

2024-25

Sughanchal



GOVT. DEGREE COLLEGE SUGH BHATOLI



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From Hon'ble MLA's Desk

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

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

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

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

Best Wishes!

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

Dr. Amarjeet K. Sharma
Director (Higher Education)



Directorate of Higher Education
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MESSAGE

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

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

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

Jai Hind.

(Dr. Amarjeet K. Sharma)



Principal's Message

Dear Students, Faculty Members and Readers,

It fills my heart with immense pride and hope as I pen these words for “**Sughanchal**”, the voice of our college community. This magazine is more than just a collection of articles—it is a reflection of the spirit, talent, and aspirations of our students, many of whom come from rural backgrounds but dream with eyes wide open.

In an age of rapid change and new possibilities, we stand at the threshold of a transformative era in education. The **National Education Policy (NEP)** brings with it a wave of reform—encouraging flexibility, creativity, critical thinking, and holistic learning. While these changes may seem challenging at first, they are also rich with opportunities, especially for students like ours, who are ready to break barriers and rise above limitations.

Rural roots are not a disadvantage—they are strength. They ground us in values, connect us with reality, and cultivate resilience. Our students are proving, time and again, that talent is not confined to big cities or elite institutions. It thrives in our villages, in our classrooms, and in the pages of this magazine.

I am proud of every contributor who has shared their thoughts, ideas, and dreams through “Sughanchal”. You are the change-makers, the storytellers of tomorrow. Let this platform give you the courage to express, the curiosity to explore, and the confidence to believe in your voice.

Let us embrace the future with open minds and strong hearts. Let us work together to transform our college into a center of learning, creativity, and progress—true to its rural essence yet reaching for global excellence.

With best wishes and warm regards,
Dr Namesh Kumar
Principal
Govt. Degree College Sugh-Bhatoli



From the Pen of the Chief Editor

With great pride and heartfelt joy, I present to you third edition of “**Sughanchal**”, the annual magazine of our college—a platform that captures not only the creative expressions of our students but also the aspirations of a growing institution nestled in the heart of rural area of Kangra District.

Our college, though modest in its setting, pulses with the potential of young minds eager to engage with the world through words, thoughts, and ideas. "Sughanchal", meaning the gentle breeze of expression symbolizes our collective effort to bring forth the talents of our students—voices that are fresh, honest, and filled with promise.

This year's edition is particularly special, as we have seen a remarkable surge of enthusiasm from our budding writers. From heartfelt poetry and thoughtful essays to socially relevant articles and creative fiction, our students have contributed across genres with admirable dedication. These pages reflect not only creativity but also courage—the courage to speak, to question, and to dream beyond boundaries.

I extend my sincere gratitude to the Editorial Board, the faculty mentors, and each student contributor who made this edition possible. Your efforts have helped build a bridge between aspiration and achievement, between our rural roots and our collective dream of excellence.

May "Sughanchal" continue to be the breeze that carries our voices far and wide.

Shashi Bhushan
Associate Professor
Chief Editor, Sughanchal

SUGHANCHAL



2024-25

Principal

Dr. Namesh Kumar

Editor-in-Chief

Shashi Bhushan (Associate Prof.)

Staff Editors

- | | |
|---------------------------|--|
| 1. English - | Ms. Bhavna Kumari (Asstt. Prof.) |
| 2. Hindi - | Mr. Shivendra Srivastava (Asstt. Prof.) |
| 3. Pahari- | Ms. Saroti (Asstt. Prof.) |
| 4. Planning Forum- | Mr. Jagan Singh (Asstt. Prof.) |
| 5. Science - | Dr. Pankaj Kaushal (Asstt. Prof.) |



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

THE COLLEGE STAFF

Our Dedicated Teaching Staff with Hon'ble Principal Sir



Sitting (L to R) :- Mrs. Saroti (AP Commerce), Mrs. Shikha Rana (AP Physics), Mrs. Bhavna Kumari (AP English), Mr. Shashi Bhushan (AP Economics), Dr. Namesh Kumar (Principal), Dr. Pankaj Kaushal (AP Maths), Mr. Jagan Singh (AP Commerce), Mr. Shivendra Srivastava (AP History)

Non-Teaching Staff with Hon'ble Principal Sir



Sitting (L to R) :- Mr. Harjinder Singh (Clerk), Mr. Shashi Bhushan (AP Economics) Dr. Namesh Kumar (Principal), Mrs. Anjana Kumari (Asstt. Librarian),

Standing (L to R) :- Smt. Tripta Devi (Peon), Smt. Sandesh Kumari (Peon), Mr. Rajesh Kumar (Peon), Mr. Ajay Kumar (Lab Attendant)

ENGLISH SECTION

Staff Editor
Bhavna Kumari
Assistant Professor
(English)

Student Editor
Sandeep Singh
B.A. 3rd Year
Roll No. 9518

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Student Editorial

The journey as an editorial board member is like riding a roller coaster. There were many tips and down in this journey. Editing several types of writings ranging from newsletters, write ups to short stories was a wonderful experience for me. In the editorial board, we live deeper into the secrets of English language along with the teachers and I enjoyed it. This is an experience that would remain a treasure in my mind forever.

Sandeep Singh
B.A. 3rd Year
Roll No. 9518



The Devastating Reality of Drug Abuse

Drug abuse is a silent epidemic that continues to destroy lives, families, and communities across the globe. What often begins as experimentation or a means of escape can quickly spiral into a life-threatening addiction. The devastating reality of drug abuse is not just the damage it causes to the individual, but the ripple effect it has on society as a whole. Young people, especially college students, are particularly vulnerable due to peer pressure, academic stress, and curiosity. Many fall into the trap thinking they can control their usage, only to find themselves entangled in a dangerous cycle. Drugs impair judgment, reduce academic performance, and can lead to severe health issues including brain damage, heart problems, and even death.

Moreover, drug abuse contributes to a rise in crime, broken families, and mental health disorders. It drains financial resources and often leads to isolation and depression. Rehabilitation is possible, but the road to recovery is long and challenging. As students, we must educate ourselves and others about the dangers of drug abuse. Awareness, open conversations, and support systems within colleges can help prevent this menace from taking root. Choosing a healthy lifestyle, seeking help when overwhelmed and standing by those who are struggling can make a profound difference.

The battle against drug abuse begins with awareness and compassion. Let us pledge to stay informed, stay strong, and support each other in building a drug-free future. The cost of silence is too great, and the time to act is now.

Sandeep Singh
B.A. 3rd Year
Roll No. 9518

Peer Pressure: The Silent Influencer

Peer pressure is a powerful force that influences the behavior, choices, and mindset of individuals, especially among college students. It refers to the influence exerted by a peer group to encourage others to change their attitudes, values, or actions to conform to group norms. While peer pressure is often associated with negative outcomes like substance abuse, academic dishonesty, or reckless behavior, it can also have positive effects, such as motivating students to study harder or participate in constructive activities.

In a college environment, where students strive to fit in and form social connections, the desire to be accepted can sometimes lead them to make choices they wouldn't normally consider. This internal conflict between individuality and group acceptance is a common struggle. However, the key lies in developing strong self-awareness and confidence to make independent decisions.

Resisting negative peer pressure doesn't mean isolating oneself; it means recognizing personal values and standing by them. Encouraging open conversations, supportive friendships, and a healthy campus culture can help reduce the impact of harmful peer influence. Ultimately, by choosing wisely and staying true to themselves, students can turn peer influence into a positive, growth-oriented force in their lives.



Samriti Devi
B.A. 3rd Year
Roll No. 9505

College Life: A Journey of Growth and Discovery

College life is one of the most memorable and transformative phases in a student's life. It marks the transition from the structured world of school to the dynamic, independent environment of higher education. This period is not only about academic growth but also about personal development, self-discovery, and building lifelong relationships. In college, students get the freedom to explore their interests, join clubs, participate in cultural events, and engage in meaningful discussions. It's a place where ideas flourish, creativity is encouraged, and diverse perspectives are shared. Alongside studies, the campus buzzes with activities that help students develop confidence, leadership skills, and a sense of responsibility. However, college life also comes with its share of challenges. Managing time, handling academic pressure, and maintaining a balance between studies and social life can be tough. But these experiences teach resilience, adaptability, and problem-solving skills—essential traits for the real world. More than just a stepping stone to a career, college life shapes one's identity. The friendships made, the lessons learned, and the memories created during these years stay with us forever. It is truly a journey where students grow not just in knowledge, but in character and spirit.

Deepak Sharma
B.A. 3rd Year

Money: A Tool, Not a Goal

Money plays a vital role in our lives, serving as a means to fulfill needs and achieve goals. For students, managing money wisely is a crucial skill, often learned through budgeting, saving, and spending responsibly. While money provides comfort and opportunities, it should never become the sole measure of success or happiness. True wealth lies in knowledge, values, and meaningful relationships. As we prepare for future careers, it's important to remember that money is a tool to build a better life—not the ultimate aim. Use it wisely, and let it support your dreams, not define them.

