

2023-24



इच्छा



GOVT. DEGREE COLLEGE SUGH BHATOLI



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From Hon'ble MLA's Desk

I feel delighted to know that Govt. College Sugh Bhatoli is coming up with the present issue of the college magazine "SUGHANCHAL".

There are many students who are gifted with good writing skills but are in need of good platform to prosper it. The College magazine provides the best platform for such students to initiate their literary journey while exploring their creative thoughts. Therefore, this magazine is of immense help for students to debut in literature as there is no language barrier and students are free to choose any language like English, Hindi or even the local dialect, Pahari as per their convenience. Young writers have a lot of opportunities to express their opinions and creative abilities on a variety of subjects.

I sincerely hope that every college student will take advantage of this chance to contribute to the college magazine and that readers will gain information and insight from the articles that are published in the magazine.

I congratulate the Principal, Chief Editor, Editorial Board, Teachers, and students of the college for the successful publication of this issue of the magazine.

Best Wishes!

**Sh. Malender Rajan
M.L.A.
Indora Constituency**

Dr. Amarjeet K. Sharma
Director (Higher Education)



Directorate of Higher Education
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MESSAGE

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

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

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

Jai Hind.


(Dr. Amarjeet K. Sharma)



Message from Principal's Desk.....✍

The UN Sustainable Development Goals (SDGs) are a universal call to action to end poverty, protect the planet, and ensure that all people can enjoy peace and prosperity. Education plays a vital role to uplift the quality of life. Through education we seek to equip our students to gain knowledge and skills that will prepare individuals to lead productive and fulfilling lives. This is done by embracing the pursuit of truth as a way to contribute positively to the society. We are committed to help our student to discover their unique talents, develop their potential and build their capacity to serve and lead in their respective fields. We strive to prepare our students to be responsible citizens in a global society and to make a positive difference in the lives of others. We also encourage our students to become lifelong learners and continue to develop their knowledge, understanding and skills throughout their lives. We foster an environment of mutual respect and support for each individual's growth and development.


Dr. Nimesh Kumar
Principal

OUR ACHIEVERS



PALLAVI
B.A.-III



KIRAN JAMWAL
B.Sc.-III



MANISH KUMAR
B.Sc.-III



ISHAN GULERIA
B.Sc.-III



SAMRITI SHARMA
B.A.-II



PALLAVI
B.A.-II



SALONI SHARMA
B.Sc.-II



MUSKAN
B.A.-I

OTHER ACTIVITIES



T.B. Awareness



Athletic Meet



Road Safety Club Campaign





RED RIBBON CLUB ACTIVITIES



NSS "NOT ME, BUT YOU"



Students visited Self Help Group's Exhibition

Glimpses of College Farewell Party



College Alumni with Principal (OSA)

Voter Awareness by Election Deptt.



Women Cell organised a lecture on Personal Hygiene

Superannuation of Supdt. Grade-I Sh. Ashok Kumar



Chief Editor's Message

As we unveil the 2nd edition of college magazine “Sughanchal”, it is my pleasure to welcome you all to a world of insightful exploration. The magazine will serve as a means to share new ideas, creative power of the college students, faculty members and staff. I would like to take this opportunity to express my gratitude to our worthy Principal sir to give us freedom to do our best. I'm thankful to the entire editorial team for their determination, perseverance and hard work for assembling a diverse range of articles. Through these articles, we aim to create a platform that will inspire, educate and inform all of us. It is evident that college magazine gives us a chance to reflect and introspect and most of us have used it wisely.

I'm sure that the thought- provoking content of this edition will inspire all of us. Happy reading and may this edition spark transformative ideas in your professional journey!

I conclude here with these lines written by Mark Twain:

*"Dance like there's nobody watching; Love like you will never be hurt,
Sing like there's nobody listening; And live like it's heaven on earth."*

Mrs. Bhavna Kumari
Chief Editor
Asstt. Prof. (English)

SUGHANCHAL



2023-24

Principal

Dr. Namesh Kumar

Editor-in-Chief

Prof. Bhavna Kumari

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1. English -

Prof. Bhavna Kumari

2. Hindi -

Dr. Pankaj Kaushal

3. Pahari-

Dr. Pankaj Kaushal

4. Planning Forum-

Prof. Jagan Singh

5. Science -

Dr. Shikha Rana



(2)

GOVT. DEGREE COLLEGE
Sugh Bhatoli Dist. Kangra (H.P.)

ENGLISH SECTION

Staff Editor

Bhavna Kumari

Assistant Professor
(English)

Student Editor

Samriti Devi

B.A. 2nd Year
Roll No. 9505

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Student Editorial

Of all the things we wear, our expression is the most noticeable....

With enjoyment and pleasure. We put forward the next dynamic piece of creativity, freedom, self-expression, enthusiasm of our year's work in our Annual Magazine which is an amalgamation of the year long work of talented souls along with the blend of unique taste from each one, who, have contributed for this magazine.

It is more than just a magazine where the potential talents, achievements and vision of our college get reflected. This is that proud moment, where, our teachers and students that pride in their hardwork and cherish their fruit of labours and sincerity of the year that is gone by. It indeed results in magazine and positive energy within us and we hope this association will continue for a long life time.

It is often seen that one of the biggest blocks to creativity can be our mind's inability to allow a thought or insight to have the space to become a possibility. Some of the most inspired ideas are ones that start of as crazy concepts. By allowing them to a possibility they may blossom into something really usable. Often our mind may immediately shut down a seemingly crazy idea by judging and analyzing it too soon. The creativity formula can help each of us to refrain from judging our ideas or oneself and thus blocking or shifting creativity. This is a the purpose and our positive drive behind this magazine. Our College, GOVT. DEGREE COLLEGE SUGH BHATOLI has always believed in being unique and doing things its own way.

Samriti Devi
B.A. 2nd Year
Roll No. 9505

Poem on my mother



My mother is the best,
She never ever rest.
She works hard day and night,
To make my future very bright.
She teaches me new things everyday.
And there is always time to me,
That is why, I am not of said to be,
One day when I will grow,
I would like to thank her
For Never give up.

Manisha Kumari
B.A. 3rd Year
Roll No. 9106

Ram Mandir Ayodhya

Ram Mandir Ayodhya, a grand Hindu temple inaugurated on January 22, 2024 at a site in Ayodhya, Uttar Pradesh, India believed to be in the birthplace of Hindu deity, Ram. The site is where, the Babri Masjid, a Mughal Era mosque, stood until December 6 1992, when Hindu activists destroyed the mosque and tension between religious groups led to rioting throughout the country. The site at which the under construction Ram Mandir stands has long been an area of conflict. The Hindu community considers it Ram Janmabhoomi or Ram Birth place, while the Muslim community holds it sacred and the spot where the 16th century Babri Masjid stood and numerous lawsuits were filed by birth communities for possession of the site. A court ruling in 2010 divided the land between Hindus and Muslims but that decision was overturned in 2019 by the Supreme Court of India which entrusted the site exclusively to the Hindus and directed the state to grant an alternate site in Ayodhya to the Muslim community.

Consecration ceremony and temple inauguration :-

The temple's consecration ceremony or prana pratishtha (establishment of life force) held on January 22, 2024 was attended by about 7000 guests including Bollywood celebrities, prominent athletes, business Moguls and spiritual leader among others. Indian Prime Minister, Narendra Modi presided at the ceremony with Bhartiya Janata Party (BJP) workers going door to door in Delhi to invite residents to the temple after the consecration ceremony, theatres such as PVR INOX hosting live streams for viewers, TV channels, broadcasting the consecration ceremony live and Airlines offering special flights between Delhi and Ayodhya on the inauguration day this was a widely publicized and intensively marketed event. The day after the temple inauguration roughly 300000 Devotees thronged the temple for darshan (Divine vision) of the newly installed murti (Devotional image) of the deity. An equal number of people were said to have been waiting outside for a turn to see the image.

**Akshay , B.Sc. 1st Year
Roll No. 23PHY01**

Value of education

Education is a powerful weapon that aids an individual to face the adversities of life and overcome societal stigmas such as poverty, fear, status to achieve success. Education is the hope of development and success for most third world countries and the world dominion countries. Mandatory education builds the scope of better growth and development. Education is an important part of human life. Education gives meaning to our life as it enables the growth and development of our mind and intellect. An educated society is an enlightened and empowered one. Such a society can make well informed choices in its social, political and economic welfare. Education, therefore ensure Social Justice, Economic Strength and Political Freedom. In the absence of Education, Society remains backward. Education must be given top priority by every country. All children and youth of a country must have access to education to progress swiftly and peacefully .

**Palak
B.A. 1st Year
Roll No. 23HIST20**

Importance of Indian Education

The Education of a child is one of the most important decisions a parent can make while there are many different types of educational options available, not all are created equal. Children in India have the unique opportunity to receive a world class education ,thanks to the many excellent schools that are available. Indian education is a term used to refer to the education that is offered primarily to American Indian students. The Indian Education Act of 1972 defined its purpose as to meet the unique educational and culturally related academic needs of American Indian children. Traditional Public Schools are subject to the same educational mandate as Indian schools overseen by the Bureau of Indian affairs (BIA). Most incorporate a core set of subjects such as English, Maths, Social Studies and Science into their curriculum. The school year is roughly 180 days long and students attend the class 5 days a week for around 6 hours each day .

Kiran Jamwal
B.Sc. 3rd Year
Roll No. 9303

Road Accident : My Own Experience



There are road accidents in the city daily. One day, I became victim of road accident myself. I was travelling with my uncle on a motorbike.

It was a rainy day. It was still drizzling while we were going on the road. My uncle is expert in riding a motorbike. In fact, he has been riding it for 20 years. Besides being an expert, he is also very cautious person.

My uncle knew that roads become slippery after rain. He was therefore, very careful in riding . We were going at a medium speed. On a turn, there was an oil leakage. My uncle couldn't see it and unfortunately we met with an accident.

Neeraj Singh
R. No. 2023-PHY-03

"EFFECT OF MOBILE ON STUDENTS"

Mobile phone is a device of communication. It is one of the most easiest and fastest mode of communication. Mobiles poses several technical specification like internet browsing, photography, Video game, calling and music player etc.

Advantage

1. Students use Smart phones to browse internet and find Study materials.
2. Smart phones help to browse internet for information collection with many advantage of mobiles.

Disadvantages

1. Smartphones are the wastage of time. Students kill their precious time using smartphones, by playing games, watching movies and listening music
 2. Excessive use of mobiles is harmful for health too. Students do not take proper rest, use mobiles in the late hours of night. It causes stress and depression, several ailments like poor eyesight and sleeplessness.
- So, it depends on us how to use mobiles.

Sandeep Singh
B.A. 2nd Year
R. No. 9518

YOGA

The origin of yoga : It was a discipline that originated in ancient India and was aimed at instilling 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 asanas practised by people and each asana has its benefits on the mind and body. Yoga is designed to sharpen our mind and to improve intelligence .Regular practice of yoga can help in controlling our emotion 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 .

