



श्री ७ पंचानन

2022-23



SANATAN DHARMA COLLEGE
HOSHIARPUR

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Our Inspiring Spirit



Late Pt. Amrit Anand Ji

(Bhrigu Shastri)

Founder Secretary,
New S.D. College Managing Committee, Hoshiarpur

Our Beacon Light



Maa Sneh Amrit Anand Ji

Former President,
New S.D. College Managing Committee, Hoshiarpur



Message

*"Arise, awake and stop not
till the goal is achieved"*

- Swami Vivekananda



Education makes one sensitive about human suffering and pain and teaches us to imbibe human virtues for the betterment of the society. The best source of these virtues are ancient Indian scriptures and works of great philosophers, a rich storehouse of value based tenets of life. Visualizing the importance of concerted actions towards aims, Swamiji had further emphasised - "We are responsible for what we are and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in the future can be produced by our past actions; so we have to know how to act."

I congratulate the contributors to various sections of this college magazine for inculcating a habit of writing and exhort all the students to write on issues of social and national interest.

Mrs. Hema Sharma

President,
New S.D. College Managing Committee,
Hoshiarpur.

Message



"Vitaly important for a young man or woman is, first, to realize the value of education and then to cultivate earnestly, aggressively, ceaselessly, the habit of self-education" - B.C. Forbes

In these tumultuous times, when, the social, moral and ethical order is eroded to a large extent, it is the duty of the educational institutions to highlight, stress and enunciate the inculcation of holistic values among the pupils. The present environment of selfish motives, mean, cut throat tendencies and mutual hatred can best be addressed to by securing and nurturing kindness, uprightness, respect for values and cosmopolitan outlook towards others. All inclusiveness has been our hallmark and the dictums 'Sarve bhavantu Sukhina' & 'Sarbat da Bhala' are real gems that put forth our whole heartedness for the well being of all creatures. As custodians of a rich heritage, we should lead the progeny towards being a literate, dedicated, virtuous and patriotic denizens of the nation. Academics and attainment of skills must go hand and hand. The aim of this life should be the service of mankind from our respective fields of specialization. Thus 'Carpe Diem' (seize the day) and make the most of the opportunity of gaining Higher education. My wishes for your bright future.

Prashant Sethi

Officiating Principal,
Sanatan Dharma College,
Hoshiarpur.

Our Patron



Late Sh. Tulsi Bhimjyani Ji

SHREE PANCHANAN

2022-23

ENGLISH SECTION



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Editorial...

Why Artists and Creativity Matter

Ms. Monika Kanwar

Asst. Prof.

Staff Editor, English Section

Artists have been a vital part of humanity since the time immemorial. They not only allow us to see things as they are but also how things should be. They dare to answer the questions we often think about but are too afraid to ask anyone. They inspire and give us fresh perspectives. In a nutshell, they help us to survive. The world would be really a dull place without art and creativity. Most people don't spend a lot of time thinking about art or creativity. They have a life to live and they are not really that concerned with artists or poems until they confront the death of a loved one or go to a funeral or lose a child. You go on living life as usual until someone breaks your heart or does not love you anymore. All of a sudden you become desperate for making sense out of life. You start questioning - "Has anybody ever felt this bad before?" "How did anyone like me deal with everything I am going through right now? Sometimes you experience situations that completely overwhelm you; your heart just explodes but you have no idea how to express yourself. You start thinking - "Did anybody feel like this before?" You ask yourself - "What is happening to me?" This is the moment when art is not luxury, it is actually sustenance. We need art and creativity to make through life as humans. We are here on this planet to try to help one another but first we have to survive and then thrive. To thrive, to express ourselves we need to know ourselves. We need to know what we love and what actually matters in life. Art makes us

realize that we have so much in common with people. We start to see how connected we all are. Art stimulates mind and allows us to express our individuality. Therefore, we need to change our outlook. Do not read the book that you should read but the one that you want to read. Do not listen to music that you used to like. Try different kind of music. Take some time to talk to somebody that you don't normally talk to. Follow your love and allow yourself to be creative.

Where There Is A Will There Is A Way

Mr. Vipin Kumar

(Asst. Prof.)

Throughout our lives it is our human tendency to make mistakes. It is part of our development to make dumb and irrational decisions that later on make us evolve into a nature creature that won't make the same mistakes. But sometimes that process of mistake and evolution is interrupted, the flow is constricted and one gets caught up with mistakes and evolution is interrupted, the flow is constricted and one gets caught up with mistakes that turn into guilt. These mistakes might be irrelevant after some time, but our mind - the powerful and deceitful organism, does not let us to forget about our mistakes. It creates a bag full of dark and heavy weights called guilt that we have to drag wherever we go, and its heavy weight pulls our self-esteem and happiness to underground levels. This bag follows us to the end of the world because the mind won't let go, it won't let go of mistakes that are supposed to help us to become mature, grow wiser and help others. All of us go through this situation many times, and one thing that stands out from these sort of experiences is the deep and intense depression and feelings of guilt. The level of self-acceptance drops down in life and one cannot get over the fact that one made a terrible decision and it is hard to forgive one

self, because the mind is so powerful that it just won't let go, instead it chooses to torment us in a way that makes us go through this self-imposed punishment, it is our mind that makes us go through so much pain; we search for a place to find shelter in, because it is almost impossible to go through it by ourselves.

In this scenario, we must try to find a "coming up" process that refers to the process of coming out of the deep and dark hole of depression. Such a process provides a shelter that is undeniable, indestructible for us. In our lives, such a process depends upon someone very special who makes us know deep in our hearts that he/she is there for us, that he/she cares about us and takes us for who we are, with all our mistakes and guilt that we work so hard to let go. The fact that the love of such a person for us gets over the fact that we are someone that have made bad decisions that chase us in our minds, makes us come out of depression and reach out for happiness.

But at the end what is it that makes us come out of the whole? It is ourselves, we at the end make the decision to live, we are the ones that scream out at the top of our lungs for life and satisfaction, want to have a future and to focus on many reasons we have to be happy, instead of focusing the ideas or memories that repress ourselves and make our lives hideous, depressing and grey. One might have gall backs of lapses where one seems to fall into the dark hole again, but the self-strength and desire must be drawn out of our souls to keep going because 'Where There Is A Will There Is A Way.'

What Life Should Be

Ms. Alisha
(Asst. Prof.)

To learn while still a child,
What this life is meant to be.
To know it goes beyond myself,
It's so much more than me.
To overcome the tragedies,

To survive the hardest times.
To face those moments filled with pain,
And still manage to be kind.
To fight for those who can't themselves,
To always share my light.
With those who wander in the dark,
To love with all my might.
To still stand up with courage,
Though standing on my own.
To still get up and face each day,
Even when I feel alone.
To try to understand the ones,
That no one cares to know.
And make them feel some value,
When the world has let them go.
To be an anchor, strong and true,
That person loyal to the end.
To be a constant source of hope,
To my family and my friends.
To live a life of decency,
To share my heart and soul.
To always say I am sorry,
When I have harmed both friend and foe.
To be proud of whom I have tried to be,
And this life I chose to live.
To make the most of everyday,
By giving all I have to give.
To me that's what this life should be,
To me that's what it's for.
To take what God has given me,
And make it so much more.
To live a life that matters,
To be someone of great worth.
To love and be loved in return,
And make my mark on Earth.

Women Empowerment

Prishvi Gupta

B.A. II Year

Women Empowerment implies the ability in women to take decisions with regard to their life and work and giving equal rights to them in all spheres. This is a much talked about issue today. Women are getting empowered to decide about their life and profession and realize their full potential. Women empowerment has become the buzzword today with women working alongside men in all spheres. They profess an independent outlook whether they are living inside their home or working outside. They are increasingly gaining control over their lives and taking their own decisions with regard to their education, career, profession and lifestyle.

With steady increase in the number of working women, they have gained financial independence which has given them confidence to lead their lives and build their own identity. They are successfully taking up different professions to prove that they are second to none in any respect. While doing so women also take care to strike balance between their commitment to their profession as well as their home and family. They are playing multiple roles of a mother, daughter, sister, wife and a working professional with remarkable harmony and ease. With equal opportunities to work they are functioning with a spirit of team work to give all possible co-operation to their male counter parts in meeting the deadlines and targets set in their respective profession.

Women Empowerment is not limited to urban, working women but women in even remote towns and villages are now increasingly making their stand clear in the society. Educated or not, they are asserting their social and political rights and making their presence felt regardless of socio-economic background.

While it is true that women, by and large do not face discrimination in society today. Many of them face exploitation and harassment which can be of these types: emotional, physical, mental and sexual.

Women Empowerment in the truest sense will be achieved only when there is an change in the attitude of society towards women, treating them with proper respect, dignity and equality. The rural areas of the country are seen in a medieval outlook, refusing to grant women equal say in the matters of their education, marriage, dress-code, profession and social interaction.



Let us hope, women empowerment spread to progressive as well as backward areas of our country.

Undercover Twin

Agrima

B.A. II Year

On a bright sunny day in the calm and peaceful Surya Housing Society, a loud noise was heard. All the residents who were enjoying their holiday were all a bit moved and astounded by the loud noise. The sound was produced by the accident caused by the car which clashed straight into the door of the Oberoi's. The Oberoi's were the most important and the elite class residents of the colony and the city as well. The car which had crashed into the gate also belonged to the only son and heir of the Oberoi's. Soon after the sound, the neighbours started to gather and the members of the Oberoi family too came outside and when the car's door was opened, everyone was utterly surprised as it was none other than Gaurav, the only son of the Oberoi's and their heir. He was in the state of unconsciousness and reeked of Alcohol. Everyone was in a shock after seeing him like this because he was a well educated,

cultured, obedient, responsible son and a man of good nature, so seeing such a person in this condition was unacceptable for the neighbours and the family as well. He was taken back to the home and the neighbours also started departing. The family was worried and in shock at the same time. They were all disturbed by this behavior and on seeing Gaurav unconscious, he was given the required medication and was put to sleep. The family started wondering about the incident and shared the weird experiences they had experienced with Gaurav in the past few days. All of them have been noticing changes in Gaurav and his behavior was suspicious. Whenever someone questioned him, first he would text someone and after that person's reply, he would give a reply. All this have been happening ever since his visit to the temple on the outskirts of the city. The family was worried and surprised at the same time and had a list of questions for Gaurav. After a sound sleep, Gaurav woke up and checked a report on his phone, after checking it he was too stunned to speak and decided to confront his family. In the flashback, three weeks ago when Gaurav had visited the temple on the outskirts of the city, he bumped into a person named Gautam who had the same face as him. They were confused and surprised for a bit. Both of them decided to discuss about each other's life and themselves. They soon find out that they were not happy with their respective lives and decided to replace each other. They replace each other but it was too easy for Gaurav to adapt into Gautam's life. On the other hand it was too difficult for him to do so. The report which Gautam who is currently disguised as Gaurav was reading, it was the DNA test report which proved that Gaurav and Gautam were twins. Gautam invites Gaurav to confront the family together. Before the arrival of Gaurav, Gautam steps out of his room and everyone gather around him and starts questioning him about his health and his behaviour. He remained silent but soon after Gaurav's arrival, the whole family was utterly

shocked. The whole family started pinching each other as they thought that they were hallucinating but Gaurav's mother was not that shocked. All of them had questions lined up and seeing their confused faces, Gaurav said that. "I am sure you people have a lot of questions and assumptions. Yes, it is true that we both are twins." This one statement cleared the previous doubts but a lot more new questions started arising. At this, everyone in the family started questioning Gaurav and Gautam about how they knew it and how long have they known this and why did he not tell them about this. The main question out of all these questions was that, "Where was Gautam all these years?" Gautam and Gaurav said that only their mother could answer the question that how did all of this happen. Gautam then came forward and asked that how could she abandon one of her own children. At this point, there was an entry of a new character into the story, he was a middle aged man and no one in the family knew him except for Gaurav's mother. She referred to him as the astronomer and asked why he was here. He replied that he was not an astronomer but the adoptive father of Gautam. He says that right after the birth of the twins, the business rival of Oberoi's had bribed him to disguise as an astronomer and made the prediction that if the twins stayed together then one of them would die and for that reason the mother had abandoned Gautam but as soon as she did so, he brought Gautam to his house and started raising him. He and his wife did not have a child so they nourished Gautam with all their love but when Gautam was seven years old, his adoptive mother passed away and soon his adoptive father too started turning into a drunkard and beat Gautam occasionally. Gautam was not happy with his life at all and was just surviving each day. On hearing this, everyone was left speechless and there was guilt filled in the eyes of their mother. The whole family came towards Gautam and started caressing him but Gautam wanted an answer from his mother. His

mother was extremely sorry and was dying due to guilt. She apologized to him and wanted his forgiveness at any cost. Even Gautam could not resist anymore and forgave his mother. The family was happy with their two boys and everyone lived happily ever after.

Daddy's Little Girl

Prabhleen
B.C.A. III Year

It used to be an insult

"Daddy's Little Girl"

But I never understood,

Why I should not be your world.

I knew I was your favourite person,

Because you were always mine.

Never tried, never grumpy,

You would always find the time.

To answer all my questions,

Or play my little games.

I know I still have those memories,

But it will never be same.

Daddy's little girl became,

Daddy's grown-up woman.

But you were still my rock, my shoulder,

The one person who always listened.

And now I have to say goodbye,

The hardest thing I have ever done.

And Daddy's little girl must face the world,

Without Daddy, all alone.

The Real Purpose of our Lives is to Be Happy

Ayushi

B.Com. I Year

Everybody wants what feels good. Everyone wants to live a carefree, happy and easy life, to fall in love and relationships, to look perfect and make money and be popular and well-respected and admired and awesome to the point that people part like the Red Sea when you walk into the room.

Everyone would like that - it's easy to like that.

If I ask you, "What do you want out of life?" and you say something like, "I want to be happy and have a great family and a job I like," it's so ubiquitous that it doesn't even mean anything.

A more interesting question - a question that perhaps you've never considered before - is what pain do you want in your life? What are you willing to struggle for? Because that seems to be a greater determinant of how our lives turn out.

What pain do you want in your life?

What are you willing to struggle for?

Everybody wants to have an amazing job and financial independence - but not everyone wants to suffer through 60-hour work weeks, long commutes, obnoxious paperwork, to navigate arbitrary corporate hierarchies and the blasé confines of an infinite cubicle hell. People want to be rich without the risk, without the sacrifice, without the delayed gratification necessary to accumulate wealth.

Everybody wants to have an awesome relationship - but not everyone is willing to go through the tough conversations, the awkward silences, the hurt feelings and the emotional psychodrama to get there.

They view pain as an objectively negative thing to be avoided at all costs, whereas reality is much more

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

- William James

nuanced. We are all capable of ascribing meaning to our pain and this can actually give our life purpose.

But most people don't realize this. And so they settle. They settle and wonder "What if?" for years and years until the question morphs from "What if?" into "Was that it?" Happiness requires struggle. The positive is the side effect of handling the negative. You can only avoid negative experiences for so long before they come roaring back to life.

At the core of all human behaviour, our needs are more or less similar. Positive experience is easy to handle. It's negative experience that we all, by definition, struggle with. Therefore, what we get out of life is not determined by the good feelings we desire, but by what bad feelings we're willing and able to sustain to get us to those good feelings.

People want an amazing physique. But you don't end up with one unless you legitimately appreciate the pain and physical stress that comes with living inside a gym for hours, unless you love calculating and calibrating the food you eat, planning your life out in tiny plate-sized portions.

People want a partner, a spouse. But you don't end up attracting someone amazing without appreciating the emotional turbulence that comes with weathering rejections, building the sexual tension that never gets released, and staring blankly at a phone that never rings. It's part of the game of love. You can't win if you don't play.

What determines your success isn't "What do you want to enjoy?" The question is, "What pain do you want to sustain?" The quality of your life is not determined by the quality of your positive experiences but the quality of your negative experiences. And to get good at dealing with negative experiences is to get good at dealing with life.

There's a lot of crappy advice out there that says, "You've just got to want it enough!"

Everybody wants something. And everybody wants something enough. They just aren't aware of

what it is they want, or rather, what they want "enough."

Because if you want the benefits of something in life, you have to also want the costs. If you want the beach body, you have to want the sweat, the soreness, the early mornings, and the hunger pangs. If you want the yacht, you have to also want the late nights, the risky business moves, and the possibility of annoying one person or ten thousand.

If you find yourself wanting something month after month, year after year, yet nothing happens and you never come any closer to it, then maybe what you actually want is a fantasy, an idealization, an image and a false promise. Maybe what you want isn't what you want, you just enjoy wanting. Maybe you don't actually want it at all.

Sometimes I ask people, "How do you choose to suffer?" These people tilt their heads and look at me like I have twelve noses.

But I ask because that tells me far more about you than your desires and fantasies. Because you have to choose something. You can't have a pain-free life. It can't all be roses and unicorns.

And ultimately that's the hard question that matters. Pleasure is an easy question. And pretty much all of us have similar answers. The more interesting question is the pain.

Emotional Intelligence

Aarti Sharma

B.Com. I Year

Some skills aren't taught in school, but that doesn't stop them from being important. Emotional Intelligence (EI) can give you an edge in your academics now and set you up for success in your future career.

But why is emotional intelligence important for students especially? And what even is emotional intelligence anyway? We shall explore all this and more (including some tips for improving your EI)

below.

What is Emotional Intelligence?

Simple put, emotional intelligence is your ability to maneuver and interact with your own emotions as well as those of other people. EI is commonly divided into four key abilities :

- Perceiving and identifying emotions.
- Thinking and reasoning using emotions.
- Understanding emotions and how they change.
- Regulating and managing emotions (both yours and other people's)

But emotional intelligence isn't confined to these abilities. It's a complex and fluid concept that's sometimes hard to pin down.

You might not grasp what it's all about until you see it in action. A teacher who explains difficult theory with patience and helpful examples is displaying a high EI. A clever friend who falls apart in a group assignment because they can't cooperate with the team is potentially struggling with a low EI.

Some other terms you might recognize that relate to EI include :

- Emotional literacy and vocabulary (your ability to recognize and name emotions).
- Empathy (your ability to relate to someone else's emotions or step into their shoes).
- Intrinsic motivation (your drive to achieve your goals - even when nobody else is pushing you).

So, why is EI important for you

EI can influence many parts of your life, from academic grades to job performance. Here's a look at why emotional intelligence is important in school, university and the workplace.

Why is EI important for high schoolers'

When you can understand and manage your emotions, you are more likely to get good grades and ace tests. In fact, when it comes to academic performance, research has revealed emotional intelligence is almost as important as your cognitive intelligence and having a conscientious attitude.

This is because emotionally intelligent students are better equipped to deal with negative emotions that might disrupt learning.

For example, If you have got a high EI :

- You can quickly overcome exam stress and get on with answering the questions.
- You can overcome boredom and maintain your concentration during dull topics (looking at you, trigonometry)
- You can avoid obsessing over a disappointing grade and instead focus on improving next time.
- You can recognize if you are experiencing anxiety about an assignment and seek help (rather than falling into the dreaded procrastination / panic spiral).

EI is super helpful for subjects like English, History, Drama and Creative Arts where you need to understand or even manipulate human emotions. Interpreting a novel or playing a role is much easier when you can quickly recognize a character's motivations and feelings.

These aren't the only ways a high EI can improve your grades though. EI can also help you build strong relationship with your teachers and classmates. From seeking extra help on a project to forming a study group, these connections can make a real difference to your academic results.

Why is emotional intelligence important for students in university?

Obviously, good grades are still relevant once you get to university. But this is also when the other benefits of having a high EI will start to pop up.

Research suggests going to university with a strong EI can lead to better mental, social and even physical health. Developing your emotional intelligence while you are in school means you will be better prepared for the challenges of university life.

For Example, University students with a high EI are :

- Likely to have lower levels of anxiety and

depression.

- More likely to be socially active and involved.
- More likely to be in good shape and feel healthy.

As with high school, you will also have a better chance of building bonds with your professors and peers.

Why is EI important in the workplace?

No surprise here - emotional intelligence continues to influence your success once you enter the workforce. This is especially true for job that involve emotional encounters (like working with clients, leading a team or dealing with conflicts).

And this doesn't just apply to your early jobs. Even senior business leaders benefit from EI and this is clearer than ever during a crisis. Using emotional intelligence is a critical skill for managing a team, especially when times are tough.

How to know if you have EI

Have an honest thinking about yourself and your behavior. It might help to restrict your thinking to the past month, fortnight or week.

Look at these key signs of high EI. See how many you can relate to or recognize yourself.

- You are curious about people and care about what they are going through.
- You don't get offended easily (you can poke fun at yourself).
- You can take criticism on board without making excuses or blaming others.
- You are quick to forgive and you don't hold grudges.
- You are quick to apologize when you have made a mistake or wronged someone.
- You know when to disconnect and how to do so (like going offline and taking a hike).
- You are a good listener.
- You are open-minded and slow to judge.
- You can deal with toxic people without getting frustrated.

- You don't sugar-cost the truth or shy away from tough conversations.

How to develop EI

The fact you are actively thinking about your emotional intelligence and how your might raise it is actually a great signal that you are already on your way. But EI is a spectrum and there's always room to improve.

The first step is to self assess where your emotional intelligence is at already.



Benefits of Travelling

Ritish Sharma

B.Com. I Year

Travelling is an amazing way to learn a lot of things in life. A lot of people around the world travel every year to many places. Some travel to learn more while some travel to take a break from their life.

No matter the reason, travelling opens a big door for us to explore the world beyond our imagination and indulge in many things.

Traveling is a way to explore the world. I love to travel a lot. I learn about so many beautiful places and make a journal about these places. One can learn new languages and cultures. There are different cultures and languages in different areas in the world. If we travel we will get access to these and it will be an amazing experience. We will be able to make new friends. Travelling develops our mind and brain. It let us become diverse and think bigger. I think everyone should travel often. It will open lots of opportunities in front of you.

We live in a time where people are more and more interested in travel. It is not uncommon for people to make multiple trips in a year. We want to do it because in many cases, we need some type of escape whether it is from our careers, our relationship or simple the stresses of daily life. It can be tough to travel at first, but you will find your own rhythm with it after a while. Travelling is a great way of broadening your horizons and learning drawbacks that you will have to deal with like jetlag, language barriers and cultural differences.

The desire to travel is universal. Travel is one of the most important ways to learn and grow. It teaches you to be open-minded, flexible, adventurous and adaptable. You can never get bored while traveling because there are so many places around the world that you can visit. You will also learn how to express your creativity artwork or write stories about your experiences.

You will also see how different cultures live and what makes them unique. Travelling teaches you that there are many ways to live. It can change your whole outlook on life. Travelling, in my opinion, has taught me that there is no one right way to live. It has taught me that each person is unique and has a path to take in life. It has also made me start to appreciate what you already have. Throughout travelling, I have realized that it is a powerful way to connect with others, especially when you are far away from home or family members. You cannot help but notice how they are living in a different part of the world with different countries with unique backgrounds and stories. They act differently depending on where they live or what they do. Sometimes, when I travel, I feel like I am seeing the world for the first time. I see things for what they are instead of how I want them to be.

Travelling has changed my life for the better. It has taught me many things : how to be independent, how to be open-minded and how to be flexible. I know that if I want something, I can do it by myself.

Even though sometimes it might take more time than expected, I can at least achieve my goals without depending on others too much. Travelling can help you learn new things about other cultures and world. It can also help you learn new skills, like how to speak a foreign language or how to cook a new and different cuisine. Additionally, travelling provides opportunities to meet new people and make new friends. These new experience and relationships can help improve your life in many ways.

For Example, you may find new opportunities for work or networking or you may develop new perspectives that help you see the world in a different way. Ultimately, travelling can help you become a more well-rounded and interesting person.

There are many benefits to traveling both physically and mentally. Travel can help improve your health, increase your knowledge and allow you to meet new people and experiences new cultures.

Physical benefits of travel include getting exercise, being exposed to new environments and improving your sleep. Travel can also help reduce stress levels, improve mental clarity and boost your immune system, boosting your mood, increasing creativity. Travel can also help you learn more about yourself and other cultures and build new relationships.

Travelling can also help expand your world view and allow you to meet new people and experience new cultures. We travel for all sorts of reasons. For some of us, it's a way to see the world and experiences new cultures. For others, it's a chance to get away from the everyday grind and relax. Whatever your reason for travel maybe, one thing is certain-travelling is good for you! If you are feeling stressed out, a change of scenery can do wonders for your mental health.

Taking a break from work and responsibility can help you to relax and recharge. So that you can

return to your everyday life feeling refreshed and ready to take on whatever comes your way. Studies have shown that taking vacations can improve your overall mood and sense of well-being. So, if you are feeling down in the dumps, a trip might be just what you need to pick yourself up! Not only is travel good for your mental health, but it can also benefit your physical health. It is no wonder that more and more people are making travel a priority in their lives. If you are on the fence about whether to take that next trip, hopefully, this article has helped sway you in the right direction. So, what are you waiting for? Get out there and explore the world!



Importance of Education

Sahil

B.C.A. II Year

To say education is important is an understatement. Education is a weapon to improve one's life. It is probably the most important tool to change one's life. Education for a child begins at home. It is a lifelong process that ends with death. Education certainly determines the quality of an individual's life. Education improves one's knowledge, skills and develops the personality. Most importantly, Education affects the chances of employment for people. A highly educated individual is very likely to get a good job.

Education teaches the ability to read and write. Reading and writing is the first step in Education. Most information is done by writing. Hence, the lack

of writing skill means missing out on a lot of information. Education makes the people literate.

Above all, Education is extremely important for employment. It certainly is a great opportunity to make a decent living. This is due to the skills of a high paying job that Education provides. Uneducated people are probably at a huge disadvantage when it comes to jobs. It seems like many poor people improve their lives with the help of Education.

Better Communication is yet another role in Education. Education improves and refines the speech of a person. Furthermore, individuals also improve other means of communication with Education.

Education makes an individual a better user of technology. Education certainly provides the technical skills necessary for using technology. Hence, without Education, it would probably be difficult to handle these kind of modern equipments or machines.

People become more mature with the help of Education. Sophistication enters the life of educated people. Above all, Education teaches the value of discipline to individuals. Educated people also realize the value of time much more. In simple words:

To Educated People, Time is Equal to Money.

Finally, Educations enables individuals to express their views efficiently. Educated individuals can explain their opinions in a clear manner. Hence, educated people are quite likely to convince people to their point of view.



Stand up, be bold, be strong. Take the whole responsibility on your shoulders and know that you are creator of your own destiny. All the strength and succour you want is within yourself. Therefore make your own future.

- Swami Vivekananda

श्री पंचानन

2022-23

हिन्दी अनुभाग



प्राध्यापक सम्पादक :
करिश्मा

छात्रा सम्पादक :
दिव्यांशी गुप्ता

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दोस्ती

करिश्मा

सहायक विभागाध्यक्ष

कितना प्यारा एहसास होती है यह दोस्ती
पर किस्मत वालों को ही नसीब होती है सच्ची दोस्ती
कभी अच्छे और कभी बुरे का काम करवाती है यह दोस्ती
दोस्तों के साथ रहते इतना एहसास नहीं होता
पर जब उनसे दूर होते हैं तो बहुत याद आती है दोस्ती
जब अच्छे दोस्त मिल जाए तो जिन्दगी संवर जाती है
लेकिन जब बुरे दोस्त मिल जाए
तो सब कुछ बरबाद करवा देती है यह दोस्ती
पर इन सबके बावजूद फिर भी
बहुत प्यारा रिश्ता है यह दोस्ती
जो दोस्तों की कीमत समझते हैं
उनके लिए तो सबसे कीमती होती है यह दोस्ती
लेकिन जो स्वार्थ निकालने के लिए बनाते हैं दोस्त
अब तो स्वार्थी दुनिया में महज एक नाम बन कर रह गई यह दोस्ती

कोशिश करने वालों की कभी हार नहीं होती

दिव्यांशी गुप्ता

छात्रा सम्पादक

बी.ए. तृतीय वर्ष

लहरों से डरकर नौका पार नहीं होती,
कोशिश करने वालों की कभी हार नहीं होती।
नहीं चींटी जब दाना लेकर चढ़ती है,
चढ़ती दीवार पर, सौ बार फिसलती है।
रगों में साहस भरता है मन का विश्वास,
चढ़कर गिरना, गिरकर चढ़ना न अखरता है।
आखिर उसकी मेहनत बेकार नहीं होती,
कोशिश करने वालों की कभी हार नहीं होती।

माता-पिता

हिमानी

बी.ए. द्वितीय वर्ष

माता-पिता जीवन में महत्वपूर्ण भूमिका निभाते हैं माता-पिता
बच्चे को पाल-पोसकर उसकी उंगली पकड़कर चलना सिखाते हैं।
वह माता-पिता ही हैं, जो हमें सही दिशा की ओर चलना सिखाते हैं।
जब कोई भी मुसीबत परेशानी आती है, तो माता-पिता ही हमारा
साथ निभाते हैं। माता-पिता ही हमें सही-गलत का बोध करवाते हैं।
माता-पिता ही हमारे मार्गदर्शक होते हैं पर आज से समय में बच्चे
माता-पिता को भूलकर उनका साथ छोड़ देते हैं, जब बच्चे अपने पैरों
पर खड़े हो जाते हैं तो वह अपने माता-पिता को छोड़ देते हैं उनकी
तरफ देखते ही नहीं पर हिमानी कहती है कि माता-पिता की सेवा
करना ही उसका धर्म है।

लायक बच्चे

साहिल

बी.बी.ए. द्वितीय वर्ष

पिता की मौत के बाद
अकेली माँ ने पाँच बच्चों की
परवरिश की, उन्हें लायक बनाया
पाँचों अपने पैरों पर खड़े थे
उनको खड़ा करते-करते माँ खुद
बैठ गई थी, पर उसे सहारा
देकर खड़ा करने वाला
कोई ना था।
माँ सोच रही थी कि काश,
एक बच्चा नालायक होता,
क्योंकि लायक बच्चे तो
बहुत व्यस्त हो चुके थे।

एक मिनट में जिन्दगी नहीं बदलती,
पर एक मिनट सोच कर लिया हुआ फैसला
पूरी जिन्दगी बदल देता है।

कोई-कोई

रमनप्रीत

बी.बी.ए. द्वितीय वर्ष

जखम हर दिल में है,
पर छुपाता है कोई-कोई।
अशक हर आँखों में है,
बहाता है कोई-कोई।
खुशियाँ पाने की चाह में,
हर कोई दामन फैलाता है।
बारी जब गम की आती है,
फैलाता है दामन कोई-कोई
फूलों से उसकी खुशबू तो,
सभी चुराने आते हैं।
पर काँटों का दर्द लिए दिल में,
फिरता है कोई-कोई।
उजाले दर्दहीन खुशियों के,
सभी को अच्छे लगते हैं।
पर गम के अंधेरे की चाह में,
भटकता है कोई-कोई।
लिखे इस दिल के दर्द को,
कोई कैसे पहचाने,
पढ़ते तो यूँ सभी हैं,
पर समझता है कोई-कोई।

जिन्दगी

नैना

बी.सी.ए. द्वितीय वर्ष

ठोकर खाकर मंजिल के लिए भटकना,
शायद 'तलाश' इसी को कहते हैं।
किसी को चाहकर भी न बताना,
शायद 'चाहत' इसी को कहते हैं।
दिल टूटने पर भी हँसना,
शायद 'जिन्दादिली' इसी को कहते हैं।

टूटे 'खण्डहर' में बिन तेल दीया जलाना,
शायद 'उम्मीद' इसी को कहते हैं।

गिर जाने के बाद फिर से खड़े होना,
शायद 'हिम्मत' इसी को कहते हैं।

तलाश, चाहत, जिन्दादिली, उम्मीद, हिम्मत,
शायद जिन्दगी इसी को कहते हैं।

अपनों की चोट

आरयन

बी.बी.ए. द्वितीय वर्ष

किसी प्रदेश में बेलापुर नाम का एक गांव था। वहाँ के लोग बहुत ही खुशहाल जीवन व्यतीत करते थे। वहाँ के बाजार बहुत ही सुन्दर और मनमोहक थे। वहाँ पर एक सुनार की दुकान थी। उसी दुकान के पास एक लुहार की दुकान थी। जब सुनार काम करता तो उसकी दुकान से बहुत ही धीमी आवाज़ आती थी पर जब लुहार की दुकान पर काम होता तो कानों के परदे फाड़ने वाली आवाज़ आती थी। एक दिन सुनार की दुकान से सोने का कण छिटककर लुहार की दुकान पर जा पहुँचा, वह उसकी मुलाकात लोहे के एक कण से हुई। सोने का कण लोहे के कण से बोला "भाई हम दोनों का दुःख सामान है, हम दोनों को ही हथौड़े से मारा जाता है, मैं तो यह यातना चुपचाप सहन करता हूँ पर तुम?" लोहे के कण ने उसकी बात को सुनकर दुःख भरे स्वर में कहा, "तुम पर चोट करने वाला लोहे का हथौड़ा तुम्हारा सगा भाई नहीं है, पर वह मेरा सगा भाई है।" शिक्षा :- "पराए की अपेक्षा अपनों के द्वारा दी गई चोट की पीड़ा अधिक असहन और गहरी होती है।"

मनुष्य

काजल

बी.सी.ए. द्वितीय वर्ष

प्रार्थना करते समय समझता है
कि भगवान् सब सुन रहा है
पर निंदा करते समय यह भूल जाता है।
पुण्य करते समय यह समझता है,
कि भगवान् सब देख रहा है,

मेरी प्यारी बेटी

रितिका

बी.बी.ए. द्वितीय वर्ष

पर पाप करते समय यह भूल जाता है ।
दान करते समय यह समझता है,
कि भगवान् सब में बसते हैं,
पर चोरी करते समय यह भूल जाता है ।

प्रेम करते समय यह समझता है,
कि पूरी दुनिया भगवान् ने बनाई है,
पर नफरत करते समय यह भूल जाता है,
और फिर भी मनुष्य अपने आप को बुद्धिमान समझता है ।

बचपन का ज़माना

नवजोत

बी. कॉम. द्वितीय वर्ष

एक बचपन का ज़माना था,
जिसमें खुशियों का खज़ाना था ।
चाहत चाँद को पाने की थी,
पर दिल तितली का दीवाना था ।

खबर न थी कुछ सुबह की,
न शान का ठिकाना था ।
थक कर आना स्कूल से,
पर खेलने भी जाना था ।
माँ की कहानी थी,
परियों का फसाना था ।
बारिश में कागज़ की नाव थी,
हर मौसम सुहाना था ।

हर खेल में साथी थे,
हर रिश्ता निभाना था ।
गम की जुर्बा न होती थी,
न ज़ख्मों का पैमाना थी ।

रोने की आवाज़ न थी,
न हँसने का बहाना था ।
क्यों हो गये हम इतने बड़े,
इससे अच्छा तो वो बचपन का ज़माना था ।

अगर बेटा 'वारिस' है तो बेटी 'पारस' है ।
अगर बेटा 'वंश' है तो बेटी 'अंश' है ।
अगर बेटा 'आन' है तो बेटी 'शान' है ।
अगर बेटा 'तन' है तो बेटी 'मन' है ।
अगर बेटा 'मान' है तो बेटी 'गुमान' है ।
अगर बेटा 'संस्कार' है तो बेटी 'संस्कृति' है ।
अगर बेटा 'आग' है तो बेटी 'बाग' है ।
अगर बेटा 'भाग्य' है तो बेटी 'विधाता' है ।
अगर बेटा 'गीत' है तो बेटी 'संगीत' है ।

यादें

प्रियंका

बी.ए. तृतीय वर्ष

ज़िन्दगी के नये रास्ते पर निकल पड़े थे,
चारों तरफ शान्ति और अजनबी लोग थे,
मन में अजीब सा प्रश्न था ।
ये कहाँ से आये और कौन थे ?
धीरे-धीरे सभी से हो गयी दोस्ती,
फिर हमारी कक्षा में प्यार का माहौल था
ऐसे ही लड़ते, मुस्कराते,
एक दूसरे को डांटते कट गयी ज़िन्दगी
पता नहीं लगा इस समय के क्या मोल थे
कितनी ही यादों को सीने में छिपा लिया,
जब कभी याद करेंगे, तो महसूस होगा,
कि वे पल भी कितने अनमोल थे ।



ज़रूरी नहीं की रोशनी सिर्फ़ चिरागों से ही हो,
बेटियाँ भी घर में उजाला कर देती हैं।

ਸ਼੍ਰੀ ਪੰਚਾਨਨ

2022-23

ਪੰਜਾਬੀ ਅਨੁਭਾਗ



ਅਧਿਆਪਕ ਸੰਪਾਦਕ
ਡਾ. ਗੁਰਚਰਨ ਸਿੰਘ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ
ਰੋਹਿਤ ਕੁਮਾਰ

ਤਤਕਰਾ

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1.	ਸੰਪਾਦਕੀ	ਡਾ. ਗੁਰਚਰਨ ਸਿੰਘ, ਪੰਜਾਬੀ ਵਿਭਾਗ ਅਧਿਆਪਕ ਸੰਪਾਦਕ
2.	ਉਮੀਦ ਦੇ ਦੀਵੇ	ਪ੍ਰੋ. ਗੁਰਪ੍ਰੀਤ ਕੌਰ, ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ
3.	ਸਮਾਜਿਕ ਬੁਰਾਈਆਂ	ਪ੍ਰੋ. ਰਾਜਵਿੰਦਰ ਕੌਰ, ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ
4.	ਸੱਭਿਅਤਾ ਤੇ ਸੱਭਿਆਚਾਰ	ਰੋਹਿਤ ਕੁਮਾਰ, ਬੀ.ਕਾਮ. ਸਮੈਸਟਰ ਪਹਿਲਾ
5.	ਵੱਧ ਰਹੇ ਨਸ਼ਿਆਂ ਦੀ ਰੋਕਥਾਮ	ਦਿਕਸ਼ਾ ਕਲਸੀ, ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ
6.	ਨੌਜਵਾਨਾਂ ਦੀ ਵਿਦੇਸ਼ਾਂ ਵੱਲ ਦੌੜ	ਲਵਪ੍ਰੀਤ ਸਿੰਘ, ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ
7.	ਪੰਜਾਬ ਦੇ ਮੇਲੇ	ਨੀਕਿਤਾ, ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ
8.	ਦਾਜ ਦੀ ਸਮੱਸਿਆ	ਆਸ਼ੂ ਸਿੰਘ, ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ
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10.	ਭਾਰਤੀ ਸਮਾਜ ਵਿੱਚ ਇਸਤਰੀ	ਸੁਹਾਨੀ ਸ਼ਰਮਾ, ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ
11.	ਮੋਬਾਈਲ ਫੋਨ	ਮੁਸਕਾਨ ਸ਼ਰਮਾ, ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ
12.	ਵਾਤਾਵਰਨ ਪ੍ਰਦੂਸ਼ਣ	ਕਾਜਲ, ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਸੰਪਾਦਕੀ

ਡਾ. ਗੁਰਚਰਨ ਸਿੰਘ

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਅਧਿਆਪਕ ਸੰਪਾਦਕ

ਬਾਲ ਮਨ ਕੋਰੀ ਸਲੇਟ ਵਰਗਾ ਹੁੰਦਾ ਹੈ ਜਿਸ ਤਰ੍ਹਾਂ ਨੌਜਵਾਨੀ ਨੂੰ ਜਿਸ ਤਰ੍ਹਾਂ ਦੀ ਦਿਸ਼ਾ ਪ੍ਰਦਾਨ ਕਰੇਗੇ ਉਹ ਉਸੇ ਦਿਸ਼ਾ ਰੁਖ ਚੱਲੇਗੀ। ਕਾਲਜ ਵਿਚਲਾ ਅਕਾਦਮਿਕ ਮਾਹੌਲ ਅਤੇ ਅਧਿਆਪਕਾਂ ਦਾ ਸਹੀ ਮਾਰਗ ਦਰਸ਼ਨ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੁਚੱਜੇ ਰਾਹਾਂ ਦਾ ਪਾਠੀ ਬਣਾਉਣ ਵਿੱਚ ਸਹਾਇਕ ਸਿੱਧ ਹੁੰਦਾ ਹੈ। ਸਨਾਤਨ ਧਰਮ ਕਾਲਜ ਇਸ ਰੂਪ ਵਿੱਚ ਵਿਸ਼ੇਸ਼ ਮਹੱਤਤਾ ਦਾ ਧਾਰਨੀ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਸਾਹਿਤਕ ਚੇਟਕ ਲਾਉਣ ਲਈ ਕਾਲਜ ਵਲੋਂ ਸਥਾਪਿਤ ਸਾਹਿਤਕ ਕਲੱਬ ਦੇ ਤਹਿਤ ਵੱਖ-ਵੱਖ ਤਰ੍ਹਾਂ ਦੀਆਂ ਸਾਹਿਤਕ ਅਤੇ ਸਿਰਜਣਾਤਮਕ ਗਤੀਵਿਧੀਆਂ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਸ ਵਰ੍ਹੇ ਦੌਰਾਨ ਕਾਲਜ ਭਾਸ਼ਾ ਮੰਚ ਅਤੇ ਭਾਸ਼ਾ ਵਿਭਾਗ ਪੰਜਾਬ, ਹੁਸ਼ਿਆਰਪੁਰ ਵਲੋਂ ਸਾਂਝੇ ਰੂਪ ਵਿੱਚ ਇੱਕ ਸਾਹਿਤਕ ਪ੍ਰੋਗਰਾਮ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ ਜਿਸ ਵਿੱਚ ਸਮਕਾਲੀ ਪੰਜਾਬੀ ਕਹਾਣੀ ਦੇ ਪ੍ਰਸਿੱਧ ਕਥਾਕਾਰ ਸਾਂਵਲ ਧਾਮੀ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਸਾਂਵਲ ਧਾਮੀ ਜਿੱਥੇ ਸਮਕਾਲੀ ਪੰਜਾਬੀ ਕਹਾਣੀ ਦਾ ਸਮਰੱਥ ਕਥਾਕਾਰ ਹੈ ਉਥੇ ਉਸ ਦੁਆਰਾ ਵੰਡ ਦੇ ਮੌਖਿਕ ਇਤਿਹਾਸ ਦੀ ਵੀਡੀਓਗ੍ਰਾਫੀ ਕਰਦਿਆਂ, ਵੰਡ ਦੇ ਇਤਿਹਾਸ ਨੂੰ ਸੰਭਾਲਣ ਦਾ ਬਹੁਤ ਹੀ ਮਹੱਤਵਪੂਰਨ ਕਾਰਜ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਸੰਬੰਧ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦੁਆਰਾ ਆਪਣਾ ਯੂ ਟਿਊਬ ਚੈਨਲ ਸੰਤਾਲੀ ਨਾਮਾ ਵੀ ਚਲਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਰੂ-ਬ-ਰੂ ਹੁੰਦਿਆਂ ਉਨ੍ਹਾਂ ਜਿੱਥੇ ਸਮਕਾਲੀ ਵਰਤਾਰਿਆਂ ਮਾਨਵੀ ਸੰਵੇਦਨਾ ਦੀ ਗੱਲ ਕੀਤੀ ਉਥੇ ਉਨ੍ਹਾਂ ਵੰਡ ਦੇ ਇਤਿਹਾਸ ਨੂੰ ਵੱਖ-ਵੱਖ ਕਥਾਵਾਂ ਹਵਾਲੇ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਸਾਂਝਾ ਕੀਤਾ। ਲਿਖਣ ਕਲਾ ਅਤੇ ਵੰਡ ਦੇ ਦੁਖਾਂਤ ਦੀਆਂ ਕਥਾਵਾਂ ਨੇ ਸਾਡੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵਿਸ਼ੇਸ਼ ਰੂਪ ਵਿੱਚ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ। ਇਸਦੇ ਨਾਲ ਹੀ ਭਾਸ਼ਾ ਵਿਭਾਗ ਪੰਜਾਬ ਦੁਆਰਾ ਪ੍ਰਕਾਸ਼ਿਤ ਵਿਸ਼ਵ ਪੱਧਰੀ ਸਾਹਿਤਕ ਕਿਰਤਾਂ ਦੀ ਪ੍ਰਦਰਸ਼ਨੀ ਵੀ ਕਾਲਜ ਵਿੱਚ ਲਗਾਈ ਗਈ ਜਿੱਥੋਂ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਉੱਚ ਪੱਧਰੀ ਸਾਹਿਤਕ ਕਿਰਤਾਂ ਨੂੰ ਖਰੀਦਿਆ। ਸਾਹਿਤ ਅਤੇ ਕਿਤਾਬਾਂ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਜੋੜਨ ਦਾ ਇਹ ਕਾਰਜ ਇਸ ਵਰ੍ਹੇ ਦੀ

