

gyan Manik 2019-20

Saluting Womanhood Since 1973

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I, Jatinder Kaur hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-
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*Cover Page Designed by Dr Anju Bala, Asst. Professor,
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COLLEGE PROFILE

Guru Gobind Singh College for Women was established by the Sikh Educational Society in the year 1973, with the primary aim of imparting quality education to young women, so that they feel empowered to face the changing world. The mainstay of the institution has been to prepare students to lead a wholesome life, by nurturing in them the human qualities as well as abilities to emerge as smart, confident, strong, informed and responsible citizens of the globalized world. Driven by the teachings of the Sikh gurus, the College has been progressing steadfastly towards realizing its mission of creating balanced minds wherein knowledge is teamed with ethical thinking. Ranked as one of the pre-eminent institutions of the region, the College is located in the prime area of Sector 26, Chandigarh. The spirit of the College is embedded in its motto, *SHUBH KARMAN TE KABHUN NA TARON*, implying 'never to stray from the path of righteousness.' Catering to the all round development of its students, the College fosters in the young minds the spirit of healthy nationalism, social responsibility, moral uprightness, feelings of compassion and love, care for environment, and above all a life of service and sacrifice as exemplified by Guru Gobind Singh Ji.

MANAGEMENT

The College is privileged to be governed by a duly constituted and elected body, the Sikh Educational Society (SES), Chandigarh. Formed in 1937 in Lahore, with a vision to modernize the educational, cultural and social environment of the region, SES comprises of eminent bureaucrats, philanthropists, scholars, prominent educationists and administrators. Presently, the SES is headed by S Gurdev Singh IAS (Retd), President. Other Office bearers are S Kulbir Singh, Chief Engineer (Retd), Vice President; Col (Retd) Jasmer Singh Bala, Secretary, and S Karandeep Singh Cheema, Joint Secretary/ Secretary LMC. The varied experience and constant encouragement of members of the SES contributes tremendously towards the growth of the College.

ACADEMIC COURSES

Affiliated to Panjab University, Chandigarh, the college offers Graduate and Post -Graduate courses in Arts, Commerce, Computer Science and Applications and Science. A total number of 1969 students were enrolled in the current session in different programmes of study.

INFRASTRUCTURE

The 11 acre sprawling campus is replete with an expanse of infrastructure which includes all the latest facilities, well-equipped labs, smart class rooms, air conditioned well-stocked library, Research Centre, Mata Kheevi Hostel, Seminar Room, Mata Ganga Auditorium, Cyber Cafe, Mata Gujri Fitness Centre, Student's Centre, expansive grounds, etc. A Language Lab for Functional English was set up with state-of-the-art equipment and facilities. The Lab is well-stocked with Language Skills Software for the benefit of students. Laboratories in Physics, Chemistry, Computer Science and Home Science Departments boast of latest equipment and resources. The College ensures that learning resources are made available to the students to develop their proficiency in academics. Advanced learners are provided with extra reference books/ material by the teachers who set suitable goals before them so that the students feel adequately challenged. The Student's Centre is housed with Stationery Shop, Photostat Facility, and Student Council Office. Also located in the College is a fully functional SBI Branch exclusively for the benefit of students and College employees. Lending a panoramic view, the landscape garden set near the main building with smooth lawns and beds of perennials has augmented the beauty of the campus. Providing the right ambience for the young scholars to bloom in the perfect environment, the College holds the title of the Best Maintained College Campus in Chandigarh.

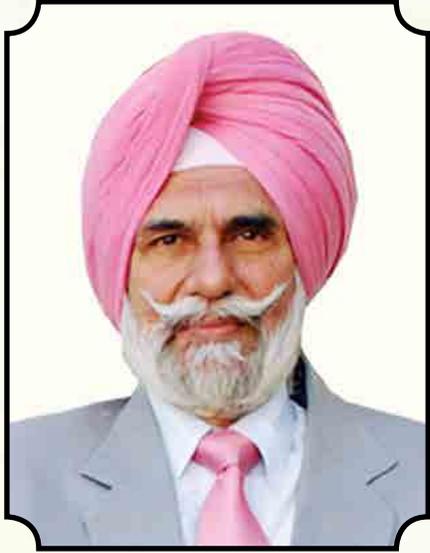
Message



Guru Gobind Singh College for Women, established in 1973, is a premier institute of Sikh Educational Society (SES). With 75 years of glorious history, the SES is steadfastly committed towards imparting quality education in the region. Educational institutions bear a great responsibility to the world as it is one of the vital factors instrumental in preparing intellectual and emotional faculties of an individual. Keeping in mind the changing scenario of the world, it becomes imperative to enhance, improve and transform education to the needs of the time. Today, the world is battling Covid-19, the pandemic has forced the global academic community to explore new ways of teaching and learning. The lockdown accelerated the adoption of digital technology and this reform seems to be a live example of how need truly is the mother of invention as educational institutions are adopting technological innovation and advancements for online learning. Of course, what is missing is face to face, personal communication which will get restored as and when things get back to normal. As the crisis continues, it could accelerate development of next-gen remote working technologies; social distancing is prompting organizations to embrace video conferencing, virtual classrooms at an unprecedented scale. What has been made clear by this pandemic is the importance of disseminating knowledge across borders, cultures, and all parts of society. If online learning technology can play a role here, it is incumbent upon all of us to explore its full potential. I am hopeful that Guru Gobind Singh College for Women will keep the flag high and march forward with determination and hope.

I am extremely happy to know that the College is bringing out this year's edition of *Gyan Manik*, which will indeed bring cheer to cut through the gloom of the current circumstances.

S Gurdev Singh (IAS Retd)
President, Sikh Educational Society



Message

It is a moment of pleasure that the Editorial Team of Guru Gobind Singh College for Women is bringing out this year's issue of *Gyan Manik* in the times when the world is working towards re-imagining education. The purpose of higher education is not only to fulfill the needs of students with the changing scenario but also to offer challenges and encouragement to enlarge their horizon. The time to strengthen online education and be prepared for any future contingencies, like Covid 19, is now. The entire education system has to undergo changes with the active involvement of faculty and institutions.

The Sikh Educational Society strives incessantly through Guru Gobind Singh College for Women to enhance our students' competencies and skills leading to not only their progress, but also of the society at large. The College has been adapting to the constantly evolving educational dynamics to excel in the field and has over the years created a niche for itself.

My best wishes to the editorial team for this new edition of annual magazine, *Gyan Manik*.

**S Kulbir Singh, Chief Engineer (Retd)
Vice President, Sikh Educational Society**

Message



I am happy to note that Guru Gobind Singh College for Women's magazine *Gyan Manik* for the session 2019-20, is ready to be dedicated to its students and staff.

2020 is going to be a year of significant global change in all dimensions. It is imperative to highlight that the focus today is on research and education, the two oars which can guide humanity towards safer shores. The conduct, organization and carrying out of daily life is already changing and a few months ago, nobody could have predicted the Covid-19 Pandemic and this huge transformation in daily lives. In order to negotiate this change, all fields of existence, social, professional, corporate and education will have to re-invent and re-orient themselves. Education is the edge that our students will have and it becomes the paramount duty of our teachers to equip them with the tools they need to navigate through these times. The entire theory and practice of education has to now adapt itself to offer a new understanding which is in consonance with the needs of the times. All stakeholders involved in the imparting of education must come forward and rise to this challenge that nature has thrown at us.

At this juncture, I compliment the team of *Gyan Manik* as they put together the creative work of our dear students. This effort is commendable as it gives students the right forum for an exchange of views. Language is no barrier as can be seen in the musings of students in Punjabi and Hindi too. This is the culmination of an entire year's joyous work which can be relished at one's own pace. Indeed, Guru Gobind Singh College for Women is among our quality institutions, which has been providing the best education for almost 47 years now. The Faculty and students constantly strive to rise to the name of the brave, illustrious and saintly figure in whose name this institution has been founded. I congratulate the Principal, Staff and students and hope this issue of *Gyan Manik* brings joy and hope to all.

Col (Retd) Jasmer Singh Bala
Secretary, Sikh Educational Society



Message

“That is part of the beauty of all literature. You discover that your longings are universal longings, that you’re not lonely and isolated from anyone. You belong.”

– F. Scott Fitzgerald

Reading is breathing for the mind. My dear students, as a former teacher and currently as the Principal of the College, I would like to motivate you to make reading a habit. We all have witnessed the world under lockdown, and the pandemic has forced a break in routine and presented people with many hours to fill up. People reach out to books in bleak times which not only give them hope but also help them empathize with people and world at large. Reading has at all times and in all ages been a source of knowledge, of happiness, of pleasure and even moral courage.

Reading invokes interest and leads to the development of an inquisitive mind, which enhances an individual’s emotional and intellectual quotient. An effective investment, reading will help you grow as a successful person, as books are real wealth and everyone should look for these. When you will open them, you will find treasures of goodness and wisdom which spring out from its pages along with good pieces of advice and truths.

I congratulate all those who have contributed towards the publishing of this magazine. Happy Reading !

Dr Jatinder Kaur
Principal
Guru Gobind Singh College for Women, Chandigarh

From Chief Editor's Desk

The machinery of global capital has gone quiet, and we find ourselves half-abandoned, each to our own little mindful solaces.

-Albert Camus

“We will meet again” said Queen Elizabeth in her public address on the spread of Covid-19 recently, invoking a 1939 British song that epitomized the heartbreak and optimism of Britain at war. Unfortunately, it’s the world at large which is at war with an invisible dangerous enemy. Covid-19 has spread around the planet, sending billions of people into lockdown and health services struggling to cope. Individuals across the globe, regardless of their race, origin, age or gender, are being impacted by the novel virus. As it continues to spread and confine people largely to their homes, this hiatus offers a rare opportunity to reflect and introspect; many are scribbling down their experiences of living through a pandemic; their writings in the form of personal narratives, poems, articles, editorials, columns, tweets, podcasts, journal/diary entries, delineate the story of not only an anxious and claustrophobic world on pause, but also serve to soothe their grief, fear and misery with solace and hope. Literature helps us makes sense of the world and our place in it as we live through history, a completely unprecedented life-changing circumstance, which may affect us profoundly. Not only has it reminded us of our physical fragility, it has undermined economic security, thrown daily routines out of order, wreaked havoc on plans and distanced us from our dear ones. Mankind has experienced these kinds of unparalleled contingencies in the past too; writers have explored it in all forms of literature and showed us the indomitable human will and resilience.

“History is a collective memory, the storehouse of experience through which people develop a sense of social identity and future prospects” as John Tosh comments in *The Pursuit of History*. Historians often neglect literature on grounds of lacking objectivity and accuracy in capturing historical reality with the argument that literature is based on the imagination of the human mind. But human sensibility too is influenced by the social environment as it moulds history, and so literature becomes a vital record of what people observed and suffered. Future historians may look back on literature, for instance the journals, diaries, stories, blogs, essays and art that ordinary people are creating now to tell the story of life during the pandemic to help reconstruct a realistic picture of the day.

Human experience with fear and anxiety is ancient, be it the Black Death, the Cholera pandemic, the Civil War in United States, WW I and II, the Holocaust, the Spanish Flu, and now Covid-19. Boccaccio in *The Decameron* imagines a group of ten young nobles fleeing the Black Death, the plague which had been ravaging Florence, and finding refuge in the Tuscan hills. The book also reveals the vital role of storytelling in the time of disaster.

In the course of their isolation, the characters take turns to tell stories of morality, love, sexual politics, trade and power. The account, in hundred novellas, provided by the author is exemplary for its accuracy as the writer captures social chaos that must have prevailed at the time of the plague, which killed 75 million people. This possibly inspired Geoffrey Chaucer's *The Canterbury Tales*, which provides an authentic description of the pestilence in Florence.

Daniel Defoe in his non-fictional work *A Journal of the Plague Year* traces the development of plague in the streets of London and recounts an individual's harrowing experiences of the major outbreak of 1665. Published in 1722, the book is rich in detail and chronicles the chaos of daily life during the dreadful epidemic. Often compared to the actual, contemporary accounts of the plague in the *Diary of Samuel Pepys*, Defoe's account of the bubonic plague comes across as more systematic and detailed than Pepys's first-person account. The Plague reached London in June 1665 with Pepys writing: 'to my great trouble, hear that the plague is come into the City.' Though there was no lockdown in place in London, as today, people did stay away from being in public. Pepys describing the shock of seeing once busy streets deserted is, a feeling we can all relate to, "But, Lord! how sad a sight it is to see the streets empty of people, and very few upon the 'Change. Jealous of every door that one sees shut up, lest it should be the plague; and about us two shops in three, if not more, generally shut up.' 16 August 1665. He mentioned travel restrictions as well as social distancing. Suryakant Tripathi's memoir 'A Life Misspent' written in 1938, puts across heart-rendering portrayal of the influenza epidemic of 1917 in the Indian subcontinent. He writes, "I travelled to the riverbank in Dalmau (to pick up his teenage wife) and waited...The Ganga was swollen with dead bodies". While on the other hemisphere, Katherine Anne Porter weaves the horrors of the Great War, the 1918 influenza pandemic, and the near-death experience in *Pale Horse, Pale Rider*. In the fall of 1918, Porter was a twenty-eight-year-old reporter for *The Rocky Mountain News* when she fell ill with the flu and her death seemed imminent. The first time she tried to sit up after her illness she fell and broke her arm; she developed phlebitis in one leg and was told she would never walk again. Six months later her lungs were healthy, her arm and leg healed and her hair had started growing back. Events surrounding this illness form the backdrop of this masterpiece in which she confronted the tragedy of war as well as the horror of a viral plague, which became a huge threat to human existence. The book ends with great hope in a world of "no more war, no more plague".

