री सेवा  
तेस पाया सुख समरिदियां रा मेवा।  
गोड गलाया दा ए गल्ल सच्ची,  
टब्बर होर समाजो च  
बजुरगां री शान ए पक्की।

मनीष,  
बी0एस0सी0 तृतीय वर्ष, रोल न0 2901022

# सुधांचल



## हिन्दी अनुभाग 2022—2023

शिक्षक संपादक  
डॉ० पंकज कौशल,  
सहायक आचार्य (गणित)

विद्यार्थी संपादिका  
मुस्कान देवी,  
बी०ए० द्वितीय वर्ष  
रोल न० 9208

“पहाड़ी सैक्शन”

क्रं०	लेखक	कक्षा	रो० न०	विषय
1.	शिखा देवी	B.A IIIrd Year	9112	पेड़ है हम
2.	पल्लवी	B.A. Ist Year	9508	जिंदगी
3.	किरण जम्बाल	B.Sc. IIInd Year	9303	जीवन की यात्रा
4.	अशीष	B.Sc. Ist Year	9601	लड़कियां
5.	पलक देवी	B.A. Ist Year	9507	विश्वास करो कर्म में
6.	मोनिका	B.A. Ist Year	9107	बेटी
7.	कामिनी देवी	B.A. Ist Year	9511	जल ही जीवन है
8.	मीताली शर्मा	B.A. IIIrd Year	9110	बादल का पानी
9.	मीताली शर्मा	B.A. IIIrd Year	9110	छुप के बैठ गए हैं, सब यहाँ
10.	दीक्षा देवी	B.A. Ist Year	9509	प्रदूषण
11.	मोनिका रानी	B.A. Ist Year	9501	प्रदूषण
12.	काजल	B.A. IIIrd Year	9118	मुस्कराहट की और
13.	साहिल	B.Sc. IIInd Year	9304	भारत—एक सांस्कृतिक देश
14.	मुस्कान देवी	B.A. IIInd Year	9208	माँ
15.	काजल	B.A. IIInd Year	9301	पापा

पेड़ हैं हम.....

ये कहना है हम पेड़ों को ईश्वर ने बनाया समझदार तुम्हें,  
अपना फायदा देख सकते हो इसलिये इंसान कहलाते हैं,  
हम से ही खान-पान, जीवन की साँसें हैं तुम्हारी,  
फिर भी हमें खत्म कर तुम मुस्करा रहे हो,  
चंद्र भौतिक चीजों के लिए न जाने कितनी बार बली है  
चढ़ती हमारी।

फिर भी मुस्कुराते हुए हम अपनी जान न्यौछावर कर देते हैं,  
पर ऐसा करके तुम अपनी ही समझ गवां रहे हो।  
अगर तुम्हें जिंदगी देना हमारा फरज है,  
तो इस फरज की कीमत लौटाना तुम्हारा करज है।  
हम सा खूबसूरत कोई नहीं है इस जहान में,  
इसलिये असली रतन हैं हम क्योंकि पेड़ हैं हम।।

शिखा,  
बी0ए0 तृतीय वर्ष, रोल न0 9112

## जिंदगी

जब तक चलेगी जिंदगी की सांसें,  
कहीं प्यार कहीं टकराव मिलेगा  
कहीं बनेंगे संबंध अतर्मन से तो,  
कहीं आत्मीयता का अभाव मिलेगा  
कहीं मिलेगी जिंदगी में प्रशंसा तो,  
कहीं नाराजगीयों का बहाव मिलेगा।  
कहीं भावनाओं में दुर्भाव मिलेगा।  
कहीं बनेगे पराए रिश्ते भी अपने तो  
कहीं अपनों से ही खिचाव मिलेगा।  
कहीं होगी खुशामदें चेहरे पर तो  
कहीं पीठ पे बुराई का घाव मिलेगा।  
तू चलाचल रही अपने कर्मपथ पे,  
जैसा तेरा भाव वैसा प्रभाव मिलेगा।  
रख स्वभाव में शुद्धता का स्पर्श तू  
अवश्य जिंदगी का पड़ाव मिलेगा।



