



# Government College of Teacher Education

NAAC Accredited 3rd Cycle 2023 : B++ Grade (CGPA 2.89)

**DHARAMSHALA**

# **DHAULADHAR**

2024-25



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I, Abhyudita G. Singha hereby declare that the particulars given above are true to the best of my knowledge and belief.

Abhyudita G. Singha  
Associate Prof.  
GCTE, Dharamshala

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## MESSAGE



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

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

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

Jai Hind

(Dr. Amarjeet K. Sharma)

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## FROM THE PRINCIPAL'S DESK...



*Another year has gone by and its time for another edition of the college magazine Dhauladhar that encapsulates the literary trends and forays into the imaginative and cognitive horizons of the students.*

*I congratulate the Staff and Student Editors for compiling the creative pieces penned down by the students for the Magazine that not only provides a platform for the students to express their opinions but also polishes their writing skills.*

*Our college is a premier institute that has trained numerous students in education, making it very pertinent to motivate students to read and sharpen their analytical skills. The magazine Dhauladhar justifies the title of the mountain range that stands majestically, providing a snow-capped backdrop, students thriving under its shadow. I hope and wish the magazine is enriched with each passing year with more ingenuity and insight.*

*With Best Wishes*

*Arti Verma*

*Principal, GCTE, Dharamshala*

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# Editorial

“Hard Times create strong men, strong men create good times, good times create weak men and weak men create hard times.”

- G. Michael Hopf.

As we proceed in the world of technology and Artificial Intelligence, its impact on creative writing can't be ignored. The digital tools impair one's writing skills and curtail the flight of imagination. Man has invented machines and software to aid them in their mundane work and provide technical assistance but not to replace the original ideas with robotic suggestions. A computer is artificially intelligent; it follows your instructions, the software providing the knowledge that has already been published in one form or the other. To copy it is unethical at the first place and illegal at the second, as most of our research and creative pieces have to go through the Plagiarism Check to rule out the copied content.



We have been blessed with human intelligence that surpasses all limits, and as we scale new heights in innovation and creativity, such tools will hinder progress and make the new generation more dependent, contrary to the need for self-sufficiency and independence for our civilization to become richer. We become weak by using the tools for their primary purpose in life but that had originally created to be slaves to our demands and not masters our minds.

Literature is not just for leisure but is a true reflection of the society and the culture that we live in. The authors use their writing skills to construct pieces that are not only rich in literary content but are also sensitive towards the relevant issues that impact the lives of people. Incidents are original and so are the reflexes and reactions that can't be compared to the programmed responses of a machine. Expression vents our feelings in one art form or the other, detoxifying the negativity and refreshing our minds.

Dear students, you have been born in good times, so don't become weak and bring in the hard times. We live in a beautiful Blue Planet that is brimming with ample opportunities and overflowing with the beauty and bounties of nature for the creative writers to thrive in the depths and write their hearts out.

Wishing you more creativity and intelligence.

Abhyudita G. Singha  
Chief Editor

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# CONTENTS

## English Section

Sr. No.	Article	Writer	Pg. No.
1	The Journey of Learning	Shubham Sharma	1
2	My 4 Month Teaching Practice Experience	Amrita Thakur	2
3	National Science Day	Dimple Kumari	3
4	Breaking the Stigma	Sunandini Thakur	3
5	Importance of Sports	Alisha Chanta	4
6	Value Your Culture	Alisha Chanta	4
7	Power of Silence	Shailja Sharma	5
8	Deja Vu Dream	Priya Chauhan	6
7	Hadimba Devi	Sanjana	7
8	Mother	Shubham Sharma	7
9	Don't Be Beautiful	Preeti	7
10	Importance of Literature in a ...	Abhay Singh	8
11	The Invisible Danger	Shamma	9
12	Dhauladhar : A Reflection...	Praveen Thakur	9
13	Hard Work Vs Smart Work	Shivani	9
14	Books As Companion	Bharti Thakur	10
15	Why	Indu Bala	10
16	The Power of Positive Attitude	Renu Sharma	11
17	Artificial Intelligence	Rajni	12
18	From a Non Swimmer to A...	Kuldeep Kumar	15
19	How A Happy Face Looks Like ?	Rekha Thakur	15

## हिन्दी अनुभाग

20	शक्ति और शासन के संदर्भ में	शैलजा शर्मा	16
21	शहीद का बलिदान	गरिमा	17
22	पापा	नेहा देवी	17
23	बचपन की नींव पर टिका भविष्य	सुनीता	18
24	जीवन में परिश्रम का महत्व	पूजा	19
25	आत्मनिर्भरता	रुचिका	19
26	पिता	मोनिका शर्मा	20
27	लक्ष्य की ओर अग्रसरता	शालिनी शर्मा	20
28	आंसू	पल्लवी	21
29	क्या एक किताब को यादगार बनाता है ?	प्रवीण शर्मा	21
30	भुण्डा महायज्ञ स्पैल वैली 2025 (रोहड़ू)	हरिंदर सिंह	22
31	शिक्षा का महत्व	रीतू शर्मा	23
32	जीवन	तनुजा	23
33	सपनों में उड़ान भरो	रंजना देवी	23
34	शिक्षक	नेहा देवी	24
35	फासले	अनिश कुमार	24
36	तिरंगा और देशभक्ति	अरुण लाल ठाकुर	24
37	संघर्ष	काजल ठाकुर	25
38	अनुभव	मेघा कुमारी	25
39	नाराज हो क्या तुम ज़िन्दगी ?	दीक्षिता नेगी	26
40	आखिर क्यों ?	दीक्षा नेगी	26
41	उठो ना मां	कमलकांत शर्मा	27
42	हे नारी, तू सबला है	सोनिया	27
43	कुल्लू राज्य के वजीरी	अंकित ठाकुर	28
44	मैं कुछ भी लिखता हूँ	पवन शर्मा	29

## Commerce Section

45	फ्री की चीजें क्यों पसन्द आ...	मनीष	31
46	डिजिटल युग में बदलता उपभोक्ता व्यवहार	मनीष	31

47	Influencers of Scammers	Manish	32
48	Apple Vs Samsung	Manish	33
49	The Impact of Social Media...	Kritika	34
50	Digital Currency	Priya Devi	36
51	Social Media	Priya Devi	37
52	Impact of Freebies on Indian Economy	Shamma	38
53	Commerce in the Digital Age	Ruchika	39
54	Indian Education System...	Ruchika	40

### Science Section

55	National Science Day 2025	Sarveen Chaudhary	41
56	The Code Breaker...	Ankita	42
57	Jahangir Bhabha...	Renuka Thakur	42
58	Most Poisonous Flowers in India	Durgesh Thakur	43
59	Drones, Lasers and AI...	Anchal	43
60	How Your Morning Coffee...	Monika	44
61	The Biology of Sleep...	Shalini	44
62	Diabetes in India	Anita Kumari	45
63	Prostatitis : A Male Disorder	Nikhil Kumar	46
64	Scientific Temper is the Temper...	Kaweljeet Kaur	47
65	The Future of Organ Transplants...	Hema Thakur	48
66	The Ancient Heart	Punam Verma	49
67	The Symphony of Life Science	Kritika Thakur	49
68	Nitrous Oxide Emission	Punam Verma	50
69	Food Concoisness	Amisha Gurung	51

### ICT Section

70	Cyber Crimes	Sonali	53
71	Summary of Exploring the Integration	Neha	54
72	Summary of the Influence of...	Rohit Kumar	57
73	Summary of Relevance...	Pooja Kumari	57
74	Summary of Exploring Role of...	Priyanka Thakur	58
75	Summary of "ICT integarion in...	Navisha Sharma	59
76	Summary of Exploring 21st Century...	Shivangi Patial	61
77	Mobile for Learning	Sonali	62

### Education

78	Learning : A Result of Integration...	Priya Devi	63
79	Body Positively...	Priya Devi	64
80	The Psychology of Emotions	Nikhil	65
81	The Debate Between Traditional and...	Anshika	66

### संस्कृत अनुभाग

82	गीतायां कर्मयोगः	डॉ. मनोजकुमारः	69
83	योगस्य महत्वम्	डॉ. प्रियंका	73
84	मातृ-महिमा	डॉ. प्रियंका	73
85	श्रीमद्भगवद्गीता सूक्ति माला	पवन शर्मा	73
86	विद्या महिमा	नैसी	75
87	गुरुसमर्पणम्	शालिनी शर्मा	75
88	विद्यार्थी-जीवन	सूरजगौतम	75
89	पर्यावरण-प्रदूषणम्	नैसी	76
90	संस्कृत वैशिष्ट्यम्	चैन सिंह	77
91	सुभाषितानि	सूरजगौतमः	77
92	चरकसंहिता में घरेलू उपचार के सूत्र	शालिनी शर्मा	78

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# English Section

**Editor : Dr. Atul Acharya**

**Student Editor : Anshika Bhadana**

## **Teacher Editor's Note**

From the quiet hills of Himachal to the summit of Silicon Valley, Jay Chaudhry's journey is a tale carved in courage and cloud-computing brilliance. Born in a small village, he dared to dream beyond boundaries—and built Zscaler, a global cybersecurity giant that now guards the digital world like a silent sentinel in the sky.

Chaudhry's story isn't just about success—it's about soaring above limitations, staying rooted in values, and turning challenges into stepping stones. Like a mountain stream cutting through stone, his determination reshaped the course of his destiny.

Let his journey ignite our aspirations. For in every student here lies a dreamer—and in every dreamer, a Jay Chaudhry waiting to rise.

Dr. Atul Acharya

Teacher Editor

## **Student Editor's Note**

Being a part of the editorial team for this edition of our college magazine has been an immensely rewarding and transformative experience. Throughout the process of refining and editing a diverse collection of articles, I found myself intellectually stimulated and creatively inspired. It has been a true privilege to engage with the vibrant ideas, unique perspectives, and expressive voices of our talented student writers. I would like to express my heartfelt gratitude to Dr. Atul Acharya, whose unwavering support and insightful guidance has been instrumental in shaping this edition. His thoughtful feedback and mentorship significantly elevated the quality and coherence of the content, helping us present a more polished and compelling publication. I sincerely hope this edition resonates with you, offering both inspiration and a deeper appreciation for the creativity and intellect within our student community.

Anshika Bhadana

Student Editor

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# **The Journey of Learning**

Life is a journey, and the most important part of this journey is learning, not just from books, but from experiences, people and even failures. As a student of English literature and someone who has always been fascinated by the power of words, I have something to realise that learning is not just about memorising facts, it is about questioning, understanding and evolving.

I have always believed that education should not be limited to classrooms. Sometimes, a simple conversation with a stranger can teach us more than a textbook. Sometimes, a failure can give us lessons that success never could. And sometimes stepping out of our comfort zone helps us grow in ways we never imagined.

As a teacher-in-training, I have seen how important it is to encourage students to ask questions. When we were kids, we used to ask “Why” about everything. But as we grow older, we stop questioning and start accepting things as they are. Why does that happen ? Maybe because we fear being wrong or judged. But I believe that asking questions is the first step to toward real learning.

This journey of learning is also a journey of self-discovery. Over the part few months, I have realised how important it is to understand myself, my strengths, my weaknesses and my emotions. There have been moments of self-doubt, of feeling lost, but I have also found new motivation to keep moving forward. Whether it is preparing for the UGC NET exam, improving my English fluency, or simply becoming a better version of myself, I have learned that progress happens one step at a time.

One of the biggest lessons I have learned is that we don't have to figure everything out all at once. It's okay to not have all the answers. What matters is that we keep going, keep learning and keep discovering new things about ourselves and the world.

So, to everyone reading this, keep questioning, keep learning and never stop believing in yourself. Because in the end, the journey of learning is a what makes life truly meaningful.

Shubham Sharma

Bed. I (24324)

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## MY 4 MONTH TEACHING PRACTICE EXPERIENCE

B.Ed. is a beautiful journey of becoming a teacher. Most of the B.Ed. trainees will agree on this- what we hated about B.Ed., how it turned into a memorable or golden time period. We have always assumed how boring it was to make lesson plans, chart and models but after 4 months we realised how it helped in personality development.

I always used to think, it's a cup of tea to teach school children. But as a Social Science student teacher, I realise its not about reading a book, but hands on activities and real world applications. The more practical it is, the more interesting it will become.

Sudha Murthy emphasised the importance of story-telling in her speech, highlighting how it can help shape children's values and morals. She encouraged volunteers to visit school and share stories with students, as this can help create a positive impact on their young minds, stories have the power to inspire, educate and entertain children, making them more receptive to learning.

In B.Ed., we studied Child Development and Psychology, and most of us scored good is it. But the question is how many of us applied child psychology during 4 month teaching practice.

More than this, children are moving towards digital technology. They imitate their teachers a lot. Hence teachers should be more careful about their language, well-being and behaviour.

B.Ed. has been an experience with an uncountable memories for lifetime, with all the group talks, debates, fights and also birthday celebrations. We have not just gained training to teach but learned what role a teacher can play in shaping a student's future.

I myself have developed a sense of belongingness during this time, with friends creating memories. What we created, we will cherish forever.

Amrita Thakur

(23330)

## National Science Day : Honouring Innovation and Discovery

“Science is the key to our future”- Carl Sagan.

National Science Day is celebrated every year on February 28th to commemorate the discovery of the Raman Effect by Sir C.V. Raman in 1928. This ground breaking discovery earned him the Nobel Prize in 1930, making him a global icon in scientific research.

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## Why do We Celebrate National Science Day ?

The Government of India declared February 28th as National science Day in 1986 to promote scientific awareness and encourage young minds to explore the wonders of science. The day serves as a platform to recognise Indian scientist's contributions and inspire innovation.

### Theme of National Science Day 2025

Each year, a unique theme is chosen to focus on a specific aspect of scientific advancement. This year's theme "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat". It highlights the importance of equipping young minds with knowledge and skills, to drive India towards a brighter future.

### Science and Society : A Powerful Connection

Scientific progress has transformed every aspect of life, from medicine and space research to artificial intelligence and renewable energy. National Science Day reminds us of the importance of scientific research in tackling global challenges like climate change, health crisis and technology development.

Dimple Kumari

(24104)

## BREAKING THE STIGMA : WHY MENTAL HEALTH MATTERS

According to World Health Organization, "Mental Health is a state or well-being where an individual realises his abilities, can cope with the life's stresses, can work productively and can contribute to his community." Mental Health is not just about absence of mental disorders but mental and psychological well-being as well. It is just as important as physical health, yet for years, it has been surrounded by stigma, misconception and silence. According to WHO, one in every eight people in the world lives with the mental disorder." Depression is a common type of mental disorder. Poor mental health can lead to serious health issues such as heart disease, chronic pain and weakened immune function. Breaking the stigma is very important. We can break it by talking about it, seeking professional help and therapy.

It requires collective efforts and empathy. By realising its importance and fostering open conversations, we can create a world where seeking help is not a sign of weakness but a strength. Together, we can break the stigma. Mental Health matters - let's treat it that way.

Sunandini Thakur

(10217)

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# IMPORTANCE OF SPORTS

Sports is an important part of our life. It help us stay healthy, both physically and mentally. When we play sports, we exercise, which make our hearts, muscles and bones stronger. Sports teach us how to work as a team. As many games require players to co-operate and share responsibilities, playing sports also teaches us discipline. We need to practice regularly to get better and this helps us stay focused and stay committed. Through sports we build confidence. Winning a game or reaching a goal gives us a sense of achievement and pride. Sports is not just good for the body, but it is also great for our mind. When we play, we feel happy and relaxed, and we learn how to handle stress and frustration. Sports also teaches us important lessons for life. It helps us deal with both victory and defeat, teaching us perseverance and the value of hard work. Overall, sports plays a big role in making us strong, happy and confident individuals.

Alisha Chanta  
(24374)

## Value Your Culture

Supporting our culture and traditions now seems like crime. People don't care about their actions towards their religion and culture. We are ignoring our ancestors hard work and their great inventions, that they have left for us. Indian culture is very ancient. History has a proved that India had a rich culture and tradition. It has seen many great events like, "Mahabharata" and "Ramayana". Those events educated people about family values. But every culture has its bad side also. Some people do not believe it. They asked the questions about the existence of "Ram" in "Ramayana."

They doubt about it's writer. People don't believe in Vedas and Granthas. Modern generation believes in science and they accept only those statements which are scientifically proven

As an important part of "*Yantra Sarvasva*" Maharishi Bhardwaj writes on spacesuit. This section describes the type of clothing to the worn by pilots. The section was written in Sanskrit language. That's why people don't trust it. If you ask a pandit about solar eclipse and lunar eclipse he will tell you the correct date and time of the eclipse using 'Panchang'. But we don't believe him. On the other hand, if it is declared by NASA, we will definitely believe it. But India's people still knew about solar and lunar eclipse just because of *Panchang*.

There is a deep culture of India which is very vast and deep rooted. All we need is to have faith in our culture and support it with our hearts.

Alisha Chanta  
(24374)

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## Power of Silence

Power of silence can't be described in words. It plays vital role in our lives. It is not weakness but ability to connect with the inner self. Silence is not absence of sound but it is an intentional pause. When we choose silence, we connect to the inner self and we can talk to ourselves. Many people thought about the power of silence and wrote on it. Several fictional writers/authors explored the theme of silence.

Silence has a lot of benefits. Silence develops critical and analytical thinking. It also develops the power to listen to others carefully. Silence improves focus, reduces stress. It develops creativity. Silence can promote more deliberate and thoughtful decision making.

Silence can foster introspection and self-reflection, deeper self-awareness and facilitate a connection with the higher power and thereby leading to spiritual growth. It brings peace in our lives and also heal us.

In the end, I want to say that the power of silence can't be explained in one paragraph. Silence has many benefits. It is also a healing journey.

**‘ Nothing strengthens authority so much as silence’ - Leonardo da Vinci**

Shailja Sharma  
(24389)

## Look Closer, They are Still Here “The Good People”

In today's fast paced world, many people start to believe that good people are disappearing. Where the world is full of selfishness, greed, dishonesty, violent, crime etc., why it is very rare to find people with kindness, honesty, trustworthiness and empathy. So, is it true that good people are vanishing or disappearing or is there something else ?

To find answer of these questions, first we need to know what defines a good person ?

In the past, goodness was often associated with obedience, religious values and community service. But in today's society, goodness was reshaped and connected with personal growth and status. We are living in the era of technology, media, AI etc. So, human life is evolving, and human values also. We are living in a society where media covers dominant sensational news and viral controversies to get more attention of public. As most of people are connected with media, its

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affecting their thinking and making them less rational and unrealistic.

This is affecting people's behaviour towards others and changing their way of thinking and creating an illusion of new person, who needs good status, standard and luxury.

Life is becoming a battle where people feel drained by economic struggle, workplace, pressure and personal challenges. Well, life is a constant battle where acts of kindness become less visible. Despite the challenges, goodness still exist in many people and they continue to engage in acts of kindness. Deep down, humans still have humanity. It could be suppressed by many challenges, but it blooms like a lotus in the mud. Teacher inspire students, doctor saves life and strangers help each other. Rather than assuming that good people are disappearing, we need to look closer. They are around us, in you, in me. We just need to realise, remember the happiness, the comfort, the warm of someone's help, when we were in need of a smile on our face, or when we wanted unconditional love.

Good people are still here, quietly making the world a better place in many ways, that doesn't always grab the headline but they make someone feel happy. May be in just small way but they are doing it. So who are these people ? Where are they ? There are around us, in us, in you, in me. We just need to look closure.

Shailja Sharma  
(24389)

## Deja Vu Dream

As she was living away from home, in a hostel, Ishu usually dreamt about her family. But this time there was some strange feeling in that dream.

Next day after school hours, walking on her way to hostel she was telling her friend that in her dream she saw her mother coming to school and took her brother with her without meet her.

This was strange because Ishu and her brother both were in some same residential school and when ever their parents visited their school, they used to meet them both, but this time her mother didn't meet her.

When she was telling her friend about her dream, a girl from her brother's class, suddenly jumped into their conversation and said, "Didi, your mother had came today and because your brother was unwell she took him with her."

After hearing this, Ishu and her friend were shocked. This was a 'Deja Vu' moment for Ishu.

Priya Chauhan  
(24354)

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# Hadimba Devi

Hadimba Devi is a significant goddess in the region of Manali, Himachal Pradesh and is worshiped as the Kuldevi. She is revered as a protector of the region.

Hadimba Devi, a central figure in the Mahabharata, was a Rakshasi (Demoness) who married Bhima, one of the Pandava brothers. They had a son named Ghatotkacha, a powerful warrior who played a pivotal role in the Kurukshetra War.

Hadimba Devi is known for her strength, devotion and maternal love. Hadimba transcended her demonic roots. Hadimba, despite being a demoness by birth, is regarded as a symbol of devotion, power and motherhood.

Hadimba Devi temple, located in Dhungri village, Manali, Himachal Pradesh, honours her legacy. Built in 1553 by Maharaja Bahadur Singh, the temple is renowned for its unique pagoda-style architecture, featuring wooden carvings and a conical roof. The temple is surrounded by lush cedar forest adding to its mystical atmosphere.

A large rock inside the temple is worshiped as her representation.

Sanjana  
(24364)

## Mother

She is a dreamer, believer and a deep thinker

In her arms, I found my first home

Her voice, a thread of hope

She is mystery, a secret keeper

She stitched my name into her soul  
and kept it safe and made it whole

She loves too much

She says too little

She is the peace when none is found

She feels too much, but expects too little

She is a dreamer, believer and a keeper

And I call her "Mother."

Shubham Sharma

Bed. I (24324)

## Don't Be Beautiful

They keep saying that beautiful is,

Something a girl needs to be.

But honestly ? Forget that.

Don't be 'beautiful',

Be angry, be intelligent, be witty,

Be klutzy, be interesting, be funny

Be adventurous, be crazy, be talented.

There are an eternity of other things to be other than beautiful. And what is beautiful is

anyway, but a set of letters strung together to make a word ? Be your own definition of amazing, always be anything than being beautiful ever.

Preeti

Bed. I (24324)

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## IMPORTANCE OF LITERATURE IN A SCHOOL CURRICULUM

Literature is a window through which an individual can see the whole world, through different angles. Through one's own point of view and through someone else's. It is a superpower that everyone can possess just by reading. In a school curriculum, literature is considered as a means to foster a student's emotional intelligence, cultural awareness and empathy while promoting language development and literacy skills. Literature also encourages students to analyse texts, identify themes and interpret authorial intent, developing their critical thinking and analytical skills. By engaging in complex narratives and characters, students learn to think critically about problems and develop problem solving skills. Literature provides opportunities to evaluate different perspectives and arguments, fostering the ability to form well reasoned opinion. Very often an opinion can be proved wrong, but when it is right, the real change is brought to the present past and future. Literature stimulates imagination and creativity, encouraging students to think outside the box and explore different possibilities. In recent trends, literature has been seen on a decline, in terms of the importance given to it, in the school curriculum. It has been compared to science in terms of its practicality. But what we need to understand is that, while science tries to define the world in terms of the density of objects and phenomena ; literature does so through human emotion. And in the end, every subject that is part of school curriculum, including sciences, is taught and explored to make human lives better. Literature helps this cause by expressing the implications of all the other subjects on the present, past and future of the human beings.

Abhay Singh

(24366)

### “THE INVISIBLE DANGER :

## UNDERSTANDING THE IMPACT OF AIR POLLUTION

Air pollution is an invisible danger that affects millions of people worldwide, and its becoming a bigger problem every year. It's not always easy to see, but the effects on our health and the environment are very real. Pollutants like car exhaust, smoke from factories and burning of waste fills the air with harmful chemicals. In cities like New Delhi (India), the quality of air becomes so bad that it's dangerous to breath. People living in these areas often experience respiratory problems like asthma and children and the elderly are especially at risk.

The impact of air pollution isn't just about breathing difficulties. It can also lead to heart diseases. In 2023, studies showed that long term exposure to poor air quality can shorten life expectancy by several years. It also harms nature, pollution makes it harder for trees and plants to grow and it can even affect the weather, causing extreme events like smog and heatwaves.

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In response to this growing problem, countries around the world are starting to take action. For example, China has been working to reduce its pollution by closing factories that harm the air and promoting cleaner energy sources like wind and solar power. In cities like London, efforts to reduce car emissions and encourage public transportation have improved air quality. But there's still a long way to go and it's important for everyone to be aware of how pollution affects us all.