The Diary of Lena Mukhina is an important historical document relating to one of the greatest, although often forgotten and one of the longest sieges of a city in world history. About 1.1 million people lost their lives during the Nazis' blockade of Leningrad between 1941 and 1944. The diary is an account of a teenage girl and her family when Hitler declared war on Soviet Union. Lena and her family fought to stay alive while their city was starving and its citizens were dying. From day to dreadful day, Lena records her experiences: the desperate hunt for food, the bitter cold of the Russian winter and the cruel deaths of those she loved. More than a million Red Army soldiers died in the defence of Leningrad and another 2.4 million were wounded. Some 130,000 soldiers died on the German side, while 480,000 were wounded and 220,000 disappeared or were captured.

Her diary was discovered in archives by Russian historians only a few years ago and was published in Russian on the occasion of the 70th Anniversary of the Leningrad siege.

Literature helps us to comprehend the world as it is, to expand our knowledge and to understand the history of our existence. Reading these books which have been written about the indomitable human spirit offers hope in the present scenario. Reading becomes essential as it provides us refuge from the anxiety and fear of the uncertainties that lie ahead. It offers food for thought and comfort in the challenging times of a pandemic. As we are living through history, going a step further would be to document what we all experience in our day to day struggle with these testing times and situations. Writing can be deeply therapeutic, a way to express our fears, anxieties, hopes and joys.

I believe that, an expression is a basic instinct of a thoughtful mind and the act of writing is one of the fountain head of ideas that springs into a poem or an article. The successful completion of *Gyan Manik* stipulate appreciation to the contributors; learned staff members and our students for articulating their creative spirit on this platform intended for their expression. On behalf of my highly cooperative editorial team, I hope you all have a rich and fulfilling reading experience.

Dr Sarabjit Kaur
Chief Editor





*English
Section*

Editorial- English Section

*“There is pleasure in the pathless woods, there is rapture in the lonely shore,
there is society where none intrudes, by the deep sea, and music in its roar;*

I love not Man the less, but Nature more.”

- Lord Byron



These are challenging times, the times that we live in. Perhaps, this is what all generations before us have said in times of crisis, difficulty and exceptional change. As Guru Gobind Singh College for Women, Chandigarh presents yet another issue of *Gyan Manik 2019-20*, the world is looking at moments and futures unforeseen. The fragility of life, animal and human stares us in the face. The reduced levels of mutual tolerance, respect and concern for each other should bother us at all levels, inside and outside homes.

As Greta Thunberg, a young Swedish girl, spearheads an international climate change movement, it is time to realize the urgency of the issue. At the age of 17, she has been nominated for the Nobel Peace Prize, met several world leaders and crossed the Atlantic. Her apprehensions of a climate catastrophe were visible in the vast forest fires which raged in Australia, killing millions of animals of hundreds of species, destroying communities and giving it the label Black Summer. The images of burnt, scared and scarred animals will haunt the world for generations to come. The toll these fires have taken on the mental health of Australia's citizens will cause emotional distress for years to come. The trauma and mental stress of people who lost their properties and belongings, figures nowhere in the written records of effects of the fires. But, will this change the world's stance on climate change.

Closer home, the tragic loss of our dear ex-student, Muskan Mehta in a fire incident in Chandigarh in February, 2020, shook the entire GGSCW fraternity to the core. An exceptionally talented child, she blossomed from being a young entrant into the College portals to graduating with several feathers in her cap. Her untimely passing away was deeply mourned by one and all in the College.

It is in times like these that we tend to look at human existence in all its glory and frailty. The spirit of mankind has proved indomitable for centuries. But recent events and uncertainty because of scares caused by the repercussions of Corona virus have offered different perspectives to all of us. When the virus originated in China, humanity was less than prepared to understand the ramifications of its spread. Now that the developed

nations are struggling to cope with the onslaught, all eyes are on researchers, scientists and pioneers who are working round the clock to find a cure or vaccine for the virus. Suddenly, we find the words ‘quarantine,’ ‘sanitizing,’ ‘isolation’ enter our vocabulary effortlessly. It seems as if the world has entered an uncharted territory of doom and gloom. Social media platforms have further aided the spread of mindless panic and fake news. The onslaught of medical advice, fatalistic opinions and rumours of discovery of cures have besieged us, even as we are led to believe in them without any way of checking the veracity of such claims. Self-quarantining, then becomes the natural thing to do, both in physical and mental terms. Lord Byron advocates nature as the ultimate panacea. The ‘pathless woods’, ‘the lonely shore,’ ‘the deep sea’ and its music offer mental peace and solace in times of crisis. The company of ‘man’ may be given up for some time in order to look inwards and find oneself.

Mental health, a cause for concern in today’s youth, thus becomes a pertinent issue to be discussed. As we sent a call for articles for this issue of *Gyan Manik*, several of the submissions that poured in had a common theme, the mind. The young students of the College, today, more than ever are grappling with pressures, anxieties and expectations. The challenges they are facing, the reality checks, depression, taking control and never giving up, all find expression in the pages that follow. Good mental health is central to everyone’s well-being, especially at a time when children transition to adulthood. Early identification, intervention and the right support can provide our students the counseling they need at this time. They have to be taught how to handle parental pressure, peer pressure and societal pressure not to mention self-pressure which can take a heavy toll on their blooming personalities. Today’s world is heavily dependent on technology and the lack of inter-personal relations. Our devices have isolated us from those around us and we struggle to handle emotions. Emoticons are the new emotional currency and we seem to have plenty of it. Behavioral changes have been noticed in young people with lessened human interaction. They have not experienced a world without the internet and its extensions. We need to unplug them and ourselves. Perhaps, this virus is a Godsend, telling us to put everything aside and just talk, communicate with each other. It seems as if the ‘pause’ button has been pressed and we have been left in limbo, reminding us of the childhood game of ‘statue’ when everyone just stood around giggling and passing the time.

As we pause, reflect and look at life closely, we offer the creative outpourings of our dear students in this issue of *Gyan Manik* 2019-20. We hope you appreciate the effort and enjoy the reading.

Dr Harneet Kaur Sandhu

Editor, English Section



Resonance

Science has been always considered to be the stark opposite of religion and against the existence of a superpower or God. A primary reason could be the basis of facts and reason that science deals with, while the concept of religion has its basis on faith, belief and myth. Obviously, there are questions which can be answered on the basis of religion alone, partly because it is more convincing and, wholly because science does not have answers to those questions yet.

The thing of primary importance here is neither the questions related to human existence nor the foundation upon which they can be answered. The most fascinating as well as astonishing revelation is that concepts of science can explain the traditional religious practices, customs, rituals that human kind have been following blindly since ages, as well as, human nature and evolution- the human tendency to survive.

There are a plenty of concepts and scientific theories that do not destroy but assert the very existence of God and His creature. One such concept is Resonance. Resonance, in science, is the increase in the amplitude of an oscillation of a system under the influence of a periodic force whose frequency is close to that of system's natural frequency. This definition can be understood through a simple example of a pendulum that is a swing. Imagine a small child sitting on a swing. The moment he sits on the swing it gets displaced from its position in a to and fro movement. The to and fro motion is called "oscillation". In simple words, "amplitude" is the distance between two extremes when the swing is oscillating and the number of times the swing performs to and fro movement in a particular time is the "frequency" mentioned in the definition. For example, ten oscillations in a minute will be a higher frequency as compared to five oscillations in a minute. So, the frequency at which the swing is oscillating on its own is its "natural frequency".

Now, if the swing is pushed by hand continuously (periodic force), then the frequency with which it is pushed, overlaps or resonates with the natural frequency (earlier frequency of the pendulum) increasing the amplitude as well as frequency, resulting into the swing moving higher. Therefore, two frequencies mix or superimpose to give a larger frequency and amplitude. This is called the Resonance effect.

This can be visualized through different tunes of music, sound of a bell which gets higher and higher till the time we keep on ringing it and a pair of tongs producing clinking sound when struck together. This concept of resonance can be applied to humans as well. Biologically, in a manner somewhat similar, breathing resonates with life, bodily systems resonate with each other, production resonates with consumption, consequences resonate with our actions and decisions while existence universally resonates with music, food and water. Finally, life and death resonates with the will of God.

All relations form because of the resonation of our thoughts and ideas with the thoughts and opinions of others. Humans love or like someone or something because

they resonate with those persons or things which we call as “instant connection” or “connection” or “feeling right” or “the gut feeling” or “inner consciousness” or the “sub-consciousness” and hate or dislike because of non-resonance when we say “it does not feel right”. We develop a certain liking or interest in a subject or literature because of our internal resonance with the outer. Similar is the connection of music and musical instruments with the soul which has a universal resonance effect. Our choices, hobbies, likes, dislikes, connections or relations we make and the essence of survival, sustenance and existence lies in this Resonance Effect which excites passions, producing in the soul different sensations at different times.

From here arise two types of resonance- Earthly mortal resonance and Ephemeral immortal resonance. The scientific definition of resonance can relate both these types viewing “soul” as the oscillating system, “science” as the periodic force, “religion” as the natural frequency for achieving the maximum amplitude that is the maximum resonance. This implies that religion is a resonating agent whereas science is the means helping in attaining the maximum resonance. Therefore, the very idea of salvation is the resonance of the soul with the Almighty which is the ultimate resonance and probably, the point of reconciliation of science, man and God.

Shubh Karman Dhaliwal
MA I English
Student Editor, English Section



Quiet

O pure soul!
Heavens are crying for thy scars,
Winds are revengeful for thy mars,
Topsy-turvy chaos all around,
From where is the peace to be found?
That once resided in thy spirit,
Now seldom pays a visit.
O clean soul!
Earth is partner in thy grief
Of esteem and emotions bereaved,
Howling growling wailing skies,
Mollifying thy inner cries,
Restoring the desired quiet within,
Soothing thy internal spin.

Shubh Karman Dhaliwal
MA I English

Judgement

Sometime we judge someone so quickly that we forget to look at the person. We always blame this world for putting us down but behind the curtains we are also doing the same thing. Maybe we know someone but that doesn't mean we also know their struggle.

If someone is rude maybe it is because of hate they have received throughout their life, if someone is trying to present themselves strong maybe it is because no one is able to see him shattered inside. A single Images cannot tell the whole story

In many circumstances we take some step in good faith which is only known to us. Nowadays people just want that everyone or who is in their life they must be good to them but they forgot this world is mean. If someone is good to someone then at the same time they can also be bad for someone this is just because we made a mindset that someone is not good for me then whosoever is taking their side is not good for me. But whenever it comes to having a discussion about being a good human being, we speak some big words like peace, humanitarianism and peace but how it will come if we spread hate to satisfy our ego. We are like those people who are not strong but they know how to make someone more weak but that is not right we can hide our weakness but remember one thing that we are not spoiling other person's life but spoiling our life too.

Himanshi Sehgal
B Com III



Meet

I don't want to meet you under moon or sun ,
I want to meet you in some other dimension
I don't want to meet you beneath earth's sky ,
I want to meet you in a fairy tale where we
Both fly,
I don't want to meet you in world full of wrongs and foul
I want to meet you in universe of soul ...
In search of a pure soul...I want to meet you after this world

Himanshi
B Com III

A Longing

Betwixt the realms of this world and beyond
day is a fleeting dream.

I hear my forbearer call me gently
the one I ache to hold
and take shelter in her warm burrow

Her voice that used to call me home
has gone off on the wind
perhaps beaten into thinnest air
whirling down some other street

Home, houses, images, mirages
my memory fogs
while I go visiting the time
when I always heard her calls
beaconing to come home
for love, care and rest.

when I look back at my time full of love
I visit the place called home
I stumble upon a picture on the wall
where generations sit side by side
seeming perfect
pretending with smiles and resemblances
that no one has wandered away.

Dr Sarabjit Kaur
Department of English



Take Control

Each one of us encounters problems each day and one's attitude towards the problem helps in solving it or creating a chaos and adding misery to life.

Learning and applying new skills, thinking, beliefs and philosophies should be a constant effort in our lives. It is a continuous process which needs to be started with a vision. Enjoy caring for yourself and be assured that you are not being selfish. Visualize yourself on a path that is filled with order, harmony and joy. Bring about understanding, calm, peace, fun and beauty in all that you do and see.

We tend to fret about things which never happen. If one is interested in trying something new, one should focus on learning it rather than stressing on the thousand thoughts that race through the mind for not doing it. Getting the thoughts out of head and onto paper help in simplifying the thought related clutter.

Instead of avoiding the problem by making excuses, one should take the responsibility of ones actions and face the problem with a positive stride. Try to focus on the root cause of the problem and find the solution. With demystifying the mental myths, setting the goals and working with persistence and desire one can accomplish anything.

Getting organized is the only way to stay focused. Clutter brings imbalance and makes the personal space uncomfortable. Try to have a designated place for the keys, important documents and other important things.