पल्लवी,  
बी0ए0 प्रथम वर्ष, रोल न0 9508



## बेटी

जब-जब जन्म लेती है बेटी,  
खुशियाँ साथ लाती है बेटी।  
ईश्वर की सौगात है बेटी,  
सुबह की पहली किरण है बेटी।  
तारों की शीतल छाया बेटी,  
आँगन की चिड़िया है बेटी।  
त्याग और समर्पण  
सिखाती है बेटी,  
नये नये रिश्ते बनाती है बेटी।  
जिस घर जाए, उजाला लाती है बेटी,  
बार-बार याद आती है बेटी।  
बेटी की कीमत उनसे पूछो,  
जिसके पास नहीं है बेटी।

मोनिका,  
बी0ए0 प्रथम वर्ष, रोल न0 9107

## जीवन की यात्रा

पुछा जो मैंने एक दिन खुदा से,  
अंदर मेरे ये कैसा शोर है,  
हंसा, मुझ पर फिर बोला,  
चाहतें तेरी कुछ और थी,  
पर तेरा रास्ता कुछ ओर है,  
रुह को संभालना था तुझे,  
पर सूरत सँवारने पर तेरा जोर है,  
खुला आसमान, चाँद, तारे चाहत है तेरी,  
पर बन्द दीवारों को सजाने पर तेरा जोर है,  
सपने देखती है खुली फिजाओं के,  
पर बड़े शहरों में बसने की कोशिश पुरजोर है।



किरण जम्बाल,  
बी0एस0सी0 द्वितीय वर्ष, रोल न0 9303

## प्रदूषण

प्रदूषण एक सबसे बड़ी समस्या है। जो कम होने की बजाय प्रतिदिन बढ़ती जा रही हैं। प्रदूषण की बजह से पृथ्वी पर मौजूद सभी जीव-जन्तुओं को विभिन्न प्रकार की घातक बीमारियों का सामना करना पड़ रहा है। प्राकृतिक संतुलन में भी प्रदूषण के कारण दोष पैदा हुआ है।

प्रदूषण के प्रकार – मुख्य रूप से प्रदूषण के चार प्रकार हैं, वायु प्रदूषण, जल प्रदूषण, मृदा प्रदूषण और ध्वनि प्रदूषण।

- 1) वायु प्रदूषण – यह सबसे खतरनाक प्रदूषण है। वायु प्रदूषण का मुख्य कारण उद्योगों और वाहनों से निकलने वाला धुंआ है। वायु प्रदूषण के कारण वायुमंडल में कार्बनडाइऑक्साईड की मात्रा बढ़ रही है। इससे पृथ्वी के उपरवाली ओजोन गैस का सुरक्षा चक्र बुरी तरह से प्रभावित हो रहा है।
  - 2) जल प्रदूषण – उद्योगों और घरों से निकला हुआ कचरा कई बार नदियों और अन्य जल स्रोतों में मिल जाता है। जिससे यह उन्हें प्रदूषित कर देता है। जल प्रदूषण के कारण अनेक बीमारियाँ पैदा होती हैं।
  - 3) मृदा प्रदूषण – मिट्टी में होने वाले प्रदूषण को मृदा प्रदूषण कहते हैं। यह मुख्यतः खेती में अत्याधिक कीटनाशक का उपयोग करने से या ऐसे पदार्थ जिसे मृदा में नहीं होना चाहिए, उसके मिलने पर होता है। शहरीकरण और औद्योगिककरण बढ़ने से मृदा प्रदूषण बढ़ रहा है।
  - 4) ध्वनि प्रदूषण – ध्वनि प्रदूषण किसी भी प्रकार के अनुपयोगी ध्वनि को कहते हैं। इस प्रदूषण से मानव और जीव-जन्तुओं को परेशानी होती है। कारखानों का शोर, याता-यात का शोर, मोटर-गाड़ियों की आवाज/लाऊड स्पीकरों की कर्णभेदक ध्वनि आदि से यह प्रदूषण होता है।
- प्रदूषण के दुष्परिणाम – प्रदूषण के कारण मानव के स्वस्थ जीवन को खतरा पैदा हुआ है। प्रदूषण के कारण मानव खुली हवा में लम्बी साँस लेने के लिए तरस रहा है। प्राकृतिक असंतुलन पैदा हो रहा है। कई तरह के जीव और प्रजातियाँ प्रदूषण के कारण विलुप्त होते जा रहे हैं।
- सुधार के उपाय – प्रदूषण कम करने के लिए हमें लोगों में जागरूकता पैदा करनी चाहिए। वनों के विनाश को रोकना होगा वर्षा के जल को संचित करके उसका पुनः उपयोग करना चाहिए। सरकार को भी समय-2 पर प्रदूषण के खिलाफ अभियान चलाए।
- उपसंहार – प्रदूषण एक बहुत गंभीर समस्या है। प्रदूषण कम करने के लिए हर व्यक्ति को अपने स्तर पर प्रयास करने की आवश्यकता है। हमारा कर्तव्य है कि, हम प्रदूषण के खिलाफ अपना योगदान देकर पर्यावरण की सुरक्षा करें।

