



नव पलाश

2023-24



राजकीय महाविद्यालय धामी स्थित 16 मील
जिला शिमला, हिमाचल प्रदेश

TEACHING STAFF



NON-TEACHING STAFF





From the Principal's Desk

Dear all,

It is a matter of great delight and deep satisfaction to introduce yet another edition of the College Magazine Nav Palash for the academic session 2023-24 to you. The chief Editor, staff and student editors and all contributors deserve accolades for this accomplishment.

Since the college magazine is an important organ of the life and activities of any educational institution and is also, in a manner of speaking, its good will ambassador beyond the physical confines of the college, the magazine needs to be updated and

improved regularly. As such, the information and data proffered in various articles need to be validated with more graphics and pictures. Similarly, new features like book reviews, interviews, and survey report based on interaction with students and staff regarding core institutional issues also needs to be incorporated. By including new features in the college magazine, it will certainly grow in to a living and interactive organ of the institution.

May God bless you all!

Dr. Janesh Kapoor
Principal

From the Editor-in-Chief



You know that nothing comes into existence from the outside, and that everything first comes from thinking and feeling it on the inside. Your mind is the creative power of all things. Nothing is limited – not resources or anything else. It is only limited in the human mind. Your ability to think is unlimited, and so the things you can think into existence are unlimited. You are here on this glorious planet, endowed with wonderful power, to create your life, yes for sure. There are no limits to what you can create for yourself, because your ability to think is unlimited. Anything we focus on we do create. Everything in this world began with one thought. The bigger things get bigger because more you give thoughts to it after it has appeared. All things are possible when you believe because everything in the Universe has a frequency and all you have to do to is change anything in the world, whether that's disease or emotional issues or whatever that is. This is huge. In this world miracles are everyday occurrences, yea. You must remember, time and size do not exist in the universe. Happier thoughts essentially lead to happier biochemistry and your thoughts and emotions that are continuously reassembling, reorganizing and recreating your body and life for you.

So, you must make sure that your actions are mirroring what you expect to receive. Your actions are your powerful thoughts, so if you do not treat yourself with love and respect, you are emitting a signal that is saying you are not important enough, worthy enough or deserving. That signal will continue to be broadcast, and you will experience more situations of people not treating you well. The people are just the effect and your thoughts are the cause. You must begin to treat yourself with love and respect, and emit that signal and get on that frequency. Here the law of attraction will move the entire Universe, and your life will be full of people who love and respect you.

Every thought in you is a real thing, a real force, yea. You become what you think about most, but you also attract what you think about most. And your life right now is a reflection of your past thoughts. And this principle also assures that everything sent out returns to the source. So, as a thinking being you are a human transmission tower, and you are more powerful than any television tower created on earth.

Dr. Santosh Thakur

STUDENT CENTRIC ACTIVITIES



Palkari, Himachal Pradesh, India
 824Q+2F7, Palkari, Himachal Pradesh
 Lat 31.155319°

STUDENT CENTRIC ACTIVITIES



जब से आया सर्व शिक्षा अभियान
तब से बढ़ी हमारी शान.....

विद्या ही सर्वोत्तम धर्म है

सर्व शिक्षा अभियान
पढ़ें सब बढ़ें
बच्चों को स्कूल में लाएंगे।
ठठी कक्षा पूरी करारंगे।
MINE TRINITY EDUCATIONAL COLLEGE
SHIMLA
2023



Sports Achievers



Red Ribbon Club



Eco Club



Road Safety Club



Farewell Party



NSS



DEPARTMENTAL ACTIVITIES



H.P.U Youth Festival



Annual Function



Taekwando Championship



*Life is easy
to chronicle,
but
bewildering
to practice.*

-E.M. Forster



Prof. Namita Khagta

CHRONICLE

Section

राजकीय महाविद्यालय धामी स्थित 16 मील
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- The volunteers of NSS, Bharat Scouts & Guide and staff members observed Kargil Diwas on 26-7-2023 at GDC Dhami. A floral tribute was paid to the martyrs of Kargil war. A plantation drive under 'मेरीमाटी-मेरादेश' was taken up in 'Kalani Dhar'.
- The volunteers of Rovers & Rangers and the NSS undertook a cleanliness drive on 26-7-2023 of the campus and the path leading to the College.
- Career Counselling & Placement cell of Collegeorganised a campus placement drive on 25-7-2023 for the final year students. Director of the Summer Hill technology Coderootzgroup Coordinator Ms Himani Goel interviewed 19 students out of which 6 students were selected for the placement.
- Flag day was observed by the students of Rovers & Rangers On 1-8-2023.A short documentary was screened depicting the history of Rovers & Rangers. Rangers & Rovers demonstrated the process of tying the knot and to make a scarf. A small video of the activities was screened for the students.
- A n I n d u c t i o n m e e t i n g w a s arranged/convened for the students of B.A. B.Sc.&B.Com first year students on 31-8-2023. Principal Dr Janesh Kapoor briefed the students regarding the UGC CBCS system. The broad outlines of the courses and the credit schemes were explained in a simplified manner. The students were introduced to the various faculty members, the co-curricular activities, institutional policies, processes and value systems. All guidelines regarding discipline, time table and membership to the various clubs and societies were explained in detail.
- The "World Breast Feeding week" was observed atRaj Kiya Kanya Mahavidyalaya Shimla from 1-8-2023 to 6-8-2023. In the various competitions organized by the Department of health & nutrition of RKMV Shimla,,Divya Arun of our College bagged first prize in slogan writing competition and in poster making competition Hemlata was able to fetch the third prize.
- The Departments of Physical education, NSS & Red Ribbon Club of the college organized various sports activities like Kabaddi, Badminton and Table Tennis on account of International Youth day on29-08-2023. These activities spanned the period from 12-8-2023 to 31-8-2023.
- A benevolent gesture towards corporate social responsibility, In the staff members and students of GDC Dhami contributed and submitted a cheque of Rs One Lakh eleven thousand only towards Chief Minister's relief fund on 31-08-2023.
- Teacher's Day was observed on 5-9-2023. A cleanliness drive was organized in and around the campus by the staff members and students.
- The students of Red Ribbon Club participated in Inter College Skit at Rajeev Gandhi Degree College Shima on 6-9-2023
- Under the aegis of Language and Culture Department, Himachal Pradesh, Hindi Diwas was observed throughout the State. The students of GDC Dhami participated actively in various competitions organized at Gaiety Theatre from 13-8-2023& 14-8-2023. Jagriti of B.A 3 participated in essay writing competition, Reeta Kaushal of B.A 3 participated in declamation and Divya Arun of B.A 3 participated in poetry recitation.
- Eco club& the department of Geography celebrated and observed Ozone Day on 16-9-2023. A power point presentation regardingsustainability, environmental degradation, conservation, green fuels Ozone layer, its safety and the hazards of ozone depletion was presented for the staff members and students.
- The students of Red Ribbon Club Degree

- College Dhama participated in marathon organized by the State AIDS control society at Rajiv Gandhi Government College Chaura Maidan on 17-9-2023.
- A Lecture on Drug Abuse and Campaign against drug was held for the students on 21-9-2023. The members from the local unit of Bramakumaris, BKKalpanaji, BK Sanjayji and BK Ravi explained in detail the perils of drug abuse. The efforts taken up by government to rehabilitate the youth and the programs as a part of MOU signed with the Government of India was explained.
 - A meeting of the OSA(Old Students Association) was held on 24-9-2023.
 - A "Symposium on the Quality in Higher Education" was organized in the College auditorium on 30-9-2023. The vision document highlighting the vision, best practices, local leadership & academic excellence was released by Hon'ble MLA & PWD minister Sh. Vikramaditya Singh.
 - The State level NIPUN testing camp for Rangers was held at Rewalsar Distt Mandi from 21-9-2023 to 25-9-2023. Lalita Thakur, Pooja Devi, Raksha Sharma, Reeta Kaushal, Jagriti and Varsha participated actively in the camp
 - The Rovers of GDC Dhama participated in NIPUN testing camp at Rewalsar Distt Mandi from 26-9-2023 to 30-9-2023. Harish Thakur, Himanshu, Himanshu Sharma, Hritik & Yogeshwar participated in the camp.
 - Ten students of Red Ribbon Club Government Degree College Dhama participated in Marathon organized at Ridge maidan by HPSAC(Himachal Pradesh State AIDS Committee, Shimla on 1-10-2023. Rohit Verma Of B.A 2 got third prize in the marathon race and selected for state Marathon Race. Divya B.A 2 got the fourth place and was selected amongst girls for the State wide Marathon Race.
 - On 5-10-2023 Kumari Kushi participated in "LITMINGAL" competition organized by Literary society of Centre of Excellence Shimla.
 - Under the banner of Road Safety Club an awareness Rally was held on 6-10-2023. The students of NSS & the Rovers and Rangers participated enthusiastically in the awareness Rally.
 - One day Financial Literacy awareness seminar was organised by the Commerce Department on 11-10-2023. About 50 students of the College attended the same. Various banking schemes like Atal pension, Life Insurance, Online banking frauds were explained in detail.
 - The students from the Department of History participated in " One-Day Awareness Programme" regarding Importance & Preservation of Manuscript Heritage at HP State Museum on 11-10-2023. A Lecture on "Importance of Museum and Archaeological artefacts' was attended in an interactive way.
 - The newly constituted College Students Central Association(CSCA) for the session 2023-2024 was administered the oath of office & secrecy by Principal Dr Janesh Kapoor on 20-10-2023. Reeta Kaushal of B.A 3 & Neha Sharma of B.A 3 took oath as the President and Vice-President CSCA respectively. Diksha Sharma took oath as Secretary and Pratibha as joint-secretary CSCA. Other members of the CSCA were also given oath by senior faculty members.
 - Fresher's social was arranged for the students of BA, B.Com & B.Sc first year on 20-10-2023. The freshers showcased their talents beautifully and artistically. 'Kartikey' and 'Ishita Sharma' were adjudged Mr. & Miss Fresher respectively.

- NSS raising day was observed and celebrated on 6-10-2023 in the College multipurpose hall. Program officer NSS Dr Ram Lal Bhardwaj highlighted the gist of activities and the motto of NSS. A small cultural program was organized by the volunteers of NSS.
- Almost twelve students of music department participated in Himachal Pradesh group 2 Youth festival held at Govind Vallabh Degree College Rampur Bushahar from 14-10-2023 to 16-10-2023. The students brought laurels to the institution by bagging prizes in western vocal music. Kapil Kapoor and Yachna bagged 3rd Prize in Non-Percussion Instrumental music
- Parents Teacher's Association (PTA) for the session 2023-2024 was constituted on 14-10-2023. Pawan Sharma was unanimously appointed President & Anoop Gupta as Vice-President. Kishori Lal Chandel General Secretary PTA. Smt Meena Devi as Joint Secretary and Sh Tulsi Ram as Treasurer.
- The Red ribbon club of the college collaborated with the Himachal Pradesh red cross society and youth red cross volunteers of Dhami on 21-10-2023. A training cum capacity building workshop for the students of Dhami and a practical hands on CPR (cardio pulmonary resuscitation) training and demonstration was done so as to acquaint students with the required skill in case of an emergency.
- As a part of extension activity, the departments of Geography and Political science undertook a socio-economic & political survey in and around Halog village Dhamion 27-10-2023. Almost 70 students in seven groups elicited information by means of observations and an interview schedule.
- NSS volunteer Ashmita Pal participated in the selection camp of Republic Day parade held at Bilaspur, Himachal Pradesh on 11th October 2023. She was exemplary in her march past, cultural performance and speaking skills.
- Miss Ashmita Pal N.S.S volunteer participated in Pre- Republic day parade organized at Manoh Memorial College, Fatehabad Haryana w.e.f. 25-10-2023 to 3-11-2023.
- To enhance the essential Computer skills and digital literacy, a computer certificate course was arranged for the students. The six weeks course started from 4th November 2023. The course acquainted the students with operating system and software, Microsoft office suite (word, excel, Power point, Internet and e-mail basics, computer security and privacy. Dr Naveen Thakur, Assistant Professor Physics coordinated the certification course efficiently.
- Himachal Pradesh University Inter College Taekwandoo championship Men and Women was organised at GDC Dhami from 17-11-2023 to 19-11-2023. Almost 197 participants registered for the championship.
- One week International workshop on Brahmi Script was organized by Government College Dhami on 22-11-2023 to 28-11-2023 in collaboration with Himachal State museum, Shimla & Department of language & culture Himachal Pradesh. Convenor of the Workshop Dr Kishori Lal Chandel efficiently coordinated the workshop.
- On the eve of the Constitution day, Constitution day was observed in the college on 25-11-2023 All the students took pledge to the Preamble of the Indian Constitution. Students showcased their

- talents and creativity through portraits of freedom fighters.
- The foundation day of the Rovers & Rangers of Government Degree college was observed on 7th November in the college auditorium. The universal motto of world scout movement " Do Your Best" was explained with the activities the Rovers and Rangers undertaken through out the year.
- Kulwant Thakur of BA 1st year participated in Himachal Pradesh Intercollege Boxing championship held at Sundernagar from 3-11-2023 to 5-11-2023. He bagged the bronze medal in the championship.
- Electoral Literacy Club of the college has been actively engaged towards " SVEEP" activities. On 9-11-2023 Electoral Literacy Club of the College organized Nukkad Natak for sensitizing the students regarding electoral awareness.
- On 28-11-2023 Road Safety Club of the college collaborated with the "Pooja kala Manch" and briefed the students regarding the various aspects of the road safety by musical drama and role playing.
- As part of World AIDS day sensitization activities, the Red Ribbon Club, NSS & Rovers and Rangers under " Let Communities Lead" organized poster making and slogan writing competitions on 30-11-2023. A Rally for spreading awareness proceeded from our Institution to the surrounding areas of 16 Miles.
- On 2-12-2023 Dr Ramesh Chauhan Convener Red Ribbon club was felicitated by Hon'ble Chief Minister Sh. Sukhvinder Singh Sukhu for the commendable contribution of Red Ribbon club in Shimla District towards AIDS awareness drive.
- The volunteers of NSS went for the post care plantation site " Kalani Dhar" on 5-12-2023 to remove the unwanted weeds and grass from the earlier planted saplings.
- Convenor Road safety Club Dr Rajeev Sharma briefed the students about traffic rules, road signages, road signals, road markings and 10 golden rules of Road safety. The Importance of " Golden Hour" and Good Samaritans was explained to the students. The teachers and the students undertook a pledge towards "Road Safety"
- Inter Class competitions were held on 21-12-2023 and 22-12-2023 . A number of competitions ranging from elocution, poetry recitation, Just a minute, Quiz competition , poster/portrait making, slogan writing and PPT's on road safety were held for the students.
- National mathematics day was observed on 22-12-2023. A movie " The Man who knew infinity" was screened for the students.
- A special programme "समागम 2023" was organized on 23-12-2023 for the volunteers of GDC Dhami. About 70 volunteers of NSS, Rovers & Rangers, CSCA and some active students were felicitated by Dr Janesh Kapoor for their participation and their services throughout the year in various activities.
- On 4th December, 2023 Dr Naveen Thakur Assistant Professor Physics, arranged an educational visit for the students of B.Sc first year to government college Kotshera. As a first batch of physical sciences students were provided hands on experience and knowledge regarding various physics equipments. The diverse instruments and tools like oscilloscopes, spectrometers and various measuring devices were demonstrated to the students step by step.
- Educational tour for the students of Chemistry and Zoology was arranged on 4-12-2023 and 6-12-2023. Dr Godawari Garg & Miss Sarita led the student group to Government College Kotshera so as to train

- them with the required skill and exposure to board specimens identification and experiment apparatus. A field visit to the Himalayan Bird park Chaura Maidan Shimla was also made
- Seven days special NSS camp on the theme “पर्यावरण एवं मानवचेतना” was organized from 25-12-2023 to 31-12-2023 under the able leadership of Incharges Prof Dinesh Sharma and Miss Geeta Sharma. Almost 60 NSS volunteers participated in the camp.
 - A special programme “समागम 2023” was organized on 23-12-2023 for the volunteers of GDC Dhambi. About 70 volunteers of NSS, Rovers & Rangers, CSCA and some active students were felicitated by Dr Janesh Kapoor for their participation and their services throughout the year in various activities.
 - The women cell of the college arranged for two lecture sessions on Cyber Security and POSH Act on 28-12-2023. Resource person for the sessions was Prof. Chandreshwari Minhas from National Law University Ghandal.
 - On 30-12-2023 two days awareness programme “Let Communities Lead” was organized jointly by Red Ribbon Club, NSS and Rovers & Rangers.
 - As a part of SVEEP activity, on 30-12-2023 the Electoral Literacy Club of our college arranged for a practical demonstration of the Electronic voting machine and the VVPAT. Sh Abhay Gautam and the staff from the District Election office demonstrated the use of voting machines for the first time voters.
 - MINOR TESTS for the session 2023-2024 were held from 12-2-2024-26-2-2024 for the students of BA, B.COM and B.SC.
 - From 28-2-2024 to 1-03-2024 Faculty member teams made a liaison with senior secondary schools so as to apprise and update them about the activities of the College including the curricular aspects and other institutional parameters. Prof. Manoj Kumar, Dr Godavari, Dr. Gaurav Sharma, Dr. Naveen Kumar and Ms Sarita Kumari covered Government senior secondary schools Dhambi, Bathalang, Danoghat, Ghanagughat, Darlaghat and Ghanahhati
 - The volunteers of NSS led by Incharges Dr Dinesh Sharma & Miss Geeta Sharma went for the second post care plantation drive held on 29-2-2024.
 - One week Capacity Building & career orientation workshop was organized for the final year students. w.e.f 1-03-2024 to 6-03-2024. In two technical sessions per day the students were provided insights and awareness regarding personality development, Indian history, Constitutional development in Himachal Pradesh, soft skills, Numerical and linguistic ability, financial literacy and various career opportunities and avenues so as to face the challenges of the competitive world.
 - International women's day was observed on 7-3-2024. A “NUKKAD NATAK” on Female Foeticide and Women Empowerment was performed by the students. The Girls of the music Department presented Folk Songs and the local GIDDA”.
 - Annual Prize Distribution Function and Farewell for the final year students was held on 19-03-2024.

