



**GOVT. DEGREE COLLEGE
SUGH BHATOLI**

Sughanchal

— THE COLLEGE MAGAZINE —

❧ 2025-26 ❧



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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
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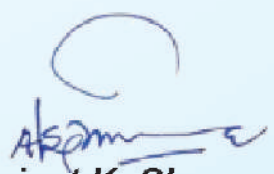
MESSAGE

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

It gives me immense pleasure to present the **fourth edition** of our college magazine, '**Sughanchal**'. A college magazine is the heartbeat of an institution, capturing the intellectual and creative pulse of its students and faculty. This year, we have made a conscious and strategic deviation from conventional formats to better reflect the demands of the 21st century. Our mission is no longer just to provide academic information, but to foster an environment where deep knowledge, practical skill, and bold creativity converge. This magazine serves as a testament to our institution's growth and our commitment to providing a holistic education that prepares our students for the complexities of a rapidly changing global landscape.

The core of this edition lies in its forward-thinking structure, designed to bridge the gap between classroom theory and real-world application. By moving away from standard academic categories, we have created space for critical contemporary themes—ranging from digital transformation and entrepreneurial spirit to environmental stewardship and holistic well-being. We believe that a modern student must be a "problem-solver" who is as comfortable with financial literacy and technological innovation as they are with cultural heritage and artistic expression. This new direction in our publication aims to instill a spirit of self-reliance and intellectual curiosity, ensuring that our graduates are not just degree-holders, but well-rounded individuals capable of leading with both empathy and expertise.

As you turn these pages, I hope you see the reflection of a vibrant, forward-thinking community that refuses to stay stagnant. This edition is a tribute to the resilience of our students and the dedication of the editorial team who have worked tirelessly to give a voice to our collective aspirations. I extend my heartiest congratulations to the editorial board for their meticulous efforts in bringing this fourth edition to life. May the fragrance of **Sughanchal** continue to inspire excellence, foster innovation, and light the path toward a bright and purposeful future for all.

With Best Wishes,

Dr Namesh Kumar
(Principal)



मुख्य संपादक की लेखनी से.....

आदरणीय पाठकगण, शिक्षकगण और प्यारे विद्यार्थियो,

महाविद्यालय की वार्षिक पत्रिका 'Sughanchal' का यह नवीन अंक आप सभी के समक्ष प्रस्तुत करते हुए मुझे असीम हर्ष और गर्व की अनुभूति हो रही है। यह पत्रिका हमारे संस्थान की बौद्धिक जीवंतता, रचनात्मकता और युवा सोच का दर्पण है। इस वर्ष, 'Sughanchal' के माध्यम से हमने परंपरा से हटकर कुछ नया करने का साहसिक प्रयास किया है। हमने पारंपरिक साहित्यिक अनुभागों से आगे बढ़कर, वर्तमान समय की आवश्यकताओं और भविष्य की चुनौतियों पर केंद्रित एक नया स्वरूप तैयार किया है।

आज हम एक ऐसे दौर में जी रहे हैं जहाँ ज्ञान की परिभाषा बदल रही है। इसी को ध्यान में रखते हुए, इस अंक में 'ज्ञान दृष्टि' अनुभाग के अंतर्गत अकादमिक ज्ञान के साथ-साथ व्यावहारिक ज्ञान को प्रमुखता दी गई है। 'डिजिटल युग और नवाचार' अनुभाग में छात्र-छात्राओं ने आर्टिफिशियल इंटेलिजेंस, साइबर सुरक्षा और तकनीकी विकास से जुड़े अपने मौलिक विचारों को साझा किया है, जो यह दर्शाता है कि हमारे युवा 'डिजिटल इंडिया' की ओर तेजी से बढ़ रहे हैं।

वर्तमान समय में केवल डिग्री काफी नहीं है। 'कौशल, उद्यमिता और वित्त' अनुभाग में हमने आत्मनिर्भरता पर जोर दिया है। इसमें छात्रों ने स्टार्टअप, वित्तीय साक्षरता और स्किल डेवलपमेंट के व्यावहारिक पहलुओं को रेखांकित किया है, जो उन्हें नौकरी मांगने वाले नहीं, बल्कि नौकरी देने वाले (Job Creators) बनने के लिए प्रेरित करेगा।

पर्यावरण के प्रति हमारी जिम्मेदारी को समझते हुए 'हरित भविष्य' अनुभाग में सतत विकास, नवीकरणीय ऊर्जा और पर्यावरण संरक्षण के प्रति युवाओं की चिंता और सुझाव शामिल हैं। हमारा मानना है कि 'Sughanchal' न केवल विद्यार्थियों को जागरूक करे, बल्कि क्रियाशील भी बनाए। इसी क्रम में 'स्वास्थ्य एवं कल्याण' अनुभाग में शारीरिक फिटनेस के साथ-साथ मानसिक स्वास्थ्य और योग के महत्व पर चर्चा की गई है, जो आधुनिक जीवनशैली में अत्यंत आवश्यक है।

अंत में, अपनी जड़ों को न भूलते हुए, 'संस्कृति और रचनात्मक अभिव्यक्ति' अनुभाग के माध्यम से हमने अपनी सांस्कृतिक धरोहर को डिजिटल युग की रचनात्मकता के साथ जोड़ा है। यह अनुभाग कला, चित्रकला, और लघु कथाओं के माध्यम से भावनाओं को अभिव्यक्ति का मंच प्रदान करता है।

'Sughanchal' का यह अंक ज्ञान, कौशल और सृजनात्मकता का एक अनूठा संगम है। मैं पूरी संपादकीय टीम, लेखक, और उन सभी छात्रों को धन्यवाद देना चाहता हूँ, जिन्होंने अपने ज्ञानवर्धक आलेखों और रचनात्मक योगदान से इस पत्रिका को जीवंत बनाया।

आशा है कि 'Sughanchal' का यह नया और अभिनव स्वरूप आप सभी को नई दिशा और प्रेरणा प्रदान करेगा।

धन्यवाद,

मुख्य संपादक

Shashi Bhushan

Associate Professor of Economics

CERTIFICATE OF ORIGINALITY

This is to certify that the content in this **fourth edition** of '**Sughanchal**' belongs to the original creative and intellectual efforts of our students and faculty.

In this edition, we have taken a modern approach by encouraging the use of AI tools as a helpful partner in the writing process. Our goal was not to replace human thought, but to use technology to make our articles more **informative, logical, and inclusive**. By using these tools responsibly, our contributors have been able to sharpen their arguments, verify facts, and present their ideas more clearly to a wider audience.

We believe that the best results come when human creativity meets modern innovation. While AI helped in organizing and refining the information, the core ideas and stories remain the authentic work of our authors. This certificate confirms that our contributors have balanced original thinking with new technology to meet the high standards of excellence that our magazine stands for.

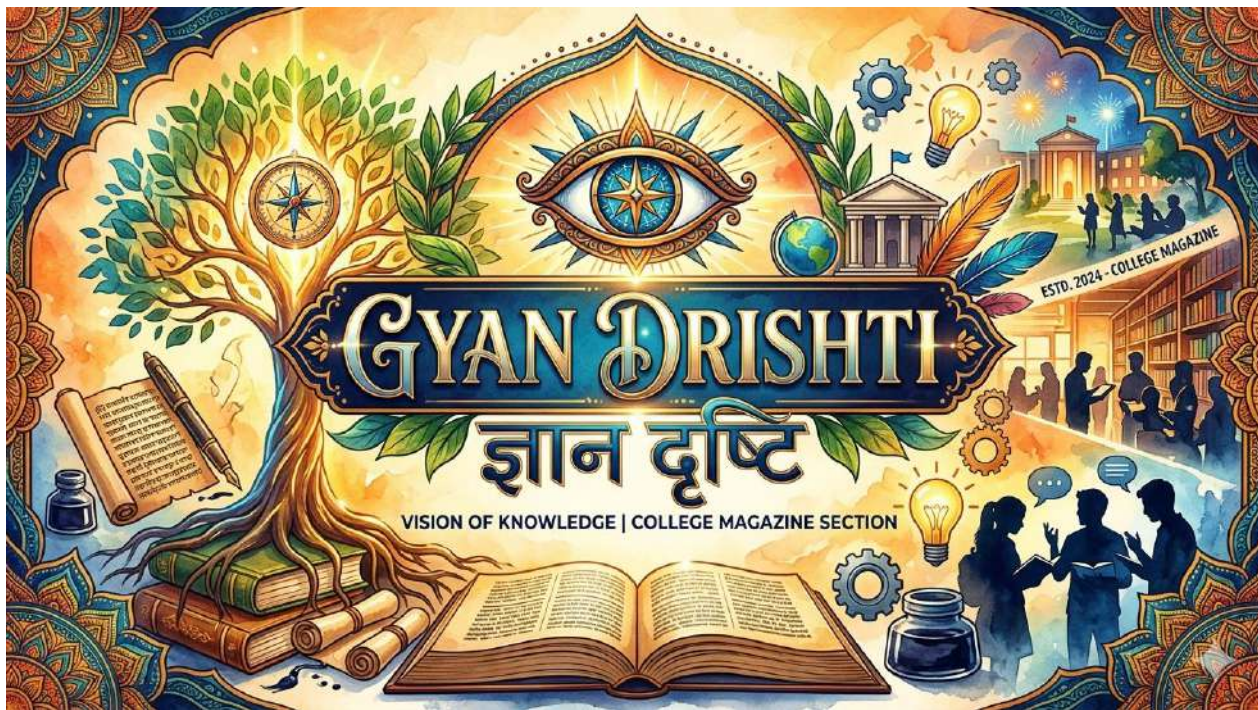
Chief Editor

Sughanchal Magazine

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SECTION: GYAN DRISHTI



Teacher Editor:
Dr Shikha Rana
Assistant Professor of Physics

Student Editor:
Shivangi
B.Sc. Third Year

THE ROLE OF NEP 2020 IN TRANSFORMING INDIA'S RESEARCH ECOSYSTEM

The National Education Policy (NEP) 2020 mark a transformative shift in India's education system by emphasizing holistic, multi- disciplinary, and skill - based learning. Introducing research as a subject in the college curriculum is essential to develop critical thinking, problem-solving abilities, and a scientific temper among student. NEP 2020 envisions India as a global knowledge leader, and research education plays a vital role in achieving this goal. The following points illustrate this vision:

Development of Critical thinking and Analytical skills: Research- based learning encourages students to question, analyze, and evaluate information rather than memorizing facts. NEP 2020 emphasizes moving away from rote learning towards conceptual understanding. These skills help students become independent thinkers and informed decision-makers.

Promotion of Innovation and creativity: NEP 2020 highlights innovation as a key driver of national development. When students are trained in research methodologies, they are better equipped to contribute to scientific advancements, technological development, and social progress.

Preparation for Higher studies and careers: Research skills are essential for students who wish to pursue higher education, such as postgraduate studies or doctoral programs. NEP 2020 aims to create a strong research culture through Institutions like the National Research.

Global competitiveness: In a globalized world, nations that invest in research and innovation lead in economic and intellectual growth. NEP 2020 aims to enhance India's global standing by producing skilled researchers and innovators.

In accordance with NEP 2020, research is not merely an academic activity but a foundational skill essential for personal, professional, and national development. Making research a subject in the college curriculum nurtures critical thinking, innovation, ethical values, and interdisciplinary learning thereby fulfilling the vision of NEP2020 for a progressive and research - driven India.

Harsh Katoch
25-PHYS-01
B.Sc Ist Year

IMPACT OF CLIMATE CHANGE ON HUMAN LIFE

Climate is changing in an accelerating pace. Climate change occurs as a result of an imbalance between incoming and outgoing radiation in the atmosphere. Climate, from Ancient Greek “klima” (meaning inclination), is defined as the weather averaged over a long period (the standard period is 30 years). Climate change has always happened on Earth but its rapid rate and important magnitude occurring now are of great concern.. The global mean temperatures may increase up to 5.4°C by 2100. Climate change is mainly caused by humans, especially through increased greenhouse gas emissions. The increase in heat-trapping greenhouse gases (e.g., carbon dioxide, methane, and nitrous oxide) in the atmosphere raises Earth's mean surface temperature. The levels of greenhouse gases are higher now than at any time in the last 800,000 years. As temperature increases, more water evaporates from the oceans and other water sources into the atmosphere, causing further increase of the temperature.

Atmospheric carbon dioxide comes from two primary sources, natural and anthropogenic (human-induced). Natural sources of carbon dioxide include most animals which exhale carbon dioxide as a waste product.

Anthropogenic sources of carbon dioxide have been primarily driven by human activities since the early 20th century (industrial revolution), mainly fossil fuel burning (e.g., burning coal, oil, and natural gas), but also agricultural emissions and deforestation. The top 5 countries responsible for emissions of carbon dioxide are China, United States of America (USA), India, Russia, and Japan. In 2017, the USA emitted approximately 5.1 billion metric tons of energy-related carbon dioxide for a global worldwide emission of approximately 32.5 billion metric tons. Deforestation of the Amazon in Brazil (loss of the equivalent of almost one million soccer fields of forest cover each year), mainly for agricultural purposes, is significantly contributing to climate change. There is overwhelming evidence showing that human activities have contributed to climate change over the past century while changes in solar activity and volcanic eruptions have played a minor role. Over the last several decades, humans have engaged in large-scale transformation of natural systems causing a net accumulation of carbon dioxide in the atmosphere. It is recognized as a serious threat to ecosystem, biodiversity, and health. It is associated with alterations in the physical environment of the planet Earth. It affects life around the globe and impacts plants and animals, with consequences for the survival of the species. In humans, climate change has multiple deleterious consequences.