Palak Devi
B.Sc. 3rd Year
Roll No. 9507

How to Get Success?



Read but write more, talk but think more, Play but study more,
I promise you will succeed.
Eat but chew more, weep but laugh more, sleep but walk more,
I promise you will be healthy sure.
Hate but love more, order but obey more, quarrel but agree more,
I promise people will love sure.
Consume but produce more, take but give more, be cruel but be kind more,
I promise people will respect more.

Saniya
B.A. 3rd Year
Roll No. 9515

Possibilities or Problems

We all live on the edge of tomorrow
Not knowing
It will be of this world or next.

Will it be in dignity we lie down?
Will it be in gratitude we arise?
Will it finally be enough to live this given life?
To love with all beings, the beautiful light even as it falls.

Today, at first sight
A cloud filled sky
Possibilities or problems you decide.....

Amandeep
B.Sc. 3rd Year
Roll No. 9519

Overcoming Examination Stress

Examinations are an inevitable part of a student's academic journey, often accompanied by stress and anxiety. While a moderate level of stress can motivate students to prepare well, excessive stress can affect mental and physical health, leading to burnout, loss of focus, and poor performance. To overcome exam stress, the first step is effective time management. Creating a realistic study schedule helps break the syllabus into manageable parts and prevents last-minute cramming. Regular revision and practice of previous years' question papers can boost confidence. Equally important is taking short breaks to relax the mind and avoid fatigue.

Maintaining a healthy lifestyle is crucial. A balanced diet, adequate sleep, and physical activity keep the body energized and the mind calm. Deep breathing, meditation, and positive self-talk can help in managing anxiety. Students should avoid comparing themselves with others and instead focus on their own progress. Seeking support from friends, teachers, or counselors can also make a big difference. Remember, exams are just one part of life—not the end of it. With the right mindset, preparation, and support, students can overcome examination stress and perform to the best of their abilities. Confidence and self-belief are the true keys to success.

Latasha
B.A. 2nd Year
R. No. 9503

Positive Approach

Teary eyes and face with a frown,
I was sitting alone at the beach,
Looking at the sand light brown,
Thinking about my life and the beach.

Looking at the boy running around,
Playing with his Dog I found,
Sitting beside me he said,
“Your face so sad what made?”
Stupid situations of my life,
Feels like killing them with a knife.

He said; look around for a while,
There is so much for you to smile,
Look at the colorful bloom,
They teach us something true,
They say not every day is a bright boon,
Grey day will one day get a sol.

Waves tell you to never stop,
Life is like a beautiful breach,
One day you will reach the top,
Just bear it with a positive approach.



Samriti Devi
B.A. 3rd Year
R. No. 9505



Life's Journey

Life's a journey, winding and long,
With twists and turns, and right and wrong.
It's a path we walk, with steps unsure,
And the moments that leave us pure.

We reach for meaning, night and day,
for answer to questions that lead the way.
We stumble, we fall, and we rise again,
And learn to find our way through life's terrain.

With every step, we grow and learn,
And find our unique concern.
We discover passion, dreams and desires,
And make our mark on life's vast fires.

But life is not always easy, it's true,
There are challenges, obstacles to break through,
We face our fears, and doubts, and pains,
And find the strength to rise above the strain.

And when we do, we are stronger, wiser, and free,
With a heart that's full and a soul that's me,
We find our place in the world's grand scheme,
And learn to live with life's wild dreams.
Let's live our life with purpose and might,
And make the most of the precious life.

Komal
B.A. 3rd Year
R. No. 9504



National Education Policy 2020:

A Vision for Transforming India's Education System

The National Education Policy (NEP) 2020, introduced by the Government of India, marks a significant shift in the country's educational landscape. Aimed at making education more holistic, inclusive, and accessible, the policy outlines a comprehensive framework for reforming both school and higher education.

Key Features of NEP 2020

- Holistic and Multidisciplinary Education:** The policy emphasizes a flexible, multidisciplinary approach to education, allowing students to choose subjects across streams without rigid separations. Undergraduate programs can now be of 3 or 4 years, with multiple exit points offering certificates, diplomas, or degrees.
- Mother Tongue as Medium of Instruction:** NEP 2020 advocates for the use of the mother tongue or regional languages as the medium of instruction at least until Grade 5, aiming to enhance understanding and cognitive development.
- Assessment Reforms:** The policy proposes a shift from rote learning to competency-based assessments, focusing on critical thinking and problem-solving skills. A new National Assessment Centre, PARAKH, will be established to standardize assessments across the country.
- Teacher Education:** To improve the quality of teaching, NEP 2020 sets the goal of making a 4-year integrated B.Ed. degree the minimum qualification for teachers by 2030.
- Technology Integration:** The policy encourages the integration of technology in education through the establishment of the National Educational Technology Forum (NETF), aiming to enhance digital learning and infrastructure.

NEP 2020 envisions an education system that nurtures creativity, critical thinking, and **holistic** development. While its successful implementation will require concerted efforts from all stakeholders, the policy lays a strong foundation for an inclusive and forward-looking educational framework in India.

Muskan Thakur
BA 2nd
Roll No 23-HIND -01



हिन्दी-अनुभाग

शिक्षक सम्पादक
शिवेन्द्र श्रीवास्तव
सहायक आचार्य
(इतिहास)

विद्यार्थी सम्पादक
समृती देवी
बी.ए. तृतीय वर्ष
अनुक्रमांक 9505

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भारतीय ज्ञान प्रणाली : एक अमूल्य सांस्कृतिक धरोहर

भारतीय ज्ञान प्रणाली (Indian Knowledge System & IKS) एक ऐसी समृद्ध और बहुआयामी परंपरा है, जिसने प्राचीन काल से ही मानव जीवन के हर पहलू को छूने वाले विषयों में महत्वपूर्ण योगदान दिया है। यह प्रणाली केवल अकादमिक ज्ञान तक सीमित नहीं रही, बल्कि इसमें दर्शन, विज्ञान, चिकित्सा, गणित, खगोलशास्त्र, कला, साहित्य, संगीत, कृषि, वास्तुकला और आध्यात्मिकता जैसी विविध शाखाएं शामिल हैं। भारत की ज्ञान परंपरा की जड़ें वैदिक काल में मिलती हैं। वेद, उपनिषद, पुराण, महाकाव्य (रामायण और महाभारत), अरण्यक और स्मृतियाँ न केवल धार्मिक ग्रंथ हैं, बल्कि इनमें गूढ़ वैज्ञानिक, नैतिक और दार्शनिक ज्ञान भी समाहित है। वैदिक गणित, योग, आयुर्वेद और वास्तुशास्त्र जैसे विषय आज भी अंतरराष्ट्रीय स्तर पर अध्ययन और अनुसंधान के केंद्र बने हुए हैं।

विज्ञान और गणित में योगदान :

प्राचीन भारत में आर्यभट्ट, भास्कराचार्य और ब्रह्मगुप्त जैसे महान गणितज्ञों ने शून्य, बीजगणित, त्रिकोणमिति और खगोलशास्त्र में क्रांतिकारी खोजें कीं। आर्यभट्ट ने बताया था कि पृथ्वी अपनी धुरी पर घूमती है, जो आज के खगोलशास्त्र की नींव बन चुकी है।

आयुर्वेद और चिकित्सा प्रणाली :

चरक, सुश्रुत और वाग्भट्ट जैसे वैद्यों ने आयुर्वेद को एक वैज्ञानिक चिकित्सा पद्धति के रूप में स्थापित किया। सुश्रुत संहिता को विश्व की पहली शल्य चिकित्सा (सर्जरी) पुस्तक माना जाता है।

दर्शन और आध्यात्मिकता :

भारतीय ज्ञान प्रणाली में छह प्रमुख दर्शन शास्त्र (न्याय, वैशेषिक, सांख्य, योग, मीमांसा और वेदांत) शामिल हैं। यह सभी जीवन के उद्देश्य, आत्मा, ब्रह्म और मोक्ष जैसे विषयों पर गहन विमर्श प्रस्तुत करते हैं।

शिक्षा प्रणाली :

प्राचीन भारत में तक्षशिला, नालंदा और विक्रमशिला जैसे विश्वविद्यालय विश्व प्रसिद्ध थे, जहाँ देश-विदेश से छात्र शिक्षा प्राप्त करने आते थे। यहाँ शिक्षा केवल किताबी ज्ञान नहीं, बल्कि चरित्र निर्माण, नैतिकता और आत्मज्ञान पर आधारित थी।

भारतीय भाषाओं और साहित्य का योगदान :