*It always
seems
impossible
until it's
done.*

-Nelson Mandela



Prof. Manoj Kumar
Staff Editor

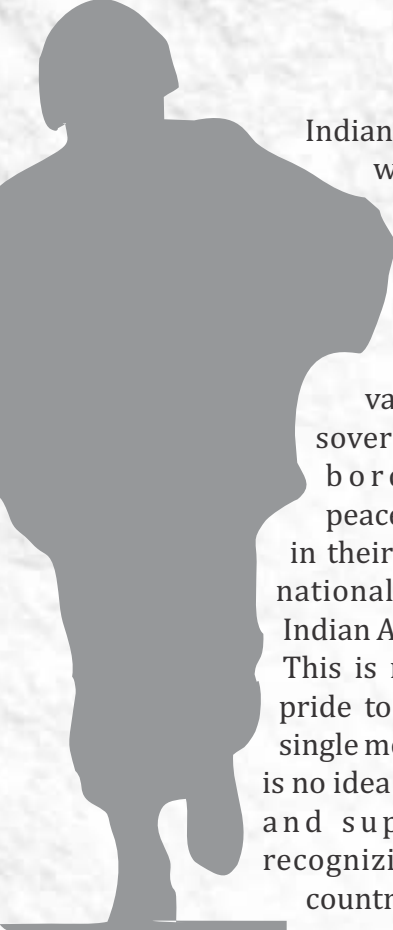
ENGLISH *Section*



Khushi Sharma
Student Editor

राजकीय महाविद्यालय धामी स्थित 16 मील
जिला शिमला, हिमाचल प्रदेश

INDIAN ARMY



Indian Army the pride of **INDIA**. Here we are talking about Indian army which is also an emotion of every Indian. It has capability to deal with unwanted situations. It embodies, unwavering commitment and valor, safeguarding our nation's sovereignty with courage. Beyond border, they contribute to peacekeeping, embodying humanity in their spirit. Their sacrifices inspire national pride. There is a saying in Indian Army "A soldier is never off duty". This is not only saying but also their pride to serve nation. They live every single moment of their life because their is no idea of tomorrow. Now let us honor and support our armed forces, recognizing their pivotal role in our country. Finally I just want to say:

Jai Hind

Aprajita
BSC 1st Year



Sameer Kashyap
B.A. 1st Year

NAVIGATING COLLEGE

Embracing Freedom, Finding Purpose & Achieving Self-improvement

Certainly! in college, after completing my 12th grade, I realized that the freedom college offers comes with the responsibility to focus on self-improvement. College professors are supportive, but it's crucial to take control of your path. Some students may feel lost, but I found guidance in the concept of "Ikigai", which emphasizes finding purpose in life. By creating a "to do list" and focusing on controllable tasks, one can achieve self-improvement and build confidence. It's essential to overcome laziness and procrastination, staying motivated to accomplish daily goals for long-term success.

Rules of Life

- ✓ Make peace with your past so it won't screw up the present
- ✓ What others think of you is none of your business.
- ✓ Time heals almost everything, give it time.
- ✓ Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
- ✓ Stop thinking too much, it's alright not to know the answers. They will come to you when you least expect it.
- ✓ No one is in charge of your happiness, except you.
- ✓ Smile. You don't own all the problems in the world.

Samriti
B.A. 2nd Year





Oh! I Love Being A Woman



Essence of being a woman

Bold: Now, before you get any pre-disposed ideas from one sick and dying culture, imagine the image of a young girl, running, dancing through a field of flowers in the sunshine, hair flowing free in the wind. Imagine the deep, red mysterious beauty of a mature woman, every feature, every limb carried to perfection. Imagine the life-giving beauty of a mother, or the graceful beauty of an aging matriarch, eyes full of wisdom and arrow. Beauty is the nature of the women, and it is her desire. See me, notice me, admire me, tell me I'm beautiful. Why do you think the beauty industry in the western consumerism market is so overwhelmingly huge? It is because it preys upon this deep-set desire and knowledge of a woman's inner (and outer) beauty.

Sustainer: Women physically, mentally and spiritually sustain mankind. Who feeds the family? Traditionally, all around the world, is it a coincidence that it is the women who prepare the meal? Is it a coincidence the soldiers take a picture of their sweetheart to war, to sustain them in the darkest hour? Women have a great natural and perhaps at times, supernatural ability to sustain and uphold, to encourage and carry on. Women are healers and nurturers, and answer and solve to the man's strength and violence, a softness in reply to the rough hardness of men.

Wisdom: Throughout history, the ideal of wisdom has almost been portrayed as a woman. The main element at play here is the woman's institution, which is generally much stronger than that of a man. Why? Because women are more sensitive. They have not been forced to become tough and strong as the men- they are protected and cherished. As a result, a woman can remain sensitive and aware of what is going on around her, and can be very shrouded and wise often far

surpassing the man in this way.

Love: The ability to love and to be loved is the heart of the woman. The woman has an incredible desire and capacity to love and to be loved. This is their chief desire and ultimatum. In a recent survey, more than 98% of women said that they would rather be loved, and respected, whereas 90% of men said the opposite. This is not out of desperation it is simply the nature or the heart of the woman unfortunately the strength of this desire often leads the woman to give herself to lesser men only to be abused and rejected when they have used her. Men do not understand the sacrifice, the need, or the strength of a woman's love. If it were not for women's love, empathy and compassion, the world would be a much more violent and oppressing place.

Endurance: You could call this strength, long-suffering, courage or many other things. The ability to endure pain, sorrow and hardship is one of the woman's most profound qualities and strengths. The endurance of being a mother, or giving birth of upholding a family, a village a city. The emotional, physical and spiritual strength of a woman is nothing to be trifled with and is one of the most powerful things on the planet.

Protection: While the man may be physically protect the woman, the man spiritually protects, guides and upholds the man with her sensitive intuition and enhanced perception. There is no greater force than a woman's rage, no greater wrath than her hatred. Imagine the rage of a mother bear when her cubs are threatened. A woman will go to any extent to protect her children.

Vulnerability: The modern woman does not like to admit this is a part of womanliness. They like to pretend to be like the man - strong, independent,

and ruthless. They deny their true nature and in doing so they forget their true strength. A woman's vulnerability is her strength; she can use it like a honed weapon to disarm the most powerful man. The hidden dagger is the woman's secret power. Combined with her deep intuition and cunning, the woman becomes a deadly and unstoppable force.

Grace: There is no doubt that the woman is naturally more graceful and intricate in motion than man. This can be most clearly seen in traditional dances around the world. Her grace only enhances her beauty and intrigue, and allows her to focus on intricate and time-consuming details, with a patience, complexity and steadiness of hand that few men ever achieve.

Mystery: The woman's game and pleasure is to pull and push the man, to draw him out, to test him, to call him and seduce him with her wily charms. The man does not understand her, he is intrigued by such a wonderful and beautiful creature. Women take great pleasure in concealing and then gradually revealing the depth of complexity, goodness and richness that they contain. It is sometimes even a mystery to the woman herself, but she knows deep in her heart that she is far more than anyone will ever perceive or know. This is at the heart of her sensuality - the enjoyment, expression and pursuit of her physical and sexual pleasure.

Purity: Almost universally represented by a woman or a young girl is purity - some examples of this. The representation of justice as blindfolded women. The Virgin Mary, the bride dressed in white, Joan of Arc, representation of women as angels and goodness, the lady liberty, mother earth.. A woman's purity is her most valuable treasure, but is so often belittled or thrown away.

Multiplier: The man provides the woman with food, she turns it into a meal. Provide her with cloth, she will turn it into clothes. He builds her a house, she turns it into a home. The woman is a multiplier, not only in the biological sense but in the active physical sense as well. The ability to

turn raw materials into something more is uncanny. The epitome of this is the woman as the sacred vessel for new life.

Weaver: The woman as the weaver is often a key element in mythology and literature, because it is such a good metaphor for a woman's work and her sacrifice. She joins and braids the threads, carefully selecting the right colors and thickness weaving them together with grace and skill, until she has completed her masterpiece. She weaves relationships out of conversations. She weaves the community together. She weaves a life for herself and her family. She weaves in and out of danger, avoiding obstacles with great skill. She uses her skills and her sacrifices to provide for her family. She provides and covers her children. Her toil is ceaseless, and often goes long into the night. In weaving, she puts little pieces of herself into work, and this is the magic that makes it come alive.

Radiance: There is no denying the natural radiance of a woman or a young girl. Women are not forced to be as stern as men, which allow their natural radiance to shine. When a woman is loved, cherished, and respected this radiance explodes out from her, and each of other qualities sparkle like jewels on a crown. A radiant woman is glorious to behold, and is the embodiment of all things good in the world.

Here I have focused on the true essence of a woman. You might notice that I only portrayed positive attributes. That is because each negative attribute of woman is caused only when one of these things is oppressed, abused, broken, distorted, perverted, or taken away from a woman. The negative characteristics would be things like jealousy, gossip, pride, manipulation, wrath, gluttony, sloth, abuse, lust, greed, self-hatred, nagging. I could go on and on, but hopefully you get my point. I make no claim that women are perfect, or they are better, stronger, or more capable than men, or they are any worse.





Sameer Kashyap
B.A. 1st Year

A Book Review...

Title of Book: *The Book of Five Rings*

Author: *Miyamoto Musashi*

Genre: *Real life teaching, strategies for success*

Published on: 1645

Story/Information:-

The Book of Five Rings is a guidebook written by *Miyamoto Musashi*, a legendary Japanese swordsman. It shares *Musashi's* insights on strategy, tactics and the philosophy of combat. The book is divided into five sections, each focusing on a different element: **Earth, Water, Fire, Wind and Void**. *Musashi's* teachings emphasize adaptability, patience and the importance of mastering one's mind and body in order to achieve victory in both martial arts and life.

Language Study:-

The Book of Five Rings offers a chance to explore ancient Japanese language and culture. It introduces terms used by Samurai warriors and explains concepts related to martial arts and strategy in straight forward language. By studying the book, students can gain a better understanding of vocabulary. Overall, it's an enriching language study experience that helps connect them to a different time and culture.

Benefits/Message:-

The Book of Five Rings offers a chance to explore valuable lessons about perseverance, discipline and strategic mind and body to achieve success, both in martial arts and in life. Through the teachings of *Miyamoto Musashi*, students learn the value of adaptability and patience in overcoming challenges. Overall, the book inspires them to develop a strong mindset and work towards their goal with determination, making it a motivating read for young learners.

Life



Heena Singh
BA 1st Year

Life is like a game, and we are playing it.
Some cheat to win, but only some succeeds.
Life's race is no joke, time is ticking.
Racing behind the filthy money, trust has become weak.
No humanity is present, everything is fading in seconds.
In the end all have to leave, and no one is going to remember anyone more than a week.
Struggling and surviving through the thick and thin cause roses smell sweet but its thorns can really sting.
Is it what they say?
The end of world is coming.

Dreams

Falling into lines of thought.
Thinking while being alone.
Dark side of world's come
Reality comes like a sun.
Things have gone downhill,
minding our own things.
Surrounded by the creepy sins,
Walking through the different
wings,
Unconsciously finding that
path which was easy in
dreams.....



Heena Singh
BA 1st Year



Bairvi Sharma
B.A. 1st Year

IMAGINATION

What is imagination? Why is it important? Is there a particular way to imagine something? Imagination is same thing that you dream while you are awake. There is a slight difference in a dream and imagination. Your body is completely unconscious while you are dreaming and subconscious when you imagine.

The role of subconscious mind is very important. Dream comes without any incoming signs and is uncontrolled, where as when you imagine, you can think of whatever you crave for the most. The stronger the imagination, stronger is your subconscious mind.

Imagination provides an escape from reality. The scope of our imagination is beyond any limits. All great personalities imagined about their dreams then worked for it *Samuel Taylor Coleridge* have also said Imagination is a "Vital" and "Synthetic" power that helps us to create something very new out of things we perceive.

So embrace the limitless potential of your imagination and let it guide you in creating the future of your dreams. Trust in the transformative power of your imagination, for they hold the key to a brighter and more innovative future.



Pratibha
BA 2nd Year

"Always Smile,
Never Cry"

Always smile, never cry,
If you don't succeed, again try.
Be bold, confident and free,
Be every thing you want to be.
No need to depend on others,
You can alone move further.
Hard work is always paid,
With it bright for tunes are made.
Dishonesty always goes waste,
This is ladder for those who care in
hosts.
One should not give up hope,
On gradually learns to cope,
All you need is trust,
For every success it is



Muskan, BA 2nd Year

A Good Student

A Good student is one who doesn't waste his time. He performs his duties honestly. He is neat and clean. He should possess a good moral character. He is obedient and hardworking.

He is not a book-worm. He takes part in games. A good student isn't selfish. He helps others. He is loved by his teachers and class-fellows. A good student knows his responsibilities well. He avoids bad company. He never tells a lie. He is sympathetic as well a kind-hearted human being. He respects the elders and loves the young one. He is always smiling.

Unlocking The Power Of "FLOW"

Flow, coined by psychologist *Mihaly Crikzentmihalyi*, refers to a state of complete immersion and focus in an activity. Achieving flow occurs when the challenges of an activity match one's skills, leading to optimal experiences.

Characteristics:- Characteristics include clear goals, immediate feedback and a loss of self consciousness.

Benefits:- Benefits of flow include enhanced performance, increased creativity and greater satisfaction. To cultivate flow individual can identify challenging activity, eliminate distraction, set clear goals and practice mindfulness. Flow offers a pathway to optimal experience and enhanced well being in everyday.

Conclusion:- By understanding the conditions that foster flow practicing strategies to cultivate it, individuals can enhance their performance, creativity and overall well-being in various aspects of life.

Kartikay Sharma
B.A. 1st Year

Words Of Life

We came from darkness and go into darkness
But our life is colorful on this earth
But there are people who live in darkness
Right from the time of their birth.

They are deprived of life
The light of kindness, love and care
Life for them is a terrible plight
Darkness surrounds them everywhere.

Every man is born with an untold wealth
Preserved in his heart
He must find out that enormous wealth
And give it away.

Two words of love and consolation
And some help that you can give
Can bring many changes in them and fill soul
With comfort and joy and make them live.

Two words of encouragement and sympathy
Are like sparks that can ignite
The souls and make them smile with glee
It can fill the darkness with light.

Two words are like breeze
That comforts a weary traveler
It has a magical power to ease
The pain of the sufferer.

We have a short time on this earth
So let's change some one's unfortunate fate
And live life for all it is worth
Before it is too late.

Palvi Verma
B.A. 2nd Year



Reeta Kaushal
BA 3rd Year

Power of Knowledge

Power of knowledge is great knowledge, plays an important part in man's life. It helps man to achieve success. It enables him to distinguish between right and wrong, good and bad. An elephant is many times stronger than a man. But it is the man, who controls it and makes it dance to his tune or command. Similarly the lion is the king of jungle. He is more powerful than man. But it is the man who puts the lion into a cage. It is only because of knowledge. Knowledge gives confidence to a man. It is the force that moves the world. Knowledge is the basis of all progress.

Role of Women In Society

"Women are made to be loved and Respected; not to be raped."

If we compare the current status of women than the ancient times, we can say that really the condition is improving now, we can say that really the condition is improving gradually. Women are being professional bread earners for their families and independently thinking individuals of the country. Traditional Indian women have now started knowing themselves as more skilled and competent in many professions than men. And day by day the situation is improving fast by breaking all the barriers on the way.

The Indian government also has played great role in women improvement by implementing various rules and regulations. The ancient time trend such as female foeticide, dowry system, child marriage, domestic abuse, child Labour, etc., have been banned by the government, which has really improved the status of women in society. A women plays variety of great roles in everyone's life in various relationships.

Riya Gupta
BA 2nd year



The Kamakhya Temple in Assam

The Kamrup Kamakhya Temple, or the Kamakhya Temple, is one of the oldest Hindu temples in Guwahati, Assam and the subcontinent. The temple is on Nilachal hills. It is named after the mother goddess Kamakhya. According to Sanatan Dharm, the Kamakhya temple was created when Hindu Goddess Parvati ordered Lord Shiva to build a shrine for her so that she could meditate in peace until she found a suitable husband for herself. The place was found where the *Ambubachi Mela* is held every year to honor the Goddess periods. It is also one of the 51 pithas in the Hindu tradition. During colonial rule in the 19th Century, it became a significant pilgrimage destination for Bengali Shakta Hindus. At first, the Kamakhya temple was where locals worshipped the Goddess Kamakhya. Even today, the main worship is of the iconic yoni set in natural stone. A Shakti Peetha is an ancient temple dedicated to the Hindu Goddess Sati and Parvati.

According to Kalika Puran, when Lord Shiva was going to Kailash with Sati, her father Daksha insulted him and his wife. Enraged, Sati jumped into the fire and immolated herself. When Lord Shiva got to know about this incident he became furious with grief and searched for Sati's remains call over the universe. Finally, he found her Yoni in Assam's Kamakhya Hills, known as Kamakhya temple. The name "Kamakhya" means 'she who fulfills desires.' The temple is situated on a hillock with a natural spring called Uma-Kamaleshwar, which is believed to be the source of the Brahmaputra River. Besides, there are many more mysteries related to Kamakhya Temple. It is close to Assam's capital Guwahati and is one of the top tourist destinations in Assam. Many tourists visit the Kamakhya Temple every year due to its popularity.

Bharti
B.A. 2nd Year

FEMALE FOETICIDE

Female foeticide is aborting a girl fetus in the womb before it completely grows. *Why?* This is because that fetus is female? Female foeticide has become a disgraceful and shocking truth of our nation. In India there is a strong fondness for sons over daughters. People desire smaller families with comparatively greater sons by abusing medical technologies. It is one of the main motives for declining sex ratio.

What is Female Foeticide?

Female foeticide is the procedure of operation to terminate female fetus from the womb of a mother before taking birth after the sex recognition tests like an ultrasound scan. Female foeticide and even any sex recognition test are illegal in India. It is the same for the parents who are desperate for a baby boy as well as doctors doing abortion especially for this.

Causes of Female Foeticide:

Female foeticide has been in practice for long periods especially for the families who have a preference only for male children. Several religious, social, financial and emotional are the

reasons for female foeticide. Therefore, the time has changed now much. However, many reasons and beliefs are still there in some families. Some main reasons for female foeticide are:-

- Generally, parents don't want a girl baby because they have to give a big amount as a dowry at daughter's marriage.
- There is a notion that the son will carry the name of the family in future. However the girl has to carry the husband's family.
- There is also a prestigious issue in society for parents and grandparents to have a boy baby in the family besides having a daughter.
- There is a faith that girls are always consumers and boys are the only bread winners. Thus parents understand that boy will earn money and take care of their parents, however, girls will get married a day and will have a separate family.

