

रसिका

2022-23



चौ. ईश्वर सिंह कन्या महाविद्यालय
टाण्ड-डडवाना (कैथल)



Ch. Ishwar Singh Ji

05-11-1926 to 11-02-1998

Ex. Speaker, Haryana Vidhan Sabha

Founder of the College

A Man of Indomitable Courage

A Visionary worth emulating

A Paragon of Virtues

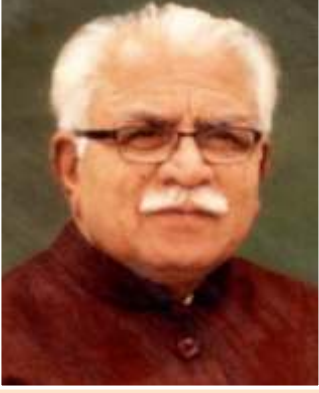
A Heart of Pure Gold



मनोहर लाल
Manohar Lal



मुख्य मन्त्री, हरियाणा
चण्डीगढ़।
CHIEF MINISTER, HARYANA
CHANDIGARH



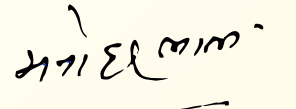
संदेश

मुझे यह जानकर अति प्रसन्नता हुई कि चौधरी ईश्वर सिंह कन्या महाविद्यालय ढाण्ड-डडवाना, जिला कैथल द्वारा पत्रिका "रसिका" प्रकाशित की जा रही है।

शिक्षा समाज के सर्वांगीण विकास का एक सशक्त माध्यम है। लड़कियों की शिक्षा तो और भी महत्वपूर्ण है क्योंकि सुशिक्षित और संस्कारित कन्या न केवल दो परिवारों को रोशन करती है अपितु अपनी संतान को संस्कारों से परिपूर्ण करके उसे देश के नवनिर्माण में योगदान देने के लिए तैयार भी करती है।

हरियाणा सरकार बालिकाओं के शैक्षणिक तथा सामाजिक-आर्थिक स्तर को ऊँचा उठाने के लिए कटिबद्ध हैं। सरकार ने उनकी सुरक्षा सुनिश्चित करने, उन्हें आत्मनिर्भर बनाने और उनके प्रति समाज की मानसिकता बदलने के लिए 'बेटी बचाओ-बेटी पढ़ाओ', 'आपकी बेटी- हमारी बेटी', 'हरियाणा कन्या कोष' और 'सुकन्या समृद्धि खाता योजना' जैसे अनेक कार्यक्रम शुरू किए हैं।

मैं पत्रिका के सफल प्रकाशन के लिए अपनी शुभकामनाएँ प्रेषित करता हूँ।


(मनोहर लाल)

NAYAB SINGH SAINI
Member of Parliament (Lok Sabha)
Kurukshetra (Haryana)

Member :

- Standing Committee on Labour, Textiles and Skill Development
- Constructive Committee, Ministry of Culture and Tourism



सत्यमेव जयते

H.No. 523, Sector 3, Urban Esate,
Kurukshetra, Haryana
Phone No. : 01744-230650
Mobile No. : 9416188200
Email : nayabsainimpkkr@gmail.com



संदेश

मुझे यह जानकर अति प्रसन्नता हुई कि चौधरी ईश्वर सिंह कन्या महाविद्यालय ढाण्ड-डडवाना, जिला कैथल पत्रिका "रसिका" प्रकाशित करने जा रहा है। यह महाविद्यालय 30 वर्षों से पिछड़े ग्रामीण क्षेत्र की छात्राओं को शिक्षा प्रदान करने में अपनी महत्वपूर्ण भूमिका निभा रहा है और हमारे देश के यशस्वी प्रधानमंत्री श्री नरेन्द्र दामोदर दास मोदी जी द्वारा "बेटी बचाओ, बेटी पढ़ाओ" चलाए अभियान को सफल बनाने में अपना अहम योगदान दे रहा है, जो अति सराहनीय कार्य है। मुझे पूर्ण आशा है कि इस पत्रिका के माध्यम से इस क्षेत्र की छात्राओं में शिक्षा के प्रति रुचि व उत्साह बढ़ेगा और समाज में एक अच्छा संदेश जायेगा। मैं उम्मीद करता हूँ कि इस पत्रिका में महाविद्यालय के संगठनात्मक एवम उत्कृष्ट कार्यों की विस्तृत जानकारी दी जायेगी ताकि अधिक से अधिक छात्राएं उनका लाभ उठा सकें।

मैं, चौधरी ईश्वर सिंह कन्या महाविद्यालय ढाण्ड-डडवाना के सभी पदाधिकारियों, कार्यकारिणी समिति सदस्यों, अध्यापकगण व समस्त विद्यार्थियों को इस पत्रिका के सफल प्रकाशन की हार्दिक शुभकामनाएँ देता हूँ।

(नायब सिंह सैनी)

PROF. SOM NATH
VICE-CHANCELLOR

Ph.D. (Civil Engineering), ME (Highways)
MIRC, MIUT, MISTE, MISRMTT



Kurukshetra University,
Kurukshetra -136 119 (INDIA)
(Established by the
State Legislature Act XII of 1956)



संदेश

मुझे यह जानकर अत्यन्त प्रसन्ता हो रही है कि चौधरी ईश्वर सिंह कन्या महाविद्यालय, ढाण्ड-डडवाना, कैथल द्वारा कॉलेज पत्रिका 'रसिका' का शीघ्र प्रकाशन होने हा रहा है।

पिछले तीन दशकों से चौधरी ईश्वर सिंह कन्या महाविद्यालय हरियाणा के आर्थिक और शैक्षिक रूप से पिछड़े क्षेत्र में लड़कियों के लिए उच्च व गुणवत्तापूर्ण शिक्षा प्रदान करने एवं उन्हें जीवन के सभी क्षेत्रों में नेतृत्व करने के लिए प्रशिक्षित करने का कार्य कर रहा है।

छात्राओं के बौद्धिक विकास के लिए यह पत्रिका अत्यन्त लाभदायक होगी और उनके चरित्र निर्माण में सहायक भी होगी। वैश्विक स्तर पर निरन्तर बदलते परिवेश में छात्राओं के सुधार एवं रचनात्मकता की वृद्धि के लिए यह प्रयास आवश्यक है। शैक्षणिक, सांस्कृतिक एवं बौद्धिक गतिविधियों को प्रकाश में लाने के लिए समन्वित रूप से 'रसिका' पत्रिका को इस दिशा में एक सकारात्मक प्रयास के रूप में देखा जा सकता है।

इसके प्रकाशन में जिन छात्राओं व शिक्षिकाओं ने इसकी रूप-सज्जा के निर्माण में महत्वपूर्ण भूमिका निभाई है, उन्हें मैं हार्दिक बधाई देता हूँ तथा उनके सफल भविष्य की कामना करता हूँ।

शुभकामनाओं सहित

(सोमनाथ)

PROF. SANJEEV SHARMA
REGISTRAR



Kurukshetra University,
Kurukshetra -136 119 (INDIA)
(Established by the
State Legislature Act XII of 1956)
(A+ Grade, NAAC Accredited)



संदेश

यह अत्यन्त हर्ष का विषय है कि चौधरी ईश्वर सिंह कन्या महाविद्यालय, ढाण्ड – डडवाना, कैथल कालेज ग्रामीण अंचल की बेटियों की प्रगति और उन्नति के लिए शैक्षणिक, सांस्कृतिक पत्रिका 'रसिका' प्रकाशित करने जा रहा है।

कॉलेज पत्रिकाएँ छात्राओं और शिक्षकों के लिए अपनी रचनात्मकता व्यक्त करने के लिए प्रेरणा का मंच हैं। चौधरी ईश्वर सिंह कन्या महाविद्यालय ग्रामीण क्षेत्रों की बेटियों की प्रतिभाओं को प्रेरित करने और उनकी रचनात्मकता को समर्थन देने का सराहनीय कार्य कर रहा है। इस तरह की गतिविधियों से उनकी प्रतिभा और कौशल को बेहतर बनाने में मदद मिलेगी।

मुझे विश्वास है कि कॉलेज पत्रिका "रसिका" छात्राओं और शिक्षकों को उत्कृष्टता प्राप्त करने की उनकी अंतर्निहित क्षमता को व्यक्त करने के उद्देश्य पर खरा उतरेगी और साथ ही पाठकों को विचार के लिए बहुत सारी सामग्री प्रदान करेगी।

मैं पत्रिका के प्रकाशन के लिए आप सभी को शुभकामनाएं देता हूँ।

(संजीव शर्मा)

PROF. ANIL VOHRA
DEAN OF COLLEGES



Kurukshetra University,
Kurukshetra -136 119 (INDIA)
(Established by the
State Legislature Act XII of 1956)



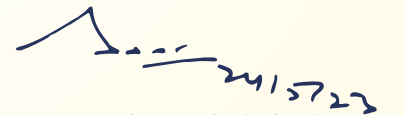
Message

It gives me a great pleasure to know that Ch. Ishwar Singh Kanya Mahavidyalaya, Dhand-Dadwana (Kaithal) is bringing out its College Magazine 'Rasika'.

A College magazine is the platform of motivation for students and faculty to express their creativity. Ch. Ishwar Singh Kanya Mahavidyalaya, Dhand-Dadwana (Kaithal) has been doing a commendable job of motivating young talents and supporting their creativity. Such activities will help to groom their talent and skills to the best.

I wish the students of the college will utilize all the educational opportunities provided by the college for their holistic development. I am sure that the college will educate and train its students to be the leaders in the corporate world, the sports field or an area of their interest.

I convey my good wishes to the students, teachers and college management for the success of their venture.


(Prof. Anil Vohra)

चौ.तेजवीर सिंह
अध्यक्ष, प्रबंधन समिति
पूर्व विधायक, पूंडरी



चौधरी ईश्वर सिंह कन्या महाविद्यालय
ढाण्ड डडवाना



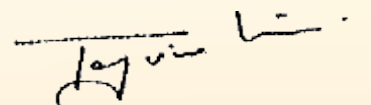
संदेश

अत्यंत हर्ष का विषय है कि इस वर्ष कॉलेज की पत्रिका 'रसिका' का नया अंक प्रकाशित होने जा रहा है। विद्यार्थी राष्ट्र का भविष्य, परिवार की आशा व कॉलेज का गौरव होते हैं। इसलिए विद्यार्थियों को शिक्षा के साथ-साथ पाठ्येत्तर गतिविधियों में भी सक्रिय भाग लेना चाहिए। कॉलेज पत्रिका विद्यार्थियों के विचारों को सांझा करने, उनके लेखन कौशल में सुधार करने का उत्कृष्ट माध्यम बनकर न केवल उनके व्यक्तित्व में नैतिक मूल्यों को आत्मसात कराने में सहायक सिद्ध होती है अपितु उनके बौद्धिक स्तर को भी उभारने का अवसर प्रदान करती हैं।

हम सभी को विदित है कि हमारे यशस्वी प्रधानमंत्री श्री नरेंद्र मोदी जी भारत देश की उच्च शिक्षा को प्रभावशाली, गुणवत्तापूर्ण, कौशलपूर्ण, शोध-परक व रचनात्मक बनाने के लिए नई राष्ट्रीय शिक्षा नीति 2020 को वर्तमान में लागू करने के लिए दृढ़ संकल्पित है। मुझे आशा ही नहीं अपितु पूर्ण विश्वास है कि 'रसिका' पत्रिका नई राष्ट्रीय शिक्षा नीति 2020 द्वारा आधारित शिक्षा, नवाचार, रचनात्मक कौशल व भाषाई अस्मिता को समझकर कॉलेज की छात्राओं के सर्वांगीण विकास में अपना अहं योगदान प्रदान करेगी। मेरी यह भी हार्दिक कामना है कि स्वर्गीय चौधरी ईश्वर सिंह जी के सपनों को साकार करते हुए ग्रामीण अंचल की हमारी होनहार छात्राएं शिक्षा अर्जित करके सकारात्मक सोच, अच्छे संस्कार, साहस, संवेदना, समर्पण व सेवा को अपने जीवन का हिस्सा बनाकर स्वावलंबी एवं स्वाभिमानी बनें।

अंत में नवोदित रचनाकार छात्राओं के सुखद एवं उज्वल भविष्य की मंगल कामना करते हुए पत्रिका के प्रकाशन के लिए प्राचार्या व संपादक मंडल को आत्मिक बधाई एवं हार्दिक शुभकामनाएं।

शुभकामनाओं सहित।


(चौ. तेजवीर)

DR. SANGEETA SHARMA
PRINCIPAL



Ch. Ishwar Singh Kanya Mahavidyalaya
Dhand-Dadwana



Message

Greetings from the Principal, CISKMV, Dhand-Dadwana

CIS KMV is a premier educational institution affiliated to Kurukshetra University Kurukshetra with the exemplary mission to nurture young women who are equipped to achieve success in a rapidly changing, deeply interconnected world. CIS KMV was established by a great visionary Late Ch. Ishwar Singh Ji, Ex-Speaker, Haryana Vidhan Sabha with a sole mission to disseminate quality education to women in educationally starved remote region of the Village Dhand, Kaithal. The college having its own lush green campus with all the facilities required for any higher education institution has come a long way from those early years under the great leadership of a generous & visionary president, Ch. Tejvir Ji and Hon'ble members of Governing body whose unwavering support for the college has been crucial in all endeavours.

Our college magazine "Rasika", an epitome of creative art, provides a perfect platform to unlock the hidden potential within the students & staff members through the art & creativity.

I, being the principal of the college, take this opportunity to express my heartfelt gratitude to our whole editorial team, students, our alumni and Staff members for their splendid strenuous efforts to make this magazine 'Rasika' a wonderful & enlightening source of inspiration & positivity.

With pride and gratitude for the past achievements, I wish the entire CISKMV family, a great & gorgeous time ahead.



(Dr. Sangeeta Sharma)



प्रधान सम्पादिका की कलम से...

**सुमन सुन्दर, विहग सुन्दर।
मानव तुम सबसे सुन्दरतम्।**

कवि पंत के ये सुन्दर शब्द इस बात की ओर संकेत कर रहे हैं कि इस संसार में अनेक सुन्दर वस्तुएं एवं प्राणी हैं, पर उनमें सर्वश्रेष्ठ एवं महत्वपूर्ण प्राणी है मानव और उस से भी अधिक महत्वपूर्ण है उसका हृदय। इसी कोमल हृदय में असंख्य भावनाएं हिलोरें लेती रहती हैं, बाहर अभिव्यक्त होने का प्रयास करती हैं। यही भावनाएं संवेदना का रूप धारण कर लेती हैं और किसी रचना में परिवर्तित होकर साहित्य का आकार लेती हैं। साहित्य समाज के उत्थान की बात करता है, वह भ्रष्ट व्यवस्था को ललकारता है, समाज का नवनिर्माण करता है। मनुष्य को जीवन जीना सिखाता है, अपनापन व प्यार के भाव जगाता है। जब भी देश पर संकट के बादल मंडराते हैं, वीर सैनिक सीमाओं पर लड़ते हैं तो कलम के सिपाही अपनी रचनाओं के द्वारा समाज को जागृत करते हैं। स्वतन्त्रता आन्दोलन के साहित्यकार इसका ज्वलंत उदाहरण हैं, जिन्होंने अपनी कलम से देश भक्ति का वातावरण तैयार किया था। आचार्य महाबीर प्रसाद द्विवेदी ने साहित्य की महत्ता बताते हुए कहा है कि साहित्य में तो वह शक्ति है तो तीर, तलवार और तोप में नहीं।

साहित्य का देवता जब मनुष्य के हृदय में जागृत होता है तो वह अंधकार के कोहरे को हराकर सत्य के प्रकाश की ओर ले जाता है, जिस देश का अपना साहित्य रूपी खजाना नहीं उस देश का कोई अस्तित्व ही नहीं, तभी तो कवि दिनकर ने कहा है -

**अंधकार है वहां, जहां आदित्य नहीं,
मुर्दा है वह देश, जहां साहित्य नहीं।**

साहित्य में तो वह शक्ति है जो एक पतित देश को भी विकास के मार्ग की ओर ले जाती है। निराला जी ने नेहरू को साहित्य एवं राजनीति पर चर्चा करते हुए कहा था कि “राजनीति के जब-जब पांव डगमगाने लगते हैं राजनीति में जब-जब गिरावट आने लगती है, साहित्य आगे बढ़कर उसे बचा लेता है।

आज भी हमारे देश में निरंतर भ्रष्टाचार बढ़ रहा है, लाल फीताशाही और नोट की राजनीति चारों ओर व्याप्त है, ऐसी स्थिति में केवल साहित्यकार ही हैं जो समाज की विसंगतियों और विद्वेषताओं को साहित्य में व्यक्त करके सोई हुई आत्माओं को जगा सकते हैं और इस कार्य का भार आज के युवा के कंधों पर है। विद्यार्थियों की उम्र सपनों की उम्र है। सपने देखना उनके लिए स्वाभाविक है। टेढ़े मेढ़े समाज को सुधारने का सपना हमारे विद्यार्थी देखने लग जाए तो समाज सही रास्ते पर चल सकता है, समाज का समुचित विकास हो सकता है। युवा वर्ग में जो शक्ति है, इच्छा है, उमंग है, वह समाज को सशक्त बनाने में समर्थ है। विद्यार्थियों की सोई हुई शक्ति, उमंग और साहित्यिक प्रतिभा को जागृत करने के लिए महाविद्यालय में पत्रिका का प्रकाशन किया जाता है। हमारे महाविद्यालय की छात्राओं ने इस दिशा में एक कदम और आगे बढ़ाया है और ‘रसिका’ पत्रिका का यह अंक आप सहृदय पाठकों के समक्ष प्रस्तुत है।

इस पत्रिका के माध्यम से हमारी छात्राओं ने जो अपनी कोमल भावनाएं अभिव्यक्त की हैं, जो सपने संजाए हैं, समाज के सामने जो आदर्श प्रस्तुत किया है उससे एक आदर्श परम्परा आगे चलगी और चलती रहेगी। युवा वर्ग के सपने अवश्य पूर्ण होंगे और हम भारतीय समाज, भारतीय संस्कृति और सही अर्थों में अपने प्यारे भारत देश की माहनता पर गर्व कर सकेंगे।

डॉ. शीला मिगलानी
प्रधान सम्पादिका

PRESIDENTS OF GOVERNING BODY 1993 to Date



Ch. Ishwar Singh
31-03-1993 to 11-02-1998



Sh. Mahavir Singh
12-02-1998 to 19-08-2000



Ch. Tejvir Singh
20-08-2000 to Date

HON'BLE OFFICE BEARERS OF GOVERNING BODY 2021-2024



Ch. Tejvir Singh
Ex. MLA, Pundri
President



Ch. Jit Singh
Vice-President



Lala Desraj
General Secretary



Sh. Jaipal
Treasurer

EXECUTIVE MEMBERS

Sh. Bhagwan Das
Sh. Ram Chander
Sh. Pawan Kumar

Sh. Gyan Singh
Sh. Ravinder
Sh. Prithvi Singh

Sh. Jagdish Kwatra
Sh. Ved Pal
Sh. Jai Pal

Sh. Jai Singh
Sh. Pala Ram

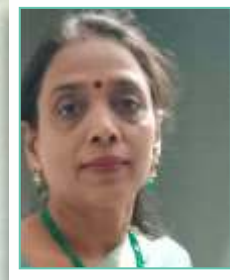
TEACHING FACULTY (Permanent)



Dr. Anita Chouhan
Associate Professor
Department of Music (I)



Mrs. Anita Bhatia
Librarian



Dr. Sunita Gupta
Associate Professor
Department of Music (V)



Prof. Anu Dhunna
Associate Professor
Department of Economics



Prof. Saroj Bala
Associate Professor
Department of Mathematics



Dr. Sheela Miglani
Associate Professor
Department of Hindi



Dr. Nishi Tuli
Associate Professor
Department of Commerce



Dr. Shubh Lata
Associate Professor
Department of Hindi



Dr. Neerja
Associate Professor
Department of Home Science



Dr. Meena
Associate Professor
Department of Commerce



Dr. Vineeta
Associate Professor
Department of English



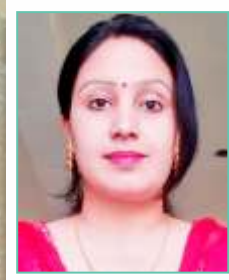
Dr. Poonam
Assistant Professor
Department of English



Prof. Bhawna
Assistant Professor
Department of
Commerce



Prof. Varkha
Assistant Professor
Department of
Economics



Prof. Sonia
Assistant Professor
Department of
Political Science



Dr. Manju
Assistant Professor
Department of
History



Dr. Kamlesh
Assistant Professor
Department of
Sanskrit

TEACHING FACULTY (S.F.S.)



Ms. Poonam

Department of Chemistry



Ms. Poonam

Department of Chemistry



Ms. Mamta

Department of Physics



Ms. Rachna

Department of Physics



Ms. Rajbala

Department of
Mathematics



Ms. Navjot

Department of
Mathematics



Ms. Lalita

Department of
Psychology



Ms. Reeta

Department of
Political Science



Ms. Nisha

Department of History



Ms. Kiran

Department of Sanskrit



Ms. Pinki Garg

Department of Home Science



Ms. Richa

Department of English



Ms. Neeru

Department of English



Dr. Anita

Department of Commerce



Dr. Anju Tanwar

Department of Commerce



Dr. Rimpal

Department of Commerce

NON-TEACHING FACULTY
(Permanent)



Sh. Ram Kumar
Head Clerk



Sh. Ranbir Singh
Steno Typist



Mrs. Santwanti
Clerk



Sh. Surender Kumar
Clerk



Mrs. Manju
Clerk



Mrs. Saroj Bala
Tabla Player



Mrs. Saroj
Peon



Mrs. Rama Devi
Peon



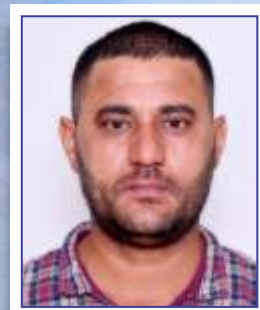
Sh. Satbir Singh
Mali



Sh. Shanti Prakash
Library Attendent



Sh. Mahabir Singh
Sweeper



Sh. Mahinder Singh
Chowkidar



Sh. Anil
Chowkidar

NON-TEACHING FACULTY **(S.F.S.)**



Mr. Naseeb Singh
Computer Operator



Ms. Sunita Rani
Lab Attendant



Ms. Suman Lata
Lab Attendant



Ms. Sunita
Library Restorer



Ms. Preeti
Library Attendant



Sh. Pradeep
Peon



Sh. Kuldeep
Chowkidar



Mrs. Poonam
Sweeper



Ms. Pinki
Lab Attendant

JOINING OF NEW PRINCIPAL



Dr. Sangeeta Sharma joined on 26-05-2022



Principal with Faculty Members

ENCOMIUMS FROM OUR ALUMNI



Dr. Anita
Assistant Professor
of Commerce
Ch. I.S.K.M.V Dhand

A very warm and delightful greetings to all! I wish to convey my heartfelt gratitude to the founder Ch. Ishwar Singh Ji with whose continuous and rigorous efforts this women college was established in 1993. As an alumna, with immense pride and joy, I would like to pay my gratitude through this yearly magazine and would like to share my experience of my student life.

For me, this college is a sacred place from where I completed my graduation in 2007 from commerce stream. Thinking and mentioning about my teachers and mentors who not only taught us but also guided us. They are highly intellectual and cooperative.

I have been serving in this college for the past ten years as an Assistant Professor of Commerce. I feel proud to be a part of this renowned institution.



Dr. Reena Gora,
Assitant Professor of Hindi
Ch. I.S.K.M.V Pundri

I am Dr. Reena Gora, Assitant Professor of Hindi. I did my graduation during 2001-2004 from C.I.S.K.M.V, Dhand. My college has always provided me great opportunities whereby I could show my talent, enhance my skills and knowledge. Since enrolling in my college, I have learnt a lot academically and through various experiences. Being in college has expanded my views and way I perceive the world. I learnt a lot in my college which would help me throughout my life. All the teachers of my college are helpful, encouraging and nice. I have been in C.I.S.K.M.V Pundri, Kaithal working in Hindi Department as an Assistant Professor since 2013.



Poonam (2015-18)
Asstt. Prof. of Chemistry
Ch. I.S.K.M.V Dhand

My college days are the best part of my life. My department encouraged me to explore my talent & potential by providing an exceptional, integrated learning environment. I am really grateful to my all the teachers who have changed my whole aspect towards learning. I express my heartiest thanks to the institution for giving me the prefect opportunity to explore myself. I am grateful to be part of such an institution.



Anjali
Science Teacher

Greetings,

I have completed my graduation (Bachelor of Science) from this college in 2020. Currently, I am working as a science teacher in school. I would like to express my sincere thanks to all my teachers for encouraging, guiding and supporting me. Their positivity and encouragement brightened my days. They made me a better, more thoughtful person. Overall, it was really a nice journey to spend 3 years in this college. Lastly I want to say that "things end, but memory lasts forever". I will never forget those days. College is the best time of one's life.



Kavita
GMS Rattangarh

I did Graduation from Ch. I.S.K.M.V Dhand- Dadwana (Kaithal) in 2002. All the teachers of this college are very hardworking. Because of their hard work, I am a teacher in G.M.S. Rattangarh (2378). I had the privilege of receiving the National Innovative Education Ratna Award cum National Educational Summit 2022. I thank all the teachers a lot for their able guidance.



Riya Arora
Batch - 2005-2008
Currently working as a
Deputy Manager
(Human Resources) at
Energy Efficiency Services
Limited (Govt. of India),
New Delhi

As they say College is the temple of learning. I believe that C.I.S.Kanya Mahavidyalaya has been my temple of learning which has given me immense amount of knowledge and shown me correct path for my future endeavour. I joined the college in year 2005 for doing Graduation with Economics. The best thing I remember is the continuous support of all the faculty members who never said NO to any of my doubts, and it really made me much stronger in my academics performance. Apart from academics CISKMV is the best place to build you as a wholesome person with all the extra-curricular activities and events like National Service Scheme (NSS), College youth festival etc. The College has offered me great opportunities, all the faculty members and the administration put their best of efforts to bring out the best from the students. It's all their untiring efforts that the CISKMV family has grown many folds. I am forever grateful to all the CISKMV staff for giving me the best class education and environment.



Rashmi
PGT Teacher

I Rashmi, completed my Post Graduation from Ch. Ishwar Singh Kanya Mahavidalya in 2022. I got a chance to write about my college life experience. College life is one of the most remarkable time of individual life. College life exposes us to new environment where we have to learn new things and face new challenges by ourselves. That is the beauty of our college that every teacher who teaches here is very supportive and treats students like her own children. With the help of their guidance I cracked UGC NET exam in 1st attempt. I want to say, "TO THE WORLD THEY ARE JUST TEACHERS, BUT FOR THEIR STUDENTS THEY ARE HEROES OF THEIR LIVES". Our college environment is very conducive for girls. Our college makes me feel that how our little efforts can make a big difference in society. Now I am good leader and teach as a PGT teacher just because of my teachers, staff members and principal mam who always appreciate us to do our best.



Shalu
Assistant Professor
DN College, Kurukshetra

चौधरी ईश्वर सिंह कन्या महाविद्यालय ढाण्ड (डडवाना) सतत् मूल्य आधारित, गुणवत्ता पूर्ण शिक्षा प्रदान कर रहा है। यह महाविद्यालय लंबे समय से स्त्री शिक्षा के क्षेत्र में उल्लेखनीय योगदान के लिए अपनी एक वशिष्ठ पहचान बना चुका है। कर्मठ, कर्तव्यनिष्ठा रूप से परियुक्त प्राध्यापिकायों का मार्गदर्शन छात्राओं की प्रतिभा को उत्कृष्ट स्तर प्रदान करता है। मैं इस महाविद्यालय से शिक्षा प्राप्त करके अत्यंत गौरव का अनुभव करती हूं। यह महाविद्यालय भविष्य में इसी प्रकार गौरवपूर्ण ऊंचाइयों पर विचरण करता रहे, प्रभु से ऐसी मंगल कामना करती हूं।



Navjot Kaur
Assistant Professor of Mathematics

I completed my bachelor's degree from Ch.I.S.K.M.V. Dhand-Dadwana in 2020 batch .All the teachers in my campus are very supportive. My college is not only performing good in education but also best in co-curricular activity. I am very thankful to all the teachers of this college who has provided us precious knowledge related to every field.



Hardeep Kaur
Govt. Teacher

कन्या महाविद्यालय ढाण्ड डडवाना, कैथल ग्रामीण आंचल में बसा एक ऐसा शिक्षण संस्थान जिसमें बहुत सी छात्रा ग्रामीण परिवेश से आती है, उनके सपनों को एक नई उड़ान दी है। ग्रामीण क्षेत्र के अभिभावक जहां अपनी बेटियों को सह-शिक्षा या सुदूर शिक्षा के लिए भेजने में परेशानी महसूस करते हैं, यह शिक्षण संस्थान छात्राओं को आने-जाने की सुविधा भी प्रदान करता है। गांव निगदू (करनाल) से मैंने अपना सफर कन्या महाविद्यालय में 1997 से शुरू किया तथा 2002 से बी.ए. की परीक्षा उत्तीर्ण की यहां की प्राचार्य श्रीमती बिमला परमार व अन्य प्राध्यापिकाएं, जो की बहुत ही प्रतिभाशाली हैं, अपने प्रयासों से निरंतर छात्राओं को कुछ बनने के लिए प्रेरित करती हैं। आज मैं एक सरकारी विद्यालय में शिक्षिका के पद पर कार्यरत हूं और मैं इसके लिए कन्या महाविद्यालय की आभारी हूं। यहां के प्रांगण में पढ़ाने वाले शिक्षकों को मेरा कोटि-कोटि नमन।



Anu
Teacher

चौधरी ईश्वर सिंह कन्या महाविद्यालय ढाण्ड डडवाना में मैंने अपने शिक्षा के 5 वर्ष पूरे किए (सन् 1996 से 2000)। मैंने मेरे महाविद्यालय को शैशवावस्था में देखा है। जो धीरे-धीरे अपनी उन्नति के पथ पर अग्रसर होता हुआ आज बुलंदियों के शिखर पर विराजमान है। इस दौरान मुझे अपनी सभी अध्यापिकाओं का असीम स्नेह एवं मार्गदर्शन प्राप्त हुआ। मैं अपने महाविद्यालय एवं सभी अध्यापिकाओं की ताउम्र ऋणी रहूंगी।



Sarvjeet Kaur
Govt. Teacher

मैं सर्वजीत कौर सरकारी अध्यापिका कन्या महाविद्यालय बैच (1993 से 1998) आपको अपने पुराने कन्या महाविद्यालय ढाण्ड (डडवाना) की सैर करवा रही हूं। सन 1992 में गांव की छात्राओं को शिक्षा प्राप्त करने के लिए दूर दूर जाना पड़ता था। कई छात्राओं का आगे पढ़ने का सपना अधूरा ही रह जाता था, तब उस समय चौधरी ईश्वर सिंह जी ने स्थानीय लोगों के सहयोग से ढाण्ड में कन्या महाविद्यालय का उद्घाटन किया। मैं आज शिक्षिका के पद पर कार्यरत हूं। जीवन की हर मुश्किल का सामना करने का जज्बा मेरी शिक्षिकाओं ने मेरे अंदर जगाया था वह आज 30 साल बीत जाने के बाद भी कायम है। इसी कन्या महाविद्यालय द्वारा दी गई शिक्षा के फलस्वरूप मुझे ब्लॉक, जिला और विभिन्न सोसाइटी द्वारा शिक्षा के क्षेत्र में और बच्चों के सर्वांगीण विकास हेतु बेस्ट टीचर अवार्ड से सम्मानित किया गया है।



Chand Rani
Teacher

मुझे अपने कॉलेज के दिन आज भी भुलाए नहीं भूलते मानो कल की ही बात थी। जब मैं कॉलेज में पढ़ती थी तब मैं एक टांग से असमर्थ थी फिर भी मैं पढ़ाई के साथ साथ खूब मस्ती करती थी संगीत से मेरा विशेष लगाव था। सुनीता मैडम से मुझे आगे बढ़ने की सबसे ज्यादा प्रेरणा मिलती थी सौभाग्य से मुझे जयपुर टूर पर जाने का मौका मिला जहां हमने खूब मस्ती की। कॉलेज के वो सुनहरे पल आज भी मेरी यादों में हैं। आज भी मैं अपने कालेज, अपनी प्राध्यापिकाओं और अपनी मस्ती को बहुत याद करती हूँ। आज मेरे दोनो टांगे खराब हो गई हैं लेकिन मैंने हार नहीं मानी। आजकल मैं अपना कॉचिंग सेंटर चला रही हूँ। आज मैं जो कुछ भी हूँ सुनीता मैडम की प्रेरणा से ही हूँ।



Shikha Mittal
Assistant Manager
Kotak Mahendra Bank

My name is Shikha Mittal. I did my graduation from C.I.S.KMV Dhand Dadwana in 2018. I have gained much guidance and experience here. I really appreciate the fact that all the teachers here take personal care of their students and teach them good values in life. They are like a counsellor for me. Their guidance has really helped me to do well in life. It is a place of values, friendship and good cheer.



Mamta
Teacher

मेरा नाम ममता है और मैंने 1995 कन्या महाविद्यालय डांड डडवाना में अपनी कॉलेज की शिक्षा शुरू की थी। मैं 11वीं से लेकर बीए फाइनल तक यही पढ़ी हूँ और मेरा यहां पढ़ने का अनुभव बहुत ही अच्छा रहा। सबसे ज्यादा मैं संगीत से जुड़ी रही और संगीत की आचार्या सुनीता गुप्ता से जुड़ी रही जिन्होंने संगीत विषय में आगे बढ़ने में मदद की। इसलिए आज मैं क्षेत्र में संगीत की आचार्या के पद पर कार्यरत हूँ।



Ms Sapna
Research Associate Techsci Research

It was great experience to be a part of CISKMV college. I'm very grateful to all teachers and staff for their guidance.



Garima Bharti
HDFC Bank, Dhand

I would like to express my thankfulness to the wonderful organisation Ch. Ishwar Singh Kanya Mahavidhalya Dhand & its Principal & all professors of my college. I also want to give a special thanks to Bhawna Mam for teaching me that emotion and logic exist together. And special Thanks to Nishi Mam for making me understand the purpose of life and improving my communication skills. Right now, I'm a successful banker in HDFC BANK and it's all because of your hard efforts and guidance. I remember that your way of teaching was so different and effective. Friendly attitude towards students makes Bhawna mam and Meena mam different from other teachers. Because of my teacher's faith in me, I never gave up. Now I'm flying towards my dreams. I remember you all whenever I lose my confidence, your belief in me encouraged me everytime. Today whatever I'm is because of your motivation and hard work. Thank you for inspiring me to believe in myself and to never give up my dreams.