ਮਹੱਤਵਪੂਰਨ ਪ੍ਰਾਪਤੀ ਰਿਹਾ। ਇਸੇ ਤਰ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਮੌਲਿਕ ਸਾਹਿਤ ਸਿਰਜਣਾ ਦੇ ਗੁਣ ਪੈਦਾ ਕਰਨ ਹਿੱਤ ਉਨ੍ਹਾਂ ਦੇ ਸਾਹਿਤ ਸਿਰਜਣਾ ਮੁਕਾਬਲੇ ਵੀ ਕਰਵਾਏ ਜਾਂਦੇ ਹਨ। ਜੇਤੂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਯੂਥ ਫੈਸਟੀਵਲ ਦੇ ਮੌਲਿਕ ਸਾਹਿਤ ਸਿਰਜਣਾ ਮੁਕਾਬਲਿਆਂ ਵਿੱਚ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਸਾਲ ਮੌਲਿਕ ਕਹਾਣੀ ਲੇਖਣ ਮੁਕਾਬਲੇ ਵਿੱਚ ਬੀ.ਏ. ਭਾਗ ਦੂਸਰਾ ਦੀ ਵਿਦਿਆਰਥਣ ਅਗਰਿਮਾ ਨੇ ਜ਼ੋਨਲ ਪੱਧਰੀ ਮੁਕਾਬਲੇ ਵਿੱਚ ਪਹਿਲਾ ਸਥਾਨ ਪ੍ਰਾਪਤ ਕੀਤਾ ਅਤੇ ਇੰਟਰ-ਜ਼ੋਨਲ ਪੱਧਰੀ ਮੁਕਾਬਲੇ ਵਿੱਚ ਤੀਸਰਾ ਸਥਾਨ ਪ੍ਰਾਪਤ ਕੀਤਾ। ਇਸ ਤਰ੍ਹਾਂ ਦੀਆਂ ਸ਼ਾਨਮੱਤੀਆਂ ਪ੍ਰਾਪਤੀਆਂ ਇਸ ਗੱਲ ਦੀਆਂ ਗਵਾਹ ਹਨ ਕਿ ਸਾਡੇ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਸਾਹਿਤ ਦੇ ਖੇਤਰ ਵਿੱਚ ਕਾਲਜ ਦਾ ਨਾਮ ਰੋਸ਼ਨ ਕਰਨਗੇ। ਇਸ ਤਰ੍ਹਾਂ ਸੁੰਦਰ ਲਿਖਾਈ ਦੇ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਜਾਂਦੇ ਹਨ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸੁੰਦਰ ਲੇਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਨਿਖਾਰਨ ਦੇ ਯਤਨ ਲਗਾਤਾਰ ਕੀਤੇ ਜਾਂਦੇ ਹਨ। ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਸਾਹਿਤਕ ਰੁਚੀਆਂ ਨੂੰ ਉਭਾਰਨ ਅਤੇ ਉਸਾਰਨ ਵਾਲਾ ਮਹੱਤਵਪੂਰਨ ਪਲੇਟਫਾਰਮ ਹੁੰਦਾ ਹੈ ਜਿਸ ਦੇ ਮਾਧਿਅਮ ਰਾਹੀਂ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਸਾਹਿਤਕ ਰੁਚੀਆਂ ਪੈਦਾ ਕੀਤੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹੈ। ਸਾਡੇ ਵੱਡੇ-ਵੱਡੇ ਸਾਹਿਤਕਾਰ ਵੀ ਮੁੱਢਲੇ ਰੂਪ ਵਿੱਚ ਸਕੂਲ ਜਾਂ ਕਾਲਜ ਮੈਗਜ਼ੀਨਾਂ ਵਿੱਚ ਛਪਦੇ ਰਹੇ ਹਨ। ਇਸ ਪਲੇਟਫਾਰਮ ਨੇ ਹੀ ਉਨ੍ਹਾਂ ਅੰਦਰਲੀ ਸਾਹਿਤਕਤਾ ਨੂੰ ਹੁੰਗਾਰਾ ਦਿੱਤਾ ਜਿਸ ਕਾਰਨ ਉਨ੍ਹਾਂ ਸਾਹਿਤ ਦੇ ਖੇਤਰ ਵਿੱਚ ਆਪਣਾ ਵਡਮੁੱਲਾ ਯੋਗਦਾਨ ਪਾਇਆ। ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਇਸੇ ਦਿਸ਼ਾ ਵੱਲ ਕੀਤਾ ਗਿਆ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਉਪਰਾਲਾ ਹੈ। ਅੱਜ ਜਿੱਥੇ ਮਨੁੱਖ ਤੇਜ਼ੀ ਨਾਲ ਬਦਲ ਰਹੇ ਯੁਗ ਵਿੱਚ ਅਨੇਕਾਂ ਚਣੌਤੀਆਂ ਦੇ ਰੂ-ਬ-ਰੂ ਹੋ ਰਿਹਾ ਹੈ ਉੱਥੇ ਲਗਾਤਾਰ ਸੰਵੇਦਨਾ ਹੀਣ ਵੀ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਮਨੁੱਖ ਨੂੰ ਮਨੁੱਖਤਾ ਅਤੇ ਸੰਵੇਦਨਾ ਨਾਲ ਜੋੜਨਾ ਸਮੇਂ ਦੀ ਪ੍ਰਮੁੱਖ ਲੋੜ ਹੈ। ਸਾਹਿਤ ਨਾਲ ਜੁੜ ਵਿਦਿਆਰਥੀ ਜਿੱਥੇ ਜੀਵਨ ਦੀਆਂ ਚੁਣੌਤੀਆਂ ਦਾ ਮੁਕਾਬਲਾ ਕਰਨ ਦੇ ਸਮਰੱਥ ਹੋਣਗੇ ਉੱਥੇ ਸੰਵੇਦਨਸ਼ੀਲਤਾ ਉਨ੍ਹਾਂ ਦੇ ਸੁਭਾਅ ਦਾ ਅੰਗ ਬਣੇਗੀ। ਮਨੁੱਖ ਨੂੰ ਮਨੁੱਖ ਬਣਾਉਣ 'ਚ ਸੰਵੇਦਨਸ਼ੀਲਤਾ ਦਾ ਮੁੱਖ ਰੋਲ ਹੈ। ਮਸ਼ੀਨੀ ਯੁਗ 'ਚ ਵਿਚਰ ਰਿਹਾ ਮਨੁੱਖ ਤਕਨੀਕ ਦੇ ਤਾਂ ਬਹੁਤ ਨੇੜੇ ਹੋ ਚੁੱਕਾ ਹੈ ਪਰ ਮਨੁੱਖਤਾ ਤੋਂ ਕੋਹਾਂ ਦੂਰ ਹੋ ਚੁੱਕਾ ਹੈ। ਜਦੋਂ ਅਸੀਂ ਬੱਚੇ ਨੂੰ ਸਾਹਿਤ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਕਾਮਯਾਬ ਹੋ ਗਏ ਉਸ ਦਿਨ ਯਕੀਨਨ ਅਸੀਂ ਉਨ੍ਹਾਂ ਨੂੰ ਚੰਗੇ ਮਨੁੱਖ

ਬਣਾਉਣ ਵਿੱਚ ਵੀ ਕਾਮਯਾਬ ਹੋ ਜਾਵਾਗੇ। ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਦਿਸ਼ਾ ਵੱਲ ਤੋਰਨ ਲਈ ਇਕ ਰਾਹ ਦਸੇਰਾ ਹੈ। ਉਨ੍ਹਾਂ ਦੇ ਰੋਸ਼ਨ ਭਵਿੱਖ ਲਈ ਚਾਨਣ ਮੁਨਾਰਾ ਹੈ। ਵਿਦਿਆਰਥੀ ਇਸ ਦੀ ਉਂਗਲੀ ਫੜ ਜ਼ਰੂਰ ਹੀ ਸੁਚੱਜੇ ਤੇ ਰੋਸ਼ਨ ਰਾਹਾਂ ਦੇ ਪਾਂਧੀ ਬਣਨਗੇ ਅਜਿਹਾ ਮੇਰਾ ਮੰਨਣਾ ਹੈ। ਅਖੀਰ ਵਿੱਚ ਉਨ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸ਼ੁਭ ਕਾਮਨਾਵਾਂ ਜਿਨ੍ਹਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਇਸ ਮੈਗਜ਼ੀਨ ਦਾ ਸ਼ਿੰਗਾਰ ਬਣੀਆਂ। ਜਿਹੜੇ ਅਜੇ ਲਿਖਣ ਦੇ ਸਮਰੱਥ ਨਹੀਂ ਉਨ੍ਹਾਂ ਲਈ ਅਸੀਸ ਕਿ ਉਹ ਮੈਗਜ਼ੀਨ ਪੜ੍ਹਕੇ ਲਿਖਣ ਦੇ ਸਮਰੱਥ ਹੋਣਗੇ।

ਉਮੀਦ ਦੇ ਦੀਵੇ

ਪ੍ਰੋ. ਗੁਰਪ੍ਰੀਤ ਕੌਰ
ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ

ਮਰਦਾ ਤਾਂ ਹਰ ਇਨਸਾਨ ਇੱਥੇ,
ਕੋਈ ਅਮਰ ਭਲਾ ਕਦੇ ਹੋਇਆ ਏ?
ਉਮੀਦ ਦਾ ਲੜ ਜਿਸ ਛੱਡਿਆ ਏ,
ਉਹ ਜਿਉਂਦੇ ਜੀ ਹੀ ਮੋਇਆ ਏ।

ਕੱਲ੍ਹ ਜੋ ਹੋਇਆ, ਬੀਤ ਗਿਆ,
ਅੱਜ ਵੀ ਥਿਰ ਨਾ ਰਹਿਣਾ ਏ।
ਉੱਠ! ਦੀਵੇ ਬਾਲ ਉਮੀਦ ਦੇ ਤੂੰ,
ਦੁੱਖ-ਸੁੱਖ ਤਾਂ ਪੈਂਦਾ ਸਹਿਣਾ ਏ।

ਚਲਦੀਆਂ ਗਰਮ ਹਵਾਵਾਂ ਜੋ,
ਪੱਛੋਂ ਦੀ 'ਵਾ ਬਣ ਵਗਣਗੀਆਂ।
ਕੀ ਹੋਇਆ ਜ਼ਿੰਦਗੀ 'ਚ ਨੇਰਾ ਏ,
ਬੁਝੀਆਂ ਸ਼ਮਾਂ ਵਾ ਜਗਣਗੀਆਂ।

ਨਾ ਉਮੀਦੋਂ ਉਣਾ ਹੋਈ ਜਾ ਤੂੰ,
ਉਮੀਦ ਹੀ ਜਿੱਤ ਦਾ ਗਹਿਣਾ ਏ।
ਉੱਠ! ਦੀਵੇ ਬਾਲ ਉਮੀਦ ਦੇ ਤੂੰ,
ਦੁੱਖ-ਸੁੱਖ ਤਾਂ ਪੈਂਦਾ ਸਹਿਣਾ ਏ।

ਉੱਡਦੇ ਪਰਿੰਦਿਆਂ ਨੂੰ ਤਕ ਜ਼ਰਾ,
ਆਸ ਬੰਨ੍ਹ ਕੇ ਰਿਜ਼ਕ ਭਾਲਦੇ ਨੇ।
ਯਕੀਨ ਰੱਖਦੇ ਆਪਣੇ ਖੰਭਾਂ 'ਤੇ,

ਢੇਰੀ ਢਾਹ ਨਾ ਜੀਵਨ ਗਾਲਦੇ ਨੇ।
ਤੂੰ ਕਿਉਂ ਨਿੰਮੋਝੂਣਾ ਹੋਇਆ ਏ,
ਗਮ ਦਾ ਨੀਰ ਨਾ ਸਦ ਵਹਿਣਾ ਏ।
ਉੱਠ! ਦੀਵੇ ਬਾਲ ਉਮੀਦ ਦੇ ਤੂੰ,
ਦੁੱਖ-ਸੁੱਖ ਤਾਂ ਪੈਂਦਾ ਸਹਿਣਾ ਏ।

ਛੱਡ ਰੋਣਾ ਬਿਖੜੇ ਪੈਂਡਿਆਂ ਨੂੰ,
ਜਦ ਮੰਜ਼ਲ ਹੀ ਖੂਬਸੂਰਤ ਏ।
ਜੇ ਰੁੱਕ ਗਿਆ ਤਾਂ ਮਰ ਗਿਆ,
ਚੱਲਣਾ ਹੀ ਸਮੇਂ ਦੀ ਜ਼ਰੂਰਤ ਏ।

ਖੜਾ ਪਾਣੀ ਵੀ ਮੁਸ਼ਕ ਜਾਂਦਾ ਏ,
ਵਹਿੰਦੇ ਨੇ ਤਾਂ ਰਾਹ ਲੱਭ ਲੈਣਾ ਏ।
ਉੱਠ! ਦੀਵੇ ਬਾਲ ਉਮੀਦ ਦੇ ਤੂੰ,
ਦੁੱਖ-ਸੁੱਖ ਤਾਂ ਪੈਂਦਾ ਸਹਿਣਾ ਏ।

ਸਮਾਜਿਕ ਬੁਰਾਈਆਂ

ਪ੍ਰੋ. ਰਾਜਵਿੰਦਰ ਕੌਰ
ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ

ਮਨੁੱਖ ਇਕ ਸਮਾਜਿਕ ਪ੍ਰਾਣੀ ਹੈ। ਉਹ ਸਮਾਜ ਤੋਂ ਵੱਖਰਾ ਹੋ ਕੇ ਕਦੇ ਵੀ ਜਿਉਂਦਾ ਨਹੀਂ ਰਹਿ ਸਕਦਾ। ਸਮਾਜ ਵਿੱਚ ਵਿਚਰਦਿਆਂ ਮਨੁੱਖ ਨੇ ਆਪਣੀ ਲੋੜ ਅਨੁਸਾਰ ਕਈ ਰੀਤਾਂ-ਰਸਮਾਂ ਬਣਾਈਆਂ। ਸਮੇਂ ਦੇ ਪਰਿਵਰਤਨ ਨਾਲ ਕਈ ਰਸਮਾਂ ਵੀ ਬਦਲ ਗਈਆਂ ਤੇ ਨਵੀਆਂ ਵੀ ਬਣ ਗਈਆਂ ਪਰ ਜਦੋਂ ਕੁਝ ਰਸਮਾਂ ਸਮੇਂ ਅਨੁਸਾਰ ਨਹੀਂ ਬਦਲਦੀਆਂ ਤਾਂ ਇਹ ਸਮਾਜ ਦੇ ਮੱਥੇ 'ਤੇ ਕਲੰਕ ਬਣ ਜਾਂਦੀਆਂ ਹਨ, ਇਹੋ ਹੀ ਸਮਾਜਿਕ ਬੁਰਾਈਆਂ ਹੁੰਦੀਆਂ ਹਨ।

ਸਾਡਾ ਅਜੋਕਾ ਸਮਾਜ ਗਲਤ ਰਸਮਾਂ-ਰਿਵਾਜਾਂ ਦਾ ਸ਼ਿਕਾਰ ਹੋ ਗਿਆ ਹੈ ਇਨ੍ਹਾਂ ਗਲਤ ਰਸਮਾਂ ਦੀ ਜੜ੍ਹ ਹੈ - ਭ੍ਰਿਸ਼ਟਾਚਾਰ, ਪੈਸਾ, ਮਨੁੱਖ ਦੀ ਸੋਚ, ਪਿਛਾਂਹ-ਖਿੱਚੂ ਖਿਆਲ, ਸ਼ਿਸ਼ਟਾਚਾਰ ਵਿਚ ਗਿਰਾਵਟ ਅਤੇ ਲੋਕ ਵਿਖਾਵਾ ਆਦਿ। ਸਾਡਾ ਸਮਾਜ ਸਮਾਜਿਕ ਬੁਰਾਈਆਂ ਨਾਲ ਭਰਿਆ ਪਿਆ ਹੈ ਜਿਵੇਂ ਕਿ ਅੱਜ ਸਭ ਤੋਂ ਪ੍ਰਮੁੱਖ ਕੁਰੀਤੀ ਜੋ ਸਾਡੇ ਸਮਾਜ ਨੂੰ ਘੁਣ ਵਾਂਗ ਖਾ ਰਹੀ ਹੈ ਉਹ ਹੈ ਦਾਜ ਦਾ ਦੈਂਤ। ਲੱਖਾਂ ਹੀ ਕੀਮਤੀ ਜਾਨਾਂ ਇਸ ਦੀ ਭੇਟ ਚੜ੍ਹ ਚੁੱਕੀਆਂ ਹਨ। ਦਾਜ ਕਾਰਨ ਸਹੁਰਿਆਂ ਹੱਥੋਂ ਸਤਾਈ ਲੜਕੀ ਆਪ ਹੀ ਦਾਜ ਦੀ

ਬਲੀ ਚੜ੍ਹ ਜਾਂਦੀ ਹੈ। ਲੜਕੀਆਂ ਨੂੰ ਵੀ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਦਾਜ ਦੇ ਲੋਭੀਆਂ ਦਾ ਡਟ ਕੇ ਮੁਕਾਬਲਾ ਕਰਨ ਨਾ ਕਿ ਦਾਜ ਦੀ ਬਲੀ ਚੜ੍ਹਨ। ਵਿਆਹ ਸਮੇਂ ਲੜਕੇ-ਲੜਕੀ ਵਾਲੇ ਆਪਣੀ ਫੋਕੀ ਸ਼ਾਨੋ-ਸ਼ੋਕਤ ਖਾਤਰ ਬੇਲੋੜਾ ਪੈਸਾ ਖਰਚ ਕਰਦੇ ਹਨ। ਲੋਕ-ਵਿਖਾਵੇ ਦੀ ਖਾਤਰ ਵਿਆਹ ਅਤੇ ਵਿਆਹ ਤੋਂ ਪਹਿਲਾਂ ਮੰਗਣੀ, ਸ਼ਗਨ, ਪ੍ਰੀ ਵੈਡਿੰਗ, ਬੈਂਗਲ ਸੈਰੇਮਨੀ 'ਤੇ ਵੀ ਖੁੱਲ੍ਹ ਕੇ ਪਾਣੀ ਵਾਂਗ ਪੈਸਾ ਰੋੜ੍ਹਦੇ ਹਨ। ਮਹਿੰਗੇ ਤੋਂ ਮਹਿੰਗੇ ਪੈਲਸ, ਤਰ੍ਹਾਂ-ਤਰ੍ਹਾਂ ਦੇ ਖਾਣੇ, ਬੇਲੋੜੀਆਂ ਲਾਈਟਾਂ, ਵੱਡੀ ਗਿਣਤੀ ਵਿਚ ਬਰਾਤ ਆਦਿ ਇਹ ਸਾਰੀ ਫਜ਼ੂਲ-ਖਰਚੀ ਹੈ ਤੇ ਇਕ ਸਮਾਜਿਕ ਬੁਰਾਈ ਹੈ। ਵਿਆਹਾਂ-ਸ਼ਾਦੀਆਂ 'ਤੇ ਪਕਵਾਨਾਂ ਦੀ ਗਿਣਤੀ ਬੇਹਿਸਾਬੀ ਹੋਣ ਕਾਰਨ ਅਨਾਜ ਤੇ ਪੈਸੇ ਦੀ ਬਰਬਾਦੀ ਹੋ ਰਹੀ ਹੈ।

“ਭਾਰਤੀਆਂ ਦੀ ਮਾਨਸਿਕਤਾ ਵਿੱਚ ਜੀਵ-ਹੱਤਿਆ ਪਾਪ ਹੈ ਸ਼ਾਇਦ ਭਰੂਣ-ਹੱਤਿਆ ਨਹੀਂ।” ਅੱਜ ਮਾਦਾ ਭਰੂਣ-ਹੱਤਿਆ ਦੇ ਕਹਿਰ ਨੇ ਲੜਕੀਆਂ ਦੀ ਗਿਣਤੀ ਬਹੁਤ ਘਟਾ ਦਿੱਤੀ ਹੈ ਜੋ ਚਿੰਤਾ ਦਾ ਵਿਸ਼ਾ ਹੈ। ਲੜਕੀਆਂ ਨੂੰ ਜਨਮ ਲੈਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਮਾਰ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ ਜੋ ਕਿ ਸਭ ਤੋਂ ਵੱਡੀ ਸਮਾਜਿਕ ਬੁਰਾਈ ਹੈ। ਇਸ ਤੇ ਸਰਕਾਰ ਨੂੰ ਸਖਤੀ ਨਾਲ ਨਕੇਲ ਕੱਸਣੀ ਚਾਹੀਦੀ ਹੈ।

ਸਾਡਾ ਸਮਾਜ ਅਜੇ ਵੀ ਵਹਿਮਾਂ-ਭਰਮਾਂ ਦਾ ਸ਼ਿਕਾਰ ਹੋਇਆ ਪਿਆ ਹੈ। ਕੋਈ ਇੱਕ ਨਿੱਛ ਮਾਰ ਦੇਵੇ, ਬਿੱਲੀ ਰਸਤਾ ਕੱਟ ਜਾਵੇ, ਕੋਈ ਪਿੱਛੋਂ ਅਵਾਜ਼ ਮਾਰ ਦੇਵੇ ਅਸ਼ੁੱਭ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਪੰਡਿਤ, ਜੋਤਸ਼ੀ, ਤਾਂਤਰਿਕ, ਮੁੱਲਾ-ਮੌਲਵੀ, ਵਾਸਤੂ-ਸ਼ਾਸਤਰ ਵਾਲੇ ਲੋਕਾਂ ਦੀ ਮਾਨਸਿਕਤਾ ਦਾ ਫ਼ਾਇਦਾ ਉਠਾ ਰਹੇ ਹਨ। ਅੱਜ ਟੀ.ਵੀ. ਦੇ ਹਰੇਕ ਚੈਨਲ 'ਤੇ ਜੋਤਸ਼ੀਆਂ ਦੁਆਰਾ ਗ੍ਰਹਿ-ਜਾਲ, ਦਿਸ਼ਾਵਾਂ, ਰਾਸ਼ੀਫਲ, ਨਗ ਤੇ ਕੋਈ ਹੋਰ ਬੇਲੋੜੇ ਉਪਾਅ ਦੱਸ ਕੇ ਲੋਕਾਂ ਨੂੰ ਗੁਮਰਾਹ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ। ਲੋਕਾਂ ਨੂੰ ਇਸ ਪ੍ਰਤੀ ਸੁਚੇਤ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ।

ਅੱਜ ਸਾਡੇ ਭਾਰਤ ਵਿਚ ਮਿਲਾਵਟਖੋਰਾਂ, ਜਮਾਖੋਰਾਂ, ਰਿਸ਼ਵਤਖੋਰਾਂ, ਚੋਰ-ਬਜ਼ਾਰੀ ਤੇ ਸੀਨਾ-ਜੋਰਾਂ ਦਾ ਬੋਲਬਾਲਾ ਹੈ। ਦੁੱਧ ਤੇ ਲੈ ਕੇ ਜ਼ਹਿਰ ਤੱਕ ਹਰ ਚੀਜ਼ ਵਿੱਚ ਮਿਲਾਵਟ ਹੋ ਰਹੀ ਹੈ। ਹਰ ਖਾਣ-ਪੀਣ ਵਾਲੀ ਚੀਜ਼ ਵਿਚ ਮਿਲਾਵਟ ਦੇਖਣ ਨੂੰ ਮਿਲਦੀ ਹੈ ਜੋ ਕਿ ਸਿਹਤ ਲਈ ਬਹੁਤ ਹਾਨੀਕਾਰਕ ਹੈ। ਚੀਜ਼ਾਂ ਵਿਚ ਮਿਲਾਵਟ ਕਰਨ ਵਾਲਿਆਂ ਵਿਰੁੱਧ ਕੇਸ ਦਰਜ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਕ੍ਰਿਸ਼ਟਾਚਾਰ ਦੇ ਰਿਸ਼ਵਤਖੋਰ ਆਪਣੀ ਇਸ ਕਮਾਈ ਨੂੰ ਹੱਕ-ਹਲਾਲ ਦੀ ਕਮਾਈ ਸਮਝਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਖਿਲਾਫ਼ ਸਰਕਾਰ ਨੂੰ ਸਖਤੀ ਨਾਲ ਕਾਰਵਾਈ

ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਜੋ ਕਿ ਇਨ੍ਹਾਂ ਬੁਰਾਈਆਂ ਤੋਂ ਛੁਟਕਾਰਾ ਮਿਲ ਸਕੇ।

ਸਮਾਜ ਵਿੱਚ ਬੇਰੁਜ਼ਗਾਰੀ ਗਰੀਬੀ, ਅਨਪੜ੍ਹਤਾ ਆਦਿ ਬੁਰਾਈਆਂ ਉਦੋਂ ਜਨਮ ਲੈਂਦੀਆਂ ਹਨ ਜਦੋਂ ਅਬਾਦੀ ਵਿਚ ਬੇਹਿਸਾਬਾ ਵਾਧਾ ਹੋ ਰਿਹਾ ਹੋਵੇ। ਬੇਰੁਜ਼ਗਾਰ ਲੋਕ ਚੋਰੀ, ਡਾਕੇ, ਕਤਲ, ਹੇਰਾ-ਫੇਰੀਆਂ, ਲੁੱਟਾਂ-ਖੋਹਾਂ ਕਰ ਰਹੇ ਹਨ। ਇਸ ਲਈ ਬੇਰੁਜ਼ਗਾਰੀ ਦੂਰ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਸਰਕਾਰ ਤੇ ਜਨਤਾ ਵੱਲੋਂ ਹੋਣੇ ਚਾਹੀਦੇ ਹਨ ਤਾਂ ਜੋ ਦੇਸ਼ ਵਿਚ ਭਿਆਨਕ ਬੁਰਾਈਆਂ ਦਾ ਖ਼ਾਤਮਾ ਹੋ ਸਕੇ।

ਅੱਜ ਦੇ ਨੌਜਵਾਨ ਨਸ਼ੇ ਦਾ ਸ਼ਿਕਾਰ ਹੋਏ ਪਏ ਹਨ। ਨਸ਼ਾਪੂਰਤੀ ਲਈ ਨੌਜਵਾਨ ਘਰਾਂ, ਦੁਕਾਨਾਂ, ਬਜ਼ਾਰਾਂ ਵਿੱਚ ਦਿਨ-ਦਿਹਾੜੇ ਚੋਰੀਆਂ, ਲੁੱਟਾਂ-ਖੋਹਾਂ ਤੇ ਕਤਲ ਕਰ ਰਹੇ ਹਨ। ਇਸ ਬੁਰਾਈ ਨੇ ਜਨਤਾ ਵਿਚ ਬਹੁਤ ਜ਼ਿਆਦਾ ਦਹਿਸ਼ਤ ਫੈਲਾ ਦਿੱਤੀ ਹੈ। ਇਸ 'ਤੇ ਜਲਦੀ ਕਾਬੂ ਪਾਉਣਾ ਚਾਹੀਦਾ ਹੈ।

ਇਸ ਤੋਂ ਇਲਾਵਾ ਪਰਿਵਾਰਕ ਰਿਸ਼ਤਿਆਂ ਵਿਚ ਤਰੇੜਾਂ, ਅਸਹਿਣਸ਼ੀਲਤਾ, ਆਪਣਿਆਂ ਹੱਥੋਂ ਆਪਣਿਆਂ ਦਾ ਬੇਰਹਿਮੀ ਨਾਲ ਕਤਲ, ਬਜ਼ੁਰਗਾਂ ਦਾ ਅਪਮਾਨ, ਬਿਰਧ-ਆਸ਼ਰਮ, ਕਲੱਬਾਂ ਤੇ ਹੋਟਲਾਂ ਨਾਲ ਲਗਾਅ, ਛੂਤ-ਛਾਤ, ਜਾਤ-ਪਾਤ, ਧਰਮ ਦੇ ਨਾਂ 'ਤੇ ਦੰਗੇ-ਫ਼ਸਾਦ, ਰਾਜਨੀਤੀ ਵਿਚ ਗਿਰਾਵਟ, ਪੈਸੇ ਦੀ ਪੂਜਾ ਆਦਿ ਸਮਾਜਿਕ ਬੁਰਾਈਆਂ ਤੋਂ ਸਮਾਜ ਨੂੰ ਮੁਕਤ ਕਰਨਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੋ ਗਿਆ ਹੈ। ਇੰਝ ਪਤਨ ਵੱਲ ਜਾ ਰਹੇ ਸਮਾਜ ਤੇ ਦੇਸ਼ ਨੂੰ ਬਚਾਉਣ ਲਈ ਗੰਭੀਰ ਹੰਭਲਾ ਮਾਰਨ ਦੀ ਲੋੜ ਹੈ।

ਸੱਭਿਅਤਾ ਤੇ ਸੱਭਿਆਚਾਰ

ਰੋਹਿਤ ਕੁਮਾਰ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ

ਬੀ.ਕਾਮ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਕਿਸੇ ਇੱਕ ਇਲਾਕੇ ਜਾਂ ਦੇਸ਼ ਵਿਚ ਵਸਣ ਵਾਲੇ ਲੋਕਾਂ ਦੀ ਜੀਵਨ-ਜਾਚ ਨੂੰ ਉਨ੍ਹਾਂ ਦੀ ਸੱਭਿਅਤਾ ਆਖਿਆ ਜਾਂਦਾ ਹੈ। ਵੱਡੇ ਦੇਸ਼ਾਂ ਵਿਚ ਭੂਗੋਲਿਕ ਪਰਿਸਥਿਤੀਆਂ ਦੇ ਵਖਰੇਵੇਂ ਕਾਰਨ ਅਤੇ ਧਾਰਮਿਕ ਕਰਮ-ਕਾਂਡਾਂ ਦੀ ਭਿੰਨਤਾ ਕਾਰਨ ਵੱਖ-ਵੱਖ ਇਲਾਕਿਆਂ ਜਾਂ ਪ੍ਰਾਂਤਾਂ ਦੀਆਂ ਜੀਵਨ-ਜਾਚਾਂ ਵਿੱਚ ਕੁੱਝ ਫਰਕ ਹੋ ਜਾਂਦਾ ਹੈ। ਜੰਗਲੀ ਮਨੁੱਖ ਦੀ ਜੀਵਨ ਜਾਚ ਨੂੰ ਸੱਭਿਅਤਾ ਨਹੀਂ ਆਖਿਆ

ਗਿਆ ਅਤੇ ਨਾ ਹੀ ਸੱਭਿਆ ਦੇਸ਼ਾਂ ਵਿਚਲੇ ਟੱਪਰੀਵਾਸਾਂ ਦੇ ਜੀਵਨ-ਢੰਗ ਨੂੰ ਸੱਭਿਅਤਾ ਦੀ ਪਦਵੀ ਪ੍ਰਾਪਤ ਹੈ।

ਸੱਭਿਅਤਾ ਸੰਜੀਵੀ ਅਤੇ ਵਿਕਾਸਸ਼ੀਲ ਪ੍ਰਕਿਰਿਆ ਹੈ। ਕੁਦਰਤ ਅਤੇ ਜੀਵ ਦੋਵੇਂ ਹੀ ਇਸ ਅਮਲ ਦੀ ਲਗਾਤਾਰਤਾ ਦੇ ਕਾਰਨ ਅਤੇ ਸਾਧਨ ਹਨ। ਵਧੇਰੇ ਸੂਝਵਾਨ ਅਤੇ ਸ਼ਕਤੀਸ਼ਾਲੀ ਹੋ ਜਾਣ ਕਰਕੇ ਮਾਨਵ ਸੱਭਿਅਤਾ ਦੇ ਵਿਕਾਸ ਦਾ ਪ੍ਰਮੁੱਖ ਸਾਧਨ ਬਣਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਸੱਭਿਅਤਾ ਦਾ ਸੰਪੂਰਣ ਹੋਣਾ ਸੰਭਵ ਨਹੀਂ ਕਿਉਂਕਿ ਇਸ ਵਿੱਚ ਸਮੇਂ ਦੇ ਨਾਲ ਤਬਦੀਲੀ ਆਉਂਦੀ ਜਾਂਦੀ ਹੈ ਜਿਸ ਕਰਕੇ ਇਸ ਨੂੰ ਵਿਕਾਸਸ਼ੀਲ ਪ੍ਰਕਿਰਿਆ ਕਹਿੰਦੇ ਹਨ।

ਸੱਭਿਅਤਾ ਦੇ ਆਰੰਭ ਵਿਚ ਮਨੁੱਖ ਨੇ ਕੁੱਲੀਆਂ ਅਤੇ ਕੱਚੇ ਕੋਠਿਆਂ ਦਾ ਨਿਰਮਾਣ ਕਰਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਸੁਰੱਖਿਅਤ ਕੀਤਾ ਹੋਵੇਗਾ। ਸਮੇਂ ਦੇ ਨਾਲ ਉਨ੍ਹਾਂ ਨੇ ਤਾਜ-ਮਹਿਲਾਂ ਅਤੇ ਕਈ ਹੋਰ ਇਮਾਰਤਾਂ ਅਤੇ ਕਿਲ੍ਹਿਆਂ ਦੀ ਉਸਾਰੀ ਵੀ ਕੀਤੀ। ਇਸ ਨਾਲ ਸੱਭਿਆਚਾਰ ਵਿਚ ਵੀ ਤਬਦੀਲੀ ਆਉਂਦੀ ਗਈ।

ਵੱਧ ਰਹੇ ਨਸ਼ਿਆਂ ਦੀ ਰੋਕਥਾਮ

ਦਿਕਸ਼ਾ ਕਲਸੀ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਪੰਜਾਬ ਵਿੱਚ ਸਾਨੂੰ ਨਸ਼ਿਆਂ ਨਾਲ ਸੰਘਰਸ਼ ਕਰਦਿਆਂ ਬਹੁਤ ਸਮਾਂ ਹੋ ਗਿਆ ਹੈ, ਪਰ ਰੰਗਲੇ ਪੰਜਾਬ ਨੂੰ ਨਸ਼ੇ ਨੇ ਖਾ ਲਿਆ ਹੈ। ਇਸ ਕਾਰਨ ਪੰਜਾਬ ਵਿਚ ਨਸ਼ਾ ਇੱਕ ਬਹੁਤ ਗੰਭੀਰ ਸਮੱਸਿਆ ਬਣ ਚੁੱਕਿਆ ਹੈ। ਇਸ ਨਾਲ ਅਨੇਕਾਂ ਪਰਿਵਾਰਾਂ ਲਈ ਨਸ਼ੇ ਦੁੱਖਾਂ ਦਾ ਪਹਾੜ ਲੈ ਕੇ ਆਏ ਹਨ। ਨਸ਼ਿਆਂ ਦੀ ਰੋਕਥਾਮ ਬਾਰੇ ਅਸੀਂ ਚਾਹੇ ਕੁਝ ਵੀ ਆਖੀਏ ਪਰ ਅਫਸੋਸ ਦੀ ਗੱਲ ਇਹ ਹੈ ਕਿ ਚੋਣਾਂ ਮੌਕੇ ਸਭ ਕੁੱਝ ਭੁੱਲ ਕੇ ਨਸ਼ਿਆਂ ਦੀ ਖੂਬ ਵਰਤੋਂ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਇਸ ਵਾਰ ਦੀਆਂ ਪੰਚਾਇਤੀ ਚੋਣਾਂ ਦੌਰਾਨ ਵੀ ਅਜਿਹਾ ਕੁਝ ਵੀ ਹੀ ਦੇਖਣ ਨੂੰ ਮਿਲਿਆ ਹੈ। ਭਾਵੇਂ ਲੋਕ ਵੱਡੇ-ਵੱਡੇ ਦਰਮਜ਼ੇ ਮਾਰਦਿਆਂ ਨਸ਼ੇ ਖ਼ਤਮ ਕਰਨ ਦੀਆਂ ਗੱਲਾਂ ਕਰਦੇ ਹਨ, ਪਰ ਪੰਚਾਇਤੀ ਚੋਣਾਂ ਦੌਰਾਨ ਵੱਖ-ਵੱਖ ਪਿੰਡਾਂ ਵਿਚ ਨਸ਼ੇ ਵਰਤਾ ਕੇ ਵੋਟਾਂ ਆਪਣੇ ਹੱਕ ਵਿੱਚ ਵਰਤਾਉਣ ਲਈ ਪੂਰੀਆਂ ਕੋਸ਼ਿਸ਼ਾਂ ਕੀਤੀਆਂ ਗਈਆਂ ਹਨ। ਇਨ੍ਹਾਂ ਚੋਣਾਂ ਵਿਚ ਬਹੁਤ ਸਾਰੀਆਂ ਥਾਵਾਂ 'ਤੇ ਜਿਸ ਤਰ੍ਹਾਂ ਵੋਟਰਾਂ ਨੂੰ ਲਾਲਚ ਦੇ ਕੇ ਨਸ਼ਾ ਵਰਤਿਆ ਗਿਆ। ਉਸ ਤੋਂ ਇਹ ਅੰਦਾਜ਼ਾ ਸਹਿਜੇ ਹੀ ਲਗਾਇਆ ਜਾ

ਸਕਦਾ ਹੈ ਕਿ ਸਾਡੇ ਲੋਕ ਆਪਣੇ ਦਿਮਾਗ ਤੋਂ ਕਿੰਨਾ ਕੁ ਕੰਮ ਲੈਂਦੇ ਹਨ? ਕਿਉਂਕਿ ਅਜੇ ਕੁਝ ਸਮਾਂ ਪਹਿਲਾਂ ਹੀ ਤਾਂ ਨਸ਼ਿਆਂ ਨੂੰ ਲੈ ਕੇ ਕਿੰਨਾ ਰੋਲਾ-ਰੋਪਾ ਪਿਆ ਸੀ। ਨਸ਼ਿਆਂ ਕਾਰਨ ਨਿੱਤ ਕਿੰਨੇ ਹੀ ਗੱਭਰੂ ਮੌਤ ਦੇ ਮੂੰਹ ਵਿਚ ਜਾ ਰਹੇ ਹਨ। ਸਾਡੇ ਲੋਕਾਂ ਨੇ ਇਸ ਤੋਂ ਸਬਕ ਸਿੱਖਣ ਦੀ ਬਜਾਏ ਪੰਚਾਇਤੀ ਚੋਣਾਂ ਦੌਰਾਨ ਨਸ਼ਾ ਵਰਤਾ ਅਤੇ ਛਕ ਕੇ ਇਹ ਸਾਬਿਤ ਕਰ ਦਿੱਤਾ ਕਿ ਅਸੀਂ ਨਸ਼ੇ ਰੋਕਣ ਲਈ ਪਹਿਲਕਦਮੀ ਕਰਨ ਦੀ ਥਾਂ ਸਿਰਫ ਗੱਲਾਂ ਤੱਕ ਕਰਨ ਹੀ ਸੀਮਤ ਹਾਂ। ਇੱਥੇ ਇਹ ਸਵਾਲ ਪੁੱਛਣਾ ਬਣਦਾ ਹੈ ਕਿ ਜਿਸ ਉਮੀਦਵਾਰ ਨੂੰ ਪੰਚਾਇਤੀ ਚੋਣਾਂ ਦੌਰਾਨ ਨਸ਼ਿਆਂ ਅਤੇ ਹੋਰ ਲਾਲਚ ਦੇ ਅਧਾਰ 'ਤੇ ਆਪਣੀ ਵੋਟ ਦਿੱਤੀ ਜਾਵੇਗੀ ਕਿ ਉਹ ਭਵਿੱਖ 'ਚ ਲੋਕ ਭਲਾਈ ਦੇ ਕੰਮਾਂ ਲਈ ਪਹਿਲ ਕਰਨਗੇ? ਇਸ ਬਾਰੇ ਸੋਚਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਕਿਉਂਕਿ ਚੋਣਾਂ ਤੋਂ ਬਾਅਦ ਅਸੀਂ ਅਕਸਰ ਹੀ ਢੰਡੋਰਾ ਪਿੱਟਦੇ ਰਹਿੰਦੇ ਹਾਂ ਕਿ ਸਾਡੇ ਪਿੰਡ ਦਾ ਵਿਕਾਸ ਨਹੀਂ ਹੋਇਆ। ਜਿਸ ਉਮੀਦਵਾਰ ਨੇ ਲੱਖਾਂ ਰੁਪਏ ਖਰਚ ਕੇ ਲੋਕਾਂ ਨੂੰ ਲਾਲਚ ਦੇ ਕੇ ਚੋਣ ਜਿੱਤੀ ਹੋਵੇ ਉਸ ਤੋਂ ਵਿਕਾਸ ਦੀ ਉਮੀਦ ਕਰਨਾ ਕਿਥੋਂ ਦੀ ਸਿਆਣਪ ਹੈ? ਕਈ ਵਾਰ ਇਹ ਵੀ ਵੇਖਣ ਵਿਚ ਆਉਂਦਾ ਹੈ ਕਿ ਜਿੱਤੇ ਹੋਏ ਕਈ ਉਮੀਦਵਾਰ ਚੋਣਾਂ ਦੌਰਾਨ ਕੀਤਾ ਖਰਚਾ ਪੂਰਾ ਕਰਨ ਲਈ ਗਲੀਆਂ-ਨਾਲੀਆਂ ਅਤੇ ਹੋਰ ਵਿਕਾਸ ਕਾਰਜਾਂ ਦੇ ਨਾਮ 'ਤੇ ਸਰਕਾਰੀ ਗ੍ਰਾਂਟਾਂ ਹੜੱਪ ਜਾਂਦੇ ਹਨ।

ਨੌਜਵਾਨਾਂ ਦੀ ਵਿਦੇਸ਼ਾਂ ਵੱਲ ਦੌੜ

ਲਵਪ੍ਰੀਤ ਸਿੰਘ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਵਿਦੇਸ਼ ਜਾਣ ਦੀ ਲਲਕ - ਪੰਜਾਬ ਦੇ ਲੋਕ, ਖ਼ਾਸ ਕਰ ਨੌਜਵਾਨਾਂ ਦੇ ਦਿਲਾਂ ਵਿਚ ਵਿਦੇਸ਼ਾਂ ਵਿਚ ਜਾ ਕੇ ਕੰਮ ਕਰਨ ਤੇ ਵਸਣ ਦੀ ਲਲਕ ਉੱਸਲਵੱਟੇ ਲੈਂਦੀ ਰਹਿੰਦੀ ਹੈ। ਆਪਣੇ ਇਸ ਉਦੇਸ਼ ਦੀ ਪੂਰਤੀ ਲਈ ਉਹ ਆਪਣਾ ਸਭ ਕੁੱਝ ਦਾਅ ਤੇ ਲਾ ਕੇ ਹਰ ਢੰਗ-ਤਰੀਕਾ ਅਪਣਾਉਣ ਲਈ ਤਿਆਰ ਰਹਿੰਦੇ ਹਨ, ਭਾਵੇਂ ਉਹ ਜਾਇਜ਼ ਹੋਵੇ ਜਾਂ ਨਾਜਾਇਜ਼, ਕਾਨੂੰਨੀ ਜਾਂ ਗੈਰ-ਕਾਨੂੰਨੀ।

ਲਲਕ ਦਾ ਵਪਾਰੀਕਰਨ - ਪੰਜਾਬੀਆਂ ਵਿਚ ਇਹ ਇੱਛਾ ਇੰਨੀ ਪ੍ਰਬਲ ਹੈ ਕਿ ਅੱਜ ਇਸਦਾ ਵਪਾਰੀਕਰਨ ਹੋ ਚੁੱਕਾ ਹੈ। ਥਾਂ-ਥਾਂ ਆਮ ਲੋਕਾਂ ਤੇ ਨੌਜਵਾਨਾਂ ਨੂੰ ਵਿਦੇਸ਼ਾਂ ਵਿਚ ਭੇਜਣ ਵਿਚ ਸਹਾਇਤਾ ਕਰਨ ਦਾ ਦਾਅਵਾ ਕਰਨ ਵਾਲੇ ਏਜੰਟਾਂ ਨੇ ਆਪਣੀਆਂ ਦੁਕਾਨਾਂ ਖੋਲ੍ਹੀਆਂ

ਹੋਈਆਂ ਹਨ। ਇਨ੍ਹਾਂ ਵਿਚ ਕੁੱਝ ਏਜੰਟ ਕਿਸੇ ਹੱਦ ਇਮਾਨਦਾਰੀ ਨਾਲ ਕੰਮ ਕਰਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਬਾਰੇ ਹਰ ਰੋਜ਼ ਅਖ਼ਬਾਰਾਂ ਵਿਚ ਛਪਦਾ ਹੈ ਕਿ ਕਿਵੇਂ ਇਨ੍ਹਾਂ ਅਨਸਰਾਂ ਨੂੰ ਉੱਚ ਸਰਕਾਰੀ ਅਫ਼ਸਰਾਂ ਤੇ ਲੋਕਾਂ ਦੇ ਅਸੈਂਬਲੀਆਂ ਤੇ ਪਾਰਲੀਮੈਂਟ ਲਈ ਚੁਣੇ ਹੋਏ ਪ੍ਰਤੀਨਿਧਾਂ ਦੀ ਸਰਪ੍ਰਸਤੀ ਹਾਸਲ ਹੈ। ਇਹ ਲੋਕ ਕਦੇ ਤਾਂ ਵਿਦੇਸ਼ ਜਾਣ ਦੇ ਚਾਹਵਾਨਾਂ ਨੂੰ ਕਿਸੇ ਗਾਇਕ ਤੇ ਭੰਗੜਾ ਮੰਡਲੀ ਜਾਂ ਖਿਡਾਰੀ ਮੰਡਲੀ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਦਿੰਦੇ ਹਨ। ਸਰਹੱਦਾਂ ਪਾਰ ਕਰਨ ਸਮੇਂ ਕਈ ਨੌਜਵਾਨ ਸਰਹੱਦ ਦੀਆਂ ਪੁਲਿਸਾਂ ਦੇ ਸ਼ਿਕਾਰ ਹੋ ਜਾਂਦੇ ਹਨ ਅਤੇ ਕਈ ਲੰਮੇ ਸਮੇਂ ਲਈ ਜੇਲ ਚਲ ਜਾਂਦੇ ਹਨ।

ਵਿਦੇਸ਼ ਜਾਣ ਦੀ ਤਰਲੋਂਛੀ - ਪਰ ਸਿਤਮ ਦੀ ਗੱਲ ਇਹ ਹੈ ਕਿ ਹਰ ਰੋਜ਼ ਅਖ਼ਬਾਰਾਂ ਵਿੱਚ ਅਜਿਹੇ ਨੌਜਵਾਨਾਂ ਦੇ ਹਸ਼ਰ ਨੂੰ ਦੇਖ ਕੇ ਅਤੇ ਪਿੱਛੇ ਰਹੇ ਉਨ੍ਹਾਂ ਦੇ ਕਰਜ਼ਾਈ ਹੋ ਚੁੱਕੇ ਮਾਪਿਆਂ ਦੇ ਮਾਨਸਿਕ ਕਸ਼ਟਾਂ ਬਾਰੇ ਪੜ੍ਹਕੇ ਵੀ ਲੋਕਾਂ ਤੇ ਨੌਜਵਾਨਾਂ ਵਿਚੋਂ ਵਿਦੇਸ਼ ਜਾਣ ਦੀ ਲਲਕ ਮੱਠੀ ਨਹੀਂ ਹੁੰਦੀ, ਸਗੋਂ ਪਹਿਲਾਂ ਵਾਂਗ ਹੀ ਪਾਸਪੋਰਟ ਬਣਾਉਣ ਲਈ ਪਾਸਪੋਰਟ ਦਫ਼ਤਰਾਂ ਵਿਚ ਤੇ ਕਿਸੇ ਨਾ ਕਿਸੇ ਢੰਗ ਨਾਲ ਵਿਦੇਸ਼ ਜਾਣ ਦਾ ਰਾਹ ਦਿਖਾਉਣ ਵਾਲੇ ਏਜੰਟਾਂ ਦੇ ਦਫ਼ਤਰ ਅੱਗੇ ਉਨ੍ਹਾਂ ਦੀਆਂ ਭੀੜਾਂ ਜੁੜੀਆਂ ਰਹਿੰਦੀਆਂ ਹਨ।