Riya Gupta
BA 2nd year



Love Now from an Inamorata of Rain

Coming from a Pluviophile
Rains leads to equanimity in me
Rains let you read them, feel them like a book with old vintage paper
When you let yourself in the rain.
They softly kiss you, give you open mouth kisses
Just to find your sensitive spot so that they
Could make you forget about
Everything that was going in your mind a while ago
Past, future, career, after life, death, everything.
They feel the present
They make you feel the gift that the universe has surprised you with
They make you breath in the benevolence
Rains are so selfless and self-effacing
But I am grateful to has you My Misty Love.

Khushi Sharma
B.A. 2nd Year

Baridhar- The Adobe of Bara Dev

Baridhar, in tehsil Arki - Distt. Solan, is the abode of Bara Dev another name of Lord Shiva. 'Dhar' is a Hindi word for hill' and clearly the hill derives its name from the name of Bara Dev situated nearly at an altitude of 6781 feet above sea-level and about 10 km from Piplughat. Baridhar is known for its natural splendor. The dhar is famous for temple of Bara Dev (Lord Shiva) and its annual fair. It is surrounded by a dense forest of devdaar, Baan and other trees, and is home to various kinds of birds and animals. In winter its snow covered landscape truly inspires the poetry of poets and paintings of painters. Mythologically, the place is associated with Pandavas. It is said that Pandavas spent some time of their exile at this place. It is also said that Pandavas visited this place after Mahabharata to seek guidance and blessings of Lord Shiva to

absolve themselves from the sins of killing their family members and attain Moksha. The rendezvous of Pandavas during the annual fair is really a spectacular sight. It is said that Baridhar is one fist down than Jakhoo hill and the place was first choice of Britishers to make capital of British India. But pestered by bumble bees they changed their mind.

The place is well-connected with highway with a link road. A helipad is also built there just 2 km away from the temple. If you are a nature-lover or passionate photographer and want to enjoy the magnificent view of surrounding hills, you must visit Baridhar.

Namrita
B.Com. 2nd Year

Bheem's Sheels - Two Stones

There is a place called Danoghat falling under Solan district Shimla- Kangra highway. You will see Bheema's two stones on the hill in front of this place. Well, you must have never tried to think and know about these two rocks, nor have you heard about this invisible power of it. So, I would like to give you information about this.

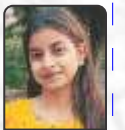
These two big stone balls are standing at a distance of four to five inches from each other. When you look at them, it seems that they will fall with a single gust of wind or a slight push, but it seems they are there due to the power of God. The power which is beyond one's power, seeing which every person gets astonished. It is a popular belief that these stones have immense power. During Mahabharata when there was a war going on between Kauravas and Pandavas, this stone was thrown from Dhama by Bheema using a slingshot. The distance of a place called Dhama to this area is around 15-20 km. Even today a fair is held in the ground of Dhama area

every year. The main attraction of this fair is the stone fight between two groups symbolizing Kauravas and Pandavas.

There is a public opinion that when the construction of Shimla-Mandi road was going on, this stone used to come in the middle of the construction of road. The officials repeatedly ordered the workers to break this stone.

But the poisonous snakes and poisonous flies come out of these stones, leaving the workers running to the officials. They all ran away to save their lives and the next day, after knowing the truth of this incident, they changed the map and got a road constructed by cutting the hill on the other side. Even today, people come and worship these divine stones with all their devotion.

Vaishali
BA 2nd Year



Why to Shy

India is a vast country. It has different kinds of states religions and languages. But, then our constitution gives equal rights to each and every citizen of India. No one is discriminated by anyone in the eyes of law but sadly, it is not followed by common people of our country. It is a big bitter truth of our country. For law, all are equal but the real truth is everyone tries to become superior from the other. Everyone is making useless claims, be it on caste, religion, language or state difference. All are trapped in the mentality of becoming superior from each other but the real truth is, they all are humans, all are having equal rights to live but they are not ready to accept the truth of this life.

Nowadays the discrimination and distance between people is increasing day by day. It is not only between castes or classes, but also having the discrimination on the basis of state and between the common people of different places.

The people who think that Bihari's are illiterate but I think such people are fools because they don't know that majority of Bihari's crack IAS. Some stupid singers have tarnished the image of Bihar and Biharis. However, there are many great Bhojpuri singers who have shown the culture and tradition of Bihar to the people of outside world. Biharis were great freedom fighters and they contribute and are contributing immensely for the welfare of the country. Financially and politically, people of Bihar are still lagging behind, but there assiduous nature helps them to be successful in all walks of life.

I think Biharis should never feel inferior in any field. They have proved their mettle to everyone around the world, and they should be proud Bihari and proud Indian, and should not meddle with negative people around who segregate people in the name of states, castes and communities. On the whole the people, who mostly suffer from discrimination are Biharis. People of other states consider them to be poor and illiterate. For example, if one talks in Bhojpuri, he is being made fun as illiterate and backward, which is never true. The people who consider Bhojpuri an inferior language, they are actually the biggest fools on this earth.

If one does not respect other's language, how can he/she expect others to respect his/her language? Here the fault is not with others but the biggest fault is of Bihari themselves because as the new generation migrates from Bihar to other states, they feel shy and guilty in speaking Bhojpuri in front of strangers. They just converse either in English or in other language. This is not good as they do not need to feel shy or guilty, rather they should be proud to be Bihari.



Nishu
B.A. 2nd Year

The History of Durga Temple Baniya Devi

Durga Temple Baniya Devi, at a distance of about 11 km from tehsil headquarters Arki, is adorned in the Siddapeeth Baniya Devi near Bakhalag on Arki-Bharadighata road. This forest place surrounded by fields on all sides is famous by the name Baniya Devi. It seems as if due to the dense trees, the name of this place was "Van Devi" and gradually it changed to "Bania Devi". The ever-flowing water here adds to the image of this place. It is known from folklore that about five hundred year ago, during the reign of the kings, someone started building a farm at this place. One day while working his spade hit a stone in the earth. First a terrible scream and then a stream of blood came out from the earth. That person got scared. He narrated this story to the people. People together went to Arki to the king of the Baghal State. The king himself came and got the excavation done at this place. On digging, the idol of 'Bhagwati Durga' was revealed on the stone rock. The king wanted to get this idol removed and take it with him to the palace. Excavations were carried out to a depth of hundreds of feet but no end of the rock was found. When the King accepted defeat, Goddess Durga gave a vision to the king in his dream that "King; I am your family. I will remain as I am, let this be my temple." Village Mayana *Dhundom* and appointed them for the daily worship and maintenance of Goddess Durga. At present, these same hereditary priests are doing daily worship and service of Maa Durga in the temple with unwavering devotion and sincerity. A part from most of the people of Arki sub-division, Maa Van durga Baniya Devi is also the family deity of many people from Ramshahar [*Nalagarh*], Sayri, Ghanahatti, Dhami and Tattapani, etc. Every year lakhs of devotees come to the temple from every corner of the country to worship Goddess Van Durga. According to the statement of Ramesh Gautam, President of Hereditary Priest Welfare Committee Baniya Devi, whichever devotee comes to Mother's temple with full faith in his wish, Mother definitely fulfills his wish. Two annual fairs are organized in this temple since ancient times. Even during Navaratri, there is a crowd of devotees in the temple. Maa Van Durga Baniya Devi is a Goddess and definitely fulfills the wishes of her devotees.

Namrita
B.Com 2nd Year

Depression in Young People

Feeling sad or moody sometimes is a part of life. Young people can feel sad and worried about life. Events such as exams, fights with family or friends, changing schools or moving house make one feel sad.

Sometimes, the feelings of sadness go on for weeks or months and affects everyday life. If a young person feels miserable most of the time and finds it difficult to get motivated, they may have "depression - a serious illness that can affect people of all ages.

Suicide is a common cause of death in young people, so depression should be taken seriously.

Symptoms of depression in young people:

Like everyone, young people can have occasional mood swings, feel irritable sometimes and be particularly sensitive to rejection and criticism. But if these symptoms and behaviors have lasted for two weeks or more, the young people could have depression. Symptoms that may indicate depression include

1. Feeling irritable or grumpy or tired
2. Feeling worthless or guilty most of the time
3. Having thoughts of death or suicide, trouble sleeping-either falling asleep or staying asleep
4. Lacking motivation and feeling everything is too hard
5. Losing weight or gaining weight
6. Using cigarettes, alcohol or illegal drugs.

Sometimes there are no obvious symptoms of depression, but parents may notice behavioral changes in young people that suggest depression and should not be ignored. These include:

1. Social withdrawal
2. Lower marks at school
3. Changes in mood and behavior
4. Risk-taking behavior
5. Use of alcohol and drugs

Suicide or self-harm:

Depression is one of the major risk factors for *suicide and self-harm*. If a young person is self-harm or talking about suicide, it is important that they talk with close and trusted people in their lives, such as family friends.

Help them to be safe and remove dangerous items such as medication, things that could be used as a weapon or other dangerous items, and encourage and support them to seek a healthcare professional. If they need to talk to somebody right away, they can call Lifeline (131114) or kinds help line (1800 55 1800). In case of an emergency, call triple zero (000) and ask for help.

Causes of depression in young people:

Depression is a mental

illness, and it is one of the most common health problems for young people. There is no single cause of depression, life events, hormones, chemical imbalance and genetics can all play differing roles depending on the individual. While each young person will have their own responses to life events, some circumstances that can contribute to anxiety and depression in young people include:

1. Fights with family or friends.
2. Changing schools or starting secondary school.
3. Being bullied.
4. Experiencing a relationship break-up, recent death, abuse or neglect.

In all cases, it is important that depression is diagnosed and treated early and that the focus is on treatment, not just causes.

Treatment for depression in young people:

Encourage young people to talk about how they feel with someone they know and trust, such as a parent, teacher, school counselor, family member or friend.

An important next step is for the young person to visit their doctor therapist to learn whether they have depression and what can be done to treat it. Support for people with depression can include psychological therapy that focuses on building skills to deal with life stresses and to change negative thinking patterns, as well as lifestyle changes (including creating exercise and sleeping routine);

Doctor may also add antidepressant medication to the treatment plan. It can take up to six weeks to feel better after treatment with medication begins, but the youngest people will notice and improvement. Encourage them to speak with their doctors about any changes in their moods.

Self-help tips for improving mental health include:

1. Exercising regularly
2. Eating healthy food
3. Practicing relaxation techniques
4. Speaking regularly with trusted friends and family member
5. Engaging in creative pursuits, for example painting or song writing
6. Setting small goals
7. Doing something enjoyable.

Many people find it hard to ask for professional help and sometimes young people do not want to go to a healthcare professional. If this is the case you could let them know that depression is common and that you are concerned.



Tamanna Sharma
B.A. 2nd Year

Fashion & Lifestyle



Kamna Sharma
BA 2nd Year

Fashion and Lifestyle have been a great source for human beings to evolve. Fashion and lifestyle have been a medium, by which people express their taste in standard of life and represent their thoughts.

In short, fashion is way of expressing our thoughts or individual self. Fashion provides humans the sense of expressing themselves in a way people live. So, in simple words fashion and lifestyle is an essence of life.

Basics of fashion and lifestyle are very simple and easy to implement in day-to-day life to add colors in our boring life. Along with that fashion and lifestyle are very important for us in society in which we live in. People are appreciative of a person who puts effort in themselves than a person who doesn't. So, in short fashion & designing concepts in fashion. People gives us respect or importance to basics of our wearing and clothing choices, because we make friends and get associated with people who have a good lifestyle reflects from you and our belongings. Usually, people get associated with you have good living standard.

Story time:

Since the evolution of early ages, the early man or we can say prehistoric human creature learned how to cover themselves by Green leaves or tree leaves. Soon they evolved up to tiger skin or snake skin. So this provides heat and extra design due their understanding, from wearing banana leaf to evolving into formal suit, fashion has changed in many aspects.

How lifestyle has evolved:

Since the early ages, people have been adopting the changes in their lifestyle due to many changes as climate, environment along mental. Fashion provides human the sense of expressing themselves and lifestyle in an way the people live. So, in simple words fashion and lifestyle is a way along with that it's and essence of life.

How fashion and lifestyle has improved us:

Fashion and lifestyle improved us I many ways as like:

- Improved standard of living.
- A better sense of fashion.
- Different clothing types.
- Introduced to more clothing material.
- New people, new designer, new creative people into the industry.

Fashion in old days people tend to spend more in

metro cities in purchasing branded cloth because it adds a sense of accomplishment to their senses.

Fashion brands target youth who have a great earning capability who can earn money and can spend on their lifestyle.

Importance of lifestyle into our daily life and impact on society:

We earn respect on the basis of our lifestyle and fashion sense. Let's assume there are two peoples having a different fashion sense like:

- Well Groomed
- Shaggy Clothes

Who will get respect? Of course, then a person who is well-groomed. No one will give respect to people who are not well groomed, as being in well groomed state to gain respect. Clothes and quality of lifestyle adds respect regarding us in the society.

But this fashion and lifestyle have negative impacts. Such new fashion tends also affect the psychology of younger generations and hence, if they do not get it they badly affected by this and became victims of psychological disorder.

What fashion and lifestyle provides our society?

Lifestyle or fashion provide us many things such as :

- Sense of pride
- Managing responsibility
- Sense of awareness
- Respect, status
- Mental peace

People start and tend to recognize us on the basics of our lifestyle and fashion sense. Fashion sense tends to be the main factor behind our personality traits.

Conclusion:

So, in the end, I will like to say that fashion and lifestyle is a way to improve life and get things going. The world and society where we live in follow a particular way of fashion and level up their lifestyle along with respect in society.

It also has bad impacts on our society. People used to give or being friends with those who didn't have better lifestyle or fashion sense. They were always being humiliated.

Fashion and lifestyle makes confident and follow what's going on in the world.

Social Issues in INDIA



Kamna Sharma
BA 2nd Year

Social issue is an undesirable state which opposes society or a certain part society. It refers to an unwanted situation that frequently results in problems and continues to harm society. Social issues can cause a lot of problems that can be beyond the control of just one person. Through an essay on social issue, we will learn why they are harmful and what types of social issues we face.

Social issues have a lot of drawbacks that harms our society. They are situations that have an adverse and damaging result on our society. They arise when the public leaves nature or society from an ideal situation. If you look closely you will realize that almost all types of social issues have common origins.

Social issues have a massive lousy effect on our society and ultimately, it affects all of us. In order to solve some social issues, we need a common approach. No society is free from social issue or the other.

For instance, in India, you will find a lot of social issues which the country is facing. It ranges from the caste system to child labour and gender inequality to religious conflicts. Thus, in this article we will discuss about these social issues.

Poverty:

There are a lot of social issues we are facing right now, some more prominent than than others. First of all, poverty is a worldwide issue. It gives birth to a lot of other social issues which we must try to get away at the earliest.

Caste System:

Further countries like India, Nepal, Bangladesh, Sri Lanka, Pakistan and more are facing the issue of caste system since time unknown. It result a lot of caste violence and inequality which takes the live of many on a daily basis. Basically upper caste people which lead to caste violence in society.

Child Labour (*Child Labour is a curse*):

Child labour is another major issue that damages the life lines of young children. Child labour is the exploitation of children through any form of work that deprive them of their

childhood, interferes with their ability to attend regular school, or is mentally, physically, socially and morally harmful. As per census 2011, in India the total child population in the age group (5-14 years) is 259.6 million. Of these 10.1 million are working either as main worker or as marginal worker.

Domestic Violence:

Domestic violence especially against women is a serious social issue in India. Domestic violence in India includes any form of violence suffered by a person from a biological relative but typically is the violence suffered by a woman by a male member of her family. In India nearly one in three women is likely to have been subjected to physical, emotional or sexual abuse at the hands of their husbands.

Overpopulation-

Overpopulation is another social issue in India. India is the world's most populous country, with over 3.1 billion people. It overtakes China to become the world's most populated country. The population is expected to exceed 1.5 billion by 2030 and 2 billion by 2050. The rapid growth is putting immense pressure on India's resources, and is contributing to environmental degradation, poverty and social unrest.

There are some social issues such as starvation, child marriage, untouchability, communalism, terrorism, religious conflicts and many more that create unbalance in our society and affect Indian economy.

Conclusion -

A society can successfully end social vice if people became resolute. These social issues act as barriers to the progress of society and also in the progress of country. Thus, we must all come together to fight against them and put them to an end for the greater good.



Harshita Sharma
B.A. 2nd Year

Navigation Sex, Dating and Social Life in the Era

In today's fast-paced world, our social landscape has been transformed by the integration of Artificial Intelligence (AI). As we dive into the realms of sex, dating and social interaction, it's essential to understand how AI impacts our lives and relationships.

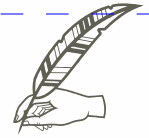
- Dating in the Digital Age:** The rise of dating apps has revolutionized the way we connect. AI algorithms help match individuals based on preferences, interests and compatibility. While this can streamline the dating process, it's crucial to stay true to yourself and not solely rely on algorithms to find genuine connections.
- Navigating Online Spaces:** Social media, powered by AI, plays a significant role in our social lives. It's a platform for sharing experiences, connecting with friends and even finding potential partners. However, the curated nature of online profiles can sometimes lead to unrealistic expectations. It's important to approach online interactions with authenticity and openness.
- The impact of AI on Sexuality:** AI has also found its way into the realm of sexuality with advancements in sex tech. From virtual reality experiences to AI-driven intimate devices, technology has created new avenues for exploring one's sexuality. It's essential to approach these innovations with consent, communication and a clear understanding of personal boundaries.
- Balancing Virtual and Physical Connection:** While technology facilitates connections, striking a balance between virtual and physical interactions is crucial. Face-to-face communication helps in developing deeper connections and provides

better understanding of each other. Use technology as a tool to enhance relationships, but don't let it replace the authenticity of in-person connections.

- Consent and Communication:** In the era of AI, consent remains paramount. Whether it's in online interactions, dating apps or intimate relationships, clear communication about boundaries is key. Technology should enhance our understanding and respect for each other's preferences, ensuring positive and consensual experiences.
- Challenges of AI in Relationship:** Despite the benefits, AI can present challenges in relationships. Miscommunication, overreliance on technology and the potential risk of privacy are concerns which one should be mindful of. Open communication and nurturing healthy relationships are essential.
- Embracing Change:** As technology continues to evolve, embracing change is inevitable. Being adaptable and open-minded allows us to navigate the evolving landscape of sex, dating and social interactions. Embrace the positive aspects of AI while remaining grounded in traditional values of respect and understanding.