OUR ALUMNI



हिन्दी विभाग

“आया समय उठो, तुम नारी, युग निर्माण तुम्हें करना है।
आज़ादी की खुदी नींव में, तुम्हें प्रगति पत्थर भरना है।
आँधी हो तूफान घिरा हो, पथ पर कभी नहीं रुकना है।

-शैलेन्द्र कुमार सिंह चौहान

सम्पादिका
डॉ. शुभ लता

छात्रा सम्पादिका
दिव्या

अनुक्रमणिका

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सम्पादकीय



लेखन एक कला है जो जीवन में परमानंद की अनुभूति कराती है। यह कला बुद्धिजीवी मनुष्य के पास होती है। हमारी लेखनी हमारे जीवन की पहचान होती है। हमारे सम्पूर्ण व्यक्तित्व का आइना होती है। कलम में तलवार से भी अधिक शक्ति होती है।

लेखन कला प्रतिभा को निखारने का अवसर प्रदान करती है। सभी के भावाभिव्यक्ति का माध्यम है। यह कला व्यक्ति को अपने अंदर छिपी प्रतिभा के अंकुर को पहचान दिला सकती है। एक कदम आगे रखते हुए हम साहित्याकाश में विचरण कर सकते हैं। उचित खाद—पानी रूपी मार्गदर्शन के द्वारा हमारे अंदर छिपे कलाकर को पहचान मिलती है। यह कला उर्वरा मिट्टी का काम करती है जिसमें हमारी छिपी प्रतिभा के अंकुर प्रस्फुटित होते हैं। जीवन और जगत से प्रभावित नए—नए अर्थों का स्वतः उद्घाटन करने वाली प्रज्ञा से हमारी प्रतिभा दिन—प्रतिदिन निखरती है।

उद्योग, विज्ञान एवं तकनीकी सूचना क्रांति के इस युग में युवा पीढ़ी में संवेदन शून्यता तथा मौलिक—लेखन के प्रति कम रुझान है। आज पग—पग पर इंसानियत एवं मूल्यों, संस्कारों को बलि चढ़ाया जा रहा है। मानवता चीत्कार कर रही है। रिश्ते तार—तार हो रहे हैं। घर में अकेलेपन का शिकार असहाय वृद्ध अपनी अंतिम सांस ले रहे हैं। भारतीय नैतिक मूल्य गिरावट को प्राप्त हो रहे हैं जब समलैंगिकता को कानूनी दर्जा दिए जाने की मांग की जाती है। बालक मजदूरी करने पर मजबूर हैं। कन्या भ्रूण हत्या से समाज में लिंगानुपात बिगड़ता दिखाई दे रहा है। मानव अंगों की तस्करी, नशे में डूबता युवा, भावनाओं को उद्वेलित करने के लिए यह सब कुछ कम नहीं है। आप सब नए युग का आधार हैं। आप सब के हृदय यह सब देखकर उद्वेलित क्यों नहीं होते? कबीर, जायसी, सूरदास, मीरां, रविदास, जयशंकर प्रसाद, प्रेमचन्द, निराला इत्यादि ये अनमोल निधि हैं। इनसे कटकर हम साँस नहीं ले पाएंगे। आदर्शों, संस्कारों, नैतिक मूल्यों ने हमेशा संजीवनी के समान हममें प्राणों का संचार किया है। विचारों की गम्भीरता से ही लेखन में गम्भीरता आएगी।

स्वस्थ एवं मौलिक लेखन की प्रेरणा के उत्तरदायित्व का निर्वाह करते हुए हम सबको अपने लेखन से व्यक्तित्व का सर्वांगीण विकास करना होगा।

डॉ. शुभलता
एसोसिएट प्रोफेसर
हिन्दी विभाग

भारत का शूरवीर पुत्र महाराणा प्रताप

जो सूरज से प्राप्त हो उसे ताप कहते हैं, जो हमें जन्म दे उसे मां-बाप कहते हैं, और जो मुगलों से कभी न हारे और डरे, उसे महाराणा प्रताप कहते हैं।

देश की सर्वोच्चता एवं स्वतंत्रता के प्रति दृढसंकल्पवान वीर शासक एवं महान देशभक्त महाराणा प्रताप अपने युग के महान व्यक्ति थे। महाराणा प्रताप का नाम इतिहास में स्वर्ण अक्षरों में अंकित है। ज्येष्ठ शुक्ल तीज संवत् 9 मई 1540 मेवाड़ के राजा उदय सिंह के घर इन्होंने जन्म लिया।

महाराणा प्रताप की 11 पत्नियाँ थी, इनकी पहली पत्नी अजबेहद थी। इनके 17 लड़के एवं 5 लड़कियाँ थी। महाराणा प्रताप का हल्दी घाटी के युद्ध के बाद का समय पहाड़ों और जंगलों में व्यतीत हुआ। अपनी पर्वतीय युद्ध नीति के द्वारा उन्होंने अकबर को कई बार मात दी। हल्दी घाटी के युद्ध स्थल में महाराणा प्रताप इतनी वीरता के साथ लड़े कि युद्ध स्थल में मुगल उन्हें देखकर दंग रह गये।

हल्दी घाटी के बाद महाराणा प्रताप के पास जब कुछ नहीं बचा तो उन्होंने जंगलों में अपना समय व्यतीत किया। उन्होंने घास-फूस की रोटियाँ खाकर अपना गुजारा किया। एक दिन इनकी बच्ची के आगे से घास-फूस की बनी रोटियाँ बिलाऊ उठाकर ले गया इससे वे बहुत दुखी हुए और इन्होंने आत्मसमर्पण करने का निर्णय लिया। पृथ्वीराज ने उन्हें ऐसा करने से रोका इससे उनका मनोबल बढ़ा और उन्होंने संधि के लिए मना कर दिया। उनके पास कुछ नहीं था तो दानवीर भामाशाह ने अपनी संपत्ति उन्हें देने का निर्णय लिया परंतु महाराणा प्रताप ने सेना की आवश्यकताओं को पूरा करने के लिए ही धन रखा था।

घोड़ा चेतक रामप्रसाद हाथी और भाला
भामाशाह जैसे साथी

तुम्हारे मनोबल को बढ़ाती, पृथ्वीराज चौहान की पाती।

19 जनवरी 1597 ई० को चावंड़ में ये स्वर्ग सिंघार गए। अकबर जैसी शक्ति से टक्कर लेने वाले वीर महाराणा प्रताप की मृत्यु पर अकबर भी दुखी हुआ था।



दिव्या
बी.ए., द्वितीय वर्ष

अंक भी बोलते हैं।

बर 7 के दिन थे, भा2 का महीना था। 2लत राम अपने घोड़े पर सवार होकर महाराष्ट्र के जंगलों में 2स्तों के साथ री6 का शिकार करने गया था। री6 को देखते ही उसने 2नाली चला दी। री6 मारा गया। उसकी खाल से 2स्तों ने वि4-विमर्श करके 10तानें बनाएं। तब वे 1 होटल में गए। उन्होंने 4पाई पर बैठकर रोटी के साथ आम खाया। परन्तु खाना बासी था और उनकी 5न शक्ति कमजोर थी। इसलिए उन्हें उप4 के लिए 5न की गोलियाँ खानी पड़ी। इनते में बर7 होने लगी। सब 2स्त 6तरी लेकर 9टंकी देखने 1000री बाग गए। परन्तु टिकट न मिलने के कारण ला4 होकर वापिस आ गए। तब तक बर7 भी थम चुकी थी। इसलिए सब 2स्त छत पर 100ने का प्रबंध करने लगे। फिर वे सब 4पाई पर 100ने चले गए।

तनु
बी.ए., तृतीय वर्ष

घरेलू हिंसा से महिलाओं की सुरक्षा

भारतीय पौराणिक संदर्भ में नारी को देवी का स्थान प्राप्त है। शक्ति की देवी दुर्गा, कला की देवी सरस्वती, धन की देवी लक्ष्मी मानी गई है। प्राचीन भारत के इतिहास में गार्गी और मैत्रेयी का विदुषियों के रूप में उल्लेख मिलता है। उस

समय किसी भी अनुष्ठान में महिला का होना अनिवार्य माना जाता था। नारी की उपस्थिति के बिना कोई भी सामाजिक एवं धार्मिक अनुष्ठान पूर्ण नहीं हो पाता था। परंतु नारी जो किसी जमाने की गृहलक्ष्मी का पद



धारण करती थी कालांतर में मात्र वह गृहदासी बनकर रह गई। आज जो महिलाओं की स्थिति है, वह और प्राचीन भारत की स्त्रियों में पर्याप्त अंतर है। संविधान में समानता शब्द का समावेश किया गया है। परंतु व्यवहार में समानता नहीं आई है। भारतीय संविधान के अनुच्छेद 15 में स्पष्ट रूप से बताया गया है कि राज्य धर्ममूल, वंश, जाति, लिंग, जन्म स्थान के आधार पर नागरिकों के बीच कोई विभेद नहीं करेगा। संविधान में कहा गया है कि पुरुष और महिला को समान अधिकार प्राप्त है। परंतु महिलाओं के साथ बहुत भेदभावपूर्ण व्यवहार किया जाता है। जिसके कारण घरेलू हिंसा का जन्म होता है।

आज भारत में घरेलू हिंसा की घटनाएं दिन प्रतिदिन बढ़ती जा रही हैं। हमारे समाज में महिलाओं को ऐसे हालातों का सामना करना पड़ता है, जिन्हें घरेलू माहौल में 'आम' या मामूली समझा जाता है। लेकिन कानून की भाषा में इसे घरेलू हिंसा माना जाता है जैसे महिला का पति अकसर उससे मारपीट करता है, सास उसकी सुंदरता या रंग रूप पर ताने देती है। घर में ही मामा या चाचा बच्चियों से छेड़छाड़ करते हैं। पत्नी नौकरी आदि से जो कमाती है उसका पति सारी कमाई छीन लेता है। पति पत्नी को मायके नहीं जाने देता। कई बार भाई ही अपनी बहन को शराब पीकर धमकाता है कि उसे घर से निकाल देगा क्योंकि वह घर पर बोझ है। देखने में तो ऐसे लगता है कि ये मामूली सी बातें हैं परंतु कानून की दृष्टि में यह घरेलू हिंसा ही है।

आज नारी की यह स्थिति हो गई है कि वह कहीं भी सुरक्षित नहीं है। जबरन यौन संबंध स्थापित किए जाते हैं अश्लील या भद्दी तस्वीरें देखने पर बाधित किया जाता है। नारी के चरित्र और व्यवहार पर तरह-तरह के लांछन लगाए जाते हैं। निसन्तान होने पर सारा दोष नारी पर मढ़ दिया जाता है। आर्थिक सहायता के नाम पर नारी को कई प्रकार से प्रताड़ित किया जाता है। स्त्री धन को बिना उसकी सहमति के बेचा या गिरवी रख दिया जाता है। कई बार जिस घर में वह रह रही है उस घर से निकाल दिया जाता है। किराये पर रहने की अवस्था में किराया तक अदा नहीं किया जाता। उसे सामान्य घरेलू उपयोग की वस्तुओं और कपड़ों तक का प्रयोग करने से रोका जाता है।

सब प्रकार की घरेलू हिंसा से नारी संरक्षण के लिए "महिला संरक्षण अधिनियम, 2005" बनाया गया है। इस अधिनियम के अनुसार कोई भी महिला जो "घरेलू संबंधों" में हिंसा की शिकार हो, वह अदालत से सुरक्षा का

आदेश पाने के लिए प्रार्थना कर सकती है। इस काम के लिए हर जिले में “सुरक्षा अधिकारी” नियुक्त किया गया है। महिला सुरक्षा अधिकारी के पास अपनी शिकायत कर सकती है। सुरक्षा अधिकारी की यह जिम्मेदारी होगी कि वह महिला की हर प्रकार से मदद करें। यह बात भी सत्य है कि अलग होना आसान नहीं होता है। ऐसे में आदेश के माध्यम से हिंसा करने वालों को रोक सकती है। फिर भी हालात में बदलाव नहीं होता तो अदालत उसे मुआवजा, हर्जाना, इलाज का खर्चा देने का आदेश दे सकती है। शिकायत करने वाली महिला और आरोपी उन दानों की समस्याओं को समझने में सहायता कर सकती है। आरोपी यदि आदेशों के बाद भी नहीं बदलता तो उसे जुर्माना लगाया जा सकता है। गंभीर मामलों में जेल भी भेजा जा सकता है।

महिलाओं को घरेलू हिंसा से सुरक्षा दिलाने के लिए कानून तो बना दिए गए हैं, परंतु दुख की बात है कि अधिकतर स्त्रियां इस अधिनियम को जानती ही नहीं। जब उन्हें ज्ञान ही नहीं तो इससे लाभ लेने का सवाल ही पैदा नहीं होता। आज भी गांवों में स्त्री की दिनभर की कमाई छीनकर उसका पति शराब पी आता है। अपनी पत्नी को पीटता है। आश्चर्य की बात है कि इस पिटाई को वह अपना अधिकार समझती है। यदि कोई दूसरा बीच बचाव करता है तो तुनक कर खड़ी हो जाती है। ‘मेरा पति है मुझे पीटता है किसी और की पत्नी को तो नहीं।’ 21वीं सदी में भारत की नारी का यह चित्रण हमारी प्रगतिशीलता पर कलंक है। देश की शिक्षित महिलाओं को भी कानून का ‘क’, ‘ख’, ‘ग’ नहीं आता। इसका कारण यह है कि हमारे प्रारम्भिक पाठ्यक्रमों में इसका समावेश ही नहीं है। विधि या कानून को बस न्यायालय एवं वकील के कार्यालय की वस्तु बना दिया है।

आज की प्रक्रिया अत्यन्त जटिल है और इस जटिलता के कारण प्रायः अपराधी छूट जाते हैं और समाज में अपराध फैलाते हैं। महिलाओं के हित के लिए जो कानून बने हैं वे व्यावहारिक नहीं हैं। संविधान ने तो स्त्रियों को समानता का अधिकार दिया है परन्तु दूसरी ओर ओढ़ी हुई असमानता है, जो रूढ़िगत है, परम्परागत है, उस असमानता के जाल को तोड़ने की आवश्यकता है। इसके स्थान पर संविधान की समानता को व्यवहार में लाना है। महिलाओं को वास्तविक समानता ओर सच्ची आजादी तब हासिल हो सकती जब तक वे आर्थिक रूप से आत्मनिर्भर नहीं हो जाती।

आज महिला जागरण प्रारम्भ हो चुका है। भारत में नारी के लिए जो कानून बनाए गए हैं, अब वह उन्हें समझने का प्रयास करने लगी है। स्त्री पुरुष के मध्य जो चौड़ी खाई थी, वह अधिकांशतः पट गई है। आज बहुत से अर्थों में नारी आगे बढ़ चुकी है। वह पढ़ सकती है, नौकरी कर सकती है, राजनीतिक दल में कार्य कर सकती है। नारी जागरण का ही परिणाम है कि देश में प्रचलित परम्पराओं बाल विवाह, वृद्ध विवाह, बहुविवाह आदि पर नकल कसी गई है। विधवा विवाह को सामाजिक मान्यता दी गई। आज महिलाओं के खिलाफ होने वाले अपराधों जैसे – घरेलू हिंसा, यौन उत्पीड़न, कार्यस्थल पर भेदभाव, दहेज प्रताड़ना, अनावश्यक परित्याग, बलात्कार और छेड़छाड़ आदि में काफी सुधार हुआ है।

इस प्रकार कहा जा सकता है कि संविधान में नारी को जो समानता का अधिकार दिया गया है उस नारी सुरक्षा के लिए जो कानून बनाए गए हैं उन्हें केवल न्याय परिसर की वस्तु नहीं बनाना है। वरना उन्हें जन जन के हृदय में उतारना है तभी गणतंत्र की भावना सार्थक हो सकती है। आज नारी अपने को अबला न समझे उसे अपने संबोधन में अबला से ‘अ’ के स्थान पर ‘स’ लगाकर सबला बनना है। तभी वह आचार्य महाबीर प्रसाद द्विवेदी की इस उक्ति को सार्थक कर पाएगी

नर से बढ़कर नारी, एक नहीं दो दो मात्रा में भारी।

डॉ. शीला मिगलानी
हिन्दी प्राध्यापिका
(अध्यक्षा कानूनी साक्षरता प्रकोष्ठ)

अंतर्राष्ट्रीय मोटा अनाज वर्ष 2023

भारत की पहल पर संयुक्त राष्ट्र संघ महासभा ने 2023 को अंतर्राष्ट्रीय मोटा अनाज वर्ष घोषित किया है। मोटा अनाज (मिलेट) मसलन बाजरा, ज्वार, रागी, कोदो आदि। ये अनाज सिर्फ नाम के मोटे हैं, पोषक तत्वों के मामले में ये सौ फीसद खरे हैं। मोटे अनाजों को पोषण का पावरहाउस या सुपरफूड भी कहा जाता है। अप्रैल, 2018 में कृषि मंत्रालय ने इन्हें पोषक अनाज की संज्ञा दी थी व केन्द्र सरकार ने इन अनाजों को फिर से हर थाली में पहुंचाने के लिए अभियान शुरू किया।

भारत के प्रयासों से 3 मार्च 2021 को संयुक्त राष्ट्र में 2023 को इंटरनेशनल मिलेट्स ईयर मनाने का प्रस्ताव आया था। भारत की ओर से लाए गए प्रस्ताव पर 72 देशों का समर्थन मिला व संयुक्त राष्ट्र महासभा ने 2023 को अंतर्राष्ट्रीय मोटा अनाज वर्ष घोषित किया।

2023 को अंतर्राष्ट्रीय मोटा अनाज वर्ष के रूप में घोषित करने का संयुक्त राष्ट्र का उद्देश्य खाद्य सुरक्षा और पोषण के लिए 'श्री अन्न' (मोटा अनाज) के बारे में जागरूकता बढ़ाना, मोटा अनाज के क्षेत्र में अनुसंधान एवं विकास और विस्तार के लिए निवेश बढ़ाना और उत्पादन, उत्पादकता तथा गुणवत्ता में सुधार के लिए हितधारकों को प्रेरित करना है।

मोटे अनाज का सबसे बड़ा उत्पादक राज्य कर्नाटक है। देश के कुल उत्पादन का लगभग 19 प्रतिशत मोटा अनाज कर्नाटक में ही होता है। वहां के लोग इसे सिरी धान्य कहते हैं। देश के जन सामान्य के पोषण के लिए जब मोटे अनाजों की उपज और खपत बढ़ाने की पहल हुई तो कर्नाटक के लोगों की भावनाओं का सम्मान करते हुए इसे 'श्री अन्न' नाम दिया गया।

कुछ दशक पहले हमारे कुल अनाज उत्पादन में 40 प्रतिशत तक की मोटे अनाज की हिस्सेदारी रहती थी। आज हम मोटे अनाजों के सबसे बड़े उत्पादक और दूसरे सबसे बड़े निर्यातक तो हैं लेकिन कुल अनाज में इनकी हिस्सेदारी 10 प्रतिशत से भी कम रह गई है। मोटा अनाज को प्रोत्साहन देने के लिए वर्तमान समय में बहुत प्रयास किए जा रहे हैं। उत्पादन में अनुसंधान और नवाचार पर ध्यान देने के साथ-साथ किसान उत्पादक संगठन एफ पी ओ इनके एकत्रीकरण, उत्पादन और प्रसंस्करण में वृद्धि के लिए प्रयासरत हैं।

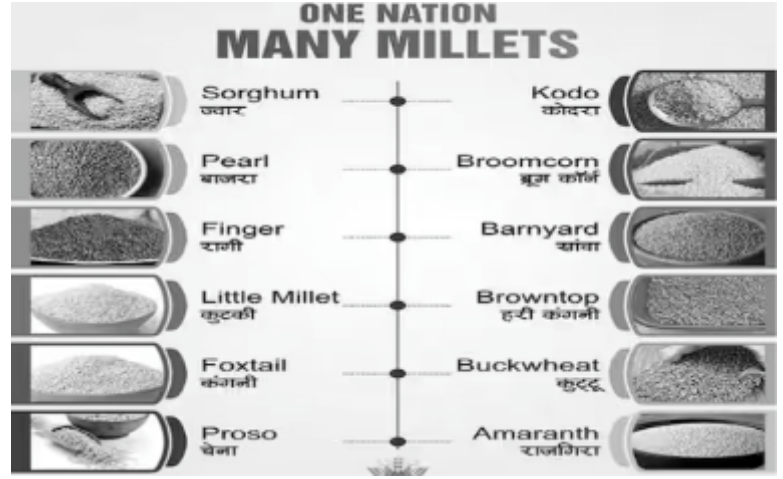
भारत में मोटे अनाज के सर्वप्रथम प्रचलन का साक्षी यजुर्वेद है, जिसमें 'श्री अन्न' की विभिन्न प्रजातियों प्रियंगव (फाक्सटेल), अनाव (बरनार्ड) एवं श्यामका (ब्लैक फिंगर) के इस्तेमाल के फायदे बताए गए हैं। अब तो इसके वैज्ञानिक प्रमाण भी हैं कि भारत में आज से लगभग साढ़े छह हजार वर्ष से भी ज्यादा समय से 'श्री अन्न' को खाद्य पदार्थ के रूप में ग्रहण किया जाता रहा है।

आयुर्वेद में मोटे अनाज की विशेषता का उल्लेख मिलता है। मोटे अनाज सेहत के लिए बहुत अच्छे होते हैं, साथ ही इनकी खेती भी आसान है। मोटे अनाज पर्यावरण के अनुकूल (इकोफ्रेंडली) भी है। इनके उत्पादन में पानी, खाद और कीटनाशकों की आवश्यकता कम होती है जो किसानों के लिए अच्छा है। जटिल मौसमी परिस्थितियों में भी इनकी खेती आसानी से हो जाती है। मोटे अनाज की खेती करने से सिंचाई और खाद पर होने वाला खर्च भी कम हो जाता है। बहुत अधिक तापमान व सूखे मौसम में भी ये फसले खराब नहीं होती हैं। इन अनाजों का भंडारण आसान है और ये लम्बे समय तक सही बने रहते हैं।

मोटा अनाज मोटापा कम करने के साथ डायबिटीज, उच्च रक्तचाप (हाईपरटेंशन) और दिल से जुड़ी बीमारियों के खतरो को भी कम करने में सहायक होते हैं। मोटा अनाज कुपोषण से लड़ने में भी बहुत फायदेमंद होता है क्योंकि ये ऊर्जा के साथ-साथ प्रोटीन, फाइबर, कैल्शियम, आयरन से भी समृद्ध होते हैं।

भारत में मुख्य रूप से सात तरीके के 'श्री अन्न' की खेती होती है, जिसमें प्रमुख हैं:

1. बाजरा (पर्लमिलेट्स)
2. रागी (फिंगरमिलेट्स)
3. कंगनी (फाक्सटेल)
4. बारगु (प्रोसो मिलेट्स)
5. ज्वार (सोरधुम)
6. सामा (लिटिल मिलेट्स)
7. कोदो (अरका)



देश के पांच प्रमुख राज्यों में क्रमशः

1. राजस्थान में बाजरा, ज्वार
2. कर्नाटक में ज्वार, रागी
3. महाराष्ट्र में रागी, ज्वार
4. उत्तरप्रदेश में बाजरा
5. हरियाणा में बाजरा की खेती बड़े पैमाने पर की जाती है।

भारत सरकार का लक्ष्य अंतर्राष्ट्रीय मोटा अनाज वर्ष 2023 को किसान, उपभोक्ता और जलवायु के समग्र लाभ के लिए एक जन आंदोलन बनाना है। भारत 2023 में जी-20 की अध्यक्षता के दौरान अंतर्राष्ट्रीय मोटा अनाज वर्ष के उद्देश्यों एवं फायदों के दृष्टिकोण से वैश्विक स्तर पर जागरूकता प्रसार में सफल होगा।

अनु धुत्रा
एसोसिएट प्रोफेसर
अर्थशास्त्र विभाग

आत्महत्या की रोकथाम के लिये सुझाव

प्यारे बच्चों, परीक्षा में पर्चा खराब हो गया या पढ़ाई का बोझ नहीं सहा जा रहा या किसी भी बात से मन इस कदर परेशान हो जाए कि उससे निकलने का कुछ भी मार्ग ना सूझ रहा हो और आत्महत्या तक करने का मन में भाव आने लगें, तो भी आपका जीवन अनमोल है, आपके लिए व आपके माता-पिता व अन्य परिवारजनों व मित्रों के लिए भी। किसी भी सूरत में निराश न हों। किसी अपने से अपने मन की दुविधा, परेशानी, दुख-दर्द व चिंता को साझा करें। यकीन मानिये कि आप अगर अपने आस-पास नजर डालेंगे तो बहुत से हितैषी मिल जाएंगे। तो बोलिये, बांटिये अपने मन का दर्द और देखें कि आत्महत्या करने वाला ख्याल कैसे छूमंतर हो गया आपके दिलो-दिमाग से! कुछ भी बोलें, कोई बात नहीं अगर आप गलत भी कुछ बोल दें तो, क्या हो सकता है आपके गलत बोलने पर? आपको लगता है कोई नाराज हो जाएगा? तो होने दो न! ज्यादा से ज्यादा कुछ मीठी-मीठी डांट पड़ जायेगी। परंतु फिर ढेर सारा प्यार, आश्वासन और हौंसला भी तो मिलेगा। जिससे आपमें जीने की तमन्ना फिर से जाग उठेगी। और हां, अगर अपनों से नहीं कुछ कह पाते तो किसी अपने टीचर या कांसलर से अपने दिल का दर्द सांझा कर लें। उनके पास कुछ न कुछ समाधान जरूर है आपके लिए।

हर्षिता गौड
बी.ए., प्रथम वर्ष

वर्तमान संदर्भ में संगीत शिक्षण की नई विधियां सृजनात्मक तथ्यों पर ध्यान

बाल्यवस्था से ही मानव संगीत प्रेमी होता है। माता की लोरी सुनकर शिशु रोना भूल जाता है, धीरे-धीरे शांत होकर निद्रालीन हो जाता है। संगीत की यह मोहिनी पशु-पक्षी, मानव, वृक्ष, यहां तक की जड़ वस्तुओं को भी प्रभावित किये बिना नहीं रहती है। वनों के निवासी ढोलों की ध्वनि पर झूम-झूम कर नृत्य और गायन में लीन हो जाते हैं। संगीत के इस जादू का रहस्य केवल सात स्वरों में छिपा है। इसकी कल्पना भी शायद न तो उस आदिवासी गायक को होगी और न ही उस ममता भरी लोरी को गाती हुई माता को, परन्तु जब शास्त्रीय, शास्त्रोक्त गायन की ओर मनुष्य मुड़ता है तो “सा, रे, ग, म, प, ध, नि” के सात स्वरों से उसका नाता जुड़ता है। कोमल शुद्ध, तीव्र स्वरों के भेद को पहचानते हैं और बाहर स्वरों को नाद लहरी स्वरों की नाद गले से सुरीली ताने बनकर निकलती है और नाद ब्रह्म की ओर ले जाने लगता है।

इतिहास साक्षी है कि सामाजिक, राजनैतिक, परिस्थितियों का कला पर बहुत प्रभाव पड़ता है। कला आश्रय चाहती है, फलने – फूलने के लिए उसे स्वस्थ वातावरण एवं आश्रय की आवश्यकता होती है। ऐसी स्थिति में कलाकार निश्चित होकर अपनी कला साधना में पूर्ण समय व्यतीत करता है। आज इसका स्तर लगातार गिर रहा है। विद्यार्थी तो बढ़ रहे हैं पर गुणवत्ता नहीं, प्रमाण पत्र तो मिल रहे हैं पर कला प्राप्त नहीं हो रही। इसके लिए विद्यार्थी संगीत शिक्षण संस्थाएं, शिक्षक, गुरु सभी को इस समस्या पर गहन विचार करना व इसका समाधान करना अति आवश्यक है।

मेरे ख्याल से आज के संदर्भ में सबसे महत्त्वपूर्ण गुरु शिष्य प्रणाली है। सभी विद्वान कही दबे तो कहीं खुले स्वर में गुरु शिष्य प्रणाली की अनिवार्यता को मानते हैं। जिन युवा संगीतकारों को केवल विद्यालयीन शिक्षा का रस ही चखने को मिला हो उन संगीतकारों, कलाकरों को गुरु सानिध्य और गुरु कृपा की ललक तो रहती है। यह तभी संभव है जब संस्थागत सामूहिक पद्धति में शिक्षक की भूमिका और गुरु शिष्य प्रणाली में गुरु की भूमिका के भेद को समाप्त किया जा सकें। संगीत शिक्षण संस्थाएं संगीत के नियमित पाठ्यक्रम के साथ व्यावहारिक संगीत शिक्षण कार्यक्रम चालू करें। आज महाविद्यालयों में बी ए0 प्रथम वर्ष में तीस विद्यार्थियों से भी ज्यादा प्रवेश दिया जाता है जो सर्वथा अनुचित है। अधिकतर विद्यालयों में संगीत शिक्षा नहीं है। अतः बी ए0 प्रथम वर्ष में आने वाला विद्यार्थी इस विषय में अनभिज्ञ होता है। जबकि कॉलेज में प्रवेश लेने से पूर्व विद्यार्थी को स्वर ताल से दस थाटों का पूर्ण ज्ञान होना चाहिए। आज जगह-जगह संगीत महाविद्यालय भी खुल गये हैं। कुछ महाविद्यालयों में संगीत की शाखा भी खोल दी गई है। आज सभी इलाकों में संगीत का महत्त्व ज्यादा बढ़ गया है। संगीत के अवसरों का निर्माण हो रहा है। अखबारों के जरिये, व्यक्तिगत सम्पर्क के जरिये, संगीत पत्रिकाओं के जरिये, रेडियों, दूरदर्शन, कैसेट्स, दृश्य श्रव्य, मोबाइल के जरिये संगीत सामान्य जनता को सुलभ हो गया है। संगीत की आधुनिक शिक्षा पद्धति से एक लाभ अवश्य हुआ है इस पद्धति से तानसेन की जगह कानसेन अधिक पैदा हुए हैं। लोगों में संगीत के प्रति रुझान पैदा हुआ। रोजगार के अवसर बढ़े। हर वर्ग आधुनिक शिक्षण विधि के नये आयामों से अपनी कला को उत्कृष्ट कर आगे बढ़ सकता है। क्योंकि विद्यार्थी और कलाकर ही कम समय में ज्यादा फल प्राप्त करना चाहता है। उसे अपना ज्ञान नई-नई बंदिशों के निर्माण, आलापचारी, तानों में लगाना चाहिए। प्रस्तुतीकरण के स्तर को बढ़ाने से कुछ हद तक अच्छे परिणाम मिले एवं मनोहरी उपवन बनाने का प्रयास करें तो संगीत को उन्नति के शिखर पर पहुँचाया जा सकता है। संक्षेप में आधुनिक शिक्षा पद्धति में घराने के बीज बो दिए जाते तो हमारा संगीत निश्चित ही अपनी ऊँचाईयों को छू सकेगा।

डॉ० सुनीता गुप्ता

प्राध्यापिका, संगीत गायन

नकारात्मक विचारों से कैसे पाएं छुटकारा

साईकोथेरेपी के दौरान मुझे यह महसूस होता है कि जीवन में बहुत सी समस्याओं का कारण हमारी नेगेटिव सोच ही है। प्रायः लोगो का मन नकारात्मकता से ही भरा रहता है। यही नकारात्मकता ढेर सारी समस्याओं को जन्म देती है, जैसे चिंता, भय, क्रोध, घृणा, आत्म-ग्लानि व हिंसात्मक व्यवहार। कलाईट्स को यह बात समझ में आते ही उनका स्वाभाविक सा प्रश्न होता है कि अपने भीतर या मन में पॉजिटिविटी कैसे लाएं? ऐसा क्या करें कि मन में नेगेटिव विचार आए ही नहीं? सच पूछें तो मन में नेगेटिव विचार आने से रोकना इतना मुश्किल नहीं, जितना लगता है। यदि आप सचमुच ही नेगेटिव विचारों से मुक्ति पाना चाहते हैं तो आपको उसके लिए पूरे मन व आत्मा से तैयारी और कोशिश करनी होगी। किंतु कैसे?

सबसे पहले तो आपको यह देखना होगा कि आपके नेगेटिव विचारों का स्रोत क्या है? आपको यह समझना होगा कि जीवन में सब कुछ रिलेटिव है अर्थात् किसी ना किसी के संबंध में कुछ कहा या महसूस किया जाता है, जैसे किसी परिस्थिति, घटना, प्रियजन या फिर अपनी किस्मत या नियति। अर्थात् आपको यह लग सकता है कि आप जो



कुछ करते हैं, उसमें सफल नहीं होते, आपका बुरा होने वाला है, या फिर आपको कोई भी पसंद नहीं करता।

दोस्तों, ऐसा कुछ नहीं होता, क्योंकि अच्छा-बुरा सब हमारी दृष्टि पर निर्भर है कि हम किसी परिस्थिति को कैसे देखते हैं: जैसे एक गिलास को यदि हम उसके आधे स्तर तक पानी से भरकर किन्हीं दो बच्चों से उस गिलास के बारे में पूछें तो एक का जवाब "आधा भरा" व दूसरे का जवाब "आधा खाली" हो सकता है। परंतु आप भी जानते हैं कि दोनों का जवाब सही है। बस फर्क है दोनों के देखने के नजरिये में। एक उसके पॉजिटिव पहलु अर्थात् 'भरेपन' को देखता है तो वहीं दूसरा उसके नेगेटिव पहलु अर्थात् 'खालीपन' को देखता है। तो कैसे पॉजिटिव देखें?

हर घटना व अनुभव को पॉजिटिव तरह से देखने का अभ्यास करें:

ठीक ऊपर वाले उदाहरण की तरह से हर चीज परिस्थिति, घटना व अनुभव को हम 'पॉजिटिव' या 'नेगेटिव' दोनो तरह से देख सकते हैं। सो, जब भी आप किसी के बारे में नेगेटिव सोचें तो एक बार रुक कर सोचिये कि जैसा आप सोच रहे हैं, उसके ठीक विपरीत भी तो हो सकता है। सो हर स्थिति व अनुभव को पॉजिटिव तरह से देखने का सतत प्रयास करें।

नेगेटिव विचारों का पीछा करें:

यह देखने का प्रयास करें कि नेगेटिव विचारों का स्रोत क्या है? कहीं कोई यह दोषारोपण से तो नहीं उपजे?

कोई आपको बार-बार दोष देता है तो क्या आपका आत्मविश्वास डावाडोल हो जाता है? अगर ऐसा ही कुछ हो रहा है तो आज ही इसको बदल ले।

आप लोगों को या घटनाओं को नियंत्रित नहीं कर सकते:

उन्हे बदल भी नहीं सकते तो क्या करें क्योंकि नेगेटिव सोच आपको शारीरिक और मानसिक तौर पर तोड़ सकती है, अपने नेगेटिव सोच बदलने वास्ते निम्न उपाय कर सकते हैं

1. नेगेटिव विचारों को बाहर धकेलने का प्रयास करें:

ध्यान रहे कि संसार की कोई भी शक्ति आप में नकारात्मकता नहीं भर सकती जब तक आप उसे निमंत्रण न दें। अतः आप नेगेटिव विचारों को अपने मन में विचार करने से पहले ही रोक दें। तो धीरे-धीरे नेगेटिव विचार आना बंद हो जाएंगे।

2. अपने जीवन में पॉजिटिविटी को स्थान दे:

पॉजिटिव सोच व विचारों को ज्यादा से ज्यादा जगह दे अच्छी बुक्स पढ़ें, अच्छी पॉजिटिव सोच रखने वाले दोस्तों के बीच रहे, इन सबसे पॉजिटिविटी आती है।?