Learning to say No, slow down and focus on the task at hand. One does not need to be available for others all the time. One should do the best what one can do and delegate the rest.

Strong relations play a key role in the sense of balance. Seeking social support helps to maintain the harmony. Relations can be strengthened with smiles, making eye contacts to connect with the spirit, speaking less and listening more and apologizing for the mistakes can help making the bonds stronger. By gaining the control of ones thoughts, one can become aware of the bleak thinking patterns and replace the negative thoughts with more positive and productive thoughts.

Lastly prioritizing, making time for what is important to lessen the gap between the real life and the life one dreams of. Planning is the key to reduce stress. Paying attention on the real and important issues , recognizing that some situations are tough and one does not need to loose one's head on the things which cannot be controlled. Take charge of your life, manage it, implement your plans and take control of what future holds for you.

“Destiny is not a matter of chance, it is a matter of choice. It is not something to be waited for, but rather something to be achieved.” W.J. Bryan.

Dr Savneet
Department of Psychology

When there is a Pause on Life

2020 my year, our year!

I thought, this would be the best year of my life. This quarantine and other recent events have my thoughts racing. All this free time and self-reflection has indeed helped me bring things to light. When one starts one's journey, one plants a seed without even knowing. The journey makes you who you are and helps you find out what you truly want out of this thing called life. Everyone will go through some dark days, but it's important to understand that it takes more than just sunshine for a flower to grow. For me in my life, I may not be able to change the world, but I want to inspire some, feed love and possibly lend spark to some. Basketball has already taught me more about life than anything else.

Unique means "being the only one of its kind" as we all are unique in our own way. My elder sister once said these four words that "blaze your own trail". People nowadays get so caught up with the destination and seeing others get there differently and before them, but everyone's path isn't the same. Not everyone is you, not everyone went through the same past as you.

While basketball is my love and I pour everything into it. I am taking this time to also remind myself that I am more than a basketball player. If I could offer one piece of advice to you, it would be to hug your loved ones tight and to make sure they know how important they are to you, because you don't know what tomorrow holds.

Seezi Tanwar
MA I English



Never Give Up

When sun sets for rising of moon ,
Hope says something good will happen soon ..
"You can do nothing" When everybody says ,
Remember that where there will always be ways ..
Slap those persons who says you a loser ,
Show it with your work , don't make yourself abuser..
Do your work with consistency , make their mouth shut up
But just don't forget the rule , and that is never give up ..

Himanshi Sehgal
B Com III

Reality Check

Sometimes, we create our problems on our own and later we convince ourselves that those problems are serious. The thing is that no one is happy whether they are rich or poor they want everything but it doesn't make sense. I mean people are still happy with those little things which they get in their life .We want more than our needs which we never get and the life ends with regret .

We always hear that someone is making negative impact in someone's life. But if we take it another way then we can also say that why they allowed them to make a negative impact , I mean it is their life. People come and go, then why do we hold onto the burden of their impact. Just like waves on the sea shore, one wave comes and goes, then the impact made by them also passes with time. But we humans have a tendency to hold on to things of hurt so tight that we spend ages in heart aches. Trust me, letting go makes things so easier and lighter. Your heart is a beautiful place to store beautiful golden memories not heaps of garbage.

Someone is still finding time to spend some precious time with their family or with closed ones but they don't get it just because they are far away from them or those who have time do not value it. The problem is that we do not want to take any initiative, we want everything to come in our way by itself. We want people to come always and ask us, so we don't have to go anywhere just because we doubt ourselves. If you believe in something, then go for it and take initiative. Life is all about taking initiative, you will never regret this your whole life.

Himanshi Sehgal
B Com III



Woman- The Epitome of Sacrifice and Struggle

- W- Willing, ready to do everything for her family
- O – Onyx, like a precious stone, with layers for her different roles
- M- Motivating, ready to encourage her family
- A – Almighty, power to face hurdles of life
- N – Nucleus, centre of the family

Anmol Sharma
B Com II

Challenges Before Youth

Do you often find yourself thinking non-stop? Do you wish you could achieve inner peace/mental peace? This problem of lack of mental peace is seen among the youth. The reason might be different for everyone. Youth is somehow busy wasting their time. Life is usually filled with tensions , difficulties , problems , worries. All these are factors which increase the mental restlessness and lead to lack of mental peace. At this point you need some mental silence and should stop thinking way too much. Drug abuse is also a major issue nowadays. Youth is getting involved in drugs which is destroying their life, taking them away from all the happiness and peace of life. When there is no mutual understanding between parents and children , aggression occurs on the both sides. There are endless reasons why there is no mental/inner peace in the youth. Another major problem is that they overthink everything. What happens when you want to concentrate, study or meditate ? There is a swarm of thoughts disturbing you and distracting your attention. At such times you want to scream at the mind to stop. You feel the lack of inner peace inside you and wish you could stop the mind for a while. Now the question is, how can you overcome the Lack of Inner Peace? Youth can attain peace and joy by letting everything go. You can teach your mind to be silent and let you be. Just imagine how it would be to live your life, read, watch TV, interact with people, without thoughts and worries claiming your attention.

There is no greater wealth in this world than inner peace. Inner peace begins the moment you choose not to allow another event to control your emotions.

Priya
BA III



The Sky Roared Again

The sky roared again
Congregating to wash the wrongs of man
To clear the air of every sin
For the next of our kin
What our hierarchy has done?
The misdeeds, which Nature for us has undone.

We drove the cosmos insane
Releasing toxic gases, Infusing seditious chemicals
Diffusing treasonous vapours
Choking Her, with you as well
Making the world a living hell.

O man! Go soak and dip thy soul in the colours of Nature,
for Nature is the respite from thy inner Infernal Creature.

Shubh Karman Dhaliwal
MA I



Depression – Still A Taboo

It was around 12:30 a.m. I was going to retire to bed when I received a call from a friend, Tia. As I started to answer the phone, She just started crying. A lot of questions zipped through my head. I could not understand what was wrong, so I asked her. She told me that she could not pinpoint what the issue was. She wanted to escape from the world and did not want to face people. She felt weak in front of them and was unable to speak. She told me that she is suffering from anxiety and she could not open up about this to anyone and she broke down.

Millions of thoughts and emotions had begun to muddle in my mind. I was completely devastated. As for why there is unneeded stigma, a sense of embarrassment when it comes to talking about depression or mental health. People look at the mental health in a different way. There is a stigma attached to it, 'Let's not talk about it, you can't take medication for your brain because nobody takes it, what other people will think?' Number of times, there are people who are ready and willing to take help but it's the immediate family and friends around who suppress them.

We live in a society where we are together yet apart. It is important for people to draw closer and not alienate the victim but to stand with them. They can seek help and it is not a sign of weakness. People who seek help are extremely strong and brave. There are thousands of people like Tia who are suffering from depression. We as a society should own our responsibility and bring the change. Who knows our few words of encouragement, support and motivation can change someone's life! Depression should be dealt through 'Expression' and not 'Suppression'!

Kashish Yadav
MA I English



A Cold Morning

The winter days come on death's wings -
Sad and faded are the quiet mornings
And the sky broods over the dreaming beings.

The mist hangs like a ghost robe drying
And the breeze resembles vampire fangs prying
A sleepy shiver stirs the people lying.

A feeble ray breaches the cloud gate,
Greets fuming noses with an 'afternoon' late,
While singled out noises screech and grate.

Rapping feet, the hollow roads, crush;
On echoing streets the evenings rush;
Where walking jackets pass and brush.

A warm smile stands behind a familiar door.
There liquid fragrance out of steaming cups pour,
And starry love-night promises and a lot more.

Ms Rimpa Mondal
Department of English

The Healing Touch

A talking darkness

Warm deep breaths

Numb fingers

Searching hands

Aching joints, cracking

Heaviness in eyes.

The body was a lead weight added to the legs;

A fever eating up the mind.

A gnaw suffocating the chest;

A bad taste on the tongue.

A screech in every sound,

torturing the ears;

Concerned voices seeming distant;

Medicine smell all around.

A soft hand feeling the forehead

And sleep seeps in with the touch.

A deep dreamy sleep

Lulling the senses.

Unaware the hours fly by

Not looking back.

Slow-lifting lids let in light,

And the silken palm still on the temples

A sharp voice cutting in,

“Are you the patient’s mother?”

“Yes,” a ringing note of emotion.

“She’ll live,” and a soft sigh breaths

And then sleep flowing in.

ਸਤਿਗੁਰੂ ਨਾਨਕ ਪ੍ਰਗਟਿਆ ਮਿੱਟੀ ਪੁੰਦ ਜੱਗ ਚਾਨਣ ਹੋਇਆ

With the emergence of the true Guru, the mist cleared and the light scattered all around.

The founder of Sikhism, Guru Nanak, was born on 15th April 1469 in Rai Bhoi Ki Talwandi in Delhi Sultanate (present day - Nankana Sahib , Punjab , Pakistan). Guru Nanak travelled far and wide to teach people the message of One God. He preached people about harmony , equality and that God is One. The goal of man, taught Sikh Gurus, is to end all dualities of “self and other, I and not I”, attachment - detachment, in the course of daily life. He taught his followers and the people worldwide that no one is greater than the other. According to the teaching of Guru, men and women are equal and should be respected in their own ways. His motive to preach people was to spread love , happiness and harmony among people. Nanak’s teaching : Vand Chakko - Sharing with other and helping those who need. Kirat Karo - Earning and living honestly. Nam Japna - To meditate God’s name to feel his presence. Guru Nanak travelled far to preach people that god is one and no human is greater than the other. Sikhs give utmost importance to the writings of the Gurus in Guru Granth Sahib. Guru Nanak’s own words in Guru Granth state that his teachings are as he has received them from the creator himself. He wrote in his bani that ‘From women kings are born’. Women were given importance by the preaching of Guru Nanak. He embraced the good teachings of all religions. The fundamental teachings of Guru Nanak Dev include Faith, Meditation on the name of one creator, divine unity and equality of all humankind. He attained eternal bliss at the age of 70 and appointed Bhai Lehna as his successor and renamed him as Guru Angad.

Priya
BA III

A Soldier

If I die in a war zone,
Box me up and send me home.
Put my medals on my chest,
Tell my mom I did my best.
Tell my dad not to bow,
He won’t get tension from me now.
Tell my bro to study perfectly,
Key of my bike will be his permanently.

Tell my sister not to be upset,
Her bro will take a long sleep after sunset.

Tell my nation not to cry,
“Because I’m a soldier born to die.”

Sandeep Kaur
BA III



Snow Landscape

Under the gilded starlit sky
The spread of the snow glowed in a mellow dye
Like the expanse of an ivory canvas yet undrawn upon
Like a lake shimmering in radiant moonshine
The stretching sea with hues of sour cream
Lay completely hiding the toughness underneath
Like the pages of an unwritten book hiding a story
Like a maiden’s veil promising an unearthly ‘hoorie’.
From afar the hunched bushes and boulders
And near the foggy breaths marked the scene
Like the spots and specks on animal skin
Like divine marks enlivening the bewildered beholder.
The far-off villages often went unrecognized
Lying as dark as the night engulfing them
Like the untraveled space beyond the shining gem
Like the unexplored caves and hidden dens.
The sun did rise to shine upon this unrifled soil
To decide the beauty it could have for summer
Like an official supervising his deputies
Like a saint strewing benedictions and bounties.

Ms Rimpa Mondal
Department of English

Broken English

Having been born and brought up in a small town, English as a language was not something that came naturally to me. I didn't grow up speaking that language. When I entered college, I saw so many people coming from different parts of India and English became the norm. English was the language which was primarily used to communicate. I felt lost. I was not somebody who was very natural at it. A part of me was always unsure, under-confident. My biggest fear was that 'Will people like me?' There was time I felt I was not good enough. And because of it, I did really work hard on improving my language skills.

We know that the English language is important right now as it is used as a primary means of communication across the different jobs and this is also the 'intelligence' language of India. But your command over English does not define you. It is really sad that people in India equate their command in the English language to their intelligence and smartness, where English is just a language. It's just like Hindi, Punjabi or any other language of this country. Just because somebody speaks English shouldn't define their intelligence level or smartness level or just the kind of person they are. Who says you need to be razor-sharp in English to succeed. It's just a state of mind or in simpler words, just the way we think. We have become habitual of judging people. This loop needs to be broken somewhere to inculcate a sense of equality.

Accept yourself as you are. Please feel confident, don't feel shy to make mistakes in public and eventually you will get to this language. A language has got nothing to do with a person's individuality, caliber or destiny. You define your own self.

Kashish Yadav
MA I English



Teaching-Learning in Covid-19

The essence of education lies in inculcating the core values of life leading to development of the mind. The amalgam of basic life skills and its core values has been the only survival strategy for all generations since time immemorial. Therefore the educational institutions strive hard to achieve these targeted goals with comprehensive approach utilizing various methods, tools and techniques. Then why the students today are found most often in situations of dilemma struggling hard to choose the right way? Reasons are multiple for this. The front runner among those is the trending ideology of the human race- Capitalism, which puts us in self created dilemma of ethics and profit. And dreadfully evident are its consequences today which has locked us inside our homes if we

want to survive sparing no other option. The loss is irreparable. But our future depends only and only on the education system which can channelize tremendous energy of youth towards a better world. Hence the role of all the stakeholders of education system has become all the more challenging.