संस्कृत, पालि, प्राकृत, तमिल, अपभ्रंश और अन्य भारतीय भाषाओं में अपार साहित्यिक धरोहर उपलब्ध है। कालिदास, भर्तृहरि, तुलसीदास, कबीर, मीराबाई जैसे साहित्यकारों की रचनाएँ आज भी प्रासंगिक हैं।

नवीन प्रयास :

आज भारत सरकार और शैक्षणिक संस्थान भारतीय ज्ञान प्रणाली को पुनर्जीवित करने के लिए विभिन्न पहल कर रहे हैं। नई शिक्षा नीति 2020 में भी IKS को शिक्षा प्रणाली में शामिल करने का प्रयास किया गया है।

निष्कर्ष :

भारतीय ज्ञान प्रणाली केवल अतीत की विरासत नहीं, बल्कि वर्तमान और भविष्य के लिए भी एक प्रकाश स्तंभ है। यह हमें न केवल वैज्ञानिक सोच, बल्कि जीवन के प्रति समग्र दृष्टिकोण प्रदान करती है। हमें गर्व होना चाहिए कि हम ऐसी समृद्ध परंपरा के उत्तराधिकारी हैं, जिसे संरक्षित और प्रचारित करना हम सबकी जिम्मेदारी है।

मुस्कान ठाकुर
बी०ए० द्वितीय वर्ष
अनुक्रमांक 23HIND01

हिंदी साहित्य के जनक : भारतेन्दु हरिश्चंद्र

हिंदी साहित्य के क्षेत्र में यदि किसी को 'हिंदी साहित्य का जनक' या 'हिंदी का पितामह' कहा जाता है, तो वह सम्मान भारतेन्दु हरिश्चंद्र को दिया जाता है। उनका जन्म 9 सितंबर 1850 को वाराणसी में हुआ था। उन्होंने न केवल हिंदी भाषा को आधुनिक स्वरूप देने में महत्वपूर्ण भूमिका निभाई, बल्कि साहित्य, पत्रकारिता, नाटक और सामाजिक सुधार के क्षेत्रों में भी अग्रणी योगदान दिया। भारतेन्दु युग (1850-1885) को हिंदी साहित्य के नवजागरण काल के रूप में जाना जाता है। उन्होंने अपने लेखन में सामाजिक समस्याओं, देशभक्ति, नारी शिक्षा और सांस्कृतिक पुनर्जागरण जैसे विषयों को प्रमुखता दी। उनकी प्रसिद्ध रचनाओं में अंधेर नगरी, भारत दुर्दशा, और सत्य हरिश्चंद्र शामिल हैं, जो आज भी प्रासंगिक मानी जाती हैं। उन्होंने हिंदी पत्रकारिता को भी नई दिशा दी। कविवचन सुधा और हरिश्चंद्र मैगजीन जैसे पत्रों के माध्यम से उन्होंने जनजागरण का कार्य किया। भारतेन्दु हरिश्चंद्र ने यह सिद्ध किया कि साहित्य समाज का दर्पण है। उनकी रचनाएं आज भी हिंदी साहित्य प्रेमियों को प्रेरणा देती हैं। इसलिए उन्हें सही अर्थों में हिंदी साहित्य का पिता कहा जाता है।

सुप्रिया
बी०ए० प्रथम वर्ष
अनुक्रमांक 24HIND07

आप्रेशन सिन्दूर : पाकिस्तान में भारतीय सेना की निर्णायक कार्रवाई

आप्रेशन सिन्दूर भारतीय सशस्त्र बलों द्वारा पाकिस्तान और पाकिस्तान-नियंत्रित कश्मीर में चलाया गया एक सटीक और प्रभावी सैन्य अभियान था। यह आप्रेशन 22 अप्रैल 2025 को जम्मू-कश्मीर के पहलगाम में हुए आतंकवादी हमले में 26 निर्दोष नागरिकों की हत्या के प्रतिशोध में 7 मई को अंजाम दिया गया। इस आप्रेशन के तहत भारतीय सेना ने कुल 9 आतंकवादी ठिकानों को निशाना बनाया, जिनमें पाकिस्तान के बहावलपुर, मुरिदके, सियालकोट, और पाकिस्तान-नियंत्रित कश्मीर के मुजफ्फराबाद और कोटली जैसे स्थान शामिल थे। इन ठिकानों में जैश-ए-मोहम्मद, लश्कर-ए-तैयबा, और हिज्बुल मुजाहिदीन जैसे प्रतिबंधित आतंकी संगठनों के मुख्यालय और प्रशिक्षण केंद्र स्थित थे। आप्रेशन सिन्दूर की विशेषता इसकी सटीकता और तीव्रता में थी। भारतीय सेना ने 25 मिनट के भीतर 25 मिसाइलों, कमिकेज ड्रोन और उच्च-तकनीकी हथियारों का उपयोग करके इन ठिकानों को नष्ट कर दिया, जिससे लगभग 70 आतंकवादी मारे गए। महत्वपूर्ण यह है कि इस कार्रवाई में किसी भी पाकिस्तानी सैन्य या नागरिक ठिकाने को निशाना नहीं बनाया गया, जिससे भारत की संयमित और जिम्मेदार सैन्य नीति का परिचय मिलता है।

आप्रेशन सिन्दूर ने यह स्पष्ट कर दिया कि भारत आतंकवाद के खिलाफ अपनी नीति में कोई समझौता नहीं करेगा और आतंकवादी गतिविधियों के लिए जिम्मेदार तत्वों के खिलाफ निर्णायक कार्रवाई करेगा। यह आप्रेशन भारतीय सशस्त्र बलों की क्षमता, रणनीतिक सोच और राष्ट्रीय सुरक्षा के प्रति प्रतिबद्धता का प्रतीक है।

लवप्रीत कौर
बी०ए० द्वितीय वर्ष



सिंधु जल संधि : एक ऐतिहासिक समझौता

सिंधु जल संधि भारत और पाकिस्तान के बीच एक महत्वपूर्ण जल समझौता है, जिसे 19 सितंबर 1960 को भारत के तत्कालीन प्रधानमंत्री जवाहरलाल नेहरू और पाकिस्तान के राष्ट्रपति अयूब खान ने विश्व बैंक की मध्यस्थता से हस्ताक्षरित किया था। यह संधि सिंधु नदी प्रणाली के जल के बंटवारे को लेकर बनाई गई थी।

इस संधि के अंतर्गत छह नदियों - सिंधु, झेलम, चेनाब, रावी, ब्यास और सतलुज - का जल बंटवारा किया गया। इसमें पश्चिमी नदियाँ (सिंधु, झेलम और चिनाब) पाकिस्तान को और पूर्वी नदियाँ (रावी, ब्यास और सतलुज) भारत को दी गईं। इस संधि का उद्देश्य दोनों देशों के बीच जल संबंधी विवादों को शांतिपूर्ण तरीके से सुलझाना था। यह संधि अब तक प्रभावी रही है, हालांकि समय-समय पर इसे लेकर विवाद भी उठते रहे हैं, विशेषकर जब भारत जल संसाधनों पर निर्माण करता है। सिंधु जल संधि जल प्रबंधन और अंतर्राष्ट्रीय संबंधों के क्षेत्र में एक मिसाल मानी जाती है, जिसने दशकों तक शांति बनाए रखने में महत्वपूर्ण भूमिका निभाई है। पहलगांव आतंकी हमले के पश्चात् भारत ने इस संधि को स्थगित कर दिया है।

नवदीप सिंह
बी०ए० प्रथम वर्ष
अनुक्रमांक 24HIST07

शिमला समझौता : भारत-पाक संबंधों में एक नया अध्याय

शिमला समझौता भारत और पाकिस्तान के बीच 2 जुलाई 1972 को हस्ताक्षरित एक महत्वपूर्ण द्विपक्षीय संधि है। यह समझौता भारत की तत्कालीन प्रधानमंत्री श्रीमती इंदिरा गांधी और पाकिस्तान के राष्ट्रपति जुल्फिकार अली भुट्टो के बीच शिमला (हिमाचल प्रदेश) में हुआ था। इसका उद्देश्य 1971 के भारत-पाक युद्ध के बाद उत्पन्न तनावपूर्ण स्थिति को शांतिपूर्ण तरीके से सुलझाना था। इस समझौते के तहत दोनों देशों ने यह तय किया कि वे आपसी विवादों को शांतिपूर्ण और द्विपक्षीय बातचीत के जरिए सुलझाएंगे। विशेष रूप से जम्मू-कश्मीर मुद्दे को लेकर यह सहमति बनी कि कोई भी तीसरा पक्ष, जैसे कि संयुक्त राष्ट्र या कोई अन्य देश, इस विवाद में हस्तक्षेप नहीं करेगा। इसके अलावा, शिमला समझौते में युद्धबंदियों की रिहाई, सीमा रेखा का पुनर्निर्धारण (जिसे 'नियंत्रण रेखा' या LOC कहा गया), और भविष्य में संघर्ष टालने के उपायों पर भी सहमति बनी। शिमला समझौता भारत-पाकिस्तान के बीच शांति स्थापना की दिशा में एक ऐतिहासिक प्रयास था। हालांकि आज भी दोनों देशों के बीच तनाव बना रहता है, यह समझौता कूटनीति और संवाद की अहमियत को दर्शाता है।

