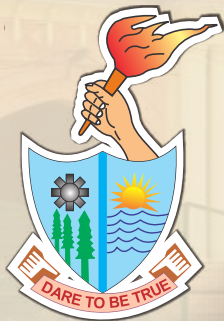


The Suttlej

2021-22



**SATISH CHANDER DHAWAN
GOVERNMENT COLLEGE, LUDHIANA**

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From the Principal's Desk...

Dear Students,

Education is the only way to achieve self - actualization and lead you on the path of empowerment. Education is undergoing a paradigm shift to make us 'future-ready'. Efforts are now on to make learning more comprehensive and holistic through flexibility

of courses; more inclusive and interactive with emphasis on multi-disciplinary approach and alternative pathways to learning; greater thrust on learning-by-doing through internship programmes and ingraining the most important element - life-skills.

To keep pace with the changing world order, the college has introduced skill-based courses, integrating them with the existing academic framework so as to equip our students with a more effective access to the real world. We understand that better learning outcomes will crucially determine to what extent students are able to fulfill their aspirations and goals.

Across the whole world the pandemic rang bells of change in almost every sphere of life. Our lives have undergone changes; so did the education system. We are more practical, realistic, experimental, technology savvy and innovative. Having embraced this change, the college has taken the lead to establish Institution Innovation Council (IIC) under MoE, Government of India. Seminars and workshops are being held to stimulate the young brains, to make them realize their potential, to think innovatively from idea generation to product planning. Soon the college will offer incubation centers, co-working spaces to young entrepreneurs and mentorship with active participation of leading industrial houses of the region.

Our college is actively engaged in community outreach programmes. It is our belief that for sustainable development, sensitizing students about issues, problems and challenges before society and involving them in eradicating social evils is a must. Students are environmentally conscious as well. The college has undertaken 'Each One Plant One' campaign which has contributed significantly to the green cover of the Institution and its surrounding areas.

We are proud of the achievements of our students in curricular, co curricular activities and sports, not only at regional and national levels but also at Inter-national level. Dear students, muster the will to tap your potential, ensure your participation in every opportunity that the institution offers, try to gain as much as you can from the expertise of your teachers, and give a fresh lease to your creative abilities.

Remember, education is an investment that will definitely reap rich dividends in the future. So invest responsibly.

Stay Blessed!

Prof. (Dr.) Pardeep Singh Walia



From the Editor's Desk...

"Every secret of a writer's soul, every experience of his life, every quality of his mind is written large in his works."

— Virginia Woolf

Dear Students.

It was in the pages of *The Suttlej* that poets of yesteryears – Sahir Ludhianvi, our famous Bollywood lyricist, Keiki N. Daru walla, the celebrated Indian writer in English who won the Commonwealth Prize for Poetry, soared on the first flight of imagination, where the inspired pen might have struggled with the craft of writing. Today when you put pen to paper you too grapple to find the right words for your essays, articles, stories, poems

The crucible of imagination remains the same, as do human struggles: its pains, its joys, its failures, and its victories. The potential you show has to be sharpened by sustained endeavour, for inspiration can take you only so far. The rest is disciplined hard work and perseverance, for you never fail unless you stop trying.

With the testing times of the pandemic well nigh behind us, we look to the promise of the future, of the dawn of a new day full of hope and purpose. Time and again we are presented with situations and possibilities; it is up to us to seize them and make of them what we will. Where one person will only see difficulty, another will invent opportunity. Cultivate the magnificent obsession of hard work and triumph with it.

God bless you all....

Prof. (Dr.) Tanvir Sachdev

Change of Guard



Prof. (Dr.) Pardeep Singh Walia takes charge as Principal, SCD Government College, Ludhiana



Promotions



Prof. (Dr.) Ashwani Bhalla promoted as ADPI, Colleges, Government of Punjab



Mrs Suman Bala promoted as Principal, GCG, Ludhiana

Retirements



Dr. Gurpreet Kaur retired as Principal



Dr. Parveen retired as Principal



Smt. Sushma Rani
retired as Stenotypist



Sh. Jaswinder Singh
retired as SLA

Commemorations



Independence Day



Republic Day



Constitution Day



Preamble Day



World Aids Day



Environment Day



Ambedkar Day

Earth Day



Ek Bharat, Shreshtra Bharat



Punjabi Mah



S. Balwinder Singh Grewal



S. Jaswant Singh Zafar



Dr Jeet Singh Joshi



Mother tongue pledge being taken

NCC Air Wing



SUO Nizamul Haq & SUO Arshdeep Singh participated in RDC 2022



NCC Air Wing Unit



NCC Army Wing



Alumni Meet & Visits



Annual Prize Distribution

Councillor, Smt. Mamta Ashu, presided over the function as Chief Guest



102nd Annual Athletic Meet : Day-I

S. Sukhbir Singh Grewal (Olympian) was the Chief Guest



102nd Annual Athletic Meet: Day-2

Sh. Gurpreet Gogi (MLA Ludhiana West) was the Chief Guest



Glimpses of NSS Camp



SSP Mansa, Sh. Deepak Pareekh, IPS,
Youth Parliament



Activities of NSS



Glimpses of WDC & Music Club Activities



Extension Lectures



Dr. Jaspreet Kaur



Dr. Kamal Vatta



Dr. Vinod Babbar
Literateur & Journalist

Community Services



Akhand Path Sahib



Tractor procured for the grounds



'Chabeel' organised by Students

Releases



College Magazine 'The Sutlej'



College Newsletter 'Youth Quake'



College Prospectus e-release

Talent in Action (Zonal Youth Festival)





Cultural Committees



Ludi



Fine Arts



Bhangra



Theatre Items

Beacons of Glory

UGC NET CLEARED



UNIVERSITY POSITIONS



INTER ZONAL HERITAGE QUIZ



Team 1st in Zonal & 2nd in Inter Zonal

ZONAL YOUTH FESTIVAL



ZONAL YOUTH FESTIVAL



SPORTS



Miscellany



Visit of International Delegation from Kenya

His Excellency, the Governor, Patrick Khaemba, his wife, Mrs. H.E. Lydia Seroney, and the Minister of Agriculture, Mrs Mary Nzomo



Legal Aid Lecture



Orientation Programme for PG Students



PM Modi's 'Pariksha Pe Charcha'



Dr. Harblas Heera bestowed with Award of Honour by P.U. Chd. at Youth Training Camp cum Workshop 2021



Prof. Geetanjali receiving Award of Honour for Swachh Ludhiana



Prof. Iradeep anchoring Doordarshan's Rachna Programme



Book Bank organised by Students' Council



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CAMPUS CHRONICLE



Any untoward event in our lives proves to be a teacher of sorts. The pandemic which ravaged the world and turned it topsy-turvy, has been an eye-opener for humankind. In hindsight we cannot help contemplating the massive lessons it has passed on. I surmise it has been a direct caveat from heaven for us to *relearn* the forgotten virtues of humility, kindness and compassion. It has made us realise how we have been wasting our lives in meaningless pursuits of wealth, status and power, when the most important wealth is our family and friends and more so, the precious life around us. It has taught us the value of freedom: freedom to be with those we love, freedom to live with dignity and security. Finally, it has taught us that we are interdependent, one individual cannot succeed without the cooperation of others, economies cannot subsist in isolation!

The tardy academic session of 2021 picked pace with online classes finally converting to offline ones, ushering in the much needed normalcy in the teaching/ learning environment. The campus came alive and started throbbing with activity once the students set their feet on it. Various co-curricular activities were initiated in different departments as well as by the clubs and societies. Students of the college displayed their acumen and excelled in varied fields bringing laurels to the institution.

The offline classes began with an orientation programme for the students of all PG classes on 5th Oct 2021. The function was presided over by Mr. Varinder Sharma, Hon'ble Deputy Commissioner, Ludhiana. Students were apprised of the rules and regulations of the college as well as the facilities and opportunities at hand. A Creative Writing Contest and a

Handwriting Competition in English, Punjabi, and Hindi was organised on 25th Oct. Winners of these contests represented the college in the Panjab University Zonal Youth Festival 2021.

To honour its alumni serving as teachers and principals in different schools, the college organised a cultural bonanza as part of its Annual Alumni Meet on 12th March 2022. Officiating Principal, Dr. Tanvir Likhari, extended a very warm welcome to the nearly 200 former students cum-teachers who had taken out time from their hectic schedule to grace the function. The alumni were overcome by nostalgia and shared fond memories from their olden days. The cultural programme that followed included mesmerising dance, song and histrionics performances by the former students.

A one day seminar and a declamation contest was organised on the occasion of the birth anniversary of Dr B R Ambedkar on 14th April 2022. The main theme of the event was Baba Saheb's life and philosophy. The Environment Club and the NSS units, in collaboration with Jeev Jantu Paryawaran Sewa Sambhal Samiti, organized Earth Day on 22nd April, 2022. Dr. Sanjeev Chauhan, HOD Forestry and Natural Resource, PAU, Ludhiana, Sh. Subhash Saundhi, Founder and President of the Sewa Samiti, Dr. Rajinder Kochar, former Principal, Lord Mahavir Homoeopathic Medical College & Hospital, Sh. Inderbir Singh Nanda of Rotary Club, graced the occasion. On this occasion poetry recitation, poster making and collage making competitions were organized in which the students participated enthusiastically and depicted their zeal to contribute constructively in safeguarding our Mother Earth.

Additionally, under the aegis of District Legal Services Authorities and the Hon'able High

Court's instructions, the Sexual Harassment Cell organized a seminar on "Free Legal Aid to Women and Children" on 22nd April, 2022 as part of a week-long awareness campaign for sensitizing runaway couples. Senior Advocate, Neena Gupta, briefed young students about their legal rights and their liberties.

A three-member delegation comprising Patrick Khaemba, Governor of Kenya, his wife Lydia Seroney and Mary Nzomo, Minister of Agriculture, Kenya, visited Punjab Agricultural University to deliberate upon mutual areas of cooperation. The delegation from Kenya visited the college campus on 28th April 2022. The members also planted saplings of neem, kikar etc. in the campus.

In a major move to equip the students with a stronger job profile, four new certificate courses were started in the session. The college garnered affiliation from Jagat Guru Nanak State Open University Patiala for these courses.

DEPARTMENTAL ACTIVITIES

Department of Punjabi

The PG Department of Punjabi was abuzz with a flurry of activity with the month of November 2021 being celebrated as *Punjabi Maah* devoted to the Punjabi Language. An extension lecture was organised on 1st Nov 2021. Noted story writer S. Balwinder Grewal was the guest speaker. During this period, various activities were organised in the department. Poetry recitation, heritage quiz, creative writing contest, and folk song competitions were held amongst students. In collaboration with the Department of Languages, Punjab, a Kavi Darbar was organised on 27th Nov 2021. Noted poets like S. Jaswant Singh Zafar and Tarlochan Lochi graced the occasion. Poems on a variety of unique themes were recited. On this occasion, the Department of Languages organized a book exhibition. International Mother Language Day was

celebrated on 21st Feb 2022. On this occasion, the Principal of the college, staff and students pledged to speak Punjabi, read, write, promote and spread the language. Dr. Jeet Singh Joshi, a noted scholar, discussed the significance of Punjabi Mother Language Day and the importance of the mother tongue.

Department of Economics

PG Department of Economics organised a PPT Competition on 30th Oct 2021. Students presented on current economic topics such as "The Current Status of the Indian Stock Market", "Belt and Road Initiative (BRI)", "India Short on Energy" etc. A poster making competition was held on 8th Oct 2021 with the theme "A Weapon As Powerful As Vote." The department celebrated Constitution Day on 26th Nov 2021. Various activities were organised to make students aware of the constitution day. Dr Sajla, Incharge Students' Council, delivered a lecture on the significance of Constitution Day. A quiz competition was also organised on this occasion.

Department of Geography

The department organized an interclass Map Filling Competition on 31st March 2022. Suman Kumari, Deepanshi Laluthra and Kartik were crowned first, second and third, respectively.

Department of Hindi

The department of Hindi organised a one-day workshop titled "Nagari Lipi Ki Vaigyanikta" in collaboration with the Nagari Lipi Parishad, New Delhi on 26th March 2022. Dr. Vinod Babbar, eminent writer and journalist, was the resource person who explained the nuances of Nagari script in the workshop. Ninety students attended this workshop in offline mode and seventy two students attended it through online mode.

Department of Botany and IMB

The Department of Botany & IMB organized a seminar on career counselling on 1st April 2022. Mr.Devraj Kaushik, Centre Head of AAA Bright

Academy guided the students regarding career opportunities after graduation. He delivered information about various upcoming vacancies in IAS/PCS/ Bank PO/ SSC/NTPC/UGC-NET/RAILWAY and the exam pattern. The main objective of this seminar was to motivate the students to achieve their goals in their desired fields.

CLUBS AND SOCIETIES

Students' Council

A Free Book Distribution Fair was organized by the Students' Council on 6th Dec 2021. The event took place under the aegis of Incharge Dr. Sajla. It was inaugurated by Principal Dr. Satya Rani who lauded this noble initiative for fellow students. Many students and teachers came forward and donated the books to the Book Bank. There was a rich display of books on almost all subjects for school and college students. The purpose was to benefit the needy students and also to inculcate the value of compassion in the students.

Women Development Cell

The Women Development Cell hosted a Mehandi competition on 23rd Oct 2021. International Women's Day was celebrated on 8th March 2022. It was dedicated to the legendary singer Lata Mangeshkar Ji. Tributes were also paid to the legendary poet, Sahir Ludhianvi on his birth anniversary. It was a five-day Mega event from 3rd March to 8th March 2022 which consisted of various online competitions of Poster Making, Slogan Writing and Best out of Waste. Cultural performances were put up by the students which included dance performances, a skit and poem recitations on the theme of gender equality.

Red Ribbon Club

The Red Ribbon Club celebrated World Aids Day by organizing a declamation contest on the topic "Never Never Give Up." A Poster Making Competition was also organized. RRC students

conducted choreography to create awareness about the consequences of drug usage on 4th Jan 2022.

Environment Society

Environment society organized a plantation drive on 28th March 2022 in which 300 roses were planted in the college campus. The students were motivated to save the environment, plant more trees and also to keep the college campus clean.

NCC Air Wing

Cadets from the college attended a Seven-day CATC camp from Dec 19 2021 to Dec 25 2021 at GNE Ludhiana Cadet Senior Under Officer Nizamul Haq of NCC Airwing (No. 4 Pb Air Squadron) participated in the Republic Day Parade held at Rajpath on 26 January 2022 and brought laurels to the college. It is after eight years that any Cadet from No.4 Pb Air Squadron Ludhiana (NCC AIR WING) has participated in the Republic day parade. Fourteen Cadets appeared in the B Certificate exam and 12 cadets appeared for the C certificate exam this year.

NCC Army Wing

Under the leadership of Commanding Officer Col. Naresh of 3 Punjab NCC Battalion, the cadets of the college, apart from regular training program, participated in various exercises assigned by the unit or Group HeadQuarter Ludhiana. These included participation in Combined Annual Training Camps, Ek Bharat Shreshtha Bharat Saptah (online), Republic Day Celebrations etc. 24 Cadets of NCC Training Year-2 appeared for 'B' Certificate exam held on 06-Feb-2022 and 26 cadets of NCC Training Year-3 appeared for 'C' Certificate exam held on 27-Feb-2022. Lt. Nitin Sood (ANO) was assigned the duty of conducting EBSB (online) from 20-25-Sep-2021. He was detailed for Pre RDC -II held at NCC Academy Malout from 25-Oct-2021 to 03-Nov-2021. He was also the member of board for conducting NCC C Certificate exam 2022. SUO Arshdeep

Singh participated in RDC-2022 at New Delhi.

NSS

NSS volunteers celebrated Independence Day by singing patriotic songs. Many of them recorded and uploaded "Rashtriya Gaan" on the website rastragaan.in/. An essay writing competition on the theme "A Vision for India in 2047" was also held. Gandhi Jayanti was celebrated on 2nd Oct 2021 by planting trees and pledging to do their best for Mother Earth. A quiz on "Life and Teachings of Mahatma Gandhi" was also conducted. A Poster Making Competition on 25th Jan 2021 to raise awareness among young voters about the significance of voting. More than 20 students participated in this competition and all of them created really appealing and inspiring posters. Rashtriya Ekta Diwas was celebrated by NSS volunteers on 30th Oct 2021. A team of NSS members commemorated National Constitution Day on 26th Nov 2021. Mrs. Suman Lata, the officiating Principal, read the PREAMBLE and explained the provisions of the constitution to the pupils. A quiz about India's constitution was also held. In this online event, 212 students reported their responses. NSS and Red Ribbon Club volunteers put on a cultural extravaganza on 4th Jan 2022 to promote the spirit of togetherness in diversity under the theme "Ek Bharat Shreshtha Bharat." Everyone appreciated the beautifully choreographed 'Giddha' and 'Dandiya.' National Girl Child Day was celebrated on 24th Jan 2021 with the creation of posters on the theme "Beti Padhao Beti Bachao." A slogan writing competition was also organized.

The NSS team hosted an online Youth Parliament on the occasion of the 73rd Republic Day. The students discussed and reflected upon crucial issues like drug addiction, brain drain, and water depletion. Volunteers arranged a one-day camp on the college campus on 25th Feb 2022. Sixty Volunteers segregated themselves into teams and targeted the designated locations, picking up garbage and making the area clean

and appealing. An Annual Seven-Day Camp was organised by NSS Unit from 19th to 25th March 2022 under the aegis of programme officers Prof. Geetanjali and Prof. Arun Kumar. A number of activities aimed at promoting cleanliness and creating awareness regarding water conservation were organized under the theme of 'Swacch Bharat and Jal Shakti Abhiyaan'. Students also paid visits to an orphanage, a slum school, a school for children with special needs, a skill centre for the LGBT community to spend quality time with them and tried to spread happiness in the spirit of celebration of 'International Happiness Week'. "Campus Clean-up Drive and Save Water Campaign" were some of the highlights of the camp. A blood donation camp was also organised and around 80 students donated blood. Cultural events marked the concluding day of the camp.

CULTURAL & HERITAGE ACTIVITIES

Zonal Youth Festival

The college accomplished a hat trick and bagged the overall trophy at the Panjab University Zonal Youth and Cultural Festival for the third time (Zone-A). The event took place from 10th to 13th Nov 2021 at Mata Ganga Khalsa College in Manji Sahib Kottan. Fifteen colleges participated and 62 competitions were contested during the festival. SCD Government College won the overall trophy after competing in 59 categories and winning accolades in 45 performances.

Bhangra Blast Cup

To commemorate Kisan Andolan's victory, the Bhangra Blast Cup was staged in Sangrur. Bhangra teams from all universities and colleges of Punjab participated passionately in Bhangra Blast Cup. SCD Government College's Bhangra squad won a cash prize of Rs 41000 by securing the first position in this competition.

SPORTS ACTIVITIES

The college players emerged champions in the

Panjab University Intercollege Basketball Tournament held on university campus grounds, Chandigarh, from 1st Dec to 4th Dec 2021. Five Basketball players namely Gurbaz Singh, Mannat, Manjot, Navkarman and Arvinder Singh played in the 71st Senior National Basketball Championship and won gold medal. These players from the college went on to represent the Panjab University basketball team which won the gold in All India Khelo India Games in Bengaluru recently. The college Volleyball team as well as Chess team, both secured second position in PU intercollege tournaments. Two college wrestling (freestyle) players, Sanjeed Singh and Surinder Singh were placed second and third respectively, in an intercollege competition held at Abohar. Harkaran Singh got a bronze medal in PU intercollege karate. Harpal Singh won a gold medal in the triple jump and also a silver medal in the long jump. Gurkomal Singh got a gold medal in 800m. College weight lifting players Chetan and Karan ended up winning silver and bronze medals respectively at PU intercollege competitions held at Gobindgarh Public College, Alour, Khanna. In Taekwondo, Anmol Kanojia won the silver medal under 58kg weight category while Ashok Kumar won bronze medal under 68 weight category. Kanwar Gurbaz Singh was declared the Best player of All Inter University Basketball Men's Tournament held from March 21-24, 2022. The 102nd Annual Athletic Meet was organized in the college on 5th and 6th April 2022. The Meet was declared Open by Olympian Sardar Sukhbir Singh Grewal, also an old student of the college and an international hockey player. MLA Gurpreet Gogi was the chief guest on the occasion.

FACULTY ACHIEVEMENTS

Prof Dr Ashwani Bhalla from the Department of Commerce and Business Innovations got promoted as ADPI, Department of Higher Education Punjab. Prof Suman Lata from Commerce Dept joined as Principal, GCG, Ludhiana. Dr Harblas Heera was bestowed upon

an Award of Honour by the Department of Youth Welfare Association, Panjab University Chandigarh. Prof Nitin Sood from the Physics Department has been granted a patent on "Use of Nanotubes to Transform High Temperature Liquid Crystals into Room Temperature Liquid Crystals". Prof Narendra Buddhiraja from the same department attended a webinar, a workshop and completed two faculty development programmes. Prof Sondeep from the Department of Hindi was awarded the PhD degree. Professor Kajla from the Department of English has submitted her PhD thesis and defended her viva successfully. Dr Neelam Bhardwaj published six research papers in journals and three chapters in edited books. She was also invited as a resource person in various colleges. Prof Amita, Prof Sumeet and Prof Sarika completed NPTEL Faculty development programmes. Prof Gursharn Jit Singh from the Department of Mathematics published a book titled Discrete Mathematical Structure and also published a research paper in an international journal. Prof Mukesh, Prof Darshpreet and Prof Monica attended faculty development programmes. Prof Devina Ghai from the Botany Department published a research paper and Prof Shashi Bala from the same department published a chapter in an edited book. Prof Deepia Kalsi from the Zoology department attended a seven day workshop. Prof Iradeep from the Dept of Economics published two research papers and submitted an ICSSR Project on Electronic Payments System as a co-investigator. She delivered a lecture as a Resource Person in Atam Vallabh Jain College Ludhiana and also acted as an Anchor of Rachna Program of Doordarshan on 5th April 2022 with eminent poet Madhu Madhuman ji.

Amita Thaman

Associate Prof.

Dept. of English

Shut Down... Reboot.



It was the cynosure of all eyes when it first came into the family. All were agog with excitement. It was given pride of place in the drawing room and everything else was rearranged. Pieces of embroidered cloth did further 'sprucing up'. It was ready to be shown off to neighbours and relatives who poured in eagerly. You had to press a few buttons. It didn't have too many of those, yet you had to be mighty careful because a host of people would be watching you with eagle eyes, ready to pounce. A single false move and loud indignant cries would ring out, frightening the wits out of you. At times some fiddling would also be required with some contraption somewhere on the roof. After all, it's the wind's business to blow. A collective cry of euphoria would go up when the vertical parallel spectrum of colours appeared on the screen. Surprisingly, no lessons in punctuality were required. People would pile up before it on the sofa, on the floor, in every chair, well ahead of time, making the room look like a mini theatre. For once, everybody was a stickler for time, bristling with anticipation. On days when India would be facing its 'arch enemy' in Eden Gardens, the room would turn into a stadium. In households across the world, it became a permanent fixture. Its dimensional values changed, making it bigger and slimmer. Its power increased manifold. It extended its monopoly over our time and began to interfere with studies, play, work, and general peace of mind. Remember, Roald Dahl cried himself hoarse calling out its villainy in ruining little children who would *"...loll and slop and lounge about ... stare until their eyes pop out..."* He cried, *"... they're absolutely drunk with ... shocking ghastly junk."* He shrieked, *"IT ROTS THE SENSE IN THE HEAD! IT KILLS IMAGINATION DEAD ... HIS POWERS OF THINKING RUST AND FREEZE."* He tried to convince us to get the children to read books as they did in the good ol' days. Ridiculous, you declare! The good ol' man seems to have gone berserk, everywhere you look, it has well-nigh become ubiquitous. Its fans are legion. Then something strange happened. It went further and morphed into something far more

powerful, and started wearing many hats, a combination of a host of features all rolled into one. It is now an extension of our hands. You don't believe it, cast your glance around, and what do you see – an explosion of different sized flat surfaces emitting light - almost everyone is glued to one of them, all hunched over, slumped, eyes staring fixedly, completely absorbed, oblivious of everything around, even while walking ... while driving ... during daily victuals ... it commands full attention. One ring, one ping, and you can see people drop everything they were doing. The urge to respond immediately. Life can wait but not this. All the while, completely unmindful of the perils in which they might be putting their own safety and that of others. It's a common enough sight to see vehicles pulled along the curb while their drivers are engrossed in tapping their fingers instead of being alert. Some are jugglers of the highest order. They can manage a lot at the same time. Case in point is: previously parents were distraught at their children's obsession, now even the adults are addicted and are losing track of the children. You find children all bleary-eyed, dazed, listless, and cranky. Try prying it out of their fingers and see if you are not assailed by ear-splitting screams and tantrums of all sorts. Its hazards are established beyond doubt: stress, anxiety, irritability, depression, sleep deprivation, isolation, fatigue, insomnia, and so on and so forth. You don't need to be reminded that it causes brain tissue damage. Electromagnetic radiation accelerates brain activity to the extent that we feel our brain is all tangled up like spaghetti or like the profusion of wires around a system or like the precariously dangling crisscross tangle of wires around an electricity transformer, a common enough sight in our whereabouts. Roald Dahl would have thought that he had sufficiently warned us, could he have imagined the *en masse* distracted 'tech-neck' walk into impending danger? He must be tossing in his grave. My head sure is spinning. What is to be done? Shutdown ... reboot.

Harmeet Kaur Jhaji
Asstt. Professor
Department of English

OTT- A GO-THROUGH to Justify Crimes?



OTT in India has been on the rise since 2017. OTT platforms namely Netflix, Amazon Prime, and Disney + Hotstar disrupt the idea of Indian as well as world television with their exclusive and extensive offerings.

According to a report by Asian News International, the OTT market in India has risen in minutes of consumption from 181 billion to 204 billion minutes in 2021. These statistics are enough to indicate that OTT has slowly grasped the idea of hopping on as the 'new normal' for television.

OTT content is widely being preferred over mainstream television because when it comes to OTT, the Censor Board has nothing to do with it. No organization has the authority to provide gatekeepers or watchdogs to censor content on web series and movies released these days on OTT. Hence, it has become extremely difficult for political parties to run their propaganda, exploit and manipulate cultural and religious realities in order to mislead the masses. People are increasingly coming across ideas which they feel the need to adopt. Also, it is a nice way to target the hard-to-reach Cord Cutting and Cord Trimming Audience. Along with it, we tend to waste less time on ads. We can view commercials based on our location, interests, and demographics. We have more control, we can start, stop, resume, and change channels and programmes at any time. Most importantly, there are lesser exaggerations in today's content, stories are primarily focused on reality and on exposing the stereotypical manifestations of certain events.

But some people have consistently been taking a dig at all that is being shown in OTT these days. The memory of what happened to Nikita Tomar, a 20-year-old Indian student, is still fresh. In a bizarre incident, Nikita was

shot dead by two men outside her college in the town of Ballabhgarh in the Faridabad district of Haryana on 26th October, 2020. One of the boys who shot her wanted her to marry him and allegedly convert to Islam, which she refused. The accused confessed that he took inspiration for his shockingly immature and misguided action from a web series named Mirzapur. This tragic happening generated severe criticism for OTT for brainwashing the younger generation to indulge in such heinous acts. I seriously wish that it wasn't the case. It's the youth who needs to step up and be crystal clear about ethical motives. To bash the content amounts to sheer injustice to the good content being floated via OTT apps. Not sidelining the negatives which come along with OTT, not justifying everything to be morally correct, but the fact is that not everyone starts relating to the negative characters of movies and web series. Even if some people start developing a personal liking for some negative characters, one should be morally and ethically sound enough to distinguish between the right and the wrong.

Bashing the entire OTT would, in fact, give an indirect edge to evils prevalent in our society and I wonder what other options such evils might appropriate in future as their defense mechanism. Even if some segments of our society unintentionally consider OTT as a 'go-through' to every crime, we should remember one thing, crime depicted in the content is adapted from mainstream reality. The dark genre is a reflection of evil present in humanity and people should have no one else to blame but themselves if they end up

taking 'Theatrical Blood' as inspiration to act.

Sandeep Virk

M.A. I English

Roll No. 81



Let's talk about it! The Mental Health Taboo in India



How important is Mental Health? Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental

health is important at every stage of life, from childhood and adolescence through adulthood.

A report by WHO states that 7.5 percent of Indians suffer from some mental disorder and predicts that roughly 20 percent of Indians will suffer from one or the other form of mental illness by the end of this year. It estimates that about 56 million Indians suffer from depression and another 38 million Indians suffer from anxiety disorders.

However, India seems to be lagging behind in terms of identifying and addressing mental health and the issues related to it. The social pressure to be perceived as 'normal' manifests itself in unhealthy stigma and pressure against getting help. Pressure to appear normal; to keep up a normal appearance; to protect the so-called family honour; and to deny oneself help in the form of counselling and treatment.

In India, the singular age-old social adage of, 'What will people say?' applies to all. In India, the fear of social stigma is hiding in plain sight. It's not about just motivating the patients; it is about preparing society. Everyone needs to wake up to

the urgency of removing the existing societal taboos around mental health care in India.

Psychiatric treatment in India is a taboo subject. In a country that is forging ahead to join the other powerful countries, many people still believe that any kind of mental illness means the person is mad and is no longer fit to participate in society.

The sheer dearth of experts is astounding. In India, there are three psychiatrists for every one million people. In the UK, there are over 14,000 psychiatrists for every one million. In India, access to mental healthcare is lacking in both urban and rural areas. Nuanced professional training is not the norm. Moreover, insurance does not make mental healthcare affordable.

Depression and anxiety attacks are frequently tagged as minor inconveniences. What's worse, individuals with mental conditions tend to hide their issues due to fear of being looked down upon and judged by a conservative and opinionated society. Shedding these negative qualities and bringing about a culture change across the board may take several years in India.

A survey conducted by The Live, Love, Laugh Foundation, a non-profit organization that deals with mental health issues, revealed shockingly cold-hearted and misinformed attitudes toward mental health in India. Sixty percent of respondents believed that lack of self-discipline and willpower was one of the main causes of mental illness. Victim-shaming tactics and expressions have consequences and ought not to be thrown around without considering the havoc they may wreak in the lives of those in need of care and empathy. For them, just a few careless words could mean the difference between life and death.

Mental illness has no prejudice. It can affect people of every race, age, gender, religion, and economic status. It is important to know that mental illness can be treated. It can happen to anyone. We've got to get rid of that

embarrassment; we've got to get rid of that stigma. Too many Indians who struggle with mental health illnesses are still suffering in silence rather than seeking help, and we need to ensure that just as people don't hesitate to see a doctor if they have a broken arm or come down with flu, similarly they have that same attitude when it comes to their mental health.

"What mental health needs is more sunlight, more candour, more unashamed conversation."- Glen Close

Jasnoor Kaur
MA II English
Roll No. 6003

The Ramayana

The Ramayana is a love anthology
Teaches values and ideology
It stands for victory over evil

The love among king Dashrath's munchkins
The love with which
The evil could be punched

The love of a wife for her soul mate
The love that crafted Ma Sita's fate
The love between Bali and Sugreev
Though loaded with intrigue

The love of the devotee for his Lord
Is what made Pawan Putra
A figure of reverence
The love of Shabri for Lord Rama
That broke all shackles of caste
And worked for her like a soothing balm

The Ramayana
Is not just about Lord Rama
It is love's panorama
It is life's panorama

Anamika Rai
Asst. Prof.
Department of English



What Was I Without You

What was I without you
A ship without a rudder
No fire in my eyes
No yearning to excel



What was I without you
Living an aimless life
No passion to do well
No dreams, no aspirations

What was I without you
One day something changed in me
I was full of hope and
Came out of my slumber

You have shown me my path
You have shown me the way to live
You have taught me
What life is all about
You have told me
That I can rock the world

You told me that I am a creative genius
You told me that I can aim far
You were my Dhronacharya
And my Chanakya

You are the one who makes kings
Yet you shy away from the glory of thrones
You took upon yourself
Stones pelted by people
So that I could bloom
So that I could rise
So that I could grow
You sowed, I reaped

What was I without you
You made me what I am
I owe you my success
I owe you my life
I offer you my tribute.

Iradeep
Assistant Professor
Department of Economics

Russia-Ukraine Crisis: War in the Modern World



As the night sky fills itself with deafening sounds of missiles and jets and the day light gets choked with smoke, we witness the trail of destruction and the pain of thousands exiled from their homes. The on-going

Russia-Ukraine crisis has dominated headlines since the Russian invasion of Ukraine on 24th February, 2022 which the Russian president Putin has described as an operation to systematically Demilitarize and Denazify the former Soviet dominion. Diplomatic altercations between Russia and Ukraine have been continuing since Russia's annexation of the Crimean plateau in 2014 and its constant support to Russian separatists in the Donbas region of Ukraine. Tensions were high after Ukraine lost much of its industrial region of Crimea. Moreover, the Crimean conflict had dislocated large chunks of its population which was then rehabilitated with great difficulty to western parts of Ukraine. The situation aggravated after the recent rise in speculation regarding Ukraine joining NATO (North Atlantic Treaty Organization), the 30-member collective security organization of other European and western nations. This scenario is not in the interests of Russia because NATO is known for providing intensive military support to its member nations and it also ensures that the security interests of its members are not compromised under any condition.

Moreover, NATO is a group dominated by western nations like the United States of America and Great Britain with whom Russia has never had any cordial relations since the Cuban Missile Crisis of 1962. Consequently, Russia had shown its disapproval towards the close of 2021 of Ukraine joining NATO but since US, Germany, Britain and several other members of NATO seemed adamant and recalcitrant of any negotiations with Russia, Russia launched a military operation against Ukraine and the

situation has since then been completely catastrophic for the inhabitants of Ukraine. Gun-shelling, air strikes, missile bombardments in major cities of Kherson, Kharkiv, Kyiv, Mariupol, Odessa have led towards huge destruction and mass migration and dislocation. More than four thousand citizens have been killed and millions have been forced to take shelter in metro stations. Many have fled their nation. More than five million people have migrated to Eastern Europe; foreign nationals in Ukraine have been desperately appealing to their embassies to take them to their country. Operation GANGA was carried out by the Indian government to bring home about 25000 medical students by airlifting them. Countries sharing their border with Ukraine like Poland, the Czech Republic, Romania, and others have stepped in to help the refugees during this atrocity and have set an example of humanitarianism spirit. The citizens of these nations have certainly proved themselves good Samaritans.

Across the globe several demonstrations and peace marches have been carried out so as to bring this conflict to an end. Consistent efforts have been made to explore ways to put an end to this catastrophe. The Ukrainian president, Volodymyr Zelensky, who had within a few days proved himself to be a true patriot, said in a press conference on 10th March 2022 that they have made a decision not to join NATO's alliance since NATO countries did not support them during this atrocity and now they have decided to listen to the demands of Russia for Crimea and Donbas regions. A cease fire was signed and the situation seems to be under control. However, in this battle thousands of lives have been lost and many have lost their loved ones and millions have been dislocated from their homes. A thriving and developing nation like Ukraine has suffered a very huge economic setback. It is the duty of international organizations like the United Nations and IBRD (International Bank for

Reconstruction and Development) and IMF (International Monetary Fund) to provide the government of Ukraine with the necessary economic resources and aid so that it can rebuild itself. It is also important to address the difficulty of the refugees whose sentiments, emotions, culture, and identity are associated with their motherland. This conflict again evidences the fact that in the end its humanity that suffers the most, the plight of these innocents who had been ambushed unawares are the ones who suffer the most. A war is and never will be a solution to any problem as all that it leaves behind is destruction and agony.

Krish

BA I

Roll No. 222



What Should I Write?

What should I write for this magazine?
 So that I may win hearts
 I don't have the skill of expression
 But my pen is eager to start
 I know that my writing may not please all
 Yet, I desire to write
 An article small.
 What should I write then?
 A short story or a poem perhaps...
 A message with lofty thoughts or a fairy tale
 But alas! I am a poet unskilled.
 Strangely, with this ending
 My desire is fulfilled.



Rahul Garg

MA II English

Roll No. 6011

Procrastination: The Art of Instant Gratification and Later Lamentation



Have you unnecessarily and needlessly put off writing an important assignment with a weighing deadline and binge-watched Netflix or played a video game or merely bored holes into the walls with your eyes, instead? And then took a

nap to compensate for the subsequent loss of sleep? Sounds like a “we” problem. Termed the 'thief of time', procrastination is defined as the deliberate postponement of a desired, essential, and/or significant action or responsibility, such as a task or a decision. Notwithstanding the likelihood of negative effects that outweigh the benefits of the delay, the unpleasant repercussions are often instrumental in giving an initial immediate gratification. The six different behavioural types of procrastinators are the perfectionist, the dreamer, the crisis-maker, the avoider, the overdoer, and the worrier. Being extremely prevalent, approximately every second student is estimated to engage in procrastination to a varying degree. (Rothblum et al., 1986; Steel, 2007). More than deficient time management and study skills, from a cognitive-behavioural perspective, we procrastinate because of anxiety, fear of failure and fear of consequences of success, difficulty in decision-making, perceived aversiveness of the task, physical or mental exhaustion, peer influence, and perfectionism exceeding people's self-control and motivation.

As a biology backup, demystifying procrastination as laziness, science attributes procrastination as a battle between the limbic system and the prefrontal cortex. The limbic system is the dominant portion of our brain and the unconscious zone including the pleasure centre which Tim Urban calls the 'dark playground' inhering the 'Instant Gratification Monkey'. The prefrontal cortex is the weaker portion of the brain that allows one to integrate

information and is helpful in decision-making which Tim Urban calls the 'Rational Decision-Maker'. With the advent of the willing-to-defer task, the mind of a procrastinator is tempted to give in to the 'hedonic pleasure' while selectively blinding oneself to the long-term goal. Result – limbic system: 1; prefrontal cortex: 0. So, what procedures should we undertake for the treatment of procrastination? First, identify if you are a procrastinator. Second, hunt for the temptations and factors that are making you one. Third, adopt anti-procrastination strategies to free yourself from the clutches of this habitual pattern of behaviour. Though it is easier said than done, to tackle procrastination, the following coping strategies have been recognized to be useful: Start simple and build a habit to keep a to-do list.

- Chunk your task into smaller tasks to make it less intimidating.
- Do not run from the fear of beginning and tackle tasks as they arise.
- Self-impose deadlines on tasks in which procrastination may impede performance.
- Minimize distractions and temporarily bid goodbye to social media.
- Commit to the task by rewarding yourself for initiating and completing the task and penalizing if you do not.
- Introduce yourself to time-bound goals for beneficial time management.
- Connecting with a therapist could be beneficial for a long-term procrastinator aiming to break the habit and identify the emotional triggers.

Geetika Dhir
MA II English
Roll No. 6046

"The mind is everything. What you think, you become.

-Lord Buddha

"Life moves on and so should we."

- Spencer Johnson,
Who Moved My Cheese?

Don't be Cruel to Animals



Can you take a rough guess on how animals are slaughtered every day just to meet our materialistic needs? A tiger is killed for its skin and bones, an elephant is poached for ivory, and many other beautiful creatures like antelopes,

leopards, otters, snakes, and sea snails are in danger. All because of man's greed. Not many people are aware of the fact that our country is among the richest countries in terms of biodiversity. Killing animals for their skin, bones, and ivory and selling the same to other countries is known as poaching, which is a crime. In the zoo at Lusaka & Zambia, there is a cage where a notice reads – 'The World's Most Dangerous Animal'. Inside the cage, there is no animal but a mirror where you see yourself. This signifies that the world's most dangerous animal is man himself who can kill all other animals for his selfish motives.

Hunting animals is done to fulfill our materialistic needs. We get leather from their skin which is used to make shoes, handbags, and jackets. Antelopes are killed to make the famous Shahtoosh shawls. Sea snails are poached for their shells which are used as 'Shankhs' in our religious practices, and there are many more such practices.

Animals are an integral part of our ecology. If animals are continuously subjected to such brutality, the entire food chain will be disturbed. Animals cannot express their pain, but they do feel pain. We must join hands to create worldwide awareness and join protests against cruelty to animals. Just as we depend upon them, they too depend upon us. In fact, we need them more than they need us.

Rahul Garg
MA II English
Roll No. 6011

War and Collateral Damage

War! War! War!
Oh, the hell you give rise to!
Such a beautiful state,
Turned into a grave.

A shimmer of the sun,
With soothing of the moon
And twinkling of the stars,
Everything lost in the blink of an eye.

Ear splitting shrieks,
Burns, wounds and scars
Upon the masses,
And, the flora and the fauna too.
Fury so murderous and bizarre,
All innocence snuffed out.

Rising enmity and jealousy,
Fast paced the conflicts.
No mercy to thy neighbour.
Mankind in despair.

God Almighty!
Bless us all with Your Grace,
End all evil by Your Command,
And spread virtue with Your Power.



Ankita Arora
BSc Medical
Roll No. 1211150280005

Why Hide? Go Seek...

Today, tomorrow, and every day,
We find ourselves in a quandary,
Day in and day out.
Right from the first cry
Till the last rites,
Many a time we engage
In unnecessary and futile fights.

Our brain tests the extremities
In which we confine our own selves,
The mirage that we come across,
The threshold which we do not cross.
Let's smash these boundaries
and throw them away.

People will find fault indefinitely, but
You have to rise quite confidently.
Advocate yourself and step out
From being a frog in the well.
Expand your thoughts and reach all heights,
Don't just confine yourself to Instagram likes.
Pull yourself up, remove all confusion,
Introspect and explore, within and without.
Don't just stay indoors,
Look out of the windows,
And step out of the doors.
Then you may find the elixir of life,
The impetus to seek, and not to hide.



Harshit Dureja
BSc III
Roll No. 4126

Do you know...?

- The board game, Snakes and Ladders originated in ancient India in the 2nd Century BC. Where it was known by the name Mokshapat or Moksha Patamu.
- India was the first country to mine diamonds. The first diamonds were found and mined in India more than 1000 years BC.
- The Kumbh Mela is visible from space.
- "The word 'shampoo' originated in India. It comes from the Sanskrit word 'champu', which means 'to massage'.



Culled from the net by
Mansi Verma

Roll No. 6014, MA English II

UAE- A Window of Opportunity for TATA IPL



The Coronavirus outbreak has halted major sporting events all across the globe. Covid-19 has had a huge impact on sports and still has been affecting many sporting events for the past two years from the cancellation of Wimbledon to the postponement of the Tokyo Olympics 2020. Cricket's marquee event, TATA IPL got underway in strange circumstances and it was not in stadiums in India like the Wankhede Stadium in the 'City of Dreams' or India's Lords – The Eden Gardens in Kolkata, or up towards the north –the PCA Stadium in Mohali where the God of Cricket, Sachin Tendulkar surpassed Brian Lara to become the highest run-getter in Test Cricket, or the HPCA Stadium, surrounded by the beautiful mountains of Dharamshala, and flooded with passionate and enthusiastic fans. The last two seasons were played behind closed doors of the dry and dusty pitches of the UAE.

An alternative just had to be found, and closer to the sub-continent the better. The UAE isn't one of the top cricketing jurisdictions that play 5-day games called 'Tests'. Unlike the national contests that typically play out in days' long clashes between national teams, IPL is synonymous with a smash-and-bash short format, called Twenty-20, or T-20. Matches are done and dusted in a few hours. Each side gets 20 overs each and there are also some Double-Headers at weekends.

With the addition of 'Rising Pune Supergiants' and 'Gujarat Titans', ten teams in the tournament, all based in India, feature domestic stars along with the best global talent which money can buy. In times such as the present, it is easier to manage a domestic competition than clusters of international teams with diverse customs and quarantine requirements that come with them. With UAE offering just three stadiums to BCCI, it

got easy for all the participants to manage their workload and minimize their travel time, which surely helped them recover and rejuvenate quickly.

UAE is perfect and one of the safest places, precisely in terms of the way they managed the outbreak. It has great transport links with the rest of the world, with very good facilities. UAE hosted most of Pakistan's home games since 2009, and the International Cricket Council (ICC) has its global academy there and they have coped with Covid-19 relatively well. For UAE, staging the IPL was never going to be a big task as they had already staged half of the IPL back in 2014.

But it was for the franchises which had to go through new norms and regulations. Teams faced a new normal of Bio-Secure Venues, Chartered Flights, and quarantining teams on arrival. All of this took ample amount of time and a good amount of money, also the revenues earned from it were subsequently decreased. Though the teams did not have to fly in the whole squad from a particular country. The difference is that they got a lot more games for the time and effort of creating an environment to play. There are 60 IPL matches in seven weeks — over the same period, an international team might be able to play five tests and, say, six shorter-form games, in addition to two more teams. Fans will get to celebrate IPL for more than 70 matches this season.

Spectators and fans are all set to experience high voltage cricket by the end of March 2022 until and unless the world gets hit by the fourth Covid-19 wave. This will increase the chances of a third consecutive season either getting initiated or shifted to the UAE. IPL has always been considered as a two-month-long festival, where everyone just gets involved and starts supporting their favourite franchises, maybe it is because of connecting with a local team or following a team

just because of favourites in a particular squad. Fans invest and have been investing a lot, in terms of emotion, love, and time into IPL for more than a decade now. TRP Ratings of previous seasons have been consistently proving that fans will just be glued to the television set and enjoy high-quality cricket and friendly banter with their loved ones.