Monika Devi
B.A. 2nd Year
R. No. 9520

A SMILE



A smile is quite a funny thing,
It wrinkles up your face.

And when it's gone
you'll never find
its Secret hiding place.

But far more wonderful it is
To See what smiles can do.

You smile at one.
He Smiles at you,
And so one smile
makes two.

Krishan Dhiman
B.A. 1st Year
R. No. 2023-HIST-05

THOUGHTS

1. Education is the passport to the future, for tomorrow belongs to those who prepare for it today.
2. A Good Education is a foundation for a Better future.
3. Education is not preparation for life. Educational is life itself.
4. Education is the most powerful weapon; you can use it to change the world.
5. Education is the Key that unlocks the golden door to freedom.
6. If you think education is expensive; try ignorance.
7. Teachers open the door, but you must enter by yourself.
8. Education is the best friend. An educated person is respected everywhere. Education beats the beauty and youth.
9. Education is the ability to listen to almost anything without losing your temper or self-confidence.
10. Education is simply the soul of a society as it passes from one generation to another.



Samriti
B.A. 2nd Year
R. No. 9505

Importance of Time Management for Students

The majority of students today struggle with managing their time effectively leading to decrease in their Productivity levels alongwith an increase in Stress.

Time management is an art that not only brings discipline in a student's life but also optimizes their overall growth. Thus, all Students must know effective ways of time management.

The Benefits of Time Management :

1. You are more Productive.
2. You can reduce stress.
3. You improve your self esteem.
4. You achieve balance in your life.
5. You reach your goals.



Deepak Sharma
B.A. 2nd Year
R. No. 9510

Save Earth, Save Life

Our planet is definitely a priceless gift from God. It is the principal source of all essential nutrients for all living things on the planet . Earth provides everything we need, including the food we eat ,the clothes we wear and the home we live in. Earth is known as Mother Earth, because, like our mother, she is always nursing us and providing for all of our needs. Prior to ways, we can save the earth and important to understand our activities by providing damage to all its natural resources. These activities lead to soil erosion, due to deforestation, water pollution, air pollution, climate change etc. We must also conserve nature, a valuable natural resource. We must also refrain from polluting bodies of water. All natural resources must be utilised with caution sunlight, air ,water and plants, all contribute to the survival of life on Earth. We preserved ourselves as well as other life forms by saving the earth.

CONCLUSION

From the moment we step out of our house everything is a part of the earth. Earth provides the trees, flowers, landscapes, insects, sunlight, breeze and everything else that make our environment so beautiful and fascinating even before the evolution of humans was present and a future where people and nature coexist peacefully.

Saniya Sharma
B.A. 2nd Year
R. No. 9515



Nature: A Great Teachers

Nature is like mother. It is essential for us because it provided all the basic needs of life. Nature is also a great teacher. We can learn many lessons from her. The flower blooms only for a day, yet it keeps smiling till the end. This is a lesson for us. We should live our life to the fullest, how short it may be! Water is soft but it flows over hard rocks, the rocks give in. In the same way, our problems may be difficult but if we persist they to give in. Tiny ants organise themselves and carry away heavy insects. They teach us that we can do impossible task through teamwork. Similarly, the bare tree in winter come back to its green majesty once again in Spring. We can learn from it that the difficult time will never remain with us forever. Thus, nature is the greatest gift of god to mankind. Every object of nature teaches us something about life .

Abhay
R. No. 23PHY06



TUBERCULOSIS

Tuberculosis (TB) is the major cause of mortality and morbidity among the communicable diseases. Globally, an estimated 10 million people develop TB and over a million deaths occur annually. India accounts for about 25% of global TB burden, with an estimated TB incidence of 2,770,000 in 2022. India is committed to end TB by 2025. In this context, it become imperative to address latent TB infection, which is the immune response to stimulation by microbacterium tuberculosis antigen in the absence of clinically active TB. A mathematical modelling study estimate 1.7 billion with LTBI globally in 2014. Individuals with the TB infections can subsequently break down to TB disease. The lifetime risk of developing TB in healthy individuals is 5 to 10% which however, increase in the presence of coexisting conditions such as HIV, under nutrition, diabetes and habits which include smoking, and alcohol. Annual risk of TB infection in India by tuberculin skin test (TST) survey has been reported as 1.5% in 2005. Studies in India have quantified the magnitude of TB infection in high risk groups for TB, which include household contact, diabetes mellitus, arthritis, healthcare workers. In a endemic country like India, it is essential to under stand like current burden of TB infection at the population level. A critical component of and TB strategy is treatment of LTBI to prevent active TB disease. The objective of the present analysis is to estimate the prevalence of TB infection among general population in India. The factors associated with TB infection were explored.

Muskan Pathania
B.A. IInd Year R. No. 9506

Ni-Kshay Mitra

Public health experience has shown that undernutrition and TB form a vicious cycle. Poor nutritional status predisposes an individual to get infected by the disease, or have manifest clinically. TB leads to depletion of nutrient reserves and aggravation of under-nutrition.

Optimum nutritional support to TB patients improve weight gain, adherence to therapy muscle strength and reduced mortality. Good nutrition also prevents relapse of the disease.

Direct Cash Benefits :-

With a sharper focus on the nutritional improvement among TB patients, the Union Health Ministry launched the Ni-Kshay Yojana in 2018 as part of National TB Elimination Programme (NTEP) which provides direct cash benefit transfer of Rs. 500 per month to TB patients on treatment.

Jan Bhagidari from the core principle of the recently launched Pradhan Mantri TB Mukh Bharat Abhiyan to provide additional support to TB patients.

The Ni-Kshay Mitras :-

Under this, Ni-kshay Mitras can adopt and care for TB patients. Ni-kshay mitras are volunteers who could be individuals, NGOs, Co-operative societies corporates and even political parties.

They commit to help the TB Patients through nutritional support, nutritional supplements and vocational support.

This public health initiative has already shown good uptake. Within three months of its launch, more than 52,000 Ni-kshay mitras have registered.

Helping a TB patients could avert rumors downslide of a family due to wage loss. Humanitarian support from people could save the life of a TB patients.



Women Education

Female education in India has been an urgent need of the new Era. We cannot hope for the developed nation without proper education of the women of the country. Women play very important role in the progress of a family, society and country. In order to make democracy successful in the country, women education is necessary together with the men. Educated women are the real source of happiness in the family, Society and country. It is truly said that educating a woman educate whole family and thus whole nation a day. It is very necessary to highlight on the importance of female education in the country because women are first teacher of the children. Future of the child depends on the love and care of the mother means a woman. Every girl gets his or her first lesson through the mother, thus it is very important for a mother to be educated as only a well educated, mother can shape and mould the carrier of her child. Trained and educated mothers may nourish many lives in their life term and give rise to the developed nation. A woman performs the role of many characters through her life, such as a daughter, sister, wife, and mother. They have rights to get proper education to perform better in all areas of life. Women education help them to be more independent and empowered in their life. Education helps them to grow their mind and status and not be a burden to their parents like past times. Education helps them to be well aware of their duties and rights as well as realise their responsibilities to contribute towards development of the country as same as men do.

Manjeet Koushal
B.A. 2nd Year
R. No. 9512

Muskan Pathania
B.A. 2nd Year
R. No. 9506

Success in Life

Why success is important?

When you think of success, you probably think of the big things, money, fame, power, but achieving these things is only successful if they make you happy.

Success is a journey, not a destination.

It is not a destination. It is a continuous journey, and the whole point of the journey is what we learn and experience on the way to that destination.

Success is not merely a matter of money.

This is one of the most important point to remember. Success is not solely about making money, although money is often a by product of success. There are many other measures of success and they don't all have to do with money or material goods.

How to achieve success in life?

Success is a combination of many different things that come together. Including hard, work and love. No one can guarantee your success in life, but there are some things you can do to improve your chance of achieving your goals.

Pallvi
B.A. 3rd Year
R. No. 9104



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 worldwide. 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 to know to cultivate and use tobacco. It was inhaled, smoked, and chewed since the early 1500's. The modern tobacco plant had its beginning in 1609. When the Englishman John Rolfe arrived in Jamestown, Virginia, dissatisfied with the tobacco grown there (Nicotia glauca). He cultivated the new species of tobacco (Nicotiana glauca) the species grown world wide today. Today, there are about 1,60,000 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. Based on 1979 prices, the profit per acre 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.

Komal
B.A. 2nd Year
R. No. 9504

My Dream College



My dream college is first of all a college, where life begins with the teachers who is full of passion and liveliness. The teachers not only grab the students' attention but keeps them on the edge of their seat, wanting to know more. His or her enthusiasm ignites that spark of excitement that open receiving mind to wider field of knowledge. Such a teacher, ask more questions from the student, explore with her student and is a friend to them.

My dream college is a college. We are teaching method vary from the use of contemporary technologies like robotics to out of the college experiences. Those experiences are important because they do not continue students to four walls of a classroom.

There would also be integrated learning of subjects both in the Arts and Sciences so that the education receives would not be about confining but expanding. Given choices, students get a sense of freedom, can express opinions and will be more sociable. All these make them better persons in society, possessing a wide range of skills.

My dream college would be complete with amazing facilities like classrooms, labs, pools, and gyms. Library and counselling centre would be at hand to enable student to be more familiar with their subjects and themselves. Studying in a hands on environment, allows students to use their five senses to gain knowledge. It moulds them to be excited about their abilities and excel with them. Also at hand would be a canteen stocks with healthy food. A balanced diet is vital for students who spent many hours in the college.

Anshika
B.A. 1st Year
R. No. 23-HIST-09

Honesty is the best policy

1. It make a person courageous, bold, and strong.
2. It helps in building, strong, reliable, and lasting relationships.
3. It gives us mental peace and happiness.
4. It wins the trust of the people and bring confidence.
5. Honesty helps us achieving simplicity in life, as the great leader, Mahatma Gandhi, taught us.
6. Honesty frees us from many bondage of guilty and regret.
7. The foundation of education in children is the honesty.
8. Honesty, brings humanity and caring attitude and reflects self-respect.
9. An honest person lives, a life free from complexities and discomfort.
10. It attracts people of a similar mindset.



Amandeep
B.A. IInd Year
R. No. 9519

Importance of Education

Education is the most important thing in our life. It improves our knowledge, skills and develops the overall personality and attitude. It brings a great change in our life. It makes our life prosperous and meaningful. It is the foundation of human development. It prepares us to face the world. It is said that education is the third eye of human being.

Education teaches us to be polite. When you are educated, you know, when to speak and when to remain silent. Education is the most powerful weapon to change the world. Education is that property that cannot be stolen. We can take this property wherever we go. It is a ray of light in the darkness. It certainly, is a hope for a good life.

Education is the only thing that have no disadvantage while getting education, you lose nothing. It is the single door to prosperity and is the key to success.

Education brings happiness in our life. An educated person always respected everywhere. People treat well with him in the society. Education is an important tool for our bright future.