We have landed up in this phase of society which has forced the nations to depend more on indigenous resources, more on virtual means. The innovative, creative and online resources which our education system was planning to inculcate at a gradual pace has suddenly become the only option for teachers and students to stay connected for teaching and learning. Its challenges which were haunting the teaching fraternity have become the reality. In the absence of enough e-learning resources on the teachers' as well as the students' end, the objectives of online teaching learning are resulting to be ineffective for the larger part of rural and marginalised students. For all the faculties - sciences, social sciences and languages, the overhauling of curriculum, teaching methodologies and reading materials have become the need of the hour. Most important is to motivate the ever disinterested lot of students amidst all pessimism. Challenges are manifold, so should be the opportunities which need to be explored.

My personal experience in this regard also highlights the above issue at hand. It was not later than December end in 2019 when in an academic training programme, we were discussing similar issues like the role of ICT in teaching learning today, role of good teachers for contemporary students etc. Such issues were discussed analysing both the challenges and prospects involved therein. But we did not realise then that in no time we would be actually facing such problematic situation due to Covid-19 lockdown, when our faculty members like all others in the country will have to find all feasible options for e-learning resources so that the studies of our students do not suffer. And that's it, the challenges which we had to tackle in few months or coming years, they stand before us face to face now.

Thankfully with very few concepts incomplete from syllabus of my assigned classes my worry too was less. Major concern was to engage students till their final semester examinations. Anyways with the help of my notes and online genuine reference material incomplete syllabus was accomplished. As a huge reliever, came pouring the assignments given to students. They sent them through whatsapp group and on my email. A few queries came through phone call and were resolved. I had to fix the time for their interaction with me as they were sending messages at odd hours. The student group admins were actually dealing rightly with their fellow student's random queries without waiting for my response. And they seemed eager to see my message for another assignment or further instruction. But the problem here which I felt was the assessment of actual learning outcomes. For that again only the final examinations will be the only criteria left. And examination conduct itself is under scanner by the university authorities amidst pandemic situation in the absence of sufficient health security measures for such large number of students. Till then I can share question banks with students along with some motivational inputs.

Considering the risk of Covid-19, there seems no fixed date when offline real classes can be resumed or even if resumed will the students come out or if at all they come out to attend the classes, will they show interest in offline classes or would desire only online learning mode to their convenience. If such situation prevails for long, the teaching learning scenario under a major overhaul may portray a new age virtual institutional platform for home learning. And friends this home learning may not be welcoming for many of us for long but left with this the only option, let us be optimistic and explore its benefits which are keeping our students more close to family, nature and most important keeping them away from the greed of more and more, when all of us are learning to survive with minimum resources and sharing the extra ones. Society seems to be in another transition from infinite demand to minimum needs fulfillment, from future worries to living and cherishing the present blessings, from complex to simple. This has offered sociological imagination more food for thought and analyse its best logico comments.

Dr Manipal Kaur
Department of Sociology



Look Forward Not Back

Let yourself be sad, let yourself not dismay,
But promise to yourself that you will try just a little harder each day.
That is all you can do. Take it day by day.
You will learn things about yourself that you don't know;
You will learn that all this time maybe you deserved more.
A beautiful thing happens when you let your heart heal
You become yourself again. You find happiness again,
And when you do so, you get to know,
That it is all because of how far you have come.
When you thought you had lost all your hope,
And if that is not something to look forward to,
Then don't even look back, life is a collection of moments.
Live it. Enjoy it.

Sonia Chaudhary
BA III

Behind The Scenes

Behind the loud sounds
Of music and firecrackers
Behind the laughter and
The giggle of people enjoying an occasion
Behind the sparkles of light
That is said to have enlightened many lives
Behind the exchange of amiable greetings and wishes
Her screams were undeniably unheard
Her outcries begging for life remained indoors
Her helplessness echoed in the dark lonely room
Where she no longer was a virgin
Or simply a little girl
Where she was lead to an end
With her organs observed to be bleeding till death
Where she learnt the demon
Was the one who called himself a human
With actions that were not actually humane
Where she found just being a girl
Was an epithet
Where her only fault was she believed a man
Who was so called her father's friend. . .

Ms Shruti Rana
Department of English



Live Your Dreams

Your dreams are not your dreams alone
Because they are shared and supported by people, known-unknown.

Your path is not only your path of fate
Because you'll always find someone waiting at the gate.

Your victory may give you name mighty and grand,
But there is always a teary eye and a patting, shaking hand.

And every time you fail you may cry in spurt,
But there's someone still comforting you although he is hurt.

So live your dreams not for yourself but for those,
For making your dreams fall in place every morning who rose.

Mani Mehtab Dhaliwal
MA I English



Fire on Ice

The story begins in a small town, where the morning sunshine is filled up with noises from houses of people getting ready for the day and the streets filled up with the doughy smell of breads and sweets from the bakery. The new girl in the local school has come to become a teacher is silent in an unusual way, she is like a shadow, lost and quiet, behind the tapping sounds of keyboard of computers, screeching sounds of chalk, rustling of the duster, laughter of children, nothing moves her.

The shadow of this girl sitting in the corner of the staff chatting about their clothes, jewellery and nails. She won't even come close to speaking a word. People were getting curious about this strange girl besides her more strange things were happening in the city and the places nearby. In a very short period of time, people committing crimes against women were being killed a punishment by somebody unknown.

They were treated as if they were monsters from another planet, the news travelled all over the place and many those who were guilty confessed in order to be saved from this assassin.

From the time this started it also was seen that the crimes were not taken lightly, the young teacher stopped coming to work, the people thought something was wrong and when the police started out to look out who was behind the punishment of these criminals

they looked for the address of the young teacher. Her house turned out to be a small house amidst the forest on the outskirts of the town. The house was small with minimal lighting, the leading room had pictures of some criminals and disposable camera, and the cupboard had some worn out belongings like a blue teddy bear and small ballet shoes also a newspaper cutting with the heading saying "A five year old girl kidnapped by who are suspected to be a foreign intelligence agency."

The end of the house looked like a training centre of a warrior had swords, guns and some other weaponry. Turns out the strange girl was strange for a reason and she was on a mission to give and become the power that had been taken from women.

Lakhmehar

Winner of Creative Writing Competition 'Cook it Up'

BA II



The Healer

Broken empty hearts,
Over thoughtful minds,
Feelings already given up from the bad old times.
What is left to chase,
Are the days with better sunrises,
The days with million choices,
And the days where the soul rejoices.
No more painful memories,
No more deep scars,
No more blaming the self,
And no more wishes from those shooting stars.
What was dreamt, is actually coming true,
Good days finally erasing all the blues.
Time made the heart to heal,
Life made it easier to deal,
Self made the dream so real
And the heart made it easier to feel.

Mansi Bhasin

BA III

Luna

I sit here in the arms of solitude,
On top of the world so rude.
Hearts as dark as the sky tonight,
Just as those clouds hiding my moonlight.
I sit here in the thoughts of my own,
Loving the way I am right now lone.
No chaos, no stress and no annoying noise,
Only the thoughts of my memorable joys.
I sit here wondering, leave me here all alone?
What made my feathered heart a stone?
What made me away from the people known?
And then I realize it's the time that has flown.
I sit here staring at that Luna in the sky,
Chuckling and talking to it as a cry,
It stays quiet, listening to me to pacify,
Telling me, "all the worldly facts are a lie."

Mansi Bhasin
BA III





*Commerce
Section*

Editorial- Commerce Section

With great pleasure, I welcome the readers to the Commerce Section of Gyan Manik - the college magazine. This section aims at highlighting the current issues pertaining to the economic and market conditions which affect business world, its trade and commerce. This year, the focus has been Post Pandemic Marketing and Changing Consumer Behaviour along with other topics like Indian Education System, Marketing in Insurance Sector, Leadership and many more.

Companies are facing several unforeseen challenges to market and sell their products and services during the COVID-19 pandemic. They are forced to recalibrate their strategies to attract the consumers keeping in view social distancing and other safety guidelines, which will be a new normal in the post COVID-19 times. Marketing professionals will have to cope up with the new conditions including a shift in the consumer behaviour. Some changes are already visible in the physical and virtual markets, which require a paradigm shift in the marketing techniques. The consumers are seeking comfort and security and want a protected marketing environment. Post pandemic consumer will be reluctant to be a part of crowded public places and are more likely to adopt digital means to shop. The new consumer is going to be more tech-savvy, preferring to research online even for the product which he would earlier 'touch and feel' before purchasing.

Marketers will have to revamp and redesign their business models to suit the needs of the potential buyers. Since departments like production and finance are considered more crucial in comparison to the marketing department, it is going to be the first one to face the budgetary constraints. Moreover, with stay at home buyers, out-of-home marketing has become obsolete and having a strong digital strategy has become important. Companies need to establish a baseline to attract more customers with a mention of the pandemic. Creating mobile apps or digital channels for interaction using Chatbots and AI-based conversations will also help. Lastly, the companies need to compare and benchmark one level higher in the matters concerning digital performance.

This section aims to answer many of the questions raised by the sudden lockdown and its impact on our markets. I take this opportunity to thank all the contributors for taking out their valuable time and pen down for this section. Sincere efforts have been put in to bring forward the best to the readers. I also believe this edition will encourage more students to use this platform to express their knowledge and creativity. I profoundly hope you find this edition informative and it makes for an interesting read.

Happy Reading!

Dr Savneet Kaur
Editor – Commerce Section

The New Normal - Big Fat Wedding Industry to Turn Virtual

The only industry which was believed to be inflation and recession free seems to be facing the brunt of economic slowdown and uncertainty due to the COVID-19 pandemic. According to a KPMG report published in 2017, the Indian wedding industry was estimated to be around \$50 Billion in size. People in India have been indulging in grand wedding affairs with a series of functions running into 5-7 days. Destination weddings are another favorite with couples when it comes to choosing the wedding venue and their choices range from pristine beaches in Thailand to royal forts of Rajasthan. Pre-wedding photo shoots have also become a compulsory ritual and destinations for the same also range from exotic locations in Europe to traditional locations in India. Thus, this industry employs millions of workers who provide related services like – wedding planners, travel agents, tailors, designers, jewelers, caterers, DJ's, photographers, tent service providers and the list goes on. Around 8.23 million people were expected to be employed in the wedding sector by 2022. Data provided by Statista reveals that Indian wedding tourism turnover was projected to be valued at around 458 Billion rupees in 2020 as compared to 234 Billion in 2017. India hosts around 10-12 million weddings every year which is inclusive of NRI weddings. People in India purchase 50-60 tones of gold every month and the gems & jewellery sector employs around 4.64 million people as per IBEF report. The GJC report claims that the jewellery industry lost around 50 tones of gold business during first two weeks of lockdown.

If the reports are to be believed, almost 85 percent of the weddings scheduled to take place in March and April have been cancelled or postponed. Despite the slump in the wedding industry, the stake holders are still optimistic and believe that there's still a silver lining for the wedding industry. It is believed that till now to-be bride and groom have used digital route only to book wedding services but, seeing the current scenario people will soon get more comfortable using digital modes for making payments, other wedding collaborations and shopping. The need of the hour is going from brick-and-mortar to click-and-mortar. Online presence of the business houses is going to open new avenues in the wedding market. The existing e-commerce wedding business houses selling costumes, fashion jewellery, etc. have reported an increase of 15% in their revenue during the lockdown period. E-matrimony websites have also recorded a 20% increase in the customer engagement and profile acquisitions. Wedding planners believe that due to social distancing norms the couples would prefer to make vendor booking online instead of venturing out to purchase. It is also believed that people are going to curb down the timeline of weddings from 6-8 months to 2-3 months and there will be a reduction in the number of functions. The weddings in the post-corona era are likely to be an intimate affair with only close friends and family in attendance. A certain amount of virtualization

and broadcasting of the wedding functions is also expected because of overseas travel restrictions and for older-age group guests. Thus, there are new avenues for the business houses to be explored. On the other hand, gold traders fear that exploring online selling option may not be of much help due to the trust factor attached. People prefer to visit the shops and verify the gold ornaments personally before making purchases. Still they are hopeful that online sales of smaller ticket size ranging between Rs.10,000 to 15,000 can be expected.

Stake holders are optimistic and hoping that focused economic reforms, better medical solutions and the forthcoming non-wedding season will give ample time to the wedding industry to recover. But it remains to be seen how long the things will take to get back to normal in the post-corona era and what is going to be 'the new normal'.

Dr Savneet Kaur
Department of Commerce



Covid – 19 Coronavirus Outbreak: Lynchpin Ripple Effects on World Economies

To start a domino effect a single disruption in the fabric of time or pattern can run havoc on whole system of universe. COVID-19, Corona virus in common parlance has hit the same disruption in the world economies, bringing the economy of China to its knees and raising its hood in other nations like in the case of Italy, Iran and South Korea, which are the worst hit countries outside China.