Sandeep Virk

MA I English

Roll No. 81



Never Give Up

'Consistency is the Key to Success'



Have you observed that babies keep crying until they get what they want? Well, this is just how not giving up is inbuilt in humans from day one. We just need to light that spark again. If a message was to be given to youngsters

today, it would be this: Never give up! Giving up is what cowards do and I am sure none wants to be a coward. Struggle never fails you and will lead you to success some day for sure. But for that, you need to have an aim in life even if you don't know the why and the how, strive to achieve it. According to former president of India, Dr. APJ Abdul Kalam, there are four principles to achieve success:

- One should have an aim in life
- For that Aim one must continuously acquire knowledge
- Perseverance
- Hard work

By inculcating all these four principles in our life we can easily achieve our aim. There will be hard times when you would feel that you

have lost all strength to cope and march forward but these would also be times when you would discover your weakest point and can thus, work upon it. If one does not quit in one's weakest moments, one would have half won the game of life. One should keep oneself busy; this way one would have no time for negative thoughts and distractions that shift one's focus. I hope reading this will motivate the readers to never give up and to keep striving till one achieves one's goals.

Kishan

BA II

Roll No. 1857



Interesting Facts

- There is a word for loving the smell of old books, it's called 'Bibliosmia'.
- The fear of running out of something to read is called 'Abibliophobia'.
- Virginia Woolf was the granddaughter of the novelist William Makepeace Thackeray.
- The first known person to use the word 'outsider' was Jane Austen in a letter written 1800. Outsider means "a person who does not belong or is not accepted as part of a particular group or organization."

Culled from the net by



Mansi Verma

MA II English

Roll No. 6014

The Handmaid's Tale



Margaret Atwood's name is broadly associated with women's rights. Her enthralling books are about the oppressed universe of women, where institutional prejudice maneuvers them into nothingness. Her works likewise portray women's inherent longing to be liberated from all constraints in order to live autonomously. *The Handmaid's Tale* (1985), which won the Governor General's Literary Award for English-language fiction in 1985 and was nominated for the Booker Prize in 1986, is Atwood's sixth novel which proceeds with her investigations of gender and identity. Atwood depicts the situation of women who have been deprived of all authority, oppressed by injustice, and are compelled to follow unjust laws.

The Republic of Gilead, a vaguely defined region somewhere in the United States of America, is a nation where the government was overthrown by a religious cult group that subsequently forced everyone, particularly the women, to follow a dogmatic set of rules. Here, the women are classified either as 'women' or 'unwomen' based on their reproductive potential. White fertile women, termed Handmaids, were compelled to serve a singular purpose in society: to produce children for infertile aristocratic couples. In reality, the handmaids are consecrated receptacles who have had to consent to serve affluent white people through fertilization. Offred, the narrator of this novel, is a handmaid whose role is to procreate and to be passed on from one infertile family to another. Women, who are either unable to have children or refrain from doing so for the state, are designated as 'unwomen' and sent to weird and dangerous colonies to die slowly from disease caused by radiation. Hence, a woman in Gilead has no alternative but to comply.

Here, the women are continuously bombarded

with conflicting images of their own selves – is she her mom's little girl despite the fact that her mom's name isn't on the record, can she still be called a wife though her better half isn't anywhere near, can she be termed a mother when her girl believes her to be dead, can she still be called a lady when she is so near being marked as an 'unwoman', or is she still a human being now that she does not have any liberty or even a name? The Republic of Gilead is a nation where most women are increasingly becoming infertile, yet the fertile ones are being treated awfully. In Gilead women are stripped of all privileges, power, and the capacity to earn money. Indeed, even their names are snatched from them as a result of the tasks they are forced to perform. Its key individual has no name, only a patronymic, Offred (Of-Fred) as she belongs to the Commander named Fred. In this novel, by carrying sexist attitudes to their logical conclusion, Atwood exposes the hazards of sexist beliefs and the extent to which they can dehumanize women.

Babbandeep Kaur

MA II English

Roll No. 6021

Physiological Facts about Women

- Women are biologically sensitive to high-pitched noises so that they can hear their offspring even when they are asleep.
- Women don't prefer taking risks because of their bigger angular cingulate cortex which prevents them from jumping into danger!
- Women see 20% more colour than men because of genetic mutation.

Culled from the net by

Mansi Verma

MA II English, Roll No. 6014

ਸੰਪਾਦਕੀ



"ਸਾਡੇ ਸਾਰਿਆਂ ਵਿਚ ਬਰਾਬਰ ਦੀ ਪ੍ਰਤਿਭਾ ਨਹੀਂ ਹੈ ਪਰ ਸਾਡੇ ਸੁਪਨਿਆਂ ਕੋਲ ਆਪਣੀ ਕਾਬਲੀਅਤ ਵਿਕਸਤ ਕਰਨ ਦਾ ਇਕ ਬਰਾਬਰ ਮੌਕਾ ਹੈ।" (ਏ. ਪੀ. ਜੇ ਅਬਦੁਲ ਕਲਾਮ)

ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਇਕ ਅਜਿਹਾ ਪੜਾਅ ਹੈ ਜਿਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਮਨ ਆਪਣੀ ਕਲਮ ਰਚਨਾ ਨਾਲ ਸਾਹਿਤ ਦੇ ਖੇਤਰ ਵਿਚ ਪ੍ਰਵੇਸ਼ ਕਰਦਾ ਹੈ। ਉਸ ਵਿਚ ਅਸੀਮ ਸੰਭਾਵਨਾਵਾਂ ਹੁੰਦੀਆਂ ਹਨ ਜੋ ਦਿਨ ਰਾਤ ਪੁੰਗਰਦੀਆਂ ਹਨ। ਜਿਸ ਨਾਲ ਉਹ ਸਮਾਜ ਵਿਚਲੀਆਂ ਸਮੱਸਿਆਵਾਂ ਪ੍ਰਤੀ ਜਾਗਰੂਕ ਰਹਿੰਦਾ ਹੈ। ਮਨ ਦੇ ਇਹਨਾਂ ਵਲਵਲਿਆਂ ਨੂੰ ਉਹ ਆਪਣੀਆਂ ਛੋਟੀਆਂ-ਛੋਟੀਆਂ ਕਵਿਤਾਵਾਂ, ਕਹਾਣੀਆਂ, ਵਿਚਾਰਾਂ ਆਦਿ ਰਾਹੀਂ ਪ੍ਰਗਟਾਉਂਦਾ ਹੈ। ਵਿਦਿਆਰਥੀ ਮਨ ਦੀਆਂ ਇਹਨਾਂ ਸੰਵੇਦਨਾਵਾਂ ਨੂੰ ਪ੍ਰਗਟਾਉਣ ਵਿਚ ਕਾਲਜ ਮੈਗਜ਼ੀਨ 'ਸਤਲੁਜ' ਪੇਸ਼ਕਾਰੀ ਦਾ ਮੁੱਢਲਾ ਸਰੋਤ ਬਣਦਾ ਹੈ।

'ਸਤਲੁਜ' ਮੈਗਜ਼ੀਨ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਇੱਕ ਅਜਿਹਾ ਚਾਨਣ ਮੁਨਾਰਾ ਹੈ ਜੋ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਹਨਾਂ ਵਿਚਲੀ ਕਾਬਲੀਅਤ ਨੂੰ ਵਿਕਸਤ ਕਰਨ ਦਾ ਬਰਾਬਰ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ। ਇਸ ਵਿਚ ਹਰ ਅਧਿਆਪਕ ਆਪਣੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰਲੀ ਪ੍ਰਤਿਭਾ ਨੂੰ ਪਹਿਚਾਣ ਕੇ ਉਹਨਾਂ ਦਾ ਰਾਹ ਦਸੇਰਾ ਬਣਦਾ ਹੈ।

ਇਸ ਉਮੀਦ ਨਾਲ ਕਿ ਸ਼ਾਲਾ! ਸਾਡੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਇਹ ਕਲਮ, ਜਿੰਦਗੀ ਰੂਪੀ ਆਸਮਾਨ ਦੀਆਂ ਖੁਲੀਆਂ ਫਿਜ਼ਾਵਾਂ ਨੂੰ ਛੂਹੇ ਅਤੇ ਸਮਾਜ ਪ੍ਰਤੀ ਆਪਣੀ ਭੂਮਿਕਾ ਨੂੰ ਨਿਭਾਵੇ.....

ਮਨਦੀਪ ਸਿੰਘ
ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ
ਪੰਜਾਬੀ ਵਿਭਾਗ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕੀ



ਪੰਜਾਬੀ ਮਾਂ-ਬੋਲੀ ਇੱਕ ਰੌਸ਼ਨੀ ਆਸ਼ਿਕ ਲਾਹੌਰ ਨੇ ਕਿੰਨੀਆਂ ਸੋਹਣੀਆਂ ਸਤਰਾਂ ਲਿਖਿਆ ਹਨ:-
ਇਸ ਵਿੱਚ ਪੜ੍ਹ ਤੂੰ, ਇਸ ਵਿੱਚ ਲਿਖ ਤੂੰ,
ਇਸ ਵਿੱਚ ਕਰ ਤਕਰੀਰਾਂ, 'ਮਾਂ-ਬੋਲੀ'
ਦਾ ਪੱਲਾ ਫੜ ਲੈ, ਬਣ ਜਾਸਨ ਤਕਦੀਰਾਂ।'

ਮਾਂ ਬੋਲੀ ਹਰ ਵਿਅਕਤੀ ਦੀ ਪਛਾਣ ਦੀ ਪਹਿਲੀ ਨਿਸ਼ਾਨੀ ਹੁੰਦੀ ਹੈ। ਮਾਂ ਬੋਲੀ ਇੱਕ ਅਜਿਹੀ ਵਿਰਾਸਤ ਹੁੰਦੀ ਹੈ, ਜਿਸ ਨੂੰ ਕਦੇ ਵੀ ਕੋਈ ਖੋਹ ਜਾਂ ਚੋਰੀ ਨਹੀਂ ਕਰ ਸਕਦਾ ਹੈ। ਮਾਂ-ਬੋਲੀ ਜਾਂ ਭਾਸ਼ਾ ਮਾਂ ਦੇ ਦੁੱਧ ਨਾਲ ਹੀ ਬੱਚਾ ਸਿੱਖ ਲੈਂਦਾ ਹੈ। ਇਹੀ ਗੱਲ ਇਸਦੀ ਮਹਾਨਤਾ ਨੂੰ ਉਜਾਗਰ ਕਰਦੀ ਹੈ। ਸਾਨੂੰ ਚਾਹੇ ਸੰਸਾਰ ਦੀਆਂ ਸਾਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਆਉਂਦੀਆਂ ਹੋਣ ਤੇ ਜੇਕਰ ਸਾਨੂੰ ਆਪਣੀ ਮਾਂ ਬੋਲੀ ਤੇ ਸੱਭਿਆਚਾਰ ਦੀ ਭਾਸ਼ਾ ਨਹੀਂ ਆਉਂਦੀ ਤਾਂ ਇਹ ਸਮਝ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਸਾਡੀ ਸਥਿਤੀ ਹਲੇ ਵੀ ਗੁਲਾਮਾਂ ਵਾਲੀ ਹੀ ਹੈ। ਸਾਡੇ ਕਾਲਜ ਦੀ 'ਸਤਲੁਜ' ਮੈਗਜ਼ੀਨ ਦਾ ਵੀ ਇਹੀ ਉਦੇਸ਼ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀ ਪੜ੍ਹਾਈ ਦੇ ਨਾਲ-ਨਾਲ ਆਪਣੇ ਅੰਦਰਲੀ ਪ੍ਰਤਿਭਾ ਨੂੰ ਸਾਹਿਤ ਦੇ ਵੱਖ-ਵੱਖ ਰੂਪਾਂ ਰਾਹੀਂ ਪੇਸ਼ ਕਰਨ ਅਤੇ ਆਦਰਸ਼ ਸਮਾਜ ਦੀ ਉਸਾਰੀ ਵਿੱਚ ਆਪਣਾ ਅਹਿਮ ਹਿੱਸਾ ਪਾ ਸਕਣ ਤੇ ਪੰਜਾਬੀ ਸਾਹਿਤ ਵਿੱਚ ਹੋਰ ਵਾਧਾ ਕਰਨ। ਮੈਂ ਆਪਣੇ ਵਿਦਿਆਰਥੀ ਸਾਥੀਆਂ ਨੂੰ ਵੀ ਵਧਾਈ ਦਿੰਦਾ ਹਾਂ, ਜਿਹਨਾਂ ਨੇ ਆਪਣੀਆਂ ਵਡਮੁੱਲੀਆਂ ਰਚਨਾਵਾਂ ਰਾਹੀਂ ਆਪਣਾ ਯੋਗਦਾਨ ਦਿੱਤਾ।

ਅੰਤ ਵਿੱਚ ਮੈਂ ਕਾਲਜ ਦੇ ਮੈਗਜ਼ੀਨ 'ਸਤਲੁਜ' ਦਾ ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ ਹੋਣ ਦੇ ਨਾਤੇ ਇਕ ਬੇਨਤੀ ਕਰਦਾ ਹਾਂ ਕਿ ਜਿਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਆਪਣੀ ਮਾਂ ਨੂੰ ਸਮਾਜ ਵਿਚ ਸਨਮਾਨ ਤੇ ਇਜੱਤ ਦਿੰਦੇ ਹਾਂ, ਉਸੇ ਤਰ੍ਹਾਂ ਹੀ ਅਸੀਂ ਆਪਣੀ ਮਾਤ ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਨੂੰ ਵੀ ਸਮਾਜ ਵਿੱਚ ਉਹੀ ਆਦਰ ਤੇ ਸਨਮਾਨ ਦੇਈਏ। ਕਿਉਂਕਿ ਜੇਕਰ ਪੁੱਤਰ ਆਪਣੀ ਮਾਂ ਨੂੰ ਨਹੀਂ ਪੁੱਛੇਗਾ ਤਾਂ ਫਿਰ ਕੌਣ ਪੁੱਛੇਗਾ। ਇਸ ਨਾਲ ਸਾਡੀ ਮਾਤ-ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਅਤੇ ਸਾਡੇ ਪੰਜਾਬ ਦੇ ਵਿਰਸੇ ਤੇ ਸੱਭਿਆਚਾਰ ਦਾ ਵੀ ਪ੍ਰਚਾਰ ਤੇ ਪ੍ਰਸਾਰ ਹੁੰਦਾ ਰਹੇਗਾ ਤੇ ਇਸਦੀ ਹੋਂਦ ਰਹਿੰਦੀ ਦੁਨੀਆਂ ਤੱਕ ਕਾਇਮ ਰਹੇਗੀ।

ਦੇਵਿੰਦਰ ਕੁਮਾਰ ਭੋਲਾ
ਐਮ. ਏ. ਪੰਜਾਬੀ ਭਾਗ ਪਹਿਲਾ, ਰੋਲ ਨੰ: 4006

ਪੰਜਾਬ

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ਇਨਸਾਨੀਅਤ ਵਿੱਚ ਤਿਓ-ਪ੍ਰੇਮ ਹੈ ਇੱਥੇ
ਲਾਲਚ, ਅਹੰਕਾਰ, ਨਫ਼ਰਤ ਨੂੰ ਛੱਡ
'ਰਿਸ਼ਤਿਆਂ ਤੇ ਦਿੰਦੇ ਜੋਰ.....

ਫੁੱਲਾਂ ਦੀ ਫੁਲਵਾੜੀ ਵਿੱਚੋਂ ਸੋਹਣਾ ਫੁੱਲ ਗੁਲਾਬ
ਰੱਬ ਅੱਗੇ ਅਰਜ਼ ਮੇਰੀ ਅਗਲਾ ਜਨਮ ਹੋਵੇ ਪੰਜਾਬ।
ਮੇਰਾ ਸੋਹਣਾ ਪੰਜਾਬ।



ਗੁਰਵੀਰ ਸਿੰਘ
ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰ: 6503

ਮਾਲਵੇ ਦੀ ਰੂਹ-ਮਰਦਾ ਦਾ ਗਿੱਧਾ



ਮਲਵਈ ਗਿੱਧਾ ਜਾਣੀ ਕਿ 'ਮਰਦਾ ਦਾ ਗਿੱਧਾ' ਜਾਂ ਫਿਰ 'ਬਾਬਿਆਂ ਦਾ ਗਿੱਧਾ' ਵੀ ਆਖਿਆ ਜਾਂਦਾ ਹੈ। ਜਦੋਂ ਢੋਲਕੀ ਦੀ ਬਾਪ ਅਤੇ ਅਲਗੋਜ਼ਿਆਂ ਦੀ ਮਿੱਠੀ ਹੁਕ ਦੇ ਨਾਲ -ਨਾਲ ਹੋਰਨਾ ਪੰਜਾਬੀ ਲੋਕ-ਸਾਜ਼ਾਂ ਦੇ ਸੁਮੇਲ ਤੇ ਮਾਲਵੇ ਦੇ ਬਾਬੇ ਅਤੇ ਨੌਜਵਾਨ ਜਦੋਂ ਇਕ ਦੂਜੇ ਨਾਲ ਖੈਹ- ਖੈਹ

ਕੇ ਨੱਚਦੇ ਹਨ ਤਾਂ ਇੰਝ ਲੱਗਦਾ ਹੈ ਜਿਵੇਂ ਮਾਲਵੇ ਦੇ ਚੱਪੇ-ਚੱਪੇ ਵਿੱਚ ਸੰਗੀਤ ਮਹਿਕ ਉੱਠਿਆ ਹੋਵੇ। ਇਸ ਨਾਚ ਦਾ ਸ਼ੁਰੂਆਤੀ ਨਾਮ ਗਿੱਧਾ ਹੀ ਸੀ ਅਤੇ ਇਸਦੇ ਤਿੰਨ ਵਰਗ ਹਨ ਜਿਵੇਂ ਕਿ ਇੱਕਲੇ ਔਰਤਾਂ ਦਾ ਗਿੱਧਾ, ਔਰਤਾਂ ਅਤੇ ਮਰਦਾਂ ਦਾ ਗਿੱਧਾ ਅਤੇ ਇੱਕਲੇ ਮਰਦਾਂ ਦਾ ਗਿੱਧਾ। ਪੁਰਾਣੇ ਸਮੇਂ ਵਿੱਚ ਇਸ ਨਾਚ ਨੂੰ ਔਰਤਾਂ ਅਤੇ ਮਰਦਾਂ ਵੱਲੋਂ ਇੱਕਠਿਆਂ ਨੱਚਿਆ ਜਾਂਦਾ ਸੀ। ਇਸਦਾ ਪਤਾ ਸਾਨੂੰ ਪੁਰਾਣੇ ਪੰਜਾਬ ਦੇ ਵਿੱਚ ਰਹਿੰਦੇ ਸਿੰਘੀ ਅਤੇ ਦਰਾਵੜ ਲੋਕਾਂ ਤੋਂ ਲਗਦਾ ਹੈ ਜੋ ਕਿ ਔਰਤ ਅਤੇ ਮਰਦ ਇਕੱਠੇ ਹੋ ਕੇ ਮੇਲਿਆਂ ਵਿੱਚ ਨੱਚਦੇ ਸਨ ਅਤੇ ਇਸਤੋਂ ਇਹ ਵੀ ਸਿੱਧ ਹੁੰਦਾ ਹੈ ਕਿ ਇਹ ਪੰਜਾਬ ਦਾ ਸਭ ਤੋਂ ਪੁਰਾਤਨ ਲੋਕ ਨਾਚ ਜੋ ਕਿ ਹਰ ਇੱਕ ਇਨਸਾਨ ਵੱਲੋਂ ਆਪਣੀ ਖੁਸ਼ੀ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਨ ਵੇਲੇ ਨੱਚਿਆ ਜਾਂਦਾ ਸੀ ਉਹ ਗਿੱਧਾ ਹੀ ਹੈ।

ਮਲਵਈ ਗਿੱਧੇ ਵਿੱਚ ਬਹੁਤ ਸਾਰੇ ਲੋਕ-ਸਾਜ਼ ਵਜਾਏ ਜਾਂਦੇ ਹਨ ਜਿਵੇਂ ਕਿ - ਸੱਪ, ਕਾਟੋ, ਤੂੰਬਾ, ਬੂਕਚੂ, ਗੜਵਾ, ਡੰਡੇ ਆਦਿ। ਮਲਵਈ ਗਿੱਧਾ ਹੀ ਇਕ ਇਹੋ ਜਿਹਾ ਨਾਚ ਹੈ ਜਿਸ ਦੇ ਵਿੱਚ ਹਰ ਇਕ ਵਿਅਕਤੀ 3 ਭੂਮਿਕਾ ਨਿਭਾਉਂਦਾ ਹੈ ਜਿਵੇਂ ਕਿ - ਨੱਚਣਾ, ਗਾਉਣਾ ਅਤੇ ਸਾਜ਼ ਵਜਾਉਣਾ। ਜਦ ਕਦੇ ਵੀ ਇਸ ਨਾਚ ਦਾ ਨਾਮ ਲਿਆ ਜਾਂਦਾ ਹੈ ਤਾਂ ਸਭ ਤੋਂ ਪਹਿਲਾ ਨਾਮ ਪਿੰਡ 'ਚੱਠੇ' ਸ਼ੇਖਵਾਂ ਦਾ ਹੀ ਆਉਂਦਾ ਹੈ। ਢੋਲਕੀ ਮਾਸਟਰ ਲਾਲ ਸਿੰਘ ਅਤੇ ਅਲਗੋਜ਼ਾ ਵਾਦਕ ਸੱਤਪਾਲ ਸ਼ਰਮਾ ਤੋਂ ਲੈ ਕੇ ਦਰਵਾਰਾ ਸਿੰਘ ਅਤੇ ਮੇਜਰ ਸਿੰਘ ਤੱਕ ਇਸ ਪਿੰਡ ਦੇ ਲੋਕਾਂ ਦੀ ਇਸ ਨਾਚ ਨੂੰ ਬਹੁਤ ਵੱਡੀ ਦੇਣ ਹੈ। ਇਸ ਨਾਚ ਦੇ ਸਟੇਜੀਕਰਨ ਵੱਲ ਝਾਤੀ ਮਾਰਦੇ ਹਾਂ ਤਾਂ ਸਾਨੂੰ ਪਤਾ ਚੱਲਦਾ ਹੈ ਕਿ 1976 ਵਿੱਚ ਸੁਨਾਮ ਆਈ.ਟੀ.ਆਈ. ਕਾਲਜ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਨੇ ਇਕ ਸਭਿਆਚਾਰਕ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਇਸੇ ਪਿੰਡ ਦੀ ਟੀਮ ਨੂੰ ਸੱਦਾ ਦਿੱਤਾ ਤੇ ਉਸ ਵੇਲੇ ਮਾਸਟਰ ਸੱਤਪਾਲ ਸ਼ਰਮਾ ਜੀ ਨੇ 16 ਉਘੇ ਕਲਾਕਾਰ ਤਿਆਰ ਕਰ ਕੇ ਸਟੇਜ ਤੇ ਨਚਾਏ ਸਨ ਅਤੇ ਉਸ ਵੇਲੇ

ਅਰੋਤ ਅਤੇ ਸਮਾਜ



ਦੁਨੀਆ ਵਿਚ ਅੱਧੀ ਵਸੋਂ ਭਾਵੇਂ ਔਰਤਾਂ ਦੀ ਹੈ ਪਰ ਉਨਾਂ ਦੀ ਪਹਿਚਾਣ ਮਾਂ, ਭੈਣ, ਪਤਨੀ, ਬੇਟੀ ਕਰਕੇ ਤਾਂ ਹੈ ਪਰ ਇਨਸਾਨ ਕਰਕੇ ਨਹੀਂ। ਔਰਤ ਆਪਣੀ ਪਹਿਚਾਣ ਆਪ ਹੀ ਭੁੱਲ ਗਈ ਹੈ ਦੂਸਰੇ ਉਸਨੂੰ ਕੀ ਸਮਝਣਗੇ। ਜਿੰਨਾ ਚਿਰ ਇਕ ਔਰਤ ਆਪਣੇ ਆਪ ਨੂੰ ਨਹੀਂ ਸਮਝੇਗੀ, ਉਨਾਂ

ਚਿਰ ਸਮਾਜ ਵਿਚ ਉਸਨੂੰ ਉਹ ਦਰਜਾ ਨਹੀਂ ਮਿਲੇਗਾ, ਜਿਸ ਉਪਰ ਉਸਦਾ ਹੱਕ ਹੈ। ਇਕ ਔਰਤ ਆਪਣੇ ਬੱਚੇ ਨੂੰ ਝਿੜਕਣ ਲਈ ਆਖੇਗੀ, "ਆ ਲੈਣ ਦੇ ਤੇਰੇ ਪਿਉ ਨੂੰ, ਦਸਾਂਗੀ ਉਸਨੂੰ।" ਔਰਤ ਆਪਣਾ ਮੁੱਲ ਉਹ ਹੀ ਸਮਝਦੀ ਹੈ, ਜੋ ਬੰਦਾ ਉਸਦਾ ਪਾਉਂਦਾ ਹੈ।

ਹੀ ਇਹ ਨਾਚ ਨੂੰ ਪਹਿਲੀ ਵਾਰ ਸਟੇਜ ਤੇ ਨਚਾਇਆ ਗਿਆ ਸੀ। ਇਸ ਤੋਂ ਪਹਿਲਾਂ ਇਹ ਨਾਚ ਕੇਵਲ ਤੇ ਕੇਵਲ ਮੇਲਿਆਂ ਵਿਚ ਨਚਾਇਆ ਜਾਂਦਾ ਸੀ ਤੇ ਸਭ ਤੋਂ ਪ੍ਰਸਿੱਧ ਨਾਚ ਛਪਾਰ ਦੇ ਮੇਲੇ ਦਾ ਮੰਨਿਆ ਜਾਂਦਾ ਸੀ। ਪੂਰਨ ਤੌਰ ਤੇ ਇਸ ਨਾਚ ਨੂੰ ਸਟੇਜੀ ਮਾਨਤਾ 2008 ਵਿਚ ਮਿਲੀ ਜਦੋਂ ਸਰਦਾਰ ਮੇਜਰ ਸਿੰਘ ਅਤੇ ਪੰਮੀ ਬਾਈ ਦੇ ਉਪਰਾਲੇ ਸਦਕਾ 2008 ਦੇ ਵਿਚ ਹੀ ਇਸਦੇ ਨਿਯਮ ਤਿਆਰ ਕੀਤੇ ਗਏ ਅਤੇ ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ ਵੱਲੋਂ ਇਸ ਨਾਚ ਨੂੰ ਯੂਥ ਫੈਸਟੀਵਲ ਵਿਚ ਸ਼ਾਮਲ ਕੀਤਾ ਗਿਆ ਅਤੇ ਫਿਰ ਪੀ.ਯੂ, ਪੀ.ਟੀ.ਯੂ ਅਤੇ ਹੋਰਾਂ ਯੂਨੀਵਰਸਿਟੀਆਂ ਵੱਲੋਂ ਵੀ ਇਸ ਨਾਚ ਨੂੰ ਸ਼ਾਮਲ ਕੀਤਾ ਗਿਆ। ਇਸ ਨਾਚ ਤੋਂ ਬਿਨਾਂ ਝੂਮਰ ਤੇ ਲੁੱਡੀ ਲੋਕ ਨਾਚ ਵੀ ਸ਼ਾਮਲ ਕੀਤਾ ਗਿਆ। ਇਸ ਤਰ੍ਹਾਂ ਇਸ ਲੋਕ ਨਾਚ ਦੀ ਆਪਣੀ ਇੱਕ ਵੱਖਰੀ ਪਛਾਣ ਅਤੇ ਖੂਬਸੂਰਤੀ ਹੈ।

ਗੁਰਨਿਹਾਲ ਸਿੰਘ

ਐਮ. ਏ. ਪੰਜਾਬੀ ਭਾਗ ਪਹਿਲਾ

ਰੋਲ ਨੰਬਰ: 4008



ਗੁੰਮਨਾਮ

ਇਹ ਗੁੰਮ ਸੁੰਮ ਜਹੀਆਂ ਹਵਾਵਾਂ,
ਤੇ ਤੇਰੀਆਂ ਬੇਵਫਾਵਾਂ,
ਇੱਕ ਨੇ ਇੱਕ ਨੇ ਇੱਕ ਨੇ।



ਇਹ ਔਸ ਦੀਆਂ ਪ੍ਰਭਾਤਾਂ,
ਤੇਰੇ ਨੈਣਾਂ ਦੀਆਂ ਕਿਆ ਬਾਤਾਂ,
ਇੱਕ ਨੇ ਇੱਕ ਨੇ ਇੱਕ ਨੇ।

ਇਹ ਸੂਰਜ ਦਾ ਰਸ਼ਨਾਵਾਂ,
ਤੇਰੇ ਮੁੱਖੜੇ ਦਾ ਪਰਛਾਵਾਂ,
ਇੱਕ ਨੇ ਇੱਕ ਨੇ ਇੱਕ ਨੇ।

ਇਹ ਮਿਰਗ-ਤ੍ਰਿਸ਼ਨਾ ਦਾ ਮੋਹ,
ਤੇਰਾ ਨੇੜੇ ਹੋ ਕੇ ਵੀ ਦੂਰ ਜਾਣਾ ਹੋ,
ਇੱਕ ਨੇ ਇੱਕ ਨੇ ਇੱਕ ਨੇ।

ਗੁਰਨਿਹਾਲ ਸਿੰਘ

ਐਮ. ਏ. ਪੰਜਾਬੀ ਭਾਗ ਪਹਿਲਾ, ਰੋਲ ਨੰ: 4008

ਸ਼੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੀ ਬਾਣੀ ਵਿਚ ਔਰਤਾਂ ਨੂੰ ਜੋ ਮਰਦਾ ਦੇ ਬਰਾਬਰ ਦਾ ਦਰਜਾ ਹਾਸਲ ਹੈ, ਉਹ ਕਿਸੇ ਹੋਰ ਧਰਮ ਵਿੱਚ ਨਹੀਂ। ਔਰਤਾਂ ਨੂੰ ਮਰਦਾ ਦੇ ਬਰਾਬਰ ਸਮਝਣ ਦੀ ਗੱਲ ਸਿੱਖ ਇਤਿਹਾਸ ਵਿਚ ਬੜੀ ਪਹਿਲਾ ਹੀ ਹੋ ਗਈ ਸੀ। ਜੇ ਸਿੱਖ ਇਤਿਹਾਸ ਵੱਲ ਦੇਖੀਏ ਤਾਂ ਅੰਮ੍ਰਿਤਸਰ ਦੀਆਂ ਮਾਈਆਂ ਜਿਹੜੀਆਂ ਸ਼੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਨੂੰ ਮੋੜ ਕਿ ਲਿਆਈਆਂ, ਮਾਈ ਭਾਗੋ ਜਿਹੜੀ ਬੇਦਾਵਾ ਪੜਵਾਉਣ ਵਾਲੇ ਸਿੱਖ ਦਾ ਜੱਥਾ ਲੈ ਕੇ ਜੰਗ ਵਿੱਚ ਗਈ, ਸ਼ਸਤਰ ਧਾਰੀ ਦੇ ਸੇ ਸਿੰਘਣੀਆਂ ਦਾ ਜੱਥਾ ਹਜ਼ੂਰ ਸਾਹਿਬ ਲੜਨ ਜਾ ਰਿਹਾ ਇਸੇ ਗੱਲ ਦੀ ਤਾਂ ਗਵਾਹੀ ਭਰਦਾ ਹੈ, ਕਿ ਔਰਤਾਂ ਨੂੰ ਆਪਣੇ ਹੱਕ ਲੈਣ ਲਈ ਆਪ ਅੱਗੇ ਆਉਣਾ ਪਵੇਗਾ। ਸਮੇਂ ਵਿੱਚ ਬਦਲਾਅ ਜ਼ਰੂਰ ਆਇਆ ਹੈ ਕਿ ਹੁਣ ਔਰਤ ਘਰ ਦੀ ਚਾਰ ਦਿਵਾਰੀ ਵਿੱਚ ਹੀ ਬੰਦ ਨਹੀਂ। ਸੂਈ ਬਨਾਉਣ ਤੋਂ ਲੈ ਕੇ ਹਵਾਈ ਜਹਾਜ਼ ਦੇ ਨਿਰਮਾਣ ਤੱਕ ਦਾ ਕੰਮ ਔਰਤਾਂ ਕਰ ਰਹੀਆਂ ਹਨ। ਇਸ ਸਾਲ ਦੀ 26 ਜਨਵਰੀ ਦੀ ਹੋਈ ਪਰੇਡ ਵਿੱਚ ਸ਼ਿਵਾਂਗੀ ਸਿੰਘ ਦਾ ਰਾਫੇਲ ਫਾਈਟਰ ਜੈਟ (rafel fighter jet) ਉਡਾਉਣਾ ਇਸ ਗੱਲ ਦੀ ਗਵਾਹੀ ਭਰਦਾ ਹੈ ਕਿ ਔਰਤ ਚਾਹੇ ਤਾਂ ਕੀ ਨਹੀਂ ਕਰ ਸਕਦੀ ਹਨ। ਜੇਕਰ ਉਹ ਆਪ ਆਪਣਾ ਮੁੱਲ ਪਹਿਚਾਣੇਗੀ ਤਾਂ ਹੀ ਸਮਾਜ ਵਿਚ ਉਸਨੂੰ ਉਸਦੇ ਹੱਕ ਮਿਲਣਗੇ। ਇਸਦੇ ਲਈ ਮਰਦ ਨੂੰ ਵੀ ਸਮਝਣਾ ਪਵੇਗਾ। ਕਿਸੇ ਵੀ ਹੋ ਰਹੇ ਕੰਮ ਵਿਚ ਬਦਲਾਅ ਲਿਆਉਣ ਲਈ ਸ਼ੁਰੂਆਤ ਆਪਣੇ ਆਪ ਤੋਂ ਕਰਨੀ ਪੈਂਦੀ ਹੈ। ਇਸ ਲਈ ਇਸਦੀ ਸ਼ੁਰੂਆਤ ਵੀ ਔਰਤ ਨੂੰ ਆਪਣੇ ਆਪ ਤੋਂ ਹੀ ਕਰਨੀ ਪਵੇਗੀ, ਸਭ ਤੋਂ ਪਹਿਲਾ ਉਸਨੂੰ ਆਪਣਾ ਵਜੂਦ

ਸਮਝਣਾ ਪਵੇਗਾ , ਤਾਂ ਹੀ ਅੱਗੇ ਸਮਾਜ ਵਿਚ ਬਦਲਾਅ ਆ ਪਵੇਗਾ । ਸਿਰਫ 8 ਮਾਰਚ ਨੂੰ ਮਹਿਲਾ ਦਿਵਸ ਮਨਾ ਕੇ ਔਰਤ ਦਾ ਵਿਕਾਸ ਨਹੀਂ ਹੋ ਸਕਦਾ ।

ਗੁਰਸਿਮਰਨ ਕੌਰ

ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਪਹਿਲਾ

ਰੋਲ ਨੰਬਰ : 4011



ਅਧੂਰੀ ਕਵਿਤਾ

ਅਸਾਂ ਕਿਸ ਖਾਤਰ ਹੁਣ ਜੀਣਾ ਏ,
ਸਾਡੇ ਜੀਣ ਦਾ ਮਕਸਦ ਚੂਰ ਹੋਇਆ,
ਇੱਕ ਲੋਕਾਂ ਦੇ ਮੇਹਣੇ ਮਾਰ ਦਿੱਤਾ,
ਇੱਕ ਮਹਿਰਮ ਅੱਖਾਂ ਤੋਂ ਦੂਰ ਹੋਇਆ।

ਪੜ੍ਹ ਖ਼ਤ ਪੁਰਾਣੇ ਨਿੱਤ ਸੋਚਦਾ ਹਾਂ,
ਮੈਥੋਂ ਹੋਇਆ ਤਾਂ ਕੀ ਕਸੂਰ ਹੋਇਆ,
ਲੋਕੀ ਹੱਸ ਕੇ ਯਾਰ ਮਨਾ ਲੈਂਦੇ,
ਸਾਡਾ ਰੋਣਾ ਵੀ ਨਾ ਮਨਜ਼ੂਰ ਹੋਇਆ।

ਤੇਰੇ ਸ਼ਹਿਰ ਚ ਇਸ਼ਕ ਹੈ ਗੁਨਾਹ ਜੇਕਰ,
ਹਾਂ ਮੈਥੋਂ ਹੋਇਆ ਇਹ ਗੁਨਾਹ ਜ਼ਰੂਰ ਹੋਇਆ,
ਕਵਿਤਾ ਛੱਡ ਕੇ ਅਧੂਰੀ ਤੁਰ ਗਿਆ 'ਨਿਹਾਲ',
ਸਫ਼ੇ ਤੜਫਦੇ ਰਹੇ ਤੇ ਕਲਮ ਦਾ ਲਹੂਰ ਹੋਇਆ।



ਗੁਰਨਿਹਾਲ ਸਿੰਘ

ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਪਹਿਲਾ

ਰੋਲ ਨੰਬਰ: 4008

ਤੇਰਾ ਤੇਰਾ.....



ਤੱਕੜੀ ਨਾਨਕ ਦੀ,
ਤੇਰਾ ਤੇਰਾ ਤੋਲੇ,
ਤਰ ਜਾਂਦਾ ਓਹ ਬੰਦਾ ਜਿਹੜਾ,
ਰੋਜ਼ ਵਾਹਿਗੁਰੂ ਬੋਲੇ,
ਤੱਕੜੀ ਨਾਨਕ ਦੀ,
ਤੇਰਾ ਤੇਰਾ ਤੋਲੇ।

ਦੁਨੀਆ ਪਿੱਛੇ ਭੱਜ ਲਿਆ ਕਿੰਨਾ,
ਨਾਲੇ ਰਿਸ਼ਤੇ ਨਾਤੇ ਛੱਡੇ,
ਫਿਰ ਵੀ ਕਿਸੇ ਬੰਦੇ ਲਈ,
ਤੂੰ ਬੋਲ ਨਾ ਚੰਗਾ ਕੱਢੇ,
ਏਸੇ ਕਰਕੇ ਸੁਣ ਲੈ ਬੰਦਿਆ,
ਮਨ ਪਿਆ ਤੇਰਾ ਡੋਲੇ,
ਤੱਕੜੀ ਨਾਨਕ ਦੀ,
ਤੇਰਾ ਤੇਰਾ ਤੋਲੇ।

ਜਿਨ੍ਹਾਂ ਨੇ ਤੈਨੂੰ ਜੰਮਿਆ ਪਾਲਿਆ,
ਉਹਨਾਂ ਨੂੰ ਘਰੋਂ ਤੂੰ ਕੱਢੇ,
ਝੂਠੇ ਰਿਸ਼ਤੇ ਪਾਵਣ ਲਈ,
ਤੂੰ ਆਪਣੇ ਵੀ ਕਿੰਨੇ ਛੱਡੇ,
ਤੁਰ ਗਏ ਹੁਣ ਜਦ ਦੁਨੀਆ ਤੋਂ,
ਕਿਉਂ ਰਾਖ ਓਹਨਾ ਦੀ ਫੋਲੋਂ,
ਤੱਕੜੀ ਨਾਨਕ ਦੀ,
ਤੇਰਾ ਤੇਰਾ ਤੋਲੇ।

ਰੱਬ ਤੋਂ ਸਦਾ ਤੂੰ ਮੰਗਦਾ ਰਹਿਨਾ,
ਗਰੀਬ ਕਿਸੇ ਦੀ ਸਾਰ ਨਾ ਲੈਨਾ,
ਜਿੰਨੇ ਮਰਜੀ ਝੂਠੇ ਯਾਰ ਬਣਾ ਲਏ,
ਪਰ ਅੰਤ ਸਮੇਂ ਤੂੰ ਕੱਲਾ ਰਹਿਨਾ,
ਕਿਸੇ ਦਾ ਕਿਉਂ ਤੂੰ ਮਾੜਾ ਕਰਦਾ,
ਪਿਆ ਖੂਨ ਕਿਉਂ ਤੇਰਾ ਖੋਲੇ,
ਤੱਕੜੀ ਨਾਨਕ ਦੀ ਤੇਰਾ ਤੇਰਾ ਤੋਲੇ,
ਤਰ ਜਾਂਦਾ ਓਹ ਬੰਦਾ ਜਿਹੜਾ,
ਰੋਜ਼ ਵਾਹਿਗੁਰੂ ਬੋਲੇ,
ਤੱਕੜੀ ਨਾਨਕ ਦੀ,
ਤੇਰਾ ਤੇਰਾ ਤੋਲੇ।

ਹਰਪ੍ਰੀਤ ਸਿੰਘ

ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਦੂਜਾ

ਰੋਲ ਨੰਬਰ: 6532

ਗੁਰੂ ਨਾਨਕ ਨੂੰ ਪੁਕਾਰ

ਦੇਖ ਬਾਬਾ ਪੰਜਾਬ ਦਾ,
ਈਮਾਨ ਖਫਾ ਹੋ ਗਿਆ।

ਤੇਰੇ ਜਾਣ ਮਗਰੋਂ ਤੇਰਾ,
ਇਨਸਾਨ ਖਫਾ ਹੋ ਗਿਆ।

ਅਫਸਾਨੇ ਉਲਫਤ ਦੀ ਸਿੱਖਿਆ,
ਦਿੱਤੀ ਸੀ, ਉਮਤ ਤਾਈਂ।

ਬੈਠ ਕੇ ਵਿਚਾਰ ਘੜੀ,
ਕਿੰਨਾ ਕੁ ਨਫਾ ਹੋ ਗਿਆ।

ਅਵਲ ਅਲਫ ਦਾ ਨਾਮ,
ਲੈਂਦੇ ਸੀ ਜੋ ਲੋਕ ਤੇਰੇ।

ਵਿਸਾਰ ਦਿੱਤਾ ਸਭ ਕੁਝ,
ਪੈਸਾ ਹੀ ਵਫਾ ਹੋ ਗਿਆ।

ਰੱਖ ਹਾਸ਼ੀਏ ਤੇ ਆਬਰੂ,
ਆਮਾਲ ਬੁਰੇ ਹੋ ਗਏ।

ਰਖਵਾਲਾ ਤੇਰੇ ਘਰ ਦਾ ਵੀ,
ਜਦ ਬੇਵਫਾ ਹੋ ਗਿਆ।

ਬਲਦੀ ਆਤਿਸ਼ ਨੂੰ ਠੰਢ ਪਾਈ,
ਪਾਈ ਰੱਬ ਨੂੰ ਦੁਹਾਈ।

ਪੁੱਛ ਵੇ! ਆਣ ਸਾਰ ਸਾਡੀ,
ਬਹੁਤ ਵਕਫਾ ਹੋ ਗਿਆ।



ਗੁਰਸੇਵਕ ਸਿੰਘ
ਐਮ.ਏ. ਪੰਜਾਬੀ
ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰਬਰ- 6516

ਸਾਡੀ ਇੱਜ਼ਤ

ਰੋਸ ਮਾਰਚ, ਮੁਜ਼ਾਹਰੇ, ਧਰਨੇ ਕੀ ਕਰਨੇ
ਸਾਡੀ ਇੱਜ਼ਤ ਜੇ ਪੈਰਾਂ 'ਚ ਰੁੱਲੇ
ਤਾਂ ਸਿਰਾਂ ਤੇ ਪੱਗਾਂ ਪਰਨੇ ਕੀ ਕਰਨੇ



ਸਾਡੀ ਅਣਬ ਨੂੰ ਓਹਨਾਂ ਵੱਲੋਂ ਵਾਰ-ਵਾਰ ਲਲਕਾਰਣਾ
ਸਾਡਾ ਉਹਨਾਂ ਦੇ ਜ਼ੁਲਮ ਨੂੰ ਵਾਰ-ਵਾਰ ਸਹਾਰਣਾ
ਤੇ ਚੋਧਰ ਦੇ ਭੁੱਖਿਆਂ ਦਾ ਮੋਨ ਧਾਰਨਾ
ਫੇਰ ਅਸੀਂ ਮੁਫਤ ਦਾ ਆਟਾ-ਦਾਲ
ਤੇ ਮੁਆਵਜ਼ੇ ਕੀ ਕਰਨੇ
ਰੋਸ ਮਾਰਚ, ਮੁਜ਼ਾਹਰੇ, ਧਰਨੇ ਕੀ ਕਰਨੇ

ਸਾਡਾ ਅੱਜ, ਆਉਣ ਵਾਲੀ ਪੀੜ੍ਹੀ ਲਈ ਇਤਿਹਾਸ ਬਣੇਗਾ
ਏਹ ਸਾਡੇ ਹੱਥ ਹੈ ਕਿ ਮਿਸਾਲ ਬਣੇਗਾ ਜਾਂ ਹਾਸ-ਰਾਸ ਬਣੇਗਾ
ਏਹ ਜ਼ੁਲਮੀ ਲਈ ਮਖੌਲ ਬਣੇਗਾ ਜਾਂ ਜ਼ੁਲਮ ਦਾ ਨਾਸ਼ ਬਣੇਗਾ
ਇਜ਼ਤ ਰੁੱਲਣ ਮਗਰੋਂ
ਡੋਲੇ ਫੜਕੇ ਕੀ ਕਰਨੇ
ਰੋਸ ਮਾਰਚ, ਮੁਜ਼ਾਹਰੇ, ਧਰਨੇ ਕੀ ਕਰਨੇ