In conclusion, Air Pollution is an invisible danger that we must take seriously. While it may not always be seen, its effects on health and the environment are clear. By making smarter choices, like using less plastic, reducing car usage and supporting clean energy, we can help make the air we breathe, cleaner and safer for everyone.

Shamma  
(23394)

## Dhauladhar : A Reflection of our College & It's Students

The Dhauladhar mountains, towering and grand  
Like the students of GCTE taking their stand,  
Their peaks touch the sky, so high and wide  
Just like us, chasing dreams with pride.  
Every students of GCTE, a mountain so tall  
Ready to conquer every challenge big or small  
As we step into college, we begin our quest  
Like Dhauladhar's path, its a journey to be our best  
Each exam, each project on new step to take  
We build our knowledge, with every move we make  
The cool winds of Dhauladhar, like our youthful drive  
GCTE, we strive, we grow, we thrive.  
In the college atmosphere, we all unite  
Like the peaks of the mountains, together we ignite.  
The GCTE family, like a vast range  
Together we make this college a place of change.  
The calm and strength of Dhauladhar shows the way  
At GCTE, we rise, each and everyday  
College life is full of struggle and success  
Like Dhauladhars, we face all challenges, no less.

Praveen Thakur  
(24318)

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## Hard Work vs Smart Work

Hard work and smart work both play an important role in achieving success. Hard Work means putting in consistent effort, while smart work means finding efficient ways to complete a task in less time.

Hard work teaches discipline, patience, persistence. It is necessary for building strong skills and long term success. However smart work helps in achieving goals faster by using intelligence, planning and modern technology.

For example, a student who studies for hours may not perform as well as who studies with proper strategy and focus. The best approach is to combine hard work with a smart plan to achieve the best results in life.

Shivani  
(24302)

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# Books As Companion

Man cannot live without a companion. Companion may be human being or books. Company of man can be temporary or deceitful but the company of books is always permanent and trustful forever. Books are never lost friends. They guide us and encourage us and help us.

Books are mutual lovers. If we love them, they also love us. They teach us about the lives of great men and women who inspire us to follow their foot steps. When we are sad and disheartened, they show us path and fill us with courage and new light. They are our best friends, best counsels and best inspiration. The lives of great philosopher, great leaders, great scientist, great teachers and preachers make our life full of light and experience.

Books are our constant and everlasting source of inspiration. They have in them the wisdom of thousands of years but like other companions, these companions are also to be selected very wisely. Because some books are more destroying than the thunderbolt. Thus their choice needs wisdom, alertness and experience. Good books are the destiny and character of a man who are the strength of a nation.

Bharti Thakur  
Bed. IInd Sem.  
(24377)

## WHY ?

Why it does not always happen, the way we want ?

Why do we nor get everything, that we want ?

Why every human beings, one or the other wish, remains unfulfilled ?

Why not every morning seems pleasant, not every day seems joyful and not every night is full of peace ?

Why it is that sometimes a person endures even the biggest pain by laughing and sometimes a small thing leaves him stunned ?

Why is it that sometimes these eyes find the rivers, the mountains, the oceans, the sky and the whole world so beautiful and yet at other times, the same eyes find these sights unsettling ?

These mountains, rivers, this sky - they all remain the same, but perhaps the worries running through our minds, the inner conflict we battle within ourselves, change our perspective. We question every moment - why is life the way it is ? Or perhaps before asking this question, we should first understand what life truly is ? May be life is about carrying unfulfilled desires, calming the inner conflicts within us, letting go of the bad moments, embracing the good ones and moving forward with courage.

Indu Bala  
Bed. IInd Sem.

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# The Power of Positive Attitude

In the fast-paced and often stressful world of college life, maintaining a positive attitude can be a game changer. A positive mind set is not just about seeing the glass as half full-it's about embracing challenges, staying motivated and finding opportunities in every situation. Positive attitude helps...

When storms arise and skies turn grey

A hopeful heart will light the way

With strength inside and courage bright,

A positive mind turns darkness to light.

Through highs and lows, through thick and thin,

A smile can spark the will to win,

No challenge stands too tall, too steep,

For those who dream, for those who leap.

Embrace the lessons big or small

Each stumble makes us stand more tall

No fear of failure, no despair

With faith and hope, we're free as air.

A grateful heart, a cheerful view

will paint the world in colours new

Each day is a gift, so live it bright

With love and laughter chase the light.

Let kindness bloom, let dreams take flight

With open arms embrace the fight.

For life rewards the ones who try

With endless hope beneath the sky.

So a positive attitude is not just a feel-good concept, it is a way of life. It transforms challenges into stepping stones and turns setbacks into comebacks. So stay hopeful, stay driven and let positivity shape your journey towards success.

Renu Sharma

Bed. IInd Sem.

(24256)

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# ARTIFICIAL INTELLIGENCE

Artificial Intelligence has emerged as one of the most revolutionary technological advancements of the 21st century. From automating tasks to enabling intelligent decision-making, it has the potential to reshape industries, redefine job roles and enhance human capabilities. This article explores the impact of AI, its applications and the ethical considerations surrounding its rapid development.

AI refers to the simulation of human intelligence in machines that can perform tasks typically requiring cognitive functions such as learning, problem solving and decision-making.

Applications of AI are already making a profound impact across various sectors.

**Healthcare** : AI driven diagnostic tools assist doctors in detecting diseases like cancer at an early stage, improving treatment outcomes. Robotics and machine learning also enhance surgical precision and drug discovery.

**Finance** : AI powered algorithms analyse market trends, detect fraudulent activities and optimise investment strategies, ensuring a more secure and efficient financial ecosystem.

**Education** : AI-driven adaptive learning platforms personalise education, offering tailored content, based on students learning styles and progress.

**Automatic Industry** : Self-driving cars, enabled by AI, promise to reduce traffic accidents and improve transportation efficiency.

**Customer Service** : Chatbots and virtual assistants provide 24/7 support enhancing customer experience and reducing operational costs.

The future of AI depends on responsible development and governance. Government, industries and researchers must collaborate to create ethical AI frameworks that balance innovation with societal well-being. AI full potential can be realised when it complements human intelligence rather than replacing it.

In conclusion, artificial intelligence is a transformative force that is reshaping the world. By addressing its challenges proactively and leveraging its potential responsibly, AI can hasten progress and improve lives, globally.

Rajni  
(24355)

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## IMPORTANCE OF ENGLISH LANGUAGE IN NEP 2020

Language is an important cultural tool. Every human being uses this tool to express himself. It is through language that one communicates and share ideas and belief. The National Education Policy (2020) observes English as an International language. According to this policy, learners should learn all the skills of English Language such as listening, speaking, reading and writing, for facility and social interaction. The National Education Policy of India 2020 plainly reveals that :

“English is a language; It is not a test of your intelligence. English is an international language that everyone should learn for convenience.”

This policy wants to abandon English Language and prefers the multilingualism which has a significant analytical value for learners.

English is a global language. It is necessary for higher education and specialised training in education. We can communicate with other countries only when we know English. In trade, commerce, higher scientific studies, it is widely used as communication around the globe. It is a language of internet, it is a language of media, computers, science, diplomacy etc. Many books, research papers and journals are published in English Language only. And also it can be said that English is the most demanding language of market. So we are under obligation to learn it. NEP2020 grants remarkable significance of learning English as a language of interaction. It also emphasises on overall integrative and multi-layered strategy at the undergraduate level which incorporates, diverse course like arts, social, sciences, humanities, management and all related professional courses. English is the most suitable language for this aim because it gives necessary awareness to international standards chiefly in the case of science, technology, management and also help in obtaining ICT resources.

NEP2020 gives value to multilingualism in addition to English Language. English will be taught to learners to make them understand world culture and global heritage. NEP2020 gives importance to English Language but it also gives significance to mother tongue / regional language and local language. The introduction of English Language by NEP2020 has contributed a lot to the education system.

Raveena  
(24356)

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## FROM A NON SWIMMER TO A CONFIDENT SEA SWIMMER MY JOURNEY IN THE INDIAN NAVY

I joined the Indian Navy when I was 17 years and 4 months old boy. Before joining Navy, I hardly knew how to stay afloat. I had hydrophobia. I used to get scared even from looking at the paddy fields (filled with green coloured shaival) in the monsoon. The idea of swimming in open sea seemed impossible, even intimidating. However, the Navy is not just about discipline and service, it is about overcoming personal limitations and emerging stronger.

When I joined Navy, I quickly realised that swimming was not just a skill but a necessity. In the beginning, I struggled with breathing techniques, co-ordination and most importantly, fear. But in Indian Navy giving up is never an option. With the guidance of my instructors, I began learning basics and the breakthrough moment came after four months of training when I completed my first lap without stopping in between. It wasn't perfect, but it was proof that I was improving. From there on, my confidence grew and swimming became less of a struggle and more of a challenge to conquer.

### **Facing the Open Sea :**

After completing one year in Navy, I was to swim for 30 minutes in one go, covering a distance of about 1 Km. Luckily, I came to know about "open sea swimming" competition which the Indian Navy was hoisting as part of Navy Day celebration and the participants were invited from all over India. It was scheduled to be held in Arabian Sea. The total distance to be covered was 6Kms.

I volunteered myself for taking part in that competition, but there was a self-doubt within me as to whether I would be able to do it and come back alive because learning to swim in a controlled part environment was one thing, but swimming in the open sea was an entirely different challenge. The vastness, the waves and the unpredictability of the ocean, tests one's mental & physical strength.

### **Competition Site :**

Navy chose Arabian Sea as the site for the competition. Participants were to be taken in the boats from the Gateway of India (Mumbai) and dropped deep inside the sea (06km away from shores.) The participants then have to swim towards shore, covering a distance of 06 kilometers.

### **Beginning of the Event :**

Thus, about 500 participants from all across the India, from small children to old age people in their seventies were ready to test their will power. There were around 15 boats that took us from Gateway of India. As I was sitting in the boat and travelling towards the starting point, I looked at the endless blue, my heart pounded. Before that I had only walked or ran for 6kms, but never swam for such a longer distance and that too in ocean. When we reached at the starting points, all the tallest buildings at the shore were not visible. Me and my two friends decided to swim in a group, to

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remain in close proximity to each other. When the horn blew, everyone jumped into the sea. I was amongst those who were waiting till the last moment to jump out of the boat. Finally me and my two friends took a deep breath and dived in, feeling the rush of cold eyes and my breathing had to adjust to the rhythm of the sea. For the first 500 meters, me and my friends almost swam together but slowly waves started us knocking us off course, fatigue set in, and we got separated from each other. At that time, doubt crept into my mind. But I reminded to myself that it wasn't just swimming against the ocean ; I was swimming against my fears, my units and the voice inside that once told me this is impossible. I found a competitor, who was following me, we tried to move ahead of me. This competition kept going on for the 3-4 Kms. When we reached near shore (around 1 Km away) sight of the building was visible. As we neared the finish line, I saw the cheering crowd on the shore. Me and my competitions swam to our full strength and for the last 100 meters we started to exhaust every bit of calories within us to finish ahead of each other. I tried hard but could not defeat that opponent. I was 3-4 meters behind him and when we reached the shore, I noticed that the opponent of me was a "girl" with one of her leg amputated.

I was surprised to see her courage. I tried my best but couldn't match up with her will power, resilience and determination. On finishing the event, I felt an overwhelming sense of accomplishment. Crossing that finishing line wasn't about completing a race. It was about proving to myself that it was more than just an event. It was a transformative experience. It taught me resilience and the power of pushing beyond comfort zones. Ocean tested me but in return it did give me a new found confidence and unforgettable adventure.

Kuldeep Kumar  
(24346)

## How A Happy Face Looks Like ?

A happy face, so bright and warm,  
Like sunshine breaking through the storm.  
    Eyes that sparkle, full of cheer,  
    A smile that chases every fear,  
Cheeks that glow with gentle grace,  
A twinkle dancing in its place,  
    The lips, they curl, a sweet embrace,  
    Creating joy in every space,  
It's the laughter in the air,  
A radiance beyond compare,  
    The joy it brings, the light it shows,  
A happy face that always glows.

Rekha Thakur  
(23314)

# हिन्दी अनुभाग

सम्पादक : डॉ. राज भगती

छात्रा सम्पादक : रंजना देवी

## शक्ति और शासन के संदर्भ में

ऐ नारी तू मुस्कुराती जाए  
जीवन के हर रंग में ढलती जाए  
तू राम की सीता कभी सती बन जाए  
और असुरों के लिए दुर्गा काली कहलाए  
नवरात्रों में नौ दिन पूजी जाए  
नौ दिन के बाद यह समाज असली रूप दिखाए  
ऐ नारी तू मुस्कुराती जाए  
जीवन के हर रंग में ढलती जाए ।  
जब बात हो देश की  
अपनी वीरता और शहादत से  
झांसी की रानी कहलाए  
ना जाने क्यों अपने आत्म सम्मान की लड़ाई हार जाए  
ऐ नारी तू मुस्कुराती जाए, जीवन के हर रंग में ढलती जाए  
ऐसा कोई काम नहीं, जो तू कर ना पाए  
शिक्षा, शक्ति, शासन हर चीज में परचम लहराए  
देश की प्रथम नागरिक से लेकर फाइटर जेट तक उड़ाए  
तू घर की होम मिनिस्टर ही नहीं  
देश की फाइनंस मिनिस्टर भी कहलाए  
कभी चांद पर जाए कभी शिखर के शीश झुकाए  
जो गाड़ी सबको भाए और थार कहलाए  
उस गाड़ी का डिजाइन भी एक महिला बनाए  
न जाने क्यों खुद को कचरे में पाए  
कभी दुनिया ना देख पाए कभी जिंदा जलाई जाए  
ऐ नारी तू फिर भी मुस्कुराती जाए

शिक्षित होकर दो घरों में लौ जलाए  
बहन, बहू, पत्नी सब चाहे  
पर कोख में बेटी है तो नींदें उड़ जाए  
ऐ नारी तू मुस्कुराती जाए  
नारी होकर भी ऑफिस से घर तक संभाले  
पर हो जाए तेरी तरक्की तो यह समाज  
तेरे चरित्र को निशाना बनाए  
पुरुष वर्ग से कंधे से कंधा मिलाकर चले  
फिर खुद के हक के लिए साल का केवल एक दिन मिले  
ऐ नारी तू मुस्कुराती जाए ।  
जो मनुष्य रूपी असुरों से खुद को ना बचा पाए  
तो देश और प्रशासन की आंखें खोलकर  
कभी निर्भया तो कभी मौमिता कहलाए  
और न्याय के लिए सिर्फ कैंडल मार्च मिल पाए  
ऐ नारी तू मुस्कुराती जाए  
जीवन के हर रंग में ढलती जाए ।  
अंत में सब यही कह पाए  
कोई तेरे कदम ना रोक पाए  
तू नारी से नारायणी कहलाए  
तू जननी, तू ही पालनकर्ता कभी विनाशकारी भी बन जाए तेरे  
बिना यह विश्व ना चल पाए  
तू हर पल मुस्कुराए  
पर जहां हो जरूरत नहीं वही समायोजन बिठाए  
तू शक्ति है और शक्ति ही कहलाए ।

शैलजा शर्मा

बी.एड प्रथम सत्र 24389

# शहीद का बलिदान

आसमान भी रो पड़ा था  
धरती भी कांप गई थी  
किस घड़ी मौत आई थी  
किसी ने आहट न पाई थी ।  
मां का एकटक चेहरा था  
आंखों में सावन ठहरा था  
पुत्र था जो शहीद हुआ  
मां की ममता हारा था ।  
पत्नी की चीखें गूंज उठी  
सपनों का दीपक बुझ गया  
जो कल तक साथ निभाने को था  
वह आज तिरंगे में लिपट गया ।  
बेटे के सर से साया उठा  
जिसे चलना उसने सिखाया था  
पिता की झुकी कमर चीख उठी  
जिसे कंधे का सहारा था  
मां की सूनी गोद हुई  
पिता की छाती छलनी हुई  
जिस घर में खुशियां बसती थी  
वहां अब यादें भी वीरान हुई ।  
पर गर्व है इन परिवारों को  
अपनी उन संतानों पर  
जो मिट गए मां की खातिर  
मातृभूमि के बलिदानों पर ।

गरिमा

बी.एड द्वितीय सत्र 24382

# पापा

पापा हर फर्ज निभाते हैं  
जीवन भर कर्ज चुकाते हैं  
बच्चे की एक खुशी के लिए  
अपने सुख भूल ही जाते हैं  
फिर क्यों ऐसे पापा के लिए  
बच्चे कुछ कर ही नहीं पाते  
ऐसे सच्चे पापा को क्यों  
पापा कहने में भी सकुचाते  
पापा का आशीष बनाता है  
बच्चे का जीवन सुखदाई  
पर बच्चे भूल ही जाते हैं  
यह कैसी आंधी है आई  
जिससे सब कुछ पाया है  
जिसने सब कुछ सिखलाया है  
कोटि नमन ऐसे पापा को  
जो हर पल साथ निभाता है  
प्यारे पापा के प्यार भरे  
सीने से जो लग जाता है  
सच कहती हूं विश्वास करो  
जीवन में सदा सुख पाता है ।

नेहा देवी

बी.एड द्वितीय सत्र 24336

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# बचपन की नींव पर टिका भविष्य

प्रकृति में प्रत्येक जीवधारी की अपनी एक विशेष भूमिका होती है। जिस प्रकार एक छोटा बीज उचित जल, वायु और मिट्टी प्राप्त करके एक विशाल वृक्ष का रूप ले लेता है, ठीक उसी प्रकार एक नन्हा बच्चा भी सही वातावरण, शिक्षा और संस्कार प्राप्त करके एक सफल और महान व्यक्ति बन सकता है। यह कहावत इस बात को दर्शाती है कि यदि किसी भी व्यक्ति को उचित मार्गदर्शन और साधन मिलें, तो वह अपने जीवन में ऊँचाइयों को छू सकता है। हर बच्चा जन्म से ही एक विशेष क्षमता लेकर आता है। बचपन किसी भी व्यक्ति के जीवन की सबसे महत्वपूर्ण अवस्था होती है क्योंकि इसी दौरान उसके व्यक्तित्व का निर्माण होता है। यदि उसे सही दिशा, संस्कार और शिक्षा दी जाए, तो वह समाज और देश के लिए एक उपयोगी नागरिक बन सकता है। जिस प्रकार एक बीज को उचित मात्रा में पानी, धूप और खाद मिलती है, तो वह मजबूत वृक्ष बन जाता है, वैसे ही बच्चे को प्रेम, सुरक्षा और शिक्षा का उचित वातावरण मिलना आवश्यक होता है। बच्चे के संपूर्ण विकास के लिए उसका वातावरण अत्यंत महत्वपूर्ण होता है। यदि वह एक ऐसे परिवार और समाज में पले-बढ़े जहाँ उसे नैतिक मूल्यों, शिक्षा और आत्मनिर्भरता का ज्ञान मिले, तो वह भविष्य में एक सशक्त व्यक्ति बनेगा। इसके विपरीत, यदि उसे नकारात्मक वातावरण, अशिक्षा और अनुशासनहीनता का सामना करना पड़े तो उसकी क्षमताएँ कुंठित हो सकती हैं। विद्यालय और शिक्षकों की भूमिका भी इसमें अत्यंत महत्वपूर्ण होती है। एक अच्छा शिक्षक बच्चे की जिज्ञासा को बढ़ावा देता है और उसे सही दिशा में बढ़ने की प्रेरणा देता है। इसके साथ ही, खेल-कूद, कला और रचनात्मक गतिविधियों से भी बच्चे का सर्वांगीण विकास होता है। वृक्ष जितना अधिक मजबूत और गहरी जड़ें जमाता है, उतना ही वह स्थिर और शक्तिशाली बनता है। इसी तरह, बच्चों को अच्छे संस्कार और नैतिक मूल्य देना बहुत जरूरी है। यदि उनमें ईमानदारी, करुणा, अनुशासन और परिश्रम की भावना डाली जाए, तो वे जीवन में किसी भी चुनौती का सामना करने में सक्षम होंगे। माता-पिता और समान को मिलकर बच्चों को सही दिशा देनी चाहिए ताकि वे आगे चलकर देश और समाज का गौरव बन सकें।

हर बच्चा अपने आप में एक अद्भुत संभावना रखता है। यदि उसे सही मार्गदर्शन और आत्मविश्वास दिया जाए, तो वह अपने सपनों को पूरा कर सकता है। कई महान व्यक्तित्व जैसे महात्मा गांधी, अब्दुल कलाम, स्वामी विवेकानंद और रवींद्रनाथ टैगोर ने भी अपने जीवन की शुरुआत एक साधारण बच्चे के रूप में की थी। लेकिन सही शिक्षा, संस्कार और मेहनत के कारण वे महान् बने।

“नन्हा सा बीज उचित जलवायु मिलने पर वृक्ष बन जाता है” यह कथन हमें बताता है कि हर बच्चे में एक महान व्यक्ति बनने की क्षमता होती है। आवश्यकता सिर्फ उसे सही शिक्षा, संस्कार, और अवसर देने की हैं। यदि हम बच्चों की एक स्वस्थ नैतिक और प्रेरणादायक वातावरण प्रदान करें, तो वे न केवल अपने भविष्य को उज्ज्वल बनाएंगे, बल्कि समाज और देश के विकास में भी महत्वपूर्ण योगदान देंगे। इसीलिए, हमें बच्चों के सही मार्गदर्शन और उनके समुचित विकास की जिम्मेदारी उठानी चाहिए ताकि वे जीवन में एक सशक्त और उपयोगी व्यक्ति बन सकें।

सुनीता

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# जीवन में परिश्रम का महत्व

मनुष्य के जीवन में परिश्रम का बहुत अधिक महत्व है। परिश्रम के बिना कुछ भी संभव नहीं है। जैसे कि संस्कृत में एक प्रसिद्ध श्लोक भी है – उद्यमेन हि सिद्ध्यति कार्याणि न मनोरथै... जिसका अर्थ है परिश्रम से ही कार्य सिद्ध होते हैं, केवल इच्छा करने से नहीं जैसे सोए हुए मोर के मुख में हिरण स्वयं प्रवेश नहीं करता, ठीक उसी प्रकार बिना परिश्रम के फल की कामना करना गलत है। कठिन परिश्रम के द्वारा मानव अपने जीवन में बहुत अधिक उन्नति कर सकता है और उसके अभाव में उसे नित्य ही असफलता का सामना करना पड़ता है। दृढ़ संकल्प और अनुशासन के साथ परिश्रम करके किसी भी लक्ष्य को प्राप्त किया जा सकता है। सफलता के लिए सही दिशा में परिश्रम करना बहुत ही आवश्यक है। किसी भी अभ्यर्थी के द्वारा जब कोई परीक्षा दी जाती है उसके सफल होने की संभावना इस पर निर्भर करती है कि सही दिशा में परिश्रम, दृढ़ संकल्प, संयम, अनुशासन और समय की पाबंदी। इनमें से यदि एक की भी कमी हो तो अभ्यर्थी के सफल होने संभावना कम हो जाती है और यदि उसने सही दिशा में भरपूर परिश्रम किया हो तो उसे सफल होने से कोई नहीं रोक सकता। अतः किसी लक्ष्य की प्राप्ति के लिए परिश्रम का हमारे जीवन में विशेष महत्व है।

पूजा

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## आत्मनिर्भरता

एक कहावत है कि 'ईश्वर भी उन्हीं की सहायता करते हैं, जो अपनी सहायता स्वयं करते हैं।' अगर हम जिंदगी में हर छोटी-मोटी जरूरत के लिए दूसरों से उम्मीद नहीं रखते तो यह खुद में भरोसा बढ़ाने वाली बात है। दूसरे आपका भरोसा तोड़ सकते हैं मगर अपने – आप से कभी निराशा नहीं मिलती। यह बात मैं अपने जीवन के अनुभवों से कह रही हूँ। एक समय मेरे जीवन में ऐसा भी आया जब खुद काम करके स्वयं की जरूरतों को पूरा किया। अगर आप आत्मनिर्भर हैं तो आप अपनी इच्छाओं को पूरा कर सकते हैं। आपको कुछ अच्छा करने से पहले किसी से पूछना नहीं पड़ता है। परंतु आज भी अगर कोई नारी आत्मनिर्भर बनना चाहती है तो उस पर काफी बंदिशें लगाई जाती हैं। बहुत से कार्यों में औरतों को कहा जाता है कि तुमसे नही हो जाएगा या औरतें यह काम नहीं कर सकती। हम कब तक दूसरों के सहारे जियेंगे। अगर भविष्य को सवारना है तो कठिन मेहनत व परिश्रम करके सफलता प्राप्त करें तथा आत्मनिर्भर बनें। यदि असफल हो भी जाएँ तो निराश न होकर सफल होने का निरंतर प्रयास करें। ताकि कभी जिंदगी में ऐसा समय आए कि आपके साथ कोई खड़ा नहीं है फिर भी आप स्वयं के लिए काफी हो।