The new corona virus, which originated in the central Chinese city of Wuhan, has already killed thousands of people and infected millions across the world. Compounding the risk is the fact that the world outside China has also changed since 2003. Globalization has encouraged companies to build supply chains that cut across national borders, making economies much more interconnected. The major central banks have used up much of the ammunition they would typically deploy to fight economic downturns since the 2008 financial crisis, and global debt levels have never been higher. Yet diseases can be far more damaging than natural disasters such as hurricanes or a tsunami, or other unpredictable events known as "black swans". According to a study by the World Bank, a severe pandemic could cause economic losses equal to nearly 5% of global GDP, or more than \$3 Trillion. Losses from a weaker flu pandemic, such as the 2009 H1N1 virus, can still wipe 0.5% off global GDP.

China has become an indispensable part of global business since the 2003 SARS outbreak. It's grown into the world's factory, churning out products such as the iPhone and driving demand for commodities like oil and copper. The country also boasts hundreds of millions of wealthy consumers who spend big on luxury products, tourism and cars. China's economy accounted for roughly 4% of world GDP in 2003; it now makes up 16% of global output. The world economy grew 2.9% in 2019, according to estimates from the International Monetary Fund. However, Global growth could conceivably approach 1.0%, far below the 2.6% last year and the weakest since the global financial crisis, in a statement released by IIF. Additionally, Bank of America in their statement stated that "we have cut our 2020 global growth forecast to 2.8%. This would be the lowest reading since 2009".

As China has many trade relations with other countries in the world, it has shown ripple effects on those countries too. Rosamond Hutt, Correspondent, World Economic Forum has mentioned in her article that 'businesses are dealing with lost revenue and disrupted supply chains due to China's factory shutdowns, tens of millions of people remaining in lockdown in dozens of cities and other countries extending travel restrictions. Italy rushed into law restrictions on movement that will affect 16 million people and stay in force until April 3'. Even the Group Chief Economist at Capital Economics has given statement in the regard stating that "the outbreak has the potential to cause severe economic and market dislocation. But the scale of the impact will ultimately be determined by how the virus spreads and evolves, which is almost impossible to predict, as well as how governments respond".

RIPPLE EFFECTS: PREDICTED SLUMP

China is the world's second-largest economy and leading trading nation, so economic fallout from corona virus also threatens global growth. On March 2, 2020 the OECD warned of the dangers facing the global economy. In its latest Interim Economic Outlook, the organization said the virus was the "greatest danger" to the world economy since the financial crisis of more than 10 years ago.

Mohamed El-Erian, Chief Economic Adviser to Allianz (ALIZF), told CNN Business that he was most worried about the potential cascading economic effects". They first paralyze the region of the virus outbreak...then they gradually spread domestically, undermining internal trade, consumption, production and the movement of people. If the virus is still not contained, the process spreads further, including regionally and internationally by disrupting trade, supply chains and travel" he said.

Economists have a hard time working out the potential costs of epidemics because of their unique characteristics. The virus is not the driving factor behind those losses, it's the way consumers, businesses and governments respond to an outbreak that matters most. People are more likely to stay home during an outbreak to avoid getting sick, preventing them from traveling, shopping and working. Doing so limits demand for consumer goods and energy. Decisions by companies and governments to close shops and idle factories, meanwhile, curtail production.

THE DARK CLOUDS

❖ Falling oil demand, stock markets down

Since the outbreak of COVID-19, global economies have disrupted leading to crashing of stock markets. According to Reuters Poll, Italy's financial and manufacturing has been in lockdown and share values have tumbled across Europe and the US. After the news of lockdown in Italy, markets in London, Frankfurt and Paris fell 7-8%. Italy's main index fell to 11%. Trading on U.S. stock exchanges was initially suspended as the S&P 500 fell 7%, triggering an automatic 15 minute cutout put in place after the 2008-2009 financial crisis. The outbreak has also resulted in plummeting of the oil prices by one-third as S. Arabia and Russia has increased output. However, the worst hit is China, as its Q1 growth has been seen at 4.5% (lowest since financial crisis).

❖ Impact on Air Travel

Coronavirus is also taking a toll on the airline industry, with the International Air Transport Association (IATA) predicting the outbreak could cost airlines \$113 Billion in lost revenue as fewer people take flights. British regional airline Flybe stopped flying on March 6, as ongoing financial problems were exacerbated by loss of revenue due to the outbreak.

❖ Disruption to commerce

The shortage of products and parts from China is affecting companies around the world, as factories delayed opening after the Lunar New Year and workers stayed home to help reduce the spread of the virus. Apple's manufacturing partner in China, Foxconn, is facing a production delay. Some carmakers including Nissan and Hyundai temporarily closed factories outside China because they could not get parts. The pharmaceutical industry is also bracing for disruptions to global production. Many trade shows and sporting events in China, Asia and across the world have been cancelled or postponed. The travel and tourism industries were hit early on by economic disruption from the outbreak. Besides the impact on airlines, the UN's International Civil Aviation Organization (ICAO) forecasts that Japan could lose \$1.29 Billion of tourism revenue in the first quarter due to the drop in Chinese travelers, while Thailand could lose \$1.15 Billion.

Economists say the current level of disruption is manageable. If the number of new corona virus cases begins to slow, and China's factories reopen soon, the result will be a fleeting hit to the Chinese economy in the first quarter and a dent in global growth. If the virus continues to spread, however, the economic damage will increase rapidly.

It can be hard to find positives when people's jobs are affected, or - as in the case of the coronavirus outbreak - lives are being lost. But in purely business terms, there are some bright spots. Consumer goods giant Reckitt Benckiser, for example, has seen a boost in sales for its Dettol and Lysol products. The disinfectant is seen as providing protection

against the spread of the disease, although its effectiveness has not yet been scientifically proven. The price of gold - which is often considered a "safe haven" in times of uncertainty - has also increased. Its spot price hit a seven-year high of \$1,682.35 per ounce in February. Investors are looking to it amid fears the coronavirus spread outside of China will further hit the global economy and demand.

It is expected that Australia, Mainland China, and Honk Kong will have the most direct economic impacts from the disruption, with Hong Kong already in recession after a long period of ongoing protests since 2019 and Australia widely expected to be in a recession with GDP contracting by 0.2% to 0.5% for 2020, but Morgan Stanley expects the economy of China to grow by between 5.6% (worst-case scenario) to 5.9% for 2020. As Mainland China is a major economy and a manufacturing hub, the viral outbreak has been seen to pose a major destabilizing threat to the global economy. Agathe Demarais of the Economist Intelligence Unit has forecast that markets will remain volatile until a clearer image emerges on potential outcomes. Some analysts have estimated that the economic fallout of the epidemic on global growth could surpass that of the SARS outbreak. Dr. Panos Kouvelis, Director of "The Boeing Center" at Washington University in St. Louis, estimates a \$300+ Billion impact on world's supply chain that could last up to two years. Organization of the Petroleum Exporting Countries reportedly "scrambled" after a steep decline in oil prices due to lower demand from China. Global stock markets fell on February 24, 2020 due to a significant rise in the number of COVID-19 cases outside Mainland China. By February 28, 2020 stock markets worldwide saw their largest single week declines since the 2008 financial crisis. Stock markets crashed on March 9, 2020 with falls of several percent in the world's major indices. As the epidemic spreads, global conferences and events across technology, fashion, sports, etc., are being cancelled or postponed. While the monetary impact on the travel and trade industry is yet to be estimated, it is likely to be in the millions and increasing.

Dr Hardeep Kaur
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Impact of Lockdown on Business Environment

The novel Coronavirus is new strain of virus that has not been identified in human so far. WHO announced Covid-19 outbreak a pandemic. So to combat with Covid -19, Indian Government imposes a nationwide lockdown, which is likely to bring all economic activity to a grinding halt. From the economy's point of view, the lockdown undoubtedly looks costly right now, but compared to the "human lives", it is nothing.

What would be the magnitude of the impact of a complete social and economic lockdown may not be easy to estimate. The impact of lockdown on business environment is very disruptive as it effect each and every sector of Indian economy as Chemical industry , Shipping industry , Pharmaceuticals, Auto industry, Solar power, Tourism, Aviation and Electronics industry. The effect of depression in all the sectors can be seen on stock market as the Sensex drops by 38% in 49 trading sessions in 2020. This happened for the first time in history on 20th April, 2020 that the price of a barrel of benchmark crude oil plunged below \$ 0. (From \$65 to -\$37). All this impact was seen in business environment because the virus outbreak will negatively affect consumer behaviour. This resulted in to fall in GDP rate to 5.1% in Q3 OF 2020. And falls to approx. 1.5%-2% in Q4. To an economy passing through demand depression and high unemployment, the lockdown would add supply side stress and lowering of industrial output and profits because there is supply of only essential goods. So a host of companies from Cement (Indian Cements) to heavy engineering (BHEL) and from automakers (Maruti Suzuki M&M) have announced the temporary shutdown. Resulting into falling of Import and Exports.

Small and medium enterprises are vital to successful economies as they employ between 60% to 70% of the labour force. The ripple effect of thousands of small business closing will have a massive impact on unemployment. Government of India suffer the huge loss due this pandemic as the problem of deficit arises resulted in to continuous increase in expenditure and falling of revenue from various sources like tax revenue . And the government spends lot of money to provide basic amenities and safety needs to people. As the Finance Minister Nirmala Sitharaman announced Rs. 1.76 lakh crore relief packages in form of cash transfers and PDS supply.

This is the time to be positive, adapt and find new opportunities. It could take a year or longer for businesses to recover from this pandemic and the nationwide lockdown. So as an optimist FMCG Companies are major beneficiaries as there is boost in sales and profits due to the supply of essential goods.

Manvi Jain
B Com III



Are Our Graduates Employable: Present Scenario

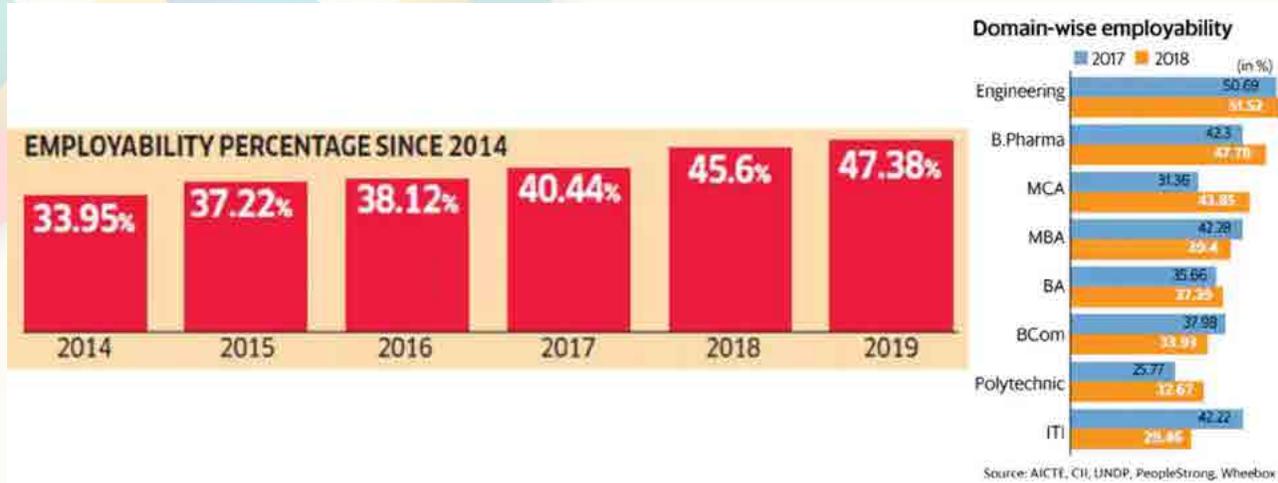
The higher education system of the country plays a very important role in enhancing the employability skills of the young graduates of the country. We all know that globalization has impacted the growth of various sectors of the economy drastically be it information technology, banking, transport, construction, health etc. and education sector is not an exception to this. Every change has pros and cons and globalization being a change has influenced the higher education system of our country both positively and negatively.

Virtual and Internet based distance learning; exposure to global curriculum: global sharing of knowledge, skill, competition, learning; collaboration, harmony and acceptance to cultural diversity: increase in global migration of the students as well as faculty to polish their domain, technical and research skills are some of the positive influences of the globalization with regards to higher education. But, on the other side globalization has increased the trend towards privatization of higher education resulting in increase in the quantum of private and self – financed institutions. This has made higher education to become a marketable commodity, a multi – billion dollar business and a commercialized affair. But unfortunately, this increase in the number of higher education institutes in our country is not positively contributing towards growth of employability and employment of our graduates.

India has seen rapid expansion in higher education sector since 2001 with dramatic increase in the number of higher education institutes. Till 1980, there were 132 universities and 4738 colleges in the country enrolling around 5% of the eligible age group in higher education. But today, according to World Bank, India has the third largest higher education system in the world, after US and China. It means that the access to Higher Education has increased with more number of IIT's, IIM's and central and state universities. According to All India Survey on Higher Education 2018-19 (AISHE), the total number of universities in India are 993, colleges 39931 and 11923 are stand alone institutions.

Accordingly, the enrolment in higher education has increased four-fold. Presently gross enrolment ratio (GER) is 26.3%, which was mere 5% before globalization. GER is a statistical measure for determining number of students enrolled in undergraduate, postgraduate and research level studies with in country and expressed as a percentage of population. India aims to attain GER of 30% by 2020 which is still far behind the GER of countries like China (43.39%) and US (85.6%).