ਤਰਨਪ੍ਰੀਤ ਸਿੰਘ

ਐਮ. ਏ. ਪੰਜਾਬੀ ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰਬਰ- 6515



ਇਕ ਨਜ਼ਰ

ਮੇਰਾ ਤੈਨੂੰ ਇੱਕ ਨਜ਼ਰ ਭਰ ਕੇ ਤੱਕ ਲੈਣ ਤੇ
ਐਨਾ ਖੁਸ਼ ਨਾ ਹੋਈ ਸੱਜਣਾ,
ਮੈਂ ਹੋਰਾ ਤੋਂ ਅਲੱਗ ਆਂ
ਮੇਰੇ ਪਿਆਰ ਦਾ ਅਹਿਸਾਸ ਕੁੱਛ ਇਸ ਤਰਾਂ,
ਜਿਵੇਂ ਹੁੰਦਾ ਆਪਣੇ ਆਪ ਨੂੰ ਆਪ ਖੋ ਕੇ ਲੱਭਣ ਵਰਗਾ ਏ
ਮੈਨੂੰ ਪਾਉਣਾ ਐਨਾ ਸੌਖਾਂ ਨਹੀਂ ਯਾਦ ਰੱਖੀ,
ਤੈਨੂੰ ਉਸ ਹੱਦ ਤੱਕ ਜਾਣਾ ਪੈਣਾ
ਜਿਵੇਂ ਹੁੰਦਾ ਘਾਹ ਵਿੱਚੋਂ ਸੂਈ ਲੱਭਣ ਵਰਗਾ ਏ।



ਗੁਰਸੇਵਕ ਸਿੰਘ

ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰਬਰ- 6516

ਪਤਾ ਨਹੀਂ

ਟਿਕੇ ਬੈਠੇ ਸੀ, ਮੌਜ ਮਨਾਉਂਦੇ,
 ਨਜ਼ਰ ਕੀਹਨੇ ਲਾਈ, ਪਤਾ ਨਹੀਂ।
 ਜੰਗ ਵੀ ਹੋਈ, ਬੰਬ ਵੀ ਵੱਜੇ,
 ਕਾਰਨ ਕੀ ਸੀ, ਪਤਾ ਨਹੀਂ।
 ਉੱਠਦੀ ਸਾਂ, ਰੌਲਾ ਸੁਣਦੀ ਸਾਂ,
 ਪੈਂਦੀ ਸਾਂ, ਟੇਕ ਆਉਂਦੀ ਨਹੀਂ।
 ਬਾਰੀ ਖੋਲ ਜਦ ਦੇਖਾ ਬਾਹਰੇ, ਲਾਸ਼ਾਂ ਦਾ ਢੇਰ ਸੀ ਦਿਖਦਾ,
 ਪਰ ਲਾਸ਼ ਕੀਹਦੀ ਸੀ, ਪਤਾ ਨਹੀਂ।
 ਧੂੰਆਂ ਧਮੱਕੜ, ਘੋਖ ਹਨੇਰਾ,
 ਦਿਨ ਕਦੋਂ ਚੜਨਾ, ਪਤਾ ਨਹੀਂ।
 ਕਿਹੜੀ ਰੁੱਤ, ਕਿਹੜਾ ਮੌਸਮ, ਹਾਲ ਨਾ ਕੋਈ ਮੁਰੀਦਾਂ ਦਾ,
 ਸੁਰਖ ਚੇਹਰਾ ਕਿੰਝ ਪੀਲਾ ਹੋਇਆ, ਵਜਾ ਦਾ ਵੀ ਪਤਾ ਨਹੀਂ।
 ਰੌਲਾ ਸੁਣਿਆ ਸਰਦਾਰਾਂ ਦਾ, ਔਖੇ ਹੋਏ ਆਪਸ 'ਚ
 ਰਲ ਕਦ ਬਹਿਣਾ, ਪਤਾ ਨਹੀਂ।
 ਨਾ ਧਰਮ ਨਾ ਕੋਈ ਜਾਤ, ਨਾ ਰੰਗ ਭੇਦ ਨਾ ਵਿਸ਼ਵਾਸਘਾਤ,
 ਫੇਰ ਕੀ ਚੱਕਰ ਸੀ, ਪਤਾ ਨਹੀਂ।
 ਰਾਤੀਂ ਸੁਣਿਆ ਚੂਰ ਹੋਗੀਆਂ, ਪੁਰਾਣੀਆਂ ਮਸੀਤਾਂ ਨੀ,
 ਸੱਚ ਜਾਂ ਝੂਠ, ਪਤਾ ਨਹੀਂ।
 ਧੜੇ ਬਣਦੇ ਦੇਸ਼ਾਂ ਵਿੱਚੋਂ, ਨਕਾਬ ਪਾਉਂਦੇ ਜਾਲੀ ਜਿਹਾ,
 ਕੌਣ ਸਗਾ ਹੈ ਕੀਹਦਾ, ਇਹ ਕਿਸੇ ਨੂੰ ਪਤਾ ਨਹੀਂ।
 ਮੈਨੂੰ ਤਾਂ ਮੇਰਾ ਲਾਲ ਹੈ ਚਾਹੀਦਾ, ਸਹੀ ਸਲਾਮਤ ਹੱਸਦਾ ਹੋਇਆ,
 ਅਜ਼ਾਦੀ ਬਾਰੇ, ਪਤਾ ਨਹੀਂ।
 ਸਾਹ ਵੀ ਪੂਰੇ ਹੋਣ ਨੂੰ ਆਏ, ਦਿਲ ਨੀ ਲਗਦਾ ਹਾੜਾ ਵੇ,
 ਕਦੋਂ ਇਥੋਂ ਛੱਡ ਤੁਰ ਜਾਣਾ ਤਰੀਕ ਕਿਸੇ ਨੂੰ, ਪਤਾ ਨਹੀਂ।



ਮਨਜੋਤ ਖਾਨ
 ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
 ਰੋਲ ਨੰ: 410246

ਭਰਾ ਹੁੰਦੇ ਭਰਾਵਾਂ ਦੀਆਂ ਬਾਹਾਂ

ਭਰਾ ਹੁੰਦੇ ਭਰਾਵਾਂ ਦੀਆਂ ਬਾਹਾਂ,
 ਜਿਹੜੇ ਖੜਦੇ ਨੇ ਬਣ ਪਰਛਾਂਵਾਂ,
 ਇਹ ਦੋਵੇਂ ਹੱਥੀ ਕਰਦੇ ਨੇ ਛਾਵਾਂ,
 ਜਿਹੜੇ ਲੜਾਉਂਦੇ ਲਾਡ ਵਾਂਗ ਮਾਂਵਾਂ,
 ਬਚਪਨ ਵਿੱਚ ਜਿਥੇ ਜੰਮੇ ਪਲੇ,
 ਯਾਦ ਆਉਂਦੀਆਂ ਨੇ ਉਹ ਥਾਂਵਾਂ,
 ਖਾਂਦੇ ਸੀ, ਜਿਥੇ ਇੱਕ ਥਾਲੀ ਵਿੱਚ,
 ਵੱਖ ਹੋਈਆਂ ਨੇ ਹੁਣ ਰਾਹਾਂ,
 ਵੱਖ ਹੋ ਕੇ ਜੱਦ ਲੜਦੇ ਨੇ,
 ਕਿਸਮਤ ਨੂੰ ਰੋਂਦੀਆਂ ਨੇ ਮਾਂਵਾਂ,
 ਦੁੱਖ ਵੇਖ ਆਪਣੇ ਪੁੱਤਾਂ ਦੇ,
 ਅੱਖਾਂ ਭਰੀਆਂ ਨੇ ਵਾਂਗ ਚਨਾਵਾਂ,
 ਰੱਬ ਵੱਲ ਵੇਖ ਆਖਦੀਆਂ ਨੇ,
 ਮਿਲਾ ਕੇ ਇਨ੍ਹਾਂ ਨੂੰ ਜੱਗ ਤੋਂ ਜਾਵਾਂ,
 ਭਰਾ ਹੁੰਦੇ ਭਰਾਵਾਂ ਦੀਆਂ ਬਾਹਾਂ,
 ਜਿਹੜੇ ਖੜਦੇ ਨੇ ਬਣ ਪਰਛਾਂਵਾਂ।



ਅੰਕੁਸ਼
 ਬੀ.ਐਸ.ਸੀ. ਭਾਗ ਪਹਿਲਾ
 ਨੌਨ ਮੈਡੀਕਲ
 ਰੋਲ ਨੰ: 320016

ਅਵਾਜ਼ ਬੇਜ਼ਬਾਨਾਂ ਦੀ



ਕੁਦਰਤ ਵਿੱਚ ਵਿਚਰਦੇ ਪੰਛੀ ਇਸ ਪ੍ਰਕਾਰ ਹਨ ਜਿਵੇਂ ਬਗੀਚੇ ਵਿਚ ਫੁੱਲ, ਜਿਸ ਪ੍ਰਕਾਰ ਫੁੱਲਾਂ ਬਿਨਾਂ ਬਗੀਚਾ ਅਧੂਰਾ ਹੈ ਉਸੇ ਤਰ੍ਹਾਂ ਪੰਛੀਆਂ ਬਿਨਾਂ ਕੁਦਰਤ ਵੀ ਅਧੂਰੀ ਹੈ। ਪਿੰਡਾਂ ਵਿਚ ਬਹੁਤ ਸਾਰੇ ਪੰਛੀ ਦੇਖਣ ਨੂੰ ਮਿਲਦੇ

ਹਨ, ਪਰੰਤੂ ਸ਼ਹਿਰਾਂ ਵਿੱਚ ਪੰਛੀਆਂ ਦੀ ਗਿਣਤੀ ਦਿਨੋਂ ਦਿਨ ਘੱਟਦੀ ਜਾ ਰਹੀ ਹੈ। ਇਸ ਦਾ ਇੱਕ ਕਾਰਨ ਸ਼ਹਿਰਾਂ ਵਿੱਚ ਵੱਧ ਰਿਹਾ ਪ੍ਰਦੂਸ਼ਣ ਵੀ ਹੈ ਤੇ ਮੁੱਖ ਕਾਰਨ ਦਰੱਖਤਾਂ ਨੂੰ ਵੱਢ ਕੇ ਫੈਕਟਰੀਆਂ ਸਥਾਪਿਤ ਕਰਨਾ ਵੀ। ਅਸੀਂ ਜਾਣਦੇ ਹਾਂ ਕਿ ਦਰੱਖਤ ਹੀ ਪੰਛੀਆਂ ਦਾ ਮੁੱਖ ਘਰ ਹੁੰਦੇ ਹਨ, ਤੇ ਮਨੁੱਖ ਆਪਣੇ ਵਸੇਬੇ ਲਈ ਪੰਛੀਆਂ ਦੇ ਘਰ ਤਬਾਹ ਕਰ ਰਹੇ ਹਨ। ਮੋਬਾਇਲ ਟਾਵਰ ਰਾਹੀਂ ਨਿਕਲਣ ਵਾਲੀਆਂ ਕਿਰਨਾਂ ਪੰਛੀਆਂ ਲਈ ਨੁਕਸਾਨਦਾਇਕ ਹੁੰਦੀਆਂ ਹਨ, ਜਿਸ ਨਾਲ ਪੰਛੀਆਂ ਦੀ ਮੌਤ ਵੀ ਹੋ ਸਕਦੀ ਹੈ। ਜਿੱਥੇ ਅਸੀਂ ਤਰੱਕੀ ਦੇ ਰਾਹ ਵੱਲ ਜਾ ਰਹੇ ਹਾਂ ਓਥੇ ਅਸੀਂ ਕਿਤੇ ਨਾ ਕਿਤੇ ਕੁਦਰਤ ਨੂੰ ਵੀ ਨੁਕਸਾਨ ਪਹੁੰਚਾ ਰਹੇ ਹਾਂ ਅਤੇ ਇਸ ਨੁਕਸਾਨ ਦਾ ਸ਼ਿਕਾਰ ਪੰਛੀ ਵੀ ਹੋ ਰਹੇ ਹਨ।

ਇਸ ਲਈ ਹਰੇਕ ਮਨੁੱਖ ਨੂੰ ਕੁਦਰਤ ਪ੍ਰਤੀ ਪਿਆਰ ਰੱਖਦੇ ਹੋਏ ਪੰਛੀਆਂ ਦੀ ਸੰਭਾਲ ਲਈ ਰੁੱਖ ਲਗਾਉਣੇ ਚਾਹੀਦੇ ਹਨ, ਤਾਂ ਕਿ ਪੰਛੀਆਂ ਨੂੰ ਰਹਿਣ ਲਈ ਘਰ ਮਿਲ ਸਕਣ। ਪੰਛੀਆਂ ਨੂੰ ਪਿੰਜਰੇ ਵਿਚ ਕੈਦ ਕਰਕੇ ਨਹੀਂ ਰੱਖਣਾ ਚਾਹੀਦਾ। ਉਹਨਾਂ ਨੂੰ ਆਜ਼ਾਦ ਅਸਮਾਨ ਵਿਚ ਉੱਡਣ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ। ਪੰਛੀਆਂ ਲਈ ਪਾਣੀ ਅਤੇ ਖਾਣ ਲਈ ਚੋਗਾ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ ਸਾਨੂੰ ਇਹਨਾਂ ਬੇਜ਼ਬਾਨ ਪੰਛੀਆਂ ਦੀ ਆਵਾਜ਼ ਬਣਕੇ ਰੁੱਖਾਂ ਨੂੰ ਕੱਟਣ ਤੋਂ ਰੋਕਣਾ ਅਤੇ ਰੁੱਖ ਲਗਾਉਣ ਲਈ ਲੋਕਾਂ ਨੂੰ ਪ੍ਰੇਰਿਤ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਗੁਰਸੇਵਕ ਸਿੰਘ

ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਦੂਜਾ

ਰੋਲ ਨੰ: 6516

ਧੀ ਦੀ ਫਰਿਆਦ

ਜਦੋਂ ਸਕੈਨਿੰਗ ਜਾ ਕਰਵਾਈ,
ਖਬਰ ਮਿਲੀ ਕਿ ਧੀ ਆਈ,
ਧੀ ਨੂੰ ਆਉਦੀ ਤੱਕ ਕੇ,
ਘਰ ਦਾ ਕਰ ਨਾ ਬੂਹਾ ਬੰਦ ਬਾਬਲਾ,
ਖਬਰੇ ਕੱਲ ਨੂੰ ਤੇਰੀ ਕੁੱਲ ਦਾ,
ਮੈਂ ਹੀ ਬਣ ਜਾਂ ਚੰਦ ਬਾਬਲਾ ॥
ਮੈਂ ਹਾਂ ਤੇਰੇ ਜਿਗਰ ਦਾ ਟੋਟਾ,
ਨਾ ਕਰਵਾ ਮੇਰਾ ਟੋਟਾ-ਟੋਟਾ,
ਆਪਣੇ ਹੱਥੀਂ ਤੋੜ ਨਾ ਮੇਰੇ ਸਾਹਾਂ ਦੀ
ਤੂੰ ਤੰਦ ਬਾਬਲਾ ॥
ਖਬਰੇ ਕੱਲ ਨੂੰ ਤੇਰੀ ਕੁੱਲ ਦਾ,
ਮੈਂ ਹੀ ਬਣ ਜਾਂ ਚੰਦ ਬਾਬਲਾ ॥



ਨੇਹਲ ਜੈਨ

ਐਮ.ਏ. ਇਕਨਾਮਿਕਸ ਭਾਗ ਦੂਜਾ

ਰੋਲ ਨੰ: 6329

- "ਅਸਲੀਅਤ ਇਹ ਨਹੀਂ ਕਿ ਮੁਸੀਬਤਾਂ ਵੱਡੀਆਂ ਹੋਣ ਕਰਕੇ ਅਸੀਂ ਹੌਸਲਾ ਨਹੀਂ ਵਿਖਾਉਂਦੇ; ਅਸਲੀਅਤ ਇਹ ਹੈ ਕਿ ਅਸੀਂ ਹੌਸਲਾ ਨਹੀਂ ਵਿਖਾਉਂਦੇ, ਜਿਸ ਕਾਰਨ ਮੁਸੀਬਤਾਂ ਵੱਡੀਆਂ ਲਗਦੀਆਂ ਹਨ।"
- "ਮਨੁੱਖੀ ਆਤਮਾ ਦਾ ਵਿਕਾਸ ਚੰਗੇ ਆਚਰਣ 'ਤੇ ਨਿਰਭਰ ਹੈ। ਇਸਲਾਕ ਹੀ ਮਨੁੱਖ ਨੂੰ ਪਸ਼ੂ-ਜੀਵਨ ਤੋਂ ਉੱਚਾ ਕਰਦਾ ਹੈ। ਮਨੁੱਖੀ ਜਨਮ ਵਿੱਚ ਹੈਵਾਨਾਂ ਜਿਹਾ ਵਿਵਹਾਰ ਨਿਸਚੇ ਹੀ ਉਸਨੂੰ ਗਿਰਾਵਟ ਵੱਲ ਲਿਜਾਂਦਾ ਹੈ।"

ਨਰਿੰਦਰ ਸਿੰਘ ਕਪੂਰ

ਰੱਬ ਚੁਣਦਾ ਏ...

ਦਿਲ ਤੇ ਲੱਗੀਆ ਜੋ ਚੋਟਾਂ
ਵਿਖਾਈਏ ਕੇਹੜੇ ਹਕੀਮਾਂ ਨੂੰ ।
ਓਹ ਸਾਹੂਕਾਰ ਨਾ ਚੁਣਦਾ ਏ,
ਰੱਬ ਚੁਣਦਾ ਏ ਮਸਕੀਨਾ ਨੂੰ।

ਸਾਥ ਛੱਡ ਸੱਜਣ ਸਾਹਾਂ ਦੇ
ਕੀ ਨਿਭਾਉਣਗੇ ਮੁਸਾਫਿਰ ਰਾਹਾਂ ਦੇ
ਖਾਲੀ ਪਿਟਾਰੀ ਕੀ ਕਰਨਾ
ਹੱਥ ਵਿੱਚ ਫੜਿਆਂ ਬੀਨਾ ਨੂੰ।
ਓਹ ਸਾਹੂਕਾਰ ਨਾ ਚੁਣਦਾ ਏ,
ਰੱਬ ਚੁਣਦਾ ਏ ਮਸਕੀਨਾ ਨੂੰ।

ਜੋ ਸਮਝ ਸਕੇ ਦਿਲ ਦੀ ਪੀੜ ਨੂੰ
ਤਲਾਸ਼ ਰਹੇ ਇੱਕ ਐਸੀ ਹੀਰ ਨੂੰ।
ਲੱਖਾਂ ਸੋਹਣੇ ਚਿਹਰੇ ਦੁਨੀਆ ਤੇ,
ਕਿ ਕਰਨਾ ਅਸੀਂ ਹਸੀਨਾ ਨੂੰ।
ਓਹ ਸਾਹੂਕਾਰ ਨਾ ਚੁਣਦਾ ਏ,
ਰੱਬ ਚੁਣਦਾ ਏ ਮਸਕੀਨਾ ਨੂੰ।

ਸਾਢੇ ਹੱਥ ਤਿੰਨ ਹਿਸੇ ਆਉਣੀ,
ਜਿੱਥੇ ਗੂੜੀ ਨੀਦੇ ਮੈਂ ਸੌਣਾ।
ਕਰ ਧੋਖੇ ਮਹਿਲ ਬਣਾਉਂਦਾ,
ਕੀ ਕਰਨਾ ਐਸੀ ਜ਼ਮੀਨਾਂ ਨੂੰ
ਓਹ ਸਾਹੂਕਾਰ ਨਾ ਚੁਣਦਾ ਏ,
ਰੱਬ ਚੁਣਦਾ ਏ ਮਸਕੀਨਾ ਨੂੰ।

ਫਿਲੀਪ ਮਸੀਹ
ਬੀ.ਐਸ.ਸੀ. ਭਾਗ ਪਹਿਲਾ
ਚੋਲ ਨੰ: 1211150280090



ਪੰਜਾਬ

ਪੰਜਾਬ ਸਿਆਂ ਹੁਣ ਲੋੜ ਹੈ ਤੈਨੂੰ,
ਅਪਣਾ ਪੀਰ ਮਨਾਵਣ ਦੀ
ਕਦੇ ਬੇਗਾਨੀ ਆਸ ਦੇ ਉੱਤੇ,
ਮੰਜ਼ਿਲ ਸਰ ਨਹੀਂ ਹੁੰਦੀ।

ਧਰਮ ਜ਼ਮੀਰਾਂ ਵੇਚ ਵੱਟ ਕੇ,
ਰੁਤਬਾ ਜੇਕਰ ਪਾਇਆ,
ਅੰਦਰ ਉੱਠਦੀ ਚੀਸ ਅਜਿਹੀ ,
ਰੂਹ ਤੋਂ ਜਰ ਨਹੀਂ ਹੁੰਦੀ।

ਗੁਰੂ ਨਾਨਕ ਤੋਂ ਲੈ ਕੇ ਸਿੱਖਿਆ,
ਤੁਰੀਏ ਉਹਦੇ ਹੋ ਕੇ,
ਗੈਰਾਂ ਦੇ ਫਿਰ ਦਰ ਤੇ ਜਾਕੇ,
ਹਾਮੀ ਭਰ ਨਹੀਂ ਹੁੰਦੀ।

ਮੰਦਿਰ ਮਸਜਿਦ ਸਭ ਘਰ ਉਹਦੇ,
ਇੱਕ ਦੇ ਰਾਹ ਦਸੇਰੇ
ਇੱਕ ਮਹਿਬੂਬ ਨੂੰ ਛੱਡ,
ਇਬਾਦਤ ਹੋਰ ਦੀ ਕਰ ਨਹੀਂ ਹੁੰਦੀ।

ਹਰਜੋਤ ਸਿੰਘ
ਐਮ.ਏ. ਪੰਜਾਵੀ ਭਾਗ ਦੂਜਾ
ਚੋਲ ਨੰ: 6534



ਚਲ ਮੁਸਾਫਿਰ

ਚੱਲ ਮੁਸਾਫਿਰ ਉੱਠ ਚੱਲ ਕਿਉਂ ਢੇਰੀ ਬੈਠਾਂ ਢਾਈ,
ਸੁੱਖ ਦੁੱਖ ਆਉਂਦੇ ਜਾਂਦੇ ਰਹਿੰਦੇ, ਇਹ ਰੱਬ ਨੇ ਖੇਡ ਬਣਾਈ,
ਜਿੱਤੇ ਉਹ ਜੋ ਤੁਰੇ ਹੁਕਮ ਵਿੱਚ, ਹਾਰੇ ਜਿਨ੍ਹਾਂ ਮਨ ਦੀ ਚਲਾਈ,
ਸੁੱਖਾਂ 'ਚ ਜਿਸਨੂੰ ਭੁੱਲ ਜਾਵੇ, ਨਾਮ ਉਸਦਾ ਦੁੱਖਾਂ 'ਚ ਬਣਦਾ ਦਵਾਈ,
ਮਰਿਆ ਜੰਮਿਆ ਤੂੰ ਕਈ ਵਾਰੀ, ਪਰ ਹਲੇ ਵੀ ਅਕਲ ਨਾ ਆਈ,
ਤੇਰੀਆਂ ਭੁੱਲਾਂ ਉਹ ਬਖਸ਼ੀ ਜਾਂਦਾ, ਇਹ ਹੈ ਉਸ ਦੀ ਵਡਿਆਈ,
ਸੁੱਖ ਆਏ ਤਾਂ ਸੁੱਕਰ ਕਰੀਂ, ਦੁੱਖ ਆਏ ਤੇ ਨਾ ਘਬਰਾਈ,
"ਮੁਸਾਫਿਰ" ਜੰਮਣ ਵਾਲੇ ਨੂੰ ਫਿਕਰ ਹੈ ਸਭ ਦਾ, ਇਹ ਗੱਲ ਨਾ ਕਦੇ ਭੁਲਾਈ।



ਜੋਬਨਪ੍ਰੀਤ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ
ਚੋਲ ਨੰ: 2011

ਨਵੀਂ ਪੀੜ੍ਹੀ ਬਨਾਮ ਜ਼ਿੰਮੇਵਾਰੀਆਂ

"ਅਗਾਂਹ ਵੱਧ ਕੇ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਨੂੰ ਨਿਭਾਉਣ ਵਾਲਾ ਵਿਅਕਤੀ ਹੀ ਕੱਲ੍ਹ ਦਾ ਲੀਡਰ ਬਣਦਾ ਹੈ"
-ਦਵਿੰਦਰ ਕੁਮਾਰ ਭੋਲਾ



ਚੋਣਾ ਦਾ ਸਮਾਂ ਸੀ, ਜਦੋਂ ਮੈਂ ਕਾਲਜ ਵਿਚ ਗਿਆ ਤੇ ਆਪਣੇ ਅਧਿਆਪਕ ਸਾਹਿਬਾਨ ਨੂੰ ਮਿਲਿਆ, ਉੱਥੇ ਹੀ ਮੇਰੇ ਇਕ ਅਧਿਆਪਕ ਮੋਬਾਈਲ ਫੋਨ ਤੇ ਗੱਲ ਕਰ ਰਹੇ ਸਨ ਕਿ "ਅਸੀਂ ਓਹ ਆਖਰੀ ਪੀੜ੍ਹੀ ਹਾਂ, ਜੋ ਆਪਣਾ ਕੰਮ ਪੂਰੀ ਜ਼ਿੰਮੇਵਾਰੀ ਨਾਲ ਕਰਦੇ ਹਾਂ, ਹੁਣ ਦੀ ਪੀੜ੍ਹੀ ਤਾਂ ਬੱਸ

ਵਿਹਲੇ ਬੈਠ ਕੇ ਖਾਣਾ ਪਸੰਦ ਕਰਦੀ ਹੈ ਤੇ ਆਪਣੀਆਂ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਤੋਂ ਨੱਠਦੀ ਹੈ।" ਓਹਨਾ ਦੀ ਇਹ ਗੱਲ ਮੇਰੇ ਜ਼ਹਿਨ 'ਚ ਬੈਠ ਗਈ ਤੇ ਮੈਂ ਸੋਚਣ ਲਈ ਮਜ਼ਬੂਰ ਹੋ ਗਿਆ ਕਿ ਸੱਚ ਹੀ ਅੱਜ ਦਾ ਨੌਜਵਾਨ ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਤੋਂ ਭੱਜਦਾ ਹੈ? ਮੈਂ ਆਪਣੇ ਅਧਿਆਪਕ ਦੀਆਂ ਗੱਲਾਂ ਨੂੰ ਆਪਣੇ ਆਪ ਤੇ ਲਾਗੂ ਕਰਨ ਲੱਗਾ ਕਿ ਕਿੱਥੇ ਮੈਂ ਵੀ ਇਸ ਤਰ੍ਹਾਂ ਆਪਣੀਆਂ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਤੋਂ ਤਾਂ ਨਹੀਂ ਭੱਜਦਾ?

ਆਖਿਰ ਕਾਫ਼ੀ ਵਿਚਾਰ ਕਰਨ ਤੇ ਸੋਚ-ਦੌੜਾਉਣ ਤੋਂ ਬਾਅਦ ਮੈਂ ਇਸ ਨਤੀਜੇ ਤੇ ਪਹੁੰਚਿਆ ਕਿ ਹਾਂ, ਬਿਲਕੁਲ ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਕਿਤੇ ਨਾ ਕਿਤੇ ਆਪਣੀਆਂ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਤੋਂ ਮੂੰਹ ਮੋੜ ਰਹੀ ਹੈ। ਕੌੜੀ ਪਰ ਸੱਚੀ ਗੱਲ ਤਾਂ ਇਹ ਵੀ ਹੈ ਕਿ ਮੈਂ ਵੀ ਓਹਨਾ ਵਿੱਚੋਂ ਹੀ ਇੱਕ ਹਾਂ। ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਕਿਸੇ ਕੰਮ ਦੀ ਸ਼ੁਰੂਆਤ ਨਹੀਂ ਕਰਨਾ ਚਾਹੁੰਦੀ, ਅਗਰ ਕਰਦੀ ਹੈ ਤਾਂ ਉਸ ਕੰਮ ਨੂੰ ਅੱਧ-ਵਿਚਕਾਰ ਅਧੂਰਾ ਹੀ ਛੱਡ ਦਿੰਦੀ ਹੈ। ਫਿਰ ਭਾਵੇਂ ਉਹ ਕੋਈ ਕਾਰਜ ਹੋਵੇ ਜਾਂ ਰਿਸ਼ਤੇ। ਨੌਜਵਾਨਾਂ ਵਿੱਚ ਗੈਰ-ਜ਼ਿੰਮੇਵਾਰੀ ਦਾ ਭਾਵ ਹੋਣਾ ਦੇਸ਼ ਲਈ ਵੀ ਨੁਕਸਾਨਦਾਇਕ ਹੈ। ਸ਼ਾਇਦ ਇਸ ਲਈ ਹੀ ਦੇਸ਼ ਵਿੱਚ ਚੰਗੇ ਨਾਇਕ/ਲੀਡਰਾਂ ਦੀ ਘਾਟ ਹੈ।

ਅਗਰ ਅਸੀਂ ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਦੀ ਤੁਲਨਾ ਪਹਿਲਾ ਦੀ ਪੀੜ੍ਹੀ ਦੇ ਲੋਕਾਂ ਨਾਲ ਕਰਦੇ ਹਾਂ ਤਾਂ ਸਾਨੂੰ ਪਤਾ ਚੱਲਦਾ ਹੈ ਕਿ ਪਹਿਲਾ ਦੇ ਲੋਕ ਕਿੰਨੇ ਜ਼ਿੰਮੇਵਾਰ ਸਨ ਤੇ ਆਪਣੇ ਕੰਮ ਨੂੰ ਕਿੰਨੀ ਜ਼ਿੰਮੇਵਾਰੀ ਤੇ ਲਗਨ ਨਾਲ ਕਰਦੇ ਸਨ, ਪ੍ਰੰਤੂ ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਇਹਨਾਂ ਤੋਂ ਬਿਲਕੁਲ ਹੀ ਉਲਟ ਚੱਲ ਪਈ ਹੈ। ਪਹਿਲੇ ਸਮੇਂ ਵਿੱਚ ਵਿਆਹ ਦੇ ਵੇਲੇ ਵੱਡੇ-ਬਜ਼ੁਰਗ ਮੁੰਡੇ ਨੂੰ ਪੁੱਛਦੇ ਸਨ ਕਿ:-

"ਕਾਕਾ ਜ਼ਿੰਮੇਵਾਰੀ ਚੁੱਕ ਲਵੇਂਗਾ"??

ਪਰ ਹੁਣ ਬਿਲਕੁਲ ਹੀ ਉਲਟ ਅੱਜ ਕੱਲ੍ਹ ਪੁੱਛਦੇ ਹਨ ਕਿ:-

"ਤੈਨੂੰ ਕੁੜੀ ਪਸੰਦ ਹੈ ਜਾਂ ਨਹੀਂ"??

ਇਸ ਪਸੰਦ ਤੇ ਜ਼ਿੰਮੇਵਾਰੀ 'ਚ ਜ਼ਮੀਨ ਅਸਮਾਨ ਦਾ ਫਰਕ ਹੈ। ਪਸੰਦ ਸਮੇਂ ਨਾਲ ਬਦਲ ਜਾਂਦੀ ਹੈ, ਪਰ ਜ਼ਿੰਮੇਵਾਰੀ ਪੂਰੀ ਉਮਰ ਦਾ ਅਹਿਸਾਸ ਹੈ। ਐਹੋ ਜਿਹੇ ਕੀ ਕਾਰਨ ਹਨ ਕਿ ਅੱਜ ਦੀ ਪੀੜ੍ਹੀ ਗੈਰ-ਜ਼ਿੰਮੇਵਾਰ ਬਣਦੀ ਜਾਂਦੀ ਹੈ?

ਨੌਜਵਾਨਾਂ ਦੇ ਗੈਰ-ਜ਼ਿੰਮੇਵਾਰ ਹੋਣ ਦੇ ਕਾਰਨ:-ਨਵੀਂ ਪੀੜ੍ਹੀ ਨੂੰ ਆਪਣੀਆਂ ਜ਼ਿੰਮੇਵਾਰੀਆਂ (ਚਾਹੇ ਓਹ ਇੱਕ ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਦੀਆਂ ਹੋਣ, ਚਾਹੇ ਇੱਕ ਆਦਰਸ਼ ਪਰਿਵਾਰ ਦੇ ਮੈਂਬਰ ਜਾਂ ਫਿਰ ਚੰਗੇ ਨਾਗਰਿਕ ਦੀਆਂ) ਦਾ ਅਹਿਸਾਸ ਨਹੀਂ ਹੈ, ਜਿਸਦੇ ਕਾਰਨ ਇਸ ਪ੍ਰਕਾਰ ਹਨ:-

ਨੌਜਵਾਨਾਂ ਦਾ ਵਿਅਰਥ ਦੇ ਕੰਮਾਂ ਵੱਲ ਰੁਝਾਨ।

ਬਿਨਾਂ ਮਿਹਨਤ ਤੋਂ ਜਲਦੀ ਤਰੱਕੀ ਕਰਨ ਦੇ ਚਾਹਵਾਨ।

ਭਵਿੱਖ ਦੀਆਂ ਗੱਲਾਂ ਨੂੰ ਲੈ ਕੇ ਬੇ-ਪਰਵਾਹ।

ਹਰ ਗੱਲ ਨੂੰ ਮਜ਼ਾਕ 'ਚ ਲੈਣਾ।

ਸਮੇਂ ਦੀ ਦੁਰਵਰਤੋਂ ਆਦਿ।

ਜ਼ਿੰਮੇਵਾਰ ਕਿਵੇਂ ਬਣੀਏ: ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਦਾ ਅਹਿਸਾਸ ਹੋਣਾ ਜ਼ਿੰਮੇਵਾਰ ਵਿਅਕਤੀ ਬਣਨ ਦਾ ਪਹਿਲਾ ਮੁਕਾਮ ਹੈ। ਜੇ ਕੰਮ ਤੁਹਾਨੂੰ ਸੌਂਪਿਆ ਜਾਂਦਾ ਹੈ, ਉਸਨੂੰ ਪੂਰੀ ਲਗਨ ਤੇ ਇਮਾਨਦਾਰੀ ਨਾਲ ਕਰਨਾ ਹੀ ਜ਼ਿੰਮੇਵਾਰੀ ਦਾ ਅਹਿਸਾਸ ਹੈ। ਫਿਰ ਭਾਵੇਂ ਓਹ ਘਰ ਦਾ ਕੰਮ ਹੋਵੇ, ਚਾਹੇ ਕਾਲਜ/ਸਕੂਲ ਦਾ, ਚਾਹੇ ਫਿਰ ਦਫ਼ਤਰ ਜਾਂ ਰਿਸ਼ਤੇਦਾਰੀ ਨਿਭਾਉਣ ਦਾ। ਅਜਿਹੇ ਕਾਰਜਾਂ ਨਾਲ ਹੀ ਸਾਡੀ ਪੀੜ੍ਹੀ ਜ਼ਿੰਮੇਵਾਰ ਪੀੜ੍ਹੀ ਬਣ ਸਕਦੀ ਹੈ ਤੇ ਆਪਣੇ ਨਾਲ-ਨਾਲ ਪਰਿਵਾਰ, ਸਮਾਜ ਤੇ ਦੇਸ਼ ਦੀ ਤਰੱਕੀ ਦਾ ਰਾਹ ਖੋਲ ਸਕਦੀ ਹੈ।

ਦਵਿੰਦਰ ਕੁਮਾਰ ਭੋਲਾ

ਐੱਮ. ਏ. ਪੰਜਾਬੀ ਭਾਗ ਪਹਿਲਾ

ਰੋਲ ਨੰ: 221115124006

ਠੰਡੀ ਸੀਤ

ਸੋਹਣੇ ਸੋਹਣੇ ਖਾਬ ਵੀ ਸਜਾਈ ਜਾਨੇ ਆਂ।
ਢੋਲ ਤੁੰਬੀ ਚਿਮਟਾ ਵਜਾਈ ਜਾਨੇ ਆਂ।
ਆਜੋ ਸਾਰੇ ਰਲ ਗਾਈਏ ਗੀਤ ਮਿੱਤਰੋ।
ਗੁੱਸੇ ਨੂੰ ਬਣਾਈਏ ਠੰਡੀ ਸੀਤ ਮਿੱਤਰੋ।

ਸਭਨਾਂ ਨੂੰ ਸਦਾ ਮਿੱਠੇ ਬੋਲ ਬੋਲੀਏ।
ਲਫਜ਼ਾਂ 'ਚ ਗੁੜ ਗੁਲਕੰਦ ਘੋਲੀਏ।
ਦਵੈਸ਼ਾਂ ਦੀ ਅੱਗਾਂ ਨੂੰ ਚਲੋ ਠਾਰ ਕਰੀਏ।
ਵੈਰ ਦੀ ਥਾਂ ਸਭ ਨੂੰ ਪਿਆਰ ਕਰੀਏ।
ਰੱਖੋ ਸਦਾ ਸੱਚੀ ਸੁੱਚੀ ਨੀਤ ਮਿੱਤਰੋ।
ਗੁੱਸੇ ਨੂੰ ਬਣਾਈਏ ਠੰਡੀ ਸੀਤ ਮਿੱਤਰੋ।

ਛੱਡ ਦੇਵੋ ਜ਼ਿੰਦਗੀ ਦੀ ਡੋਰਾਂ ਰਬ ਤੇ।
ਮਾਲਿਕ ਕਰੂਗਾ ਆਪੇ ਹੀ ਮਿਹਰਾਂ ਸਭ ਤੇ।
ਖੁੱਦ ਨੂੰ ਸਚਾਈ ਵਾਲੇ ਰੰਗ ਰੰਗੀਏ।
ਰਜ਼ਾ ਵਿੱਚ ਰਹੀਏ ਐਸੇ ਢੰਗ ਮੰਗੀਏ।
ਆਪੇ 'ਈ ਮਾੜਾ ਸਮਾਂ ਜਾਊ ਬੀਤ ਮਿੱਤਰੋ।
ਗੁੱਸੇ ਨੂੰ ਬਣਾਈਏ ਠੰਡੀ ਸੀਤ ਮਿੱਤਰੋ।

ਤੁਰਦੇ ਹੀ ਜਾਇਓ ਮੰਜ਼ਿਲਾਂ ਦੇ ਰਾਹਾਂ ਨੂੰ।
ਕਰਿਓ ਨਾ ਢਿੱਲਾ ਕੌਸ਼ਿਸ਼ਾਂ ਦੇ ਸਾਹਾਂ ਨੂੰ।
ਜਿਵੇਂ ਫੁੱਲ ਇੱਕਦਮ ਹੀ ਨਹੀਂ ਖਿਲਦਾ।
ਮਿਹਨਤਾਂ ਦਾ ਫਲ ਵੀ ਛੇਤੀ ਨਹੀਂ ਮਿਲਦਾ।
ਕਾਬੂ ਵਿੱਚ ਰੱਖੋ ਸਦਾ ਹੀਤ ਮਿੱਤਰੋ।
ਗੁੱਸੇ ਨੂੰ ਬਣਾਈਏ ਠੰਡੀ ਸੀਤ ਮਿੱਤਰੋ।

ਜਿਹੜੇ ਜਿਹੜੇ ਰਜ਼ਾ ਵਿੱਚ ਰਹਿਣਾ ਸਿੱਖਗੇ।
ਮਾਲਿਕ ਨੇ ਲੇਖ ਉਹਨਾਂ ਸੂਹੇ ਲਿੱਖ ਤੇ।
ਜਿਹੜੇ ਜਿਹੜੇ ਉਹਦੀ ਹੋਂਦ ਨੂੰ ਹੀ ਭੁੱਲਗੇ।
ਉਹ ਤਾਂ ਦੁੱਖਾਂ ਦੇ ਪਰਾਗਿਆਂ 'ਚ ਰੁੱਲਗੇ।
ਰੱਖੋ ਸਦਾ ਮਾਲਿਕ ਦਾ ਭੀਤ ਮਿੱਤਰੋ।
ਗੁੱਸੇ ਨੂੰ ਬਣਾਈਏ ਠੰਡੀ ਸੀਤ ਮਿੱਤਰੋ।

ਸ਼ੌਂਕ ਸੀ ਜਮਾਂਦਰੂ ਸੂਬੇ ਤੇ ਗਾਉਣ ਦਾ।
ਲਾ ਕੇ ਸਿਰ ਪੇਚ ਨਗਮੇ ਸੁਣਾਉਣ ਦਾ।
ਉਹ ਮੂਰਖ ਰਫੀਕ ਕੁੱਝ ਚੰਗਾ ਲਿੱਖ ਲਾ।
ਆਹ ਕਲਮ ਚਲਾਉਣੀ ਸੱਜਣਾਂ ਤੋਂ ਸਿੱਖ ਲਾ।
ਆਹ ਦੇਖੋ ਸੁਰਖਾਬ ਦੀ ਪ੍ਰੀਤ ਮਿੱਤਰੋ।
ਗੁੱਸੇ ਨੂੰ ਬਣਾਈਏ ਠੰਡੀ ਸੀਤ ਮਿੱਤਰੋ।



ਮਨਪ੍ਰੀਤ ਸਿੰਘ 'ਸੁਰਖਾਬ'
ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰ: 1759

ਮੰਜ਼ਿਲ

ਅਕਸਰ ਉੱਠ ਜਾਂਦੀ ਹਾਂ ਰਾਤਾਂ ਨੂੰ,
ਖੁਆਬ ਮੇਰੀ ਮੰਜ਼ਿਲ ਦੇ,
ਮੈਨੂੰ ਸੌਣ ਨੀ ਦਿੰਦੇ।
ਮੇਰੀ ਮਿਹਨਤ ਹੀ ਹੈ ਹੌਂਸਲਾ ਮੇਰਾ,
ਤੇ ਜਜ਼ਬਾਤ ਮੇਰੇ ਮੈਨੂੰ ਰੋਣ ਨੀ ਦਿੰਦੇ।
ਮੇਰੀ ਮਾਂ ਦੀ ਦੁਆ ਹੀ ਹੈ ਸਹਾਰਾ ਮੇਰਾ,
ਓਹੀ ਸਿਰਫ ਮੇਰੇ ਕੰਮ ਆਏਗੀ.....
ਕਦੇ ਕਦੇ ਤਾਂ ਇੰਝ ਲਗਦਾ ਹੈ ਕਿ,
ਮੇਰੀ ਕਾਮਯਾਬੀ ਸਿਰਫ ਮੇਰੀ ਮਾਂ ਹੀ ਮੈਨੂੰ
ਦਵਾਏਗੀ॥



ਯੈਸਮੀਨ ਕੌਰ
ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ
ਰੋਲ ਨੰਬਰ : 4035

ਰੂਹ

ਪਿਆਰੇ ਜਿਸ ਦਿਨ ਤੁਰ ਗਏ,
ਛੱਡ ਕੇ ਹੱਥ ਪਿਆਰੇ ਦਾ,
ਰੂਹ ਜਿ ਤੁਰ ਗਈ ਛੱਡ ਜਿਸਮ ਨੂੰ,
ਕਰਨਾ ਕੀ ਸਹਾਰੇ ਦਾ।



ਜਦ ਵੀ ਓਹਦੀ ਯਾਦ ਸਤਾਉਂਦੀ,
ਭਰ ਭਰ ਹੰਝੂ ਪੀਨੇ ਆਂ,
ਉਹਦੇ ਚੇਤੇ ਆਉਣ ਤੋਂ ਪਹਿਲਾਂ,
ਚੇਤਾ ਆਉਂਦਾ ਲਾਰੇ ਦਾ।

ਅੰਬਰੋਂ ਤਾਰੇ, ਤੋੜ ਕੇ ਸਾਰੇ,
ਚੁੰਨੀ ਦੇ ਵਿੱਚ ਜੜ੍ਹਨੇ ਸੀ,
ਉਹਨੂੰ ਪਰ ਯਕੀਨ ਨਹੀਂ ਸੀ,
ਮੇਰੇ ਇਸ਼ਕੋਂ ਹਾਰੇ ਦਾ।

ਕਿਸਰਾਂ ਦੱਸਾਂ, ਹਸਰ ਕੀ ਹੋਇਆ,
ਸਾਡੀ ਇਸ਼ਕ ਕਹਾਣੀ ਦਾ,
ਉਹਦੇ ਮਹਿਲੀਂ ਮੇਚ ਨਾ ਆਇਆ,
ਵਿਹੜਾ ਕਰਮਾਂ ਮਾਰੇ ਦਾ।

ਹਰਜੋਤ ਸਿੰਘ
ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰਬਰ : 6534

ਆਸ਼ਿਕੀ ਦੇ ਘਰ

ਜਿਵੇਂ ਬੇਗੁਨਾਹਾਂ ਕੋਈ
ਵੀਹ ਸਾਲੀਂ ਕੱਟ ਕੇ ਆਇਆ ਹੋਵੇ
ਜਿਵੇਂ ਬੇਰੁਜ਼ਗਾਰ ਜਿਹਾ ਲਾੜਾ ਕੋਈ
ਨਵੀਂ ਵਿਆਹੀ ਵਤਨ ਛੱਡ ਕੇ ਆਇਆ ਹੋਵੇ
ਏਹ ਨੈਣ-ਮਟੱਕਾ ਹਰ ਕਿਸੇ ਦੇ ਨਸੀਬ'ਚ ਕਿੱਥੋਂ
ਕੁੱਝ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਹੱਥੋਂ ਮਜ਼ਬੂਰ ਹੁੰਦੇ ਆ
ਆਸ਼ਿਕੀ ਦੇ ਘਰ
ਗਰੀਬਾਂ ਦੀ ਕੁੱਲੀ ਤੋਂ ਬੜੀ ਦੂਰ ਹੁੰਦੇ ਆ