रुचिका

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## “पिता”

मेरा पूरा संसार  
जिन से फलता फूलता परिवार वो पिता है  
मेरे मायूस चेहरे पर  
जो झट से हंसी ले आये वो पिता है  
जिनके कदमों की आहट से  
घर-परिवार में रौनक आ जाए  
वो पिता है जो माँ को  
हर काम के लिए हाँसला दिलाये वो पिता है  
हर मुश्किल घड़ी में  
परिवार की ढाल बन के खड़ा हो जाये वो पिता है  
हम भूखे न रहें  
तो अपने मुंह का निवाला भी हमें दे।  
वो पिता है  
हमारी हर इच्छा  
पूरी करने के लिए जी जान लगाये  
वो पिता है  
कभी हम बीमार पड़ जायें  
तो पूरी रात आंखों में नींद न आये वो पिता है  
हमने जो देखे सपने  
उन्हें पूरा करने के जो काबिल बनाये  
वो पिता है  
बचपन में डगमगाते से  
पैरों को अंगुली पकड़ कर चलना सिखाये।  
वो पिता है  
हमें जिन्दगी में  
अच्छा मुकाम हासिल करवाना चाहे वो पिता है  
जो हमारे लिए पूरी दुनिया से  
लड़ने को तैयार हो जाए  
वो पिता है  
सुख-दुःख का साथी मेरी जिन्दगी के  
सुपर हीरो कहलाये  
वो पिता है

मोनिका शर्मा

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## लक्ष्य की ओर अग्रसरता

एक बार स्वामी विवेकानन्द अपने आश्रम में अपने पालतू कुत्ते के साथ टहल रहे थे। इसी दौरान एक युवक उनके पास आया और अपनी समस्याओं का उल्लेख करते हुए कहा, “स्वामी जी, मैं कड़ी मेहनत करता हूँ, लेकिन सफलता नहीं मिलती।” पढ़-लिख कर भी भटकता हूँ। कृपया मेरी सहायता करें।”

स्वामी विवेकानन्द ने युवक की बातों को समझा और कहा, “भाई, मेरे कुत्ते को दूर तक सैर करा आओ, फिर तुम्हारे प्रश्नों का उत्तर दूंगा।” युवक ने स्वामी जी की बात मानी और कुत्ते के साथ चल पड़ा। लगभग एक से डेढ़ घंटे बाद, जब वे लौटे, तो युवक के चेहरे पर कोई थकावट नहीं थी, लेकिन कुत्ता जोर-जोर से हाँफ रहा था।

स्वामी जी ने युवक से पूछा, “तुम तो शांत दिखाई दे रहे हो, लेकिन कुत्ता इतना थका क्यों है? युवक ने उत्तर दिया, “स्वामी जी, मैं धीरे-धीरे चल रहा था, लेकिन यह कुत्ता इधर-उधर भागता रहा, दूसरों का पीछा करता रहा, जिससे वह थक गया।” स्वामी विवेकानन्द मुस्कुराए और कहा, “यही तुम्हारे प्रश्न का उत्तर है। तुम भी अपने लक्ष्य के बजाय दूसरों के पीछे भागते रहे, जिससे तुम थक गए। तुम्हें अपनी क्षमता पहचानकर अपने लक्ष्य पर ध्यान केन्द्रित करना चाहिए। तभी सफलता मिलेगी।

यह कहानी हमें यह सीखाती है कि अपनी पहचान और लक्ष्य को समझकर, बिना विचलित हुए, निरंतर प्रयास करना सफलता की कुंजी है।

शालिनी शर्मा

बी.एड द्वितीय सत्र 10192

# आंसू

अरे आंसू ! बता तेरी क्या कहानी है  
सच है तू जीवन का या सिर्फ पानी है ?  
अरे आंसू ! बता तेरी क्या कहानी है ।  
कभी बहता है दुःख में  
कभी छलकता है खुशियों में  
छुपा बैठा है कहां तू नैनों की गलियों में  
सागर जैसी आंखों में छुपा मोती सा है  
कभी दिल में जगी ज्योति सा है  
क्या नैनों से तेरी प्रीत पुरानी है  
अरे आंसू ! बता तेरी क्या कहानी है  
दुःख का बांध भी है सुखों की डोरी भी  
तू इस ओर है तू उस ओर भी  
आंसू ना हो जब तक हर दुःख लगे झूठ  
हर सुख लगे फीका  
तेरे सम्मिलित बनाए सुख—दुख को सीखा  
ना तेरा बचपन, ना बुढ़ापा, न ही जवानी है

अरे आंसू ! बता तेरी क्या कहानी है ?  
चोट लगे या दर्द हो  
बिन कहे तू अपना काम करें  
आंखों से निकल कर तू  
गालों की सुंदरता को बदनाम करे  
रूठे साथियों को मिलाना तेरा काम है  
आंसू रे ! तेरा हर नयन में बना मकान है  
दुखी चेहरा तेरे आने की निशानी है  
अरे आंसू ! बता तेरी क्या कहानी है  
कभी बच्चे भी किलकारी  
कभी बुढ़ापे की मजबूरी है तू  
हारे हुए इंसान की नाकामयाबी  
विदा होती बेटी की विडंबना का साया है तू  
दुनिया में तेरी पहचान पुरानी है  
अरे आंसू ! बता तेरी क्या कहानी है ?

पल्लवी

बी.एड द्वितीय सत्र 24340

## क्या एक किताब को यादगार बनाता है

एक अच्छी किताब शब्दों का संग्रह नहीं होती बल्कि यह पाठकों के मन और हृदय पर गहरी छाप छोड़ने वाली होती है । मजबूत और भावनात्मक रूप से जुड़ने वाले पत्र कहानी को अविस्मरणीय बनाते हैं । एक रोचक और अर्थपूर्ण कथानक जिसमें अप्रत्याशित मोड़ और गहराई हो जो पाठकों को बांधे रखता है । प्रेम न्याय आत्म खोज जैसे विचारोंत्तेजक विषय किसी भी पुस्तक को प्रभावशाली बनाते हैं । सशक्त लेखन शैली सुंदर भाषा और भावनात्मक प्रस्तुति एक किताब को विशेष बनाती है कभी—कभी एक किताब इसलिए भी यादगार बन जाती है, क्योंकि वह सही समय पर पाठक के जीवन में जुड़ जाती है ऐतिहासिक और सांस्कृतिक महत्व भी किसी पुस्तक को कालजयी बन सकता है एक किताब केवल पढ़ने के लिए नहीं होती है बल्कि वह पाठकों के भीतर कुछ नया जगाती है । वह सोचने, महसूस करने और जीवन को नए नजरिए से देखने की प्रेरणा देती है ऐसी किताबें सिर्फ कहानियां नहीं होती बल्कि वह हमारी यादों भावनाओं और अनुभवों का हिस्सा बन जाती है ।

प्रवीण शर्मा

बी.एड द्वितीय सत्र 24319

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# भुण्डा महायज्ञ स्पैल वैली 2025 (रोहडू)

भुण्डा महायज्ञ स्पैल वैली (रोहडू) में साल 2025 में आयोजित किया गया था । यह यज्ञ 2 जनवरी से लेकर 5 जनवरी तक हुआ था । यह महायज्ञ लगभग 40 वर्षों के बाद हुआ था । इससे पहले स्पैल वाली में भुण्डा महायज्ञ 1985 में हुआ था । भुण्डा महायज्ञ में दूर-दूर से लोग इसे देखने पहुंचे थे । रोहडू की स्पैल वैली के अंतर्गत आने वाले गांवों जिनमें दलगांव, भमनाला, करालय, खोडसू, दयारमोली, बरटाड़ी, गांवणा, बुठारा, कुटाड़ा और ब्रेटली के गांवों में रहने वाले 1500 के करीब परिवार इसकी मेजबानी कर रहे थे । इस महायज्ञ में लगभग एक लाख लोग आए हुए थे । क्षेत्र के लोग 3 सालों से इसकी तैयारी में जुटे हुए थे इस महायज्ञ में रोहडू क्षेत्र के तीन प्रमुख देवता बौद्रा महाराज, महेश्वर महाराज और मोहरीश महाराज (महर्षि) दलगांव मंदिर आए हुए थे । इन देवताओं के साथ हजारों की संख्या में देवतु (देवता के कारदार) और श्रद्धालु भी पहुंचे थे ।

भुण्डा महायज्ञ के पहले दिन 2 जनवरी को सभी तीनों देवता दलगांव मंदिर पहुंचे थे । इस दिन देवता बकरालू महाराज (दलगांव) ने इन तीन देवताओं से मुलाकात की तथा उनका स्वागत किया । यह देव मिलन अत्यंत भव्य एवं सुंदर था ।

भुण्डा महायज्ञ के दूसरे दिन 3 जनवरी को शिखा फेर की रस्म हुई । इस अवसर पर एक विशेष मंडल का निर्माण हुआ था । इस मंडल की पूजा तथा बौद्रा महाराज और महेश्वर महाराज के द्वारा मंडल छूने के बाद फेर की रस्म आरंभ हुई । मोहरीश महाराज (रंटाड़ी) ने मंदिर के चारों ओर गोलाई में एक चक्कर पूरा किया था । जिससे फेर की रस्म पूरी हुई तथा इसके बाद मोहरीश महाराज के मंदिर प्रांगण में आने के बाद शिखा फेर (मंदिर के शिखर का पूजन) भी विधिवत हुआ । भुण्डा महायज्ञ के तीसरे दिन 4 जनवरी को बेड़ा रस्म हुई । इस बेड़ा रस्म को सूरत राम ने पूरा किया था । इस बेड़ा रस्म में रस्सी के ऊपर फिसल करके एक छोर से दूसरे छोर तक आना पड़ता है । यह रस्सी घास की बनी होती है । बेड़ा रस्म को निभाने वाले सूरत राम देवता महेश्वर महाराज के रथ पर बैठकर बेड़ा की रस्म को पूरा करने आए थे तथा वापस भी रथ पर बैठकर मंदिर आए थे । इस दृश्य को देखने के लिए हजारों की संख्या में भीड़ दलगांव में उमड़ी । भुण्डा महायज्ञ के अंतिम दिन 5 जनवरी को इस महायज्ञ की समाप्ति के बाद सभी देवता अपने क्षेत्र की ओर वापस लौटे तथा उनके साथ श्रद्धालु भी अपने गांव की ओर चले गए थे । यह महायज्ञ भक्ति, त्याग और दैवीय कृपा का प्रतीक है तथा मान्यता है कि इस महायज्ञ से क्षेत्र में सुख समृद्धि और शांति मिलती है ।

हरिंदर सिंह

बी.एड द्वितीय सत्र 24349

## शिक्षा का महत्व

मनुष्य के जीवन में जितना महत्व भोजन, कपड़े, हवा और पानी का है । उससे कहीं अधिक महत्व शिक्षा का है इसलिए हमेशा यह कहा जाता है कि शिक्षा का मानव के जीवन में बहुत महत्व है । शिक्षा ही एक ऐसा माध्यम है जिससे मनुष्य में ज्ञान का प्रसार होता है । इंसान की बुद्धि का विकास शिक्षा अर्जित करने से ही होता है । शिक्षा मानव जीवन की एक महत्वपूर्ण इकाई है । शिक्षा के बिना मानव जीवन की कल्पना करना भी मुश्किल है । शिक्षा व्यक्तिगत और सामाजिक विकास की एक महत्वपूर्ण आधारशिला है । यह ज्ञान प्राप्त करने कौशल विकसित करने और नैतिक मूल्यों को आकार देने का कार्य करती है । छात्रों के लिए शिक्षा केवल अकादमिक सीखने के बारे में नहीं है बल्कि रचनात्मकता, आलोचनात्मक सोच और समस्या समाधान क्षमताओं को बढ़ावा

देने के बारे में भी है ।

शिक्षा चरित्र विकास, अनुशासन, सहानुभूति और आत्मविश्वास पैदा करने में महत्वपूर्ण भूमिका निभाती है । यह छात्रों को वास्तविक दुनिया की चुनौतियों का सामना करने, उचित निर्णय लेने और समाज में सार्थक योगदान देने के लिए सूचित करती है । बड़े पैमाने पर शिक्षा एक प्रगतिशील समाज की नींव है यह समानता को बढ़ावा देती है । गरीबी को कम करती है और नवाचार को बढ़ावा देती है । एक शिक्षित आबादी मजबूत अर्थव्यवस्थाओं, बेहतर स्वास्थ्य सेवा और सतत विकास की ओर ले जाती है । इसके अलावा शिक्षा वैश्विक जागरूकता को बढ़ावा देती है । संस्कृतियों में विविधता और सहयोग के लिए प्रोत्साहित करती है ।

शिक्षा केवल एक लक्ष्य तक पहुंचाने का साधन नहीं है बल्कि यह आजीवन यात्रा है जो जीवन को बदल देती है इसके महत्व को अतिरंजित नहीं किया जा सकता क्योंकि यह क्षमता को उजागर करने, सपनों को साकार करने तथा व्यक्तियों और समाज के लिए उज्ज्वल भविष्य का निर्माण करने की कुंजी है ।

रीतु शर्मा

बी.एड द्वितीय सत्र 24360

## जीवन

जीवन है सुख का साया,  
पर संघर्ष बिना कुछ ना पाया ।  
संतोष फूल खिले हैं कांटों के साथ,  
सुख—दुःख चलता है साथ—साथ ।  
आसमान भी गरजता बरसने से पहले,  
हर जीत की कहानी है मेहनत के मेले ।  
चलो बढ़ें कदम जमाएं,  
संघर्ष से जीवन को चमकाएं ।  
इस अंधियारे में रोशनी है छिपी,  
हर मुश्किल में है सफलता की सीढ़ी ।  
जीवन एक संग्राम है यारा,  
संघर्ष से ही मिलता सहारा ।  
सपने देखें, लक्ष्य बनाएं,  
मेहनत से ही सब कुछ पाएं ।

तनुजा

बी.एड द्वितीय सत्र 24309

## सपनों में उड़ान भरो

कुछ काम करो, ना मन को निराश करो  
पंख होंगे मजबूत, तुम सपनों में साहस भरो  
गिरोगे लेकिन फिर से उड़ान भरो, सपनों में उड़ान भरो ।  
तलाश करो मंजिल की, ना व्यर्थ जीवन दान करो  
जग में रहकर कुछ नाम करो, अभी शुरुआत करो  
सुयोग बीत न जाए कहीं, सपनों में उड़ान भरो ।  
समझो खुद को, लक्ष्य का ध्यान करो  
यूं ना बैठकर बीच राह में, मंजिल का इंतजार करो  
संभालो खुद को यूं ना विश्राम करो, सपनों में उड़ान भरो ।  
उठो चलो आगे बढ़ो, मन की आवाज सुनो  
खुद के सपने साकार करो, अपना भी कुछ नाम करो  
इतिहास के पन्नों में अपना नाम दर्ज करो, सपनों में उड़ान भरो  
बहक जाएं कदम तो गुरु का ध्यान करो  
तुम पा ना सको ऐसी कोई मंजिल नहीं, हार जीत का मत ख्याल करो  
अडिग रहकर लक्ष्य का रसपान करो, सपनों में उड़ान भरो ।

रंजना देवी

बी.एड चतुर्थ सत्र 23327

# शिक्षक

जीवन में जो राह दिखाए  
सही तरह चलना सिखाए ।  
माता—पिता से पहले आता,  
जीवन में सदा आदर पाता ।  
सबको मान प्रतिष्ठा जिससे  
सीखी कर्तव्य निष्ठा जिससे  
कभी रही ना दूर मैं जिससे  
वह मेरा पथ प्रदर्शक है जो  
मेरे मन को भाता  
वह मेरा शिक्षक कहलाता ।  
कभी है शांत, कभी है धीर  
स्वभाव में सदा गंभीर  
मन में दबी रहे यह इच्छा  
काश मैं उस जैसा बन पाता  
जो मेरा शिक्षक कहलाता ।

नेहा देवी

बी.एड द्वितीय सत्र 24336

# फासले

गुजरते हैं जब भी इन राहों से  
साथ बिताए पल हमेशा याद आते हैं  
होते हैं, वही मंजर वही मौसम  
ना जाने क्यों इतने फासले बढ़ जाते हैं ?  
क्या चाहते हैं, क्या पाते हैं  
ना जाने क्यों जिंदगी की कश्मकश में  
इतना उलझ जाते हैं  
होते हैं वही मंजर वही मौसम  
ना जाने क्यों इतने फासले बढ़ जाते हैं ?  
सब पाकर भी किस आस में रह जाते हैं  
अनकही बातों में क्यों उलझे नजर आते हैं  
होते हैं, वही मंजर वही मौसम  
ना जाने क्यों इतने फासले बढ़ जाते हैं ?

अनिश कुमार

बी.एड तृतीय सत्र 24380

# तिरंगा और देशभक्ति

सच—सच कहना प्रिय तिरंगे  
आज नहीं तुम रहना मौन

हाथ बहुत फहराने वाले  
लेकिन तुमको समझता कौन ?

केसरिया की त्याग भावना  
है कितनों के जीवन में ?

और श्वेत की शांति भावना  
कि मानव के तन मन में ?

हरे रंग की समृद्धि में  
क्या सच में शीतलता है ?

जो मानव लहराते तुमको  
क्या उनमें नैतिकता है ?

चक्र कह रहा चलते जाओ  
पर भटकते सब राह यहां ।

झंडा तो हम सब थामे है  
पर झंडे वाली बात कहाँ ?

हां तुमको जब फहराते हैं  
देशभक्त के सच्चे हाथ

दोनों धन्य धन्य हो जाते  
हो भारत का उन्नत माथ ।

अरुण लाल ठाकुर

बी.एड चौथा सत्र 23366

# संघर्ष

यदि जीवन में संघर्ष है  
तो आप बहुत मजबूत हो  
कमजोर इंसान की पहचान  
शायद उसके जीवन में संघर्षों की कमी हो  
कमजोर तो इंसान पहले होता है  
संघर्षों की भट्टी में  
जब वह तपकर बाहर निकलता है  
तब वह मजबूत चट्टान सा हो जाता है  
क्योंकि इन्हीं संघर्षों ने उसे  
जीवन की गहरी वास्तविकता से  
रूबरू कराया होता है ।  
ठोकरें लगे जिंदगी में जितनी जल्दी  
उतना अच्छा है यह दुनियादारी  
और दुनियाँ के लोग समझ में आते हैं  
संघर्षों से इंसान कभी बर्बाद नहीं होता  
हमेशा आबाद होता है  
संघर्षों से इंसान कमजोर नहीं  
मजबूत चट्टान सा होता है  
फिर क्यों डरते हो संघर्षों से  
यह संघर्ष ही सही रहा दिखलाएंगे ।  
कमजोर इंसान की पहचान  
शायद उसके जीवन में संघर्षों की कमी हो  
संघर्ष है तो जीवन है  
और इन्हीं संघर्षों के भीतर छिपा आनंद है  
बस संघर्षों को जीना सीखो...

काजल ठाकुर

बी.एड द्वितीय सत्र 24388

# अनुभव

अनुभव क्या है, अगर पूछूँ किसी से  
जो जीवन में उतार चढ़ाव देखे वही अनुभव है  
मगर जब तक खुद नहीं जिया  
तो क्या मालूम क्या सच है और क्या गलत  
  
अब तक अनुभवों को बस सुना था दूसरों से,  
मगर जब जीवन में दस्तक दी उन्होंने  
तो जाना क्या होता है वास्तव में ।  
अनुभव कुछ अच्छी कुछ बुरी यादों के  
  
बुरी यादें कहकर इन्हें बदनाम ना कर  
क्योंकि यह यादें बुरी ना होकर  
एक सबक बन जाती हैं जीवन का  
जीवन को देखने समझने का नजरिया दे जाती हैं ।  
  
संसार में आए हैं तो इनसे गुजरना पड़ेगा  
अच्छे हो या बुरे इन्हें सहना पड़ेगा  
और इसी तरह जीवन में बढ़ते रहना पड़ेगा ।  
  
इसलिए मत डर इस जीवन रूपी भंवर से  
आए हैं दुनिया में तो अनुभवों को जीना पड़ेगा ।

मेघा कुमारी

बी.एड द्वितीय सत्र 24329

## नाराज हो क्या तुम जिन्दगी ?

नाराज हो क्या तुम जिन्दगी मुझसे ?  
जिन्दगी नाराज नहीं है हमसे  
हम मुंह फेर लेते हैं जिन्दगी से  
कभी यह सोचकर जो सोचा था वह तो हुआ नहीं  
फिर कभी यह देखकर यार वह लोग क्या कहेंगे  
भीड़ बहुत है हम क्या ही कर लेंगे  
पर कभी गुनगुनाती सांसों को महसूस ही नहीं  
किया  
कि क्यों यह हमारे साथ हर वक्त किसी  
तार के गीत सी हैं जो हमें खुद पर भरोसा करने को  
कहती हैं  
ये पैर धीमे से उठकर कहते हैं  
यार जिन्दगी नाराज नहीं है हमसे  
हम मुंह फेर लेते हैं जिन्दगी से  
जरा उठ तू अपने रास्ते से यारी कर  
वह हंस कर तुझे तेरी मंजिल तक पहुंचाएगा  
रख तू हौसला आरजू पूरी होगी तेरी एक दिन  
जरूर  
तू ही आन तेरी जिस दिन तू यह जान जाएगा  
हां उस दिन फिर तू खिलखिला कर जरूर ये  
कहेगा  
यार जिन्दगी नाराज नहीं है हमसे  
हम मुंह फेर लेते हैं जिन्दगी से ।

दीक्षिता नेगी

बी.एड द्वितीय सत्र 24381

## आखिर क्यों ?

जाम नहीं धुएं में उड़ रहा है आज का युवा  
आखिर क्यों नशे का आदी हो रहा है युवा  
क्यों अपनी जिन्दगी को बोझ समझता है युवा  
आखिर क्यों अपने कर्तव्यों से विमुख हो चुका है युवा  
नशे को फैशन मानकर चला है युवा  
अपने सपनों को चकनाचूर करके नशे को साथी मान  
रहा युवा  
देखो आज समाज पर नशे का प्रहार  
बच्चा-बच्चा कर रहा इसका आहार ।।  
जहरीला चिट्ठा कर रहा धीरे-धीरे युवा पीढ़ी को  
खत्म  
कभी नाली में तो कभी पाखाने में कर रहा  
अपनी जिन्दगी की खाहिशें खत्म  
शरीर को अंदर से खोखला कर रहा है धूम्रपान  
तंबाकू, शराब, गांजा, अफीम को बना दिया  
युवाओं ने अपनी पहचान ।।  
लुप्त हो रही है संस्कृति हमारी जिसका था हमें कभी  
अभिमान  
इस नशे ने खत्म कर दिए हजारों लाखों मकान  
कोई और नहीं तुम स्वयं हो इसके जिम्मेदार  
अगर बचाना है इससे तो तुम हो जाओ तैयार ।