Despite the increased access to higher education in India the challenges remain the same. Does, Increase in the number of higher education institutes and GER is increasing the quality of higher education? Does this Increase in the number of higher education institutes and GER means increase in the employability and employment rate of our young graduates. Unfortunately, the data of employability of young graduates is not that favorable. The joint survey conducted by All India Council for Technical Education and The Confederation of Indian Industry revealed the following data:



Therefore, we can understand that on an average, out of 100 enrolled, only 47 are employable. The sad part is that the above reports are telling us about the employability status of the young graduates. But there is difference in the term “employability” and “employment”. Employment is all about getting a job or searching for a job. Employability is about having an effective mix of skills, attributes and attitudes in order to be employed and function successfully in required roles. Employability is something which lies in between education and employment. One having done with the education cannot think of being employed unless and until one possesses the adequate employability skills.

According to Annual Employability Survey, 2019, 80% of Indian engineers are not fit for any job in the knowledge economy when they are compared with graduates from China or US. International Labour organization has estimated that 18.6 million students are jobless in the country. In 2019, this figure will increase to 18.9 million.

Thus we can conclude that there is a huge difference in the figures of employability and employment rate of our young graduates. There is a growing need to understand the reasons of lack of employability skills among our young graduates. If these reasons are understood, then only we can move to the next step of increasing their employment rate.

The employability scenario of Indian graduates is an area of concern. Though the quantity of graduate talent in the country is on a big rise, the average quality of talent coming out from these institutions is dropping. There is an underlined need for higher education reform in our country. More emphasis to be laid on innovation, research and development, human capital requires more investment, need to work on Strategic skills, Soft skill development, Up skilling the faculty and stress training to both students and faculty. In short, innovate higher education to enhance graduate employability.

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Digitization in Banking

Digital banking is the digitization (or moving online) of all the traditional banking activities and programs that historically were only available to customers when physically inside of a bank branch. Why Banks Need to be Digitization? In my opinion Digitization helps our banks grow at a fraction of the cost. A proper digitalization plan can help reinvent processes, improve quality and promote consistency. Digital banking involves high levels of process automation and web-based services and may include APIs enabling cross-institutional service composition to deliver banking products and provide transactions. It provides the ability for users to access financial data through desktop, mobile and ATM services.

With the increasing usage of smart -phones digitization of banking sector is predictable to catch up the increasing expectations of the world. It indeed reduced human errors and increased convenience. Even my friend had a very positive experience of digitization of banks. Obviously, friend addictive to phone banking, internet banking. Now, cyber threats are on the rise hence, banks must be very vigilant and should be prepared to handle cyber-attacks. Banks play a significant role in our daily lives. For countless people, at least a single financial transaction is been done in a single day. Thus, banks always try to implement latest technologies to enhance customer experience. Digitization is not a choice for banking industry, rather it is certain because every industry is being digitized and banking sector is no exemption. Mobile banking is increasing at a fast pace more than online banking.

According to the RBI Report in 2016 2,22,481 Automated Teller Machines (ATMs) and 25,29,141 (Clearing Service), NEFT (National Electronic Fund Transfer), RTGS (Real Time Gross Settlement), Mobile banking system, Debit cards, Prepaid cards, Cheque Truncation System, Credit Cards, have all gained wide recognition in Indian banks. These are all notable innovations in the digital revolution in the banking sector. Online banking has changed the face of banking and brought about a notable change in the banking operations.

The mobile and wireless market has been one of the fastest growing markets in the world. Connecting a customer anytime and anywhere to their money and needs is a must have service that has become an unstoppable necessity. This worldwide communication is leading a new generation of strong banking relationships. The Banking World can achieve superior interactions with their public base by accommodating customer needs.

Ms Poornima
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Universal Basic Income

According to Macmillan dictionary "Universal Basic income (UBI) is an income that is provided by the government for all citizens or residents without any obligation to work or look for work. It would ensure that everyone receives a guaranteed minimum income from state." It is a periodic cash payment for daily/weekly or yearly basis without means, test or work requirement. It is different from living wage as wages, which is a payment given to the employees for their work. It is basically the minimum price on which a worker sells his labour.

On January 31, 2017 the Economic Survey of India included a 40 page chapter on UBI by Chief Economic Advisor Arvind Subramaniam that outlined the three components of the proposed program: 1) Universality 2) Unconditionality 3) Agency

- Universality - The income which is paid to everyone is called universal.
- Unconditionality – It means residents of the state will get money income irrespective of their income, education, gender, family status, family structure, contribution to the National Income ,area of living, caste and race.
- Agency – The people can spend their income on anything without any restrictions or guidelines from the government. Poor should be treated as agents not subjects free from paternalistic behaviour of government.

Other features are listed as follows:

- Automatic - The money transfer will be direct in the bank account of the beneficiaries through Direct Benefit Transfer (DBT) or through manual distribution techniques like door to door. People do not have to make any special effort to claim this income.
- Regular – The income is provided after a period of time. It can be daily, weekly, monthly or yearly. This income can also be provided within local, regional or national boundaries.
- Right – It is a right of legal residents .Government cannot deny to give income to any citizen. Just by virtue of being citizens they have a right to get basic income.
- Egalitarian society is represented through UBI.

Why UBI should be implemented in India?

- Automation – Automation and Artificial Intelligence techniques are creating technological unemployment. Workers will eventually lose their jobs to a machine. There is no sense of security among people.
- Poverty – Around 22 % of Indian population lives below the poverty line.
- Unemployment – The unemployment rate is app. 6.1% in India.
- Growing and vast inequality – There is a major difference in the incomes of have and have nots.

- Poor performance of current welfare programs.

Pros of using UBI in India

The basic premise of Economic Survey of India studied UBI as “A just society needs to guarantee to each individual a minimum income which they can count on, and which provides the necessary material foundation for a life of dignity.”

- In India there are approximately 950 central sponsored government welfare schemes which accounts for 5.2% of GDP by budget allocation. The UBI Scheme will cost 4.9% of the GDP if all other schemes will be substituted by this single scheme. So it will provide a cost and fiscal space .It will be a large saving for public exchequer.
- One estimation from 2011-12 is suggesting that in Public Distribution System(PDS) 40 % of the poor are excluded. Similarly in MNREGA it was 65% The UBI scheme is universal and unconditional so misallocation of funds is not possible. There will be no omission error of poor class. There is no need to distinguish poor and non poor so it will save time and resources.
- There are leakages and misallocation in transfer of funds as officials are corrupt. The UBI will be transferred in the bank account of citizens directly through DBT i.e. Direct Benefit Transfer. There will be increased transparency and it will reduce wastage in government transfers.
- Everyone will be provided with basic income , they can use this money in productive activities, overall productivity will be improved. There will be financial inclusion of all citizens. There will be a sense of security among unemployed youth. This will promote equality and bridge the gap between rich and poor.
- Food is the basic need of life. UBI will provide food security to all. There are reports of deaths due to hunger in Jharkhand where a women died due to starvation. If everyone will receive some minimum income , they will have money to buy food. It will also reduce malnutrition specifically among women and children.
- UBI will provide a bargaining power to the existing labour. In India 90% of the population is working in unorganized/informal sector which is characterized by low income , exploitation, no job security, no pension benefits, no health benefits and low self esteem. They are not taxed and monitored by government authorities. UBI will free labour from servitude and humiliation. Labour can feel a sense of social security as they will be free to use their basic income. They will have a power to choose their employers.
- Redistribution of Income- As UBI will transfer the purchasing power back to the poor masses. They can use this money at things which will increase their utility, as poor know what they need, more than the government. Poor will do away with the paternalistic behaviour of Central Government. According to a survey 1% of the population has 58% wealth in India. Poor people has a high propensity to consume

so there will be increase in demand which will increase the aggregate demand. According to Keynesian economics it will leads to increase in national income of the country.

- UBI will also have a Psychological aspect, it will free people from mental stress and depression which occurs due to lack of monetary income. There is a moral responsibility of government to take care of those citizens who does not have enough for even two square meals. Money can be used for unforeseen contingencies like sickness or accidents. Basic Income will reduce the need to take loans from different sources (organized and unorganized), It will reduce the debt to income ratio. It has the potential to save the poor from debt trap.
- UBI will promote gender equality. Women will become more independent financially. Their dependence on male counterparts or family income will reduce. In 2018, about 75% of adult Indian women are not employed in jobs outside of the home. If UBI is implemented it will also reduce abuse and violence and provide Indian women more autonomy in their decisions regarding education and career choices.

The incentives promised by Universal Basic Income appears to be lucrative but it is not free from limitations.

Cons of using UBI in India

The Economic Survey Model raises a few questions as poverty is being under estimated. UBI is calculated on base of threshold consumption level of person which is not feasible. Other limitations are as follows:

- Is India ready for UBI? UBI is meant to substitute existing schemes which is not possible in India.
- UBI will promote laziness as people will get income without working for it. In a developing country like India where majority of population is working class this can be a dangerous situation. There will be less income which is taxable and less revenue will be generated for state. Production will reduce and National income will also decrease. There will be overall reduction in Employment.
- If UBI will be unconditional it will proved to be very costly for the exchequer because rich persons will also be provided with same amount which have a very little significance for them but put a huge burden on the fiscal resources.
- The income can be misused by the persons in alcohol, tobacco, gambling and drug consumption. Also people can use this free income in criminal activities or in other temptations.
- There can be chances of inflation as real income will be increased as UBI is over and above the existing income, but productivity will not increase that much. It can lead to inflation and rise in price level.

- Once implemented in the country it will be difficult to reverse UBI because people will protest against government. Every political party will promise to increase the amount of UBI in order to win elections. Fiscal burden will further increase.
- Given the huge population it will be difficult to pay everyone. There is a possibility that beneficiaries will become irresponsible towards their nation and society.
- Population can be increased drastically as more children will yield more income to a household as everybody will get this income just by the virtue of being a citizen of India. We are already an over populated country and it will worsen the situation.
- Phasing out food related subsidies, health, education and rural infrastructure schemes by just one scheme is not possible. Substituting all schemes with merely a cash transfer scheme can degrade our human development index.

ALTERNATIVE APPROACH-

Conditional Basic Income can be used as an alternative to UBI. It can be pegged at a low level of income. India already has schemes like basic income with a very less amount under National Social Assistance Programme (NSAP) since 1991. There is a very little hike in the amount paid to widows, elderly and disabled. The government can try to increase the amount of these schemes gradually and improvise them. The needy and poor persons should be marginalized and identified. Of course it will violate the universality feature but India being a populous country cannot afford to pay the rich same amount as poor. DBT method should be used for avoiding corruption. There should be a proper coordination between Central and State government. Economists such as Pranab, Bardhan, Vijay Joshi and Arvind Subramaniam in Economic survey 2017 predicted that India will move towards a quasi basic income whose idea has come. 'Opt Out' system can also be used where wealthiest 25% can withdraw their names from beneficiaries, if they choose not to withdraw, their names will be published as Shaming Device. Women of the house can be given these grants to avoid consumption of alcohol, tobacco and drugs. More should be spent on education and healthcare for masses and focus should be on higher economic growth and better HDI index. Cost benefit analysis should be done properly before initializing this scheme.

UBI is giving equality to all but it is not just to treat rich and poor alike. Government should ensure that beneficiary of basic income should send their children to school and they should take a balanced diet to avoid malnutrition. It will violate the basic features of UBI but we definitely need a flexible version of it.

Ms Venus Rana
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Role of Marketing in Insurance

To stay competitive and profitable Insurance companies irrespective of their size need to constantly build up their customer base. Though it is important to reach customers, it's all the more important to choose optimum ways to reach clients. Knowing your company's strength, well chalked out plans and being technologically sound would help in meeting the cost of plans. Insurance in today's era is facing a cut throat competition. The competition faced is local as well as online. So, the best marketing plan is the one that fits in your company's strengths while also representing what your company is looking for to grow. Thus tailoring marketing strategy makes more sense than buying a set of online ads or printing a bunch of brochures. More offerings does not means more business so it's all about quality of offerings and quality of services and not just the number of things in your insurance portfolio. This would certainly contribute towards drawing more loyal customers. The top priority involved in an insurance business strategy should be to build awareness and interest in your company and its products through online marketing- websites, blogs by experts, social media, networking, referrals and personal networks. Thus reviewing and making optimum use of your current strengths and deciding optimally about sensible issues should be the central message of a good insurer.

Ms Amandeep Kaur
Department of Commerce



Not Just A China Problem : Coronavirus Threatens Global Economy

As the serious Epidemic of covid-19 outbreak took place in January 2020, Newspapers have Flooded with the news around the world “Over 300 million Children miss school globally due to COVID-19”, “Washington districts shutdown all schools ”, “Jesus Birthplace shut ahead of Easter” “Hindus pullback on Holi celebrations”, “India-EU summit rescheduled over coronavirus outbreak ” Switzerland report first coronavirus death ” This all shows that its spread has left businesses around the world counting costs. Nations have been effected drastically with China reporting highest number of cases followed by Italy, Iran, Japan, South korea, U.S, France and Spain.