In Conclusion, the integration of AI in sex, dating and social life brings both opportunities and challenges. By maintaining authenticity, prioritizing communication and consent and balancing virtual and physical connections, we can navigate this AI-driven era while fostering meaningful relationships fulfilling social lives.

If Social Media was Real World



Harshita Sharma
B.A. 2nd Year

In the ever-evolving landscape of communication, the rise of social media has been nothing short of revolutionary platforms like Facebook, Instagram, Twitter and Tiktok. These platforms have become integral parts of our daily lives, shaping the way we connect, share and perceive the world around us. But what if these virtual realms transcended the digital divide and manifested as a tangible reality? Imagine a world where your online presence had a physical counterpart, where hashtags and likes had a direct impact on your real-world interaction. In this article, we delve into the hypothetical scenario of *"If Social Media Were a Real World"* exploring the implications, challenges and opportunities that such a world might present.

1. The Physical Manifestation of Profiles: In a world where social media becomes tangible, your online profile is no longer confined to the digital realm. Imagine walking down the street and instead of scrolling through your phone to check someone's profile, you could simply glance at their holographic avatar hovering above their head.

2. The Economics of Attention and Social Currency: In a society where social media is not just a virtual space but a physical reality, attention becomes a tangible commodity. This chapter delves into the concept of social currency, where individuals gain prominence and influence based on the attention they receive. We explore the implication on mental health, self-worth, and societal structures in a world where popularity is not just measured by likes but also by real-world interactions.

3. The Politics of Likes and Dislikes: Social Media has already played a significant role in shaping political landscapes globally. In this hypothetical world, the impact of likes and dislikes goes beyond virtual debated. Political campaigns are fought not only in televised debates but also in the streets, where supporters and opponents physically express their approval or disapproval.

4. The Rise of Influences and Celebrity Culture: In a world where social-media celebrities are not just pixels on a screen but living, breathing individuals, the

dynamics of influence the evolution of influencer culture, the pursuit of fame and the blurred lines between personal and public life in a society where everyone is potentially in the spotlight.

5. Relationship in the Social Media Reality: How would relationship be affected if social media interactions were not limited to comments and messages but extended to physical encounters? This chapter explores the nuances of dating, friendships and family dynamics in a world where online connections are as real as face to face interactions, blurring the lines between the digital and physical realms.

6. The Dark Side of the Social Media Reality: Just as real world has its dark corners, a tangible social media reality would bring its own set of challenges. From cyber-bulling taking on physical forms to the potential for surveillance and manipulation, his chapter examines the darker aspects of a world where the digital and physical are inseparable.

Conclusion: Navigating the Hybrid Reality

As we conclude our exploration of the hypothetical scenario where social media becomes a tangible reality, it becomes evident that such a world would present a complex and multifaceted landscape. Navigation this hybrid reality would require a revolution of societal norms, ethical considerations, and a collective effort to ensure the positive aspects of digital connection are preserved while mitigation the potential pitfalls.

This extensive exploration of *"If Social Media Were a Real World"* aims to provoke thoughts, encourage reflection and inspire conversation about the profound impact of digital technologies on our lives. As we continue to traverse the ever-evolving landscape of communication, it is essential to critically examine the implications of the technologies that shape our interactions and perception.



Tamanna Sharma
BA 2nd Year

Kamaksha Devi Temple *History and Myth*

Introduction: Devbhoomi Himachal is a place of ancient temples and shaktipeeths. Every year lakhs of devotees come from other states to visit such places. One of the ancient places is Kamaksha Devi temple. There are only three Kamaksha temples in India.

The first is **Kamakhya Devi** temple which is famous mythological shaktipeeth of Assam. The second is **Kanchipuram** temple in Tamil Nadu. Last but not the least is **Kamaksha Devi** temple in Himachal Pradesh.

Location of Kamaksha Temple: Kamaksha Devi temple is located in Devbhoomi, Himachal Pradesh's beautiful valley of Karsog (Mandi). The temple is located in village Kao which is almost 7 km away from Karsog.

History of Temple: Kamaksha Devi temple is dedicated to Goddess Durga. As per mythology Kamaksha Devi cut the throat of demon known as Mahisasur. Mahisasur was the demon which resembles the buffalo. It is believed that shaktipeeth of the Goddess, belongs to Satyuga. However, researchers believe that the temple may be of Parshurama or Pandavas period. There were the signs that depict that Parshurama came to Karsog Valley. There is a temple of **Mamleshwar Mahadev** in Mamel (Sub-urban area of Karsog) where he visited.

Statues from Pandavas Period: Statues from Pandavas period are present in this temple. These idols are made of Ashtadhatu and all these idols are placed on the chariot during the fair. The fair is held twice a year. Thousand of people throng to see it. People came from far and wide to visit here. Legendary belief is that every wish fulfilled by just having a darshan of the Kamaksha Devi temple.

The Buffalo Sacrifice: The Mahishasur (Demon) was killed by the goddess, so in the order to please her earlier there was a buffalo sacrifice at this place. Every year hundreds of buffalos were sacrifice there.

Goddess was pleased through sacrifice.

Banning of Buffalo Sacrifice Practice: In 2012, the temple's priest Bansi Lal decided to oppose it, but only the local panchayat head supported him. The rest of people stood up against and his supporters boycotted him socially. Many times even the police case came up. Finally, the opponents of the sacrificial system take shelter of the law. He requested the Deputy Commissioner of Mandi. Meanwhile, the preparations for sacrifice were started again in Kamaksha temple. The buffalo was brought on the spot but before it was sacrificed, priest called the police force. After a lot of hard work, the sacrifice was stopped. The sacrifice supporters approached the high court. They gave their arguments in the favor of sacrifice. They also cited ancient texts. The priest and his supporter also went to court in defense. But in the end court banned the practice of sacrifice all over Himachal.

The Creases on Goddess's Bed: The priest of the temple makes bed for Goddess every night, in the next room from the main idol. In the morning the bed has creases as if Goddess lay on that bed at night. The creases were real they were not created by the priest or anyone else.

Architecture and material of the temple: The temple of Kamaksha Devi has been prepared in the mythological style. Earlier it was of stone only. It was made of wood, about a decade and half ago. In terms of architecture the temple is very attractive. The temple is made in *Pagoda style* which is look like tower multi storied building.

Navratri Festival: This temple is also rich in culture and tradition. During the time of *Navratri*, the huge prayers and fair is organized. The eighth day of *Navratri* is celebrated specially for Kamaksha Devi, so thousand of people gather in temple to celebrate it.

Life Quotes

Do good
for others,
It will come back
in unexpected ways.

Life comes from
the earth and life returns
to the earth

We are here to add what
we can do to life, not to get
what we can from life.

Life is an endless
journey between perception and reality.

See, life is a journey
and every chapter
is very interesting.

Rashmi Sharma
B.A. 2nd Year

Examination

Oh! My dear examination,
I have made no preparation
I am terribly afraid of you,
Kindly tell me what to do?
You are early I am late
I am daily losing weight
Oh! Go away; go away, you must,
Let me learn my lesson first
Go where you like but leave my room,
Otherwise, I will use my broom.
You have disturbed my sleep.
You are sure to make me weep.
Oh! I shall not bother for you
What if I get zeroes!
They're just a few!!

Deepika
B.A. 3rd Year

VALUE OF TIME

- Time is the only thing that never returns, once you have spent it doing any work.
- It always flows in a forward direction, which means time is irreversible. So we should never waste time.
- Most of us know that time can never be brought back but we still waste it doing unnecessary things or doing nothing.
- All successful people respect time and understand the importance of time in life. They are also very punctual.

Priyanka
BA 2nd Year



CHANDRAYAAN-III

Introduction: India's first lunar exploration mission was called Chandrayaan. The ISRO launched it on October 22, 2008. Chandrayaan's goal was to verify the existence of water, ice on the moon. In August 2009, the Chandrayaan -I mission was terminated because of the communication issues. On July 22, 2019. Chandrayaan-II the second lunar exploration mission was launched which failed in its final stages. Then on July 14, 2023 at 02:30 P.M. Chandrayaan-III launched. It is launched by LVM3 from Sriharikota SDSC SHAR. On this mission with the objective of enhancing the scientific knowledge about the moon's surface, composition and environment showing India's capabilities in space exploration.

The Chandrayaan-III Mission's Architecture: The Chandrayaan-III mission's architecture consists of a lander and a rover. The lander and rover propelled by the propulsion module up until lunar orbit. The lander, which performs the soft landing is equipped with tools for indepth analysis, with explorer the lunar surface,

travelling 500 meters over the course of one lunar day. **Technological Advancement:** Developing and executing missions like Chandrayaan-III pushed the boundaries of India's space technology capabilities. Such mission leads to the creating of cutting-edge technologies that can be applied to various sectors including telecommunications, defense and disaster management.

Conclusion: India's space exploration efforts including Chandrayaan-III demonstrate the country's commitment to peaceful and inclusive space activities. These missions not only aim to expand our scientific knowledge but also faster international cooperation and collaboration. They serve as a symbol of India's technological power. And its vision to contribute to global scientific community. It represents the country's pursuit of scientific excellence and technological innovation.

*Pratibha
B.A. 2nd Year*

Destruction Caused In Himachal Pradesh (2023)

Himachal Pradesh, a North Indian state known for its natural beauty, snow-capped Himalayas and exquisite landscapes. An Indian state known as '*Devbhoomi*' meaning the 'land of god'. This place is abundant with natural beauty. Himachal is a hilly area. But last few years, Himachal has facing many natural calamities and disasters. These disasters were unpredictable. Many people lost their families, homes, cars, animals and many more in these disasters. This year also Himachal has faced extreme events such as flash floods, cloudbursts, landslides, subsidence and sinking of land in the monsoon season. At least 246 people have already lost their lives to natural disasters caused by monsoon here. There might be many reasons for the destruction caused by natural calamities such as global warming, rapid urbanization, mining, deforestation, etc. As we can see, Shimla the capital of Himachal Pradesh has gaining a rapid growth in urbanization which leads a shortage of flat land in the city i.e. weakening its infrastructure. That is why, this year Shimla has faced more destruction. In August additional torrential rains hit Shimla, which triggered landslides and destroyed a temple, homes and buildings and killed at least 57 people. Not just in

Shimla other districts were also facing these disasters. Due to these landslides and floods and cloud bursting the whole town melts like ice in the water. Mandi, Kullu, Shimla, Kinnaur, were the main districts that faced too much. Many people lost their everything they had earned in their whole life. This type of destruction is not only a problem to general people but also a problem for the Government. Estimated loss of Rs 10,000 crore in the devastation caused by monsoon this year. Government has also to ensure proper rehabilitation of people who have lost their homes and fertile lands to landslides, flash floods and other rains. As the people of Himachal Pradesh are taking interest in western culture caused more destruction. **For example** - construction of large building anywhere, not about knowing the quality of land. People are forgetting their traditional methods and traditions which lead to more loss.

*Yukta Verma
B.A.2nd Year*



G20 Summit 2023

The group of twenty or G20 is significant gathering of leaders from the world's most advanced and emerging economies. Established in 1999, its purpose is to address global economic challenges. The G20 comprises of 19 countries i.e. U.S., Argentina, Brazil, Australia, Canada, Mexico, Turkey, Saudi Arabia, South Africa, Italy, France, Russia, representing a substantial portion of the world's population trade and economy. In addition, organizations such as the European Union, the International Monetary Fund (IMF) and the World Bank are also part of G20.

India took over the G20 presidency from Indonesia on December 1, 2022 and pledged to pursue inclusive, ambitious decisive and action-oriented policies. The presidency remained till 30 November 2023. India's Prime Minister **Narendra Modi** stressed the value of peace and harmony, as the absence of these elements could hinder future generations from benefiting from economic growth and technological advancements. India's presidency of the G20 presents remarkable opportunities to shape global opinions, particularly amidst widespread polarization and accelerating geopolitical tensions. With a commitment to hope harmony, peace and stability. India aims to tirelessly advance peace, stability and shared prosperity all over the world.

Throughout the G20 meetings, leaders gathered and discussed solutions to significant global economic challenges. These discussions encompass a wide range of topics, including finance trade, infrastructure, investment, energy, employment, agriculture, technology, innovation and the digital economy.

India's G20 Chairmanship theme of '**One Earth, One Family, And One Future**' rooted in the Sanskrit philosophy of '**Vasudhaiva Kutumbakam**' reflects the spirit unity and inter-connectedness.

India sees the G20 as an opportunity to showcase its democratic values, cultural diversity and excellence in various domains including economics, science, technology, space innovation and start-ups. This platform allows India to demonstrate its development models and propose them potential solutions to global challenges. With its strong macroeconomics fundamentals, robust public finance, impressive marketing and export trajectories and unwavering climate leadership. India shines as a beacon of hope on the global stage.

Raveena
B.A. 2nd Year

Impact of Social Media on Youth

Social media is like a two sides of a coin. On one side it connects people worldwide and allows interaction and example of ideas/knowledge on the other side. It may promote deceptive parts messages, conflicts cyber bullying and mental and physical issues. Social Media has become a very important part of life for many young generations in today's world. There are many young people who keeps on engaging themselves with social media without even caring to think about what would be the impact of social media on youth.

There are lots of positive aspects but there are many dangers as well that come with the use of sites like, twitter, facebook, pinterest, linkedIn, tumblr, google+, gaming sites, instagram and blogs.

Negative Impacts:

- Teens use facebook more may have psychological disorders, including antisocial behaviors, mania and aggressive tendencies.
- **Can be Distractive:** People check facebook/whatsapp very frequently.
- **The Desire to Compare:** We compare ourselves to others in terms of looks, traveled destinations, shopping sprees, and friends, and so on.
- **Radiation:** Phone cells, internet over phone, even idle phone has a lot of radiation around it.
- **Eye Problems:** Prolonged use of display screens may weaken eye sight.
- **Addiction:** Internet shopping, online chatting can be addictive.
- **Effect on Health:** Sitting all day in front of laptop/computers may disturb body metabolism.
- Reduction in physical activities.

Positive Impacts:

- ✓ Helps in conversation around the world.
- ✓ Data, information can be exchanged easily.
- ✓ Money over SMS can be directly sent to large number of people easily.
- ✓ Helps in avoiding boredom.
- ✓ A local businessperson may expand his business over websites.
- ✓ Helps in making friends and meeting new people.
- ✓ Helps in seeking new job offers.

Conclusion:

In nut-shell social media is significant part of our lives today. The youth must be able to use their time productively to improve their lives and not squander their valuable time.

Raveena
B.A. 2nd Year

Story

As we all know that, our state Himachal Pradesh is known as **Devbhoomi**, meaning land of gods, but the hilly area of Himachal is said as creepy as it is like godly. Just like we have heard many stories from our elders of godv (*Devtas*) and some ghosts also. As children we were fascinated by these stories. So, to bring back some memories, I would like to tell / here is a horror story from our Himachal.

It's a story of a man named **Ramlaal**, who was a bus conductor by profession in HRTC. One day **Ramlaal** had to go with a night shift bus from *Shimla to Manali*. It was a very long journey. **Ramlaal** had to perform his duty in that bus that night. So, it was a Sunday night and there were few passengers in the bus. The journey was going well, it's almost 10:00 P.M. **Ramlaal** got a call that road ahead was closed due to a landslide. He discussed with the driver and they both agreed to take a shortcut or another road to reach the destination because if they waited for the clearance of the road, they will get late. So, they headed to another road.

They drove the bus very slowly and carefully because it was late night and everyone was feeling hungry, so they decided to stop and have dinner if they found or reached any *dhaba*. Almost half an hour later they saw a *dhaba*, and stopped there for having dinner. When they all were done, **Ramlaal** saw a small child playing around the bus. He called out that boy but he didn't answer. Now **Ramlaal** headed to the boy and the boy started to run towards the fields and forest. **Ramlaal** tried to search child's mother but he couldn't find any woman around. So, he decided to catch the child and bring him back to the bus.

He called out that boy many times but the boy starts running and disappears in the forest. Then **Ramlaal** starts hearing some crying sounds. He thoughts it was that boy who got injured. He looked here and there and saw a lady like figure in front of him. Just before he tried to ask her about herself, he saw the feet of that lady and he was stunned. The feet of that lady were floating in the air. He just than realized that it's negative entity. He just moved around and started walking. Now the lady started calling him by his name and asking him to stop. He realized that with each step the entity was coming closer to him. He started running, but after running for 5-10 minutes, he realized he was running on the same spot and the (entity) lady was just behind him and trying to talk to him. When he didn't answer her she got angry and started telling him about his family. **Ramlaal** was very scared at that moment, so he started chanting some mantras and with his last hope started running. He was running with his whole energy and the entity started following him and told him that "*I am leaving you today, otherwise I will kill you*".

Ramlaal ran to his fullest strength and after half an hour he reached the bus and asked driver to move the bus in a hurry. He then, didn't tell anyone what happened to him. When they reached their destination, he shared the whole incident with his colleagues and then he came to know that from the shortcut they choose was a haunted road. A year ago, a car fell from the road into a valley and the people inside it died. After that incident, the people of nearby village hear screaming and crying for help of a lady. This all continued for almost 6 months and the people of that area got used to it.

Yukta Verma
B.A.2nd Year

FAILING PEACE

In early October 2023, war broke out between Israel and Palestine. This attack was done by Hamas who were terrorist group of Palestine. On 7th October, at 6 O'clock in the morning Hamas fighter fired 5,000 rockets into Israel and stormed southern Israeli cities and town across the border of Gaza Strip, killing and injuring hundred of soldiers and civilians and taking dozen of hostages. Even Israel had one of the strongest defense systems in the world. Israel has an iron dome system, which can destroy the rockets in the air but this dome system handle the 5,000 rockets at a time which resulted in 700 people's death and 1590 were injured. Even more Hamas crossed the Israel border and started attacking on Israeli people in their own country. This attack was done purposely because October 7 was a significant day for the people of Israel, who belong to the Judaism religion. On this day, Jewish people come together and read holy texts. On that day Hamas attacked Israel and Government of Israel declared "*State of War*" immediately. Before this attack, Palestine had been carrying out small terrorist attacks on Israel. But this time, due to this attack it declared the state of war. Palestine wants to take control over Israel.