दीक्षिता नेगी

बी.एड द्वितीय सत्र 24380

## उठो ना मां

उठो ना मां  
एक बार नजरें तो मिला दो  
दो बातें मेरी सुनो, दो तुम सुना दो ।  
उठो ना मां  
डांटो मुझे, कुछ ताने सुना दो  
थप्पड़ भी मारो, चाहे मुझे रुला दो ।  
उठो ना मां  
गुस्सा छोड़ो, सीने से लगा भी दो  
मां हो तो, मां की ममता दिखा भी दो ।  
उठो ना मां  
देखो मैं सोई नहीं, लोरी तो सुना दो  
सिर सहला दो मेरा, मुझे गोदी में सुला दो  
उठो ना मां  
गलती मेरी बता, मुझे समझा दो  
इस बेबसी की कुछ तो दवा बता दो  
उठो ना मां उंगली मेरी पकड़ मुझे कहीं घुमा दो  
चलो जल्दी करो मुझे खिलौना बाजार से दिला दो  
उठो ना मां  
भटक गई हूं राह तो अपनी अगली दिखा दो  
यूं ना मुंह फेरो मां, हौसला मुझे दिला दो  
उठो ना मां  
भूख लगी है, कुछ स्वादिष्ट बना दो  
देखो मैं कमजोर हो गई हूं, अपने हाथों से कुछ तो खिला दो ।  
उठो ना मां  
खोलो आंखे अपनी थोड़ा तो मुस्कुरा दो  
चलो घर चलते हैं, टिकट बस की कटवा दो ।  
उठो ना मां  
तुम पहले तो ऐसी ना थी, चुप्पी का कारण तो बता दो,  
हे मां, धरती मां, दुर्गा मां, मेरी मां को मुझे लौटा दो ।  
उठो ना मां, उठ भी जाओ ।

कमलकांत शर्मा

बी.एड चौथा सत्र 24380

27

## हे नारी, तू सबला है

तू खुद को सबला ना बोल क्योंकि तू अबला है  
क्योंकि तू अबला है...  
दूसरों का तू बिन कहे समझ जाए...  
और अपने मन की तू कह जाए...  
तू सबला नहीं तू अबला है...  
सबकी जरूरत का ख्याल तू रखती है न...  
तो अपनी जरूरत किसी से क्यों नहीं कहती...  
तू अबला ही है, तू खुद को सबला ना बोल तू अबला है...  
पापा को काला, मां को पीला, भाई को नीला...  
और पति देव को चटकीला रंग पसंद है...  
सब पता है तुझे...  
और खुद का पसंदीदा रंग न याद तुझे...  
तेरे अपनों के साथ कोई गलत कर तो तू काली बनती है...  
जब तेरे साथ ही गलत हो तो तू क्यों भोली भाली बनती है...  
तुझे डर किसका है, जब यह शरीर तेरा है...  
तो फिर सोचा ना इसमें, पूरा हक किसका है...?  
अरे चल तू सबला नहीं तू अबला है...  
अरे यार तेरा तेरे जज्बातों पर  
तेरे ख्यालातों पर तेरे हालातों पर जोर नहीं है...  
तो काहे की सबला है, मेरी मान तू सबला बन...  
जो मन में है उसको जन में रख...  
तेरी जिंदगी है  
यह जिंदगी तेरी है, शर्तें भी तेरी होगी...  
अगर किसी की एक शर्त मानती हो  
तो एक अपनी भी मनवाना सीख...  
जज्बातों को जताना सीख  
तू अबला नहीं तू सबला है  
पहले अपनी कहना तो सीख  
हे नारी तू सबला है ।  
मजबूत हो... अपने में भरपूर हो तुम  
सहारे की जरूरत हो, जिसको ऐसी तू बेल ना बन  
ठंडी छाया दे जो सबको ऐसा तू पेड़ बन ।

सोनिया

बी.एड तृतीय सत्र 23214

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# कुल्लू राज्य के वजीरी

राजाओं के शासन में कल्लू का प्रशासन वजीर नामक प्रांतों में विभाजित था । प्रत्येक 'वजीरी' को कोठियों में विभाजित किया जाता था । जिनमें से प्रत्येक में दो से पांच उपविभाग थे जिन्हें 'फाटी' कहा जाता था । प्रत्येक फाटी में जनसंख्या के आधार पर 20 अलग-अलग गांव होते थे वजीरियों का शासक वजीर नामक अधिकारी द्वारा किया जाता था । जो राजा के प्रधानमंत्री के प्रति जवाब देह होते थे । इसके अलावा इनके प्रशासन के लिए अधिकारियों और अधीनस्थों का एक बड़ा स्टाफ होता था । जिन्हें राजा स्वयं नियुक्त करता था ।

यदि अब बात की जाए कि आखिर उस समय कुल्लू रियासत में कितनी वजीरियां थी ? तो उसका उत्तर है सात ।

1. वजीरी परोल या कुल्लू – उत्तर में रोहतांग पास से लेकर फोजल नाला तक व्यास घाटी, जो दक्षिण में दुआड़ा में अपने दाहिने किनारे पर व्यास में गिरती है, यहां से व्यास नदी का पूरा बायां किनारा भुईन में पार्वती के साथ तक इसके संगम तक । पूरी मलाणा घाटी और पार्वती का दाहिना किनारा मलाणा नाला के साथ तक इसके संग से लेकर व्यास के साथ संगम तक ।
2. वजीरी लग-सारी – यह व्यास नदी के दाहिने किनारे की भूमि है जो उत्तर में फोजल नाला और दक्षिण में सुल्तानपुर में सरवरी नाले के बीच में स्थित है ।
3. वजीरी लग-महाराज – यह सरवरी नाला का दाहिना किनारा है जो कुल्लू में जहां यह व्यास में मिलता है, वहां तक फैला हुआ क्षेत्र है, साथ ही व्यास के दाहिने किनारे से लेकर दक्षिण में बजौरा तक फैला हुआ क्षेत्र ।
4. वजीरी रूपी – पार्वती और सैज नदियों के बीच की भूमि मलाणा के साथ इसके संगम से ऊपर पार्वती का दाहिना किनारा मलाणा घाटी को छोड़कर । इस क्षेत्र को इसका नाम चांदी (रूपा) की खानों से मिला है ।
5. वजीरी सराज – कल्लू का दक्षिणी भाग जो सैज और सतलुज नदी के बीच स्थित है तथा जलोड़ी पर्वत माला द्वारा आंतरिक और बाहरी स्वराज में विभाजित है ।
6. वजीरी मंगाहल (बंगाहल) छोटा मंगाहल का एक भाग ।
7. वजीरी लाहुल (लाहौल) – लाहौल का दक्षिण पूर्वी भाग ।

अंकित ठाकुर

बी.एड चौथा सत्र 22256

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# में कुछ भी लिखता हूँ

में कुछ भी लिखता हूँ ...  
कभी बीते पलों की खट्टी मीठी यादों को  
कभी हंसाती हुई जिंदगी को  
कभी अपूर्ण सपनों को  
कभी असमय बने अपनों को ।  
कभी लिखता हूँ अकेलापन, बेबसी  
जो उभर आती भाल पर लकीरें बंद चिंता की  
छुपाना भी पड़ता है ताकि एकाएक दें न कह कोई  
वो देखो रोता है, कोसता है भाग्य को ।  
भर आती है आंखें कभी तो  
संघर्ष याद आता है मां-बाप का  
जो पग नहीं डिगने देता राह का ।  
प्रकृति की गोद में बैठकर  
देखता हूँ शहर की इस भाग दौड़ भरी राह को  
जहां आदमी आदमी तैयार बैठा है  
मतलब रूपी उल्लू साधने को ।  
मैं भी जागता हूँ, भागता हूँ, सोचता हूँ  
फिर खो जाता हूँ उन ख्यालों में जो  
शायद हो या ना हो ।  
द्वंद निरंतर चलता है दिलों दिमाग का ।  
राह चलते अपने समवयस्क में भी  
उसकी चाल में, भाल में बदहाल में  
मैं दिखता हूँ  
छोड़ो मैं कुछ भी लिखता हूँ

पवन शर्मा

बी.एड चौथा सत्र 24380

## Annual Function and Cultural Function, Sanskritik Samagam 2025



Staff Honouring Principal



SIP Leaders



Our Chief Guest ,Principal Arti Verma



We stick to our Cultural Roots



Formally Dressed Girls in Sarees



Boys with Artistic Skills



The Audience



Dance Formation in Tune

## Healthy Mind resides in a Healthy Body



Athletic Meet



Athletic Meet



Oath Taking Ceremony 9th November 2024



Rovers and Rangers at GC Kotshera in 24-26 January



SAR Visit our College on 7th Novemeber 2024



Special Award for Outstanding Performance



The Library Inspection Team Visit on 6th Septmeber 2024



Yoga Session Held on 20th May 2025

Club is where we make memories



Blood Donation Camp by red Ribbon Club 8th May 2025



Course on Divyang Shakti: 18th to 28th December 2025



Nukkad Natak by Red Ribbon Club in Kachheri



Mock Drill by Disaster Management Cell on 4th April 2025



SAR Visit our College on 7th November 2024



Pledge for Road Safety on 26th November 2024



Red Ribbon Club Rally 31st August 2024



Poster Making and Slogan Writing Competition

## When we Forget Beyond Boundaries



Cleanliness Drive at Guna MAta 29th March 2025



Mock Drill for Fire Safety by SDRF 26th March 2025



One Day Tour at Masroor Temple 2025 23rd march



Our Girls at Revalsar for Self Defence Training 04-08 Dec. 24



Our Students at Himalayan Festival 10 December 2024



Rovers & Rangers for Republic Day Parade in Shimla



Rovers & Rangers at Revalsar for Training in December 2024



Winners of Anual Fest held at Dronacharya College

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# Commerce Section

**Editor : Dr. Pooja Chaudhary**

**Student Editor : Ruchika**

## Editorial

### How to Boost Self-Confidence

Dear students,

Boosting self-confidence is a process that helps you to live your life happily by facing each tough situation in your life. You can build it naturally, step by step, by constant effort, practice, and balanced guidance.

First of all, know yourself. Try to accept your strengths by listing at least five things you feel good at. Don't feel bad to acknowledge your weaknesses, but do work on them wisely. Stop comparing yourself with others, because you are on your own journey.

Always say kind words to yourself. Start with easy, small goals. Always try something creative. Improve your body language. Smile even when nervous. Be kind to yourself and it's okay to make mistakes, but don't repeat your mistakes.

Editor:

Dr Pooja Chaudhary  
(Dept. of Commerce)

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## “फ्री की चीजें क्यों पसन्द आ रही हैं ? उपभोक्ता मनोविज्ञान का रहस्य”

“फ्री” शब्द सुनते ही हमारा दिमाग उत्साहित हो जाता है और हम तुरंत उसकी ओर आकर्षित हो जाते हैं, भले ही हमें उस चीज की जरूरत हो या न हो। यह कोई संयोग नहीं, बल्कि उपभोक्ता मनोविज्ञान का, एक गहरा रहस्य है। जब हमें कुछ बिना कीमत के मिलता है, तो हमारे दिमाग में डोपामिन हार्मोन रिलीज होता है, जिससे हमें कुछ संतोष और जीत का अहसास होता है। कंपनियां इसी मनोविज्ञान का फायदा उठाकर “1 के साथ 1 फ्री” और “फ्री डिलीवरी” जैसे ऑफर्स लाती हैं। ऑनलाइन शॉपिंग में अक्सर “1000 से ज्यादा की खरीददारी पर फ्री डिलीवरी” का ऑफर देकर ग्राहक को जरूरत से ज्यादा खरीदने के लिए प्रेरित किया जाता है। इसी तरह, स्ट्रीमिंग प्लेटफॉर्म जैसे, Netflix और Amazon Prime फ्री ट्रायल देकर हमें उनकी सर्विस की आदत डालते हैं, जिससे बाद में हम सब्सक्रिप्शन के लिए पैसे खर्च करने को तैयार हो जाते हैं। फ्री ऑफर्स हमें यह महसूस कराते हैं कोई रिस्क नहीं ले रहे, इसलिए बिना सोचे-समझे निर्णय ले लेते हैं। हालांकि, हर फ्री चीज वाकई मुफ्त नहीं होती – कई बार इसकी वजह से हम ज्यादा खर्च कर बैठते हैं या किसी ब्रांड के प्रति लॉयल हो जाते हैं। अगली बार जब कोई “फ्री ऑफर” दिखे, तो सोचिए क्या यह वाकई मुफ्त है, या इसके पीछे कोरे छिपी हुई कीमत है?

मनीष

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## डिजिटल युग में बदलता उपभोक्ता व्यवहार

डिजिटल युग में उपभोक्ताओं की सोच और खरीददारी के तरीकों को पूरी तरह बदल दिया है। पहले लोग बाजार जाकर घंटों मोलभाव करते थे, दुकानदारों की सलाह पर निर्भर रहते थे और प्रोडक्ट खरीदने से पहले कई विकल्पों पर विचार करते थे। लेकिन अब स्मार्टफोन और इंटरनेट की सुविधा ने यह सब कुछ बदल दिया है— अब उपभोक्ता, घर बैठे, कुछ ही मिनटों में ऑनलाइन शॉपिंग कर सकते हैं। दिलचस्प बात यह है कि भारत में 80 प्रतिशत से अधिक लोग मोबाइल फोन से खरीदारी कर रहे हैं, और 60 प्रतिशत से ज्यादा उपभोक्ता, सोशल मीडिया पर देखे गए विज्ञापनों से प्रभावित होकर प्रोडक्ट खरीदते हैं। इतना ही नहीं, आज 70 प्रतिशत से अधिक ग्राहक ऑनलाइन रिव्यू और स्टार रेटिंग, पढ़े बिना कोई सामान खरीदना पसन्द नहीं करते। डिजिटल पेमेंट का प्रचलन भी तेजी से बढ़ा है – हर सेकंड लाखों ऑनलाइन ट्रांजेक्शन हो रहे हैं, जिससे कैशलेस अर्थव्यवस्था को बढ़ावा मिल रहा है। एक और दिलचस्प बदलाव, यह है कि अब कंपनियां से समस्त उपभोक्ताओं की जरूरतों और रुचियों को पहले से समझने लगी हैं। AI और, एनालिटिक्स की मदद से कंपनियां हर उपभोक्ता की पसंद खोज और खरीदादी के इतिहास को ट्रैक कर रही हैं, और उन्हें उन्हीं चीजों के विज्ञापन दिखा रही हैं, जिनमें उनकी दिलचस्पी हो सकती है। उदाहरण के लिए अगर कोई उपभोक्ता ऑनलाइन शूज सर्च करता है, तो अगले कुछ दिन तक उसे सोशल मीडिया और वेबसाइट्स पर जूते से जुड़े विज्ञापन दिखाई देने लगते हैं। इस बदलाव का सीधा असर पारंपरिक बाजारों पर भी पड़ा है – छोटे दुकानदारों को ऑनलाइन शॉपिंग प्लेटफॉर्म से कड़ी प्रतिस्पर्धा का सामना करना पड़ रहा है। हालांकि, यह दौर केवल चुनौतियों

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से भरा नहीं है, बल्कि कई संभावनाएं भी है । अब छोटे व्यापारी भी डिजिटल प्लेटफार्म पर अपने प्रोडक्ट्स बेच सकते हैं और सोशल मीडिया के जरिए नए ग्राहकों तक पहुंच सकते हैं। कुल मिलाकर डिजिटल युग में उपभोक्ता अब पहले से ज्यादा जागरूक, समझदार और स्वतंत्र हो गया है । वह सिर्फ ब्रांड देखकर सामान नहीं खरीदता बल्कि हर पहलू पर विचार करता है – रिव्यू पढ़ता है, कीमतों की तुलना करता है और फिर सोच-समझकर निर्णय लेता है । इस तेजी से बदलते उपभोक्ता व्यवहार के कारण कंपनियों को भी अपनी रणनीतियां बदलनी पड़ रही हैं, क्योंकि अब बाजार नहीं, बल्कि उपभोक्ता तय कर रहा है कि उसे क्या बेचा जाए ।

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## INFLUENCERS OR SCAMMERS

People often underestimate the power and the popularity of social media influencers, we enjoy their content, share it among our friends and they are definitely our entertainers. However, we never realize how they influence our lives, from following their lifestyle, their fashion statements, buying the product they use, we fail to recognize that we are blindly following their WORDS and their WORLD.

Social media influencers create content they excel at, ranging from dance, music, makeup or just some random videos which are quite relatable to us. Being an 'influencer' now is considered a modern and viable career, a way to earn fame and money if you have the skill to make an impact. Small influencers who have around 10-15k followers earn around ₹7000 per post. Influencers with 50-80k followers earn 15,000 per post and this income keeps on increasing according to the engagement, likes and followers. However, 'an influencer' also shoulders the responsibility for the products he/she endorses they should definitely avoid scamming their followers. Many brands reach out to them for advertising their product. The product can be genuine or fake. It is the responsibility to the influencers to check the originality of these brands and then advertise it to their followers.

Youngsters are often blinded by the benefits one would get from being brand ambassadors for brands, they don't care about what they are promoting. With the popularity of Cryptocurrency, many influencers have influenced their fan following to invest in Cryptocurrency but we as enlightened youth must use our judgment wisely. Cases have been reported where the accounts of influencers are hacked which led to wrong messages being displayed to the followers. Back in July, 2020, one of India's most popular You Tuber Ajay Najar, reported that one of his two channels on YouTube had been hacked, and were displaying suspicious Bitcoin links to his followers. In september 2020, the Twitter account linked to Prime Minister Narendra Modi's personal website and mobile app was hacked and began inviting crypto donations to the PM National Relief Fund.

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These were mere example of how dangerous the situation can be due to blind faith vested in influencers. So, next time, when we randomly see a catchy advertisement while scrolling through social media, make sure to run a background check because we don't know what might turn out to be a scam.

Manish  
3rd Sem. 23397

## Apple Vs Samsung : कौन जीत रहा है ?

Apple और Samsung की टक्कर टेक्नोलॉजी की दुनिया की सबसे बड़ी लड़ाईयों में से एक है । दोनों ब्रांड्स स्मार्टफोन, टैबलेट, लैपटॉप और वियरेबल डिवाइसेज में एक-दूसरे को कड़ी टक्कर देते हैं । लेकिन असली सवाल यह है – आज के समय में कौन आगे है ? आइए इसे सेल्स, इनोवेशन, ब्रांड वैल्यू और कस्टमर लॉयल्टी के नजरिए से देखते हैं ।

### 1. मार्केट शेयर : कौन ज्यादा बिक रहा है ?

सैमसंग दुनिया का सबसे ज्यादा स्मार्टफोन बचने वाला ब्रांड है । IDC और Counterpoint Research के अनुसार, 2023 में Samsung का ग्लोबल मार्केट शेयर 20–22 प्रतिशत था, जबकि Apple का 18–20 प्रतिशत था । लेकिन 2024 की शुरुआत में Apple ने पहली बार Samsung को पछाड़कर दुनिया का नंबर 1 स्मार्टफोन ब्रांड बन गया । इसका बड़ा कारण था iPhone 15 सीरीज की जबरदस्त डिमांड । Samsung ज्यादा फोन बेचता है, लेकिन Apple प्रीमियम सेगमेंट में टॉप पर है ।

### 2. प्रॉफिट और कमाई में कौन आगे है ?

Apple का प्रॉफिट मार्जिन Samsung से काफी ज्यादा है । Apple अपने iPhones को प्रीमियम प्राइस पर बेचता है जबकि Samsung की रेंज सस्ते फोन्स से लेकर महंगे फोन्स तक फैली होती है । Apple के iPhones कुल स्मार्टफोन इंडस्ट्री के 85 प्रतिशत प्रॉफिट जनरेट करते हैं, जबकि Samsung कम कीमत वाले फोन्स बेचकर वॉल्यूम बढ़ाया है । कमाई के मामले में Apple जीत रहा है ।

### 3. इनोवेशन और टेक्नोलॉजी में कौन आगे है ?

Samsung ने फोल्डेबल स्मार्टफोन (Galaxy Z Fold, Flip) और 200 MP कैमरा जैसी नई टेक्नोलॉजी लाने में बढ़त बनाई है ।

Apple अपनी A-Series चिप्स, कैमरा क्वालिटी और iOS इकोसिस्टम के कारण पसंद किया जाता है । Samsung डिस्प्ले टेक्नोलॉजी में आगे है और Apple भी अपने iPhones में Samsung के OLED डिस्प्ले का इस्तेमाल करता है । Samsung ज्यादा इनोवेट करता है, लेकिन नई टेक्नोलॉजी को परफेक्शन तक ले जाता है ।

### 4. कस्टमर लॉयल्टी और ब्रांड वैल्यू

Apple के यूजर्स ज्यादा लॉयल होते हैं । iPhone खरीदने वाले यूजर आमतौर पर Android पर वापस नहीं जाते ।

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Samsung के यूजर्स बार-बार ब्रांड चेंज करते हैं, क्योंकि Android में कई विकल्प होते हैं ।

Apple दुनिया का सबसे वैल्युएबल ब्रांड बना हुआ है, जबकि Samsung की ब्रांड वैल्यू कम है ।

Apple के यूजर्स ज्यादा लॉयल हैं, इसलिए ब्रांड वैल्यू के मामले में Apple आगे है ।

## 5. ऑपरेटिंग सिस्टम : IOS Vs Android

Apple का IOS एक्सक्लूसिव और सिक्कोर है, जिसमें कम बग्स होते हैं और अपग्रेड्स लंबे समय तक मिलते हैं । Samsung का Android ज्यादा कस्टमाइजेबल है और ज्यादा फीचर्स ऑफर करता है, लेकिन कई यूजर्स को यह थोड़ा कम स्टेबल लगता है ।

iphone 5 साल से ज्यादा समय तक IOS अपडेट देता है जबकि Samsung अब अपने हाई-एंड फोन्स के लिए 4-7 साल के लिए अपडेट्स देने लगा है । अगर स्टेबिलिटी और लॉन्ग-टर्म सपोर्ट देखें तो Apple आगे है, लेकिन कस्टमाइजेशन और फीचर्स के मामले में Samsung आगे है ।

## 6. फाइनल रिजल्ट : कौन जीत रहा है -

अगर कुल मिलाकर देखा जाए तो - मार्केट शेयर में Samsung आगे है प्रॉफिट और ब्रांड वैल्यू में Apple जीत रहा है । इनोवेशन में Samsung ज्यादा प्रयोग करता है, लेकिन Apple टेक्नोलॉजी को ज्यादा परफेक्ट बनाता है ।

कस्टमर लॉयल्टी और यूजर एक्सपीरियंस में Apple आगे है । अगर आप प्रीमियम फोन और एक्सक्लूसिव एक्सपीरियंस चाहते हैं, तो Apple बेस्ट है । लेकिन अगर आप ज्यादा फीचर्स और वैराइटी चाहते हैं, तो Samsung बेहतर ऑप्शन है । अब सवाल यह है - आप किस टीम में हैं ? Apple या Samsung.

Manish

3rd Sem. 23397

# The Impact of Social Media on Consumer Behaviour and Commerce

Social media has transformed the way business interact with consumers and how customers make purchasing decisions. The rise of platform like Face book, Instagram, Twitter and Tik-Tok has had a profound effect on both consumer behaviour and commerce, shopping trends and driving new business strategies. Here is a breakdown of its impact.

1. **Direct Interaction with Brands** : Social media allows consumers to interact directly with brands, giving businesses a chance to engage with their audience in a real time. Wheather through comments or live streams, this direct communication fosters stronger relationship and trust.
2. **Increased Brands Awareness** : Platforms like Instagram and Face book enable

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businesses to reach millions of users, increasing brand visibility. Social media advertising is highly targeted, allowing business to tailor their message to specific demographics, locations and interests.

3. **Social Proof and User-Generated Content** : Consumers often to their peers for recommendations. Positive reviews testimonials and user generated content (e.g. influencer posts or customer photo) act as social proof, making potential customers more likely to trust and purchase from a brand.
4. **Influencer Marketing** : Social media influencers, who have large and engaged following have become a powerful marketing tool. By collaborating with influencers, businesses can tap into their audience and boost brand credibility. Consumers are more likely to trust on influencers recommendation than traditional advertisement.
5. **Instant Shopping and Social Commerce** : Social media platforms have introduced shoppable posts and integrated e-commerce features. For example, Instagram allow users to shop directly from posts, stories and ads. This seamless integration of shopping within social platforms reduces frictions in the buying process, making it easier for consumers to make spontaneous purchases.
6. **Personalized Experiences** : Social Media algorithms collect data on user behavior which allows business to deliver highly personalized content advertisements. This personalization makes the shopping experience more relevant to individual consumers increasing the likelihood of conversion.
7. **Shift in Buying Pattern** : Social media has changed how consumers research products. Instead of relying solely on traditional advertising, consumers now seek out recommendations, reviews and experiences shared by peers and influencers. This had led to a shift toward influenced buying behavior, where social media content direct impacts purchasing decisions.