ਕਾਰਨ - ਇੱਥੇ ਸਾਡੇ ਲਈ ਇਹ ਜਾਣਨਾ ਜ਼ਰੂਰੀ ਹੋ ਜਾਂਦਾ ਹੈ ਕਿ ਆਖ਼ਰ ਉਹ ਕਿਹੜੇ ਕਾਰਨ ਹਨ, ਜਿਨ੍ਹਾਂ ਕਰਕੇ ਪੰਜਾਬੀ ਨੌਜਵਾਨ ਆਪਣਾ ਪਿਆਰਾ ਘਰ, ਪਰਿਵਾਰ ਤੇ ਵਤਨ ਛੱਡਕੇ ਵਿਦੇਸ਼ਾਂ ਵੱਲ ਜਾ ਰਹੇ ਹਨ। ਇਸਦਾ ਮੁੱਖ ਕਾਰਨ ਇਹ ਹੈ ਕਿ ਸਾਡੇ ਦੇਸ਼ ਵਿਚ ਨੌਜਵਾਨਾਂ ਨੂੰ ਆਪਣਾ ਭਵਿੱਖ ਧੁੰਦਲਾ ਦਿਖਾਈ ਦਿੰਦਾ ਹੈ। ਪੜ੍ਹ-ਲਿਖਕੇ ਵੀ ਨੌਕਰੀ ਮਿਲਣ ਦੇ ਮੌਕੇ ਬਹੁਤ ਘੱਟ ਹੁੰਦੇ ਹਨ। ਜਿਨ੍ਹਾਂ ਨੂੰ ਰੁਜ਼ਗਾਰ ਮਿਲ ਵੀ ਜਾਂਦੇ ਹਨ, ਉਨ੍ਹਾਂ ਦੀ ਤਨਖ਼ਾਹ ਇੰਨੀ ਘੱਟ ਮਿਲਦੀ ਹੈ ਕਿ ਦਿਨੋ-ਦਿਨ ਵੱਧ ਰਹੀ ਮਹਿੰਗਾਈ ਕਾਰਨ ਉਨ੍ਹਾਂ ਦੇ ਖ਼ਰਚ ਪੂਰੇ ਨਹੀਂ ਹੁੰਦੇ। ਨੌਜਵਾਨ ਅਜਿਹੀ ਸੰਕਟ ਭਰੀ ਸਥਿਤੀ ਵਿਚੋਂ ਨਿਕਲਣ ਦਾ ਇੱਕੋ ਹੱਲ ਵਿਦੇਸ਼ ਜਾ ਕੇ ਕਮਾਈ ਕਰਨੀ ਸਮਝਦਾ ਹੈ। ਇਸਦੇ ਨਾਲ ਹੀ ਉਹ ਆਲੇ-ਦੁਆਲੇ ਵਿਚ ਨੌਜਵਾਨਾਂ ਨੂੰ ਨਸ਼ਿਆਂ ਦੇ ਸ਼ਿਕਾਰ ਹੁੰਦੇ ਦੇਖ ਕੇ ਉਹ ਇਹ ਵੀ ਚਾਹੁੰਦੇ ਹਨ ਕਿ ਉਨ੍ਹਾਂ ਦਾ ਪੁੱਤਰ ਕਿਸੇ ਤਰ੍ਹਾਂ ਇਸ ਵਾਤਾਵਰਨ ਵਿਚੋਂ ਬਾਹਰ ਹੀ ਨਿਕਲ ਜਾਵੇ।

ਸਰਕਾਰ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ - ਇਸ ਚਰਚਾ ਤੋਂ ਇਹ ਸਿੱਟਾ ਹੀ ਨਿਕਲਦਾ ਹੈ ਕਿ ਨੌਜਵਾਨਾਂ ਦੀ ਵਿਦੇਸ਼ਾਂ ਵੱਲ ਦੌੜ ਨੂੰ ਰੋਕਣ ਲਈ

ਸਾਡੀਆਂ ਸਰਕਾਰਾਂ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਵਧੇਰੇ ਹੈ। ਦੇਸ਼ ਵਿਚ ਖੇਤੀ, ਸਨਅਤ, ਵਪਾਰ ਤੇ ਸਰਵਿਸਿਜ਼ ਦੇ ਖੇਤਰ ਦਾ ਵਿਕਾਸ ਉਸਨੇ ਹੀ ਕਰਨਾ ਹੈ ਅਤੇ ਪੜ੍ਹਾਈ-ਲਿਖਾਈ ਤੇ ਸਿਖਲਾਈ ਦੇ ਮੌਕੇ ਪੈਦਾ ਕਰਕੇ ਆਪਣੇ ਦੇਸ਼ ਵਿਚ ਹਰ ਇਕ ਲਈ ਰੁਜ਼ਗਾਰ ਪੈਦਾ ਕਰਨਾ ਤੇ ਮਹਿੰਗਾਈ ਨੂੰ ਨੱਥ ਪਾਉਣਾ ਉਸਦਾ ਕੰਮ ਹੈ। ਇਸਦੇ ਨਾਲ ਹੀ ਵਿਆਹ-ਸ਼ਾਦੀਆਂ 'ਤੇ ਮਰਨੇ-ਪਰਨੇ ਉੱਪਰ ਖ਼ਰਚੇ ਨੂੰ ਘਟਾਉਣਾ ਚਾਹੀਦਾ ਹੈ।



ਪੰਜਾਬ ਦੇ ਮੇਲੇ

ਨੀਕਿਤਾ

ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਪੰਜਾਬ ਮੇਲਿਆਂ ਤੇ ਤਿਉਹਾਰਾਂ ਦਾ ਦੇਸ਼ ਹੈ। ਇਨ੍ਹਾਂ ਦਾ ਸੰਬੰਧ ਸਾਡੇ ਸੱਭਿਆਚਾਰਕ, ਇਤਿਹਾਸਕ ਅਤੇ ਧਾਰਮਿਕ ਵਿਰਸੇ ਨਾਲ ਹੈ। ਇਨ੍ਹਾਂ ਵਿਚੋਂ ਕੁਝ ਮੇਲੇ ਤਾਂ ਕੌਮੀ ਪੱਧਰ ਦੇ ਹਨ ਜਿਹੜੇ ਕਿ ਪੰਜਾਬ ਵਿਚ ਬੜੇ ਚਾਅ ਨਾਲ ਮਨਾਏ ਜਾਂਦੇ ਹਨ। ਇਸ ਤੋਂ ਬਿਨਾਂ ਪੰਜਾਬ ਵਿਚ ਭਿੰਨ-ਭਿੰਨ ਮੇਲੇ ਵੀ ਲੱਗਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਵਿਚ ਬਹੁਤੇ ਮੇਲੇ ਧਾਰਮਿਕ ਹਨ ਜੋ ਕਿ ਪੀਰਾਂ, ਫਕੀਰਾਂ ਦੀਆਂ ਮਜ਼ਾਰਾਂ, ਦੇਵੀ-ਦੇਵਤਿਆਂ ਦੇ ਇਤਿਹਾਸਕ ਸਥਾਨਾਂ 'ਤੇ ਲੱਗਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਵਿਚ ਪੰਜਾਬ ਤੋਂ ਬਾਹਰਲੇ ਲੋਕ ਵੀ ਭਾਗ ਲੈਣ ਆਉਂਦੇ ਹਨ। ਕੌਮੀ ਪੱਧਰ ਦੇ ਮੇਲੇ ਪੰਜਾਬ ਵਿਚ ਲੱਗਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਵਿਚੋਂ ਵਿਸਾਖੀ ਦਾ ਮੇਲਾ, ਬਸੰਤ, ਦਸ਼ਹਿਰਾ, ਜਨਮ ਅਸ਼ਟਮੀ ਅਤੇ ਰਾਮਨੌਵੀ ਦਾ ਮੇਲਾ ਪ੍ਰਸਿੱਧ ਹੈ। ਇਨ੍ਹਾਂ ਵਿਚੋਂ ਵਿਸਾਖੀ ਦਾ ਮੇਲਾ ਬਹੁਤ ਹਰਮਨ-ਪਿਆਰਾ ਹੈ। ਇਹ ਮੇਲਾ ਹਾੜੀ ਦਾ ਫਸਲ ਦੇ ਪੱਕਣ ਦੀ ਖ਼ੁਸ਼ੀ ਵਿਚ ਥਾਂ-ਥਾਂ 'ਤੇ ਲੱਗਦਾ ਹੈ। ਕਰਤਾਰਪੁਰ ਤੇ ਦਮਦਮਾ ਸਾਹਿਬ ਵਿਚ ਲੱਗਣ ਵਾਲੇ ਵਿਸਾਖੀ ਦੇ ਮੇਲੇ ਸਮੁੱਚੇ ਪੰਜਾਬ ਵਿਚ ਪ੍ਰਸਿੱਧ ਹਨ। ਬਸੰਤ ਦੇ ਮੇਲੇ ਦਾ ਸੰਬੰਧ ਰੁੱਤ ਦੀ ਬਦਲੀ ਨਾਲ ਹੈ। ਦਸ਼ਹਿਰਾ ਦੇ ਮੌਕੇ ਤੇ ਲੱਗਣ ਵਾਲਾ ਮੇਲਾ ਵੀ ਬੜੀ ਧੂਮ-ਧਾਮ ਨਾਲ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਦਸਵੀਂ ਵਾਲੇ ਦਿਨ ਰਾਵਣ ਦੇ ਪੁਤਲੇ ਨੂੰ ਅੱਗ ਲਾਈ ਜਾਂਦੀ ਹੈ। ਜਨਮ ਅਸ਼ਟਮੀ ਅਤੇ

ਰਾਮ ਨੌਮੀ ਦੇ ਮੌਕੇ 'ਤੇ ਵੀ ਮੰਦਰ ਸਜਦੇ ਹਨ। ਸਥਾਨਕ ਮੇਲਿਆਂ ਦੀ ਗਿਣਤੀ ਵੀ ਪੰਜਾਬ ਵਿਚ ਬਹੁਤ ਜ਼ਿਆਦਾ ਹੈ। ਇਨ੍ਹਾਂ ਵਿਚੋਂ ਕੁਝ ਮੇਲੇ ਤਾਂ ਸਮੁੱਚੇ ਪੰਜਾਬ ਤੇ ਇਸ ਤੋਂ ਬਾਹਰਲੇ ਪ੍ਰਾਂਤਾਂ ਦੇ ਲੋਕਾਂ ਵਿਚ ਵੀ ਦਿਲਚਸਪੀ ਪੈਦਾ ਕਰਦੇ ਹਨ। ਪਰੰਤੂ ਕੁਝ ਮੇਲਿਆਂ ਦਾ ਪ੍ਰਭਾਵ ਸੀਮਿਤ ਖੇਤਰਾਂ ਵਿਚ ਹੀ ਰਹਿੰਦਾ ਹੈ। ਛਪਾਰ ਦਾ ਮੇਲਾ ਮਾਲਵੇ ਦੇ ਮੇਲਿਆਂ ਵਿਚ ਸਭ ਤੋਂ ਪ੍ਰਸਿੱਧ ਹੈ। ਇਹ ਮੇਲਾ ਜ਼ਿਲ੍ਹਾ ਲੁਧਿਆਣਾ ਦੇ ਪਿੰਡ ਛਪਾਰ ਦੀ ਦੱਖਣੀ ਗੁੱਠ ਵਿਚ ਗੁੱਗੇ ਦੀ ਮਾੜੀ ਵਿਖੇ ਭਾਦਰੋਂ ਦੀ ਚਾਨਣੀ ਚੌਦੇ ਨੂੰ ਲਗਦਾ ਹੈ। ਕਈ ਸ਼ਰਧਾਲੂ ਉਨੀ ਦੇਰ ਤੱਕ ਕੁਝ ਨਹੀਂ ਖਾਂਦੇ ਜਦੋਂ ਤੱਕ ਉਹ ਗੁੱਗੇ ਦੀ ਮਾੜੀ ਤੋਂ ਜਾ ਕੇ ਉੱਥੇ ਮਿੱਟੀ ਨਾ ਕੱਢ ਲੈਣ। ਜਰਗ ਦਾ ਮੇਲਾ ਵੀ ਮਾਲਵੇ ਦਾ ਪ੍ਰਸਿੱਧ ਮੇਲਾ ਹੈ ਜੋ ਕਿ ਜਰਗ ਨਾਂ ਦੇ ਪਿੰਡ ਵਿਚ ਮਾਤਾ ਰਾਣੀ ਦੇ ਮੰਦਰ ਵਿਚ ਲੱਗਦਾ ਹੈ। ਚੇਤ ਦੇ ਨਰਾਤਿਆਂ ਮੰਗਲਵਾਰ ਦੀ ਸਵੇਰ ਨੂੰ ਰਾਤ ਨੂੰ ਗੁਲਗੁਲੇ ਪਕਾ ਕੇ ਦੂਜੇ ਦਿਨ ਸਵੇਰੇ ਮਾਤਾ ਰਾਣੀ ਦੀ ਪੂਜਾ ਕਰਨ ਪਿੱਛੋਂ ਪ੍ਰਸ਼ਾਦ ਖਵਾਇਆ ਜਾਂਦਾ ਹੈ। ਰੋਸ਼ਨੀਆਂ ਦਾ ਮੇਲਾ ਵੀ ਮਾਲਵੇ ਵਿਚ ਜਗਰਾਓਂ ਵਿਖੇ ਲੱਗਦਾ ਹੈ। ਇਹ ਮੇਲਾ 14, 15 ਅਤੇ 16 ਫੱਗਣ ਨੂੰ ਲੱਗਦਾ ਹੈ। ਲੋਕ ਰਾਤ ਨੂੰ ਪੋਨਿਆ ਵਾਲੇ ਫਕੀਰ ਦੇ ਮਜ਼ਾਰ ਉੱਪਰ ਦੀਵੇ ਜਗਾਉਂਦੇ ਹਨ। ਹੈਦਰ ਸ਼ੇਖ ਦਾ ਮੇਲਾ ਮਾਲਵੇ ਵਿਚ ਮਲੇਰ ਕੋਟਲੇ ਵਿਖੇ ਹੈਦਰ ਸ਼ੇਖ ਦੇ ਮਕਬਰੇ ਉੱਪਰ ਲਗਦਾ ਹੈ। ਇਹ ਮੇਲਾ ਨਿਮਾਣੀ ਏਕਦਸ਼ੀ ਤੋਂ ਇਕ ਦਿਨ ਪਹਿਲਾਂ ਆਰੰਭ ਹੁੰਦਾ ਹੈ ਤੇ ਦੋ ਦਿਨ ਰਹਿੰਦਾ ਹੈ। ਮੁਕਤਸਰ ਦਾ ਮੇਲਾ ਵੀ ਮਾਲਵੇ ਵਿਚ ਪ੍ਰਸਿੱਧ ਹੈ। ਇਹ 40 ਮੁਕਤਿਆਂ ਨਾਲ ਸੰਬੰਧਿਤ ਪਵਿੱਤਰ ਗੁਰਦੁਆਰੇ ਦੇ ਦੁਆਲੇ ਮਾਘੀ ਵਾਲੇ ਦਿਨ ਲਗਦਾ ਹੈ। ਬਾਬੇ ਮੋਢਲ ਦਾ ਮੇਲਾ ਦੁਆਬੇ ਦੇ ਮੇਲਿਆਂ ਵਿਚ ਪ੍ਰਸਿੱਧ ਹੈ ਜੋ ਕਿ ਜਲੰਧਰ ਵਿਚ ਅੱਸੂ ਦੇ ਮਹੀਨੇ ਵਿਚ ਲੱਗਦਾ ਹੈ। ਲੋਕ ਬਾਬੇ ਮੋਢਲ ਦੀਆਂ ਖੁਸ਼ੀਆਂ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਦਾਨ-ਪੁੰਨ ਕਰਦੇ ਹਨ। ਅਨੰਦਪੁਰ ਦਾ ਹੋਲਾ-ਮਹੱਲਾ ਵੀ ਦੁਆਬੇ ਦਾ ਪ੍ਰਸਿੱਧ ਮੇਲਾ ਹੈ ਜੋ ਕਿ ਅਨੰਦਪੁਰ ਸਾਹਿਬ ਵਿਖੇ ਲਗਦਾ ਹੈ। ਆਦਮਪੁਰ ਲਾਗੇ ਬਾਬੇ ਸੂਸਾਂ ਵਾਲੇ ਦਾ ਪ੍ਰਸਿੱਧ ਮੇਲਾ ਲਗਦਾ ਹੈ। ਅੱਚਲ ਦਾ ਮੇਲਾ ਮਾਝੇ ਵਿਚ ਪ੍ਰਸਿੱਧ ਹੈ ਜੋ ਕਿ ਬਟਾਲੇ ਨੇੜੇ ਲਗਦਾ ਹੈ। ਇਹ ਮੇਲਾ ਰਾਮ ਨੌਮੀ ਦੇ ਮੌਕੇ 'ਤੇ ਲੱਗਦਾ ਹੈ। ਪੁਰਾਣੇ ਸਮੇਂ ਵਿਚ ਅਚਲ ਵਿਖੇ ਜੋਗੀਆਂ ਦਾ ਭਾਰੀ ਕੇਂਦਰ ਸੀ। ਰਾਮ ਤੀਰਥ ਦਾ ਮੇਲਾ ਅੰਮ੍ਰਿਤਸਰ ਤੋਂ 12 ਕੁ ਮੀਲ ਦੂਰੀ 'ਤੇ ਰਾਮ ਤੀਰਥ ਨਾਂ ਦੇ ਸਥਾਨ 'ਤੇ ਲੱਗਦਾ ਹੈ। ਇਸ ਸਥਾਨ ਦਾ ਸੰਬੰਧ ਸ੍ਰੀ ਰਾਮ ਚੰਦਰ ਜੀ ਨਾਲ ਹੈ। ਇੱਥੇ ਇਕ ਸਰੋਵਰ ਹੈ ਜਿਸ ਉੱਤੇ ਇਹ ਮੇਲਾ ਕੱਤਕ ਦੀ ਪੂਰਨਮਾਸ਼ੀ ਨੂੰ ਲੱਗਦਾ ਹੈ। ਸਾਈਂ ਇਲਾਹੀ ਸ਼ਾਹ ਦੀ

ਦਰਗਾਹ ਦਾ ਮੇਲਾ ਵੀ ਮਾਝੇ ਦਾ ਪ੍ਰਸਿੱਧ ਮੇਲਾ ਹੈ ਜੋ ਕਿ ਇਲਾਹੀ ਸ਼ਾਹ ਜੀ ਦੀ ਦਰਗਾਹ ਉੱਪਰ ਹਰ ਸਾਲ 20 ਹਾੜ ਨੂੰ ਲੱਗਦਾ ਹੈ। ਛੇਹਰਟੇ ਦੀ ਬਸੰਤ ਪੰਚਮੀ 'ਤੇ 'ਕੋਟੇ ਦਾ ਮੇਲਾ' ਮਾਝੇ ਦੇ ਪ੍ਰਸਿੱਧ ਮੇਲੇ ਹਨ। ਇਨ੍ਹਾਂ ਮੇਲਿਆਂ ਦੀ ਮਹਾਨਤਾ ਇਹ ਹੈ ਕਿ ਇਸ ਵਿਚ ਵਪਾਰਕ ਚੀਜ਼ਾਂ ਦੀਆਂ ਮੰਡੀਆਂ ਲੱਗਦੀਆਂ ਹਨ। ਪਸ਼ੂਆਂ ਦੀਆਂ ਮੰਡੀਆਂ ਲਗਦੀਆਂ ਹਨ। ਸਮੁੱਚੇ ਤੌਰ 'ਤੇ ਇਥੇ ਆਏ ਲੋਕ ਮਨ-ਭਾਉਂਦੀਆਂ ਚੀਜ਼ਾਂ ਖਾ ਕੇ, ਭੰਗੜਾ ਪਾ ਕੇ ਨਾਲ ਹੀ ਧਾਰਮਿਕ ਇਸ਼ਟਾਂ ਤੇ ਪੀਰਾਂ-ਫਕੀਰਾਂ ਦੀ ਮੰਨਤ ਕਰ ਕੇ ਆਪਣਾ ਜੀਵਨ ਸਫਲ ਕਰਦੇ ਹਨ। ਇਸ ਪ੍ਰਕਾਰ ਮੇਲਿਆਂ ਦੀ ਪੰਜਾਬੀ ਜੀਵਨ ਵਿਚ ਕਾਫੀ ਮਹਾਨਤਾ ਹੈ।

ਦਾਜ ਦੀ ਸਮੱਸਿਆ

ਆਸ਼ੂ ਸਿੰਘ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਭੂਮਿਕਾ - ਸਦੀਆਂ ਤੋਂ ਚਲੀ ਆ ਰਹੀ ਦਾਜ ਦੀ ਪ੍ਰਥਾ ਅੱਜ ਸਾਡੇ ਸਮਾਜ ਨੂੰ ਘੁਣ ਵਾਂਗੂੰ ਖਾ ਰਹੀ ਹੈ। ਕਿੰਨੀਆਂ ਹੀ ਕੀਮਤੀ ਜਾਨਾਂ ਇਸ ਨਾ-ਮੁਰਾਦ ਪ੍ਰਥਾ ਦਾ ਸ਼ਿਕਾਰ ਹੋ ਰਹੀਆਂ ਹਨ। ਦਾਜ ਦੀ ਭੈੜੀ ਪ੍ਰਥਾ ਨੇ ਵਿਆਹ ਦਾ ਪਵਿੱਤਰ ਸੰਬੰਧ ਖ਼ਰਾਬ ਕਰ ਦਿੱਤਾ ਹੈ।

ਦਾਜ ਕੀ ਹੈ? - ਲੜਕੀ ਨੂੰ ਸ਼ਾਦੀ ਦੇ ਮੌਕੇ 'ਤੇ ਮਾਪਿਆਂ ਵਲੋਂ ਪਿਆਰ, ਮਮਤਾ ਨਾਲ ਦਿੱਤਾ ਸਾਮਾਨ ਦਾਜ ਹੈ। ਪੁਰਾਣੇ ਜ਼ਮਾਨੇ ਵਿਚ ਵੀ ਲੜਕੀ ਦੇ ਵਿਆਹ 'ਤੇ ਮਾਪਿਆਂ ਵੱਲੋਂ ਆਪਣੀ ਹੈਸੀਅਤ ਦੇ ਅਨੁਸਾਰ ਚੀਜ਼ਾਂ ਤੋਹਫੇ ਦੇ ਰੂਪ ਵਿਚ ਦਿੱਤੀਆਂ ਜਾਂਦੀਆਂ ਸਨ ਤੇ ਦੂਸਰੀ ਧਿਰ ਵੱਲੋਂ ਵੀ ਇਹ ਖੁਸ਼ੀ-ਖੁਸ਼ੀ ਪ੍ਰਵਾਨ ਕਰ ਲਈਆਂ ਜਾਂਦੀਆਂ ਸਨ। ਪਰ ਹੌਲੀ-ਹੌਲੀ ਇਹ ਗੱਲ ਲਾਜ਼ਮੀ ਰਸਮ ਬਣ ਗਈ ਤੇ ਦਾਜ ਦੇਣਾ ਜ਼ਰੂਰੀ ਹੋ ਗਿਆ।

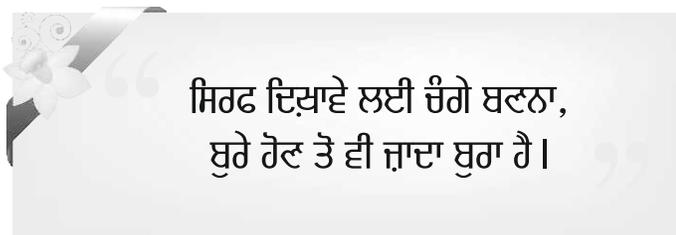
ਦਾਜ ਦਾ ਅਜੋਕਾ ਰੂਪ - ਅਜੋਕੇ ਯੁੱਗ ਵਿਚ ਦਾਜ ਦੀ ਪ੍ਰਥਾ ਨੇ ਇਕ ਡਰਾਉਣਾ ਰੂਪ ਧਾਰਨ ਕਰ ਲਿਆ ਹੈ। ਅੱਜ ਤਾਂ ਦਾਜ ਲੈਣ-ਦੇਣ ਦੇ ਸੌਦੇ ਹੋਣ ਲੱਗ ਪਏ ਹਨ। ਵਿਆਹ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਦਾਜ ਬਾਰੇ ਸਭ ਕੁਝ ਤੈਅ ਕਰ ਲਿਆ ਜਾਂਦਾ ਹੈ। ਲੜਕੇ ਵਾਲੇ ਮੂੰਹ ਅੱਡ ਕੇ ਦਾਜ ਮੰਗਣ ਲੱਗ ਪਏ ਹਨ। ਅੱਜ ਤਾਂ ਲੜਕੇ ਨਾਲੇ ਮੁੰਡੇ ਦਾ ਮੁੱਲ ਹੀ ਪਾਉਣ ਲੱਗ ਪਏ ਹਨ। ਵਿਆਹ ਪਿੱਛੋਂ ਵੀ ਮੁੰਡੇ ਵਾਲਿਆਂ ਦੀਆਂ ਮੰਗਾਂ ਨਹੀਂ ਮੁੱਕਦੀਆਂ। ਇਸ ਤਰ੍ਹਾਂ ਦਾਜ ਅੱਜ ਕੋਈ ਦਾਨ ਨਹੀਂ ਸਗੋਂ ਸਰਾਪ ਬਣ ਗਿਆ ਹੈ।

ਸਹੁਰਿਆਂ ਦੀਆਂ ਨੂੰਹ ਨਾਲ ਜ਼ਿਆਦਾਤੀਆਂ - ਦਾਜ ਦੀ ਕੋਈ ਨਿਸ਼ਚਿਤ ਸੀਮਾ ਨਹੀਂ ਹੈ। ਕਈ ਵਾਰੀ ਮਾਪਿਆਂ ਵੱਲੋਂ ਆਪਣੀ ਵਿੱਤੋਂ ਵੱਧ ਕੇ ਦਾਜ ਦੇਣ ਦੇ ਬਾਵਜੂਦ ਅੱਗੋਂ ਸਹੁਰਿਆਂ ਦਾ ਨੂੰਹ ਪ੍ਰਤੀ ਵਰਤਾਉ ਬੜਾ ਭੈੜਾ ਹੁੰਦਾ ਹੈ। ਉਸ ਨੂੰ ਦਾਜ ਘੱਟ ਲਿਆਉਣ ਦੇ ਤਾਹਨੇ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ। ਲੜਾਈ-ਝਗੜੇ ਤੋਂ ਮਾਰ ਕੁਟਾਈ ਤੱਕ ਨੌਬਤ ਆ ਜਾਂਦੀ ਹੈ। ਨੂੰਹ ਨੂੰ ਮਜ਼ਬੂਰ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਉਹ ਆਪਣੇ ਪੇਕਿਆਂ ਤੋਂ ਹੋਰ ਕੁਝ ਲੈ ਕੇ ਆਏ। ਕਦੇ-ਕਦੇ ਤਾਂ ਨੂੰਹ ਨੂੰ ਸਿਰਫ਼ ਇਸ ਕਰਕੇ ਪੇਕੇ ਬਿਠਾ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਜੇ ਫਲਾਣੀ ਚੀਜ਼ ਲਿਆਵੇਗੀ ਤਾਂ ਲੈ ਕੇ ਜਾਵਾਂਗੇ।

ਦਾਜ਼ ਲੈਣ-ਦੇਣ ਦੇ ਵਾਧੇ ਦੇ ਕਾਰਨ - ਦਾਜ ਲੈਣ-ਦੇਣ ਵਿਚ ਕੁੜੀ ਵਾਲੇ ਵੀ ਬਰਾਬਰ ਦੇ ਜ਼ਿੰਮੇਵਾਰ ਹਨ। ਉਹ ਆਪਣੇ ਨਾਲੋਂ ਵੱਡੇ ਘਰ ਵਿਚ ਕੁੜੀ ਨੂੰ ਵਿਆਹੁਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਉਹ ਵਧੇ ਵਧੀ ਦਾਜ ਦੇਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਹਨ ਤੇ ਕਰਜ਼ਿਆਂ ਦੀ ਦਲਦਲ ਵਿਚ ਫਸ ਜਾਂਦੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਲੜਕੀ ਵਾਲਿਆਂ ਦੇ ਇਸ ਕਮਜ਼ੋਰ ਪੱਖ ਨਾਲ ਮੁੰਡੇ ਵਾਲਿਆਂ ਨੂੰ ਸ਼ਹਿ ਮਿਲਦੀ ਹੈ। ਸਾਡੇ ਦੇਸ਼ ਵਿਚ ਭਾਵੇਂ ਦਾਜ ਵਿਰੋਧੀ ਕਾਨੂੰਨ ਬਣਿਆ ਹੋਇਆ ਹੈ ਪਰ ਇਸ ਦਾ ਬਹੁਤ ਲਾਭ ਨਹੀਂ ਹੋਇਆ। ਲੋਕ ਅੰਦਰਖਾਤੇ ਲੁਕ-ਛੁੱਪ ਕੇ ਦਾਜ ਦਾ ਲੈਣ-ਦੇਣ ਲੱਗ ਪਏ ਹਨ। ਅਮੀਰ ਲੋਕ ਆਪਣੀਆਂ ਲੜਕੀਆਂ ਨੂੰ ਆਪਣੀ ਸ਼ਾਨ-ਸ਼ੌਕਤ ਦੀ ਖ਼ਾਤਰ ਵੱਧ-ਚੜ੍ਹ ਕੇ ਦਾਜ ਦਿੰਦੇ ਹਨ। ਜਿਸ ਦੀ ਦੇਖਾ-ਦੇਖੀ ਗਰੀਬ ਲੋਕਾਂ ਨੂੰ ਵੀ ਢਾਹਾ ਲੈਣ ਪੈਂਦਾ ਹੈ।

ਦੂਰ ਕਰਨ ਦੇ ਉਪਾਅ - ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਤਾਂ ਦਾਜ ਦੀ ਪ੍ਰਥਾ ਨੂੰ ਖ਼ਤਮ ਕਰਨ ਲਈ ਸਮਾਜਿਕ ਚੇਤਨਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਲੜਕੀਆਂ ਨੂੰ ਆਪਣੇ ਮਾਪਿਆਂ ਦੁਆਰਾ ਦਿੱਤੇ ਜਾਂਦੇ ਦਾਜ ਦੇ ਲਾਲਚ ਦਾ ਵਿਰੋਧ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਦਹੇਜ਼ ਤਾਂ ਹੀ ਖ਼ਤਮ ਹੋਵੇਗਾ ਜੇ ਨੌਜਵਾਨ ਪੀੜੀ ਮਿਲ ਕੇ ਹੰਭਲਾ ਮਾਰੇ ਤੇ ਦਾਜ ਨਾ ਲੈਣ ਦਾ ਪ੍ਰਣ ਕਰੇ।

ਸਾਰੰਸ਼ - ਸੋ ਦਾਜ ਇਕ ਜਨਤਕ ਮਸਲਾ ਹੈ। ਇਸ ਤੋਂ ਛੁਟਕਾਰਾ ਪਾਉਣ ਲਈ ਸਮਾਜਿਕ ਤਬਦੀਲੀ ਦੀ ਲੋੜ ਹੈ।



ਸਿਰਫ਼ ਦਿਖਾਏ ਲਈ ਚੰਗੇ ਬਦਨਾ,
ਬੁਰੇ ਹੋਣ ਤੇ ਫੀ ਜ਼ਾਦਾ ਬੁਰਾ ਹੈ।

ਮਹਿੰਗਾਈ

ਰਾਧਿਕਾ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਭੂਮਿਕਾ - ਅਜ਼ਾਦੀ ਦੇ ਬਾਅਦ ਭਾਰਤ ਹੌਲੀ-ਹੌਲੀ ਚਾਰੇ ਪਾਸੇ ਵਿਕਾਸ ਕਰ ਰਿਹਾ ਹੈ। ਅੱਜ ਲਗਭਗ ਰੋਜ਼ਾਨਾ ਉਪਯੋਗ ਦੀਆਂ ਸਾਰੀ ਵਸਤੂਆਂ ਦਾ ਨਿਰਮਾਣ ਆਪਣੇ ਦੇਸ਼ ਵਿਚ ਹੀ ਹੁੰਦਾ ਹੈ। ਜਿਨ੍ਹਾਂ ਵਸਤੂਆਂ ਲਈ ਪਹਿਲਾਂ ਅਸੀਂ ਦੂਜਿਆਂ ਉੱਤੇ ਨਿਰਭਰ ਰਹਿੰਦੇ ਸਾਂ, ਹੁਣ ਉਨ੍ਹਾਂ ਦਾ ਉਤਪਾਦਨ ਸਾਡੇ ਦੇਸ਼ ਵਿਚ ਹੀ ਹੋ ਰਿਹਾ ਹੈ। ਖੇਤੀ ਖੇਤਰ ਵਿਚ ਵੀ ਸਾਨੂੰ ਕਾਫ਼ੀ ਸਫ਼ਲਤਾ ਮਿਲੀ ਹੈ। ਅੱਜ ਦੇਸ਼ ਵਿਚ ਵੀ ਸਾਨੂੰ ਕਾਫ਼ੀ ਸਫ਼ਲਤਾ ਮਿਲੀ ਹੈ। ਅੱਜ ਦੇਸ਼ ਵਿਚ ਆਧੁਨਿਕ ਵਿਗਿਆਨਕ ਢੰਗ ਤੋਂ ਖੇਤੀ ਉਤਪਾਦਨ ਹੁੰਦਾ ਹੈ।

ਮੁੱਲ ਵੱਧਣ ਦੇ ਕਾਰਨ - ਜਦਕਿ ਸਾਡੇ ਇੱਥੇ ਲਗਭਗ ਸਾਰੀਆਂ ਵਸਤੂਆਂ ਦਾ ਉਤਪਾਦਨ ਹੁੰਦਾ ਹੈ, ਪਰ ਉਸਦਾ ਉਤਪਾਦਨ ਇੰਨਾ ਨਹੀਂ ਹੁੰਦਾ ਕਿ ਉਹ ਲੋਕਾਂ ਨੂੰ ਉਚਿਤ ਮੁੱਲ ਉੱਤੇ ਪੂਰੀ ਮਾਤਰਾ ਵਿਚ ਮਿਲ ਸਕਣ। ਉਨ੍ਹਾਂ ਦੀ ਪੂਰਤੀ ਦੀ ਘਾਟ ਤੋਂ ਮੰਗ ਵਧਦੀ ਹੈ ਅਤੇ ਮੰਗ ਦੇ ਵਧਣ ਨਾਲ ਮੁੱਲ ਦਾ ਵਧਣਾ ਵੀ ਸੁਭਾਵਕ ਹੈ। ਕਦੀ-ਕਦੀ ਕਿਸੇ ਵਸਤੂ ਦੀ ਉਤਪਾਦਨ ਲਾਗਤ ਇੰਨੀ ਵਧ ਜਾਂਦੀ ਹੈ ਕਿ ਉਪਭੋਗਤਾ ਨੂੰ ਹੀ ਉਸਦੀ ਕੀਮਤ ਚੁਕਾਉਣੀ ਪੈਂਦੀ ਹੈ, ਕਿਉਂਕਿ ਉਸਦੇ ਉਤਪਾਦਨ ਵਿਚ ਸਹਾਇਕ ਸਮੱਗਰੀ ਲਈ ਸਾਨੂੰ ਵਿਦੇਸ਼ਾਂ ਉੱਤੇ ਨਿਰਭਰ ਰਹਿਣਾ ਪੈਂਦਾ ਹੈ। ਕੱਚੇ ਮਾਲ ਲਈ ਵਿਦੇਸ਼ਾਂ ਵੱਲ ਵੇਖਣਾ ਪੈਂਦਾ ਹੈ। ਆਵਾਜਾਈ ਦੇ ਸਾਧਨ ਵੱਧ ਜਾਂਦੇ ਹਨ ਜਿਸ ਨਾਲ ਚਾਰੇ ਪਾਸੇ ਉਨ੍ਹਾਂ ਦੀ ਉਤਪਾਦਨ ਲਾਗਤ ਵੱਧ ਜਾਂਦੀ ਹੈ।

ਰਾਸ਼ਟਰੀ ਭਾਵਨਾ ਦੀ ਕਮੀ - ਅੱਜ ਮੁੱਲ ਵਧਣ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਕਾਰਨ ਉਤਪਾਦਕਾਂ ਵਿਚ ਰਾਸ਼ਟਰੀ ਭਾਵਨਾ ਦੀ ਕਮੀ ਹੈ। ਸਾਡਾ ਉਦਯੋਗਪਤੀ ਰਾਸ਼ਟਰੀ ਭਾਵਨਾ ਨਾਲ ਵਸਤੂਆਂ ਦਾ ਉਤਪਾਦਨ ਨਹੀਂ ਕਰਦਾ। ਉਸਦੇ ਅੰਦਰ ਜ਼ਿਆਦਾ ਲਾਭ ਕਮਾਉਣ ਦੀ ਭਾਵਨਾ ਜ਼ਿਆਦਾ ਹੁੰਦੀ ਹੈ ਇਸਦੇ ਲਈ ਭਾਵੇਂ ਉਸਨੂੰ ਰਾਸ਼ਟਰ ਅਤੇ ਸਮਾਜ ਦੀ ਉਲੰਘਣਾ ਵੀ ਕਰਨੀ ਪਵੇ, ਉਹ ਆਪਣੇ ਲਾਭ ਲਈ ਰਾਸ਼ਟਰੀ ਹਿੱਤਾਂ ਦੀ ਵੀ ਬਲੀ ਚੜ੍ਹਾ ਦੇਂਦਾ ਹੈ। ਇਹੀ ਕਾਰਨ ਹੈ ਕਿ ਅੱਜ ਦੇਸ਼ ਵਿਚ ਮਹਿੰਗਾਈ ਵੱਧ ਰਹੀ ਹੈ ਅਤੇ ਘਟੀਆਂ ਵਸਤੂਆਂ ਦੇ ਉਤਪਾਦਨ ਤੋਂ ਸੰਸਾਰ ਬਜ਼ਾਰ ਵਿਚ ਭਾਰਤ ਦੀ ਸਾਖ ਡਿੱਗਦੀ ਜਾ ਰਹੀ ਹੈ।

ਜਨਸੰਖਿਆ ਵਿਚ ਵਾਧਾ - ਦੇਸ਼ ਵਿਚ ਜਨਸੰਖਿਆ ਦੇ ਕਾਰਨ ਵੀ ਮਹਿੰਗਾਈ ਵਧਦੀ ਜਾ ਰਹੀ ਹੈ। ਉਤਪਾਦਨ ਸੀਮਤ ਹਨ, ਉਪਭੋਗਤਾ ਜ਼ਿਆਦਾ ਹੈ। ਦੇਸ਼ ਦੀ ਖੇਤੀ ਯੋਗ ਧਰਤੀ ਸੁੰਗੜਦੀ ਜਾ ਰਹੀ ਹੈ। ਜਨਸੰਖਿਆ ਦੇ ਵਾਧੇ ਦੇ ਕਾਰਨ ਨਗਰਾਂ, ਸ਼ਹਿਰਾਂ ਦਾ ਵਿਸਥਾਰ ਹੁੰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਖੇਤੀ ਯੋਗ ਧਰਤੀ ਉੱਤੇ ਮਕਾਨ ਬਣ ਰਹੇ ਹਨ। ਜੰਗਲਾਂ ਦਾ ਵਿਸਥਾਰ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ ਜਿਸ ਨਾਲ ਖੇਤੀ ਉਤਪਾਦਨ ਵਿਚ ਸੁਭਾਵਕ ਰੂਪ ਵਿਚ ਕਮੀ ਹੋ ਰਹੀ ਹੈ। ਖਾਣ ਵਾਲੇ ਪਦਾਰਥਾਂ ਲਈ ਸਾਨੂੰ ਵਿਦੇਸ਼ਾਂ ਉੱਤੇ ਨਿਰਭਰ ਰਹਿਣਾ ਪੈਂਦਾ ਹੈ।

ਦੋਸ਼ਪੂਰਨ ਵੰਡ ਪ੍ਰਣਾਲੀ - ਸਾਡੇ ਇੱਥੇ ਵਸਤੂਆਂ ਦੀ ਵੰਡ ਪ੍ਰਣਾਲੀ ਵੀ ਦੋਸ਼ਪੂਰਨ ਹੈ। ਇਸ ਸਮੇਂ ਵੰਡਣ ਦੀਆਂ ਦੋ ਪ੍ਰਣਾਲੀਆਂ ਪ੍ਰਚੱਲਿਤ ਹਨ - ਸਰਕਾਰੀ ਅਤੇ ਵਿਅਕਤੀਗਤ। ਇਕ ਵਸਤੂ ਦਾ ਵੰਡਣਾ ਵੀ ਸਰਕਾਰ ਅਤੇ ਵਪਾਰੀ ਦੁਆਰਾ ਆਪਣੇ-ਆਪਣੇ ਢੰਗ ਨਾਲ ਹੁੰਦਾ ਹੈ। ਇਹ ਵਸਤੂ ਸਰਕਾਰੀ ਗੁਦਾਮਾ ਵਿਚ ਸੜ ਰਹੀ ਹੈ, ਉਸ ਵਸਤੂ ਦੀ ਜਨਤਾ ਵਿਚ ਜ਼ਿਆਦਾ ਮੰਗ ਹੋਣ ਦੇ ਕਾਰਨ ਵਪਾਰੀ ਲੁੱਟ ਮਚਾਉਂਦੇ ਹਨ। ਕਦੀ-ਕਦੀ ਸਰਕਾਰੀ ਵੰਡ ਵਿੱਚ ਘਟੀਆ ਵਸਤੂ ਵਿਕਦੀ ਹੈ ਜਿਸਨੂੰ ਉਪਭੋਗਤਾ ਉਸ ਵਸਤੂ ਦੇ ਲਈ ਜ਼ਿਆਦਾ ਕੀਮਤ ਉੱਤੇ ਵਿਅਕਤੀਗਤ ਵਪਾਰੀ ਦੇ ਚੁੰਗਲ ਵਿਚ ਫਸਣਾ ਪੈਂਦਾ ਹੈ। ਸਰਕਾਰੀ ਤੰਤਰ ਇੰਨ੍ਹਾਂ ਜ਼ਿਆਦਾ ਖਰਾਬ ਹੋ ਚੁੱਕਾ ਹੈ ਕਿ ਵਪਾਰੀਆਂ ਨਾਲ ਮਿਲ ਕੇ ਮੁੱਲ ਵਾਧੇ ਵਿਚ ਉਨ੍ਹਾਂ ਨੂੰ ਸਹਿਯੋਗ ਦਿੰਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਵਿਚ ਆਪਣੇ ਦੇਸ਼, ਆਪਣੇ ਸਮਾਜ, ਆਪਣੀ ਵਸਤੂ ਦੀ ਭਾਵਨਾ ਵੀ ਸਮਾਪਤ ਹੋ ਚੁੱਕੀ ਹੈ।

ਮੁੱਲ ਵਧਣ ਦੇ ਨਤੀਜੇ - ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਨੂੰ ਮਹਿੰਗਾਈ ਦੀ ਮਾਂ ਕਹਿਣਾ ਗਲਤ ਨਹੀਂ ਹੋਵੇਗਾ। ਮਹਿੰਗਾਈ ਦੇ ਕਈ ਬੁਰੇ ਨਤੀਜੇ ਹਨ। ਮਹਿੰਗਾਈ ਨਾਲ ਦੇਸ਼ ਵਿਚ ਗਰੀਬੀ, ਭੁੱਖਮਰੀ, ਰਿਸ਼ਵਤਖੋਰੀ ਨੂੰ ਵਧਾਵਾ ਮਿਲਦਾ ਹੈ। ਮਹਿੰਗਾਈ ਨਾਲ ਦੇਸ਼ ਦੀ ਅਰਥ-ਵਿਵਸਥਾ ਵਿਗੜ ਜਾਂਦੀ ਹੈ। ਇਸਦਾ ਸਭ ਤੋਂ ਜ਼ਿਆਦਾ ਸ਼ਿਕਾਰ ਗਰੀਬ ਵਰਗ ਹੁੰਦਾ ਹੈ। ਸਮਾਜ ਵਿਚ ਚੋਰੀ, ਡਾਕੇ ਅਤੇ ਠੱਗੀ ਆਦਿ ਵਿਚ ਵਾਧਾ ਹੁੰਦਾ ਹੈ। ਮਹਿੰਗਾਈ ਨਾਲ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਵਿਚ ਵਾਧਾ ਹੁੰਦਾ ਹੈ। ਮਹਿੰਗਾਈ ਨਾਲ ਸਮਾਜ ਦਾ ਨੈਤਿਕ ਪਤਨ ਹੁੰਦਾ ਹੈ। ਮੁੱਲ ਵਾਧੇ ਹੋਣ ਨਾਲ ਕੰਟਰੋਲ, ਰਾਸ਼ਨ, ਕੋਟਾ, ਪਰਮਿਟ ਆਦਿ ਲਾਗੂ ਹੁੰਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਦੇ ਵਧਣ ਨਾਲ ਸਰਕਾਰੀ ਤੰਤਰ ਵਿਚ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਵੱਧਦਾ ਹੈ।

ਮੁੱਲ ਵਾਧੇ ਨੂੰ ਰੋਕਣ ਦੇ ਉਪਾਅ - ਸਾਡਾ ਦੇਸ਼ ਖੇਤੀ ਪ੍ਰਧਾਨ ਦੇਸ਼

ਹੈ। ਇਸ ਲਈ ਮੁੱਲ ਵਾਧੇ ਨੂੰ ਰੋਕਣ ਲਈ ਜ਼ਿਆਦਾ ਉਪਜ ਪੈਦਾ ਕਰਨ ਦੇ ਸਾਧਨ ਹੋਣੇ ਚਾਹੀਦੇ ਹਨ। ਕਿਸਾਨਾਂ ਨੂੰ ਆਧੁਨਿਕ ਵਿਗਿਆਨਕ ਸਾਧਨਾਂ ਦੇ ਦੁਆਰਾ ਖੇਤੀ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਇਸਦੇ ਲਈ ਖੇਤੀ ਵਿਗਿਆਨਕਾਂ ਨੂੰ ਅੱਗੇ ਆਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਖੇਤੀ ਉੱਤੇ ਅਧਾਰਤ ਸਾਰੇ ਉਦਯੋਗਾਂ ਵਿਚ ਕਿਸਾਨਾਂ ਨੂੰ ਪਹਿਲ ਦੇਣੀ ਚਾਹੀਦੀ ਹੈ। ਖੇਤੀ ਸੰਬੰਧੀ ਵਸਤੂਆਂ ਦੇ ਜ਼ਿਆਦਾ ਉਤਪਾਦਨ ਦੇ ਨਾਲ ਮੁੱਲ ਵਿਚ ਗਿਰਾਵਟ ਆ ਜਾਏਗੀ। ਉਦਯੋਗਪਤੀ, ਨੇਤਾ ਅਤੇ ਵਪਾਰੀਆਂ ਵਿਚ ਰਾਸ਼ਟਰੀ ਭਾਵਨਾ ਦਾ ਤਦ ਤੱਕ ਵਿਕਾਸ ਨਹੀਂ ਹੁੰਦਾ, ਜਦ ਤੱਕ ਦੂਜੇ ਸਾਰੇ ਉਪਾਅ ਸਫਲ ਸਿੱਧ ਨਹੀਂ ਹੋ ਸਕਦੇ। ਰਾਸ਼ਟਰੀ ਭਾਵਨਾ ਦੀ ਕਮੀ ਵਿਚ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਵੱਧਦਾ ਹੈ। ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਮਹਿੰਗਾਈ ਦੀ ਮਾਂ ਹੈ। ਜਦ ਹਰ ਵਿਅਕਤੀ ਸਮਾਜ, ਰਾਸ਼ਟਰ ਅਤੇ ਵਸਤੂਆਂ ਦੇ ਪ੍ਰਤੀ ਆਪਣਾਪਨ ਰੱਖੇਗਾ ਤਾਂ ਉਸ ਵਿਚ ਛੱਲ, ਕਪਟ, ਬੇਈਮਾਨੀ ਨਹੀਂ ਆਏਗੀ।