ਨੀਵਿਆਂ ਦਾ ਉੱਚਿਆਂ ਨਾਲ
ਕਦੇ ਸਾਕ ਨਹੀਂ ਹੋਣਾ
ਦੋ-ਡੰਗ ਦੀ ਚੂਰੀ ਬਦਲੇ
ਸਾਥੋਂ ਚਾਕ ਨਹੀਂ ਹੋਣਾ
ਕੱਚੇ ਕੋਠਿਆਂ ਵਾਲੇ ਤਾਂ
ਕੰਧਾਂ ਲਿੱਪਣ'ਚ ਮਸਰੂਫ ਹੁੰਦੇ ਆ
ਆਸ਼ਿਕੀ ਦੇ ਘਰ
ਗਰੀਬਾਂ ਦੀ ਕੁੱਲੀ ਤੋਂ ਬੜੀ ਦੂਰ ਹੁੰਦੇ ਆ



ਮਨਪ੍ਰੀਤ ਕੌਰ
ਐਮ.ਏ. ਭਾਗ ਦੂਜਾ (ਪੰਜਾਬੀ)
ਰੋਲ ਨੰਬਰ : 6504

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਗਰੀਬੀ

ਜਿਨ੍ਹਾਂ ਨੂੰ ਅਸੀਂ ਸੁੱਟ ਦਿੰਦੇ ਆ ਇਹ ਉਹ ਵੀ ਚੱਕ ਕਿ ਖਾ ਲੈਂਦੇ,
ਕੂੜੇ ਵਿੱਚੋਂ ਚੱਕ ਕੇ ਲੀੜੇ ਆਪਣਾ ਆਪ ਸਜਾ ਲੈਂਦੇ,
ਫਿਕਰਾਂ ਵਾਲੀ ਜ਼ਿੰਦਗੀ ਇਹ ਹਸ ਕੇ ਲੰਘਾ ਲੈਂਦੇ,
ਲਿਖਿਆ ਜੋ ਤਕਦੀਰਾਂ ਵਿੱਚ ਓਠ ਤਾੜਕੇ ਭੁਗਤਾ ਲੈਂਦੇ।

ਜ਼ਿੰਦਗੀ

ਅੱਕਿਆ ਫਿਰਦਾ ਮੈਂ ਦੁਨੀਆ ਦੇ ਤਾਨਿਆ ਤੋਂ,
ਬਹੁਤਾ ਸੁਣ ਲਿਆ ਹੁਣ ਅਪਣੇ ਅਤੇ ਬੇਗਾਨਿਆ ਤੋਂ,
ਬਾਹਰ ਨਿਕਲਣਾ ਚਾਹੁੰਦਾ ਕੈਦ ਖਾਨਿਆ ਚੋਂ
ਮੈਂ ਜ਼ਿੰਦਗੀ ਜਿੱਤਣਾ ਇਸ ਜ਼ਮਾਨੇ ਤੋਂ।



ਹਰਗਮਨਪ੍ਰੀਤ ਸਿੰਘ
ਐਮ.ਏ. ਪੰਜਾਬੀ ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰਬਰ : 4012

सम्पादक की कलम से



भाषा हमारे जीवन का अनिवार्य अंग है। यह मात्र सामाजिक व्यवस्था नहीं, व्यक्तिगत आवश्यकता भी है। मानव जीवन एकाकी नहीं हो सकता इसलिए उसे अधिकतम लोगों से सम्पर्क संवाद करना पड़ता है। संवाद का माध्यम भाषा

ही हो सकती है। भाषा व्यक्ति तथा समाज की पहचान है तो ज्ञान के प्रसार का माध्यम भी है। परंतु अपनी मातृभाषा में ज्ञान का प्रसार जिस सहजता से संभव है वह परायी भाषा में नहीं हो सकता क्योंकि मनुष्य मूल रूप से अपनी भाषा में सोचता है। अतः उस भाषा में उसकी ग्राह्यता अधिक होती है। जबकि परायी भाषा में शिक्षा ग्रहण करते हुए उसके मस्तिष्क को अधिक दबावों को सामना करना पड़ता है।

भाषा मात्र बोले अथवा लिखे-पढ़े शब्दार्थ नहीं बल्कि उसे प्रयोग करने वाले समाज की संस्कृति की वाहिनी भी होती है। शब्दों को परंपरा से प्राप्त अर्थ संस्कृति को एक विशिष्ट पहचान होते हैं। उनमें बदलाव ज्ञान के प्रसार को प्रभावित करते हुए मनुष्य जीवन का अर्थ तक बदल देते हैं। एक स्थिति ऐसी उत्पन्न होती है जब डिग्री का पर्याय बन जाये तो उससे शिक्षा और ज्ञान का महत्व भी प्रभावित होता है। शायद आज की इस स्थिति का पूर्वानुमान लगाते हुए हजारों वर्ष पूर्व मैत्रेयी ने ऋषि याज्ञवल्क्य से कहा था, 'मैं जिससे अमृत प्राप्त न कर सकूँ उस शिक्षा को लेकर क्या करूँगी'।

शिक्षा और धर्म अलग दिखते हुए भी उस समय एकाकार हो जाते हैं जब हम धर्म को उसके वास्तविक अर्थ में ग्रहण करते हैं। उपनिषदों में एक सूत्र कहा गया है कि धर्म का पालन देश, काल व परिस्थिति अनुसार करना चाहिए। धर्म अर्थात् बेहतर जीवन जीने का तरीका, न कि कर्म काण्ड। तो यह सूत्र शिक्षा पाठ्यक्रम पर लागू क्यों नहीं होना चाहिए। जब चूल्हे के स्थान पर गैस या स्टोव, ओवन, माइक्रोवेव का उपयोग करने लगे हैं, सिलिबटे का स्थान मिक्सर ग्राइन्डर और डंडे से कूटकर कपडे धोने का स्थान वाशिंग मशीन ने लिया है तो दासता काल के

स्कूली पाठ्यक्रम और व्यवस्थाएं, नियम आदि क्यों नहीं बदल जाने चाहिए? यह कोई रहस्य नहीं कि हिंदी सहित सभी भारतीय भाषाओं के पाठ्यक्रम में जरूर कुछ ऐसा है जो आज के छात्र को प्रभावित नहीं कर रहा है। इसे कैसे रुचिकर और ज्ञानवर्धक बनाया जाये इस पर चिंतन होना चाहिए लेकिन चिंतन की यह प्रक्रिया धीमी नहीं होनी चाहिए।

आज जिन क्षेत्रों में रोजगार के विपुल द्वार खुले हैं उन्हें देखकर पाठ्यक्रम बनाये जाने चाहिए। भाषा के पाठ्यक्रम में कहानी, कविता (छान्दसिक) नाटक, निबंध, पटकथा लेखन, संवाद लेखन (पंच लाइन सहित) सीरीयल लेखन (एपिसोड) समाचार लेखन (समाचार पत्र टी वी चैनल), विज्ञापन लेखन, फिल्म व म्यूजिक एलबम हेतु (गीत लेखन) संगीत का आम्भिक ज्ञान होना चाहिए। यही नहीं प्रदेश और देश की संस्कृति व साहित्य को बचाने व नव पीढ़ी में संस्कार के रोपण हेतु एम बी ए, चिकित्सा, इंजीनियरिंग सहित स्नातक तक के पाठ्यक्रम में साहित्य को अनिवार्य रूप से स्थान मिलना चाहिए। स्नानकोतर शिक्षा में चुनिन्दा विषय रखे जा सकते हैं।

डॉ. सौरभ कुमार

सहायक प्राध्यापक

“तेजस्वी सम्मान खोजते नहीं गोत्र बतलाके
पाते हैं जग से प्रशस्ति अपना करतब दिखलाके,
हीन मूल की ओर देख जग गलत कहे या ठीक,
वीर खींचकर ही रहते हैं इतिहासों में लीक।”

-(रामधारी सिंह दिनकर)

समय का महत्व



“ज़माने से जुदा जिनका कोई भी काम होता है, ज़माने भर में अक्सर उनका ही तो नाम होता है।”

आज के समय में यदि आपको दुनिया में एक नया मुकाम पाना है तो आपको कुछ तो अलग करना ही होगा आपने अक्सर ऐसे लोगों के बारे में सुना होगा। जो कहते हैं-“हम प्रयास तो बहुत करते हैं लेकिन सफल नहीं हो पा रहे।”

तो सच्चाई यह है कि सिर्फ प्रयास करने से कुछ नहीं होता। आपको सही दिशा में प्रयास करना चाहिए तभी आपको सफलता की प्राप्ति हो सकती है।

जिन्दगी तो सभी लोग जीते हैं लेकिन खास वे लोग होते हैं जो खास मकसद के लिए जीते हैं। बिना मकसद के जीने वाले एक भीड़ का हिस्सा बनकर रह जाते हैं। लेकिन जिनका उद्देश्य कुछ खास होता है वे दिन-रात लोगों से अलग और थोड़ा हटकर सोचते हैं। ऐसे ही लोग इतिहास रचते हैं।

जीवन में गतिशीलता का होना आवश्यक है क्योंकि यदि आपको समय के साथ मित्रता निभानी है तो स्वयं को गतिशील करना होगा। शारीरिक और मानसिक रूप से हमेशा गतिशील रहिए। तालाब का पानी गंदा हो जाता है क्योंकि वह बहता नहीं। चूंकि वह बहता नहीं इसीलिए उसका पानी जहाँ का तहाँ ही बना रहता है। जबकि नदी का पानी साफ रहता है और न जाने कहाँ से चलकर कहाँ पहुंच जाता है क्योंकि वह बहता है। बहाव में ही शुद्धता है, बहाव में ही जीवन है। मतलब यह कि यदि गति है तो जीवन है और गति नहीं है तो वह जड़ है, मृत्यु है।

समय निरंतर बहने वाला तत्व है वह एक क्षण के लिए भी नहीं रुकता। तो स्वभाविक है कि ऐसे में वह जड़ लोगों के साथ अपनी दोस्ती कैसे निभा सकेगा ? गति की दोस्ती तो गति के साथ ही होगी। कछुआ और खरगोश कभी दोस्त नहीं हो सकते। समय बहुत बलवान है। यह कुछ भी कर सकता है। एक इंसान को अपने समय का सदुपयोग करना चाहिए। यदि एक मानव समय के साथ नहीं चलता तो अंत में उसके हाथ

पछतावा ही रह जाता है। क्योंकि -

“दया करें इंसान बस, समय न करता माफ़,
दे करनी का फल सदा, करता है इंसाफ ॥”

“कभी घमंड ना कीजिए, समय बड़ा बलवान,
किए रंक - राजा कई, निर्धन को धनवान ।”

“समय चक्र है घूमता, करता सबका न्याय,
कोई इससे बच सके, ऐसा नहीं उपाय ।”

याद रहे - यह दुनिया उसी की कद्र करती हैं जो समय की कद्र करता है। क्योंकि समय से ज्यादा महत्वपूर्ण जीवन में कुछ भी नहीं। जिस प्रकार बूंद-बूंद से सागर बनता है उसी प्रकार छोटे-छोटे क्षणों से हमारा जीवन बनता है। छात्र जीवन हमारे जीवन की प्रारंभिक अवस्था है। यह व्यक्तित्व निर्माण की अवस्था कही गई है। यदि छात्र शुरुआती अवस्था में ही समय का महत्व सीख जाते हैं तो अपना बाकी का जीवन सुख व समृद्धि के साथ जीते हैं। क्योंकि समय बड़ा अजीब होता है इसके साथ चलो तो किस्मत बदल देता है न चलो तो किस्मत को ही बदल देता है।

अंत में मैं यही कहना चाहूंगी --

“रुकावटें आती हैं सफलता की राहों में,
यह कौन नहीं जानता ॥
फिर भी वह मंजिल पा ही लेता है,
जो हार नहीं मानता ॥”

प्रियंका

छात्र सम्पादिका

एम.ए. हिन्दी द्वितीय वर्ष

अनुक्रमांक: 6201

भारत-भाग्य-विधाता

जिसके वीरों ने ऊंचे गगन में अपनी विजय का परचम फहराया है।
यह वही देश है जिसने दुनिया को चांद तक पहुंचाया है।

उन्नति के शिखर पर रोककर स्वयं को वह आज सब से पूछ रहा है।
मुझको बनाने वाले क्यों कर रहे हैं पलायन, उनको बनाने वाले कहां हैं।

आज तक बहुत से नरसंहार देखे हैं मैंने पर नहीं हुई इतनी बुरी दशा।
देखकर हालत वक्त के मारे उन मजबूरों की मानो उमड़ पड़ी व्यथा।

कोई पैदल चल रहा है तो कोई साइकिल पर मंजिल तो सबकी एक है।
कहीं धूप कहीं बरखा तो कहीं भूख जैसे जोखिम रास्ते में अनेक हैं।

रोजी-रोटी छिन चुकी है फिर भी चले हुए हिम्मत नहीं रहे हैं हारा।
कुछ भी खाए बिना बढ़ रहे जैसे भूख को सदा के लिए दिया हो मारा।

लड़ते हुए भूख से लक्ष्य बिना ही कुछ चंद कदमों में ही शहीद हो गये।
कुछ बचे हैं जो संघर्ष करते हुये जीवन से वो भी मृत्यु के करीब हो गये।

मंजिल को न पाने वाले भी दुःखी पाने वाले भी बैठ गये होकर हताश।
सब के मुख पे छाया उदासी बेबसी उनकी कर रही मुझको निराश।

स्थिति बड़ी दयनीय है देखकर यह कर रहे हैं मदद लोग अपनी ओर से।
भाग्य प्रतिकूल बना है इन बेचारों का कितना चल लेंगे शरीर के जोर से।

औरों का तो कहना ही क्या दशा इनकी देखकर आज खुद भी रो पड़ी भारतमाता।
वीरों की तरह रहे डटे, नहीं है इसमें कोई अतिशयोक्ति कहें जो इनको भारत के भाग्य-विधाता।



डॉ. मुकेश कुमार
सहायक प्राध्यापक संस्कृत

कॉलेज के दिन

सुबह- सवेरे उठकर
पाँव से सिर तक सजकर
5 मिनट 9 बजकर
कक्षा का दरवाजा हम खटकाते हैं
जब हम कॉलेज जाते हैं

पहली घंटी बजते ही
हाजरी हमारी लगते ही
सर की नजरों से बचते ही
माल रोड की गेडियां हम लगाते हैं
जब हम कॉलेज जाते हैं

बीते दिन की बातें करने
दुनिया भर की चौटें करने
थोड़ी सी पेट-पूजा करने
कभी कैटीन, कभी पार्क में
डरे हम जमाते है
जब हम कॉलेज जाते हैं

आजादी के हमारे पास पर है
ना किसी का खौफ ना डर है
हम क्या जाने क्या होते पेपर है
बस अपनी ही धुन में,
लगाते हम ठहाके हैं

जब हम कॉलेज जाते हैं

एक दिन ऐसा भी आएगा
जब यह सब धुंधली याद बन रह जाएगा
फिर दिल खुलकर ना बयान कर जाएगा
कि उम्र नहीं बल्कि सच्ची ज़िंदगी हम जीते थे
जब हम कॉलेज जाते थे.....।



नवीन सैनी
एम.ए. द्वितीय वर्ष
रोल नं. 6208

हवा ही तो है, बदल जाएगी...

कलम की लकीरों हाथों की लकीरों से कहती हैं....
कि समय के साथ तू भी बदल जाएगी,
जो नहीं है आज पास तेरे,
कल वो स्वयं चल पास तेरे आएंगी,
जिस चेहरे पर हैं तनाव की करवटें,
उस पर सुकून की लाली जरूर छाएगी,
थोड़ा सब्र ही तो करना है,
मेहनत का मीठा फल तेरी झोली ही खाएगी,
हाँ माना अनगिनत आंधियां खड़ी हैं रोके तेरा रास्ता,
लेकिन हवा ही तो है बदल जाएगी,
दिनभर की बारिश के बाद,
ये जिन्दगी की ठंडी शाम भी ढल जाएगी,
हाँ मगर एक बात तो पक्की है,
पूर्ण हुए सपनों की नींद बड़ी आनंदमयी आएगी ।



निशा सिब्बत

एम.ए. हिन्दी द्वितीय वर्ष

अनुक्रमांक: 6223

सत्य क्या है ?



आप पूछते हैं कि सत्य क्या है? कुछ कहते हैं कि जो ऊपर बैठा सर्वशक्तिशाली पर्वरदिगार है वह सत्य है, तो कुछ कहते हैं कि शैतान। कुछ कहते हैं कि पैसा सत्य है, तो कुछ कहते हैं ईमान। कुछ कहते हैं कि रोशनी सत्य है, तो कुछ कहते हैं कि अंधकार सत्य है। आइये आज मैं आपको

बताता हूँ कि सत्य क्या है।

दरअसल सत्य सिर्फ वह है जो कि इच्छानुसार बदलता रहता है, जिसे अपनी मर्जी के मुताबिक, परिस्थिति के मुताबिक और अपनी ज़रूरत अनुसार बदल दिया जाता है। जब आप इनमें

होते हैं तो इनका सत्य आप पर हावी होता है और जब उनमें होते हैं तो उनका। जब आप यहाँ होते हैं तो ईमान आपका सत्य होता है और जब वहाँ तो शैतान। आपकी जगह बदलती है तो आपका सत्य बदलता है, आपकी ज़रूरत बदलती है तो आप फिर सत्य बदलते हैं।

सत्य तो यह है जनाब कि आजकल सिर्फ इन्सान ही नहीं बल्कि खुद सत्य अपना सत्य तलाश रहा है। सत्य के तो इतने फटेहाल हैं कि आजकल खुद गली-गली दरवाजे खटखटाता हुआ पूछ रहा है कि 'सत्य क्या है?' गली-गली फिरता हुआ ऐसी ही एक दफा वह असत्य के यहाँ जा पहुँचा। सत्य ने जब असत्य से पूछा कि सत्य क्या है तो असत्य बोला, "देख भाई सत्य, सच सच नहीं बल्कि झूठ सच है। ढोंग सच है। पाखंड सच है।" तो जनाब आप ईमान या शैतान में से जिस मर्जी को चुनें कोई फ़र्क नहीं पड़ता क्योंकि आज खुद सत्य पाखंड को चुन चुका है।

हमने तो खुद कई दफा सत्य को ऐसी बहुत सी महफिलों में बैठे देखा जहाँ वह सीना ठोक कर कह रहा था कि एकांत उसका सत्य है और जब कभी अकेले में उससे मिले तो वह समाज को तरस रहा था।

यह दोहरापन ही आपका सत्य है। आप भगवान को तो पूजते ही हैं मगर कभी-कभी शैतान को भी चख लेने से परहेज़ नहीं करते। आप बातें तो संयम की, धैर्य की, करुणा की करते हैं मगर खुद को चरित्र की थाली में परोसते वक्त किसी दूसरे पर कीचड़ उछालना भी आपको गलत नहीं लगता।

आपका स्वार्थ सत्य है। आपके चरित्र का यह दोमुहा-पन ही तो सत्य है।

अब आप सोच रहे होंगे कि मैं कौन होता हूँ सत्य की परिभाषा करने वाला? या तो मैं कोई बावला हूँ जो बेफिजूल की बकवास किए जा रहा है। या फिर असत्य का कोई सेवक हूँ जिसे इस मिशन से भेजा गया है कि 'जाओ! जाओ जाकर सत्य का तिरस्कार करो।' नहीं जनाब न तो मैं कोई सनकी हूँ और न ही अधर्म का प्रचारक। मैं तो खुद आप ही की तरह पाखंड से लैश एक सत्यवादी हूँ। मैं ऐसा समझता हूँ कि इस लेख से मैं आपके विचार बदल पाऊँगा, आपका उद्धार कर पाऊँगा। एक सत्यवादी पुरुष बन विश्वभर में सत्य का परचम फहराऊँगा पर सत्य तो यह है कि थोड़ी सी प्रशंसा सुन चुपचाप अपना कम्बल

ओढ़ कर सो जाऊंगा।

अगर आपका सत्य स्वार्थ है तो मेरा भी,
अगर आपका सत्य पाखंड है तो मेरा भी।

विभू

एम.ए. हिन्दी द्वितीय वर्ष

अनुक्रमांक: 6203

एक लक्ष्य पाने की आशा

कुछ लिखूं, कुछ करूं, सोत्साह से पथ पर चलूं,
अंतर्मन में है जज़्बा, जिज्ञासा और प्रत्याशा लेकर चलूं,

ये सपनों का बाजार नहीं हैं,
न होठों पर कृत्रिम मुस्कान,

यहां चंद्रमा न सही, तारे की भांति चमकने की आशा !
सच कहूं, एक लक्ष्य पाने की आशा !

हां! माना कि मैं हूं मिथलांचल की बेटी,
जहां चलती है मधुर मैथिली न कि ठेठी,

जहां कभी था, महान कवियों का मेला,
कई रूपों में राष्ट्र विख्यात हुए वो,

कभी कालिदास, विद्यापति, कभी बाबा नागार्जुन रूप में
राजधरा पे प्रसिद्ध हुए वो,

उनका प्रभाव न मात्र पंछी, पौधे पे बल्कि पड़ा है,
हर-एक कंक्रीट पे,

अनजाने, इस प्रभाव से विहीन रह चली मैं,
विज्ञान एक ऐसा रसायनिक परिवर्तन हुआ,

जगी मुझ में उड़ने की आशा!

सच कहूं, एक लक्ष्य पाने की आशा!

प्रकृति के साथ चलूं मैं आत्म निवासन से बचूं मैं ,
इस अनोखी धरा के, अद्भुत रंगों को, गहरा करने की आशा!

कुदरत सौंदर्य के हर रूप को,
रत्नावली रूपांतरण करने की आशा !

हां सच कहूं , एक लक्ष्य पाने की आशा !
एक खास लक्ष्य पाने की आशा !



रूपम कुमारी

एम.ए. हिन्दी प्रथम वर्ष

अनुक्रमांक: 21115107038

अनुभव

जीवन एक ऐसा अवसर प्रदान करती है,
जो मनुष्य को न चाहते हुए भी निभाना पड़ता है।
दुनिया में बस एक इन्सान अच्छा होता है,
जो अपनी नहीं लोगों की सुनता है ।

समय का एक रूप है, इंसानों की पहचान।
जीवन की ख्वाइशें पूरी हो न हो,
पर जो समय के साथ चलता है, वो ही आगे बढ़ता है।
कल क्या हो,

आप रहो न रहो-क्योंकि पल-पल में इंसान,
समय के साथ बहुत कुछ बदल जाता है ।

भविष्य में क्या होना है,
सोचो मत-आज समझ कर कर लो।

इंसान का स्वभाव है,
लोगों की आँखों में ठीक बन कर रहना,
पर समय, हालात और सोच, तीनों ही इंसान को
मजबूर कर देता है कि वह गलत ही ठीक है।



नेहा कुमारी

एम.ए. हिन्दी प्रथम वर्ष

अनुक्रमांक: 221115107054

मेरी प्यारी माँ

बचपन में मेरा रूठना और माँ का मनाना
न मानने पर माँ का चिल्लाना
और अपनी तरकश से लात-जूते और
झाड़ू वाला प्यार दिखाना।

मेरे उदास चेहरे को देख, माँ की आखों का गीला होना
अपनी साड़ी के पल्लू से मेरी आखों को पोंछना
और अपने सीने से लगा लेना।
खिलते चेहरे को देख उनका खिलना
मेरी खुशी में ही अपनी खुशी को ढूँढ़ना।

नौ महीने अपने पेट में पाला
बाबू, बेटा और चांद का टुकड़ा कह कर मुझे सजाया
और संवारा है
वह मेरी माँ है जिसने मुझे इस दुनिया में लाया है
मेरे हर खिलौने पे मेरा नाम लिखवाया है।

साहब वही तो है मेरी प्यारी माँ !
मेरी हर जीत और हार मैं सारथी बनती हैं
मेरी खुशी के लिए किसी से भी लड़ पड़ती हैं
मेरी हर अच्छी बात दुनिया को बताती हैं
बुरी बातों को पापा से छुपाती हैं
नज़र न लगे इसलिए काला टीका लगाती हैं।



विजय कुमार

एम.ए. हिन्दी प्रथम वर्ष

अनुक्रमांक: 221115107050

मन की आवाज



आज मैं लड़की बन विचार करती हूँ कि
समाज में लिंग विभेदीकरण की कैसी
विडंबना है और कैसा सच है। मुझे उस
वक्त समझ नहीं पड़ता कि समाज में मेरी
पहचान किस तरह की बनी है। घर में
रहो तो कैदी, बाहर जाओ तो पाबंदी,
बोलूँ तो बुरी, न बोलो तो घमंडी। जंजीर जैसे विचारों के जाल
में मेरे जीवन को बांध कर रख दिया है जिस वजह से मुझे ऐसा
लगता है कि आज चाहे हम लड़कियाँ आधुनिक युग प्रवेश कर
गई हैं पर अभी भी हमारा सर्व पक्षीय विकास नहीं हो पाया है।
मैं अपने दुखों को किन लफ्जों से बयां करूँ कि हमारी आजादी
के लिए प्रयास किया जाए ताकि मेरे इस विचार को पढ़ने वाले
को समझ आए कि नर है तो नारी समझो अब आपकी बारी।

प्रिया

एम.ए. हिन्दी प्रथम वर्ष

अनुक्रमांक: 221115107056

शायरी



दो पल की जिदंगी है,
आज बचपन, कल जवानी,
परसों बुढ़ापा, फिर खत्म कहानी है।
चलो हँस कर जिएँ, चलो खुलकर जिएँ,
फिर न आने वाली यह रात सुहानी,
फिर न आने वाला यह दिन सुहाना।

कल जो बीत गया सो बीत गया,
काहे करत हो आने वाले कल की चिंता,
आज और अभी जिओ, दूसरा पल हो न हो।

जसप्रीत कौर

एम.ए. हिन्दी प्रथम वर्ष

अनुक्रमांक: 221115107016

शहीद के बेटे की दीपावली

चारो तरफ उजाला पर अंधेरी रात थी,
वह जब हुआ शहीद उन दिनों की बात थी,
आँगन में बैठा बेटा माँ से पूछे बार-बार,
माँ बताओ न! दीपावली पे क्यों न आए पापा इस बार?

अबकी बार ! माँ क्यों न तूने आज भी बिंदिया लगाई है?
है दोनों हाथ खाली, न मेंहंदी रचाई है!
बिछिया भी नहीं पाँव में, बिखरे-से बाल हैं,
लगती थी कितनी प्यारी, अब ये कैसे हाल है!
कुम-कुम के बिना सूना-सा लगता है श्रृंगार,
माँ बताओ न! दीपावली पे क्यों न आए पापा इस बार?

बच्चा बाहर खेलने जाता है और लौट कर शिकायत करता है,
किसी के पापा नये कपड़े लाये हैं, मिठाइयाँ और साथ में पटाखे लाये है।
सोहन भी नये जूते पहन खेलने आया,
पापा! पापा! कह के सबने मुझको चिढ़ाया,
अब तो बता दो! क्यों है सुना आँगन-घर-द्वार?
माँ बताओ न! दीपावली पे क्यों न आए पापा इस बार?

दो दिन हुए हैं, तूने कहानी न सुनाई !
हर बार की तरह न तुने खीर बनाई।
आने दो पापा से मैं सारी बात कहूँगा !
तुमसे न बोलूँगा, न तुम्हारी एक सुनूँगा !
ऐसा क्या हुआ कि बताने से सभी करते इंकार,
माँ बताओ न! दीपावली पे क्यों न आए पापा इस बार?

विडंबना देखिये! पूछ ही रहा था बेटा जिस पिता के लिए।
जुड़ने लगी थी लकड़ियाँ, उसकी चिता के लिए !
पूछते- पूछते वह तो हो गया निराश !
जिस वक्त आँगन में आई उसके पिता की लाश।
आठ साल का बेटा तब अपनी माँ से कहता है
मत हो उदास माँ मुझे जवाब मिल गया।
मकसद मिला, जीने का ख्वाब मिल गया!
पापा का जो काम रह गया है अधूरा
लड़ कर के देश के लिए करूँगा मैं पूरा
आशीर्वाद दो माँ काम पूरा हो इस बार !
समझ गया था बेटा दीपावली पे क्यों न आए पापा इस बार!

यथार्थवादी जीवन

“मैं” कहे मैं बड़ा,
तो क्यों अहं में है पड़ा।
“तुम” कहे मैं बड़ा,
तो क्यों द्वंद में है पड़ा।
“आप” कहे मैं बड़ा,
तो क्यों आदर में है पड़ा।
“जीवन” कहे मैं बड़ा,
तो क्यों मोह-माया में है पड़ा।
“मोह-माया” कहे मैं बड़ा,
तो क्यों मानस जीवन में है पड़ा।
“मानस जीवन” कहे मैं बड़ा,
तो क्यों जन्म-मरण में है पड़ा।
“जन्म-मरण” कहे मैं बड़ा,
सारा जीवन इसी मैं है पड़ा।
अंत में “बड़ा” कहे “मैं” ही हूँ सबसे छोटा,
तभी “मैं” “आप” से मिल पड़ा।



जोगिंदर

एम.ए. हिंदी प्रथम वर्ष

अनुक्रमांक: 221115107017



अमित

बी.ए. तृतीय वर्ष

अनुक्रमांक: 2329

हिंदी भाषा का महत्व



किसी भी देश की पहचान उस देश की भाषा से होती है और अगर हम अपने देश की बात करें, तो चाहे हम भारत के किसी भी कोने में रहते हैं, या चलें जाएं और हमें हिंदी भाषा आती है तो हमें कहीं रहने में कोई परेशानी नहीं होगी।

हिंदी हमारी मातृभाषा भी है और हिंदी बोलते समय हमें गर्व महसूस होना चाहिए। अंग्रेजी का हमारे मन और दिमाग पर इतना आधिक प्रभाव पड़ चुका है कि हम हिंदी बोलने में शर्मिंदगी महसूस करते हैं, परन्तु हिंदी के बिना कोई भी काम नहीं होता क्योंकि हमारे भारत देश में बहुत से ऐसे राज्य हैं जहां केवल हिंदी भाषा ही बोली जाती है। चाहे आज के युग में अंग्रेजी भाषा का आधिपत्य है। हमारे देश में हिंदी को जो सही सम्मान मिलना चाहिए शायद वह अभी तक नहीं मिल पाया। बिना हिंदी भाषा के हम विकास की कल्पना नहीं कर सकते हैं। जैसे कि भारत देश कई सभ्यताओं का मिश्रण है उसमें कई भाषाएं बोली जाती हैं इन सभी में हिंदी भाषा को राजभाषा का दर्जा दिया गया है। इसे सम्मान देने के लिए ही हर वर्ष 14 सितंबर को हिंदी दिवस मनाया जाता है। वास्तव में 14 सितंबर 1949 के दिन हिंदी भाषा को राष्ट्रीय भाषा का गौरव प्राप्त हुआ। बाद में 1953 में निर्णय लिया गया कि प्रतिवर्ष 14 सितंबर को हिंदी दिवस मनाया जाएगा।

राष्ट्रीय एकता में हिंदी का विशेष महत्व है। किंतु शहरों में रह रहे लोग हिंदी भाषा को मुख्य न समझकर अंग्रेजी पर आधिक जोर देते हैं। क्योंकि आज कल जितनी भी बड़ी-बड़ी कंपनियां हैं सभी अंग्रेजी में पढ़े लिखे लोगो को रखते हैं और अंग्रेजी में ही बात करते हैं, उनके आसपास के लोग भी अंग्रेजी बोलते रहते हैं। लेकिन हिंदी भाषा को महत्व देना इसलिए भी जरूरी है क्योंकि हिंदी भाषा से समानता आती है। समाज में एकता की भावना आती है। मतभेद दूर होते हैं। हिंदी भाषा हमें हमारी सभ्यता से जोड़ती है, यह हमें बड़ों का आदर एवं सम्मान करना सिखती है। चाहे अंग्रेजी आज की जरूरत है पर क्या हम जरूरत के लिए संस्कार को छोड़ सकते हैं? हिंदी हमारे संस्कार

की भाषा है इसलिए हमें निरंतर अपनी मातृभाषा हिंदी को निखारने और सहज बनाने का प्रयास करना चाहिए।

सबकी सखी है मेरी हिंदी,
जैसे माथे पर सजी है सुंदर बिंदी,
देवनागरी है इसकी लिपि, संस्कृत है इसकी जननी
हर साहित्य की यह है ज्ञाता, सुंदर सरल है यह जन भाषा
प्रेम अपनापन है सौंदर्य इसका, दिलाना सम्मान कर्तव्य है हम सबका।।

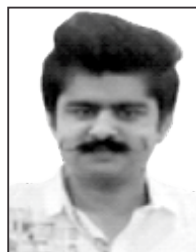
दीक्षा

एम.ए. हिन्दी प्रथम वर्ष

अनुक्रमांक: 22111510705

कलम और हल

मेरे लिए हल चलाना कलम चलाना है
और कलम चलाना हल चलाना है
पुस्तकालय में कलम से जोत लेता हूँ
कई काठ-खेत
खेत में हल से लिख लेता हूँ
कई कविता-संग्रह।



अजय सहरावत

एम.ए. हिन्दी प्रथम वर्ष

अनुक्रमांक: 22111517006

बदलते रिश्ते



रिश्ते ये शब्द सुनते ही हमें उन प्यारे प्यारे लोगों की याद आ जाना स्वभाविक है जिनसे हमारा कोई भी रिश्ता है। वह रिश्ता कोई भी हो सकता है माता-पिता, बहन-भाई, दोस्त या कोई भी ऐसा जिसे हम अपना मानते हैं। जरूरी से होते हैं ये

हमारी जिन्दगी में परन्तु आज कल के समय में रिश्तों का महत्व कम होता जा रहा है। अपनों से अपने अब दूर से होते जा रहे हैं। अब शायद हालात वैसे नहीं जैसे पहले के समय में हुआ करते थे। अब एक दूसरे के लिए लोगों के पास समय ही नहीं है। आज कल की भागदौड़ भरी जिन्दगी में हम कहीं आगे निकल आए हैं और पीछे रह गए हैं हमारे रिश्ते। रिश्ते जो हमारी जीवन का जरूरी हिस्सा हैं। पहले रिश्तों का महत्व समझा जाता है उन्हें आज के रिश्तों की तरह यूँ ही आज कल की तरह तोड़ नहीं देते थे, आज कल यदि कोई एक दूसरे से नाराज हो जाए तो बजाए उसे मनाने से बेहतर लोग रिश्तों को तोड़ना आसान समझते हैं।

आज कल एक परिवार के सदस्यों के पास एक समय साथ बैठ कर खाना खाने का समय भी नहीं है। मानों अब रिश्ते सिर्फ मतलब तक ही सीमित रह गए हैं। लोग उनसे कोई रिश्ता रखना चाहते हैं जिनसे भविष्य में कोई मदद, सहायता मिल सकती हो। अब घर के बड़े अपने अपने व्यवसाय में व्यस्त हो गए हैं और बच्चे मोबाइल फोन में। शायद बड़ों का मतलबी पन पैसों में छिपा है और बच्चों का मतलबी पन फोन में छिपा है। ये सब हमारे परिवार, समाज और संस्कृति के लिए ठीक नहीं है। हमें इन रिश्तों को संभाल कर रखने की जरूरत है। आजकल के व्यस्तता भरे जीवन में कुछ समय परिवार, दोस्तों और अन्य रिश्तों के लिए निकलने की जरूरत है। अपनों को अपनेपन का अहसास दिलाने की जरूरत है उन्हें बताएं कि वह कितना महत्व रखते हैं आपकी जीवन में कितने जरूरी हैं रिश्तों को निभाने, उन्हें बचाए रखने, उन्हें संभाल के रखने के लिए उन बातों को नजरअंदाज करें जिनसे रिश्ता कमजोर हो सकता है, टूट सकता है। कहीं ऐसा ना हो कि हर बार बहस में जीतते

जीतते हम रिश्तों से हार जाएं।

पल्लवी

अनुक्रमांक: 221115107032

एम.ए. हिन्दी प्रथम वर्ष

दहेज



पहले के समय में जब बेटी की शादी की जाती थी तो उसे खाली हाथ ससुराल नहीं भेजा जाता था, इसीलिए माता पिता अपने आशीर्वाद के रूप में बेटी को तोहफा देते थे। वो तोहफा मां - बाप अपनी खुशी से अपनी बेटी को देते थे। उसमें मां बाप पर

किसी भी तरह का दबाव नहीं होता था और धीरे-धीरे यह परम्परा बन गई। पहले यही तोहफा खुशी से दिया जाता था, और धीरे-धीरे इसी तोहफे ने मांग का रूप धारण कर लिया, जिसे आज के समय में दहेज कहा जाता है। आज के समय में शादी एक शादी नहीं मानो जैसे सौदा हो चुका है। आज के समय में दूल्हों के लिए जीवनसाथी की तालाश कम और बोली ज्यादा लगाई जाती है। इस आधुनिक युग में रिश्ता पक्का करने से पहले ही लड़की वालों के हाथ में मांगों की लिस्ट थमा दी जाती है और उन्हें कहा जाता है कि अगर वो हमारी मांग पूरी कर सकते हैं तभी हम बात आगे बढ़ाएंगे। अगर शादी हो भी जाती है और उसके मायके वाले उस दहेज को नहीं पूरा कर पाए तो दुल्हन को इस कारण ढेरों उलहाने सुनने पड़ते हैं और उसकी जिन्दगी भी बद से बदतर हो जाती है। बहुत सारे परिवार ऐसे होते हैं कि वो अच्छे रिश्ते के चक्कर में उनकी मांगें भी पूरा करते हैं, इसके लिए चाहे उनको बहुत सारा कर्जा ही क्यों ना लेना पड़े। जो परिवार दहेज देने में सक्षम हैं, वो तो दहेज दे देते हैं बाकी जिस परिवार के पास इतने पैसे भी नहीं हैं कि दो वक्त की रोटी भी ढंग से खा सके उनका क्या। उसे दहेज देने वाले परिवारों के चक्कर में जो दहेज नहीं दे सकते उनका खामियाजा भुगतना पड़ता है। कहने को तो ये

मॉडर्न युग है पर कितने प्रतिशत लोगों की सोच मॉडर्न है ? आज का समाज पढ़ा लिखा है पर इस समाज का नज़रिया बहुत गिर चुका है । इस महंगाई के दौर में घर के खर्चों से लेकर बच्चों की पढ़ाई की फीस तक आसमान छू रही है । इस दहेज की वजह से कोई भी पिता एक बेटी पैदा नहीं करना चाहता । इस समाज में एक पिता अपनी बेटी को बोझ समझता है क्योंकि एक पिता को अपनी बेटी के पालन पोषण और पढ़ाई - लिखाई से लेकर उसकी शादी में बहुत सारा पैसा खर्च होगा जिसके कई पिता सक्षम भी नहीं होते । इसलिए हम आज के नौजवान पढ़े लिखे हैं । अपनी समाजिक कुरीतियों को बहुत अच्छे से जानते हैं । किसी को तो नहीं बदल सकते और ना ही किसी के नज़रिए को बदल सकते हैं । पर हां, हम खुद को बदल सकते हैं । अपना खुद का फर्ज निभा सकते हैं । और अभी से ही ये प्रण करते हैं कि 'ना ही हम दहेज लेंगे और ना ही हम दहेज देंगे' किसी भी कुरीति को इतनी जल्दी तो खत्म नहीं किया जा सकता फिर भी हमारी इस छोटी सी कोशिश से इसे कम जरूर किया जा सकता है । तभी हमारा विकासशील देश से विकसित देश बनेगा, और फिर नारी और पुरुष को एक नज़रिए से देखा जाएगा ।

नेहा कुमारी

अनुक्रमांक: 221115107055

एम.ए. हिन्दी प्रथम वर्ष

“कला केवल यथार्थ की नकल का नाम नहीं है,
कला दिखती तो यथार्थ है, पर यथार्थ होती नहीं
है। उसकी खूबी यही है कि यथार्थ मालूम हो”

-मुंशी प्रेमचन्द

प्रकृति की लीला

प्रकृति की लीला न्यारी है,
ये दुनिया कितनी प्यारी है
कहीं धूप कहीं छाया है
ये सब ईश्वर की माया है
प्रकृति का रूप अनोखा है
कभी मोन कभी तेज हवा का झोका है
प्रकृति से ही तो बसी दुनिया ये सारी है
प्रकृति की लीला न्यारी है
ये दुनिया कितनी प्यारी है
प्रकृति ने जीवन को संजोया है
सबको जीवनदान दिया खुद बहुत कुछ खोया है
हरी भरी ये हमारी धरती
जो मन को प्रशंशा से भरती
पेड़ हमें देते फल और छाया है
इनका रूप हर दिल को भाया है
इस प्रकृति ने ही तो पहाड़ों से नदियां उतारी है
प्रकृति की लीला न्यारी है
ये दुनिया कितनी प्यारी है
यहां सूरज का उजयारा है
जो सबके जीवन का सहारा है
ये नदिया नाले और ये झरने
सबकी प्यास बुझाते है
मिल जाते है फिर जाकर समुंदर में
और हमें एकता का पाठ सिखाते हैं
बताते है हमें ये बहुत कुछ
बहुत कुछ हमसे छुपाते है
प्रकृति की ही तो हम सबसे पक्की यारी है
प्रकृति की लीला न्यारी है
ये दुनिया कितनी प्यारी है ।



ललित

अनुक्रमांक: 221115107024

एम.ए. हिन्दी प्रथम वर्ष

संस्कृत खण्ड

सम्पादकीय

अभिज्ञानशाकुन्तले राजनीति:



समाजे राजनीत्याः विशिष्टं महत्त्वं वर्तते। कस्यापि देशस्य राष्ट्रस्य वा उन्नतिः तत्रप्रयुक्तासु नीतिषु आधारिता अस्ति। उत्तमप्रकारेण प्रयुक्ता नीतिः समाजस्य उत्कर्षस्य हेतुरस्ति तथा विपरीतमिदम् अनुचितनीत्या समाजः नश्यति। अधुना प्रश्नः अयमस्ति यत् नीतिनाम् संचालकः

कः वर्तते ? अस्य प्रश्नस्य उत्तरम् शुक्रनीत्यां मिलति। शुक्राचार्यः कथयति यत् राजा सदैव नीतिम् पालयेत् तथा अन्यैश्च अस्याः पालनं कारयेत् । अनेन एतत् प्रतीयते यत् राजा एव नीतिसञ्चालकः।

(समाज में राजनीति का विशेष महत्त्व है। किसी भी देश अथवा राष्ट्र की उन्नति वहां प्रयुक्त नीति पर ही निर्भर करती है। उत्तम प्रकार से प्रयोग में लाई गई नीति ही समाज की उत्कर्ष का हेतु है और इसके विपरीत अनुचित प्रकार से अपनाई गई नीति समाज के लिए घातक होती है। नीति से ही समाज की रक्षा की जा सकती है। अब प्रश्न यह है कि नीति का संचालक कौन है? इस प्रश्न का उत्तर शुक्रनीति में मिलता है। शुक्राचार्य कहते हैं कि राजा स्वयं भी नीति का पालन करें और अन्यो से भी इसका पालन करवाए। इससे यह प्रतीत होता है कि नीति का संचालक राजा ही है।)

नृपस्य परमोधर्मः प्रजानां परिपालनं।

दुष्टनिग्रहणं नित्यं नीत्या अतो विना ह्युभे।। शुक्रनीति
कोऽपि मनुष्यः यदा राजसिंहासनमुपविशति तदा तस्य कर्तव्याः वृद्धिं प्राप्नुवन्ति। सः निजहितं त्यक्त्वा प्रजाहिते चिन्तयति। अभिज्ञानशाकुन्तले कालिदासेन राज्ञः एनमेव स्वरूपम् प्रस्तुतं कृतम् । अत्र प्रजानां पालनमेव राज्ञः महत्कर्तव्यः। नाटकस्य द्वितीय अङ्के यज्ञो भवति यत्र रक्षको राजा दुष्यन्तः।

अनुकारिणि पूर्वेण युक्तरूपमिदं त्वयि।

आपन्नाभयसन्नेषु दीक्षिताः खलु पौरवाः। अभिज्ञानशाकुन्तलम्
2/16

(कोई भी मनुष्य जब सिंहासन पर बैठता है तब उसके कर्तव्य और भी बढ़ जाते हैं। वह अपना हित छोड़ कर प्रजा के हित में

सोचता है। अभिज्ञानशाकुन्तल में कालिदास ने राजा के इस स्वरूप को ही प्रकट किया है। यहां प्रजापालन ही महत्कर्तव्य बताया गया है। नाटक के द्वितीय अंक में यज्ञ हो रहा है जिसमें राजा दुष्यन्त रक्षक के रूप में उपस्थित है।)

कालिदासस्य मतानुसारेण राजा प्राणिनां रक्षार्थं शस्त्रं धारयेत् न तु निर्दोषप्राणिनाम् हननार्थं।

आर्त्ततत्राणाय वः शस्त्रं न प्रहर्तुमनागसि। अभिज्ञानशाकुन्तलम्
1/11

(कालिदास के अनुसार राजा प्राणियों की रक्षा हेतु शस्त्र धारण करें न कि उन्हें मारने के लिए।)