China, the “workshop of the world ”, has seen shutting down its activities and operations which shows that production effected to great extent to contain the spread of Covid-19 and on the other hand if we talk about consumers they are choosing to avoid

activities that might expose them to the “Risk of Infection” such as going out for shopping, dining etc. Whereas the demand of sanitizers, disinfectants, Dettol, Lysol products, soaps, medicines all have increased sharply. Hand sanitizer makers saw 10-folds jump in sales. Travel and Tourism Industry has been massively Impacted, with airlines cutting flights and tourists cancelling business trips and holidays. Stock market too has impacted following the big shifts and the last week of February saw the worst performance for major stock markets since the 2008 financial crisis. The US central bank slashed interest rates in response to mounting concerns, to make borrowing cheaper and encourage spending to boost the economy. Different markets have been impacted globally shows a global slowdown effecting demand and supply so its solution lies in three limited words “AWARENESS, PRECAUTION and PREVENTION” If followed properly this would lead to a slowdown of this epidemic.

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Leadership in True Sense: Beyond Authority

Most successful and influential people have one skill in common, and, that is, the art of leadership. Leadership has been ranked among one of the top most skills of successful people. Whenever we see people in power, those who can have influence on actions of others, we call them leaders. Each one of us has at one time or other, wanted to be a leader because it comes with an image of hundreds and thousands of people following the path we set up for them. And people say that there are good leaders and bad leaders. But I feel that there are no good or bad leaders, but there are people who have leadership skills and others who just have the authority. By the end of this article, you can assess whether you are a leader in true sense or just an authoritarian.

The authority exercised is a kind of legitimate power and people follow figures exercising it, because their positions demand so irrespective of the person holding the position. Leaders in organizations and elsewhere may have formal authorities but they mostly rely on the informal authority that they exercise on people to influence them. Leaders are trusted for their judgment and respected for their expertise, integrity etc. and hence followed and not because they hold a certain position. For example, renowned cricketer Mahendra Singh Dhoni has always been looked upon for taking crucial decisions for the team on the ground, even when he was not holding the position of captain in certain matches.

It is also important to understand that a formal authority and power emerging from it, might not always be able to influence people in the desired manner as; in times of crisis and difficulties people view it as coercion. On the other hand, leadership tends to create followers out of free will and choice without forcing them to accept anything thrown their way. Authority rarely provides a scope for feedback, constructive criticism or opinions of the people on whom it is exercised, however leaders provide ample platform to their followers to voice their thoughts and feedback.

Authority can hardly make people change their attitudes and behaviors with lasting effects and results, however a leader inspires followers through self-modeled ways and hence leadership displays greater effectiveness in addressing attitudes and behaviors of people. Exercising authority sometimes limits the approaches to arrive at solutions for issues and problems while leadership encourages people to look beyond the obvious and think innovatively and sometimes emerge with radical solutions.

Apart from it, the biggest difference between the two as cited by Stephen R Covey is the moral authority held by leaders over the followers which is absent in the case of power from authority. Within the organizational setup when leaders also have moral authority on their subordinates by establishing a synchrony in their words and actions; the rest of the structure and processes of the organization also get aligned to it, thus creating a robust and transparent culture.

It is indeed difficult for managers and leaders to move out of their circle of authority and coordinate and interact with external people. However the need of the hour and the more effective approach to leadership and management is when leaders come out of their comfort zone and move from exercising authority on a small group to leading the entire organization.

Individuals, who do not rely on authority but lead people, are the ones who enjoy the privilege of their ideologies and thoughts practiced by later generations long after they are gone. Even with individuals who held positions of responsibilities, the ones who actually led their people are the ones remembered and followed.

So, don't just be a boss, be a leader instead, and enjoy the privilege of paving the right path for your employees and organization. As it can be rightly said that bosses may get the work done for the present but, it takes to be a visionary leader to build the future of an organization.

Ms Mandeep Kaur
Department of Commerce



Smiles are Fake

7 'o clock in the morning, I walked up to the bus stop with a fresh mind. Upon reaching there I found people in a hustle to catch the bus or just to enquire about the schedule of the buses. While standing there I observed each and every one of them but noticed that no one was interacting. All were engrossed in their phones even on a chilly morning like that day, when one loves to keep one's hand in warm pockets. I gazed at the rising sun and enjoyed the morning breeze as the rush doubled on seeing the bus arrive. Each and every person ran to grab a seat onboard and I was the only one left behind and wondering whether I was a slow one in this fast paced world. I boarded the bus and greeted everyone with a smile but nobody reciprocated. But they surely smiling at the screens of their phones and were busy listening to music, reading memes or texts. They seemed to be engaged in the virtual reality whereas I tried to find a real connection in this fake e-world. I wondered if I was an alien who finds no pleasures in memes or texts or I was weird to prevail in virtual society. On finding a seat, I put on my ear-phones and finally started listening to music. The song which is played on my phone answered all of my questions and insecurities and that is "muskaane jhuthi hai" ... "pehchane jhuthi hai" ... smiles are fake .. identities are fake ...!

Himanshi Sehgal
B Com III



This Too Shall Pass

As the ever wonderful Oprah Winfrey says, "Think like a queen. A queen is not afraid to fail. Failure is another step to greatness". So, anyone who thinks she/he is not doing well only notices the failures, forgets how often they been strong enough to start again after a fall. Maybe today, just pause and take a look back at how much you've grown, and how you fought against all the odds and still chose to try again. Have faith, Keep trying, you're a winner... Just remember that life is like an ocean, ebb and flow; a combination of the lows and highs. Have patience and keep reminding yourself that you've overpowered all the bad times and you'll be good this time as well. Don't overwhelm yourself thinking about why or what went wrong. No matter how dark the clouds above your head are, there are better days right around the corner. There's always something you can do to move forward. You may not see it right in the moment, but you will uncover it eventually. Believe in yourself and you will get there. The sun will rise again.

Vanshika Chhabra
B Com II

Life is What You Make it

We often complain about life. But have you ever wondered, it is you and only you who can make or destroy your life. I have met many people in my life, some of them are very selfish, have not done anything for anyone. Moreover, they did mean things but felt bad when they got the same behaviour back. They don't understand that they are only cutting what they have sown for others. Suppose, there is a person who doesn't like to do any kind of hard work but at the same time wants to taste the fruits of success. When they cannot succeed in life due to their laziness and insensitivity towards their work, they start cursing the life and destiny. But they don't think that life is paying them only that, what they owe from it. There are people in this world who seem to have become successful instantly but one must remember that behind every success there are many sleepless nights, unfulfilled dreams and a lot of hard work. So, before getting jealous with the lifestyle of a successful person, first look at what they have sacrificed to get a life like that. To conclude, I can say that, "*Life Is What You Make It*". If you do efforts to make it beautiful only then it will be 'Beautiful' otherwise it is just a set of ordinary years that you spent in this world from your birth to death.

Neha Bansal
M Com I



Why Unreachable Grapes are Sour

We all remember the fable of the fox which on finding that it could not possibly reach the bunch of grapes hanging over the wall, walked away consoling himself with the reflects, "oh' well the grapes are probably sour". Often we see this in our fellow men and women. A little honest self -examination might even reveal it in us.

The coward often belittles courage, for them the grapes are sour. Those who unconsciously wish to dance but can't dance are eager to condemn dancing whereas those who do not care to dance have no motive to condemn others. The man who is clumsy with tools will say that he could easily do good work with tools if he wished but grapes are sour. The lazy man believes that the only reason he does not work as hard as his fellow is that "he is not such a fool as to sweat for the boss". He will readily embrace any social or economic theory which seems to justify him and back his lack of effort. Similarly, persons who suffer from eyestrain when they go to a movie theatre very easily condemn movie watching as a waste of time. Do you also believe that grapes are sour for you or you believe in the mantra "koshish karne walon ki haar nahi hoti", a quote by famous poet Sh. Harivansh Rai Bachhan?

Himanshi Sehgal
B Com III

Saying “No” is the Best Time Saver

Just like ‘No News is Good News’, not doing a task will always be preferred over doing it. Similarly, having no exam is always easier than having them. By saying this, I don’t mean that we should not have exams, but the fact is that we agree to do a lot of things which we don’t wish to do. There are so many things which we end up doing for others yet in our heart we do not want to do. How often does it happen that people ask you to do something and you reply - ‘yes, sure’? It is only later that you realize how burdened you are with your to-do list. The very obligations, you accepted with a smile, turn into frustration. It is always worth questioning if the task in hand is really necessary, or things could proceed without it. And many of those tasks are actually avoidable, and a ‘no’ would have sufficed. But if it sounds so simple, why do we end up saying yes?

Why we say ‘Yes’? Most often, when we say yes, we only say it because we do not want to sound rude, arrogant or discourteous. Further, we tend to say yes to the people whom we meet on a regular basis or who are close to us. We either feel compelled to support them or think that we may need their help in the future. This thought of losing a person takes precedence over your time and efforts.

Difference between No and Yes. The words “yes” and “no” are used so often that they seem to bear similar authority in conversation. However, they are not only contradictory in meaning, but of entirely different magnitudes in engagement. On saying no, you deny one option. On saying ‘yes’, you accept every other option. When you say ‘No’ it becomes your decision, but when you say ‘Yes’ it becomes your responsibility.

Stating no is occasionally seen as a luxury that only those in power can exercise. Turning down possibilities relax you when you have back up of money, power, and authority. It is not that saying ‘no’ is a right possessed for the prolific in the world. It is also a policy that can help you prosper. Saying ‘no’ is a crucial ability to emerge at any stage of your career because it maintains the most valuable asset in life: your time. You have to say ‘no’ to whatever isn't steering you toward your goals, which also include distractions. According to Steve Jobs, “People think focus means saying yes to the thing you’ve got to focus on. But that’s not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully.”

There is extensive stability to discover here. Declaring ‘no’ doesn't mean you'll never do anything exciting or innovative or impressive. It just means that you say ‘yes’ in a focused way. Once you have knocked out the intrusions, it will make an insight to say ‘yes’ to any opportunity that could probably move you to the right path. Majority of the population is swift in saying ‘yes’ and hesitant in saying ‘no’. And it’s due to our intention of not hurting sentiments of others.

Tavleen Kaur
B Com I

Do You Suffer From Text Neck?

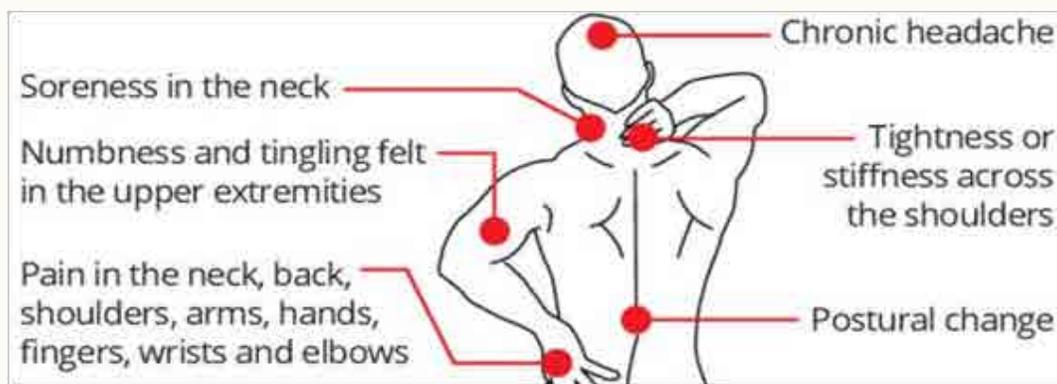
Text neck is a term used to describe neck pain and damage caused by looking down at your mobile, tablets or other wireless devices.

How to Prevent Text Neck?

- Hold your phone at eye level as much as possible.
- Take frequent break from your phone or laptops.
- Set a timer to remind you to walk around after every 20-30 minutes.
- Avoid looking down for an extended period of time.
- Make sure you sit squarely to your work screen.



Signs and Symptoms of Text Neck



Shivani Mann
M Com II

Childhood Fears

There is no innate fear of the dark; no innate fear of death; no innate fear of the apparently supernatural. Yet many lives are overshadowed by fear, fears of all kinds. Many of them are purely imaginary and many a times parents fill their child's mind with frightening ideas about ghosts, death, bogeys, the policemen, being shut in the dark and so forth. Fears occasionally remain rooted in a young child's mind which blackens and distorts his mental peace. It is one of the ways used by parents often trying to control their children.

Children pick up many baseless fears out of unconscious imitation. If their mother is afraid of dark, or a cockroach, or a ghost, she should at least be careful of not letting this fear pass on to her children. They should be taught that fear is nothing but a state of mind which can be conquered by making their will power strong. Fear generally stops you

from achieving anything in your life. It prevents you from taking decisions and also put limitations on your mindset.

It doesn't matter whether it is childhood fear or a fear related to your adulthood, it is important to overcome your fears. To live a life of free mindset, it is important to shed off you fears that weigh you down. Don't pressurize your mind; just take one step at a time. Soon you will conquer your fears.

Himanshi Sehgal
B Com III



Strive For Your Dreams

Achieve your dreams
It's like a cool ice cream
Dreams are not what you see in sleep
It doesn't let you sleep
Work hard for your goal
You will fall but you will achieve the goal
No one is looser
To achieve goal you have to be modest
If your dreams are true
Then only you can grow
Be a fighter
Then you can shine brighter
In the life there are many hurdles
But work hard like a turtle
Who tries and tries
And reaches the goal
And who crosses the finishing line and win
So be like a turtlework hard for your destiny.