Education is a ray of light in the darkness. It certainly is a hope for a good life. Education is a basic right of every human on this planet. To deny this right is evil. Uneducated youth is the worst thing for humanity. Above all, government of all countries must assure to spread education.

Lovepreet Kaur
B.A. 1st Year
R. No. 23-POLS-01

Republic Day



1. January 26, 1950 was the day when the Constitution of India came into effect.
2. Indians celebrate Republic Day, every year on 26th January in India.
3. This day is a national festival of India.
4. India celebrates Republic Day on 26 January because on this day in 1929, declaration of Indian Independence was proclaimed by the Indian National Congress.
6. People called Bhim Rao Ambedkar, as the father of the Constitution of India.
7. People celebrates Republic Day all over the India with great enthusiasm and zeal in schools, and also in colleges.
8. The main celebration of a Republic Day takes place in New Delhi at the Rajpath.
9. Hence, by performing parades at the Rajpath, people give tribute to its rich cultural heritage and unity in diversity.
10. President of India, is the chief guest of the function. He is also Commander-in-Chief of the Indian arm forces and takes the salute.
11. The President of India distributes the Padma award to the civilians for their bravery and good deeds on this day.

Monika Devi
B.A. 2nd Year
R. No. 9501

IMPORTANCE OF GIRL CHILD EDUCATION IN INDIA

The main purpose of this research paper is to understand the importance of girl child education in India. It is very important to educate girls because education can mould the life of a woman in a considerable way. She can make correct decision regarding her carrier, marriage and family on her own. She would recognise her rights in society and act upon them as per her, conscience. She would become confident enough to put her opinion in front of the family and society. And African proverb "If you educate a man, you educate an individual, but if you educate a woman, you educate a nation" remind us of the importance of education for girls. As we know that women possess half of the total population of the world, and it's not possible to think about the properties of the world without thinking about female development, then why girls still do not stand equally with boys when it comes to providing them with adequate resources.

In ancient times, it was believed that it is not necessary to educate girls. But in the modern age, all women and men are equal to each other and possess equal talent and skills, then why there is still a concern about girls' education, and equal opportunities for them. There is adequate care for universalisation of education to one and all, including the girls.

If we look at the history of India, Savitri Bai Phule, the social reformer who is considered to be India's first female teacher. She worked for the upliftment of woman in the field of education and literacy.

The Indian government has made several plans and policies to promote girls' education. The status of women has improved a lot since independence. As per the 2023 census, the total literacy rate in India stands at 74.00% and the woman literacy rate is at 65.46%. From the database, it is clear that there is an increment in the female literacy rate in India. But the growth is slow. In rural area, social norms dictate that woman should remain inside their house and should not go out to work. Several factors affect the education of girls such as social, economic, sociocultural, educational level of parents and distance from the school. Placing girls in a position where they can stand on their own feet is one of the biggest challenges today. After a decade, the right to education, RTE act 2009 came into existence. Nearly 40% of adolescent girls in the age group of 15–18 years are not attending schools while 30% of girls from the poorest families never set foot in the classrooms according to the status report. RTE act of 2009 mandates compulsory education for children between the age of 6–14 years under article 21A of the Constitution.

Vinakshi Devi
B.A. 1st Year
R. No. 23-HIST-03

Nature

Nature is an important part of life without nature. Man cannot survive. Nature keeps us happy, healthy and peaceful. Nature attracts us with beautiful colours. The oxygen we breathe all the time come from nature. Nature has given us beautiful mountains, forests and waterfalls. Nature has many colours like the blue sky or orange sunset and white clouds. All these things make our life colourful and full of joy. Nature is like our friend. We should take care of nature by protecting it from pollution. We cannot survive without our mother nature. Nature refers to the interaction between the physical world and the life within it like animals, birds, plants, trees and humans. It also include nonliving things like landscape, water and others. The surroundings we live in, the food we eat, the water we drink and the air we breathe is all are part of nature. Nature is concentrated with millions of living species around the globe. We must understand there is nothing in the world as worthy as nature. No artificial intelligence or a human invented machine can ever provide what nature can. Providing resources, nature provides us with essential resources like food, water, and shelter. Many of the fruits and vegetables we eat come from nature. Forests and other ecosystems provide habitat for animals and plants.

Palak Devi, B.A. 2nd Year,
R. No. 9507

The Role of Libraries in Higher Education with Special Reference to National Education Policy (NEP) 2020

The role of libraries in higher education, especially in light of the National Education Policy (NEP) 2020 in India, is multifaceted and crucial. Libraries serve as repositories of knowledge, providing access to a wide range of resources including books, journals, electronic databases, and multimedia materials. NEP 2020 emphasizes the importance of creating an ecosystem where students have access to diverse resources, and libraries play a central role in facilitating this access. Libraries support research and innovation by providing access to scholarly literature and research tools. They often offer specialized services such as interlibrary loan, research consultations, and access to archival materials, which are essential for advancing knowledge in various fields. NEP 2020 aims to foster a culture of research and innovation in higher education institutions, and libraries contribute to this by providing the necessary infrastructure and support. In today's digital age, libraries play a crucial role in promoting digital literacy and information skills among students and faculty. NEP 2020 emphasizes the integration of technology in education, and libraries can serve as hubs for digital learning by offering training programs, access to online resources, and support for digital research tools. Libraries provide spaces for collaborative learning, group study, and academic discussions. NEP 2020 emphasizes the importance of experiential and interdisciplinary learning, and libraries can facilitate this by offering flexible spaces where students from different disciplines can come together to work on projects, exchange ideas, and engage in peer learning. Libraries also serve as cultural and community hubs within educational institutions, hosting events, exhibitions, and cultural programs that enrich the academic experience. NEP 2020 emphasizes the promotion of art, culture, and languages, and libraries can contribute to this by organizing cultural events, showcasing local literature and artwork, and promoting linguistic diversity.

Overall, libraries play a vital role in higher education by providing access to resources, supporting research and innovation, promoting digital literacy, fostering collaborative learning, and serving as cultural and community hubs. The National Education Policy 2020 recognizes the importance of libraries in achieving the goals of higher education reform and emphasizes their role in creating a vibrant and inclusive learning ecosystem.

Anjana
Assistant Librarian, GDC Sugh Bhatoli


Student Life

Student life is the best part of life. A student learn many things from book, but he has to enter the real world after his student life is over. So he needs practical knowledge of things. Student life lead a man to live a successful life. In fact, student life is a life of learning. A student learn morality and good manners. He understands the value of discipline in life, so student life is a period of making and preparation.

Student life is a carefree life. It is life of joy. A student is free from all cares of the world. He gets a different atmosphere from the college. He takes part in games and sports. He goes sometime on a picnic and sometime on education trip. A student life is a small world of school and college. The life of a student is, therefore, is a golden period of life.

Student life is a life of discipline. At home, a student may behave bad or badly, but the atmosphere of school or college is completely different. Good students are loved and praised, wicked student are punished. All students have to obey some rules and teachers. Thus, they learn discipline. Discipline makes them self less and teaches them good will.

Abhishek Choudhary
B.Com 1st
R. No. 23-BCOM-07



Japanese Techniques to Stop Overthinking

We are living in a day and age, when all of us feel we're constantly running against time, thanks to the hustle culture and never-ending to-do lists. We hardly get time to reflect over things, sit in quiet and enjoy a few moments of silence. If there's one thing that most of us struggle with then it has to be overthinking. Even though some of us try not to overthink about things, we can't help but dwell more and more on troubling thoughts. If you're looking for some respite, then there are seven Japanese techniques that can actually help you calm down and relax. They are listed below:

1. **Shoganai:** It simply means to practice accepting things that are not in your control. There's no point in wasting time over things that you have no control over. Instead you should always look forward to things that are in your control. This is a forward-thinking attitude that if you're able to develop, you will be able to navigate through life's struggles in a better way.
2. **Shirin-yoku:** This technique suggests that the best way you can avoid overthinking is by surrounding yourself with greenery in the lap of nature where you can feel at ease. This will help calm your mind.
3. **Nenbutsu:** It suggests that you repeat a sacred phrase that you believe in or simply chant the name of Buddha. This way it will help your mind to focus better and find peace too.
4. **Zazen:** Zazen is a form of meditation that is extensively practiced in Zen Buddhism. It helps calm one's mind. When in mediation, one is able to reflect on one's thoughts without any judgment. A great way to reduce the habit of overthinking, it is super effective.
5. **Gaman:** It's about teaching yourself that you must not feel bogged down in times of difficulty. The idea is to stay strong and resilient even when life surprises you by moving forward. The best way to go about it is by focusing on taking one step at a time.
6. **Wabi-sabi:** This Japanese technique asks you to accept that things are not perfect at all times and how everything is transient in life. Once you are able to come to terms with these two things, you will feel the pressure of achieving perfection dwindling away. This will help you feel calm and reduce overthinking in a major way.
7. **Ikebana:** It suggests that you arrange flowers and place them in a very thoughtful manner with utmost attention. When your mind will become too engrossed in creating something of beauty, you will see how fast your mind will stop focusing on troubling thought.

Shashi Bhushan
Associate Professor

Nikita
B.A. IIIrd Year
R. No. 9202



हिन्दी-अनुभाग

शिक्षक सम्पादक
डॉ. पंकज कौशल
सहायक आचार्य
(गणित)

विद्यार्थी सम्पादक
पलक देवी
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9507

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जिन्दगी

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

पलक देवी
बी०ए० द्वितीय वर्ष
अनुक्रमांक 9507

योग

चितवृत्तियों के निरोध का नाम योग है, भाई।
योग सीख, योगी बनकर है किसने शांति न पाई?
योगी सुख-दुख, लाभ-हानि में सम सदैव रहता है।
यह चिंतामों से विमुक्त मानापमान सहता है।।
वह सांसारिक बाधाओं से पार युक्ति से होता।
समाधिस्थ होकर ही है वह चिनिद्रा में सोता।।
योग सुखी जीवन जीने की ऐसी श्रेष्ठ कला है।
दे तन को आरोग्य, व्यक्ति का करती बहुत भला है।
पाता मन आनंद, ज्ञान की ज्योति हृदय में जगती।
प्रेम सृष्टि का मिलता, उसको दुनिया अपनी लगती।
रोग-थकावट-कमजोरी-पीड़ा से धुट्टी पाता।
योगी का आनन हर ऋतु में रहता है मुस्काता।।
भेद-विभेद योग के अनमिन, बतलाती है गीता।
योग-साधना के बल पर जा सकता जग को जीता।।
मंत्रयोग का नाम वहां पर सर्वप्रथम है आता।
ध्यान-भक्ति-जप-प्रेम-कीर्तन का है इससे नाता।
तदनन्तर हठयोग हमें अपना स्वरूप समझाता।
इसमें षट-चक्रों का भेदन, प्रभु की राह दिखाता।