राजकार्यः बहुकठिनं वर्तते। अतः राजा स्वस्य सहायार्थं राज्ये मन्त्रिणः अन्याञ्च कार्यकारिणः नियोजयेत् । यदा दुष्यन्तः शकुन्तलायाः विषये चिन्तयति तदा तस्य मन्त्री राज्यस्य सञ्चालनं करोति।

(राज्य का संचालन कोई सरल कार्य नहीं है। इसलिए राजा अपनी सहायता के लिए मन्त्री आदि कर्मचारियों की नियुक्ति करे। जब दुष्यन्त शकुन्तला के विषय में सोच रहा होता है तब उसका मन्त्री ही राज्य का संचालन करता है।)

यतः राजा प्रजानां रक्षणं करोति अतः राजा प्रजाभ्यः करग्रहणस्य अधिकारी अस्ति। सः प्रजाभ्यः अनाजस्य षष्ठांशः कररूपे गृह्णाति। एषः तस्य अधिकारो वर्तते।

षष्ठांशवृत्तेरपि धर्मः एषः। अभिज्ञानशाकुन्तलं 5/4

(क्योंकि राजा प्रजाओं की रक्षा करता है इसलिए उसे कर लेने का अधिकार है। वह प्रजा से अनाज का छठा भाग कर के रूप में लेता है।)

एवं वयं इदं कथितुं शक्नुमः यत् कालिदासः अभिज्ञानशाकुन्तले उत्कृष्टायाः राजनीत्याः वर्णनमकरोत्

(इस प्रकार हम कह सकते हैं कि कालिदास ने अभिज्ञान शाकुन्तल में उत्कृष्ट राजनीति का वर्णन किया है।)

डा. मुकेश कुमार

संस्कृत विभाग

छात्र-सम्पादकीय संस्कृतविषये रोचकतथ्यानि

अद्यतः 3000 वर्षपूर्व भारते जनाः संस्कृतं वदन्ति स्म। अस्मात् कारणाद् एव महर्षि पाणिनिना 500 ई.पूर्व्यां अष्टाध्यायी लिखिता आसीत्

(आज से 3000 वर्ष पहले भारत में लोग संस्कृत बोलते थे। इस कारण से ही महर्षि पाणिनि ने 500 शताब्दी ईसा पूर्व में अष्टाध्यायी की रचना की)

ऋग्वेदः अस्याः भाषायाः प्राचीनतमम् ग्रन्थमस्ति।

(ऋग्वेद इस भाषा का प्राचीनतम ग्रंथ है।)

अस्याः सुस्पष्टं व्याकरणस्य वर्णमालायाः च वैज्ञानिकतायाः तथा श्रेष्ठता स्वयमेव सिद्धा अस्ति।

(इसकी सुस्पष्ट व्याकरण एवं वर्णमाला की वैज्ञानिकता और श्रेष्ठता स्वयमेव सिद्ध है।)

एषा एव एकमात्रभाषा अस्ति या अस्माकं मौखिकाङ्गानि आयम्यं करोति।

(केवल एक यही भाषा है जो हमारी मौखिक अंगों को लचीला बनाती है।)

संस्कृतज्ञातारः अन्याः भाषाः अपि सुगमतया जानन्ति।

(इस भाषा को समझने वाले अन्य भाषाओं को भी आसानी से समझ सकते हैं)

अद्यः वैज्ञानिकयुगे इयम् भाषासङ्गणकस्य कृते विशिष्टा महत्त्वपूर्णा वर्तते।

(आज के वैज्ञानिक युग में यह भाषा कंप्यूटर के लिए विशेष महत्त्वपूर्ण मानी जाती है)

इयं भाषा उत्तराखण्डस्य हिमाचल प्रदेशस्य च द्वितीयभाषा अस्ति।

(यह भाषा उत्तराखंड और हिमाचल प्रदेश की द्वितीय भाषा बन गई है)

पुराकाले इयं भारतस्य राष्ट्रभाषा आसीत् तथा जनाः अनया वार्ता कृतवन्तः।

(प्राचीन काल में यह भारत की राष्ट्रभाषा थी और लोग इस भाषा में बातें करते थे)

अधुना अपि कर्नाटकस्य मद्रूर ग्रामे इयं भाषा व्यवहारिकभाषा अस्ति तथा तत्र जनाः संस्कृतं वदन्ति।

(आज भी कर्नाटक के मद्रूर गांव में संस्कृत भाषा व्यावहारिक

भाषा है और लोग यह भाषा बोलते हैं)



गुरलीन सिंह

बी.ए. छठा सेमैस्टर

अनुक्रमांक 2254



नीतिशतकं

परिवर्तिनि संसारे मृतः को वा न जायते

स जातो येन जातेन याति वंशः समुन्नतिम्

इस परिवर्तनशील संसार में कौन नहीं मरता और जन्म लेता है। वास्तव में वहीं जन्म लेता है जिसके जन्म लेने से वंश उन्नति की ओर बढ़ता है।

यस्यास्ति वित्तं सः नरः कुलीनः श्रुत्वान् गुणज्ञः

स एव वक्ता स च दर्शनीयः सर्वे गुणाः काञ्चनमाश्रयन्ति।

जिसके पास धन है वही मनुष्य कुलीन, विद्वान्, गुणज्ञ, वक्ता और सुन्दर है। सभी गुण धन में विद्यमान हैं।

दानं भोगो नाशस्तिस्त्रो गतयो भवन्ति वित्तस्य

यो न ददाति न च भुङ्क्ते तस्य तृतीया गतिर्भवेत्

दान, भोग और नाश धन की तीन गतियां होती हैं। जो न तो दान करता है और न ही धन का भोग करता है उसका धन नष्ट हो जाता है।

अज्ञः सुखमाराध्यः सुखतरमाराध्यते विशेषज्ञः

ज्ञानलवदुर्विदग्धं ब्रह्मापि तं नरं नञ्जयति।

अज्ञानी को आसानी से प्रसन्न किया जा सकता है और विद्वान्

को उससे भी आसानी से प्रसन्न किया जा सकता है किन्तु थोड़े से ज्ञान के कारण घमण्ड करने वाले को स्वयं ब्रह्मा भी प्रसन्न नहीं कर सकते।

साहित्यसङ्गीतकलाविहीनः साक्षात्पशुः पुच्छविषाणहीनः

तृणं न खादन्नपि जीवमानस्तद्भागधेयं परमं पशूनाम्
जो मनुष्य साहित्य, संगीत और कलादि के विषय में कुछ नहीं
जानता वह पूँछ और सींगों से रहित पशु के समान होता है जो
घास न खाकर भी जीवित रहते हैं। यह पशुओं का परम सौभाग्य
है।

येषां न विद्या न तपो न दानं ज्ञानं न शीलं गुणो न धर्मः।
ते मर्त्यलोके भुविभारभूता मनुष्यरूपेण मृगाश्चरन्ति।
जिसके पास न तो विद्या है, न तप है, जो न दान करता है, न
ही अच्छे व्यवहार वाला है और जिसमें न ही कोई गुण है। वह
पृथ्वी पर मनुष्य के रूप में पशु के समान विचरण करता है।



तानिश कुमार मेहता

बी.ए. द्वितीय सेमैस्टर

अनुक्रमांक- 1211150410430



संस्कृत भाषा



संस्कृतभाषा समस्त भाषासु प्राचीनतमा।
प्राचीनतयायाः अस्याः भाषायाः उत्पत्ति
विषये किञ्चिदपि निश्चितरूपेण न वक्तुं
शक्नोति। एषा भाषा भारोपीयपरिवारस्य
भाषा अस्ति। आधुनिकाः भाषाः यथा-
हिन्दी, पञ्जाबी आदयः अस्याः भाषाया रेव

उद्भूताः। अस्मात् कारणात् इमाम् भाषाम् सर्वभाषाणां जननी
अपि कथ्यते।

(संस्कृत भाषा सब भाषाओं से प्राचीन है। प्राचीनता के कारण
इस भाषा के विषय में निश्चित रूप से कुछ भी नहीं कहा जा
सकता। यह भाषा भारोपीय परिवार की भाषा है। आधुनिक
भाषाएं जैसे-हिन्दी पंजाबी आदि इस भाषा से ही निकली हैं। इस
कारण से इसे सब भाषाओं की जननी कहा जाता है।)

अस्यां भाषायामेव चत्वारः वेदाः उपनिषदश्चलिखिताः। अपि च

षड्वेदांगानि अपि अस्यामेव लिखितानि सन्ति। तदनन्तरं
रामायणं महाभारतम् इत्यादीनि लौकिकग्रन्थानि अस्यामेव
लिखितानि। महाभारतं विश्वस्य समस्तग्रन्थेषु विशालतमं
ग्रन्थमस्ति। सांस्कृतिकदृष्ट्या रामायणमपि बहुमहत्त्वपूर्णमस्ति।
वैदिक साहित्यस्य पश्चात् लौकिकसाहित्यस्य जगदि महर्षि
वाल्मीकिना रामायणं विरचितं। रामायणस्य रचना कालं 600
ईपू विद्वदभिः स्वीकृतम्। अतः इत्यस्मिन् कथने न कापि
अतिशयोक्ति यत् यदा समस्तविश्वे जनाः संकेतैः वार्ता अकुर्वन्
तदा भारतजनाः संस्कृतेन अवदन।

(इसी भाषा में चार वेद, उपनिषद् और छः वेदांग लिखे गये।
इसके बाद रामायण और महाभारत की रचना हुई। रामायण को
लौकिक युग का प्रथम महाकाव्य माना जाता है। सांस्कृतिक दृष्टि
से रामायण विशेष महत्त्व रखती है। रामायण की रचना 600
ईपू स्वीकार की गयी है। अतः इस कथन में कोई अतिशयोक्ति
नहीं है कि जब विश्व में लोग संकेतों के द्वारा वार्ता करते थे तब
भारत में संस्कृत बोली जाने लगी थी।)

अस्याः क्षेत्रमत्यधिकं विशालमासीत्। समस्त भाषाभ्यः
प्राचीनत्वात् अस्यां अन्यभाषाणां प्रभावः नैव दृश्यते। प्राचीनकाले
सर्वे जनाः इमाम् मातृभाषारूपे स्वीकृतवान् तदा
जनाः कण्ठस्थीकरणस्य तथा सूत्रप्रणाल्याः प्रयोगः कुर्वन्ति
स्म। कण्ठस्थीकरणं आधारीकृत्य प्रतिपदं पठ्यते स्म। एनम्
काठिन्यं निवारणार्थं प्रकृतिप्रत्ययोः विधिः स्वीकृता। एवं
शनैः-शनैः शिक्षापद्धत्यां परिवर्तानि आगच्छन् समस्तभाषासु
संस्कृतम् केवलं सङ्गणकस्य कृते उपयुक्ता वर्तते। अतः भाषायाः
प्रचार-प्रसारार्थं सदैव प्रयतेत।

(इसका क्षेत्र बहुत विशाल है। सब भाषाओं से प्राचीन होने के
कारण इस पर अन्य भाषाओं का प्रभाव नहीं दिखाई देता।
प्राचीन काल में सब लोगों ने इस भाषा को मातृभाषा का सम्मान
दिया था। यह भाषा पहले कण्ठस्थीकरण से पढ़ाई जाती थी।
इसमें कठिनता होने के कारण धीरे-धीरे शिक्षाप्रणाली में
परिवर्तन होने लगे। संस्कृत भाषा कम्प्यूटर के लिए उत्तम मानी
जाती है। अतः भाषा के प्रचार-प्रसार के लिए सदैव प्रयत्नशील
रहना चाहिए।

आकाश कुमार

अनुक्रमांक-1211150410555

बी.ए. प्रथम वर्ष

गुरोः महत्त्वं



यत् ज्ञानं सहस्रपुस्तकैः न प्राप्नोति तत्
गुरोः मार्गदर्शनेन प्राप्तुं शक्यते। अतः
सम्पूर्णजगदि गुरोः स्थानं सर्वोच्चः।
(जो ज्ञान हजारों पुस्तकों से नहीं पाया जा
सकता। वह गुरु के मार्गदर्शन से प्राप्त
किया जा सकता है। अतः गुरु का स्थान
सर्वोच्च है।)

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः।

गुरुः साक्षात् परं ब्रह्म तस्मै श्री गुरवे नमः॥

अनेकाः विद्वांसः अपि गुरुमहत्त्वं अकथयत् गुरुरेव तादृशो
व्यक्तिरस्ति यः तिमिरं दूरीकृत्य प्रकाशं प्रसारयति।

(अनेक विद्वानों ने गुरु की महिमा का बखान किया है। गुरु ही
एक ऐसा व्यक्ति है जो अंधकार दूर करके प्रकाश फैलाता है।)

एकदा एकम् जनम् पुस्तकमलभत् तस्मिन् स्वर्णसिद्धिप्रक्रिया
लिखिता आसीत्। एतत् दृष्ट्वा सः मनुष्यः बहुप्रसन्नं जातं। अथ
तेन स्वर्णसिद्धि प्रक्रिया आरब्धः। कार्यस्य समाप्त्या सः सफलो न
अभवत् तदा सः गृहाद् बहिरागच्छत् तथा एकस्मिन् स्थाने
पदत्राणेन पुस्तकं पूजयति। तत्र स्थिताः सर्वे जनाः तं दृष्ट्वा
स्तब्धाः भवन्ति। तत्र सः मनुष्यः आयाति यस्य एतत् पुस्तकं। सः
एतस्य कारणं पृच्छति इत्यस्य उत्तरे सः सम्पूर्णवृत्तान्तं तं
कथयति। ततः उत्तरम् श्रुत्वा सर्वे जनाः पुनः स्तब्धाः
भवन्ति। तदनन्तरं पुस्तकस्य स्वामी सामग्रीं आनाययति तथा
स्वर्णसिद्धेः प्रक्रियां करोति। अस्मिन् प्रयासे सः सफलः भवति
गच्छति च। एतत् सर्वं गुरोः प्रभावादेव।

(एक बार एक व्यक्ति को एक पुस्तक मिली। उस पुस्तक में
सोना प्राप्त करने की विधि लिखी थी। यह देखकर वह मनुष्य
बहुत प्रसन्न हुआ। इसके पश्चात् उसने सोना पाने के लिए कार्य
प्रारम्भ कर दिया। अन्ततः उसे उस कार्य में सफलता न मिली।
तब वह मनुष्य घर से बाहर आया और एक स्थान पर जूते से
पुस्तक की पूजा करने लगा। उसे देखकर सब लोग हैरान हो
जाते हैं। इसके बाद उस स्थान पर वह मनुष्य आता है जिसकी
यह पुस्तक है। वह उस मनुष्य से ऐसा करने का कारण पूछता
है। तब वह मनुष्य उसे सारी घटना के बारे में बताता है। तब
उत्तर सुनकर सब लोग पुनः हैरान हो जाते हैं। इसके बाद
पुस्तक का स्वामी सोना बनाने की सामग्री मंगवाता है तथा इस
कार्य में सफल भी होता है और चला जाता है।)

लोकोक्तयः

अङ्गीकृतं सुकृतिनः परिपालयन्ति।

प्राण जाए पर वचन न जाए।

सम्पूर्ण कुम्भों न करोति शब्दम्

थोथा चना बाजे घना।

निःसारस्य पदार्थस्य प्रायेण आडम्बरो महान्

ऊंची दूकान फीका पकवान।

गतस्य शोचनं नास्ति।

अब पछताए होता क्या जब चिड़िया चुग गयी खेत।

विपद् विपदमनुबध्नाति।

गरीबी में आटा गीला।

याचको याचकं दृष्ट्वा श्वानवद् गुर्गुरायते।

कुत्ते का कुत्ता वैरी

कण्टकेनैव कण्टकं।

जैसे को तैसा।

अतो नष्टस्ततो भ्रष्टः।

धोबी का कुत्ता न घर का न घाट का।

वीरभोग्या वसुन्धरा।

जिसकी लाठी उसकी भैंस।

निजसदननिविष्टः श्वा न सिंहायते किम्?

अपने घर में कुत्ता भी शेर होता है।

दूरस्था पर्वताः रम्याः।

दूर के ढोल सुहावने।

संसर्गजा हि दोषगुणाः भवन्ति।

एक मछली सारे तालाब को गन्दा कर देती है।

ये गर्जन्ति मुहुर्मुहुर्जलधराः न वर्षन्ति एतादृशाः।

जो गरजते हैं वो बरसते नहीं।



अमित गुप्त

बी.ए. चतुर्थ सेमैस्टर

अनुक्रमांक 1973

अमित

बी.ए. छठा सेमैस्टर

अनुक्रमांक 2329

गीत

मूलगीत- हम तेरे बिन अब रह नहीं सकते-----

फिल्म-आशिकी 2

पाशर्व गायक-अरिजीत सिंह

अहं त्वां विना न जीवितुम् न शक्नोमि

त्वां विना किमस्तित्वं मम ।

तत्तः पृथक् भविष्यामि यदाहं निजात्तदा पृथक् भविष्यामि।

यतः त्वमेव अधुना त्वमेव मम जीवनमधुना त्वमेव

सुखञ्च मम पीडापि मम स्नेहोऽपि अधुना त्वमेव।

तव मम नाता इदृक् क्षणमेकम् दूरमस्वीकरणं।

तव कृते प्रतिदिनं जीवामि तुभ्यं दत्तं मम कालम् सर्वं।

नास्तु क्षणम् मम त्वां विना प्रतिश्वासे नाम तव।

यतः त्वमेव अधुना त्वमेव मम जीवनं त्वमेव

सुखञ्च मम पीडापि मम स्नेहोऽपि त्वमेव।

हम तेरे बिन अब रह नहीं सकते

तेरे बिना क्या वजूद मेरा तुझसे जुदा जब हो जायेंगे

तो खुद से ही हो जाएंगे जुदा क्योंकि तुम ही हो

अब तुम ही हो मेरी जिंदगी अब तुम ही हो

चैन भी मेरा दर्द भी मेरी आशिकी अब तुम ही हो।

तेरा मेरा रिश्ता है ऐसा पलभर दूर गंवारा नहीं

तेरे लिए हर रोज ही जीते तुझको दिया मेरा वक्त सारा।

ना हो लमहा मेरा कोई तेरे बिना हर सांस पे नाम तेरा।

क्योंकि तुम ही हो अब तुम ही हो मेरी जिंदगी अब तुम ही हो ।

चैन भी मेरा दर्द भी मेरी आशिकी अब तुम ही हो।



अजीत कुमार गोंड

एम.ए. अर्थशास्त्र द्वितीय सेमैस्टर

अनुक्रमांक 221115099006

संस्कृतगीतम्

मूलगीत- मेरा तो जो भी कदम है वो तेरी राह में है।

फिल्म-दोस्ती

गायक-मोहम्मद रफी

लेखक- मजरूह सुल्तानपुरी

अनुवादक-डा. मुकेश कुमार

मम तु यदपि प्रयत्नं तत्तव हितेऽस्ति

त्वं कुत्रचिदपि वसेः त्वं मम प्रत्यक्षमसि।

उत्तमं दःखदः नाता तु वियोगः किम्

वियुज्यन्ते तु तैः जनैः येषां स्पृहा दोषवती।

मम तु यदपि प्रयत्नं तत्तव हितेऽस्ति

त्वं कुत्रचिदपि वसेः त्वं मम प्रत्यक्षमसि।

निगूढमिव मय्येव त्वं क्वचिद् मित्र!

मम हर्षे न त्वं मम क्रन्दने असि।

मम तु यदपि प्रयत्नं तत्तव हितेऽस्ति

त्वं कुत्रचिदपि वसेः त्वं मम प्रत्यक्षमसि।

मेरा तो जो भी कदम है

वो तेरी राह में है

तू कहीं भी रहे तू मेरी निगाह में है

खरा है दर्द का रिश्ता तो फिर जुदाई क्या

जुदा तो होते हैं वो खोट जिनकी चाह में है

मेरा तो जो भी कदम है वो तेरी राह में है

तू कहीं भी रहे तू मेरी निगाह में है

छुपा हुआ है मुझी में कहीं तू ऐ दोस्त

मेरी खुशी में नहीं तू मेरी आह में है

मेरा तो जो भी कदम है वो तेरी राह में है

तू कहीं रहे तू मेरी निगाह में है



मनदीप वर्मा

एम.ए. हिन्दी द्वितीय सेमैस्टर

अनुक्रमांक: 221115107053

E-Waste Management: A Common Challenge



Electronic waste or e-waste refers to those discarded or used electronic devices which are no more in use, have no working life or are nearing the end of their usability. Moreover, used electronics are those which are destined for refurbishment, reuse, resale, salvage recycling through material recovery, or disposal. E-Waste consists of Waste Electrical and Electronic equipment (WEEE) including computers, consumer electronics, refrigerators, etc which have been disposed-off by their original users. E-Waste contains both valuable material as well as hazardous material which require special handling and recycling methods. The country's e-waste generation increased by 43 percent in the financial year 2018 and 2020. The pandemic-induced consumption of electronic devices is set to add to the problem in future.

Following US and China, India is now officially the world's third-biggest e-waste generator, producing over 3.23 million metric tons of e-waste per year. Although hardly anything ends up in a landfill, yet the big worry is that 95 percent of e-waste still continues to be handled by the informal sector.

According to the Global E-Waste Monitor Report (2020), India's e-waste production has risen almost 2.5 times to 3.23 million metric tons in six years till 2019. However, India is also the only country in South Asia to have a specific legal framework for handling e-waste since 2011. The E-waste Management and Handling Rules address not just the need to handle e-waste in an eco-friendly way, but also its transportation, storage and recycling. They have also introduced the concept of extended producer responsibility (EPR). In 2016, the rules were tweaked to introduce Producer Responsibility Organization (PRO) while bringing buy-back, deposit refund and exchange schemes under EPR. However, given the high cost of handling and procurement, low margins and underutilization of capacities,

most formal sector or pollution control board-recognized e-waste handlers are grappling with basic problems.

In a nutshell, it can be concluded that the awareness on the subject of risk and management of e-waste is extremely low therefore, urgent measures are required to consider this issue. Being a responsible citizen everyone should play a role in e-waste management by donating electronic items for reuse, which extends the lives of valuable products and keeps them out of the waste management systems for a long time.

Geetika Verma
Assistant Professor
PG Department of Commerce

Segment Reporting of Foreign Banks in India



In recent years there are certain specifications that have been in importance and are receiving wider recognition in the field of corporate financial reporting. All these issues have forced the accountants and professional bodies to shape the reporting of accounting information in such a manner that, it can meet the need and expectations of the users as well as the stakeholders. Both investors and stakeholders rely on annual reports, which are in the form of consolidated statements, to make economic decisions. But it is an established fact that information in the form of consolidated statement is not enough to serve the purpose of the stakeholders in taking their decisions because the consolidated information shows the status of the whole business collectively. The product or division wise details are not prepared separately. Investors, creditors and other stakeholders would be better off with regard to their investment and credit decisions if segment information is available on different products and geographical areas. This has resulted into segment reporting. Although, the attempts made

by the foreign banks are highly appreciable, yet more efforts are required to make segment reporting more meaningful and purposeful, since there is a significant difference in the segment reporting disclosure practices in the banking units. There is need of a uniform set of guidelines, as well as a uniform format so that an international understanding in the banking world may develop.

Aishwarya Kaur

M.Com (General) Sem. 4

Roll No. 6836



Role of Commerce Education in the Changing Business World



There is a saying by Albert Einstein that Education is not the learning of facts, but the training of the mind to think.

That means a person has to think creatively to gain success in life. Education is essentially a process rather than a product as it is mostly taken to be. It teaches us to learn: learn things to develop creatively, teaches us to learn to be economical in effort. Education is not only the knowledge of facts but also of values.

The world is changing very fast. The place of globalization, liberalization & privatization has tremendously influenced the various dimensions of commerce education. Commerce education plays a vital role in the changing business world. It is the most important key, which leads to success in all sectors of the economy. The education is imparted through lectures, group discussions, brain-storming sessions, simulation exercises, case study, role-play, seminars, etc.

Importance of commerce education-

- Increase in employment opportunities.
- Expansion of Aids to Trade.
- Encourages International Change.

- Satisfies the ever growing human wants
- Increases the Standard of Living.

The role played by an effective system of commerce education is self-evident as it provides the necessary inputs among the young graduates of today, towards turning them into dynamic and successful businessmen of tomorrow.

With the advent of e-commerce, many businessmen can expand their business and gain huge success in their business. Even in recent times or during the pandemic, many businessmen started their work over the internet. It could only be possible because of their commerce education.

Commerce education must be theoretical and practical. In this way, the role played by commerce education is very important as well as effective in the changing the business world.

Kashika Bhatia

M.Com II

Roll No. 6832



New Education Policy 2020



New education policy is beneficial for school and college students. The need for a new education policy was being felt in our country for a long time. Three educational policies have been introduced in India so far.

These are the National Education Policy-1968, National Education Policy-1986, and National Education Policy-2020. NEP 2020 addresses the shortcomings of the previous education policies and also aims to fulfil the current and future needs. The new education policy was approved by the Government of India on 29th July, 2020. It replaced the 34 year old National Education

Policy. The objective of the National Education Policy 2020 is to make India a Global Power. This policy will boost our education system. The new education policy has reorganized the existing 10+2 school system into a new system 5+3+3+4 structure as per the age of 3 to 8, 8 to 11, 11 to 14, and 14 to 18 years.

Foundation stage: It is divided into two parts. For the first 2-3 years, children will take pre-school education. After this, children will study in school in the 1st and the 2nd standard.

Initial stage: In this stage, children from classes 3 to 5 will be taught science and mathematics. During this time, he will be introduced to technology with the intention of developing his interest in science and mathematics.

Middle stage: In this stage, students from classes 6 to 8 will learn a variety of skills, vocational courses and coding.

Secondary stage: In this students of classes 9 to 12 will study in two stages – 9th and 10th and 11th and 12th. At this stage, students will have the freedom to choose the stream/subjects according to their interests.

- Education is an essential element for the all-around development of any society and country. India has one of the youngest populations in the world and our future is directly proportional to the educational opportunities provided to the youth.



The new education policy will provide employment opportunities to the youth as it aims at developing cognitive skills. The Indian government has spent 3.5 percent of its GDP on the new education policy. Karnataka is the first state to implement it. There are some benefits of the policy:

- It aims at developing critical thinking.
- Students will be given hands-on training.
- More choice of subjects at secondary school level.
- More technical knowledge as compared with the previous policy
- Students will be educated in their mother tongue. Most of the texts will be bilingual.
- Students can complete two-year bachelors' course and then receive a diploma certificate.
- They may complete full three years and receive a degree.
- Focus on e-learning.

Vinay Kumar

B.Com I

Roll No. 138



Emerging Issues in Commerce and Business Management



To meet the growing needs of business in society, there is a rising demand for the sound development of commerce and management. Commerce is a broad discipline that includes many streams such as marketing, accounting, human resources, etc. There have been great changes in commerce and business in the era of globalization.

Emerging Issues in Human Resource Management:-

Workforce Planning and Development: Recruitment of the right person for the right job is crucial for an organisation. The HR manager is fully responsible for the recruitment of the right person. Because of different cultures and religions, it is difficult to provide the required training and development programmes to employees at a global level.

Managing Talent: Managing talent is also a crucial issue to address at the international level due to high competition. Cultural changes at the global level create complications to manage the skills and talents of a diversified workforce and to implement these strategies and plans to achieve organizational goals and objectives. It also affects the training and development programmes of the organization.

Globalization: It is also a crucial issue for HR managers. Due to globalization and regular changes in the technological and social environment, liberalization of trade policies and regulations etc., it has become crucial for HR managers to cope with the competitive environment that affects the performance of the organization on domestic as well as global platforms.

Managing Demographic Workforce: Managing the demographic workforce is also an emerging issue for the HR department of an organization. At the global level, there are many policies and regulations, that affect the policies of an organization. Managing people especially, the ageing workforce is really difficult as companies' pension plans and retirement benefits for ageing people are affected by government policies. This is a very important and difficult challenge for our managers in recent times.

Managing Changes and Cultural Transformation: Managing organizational changes and culture at a global level also create issues for the organization and HR department. Most of the time, organizational changes create conflicts

between employees and the management team that affect the culture of the organization.

Emerging Issues in Marketing: Marketing issues in India have many factors such as issues related to the retail sector, agricultural marketing and ethical issues in marketing.

Issues in Retailing: Retailing in India includes organized retailing and unorganized deretailing, rural and agriculture marketing and ethical issues in marketing.

Gagandeep Singh

B Com I

Roll No. 1211150010050



How Banks Earn Money?



All of us deposit our hard-earned money in banks. And banks also give us additional money in the form of interest. But have you ever thought that how these banks earn income from these banking businesses? We shall discuss how *the business model*

of banks works?

What do banks do with our money? Do banks take the money and keep it in a locker for safety? Not at all - banks use our money to give loans and charge interest on them. Suppose, you are a customer of a bank and have deposited Rs.100 @ interest of 4% p.a., and another customer who needs money takes a loan of Rs 100 at an interest of 8% p.a from the bank. On maturity, the bank will take back Rs.108 from that customer and the bank will return Rs 104 to you. So, the difference between the interest received by the bank and interest allowed to customers from the bank is the income of that bank i.e., Rs.4. There are a large number of depositors and borrowers.

Sometimes, a very problematic situation can arise, when the financial condition of the borrower becomes bad and he refuses to pay back the borrowed money. Thus, the bank becomes unable to give money back to the depositors. To tackle such situations, RBI has a rule that of all the money deposited by the depositors with a bank, the bank has to keep at least 4% of it with itself as a cash reserve. This ratio is called **Cash Reserve Ratio (CRR)**. RBI governs the banking system. RBI also directs banks to invest 18% of total deposited money at the places mentioned by the RBI like Government bonds, gold reserves, etc. This percentage ratio is called **Statutory Liquidity Ratio (SLR)**. The Bank should use the rest of 78% of the money to give loans to the borrowers and earn profit from the difference in the interest received and allowed.

Since banks give about 80% of the money for loans to borrowers, problems arise when the depositors want to withdraw all the money deposited in the bank. This situation is called a **Bank run**. This situation is not so realistic. Some banks like PMC Bank, Yes Bank, etc. have faced such types of situations in the past, the huge amount of loan money became bad loans and the banks were not able to give back money to the depositors.

The interest rate system is a huge source of income for the banks. But what about that country's banks where the interest rates are very low? For example, in Germany, the housing loan interest rate is only 1%. In some cases, it is only 0.4-0.5%. It is almost negligible. So, it is also difficult for these banks to earn profit from interest rate differences, because the interest rate is very low. This problem is faced mainly in European countries. Thus, to earn income, these banking systems give very low interest i.e. 0.1% or almost no interest on savings accounts. And secondly, the banks charge monthly charges from the people for maintaining the bank account.

Apart from this, the banks of all countries also

make revenue from other sources like charging fees and commissions, charging fees for not maintaining minimum amount balance, and charging fees for using different types of facilities provided by the banks.

Now let's look at some examples of this business model of the banking system. First is the largest bank of India, **SBI**. And second is the largest private bank in India, **HDFC**. According to the data of December 2021, the total valuation of the HDFC bank is about 8.09 lakh crore and the valuation of SBI is about 4.11 lakh crores. (Source: Money Control) Now, let's check the market share of these banks in the banking system of the whole country. 24% of the total deposits are done in SBI and 8.5% of the deposit money is with HDFC. And of all the loans given out in the country, 22.5% of the loans are given out by the State Bank of India and HDFC gives out 9.6% (Source: Investyadnya).

As of 31st March, 2021, SBI has 46 million customers and HDFC has approximately 60 million customers. So even though the market share of SBI is more than that of HDFC, the valuation of HDFC is nearly twice than that of SBI. This is because SBI is a government bank and HDFC is a private bank. Government banks have some restrictions to invest in assets while private banks can make investments freely. If we divide the net interest income by the total loan by a bank, we get the **Net Interest Margin**. This margin is used to check the profitability of the banks. In 2021, the **NIM** of HDFC is 4.2% and of SBI is 3.34% (source: Screener). So, we can say that HDFC is a little bit more profitable than SBI. The net profit earned by SBI after paying tax is Rs. 22000 cr. And Net profit of HDFC after paying tax is Rs. 31000 cr. (source: Screener). This is how the business model of a bank works.

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Corporate Frauds and Scandals: A Critical Analysis



Corporate frauds have emerged as the biggest risks that companies are exposed to. They are increasingly becoming a big threat. Incidents of fraud are increasing at an alarming rate and have led to the following

consequences:

- Shattered the faith of investors in the stock market.
- Resulted in enormous reduction in the wealth of investors
- Damaged the reputation of the affected company, its management, and the board of directors.
- Eroded the ability of the affected company to borrow and thus creating financial stress.

Corporate frauds or financial crimes or financial frauds can be classified as white-collar crimes, which represent the illegal acts that are characterized by deceit, concealment, or violation of trust. The fraudulent exercises practiced by **Enron, World Com, and Martha Stewart** shook the world. Of these scandals, the **Enron Accounting Scandal** was the most famous. There were similar allegations against the World Com Company, whose CEO Bernard Ebbers hid an expenditure of **\$11 bn.** Later this led the company to bankruptcy. Frauds have occurred in almost every country in the world, in almost every sector, including banking and insurance, telecom, automobile industry, health sector. The list is endless. The growing focus on cross-border expansion, high levels of growth with internal processes not keeping pace, and a large number of new employees joining the organization are making most companies vulnerable to greater fraud risk in recent times. **IBM Survey 2005, Price Waterhouse Coopers Survey 2008, KPMG-India Fraud Survey 2009,**

Ernst and Young Indian Survey 2012, and SAS Inc Survey 2017 pointed out that the **Telecom, Media, and Software sectors** have emerged as being most vulnerable to frauds in India followed by the **financial sector** (banking, insurance, mutual funds, asset management, non-banking finance companies, and investment banks) whereas the **transportation, retail, consumer and food sectors** are in the lower rung for fraud risk in recent times.

IT hackers and fraudsters can pose a significant threat to financial crime. Cybercrimes, economic crimes, ethical crimes, falsification of accounts by showing inflated profits, breach of fiduciary duty, breach of confidential information, non-disclosure of material facts, etc. are causing enormous harm to the rights and interests of society. Every such corporate fraud is a heinous crime against humanity, as it adversely affects and ruins the fortunes of large segments of innocent people. There are several adverse consequences of financial crimes. It can bring institutions down to closure and can cause employees to lose their livelihood. Fraud is not an accounting problem rather it is a social phenomenon. If you strip economic crime of its multitudinous variations, these are three ways a victim can be unlawfully separated from money: by force, stealth or trickery. While the first two are on the wane, the third is not. **Harshad Shantilal Mehta Scam 1992, Dinesh Dalmia's Scam 2001, Ketan Parekh's Scam 2002, IPO Scam (2003-2007), Satyam Scam 2008-09, 2G Spectrum Fraud 2010, Common Wealth Games 2010, Cobbler's Scam 2011, Speak Asia Scam 2011, Coal India Scam 2012, Sharda Chit Fund Scam 2013, etc.** show that regulatory bodies are not working properly in India. Consequently, it affects the economic growth of the economy and leads to the

embezzlement of huge funds which otherwise would have been used in developing the economies. Details of funds embezzled include:

SCAM	AMOUNT INVOLVED
SATYAM COMPUTERS	US\$1 billion
KINGFISHER AIRLINES	RS.9000 crore
BHUSHAN STEELS	RS.50000 crore
PNB	RS. 16000 crore
YES BANK	RS.4000 crore

All the financial crimes, scandals, and others have led to an increased focus on the development of new initiatives in ethical behaviour, regulatory framework, IT security, etc. The Union Cabinet has approved the creation of the National Finance Reporting Authority (NFRA) in response to the major Nirav Modi-PNB Scam and the auditors' inability to identify the fraud. NFRA will be an independent authority that does not need parliamentary approval and will have more power to prosecute erring auditors and auditing companies found to have aided economic offenders. The centralized regulatory authority, vigilant check by the stock exchanges at the time of the abnormal rise in prices, strict actions with heavy penalties, fixing the responsibilities of chartered accountants as well as auditors to furnish true and fair position of the company to investors, a strict ban on the insider trading, etc. can prevent people from committing such heinous crimes. Only then the stock market can respect the sentiments of innocent investors which in turn will help in enhancing the confidence among the investors not only in India but all over the world towards the Indian stock market.

Shriya

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"Don't go with the flow. Be the flow."
-Lord Buddha

Career Planning in Commerce



After matriculation, a student has to choose a stream based on his interests. Each stream offers different career options. In today's time, career options are no longer limited. You are no longer forced to choose from traditional vocations that were pursued by your parents and grandparents.

What is career planning? It is the act of choosing a path. It is done during adolescence and early adulthood. It is often changed according to changes in personal interests, the world, or a change in the profession in the course of an individual's life. In other words, career planning can be defined in different terms such as career vocational counselling, vocational guidance, and career guidance. Career planning can also be defined as the means through which we achieve our objectives and move closer to our goals. Career planning can be divided into vertical and horizontal directions. Horizontal career planning is based on how you use the acquired knowledge and skills for your dream job. On the other hand, vertical career planning is based on the knowledge you have of the industry you wish to work for and how it has evolved.

Let's talk about the stream that concerns us - Commerce: In earlier days students opted for the commerce stream after matriculation only as a second option after the science stream, but it is not the case now. Moreover, the commerce stream is no longer pursued by only those who are looking at managing family businesses. With careers in commerce undergoing a sea change both in terms of options and scope, commerce has become a sought-after and popular option among students.

If a student wishes to pursue commerce in +2, he has to study subjects like Economics, Accountancy, Business Mathematics, and

Business Studies. Several career options open up for a student after the commerce stream. Chartered Accountancy, Business Management, Cost & Works Accountancy, Company Secretary, Actuarial Science, and Chartered Financial Analyst are some of the fields that are directly related to the subjects in the commerce stream.

Commerce is a popular field of study among students after Class 12. It's challenging but is also quite scoring. So, if you have the knack for it, the sky is the limit. Those who have an interest in financial information/transactions, trading of economic value, etc. often consider studying Commerce subjects after Class 12. The Commerce course can be pursued at the undergraduate as well as postgraduate level. At the UG level aspirants can opt for BCom, BBA, CA, CS, BBA LLB, BBM, BSc, etc. At the PG level, popular Commerce programs are M.Com, M.COM BI, MBA, etc. Generally speaking, UG courses in Commerce are of three years duration whereas; PG and Doctoral programs are of two years duration.

If you choose commerce, you also have the opportunity to choose an out-of-the-box career option, such as one in travel and hospitality, depending on the path and degree you choose. Career options for commerce students are vast and you will always have interesting profiles to work at if you play to your strengths.

List of Commerce Subjects

- **Business Economics:** This covers concepts like the laws of demand and supply, the law of returns, elasticity, the theory of pricing under different market forms, etc.
- **Financial Accounting:** This paper deals with the preparation of profit and loss statements, balance sheets, and final accounts of a company, knowledge of Indian and international accounting standards, calculation of depreciation, and valuation of shares and goodwill of a company.
- **Cost Accounting:** This includes, job and contract costing, costing of overheads,

standard, and variance costing, and budgetary control. Income tax: This encompasses the nature and basis of the charge of income tax, tax planning, tax deduction, incomes not taxable, etc.

- **Auditing:** This subject deals with vouching, valuation, and verification of transactions, assets, and liabilities. It also includes studying the auditing of different organizations like clubs, hospitals, and charitable concerns.
- **Business Finance:** its scope includes financial analysis as a diagnostic tool, the management of working capital and its components as well as capital structure leverages.
- **Business Law:** This subject deals with discussing the different laws in India relating to, among others, the Companies Act and the Consumer Protection Act. Marketing: This subject deals with products, pricing methods, promotion, channels of distribution, logistics, etc.

Top Commerce Specialisations

The Commerce course is offered across various specializations, wherein the students can learn different Commerce subjects. The most popular Commerce specializations are Accounting, Finance, and Banking. Check out the table below to know the Commerce specializations offered by various Commerce colleges in India:

Accounting and finance	Banking and finance
Banking and Insurance	Accounting and Taxation
Actuarial science	Business administration
Applied Economics	Financial Accounting
Human Resources	Entrepreneurship
Auditing	Investment Banking

List of Top 8 Careers in Commerce

1 – Banking

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

2 – Investments:

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

3 – Insurance:

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

4 – Capital market:

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

5 – Accounting and Taxation

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

6 – Company Secretary

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

7 – Cost and Work Accountant

These professionals are mostly involved in the auditing of the companies and are required to maintain cost accounting records, certify import and export documents under the Exim Policy, and serve as an executor, administrator, receiver, and valuer.

#8 – Certified Financial Planner

CFP or Certified Financial Planner is a certificate

course for financial planners who are looking to specialize in strategic financial planning or advisory role in the financial services industry.

Conclusion

The scope of commerce is satisfactory. With various options in Accounting, Finance, Engineering, Marketing, etc you should first work on your interest, decide the career path and then select the best career in commerce that agrees well with your future career plan.

Amrita

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Digital Marketing



Digital marketing is marketing your goods and services through digital means. In modern times everything has been modernized. The Internet is also a gift of the modern era. Digital marketing has become a necessity. Every person is

connected to the internet, which makes it easy to use. People do not have time to meet and greet one another but they do not mind socializing on social networking sites. Given all these things, digital marketing is making its way in this era.

Digital marketing is the need of the hour. It makes it easy for the producer to sell his product to his customer through digital marketing. This is giving a boost to digital business.

Types of Digital Marketing

*Search engine optimization or SEO: This is a technical medium that places your website at the top of the search engine results, which increases the number of visitors. For this, we have to make

our website according to keyword and SEO guidelines.

- **Social Media Marketing:** Social media is a collective term for websites such as Facebook, Twitter, Instagram, LinkedIn, etc. Through social media, a person can express his views in front of thousands of people. It is an effective means for advertising and marketing.
- **Email Marketing:** E-mail marketing is the marketing done by sending emails to prospective consumers. Email marketing is necessary for every company to send discount offers to their customers from time to time.
- **YouTube Channel:** YouTube is effective to communicate directly with people. People can also give their reactions to this. A substantial number of users/viewers use YouTube. It is an easy and popular medium to promote one's product.
- **Affiliate Marketing:** The remuneration that is earned by advertising products through websites, blogs, or links is called Affiliate Marketing. Under this, you create your link and put your product on that link. When a customer buys your product by pressing that link, you get paid for it.
- **Apps Marketing:** Making different apps on the Internet to reach people and promote their products on it is called apps marketing. This is the best way of digital marketing. Nowadays a large number of people are using smart phones. Big companies make their apps and make apps accessible to people.
- **Conversion Rate Optimization:** Businessmen often use Conversion Rate Optimization to maximize the number of users who perform a desired action known as Converting. It is done just by clicking on the link and signing up for a newsletter.
- **Content Marketing:** SEO is a major factor in content marketing. The main aim of content marketing is to distribute valuable content to customers. It is mostly in the form of written material rather than advertising.

- **Native Advertising:** In Native Marketing, marketers blend customers' opinions through highly effective advertisements. A native ad gets around this bias by offering information in the form of ads.

• Digital Marketing is the future of marketing. Through digital marketing, it is very easy to track the results of your efforts by using analytical tools. It's easy to see which strategies are producing profitable results and which ones need to be worked on. The more you increase the possibilities of digital marketing, the more you will be able to realize your company's growth potential.

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Green Consumerism



With the rise in awareness of staying fit and healthy, there is now an increase in Green Consumerism. What is Green Consumerism? It is the demand by the consumers for eco-friendly products which help in building a sustainable economy.

It consumes natural resources with no or minimal harm to the environment. People have recently become aware of the environment and how its maintenance. Many people are working hard to save nature. Especially, its demand has increased manifolds post-pandemic, as the consumers have understood the significance of protecting the world. IBM's recent survey in association with the National Retail Federation depicts that 57% of consumers have shown their willingness to change their shopping habits for reducing negative ecological impact.

Who are Green Consumers?

These are the consumers who are aware of their

role to save the environment with their sustainable demands. They purchase those goods and services which do not harm the environment during the process of production.

Benefits of Green Consumerism

Long Term Benefit To Producers

As demand for green and eco-friendly products has increased Consumers prefer organic products to those with chemical additives. So they choose to buy from producers producing organic products. This helps such firms to last for long in the market and earn profits as well.

Responsible Production Process

There is a need for a sustainable production process that identifies, satisfies, and fulfills the needs of the stakeholders demanding such products.

Awareness In The Market

Now with an increase in the trend of green consumerism, there is a constant rise in the number of consumers who pay attention to the health benefits of products while buying.

Green Consumerism In Products Production

No anti-environment activity should be involved in the production of the product. Such products are not much easy to produce and are also expensive but their benefits have helped in their growing demand.

Packaging

Numerous firms were using plastic for packaging and distributing their products, due to its easy availability, cheapness, and versatility. But it resulted in harming and polluting the environment. Still paper bags have taken the place of plastic carry bags.

As Unilever has said that by the year 2025, it will reduce its plastic packaging by 50% in the market.

Energy Efficiency

The energy-saving products are now used as compared to the ones that use more power, people prefer buying electronic gadgets with a 5-star rating which helps save energy. solar panels are installed to generate electricity that is both sustainable and eco-friendly.

Transportation

Goods need to be transported from one place to another for distribution which again results in pollution. So consumers prefer to buy local products from local producers where wide transportation of products is not required.

Conclusion

Green Consumerism is a great way to a sustainable environment. Today's market is consumer-oriented. So to satisfy the demand of the consumers for eco-friendly products, the producers need to produce such products. Everyone should realize his duty towards nature and businesses should also contribute their bit.