All the changes in the physical planet Earth's environment affect the life of plants, animals, and humans. Coral reefs, forests, and coastal human communities are particularly vulnerable to climate change. Some of the effects of climate change may be through the enhancement of the susceptibility to chemical pollution. Climate change creates water and food insecurity, increased morbidity/mortality, and population movement. Vulnerable populations (e.g., children, elderly, indigenous, and poor) are disproportionately affected. Personalized adaptation to the consequences of climate change and preventive measures are key challenges for the society. Policymakers must implement the appropriate strategies, especially in the vulnerable populations.

Abhimanyu
25-CHEM-06
B.Sc.First Year

AI IN MENTAL HEALTH SUPPORT

Artificial intelligence (AI) is dramatically transforming mental health support by enhancing accessibility, personalization, and early intervention. AI-powered tools, including chatbots, virtual therapists and mobile apps, offer immediate, around-the-clock assistance for individuals facing stress, anxiety, depression, and other mental health challenges. These technologies use natural language processing and machine learning to analyze users' speech, text, and behavioral data to identify emotional states and cognitive patterns. This enables AI to provide tailored coping strategies, monitor mood fluctuations, and detect early warning signs of mental health disorders, often before symptoms become severe.

In addition to supporting individuals directly, AI assists mental health professionals by processing large datasets from electronic health records, wearable devices, and patient self-reports. This data-driven approach helps clinicians develop personalized treatment plans, track patient progress more effectively, and predict potential relapses. Furthermore, AI can reduce the stigma associated with seeking mental health care by offering discreet, user-friendly interfaces that encourage engagement without fear of judgment. Despite its considerable potential, AI

in mental health support raises important ethical concerns, including privacy, data security, and algorithmic bias. Ensuring that AI systems are transparent, secure, and equitable is essential to build trust and maximize benefits. While AI cannot replace the nuanced understanding and empathy of human therapists, it serves as a powerful complement by expanding the reach of mental health services, reducing wait times, and providing continual support between traditional therapy sessions.

In conclusion, AI holds significant promise for transforming mental health care by making support more accessible, personalized, and proactive. By addressing ethical challenges and integrating AI thoughtfully into existing healthcare frameworks, we can harness its full potential to improve mental well-being on a broad scale and offer timely assistance to those in need.

Simran
B.Sc.Second
24-PHYS-03

LACK OF SLEEP AND COGNITIVE FUNCTION AMONG COLLEGE STUDENTS

Sleep is a critical biological process essential for maintaining various cognitive functions such as attention, memory consolidation, executive functioning, and emotional regulation. Among college students, the prevalence of inadequate sleep is alarmingly high due to academic pressures, social engagements, and lifestyle choices. This sleep deprivation negatively impacts cognitive performance, which is crucial for academic success.

Memory Consolidation and impact on Attention and Learning: Research shows that sleep, particularly slow-wave and REM stages, plays a vital role in memory consolidation—the process by which newly acquired information is stabilized into long-term memory. College students who experience insufficient sleep demonstrate impaired recall and retention, affecting their performance on exams and assignments. Adequate sleep is fundamental for sustaining attention and concentration during learning activities. Sleep deprivation reduces the ability to focus, resulting in lapses during lectures or study sessions. These intentional deficits can lead to incomplete comprehension and diminished ability to process new information effectively.

Executive Function Impairment: Executive functions—including planning, problem-solving, and multitasking—are also compromised by lack of sleep. These cognitive processes are essential for managing complex academic tasks and deadlines. Sleep-deprived students often show decreased cognitive flexibility and decision-making ability, which can hinder their academic productivity.

Emotional and Mental Health Consequences: Sleep deprivation exacerbates emotional instability, increasing stress, anxiety, and depressive symptoms. These emotional challenges further impair cognitive functioning and motivation, creating a detrimental cycle that affects academic performance and overall well-being. The evidence underscores the critical need for promoting healthy sleep habits among college students.

At last, we can say that adequate sleep is essential for optimal cognitive functioning in college students. By promoting good sleep hygiene by maintaining a consistent sleep schedule, creating a restful environment, and limiting stimulants like caffeine, can help students improve their cognitive abilities and academic success. Interventions focusing on sleep education and hygiene could improve cognitive function, thereby enhancing academic outcomes and mental health.

PLASTIC WASTE REDUCTION STRATEGIES

Plastic waste reduction strategies encompass a range of measures aimed at curbing the environmental impact of plastic pollution. One of the most effective approaches is reducing the use of single-use plastics by encouraging consumers and businesses to adopt reusable alternatives such as cloth bags, metal or glass bottles, and sustainable packaging materials. Governments and organizations are increasingly implementing policies like bans on certain plastic products, taxes on plastic bags, and extended producer responsibility (EPR) programs, which require manufacturers to manage the disposal and recycling of their plastic products. Public education campaigns play a critical role in raising awareness about the consequence of plastic waste and promoting responsible consumption habits.

In addition to prevention, improving waste management systems is essential to increase recycling rates and prevent plastic from entering natural ecosystems. This includes investing in advanced recycling technologies and infrastructure, as well as promoting the development and use of biodegradable and compostable plastics as alternatives to conventional plastics. Community-driven clean-up initiatives and corporate commitments to sustainable packaging also contribute to reducing plastic waste in landfills and oceans.

In conclusion, plastic waste reduction requires a comprehensive and multi-faceted approach involving policy, innovation, consumer behavior, and global cooperation. By combining prevention, improved waste management, and sustainable alternatives, society can significantly reduce plastic pollution, protect ecosystems, and move toward a more sustainable future.

Nitish Pathania

B.Sc.-Second Year

24PHYS02

THE IMPACT OF MEMES ON LANGUAGE

Memes have profoundly influenced language by accelerating the creation and dissemination of new linguistic forms and cultural references. They serve as a form of digital shorthand, allowing people to convey complex emotions, opinions, or social commentary in a concise and often humorous way. This rapid exchange fosters a dynamic, participatory culture where language evolves quickly, shaped by trends, memes, and shared online experiences. Memes also facilitate cross-cultural communication, as many rely on visual cues and widely recognized themes that transcend language barriers, contributing to a more globalized form of expression.

Moreover, memes encourage creativity and linguistic playfulness, as users remix and adapt phrases or images to fit different contexts, often inventing novel idioms or slang in the process. This can enrich everyday communication and make language more engaging. However, the informal and fleeting nature of memes may sometimes lead to

misunderstandings or the erosion of nuanced language skills, especially when meme culture dominates communication in younger demographics.

In conclusion, memes act as a powerful force in shaping contemporary language by blending humor, culture, and digital connectivity. They contribute to linguistic innovation and social bonding, while also presenting challenges related to clarity and depth of communication in the digital era.

Shivangi
23PHYS05
B.Sc.- Third Year

FAST FASHION AND CONSUMER RESPONSIBILITY

Fast fashion, defined by the rapid production of low-cost, trendy apparel, has become a significant driver of environmental harm and social challenges globally. It is estimated that the fashion industry accounts for about 10% of global carbon emissions and is the second-largest consumer of the world's water supply, contributing to pollution through textile dyeing and microplastic release. Moreover, fast fashion often depends on exploitative labor practices where workers face unsafe conditions and inadequate wages, particularly in developing countries. Consumer responsibility is crucial in addressing these issues. By choosing to purchase fewer but higher-quality garments, supporting brands with transparent and ethical practices, and engaging in sustainable behaviors such as buying second-hand, repairing clothes, and recycling textiles, consumers can reduce the demand for fast fashion's unsustainable production model.

Educational initiatives and awareness campaigns further empower consumers to make informed decisions that prioritize environmental and social well-being. Ultimately, shifting consumer habits toward sustainability can pressure the fashion industry to adopt more responsible production methods. In conclusion, while fast fashion offers affordability and rapid trend access, consumer responsibility is vital to mitigating its detrimental effects on the planet and people, paving the way for a more ethical and sustainable fashion future.

Parshant Sagar
B.Sc. Third Year
23CHEM01

DIGITAL HEALTH APPS AND STUDENT ENGAGEMENT

Digital health apps have become increasingly integral in promoting student engagement with their health and well-being. These apps provide a range of functionalities, including personalized health tracking, mental health support, fitness monitoring, sleep management, and medication reminders, which empower students to take proactive control over their physical and mental health. The convenience and accessibility of mobile health technologies allow students to monitor their behaviors and receive real-time feedback, which can enhance motivation and adherence to healthier lifestyle choices. Furthermore, features such as goal setting, gamification, social sharing, and community support foster sustained engagement by making health management more interactive and socially connected.

Studies have shown that digital health apps can effectively improve health outcomes and increase students' awareness of their well-being, contributing positively to academic performance and overall quality of life. However, the success of these apps depends on factors like user-friendliness, personalization, privacy protections, and ongoing motivation strategies to maintain long-term use. In conclusion, digital health apps serve as powerful tools to engage students in managing their health, promoting healthier behaviors, and supporting mental and physical wellness in the demanding academic environment.

Piyush Katoch
B.Sc- First Year
25PHYS02

REDUCING FAST FASHION TO PROTECT THE ENVIRONMENT

Fast fashion, characterized by the rapid production of inexpensive and trendy clothing, has become a major environmental concern. The fashion industry is one of the largest contributors to global pollution, responsible for approximately ten per cent of global carbon emissions and significant water consumption and contamination. The production processes involve intensive resource use, chemical treatments, and generate massive textile waste, much of which ends up in landfills or oceans. Reducing fast fashion is essential to mitigating these environmental impacts and promoting sustainability.

One effective approach to reducing fast fashion's environmental footprint is encouraging consumers to adopt more sustainable purchasing habits. This includes buying fewer garments of higher quality, opting for timeless designs rather than fleeting trends, and supporting brands that prioritize ethical and eco-friendly production methods. Additionally, extending the life cycle of clothing through practices such as repairing, upcycling, and buying second-hand can significantly decrease waste. Governments and organizations can also play a role by implementing policies that promote transparency, regulate waste management, and incentivize sustainable innovation within the fashion industry. Technological advancements in sustainable textiles and circular fashion models offer promising solutions. For instance, developing biodegradable fabrics and improving recycling technologies can help reduce dependency on virgin materials and minimize waste. Circular fashion emphasizes designing clothes for durability, reuse, and recyclability, aiming to create a closed-loop system that lessens environmental harm.

In conclusion, reducing fast fashion is critical to protecting the environment from pollution, resource depletion, and waste accumulation. By combining responsible consumer behavior, supportive policies, and technological innovation, the fashion industry can shift towards a more sustainable future that balances economic growth with ecological preservation.

Shubham
B.Sc.-First Year
25PHYS05

CLOUD SEEDING: A WEATHER MODIFICATION TECHNIQUE

Cloud seeding is a type of weather modification technique that involves dispersing substances like silver iodide, potassium iodide, or dry ice into clouds to enhance precipitation (rain or snow). The goal is to increase rainfall or snowfall in targeted areas, often for drought relief, agriculture, or water resource management. Main steps involved in Cloud Seeding are listed below

1. Targeting clouds: Clouds with sufficient moisture are identified.
2. Dispersing seeding agents: Silver iodide or other chemicals are released into the clouds via aircraft or ground-based generators.
3. Stimulating precipitation: The chemicals encourage water droplets to coalesce and form larger droplets, leading to rain or snow.

It can be used in:

- Drought relief: Enhancing rainfall in drought-stricken areas.
- Agriculture: Boosting water supply for crops.
- Snowpack augmentation: Increasing snowfall in mountain regions for water storage.
- Hail suppression: Reducing hailstorm damage in some regions.

The main challenges and concerns in using cloud seeding are uncertain outcomes and environmental impact. The potential effects of seeding chemicals on ecosystems and results vary based on cloud conditions which required specialized equipment and planning.

Jagpreet
B.Sc.-First Year
25-CHEM-02

ENVIRONMENTAL PROTECTION LAWS

Environmental protection laws are legal rules and regulations made by governments to protect the environment from pollution, degradation, and over-exploitation of natural resources. These laws aim to maintain ecological balance, protect human health, conserve biodiversity, and ensure sustainable development for present and future generations. Rapid industrialization, urbanization, population growth, and excessive use of natural resources have caused serious environmental problems such as air pollution, water pollution, deforestation, climate change, and loss of wildlife. Environmental laws are necessary to control pollution, conserve natural resources, protect wildlife and forests, promote sustainable development and safeguard public health. Some of the major Environmental protection laws in India are listed below:

Environment (Protection) Act, 1986: This is the umbrella law for environmental protection in India. It was enacted after the Bhopal Gas Tragedy. It empowers the government to take measures to protect and improve the environment by regulating industrial emissions and hazardous substances. It includes the provision of penalties for environmental violations.

Water (Prevention and Control of Pollution) Act, 1974: This law aims to prevent and control water pollution. It empowers the government to take measures to protect rivers, lakes, groundwater, and other water bodies. It includes establishment of Pollution Control Boards which controls discharge of pollutants into water.

Air (Prevention and Control of Pollution) Act, 1981: This act focuses on controlling air pollution. It regulates emissions from industries and vehicles. It marks and declares air pollution control areas to improve air quality to protect human health.

Wildlife Protection Act, 1972: This law protects wild animals, birds, and plants. It prevents hunting and poaching in wildlife conserved areas. It establishes national parks and wildlife sanctuaries to conserve endangered species and promotes them.

Forest (Conservation) Act, 1980: This act conserves forest land and prevents deforestation. It restricts conversion of forest land for non-forest purposes. It requires government approval for forest diversion and enforces various laws to protect forest ecosystems.

Biological Diversity Act, 2002: This act protects biological diversity and traditional knowledge. It conserves plants, animals, and microorganisms. It ensures fair sharing of benefits from biological resources and prevents misuse of genetic resources.