दीक्षा देवी,

बी0ए0 तृतीय वर्ष, रोल न0 9509

## विश्वास करो कर्म में –

मैं निर्धनता हूँ,

तुम मुझे मिटाना चाहते हो,

या कुछ करके दिखाना चाहते हो, पर मुझे प्रिय हो .....

मैं तुम्हें प्रेम करती हूँ इसलिए

फटे पुराने कपड़े पहनते हो,

मैं तुम्हारा नसीब हूँ। इसलिए तुम्हारे करीब हूँ।

लेकिन तुम चाहो तो कीचड़ में कमल खिला सकते हो।

धरती आकाश मिला सकते हो मुझको समझो,

श्रम को अपनाओ,

मैं तुम्हारी पाठशाला हूँ, पढ़कर विश्वास करो कर्म में,

जागो, उठो जमाने को हिला दो

इस दुनियां से अज्ञान के साथ मुझे भी मिटा दो।

देखो विश्वास बुला रहा है,

उगता सूरज तुम्हें राह दिखा रहा है।

पलक देवी,

बी0ए0 प्रथम वर्ष, रोल न0 9507

## लड़कियाँ

चलो तुम्हें एक बात सुनाऊँ, लड़कियों का जीवन दिखलाऊँ।

इनके जीवन में है किरदार बड़े, सहनशीलता की देवी इन्हें हैं कहते ॥

माँ, बहन, बेटा, सास और भी न जाने कितने रिश्ते।

सब बखूबी निभाए हैं इन्होंने, बिना शिकायत हँसते-हँसते ॥

कहने को तो घर हैं दो, पर अपना कहने को कोई नहीं।

बाबुल हो या ससुराल, पराए घर की बेटा ही कहलाती ॥

घर की लक्ष्मी इन्हें है कहते, जहाँ जाए खुशियाँ लाती हैं।

चीनी की तरह यह भी, हर माहौल में घुल जाती हैं ॥

वैज्ञानिक हो या हो शिक्षक, लड़कियों ने हर पद संभाला है।

नए-नए मुकाम हासिल कर, हर क्षेत्र में नाम बनाया है ॥

लड़की घर ही संभाल सकती है, ऐसे विचारों को मिटाना है।

दुनियाँ के हर कोने में अब, लड़कियों को उनका हक दिलाना है।

आशीष,

बी0एस0सी0 प्रथम वर्ष, रोल न0 9601

## जल ही जीवन है

सृष्टि की रचना जल, पृथ्वी, अग्नि, आकाश, और वायु पाँच तत्वों से हुई है। जल का इनमें महत्त्वपूर्ण स्थान है। इस संसार के दैनिक जीवन में भी जल आवश्यक तत्व है।