Yukta Verma

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Technology- Boon or Bane



What is Technology?

Let's explore the literal meaning of '**Technology**'. The word 'technology' is derived from two Greek words: '**techne**', which means art or craft, and '**logos**', which means word or speech. In the 17th century, the term 'technology' was used in discussions on applied arts. But with time, the application and the meaning of 'Technology' is changed. Later, the use of the term spread in many fields of studies to process ideas in collaboration with tools and machines.

Technology is the application of scientific knowledge into practical life to make human life comfortable. This practice has changed our lives for the better and will continue to change our future too. As we say there are two sides to a coin, the same rule applies here.

Technology: A Boon to Mankind

Technology has brought revolutions in many fields through many innovations. Technology has developed an environment for humans that makes life easier to achieve goals. The invention of the telephone helped to make communication possible between two persons without meeting physically; and this telephone is upgraded to a smart phone at present, which is portable and wireless, and easy to carry. Now, the modern technology of communication is at our fingertips. Not only communication but also technology has given an advanced dimension to medical treatment, scientific explorations, communication, construction techniques, energy generation, food production, education system, manufacturing industries, and military applications. Technology has made human life easier with each passing day.

Advantages of Technology

- **Easy to access information:** In the 1990s, the internet was not so popular due to very slow network connections. Later, many people felt the importance of accessing information and data online. This necessity led to delivering faster connections to the internet service.
- **Time Saver:** In earlier days, it took a very long time to cover distances as means of transport were very slow and people used to send inland letters to communicate with friends and family. Now with the advancement of new technology in the field of communication and transportation, we have modern generation cars, electronic mail, and smart phones to overcome those issues. This has helped us to achieve our goals and now we can focus on our work without wasting time.
- **Artificial Intelligence:** Artificial Intelligence is a new era towards the future, which can be foreseen with the advanced usage of technology. Artificial intelligence is one of the greatest gifts of modern technology. Digital assistants, face detection technology, online payment methods, modern search algorithms, etc are common examples of artificial intelligence.

- **Medical Applications:** Medical science is the scientific study of diagnosing an illness either in the mind or body and treating it or preventing it from further damage. Technology in medical science has made a great contribution toward saving people's lives. Innovative technologies have made significant improvements in all fields of medical science. The invention of new equipment useful for treating and diagnosis diseases, **life-saving drugs, and new techniques of treatments and therapies have declined the mortality rate.** New technologies like COVID-Net, BI-AT-GRU, SIER model, Benevolent AI, etc have made a great contribution during the COVID-19 pandemic.
- **Education System:** Technology has improved the education system greatly. It has made electronic books available in place of paperbacks, which has reduced the cutting of trees for making paper. Ed Tech is the new technology in the field of education technology. **ICT tools like** Smart boards, IPD panels, and projectors ecology have played a major role in bringing about a revolution in the education system.
- **Technology: A Bane to Mankind**
Technological innovation is not only a benediction to mankind but also condemnation. Innovations, such as the use of coal as an energy source has hurt the environment. The development process of technology is not linear. Modern technology has brought the curse of pollution to the Earth and its habitats. The marine ecosystem is being destroyed with each passing day. Many species of birds and fish go extinct because of water pollution and air pollution

Disadvantages of Technology

• Negative Impacts on Our Social Life

1. **Causing Distraction:** Technology is for helping mankind to progress. But, careless and uncontrolled usage of modern technology like video games, social media, the internet, etc proves harmful for budding minds.
2. **Lack of Interest in Studies:** Distraction

caused by technology affects concentration. the youth may spend most of his precious time on social media and other things which may result in a lack of interest in studies.

3. Reduction in Creativity: The creativity of mankind gave birth to technology. But, excessive use of technology reduces the creative power of humans. Due to technology the fresh talent and innovative ideas of youngsters are affected. It is one of the worst effects of technology.

4. Social Isolation: Technological advancement has resulted in social isolation. People have become so engrossed in gadgets that they prefer to stay at home rather than go outside the house which affects the person's social circle and makes them introverts.

• **Environmental Damages:** Modern gadgets are made of plastic and use electromagnetic waves for network connection. The chips and plastics are non-biodegradable and cause air pollution, soil pollution, and water pollution, and poses danger to the natural life on earth.

1. Destruction of Natural Habitats: As soon as humans started encroaching on lands, oceans, and skies, they started to inflict irreversible damage to the animal kingdom. Mankind has forgotten that the planet belongs to humans as well as other animals, there should be cohabitation. But humans are destroying forests, polluting oceans, rivers, and lakes, and putting other animal life at stake.

2. Pollution: The use of fossil fuels for the existing technology pollutes the air by releasing harmful gases such as carbon dioxide, carbon monoxide, sulphur dioxide, nitric oxide, and methane. The depletion of the Ozone layer is the result of air pollution. Besides, petroleum and its by-products pollute the marine environment and harm the marine ecosystem.

3. Depletion of Natural Resources: Depletion of natural resources is another negative impact of technology on our natural environment. Technological evolution has almost emptied natural resources like coal, petroleum, methane, etc.

Conclusion

It can be concluded that a single day, even a

single hour cannot be imagined without technology. Technology has become the basic need of mankind as well as the key to the future. The Earth is the primary home of human beings and several other species of plants and animals and we must care for our habitat.

Garv Kothari

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Artificial intelligence: Blessing or Curse?



Artificial Intelligence or AI provides a computer programme the ability to think and learn on its own. Artificial intelligence is the ability of a computer or a robot to perform tasks commonly associated with intelligent beings. It is a wide-

ranging branch of computer science



concerned with building smart machines capable of performing tasks that typically require human intelligence. Artificial intelligence is growing very fast, in the form of Siri, Alexa, Cortana, and Google Assistant, it has become part of our daily lives. AI is a blessing if it is used in a controlled way but it can become a curse if it goes uncontrolled.

There are three main types of AI based on their capabilities - weak AI, strong AI, and super AI.

- Weak AI - Focuses on one task and cannot

perform beyond its limitations. It is used commonly in our daily lives.

- Strong AI - Can understand and learn any intellectual task that a human being can do. Researchers are striving to reach strong AI.
- Super AI - Surpasses human intelligence and can perform any task better than a human. It is still a concept.
- Artificial Intelligence – or AI – has grown from a fringe idea in 1950s computer science to a household term used across popular culture, science, and technology. During the 1940s many scientists started to work on the possibility of the creation of an artificial brain. In the 1950s Alan Turing, a mathematician, published a paper on the possibility of creating machines that can think. The term AI was first coined by an American computer scientist called John McCarthy in 1956 at the Denmark Conference. He is also known as the father of AI.

Use of AI

- AI is frequently used by chatbots that have replaced human customer service agents in businesses worldwide. AI can also be used to measure prices and economic activity to forecast stock market trends and crashes.
- AI can go where humans can't. Space exploration is a key example. The AEGIS system developed by NASA and currently in use by the Mars rover can intelligently discern and measure information from Mars.
- Progress in AI is likely to offer great future profit opportunities from financial trading, most stock markets buy/sell decisions are now made automatically by computers
- Elon Musk envisions that future self-driving car will not only be safer but will also earn money for their owners, while they're not needed, by competing with Uber and Lyft.
- AI is being used to learn from enormous historical data sets that describe the climate, weather systems, and global warming to measure and predict the progress of climate change. AI here can be used to predict tectonic activity and adverse weather events; hurricanes, flooding, tsunamis, etc.

As every bright side has a darker side to it,

Artificial Intelligence also has some cons. With the advancement of AI, human beings are trying to create automated weapons which will operate without human intervention. Autonomous weapons have been described as the third revolution in warfare, after gunpowder and nuclear arms. Many arguments have been made for and against autonomous weapons, for example, that replacing human soldiers with machines is good as it reduces casualties but bad as it lowers the threshold for going to battle. Small AI-powered killer drones are likely to cost little more than a smartphone, all they need to do is upload their target's photo and address into the killer drone. It can then fly to the destination, identify and eliminate the person, and self-destruct to ensure that nobody knows who was responsible. This type of technology will be very dangerous if it goes into the wrong hands who will do unethical work with it. If we are not able to control AI, it will become dangerous for us because we will not be able to reach the level of AI intelligence that is 100 times stronger than us. AI represents a frontier of innovation that will play a key role in our future, and of that, there is no doubt. It is sure to become a more prolific entity of our day-to-day life, probably changing life forever with autonomous vehicles such as driverless cars, machines that do our work for us, analyzing data, composing our music, possibly even writing articles such as this one without us even having to lift a finger!

AI - Curse or Blessing

There is no right or wrong, good or bad, left or right when it comes to the topic of Artificial Intelligence. What we know is that it is growing and improving at an exponential rate and that there is a high probability of machines eventually outperforming humans. The future of AI is unpredictable. In the end, we can say that AI will become a blessing or curse is dependent on the future and how we use it.

Paras

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The Ethics of AI in Medicine



Artificial Intelligence, once discarded as a has-been technology, has seen a resurgence in the last decade, primarily fuelled by a powerful technique called deep learning together with the dramatic increase in processing power and the advent of big data. The success of machine learning has led to rapid interest and research into its applications in medicine, a field ripe for revolution by the use of AI. Thanks to the widespread adoption of electronic healthcare records and the huge amounts of biomedical data at our disposal. With its powerful ability to integrate and learn from large data sets, AI has the potential to revolutionize the diagnosis, clinical decision-making, and personalized medicine. Various studies have demonstrated that ML algorithms can far surpass human performance in a host of medical tasks. Nevertheless, the field of AI creates a unique set of ethical challenges that must be identified and addressed due to its massive capability to endanger patient preference, safety, and privacy. The use of algorithms for medicine raises a host of ethical concerns, such as that of encoded algorithmic bias. If the data, used for training AI algorithms, is not representative of the population, the consequences can be devastating. This is evidenced in research done at Berkeley by Obermeyer et al. (2019) which found that an AI that many US clinics were using to determine which patients get access to high-risk healthcare management programs routinely let healthier people of Caucasian descent into the programs ahead of their less healthy African American counterparts.

Another concern is that while the successes of algorithms on curated datasets are promising, they may not transfer well into the real world. A recent study by Beede et al. (2020) at Google Health, which deployed a deep learning system

for the detection of Diabetic Neuropathy in eye clinics across Thailand, reveals that even the most accurate AIs can make things worse if not adapted to their clinical environments. The researchers found that since their model was trained and evaluated on high-quality, hand-picked data, it would reject scans with minor imperfections such as a bit of blur or a dark area, even if it could make a strong prediction. The system's high standards for image quality were at odds with the consistency and quality of images that the nurses were routinely capturing under the constraints of the clinic, even though the doctors were able to make correct diagnoses from these "low-quality" images.

We are only beginning to understand the weaknesses of deep learning systems; with recent studies such as by Finlayson et al. (2019) showing how neural networks are vulnerable to adversarial attacks that allow a small, carefully designed change (imperceptible to humans) in the algorithm inputs to completely alter its output, causing it to arrive at the wrong results. This also ties into concerns about the interpretability of these algorithms. Health agencies around the world have strict acceptance criteria for clinical trials, requiring extreme transparency surrounding scientific methods. Deep learning algorithms, usually neural networks, are black boxes. They are notoriously opaque, their inner workings shielded from human eyes, buried in layers of computations, making it hard to diagnose errors or biases. Is it ethical to entrust patient health and safety to AI-assisted medical care, when we cannot understand why these algorithms arrive at a certain diagnosis or recommendation? All of this is not to say that AI cannot be useful in medicine. There is no doubt that these algorithms have the potential to revolutionize healthcare, but healthcare systems need to be aware of the pitfalls that have happened in other industries, and the various ethical concerns the use of this technology

raises. We are nowhere close to the dream of machine doctors, but AI-assisted doctors may soon become a reality.

Dr. Harpreet Kaur Bajwa

Associate Professor

Head, Department of Chemistry

Antimatter – It matters!



Hi, readers and anti-readers!
Almost everything in this universe is made out of matter – the Sun, the Earth, plants, buildings, your smart phone, this magazine you are reading my article in, you, and me – ALL MATTER!

By which we mean that all these things are made of electrons, protons, neutrons, quarks, and sometimes some rarer particles like neutrinos, tauons, muons, Higgs boson, etc.

But as we know, the third law of Newton states that for every action, there is an equal and opposite reaction. The same goes for the forces and particles, i.e. “For every particle, there is an equal and opposite antiparticle!” Here, by equal we mean equal in mass, and by the opposite, we mean opposite in electric charge.

In simple terms, an antiparticle of a particle is an opposite excitation that has the same mass as that of its particle but opposite charge. For example, the electron is a sub-atomic particle having mass = 9.11×10^{-31} Kg and electric charge (e^-) = -1.6×10^{-19} C, and its antiparticle will be termed an antielectron (known as a positron). A positron has equal mass as that of an electron i.e. 9.11×10^{-31} Kg but opposite electric charge (e^+) = $+1.6 \times 10^{-19}$ C.

Let's take another example of photons. Photons are considered as packets of energy with zero electric charges and so are their own antiparticles (antiphotons), in the same way, that zero is equal to negative zero!

When a particle and an antiparticle meet, they destroy each other and the process of annihilation takes place, changing their mass into energy. We can understand it by looking at the equation $X^2 = 4$. It has two solutions, +2 and -2. And when we add them, they cancel each other and become 0.

Every particle that exists has an antiparticle. We got antielectrons, antiprotons, antiquarks, antineutrinos, antimuons, antitauons etc. And since an antiparticle is exactly the same as a particle, except for the charge, they can combine under the laws of science to form anti-atoms, anti-molecules, and practically anything from anti-ants to anti-humans. Yes, there could be an anti-you sitting right next to you reading my article!

β^+ decay occurring in natural radioactive isotopes leads to the production of positrons naturally. Whereas, β^- decay of natural radioactive substances can create antineutrinos. Cosmic rays produce as well as contain many different kinds of antiparticles. In general, an environment with a sufficiently high temperature (i.e. having particle energy greater than the pair production threshold energy) can produce antiparticles.

We can also make a very interesting positronium atom. It is similar to a Hydrogen atom, except instead of an electron orbiting a proton, it's an electron orbiting an antielectron i.e. positron, creating an exotic atom until the process of annihilation takes place and they destroy each other under a nanosecond. And because matter and antimatter annihilate each other, it is very difficult to make big things or complex molecules out of the antimatter. Until now, we are only able to make and store a few hundred anti-hydrogen atoms at one time.

According to scientists, antimatter is the costliest material ever to make. An estimated price for 10 milligrams of positrons is \$250 million (i.e. \$25 billion per gram). NASA estimated a figure of \$62.5 trillion per gram of antihydrogen. This is because the production of antimatter is very difficult and only very few antiprotons are produced in reactions in particle accelerators.

When a particle and antiparticle meet, their mass changes into energy in accordance with the notable mass-energy equivalence equation ($E=mc^2$), and this energy, which is released, can be used in many different processes. That is why matter/antimatter annihilations have been looked upon as potential future bombs. But for that, you would have to put a whole lot of energy by yourself to make antimatter which you can do by agitating the empty space with the help of a particle accelerator or high-energy photons, so as to get a particle and an antiparticle out of the empty space. I know it sounds crazy, it is like knocking up 0 so as to get a 2 and -2! As we can see, it doesn't seem very much spontaneous and also doesn't fit in the current scenario of physics.

It is interesting to note that mathematics also shares some interest with antimatter. The mathematics of relativistic quantum mechanics had already predicted the existence of antimatter, way before any scientist had ever discovered any antimatter in nature or laboratory.

It is believed that during the period of baryogenesis, when the universe was very dense and hot, there was continuous and simultaneous production of matter and antimatter which annihilated. The presence of remaining matter (our universe) and the absence of detectable remaining antimatter is called baryon asymmetry. The exact mechanism that leads to this asymmetry during baryogenesis remains an unsolved mystery.

After the big bang, if equal amounts of matter and antimatter were really created, then everything would have been annihilated soon after it

appeared in the universe. Our universe would be nothing else but just leftover energy. But we know that's not the case because HERE WE ARE!

The fact that we have so little antimatter around us in the universe to study and discover can be seen as an obvious thing because if it were around us, it would have destroyed us till now. It can also be seen as a good thing because it cannot destroy us.

So if matter and antimatter are so much similar to each other and are considered identical mirror images of each other, then what exactly happened to the missing antimatter? Or WHY DID THE BIG BANG PRODUCE SO MUCH MORE MATTER THAN ANTIMATTER IN THE FIRST PLACE!?

This is known as the antimatter asymmetry problem. Well, no one knows, but to physicists, the answer MATTERS!

Ashish Chauhan
BSc III
Roll No. 4106

The Time is NOW



From rising sea levels to shrinking mountains, from devastating floods to disintegrating droughts, from melting ice-caps to burning forests; our generation has seen all of these and much more, with the magnitude and frequency rising exponentially. Climate change is an inescapable consequence of 'Human Activity', which is very much evident today.

India, a beautiful fusion of diversified landforms, is no exception. The Great Himalayas are melting. The 7,516 km long coastline that bounds

the Indian mainland with the Bay of Bengal, the Arabian Sea, and the mighty Indian Ocean, is critically witnessing increased cases of disastrous floods and monstrous cyclones each year. The islands, comprising the largest mangrove forest in the world - the Sundarbans, are shrinking day by day. The lush forests and green lands catch fire every now and then. The Thar is expanding its reign and the Plains are testimony to warmer and shorter winters, altering the agriculture cycle, experiencing thumping heatwaves, and depleting the already expended water table.

The Intergovernmental Panel on Climate Change (IPCC), in its 6th assessment report, declared India as one of the most vulnerable hotspots with several regions and important cities facing a very high risk of climate disasters. The report, presenting the most granular data ever, also said that Mumbai is at a very high risk of facing elevated sea levels and flooding, while Ahmedabad is at the risk of facing dangerous heatwaves. It even said that the increasing frequency of extreme weather events and air pollution are contributing to under-nutrition, allergic diseases, and even mental disorders.

With numerous damages already in our basket, we are NOT stopping. We are so badly running after luxury and comfort that we don't realize the harm we are causing our own Mother Earth, with some of its consequences being irreversible. The time to act is NOW!

Of what use is the legacy we'll leave behind that is bound to create destruction all around? This grave issue requires creative assimilation of both public and private entities at their levels as well as social and collaborative levels. The goal of carbon neutrality by 2070, announced by PM Modi at COP 26, is a cornerstone on the part of the Indian government. But achieving such ambition would have an innovative uptake of green technology and positive policy-making as requisites along with citizen participation at grassroots levels.

Then, perhaps, we can think of relatively more generations to come and enjoy nature's ample gifts and keep our legacy going- Green and Clean.

Harshit Dureja

B Sc III

Roll No. 4126

Human Body – A Mini Periodic Table



Let me ask you some questions first –

Name something that consists of Gold?

Name something that consists of Uranium?

Name something that consists of Sodium?

Name something that consists of Mercury?

Name something that consists of Iron?

Easy, right? I am sure you must have answered all of them correctly. (Well, at least I hope so!)

Now here's my final question –

Name something that consists of Gold, Uranium, Sodium, Mercury, and Iron?

Now that's a bit of a thinker, eh?

Well, the answer is **YOU!**

Yes, you consist of not only the above-mentioned elements but a total of 60 different elements.

So one thing is certainly clear Humans are not just flesh and bones; there are 60 different elements too.

The human body is an intricate piece of art consisting of about 7×10^{27} atoms. In case you wonder, that number would be read as 7 billion billion billion!

The Modern Periodic Table has 118 elements; out of which, 94 occur naturally and the human body comprises 60 of these naturally occurring elements. These include the following elements –

Oxygen, Carbon, Hydrogen, Nitrogen, Calcium, Phosphorus, Potassium, Sulphur, Sodium, Chlorine, Magnesium, Iron, Fluorine, Zinc, Silicon, Bromine, Lead, Copper, Cadmium, Cerium, Rubidium, Barium, Tin, Iodine, Titanium, Boron, Selenium, Nickel, Chromium, Manganese, Beryllium, Arsenic, Lithium, Mercury, Caesium, Molybdenum, Germanium, Cobalt, Antimony, Silver, Niobium, Zirconium, Lanthanum, Thorium, Tellurium, Gallium, Yttrium, Bismuth, Thallium, Indium, Gold, Scandium, Tantalum, Strontium, Vanadium, Uranium, Samarium, Aluminium, Tungsten, Radium.

Now based on their contribution to the human body, these are divided into three groups: the main elements, secondary elements, and trace elements.

Main elements:

The elements that are the most essential for human life and most abundant in the human body are called main elements. There are four main elements in the human body – Oxygen, Hydrogen, Carbon, and Nitrogen.

As we know 70% of the human body is made of water and the chemical formula of water is H_2O , so it should not come as a surprise that Oxygen and Hydrogen are two of the most abundant elements in our body. Oxygen (O) is the most abundant element in the human body followed by Carbon (C), Hydrogen (H), and Nitrogen (N).

In the form of water, Oxygen helps in regulating our body temperature. Molecular Oxygen (O_2) is used to convert glucose into ATP molecules. Oxygen is also an important part of Proteins, Carbohydrates, Lipids, and Nucleic Acids. Like Oxygen, Hydrogen is mainly present in the form of water in the human body and is found in every organic compound.

Carbon is the main element for all the life present on planet Earth and is the basis of all the organic compounds. After Carbon, Nitrogen is the fourth most abundant element in our body which is an

important component of Amino acids, Nucleic acids like DNA and RNA. However, it has no use in the human body in gaseous form so our body exhales it out.

Secondary elements:

Secondary elements are followed by main elements and are relatively lesser present in terms of their volume.

These include Calcium, Phosphorus, Potassium, Sulphur, Sodium, Chlorine, and Magnesium.

Thanks to Calcium powder advertisements, you all already know that human bones are mainly made of Calcium. Calcium (Ca) is the fifth most abundant element in our body. And 99% of Calcium is found in the bones and teeth.

Next comes Phosphorus (P), which is found in ATP molecules and also in bones alongside Calcium.

Next on our list are Potassium (K) and Sodium (Na). These help in the conduction of nerve signals. Potassium also plays an important role in a human being's heartbeat.

Sulfur (S) is present in some Amino acids (Like Cysteine and Methionine). It is also present in Vitamin H or B7 (Biotin) and in Vitamin B1 (Thiamine).

The last two secondary elements are Chlorine (Cl) and Magnesium (Mg). Chlorine is present in our stomach in the form of Hydrochloric acid (HCl) and also plays an important role as a catalyst in the conversion of ATP to ADP.

Magnesium is involved in various metabolic and enzymatic reactions and also plays a structural role in our bones and teeth.

Trace elements:

There are 49 other elements present in the human body in trace amounts whereas only some of them are essential for human life. Others

serve no purpose but also not harmful. These elements are considered contaminants. For example Aluminium (Al), Titanium (Ti), Caesium (Cs), Silver (Ag), etc.

Trace elements that are essential for the human body are Iron, Zinc, Copper, Iodine, Molybdenum, Chromium, Selenium, Manganese, Lithium, and Cobalt.

Iron (Fe) is the most important of them as it helps in the transportation of Oxygen to Red blood cells in the form of Haemoglobin.

Zinc (Zn) and Copper (Cu) are present in some proteins. Iodine (I) is found in Thyroid hormones Triiodothyronine and Thyroxine.

Elements such as Silicon (Si), Boron (B), Nickel (Ni), and Vanadium (V) are deemed probably essential for human life.

Elements like Lead (Pb), Antimony (Sb), Thallium (Tl), Mercury (Hg), Cadmium (Cd), Arsenic (As), and radioactive elements like Thorium (Th), Uranium (U), Radium (Ra) are toxic to the human body.

Nonetheless, these 60 elements are responsible for everything that we are today as humans!

Ashish Chauhan
BSc III
Roll No. 4106

Nuclear Energy: A Mysterious Source of Energy



Nuclear energy! The word whenever comes to our mind, all we think about is destruction, atomic bombs, nuclear weapons, etc. But, do you know that this nuclear energy can be very efficient and useful if used

in a conserved way? To understand this point, one can imagine that 6 g of nuclear fuel can generate the same amount of energy as produced by one ton of coal. Seems amazing... Now the question is, how is this nuclear energy converted into another form for use? Well, for this we will first try to know what nuclear energy is.

Nuclear energy: It is a form of energy that is released from the nucleus of an atom. To obtain nuclear energy, there are two types of processes:

1. Nuclear fusion
2. Nuclear fission

Nuclear Fusion (fusion means merging): In this process, two nuclei of light-mass atoms merge to form a single nucleus having a total mass less than the mass of the two merging atoms. The rest of the mass is converted into energy, according to Einstein's Mass-Energy equivalence, $E=mc^2$. Hence, more the mass, more the energy that will be produced.

This process is the secret behind our shining sun, which heats and lights up our solar system. Seems great, but there is a mystery. Nuclear fusion requires a temperature of about 100 million degrees (about seven times hotter than the sun's core). The Sun achieves this temperature due to its large mass and gravity, which forces it to compress its mass at the centre. Hence, this temperature is obtained. The reason for this large value of temperature is that at high temperatures, repulsion between the forces is less. Hence, the fusion of atoms is easy. So to sum up, we can't use this method for the production of energy. But we still have another method.

Nuclear fission (fission means splitting): This process involves the splitting of a large nucleus into two or more two smaller nuclei and a large amount of heat and energy is released. This energy is called nuclear energy. This heat energy is then used to heat water into steam, which helps to move turbines, and ultimately electricity is generated.

How exactly does this process occur?

This process usually involves radioactive isotopes and elements like Uranium, Polonium, and Thorium. Usually, U235 is used as nuclear fuel. In this process, a slow-moving neutron (obtained from an unstable isotope of an atom) is bombarded on the radioactive element, which helps in splitting it, producing new light atoms along with some neutrons and a large amount of heat. These neutrons again help to split another Uranium atom and this cycle goes on in a controlled manner.

To produce nuclear energy, specially designed nuclear power plants are required. At present, there are about 435 nuclear power plants in the world. The main nuclear power plants in India are Tarapur (Maharashtra), Narora (U.P.), Kudankulam, and Kalpakkam (Tamil Nadu), where Tarapur is the first and Kudankulam is the biggest nuclear power plant in India.

Nuclear Waste: Now the question is, are we using deadly radioactive elements without any harm?

The answer is 'NO'. Nuclear power plants produce nuclear waste, which is radioactive but a large amount of this waste can be recycled, while other is buried under the ground as we can't discard it due to its harmful consequences. In India, the Nuclear Regulatory Commission (NRC) regulates the management, storage, and disposal of nuclear waste.

Advantages of Nuclear Energy:

Clean fuel, thus less of pollution.

Reliable source of energy.

Sufficient availability.

Better than other fossil fuels as other sources cause harm on daily basis i.e. pollution, smoke, etc.

Expensive to start but cheap to run.

Disadvantages of Nuclear Energy:

Risk of nuclear accidents.

Risk of atomic weapons.

Management of nuclear waste.

High safety measures are needed to preserve raw material.

Radioactive radiation can lead to hazardous health issues.

Now it is upon us to use it positively or negatively. For a better life, we should accept the good and try to improve the bad in things to get a better future and a sustained life.

Hemlata Gupta

BSc II

Roll No. 3616

We Cannot Afford Another Pandemic

Just as we cannot afford another nuclear war, we cannot afford another pandemic too!



The following points are quite essential to stay future-focused and stable amid and after Corona:-

1. Formation of UNPPO and its functions: After World War II, the UN came into formation to resist nuclear war in the future. The UN would work for sustainable development goals, economic growth, and eradication of poverty and hunger. This pandemic has deteriorated everything. It is high time to add a chain to the United Nations Organisation - UNPPO — United Nations Pandemic Prevention Organisation. This organization should not work as an eccentric point. All 195 countries should have their own UNPPO. This organization should work in the infinite perpetual system. The duty of this organization should be to keep an eye on every little outbreak in any country. And if there is something wrong, then there should be immediate action to curb it. No curtains should be

drawn between the state and the center organization. This organization should keep a check on the ground conditions of the state and its health care system.

2. Smart City Reform: The Smart City mission of India gave very less attention to the public health care system. "An analysis of the smart city project under the mission shows that only 69 projects out of over 5,000 projects were undertaken under the public health care system. These projects are for an estimated cost of Rs. 2112 crore, which is just 1% of the total mission's cost. Hence, the public health system is the most neglected part of India's smart city mission. "We are witnessing a surge in cases in the metro cities and the so-called smart cities where the public health system is hanged. If we want a sustainable future, then we should focus on the 'Public Health System'.

3. Forever Shut Downs of Wild Life Markets: Dangerous infectious diseases like Ebola, Bird Flu, MERS, SARS, Nipah, etc. have been transferred from wild animals to humans. Now Covid, as we know, has spread from the wildlife market in Wuhan, China. Where the hypothesis is that it came from bats to pangolins and then to humans. The illegal trade of wildlife is also a growing problem. We need to strictly shut down these wildlife markets, promote green jobs, and work as nature-loving creatures.

4. Population Control and Implementation of Universal Basic Income in Poor Countries: We should adopt the 'one-couple, one-child policy'. In poor countries where there are very less job opportunities, the government should implement the UBI- Universal Basic Income system for civilians. The lockdown and emerging AI lessened jobs. To achieve SDG, countries that are capable of doing so with fewer populations should implement this system.

We have to identify the ground reality of the situation. We cannot afford pandemics in future. Sustainability is the key to the prosperity of a

nation. We can promote online and digital culture to some extent but public meetings and industries need manpower. The nation needs manpower. We have to adopt nature-loving behaviour. We should restrict the consumption of wild animals and wildlife. So that we would never face this situation again. Keep in mind – "Humans - All rights are not reserved!"

Jaspreet Singh
M Sc II Chemistry
Roll No. 8101

Consequences of Glacial Melting



Glaciers have always played a pivotal role in maintaining the ecological balance and providing freshwater resources to mankind. Most of the glaciers are widely spread in Antarctica & Greenland whereas sparsely in every continent except Australia, as glaciers require a high snow line with very cold winters and low-temperature summers to form. But as we know glaciers are highly sensitive to temperature fluctuations which are a cause of highly increased Global Warming and the Greenhouse effect. Studies have shown that most of the Glaciers in the world are losing 267 gig tonnes of ice per year with some exceptions. Also, there is some data, which has shown the fact that if all the icebergs, ice sheets, and glaciers on our planet melt overnight then it will cause a global sea level increase of 230 feet which will go on to sink some of the major cities on the Earth. However, these scenarios are all hypothetical. But the present 1.5 °C rise is still affecting the world in the first place. Due to this, the vast ice sheets and glaciers of Antarctica are melting three times faster than expected.



Melting comparison of glaciers in the Andes over the years

In addition to this, researchers have shown that due to a global average temperature increase of 1.5°C , the glaciers in the tropical portion of the Andes will get extinct in the next 20 years. Excessive melting of mountain glaciers makes room for glacier lakes to form, which in the course of time due to excessive melting cause the lake to cause floods in the nearby valleys. These outbursts could have catastrophic consequences for agriculture, infrastructure, and human life



Glacier lake formed due to melting of Imja glacier

Such a case of GLOF (Glacier Lake Outburst Flood) has been recorded in Nepal. On June 12, 2016, Glacier Lake in Mt. Everest, which has been formed due to the rapid melting of Imja Glacier, got outburst causing floods around the Khumbu Valley. It has been found that the Imja Glacier has retreated at the rate of 70 meters per year from 2001 to 2006, which is quite high. However, this outburst flood didn't cause any major casualties as the anti-GLFO drainage system was helping in managing the lake water since 2015. In addition to rising sea levels around the world, Glacial Melting also causes rapid

acidification of oceanic water which affects Marine and Coral ecology. Increasing sea levels might change Ocean currents which can lead to drastic changes in weather patterns around the globe.

In all, Glacial Melting has severe effects on our Ecosystem and can only be controlled if we can curb the Global average temperature graph. The fifth assessment report of IPCC says the world is about to exceed the Global Temperature of 1.5°C . On December 12, 2015 the Paris Agreement was introduced at COP 21 in Paris. Its goal is to limit Global Warming to well below 2°C preferably to 1.5°C . This binding agreement brings all nations into a common cause to undertake ambitious efforts to combat 'Climate Change'.

Balvir Singh

B Sc III

Roll No. 4121

The Story of Semi-Conductors



What are semiconductors?

Semiconductors are the materials that have electrical conductivity lying between the conductors (generally metals) and the insulators i.e. between 10^{-6} to 10^{-4} mho m⁻¹. With an increase in temperature, their resistivity decreases, and their conducting properties may be altered by introducing some impurities into their crystal structures. This process is called DOPING, which leads to the formation of a semiconductor junction. The behavior of charge carriers, which includes electrons and holes, at this semiconductor junction is the basis of transistors, diodes, and most modern electronics. Some common examples of semiconductors include silicon, germanium, etc.

Properties:

Variable electrical conductivity

Hetero-junctions

Light emission

High thermal conductivity

They can also convert alternating current into direct current, a phenomenon called

RECTIFICATION.

History of semiconductors:

The study of semiconductors began in the 19th century with experiments on electrical properties of matter, such as rectification, light sensitivity, time-temperature coefficient, etc.

The effects due to semiconductors were first noticed by Thomas Johann Seebeck.

Further, Michael Faraday found that the resistance of the specimens of silver sulfide decreases upon heating.

In 1880, Alexander Graham Bell used the light-sensitive property of Selenium to transmit sound over a beam of light.

In 1904, J.C. Bose was the first to use superconductor junctions to detect radio signals.

In 1906, light emission was observed by H.J. Round when an electric current passed through silicon carbide crystals, which lead to the principle of the light-emitting diode.

Semiconductor devices are the heart of the microelectronic revolution in the information age of today. They are the major component in mobile phones, television sets, laptops, video games, and many other such products. However, none of these would have been possible today had semiconductors not been discovered.

Semiconductors are of two types, namely p-type semiconductors (in which holes are the majority carriers) and n-type semiconductors (in which electrons are the majority carriers). The development of n-type and p-type

semiconductors led to the discovery of the p-n junction diode which has more advantages in cost, size, reliability, and efficiency over vacuum tube diodes. Transistors were discovered in 1948 by Shockley, Bardeen, and Brattain. It is an ingenious discovery. Moreover, Field Effect Transistor (FET), Junction Field Effect Transistor (JFET), and Metal-Oxide-Semiconductor Field-Effect Transistor (MOSFET) were discovered.

Smart technology uses computer systems and microprocessors to enable everyday tasks, for example, Automatic Teller Machine (ATM) and bar code scanners. A smart card has embedded integrated circuits that can store a huge amount of data and programs, which can be used for purposes such as authentication and identification. A part of a person's body is scanned by biometric security machines, which compare these scanned images to identify the person.

Moore's law states that the number of transistors on a microchip doubles every year in the same cost of production. It was given by Gordon Moore in 1965.

Thus, we can say that semiconductors, once considered useless, have today turned most useful and have emerged as materials of immense importance.

Ramandeep Singh

B Sc II

Roll No. 3664

- "What you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists."
- "See what you're doing wrong, laugh at it, change and do better."

- Spencer Johnson in
Who Moved My Cheese?

Yoga and Education



Purpose of Education:

The purpose of education is to provide experiences for students enable them to grow physically, mentally, socially, emotionally, and spiritually; and by which they can adapt themselves to the changing conditions of life. Indian education system today is mostly theoretical and overall development of the child has been sadly neglected. An Indian educator must reassess the objectives and endeavour to revise the curricula in ways that would result in the maximum development of the child's personality and which would provide the best learning experiences for them.

Yoga Helps in Total Development:

The total development of a person can be achieved through the practice of various steps of Astanga Yoga and Hatha Yoga. Physical development, which consists of freedom from diseases, physical fitness, and strength, is achieved through the judicious practice of Shatkarmas and Asanas. The growth of good social conduct results from the inculcation of the five Yamas i.e. Ahimsa (non-injury), Satya (truth), Asteya (non-theft), Brahmacharya (nonsensuality), and Aparigraha (non-greed). The sterling moral and emotional qualities are imbibed by following the five Niyamas i.e. Shaucha (Cleanliness), Santosh (Contentment), Tapas (Penance), Svadhyaya (Self Study), and Ishvara Pranidhana (Surrender to God). Clear vision, mental development, and concentration are achieved through the practice of Pranayama and Dhyana; and spiritual development is achieved through the attainment of Samadhi.

Yoga Health Education in Schools and Colleges: Healthy and long life can be realized by children through Yoga. While the western system of education aims at achieving health through preventive medicines, the Yoga system of health

education has a far better technique to achieve the same through the Shatkarmas, consisting of six practices of potential hygienic value. They are – Neti, Dhauti, Nauli, Tratak, Basti, and Kapalabhati.

Disease is the result of an accumulation of toxins in the body. The above-mentioned six practices of Shatkarmas constantly keep the body free from impurities just as dusting, sweeping, and washing keeps a house clean. Therefore, yoga should be an essential part of students' curricula.

The results of regular yoga practice have been encouraging during the COVID-19 pandemic. Though countries vaccinated a section of their population, a strong immune system remains the only recourse for people against Coronavirus. With its benefits of immunity and lungs health, yoga has become the first choice for a large population.

Necessity of Yoga for Youngsters:

In the hustle and bustle of everyday life, our youth fail to prioritize their wellbeing. Youngsters between the ages of 13 to 25 go through a turbulent phase both internally and externally. They deal with hormonal changes, social changes, and the pressure of preparing for regular courses as well as competitive examinations which lead to problems like anxiety and depression. Students should be counselled. Yoga should become a part of their life. They should be given to eat a Satvika diet including fresh fruits, raw vegetables, soaked grams, milk, and milk products. It would be good if they develop the taste for the same at a young age and can thus avoid unhealthy fast food.

I am sharing all the benefits of Yoga after experiencing them personally as I am connected with yoga from an early age. I can surely say that Yoga helps us become a good human being.

Yoga Spiritual Education:

The need for spiritual education in schools and colleges cannot be over-emphasized. Everyone in his life feels the necessity of spiritual guidance. The best time for such instruction is childhood. The Indian system of Yoga education begins with the Guru Mantra or Gayatri Mantra, which is –

*“OM BHURBHUVAH SVAH,
TATSAVITURVARENYAM
BHARGO DEVASYA DHIMAHİ, DHIYOYO
NAH PARCHODAYAT.”*

This mantra is a complete lesson in spiritual education for one's entire life. It has three parts:- The first part '*Om bhurbhuvah svah*' teaches the universal presence of God.

The second part '*tatsaviturvarenyam bhargo devasya dhimahi*' teaches the Yoga practice of concentration on the divine light.

And the third part '*dhiyoyo nah prachodayat*' is the prayer of a yogi to God for the Ritambhara Prajna with which he is blessed in SAMADHI (a state of meditative consciousness).

A student, at the very outset of his schooling, should be taught to concentrate on the Saat-Chakras i.e. Muladhara, Svadhishtana, Manipura, Anahata, Vishuddha, Agya, and Sahasrara. A child's mind is pure and more impressionable than that of an adult's. So, childhood and youth are the golden periods of life to seek Yoga education. In the end, we can say that 'THE POWER OF YOGA IS SUPREME!'

Jyotsana

B Sc I Non-Medical

Roll No. 1211150320080

“You can't cross the sea merely by standing and staring at the water.”

- Rabindranath Tagore

Ways to Overcome Fear



Emotions are what people feel and experience. Let us talk about the emotion FEAR. Fear is an emotion similar to anxiety. It is an emotion that drives away our sleep and rest. Fear is the body's way of protecting itself from doing things that may be

harmful and dangerous to us. Fear develops preconceived notions in our minds that this particular thing will be injurious and thus, we start fearing it. Fear is also the barrier that wants to stop us from following our dreams. Overcoming this emotion is the path to success. Stepping out of our comfort zone and trying new things is the best way to grow. Struggling with these emotions makes a person more mature and wise. I would like to share a personal experience here - I am an acrophobic person. Acrophobic means 'having an extreme fear of heights. A few years ago, I was traveling on a ropeway and the rope car suddenly started shaking. I looked down for a moment and felt like I was falling. That day I discovered that I have a phobia of heights.

At night I dreamt that I was falling from a very tall building and the fall seemed to have no end. Over a period of time, I became used to frequently having these horrible nightmares and eventually I overcame my fear. In my opinion, the best way to overcome a fear is to get used to it, so much so that its intensity would decline day by day. One should put one's fears into perspective. It can sometimes overtake all your logical thoughts but facing them a little every day will help you gain confidence and overcome it.

Prachi Zakhmi

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Inflation and Treasury Yields in 'Inverted' Times



The most notable central banks around the world, from the Federal Reserve Bank of the United States to the European Central Bank, introduced unprecedented monetary policy measures throughout the pandemic to foam the runways from economies that seemed certain to crash in late February 2020. The monetary assistance provided exceeds 10 trillion dollars when aggregated across the world. Most of such measures involved quantitative easing, a broad policy of providing significant liquidity in the markets. Quantitative easing involves the central bank significantly growing its balance sheet. In turn, there is a significant growth in the stock of money.

Conventional economics would argue that the growth of money supply necessarily means we will generate an inflation, as more money chases a set amount of goods and services. Curiously, we engaged in similar policies post the 2008 Great Financial Crisis, and there was little to no inflation (measured through the CPI*) generated in the United States, or the Euro Zone. This had led many central bankers to believe that such a set of policies could be repeated under catastrophic conditions, which we found ourselves 12 years later.

Unfortunately, we're observing inflation now, a significant amount of it. The US consumer price index rose 7.5 per cent last month compared with January last year, its fastest annual pace since 1982, heaping pressure on the Federal Reserve to act more aggressively to tame inflation. The Euro Zone is facing similar numbers. The chairpersons of various central bankers continued to argue over the past year that inflation was 'transitory', that it was only caused by supply chain constraints. Why has inflation stuck, for over a year now? Why was this time

different?

Various arguments present a credible hypothesis. Turmoil in the labour markets, producer price indices skyrocketing, the stratospheric rise of oil prices; all of these arguments could present some semblance of truth. But the fact of the matter is, inflation is here, and it has stuck. Central bankers now find themselves in a dilemma, could they risk raising interest rates and abandon their vast QE programs, given what happened during the infamous Taper Tantrums or the drawdowns during the Trump administration?

That brings us to one of the most important statistics in financial markets, the Treasury Yield. It is used as a reference for various financial securities and models. The Yield Curve is considered one of the most accurate lagged predictors of a recession. There is a term structure of interest rates. One important structure is the relationship between yield and maturity. The graphical depiction of this relationship is called the yield curve. Normally, it is upward sloping, as bond investors require greater risk premium for greater term risk. This is reflected in the fact that short-term interest rates are usually lower than long-term rates. That is a result of increased risk and liquidity premiums for long-term investments. Quantitative Easing seeks to control the absolute position and steepness of this curve, which in turn determines how liquid credit markets will be.

When the yield curve inverts, short-term interest rates become higher than long-term rates. This instance of the yield curve is the rarest and is considered to be a predictor of an impending recession. The shape of the yield curve changes with the state of the economy. The normal or upward sloping yield curve occurs when the economy is growing. Two primary economic theories explain the shape of the yield curve; the

pure expectations theory and the liquidity preference theory.

In pure expectations theory, forward 'long' rates are thought to be an average of expected 'short' rates over the same term to maturity. Liquidity preference theory points out that investors will demand a premium on the yield they receive in return for tying up liquidity for a longer period. Together these theories explain the shape of the yield curve as a function of investors' current preferences and future expectations.

When signals of an overheated economy start to appear or when investors otherwise have reason to believe that a short-term rate hike by the central bank is imminent, the slope of the yield curve flattens and can even turn negative (and inverted) if this effect is strong enough. Investors begin to expect that the central bank's efforts to cool down the overheated economy by raising short-term rates will lead to a slowdown in economic activity, followed by a return to a low-interest rate policy in order to fight the tendency for a slowdown to become a recession. Investors' expectation of falling short-term interest rates in the future leads to a decrease in long-term yields and an increase in short-term yields in the present, causing the yield curve to flatten or even invert.

If you follow financial news, you would have observed that the yield curve has inverted again, at the offset of the Russo-Ukrainian War in February 2022. So are we headed for another recession? We cannot be certain anymore, as we use signals that we extracted from a historical period when monetary intervention such as QE did not exist. We started from a very deformed curve. If long rates were at a 'natural' 4-5%, we would not be speaking of an inversion. So, as a first thing, we are using regularities from a world that no longer exists.

Second, in the 'good old days' after exuberant growth, the Fed would rise rates and this would engineer a slow-down (and flatten or even invert

the curve). Inflation in that context was due to excess demand, not to supply-side problems as today. The question is: are the supply-side problems temporary, or longer-lived. If longer-lived, then the central banks will have ultimately to take very ineffective action by rising rates – if for no other reason, to keep credibility. It will have to do so even if rate hikes are very ineffective against supply-side problems. This may well cause a recession, through the usual channels. More generally, one must be careful about mapping onto a one dimensional indicator (the slope), a number of different inputs (inflation, GDP growth, supply-side constraints, geopolitical uncertainty...).

Dr. Sajla
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Transition To Sustainable Future



“If you're leading on sustainability, then you make yourself resilient for the future” **SAYS SCHREVE.** “If you don't take any action you will be out of business.”

Sustainable Development ensures the well-being of individuals by integrating social development, economic development and environmental conservation and protection.

ACCORDING TO SCHREVE, Sustainable finance is something you now “See everywhere” but there are some sectors where urgency for change is driving a growing number of requests from executive's keen, to see what is an offer.