Environmental protection is also addressed at the global level through international agreements such as:

- * Paris Climate Agreement - to combat climate change
- * Montreal Protocol - to protect the ozone layer
- * Convention on Biological Diversity (CBD)- to conserve biodiversity

Environmental laws can be effective only if citizens cooperate. Individuals should follow pollution control rules, reduce waste and recycle, save water and energy, protect trees and wildlife and raise awareness about environmental conservation. Environmental protection laws play a vital role in preserving nature and ensuring sustainable development. They help control pollution, protect natural resources, and safeguard human health. However, strict enforcement of laws and active participation of citizens are essential for achieving a clean, healthy, and sustainable environment.

Shivansh
25CHEM04
B.Sc.-First Year

SECTION: DIGITAL YUG AND INNOVATION



Teacher Editor:
Dr Rohit Gandhi
Assistant Professor of Maths

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Vaishali
BA Ist Year

Cyber Security

Cyber security means protecting computers, mobile phones, networks, and data from online threats. In today's digital world, people use the internet for studying, banking, shopping, and communication. Because of this, Cyberattacks like hacking, phishing, identity theft, and malware are becoming more common. Cyber security helps keep personal and important information safe from these dangers.

Strong passwords, two-factor authentication, and regular software updates are simple but effective ways to stay secure online. People should also avoid clicking on unknown links or sharing personal details on untrusted websites. Schools, businesses, and governments also use advanced security systems to protect their data.

In short, cyber security is very important in modern life. It not only protects our personal information but also ensures safe and secure use of the internet. Everyone should learn basic cyber safety rules to stay protected in the digital world.

Arushi Devi

B.A 1st Year, 25ENG01

Technology and Human Life

Technology plays a very important role in our modern life. It refers to the use of scientific knowledge, tools, and machines to make human life easier, faster, and more comfortable. From simple tools to advanced machines, technology has continuously developed to meet the changing needs of society.

In today's world, technology is present in almost every field. In education, it helps students learn through online classes, digital books, and smart classrooms. In healthcare, modern machines and medical technology help doctors diagnose and treat diseases more effectively. In communication, mobile phones and the internet have made it easy to connect with people anywhere in the world within seconds.

Technology has also improved transportation, business, and entertainment. Online shopping, digital payments, and social media have changed the way we live and work. However, excessive use of technology can cause problems like addiction, lack of physical activity, and reduced face-to-face interaction. Therefore, it is important to use technology wisely and responsibly.

In conclusion, technology is a powerful tool that has transformed human life. When used properly, it can bring great progress and development to society.

-Sakshi Devi

B.A 1st Year , 25ENG03

The Future is Here-Tech Trends to Watch

Technology is moving faster than ever, and 2026 is shaping up to be a massive year. We've moved past simple gadgets; now, we're seeing **Agentic AI**—smart systems that don't just answer questions but actually get things done for us, like planning a full trip or managing a project from start to finish.

It's not just about software, though. **Wearable tech** is becoming more natural, blending into our glasses and clothes to help us see information in real-time. Meanwhile, breakthroughs in **green energy tech** are helping our devices run longer while being kinder to the planet.

For us as students, the goal isn't just to keep up with every new app. It's about staying curious and learning how to use these tools responsibly. The future isn't about robots taking over; it's about how we use these "superpowers" to solve real-world problems.

Janvi

B.A 1st Year , 25ENG04

Artificial Intelligence

Artificial Intelligence (AI) is a modern technology that gives machines and computers the ability to think, learn, and make decisions like humans. With the help of AI, machines can analyze data, understand patterns, and solve problems. Today, AI is used in many things around us, such as mobile phones, voice assistants like Google Assistant and Siri, YouTube and Netflix recommendations, online shopping apps, face recognition, and even in hospitals to help detect diseases.

An important part of AI is **Machine Learning**, where computers learn from past data and improve their performance over time. This technology is making our daily life easier and smarter by automating repetitive tasks and providing instant answers. Beyond just apps, AI is now powering **smart cars** that can drive themselves and **intelligent robots** that assist in complex surgeries. It is also playing a huge role in **sustainability**, helping scientists track climate change and optimize energy use.

In the future, the demand for AI will increase even more, making it a powerful tool for innovation. For students, learning AI isn't just about coding; it's about understanding how to use these "digital brains" to solve the world's biggest challenges. This makes AI one of the most exciting and rewarding **career options** for the next generation.

Vishali Sharma
B.A 1st Year, 25ENG02

डिजिटल क्रांति: तकनीक और नवाचार का सही इस्तेमाल

आज के दौर में तकनीक सिर्फ एक सुविधा नहीं, बल्कि हमारे विकास का सबसे बड़ा जरिया है। आर्टिफिशियल इंटेलिजेंस से लेकर डिजिटल टूल्स तक, नवाचार (Innovation) अब हर छात्र की ज़रूरत बन चुका है।

नवाचार (Innovation) क्या है?

नवाचार का मतलब हमेशा कोई जटिल मशीन बनाना नहीं होता, बल्कि किसी पुरानी समस्या को **नए और आसान तरीके** से हल करना है।

उदाहरण के लिए: Zomato और **Blinkit** ने घर बैठे खाना और राशन मंगाने की समस्या को सिर्फ एक 'ऐप' से हल कर दिया। यह तकनीक और भारतीय बाज़ार की ज़रूरतों का एक बेहतरीन मेल (Innovation) है।

डिजिटल टूल्स: आपके 'सुपरपावर्स'

अब किसी भी बड़े प्रोजेक्ट के लिए आपको भारी बजट की ज़रूरत नहीं है। कुछ स्मार्ट टूल्स ने इस खेल को पूरी तरह बदल दिया है:

AI और मेड-इन-इंडिया टूल्स: कंटेंट के लिए **ChatGPT** और डिज़ाइन के लिए **Canva** के साथ-साथ अब भारत का अपना **Krutrim AI** भी उपलब्ध है।

नो-कोड क्रांति: Zoho Creator जैसे भारतीय टूल्स की मदद से आप बिना कोडिंग सीखे भी अपनी खुद की वेबसाइट या ऐप बना सकते हैं।

सोशल मीडिया: मनोरंजन नहीं, अवसर (Right use of Social Media)

सोशल मीडिया का इस्तेमाल सिर्फ रील्स देखने के लिए नहीं, बल्कि '**पर्सनल ब्रांडिंग**' और सीखने के लिए करें:

LinkedIn का उपयोग नेटवर्किंग और इंटर्नशिप खोजने के लिए करें।

YouTube और **Twitter (X)** को केवल मनोरंजन का साधन न बनाकर नई स्किल्स (जैसे कोडिंग, डिजाइनिंग या मार्केटिंग) सीखने का जरिया बनाएं।

याद रखें, सोशल मीडिया एक दोधारी तलवार है; अगर आप इसे सही से इस्तेमाल करेंगे, तो यह आपको दुनिया के सामने अपनी प्रतिभा दिखाने का मंच (Platform) देगा।

Harsh Katoch
B.Sc. 1st Year, 25PHY01

2026 का युवा: आत्मनिर्भर और स्टार्टअप-रेडी

आज के बदलते दौर में युवाओं के पास केवल नौकरी पाने का ही विकल्प नहीं है, बल्कि अपनी पहचान खुद बनाने का मौका भी है। जैसा कि कहा जाता है, "नौकरी मांगने वाले नहीं, नौकरी देने वाले बनें।" स्टार्टअप की दुनिया में कदम रखना न केवल आपके करियर के लिए अच्छा है, बल्कि यह देश की अर्थव्यवस्था में भी बड़ा योगदान देता है।

भारत आज दुनिया का तीसरा सबसे बड़ा स्टार्टअप हब बन चुका है। हमारे पास ऐसे कई उदाहरण हैं जिन्होंने शून्य से शुरुआत की और आज हज़ारों लोगों को रोज़गार दे रहे हैं:

Physics Wallah (अलख पांडे): एक छोटे से यूट्यूब चैनल से शुरू कर उन्होंने शिक्षा के क्षेत्र में क्रांति ला दी और आज हज़ारों लोगों की टीम संभाल रहे हैं।

Zomato (दीपेंद्र गोयल): खाने की छोटी सी डायरेक्टरी से शुरू होकर आज यह लाखों डिलीवरी पार्टनर्स को कमाई का जरिया दे रहा है।

Oyo Rooms (रितेश अग्रवाल): एक कॉलेज ड्रॉपआउट ने होटल इंडस्ट्री का चेहरा बदल दिया और दुनिया के सबसे युवा अरबपतियों में शामिल हुए।

स्टार्टअप शुरू करने के लिए केवल एक बड़ा विचार (Idea) और उसे पूरा करने का जुनून चाहिए। कॉलेज का समय रिस्क लेने और नया सीखने का सबसे सही समय है। अपनी स्किल पहचानें, समस्या का समाधान ढूँढ़ें और अपना खुद का रास्ता बनाएं।

स्टार्टअप शुरू करने के 3 आसान स्टेप्स (3 Easy Steps to Start):

समस्या की पहचान करें (Identify a Problem): एक सफल स्टार्टअप का मतलब सिर्फ एक 'आइडिया' नहीं, बल्कि किसी 'परेशानी का हल' ढूँढ़ना है। अपने आसपास देखें—क्या कोई ऐसी चीज़ है जिसे आप बेहतर या आसान बना सकते हैं? जैसे **Zomato** ने रेस्टोरेंट का मेन्यू ढूँढ़ने की समस्या को हल किया।

छोटा स्टार्टअप, बड़ा विजन : शुरुआत में बहुत ज्यादा पैसा लगाने की ज़रूरत नहीं है। अपने एक आइडिया का एक छोटा सा नमूना तैयार करें। इसे अपने दोस्तों या कॉलेज कैम्पस में टेस्ट करें और उनके फीडबैक से उसे बेहतर बनाएं।

सही टीम और नेटवर्किंग (Build a Team & Network): अकेले सब कुछ करना मुश्किल है। ऐसे दोस्तों को साथ जोड़ें जिनके पास अलग स्किल्स हों (जैसे कोई कोडिंग में अच्छा हो, तो कोई मार्केटिंग में)।

Whatever you aspire to do, you possess the capability within yourself. The time has come to identify your strengths and make the decisions that define your future.

Dr. Rohit Gandhi,
Assistant Prof. of Mathematics

NSS ACTIVITIES-NOT ME, BUT YOU





Students Performing Morning Prayer During Seven Days NSS Camp



Students Performing Physical Activities During NSS Camp



Students during Exercise Session in NSS Camp



Plantation Drive on the theme-Ek Buta Beti Ke Naam

ROAD SAFETY CLUB ACTIVITIES





RED RIBBON CLUB'S ACTIVITIES



Glimpses of Annual Athletic Meet





MISCELLANEOUS ACTIVITIES, SESSION 2025-26



Students' Induction Programme- An Interactive Session



Glimpses of Freshers' Party -2025-26

Activities Organised Under ‘Support for Statistical Strengthening Scheme’





Career Counselling by Representative from Crack Academy



Students Appearing in Scholarship Test Organised by Crack Academy

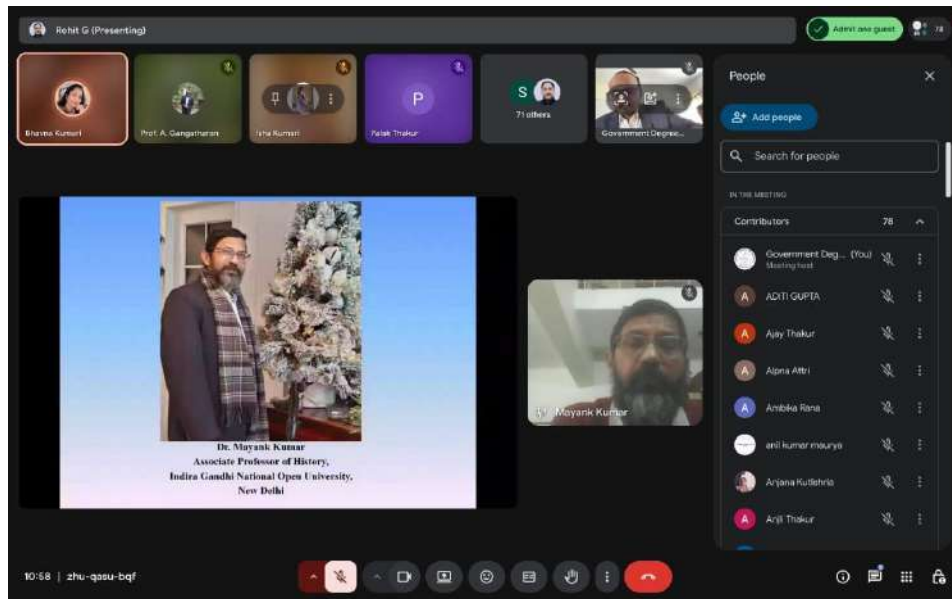


A Team of Teaching Staff with Principal, Dr Namesh Kumar in IIT Gangath- An interaction with Students on the topic 'Career Opportunities in Higher Education'



IQAC Coordinator of Cluster Head College, GDC Dehri being honoured by worthy Principal





Glimpses of 2nd National Seminar organized on 22nd February 2026 on “India’s Indigenous Knowledge, Digital Pedagogy and Self Reliance: Higher Education as a Catalyst for Viksit Bharat@2047”



Farewell Party: Best Students Being Honoured



Glymposes of Lectures on Cyber Security



Students participating in Chitta Mukt Walkathon with Chief Minister of Himachal Pradesh during Indora Utsav



Students Interacting with the SHGs during 'Indora Utsav'



A Session on Women Health and Nutrition



Glypses of CSCA Oath Taking Ceremony



Seven Days Residential Training at Emergency and Disaster Management Resource Centre, Kangr



Government Degree College Sugh Bhatoli, under its Academia -Industry Linkage Initiative, has entered into Memoranda of Understanding (MoUs) with Surya Weld Arc Industries and Sri Hari Glass Industry, Bian Attariyan, Indora.