3. ऐसी चीजों पर फोकस करें जो आपको खुशी व आनन्द देती हो।

4. आपके घर या आसपास से नेगेटिव मैगजीन, साहित्य व सामग्री हटा दें:

ताकि आपकी उस पर नजर ही न पड़े।

5. ऐसी घटनाओं, चीजों व लोगों के बारे में सोचे जिसकी वजह से कभी आपको खुशी मिली हो:

उनका धन्यवाद करें और सोचे कि वे सब लोग आपके शुभचिन्तक हैं, तो आपका बुरा कभी नहीं हो सकता।

6. ईश्वर में आस्था रखें:

सोचे कि वह जो कुछ भी करते हैं, हमारे भले के लिए करते हैं। अतः उन पर विश्वास रखें। अतः ऐसी घटनाओं को याद रखें जिनके घटने पर आप पहले तो दुःखी हुए, आपको कुछ समय पश्चात् कोई भलाई का प्रमाण मिला हो, जैसे— आपकी बस छूट जाने पर आपको दुख हुआ, परंतु बाद में आपको पता चला कि आगे जाकर उस बस का भयंकर ऐक्सीडेंट हो गया जिससे बस के छूटने के लिए आपने भगवान् को धन्यवाद दिया हो। जिससे आपकी ईश्वर में आपकी और आस्था बढ़ जायेगी।

7. ऐसी पॉजिटिव घटनाओं को सोचकर खुश हो:

उन पर मनन करें मन ही मन ईश्वर को धन्यवाद करें व पॉजिटिव हो, पॉजिटिव सोचने का संकल्प करें।

8. नेगेटिव सोच को झटक दें:

जब भी बुरी घटनाएँ मन में आने लगे, तो ऐसी घटनाओं को गाढ़कर उन्हे झटक दें और आदेश दें कि किसी नेगेटिव सोच की आपकी जिन्दगी में कोई जगह नहीं है।

9. अपने आस-पास सभी नेगेटिव लोगों व घटनाओं को पॉजिटिव लोगों व चीजों में बदल दें:

क्योंकि उनके आसपास रहते हुए पॉजिटिव सोच पर फोकस करना कठिन है।

10. अपने जीवन में पॉजिटिव लोगों व चीजों को पहचानकर उन्ही के निकट रहने का प्रयास करें:

उन्ही के बारे में सोचिए। याद रखिये कि उनकी पॉजिटिव एनर्जी आप में भी पॉजिटिव ऊर्जा का संचार

अवश्य करेगी, क्योंकि नेगेटिव से नेगेटिविटी और पॉजिटिव से पॉजिटिविटी का संचार होता है।

11. मुख पर हमेशा मुस्कान रखें और हमेशा मुस्कुराते रहे:

मुस्कुराने से नेगेटिविटी स्वयं कोसों दूर भाग जाती है। कोई भी इससे इंकार नहीं कर सकता कि पॉजिटिविटी खुशी का ही दूसरा नाम है।

तो देरी किस बात की। आज और अभी से सभी किस्म की नकारात्मकता तिलांजलि देकर पॉजिटिविटी को अपने जीवन में जगह देकर अपने व दूसरों के जीवन में खुशियों ही खुशियों का संचार करे और खुश रहे, आबाद रहें।

मिस. ललिता
असिस्टेंट प्रोफेसर

वर्तमान युग में शास्त्रीय संगीत का महत्त्व

शास्त्रीय संगीत से अभिप्राय है "शास्त्रधारित संगीत"। शास्त्र शब्द का अर्थ समझ लेने से शास्त्रीय संगीत स्वतः स्पष्ट हो जायेगा—

शास्त्र का अर्थ है — शासन करने वाला अर्थवा मार्ग दिखाने वाला। स्वर ताल राग व लय इत्यादि नियमों के मार्ग दर्शन में हमारा संगीत शास्त्रीय हो जाता है। जब संगीत नियमित शास्त्र द्वारा नियम बद्ध हो कर गाया बजाया जाता है, तो यह शास्त्रीय संज्ञा ग्रहण करता है।



उत्तर भारतीय संगीत पद्धति का प्रचलन 13वीं शताब्दी के लगभग हुआ। इससे पूर्व सारे देश में एक ही संगीत पद्धति प्रचलित थी। संगीत में भक्ति की अपेक्षा शृंगारिकता ने प्रवेश किया। इस प्रकार शास्त्रीय संगीत महलों और दरबारों में कुछ गिने-चुने लोगों के मनोरंजन का साधन रह गया और जन साधारण से दूर हट गया। आम जनता में संगीत को निम्न कोटि का समझा जाने लगा था। संगीत व्यावसायिक स्त्री पुरुषों तक सीमित रह गया था। ब्रिटिश राज्य स्थापित होने के साथ ही भारतीय राजा तथा जिर्मींदार, अंगेजों के हाथ की कठपुतली मात्र रह गए और साथ ही संगीतकारों को मिलने वाला राजाश्रय भी बंद हो गया। ऐसे में शास्त्रीय संगीत केवल घराना प्रथा के अंतर्गत ही पनपा।

स्वतंत्रता प्राप्ति के पश्चात् जीवन के प्रत्येक क्षेत्र में एक क्रांतिकारी परिवर्तन हुआ। नगर-नगर में प्रतिवर्ष संगीत सम्मेलन होने प्रारंभ हो गये। संगीत नाटक अकादमी, भारतीय शास्त्रीय सिद्धांत और गायन, वादन के उत्थान के लिए प्रत्यनशील हैं। कलाकारों को देश के सांस्कृतिक प्रतिनिधि के रूप में विदेशों में भेजना आरम्भ हुआ और स्वतंत्रता प्राप्ति के पाँच वर्ष बाद ही राष्ट्रीय स्तर पर शिक्षा प्रत्येक के लिए सुलभ हो गई। यही नहीं आकाशवाणी और दूरदर्शन और कल्चर सेंटर के माध्यम से संगीत का भरपूर प्रचार हुआ। इस प्रकार जन जीवन में सांस्कृतिक चेतना जागृत हुई और संगीत साहित्य तथा कलाओं की ओर जन साधारण का ध्यान आकृष्ट हुआ।

कविता
बी. ए., तृतीय वर्ष

बेटी बचाओ, बेटी पढ़ाओ

सदियों से चुप बैठी आज मुँह खोलूंगी ।
तोड़के दरवाजे सारे आज सच बोलूंगी ।
सहनशीलता को मेरी कमजोरी ना समझो तुम ।
पीड़ा हो गई पर बक्शी मैं कब तक झेलूंगी ॥
आज मांगूगी जवाब अपने सवालों के ।
दर्द दिखाऊंगी सारे बीते लाखों सालों के ॥
पैदा होते ही मेरे क्यूँ घर में मातम छाया था ।
जन्म लिया बेटी ने चेहरा सबका मुरझाया था ।
मार—मार के ताने सबने मम्मी को रुलाया था ।
कुल को चलाने वाला बेटा नहीं आया था ॥
डस्टबिन में फेंक कर भी शर्म नहीं आई थी ।
कुत्तों ने जब नोचा मुझको कितना मैं चिल्लाई थी ॥
कभी झाड़ियों में फेंका मुझको कभी गंदे नालों में ।
ऐसा स्वागत होगा मेरा आया ना ख्यालों में ॥
डॉक्टर के छुरी काँटों से जो हम बच पाए ।
तो रोज नई मौत मरने इस दुनिया में आए ॥
दर्द सहना तो हमने गर्भ से ही सीखा है ।
सुलूक तो हमारे साथ जानवर सरीका है ॥
बंदिशे हमारे ऊपर बचपन से ही जारी है ।
घर के अंदर या बाहर हर आँख के शिकारी है ॥
बेटी यहाँ जाना नहीं, बेटी से सब खाना नहीं ।
हंसना नहीं जोर से सुनो बातें गौर से ॥
तू पराया धन है और हमारे सर का बोझ है ।
जहर में डूबे ये ताने मिलते हमको रोज है ॥
जंग हमारी होगी तब तक बेटी नहीं सुरक्षित जब तक,
जब बेटी के आने पर ढोल बजाए जाएंगे ।
देने को आशीष मंगलाचार गाए जाएंगे ॥
बेटी बचाओ बेटी पढ़ाओ का नारा जब हकीकत होगा
तब जाकर हमारा ये महायज्ञ पूरा होगा ॥

नाकामयाबी के डर के 10 संकेत

- ★ नाकामयाबी का डर आपको इस बात के लिये चिंतित करता है कि दूसरे लोग आपके बारे में क्या सोचेंगे?
- ★ अपने मनचाहे भविष्य की आकांक्षाओं को पूर्ण करने की योग्यता के बारे में चिंतित कर देती है ।
- ★ कि कहीं लोग आपमें रुचि लेना कम या बंद ना कर दें ।
- ★ कि आप कितने समर्थ, योग्य या स्मार्ट हैं?
- ★ कि जिन लोगों की राय को आप मान देते हैं, उन्हें आप कैसे निराश कर सकते हो?
- ★ लोगों की आपके प्रति अपेक्षाओं को कम करने के लिए आपकी पहले से ही यह इच्छा रहती कि लोग आप से ज्यादा आशा न रखें ।
- ★ एक बार आप किसी मुहिम में फेल हो जाएं, तो आपको यह सोचने में कष्ट होता है कि आप उस कार्य को किसी और तरह भी कर सकते हैं ।
- ★ आप अपनी असफलता को किसी और सकारात्मक दृष्टिकोण से नहीं देख पाते ।
- ★ आपको प्रायः अंतिम क्षण में पेट दर्द, सिर दर्द, या कुछ अन्य लक्षण हो जाते हैं जिसकी वजह से आप परीक्षा की ठीक से तैयारी नहीं कर पाते ।
- ★ आपका ध्यान अक्सर ऐसे गैर—जरूरी कार्यों में आकर्षित हो जाता है जिससे आपका सिलेबस पूरा नहीं हो पाता । आप जरूरी कार्य या पढ़ाई को अंतिम क्षण तक टालते रहते हैं ।

नीतू
बी.ए., द्वितीय वर्ष

हर्षिता गौड़
बी.ए., प्रथम वर्ष

अकबर बीरबल के मजेदार किस्से

मुगल वंश के बादशाह और नसीरुद्दीन हुमाँयु के बेटे, जलालउद्दीन मोहम्मद अकबर और उनके कहे जाने वाले नवरत्न में से एक रत्न बीरबल के किस्से काफी मशहूर हैं। बादशाह अकबर कई बार परेशानियों में फंसने पर या किसी गंभीर मुद्दे पर अपने सलाहकार मंत्री बीरबल की सहायता अवश्य लेते थे। बीरबल स्वभाव से बुद्धिशाली और किसी भी समस्या का समाधान ढूँढने में निपुण थे। अकबर और बीरबल के अनगिनत किस्सों में से चुनिन्दा किस्से वार्ता स्वरूप दर्शाये हैं, जिससे बीरबल के बुद्धिचातुर्य का वर्णन मिलता है।



1. मोम का शेर – सर्दियों के दिन थे। अकबर का दरबार लगा हुआ था। तभी फारस के राजा का भेजा एक दूत दरबार में उपस्थित हुआ। राजा को नीचा दिखाने के लिए फारस के राजा ने मोम से बना शेर का एक पुतला बनवाया था और उसे पिंजरे में बंद कर के दूतों के हाथों अकबर को भिजवाया और उन्हें चुनौती दी कि इस शेर को बिना पिंजरा खोले बाहर निकाल कर दिखाएं। बीरबल की अनुपस्थिति में अकबर सोच में पड़ गया। इतने में ही बीरबल आ गया और मामला अपने हाथ में लिया। बीरबल ने एक गर्म सरिया मंगवाया और पिंजरे में कैद मोम के शेर को पिंजरे में ही पिघला डाला। देखते ही देखते मोम पिघल कर बाहर निकल गया। अकबर बीरबल की चतुराई से काफी प्रसन्न हुए और फारस के राजा ने फिर कभी अकबर को चुनौती नहीं दी।

2. बीरबल की खिचड़ी – अबकर ने कड़कडाती सर्दियों के मौसम में एक दिन यह एलान किया कि अगर कोई व्यक्ति पूरी रात पानी के अंदर छाती तक डूब कर खड़ा रह पाएगा तो उसे 1000 मोहरें इनाम में दी जायेंगी। इस चुनौती को पार करना काफी कठिन था फिर भी एक गरीब ब्राह्मण अपनी बेटी के विवाह के लिए धन जोड़ने की खातिर तैयार हो गया। जैसे-तैसे कर के उसने कापंते ठिटुरते रात निकाल ली और सुबह बादशाह से अपना इनाम मांगा। अकबर ने पूछा कि तुम इतनी सर्द रात में पानी के अंदर कैसे खड़े रह पाये। ब्राह्मण ने कहा कि मैं दूर आप के किले के झरोखों पर जल रहे दिये का चिंतन कर खड़ा रहा और यह सोचते रहा कि वह दिये मेरे पास ही है। इस तरह रात बीत गई। अकबर ने यह सुन कर तुरंत इनाम देने से मना कर दिया और यह तर्क दिया कि उसी दिये की गर्मी से तुम पानी में रात भर खड़े रह सके। इसलिए तुम हकदार नहीं इस इनाम के। ब्राह्मण उदास होकर चला गया। बीरबल जानता था कि ब्राह्मण के साथ अन्याय हुआ है। उसने ब्राह्मण को हक दिलवाने का निश्चय कर लिया। अगले दिन अकबर और बीरबल वन में शिकार खेलने के लिए चले गए। दोपहर में बीरबल ने तिपाई लगायी और आग जला कर खिचड़ी पकाने लगा। अकबर सामने बैठे थे। बीरबल ने जानबूझ कर खिचड़ी का पात्र आग से काफी ऊंचा लटकाया। अकबर देख कर बोल पड़े कि अरे मूर्ख इतनी ऊपर बंधी हांडी को तपन कैसे मिलेगा। हांडी को नीचे बांध वरना खिचड़ी नहीं पकेगी। बीरबल ने कहा कि पकेगी.....पकेगी खिचड़ी पकेगी। आप धैर्य रखें। इस तरह दोपहर से शाम हो गयी। अकबर गुस्से में बोले की “ बीरबल तू मेरा मजाक उड़ा रहा है? तुझे समझ नहीं आता? इतनी दूर तक आंच नहीं पहुँचेगी हांडी नीचे लगा”। तब बीरबल ने कहा कि अगर इतनी दूर से अग्नि नहीं पका सकती तो उस ब्राह्मण को आप के किले के झरोखे पर जल रहे दिये से ऊर्जा कैसे प्राप्त होगी। यह सुनकर अकबर अपनी गलती समझ जाते हैं और अगले दिन ही गरीब ब्राह्मण को बुलाकर 1000 मोहरें दे देते हैं तथा भरे दरबार में अपनी गलती बताने के इस तरीके की प्रशंसा करते हैं।

अपर्णा देवी

बी.ए., द्वितीय वर्ष

नाकामयाबी का डर और आत्महत्याएँ

दसवीं-बारहवीं की बोर्ड की परीक्षाएं शुरू होने के साथ-साथ किसी न किसी बच्चे की आत्महत्या की खबर हमें हर रोज पढ़ने-सुनने को मिल जाती है। लगभग हर 40 सेकेंड में एक किशोर अपनी जीवनलीला स्वयं समाप्त कर बैठता है। क्यों आखिर? कोई एक पेपर खराब होने से तो कोई दो पेपर खराब होने से इतना ज्यादा हतोत्साहित हो जाते हैं कि उन्हें अपनी जीवन लीला समाप्त करने के अलावा कोई अन्य मार्ग ही नहीं सूझता। ऐसा नहीं है कि ऐसा करने वाले बच्चों को अपने जीवन से प्यार नहीं होता या वे जीवन का मूल्य नहीं समझते या फिर उन्हें अपने माता-पिता व बहन-भाइयों से प्यार नहीं होता। होता है, बहुत प्यार होता है। परंतु सब कुछ जानते समझते हुए भी उस विशेष क्षण में उन्हें आत्महत्या करना ही सबसे कारगर उपाय लगता है। निःसंदेह हर एक को फेल होना बुरा लगता है। नफरत होती है उन्हें फेल होने से व अपनी या मां-बाप की उम्मीद से कम अंक आने के अहसास से ही। किन्तु कुछ बच्चों व व्यक्तियों के लिए फेल होने का डर इतना अधिक मानसिक खतरा बन जाता है कि उनके लिए सफल होने की प्रेरणा कहीं अधिक तीव्र हो जाती है। अर्थात् ऐसे व्यक्ति सफल होने या अधिक अंक लाने के विभिन्न उपायों के बारे में सोचने की बजाय असफलता का सामना करने से बचने के उपायों के बारे में ज्यादा सोचने लगते हैं। अपना और अपने प्रियजनों का सामना करने से बचने के लिए वे आत्महत्या जैसा दुर्भाग्यपूर्ण कदम उठा लेते हैं। असफलता का यह डर इतना अधिक हावी हो जाता है कि अचेतन रूप से उनके सफलता के सभी अवसरों को विभिन्न तरीकों से हानि पहुंचाते हैं।



असफलता या नाकामयाबी का यह भय निराशा, क्रोध, उदासी एवं दुविधा कशमकश जैसी भावनाओं को जन्म देता है। वास्तव में 'नाकामयाबी का भय' कुछ भ्रामक शब्द है, क्योंकि यह नाकामयाबी का भय असल में 'शर्मिन्दगी का भय' होता है। जिन लोगों में यह भय होता है, वे अपनी नाकामयाबी से इसलिए नहीं बचना चाहते कि वे अपनी निराशा, क्रोध व उदासी जैसी मूल भावनाओं को व्यवस्थित नहीं कर सकते, अपितु इसलिए कि वे अपनी नाकामयाबी से मिलने वाली गहन शर्मिन्दगी का सामना नहीं कर सकते। मनोचिकित्सकों के अनुसार, शर्मिन्दगी एक ऐसा घातक भाव है जोकि अपनी नाकामयाबी पर अपराध बोध या अपने प्रयासों पर महसूस करने के बजाय हमारे अस्तित्व पर ही प्रश्नचिन्ह लगा देता है। हमें इस बात का निरंतर अहसास दिलाता है कि हम कितने बुरे हैं। शर्मिन्दगी का भाव हमारे अस्तित्व, अहम, पहचान, आत्म-सम्मान एवं हमारे भावात्मक सुख को जड़ से ही चोट पहुंचाता है। अतः नाकामयाबी के डर से ग्रसित व्यक्तियों के लिए और भी जरूरी हो जाता है कि फेल होने से सम्बन्धित मानसिक खतरों से उनका बचाव करें। कुछ बच्चे सम्भावित नाकामयाबी के दुष्परिणामों को कम करने के लिए अनजाने में ऐसे उपाय खोजने लगते हैं जिससे वे आपको दिखा सकें कि उनका कोई दोष नहीं था, जैसा परीक्षा की तैयारी करने के बजाय फोन पर घंटों बातें करना कि मुझे कुछ नहीं आता, तुम क्या कर रहे हो या तुमने कितना पढ़ लिया, मैंने तो बिल्कुल नहीं पढ़ा आदि।

हर्षिता गौड
बी.ए., प्रथम वर्ष

राष्ट्रीय एकता में संगीत का योगदान

राष्ट्रीय एकता से अभिप्राय राष्ट्रीय जुड़ाव आपस में अपनी संस्कृतियों, सभ्यताओं खान-पान, रहन-सहन का आदान-प्रदान। इस तरह एकता की भावना उजागर होती है। संगीत, जिसके अर्थ में भी तीन-तीन कलाओं का संबंध है। वह कैसे एकता का प्रचार करने में असफल रहेगा।

संगीत राष्ट्रीय स्तर पर तो इस भावना को विकसित कर रहा है, साथ ही अंतर्राष्ट्रीय स्तर पर भी संगीत की भूमिका कुछ ऐसी ही है। देशों तथा विदेशों में भी भारतीय संगीत की धूम मची है। इन तीनों भिन्न-भिन्न कलाओं का प्रस्तुतीकरण वहाँ के लोगों को बरबस ही अपनी ओर आकृष्ट करता है। चूंकि संगीत भी जन जीवन से ही निःसृत हुआ है तब तो एकता की भावना और भी अधिक बढ़ जाती है।

राष्ट्रीय एकता को देखने परखने के लिए हम प्राचीन भारत से विश्लेषण आरम्भ करते हैं तो देखते हैं कि भारतीय कवियों को श्री राम ने इतना आकृष्ट किया कि उन्होंने अपनी-अपनी भाषाओं में रचनाएं कर डाली। संत तुलसीदास का राम चरितमानस तो हिन्दी जनता का वेद है। इस प्रकार पूरे भारत में श्रीराम के ऊपर बने लोकगीत तथा रचनाएँ सम्पूर्ण भारत को एकता के सूत्र में बाँधती हैं।

14वीं, 15वीं शताब्दी में भारत में मुसलमानों का आगमन हुआ। राष्ट्रीय एकता का एक सजग उदारण सम्राट अकबर है जो आत्मिक सुख शान्ति और आनन्द के लिए ललित कलाओं में संगीत को महत्त्व देते थे। हिन्दू-मुस्लिम संत जो संगीत के ज्ञाता हैं, उनकी हिन्दू मुस्लिम एकता में विशेष भूमिका है। लोक संगीत राष्ट्रीय एकता में अपनी एक महत्त्वपूर्ण भूमिका अदा करता है।

फिल्मी संगीत तथा अनेक प्रकार के सुगम संगीत सभी भाव प्रधान है, इस प्रकार के संगीत में बच्चे से लेकर बूढ़े तक को पसंद के गीत मिलेंगे। अनेकों ही ऐसे गीत व रचनाएँ हैं जो भिन्न-भिन्न प्रकार से भाव उजागर करते हैं।

राष्ट्रीय एकता की भावना से ओत-प्रोत ऐसे अनेक गीत हैं जिससे देश प्रेम की भावना को बल मिलता है। जैसे –

1. “सारे जहाँ से अच्छा, हिन्दुस्तान हमारा”
2. “मेरे देश की धरती, सोना उगले, उगले हीरे-मोती”।

एक और गीत –

“दे दी हमें आजादी बिना खड़ग, बिला भाल,
साबरमती के संत तूने कर दिया कमाल”

ऐसी शब्दावली वाले गीत राष्ट्र के प्रति आस्था, प्रेम और देशभक्ति की भावना को उजागर करते हैं। आधुनिक समय में तो हर विषय विशेष से सम्बन्धित सीडी उपलब्ध है। इसके अतिरिक्त कम्प्यूटर पर आप इन्टरनेट की सहायता से भिन्न-भिन्न प्रदेशों तथा विदेशों के संगीत को सुन व सीख सकते हैं। इसके द्वारा भी एकता की भावना का संचार होता है, राष्ट्रीय और अंतर्राष्ट्रीय स्तर पर भी खेल कूद प्रतिस्पर्धाओं में संगीत गान द्वारा ही खेलों का आयोजन होता है। जैसे हमारा राष्ट्रीय गान ओलंपिक खेलों में अपनी भारतीय टीमों की प्रस्तुति के समय बजाया जाता है।

उपरोक्त सभी तथ्यों के आधार पर यह कहा जा सकता है कि संगीत राष्ट्रीय एकता को बढ़ावा देने में एक प्रबल दावेदार का अभिनय अदा करता है।

रोजी

बी. ए., तृतीय वर्ष

प्रेरक प्रसंग

1. प्रेरक प्रसंग

संत नानक एक गांव में आए। वहां के निवासियों ने उनका बड़ा आदर किया। चलते समय नानक जी ने आशीर्वाद दिया – ‘उजड़ जाओ’। वे दूसरे गांव में गए तो वहाँ के लोगों ने उनका तिरस्कार किया – ‘आबाद रहो’। साथ में चल रहे शिष्यों ने पूछा – भगवन आपने आदर करने वाला को ‘उजड़ जाओ’ और तिरस्कार करने वालों को – ‘आबाद रहो’ का उल्टा आशीर्वाद क्यों दिया। नानक ने कहा ‘सज्जन लोग उजड़ेंगे तो वे बिखर कर जहाँ भी जाएंगे सज्जनता फैलाएंगे, इसलिए उनका उजड़ना ही ठीक है, किंतु दुर्जन सर्वत्र अशांति उत्पन्न न करें, इसलिए उनका एक ही जगह रहने में भलाई है।

2. प्रेरक प्रसंग

सात वर्षीय बालक को माँ पीटे जा रहा थी। पड़ोस की एक महिला ने जाकर उसे बचाया। पूछने पर उसकी माँ ने बताया कि यह मन्दिर में से चढ़ाती के आम तथा पैसे चुराकर लाया है, इसलिए पीट रही हूँ इसे। उस महिला ने बड़े प्यार से उस बच्चे से पूछा – ‘क्यों बेटा?’ तुम बड़े प्यारे बच्चे हो चोरी तो गंदे बच्चे करते है, तुमने ऐसा क्यों किया? बार-बार पूछने पर सिसकियों के बीच से बालक बोला – “माँ भी तो रोज ऊपर वाले चाचा जी के दूध में से आधा दूध निकाल लेती है और उतना ही पानी मिला देती है और हमसे कहती है कि बताना मत। मैंने तो आज पहली बार ही चोरी की है। माँ का मुख तो लज्जा से झुक गया था। किन्तु महिला के मुख की आभा देखते ही बनती थी। वास्तव में बच्चों के निर्माण में घर का वातावरण बहुत ही महत्वपूर्ण स्थान रखता है।

3. प्रेरक प्रसंग

अध्यात्म के प्रति अधिक रुचि देखकर पिता ने अपने युवा पुत्र श्याम को प्रसिद्ध दार्शनिक जीनो के पास, शिक्षण हेतु भेजना शुरू कर दिया। एक बार श्याम शाम को घर लौटा तो पिता ने स्वभाविक रूप से पूछा—“बेटे! आज तुम क्या सीख कर आए?” पुत्र ने उत्तर दिया – “यह आपको बाद में ज्ञात हो जाएगा।” पिता से यह सहन नहीं हुआ। उन्होंने गुस्से में अपने युवा पुत्र की बड़ी बुरी तरह से पिटाई की। वह बराबर का बेटा चुपचाप पिटता रहा, यदि चाहता तो कोई ऊट पटांग उत्तर दे सकता था या यही कहता पिता जी! निर्दोष बेटे पर हाथ उठाने का अधिकार आपको किसने दिया? या गाली गलौच करके घर से निकलने अथवा आत्महत्या करने की धमकी देता, पर उसने ऐसा कुछ भी तो नहीं किया। बाद में धीरे से बोला—पिता जी। आपके क्रोध को ही चुपचाप सहन करना ही आज मेरे गुरु ने सिखाया है।



मनप्रीत

बी. ए., द्वितीय वर्ष

अनमोल वचन

1. आदत रस्सी की तरह है, पर हम रोज उसमें एक बट दे देते हैं और अंत में उसे तोड़ नहीं सकते। (मान)
2. अमृत और विष कहां है? तुम्हारी जिह्वा में, जब चाहो अमृत डालो, जब चाहो विष डालो। (खलील जिब्रान)
3. अतीत से शिक्षा, वर्तमान से सतर्कता और भविष्य के प्रति चेतना के साथ किया गया कार्य असफल हो ही नहीं सकता। (पाइथागोरस)
4. कल का टाला हुआ काम सदा के लिए टल जाता है और उसके दुर्भाग्य का तो कोई अंत ही नहीं जो जीवन को कल के लिए टाल देता है। (ओशा)
5. कायर पुरुष मृत्यु से पूर्व कई बार मरते हैं लेकिन वीर पुरुष मृत्यु का अभिनंदन केवल एक ही बार करते हैं। (शेक्सपियर)
6. अपने दुःख का कारण हम स्वयं हैं। कोई अन्य हमको बाध्य नहीं करता। (भगवान बुद्ध)
7. जो विद्या पुस्तक में रहती है और संपत्ति दूसरे के हाथों में रहती है, वह समय आने पर निरर्थक सिद्ध होती है। (चाणक्य)
8. कोई चीज अच्छी या बुरी नहीं, विचार ही उसे वैसी बना देते हैं। (शेक्सपियर)
9. दूसरों के साथ वैसा ही व्यवहार करो, जैसा तुम चाहते हो कि वो तुमसे करें। (ईसा मसीह)

कविता देवी
बी.ए., तृतीय वर्ष

सुविचार

1. "जिंदगी में खत्म होने
जैसा कुछ नहीं है,
हर सुबह आपका नए
तरीके से इंतजार करती है"।
2. "हार" तो वो सबक है,
जे आपको बेहतर होने का मौका देगी।
3. कैसे लिखूँ गुरु को महज शब्दों में,
शब्द लिखना ही जिनसे सीखा है।
4. "समय और शिक्षा का सही उपयोग ही,
व्यक्ति को सफल बना देता है"।
5. सबसे बेहतर बनने के लिए आपको,
सबसे खराब हालातों का सामना करना पड़ेगा।



महविश
बी.ए., तृतीय वर्ष

अरमां तेरा होने का

चलो मान लेंगे, तुमसे मिलना
महज एक इत्तेफाक था
तुमसे मोहब्बत तुम्हे पाने की चाहत
बेवजहा आया बेमुराद ख्वाब था
दिन—रात ख्वाबों—ख्वाबों में मेरे सिर्फ सैर करने आते थे
तुम

तुझे सोच—सोच कर जो मुझे हुई
मोहब्बत नहीं दिमागी बीमारी का मैं शिकार था ।

बहुत वाहियात मजाक किया मेरे साथ किस्मत ने
बेवकूफ बने अक्वल दर्जे के
जो पड़ गए तेरी मोहब्बत में,
हमारे सिवा कई और है हम सफर तुम्हारे
बेखबर थे तेरी फितरत से ।

बेनाम सही मगर रिश्ता है उससे
उस रिश्ते से वो इंकार नहीं करती
प्यार उसे भी बेपनाह है मुझसे
मगर दिखाती यूँ है कि मुझसे प्यार नहीं करती
अपना—सां इस्तकबाल नहीं करती
ये मरजी है या मजबूरी उसकी
प्यार होते हुए भी, प्यार का इजहार नहीं करती ।

सुबह सूरज के निकलते ही
हमारे नींद से जगते ही
आँखों में चेहरा उसका
जुबां पे नाम जिसका
जिसकी याद सताए दिनभर
रातों को आए ख्वाब जिसका
अपना सा लगता है वो अनजान शख्स
जुड़ा हुआ दिल से
हमारे बीच का ये बेनाम रिश्ता ।
वो काम में मशरूफ थी पहली—पहली दफा
उसने मुझे नहीं देखा, मगर
हम पहली नजर से उसके इश्क में बहने लगे

फिर धीर—धीरे दूर रहते हुए भी वो
बगैर इजाजत के मेरे दिल में रहने लगे
उसकी खूबसूरती को निखारने वाले
'मासूमियत और शराफत' हमें ये दो गहने लगे
अब रिश्ता कुछ यूँ है कि,
बिना जुबां खोले हम बहोत कुछ कहने लगे ।

तुम साथ नहीं पर खुश हूँ तुम्हें खुश देखकर
वो बात अलग है तु मेरी जिंदगी में नहीं
मेरी तो खुशियों की वजहा ही तुम थे,
पर बदनसीबी ये भी रही मेरी
तुम्हारी खुशी मेरे साथ नहीं

तुम खुशी से जिंदगी जीओ,
जिसके साथ है तुम्हारी खुशी
हम खुश है तुम्हें खुश देखकर
तुम खुश रहो बेशक किसी और के साथ सही
तेरे बगैर जीने की जगहा
हम मौत ही चुन लेंगे
एक दिन खामोश हो जायेगें खुद मगर
लोगों का शोर ही सुन लेंगे
तुझे उम्र बख्खो खुदा लंबी ये दुआ है मेरी
हम आसमां में बैठे—बैठे नए जन्म में
तेरे होने का ख्वाब ही बुन लेंगे ।



शकीना
बी.ए., तृतीय वर्ष

मैं सबसे छोटी होऊं

मैं सबसे छोटी होऊं,
तेरी गोदी में सोऊं,
तेरा आंचल पकड़-पकड़कर
फिर सदा माँ! तेरे साथ,
कभी न छोड़ूँ तेरा हाथ!
बड़ा मनाकर पहले हमको
तू पीछे चलती है मात
हाथ पकड़ फिर सदा हमारे
साथ नहीं फिरती दिन-रात
अपने कर से खिला-धुला मुख,
धूल पोंछ, सज्जित कर गात,
थमा खिलौने, नहीं सुनाती
हमें सुखद परियों की बात
ऐसी बड़ी न होऊं मैं,
तेरा स्नेह न खोऊं मैं,
तेरे आंचल की छाया में
छिपी रहूँ निस्पृह, निर्भय,
कहूँ-दिखा दे चंद्रोदय।



सुनीता
बी.ए., तृतीय वर्ष

शाम-एक किसान

आकाश का साफा बाँधकर
सूरज की चिलम खींचता
बैठा है पहाड़,
घुटनों पर पड़ी है नदी चादर-सी
पास ही दहक रही है
पलाश के जंगल की अँगीठी
अंधकार दूर पूर्व में
सिमटा बैठा है भेड़ों के गल्ले-सा
अचानक-बोला मोर।
जैसे किसी ने आवाज दी
'सुनते हो'।
चिलम औँधी
धुआँ उठा
सूरज डूबा
अँधेरा छा गया।

सुनीता
बी.ए., तृतीय वर्ष

वाह सी तीली!

एक जैसी ही दिखती थी... माचिस की वो तीलियाँ...
कुछ ने दिये जलाये... और कुछ ने घर...।
कुछ ने महकाई अगरबतियाँ मंदिरों में
तो कुछ ने सुलगाये सिगरेट के कश...।
कहीं गरमाया। चूल्हा और बनी रोटियां
तो कहीं फटे बम और बिखरी बोटियां...।
जली कहीं शादी में बन हवन कुंड की अग्न
तो फूँकी गयी दहेज की कमी से कोई सुहागन...।
काजल कभी नवजात शिशु का बनाया
तो श्मशान में किसी चिता को जलाया...।
जला आग ठिठुरती ठण्ड में गरीब को बचाया
तो बन के बॉन फायर कभी रईसों को रिझाया...।
एक सी दिखती थी माचिस की वो तीलियाँ पर
सभी ने अपना एक अलग ही रंग दिखाया...।

सुरजीत कौर
बी.ए., द्वितीय वर्ष

ऐ जिंदगी तेरे लिए

क्या क्या करना रह गया बाकी
बस इतना बता दे
बहुत भटक लिया गुमनामी में
ऐ जिंदगी तेरे लिए
जाना है कहां सपनों की खातिर
बस वो राह दिखादे
दर दर झुकाया सिर गैरों के आगे
ऐ जिंदगी तेरे लिए
हिम्मत है अब भी अंदर
बस थोड़ी सी और बढ़ा दे
बिना रुके निरंतर चलता रहा
ऐ जिंदगी तेरे लिए
मिल जाए थोड़ी सी खुशी
बस उम्मीदों के दीप जला दे
काटे है दिन रात आफत गर्दिश में
ऐ जिंदगी तेरे लिए ।



अंजू
बी.ए., द्वितीय वर्ष

तुम चलो तो सही



राह में मुश्किल होगी हजार,
तुम दो कदम बढ़ाओ तो सही,
हो जाएगा हर सपना साकार,
तुम चलो तो सही, तुम चलो तो सही ।
मुश्किल है पर इतनी भी नहीं, कि तू कर ना सके,
दूर है मंजिल पर इतनी भी नहीं कि तू पा ना सके ।
तुम चलकर दिखाओ तो सही
एक दिन तुम्हारा भी नाम होगा,
तुम कुछ लिखो तो सही,
तुम कुछ आगे बढ़ो तो सही,
तुम्हारा भी सत्कार होगा, तुम चलो तो सही ।
सपनों के सागर में कब तक गोते लगाते रहोगे,
तुम एक राह चुनो तो सही, तुम उठो तो सही,
कुछ करो तो सही, तुम चलो तो सही, तुम चलो तो सही ।
कुछ ना मिला तो कुछ सीख जाओगे,
जिंदगी का अनुभव साथ ले जाओगे,
गिरते पड़ते संभल जाओगे ।
फिर एक बार तुम जीत जाओगे ।
तुम चलो तो सही, कुछ करो तो सही ।

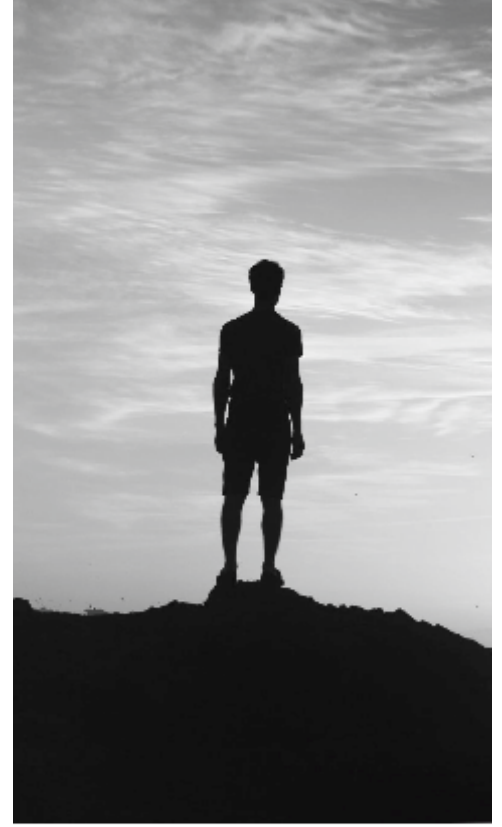
शीतल
बी.ए., तृतीय वर्ष

जीवन गीत

जिंदगी ने मुझे हारने की कुछ इस तरह साजिश रची है
कि मुश्किलों को भेजा है मेरे दर पर मेहमान बनाकर
कि ए दोस्त, मेरी जिंदगी तो खुद इस जहां में एक मेहमान है
उससे और आस भी क्या की जा सकती है....