**Conclusion:** Social media has radically changed both consumer behavior and commerce. It has made shopping more interactive, personalized and social business can leverage these platforms to build brand awareness engage with customers and drive sales. However to succeed, companies must continuously adapt to new trends, engage authentically with their audience and create value driven content to maintain consumer interest and trust.

Kritika  
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# Digital Currency

India, like many other countries, is exploring the possibility of adopting digital currency as a part of its monetary system. This research aims to analyze the feasibility, benefits and challenges associated with India's potential switch to digital currency the e- rupee.

The term digital currency refers to a form of currency that is available only in digital or electronic form. It is also called digital money, electronic money, electronic currency or cyber cash. This means that there is no physical form.

The history of money spans thousands of years, evolving from barter systems to precious coins transitioning through paper currency, now advancing in the era of digital currencies and impacting how society functions.

Innovation in finance and currency are interlinked; hence digital currency is gaining popularity globally, mirroring the pre-existing private company operated - electronic wallets while incorporating a sovereign - backed facility. Three major kinds of digital currencies exist : Stable coins, cryptocurrency and central bank digital currency (CBDCs). While stable coins and crypto currencies are digital currencies exchanged between people and various entitles, CBCCs.

As digital currencies continue to evolve, it is essential that regulatory frame workers adapt its keep pace ensuring both consumer protection and the stability of the financial system. Ultimately, the future of digital currencies will depend on a collaborative approach among policy makers financial institutions and technology developers shaping a more inclusive and secure global economy.

Priya Devi

3rd Sem. (23390)

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## **Social Media : The Future of Shopping**

The rising vogue of social media is allowing marketers to build a powerful relationship with the customers. Reaching out of the customers through social media website is the emerging trend of marketing these days. It has become a pivotal tool when it comes to brand building and engaging potential customers. The strategy is to capitalise on customers by making them feel connected to the brand and lead to advocacy and loyalty.

This is what traditional shopping looked like : you get into your favorite store, walking rack to rack, checking out the display on it putting a dress over your body to see, if it suits you or not in the nearly full view mirror and ending up trying the perfect size for yourself.

Today, shopping scrolling through your Instagram in the back of an uber finding the product you like tagging a new of your friends to get a second opinion and finally placing an order right off your smart phone through e-wallets.

But the shift from e-commerce to s-commerce has only just begun. Revenues for the social commerce market have surpassed \$30 billion in 2016. This is due to multiple factors, including consumers spending more time on social networks, brands targeting consumers in the news feed and advances in technology, such as mobile geo-location shopping apps and enterprise marketing tools.

There is no denying that the fact that social media has become highly crucial for economy stores. To drive growth from social media, it is important for e-commerce stores to adopt social commerce and leverage various tools and options that different social networks provide.

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3rd Sem. (23390)

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# Impact of Freebies on Indian Economy

Recent years the distribution of freebies - such as free electricity, water farm loan waivers and cash handouts has become a common strategy used by Indian political parties to attract voters. While these schemes provide short-term relief to the people but these schemes are also a matter of concern for future due to their long term impact on our economy.

These freebies put a heavy burden on government resources. The government collects money through taxes and spends it on development projects like - roads, healthcare and education. However, when a large portion of the budget is spent on free giveaways, there is less money available for essential infrastructure. As former Reserve Bank of India (RBI) Governor Raghuram Rajan once said, "Excessive populism can erode the financial position of the state and limit growth opportunities."

Freebies provides only temporary relief to the poor, they do not create sustainable economic growth. Instead of encouraging employment and entrepreneurship, they can sometimes discourage people from working hard. As noble laureate Abhijit Banerjee has pointed out that, "Freebies should be designed to empower people, not make them dependent on the state."

A government that spends too much on freebies may have to borrow more money, leading to a higher fiscal deficit. This creates uncertainty in the market and discourages private investment. Investors prefer stable economics where the government spends wisely on long-term growth rather than short-term benefits.

Rather than offering freebies, the government should focus on schemes that provide skill development, employment opportunities and better infrastructure. Former Prime Minister Manmohan Singh once stated, "The best way to help the poor is through economic growth and job creation, not just doles : If resources are used efficiently, India can achieve sustainable development without excessive reliance on freebies.

Freebies may provide short-term benefits to people, but they comes at a high economic cost. A balanced approach is needed, where welfare schemes focus on empowerment rather than dependency. Responsible governance should prioritize long term growth over populist measures, ensuring that India's economy remains strong and stable in the future.

Shamma  
3rd Sem. (23394)

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# Commerce In the Digital Age

The Commerce sector is currently experiencing a period of rapid transformation, driven by technological advancements, globalization and evolving consumer preferences : Here's a breakdown of the current scenario :

## **Key Trends :**

**E- commerce Boom** :- Online Shopping continues its explosive growth, with businesses of all sizes establishing an online presence. This trend is fueled by increasing internet penetration, mobile device usage, and the convenience of online Shopping.

**Digitalization**:- Businesses are increasingly adopting digital technologies to streamline operations, improve customer experiences, and gain a Competitive edge. This includes using data analytics, cloud computing, artificial intelligence, and automation.

**Personalization**:- Customers expect personalized experiences, with businesses using data to tailor product recommendations, marketing messages, and customer service interactions.

**Mobile Commerce** :- Mobile devices are becoming preferred platform for online shopping, with businesses optimizing their website and apps for mobile users.

**Social Commerce** :- Social media platforms are increasingly used for product discovery and purchase e-commerce . with businesses integrating e-commerce functionalities into their social media presence.

**Sustainability** :- Consumers are increasingly conscious of environmental and social issues, with businesses adopting sustainable practices and offering eco-friendly products

Ruchika  
3rd Sem. (23388)

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# Indian Education System

## The Present and the Prospects

What we had before in the ancient times like the Vedic Maths, was something which if followed now or if was continued to be taught till now, would have led to a group glory of India as well as Indian minds. Because of the English taking off India before Independence a lot of Indian great teachings have been washed off. I believe the Old Education System should be rejuvenated.

The Indian education system is like Bear Grylls in the wild. The nature doesn't adopt to you, you have to improvise, adopt and overcome.

Focus should be on making individuals think rather than providing them with some professional knowledge and facts. This will ensure their personal growth and they can contribute efficiently and be innovative. One should be on connecting their life with their work. Then, that won't be work, it will be fun.

The curriculum which dates back decades ago needs modification. There is a need its include skill development based subjects. Hands on training and internships should be made mandatory in graduate studies.

India has supply of labour force. But the challenge here is to educate the young population with proper resources. If this could be done. India will stand a Super Power in near future.

The Education System should focus more on skills and practical knowledge rather than mere textual knowledge.

Let's stop debating and start doing.

Ruchika  
3rd Sem. (23388)

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# Science Section

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**Editor : Ms. Reenu Chaudhary**

**Student Editor : Shilpa Devi**

## *National Science Day 2025* *Advancing towards Viksit Bharat 2047*

"Scientific research and knowledge should be used for the betterment of mankind. A prosperous nation is built on the foundation of scientific progress." C.V. Raman February 28, marks the discovery of the Raman effect by Sir C.V. Raman in 1928. This occasion highlights the importance of scientific research, technological advancements and innovation in shaping India's future. As we envision Viksit Bharat 2047 science and technology plays a crucial role in sectors like nanotechnology, green hydrogen, semiconductors and electric vehicles.

### **Nanotechnology: Transforming Industries**

Nanotechnology has emerged as a game-changer in medicine agriculture energy and electronics. In Healthcare Sector, Nanomedicine is revolutionizing drug delivery and diagnostics while nanofertilizers and nanopesticides are making Indian agriculture more efficient and sustainable.

### **Green Hydrogen: Powering a Sustainable Future**

India aims to become a global leader in green hydrogen production under the National Green Hydrogen Mission.

Green Hydrogen is produced using renewable energy sources, is set to replace fossil fuels in industries like steel cement and transportation. This aligns with India's goal of achieving net-zero carbon emission by 2070.

### **Semiconductors: The Backbone of Digital India**

Semiconductors are essential for the functioning of modern electronic devices from smartphones to Supercomputer. India's semiconductor mission aims to establish a robust semiconductor ecosystem, reducing dependence on imports and straightening make in India.

### **Electronic Vehicles (EVs): Driving Towards Green Mobility**

Advancement in solid state batteries and charging infrastructure are ensuring a clean and efficient transport system for the future. By integrating these advancements, India is on path to becoming a self-reliant, innovation and sustainable economy.

Sarveen Chaudhary

(24262)

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## **The Code Breaker**

### **Har Gobind Khorana and the Revolution in Genetics**

Har Gobind Khorana, a name synonymous with the unraveling of the genetic code, embarked on his journey from a small village in British India. Born in 1922, Khorana's early years were marked by a thirst for education. He excelled in his studies eventually earning a doctorate from the University of Liverpool.

His groundbreaking work began in the 1960s, at the University of Wisconsin - Madison. Alongside Marshall Nirenberg and Robert Holley, Khorana deciphered the genetic code. Their work revealed the intricate relationship between DNA's nucleotide sequence and the amino acid sequence of protein synthesis. This revelation revolutionized our understanding of protein synthesis.

Khorana's contributions were recognized with the prestigious Nobel Prize in Chemistry in 1968, testament to his groundbreaking work. His story is a testament to the power of dedication, perseverance and the transformative potential of scientific enquiry.

Beyond his scientific achievements, Khorana's legacy embodies the spirit of intellectual exploration and the pursuit of knowledge.

Ankita  
(24122)

### **Jahangir Bhabha ; A Visionary Scientist**

Jahangir Bhabha was a renowned Indian nuclear physicist who played a pivotal role in the development of India's nuclear program. Born on October 30, 1909 in Bombay, Bhabha was a brilliant scientist who made significant contributions to quantum mechanics and nuclear physics.

Bhabha's vision for India's nuclear program was to harness nuclear energy for peaceful purposes. He established the Tata Institute of Fundamental Research (TIFR) in Bombay and the Atomic Energy Commission of India (AECI) in 1948. Under his leadership India's nuclear program made rapid progress with the commissioning of the country's first nuclear reactor Apsara in 1956.

Bhabha's legacy extends beyond his scientific contributions. He inspired a generation of Indian scientists to pursue careers in science and technology. His vision for India's nuclear program was not limited to scientific research alone but aimed to reduce the country's dependence on Fossil Fuels.

Today, India is recognized as a major player in the field of nuclear energy and Bhabha's legacy continues to inspire scientists and policymakers alike. His contributions to science, leadership and vision have left a lasting impact on India's scientific community and the world at large.

Renuka Thakur  
(24257)

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## Most Poisonous Flowers in India

**Dhatura** : All parts of dhatura plant are toxic including the leaves flowers and seeds. It contains tropane alkaloids that can cause acute poisoning.

**Oleander** : All parts of the Nerium Oleander plant are toxic. It contains cardiac glycosides that can cause serious effects including abnormal heart function hypothermia and even death.

**Calotropis** : They are mostly known by the name milk weed since the stems of these poisonous plants can produce thick milky juice. Researchers have acknowledged this plant to be a cattle poison as well as arrow poison.

**West Indian Lantana** : These flowers are poisonous to humans and animals. Symptoms of poisoning may vary, but gastrointestinal pain and nausea are common.

**Water Hemlock** : A highly poisonous wetland plant that contains toxic alkaloids that cause violent convulsions and seizures.

**Daffodil** : Daffodil contain a toxic chemical called lycerene, can cause severe vomiting, nausea and abdominal pain.

Durgesh Thakur  
(24126)

## Drones, Lasers and AI Revolutionizing Field Science

The field of science has undergone significant transformation in recent years, thanks to the integration of cutting-edge technologies. Science make new paths possible. It under the lives of each and every one of us from the medicines we give our children to vast networks of information at our fingertips. Drones, lasers and artificial intelligence (AI) are among the innovative tools that are revolutionizing the way scientists conduct field research. In this article, we will explore the benefits of these technologies. Integration of drones, lasers and AI in field science has numerous applications and benefits. It includes the improved data collection : Drones and lasers are collecting high quality data quickly, reducing manual sampling & survey. Increased safety drones and lasers can reduce the need for expensive equipment and personnel making field research more cost effective. AI can also be used to analyze data in field of science, from drones, weather stations, it can be used to predict environmental changes.

By combining these technology make our life more efficient. As these technologies continue to a better understanding of our world and the challenges we face.

Anchal  
(24121)

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# How Your Morning Coffee Powers Your Brain

For many, the day doesn't officially begin until the first sip of coffee. That steaming cup of liquid energy not only wakes you up but also provides a mental boost that sets the tone. For the rest of your day. But have you ever wondered how coffee powers your brain? Here's closer look at the science behind it.

## **The Science of Caffeine -**

The primary active ingredient in coffee is caffeine. It is a natural stimulant that directly impacts your brain. It is rapidly and completely absorbed after oral intake and freely crosses the blood-brain barrier.

Food regulation authorities have concluded that caffeine or coffee consumption is not harmful if consumed at levels of 200mg in one sitting (around 2<sup>1/2</sup> cups of coffee) or 400mg daily (around 5 cups of coffee)

## **Caffeine has many positive actions on the brain -**

Caffeine increases alertness and well-being, helps concentration, improves mood, and limits depression. Caffeine may disturb sleep but only in sensitive individuals. Caffeine does not seem to lead to dependence, although a minority of people experience withdrawal symptoms. Lifelong coffee consumption has been associated with prevention of cognitive decline and reduced risk of developing stroke, Parkinson's disease, and Alzheimer's disease. Thus, daily coffee and caffeine intake can be part of a healthy balanced diet; its consumption does not need to be stopped in elderly people.

Monika  
(23134)

# The Biology of Sleep : Why We Need Rest

Sleep is an essential, yet often misunderstood, part of our lives. Sleep accounts for one-quarter to one-third of the human life span. But what exactly happens when we sleep?

Before the 1950s, most people believed sleep was a passive activity during which the body and brain were dormant. "But it turns out that sleep is a number of a period during the brain is engaged in activities necessary to life - which are closely linked to quality of life," says Johns Hopkins sleep expert and neurologist Mark We, M.D. Ph.D.

## **All Sleep is Not the Same :**

Throughout your time asleep, your brain will cycle repeatedly through two different types of sleep: REM (Rapid Eye Movement) sleep and non-REM sleep.

The first part of the cycle is non-REM sleep, which is composed of four stages. The first stage comes between being awake and falling asleep. The second is light sleep, when heart rate and

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breathing regulate and body temperature drops. The third and fourth stages are deep sleep. As you cycle into REM sleep, the eye move rapidly behind closed lids and brain waves are similar to those during wakefulness. Breath rate increases and the body becomes temporarily paralyzed as we dream.

The cycle then repeats itself, but with each cycle you spend less time in the deeper stages. On a typical night, you'll cycle through four of five times.

Non-REM sleep is more important for learning and memory as well as being the more restful and restorative phase of sleep.

### **Your Body's Built-In Sleep Controls**

According to Wu, there are two main processes that regular Sleep : Circadian rhythms and sleep drive.

Circadian rhythms are controlled by a biological clock located the brain. This clock is responding to light cues, ramping up production of the hormone melatonin at night, then switching it off when it senses light.

Sleep drive also plays a key role. Your body craves sleep, much like it hungers for food. Throughout the day, your desire for sleep builds, and when it reaches a certain point, you need to sleep.

### **Why is sleep Important?**

Sleep plays a vital role in good health and well being throughout life. The way you feel while you awake depends in part on what happens while you are sleeping.

Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems. It can also effect how well you think, react, work, learn and get along with others. Cognitive function and memory improves by adequate sleep. Sleep is vital for physical health, aiding in the repair of tissues muscle growth and the replenishment of energy stores.

So, prioritizing good sleep habits can help you live a longer, healthier and more productive life.

Shalini  
(23125)

## **Diabetes in India**

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycaemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

Im India, there are estimated 77 million people above the age of 18 years are suffering from diabetes (type 2) and nearly 25 million are prediabetics (at a higher risk of developing diabetes in

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near future):

More than 50% of peoples are unaware of their diabetic status which leads to health complications if not detected and treated early. Adults with diabetes have a two-to three-fold increased risk of heart attacks and strokes. Combined with reduced blood flow, neuropathy (nerve damage) in the feet increase the chance of foot ulcers, infection, and the eventual need for limb amputation. Diabetic retinopathy in an important. cause of blindness and occurs as a result of long-term accumulated damage to the small blood vessels in the retina. Diabetes is among the leading cause of kidney failure.

Anita Kumari  
(23118)

## **Prostatitis : A Male Disorder**

Objective:- Understanding Prostatitis: Causes, Symptoms and Treatment

### **Introduction**

Prostatitis is a common condition that involves inflammation of the prostate gland, a small walnut-shaped gland in men located just below the urinary bladder and surrounding the urethra.

Types of Prostatitis:

Prostatitis is classified into four main types -

1. Acute Bacterial Prostatitis
2. Chronic Bacterial Prostatitis
3. Chronic Prostatitis/ Chronic Pelvic Pain Syndrome
4. Asymptomatic Inflammatory Prostatitis

### **Causes of Prostatitis**

- Prostatitis is often caused by common bacteria, such as Escherichia coli entering the urinary tract.
- Prostatitis can also occurs due to immune system disorders, nerve damage, stress or pelvic muscle problems.

### **Symptoms of Prostatitis**

- Pain in the pelvic area or genital region.
- Difficulty urinating
- Painful urination or ejaculation
- Fever, Chills and flu-like symptoms
- Blood in the urine of semen (Less common)

### **Diagnosis**

- Medical history and Physical exam
- Urine tests
- Blood tests
- Imaging tests such as ultrasound, MRI.

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## Treatment

Treatment varies depending on the type of prostatitis:

1. Antibiotics (for bacterial prostatitis)
2. Pelvic Floor Therapy Cuseful for CP/CPPS)
3. Lifestyl improvement
4. Surgical intervention

## Prevention

We know, Prevention is better than cure. While Prostatiti's cannot always be prevented, certain measures may reduce the risk:

- Maintain good hygiene
- Stay hydrated and urinate regularly.
- Avoid prolonged sitting.
- Practice safe sex.

## Conclusion

Prostatitis is a manageable condition with appropriate medical care and lifestyle adjustments.

Nikhil Kumar  
(23141)

# Scientific Temper is the Temper of a Free Man

Science is a systematic and logical study into how the universe works. It is one of the greatest blessings to the mankind. It has played major role in the improvement of quality of living of the man "Science is omnipresent and omnipotent in every walk of our life Science is not something that is just happening in labs, rather it is everything we die from the moment we wake up. In every inch of our body, science is the protogonist

Because science is entirely founded on facts and experiments it does not change through time, the fundamentals never change. Every new technology is based on scientific principles science and technology are mutually beneficial science investigates natural occurrences based on facts and develops new technology to make sur lives easier. India's performance in science and technology has been impressive The establishment of chain of institute and organizations is a major indicator But it is the bitter truth that in India, a lot more emphasis is given to theory than practical, as far as the curriculum of science teaching in the educational institutes is concerned. The teaching is mainly exam centric in our country. A lot of effort is required to bridge the gap between attention towards theory and practical.

India is a country of faith. Hope is something we are All taught very early on in life. Our beliefs make us feel less lonely But the irony lies in the fact that they habit tends to push us into the direction, where we start believing in the things without questioning, However developing a scientific Temper' is a fundamental duty under the Indian Constitution.

Our first Prime Minister Shri Jawaharlal Nehru, in his book the Discovery of India, described the implications of scientific temper in compasses rationality, rights and responsibility in equal measures.

Kaweljeet Kaur  
(23149)

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# The Future of Organ Transplants : 3D Printing & Bioprinting

Organ transplant has been a critical life-saving procedure for decades, but the demand for donor organ has consistently outpaced supply. In recent years, scientific advancements in 3D printing & bio-printing are opening exciting new possibilities for the future of organ transplants.

## **3D Printing in Organ Transplants:-**

3D printing, also known as additive manufacturing, is a technology that creates objects layer by layer based on digital models. In context of organ transplants, 3D printing has already made significant strides, particularly in the creation of prosthetics and surgical models. Surgeons can use 3D printed replicas of organs to practice complex surgeries or plan procedure with unprecedented precision. These models are especially useful for patients with unique or complicated anatomical features, ensuring that surgeries are more tailored to individual needs.

## **Bio-printing: The Next Frontier:-**

While 3D printing typically involves the creation of non-living objects, bioprinting takes this technology a step further by using living cells on the "ink" to print tissues and organs.

Researchers are experimenting with bio-printing to produce tissues like skin, cartilage, liver tissue, & blood vessels.

Scientists have bio-printed liver & kidney cells that show promise in early-stage testing. These organs could be used for drug testing and eventually transplantation.

Bio-printing can offer personalized organs, customized to a patient's specific needs, eliminating issues related to organ rejection a major concern in traditional transplants.

## **Challenges & Limitations :-**

- Despite its immense potential, bio-printing faces several significant challenges. Printing complexity is one of the biggest hurdles. Complex organs like heart or lungs contain not just complex structures but also intricate vascular systems & specialized tissues. Replicating these features is difficult.
- Another challenge is vascularization - the creation of blood vessels within printed organs. Without a functioning vascular network, the human body cannot receive oxygen & nutrients, which is essential for their growth & survival.
- Scalability is another issue. Bioprinting at a large scale requires significant resources & time. The cost of bioprinting is also high.

Hema Thakur  
23116

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## The Ancient Heart

How was the Heart viewed by our ancestors from the Dawn of Human civilization through Dark Ages? What was the Role of the heart for the philosopher, priest and physician during early human history? This review of Heart's meaning to different ancient cultures explores how beliefs about the purpose of the heart evolved over millenia as human tried to understand what life forces it contained. Revered by many ancients as the "King of the organs", surely the heart was the repository of thoughts, Consciousness, and the soul.

Religious texts found on the shabaka Stone in ancient Egypt from 2400 BCE aver, "Ptah conceives the world by the thought of his heased and gives life through the magic of his word.

Ancient Greeks believed the heased was the source of emotions. There were 2 souls in the body: Psyche in the brain was the eternal life soul and thymos in the heart controlled emotions and clesires.

Aristotle believed that the heart held the soul. In chick embryos he observed the heart was the first organ to form From his "History of Animals", "The heart is the place where life fails last of all; and we find universally that what is the last to be formed is the first to fail, and the first to be formed is the last to fail!"

Punam Verma  
(23117)

## The Symphony of Life Science

In the heart of cells, where secrets reside  
Tiny worlds bustle, no place to hide  
DNA spirals, a blueprint so grand  
Writing the stories that life will demand.  
Proteins fold with elegant grace  
Molecular dancers in a tight, endless race  
Ribosomes hum a mechanical song,  
As enzymes ensure nothing goes wrong  
from atoms nature to organs the system align,  
Nature's great orchestra perfectly timed.  
Neurons and sparks like stars in the light  
Transmitting the whispers of wonder & light  
Photosynthesis the alchemist's dream,  
Turn sunbeams to sugar in a leafy machine  
Ocean of plasma & rivers of blood,  
Flow through the veins in a rhythmic flood.  
Mutation, adaptation the struggle, the strike  
Evolution's canvas paints portraits of life  
Microbes unseen, yet essential & vast  
Architects of futures, stewards of past  
With microscope eyes, we explore & we learn  
Unlocking the knowledge for which we all learn  
Life science, a story of balance & chance  
Where each living creature has its own dance  
So stand in the wonder, observe & believe  
For science of life is the gift we receive  
It whispers of mysteries, grand & profound  
A harmony of nature where miracles abound.

Kritika Thakur  
(23103)

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# Nitrous Oxide Emission

India is the 2nd largest global source of Nitrous oxide ( $N_2O$ ) after China, according to an global assessment published in the journal earth system science data.

## About Nitrous oxide ( $N_2O$ )

- Nitrous oxide also known as laughing gas, is a colorless, non-flammable gas with a slightly sweet odor and taste.
- It is commonly used for sedation and pain relief but also used recreationally for its euphoric effects.