SECTION: SKILL, ENTREPRENEURSHIP AND FINANCE

Entrepreneur Skills



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Teacher Editor:

Ms Saroti
Assistant Professor of Commerce

Student Editor:

Tanisha Sharma
BA 1st Year

Mutual Funds: A Smart Way to Invest

In today's modern financial world, mutual funds have become one of the most popular investment options for individuals. A mutual fund is a type of investment where money from many investors is collected and invested in different financial instruments such as stocks, bonds, and other securities. These investments are managed by professional fund managers, making mutual funds a convenient option for people who may not have deep knowledge of financial markets.

One of the biggest advantages of mutual funds is diversification. Instead of investing money in a single stock or asset, mutual funds spread investments across many companies and sectors. This helps reduce risk because even if one investment performs poorly, others may perform well and balance the overall returns.

Another important benefit of mutual funds is professional management. Experienced fund managers study market trends, company performance, and economic conditions before making investment decisions. This allows investors to benefit from expert knowledge without actively managing their own portfolios.

Mutual funds are also known for their accessibility and flexibility. Investors can start investing with a small amount of money through options like Systematic Investment Plans (SIPs). SIPs allow investors to invest a fixed amount regularly, which encourages disciplined saving and long-term wealth creation.

In recent years, mutual funds have gained popularity among young investors due to the availability of digital platforms and mobile apps. These technologies make investing simple, transparent, and convenient.

In conclusion, mutual funds provide an effective way for individuals to grow their wealth while managing risk. With diversification, professional management, and easy access, mutual funds have become an important investment tool for building a secure financial future.

Abhishek Choudhary
B.Com III,.23-Com-01

Share Market: Understanding the World of Investment

The Share Market, also known as the stock market, is a platform where shares of publicly listed companies are bought and sold. It plays a vital role in a country's economic development by helping companies raise capital and providing investors an opportunity to grow their wealth.

In India, the two major stock exchanges are the Bombay Stock Exchange (BSE) and the National Stock Exchange of India (NSE). These exchanges provide a transparent and regulated system for trading securities. The share market is regulated by the Securities and Exchange Board of India (SEBI), which ensures investor protection and fair practices.

How Does the Share Market Work?

When a company needs funds for expansion or development, it issues shares to the public through an Initial Public Offering (IPO). Investors buy these shares and become part-owners of the company. The prices of shares fluctuate based on demand and supply, company performance, economic conditions, and investor sentiment.

Risks Involved

The share market also involves risk, as prices can rise or fall due to market volatility. Therefore, investors should research properly, diversify investments, and think long-term rather than focusing on short-term gains.

Conclusion

The share market is not just a place for trading but a powerful tool for economic growth and personal financial development. For students, understanding how the market works builds financial literacy and prepares them for responsible investing in the future.

Saroti

Assistant Professor Of Commerce

ETF (Exchange Traded Fund): A Modern Investment Option

In today's financial world, investors are always looking for simple, low-cost, and transparent investment options. One such popular option is the ETF (Exchange Traded Fund). ETFs combine the features of both shares and mutual funds, making them an attractive choice for beginners as well as experienced investors.

What is an ETF?

An Exchange Traded Fund (ETF) is a type of investment fund that is traded on stock exchanges, just like shares. It usually tracks an index, commodity, or a basket of assets. For example, some ETFs track indices like the NIFTY 50 or SENSEX.

ETFs are listed and traded on exchanges such as the National Stock Exchange of India (NSE) and the Bombay Stock Exchange (BSE). In India, ETFs are regulated by the Securities and Exchange Board of India (SEBI) to ensure investor protection and transparency.

Key Features of ETFs

Diversification: Invest in a group of stocks or assets through a single unit.

Low Cost: Generally have lower expense ratios compared to mutual funds.

Liquidity: Can be bought and sold during market hours like shares.

Transparency: Holdings are usually disclosed daily.

Advantages for Students and Young Investors: ETFs are suitable for young investors because they provide exposure to the market with lower risk compared to investing in individual stocks. They are simple, cost-effective, and ideal for long-term wealth creation.

Conclusion: ETFs represent a smart and flexible investment option in the modern financial market. With proper understanding and long-term planning, they can help investors achieve financial stability and growth.

Jagan Singh

Assistant Professor of Commerce

Latest Tariff Situation in 2026: A Short Overview

In 2026, tariffs have once again become a key issue in global trade. Countries are revising their trade policies to protect domestic industries, respond to geopolitical tensions, and secure strategic sectors such as technology, energy, and manufacturing.

One of the major developments has been the continuing trade adjustments between the United States and China. Although large-scale trade wars have eased compared to previous years, tariffs remain in place on several products, especially in technology and clean energy sectors. These measures have influenced global supply chains and increased production costs in many industries.

The European Union has also introduced trade measures linked to environmental goals. Its Carbon Border Adjustment Mechanism (CBAM) places charges on carbon-intensive imports, indirectly acting like a tariff. This reflects a growing global trend where environmental protection is integrated into trade policy.

Meanwhile, India has adopted a balanced approach. To promote domestic manufacturing under initiatives like “Make in India,” tariffs have been adjusted in sectors such as electronics, solar equipment, and automobiles. At the same time, India continues to negotiate Free Trade Agreements to reduce tariffs with strategic partners and boost exports.

Globally, tariffs today are not just economic tools but also strategic instruments. Governments are using them to strengthen national security, encourage local production, and manage supply chain risks after the COVID-19 pandemic.

However, higher tariffs can lead to increased prices for consumers and create trade tensions between nations. Therefore, policymakers face the challenge of maintaining a balance between protecting domestic industries and promoting free and fair trade.

Akhil Singh

B.Com III, 23-Comm-02

Entrepreneurship and Finance: The Foundation of a Successful Start-Up

In today’s modern world, start-ups are becoming one of the most powerful drivers of economic growth and innovation. A start-up is not just a small business; it is a new idea developed to solve a problem in a creative and efficient way. Start-ups are usually based on innovation, technology, and unique solutions. They begin with limited resources but aim for rapid growth and large impact.

The success of a start-up depends mainly on three important pillars: skills, entrepreneurship, and finance. Without proper skills, strong entrepreneurial mindset, and financial management, even a good idea can fail. Therefore, understanding these three elements is essential for anyone who wants to build a successful start-up.

A start-up is a newly established business that introduces an innovative product or service. Unlike traditional businesses, start-ups focus on growth, scalability, and solving real-life problems. Many start-ups begin with a simple idea but grow into global companies. For example, food delivery platforms, online education apps, digital payment systems, and e-commerce businesses all started as small start-ups.

Kunal Singh

B.Com I, 25-Com-- 05

G20: Shaping Global Cooperation

The Group of Twenty, commonly known as the G20, is one of the most important international forums that brings together the world's major economies to discuss global economic and developmental issues. The group consists of 19 countries along with the European Union and the African Union, representing a large share of the world's population, trade, and economic output.

The main objective of the G20 is to promote global financial stability, sustainable economic growth, and international cooperation. Leaders of member countries meet annually to discuss important global challenges such as climate change, digital transformation, global health, and economic recovery.

In recent years, the G20 has gained even more importance as the world faces challenges like economic uncertainty, rising inflation, climate change, and technological changes. The forum provides an opportunity for countries to work together and find common solutions to these global problems.

India's role in the G20 has been particularly significant. During its presidency in 2023, India promoted the theme "One Earth, One Family, One Future," emphasizing inclusive growth and cooperation among nations. One major achievement was the inclusion of the African Union as a permanent member of the G20, strengthening the voice of developing countries.

In today's interconnected world, the G20 plays a crucial role in shaping policies that influence global development. Through dialogue and cooperation, the G20 continues to work toward a more stable, inclusive, and sustainable future for all.

Vivek Singh

B.Com I, 25-Com-06

Digital Finance: Transforming the Future of Money

Digital finance has become one of the most important developments in the modern financial world. With the rapid growth of technology, financial services are increasingly moving from traditional banking systems to digital platforms, making transactions faster, safer, and more convenient.

In India, digital finance has expanded significantly with platforms like the Unified Payments Interface, which allows people to transfer money instantly using mobile phones. Supported by the Reserve Bank of India, digital payment systems have helped millions of people access financial services without visiting banks. From online shopping to paying utility bills, digital payments have become part of everyday life.

Globally, organizations such as the International Monetary Fund and the World Bank emphasize the importance of digital finance for financial inclusion and economic growth. Digital banking, mobile

wallets, and fintech innovations are helping small businesses and individuals participate more actively in the economy.

However, digital finance also brings challenges such as cybersecurity risks, data privacy concerns, and the need for digital literacy. Governments and financial institutions must work together to ensure safe and secure digital systems.

Overall, digital finance is shaping the future of the global economy by making financial services more accessible, efficient, and inclusive for people around the world.

Sohan Singh
B.Com I, 25-Com-02

Investment Strategies: A Path to Financial Growth

Investment strategies help individuals grow their money and achieve financial security. A good investment plan begins with setting clear financial goals, such as saving for education, buying a house, or planning for retirement.

One important strategy is diversification, which means investing money in different assets like stocks, mutual funds, and fixed deposits. This helps reduce risk and ensures balanced returns. Another key principle is long-term investing, as markets may fluctuate in the short term but usually grow over time.

Investors should also understand their risk tolerance and choose investments accordingly. With the growth of digital platforms, investing has become easier and more accessible for young people.

In conclusion, smart investment strategies, financial awareness, and regular monitoring can help individuals build a secure and prosperous future.

Tanisha sharma
B.A 1st year, 25-HIST-15

Bombay Stock Exchange: India's Premier Stock Exchange

The Bombay Stock Exchange (BSE) is one of the oldest and most important stock exchanges in Asia. Established in 1875, it plays a major role in the growth of India's financial markets. Located in Mumbai, BSE provides a platform where companies can raise capital and investors can buy or sell shares.

BSE helps in mobilizing savings from investors and channelizing them into productive sectors of the economy. Thousands of companies are listed on the exchange, making it one of the largest stock exchanges in the world in terms of listed firms.

One of the most popular indices of BSE is the S&P BSE Sensex, which represents the performance of 30 major companies across different sectors of the Indian economy. The movement of Sensex reflects the overall health and direction of the stock market.

With the advancement of technology, BSE has adopted electronic trading systems that make transactions faster, transparent, and efficient. It also offers platforms for trading in equities, derivatives, mutual funds, and other financial instruments.

In conclusion, the Bombay Stock Exchange plays a vital role in India's economic development by promoting investment, supporting businesses, and strengthening the country's financial system. It continues to be a key pillar of India's growing economy.

Manvik Dhiman
B.Com-I, 25-Com-08

Viksit Bharat-Guarantee for Rozgar and Ajeevika Mission (Gramin) (VB-G RAM G) Act, 2025

It is a comprehensive legislative overhaul designed to replace the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), 2005. It is aligned with the long-term vision of **Viksit Bharat 2047** to modernize rural employment by focusing on 125 days of guaranteed, productive, and technology-driven work.

Main Features of VB-G RAM G

The Act introduces a "centrally sponsored" structure, which shares responsibilities between the Centre and States. Key features include:

Enhanced Employment Guarantee: Increases the guaranteed wage employment from 100 days to **125 days** per rural household per financial year.

Four Priority Verticals: Employment is linked to creating durable, high-quality assets across four key areas: 1) Water security, 2) Core rural infrastructure (roads, connectivity), 3) Livelihood-related infrastructure (storage, markets), and 4) Mitigation of extreme weather events.

Shared Funding (60:40): Shifts from 100% central funding for wages to a shared 60:40 ratio (60% Central, 40% State) for most states, and 90:10 for North-Eastern/Himalayan states.

Normative Allocation System: Replaces the open-ended "demand-driven" labour budget with "normative allocations" (fixed budgets based on objective parameters), aiming for better financial planning.

Agricultural Pause (60 Days): Empowers states to declare a 60-day "no-work" period during peak sowing and harvesting seasons to ensure farm labour availability.

Technological Integration (Tech-Driven Governance): Mandates Aadhaar-based biometric attendance, geo-tagging of assets (using mActionSoft), AI-based fraud detection, and real-time monitoring via dashboards.

Decentralised Planning (VGPP): Work is initiated through **Viksit Gram Panchayat Plans (VGPP)**, which are aggregated at the district/state level and integrated into the national *PM Gati Shakti* plan.

Key Advantages of VB-G RAM G

The new framework addresses the limitations of the previous system (misappropriation, low-quality assets) and provides several benefits:

Higher Income Security: The 25% increase in guaranteed workdays (125 days) directly boosts rural household earnings.

Creation of Durable Assets: By prioritizing infrastructure (roads, water, storage), it creates long-term value, rather than just temporary labor, enhancing rural productivity.

Enhanced Transparency & Reduced Corruption: Weekly wage payments via Direct Benefit Transfer (DBT) and biometric/GPS monitoring reduce leaks, delays, and "ghost" beneficiaries.

Support for Agriculture: The 60-day pause prevents wage inflation and labor shortages for farmers during critical farming times, balancing labourer and farmer needs.

Improved Efficiency & Accountability: The 60:40 funding split encourages higher state ownership and better supervision, while increased administrative expenditure (from 6% to 9%) allows better staffing and technical training.

Targeted Support for Vulnerable Groups: Provides special support for marginalized groups, including single women, the elderly, and PwDs (Persons with Disabilities).

Vinakshi, BAIII, 23-HIST-03

What is a Gig Economy?

The **gig economy** refers to a labor market characterized by short-term, flexible jobs instead of traditional full-time employment. In this system, individuals work as independent contractors, freelancers, or temporary workers, often taking on multiple projects or “gigs” for different clients. With the growth of digital platforms such as Uber, Fiverr, Upwork, and DoorDash, the gig economy has expanded rapidly. Technology enables workers to connect directly with customers, making it easier to find work and offer services across various fields like transportation, design, writing, delivery, and programming. One of the main advantages of the gig economy is flexibility. Workers can choose when, where, and how much they want to work. It also allows businesses to reduce costs by hiring workers only when needed. However, it has certain disadvantages. Gig workers often lack job security, stable income, health benefits, and other protections typically provided to full-time employees.