ਸਿੱਟਾ - ਸਾਡਾ ਦੇਸ਼ ਇੱਕ ਪ੍ਰਜਾਤੰਤਰ ਹੈ। ਮਹਿੰਗਾਈ ਦੇ ਵਿਰੁੱਧ ਜਨਤਾ ਦੁਆਰਾ ਆਵਾਜ਼ ਉਠਾਉਣ ਦਾ ਉਸਨੂੰ ਪੂਰਾ ਅਧਿਕਾਰ ਹੈ। ਇਸ ਲਈ ਸਾਡੀ ਸਰਕਾਰ ਮਹਿੰਗਾਈ ਰੋਕਣ ਲਈ ਹਰ ਸੰਭਵ ਕੋਸ਼ਿਸ਼ ਕਰੇਗੀ। ਸਰਕਾਰ ਨਵੇਂ-ਨਵੇਂ ਉਦਯੋਗਾਂ ਨੂੰ ਸਥਾਪਤ ਕਰ ਰਹੀ ਹੈ। ਜਦ ਕਿਸੇ ਵਸਤੂ ਦੀ ਕਮੀ ਹੁੰਦੀ ਹੈ ਤਾਂ ਉਪਭੋਗਤਾ ਵਿਚ ਉਸ ਵਸਤੂ ਦੇ ਪ੍ਰਤੀ ਸੰਗ੍ਰਹਿ ਦੀ ਭਾਵਨਾ ਵੱਧਦੀ ਹੈ। ਜ਼ਿਆਦਾ ਵਸਤੂਆਂ ਦਾ ਇੱਕਠ ਕਰਨ ਨਾਲ ਮਹਿੰਗਾਈ ਵੱਧਦੀ ਹੈ। ਮਹਿੰਗਾਈ ਨੂੰ ਦੂਰ ਕਰਨ ਵਿਚ ਸਰਕਾਰ ਦੇ ਨਾਲ ਸਹਿਯੋਗ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਮਹਿੰਗਾਈ ਨੂੰ ਇਕ ਰਾਸ਼ਟਰੀ ਸਮੱਸਿਆ ਸਮਝ ਕੇ ਉਸਦਾ ਹੱਲ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਭਾਰਤੀ ਸਮਾਜ ਵਿੱਚ ਇਸਤਰੀ

ਸੁਹਾਨੀ ਸ਼ਰਮਾ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਨਿਰਸੰਦੇਹ ਕਿਸੇ ਦੇਸ਼ ਦੀ ਮਹਾਨਤਾ ਉਸ ਦੇਸ਼ ਦੀ ਇਸਤਰੀ ਦੀ ਸਥਿਤੀ ਅਤੇ ਸਥਾਨ ਉੱਤੇ ਅਧਾਰਤ ਹੁੰਦੀ ਹੈ। ਗੁਲਾਮ ਅਤੇ ਮਰਦ ਪ੍ਰਧਾਨ ਦੇਸ਼ ਦੀ ਔਰਤ ਕਦੀ ਵੀ ਸਮਾਜਕ ਉਸਾਰੀ ਵਿਚ ਭਾਗ ਨਹੀਂ ਲੈ ਸਕਦੀ। ਇਸ ਸੰਬੰਧ ਵਿਚ ਸ੍ਰੀ ਰਵਿੰਦਰ ਨਾਥ ਟੈਗੋਰ ਦੇ ਸ਼ਬਦ “ਇਸਤਰੀ ਹੀ ਕਿਸੇ ਦੇਸ਼ ਦੇ ਨਸੀਬ ਨੂੰ ਬਣਾਉਣ ਅਤੇ ਉਸ ਨੂੰ ਮੋੜ ਦੇਣ ਵਾਲੀ ਹੈ” ਵਰਨਣਯੋਗ ਹਨ।

ਵੈਦਿਕ ਸਮੇਂ ਭਾਰਤੀ ਸਮਾਜ ਵਿਚ ਇਸਤਰੀ ਦੀ ਬਹੁਤ ਮਹਾਨਤਾ ਸੀ। ਕਈਆਂ ਪੱਖਾਂ ਤੋਂ ਤਾਂ ਇਸ ਨੂੰ ਮਰਦ ਨਾਲੋਂ ਵਧੇਰੇ ਉੱਚੀ ਪਦਵੀ ਪ੍ਰਾਪਤ ਸੀ। ਇਸ ਤੋਂ ਬਗੈਰ ਕੋਈ ਵੀ ਯੱਗ ਜਾਂ ਹਵਨ ਨਹੀਂ ਸੀ ਹੁੰਦਾ। ਸ਼ਾਇਦ ਇਸੇ ਲਈ ਰਾਮ ਜੀ ਦੀ ਗੈਰ-ਹਾਜ਼ਰੀ ਵਿਚ ਯੱਗ ਦੀ ਪਵਿੱਤਰਤਾ ਨੂੰ ਕਾਇਮ ਰੱਖਣ ਲਈ ਸੀਤਾ ਜੀ ਨੂੰ ਮਰਦ ਜਿੰਨੀ ਸਮਾਨਤਾ ਪ੍ਰਾਪਤ ਸੀ। ਉਸ ਸਮੇਂ ਮੁੰਡੇ ਕੁੜੀਆਂ ਰਲ ਕੇ ਗੁਰੂ ਕੋਲੋਂ ਵਿੱਦਿਆ ਗ੍ਰਹਿਣ ਕਰਦੇ ਸਨ। ਹੋਰ ਤਾਂ ਹੋਰ ਔਰਤਾਂ ਨੂੰ ਆਪਣਾ ਵਰ ਆਪ ਚੁਣਨ ਦਾ ਹੱਕ ਵੀ ਹਾਸਲ ਸੀ। ਵੈਦਿਕ ਕਾਲ ਵਿਚ ਹਰ ਔਰਤ, ਸੱਚ-ਮੁੱਚ 'ਅਰਧੰਗੀ' ਸਮਝੀ ਜਾਂਦੀ ਸੀ।

ਪ੍ਰਾਚੀਨ ਭਾਰਤ ਵਿਚ ਤਾਂ ਔਰਤਾਂ ਦਾ ਬਹੁਤ ਸਤਿਕਾਰ ਕੀਤਾ ਜਾਂਦਾ ਸੀ। ਪਰ ਜਿਵੇਂ-ਜਿਵੇਂ ਸਮਾਂ ਬੀਤਦਾ ਗਿਆ, ਔਰਤਾਂ ਦੀ ਹਾਲਤ ਵਿਚ ਭਾਰੀ ਤਬਦੀਲੀ ਆਈ। ਮੱਧਕਾਲੀ ਭਾਰਤ ਵਿਚ ਔਰਤਾਂ ਦੀ ਹਾਲਤ ਆਰਥਿਕ, ਸਮਾਜਿਕ ਤੇ ਵਿਹਾਰਕ ਤੌਰ 'ਤੇ ਬਹੁਤ ਮਾੜੀ ਸੀ। ਭਾਰਤ ਦੀਆਂ ਔਰਤਾਂ ਨੂੰ ਬਹੁਤ ਮਾੜੇ ਹਲਾਤਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪਿਆ ਸੀ। ਭਾਰਤ ਦੀ ਅਜ਼ਾਦੀ ਤੋਂ ਬਾਅਦ ਔਰਤਾਂ ਦੀ ਹਾਲਤ ਵਿਚ ਬਹੁਤ ਸੁਧਾਰ ਹੋਇਆ ਹੈ। ਅੱਜ ਔਰਤਾਂ ਨੇ ਹਰ ਖੇਤਰ ਵਿਚ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ, ਬਿਨਾਂ ਕਿਸੇ ਡਰ ਦੇ। ਔਰਤਾਂ ਹੁਣ ਆਪਣੇ ਹੱਕਾਂ ਲਈ ਹੋਰ ਜਾਗਰੂਕ ਹੋ ਗਈਆਂ ਹਨ ਅਤੇ ਆਪਣੇ ਹੱਕ ਲਈ ਲੜਦੀਆਂ ਹੋਈਆਂ ਦਿਖਾਈ ਦਿੰਦੀਆਂ ਹਨ। ਔਰਤਾਂ ਨੂੰ ਹੁਣ ਮਰਦ ਦੇ ਬਰਾਬਰ ਅਧਿਕਾਰ ਮਿਲ ਰਹੇ ਹਨ ਅਤੇ ਉਹ ਹਰ ਖੇਤਰ ਵਿਚ ਅੱਗੇ ਆ ਕੇ ਆਪਣਾ ਹੁਨਰ ਦਿਖਾ ਰਹੀਆਂ ਹਨ। ਹਰ ਖੇਤਰ ਵਿਚ ਔਰਤਾਂ ਦੀ ਭਾਗੀਦਾਰੀ ਦਿਨੋਂ-ਦਿਨ ਵੱਧ ਰਹੀ ਹੈ।

ਇਸ ਵਿਚ ਕੋਈ ਦੋ-ਰਾਵਾਂ ਨਹੀਂ ਕਿ ਇੱਕੀਵੀਂ ਸਦੀ ਦਾ ਭਾਰਤ ਔਰਤਾਂ ਨੂੰ ਮਰਦ ਦਾ ਭਾਈਵਾਲ ਬਣਾਉਣ ਨਾਲ ਹੀ ਚੜ੍ਹਦੀ ਕਲਾ ਵਿਚ ਜਾ ਸਕਦਾ ਹੈ। ਅਸੀਂ ਸਵਾਮੀ ਵਿਵੇਕਾ ਨੰਦ ਨਾਲ ਸਹਿਮਤ ਹਾਂ ਕਿ ਕੋਈ ਦੇਸ਼ ਔਰਤ ਦੀ ਬੇਇੱਜ਼ਤੀ ਜਾਂ ਇਸ ਨਾਲ ਵਧੀਕੀ ਕਰ ਕੇ ਮਹਾਨ ਨਹੀਂ ਹੋ ਸਕਦਾ।

ਮੋਬਾਈਲ ਫੋਨ

ਮੁਸਕਾਨ ਸ਼ਰਮਾ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਮੋਬਾਈਲ ਫੋਨ, ਜਿਸਨੂੰ 'ਸੈਲਫੋਨ' ਵੀ ਕਹਿੰਦੇ ਹਨ, ਵਰਤਮਾਨ ਸੰਸਾਰ ਵਿਚ ਸੂਚਨਾ-ਸੰਚਾਰ ਦਾ ਸਭ ਤੋਂ ਹਰਮਨ-ਪਿਆਰਾ ਸਾਧਨ

ਬਣ ਗਿਆ ਹੈ। ਅੱਜ ਤੁਸੀਂ ਭਾਵੇਂ ਕਿਤੇ ਵੀ ਹੋਵੋ ਤੁਹਾਨੂੰ ਇੱਧਰ-ਉੱਧਰ ਕੋਈ ਨਾ ਕੋਈ ਸੈਲਫੋਨ ਉੱਤੇ ਗੱਲਾਂ ਕਰਦਾ ਦਿਸ ਪਵੇਗਾ ਜਾਂ ਕਿਸੇ ਵੀ ਜੇਬ ਜਾਂ ਪਰਸ ਵਿਚ ਸੈਲਫੋਨ ਦੀ ਘੰਟੀ ਵੱਜਦੀ ਜ਼ਰੂਰ ਸੁਣ ਪਵੇਗੀ। ਅੱਜ ਤੋਂ ਕਈ ਸਾਲ ਪਹਿਲਾਂ ਜਦੋਂ ਭਾਰਤ ਵਿਚ ਇਸਦਾ ਪ੍ਰਚਲਨ ਆਰੰਭ ਹੋਇਆ ਤਾਂ ਇਸਨੂੰ ਇਕ ਨਾਯਾਬ ਚੀਜ਼ ਸਮਝਿਆ ਜਾਂਦਾ ਸੀ, ਪਰ ਅੱਜ ਇਹ ਅਜਿਹੀ ਚੀਜ਼ ਬਣ ਗਿਆ ਹੈ ਕਿ ਇਸਨੂੰ ਹਰ ਅਮੀਰ-ਗ਼ਰੀਬ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦਾ ਹੈ। 1921 ਵਿਚ ਅਮਰੀਕਾ ਵਿਚ ਡੈਟਰਾਇਟ ਮਿਸ਼ੀਗਨ ਪੁਲਿਸ ਡੀਪਾਰਟਮੈਂਟ ਨੇ ਸੈਲਫੋਨ ਦੀ ਵਰਤੋਂ ਆਰੰਭ ਕੀਤੀ। ਇਸ ਸਮੇਂ ਇਸ ਯੰਤਰ ਦਾ ਮੁੱਢ ਹੀ ਬੱਝਾ ਸੀ, ਜਿਸ ਕਰਕੇ ਪਿਛਲੀ ਸਦੀ ਦੇ 60 ਵਰ੍ਹਿਆਂ ਤੱਕ ਇਸਨੂੰ ਬਰੀਫ਼ ਕੇਸ ਵਰਗੇ ਡੱਬੇ ਵਿਚ ਰੱਖਣਾ ਪੈਂਦਾ ਸੀ ਤੇ ਇਸਦੀ ਰੇਂਜ 70 ਕੁ ਕਿਲੋਮੀਟਰ ਹੀ ਸੀ। ਬੇਸ਼ਕ ਪਹਿਲੇ ਸੈਲਫੋਨ ਐਨਾਲਾਗ ਸਨ, ਪਰੰਤੂ 1980 ਤੋਂ ਮਗਰੋਂ ਡਿਜੀਟਲ ਸਿਸਟਮ ਉੱਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਗਿਆ, ਜੋ ਕਿ ਘੱਟ ਕੀਮਤ ਵਿਚ ਵਧੀਆ ਅਵਾਜ਼ ਤੇ ਸਿਗਨਲ ਦਿੰਦਾ ਸੀ ਅਤੇ ਨਾਲ ਹੀ ਇਸ ਵਿਚ ਬਹੁਤ ਸਾਰੇ ਫੀਚਰ ਵੀ ਸ਼ਾਮਿਲ ਕੀਤੇ ਜਾ ਸਕਦੇ ਸਨ। ਆਮ ਲੋਕਾਂ ਦੁਆਰਾ ਪਹਿਲੀ ਵਾਰੀ ਸੈਲਫੋਨ ਸੇਵਾ ਦੀ ਵਰਤੋਂ ਦਾ ਆਰੰਭ ਸਹੀ ਅਰਥਾਂ ਵਿਚ 1983 ਵਿਚ ਅਮਰੀਕਾ ਵਿਖੇ ਹੋਇਆ ਤੇ ਮਗਰੋਂ ਇਸ ਸੰਚਾਰ-ਸਾਧਨ ਦੀ ਲੋਕ-ਪ੍ਰਿਯਤਾ ਦਿਨੋਂ-ਦਿਨ ਆਪਣੇ ਪੈਰ ਪਸਾਰਦੀ ਗਈ। ਜਦੋਂ 1994 ਵਿਚ ਭਾਰਤ ਵਿਚ ਸੈਲਫੋਨ ਪਹਿਲੀ ਵਾਰੀ ਆਇਆ ਤਾਂ ਇਸਦੀ ਸੇਵਾ ਦੇਣ ਵਾਲੀਆਂ ਕੰਪਨੀਆਂ ਬਹੁਤ ਘੱਟ ਸਨ ਅਤੇ ਉਸ ਵੇਲੇ ਦੇ ਇੰਟਰਨੈੱਟ ਸੈਲਫੋਨ ਦੀ ਕੀਮਤ ਵੀ ਕਾਫ਼ੀ ਉੱਚੀ ਸੀ। ਉਸਦੀ ਬੈਟਰੀ ਦਾ ਜੀਵਨ ਵੀ ਘੱਟ ਸੀ ਅਤੇ ਇਕ ਮਿੰਟ ਦੀ ਕਾਲ ਲਈ 19 ਰੁਪਏ ਅਦਾ ਕਰਨੇ ਪੈਂਦੇ ਸਨ, ਜਿਸ ਨੂੰ ਸੁਣ ਕੇ ਆਮ ਆਦਮੀ ਨੂੰ ਤਾਂ ਕਾਂਬਾ ਜਿਹਾ ਛਿੜ ਜਾਂਦਾ ਸੀ। ਪਹਿਲਾਂ ਤਾਂ ਇਸਦੀ ਵਰਤੋਂ ਵੱਡੇ-ਵੱਡੇ ਕਾਰੋਬਾਰੀ ਤੇ ਮਾਲਕਾਂ ਦੁਆਰਾ ਕੀਤਾ ਗਈ। ਪਰ ਅੱਜ ਇਸਦਾ ਪਸਾਰਾ ਕਿਸੇ ਕੰਪਨੀ ਦੇ ਚੀਫ਼ ਅਫਸਰ ਤੋਂ ਲੈ ਕੇ ਤੁਹਾਡੇ ਘਰ ਵਿਚ ਟੂਟੀਆਂ ਲਾਉਣ ਵਾਲੇ ਪਲੰਬਰ ਅਤੇ ਮਿਸਤਰੀ ਜਾਂ ਮਜ਼ਦੂਰ ਤੱਕ ਹੈ। ਇਸ ਸਮੇਂ ਭਾਰਤ ਵਿਚ ਏਅਰਟੈਲ, ਜਿਓ, ਬੀ. ਐੱਸ. ਐੱਨ. ਐੱਲ. ਆਦਿ ਕੰਪਨੀਆਂ ਨਵੇਂ-ਨਵੇਂ ਲੁਭਾਉਣੇ ਪੈਕੇਜ ਲਿਆ ਕੇ ਆਪਣੇ-ਆਪਣੇ ਗ੍ਰਾਹਕ ਬਣਾਉਣ ਦੀ ਰੱਸਾਕਸ਼ੀ ਵਿਚ ਰਾਤ-ਦਿਨ ਜੁੱਟੀਆਂ ਰਹਿੰਦੀਆਂ ਹਨ ਤੇ ਇਸ ਤਰ੍ਹਾਂ ਸੈਲ-ਸੰਚਾਰ ਦਾ ਬਹੁਤ ਤੇਜ਼ੀ ਨਾਲ ਪ੍ਰਚਾਰ ਤੇ ਪਸਾਰ ਹੋ ਰਿਹਾ ਹੈ। ਸੈਲਫੋਨ ਦੇ ਖਪਤਕਾਰਾਂ ਵਿਚ ਬਹੁਤੀ ਗਿਣਤੀ ਨੌਜਵਾਨਾਂ

ਮੁੰਡਿਆਂ-ਕੁੜੀਆਂ ਦੀ ਹੈ। ਬਹੁਤਿਆਂ ਲਈ ਤਾਂ ਇਹ ਆਪਣੀ ਅਮੀਰੀ ਤੇ ਉੱਚੀ ਰਹਿਣੀ-ਬਹਿਣੀ ਦੇ ਦਿਖਾਵੇ ਦਾ ਚਿੰਨ੍ਹ ਹੈ, ਜਿਸਦਾ ਪ੍ਰਚਲਨ ਕਰਨ ਵਿਚ ਉਹ ਮਾਣ ਤੇ ਵਡਿਆਈ ਸਮਝਦੇ ਹਨ। ਇਸੇ ਕਰਕੇ ਉਹ ਸੈਲਫੋਨ ਰੱਖਣ ਦੀ ਹੋੜ ਵਿਚ ਲੱਗੇ ਰਹਿੰਦੇ ਹਨ, ਜਿਸ ਵਿਚ ਕੰਟੈਕਟ ਨੰਬਰ, ਇੰਟਰਨੈਟ, ਈ. ਮੇਲ, ਕੈਮਰਾ, ਰੇਡੀਓ, ਐਮ. ਪੀ. 3 ਪਲੇਅਰ ਆਦਿ ਸੱਭ ਕੁੱਝ ਮੌਜੂਦ ਹੋਵੇ। ਸੈਲਫੋਨ ਦਾ ਦੂਜਾ ਵੱਡਾ ਲਾਭ ਸੂਚਨਾ-ਸੰਚਾਰ ਵਿਚ ਤੇਜ਼ੀ ਆਉਣ ਦਾ ਸਿੱਟਾ ਹੈ। ਇਸ ਤੇਜ਼ੀ ਨਾਲ ਜਿੱਥੇ ਸਾਡੇ ਪਰਿਵਾਰਕ, ਸਮਾਜਿਕ ਤੇ ਰਾਜਨੀਤਿਕ ਜੀਵਨ ਵਿਚ ਸਾਡੀ ਕਿਰਿਆਤਮਕਤਾ ਨੂੰ ਹੁਲਾਰਾ ਮਿਲਦਾ ਹੈ, ਉੱਥੇ ਨਾਲ ਹੀ ਵਪਾਰਕ ਤੇ ਆਰਥਿਕ ਖੇਤਰ ਸੁਧਾਰ ਵਿਚ ਗਤੀ ਆਉਣ ਨਾਲ ਵਿਕਾਸ ਦੀ ਦਰ ਤੇਜ਼ ਹੁੰਦੀ ਹੈ, ਜਿਸ ਦੇ ਨਾਲ ਖੁਸ਼ਹਾਲੀ ਵਧਦੀ ਹੈ।

ਸੈਲਫੋਨ ਦਿਲ-ਪਰਚਾਵੇ ਦਾ ਸਾਧਨ ਵੀ ਹੈ। ਇਸ ਦੇ ਜੇਬ ਵਿਚ ਹੁੰਦਿਆਂ ਸਾਨੂੰ ਇੱਕਲ ਦਾ ਬਹੁਤ ਅਹਿਸਾਸ ਨਹੀਂ ਹੁੰਦਾ। ਸੈਲਫੋਨ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਨੁਕਸਾਨ ਇਸਦਾ ਸਮਾਂ ਵਿਰੋਧੀ ਗੁੰਡੇ ਅਨਸਰਾਂ ਤੇ ਕਪਟੀ ਲੋਕਾਂ ਦੇ ਹੱਥਾਂ ਵਿਚ ਹੋਣਾ ਹੈ। ਸੂਚਨਾ ਦਾ ਤੇਜ਼, ਨਿੱਜੀ, ਸਰਲ ਸੌਖਾ ਸਾਧਨ ਹੋਣ ਕਰਕੇ ਇਸ ਨਾਲ ਬਹੁਤ ਸਾਰੇ ਸਮਾਜ ਵਿਰੋਧੀ ਅਤੇ ਛਲ-ਕਪਟ, ਬਲੈਕ-ਮੇਲ ਤੇ ਧੋਖੇ ਭਰੇ ਕੰਮਾਂ ਨੂੰ ਨੇਪਰੇ ਚਾੜ੍ਹਿਆ ਜਾਂਦਾ ਹੈ। ਅੱਜ-ਕੱਲ੍ਹ ਕੋਈ ਵੀ ਵੱਡਾ ਜੁਰਮ, ਚੋਰੀ, ਡਾਕਾ, ਕਾਂਡ ਜਾਂ ਅੱਤਵਾਦੀ ਕਾਰਵਾਈ ਇਸਦੀ ਵਰਤੋਂ ਤੋਂ ਬਿਨਾਂ ਸਿਰੇ ਨਹੀਂ ਚੜ੍ਹੀ ਹੁੰਦੀ। ਇਸਦਾ ਅਗਲਾ ਨੁਕਸਾਨ ਸਿਹਤ ਸੰਬੰਧੀ ਹੈ। ਸੈਲਫੋਨ ਦੇ ਸੈੱਟ ਅਤੇ ਸਟੇਸ਼ਨ (ਟਾਵਰ ਵਰਗੇ ਐਂਟਨੀਨਾਂ) ਵਿਚੋਂ ਨਿਕਲਦੀ ਰੇਡੀਓ ਫ੍ਰੀਕੁਐਂਸੀ ਰੇਡੀਏਸ਼ਨ ਸੰਬੰਧੀ ਹੋਈ ਖੋਜ ਨੇ ਸਰੀਰ ਉੱਤੇ ਪੈਂਦੇ ਇਸਦੇ ਬੁਰੇ ਅਸਰਾਂ ਦਾ ਜ਼ਿਕਰ ਕਰਦਿਆਂ ਦੱਸਿਆ ਹੈ ਕਿ ਇਸ ਨਾਲ ਕੈਂਸਰ, ਲਿਊਕੈਮੀਆਂ ਅਤੇ ਅਲਸ਼ੀਮਰੇਜ਼ (ਦਿਮਾਗ ਦਾ ਨਾਕਾਰਾ ਹੋਣਾ) ਖੂਨ ਦਾ ਦਬਾਓ ਰੋਗ ਲਗ ਜਾਂਦੇ ਹਨ ਕਿਉਂਕਿ ਹੈੱਡ ਸੈੱਟ ਨੂੰ ਸਿਰ ਦੇ ਕੋਲ ਕੰਨ ਨਾਲ ਲਾਇਆ ਜਾਂਦਾ ਹੈ। ਬੇਸ਼ੱਕ ਅਸੀਂ ਸੈਲਫੋਨ ਦੇ ਫਾਇਦਿਆਂ ਨਾਲ ਇਸਦੇ ਬਹੁਤ ਸਾਰੇ ਨੁਕਸਾਨ ਵੀ ਗਿਣਾਏ ਹਨ ਪਰ ਇਸ ਵਿਚ ਕੋਈ ਸ਼ੱਕ ਨਹੀਂ ਕਿ ਇਹ ਦਿਨੋ-ਦਿਨ ਹਰਮਨ ਪਿਆਰਾ ਹੋ ਰਿਹਾ ਹੈ। ਸਾਨੂੰ ਇਸ ਯੰਤਰ ਦੀ ਸੂਝ-ਬੂਝ ਨਾਲ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਤੇ ਸਕੂਲਾਂ ਵਿਚ ਪੜ੍ਹਦੇ ਮੁੰਡਿਆਂ-ਕੁੜੀਆਂ ਦੇ ਹੱਥਾਂ ਵਿਚ ਇਸ ਨੂੰ ਨਹੀਂ ਦੇਣਾ ਚਾਹੀਦਾ। ਸਾਨੂੰ ਇਸਦੀ ਰੇਡੀਏਸ਼ਨ ਤੋਂ ਬਚਣ ਲਈ ਇਸ ਨੂੰ ਬੈਗ ਜਾਂ ਪਰਸ ਵਿਚ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ। ਜੇਕਰ ਹੋ ਸਕੇ ਤਾਂ ਕਿਸੇ ਸਮਾਗਮ ਸਮੇਂ ਇਸਨੂੰ ਬੰਦ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ।

ਵਾਤਾਵਰਨ ਪ੍ਰਦੂਸ਼ਣ

ਕਾਜਲ

ਬੀ.ਬੀ.ਏ. ਸਮੈਸਟਰ ਪਹਿਲਾ

ਪ੍ਰਦੂਸ਼ਣ ਤੋਂ ਭਾਵ ਵਾਯੂਮੰਡਲ ਦਾ ਗੰਧਲਾ ਹੋਣਾ ਹੈ। ਪ੍ਰਦੂਸ਼ਿਤ ਵਾਯੂਮੰਡਲ ਨਾ ਕੇਵਲ ਵੇਲ ਬੂਟਿਆਂ ਸਗੋਂ ਜੀਵ-ਜੰਤੂਆਂ ਲਈ ਵੀ ਹਾਨੀਕਾਰਕ ਹੈ। ਇਸ ਦੇ ਵਧਣ ਨਾਲ ਮਨੁੱਖਤਾ ਉੱਤੇ ਮਾਰੂ ਬੀਮਾਰੀਆਂ ਦਾ ਹਮਲਾ ਹੋ ਸਕਦਾ ਹੈ। ਇੱਥੋਂ ਤੱਕ ਕਿ ਮਨੁੱਖ ਹੋਂਦ ਖਤਰੇ ਵਿਚ ਪੈ ਸਕਦੀ ਹੈ। ਪ੍ਰਦੂਸ਼ਣ ਦਾ ਮੁੱਖ ਕਾਰਣ ਅਸੀਮਤ ਅਬਾਦੀ ਹੈ। ਅੱਜ ਨਿਰੇ ਭਾਰਤ ਦੀ ਅਬਾਦੀ ਹੀ 100 ਕਰੋੜ ਦੇ ਨੇੜੇ ਤੇੜੇ ਪੁੱਜ ਚੁੱਕੀ ਹੈ। ਇਸ ਵੱਧ ਰਹੀ ਵਸੋਂ ਲਈ ਕੁੱਲੀ, ਗੁੱਲੀ, ਜੁੱਲੀ ਦੀ ਲੋੜ ਪੂਰਤੀ ਲਈ ਇੱਕ ਤਾਂ ਸੀਮਤ ਧਰਤੀ 'ਤੇ ਭਾਰ ਵਧਦਾ ਜਾ ਰਿਹਾ ਹੈ; ਦੂਜੇ ਹਰ ਤਰ੍ਹਾਂ ਦੀ ਉਪਜ ਨੂੰ ਵਧਾਉਣ ਲਈ ਉਦਯੋਗਿਕ ਉੱਨਤੀ ਹੋ ਰਹੀ ਹੈ। ਇਹ ਦੋਵੇਂ ਕਾਰਨ ਵਾਯੂ ਮੰਡਲ ਨੂੰ ਪ੍ਰਦੂਸ਼ਿਤ ਕਰ ਰਹੇ ਹਨ - ਸਾਇੰਸ ਵਰ ਦੇ ਨਾਲ ਸਰਾਪ ਦਾ ਕੰਮ ਵੀ ਕਰ ਰਹੀ ਹੈ। ਹਵਾ ਜੀਵਨ ਦਾ ਮੂਲ ਅਧਾਰ ਹੈ। ਪ੍ਰਦੂਸ਼ਿਤ ਹਵਾ ਦਾ ਖਤਰਾ ਪ੍ਰਮਾਣੂ ਖਤਰੇ ਨਾਲੋਂ ਵੱਧ ਹੈ। ਕੋਲੇ ਨਾਲ ਚੱਕਣ ਵਾਲੇ ਸ਼ੈ-ਚਾਲਕ, ਪੈਟਰੋਲ ਵਾਲੇ ਇੰਜਣ ਜਿੱਥੇ ਉਦਯੋਗਿਕਰਨ ਦੀ ਚਾਲ ਤੇਜ਼ ਕਰ ਰਹੇ ਹਨ, ਜਿੱਥੇ ਹਵਾ ਨੂੰ ਪ੍ਰਦੂਸ਼ਿਤ ਕਰ ਰਹੇ ਹਨ।

ਉਦਯੋਗਾਂ ਦੀਆਂ ਚਿਮਨੀਆਂ ਵਿਚੋਂ ਨਿਕਲਣ ਵਾਲੇ ਧੂੰਏਂ, ਮੋਟਰ-ਗੱਡੀਆਂ, ਕੋਲੇ-ਤੇਲ ਨਾਲ ਚੱਲਣ ਵਾਲੀਆਂ ਭੱਠੀਆਂ, ਲੋਹ ਕਾਰਖ਼ਾਨੇ ਆਦਿ ਅਤੇ ਬਾਲਣ ਸੜਨ ਨਾਲ ਵਾਯੂਮੰਡਲ ਵਿਚ ਸਲਫਰ, ਨਾਈਟਰੋਜਨ ਤੇ ਕਾਰਬਨ ਦੀ ਵੱਧ ਰਹੀ ਮਾਤਰਾ ਹਵਾ ਨੂੰ ਗੰਦਾ ਕਰ ਰਹੀ ਹੈ। ਵਾਯੂਮੰਡਲ ਨੂੰ ਸਾਫ਼-ਸੁਥਰਾ ਰੱਖਣ ਲਈ ਬਿਜਲੀ ਦੇ ਉਤਪਾਦਨ ਵਿਚ ਕੋਲੇ ਦੀ ਥਾਂ ਗੈਸ ਵਰਤਣੀ ਪਵੇਗੀ; ਏਅਰਕੰਡੀਸ਼ਨਰਾਂ ਅਤੇ ਰੈਫਰੀਜਰੇਟਰਾਂ ਵਿਚ ਸੀ.ਐੱਫ. ਸੀ. ਦਾ ਬਦਲ ਲੱਭਣਾ ਪਵੇਗਾ। ਵੱਧ ਰਹੀ ਅਬਾਦੀ 'ਤੇ ਵੀ ਰੋਕ ਸਖ਼ਤੀ ਨਾਲ ਲਾਉਣੀ ਪਵੇਗੀ।

ਵਿਚਾਰ ਫੁੱਲਾਂ ਦੇ ਸਮਾਨ ਹਨ ਅਤੇ ਸੋਚਣਾ ਉਨ੍ਹਾਂ ਨੂੰ ਸੁੰਦਰ ਮਾਲਾ ਵਿਚ ਧਰੋਲ ਦੇ ਸਮਾਨ ਹੈ।

- ਸ਼ੇਰ ਸੀਨ

SHREE PANCHANAN

2022-23

SOCIAL SCIENCES SECTION



STAFF EDITOR :
DR. DEEPIKA THALIA

STUDENT EDITOR :
AGRIMA SETHI

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मनोविज्ञान :

उपयोगिता एवं महत्त्व

डॉ. राधिका रत्न
मनोविज्ञान विभाग

मनोविज्ञान का मूल्य अथवा उपयोगिता एवं महत्त्व - मानव जीवन के प्रत्येक क्षेत्र में मनोविज्ञान ने मूल्यवान योगदान प्रदान किया है। मनोविज्ञान के अध्ययन ने मानव-जीवन के सभी पक्षों को प्रभावित किया है जिसके परिणामस्वरूप मानव के दृष्टिकोण में सकारात्मक परिवर्तनों का जन्म हुआ। इस शास्त्र के सैद्धान्तिक एवं व्यावहारिक ज्ञान ने मानव की व्यक्तिगत तथा सामूहिक समस्याओं का समाधान खोजने में पर्याप्त सहायता दी है। इस तरह मनोविज्ञान की उपयोगिता निम्नलिखित शीर्षकों के अन्तर्गत वर्णित है।

1. व्यक्तिगत समस्याओं के समाधान में मनोविज्ञान की उपयोगिता - बहुत-सी शारीरिक समस्याओं का समाधान मनोवैज्ञानिक विश्लेषण द्वारा सम्भव है। मनोविज्ञान के ज्ञान से विभिन्न मानसिक रोगों तथा समस्याओं को दूर करने में सहायता मिलती है।

2. शिक्षा के क्षेत्र में मनोविज्ञान की उपयोगिता - मनोविज्ञान ने शिक्षा के क्षेत्र में आधारभूत परिवर्तनों को जन्म दिया है। आधुनिक शिक्षा का केन्द्र-बिन्दू शिक्षक से हटकर 'बालक' हो गया है अर्थात् शिक्षा बाल केन्द्रित हो गयी है। बालक को मनोवैज्ञानिक सिद्धान्तों के आधार पर सीखने एवं शिक्षा के लिए प्रेरित किया जाता है।

3. अपराधियों के सुधार तथा अपराधों के नियन्त्रण में मनोविज्ञान की उपयोगिता - मनोविज्ञान की मान्यता है कि मनुष्य जन्म से अपराधी नहीं होता, अपितु समाज की परिस्थितियाँ उसे अपराधी बना देती हैं। अपराध को जन्म देने वाली परिस्थितियों तथा कारणों का विश्लेषण कर अपराधी में सुधार हेतु प्रयास किये जाने चाहिए। मनोविज्ञान ने बाल-अपराधियों के लिए भी उदारवादी एवं सुधारात्मक समाधान प्रस्तुत किये हैं।

4. चिकित्सा के क्षेत्र में मनोविज्ञान का महत्त्व - मनोविज्ञान मानसिक स्वास्थ्य विज्ञान की सहायता से मनोरोगियों के उपचार की व्यवस्था करता है। आधुनिक मनोवैज्ञानिक मान्यताओं के अनुसार

कुछ शारीरिक रोगों का कारण भी मनोवैज्ञानिक ही होता है तथा उनका उपचार भी मनोवैज्ञानिक उपायों द्वारा किया जा सकता है।

5. उद्योग तथा व्यापार के क्षेत्र में उपयोगिता - मनोविज्ञान ने मानवीय क्षमताओं तथा कौशल के आधार पर श्रम विभाजन का विचार किया, जिससे कम श्रम तथा समय में बेहतर उत्पादन की युक्तियाँ विकसित की गईं। मनोवैज्ञानिक खोजों ने प्रचार तथा विज्ञापन के क्षेत्र को अत्याधुनिक और सर्वाधिक उपयोगी बना दिया है।

6. मनोविज्ञान स्वयं तथा दूसरों को समझने में सहायक - मनोविज्ञान के अध्ययन से व्यक्ति अपने व्यवहार-सम्बन्धी कमियों का ज्ञान प्राप्त कर उनमें संशोधन करने की चेष्टा करता है। इस भाँति वह स्वयं को सहज ही वातावरण से समायोजित कर लेता है।

7. राजनीतिक क्षेत्र में मनोविज्ञान का महत्त्व - चुनाव-प्रचार जितना अधिक मनोवैज्ञानिक होगा, चुनाव में उतनी ही अधिक सफलता प्राप्त होगी। प्रजातान्त्रिक व्यवस्था के अन्तर्गत शासन प्रबन्ध चलाने, कानून बनाने तथा सुधारवादी प्रस्तावों के लिए भी मनोवैज्ञानिक समझ होनी चाहिए।

8. सामाजिक समस्याओं के समाधान हेतु मनोविज्ञान की उपयोगिता - समाज मनोविज्ञान, सामाजिक समस्याओं के मनोवैज्ञानिक पक्ष को समझकर उनके समाधान का प्रयास करता है। इस प्रकार सामाजिक समस्याओं को हल करने में मनोविज्ञान के अध्ययन की अत्यधिक आवश्यकता प्रतीत होती है।

9. युद्धकाल में मनोविज्ञान की उपयोगिता - मनोविज्ञान के ज्ञान ने युद्ध-कार्यों में भारी सहायता प्रदान की है। शीत-युद्ध मनोवैज्ञानिक प्रचार पर आधारित होते हैं। जल, स्थल और वायु सेना में सैनिकों की भर्ती के लिए आवश्यक है कि उनका चुनाव वांछित योग्यतानुसार किया जाये। भर्ती से पूर्व उन्हें मनोवैज्ञानिक परीक्षाएँ देनी होती हैं। जो अभ्यर्थी इन परीक्षाओं में सफलता प्राप्त कर लेते हैं उन्हें सेवाओं में प्रवेश मिल जाता है।

10. विश्व-शान्ति की स्थापना में मनोविज्ञान का योगदान - विश्व-स्तर पर तनाव एवं अशान्ति के कारणों को खोजकर उनको मनोवैज्ञानिक विश्लेषण किया जाता है तथा पहले से ही इस प्रकार के संघर्ष का निवारण सम्भव हो जाता है। इस प्रकार मनोविज्ञान का ज्ञान वसुधैव कुटुम्बकम् एवं विश्व-बन्धुत्व की भावना को जाग्रत करता

है, जिससे विश्व-शान्ति की स्थापना सम्भव है।

उपर्युक्त विवेचन से स्पष्ट है कि मानव-जीवन के प्रत्येक पक्ष में मनोविज्ञान की उपयोगिता एवं महत्त्व स्वयंसिद्ध है। मनोविज्ञान का ज्ञान मनुष्य की दैनिक आवश्यकताओं में बहुमूल्य योगदान प्रदान कर रहा है।

Women Participation in Indian Politics

Dr. Deepika Thalia

(Asst. Prof.)

Staff Editor of Social Science

Recently, a political party decided to reserve 40% of its party tickets for women in the State Assembly elections to be held next year. This has again started the debate on increasing women representation in Parliament and State assemblies.

- As per the data compiled by the Inter Parliamentary Union, of which India is a member, women represent 14.44% of the total members of the Lok Sabha.
- As per the latest Election Commission of India (ECI) data:
- As of October 2021, Women represent 10.5% of the total members of the Parliament.
- The scenario for women Members of Legislative Assemblies (MLAs) across all state assemblies in India is even worse, with the national average being a pitiable 9%.
- In the last 75 years of independence, women's representation in Lok Sabha has not even increased by 10%.

(A) Reasons for Low Representation

1. Gender stereotypes
2. Competition
3. Lack of Political Education
4. Work and Family
5. Lack of Political Networks

6. Lack of Resources
7. Social Conditioning
8. Unfriendly Environment
9. Government Efforts like :
 - (i) The Women's Reservation Bill 2008
 - (ii) Reservation for Women in Panchayati Raj Institutions
 - (iii) Parliamentary Committee on Empowerment of Women

(B) Way Forward

It is the need of the hour in a country like India to have equal participation of all the sections of society in mainstream political activity therefore necessary steps should be taken to promote it.

- Passage of Women's Reservation Bill
- Promoting local bodies female lawmakers on State Level
- Women Quotas in Political Parties
- Promoting Inner Party Democracy
- Deconstructing Stereotypes

Conclusion

Young Indian women represent aspirational India possibly more than any other grouping today. Given half a chance, they may bring a new energy into our stagnant politics and move it towards delivery of basic needs - health, nutrition, education and livelihoods.

Archaeological Sources

Mrs. Prabh Kiran Kaur

(Asst. Prof.)

Archaeological sources refer to the sources which are obtained by the process of archaeological excavations. There are six sections which fall under archaeological sources. These are :

1. Inscriptions

Inscriptions can be defined as writings on hard surfaces like stone, metal on surfaces of structures, etc. Inscriptions also help in the study of evolution of

scripts and languages, chronology, genealogy of kings (since inscriptions were usually financed by kings, their origins and names were mentioned).

2. Coins

The study of coins, or numismatics was one of the most important sources of ancient Indian history. For example, the entire history of Indo-Greek kings has been based on findings from coins. Legends on coins mention the ruler, date of issue, it may also contain the ruler's regnal period, most coins also have stamped image of the emperor on them.

3. Excavated Material

Although all archaeological sources are excavated material, when all finds are taken together in terms of the place where they are found, how deep underground they were found, and in terms of broad overview, it helps historians to draw conclusions.

4. Architectural Remains

Most surviving architectural remains of the period are religious buildings like Buddhist stupas, temples, man-made caves etc. Incidentally, Buddhist stupas are the oldest surviving architectural remains in India. Buildings give an idea of technological advancement of the people (by observing building techniques) and also an idea of how powerful kings or emperors were.

5. Art (Paintings and Sculptures)

Rock paintings of the period have survived in the caves of Buddhist and Jain monks. These were usually depictions of facts observed from their day to day lives (and so can be used to form a view of how life was), however there were many scenes from the life of Buddha and tales from the Jataka and other such books.

6. Epigraphs

The earliest epigraphs in India are those of Ashoka, the Mauryan Empire. These were inscribed on rocks. Asoka also put up pillars in public places or places where people can gather easily; and inscribed them.

7. Copper-plates

Generally for 'land-grants' the copper-plates were engraved and issued to the grantee. These are basically three plates of copper, tied with each other through copper knot.

8. Pottery

During Protohistory up to Early Medieval period, the base equipment of the common people was the pottery. The Pottery or 'ceramic assemblage' comprised of various items, like bowls, plates, pots etc.

9. Faunal Remains / Bones

Excavations reveal large amount of bones or faunal remains. These shed light on the surrounding historical ecology or ecosystem of that particular site. Besides, we can also understand the dietary habits of concerned people.

10. Floral Remains

The floral remains are also give us information on the surrounding historical ecology and dietary habits of concerned people.

Thus we can see that archaeological materials are the major source of the reconstruction of history of common people.

11. Domestic Material

The excavations reveal a hoard of domestic items like kitchen equipment (pots, hearth, spatula, querns etc.), ornaments, items of entertainment like toys; etc. These were made of various materials like stone, clays, terra-cotta, metal, shell, ivory etc.

12. Occupational Material

The occupation material comprised of agricultural equipment (hoe, plough, fishing-equipments (hook, net), trade-equipments (weights & measures, seals and sealing, coins). These were also made of various material like

- Stone
- Clay
- Terracotta
- Metal etc.

Remedies to Combat Corruption

Agrima Sethi

Student Editor

B.A. II Year

Although corruption has become deeply entrenched, yet it is not impossible to get out of the corruption trap. A strong political will and commitment to a clear anti-corruption agenda is required efforts have to be made in different directions to reduce corruption. Some of the ways to combat corruption in society are discussed below :-

1. Political Commitment : It is more than clear that all these institutional arrangements to combat corruption can be useful only if correctives come from the political class which is the final legislative and executive authority in a parliamentary democracy. The waywardness of the politicians can only be curbed from within, there is no agency which can continuously impose probity from outside. Unless the politicians are made to differentiate private conscience from public morality and personal profit from national interest, the ongoing unrestrained plunder of the exchequer cannot be stopped.

2. Administrative Accountability : In India the government performs vast functions over a wide range of areas of public concern. Decisions are taken at various levels of government in which discretionary power may be involved. The present situation is that there is general lack of accountability in administration. Almost everyone in the public services is accountable to no one and is considered above the law. Respect for the rule of law is woefully uncommon and it is often noticed that those who violate the law in the most blatant fashion are the ones who get away the easiest. The judiciary has a key role in ensuring that political and administrative power is used only in accordance with law and every

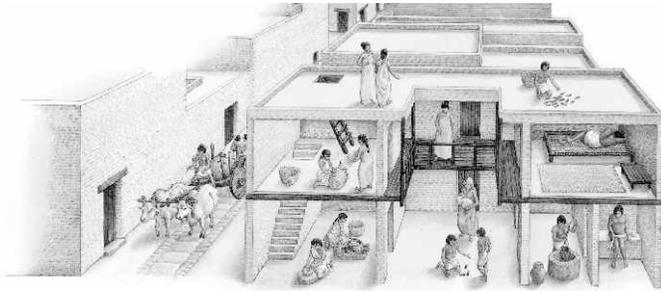
one is held accountable for wrong doing or misuse of authority.

3. Procedural Simplification : Administrative delay is one of the major causes of corruption. Therefore to reduce or control corruption it is necessary to eliminate such delays. For that it is essential that office procedures should be simplified and levels of hierarchy to be reduced. The present system in which official files take rounds of several offices before a decision is taken, new pattern of decision-making, which is transparent and simple, needs to be evolved. This requires reorganization of government departments so as to reduce from nine to four the levels through which a case is processed today. Such simplification and rationalisation is specially necessary with regard to all developmental projects in the infrastructure areas because inefficiency and corruption in these make the whole socio-economic system unstable.

4. Making Service Conditions Attractive : Most Government servants, especially at the lower levels are getting very low salaries. They are not even able to make their both ends meet and educate their children. Some of them are driven to corruption due to these circumstances. They tend to regard office holding as a source of income, which they would seek to maximize by taking bribes. Raising a pay is a basic means to wipe out the widespread bribery in the civil service.

5. Create Healthy Public Opinion Against Corruption : Public opinion must be created against the corrupt officers. Corruption will flourish until the general mass of people resist it with determination and strength. Unless people take widgets against corruption, no amount of anti-corruption measure can succeed. It is seen that people do not easily come forward to give evidence against corrupt officials. This apathy has to be tackled appropriately as the elimination of corruption requires widespread and steadfast opposition to it, coupled with the courage to act against it.