प्रिस
बी०ए० द्वितीय वर्ष
अनुक्रमांक 23HIST06

माँ

राष्ट्र प्रेम

माँ, तू है जीवन की सबसे प्यारी धारा,
तेरी ममता में छिपी एक दुनिया सारा ।
तेरी गोदी में हर दर्द है सिमट जाता,
तेरी मुस्कान से हर गम पल में छंट जाता ।
तेरी छांव में संजीवनी सी ताकत मिलती है,
तेरी बातों में एक अजीब सी राहत मिलती है ।
तू है धरती की ममता, आसमान का प्यार,
तेरे कदमों में बसी है सृष्टि की सवार ।
जब भी मैं गिरा, तूने मुझे संभाला,
तेरी दुआओं ने मुझे हर दर्द से निकाला ।
तेरी नजरों में छुपा है सुख का समंदर,
तेरे बिना, जीवन लगता है जैसे एक बंजर ।
तेरी बातों में वो ताजगी, वो नूर है,
तेरे स्पर्श में वह अद्भुत, अज्ञेय पुरुर है ।
माँ, तेरा आशीर्वाद हो तो राहें सजती हैं,
तेरी ममता से ही तो हर मुश्किल हल होती है ।
धन्य है वो संसार, जहाँ माँ का साया हो,
हर दिल में वही प्रेम हो, जो माँ का रिश्ता हो ।
माँ, तू है सबसे अनमोल रत्न,
तेरे बिना तो सब कुछ अधूरा, हर वस्तु निरर्थक ।

सलोनी शर्मा
बी०एस०सी० तृतीय वर्ष
अनुक्रमांक 9603

देश का हर कोना, हर दिल में बसा है,
यह तिरंगा, यह ध्वज, हम सब पर फहराता है ।
भारत की धरती पर, हम सबका है अधिकार,
यह देश हमारा है, और हम हैं इसके यार ।
हर सुबह की किरन, हर शाम का सुरूर,
भारत की माटी में बसी है एक अलग ही गुरुर ।
वीरों की गाथाएं, मातृभूमि की पुकार,
हर कदम में बसी है देशभक्ति का विचार ।
नफरतों की दीवारों को तोड़ना है हमें,
देश के लिए समर्पित हो, यही वादा है हमें ।
हम सभी हैं एक, कोई अलग नहीं है यहाँ,
राष्ट्र की शान में, सबका है योगदान यहाँ ।
हमारा कर्तव्य, हमारा कर्ज, यही है सच्चा प्यार,
देश की मिट्टी पर, सिर झुका रहे हर एक सितारा ।
आओ मिलकर हम सब, देश का सम्मान बढ़ाएं,
राष्ट्र प्रेम में हम, अपने हौसले को जगाएं ।
जब तक जिंदा हैं हम, तब तक यह प्रण है हमारा,
भारत की धरती को, कभी न छोड़ेंगे हम हमारा ।
राष्ट्र की खातिर हर एक बलिदान हम देंगे,
माँ भारती के चरणों में सिर झुका देंगे ।

पल्लवी
बी०एस०सी० तृतीय वर्ष
अनुक्रमांक 9508

कॉलेज की लड़की

कॉलेज की लड़की, वो है एक सपना, आकाश की ऊँचाई, और जमीन का अपना ।
मुस्कान में छुपी है, एक खास बात, जो दुनिया को लगती है दिल से बड़ी सच्चाई की जात ।
किताबों में डूबे, ख्वाबों में खोई, अपनी मेहनत से वो दिन को रात बनाये सोई ।
पढ़ाई की राह पर, हर कदम है सशक्त, अपने सपनों के पीछे, है उसकी अनकही शक्ति ।
हँसते हुए वो, हर मुश्किल को हराती, दोस्ती में सच्ची, और अपने सपनों को साकार कर जाती ।
नफरत, डर और रुकावटों को वो पीछे छोड़ देती, हर जज़्बा उसका, नए रचनात्मक रस्ता खोल देती ।
कभी वह हंसती है, कभी कुछ सोचती है, हर पल में एक नई दिशा खोजती है ।
आत्मविश्वास से भरी, सर्द रातों में भी जलती, कॉलेज की लड़की, अपने सपनों को सच करती ।
वो है आधुनिक युग की गाथा, जो अपने रास्ते खुद बनाती है, ना किसी से डरती है ।
कॉलेज की लड़की, एक अनकही शक्ति है, जो दुनिया को दिखाती है, उसकी असली छवि है ।

पल्लवी, बी०एस०सी० तृतीय वर्ष, अनुक्रमांक 9508

PAHARI SECTION

शिक्षक सम्पादक
सरोती
सहायक आचार्य
(कामर्स)

विद्यार्थी सम्पादक
पल्लवी
बी.ए. तृतीय वर्ष
अनुक्रमांक 9508

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हिमाचल की जिंदगी – इक झलक पहाड़ी जीवन की

हिमाचल प्रदेश, जिमें बर्फीले पहाड़, हरे-भरे जंगल ते साफ हवा की भरमार ऐ, ओत्थे की जिंदगी वी बिलकुल अलग ते खास ऐ। पहाड़ी जीवन सादा, परिश्रमी ते कुदरत नाल गहरी जुड़ाव वाला होन्दा ऐ। आज वी इथे दे लोग अपनी पुरानी रीत-रिवाज, बोली-बानी ते संस्कृति नू संभाल के रखे होऐ ने।

रोजमर्रा की जिंदगी :

पहाड़ां दे लोक सुबह जल्दी उठे ने। खेतां की संभाल, मवेशियां दा ध्यान, ते लकड़ी-पानी लेण वाली रोजमर्रा की जिम्मेदारियाँ ओह बड़े चाव नाल निभादे ने। औरतां खास तौर ते बहुत मेहनती होंदियां ने – ओह घर दे कम-काज तो लई खेतां तक हर जगह योगदान देंदी ने।

तीज-त्यौहार ते संस्कृति :

हिमाचल की संस्कृति रंग-बिरंगी ते समृद्ध ऐ। फागली, किन्नोरी दशहरा, लोहड़ी, दीवाली, ते मिंजर मेल्हा वरगे तिहारां नाल जीवन रंगीन हो जांदा ऐ। हर तिहार दे नाल लोक-नृत्य ते लोक-गीत जुड़दे ने। खासकर "नाटी" नाच जो पहाड़ी लोक-नृत्य ऐ, ओ बहुत प्रसिद्ध ऐ।

रहन-सहन :

इथों दे घर लकड़ी ते पत्थर दे बने होंदे ने, जिहड़े सदीं तो बचाव करदे ने। लोग आपस विच बड़े सहयोगी होंदे ने – कोई वी मुस्किल आवे, सारा पिंड इकठ्ठा हो जांदा ऐ। पाहुना (मेहमान) इथे भगवान वरगा होन्दा ऐ।

बदलदा जीवन :

जदों कि टेक्नोलॉजी ते शिक्षा नाल पहाड़ी जीवन वी धीरे-धीरे बदल रिहा ऐ, पर लोक अज वी कुदरत नाल मेल रख के जीवन बिताऊंदे ने। नौजवान आजकल शहरां वल वी जा रहे ने, पर जड़ां नू नहीं भुलाए – इसीलिए गांवां विच वी अब शिक्षा, स्वास्थ्य सेवां ते रोजगार दे साधन वध रहे ने।

निष्कर्ष :

हिमाचल की जिंदगी इक मिसाल ऐ – सादगी, मेहनत ते संतोष की। पहाड़ी जीवन सिखांदा ऐ कि खुश रहन लेई जरूरी नहीं कि सब कुछ होवे, पर जो कुछ भी होवे, ओह नाल प्रेम ते संतोष होवे।

मोनिका देवी
बी.ए. द्वितीय वर्ष
अनुक्रमांक 9520



पैसे नाल ना मिलण वाली चीजां – इक सोचण वाला विषय

आज दे जमाने विच पैसा बड़ी ताकत बन चुक्या ऐ। पैसा नाल रोटी, कपड़ा, मकान, मोबाइल, गाड़ी – सब कुछ मिलदा ऐ। पर ए सोचण दी गल्ल ऐ कि की सब कुछ पैसे नाल खरीदे जा सकदे ने? असल विच कुछ चीजां ऐनियां कीमती होन्दियां ने, जिहनूं कोई भी पैसा नहीं खरीद सकदा ।