पलक देवी
बी०ए० प्रथम वर्ष
अनुक्रमांक 23HIST20

प्रकृति से मिले कई उपहार

प्रकृति से मिले है हमें कई उपहार, बहुत अनमोल है ये सभी उपहार
वायु जल वृक्ष आदि है इसके दाम। वृक्ष जिसे हम कहते हैं कई नाम इसके होते हैं।
सर्दी गर्मी बारिश ये सहते हैं। पर कभी कुछ नहीं ये कहे हैं।
हम प्राणी को जीवन देते पर बदले में ये कुछ नहीं लेते।
समय रहते यदि हम नहीं समझे ये बात मूक खड़े इन वृक्षों में भी होती है जान।
करने से पहले इन वृक्षों पर वार, वृक्षों पर बार वृक्षों का है जीवन में कितना है उपकार।

नीकित्ता देवी
बी०ए० तृतीय वर्ष
अनुक्रमांक 9202

इस्मत चुगताई के साहित्य में नारी विमर्श

साहित्यकार का जीवन साधना का जीवन है। दीये की भांति स्वयं जल कर यह दूसरों को रोशनी देता है। जीवन भर व्यथा में तप कर वह जो पता है, उसे कनक का निखार कर जगत में लुटा देता है। जीवन और जगत के समस्त विषय को अपनी साधना के बल पर अमृत कर देता है। एक साहित्यकार समाज में जो गहन चिन्तन करके हमारे सामने रखता है। प्रतिभा सम्पन्न नारियां हर युग में हुई हैं। शक्तिरूपा नारी कल्याणी तथा प्रकृति रूप में वन्दनीय है। पिता से माता का स्थान सर्वोच्च होता है। नारी ने हर युग में अपनी प्रतिभा का परिचय दिया है।

इस्मत चुगताई उर्दू अथवा भारतीय साहित्य की ही नहीं बल्कि विश्व साहित्य की भी एक महान एवं श्रेष्ठ साहित्यकार है। उनका उल्लेख किफ बिना उर्दू कथा साहित्य का इतिहास सम्पूर्ण नहीं हो सकता। इसीलिए उर्दू साहित्य में उनका नाम बड़े अदब के साथ लिया जाता है। लेकिन हिन्दी साहित्य में उनका एक अलग अंदाज है। वे हर दिल अजीज हैं। इनके साहित्य को जो भी पढ़ता है वो इनका ही होकर रह जाता है, क्योंकि वे बहुत ही स्वतंत्र एवं स्पष्ट विचारों तथा धर्म निरपेक्ष वादी सोच वाली महिला हैं। इन्होंने और कुम्हलाई लड़कियों की मनोदशा को अपनी रचनाओं में पूरी तरह सच्चाई से बयान किया है। यह परम्पराओं से मुक्त होकर और लकीर से हट कर बड़ी निडरता और उत्साह से लिखे की आदी हैं।

इस्मत चुगताई उर्दू कथा जगत की एक बहुत ही महान साहित्यकार हैं, जो सीधी लकीर की बजाए हमेशा अवज्ञा की टेढ़ी लकीर बनी रही और उन्होंने हमेशा चौंका देने का रास्ता ही अपनाया। निःसंदेह वे एक विशेष एवं अद्वितीय शैली की कहानीकार हैं। इस्मत चुगताई का असली नाम इस्मत खानम है परन्तु घर में इनको प्यार से सभी 'चुन्नी' कहते थे। इनका जन्म 21 जुलाई 1915 को बदायूं (उत्तर प्रदेश) में हुआ।

इस्मत चुगताई के साहित्य में चित्रित नारी अस्मिता की खोज कई दृष्टियों से महत्वपूर्ण है। भारतीय सन्दर्भ में पाश्चात्य जगत् की तुलना में नारी की स्थिति में उतार-चढ़ाव बहुत भिन्न रहे हैं। भले ही जहां नारी की पूजा होती है, वहां देवता बसते हैं :- इसका उद्घोष होता रहा है, परन्तु देश की लम्बी गुलामी, भौगोलिक व्यापकता जातियों जन जातियों की उनके समाज और संस्कारों की भिन्नता के कारण नारी की स्थिति बहुत सुखद नहीं है। आधुनिक काल में आकर नारी स्वतंत्रता, महिला सशक्तिकरण जैसे मुद्दों के साथ-साथ नारी शिक्षा, सम्मान अधिकार इत्यादि के फलस्वरूप और इसके साथ ही पाश्चात्य प्रभाव के कारण नारी स्थिति में पहले ही तुलना में बहुत अधिक अन्तर आ गया है। अब स्त्री-विमर्श दलित उत्थान की भांति एक राष्ट्रीय मुद्दा बन गया है, जिसमें निरंतर शोध भी हो रहा है।

इस्मत चुगताई जैसे बहुत ही कम लेखक हैं, जिन्होंने आंचलिक स्तर से लेकर महानगरीय स्तर तक की नारी को अपनी रचनाओं में स्थान दिया है। इसलिए उनके साहित्य में चित्रित नारी का विश्लेषण भारतीय सन्दर्भ में नारी का पूर्ण ब्यौरा प्रस्तुत होता है। उर्दू कथा साहित्य में वह अपनी बेबाक अभिव्यक्ति के लिए अलग से जानी जाती है। इस्मत चुगताई कई बार स्वयं ही कहा करती थी कि "मैं एक फोटोग्राफर हूँ चित्रकार नहीं अर्थात् वे समाज में जैस रूप नारी का देखती वह वैसा ही साहित्य में चित्रित कर देती। अतः उनके साहित्य में एक पूर्ण भारतीय नारी की खोज की जा सकती है, जो अशिक्षित, गंवार, अंध विश्वासी, खडिग्रस्त ही नहीं बल्कि शोषण मुक्ति के लिए छटपटाती, स्वतंत्रता का पथ पहचानती, शिक्षा के प्रति लालयित नई रोशनी में झांकती नारी भी है।

अतः इस्मत चुगताई के विचारों का समुद्र रूपी मंथन करने के बाद कहा जा सकता है कि इन्होंने नार समाज के विविध पक्षों का उद्घाटन करते हुए नारी जीवन के यथार्थ का चित्रित किया है। नारी समाज का आधा लेकिन एक बहुत ही महत्वपूर्ण हिस्सा है। नारी का सशक्त एवं आत्मनिर्भर होना अति आवश्यक है और इस्मत अपने नारी पात्रों को सदैव सशक्त एवं आत्मनिर्भर ही दिखाती है। नारी समाज में नारी अत्याचार के विरुद्ध विद्रोह की आवाज उठाने में सक्षम हो रही है।

संगीव कुमार
सहायक प्रोफेसर

कहना है दिनमानों का



ताकि भोली जनता इनको पहचान ले
धर्म के ठेकेदारों को पहचान ले
कहना है दिनमानों का
बड़े-बड़े इंसानों का
मजहब के फरमानों का
धर्म के अरमानों का
स्वयं सवारों को खाती है गलत सवारी मजहब की
ऐसा न हो देश जला दे ये विंगारी मजहब की
बाबर हमलावर था मन में गढ़ लेना
इतिहासों में लिखा है पढ़ लेना
जो तुलना करते है बाबर-राम की
उनकी बुद्धि है निश्चित किसी गुलाम की
राम हमारे गौरव के प्रतिमान हैं
राम हमारे भारत की पहचान है
राम हमारे घट-घट के भगवान हैं
राम हमारी पूजा है अरमान है
राम हमारे अंतरमन के प्राण हैं
मन्दिर-मस्जिद पूजा के सामान हैं।

पल्लवी
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9508



नई शिक्षा नीति

नई शिक्षा नीति (NEP) 2020 भारत की शिक्षा प्रणाली में क्रांतिकारी बदलाव की दिशा में एक महत्वपूर्ण कदम है। इस नीति का मुख्य उद्देश्य शिक्षा के क्षेत्र में सुधार करके गुणवत्ता और समानता को बढ़ावा देना है। NEP 2020 ने 5+3+3+4 प्रणाली को अपनाया है, जो बालवाड़ी से लेकर उच्च माध्यमिक तक शिक्षा की संरचना को सुव्यवस्थित करती है। यह नीति स्कूलों में बहुविषयक शिक्षा को प्रोत्साहित करती है, जिससे छात्र विभिन्न क्षेत्रों में ज्ञान प्राप्त कर सकें। भाषाओं के तीन भाषा फहर्मूला को लागू कर, NEP ने भाषा शिक्षा में विविधता और समावेशिता को बढ़ावा देने का लक्ष्य रखा है। उच्च शिक्षा के क्षेत्र में, इस नीति ने मल्टी-डिसिप्लिनरी अप्रोच को अपनाया है, जिससे छात्रों को अपनी रुचियों के अनुसार पाठ्यक्रम का चयन करने की स्वतंत्रता मिलती है। शिक्षक प्रशिक्षण और विकास के लिए भी विशेष प्रयास किए जाएंगे, ताकि शिक्षा की गुणवत्ता को बढ़ाया जा सके। इसके अतिरिक्त, डिजिटल शिक्षा और ई-लर्निंग को प्रोत्साहन देकर, NEP 2020 ने तकनीकी प्रगति को शिक्षा प्रणाली में समाहित करने की दिशा में महत्वपूर्ण कदम उठाए हैं। इस प्रकार, NEP 2020 भारतीय शिक्षा प्रणाली को आधुनिक और समावेशी बनाने के लिए एक व्यापक और उन्नत दृष्टिकोण प्रस्तुत करती है।

मुस्कान
बी.ए. प्रथम वर्ष

PAHARI SECTION

शिक्षक सम्पादक
डॉ. पंकज कौशल
सहायक आचार्य
(गणित)



विद्यार्थी सम्पादक
मोनिका देवी
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9520

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माँ बाप रा प्यार

माँ बाप रा प्यार
दुनियां रा अनमोल तोहफा
मेरे खातिर तिन्हा रे बिना अधूरा ये संसार,
माँ रा आंचल कन्ने बाप रा प्यार,

कदी तिन्हां री झिड़का कने कदी तिन्हा दा दुलार
माँ देंदी मुश्किलां ने लड़ने री शक्ति
बचपन बीतेया छांवा च कने धुप पावे उस पार,
हर वक्त लगदा जिया गुलशन च बहार

फिर जवानी च कठिनाईयाँ ने कित्या अहां पर बार,
लड़ खड़ाये पैर मेरे पर संभली गये,
मेरे ले या माँ बाप रा प्यार,
मैं यही फरियाद करदी,

ऐ भगवान किसी रे भी माँ बाप ना हो जुदा,
माँ बाप हुए बच्चेया री शक्ति,
कने माँ बाप रे बिना अधूरी अहां री शक्ति,

सारेयां जो नी मिलदा माँ बाप रा प्यार
माँ बाप रा प्यार
दुनियाँ रा अनमोल तोफा।

मोनिका देवी
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9520

सच्चाई पे झूरा दी

मारन लोक घरीटे जी,
कुण-कुण फाई पीटे जी।

चिक्कड़ छैल समाजे दा,
पींदे कुस पर छींटे जी।

नाप्पा करदे धरती जो,
बोतल-कप्पू लीटे जी।

मालक बणियै घुम्मा दा,
गिट्टू-पत्थर-ईंटे जी।

सच्चाई पे झूरा दी,
हाकम हाक्खीं मीटे जी।

मेहै कुण रोल 'नवीना'
हर कोई ऐ फीटे जी?