जिंदगी मुझे हराने के लिए इस तरह ही नित साजिशें रचती हैं।
इन मजबूरियों के बोझ से तू मुझे कब तक दबाएगी
ऐ जिंदगी, मैं दुनिया की निगाहों का बोझ हर रोज लिए चलती हूँ
और अच्छा ही हुआ जो तूने मेरी तकलीफों से सदस्यता नहीं ली...
वरना बिना विज्ञापनों के तुझ में ठहराव सा कैसे आता
और अगर तेरे सफर में बाधाओं के ये स्टेशन न होते
तो मेरा सफर भी उबारू सा हो जाता

ऐ जिंदगी, तूने मुझे हराने की क्या खूब साजिशें रची है....।
मैं उस बेल सी कमजोर नहीं जिसे जरूरत पड़ती है सहारे की
मैं उस पंछी सी बेखोफ हूँ जो उड़ान भरता है आसमान के तारे की
कि मेरा हौसला किसी पंखों से कम नहीं
और कोई इसे तोड़ दे... अरे! इतना भी किसी में दम नहीं
मेरा लक्ष्य मेरी खुशियों की सौगात है, पाने के बाद आँखें होंगी नम नहीं
और ऐ जिंदगी.... मंजिल पर पहुंचने के बाद तो तुझे खोने का भी गम नहीं
ऐ जिंदगी, तेरी साजिशें भी किसी से कम नहीं....।
और सच कहूँ... तो कई बार तो लगता है तुझे मेरा कितना ख्याल है
वरना आजकल लोग फ्रिक नहीं बस करते सवाल है....
लोग तुझे जीते कम है और काटते ज्यादा हैं
और तेरी भेजी मुश्किलों से लड़ते कम, भागते ज्यादा हैं
मुझे तुझसे हारने की आदत सी नहीं, दोस्त लिया है मान
और ए दोस्त, तेरी मुश्किलें भी अब तो लगती कमाल है....।
और तू भेज इन मुश्किलों को मेरे सपनों की दावत पर
मैं अपना लूँ इन्हें अपने रास्ते की धूल बनाकर
और धन्यवाद ऐ जिंदगी, जो तूने भेजा इन्हें इतना सजाकर
अब तो तुझे जीने में भी रुचि सही हो गई है....
और तूने जो ये साजिश रची है.... देख! मेरे सामने
आते ही हवा सी हो गई है।



मनप्रीत कौर
बी.ए., तृतीय वर्ष

दहेज की प्रथा

दहेज मांग—मांग कर जो
बुरी आग फैलाते हैं ।
वे तो बेवकूफ हैं
अपना ही घर जलाते हैं ।

माँ—बाप भी लड़के के
उसको ऐश कराते हैं
लड़के को चैक समझकर
दहेज को कैश कराते हैं ।

ऐसे लोग समाज को
दीमक की तरह खाते हैं ।
दूसरों की तो बात दूर
अपनों को भी न भाते हैं ।

ऐसे पाप करने वाले
अक्सर जेल जाते हैं
दहेज देने वाले भी
जेल की हवा खाते हैं ।

उनको कब अक्ल आएगी
जो लड़की को बोझ बताते हैं
स्वयं ऐसा करके वे
भाग्य को दोषी बताते हैं और
पापों को दूर करने के लिए
गंगा में नहाते हैं ।

कोमल देवी
बी.ए., तृतीय वर्ष

स्त्री हूँ मैं

स्त्री हूँ मैं
करती हूँ गर्व
नारीत्व की अस्मिता पर
मैं तेजस्विता, कही जाती हूँ रचयिता भी, सिरज
लेती हूँ, मनुष्यता के भाव कभी रंगो से,
कभी शब्दों से, सृष्टि के सृजन का मान
मेरे हिस्से है, प्रसवन शक्ति का वरदान
मेरे हिस्से है, भले ही सभ्य समाज ने
सदा ही असभ्यता दिखाई मेरे प्रति
पर क्षीण न हुई मेरी शक्ति,
मेरा मुझसे एक संवाद है मैंने औरों को
बांधना नहीं, स्वयं को थामना सीखा है ।
जो है रहस्य मेरी, अहृदय, अकथित ऊर्जा का ।
स्त्री हूँ मैं
शोषित हूँ, उपेक्षित हूँ
पर निष्क्रिय और पराजित नहीं
साधारण हूँ पर असाधारण परिस्थिति में भी

डिगता नहीं है मेरा स्वाभिमान,
खंडित नहीं होती मेरी निष्ठा,
अपने गरिमामयी सामर्थ्य से
हर क्षण करती हूँ प्रमाणित स्वयं को
मेरे हृदय की कोमलता, सहेज सकती हूँ
अपार असीमित ऊर्जा, जो मेरे ही भीतर
सृजित है । मेरे ही भावों से कल्पित है ।
मेरे आत्मविश्वास से उपार्जित है ।
स्त्री हूँ मैं
अपने स्वाधीनता का घोषणा पत्र
मैं स्वयं लिखूंगी प्रगति के पथ पर बढ़ूंगी,
उलांघ जाऊंगी हाशिए और जीवन के
पृष्ठ का एक खंड ले, रचूंगी अपने
मन का, करूंगी शंखनाद हर बार क्योंकि
मेरी सृजनात्मक योग्यता, अभावों को झेलते
हुए, जीतने के भाव अंकुरित कर लेती है ।

डॉ० शुभलता
एसोसिएट प्रोफेसर, हिन्दी विभाग

निष्ठुर नारी

ए शूरवीर है क्यों अधीर,
क्यों घूमता बनके फकीर?
घास झील की सूख चुकी,
पंछी अब न गाते गीत ।

ए शूरवीर है क्यों अधीर,
क्यों है उदास दुबला शरीर?
कोटर गिलहरी की भर गई,
फसलें भी कट के घर गई ।

मस्तक तेरा है क्यों सफेद,
ताप-पीड़ा का तुझमें क्यों है खेद?
तेरे गालों के ये मुरझाते गुलाब,
खो रहे है क्यों अपनी आब?

चरागाह में मुझे रमणी मिली,
मनोहर थी जैसे कि हो परी,
लम्बे थे बाल, मोहक थी चाल,
आँखें भी उसकी थी विशाल ।

गजरा लगाया उसके बालों में,
कंगना, तगड़ी, बनाई फूलों से,
देखा मुझे उसने प्यार से,
गीत गाया बड़े दुलार से ।

अश्व पर फिरे हम सारा दिन,
देखा न कुछ मैंने उसके बिन,
झुकती रही वो इधर-उधर,
गीत मीठा था उसके होठों पर ।

मेरी खातिर खोज लाई तो कंद,
लाई शहद और दिया सुधा रस,
भाषा थी उसकी कुछ विचित्र,
कहा – प्यार करती हूँ तुझसे मित्र ।

ले गई मुझे परियों की गार में,
आह भरकर वो रोई प्यार में,

मूँदा उसके चंचल नयनों को मैंने,
उन पर दिए चुम्बन चार मैंने ।

तब लोरी दे के मुझको सुलाया,
फिर एक दुःखद सपना मुझको आया,
वो स्वप्न मेरा अन्तिम था,
जो इस पहाड़ी से मैंने देखा ।

मैंने देखे जर्द राजे और राजकुमार,
सब योद्धा थे पीले बेशुमार,
निष्ठुर नारी है वो चीखते थे सब,
दास बनाया है उसने तुझको भी अब!

देखे सांझ में उनके सूखे होट,
आगाह करते थे मुझे सब एकजोट,
मैं जागा तो पाया खुद को यहाँ,
इस टंडी पहाड़ी के दरमियां ।

इसलिए रहता हूँ अब इस जहाँ,
अकेला और बन जर्द घूमता यहाँ,
सूखती घास चाहे झील की,
गाए न गीत कोई पंछी भी ।

यह कविता अंग्रेज़ी के प्रसिद्ध जॉन कीट्स के द्वारा रचित
La Belle Dame Sans Marci का हिन्दी काव्यानुवाद है ।
यह एक गाथा गीत है ।



डॉ० विनीता
एसोसिएट प्रोफेसर, अंग्रेज़ी विभाग

पेरेंट्स-टीनेजर्स के बीच में खामोशी, चुप्पी व मौन क्यों?

परिवारों को नष्ट करती वह खामोशी कैसे तोड़े? अमर परेशान है कि उनका बेटा उनसे अच्छा—बुरा कुछ भी नहीं बोलता। रश्मि दुःखी है कि उनकी बेटी कोई बात कहती नहीं और उनकी सुनती नहीं। रीति हैरान है कि उसका इकलौता किशोर बेटा उनसे कुछ साँझा ही नहीं करना चाहता।

क्या कहना चाहते हैं ये पेरेंट्स? यही ना कि उनके किशोर—किशोरियों ने जान—बूझकर ही अपने पेरेंट्स की ओर खुलने वाले सभी दरवाजे—खिड़कियां बंद करके ऐसा बैरियर लगा दिया, जिस वे कभी खोलना ही नहीं चाहते! क्यों आखिर? माता—पिता एवं उनके टीनेजर्स के बीच ऐसा बैरियर कैसे, कब व क्यों आ गया? और इस बे—मोल रिश्ते पर भारी पड़ती यह खामोशी, यह चुप्पी व मौन कब तक आखिर? यह चुप्पी कब टूटेगी भी यदि नहीं, तो क्या ऐसे ही गुम—सुम हो, बर्बाद होने दें अपने प्यारे बच्चों को और बुत बने देखते रह जाए हम? नहीं! यह खामोशी व चुप्पी टूटेगी भी और रिश्तों के बीच दरारें भरेगी भी जरूर! किंतु इसके लिए बहुत सी संजीदगी, समझ व मेहनत चाहिये।

क्या है यह बैरियर? यह एक ऐसा अवरोध है जो दो लोगों, दो समूहों या दो रिश्तों के बीच खामोशी की दीवार बन खड़ा हो जाता है और उनके बीच संवाद में खामोशी पैदा कर सीमित कर देती है। मानवीय रिश्तों में खामोशी, चुप्पी की यह दीवार भीतर ही भीतर खोखला कर पारिवारिक संबंधों को नष्ट तक कर सकती है।

‘क्लोज्ड—स्परिटिड बच्चे’ यदि यह खामोशी अपने ही बच्चे की ओर से शुरू हो जाए, तो मनोविज्ञान की शैली में इसे ‘क्लोज्ड—स्परिटिड’ (बंद आत्मा) के नाम से पुकार सकते हैं।

स्वाल यह है कि किन—किन या कैसे—कैसे प्रतिक्रियाओं से हम बच्चे को खामोशी धारण कर एक ‘बंद आत्मा’ बन जाने पर विवश कर सकते हैं? ऐसा तब होता है, जब पेरेंट्स — बच्चों को उचित देख—भाल नहीं करते।

वे उन्हें उनके दोस्तों के सामने अपमानित या शर्मिंदा करते हो।

उन पर चिल्लाते हों या उनका मज़ाक बनाते हो।

उन्हें कोसते हो या बेवकूफ बनाते हो।

अपनी प्रोमिस पूरी नहीं करते।

अपने बच्चों के सामने अपने स्पाउस से लड़ते हो।

उन्हें बेवजह डराते हों या हर छोटी—मोटी बात पर उन्हें पीटते हो और उन्हें किसी अच्छे कार्य के लिए क्रेडिट भी नहीं देते।

कैसे पता चले कि आपका बच्चा ‘क्लोज्ड—स्परिटिड’ हो गया है? ‘क्लोज्ड स्परिटिड’ बच्चे के निम्न कुछ लक्षण हो सकते हैं:

यदि प्यार पाने के लिए वे आपके बजाए किसी और की ओर देखते हो।



उनसे बात करते समय वे आपसे नज़रे ना मिलाएं ।
आपकी पसंद को हमेशा दुत्कारे ।
आपसे दूर—दूर रहें और आपकी खुशी गमी से कोई वास्ता न रखे ।
आपसे बोलना बंद कर दे ।
घर से भागकर आत्महत्या करने की कोशिश करें ।
आपसे अपनी महत्त्वपूर्ण खबरे छिपाने लगे ।
आपके खिलाफ असम्माननीय या गलत भाषा का प्रयोग करें ।

अंजू
बी. ए., प्रथम वर्ष

ये पिंजर बद्ध पंछी क्योँ गाता है

बहती हवा के संग में मिलकर,
उन्मुक्त परिंदा पर मारे छककर,
बढ़ता जाता है कभी गगन में,
या उड़ जाता है सूर्य किरण में,
लम्बी होती है उसकी उड़ान,
उसका अपना सारा आसमान ।
बंद पिंजरे का पंछी बस चलता,
कुछ पिंजरे से बाहर ना दिखता,
अपने पिंजरे में चल करके,
क्रोध करे बेचारा बंध करके ।
पांव बंधे और पंख कटे है,
खोल चोंच बस गीत गढ़े है ।
गान महज हैं भय की चीखें,
अनजाने डर को वो देखे,
फिर भी न जाने क्या चाहे,
दूर पहाड़ी तक चीखें जाएं,
चीख—चीख कर वो क्या चाहे,
बस उड़ान के नगमें गाए ।
जब बहे बयार पेड़ों से छनके,
उन्मुक्त विहग तब उडे गगन में,

कीट पतंगे करते इंतजार,
कहता है मेरा है ये आकाश ।
पर बंद पंछी तो खड़ा है केवल,
सपनों की कब्रों के ही बल,
जब उसकी परछाई मुँह खोले,
बस डर की चीखों को बोले ।
पंख कटे है, पाँव बंधे है,
तब ही तो उसने गीत गढ़े है ।
गान महज भय की आवाजें,
दूर पहाड़ी तक जा पहुंचे,
गान सुनाकर क्या वो मांगे,
अनजाने डर को वो जाचें,
फिर भी न जाने क्या चाहे,
बस आजादी के नगमे गाए ।

(यह कविता अंग्रेज़ी की प्रसिद्ध कवयित्री माया एंजेलो के द्वारा लिखी गई 'Caged Bird' का हिन्दी काव्यानुवाद है । यह अत्यंत मार्मिक और आंखे खोलने वाली कविताओं में से एक है ।)

डॉ० विनीता
एसोसिएट प्रोफेसर अंग्रेज़ी विभाग

हरियाणा की लोक नृत्य कला

समसामायिक ऐतिहासिक स्त्रोतों से पता चलता है कि हरियाणा में वैदिक काल में नृत्यकला काफी उन्नत अवस्था में थी। जातको के अनुसार बौद्ध काल में यह कला काफी उन्नत थी। पुष्यभूतियों के समय नृत्यकला उन्नत ही नहीं, बल्कि चरम सीमा पर पहुँच गई थी। बाण ने हर्षचरित में नृत्यकारों का विस्तृत वर्णन किया है। हर्षोत्तर में नृत्यकारों का विस्तृत वर्णन किया गया है। हर्षोत्तर काल में अराजकता के कारण इस काल में थोड़ी गिरावट आई और यही दशा आजादी के समय (1947) तक रही।

स्वातंत्र्योत्तर काल में इसकी स्थिति में परिवर्तन आया। राज्य में भिन्न-भिन्न अवसरों पर भिन्न-भिन्न प्रकार के नृत्यों का आयोजन होता है। ये लोक नृत्य स्त्री और पुरुषों के सामूहिक और अलग-2 दोनों प्रकार के होते हैं। हरियाणा में किए जाने वाले प्रचलित लोक नृत्य निम्नलिखित हैं।

धमाल नृत्य : मान्यता के अनुसार यह नृत्य महाभारत काल से चला आ रहा है। यह नृत्य पुरुषों में ही प्रचलित है। इस नृत्य में ओजास्विता एवं वीरता की झलक मिलती है। बीननों, खंजरी, खड़ताल, तुम्बे, ढोलक, बांसुरी आदि की ध्वनि ताल पर थिरकना आदि। यह नृत्य महेन्द्रगढ़ और झज्जर में अधिक लोकप्रिय है। इसका आयोजन चाँदनी रात में खुले मैदान में होता है।

मंजीरा नृत्य : मंजीरा नृत्य मेवात में बड़े-बड़े नक्कारों, डम और मंजीरों के साथ होता है।

लूर नृत्य : प्रदेश के बाँगर क्षेत्र में होली के मौसम में लूर नृत्य होता है।

उमरू : हरियाणा में पुरुषों के द्वारा किया जाने वाला उमरू नृत्य भी बहुत प्रसिद्ध है।

छठी नृत्य : छठी नृत्य का आयोजन प्रदेश के शिशु के जन्म के छठे दिन स्त्रियों द्वारा रात्रि में किया जाता है। इस समारोह के अंत में चने और गेहूँ बाँटे जाते हैं।

छड़ी नृत्य : भादों माह की नवमी के दिन गूगापीर पूजा के बाद इस नृत्य का आयोजन किया जाता है। यह नृत्य पुरुषों द्वारा किया जाता है।

तीज नृत्य : यह नृत्य तीज के अवसर पर विशेष स्थान पर किया जाता है। इस अवसर पर स्त्रियों सुन्दर-सुन्दर परिधान धारण करती हैं तथा नृत्य व गायन का आयोजन करती हैं।

फाग नृत्य : इस नृत्य का आयोजन प्रदेश में होली से दो दिवस पूर्व किया जाता है। कहीं-कहीं इसका आयोजन पुरुषों द्वारा व कहीं-कहीं स्त्रियों द्वारा रात्रि में किया जाता है। इस नृत्य की विशेषता है कि पुरुष स्त्रियों के नृत्य को नहीं देख सकते।

खोड़िया नृत्य : इस नृत्य का आयोजन घर में लड़के के विवाह के अवसर पर किया जाता है। बारात जाने के बाद स्त्रियाँ नृत्य व गायन करती हैं।

रास नृत्य : रास नृत्य का सम्बन्ध भगवान कृष्ण लीलाओं से जुड़ा है।

यह नृत्य दो प्रकार का है :

1. ताण्डव – यह पुरुष प्रधान नृत्य है।

2. लास्य – यह स्त्री प्रधान नृत्य है। यह राज्य के होडल, पलवल तथा वल्लभगढ़ आदि इलाकों में बेहद प्रसिद्ध है।

डफ नृत्य : यह नृत्य शृंगार तथा वीररस प्रधान होते हुए भी ढोल नृत्य के नाम से भी जाना जाता है। इस नृत्य को बसन्त ऋतु के आगमन पर किया जाता है। वर्ष 1969 में गणतंत्र दिवस समारोह में प्रस्तुत किया गया था।

रसिया नृत्य : इस नृत्य का सम्बन्ध ब्रज की कृष्ण लीलाओं से है। इस नृत्य का सम्बन्ध राज्य में लगते ब्रज क्षेत्र पलवल, होडल, वल्लभगढ़ आदि हैं इस नृत्य में झाँझ, थाली, ढोलक आदि वाद्य यंत्रों का प्रयोग किया जाता है।

बीन बांसुरी नृत्य : इस नृत्य के तहत घड़े पर रबड़ बाँधकर ताल व छापों का सहारा लिया जाता है और बीन बांसुरी पर प्रदेश के कोई भी प्रचलित लोकगीत की धुन निकाली जाती है। यह नृत्य विशेष रूप से बांगर क्षेत्र में किया जाता है।

घोड़ी नृत्य : घोड़ी नृत्य का आयोजन प्रमुख रूप से शादी के अवसरों पर किया जाता है। इस नृत्य में गते और रंगीन कागज से बनाया हुआ घोड़े का मुखोटा प्रयोग किया जाता है।

रतवाई नृत्य : यह राज्य के मेवाती क्षेत्र का सुप्रसिद्ध नृत्य है। वर्षा ऋतु में स्त्री पुरुषों द्वारा सामूहिक रूप से किया जाता है। यह नृत्य गुड़गावां, नूँह व फिरोजपुर आदि क्षेत्रों में अधिक लोकप्रिय है।

खेड़ा नृत्य : यह नृत्य खुशी की जगह गम में किया जाता है। यह परिवार में बुजुर्ग की मौत के समय किया जाता है खेड़ा नृत्य जीन्द, नरवाना, कैथल, करनाल आदि बांगर के क्षेत्रों में प्रचलित है।

गणमौर पूजा नृत्य : यह हिसार में बेहद प्रचलित है।

गूगा नृत्य : गूगा नृत्य भाद्रपद मास में गूगा नवमी के पर्व पर गूगा पीर के भक्त गूगा छड़ी के चारों तरफ बड़ी श्रद्धा के साथ सारंगी व डेरू की ताल पर किया जाता है। एक लम्बे बाँस पर मोरपंख बांधकर और रंगीन धागे व कपड़े लपेट कर गूगा भक्त अपनी गूगा छड़ी तैयार करते हैं। भक्त कई बार भक्तिवंश स्वयं ही जंजीरों से पीटते हैं। हिसार जिले के गूगा मेड़ी के स्थान पर गूगा के विशाल मेले लगते हैं।

साँग नृत्य : साँग नृत्य साँगों के दौरान दर्शकों का मनोरंजन करने के लिए साँग कलाकारों द्वारा किया जाता है। यह वीर रस प्रधान नृत्य है।

डॉ. शुभलता
एसोसिएट प्रोफेसर हिन्दी

कर हीसला

- मुश्किलों से तुझे लड़ना है
जीत को हासिल करना है
क्या हुआ अगर तू अकेला है
फिर भी तू मुश्किलों का विजेता है।
सूरज बनकर चमकना है अगर
तो चाँद बनके रात को जागना है
अपने मंजिल के कांटो को तोड़कर
लक्ष्य की ओर भागना है।
- सारे पिछले रिकॉर्ड तोड़
मुझे आकाश में उड़ जाना है
लोग चाहे कितना भी दबाएं मुझे
मेहनत की ताक से मुझे उठना है
लोग वक्त की बातें करते हैं
हम खुद को बदल कर दिखाएंगे
- जहां तक ना पहुंच पाए सूर्य की किरणें
हम वहां भी अपना कदम रख आएंगे
पर्वतों को चीर कर
बस लक्ष्य की ओर बढ़ते जाएंगे।
चाहत है कुछ करने की
गिरके जमीन पर
फिर से आसमान छुने की
देखें हे जो ख्वाब इन आँखों ने
उन्हें सच करने की
नहीं सोचना इसके अलावा
जिंदगी को अब हंसी बनाना है
अपनी मेहनत के जज्बे को
अब फुल टाइम अपनाना है।

अंकिता पॉल
बी.ए., द्वितीय वर्ष

HAWAN CEREMONY



अपनी सनातन परम्परा का अनुसरण करते हुए महाविद्यालय के नव-सत्र 2022-23 का हवन से शुभारम्भ

INDEPENDENCE DAY CELEBRATION



REPUBLIC DAY CELEBRATION



TEACHERS' DAY CELEBRATION



ORIENTATION OF U.G. 1ST YEAR

Motivational
Lecture to the
new entrants by
Dr. Sunil Garg
Assistant
Professor,
Govt. Collge
Kaithal



Hues
of
Self
Defense



FRESHERS' PARTY

WORLD ENVIRONMENT DAY CELEBRATION



SHINING STARS FROM THE CONSTELLATION



Pinki Devi

**Topped in M.A. (English)
1st Semester in Affiliated
Colleges in KUK**



**Medal
Holders**



Payal

Topper in M.A. (English)



Rashmi

Topper, M.Com



Rishika

Topper, B.A



Prachi

Topper, B.Com



Kirti

Topper, B.Sc.

ENGLISH SECTION

A sensitive Plant in a garden grew,
And the young winds fed it with silver dew,
And it opened its fan like leaves to the light,
And closed them beneath the kisses of night
— Percy Bysshe Shelley

Faculty Editor :
Dr. Vineeta

Student Editor :
Ekta

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Editorial



If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales.

-Albert Einstein

Ever since the onset of industrial era towards the closing years of the 18th century, life on the earth has witnessed changes that have been paradoxically dynamic as well as cataclysmic. Over this period, human beings have wittingly wrought altercations in nature and have borne unwitting consequences of numerous altercations with the latter. There is a crying need to interpret this dialectical relationship between the two.

In the whole of human civilizational trajectory folk literature, by way of transmission of embedded narratives, has always proved itself to be a repertoire of illuminating wisdom. Can the current human race keep it neglected much longer? And if so, at what cost? It's time to take stock of the situation and bring this detrimental phenomenon to focus: especially in India.

With the advent of the industrial boom, folk literature and folk culture suffered unsavory loss to much of their luster and attraction. It is a matter of now or never for everyone to preserve and save this precious resource. India has a vast treasure of cultural heritage in form of languages, arts, literature and tradition to name a few. This is our wealth and it is incumbent on us to preserve it. There are so many native dialects and languages and in these dialects there is hidden a vast treasure in the form of folk tales. These tales are repositories of knowledge and foresight. Our younger generations have to contribute their mite to revive, preserve and propagate this valuable culture and heritage. This has to be akin to the way we safeguard our seed banks by sowing them afresh, nurturing them with love and care, and then harvesting them for everyone's nourishment.

Traditional wisdom, constantly tested on the anvil of time, if followed in a true sense, can become an irreplaceable tool of our education and cerebral proliferation. Cultural heritage impacts our overall education. Every student should imbibe the age-old ethics and values of Indian culture. These values, ethics, beliefs and folk tales are the very backbone of Indian culture, which is the oldest extant culture of the human race. We as custodians of this imaginatively fertile heritage have an onerous responsibility to uphold and discharge.

Dr. Vineeta
Associate Professor
Dept. of English

How I Define Myself

My name is EKTA and I define myself as:

E - Enthusiastic

K - Knowledgeable

T - Trustworthy

A - Angelic

How I Define My College

I am studying in Ch. Ishwar Singh Kanya Mahavidyalya Dhand. It was founded by Ch. Ishwar Singh, I define my college bearing the name of a towering personality as under :-



Ch - Charismatic
I - Ideal
S - Successful
H - Humanely
W - Worthy
A - Ambitious
R - Radiant

S - Sagacious
I - Incredible
N - Noble
G - Generous
H - Honourable

K - Kaleidoscope
A - Affable
N - Nurturing

Y - Youthful
A - Alluring

M - Marvelous
A - Admirable
H - Holistic
A - Ageless
V - Valiant
I - Immortal
D - Deft
Y - Younger
A - Agile
L - Laudable
A - Adventurous
Y - Yare
A - Artistic

Ekta
B.A. II

Journey of a Tree

Hey readers, I am a tree. Today you and me are going to see my journey. So let's begin the tour....

My journey starts from a seed which was buried intentionally or accidentally by human and nature respectively. Nature and soil are my nourishers, who provide me essential nutrients and water to survive on this vast planet. I start showing signs of life when monsoon comes and soil becomes wet. At that time my sprouting starts. When sun rays fall on the earth my closed eyes within the soil open and my infancy stage starts. At juvenile i.e. a sapling I suffered a lot of difficulties like heavy rain, thunderous storm, all the seasons like winter and summer etc. In between all these situations, I lose my hope to grow, I fall down then again try to push me up and I again fail then I again try and this process continues till I become a mature tree. Now I am rooted at one place, extending my little share in the beautification of my planet, helping humanity in myriad ways.



A small question for you — so what you learned from me and my life?

Dude, never lose your hope and give your best even in worst situation and try to push your willpower and do hardwork until you reach to your destination.

Hoping for your best future.

Divya
B.A. II

Unforgettable Thoughts



- Welcome every morning with a smile. Look on the new day as another special gift from your creator, another golden opportunity.
- You are successful the moment you start moving towards a worthwhile goal.
- Those who bring sunshine to the lives of others can't keep it from themselves.

Vanshita Singh
B.A. III

Come! Know the Nizam of Hyderabad

It was the rule of the Nizam of Hyderabad that he always used to attend the wedding of his officers, their sons and daughters and the nobles of the princely state. Instead of giving any gift to the brides and the groom, he used to pick up some jewellery from the dowry items. In this way, becoming victims of royal favor, the bride and the groom, used to wash their hands of the jewellery.

If the Nizam used to see someone coming and going in a beautiful and expensive motor car in his state, he would immediately send his special officer to the owner of that motor car and



tell him that the Nizam wanted to go for a ride in the motor car. The owner of the motor understood that the Nizam had given him respect and he would have immediately agreed. Once the motor entered in the royal garage, there was never any question of its return. In this way, the Nizam had collected three to four hundred motors at his palace. Although they were not used. After the merger of princely states, the Chief Minister of Hyderabad State asked the Nizam to sell them but the Nizam did not agree, but got them cleaned by paying two and a half lakh rupees and then they were made to stand where they were. He always did what he wanted.

Nizam used to smoke cigarettes a lot but cheap ones. If Nizam's friends or big government officials ever gave him good quality American, British or Turkish cigarettes, instead of taking one cigarette, he would pick up 4-5 cigarettes together and put them in his cigarette box and continue smoking his cheap and modest cigarette. Once VP Menon, who was an

advisor to the Government of India in the Cabinet of Princely States, went to meet the Nizam. The Nizam offered him Hyderabad-made Char Minar cigarette, the Nizam himself used to smoke the same. A pack of 10 cigarette was sold for 12 paise. Mr. Menon refused to take it. He gave his cigarette to the Nizam and asked him to smoke it. Nizam liked that cigaratette and he asked for him 4-5 cigarettes. After a few days, when Menon came to meet him again, the Nizam presented him the same cigarette which he had asked for from him a few days ago and kept with him.

Nizam had immense wealth. His jewels were worth fifty crore. He always kept a complete list of his jewellery and ornaments with him. He used to know everything that how much money he had, which jewels were in which box and where the jewels were kept. Nizam's nature was suspicious and did not trust any of his officers in the matters of jewels. The Nizam used to keep the special keys of the treasury with him. The treasury officers could open the locks of the treasury only after asking him for the keys.

Nizam had the world's famous diamond named 'Jacob' which was 282 carats in weight. Its texture was like a 'paperweight'. Nizam used to keep it in a Curo-Cura soap box to protect it from sight. Sometime that diamond was used instead of 'paperweight' on the writing table.

There were many examples of political skill in the history of the Asafjahi dynasty. On the orders of the Emperor of India, Lord Curzon, who was the Viceroy at that time, persuaded the Nizam to hand over the Suba of Berar, which was included in his princely state, to the British Government. The British regiment cleverly wrote a letter to the Nizam that he had no right over the province of Berar. Later he realized his mistake while talking to his Prime Minister. The Nizam sent the Prime Minister to meet the Resident, who told the Resident that he wanted to keep a copy of it with him. As soon as it came into hands, the Prime Minister put it in his mouth and swallowed it in full view of the resident. Several years later, although the Prime Minister had swallowed the letter, the British Government took over the province of Berar. Since then the Nizam hated the British, when given a chance, he used to express his anti-British sentiments.

Manisha
B.A. III

Struggle

We can bring change only through struggle. And struggle happens only when we want to achieve something. Struggle is like an opportunity in our life which brings change with improvement in our life. Those who want to change life, they struggle.

Human life is a struggle on earth, life without struggle is useless. Only by struggling we can achieve our goal in life. If there is no struggle in our life then there is no progress either. Struggle is a natural part of our life. Lile is not easy, no one can be great without hard-work, until the hammer strikes, till then even a stone is not a god.

Tanu Rani
B.A. III

Valuable Thoughts

- Keep your eyes on the stars and your feet on the ground.
- The memories of tomorrow depend on your attitude today.
- Live every day as if it were your last.
- Success usually comes to those who are too busy to be looking for it.
- Education is the most powerful weapon which you can use to change the world.
- If you can imagine your goal, you can achieve it. If you can dream it, you can become it.
- Shoot for the moon, even if you miss, you will land among the stars.
- When you cease to dream, you cease to live.
- Dream as if you'll live forever. Live as if you'll die today.
- We should love criticism just so long as it's unqualified praise.
- Doubts are nothing but inspiration for the uninspired.



Muskan
B.A. I

Money

Money can buy bed but not sleep.
Money can buy books but not brain.
Money can buy food but not appetite.
Money can buy house but not home.
Money can buy luxuries but not culture.
Money can buy cosmetics but not beauty.
Money can buy servants but not friends.
Money can buy lust but not love.
Money can buy status but not nobility.
Money can buy service but not loyalty.
Money can buy man but not God.
Money can buy power but not authority.
Money can buy goods but not peace.
Money can buy people but not acceptance.
Money can buy everything but not life.



Muskan
B.A. I

Life

Life is a mystic road,
Miles to walk
Sorrows and happiness,
are the red and green lights.
Friends we make,
are the footpaths,
Milestones indicate,
our ambitions
Hurdles are minor accidents
but not the final defeat



With the rope of hardwork,
Keep climbing.
Cos, there are still long,
Mysteries to be solved.
Calm and patience are the tools,
to tread the long, winding roads
to success.

Anju
B.A. III

Life is examination

God is great examiner
We all His students
This life is answer book
In which we have to explain our deeds

This world is a hall
Where we are sitting
To take the examination
The time allowed three hours.

The first bell ends, the childhood
The second ends the youth
And the third goes after old age
The bell of the last hour.

The examination is over
so stop writing,
Do not try to cheat
By writing useless stuff

How many lose marks
By wasting time and writing nothing
Write down everything
So that you many not say.

The paper was lengthy
The time was short
I know the answer
But could not express.



Muskan
B.A. I

Tribal Freedom Fighter Birsa Munda

Birsa Munda was an Indian Tribal freedom fighter. He was folk hero who belonged to the Munda tribe. He was born on 15 November 1875 in Vihatia Dist. of Bengal presidency which is now situated in Jharkhand. In his country, he was the first tribal leader who fought for freedom. He belonged to a poor family. His mother's name was Karmi and his father's name was Sunga Munda. Birsa Munda got education upto upper primary level. Birsa started serving the people of the village. People used to listen to his discourse and sing hymns together. Soon, Birsa Munda became very popular among the public. Initially, Birsa's movement was reformist, but later it turned into a fight for independence from the British. Birsa was arrested.

Birsa's followers were spread all around the jail. He wanted to bring revolution in a peaceful way, but in the assembly of Sibna Varu, his followers wanted violence and forceful movement. They were demanding for his freedom.



In this fight, police personnel was killed and police station was damaged. Some people were cheated by the British in the greed of reward. In jail he used to console everyone and keep teaching his people to keep their morale high.

To the twin challenges of agrarian breakdown and culture change, Birsa along with the Munda tribe responded through a series of revolts and uprising under his leadership. In the year of 1895, Birsa was just 20 years old youth when the renounced christianity, took sacred thread, became a Vaishnav asked his fellow Tribesmen to worship only one God and give up worshipping a number of bangas (gods). He gave stress on purity, austerity and prohibited cow - slaughters. He declared himself a prophet who had come to get back for his people their lost kingdom. He announced the reign of Munda Raj had begun. He gave orders not to pay rents to British as their lands were free.

Mundas were waiting for such Massiha. They called him Dharati Aba', the father of earth. It was said that he had super natural power of turning the bullets into water, he knew the mantras to drive away the evil spirits, to cure the sick, to revive the dead. A rumour that on a particular day the non-believers of Birsa would be massacred.

Anju
B.A. I

King Vikramaditya and His Attendant

Long ago King Vikramaditya ruled over Ujjain. He used to spend six months in his kingdom and the rest of six months in forest. Once when he was in forest with his attendant Vanaji, he saw two playful parrots in a tree. The king was enjoying their company but suddenly one of the parrots dropped dead. The other parrot started wailing loudly. This wailing moved the king so much that he made up his mind to help the parrot.