- ❖ दुकान तों महंगी पेंसिल ते काँपी तां ले सकदे हां, पर ओह सुंदर लिखाई, जो मेहनत ते लगन नाल आन्दी ऐ, ओह पैसे नाल नहीं मिलदी। लिखाई ते हुनर, अभ्यास नाल बनदा ऐ।
 - ❖ धार्मिक ग्रंथ तां हर दुकान ते मिल जांदे ने, पर ओह ग्रंथां दा असली अर्थ, ओह विच्छें निकलण वाला ग्यान, ओह समझ – ओह केवल मन नाल लगन ते साधना नाल ही मिलदा ऐ।
 - ❖ कोई बच्चा अनाथ होवे, तां उसनूं मां दी गोद मिल सकती ऐ, पर असली मां दी ममता, ओह बिना शर्त प्यार, ओह पैसे नाल नहीं मिलदा।
 - ❖ काम करन वाले, नौकर, अफसर तां पैसे दे नाल मिल जांदे ने, पर ओह इंसानियत, ओह समझदारी, ओह दुख-सुख सांझा करन वाला दिल – ओह पैसे नाल नहीं आओंदा।
 - ❖ कोठियां ते महंगे बिस्तर तां हो सकते ने, पर चौन दी नींद, मन दा सुकून, ओह तां सिर्फ संतोष ते सच्चे जीवन नाल ही मिलदा ऐ।
 - ❖ रिश्ते पैसे दे जोर ते बन सकते ने, पर सच्चा साथ, इमानदारी, ते दिलों-दिल वाला प्यार – ओह तां दिल दे मेल नाल बनदा ऐ, ना कि नोटां नाल।
 - ❖ पैसा कमा के कोई अखबारां च छप सकता ऐ, पर लोकां दे दिलां च जगह बनाण लेई सच्चा चरित्र ते अच्छे कर्म चाहीदे ने।
- पैसा जरूरी ऐ, पर जिंदगी दा हर सुख सिर्फ पैसे नाल नहीं मिलदा। प्यार, इज्जत, सुकून, ग्यान, इंसानियत – ए सब चीजां पैसे तो बहुत ऊँचियां ने। असली अमीरी ओह ऐ, जिथे मन शांत होवे, दिल साफ होवे, ते जीवन सच्चा होवे।

कामिनी
बी.ए. तृतीय वर्ष
अनुक्रमांक 9511

पहाड़ी लोकगीत



माँ बाप रा प्यार

दुनिया रा अनमोल तोफा,
मेरे खातिर तिन्हा रे बिना अधूरा ये संसार,
माँ रा आंचल कने बाप रा प्यार

कदी तिन्हां री झिड़का कने कदी तिन्हां दा दुलार
माँ देंदी मुश्किलां ने लड़ने री शक्ति
बचपन बीतेया छावां च कने धुप पावे उस पार,
हर वक्त लगदा जियां गुलशन च बहार,
फिर जवानी च कठिनाईयाँ ने किता अहां पर वार,
लड़ खड़ाये पैर मेरे पर संभली गये,
मेरे ले था माँ बाप रा प्यार

मैं एही फरियाद करदी,
ऐ भगवान किसी दे भी माँ बाप न हो जुदा
माँ बाप हुंदे बच्चेयां री शक्ति
कने माँ बाप रे बिना अधूरी अहां री शक्ति
सारेयां जो नी मिलदा माँ बाप रा प्यार
माँ बाप रा प्यार
दुनिया रा अनमोल तोहफा।

पल्लवी
बी.ए. तृतीय वर्ष
अनुक्रमांक 9508

पूछे अम्मा मेरी
औणा कदी घरे जो

रोई-रोई अखियां,
छडी मिंजो गया तू

आपू गया सोगी
लेई गया मेरी नूं

पूछे अम्मा मेरी
औणा कदी घरे जो

लोहड़ियां में सुकड़ी
ना चूल्हे च लकड़ी

हयूआं दे वेले
ठण्डी च मैं अकड़ी

कलिया जलानी कियां काग
कलिया जलानी कियां काग

दपालिया दे चिलडू
कने बबरू भी भूली गया

भूली गया अपणे
खाणे दा स्वाद

अखियां नी सुझदा
पैरां च दुखदा

खेतरां दा काम हूण
मिजो ते नी पुगदा

लूणा ने खादियां
ठण्डियां में रोटियां

बणदा न मिंजो ते
हुण साग

महीने बीती गए
बीती गए साल

तीजो आई न मेरी याद
माउ दे दिलां ते

तू कजो हुण लुखदा
होई चली जिन्दगी दी सांझ

पूछे अमा मेरी
औणा कदी घरे जो

सानिया शर्मा
बी.ए. तृतीय वर्ष
अनुक्रमांक 9515

कांगड़ा दी संस्कृति : विरासत अते परंपरा

कांगड़ा, हिमाचल प्रदेश दा इक ऐहो जेहा जिला ए, जित्थे पुरानी सभ्यता, कला, अते परंपरावा दा अनूठा संगम दिखदा ए, कांगड़ी संस्कृति अपणी लोक-कलावां, त्योहारां, खान-पान अते धार्मिक मान्यतावां करके पूरी दुनिया बिच प्रसिद्ध ए।

लोक भाषा अते बोली

कांगड़ा जिले दी मुख्य भाषा कांगड़ी ए, जित्थे पंजाबी अते पहाड़ी दा सुंदर मेल दिखदा ए। कांगड़ी बोली सरल, मिठड़ी अतं अपनत्व वाली लगदी ए।

लोक गीत अते नृत्य

कांगड़ा दी संस्कृति नाल लोक संगीत अते नृत्य जुड़े होए ने।

नाटी – हिमाचल दा पारंपरिक नृत्य जित्थे लोग गोलाकार बनावे झूमदे ने।

झूरी – विवाह अते खुशी दे मौक्यां ते गाई जान वाली प्रेम भरी गीत।

त्यौहार अते मेले

कांगड़ा जिले बिच कई धार्मिक अते सांस्कृतिक मेले लगदे ने

बैसाखी मेला (ज्वालामुखी) – हर साल अप्रैल बिच लगदा ए, जित्थे हजारों श्रद्धालु माता दे दर्शन करन आउंदे ने।

शरदोत्सव – सर्दियां बिच मनाया जान वाला उत्सव जित्थे पहाड़ी लोक नृत्य अते संगीत दी झलक मिलदी ऐ।

कांगड़ा धाम : खान पान दी शान

कांगड़ा दी धाम (पारंपरिक भोज) हिमाचली खान पान दा सबतो बढिया नमूना ए। धाम विशेष मौक्यां ते बनाई जान्दी ए, जित्थे मुख्य रूप बिच माधरा, माह दाल, राजमा, कढ़ी अते मीठे चावल परोसे जान्दे ने।

कांगड़ी धाम

अखिल सिंह
बी.कॉम द्वितीय वर्ष
अनुक्रमांक 23COM002

“कांगड़ी धाम” साडे कांगड़ा दी शान ऐ।

ऐ धाम खास मौक्या जइं शादियां, त्यौहारां ते धार्मिक कारजां बिच बनाई जांदी ऐ।

ऐनू खास ब्राह्मण रसोइए जीना नूं

‘बोटी’ किहा जांदा ऐ, ओ बनावे ने।

धाम की पीतल दे बर्तना च बनाया जांदा ऐ

जिसकी ‘बलटोही’ बोल्दे ते

पत्तलू (पत्ते दी थाली) बिच परोसिया जांदा ऐ।

धाम दे मुख व्यंजन – मट्ठा, चने या राजमां दा दी वाला पकवान।

कड़ी – बेसन ते दही नाल बनी खट्टी कड़ी।

माह दी दाल – तेली माह, काले उड़द दी दाल

खट्टा – गुड़ ते अमचूर दी खट्टी मिट्ठी चटनी।

मीठा भात – मुड़ ते चावल नाल मीठा पकवान।

धाम ओह स्वाद ऐ, जेडा साडे पहाड़ दी खुशबू लेके आंदा ऐ।

ऐ सिर्फ खाना नी एक संस्कृति दा हिस्सा ऐ

पल्लवी
बी.ए. तृतीय वर्ष
अनुक्रमांक 9508

RED RIBBON CLUB PERFORMING VARIOUS ACTIVITIES THROUGHOUT SESSION 2024-25

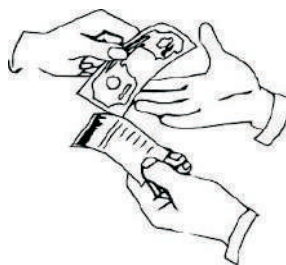


NSS - NOT ME, BUT YOU



PLANNING FORM

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Sustainable Development: Building a Better Future

Sustainable development is the key to balancing economic growth, environmental protection, and social well-being. It refers to meeting the needs of the present without compromising the ability of future generations to meet their own needs. In a world facing climate change, resource depletion, and rising inequality, sustainability is more than a choice—it's a necessity. The concept encourages responsible use of natural resources, promotes renewable energy, reduces waste, and fosters inclusive growth. From reducing plastic use and conserving water to supporting green technology and sustainable agriculture, every action counts. For students and youth, embracing sustainable habits—like using public transport, recycling, or supporting ethical brands—can have a ripple effect. Moreover, educational institutions can play a crucial role by integrating sustainability into their curriculum and campus operations.