सलोनी शर्मा
स्नातक विज्ञान द्वितीय वर्ष
अनुक्रमांक 9603

पैसे कनै क्या नी मिलदा



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

मोनिका देवी
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9520

आसरी बोली पहाड़ी री पुकार

एड़ी क्या गुस्ताखी किती में बुराई
पढ़दे-लिखदे ता थे नी बोलने गलाणे ते भी गवाई।
एड़ी कैड़ी 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 पढ़े-लिखे लगने खातिर मेरे ते मुँह दित्या फिराई बोली
भाषा च तबदीली तां हुंदी आई।
पर आसे आपणी बोली रा अस्तित्व दित्या मुकाई।
बचेयां जो मां-बापुक हिंदी ता अंग्रेजी हे
सिखाई ए ता पिछड़ी पुराणी ही ऐ, सोच के थी ते आई।
हर भाषा बोली सीखा पढ़ा ते बोली पर आपणी मत देदे गवाई।
हर बोली री आपसी अहमियत हुई मेरे बगैर तुसा रा भी क्या वजूद रहंगा ओ भाई।

दीपक शर्मा
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9510



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 कनै ही बणी सकदा है
देश आसादं महान।

पलक देवी
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9507



गुरुआं दा सम्मान

गुरु ही है सारिया दी पछाण
गुरु दा सारे करो सम्मान
नई सुणा गुरुआं दा अपमान
दित्तां सवनां जो ज्ञान।

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

करो गुरुआं दा सम्मान
जेडे भारते दा, मानमर्यादा दा सांजो अहसास
करादें जीणे दा सीधा रस्ता दिखाई।
साडे गुरुआं दा जितंदा रैं स्वरूप
सादी ता पछापा, गुरुआं दे अनुरूप।।

पहाड़ी कविता

दुनियां दी आई कोरोना
बीमारी जुगिए
सारी दुनिया मारी

फैली रेई महामारी
सुनी-मालियां बाजार खाली
शड़का भी अस्सो खाली-खाली

म्हारे मिली-जुली रो करणा
ऐथे रा इलाज
मास्क पेहनो अरो राखो दूरी
तबे ई ओणा
सभी रा कल्याण

लाकडाऊन रा पालण करो
ना लगाओ मजमा ना बैठो
एक साथ
साबुन रो सेनिटाइजर रा
प्रयोग करो बार-बार

घरे ई रओ सब क्षणे
ऐई अस्सो ऐथे रा सई इलाज
दयाडे-राती कारोना साई
करो लड़ाई
योद्धा बणो देशा रे वीर सिपाही।

सानिया
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9515

दोस्ती तां सारे करदे

खुशबू फुलां दी कोई चोरी नी सकदा,
किसी दी किस्मत, कोई मिटाई नी सकदा।

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

आंसू ता सारे बहाई लेन्दे, मरहम कोई लाई नी सकदा,
टोकर ता 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 दसी नी सकदा।

सलोनी शर्मा
स्नातक विज्ञान द्वितीय वर्ष
अनुक्रमांक 9603

पहाड़ी कविता

आज रा बच्चा भी बड़ा बेमिसाल
सारा गूगल रा कमाल
लिखना भी णी पोन्दा
हूँन कोई भी सवाल
सारा गूगल रा कमाल
बच्चा बड़ा बेमिसाल
दिमाग च असर इन्हें पाया
हुन न कर पाया इसरा इस्तेमाल
सारा कुछ गूगल पर ही मिलदा
से जे इस विच फसी गया
हूँन नई निकली सकदा
गूगल भाई रा ता येही जाल है
आज रा बच्चा भी बड़ा बेमिसाल
सारा गूगल रा कमाल
इसरी महिमा अपरंपार
से जे गूगल चलानंदा इक बार
पैसे रा लेन देन होंदा बार-बार
गूगल पे ते होंदा मुनाफा हजारों बार
घरे कोई न टैम देंदा
इसने जोड़या इक रिश्ता ये
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।

किरण जमवाल
स्नातक विज्ञान तृतीय वर्ष
अनुक्रमांक 9303



छाड़ हुन नी कमाना

बापुए कमाई के कोठी पाई ऐश करदे
अनजान केई भाई! कहदे छाड़ हुन नी
कमाना बापू साड़ा है सरकारी हुक माराना
साडया बौटा ताई।

सारी दुनिया पढ़ना पाई चावल
दाल मिली जादे सस्ते आई
आई.आर.डी.पी. बीचव दे ना लखाई।

अनजान कजो जोड़ दा तू पाई पाई
तूं भी उठ राजनीति ले हथ अजमाई
शब ठाठ-बाठ एभू पूरे पंजा साला बाद पैशन पाई।

छाड़ हुन नी कमाना तू पा
सेकनी मजा डाना नेक
सलाह तुहाडे ताई अनजान
करे पर तुसां मत करदे मेरे ताई।
नेहा देवी
बी.ए. प्रथम वर्ष
अनुक्रमांक 23HIS11

पहाड़ी कविता

पुराणे दिन याद आई गे
पुराणे दिन याद आई गे
इतवार वाले दिन देखनी रंगोली कने
शक्तिमान दिखने री खेला खेलनी कने
रेडियो पर सुनने गाने।
पुराणे दिन याद आई गे
रोज पैदल स्कूला जाना कने मास्टरां ते खानी मार
गर्मियो च खड़डा नहाना कने बनना बड़डे तैराक।
पुराणे दिन याद आई गे
स्याणेयां ले बैठी ने सुननी कहानियां
इक था राजा कने एक थी रानी
दोनों मरी गे खत्म कहानी।
स्कूल जाना तां रपईये लेने दो, कने
इक रपईये री खानी टाफियां चार
पुराणे दिना री आई गी याद।

सानिया
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9515

बचपन दा जमाना

इक बचपन दा जमाना हा
जिसज खुशियां दा खजाना हा।

न सवरे दी कोई खबर ही
तां ना कोई सझां दा ठकाना हा।

थक्यो स्कूलयो आणा हा।
पर खेलण भी जरूर जाणा हा।

न कोई कल्ले दी चिन्ता ही
तां न कोई आगे दे सुपणे हे।

मंजिला की तोपदे तोपदे।
असां कुथु आई ए।

पता नी कैं आसी इन्ने बड़े ओई ऐ।

असां किन्ने चूठ बोलदे हे पर।
फिर भी असी किन्ने सच्चे हे।

एह उना दिना दी गल्ल ऐ
जालु असी बच्चे हे।।

मनीषा कुमारी
बी.ए. तृतीय वर्ष
अनुक्रमांक 9106

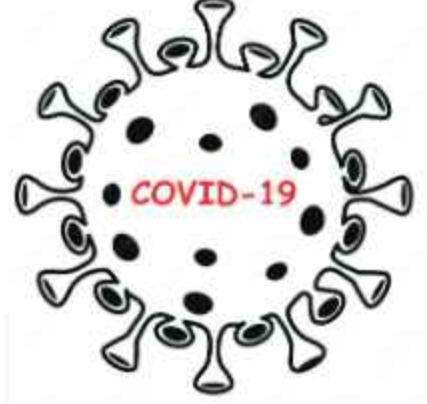


कोरोना

गल्ल सुनन्यो मेरी गौरा दी
बड़ी विकट आई समस्या इना दौरां दी
कोरोना चलियो बिमारी बड़ी जौरां टी

छूत दी बिमारी ऐ
साडिया जानां पर पारी ऐ
खांग, जुकाम, सर्दी, बुखार
कोरोना दे चार लक्षण
इसा बमारिया दा कोई नहीं ईलाज
घरे ते नी निकलना बार
दो गज दी दूरी (धारा 144) दा करना पालन
यही गल्ल बोला दी सरकार.....

आपू बचना कने लोक भी बचाने
चाहे बच्चे, चाहे सियाने
असां सारेया इक संकल्प लैणा
कुसी दे नी जाना बस अपने घर ही रैना
घरे रहंगे सुरक्षित रहंगे, ऐही है बस मेरा कैना.....



गल्ल सुनन्यो मेरी गौरा दी
बड़ी विकट आई समस्या इना दौरां दी
कोरोना चलियो बुमारी बड़ी जौरां दी

मुस्कान देवी
बी.ए. तृतीय वर्ष
अनुक्रमांक 9208

एक मुस्कान

मुस्कुराहट एक अजीब चीज़ है, यह आपके
चेहरे पर झुरियां डाल देती है।

और जब यह चला जाएगा तो
आपको इसका गुप्त छिपने
का स्थान कभी नहीं मिलेगा।

लेकिन यह देखना कहीं अधिक अद्भुत
है कि मुस्कुराहट क्या कर सकती है।

आप एक पर मुस्कुराते हैं।
वह आप पर मुस्कुराता है और
इस प्रकार एक मुस्कान से
दो बन जाती है।



कृष्ण धीमान
बी.ए. प्रथम वर्ष
अनुक्रमांक 2023HIST05

PLANNING FORM

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Jagan Singh
Assistant Professor
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Student Editor
Sarvjeet Kaur
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Constitution of GST

The Goods and Services Tax (GST) represents a monumental shift in India's taxation system, aimed at creating a unified market by subsuming various indirect taxes. Introduced on July 1, 2017, GST simplifies the tax regime by replacing central taxes like excise duty, service tax, and state taxes like VAT. The constitutional framework for GST was laid down through the Constitution (122nd Amendment) Bill, 2014, which, after extensive debates and discussions, became the Constitution (101st Amendment) Act, 2016. This amendment added Article 246A, granting simultaneous powers to the Parliament and state legislatures to legislate on GST. It also established the GST Council under Article 279A, a federal body tasked with making recommendations on various aspects of GST, ensuring cooperative federalism. The council includes the Union Finance Minister as the chairperson and state finance ministers as members. GST is structured into four tax slabs: 5%, 12%, 18%, and 28%, with a few items taxed at 0% and certain luxury and sin goods attracting additional cess. The implementation of GST aimed at eliminating the cascading effect of taxes, boosting compliance, and creating a seamless flow of goods and services across states. Despite initial challenges and criticisms regarding its complexity and compliance burdens, GST has progressively streamlined indirect taxation in India. The constitutional provisions for GST also include a compensation mechanism for states to make up for revenue losses for the first five years of implementation, ensuring a smooth transition to the new tax regime. Thus, the Constitution of GST marks a significant reform aimed at fostering economic integration and growth in India.