First of all, we have to understand the history of Israel and Palestine. Thousand of years ago, a large number of Jews were killed by Christians, for the long time there had always been some kind of issues between these two communities, but Christians always had an upper hand and Jews were the one who had always suffered. So, in the 19th century, Jews decided to form their own country because wherever they went, they were always persecuted for their religion. So, Jews all over the Europe started migrating to Palestine which was being ruled by *Ottoman Empire*. For many years all Jews people lived peacefully in *Ottoman Empire* until the First World War happened. *Ottoman Empire* was defeated by Britishers and Britishers took control over the Palestine. In 1933, *Hitler* came and tortured every single Jewish person to death. In case to save their life a large number of Jewish populations migrated to Palestine. Then in Second World War, Britishers got defeated and resigned their control over Palestine. But by that time both Palestine's and Jews fought with each other demanding their own separate country. Then in 1947 United Nation adopted *Resolution 181*, known as the partition plan, which sought to divide the British Mandate of Palestine into Arab Muslim and Jewish state. On 14 May 1948, the state of Israel was created. As soon as Israel was formed, the neighboring Arab country such as Egypt, Syria and Jordan along with Palestine, wages war on Israeli. This war is called "*first Arab Israeli war of 1948*". This war ended up in 1949 with Israel's victory but 7,50,000 Palestinains were displace and territory divided into 3 parts :- *The state of Israel, the West Bank which is controlled by*

Jordan and the Gaza Strip which is controlled by Egypt.

Then in 1964, the Palestinian came together and formed PLO (Palestine Liberation Organization). Their main motto was marked as a terrorist organization. But later on, in 1974 U.N. declared it as representative of Palestine. Then on 5th June 1967, "*second Arab Israeli war*" broke out. Israeli air forces attacked the Egyptian air force and destroy many Egyptian airfields and this war lasted only for six days. In this war Israel captured Gaza Strip, *Sinai Peninsula* from Egypt and; West Bank and East Jerusalem from Jordan and Golden Height and Syria. Then six year later, in 1973 "*Kom Kippur War*" started. Egypt and Syria attacked on Israel in order to gain their lost territory. Then in 1979, Egypt made a peace treaty with Israel and officially recognized it as a country. In return, Israel gave back the land to Egypt which they had captured.

Then in 1987, Palestinian Muslim extremists came together and formed the group called Hamas whose main motto was to completely destroy Israel. This group was not only against the PLO because it tried to make peace with Israel and this group did not want to make any peace agreement with Israel. This group launched a number of terrorist attacks on Israel, which resulted in the attack of 7th October 2023. So this group was recognized as terrorist group. Then in 2007 Palestine was divided into two parts where Hamas took control over Gaza Strip and PLO took control over West Bank. PLO was non-violent group and recognized as Government of Palestine and Hamas was a terrorist group which launched an attack on Isreal on 7th October 2023. Hamas named this operation as *Al-asqa storm*. In defense, Israel started attacking on Gaza strip and named the operation *iron sword*. Around 3,000 Palestinains died in the Israeli attack on Gaza.

We can considered this situation same as India and Pakistan conflict. Palestine got freedom from Britishers, and then the country was officially separated into two parts: Palestine or Israel, just like as when India got freedom from Britishers, the country was divided into two parts: India and Pakistan. But the question is here, who is right, Palestine who demanded for their own land or Israel who gained the land in war. But Palestine is initiating wrong ways to gain back their land. It is not right to take back your land with the help of terrorism. Due to this, not only one country but whole world is being affected.

Kamana Sharma
B.A. 2nd Year



Let us
Sacrifice our
today so that
our children
can have a
better tomorrow.

- APJ Abdul Kalam



Dr. Naveen Kumar
Staff Editor

SCIENCE Section



Khemavati,
Student Editor

राजकीय महाविद्यालय धामी स्थित 16 मील
जिला शिमला, हिमाचल प्रदेश

CRYOGENICS: UNLOCKING THE POTENTIAL OF EXTREME COLD

Cryogenics, the branch of physics and engineering that deals with the production and effects of very low temperatures, is opening up new frontiers in fields ranging from medicine to materials science. By cooling materials to temperatures nearing absolute zero, scientists can unlock unique properties and phenomena that are impossible to observe at higher temperatures. Cryogenic technologies play a crucial role in applications such as superconductivity, where materials exhibit zero electrical resistance at low temperatures, leading to advancements in magnetic levitation, medical imaging, and energy transmission. Moreover, cryogenics is essential for preserving biological samples, organs, and even whole organisms for medical research and transplantation. As our understanding of cryogenic phenomena deepens and our ability to control extreme cold improves, the potential for groundbreaking discoveries and technological innovations continues to expand.

Om Sharma
B.Sc. (Non-Medical)

Unveiling the Enigma of Dark Matter: Exploring the Basics

Dark matter, a mysterious substance that pervades the cosmos, remains one of the greatest puzzles in modern astrophysics. Unlike ordinary matter, dark matter neither emits nor absorbs light, making it invisible to traditional telescopes. Yet, its presence is inferred from its gravitational effects on visible matter and the structure of the universe. Comprising roughly 27% of the universe's total mass-energy content, dark matter's nature remains elusive, spurring intense research efforts worldwide. Various theories propose exotic particles as potential constituents of dark matter, yet direct detection has proven elusive. Unraveling the mysteries of dark matter promises not only to deepen our understanding of the universe's composition and evolution but also to shed light on fundamental physics beyond the Standard Model.

Khemavati,
B.Sc.- Non-Medical

BLACK HOLE

Cosmic Enigmas of Infinite Density

Black holes, the enigmatic cosmic entities born from the collapse of massive stars, defy conventional understanding with their gravitational pull so intense that not even light can escape. At their core lies a singularity, a point of infinite density where the laws of physics as we know them break down. Surrounding this singularity is the event horizon, a boundary beyond which nothing can return. While black holes remain shrouded in mystery, scientists study their effects on surrounding matter and light, providing clues to the nature of space-time and the evolution of galaxies. As we peer into the depths of these cosmic abysses, we inch closer to unraveling the secrets of the universe itself.

*Kunal Bansal,
B.Sc.- Non-Medical*

The Promise of Synthetic Biology: Engineering Life for a Sustainable Future

Synthetic biology, an emerging discipline that combines principles from biology, engineering, and computer science, holds the promise of revolutionizing how we design and manipulate living organisms. By reprogramming the genetic code of cells, scientists can engineer microorganisms to produce biofuels, pharmaceuticals, and other valuable compounds with unprecedented efficiency. Moreover, synthetic biology offers innovative solutions to pressing environmental challenges, such as pollution remediation, carbon capture, and sustainable agriculture. As researchers push the boundaries of what is possible in the realm of synthetic biology, the potential for creating a more sustainable and resilient future becomes increasingly within reach.

*Bharti Bansal,
B.Sc.-Medical*

Nano-medicine: The Future of Personalized Healthcare

Nanomedicine, an interdisciplinary field that combines nanotechnology with medicine, is transforming the landscape of healthcare by offering personalized and targeted approaches to diagnosis and treatment. By engineering nanoparticles with precise properties and functionalities, researchers can deliver drugs directly to diseased cells, minimizing side effects and maximizing therapeutic efficacy. Furthermore, nanomedicine holds promise for

early disease detection through sensitive diagnostic tools and imaging techniques. As scientists continue to innovate in the realm of nanomedicine, the prospect of more effective and personalized treatments for a wide range of diseases, from cancer to neurodegenerative disorders, grows ever closer.

*Parul,
B.Sc.- Non-Medical*

Depth of
friendship
does not
depend on
length of
acquaintance.

-Ravindranath Tagore



Dr. Gaurav Sharma
Staff Editor

COMMERCE Section



Neha Sharma
Student Editor

राजकीय महाविद्यालय धामी स्थित 16 मील
जिला शिमला, हिमाचल प्रदेश

National Institutions For Transforming India (NITI Aayog)

The Planning Commission which has a legacy of 65 years has been replaced by the NITI Aayog . The utility and significance of the planning commission had been questioned for a long period . The replacement seems to be more relevant and responsive to the present economic needs and scenario in the contry . It is a pivotal organization that is found to play a vital role in the country development at process. Hence NITI (Aayog) is very important .

NITI Aayog Chair man - Narender Modi
NITI Aayog Vice-chairperson -Sh. Suman Bery
(1 May,2022 -Present) is the current Vice -Chairperson of the NITI Aayog .

Namrita
B.com 2nd Year



FACTS ABOUT COMMERCE

What comes in a debit
What goes out a credit
My birthday is my asset.
My views are my liabilities.
Happiness is my profit.
Sorrow is my loss.
Joy is my goodwill.
Duties are my outstanding expenses.
Friendship is my Capital.
Good things always appreciate.
Knowledge is my investment.
Patience is my interest.
My mind is my bank Balance

Diksha Sharma
Class- B.com 1st



Make In India

Make in India Campaign was launched by the Prime Minister Narendra Modi on 25th of September in 2014. It is an initiative to make a call to the top business investors all across the world for investment in India. It is a big opportunity for all the investors to set up their business in any filed anywhere in the country. This attractive plan has resourceful proposal for foreign companies to set up manufacturing by the Indian government. Make in India campaign launched by the India government focuses on building effective physical infrastructure .It is also meant for improving the Indian market by developing digital network in the country to create a global hub for business. To ensure solid growth and valuable employment creation in the country ; Make in India will also help the companies in creating brand values in the global market. The government of India is making great efforts in order to reduce any type or burden on investors to make India free from unemployment by bringing development and growth.

Namrita
B.com 2nd year

Importance of Income Tax in India

The government needs funds to run and manage the country, including developing infrastructure, operating public institutions, and launching various schemes for the benefit of different segments of society. While there are many ways in which the government sources their funds, taxes are one of the biggest contribution.

➤ Taxation in India

The taxation system in India is highly structured and based on two core attributes.

➤ Progressive

Tax rates increase as the income or revenue of the taxpayer increases.

Here is an example:

➤ The annual income of three friends is as follows:

- Rahul: Rs 2 Lakh
- Vijay: 10 Lakh
- Ravi: 30 Lakh

• Progressive Tax means that the tax rate will increase as income increase.

Therefore, the Tax rate will be as follows.

- Rahul: 10%
- Vijay: 20%
- Ravi: 30%

• Types of Taxes in India.

While there are different types of Taxes in the India they can be broadly classified into two Categories: Direct and Indirect Taxes.

Indirect taxes:

The tax is levied when taxpayers avail of services or purchases goods. These are called Indirect Taxes. Consumers pay there taxes as a part of the purchase price of a product or service. The sellers of the service products are required to pay the collected tax to the government. Hence, the government collects there taxes indirectly from you. The Goods and Services Tax (GST) is an example of an Indirect Tax.

Direct Taxes:

These taxes are levied directly on the income generated by companies and individuals where taxpayers pay taxes directly to the government. They are a significant part of the government's revenue. Taxpayers are responsible for ensuring that they pay the tax in time. Some examples of direct tax are corporate tax, income tax.

*Deepika Gajpati
B.com 2nd year*



Crypto Currency

Crypto-Currency is an innovative concept which works as a medium of exchange for purchasing goods and services online. The working of crypto currency uses cryptography. A crypto currency is a digital currency, which is an alternative form of payment created using encryption algorithms. The use of encryption technologies means that crypto currencies function both as a currency and as a virtual accounting system. To use crypto currencies, you need a crypto currency wallet. Let us briefly look into the functioning of crypto-currency. Crypto currencies run on a distributed public ledger called blockchain, a record of all transactions updated and held by currency holder. Units of crypto -currency are created through a process called mining, which involves using computer power to solve complicated mathematical problems that generate coins. Users can also buy the currencies from brokers; then store and spend those using cryptographic wallets. The rules and regulations for crypto -currency are not established yet, and this investors of the regulatory setup deprives the investors of the safety from several kinds of

risks.

The risks are listed below, which are:-

- 1.Potential losses for the retail investors
- 2.Volatility can be dangerous to the economy of developing countries.

Like gold, crypto-currencies are seen as a hedge to protect the portfolio and its value as a hedge lies in its inflation beating qualities. Traditionally, investors used gold to hedge against stock volatility. But today; crypto is slowly emerging as a mainstream investment, especially among millennials. Moreover, buying Bit Coin is absolutely legal in India, there is a law prohibiting Indians from buying /selling crypto currencies in India.

Now after reading this how you respond to the question "What are your views about crypto currency, or rather will you invest in it?"

Not only as a commerce student but also as a citizen or buyer of the Indian society must know the uncertain future of crypto currency.

*Neha Sharma
B.com 3rd year*

Tax Management

A tax is a mandatory financial charge and some other type of levy imposed upon a taxpayer by a government organization in order to fund various public expenditure. A Failure to pay or evasion of tax is punishable by law. Every person liable to pay tax needs to manage his/ her taxes. Tax management helps in management of finances payment of tax in time. Tax management has nothing to do with

planning to save tax it is just rebate with the operational aspect of payment of tax i.e. while managing his taxes a person ensures that he is making timely payment of taxes without running out of the money and he is complying with all the provisions of the law.

*Namrita
B.com 2nd year*

Entrepreneurship

Entrepreneurship is the ability and readiness to develop, organize and run a business enterprise, along with any of its uncertainties in order to make profit. The most prominent example of entrepreneurship connected with land, labour, natural resources and capital can generate profits. The entrepreneurial vision is defined by discovery and risk taking and is an indispensable part of a nation's capacity to succeed in the ever changing and more competitive global market place.

Meaning:- The entrepreneur is defined as someone who has the ability and desire to establish, administer and succeed in a startup venture along with risk entitled to it, to make

profits. The best example of entrepreneurship is the starting of a new business venture. The entrepreneur is often known as a source of new ideas or innovator, and brings a new invention.

It can be classified into small or home business to multinational companies. In economics, the profit that an entrepreneur makes is with a combination of land, natural resources, labour and capital. In a nutshell, anyone who has the will and determination to start a new company and details with all the risk that go with, can become an entrepreneur.

*Neha Sharma
B.com 3rd year*

ECONOMY OF INDIA



The economy of India has transitioned from a mixed planned economy to a mixed middle - income developing social market economy with notable public sector in strategic sector. It is the world's fifty -largest economy by nominal GDP and the third- largest by purchasing power parity (PPP); on a per capital income basis, India ranked 139th by GDP. From independence in 1947 to 1991, successive governments followed soviet model and promoted protectionist economy policies,

with extensive sovietization, state intervention, demand -side economics, natural resources, bureaucrat driven enterprises and economic regulation. This is characterized as dirigisme, in the form of the license Raj. The end of the cold war and an acute balance of payment crisis in 1991 led to the 21st century, annual average GDP growth has been 6% to 7%.

*Neha Sharma
B.Com 3rd Year*

FUTURE OF AI (Artificial Intelligence)

Before delving into the future of AI, it's important to first grasp what Artificial Intelligence is and where it is currently at. "AI is the ability of machines or computer-controlled robots to execute tasks that are associated with intelligence." As a result AI is a branch of computer science whose goal is create intelligent machines that can replicate human behavior.

How will The Future AI Look Like After 10 Years ?

In the next 10 years, we can expect significant advancement in various fields, such as healthcare, transportation ,and entertainment, driven by AI technologies. AI will continue to ongoing research and innovation, the possibilities for AI in the future is endless.

Impact on Society

The impact of AI on society is already being felt in many ways. One of the biggest impacts of AI on society is the potential for it to widen the gap between the rich and the poor. AI has the potential to automate many jobs, which could lead to significant job losses. This could disproportionately affect those who are already disadvantaged. For example, In the future, we can expect to see even more jobs automated, such as truck driving, delivery services, and even medical diagnosis.

Challenges that need to be addressed

Ethical and Transparent AI

As AI continues to advance, there are many challenges that need to be addressed to ensure that it is used for good. One of the biggest challenge is the need to develop AI that is ethical and transparent. This means that AI systems should be designed to be accountable and respect human values For example, AI algorithms used in healthcare should be transparent about how they make decision and should not discriminate against patients based on their race, gender, or other factor. Similarly, AI systems used in law enforcement should be transparent to oversight and review.

In conclusion, the future of AI is both exciting and uncertain.

While there are many potential benefits to AI, there are also many challenges that need to be addressed. As we move forward, it is important that we work together to ensure that AI is developed in a way that is ethical, transparent, safe, and sustainable. Only then can we fully realize the potential of AI to improve our lives and solve some of the world's biggest challenges.

Aryan Kanwar
B.com 3rd year



Startup India

Start-up India is a flagship initiative of the Government of India, intended to build a strong ecosystem that is conducive for the growth of start-up business, to generate large scale employment opportunities and to enhance the economic growth of India. The government through this scheme aims at building a robust system of start-ups and enhancing innovation in the country. The vision of making India a place of job creators instead of job seekers can be achieved through this scheme. The government has launched a 19-point start-up India Action Plan which envisages several incubation centers, easier patent filling , tax consumption ,ease of setting business ,an INR 10000 crores corpus fund and faster exit mechanism . This scheme that aims at providing "ease of business " by removing license system, permission from various authorities and clearance from different departments is run under the Department of Industry and Internal Trade. The schemes provide youth a platform for showing their skill and fulfilling their ambitions through this. They also avail cheaper loans through MUDRA scheme - an initiative which aims to develop entrepreneurs. This scheme is a milestone and government has left no stone unturned to make this scheme a successful one . This has provided freedom from tax for the first 3 years of operation. This vision of the Indian Government and make India an easier place to invest in, has been fairly achieved through this.