पृथ्वी के जीव-जन्तुओं, पशु-पक्षियों, फसलों, वनस्पति पेड़-पौधों आदि सभी के लिए जल अनिवार्य है। बिना जल के इन सभी का रह पाना सम्भव नहीं है। जल से संसार में जीवतता दिखाई देती है, चारों ओर फैली हरियाली, फसलें, फल-फूल आदि सभी जल के बिना जीवित नहीं रह सकते हैं। अतः सृष्टि में जल विशेष महत्त्वपूर्ण है।

जल के विभिन्न स्रोत — जल प्राप्त करने के कई स्रोत हैं। पानी का मूल स्रोत वर्षा है। वर्षा का पानी ही नदियों, तालाबों, जलाशयों में एकत्रित होकर जल की पूर्ति करता रहता है। इसके अतिरिक्त पहाड़ों पर पड़ने वाली बर्फ पिघलकर जून में जल के रूप में नदियों में आती है। कुआँ नलकूप आदि के द्वारा पृथ्वी के नीचे विद्यमान जल को प्राप्त किया जाता है। इस तरह जल की पूर्ति होती है।

जल का अभाव — विगत वर्षों में जल की निरन्तर कमी हो रही है। वर्षा कम हो रही है जिससे धरती का जल स्तर लगातार गिर रहा है। जल की समस्या भारत में ही नहीं संसार भर में हो रही है। कुछ स्थानों पर तो जल के लिए त्राहि-त्राहि मची है। कुछ लोगों का मानना है कि संसार का तीसरा विश्व युद्ध पानी के लिए ही होगा।

जल की समस्या का समाधान — जल की कमी को देखते हुए यह आवश्यक है कि यह समस्या भयंकर रूप धारण करे हम उससे पहले ही जग जायें। कम से कम जल नष्ट करें। जल का दुरुप्रयोग न करें। वर्षा के समय जो पानी नालों और नदियों के द्वारा समुद्र में पहुँच जाता है इसे इकट्ठा करके उपयोग में लायें।

उपसंहार — यदि समय रहते जल संरक्षण की ओर ध्यान न दिया गया तो संसार का विनाश हो जायेगा ! जल के बिना किसी का भी जीवित रहना सम्भव नहीं है बिना जल के विनाश अवश्य सम्भव है। सत्य यह है कि जल ही जीवन है इसलिए जल की पूर्ति आवश्यक है !



कामिनी देवी,  
बी०ए० प्रथम वर्ष, रोल न० 9511

## बादल का पानी

बरस गया बादल का पानी।  
बिजली चमकी दूर गगन में,  
कंपन होते प्राण भवन में,  
तरल-तरल कर गई हृदय को,  
निष्ठुर मौसम की मनमानी।  
बरस गया बादल का पानी।।  
धुली आस कोमल अंतर की,  
बही सपंदा जीवन भर की,  
फिर भी लेती रही लहरियाँ  
हमसे निधियों की कुरबानी।  
बरस गया बादल का पानी।।  
धार-धार में तेज लहर है,  
लहरों में भी तेज भँवर है।  
सपनों का हो गया विसर्जन,  
घेरे, आशंका अनजानी।  
बरस गया बादल का पानी।।



मीताली शर्मा,  
बी०ए० तृतीय वर्ष, रोल न० 9110

छुप के बैठ गए है सब यहाँ  
हाल —ए—दिल किससे करूँ बयां!

सालों बीत गए फिर भी आस लगाए बैठे है,  
कि बदलेगें हालात एक दिन यही उम्मीद लगाए बैठे हैं।  
मौसम के कहर बरसाने पर भी मैंने हिम्मत न छोड़ी,  
जब तुफानों ने मेरे घर की छत थी तोड़ी।  
न आगंन रहा न छत रही, कि अब सड़कों को घर बनाया है।  
आसमान को छत बना के छुपाया है,  
टप-टप आँखों से आसूँ बह रहे हैं।  
दो वक्त की रोटी के लिए यहाँ वहाँ भटक रहें है,  
पेट की भूख मिटेगी ऐसी है आशा।  
पर कैसे, समझते है सब यहाँ पैसों की भाषा,  
भूख और बीमारी का जहर अपनों में फैल रहा है।  
मदद किससे मांगू हर इंसान यहां नजरें चुरा रहा है,  
कि छुप के बैठ गए है सब यहाँ।  
हाल —ए—दिल किससे करूँ वयां!