Muskan
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Banking Sector Reform In India

Banking sector reforms in India have been pivotal in shaping the country's financial landscape, aiming to enhance efficiency, competitiveness, and transparency. The reforms gained momentum post-1991 economic liberalization, primarily driven by the recommendations of the Narasimham Committee. These reforms included measures such as the deregulation of interest rates, reduction of statutory pre-emptions, and the introduction of prudential norms. The establishment of private and foreign banks was encouraged to foster competition. Technological advancements were also a significant focus, leading to the adoption of digital banking and financial technologies. Moreover, the reforms emphasized strengthening the regulatory framework under the Reserve Bank of India (RBI), addressing non-performing assets (NPAs), and enhancing corporate governance within banks. Recent initiatives, such as the Insolvency and Bankruptcy Code (IBC) and the merger of public sector banks, have further aimed at improving the resilience and stability of the banking sector. Collectively, these reforms have played a crucial role in fostering a robust and inclusive financial system in India, contributing significantly to the overall economic growth and development.

Kiran Jamwal
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NITI Aayog

NITI Aayog, or the National Institution for Transforming India, was established on January 1, 2015, by the Government of India to replace the Planning Commission. It serves as the premier policy think tank of the Indian government, providing both directional and policy inputs. NITI Aayog aims to foster cooperative federalism by involving the state governments in the economic policy-making process in India, a shift from the top-down approach adopted by the Planning Commission. Its core objectives include promoting sustainable development, enhancing the use of technology, and fostering innovation. NITI Aayog plays a crucial role in formulating strategic and long-term policies and programs for the government and provides relevant technical advice to the Center and States. It is structured to serve as a platform for the resolution of inter-departmental issues and to promote integrated and holistic development. The organization is headed by the Prime Minister as the Chairperson, with a governing council comprising Chief Ministers of all states and Union territories, and several full-time and part-time members. One of the significant initiatives of NITI Aayog is the Atal Innovation Mission, which aims to promote a culture of innovation and entrepreneurship in the country.

Abhishek Choudhary
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Corporate Social Responsibility.

Corporate social responsibilities is a self regulating business model that helps a company be socially accountable to itself, its stakeholders and the public. Corporate social responsibility program aim to give structure to a company's effort to give back to the community, participate in philanthropic causes and provide positive social value. Businesses increasingly, turn to CSR to make a difference and build a positive brand around their company. The companies act, 2013 provides for CSR under section 135. Thus it is mandatory for the companies covered under section 135 to comply with the CSR provision in India. Companies are required to spend a minimum of 2% of their net profit over the preceding three years as CSR. A CSR policy improves company profitability and value. CSR increases companies, accountability, and its transparency with investment analyst and the media, shareholders, and local communities.

Akhil Singh
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G-20, Summit 2023

The globally awaited 18th G – 20 leaders Summit was held at Bharat Mandapam in New Delhi from September 9–10 –2023 under Indians maiden G20 presidency. The G20 New Delhi Summit is chaired by the Indian Prime Minister Narendra Modi. The member of the G20 are : Argentina, Australia, Brazil, Canada, China, France, Germany, India, Indonesia, Italy, Japan, Republic of Korea, Mexico, Russia, Saudi Arabia, South Africa, Turkey, the United Kingdom, the United States, the African Union and the European Union. In September 2023, at the 18th G20 Summit, Indian PM Narendra Modi announced that the African union has been included as a member of the G20, making it the 21st member, a G20 Summit, under the theme of "One Earth, One Family, One Future". Important issues such as food, security, climate and energy, development, health, and digitisation were discussed. G20 India has put 46 agenda properties for the G20 dialogue in 2023: green development, climate finance and life, accelerated, inclusive, and resilient growth, accelerating progress on SDGs. India's G20 presidency focused on growth, climate crisis, sustainable development, digital public infrastructure and women development.

Deeksha Rani
B.Com. 3rd Year
Roll No. 2023-COM-048



Banking in India

Banking in India has evolved significantly since its inception in the late 18th century, with the establishment of the Bank of Hindustan in 1770 and the General Bank of India in 1786. The sector saw major transformations during British rule and post-independence, particularly with the nationalization of major banks in 1969 and 1980. These moves aimed to ensure adequate credit flow to key sectors like agriculture and small industries, reduce regional imbalances, and expand banking infrastructure in rural areas. In the 1990s, economic liberalization brought significant changes, with private and foreign banks entering the market, enhancing competition, and leading to the adoption of advanced technology and banking practices. The introduction of reforms like Basel norms for risk management, deregulation of interest rates, and the establishment of the National Payments Corporation of India (NPCI) further modernized the banking system. The Reserve Bank of India (RBI), as the central bank, plays a crucial role in regulating and supervising banks, ensuring financial stability, and managing monetary policy. Commercial banks, cooperative banks, and regional rural banks form the backbone of the banking network, catering to diverse segments of the population. In recent years, digital banking has gained momentum with innovations such as internet banking, mobile banking, and Unified Payments Interface (UPI). These advancements have revolutionized customer experience by offering convenient, real-time banking services and fostering financial inclusion. Government initiatives like Jan Dhan Yojana have also aimed to bring unbanked populations into the formal financial system, promoting broader economic participation. Despite these advancements, challenges such as non-performing assets (NPAs), cyber threats, and the need for financial literacy persist. The sector continues to work towards enhancing its robustness, transparency, and customer-centricity, aiming to support India's economic growth and development.

Sarvjeet Kaur
B.Com. 2nd Year, Roll No. 9702

Digital Banking

Digital banking refers to the digitization of all traditional banking activities and services that historically were only available to customers when physically inside of a bank branch. This includes activities such as money deposits, withdrawals, transfers, checking/saving account management, applying for financial products, loan management, bill payments, and much more. With the advent of digital banking, customers can conduct financial transactions and access banking services through the internet via computers, smartphones, and tablets. This shift not only enhances convenience and accessibility for users but also significantly reduces operational costs for banks, enabling them to offer more competitive services and innovative financial products. Digital banking leverages advanced technology to provide secure, efficient, and user-friendly financial solutions, marking a transformative step in the evolution of the financial industry.

Ashish Dogra
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Bleisure Travel

Bleisure travel is a portmanteau of "business" and "leisure" travel, reflecting a growing trend among professionals who blend work trips with personal time. This concept allows travelers to extend their business trips by adding a few extra days for leisure activities, sightseeing, and relaxation. Bleisure travel offers the benefit of exploring new destinations without the need for separate vacation plans, making it an attractive option for those looking to balance work responsibilities with personal enrichment. Companies are increasingly recognizing the advantages of bleisure travel, such as enhanced employee satisfaction and productivity, and are supporting this trend by offering flexible travel policies and incorporating leisure activities into business itineraries.

Lovepreet Kaur
B.A. 1st Year

Economic Planning

Economic planning is a process by which key economic decisions are made or influenced by central governments, aiming to direct economic activities toward desired goals. It involves the allocation of resources, setting targets for various sectors, and implementing policies to achieve economic growth, development, and stability. In many countries, especially those with socialist or mixed economies, economic planning plays a critical role in shaping the direction of national economic development. This planning can range from comprehensive, detailed plans in centrally planned economies to indicative planning in market economies, where the government influences the market through policies and regulations without direct control. The objectives of economic planning typically include achieving sustainable growth, reducing unemployment, balancing regional development, and improving the overall standard of living for the population.

Muskan Pathania
B.Com. 3rd Year
Roll No. 9506

Horticulture Tourism

Horticulture tourism, often referred to as agro-tourism, is an emerging niche that blends the allure of travel with the charm of horticulture. It involves visiting gardens, orchards, vineyards, and other cultivated landscapes to experience the beauty and diversity of plant life. This type of tourism offers visitors a chance to engage with agricultural practices, learn about different plant species, and appreciate the seasonal cycles of cultivation. Horticulture tourism not only provides educational value but also supports local economies by promoting sustainable practices and creating opportunities for local growers to showcase their products. Through guided tours, workshops, and interactive experiences, visitors can gain a deeper understanding of horticultural techniques while enjoying the serene beauty of well-tended landscapes.

Jagan Singh
Asstt. Prof. of Commerce




Mutual Fund in India

The mutual fund industry plays a significant role in the development of the ecosystem of a country. Mutual fund industry is a rapidly growing sector in India financial market. There are a number of investment opportunities available to an investor. Each of these investment opportunities has its own risk and return features. An investor must learn to analyse and measure the risk and return of the portfolio. A mutual fund is a professionally managed firm of collective investment that pulls money from many investors and invest in stock, bond and short – term securities. There are different type of mutual fund schemes in India that meets the need of the investors and their other expectations. The mean type of mutual funds are open and schemes, close schemes, income funds, growth oriented schemes, balanced fund, real estate, mutual fund, exchange, trader fund, and bond fund etc. Which fund is an investment vehicle preferred by small investors in diversified as well as professionally managed portfolio at a relevant low cost. The main advantage of mutual fund is that it diversifies the risk because the pulled money is invested in diversified portfolio.

Saroti

Assistant Professor, Commerce



Indian Knowledge System and National Education Policy 2020

Under the National Education Policy 2020 (NEP), several key features of the Indian Knowledge System are to be adopted, aiming to integrate traditional wisdom with modern education methodologies. Embracing the holistic approach of traditional Indian knowledge systems, NEP 2020 emphasizes the interconnectedness of various disciplines, encouraging a multidisciplinary approach to education. NEP 2020 acknowledges the importance of preserving India's cultural heritage by integrating traditional knowledge systems such as Ayurveda, Yoga, and Vedic sciences into the mainstream curriculum. The policy promotes interdisciplinary studies, encouraging students to explore the intersections between traditional Indian knowledge and contemporary subjects like science, technology, engineering, and mathematics (STEM). NEP 2020 emphasizes the use of mother tongue or regional languages as mediums of instruction in primary education, facilitating the transmission of traditional knowledge and cultural values from one generation to another. The policy encourages the practical application of traditional knowledge through experiential learning, internships, and apprenticeships, enabling students to gain hands-on experience and skills in areas such as agriculture, handicrafts, and traditional medicine. NEP 2020 advocates for the integration of technology in the documentation, preservation, and dissemination of traditional knowledge, leveraging digital platforms and repositories to make it accessible to a wider audience. The policy encourages collaboration with local communities and practitioners of traditional knowledge systems, fostering mutual learning and exchange of expertise to enrich the educational experience. It aims to promote Indian knowledge systems on the global stage, facilitating cross-cultural dialogue and collaboration with international institutions to address global challenges and promote cultural exchange.

By adopting these features of the Indian Knowledge System, NEP 2020 seeks to create a balanced education system that honors India's cultural heritage while preparing students for the challenges of the 21st century.

Shashi Bhushan
Associate Professor of Economics

SCIENCE SECTION

Teacher Editor
Dr. Shikha Rana
Assistant Professor
(Physics)



Student Editor
Sahil Thakur
B.Sc. 3rd Year

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Few Words From Student Editorial

It was a wonderful opportunity to express one's thoughts in a creative way. It was glad for being a part of the editorial board had made me aware of the responsibilities, I, could take on and fulfill with outmost dedication. It has helped me to greatly inculcate values of punctuality, display, teamwork, and a lot of creativity in myself, appreciating the work of other and getting to reach such wonderful articles was an experience no less than magical.