Dimple Sharma
B.com 2nd year

हिन्दी अनुभाग

सम्पादकीय



डॉ उज्ज्वल राठौर,
संभाग संपादिका



दिव्या अरुण,
कला संकाय, द्वितीय वर्ष

हमारे जीवन के इस छोटे से सफर में कुछ लम्हें ऐसे होते हैं जो हमारे जीवन को एक नया मोड़ देते हैं, हमारा पूरा नज़रिया बदल देते हैं। ऐसा एक कार्यभार मुझे भी मेरे जीवन में मिला। 'नव पलाश' पत्रिका के प्रकाश हेतु मुझे विद्यार्थी संपादक हिंदी नियुक्त किया गया। यह मेरे लिए मेरे जीवन का सबसे महत्वपूर्ण अनुभव था। जब मैं इस पत्रिका के लिए कार्य कर रही थी तब मुझे बहुत से अध्यापकों को करीब से जानने का अवसर भी मिला जिसका सीधा प्रभाव मैं अपनी लेखनी में देखती हूँ। इस पत्रिका के निर्माण में कुछ परेशानियाँ अवश्य आईं। रचनाओं को चयनित करना सबसे बड़ी मुश्किल थी क्योंकि सबने अपनी-अपनी ओर से बहुत ही अच्छी रचनाएँ भेजी थी, सब अपने लेख छपवाने के लिए बहुत उत्साहित भी थे। इस उलझन के समय मेरे पथ प्रदर्शक हमारे महाविद्यालय के यशस्वी प्राचार्य डॉ० जनेश कूपर सर, हमारे हिंदी विभाग की प्राध्यापिका डॉ० उज्ज्वल राठौर मैम, अन्य प्राध्यापक वर्ग एवं समस्त कर्मचारी गणों ने मेरा मार्गदर्शन किया और इसके लिए मैं उनका सहृदय धन्यवाद करती हूँ। उन सभी छात्र-छात्राओं जिनकी रचनाओं के बिना यह काम अधूरा था उनका भी मैं धन्यवाद करना चाहती हूँ।

आशा है कि गत वर्ष की भांति इस वर्ष भी आपको 'नव पलाश' के माध्यम से प्रस्तुत की गयी रचनाएँ पसंद आएगी।

अंत में

“लहरों से डरकर कभी नौका पार नहीं होती।
कोशिश करने वालों की कभी हार नहीं होती॥”

वक्त



वक्त है महान ये, वक्त ही बताएगा।
 वक्त ने गिराया है, तो वक्त ही उठाएगा।
 वक्त ने दिया भी है, तो वक्त ही ले जाएगा
 वक्त ने सिखाया भी है, यह वक्त ही सिखाएगा
 वक्त ने कराया भी है, तो वक्त फिर से कराएगा
 वक्त ने बिगाड़ा है, तो वक्त ही बनाएगा
 राम को गिराया था तो रावण को उठाया भी
 कर्ण को हराया भी है, तो अर्जुन को जिताया भी
 सोते को जगाया है, गिरते को उठाया है
 हर चलते राही को, कष्ट सहना इसी ने सिखाया हैं।
 तब ईश्वर भी इससे हारा है, इसने जब परब्रह्म को झुकाया है,
 चार क्षण के जीवन में, बता किसने, वक्त को हराया है।
 वक्त ही मिला है तुझे, और वक्त ही गवाएंगा,
 वक्त का हाथ थाम ले, बस वक्त ही साथ निभएगा।
 बस वक्त ही तेरा साथ निभाएगा।

सोनिया,

द्वितीय स्नातक वर्ष



कानून

कानून से ऊपर कोई इन्सान नहीं हैं,
 कानून के आगे कोई पहचान नहीं है,
 कानून से ऊँचा कोई स्थान नहीं हैं,
 पर देखें है कानून के कुछ ऐसे मुहाफिज,
 उनमें है बहुत कुछ मगर इन्सान नहीं है।
 लम्बे हैं कुछ कानून के हाथ माना,
 मुजरिम जो बना, छोड़ दे फिर उनको जमाना,
 बदनामी बना दे उसे इक ऐसा फसाना।
 रूसवाई जिसे लाकर चौहारे पे बिठा दे,
 कानून कभी जो उसी पे जो इल्जाम लगा दें,
 जो काम किए उसने एक पल में भूला दें।
 कानून जो बिकता है पैसे से एवेज में,
 कानून जो झुकता है बुलन्दी के अवसर में,
 रहता है जो बेरहम दरिदों के भी झार में,
 बेबस के लिए आज जो भगवान नहीं है,
 अच्छे हैं जो उन पे मेहरबान नहीं है,
 मासूमों को कानून की पहचान नहीं हैं
 कानून जो औरत का निगाहबान नहीं हैं,
 कैसे ये चलेगा हमें, एक बार बता दो,
 इन्साफ के रास्ते की रूकावट को हटा दो।

दिनेश कुमार,

कला स्नातक द्वितीय वर्ष



माँ का महत्व

आसमान ने कहा: माँ एक इन्द्रधनुष है, जिसमें सभी रंग समाए हुए है।
 शायर ले कहा: माँ एक ऐसी गजल है, जो सभी दिल में उतरती चली जाती है।
 माली ने कहा: माँ वह दिलकश फूल है, जो पूरे गुलशन को महकाता है।
 औलाद ले कहा: माँ ममता की अनमोल दास्तां है, जो हर दिल पर कुर्बान है।
 वाल्मीकि जी ने कहा: माँ और मातृ श्री का स्थान स्वर्ग से भी ऊँचा है।
 वेद व्यास जी ने कहा: माँ वह हस्ती है, जिसके कदमों के नीचे जन्नत है।
 पंजाबी गायक ने कहा: माँ रब्ब का दूसरा रूप है।

आरती वर्मा,

कला स्नातक द्वितीय वर्ष



अध्यापक

अब पहला पग पड़ा विद्यालय में
तब मैं कोरा पन्ना था,
मुझे भी शिक्षा ग्रहण करके
एक अच्छा इन्सान बनना था,
हाँ, साथ दिया मेरे शिक्षकों ने
और सिखाई हर नई बात मुझे
अपनी लिखी कुछ पक्तियों में
मैं नमन करूंगी आज उन्हें।।
के तेरे उपकारों को ऐ अध्यापक
हम जन्मों तक न भूलेगें
याद आएगी बहुत तुम्हारी
जब कामयाबी का झूला झूलेगें
दृढ़ संकल्प लेना सिखाते हो
हमें संस्कारों का महत्व सिखाते हो
भटके हुए हर राही को
सफलता का मार्ग दिखाते हो।

नज़र सब पर एक समान हो
ना कभी शिष्यों में भेदभाव करते
किसी नादान से गलती हो जाए
तो सीख देकर माफ करते हो
हमारे छुपे गुणों को तारशकर
हम पर हुनर का रंग चढ़ाते हो
हर शिक्षक खुद में एक संस्था है
जो देश को आगे बढ़ाते है।।



भावना,
द्वितीय वर्ष



शिक्षक

शिक्षक की गोद में उत्थान पलता है
जहां सारा शिक्षक के पीछे चलता है
शिक्षक का बोया पेड़ बनता है।
हजारों बीज वहीं पेड़ जनता है।
काल की गति को शिक्षक मोड़ सकता है
शिक्षक धरा से अम्बर को जोड़ सकता है
शिक्षक की महिमा महान होती है।
शिक्षक बिन अधूरी वसुन्धरा रहती है
याद रखो चाणक्य ने इतिहास बना डाला था
क्रूर मगध राजा को मिट्टी में मिला डाला था।
बालक चन्द्रगुप्त को चक्रवर्ती सम्राट बनाया था।
एक शिक्षक ने अपना लोहा मनवाया था।
संदीपनी से गुरु सदियों से होते आये है।
कृष्ण जैसे नन्हें-नन्हें बीज बोते आये है।
शिक्षक से ही अर्जुन और युधिष्ठिर जैसे नाम है।
शिक्षक की निंदा करने से दुर्योधन बदनाम है।
शिक्षक की दया दृष्टि से बालक राम बन जाते है।
शिक्षक की अनदेखी से वो रावण भी कहलाते हैं
हम सब ने भी शिक्षक बनने को सुअवसर पाया है
बहुत बड़ी जिम्मेदारी को हमने गले लगाया है।
आओ हम संकल्प करे की अपना फर्ज निभायेगे।
अपने प्यारे भारत को हम जगतगुरु बनायेंगे।
अपने शिक्षक होने का हरपल अभिमान करेगे।
इस समाज में हम भी अपना शिक्षा दान करेगे।



भारती शर्मा,
द्वितीय स्नातक वर्ष

आत्मविश्वास

एक बार एक विद्यालय में प्रधानाचार्य द्वारा परीक्षाफल घोषित किया जा रहा था। परीक्षाफल की घोषणा के बाद एक बच्चे ने प्रधानाचार्य से कहा- 'सर'। मैं अनुत्तीर्ण नहीं हो सकता प्रधानाचार्य जी को क्रोध आ गया। उन्होंने उसे डांटा और कहा- क्या मैं झूठ बोल रहा हूँ कि तुम अनुत्तीर्ण हो? प्रधानाचार्य जी की डांट सुनने के बावजूद वह लड़का यह मानने के लिए तैयार नहीं हुआ कि वह अनुत्तीर्ण है तभी विद्यालय का चपरासी दौड़ता हुआ आया और प्रधानाचार्य से बोला सर! गजब हो गया। आपने छात्रों की उत्तीर्ण, अनुत्तीर्ण की जो सूची बनाई तथा सुनाई है, वह तो गलत है, सही सूची तो यह है इस बीच वह लड़का, जो बार-बार अनुत्तीर्ण न होने की बात कर रहा था, सभी विद्यार्थियों में हास्य का पात्र बन चुका था। एक सहपाठी ने कहा- बड़ा आया पढ़ने वाला, अनुत्तीर्ण हो गया। दूसरा बोला- 'हम सब पढ़ते नहीं थे, फिर भी पास हो गये। सभी हंसने

लगे। प्रधानाचार्य ने सभी विद्यार्थियों को पुनः बुलाया और बोले, हमें खेद है कि पहले गलत सूची से परीक्षाफल सुना दिया गया था। इसी सही सूची में पहला स्थान उसी लड़के का है, जो बार-बार कह रहा था कि मैं अनुत्तीर्ण नहीं हूँ, फिर प्रधानाचार्य जी ने उस लड़के को मंच पर बुलाकर पुरस्कृत किया और कहा कि वह आगे चलकर तुम अवश्य बहुत उन्नति करोगे। यही बालक आगे चलकर देश के प्रथम राष्ट्रपति राजेन्द्र प्रसाद के रूप में विख्यात हुआ। सार यह है कि पुर्ण आत्मविश्वास से कोई भी कार्य करने पर शत-प्रतिशत सफलता प्राप्त होती है।

विशाखा शर्मा,
बी.ए. तृतीय वर्ष



संघर्ष

मत समझे कि संघर्ष के बिना जीवन पूरा है।
बल्कि ये समझो कि संघर्ष के बिना जीवन अधुरा है।
संघर्ष जीवन की लगाम है।
संघर्ष ही जीवन की शान है।
संघर्ष दर्पण है जीवन का
संघर्ष को मेरा सारा जीवन अर्पण है
संघर्ष से सफलता हासिल होती है
संघर्ष न करने वालो की
जीवन रूपी नैया डूबती है।
संघर्ष करना जीवन का असली दान है।
संघर्ष करना ही जीवन में मधुर पान है।
संघर्ष से जीवन में आती है बहार,
इसलिए तुम संघर्ष से करो प्यार,
संघर्ष से हर कोई आगे बढ़ता है।
सफलता की सीढ़ी चढ़ता है।
संघर्ष करना, नहीं तो पछताओगे।
उम्र भर जिदंगी में धक्के खाओगे।

ज्योति
बी.ए. द्वितीय वर्ष



प्रकृति

हरे-हरे खेतों में
बरस रही हैं बूँदें,
खुशी-खुशी से आया सावन
भर गया मेरा आंगन।
ऐसा लग रहा है जैसे
मन की कलियाँ खिल गयी वैसे
ऐसा कि आया बसंत
लेके फूलों का जश्न।।
धूप से प्यासी मेरे तन को
बूँदों ने दी ऐसी अंगड़ाई
कूद पड़ा मेरा तन मन
लगता है मैं हूँ एक दामन।।
यह संसार है कितना सुंदर
लेकिन लोग नहीं उतने अक्लमंद
यही है एक निवेदन
न करो प्रकृति का शोषण।।



मेरी माँ

दिया जन्म तूने, नाम मिला तुझसे
पहचान मिली तुझसे, बस कभी दूर न जाना मुझसे।
तूने ही तो बूना है मेरी जिदंगी का ताना बाना,
होगा मुश्किल तेरे बिन रह पाना।
जिस मुश्किल से तूने पाला है।
खुद भूखे रहकर मुझे खिलाया है।
छोड़कर बेटी-बेटे का भेद तूने मुझे सिखाया है।
कभी डांट कर तो कभी प्यार से, तूने ही समझाया है,
तेरे रूप में मुझे मिला 'ईश्वर का साया है।
बिना कुछ कहे तू सब समझ जाती है,
मेरा चेहरा किताब की तरह पढ़ जाती है।
हर मुश्किल में मेरा सहारा बनती है,
रहूँ दूर कुछ समय के लिए तो,
मेरी याद में चुपके से रोती है,
क्योंकि तू मुझसे इतना प्यार जो करती है।
इतना कुछ किया है तूने मेरे लिए,
तूने पूरे किए मेरे हर सपने।
ये कैसी तेरी कला है,
तेरे सपनों में भी मेरा ही भला है।
सारी दुनिया में स्वार्थ भरा है,
और हर स्वार्थ से परे ये रिश्ता तेरा है।
मैं बनूँ वो वजह, जो मुझे खुश करें,
एक दुआ है रब से वो हमें जुदा न करें।

दिव्या अरूण,
कला स्नातक द्वितीय वर्ष

कोई अर्थ नहीं

नित जीवन के संघर्षों से
जब टूट चुका हो अन्तर्मन
तब सुख के मिले समन्दर का
रह जाता कोई अर्थ नहीं।
जब फसल सूख कर जल के बिन
तिनका-तिनका बन गिर जाए
फिर होने वाली वर्षा का
रह जाता कोई अर्थ नहीं
सम्बन्ध कोई भी हो लेकिन
यदि दुःख में साथ न दे अपना
फिर सुख में उन सम्बंधों का
रह जाता कोई अर्थ नहीं
छोटी-छोटी खुशियों के क्षण
निकले जाते हैं रोज जहाँ,
फिर सुख की नित्य-प्रतीक्षा का
रह जाता कोई अर्थ नहीं।
मन कटुवाणी से आहत हो
भीतर एक छलनी हो जाए
फिर बाद कहे प्रिय वचनों का
रह जाता कोई अर्थ नहीं।
सुख साधन चाहे जितने हो
पर काया रोगों का घर हो
फिर उन अगनित सुविधाओं का
रह जाता कोई अर्थ नहीं।

उर्वशी,
बी.ए. तृतीय वर्ष



हिन्दी भाषा

जब छोटे थे तो हिंदी बोले, बड़े हुए तो छोड़ चले।
जब गोदी में उठ खड़े हुए, माँ से अपना मुँह मोड़ चले।
प्यासे की प्यास न बुझाती है, चम्मच का पानी पीने से।
जिसको हिन्दी से प्यार नहीं मर जाना अच्छा जीने से
सर की शोभा पंकज है, जैसे नारी की बिंदी से
हम एक साथ मिल जाएंगे, भारत की शोभा हिंदी से।
तोड़ डाली थी जंजीरे परतन्त्रता के नाम की।
विचार करो तुम राष्ट्र भाषा हिन्दी के उत्थान की।
यदि अंग्रेजी के प्रति यह मोह दिनों दिन बढ़ता रहा
समझ लीजिए भारत का इन्सान अपनी संस्कृति से कटता
रहा
हिन्दी वाहिनी है हमारे आचार-आचार और विचार की
इसलिए करनी होगी हमें बात इसके प्रचार की।
अंग्रेजी, फारसी, उर्दू चीनी हर राष्ट्र की अपनी पहचान
हिन्दी देश के हम है वासी हिन्दी भाषा हमारी पहचान ।

प्रियंका,
बी.ए. तृतीय वर्ष



कोशिश करके देख

रूकी हुई सी जिंदगी में अरमान बहुत हैं।
बंजर हुई जमीन तो क्या ऊपर आसमान बहुत है।
छूँ लूँ हर एक सितारे को, इसी कोशिश में हूँ आजकल
चुका 4 बार तो क्या
अगली कोशिश करने को एक शाम बहुत है।
माना थोड़ी देर लगेगी आज न सही, सफलता कल तो
आयेगी।
और पसीना नापा नहीं कभी बगीचे में
ये मेहनत की जो खुशबू है मेरी
मुझसे दूर कब तक रह पायेगी।
मान लेते है एक बार और हार गए
बहाने के लिए बाकी बातें वो बहुत है।
पर नयी नींव रखते है फिर से
आज टूटी एक दीवार तो क्या
बनाने को आगे मकान बहुत है।

ममता बंसल,
बी.ए. द्वितीय वर्ष



मेहनत

जो तेरे अंदर के साहस को पहचान लेता है,
कोई है जो तेरे हौसलों को उड़ान देता है...

छुपा नहीं रह सकता किसी फनकार के अंदर,
हर फन परिश्रमी को, मैदान देता है...

सिर्फ वही बदल सकता है सपनों को हकीकत में
जो शख्स जिंदादिल रहकर अपनी जान देता है...

किस्मत भी कांप उठती है उस की कोशिशों से,
जो शख्स जिंदगी को कर्मों का तूफान देता है...

कहने को तो इंसान है सिर्फ मिट्टी का पुतला
हीरा है, जो तराशने वाले को शान देता है...