The king had a power to cast off his own body and enter another body. So he decided to

enter the dead body of the parrot and make him live for a short time so that he could make the living parrot happy again for a little while. He told Vanaji to take care of his body till he came back in his original body. Instructing thus King Vikramaditya left his body and entered the body of the dead parrot. At once the parrot flew back to his mate.

Vanaji too had the power to cast off his body and enter some another body. While guarding the body of the king, he thought of a plan, "Why not enter the king's body and see how it feels to be the king?" Now he cast off his body and entered the body of the king. He felt so elated that he decided to remain in the king's body. Having decided thus he at once destroyed his own body by burning it. Then he returned to the kingdom of Ujjain with quick steps.

The king's chief minister Bhatti got surprised when he saw the king returning earlier than expected. He wanted to find out the reason. Bhatti found many usual things and habits which were missing in the king now. He warned the queen also by telling her all his doubts. He kept a close watch on the impostor, Vanaji. Bhatti sent many messengers far and wide to find some clue to the mystery.

In the mean-time King Vikramaditya decided to leave the parrot's body and re-enter his own body. So he went back to the place where he had left his body but was surprised to find that it was missing. He couldn't find Vanaji also. He started flying and saw something burning. To his surprise the burning thing was Vanaji's body. Soon the king realized that he had been duped by his attendant, Vanaji. Now he had to remain as a parrot.

A few days later a hunter caught the parrot and sold it to a merchant. He got a handsome money because the parrot could speak like humans. One night this merchant saw a famous dancer, Aparanji, dancing in his dream. When the dancer came to know about this, she demanded one hundred gold coins as fee of her dance. The merchant was quite surprised at



this weird demand. The matter went to the court. The speaking parrot acted as the merchant's counsel and advised him to keep the coins in front of the mirror. The dancer demanded her claim and stepped forward to collect the coins. "Stop!" the parrot warned. "Your claim is based on a dream. So you will get the payment through the image of the coins by seeing in the mirror." The court agreed with the parrot and the dancer was shocked that she had been outwitted by a bird.

The news of this wise parrot reached Bhatti. He at once went to the parrot and found that this parrot was none other than the King Vikramaditya. Both the king and Bhatti discussed how they could regain the king's body.

Vanaji had not yet met the queen. The news came to him that the queen was sad as her favourite parrot had died. Now he got a chance to impress the queen. He promised to bring her parrot back to life for a short time. The queen agreed. Immediately Vanaji left Vikramaditya's body and entered the parrot's body. It was Vikramaditya's turn to enter his body. Without wasting time, the king entered his own body. Bhatti informed all the matter to the queen. Vanaji was forced to remain as a parrot. The matter was solved by the wit of Vikramaditya.

Dr Vineeta
Associate Professor
Dept of English

Time to Think about Success

Success... what does success mean to you? Is success a source of finding money? Success is not something when you achieve something great; it is when you learn to handle failures. Success isn't something when the world knows about you; it is when you realise where you stand in the world. Success isn't when you just become a matter of conversation among people; it is about passing on your knowledge and experience to make the most of your life in all areas health, wealth, relationships, parenting, mental and spiritual spheres to enhance those lives you touch on a daily basis.

Success isn't about how you're doing as compared to everyone else. Success should be about living your best life. Success is to have a desire for continuous learning and development.

Make yourself a priority. At the end of the day try to achieve your desired goals and fulfil your commitment.



Suneha
B.A. II

Significance of History in our life

Normally, people are more interested in living in the present and not in the past. However there could be no proper understanding of the present without an appropriate knowledge of the past. In fact most of the present problems have their roots in the past. We could not reach to any proper solutions of these problems unless we understand how these problems originated and developed. Thus History is very important in our day to day life.

Generally history refers the study of the past and it covers every aspect of civilization social, political, economic, cultural, intellectual, scientific, religious and various other spheres of our human civilization are all parts of History, which in turn are studied under different sub-branches of history like, political, economic history, cultural religious, history and social history etc.

Previously, history was considered as just the records of events that occurred in the past.

However in the present times, the subject is studied with a much more critical approach and in very scientific manner. A historian is required to evaluate and analyse the events in unbiased manner as far as possible in the light of evidence of primary and secondary sources. Historian studies the part in the light of present, therefore the developments of present times such as social, religious, economic and cultural can affect the analysis of the part. Thus scope of history is dynamic in nature, as it studies the present in backdrop of past. History is also objective, chronological, multi-dimensional, continuous and consistence in proper recording and analysing significant events of our past.

Significance of learning history lies in helping us understand the nature of change, i.e., where, how and why change occurs in our civilization. History helps in developing our own sense of identify i.e., who were our ancestors, how our political, cultural and social institutions like nation, religion, social and cultural traditions etc. evolved over time. How other people and nations of the world developed and how was our and their economic, cultural and political interaction was instrumental in our common evolution. All above gave us better understanding of our identify and position in global community, which in turn makes us better decision makers and better citizens of nation.

Hence, we can say History helps us to be more appreciative of the present without taking it for granted, because of better understanding of past.



Dr. Manju
Assistant Professor
Department of History

Facts

1. The World's oldest wooden wheel has been around for more than 5,000 years.
2. Dead skin cells are a main ingredient in household dust.
3. Sudan has more pyramids than any country in the world.
4. The bumble bee bat is the world's smallest mammal.
5. The circulatory system is more than 60,000 miles long.
6. There are parts of Africa in all the four hemispheres.
7. The Cornea is one of only two parts of the human body without blood vessels.
8. The world's first animated feature film was made in Argentina.
9. German Chocolate cake was invented in Texas.
10. Marla Gibbs continued to work as a flight attendant for two years after being cast on a hit TV show.
11. The Philippines consists of 7,641 islands.
12. A one-way trip on the Trans-Siberian Railway involves crossing 3,901 bridges.
13. The Golden Girls was supposed to have a different theme song.
14. There is enough gold inside earth to coat the planet.
15. Cleveland was once the country's fifth largest city.
16. Human beings can use only a small fraction of Earth's water.
17. Wally Amas is responsible for making more than just cookies famous.



i

Chetna Panchal
B.A. II

Time and tide wait for none

'Time and tide wait for none' this line is spoken by Geoffrey Chaucer. "Time and tide wait for none" - this Idiom is apt in today's world. As the world is moving at a fast pace nobody has got time to waste. Moreover, time never stops, the clock is always ticking. Therefore, to use our time, we should work hard every second.

Because time once gone, cannot be regained. It is the most precious thing a person can have. With time everything is possible, it's just that you should have a dedication towards utilizing it. Also various successful people know how to manage their time. And that is the reason they are successful. You can earn money by using time, but you can never earn time by using money. Since we all know the story of "The rabbit and the tortoise", this story is perfect for the idiom.

Manisha
B.A. III

Sayings about Life

1. Rumours are carried by haters, spread by fools, and accepted by idiots.
2. Don't be afraid to fail. Be afraid not to try.
3. Look forward with hope, not backward with regret.
4. People without the knowledge of their past, origin and culture are like a tree with no roots.
5. The world is changed by your example, not by your opinion.
6. When an old man dies, a library burns to the ground.
7. Be motivated by the fear of being average.
8. People don't need to be saved or rescued, people need knowledge of their own power, and how to access it.
9. Absence makes the heart grow fonder.
10. A cat has nine lives.



Chetna Panchal
B.A. II

Facts that are Myths

1. Myth: Bulls get angry when they see the red colour.
Fact: Bulls, like other cattle, are red-green colour blind.
2. Myth: Gold fish only have a three second memory.
Fact: they have a memory span of up to five months long.
3. Myth: It takes seven years for your body to digest chewing gum.
Fact: Body cannot digest chewing gum at all. It just moves through your digestive system.
4. Myth: You swallow eight spiders a year while sleeping.
Fact: Vibrations from sleeping persons frighten a spider.
5. Myth: Cracking your knuckles too much causes arthritis.
Fact: Cracking knuckles doesn't increase any risk. It is the noise that comes from collapsing bubbles.



Renu
B.A. I

English Versus Rural Students

English has become a global language. It has spread its wings all around the world and earned the position as the most successful language. It is quite evident that learning English has become quite essential for anyone who wants to be a successful person in his or her life. Though Indians have proved their worth all over the world. With the help of this language, the scenario is totally different in rural India. Rural India-major population of India finds it very difficult to cop up with it. Being a foreign language, it seems to be an alien language to rural students. Since most of the students are first generation learners, how



can one get acquainted with the foreign language without any guidance or atmosphere, even though they try to learn it. One more reason is that the students at their primary level are promoted to upper classes without subject knowledge. Our examination system produces only rote learners in spite of analytical thinkers. Our students need practice which is not given to them to learn a language. This little knowledge has become a fear in their minds. In our class rooms, we find students who used to say that they can only write, but can't speak even a single word. We have to change this picture and this can happen only with the efforts of both the students and the teachers. However it is a matter of pride for all of us that these rural students, with their hard work and efforts, are finally saying goodbye to their fear of English. Now they are spreading their wings to fly all over the world.

Dr. Poonam
Assistant Professor
Dept of English

CUSTODIANS OF THE SPORTING SPIRIT



CUSTODIANS OF THE SPORTING SPIRIT



CAMPUS BAZAR

An event to exhibit copious skills



SPECTRUM OF CO-CURRICULAR ACTIVITIES



LOOR DANCE



Students reviving "Loor Nritiya" on Haryana Day

YOUTH FESTIVAL



संस्कृत अनुभाषाः

पृथिव्यां त्रीणि रत्नानि, जलमन्नं सुभाषितम् ।
मूढैः पाषाणखण्डेषु, रत्नसंज्ञा प्रदीयते ॥

- सुभाषितानि

सम्पादिका
डॉ० कमलेश

छात्रा सम्पादिका
कु० मनीषा

अनुक्रमणिका

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सम्पादकीय



प्रसारयेम संस्कृतम्!

प्रिय संस्कृतबान्धवाः

संस्कृतभाषायाः कार्यसाधनार्थं कार्यकर्तारः अपेक्षिताः एवं । सर्वे जनाः अधिकाधिकं समयं दद्युः, अधिकाः जनाः सर्वं समयं दद्युः इति ज्येष्ठसोदराणां निदेशानुसारं संस्कृतं उन्नतस्थानं नेतुं प्रतिगृहं प्रतिहृदयं च प्रापयितुम् अधिकाधिकाः युवानः पूर्णं समयं समर्पयेयुः ।

प्रत्येकं संस्कृतच्छात्रः स्वस्थ अध्ययन कालानन्तरम्, उद्योगप्रवेशात् पूर्वम् न्यनातिन्यूनम् एकं वर्षं संस्कृताय समर्पयेत् । वेतनेन विना, अन्यव्यक्तिगत-आकाङ्क्षा विना पूर्णसमर्पणभावने भारते यत्र कुत्रापि सूचितं यत्किमपि संस्कृतार्थं कर्तुम् अग्रे आगच्छेत । यदि प्रत्येकं संस्कृतच्छात्रः एतादृशं स्वल्पं चेदपि महत्त्वभूत त्यागे करोति तर्हि द्वित्रेषु वर्षेषु एवं वयं महतीं सिद्धिं प्राप्तुं शक्नुयाम । मित्राणि, संस्कृतमातुः सेवार्थं आत्मानं समर्पयामः । जयतु संस्कृतम् जयतु भारतम् ।

डॉ. कमलेश
सहायक-आचार्या
अध्यक्षश्चा संस्कृत विभाग

मम माता देवता



मम माता देवता
मम माता देवता
अति सरला, मयि मृदुला,
गृह कुशलां, सा अतुला ॥
मम माता देवता । मम माता देवता ।
पाययति दुग्धं, भोजयति भक्तं ।
लालयति नित्यं, तोषयति चित्तम् ॥
मम माता देवता । मम माता देवता ।
सायङ्काले नीराजयति
पाठयति च मां शुभङ्करोति
शुभं कुरु त्वं कल्याणम्
आरोग्यं धन सम्पदः ।
दुष्टबुद्धि विनाशय
दीपज्योतिनंमोऽस्तु ते ॥
पाठयति च मां शुभङ्करोति ।
मम माता देवता । मम माता देवता ।
रात्रौ अङ्के मां स्वापयति
मधु मधु मधुरं गीतं गायति
आ आ आ आ ऽऽ । मम माता देवता ।
मम माता देवता । मम माता देवता ।

प्रियंका

स्नातक (तृतीय वर्ष)

अनमोल विचार

य ईर्षुः परवित्तेषु रूपे वीर्ये
कुलान्वये । सुखसौभाग्यसत्कारे
तस्य व्याधिरनन्तकः ॥

जो व्यक्ति दूसरों की धन-सम्पत्ति, सौंदर्य, पराक्रम, उच्च कुल, सुख, सौभाग्य और सम्मान से ईर्ष्या व द्वेष करता है वह असाध्य रोगी है। उसका यह रोग कभी ठीक नहीं होता।

पिकस्वरं क्षमो घाते वक्तुं न
मधुरम् क्षमः ।

दुष्टः निन्दति साधूनां साधुः
कदापि नार्हति ॥

कौवा कोयल के स्वर को दबा सकता है, किन्तु कोयल के समान मधुर नहीं बोल सकता। उसी प्रकार दुष्ट व्यक्ति सज्जन की आलोचना तो कर सकता है। परन्तु सज्जन नहीं बन सकता।

एकस्यापि कृते वैरम्
मनसि भवतः यदि ।
गमनं मन्दिरं तर्हि
भ्रमणमात्रमेव हि ॥

आपके मन में यदि किसी एक के लिए भी बैर है, तो मन्दिर जाना आपके लिए सिर्फ एक सैर है।



अञ्जु

स्नातक (तृतीय वर्ष)

संस्कारस्य विद्यार्थी जीवने महत्त्वम्

संस्कारेण एव मानवस्य व्यक्तिस्य परिचयः भवति । संस्कारः एवं मानवं श्रेष्ठगुणान् आधानं करोति । संस्कारं विना मनुष्यः कोऽपि महत्तवं न प्राप्तनोति । सदाचारः पुरुषं ऊर्ध्वतां नयति दुराचारः च पुरुषं गते पातयति । संस्कारः भवतः जीवनस्य चित्रं भवति । जीवने कोऽपि धनं अर्जयितुं शक्नोति, परञ्च सम्मानः केवलं संस्कारं एव अर्जितुं भवति । यदि भवतः जीवनं मूल्यानि विचाराः च उत्तमाः सन्ति तर्हि त्वां जीवने अग्रे गन्तुं कोऽपि न निवारयितुं शक्नोति । संस्कारात् सम-विषमपरिस्थितौ अपि मनुष्य समानः एव तिष्ठति ।

श्रीमद्भगवद्गीतायाऽपि अकथयत् :

सुख दुःखे समे कृत्वा लाभालाभौ जयाजयौ ॥

सर्वप्रथमं वयं संस्कारः स्वमातापितृभ्यः पश्चात् समीपस्थेभ्यः, मित्रेभ्यः, शिक्षकेभ्यः समाजात् प्राप्तनुमः । संस्कारः एव भवतः पालनपोषणं कथं जातम् वदन्ति, भवतः कुटुम्बं कथं वर्तते इति च । संस्कारेण त्वं जगत् जेतुं शक्यते परं विजयस्य अहंकारकारणात् वियजानन्तरं अपि तव हानि संभवति । अतएव संस्कारयुक्तः मानवः अहङ्कारं कदापि न करोति । सत्संस्कारं विना बालकानां दत्ताः सुख-सुविधाः पतनस्य कारणं भवति । संस्कारं विना शिक्षायाः महत्त्वं नास्ति, शिक्षा अस्मान् धनं यशः च दातुं शक्नोति परञ्च संस्कारः एव अस्मान् तेषां पालनं कर्तुं शिक्षितुं शक्नोति ।

सत्यवादिता : केवलं संस्कारेण एव मनुष्यः सत्यं वक्तुं प्रवीणः भवति, संस्कारबद्धः पुरुषः सर्वदा सत्यं वदति । यथा = महात्मा गांधी ।

महात्मा गांधी सत्य-अहिंसा च स्वस्य परमधर्मं मन्यते स्म, तस्य उपरि एषः प्रभावः तस्य संस्कारेण आसीत् ।

‘सत्य -अहिंसा परमो धर्मः ।’

सत्यवादी पुरुषः विषये अकथयत् यथा :

तस्याग्निर्जलमर्णव स्थलमरिर्मित्र सुरा किन्नराः कान्तार नगरं गिरिगृहमहिमालय मृगारिमृगः ।

पाताल बिलमस्त्रमुत्पल दल व्याघ्रः श्रृगालो विषं पीयूषं विषमं समं च वचनं सत्याञ्चितं व्यक्ति चः ॥

कर्तव्यनिष्ठा : संस्कारेण एवं मनुष्ये कर्तव्यनिष्ठा विकसितं भवति, संस्कारयुक्तः एवं व्यक्ति निष्ठापूर्वकं स्वकर्तव्यं करोति । यथा - वीराङ्गना लक्ष्मीबाई । रानी लक्ष्मीबाई अन्तिमश्वासपर्यन्तं स्वकर्तव्यं पालनं अकुर्वत् । अनेकसमस्यानां सम्मुखीभूय अपि सा कदापि स्वकर्तव्यात् न विचलिता अभवत् ।

* यथा अकथयत् - प्राप्यापदं न व्यथते कदाचिदुद्योगमन्विच्छति चा प्रमत्तः ।

दुखं च काले सहते महात्मा धुरन्धरस्तस्य विपद्दिनश्येतः ॥

लक्ष्यं प्रति निष्ठा : संस्कारयुक्तः मनुष्यः जीवनस्य लक्ष्यं निर्धारय कदापि तेन लक्ष्येन विचलितं न भवतु । एतदेव लक्ष्यं प्रति निष्ठावान् भवतु । एषा संस्कारः एव यत् पुरुषं किमपि कर्तुं प्रेरयति । छात्र-जीवनं मानवस्य समग्र-जीवनस्य आधारः भवति, यस्य आधारः सुदृढः भवति, तस्य जीवनं सफलं भवति । अत एव छात्र जीवने संस्कारः अतीव महत्त्वपूर्णाः अस्ति । सत्संस्काराः निर्गुणाः गुणवान् कर्तुं विकारेभ्यः मुक्तं करोति ।

यथा : चित्रकर्म यथाऽनेकैरङ्गैरुन्मील्यते शनैः ।

ब्रह्मण्यमपि तद्वत्स्यात्संस्कारैर्विधिपूर्वकैः ॥

किरण

सहायकाचार्या, संस्कृत विभाग

किं जीवनं ते

1. मनसि चिन्तय सखे! किं जीवनं ते!
रहसि शीलय सखे! किं जीवनं ते ॥
2. न वा स्वार्थं, परार्थो नापि बन्धो ।
त्वया चेतसाध्यते, किं जीवनं ते ॥
3. न साहित्यं, न सङ्गीतं, कला वा ।
न रासिक्यं च ते, किं जीवनं ते ॥
4. न दाक्षिण्यं, न सौशील्यं, न कीर्तिः
न सेवा, नो दया, किं जीवनं ते ॥
5. गुरोः पित्रोः न चरणा वन्दिताश्चेत् ।
अहङ्कारात्त्वया, किं जीवनं मे ॥
6. न निःश्वसितं, न रुदितं, मूर्च्छितं नो ।
प्रियाविरहे त्वया, किं जीवनं ते ॥
7. वियोगे ते जनो नो कोऽपि खिन्नः
न योगे प्रीतिमान्, किं जीवनं ते ॥
8. करालः काल इव नाभासि चेत्त्वम् ।
कुकृत्यानां कृते, किं जीवनं ते ॥
9. त्वया स्वान्तः सुखार्थं देववाणी ।
न पठिता, न श्रुता, किं जीवनं ते ।
10. वृथा चन्द्रो वृथा मधुयामिनीयम् ।
न पार्श्वे ते प्रिया, किं जीवनं ते ॥
11. स्वदेशः सेवितो न प्राणपणतः ।
विकल्थन धूर्त रे, किं जीवनं ते ॥
12. स्वयं नष्टः परान्नाशयसि नित्यम् ।
व्यसनशतशालिनः किं जीवनं ते ॥
13. प्रदर्शन - गालिका - कार्यावरोधैः ।
अहो प्राचार्यवर! किं जीवनं ते ॥
14. न चेत् पार्श्वे सखे ते स्वास्थ्यवित्तम्
धनैरैतैरलं, किं जीवनं ते ॥
15. परोक्षे शत्रुभिमित्रत्रैस्तस्यैः ।
न चेच्छ्लाध्योऽसि रे, किं जीवनं ते ॥
16. अयं श्रोता न बोधति भाषणं ते ।
अनर्गलजल्पिनः किं जीवनं ते ॥
17. न माता जन्मभूर्बन्धो मता चेत् ।
किमेतेनायुषा, किं जीवनं ते ॥
18. न दुष्टं भारतं स्निग्धेन मनसा ।
अहो विश्वभ्रमिन् । किं जीवनं ते ॥

डॉ० कमलेश

सहायक-आचार्या, अध्यक्षश्चा संस्कृत विभाग

सङ्ख्यागणना ननु सरला

एकः सूर्यः चन्द्रोऽप्येकः मानवकुलमण्येकम् ।
द्वे नयने ननु जीवने सकले प्रभवति सर्वो द्रष्टुम् ॥
लोकशङ्करस्त्रिनयनमूर्तिः नमाम्यहं तं प्रतिदिवसम् ।
चतुर्मुखोऽयं जगतः सृष्टा तेन हि सृष्टं जीवनकुलम् ॥
पञ्चाङ्गुलयो मम करकमले लोका विदधति गणनाम्
सुरसेनानीः षण्मुखदेवः सततं पात्ययममरगणम् ॥
सप्तवासराः सप्ताहे ननु स्वराः सुमधुराः सप्त ।
ऊर्ध्वमधस्तात् लोकाः सप्त ख्याता ऋषयः सप्त ॥
अष्ट दिग्गजा धरन्ति धरणीं उपकृतिशीला अतुलब्धाः ।
नव ग्रहा ननु विपुले गमने चरन्ति सततं नियततया
पूर्वाद्या दश दिशः प्रसिद्धाः सङ्ख्यागणना ननु सरला ।
गायामो वयममितामोदं कुर्मो बुद्धा करतालम् ॥



आशा

स्नातक (तृतीय वर्ष)

व्यसन-मुक्तं भारतं

पाश्चात्यसंस्कृते अनुसरणं कृत्वा अद्यत्वे अस्माकं देशे युवानां मादकद्रव्याणां प्रति प्रवृत्तिः वर्धमान् अस्ति, ततः वस्तुतः चिन्ता-जनकम् अस्ति। यः युवानः अस्माकं देशस्य शक्तिं मन्यामहे, सः अद्य मद्यस्य कृमिना गृहीतः यथा लुब्धक पीडितं मारितवान्। मद्यपानं न केवलं मनुष्याणां कृते व्यसनं करोति। तत्सह मानव-विनाशस्य दारिद्र्यवुद्धेः, मृत्युस्य च द्वाराणि अपि उद्घाटयति।

“गृहे शीतचूल्हा सन्ति....

स्थिति नीलपीता ...

प्रतिक्षणं निःश्वासः निःसृतः...

यस्य यौवनं मादकं भवति।”

व्यसनं शापं, एतादृश दृष्टं यस्मिन् मनुष्यस्य बहुमूल्यं जीवनं पूरितं भवति, तस्य कुटुम्बं विकीर्णं भवति। अस्य प्रलयस्य दृष्ट्वा भारतसर्वकारेण मादकद्रव्यमुक्तभारतस्य अभियानस्य आरंभः कृतः अस्ति। एतत् अभियानं प्रधानमंत्रीणा नरेन्द्र मोदी इत्यनेन 15 जनवरी 2020 दिनाङ्के आरम्भम्।

अस्य अभियानस्य अन्तर्गतं व्यसन-निवृत्ति-पुनर्वास-केन्द्रेभ्यः केन्द्रे-राज्य-सर्वकारेण आर्थिकसाहाय्यं दीयते। एतेषु केन्द्रेषु मादकद्रव्य-वासिनः निःशुल्कचिकित्सास्य साहाय्येन दीयते।

एतेषु केन्द्रेषु प्रवेशितानां जनानां कृते निःशुल्कं भोजनं औषधं च प्रदत्तं भवति। अस्य अभियानस्य माध्यमेन जनान् व्याख्यायते यत...

“न कश्चित् अन्यः

त्वं स्वयमेव युद्धं करोषि।

मद्यः इदानीं

मित्रं त्वं भवसि।”

व्यसनं सामाजिक-विघटनं प्रवर्धयति। एतेन माध्यमेन सामाजिक-अव्यवस्था अराजकतां च प्रवर्धयति। मादकद्रव्य-व्यसनं संपूर्णं राष्ट्रं विनाशस्य कगारं प्रति आनयति। मादकद्रव्य-व्यसनविषये जागरूकतायै नूतनानां



उपायानां उपरि बलं दातव्यम्। बालकानाम् मादकद्रव्यस्य व्यसनं न भवेत् इति पालनं कर्तव्यम्। सौभाग्यतया, अस्माकं भारतसर्वकारः मादकद्रव्य-प्रतिबन्धनाय पूर्णतया कार्यं कुर्वन् अस्ति। अस्मात् कर्तव्यं अस्ति यत् सर्वकारस्य अस्य अभियानस्य पूर्णं समर्थनं ददातु। अत एव मादकद्रव्यमुक्त - भारत अभियानस्य समस्तसमाजस्य महतीं सहकार्यं कर्तव्यं। एतत् कृत्वा अस्माकं भारतीयसमाजस्य एकं बृहत्तमं सामाजिक-दुष्टं समाप्तं भविष्यति। तत् भारतस्य राष्ट्रस्य सामाजिक-आर्थिक-विकासे सहायं करिष्यति येन सशक्तं भारतं निर्मास्यति।

“मद्यं विहाय

धर्मध्यानं कुरु

अन्यथा भवन्तः पश्चात्तापं करिष्यन्ति

किन्तु कल्याणं न सम्भवति।”

युवा समूहः देशस्य आन्तरिक-शक्ति अस्ति। तस्य कल्याणेन देशस्य कल्याणम् भवति। अतएव भारतं मादकद्रव्य-मुक्तं करणीयम्।

मनीषा

स्नातक (तृतीय वर्ष)

‘नेता’

जयन्त्यस्मत्सुनेतारः देशलुण्टनतत्पराः
विकासशील एवास्ति यत्श्रमैरद्य भारतः
गिरिः समतलो जातः कर्गदे यस्य मायया
नौमि तं सांसदं श्रेष्ठं भ्रष्टाचारस्य बान्धवम्
चौरकार्यस्य बीजात्मा दुष्टभावे सदास्फुरन्
रावणानुकृतिप्रायो व्यक्तिर्नेतृपदाभिधः



जो सदा देश को लुटने के लिए तत्पर रहते हैं, जिनकी मेहनत से आज भारत विकासशील ही है (विकसित नहीं हुआ) ऐसे हारे नेताओं की जय हो।

जिसकी माया से कागज में पहाड़ भी समतल भूमि बन जाता है, ऐसे भ्रष्टाचार के भाई सांसद श्रेष्ठ को सादर नमन है।

चोरी-चकारी के कार्य का बीजात्म रूप (प्राणभूत) दुष्ट/बुरी भावनाओं में सदा क्रियाशील रहने वाला रावण का अनुयायी व्यक्ति ही (वर्तमान में) “नेता” शब्द से अभिहित किया जाता है।

शकीना

स्नातक (तृतीय वर्ष)

संस्कृतस्य ध्येय वाक्य

1. भारत सरकार
2. उच्चतम न्यायालय
3. आल इंडिया रेडियो
4. दूरदर्शन
5. भारतीय जीवन बीमा निगम
6. डाक तार विभाग
7. श्रम मंत्रालय
8. थल सेना
9. वायु सेना
10. जल सेना
11. हिन्दी अकादमी
12. विश्वविद्यालय अनुदान अयोग
13. दिल्ली विश्वविद्यालय
14. राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्
15. केन्द्रिय माध्यमिक शिक्षा बोर्ड
16. चौ. ई. सिंह कन्या महाविद्यालय ढाण्ड (कैथल)

सत्यमेव जयते ।
यतो धर्मस्ततो जयः ।
सर्वजन हितायः सर्वजनसुखाय ।
सत्यं शिवं सुन्दरम् ।
योगक्षेमं वहाम्यहम् ।
अहर्निशं सेवामहे
श्रम एव जयते ।
सेवा अस्माकं धर्मः ।
नभः स्पृशं दीप्तम् ।
शं नो वरुणः ।
अहं राष्ट्री संगमनी वसूनाम् ।
ज्ञान-विज्ञानं विमुक्तये ।
निष्ठा धृतिः सत्यम् ।
विद्याऽमृतमश्नुते ॥
असतो मा सद्गमय ।
कर्मण्येवाधिकारस्ते ।



अन्जु

स्नातक (प्रथम वर्ष)

ANNUAL FUNCTION





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SCIENCE SECTION



"Science knows no country, because knowledge belongs to humanity, and is the torch which illuminates the world."
- Louis Pasteur

Faculty Editor :
Prof. Saroj Bala

Student Editor :
Sakshi Devi

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Editorial



Dear Readers,

The world we live in is full of mysteries waiting to be unraveled, and the sciences are the key to unlock those mysteries. As students, we often hear about the importance of science education, but do we truly understand its significance and how it shapes our world? Science is all around us. It's in the technology we use, the medicine we take, and the food we eat. It has revolutionized the way we live and has the potential to solve some of the world's most pressing issues. From climate change to diseases, science offers solutions that can make our lives better.

But why should you care about science? What's in it for you?

The answer is simple — a career in science can be both fulfilling and rewarding. It can lead to exciting opportunities to contribute to society, make a difference in people's lives, and be a part of something bigger than ourselves. Moreover, science education provides us with essential skills that are transferable to any field of work. Skills such as critical thinking, problem-solving, data analysis, and communication are all integral to success in any career. These skills are not only beneficial to us as individuals but also to society as a whole.

Now, let's talk about some exciting innovations and discoveries in the sciences that have taken place recently. In the field of medicine, the mRNA vaccine technology, used to create the COVID-19 vaccine, has been a game-changer. It has not only revolutionized the way we develop vaccines but has also paved the way for new treatments for diseases such as cancer and genetic disorders.

Another exciting discovery is the creation of lab-grown meat. This innovation has the potential to revolutionize the food industry and provide a more sustainable alternative to traditional livestock farming, which can have a significant impact on the environment.

In the field of astrophysics, the recent discovery of gravitational waves has opened up a new era of astronomy. This discovery has allowed us to observe the universe in a new way and has the potential to uncover more about the nature of the universe. In the field of artificial intelligence, deep learning has made significant progress in the development of intelligent machines that can learn and adapt to their environment. This innovation has the potential to transform the way we live and work and create a new era of technology that is smarter and more efficient. These are just a few examples of the many exciting innovations and discoveries taking place in the sciences. They show us that science is constantly evolving and offers endless possibilities for the future.

So, how can you get involved and pursue a career in the sciences?

The first step is to start exploring your interests. Attend lectures, read articles, and engage with your professors to learn more about the different fields of science. Find out what excites you and what you are passionate about. The second step is to seek out opportunities to get involved in research or internships. This will give you hands on experience and allow you to apply the knowledge you have gained in the classroom to real world problems.

Lastly, don't be afraid to ask for help or seek guidance. Your professors and advisors are there to support you and help you navigate the path towards a career in science.

In conclusion, science education is crucial for our future and offers exciting opportunities for personal and societal growth. We hope that this editorial has motivated you to explore the sciences further and consider pursuing a career in this exciting field.

Remember, the possibilities are endless, and the discoveries waiting to be made are infinite.

Prof. Saroj Bala
Associate Professor of Mathematics

Global Warming

Global Warming : Global warming or climate change has today become a major threat to mankind because the earth's temperature is listing and also there are various reasons for it such as green house gases emanating from carbon dioxide emissions, burning of fossil fuels or deforestation.



Impact of Green House : The rise in the levels of carbon dioxide leads to substantial increase in temperature. It is because CO₂ remains concentrated in the atmosphere for even hundreds of year. Due to activities like fossil fuel combustion for electricity generation, transportation and heating human beings have contributed to increase in the CO₂ concentration in the atmosphere.

Impact of Global Warming

- The sea levels are constantly rising as fresh water marshlands, low-lying cities and islands have been inundated with seawater.
- There have been changes in rainfall patterns, leading to droughts and fires in some areas and flooding in other area.
- Ice caps are constantly melting posing a threat to polar bears as their feeding season stands reduced.
- Animal populations are gradually vanishing as there has been a widespread loss of their habitat.

Conclusion:

As per kyoto protocol, developed countries are required to cut back their emissions. There is a need to reduce coal-fired electricity, increase energy through wind and solar power and also high efficiency natural gas generation.

Muskan
B.Sc (Final Year)

Role of Technology in Covid-19 Pandemic

Corona virus is the most recent pandemic, which has struck more than 210 countries and territories all over the world placing states in a perilous position. Enormous research is being done on the virus detection, providing treatments to relief symptoms and developing its vaccine, which according to an estimate, might take one to two more years. Therefore, WHO has laid stress upon the government world-wide to guarantee competent surveillance and identification of infected individuals to control severity of covid-19 pandemic effects. Latest technologies, such as IoMT, drones, robots, UVS, GPS and Bluetooth can play a primary role in such circumstances to mitigate the impact of Covid-19 outbreak. Therefore, our study high lights numerous technological solutions, which are of great help in controlling disease spread and facing challenges caused by it.

- Technology and medical Science :

Medical Science and technological - innovations go together for a healthier future. Technology has made substantial and revolutionary contribution to the field of medical care, which has eventually helped in extending the life span of people throughout the world. Besides, it has also improved the quality of life by an efficient way of disease diagnosis and treatment. Thermometer, microscope, stethoscope, X-ray are among the initial inventions in medical technology.

- Use of technology during Covid-19

Internet of Things (IoT) and Internet of Medical Things (IoMT)

- IoT is also know as the internet of everything or the industrial internet. It is a new technology paradigm, which comprises a network with machines and devices that can efficiently interact with each other. IoT has gathered major attention from many industries all over the world and is expected to be an integral part of future technology.

- Be Ready for Coronavirus

WHO is giving advice on how to protect ourselves & others.

Be SAFE from coronavirus infection

Be SMART & inform yourself about it

Be KIND & support each other.

- "THOUGHT OF THE DAY"

Safety from 'CORONA' is hidden in 'CORONA' word itself....

C - Clean your Hands

O - Off from Gatherings

R - Raise your Immunity

O - Only sick to wear Mask

N - No to Hand Shake

A - Avoid Rumours

Stay Alert, Stay Healthy

Beautiful life's sake.

To All
Nurses and
Doctors
Thank You
for all you are doing
to take care of
People with
the CORONA Virus
we admire you
greatly.



Shivani Sagwal
B.Sc (Final Year)

The Physics of Travelling Away

When a tedium of days without you
And everyone looking at me as if I were
lost, a man sighting for no reason
Except that his breath has been taken
away.

Tell me you have arrived without notice,
that the cafe's have not been
overwhelmed by you and the men in the
public squares

Have all shrugged without feeling.

Outside my window, lovers passing by
and their slow walk causing in me what
riots.

At the corner fruit stand, mangoes,
Damasscan figs sometimes, the sudden
Wild taste of you where you might be.

And the few letters I tear open with their
faint odor of what has already happened. I want the now, now, now of your news!