Sahil Thakur
B.Sc. 3rd Year
Roll No. 9304

Medical Waste

WHO world health organisation define medical waste as waste generated by healthcare activities, ranging from use needles and body parts, diagnostic samples, blood, chemical, pharmaceutical medical devices, and radioactive materials.

Waste management is an essential part of healthcare of the total amount of waste generated by healthcare activities, 15% is considered hazardous material that may be infectious chemical or radioactive as reported by state board in India, about 619 tonne per day of biomedical waste was generated during the year 2018 to 2019 by Three, 22, 425 numbers of healthcare facilities.

The global medical waste management market size is projected to reach USD million by 2028, from USD million in 2021, at a CAGR of person during 2022 to 2028.

Government of India launched the NCDC National Centre of Disease Control. Common method of disposing of hospital generate medical waste include incineration or autoclaving. Incineration is a process that burns medical waste in a controlled environment. Some hospitals have own site incineration technology, and equipment availability.

Save earth while dispose of biomedical waste wisely for clean future.



Anuj Pathania
B.Sc. 3rd Year
Roll No. 9307



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 radio - active waste, explosive waste and electronic Waste (e-waste).

The amount of rubbish we create is constantly increasing because with increasing population, there are more people buying more products and ultimately creating more waste. New packaging and technological products are being developed, much of these products contain materials that are non- biodegradable. There is dire need to recycle this waste in any form it may be. It is 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. Recycling is important to both; Nature and Humans.

Recycling is the process of converting conventional waste material into new materials and objects, Recycling can prevent the consumption of fresh raw materials, thereby, reducing, energy usage, air pollution and water pollution etc. Recycling 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. Harmful chemicals and green house gases are released from rubbish in landfill sites. Recycling helps to reduce the pollution caused by waste. Habitat destruction and global warming are some of the affects caused by deforestation. Recycling reduces the need for raw materials so that the rain forests can be preserved. Huge amounts of energy is used when making products from raw materials. Recycling requires much less energy and therefore helps to preserve natural resources. Recycling also creates new jobs every year. Jobs in recycling include sorter, drivers, mechanics, technicians and more. When Communities come together to raise awareness about recycling, it teaches all of us about the importance of protecting the environment.

Bhavna Kumari
Assistant Prof. English
GDC, Sugh Bhatoli

Electrical Vehicle Future

Electrical vehicles are means of transport that consume electric energy as fuel instead of traditional fuels such as petrol, diesel, and CNG. This vehicle may be powered through a collector system by Electricity from off vehicle sources or maybe in build with a battery, solar panels, fuel cells, or an electric generator to convert fuel to electricity, electric bikes, electric cars, electric rickshaw etc are some examples of electric vehicles. Most of the trains including metros are already running worldwide through Electricity. Use of electric vehicles are very beneficial for human as well as for environment in many ways. Electric vehicles run from electricity and does not emit smoke. Does it is very helpful for reducing the pollution, which causes many type of life threatening. Smoke is also one of the major cause of global warming. This use of electric vehicles can be very helpful for conservation of these natural resources. Electric vehicles are new technology. This sector will grow day by day which will generate lot of employment in this field. As electric vehicles is cheaper, long run and also environment friendly. Government is continuously promoting the use of electric vehicles. Since long time, many trains including metros have been running on cities. Now people should use more electric vehicles in place of traditional petrol and diesel vehicles. Government has started campaigning to promote use of electric vehicles. Some robot on taxes and subsidy on purchasing the electric vehicles, are also provided by the government. Each and everyone of us can make change in the way we live our lives to protect our environment from pollution. Save environment for your future generations.

Shivangi
B.Sc. 1st Year

Smart Phone Radiation

Everything in this world has its pros and cons. The same is true for the mobile communication technology. Even Alexander Gramambell, who invented the first telephone wouldn't have imagined in this wildest dreams that telephone technology would go this fact.

And here we are with the cell phone in every hand, making our life simpler and easier to be in contact with whatever we desire. The effect of mobile phone, radiation on human health is the subject of recent interest.

Cell phone emit low level of radio frequency energy, a type of non-ionising radiation. The available scientific data on exposure to radio frequency energy show no categorical proof of any adverse biological effect, other than tissue heating.

Cell phones emit radiation in the radio frequency, region of the electromagnetic spectrum Second, third and fourth generation cell phone (2G, 3G, 4G) emit radio frequency in the frequency range 0.7 to 2.7 GHZ. Fifth generation of cell phones are anticipated to use the frequency spectrum up to 80 GHZ.

Effects of mobile phone radiations :-

- ❖ Radiation exposure.
- ❖ Impaired cognitive function
- ❖ Sleep disturbances
- ❖ Increased stress level
- ❖ Eye strain, and vision problem
- ❖ Neck and back pain
- ❖ Increased risk of accident
- ❖ Decreased social skills



Shubham Singh
B.Sc. 1st Year
R. No. 23PHY04



Importance of Radiation Therapy



Radiation therapy is a form of curative method making use of high energy beams. They are released in a narrow beam with very high concentration. Combining this with their energy levels imbibe into them the ability to destroy infectious human body cells. Radiation therapy is a treatment used for cancer and less commonly, thyroid disease, blood disorders, and nano cancerous growths. Radiation therapy involves delivering powerful waves of energy to disrupt the ability of cancer cell to grow and divide, killing cancer cells, slowing their growth and shrinking tumours to enable surgery. The form of radiation used in cancer therapy is a high energy type known as ionizing radiation.

Here are some of the reasons radiation therapy may be used.

- ◆ To cure or shrink early age cancer.
- ◆ To stop cancer from coming back somewhere else.
- ◆ To treat symptoms caused by advanced cancer.
- ◆ To treat cancer that has returned.

Kiran Jamwal
B.Sc. 3rd Year
R. No. 9303

The Rise of Smart Home And Connected Devices

Smart homes and connected devices represent the pinnacle of modern living, seamlessly integrating technology into a daily routines to enhance comfort, convenience, and efficiency. These homes are occupied with the range of interconnected devices from thermostats and lights to security cameras and appliances, all controlled remotely via smart phones or voice commands.

The primary advantage of smart homes lies in their ability to streamline task and automate process. For example, smart thermostat can learn user preference and adjust temperatures. Accordingly, optimising energy usage, and reducing costs. Similarly, smart lightning system can be programmed to turn on or off based on occupancy, enhancing convenience and promoting energy efficiency.

Moreover, smart home security system provide home owners with peace of mind by offering real-time monitoring, motion detection, and remote assess to surveillance cameras. Whether homeowner are at work or vacation, they can stay connected to their and receive instant alerts in case of emergencies.

As Smart homes technologies continues to involve and become more affordable, its adoption is expected to increase significantly with the promise of great comfort, convince and security. Smart homes are poised to revolutionise the way we live, offering a glimpse into the future of interconnected living spaces.

Ashish Dogra
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NOBLE PRIZE

The noble prize are five separate prize that according to Alfred nobles will of 1895 are awarded to those who, during the preceding year, have conferred the greatest benefit to humankind. Alfred Noble was a Swedish chemist, engineer, and industrialist, most famously known for the invention of dynamite. He died in 1896 in his will, he bequeathed all of his remaining reliable assets to be used to establish five prizes which became known as "Noble Prizes". Noble prizes was first awarded in 1901. Noble prizes are awarded in the field of physics, chemistry, physiology or medicine, literature and peace. In 1968, Sveriges Riksbank funded the establishment of the prize in economic sciences in memory of Alfred Noble, to also be administered by Noble foundation. Each recipient receives a gold medal plated with 24 carat gold and monetary award. The noble prizes, beginning in 1901 and the noble memorial prize in economical sciences, beginning in 1969, have been awarded 609 to 975 people and 25 organisations. Five individual and two organisation, have received more than one Noble prize.

Nobel Prizes in 2023

IN PHYSICS :- 1. Pierre Agostini (Tunisia) 2. Anne L Huiller (France)

IN CHEMISTRY :- 1. Louis E Brus (US) 2. Alexei I Ekimov (Russia)

IN PHYSIOLOGY :- 1. Drew Weismon (US) 2. Katalin Kariko (Hungary)

IN LITERATURE :- Jon Olav Fosse (Norway)

IN ECONOMIC SCIENCES :- Claudia Goldin (US)

PEACE PRIZE :- Narges Mohammadi (Iran)

Saloni Sharma
B.Sc. 2nd Year
R. No. 9603

CHANDRAYAAN-3 **India's Third Lunar Mission**

India first lunar exploration mission was called Chandrayaan. Chandrayaan-3 is India's third moon mission conducted by "ISRO". It was launched on July 14, 2023 from Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh. The space craft seamlessly entered lunar orbit on August 23, 2023.

Chandrayaan-3 is similar to Chandrayaan-2 but with some improvements and modifications. It consist of a lander named Vikram which are identical to those of Chandrayaan-2. The mission cost is estimated at \$74.6 million, which is much lower than other lunar mission.

Chandrayaan-3 is a challenging mission that involves many risk & uncertainties. The most difficult part of the mission is the soft landing on the moon, which requires precise timing, accuracy & control.

A second challenge is the extreme which can range from -173°C to 127°C depending on whether it is day or night. The lander and rover have to survive these fluctuation using thermal insulation & heaters.

Chandrayaan-3 was a gigantic success for India to commemorate Chandrayaan 3 triumph and the soft landing of Vikram lander on the moon, National Space day will be celebrated on August 23 every year as announced by PM Modi. India's successful soft landing near the moon's south pole is a moment of national pride. Establishing the country to achieve his remarkable feat of landing a spacecraft at such close proximity.

Sajan
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R. No. 9313

Nanotechnology

Revolutionizing industries on a smaller scale

Nanotechnology, a field at intersection of science, engineering and technology technology is transforming industries in previously deemed impossible. As the heart of nanotechnology is the manipulation of matter on the nano scale, where materials exhibit unique properties due to sign and structure.

The healthcare industries stands at the forefront of technology impact. Drug delivery systems have become more efficient, as nano particles can be engineered to transport medical medications more effectively. Manufacturing has undergone a paradigm shift, thanks to nanotechnology. Materials engineered at Nano scale, exhibit unique properties, allowing creation of stronger, lighter and more durable products. Energy storage and production have also impacted. Nanotechnology enabled advancement in solar cells have increased their efficiency, making renewable energy sources, more viable. The realm of environmental protection has also benefitted. Nano materials are employed in water purification process, efficiently moving contaminant and pollutants. However, alongside the immense benefit, it also raise ethical and safety concerns. It may pose health risks to workers involved in production. In conclusion, rapid advancement of nanotechnology is reshaping various industries. From healthcare to energy and manufacturing, the integration of nano materials and devices is unlocking new possibilities and efficiencies.