## How is Nitrous oxide harmful to the environment ?

- **Greenhouse Effect:**  $N_2O$  is a potent greenhouse gas with a global warming potential approximately 298 times that of  $CO_2$  over a 100 year period.
- It has a long atmospheric lifetime of about 114 yrs making its impact on climate long lasting.
- It traps heat in the atmosphere, contributing to global warming and climate change.
- **Ozone Depletion :**  $N_2O$  is a significant ozone depleting substance. When it reaches the stratosphere, it breaks down and releases Nitrogen oxygen ( $NO_x$ ) which catalyze the destruction of ozone molecules leading to the depletion of the ozone layer.
- **Soil and Water Pollution :** Excessive use of nitrogen based fertilizers leads to runoff and leaching causing water pollution and contributing to the formation of harmful algal blooms and dead zones in aquatic systems.

In 2020 nearly 11% of global man-made  $N_2O$  emissions came from India, second only to China at 16%.

- Fertilizer usage is the primary source of these emissions.
- **Atmosphere  $N_2O$  Conc. in 2022 :** It was about 25% above pre-industrial level. In comparison with  $CO_2$  levels were 417 parts per million in 2022.
- **Impact and Urgency :**  $N_2O$  remains in the atmosphere rising rapidly. Scientists emphasize the need for urgent action to address  $N_2O$  emissions.
- **Historic Emission Increases :** Human activities have increased  $N_2O$  emissions by 40% over the past four decades. Growth rates between 2020 and 2022 were higher than in any previous period since 1980.
- **Source of Emission :** Agriculture production using nitrogen fertilizers, ammonia and animal manure contributes 74% of total anthropogenic  $N_2O$  emissions in the last decade. These emissions added about  $0.1^\circ C$  to the global warming.
- **Effective Radiative Forcing :**  $N_2O$  emissions account for 6.4% of the effective radiative forcing of greenhouse gases.

Punam Verma  
(23117)

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# Food Consciousness

There are only three gross substances that we consciously take to our life : food, air and water. Our focus on food for our personal development, extensive studies have been made on food components, calories, proteins, vitamins and minerals. This has resulted in the science of nutrition.

Nutrition is not just the material and mechanical aspect of food. It nourishes different aspects of a person at different levels. Food Consciousness is therefore, essential for integrated development of body, mind, energy and spirit.

Based on Indian Philosophy, all the Phenomena of the universe are classified according to their properties on "Gunas" i. e, Qualities". The nature of man as well as the purity of mind depends upon the quality of food. Food has both the physical and energy attributes. Foods are classified into : Satvic, Rajasic, and Jamasic.

- **SATVIC FOOD:** All fresh foods, fruits, vegetables edible greens, all grains, grasses and legumes and Milk particularly drawn from cow and considered to be ideally Satvic. They not only provide nourishment for body. But also help to keep the body mind spirit complex in balance.
- **RAJASIC FOOD:** These food stimulate the nervous system and speed up metabolism. It include flesh foods, spicy foods, oily foods, tobacco, coffee, tea which tends to stimulate wordly activities and "Creative Comforts." These foods stimulate the taste buds, overheating the consumer leading to ill health and Chronic degenerative imbalance.
- **TAMASIC FOOD:** Foods which are stale, decayed, decomposed, boiled over-cooked, processed foods, fast foods, alcohol and drugs are Tamasic. They have no life- force left in them and nourish only the grossed aspects of the body. They results in body weight and causes disease of degeneration.

To nourish oneself with food that is Satvic is to get peace, calm and a stable mind. This inner state is highly required to evolue to a higher Divine nature. The concept of Teleosis has to promoted to attain overall well-being or Swastyia.

Amisha Gurung

(23126)

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# ICT Section

**Editor : Mr. Manoj Kumar**

**Student Editor : Sonali**

## Editorial

*"As we step into the digital age, it's crucial that we harness the power of ICT to create a brighter future. By bridging the digital divide and promoting ICT literacy, we can unlock new opportunities for innovation, collaboration, and growth. This, in turn, can lead to improved academic outcomes, enhanced career prospects, and a more connected and inclusive community. Furthermore, ICT can enable us to access a vast array of educational resources, communicate effectively with peers and mentors, and develop essential skills for the modern workforce. Additionally, ICT can facilitate personalized learning, enhance student engagement, and provide real-time feedback, ultimately revolutionizing the way we learn and interact.*

*The following articles in this section provide concise summaries of various topics related to ICT and its applications in education, penned by students of the college. These insightful pieces offer valuable knowledge on the significance of ICT in enhancing the teaching-learning process, highlighting its transformative impact on education. Stay connected, stay informed, and stay ahead in the ever-evolving world of ICT.*

*Mr. Manoj Kumar*

*(Editor)*

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# CYBER CRIMES

The internet has revolutionized the way we live, work, and communicate. However, its benefits come with a dark side: Cyber Crimes. From hacking and phishing to identity theft and online harassment, Cyber Crimes pose a significant threat to individuals, businesses, and societies worldwide. In this article we'll explore the rise of Cyber Crime, its impact on victims, and the measures being taken to combat this growing menace. Cybercrime has emerged as a major global concern, affecting countries worldwide, including the United States, China, and South Korea. These nations have witnessed a significant surge in voice phishing, identity theft, and online scams. India is also grappling with this issue, with the number of reported cybercrime cases increasing alarmingly. From youngsters to elderly individuals, people of all ages are falling prey to these sophisticated cyber traps. Innocent individuals are being financially drained and losing their property to cunning scamsters, becoming entrapped in a vicious cycle of exploitation. The relentless harassment drives some victims to desperation, even suicide. Others, overwhelmed by shame or fear of authority, hesitate to report these crimes to the police, perpetuating a culture of silence and suffering. Despite being aware of cyber frauds, even educated individuals are falling prey to sophisticated scams. Cloned websites and apps, identical to their legitimate counterparts, are deceiving people. When searching for solutions online, users visit these fake sites, unknowingly accepting cookies that compromise their personal data. This often leads to financial extortion, with victims losing substantial amounts of money. By the time they realize their mistake, it's too late. To safeguard ourselves against online scams, adopting simple habits can make a significant difference. These include:

- Using strong, unique passwords
- Concealing contact information on social media
- Being cautious with calls and message requests
- Downloading apps from verified stores, such as Play Protect
- Enabling two-factor authentication for social media
- Avoiding video calls from unknown numbers. Keeping OTPs confidential, even from claimed authorities- Refraining from clicking on suspicious links and websites.

The internet can be treacherous, making it challenging to distinguish truth from scams. However, by taking proactive steps, we can protect ourselves and create a secure online environment.

If you do fall victim to a scam, don't hesitate to report it to the Cyber Crime Portal or your local police station. This not only helps prevent future incidents but also contributes to a safer online community.

Together, we can combat cybercrime and foster a secure digital world."

Sonali  
B.Ed. 2nd sem. (24305)

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## **Summary of Exploring the Integration of Artificial Intelligence in Lesson Planning for Pre-Service Teachers**

The integration of (AI) Artificial Intelligence in education is transforming the teaching landscape. Pre-Service teachers can significantly enhance their educational experiences and instructional effectiveness. Artificial Intelligence tools offer personalised recommendations and data driven insights, allowing aspiring educators to tailor lessons to diverse students needs. This study explores the integration of lesson planning for pre-service teachers, with the help of AI tools which can reduce the work load on teachers. By embracing AI-driven tools and strategies teachers analyze student performance, and engagement. AI can suggest appropriate resources, teaching strategies and assessment methods, fostering an adaptive learning environment. Pre-service teachers can benefit from exploring AI-driven lesson planning to enhance student learning outcomes. Some AI tools which are used like education copilot which can generate lesson plan, handouts and project outline based on a topic, another example is curipod which is an AI-based software that helps teachers create engaging lessons tailored to their students. Similarly canva magic write, another AI text-to-image generator that can help with brainstorming and lesson planning. Most of the schools mainly use AI tools to assist and streamline administrative work. Another reason using AI would be to create an interest among students and making it more entertaining and easy to understand. So that students do not find it difficult. Well-prepared lesson plans help many students to develop interest and have effective learning experiences. It directly affects the quality of education for the upcoming teachers. In the research design it is used to collect both qualitative (semi-structured interviews) as well as quantitative (google form). So, Pre-Service teachers can benefit from exploring AI-driven lesson planning to enhance students learning outcomes of the instructions imparted by them. These tools help for the measurement of pupils' achievements in different school subjects. This innovative approach teaches teachers to design personalized, efficient and effective lesson plans. Integrating Artificial Intelligence in lesson planning offers pre-service teachers a unique opportunity to revolutionize education. One of the primary benefits of Artificial Intelligence in lesson planning is its ability to streamline the planning process. Pre-service teachers can utilize (AI) Artificial Intelligence platforms to generate lesson plans, align them with educational standards, and incorporate various multimedia resources. The automation reduces the time spent on administrative tasks enabling future educators to focus more on pedagogical strategies and classroom management. The (AI) Artificial Intelligence-driven tools continue to evolve, as it is essential for pre-service teachers to develop the necessary skills and knowledge to harness its potential and transform the teaching profession. The data which is collected, that 91.8% of the pre-service teachers are familiar with this term AI. This widespread awareness suggests that AI is a well-known concept and becoming a common term among many of the pre-service teachers. Around 61.3% of teachers used AI tools to

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prepare lesson planning. Despite this, the high adoption rate only 40.8%. of teachers believes that AI is really effective in enhancing the learning experiences for students. (AI) Artificial Intelligence utilization and better understanding of this effective tools which helps in enhancing the learning experiences for students and it is believed by only 40.8% 73.5% of pre-service teachers do not get any professional training during their teaching programmes and this results in lacks of understanding problems and issues. This critical gap which needs to be addressed caused by lack of formal training . The disadvantages of AI can be used by pre-service teachers such as they are fully dependent on technology. Over-reliance on A I tools may diminish teacher's creativity and critical thinking skills in designing lesson plans. The Data privacy concerns may be the another issue that collecting and analyzing student dat a raises issues regarding privacy and security. Another de-merit would be the limited understanding of pedagogy AI may not fully grasp the complexity of effective teaching, potentially resulting in generic or inappropriate recommendations. Overall, AI offers potential benefits, it is essential to address these challenges to ensure effective and equitable use in the education. The More engagement af pre-service teachers can influence the educational experience and even more than 78% of pre-service teachers believe that there has been a great improvement in students by using the Artificial initelligence.tools (AI). It provides the ongoing professional development for in-service teachers. It foster the collaboration between the educators, researchers and AI developers also conducts the research on AI's impact on student learning outcomes.

**Reference Article :**

Title : Exploring the Integration of AI in lesson planning for Pre-Service Teachers

Authors : Vinod Kumar Kanvaria, Ritika

Journal : Indian Journal of Educational Technology, Month : July, 2024

Neha  
(24238)

## **Summary of the Influence of Emerging Technologies on Human Conduct**

Emerging technologies, such as artificial intelligence (AI), the Internet of things (IoT), and blockchain, are reshaping human conduct in various dimensions - social, economic and ethical. The rapid evolution of these technologies presents both opportunities and challenges, fundamentally altering how Individuals interact, work, and make decisions.

### **Social Interaction and Communication**

One of the most profound impacts of emerging technologies is on social interaction. Social media platforms, driven by algorithms powered by AI, have changed the way people connect and communicate. While these platforms enhanced connectivity, they also raise concerns about mental health, privacy and misinformation. The Immediacy of communication facilitated by

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technologies like messaging and video conferencing has created a culture of constant connectivity. This can lead to information overload, reduced attention spans and altered interpersonal dynamics, where face-to-face interactions may be supplanted by Digital conversations.

### **Work and Economic structures**

Emerging technologies have also transformed the workplace. Automation and AI are reshaping Job roles, leading to increased efficiency and productivity but also to significant Job displacement. The gig economy, bolstered by platforms that connect freelancers with clients, illustrate a shift towards more flexible work agreement. However, this shift raises questions about Job security, workers' rights, and the future of traditional employment. Moreover, technologies like block chain are redefining trust in economic transactions, facilitating transparent and secure exchanges that can revolutionize industries such as finance, supply chain management and healthcare.

### **Ethical Considerations and Human Behavior**

As emerging technologies Influence human conduct, ethical considerations become paramount. The deployment of AI raises questions bias and accountability. Algorithms can inadvertently perpetuate Inequalities if not designed carefully. Moreover, the rise of surveillance technologies challenges notions of privacy and constantly monitored and analyzed. The ethical implications extend to decision-making processes. As technologies like AI take on more roles in decision-making, there is a risk of diminishing human agency. The reliance on algorithmic solutions can lead to overconfidence in technology, potentially under-mining critical thinking and ethical Judgement. This shift necessitates a re-evaluation of how we understand autonomy in an increasingly automated world.

### **Educational Impact**

In education emerging technologies are, transforming teaching and learning experiences. Digital tools provide access to vast resources, enabling personalized learning. However, the digital divide remains a critical issue, as not all students have equal access to technology. The disparity can exacerbate existing inequalities in education, leading to a two-tier system where only some benefit from technological advancements.

### **Future Directions**

Looking ahead, the influence of emerging technologies on human conduct will likely intensify. As technologies evolve, continuous engagement with their social, economic and ethical implications is essential. Policy makers, educators and technologists must collaborate to create frame works that promotes responsible innovation. Emphasizing digital literacy will empower individuals to navigate the Complexities of a tech-driven world, ensuring that technology serves as a tool for enhancing human well-being rather than diminishing it.

In conclusion, the interplay between emerging technologies and human conduct is a dynamic and influenced and multifaceted relationship. While these technologies present unprecedented opportunities for growth and development they also necessitate careful consideration of their

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impact on society. A balanced approach that fosters innovation while safeguarding ethical standards and human values will be crucial in shaping a future where technology enhances rather than kinder human conduct.

**Reference Article :**

Title : The influence of emerging technologies on human conduct

Author(s) : Krishna Chandra Choudhary, Narinder Singh Rawat

Journal : Journal of Indian Education, Feb., 2023

Rohit Kumar

(24288)

**Summary of “Relevance of e-Content in Learning  
Teaching of Geography with special reference to School Education In  
India”**

This article discusses the usefulness of the relevance of using e- content, mainly the video content in the learning and teaching of the field. Geography as a discipline has undergone a paradigm shift in its way of learning human-environment interactions. It new takes advantage of information & communication technology (ICT) to provide its students with access to quality education. As the technology becomes more prevalent, it has an impact on the learning teaching process of different subject matter. The application of technology may be seen in numerous aspects of geography, such as remote sensing and geographic information system (GIS) which are utilized for location analysis climatic research, planning activities, etc. It has also been suggested that it will bring about a technological revolution in geographic learning, and teaching. The usage of media such as films, audio, animations, presentations & so on has resulted in the creation of an atmosphere that fosters learning of experiences allowing students to promote knowledge acquisition.

There is a need for digital content since the technology is altering education by increasing access. The video graphic teaching learning of geography is generally accepted since it created & provides the knowledge in a more more creative & interesting manner, making it easier to understand. It attempts to show them in a more practical way. Videos can also be utilized in the classrooms to record & analyze the interactions between students and teachers encouraging critical thinking, creativity learning and collaborative learning.

The article's primary findings for the use and relevance of video in the teaching-learning of geography at the school level are as follows : generates more interest in learning-teachings frees teaching-learning process from the constraints of and place ; facilitates a visual form of learning, has the power to engage learners for a longer period of time with the introduction of online courses blended learning and flipped learning, technology and ICT have become essential components of the educational system in countries like India. With instructional videos helpful in learning process,

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videographic geography has become a recognized subfield of geography. Nevertheless, these tools should be successfully integrated and in accordance with topic descriptions and other teaching strategies. Although, using the e-content is regarded as green consumption, concerns about cyber safety, screen timing and the excessive exposure to digital materials raises concerns about the digital divide in developing countries like India. But it can be also helpful for individuals who lack access to high-quality education.

Hence, the use of e-content in learning-teaching should be practiced very wisely taking into considerations all the aspects it possesses.

Reference Article :

Title : Relevance of e-content in Learning-Teaching of Geography with special reference to School education in India

Author(s) : Nidhi Singh, Vishal Verma

Journal : Indian Journal of Educational Technology, July, 2024

Pooja Kumari  
(24350)

## Summary of “Exploring Role of Social Media In adolescence Ecology”

The advent of Social Media has revolutionized the way adolescents interact, learn and develop. As social media continue to shape the life of young people, it is essential to its impact on their ecology. The study "Exploring the role of social media in Adolescence ecology." Provides Valuable insights into the complex Relationship between social media and adolescents examining the Impact on parenting and teaching styles, usage patterns and positive and negative effect of Social Media.

The study "Exploring the role of social media in Adolescence Ecology" delves into complex relationship between social media and adolescents examining the impact on parenting and teaching styles, usage patterns, and the positive and negative effects of social media conducts in Delhi/NCR, the qualitative study involved 30 adolescents, 5 parents and 5 teachers from private schools, providing a comprehensive understanding of the phenomenon.

The findings reveal that adolescents spend an alarming 4-5 hours per day on social media, with Instagram and Whatsapp being the preferred platforms. While adolescents acknowledge the benefits of social media, including socialization and learning, they also recognize the drawbacks, such as distraction and addiction. Interestingly, 60% of adolescents reported that social media helps with studies, while 30% disagreed. This ambivalence highlights the need for guidance responsible social media usage.

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Teachers, on the other hand, expressed strong concerns about the negative effects of social media leads to dissection, reduced focus, and decreased academic performance. Teachers preferred traditional classrooms, emphasizing the importance of face to face interaction and hands-on learning. These findings suggest that teachers play a crucial role in promoting responsible social media usage and mitigating its negative effects.

Parents demonstrated awareness of child-friendly know-ledged the positive effects of social media, such as educated and awareness. However, they expressed Concerns about the negative effects including decreasing family time and concentration, Parents cautions approach to social media underscores the need for parental involvement in monitoring and guiding social media usage.

Excessive social media usage can lead to addiction, decreased concentration and reduced face to face interaction. To mitigate these effects, the Study Recommends:

1. Setting limits on social media usage
2. Encouraging physical activities and outdoor engagement.
3. Educating adolescents (physical activities and outdoor engagement) responsible social media usage
4. Monitoring online safety.
5. Fostering open communication between parents, teacher and adolescents.

The research highlights the importance of collaborative effort between parents, educators, and policymakers to promote healthy social media habits among adolescents. By understanding social media's impact, stakeholders can develop effective strategies to promote positive outcomes. The study's limitations, inducing small sample size and geographical scope, suggest avenues for future research.

In conclusion, "Social media significantly impacts adolescent offering connectivity and resources but also posing risk like cyber-bullying and addiction. Balanced usage, digital literacy, and platform accountability are crucial for promoting healthy online interactions and adolescents well-being".

**Reference Article :**

Title : Exploring role of Social Media in Adolescence Ecology

Author(s) : Chetna Arora, Subhash Chander

Journal : Indian Journal of Educational Technology, Jan, 2024

Priyanka Thakur  
(24132)

## **Summary of “ICT integration in Teaching-Learning Process for Sustainable Education : A Study**

Education is basic need for an individual in this era. To deliver quality education via means of

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technology is one of the important goals of any state. In recent years, technology has proficiently contributed in elevating the learning environment by providing quality education to learners. Therefore, Information and communication technology (ICT) practices in education can catalyze the advancement in education sector. ICT advocates across the access to the educational material in a sustainable manner so that the information can be used by by the individual for any educational purpose. ICT holds wide variety of technologies within itself such as e-learning, smart classrooms, mobile phones. Internet etc. It enhances the productivity of quality and inclusive education so that a sustainable development can be achieved by 2030 under sustainable development goal (SDG 4). It aims to provide sutainable education to children of all age groups for their holistic development. It also helps educators to grasp knowledge across geographical boundaries to access academic resources. The use of ICT in learning process in Meghalaya has been studied and data has been collected to comprehend the application and challenges. faced in usage of ICT in the region.

Since the geographical position of Meghalaya is unique, it offers a distinct and valuable case study of the practicality and hurdles of ICT integration in education. Therefore, it becomes important to understand this gap for developing effective strategies to provide quality education in this region.

Study thus aims to inform education and curriculum creators, policy makers to drive positive development in education system of Meghalaya. The East Khasi hills district was chosen for the research ICT's role in sustainable education. The aim of this is to provide on application of ICT in teaching-learning process and problems that teaches fare in using ICT in school. The case study includes government schools, govt aided teachers and private school teachers.

The result showed that 24.6%, 34.1% and 52.1% of govt. aided school teacher and private school teachers were using smart classes for teaching purpose. It was noted that 90%; 78% of private teachers, govt aided school teachers were using internet for teaching. It clearly showed that 85.4%, 73.7% and 82.5% of govt. aided school teachers, and private schools use internet for study material search respectively. This showed that ICTs were used more by government aided school teachers and private school teachers. The third study showed the usage of websites like google meet and whatsapp for communication purposes and it was found that many teachers were not aware of google meet but use whatsapp for communication in normal amount. The reason for lesser use of ICT may be atributed towards poor infrastructure, connectivity, teacher training and resource allocation. Therefore, Govt. of Meghalaya has implemented various plans for use of ICT in education, which includes, teacher training, digital content for diverse linguistic people of Meghalaya, infrastructure for ICT's.

#### **Reference Article :**

Title : ICT integration in teaching-learning process for Sustainable Education : A Study

Author(s) : Shalini, B.B. Kharbiryumbai

Journal : Indian Journal of Educational Technology, July, 2024

Navisha Sharma

(24236)

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## Summary of Exploring 21st Century

### Digital Literacy Skills among the Prospective Teachers for Holistic Learning

Digital literacy skills pose an important role among prospective teachers in any teaching-learning process. It becomes crucial to have digital literacy skills like media literacy, ICT literacy and communication technology for the sharing educational information among learners. ICT-based initiatives are considered to be one of the key-indicators of quality education and thus it becomes important to know the perceptions of future teachers about information and communication technology's usage in a classroom.

The research studied the issues with the digital literacy of prospective teacher of Kerala. Since Kerala is attributed as one of the most literate states of India, it is taken as a sample. The study took 860 prospective teachers having a sample. The study took 860 prospective teachers having 157 male and 703 female teachers teachers of five districts of Kerala. The data was collected from three state universities and affiliated colleges of Kerala other criteria of teachers were distinguished through locality i.e. 463 urban and 397 rural teachers. The sample was taken for five categories; language social science, mathematics, science & commerce. The tool used for data collection was based for on P21 framework of 21st century. Skills framework and OECD framework of 21st century. It covered three dimension of digital. Literacy which includes "information literacy, media literacy, and ICT literacy." A Questionnaire was developed to analyse the opinion of teachers about teacher education.

The obtained data was analysed, and it has been found that 13.1 percent of prospective teachers have a low level of digital literacy skills, 7.6% have average and 15.2% have high level of digital literacy skills.

The second criteria chosen was based on their gender, type of institution & subject specialization, locality and educational qualification.

The results showed that 96.06% male and 96.15%. female teachers were aware about digital literacy skills. There was not much different noted on the basis of gender of teachers. On the basis of qualification 95.62 UG and 94.67 PG were good in digital literacy. Similarly on basis of locality it was found to be 95.44 and 95.17 for urban and rural respectively. For govt institution the digital literacy skills were found to be 95.70% and 9.50 for private institutions.

From the study, it can be concluded that only 38% of transaction enhance the level of digital skills, only 57% of prospective teachers are able to apply ICT tools in classrooms and only 35%. of them get enough support from teachers for making ICT tools e-resources for learning.

This conveys a message that prospective teachers show the average level of opinion about current teacher education curriculum. The recommendations, therefore the can be made that digital literacy skills needs to be developed and relevant training to teachers should be given and the curriculum must encourage them to use digital technology in learning process. Also, there must be cohesive environment for e-learning for prospective teachers. The educational policy

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makers should make digital literacy skills as a part of teacher's education curriculum in any teacher training programmer and workshops. This makes the teachers got ample knowledge of ICT skills and from an ambiert atmosphere for teaching learning process for a holistic learning.

**Reference Article :**

Title : Exploring 21st Century Digital Literacy skills among the prospective Teachers for Holistic Learning.

Author(s) : Jijo Varghese, Anand Kumar Arya

Journal : Indian Journal of Educational Technology, July, 2024

Shivangi Patial  
(24276)

## **MOBILE FOR LEARNING.**

Mobile devices have revolutionized the way we live, work, and learn. With the vast array of facilities and features available at our fingertips, mobiles have made our lives incredibly convenient. During the pandemic, mobile devices played a vital role in ensuring continuity of education. With schools and educational institutions closed, mobiles became the primary means of accessing educational resources, connecting with teachers, and participating in online classes.