Sustainable development is not just a goal for governments and corporations; it's a shared responsibility. By making informed decisions today, we can ensure a cleaner, healthier, and more equitable world tomorrow. As future leaders, it is up to us to champion a sustainable lifestyle and inspire others to do the same. Let's make sustainability a part of our daily lives—not just for the planet, but for humanity's future.

Suhani
B.A. 1st Year
Roll No. 24HIND03



What is an Organic Farming?

Organic farming is a method of agriculture that emphasizes the use of natural processes and materials to grow crops and raise livestock. It avoids synthetic chemicals such as pesticides, herbicides, and fertilizers, instead relying on compost, green manure, crop rotation, and biological pest control to maintain soil fertility and plant health. This approach promotes ecological balance, conserves biodiversity, and reduces pollution. Organic farming also often emphasizes animal welfare and sustainable land management practices. As consumers become more environmentally conscious, the demand for organically grown food continues to grow, making organic farming an important part of sustainable agriculture.

Pallvi
B.A. Ist Year
Roll No. 24HIST12

What are Bandwagon and Snob Effects?

In economics, **Bandwagon Effect** and **Snob Effect** are two types of **consumer behavior** that explain how individual demand can be influenced by the behavior or preferences of others, particularly in relation to **fashion, trends, and status symbols**.

1. Bandwagon Effect: The Bandwagon Effect occurs when the demand for a good increases because others are buying it. People tend to buy something because it is popular or trending, not necessarily because they personally need or prefer it.

2. Snob Effect: The Snob Effect happens when people desire goods because they are rare or exclusive. Here, demand decreases as more people buy the good, because exclusivity is lost. Someone might buy a luxury watch specifically because few people have it. If it becomes mainstream, they may stop wearing it.

Saniya
B.A. 3rd Year
Roll No. 9515



Circular Economy: A Sustainable Path Forward

In a world facing mounting environmental challenges, the concept of a *Circular Economy* offers a promising alternative to the traditional linear model of "take, make, dispose." A circular economy aims to minimize waste and make the most of resources by keeping products, materials, and resources in use for as long as possible. Unlike the linear model, where products are discarded after use, the circular approach focuses on designing for durability, reuse, remanufacturing, and recycling. This not only reduces environmental impact but also creates economic opportunities by fostering innovation and reducing dependence on finite resources. For example, used plastic bottles can be recycled into clothing fibers, or old electronic components can be refurbished and resold. Businesses are increasingly adopting circular practices, recognizing that sustainability and profitability can go hand in hand. For students and future professionals, understanding the circular economy is crucial. It encourages responsible consumption, supports green jobs, and contributes to building a resilient, low-carbon future. As stewards of tomorrow's world, embracing this model can help us protect the planet while promoting economic growth. By shifting from a throwaway culture to a regenerative one, the circular economy represents not just a change in systems—but a change in mindset.

Vasu Pathania
B.Sc 3rd
Roll No 2102005



Important New Terms of Economics

- 1. Circular Economy:** An economic model focused on minimizing waste and maximizing resource use through recycling, reuse, and sustainable design. Circular economy is growing due to climate change and resource scarcity.
- 2. Digital Economy:** Economic activities that result from billions of online connections among people, businesses, devices, and data. It is fueled by e-commerce, digital payments, and online platforms.
- 3. Green GDP:** Green GDP adjusted for environmental degradation and resource depletion. It provides a more sustainable view of economic growth.
- 4. Data Capitalism:** An economic system where data is a central asset, often driving profits in tech-based businesses. It is key to understanding the economics of companies like Google and Facebook.
- 5. Behavioral Economics:** It studies how psychological, emotional, and social factors affect economic decisions. It explains why people don't always act rationally in markets.
- 6. Attention Economy:** An economy where human attention is treated as a scarce and valuable resource. It is especially important in social media and online marketing.
- 7. Platform Economy:** An economy dominated by digital platforms that connect buyers and sellers (e.g., Uber, Amazon).
- 8. Gig Economy:** A labor market characterized by short-term, freelance, or contract jobs. It is rising with platforms like Fiverr, Upwork, and food delivery apps.
- 9. Degrowth:** An economic movement advocating for reduced consumption and production to protect the environment. It challenges the traditional focus on GDP growth.
- 10. Universal Basic Income (UBI):** A model where all citizens receive a regular, unconditional sum of money from the government. It is proposed as a solution to automation and job loss.

Muskan Pathania
BA 3rd
Roll No 9506



विश्व प्रसन्नता सूचकांक : एक झलक

विश्व प्रसन्नता सूचकांक (World Happiness Index) हर वर्ष संयुक्त राष्ट्र की ओर से प्रकाशित किया जाता है, जो दुनिया भर के देशों को नागरिकों की खुशहाली के आधार पर रैंक करता है। यह सूचकांक जीवन संतोष, सामाजिक सहयोग, भ्रष्टाचार की धारणा, आय स्तर, स्वास्थ्य सुविधाएं और स्वतंत्रता जैसे कई मानकों पर आधारित होता है। 2024 की रिपोर्ट के अनुसार फिनलैंड एक बार फिर सबसे खुशहाल देश बना, जबकि भारत की रैंकिंग 126वें स्थान पर रही। यह चिंता का विषय है कि भारत जैसे सांस्कृतिक और सामाजिक रूप से समृद्ध देश में लोग अपेक्षाकृत कम प्रसन्न हैं। छात्रों और युवाओं के लिए यह समझना जरूरी है कि प्रसन्नता केवल भौतिक सुख-सुविधाओं से नहीं आती, बल्कि मानसिक स्वास्थ्य, सामाजिक संबंध और जीवन के प्रति सकारात्मक दृष्टिकोण भी जरूरी हैं। हमें अपने समाज में संवाद, सहयोग और सहानुभूति की भावना को बढ़ावा देना चाहिए। साथ ही, सरकारों को भी ऐसी नीतियाँ बनानी चाहिए जो नागरिकों के मानसिक और सामाजिक कल्याण को प्राथमिकता दें। विश्व प्रसन्नता सूचकांक न केवल एक रिपोर्ट है, बल्कि यह हमें आत्मचिंतन का अवसर भी प्रदान करता है।

Saniya Sharma
BA 3rd
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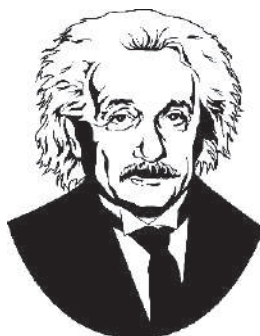
योजना आयोग और नीति आयोग में अंतर

योजना आयोग (Planning Commission) की स्थापना 1950 में की गई थी। इसका उद्देश्य देश के आर्थिक विकास के लिए पंचवर्षीय योजनाएं बनाना था। यह एक केंद्रीकृत संस्था थी, जो राज्यों को योजनाओं के लिए अनुदान भी देती थी। इसके अध्यक्ष प्रधानमंत्री होते थे और इसमें राज्य सरकारों की भूमिका सीमित थी। वहीं, नीति आयोग (NITI Aayog & National Institution for Transforming India) की स्थापना 1 जनवरी 2015 को योजना आयोग के स्थान पर की गई। यह एक विचारशील और नीतिगत सलाह देने वाली संस्था है। इसका उद्देश्य सहकारी संघवाद (Cooperative Federalism) को बढ़ावा देना है, जिसमें राज्यों की भागीदारी अहम है। नीति आयोग में मुख्यमंत्री और उपराज्यपालों को गवर्निंग काउंसिल में शामिल किया गया है। यह संस्था दीर्घकालिक विकास रणनीतियों पर काम करती है और केंद्र व राज्य सरकारों के बीच साझेदारी को मजबूत करती है। मुख्य अंतर यह है कि योजना आयोग संसाधनों का आवंटन करता था, जबकि नीति आयोग केवल नीतिगत सुझाव देता है। नीति आयोग अधिक लचीला, समावेशी और आधुनिक सोच पर आधारित है, जिससे यह बदलते भारत की जरूरतों के अनुरूप अधिक कारगर सिद्ध हो रहा है।

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AI and the Future: Should We Be Excited or Worried?