Vasu Pathania
B.Sc. 3rd Year
R. No. 2102005

Artificial Intelligence (AI) in India

The journey of AI in India can be tracked back to the last 28th century when research and development in the field. We are in their nascent stages. Education institutes, such as the Indian Institute of technology (IIT) played a pivotal role in nurturing talent and foresting AI research. However, it was only in the 21st century that AI began to gain significant attraction in the country. The growth of AI in India was underpin by a thriving ecosystem that include start-ups, academic institutions, government initiatives and multinational corporations. Indian academic institutes consistently produce wide class AI, researchers and practitioners. Institutes like IIT, Indian Statical Institute (ISI) and Indian Institute of Science, IISC have been at the front of AI research, collaborating with international counterparts and publishing groundbreaking research.

Mandeep Singh
B.Sc. 3rd Year
R. No. 9305

The Sun

Our sun is actual a star, but because of its at the centre of a planetary system, it's called a sun. It is basically a massive ball—mostly hydrogen and about 20% helium, but there are also heavy metals like carbon and iron in extreme small amounts. The heat is also extreme that, instead of a ball of gas, the sun is largely plasma. Even though the sun look bright at the surface, the source of that energy is deep in the core. Pressure and temperature near the sun centre are so high that even two hydrogen atoms come together to create one helium atom, a process which release tremendous amount of Energy. The process is called nuclear fusion. The energy released at the core as photon of light and heat—make its way to the surface and heat makes its way to the surface and out into space. These photons are what we see as sunshine.

Ishan Guleria
B.Sc. 3rd Year
R. No. 2007CH006



Solid Waste Management

The term solid waste management referred to the collection, treatment, and disposal procedure for solid waste. Solid waste are gathered from various sources and are disposed of through the waste management process, which involves the collection, transportation, treatment, analysis, and disposal.

It is a serious worldwide problem as it causes both water and air pollution. It shows its direct effect on health, economic growth and degradation of the environment. It can lead to pollution of the environment and outbreak of water borne diseases. Solid waste is a non-liquid non-soluble material ranging from municipal garbage to industrial waste that sometimes contain complex and hazardous substances. It include domestic waste, sanitary waste, commercial waste, institutional waste, catering and market waste, biomedical waste, and e-waste.

Several tons of garbage are left uncollected on the streets of most developing cities, each day. It act as a breeding ground for pests that's spread disease, obstruct the sewers and causes other infrastructural issues.

India produces 277.1 million tons of solid waste every year, which is likely to touch 387.8 million tonnes in 2030 and 543.3 million tonnes by 2050 due to rapid urbanisation, population growth and economic development.

Type of solid waste management

Landfill :- It involves burning the waste in vacant location around the city. The dumping site should be covered with soil to prevent contamination.

Benefits :- A sanitary disposal method if managed effectively.

Limitations :- A reasonably large area is required.

Incineration:- It is the controlled oxidation of mostly organic compounds at high temperature to produce thermal energy, CO₂ and water.

Benefits :- Burning significantly reduce the volume of combustible waste.

Limitations :- Smoke and fire hazards, may exist.

Recycling :- It is a process of converting waste material into new material. Example wood, recycling, paper, recycling, and gas recycling.

Benefits :- It is environmental friendly

Limitations :- it is expensive to set up and not reliable in case of any emergency.

Nirmal
B.Sc. 1st Year
R. No. PHY02

Application of Machine Learning in Mathematics

The fusion, of machine learning and mathematics has given rise to a powerful synergy, unlocking new avenues for problem solving and discovery. Applications of machine learning have revolutionised the way mathematician approach complex problems and enable advancements in various field. One prominent application lies in the realm of prime number theory. Machine learning algorithm have been employed to predict prime number by analysing patterns with vast data sets. Further more machine learning has breathed new life into the field of combinatorial structures, adding researchers in exploring intricate arrangement and configurations. In calculus and differential equations, machine learning models, excel at approximating solution to intricate equations, offering numerical solutions with unprecedented speed and accuracy. In the domain of education, personalised learning platforms leverage machine learning to tailor mathematical instruction to individual students need. Ultimately, the synergy between maths and machine learning is a testament to the evolving nature of both fields.



Tarun
B.Sc. 3rd Year
Roll No. 9306

Ozone Layer

The ozone layer is the common term for the high concentration of ozone that is found in atmosphere around 15 to 30 km above the surface. It covers the entire planet and protects life on earth by absorbing harmful ultra violet & UV rays from the sun.

The ozone layer absorbs of 97% to 99% of Sun's incoming UV rays. These harmful rays from Sun, lead serious health issues among humans, such as skin cancer, cataract, quick ageing, etc

When Chlorine and Bromine atoms come into contact with ozone in the stratosphere, they destroy ozone molecules. One chlorine atom can destroy over one lakh Ozone molecule. Chlorofluorocarbon, one that can be found in everyday products such as ACs, refrigerators, and aerosol cans have been destroying the ozone layer.

The Antarctica ozone hole is the thinning or depletion of ozone in the atmosphere over the Antarctica each spring. In the 2023 Antarctic ozone whole reached its maximum size at 10,000,000s of miles i.e. 26 million square kilometre on September 21, which rank as the 12th largest since 1979, according to annual satellite and balloon based measurements made by NASA and NDAA.

The Montréal protocol, finalise in 1987, is a global agreement to protect the ozone layer by facing out the production and consumption of ozone depletion substances. In response, United States, Canada and Norby banned the use of CFC in Aerosol sprays in 1978.

Sahil Thakur
B.Sc. 3rd Year
Roll No. 9304

CHRONICLE FOR THE ACADEMIC SESSION 2023-24

1. Annual college magazine 'Suganchal' was inaugurated on 31 July. The theme of this magazine was sustainable development.
2. Plantation drive was undertaken by the NSS unit of the college under the "Meri Mati Mera Desh" initiative launched under the campaign Azadi Ka Amrit Mahotsav on August 9, 2023.
3. Quiz and speech contests were organised for the college students on August 11, 2023 to honour the freedom fighters (veeron ka vandan).
4. The movie named "Nil Battey Sannate" was screened on the eve of Teachers' day (5 September). The screening was followed by a discussion on student-school relationship.
5. Hindi poetry recitation competition was organised to celebrate the Hindi Divas on 14 September 2023. Students were encouraged to write and communicate in Hindi as it binds country together.
6. International day for the preservation of the Ozone layer was celebrated on 16 September by the Eco club of the college to spread awareness about the deteriorating condition of the layer by the CFCs.
7. A campus cleanliness drive was undertaken through the Swachhta hi Sewa campaign on 30 September by the NSS volunteers.
8. Life skill and personality test was conducted by the career counselling and guidance cell on 12 October 2023. The questionnaire was based on students' likes, dislikes, levels of socialization, leader qualities, their hobbies, strength and weakness. Accordingly they were given guided to pursue courses and jobs.
9. NSS volunteers along with Eco club performed Shramdan at local temple on 1 November 2023. They also cleaned the pathway to the college. The Run for Unity was also organised to spread the message of communal harmony and national integration.
10. Mehandi competition was organised on November 1, 2023 in which college girls participated with great enthusiasm.
11. A power point presentation was shown on 'socio-economic significance of Religious Tourism' by the Tourism Youth Club of the college on 2 November, 2023. Under this a presentation was made on the temples of Kashi Vishwanath and Bodhgaya.
12. A group of students participated in the exhibition organised by the Self Help Groups at Indora on 8 November 2023. Students learnt the functioning of these groups and their role in women empowerment.
13. To increase the voter enrolment an awareness camp was organised in the college on 18 November 2023. Students were briefed on the procedure by the SDM of Indora Sri. Surendra Thakur, election kanungo Robin Dhiman.
14. The Constitution day was celebrated on 25 November 2023 at the college. During the event a lecture was delivered on the salient features of Indian Constitution and the preamble was read by the students.
15. A communal harmony week was observed from 19th to 25th November 2023.

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16. Poster making competition was organised by the Red Ribbon Club to spread the message regarding awareness about HIV-AIDS.
 17. The Memorandum of Understanding (MOU) was signed between GDC Sugh-Bhatoli and Sharda Kachi Dhani Sarso Oil Co. on 25 November 2023 to establish a collaborative partnership between the college and the company to promote industry-academia linkage.
 18. Another MOU was signed between the college and Anmol Engineers Company, Ludhiana, Punjab on 28 November 2023. The purpose was to establish industry-academia linkage to share skill and knowledge, enhance students employability and fostering understanding between two entities.
 19. Albendazole medicine was given to the college students on 29 November 2023.
 20. On the day of World AIDS Day, Red Ribbon Club organised Face Painting and Rangoli competitions to raise awareness for the world's one of the deadliest disease.
 21. Slogan writing competition was organised on 2 December 2023 by the Road safety Club of the college.
 22. Seven days NSS camp was organised from 27 December 2023 to 2 January 2024 at the college. During the camp volunteers did many social services like repairing the local roads/pathways, undertook cleanliness drive, spread awareness regarding intoxicating drugs and issues regarding road safety.
 23. Poster Making Competition was organised by the Road Safety Club on 9 February 2024 to educate students on safe driving, over speeding and maintenance of the vehicles.
 24. World Scout Day was celebrated on 22 February 2024 to commemorate the birth anniversary of Lord Robert Baden-Powel, the founder of Boys Scouts movement in 1857. The volunteers of the Rovers and Rangers unit did social service at the local ashram.
 25. To increase the student's enrolment at the college a Google registration form was launched so that students passing out of the local schools could be contacted and persuaded to take admission at our college.
 26. Annual sports meet was organised at the college ground on 27 February 2024. Students gave the performance of their strength, stamina and endurance through events like 100, 200m race, relay, shot-put, long jump and tug of war.
 27. Energy club of the college celebrated National Science day on 28 February 2024. Students were encouraged to develop scientific temper and disassociate themselves from myths and superstitions.
 28. An Alumni Association meeting was organised on 1 March 2024 by the college to seek collaboration with the alumni in the development of the institution.
 29. Webinar was organised by the IQAC of the college on women empowerment on 9 March 2024 in which Smt. Aman Deep kaur, Director, Mankaran Educational Trust, Pathankot was the resource person.
 30. Annual Prize distribution function was held on March 14, 2024, with the MLA of the Indora Vidhan Sabha constituency, Shri Malendra Rajan, gracing the occasion as the Chief Guest. Along with the prize distribution, students showcased their talents through cultural programs like Nati, Rajasthani dance and Gidhha.

Statement about ownership and other particulars of the "Sughanchal" required are made under rule 8 of Press and Registration of Books Act.

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2023-24

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

Dr. Namesh Kumar
(Principal)



Non-Teaching Staff with Hon'ble Principal Sir



Editorial Board

GLIMPSES OF ANNUAL FUNCTION 2023-24

College Annual function is a vibrant celebration of talents through cultural performances and an applaud to the achievements of the session.