Ashneet Kumari, BAI, 24-HIST-08

चार नई श्रम संहिताएं (Four New Labour Codes)

भारत सरकार ने 21 नवंबर, 2025 से चार नई श्रम संहिताओं (Labour Codes) को लागू करने की घोषणा की है। यह स्वतंत्र भारत का सबसे बड़ा श्रम सुधार माना जा रहा है, जिसमें 29 पुराने श्रम कानूनों को चार सरल संहिताओं में समाहित किया गया है।

चार नई श्रम संहिताएं (Four New Labour Codes)

वेतन संहिता (Code on Wages), 2019: सभी कर्मचारियों के लिए न्यूनतम वेतन और समय पर भुगतान सुनिश्चित करती है।

औद्योगिक संबंध संहिता (Industrial Relations Code), 2020: व्यापार करने में आसानी और विवादों के त्वरित समाधान पर केंद्रित है।

सामाजिक सुरक्षा संहिता (Social Security Code), 2020: गिग और प्लेटफॉर्म वर्कर्स सहित सभी श्रमिकों को सामाजिक सुरक्षा लाभ प्रदान करती है।

व्यावसायिक सुरक्षा, स्वास्थ्य और कार्य स्थिति संहिता (OSH Code), 2020: सुरक्षित और स्वस्थ कार्य वातावरण सुनिश्चित करने के लिए नियम निर्धारित करती है।

प्रमुख बदलाव और प्रभाव (Key Changes & Impacts)

- ❖ **ग्रेच्युटी (Gratuity):** फिक्स्ड-टर्म (निश्चित अवधि) कर्मचारियों के लिए अब 1 साल की सेवा के बाद ही ग्रेच्युटी पाने का अधिकार होगा, जो पहले 5 साल था।

- ❖ **ओवरटाइम (Overtime):** निर्धारित कार्य घंटों से अधिक काम करने पर सामान्य मजदूरी की तुलना में **दोगुनी दर** से भुगतान किया जाएगा।
- ❖ **न्यूनतम वेतन:** अकुशल मजदूरों के मासिक वेतन में ₹2000 से ₹3500 तक की वृद्धि की संभावना है।
- ❖ **गिग वर्कर्स:** स्विगी, जोमैटो जैसे प्लेटफॉर्म्स पर काम करने वाले 'गिग वर्कर्स' को पहली बार सामाजिक सुरक्षा, स्वास्थ्य और न्यूनतम वेतन के दायरे में लाया गया है।
- ❖ **महिला सशक्तिकरण:** महिलाओं को पुरुषों के बराबर वेतन और उनकी सहमति व सुरक्षा सुनिश्चित होने पर रात की शिफ्ट में काम करने की अनुमति दी गई है।

हालाँकि केंद्र ने इन्हें 21 नवंबर से अधिसूचित किया है, लेकिन पूर्ण कार्यान्वयन (Full Operationalization) **1 अप्रैल, 2026** तक होने की उम्मीद है, क्योंकि राज्य सरकारों को भी अपने नियम अंतिम रूप देने हैं।

Pallvi, BA II, 24-HIST-12

HP-SHIVA परियोजना

HP-SHIVA परियोजना हिमाचल प्रदेश सरकार की एक कृषि विकास योजना है। यह *Himachal Pradesh Subtropical Horticulture, Irrigation and Value Addition (HP-SHIVA)* परियोजना है, जिसका उद्देश्य सब-ट्रॉपिकल क्षेत्रों में फल-उद्यान (जैसे अमरूद, संतरा, अनार) लगाना, सिचाई सुविधाएँ और मूल्य-वर्धन सहायता देना है। इससे किसानों की आय बढ़ेगी और 15,000 से अधिक परिवारों को लाभ मिलेगा।

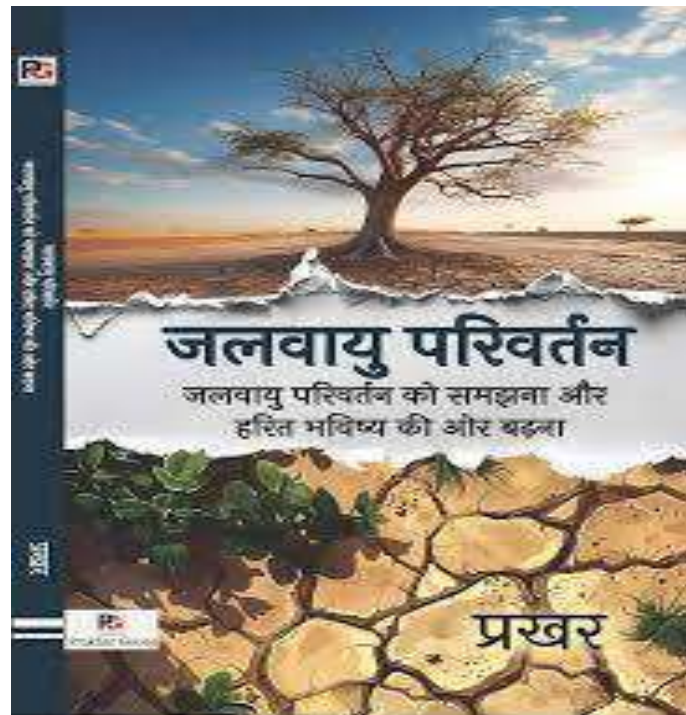
Shruti, BA I, 25-HIST-06

मुख्यमंत्री सुखाश्रय योजना (Mukhyamantri Sukhashrya Yojana)

मुख्यमंत्री सुखाश्रय योजना (Mukhyamantri Sukhashrya Yojana) हिमाचल प्रदेश सरकार की एक सामाजिक कल्याण योजना है, जिसका लक्ष्य अनाथ, निराश्रित, परित्यक्त और असहाय बच्चों का संपूर्ण विकास और समर्थन प्रदान करना है। इस योजना के तहत बच्चों को “*Children of the State*” का दर्जा देकर सरकार उनकी शिक्षा, पोषण, स्वास्थ्य और जीवन-निर्भरता की जिम्मेदारी लेती है। बच्चों को अलग-अलग उम्र में मासिक आर्थिक सहायता, अध्ययन और हॉस्टल खर्च, जेब खर्च तथा उच्च शिक्षा के लिए फंड मिलता है। इसके अलावा, योजना द्वारा विवाह सहायता, कौशल विकास के अवसर, स्वरोजगार सहायता तथा घर निर्माण जैसे लाभ भी दिए जाते हैं। हिमाचल सरकार ने इस योजना के तहत अब तक लगभग **8155 लाभार्थियों को सहायता प्रदान की है**, जिससे उन्हें बेहतर शिक्षा और सुरक्षित जीवन का अवसर मिला है।

Jeevna, BAI, 25-HIST-07

HARIT BHAVISHYA



Teacher Editor:
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Lovepreet Kaur
BA III, 23-POLS-01

Water Conservation in Himachal Pradesh: Protecting the Lifeline of the Mountains

Himachal Pradesh is also popularly known as the “Land of Gods,” is blessed with majestic mountains, glaciers, rivers, and natural springs. Water has always been the lifeline of the state, supporting agriculture, tourism, and daily life in both rural and urban spaces. However, in recent years, water scarcity is becoming a growing concern in many parts of Himachal Pradesh.

Climate change, deforestation, and rapid urbanization are affecting the natural water cycle. Glaciers are melting faster, rainfall patterns are becoming unpredictable, and many traditional water sources such as *baolis*, *naulas*, and mountain springs are gradually drying up. During the summer season, several towns and villages experience severe water shortages, reminding us that even water-rich regions are not immune to this crisis.

Water conservation is therefore not only necessary but urgent. Protecting forests is one of the most effective ways to conserve water in the Himalayan region because trees help maintain soil moisture and recharge groundwater. Rainwater harvesting can also play a major role in storing water for dry periods. In villages, restoring traditional water sources and community ponds can help revive local water systems that have supported communities for centuries.

The government of Himachal Pradesh has taken important steps by promoting watershed management programs, water conservation campaigns, and sustainable development projects. However, the success of these initiatives depends on the active participation of citizens. Simple actions such as fixing leaking taps, using water wisely and planting trees can make a significant difference. In this regard our college is playing its small but significant role by taping the rain water in specifically designated tank and planting trees every year through NSS, Rovers and Rangers Unit.

Water is the foundation of life and development in our state. If we protect it today, we secure the future of our mountains, our environment, and the generations to come. Conserving water is not just a responsibility but a commitment to preserving the natural beauty and sustainability of this Himalayan state. Therefore, we popularly say, “Jal Bina Jeevan Nhi” (no life without water).

Shivendra Srivastava,
Asst. Professor of History

Green Future

A green future is the dream of a world where nature and human development exist in harmony. Today, climate change, pollution, and deforestation are serious problems affecting our planet. If we continue using natural resources carelessly, future generations may face severe environmental crises. To build a green future, we must adopt sustainable practices such as using renewable energy, reducing plastic waste, and conserving water. Solar and wind energy can reduce our dependence on fossil fuels. Planting trees and protecting forests are also essential steps toward restoring ecological balance.

Governments around the world are promoting eco-friendly initiatives like electric vehicles, clean energy projects, and stricter environmental laws. However, real change begins with individuals. Small actions such as saving electricity, recycling waste, and using public transport can make a big difference.

A green future is not only a responsibility but also an opportunity to create a healthier and more sustainable world for everyone.

Lovepreet Kaur,
BA III- 23POLS01

Sustainable Development

Sustainable development means meeting the needs of the present without harming the ability of future generations to meet their own needs. In today's rapidly growing world, development is important, but it must be balanced with environmental protection.

Industries, agriculture, and urbanization often put pressure on natural resources. Overuse of water, pollution of air and destruction of forests are some of the major challenges. Sustainable development encourages the use of renewable resources, responsible consumption, and eco-friendly technologies.

Governments and organizations are taking steps to promote sustainability through green policies, clean energy projects and environmental awareness programs. The concept of a green economy is also gaining importance as it focuses on growth while protecting nature.

For sustainable development to succeed, every individual must contribute by adopting environmentally responsible habits. Only then we can ensure a safe and healthy planet for the future.

Palak,
BA III, 23-HIST-20

पर्यावरण संरक्षण

पर्यावरण हमारे जीवन का आधार है। स्वच्छ हवा, शुद्ध जल और हरियाली के बिना जीवन की कल्पना भी नहीं की जा सकती। लेकिन आज तेजी से बढ़ते औद्योगीकरण और शहरीकरण के कारण पर्यावरण को भारी नुकसान हो रहा है।

जलवायु परिवर्तन, वायु प्रदूषण और वनों की कटाई जैसी समस्याएँ गंभीर रूप ले चुकी हैं। इन समस्याओं का समाधान तभी संभव है जब हम पर्यावरण संरक्षण को अपनी प्राथमिकता बनाएं। पेड़ लगाना, प्लास्टिक का कम उपयोग करना और ऊर्जा की बचत करना छोटे-छोटे कदम हैं जो बड़ा बदलाव ला सकते हैं।

सरकार भी कई पर्यावरण-अनुकूल योजनाएँ चला रही है, जैसे स्वच्छ ऊर्जा को बढ़ावा देना और प्रदूषण नियंत्रण के लिए नियम बनाना। यदि सरकार और नागरिक मिलकर प्रयास करें, तो हम अपने पर्यावरण को सुरक्षित रख सकते हैं।

Vinakshi Devi,
BA III- 23HIST03

हरित अर्थव्यवस्था (Green Economy)

हरित अर्थव्यवस्था का अर्थ है ऐसी आर्थिक व्यवस्था जो विकास के साथ-साथ पर्यावरण की रक्षा भी करे। आज दुनिया में आर्थिक विकास की दौड़ में प्राकृतिक संसाधनों का अत्यधिक उपयोग किया जा रहा है, जिससे पर्यावरण को नुकसान पहुँच रहा है।

हरित अर्थव्यवस्था इस समस्या का समाधान प्रस्तुत करती है। इसमें स्वच्छ ऊर्जा, पर्यावरण-अनुकूल उद्योग और टिकाऊ उत्पादन पर जोर दिया जाता है। सौर ऊर्जा, पवन ऊर्जा और जैविक खेती इसके प्रमुख उदाहरण हैं।

सरकारें भी हरित नीतियों के माध्यम से पर्यावरण संरक्षण और आर्थिक विकास के बीच संतुलन बनाने का प्रयास कर रही हैं। यदि हम हरित अर्थव्यवस्था को अपनाएँ, तो विकास के साथ-साथ प्रकृति का संरक्षण भी संभव होगा।

Sonia Sharma,
BA I, 25-HIST-05

Green Tomorrow

Green trees whisper in the air,
A promise that the Earth can repair.
If we protect the soil and sea,
The future will bloom like a tree.

Let rivers flow clean and bright,
Let forests stand tall in light.
A greener world begins today,
With every step we choose the right way.

Arushi,
BA I, 25-ENG-01

Climate Change

The glaciers melt, the oceans rise,
The warning signs fill our skies.
Yet hope still lives in what we do,
and every green choice we pursue.

Plant a tree, protect the land,
Together we can take a stand.
For Earth is home to all we see,
Its future rests with you and me.