Mobile devices can be a powerful tool for students, offering a wide range of benefits. Mobiles provide access to the internet, enabling students to research and gather information for assignments and projects. Mobile devices allow students to access e-books, online libraries, and digital resources, making learning more convenient.

Mobiles enable students to keep track of schedules, deadlines, and appointments using digital calendars. Mobile devices offer various task management apps that help students prioritize and organize their work.

Mobiles provide access to online courses, tutorials, and educational resources, making learning more flexible. Mobile devices offer a wide range of educational apps that cater to different subjects, learning styles, and age groups.

Mobiles enable students to communicate with teachers, peers, and mentors through email and messaging apps. Mobile devices offer various mindfulness and wellness apps that promote mental health and self-care. Mobiles provide access to safety apps that enable students to quickly contact emergency services or alert friends and family in case of an emergency.

In conclusion, mobile devices are a powerful tool that can either support or hinder learning, depending on how they are used. By acknowledging both the benefits and drawbacks of mobile devices, students can develop responsible habits and strategies for leveraging these devices to enhance their learning experience.

Sonali  
(24305)

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# Education

**Editor : Dr. Anup Kumar**

**Student Editor : Priya**

## **Learning : A Result of Interaction Between Self and Environment**

Learning is not a passive process of absorbing information, but rather a dynamic interaction between an individual's internal state and the external environment they encounter, meaning that new knowledge and skills are actively constructed through engagement with the world around.

In simple terms, learning is shaped by two main factors:

1. The Self (Our Mind, Thoughts, and Abilities)
2. The Environment (People, Experiences, and culture)

When these two interact, real learning takes place.

### **How Does Learning Happen?**

#### **1. Learning Through Experiences**

Imagine a child touching a hot object for the first time. The pain teaches him that fire or hot surfaces can burn. This is an example of learning through direct experience. Our personal actions and experiences shape our understanding of the world.

#### **2. Learning from Others**

We also learn by interacting with people. Parents, teachers, friends, and society influence our thinking. For example, when a teacher explains a science problem, we understand it better than just reading about it. Conversations and discussions also help us to develop different perspectives.

#### **3. Learning from the Environment**

Our surroundings, including nature, technology, culture, and media etc. play a huge role in learning. A person growing up in a village may learn farming techniques, while someone in a city may learn about business and technology. The environment exposes us to different skills and knowledge.

#### **4. Learning by Doing**

Practical learning is one of the best ways to gain new knowledge. For example, reading about swimming is different from actually getting into the water. Similarly, practicing a language by speaking it daily helps more than just reading grammar rules.

### **Conclusion :**

Learning is a continuous process that happens when we interact with the world around us. It is not just about memorizing facts from books but about experiencing, observing, and understanding things in real life. Learning is not just something that happens in a

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classroom. It is a lifelong process shaped by our personal efforts and the environment we live in. When we actively engage with the world, ask questions, explore, and practice, we learn better and grow as individuals.

Priya Devi  
3rd Sem. (23390)

## BODY POSITIVITY VS. BODY NEUTRALITY: A NEW ERA OF SELF-ACCEPTANCE

In a world that has long been dominated by unrealistic beauty standards, conversations around self-acceptance have evolved significantly. Two major movements-body positivity and body neutrality-have emerged as powerful forces, each advocating for a healthier relationship with one's body. While body positivity encourages people to love and celebrate their bodies, body neutrality shifts the focus toward appreciating the body's functionality rather than its appearance. Together, these ideologies mark a new era of self-acceptance, allowing individuals to choose what feels most authentic to them.

### **The core beliefs of body positivity include:**

1. All bodies are beautiful and deserve respect, regardless of size, shape, or ability.
2. Self-love is empowering, and people should embrace their unique features.
3. Embrace and celebrate their bodies and reject unrealistic beauty standards promoted by media and society.

### **The Rise of Body Neutrality**

Unlike body positivity, body neutrality does not require individuals to love their bodies at all times. Instead, it shifts the focus from appearance to functionality and well-being. The core principles of body neutrality include:

- Accepting the body as it is, without necessarily loving or hating it.
- Valuing the body for what it can do rather than how it looks.
- Practicing self-care and making choices that prioritize overall well-being.

For example, instead of saying, "I love my thighs because they look beautiful," body neutrality would encourage a mindset like, "My thighs help me walk, run, and dance, and I appreciate that." This perspective helps reduce the pressure of constant self-love while still fostering a positive relationship with one's body.

### **Which Is Better?**

Both movements have their strengths, and neither is inherently better than the other. The choice depends on personal comfort and mindset.

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## **A New Era of Self-Acceptance**

The shift from body positivity to body neutrality reflects a broader cultural change—one that prioritizes mental well-being over appearance-based validation. In a society where self-worth has long been tied to looks, body neutrality offers a refreshing perspective that allows people to step away from constant self-criticism or forced positivity.

As we move forward, the conversation around body image will continue to evolve, hopefully leading to a world where people can exist without judgment—whether they choose to love, accept, or simply appreciate their bodies for what they do every day.

Priya Devi  
3rd Sem (23390)

# **The Psychology of Emotions**

Emotions are integral to human experience, influencing our thoughts, behaviors and interactions. In the field of educational psychology, understanding emotions is crucial for fostering effective learning environments and promoting student well-being.

## **Theories of Emotions**

Several theories have been proposed to explain the genesis and functions of emotions:

- James-Lange Theory suggests that emotions arise from physiological reactions to circumstances. For example, we feel sad because we cry or we feel afraid because we tremble.
- Cannon-Bard Theory proposes that emotional experiences and physiological reactions occur simultaneously but independently. Like seeing a threat might simultaneously trigger feelings of fear and a rapid heartbeat.
- Schachter-Singer Theory emphasizes the role of cognitive appraisal in interpreting physiological arousal as specific emotions. For example, an increased heart rate could be perceived as excitement or fear, depending on the context.
- Activation Theory refers to the view that emotion represents a state of heightened arousal rather than a qualitatively unique type of psychological, physiological or behavioural process.

## **Emotional Development and Intelligence**

Emotional development is a continuous process influenced by social interactions, cultural norms, and individual experiences. On the other side, emotional intelligence is the ability to perceive, understand, and regulate emotions effectively. High emotional intelligence contributes to better

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mental health, improved relationships, and enhanced academic and professional success.

### **Emotions in Educational Settings**

In educational contexts, emotions significantly impact both teaching and learning.

Positive emotions like curiosity and enthusiasm can enhance motivation and engagement, leading to better learning outcomes. Conversely, negative emotions such as anxiety or boredom can hinder concentration and retention. Teachers' emotional expressions and management strategies set the tone for the classroom environment. Promoting empathy and emotional literacy among students can lead to a more inclusive and collaborative learning environment.

Strategies to manage emotions effectively in educational settings include:

**Social-Emotional Learning (SEL) Programs:** Implementing SEL programs can teach different skills like self-awareness, self-regulation, and interpersonal skills.

**Mindfulness Practices:** Encouraging mindfulness and stress-reduction techniques can help students and teachers to manage emotions and maintain focus.

**Open Communication:** Creating an environment where students feel safe to express their emotions can lead to better emotional regulation and support.

### **Conclusion**

The psychology of emotions is a fascinating field that reveals the deep connection between our thoughts, body, and behavior. Understanding emotions can enhance self-awareness, improve relationships, and promote mental and physical well-being. By learning how to regulate and express emotions effectively, individuals can lead happy, healthier and more fulfilling lives.

Nikhil  
(23141)

## THE DEBATE BETWEEN TRADITIONAL AND DIGITAL TEACHING METHODS: A PSYCHOLOGICAL PERSPECTIVE

As a student of education, I have explored the ongoing debate between traditional and digital teaching methods to determine which approach best facilitates effective learning. Both methods offer distinct advantages and challenges, and their effectiveness often depends on various factors, including cognitive processes, student demographics, subject matter, and available resources.

### **Traditional Teaching Methods**

Traditional teaching is characterized by a teacher-centered approach, where educators deliver content through lectures, textbooks, and direct instruction. Rooted in behaviorist learning theories, this method provides a structured environment that fosters discipline, routine, and foundational knowledge acquisition. The predictability of traditional methods can be particularly beneficial for younger students or those requiring more guided instruction.

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## **Digital Teaching Methods**

Digital teaching technology help to create interactive and student-centered learning experiences. This includes online courses, virtual simulations, gamified learning, and adaptive educational software that promote engagement and collaboration. The cognitive load theory suggests that interactive digital tools can enhance learning when they align with students' working memory capacity, allowing for more efficient information processing and retrieval.

### **Comparative Effectiveness: Insights from Research**

A meta-analysis of 225 studies found that active learning strategies-often facilitated by digital tools-can significantly enhance student performance. The study revealed that active learning reduces failure rates from 32% to 21% and improves assessment performance by approximately 0.47 standard deviations. This supports the constructivist theory, which emphasizes learning as an active, meaning-making process. A recent study published in Psychological Science suggested that handwritten note-taking, a traditional method, leads to better conceptual understanding compared to digital note-taking, as it encourages deeper cognitive processing (Mueller & Oppenheimer, 2014).

### **Conclusion: A Balanced Approach**

The debate between traditional and digital teaching methods is not about choosing one over the other but about integrating both approaches to optimize learning outcomes. According to the dual coding theory, a combination of textual and visual stimuli enhances retention, which supports the idea that hybrid learning-blending structured traditional methods with engaging digital tools-may be the most effective strategy.

Anshika  
3rd Sem. (23302)

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# संस्कृत - अनुभाग :

सम्पादक : डॉ. मनोजकुमारः

छात्र सम्पादक : सूरजगौतमः

## प्रस्ताविकम्

सर्वान् सहर्षं संसूचयन् मोमुद्यते मे मनः यत् सत्रम् 2024-2025 इति वर्षस्य राजकीय-अध्यापक शिक्षा-महाविद्यालयः 'धर्मशाला' इति शिक्षणसंस्थानस्य 'धौलाधार' नामधेया वार्षिकी पत्रिका प्रकाश्यते। पत्रिका कस्यचिदपि संस्थानस्य गौरवपूर्णं इतिहास-वर्तमानभविष्यत्कालस्य दर्पणसदृशी भवति। पत्रिकाप्रकाशनैरेव छात्रेषु साहित्यसर्जनाय प्रेरणा उत्सं याति। तेषां हृदयङ्गमाः भावाः लेखनीमाध्यमेन एव बहिरङ्गमाः भवन्ति। येन तत्तत् कालस्य समाजस्य वा साहित्यं सुरक्षितं भवति। शनैः शनैः एते एव छात्राः समाजस्य श्रेष्ठाः साहित्यिकाः गवेषकाश्च भवन्ति, अन्येषां ते प्रेरणास्रोतांसि च भवन्ति। सर्वैः छात्रैः लेखनाय प्रयासः विधेयो येन तेषां लेखनी प्रशस्ता स्यात्, साहित्यं पठनाय सर्जनाय च रुचिः वर्धेत। संस्कृत-अनुभागं प्रस्तुवन् मोदेऽहम्।

सर्वेभ्यः सुधीपाठकेभ्यः लेखकेभ्यश्च हार्दीशुभकामनाः। नमो नमः।

# “गीतायां कर्मयोगः”

जगत्यस्मिन् ‘श्रीमद्भगवद्गीता’ भारतदेशस्य एकं भास्वरं रत्नं वर्तते। भगवता श्रीकृष्णेन मानवसमाजाय प्रदत्तोऽयममूल्यः निधिरस्ति। गीतायां प्रदर्शितेन निष्कामकर्मयोगेन जीवनयात्रा सफला भवितुमर्हति। ‘जीवनदर्शने अनासक्तभावेन कर्मणः अनुपालनं करणीयम्’ इति कर्मयोगस्य मुख्यसिद्धान्तः।

डुकृञ् करणे इति तनादिगणस्थात् धातोः मनिन् प्रत्यये कृते कर्म इति पदं निष्पद्यते। ‘कर्मयोग’ इत्यस्मिन् पदे पदद्वयं वर्तते। कर्म इत्यस्यार्थः उद्देश्यपूर्णं कृत्यं कार्यं वा। तच्च शारीरिकं मानसिकमिति भेदेन द्विविधम्। पुनश्च समत्वं योग उच्यते। लाभालाभौ, जयाजयौ समत्वभावः इति। श्रीमद्भगवद्गीता वेदान्तस्य ‘प्रस्थानत्रयी’ इत्यस्मिन् अन्यतमो ग्रन्थः। ग्रन्थेऽस्मिन् व्यक्तसिद्धान्तानामुपरि औपनिषद्सिद्धान्तानां विशेषप्रभावो दरीदृश्यते। अतः अयं ग्रन्थ उपनिषद्द्रूपिणीगवां दुग्धमिति निगदितः, यस्य दोहनं स्वयं भगवान् कृष्णः चकार।

सर्वोपनिषदो गावो दोग्धा गोपालनन्दनः।

पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत्॥

उपनिषत्सु यथा निष्कामभावेन कर्म कर्तुम् उपदिष्टं तथैव गीतायामपि तस्यैव कर्मणः अनासक्तभावग्रहणस्य सन्देशः प्राप्यते। गीतानुसारं सम्पूर्णं जगदिदं देवमयं वर्तते। ईशोपनिषद्यपि निष्कामकर्मयोगस्य उपदेश उपलभ्यते। तद्यथा –

ॐ ईशावास्यमिदं सर्वं यत्किञ्च जगत्यां जगत्।

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विधनम्॥

कुर्वन्नेवेह कर्माणि जिजीविषेच्छतं समाः।

एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे॥

मनुष्यो निष्कामभावेन कर्म कुर्वन् शतवर्षाणि जिजीवेष्ट। अनेन सः कर्मसु लिप्तो न भविष्यति। परोपकारकं श्रेयस्कं कर्म यः करोति सः दुर्गतिं न गच्छति। तस्य लोके परलोके नास्ति नाशः। अद्यापि तेषामेव नाम शाश्वतं तिष्ठति ये जीवने समाजोपकारकं कर्म कुर्वन्ति।

पार्थ नैवेह नामुत्रा विनाशस्तस्य विद्यते।

न हि कल्याणकृत्कश्चिद्दुर्गतिं तात गच्छति॥ (6.40)

त्यागभावनया भगवतः कर्म इति मत्वा यदि वयं कृत्यं कुर्मः तर्हि देवा अपि अस्माकमुपरि प्रसन्नाः भवन्ति। निश्चयेन तेषां चरणछाया अस्माकमुपरि भविष्यति।

देवान्भावयतानेन ते देवा भावयन्तु वः।

परस्परं भावयन्तः श्रेयः परमवाप्स्यथ॥ (3.11)

जीवने सन्तोषार्थम् आत्मिकशान्त्यर्थं च कर्मयोगस्य अनुपालनं नितान्तावश्यकम्। यद्यपि महाभारतस्य युद्धे श्रीकृष्णः पाण्डवानां

पक्षतः एकस्मिन्नेव दिवसे एकाकी युद्धं जेतुं समर्थः आसीत् तथापि युद्धं तु पाण्डवैः एव कृतं, भगवता तु केवलं मार्गदर्शनं विहितम् । पाण्डवपक्षतः विना सैनिकघातेन पाण्डवानां विजयः अभविष्यत् परन्तु न तथा । अस्य एतदेव कारणमासीत् यत्, यदि श्रीकृष्णः युद्धं विजित्य युधिष्ठिरं राज्याभिषेके अलङ्करिष्यत् तदा पाण्डवाः कदापि विजयस्य महत्त्वं न अज्ञास्यन् ।

कदाचित् जीवने अपारसाफल्यं प्राप्ते सति अस्माकं मनसि सन्तोषः न भवति । हृदये प्रसन्नताभावाः न भवन्ति । अस्य कारणमस्ति यत् अस्माभिः जीवने साफल्यं प्राप्तुं लघुमार्गस्य चयनं कृतम् । लघुमार्गेण वा छद्मरीत्या प्राप्ता सफलता न चिरस्थायी ।

अस्मादेव भावाद् अस्माकं मनसि सन्तोषो न जायते । स्थायीसफलतायाः मार्गो न लघुः न च सरलः । परन्तु गीतानुसारं प्रदत्तमार्गानुसरणं क्रियते चेत् प्राप्तं साफल्यम् अस्मभ्यं शान्तिं सन्तोषञ्च प्रददाति ।

कर्मनिर्धारणविषये अस्माकं सन्देहो मा भवतु तदर्थमपि भगवद्गीतायां सम्यक्तया प्रतिपादितमस्ति । यतोहि किं कर्म किमकर्मेति कवयोऽप्यत्र मोहिताः । अतः भगवद्गीतानुसारम् उत्तमतया विचार्यैव आत्मनः कृते विहितकर्मणां निर्धारणं करणीयम् । शास्त्रोक्तं समाजहितोन्मुखं कर्म करणीयम् । स्वधर्मे तु निधनं श्रेयस्करं परन्तु परधर्मः तु भयावहः भवति ।

तद्यथा – श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात् ।

स्वधर्मे निधनं श्रेयः परधर्मो भयावहः ॥ (3.35)

वस्तुतः विचार्यते यत् विना कर्मणा कस्यचिदपि लोकयात्रा न प्रवर्तते । प्रकृतिजन्याः गुणाः प्रत्येकं परतन्त्रं मनुष्यं किमपि किमपि कर्तुं प्रेरयन्त्येव ।

न हि कश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत् ।

कार्यते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः ॥ (3.5)

अस्माकं नित्यं कर्मणि प्रवृत्तिः स्यात् । जीवने विना कर्म नास्ति किमपि साध्यम् ।

उक्तञ्च – कर्मणैव हि संसिद्धिमास्थिता जनकादयः । (3.20)

विना कर्मणा तु जीवनयात्राऽपि न सम्भवा । तद्यथा –

नियतं कुरु कर्म त्वं कर्म ज्यायो ह्यकर्मणः ।

शरीरयात्रापि च ते न प्रसिद्धयेदकर्मणः ॥ (3.8)

यतोहि – स्वे स्वे कर्मण्यभिरतः संसिद्धिं लभते नरः । (18.45)

जीवने तदैव साफल्यं प्राप्यते यदा सततरूपेण प्रमादरहितभावेन कर्म क्रियते । यानि कर्माणि समाजोपकारकाणि न भवन्ति तान्येव अस्मिन् संसारे बन्धनकारकाणि भवन्ति । अतः श्रीमद्भगवद्गीतानुसारं परोपकारपरकर्मणामेव असक्तभावेन आचरणं करणीयम् ।

यज्ञार्थात्कर्मणोऽन्यत्र लोकोऽयं कर्मबन्धनः ।

तदर्थं कर्म कौन्तेय मुक्तसङ्गः समाचर ॥ (3.9)

यो नरः कर्मणः आचरणम् आसक्तिरहितभावेन करोति सः जीवनस्य परमलक्ष्यमधिगच्छति । यद्यपि ज्ञानिपुरुषस्य न काऽपि अपेक्षा तथापि फलप्राप्तेः मोहं विहाय सततं कर्म करणीयम् ।

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तस्मादसक्तः सततं कार्यं कर्म समाचर ।

असक्तो ह्याचरन्कर्म परमाप्नोति पूरुषः ॥ (3.19)

कर्मणि आसक्तेः त्यागस्य अर्थः फलाकाङ्क्षा—त्यागः । अयं त्याग एव श्रेष्ठतमः त्यागः । यो नरः अनेन भावेन जीवनयात्रायां प्रवृत्तो भवति तस्य एव महान् त्यागः, स एव संन्यासी । यथोक्तं गीतायाः अष्टादशे अध्याये –

काम्यानां कर्मणां न्यासं सन्न्यासं कवयो विदुः ।

सर्वकर्मफलत्यागं प्राहुस्त्यागं विचक्षणाः ॥ (18.2)

कर्मयोगस्य यदा सम्यक्तया ज्ञानं भवति तदा नरः पापं पुण्यम् अस्मिन्नेव लोके त्यक्त्वा समत्वभावं प्राप्नोति । यतोहि समत्वभावयुक्तो नरः अस्मिन् लोके गमनागमनचक्रात् विमुक्तो भवति । तद्यथा –

बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते ।

तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥ (2.50)

कर्मजं बुद्धियुक्ता हि फलं त्यक्त्वा मनीषिणः ।

जन्मबन्धविनिर्मुक्ताः पदं गच्छन्त्यनामयम् ॥ (2.51)

अत्र निष्कामकर्मणः परिपालनस्य सिद्धान्तः प्रतिपादितः । अस्य नाऽयम् आशयो यत् अकर्मणि निष्क्रियाः भवाम । अतः फलाकाङ्क्षां विहाय कर्मणि संरताः भवामः ।

कर्मणि एव अस्माकं स्पृहा स्यात् न तु फले । सकामकर्म मनः भ्रामयति । निष्कामकर्म नूतनकर्मणः संरक्षितुं मार्गः । अनेन पूर्वकृतकर्मणि अपि संशोधनं भवति । अस्माकं केवलं कर्मणि एव अधिकारः । तस्य फलेच्छा नाऽस्माकं विषयः । तस्मात् भगवता सारांशरूपेण अस्मिन् श्लोके कर्मणः स्वरूपं निगदितम् –

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।

मा कर्म फलहेतुर्भूर्मा ते सङ्गोस्त्वकर्मणि ॥ (2.47)

अतः प्रत्येकं कर्म भगवदर्चनं मत्वा निष्कामभावेन सम्पादनीयम् इत्येव अस्य कर्मयोगस्य सारांशः । एतदतिरिक्तं कर्मबन्धनात् मोक्तुं नास्ति अपरं सरणम् ।

वर्तमानपरिप्रेक्ष्ये कर्मयोगस्य सार्थकता – आधुनिके युगे मानवाः आधुनिकतानुकरणे संयुताः सन्ति । अयं गतानुगतिको लोकः । न लोकः परमार्थिकः । यथा एकः करोति तं दृष्ट्वा अपरोऽपि विना विचार्य तस्य अनुकरणं करोति । न तत्र आत्मबुद्धिविवेकेन चिन्तयति यत् अस्मिन् कर्मणि प्रवृत्तिर्विधेया न वा । अतः मानवाः स्वकर्तव्यबोधात् दूरं गच्छन्तः सन्ति । समाजे अल्पे एव काले विना परिश्रमेण स्वमानप्रतिष्ठां प्रतिष्ठापनार्थं तथा च अधिकाधिक– सुखसौविध्यं प्राप्तुं कर्तव्यमार्गाच्च्युताः जायन्ते । अस्मात् करणादेव सर्वत्र अशान्तेः वैमनस्यतायाः वातावरणं दरीदृश्यते ।

अतः एतादृशिषु विकटपरिस्थितिषु स्वकर्तव्यबोधः परमावश्यकः । अयं कर्तव्यबोधो गीतामाध्यमेन एव भवितुमर्हति, यथा निष्कामकर्मयोगस्य सिद्धान्तः मानवान् सन्मार्गाय प्रेरयति । गीतायाः अनुकरणेन सर्वविधरूपेण मानवस्य कल्याणमेव । गीताद्वारा

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उपदिष्टकर्मयोगसिद्धान्तस्य जीवने अवश्यमेव अनुपालनं करणीयं येन अस्माकं जीवनं समाजोपकारकं राष्ट्रोपकारकञ्च भवितुं शक्नुयात् ।

डॉ. मनोजकुमारः  
सहायकाचार्यः (संस्कृतम्)

## योगस्य महत्त्वम्

भारतवर्षस्य एका अत्यन्तं प्राचीना अमूल्या च निधिः अस्ति । आधुनिके समये अपि योगस्य भृशं महत्त्वं वर्तते । योग शब्दस्य उत्पत्तिः संस्कृतस्य युज् धातोः भवति । यस्य अर्थः संयोजनम् अथवा एकत्रीकरणम् । अर्थात् योगः शरीरस्य मनसः आत्मनश्च एकत्रीकरणस्य प्रक्रिया अस्ति । अयं न केवलं शारीरिकव्यायामस्य कश्चन प्रकारः अपितु एका सम्पूर्णा जीवनपद्धतिः, एकं दर्शनम्, एकं विज्ञानमपि अस्ति । योगस्य न केवलं शारीरिकं महत्त्वम् अस्ति अपितु मानसिक, आध्यात्मिकस्तरेषु अपि अस्य व्यापकं महत्त्वं वर्तते ।