Given were few of the most important steps which need to be taken in order to combat corruption.



Indus Valley Civilization

Aaradhna

B.A. I Year

The mature phase of the Harappan Civilization lasted from C 2600-1900 BCE with the inclusion of the predecessor and successor cultures. Early Harappan and Late Harappan, respectively the entire Indus Valley Civilization may be taken to have lasted from the 33rd to the 14th Centuries BCE.

Geographical range : Basins of the Indus river Pakistan and the seasonal Ghaggar Alternative names : Harappan Civilization ancient dates C 3300-C1300 BCE

Major sites Harappa, Mohenjodaro Dholaviva and Rakhigavhi

Indus Valley Civilization

The Indus Valley Civilization (IVC), also known as the Indus Civilization was a Bronze Age civilization in the northwestern regions of South Asia, lasting from 3300 BCE to 1300 BCE, and in its mature form 2600 BCE to 1900 BCE. Together with ancient Egypt and Mesopotamia, it was one of three early civilizations of the Near East and South Asia, and of the three, the most widespread. Its sites spanned an area from much of Pakistan, to northeast Afghanistan, and northwestern India. The civilization flourished both in the alluvial plain of the Indus River, which flows through the length of Pakistan, and along a system of

perennial monsoon-fed rivers that once coursed in the vicinity of the Ghaggar-Hakra, a seasonal river in northwest India and eastern Pakistan.

Socio-Cultural Life

Wheat, barley, peas and sesamum were the principal food grains. Cotton was also grown the general diet of people consisted of fruits, vegetables and animal food including beef, mutton, pork and poultry. There is very clear evidence of a highly developed system of craft production and distribution.

Food

Food was mainly supplied from cities and rice was probably grown in the Indus Valley. Vegetables such as Peas, Sesamoids and Fruits like Date, Palms were part of the main food of the civilization.

Other important foods consumed were wheat, barley, rice, milk and other non-veg food items such as beef, mutton, pork, fish etc were also consumed by the people of the Indus Valley Civilization Agriculture was the main occupation of these people.

Dress

The most common material used was cotton fabric, but wool was also used the dresses of the people of the Indus Valley were simple moles were shawls and modern dhoti and women were traditional dhoti kurta or shoes.

Ornaments

The people of Indus Valley Civilization were very fond of ornaments Males and Females of all classes were necklaces armllets, finger rings and bangles, nose studs, earrings and anklets were used by women only. There was a great variety in the shape and design of these ornaments. Rich people made ornaments of gold, silver and ivory people were well versed in the art of cosmetics Indus Valley people knew the use of gold, silver, copper, tin, lead and bronze.

Azadi Ka Amrit Mahotsav and Celebration of Independence Day



Republic Day and Basant Panchami Celebration



NCC Activities : 2022-23



NCC Unit organised Har Ghar Tiranga Campaign in collaboration with NSS unit, Youth Services, Welfare and Cultural Affairs and Red Ribbon Club on 6th August 2022



NCC Cadets participated in the celebration of Independence Day in the College and District Level Parade. 24 Cadets participated in the College Level Event and 3 Cadets participated at District Level Parade



22 Cadets participated in Annual Training Camp at Ropar organised by NCC



On the Occasion of World Peace Day, A Poster Making Competition was organised by NCC Unit on 21st September 2022



NCC Unit in Collaboration with NSS Unit organised an Anti Corruption Awareness Rally in Locality of S.D. College Hoshiarpur and Aware Local People about How to Raise Voice Against Corruption. The event was organised on 7th November 2022



NCC Cadets participated in Cleanliness Rally organised by District Municipal Authority on 17th September 2022. There were 33 NCC Cadets participated in this cleanliness Rally

NSS Activities : 2022-23



Our Volunteers visited Fadma Village for various Awareness Activities on 9th November 2022



Seminar on Corruption Free India for Developed Nation during Awareness Week from 31st October 2022 to 6th November 2022



Our Volunteers visited Orphanage, Old Age and Kust Ashram on Diwali occasion



Tree Plantation in College Campus on 9th January 2023



Swachh Bharat Mission under Azadi Ka Amrit Mahotsav in the Month of October



Celebration of "National Service Scheme Day" on 24th September 2022

Introduction to Political Parties

Amanpreet Kaur

B.A. I Year

A political party is made up of a specific group of people who come together to compete against each other to run a government that will be able to take care of the country's needs for the better.

Political parties are basically created in order to make sure that the country has a group of people to lead it. Apart from that, the aspiration to win an election also drives other political parties to perform well and gather more votes than their competitors.

So, it can be said that the functions of political parties are certainly very important for the betterment of the country.

It enables the voters to have a voice and promote the common interests and goals in the country.

Functions of Political Parties

There are several functions a political party has. A political party needs to perform these functions even to be considered a political party in first place.

These functions include:

- Putting up specific candidates that will help in the elections.
- In India, the party's top leaders are responsible for selecting the candidate for their parties. Whereas in the USA, members are the party's supporters can select their candidates.
- A party includes different policies and programs. Voters have the choice to vote for the party whose policies and programs they support.
- Political parties also have access to different welfare schemes of the government.
- One of the major features of political parties in India is to ensure that the country has proper schemes of welfare.

Need of Political Parties

Without different political parties, there would be no existence of Democracy in a country. This would not give the people of a country any power to form their government.

Since there will be no responsibility for handling the country. This will lead to a single power ruling over the nation. This single power will then impose its ideologies on the entire public, consisting of people from different cultures, religions, beliefs and economic statuses.

Conclusion

So, it can be said safely after reading the above text that having a political party is really important. They are the backbone of our country. They are the ones we elect to safeguard our constitution and serve us. Socio-Economic upliftment happens through our chosen representatives.

ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਅਤੇ

ਇਤਿਹਾਸ ਵਿੱਚ ਸੰਬੰਧ

ਦਮਨਪ੍ਰੀਤ ਸਿੰਘ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਇਤਿਹਾਸ ਕੀ ਹੈ

ਇਤਿਹਾਸ ਮਨੁੱਖੀ ਸਮਾਜ ਦੀ ਕਹਾਣੀ ਹੈ। ਇਹ ਸਭਿਅਤਾ ਅਤੇ ਸਭਿਆਚਾਰ ਦੀ ਖੋਜ ਵਿਚ ਮਨੁੱਖ ਦੀਆਂ ਸਫਲਤਾਵਾਂ ਅਤੇ ਅਸਫਲਤਾਵਾਂ ਦਾ ਵਰਣਨ ਹੈ। ਇਹ ਮਨੁੱਖੀ ਜੀਵਨ ਦੀਆਂ ਬੀਤੀਆਂ ਹੋਈਆਂ ਘਟਨਾਵਾਂ ਦਾ ਲੜੀਵਾਰ ਵਰਣਨ ਹੈ। ਇਤਿਹਾਸ ਵਿਚ ਮਨੁੱਖੀ ਜੀਵਨ ਦੇ ਆਰਥਿਕ, ਧਾਰਮਿਕ, ਸਭਿਆਚਾਰਿਕ, ਬੌਧਿਕ ਅਤੇ ਰਾਜਨੀਤਿਕ ਵਿਕਾਸ ਦਾ ਅਧਿਐਨ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਹ ਸਾਨੂੰ ਵੱਖ-ਵੱਖ ਕਾਲਾਂ ਵਿਚ ਲੋਕਾਂ ਦੇ ਨਾਗਰਿਕ, ਆਰਥਿਕ, ਧਾਰਮਿਕ, ਸਮਾਜਿਕ ਅਤੇ ਰਾਜਨੀਤਿਕ ਜੀਵਨ ਨਾਲ ਸੰਬੰਧਿਤ ਘਟਨਾਵਾਂ ਅਤੇ ਸੰਸਥਾਵਾਂ ਦੀ ਜਾਣਕਾਰੀ ਕਰਵਾਉਂਦਾ ਹੈ।

ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਦੀ ਇਤਿਹਾਸ ਤੇ ਨਿਰਭਰਤਾ

ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਦੀ ਇਤਿਹਾਸ ਤੇ ਨਿਰਭਰਤਾ ਅੱਗੇ ਲਿਖੀਆਂ ਗੱਲਾਂ ਤੋਂ ਸਪੱਸ਼ਟ ਹੁੰਦੀ ਹੈ - ਇਤਿਹਾਸ ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਲਈ ਸਮੱਗਰੀ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ- ਇਤਿਹਾਸ ਰਾਜਨੀਤੀ - ਸ਼ਾਸਤਰ ਦੇ ਅਧਿਐਨ ਦੇ ਲਈ ਬਹੁਤ ਲਾਭਕਾਰੀ ਸਮੱਗਰੀ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ। ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਵਿਚ ਅਸੀਂ ਮਨੁੱਖ ਦੇ ਰਾਜਨੀਤਿਕ ਜੀਵਨ ਦੇ ਭੂਤਕਾਲ, ਵਰਤਮਾਨ ਅਤੇ ਭਵਿੱਖ ਦਾ ਅਧਿਐਨ ਕਰਦੇ ਹਾਂ। ਇਤਿਹਾਸ ਦੁਆਰਾ ਪ੍ਰਦਾਨ ਕੀਤੇ ਗਏ ਤੱਥਾਂ ਵਿੱਚੋਂ ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਦਾ ਵਿਦਿਆਰਥੀ ਤੁਲਨਾ ਅਤੇ ਤਰਕ ਦੁਆਰਾ ਸਾਧਾਰਨ ਨਿਯਮਾਂ ਅਤੇ ਸਿਧਾਂਤਾਂ ਨੂੰ ਖੋਜ ਕੱਢਦਾ ਹੈ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਆਧਾਰ ਤੇ ਭਵਿੱਖ ਦੇ ਲਈ ਆਦਰਸ਼ਾਂ ਦੀ ਸਥਾਪਨਾ ਕਰਦਾ ਹੈ।

ਰਾਜਨੀਤਿਕ ਸੰਸਥਾਵਾਂ ਦੀਆਂ ਜੜ੍ਹਾਂ ਇਤਿਹਾਸ ਵਿਚ ਹਨ

ਰਾਜ ਅਤੇ ਦੂਸਰੀਆਂ ਰਾਜਨੀਤਿਕ ਸੰਸਥਾਵਾਂ ਇਕ ਦਮ ਪੈਦਾ ਨਹੀਂ ਹੋਈਆਂ, ਇਨ੍ਹਾਂ ਦਾ ਹੌਲੀ-ਹੌਲੀ ਵਿਕਾਸ ਹੋਇਆ ਹੈ। ਇਨ੍ਹਾਂ ਦੀਆਂ ਜੜ੍ਹਾਂ ਭੂਤਕਾਲ ਵਿਚ ਹਨ। ਇਨ੍ਹਾਂ ਦਾ ਇਤਿਹਾਸਿਕ ਆਧਾਰ ਹੈ। ਇਨ੍ਹਾਂ ਦਾ ਵਰਤਮਾਨ ਸਰੂਪ ਸਮਝਣ ਲਈ ਸਾਨੂੰ ਇਤਿਹਾਸ ਦਾ ਸਹਾਰਾ ਲੈਣਾ ਪੈਂਦਾ ਹੈ। ਇਤਿਹਾਸ ਦੇ ਅਧਿਐਨ ਤੋਂ ਸਾਨੂੰ ਇਨ੍ਹਾਂ ਦੀ ਉੱਤਪਤੀ, ਵਿਕਾਸ ਅਤੇ ਬਦਲਦੇ ਹੋਏ ਸਰੂਪ ਦਾ ਗਿਆਨ ਪ੍ਰਾਪਤ ਹੁੰਦਾ ਹੈ।

ਇਤਿਹਾਸ ਰਾਜਨੀਤਿਕ ਪ੍ਰਣਾਲੀਆਂ ਵਿਚ ਪਰਿਵਰਤਨ ਦੀ ਵਿਆਖਿਆ ਕਰਦਾ ਹੈ

ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਵਿਚ ਅਸੀਂ ਰਾਜ, ਸਰਕਾਰ ਅਤੇ ਸ਼ਾਸਨ ਪ੍ਰਣਾਲੀਆਂ ਦਾ ਅਧਿਐਨ ਕਰਦੇ ਹਾਂ। ਇਤਿਹਾਸ ਸਾਨੂੰ ਇਹ ਦੱਸਦਾ ਹੈ ਕਿ ਪੁਰਾਣੇ ਸਮੇਂ ਵਿਚ ਰਾਜਾ ਅਤੇ ਸਰਕਾਰਾਂ ਦੇ ਕੀ ਸਰੂਪ ਸਨ। ਉਨ੍ਹਾਂ ਵਿਚ ਸਮੇਂ-ਸਮੇਂ ਸਿਰ ਕਿਹੜੀਆਂ-ਕਿਹੜੀਆਂ ਤਬਦੀਲੀਆਂ ਹੋਈਆਂ ਅਤੇ ਉਨ੍ਹਾਂ ਤਬਦੀਲੀਆਂ ਦੇ ਕੀ-ਕੀ ਕਾਰਨ ਸਨ।

ਇਤਿਹਾਸ ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਦੀ ਪ੍ਰਯੋਗਸ਼ਾਲਾ ਹੈ

ਇਤਿਹਾਸ ਰਾਜਨੀਤੀ ਦੇ ਲਈ ਪ੍ਰਯੋਗਸ਼ਾਲਾ ਦਾ ਕੰਮ ਕਰਦਾ ਹੈ। ਇਤਿਹਾਸ ਮਨੁੱਖ ਦੀਆਂ ਸਫਲਤਾਵਾਂ ਅਤੇ ਅਸਫਲਤਾਵਾਂ ਦਾ ਭੰਡਾਰ ਹੈ। ਇਤਿਹਾਸ ਵਿਚ ਕੀਤੇ ਗਏ ਪ੍ਰਯੋਗਾਂ ਦਾ ਰਾਜਨੀਤੀ ਤੇ

ਭੁੰਘਾ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ। ਰਾਜਨੀਤੀਵਾਨ ਇਨ੍ਹਾਂ ਪ੍ਰਯੋਗਾਂ ਤੋਂ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਦਾ ਹੋਇਆ ਭਵਿੱਖ ਦੇ ਲਈ ਸੁਚੇਤ ਹੋ ਜਾਂਦਾ ਹੈ ਅਤੇ ਪੁਰਾਣੀਆਂ ਭੁੱਲਾਂ ਨੂੰ ਨਹੀਂ ਦੁਹਰਾਉਂਦਾ। ਇਤਿਹਾਸ ਦੇ ਪਾਠਾਂ ਦੇ ਆਧਾਰ ਤੇ ਅਸੀਂ ਆਦਰਸ਼ ਅਤੇ ਮਜ਼ਬੂਤ ਰਾਜਨੀਤਿਕ ਨੀਤੀਆਂ ਦਾ ਨਿਰਮਾਣ ਕਰ ਸਕਦੇ ਹਾਂ।

ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਦੀ ਇਤਿਹਾਸ ਨੂੰ ਦੇਣ

ਜੇਕਰ ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਇਤਿਹਾਸ ਦੁਆਰਾ ਪ੍ਰਦਾਨ ਕੀਤੀ ਗਈ ਸਮੱਗਰੀ ਦਾ ਲਾਭ ਉਠਾਉਂਦਾ ਹੈ ਤਾਂ ਇਹ ਇਤਿਹਾਸ ਨੂੰ ਜ਼ਰੂਰ ਕੁਝ ਦਿੰਦਾ ਵੀ ਹੈ। ਜੇਕਰ ਇਤਿਹਾਸ ਅਨੁਭਵ ਦੁਆਰਾ ਸਿੱਖਿਆ ਦਿੰਦਾ ਹੋਇਆ ਰਾਜਨੀਤੀ ਵਿਗਿਆਨ ਹੈ ਤਾਂ ਜਿਸ ਦਰਸ਼ਨ ਦੀ ਇਹ ਸਿੱਖਿਆ ਦਿੰਦਾ ਹੈ ਉਹ ਬਹੁਤ ਹੱਦ ਤਕ ਰਾਜਨੀਤਿਕ ਦਰਸ਼ਨ ਹੈ ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਦੀ ਇਤਿਹਾਸ ਨੂੰ ਹੇਠ ਲਿਖੀ ਦੇਣ ਹੈ -

ਰਾਜਨੀਤਿਕ ਘਟਨਾਵਾਂ ਦੇ ਅਧਿਐਨ ਬਿਨਾਂ ਇਤਿਹਾਸ ਅਧੂਰਾ ਹੈ -

ਰਾਜਨੀਤਿਕ ਵਿਚਾਰਧਾਰਾਵਾਂ, ਘਟਨਾਵਾਂ ਅਤੇ ਗਤੀ-ਵਿਧੀਆਂ ਦੇ ਅਧਿਐਨ ਤੋਂ ਬਿਨਾਂ ਇਤਿਹਾਸ ਦਾ ਗਿਆਨ ਅਧੂਰਾ ਅਤੇ ਅਰਥਹੀਨ ਹੋਵੇਗਾ। ਉਦਾਹਰਨ ਦੇ ਤੌਰ 'ਤੇ ਜੇਕਰ ਅਸੀਂ 19ਵੀਂ ਸਦੀ ਦੇ ਯੂਰਪ ਦੇ ਇਤਿਹਾਸ ਪੂਰਾ ਅਧਿਐਨ ਕਰਨਾ ਹੈ ਤਾਂ ਸਾਡੇ ਲਈ ਉਸ ਸਮੇਂ ਦੀਆਂ ਪ੍ਰਚਲਿਤ ਰਾਜਨੀਤਿਕ ਵਿਚਾਰਧਾਰਾਵਾਂ, ਰਾਸ਼ਟਰਵਾਦ, ਵਿਅਕਤੀਵਾਦ, ਸਮਾਜਵਾਦ ਆਦਿ ਨੂੰ ਸਮਝਣਾ ਅਤੀ ਜ਼ਰੂਰੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਭਾਰਤ ਦਾ ਆਧੁਨਿਕ ਇਤਿਹਾਸ ਤਦ ਤਕ ਪੂਰਾ ਨਹੀਂ ਹੋਵੇਗਾ ਜਦ ਤਕ ਅਸੀਂ 1885 ਵਿਚ ਭਾਰਤੀ ਰਾਸ਼ਟਰੀ ਕਾਂਗਰਸ ਦੀ ਸਥਾਪਨਾ, 1906 ਵਿਚ ਮੁਸਲਿਮ ਲੀਗ ਦੇ ਜਨਮ 1909 ਵਿਚ ਅੰਗਰੇਜ਼ ਸਰਕਾਰ ਦੁਆਰਾ ਮੁਸਲਮਾਨਾਂ ਦੀ ਅਲਹਿਦਾ ਚੋਣ ਦੀ ਮੰਗ ਦਾ ਸਵੀਕਾਰ ਕੀਤਾ।

ਸਫਲਤਾ ਉਸ ਵਿਅਕਤੀ ਨੂੰ ਪ੍ਰਾਪਤ ਹੁੰਦੀ ਹੈ
ਜਿਸ ਦੀਆਂ ਨਜ਼ਰਾਂ ਅਸਮਾਨ ਵੱਲ ਅਤੇ ਜਿਸਦੇ
ਪੈਰ ਧਰਤੀ ਨਾਲ ਜੁੜੇ ਹੁੰਦੇ ਹਨ, ਜਿਹੜਾ ਅਤੀਤ
ਵੱਲ ਵੇਖਦਾ ਹੋਇਆ ਭਵਿੱਖ ਤੋਂ ਸੁਚੇਤ ਰਹਿੰਦਾ ਹੈ।

ਰਾਜਨੀਤਿਕ ਕ੍ਰਾਂਤੀਆਂ ਇਤਿਹਾਸ ਦਾ ਰੁੱਖ ਮੋੜ ਦਿੰਦੀਆਂ ਹਨ -

ਰਾਜਨੀਤਿਕ ਕ੍ਰਾਂਤੀਆਂ ਅਤੇ ਘਟਨਾਵਾਂ ਦੀ ਕਦੀ-ਕਦੀ ਇਤਿਹਾਸ ਦਾ ਰੁੱਖ ਮੋੜ ਦਿੰਦੀਆਂ ਹਨ। ਇੰਗਲੈਂਡ ਵਿਚ 1688 ਦੀ ਮਹਾਨ ਕ੍ਰਾਂਤੀ ਨੇ ਭਵਿੱਖ ਵਿਚ ਰਾਜਤੰਤਰ ਦਾ ਸਰੂਪ ਬਦਲ ਦਿੱਤਾ। ਰਾਜਤੰਤਰ ਨਿਰੰਕੁਸ਼ ਨਾ ਰਹਿ ਕੇ ਸੀਮਿਤ ਅਰਥਾਤ ਸੰਵਿਧਾਨਿਕ ਰਾਜਤੰਤਰ ਬਣ ਗਿਆ।

ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਅਤੇ ਇਤਿਹਾਸ ਵਿਚ ਅੰਤਰ

ਭਾਵੇਂ ਦੋਵਾਂ ਵਿਸ਼ਿਆਂ ਵਿਚ ਗੂੜਾ ਸੰਬੰਧ ਹੈ ਅਤੇ ਦੋਵੇਂ ਇਕ ਦੂਸਰੇ ਤੇ ਨਿਰਭਰ ਕਰਦੇ ਹਨ ਇਫਰ ਵੀ ਦੋਵਾਂ ਵਿਚ ਬੁਨਿਆਦੀ ਅੰਤਰ ਹਨ -

ਖੇਤਰ ਵਿਚ ਅੰਤਰ - ਇਤਿਹਾਸ ਦਾ ਖੇਤਰ ਵਿਆਪਕ ਅਤੇ ਵਿਸ਼ਾਲ ਹੈ ਜਦ ਕਿ ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਦਾ ਖੇਤਰ ਅਤੀ ਸੀਮਿਤ ਹੈ ਪਰ ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਦਾ ਇਨ੍ਹਾਂ ਸਭ ਘਟਨਾਵਾਂ ਨਾਲ ਸੰਬੰਧ ਨਹੀਂ ਹੁੰਦਾ। ਇਸ ਵਿਚ ਉਨ੍ਹਾਂ ਘਟਨਾਵਾਂ ਦਾ ਅਧਿਐਨ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਜਿਨ੍ਹਾਂ ਦਾ ਸੰਬੰਧ ਰਾਜ, ਸ਼ਾਸਨ ਦੇ ਸਰੂਪ ਅਤੇ ਮਨੁੱਖ ਦੇ ਰਾਜਨੀਤਿਕ ਜੀਵਨ ਦੇ ਵਿਕਾਸ ਨਾਲ ਹੋਵੇ।

ਅਧਿਐਨ ਪ੍ਰਣਾਲੀ ਵਿਚ ਅੰਤਰ - ਇਤਿਹਾਸ ਦੀ ਅਧਿਐਨ ਪ੍ਰਣਾਲੀ ਵਰਣਾਤਮਕ ਹੈ, ਇਹ ਤੱਥਾਂ ਦਾ ਲੜੀਦਾਰ ਅਧਿਐਨ ਕਰਦਾ ਹੈ। ਰਾਜਨੀਤੀ-ਸ਼ਾਸਤਰ ਦੀ ਅਧਿਐਨ ਪ੍ਰਣਾਲੀ ਵਿਚਾਰਾਤਮਕ ਤੇ ਵਿਸ਼ੇਸ਼ਵਾਤਮਕ ਹੈ। ਇਹ ਉਨ੍ਹਾਂ ਤੱਥਾਂ ਨੂੰ ਚੁਣਦਾ ਹੈ ਕਿ ਰਾਜ ਕਿਹੋ ਜਿਹਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ।

A Few Words About Politics

Gagandeep

B.A. I Year

Political thought is as separate from these other forms of thought as they are from each other. It can exist without them, they without it. The enemy can be good, he can be beautiful, he may be economically utile, business with him may be profitable but if this power activity converges on mine, he is my enemy.



He is that one with whom existential conflicts are possible. But esthetics, economics, morality are not concerned with existence, but only with norms of activity and thinking within an assured existence.

While as a matter of psychological fact, the enemy is easily represented as ugly, injurious and evil this is subsidiary to politics and does not destroy the independence of political thinking and activity. The political disjunction, concerned as it is with existence, is the deepest of all disjunctions and thus, has a tendency to seek every type of persuasion, compulsion and justification in order to carry its activity forward. The extent to which this occurs is in direct ratio to the purity of political thinking in the leaders. The more their outlooks contain of moral, economic or other ways of thinking, the more their outlooks contain of moral, economic or other ways of thinking, the more they will use propaganda along such lines to further their political aims. It may even happen that they are not conscious that their activity is political.

There is every indication that Cromwell regarded himself as a religionist and not as politician. A variation was provided by the French journal which fanned the war spirit of its readers in 1870 with the expectation that the poilus would bring car-loads of blonde women back from Prussia.

Politics is too serious matter
to be left to the politicians

- Charles de Gaulle

SHREE PANCHANAN

2022-23

COMPUTER SECTION



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CEO of Indian Origin

Mrs. Nisha Arora

(Asst. Prof.)

Staff Editor of Computer Deptt.

Indians have progressively ascended the corporate ladders around the world over the years, and have also played a major role in the establishment of many of the world's global powerhouses. India has repeatedly demonstrated that it is the cradle of some of the world's most creative brains. India and Indian blood have gone on to lead some of the world's most successful businesses and companies, from IT geeks making their name known across Silicon Valley to tycoons who head some of the world's most successful conglomerates.

Name	Company
Sundar Pichai	Alphabet Inc. & Google
Satya Nadella	Microsoft
Leena Nair	Chanel
Laxman Narasimhan	Starbucks
Shantanu Narayen	Adobe Inc
Arvind Krishna	IBM
Sanjay Mehrotra	Mircron Technologies

Information Technology in Education

Mrs. Pooja

(Asst. Prof.)

The primary focus of modern informational technology in education is the instructor rather than the student. Modern Information Technology is not taught to the student; rather, its products are used as a technical teaching tool. The task of the teacher is to integrate the highest level of computerization of

information technology into the educational process in order to improve the educational content. The teacher uses contemporary technologies to prepare for the lesson, organize the lesson and monitor the knowledge of the students.

Extensive use of didactic materials that determine the effectiveness of information technology and technical means is one of the main features of modern pedagogical technologies. The national program emphasizes this important tool for managing the educational process. The level of use of information media (computer, electronic communications, radio, television) is determined by two factors:

1. Development of didactic materials on topics for which the media is effective means and didactic materials in their practical work.
2. To check the readiness of teachers to use methodically correct technical means and didactic materials in their practical work.

The goal can be achieved only if the process of informational education is pre-designed pedagogically. Computerization of the pedagogical process is one of the main directions and areas of modern pedagogical technologies.

Information Technology is the methods and techniques of organizing, storing, processing, restoring, transmitting information that enhance people's knowledge and expand their ability to manage technical and social processes. In recent years, great positive changes have taken place and are taking place to equip higher and secondary special educational institutions with information technology, to improve the content of the education system, the forms and quality of its organization.

e-RUPI

Mrs. Amandeep Kaur

(Asst. Prof.)

e-Rupi: A Digital Twin of Physical Paper Money.

In the modern era everyone is aware of UPI

payments in India in 2020 found that 79 percent of households used third-party digital payment apps



for payments. But now a new digital solution called "e-RUPI" has been introduced by the National Payments Corporation of India (NPCI) in collaboration with the Department of Financial Services (DFS), the National Health Authority (NHA), the Ministry of Health and Family Welfare and partner banks. Bank account won't be required in order to access the e-Rupi wallet.

People will be able to make transactions with a retailer or a person without a bank being involved. It will be same a Physical paper money. Even UPI transactions are supported by physical money, but e-RUPI is not required to be. In the beginning stage low budget payments will not be allowed but if any person do a payment larger than 50,000 he or she will be required to show the PAN.

The ability to conduct offline transactions using feature phones is another significant advantage of locations as well. Since the beneficiary will receive the e-RUPI token by SMS or QR code. This will make it possible for it to be used in remote & rural locations as well, where internet connectivity can be an issue.

The UPI handle ID changes depending on the banks and platforms. However, this won't apply to e-RUPI. Unlike UPI, where each bank has a different UPI handler, the RBI will run the digital rupee instead of bank middlemen. 11 banks have joined with NPCI to conduct e-RUPI transactions.

They are Punjab National Bank, State Bank of India, Union Bank of India Axis Bank, Bank of Baroda, Canara Bank, HDFC Bank, ICICI Bank, Indian Bank, IndusInd Bank, Kotak Mahindra Bank and Union Bank of India. At the end we can say that it will provide digital governance and it will connect people's lives in India through technology and digital commerce.

Image Classification in Machine Learning

Mr. Keshav
(Asst. Prof.)

Image classification is a machine learning technique which is used to classify the real world images. For example, if user wants to detect whether a person wears a mask or not, this problem can be solved by using image classification. To perform the classification, the collection of images (dataset) is used to train the computer using machine learning model. Dataset of these images is preprocessed and then applied to machine learning techniques. From the entire dataset majority of the data is used for training and rest of the data is used for testing purpose. After calculating the accuracy of the model, the classifier is ready for prediction. At the end this classifier is used to identify real word problems such as in Healthcare, Fraud Detection etc. from the images and live videos.



Technology in our Life Today

Ms. Rampy
(Asst. Prof.)

Over the years, technology has revolutionized our world and our daily lives. Technology has created amazing tools and resources, putting useful information at our fingertips. Modern technology has paved the way for multi-functional devices like

the smartwatch and smartphone. Computers are increasingly faster, portable, & higher-powered than ever before. With all these revolutions, technology has also made our lives easier, faster, better, and often more fun. Technology has also given us brand new devices in recent decades, like smartwatches, tablets, voice assistant devices, and many other applications. With these devices, we can transfer money instantly and make purchases for clothes, food, groceries, furniture and more.

Technology has changed how we entertain ourselves, meet each other, and consume all types of media. It has made major advancements; it has also made important gains in safety when it comes to security and medical devices. Especially for remote workers and seniors, these devices and services are providing the freedom to work in place, to live independently, and to continue moving through everyday life with peace of mind. It opens new opportunities by helping with safety and mobility.

Medical advancements have made it so you can stay proactive with conditions like diabetes and arthritis. With new medical alert devices, seniors can also get help at the push of a button and keep in touch with loved ones no matter where they are in the world. Digital technology has changed what people term as "media." The influence of new technology on media is apparent since a media company isn't necessarily a news platform anymore. A media company is now any company that helps pass information across the globe, including social media platforms like Facebook and Twitter.

Before mobile technology, you had to search through a dictionary to understand the meaning of a word. Now you can look words up in a dictionary app or quickly search the Internet. You can search for practically anything on the Internet using search engines like Google and Bing. There is no denying that the future of technology will continue to revolutionize our lives. In a few years, driver less cars and robots will be common place in factories.

Juice Jacking

Mrs. Jasveer Kaur

(Asst. Prof.)

Juice jacking is a theoretical type of compromise of devices like phones and tablets which use the same cable for charging and data transfer, typically a USB cable. The goal of the attack is to install malware on the device.

Juice-jacking history

Juice jacking first came into the public conversation at a hacking conference called DEF CON in August 2011.

Conference attendees were offered free charging stations for their mobile devices. When they plugged them in, a message appeared warning them not to trust convenient but suspicious offers of free charging because the devices could be loaded with malicious code.

- In response to juice jacking, Apple and Android updated their devices to warn users whenever they charge and allow the user to choose whether to trust the charging port, power bank or other charging process. If users choose the untrusted device option, their devices will only be charged and will not allow data transfer

Types of juice jacking attacks : Data Theft, Malware Installation, Multi-device Attack, Disabling Attack

Juice-jacking is not possible if a device is charged via a trusted AC adapter, battery backup device or by utilizing a USB cable with only power wired and no data wires present. Similarly, a USB data blocker can be connected between a device and charging port to disallow a data connection.

A Positive mind set brings
Positive things in your Life
So replace the Negative Thoughts

Metaverse

Arsh Jain

B.C.A. III Year

With the world what it is these days, you can see why people might be itching for an alternate reality - a way to reboot the system and start fresh. That's the appeal of virtual realms: They're places where power can be inverted, disappointments escaped and capitalist inequities left behind for something more exciting, malleable and meaningful.

It's no wonder, that online universes like Fornite and Roblox currently attract nearly 400 million users and others like Decentraland and the Sandbox are growing rapidly. The market for them will soon be worth more than \$1 trillion, estimates show. Facebook has changed its name to Meta to signal its belief in a virtual future. Microsoft is preparing for workplaces populated by digital avatars. Fashion brands from Nike to Gucci are designing clothes and accessories for the metaverse. J.P. Morgan and Samsung have set up shop in Decentraland. On Roblox players can operate their own Forever 21 stores and even sell their own designs in them. Many companies are making big bets on the metaverse (even if most people still aren't quite sure what it is).

While definitions of it vary, here are some basics about the metaverse : It's actually many metaverses or digital spaces, store information on blockchain and allow users to own digital goods. So like "the internet", the term "the metaverse" describes a sprawling network of sites and spaces. In other words the endgame is to have a unified digital identity on blockchain - an identity that's the same whether you are signing in to your work computer or gaming at night. It will contain the keys to your crypto, the NFTs you bought for your digital house in Decentraland, and all your other important data. In the metaverse you are less a user than you are a member. This opens a whole new world of possibilities. Terry and Keeney point to Roblox as an

example of what's to come. On it players design games and spaces and people gather for events in a way that they can't on social media sites. Keeney (who is also known as "DJ Skee") worked with Paris Hilton to build Paris World on Roblox, where she threw a New Year's Eve celebration that drew more attendees than Times Square's did, "This is the future of partying," she tells the authors.

Virtual Reality

Prabhleen

B.C.A. III Year

Virtual Reality (VR) is a computer-generated environment with scenes and objects that appear to be real, making the user feel they are immersed in their surroundings. This environment is perceived through a device known as a Virtual Reality headset or helmet. VR allows us to immerse ourselves in video games as if we were one of the characters, learn how to perform heart surgery or improve the quality of sports training to maximise performance.

Virtual Reality is one of the technologies with the highest projected potential for growth. According to the latest forecasts from IDC Research (2018), investment in VR and AR will multiply 21-fold over the next four years, reaching 15.5 billion euros by 2022. In addition, both technologies will be key to companies' digital transformation plans and their spending in this area will exceed that of the consumer sector by 2019. It is, therefore expected that by 2020 over half of the larger European companies will have a VR and RA strategy.

Nowadays, the market is demanding applications that go beyond leisure, tourism or marketing and are more affordable for users. Virtual interfaces also need to be improved to avoid defects such as clipping, which makes certain solid objects appear as though they can be passed through. Or to minimise the effects that VR produces in people, among them motion sickness, which consists of a dizziness induced by the mismatch between the

movement of our body and what is being seen in the virtual world.

The big technology companies are already working to develop headsets that do not need cables and that allow images to be seen in HD. They are developing Virtual Reality headsets in 8K and with much more powerful processors. There is even talk that in the next few years they could integrate Artificial Intelligence. The latest 5G standard can also provide very interesting scenarios for the evolution of VR. This standard will allow more devices and large user communities to be connected. In addition, its almost imperceptible latency will make it possible for consumers to receive images in real time, almost as if they were seeing them with their own eyes.

All this means that Virtual Reality is no longer science fiction. It is integrated into our present and, in the coming years, it will lead to advances that will shape the future.

Intelligent Apps.

Beauty Shukla

B.C.A. III Year

Intelligent mobile apps are essentially AI-enabled applications that provide a rich, adaptive, and personalized user experience. These apps incorporate the power of predictive and prescriptive analytics, consumer data, cutting-edge technologies, and operational data with application development tools and the latest user-centric design to make a high-end user experience.

Below are the examples :

1. Elsa Speak

ELSA Speak is one of the popular Artificial Intelligence apps that assist users to learn English quickly and effectively. The application has a documented down test designed by the professionals which facilitate users to learn and speak English fluently in a smaller period. Furthermore, this Android and iOS app enable them

to proceed further by keeping track of their progress.

2. Hound

Hound is also another perfect example of how Artificial Intelligence in mobile apps can simplify your life. The app seizes voice commands to execute different actions such as getting familiar with the best hotel, restaurant, or doctors. Another fascinating feature of this i-app is that it translates speech to text and vice-versa.

3. IRIS

IRIS is an example of the execution of artificial intelligence in mobile apps for adequate services. It is developed by Paint Technology Solutions. An intelligent reporting Android and iOS app for team leaders, managers, and co-workers of any specific project. The application allows them to get access to the report of any team member. And the favourable part is that multiple users can access the same document at the same time and that too from distinct sync devices.

4. FaceApp

FaceApp is also another application that uses Neural Networks and AI technology to build freaky, hilarious, most realistic face transformations.

Benefits of Intelligent Apps

1. Action-Oriented

The major factor of AI-apps is that these applications do not wait for users to make every move. Instead, they study user behaviour and provide personalized and actionable outcomes using the power of Predictive Analytics.

2. Data-Driven

One of the key features of Intelligent apps is delivering a data-driven output. The intelligent apps collect information from different sources be it IoT sensors, websites, mobile apps, beacons, etc.

3. Contextual

Intelligent mobile apps survey users' behaviour and preferences, they easily distinguish between which data is appropriate and vice versa.

Robotics

Harman

B.C.A. III Year

Robotics is the intersection of science, engineering and technology that produces machines called robots, that replicate or substitute for human actions. Pop culture has always been fascinated with robots — examples include R2-D2, the Terminator and WALL-E. These over-exaggerated, humanoid concepts of robots usually seem like a caricature of the real thing. But are they more forward thinking than we realize? Robots are gaining intellectual and mechanical capabilities that don't put the possibility of a R2-D2-like machine out of reach in the future.

Applications of Robotics

- **Manufacturing** : working in factories, finding and carrying items in warehouses.
- **Conservation** : fighting forest fires.
- **Companionship** : providing company to elderly individuals.
- **Healthcare** : assisting in surgical procedures.
- **Delivery** : completing food delivery and last-mile fulfillment.
- **Household** : vacuuming and mowing the grass.
- **Rescue** : undertaking search-and-rescue missions after natural disasters.
- **Military Operations** : detecting landmines in war zones.

5G Technology

Shruti Prabhakar B.C.A. III Year

Kiranpreet B.C.A. I Year

Ashutosh B.C.A. I Year

The term '5G', one of the fastest rising latest technology trends, has been creating a buzz for almost half a decade now and since it has rolled out, it definitely, like its predecessors, has created a revolution of a kind. The advent of 5G is one of the most enigmatic existing technologies that are

impacting businesses in 2022. Many industry experts have termed 5G as the future of communication and seeing its growth among new trends in technology proves it is true.

"5G" wireless networks will support 1,000-fold gains in capacity, connections for at least 100 billion devices and a 10 GB/s individual user experience of extremely low latency and response times, as stated by future trends in technology report by Huawei. "Deployment of these networks will emerge between 2020 and 2030."

The most striking achievement of 5G is its speed which is expected to clock at 20 GB/s. Now, how fast are we discussing? Let us take an example of these future technology trends. Suppose you download the contents of an (approx) 5 GB DVD at an average of 50 MB/s. It will take roughly about 13 minutes. Now the same will take barely 2 seconds to download on 5G at top speed.

Some noteworthy goals of the 5G as one of the top upcoming technology trends include

- Amplified broadband for mobile communication.
- Object-specific transformation with increased connectivity.
- Unlimited scope for IoT enhancement under the newest technology trends.
- Increased flexibility and support.

However, to take this one of the top future tech trends to everyday mobile users, mobile network carriers will need to increase bandwidth and reduce network costs. Moreover, LTE application isn't waning and expectedly, according to Statista future tech trends reports, might have reached over 4.74 billion global subscriptions by the end of 2021.

One of the top recent trends in technology in 2022, 5G opens up a massive playground where subsequent technologies will find their advantages. The current tech trends, like self-driven cars, VR/MR/AR, empowered smart cities, etc. strengthen the foundation for 'what's next in technology.'

Edge Computing

Keshav

B.C.A. I Year

Today, the primary concern of every industry is the laggy approach that sometimes affects the overall management of the operations. Therefore, industries are focusing more on the efficiency and the response rate of computing, through which data analysis is made. And here comes the role of edge computing.

Edge computing, one of the top technological trends in 2022, brings data storage and computation closer to the businesses and hence ameliorates the response times and saves bandwidth. Also, this one of the growing technological trends of 2022 weighs more like the latest trend in technology because the industries are rapidly empowered with sophisticated and specialized resources, which is bound to reduce the latency.

The primary advantages of Edge computing as one of the top current trends in technology include - Edge computing enhances security to a new level by countering the issues of local compliance, privacy regulations and data sovereignty. Although many believe that edge computing, in fact, expands the vulnerable surfaces for attacks, it clearly nullifies the impact of an organization.

Speed gets massively enhanced with the help of edge computing as it reduces the amount of latency under the top 10 technology trends in the postmodern era. For example, autonomous vehicles require faster processing of data since every millisecond on the roads matter. By confining data analysis to the edge, the speed of processing the data can be massively improved.

Edge computing reduces the cost of retaining the data significantly by categorizing each data from the management perspective. As data can be retained in edge locations, it significantly reduces the bandwidth cost while eliminating redundant storage.

As of now, edge computing is being fueled by the rapid evolution of the Internet of Things (IoT) and in the future, it will create an unstructured architecture over a set of distributed cloud services. For instance, we have drones that directly communicate with the enterprise IoT platform and conduct peer-to-peer exchanges. One such example is the latest package delivery drone by Amazon.



Cyber Security

Navneet Kaur

B.C.A. I Year

Cyber security means protecting data, networks, programs and other information from unauthorized or unattended access, destruction or change. In today's world, cyber security is very important because of some security threats and cyber-attacks. For data protection, many companies develop software. These softwares protect the data. Cyber security is important because not only it helps to secure information but also our system from virus attack. After the U.S.A. and China, India has the highest number of internet users.

Cyber Threats can be classified into 2 types :

Cyber crime - Against individuals, Corporates etc.

Cyber warfare - Against a state.

Machine Learning

Puneet Kumar

B.C.A. I Year

Algorithms - the chunks of code that allow programs to sort, filter and combine data, among other things - are the standard tools of modern computing. Like tiny gears inside a watch, algorithms

execute well-defined tasks within more complicated programs. They are ubiquitous and in part because of this, they have been painstakingly optimized over time. When a programmer needs to sort a list, for example, they'll reach for a standard "sort" algorithm that's been used for decades.

Now researchers are taking a fresh look at traditional algorithms, using the branch of artificial intelligence known as machine learning. Their approach, called algorithms with predictions, takes advantages of this insights machine learning tools can provide into the data that traditional algorithms handle. These tools have, in a real way, rejuvenated research into basic algorithms.

Machine learning and traditional algorithms are "two substantially different ways of computing and algorithms with predictions is a way to bridge the two," said Piotr Indyk, a computer scientist at the Massachusetts Institute of Technology. "It's a way to combine these two quite different threads." The recent explosion on interest in this approach began in 2018 with a paper by Tim Kraska, a computer scientist at MIT, and a team of Google researchers.

Authors suggested that machine learning could improve a well-studied traditional algorithm called a Bloom filter, which solves a straightforward but daunting problem. Imagine you run your company's IT department and you need to check if your employees are going to websites that pose a security risk. Naively, you might think you'll need to check every site they visit against a blacklist of known sites. If the list is huge the problem becomes unwidely - you can't check every site against a huge list in the tiny amount of time before a webpage loads.

The Bloom filter provides a solution, allowing you to quickly and accurately check whether any particular site's address, or URL, is on the blacklist. It does this by essential compressing the huge list into a smaller list that offers some specific guarantees. Bloom filters never produce false negatives - if they say the site is bad, it's bad.

Influence of Computer in Education

Vanshita

B.C.A. III Year

No doubt! Computer has made massive makeover in education field. Three decades ago, if anyone has a doubt to be clarified in a learning process, finding right expert itself was a cumbersome task and there may not be available further opinion about the subject.

Although the different and more easiest clarification or solution are available on the other side of the world, we were unable to know its whereabouts because lack of communication. In this modern world, our "Guru" as all we know is "Google search" being evolved as Human Assist adopting Artificial Intelligence (the latest trends in Computer application).

In education sector, teaching and learning reached new highs after started using computers in our life. We can find answers virtually on any subjects in a moment, and can communicate this information to number of ways in real time.

Needless to say, we can see every educational institution has interaction of students with computers and most of them are equipped with smart classrooms.

The invention of the tablet computer made smooth transition to student with computer from the heavy bags carrying books and other learning accessories.

Libraries have gone digital as well, so the public have access larger amount of information virtually anywhere. Connecting to the internet gives us access to worlds of information right at our fingertips and anywhere. Distant education and online exams are getting more popular and becomes the paradigm of the higher education.

Cybercrime

Sharukh

B.C.A. II Year

Cybercrime is a crime that involves a computer and a network. The computer and mobile may have been used in the commission of a crime, or it may be the target. Cybercrime may harm someone's security and financial health.

With the increasing use of computers in society, cybercrime has become a major issue. The advancements of technology has made man dependent on internet for all his needs. Social networking, online shopping, online studying, online jobs, every possible things that Man can think of can be done through the medium of internet.

The cybercrime is different from any other crime happening in the society. The reason being, its has no geographical boundaries and the cyber criminals are unknown. It is affecting all the stakeholders from government, business to citizens alike. In India cybercrime is increasing with the increased use of information and communication technology (ICT).

What are the types of cybercrime?

- E-mail and Internet fraud.
- Identity fraud. (where personal information is stolen or used).
- Theft of financial or card payment data.
- Theft and sale of corporate data.
- Cyberextortion (demanding money to prevent a threatened attack).
- Ransomware attacks (a type of cyberextortion).
- Cryptojacking (where hackers mine cryptocurrency using resources they do not own).
- Interfering with systems in a way that compromises a network.
- Infringing copyright.
- Illegal gambling.
- Selling illegal items online.

Ethical Hacking

Bhavya Jain

B.C.A. II Year

When we look at the news, there are frequent occurrences of cybersecurity threats, data leaks, money theft, digital attacks and cyber espionage. All of this is enabled by the fact that people with malicious intent can now orchestrate these activities in the comfort of their homes, from behind a computer screen. With the widespread access to the Internet across the world, this convenience incentivizes an exponentially greater number of hackers to attempt cyber crimes. Naturally, this phenomenon has led to an increased demand for skilled Ethical Hackers and other Cybersecurity professionals.

What is Ethical Hacking?

Ethical Hacking is the process of testing a system's security and finding vulnerabilities. Ethical hackers are a crucial part of the security community and are often contracted to companies to help them find and fix vulnerabilities in their systems. Ethical hacking is a form of penetration testing that is performed by finding and exploiting security flaws in a computer system or network.

Why Ethical Hacking?

Ethical Hacking is a form of hacking that is not malicious in nature. It is used so that you can find out vulnerabilities on a computer system or server in order to secure it. One of the most common uses of ethical hacking is to test the security of your computer. The goal of ethical hacking is to find out the vulnerabilities of a computer systems or server so that it can be fixed.