Artificial Intelligence (AI) is no longer science fiction—it's all around us. From virtual assistants like Siri and ChatGPT to self-driving cars and medical diagnostics, AI is transforming how we live, learn, and work. But as its capabilities grow, so do the questions: Is AI a powerful tool for progress or a potential threat?

On the exciting side, AI can analyze massive data sets faster than any human, helping doctors detect diseases early, scientists explore space, and engineers design smarter cities. In education, AI is personalizing learning like never before.

However, the worries are real. Many fear AI could replace human jobs, deepen inequality, or make biased decisions if trained on flawed data. There are also ethical concerns—should AI be allowed to make life-or-death choices in warfare or medicine? And who is responsible when AI goes wrong?

The future of AI depends on how we choose to develop and regulate it. Like any powerful tool, it can build or destroy. The key is ensuring transparency, fairness, and human oversight. So, should we be excited or worried? May be both! With responsible innovation, AI can be a force for good—if we're smart about how we use it.

Shivangi
B.Sc 2nd Roll No: 23-PHY-05

Women Who Changed Science

Throughout history, women have made groundbreaking contributions to science—often in the face of great adversity. Their stories are not just about discoveries, but also about resilience, passion, and the fight for recognition in a male-dominated field.

Marie Curie is perhaps the most iconic female scientist, known for discovering **radioactivity** and winning **two Nobel Prizes**—one in Physics and another in Chemistry. Her work laid the foundation for cancer treatments and nuclear energy.

Rosalind Franklin played a crucial role in discovering the structure of **DNA**, yet her contributions were overshadowed for years. Her X-ray images were key to solving the double helix puzzle that changed biology forever.

Chien-Shiung Wu, often called the “First Lady of Physics,” made pivotal contributions to nuclear physics. Her work disproved a fundamental law of physics and helped others win the Nobel Prize—though she was overlooked. Modern names like **Jennifer Doudna** and **Emmanuelle Charpentier**, who developed **CRISPR gene-editing technology**, show that women are still reshaping science today.

Science needs every mind it can get. And history proves that when women are given the chance, they don't just contribute—they transform the world.

Shivangi
B.Sc 2nd Roll No: 23-PHY-05

The Science behind Everyday Things

1. Soap and Handwashing

Soap doesn't just "wash away" germs—it **breaks them apart**. Its molecules have two ends: one that binds to water and one that binds to fat. The fatty end grabs the outer layer of viruses and bacteria (which is often made of lipids) and breaks it down, while the water-loving end helps rinse them away.

2. Microwave Ovens

Microwaves heat food using **electromagnetic waves** that make water molecules vibrate. This vibration produces heat, cooking your food from the inside out. That's why foods with more water (like soup) heat faster than dry items.

3. Refrigeration

Your fridge works on the principles of **thermodynamics** and **phase changes**. A refrigerant circulates through coils, absorbing heat from inside the fridge and releasing it outside, keeping your food cool and fresh.

4. Toothpaste

Fluoride in toothpaste is a chemical superhero. It strengthens enamel by replacing minerals lost during acid attacks from food and bacteria, preventing cavities.

Jatin Dhiman

B.Sc Ist

Roll No: 24-MATHS-02

A Beginner's Guide to Black Holes

Black holes are among the most mysterious and fascinating objects in the universe. But what exactly are they?

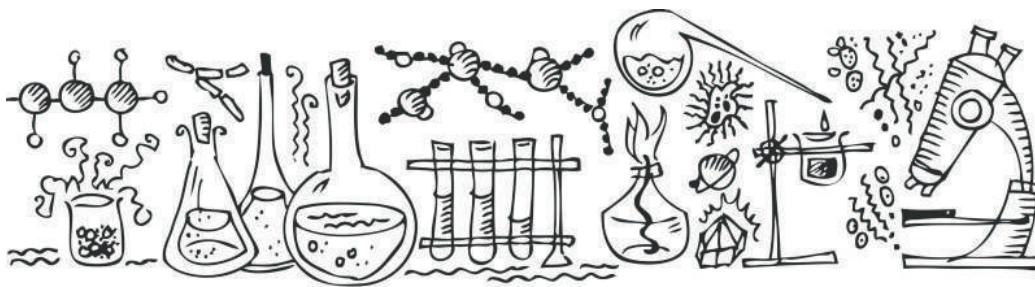
In simple terms, a **black hole** is a region in space where **gravity is so strong that nothing—not even light—can escape**. They are formed when massive stars collapse under their own gravity after running out of fuel. At the center of a black hole lies the **singularity**, a point of infinite density where all its mass is concentrated. Surrounding it is the **event horizon**—the point of no return. Once anything crosses this boundary, it's pulled in forever. So how do we "see" black holes if no light can escape them? Scientists observe how nearby stars and gases behave. When matter falls into a black hole, it heats up and emits **X-rays**, which can be detected by telescopes.

In 2019, the world saw the **first-ever image of a black hole**, thanks to the Event Horizon Telescope—a massive scientific achievement that proved Einstein's theories right once again. There are different types of black holes: **stellar**, **supermassive**, and possibly even **primordial** ones from the early universe. Supermassive black holes, millions of times heavier than our Sun, sit at the center of galaxies—including our Milky Way. Black holes challenge our understanding of physics, time, and space. For beginners, they may sound like science fiction—but they are very real and continue to push the boundaries of what we know about the cosmos.

Vikrant Singh

B.Sc 2nd

Roll No: 23-PHY-08



Green Chemistry

Green chemistry is a branch of chemistry that focuses on designing products and processes that minimize the use and generation of hazardous substances. It aims to reduce the environmental impact of chemical products and processes. Main advantages of green chemistry are

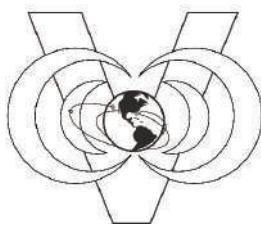
1. Prevention: Prevents waste and minimize the use of hazardous substances.
2. Atom Economy: Maximizes the incorporation of all materials used in the process into the final product.
3. Less Hazardous Chemical Synthesis: Uses less hazardous chemicals and reactions.
4. Designing Safer Chemicals: Designs chemical products to be safer and more environmentally friendly.
5. Safer Solvents and Auxiliaries: Minimizes the use of solvents and auxiliaries, and use safer alternatives when necessary.
6. Design for Energy Efficiency: Minimizes energy consumption and use more energy-efficient processes.
7. Use of Renewable Feedstocks: Uses renewable feedstocks and raw materials whenever possible.
8. Reduce Derivatives: Minimizes the use of unnecessary derivatives and intermediates.
9. Catalysis: Uses catalytic reactions instead of stoichiometric reactions.
10. Design for Degradation: Designs chemical products to degrade after use, reducing their environmental impact.

Main benefits of employing green chemistry are as follows:

1. Environmental Protection: Green chemistry reduces the environmental impact of chemical products and processes.
2. Human Health Protection: Green chemistry minimizes the use of hazardous substances, protecting human health.
3. Sustainability: Green chemistry promotes sustainability by reducing waste, conserving resources, and using renewable feedstocks.
4. Economic Benefits: Green chemistry can reduce costs, improve efficiency, and create new business opportunities.

Green chemistry is used to develop more sustainable and environmentally friendly methods for synthesizing pharmaceuticals, pesticides and medicines. It is used to design and develop more sustainable materials, such as bioplastics and green composites. Green chemistry is an important field that can help to reduce the environmental impact of chemical products and processes, promoting sustainability and protecting human health.

Kartik Jasrotia
B.Sc 2nd
Roll No: 23-Phy-07



The Van Allen Radiation Belt

The Van Allen Radiation Belt is a zone of energetic charged particles, mainly protons and electrons, trapped by Earth's magnetic field. These particles originate from the solar wind and cosmic rays. The belts are named after James Van Allen, who discovered them in 1958 using instruments on board Explorer 1, the first US satellite. Key Features of it are:

- * The Van Allen Belts surround Earth, extending from about 640 to 58,000 kilometers above the surface.
- * Structure: There are two main belts, the inner and outer radiation belts, with a gap in between sometimes referred to as the "safe zone". Inner Belt is Composed primarily of high-energy protons, this belt is relatively stable and formed by cosmic rays interacting with Earth's atmosphere. Outer Belt contains energetic electrons, is more dynamic, and can be influenced by solar activity such as geomagnetic storms. The Van Allen Belts protect Earth from harmful solar and cosmic radiation by trapping high-energy particles. The intense radiation can damage electronic systems and increase radiation exposure for astronauts. The Understanding of Van Allen Belts is crucial for protecting technological assets and planning crewed space missions.

Recent Studies have also shown that radiation levels in certain zones may be less harsh than previously thought, and human activity can affect the near-space environment.