मीताली शर्मा,  
बी०ए० तृतीय वर्ष, रोल न० 9110

## मुस्कुराहट की ओर

एक दिन एक गुमसुम बच्चा जा पहुंचा जंगल में,  
हर तरफ हरियाली, चेचाहट धर एक शांति,  
जंगल उसे देख कभी हसे, खिल खिलाए कभी।  
वो कागज़ की किशती बनाकर तालाब में चलाएं,  
कभी पेड़ पर चढ़, बेर खाए,  
कभी करे उनसे बातें, कभी रूठ जाएं।



जंगल उसे देख कभी हसे और कभी मुस्कुराएं कभी,  
पर ना जाने एक दिन उसकी कहां गई छाया,  
उनके बदले में केवल उनका मूल पाया।  
पर एक दिन जब उसी जगह उनका नया रूप आया,  
देख मासूमियत उन्हें कभी हसे, तो मुस्कुराए कभी।



काजल,  
बी०ए० तृतीय वर्ष, रो० न० 9118

## भारत – एक सांस्कृतिक देश

भौगोलिक रूप से भारत एशिया महाद्वीप के दक्षिण में स्थित है।  
भारत एक लोकतांत्रिक देश है जो जनसंख्या के लिहाज से दूसरे स्थान पर है।  
भारत के लोग स्वभाव से बहुत ही ईमानदार और भरोसेमंद होते हैं।  
विभिन्न संस्कृति और परंपरा के लोग बिना किसी भेद भाव के एक साथ रहते हैं।  
भारत अपने आध्यात्मिक कार्यों योग, मार्शल आर्ट आदि के लिए बहुत प्रसिद्ध है।  
भारत एक बहुत ही सुंदर स्थल है।  
भारत का राष्ट्र गान, जन गण मन राष्ट्रीय गीत, वदे मातरम, और राष्ट्रीय खेल हॉकी है।



साहिल,  
बी०एस०सी० द्वितीय वर्ष, रो० न० 9304

## माँ

भगवान का दूसरा रूप होती है "माँ"।

माँ एक असान सा शब्द हो सकता है लेकिन इस शब्द की गहराई को समझना बड़ा ही मुश्किल है। माँ शब्द हम सब के जीवन का पहला वो शब्द होता है। जिसे हम हर दुःख दर्द में सबसे पहले लेते हैं। भगवान का नाम भी इंसान दुःख दर्द में भूल जात है मगर माँ हमारे जीवन का वो हिस्सा होती है, जिसके बिना जीना असंभव हो जाता है, माँ घरों के काम के बाबजूद जॉब भी करती है इससे हमारा घर और अच्छे तरीके से चल सके।

मुस्कान देवी,  
बी०ए० द्वितीय वर्ष, रो० न० 9208

## पापा

ख्यालों में भी मेरा ही ख्याल रखते हैं  
मेरे हर दर्द का अपनी बाँहों में इलाज रखते हैं,  
खरोच मेरी एक उन्हें कई राते जगा जाती है .....

पापा भी ना,

दिल अपने पास और धड़कने.....  
मेरे होंठों की मुस्कान में रखते हैं।  
बिना वो उंगलिया पकड़े कहाँ  
हासिल होना है साथ ना हो उनका  
तो जिंदगी में रोना ही रोना है।



पापा की जेब में देखा मैंने,  
हर कीमती खिलौना है  
बिखरे कभी सपने अगर तो,  
पापा एक बिछौना है।  
लौटा सकूँ वो खुशियां उन्हें  
मुझे उस काबिल होना है।  
लूट जाए सब कुछ बस  
पापा को नही खोना है .....

काजल,  
बी०ए० द्वितीय वर्ष, रो० न० 9301