How can Ethical Hacking help you?

Ethical Hacking is a form of hacking that is done with the intention of achieving a good outcome. This form of hacking is done with the intent to help others. Some examples of ethical hacking include hacking to find security vulnerabilities, finding

vulnerabilities that can be used for good and finding vulnerabilities that can be used for many different purposes. For example, if you are a professional in the IT field and you are looking for a new job, ethical hacking can help you demonstrate your skills.

Influence of Computer in Utility Facilities

Sonu

B.C.A. III Year

Computer also facilitate comfort to our life and provides convenience. For transportation, it facilitate the way people travel. Airways, Roadways and waterways uses computers to control their operation. It saves times and relieve severity of traveling difficulties.

GPS and map application permits us to go virtually anywhere in the world without fear and deviation. If we straggled in a city or desolated place, these technologies help us reaching exactly where we want to be. Google Map capable to predict time required, traffic conditions, traffic block, weather status and sometimes, giving vital advises and alerts about the roads and destinations we are traveling. GPS enabled map devices have become a standard equipment in modern vehicles.

Computer simplifies Security and Monitoring system using access control and CCTV surveillance system. It helps bringing down robbery, theft and violence in sensitive areas. Most of the educational institutions, industries, offices, shops, traffic signals, railway stations, trains have equipped these facilities.

Computer can bring people closer together and facilitate contacts between them using Email, Chatting, Videoconferencing, Mobile Phones and Social Media. It saves time, efforts and money compared with letters used, before making influence of computers in human life.

Businesses can share information nation or even

world wide in a matter of seconds. For example, a word document file can be sent from an office in New York to an office in Los Angeles in under a minute, in the past these same information would have taken a week to be sent through the mail. Computers have changed the way that factories are run too. On an assembly line, before computers every job, no matter how easy or difficult, had to be done by an employee. Now, however, computers run machines and do most of these tasks.

Artificial Intelligence

Samrik Singh Bhatti

B.C.A. I Year

The general benefit of artificial intelligence, or AI, is that it replicates decisions and actions of humans without human shortcomings, such as fatigue, emotion and limited time.

Machines driven by AI technology are able to perform consistent, repetitious actions without getting tired. It is also easier for companies to get consistent performance across multiple AI machines than it is across multiple human workers. Companies incorporate AI into production and service-based processes. In a manufacturing business, AI machines can churn out a high, consistent level of production without needing a break of taking time off like people. This efficiency improves the cost-basis and earning potential for many companies. Mobile devices use intuitive, voice-activated AI applications to offer users assistance in completing tasks. The premise of AI is that it models human intelligence. Though imperfections exist, there is often a benefit to AI machines making decisions that humans struggle with. AI machines are often programmed to follow statistical models in making decisions. Humans may struggle with personal implications and emotions when making similar decisions. Famous scientist Stephen Hawking uses AI to communicate with a machine, despite suffering from a motor neuron disease.

SHREE PANCHANAN

2022-23

PLANNING FORUM



STAFF EDITOR :
MS. MEGHA DUA

STUDENT EDITOR :
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Ethics and Economics

Dr. Monika

Chief Editor, Shree Panchanan

Ethics, also called moral philosophy, is the discipline concerned with what is morally good and bad and morally right and wrong. The term is also applied to any system or theory of moral values or principles. Although ethics has always been viewed as a branch of philosophy, its all-embracing practical nature links it with many other areas of study, including anthropology, biology, economics, history, politics, sociology, and theology.

The principle of ethics in economics is an ethical framework used by individuals when making economic decisions. In an economic system based on ethical principles, it would be impossible to steal from one another or lie to each other to get ahead. It would also mean that we have a responsibility to ensure everyone has access to goods and services necessary for survival and quality of life. An economic system with ethical values at its core can better meet human needs and achieve goals such as full employment, sustainable development, and social justice. Ethics in economic life is about how people treat each other and how they respect their fellow human beings.

There are several reasons why economic ethics matters. The most obvious is that unethical economic practices hurting society and can undermine prosperity by hurting people and damaging human relationships. But there's another reason : ethical economics may be good for business. Companies with strong corporate social responsibility records often outperform their competitors regarding profitability, productivity and efficiency. That makes sense if you think about it - people are more likely to buy from a company they trust. As with all professional fields, each person is expected to abide by a standard set of principles when working and engaging with others within their

field. Regarding economic life, these ethical principles include honesty, fairness, transparency and accountability. Economics teaches us about ethics in several ways. One example is that by studying economics, you begin to notice how people respond to incentives and how these incentives change their behavior and decisions. Therefore a value-driven decision-making process leads to policies and practices that win the trust of the public. Consistent adherence to a values-based decision model is a big part of winning that trust. This is where we see the role ethical thinking plays in economics, public policy and modern economic analysis.

Therefore the relationship between economics and ethics is both historied and contested. The father of modern economics, Adam Smith, was a moral philosopher. Hence economic ethics matters because unethical economic practices hurt society and can undermine prosperity by hurting people and damaging human relationships.

Sustaining the Cultural Inheritance - Post Pandemic

Ms. Megha Dua

Staff Editor, Planning Forum Section

Rich in culture and traditions, India is well known for its artistic and culture representation. The magic created by the laborious craftsmen of India has left the world spellbound. The Craft sector of India is one of the most important productive sectors of the country and is also a generator of export revenues. The outbreak of the COVID-19 Pandemic has hit the world economy very badly and its adverse effects are being seen in almost all sectors and the craft sector remains no untouched. The future of many research projects, based on face to face interactions seems to go in a phase of dilemma. Crafts people are in fact hit quite hard. The Pandemic has introduced many

fresh challenges for the artisanal community causing drastic impacts both on demand and supply side which in any way has put many crafts in a state of languishing. The art and craft of India have got a downward trend as the pandemic has forced a lot of people to spend majority of their time at home. For some people the hands on activities are a way to pass their time in isolation whereas for others it is the use of their creative endeavors, restrictions on gatherings, changes in consumer behavior and severe unemployment which has taken a devastating toll on the sector. The full scope and scale of the impact can be hard to discern in part because the size as well as diversity of the industries and occupations which constitute art and culture is quite wide. However, the pandemic has risked deepening divisions among various socio-economic groups. Some artists with access to internet connectivity have found ways to innovate.

One of the biggest challenge for the enterprises is to sustain themselves and their workers at the time when the markets are closed and no sales or orders are happening. During this period, they also need to continue working and building up stock for when the market reopens. A number of initiatives can be undertaken by the following interventions:

Secure confirmed orders of simple standardized functional products from Government Departments and corporates.

Work with craftspeople to create new products which have a contemporary edge and appeal so that such products can have an edge in the market.

Technology to make craft less time-consuming and hazardous to health is a need that has not been addressed yet. It will not only professionalize the whole process and cut down on labor costs, but will also make craft a more attractive and socially acceptable professional option for the new generation of craftspeople.

Craft, over successive Governments, has never

been seen as an economic strength. Part of this confusion arises as the sector though huge, is still so dispersed and diverse. Besides, it is seen as art and culture and not economics. It's only seen as having export or tourist potential.

UTHHAN is the first initiative in India where profit from artifact sales goes directly to artisan families without any middlemen. The intuitive display of products in UTHHAN mobile and web applications help artisan products to be showcased to a global crowd without any charges. The project is trying to open various retail outlets exclusively allotted under the banner with the help of Government bodies.

An e-commerce giant like Amazon India is working with artisans and weavers faces multifold challenges. Unlike fast fashion, handlooms are not always standardized, while the final product takes months to appear. Getting talented artisans on board is also a challenge given their limited internet access, lack of digital know-how and delivery hiccups.

Rather than soliciting donations, ANTARAN, an initiative by Tata Trusts, urges everyone to purchase hand woven products at wholesale prices directly from the artisans they work with. In order to mitigate the hardships caused by this downturn, beautiful handlooms and weaves can be purchased and the payment can be made directly to the artisan through the portal with deliveries made at the earliest once things return to normal.

The Reserve Bank of India - Post Covid

Dr. Palwinder Kaur

Asst. Prof. Department of Economics

When the Covid-19 pandemic struck in the first quarter of 2020, the central banks of advanced economies decided to hurl the kitchen sink at their

economies, which meant printing unlimited amount of money and distributing it among their people. The RBI, however, adopted a far more conservative approach, turning away from 'helicopter money', which some economists advocated. But despite this guarded approach, the Indian central bank's balance sheet has increased over 50 percent during the pandemic.

The predicament in which the RBI finds itself in is, however, less challenging than the situation that other central banks such as the US Federal Reserve, European Central Bank and the Bank of England face. These central banks had been printing money to stave off recession since the global financial crisis in 2008. Their assets and liabilities were therefore already elevated at the onset of the pandemic. The pandemic-related stimulus has only made matters worse.

For instance, the Federal Reserve's balance sheet was around \$900 billion in July 2008. It expanded to \$4.17 trillion by February 2020 and further to \$8.7 trillion by December 2021. The trajectory is similar for the ECB and the Bank of England, as these central banks could not stop pumping money into their economies since 2008.

Such unbridled monetary expansions have consequences, as outlined in a paper from Bank of International Settlement, written by Jamie Caruana, 'Why central bank balance sheets matter.' The paper points out that the expansionary policies have implications for both real and financial sectors of the economy; impacting inflation, endangering financial stability, causing financial market distortions and creating conflicts in sovereign debt management.

The US Fed and other central banks have, therefore, devised an exit strategy by allowing a portion of the securities which are maturing, to expire. The RBI has not laid out any specific schedule, but its holding of domestic and foreign securities is beginning to move lower.

RBI during COVID

Since RBI's accounting period was from July to June until FY21, the excruciating period in the first quarter of the pandemic was captured in the accounts of 2019-20. As economic activity came to a standstill following the lock-downs in the first few months of the pandemic, government support was needed to help the distressed segments of the economy. The RBI had to roll out a series of lifelines to borrowers as well as back the government borrowing which has shot up in this period.

The central bank balance sheet witnessed the sharpest jump in recent years in 2019-20; growing 30 percent, to Rs. 53.3 lakh crore.

The growth in FY21 and FY22 was however more moderate, at 6.99 percent and 9.70 percent, despite the central bank having to buy government securities through open market operations and G-SAP (Government Securities Acquisition Programmes) to address the demand-gap for G-secs. Foreign securities increased as the strong foreign portfolio flows were mopped up to increase forex reserves, though the reduction in Cash Reserve Ratio in this period may have reduced the liabilities somewhat.

The RBI's assets have grown roughly from Rs. 41 lakh crore to Rs. 62 lakh crore between FY19 and FY22.

This expansion needs to be corrected for various reasons. Besides, the inflationary impact and the financial market disruption, there is also market risk. Central banks assets are mainly held in the form of domestic and foreign assets. The value of the investment could decline while the value of liabilities remains the same. This can create problems in meeting payment obligations.

The contract begins

The good news is that the contraction of RBI balance sheet has already begun. Going by the data published by RBI, total assets held by it have declined

to Rs. 58.57 lakh crore as on October 28, 2022. This is 6.45 percent lower compared to assets of Rs. 62.61 lakh crore held towards the end of March, 2022.

The contraction seems to have been the result of many factors. One, the sharp rupee depreciation in this fiscal year resulted in the RBI using its FOREX reserves, accumulated during the pandemic, to defend the currency. This accounts for the decline of 32 percent in balances held abroad, down Rs. 3.97 lakh crore.

Recent increase in CRR by 50 basis points in May this year could have resulted in slight improvement in bank deposits with the central bank, but with demand for credit improving, short-term money parked by banks with the RBI under the LAF corridor has shrunk.

Of greater interest is the fact that RBI's holding of dated government of India securities is coming down. Towards the end of March 2022, the central bank held around Rs. 14.17 lakh crore of dated government bonds. The holding had reduced to Rs. 13.9 lakh crore towards the end of September. This implies that the central bank has begun reducing its holding of G-secs in a calibrated manner. An effort to control domestic investments at these levels will be welcome.

A difficult road

But the exit is unlikely to be easy, especially with growth being quite nebulous, threatened by host of external risks. The winding down of the securities accumulated over the last few years is likely to move in fits and starts and take time. With the fiscal deficit likely to be elevated due to the additional expenditure having to be borne by the government to support the economy, public debt management will continue to pose difficulties.

But it is good to see the resolve amongst central banks to reduce the assets held by them as that is the way forward in controlling inflation and in ensuring sustainable growth.

CBDC : A New Arena to Indian Economy

Mr. Om Parkash

Asst. Prof., Department of Economics

Introduction : Digital currencies and cashless societies are becoming increasingly popular as a result of the development and adoption of cryptocurrencies and block chain technology. Central banks and governments all over the world are looking into the use of digital currencies that are backed by the government. These currencies, like fiat money, would have the full trust and support of the government that issued them when and if they are adopted.

This article is merely about the awareness regarding the digital currency which is newly introduced in the Indian economy. In order to create digital currency, basically known as virtual money, RBI has prominent role in the same case. So RBI (Reserve Bank of India), the central bank, has introduced CBDC (Central Bank Digital Currency) on a pilot mode in the major cities of India after make necessary changes in RBI Act 1934. CBDC has same features as physical money which is prevailing since last.

The Reserve Bank of India will start testing its retail central bank digital currency (CBDC), the digital rupee, in Mumbai, New Delhi, Bengaluru and Bhubaneswar with the initial participation of four banks : State Bank of India, ICICI Bank, Yes Bank and IDFC First Bank.

Rationale behind CBDC

1. By lowering the cost of managing currencies, CBDC can gradually promote a shift in culture toward virtual currency.
2. Digital forms like bitcoins are convenient and secure.
3. CBDC can offer a simple way to hasten the

development of a trustworthy domestic payment and settlement system that partially replaces paper money and is backed by a sovereign nation.

4. Additionally, it might be used to settle cross-border payments, doing away with the price network of correspondent banks that is currently required.

Global Trends :

1. Sand Dollar, a national CBDC, was introduced by the Bahamas as the first economy.
2. In 2020, eNaira will be introduced in Nigeria as well.
3. In April 2020, China became the first developed country in the world to test e-CNY, a digital money.

CBDC : Is it a cryptocurrency?

Although cryptocurrencies and block chain technology inspired the concept of central bank digital currency, CBDCs are not the same as cryptocurrencies.

CBDCs are governed by a central bank, whereas cryptocurrencies are virtually always decentralised, making it impossible for one organisation to regulate them.

Make in India Program

Sandhya Sharma

Student Editor

B.Com. I Year

Make in India campaign was launched by the Prime Minister Narendra Modi on 25th of September in 2014. It is an initiative to make a call to the top business investors all across the world for investment in India. The attractive plan has resourceful proposals for foreign companies to set up manufacturing units in India. Make in India focuses on effective physical infrastructure. The symbol of this initiative is giant lion with many wheels. The national program was designed to

transform the country into a global business hub. The campaign focuses on providing valuable and honored jobs. The successful implementation of this plan will fulfill major objectives like

- (i) Ensuring solid growth and valuable employment creation in the country.
- (ii) With the help of top investors country will become completely self dependant in manufacturing sectors.
- (iii) Due to this fact companies from across the globe making a huge investment in Make in India Project. There is an arrangement of a dedicated web portal for solving all the queries from business entities. To make India free of unemployment by bringing development growth this policy is the urgent need.

Cryptocurrency - A Revolutionary Change to World Economy

Kajal

B.B.A. I Year

Cryptocurrency, sometimes called crypto-currency or crypto is any form of currency that exists digitally or virtually and uses cryptography to secure transactions. Cryptocurrencies don't have a central issuing or regulating authority, instead using a decentralized system to record transactions and issue new units.

Cryptocurrency is a digital payment system that doesn't rely on banks to verify transactions. It's a peer-to-peer system that can enable anyone anywhere to send and receive payments. Instead of being physical money carried around and exchanged in the real world, cryptocurrency payments exist purely as digital entries to an online database describing specific transactions. When you transfer cryptocurrency funds, the transactions are recorded in a public ledger. Cryptocurrency is stored

in digital wallets.

Cryptocurrency received its name because it uses encryption to verify transactions. This means advanced coding is involved in strong and transmitting cryptocurrency data between wallets and to public ledgers. The aim of encryption is to provide security and safety. The first cryptocurrency was Bitcoin, which was founded in 2009 and remains the best known today. Much of the interest in cryptocurrency is to trade for profit, with the speculators at times driving prices skyward.

How does cryptocurrency work?

Cryptocurrency run on a distributed public ledger called blockchain, a record of all transactions updated and held by currency holders.

Units of cryptocurrency are created through a process called mining, which involves using computer power to solve complicated mathematical problems that generates coins. Users can also buy the currencies from brokers, then store and spend them using cryptographic wallets.

If you own cryptocurrency, you don't own anything tangible. What you own is a key that allows you to move a record or a unit of measure from one person to another without a trusted third party.

Although Bitcoin has been around since 2009, cryptocurrencies and applications of block chain technology are still emerging in financial terms and more uses are expected in the future. Transactions including bonds, stocks and other financial assets could eventually be Cryptocurrency examples.

There are thousands of cryptocurrencies. Some of the best known include:

Bitcoin

Founded in 2009, Bitcoin was the first cryptocurrency and is still the most commonly traded. The currency was developed by Satoshi Nakamoto - widely believed to be a pseudonym for an individual or group of people whose precise identity remains unknown.

Ethereum

Developed in 2015, Ethereum is a block chain platform with its own cryptocurrency after Bitcoin.

Ripple

Ripple is a distributed ledger system that was found in 2012. Ripple can be used to track different kinds of transactions, not just crypto-currency. The company behind it has worked with various banks and financial institutions.

Non-Bitcoin cryptocurrencies are known as "altcoins" to distinguish them from the original.

How to buy Cryptocurrency

Step: 1 Choosing a platform

Step: 2 Funding your account

Step: 3 Placing an order

What can you buy with Cryptocurrency

Technology & E-Commerce Sites : Several companies that sell tech products accept crypto on their websites such as newegg.com, AT & T and Microsoft etc. Overstock, an e-commerce platform, was among the first sites to accept Bitcoin. Shopify, Rakuten and Home Depot also accept it.

Luxury Goods : Some luxury retailers accept crypto as a form of payment. For Example, online luxury retailer Bitdials offers Rolex, Patek Philippe and other high-end watches in return for Bitcoin.

Cars : Some car dealers from mass-market brands to high-end luxury dealers - already accept crypto-currency as payment.

Insurance : In April 2021, Swiss insurer AXA announced that it had begun accepting Bitcoin as a mode of payment for all its lines of insurance except life insurance (due to regulatory issues). Premier Shiel Insurance, which sells home and auto insurance policies in the US, also accepts Bitcoin for premium payments.

If you want to spend cryptocurrency at a retailer that doesn't accept it directly, you can use a cryptocurrency debit card, such as BitPay in the US.

College Education in the Post Recession Rural Economy

Samiti

B.Com. III Year

Going to college and earning a degree is an investment in human capital. Economic theory suggests that workers who make the investment in post high school education will increase their productivity and thus earn higher wages. In today's globalized economy and on the heels of the most recent recession obtaining education or training beyond high school appears increasingly important for workers looking to improve their economic prospects. Education also plays a critical role in the economic development of communities and region across the United States. Paired with jobs creation and entrepreneurship strategies, communities and regions can enhance their wealth by improving educational attainment rates and school quality, thus improving chances for a prosperous future.

While it is generally true that post high school education is a critical factor in determining the economic well being of workers and communities the characteristics of place also matter in determining the relationship between education and economic outcomes overall rural area lag urban area in educational attainments. Many rural communities experience population loss as their young people leave for college and never returned. The rural wage structure reward educational attainments differently too, offering lower wages for given level of educational attainment than urban areas and many rural jobs have lower skill requirements.

In the rural context many of the relationships between educational attainment and economic outcomes that hold true nationally also exist but to a

lesser degree. The positive relationship between economic return and post high school education are evident for those who reside in rural areas. Rural people with schooling beyond a high school diploma do better across the full range of economic outcomes they have lower poverty rates, higher wages higher chance of being employed as compared to with rural workers who do not have those qualifications.

The effectiveness of education as a rural development strategy especially for more specialized degree beyond a higher education diploma also depend on the demand for those skills by employers in rural areas. Rural communities are able to find the ways to support the creation of high skilled jobs then they can reap the economic benefit of retaining and drawing in college educated people.

Special Issue "Emerging Economics & Sustainable Growth"

Chetna Dwivedi

B.Com. III Year

The development of financial technologies is responsible for significant tensions on the demand on financial assets and sustainable economic growth in emerging economics. Some financial assets can become strategic and critical resources.

The development of financial technologies is determined by the success achieved in studying the formation processes and properties of economic systems. This special issue aims at gathering recent advances in the field of sustainable development and financial innovation. These challenges related to Fintech but also environmental, societal, economic and financial tools as well as process management are of interest in this special issue.

The issue of the interrelationship between economic growth and sustain ability has been the

subject of thorough research and is of great interest to economists, researchers and policymakers.

India Emerging as A Global Leader

Indu

B.Com. III Year

Many countries have abilities to project its dominating powers and influence anywhere in the world. Beside this India is considered as one of the potential super powers of the world. It is attributed to several indicators, primary ones being its demographic trends and rapidly expanding economy and Military. In 2015, India became world's fastest growing economy with 5% estimated GDP rate before it can be considered as super power, the country has to overcome various economic, social and political problems.

But still India is one of the emerging economies to be a global leader. It is because of various economic factors like youth population, skills of languages, even it is democratic republicanism and foreign relation.

The day is not far when India will be counted in the list of Global leaders.

Importance of Money in Day to Day Life

Jasmeet Singh

B.B.A. II Year

We are currently living in a world where life, happiness, education, business and many other daily life activities depend on money. Money is one of the most important parts of life.

Money is power if you utilize it with knowledge. Money is dangerous if you are greedy for money and utilize it without thought.

- Vijay Sharma

Money has the power to buy goods and services.

With money, a person can fulfill his daily living needs and desires. With money, you can buy food, clothes, a home, a car, holiday tour packages and gifts. With money, you can buy a high-speed internet connection and good quality equipment for work and business. With money, you can buy entertainment products and services.

With money, you can buy or fulfill daily life needs such as food clothes and shelter and you can also build income sources for those who are not able to afford or earn money. With money, you can buy anything living or non living thing that is for sale. Even many political leaders and government employees, media and many others sell themselves and their integrity for selfishness and for the greed of making money. It is because everyone thinks those who have more money will be more powerful and have more chances of happiness for themselves and family.

But with money, you can buy a home but not peace. Money will increase your friend list but you can't find faith and loyalty in them. You can be rich in your village but it can be possible that no - one even likes to say good morning. When you have the money, you will get more loan offers from the bank. You will get offers to buy new houses, cars, property and many more things. It's because you have the money. And all of these things are status symbols in the modern educated society. If you do not earn money, do not save money or invest money you even do not deserve to get the illness or disease. That's why to live a happy, healthy and impactful life you need money. You have to earn money.

Whether you earn money by providing your services as an employee or freelancer, you do online business or become a doctor or engineer or do any other work but make sure you get paid and paid well.

But always remember and try to earn money with honesty even if 99 people you know are earning through dishonesty. Do good have good.

SHREE PANCHANAN

2022-23

COMMERCE SECTION



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MS. MANJIT KAUR

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Animation Industry Leaps Ahead with Virtual Reality

Manjit Kaur

(Asst. Prof.)

Staff Editor of Commerce

The Indian animation industry has seen several trends and undergone significant transitions. Recent technological advancements are driving animation videos across sectors to ensure better end-user communication. In addition, consumers today have access to a plethora of immersive content, given the rise in the OTT streaming services such as Netflix, Amazon Prime, YouTube and more.

Movie fanatics today seek high-quality visual experience with top-notch visual effects and realistic animation. The industry is set to witness exponential growth, given technologies like Metaverse shaping up with the help of artificial intelligence and virtual reality. Animators and production houses worldwide are navigating different possibilities of creating virtual environments that imitate real life.

Animation today opens a world beyond entertainment. People use animation to sell properties, educate, entertain and play. The entry of VR technology will change how animation professionals achieve realism and create intuitive experiences. Virtual reality will help the animation industry take the leap and stretch the boundaries of what can be achieved. Several producers have already begun relying on modern VR tools to take over skill-intensive and time-consuming jobs.

One animated video can take several months or years to come in shape when using conventional interfaces based on mouse and keyboard input. However, with a VR-based interface, animators can dramatically reduce production time while preserving the quality of their work.



With the advent of cutting-edge VR tools, animators can now rig characters and animate keyframes in 3D. In addition, they can easily incorporate 360-degree videos and animation data and achieve more by recording the audio on the platform itself. Along with increasing productivity, VR creates a platform for better animator collaboration. It speeds up the entire production process and enables them to connect frames effortlessly. Marketers understand humans are visually oriented beings, and people prefer images to text. Moreover, a video takes it to a whole new level with multiple pictures supported by a voiceover.

Brands today have come far from a simple slide show of images and calling it a video. A significant chunk of brand communication today is channelled using motion graphics, highlighting how a brand's product or services work. Animation videos take the visual game even further by incorporating text, shapes and images in a manner that demands the attention of the viewers and piques their interest in the brand. If a brand's animated video is entertaining, people end up circulating it organically, which takes care of the marketing bit.

Animation industry is set to receive more and more opportunities from AI, VR and the film industry. It can also expand the scope for marketing and product placement in the coming time.

According to a report from Mordor Intelligence, the Global Animation and VFX Market is anticipated to expand at a CAGR of around 11.5% from 2021 to 2026. With Metaverse, Artificial Intelligence and Virtual Reality leading the show, we might see substantial growth in the animation industry.

Artificial Intelligence (Applications and Benefits)

Ms. Mehak
(Asst. Prof.)

Artificial Intelligence or AI, has been around for decades. It was first used in the 1960s to predict blood sugar levels based on past data and other information. Since then it has transformed and is being utilized by companies all over the world to make their businesses more efficient. Businesses are realizing that AI is a game changer, as it is getting easier and easier to implement AI into their everyday operations. However, as pointed out in a recent survey to Gartner Research, there are many barriers preventing businesses from utilizing AI effectively. "It's pretty clear that experiences like the following will lead to insufficient deployment of AI at scale," said Gerald Seib, principal research analyst at Gartner. "This demonstrates the difficulty of deploying effective AI-driven business processes or services. "Artificial Intelligence has become increasingly prevalent in recent years with various applications, such as machine and deep learning, natural language processing, neural networks, robotics and more. And while the field of AI is still in its infancy stage, there are a number of companies and programs that have begun to cash in on the benefits these technologies can provide. Recent developments in artificial intelligence have raised a number of ethical questions. One of the most important and hotly debated question is whether or not artificial intelligence should have rights. The question raises numerous moral and practical concerns for our future society. This article discusses some of the potential benefits with developing artificial intelligence, how it could be used to solve real-world problems, why we should care about giving computers rights and how best to proceed in our search for solutions to these challenges we might face as a society.

1. Automation

One of the most frequently touted advantages of AI technology is automation, which has had enormous effects on the communication, transportation, consumer goods and services industries. Automation not only increases production rates and efficiency in these industries, but it also provides for more efficient use of raw resources, greater product quality, shorter lead times and enhanced Safety. Automation can assist to free up resources that can be put to better use.

2. Making Sound Decisions

AI has long been used to help businesses make better decisions. AI technology may help companies make better decisions by coordinating data distribution, analysing patterns, developing data consistency, forecasting & quantifying uncertainties. As long as AI is not trained to mimic human emotions, it will stay objective and assist in making the best decision to promote corporate efficiency.

3. Improved customer service

AI-powered solutions can assist firms in responding to client enquires and issues swiftly and efficiently. Chatbots that employ conversational AI in conjunction with Natural Language Processing technology may produce highly tailored messages for consumers, assisting them in finding the best answer for their requirements.

4. Medical Advancement

Artificial Intelligence technologies are becoming increasingly popular in the healthcare sector. Remote patient monitoring technology, for example, enables healthcare personnel to promptly make clinical diagnostics and provide treatments without having the patient come to the hospital in person. AI may also be used to track the evolution of infectious illnesses and anticipate their impacts and consequences.

5. Data Analysis and Research

AI and Machine Learning technologies may

greatly improve data analysis efficiency. It can aid in the development of prediction models and algorithms for data processing and understanding the likely outcomes of various trends and events. Furthermore, AI's sophisticated computational skills may accelerate the processing and analysis of data for research and development that would otherwise take too long for humans to analyse and understand.

6. Solving Difficult Problems

AI technology advancements, from basic Machine Learning to sophisticated Deep Learning models, have enabled it to address complicated problems. AI is assisting organisations across sectors in finding the proper solutions to manage their difficulties more adequately, from fraud detection and tailored consumer interactions to weather forecasting and medical diagnostics. Greater efficiency in handling difficult issues equals more production lower costs.

7. Continuity of Operations

Company forecasting using AI technology not only assists businesses in making key choices, but it also prepares them for any disaster to ensure business continuity. Because risk management relies significantly on data management and analysis today, AI-powered technologies can assist firms in responding to crises more proactively. AI and Machine Learning can also generate scenarios to assist firms in developing a rapid disaster recovery strategy.

8. Repetitive Task Management

Repeated business activities are not only time-consuming, but they may also be tedious, reducing employee productivity over time. AI-powered Robotic Process Automation technologies may automate interactions across many corporate systems, making company's laborious task easier.

6 Online Business Ideas that Generates Sustainable Revenue

Ms. Renuka

(Asst. Prof.)

6 Ideas for online businesses that have the potential to generate consistent revenue so you can make money from home.

1. Self-publish Books:

No one cares whether your book is self-published or published by a traditional publisher. It is the quality of your book is what matters. One of the most successful books that years is Can't Hurt Me by David Goggins. He received some offers from publishers but decided to publish the book by himself. That way he owns all the rights. And today, everyone can do that too. You can do the whole process yourself.

2. Create an App:

Until just a few years ago, it would've been unimaginable to sleep in other people's homes on a regular basis for cheaper accommodation. Yet, as Airbnb has shown in the travel and hospitality market, this concept has now become the norm. All these transactions are done with the app. But that doesn't mean you need to create the next big-time app like Airbnb or Uber. Even without knowing how to code, anyone can build an app. There's a list of no-code app-makers, you can use online to do this. The most important part of an app is your business model. Too often, we see apps that are great but don't have a business plan.

3. Sell Other People's Products:

Don't want to build your own products? Then sell existing products, also known as affiliate marketing. It sometimes gets a bad rep but it's a solid business model. The best platform for this strategy is a website (or multiple sites). Once you have a website,

The stock market is a device or transferring money from the impatient to the patient.

- Warren Buffet

you can start creating content that attracts people who are interested in the products you're offering.

4. Create an Online Course :

The popularity of online courses shows that there is great demand. And it's easier than ever to sell a course. With the right tools, I'm able to save time, maximize my efforts, and create courses that students can easily consume.

5. Start a Paid Newsletter :

One of the leading examples of a paid newsletter is Ben Thompson's "Stratechery." He popularized this digital product and he's now generating millions of dollars. But you and I don't need to become the next Ben Thompson. If you can generate a small but loyal following that's willing to pay, you can make a good living with a newsletter.

6. Build an Online Community :

Most digital entrepreneurs work from home, so they barely interact with new people (often, just clients) on a daily basis. It can be a lonely pursuit. In the past, I ran a community called The Sounding Board. It was a facilitated community where like-minded people can join, share their goals, insights, and even test their business ideas before implementing them. I merged the community into my online courses later, so I discontinued the separate option for people to join. I've built it around my courses now. But you can create a community around any topic. I simply used Slack for the community and I've combined it with a member-only newsletter.

How will RBI's CBDC Digital Rupee Work?

Ms. Manisha Thakur
(Asst. Prof.)

What is Digital Rupee?

The Central Bank Digital Currency (CBDC) can be defined as the legal tender issued by the Reserve Bank of India, according to the concept note. Touted

as Digital Rupee or e-Rupee, RBI's CBDC is the same as a sovereign currency and is exchangeable one-to-one at par with the fiat currency, the regulator mentioned.

Features of Digital Rupee

1. CBDC is a sovereign currency issued by central banks in alignment with their monetary policy.
2. It appears as a liability on the central bank's balance sheet.
3. It must be accepted as a medium of payment, legal tender and a safe store of value by all citizens, enterprises and government agencies.
4. CBDC is freely convertible against commercial bank money and cash.
5. CBDC is a fungible legal tender for which holders need not have a bank account.
6. CBDC is expected to lower the cost of issuance of money and transactions.

The Central Bank Digital Currency can be classified into two types - general purpose or retail (CBDC-R) and wholesale (CBDC-W). Retail CBDC can be used by all including the private sector, non-financial consumers and businesses. Wholesale CBDC is designed for restricted access to select financial institutions.

While retail CBDC is an electronic version of cash primarily meant for retail transactions, the wholesale CBDC is designed for the settlement of interbank transfers and related wholesale transactions.

"It is believed that retail CBDC can provide access to safe money for payment and settlement as it is a direct liability of the central bank. Wholesale CBDC has the potential to transform settlement systems for financial transactions and make them more efficient and secure. Going by the potential offered by each of them, there may be merit in introducing both CBDC-W and CBDC-R," RBI said in the concept note.

How is Digital Rupee different from money in

digital form?

Explaining the difference between CBDC and money in digital form, RBI said, "A CBDC would differ from existing digital money available to the public because a CBDC would be a liability of the Reserve Bank, and not of a commercial bank."

Why is RBI introducing CBDC?

"CBDC is aimed to complement, rather than replace, current forms of money and is envisaged to provide an additional payment avenue to users, not to replace the existing payment systems," the regulator said.

RBI believes that the digital rupee system will "bolster India's digital economy, enhance financial inclusion and make the monetary and payment systems more efficient."

Pointing out the motivations for India to consider issuing CBDC, RBI mentioned these reasons:

- a) Reduction in cost associated with physical cash management.
- b) To further the cause of digitisation to achieve a less cash economy.
- c) Supporting competition, efficiency, and innovation in payments.
- d) To explore the use of CBDC for improvement in cross-border transactions.
- e) Support financial inclusion.
- f) Safeguard the trust of the common man in the national currency vis-à-vis proliferation of crypto assets.

Pandemic and The Education Sector

Amisha Jolly

Student Editor

M.Com. II Year

The Covid-19 pandemic has drastically changed the way we learn, educate ourselves, obtain and

process knowledge. For starters, the pandemic triggered closure of academic institutions across the globe. With the negative impact of such closures, the process of learning was put in a dark room with the sword of uncertainty hanging on top by means of a weak rope, which could snap anytime thus putting our learning and education system in a vicious cycle and students and their future in despair. However this did not happen completely, mankind and the education system bounced back with the help of creativity and evolving technology because after all every disaster is followed by strength, resilience and innovation to cope with and lessen impact, in this sector too, the same suit was followed and our education system soon underwent a massive revolution with the aid of advanced technology, though this revolution and added creativity in the sector came at the cost of exclusion of several individuals, this exclusivity shall always remain a dark chapter as many dreams were shattered due to lack of an equally accessible platform for all.

The creative and tech revolution in the education sector was the transition of classrooms and learning space online and to other mediums, something never thought of at such a massive scale. This added creativity in the sector was massively aided by online tech platforms which now saw a surge in use, valuation and yes, the shareholders thanked their stars for this massive surge. Now transition is easy, the next step that is swift carrying out of functions after transition into a new unheard sort of system in a daunting task, nevertheless, this was tackled by the creativity, willingness to cope and dedication of teachers, content developers, students and other allied stakeholders in the sector. With tech, online meetings through internet enabled devices were being organized where devoid of physical interaction, there was still face-to-face interaction not quite literally through, there was swift passing down of knowledge, creative ideas such as usage of e-blackboards, e-notes, using proctored

systems for exams and passing on of study material via e0mail and postal services were massively implemented. The education system survived this disastrous blow of the pandemic which could hurt the system beyond recovery at least for a while but human creativity and technology cam to the rescue. On the part of the students too it was a long and daunting challenge, firstly to arrange necessary requirements for being a part of the online education system was in itself a huge task that engulfed a sizeable number of students in the start, however with added creativity, soon other mediums like radio and television were also included as a medium of instruction thus brining down the number of those excluded. However, despite measured of maximum inclusivity there was still a considerable number of unfortunate students left out of the formal system of new education due to lack of assistance, lack of facilities in their area of residence and lack of pre-requisites to be a member of this new education system implemented in a haste ignoring the problems of those excluded or not working enough to lessen those problems. The new system cited as creative and innovative could have been made more inclusive if it was planned our and implemented with added support. However despite all these challenges, teachers and students emerged as teh modern 'Education Warrior' at large.

Right from transition of classes to an online space as opposed to traditional offline classrooms to having online home examinations to having virtual graduation ceremonies. Right from using considerably expensive online spaces to using cost effective TV channels and radio channels for imparting knowledge, it was our teachers and members of the modern education system who ensured maximum inclusivity through creativity.

NCC Day

Naman Kumar

B.Com. II Year

National Cade Corps, the largest uniformed youth organisation in the world, observed the NCC Day on the four Sunday of November. The NCC was formed on 15 July 1948. However, the NCC day is observed throughout the country. The first Prime Minister of India, Pandit Jawaharlal Nehru presided over function of raising the first NCC unit at Delhi on the last Sunday of November 1948.

The 72nd Raising Day was celebrated on 22 November 2020 where function was marked by paying homage at the National War Memorial to the former heroes who made the supreme sacrifice of their lives. The defence secretary Dr. Ajay Kumar and DG NCC Lt Gen Rajeev Chopra laid wreath on behalf of the entire NCC fraternity.



Mobile Addiction

Rajpreet

B.Com. I Year

Addiction is a chronic disease and is one of the most intractable health disorders faced around the world. Mobile addiction is a thriving concern. It is very easy to get addicted to cell phones but difficult to subdue them. A lot of people globally are addicted to their mobile phones. The mobile addicts behavior pattern is more or less the same as the others.

Like most diseases and illnesses, one can deduce if someone is undergoing the exhibited symptoms syndrome. Research has revealed that

The purpose of our lives is to be
Happy.

- Dalai Lama

using mobile phones have killed 6000 people each year. Due to over use of mobile phones, it leads to many problems such as back and neck problem, stress, anxiety, depression, health issues etc.

Mobile phones are highly portable machines that can extend a treasure of benefits, like helping us stay connected and catering data at our fingertips. But there's a double side of smart phone usage. It reveals that smart phone addiction connected to severe health issues.

How to Stay Organized & Productive in College

Harshita Marwaha

B.Com. I Year

I used to be a terribly disorganised person. Even as late as high school, my backpack was a mess of crumpled papers, broken pens, and cracker crumbs. It didn't hurt my academic performance, but it certainly hurt my sanity. When I got to college, however, I had the good fortune of discovering this website. This led me to become more serious about organization, particularly when it came to my calendar and digital materials. In this, I am going to talk about this my organisation.

I knew a lot of really smart people in college who barely got any sleep, mainlined caffeine and seemed to exist in a constant state of low-grade panic. You might assume this is because they were taking a heavy course load and were just over committed. While that was part of the problem in some cases, more often than not the reason for these people's hectic lifestyle.

We can be organised by

1. Your Calender
2. Your To Do List / Task Manager
3. Your Notes
4. Your Class Material and Files
5. Your Backpack

Water Conversation : Are we even Doing Anything

Chetna

B.Com. III Year

Introduction : We know how water and essential resource on which the entire human race depends on is becoming scarce. There are lakhs of people in India who are already facing the brunt of irregular water supply or are living without clean drinking water. Even though we have been taught about water conservation since the early years of our lives, yet the contribution from everyone is not as significant as it should be.

Problems : Around 71% of the Earth surface is covered by water out of which; 97% is the saline water of oceans and seas which is unit for drinking. The remaining 3% of drinkable water comes from streams, ponds, lakes and rivers. Today is situation where the world is headed towards a water crisis and the day is not far enough for another country or a major city to become the next Cape Town.

Solutions and Conclusion : As a citizen it our fundamental responsibility to supplement the efforts of the government and organization with our actions. Using a limited amount of water while washing clothes, utensils, brushing teeth and bathing and farming is the first step in this. To every solution problem and here it is "we". In order to bring out of the change, our actions need to be changed.

What I Do When I feel like Giving Up

Anshul Aggarwal

B.Com. II Year

I Am Struggling Today

If you have ever struggled to be consistent with

something you care about maybe my struggle will resonate with you too.

Today, Feel Like Giving Up

But today? well, today I am struggling, I don't feel like sticking to the routine. Today, I don't feel like I have great ideas and I don't feel like I have enough time to make the good ideas today.

Your Mind is a Suggestion Engine

Remember, none of these suggestion are order. They are merely option I have to power to chose which option I follow

Make in India

Shahnaz Kaur

B.Com. III Year

India is the largest economy and second largest highly populated country in the world. India is highly effected by unemployment, illiteracy and poverty. In order to solve all these problems people in India need more employment opportunities coupled with other facilities like education, skill set etc. Make in India initiative launched by 'Prime Minister Narendra Modi' 'Come Make in India - Sell Anywhere But Manufacture in India' is the motto of this campaign.

The symbol of Make In India is lion with many wheels, which is inspired from National Emblem of India, indicating coverage strength, wisdom and tenacity. Due to lack of resources and policies, Many businessmen and entrepreneurs leave India or invest in foreign countries.

Yoga and Mind Healing

Tanvy Jain

B.Com. I Year

Yoga not only improve the overall quality of life but also makes our life very meaningful. Yoga is a great way to improve our strength, flexibility, balance and mental health. Yoga is a great workout to become fit and mentally strong.

Addiction fundamentally changes the way a

person's mind and body works. Priorities change and self-care is often neglected in favor of substance abuse. Recovery not only focuses on helping a person rid themselves of the mind and mood-altering effects of drugs and alcohol but also prioritizes helping a person obtain a sense normal functioning. There are numerous tools utilized through the course of recovery to help achieve this and Yoga and Meditation can be fundamental in achieving the both early in recovery and throughout the entire journey.

- Increased Flexibility
- Improved Strength
- Muscle Toning
- Weight Loss
- Increase Energy Levels
- Strengthened Athletic Ability

Hard Work Vs Smart Work

Rohit Kumar

B.Com. II Year

Working towards success needs a lot of planning before executing. Deciding on the right way to perform a task is inevitable. Smart workers are people who use the right strategy to reach the destination easily. Hard workers are people who get noticed by everyone. In reality both smart work and hard work are important.

So, be it school, college or job we should learn how to complete a task in less time with less resources and at the same time reach end point without flaws. We skill, communication skill and many more skills to apply our smart work and hard work in the right places in the right way at the right time.

The more we study, the more we discover our ignorance.

- Shelley

Sports and Adventure

Abhi Malik

B.Com. II Year

Sports and Adventure is a very important part of life. There are many types of sports. Some are outdoor sports and some are indoor sports. Sports are usually governed by a set of rules or customs, which serve to ensure fair competition and allow consistent adjudication at the winner. Sports includes all forms of competitive physical activity or games which through casual or organized participation at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants and in some cases. Sports are generally recognized as system of activities which are based in physical dexterity, with the largest major competitions such as Olympic games. The world's most accessible and practised sport is running, while association football is the most popular spectator sports.

Depression A Silent Killer

Komal Kumari

B.Com. II Year

As we all know that in Today busy and Hectic schedule can make us all tired. Because at all this we feel a lot of anxiety and depressed. In my point of view today's generation every third person had an depression. Because of depression and negativity they feel so much of pressured. In Today's life, depression is one of the main cause of suicide. I think tension can make the people depressed and over thinking should also. Environment and society should also leads to an depression. Because of depression one cannot focus in anything and lonely.

So we all have to came together and try to make a positive environment and society. And share with each other and spread happiness.

Know Your Worth

Ishika

B.Com. II Year

I saw her... She was pretty, tall and beautiful.
But was quite... her eyes said it all,
She seemed quite upset and was about to fall.
I wanted to talk to her and know what just happened.
But she was reserved,
She was in her own world of thoughts,
Her face was as innocent child.
Her story was on today's humanity,
About how a girl is suppose to feel dinoty.

It all made her cry and cry,
She didn't want to give a last try.
Tears fell from her shiny eye,
Hoping, that now her life can never be fine.
She was insulted, she was depressed,
Has not taken even a week's rest.
It was pity, it was shameful,
It was pathetic, it was wrongful.
She was forced to live alone in the dark,
The I stood up...
Held and told her not to worry,
You have to refresh so the thoughts could burry.
Cheer Up and make yourself strong.
At last I said...
You are love and kind by birth,
Girl let me tell you that you 'Know Your Worth'

Tips for Growing a Successful Business

Pradeep

B.Com. III Year

1. Get Organized

A good way to be organized is to create a to-do list each day.

2. Keep Detailed Records

All successful business keep detailed records to know business stands financially and what potential challenges you could be facing.

3. Analyze Your Competition

Competition breeds the best results. To be successful, you can't be afraid to study and learn from your competitors.

4. Understand the Risk and Rewards

The key to being successful is taking calculated risk to help your business grow.

5. Be Creative

Always be looking for ways to improve your business and make it stand out from the competition. Recognize that you don't know everything and be open to new ideas and difference approaches to your business.

To a Younger Filler Returned to College

Samiti Saini

B.Com. III Year

Now having learned the alphabet of violence
 having mastered the syntax of destruction
 and precisely times the accents of untimely death
 having been advised with fire precision
 how to contrive explosive sentences
 out of the bright air : what will you do
 having no longer adversaries
 no towns, cities, vital installations,
 no major objectives, but only life
 O but begin :
 While the thorns and questions still pick the mind,
 to be content now is the gravest peril.
 Do not say that you are young
 you are not young
 No one is young any more :
 tomorrow today this hour this instant

it is ended perhaps since violence and speed
 these tool in the hand
 slide down from the white roar the rush of air
 Be not content-leave calculation of your instruments
 This other instrument stronger than atoms
 awaits your will.

Books Vs E-Books

Indu

B.Com. III Year

Now days with the rise of digital technology many physical items such as pen and paper are slowly being replaced by computers and smart phones. But is this really a good thing? I read books and of course so do many other people in this class and around the globe. But since the creation of 'e-readers' more and more people have been converting to the technology based side of reading. Although technology is slowly becoming more predominant in this era we should not rely on it to always entertain and keep us occupied.

Actually 'real physical' books are better than e-books because it can be owned as one of the famous author said, "Full ownership comes only when you have made it a part of yourself of course that is not strictly true. You can loan your book by loaning reading device.

Books are experience they are supposed to be experienced though touch and smell. Books should be meant to be experience that can have depression and elevation on cover and text. But when you read and e-book you are exposed to digitized text and screen.

A book is single task item that is written to distract reader from everything else happening around them. Whereas e-books are multi-tasking.

In the nutshell books are better than e-books as they are carried and it also leads person to have rental and well as physical well being.