Such punishment, this staying in one place

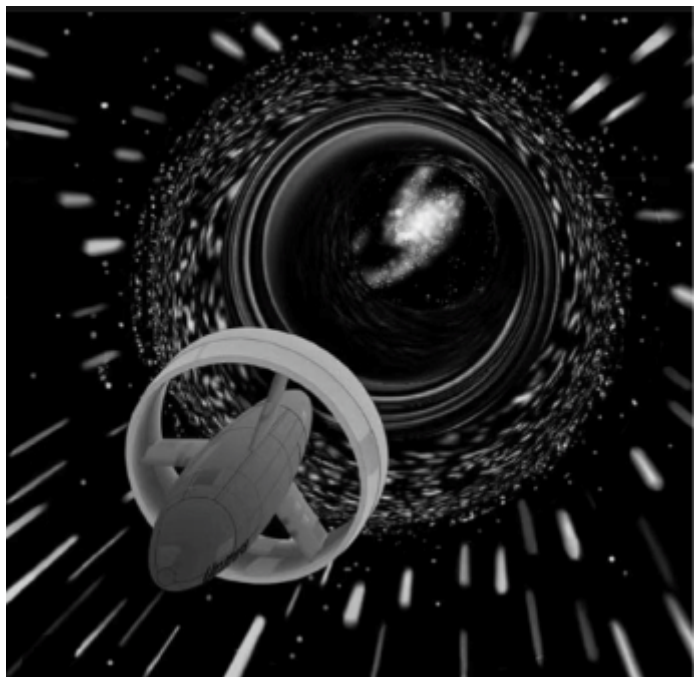
And the road to somewhere else

Always a block away, another city over.

And that last night all the traffic light

To the airport turning green, speeding you on an making you already how much younger.

Even the way I look at your photograph - the stranger you are becoming! - as if the slightest
disturbances of memory could not on month, years.



Lavisha
IInd Year

Knowledge Regarding Health Hazards of Junk Food

Food is an important part of Balance diet. It is something everyone needs, everyday. Man needs food for growth, development and to lead an active and healthy Life. Food is a substance that usually composed of carbohydrates, fats proteins and water that can be eaten or drunk by an animal or human for nutrition.

In today's young generation, eating fast food or junk food has become so prevalent that they do not like home - cooked food, parents themselves also do not refrain from eating junk food. Fast food or junk food looks delicious to eat but causes many problems in the body.

Today, our generation is increasingly falling prey to many harmful diseases like blood pressure, heart diseases, diabetes, cancer etc. Today, in our homes there is less use of milk but more use of soft drinks. Milk of fifty rupees is expensive for us and a soft drink of rupees 70 is cheap weight increases rapidly with cold drinks.

Regular consumption of junk food leads to various health problems like diabetes and Heart problems. Junk food is loaded with sugar, calories and fat which is a major factor of weight gain.

How many type of junk food are there?

- Cake and biscuits
- Chocolates and Sweets
- Snacks (Such as chips)
- Sweet Drinks (Soft drink like cola, alcoholic)

It has often been seen that the things which are tasty to eat, is equally harmful to our health. Most people eat pizza, burgers, chips and fried items as fast food. But we forget the harmful ingredients that have been used to make them.



Sakshi

B.Sc (IInd Year)

Food Adulteration

Food adulteration is an act of intentionally debasing the quality of food offered for sale either by the admixture of substitution of inferior substances or by the removal of some valuable ingredient. Food adulteration takes into account not only the intentional addition or substitution or abstraction of substances which adversely affect nature, substances and quality of foods but also their incidental contamination during the period of growth harvesting, storage, processing, transport and distribution.

"Adulterant" means any material which is or could be employed for making the food unsafe or sub standard or misbranded or containing extraneous matter.

DIFFERENT TYPES OF FOOD ADULTERATION :

- International : Sand, marble chips, stones, mud, other filth, tale chalk powder, water, mineral oil
- Incidental : Pesticides residual tin from can, droppings of rodents, larvae in foods.
- Metallic contamination : Arsenic from pesticides, lead from water, mercury from effluent, from chemical industries, tins from cans.
- Packaging Hazards : Polyethylene, polyvinyl chloride and allied compounds are used to produce flexible packaging material.

Reason for food adulteration are :

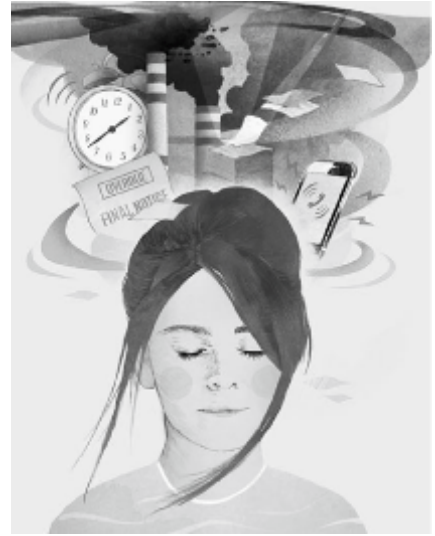
- (i) To get more profit
- (ii) To increase the weight, adulterant is added.
- (ii) To increase volume of trade by showing lower prices.

Food Adulterants :	Products	Name of adulterant
Milk	Milk and milk Products	Melamine, Urea, Detergent, addition of water, skin, Milk, Vegetable, oil. Synthetic
Oil		Milk, annatto, banana, vanaspate, Margarine, Starch, Coaltar, dyes
Ghee	Ice Cream,	Starch, rice powder, wheat flour, Sugar,
Chilly Powder	Fruit Juice, Jam	Dilution with water
	Jellies Pickles	Mislabelling of age, chaptalization, Dilution with water.
	Alcholoic	
Termaric Powder	Beverages,	
	Wine, Beer	Black/Bengalgram, dal husk, with color.
	Tea leaves	Chicory, roasted barley powder, tamarind seeds.
	Coffee	

Payal
B.Sc (Final Year)

Till the end of time

Like a pendulum, she swayed with life.
On a crest today, reaching equilibrium tomorrow.
Few seconds of stability when chaos is least.
Everything in place, just life it should be.
But one blink of an eye and she is sliding down a slope.
Leading to a trough of disappointment and regret.
Waiting for her life she's a prey.
She succumbs to the pull of negativity, falls in the pit.
Crouching in the corner, trying to get up.
As the clock of life ticks on, she gathers her courage.
Learns her lessons, decides to fix her life.
She applies the vital external force and conquers inertia.
Finally standing back on her own feet, she hears her calling loud and clear.
She starts climbing back, closer to her dreams.
The pitch of her calling were getting higher.
She looks back and smiles at Doppler.
Pusing forward, she reaches where she belongs to
Physics was in her blood, but she wasn't the only one.
She find's entities that share her spark.
Some were an up, other a down quark.
A strange force pulls them together and glues them up.
She reaches a closeness she had never felt before, they stuck strong, the three of them
building a proton.
But that wasn't the end, but just a beginning of new friendships and stronger bonds.
They went ahead and interacted with more exotic entities.
Bumping into them time and again.
Bumping knew links they went on till they called themselves nucleons.
now their amity grows older than time.
And they stand at crossroads, as the Universe inflates.
A choice has to be made, whether to stay or to go.
To choose balance or add to entrophy, instead.
But deep down their hearts, they all know whether they dwell or advance.
Their centers shall always attract.
The force holding them together will remain intact.
Till the end of time, till the end of time.



Sheetal
B.Sc (Final Year)

Physics involved in MRI

Magnetic Resonance Imaging (MRI) works by measuring the way the hydrogen atoms absorb and then relax and re-emit electromagnetic energy. Most of the human body is made up of water molecules, (which consist of only hydrogen and oxygen atoms) and fat, (which also contains hydrogen atoms). You are made up of about 60% hydrogen atoms! The nucleus of a hydrogen atom is a proton and protons are very sensitive to magnetic fields. When the proton spins it generates a magnetic field. Therefore the nucleus of a hydrogen atoms is like a tiny magnet. When your body is in a strong magnetic field, all of your hydrogen nuclei align like a row of compass needles lining up with a magnetic field.

MRI scanners use powerful magnets. When the powerful magnets that are used in magnetic resonance imaging (MRI) are switched on, all the protons in your body are pulled so that they spin in the same direction, in the same way that a magnet can pull the needle of a compass. The scanners contains several electric coils. The produce variation in the strength of the magnetic field at different point in you body. The variation means that each hydrogen nucleus experiences a slightly different magnetic field strength. This is important for detecting the position of a particular hydrogen nucleus. The frequency of these waves depends on the strength of the magnetic field where each nucleus is and this means that the scanner can work out the location of each nucleus.



This MRI scanner sends a pulse of radio signals to certain areas of the body which 'snaps' the protons out of position. The pulse gives enough energy to the hydrogen nuclei in that area to change direction. When the pulse of energy ends, the nuclei snap back to their original orientation and each nucleus gives off energy in the form of a radio wave when this happens, each proton transmits a radio signal that provides information about its exact location in the body. Own its on, a single proton will not provide much useful information, in the same way that a single pixel on a computer screen is essentially just as coloured dot. However, just as millions of pixels can create images, so the radio signals of millions of protons can be collected together and combined to create a detailed image of the inside of the body and also allow the scanner to work out what type of body tissue, the hydrogen nuclei are part of.

Sheetal
B.Sc (Final Year)

The importance of physics to society

Physics is the branch of science that provides knowledge about the interaction between matter and energy. It employs a large number of people around the world.

Physics is everywhere in daily activities, such as walking, driving a car and using a phone. For everyday living, all the technologies we use are developed and governed by the laws of physics.

- The application of thermodynamics led to the development of steam engines that caused the case of transportation.
- The medical industry used applications such as radiology, X-ray and ultrasonography



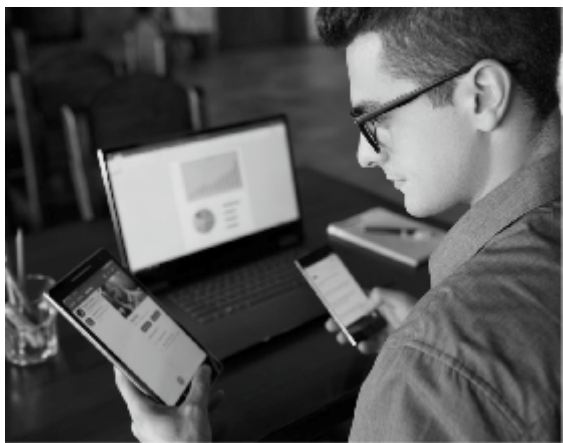
to study biological objects. It develops many medicines to treat diseases.

- Communication over long distances is now very handy and cheap to connect people across the globe. The electromagnetic wave's principles are used in television. Telephone like devices provide communication facilities anywhere on earth even on distant planets.
- Computer has become our daily need to work on digital logic and electronic circuits. Computers have improved the quality of life. Everything we need to know is available on the internet and can be accessed on a computer. The network of many computers uses electromagnetic waves and complex networking structures are governed by laws of physics.
- Astrophysics and cosmology are two branches of physics that aid in understanding the universe.
- The entertainment industry uses digital devices to develop games, toys and various objects that work on principles of physics. Television and mobile/smartphones are devices developed from laws of physics for communication, entertainment and many other applications.

Ekta
B.Sc (Ist Year)

Science

Everything works,
Because of science,
Even your old
Kitchen appliance
what about your
mom's care?
Without science,
It wouldn't go far.
With science we could make,
a computer or phone,
It you want a twin,
Just ask for a clone.
Science will explain,
nature and trees,



It's also used
to find cures for disease.
Science in cool,
the evidence is clear,
It's so much fun,
enjoy it my dear.

Payal
B.Sc (Final Year)

I Wish



I want to think like a scientist
observing animals, earth, or sky.
I want to ask good questions
wondering how and what and why.

I want to make smart guesses
Hypothesizing what might happen and when
I want to do cool experiments
Testing my thinking again and again

I want to write up all my data.
Recording picture, charts or words.
I want to think through all I've done.
Drawing conclusions about what I've learned.

Wondering, asking, testing, concluding
This is what scientists do.
It you want to think like a scientist.
Then you must do them tool.

Payal
B.Sc (Final Year)

The Divine Proportion

Do you consider Mathematics to be a subject to pass examination having no relevance to the natural world? Well think again!

A Fibonacci series is a group of numbers in which sum of the preceding two numbers is the next number but which is special about this series is the quotient of consecutive numbers which always turn to be the same 1.618. Have we ever calculated the ratio of our height to the length of our belly button to the toes or the ratio of number of female bees to the number of male bees in a beehive or the ratio of consecutive spirals on a nautilus? Well surprisingly all these ratios are the same about 1.618!

This ratio is called ϕ (Ø) in mathematical terms but in religion and occultism, it is called the "The Divine Proportion"!

This ratio has a lot of occurrence in nature symbolism and art.

ϕ is generally considered as the most beautiful number in the universe and perhaps this is the reason that the pentagram which is based on the same ratio has always been a symbol of beauty and perfection. ϕ has some special (P)

$$\phi^2 = \phi + 1 \text{ i.e. } 2.618$$

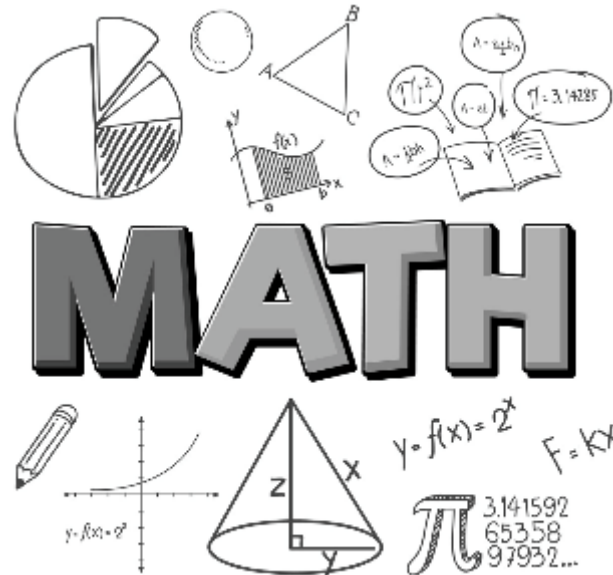
$$1/\phi = \phi - 1 \text{ i.e. } 0.618$$

Supposedly these magnificent instances of Maths in nature led to our ancestors worship it. Perhaps they were aware of these intriguing mathematics in nature and we are still far away from them.

Muskan
B.Sc (Final Year)

Maths, Maths, Maths

Down with old Pythagoras
And down with rotten maths,
Down with Archimedes,
and drown him at the baths.
If anyone had to do it
I'd make sure it was me
first I'd wholly immerse him,
Then kick him up a tree.
When he had been disposed of,
I'd turn on old Pythag
I'd drag him through a holly bush,
And he'd come out like a rag.
Now my pipe dream's over,
And I've nothing more to say
Except that Maths still lives on.
to be taught another day.

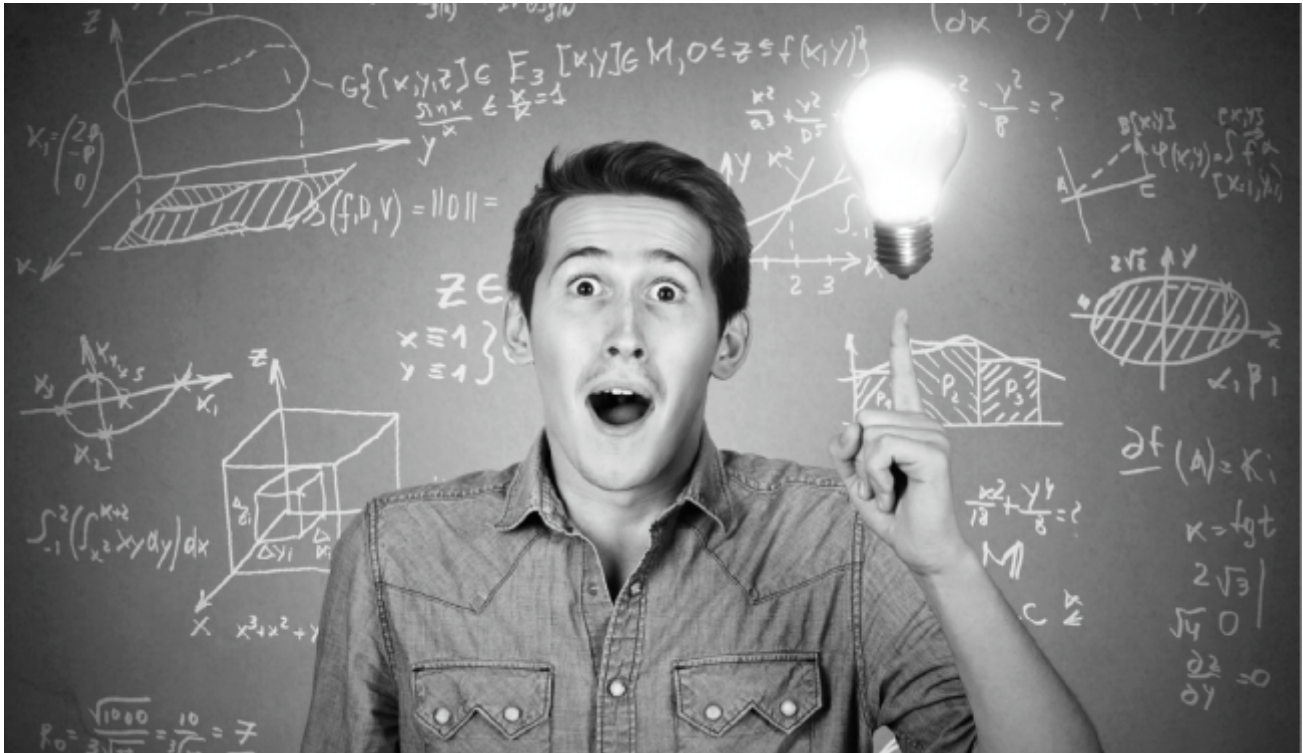


Ritika
B.Sc (IInd Year)

Life Through the Eyes of a Mathematician

Mathematics is in every aspect of our lives from a mother-child relationship to a person's every needs. The emotional distance between a mother-child can be minimised. i.e. there exist a $\Delta > 0$ for which we have $\epsilon > 0$. A mother always tends to a child, who is a limit to her.

Every person has ∞ desires to fulfil despite knowing the fact that ∞ is not real number. Human beings generally behave like a modulus function as they react positively or



negatively according to the circumstances or people around them; whenever a person is looking forward to a positive outcome from a situation he takes the positive values otherwise he chooses to remain indifferent by taking the negative values.

Friends are like limitless functions separately but together they become a constant function. College students resemble unlike terms of algebra. That is, until the lunch break. The cafeteria then becomes limit point of enjoyment as there exists a lot of points in that interval of time.

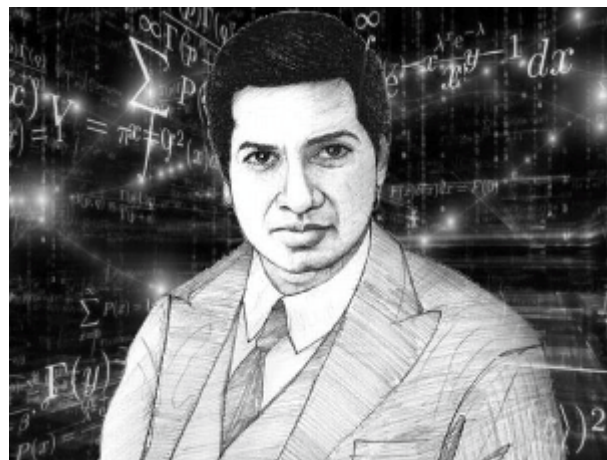
A group of friends like integral domain because of the absence of zero divisors which implies there exists two friends such that $(1^{\text{st}} \text{ friend} \times 2^{\text{nd}} \text{ friend}) = 0$ as their love for each other makes them an identity together. Teachers are synonymous with integration as they increase the capabilities of a constant student with their knowledge and magnify a student's capabilities. The most important lesson mathematics teaches us is the will to never give up as every problem has a solution.

Kajal

B.Sc (Final Year)

Srinivasa Ramanujan

Srinivasa Ramanujan (Born December 22, 1887, Erode India died April 26, 1920, Kumbakonam) National Mathematics Day is celebrated on the date of his birthday. Indian Mathematician whose contribution to the theory of number include pioneering discoveries of the properties of the partition function.



When he was 15 years old, he obtained a copy of George shoobridge carr's Synopsis of Elementry Results in pure and applied Mathematics, 2 Vol. (1880-86). This collection of thousands theorems, many presented with only the briefest of proofs and with no material newer

than 1860, aroused this genius. Having verified the result in carr's book, Ramanujan went beyond it, developing his own theorems and ideas. In 1903, he secured a scholarship from the university of Madras. But lost it the following year because he neglected all other studies in pursuit of mathematics.

Ramanujan continued his work, without employment and living in the poorest circumstances. After marrying in 1909, he began a search for permanent employment that culminated in an interview with a government official, Ramachandra Rao, impressed by Ramanujan mathematical prowess, Rao supported his research for a time, but Ramanujan, unwilling to exist on charity, obtained a clerical post with the Madras Port Trust.

In 1911, Ramanujan published the first of his papers in the journal of the Indian Mathematical Society. His genius slowly gained recognition and in 1913 he began a correspondence with the British mathematician Godfrey H. Hardy that led to a special scholarship from the univerty of Madras and a grant from trinity college combridge in 1914 Ramanujan travelled to England, where Hardy Tutored him and collaborated with him in some research. Ramanujan was almost completely unaware of modern mathematics, his mastery of continued fraction was unequalled by any living mathematician. He worked out the Riemann series, the elliptical intergral, hypergeometric series, the functional equations of the zeta function and his own theory of divergent series, on the other hand he knew nothing of doubly periodic functions, the classical theory of quadratic forms or couchy's theorem and he had only the most nebulous idea of what constitutes a mathematical proof. Though brilliant, many of his theorems on the theory of prime numbers were wrong. In England Ramanujan made further advances, especially in the partition of numbers. His paper was published in English and Eurpeon Journals and in 1918 he was elected to the Royal Society of London. He was diagnosed with tuberculosis and a severe vitamin deficiency and confined to a sanatorium. In 1919, he returned to kumbabonam, Madras Presidency and in 1920 he died at the age of 32. He left behind three notebooks and a sheaf of pages containing many unpublished results that mathematicians continued to verify long after his death.

Partibha

B.Sc (Final Year)

Integrating Maths into Everyday life

It is no secret that many students suffer from maths anxiety, for some, the sight of a maths problem on the page simply causes the brain to go into lock-up. After this happens, the student will simply guess about how to proceed with problem rather than actually think about how to solve it.

If you have couple knowledge with good old-fashioned practice and confidence, then you do not need to have problems with anything you tackle in school, especially math. If you believe that you are good at something, then given enough determination you usually can be good at it, This holds true for all levels of maths, from the most basic addition all the way to advanced algebra calculus and beyond.

The question then becomes, how can we increase child's mathematical skills? How can we help him gain confidence, so that he overcomes the obstacle rather than giving up?



One concrete way to do this is to integrate maths into our children's lives from a very young age. When you think about it for a moment, none of us has any difficulty speaking the English language, but learning any foreign language is most certainly more complicated than learning basic math. Think of all of the elements involved in learning a language; word and definitions, verb conjugations, sentence structure, inflection in the voice, etc. and all of this is learned before 4 years of age and without any textbook at all.

In short, learning to speak any language seems to be easy because we were immersed in it from a very young age. We need to take the same approach with math. The trick is to integrate basic math into everyday life before your child even realizes he or she is "learning" something. Look for way to creativity, bring maths into the child's activities-ways that are actually fun so that from the beginning he or she associates with maths with positive thoughts.

One opportunity to do this occurs when your preschooler "help you in the kitchen. Most kids love to help mom or dad cook dinner. In our home, from an early age we let our child help measure out ingredients into the mixing bowl. We began with measuring teaspoons of sugar, salt and whatever else the recipes called for, we gradually moved to measuring cups of water when making soups, measuring our beans and the like. If anything is to be measured, our son does the measuring. The beauty of this is that he never tires of it and from a very early age he learned use for counting.

Payal
B.Sc (Final Year)

No Nobel for Mathematics

Alfred Nobel's last will stated that his fortune is used to create a series of prizes for those whose contributions in the fields of Physics, Chemistry, Physiology or medicine, literature and peace were the "greatest benefit to man-kind". However, no Nobel prize was designated for mathematics. There are various speculations on the possible reasons for this exclusion. Some of them are worth going through.

It is often discussed that Nobel found Maths too theoretical. Since he believed that only practical inventions or discoveries could benefit mankind, he might have disregarded this subject whose practical applications are often obscure. The other theory is an unfounded one. There are rumours that Nobel disliked a contemporary Mathematician, Gosta Mittag-Leffler, with whom his partner allegedly cheated him. This made him detest the subject too and moreover, he didn't wish Leffler to win this prize. The other reason can be linked with an already existing Maths award. King Oscar II of Sweden and Norway had already established a prestigious award for Mathematicians and Nobel felt that instead of duplicating it, other fields should be given their due.

Whatever the reason be, there is no Nobel prize in Mathematics. However, there is another prestigious award which is considered a parallel to the Nobel. It is the Abel Prize. It was proposed by a Norwegian Mathematician Sophus Lie when he learned that Nobel had omitted mathematics in his series of awards.

Shiwani

B.Sc (Final Year)

Help your child with Maths Anxiety

Local math experts share tips on helping kids handle Maths anxiety

1. Avoid rote memorising and memory overload instead. Teach kids to figure out.
For example: If they can't remember what 9×7 is, they can do 10×7 , which is easier to remember, than subtract 7 to get same answer.
2. Build a good basic foundation. It is important that kids learn the basic & correctly.
For example: naming fractions. Some Kids say "two upon three" instead of "two third" correct way).
When the basics are not learnt more complex question can be stressful.
3. Guide kids towards deeper understanding. This is known as metacognition some question to ask
How do you know that your answer is correct?
What is a quick way to arrive at correct answer?
Why did you choose this method?
4. Healthy body healthy mind research shows that physical exercise increases blood flow and connectivity in the brain for memory formation and consolidation of learning. Maintaining a healthy body and positive mind is important.

Jasmine Kaushik

B.A. I

The Nature of Mathematics

Some of the most mathematicians and philosophers have addressed themselves to a discussion of the nature of mathematics and I can hope to add very little to the ideas they have given; but I shall attempt to draw together some of their ideas and to view the issues in the perspective that seems to me appropriate to the present state of mathematical scholars, taking account of the great changes that have been taking place in the body of mathematical learning toward the old and basic knowledge that grow out of deeper understanding brought about by generations of mathematical research.

In discussion of this subject, we find a sharp difference in the views of able mathematicians. This

reflects the concern of some of them that the trend towards abstraction has gone too far and insistence of others that this trend is the essence of the great vitality of present day mathematics. On one thing however, mathematicians would probably agree; that there are and have been, at least since the time of euclid, two antithetical forces are at work in mathematics. These may be viewed in the great periods of mathematical development, one of them moving in the direction of “constructive invention of directing and motivating intuition (L), the other adhering to the ideal of precision and rigorous proof that made its appearance in Greek mathematics and that been extensively developed during 19th and 20th centuries.

The first position, that the emphasis on abstraction has gone too far, is presented by Courant and Robbins in what is mathematics? Though their position is modified by their recognition of the power of the axiomatic method and that deep insights it has made possible. “A serious threat to the very life of science is implied in the assertion that mathematics is nothing but a system of conclusions drawn from definition and postulates that must be consistent but otherwise may be created by the free will of the mathematician. If this description were accurate mathematics could not attract any intelligent person. It would be a game with definitions, rules and syllogisms, without motivation or goal. The notion that the intellect can create meaningful postulational systems at its whim is a deceptive half truth.

Vishakha
B.Sc (Final Year)



Women in Mathematics

There are many women known for their contributions to mathematics. The woman in mathematics that I choose is was Suzan Rosa Benedict. Suzan was born in Norwalk, Ohio in 1873. She received her B.A degree in 1985 from Smith College with a major in chemistry and a minor in mathematics, German and physics.

Suzan taught high school mathematics in Norwalk from 1895 to 1905 while also working as a real estate agent. Then she entered Columbia university, receiving her master's degree in the history of mathematics in 1906. In the same year she started teaching mathematics at Smith College and where she remained for the rest of her professional career. In 1914, she became the first woman to receive Ph.D. in mathematics from the university of Michigan. Benedict was also a charter member of the Mathematical Association of America, founded in 1915.

Benedict retired from Smith College in February, 1942 She died from a heart attack two months later. Her friendliness was not confined to the college. To her an acquaintance was a friend and people of all sorts and conditions in the town felt that they knew her and will miss her.



Anju

B.Sc (Ist Year)

The Golden Ration and Symmetry

Every construction's backbone is Geometry/ Algebra and statistics help us all.

In creating structures like a school building, home or mall

Mathematics has made everything possible by identifying coordinates and making everything traceable.

It helps us make combinations and find the probability.

To analyse and solve problem.

Symmetry always helps us all and makes beautiful all creatures great & small from counting stars and birds.

To learning area, volume and law of surds.

In real world it has imaginary number with maths in hand we can always create wonders.

Look around you and you will find all examples of mathematics in your vicinity.



Anjali Sharma

B.Sc (IInd Year)

Physics Lover

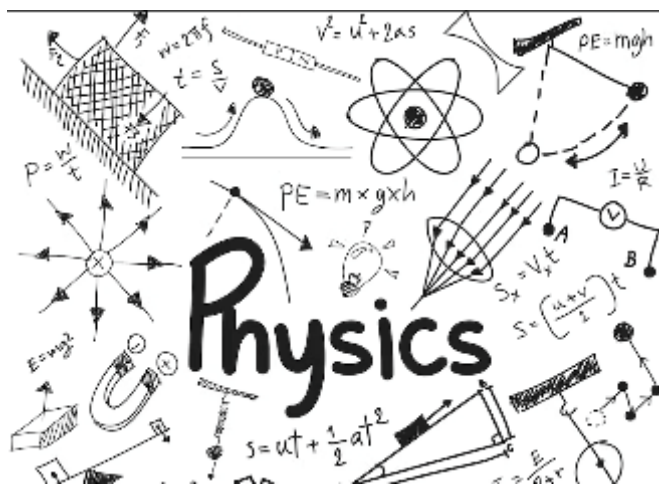
ये Physics मुझे जीना सिखाती है, तुम्हारे जाने के बाद मुझे सही राह दिखाती है, उथल-पुथल सा जाने कैसा Rotation हुआ, तुम्हारे जाने के बाद ना जाने किस Direction में मेरा Motion हुआ।

अब तुम ना Focus में आती हो और न इश्क वाला Force लगाती हो, तुम्हारे आने से प्यार का current दिल में बहने लगा था, मैं तेरी Magnetic Field में रहने लगा था।

सारे सर्किट Close हुए थे Power का Value High था, पर क्या करें तेरे और मेरे बीच Resistance तेरा भाई था।

Break हो गए सारे सर्किट Escape velocity से तुम चले गए, अब ना तो मेरा Momentum conserve रहता है और न ही Total energy,

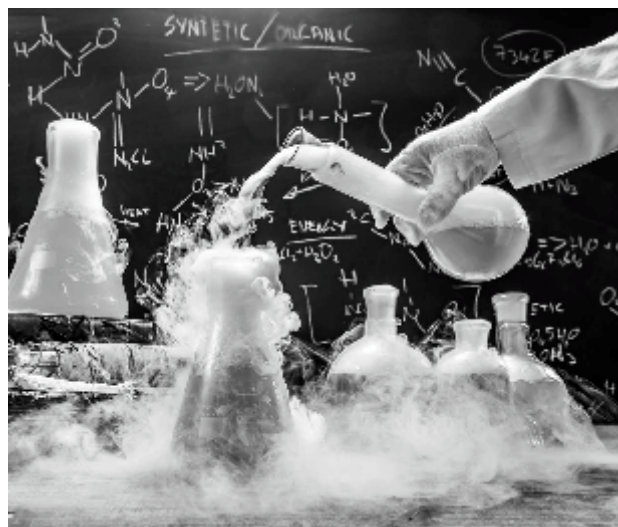
अब ख्वाहिश है कि तुमसे Collision हो जाए, Unstable ही सही एक equilibrium आ जाए।



Ashish Devi
B.Sc.II

Chemistry

A subject of my love
A subject full of reactions
That teaches us how to solve equations
Subject full of liquid phenomenon
Wondering why something is solid or gas
States of matter makes always mind unstable.
Chemical and physical changes are it based
Subject full of adventure with acids and salts.
Something that I always crave out for reading
Subject of my dream, Subject of my reality.
Gas laws always fascinate me.
As Charles, Boyle and Gay Lussac are there
Without whom chemistry didn't have history.
Thus, for my life, my love may be a mystery.
But my love never ends for chemistry.



Kajal
B.Sc.III

GLIMPSES OF ACTIVITIES



GLIMPSES OF ACTIVITIES



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VJMJ+WYG, Dhand, Haryana 136021, India



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Long 76.632073°
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21 Feb 2023, 14:01 pm



COMMERCE SECTION



Alas! thought the pond : how still I lie.
While all the birds can happily fly!
And so, on wings of mist, one day,
It became a cloud and floated away.

— Rabindranath Tagore

Faculty Editor :
Dr. Nishi Tuli

Student Editor :
Nikita

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Editorial



It is indeed a great pleasure for me to present before you the commerce section of the college magazine. In this issue of our magazine we take a moment to reflect on the world around us and offer our thoughts on some of the most demanding issues of our time.

In the present day world of globalization and liberalization of economies along with the fast rapid changes of technology, business strategies and methods, corporate social responsibilities and so on there is a pressing needs for the students of commerce to understand and analyze these business dynamics and face the challenges as well as opportunities emanating there from. It is precisely for this reason that our students were motivated to contribute articles mainly related to business themes: Digital India, social media marketing, cyber crime, Make in India, E-banking, Goods and service tax, artificial intelligence and variety of other challenging topics or issues.

We hope that you find this issue of college magazine informative and inspiring, as you embark on your own career in commerce, remember that the choice you make today will have a lasting effect on the world around you. Embrace the challenges, take risk and never stop learning the future is yours to create.

I do honestly acknowledge that our principal madam, Dr. Sangeeta Sharma, has been the guiding spirit behind the noble mission and has been a great source of encouragement and support all throughout.

I must extend my congratulations to all the students who have contributed really for writing insightful and thought provoking articles. My sincere thanks are due to my colleagues in the department of commerce for having spread their valuable time and efforts in bringing this magazine into its present shape.

Dr. Nishi Tuli
Associate Prof. in Commerce

Social Media: Future of Shopping

Social media has already transformed the way we communicate, connect, and consume information. With the growing popularity of social media platforms, it is now becoming clear that social media will have a significant impact on the future of shopping.

Social media is becoming an increasingly important platform for retailers to market their products and engage with customers. Social media platforms such as Facebook, Instagram, and Pinterest have become popular places for retailers to showcase their products, create buzz around new launches, and connect with customers. Retailers are leveraging social media to create personalized experiences, reach new audiences, and build brand loyalty.



Social media is transforming the way we discover and research products. With the rise of social media influencers and product reviews, consumers are increasingly turning to social media to gather information about products before making a purchase. Social media platforms are also providing users with personalized product recommendations based on their browsing history and preferences, making it easier for them to find what they are looking for.

Social media is changing the way we buy products. With the increasing popularity of social commerce, social media platforms are becoming more integrated with e-commerce platforms, enabling users to buy products directly from social media posts. This is creating a seamless shopping experience for customers, allowing them to browse and purchase products without leaving the social media platform.

Social media is driving innovation in the retail industry. With the growing popularity of social media, retailers are developing new ways to engage with customers and create unique shopping experiences. This includes the use of virtual reality and augmented reality to create immersive shopping experiences, as well as the use of chatbots and artificial intelligence to provide personalized recommendations and customer service.

In conclusion, social media is transforming the way we shop, and it is clear that it will continue to play a significant role in the future of shopping. With the rise of social e-commerce and the increasing integration of social media with e-commerce platforms, social media is becoming one stop shop for consumers

Nikita
Student Editor
B.Com III

Corporate Social Responsibility

Corporate social responsibility can be defined as a concept or activity that organization performs for the welfare of society.

"Social responsibility of business refers to the obligations of businessmen's decisions and action taken for reasons at least Partially beyond and firm's direct economic and technical interest." Keith Davis. Corporate social responsibility includes all the activities done by business for the betterment of society. They contribute some part of their profit in the welfare of the society.



India is the first country in the world to make corporate social responsibility mandatory for the companies as per company act 2013.