यू तो कितने इंसान है यहां एक ही नाम के
अमर है, जो मेहनत से नाम को पहचान देता है

सिमरन वर्मा,
बी.ए. तृतीय वर्ष



एक दोस्त ऐसा भी

एक दोस्त ऐसा भी हो,
जो सिर्फ मेरा हो।
मैं रोऊ तो मुझे हंसाएँ,
मैं रूटू तो मुझे मनाएँ,
मेरे हर एक दुख में मेरे साथ हो,
मेरी हर एक खुशी में मेरे साथ हो,
मेरे बिन बोले मेरी बात समझे
मेरे बिन बोले मेरे दर्द को महसूस करें।
हां एक दोस्त ऐसा भी हो,
जो मेरी हंसी के पीछे छिपे दर्द को पहचान ले,
जो मेरे गिरने से पहले मेरा हाथ थाम ले,
मुझे संभाल ले।
हां एक दोस्त ऐसा भी हो,
जो जिंदगी की कठिन राह पर
मेरा मार्गदर्शक बने।
जो दुनिया के भीड़ में मुझे तन्हा न छोड़े।
जो अंधेरे में मेरी रौशनी बने,
हां एक दोस्त ऐसा भी हो,
हां एक दोस्त ऐसा भी हो,
जिसका साथ पाकर मैं हर गम भूल जाऊं
जो मेरे साथ चले तो लगे, जैसे की मेरी ही परछाईं।
एक दोस्त ऐसा भी हो,
जो मुझे खोने से डरे
जिसे मेरी कमी महसूस हो,
जब मैं उसके साथ ना हूँ तो
हां एक दोस्त ऐसा भी हो,
जो मुझसे कभी नाराज ना हो।
हां एक दोस्त ऐसा भी हो,
जो सिर्फ मेरा हो, सिर्फ मेरा



जयश्री,
बी.ए. तृतीय वर्ष



अनमोल वचन

1. क्यों घबराता है पगले दुःख होने से
जीवन तो प्रारम्भ ही हुआ है रोने से।
 2. पिता नीम के पेड़ के जैसा होता है जिसके
पत्ते भले ही कड़वे हो पर वह छाया हमेशा ठंडी देता है।
 3. हमें जो मिला है हमारे भाग्य से ज्यादा मिला है।
यदि आपके पाँव में जूते नहीं है, तो अफसोस मत करे
दुनिया में कई लोगों के पास तो पाँव ही नहीं है।
 4. जीतने का मजा तभी आता है जब सभी
आपके हारने का इंतजार कर रहे हो....
 5. कामयाब लोग अपने फ़ैसले से दुनिया बदल लेते है।
और नाकामयाब लोग दुनिया के डर से अपने फ़ैसले
बदल लेते है
 6. अगर आप पहाड़ों को हिलाना चाहते है।
तो पहले पत्थरों को हिलाना सीखें।
- प्रियंका, बी.ए. तृतीय वर्ष

माँ का महत्व

जिन्दा थे तो किसी न पास बिठाया नहीं
अब सभी मेरे चारों ओर बैठे जा रहे हैं।।
पहले किसी ने मेरा हाल तक पूछा नहीं
अब सभी आंसू बहाए जा रहे हैं।
पहले किसी ने रूमाल तक भेंट नहीं किया
अब गर्म शालें मेरे ऊपर ओढ़ाए जा रहे हैं।
सब को पता है कि अब ये किसी काम के नहीं
मगर फिर भी बेचारे दुनियादारी निभाए जा रहे हैं।
पहले किसी ने एक वक्त का खाना तक न दिया,
अब देसी घी मेरे मुंह में डाले जा रहे हैं।
पहले कोई एक कदम भी साथ न चला
अब फूलों से सजाकर कंधे पर उठा रहे हैं।
आज पता चला मौत, जिंदगी से बेहतर है
न जाने क्यों लोग बेवजह जिए जा रहे है?
आज पता चला मौत का महत्व?
जिन्दगी से अच्छी व बेहतर हैं मौत।।

वनीता,
बी.ए. द्वितीय वर्ष

हिन्दी

हिन्दी से बना हैं हिन्दुस्तान
तभी तो भारत देश महान
हिन्दी भाषा की उन्नति के लिए
अपना सब कुछ कुर्बान
हिन्दी है भाषा प्यारी
करता हूँ। मैं इससे बहुत प्यार
ध्यान से देख रे ए बन्दे
छिपा हुआ है इसमें बहुत गहरा संसार
जन-जन की भाषा है हिन्दी
देश की परिभाषा है हिन्दी
जिसने पूरे देश को जोड़ रखा है
वो मजबूत धागा है हिन्दी
करो हिंदी भाषा से प्यार
छिपा हुआ है इसमें सारा संसार
आने वाली पीढ़ी को भी तो पता चले
14 सितम्बर को क्या हुआ था यार
हिन्दी का तुम करो सम्मान
यह तो है हमारे देश की जान
अंग्रेजो ने जब धुल चटाई
हिन्दी ने तब राह दिखाई

हरीश शर्मा,
कला संकाय तृतीय वर्ष



ख्वाब, मेहनत और जीत

आँखों में ख्वाब, हाथ में लकीर
मंजिल है अपनी-अपनी और कर्म में तकदीर।
उम्र है कुछ कर दिखाने की फिर पूरी उम्र आराम,
अगर अभी किया आराम तो करना पड़ेगा हमेशा काम।
पटक-पटक के सिर गिरा दे ज्ञान की दीवार,
सीख ले कुछ न कुछ ज्ञान के है भण्डार अपार।
नहीं मिले अगर कोई वजह कुछ कर दिखाने की,
तो देखना माता-पिता के हाथ जिनकी कोशिश है
तुम्हें तराशने की
माता-पिता व गुरु है तुम्हारे लिए आदर्श।
जिन्हें मिलेगा तुम्हारी सफलता से हर्ष।
मत करना कभी भरोसा उन दोस्तों पर बोले कल पढ़ते हैं।
कल किसने देखा, यहां कब क्या होगा किसी को पता नहीं।
तो छू ले उन बुलंदियों को,
के दुनियां में हो अलग पहचान।
लोग कहे नमस्कार जनाब,
और तुम्हारी अपनी शान।

अम्बिका ठाकुर,
कला स्नातक द्वितीय वर्ष

गिरना भी अच्छा है।

गिराना भी अच्छा है।
औकात का पता चलता है...
बढ़ते है जब हाथ उठाने को...
अपनो का पता चलता है
जिन्हें गुस्सा आता है,
वो लोग सच्चे होते है।
मैंने झूठो को अक्सर

मुस्कराते हुए देखा है ॥
सीख रहा हूं अब मैं भी इंसानों को पढ़ने का
हुनर,
सुना है चेहरे पर किताबों से ज्यादा लिखा होता
है।



करण वर्मा,
बी.ए. तृतीय वर्ष

सच्चा सद्भाव

एक शहर में एक पिता और पुत्र रहते थे। पिता व्यापार का कार्य करता था। पुत्र की उम्र पैंतीस-पच्चास छुने लगी। पिता पुत्र को व्यापार में स्वतंत्रता नहीं देता था, और तिजौरी की चाबी भी नहीं। पुत्र के मन में यह बात खटकती थी। वह सोचता था कि यदि मेरा पिता पन्द्रह-बीस वर्ष तक रहेगा, तो मुझे स्वतन्त्र व्यापार करने का कोई अवसर नहीं मिलेगा। स्वतंत्रता सबको चाहिए। मन में चिढ़ थी, कुढ़न थी। एक दिन वह फूट पड़ी। पिता-पुत्र में झड़प हुई सम्पदा का बंटवारा हुआ। पिता अलग रहने लगा। पुत्र अपने बच्चों तथा पत्नी के साथ अलग रहने लगा।

पिता अकेले थे। उनकी पत्नी का देहान्त हो चुका था। वे स्वयं ही अपने हाथ से रूखा-सूखा भोजन बनाकर खा लेते, कभी चना-चबाना, कभी भूखे सो जाते। अब उनकी पुत्रवधू को यह पता लगा तो उसे दुःख हुआ। आत्मग्लानि भी हुई। उसे बाल्यकाल से ही धर्म का संस्कार था बड़ों के प्रति आदर एवं सेवा का भाव था। उसने अपने पिता पति को मनाने का प्रयास किया, पर वह नहीं माना। अब वह अपने पति, बच्चों को घर से स्कूल तथा दुकान को भेजकर अपने ससुर के लिए उनके घर जाकर खाना पकाती थी।

कुछ दिनों तक ऐसा ही चलता रहा। जब पति को पता लगा तो उसने पत्नी को रोका ऐसा क्यों करती हो। बीमार पड़ जाओगी। आखिर शरीर ही तो हैं कितना परिश्रम करोगी और वो

भी उसके लिए। बहू-बोली मेरे ईश्वर के समान आदरणीय ससुर भूखे रहे, तकलीफ पाएं और हम लोग आराम से खाएं- पीएं मौज करें यह मुझसे नहीं हो सकता। मेरा धर्म है बड़ों की सेवा करना इसके बिना मुझे सन्तोष नहीं है। भोजन के समय उनकी याद आने पर मुझे आंसू आते हैं। उन्होंने ही तुम्हें पाल पोसकर बड़ा किया है, तब तुम पति के रूप में मिले हो। तुम्हारे मन में कृतज्ञता का भाव नहीं है तो क्या हुआ मैं उनके प्रति कैसे कृतधन हो सकती हूँ।

पत्नी के सद्भाव पति की निष्ठकुरता पर विजय पा गए। उसने जाकर अपने पिता के चरण छुए, क्षमा मांगी, घर ले गए। पति-पत्नी दोनों पिता की सेवा करने लगे। पिता ने व्यापार का सारा भार पुत्र पर छोड़ दिया। वे अब पुत्र के किसी कार्य में हस्तक्षेप नहीं करते थे।

परिवार के किसी भी व्यक्ति में यदि सच्चा सद्भाव है वह सबके मन को जोड़ सकता है मन का मेल ही सच्चा पारिवारिक सुख है। अतः सभी व्यक्ति को एक-दूसरे के प्रति सद्भावना रखनी चाहिए।



अनुराधा शर्मा,
बी.ए. द्वितीय वर्ष

एक सवाल



आओ पूछें एक सवाल!
मेरे सिर में कितने बाल?
कितने आसमान में तारे?
बतलाओ या कह दो हारे!
नदियाँ क्यों बहती दिन-रात?
चिड़ियाँ क्या करती है बात?
क्यों कुत्ता बिल्ली पर धाए?

बिल्ली क्यों चूहे को खाए?
फूल कहाँ से पाते रंग?
रहते क्यों न जीव सब संग?
बादल क्यों बरसाते पानी?
लड़के क्यों करते शैतानी?
नानी की क्यों सिकुड़ी खाल?
अजी, न ऐसा करो सवाल!

यह सब ईश्वर की माया है,
इसको कौन जान पाया है?



स्मृति,
बी.ए. द्वितीय वर्ष

हिन्दी भाषा, ईश्वर की देन

प्रकृति की पहली ध्वनि ऊँ है
मेरी हिन्दी भाषा भी, इसी ऊँ की देन है।
देवनागरी लिपि है इसकी, देवों की कलम से उपजी
बांगला, गुजराती, भोजपुरी डोगरी, पंजाबी और कई
हिन्दी ही है इन सब की जननी।
प्रकृति की हर इक चीज अपने में संपूर्ण है।
मेरी हिन्दी भाषा भी अपने में सम्पूर्ण है।
जो बोलते हैं वही लिखते है।
मन के भाव सही उभरते है।
हिन्दी भाषा ही तुम्हें, प्रकृति के समीप ले जाएगी।
मन की शुद्धि तन की शुद्धि सहायक यह बन जाएगा।
कुछ हवा चली है ऐसी यहाँ
कहते है इस मातृभाषा को बदल डालो।
बदल सको क्या तुम अपनी माता को?
मातृभाषा का क्यों बदलाव करो।
देवों की भाषा का क्यों तुम तिरस्कार करो।
बदल सको तो तुम अपनी सोच को बदल डालो।
हर इक भाषा का तुम दिल से सम्मान करो
हिन्द की जड़ों पर आओ हम गर्व करे
हिन्दी भाषा पर आओ हम गर्व करे।



पल्लवी वर्मा,
बीए द्वितीय वर्ष

कलयुग काल

हर घड़ी हमने यह है पाया
मनुष्य में है मोह की माया
ना जाने कैसा अब ये दिन है आया
मनुष्य ने अपना मान गवाया
देखो कलयुग काल है आया!
ईश्वर तुमने मनुष्य रूप बनाया
जिसमें है बस घंमंड ही समाया
यहां न कोई अपना न कोई पराया
हर घर में है कलेश ही छाया
देखो कलयुग काल है आया!
एक ओर राम नाम है जपता
दुजी ओर मांसाहार है करता
जाति-पाति का भेद है रखता
धर्म नाम पर बस लड़ता रहता
देखों कलयुग काल है आया!
मनुष्य ने मनुष्य को है सताया
कोई न एक-दुजे का सहारा बन पाया
जाने कैसा अब ये रंग है छाया
सृष्टि का अब अंत है आया
देखों कलयुग काल है आया!
ईश्वर देख ये तेरी कैसी माया
पैसों का बस खेल है सारा
अत्याचार है बस बढ़ता जारा
जैसे लगता कलयुग अपने चरम पर है आया
देखो कलयुग काल है आया!



अभिषेक राय



उड़ान

आसमान में उड़ना चाहती हूँ
खुली हवा में मैं मुरझाई सी खिलना चाहती हूँ
रंगीनियाँ भरी है जिस खूबसूरती से रब ने तितली में
उन्हीं रंगीनियों को अपने जीवन में भरना चाहती हूँ
मैं उड़ना चाहती हूँ।
धूल नहीं मैं पैरों की, न ही मुकूट बनना चाहती हूँ,
बस स्वयं अपने निर्णय लेने की आज़ादी चाहती हूँ।
जीवन की मुश्किलों को लड़ना चाहती हूँ
सब रूकावटों को पीछे छोड़ आगे बढ़ना चाहती हूँ।
मैं उड़ना चाहती हूँ।
करू जो भी मैं जीवन में हो सब खुश
शोक न करे पिता न हो माता को दुःख
फैलाकर आंचल अपना सभी खुशियां उसमें समेटना
चाहती हूँ।
मैं उड़ना चाहती हूँ
सभी की खुशियों में अपनी खुशी देखना चाहती हूँ।
मानों ना मुझे श्राप, मैं वरदान बन कर दिखाना चाहती हूँ
बस एक मौका दो
मैं आसमान में उड़ना चाहती हूँ।

विशाखा शर्मा,
बी.ए. तृतीय वर्ष

पर्यावरण

इंसान की देखो कैसी माया है,
पर्यावरण को खूब सताया है।
देश को आगे ले जाने
पेड़ काट उन्हें खूब रूलाया हैं।
देश में अनेक कारखाने खुलवाये
पर नदियों में गंदे जल है बहाये।
देखों प्रकृति कैसे असंतुलित हो गई,
ठंडी में गर्मी ओर गर्मी में बारिश हो गई।
हुआ बादलों में धुओं का बसेरा
पता नहीं अब कब होगा शुद्ध सवेरा
जंगल नष्ट कर जानवरों का बेघर कर दिया।
अपने स्वार्थ में पर्यावरण ही नष्ट कर दिया।
पेड़ काटने एक आदमी आया
धूप है कहकर उसी के छाँव में बैठ गया
पेड़ बचाओ पेड़ बचाओ कहते हम थकते नहीं
और एक इंसान को पेड़ काटने से रोकते क्यों नहीं।
बातों पर अमल कर
प्रदूषण को दूर भगाएं
चलो शुद्ध और
स्वच्छ पर्यावरण बनाएं, पर्यावरण बनाएं।

रीता कौशाल,
बी.ए. तृतीय वर्ष



हिन्दी सिर्फ
एक भाषा नहीं,
बल्कि हिन्दुस्तान
की पहचान है,

- दीक्षा डेरिया



डॉ. ज्ञान चंद्र
संभाग संपादक

हिन्दी अनुभाग



रीटा कौशल
कला संकाय, तृतीय वर्ष

राजकीय महाविद्यालय धामी स्थित 16 मील
जिला शिमला, हिमाचल प्रदेश

जय मां नैना देवी

सबी री ऐ देवी नैनों री मां नैना देवी।
 ऊंचे ऊंचे पर्वता दे, बसी तू मां
 तू सबी पांदे, करोई अपनी कृपा
 सभी भगत आउंदे मां तेरे दर्शन पाणे।
 सब चढ़दे चढ़ाई और गांदे गाणे।
 तेरे नामों ते काटो सारे कष्ट
 सारे दुश्मन ऊई जाओं ऐ नष्ट।
 बिलासपुरो री तारा बसाया ते अपना डेरा,
 अपने सबी भगता खे दिखाया ते नया सवेरा
 भगत चढ़ांदें मां लाल-लाल चुनियां
 कजका खे बिठांदे सेओ छोटी-छोटी मुनियां
 सब आउंदे तेरे दरबारों दे मां खाली
 पर लेई जांदेज जांदे सेओ परी-परी थाली।
 माता खे देखी सबी भगत, ऊंदे प्रसन्न,
 माता राखदी अपने बच्चा पांदे आशीर्वादों रा दर्पण।
 ऊंचे ऊंचे चंडे झूलो माता रे मंदिरा दे
 सारे भगत बोलो जय माता जय माता दी।



रीटा कौशल,
 कला संकाय, तृतीय वर्ष

आसारी बोली पहाड़ी री पुकार

एड़ी क्या गुस्ताखी क्या किती में बुराई
 पढ़दे-लिखदे ता थे नी, बोलने गलाणे ते भी गवाई
 एड़ी-कड़ी हुई मेरे ते ओ, जे मेरे अपणयां हे किती हाउं पराई।

क्या सोचदे के कण ही क्या ग्लान्दी, ने कथी ते आई।?
 हाउं तुसारी पहाड़ी, जो सारेया दिति भुलाई।

कदे हिन्दी बोली, कदे पंजाबी, फेरी अंग्रेजी री किती बड़ाई।
 ज्यादा पढ़ा लिखा लगने खातर, मेरी ते मुह दिया फिराई।

बोली भाषा च तबदीली ता हुंदी आई
 पर आसे आपणी बोली रा अस्तित्व दिया मुकाई
 बचेयां जो मां-बापुए हिंदी ता अंग्रेजी हे सिखाई
 ए ता पिछड़ी पुराणी ही ऐ सोच केथी ते आई।

केसी भाषा ने मिंजो बैर नी, हर भाषा छैल हुई
 पर आपणी जो होरी ते छोट्टा समझना, केथी री रीत हुई
 अंग्रेजी गाने मॉडर्निटी,
 ते भ्यागडे पुराणे हुए।
 पहाड़ी ग्लान्दा ग्वार, ते अंग्रेज री गाली मुंहा री शोभा बढ़ाई।

हर भाषा बोली सीखा पढ़ा ते बोला, पर आपणी मत देंदे गवाई।
 मेरे बगैर तुसा रा भी क्या बजूद रहैगा ओ भाई।



बनीता कौशल,
 कला संकाय, प्रथम वर्ष

लड़की की शादी में गाया जाने वाला गीत

कमरे ते बाहर बेटी पैर भी नी रखदी
 जाणां पड़ना ओ बड़ी दूर बे
 कसी जादे पैरा रे तलावे वो अम्मा मेरीए
 छुट्टी जांदें चाजरां दे बोर बे
 चांजरा तो और कड़ाऊगी तीए मेरीए
 जाणा पड़ता ओ बड़ी दूर बे।
 रूमकुए, रूमकुए बैणों री क्यारी
 कओं ते पाली अम्मा पूतो ते प्यारी
 पूतो तो अम्मा अपने भुए गे बठयालदी
 तीआ खे लिखणा परदेस वे।



मनीषा,
 कला संकाय, प्रथम वर्ष

पेड़ों पाएं चली कुल्हाड़ी

हरे पेड़ ते चली कुल्हाड़ी रही ना धूप री याद
मोल समय पर जाणा आसे खो देणे को बाद।
खूब फसला ते डोरू ते भर-भर के खाद दिती डाल
पैसया रे लालचो दे जमीन करी दिति खराब
दूरा-दूरा तब बसी गाँवो ते नगर हुए आबाद
बंद हुइगा मानू ऐसा गांव ते संवाद।
खाड़ नाल सब सूखे नदी ते बड़ी गी गाद
पनीए पानदा ते लगे हुए माणुआ ते विवाद
पशु-पक्षी, घर छिनीगे कुण सुणो तिना री फरियाद
कुदरता रे बर्बाद हुणे ते ही लगी रा मन ते भरते विषाद।