Vishali Sharma,
BA I, 25-ENG-02

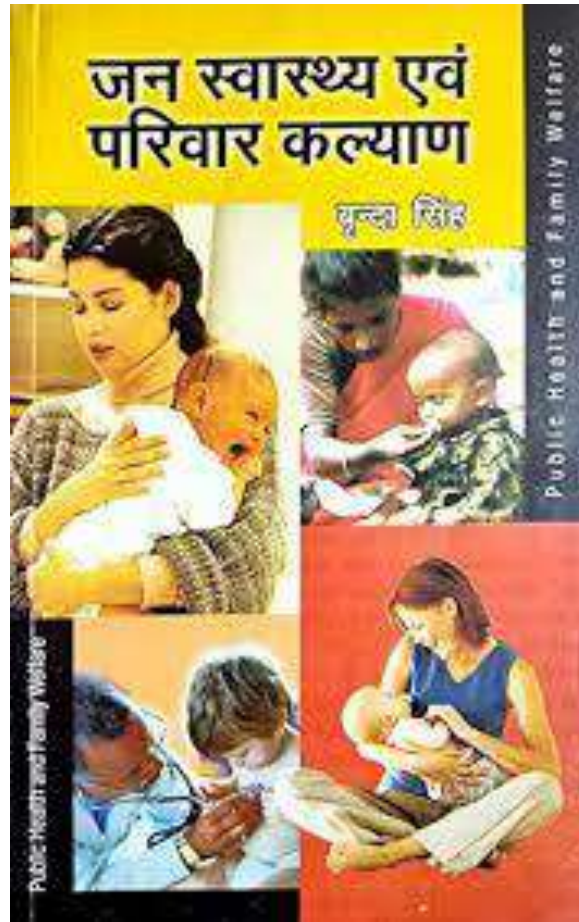
हरियाली

हरियाली धरती की शान है,
यही जीवन की पहचान है।
पेड़ों से मिलती ठंडी छाया,
इनसे ही खुशहाल जहाँ है।

आओ मिलकर वृक्ष लगाएँ,
धरती को फिर हरा बनाएँ।
स्वच्छ हवा और नीला गगन,
हम सब मिलकर लौटाएँ।

Muskan Thakur,
BA III, 23-HIND-01

SWASTHYA EVAM KALYAN



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Digital Detox: Why Students Need a Break from Screens

In today's digital age, students are constantly surrounded by screens—smartphones, laptops, tablets, and televisions. While technology has made learning easier and more accessible, excessive screen time can negatively impact both physical and mental health. This is where the concept of a digital detox becomes important. Spending long hours on screens can lead to eye strain, headaches, poor posture, and disturbed sleep patterns. Moreover, constant use of social media can increase stress, anxiety, and reduce self-esteem among students. It often distracts them from studies and reduces productivity. A digital detox means taking a break from electronic devices and reconnecting with the real world. Students can use this time to engage in outdoor activities, read books, practice hobbies, or spend quality time with family and friends. Even simple habits like limiting screen time before bed or taking short breaks during study hours can make a big difference. By reducing dependence on digital devices, students can improve focus, enhance creativity, and maintain better overall health. In conclusion, a balanced use of technology is essential, and regular digital detox can help students lead a healthier, more mindful, and productive life.

Mandeep Singh
Class BAIII, 23-HIST-02

Importance of Yoga

Yoga is an ancient practice that promotes physical, mental, and emotional well-being. It combines movement, breathing techniques, and meditation to create balance in life. Regular yoga practice improves flexibility, strength, and posture while also reducing stress and anxiety. In today's fast-paced world, yoga helps calm the mind and enhances focus and concentration. Several yoga asanas (postures) are especially beneficial. Tadasana helps improve posture and balance. Vrikshasana strengthens the legs and enhances concentration. Bhujangasana increases flexibility in the spine and relieves back pain. Trikonasana stretches the body and improves digestion. Padmasana is ideal for meditation and calming the mind. Yoga also improves breathing through pranayama, increasing lung capacity and energy levels. It boosts immunity and promotes inner peace. By practicing yoga regularly, individuals can achieve harmony between body and mind, leading to a healthier, more balanced, and mindful life.

Sonakshi Devi, BAI,24-HIST-01

Health is Wealth

The phrase "Health is Wealth" highlights the importance of good health in leading a happy and successful life. Wealth in the form of money or material possessions loses its value if a person is not physically and mentally fit. A healthy individual can work efficiently, think clearly, and enjoy life to the fullest. Good

health is maintained through a balanced diet, regular exercise, proper sleep, and a positive mindset. Physical activities such as walking, running, and yoga help keep the body active and strong. Equally important is mental health, which can be improved through relaxation, meditation, and spending time with loved ones. In today's busy world, people often neglect their health while chasing success. However, without good health, it becomes difficult to achieve goals or enjoy achievements. Preventive care, such as regular check-ups and a healthy lifestyle, plays a vital role in avoiding diseases.

Thus, health should always be our top priority. By taking care of our body and mind, we build a strong foundation for a prosperous and fulfilling life, truly proving that health is the greatest wealth.

Prince

BAlII, 23-HIST-06

Role of Vitamin B12 in Health

Vitamin B12 is essential for maintaining a healthy and active life. It plays a key role in the production of red blood cells and helps prevent anemia, a condition that causes fatigue and weakness. B12 is also vital for the proper functioning of the nervous system, supporting brain health, memory, and concentration. A deficiency of Vitamin B12 can lead to symptoms such as tiredness, dizziness, nerve problems, and even mood changes. It is especially important for vegetarians and vegans to monitor their intake, as B12 is mainly found in animal-based foods like milk, eggs, fish, and meat. Fortified cereals and supplements can also help meet daily requirements. Vitamin B12 supports energy production by helping the body convert food into energy. It also contributes to DNA formation, which is crucial for cell growth and repair. Pregnant women and older adults particularly need adequate B12 for proper development and health maintenance. In conclusion, maintaining sufficient levels of Vitamin B12 is essential for overall well-being. A balanced diet and regular health check-ups can ensure proper intake, helping individuals stay energetic, focused, and healthy throughout life.

Love Preet

BAlII, 23-POLS-01

जंक फूड के नुकसान

आज के समय में जंक फूड छात्रों के बीच बहुत लोकप्रिय हो गया है। बर्गर, पिज्जा, चिप्स और मीठे पेय आसानी से उपलब्ध होते हैं और स्वादिष्ट भी लगते हैं, लेकिन ये स्वास्थ्य के लिए हानिकारक हैं। इन खाद्य पदार्थों में कैलोरी, वसा, चीनी और नमक अधिक मात्रा में होता है, जबकि आवश्यक पोषक तत्वों की कमी होती है। जंक फूड का नियमित सेवन मोटापा, हृदय रोग, मधुमेह और पाचन संबंधी समस्याओं का कारण बन सकता है। यह ऊर्जा स्तर

को भी प्रभावित करता है, जिससे छात्र थकान महसूस करते हैं और पढ़ाई में ध्यान नहीं लगा पाते। समय के साथ, यह आदत प्रतिरक्षा प्रणाली को कमजोर कर देती है। एक और समस्या इसकी लत है। जंक फूड बार-बार खाने की इच्छा बढ़ाता है, जिससे स्वस्थ भोजन अपनाना कठिन हो जाता है। अतः, जंक फूड भले ही सुविधाजनक हो, लेकिन स्वास्थ्य के लिए नुकसानदायक है। स्वस्थ और संतुलित आहार अपनाना अत्यंत आवश्यक है।

Janvi Devi, BA I, 25-ENG-04

जलयोजन का महत्व

स्वस्थ जीवन के लिए शरीर में पर्याप्त पानी होना बहुत आवश्यक है। पानी शरीर के तापमान को नियंत्रित करता है, पाचन में मदद करता है और पोषक तत्वों को पूरे शरीर में पहुँचाता है। सही मात्रा में पानी पीने से एकाग्रता, ऊर्जा स्तर और कार्यक्षमता में सुधार होता है। पानी की कमी से डिहाइड्रेशन हो सकता है, जिससे सिरदर्द, थकान और ध्यान की कमी जैसी समस्याएँ होती हैं। यह त्वचा और शरीर के अन्य कार्यों को भी प्रभावित करता है। रोज़ पर्याप्त पानी पीना और पानी से भरपूर फल-सब्जियाँ खाना बहुत लाभदायक है। अतः, स्वस्थ और सक्रिय जीवन के लिए शरीर को हाइड्रेटेड रखना बेहद जरूरी है।

Muskan

BAIII, Roll NO 23-Hind-01

Mental Health Matters in College Life

College life is an exciting phase, full of learning, new experiences, and social interactions. However, it can also bring stress, pressure, and emotional challenges. Mental health plays a crucial role in helping students cope with academic demands, peer pressure, and personal issues. Ignoring mental health can lead to anxiety, depression, sleep problems, and decreased academic performance. Stress from exams, social expectations, and future uncertainties can accumulate, affecting both emotional and physical well-being.

Students can take steps to protect their mental health by practicing mindfulness, meditation, and relaxation techniques. Maintaining a balanced lifestyle with adequate sleep, exercise, and a healthy diet also helps. Talking to friends, family, or counselors can provide emotional support and guidance. Colleges should encourage awareness about mental health and provide resources for students in need. By prioritizing mental well-being, students can improve focus, resilience, and overall happiness, making their college years productive and fulfilling.

नींद: शैक्षणिक सफलता का राज़

नींद छात्रों के जीवन का एक महत्वपूर्ण हिस्सा है, जो सीधे सीखने, याददाश्त और प्रदर्शन को प्रभावित करती है। कई छात्र इसकी महत्ता को कम आंकते हैं और देर रात तक पढ़ाई या डिजिटल उपकरणों का इस्तेमाल करते हैं। लेकिन पर्याप्त नींद न लेने से थकान, ध्यान की कमी, मूड स्विंग और अकादमिक प्रदर्शन में गिरावट हो सकती है। नींद के दौरान मस्तिष्क जानकारी को संसाधित करता है, यादों को मजबूत करता है और मानसिक ऊर्जा को ताज़ा करता है। नियमित 7-9 घंटे की नींद छात्रों को ज्ञान बनाए रखने, स्पष्ट सोचने और समस्याओं को हल करने में मदद करती है। नींद की कमी से न केवल पढ़ाई प्रभावित होती है, बल्कि प्रतिरक्षा प्रणाली कमजोर होती है और तनाव बढ़ता है। शैक्षणिक सफलता पाने के लिए छात्रों को पढ़ाई के साथ-साथ अच्छी नींद को प्राथमिकता देनी चाहिए। सोने से पहले स्क्रीन से दूरी, शांत रूटीन और समय पर सोना नींद की गुणवत्ता बढ़ा सकते हैं। अच्छी नींद एक ताजगी भरे और तेज़ मस्तिष्क का राज़ है।

Palak, BAIII, 23-HIST-20

मादक पदार्थों के दुरुपयोग के प्रति जागरूकता

मादक पदार्थों का दुरुपयोग आज के समय में युवा वर्ग में गंभीर समस्या बन गया है। शराब, तंबाकू, नशीली दवाएँ और अन्य मादक पदार्थ न केवल शरीर को नुकसान पहुँचाते हैं, बल्कि मानसिक और सामाजिक जीवन पर भी बुरा प्रभाव डालते हैं। ये आदतें व्यक्ति की पढ़ाई, स्वास्थ्य और रिश्तों को प्रभावित कर सकती हैं। मादक पदार्थों के सेवन से स्वास्थ्य संबंधी समस्याएँ जैसे लीवर की बीमारी, हृदय रोग, कमजोरी और मानसिक विकार उत्पन्न हो सकते हैं। इसके अलावा, यह आत्म-नियंत्रण को कम करता है और सामाजिक जीवन में समस्याएँ पैदा करता है। जागरूकता और शिक्षा इस समस्या का सबसे बड़ा समाधान हैं। युवाओं को इसके दुष्परिणामों के बारे में बताया जाना चाहिए और सही मार्गदर्शन दिया जाना चाहिए। परिवार, स्कूल और कॉलेज मिलकर इससे बचाव कर सकते हैं।

Sandeep Singh

BAIII, 23-HIST-01

Sources of Various Vitamins

Vitamins are essential nutrients that help the body function properly, boost immunity, and maintain overall health. Each vitamin has unique benefits and can be obtained from a variety of foods.

Vitamin	Importance	Sources
Vitamin A	Important for vision, skin, and immunity	Found in carrots, sweet potatoes, spinach, and liver.
Vitamin B	Supports energy production and	Present in whole grains, eggs, milk, nuts,

	nervous system health	and green leafy vegetables.
Vitamin C	Strengthens immunity, aids healing, and acts as an antioxidant.	Found in oranges, lemons, guava, strawberries, and bell peppers.
Vitamin D	Essential for strong bones and calcium absorption.	Produced by the body in sunlight and found in fish, egg yolk, and fortified milk.
Vitamin E	Protects cells and supports skin health	Found in nuts, seeds, spinach, and vegetable oils.
Vitamin K	Important for blood clotting and bone health	Present in green leafy vegetables, broccoli, and Brussels sprouts.

A balanced diet rich in fruits, vegetables, dairy, and whole grains ensures sufficient vitamin intake for a healthy life

Shruti, BAIII, 23-HIST-04

Building Healthy Habits for Life

Healthy habits are the foundation of a long and fulfilling life. Small daily choices, such as eating nutritious food, exercising regularly, and getting enough sleep, can have a significant impact on physical and mental well-being. These habits help prevent diseases, increase energy, and improve overall productivity. In addition to physical health, maintaining mental and emotional well-being is equally important. Practices like meditation, mindfulness, and stress management can help students and adults stay focused, calm, and resilient in daily life. Limiting screen time, staying hydrated, and spending quality time with family and friends also contribute to a balanced lifestyle. Building healthy habits requires consistency and patience. Starting with small, manageable changes, like taking short walks, replacing junk food with fruits, or maintaining a regular sleep schedule, can lead to long-term benefits. By making health a priority, individuals can enjoy a more active, energetic, and fulfilling life.

Vinakshi, BA III, 23-HIST-03

स्वास्थ्य सामान्य ज्ञान (Health GK) के महत्वपूर्ण प्रश्न

प्रश्न 1: शरीर में विटामिन D का मुख्य स्रोत क्या है?

उत्तर: सूर्य का प्रकाश

प्रश्न 2: हड्डियों को मजबूत बनाने वाला मुख्य खनिज कौन सा है?