As per the section 135 of company act 2013, every public or private limited company which has net worth of 500 crore or annual turnover of 1000 crores or net Profit of 5 crore has to spend 2% of their average net profit for the immediately preceding 3 financial years on CSR activities.

CSR ACTIVITIES

Corporate Social Responsibility is also treated as a Commitment to support Initiatives that measurably improve the lives of the underprivileged by one or more of the following focus areas:

- » Provision of job security, adequate wages and adopting safety measures for employees.
- » Indulge in philanthropic activities like eradication of hunger and poverty
- » Promotion of education, sports and other art form
- » Ensuring balanced regional development
- » Financial assistance during natural calamities
- » Protection of national heritage
- » Honest advertising and prevention of monopolistic tendencies
- » Measures for the benefit of armed forces
- » Contribution to the Prime Minister's National Relief Fund

Benefits of CSR

Consumers actively seek out companies that support charitable causes. They extend continuous patronage to the organisation and also publicize the organisation by word of mouth Publicity. An organisation which actively works towards environmental issues gains the confidence of the government. This acts as a favourable factor for the sundry project approval, as the company builds goodwill.

CSR helps to reduce business costs by supporting practices such as recycling and conserving energy. It also boosts the morale of employees by providing them with job security, adequate wages, regular perks and personality development opportunities. Thus, the employees are motivated and encouraged to fulfil the organisational goals with higher efficiency. Investors are also attracted towards entities that are socially responsible as CSR acts as a barometer of efficient managerial personnel and positive reputation.

Conclusion

The concept of corporate social responsibility is now firmly rooted on the global business agenda. But in order to move the theory to concrete action, many obstacles need to be overcome. A key challenge facing business is the need for more reliable indicators of progress in the field of CSR Transparency and dialogue can help to make a business appear more trustworthy, and push up the standards of other organisations at the same time.

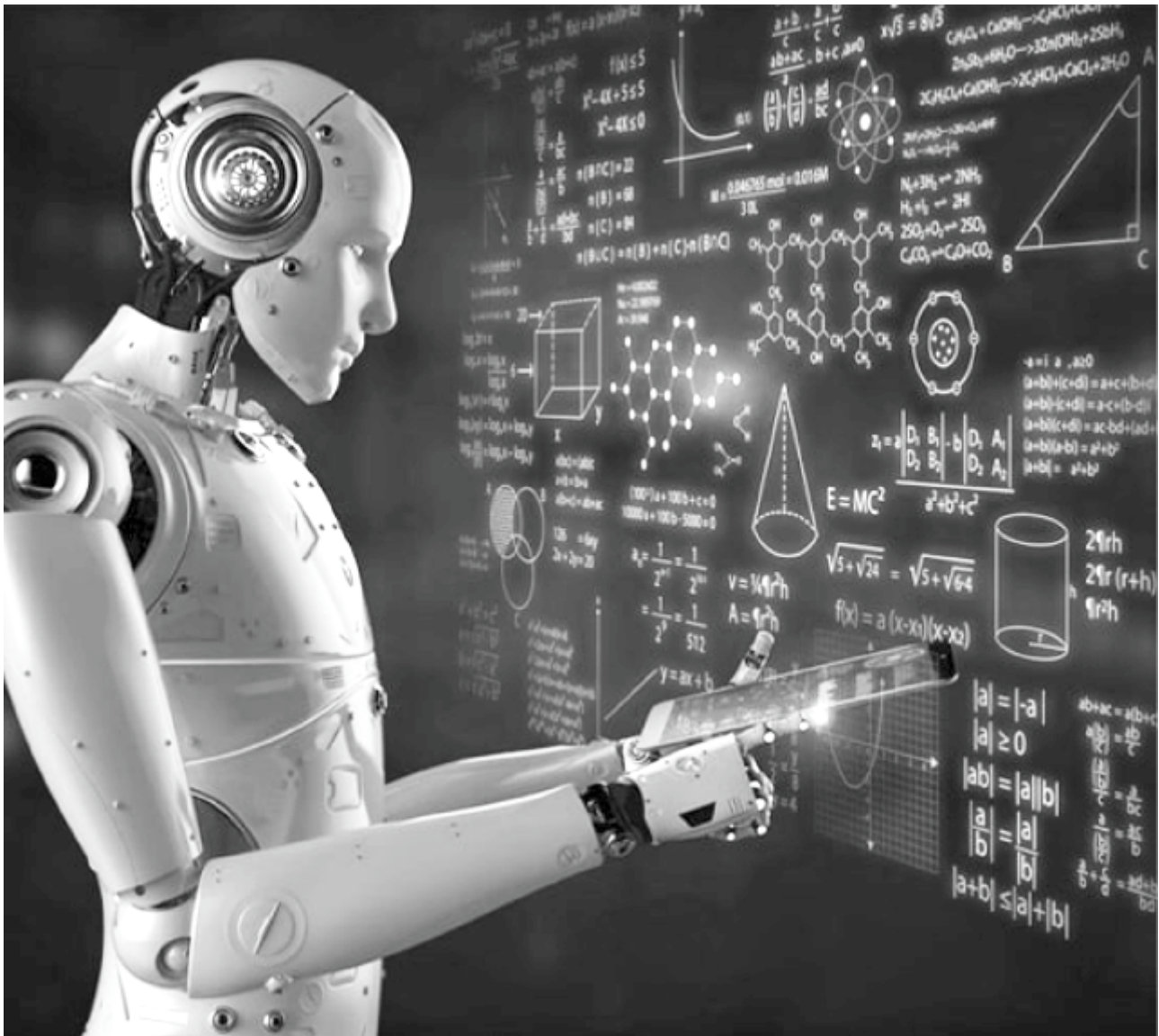
Preeti
B.Com III

Artificial Intelligence

"Artificial Intelligence is in a golden age, and solving problems that were once in the realm of Science fiction"

Jeff Bezos

Machines make our work simpler and easier. But if machines are having the ability to solve problem like human beings and give the result, then it is artificial Intelligence. Artificial Intelligence is one of the advancements in the computer science and therefore can be said as a branch of computer science. It is enhancing the ability of machines to make them perform in the same way as human beings.



Artificial Intelligence was invented in 1950 and John Macarthy was the person to coin the term artificial Intelligence for the first time. It is the process of making computers capable of understanding as a human being, by inculcating the data as inputs and commands. Artificial Intelligence is evolving rapidly day by day and it is believed that in the near future artificial intelligence is going to change human, life very drastically. If inserted with the commands of intelligence would give 100% result as they are efficient more than the human brain.

Artificial intelligence (AI) is a rapidly growing field that is transforming the way we live and work. AI involves the development of intelligent machines that can perform tasks that typically require human intelligence, such as visual perception, speech recognition, decision-making, and language translation. In this article, we will explore the basics of artificial intelligence, its potential applications, and its implications for society. The basics of artificial intelligence involve the development of algorithms that enable machines to learn from data and make decisions based on that data.

The potential applications of artificial intelligence are vast and varied. In the healthcare industry, AI can be used to develop personalized treatment plans, diagnose diseases, and analyze medical images. In the finance industry, AI can be used for fraud detection, investment management, and risk assessment. In the transportation industry, AI can be used for autonomous vehicles, traffic management, and logistics optimization. The list goes on and on, with AI having the potential to transform almost every industry.

While artificial intelligence has the potential to revolutionize the way we live and work, it also poses some significant challenges and implications for society. One of the biggest concerns is the impact of AI on employment. As machines become more intelligent and capable, they may be able to replace human workers in many industries, leading to job displacement and unemployment. This could lead to significant social and economic consequences.

Another concern is the ethical implications of AI. As machines become more intelligent, they may be able to make decisions that have significant ethical implications, such as deciding who to save in a car accident or determining who gets a loan. It is essential to ensure that these decisions are made in a fair and unbiased manner, without perpetuating existing biases or discriminations.

In conclusion, artificial intelligence is a rapidly growing field that has the potential to transform almost every industry. While it poses significant challenges and implications for society, it also presents an opportunity to address some of the world's most pressing problems. It is essential to continue to invest in research and development of AI while also addressing the ethical and social implications of this technology. With careful consideration and planning, we can harness the power of AI to create a better future for all.

Aarti
M.Com II

Cyber Crime : Stay Safe

Cyber Crime is the most discussed issue of the 21st century. The technology sector world wide is witnessing a boom in the consumers of smartphones and the internet, which is raising concerns with regard to the privacy and security of the users. Owing to this reason, it is highly essential for all the users to know about cyber crime & security.

Cyber crime is a dangerous attack which a company or an individual may face. There are many cases where the cyber attack has brought massive loss to the company and individuals due to the data hack. We live in a technology driven era and every piece of

information is now fed on computers. Cybercrime involves an attack on computers and digital devices. These cyber attacks can prove hazardous not just for the organization, but also for the nation. To date, there are many digital attack



cases in India and global, pushing for more security measures. These attacks are also affecting the economy of the country, if not controlled in the initial stages.

What is cybercrime?

Cybercrime or attack is defined as the systematic criminal activity occurring digitally and done by attackers. There are many examples of cyber crime, including fraud, malware viruses, cyberstalking and other.

There are millions and billions of users and websites in the vast community known as cyberspace. People utilise it for a variety of activities including e-commerce transactions, shopping, movies, music and video games. Anyone can simply access anything online in the current technological era owing to accessible internet connection. As a result, crime in general and cybercrime in particular have increased dramatically.

Three groups of cybercrimes :-

1. Individual
2. Property
3. Government

Individual

This is the form of cyberstalking, trafficking and grooming. Over the years this type of cybercrime has been taken seriously by law enforcement agencies. It is now keeping a track over every such attack on an individual.

Property

Similar to the real world where criminals steal the property in the cyber world, attackers steal data. Here the attackers steal a person's bank details and misuse the credit card for online purchase. By using malicious software, the attacker attacks the property to disrupt the system of the organization.

Government

These types of crimes are denoted as cyber terrorism. This can be a terror because the attacker can get hold of essential documents related to government projects. An enemy nation or terrorist usually makes such attacks.

Examples of cyber crimes

1. Hacking

In this type, the computer system of person is hacked to get personal information. In many countries including India, hacking is a punishable act.

2. Theft

This cybercrime is about violating copyright and downloading music or movies. In India, many movies before their release are leaked on the movie download sites.

3. Cyber stalking

It is online harassment by an individual or a group of people. Normally, these stalkers target an individual and harass online.

4. Malicious Software

These are computer based cybercrimes where virus based software is installed in the target people or organization computers. This is to damage the system and corrupt the data of the target.

How to Prevent Cyber Crime?

Therefore, in order to avoid being a victor of cybercrime, it is always necessary to take care of some things.

- (1) Unwanted links should not be opened.
- (2) Never fall for any internet temptation.
- (3) Do not share your password with anyone.
- (4) Do not share your personal data with anyone.
- (5) Do not install unwanted software on computer.

Conclusion :

Cybercrime is a significant threat that can bring huge loss to the individual and the organization. It is essential to follow basic online rules to ensure the safety of self and the organization.

Prachi
M.Com II

E-Banking



E-banking is a product designed for the purpose of online banking that enables you to have easy and safe access to your bank account and carry out online banking services, 24 hours a day and 7 days a week.

With this service you save your time by carrying out banking transactions at any place and at any time from your home or office; all you need is internet access. E-banking enables the following :

- Accurate statement of all means available in your bank account.
- Statement of current account, credits, overdraft and your deposits.
- Execution of national & International transfers in various currencies.
- Execution of all types of utility bill payments (electricity, water, telephone bill etc.)
- Carrying out customs payments.
- Electronic confirmation for all transaction executed by E-banking.
- Management of your credit card.

E-Banking in India

The terms Internet Banking or E-Banking are used as supplement. E-Banking is the one of the major parts of E-Financing.

Hertzum defined E-Banking as web based banking. In other words, E-banking refers to the banking operations which is done over world wide web. However, more comprehensive and well established definition is given by the United Nation Conference on Trade and Development. Internet Banking refers to the development over the internet of retail and wholesale banking services. It involves individual and corporate-clients and include bank reference, payment and settlements, documentary, collection and credit, corporate and household lending, card business and some others.

The major types of E-Banking are :-

- Online Internet Banking
- Mobile Banking
- Automated Teller Machine
- Debit and Credit Cards.

Advantages

- It saves time spent in banks.
- It provides ways for international banking.
- It provides banking throughout the year, 24/7 days.

Disadvantages :

- Problems of security
- High cost
- Lack of awareness
- Lack of computerization
- Wrong assumption by people.

Precautions :-

- Ensure your Password is secure.
- Changing password regularly
- Continually monitoring your accounts for any suspicious activity
- Using Two-factor authentication whenever possible.

E-banking offers a higher level of convenience for managing one's finances. However, it continues to present challenges to financial security and personal privacy. So, a person should be aware of the risks involved in e-banking transaction.

Priya
B.Com III

Body Language for Communication

Human beings around the world speak thousands of different languages. However, a universal kind of communication that we all use all the time and does not need any form of speech is body language.

Every one sends and subconsciously picks up various body language signals. The way we sit, stand or look at a person while talking to them sends out waves of negative and positive

communication, telling them how we really feel. Many people learn the art of understanding body language and use it to their advantage in establishing common understanding and enhancing their careers. Psychologists have in fact studied body language for years and many general principles have been established as positive and negative modes of body languages.



When we come into contact with other people, we are using communication skills that we are mostly not aware of. Have you ever wondered what it is about certain people that impresses you everytime you see them? Their posture and general appearance, even though may not be physically attractive, speak volumes in their favour even before they have said a word. The answer to all these mysteries lies in harnessing the power of body language and being able to use it when you need it most.

A first century Roman Philosopher is quoted as saying "Nature has given us one tongue, but two ears, that we may hear from others twice as much as we speak this is a very interesting observation but not only do we hear from our ears, our eyes and senses tell us a lot about the other person's personality or even mindset. Animals also rely on the use of body language in communicating with each other. For pet owners, reading up relevant research is helpful and tells what signals convey what meanings. In dogs bright eyes and a wagging tail are sure signs of contentment, but a frightened dog will try to make itself as small as possible, by flattening its ears against any perceived danger. Just like humans, animals have their own "dictionary" of different body language signs.

An entrepreneur emphasizes the need to improve body language in securing job

opportunities. While conducting interviews, he keeps watching the interviewer's positive body language, and usually helps him make up his mind as to which he shall finally employ. "Good eye contact is one of the constructive signals" When a person looks you straight in the eye, he succeeds in gaining an interviewer's full attention. Eye contact also conveys the feeling that the person you are talking to is being honest in whatever he/she is saying.

A point to note while appearing in an interview is not to slouch or lean backwards in the chair. This puts across a feeling of lack of interest and disrespect on the part of the interviewee towards the job interview.

The good news in that body language will boost your confidence, taking out the qualities that you never realised you had. Just by improving your posture, for instance, you will feel surer of yourself and all signals that your body position will send to others will be: I believe in myself, you will too.

Dr. Meena

Associate Prof. of Commerce

Life Accountancy

What comes in is "Debit".
What goes out is "Credit".
My birthday is my "Opening stock".
Happiness is my "profit".
Sorrow is my "loss".
Soul is my "Goodwill".
Heart is my "fixed Assets".
Duties are my "Outstanding Expenses".
Friendship is my "hidden Adjustment".
Character is my "Capital".
Bad things always "depreciate".
Good things always "Appreciate".
Knowledge is my "Investment".
Patience is my "Interest".
My mind is my "current Account".
Behaviour is my "Journal entry".
Aim is to tally the "Balance sheet".
Death is my "closing stock".



Aman
B.Com I

Green Marketing

Green marketing is a concept that has gained significant attention in India in recent years. It involves promoting environmentally friendly products and services, and encouraging consumers to make eco-friendly choices.

Green marketing in India is a relatively new concept, but it has gained attention due to increased environmental awareness and a growing concern for sustainability. The Indian government has also introduced policies and regulations to encourage the use of eco-friendly products and services. The Indian Green Building Council, for example, promotes the use of green buildings, and the Bureau of Energy Efficiency encourages the use of energy-efficient appliances.

The challenges faced by green marketing in India include the lack of consumer awareness and understanding of environmental issues, the high cost of eco-friendly products, and the lack of



proper regulations to ensure that products are genuinely eco-friendly. The lack of awareness and understanding of environmental issues is a significant challenge as consumers may not recognize the benefits of eco-friendly products and services. The high cost of eco-friendly products also poses a challenge as many consumers may not be willing to pay the premium prices.

However, there are also opportunities for green marketing in India. With the growing awareness of environmental issues, there is a growing demand for eco-friendly products and services. Consumers are becoming more conscious of their impact on the environment and are willing to pay more for eco-friendly products. This presents an opportunity for businesses to tap into this market and differentiate themselves from competitors.

Green marketing in India also has a positive impact on the economy and the environment. By promoting eco-friendly products and services, businesses can create new jobs and stimulate economic growth. The use of renewable energy and eco-friendly products can also reduce carbon emissions and help to mitigate the effects of climate change.

In conclusion, green marketing is an important concept in India as it promotes sustainable consumption and production practices. While there are challenges, there are also opportunities for businesses to tap into the growing demand for eco-friendly products and services. Green marketing has the potential to create new jobs, stimulate economic growth and reduce carbon emissions making it beneficial for both the economy and environment.

Harman
M.Com II

Time Management

Time management is a critical proficiency that can make a significant difference in the quality of our lives. Effective time management can help us achieve our goals, reduce stress, and improve our overall well-being. **Tips and strategies for effective time management.**



The first step in effective time management is to

prioritize tasks. We all have a limited amount of time, and it is essential to use that time wisely. One way to do this is to create a to-do list and prioritize tasks based on their importance and urgency. This can help us focus on the most critical tasks and avoid wasting time on less important ones.

Another key strategy for effective time management is to avoid multitasking. Contrary to popular belief, multitasking is not an efficient way to get things done. Instead, it can lead to decreased productivity, increased stress, and reduced quality of work. It is better to focus on one task at a time and give it our full attention.

Another essential aspect of time management is to set realistic deadlines. Setting unrealistic deadlines can lead to stress, burnout, and poor quality work. It is essential to give ourselves enough time to complete tasks properly while also being mindful of deadlines.

Another useful strategy for effective time management is to minimize distractions. Distractions can be a significant drain on our time and productivity. One way to do this is to turn off notifications on our devices and set aside dedicated time for focused work. This can help us stay on task and avoid wasting time on distractions.

Finally, it is essential to take breaks and recharge. It is easy to get caught up in the hustle and bustle of everyday life, but taking breaks is crucial for our mental and physical well-being. Taking breaks can help us recharge, reduce stress, and increase productivity,

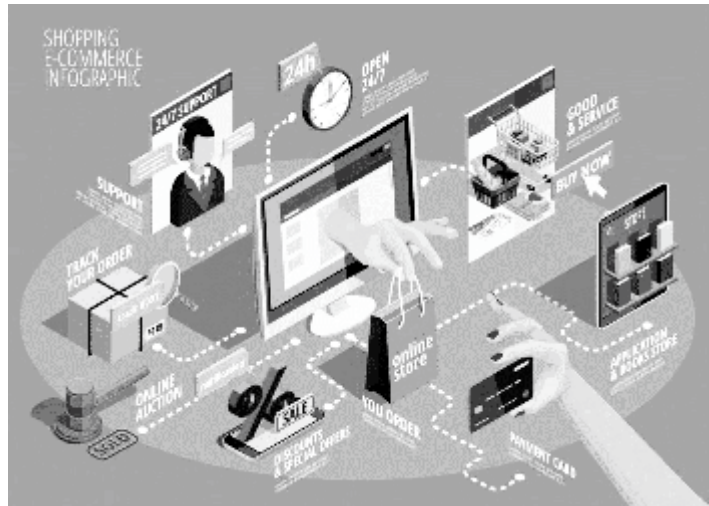
In conclusion, effective time management is a critical skill that can help us achieve our goals, reduce stress, and improve our overall well-being. By prioritizing tasks, avoiding multitasking, setting realistic deadlines, minimizing distractions, and taking breaks, we can make the most of our time and achieve our full potential.

Anu
B.Com III

E-Commerce

E-commerce, also known as electronic commerce, refers to the buying and selling of goods and services over the internet. It has become a major force in the global economy, revolutionizing the way businesses operate and consumers shop.

The rise of e-commerce can be attributed to several factors, including the widespread availability of the internet, the growing use of mobile devices, and advances in technology. Online marketplaces such as Amazon, Flipcart, and eBay have made it easier than ever



for businesses to sell their products online, while platforms like Shopify and Woo Commerce have made it simpler for entrepreneurs to set up their own online stores.

The impact of e-commerce on businesses has been significant. It has opened up new markets, reduced costs associated with brick-and-mortar stores, and increased efficiency in supply chains. Small businesses and entrepreneurs can now reach a global audience without the need for a physical presence in multiple locations. E-commerce has also enabled businesses to collect data on their customers' preferences and behaviour, allowing them to personalize their marketing and improve their customer service.

For consumers, e-commerce has made shopping more convenient and accessible. Consumers can now browse and purchase products from the comfort of their own homes, at any time of day or night. E-commerce has also made it easier for consumers to compare prices and find the best deals. In addition, the rise of mobile commerce has made it possible for consumers to shop on, using their smartphones or tablets.

However, ecommerce has also brought challenges and concerns. One major challenge is the issue of online security and fraud. Consumers are understandably concerned about the safety of their personal and financial information when shopping online. Businesses need to take steps to ensure the security of their customers' data and provide reassurance that their information is being handled responsibly.

Another concern is the impact of ecommerce on traditional brick-and-mortar stores. As more consumers shop online, physical retailers may struggle to compete. This can lead to job losses and the closure of stores, particularly in small towns and rural areas.

In conclusion, ecommerce has transformed the way businesses operate and consumers shop. It has opened up new markets, reduced costs, and made shopping more convenient and accessible. However, it has also brought challenges and concerns that need to be addressed. As ecommerce continues to grow and evolve, businesses and consumers alike need to be aware of the opportunities and challenges it presents.

Anjali
B.Com II

Digital India

The "Digital India" Programme was launched by the Indian Prime Minister, Mr. Narendra Modi on July 1st, 2015. The programme aims to apply information technology, computers, telecommunication facilities, internet, network connectivity and digitisation techniques to modernise the services offered to masses. It also aims to provide internet connectivity to all citizens.

It was launched and started in the presence of various prominent industrialists like Tata group chairman Ratan Tata, Reliance (RTL) chairman and managing director - Mukesh Ambani, Wipro Chairman Azeem Prenji etc. In this project investment was one lakh crore rupees and this has launched many schemes. Various schemes related to these project are digital locker, e- education, national scholarship portal, e-signature etc.

The motive of this project was to make India a digital powerful country. This system drastically boosted the use of electronic services and products. This project is an ambitious one that is likely to have seen the benefits for the citizens of the country from digitalization whether it is in rural or urban areas. It brought major changes to the lives of people due to its easy access. India is the largest populated country in the world where more than 446 million users use smart phones and nearly 560 million are internet users.

The government has been successful in enabling the digitalization of common transactions in various fields such as paying electricity bills, grocery payments, booking train / flight tickets and bank transactions etc. using mobile phone banking and other various apps. The concept of digitalization in various sectors has changed the ways of working due to its ease of use. Today we can save our time without wasting much effort and money.

Today digital India plays a significant role in providing access to financial services, health and education. Basic digital India infrastructure help to achieve overall development in rural and urban areas.

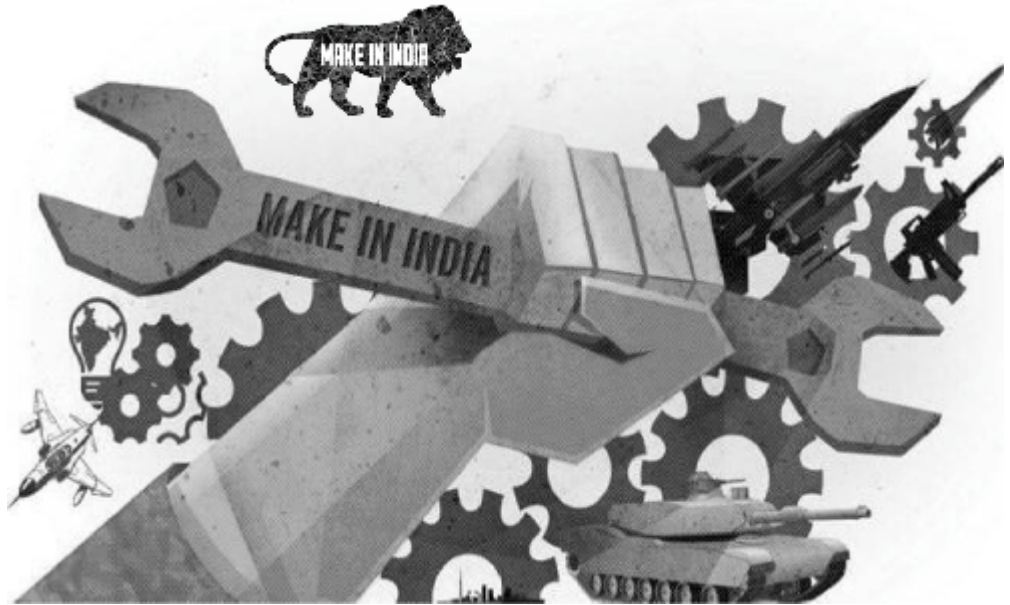
It took the shape of a revolution over the year and has today turned into a mass movement and connectivity to the lives of the majority of citizens. Over dream of m-governance offering service on mobile phones and ensuring access to online services to all. Implementation of initiatives like Aadhar, UPI is ensuring cashless and paperless which has laid the foundation for a strong, robust, and server digital India.

Today, the people of India improved technology access under this programme. It ensures that government facilities are available to residents electronically. It has positive impact on the progress of society and on individuals life. It has also arranged a common center in each Gram Panchayat.

Digital India is converting the country into digital enabled society. It makes easy access to remote and rural region of the country using high speed internet to link with the rural region is the most important initiation of it. Increasing internet connectivity to make the country digitally empowered in the field to technology can only help in connecting people from rural and urban area.

Make in India

Make in India means to encourage foreign investment that brings the latest technology, broadens the realm of knowledge and infuses research and development within the country. In 2013, India was in a severe economic crises when the emerging rate had fallen drastically. The global investors were contemplating their investment in India. Prime Minister Narendar Modi launched the make in India programme amidst the crises situation on 25th September 2014, which aimed at attracting foreign companies to set up factories in India and invest in the country's infrastructure.



The 'Make in India'

Campaign aims at promoting India as a destination of foreign investments and a pivot for manufacturing design and innovation globally. The 'Make in India initiative does not only target the manufacturing sector but also aims at promoting entrepreneurship in the country. This initiative further aims at creating a favourable environment for investment, modern infrastructure, opening up new sectors for foreign investment and establishing a partnership between government and industry through a broader outlook.

Guidelines and Policy for make in India

The government laid new guidelines to start the mission successfully. The main objective of the guidelines was to sanction projects that are like:

1. Reduce paperwork required for establishing companies.
2. Minimise the time required for government approvals.

Sectors that were identified under 'The Make in India' mission :

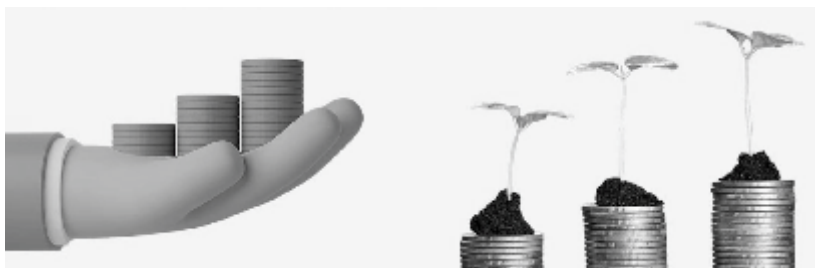
There are twenty five sectors that were identified under this were mission. It includes automobile, automobile parts, aviation, biotechnology, chemicals, construction, defence production, electrical machinery, electronic systems, food process. IT and BPM, entertainment and media, mining, pharmaceutical industry, shipping, railway, renewable energy, roads and highways, space, textiles and garments, thermal power, tourism and hospitality, wellness.

Shaifali
M.Com II

Why should invest in mutual funds?

When considering investment opportunities, the first challenge before every investor is to select an option where he can invest. There are many options to invest like stocks, bonds, shares, money market securities etc. However every option has its own set of challenges and benefits. So why should consider mutual funds over others to achieve their investment goals.

Mutual funds allow investors to pool in their money for a diversified selection of securities, managed by professional fund managers. A mutual funds portfolio is structured and maintained to match the investment objectives stated in the prospectus. Whether the objective is financial gain or convenience, mutual funds offer many benefits to its investors.



- **Diversification** : Mutual funds spread the holdings of investor across a number of different investment vehicles, which reduces the effect of single security or close of securities will have on an overall portfolio. Because mutual funds can contain hundred or thousands of securities, investors are not likely to suffer loss if one of the securities doesn't do well.

- **Expert management** : Many investors lack the financial know-how to manage their own portfolio. However mutual funds are managed by professionals who dedicate their career to helping investors receive best risk - return trade off according to their objectives.

Liquidity : mutual funds can be purchased or redeemed as an when needed at funds current net asset value.

- **Convenience** : Mutual funds help investors to generate better inflation adjusted return without spending a lot of time and energy on it

- **Low cost** : Mutual funds are best investment opportunities for small investors. Besides mutual funds are relatively less expensive. The benefit of scale in brokerage and fees translates to lower cost for investors.

- **Higher Return Potential**: Based on medium or long term investment, mutual funds have the potential to generate a higher return, as you can invest on a diverse range of sectors and industries.

- **Safety and Transparency** : Fund manager provide regular information about the current value of the investment, along with their strategy and outlook, to give a clear picture of how your investments are doing. Since every mutual funds is regulated by SEBI, so investment in mutual funds are managed in disciplined and regulated manner.

Every form of investment involves risk. However skilful management, selection of fundamentally sound securities can help to reduce risk and increasing the chances of higher return over time.

Sneha
M.Com II

Goods and Services Taxes in India

GST is a multi-stage tax system which is comprehensive in nature and applied on the sale of goods and services. The main aim of this taxation system is to curb the cascading effect of other Indirect taxes and it is applicable throughout India

GST was implemented to replace a variety of previous indirect taxes, including the value added tax, service tax, excise duty, and others. It is a tax that India imposes on the supply of specific products and services. There is only one tax that is imposed in India.

How GST Works in India?

- **Manufacturer:** The manufacturer will have to pay GST on the raw material that is purchased and the value that has been added to make the product.
- **Service Provider:** In this case, the service provider will be responsible for paying GST on both the product's purchase price and the value added to it. However, the manufacturer's tax payment may be deducted from the total GST that must be paid.
- **Retailer:** It must be paid by the retailer on both the product they bought from the distributor and the margin they added. However, the retailer's tax payment may be deducted from the total amount of GST that must be paid.
- **Consumer:** GST must be paid on the product that has been purchased.

Types of GST in India

There are four different components of GST such as CGST, SGST, IGST, and UTGST.

- **Central Goods and Services Tax:** CGST is charged on the intra state supply of products and services.
- **State Goods and Services Tax:** SGST, like CGST, is charged on the sale of products or services within a state.
- **Integrated Goods and Services Tax:** IGST is charged on inter-state transactions of products and services.
- **Union Territory Goods and Services Tax :** UTGST is levied on the supply of products and services in any of the Union Territories in the country, viz. Andaman and Nicobar Islands, Daman and Diu, Dadra and Nagar Haveli, Lakshadweep, and Chandigarh. UTGST is levied along with CGST.

History of GST

On July 1st 2017, the Goods and Services Tax implemented in India. But, the process of implementing the new tax regime commenced a long time ago. In 2000, Atal Bihari Vajpayee, then Prime Minister of India, set up a committee to draft the GST law. In 2004, a task force concluded that the new tax structure should put in place to enhance the tax regime at the time.

In 2006, Finance Minister proposed the introduction of GST from 1st April 2010 and in 2011 the Constitution Amendment Bill passed to enable the introduction of the GST law. In 2012, the Standing Committee started discussions about GST, and tabled its report on GST a year later. In 2014, the new Finance Minister at the time, Arun Jaitley, reintroduced the GST bill in Parliament and passed the bill in Lok Sabha in 2015. Yet, the implementation of the law

delayed as it was not passed in Rajya Sabha.

GST went live in 2016, and the amended model GST law passed in both the house. The President of India also gave assent. In 2017 the passing of 4 supplementary GST Bills in Lok Sabha as well as the approval of the same by the Cabinet. Rajya Sabha then passed 4 supplementary GST Bills and the new tax regime implemented on 1st July 2017.

GST Rates

The GST Council has assigned GST rates to different goods and services. While some products can be purchased without any GST, there are others that come at 5% GST, 12% GST, 18% GST, and 28% GST. GST rates for goods and services have been changed a few time since the new tax was implemented in July 2017.

Who Should Register for GST?

The below mentioned entities and individuals must register for Goods And Services Tax:

- E-commerce aggregators
- o Individuals who supply through e-commerce aggregators
- o Individuals who pay tax as per the reverse charge mechanism
- o Agents of input service distributors and suppliers
- o Non-Resident individuals who pay tax
- Businesses that have a turnover that is more than the threshold limit
- Individuals who have registered before the GST law was introduced

Advantages of GST

The following are the advantages of goods and services tax in India

- Regulation of the unorganized sector
- E-commerce operators no longer suffer from differential treatment
- Fewer complications
- Composition scheme
- Registration process and filing of returns are simple
- Higher threshold
- Elimination of the cascading tax effect

Disadvantages of GST

- Very High tax Burden on SME's
- Compliance Burden
- Increased Costs
- IT Software Expenditure

Conclusion

Despite its challenges, it can be concluded that GST has been a positive step towards creating a unified indirect tax regime in India. GST has provided numerous economic benefits, including increased revenue collection, improved transparency, and a unified market.

Green Banking - A New Dimension

The environmental concern is on rise in all types of business, however assumes a special niche due to its ability to influence the economic growth and development of the country. Green banking is a new notion that contributes to environmental sustainability. This article focuses on the meaning of Green Banking, Green Banking Product and Green Banking in India.

Economic growth is influenced by the banking industry, both in terms of quantity and quality resulting in a shift in the nature of economic growth. Green banking is a proactive technique of conserving energy and protecting the environment. The primary advantage of green banking is that it protects the environment for future generations. Green banking minimizes paper work to the greatest extent possible and concentrates on electronic transactions. Electronic transactions not only contribute to sustainability, but they also give convenience to both clients and banks.

Meaning of Green Banking : Green banking is like a normal bank which considers all the social and environment factors with an aim to protect the environment and conserve natural resources. It is also called as an ethical bank or a sustainable bank. Green banking means promoting environmental friendly practices and reducing carbon footprint from banking activities.

This comes in many forms using online banking instead of branch banking, paying bills online instead of mailing them. Opening up CDs and money market accounts at online banks instead of large multi-branch banks is the biggest steps to support local green initiatives.



Any combination of the above banking practices can help the environment.

Green Banking Product :

- o Green loans : means giving loans to a project or business that is considered environmentally sustainable.
- o Green Mortgages : refers to types of mortgage that provides you a money saving discount or a bigger loan than normally permitted as a reward for making energy

efficient improvements or for buying a home that meets particular energy efficiency standards.