शारीरिकं महत्त्वम् –

योगस्य नियमित-अभ्यासेन शरीरं स्वस्थं सुदृढं च भवति । विविधानि आसनानि शरीरस्य विभिन्नाङ्गानां मासपेशिनां च व्यायामं कुर्वन्ति, येन रक्तसञ्चार, पाचनतन्त्रं च सुदृढं भवति । प्राणायामस्य अभ्यासेन श्वसनतन्त्रं पुष्टं भवति, शरीरे प्राणवायोः स्तरः वर्धते, येन ऊर्जायाः अनुभवः भवति । योगः रोगप्रतिरोधकक्षमतां वर्धयित्वा बहूनां रोगाणां निवारणे सहायकः भवति ।

मानसिकं महत्त्वम् – आधुनिके युगे चिन्ता, सम्मोहः, अवसादः च सामान्याः समस्याः सन्ति । योगः एतासां समस्यानां निवारणे अतीव प्रभावकारकं भवति । योगस्य अभ्यासेन विशेषतः ध्यानेन प्राणायामेन च मनः शान्तं स्थिरं च भवति । एकाग्रतायाः क्षमता वर्धते, येन कार्येषु लाभः भवति । योगः नकारात्मकविचारान् न्यूनीकरोति, सकारात्मकदृष्टिकोणं च पोषयति । अनेन मानसिकस्पष्टता, भावनात्मकसन्तुलनं च प्राप्तुं शक्यते ।

आध्यात्मिकं महत्त्वम् – योगस्य चरमं लक्ष्यं तु आत्मसाक्षात्कारः, आत्मनः परमात्मना सह संयोगः अथवा मोक्षप्राप्तिः अस्ति । योगः व्यक्तिं स्वीयान्तःकरणेन सह संयोजयति । ध्यानस्य माध्यमेन व्यक्तिः स्वीयवास्तविकस्वरूपं ज्ञातुं प्रयतते । इन्द्रियनिग्रहः चित्तस्य वृत्तीनां निरोधः च योगस्य प्रमुखौ अंशौ स्तः । अनेन व्यक्तिः सांसारिक-आकर्षणभ्यः उपरि उत्थाय आन्तरिकशान्तिम् आनन्दं च अनुभवति ।

योगस्य उल्लेखः प्राचीनतमेषु ग्रन्थेषु, वेदेषु, उपनिषत्सु, श्रीमद्भगवद्गीतायां पतञ्जलियोगसूत्रे च प्राप्यते । पतञ्जलियोगसूत्रे महर्षि पतञ्जलिः योगस्य सुव्यवस्थितं वर्णनं कृतवान् । तस्य प्रसिद्धं सूत्रम् अस्ति – योगश्चित्तवृत्तिनिरोधः । तात्पर्यः अस्ति योगस्य सतताभ्यासेन चित्तस्य वृत्तीनां निरोधः भवति । श्रीमद्भगवद्गीतायां भगवान् श्रीकृष्णः अर्जुनम् उपदिशति – यत् सुख-दुःखे, लाभहानौ, जयपराजयौ अत्र समभावः एव योगः कथ्यते । कर्मसु कुशलता अथवा निपुणता अपि योगः कथ्यते ।

निष्कर्षः – अतः स्पष्टम् अस्ति यत् योगः केवलं शारीरिक-आसनानां सङ्ग्रहः नास्ति अपितु जीवनस्य एकः समग्रः अनुशासनीयः

मार्गः अस्ति, येन शारीरिकं, स्वास्थ्यं, मानसिकी शान्तिः, आध्यात्मिक-उन्नयनं च सम्भवति । अद्यतने अवसादपूर्णे जीवने योगस्य आवश्यकता महत्त्वं च पूर्वस्मात् अपि अधिकं वर्तते । अस्य नियमिताभ्यासेन व्यक्तिः स्वस्थं, सन्तुलितं, सार्थकं च जीवनं यापयितुं शक्नोति । सर्वे जनाः योगं स्वजीवने अङ्गीकुर्युः, तेन च स्वस्य समाजस्य च कल्याणं भवितुं शक्नुयात् ।

डॉ. प्रियंका

सहायकाचार्या (संस्कृतम्)

## मातृ-महिमा

जननी स्नेहधारा सा जीवनस्य आधारिका ।  
तस्याः पादौ नमस्कुर्मः देवी सा परदेवता ॥  
दुःखानि सहते नित्यं सुखं ददाति बाल्ये ।  
पोषणं कुरुते प्रेम्णा न तुल्या तेन देवता ॥  
प्रथमा गुरुः सा ज्ञेया सन्मार्गं दर्शयत्यपि ।  
आपद्भ्यः रक्षते पुत्रं करुणायाः समुद्रिका ॥  
वात्सल्यस्य परा मूर्तिः क्षमायाः सागरम्बिका ।  
तस्याः ऋणं न शोधयेत् कोऽपि पुत्रः कदाचन ॥  
अतः पूज्या सदा माता सर्वदेवमयी सा ।  
नमामि मातरं भक्त्या महिमानं तवानन्तिका ॥  
नास्ति मातृसमा छाया नास्ति मातृसमा गतिः ।  
नास्ति मातृसमं त्राणं नास्ति मातृसमा प्रिया ॥  
यानि कानि च कष्टानि सहेन्माता सुतस्य वै ।  
न तेषां निष्कृतिः शक्या कर्तुं वर्षशतैरपि ॥  
पूजनीया सदा माता देवता इव भूतले ।  
तस्याः सेवा हि कर्तव्या पुत्रैः श्रेयस्काङ्क्षिभिः ॥  
धात्री जननी अम्बा त्वं सर्वकष्टनिवारिणी ।  
तव पादाम्बुजं नत्वा लभेऽहं परमां गतिम् ॥

डॉ. प्रियंका

सहायकाचार्या (संस्कृतम्)

## श्रीमद्भगवद्गीता सूक्ति माला

1. कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
2. यद्यदा चरति श्रेष्ठः तत्तदेवेतरो जनः ।
3. नाभिनन्दति न द्वेष्टि तस्य प्रज्ञा प्रतिष्ठिता ।
4. निर्ममो निरहङ्कारः स शान्तिमधिगच्छति ।
5. स्वधर्मे निधनं श्रेयः परधर्मो भयावहः ।
6. श्रद्धावाँल्लभते ज्ञानं तत्परः संयतेन्द्रियः ।
7. योगः कर्मसु कौशलम् ।
8. सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ ।
9. नित्यः सर्वगतः स्थाणुरचलोऽयं सनातनः ।
10. सुखसङ्गेन बध्नाति ज्ञानसङ्गेन चानघ ।
11. यज्ञो दानं तपश्चैव पावनानि मनीषिणाम् ।
12. गतासूनगतासूँश्च नानुशोचन्ति पण्डिताः ।
13. न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ।
14. चञ्चलं हि मनः कृष्ण प्रमाथि बलवद्दृढम् ।
15. जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च ।

पवनशर्मा

द्वितीय सत्र (24348)

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# विद्या महिमा

विद्या नाम नरस्य रूपमधिकं प्रच्छन्नगुप्तं धनम् ।

विद्या भोगकरी यशः सुखकरी विद्या गुरुणां गुरुः ।

विद्या बन्धुजनो विदेशगमने विद्या परा दैवता

विद्या राजसु पूज्यते न हि धनं विद्याविहीनः पशुः ॥

भावार्थ : विद्या इन्सान का विशिष्ट रूप है, गुप्त धन है । वह भोग देनेवाली, यशदात्री, और सुखकारक है । विद्या गुरुओं का गुरु है, विदेश में वह इन्सान की बंधु है । विद्या बड़ी देवता है । राजाओं में विद्या की पूजा होती है, धन की नहीं । इसलिए विद्याविहीन पशु ही है ।

ज्ञातिभिर्वण्ट्यते नैव चोरेणापि न नीयते ।

दाने नैव क्षयं याति विद्यारत्नं महाधनम् ॥

भावार्थ : यह विद्या रूपी रत्न महान धन है, जिसका वितरण रिश्तेदारों द्वारा हो नहीं सकता, जिसे चोर ले जा नहीं सकते, और जिसका दान करने से क्षय नहीं होता ।

सर्वद्रव्येषु विद्यैव द्रव्यमाहुरनुत्तमम् ।

अहार्यत्वादनर्घयत्वादक्षयत्वाच्च सर्वदा ॥

भावार्थ : सब द्रव्यों में विद्या रूपी द्रव्य सर्वोत्तम है, क्योंकि वह किसी से हरा नहीं जा सकताय वह अमूल्य है, और उसका कभी नाश नहीं होता ।

अलसस्य कुतो विद्या अविद्यस्य कुतो धनम् ।

अधनस्य कुतो मित्रममित्रस्य कुतः सुखम् ॥

भावार्थ : आलसी इन्सान को विद्या कहाँ ? विद्याविहीन को धन कहाँ ? धनविहीन को मित्र कहाँ ? और मित्रविहीन को सुख कहाँ?

रूपयौवनसंपन्ना विशाल कुलसम्भवाः ।

विद्याहीना न शोभन्ते निर्गन्धा इव किंशुकाः ॥

भावार्थ : रूपसंपन्न, यौवनसंपन्न, और चाहे विशाल कुल में पैदा क्यों न हुए हों, पर जो विद्याहीन हों, तो वे सुगंधरहित केसुड़े के फूल की भाँति शोभा नहीं देते ।

विद्याभ्यासस्तपो ज्ञानमिन्द्रियाणां च संयमः ।

अहिंसा गुरुसेवा च निःश्रेयसकरं परम् ॥

भावार्थ : विद्याभ्यास, तप, ज्ञान, इंद्रिय-संयम, अहिंसा और गुरुसेवा ये परम कल्याण कारक हैं ।

विद्या ददाति विनयं विनयाद् याति पात्रताम् ।

पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततः सुखम् ॥

भावार्थ : विद्या से विनय (नम्रता) आती है, विनय से पात्रता आती (सजनता) है पात्रता से धन की प्राप्ति होती है, धन से धर्म और धर्म से सुख की प्राप्ति होती है ।

क्षणशः कणश्चैव विद्यामर्थं च साधयेत् ।

क्षणे नष्टे कृतो विद्या कणे नष्टे कृतो धनम् ॥

भावार्थः एक एक क्षण गवाये बिना विद्या पानी चाहिए और एक एक कण बचा करके धन ईकट्टा करना चाहिए । क्षण गवाने वाले को विद्या कहाँ, और कण को क्षुद्र समझनेवाले को धन कहाँ ?

नास्ति विद्या समं चक्षु नास्ति सत्य समं तपः ।

नास्ति राग समं दुखं नास्ति त्याग समं सुखम् ॥

भावार्थः विद्या के समान आँख नहीं है, सत्य के समान तपस्या नहीं है, आसक्ति के समान दुःख नहीं है और त्याग के समान सुख नहीं है ।

गुरु शुश्रूषया विद्या पुष्कलेन धनेन वा ।

अथ वा विद्यया विद्या चतुर्थो न उपलभ्यते ॥

भावार्थः विद्या गुरु की सेवा से, पर्याप्त धन देने से अथवा विद्या के आदान-प्रदान से प्राप्त होती है । इसके अतिरिक्त विद्या प्राप्त करने का चौथा तरीका नहीं है ।

नैसी

द्वितीयं सत्रम्, (24333)

## गुरुसमर्पणम्

गुरुरेव परं दैवं, गुरुं नमाम्यहम् सदा ।  
गुरुणा विना ज्ञानं, न सिध्यति कदाचन ॥  
न गुरोरधिकं तत्त्वं न गुरोरधिकं तपः ।  
तत्त्वज्ञानात् परं नास्ति तस्मै श्रीगुरवे नमः ॥  
गुरुवाक्यं प्रसादाय यदि स्यात्संशयो न हि ।  
गुरुणा वदते यत्तत् सदा सत्यं न संशयः ॥  
कृतज्ञो नास्ति लोकेऽस्मिन् गुरुतुल्यं न तत्परम् ।  
गुरोराराधनं कृत्वा सर्वं आराधितं भवेत् ॥  
गुरोः कृपया पापं नश्यति ज्ञानसम्भवम् ।  
यः गुरोः पदवीं नित्यं पश्यति स वै पण्डितः ॥  
गुरोः कृपया हि केवलं शिष्यस्य परमा गतिः ।  
न तु पुस्तकोक्तेन न वेदेन न चिंतनैः ॥  
शिष्यस्तेऽहं शरणं प्रपन्नम् ।  
गुरुं विना न हि विद्या न सत्त्वं न जीवनम् ॥

शालिनी शर्मा

चतुर्थं सत्र (23108)

## विद्यार्थी-जीवन

काकचेष्टा, बको ध्यानं, स्वाननिद्रा तथैव च ।  
अल्पाहारी, गृहत्यागी, विद्यार्थिनः पञ्च लक्षणम् ॥  
अलसस्य कृतो विद्या अविद्यस्य कृतो धनम् ।  
अधनस्य कृतो मित्रमित्रस्य कृतः सुखम् ॥  
उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।  
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥  
काव्यशास्त्रविनोदेन कालो गच्छति धीमतां ।  
व्यसनेन च मूर्खाणां निद्रया कलहेन वा ॥  
वाणी रसवती यस्य, यस्य श्रमवती क्रिया ।  
लक्ष्मीः दानवती यस्य, सफलं तस्य जीवितम् ॥  
विद्यां ददाति विनयं विनयाद् याति पात्रताम् ।  
पात्रत्वात् धनमाप्नोति धनात् धर्मं ततः सुखम् ॥  
उत्तिष्ठत जाग्रत प्राप्य वरान् निबोधत ।  
क्षुरासन्नधारा निशिता दुरत्यद्दुर्गं पथस्तत्कवयो वदन्ति ॥

सूरजगौतम

बी.ए. चतुर्थं सत्र (23257)

# पर्यावरण – प्रदूषणम्

प्रदूषणम् अर्थात् अवांछितं मलम्, अवकराणि, अपशिष्टपदार्थाश्च ये जलं, वायुम्, भूमिं च दूषयन्ति । यः पदार्थः पर्यावरणं प्रति उन्मुक्तः भवति यस्य कस्यचित् जीवस्य हानिः कर्तुं क्षमता भवति सः प्रदूषकः इति उच्यते । प्रदूषणस्य साक्षात् सम्बन्धः मनुष्याणां तेषु कार्येषु भवति ये प्रकृतिं न गृहीत्वा साध्यन्ते । स्थले स्थूलम् अपशिष्टं क्षिप्त्वा गम्भीराः पर्यावरणसमस्याः सृज्यन्ते । जैविकप्रक्रियाभिः प्लास्टिकस्य नाशः न भवति । रसायनानि भूप्रदूषणस्य गम्भीरः पक्षः अस्ति । तेषां स्वास्थ्ये दुष्प्रभावः भवति । नद्यः, तडागाः तथा समुद्रेषु प्रक्षिप्ताः अप्रशोधिताः मानवीय- औद्योगिक-अपशिष्टाः जलं दूषयन्ति । अनेन जले प्राणवायोः हानिः भवति । एतेन मत्स्यादिजीवानां मृत्युः भवितुम् अर्हति । वायुप्रदूषणं मुख्यतया जीवाश्म-इन्धनस्य दहनेन, वाहनानां धूमेन च भवति । अस्य कारणात् वायुमण्डलस्य ओजोनस्तरः द्रुतगत्या क्षीणः भवति । कस्यापि प्रकारस्य प्रदूषणस्य नियन्त्रणार्थं जनानां सक्रिया भूमिका आवश्यकी अस्ति । पर्यावरणस्य प्रदूषणात् संरक्षणाय अधिकाधिकवृक्षाणां रोपणं करणीयम् । जलस्य गुणवत्तायाः निर्वाहः अपि महत्त्वपूर्णः अस्ति । कोलाहलप्रदूषणनियन्त्रणस्य अपि आवश्यकता वर्तते ।

नैसी

द्वितीयं सत्रम् (24333)

# संस्कृतस्य वैशिष्ट्यम्

‘संस्कृतम्’ न केवलं भारतस्य अपितु विश्वस्य प्राचीनतमा भाषा । अन्यभाषाणां पुरातनं साहित्यमद्य नोपलभ्यते यथा पुरातनं संस्कृतसाहित्यम् । विश्वस्य पुरातनतमो ग्रन्थः ऋग्वेदः संस्कृतभाषयैव निबद्धः । इयमतीव वैज्ञानिकी भाषा, अस्या पाणिनिमुनिप्रणीतं व्याकरणमतीव वैज्ञानिकं यस्य साहाय्येन अद्यापि वयं तान् पुरातनग्रन्थान् अवबोधुं शक्नुमः । संस्कृतमेव हि भारतम् । यदि वयं प्राचीनं भारतमर्वाचीनं वापि भारतं ज्ञातुमिच्छामः तर्हि नास्ति संस्कृतसमोऽन्यः उपायः । भारतीयजनस्य अद्यापि यत् चिन्तनं तस्य मूलं प्राचीनसंस्कृतवाङ्मये दृश्यते । यदि तत् चिन्तनं वयं नूतनविज्ञानाभिमुखं कर्तुमिच्छामस्तर्हि तस्य मूलपृष्ठभूमिं च अविज्ञाय विच्छिन्नरूपेण कर्तुं न शक्नुमः । यदि वयमिच्छामो यत् भारतीयजनः परिवर्तनम् आत्मसात् कुर्यात् तदा तेन परिवर्तनेन आत्मरूपेण संस्कृतिमयेन संस्कृतमयेन च भाव्यम् । संस्कृतस्य शब्दाः सर्वासु भारतीयभाषासु कासुचित् वैदेशिकभाषासु च प्रयुज्यन्ते । अतः यदि वयं भारतीयजनानामेकीभावं, तेषां भाषागतम् अभेदं सौमनस्यं च इच्छामः तदा संस्कृतज्ञानेनैव तत् सम्भाव्यते । संस्कृतं सर्वाः भारतीयभाषाः सर्वं जनमानसं च एकसूत्रेण संयोजयति । प्राचीनभारतीयेतिहासस्य भूगोलस्य च समीचीनं चित्रं संस्कृताध्ययनं विना असम्भवम् । संस्कृतसाहित्यम् अति समृद्धं विविधज्ञानमयं च वर्तते । अत्र वैदिकं ज्ञानमुपलभ्यते, यस्य क्वचिदपि साम्यं नास्ति । महाभारतं तु विश्वकोशरूपमस्ति । रामायणशिक्षाः दिशि दिशि प्रसरिताः । उपनिषद्भिर्वेदेशिकैरपि विद्वद्भिः शान्तिः प्राप्ता । कालिदासादीनां काव्यानाम् उत्कर्षस्य तु कथैव का । चरकसुश्रुतयोरार्युर्वेदः, भारद्वाजस्य विमानशास्त्रम्, कणादस्य परमाणुविज्ञानम्, गौतमस्य तर्कविद्या, शुल्बसूत्राणां ज्यामितिविज्ञानम्, आर्यभट्टस्य खगोलशास्त्रम् इत्येवमादीनि अनेकानि विज्ञानानि शास्त्राणि च संस्कृतभाषोपनिबद्धान्येव । अद्यापि राजनीतिविषये शासनतन्त्रविषये च कौटिल्यस्य अर्थशास्त्रं मनुस्मृतिश्च मार्गप्रदर्शके स्तः । अस्माभिः स्वकीयं गौरवमयं

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वाङ्मयमधीत्यै तदाधारे भविष्यनिर्माणं कर्तव्यं, तदैवात्मोत्कर्षः सम्भाव्यते। स च उत्कर्षः आत्माधिष्ठितो हृदयग्राही वास्तविकोन्नतिकारी भविष्यति। ये अपि देशाः आत्मगौरवं न विस्मरन्ति ते एव सफलतायाश्चरमोत्कर्षं प्राप्नुवन्ति।

चैन सिंह

द्वितीयं सत्रम् (24372)

## सुभाषितानि

1. शैले शैले न माणिक्यं मौक्तिकं न गजे गजे ।

साधवो नहि सर्वत्र चन्दनं न वने वने ॥

अर्थात् – प्रत्येक पर्वत पर अनमोल रत्न नहीं होते, प्रत्येक हाथी के मस्तक में मोती नहीं होता। सज्जन लोग सब जगह नहीं होते और प्रत्येक वन में चंदन नहीं पाया जाता।

2. नीरक्षीरविवेके हंस आलस्यं त्वं एव तनुषे चेत् ।

विश्वेऽस्मिन्धुना अन्यः कुलव्रतं पालयिष्यति कः ॥

अर्थात् – हे हंस ! यदि तुम दूध और पानी को भिन्न करना छोड़ दोगे तो तुम्हारे कुलव्रत का पालन इस विश्व में कौन करेगा। भाव यदि बुद्धिमान् व्यक्ति ही इस संसार में अपना कर्तव्य त्याग देंगे तो निष्पक्ष व्यवहार कौन करेगा।

3. क्रोधो हि शत्रुः प्रथमो नराणां देहस्थितो देहविनाशनाय ।

यथा स्थितः काष्ठगतो हि वह्निः स एव वह्निर्दहते शरीरम् ॥

अर्थात् – क्रोध मनुष्य का सबसे पहला शत्रु है जो शरीर में ही रहता है और शरीर को नष्ट कर देता है। जैसे लकड़ी में स्थित आग उस लकड़ी को जला देती है, वैसे ही शरीर में स्थित क्रोध शरीर को जला देता है।

4. विचित्रे खलु संसारे नास्ति किञ्चित् निर्थकम् ।”

अश्वश्चेत् धावने वीरो भारस्य वहने खरः ॥

अर्थात् – इस विचित्र संसार में कुछ भी निर्थक नहीं है। यदि घोड़ा दौड़ने में कुशल है, तो वहीं गधा भी बोझ ढोने में ज्यादा समर्थ है।

5. गुणी गुणं वेत्ति न वेत्ति निर्गुणो बली बलं वेत्ति न वेत्ति निर्बलः ।

पिको वसन्तस्य गुणं न वायसः करी च सिंहस्य बलं न मूषकः ॥

अर्थात् – गुणी व्यक्ति ही गुण को समझ सकता है, गुणहीन गुण नहीं समझ सकता। बलवान व्यक्ति ही बल को समझ सकता है, निर्बल नहीं। कोयल ही वसन्त ऋतु के गुण समझ सकती है, कौआ नहीं। इसी प्रकार, हाथी सिंह के बल को पहचानता है, जबकि चूहा नहीं।

सूरजगौतमः

द्वितीयं सत्रम् (24372)

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# चरक संहिता में घरेलू उपचार के सूत्र

1. (पाचन कमजोरी) अपच त्रिकटुकं कफवातघ्नं दीपनं पाचनं लघु।  
उपचार दृ (त्रिकटु चूर्ण सौंठ, काली मिर्च, पिपली भोजन के बाद 1-2 ग्राम गुनगुने पानी के साथ लेने पर अपच की समस्या दूर हो जाती है।
2. शिरःशूल (सिर दर्द) शुण्ठी तैलयुता शिरसि लेपनीयं शूलनाशनम्।  
उपचार – अदरक और घी के मिश्रण का माथे पर लेप करने से सिर दर्द में राहत मिलती है। विशेषकर सर्दियों में।
3. ज्वर (बुखार) तुलसी कषायः ज्वरघ्नः कफवातहरः।  
उपचार – तुलसी के पत्ते, काली मिर्च और शहद काढ़ा बनाकर दिन में 2-3 बार पान करने से बुखार ठीक हो जाता है।
4. अनिद्रा (नींद न आना) दुग्धं स्निग्धं शीतलं शमं निद्राकरं स्मृतम्।  
उपचार – सोने से पहले गाय के दूध में चुटकीभर जायफल चूर्ण मिलाकर पीने से अनिद्रा की समस्या दूर हो जाती है।
5. कास (खांसी) यष्टिमधुकं कासे हितं बल्यं रसायनम्।  
उपचार – मुलेठी के 1-2 ग्राम चूर्ण को 1 चम्मच शहद में मिलाकर दिन में 2 बार खाने से खांसी ठीक हो जाती है।

शालिनी शर्मा

चतुर्थ सत्रअनुक्रमांक – 23108

# "Our Teachers at work...."





Mr. Vivek Sood's Retirement May 2025



Dr. Charu Sharma's Retirement Sept 2024



*Fare Thee Well !*