उत्तर: कैल्शियम

प्रश्न3: हृदय रोग से बचाव के लिए कौन सा तेल अच्छा माना जाता है?

उत्तर: ऑलिव ऑयल

प्रश्न4: शरीर में पानी की कमी को क्या कहते हैं?

उत्तर: डिहाइड्रेशन

प्रश्न5: हृदय की बीमारियों के जोखिम को कम करने वाला अभ्यास क्या है?

उत्तर: नियमित व्यायाम

प्रश्न 6: मस्तिष्क की शक्ति बढ़ाने वाला विटामिन कौन सा है?

उत्तर: विटामिन B12

प्रश्न 7: मधुमेह रोगियों के लिए रक्त शर्करा नियंत्रित रखना क्यों महत्वपूर्ण है?

उत्तर: ताकि गुर्दे, आंख और नसों को नुकसान न पहुंचे

प्रश्न8: मानसिक स्वास्थ्य को बेहतर बनाने के लिए क्या करना चाहिए?

उत्तर: ध्यान, योग और पर्याप्त नींद लेना

प्रश्न9: तंबाकू और शराब का स्वास्थ्य पर क्या असर पड़ता है?

उत्तर: यह कैसर, हृदय रोग और लीवर की बीमारी का कारण बन सकते हैं

प्रश्न10: प्रतिदिन कितनी मात्रा में पानी पीना चाहिए?

उत्तर: लगभग 8-10 गिलास (लगभग 2-2.5 लीटर)

Varinder Singh, BAI, 25-ECO-0

मधुमेह (Diabetes) – कारण, लक्षण और सावधानियाँ

मधुमेह, जिसे डायबिटीज़ भी कहा जाता है, एक सामान्य और गंभीर रोग है जिसमें शरीर में ब्लड शुगर (रक्त में ग्लूकोज) का स्तर असामान्य रूप से बढ़ जाता है। यह रोग तब होता है जब शरीर पर्याप्त इंसुलिन नहीं बना पाता या इंसुलिन का सही ढंग से उपयोग नहीं कर पाता। इंसुलिन एक हॉर्मोन है जो रक्त में शर्करा को ऊर्जा में बदलने में मदद करता है। मधुमेह के मुख्य प्रकार हैं – टाइप 1 और टाइप 2। टाइप 1 आमतौर पर बचपन या किशोरावस्था में शुरू होता है, जबकि टाइप 2 अधिकतर वयस्कों में देखा जाता है और यह मोटापा, अस्वस्थ आहार और जीवनशैली से जुड़ा होता है।

इसके सामान्य लक्षणों में बार-बार पेशाब आना, अधिक प्यास लगना, लगातार थकान, वजन में बदलाव और घाव भरने में समय लगना शामिल हैं। यदि मधुमेह को समय रहते नियंत्रित न किया जाए तो यह हृदय रोग, गुर्दे की बीमारी, आँखों और नसों को नुकसान पहुंचा सकता है।

मधुमेह से बचाव और नियंत्रण के लिए स्वस्थ जीवनशैली आवश्यक है। इसमें संतुलित आहार, नियमित व्यायाम, पर्याप्त नींद और तनाव प्रबंधन शामिल हैं। इसके अलावा, ब्लड शुगर की नियमित जांच और डॉक्टर की सलाह का पालन करना भी जरूरी है।

निष्कर्षतः, मधुमेह एक गंभीर लेकिन नियंत्रित किया जा सकने वाला रोग है। सही खान-पान, नियमित जीवनशैली और सतर्कता के माध्यम से हम इसे प्रबंधित कर सकते हैं और स्वस्थ जीवन जी सकते हैं।

Palak Guleria, BAI, 25-HIST-08

थायराइड की समस्या – कारण, लक्षण और सावधानियाँ

थायराइड ग्रंथि गर्दन में स्थित एक छोटी ग्रंथि है जो शरीर के मेटाबॉलिज़्म और ऊर्जा स्तर को नियंत्रित करने वाला हॉर्मोन (थायरोक्सिन) बनाती है। जब यह ग्रंथि ठीक से काम नहीं करती, तो शरीर में थायराइड की समस्या उत्पन्न होती है।

थायराइड के मुख्य प्रकार हैं:

1. **हाइपोथायराइडिज़्म (Hypothyroidism):** इसमें थायराइड हॉर्मोन की कमी हो जाती है। इसके कारण थकान, वजन बढ़ना, ठंड लगना, बाल झड़ना और त्वचा सूखी होना जैसी समस्याएँ होती हैं।
2. **हाइपरथायराइडिज़्म (Hyperthyroidism):** इसमें थायराइड हॉर्मोन की मात्रा अधिक हो जाती है। इसके कारण वजन कम होना, हाथों में कंपकंपी, नींद की कमी, तेज़ धड़कन और बेचैनी जैसी समस्याएँ आती हैं।

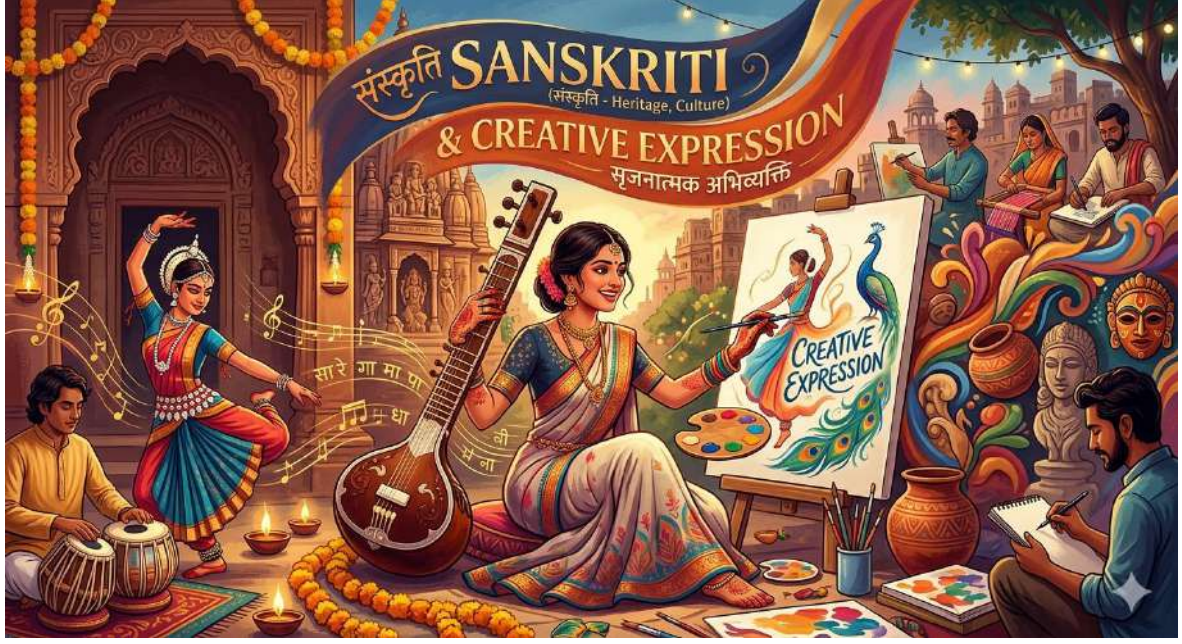
थायराइड की समस्या के कई कारण हो सकते हैं, जैसे आनुवंशिकता, आयोडीन की कमी, तनाव और अन्य स्वास्थ्य समस्याएँ।

रोकथाम और नियंत्रण के लिए संतुलित आहार (विशेषकर आयोडीन युक्त नमक), नियमित व्यायाम और समय-समय पर थायराइड टेस्ट करवाना आवश्यक है। डॉक्टर की सलाह के अनुसार दवाइयाँ लेना और जीवनशैली में बदलाव करना भी मददगार होता है।

निष्कर्षतः, थायराइड एक आम लेकिन गंभीर समस्या है। जागरूकता और सही देखभाल के माध्यम से इसे नियंत्रित किया जा सकता है और एक स्वस्थ जीवन जीया जा सकता है।

Sonia Sharma
BA I, 25-HIST-05

SANSKRITI & CREATIVE EXPRESSION



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Palak

BA III

Poetry as Cultural Resistance and Reflection

Poetry has always been more than just words arranged beautifully; it is a powerful tool to reflect society and resist injustice. Throughout history, poets have used their verses to voice the struggles, hopes, and dreams of people who faced oppression, inequality, or cultural suppression. Poetry can challenge unfair systems, question authority, and inspire change while also preserving cultural identity and heritage. It reflects the emotions, values, and beliefs of a community, making readers and listeners aware of social realities they might otherwise ignore. Even today, poets continue to speak against discrimination, environmental issues, and political challenges, using their creativity to awaken awareness and empathy. In this way, poetry becomes a mirror of society and a voice of resistance, reminding us that words have the power to inspire, unite, and transform communities across generations.

Name : Arushi

Class: B.A. 1st Year

25-Eng-01

Rituals, Customs, and Their Social Significance

Rituals and customs are an important part of every society. They are traditions that are followed from one generation to another. Rituals are usually related to religious or cultural practices, while customs guide our daily behaviour and social life. These traditions help people stay connected with their roots and culture. Customs such as greeting elders with respect, celebrating festivals together, and performing marriage rituals promote unity and harmony in society. Rituals also teach moral values like discipline, respect, and cooperation. They bring people together during celebrations and difficult times, creating a sense of belonging. Thus, rituals and customs play a significant role in maintaining social order and strengthening relationships among people.

Name: Vishali sharma

Roll No: 25 ENG 02

Class: B.A. 1st Year

Technology and Creativity

“Technology gives us the power to transform the world and creativity gives meaning and direction to connect the world.”

Technology has become an essential part of modern life. From communication to education, digital tools are shaping the way people live and work. Technology has opened new doors for creative expression. Students today can write blogs, create digital art, produce short films, design graphics, and share photography using various digital tools and platforms.

Role of Technology in Daily Life

Today, technology influences almost every aspect of daily life. Smartphones, the internet, and online platforms allow people to communicate instantly and access information within seconds. Digital services such as online banking, e-commerce, and electronic payments have made everyday tasks faster and more convenient.

Technology and creativity go hand in hand

One of the most important impacts of technology can be seen in the field of education. Students now have access to online classes, digital libraries, and educational videos. This has made learning more flexible and accessible, especially for students in rural areas. Digital platforms help teachers and students interact more effectively and promote modern methods of learning. Behind every innovative application, software, or device lies a creative idea. Creative thinking helps individuals solve problems, design better solutions, and imagine possibilities beyond the ordinary.

Opportunities for Youth

Technology has also opened new opportunities for young people. Many students and entrepreneurs are using digital platforms to start businesses, develop innovative ideas, and create employment opportunities. The growth of the digital economy encourages creativity, innovation, and skill development among youth. In education, the combination of technology and creativity has made learning more engaging and interactive. Digital presentations, online platforms, virtual classrooms, and multimedia projects allow students to learn in dynamic and innovative ways. Technology also helps students collaborate, share ideas, and learn from people across the world.

Challenges of the Digital Era

Despite its many advantages, digital development also brings certain challenges. Issues such as digital literacy, internet accessibility in rural areas, and cyber security must be addressed. It is important to educate citizens about the responsible and safe use of technology. While embracing technology, it is important to use it wisely and responsibly. Technology should be seen as a tool to enhance creativity, not replace human imagination. True creativity comes from curiosity, critical thinking, and the desire to explore new ideas.

Palak, BA III, 23HIST 20

Indian Festivals

Indian festivals like Diwali, Holi, Eid, and Christmas showcase India's rich diversity, bringing people together through vibrant celebrations of light (Diwali), colour (Holi), faith (Eid, Christmas), and harvest (Onam, Makar Sankranti) with unique rituals, food, music, and community spirit, emphasizing joy, love, and togetherness across faiths and cultures, from massive gatherings like Kumbh Mela to regional events like Ganesh Chaturthi.

Here's a short description of some key festivals:

Diwali (Festival of Lights): Celebrates the victory of light over darkness, with lamps (diyas), fireworks, sweets, and family gatherings, signifies good triumphing over evil.

Holi (Festival of Colours): Marks the arrival of spring with colourful powders (gulal), water, music, dancing, and bonfires, symbolising love and forgiveness.

Eid-ul-Fitr/Adha: Celebrates faith, charity, and community, with prayers, feasts, and giving to the needy, honoring generosity.

Christmas: Celebrates the birth of Jesus Christ with carols, feasts, decorations, and messages of love and compassion.

Makar Sankranti: A harvest festival marking the sun's northward journey (Uttarayan), celebrated with kites, bonfires, and special foods.

Navratri/Durga Puja: A nine-night festival honoring the divine feminine, involving fasting, traditional dances (Garba), and worship, culminating in Dussehra.

Ganesh Chaturthi: A major festival, especially in Maharashtra, honoring Lord Ganesha with elaborate idols and culminating in immersion ceremonies (visarjan).

-Sonia Sharma

B.A.1, 25 -History 05

Unity in Diversity

Unity in diversity means living together in harmony while respecting differences in culture, language, religion, and traditions. It teaches us that diversity is not a weakness but a strength. India is the best example of unity in diversity, where people follow different religions, speak many languages, and celebrate various festivals, yet remain united as one nation.

Firstly, diversity enriches society by bringing different ideas, customs, and lifestyles. Secondly, unity promotes mutual respect, cooperation, and brotherhood among people. Thirdly, unity in diversity helps maintain peace and national integration, especially during difficult times. Lastly, it strengthens democracy and encourages equality.

Thus, unity in diversity creates a peaceful, strong, and progressive nation where everyone lives together with respect and understanding.