Robots

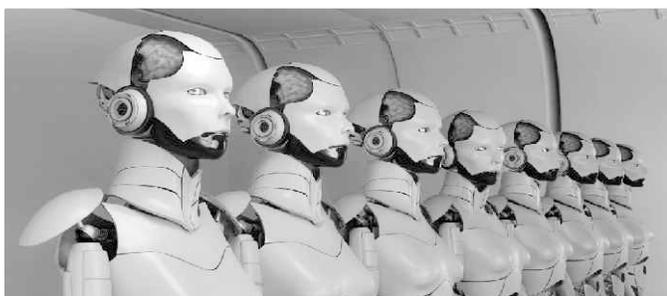
Gagandeep

B.Com. I Year

This Article is based by Robots. The first robot for use in industry was invented in 1954 by George Devol. Common in Science fiction, robots are generally depicted as working in the service of humanity, but often escaping the control of their human master and doing them harm.

The word robot comes from the Czech writer Karel Čapek's 1921 play R.U.R. (which stands for "Rossum's Universal Robots"). In the play mechanical beings manufactured to be slaves for humanity rise up in rebellion and kill their creators. Thus the fictional image of robots can be dramatic and troubling, expressing the fears that people may have of a mechanized world over which they cannot maintain control. The history of real robots is rarely as dramatic, but where developments in robotics may lead remains to be seen.

Robots exist today. They are used in factories in highly industrialized countries such as the United States, Germany and Japan. Robots are also use beings for Scientific research in military programs and as educational tools and they are being developed to aid people who have lost the use of their limbs. These devices, however, are for the most part quite different from the androids or human like robots and other robots of fiction. They rarely take human form, they perform only a limited number of set tasks and They do not have minds of their own. In fact, it is often hard to distinguish between devices called robots and other modern automated system.



The E-rise and Fall of Social Problems

Jaskiran Kaur

B.Com. I Year

The e-rise and fall of social problems

Introduction

Social problems theory has yet to fully address the impact that new communication technologies are having on the claims-making process. This article examines the emergence of the blogosphere as cultural phenomenon that provides claims-makers with a powerful new public arena to advance social problems claims. Still, only a small number of blogs have become recognized as claims-making arenas; they still rely on traditional principles of selection; and bloggers face the same competition for mainstream media attention as claims-makers using traditional arenas.

Keywords

Blog, Blogosphere, Internet, New Media, Public Arena.

Mainstream news media maintain a gate keeping function that serves to control the flow of information to audiences. Some claims find it harder to gain media access or to receive coverage (Jacobs 2000). In recent years, proponents of the Internet have proclaimed that new media technology will lead to a democratization of mass media (Rodman 2003). Since the deregulation of the Internet in 1995, users have quickly adapted to and become engaged in an online environment that can transmit large volumes of information in real time for relatively low cost (Plant 2004). The expansion of mass media into cyberspace has already created countless new sources for news: Web sites presented by the mainstream press and sites unique to the Internet, including search engines, message boards, and blogs, may have the potential to diffuse gate keeping function of traditional media, thereby altering their

agenda-setting function (Williams and Delli Carpini 2004). Emergence of the blogosphere as an Internet-based claims-making arena may profoundly affect process of social problems construction.

Technology for Students

Lakshay Sharma

B.Com. I Year

In this essay on technology, we are going to discuss what technology is, what are its uses and also what technology can do. First of all, technology refers to the use of technical and scientific knowledge to create, monitor and design machinery. Technology helps in making other goods that aid mankind.

Experts are debating on this topic for years. Also, the technology covered a long way to make human life easier but the negative aspect of it can't be ignored. Over the years technological advancement has caused a severe rise in pollution. Also, pollution has become a major cause of many health issues. Besides, it has cut off people from society rather than connecting them. Above all, it has taken away many jobs from the workers class.

As they are completely different fields but they are interdependent on each other. Also, it is due to science contribution we can create new innovation and build new technological tools. Apart from that, the research conducted in laboratories contributes a lot to the development of technologies. On the other hand, technology extends the agenda of science.

Spreading the Lights of Happiness

Tejasvi Jain

B.Com. I Year

DIWALI : Spreading the Lights of Happiness

The festival when the whole of India transcends into a land of myriad lamps is the festival of Diwali. It spreads the lights of happiness among every age

group of people. It is a Festival that unifies every religion, every home and every heart. The festival of Deepavali has a deep spiritual meaning, it essentially means the Awareness of the Inner Light. It awakens the inner light which has the power to outshine darkness and clear all obstacles in life. Diwali's essence lies in the sloka, 'Tamaso ma jyotirgamaya' which means "Lead me from darkness to light." As per the Vedanta, every devout Hindu has to fill his heart with the oil of love, light the wick with the knowledge of Truth and ward off ignorance. It further states that we can kindle light in many hearts just like a Diya which can light many Diyas. The festival of Diwali reminds each one of us to understand that life is much more than a mere journey and it is a continuous quest for truth and knowledge.

Psychology and the Internet

Vanshika Saini

B.Com. I Year

This article will present an overview of the way that the internet is being used to assist psychological research and mediate psychological practice. It will show how psychologists are using the internet to examine the interaction between people and computers and highlights some of the ways that this research important to the design and development of useable and acceptable computer systems. In particular, this introduction will review the research presented at the recent International Conference on Psychology and the internet held in the United Kingdom. On behalf of the organizing committee, the author would like to thank all psychology researchers who presented and participated in the conference. The final part will introduce the eight articles in this special edition, including those from the invited speakers at the conference. The Eight articles are representative of the breadth of research being conducted on Psychology and the Internet.

Managing Job Stress

Sahil Tiwari

B.Com. I Year

Mr. Rana is 50 year old store manager. He feels that his difficult job should earn him respect off the job. He is in an excellent position but he feel that he has not progressed well in company. He has been offered manager's position in larger store but has turned down offer because he did not want to move his family.

He behave as he if every incident on the job is a major issue. He believes that a store manager should not make any error. Making an error is the same as being unworthy. He always question his worth and ability and tests it against that errors he made. This striving for perfection irritated a lot of his subordinate because many believes that making mistake is part of his life that can't be avoided.

7 Interesting Facts About Brain, Psychology & Mind

Ritish Sharma

B.Com. I Year

- It can store an estimated 2,500,000 gigabytes.
- The human attention span is shorter than a goldfish.
- The average weight of the adult human brain is three pounds.
- Memories are stored for both short-term and long-term use at the same time.
- Vitamin B1 can help improve short- and long-term memory.

According to Psychology their is a Huge difference between Love and Lust / Affection.

5 minutes without O2 may cause Brain Damage.

Nature A Great Teacher

Urmila

B.Com. III Year

Nature is a great and world's best teacher and we learn many things. As a teacher, How to calm, patience etc. Best lesson we learn from our nature is to give rather than receive. It teaches kindness for other. Now a days human beings are alienated from nature. It teaches us real selfness, true sacrifice etc.

Nature is a silent teacher friend, philosopher and guide. It remove all over pain. If we become merged with it we find ourselves in an elevated State of conscious. It remove our problems.

Mental Health

Khushi Suri

B.Com. I Year

Let's say you are sitting in an audience and I am at the lectern. It seems that Americans are in the midst of a raging epidemic of mental illness, at least as judged by the increase in the numbers treated for it. The tally of those who are so disabled by mental disorders that they qualify for Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) increased nearly two and a half times in 1937 and 2007 from one in 184 Americans to 1 in 76. For children, the rise is ever more starting a 35 fold increase in the same two decades. Mental illness is now the leading cause of disability in children. There are many categories of mental illness that children go through. The categories were anxiety disorders including other sub-categories (PTSD). Post Traumatic Stress Disorder, major depression and bipolar disorders and various other behavioral disorders and problems and attention deficit / anyperactively (ADHD), including drug and alcohol abuse. Nowadays treatment by medical doctors nearly always means psychotic drugs. In fact many doctors treat only with drugs and refer their patients to psychologists.

The Power of Personality

Muskan

B.Com. I Year

The comparative validity of personality traits, socioeconomic status and cognitive ability for predicting important life outcome. Our reasoning about personality is woven into our daily activities. We think about other people, talk about them and reflect on ourselves.

The theory of personal intelligence describes four broad areas in which problem solving about personality occurs. Individuals

1. Recognize clues to personality.
2. Form models of people.
3. Guide choices on that basis.
4. Systematize their goals and plans.

One way we form models of personality is notice a key characteristic of a person and then to anticipate other qualities that often go along with that feature. The correlation between the Test of Personal Intelligence and other measures also suggested that personal intelligence is a broad intelligence.

Personal Intelligence is important at both the individual and societal levels.

Should Plastic Be Banned

Lovely

B.Com. III Year

Plastic bags are a major cause of environment pollution. Plastic as a substance is non-biodegradable and thus plastic bags remain in environment for hundreds of years polluting it immensely. It has been very essential to ban plastic bags before they ruin our planet completely. Many countries around the globe have either put a ban on

plastic bags or Levi tax on it. However, the problems haven't been solved completely because the implementation of these measures hasn't been a success.

There are some of the problems caused by plastic bags. It is non-biodegradable, it deteriorates our environment, harmful for animals and marine creatures, causes illness in humans, clogged sewage etc. There are many eco-friendly alternatives to plastic bags like reusable jute or cloth bags. We should reuse the plastic bags. We already have at home as many times as we can before throwing them away.

Online Games

Sahil Thakur

B.Com. III Year

Many parents restrict their kids from playing online games; they have a misconception about video games and online games. There are many advantages of online games that you need to know, here are some of them.

1. **Brain Booster** : In the 2000s, online games became popular, while studies of internet gaming addiction emerged, outlining the negative consequences of excessive gaming, its prevalence and risk factors. The establishment of specialized treatment centers in South-East Asia, the US and Europe reflect the growing need for professional help.
2. **Socialize** : When playing online gaming there is always a tendency to get socialized. Online gaming allows communication to take place between players of different regions. They can interact with each other while having fun. This will not only help them get socialized, at the same time they will be a better team player.
3. **Concentration** : Frequently playing online games will make children's brain function quicker and it will improve their memory power. Some online

games required extensive planning and problem solving skills to complete levels. Therefore, children need to be mentally more active and concentrated.

Indian Education System

Rishibha Jain

B.Com. III Year

Every country is known by its culture, heritage, education system, government. India is famous for its diverse culture and heritage but above all its famous for its education system.

People outside the world appreciate our education system as it is really hard to crack the entrance exam and get in a good college in India but the question is why the students of India are going abroad to study despite so good colleges in India.

Indian education system focuses on theory rather than practical and here lies the problems. Theories are good for concept clarity but hot in real life. Now how to solve this.

In Medical field students pursuing MBBS are taught by doctors and what they learn they practically performs it under supervision of doctors. But say in MBA students are taught by teachers and not the managers or CEO's who owe the company Colleges are located far away and from industries and companies and here what the real problem is.

A college for MBA in Delhi has no exams and no textbook no traditional professors. They are guided by their peers. The college is Master's Union an MBA program run business to learn about business, hangouts with CEO's and experts where tech enables everything.

Education is the passport to the future,
for tomorrow belongs to those
who prepare for it today

- Elizabeth Warren

A Women Speaks

Priyanka Thakur

B.Com. III Year

Moon marked and touched by Sun
my magic is unwritten
but when the sea turns back
it will leave my shape behind.

I seek no favor
untouched by blood
unrelenting as the curse of love
permanent as my errors
or my pride

I do not mix
love with pity
nor hate with scorn
and if you would know me
look into the entrails of Uranus
where the restless oceans pound.

I do not dwell
within my birth nor my divinities
who am anglers and half-grown
and still seeking
my sisters
witches in Dahomey
wear me inside their coiled cloths
as our mother did
mourning.

I have been woman
for a long time
beware my smile
I am treacherous with old magic
and the noon's new fury
with all your wide futures
promised
I am woman
and not white.

College Activities 2022-23 : At a Glance



E vista - Best out of E-Waste Competition was organised on 17th September 2022 by the Department of Computer Science



Hardware Assembly Workshop was organised on 18th November 2022 by the Department of Computer Science



A Declamation Competition was organised by the Department of Management on 21st September 2022



The Science and Environment Club in collaboration with Red Ribbon Club and department of history organized a quiz competition on topic : AIDS, Blood donation, Drug awareness and Tuberculosis on 30th August 2022



Department of Biotechnology in Collaboration with NSS organized A Poster Making Competition on 3rd October 2022



Different Activities on "World Aids Day" on 1st December 2022



Lecture on Green Diwali held on 21st October 2022 by Science and Environment Club



A Seminar was organised by the Legal Aid Club of the College on 25th August 2022 on the Topic of "Sensitization of the Run Away Couples and Free Legal Aid Services"

College Activities 2022-23 : At a Glance



A Seminar on the Punjab Victim Compensation Scheme, 2017 and NALSA and Slogan Writing Competition on "World Students Day" was organised by the Legal Aid Club of the College on 15th October 2022



History and Political Science Department Collectively organised a Debate Competition on the Topic 'Social Media Brings More Harm Than Good' on 10th September 2022



On 28th September 2022 a Lecture was delivered on the Birth Anniversary of Bhagat Singh which was organized by NSS Unit and Red Ribbon Club of the institution.



PG Department of Commerce organized One Day Workshop on Understanding the Commodity Derivative Market on 9 September 2022



Workshop on Self Grooming was organized by PG Department of Commerce on 29th September 2022



Candle Decoration and Rangoli Making Competition was organized by PG Department of Commerce on 22th October 2022



Wealth Awareness Program was organized by PG Department of Commerce on 27th December 2022



"National Sports Day" was organized by Department of Physical Education on 29th August 2022

College Activities 2022-23 : At a Glance



College Students participated in Inter College Competition, Karate Competition held at AS College Khanna on 7th October 2022 to 8th October 2022



Swachh Bharat Mission under Azadi Ka Amrit Mahotsav from 1st October to 31st October 2022 was organised by Red Ribbon Club, NSS & NCC UNIT, Youth Services, Welfare & Cultural Committee



District Level Yuva Mahotsav was held on 11th October 2022 organised in the Campus



Celebration of National Unity Day on 31st October 2022 by Red Ribbon Club, NSS & NCC UNIT, Youth Services, Welfare & Cultural Committee



Talent Hunt was organised in the College on 6th September 2022 by Youth Welfare and Cultural Committee



Participation in Zonal Youth Festival held at Baba Balraj Panjab University Constituent College, Balachaur from 14th October to 17th October 2022



Seminar on Health Awareness was organised on 16th September 2022



Swachh Bharat Mission under Azadi ka Amrit Mahotsav from 1st October to 31st October 2022

Retirement Party of S.P.S. Kang





The Purpose of Life is not Happiness : It's Usefulness

Sofia

B.Com. III Year

Darius Foroux writes about the bottle most of us face between being happy and feeling fulfilled in life.

We love doing things that make us happy. from going on holiday to buying a new car, we keep chasing that next nugget of happiness.

If you change it up and look at happiness as being a by product of your actions, choices and decisions that involve working towards a larger purpose, you will begin to notice how wonderful life really can be. True happiness is derived from moments of interaction and connection.

I am happiest when doing something useful for somebody else, whether it be a friend, family member, colleague or even a stranger. When I have done something valuable for them, they are happy which make me happy.

Find something useful to do for someone do it. Let me know how you feel afterwards.

**"Being useful is a mind set.
And like with any mind set,
It starts with a decision.
One day I woke up and
Thought to myself;
What am I doing for this world?
The answer was nothing."**

- Darius Foroux

Changing Culture : Shift Small Habits for Big Wins

Avneet Kaur

B.Com. III Year

After working in different environments over the years. I am Intrigued about how company culture affects the workplace.

I am a big believer that a company culture that breeds trust and co-operation in the workplace, will succeed.

Alison Rendel written about how companies can improve culture with small shifts to bad shifts in the workplace.

She begins by explaining that habits consists of 3 parts : Trigger, Routine and Reward. So to change culture, it's important to first identify the poor habits and behaviors that require change. What are the triggers, routines and rewards of these bad habits?

Small shifts are what improve the bigger organizational culture. If you look at culture change as a series of successful habit shifts the process of making it a reality starts to feel more achievable. The impact of one small change across every team in your organization means hundreds or thousands of Interaction shifting to align with the culture you want. It is not simple but there are practical approaches you can take move the needle.

Books are the Profitable Magic

Vaishali

B.Com. III Year

Today children have many avenues of generating information. Reading a book, handing a smart phone working on an e-tablet or exporting on a computer has triggered the huge opportunities.

Therefore the students with strong reading skills not just learn to read out also read to learn.

Reading proficiency equips you to comprehend, interpret and actively engage and excel in the world around you. The more you read the more you know the more confident you be. Consequently your increased confidence build your self esteem and self worth.

Reading develops mind and helps children understand think imagine, express and create. In view of its huge benefits, the parents and teachers need to prioritize reading in the early years to help children succeed in life; happily productively and successfully.

Social Media Tips for Small Businesses

Navpreet

B.Com. III Year

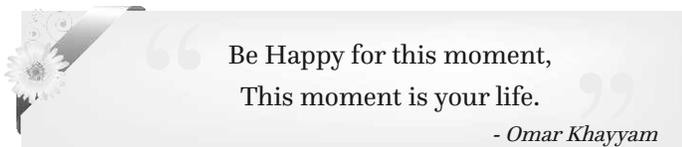
Small business owners often manage many aspects of business themselves and social media can become an afterthought.

"Small business owners don't have time to post to Facebook, engage with their audience and monitor results."

In addition to understanding the algorithms and technical features of a platform, it's imperative to understand your audience.

If you don't have the ability to access data to understand your users on those platforms and how they want information or you don't look at posts that have garnered a lot of engagement versus those that haven't and make assumptions about what working or not.

"Experiment run some ads, see who's clicking see what the reach is and make some decisions.



The Science of Happiness

Kiran

B.Com. III Year

Happiness has been a human pursuit for as long as we can remember and positive psychology has taken this concept into the realm of scientific research in hopes of gaining a better understanding of global well being and meaningful living.

There are many definitions of happiness, and we will also explore those in this article. For now, we invite you to think of a time when you were happy.

Were you alone?

With others?

Inside? Outside?

Pleasure, comfort, gratitude, hope and inspiration are examples of positive emotions that increase our happiness and move us to flourish.

The table for a focus on the positive in life, for

"what thoughts, actions, and behaviors make us more productive at work, happier in our relationships, and more fulfilled at the end of the day" (Happify Daily, n.d.).

Little things, moments in our life make us extreme happier in a positive way.

Advertising : A Blessing or a Curse

Nikita

B.Com. III Year

Advertising is a double edged sword - a classic "can't live with it, can't live without it" Scenario, (Almost as bad as insurance but don't get me started on that!) As if by magic, people have been appearing out of the woodwork, all claiming to be the right choice to shout our name form the rooftops and introduce us to the masses - all for a price of course.

Should we invest in newspapers, radio, magazines, guide books. Social media? Which one would be most be compatible to our target audience of customers and for that matter, who are they? Should we look to promote to the local crowd or the tourists.

However, as a new business, dealing with startup lost and slow time of year, one must be a little more careful with making these choices. On the other hand, if no one knows we exist, well we are pretty much out of the game before we even start.

Even through we are still in the grips of winters, the days are getting noticeable longer and spring will be have before we know it.

Ethics in Indian Advertising

Ishika

B.Com. II Year

Ethics means "Good Conduct" or "Conduct which is right in view of the society and the time period." In other words, we can say that Ethics are moral principles and values that govern the actions and decisions of an individual group.

Advertising has ethical value. The mixture of art and facts in advertising communication are subservient to ethical principles. In today's competitive and buyer's market, advertisements have to be truthful and ethical. If an advertisement is misleading, the credibility of the organization is lost. The advertising industry has been frequently criticized for putting out misleading.

The Advertising Standards Council of India (ASCI), established in 1985, is committed to the cause of Self-Regulation in Advertising ensuring the protection of the interests of consumers.

Some of the common examples of ethical issues in advertising are given below :

- Vulgarity
- Misleading

- Racial Issues
- Controversial Products

There should be taken decisions by ASCI for unethical in ADs.

The ethical aspect of Indian advertising is extremely important for restoration of our Indian culture and heritage.

Telecasting and publication of obscene, indecent advertisements clearly should percolation of western culture in India. At the end, proper implementation of the law is highly required in our country.

Small Business & Modern Technology

Sapna

B.Com. II Year

Modern technology allows small businesses to operate in ways that were impossible only a generation ago. Technology allows staff members to communicate better, enables business owners to manage costs more efficiently and sell products and services in new and different ways.

Small businesses benefit from simplified and less expensive manufacturing processes and can grow without affecting the quality service they offer their customers. Regardless of the size or nature of a small business, technology has opened new and exciting doors to success.

Benefits of Modern Technology to Small Business

- Better Communication
- Financial Management
- Better Customer Relation
- Easy and Effective Transport
- Advanced Manufacturing Tools
- Share and Collaborate
- Flexible Work Environment
- Online Stores

Latest Innovation in Manufacturing Sector

Ankita Thakur

B.Com. II Year

Innovation : A key component for economic growth and success. Innovation in manufacturing moves the industry forward to be more productive, more efficient and increase quality. By innovating manufacture can gain

- Competitive Edge
- Meet Customer Demands
- Tackle Industries Challenges

With this in mind, it is crucial for manufactures to encourage change, innovation, risk-taking and 'soft skills' such as creativity.

The top 10 innovations made in manufacture processes are :

- Analytics
- Robotics
- Additive Manufacturing (3D Printing)
- Artificial Intelligence (AI)
- Cloud Computing
- Connectivity
- Smart Sensors
- Smart MES (Manufacturing Execution System)
- Digital Twins

Start Up

Karishma Kapila

B.Com. II Year

Understanding Startups

Startups are young companies founded to develop a unique product or service, bring it to market and make it irresistible and irreplaceable for customers.

Rooted in innovation a startup aims to remedy deficiencies of existing products or create entirely

new categories of goods and services, disrupting entrenched ways of thinking and doing business for entire industries. That's why many startups are known as disruptors. Startups aim to create an entirely new template.

Here are some examples of Startups in Bigtech-think Facebook, Amazon, Apple, Netflix but even companies like we work, Peloton and beyond market.

Startups Aim for Speed and Growth

There's another key factor that distinguishes startups from other companies: speed and growth. Startups aim to build on ideas very quickly. They often do this through a process called iteration in which they continuously improve products through feedback and usage data. Oftentimes, a startup will begin with a basic skeleton of a product called a minimal viable product (MVP) that it will test and revise until it's ready to go to market.

Top 5 Young Entrepreneurs in India

Pradeep Tirkey

B.Com. III Year

1. Ritesh Agarwal

- Age : 27
- Founder and CEO : OYO Rooms
- He started with just 11 rooms in a Gurgaon Hotel in 2003
- Presently has more than 65,000 rooms across 170 Indian urban areas.

2. Tilak Mehta

- Age : 16
- Founder : Paper n Parcels
- The young boy is the founder of an app based courier service in Mumbai known as 'Paper n Parcels'

3. Sreelakshmi Suresh

- Age : 23

- Founder : eDesign, TinyLogo
- She started eDesign company that she founded in 2009, at just 11 years old

4. Trishneet Arora

- Age : 27
- Founder and CEO : TAC Security
- He is the founder as well as CEO of TAC Security Solutions that helps in preventing and investigating cybercrimes.

5. Akhilendra Sahu

- Age : 20
- Founder and CEO : ASTNT Technologies Pvt. Ltd.
- He began with working as a freelancer in order to get experiences and insight into Market.

Life is Difficult

Diya Sharma

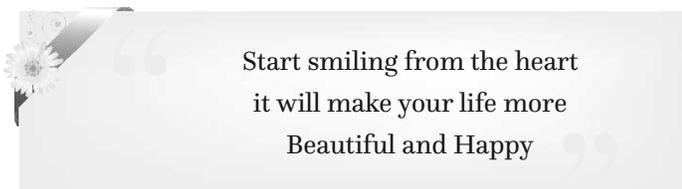
B.Com. I Year

Now, if you pick up a book and the first thing it tells you is "Life is difficult" you may just think is this book going to get reassuring and encouraging after such a start?

But, as peck goes on to explain, once you accept that life is hard, it no longer becomes an issue that it's difficult.

"Once we know that life is difficult-once we truly understand and accept it-then life is no longer difficult."

Life is hard - Your boss will not always be the nicest person in the world. Your job will have challenges that you did not foresee. Your workmates will sometimes be a pain. You won't always get the salary and recognition that you want and deserve at work. Your clients may not be the nicest people in the world.



Dynamic Performance Evaluation for RFID : Reverse Logistic Management

Bikramjeet

B.Com. III Year

Environmental awareness, green directives, liberal return policies, and recycling of materials are globally accepted by industry and the general public as an integral part of the product life cycle. Reverse logistics reflects the acceptance of new policies by analyzing the processes associated with the flow of products.

Enterprises are applying reverse logistics as a means for fulfilling different market regions' recycling requirements. Reverse logistic processes help enterprises fulfill their social responsibility and build their reputation by providing systems and processes for customers to return products and components.

Related Research : In this section, fuzzy cognitive map, reverse logistics, and RFID technology are reviewed. A fuzzy cognitive map is used to represent causal relationship between the logistic process parameter. RFID technology provides the basis for collecting and transmitting the process data for real-time performance analysis and evaluation.

Case Verify : It analysis the accuracy of proposed decision support model.

Health is Wealth

Neeraj Mahi

B.Com. I Year

1. World health day is celebrated every year on 7th April globally to create awareness about health and cleanliness among people.
2. "WHO" organized the first global gathering in the

year 1950 to celebrate the World Health Day.

3. Every year the World Health Day is celebrated with the theme for creating health awareness among the people.
4. The Slogan for World Health Day 2018 was 'Universal Health Coverage', Health for all.
5. Indian Government has come up with the plan of Ayushman Yojana, which provides 5 Lakh Medical Coverage to the 10 Crore poor families.
6. Many companies are organizing health awareness programs at the office premises for routine and regular checkups of the employees.
7. Wealth gives us the confidence in life for lesser duration but sound health keeps us motivated and confident throughout the life.

Corruption

Karishma

B.Com. I Year

The term 'corruption' normally refers to acts of dishonesty by people in power. It also refers to the action of exercising power over personal needs. Giving and taking bribes, involving in fraudulent activities, embezzlement, double-dealing, diverting activities etc are all activities that correspond.

There are many situations in which people engage in corruption and are sometimes forced to perform acts of corruption. The primary reason or factor that tempts individuals or groups to involve in corruption is the need or greed for money. In most cases, corruption is the need or greed for money. In most cases, corruption poses itself as one of the easiest ways to make money.

Demonetization

Shivangi Thakur

B.Com. I Year

On the heels of the undisclosed Foreign Income and Assets act of 2015; and the Income disclosure scheme of 2016, the Narendra Modi government had

announced demonetization of Rs. 500 and Rs. 1000 currency which has been referred to as a masterstroke by many experts.

The withdrawal of currencies or other valuables by the central bank to be used as the legal tender in the nation. Such currencies either turn into scrap or are deposited in the banks and replaced by the new currencies.

The reasons behind the demonetization given by the Government is to tackle the menace of black money. The cash circulation in India is directly connected to corruption hence we want to reduce the cash transactions and also control corruption and thereby move towards cash less transactions.

Time Management

Muskan

B.Com. I Year

Sometimes 24 hours in a day is less to get all the work covered. Isn't it? we wish for an extra hour to complete the unfinished tasks.

But time is not in our hands, Yes time management is in our hands. It can't be expanded. It can't be stopped.

"Time Management" refers to making the best possible use of available time. Many people are dealing with this mess these days. So I would like to suggest some tips about how to manage time in our daily routine.

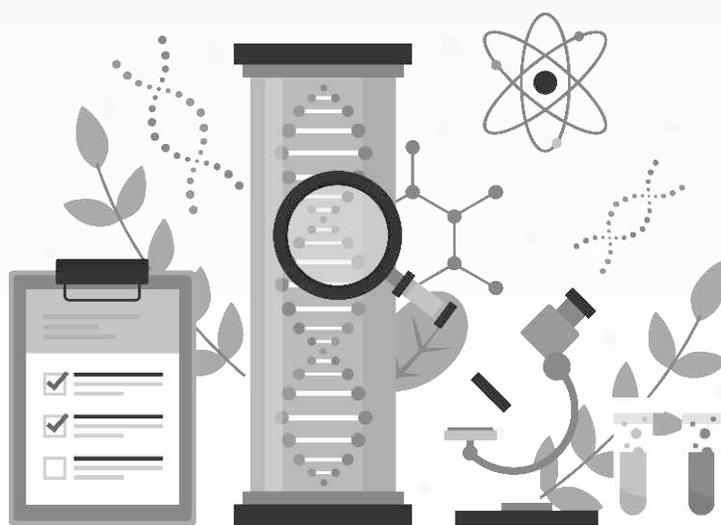
You can cover -

- How to set achievable Goals?
- Making priorities.
- Setting a time constraint for each task.
- Taking breaks between tasks.
- Planning for tomorrow.
- Organize yourself.
- Organize your tasks.
- How to not dive into cell phone every minute

SHREE PANCHANAN

2022-23

BIO-TECHNOLOGY SECTION



STAFF EDITOR :
MRS. ANU

STUDENT EDITOR :
SIYA

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Role of Indian Biotechnology Industry in Driving Innovation

Mrs. Anu
(Asst. Prof.)

Staff Editor of Biotechnology

India is one of the top 12 destinations for biotechnology globally and 3rd largest biotechnology destination in the Asia Pacific region. In 2020, the Biotech industry reached a market size of \$70.2 billion, rising 12.3% from the previous year. The bio-economy has observed almost a 95% increase in valuation over the period of five years, with the COVID-19 pandemic boosting it even further. The BioEconomy's contribution to our national GDP has also grown steadily in the past years and this share has grown to 2.7% in 2020. The sector is also making an increasing contribution towards national GDP and is a key part of India's vision of reaching a \$5 Trillion Economy by 2024. India's Biotech sector is categorized into:

- Biopharmaceuticals,
- BioIndustrial,
- Bioagriculture,
- BioIT & BioServices.

Within the biopharmaceuticals segment, India has developed into a prominent vaccine manufacture globally and exports vaccines to over 150 countries and is a leading destination for contract manufacturing and clinical trials. The biotech industry in India comprises over 5,000 companies (760 core companies and 4,240 start-ups) and is home to a strong skilled resource pool due to the high number of science and technology graduates. India is also ranked #1 Global Innovation Index amongst Central & Southern Asia region. India is a leader in

- Global vaccine production

- World's largest producer of BT Cotton
- World's highest number of USFDA approved plants outside the US.

Domestic demand increases are fueled by programmes such as Ayushman Bharat, the world's largest government-sponsored healthcare insurance scheme, while overseas demand for Indian vaccines and biopharmaceuticals grows remains strong. The percentage share of the biotechnology segments is:

- Vaccine – 17.8%
- BioIT/Healthcare Research – 15%
- COVID Bioeconomy – 7.8%
- Diagnostics/Medical Devices – 25.6%
- BT Cotton – 14.4%
- Biofertilizers/Biopesticides – 1.4%
- Enzyme – 3.7%
- Biofuels – 3.6%
- Biologics/Therapeutics – 10.7%

Why we Crave?

Dr. Kanwardeep Singh Dhaliwal
(Asst. Prof.)

Human beings crave all sorts of things : coffee, sugar, gambling, cocaine, binge-watching TV shows, doom scrolling on social media, online gaming cocaine, heroin, methamphetamine, hoarding. We each find different substances and activities alluring and we develop distinct habits of choice. Cravings are an especially forceful and persuasive class of desires. When a craving strikes, it can be very tricky to resist or ignore. Sometimes we distract ourselves and move on with little effort. In other instances, it can feel nearly impossible not to act on a craving. What we are drawn to and what we are vulnerable to, seems to reflect our individual personalities, preferences, cultural location, values, identities, coping mechanisms and other life circumstances. So, why do we crave what we crave and why are cravings sometimes so forcefully motivating?

One way to see the power of cravings is to think about substance addictions. Substance addictions present the sharpest examples of how cravings seem to impact motivation and behavior differently than other desires. Cravings make for one of the most challenging, baffling and terrifying aspects of addiction: no matter how devastating the consequences of ongoing drug use become for someone, as well as for those who love and care for them, no matter whether their addiction is no longer pleasurable and no matter how adamantly they want and try to manage or stop their drug use, their attempts are continually overwhelmed by intensely motivating desires to engage in the addiction. This loss of control is often taken to be a defining feature of addiction.

Cravings are particularly common with certain drugs, including alcohol, nicotine, opiates and cocaine. Moreover, not only do cravings play this intrusive role in active drug use, but these unwanted desires can arise and be highly motivating even years into recovery from addiction. Craving is a major predictor of relapse. A systematic review of studies assessing the link between craving and substance use by using a method that evaluates craving episodes in real time in daily life found that in 92 percent of studies craving was linked to substance use and relapse. Cravings can repeatedly override plans and resolutions to moderate or abstain from drug use and this can be a disruptive, frustrating, demoralizing and traumatizing experience for those who battle these cravings - an experience that for some lasts a lifetime.

A lot of medical and clinical thinking about addictive craving is driven by a certain neuroscientific picture that explains cravings in terms of the effects of drugs on the production of dopamine in the brain. On this picture, the object of a craving is a drug itself or the pleasurable effects that getting high is expected to produce. But, by focusing narrowly on the brain, this view misidentifies the object of craving

in addiction or at least puts too much emphasis on the chemical component. When we look at the social and psychological factors that correlate with addiction, the real object of craving is made salient. In truth, addictive cravings seek out vital emotional experiences. They aim at numbing out, feeling in control or feeling socially connected. Experiences such as these become particularly valuable and simultaneously elusive under certain environmental conditions. Understanding the object of addictive craving in this way helps to explain why cravings in addiction are so hard to resist.

How we think about addictive cravings has impacts on how we think about addiction research, treatment and recovery, as well as how we think about the meaning of cravings beyond addiction. What follows from viewing addictive craving through a social and structural lens?

1. How we study addiction
2. Rethinking treatment
3. The wisdom of cravings

Effect of Sleep Deprivation on Social Behaviour of Human

Siya

Student Editor

B.Sc. (Hons.) Bio-Tech III Year

Sleep deprivation is shown to be related to the depression of the activity in brain regions linked to social behavior. Lack of sleep has been linked to heart disease, poor mood and loneliness. Researchers have also reported that being tired could also make us less generous.

Researchers found in one of three experiments testing the link between sleep loss and generosity that the hour of sleep lost in the switch over to Daylight Savings Time every spring appears to reduce people's tendency to help others. They

specifically showed that average donations to one U.S. - based nonprofit organization dropped by around 10 percent in the workweek after the time switch compared with four weeks before and after the change. In Arizona and Hawaii, states that do not observe Daylight Savings Time, donations remained unchanged.

Researchers say, "Lack of sleep shapes the social experiences we have and the kinds of societies we live in." To test the link between sleep loss and generosity, Ben Simon and her team first brought 23 young adults into the lab for two nights. The participants slept through one night and stayed awake for another night.

The researchers observed participants' brain activity in a functional MRI machine, comparing each participant's neural activity in a rested versus sleep-deprived state. The findings showed that the sleep deprivation reduced activity in a network of brain regions linked to the ability to empathize with others.

Thus, chronic sleep deprivation in the modern world is a serious problem. But this one has a ready solution.

Ozone Hole Continues Shrinking in 2022

Ruby

B.Sc. (Hons.) Bio-Tech I Year

The ozone layer is the portion of the stratosphere that protects our planet from the Sun's ultraviolet rays but it thins to form an "ozone hole" above the South Pole every September. Chemically active forms of chlorine and bromine in the atmosphere, derived from human-produced compounds, attach to high-altitude polar clouds each southern winter initiate ozone-destroying reactions as the Sun rises at the end of Antarctica's winter.

But the elimination of ozone-depleting substances such as CFCs, HCFCs and others through

the Montreal Protocol, is shrinking the hole. The Antarctic ozone hole reached an average annual area of 8.9 million square miles (23.2 million square kilometers) between Sept. 7 and Oct. 13, 2022. This depleted area of the ozone layer over the South Pole was slightly smaller than last year and this generally continued the overall shrinking trend of recent years.

Paul Newman, chief scientist for Earth sciences at NASA's Goddard Space Flight Center in Greenbelt, Maryland said that Over time, steady progress is being made, and the hole is getting smaller. Some fluctuations in weather and other factors make the numbers wiggle slightly from day to day and week to week. But overall, it has been decreasing through the past two decades.

Globally, the total column average is about 300 Dobson Units. On Oct. 3, 2022, scientists recorded a lowest total-column ozone value of 101 Dobson Units over the South Pole.

Why some People Act as Magnets for Mosquitoes?

Kanav Sharma

B.Sc. (Hons.) Bio-Tech I Year

It is interesting to know how a female mosquito can hunt down any member of the human species. Blood type, blood sugar level, consuming garlic or bananas, being a woman and being a child are all popular theories for why someone might be a preferred snack. Mosquitoes generally track our CO₂ exhalations, body heat and body odor. But some people are distinct "mosquito magnets" who attract them the most.

Scientists Vosshall and Maria Elena De Obaldia, set out to explore the leading theory to explain varying mosquito appeal : individual odor variations connected to skin microbiota. They recently demonstrated through a study that fatty acids

emanating from the skin may create a heady perfume that mosquitoes can't resist and published their results in Cell.

The researchers sorted the participants into high and low attractors. They used chemical analysis techniques to identify 50 molecular compounds that were elevated in the sebum (a moisturizing barrier on the skin) of the high-attracting participants. From there, they discovered that mosquito *Aedes aegypti*'s attractants produced carboxylic acids at much higher levels than the less-attractive volunteers.

Humans produce mainly two classes of odors that mosquitoes detect with two different sets of odor receptors : Orco and IR receptors. These substances are in the sebum and are used by bacteria on our skin to produce our unique human body odor. But further research related to female mosquito *Anopheles* is required.

Emotions can Feel Painful - What it Means for Painkillers

Muskan

B.Sc. (Hons.) Bio-Tech I Year

There is a link between emotions and physical pain and its understanding is helping to identify the root causes of our pain and why physical and emotional pain so often coexist. Anxiety, grief-emotional pain can manifest in many physical symptoms. And while writers and musicians have crafted songs intertwining physical and emotional pain for centuries, scientists have found it more difficult to describe the relationship between the two.

Now, recent breakthroughs are shedding light on the shared mechanisms that underlie both kinds of pain, offering an explanation as to why one leads to the other and providing avenues for treating some of our most debilitating conditions.

Brain scans show similar activity in the pain network, which includes areas such as the insula, thalamus and anterior cingulate cortex (part of the brain situated in the medical aspect of the cerebral cortex) that consistently respond to painful or attention grabbing stimuli, when people are social rejection and when they have physical pain. Understanding the emotional aspects of pain could help tackle certain mental health conditions and some studies have also suggested that up to 75 percent of people with chronic pain also experience anxiety and depression.

Recyclable Computer Chip Made Using Mushroom Skin

Depesh Sohal

B.Sc. (Hons.) Bio-Tech I Year

The base of computer chips and batteries tends to be made from non-recyclable plastic, but using skin from a certain species of mushroom instead would reduce electronic waste. Using mushroom skin to make the base of computer chips and batteries would make them easier to recycle.

All electronic circuits, which consist of conducting metals, need to sit in an insulating and cooling base called a substrate. In almost every computing chip, this substrate is made from non-biodegradable plastic polymers which are often thrown to the 50 million tonnes of electronic waste that is produced each year. The substrate is the most difficult part of these electronic chips which is needed to be recycled.

Researcher Kaltenbrunner and his colleagues have now tried using skin from the mushroom *Ganoderma lucidum* to act as a biodegradable electronic substrate. *Ganoderma lucidum* is a fungus, which typically grows on decaying wood, forms a skin to protect its mycelium, a root-like part of the fungus,

from foreign bacteria and other fungi. The skin didn't grow on other fungi the researchers tested. When they extracted and dried out the skin, they found it is flexible, a good insulator, can withstand temperatures of more than 200°C (390°F) and has a thickness similar to that of a sheet of paper - good properties for a circuit's substrate.

If this is kept away from moisture and UV light, the skin could probably last for hundreds of years shown in the findings by Kaltenbrunner which would be fine for the lifetime of an electronic device. Importantly, it can also decompose in soil in around two weeks, making it easily recyclable.

Their team have also constructed metal circuits on top of the mycelium skin and shown that they conduct almost as well as they do on standard plastic polymers. The substrate remains effective even after bending it more than 2000 times and the researchers demonstrated that it could also work in a basic battery for low-power devices like Bluetooth sensors. The researchers hope that the mushroom substrate will be used for electronics that aren't designed to last for a long time, such as wearable sensors or radio tags, but they first need to show its prospects in current industrial electronic processes.

Connection Between Diet and Cancer

Kirti Pathania

B.Sc. (Hons.) Bio-Tech III Year

Cancer is a group of complex diseases that can have many causes, from genetics to exposure to toxins. A person's diet may also play a role in whether they develop certain types of cancer but the link between cancer and diet is just as complex as the disease itself. In fact, estimates suggest that less than 30% of a person's lifetime risk of getting cancer results from uncontrollable factors (genetic and environmental). The rest 70% chances can be reduced by diet. Studies have not proven that there is

a solid link between a specific diet and whether it may increase or decrease a person's chance of getting cancer. It can be challenging to find direct links between cancer risk and certain foods because people eat a wide range of foods and cook and prepare them in a variety of ways.

Some research, however, suggests that eating certain foods could change a person's cancer risk. High-fat, low-fibre diets may increase the risk of many cancers including bowel, lung, prostate and uterine cancers. Some foods like processed foods such as packaged breads and buns, packaged sweet or salty snacks, sodas, sugary drinks, processed meat products, instant soups, food products with hydrogenated oils, modified starches, red and processed meat and alcohol can increase the risk of various types of cancers.

Whereas, some foods have cancer fighting properties. These include the phytonutrients rich in antioxidants and the foods which help in regulating hormones, such as estrogen, which can lead to certain cancers, slowing cancer cell growth, preventing inflammation, which can lead to cancer and other diseases, avoiding damage from oxidants, which alter the body's DNA.

The AICR recommend the consumption of acai berries, apples, beans and peas, blackberries, blueberries, carrots, cherries, chili peppers, coffee, cranberries, dark green leafy vegetables, such as spinach, kale and swiss chard, flaxseeds, ground rather than whole seeds for better absorption, garlic, grapefruit, grapes, tea, walnuts, whole grains such as brown rice, oatmeal, barley, millet and in breads. Even though diet can influence your risk of developing cancer, there is little evidence that special foods can be used to cure existing cancers.



Never Stop Learning
Because
Life Never Stop Teaching

SHREE PANCHANAN

2022-23

FASHION DESIGNING SECTION



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MS. NEHA

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PRIYANKA

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Career in Fashion :

The Different Job Roles

Ms. Neha
(Asst. Prof.)

Staff Editor of Fashion Designing

The Fashion industry is huge - and fashion design is just the tip of the iceberg. It would be impossible to list every job available in the fashion industry, but here are some of the most common career paths.

Fashion Designer

You could specialise in an area such as children wear, footwear, handbags, lingerie, menwear, sportswear or womenwear. You'll usually start off as a fashion design assistant and progress to fashion designer and design director. You could even start your own fashion line. A related degree, HND or foundation degree is typically needed to get started in fashion design.

Garment Technologist

You'll be responsible for choosing and testing fabrics, ensuring the design can be made within budget, overseeing garment construction methods and carrying out the quality control of products to check for faults. You may also make production processes more efficient and/or sustainable.

You're likely to work for manufacturing and retail employers in the fashion industry as a garment technologist. However, you could also work for companies that produce technical textiles – such as spacesuits or clothes for firefighters.

Textile Designer

Often employed by fashion designers, you will create the 2D patterns for their designs. You will be expert in yarns, colour, dyeing, weaving, embroidery and printing methods.

Fashion Illustrator

You will work closely with fashion designers to

discuss their requirements and create conceptual sketches and illustrations of their products using computer-aided design (CAD) software, painting and/or free-hand sketching.

Many fashion illustrators work on a self-employed basis. You could also work for a design studio or retailer.

Pattern Cutter / Grader

You will work with designers and garment technologists to create pattern templates based on the drawings given to you. Your job will involve using dummies to create and refine patterns, working with machinists to create samples and using computer-aided design (CAD) programs. You could work for a clothing brand or manufacturer.

Stylist

You will put together visually appealing outfits (think clothes, accessories and props) that match the artistic vision set out for you, whether it's for a catwalk show, photo shoot, advertisement, TV show, movie, concert or music video.

You could work for many typed of employers, including image production teams, large retailers, magazines and musicians.

Personal Stylist / Personal Shopper

One for a fashionista who wants to advise individuals on their personal style. You could work for a retailer, helping the general public, or you could work for the stars, helping celebrities look their best on and off the red carpet.

Besides you can also become a :

Fashion Buyer

Fashion Merchandiser

Graphic Designer

Fashion Blogger

Boutique Owner

Women are the real architects
of the society.

- Harriet Stowe

What is Textiles in Fashion Designing

Priyanka

Student Editor

B.A. III Year

Textile and Apparel Design, commonly referred to as Fashion Design, relates the physical properties of textiles to our human need for functional and fashionable clothing and home accessories. Textile is an umbrella term that includes various fiber based materials including fibers, yarns, filaments, threads, different fabric types etc. At the first, the word "textiles" only referred to woven fabrics.

Textile design is the process of Planning and Producing a fabrics appearance and structure. Textile designers dream up design that are woven or knitted into clothes or printed on fabric. They might suggest types of thread to weave together for a specific look and feel or create patterns that adorn a fabric surface. There are three types of textiles.

Plant based : Over the years, using fabrics made from Plants have become a trend.

Animal based : Textiles made from animal skin also. Semi-Synthetics and Synthetic etc.

Textiles were a major component of both ancient economics and social relationship. They were essential for many aspects of life from clothing, blankets and household furnishing, fishnets rope and numerous other uses.

Social Media Influences on Fashion

Rajni

B.A. III Year

Social Media has become a part of our globally connected world in multiple ways and most recently the fashion industry is seeing a major shift in its

inspiration for designs and trend, all thanks to social media and blogging sites like Facebook, Twitter, Instagram etc.

In the fashion industry, social media platform can be used to interact with the consumer, as a means of networking with other in the industry and a way of building an online presence. But Social media can also influence designers in unique ways that are changing the way many designers create their fashion.

Designers and major players in the fashion industry find inspiration for their designer and creation in many place from recent vacation to visit to fashion capitals of the world, but the internal an social media sites have a created an entirely new approach that is getting both paise and critiam from fashion community.

Phulkari Embroidery : Origin, Types and Techniques

Suman

Diploma in Fashion Designing

Phulkari Embroidery : Origin, Types and Techniques.

Introduction : Phulkari, needlework of Punjab, is the most exclusive and matchless in its beauty and the embroidery technique especially used in the state of Punjab. It means flower craft, as is derived from the word phul and kari. Phulkaris refer to simple and sparsely embroidered shawls or dupattas and the all over, densely embroidered ones known as baghs.

Origin of Phulkari : The exact origin of phulkari is not known. One theory is based on the fact that as it was mostly worn by jat women, it came from Central Asia along with jat tribes who came to India as migrants. Another theory believes that it came to

India from Iran, where it is known as gulkari.