The future will only be PROSPEROUS if businesses put sustainability in their care. The

global population is expected to be reacting 10 billion by 2050 and energy demands of that many people will accelerate the climate crises unless we take action to make our SYSTEM MORE SUSTAINABLE.

UNSUSTAINABLE PRODUCTION AND CONSUMPTION is perpetuated by brown financing, investments and lifestyle choices. Such practices have led to a depletion of natural resources, distribution of eco-systems, resource and carbon- intensive economics and infrastructure as well as the environmental health issues. This PANDEMIC has shown where many of the weakness in our system lies. It has proved that responsibilities to act extend from governments to private sector to civil society and individuals if we successfully meet environmental goals.

A Question which arises. Is sustainable development necessary? : - The Answer is **YES**. The Earth's resources are not unlimited. Environment must be conserved while development is taking place. Resources must be used judiciously and at the same time, standard of living of a people must be raised.

SUSTAINABLE DEVELOPMENT in the 21st CENTURY: Global perspective Many arid and semi-arid countries are feeling water crises already at present and the problem will become more serious in the coming times. Global water consumption will increase 10-fold during this century. More and more planners and decisions makers have started to appreciate the vertical importance of efficient water management for sustainable development for their countries.

DURING NEXT TWO DECADE water will be increasingly considered to be a critical resource for the future survival of the arid countries so much so that the political tension between certain neighboring countries over. The global challenge of the 21st century is associated with the need to ensure the sustainable development of modern countries. The industrial civilization, in only 200 years has put the world on the threshold of a

resource collapse.

SMART GROWTH AND SUSTAINABLE DEVELOPMENT: - To accelerate progress toward the SDG's [Sustainable development Goals] UNICEF embraces "3As". APPROACH, raising AWARENESS, taking Action and holding decision makers ACCOUNTABLE for progress. At the same time, we all know that meeting the growing demand of sustainability will require GOVERNMENT, the FINANCIAL SECTOR and COMPANIES to work-together whether that is in the creation of new business models with lower carbon footprints or supporting technology, production and services that offer a GREENER VISIONS OF THE FUTURE.

Srishti Dhand
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My School Memories

We all know that everything changes after school. But still, during farewell, we promise that we won't lose touch with our school friends. We had already witnessed broken friendships of seniors, but we still have faith that the kind of friendships we've built will stand the test of time. But that does not happen. With time, we need to make space for the new people who enter our lives, no matter how irreplaceable old friends are. As we run towards life, we stop looking back and we don't even realise that we shared tiffins, stress, hopes, and dreams with our friends. We had raced towards the canteen and the examination hall with so many people. We store all this in our minds. It is very important to keep these memories safe because when life becomes a race and we get tired of running, at that time we want to relive these memories. They teach us how to walk again.

Vinay
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Economic Repercussions of Russian Ukraine War



The wars are known for depredation. The destruction of physical and human wealth in just a blink of an eye which are created by struggle and continuous endeavours for numerous years.

The impact of war is not short lived. It rests on the mind and soul of everyone for much longer time specially for those who are direct sufferers of this trauma. Recent Russian invasion of Ukraine led to massive damage of life, property and peace. It has not only affected these two countries; other economies have also got hit. People are stranded there. Efforts are being made on the part of every government to bring back their people.

The impact of this war on Indian economy is not negligible. Bilateral trade between India and Russia is about 10 billion dollar, 1.3% of India's total trade. The stock markets skidded and crude oil prices touched \$110 per barrel which is highest in the last seven years. Russia is the third largest producer of crude oil and India imports 80% of crude oil from other countries. Transportation, oil and paint industry and even households are impacted by it as cost of production increases which leads to rise in prices. It pushes the inflation to another high level which will put the economy in jeopardy as retail inflation has already surpassed the upper limit of RBI's tolerance band of 6%. Not only industrial sector but agriculture sector will also get a jerk because of Russian invasion. Russia exports potash, phosphate and nitrogen containing fertilisers worldwide and India imported 19.15 lakh tonnes from Russia in financial FY21. The trade payments are also stalled as bills for imports from Russia have started bouncing. The payments of exports have been stuck which are affecting business houses adversely.

The government of India can decide to reduce

excise duties so that prices do not soar but eventually it will deplete the resources of the country which otherwise is to be spent on development process.

Its impact could not only be seen on Indian economy but on the world economy as well. The Russian debt in foreign banks is over \$100 billion which has increased a potential risk to banks outside Russia. The euro on the other hand fell below \$1.0973. About 2.5 million Ukrainians have fled the country. Thus, the ripple effect of this war will be giant as every economy is dependent on the other. Every sector in one way or the other has been affected by this war, whether it is financial, agriculture, industry or household. The prices of everyday items from edible oil to fuel have started rising. The gold prices which are considered as a safe haven investment pushed to \$2000 per ounce due to market turmoil. The Ukraine Russian war have intensified the global economy which still has to come out from the shackles of pandemic and inflation.

The results could be more devastating if this war does not end.

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Fiscal Deficit Vs Growth : Government's Big Dilemma



Fiscal deficit is a persistent problem in India since the mid-1980s and has stayed in the forefront of policy discussion in India since the mid-1990s. Fiscal deficit is a big macroeconomic problem and needs to be controlled so that its

adverse effects do not affect output and growth prospects of our economy.

Fiscal deficit arises when the government spends more money than it receives in the form of taxes and revenue from public. This deficit sometimes, simply, refers to borrowing by government to cover up the expenditure. Countries run deficit to give a push to the slow moving economy by putting more money in hands of people who can buy and invest more. However, long term deficit is detrimental to economic growth and stability. High fiscal deficit always leads to low GDP growth because government reduces its investment expenditure which in turn reduces infra structural expansion of a country. Secondly, high fiscal deficit means more taxes are burdened on public which erodes disposable income of public and as a consequence production activity is hampered. In 2019-20, the central government planned a deficit of 3.5% of GDP, but the deficit jumped to the extent of 4.5% of GDP. This huge jump in the fiscal deficit was because the total tax revenue collected by government ended up with gross tax revenue of Rs. 20.1 trillion as against the expected estimate of Rs. 21.63 trillion, a gap of more than Rs.1.5 trillion. Also, a government at any cost cannot cut expenditure beyond a point. There was a hefty increase in market borrowings by government which raised the fiscal deficit. Fiscal deficit leads to 'Crowding out effect' which basically leads to reduction in investment because of high-borrowing by government from money market. This reduction in Investment leads to a state of economic slowdown.

Prime Minister, Narendra Modi has shown commitment to control this deficit and has tried to increase the public spending which creates demand and boosts the economy during the phase when GDP has gone down due to demonetisation and GST.

Finance Ministers (FMs) in India started focusing on economy's rapid growth by ignoring fiscal deficit which acts a major obstacle in economic growth. They focused on providing the bare necessities to every citizens by providing world class infrastructure so that Indian manufacturing

companies were able to compete globally and also providing assurance that country's borders are properly defended, making the need of government finances are endless. The problem of rapid economic growth which was being hindered by high fiscal deficit is exogenous, that is something that happens itself. It is nothing, but outcome of a intentional government policy and instruments that support growth.

The Union budget, an accounting statement showing government's high expenditure over receipts, which simply indicates the government's desire to spend in order to support growth even if does not have necessary resources and has to borrow to spend. The size of fiscal deficit is important in absolute terms as well as the percentage of GDP is important determinant of interest rate in economy since government borrowing sets the floor for all other interest rate. The fiscal deficit target estimated in recent budget 2020-21 was 3.5% of GDP and expected to be revised because of sudden rise in borrowings by government due to Covid-19 crisis.

High borrowings will lead to high government expenditure which will automatically generate more demand and will surely generate more money in economy. Increase in money supply increases the general price level. A persistent increase in general price level leads to 'Inflationary spiral.' This often take the form of 'Wage - Price spiral': - wage catches prices and price catch wages .This also hinders the process of growth as it raises the wage rate, cost of raw material and rate of interest.

Fiscal deficit in terms of high borrowings also escalates the national debt for future generations.

Future generations inherit the laggard economy where GDP growth remains low because a significant percentage of national income is used up to pay the past debts, rather than being converted into saving and investment. This

mounting of national debt also erodes national credibility of government in domestic as well as international money market. Higher borrowings may increase the interest payment which raises the burden of public debt. The higher burden on public debt involve large interest payment year after year will not only make the process unsustainable but adversely affect economic growth.

Some economists along with the government favour high fiscal deficit because it boosts the aggregate demand, government tackles this deficit as it tries to make up for the decline in investment and boosts the government spending to stabilise the aggregate demand. Some economists and policy analysts argue that to raise the government spending, government borrowing increases to no end.

Excessive government borrowing from market causes an increase in interest rate which tends to reduce the private investment which is necessary for overall economic growth. It reduces the resources available with private sector to invest. Large fiscal deficit being financed by borrowings from RBI causes a great extends in money supply through the process of money multiplier and thus automatically generating a inflationary pressure.

Hence this deficit needs to be corrected so that overall balanced economic growth can persist in economy. This can only be done through cutting the government excessive expenditure on major subsidies, foods, fertilisers, electricity etc. and cutting the expenditure on interest payment on past debt. Austerity measures should be adopted to avoid the unnecessary expenditure in all the government departments. The same can be done through increasing the revenue to cover the expenditure, it includes a moderate taxes policy, policy of progressive taxation, removal of many tax concessions and most importantly to restructure the Public Sector enterprises so that these PSU can easily gain some surplus for their own development and expansion.

To sum up , by adoption of such measures fiscal deficit could be corrected to some extent which will definitely boost the economic growth by avoiding unnecessary public expenditure and will prevent the existence of excess demand in economy which will thereby help in controlling inflationary pressure and achieving price stability.

Priyanshu Abbott

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Privatization : Boon or Bane



From 2019 to 2021, Chile had seen biggest protests ever where one slogan was very vocal, "Neoliberalism was born in Chile and will die in Chile."

Neoliberalism is an economic idea made famous by economists like Milton Friedman. In simple words, neoliberals believe that there should be free-market competition with no government interference for better economic development. This will make people work in their self-interest, and because the government will have to spend less therefore lesser will be the taxes.

Till 1973, Chile was a socialist country whose president was Salvador Allende, and in that same year, military coup happened which made Augusto Pinochet the new president.

After studying economics at Chicago University, some Chilean students returned to Chile, popularly known as the Chicago Boys who were taught by Milton Friedman. At that time, Chile direly needed a plan to improve it's economy. So, with the help of president Augusto Pinochet and Milton Friedman, the Chicago boys started implementation of neoliberal ideas.

The basic idea was that because of less



(President Augusto Pinochet with Milton Friedman)

government interference, the economy would grow, society would prosper, and people would come out of poverty, which happened in Chile. Chile is now one of the wealthiest countries in Latin America. Its free-market model has driven down poverty from 31 percent in 2000 to 6.4 percent in 2017. Its GDP is growing rapidly. OECD is a group of countries whose members are one of the wealthiest countries in the world. Chile is a member of this group too.

If everything looked so perfect, then why protests happened on such a large scale?

Because to reach here, Chile started implementing neoliberal ideas by privatizing everything. Such as health care, education, pension schemes, security, housing, and even water and electricity are in private hands. This series of privatization gave a massive boost to the economy, but the wealth generated was distributed among a few political connected and oligarch in the form of tax cuts or suppressing competition.

Over time, monopolies were formed in every sector, and like every other economic story, the sufferers were the middle class. Now, most of the people are in debt. There is a massive amount of social and economic disparity. The wealthiest 1% of people control 33% of wealth. One day, public transport fare hiked by just 4 cents, but that 4 cents evoked citizens of the country to move down to streets to protest against government.

Now Chile, the neoliberal poster boy, is writing its whole economics again. In case of India, massive tax cuts are given by the Indian government to



billionaires, political donations are becoming anonymous, introduction of farm bills, these all are neoliberal ideas, and all these ideas are not bad, in fact, these free-market practices give birth to innovations and competition which lead to cut prices of the products which helps the end consumer but sometimes privatization can become a blunder when not taken care of.

Now, let us see what India can learn from it. Firstly, privatization should be avoided in sectors with high chances of formation of monopoly, e.g. oil and gas industry, as it is nearly impossible for common people to enter these industries.

Secondly, in sectors where profit earning by some individuals can significantly have negative impact on people's lives, privatization should be avoided, e.g. health care industry and defence sector. For example, a private company in the defence sector will try to increase its sales by growing disputes among countries.

Thirdly, privatization should be avoided in sectors where making rules and regulations are very difficult. e.g. the Railways sector. We all know how the privatization of railways became a massive problem in the United Kingdom.

Also, every economy needs to maintain a right balance from time to time. At last, we should understand that privatization cannot solve corruption instead, better management and governance can go a long way to solve it.

Simran Singh
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What Will Happen if One Rupee becomes Equal to One Dollar?



Human mind is like a sieve. It wanders and lingers at many places, consciously or unconsciously. The above-posed question is a product of such wild fantasies. Given the circumstances, the accomplishment of this vision

seems improbable. But what's wrong in considering it hypothetically?

“Fantasy mirrors desire. Imagination reshapes it.” -Mason Cooley

In 1947, 1USD was indeed equal to 1INR. However, with the passage of time, many events led to devaluation of INR. These factors range from deliberate devaluation of currency to various economic crisis (e.g. 1991, 2007); from being one of the ill-impacts of war to assassinations of political faces. Presently, 1USD values equal to more than 75INR. This gaping difference is a strong bottleneck in the appreciation of INR to the extent of making it equal to USD.

But let's imagine, the INR does become equal to USD in value. What positive prospects will this appreciation bring to survival? Firstly, it will be a relief that imports will become cheaper. We'd have to pay less to acquire goods from other nations. *Phew!* Secondly, travelling to other places (which are normally out of budget), will no more be a dream. These dreams could become actually true! Thirdly, the transport and logistics cost, overseas, will drop down. Lastly, brain drain will also slow down.

Howbeit, the cons of such a situation will overshadow the pros as the exports made by India won't be much fruitful. The revenues will decrease and hence, the income and employment level will be drastically affected. Foreign investments will also falter as companies

will tend to move out of India. Moreover, the banking sector will get badly hurt, too, as NPAs will pile up due to inability to pay back the loans.

In contrast to the above mentioned “castles built in air”, slow and steady appreciation of the INR will indicate toward its increasing demand. Thus, rather than abrupt appreciation of our currency, prolonged appreciation is advisable and will suit the needs of our country better than a hurried turnout of events.

Simarpreet Kaur
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China's 'Belt and Road' Initiative



“We must invest in infrastructure development and rebuilding communities to create jobs” - Carol Moseley Braun
Infrastructure, a form of fiscal stimulus, has multiple impact on Gross Domestic Product (GDP).

This prominent government tool in times of aggregate demand deficiency, contributes in closing the output gap of the economy. G20-backed, Global Infrastructure Hub Report (2017) states World's need of \$94 trillion spending's on infrastructure by 2040 which fluently underlines the significance of infrastructure as a propelling force for global development. Actions are being executed by countries like China, US, India (National Infrastructure Pipeline) in the concerned field. The Belt and Road Initiative of China, an ambitious global infrastructure development strategy of 2013 is one such initiative. The project encompasses transportation, communication and energy investments in Asia and Europe. The foundation of the plan dates back to 2nd Century BCE under the name of Silk Route, connecting

the East with the West, established by Zhang Qian of Han Dynasty.

The 'Belt and Road' Initiative i.e. BRI, formerly One Belt One Road – OBOR, is overseen by “leading group” hosted by National Development and Reform Commission. The investment project is estimated to add over USD 1 trillion of outward funding for foreign infrastructure over the 10 year period from 2017.

“China will actively promote international co-operation through the Belt and Road Initiative. In doing so, we hope to achieve policy, infrastructure, trade, financial, and people-to-people connectivity and thus build a new platform for international co-operation to create new drivers of shared development” - Mr. Xi Jinping The BRI participating economies comprises more than one-third of global GDP and over half of world's population. Mapping the scheme's progress, it follows two geographical path – Firstly, The Road way – Silk Road Economic Belt connecting Beijing, Dushanbe, Tehran, Istanbul and more. ; Secondly, The Water way – 21st Century Maritime Silk Road linking Quanzhou, Kuala Lumpur to the West.

The revolutionary step provides incentives for member countries to collaborate in overcoming obstacles of tariffs, currency and standards. Perks of the infrastructure plan includes improved international relations, enhanced foreign investment, technology up-gradation and last but not the least, cultural exchange.

According to Aid Data, a research lab of Virginia, published that 165 countries who initially borrowed to finance developmental projects owes about \$ 385 billion. The point emphasises the shadowed impact of the initiative i.e. Debt Trap. Another point that adds ambiguity to BRI's success prospect is distorted market forces in participating countries caused by surplus industrial exports by China.

To conclude briefly, the Belt and Road Initiative

aims to integrate sustainable development and international standards along with acting as a 'step up' support for developing countries.

Krishna

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India's Budget: Is it Enough to Revive the Covid-hit Economy?



The Union Budget of India, also referred to as the Annual Financial Statement in Article 112 of the Constitution of India,[1] is the annual budget of the Republic of India. The Government presents it on the first day of February so that it could be materialised before the beginning of new financial year in April.

Prime Minister Narendra Modi's government has ramped up spending on infrastructure, and extended credit guarantees to small businesses as Asia's third-largest economy struggles to pull off an equitable post-Covid recovery. The announcements were part of the annual budget Finance Minister Nirmala Sitharaman presented in parliament on 1/February/2022 (Tuesday) - it came amid low demand, job losses, high inflation and a wave of Omicron cases.

The government has come under criticism for not doing enough to address the problem of a "two-speed recovery" - high growth concentrated at the top of the pyramid and elevated levels of stress in the country's vast informal economy. Mrs. Sitharaman's response appears to be a mammoth spending plan while marginally trimming the country's steep fiscal deficit, the gap between how much the government earns and how much it spends.

No changes were announced in income tax rates or slabs - and the stock market cheered at the absence of new taxes on the wealthy, and the sharp focus on spending. But the emphasis on spurring private consumption - which accounts for 55% of the Indian economy and remains below pre-pandemic levels - was "lower than expected," economist Shubhada Rao said.

There was also disappointment over the lack of specific proposals to address India's unemployment crisis, which recently sparked riots in the eastern state of Bihar. Allotments to MNREGS, a huge rural scheme that guarantees 100 days of work to every rural household, shrunk. "The biggest expectation was for an urban equivalent of the rural jobs guarantee scheme, and that did not happen, which is a let-down," said Mahesh Vyas, CEO of the Centre for Monitoring the Indian Economy.

Mrs. Sitharaman also budgeted lower spends for food and fertiliser subsidies, with economists expecting her government's free food grain programme to be phased out.

"With no major populist sops, the budget seems to be again putting economic growth over any political expediency - especially in light of the pending state elections," said Prabhat Awasthi - managing director & country head at Nomura. Even the higher spending on public schemes, he adds, is focused on infrastructure building - such as affordable housing - rather than direct cash handouts. The hope is that these investments will end up creating jobs, increase incomes and spur consumption. The budget also appeared to signal an approval for trading in cryptocurrency - although India still awaits legislation on it.

Mrs. Sitharaman said the country's central bank - the Reserve Bank of India - will introduce a "digital rupee" this year using blockchain technology, becoming one of the first major countries to do so. She also announced that India will levy a 30% tax on income from virtual digital assets. "Introduction of a central bank digital currency will give a big boost to the digital

economy. It will also lead to a more efficient and cheaper currency management system," she added.

Experts seemed to welcome it - "30% is a small cost to pay for legitimacy," tweeted Gautam Chhugani, managing director at AB Bernstein. "Building crypto for a market like India is truly transformative," he added.

Ekta Kapoor
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Unemployment and Inflation on the Rise: Indian Economy to Brace Itself in the Coming Days



The Indian economy has to brace itself for the coming days as the country is seeing a rise in inflation and unemployment rate. India's retail inflation touched 6 per cent in January, the highest since July 2021. This is the fourth successive rise

seen in inflation. Inflation has also breached the upper tolerance level of the medium-term inflation target of 4 per cent within a band of +/- 2 per cent set by the Reserve Bank of India (RBI).

High inflation has come on the back of higher food and beverage prices. Data analysis shows food and beverages contributed 43% to inflation year on year and 198% month-on-month. Food inflation has jumped to a 14-month high of 5.43 per cent, spelling a disaster for the common man. On a month-on-month basis, food inflation has risen to 5.4%, from 4% in the previous month.

Data analysis shows that inflation in eggs stood at 4.15% in February versus 2.23% in January. While inflation in oils and fats stood at 16.44% in February versus 18.70% in January.

The categories which witnessed inflation are footwear, clothing, and personal care products. These categories registered a month-on-month jump in inflation. Clothing and footwear inflation now stands at a 197 month high at 8.84% on the back of higher cotton prices.

The household goods and services inflation is at 7.1% in 94 months in January.

Union Petroleum Minister Hardeep Singh Puri said in Rajya Sabha that the government will take all measures needed in the coming months to ensure that consumers get relief from high fuel prices emerging from the Russian-Ukraine war. Brent crude oil prices, which touched \$100 per barrel on February 28 and touched a 14-year high of \$139 per barrel on March 7, are now coming down, giving relief to Indian oil companies which have been asked to keep the fuel rise under control since November last year. On November 4, 2021, excise duty on petrol was cut by Rs 5 per litre and on diesel by Rs 10 to provide relief to consumers reeling under record-high prices.

The labour force participation rate of women fell to 20.1% from April 2021- June 2021 from 21.2% in the previous quarter. The overall labour force participation rate also fell in the April-June quarter of 2021 to 46.8% from 47.5% in the January-March quarter of 2021. This rise in youth unemployment is being attributed to the devastating second wave of Covid-19 pandemic. Government data shows that the percentage of self-employed (above 15 years) rose to 40.7% in the April-June quarter, up from 39.3% in the previous quarter. This rise is being attributed to the pandemic induced lockdown which in turn led to massive job losses across sectors, pan India. Data also shows that employed persons in the population fell to 40.9% for those above 15 years during the three months to June 2021, from 43.1% in the previous quarter.

Nidhi

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Skyrocketing Fuel Prices

As countries overcome the effects of the omicron variant of coronavirus, the global demand for crude oil surged manifold as nations try to put their economies back on track. Combined with global demand pressure, several crucial geopolitical factors have resulted in oil trading at its 7-year high of almost \$100/barrel only after rallying 400% from \$20/barrel in 2020.

This comes after the escalating tensions between Russia-Ukraine and Moscow's deployment of troops to *Donetsk and Luhansk* in Ukraine. Soaring global tensions and Russia's threat of Ukraine invasion has forced experts to anticipate global supply disruptions as Russia stands at no. 2 in oil-producing countries and the aforesaid aggressive move by Russia has attracted stringent trade sanctions by countries like US & UK against it.

The ongoing tussle between Yemen Houthis and UAE-Saudi is another risk to the global supply chain of oil & petroleum.

Moreover, some nations that are part of the OPEC+ oil cartel are producing less oil than they promised during recent negotiations to profit from this demand & supply mismatch. OPEC has increased daily production by only 0.4 million barrels whereas the daily requirement of fuel has increased by 4.15 million barrels. Experts believe crude oil will continue its upward move throughout 2022.

Now, amidst the stated scenario the main question is what lies ahead for India?

The government hiked excise duties on fuel and diesel by Rs 13/litre and Rs 16/litre respectively between February and May of 2020, citing a substantial drop in income owing to the Covid-19 pandemic and related restrictions and to fund assistance programmes like PM-GKAY and free vaccination drives.

Folks didn't feel the pain as this hike was compensated by crude oil crashing as low as \$20/barrel. Things toughened for Modi 2.0 only when the supply was intentionally kept low by OPEC amidst the increase in demand post the second but deadly wave of covid.

Fearing outrage by commoners and anticipating its consequences on **assembly elections in 5 states** in 2022, the Centre announced a 5/litre cut in excise duty on petrol and a 10/litre cut in excise duty on diesel, giving some relief to people. States too followed the fray and slashed parts of their Vat.

As the rally continues in prices of crude oil owing to recent geopolitical developments, New Delhi wouldn't be able to shield its economy from consequences for long.

Each year, India imports 1.5 billion barrels of crude oil. This equates to 86% of the country's yearly crude oil requirements. As a result, a rise in crude oil prices might boost India's spending, negatively impacting the country's fiscal deficit. A rise in fiscal deficit could negatively affect the economy as well as markets.

As crude oil gets expensive, more and more INR would have to be paid to acquire the same amount of oil, rendering INR weak. Estimates suggest that a 10 per cent hike in oil prices lead to an increase of India's current account deficit (CAD) by nearly \$15 billion or 0.4 per cent of GDP. Consequently, the government would be forced to sell even more rupees as the rupee's value falls. This will eventually result in a vicious cycle that will put the economy at a standstill.

According to trend analysis, a 10% increase in crude oil results in a nearly **0.9** per cent increase in India's Wholesale Price Index (WPI). According to a report, rising oil prices could result in inflation rates of 12% and 6% for FY22 and FY23, respectively. According to industry experts, the rise in oil prices will also have a significant impact on the consumer price index (CPI), with the rate of inflation in terms of CPI possibly reaching 5% in FY23.

Field experts and economists predicted a steep hike in fuel prices just after the conclusion of the final phase of voting in India's largest state. Predictions were based upon the analysis of the global image as fuel prices in the USA touched \$4.33/gallon and similar was the situation in other countries after sanctioning Russia.

However, in a big relief to GOI and commoners, Russia to compensate New Delhi for abstaining from voting against Russia has offered India a hefty discount on fuel and natural gas.

And in a big blow to the US, Indian Oil companies like IOC are even availing this discount. The USA has placed India on the wrong side of history for this action and it will be interesting to see how India tackles this situation.

The best available option with the GOI is to play a significant role in the diplomatic resolution of the Russia-Ukraine issue by lobbying with countries expecting great damage from the probable war like the United States (40 y high inflation rate in the US) and other Asian Countries. The world can't afford a war amidst an ongoing pandemic. Equally hit countries can lobby and pressurise OPEC+ to increase the global supply. Organisations like WTO can prove to be a good help.

In the long run, Government should encourage and promote the EV industry, assist in the R&D of Ethanol-based flex-fuel engines so that India can lower its fuel consumption eventually lowering its dependence on imports.

Whatever the steps it takes, the government needs to be quick and effective as masses are already struggling from high inflation, unemployment, lay-offs and at the same time, GOI should try to remain neutral in this ongoing tussle between big powers because India to emerge as a strong world leader and to compete China will require good trade, international and strategic relations with other better-placed nations.



Shivam Gulati
MA I Economics Sem II
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Not a Big Deal!



President John F. Kennedy, the then President of United States of America visited NASA space centre on September 11, 1962. He bumped into a janitor religiously brooming the campus. Kennedy casually asked the janitor, "Hi I am Jack Kennedy, What are you doing?" The Janitor replied, "I am trying to put a man on Moon." It may have appeared to most people that this guy was just cleaning the building but a better perspective would have reflected how he was contributing towards creating history. The message is thus crystal clear, even the smallest of chores are as pertinent as the bigger ones. The moment the entire team realizes this, nothing but wonders happen. I am reminded of a 1986 Space Shuttle incident in US Space Programme. The space shuttle 'Challenger' broke apart, just 73 seconds into its flight. All the seven crew members were killed. The shuttle was completely destroyed. Surprisingly, no major fault could be detected and the accident happened because of failure of a simple gasket, O-ring. A mistake that creeps into the smallest of tasks can have disastrous consequences. This incident formed the basis of a research undertaken by Michael Kremer in 1993. Michael Kremer later put forward the O-ring theory of economic development. He conveyed the idea that each task of production must be performed with perfection so that a high final product value is attained. No matter how mini or macro the scale a process is, everything needs to be looked into with the same seriousness. In order to achieve big, we need to focus on small, smaller and even the smallest aspects. We need to stop believing the false narrative, that life is all about big achievements. Let's not feed our children with 'Do big' or 'Dream big' all the time. It's not the size of their achievement which will give a deeper meaning to life. Contentment, however, will. What matters in the end is how well

we did, not how much we did. Small victories give instant gratification and motivate us to tread on the path ahead confidently. Research proves that a small compliment or a small note of appreciation makes people more productive. Small talks lighten the mood. We all cherish the smaller pleasures of life more than anything else. A big house or a big car doesn't guarantee happiness. If fortune was a yardstick, Finland would have never been the world's happiest country and USA wouldn't have finished on rank 19. Being or having big is certainly not a big deal.

*"In small proportions, we just beauties see;
And in short measures, life may perfect be."
- Ben Jonson*

Geetanjali Pabreja

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The Rudest Article Ever



Hi Anon. How are you doing? If you've decided to read this article, I just want you to say 'Congratulations and Best of Luck'. As you might have guessed by the title, this is going to be less of an article and my friend, more of a wake-up call.

So, here's a little expectation from you- Please when you read this article, I want you to think over everything that you read deeply and then respond. Once again, All the best.

First things first, Let's talk about why the need for this article arose. Out of the other 100 billion topics, I could've written about, why this? Why

choose to be 'rude'?

Well, folks, the answer is simple.

Because someone had to do this and guess what, God picked me.

Before I start writing my piece, I definitely will acknowledge that a lot of it is not your fault, some of it is also to be specific- your parents' fault. Am I in any way saying that they should have been better?

You'll find out.

We as kids are taught a lot of new stuff by playways, kindergartens, schools, other relatives that pick you up in their lap, people who like kids, the people who do not like babies, the neighbours in your street, the cousins in your residence but most importantly- our parents. Our parents teach us what to think. And that, my friend, is a problem. Rather than teaching us what to think, shouldn't they teach us how to think? You might've casually said a lot of times that people are idiots but the thing is, nobody is born an idiot. They all are made into one. But does it mean, should all the parents be geniuses? Should all parents be extraordinary at parenting? Hell no. Most probably, your parents also could not teach you how to think because they were also never taught the same.

When I was a kid, I read something in a book, I do not remember the book nor do I remember the author. The details are a little blurry but I do remember the story.

There was once an architect who had built a hospital. It was the architect's labour of love, where people came to spend the last days of their lives beautifully. You can think of it as more of a caregiving facility to people in their last few days. The architect was very vocal on how the building was beautiful from outside as well as inside, how the walls were coloured and textured (instead of painting them the boring and usual sterling white), how the windows were larger than normal to let more sunlight and radiance in the hospital.

He was vocal possibly about twenty other things. By now it must have been very evident that he was very proud of his work and also the way the hospital had turned out. Obviously, why wouldn't he be?

But late one night, he happened to drive past the hospital, admiring how well it had shaped up, from start to finish, when he suddenly noticed that a light was on in one of the rooms. The reality of the project that someone had come here to die, dawned on him. And when he realised, for that minute, everything seemed useless, empty and meaningless, how all his work and efforts meant nothing in the face of such a giant tragedy. And how it put his entire life's work out of perspective.

As we grow older, we aim for perfection. The perfect life, the perfect house, the perfect job, the perfect food, the perfect clothing, the perfect body, the perfect face. Perfect everything. We think we must better ourselves constantly, become the perfect person that we strive to be. But let me break this to you as well. Perfection is a myth. No human being is attracted to another because of their perfection. We are attracted to each other's flaws, our fatalities, our sadnesses, and a common empathy for one another. To quote Leo Tolstoy, "If you look for perfection, you'll never be content."

Towards the end, just one last question for you, Are you jealous of unicorns? Do you miss the life of Snow White and the Seven Dwarfs? Are you envious of Marilyn Monroe? Does Superman flying in the air make you feel less complete? Are you resentful of Spider-Man and his superpowers? Do you begrudge Mickey Mouse? Or Winnie the Pooh? Are you envious of Harry Potter? Does Sherlock Holmes make you weep with jealousy? Do you write mean things to Godzilla? Do you wish you had a glass slipper to slip into, just like Cinderella? Do you feel resentful of Santa Claus? Or The Tooth Fairy?

Then why on God's green Earth, do you envy the

make-believe characters and their lives on Instagram?

Believe me, perfection is not beautiful. Give us scars, disorder, chaos, madness, striving, and beginnings any day over perfection. Give us objects with patina, with chips, with cracks, with history, not perfection. Give us faces that show all the signs of having lived a full life, sad, happy, angry, funny, caring, beautiful, but never perfect.

In the end, what we have to offer each other is never our perfect selves, but our brokenness. And don't we dearly love those who take us exactly as we are?

When we go to bed depressed, as we sometimes do, may we be grateful for everything we do not have, as much as for everything we do. Please don't let life swipe right by you. Your life is not an App. Love and Peace.

Sourav Arora

B.Com III

Roll No. 4876



Singing in the Dark



I would like to start with a story that deeply inspires me. Wilma Rudolph was born into a poor home in Tennessee. At the age of four, she had double pneumonia with scarlet fever, a deadly combination that left her paralyzed with polio. She had to

wear a brace and the doctor said she would never put her foot on the earth. But her mother encouraged her, and told Wilma that with God-given ability, persistence, and faith she could do anything she wanted. Wilma said, "I want to be the fastest woman on the track on this earth." At the age of nine, against the advice of the doctors,

she removed the brace and took the first step the doctors had said she never would. At the age of 13, she entered her first race and came way, way last. And then she entered her second, and third and fourth and came way, way last until a day came when she came first. At the age of 15, she went to Tennessee State University where she met a coach by the name of Ed Temple. She told him, "I want to be the fastest woman on the track on this earth." Temple said, "With your spirit, nobody can stop you, and besides, I will help you." The day came when she was at the Olympics and it became history. A paraplegic woman became the fastest woman on this earth at the 1960 Olympics. The truth is that the most massive characters are seared with scars.

Bertolt Brecht raised a question in his poem

"Motto",

In the dark times,

Will there also be singing?

His answer:

Yes, there will be singing

About the dark times.

Whether we choose to cry in the dark times or we come out of the adversities singing and enjoying life. It's all on us.

Once a wise man was asked a question, "Sir, what is life?" He replied, "Life is a journey from birth to death, but what's between B & D? It's 'C', i.e. the choices that we make."

Dear readers, I can recall, Thomas Edison- The legendary inventor, who failed 10,000 times while inventing the electric bulb. He was asked by a reporter, "How did it feel to fail 10,000 times?"

The legend replied, "I did not fail 10,000 times. The light bulb was an invention with 10,000 steps." Perspective! My dear friends perspective is what makes all the difference. Life is like a road, there are cracks, bumps, roadblocks, U-turns, but the only important thing is life goes on. So, it's very pertinent to quote the advice of Birbal which holds good in good times as well as in bad times - 'This too shall pass.'

Our recent resurgence from the Covid disaster when health infrastructure crumbled and people were gasping for breath is a perfect example. Oxygen langars organized by gurudwaras brought the distressful times under control. As every dark cloud has a silver lining, holding on to hope in dark times is certainly a one-stop solution. All I can say is, it took a microscopic organism that made us more human and taught us how to cling to hope when nothing is visible ahead.

Take another example, Blues music which became popular during the era of the mid-1800s was created by African slaves in confinement and it was their only way to hold on to the past while looking forward to their future.

I firmly believe, if you have a candle in your hand, it will automatically illumine your feet, and then as you walk ahead, the light will automatically shift to the next steps you take. In the same way, God will keep on guiding you as you move on the path of life.

So, keep on moving my dear friends, keep on singing my dear friends and remember the days when you promised yourself, that you will grow up to be someone extraordinary and if you are still up to that, then how about getting interested in life once again and being excited just about everything.

At the end I would like to conclude with these beautiful lines written by Rabindranath Tagore:

"When dark clouds cover the sky, when
darkness engulfs the truth,

When the world cowers and bows before fear,
You be the flame, the flame that burns you and
banishes darkness from the world,
(Be not afraid) Burn alone my friend."

Harmanbeer Singh Waraich

M.Com I

Roll No. 221115056004

Can We Afford another World War?

जंग तो खुद ही एक मसला है
जंग क्या मसलों का हल देगी
आग और खून आज बख्शेगी
भूख और एहतियाज़ कल देगी
इसलिए ऐ शरीफ़ इंसानो
जंग टलती रहे तो बेहतर है
आप और हम सभी के आँगन में
शमा जलती रहे तो बेहतर है - साहिर



The night before the king of Lanka, Ravana was heading towards a fierce battle with Lord Ravana, his wife Mandodri warned him, about the brutal upshots Lanka and its people would be facing due to the war. She asked him one single question that even if he would win this battle, who will accompany him to the palace and celebrate his triumph. Once the war is over, all the cities which are now hustling with life will be engulfed with black smoke coiling towards sky and stains of blood painting the walls.

Even today, amidst the rising tension between Ukraine and Russia my mind is asking me the same question. Can the world afford yet another World War? Certainly not. Because a third world war will be inescapably nuclear. My soul sinks in grief by looking at the heart-wrenching pictures of toddlers crying in pain as their helpless families beg for peace.

People can be seen racing to leave the places where they once lived happily and made endless memories. Alas who would like to stay in place which is no longer home but an ever exploding war zone. I incessantly pray to God that they would all make it through alive and safe. I can imagine the fear one might see in the eyes of the people. There is no glory in battle, worth the blood

it costs. It's no mystery that countries like Japan still shiver at the thought of war as their innocent civilians had to go through the havoc leashed by atom bombs dropped unthinkingly in hunger for power. How easily the world can forget that blot on humanity? Many people cover this by saying that politics doesn't have emotions but a reality check should give us a peak into the other part of the story. If Russia – Ukraine war continues Ukraine's economy can shrink as much as 35 % in 2022 itself and 90% of its citizens could face severe poverty. Well, I believe that, politics must have some emotions at least for its economy.

The whole world suffers not in one but in many ways when war scenes occur in any part of the globe. With Ukraine Russia crises essentials like edible oil, food grains are becoming costlier in many parts of the world including India. If this havoc continues we might have to deal with global food crisis, we will run out of resources like petrol and gold. We all know that wars do not determine who is right, it only mentions who is left and the only thing which will survive in this war would be sorrow, grief, screams and possibly all such words of anguish that may exist in English literature. Even when you read this article, many in this conflict might have actually died or lost a limb. Women are being raped and prisoners are being executed. Masses are begging for life, dignity and most importantly humanity. The list of consequences after war is endless and one thing which needs to be taught is the lesson of Ahimsa and dharma. Every lock has a key and every question has a solution which can be found without the use of weapons and with patience and sensible approach. As the saying goes, "Wisdom doesn't always roar, sometimes it is the silent voice."

Shilpa Jain

M.A II Economics

Roll No. 6313

Race to the Place of Nowhere

Charming deer went up and heard
The gobbling hippo with no care
Grumping, gulping, gurgling grub
Went briskly to meet the loved one
Talks went ahead and gained the heat
"Happy to be graced with speed and you
with sturdy build"
Exclaimed the one with small feet
Got exasperated- the slob one
"You have one but I hazard none
Let's race and bring up the pace"
Exclaimed hippo, the sturdy face
"Dear mate, you can't even lift the face
And what's wrong with only sturdiness?"
Sighed the one with swift gaze
Grumbling giant, pluck up the courage
Started running the fool,
Trying to look cool
But forgot the school-
To run only after being asked to,
Started first, did the cheat
Went he, the one with short knee
Thumping high, the mountain's thigh
Tried much but was the courage of Dutch
Fell down the chubby one
Went his vain void, won the lean one with joy
No loops discussed
Got the lesson learnt?
Acknowledge your gift while not defaming others
Else wait for fate to take you to pain.



Krishna

M.A. I Economics

Roll No- 9050

COP 26



John Denver has rightly said, "Love the Earth as you would love yourself." Just like a mother, Earth has always been a giving planet. Everything humans need to exist has always been provided by nature. But unfortunately,

climate change has had a devastating impact on the planet. It aggravates atmospheric CO₂ concentration, increases temperature, and changes precipitation patterns. That's why to keep a tab on the climate change, the UN has been trying to bring together almost every country on the planet for Global Climate Summits called COPS (Conference of the Parties). The 26th annual summit, COP26 was hosted by the United Kingdom in partnership with Italy in Glasgow, last year.

The United Kingdom has proved that climate change and economic growth can go hand in hand. Between 1990 and 2019 their economy grew by 78% and emissions decreased by 44% the fastest decline amongst the G7. Their 'Ten Point Plan' is looking for a green industrial revolution by investing in clean energy, nature, transport, and innovative technologies-generating thousands of jobs.

The main goals of COP 26 are:

- Countries are needed to secure Net-Zero by the middle of the century and for that countries will need to discontinue the use of coal and uplift the investment in renewables, reduce deforestation, and speed up the switch to electric vehicles. The UK will end the sale of new petrol and diesel cars by 2030.
- At COP26, countries are needed to protect and restore ecosystems. Proper planning and funds are needed to improve early warning systems, flood defenses, and build

infrastructure and agriculture to avoid further loss of life and natural habitats. All the countries should create 'Adaptive Communication' which is the synopsis of what they are doing and planning to do for climate change, the challenges they are facing, and how to overcome these challenges.

- To attain climate goals, developed countries need to raise at least \$100bn in climate finance per year. It requires all forms of finance: public finance for the development of infrastructure we needed to move to a greener and more climate-resilient economy and private finance to fund the latest technology and more innovation.
- COP21 took place in Paris in 2015 in which every country agreed to work together to limit global warming to below 2 degrees and aim for 1.5 degrees. Under the Paris agreement, countries had committed to put forward national plans after every five years on how to reduce their emission-known as Nationally Determined Contributions or 'NDCs'. However, commitments laid in Paris Agreement did not come close to 1.5 degrees so there is a dire need for more collaborative effort by governments, businesses, and civil society to achieve the goals.

Thus, it is the most alarming time for us to come together and save our mother earth, to save ourselves and our future. We need to have more such summits like COP26 in letter and spirit to attain sustainable development.

Shilpa Jain

M. A. II Economics

Roll No. 6313

Thwaites Glacier- Doom's Day Glacier



Dooms Day refers to a time or event of crisis or great danger or the last day of the world's existence.

In 1967, the advisory committee on Antarctic named a glacier after Fredrik T. Thwaites (1883-1961) a Glacial Geologist, Geomorphologist, and Professor Emeritus at the University of Wisconsin Madison. The Historian Reuben Gold Thwaites was his father. Thwaites Glacier is a broad and gigantic Antarctic Glacier flowing into Pine Island Bay, part of Amundsen sea, east of mount Murphy, on the Walgreen coast of Marie Byrd Land.

Its surface speed exceeds 2km (1.2miles) per year near its grounding line. The size of this glacier is 1.9 lakh square km and 120 km wide. Its fastest-flowing grounded ice is centered between 50 and 100 km east of mount Murphy. Today, Thwaites melting already contributes 4% to global sea-level rise each year. This glacier is slowing down the ice present behind it, from freely flowing into the ocean. A study in 2019, had discovered a fast-growing cavity in the glacier sized roughly 2/3 of the area of Manhattan. The New York University in the year 2020 detected warm water at a vital point below the glacier. NYU study reported water at just 2 degrees above freezing point at Thwaites "grounding Zone". In this study, scientists went on to dig 600m, deployed an ocean sensing device called Icefin, to measure the waters moving below the glacier's surface.

Research at Sweden's University of Gothenburg in April 2012, used an uncrewed submarine to go under the Thwaites glacier front to make observations. Gothenburg's press announced that the submersible called "Ran" measured the strength, temperature, salinity & oxygen content of the ocean current that goes under the glacier. They clearly stated that fears related to the

melting of Antarctica's Thwaites Glacier are worse than previously thought, owing to the excessive flow of warm water flowing underneath at a rate underestimated in the past. It would contain enough water to raise the world sea level by more than half a meter. Studies have found the amount of ice flowing out of it has nearly doubled over the past 30 years. It is estimated that it would collapse into the sea in 200-900 years.

Now, the main thing is how we can extend and stop the melting of the glaciers? Melting is natural and is counteracted by falling snow that is compacted into ice and restores the surface area of the glacier. However, with global warming occurring at an unnatural rate, glaciers are melting much faster than they can be replenished. The only way to slow rapid global melting is to slow global warming.

We need to replace non-renewable energy sources with renewable energy sources to prevent global warming. It's said, "A stitch in time saves nine." We need to act fast or the whole planet is doomed.

Kaushal

B.A. I Sem II

Roll No.- 1211150410218

I Am Beautiful

I think I'm beautiful. I think I'm funny. I don't have to look to other people to know these things about myself. Stop focusing so much on what other people think. The moment I realised that I was searching for approval from other people, I realized why I was so unhappy. It is my opinion that I need to keep myself happy.

Vinay

B.A.-I , Roll No. 458

A Leaf from the Pages of History – The American Civil War



From 1803 to 1854, United States of America achieved vast territories through purchase, negotiation and conquest. There were mainly two forms of states: first, the northern states that were developing, had a booming economy with vast industrialisation and wanted to liberate themselves from slavery; the other were the southern states or the confederates. The people living in these states were dependent on farming and were in the spiral of slavery. The economy of the confederate states was struggling and it had a population of 9 million with 3.5 million as slaves.

In 1854, there was a rise of a brand-new party called 'The Republican' which was against slavery. In 1860 elections, Abraham Lincoln was elected as the first republican president. He was modest and did not plan to abolish slavery right away, but suddenly 7 slave states of south declared their secession and joined to form confederacy under presidency of Jefferson Davis. Leaving Lincoln without any option, the war began in 1861 from 'Battle of Sumter'.

The states got divided further and chose who they wanted to be with in the war. The beginning of the war was a struggle for the north as it had incompetent and old generals. On the other hand, the south had brilliant ones such as Robert E. Lee. The North implemented a naval blockade against the south to cut off its supplies. The first major battle that took place was the 'Battle of Bull Run' where the north attempted to capture the capital of south- "Richmond" on July 21, 1861.