- o Green Credit Card : Be it in form of environmentally friendly reward or using biodegradable credit card materials or promoting paperless banking , credit card are going green.
- o Green Saving Account : in case of green saving accounts banks make donations on the basis of saving done by customers. The more they save, the more the environment benefit in form of contributions or donations done by banks.
- o Mobile Banking and Online Banking : These new age banking forms includes less paperwork, less mail and less travel to branch offices by bank customers, all of which has a positive impact on the environment.
- o **Green Banking in India** : In recent years, Indian banks have significantly altered their operational tactics. Going green is a new notion in India and Indian banks have embrace it in a variety of that offer green banking services to their user.
- o State Bank of India launched its 'Green Channel counter' facility at 57 selected branches as a step towards paperless 'Green Banking' for deposit, withdrawal and remittance transactions. With this facility the customers need not fill up any pay in slip or draw cheques for depositing or withdrawing money from their accounts. SBI became the first bank in the country to venture into generation of green power by installing windmills for captive use.
- o Punjab National Bank launched green e-vigilance for bank which involves paperless dealing in complaint and vigilance procedures though e-network which drastically cuts down cost and time.
- o The recycling initiative of Axis bank under the Green Banking banner has helped the bank productively use around 21,572 Kilograms of dry waste during the year.
- o Bank of Baroda : They had under taken a number of green banking efforts, including the funding of a commercial project. BOB prefers green initiatives that are environmentally benign, such as windmills, biomass and solar electricity because they assist in collecting carbon credits.
- o Canara Bank has incorporated eco-friendly measures like mobile banking, online banking, telebanking and solar-powered biometric processes as part of its green banking effort.

Green banking is an innovative and forward thinking approach to long terms sustainability. It is critical for banks to be proactive in order to increase the economy's rate of growth. Because environmental conditions are always changing, banks confront severe competition in the worldwide market. Overall Green Banking is certainly a good way for people to get more sensitive about global warming, each businessman, consumer and staff of the banks will contribute a lot to the environment and make earth a better place to live.

Dr. Anita Rani
Assistant Prof. of Commerce

BIDDING ADIEU TO THE OUTGOING BATCHES



RETIREMENT

Accomplishing their Professional Innings



**Founder Principal Dr. Bimla Parmar
superannuated on 31-12-2021**



**Dr. Anupama, Associate Professor, Department of Sanskrit
superannuated on 31-07-2022**



Mrs. Saroj Bala, Peon superannuated on 30-04-2023

Activities carried out by NCC Unit

xNCC Unit of the college since its inception has been playing a significant role in Haryana. Our unit, under 10 Battalion NCC Kurukshetra, has 53 cadets. Many of our NCC Cadets attended National Integration Camp, Annual Training Camp, Army Attachment Camp, Pre TSC Camp and Pre R D Camp. Our cadets never miss to celebrate national days like Independence Day, Republic Day, NCC Day, Yoga Day, etc. The NCC Cadets perform their duty well and spread awareness in the society through rallies about the need of cleanliness under the drive of 'Swachh Bharat Abhiyaan'. They carry out programs on burning issues of the society, i.e., 'Beti Bachao, Beti Padhao', Menace of Drug Addiction, Equality of Girl Child, etc.

NCC Activities

- June 21, 2022 : Celebrated International Yoga Day in collaboration with NSS Unit and Red Ribbon Cell
- July 15, 2022 : Conducted Online seminar on "Transforming Skills for the Future"
- August 14, 2022 : Celebrated "Horror Remembrance Day"
- August 15, 2022 : Celebrated Independence Day
- September 19, 2022 : Enrolment Drive for NCC Cadets
- October 21, 2022 : Cleanliness Drive in College Campus
- October 31, 2022 : Celebrated National Unity Day and Run for Unity (3 km)
- November 23, 2022 : Tree Plantation Drive in College Campus
- Nov.30 to Dec 7, 2022 : Cadets participated in Annual Training Camp
- January 24, 2023 : Celebrated National Girl Child Day
- January 25, 2023 : Organised Slogan Writing Competition to celebrate National Voters' Day
- January 26, 2023 : Celebrated Republic Day
- February 23, 2023 : Lt Bhawna delivered a lecture on G-20 Awareness

Activities carried out by NSS Units

Under the umbrella of Ministry of Youth Affairs and Sports NSS is a remarkable public service programme. This scheme was launched in Gandhiji's centenary year on 24th September 1969. It is a useful scheme for the overall personality development of the students. It provides an opportunity to interact with people. A large variety of activities is organized by NSS Units to channelize the energy of young generation. These NSS Units hold various awareness programmes such as:

NSS Activities

- January 12, 2022 : Conducted Webinar on "National Youth Day"
- Feb 12 to Feb 18, 2022 : Organised seven day & night camp in Jadaula and Jajanpur
- March 08, 2022 : Conducted Webinar on "International Women's Day"

- June 21, 2022 : Celebrated "Internal Yoga Day" in collaboration with NCC Unit and Red Ribbon Cell
- July 15, 2022 : Conducted Webinar on "World Youth Skill Day"
- August 12, 2022 : Under the aegis of Azadi Ka Amrit Mahotsava "Har Ghar Tiranga Yatra" was organized. International Youth Day was also celebrated.
Saplings were also planted in college campus.
- August 15, 2022 : National level Online 'Slogan Writing and Poetical Recitation Competitions' were held.
- September 24, 2022 : Celebrated NSS Day
- October 10, 2022 : A Medical Camp was organized to test HB and Blood Group.
- October 15, 2022 : A rally on Fit India Movement Campaign was conducted.
- October 19, 2022 : Under the aegis of Clean India Campaign a plastic free campaign was carried out in adopted village Dadwana.
- November 03, 2022 : One Day Camp of both the units was conducted.
- November 19, 2022 : Celebrated "Quami Ekta Week" as a national integration day.
- December 01, 2022 : Volunteers participated in Online webinar on Food-Planet-Health organized by K.U. Kurukshetra with vegan outreach.
- January 20, 2023 : Organised a programme on "Road Safety".
- January 25, 2023 : Conducted a parade on the eve of Republic Day.
- Feb.24 to Mar 3, 2023 : A Special Seven Day and Night camp was organized in Village Pabnawa
- March 24, 2023 : Organized One Day Camp at college.

Cells and Clubs

Red Cross Cell

1. Dr. Sandeep Gupta, from Ayush Department delivered an Extension Lecture on "Health and ways to Live Healthy Life" on 20-10-2022.
2. Four students and counsellor Dr. Meena attended a Five Day Camp from 21-11-2022 to 25-11-2022 organized by Red Cross Society, Kaithal in Jat College, Kaithal.
3. 15 students accompanied by Red Cross Coordinator Dr. Meena along with Dr. Sunita went to the slum areas of Dhand on 27-06-2022 to distribute sanitary pads to ladies for their mensuration health and to spread mensuration hygiene awareness.

Red Ribbon Cell

1. The Cell in collaboration with NCC and NSS celebrated International Yoga Day on 21-06-2022 in which 20 students from the Red Ribbon Cell participated.
2. Dr. Vinay Gupta from Civil Hospital, Kaithal delivered a lecture on "Drug-free India" on

- 17-06-2022 in which 100 students were benefitted.
3. Organized a College Level Poster Making Competition on "AIDS Awareness" in which nine students participated on 9-12-2022.
 4. Organized a College Level Essay Writing Competition on the topic "HIV/AIDS: Social and Psychological Issues" on 28-02-2023.

Election Cell

1. Students participated in Essay Writing and Speech competitions in R.K.S.D. College, Kaithal on 22-11-2022.
2. Election Department, Kaithal organized a Distt Level Rangoli Competition on 25-01-2023 in R.K.S.D. College, Kaithal for spreading awareness about casting votes in the elections. In this competition, a team of three students (Renuka, Komal, Jyoti) from our college won 1st prize.
3. Dr. Sunita, Nodal Officer, Election Cell of the college received appreciation award by D.C. Kaithal on National Voters' Day i.e. 25-01-2023

Legal Cell

1. Under the aegis of Student Legal Literacy Mission of the Government, 30 students participated in Essay Writing, Painting, Slogan Writing Competitions in the first phase at college level held on 03-02-2023. In Essay Writing Sheetal, B.A. II declared 1st & Divya, B.A.II 2nd. In painting Mahvish, B.A.III got 1st prize, Renuka, B.A.II got 2nd prize. In Slogan Writing Sunaina B.A.II got 1st prize, Anjali Dahiya B.A.III got 2nd prize.
2. District Level Competition under the aegis of Student Legal Literacy Mission was held on 06-02-2023 at Dr. Ambedkar Govt. college, Kaithal in which 08 students from our college participated. Anjali Dahiya, B.A.III got 2nd position in Slogan Writing Competition and Mahvish, B.A.III got 2nd position in poster making competition.
3. Division Level Competition under the aegis of Student Legal Literacy Mission was held on 18-04-2023 at Pandit Chiranjilal Sharma Govt. College Karnal, in which 02 students from our college participated in Slogan Writing and Poster Making competitions. Mahvish, B.A. third year student, stood third in poster making.
4. State Level Competition under the aegis of Student Legal Literacy Mission was held on 25-04-2023 at Govt. Sanskriti College Panchkula, in which Mahvish, B.A. third year student, participated.

Eco-Friendly Club

1. Organised a National Level Poster Making Competition on eco-friendly and tobacco free India on 13-08-2022.
2. Organized a Nukkad Natak at college level on the occasion of Gandhi Jayanti i.e. 02-10-2022 showing the theme "Swachhta hi Seva".

3. Celebrated World Toilet Day by spreading sanitation awareness among villagers on 19-11-2022.
4. Principal, Dr Sangeeta Sharma delivered a lecture on The World Soil Day on 05-12-2022.

Tobacco and Drug Free Youth Club

1. Students enacted a Nukkad Natak in college presenting harmful effects of tobacco. An oath "No Tobacco Use" was also taken on 22-08-2022.
2. Celebrated Children's day and the students took an oath on "Say no to Drugs" on 14-11-2022.
3. S.H.O. Dhand advised the students not to indulge in drug abuse by delivering a motivation as speech on 1-12-2022.
4. Dr. Sunita delivered a lecture on "Anti-Drug and Anti-Tobacco" on 21-01-2023 to college students.
5. Celebrated International Women's Day by organizing online Essay Writing Competition on the topic "Role of Modern Women in Drug Eradication from the Society" on 06-03-2023.

Cultural Club

1. Quenched thirst of passers-by students by organizing a cold sweet ruhafja water stall on the occasion of Nirjala Ekadashi on 14-06-2022.
2. Organized Talent Show on 28-09-2022 & 20-09-2022 in which speech, poetic recitation, mono-acting, mimicry, quiz, painting, singing, dance and playing instruments were conducted. In this event 90 students participated in the events.
3. On 13-01-2023 Lohri Festival was celebrated by lighting and worshipping the holy fire. Groundnuts and sweetmeats were distributed.
4. Celebrated Holi Festival on 04-03-2023. Around 500 students enjoyed the festival to the full.
5. 8 students participated in a State Level Cultural Festival held at I.G.M.M.V. Kaithal on 25-03-2023. Tanu, B.A.III stood First in Pot Making whereas Sakina, B.A.III stood Third in Folk Songs category.
6. 81 Students of the College organized a Campus Bazaar on 29-03-2023 showcasing their skills such as handicrafts, mehndi, nail art, snacks, sweet meats, shakes, mojito, etc. Harayanavi folk culture was also presented by performing dance with folk instruments.

Departmental Activities

English Department

1. Conducted Essay Writing Competition in collaboration with Haryana State Biodiversity Board on the occasion of Environment Day on 03-06-2022.
2. Under the umbrella of Nasha Mukh Bharat Abhiyan a state level Essay Writing Competition and Poster Making Competition was organized on 14-11-2022.
3. Quotes Writing Competition and Poetic Recitation Competition was conducted on 20-06-2022.
4. Completed 30 hours value added certificate on "Remedial Grammar" during even semester.

History Department

1. Speech Competition on "Jan Jatiya Gaurav Divas" and written quiz competition was held at College level on 15-11-2022
2. Dr. Pushpa, Assistant Professor, B.A.R. Janta College, Kaul delivered an extension lecture on the topic "Indian Freedom Movement's Different Dimensions" 29th Oct. 2022
3. In collaboration with I.G. M. M. V. Kaithal, the department conducted a Poster Making Competition on 22-03-2023.
4. A state level Essay Writing Competition was organized in collaboration with I.G. M. M. V. Kaithal on 02-04-2023.

Political Science Department

1. Screened a motivational movie on the great woman "Anandi Gopal" on 23-3-2022.
2. Conducted debate competitions on "Agnipath Scheme" and "Reservation Policy" 25-06-2022 & 19-10-2022.
3. Conducted written quiz competition on 10-12-2022.

Economics Department

1. Paid a visit to Sarv Haryana Gramin Bank, Dhand to make students aware about the functioning of the bank on 20-06-2022.
2. Conducted a Written Quiz Competition on various aspects of Indian Economy on 07-10-2022.
3. Organized a lecture on "Knowledge of Databases: RBI, GOI, World Bank" by Ms Aastha, Associate Manager, City Corporation Bank, Gurugram on 08-10-2022.

4. On 22-03-2023 conducted Extension Lectures on promotion of millets by Dr Narender Kumar, ADO, Pharal and Dr Ram Prakash, BNO, Dhand. A rally was also carried out to promote the use of millets in daily life.
5. Students participated in Online National level, Economics Quiz, Poster & Painting Competitions organised by Janta College Kaul (26-03-23), Hindu Kanya Mahavidyalaya Jind (12-04-2023), I.B. (P.G.) College Panipat (04-05-2023).

Music Department

1. Dr. Baljinder Saini, Associate professor, S.U.S. Govt. College, Matak-Majri gave an extension lecture on "Potential Employment Opportunities in the field of Music" on 19-02-2022.
2. Dr. Anita Sharma, Associate Professor, S.N.R.L. Jai Ram Girls College, Lohar Majra gave an expert lecture on "Voice Culture" on 26-05-2022.
3. Conducted a workshop on Haryanvi Folk Dance. Mr Mohinder Mohan, Programme Officer from All India Radio gave an expert talk in this workshop on 28-09-2022.
4. Students participated in Loor Dance, a genre which is being revived. This dance was presented in Ratnavali, Haryana Day Function, at K.U.K. and in Haryana Bhawan, Chandigarh before the C.M. and Governors of Punjab and Haryana on 28-10-2022.
5. Students participated in Zonal Youth Festival. Kirti and Muskan received second prize in Solo Dance, Renuka got third prize prize in Rangoli and Mahvish got second prize in Clay Modelling. In Inter Zonal Youth Festival our student Mahvish got second prize in Clay Modelling. In Ratnavali one student Aarti got first prize in Haryanavi Lok Paridhan, Sakina got second prize in Haryanavi Folk Song. (15-17 October 2022 Zonal; 16-18 Dec 2022 Inter-Zonal)
6. Music Vocal and Instrumental departments completed two Certificate Courses, Elementary Knowledge of Hindustani Vocal Music and Elementary Knowledge of Hindustani Music Instruments respectively during odd semester 2022-23.
7. Celebrated World Music day by conducting a lecture on "Relation between Sangeet and Yoga". The expert was Ms Amar Ravish from Patanjali, Kaithal on 21-06-2022.
8. Our student Sakina won third prize in Punjabi Folk Song. This inter college competition was organized by I.G. M.M.V., Kaithal in March 2023.

Home Science Department

1. Organized "Rangoli and Painting" competition in collaboration with Haryana State Biodiversity Board on the occasion of Environment Day on 3 & 4 - 06-2022.
2. Conducted a competition on "Nutrition Healthy Recipes" on 30-09-2022.
3. Completed 30 hours value added certificate on "Tailoring and Designing" on 1-10-2022 to 16-11-2022.

4. Conducted "Mehndi Competition" on Karva Chauth on 12-10-2023.
5. Students attended a workshop conducted by K.U.Kurukshetra to learn the nuances of Rangoli and painting on 21 to 28 -10-2022.
6. Arranged a visit to Panipat Textile Industry to enhance knowledge of textile on 22-11-2022.
7. Our student received a cash prize of Rs 2000 in inter college Rangoli Competition held at R.K.S.D. College, Kaithal on 25-11-2022
8. Students were benefitted from the five-day workshop by Pedilite Fevicryl Ltd. on 20-02-2023 to 24-02-2023
9. An exhibition was conducted for the students to exhibit their skills in textile designing so that they could put a foot forward to become entrepreneurs on 20-3-2023.
10. Students participated in Rangoli and Pot Painting competitions conducted by I.G College, Kaithal on 25-03-2023.

संस्कृत विभाग

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|----|------------|----------------------------------|
| 1. | 28.10.2022 | संस्कृत श्लोकोच्चारण प्रतियोगिता |
| 2. | 24.11.2022 | संस्कृत-निबंध लेखन प्रतियोगिता |
| 3. | 25.11.2022 | गीता-श्लोकोच्चारण प्रतियोगिता |

हिन्दी विभाग

- | | | |
|----|--------------------|---|
| 1. | 28 जून, 2022 | हिन्दी साहित्य मंच, सामान्य प्रश्नोत्तरी, 70 विद्यार्थी उपस्थित |
| 2. | 29 जून 2022 | विस्तार व्याख्यान, मुख्यवक्ता डॉ० ईश्वर सिंह सागवाल, विषय – भाषा का विकास, 150 विद्यार्थी उपस्थित । |
| 3. | 14 सितम्बर 2022 | हिन्दी दिवस, भाषण एवं कविता पाठ प्रतियोगिता, 215 विद्यार्थी उपस्थित |
| 4. | 27 सितम्बर 2022 | हिन्दी साहित्य मंच, सामान्य ज्ञान प्रश्नोत्तरी, 60 विद्यार्थी उपस्थित |
| 5. | 20-22 दिसम्बर 2022 | साहित्यिक कार्यशाला , कुरुक्षेत्र विश्वविद्यालय, कुरुक्षेत्र, प्रतिभागिता 4 विद्यार्थी |
| 6. | 21 फरवरी 2023 | अन्तर्राष्ट्रीय मातृ भाषा दिवस, मुख्यवक्ता डॉ. शीला मिगलानी, 180 विद्यार्थी उपस्थित । |

Mathematics and Science Departments

1. Mr. Sushil Kumar delivered a lecture on the 10-09-2022 on "Mental Mathematics"
2. Science and Mathematics Department organized a one-day educational trip to Chandigarh on 10-10-2022.
3. Organized college level Poster Making Competition on various modals of Science on 21-09-2022.
4. On National Science Day Rangoli Making competition and Quiz Competition were held 28-02-2023.
5. An Online expert lecture by Prof Karamjeet Singh Sandhu on the topic "Convergence of Sequences" was conducted on 23-06-2022.
6. Dr Vikas Kumar delivered a lecture on "Differentiation, Integration and its Application" on 28-06-2022.
7. Dr Nitya Kaushik Assistant Professor, MLN College, Yamuna Nagar gave an expert talk on the topic "Stereochemistry" on 20-12-2022.
8. On "World Water Day" Poster Making and Slogan writing competitions were organized on 22-03-2023.

Commerce Department

1. Mr Akhil Singla enlightened students by his expert lecture in a workshop on Digital Marketing and Financial Literacy on 25-06-0222.
2. Completed 30 hours value added certificate on "Communication Skills" for the students of Commerce Stream. 29-10-200 to 07-12-2022
3. Students participated in "Two Days National Level Quiz" organized by Janta College, Kaul on 21 & 22-12-2022.
4. Dr Ajay Sharma, Associate Professor, R.K.S.D. College, Kaithal gave an expert lecture on the topic "Detox the Mind" on 16-03-2023.
5. Students participated in State Level Inter College Power Point Presentation on 08-05-2023.

Faculty Wingspan at a Glance

Achievements of Dr Vineeta, Associate Professor of English

1. Race and Ethnicity: A Study of Select Poems of John Agard, Pramana International Refereed & Peer Reviewed Research Journal (ISSN: 2249-2976), Year 10, Issue 39(ii), Jan-March 2022, pp. 14-18 (An International Peer Reviewed and Refereed Research Journal; I.F. 6.201)
2. Carol Rumens' The Emigree and Carpet-Weavers as Enunciation of Primordial Anguish, Chintan International Refereed Research Journal (ISSN: 2229-7227), Year 11, Issue 42(ii), Jan-March 2022, pp. 16-19 (An International Peer Reviewed and Refereed Research Journal; I.F. 6.215)
3. Hardy's War Poetry as an Epitome of Gloominess, Madhya Bharti-Humanities and Social Sciences (0974-0066), Vol. 82, No. 2, July-December 2022, pp. 53-58 (UGC Care List; I.F. 6.1)
4. Pastoral and Tragic Element in the Poems of Thomas Hardy, Purva Mimaansa (ISSN: 0976-0237), A Multi-Disciplinary Research Journal, Sept 2022, pp. 31-34 (UGC Approved Journal No. 40903; I.F. 5.004)
5. The Fiction of Kavery Nambisan: Gandhian Philosophy in Praxis, International Research Journal of Management Sociology & Humanities ((ISSN: 2277-9809 (online), ISSN: 2348-9359 (print)), Vol. 13, Issue 10, Oct 2022, pp. 16-24 (An Internationally Indexed Peer Reviewed and Refereed Journal; I.F. 7.8012).
6. G M Hopkins' Selected Poems as a Glory to Creation and the Creator, Journal of the Asiatic Society of Mumbai (ISSN: 0972-0766), Vol. 96, No. 11 (I), November 2022, pp. 111-115 (UGC Care List; I.F. 3.947)
7. Oliver Goldsmith's The Deserted Village as a Revolt of Individual Against Institution, Journal of the Oriental Institute (ISSN: 0030-5324), Vol. 71, Issue 04, Number 12, October-December 2022, pp. 31-35(UGC Care Approved, Group 1, Peer-Reviewed and Refereed Journal I.F. 5.1)
8. The Iridescence of Suffering: A Reading of Select Maya Angelou Poems, Madhya Bharti-Humanities and Social Sciences Journal (ISSN: 0974-0066), Vol. 83, No. 2, January-June 2023, pp. 33-39 (UGC Care Approved, Peer Reviewed and Referred Journal I.F. 6.1)
9. Delivered two expert lectures on "Career Avenues in English after UG and PG" at Shaheed Udham Singh Govt. College, Matak Majri-Indri, Karnal on 27/2/2023
10. Timir Ki Gauraiya (Translation of a few English Poems into Hindi Poetry), Dr. Raj Kumar Verma and Dr. Vineeta, Published in 2022, ISBN: 978-81-959285-2-1, Published by Nirmal Publishing House, Opposite Kurukshetra University 3rd Gate, Kurukshetra

11. Enrich Your Word Power, Dr. Vineeta and Dr. Raj Kumar Verma, Published in 2022, ISBN: 978-81-959285-8-3, Published by Nirmal Publishing House, Opposite Kurukshetra University 3rd Gate, Kurukshetra
12. Ravaangi (Hindi Poetic Translation of Select Hardy's Poems), Dr. Vineeta, Published in 2023, ISBN: 978-81-961906-0-6, Published by Nirmal Publishing House, Opposite Kurukshetra University 3rd Gate, Kurukshetra
13. Chapter titled "A Study of Kavery Nambisan's Novel 'The Story That Must Not Be Told'" pp. 19-26, Published in English Literature: Texts, Contexts and Media, Edited by Dr Suruchi Sharma and Dr Kusum Kanger, Rudra Publishers and Distributors New Delhi, First Published in 2023, ISBN: 978-93-92108-53-2.
14. Presented a Paper entitled "The Subaltern as the Conscience Keeper of Society: Study of Kavery Nambisan's novel "The Story That Must Not Be Told", in International Conference on Literature, Marginality and Resilience, Organised by DCRUST Murthal (Sonapat), on Oct 14-15, 2022.
15. Presented a Paper entitled "Maya Angelou's Poetry: A High Vaulted Dome of Reverberating Feminine Voices" in International Seminar on Trends in American Literature from Transcendentalism to Post-Modernism: A Reconsideration from Indian Perspective, Organised by Ch. Ishwar Singh Kanya Mahavidyalaya Fatehpur-Pundri (Kaithal), on 11-13 February, 2023.
16. Participated in the Five Days International Online (Multidisciplinary) Workshop on "Nutritious Diet for Well Being" organised by Department of Home Science, KVA DAV College for Women, Karnal from December 26-30, 2022.
17. Attended a conference on NAAC at KUK on 06/09/2022
18. Attended a conference on NAAC at MDU Rohtak on 16/11/2022
19. Nominated as Member of U.G. Board of Studies in English in the capacity of College Teacher Representative, Kurukshetra University, Kurukshetra w.e.f. 12/02/2023 for Two Years
20. Acted as a Judge for the event Declamation in Confluence, NIT Kurukshetra, 16 October 2022
21. Chaired a Session in International Seminar held on 11-13 February 2023 in CISKMV Fatehpur-Pundri (Kaithal)

Achievements of Dr. Poonam , Asstt. Prof. of English

1. Participated in one week Short Term Course on "Curriculum Development and National Education Policy- 2020" from 22-02-2022 to 28-02-2022 organised by UGC-Human Resource Development Centre, Bhagat Phool Singh Mahila Vishwavidyalaya, Khanpur- Kalan(Sonipat).

2. Presented a paper titled "Anita Desai- A Diasporic Writer" in one day online National Seminar on 'Indian Writing in English: Contemporary Trends and Concerns' organised by Department of English, S.D. college, Ambala Cantt in collaboration with DGHE held on March 12, 2022.
3. Published a research paper titled 'AFRICAN AMERICAN WOMEN in POST COLONIAL ERA' in Purva Mimaansa : A Multi - Disciplinary Bi- Annual Research Journal (Volume- 13, Issue - March 2022).
4. Participated in one week Faculty Development Programme on 'Academic Research Writing' organised by Gandhi Memorial National College , Ambala Cantt. In collaboration with IQAC cluster , South India and Sponsored by DGHE, Haryana from 23rd -29th April 2022 .
5. Presented a paper titled 'Contribution of Visakha Dasi's novels in inculcating harmony and peace through the lens of Bhagvada - Gita : A Critical Analysis' in the 7th International Gita Seminar held from 29th Nov- 1st Dec, 2022.
6. Presented a paper titled 'Claude Mckay: Journey of 'Black Poet' in an International Seminar organised by CISKMV, Pundri in collaboration with the Shakespeare Association held on 11, 12, & 13 Feb, 2023.

Achievements of Prof. Anu Dhunna, Associate Professor of Economics

1. Presented a paper entitled "A Study on Effect of Entrepreneurship on Economic Growth" in a one-day National Seminar on Entrepreneurial India: A Fascinating Vision conducted by S.N.R.L. Jairam Girls college, Lohar Majra on 11 June, 2022.
2. Attended a webinar on "Food-Planet-Health" on 01 December, 2022 organised by K.U. Kurukshetra NSS & Vegan Outreach.
3. Delivered a lecture on Union Budget 2022 in NSS Camp on 12-02-2022

Achievements of Dr. Manju Bala, Assistant Professor of History

1. Participated in an online workshop on ' Types of Heritage & basics- how to restore dying old monuments' organised by Saraswati Mahila Mahavidyalaya , Palwal on April 18, 2022.
2. Participated in 10 days (27 October- 05 November 2022) online UGC approved short term professional development program under Pandit Madan Mohan Malviya National Mission on teachers and teaching on ' Implementation of NEP- 2020 for university and college teachers' organised by Indira Gandhi National Open University.
3. Published a research paper titled 'Haryana ki prashasnik vyavastha (1803- 1858)' in an international journal of information movement, A peer- reviewed globally recognized

& quality referred online journal of multidisciplinary research, volume 7, issue 2, June -2022, pp. 1-7, ISSN-2456-0553, Impact Factor - 5.225

4. Published a research paper titled 'British kal se purv Haryana mein krishi ki sthiti ka punaraavlokan' in an international journal of information movement, A peer-reviewed globally recognized & quality referred online journal of multidisciplinary research, volume 7, issue 3, June -2022, pp. 17-22, ISSN-2456-0553, Impact Factor - 5.225

Achievements of Dr. Sunita, Associate Professor of Music

1. Acted as a judge in a programme conducted by Bharat Vikas Parishad on 06-09-2022.
2. Acted as a judge in cultural competition "Indradhanush" hosted at district level in Kaithal on 09-12-2022.
3. Presented a paper "Entrepreneurship on Economic Growth" in a one-day National Seminar on Entrepreneurial India: A Fascinating Vision conducted by S.N.R.L. Jairam Girls college, Lohar Majra on 11 June, 2022.

Achievements of Prof. Bhawna , Assistant Professor of Commerce

1. Attended one - week short -term course on "Development of NEP-2020 organised by UGC-HRDC, BPS Vishwavidyalaya, Khanpur -Kalan Sonipat from 22-02-2022 to 28-02-2022.
2. Presented a paper in online Multi- Disiplinary National Seminar on "Voyage from Azad Bharat towards Atmanirbhar Bharti" organised by Govt. PG. college, Naraingarh, Ambala on the topic "Self- Reliant Mission-opportunities and challenges " on March 05, 2022.
3. Attended online Faculty Development Programme on "Research, Quality, Teaching , Learning and Evaluation organised by Govt. Moti lal Vigyan Mahavidyalya , Bhopal(M.P) 10th March 2022 to 16th March 2022.
4. Presented a paper in one-day Multi- Disciplinary National Seminar on the topic "Corporate Social Responsibility- Issues and challenges in India" organised by govt. College , Aharwala (Bilaspur) Yamunanagar on 12th November, 2022.
5. Participated in one - week Faculty Development Programme(online) held during 21st to 27th November 2022 organised by Aggarwal College, Ballabgarh.
6. Presented a paper titled "Digital India: An overview" in National Seminar on "Emerging Trends in Commerce and Management organised by pt. Chiranji Lal Sharma Govt. College, Karnal on February 11, 2023.
7. Presented a paper in one day DHE sponsored Multi- Disciplinary National Seminar organized by Jyotiba Phule Govt. College , Radaur Yamunagar on 16-02-2023. The title of paper was "Multi Disciplinary Development of Teacher".

Achievements of Dr. Nishi , Associate Professor of Commerce

1. Member of UG Board of studies, Kurukshetra University since 14.6.2022.
2. Presented paper titled "Opportunities and obstacles for Entrepreneurship in India" in one day National Seminar on "Entrepreneurial India: A Fascinating Vision on 11 June 2022 at SNRL JaiRam Girls College , Lohar Majra.
3. Delivered a lecture on Innovative technologies for waste recycling and energy conservation in NSS camp on 18Feb,2022.

Achievements of Prof. Anju, Assistant Professor of Commerce

1. Presented paper titled "Present Scenario of Women Entrepreneur in India" in one Day National Seminar on Entrepreneurial India: A Fascinating Vision on 11June,2022 at SNRL JAIRAM Girls College, Lohar Majra.

Achievements of Dr. Anita, Assistant Professor of Commerce

1. Presented paper titled "Women Entrepreneur in start up india" in one day National Seminar on Entrepreneurial India: A Fascinating vision on 11June,2022 at SNRL JAIRAM Girls College, Lohar Majra.
2. Participated in three day National Level online workshop on NEP2020(25 July to 27July 2020) in Babu Anant Ram Janta College, Kaul.
3. Presented paper titled 'Green Marketing in one day national level online seminar on 17May,2023 at Babu Anant Ram Janta College,Kaul.
4. Published article title "Performance of Pradhan Mantri Mudra Yojna An overview" in the book titled "Banking, Insurance & Financial Service"(pigitalisation and covid- led Trends),Editors: Rajesh Kumar first published in 2023, ISBN No. 978-81-19079-07-0.

Achievements of Dr. Meena, Associate Professor of Commerce

1. Presented paper titled 'Rural Entrepreneurship in one day 'National Seminar on 'Entrepreneurial India: A Fascinating vision on 11June,2022 approved by the Director general of Higher Education, Haryana(Panchkula)
2. Attended five day 'Training Camp' organized by 'Indian Red Cross Society Distt Branch Kaithal from 21-11-2022 to 25-11-2022.
3. Attended a Webinar on "Food-Planet-Health" on 1 December,2022 organized by Director of Programs, India.
4. Attended workshop on 9-12-2022 organized by AISHE State Unit , Department of Higher Education, Panchkula.

5. Participated in the workshop conducted on the filling of WeB- DCF on dated 2nd March,2023organized by statistical Cell (AISHE unit- Haryana) Department of Higher education, Panchkula

Achievements of Dr. Neerja Sachdeva, Associate Professor of Home Science

1. Online International Workshop on course Awareness 'Zero to Infinity' attended from 18 Jan to 22 Jan,2022 held at Shaheed Uddham Singh Govt. college, Karnal Haryana.
2. Attended State Level Workshop on "Assessment and Accreditation process of NAAC for universities and colleges of Haryana" organised by Department of Higher Education and Kurukshetra University, Kurukshetra on 6th September,2022.
3. Nominated as member of Selection Committee for the post of Home- Science at Guru Nanak Khalsa College, Santpura Yamunanagar on 08 october,2022.
4. Nominated as Board of Studies member in Home- Science from 04-11-2021 to 14-09-2023 at Kurukshtera University, Kurukushtra.
5. Attended a five days international online workshop on "Nutritious Diet for well being held at DAV college women, Karnal from 26 to 30 December 2022.

Media Buzz

डा. संगीता शर्मा ने कन्या महाविद्यालय में संगाला प्रधानाचार्य का कार्यभार

प्रबंधक समिति के प्रधान तेजवीर सिंह ने प्रधानाचार्य का सौंपा निवृत्तिका फर...



तन और मन के स्वास्थ्य के लिए नियमित योग जरूरी: शर्मा



छात्राओं को डिजिटल मार्केटिंग के बारे में दी जानकारी



रत्नावती महोत्सव में कन्या महाविद्यालय डॉड डडवना की छात्राओं ने दिखाई प्रतिभा



स्वयं सविकाओं ने निकाली जागरूकता रैली



चौ. ईश्वर सिंह कन्या महाविद्यालय के नए शैक्षणिक सत्र का शुभारंभ



पर्यावरण दिवस पर एनसीसी कैडेट्स का वितरित किए पोथे



रुचि के अनुसार विषय लेकर करें पढ़ाई: दिवेंदी



नशा मुक्ति पर एक दिवसीय संगोष्ठी



खेलों का हमारे जीवन में बहुत महत्व है: साह



कार्यशाला में प्राथमिक चिकित्सा के बारे में करवाया अवगत



चौ. ईश्वर सिंह कन्या महाविद्यालय में लगाया स्वास्थ्य जांच शिविर



सांक्षिप्त सामाचार 'लास्टिक मुफ्त सभाई को लेकर निकाली जागरूकता रैली



आरती ने राज्यस्तरीय हरियाणवी एकल नृत्य में जीता दूसरा स्थान



राहगीरों को जलपान करवाना हमारी सभ्यता और संस्कृति का हिस्सा



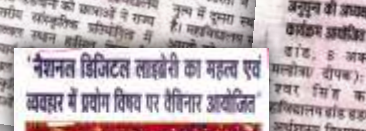
चौ. ईश्वर सिंह कन्या महाविद्यालय में 2 दिवसीय प्रतिभा खोज प्रतियोगिता आयोजित



कन्या महाविद्यालय में स्वास्थ्य मैडीकल कैम्प आयोजित



कन्या महाविद्यालय में विस्तार व्याख्यान आयोजित



चौ. ईश्वर सिंह कन्या महाविद्यालय में रैसिपी प्रतियोगिता आयोजित



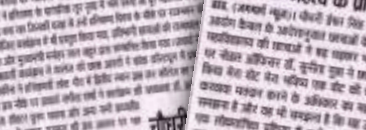
नैशनल डिजिटल लाइब्रेरी का महत्व एवं व्यवहार में प्रयोग विषय पर रीतिनार आयोजित



चौधरी ईश्वर सिंह कन्या महाविद्यालय डडवना में हंगोली प्रतियोगिता का आयोजन



चौधरी ईश्वर सिंह कन्या महाविद्यालय डॉड डडवना का स्टाफ ने रक्षा खलकार प्रदर्शन



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चौधरी ईश्वर सिंह कन्या महाविद्यालय में छात्राओं को बोट के महत्व के प्रति किया जागरूक... इंडा कालेज पौष्टिक आहार का आयोजन कराया गया। कालेज प्राचार्या डा. संगीता शर्मा और विभागाध्यक्ष की मुख डा. नौरजा सचदेवा ने प्रतिभागी विद्यार्थियों को लिविंग में प्रथम, द्वितीय व तृतीय स्थान पर आने पर स्कार देकर प्रोत्साहित किया। प्रतिभागियों में छात्रा हिमांशु...

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