बनीता कौशल,
कला संकाय, प्रथम वर्ष

बजुर्गो री सीख

आसा रे बुजुर्ग हुंदे बड़डे ही काबिल
तिन्हा जो हुंदा तजुर्बा जिन्दड़ी दा
सेही तजुर्बा तिन्हा आगे जो सिखाणा
आसा कन्ने आपणी आपबीती सुणाणा।
बजुर्ग हुन्दे खजाना संघर्षा रा
जिवणा रे जजबें रा सौगी बाटा रे पाथरू रा
सारी जिन्दडी आपणी गरीबी च बिताई
छल्लिया कन्ने छाह पीयी कन्ने
भूख आपणी मिटाई।
खेतारा काम कमाई कन्ने, धान कोदर बाई कन्ने
खिंद, खंदोलुआ च सोई कन्ने नींद मीठी आंवदी।
रिश्ते नाते निभांवदे थे चावा कन्ने
नारी रा फेरा पांवदे थे पुरे गांवा कन्ने
बजुर्गो री सीख बड़ा कुछ सिखांदी
कदी आसा जो नी भटकांदी।
बजुर्गो री सीख आसा सभी जिंदगिया च याद रखणी
अपु भी निभावणी सोगी आपणी आवणे
आड़ी पीढी जो भी सिखाणी।

सपना,
कला संकाय प्रथम वर्ष



बूजाणियां (पहेलियां)

1. एक अनोखा देखा धागा, बातचीत करने दौड़ा भागा-
(टेलीफोन)
2. धारा पोरा ते आया एक स्वामी, आपू छोटा दाड़ी लांबी-
(जौ)
3. छूं-हुजटा छः खुटिया, पीठी पांदे फुंजदा- (ताकड़ी तराजू)
4. आपू बइठी धारा पांदे, पूत खेलो परदेस-खोड़ (अखरोट)
5. सीर तुखे, पेट गड़गड़ाए, बाई री ए सां आए-तम्बाकू की
कली
6. दगदग दाता तरत खनाता तीन मुंडिया दस पैर
चलाता-हलबाई (किसान व बैल)
7. हरी थी मन भरी थी दशाला ओडे राजा जी के खेत में खड़ी
थी-कुकड़ी (मक्की)
8. चीकड़ कीतया चापड़ कीतया चिड़िए कितया गारा, साठ
सहेलियां पाणिए खे चलिया, नगर चलया
सारा-अईकलिया (च्वाइसी)
9. चार घड़े शरबत भरे बिना टकणे मुंदे तरे-गाय, भैंस के थन
10. चींटी चादर चार कनारे, ऐडी, दिल्ली दो बंजारे-आसमान,
सूर्य व चन्द्रमा।
11. बणे जीम, बणे जाई सिर गुंदाई की घरो खे आई-घास
12. बेल चीढ़ी, बण सण सणाया, तउला काकड़ काटिया
आया-चरखा
13. मां बोल्णा सच, ता मानणी त्वाली, आठ मण जुंगड़ा, नौ मव
पणजाली-कोल्हू (तेल निकालने वाला कोल्हू)
14. दसे कड़ी पांजे बाई पउडे ते उतरी ओबरे खे आई-मक्की
की रोटी
15. सांजा टखी-टखी की सुलानी, प्यागा ऊजी-ऊजी की
जगाणी-उपले की आग चूल्हे में।
16. कतरी-कतरी जोड़ के नाम रखया चंगी, ना मोले मीलो न
मांगी-खींद द्दतलाईऋ
17. टेड़ी मेड़ी लकड़ी बीचे पाया रस, बुजणी तो बुज रपइए लणे
मा दस-जलेबी।

रवीना,
कला संकाय, द्वितीय वर्ष





माँ

ममता जदु साकार हुन्दी तां गले लाई मुस्कान्दी मां।
सुखे दे सुपने दिक्खदी-दिक्खदी, सुपनेयां विच्च डुबी जादी।।
अप्पू सौन्दी सिन्ने पासे, बच्चा सुक्के सुआन्दी मां।
खरा-खरा बस बच्चे खातर, अप्पु सुक्का खान्दी मां।
नुहाई छुआई गलाहरे पाई, लम्मे लोहरे लान्दी मां।
बुरी नजर नी कुसे दी लग्गै काला टिक्का लुआन्दी मां।
गौदा लेई देई थपकियां, खूब लोरियां गान्दी मां।
प्रेम निशाणी दिक्खी-दिक्खी, गले लाई मुस्कान्दी मां।
रोज रोटियां गर्म बणाई बस्ते बिच्च पुआन्दी मां।
निकियां जंघां लम्मे रस्ते बस्ते बिच्च पुआन्दी मां।
निकियां जघां लम्मे त्सरेएर ते छडुआ जान्दी मां।
पढ़ाई-लिखाई बरी-बियाई खुशियां खूब मनान्दी मां।
बच्चे दीयां खुशियां दिक्खी-दिक्खी फुल्ली नेई समान्दी मां।
वक्त बदलता बुढ़ी हुन्दी, होई फालतू जान्दी मां।
पुत्र-नुंआ मौज, मनान्दे, किल्ली बेई पच्छतान्दी मां।
पुत्र-कुपुत्र होई जायै फिरी बी, मां दा धर्म निभान्दी मां।
गल्ल घरे री घरे च रक्खी, हिकडुए दर्द छुपान्दी मां।
कुते आया ते कुते नौकरैणी, वणी ने वक्त लघान्दी मां।
कदी-कदी तां लेई बुढ़ापा, वृद्धाश्रम पुजी जान्दी मां।
मां हुन्दी जियां बड़े दा बूटा, ठण्डी छां लुटान्दी मां।
मां दी कीमत समझो लोको, पैसेयां ने नी आन्दी मां।
नौ महीने पेटटे टंग्गी, जम्मी संसार दिक्खान्दी मां।
मां दा कर्जा देई नी मुक्दा, दर्दे दी कलम गलान्दी मां।

सपना,
कला संकाय, प्रथम वर्ष



पहाड़ी कहावतें

1. जेसरी खाणी रोटी, तेसरी, जागणी कोठी ।
(जिसके घर खाना खाओ, उसके घर की रखवाली करो।)
2. हांडे जेड़ो बी हांडे भितके बी।
(बराबरा मात्र में।)
3. पातली छा ढाब न खा।
(कंगाली में आटा गिला।)
4. काकड़ी सुएने री लोए दी तुंबडी।
(योग्य पिता का अयोग्य पुत्र।)
5. पराई रोटी खाणी, हांडदे गितो गाणी।
(मुफ्त में चर्चा करना)
6. दूजे री पीठी दे नगारे।
(जिम्मेवारी न होना)
7. शाड़ो शुके न शावणो हरे।
(एक सम्मान बने रहना।)
8. नाली रा जागरा फाली मरो नींजा।
(किसी अन्य के काम से परेशान होना)
9. शाडो मुई शाशु शावणों आऐ आशु।
(बहुत देर बाद दुःख प्रकट करना।)

हीना,
कला संकाय, प्रथम वर्ष



म्हारा गांव

म्हारे गांव रा नाम समाणा ये अर्कोया दे पडोआ। मारा जिला सोलनआ। दाडले ते एक सडक उनदोखे गई और एक सडक जाबलुयेते उनदो खे गई और एक आगोखे गई। आसे दोनी सडकारीये जाई सकोए दोनों सडकों समाणे खे जाओईया पर ज्यादातर आसे तिसीये जाओए जो कनर वाले ते पारनु ऊई की जाओई। पारनुए ते एक किलोमीटर आगे ठेरा ठेरे एक पुलआ। पुलो गना एक सडक आगे खे गई। जो पुलआ ना से अल्ली खड्डा पान्देआ और तेते खाडा दे ना दो चेकडेमए एक चेकडेम तो ठेरेई आया और दुजा चेकडेम समाणेया यो दोनों चेकडेम देखने जोगे। ठेठे ते समाणा डेड किलोमीटर आ। मारे गांव दे पाणिये ते चलणे वाले तीन कराटये और तिनारा आटा बरुत मसुरआ। दुरा-दुरा ते लोक आटा लणे मारे कराटागे आओए। मारे गांव दे कुकडियां और ताना द्धधानऋ री फसल बरुत ओई। पर ज्वाड़ा कुछ नी राखदीया। ज्वाड़े लोक बरुत दुखी करो ते रे।

कुकडिया री फसला खे सुअंरं खाई देयोए और ताना री फसला जो मोर नी राखदे। ज्वाडे सबीरा जिऊणा हराम करीतारा कुछ पनी राखदी ज्वाड। पईले लोक साग-सब्जिया गोबी, मटर, पट्टे, टमाटर, लगाई राखो थे पर ज्वाड इतनी उइगीरी पई लोग बरुत परेशान ऊई गेरे मारे गांव दे सब लोक गायी-मर्दसी बल्लद, सब पालोये।

सब मिली जुली की काम करोए।

ज्वाड जो भी लगाई राखोए ते ते रा कुछ नी राखदी। जे सरकार म्हारी गल सुणों और ज्वाड़ा रा कुछ करों तो आसे लोक सुखी रयी सकोये। और मारा गांव बहुत सुन्दरआ।



प्रीति ठाकुर,
कला संकाय, तृतीय वर्ष



मेरा गांव सबीये न्यारा

मेरा गांव आ सबी थे प्यारा
तेबे ई तो लगोगो माखे सभी ते न्यारा
हर तरफ दिखाई एति अरियाली ई अरियाली।
तेबे ई तो अया मेरा गांव सबी थे न्यारा।
ऊंचे-ऊंचे पहाड़ और मंदिर बढ़ाओ ए
मेरी गांवो री शोभा।
तेबे ई तो लगोओ माखे मेरा गांव सबी थे अनोखा
मेरे गांव रे सभी लोक रओ ए मिली-जुली खे
कदी नी करदे लड़ाई-झगड़ा
तेबे ई तो मेरा गांव आ सबी थे तगड़ा
अर साल लगोआ एति मेला
देवी-देवता भी आओ ए मेले रे
तेबे तां ई आया मेरा गांव सबी थे आगे
मेरे गांवों रे देवता आए आसा री शान
तेबे ई तो आसरा गांव सबी थे महान्।



दीक्षा शर्मा,
वाणिज्य संकाय, प्रथम वर्ष

सीख

सैनिको थे बलिदान सीखे, डालो थे चुकणा सीखो।
बलदा थे बोझ उठाणा सीखो, पात्थरा थे मजबूत
बणना सीखो।
छतया थे तुसे छांव देणा सीखो, सूरजो थे नियम
बणाना सीखो।
मोमबत्तियां थे रोशनी करना सीखो, उजाले ते फैल
जाणा सीखो।
भगवानों थे माफ करना सीखो, एती तरतियां पांदे
तुसे आई रे
तो कुछ अच्छा काम करना सीखो।



सुषमा
बी.ए. प्रथम वर्ष

बाबा तू मेरी जान ओसो

मुंह बेजाए कुछ लिखी राखो आपणे मां के बारे दो पर बाबा (पिता) एलो तेरे बारे दो कुछ बोलणा चांऊ। जे मां जन्त, ओसो तो बाबा तुए जन्त रे भगवान ओसो। जे मां खीर ओसो तो बाबा तुंए मीठा पकवान ओसो बाबा तुंए मेरी जान ओसो।

ठिकडे दांबू एलो तुड़ी एश कराई,
खलटू की दुकान मेरे कामरे सजाई।
याद आसो तेरे जेबो ताऊं के रूपया नी थी बाबा,
तुंए लोको री देई ओघारी कोरो बाबा मुखे
किताब थे दे आए।

बिना पोढ़े बी बाबा मेरा तु ज्ञान की खान ओसो
बाबा तू मेरी जान ओसो।
एबे बुढ़ा होआ शरीर तेरा,
तू भाजदा नी कोरदा काम।
झीशो दा ऊबा फिर तोड़ी,
आथी नी ताखे आराम।

बिसरी नी रोई बातो तेरी, मुखे बादी याद ओसो
तू मेरे आगे बाबा भगवान तेरे बाद ओसो।
मेरे नांव रा कोई मतलब नी आथी,
तेरे नाव दी मेरी पहचान ओसो।

बाबा तू मेरी जान ओसो।
बाबा तू मेरी जान ओसो।

विशाखा शर्मा,
कला संकाय, तृतीय वर्ष



आज कल रे बच्चे

आजकल रे बच्चे आपणा फर्ज भूलणे अये लगे दे। माए-बाओ री गला नी मानदे और चली जाओ अये गलत बाटा दे। इत चकाचौंध री दुनिया दे भूलणे लगे दे आपणी संस्कृति खे। हर माए-बाओ आपणे बच्चे जिया-तिया पढ़ाने अये लगे दे। ताकि तीना रे बच्चे कामयाब ऊई सको। सेओ दिन रात आसा री कामयाबी री तक दिन रात दुआ करो अये। सेओ तो आपणा फर्ज पूरी शिद्दत से निभाओ अये, पर आजकाल के बच्चे तो आपणा फर्ज लगी रहे भूलणे, एक टाइम था जब लोक आपणे दूर रहणे वाले रिश्तेदारों री तक तरसो थे पर आज तो सेओ इतनी डिजिटल सेवाओं से हुन्दे हुए भी बस आपणी ही जिंदगी से उलझी रहो अये, आजकल रे बच्चया रा तो क्या ही बोलणा अये, बूढ़े माए-बाओ री तबीयत खराब हुणे पान्दे डॉक्टर नी पहले वकील शादो अये। ईया तो माए बाओ पहचानणे खे दोस्ता बीचे बचो अये, पर दो कौड़ी री दौलता बीचे खातिर घरे पंचायत बुलाणे लगेदे। आज काल के बच्चे भी...। आज काल रे बच्चे दो पैसे कमाणे लगे तो माए बाओ के भुलाणे लगे। देखो खून ही खून को खूब रूलाने लगे, पर गल रे अये कि जो आज अये। सेओ काला खे माए बाओ बणने तो अगर सेओ ऐड़ा व्यवहार आपणे बच्चों थे नहीं चाहंदे तो अपणे माए बाओ रो कहना मानो। कऊकी येओ सेओ ही माणू अये दूनिया दे जो आपू थे ज्यादा सफल तुसा खे द्धआपणे बच्चेऋ देखणा चाहो अये।

खुशबू,
बी.ए. प्रथम वर्ष



सीखो करना गुरूओं रा सम्मान कउंकी ऐ ही देओए आसाखे ज्ञान।
सभी री ए आन-बान-शान सीखो करना गुरूओ रा सम्मान।
सम्मान न छोड़ो कदी गुरूओं रा कदी न भूलना इनारा एहसान।
सीखो करना गुरूओं रा सम्मान। ऐ ही देओ सभी खे ज्ञान।
गुरू ही सबीथे महान। कदी न भूलना इनारा ऐहसान।
सीखो करना गुरूओं रा सम्मान। सच्च और न्याय रे रास्ते पांदे चलना
गुरू आसा खे बतावे मुशिकल और कठिनाईयां ते लड़ना
गुरू आसाखे सीखाओं ऐ। जीवनो दे कुछ पाणा ऐ तो
करो गुरूओं रा सम्मान।

गुरू



सुषमा
बी.ए. प्रथम वर्ष



“रोजाना के आनंद: पॉजिटिविटी के साथ प्रतिदिन को रूपांतरित करें और उद्देश्यानुसार लक्ष्य प्राप्त करें (पहाड़ी भाषा में)

आहों! जेबे मैं अपने 12 वीं क्लास पास करती तो, माखे पता लगया कि जेबे भी आसे कॉलेजों खे पढ़ने आई जाओए ना, तो आसाखे आजादी के साथी एक जिम्मेदारी भी मिली जाओई। जेते दे आसाखे अपना सुधार ज्यों तेंतें पांदें ध्यान डालने टी बी जरूरत पड़ोई। कॉलेजों रे बड़े-बड़े प्रॉफेसर भी बहुत मदद करोए, जिना थे आसे अपने जीवन तथा पढ़ाई रे बारे दे काफी कुछ पता लगा सकुएँ। पर तेबे बी, अपने आपु ही मालिक बनना पड़ोआ। अरे मयों कुछ छात्र हारया जेणा महसूस करोये, लेकिन आऊँ अपना बताऊँ तो मैं एक कताब पढ़ी। “इकिगाई” जेसे थे में अपने जीवनों दे बहुत बढ़िया बदलाव कित्ते। ईयां तो एक बुक या कताब जापानों री आई पर एते पितरे दी ती जानकारी कामों री आइ। जेड़ा “ To DO List” बनाई की ओर अपने बसो दे जो काम, आसे कर सकुएँ, बस तीना ऊबे ध्यान लगाना, अरे! चंगे पले माणु अपना नाम बना सकोआ। बस आलस ओर सोथु-पोथु छड़ना पड़ना तेबे बन सकोए सब कामा सुरमा। जेबे तुसे अपने दिनों रे काम लिखी की राखने लगने तेबे तुसा दे एक जोश आई जाणा कि, नहीं आज तो आसे कर ही देणा। आसा रे ये कहावत आई।

काम करना जच के
क्यु पीना रज के

समीर कश्यप,
कला संकाय, प्रथम वर्ष



म्हारा प्यारा कॉलेज ‘धामी’

म्हारा कॉलेज धामी सभी ते प्यारा। देखणे के जिऊजो ते आसा खे प्यारा।

बच्चे आओ एति पढ़ने कपड़े पाईके। दमाग ए इना रे एकी ते एक बढी के।।

कोई खलाड़ी कोई स्कॉलर तो कोई महा बदमाश। पढ़ाईया साथे-साथे कड़ाई बी एति री लाजवाब।।

साल पर कदी इको एन.एस.एस. रे कैम्प। कदि यूथ फैस्टिवला रे क्विज़ कई-कई बार टुर्नामेंट।

धामा री रोटी बड़ियां खाणे खे। कई बार पोण-पाट्टी, एनुअल फंक्शन बीए मनाणे खे।। क्लासा रौ परिया दिया कोई नी दिखदे

खड़े दे।

मास्टर रौ छोटुआ पिछे हाथ तोई खे पडे दे।

म्हारे कॉलेजो थे बड़े-बड़े टॉपर बी निकली।

एस कॉलेजो ते पड़ी के बड़े-बड़े अफसर

बी निकलो। मास्टर एती रे बड़े खरे एक आसा रा सारा।

इना गला गलाई के तेने इए आसा रा कॉलेज सनी ते न्यारा।

नम्रता,
वाणिज्य संकाय, द्वितीय वर्ष





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