Samiksha Katoch,

B.A. 1st Year, 25-POLS-02

Diversity: The Soul of Unity

Unity in diversity is a profound concept that celebrates the coexistence and interconnectedness of diverse cultures, languages, religions, and traditions within a society or country like India. This beautiful tapestry is woven with threads of differences, creating a vibrant and resilient fabric. India's incredible linguistic diversity, with over 1,600 languages spoken, cultural richness with numerous festivals and traditions, and religious harmony with major world religions coexisting, make it a prime example of unity in diversity. The country's geographical vastness, from the snow-capped Himalayas to the sun-kissed beaches of Goa, has shaped unique regional cultures, traditions, and cuisines. Despite these differences, Indians come together to celebrate and respect each other's customs, fostering a sense of belonging and national integration. This diversity promotes mutual respect, cultural exchange, and understanding among different communities, making India a shining example of unity in diversity. The concept encourages people to appreciate and learn from each other's traditions, creating a rich cultural heritage. As India continues to grow and evolve, embracing unity in diversity will be crucial in building a stronger, more harmonious society

Suhani Dakol

Class: B.A. 1st Year, 25-POLS-03

Fashion as Cultural Expression

Fashion is a powerful form of cultural expression that reflects the values, traditions, and identity of a society. Through clothing, people communicate their history, beliefs, social status, and even regional or religious backgrounds. Traditional garments such as sarees, kimonos, or kilts carry deep cultural meanings and are often worn during festivals, ceremonies, and important life events. At the same time, modern fashion blends global influences with local traditions, showing how cultures evolve over

time. Colours, fabrics, patterns, and styles often symbolise emotions, customs, or historical experiences unique to a community. Fashion also allows individuals to express personal identity while staying connected to their cultural roots. In this way, fashion is not just about appearance; it is a living language that tells stories of culture, heritage, and change across generations.

Sakshi Devi

B. A. I, 25-ENG-03

My Village My Identity: A Personal Himachali Story

My village in Himachal Pradesh is not just a place of birth, but the bedrock of my identity, shaping me through its serene Dhauladhar views, local streams, and close - knit community. Life there is a blend of traditional values, respect for elders, and a deep, refreshing connection to nature, where innocence and simplicity reign. It is my personal haven, offering a timeless, peaceful existence rooted in Dev Bhumi's rich heritage.

Nestled in the Kangra valley, my village in Himachal Pradesh is more than just a place on a map ; it is a feeling of serenity, cold mountain air, and the smell of cedar-wood.

Agriculture is the lifeline of our village, with terraced filled with vegetables or fruit orchards. My village in Himachal Pradesh is not just about the scenic beauty; it is about the warmth of the people. It is a place where you can find peace, a sense of belonging, and a deeper connection to nature. Even today, the memory of those quiet, mountain days acts as a peaceful escape, reinforcing that no matter how far I travel, my heart belongs to my village in the Himalayas.

Pallvi

B.A.II , 24-Hist-12.

Village Life in Himachal: An Enchanting Journey

Growing up in the heart of Himachal Pradesh, village is not just a place on a map; it is a living, breathing extension of the soul. Nestled among towering Deodar trees and terraced fields, here, the identity is forged in the shadow of the Himalayas.

The village life in Himachal is often defined by the Kath-Kuni style of homes—a clever blend of wood and stone built to withstand the whims of nature. This architecture isn't just about survival; it represents the ancestors' wisdom in living harmoniously with the environment. Every morning begins with the

distant sound of the temple bell, a reminder that this is Dev Bhoomi, where the Kul-Devta (village deity) is the true guardian of our lands.

What truly defines Himachali identity, however, is the spirit of community. Whether it is the village coming together to prepare a Dham (a traditional feast) during a festival or the rhythmic grace of the Nati dance in the local fair, there is an unbreakable bond of brotherhood. To be the Himachali is to be resilient like the mountains and clear like the glacial streams. The village taught us that identity isn't found in city lights, but in the warmth of a wood-fire kitchen and the shared stories of our elders.

Ritika Devi

BA II, 24-HIST-09

Dev Bhoomi Himachal: Faith, Folk Deities, and Everyday Life

Himachal Pradesh is widely known as Dev Bhoomi, meaning “Land of the Gods,” because faith is deeply woven into the everyday life of its people. From snow-covered mountains to green valleys, temples and shrines are found in almost every village, reflecting strong religious beliefs. Along with major Hindu gods, folk deities play a very important role in Himachali culture. These local deities are believed to protect villages, guide people in difficult times, and maintain harmony in society.

People often consult their village deities before making important decisions such as marriages, farming activities, or festivals. Traditional rituals, fairs, and jagratas are organized to honour these gods, strengthening community bonds. Festivals like Kullu Dussehra show a unique tradition where many local deities gather together, symbolising unity and shared faith.

Faith in folk deities also influences daily life, moral values, and respect for nature. Mountains, rivers, and forests are considered sacred, encouraging people to live in balance with the environment. Thus, Dev Bhoomi Himachal is not just a place of worship, but a living example of how faith, tradition, and everyday life exist together in harmony.

Sonakshi

BA II, 24-Hist-01

Creative Clubs as Culture Catalysts

Creative clubs—such as art, music, drama, literature, film, coding, or debate clubs—play a powerful role in shaping and energising culture. They act as culture catalysts by bringing people together to create, share, and challenge ideas in meaningful ways.

How creative clubs catalyze culture:

1. Nurturing Expression and Identity

Creative clubs give individuals a safe space to express their thoughts, emotions, and identities. Through art, writing, performance, or design, members explore who they are and where they come from—strengthening cultural awareness and pride.

2. Encouraging Collaboration and Dialogue

These clubs thrive on teamwork. When people from different backgrounds collaborate, they exchange perspectives, traditions, and values. This dialogue sparks new cultural ideas and breaks down stereotypes.

3. Preserving and Innovating Traditions

While some clubs help preserve traditional art forms, others reinterpret them in modern ways. This balance between tradition and innovation keeps culture alive and relevant for new generations.

4. Developing Creative Confidence

By showcasing talents through exhibitions, performances, or publications, creative clubs build confidence. Confident creators are more likely to influence society with fresh cultural narratives.

5. Building Community and Social Change: Creative clubs often address social issues through storytelling, theatre, music, or visual art. In doing so, they raise awareness and inspire change, making culture more thoughtful and inclusive.

Conclusion

Creative clubs are more than extracurricular activities—they are engines of cultural growth. By fostering creativity, collaboration, and critical thinking, they shape how culture evolves and how communities understand themselves and others.

Aarzu BA I, 25-HIST-01

Empowering Youth for Sustainable and Inclusive Development

In today's rapidly changing world, empowering young people has become essential for achieving sustainable and inclusive development. When youth are given the right opportunities, education, and guidance, they can become powerful agents of positive change.

Sustainable development means meeting the needs of the present without compromising the ability of future generations to meet their own needs. Youth play a crucial role in promoting sustainability by raising awareness about environmental protection, responsible consumption, and innovative solutions to

global challenges such as climate change and resource management. Through education, technological skills, and community engagement, young people can lead initiatives that support a greener and more sustainable world.

Inclusive development ensures that every individual, regardless of gender, background, or socio-economic status, has equal opportunities to grow and contribute to society. Youth empowerment encourages participation, leadership, and social responsibility. By promoting equality, respect for diversity, and collaboration, young people can help build a society where everyone feels valued and included.

Educational institutions, governments, and communities must work together to empower youth by providing quality education, skill development programs, and platforms for leadership. Encouraging innovation, entrepreneurship, and civic participation can help young minds develop confidence and a sense of responsibility toward society. In the end, we can say that empowering youth is not only an investment in individuals but also an investment in the future of humanity.

Preeti

BA II, 24-HIST- 10

Photography as a Medium of Social Awareness

Photography is much more than capturing beautiful images; it is a powerful medium that can convey emotions, tell stories, and raise awareness about important social issues.

In today's digital era, photography has become an accessible form of expression for many young people. With smartphones and digital cameras, students can document events, social conditions, and environmental concerns in their communities. Photographs of poverty, environmental degradation, gender inequality, or cultural traditions can create awareness and encourage people to think deeply about these issues

Photography also plays an important role in social movements and campaigns. Images shared through newspapers, exhibitions, and social media platforms have the power to reach a global audience. They can inspire empathy, encourage dialogue, and motivate individuals and communities to take action for positive change.

For students, photography is not only a creative hobby but also a tool for social responsibility. By capturing meaningful moments and highlighting social realities, young photographers can contribute to building a more informed and compassionate society.

We can well understand that photography is a silent yet impactful voice that reflects the truths of society. When used thoughtfully, it can become a powerful instrument for social awareness, inspiring people to understand problems and work together toward a better and more just world.

Janvi Devi

BA II, 25 ENG 04

उन्नत भारत अभियान

उन्नत भारत अभियान भारत सरकार द्वारा आरंभ की गई एक महत्वपूर्ण पहल है, जिसका उद्देश्य उच्च शिक्षण संस्थानों को ग्रामीण भारत के समग्र विकास से जोड़ना है। इस अभियान के माध्यम से देश के विश्वविद्यालयों, आईआईटी, एनआईटी तथा अन्य महाविद्यालयों को आसपास के गाँवों को गोद लेकर उनके सामाजिक, आर्थिक और तकनीकी विकास में सक्रिय भागीदारी के लिए प्रेरित किया जाता है। उन्नत भारत अभियान का मुख्य लक्ष्य ग्रामीण क्षेत्रों में सतत विकास, स्वच्छता, शिक्षा, स्वास्थ्य, कृषि सुधार, कौशल विकास और डिजिटल साक्षरता को बढ़ावा देना है। इसके अंतर्गत छात्र और शिक्षक गाँवों का सर्वेक्षण कर उनकी वास्तविक समस्याओं की पहचान करते हैं तथा स्थानीय समुदाय के साथ मिलकर व्यावहारिक समाधान प्रस्तुत करते हैं। यह पहल केवल सैद्धांतिक ज्ञान तक सीमित नहीं रहती, बल्कि विद्यार्थियों को वास्तविक जीवन की चुनौतियों को समझने और सामाजिक उत्तरदायित्व निभाने का अवसर प्रदान करती है। इससे एक ओर ग्रामीण भारत सशक्त होता है, वहीं दूसरी ओर विद्यार्थियों में नेतृत्व क्षमता, संवेदनशीलता और नवाचार की भावना विकसित होती है। इस प्रकार उन्नत भारत अभियान शिक्षा और समाज के बीच एक सशक्त सेतु का कार्य कर राष्ट्र निर्माण में महत्वपूर्ण योगदान दे रहा है।

Prince

BA III

पहाड़ी संस्कृति भारत की विविध सांस्कृतिक धरोहर

पहाड़ी संस्कृति भारत की विविध सांस्कृतिक धरोहर का एक अत्यंत समृद्ध और जीवंत हिस्सा है। हिमालयी क्षेत्रों में निवास करने वाले लोगों का जीवन प्रकृति के अत्यंत निकट होता है, जो उनकी परंपराओं, वेशभूषा, खान-पान, लोककला और त्योहारों में स्पष्ट रूप से झलकता है। यहाँ के लोग सरल, परिश्रमी और अतिथि-सत्कार में विश्वास रखने वाले होते हैं। पहाड़ी वेशभूषा रंग-बिरंगी और विशिष्ट होती है, जैसे महिलाओं के लिए घाघरा, पिचौरा या पट्टू तथा पुरुषों के लिए टोपी और ऊनी वस्त्र, जो ठंडे मौसम के अनुकूल होते हैं। लोकसंगीत और लोकनृत्य, जैसे झोड़ा, छपेली और नाटी, सामूहिक उत्सवों की शान होते हैं और सामाजिक एकता को मजबूत बनाते हैं। यहाँ के प्रमुख त्योहारों में हरेला, फूलदेई और लोसार जैसे पर्व शामिल हैं, जो प्रकृति और कृषि से गहराई से जुड़े हैं। पहाड़ी व्यंजन जैसे मंडुवे की रोटी, भट्ट की दाल और सिद्धू स्थानीय स्वाद और पोषण का अद्भुत संगम प्रस्तुत करते हैं। प्राकृतिक संसाधनों के प्रति सम्मान और पर्यावरण संरक्षण की भावना भी पहाड़ी संस्कृति की विशेष पहचान है। आधुनिकता के

प्रभाव के बावजूद, पहाड़ी समाज आज भी अपनी जड़ों से जुड़ा हुआ है और अपनी सांस्कृतिक विरासत को संजोए रखने का निरंतर प्रयास कर रहा है।

Sonakshi Devi
BAII, 24-HIST-01

माँ

घुटनों से रेंगते-रेंगते, जब पैरों पर खड़ा हुआ,
तेरी ममता की छाँव में, जाने कब मैं बड़ा हुआ।
काला टीका, दूध की कटोरी, और वो लोरी प्यारी,
तुझसे ही तो रोशन है, मेरी दुनिया सारी।

जब भी आई मुसीबत मुझ पर, तू ढाल बन खड़ी रही,
मेरी हर छोटी जीत पर, तू सबसे ज़्यादा खुश हुई।
ईश्वर का रूप है तू, या उससे भी बढ़कर कोई नाम,
ऐ माँ! तेरे चरणों में, मेरा सौ-सौ बार प्रणाम।

Ashneet,
BA II, 24-HIST-01

प्रकृति

पर्वत की ऊँची चोटियाँ, सागर की गहरी शान है,
नदियों की बहती कल-कल में, बसता सबका प्राण है।
हरियाली ओढ़े धरती, लगती कितनी प्यारी है,
फूलों की भीनी खुशबू, सबसे न्यारी-न्यारी है।

पंछी चहकें भोर में, सूरज बिखेरे स्वर्ण प्रकाश,
शीतल मंद समीर चले, नील गगन का खुला आकाश।
आओ मिलकर शपथ लें हम, इसका मान बढ़ाएंगे,
अपनी सुंदर इस प्रकृति को, प्रदूषण से बचाएंगे।

Sonakshi Devi
BA II, 24-HIST-01

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