The confederates eventually pushed back the northern troops. Tension again began to rise when the confederate leaders were found on a British ship that is now known as the "Trent affair" on Nov 8, 1861. European powers started threatening to intervene as they could not import cotton as the supply was cut off. On Jan 1, 1863 Lincoln issued emancipation proclamation

abolishing slavery. Thus, the subject of war changed from succession to abolition of slavery and so made the intervention of other countries almost impossible now as they had abolished slavery themselves.

On the other hand, In 1862 Robert E. Lee planned to attack the northern Capital - 'Washington D.C.' The attack was well planned but the northern troops found the plan of battle on the cigar rolls with a soldier. Hence, the attack became very bloody and lot of soldiers lost their lives from both the sides. The Battle of Antietam, was won by the north, followed by Battle of Gettysburg with another massive and decisive northern victory. In 1863, soldier national cemetery was dedicated to Gettysburg. During the ceremony, president Abraham Lincoln redefined the purpose of the war on Gettysburg address as a large number of soldiers were slaughtered.

And to add to the northern victory of 1863, the Mississippi river came under the union control after the siege of Vicksburg. From May 8- July 4 in 1863, there were a series of battles that killed and wounded a great number of people.

People had full faith in Abraham Lincoln and re-elected him as their president. Southerns still refused to surrender but slowly Robert E. Lee surrendered and other generals followed and the American civil war was over.

A total of 13 Amendments abolishing slavery were passed by the Senate on April 18, 1864 by the House of Representatives on Jan 31st 1865. Lincoln could not see this as he was assassinated by John on April 14, 1865 at Ford's theatre. But this war is regarded as the deadliest in the history of America and still has its implications on society.

Ishita Sharma

M. A. II Economics

Roll No. 6318

Social Media

Thinking to get latest information?
Oh! I have an idea.
Connecting people all-over world
Media! Media! Social Media!

Political, Social or Economic
Backbone of spreading news,
Some people do erroneous act
Just for sake of their views.



Trendy pictures, updated profile
Has become a new style of life,
Wishing parents on “so-called” status
For child’s love, they still thrive.

Follow for follow everyone says
Hundreds of friends, supercool feed,
Call us our best buddy
Yet no one, when in need.

Our life is surrounded by
Instagram, WhatsApp and Facebook,
What we are doing with our time?
Just have a single look.

Be real even if people laugh at your stand
For righteousness and truth too,
Just know one that matters the most
Is smiling down on you.

Shivani Chitkara
M.A. II Economics
Roll No. 6355



Mind Your Own Womb

Beware ladies; they could be anywhere - at the party, at the park, right next door or at the family dinner. Eyeing you, watching every step you take, every decision you make, and never missing a chance to ask, “So, when are you planning for a baby?” and at that moment, your brain goes “Arrgghh!” It has become so cliché to question women on when, where and what to do with their bodies.

Nature has bestowed the beautiful capacity to procreate life within women and every woman

cherishes the experience of motherhood. Motherhood is not just a biological process of giving birth, rather it's about taking the responsibility of the child for rest of your life. So shouldn't the decision to give birth or to abort should be vested with the one whose life is changed forever and who would be on a physical, mental and emotional roller coaster ride ever since. Shouldn't it be - Her body, her choice while rest of us can mind our own business or should I say 'womb'.

'Mind Your Own Womb' as a movement was started to provide a safe space where women can discuss and share their stories of bias, expectations, stereotypes, infertility, and recovery.

I would like to define body autonomy. It constitutes self determination over one's own body without external domination. Rameeza Ahmed of Pakistan says, “It's important for women to know they have control over their own bodies and their own say in matters like birth control, abortion, sex and reproductive health”. Isn't women's claim of rights over their own bodies and own choice a God given right? Female foeticide – the gender selection of abortion is the most heinous crime. This crime would end the day the decision rests with the expecting mothers rather than the husbands and family.

While we are discussing this issue, I would like to raise my concerns for that woman, whose womb has been transferred into a baby producing machine, delivering them at the door step of those who can afford to pay money and help these poor women deal with poverty. Let me take you to Ulhasnagar, a place in the interiors of India where not only cheap knockoffs of American jeans are made but babies are made too, by the women who cannot read or write but can become pregnant and will do it for money. Friends all I want to say is that at least something as sacred as the womb shouldn't be a part of the global supply chain.

Sameer Sabharwal
B.A. II
Roll no. 1895



ਸੰਪਾਦਕੀ



ਅਜੋਕੇ ਦੌਰ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਾਹਿਤ ਨਾਲ ਜਾਣੂੰ ਕਰਵਾਉਣਾ ਇੱਕ ਗੰਭੀਰ ਸੱਮਸਿਆ ਹੈ। ਆਧੁਨਿਕ ਤਕਨੀਕਾਂ ਕਾਰਨ ਵਿਦਿਆਰਥੀ ਕਿਤਾਬ ਕਲਚਰ ਤੋਂ ਦੂਰ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਲਈ ਅਧਿਆਪਕਾਂ ਅਤੇ ਬੁੱਧੀਜੀਵੀਆਂ ਦਾ ਇਹ ਫ਼ਰਜ਼ ਬਣਦਾ ਹੈ ਕਿ ਉਹ ਕਿਸੇ

ਵੀ ਕੀਮਤ ਤੇ ਵਿਦਿਆਰਥੀ ਅੰਦਰ ਸਾਹਿਤ ਪੜ੍ਹਨ ਦੀ ਰੁਚੀ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਤਾਂ ਜੋ ਉਹ ਆਪਣੇ ਆਪ ਨਾਲ ਤੇ ਆਪਣੇ ਪਿਛੋਕੜ ਨਾਲ ਜੁੜ ਸਕੇ। ਸਾਹਿਤ ਅਤੇ ਇਤਿਹਾਸ ਦੇਸ਼ ਦੀ ਉਨਤੀ ਵਿੱਚ ਜੋ ਹਿੱਸਾ ਪਾਉਂਦਾ ਹੈ ਉਸਦਾ ਪਤਾ ਸਾਨੂੰ ਪ੍ਰਸਿੱਧ ਪੁਸਤਕਾਂ ਤੇ ਉਨਾਂ ਦੇ ਸਿਰਜਨਹਾਰ ਲਿਖਾਰੀਆਂ ਦੇ ਜੀਵਨ ਵਿਚੋਂ ਮਿਲਦਾ ਹੈ। ਇਸ ਕਰਕੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਾਹਿਤਕ ਰਚਨਾਵਾਂ ਪੜ੍ਹਨ ਦੇ ਨਾਲ ਨਾਲ ਪ੍ਰਸਿੱਧ ਵਿਅਕਤੀਆਂ ਦੇ ਜੀਵਨ ਦੇ ਸੰਘਰਸ਼ ਨੂੰ ਪੜ੍ਹਨਾ ਬਣਦਾ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਤੋਂ ਇਹ ਆਸ ਤੇ ਉਮੀਦ ਹੈ ਕਿ ਉਹ ਇੰਟਰਨੈਟ ਦੇ ਦੌਰ ਵਿਚੋਂ ਕੁਝ ਸਮਾਂ ਕੱਢ ਕੇ ਸਾਹਿਤਕ ਰਚਨਾ ਪੜ੍ਹਨ ਦੀ ਚਿਣਗ ਆਪਣੇ ਜੀਵਨ ਨੂੰ ਸਾਰਥਿਕ ਬਣਾਉਣ ਲਈ ਕਰਨ ਦਾ ਉਪਰਾਲਾ ਕਰਨ।

ਸਰਕਾਰੀ ਕਾਲਜ ਲੁਧਿਆਣਾ ਦੀ ਇੱਕ ਵਿਲੱਖਣ ਵਿਸ਼ੇਸ਼ਤਾ ਇਹ ਹੈ ਕਿ ਇਸ ਕਾਲਜ ਅੰਦਰ ਸ਼ਾਮ ਦੇ ਕਾਲਜ ਦੀ ਵੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਹੂਲਤ ਦਿੱਤੀ ਗਈ ਹੈ। ਸ਼ਾਮ ਦੇ ਕਾਲਜ ਵਿੱਚ ਉਹਨਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਦਾਖਲਾ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ ਜੋ ਸਵੇਰ ਸਮੇਂ ਆਪਣੀ ਜਿੰਦਗੀ ਦੀਆਂ ਮੁੱਢਲੀਆਂ ਲੋੜਾਂ ਪੂਰੀਆਂ ਕਰਨ ਲਈ ਨੌਕਰੀ ਕਰਦੇ ਹਨ। ਇਹ ਵਿਦਿਆਰਥੀ ਪੜ੍ਹਾਈ ਦੇ ਨਾਲ ਨਾਲ ਹੋਰ ਗਤੀਵਿਧੀਆਂ ਵਿੱਚ ਵੀ ਵੱਧ ਤੋਂ ਵੱਧ ਯੋਗਦਾਨ ਪਾਉਂਦੇ ਹਨ। ਸ਼ਾਮ ਦੇ ਕਾਲਜ ਨੇ ਲੋਕ ਨਾਚ ਮੁਕਾਬਲੇ ਵਿੱਚ ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਜ਼ੋਨਲ ਯੂਥ ਫੈਸਟੀਵਲ ਤੇ ਹੈਰੀਟੇਜ ਵਿੱਚ ਪਹਿਲਾ ਸਥਾਨ ਪ੍ਰਾਪਤ ਕੀਤਾ। ਇਸ ਮੁਕਾਬਲੇ ਵਿੱਚ ਬੀ.ਏ ਤੀਜਾ ਦਾ ਵਿਦਿਆਰਥੀ ਅਸ਼ਵਨੀ ਕੁਮਾਰ ਨੂੰ ਬੈਸਟ ਡਾਂਸਰ ਚੁਣਿਆ ਗਿਆ। ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ ਚੰਡੀਗੜ੍ਹ ਦੇ ਅੰਦਰ ਜ਼ੋਨਲ ਯੂਥ ਫੈਸਟੀਵਲ ਅਤੇ ਹੈਰੀਟੇਜ ਦੇ ਲੋਕ ਨਾਚ ਮੁਕਾਬਲੇ ਵਿੱਚ ਇਸ ਕਾਲਜ ਦੀ ਲੁੱਡੀ ਦੀ ਟੀਮ ਨੇ ਦੂਜਾ ਸਥਾਨ ਪ੍ਰਾਪਤ ਕੀਤਾ। ਇਸ ਮੁਕਾਬਲੇ ਵਿੱਚ ਬੀ.ਏ ਤੀਜੇ ਸਾਲ ਦਾ ਵਿਦਿਆਰਥੀ ਜਤਿਨ ਬੈਸਟ ਡਾਂਸਰ ਚੁਣਿਆ ਗਿਆ ਅਤੇ ਵਿਦਿਆਰਥੀ ਅਸ਼ਵਨੀ ਕੁਮਾਰ ਦੂਜਾ ਬੈਸਟ ਡਾਂਸਰ ਚੁਣਿਆ

ਗਿਆ। ਇਨ੍ਹਾਂ ਤੋਂ ਇਲਾਵਾ ਵਿਦਿਆਰਥੀ ਦੀ ਚੋਣ ਐਨ.ਐਸ.ਐਸ ਅਤੇ ਐਨ ਸੀ.ਸੀ. ਦੇ ਵਿੰਗ ਵਿੱਚ ਵੀ ਹੋਈ। ਇਸ ਆਸ ਤੇ ਉਮੀਦ ਨਾਲ ਕਿ ਉਹ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਜਿੰਦਗੀ ਤੇ ਸਮਾਜ ਦਾ ਮਾਰਗ ਦਰਸ਼ਨ ਬਣ ਕੇ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਉਣਗੇ

ਪਰਮਜੀਤ

ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ

ਅਤੇ ਇੰਚਾਰਜ

ਸ਼ਾਮ ਦਾ ਕਾਲਜ, ਲੁਧਿਆਣਾ



ਜ਼ਰੂਰੀ ਕੀ ਸਮਝਦਾਰੀ

ਜਾਂ ਪਛਤਾਵਾ



ਜਿਵੇਂ ਹੀ 22 ਮਾਰਚ, 2020 ਦੀ ਸ਼ਾਮ ਨੂੰ ਸੰਪੂਰਨ ਤਾਲਾਬੰਦੀ ਦੀ ਘੋਸ਼ਣਾ ਹੋਈ ਤਾਂ ਦੇਸ਼-ਵਾਸੀ ਆਪਣੇ ਘਰਾਂ ਵਿੱਚ ਨਜਰਬੰਦ ਕਰ ਦਿੱਤੇ ਗਏ। ਸਾਰੀ ਦੁਨੀਆਂ ਰੂਪੀ “ਐਕਸਪ੍ਰੈਸ ਮੇਲ” ਇਕਦਮ ਜਿਵੇਂ ਰੁੱਕ ਹੀ ਗਈ। ਪਹਿਲੇ

ਕਈ ਦਿਨ ਤਾਂ ਜਿਵੇਂ-ਕਿਵੇਂ ਕਰਦੇ ਬੀਤ ਗਏ, ਇਹਨਾਂ ਸ਼ੁਰੂਆਤੀ ਦਿਨਾਂ ਦੌਰਾਨ ਤਾਂ ਲੋਕਾਂ ਨੇ ਖਾਸ ਕਰ ਭਾਰਤ ਵਾਸੀਆਂ ਨੇ ਇੱਕ ਤਰੀਕੇ ਦਾ ਆਨੰਦ ਹੀ ਲਿਆ ਭਾਵ ਭਾਂਤ-ਭਾਂਤ ਦੇ ਪਕਵਾਨ ਪਕਾ ਕੇ ਰਲ-ਮਿਲ ਪਰਿਵਾਰਕ ਮੈਂਬਰਾਂ ਨਾਲ ਸਮੂਹ ਬਿਤਾਉਂਦੇ ਹੋਏ ਸੇਵਨ ਕੀਤਾ। ਨਾ ਕੋਈ ਭੱਜ-ਦੌੜ, ਨਾ ਹੀ ਅੱਗੇ ਤੇ ਪਿੱਛੇ ਰਹਿ ਜਾਣ ਦੀ ਚਿੰਤਾ, ਸਭ ਕੁੱਝ ਜਿਵੇਂ ਵਿਸਰਾਮ ਦਾ ਰੂਪ ਧਾਰ ਗਿਆ ਪ੍ਰਤੀਤ ਹੋਇਆ। ਇਸ ਔਖੇ ਸਮੇਂ ਨੇ ਇਹ ਅਹਿਸਾਸ ਕਰਵਾ ਦਿੱਤਾ ਕਿ ਅਸੀਂ ਨਾ-ਮੁੱਕਣਯੋਗ ਦੌੜ ਦਾ ਹਿੱਸਾ ਬਣ ਚੁੱਕੇ ਸਾਂ। ਜਦੋਂ ਕਿ ਤਾਲਾਬੰਦੀ ਦੇ ਸਮੇਂ ਦੌਰਾਨ ਸਾਨੂੰ ਸਾਡੀਆਂ ਜ਼ਰੂਰੀ ਜ਼ਰੂਰਤਾਂ ਦਾ ਗਿਆਨ ਤਾਂ ਹੋਇਆ ਹੀ ਨਾਲ ਦੀ ਨਾਲ ਹੀ ਬਹੁਤ ਸਾਰਾ ਵਿਅਰਥ ਪਦਾਰਥਵਾਦੀ ਬੋਝ ਜੋ ਅਸੀਂ ਢੋਅ ਰਹੇ ਸਾਂ ਉਸ ਦਾ ਵੀ ਇਲਮ ਕਰਵਾ ਦਿੱਤਾ। ਜਿਸਦੀ ਕਿ ਸਾਨੂੰ ਕੋਈ ਜ਼ਰੂਰਤ ਹੀ ਨਹੀਂ ਸੀ।

ਇਨਸਾਨਾਂ ਦੇ ਨਾਲ-ਨਾਲ ਕੁਦਰਤ ਨੇ ਵੀ ਜਿਵੇਂ ਸੁੱਖ ਦਾ ਸਾਹ

ਲਿਆ ਹੋਵੇ, ਕਿਵੇਂ ਸਾਰਾ ਅਸਮਾਨ ਨੀਲੇ ਰੰਗ ਤੇ ਆਲਾ-ਦੁਆਲਾ ਆਪਣੇ ਅਸਲ ਰੰਗਾਂ ਵਿੱਚ ਢਲ੍ਹਦਾ ਜਾ ਰਿਹਾ ਸੀ, ਜਿਵੇਂ ਸ਼ਿਸ਼ਟੀ ਕਹਿ ਰਹੀ ਹੋਵੇ ਕਿ ਲਾਲਚੀ ਮਨੁੱਖ ਤੂੰ ਝੂਠੇ ਪਦਾਰਥਾਂ ਪਿੱਛੇ ਭੱਜ ਕੇ ਕਿਵੇਂ ਕਾਦਰ ਦੀ ਕੁਦਰਤ ਦਾ ਨਾਸ਼ ਮਾਰਿਆ ਹੈ ਅਜੇ ਵੀ ਸਮਾਂ ਹੈ ਰੁੱਕ ਜਾ ਇਸ ਅੰਨ੍ਹੀ ਦੌੜ ਵਿੱਚ ਕੁੱਝ ਨਹੀਂ ਰੱਖਿਆ ਸਿਵਾਏ ਤੇਰੀ ਬਰਬਾਦੀ ਦੇ।

ਸਾਨੂੰ ਸਬਕ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ, ਇਸ ਕੁਦਰਤੀ ਕਰੋਪੀ ਤੋਂ ਜਿਸ ਦੇ ਕਹਿਰ ਦੀ ਇੱਕ ਝਲਕ ਸਾਨੂੰ ਚੁਕੰਨਾ ਕਰਨ ਲਈ ਹੀ ਤਾਂ ਨਹੀਂ ਆਈ। ਅਜੇ ਵੀ ਸਮਾਂ ਹੈ, ਮਨੁੱਖ ਸਵੈ-ਪੜਚੋਲ ਕਰੇ ਕਿ ਉਸ ਲਈ ਕੀ ਜ਼ਰੂਰੀ ਤੇ ਅਹਿਮ ਹੈ, ਪਦਾਰਥ ਜਾਂ ਕੁਦਰਤੀ ਨਿਆਮਤਾਂ। ਸਿੱਟਾ ਸਾਡੇ ਸਾਹਮਣੇ ਹੈ, ਜੋ ਪਦਾਰਥਾਂ ਪਿੱਛੇ ਅਸੀਂ ਇਸ ਦੌੜ ਮਗਰ ਭੱਜਦੇ ਇਸ ਸੰਕਟ ਵਿੱਚ ਆ ਘਿਰੇ ਹਾਂ। ਅਜੇ ਵੀ ਸਮਾਂ ਹੈ, ਸਿਆਣਿਆਂ ਦੀ ਕਹਾਵਤ ਹੈ “ਫੁੱਲੇ ਬੇਰਾਂ ਦਾ ਕੁਝ ਨੀ ਵਿਗੜਿਆ।

ਹਸਨੀਤ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ
ਰੋਲ ਨੰ : 902



ਕੋਵਿਡ ਅਤੇ ਸਮਾਜ

ਪੂਰਾ ਸੰਸਾਰ ਇਸ “ਕੋਵਿਡ-19” ਨਾਮਕ ਵਾਇਰਸ ਦੀ ਲਪੇਟ ਵਿੱਚ ਆਉਣ ਕਰਕੇ, ਪਿਛਲੇ ਕਰੀਬ ਢਾਈ ਸਾਲਾਂ ਤੋਂ ਭਿਆਨਕ ਮਾਹਾਂਮਰੀ ਦਾ ਸਾਹਮਣਾ ਕਰ ਰਿਹਾ ਹੈ। ਇਸ ਦੁੱਖਦਾਈ ਸਮੇਂ ਦੌਰਾਨ ਬਹੁਤ ਸਾਰੇ ਸਾਧਾਰਨ ਲੋਕਾਂ ਦੇ ਨਾਲ-ਨਾਲ, ਇਸ ਕਰੋਪੀ ਦਾ ਡੱਟ ਕੇ ਮੁਕਾਬਲਾ ਕਰ ਰਹੇ ਬਹੁਤ ਸਾਰੀਆਂ ਮੁੱਢਲੀਆਂ ਤੇ ਅਤਿ-ਜ਼ਰੂਰੀ ਵਸਤਾਂ ਜਿਵੇਂ ਭੋਜਨ, ਸਿਹਤ ਸਹੂਲਤਾਂ ਤੇ ਸੁਰੱਖਿਆ ਪ੍ਰਬੰਧ ਮੁਹੱਈਆ ਕਰਵਾ ਰਹੇ ਕਰਮਚਾਰੀਆਂ ਨੇ ਅਣਿਆਈਂ ਮੌਤੋਂ ਕੀਮਤੀ ਜਾਨਾ ਗਵਾਈਆਂ ਹਨ। ਜਿਸ ਕਾਰਨ ਕਈ ਘਰਾਂ ਦੇ ਘਰ ਖਾਲੀ ਹੋ ਗਏ, ਬਹੁਤ ਸਾਰੇ ਮਾਸੂਮ ਲਾਵਾਰਿਸ ਹੋ ਗਏ, ਕਿਉਂਕਿ ਜਿੰਦਗੀ ਰੂਪੀ ਤੇਜ਼ ਰਫ਼ਤਾਰ ਚੱਲਦੀ ਗੱਡੀ ਵਿੱਚੋਂ ਜਦੋਂ ਅਚਾਨਕ ਆਈ ਬਿਪਤਾ ਕਾਰਨ ਚਾਲਕ ਰੂਪੀ ਮਾਧੇ ਅੱਧ-



ਵਿਚਕਾਰੋਂ ਹੀ ਹੇਠਾਂ ਉੱਤਰ ਗਏ ਹੋਣ ਤਾਂ ਸੋਚ ਕੇ ਦੇਖੋ ਕਿ ਉਹਨਾਂ ਮਾਸੂਮਾਂ ਤੇ ਅਣਭੋਲ ਬਾਲ ਮਨਾਂ ਤੇ ਕੀ ਬੀਤਦੀ ਹੋਵੇਗੀ ਜੋ ਇਸ ਤੇਜ਼-ਤਰਾਰ ਦੁਨੀਆਂ ਵਿੱਚ ਇੱਕਲੇ ਹੀ ਸਫ਼ਰ ਕਰਦੇ ਰਹਿ ਗਏ। ਕੀ ਕੋਈ ਉਹਨਾਂ ਦੀ ਜਿੰਦਗੀ ਰੂਪੀ ਗੱਡੀ ਨੂੰ ਪੱਟੜੀ ਤੇ ਚੱਲਦੀ ਰੱਖਣ ਲਈ ਸਹੀ ਸੇਧ ਦੇਣ ਵਾਲਾ ਅੱਗੇ ਆਵੇਗਾ ? ਜਾਂ ਫਿਰ ਉਹ ਇਸ ਤਰ੍ਹਾਂ ਹੀ ਭਟਕਦੇ ਅੱਧ-ਰਸਤੇ ਹੀ ਗਲਤ ਮੰਜ਼ਿਲਾਂ ਵੱਲ ਮੂੰਹ ਤਾਂ ਨਹੀਂ ਕਰ ਲੈਣਗੇ ?

ਦੂਜੇ ਪਾਸੇ ਉਹ ਬਜ਼ੁਰਗ ਮਾਧੇ ਜੋ ਇਸ ਅੰਤਲੇ ਪੜਾਅ ਸਮੇਂ ਬੁਢਾਪੇ ਵਿੱਚ ਬੇਸਹਾਰਾ ਹੋ ਗਏ ਭਾਵ ਜਿੰਨਾਂ ਦੇ ਨੌਜਵਾਨ ਧੀਆਂ-ਪੁੱਤ ਇਸ ਨਾਮੁਰਾਦ ਬਿਮਾਰੀ ਦੀ ਭੇਟ ਚੜ੍ਹ ਗਏ, ਉਹਨਾਂ ਲਈ ਤਾਂ ਜਿਵੇਂ ਸਾਰਾ ਸੰਸਾਰ ਹੀ ਹਨੇਰੀ ਰਾਤ ਵਾਂਗ ਸਾਹਮਣੇ ਖਲੋਆ ਗਿਆ, ਕਿਉਂਕਿ ਜਦੋਂ ਉਹਨਾਂ ਦੇ ਬੁਢਾਪੇ ਦੀ ਡੰਗਿਰੀ ਰੂਪੀ ਔਲਾਦ ਹੀ ਇਸ ਜੱਗ ਤੇ ਨਾ ਰਹੀ। ਇਸ ਤਰ੍ਹਾਂ ਉਹਨਾਂ ਲਈ ਇਹ ਭਰਿਆ-ਭੁਕੰਨਿਆ ਜਗਤ ਇਕਦਮ ਰੋਹੀ ਰੂਪੀ ਬੀਆਬਾਨ ਹੋ ਗਿਆ।

ਇਸ ਸੰਸਾਰਿਕ ਪੱਧਰ ਦੇ ਦੁਖਾਂਤ ਤੋਂ ਉੱਭਰਨ ਲਈ ਸਰਕਾਰਾਂ ਬੇਸ਼ੱਕ ਸਾਰਥਕ ਕਦਮ ਪੁੱਟ ਰਹੀਆਂ ਹਨ। ਇਸ ਸਭ ਦੇ ਬਾਵਜੂਦ ਸਾਨੂੰ ਜ਼ਿੰਮੇਵਾਰ ਨਾਗਰਿਕ ਹੋਣ ਦੇ ਨਾਤੇ ਉਹਨਾਂ ਲਾਵਾਰਿਸ ਬੱਚਿਆਂ ਤੇ ਬਾਸਹਾਰਾ ਬਜ਼ੁਰਗਾਂ ਦੇ ਪ੍ਰਤੀ ਸਾਡੇ ਕੁੱਝ ਫਰਜ਼ ਬਣਦੇ ਹਨ। ਇਸ ਸਦੀ ਦੇ ਮਹਾਨ ਵਿੱਦਿਅਕ ਅਦਾਰੇ ਭਾਵ “ਸ਼ਤੀਸ ਚੰਦਰ ਧਵਨ” ਸਰਕਾਰੀ ਕਾਲਜ ਦੇ ਸਵੇਰ ਤੇ ਸ਼ਾਮ ਸਮੇਂ ਦੇ ਕਾਲਜ ਦੇ ਸਮੂਹ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਾਰੇ ਸਟਾਫ਼ ਮੈਂਬਰ ਸਹਿਬਾਨਾਂ ਨੂੰ ਦਾਸ ਦੇਵੇਂ ਹੱਥ ਜੋੜ ਕੇ ਅਪੀਲ ਕਰਦਾ ਹੈ ਕਿ ਆਪਾਂ-ਆਪਣੇ ਆਸ-ਪਾਸ, ਅਜਿਹੇ ਲੋੜਵੰਦਾਂ ਨੂੰ ਭਾਲ ਕੇ ਉਹਨਾਂ ਦੀ ਕਿਸੇ ਵੀ ਪੱਖੋਂ ਭਾਵ ਸਿਰਫ਼ ਮਾਲੀ ਹੀ ਨਹੀਂ, ਭਾਈਵਾਲੀ ਭਾਵ ਉਹਨਾਂ ਦੇ ਦੁੱਖ ਸੁੱਖ ਦੇ ਭਾਈਵਾਲ ਬਣੀਏ, ਤਾਂ ਜੋ ਉਹਨਾਂ ਨੂੰ ਇੱਕਲਾਪਣ ਨਾ ਮਹਿਸੂਸ ਹੋਵੇ, ਗਾਹੇ-ਬਗਾਹੇ ਲੰਘਦੇ-ਵੜ੍ਹਦੇ ਉਹਨਾਂ ਦਾ ਹਾਲ-ਚਾਲ ਪੁੱਛਦੇ ਜਾਈਏ ਤਾਂ ਜੋ ਉਹ ਇਸ ਉਮਰੇ ਇੱਕਲਤਾ ਨਾਲ ਝੁਰਦੇ ਹੀ ਦਮ ਨਾ ਤੋੜ ਜਾਣ।

ਆਪ ਜੀ ਦਾ ਦਾਸ,

ਹਸਨੀਤ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ
ਰੋਲ ਨੰ: 902

ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ

ਸ਼ਬਦੀ ਮਹਿਲ ਨਾਂ ਬਣਾਓ
ਗੱਲ ਕੀਤੀ ਹੈ ਤਾਂ ਕੰਮ ਕਰਕੇ ਵੀ ਦਿਖਾਓ
ਸਿਰਫ ਨਾਅਰੇ ਲਗਾਨ ਨਾਲ ਨਹੀਂ ਕੁੱਝ ਹੋਣਾ
ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ ।

ਬੇਟੀ ਨਾਲ ਹੈ ਦੁਨੀਆਂ ਸਾਰੀ
ਬੇਟੀ ਹੁੰਦੀ ਬਹੁਤ ਪਿਆਰੀ
ਲੋਹੜੀ ਧੀਆਂ ਦੀ ਵੀ ਮਨਾਓ
ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ

ਬੇਟੀ ਹੁੰਦੀ ਕਰਮਾਂ ਵਾਲੀ
ਘਰ ਦੀ ਹੁੰਦੀ ਰਾਜ ਦੁਲਾਰੀ
ਇੱਕ ਵਾਰ ਬੇਟੀ ਨੂੰ ਦੁਨੀਆਂ ਤਾਂ ਦਿਖਾਓ
ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ।

ਬੇਟੀ ਨੂੰ ਬੋਝ ਸਮਝਣ ਜਿਹੜੇ
ਉਹ ਇਨਸਾਨ ਫਿਰ ਕਿਹੜੇ
ਬੇਟੀ ਨੂੰ ਜਨਮ ਦੇ ਕੇ ਚੰਗਾ ਕਰਮ ਤਾਂ ਕਮਾਓ
ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ।

ਜਿਹੜੇ ਸਮਝਣ ਬੇਟੀ ਨੂੰ ਕਿਸੇ ਗਲੋਂ ਘੱਟ
ਉਹ ਦਿਮਾਗ ਵਿੱਚੋਂ ਕੱਢ ਦੇਣ ਸ਼ੱਕ
ਬੇਟੀ ਨੂੰ ਸਮਾਜ ਦਾ ਹਿੱਸਾ ਤਾਂ ਬਣਾਓ
ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ।

ਬੇਟੀ ਨੂੰ ਕੁੱਖ ਦੇ ਵਿੱਚ ਨਾ ਮਾਰੋ
ਚਲਣਾ ਨਹੀਂ ਬੇਟੀ ਬਿਨਾਂ ਸੰਸਾਰ
ਬੇਟੀ ਜੰਮਣ ਤੇ ਵੀ ਸ਼ਗਨ ਮਨਾਓ
ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ ।

ਰਾਜੇ ਮਹਾਰਾਜੇ ਜੰਮੇ ਬੇਟੀ ਦੇ ਕੁੱਖੋਂ
ਫਿਰ ਬੇਟੀ ਨੂੰ ਵੀ ਪੁੱਤਾਂ ਵਾਂਗ ਲਾਡ ਲਡਾਓ
ਸਿਰਫ ਨਾਅਰੇ ਲਗਾਣ ਨਾਲ ਨਹੀਂ ਕੁੱਝ ਹੋਣਾ
ਬੇਟੀ ਬਚਾਓ ਬੇਟੀ ਪੜ੍ਹਾਓ ।



ਲਵਿਸ਼ ਕੁਮਾਰ
ਬੀ.ਏ. ਸਮੈਸਟਰ ਛੇਵਾਂ
ਰੋਲ ਨੰ : 917

ਮਾਂ ਦੇ ਪੈਰਾਂ ਵਿੱਚ ਜੱਨਤ

ਕੱਲ ਮੈਂ ਪੇਪਰ ਦੇਣ ਸੀ ਜਾਣਾ
ਪਰ ਪੜ੍ਹਿਆਂ ਨਹੀਂ ਸੀ
ਜੋ ਪੇਪਰ ਵਿੱਚ ਆਉਣਾ
ਮੇਰਾ ਸਕੂਲ ਜਾਣ ਲਈ
ਮੰਨ ਬਹੁਤ ਘਬਰਾਏ
ਘਰੋਂ ਨਿੱਕਲਣ ਤੋਂ ਪਹਿਲਾਂ
ਮੈਂ ਮਾਂ ਦੇ ਪੈਰੀਂ ਹੱਥ ਲਾਏ ।

ਪੇਪਰ ਕਰਕੇ ਦਿੱਤਾ ਮੈਂ ਪੂਰਾ
ਕੋਈ ਨਾਂ ਸੀ ਹੁਣ ਪ੍ਰਸ਼ਨ ਅਧੂਰਾ
ਮੈਂ ਆਪ ਹੋਰਾਨ ਸੀ ਹੁਣ ਪੂਰਾ
ਇਨ੍ਹਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਮੇਰੇ ਦਿਮਾਗ 'ਚ ਕਿਥੋਂ ਆਏ
ਮੈਂ ਮਾਂ ਦੇ ਪੈਰੀਂ ਹੱਥ ਲਾਏ।

ਮੈਂ ਹਾਂ ਬੜਾ ਕਰਮਾਂ ਵਾਲਾ
ਪੜ੍ਹਿਆਂ ਮੈਥੋਂ ਇੱਕ ਕਲਾਸ ਨਹੀਂ ਸੀ ਜਾਣਾ
ਪਤਾ ਨਹੀਂ ਮੈਂ ਕਿਹੜੇ ਕਰਮ ਕਮਾਏ
ਮੈਂ ਮਾਂ ਦੇ ਪੈਰੀਂ ਹੱਥ ਲਾਏ।

ਬੱਚਾ ਰੱਬ ਬੋਲਣ ਤੋਂ ਪਹਿਲਾਂ ਮਾਂ ਕਹਿੰਦਾ
ਮਾਂ ਦਾ ਪਿਆਰ ਬੱਚਿਆਂ ਲਈ ਹਮੇਸ਼ਾ ਰਹਿੰਦਾ
ਰੱਬ ਨੇ ਮਾਂ ਬੰਨਾ ਕੇ ਧਰਤੀ ਉਤੇ ਸਵਰਗ ਬਣਾਏ
ਮੈਂ ਮਾਂ ਦੇ ਪੈਰੀਂ ਹੱਥ ਲਾਏ।

ਦਿਨ ਮਾੜੇ ਚੰਗੇ ਆਉਂਦੇ ਨੇ
ਉਸ ਵੇਲੇ ਰਿਸ਼ਤੇਦਾਰ ਨਾਂ ਕੰਮ ਆਉਂਦੇ ਨੇ
ਪਰ ਇੱਕ ਮਾਂ ਨਾਂ ਹੋਸਲਾ ਢਾਏ
ਮੈਂ ਮਾਂ ਦੇ ਪੈਰੀਂ ਹੱਥ ਲਾਏ।

ਇਹ ਦੁਨੀਆਂ ਬੜੀ ਕਮਾਲ ਦੀ
ਇੱਥੇ ਵੱਖ-ਵੱਖ ਤਰ੍ਹਾਂ ਦੀ ਰੰਗਤ
ਤੂੰ ਮਾਂ ਦੇ ਪੈਰੀਂ ਹੱਥ ਲਾ ਬੰਦਿਆਂ
ਮਾਂ ਦੇ ਪੈਰਾਂ ਵਿੱਚ ਹੈ ਜੱਨਤ
ਮਾਂ ਦੇ ਪੈਰਾਂ ਵਿੱਚ ਹੈ ਜੱਨਤ



ਲਵਿਸ਼ ਕੁਮਾਰ
ਬੀ.ਏ. ਸਮੈਸਟਰ ਛੇਵਾਂ
ਰੋਲ ਨੰ : 917

ALUMNI SECTION

A Yearning for Refinement in Toto !



Can “We the people of India....” harp on the theme of modernity, demands of shunning identity markers, obviously fitting in the present frame work of vote bank politics because for the players in the day to day “politics,” ideals and ideologies do not weigh at

all as these assume new and bizarre connotations everyday to suit the vested interests electorally. Ironically, nowadays the politics is turning out to be a marriage of convenience in India hence the expressions like “modernity” “hijab” (headscarves), “tilak”(a coloured spot))and“rosary” too will also find an opportunistic marked shift in semantics and connotations on election to election basis.

The “majoritarianism” of the day has now brought things to such a chaotic, pell- mellish and low ebb that opposition parties and civil society first of all ought to get their act together to show the door to the parochial tendencies of unilateralism, expansionism ,oligarchy, hubris and hegemony in the near future at least for their survival in general, and of the nation in particular ! Neither are we modern nor conservative in outlook today because the three “Ps”- power, pelf and pretensions that guide our intent. If “We the people of India....” wish to arrest these identity markers, deep introspection is direly needed to know what and where are we. Two questions must haunt us everytime-have we not failed collectively (legislature, executive, judiciary and media) and can we rise to the occasion in unison spiritedly and objectively to resist tooth and nail the evils, vices, wrong doings and sinister designs of “the powers that be” to enable the nation to be developed and advanced in all walks of life.

Can we introspect honestly in the perspective for overall refinement ?

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Freelance Journalist
Associate Prof. of English (Retd.)

गज़ल

(1)

कोई भी था न साथ मेरे अकेले चल के आया हूँ,
गिर-गिर के उठा हूँ और फिर सम्भल के आया हूँ।

लगाकर गले हर राह ने मुझको रोकना चाहा,
नफरत भरी मुहब्बतों से निकल के आया हूँ।

गैरों की बेवफाई में जलना पसंद है मुझ को,
अपनो की वफा की आग में मैं जल के आया हूँ।

बादे-सबा ने जिस्म मेरा जब तार-तार कर दिया,
मैं दोपहर की धूप सा अब ढल के आया हूँ।

(2)

दर-दर न भटका करो
कभी सब्र भी किया करो,
भागे फिरते हो बेवजह
बेवजह कभी बैठा करो,
हम भी आ जायेंगे तुम भी
आते-जाते कभी मिला करो,
मिल-बैठ कर दो बातें हों
कुछ सुनो कुछ कहा करो,
औरों से निभाई खूब कभी
कभी हम से भी वफा करो,
तेरी गलियों से गुजरूँ कभी
तुम खिड़कियों से देखा करो,
हजारों ख्वाहिशें यूँ तो हैं
जो न हों कुबूल तो क्या करो.”



मंजीत सिंह संधू
सेवानिवृत्त प्राचार्य केन्द्रीय विद्यालय

Why Should we say 'No to Drugs' and 'Yes to Sports'



Drug menace of catastrophic proportion has gripped all the nations in its vicious grip, as international drug cartels are very powerful. Youth have to be very careful and must avoid succumbing to the allure of drugs. Drug mafias' and drug peddlers first offer small free doses. Once the youth unmindfully succumbs to this free drug doze, it paves the way for their destruction. Many a drug related death in our country are a pointer to us to remain cautious not fall in the drug trap.

To ensure that we do not fall in their trap, we need to keep ourselves engaged in creative pursuits like reading, writing, social service and sports etc. Choosing sports and games give us the real charm of life rather than waste our lives with the false hallucinations of drugs. Here are some positives and negatives of sports and drugs.

Drugs mess with our mind:

Drug use affects an addict so badly that he/she starts falsely believing that one is more mentally alert and aware which in fact is only a mirage.

Sports enhances our ability for a sharp memory with focused thinking to excel in our studies too. Sports gives us the real feeling of alertness and awareness. A sportsperson is blessed with an agile intelligent mind and a healthy body. Further, games/athletics help us to relieve our stress.

Drugs mess-up with our body:

Drug use robs us of our health and overdose can lead to death. An addict can succumb to diseases like Hepatitis C, HIV and AIDS that deplete the body's resistance by eroding vitamins and minerals. Malnutrition becomes a habit of

addicts. Then, why be a loser? Aspire to stay healthy.

Sports, on the contrary ensured better health and physique. We remain fit and active. An active and a fit body is more helpful while fighting with illness or trying to recover quickly from serious ailments, if struck unknowingly.

Drugs impoverish us

Our curtailed mental and physical ability, due to addiction makes it harder to earn money. A person under the influence of drugs is quite likely to make critical mistakes at job and soon becomes incompetent to work. Unemployment then awaits them. Also, a drug habit can be really expensive (up to hundreds of thousands of rupees per day!). This may land us into the crime world. So, let us not waste our money. Drugs are the ultimate betrayer - we pay big money to destroy ourselves.

However, sports can make us rich. A sports person never makes a mistake which costs him/her dearly and likewise values pennies and pounds since he learns that silly mistakes will cost him/her dearly.

Drugs mess-up with our overseas travel plans

Anyone convicted of drugs offences will not be allowed entry in many countries. Why lose exciting opportunities to travel? Why limit your options as to where you want to work & live? Many people like to work abroad, during their career. This would be impossible with a criminal record.

Sports give you a chance to travel around the country and the world and see new places and meet new people. Sportspersons get travel visas easier than other people who want to travel for

business, or work or studies. In addition travel enables you to learn from other cultures and expand your horizons.

Drugs mess-up with our love life and fertility:

There is evidence that abuse of drugs can lead to impotence in males. Abuse of drugs in females affect unborn children as they may suffer from birth complications. The damage that drug use can do to one's physical appearance is very obvious. On the other hand sports enhance your stamina and vitality by keeping the body and mind fit.

Drugs mess with our hopes and dreams.

Drug addicts carve for their next fix/high and all other things become secondary as the normal human behavior is ignored for this carving. Everyone has hopes and dreams for the future, but despair is the lot of drug addicts. Sportsperson realize their lifetime dreams as they always set and focus on a fixed goal/target. Once we achieve a certain aim, we are always able to set a higher and tougher target for ourselves. This way, we can think about the future and plan our life and not be trapped in the momentary hallucinatory pleasure which drugs provide and lead to our ruin ultimately.

Therefore, let us not get trapped into drug dealers' designs and pledge to live a drug-free life. Life is a celebration and let it not end in drug death.

Brij Bhushan Goyal (An Alumnus)
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You are the masterpiece of your own life.
You are the Michelangelo of your own life.
The David you are sculpturing is you.

-Rhonda Byrne, *The Secret*

Model Village A Tool of Rural Development



In Punjab ruralites play an important role in economic, political and social landscape of the state. As, the new government has already taken over the reins with mammoth electorate mandate in their favor, this puts great responsibility on them. Strategies for boosting economic growth of Punjab without mention of rural development may prove to be an exercise in futility. Developing rural society with the concept of "Model Village" can be a tool for inclusive and sustainable rural development.

In a conceptual model village the inhabitants act as decision makers, partners and beneficiaries with multi-sectored, multifunctional and integrated development backed up by futuristic and progressive skills leading to higher levels of productivity and improvement in overall quality of life. There are separate flagship schemes of central and state governments aiming to facilitate education, health, livelihood and environment. The "Model Village" concept addresses all these economic and non economic aspects in an integrated manner.

A 21st century "Model Village" should have following broad thematic focus areas.

A) Infrastructure

Village infrastructure should encompass metallic road connectivity, accessible and cheap ways of transportation, power-conventional and renewable (solar), post office, bank branches (bc centres), health facilities (especially with focus on maternal and child health care), veterinary hospitals, practical and smart education facilities (both school and colleges), library with newspapers and books, clean drinking water and sanitation, affordable housing for all, well

structured markets/mandis, offices of extension departments, Polytechnics (especially for skill development in motor winding, welding, electric jobs, plumbing, mobile repair etc), street lights preferably solar, digital and mobile connectivity, sports stadiums and fitness centres.

B) Livelihood

Besides farming a “Model Village” should have sufficient other avenues as alternative or supplementary means of livelihood. These include development of dairy farming, bee-keeping, floriculture and other agro processing activities. An attempt should be made to provide forward and backward linkage between agriculture and industry. Punjab has comparative advantage for development of agro based village level micro industry which needs to be grounded in a “Model Village”.

This can further be crystallised by identifying “village specific” industries for development as per the scope, and training to youth can be imparted so that initial hesitation to undertake an industrial venture is tackled. The village panchayat can tie up with some training institute for necessary training. Besides, the panchayat should also make some arrangements for marketing of the produce.

C) Technology

In a “Model Village” all government facilities should reach through digital mode. Drone based access needs to be provided to analyse the crop status, check insect invasion in the fields (will protect agri labourer from getting exposed to unwarranted chemical substances), use data analytic to access seasonal and behavioural changes in demand and resultant prices of agri products. Technology can also be used to improve the quality and delivery of other services such as health, education.

An intervention under one of the above areas could have an effect across other areas as well.

The rural community can reap the following benefits from the concept of the “Model Village”;

- Would provide a viable and sustainable pathway to remove rural distress,
- Prevent distress international migration as well as migration from rural to urban areas,
- Model Village can function as a “Hub” with other adjoining villages as “Spokes” in the process of overall development,
- Provide easier, faster and affordable access to urban markets for agricultural produce,
- Would be instrumental in the process of crop diversification and protected depletion of ground water and
- Create and sustain a culture of cooperative living for inclusive, rapid and sustainable development.

All is well when funds are in place, in a rural economy the sources of funds for all these projects are limited and thus interventions from both Central and State Governments are required. We have dedicated MPLAD funds and a “Sansad Adarsh Gram Yojana” (which is presently operated in select districts and States) besides State Government can earmark some funds under this scheme.

The concept of “Model Village” is a gateway to inclusive, integrated and efficient socio economic development of rural society. Presently, economy of Punjab is at cross roads and an integrated approach towards “Model Village” can prove to be a panacea.

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“What you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists.”

- **Spencer Johnson**, *Who Moved My Cheese?*



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