Uday Bhanu
B.Sc 2nd
Roll No 23-CHEM-02

The Brahmos Missile

The Brahmos missile is a long-range, supersonic cruise missile developed jointly by India and Russia. While it's not exclusively a nuclear missile, its capabilities make it a potent weapon for various military applications. Brahmos travels at speeds of up to Mach 3.5, making it one of the fastest cruise missiles global. This missile has a range of approximately 290-400 km, with potential upgrades to extend it further. It can be launched from land, sea, air, and submarines, offering versatility in deployment. It uses advanced guidance systems, including inertial navigation and radar, for precise targeting. The missile can carry conventional warheads weighing 200-300 kg. It is designed for ground targets, with capabilities for steep dives and precision strikes. It is effective against sea-based targets, with successful tests demonstrating its capabilities.

Vasu Pathania
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REPORT

Report on National Seminar: 'Synergizing Sustainability: Integrating Environmental, Economic, and Social Development for a Resilient Future'

A National Seminar on the theme '*Synergizing Sustainability: Integrating Environmental, Economic, and Social Development for a Resilient Future*' was held on 22/02/2025 at GDC Sugh- Bhatoli, bringing together eminent scholars, policymakers, and academicians to deliberate on the multifaceted aspects of sustainability. The seminar provided a dynamic platform for discussing strategies to balance environmental conservation, economic growth, and social equity to build a resilient future. The event saw insightful discussions from distinguished speakers, including Dr. N. N. Sharma (Dean Academic HPTU), Dr. Madhukar Gampala (Associate Professor, North Eastern Hill University, A Central University), Dr. Sushil Kumar Singh, Associate Professor, Nagaland University, A Central University) and Dr Abhimanyu Singh Arha (Associate Professor, JNU), each of whom shared their perspectives on sustainability.

Report on the Inaugural Session of National Seminar on Synergising Sustainability

After the welcome address by College Principal, Dr Namesh Kumar, the inaugural session of the National Seminar on Synergising Sustainability was graced by the esteemed presence of **Dr. N. N. Sharma, Former Dean Academic HPTU and retired Principal, DHE, Himachal Pradesh** who delivered an insightful address on various aspects of sustainability. He emphasized the collaborative efforts between India and Kazakhstan in achieving sustainable development, highlighting the significance of international cooperation in addressing global challenges.

Dr. Sharma outlined a comprehensive roadmap for sustainability in the era of globalization. He elaborated on the pressing issue of climate change and stressed the need for robust corporate social responsibility (CSR) initiatives. The discussion also covered the role of environmental laws and artificial intelligence (AI) in ensuring sustainable development. AI, he noted, has the potential to revolutionize sustainability practices by optimizing resource utilization and enhancing environmental monitoring.

A key highlight of his address was the concept of planned urbanization and the development of smart cities. He emphasized that sustainable urban planning is crucial for achieving economic growth while minimizing environmental impact. Dr. Sharma introduced the 4Ps of sustainability—human, social, economic, and environmental—which form the foundation of sustainable development. Additionally, he discussed the 4Cs of sustainability—conservation, community, cultural, and commerce—as essential pillars that integrate ecological and societal well-being with economic growth.

Furthermore, Dr. Sharma underscored the importance of green infrastructure and green industrial growth, advocating for sustainable supply chain management as a means to achieve long-term environmental and economic benefits. His address set the stage for a meaningful discourse on sustainable development strategies, leaving the audience with valuable insights into building a more resilient and sustainable future.

The session concluded with an engaging discussion, reinforcing the seminar's objective of fostering awareness and action

towards a sustainable world.

Address by Abhimanyu Singh Arha (Associate Prof., JNU, New Delhi)

The National Seminar on Environmental Sustainability featured an insightful keynote address by Abhimanyu Singh Arha, who discussed crucial aspects of environmental history and sustainability.

In the first section of his speech, Arha explored the significance of environmental history in understanding current ecological challenges. He referred to Amitav Ghosh's book *The Nutmeg's Curse*, which delves into the historical exploitation of natural resources and its impact on climate change. He emphasized how colonial expansion and commercial greed have contributed to environmental degradation and global warming. His discussion highlighted the importance of learning from history to address modern environmental concerns effectively.

In the second section, Arha provided historical examples of sustainability practices. He spoke about ancient water storage and harvesting techniques, particularly in the forts of Jaipur. He elaborated on how traditional methods, such as stepwells and rainwater harvesting systems, ensured water security in arid regions. These time-tested solutions, he suggested, could be adapted to modern water conservation efforts. He also talked about importance of water harvesting in deserts in sixteen and seventeen centuries. thatHe uttered illegal encroachment of traditional resources is a big threat to sustainability . He also appreciated the nature of Himachal Pradesh.

Address by Dr Susheel Kumar Singh (Associate Professor, Nalagarh University, Kohima)

The National Seminar on Environmental Sustainability featured an engaging keynote address by Dr. Sushil Kumar Singh on "**Synergising Sustainability for a Happy Future Life.**" His lecture emphasized the importance of integrating sustainability principles to create a balanced and fulfilling future.

Dr. Singh began by explaining **Integrated Sustainability Principles**, highlighting the need for a holistic approach that considers environmental, social, and economic factors. He introduced the **Triple Bottom Line Principle**, which focuses on **People, Planet, and Profit**, emphasizing that true sustainability can only be achieved when economic growth aligns with social well-being and environmental conservation.

He further discussed the role of **social and economic development** in ensuring long-term happiness. Through various **case studies**, he illustrated successful models of sustainability where communities have thrived by adopting eco-friendly practices. He also presented a **working model for happiness**, demonstrating how sustainable living leads to improved quality of life, economic stability, and social harmony.

The lecture was insightful and thought-provoking, reinforcing the idea that sustainability is not just about conservation but about creating a better and happier future for all. Dr. Singh's perspectives provided valuable direction for integrating sustainability into policy and everyday life.

Address by Dr. Madhukar Gompala (Associate Professor, North Eastern Hill University, Meghalaya)

The National Seminar on Environmental Sustainability featured an enlightening keynote address by **Dr. Madhukar Gompala**, who emphasized the **interconnection between environmental, economic, and social development**. His lecture

highlighted the urgent need for integrated approaches to address sustainability challenges.

Dr. Gompala began by discussing the complex relationship between economic growth and environmental protection. He stressed that unregulated economic expansion often leads to **resource depletion, pollution, and social inequalities**, undermining long-term sustainability. He emphasized the need for policies that promote **equitable economic growth while preserving natural ecosystems**.

A major focus of his lecture was on **climate change and biodiversity loss**, which he described as the two most pressing environmental crises. He explained how rising global temperatures, deforestation, and habitat destruction are accelerating species extinction, disrupting ecosystems, and threatening food and water security. He called for urgent global and local actions to mitigate these impacts, advocating for renewable energy, sustainable agriculture, and conservation policies.

Dr. Gompala's lecture provided a thought-provoking perspective on how sustainability must balance environmental, economic, and social goals. His insights encouraged policymakers, researchers, and individuals to adopt **holistic strategies** for a sustainable and resilient future.

Panel Discussion and Interactive Session

The seminar also featured a panel discussion where experts engaged in a stimulating dialogue on the practical implications of sustainability strategies. The discussions revolved around key challenges such as policy implementation, financial constraints, and behavioral changes required fostering sustainability at the grassroots level. Participants actively engaged in the conversation, raising pertinent questions about balancing development with environmental conservation, policy frameworks for sustainability, and the role of global collaborations in achieving sustainable development goals (SDGs).

Conclusion and Key Takeaways

The National Seminar on '*Synergizing Sustainability: Integrating Environmental, Economic, and Social Development for a Resilient Future*' successfully brought together diverse perspectives on sustainability. The key takeaways from the seminar included:

1. **Integration of Economic, Environmental, and Social Dimensions** – Sustainable development requires a holistic approach that balances economic growth, environmental preservation, and social equity.
2. **Community Involvement in Sustainability Initiatives** – Indigenous knowledge and community participation are crucial in implementing effective sustainability strategies. (Reflexive modernization).
3. **Adoption of Green Technologies and Circular Economy Models** – Transitioning to sustainable production and consumption patterns can significantly mitigate environmental impacts.
4. **Policy and Institutional Support** – Governments and policymakers must create robust frameworks that promote sustainability through regulations, incentives, and investments in research and innovation.
5. **Corporate and Individual Responsibility** – Businesses and individuals must adopt sustainable practices in daily activities, ensuring responsible resource consumption and ethical environmental stewardship.

The seminar concluded on a positive note, with participants expressing their commitment to fostering sustainability in their respective domains. The discussions underscored the need for collaborative efforts among governments, businesses, academia, and civil society to achieve a resilient and sustainable future. The event successfully highlighted the urgency of integrating sustainability into all facets of development and set the stage for further discourse and action in this crucial area.

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Dr. Namesh Kumar
(Principal)

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Glimpses of National Seminar on "Synergizing Sustainability" at GDC Sugh Bhatoli 2024-25