However, both these theories do not hold good as phulkari is practiced and worn by all the people of Punjab from early 19th century. It is considered as a symbol of suhag and therefore forms a very important part of a bride's trousseau.

Techniques of Phulkari Embroidery :

Material : Phulkari utilized khaddar/khadi as the base fabric. This base fabric was available in three varieties, such as khaddar, which was loosely spun and coarsely woven; chaunsa khaddar, a comparatively better variety; and halwan, a light weight and finely woven khadi fabric. The average size of the phulkari and bagh is about 230 x 138 cm.

Threads : Soft and untwisted floss silk yarn, known as pat, is used. Earlier, strands were imported from China and were dyed by a dyer, that is, lalari using vegetable dyes. Sometimes, cotton and woolen threads were used.

Colors : Various shades of red color are mostly used for the base fabric because of the sense of auspiciousness attached with this color. Other popular colors are blue and its various shades. White is used for elderly ladies. Embroidery is done with the use of colors, such as golden yellow, crimson, orange, blue, violet, green, dark brown, and white. The beauty of phulkari is enhanced by using shiny silk thread that produces an illusion of more than one shade of the color.

Stitches : The main stitch used in phulkari is the darning stitch and the geometrical designs embroidered with this stitch form the basis of phulkari. At times, other than geometrical designs are also embroidered and become stylized because the darning stitch is worked in straight lines. Other stitches, such as chain, stem, blanket, running, herringbone, and buttonhole, are used occasionally.

Motifs : The designs are neither drawn nor traced. They are the products of the imagination and creativity of embroiders and become stylized

because the darning stitch is worked in straight lines. A large number of motif designs are inspired by the lives and surroundings of people, which are as follows :

- **Vegetables**, such as Karelabagh and Gobhibagh
- **Gardens**, such as Shalimar bagh and Charbagh
- **Flowers**, such as Gendabagh and Surajmukhibagh
- **Birds and animals**, such as Tota, Mor, Hathi, Gai, and Bakri
- **Jewelry items**, such as Guluband, Ranihaar, Kangan, Karan phool, Jhumkas, and Tikka

Process : Long and short darning stitches are created in straight lines by counting the threads to follow the pattern, using a ling needle of about 3 inches with a ling eye. Embroidery is always done from the back side of the fabric placing all the floats at the front side and small dots at the back side of the fabric.

Types of Phulkaris : The phulkaris have been given different names according to the designs embroidered, colors of the base fabric, threads used, and its usage. The various types of phulkaris are:

Chope, Suber, Saloo, Tilpatra, Panchranga/Satranga, Reshmusheesha, Sheeshedar Phulkari, Nilakphulkari, Sainchiphulkari.

Types of Baghs

Vari-da-bagh, Ghunghatbagh / Sarpallu, Bawanbagh, Darshandawar.

Fashion Cycle

Nikita

B.A. I Year

Fashion is fuelled by conversion. Designers continually persuade the public that their new ideas however shocking they may seem are in fact everything that a stylish wardrobe requires. The idea that fashion in dress follows a cyclical phase structure is not new. Mere description of the fashion

cycle however do little to explain exactly why successful designers? Ideas typically rise in and fall in popularity. What is the motivation force behind such changes in fashion? These questions cannot be answered simply. In other words Fashion industry is always changing as new trends rise and fall through a process known as the fashion cycle.

Fashion Design and Innovation

Bimal Kumari

B.A. II Year

The textile and fashion innovation are second largest industrial sector in the world. As in any high volume sector, the textile and fashion industries include a large variety of sub sectors ranging from elite fashion designers in Europe and the United States to mass production sewing and the United States to workshops in India and China. From exclusive car upholstery designers to budding and products manufacturers etc given the fact that a mere 30% of textile and Fashion designers and manufacturers use computer aided design sectors hold substantial market growth potential in coming years. Keeping in mind that the other toy. Still work in a completely manual process using scissors and cardboard.

Introduction : There are a few fashion design software firms who have picked up that flag and now make software solutions that are easier to implement. Hopefully the way in which fashion design software companies have made a step towards the development of computer aided design software companies have made a step towards the development of computer aided design in the Fashion and textile industries will provide an easier and faster solution.

Over the decades computers and fashion have developed gradually changed with time, taste and

trend. But nobody knew that a time will come when both these fields will complement each other so will. Today fashion design has reached new heights by computer aided methods of design. As a result of which, computer industry has got its new customer. Computer technology is making waves in the fashion design zone.

What is fashion design : Fashion design is a form of art dedicated to the creation of clothing and other lifestyle accessories. Modern Fashion design is divided into two basic categories haute couture and ready-to-wear. The haute couture collection is dedicated to certain customers and is custom sized to qualify as a haute couture sized to fit these customers exactly. In order to qualify as a haute couture house a designer has to be part of the syndical chamber for haute couture and show a new collection twice a year presenting a minimum of 35 different outfits each time.

The first fashion designer who was more than a simple semester was Charles Frederick worth in the 19th Century. Before he set up his fashion design house in Paris clothing was made by anonymous dress. Makers and Fashion Standards were derived from the styles worn by royalty. Worth was the first designer to actually dictate to his customers what to wear rather than following their demands.

Advantages & Disadvantages of (Having a Clothes & Shoes Store)

Kajal Tiwari

B.A. II Year

Owing a clothing and shoes store is hard work but the same in true for just about any business in general the retail model is a hustle and it requires acquiring inventory upfront and turning over the goods at a profit. The margins on clothing and shoes are often excellent making the business popular and

profitable for many operators. The types of clothing and shoe stores vary considerably with everything from front boutique to resale and each has its own set of advantages and disadvantages.

Boutique Store serve a specific Clientele

The advantages and disadvantages of boutique clothing and shoe stores lie in the nature of specialty boutique stores serve a very specific clientele and in many cases, the operators charge a high retail price for specialty, brand name goods.

Principles of Fashion Designing

Manpreet Kaur

Diploma in Fashion Designing

Everything that you can think of has a basic structure. From the Human body to the biggest of organizations. Without this structure, everything falls apart.

The principles are what helps you in building a proper structure that works. That is why it is so essential to understand the basic principles of Fashion Designing. It will help you understand the underlying structures & concepts of Fashion Designing. These principles act as guidelines for every fashion designer.

In the field of Fashion Design, there are five important principles. These principles will help you combine various elements of fashion design to create different & elegant designs. The fundamental idea of every principle contributes towards achieving visual harmony.

Though I will try and give you an idea of what each of these principles means, I won't be delving deeper into them since they are mostly self-explanatory.

Here are the eight principle of Fashion Design.

(i) Balance : One of the essential principles of design is balance. This means creating a visual

equilibrium by using symmetrical or asymmetrical shapes and weights.

(ii) Proportion : This principle is about the right balance regarding shapes, sizes and weights. It is comparable to a mathematical equation with 'From' as its many variables.

(iii) Repetition : This is a principle that is really helpful when creating more complex design. Repeating colors, shapes and patterns. Creates a more cohesive look.

(iv) Harmony / Unity : An aesthetically pleasing and balanced design is said to possess harmony. It's achieved by using the right amount of contrast between elements like prints, embellishments & colors while also following all the principles of fashion design. For Example, you can't have a solid-colored dress with too many prints on it or else you will end up ruining the balance of your design.

(v) Contrast : This principle is about creating a visual contrast through the use of different weights, textures & color. the key idea here is to use minimal contrasting elements so that they don't compete for attention. thereby disturbing the overall harmony of your design.

(vi) Rhythm : The next principle of fashion design is rhythm. This principle can be achieved through the use of Line, Pattern and Color. When all the elements are balanced in frequency, size direction or placement, it will create rhythm within your designs.

(vii) Movement : Movement refers to visual energy in the form of a line. Movement within a design is important because it gives the perception that an element or object has volume and mass, even when they are flat.



SHREE PANCHANAN

2022-23

MANAGEMENT SECTION



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Importance of having a Positive Attitude in Life

Jyoti Bala

(Asst. Prof.)

Staff Editor of Management

A positive attitude is not just about sporting that smile on your face every time, it is more than that. It is about maintaining that optimistic mindset and attitude even when things are in utter chaos. It is often said that what good or bad diet does to your body, positive and negative thoughts do the same to your mind! Feed your mind with positive thoughts and you will see amazing changes around you.

When you start thinking optimistically, your mind becomes clear of any negative thoughts and you will see the world in a new light. You will stop blaming yourself or others. You will be in total control of your emotions and try to seek a valuable lesson in every setback you experience.

Here are a few more reasons why should develop a positive attitude in life:

Happiness : A positive attitude is known to be linked with the feeling of happiness. Happiness is a state of mind; it comes from within and not dependent on external factors. When you think positively, you will be in harmony and feel happy. To put it simply, with a positive attitude, you can be happy right now ... irrespective of any situations you are in.

Self-Confidence : When you develop a positive attitude, you will start feeling better about yourself. You will treat yourself with more respect and love, and this in turn will boost your confidence levels and inner strength. You will take on new challenges and come out of your self-limiting beliefs.

Stronger Immune System : People with a positive attitude are lively, energetic and healthy. Positive thinking renders a positive effect on health as well; it lowers stress and improves your overall

well being. Even when you fall sick, your body recuperates faster.

More Focused : With positive thinking, you achieve emotional balance, which actually helps the brain to execute functions properly. You learn to stay focused and as a result, you can come up with the right decisions in challenging situations.

Training Your Mind to Develop Positive Attitude : Repeating positive affirmations is a great way to train your mind to think positively. Reading inspirational and motivational quotes on a daily basis will help you overcome negative thoughts and instill a sense of optimism in you.

When any unpleasant event occurs, approach it with a positive mindset and try to learn an optimistic lesson out of it.

Remember, your thoughts determine your feelings and actions. So whenever any negative thought comes to your mind, immediately replace it with a positive one. Even if you are in a dire state of affairs, a positive mindset will help you sail through the difficult phase easily.

Resolve to be cheerful, no matter how the situation is. If things are not working in your favour, instead of fretting, work towards your goals with a positive attitude and you will see amazing results soon!

Mutual Fund and Emerging Indian Economy

Saurabh Thakur

(Asst. Prof.)

India is going through a phase of Demographic Dividend, where the working population forms nearly 65% of total population, the venture of investments in the Bond market like Mutual Fund (MF) provides for ample opportunities of growth in India's financial sector.

However, due to the recent Franklin Templeton Crisis, the Mutual Fund industry is currently experiencing a state of flux. This incident could well trigger a systemic crisis of confidence for investors and there are concerns over its possible ripple effects of the overall financial market.

Franklin Templeton Mutual Fund Crisis

Franklin Templeton Mutual Fund has decided to wind up six debt schemes that held more than Rs. 27,000 crore.

The fund house held that investors will not be able to redeem their investments for the time being as the fund house has barred both purchases and redemptions.

This decision was taken as the value of Mutual funds was getting eroded following the lack of liquidity on account of the Covid-19 impact on markets.

The Reserve Bank of India's decision to open a special facility to ensure the availability of adequate liquidity for the mutual fund industry is a timely move in signaling to investors that the central bank is alert to the need to preserve financial stability in these challenging times.

RBI has assigned Rs. 50,000 crore exclusively for commercial banks to lend to mutual funds. With this step, RBI wants to contain any liquidity crunch in the mutual fund market.

What is a Mutual Fund?

- A mutual fund collects money from investors and invests the money, on their behalf in securities (debt, equity or both).
- It charges a small fee for managing the money.
- Mutual fund sectors are one of the fastest growing sectors in Indian economy that have potential for sustained future growth.
- Mutual funds make saving and investing simple and affordable. Anybody with an investable surplus of as little as a few hundreds rupees can invest in mutual funds.

- The other advantages of mutual funds include professional management, diversification, variety, liquidity, convenience as well as strict government regulations and full disclosure.
- SEBI is the regulatory body to control and regulate the securities market and mutual funds industry in India.
- Infrastructure investment Trust (InvIt) and REal estate Investment Trust (REITs) are examples of mutual funds.

Issues Related to Mutual Fund Market

- Investments are Subject to Market Risk.
- The mutual funds investment in companies even with weaker balance sheets do well during the period of higher growth rate with no undue pressure of liquidity.

However, when there is stress in the economy, such weaker balance sheets and high leverage are the first to default.

Further, Indian Financial markets are volatile : nearly 30% of market value of India's stock exchange have eroded in the last 4 months.

This lowers the attraction towards mutual funds as lucrative investment option and affects the overall economy.

No Accountability of Credit Rating Agencies

Fund Houses abdicate their responsibility to credit rating agencies. Based on these ratings of assets (AAA rated assets - being the most secure investment option) done by these agencies, investments are made.

However, sometimes even the most secure investment/companies that default or engage in corrupt practices.

Moreover, there is no accountability of these agencies.

Menace of Misinformation

The main objective of the fund houses is asset-gathering and don't play the fiduciary role as a trustee of other people's money.

Many investors in mutual funds don't even understand that debt schemes are mislabeled as fixed-income schemes, which give investors the impression that they are similar to fixed deposits.

Way Forward

SEBI should revise rules to crack down on mis-labeling and mis-selling and segregate debt funds run for institutional and retail investors.

Regulatory reforms, such as a simplified KYC to make onboarding hassle-free; making Aadhar interchangeable with PAN; and allowing investments on the basis of Bank, KYC, should be taken.

Technology will be the biggest enabler for growth as mutual funds are already noticing increasing traction from online channels like Fintech platforms, mobile apps and websites. There is a need to fix the accountability of credit-rating companies and fund companies. This can be done by linking their income to returns and / or certain outcomes.

There is a need to engage domestic investment in India's financial market. This will reduce dependence on the foreign investment (hot money), which in turn, will curb volatility and provide stability to Indian financial market.

Technology in Education

Akanksha Taneja
(Asst. Prof.)

India has a population of 1.40 Billion people and almost 50% people are under the age of 25. It is the second largest economy in the world. In fact, it's the only country in the world that is still growing at 10% a year. India is home to one of the youngest workforces and has millions of people moving from villages to cities every year.

India has already made great strides in developing its own educational system. It has created a strong foundation by building its own

institutes and universities of technology. However more needs to be done to provide quality education at all levels - through kindergarten to college and beyond.

Educational technology is as wide as education itself. Educational technology implies the use of all educational resources such as- men, materials, methods and techniques, means and media in an integrated and systematic manner for optimizing learning. The below mentioned technologies are included in it:

Behavioural Technology : It is the important component of educational technology. It puts emphasis on the psychological principles in learning and teaching so that the behavior of teacher and pupils may be modified in accordance of the teaching objectives.

Instructional Technology : It means a network of techniques and devices employed to accomplish certain defined set of learning objectives. It implies the application of psychological, sociological and scientific principles and knowledge to instruction for achieving the objectives of specific objectives of learning.

Teaching Technology : It is the social and professional activity. It is a process of development teaching which includes learning through interpersonal relationship. Teaching technology is the application of philosophical, sociological and scientific knowledge to teaching.

Instruction Design : In order to bring desired changes in the pupil's behavior, the teaching situations, working tools and new approaches were considered important in addition to the learning principles.

The E-Learning market is still at its nascent stage. There is tremendous scope for growth in the coming years. This means there is a huge market for Ed-tech in India. We can expect to see more Ed-tech companies in India in the future. With companies like

BYJU's and Unacademy disrupting the global Ed-tech market on such a large scale, becoming unicorns, India has a huge potential (and is, in fact, already well on its way) to cornering the market.

There are also some challenges that we need to overcome to make Ed-tech successful in India. First we need to make sure that the content is relevant for Indian learners. We need to find ways to get people to use these application. We also need to improve the infrastructure so that people have access to reliable internet connection and reliable electricity supplies.

India is the second largest economy in the world. In fact, it is the only country in the world that is still growing 10% a year. The working areas of educational technology includes the following : Curriculum, Construction, Teaching Learning Strategies, Audio-Visual materials, determining educational objectives, training the teachers, feedback, hardware and software etc.

To conclude, Educational Technology extends to all the resources (human and non-human) for the augmentation and development of education. Thus educational technology has a wide scope.

Women Empowerment

Harjot Kaur

Student Editor

B.B.A. III Year

Women's empowerment can be defined to promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others. It is closely aligned with female empowerment – a fundamental human right that's also key to achieving a more peaceful, prosperous world. Women's empowerment and promoting women's rights have emerged as a part of a major global movement and is continuing to break new ground in recent years. Days like International Women's Empowerment Day are

also gaining momentum. But despite a great deal of progress, women and girls continue to face discrimination and violence in every part of the world.

Women empowerment is about creating high-level corporate leadership for gender equality, treat all people fairly at work, respecting and supporting non-discrimination and human rights. Ensure the health, well being and safety of all workers, whether male or female. Promote education, training and professional development for women. Implement supply chain, marketing practices and enterprise development that empower women. Champion equality through community initiatives and advocacy. Measure and report publicly on progress to create gender equality.

Gender equality is a basic human right, and it is also fundamental to having a peaceful, prosperous world. But girls and women continue to face significant challenges all around the world. Women are typically under represented in power and decision-making roles. They receive unequal pay for equal work, and they often face legal and other barriers that affect their opportunities at work. In the developing world, girls and women are often seen as less valuable than boys. Instead of being sent to school, they are often made to do domestic work at home or are married off for a dowry before they are adults. As many as 12 million underage girls are married every year. While some progress is being made in various parts of the world, there is still a great deal left to be done to right the problems of gender inequality.

Empowering women is essential to the health and social development of families, communities and countries. When women are living safe, fulfilled and productive lives, they can reach their full potential. contributing their skills to the workforce and can raise happier and healthier children. They are also able to help fuel sustainable economies and benefit societies and humanity at large. A key part of

this empowerment is through education. Girls who are educated can pursue meaningful work and contribute to their country's economy later in life. They are also four times less likely to get married young when they have eight years of education, meaning that they and their families are healthier

China Market : A Threat to Indian Market

Richa

B.B.A. II Year

China has always been compared to India in terms of population and technology advancements. China undoubtedly has a humongous software market, but is definitely not a threat.

- India has its own unique power and intelligence.
- Indian IT companies have captured Asia and Japan as well.
- India is becoming one of the world's largest internet and mobile user's country.
- India's mobile market is growing by leaps and bounds.
- Most countries prefer employees from India rather than China because of communication barrier. English is spoken by almost all IT industries in India.
- India has a large consumer and industrial market, all thirsting for products, with great brands and distribution networks.

For

- There is no doubt that India may take many years to have a market like China.
- China has a huge population. Moreover people there are advancing each passing day.
- China launches new mobiles, technologies, automobiles almost everyday.
- China's automobile industry is much bigger than India. It can therefore serve quality products at lower cost.

- China has a string support from the government. Indian IT industries have negligible support. China launches many products like gadgets etc everyday. Because of this they call see them at a cheaper rate.
- China's market cannot be a thread untie India considers and works on each opportunity that comes its way. It should efficiently make use all possible resources and infrastructure to welcome foreign investment and manpower hiring.

Against

- China has always been compared to India in terms of populations and technological advancements. China undoubtedly has a humongous software market, but is definitely not a threat.
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Relevance of Psychology to Managers

Jaasmeet Singh

B.B.A. II Year

A question that arises commonly is that does psychology have any importance to managers, the answer is Yes, Psychology is pays great importance

to business administrators or managers.

Psychology was coined in the 16th century from 2 Greek words. Psukhe / Psyche which means "Breath" or "Soul" and Logos which means "Word" or "Reason" and its initial meaning was "Study of the Soul." Later the definition changed to "Science of Mental Life" when it became a Science in 1879. Also in the 1920's it was commonly defined as "The Scientific Study of Behavior."

Psychology also refers to the application or usage of understanding knowledge and skills to a number of areas of human activity, involving issues concerning with daily activities such as education, events, people and their task, employment, association, relationship as well as the treatment of mental-health problems. Importance of psychology, Psychology is important as it is concerned with the study of behavior and mental processes and at the same time, it is also applied to many different areas of human life. Everything we do is very much related to psychology. Psychology primarily studies who and what we are, why we are like that, why we act and think like that and finally how we can improve ourselves. Psychology is important in many different ways. For example, there have been a large number of studies conducted on various illnesses. With the help of psychology, the psychologist can help in the diagnosis of different diseases such as Parkinson's disease; Alzheimer's disease and some other neurological diseases.

Psychology helps managers to motivate individually by analyzing every ones character. Psychology also helps managers in designing motivation programs. It also helps in training top executives to give proper motivation to their employees. Also with the help of psychology, managers are able to reduce stress at work place. It also helps them to avoid stressful situation at the work place and finding relaxing alternatives. Often many are forced to work late and it has a an adverse effect on the employees' health. Here is where

psychology comes to the rescue, psychologist can offer counseling and help staffs to adjust the changes and the new environment. Hence psychology helps the organization and the employees face challenges and keeping work life smooth. Psychology improves daily communication at the work place :- by understanding psychology, managers learn to communicate effectively to his employees. It teaches managers to understand what others are saying and of course in comprehending the person's action or gestures towards a certain condition. Psychology enriches careers : by managers knowing and understanding their co-workers, they are able to get along with them, they know where to stand and know where their co-workers are coming from and what they are going through. Psychology teaches managers how to correctly and rightfully deal with other people around them. As this condition continues occurring in a work place, it will positively enrich everyone's.

Psychology helps managers to design training courses : through psychology managers are able to know exactly which course their employees needs at the work place.

To conclude we can say that psychology plays a very important role in controlling and in doing so many other operations of management effectively.

The Story Behind Apple's Success

Sahil Vohra

B.B.A. II Year

The story behind Apple's Success on August 2, 2018, Apple made history by becoming the first publicly traded U.S. company to be valued at \$1 trillion, as measured by market capitalization.

1. In August of 2020, the company broke records again by becoming the first U.S. company to reach a \$2 trillion market cap.

2. Apple (AAPL) hovered just below that level as of early October 2020. Since 2010, Apple has been one of the most valuable companies in the world.
3. It stayed at or near the top for many years after that.
4. The reason Apple is so highly valued is simple of the surface : the company makes popular products with generous margins. However, a curious reader who digs a little deeper will find mistakes, overthrown CEOs, and much more. In this article, we'll look at the story behind Apple's success.

Key Takeaways

Steve Jobs and Steve Wozniak co-founded Apple in 1977, introducing first the Apple I and then the Apple II.

Apple went public in 1980, but Jobs eventually left - only to triumphantly return several years later.

Apple's success lies in a strategic vision that transcended simple desktop computing to include mobile devices and wearables.

Both performance and design are key drives of the Apple brand and its ongoing success.

From Apple I to Steve Jobs 2.0

Understanding why Apple became so successful requires looking back at its origins and history. From the first Apple computer (the Apple I, which was just a motherboard without a monitor or keyboard) to the latest iWatch, here is a brief overview of the chronology of Apple's innovative products.

How to Start Career in Marketing

Gitanjali

B.B.A. II Year

Who isn't enamoured by marketing? It's creative, innovative, aspiring and thriving. There are numerous opportunities in marketing that are

spread across various fields like Public Relations (PR), branding, promotions and others. So, if you want to kick start your career in marketing, consider following these steps :

Steps to kick start your Career in Marketing

1. Choose Your Specialization

As marketing is a vast field, there are various job opportunities in marketing under each specialization. You can choose your specialization from the following :

- Copywriting and Content Creation
- Social Media
- Search Engine Optimization and Search Engine Marketing
- Advertising
- Public Relations (PR)
- Branding
- Email Marketing
- Video Marketing
- Data Analysis

2. Check the Job Requirements

After choosing your specialization, start finding jobs corresponding to it. You can search for marketing jobs online on portals like LinkedIn, Naukri.com, Monster.com, among others. Checking job opportunities is a good way to start your marketing career. Here are some important skills that hiring managers look for in marketing career. Here are some important marketing skills that hiring managers look for in marketing professionals.

- Excellent communication
- Knowledge of excel and great at organization
- Up to date about new trends
- Problem solver
- Adaptive and collaborative

3. Build Your Portfolio

Build a strong portfolio including samples of your previous work and your marketing skills.

4. Take up certificate courses

A certificate or short-term course matching your specialization is always helpful to enhance your employability.

5. Gain some Experience

Whenever you are starting out in a new industry, it is important to start by applying for internships. They prepare you for a full-time job. During your internship, you learn many things, from management to multitasking. Often these internships are done for a certificate, not monetary gain.

The Start Up India

Lovepreet Banga

B.B.A. II Year

Start-up India is a much-needed initiative that was started by Narendra Modi in 2015. We all know India is a land full of talented people. However, the youth does not have many opportunities to fulfill their dreams and ambitions. Thus, this campaign is a great kick-start for the youth to accomplish their goals. Our prime minister announced it on Independence Day. It got launched on 16th January, to give a helping hand to the youth.

It is known fact that youth is a very energetic and capable lot. However, this energy and enthusiasm of theirs do not often go in the right direction. This campaign will aim to do exactly that. It will channel this energy in the right direction. This will ensure that the youths get the needed help from the government.

Furthermore, it is a commendable initiative that allows the youth to touch newer heights. It will give them the resources that will allow them to fulfill their dreams of becoming an industrialist or entrepreneur. These things require a start-up network which this campaign will provide. Basically, it means that banks will offer finances to these youth for creating better empowerment opportunities in the country.

In other words, it aims to make the youth employed so we can eliminate the problem of unemployment in India. This initiative will help many start-ups accomplish success and they will finally be able to direct their innovation and creativity in the right way. This financial supports comes as a sign of great relief to the youth.

The PM urged the banks to support one Dalit and one woman entrepreneur at least to maintain inclusivity. It is a great step that will help the newcomers in the industry get a head start in their career. Furthermore, it will also boost the economy of the country. After its announcement in 2015, the action plan of the scheme was launched in 2016. It aims to boost the entrepreneurship of our country amongst the masses. It basically aims to include all levels of society from the lowest to the highest. The newer thinking and perspectives of the youth are better options that will be more likely to succeed as a start-up.

When they launched this campaign successfully, they got in touch with several IIT's, IIM's, NIT's and other central universities of India. The major part of the action plan was to offer them promote bank financing. Further, it also provided start-up ventures with incentives that will help in boosting their entrepreneurship.

In short, this scheme served as a great method to lead the youth in the right way. The greatest point was targeting the youth as they do have a lot of potentials. This initiative just gave it the right direction to channelize it properly. In other words, the youth of our country are better in terms of creating new ideas and notions. Thus, it is a wise decision to help them achieve great heights from a young age.

The objectives of the Start-up India initiative?

This initiative was started to help the youth of the country achieve their entrepreneurial dreams. It was launched to offer them financial options so they

can get all the needed help to accomplish the goals of a start-up.

What is the action plan for this scheme?

The action plan of this scheme was launched in January 2016. It aimed to focus on all sections of the society and give equal chances to the youth. Moreover, it also wanted to promote bank financing to the youth for creating a successful start-up.

Social Media Marketing

Vikram Singh

B.B.A. II Year

Social media marketing is the use of social media platforms and websites to promote a product or service. Although the terms e-marketing and digital marketing are still dominant in academia, social media marketing is becoming more popular for both practitioners and researchers. Most social media platforms have built-in data analytics tools, enabling companies to track the progress, success and engagement of ad campaigns.

Companies address a range of stakeholders through social media marketing, including current and potential customers, current and potential employees, journalists, bloggers and the general public. On a strategic level, social media marketing includes the management of a marketing campaign, governance, setting the scope and the establishment of a firm's desired social media.

Social networking websites allow individuals, businesses and other organizations to interact with one another and build relationships and communities online. When companies join these social channels, consumers can interact with them directly. That interaction can be more personal to users than traditional methods of outbound marketing and advertising.

Social networking sites and blogs allow followers to "retweet" or "repost" comments made by others about a product being promoted, which occurs quite

frequently on some social media sites. By repeating the message, the user's connections are able to see the message, therefore reaching more people. Because the information about repeated, more traffic is brought to the product/company.

Some examples of popular social networking websites over the years are Facebook, Instagram, Twitter, TikTok, MySpace, LinkedIn and Snapchat.

Importance of Advertisement

Shruti Kaul

B.B.A. II Year

Businesses use advertising to accomplish varied goals and companies place those ads in diverse media. Besides advertising products in traditional venues such as newspapers and general interest magazines, businesses advertise in media that reach specific markets. For example, a portable communications device is advertised on a social media site that reaches younger customers. Home furnishings and decor are advertised in a Home and Garden Show program guide. Effectively produced ads help to further business goals.

Product Introduction and Awareness

When a business introduces a new product, advertising provides a means to make a large market aware of the product. Ads often focus on the product's solution to a common problem, such as a new cell phone's touted ability to solve the "dropped call" problem. In a very visual example, ads for an anti-frizz hair treatment can show the "before and after" photographs to illustrate the product's effectiveness.

Product Sale Events

Advertising provides an effective way to inform the market about limited-time product sale events. Sale-based ads can be generated by local retail outlets, or can originate from the product's national

manufacturer. In many cases, the national manufacturer shares the cost of the ad with the local retailer. This type of advertising is called co-op advertising, and commonly uses manufacturer-supplied graphics and ad templates. The local retailer's name appears as the local product outlet.

Product Differentiation from Competitors

Businesses frequently use advertising to show how their product has more benefits, or is more effective, than similar competitors' products. In some cases, the retailer feels it's necessary to advertise because the competition is blanketing newspaper pages or television airwaves with its own ads. Unless other market retailers that aggressively highlight their own products, they are likely to be overlooked in the minds of consumers.

Product Breakthroughs and Advancements

Advertising is used to communicate dramatic product breakthroughs. In September 2003, "Advertising Age" depicted a long history of "soap wars" in which bar soap manufacturers promoted their respective products. In 1980, a product breakthrough occurred with the first liquid hand soap introduction. This refillable soap solved the problem of messy sink residue. This liquid soap product was purchased by a national brand, while competitors' liquid soap products also emerged.

Institutional Advertising to Promote a Good Image

When a business communicates information about its operations, or illustrates why its product is the best choice for consumers, the company uses institutional advertising. Sales expert Zig Ziglar notes that this type of advertising isn't really designed to increase sales, but is structured to promote a good image of the company or product. This perception will hopefully translate into future sales. Ziglar emphasizes that even if the consumer doesn't buy the product right now, the company will have kept its name in front of its consumer market.

Product Value

In the minds of consumers, advertising can add value to a product. The image or brand that advertising helps to create becomes a part of the product, which is what makes one product brand more valuable than its competition. This is why a consumer may be willing to pay a higher price for a name brand product than buy a brand they are not familiar with at a lower cost. Because advertising broadens the awareness of the product, the increase in awareness can add value to the product.

Pricing

Advertising can be a form of price control. Because advertising spurs a sense of competition, when one company advertises its price on a product, its competition wants to stay in the same price point, so it may cause the competition to lower its prices in an effort to meet its competition.

Restricts Competition

Advertising restraints may prohibit small businesses from playing on a level playing field with big businesses because of the size of the advertising budget. An increase in competition has effects on the market. First, it eliminates some companies and second, it boosts the sales and longevity of other companies. Advertising alone, however is not a determinant of whether a company succeeds or fails against its competition because no one company has such a large advertising budget that it dominates an entire market.

Consumer Choice

Advertising also has an impact on businesses because it leads to the creation of new products and modification of existing products in order to meet consumer needs and demands. While one company may possess a larger share of the market sales for a time, when advertising introduces a new product that is better than the existing one, market share can quickly shift to the company offering the newly advertised product.

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PHYSICAL EDUCATION SECTION



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Career Development in Physical Education

Mr. Money Sharma

(Asst. Prof.)

Staff Editor of Physical Education

Introduction : Physical Education is one of the developing fields of educational study as well as the profession. Physical Education comprises the knowledge and study of all body activities and Psychomotor activities during the playing and movement.

Physical Education or PE is the study of Physical Education, Safety and Health and well-being. There is a wide range of activities linked with PE including sports. Teacher is also known as PET who is hired in School, Colleges and Universities for training to the students.

A career in Physical Education can make way for a vast range of career options; from being a part of the chosen part, health clubs, sports good manufacturer, marketing, commentator, sports journalism, trainer, and many other related options. Although in the start one will more likely find opportunities as a Trainer or instructor for a game or sporting event with building experience over the years, aspirants can probably take this experiences and put it to use in sports journalism, marketing, commentator or other related fields.

For a career in the field of Physical Education, the candidates must begin with a bachelor's course followed by a PG program. Several institutes in India offer degree courses in Physical Education based on the merit of the candidates.

The graduates are employed in several area such as health clubs, corporate teams, schools and colleges. The initial salary is around Rs. 15,000-20,000 monthly. However, with the experience in the field candidates can expect higher pay.

Career in Physical Education :

A career in Physical Education brings a plethora of opportunities to the candidates. the aspirants can being a career in the field with a degree. Training is also provided along with theoretical knowledge to the candidates.

Check below the pros and cons of a career in physical education :-

Pros :

1. Higher Job Security.
2. An opportunity to help the students stay mentally and physically fit.
3. A vast career scope.

Cons :

1. Hectic Schedule.
2. Long Working Hours.
3. Lower Initial Salary.

Job Profiles in Physical Education :

Presently, the trend of sports is becoming wider at the worldwide level. There are a plethora of requirements for expert in Physical Education. To produce such expert, education in physique and sports has been set up everywhere. Physical Education as a profession is a very demanding profession where one with skills can earn very good money. It is a very good profession for anyone who wishes to spread awareness regarding Physical fitness.

Physical Education Teacher :

Teacher (PE Teacher), Sports Coach, Physical Instructor, Cricket Coach, A Health Coach, Team Manager, Consultant

"Sports teaches you character, it teaches you to play by Rules, It teaches you to know what it feels like to win and lose - it Teaches You about Life"



If you think you are perfect already,
Then you never will be.

- Cristiano Ronaldo

Physical Education

Rahul

Student Editor

B.A. II Year

Physical Education is an education which brings improvement in human performance with the help of physical activities. Education without physical activities is like body without soul.

Physical activities range from simple walking to jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling, kicking, etc.

Need and Importance of Physical Education in the Modern Society

The need and importance of physical education for every section of people in the modern society can be understood from the points given below -

- Intellectual Development
- Emotional Development
- Social Development
- Personal Development
- Character Building
- Physical Fit
- Cultural Development

Sports and games play an important role in the development of human personality. They are no less important than food and fresh water.

Physical Education

- is all about physical training only
- is only about the participation in games
- is about building body
- is performing drill
- is play
- has poor social status
- leads to indiscipline
- is wastage of money only

Career Options in Physical Education and Sports

There are many job opportunities and open career options with broader choices in Physical

Education. A sports career in India, which was considered less lucrative in the past, has now become one of the options for students.

There are key strategies that lead to high performance in the field of sports—through the training of mental practices, individuals can accelerate their development and improve their performance. Self confidence is one important key to success. For example, physical education programme helps to boost one's self confidence.

Role of Sports

Gagandeep

B.A. I Sem.

Introduction About Sports

Sports are very essential for physical and mental well-being of an individual. It is a great way for a person to get active and focused in life. In modern age, sports and games are a profession now. The players of various countries participate in sports in world competitions and if they win, they earn medal for their country sports are suitable for every age group but most crucial for the children when their skills are sufacng.

Importance of Sports in our Life

Sports play a very unique role in our life. All day work and no play makes a person dull. If we look at history and biography of famous people we will find that they were not book worms or someone who is always working, they always took part in extracurricular activities to improve their mental skills. Sports are important to keep mind healthy and peaceful.

Participation in sports is extremely important and it should be encouraged more especially in children and young people to develop good habits.

Sports may help you to reduce risk of diseases, make fun, enhance physical fitness, social life, sharpen memory, attain moral values and stress free life.

Physical Activities

Davinder Singh

B.A. I Sem.

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity improve health. Popular ways to be active include walking, cycling, wheeling, sports, active recreation and play, and can be done at any level of skill and for enjoyment by everybody.

Regular physical activity can :

- Improve muscular and cardiorespiratory fitness;
- Improve bone and functional health;
- Reduce the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer and depression;
- Reduce the risk of falls as well as hip or vertebral fractures; and
- Help maintain a healthy body weight.

Sports Day

Neeraj Mishra

B.A. III Sem.

India celebrate national sports day on 29th August to commemorate the birth anniversary of hockey legend, Major Dhyan Chand. The day is also dedicated to the nation's sports heroes and champions, honoring their contribution and dedication towards bringing laurels to the country. With the aim to raise awareness about the values of sports: discipline, perseverance, sportsman spirit, teamwork, and to encourage public in large to take up sports and make it an integral part of their lives while emphasizing on the importance of being fit and healthy. In American English it is known as field day. These events are staged by many schools and offices

in which people participate in competitive sporting activities, often with the aim of winning trophies or prizes

Sports

Harjot Singh

B.A. I Year

Meaning of Sports

Sports means all forms of physical activity which, through casual or organized participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.

A game, competition or activity needing physical effort and skill that is played or done according to rules, for enjoyment and / or as a job. Football, Basketball and Hockey are all team sports. Sports occupies a vital role in our lives. It keeps us fit, healthy and makes us active.

Value of Sports in our Life

Sport participation can help build character, encourage emotional growth and teach players and spectators the value of honesty, respect, teamwork, dedication and commitment.

Sports also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well being.

Benefits of Sports

The Mental Benefits of Sports :

- Sports improves your mood.
- Sports improves your concentration.
- Sports reduces stress and depression.
- Sports improves sleep habits.
- Sports helps you maintain a healthy weight.
- Sport boosts your self-confidence.
- Sport has been linked with health also.
- Healthy growth of bones, muscles, ligaments and tendons.

ਫੁੱਟਬਾਲ ਗਰਾਉਂਡ

ਵਿਵੇਕ ਪ੍ਰਸ਼ਰ

ਬੀ.ਏ. ਪਹਿਲਾ ਸਮੈਸਟਰ

ਮੱਥਾ ਟੇਕ ਗਰਾਉਂਡ ਵਿੱਚ ਆਈਏ।
 ਰੂਗਠ ਚਬ ਕਰਕੇ ਸਰੀਰਕ ਨੂੰ ਤਪਈਏ।
 ਪਿਆਰ ਨਾਲ ਰਲ ਮਿਲ ਖੇਡ ਲਗਾਈਏ।
 ਫੁੱਟਬਾਲ ਗਰਾਉਂਡ ਵਿੱਚ ਆਈਏ।
 ਵੈਰ ਵਿਰੋਧਤਾ ਈਰਖਾ ਇੱਕ ਪਾਸੇ ਰੱਖ ਆਈਏ।
 ਨਾਕ ਆਉਟ ਲੀਗ ਟੂਰਨਾਮੈਂਟ ਕਰਵਾਈਏ।
 ਮਿਹਨਤ ਦਾ ਮੁੱਲ ਜਿੱਤ ਪ੍ਰਾਪਤ ਕਰ ਮੋੜ ਲਿਆਈਏ।
 ਦੁੱਖ-ਸੁੱਖ ਦੇ ਪਲ ਸਾਥ ਨਿਭਾਈਏ।
 ਖੇਡ ਵਿੱਚ ਲਾਟ, ਥਰੋ, ਕਿੱਕ, ਸਕਿੱਲ ਲਗਾਈਏ।
 ਮੱਥਾ ਟੇਕ ਗਰਾਉਂਡ ਵਿੱਚ ਆਈਏ।
 ਵੈਰ ਵਿਰੋਧਤਾ ਈਰਖਾ ਇੱਕ ਪਾਸੇ ਰੱਖ ਆਈਏ।



ਖੇਡਾਂ

ਬਿਮਲ ਕੁਮਾਰੀ

ਬੀ.ਏ. ਤੀਸਰਾ ਸਮੈਸਟਰ

ਖੇਡ ਜੋ ਕਿ ਦੁਨੀਆ ਵਿਚ ਮਾਨ ਦੀ ਗੱਲ ਹੈ ਅਤੇ ਇਸਨੂੰ ਖੇਡਣ ਵਾਲੇ ਖਿਡਾਰੀ ਲੋਕਾਂ ਤੋਂ ਅਨੋਖਾ ਪਿਆਰ ਅਤੇ ਮਾਨ ਸਤਿਕਾਰ ਹਾਸਲ ਕਰਦੇ ਹਨ। ਭਾਵੇਂ ਖੇਡਾਂ ਨੂੰ ਮਨੋਰੰਜਨ ਦਾ ਸਾਧਨ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ ਪਰੰਤੂ ਹੁਣ ਇਹ ਕਿੱਤੇ ਪੱਖੇ ਵੀ ਆਪਣੇ ਆਪ ਵਿਚ ਬਹੁਤ

ਅਹਿਮ ਜਗਾ ਰੱਖਦਾ ਹੈ। ਇਹ ਵੀ ਖੇਡ ਨੂੰ ਖੇਡਣ ਲਈ ਬਹੁਤ ਸਾਰੇ ਪਖਾ ਦਾ ਤਾਲ-ਮੇਲ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੈ ਆਪਣੇ ਪ੍ਰਦਰਸ਼ਨ ਨੂੰ ਵਧੀਆ ਕਰਨ ਲਈ ਮਾਨਸਿਕ, ਸਰੀਰਕ, ਸਮਾਜਿਕ ਆਦਿ ਪੱਖਾ ਦਾ ਸੁਮੇਲ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਇਸੇ ਲਈ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਟੀਚਾ ਵੀ ਵਿਅਕਤੀ ਦਾ ਸੰਪੂਰਨ ਵਿਕਾਸ ਹੈ। ਖੇਡਾਂ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਹੀ ਇਕ ਅੰਗ ਹਨ।

ਕੁੱਝ ਲੋਕ ਸਿਰਫ ਖੇਡਾਂ ਨੂੰ ਹੀ ਸਰੀਰਕ ਸਿੱਖਿਆ ਆਖਦੇ ਹਨ ਪਰੰਤੂ ਸੱਚ ਇਹ ਹਾ ਕਿ ਖੇਡਾਂ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਅਭਿੰਗ ਅੰਗ ਹਨ। ਸਰੀਰਕ ਸਿੱਖਿਆ ਦਾ ਵਿਸ਼ਾ ਬਹੁਤ ਵਿਸ਼ਾਲ ਹੈ ਅਤੇ ਇਸ ਵਿੱਚ ਵਿਅਕਤੀ ਦੇ ਵਿਅਕਤੀਤੱਵ ਦੇ ਸਾਰੇ ਪੱਖ ਸ਼ਾਮਲ ਹੁੰਦੇ ਹਨ। ਇਸ ਵਿਸ਼ੇ ਦੀ ਅਹਿਮੀਅਤ ਇੱਥੇ ਹੀ ਜਾਣੀ ਜਾ ਸਕਦੀ ਹੈ ਕਿ ਇਸ ਦਾ ਉਦੇਸ਼ ਹੀ ਵਿਅਕਤੀ ਦਾ ਸੰਪੂਰਨ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

ਇਹ ਵਿਸ਼ਾ ਵੱਖ-ਵੱਖ ਵਿਸ਼ਿਆਂ ਦੇ ਮੋਤੀਆਂ ਤੋਂ ਬਣੀ ਮਾਲਾ ਵਾਂਗ ਹੈ ਜੋ ਕਿ ਸਭ ਨੂੰ ਇੱਕਠੇ ਬਣ ਕੇ ਰੱਖਦਾ ਹੈ।

ਕਬੱਡੀ

ਲਵਜੋਤ ਚੱਢਾ

ਬੀ.ਏ. ਤੀਸਰਾ ਸਮੈਸਟਰ

ਬਦਾਮ ਖਾ ਕੇ ਨਾ ਆਉਣ ਅਕਲਾ
 ਤੇ ਮੰਗਤੇ ਕਦੇ ਵੀ ਅਮੀਰ ਬਣਦੇ,
 ਗਰਾਉਂਡਾਂ ਵਿੱਚ ਹੋਣਾ ਪੈਦਾ ਮਿੱਟੀ ਵੀਰਿਆ।
 ਹੋ ਐਵੇਂ ਘਰੇ ਬਹਿ ਕੇ ਨਹੀ ਸਰੀਰ ਬਣਦੇ।

ਗੱਲਾਂ ਕਰਨੀਆਂ ਸੱਬ ਵਿੱਚ ਬਹਿ ਸੋਖੀ
 ਲੱਗਦੇ ਜਿਗਰੇ ਜਦ ਮੈਦਾਨੀ ਖੜਦੇ
 ਜਦ ਪੈਂਦੀ ਕਬੱਡੀ ਜ਼ੋਰਾਂ ਤੇ ਵੀਰਿਆ
 ਲੱਗਣ ਸੂਰਮੇ ਵਾਂਗ ਸ਼ੇਰਾ ਲੜਦੇ।

ਗਰਾਉਂਡਾਂ ਵਿੱਚ ਬਹੇ ਪਸੀਨੇ ਦੀ,
 ਗਵਾਹੀ ਅੰਤ ਸਾਡੇ ਰਿਕਾਰਡ ਭਰਦੇ।
 ਮਿੱਟੀ ਹੋਣਾ ਪੈਂਦਾ ਗਰਾਉਂਡਾਂ ਵਿੱਚ,
 ਐਵੇਂ ਘਰੇ ਬਹਿ ਨਹੀ ਸਰੀਰ ਬਣਦੇ।

हार्दिक संवेदना

समय का चक्र अपनी अबाध गति से चलता रहता है तथा समय के इसी कालचक्र में कुछ पल ऐसे भी आ जाते हैं, जो हमें अपने प्रियजनों से दूर कर देते हैं। प्रियजनों के वियोग के इन्हीं क्षणों में हम परमात्मा से उन दिवंगत आत्माओं की शांति के लिए प्रार्थना करते हैं। बीते समय में हमें जिन श्रेष्ठ आत्माओं के सान्निध्य, मार्गदर्शन और उपस्थिति से वंचित होना पड़ा, उनके नाम हैं :-

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श्रीमती तृप्ता देवी

धर्मपत्नी, श्री राम तीर्थ शर्मा, सनातन धर्म कॉलेज की प्रबंधन समिति की अध्यक्ष श्रीमती हेमा शर्मा जी की सास और कॉलेज की प्रबंधन समिति के वरिष्ठ सदस्य श्री दीपक शर्मा जी की माता

श्री राज कुमार वालिया

पिता, डॉ. राधिका रतन, प्रधानाचार्या एम. डी. कॉलेजिएट पं. अमृत आनंद मैमोरियल सीनियर सैकेण्डरी स्कूल, होशियारपुर

श्री राज कुमार शर्मा

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परमात्मा इन आत्माओं को अपने श्री चरणों में स्थान दे। द
न्यू सनातन धर्म कालेज प्रबंधक कमेटी, प्रिंसिपल,
कर्मचारी एवं विद्यार्थी वियोग ग्रस्त परिवारों के
दुःख में उनके सहभागी हैं तथा दिवंगत
आत्माओं की शांति के लिए प्रार्थना करते हैं।

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(See Rule 8)

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I, Parshant Sethi hereby declare that the particulars given here above are true to the best of my knowledge and belief.

Dated : March, 2023

Sd. /- Parshant Sethi

National Seminar on

New Educational Policy : Issues, Challenges & Implications on 7th February 2023



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