Shivani Chaturvedi
B Com III



A Reason

Words left unspoken, means the most.
Feelings left hidden, shatters the core.
Tears left un-shed, never dries.
There's always a reason behind all the cries.

There's a reason for every fake smile,
a reason behind every time you lie.
There's a reason when you try to hide,
a reason behind the cry you denied.

But then comes a reason in your little life
that pours you with love and lots of smiles.
Yes, there's a reason behind every pain,
Just to make you realize the happiness you'll gain again.

Kanika Katoch
M Com II



Joy For A Child

Joy for a child is the family, to which he belongs,
Where they all share happiness and bond so strong.
Nothing beats a loving, caring and close-knit family,
Where everyone is dotting and pours you with affection willingly.

Joy for a child is having a true friend,
Rather than having a dozen who pretend.
The one who walks in, when everyone walks out,
With whom he can be stupid without any doubt.

Joy for a child is winning a medal in a race,
For which he waits a whole year to participate.
Running gives him inspiration and fills him with strength,
He loves all the attention and cheers of his friends.

Joy for a child is travelling to a new place,
Where there are things to explore, discover and chase.
To make new memories and leave footprints,
To cherish the moments spent in those stints.

Joy for a child is the family and friends,
With whom the fun never seems to end.

Dr Savneet Kaur
Department of Commerce



Business Ethics

The term 'ethics' is a branch of social science which guides human beings to act in a right way and abstain from doing wrong things. Business ethics relates to the defined principles and practices to be followed by the organization to maintain ethical standards. This includes quality products, transparency, fair competition, honesty, commitment and integrity. In the words of Woodrow Wilson, rule of publicity, equivalent price, conscience and spirit of service are the basic principles of business ethics. Maintaining business ethics will safeguard the consumers, protect the shareholders, retain the employees and creates goodwill of the business ensuring long term survival.

Ethics are based on philosophical views accepted by the society to be right. There are many factors that contribute to ethical understanding like education, moral values, personal goals of life, cultural values of the family, friends, media, ethical culture of the organization, legal system and government policies of the country. However, self-regulation is the best way to maintain ethical standard or to implement ethical policies. Ultimately ethics is an internal code that governs an individual's conduct, ingrained into each person by family, faith, community, tradition and personal moral values.

There are few authors who consider Business Ethics to merely be a matter of religion and of philosophical relevance which have a little relation with management. Following rules and regulations and not indulging into illegal activities is enough for them to run a business. But the term ethics is far beyond the restricted laws and rules made by the constitution. It is not only confined to running business within legal boundaries but guides to respect others, justice, humane, team building, tolerance, accountability, equality, etc. which is very much required for smooth running of business for long time. However, organizations not focusing on business ethics may force their human resources to indulge in unethical activities like cheating, conflicts, biasness, overcharging etc. The reasons responsible for unethical behavior can be pressure from top level (hierarchy), greed, unprofessional culture of the organization, misguided loyalty and unclear policies.

Therefore, efforts should be made to make proper code of conduct related to ethics which is to be followed by every organization. Proper training should be given about doing 'Right' and not to harm anybody by doing 'Wrong' deeds.

Dr Kamalpreet Kaur
Department of Commerce



Your Fairy, Your Friend

I wasn't happy with myself
I wanted to become a fairy
The one who could take away pain from every person who was in grief
I still try my best but it doesn't work every time
I am not capable of becoming what i want to be like
I wish I had some superpowers to overcome this problem
But I can't help it
I am only human
I will keep on trying to be a better fairy
And make your sorrows mine
Because I want to see you beautiful
Without uttering the pain I had but wasn't mine
Your smile will give me motivation
To keep on becoming a better person
Just like angels I can see in night sky
But it is not conceivable
Because I am only human
I want to become your fairy
I want to become your true friend
The one who will never care for the pain on oneself
I know I am only human
But I have fire in me to become your angel
So what if I am only human
No power can remove our smile from both of us
And I think that is the biggest superpower within us

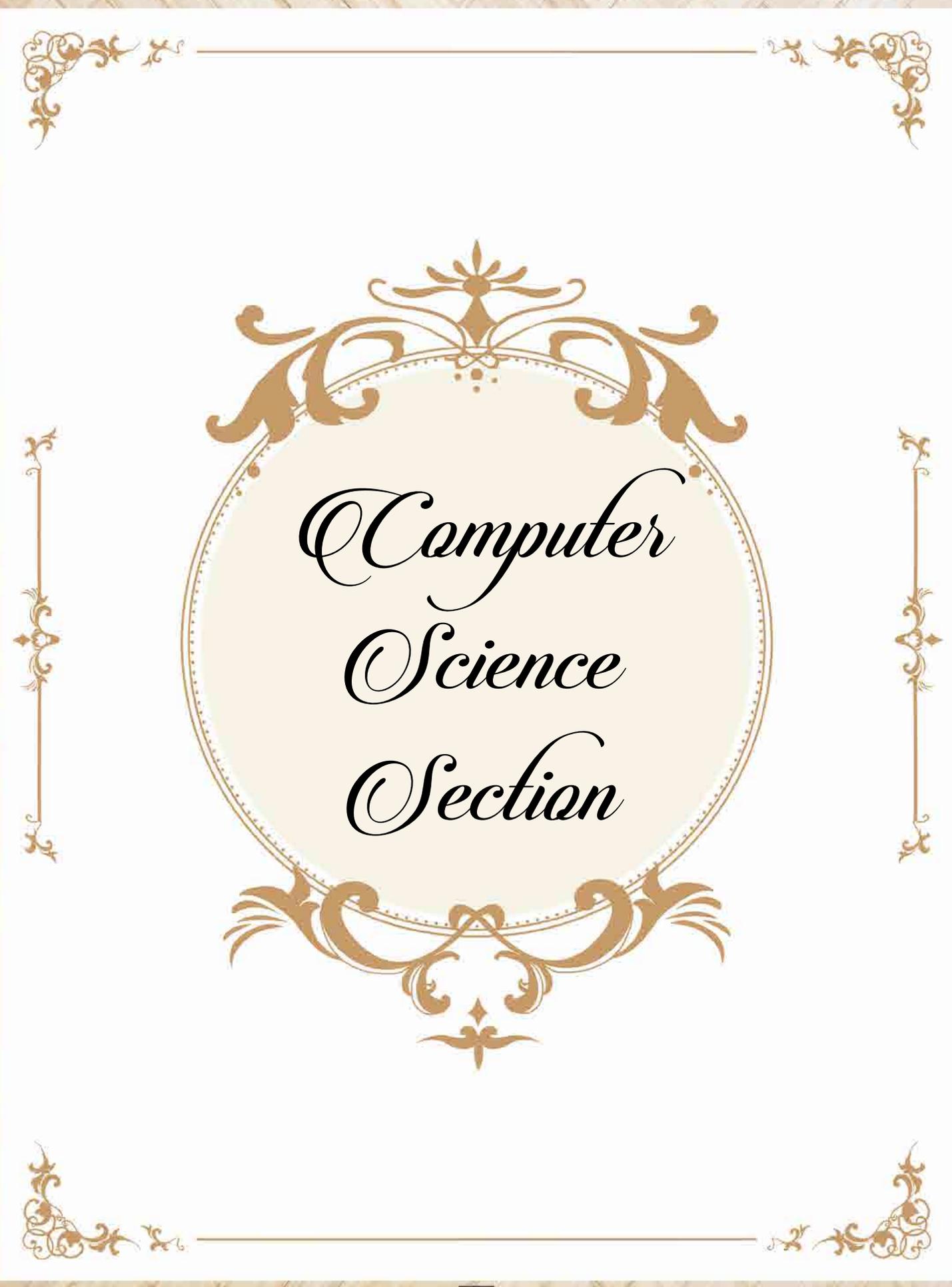
Harsimardeep Kaur
B Com III

Being Social Without Social Media

We are living in the world of gadgets but aren't we becoming just gadgets ourselves? We define man as a social animal but where that social thing has lost? Aren't we only social on social media? We are 24*7 either on mobile phones or rushing for fulfilling our work commitments. we are losing are basic nature of being human. There were days of 'kachche makaan but pakke rishte' but today we have well-constructed homes but our relations are weak. We don't have time for our family, our relations and making new friends is dreamy. Today if we talk of relationships management, our core is on making business or professional relationships, but what about our emotional or personal relationships. In this rush we have forgotten about our relationships. And at a point in life when we seek someone to be with us, we are left alone. So now is the time to hold our relations and our friendships. This does not require much but some time for our busy schedules. Our one to one interaction, our eye contacts, our body language, our gestures and our actions mean a lot to our own people. So, it is the time to take some break from our mobile phones and devote that time for relationship building for our emotional well-being. We have to realise we are not just machines to do work. We have to open our emotional part too. Our presence should be felt. As it has rightly been said that 'life is too short to spread love'. So, keep loving and making relationships stronger every day. Wherever we go our positive aura should be felt.

Ms Savita Saini
Department of Commerce





*Computer
Science
Section*

Editorial- Computer Science Section

Dear Readers,

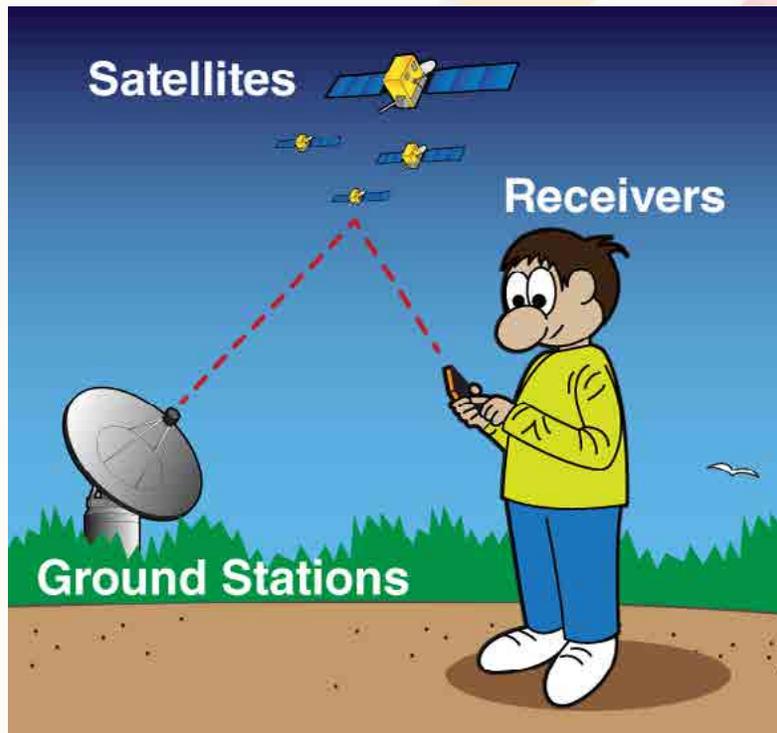
Computer Science is an ever-expanding field and holds power over what technology we use in our every day lives today. New gadgets and gizmos are being constantly invented and re-invented in this fast changing world. This is the era of updates, versions and futuristic devices. The technological world has already grappled with the 'deaths' of devices like the floppy disc, the CD, the desktop and so on. The technical giants of the world, Google, Apple, Facebook, Tesla, Microsoft are constantly in a war of one upmanship. But amidst all this hype, serious concerns have arisen over issues like invasion of privacy, data theft, the power of artificial intelligence and the dependence of our lives on these mediums and devices. This is all the more visible in today's scenario as we look for means to stay connected over the internet and other software. Mankind is adopting technology at a never before seen speed and ability. A very interesting application is used in devices, which can draw the curtains in your home, regulate air conditioning, keep track of your fitness, remind you of appointments, look for restaurants and what not. As teachers, we need to be more cautious and aware now. It becomes our paramount duty to not only teach our students new software, languages and applications, but also sensitise them to the challenges they are going to face in the professional world. For this, we need to think beyond the classroom and engage our students in a creative and holistic manner. This magazine, Gyan Manik, is one such endeavour where the students explore the hidden facets of their creativity outside the classroom. Every year, students are encouraged to write about the issues which concern them the most, their feelings, thoughts and expectations. This edition is full of exciting new technologies and funny rhymes. Our endeavour with each edition is to update you on the latest trends.

Additionally, this magazine provides platform for students and staff to share information, spread the latest technical knowledge and cultivate right ways that will equip all of us to stay competent in our respective fields of study.

I congratulate and thank all the students who have made untiring efforts to bring out this magazine. I wish them all success.

Ms Maninder Kaur
Department of Computer Science and Applications

GPS (Global Positioning System) ?



The Global Positioning System (GPS) is made up of satellites, ground stations, and receivers. Satellites act like the stars in constellations—we know where they are supposed to be at any given time.

The ground stations use radar to make sure they are actually where we think they are.

A receiver, like you might find in your phone or in your car, is constantly listening for a signal from these satellites. The receiver figures out how far away they are from some of them.

Once the receiver calculates its distance from four or more satellites, it knows exactly where you are. Presto! From miles up in space your location on the ground can be determined with incredible precision! They can usually determine where you are within a few yards of your actual location. More high-tech receivers, though, can figure out where you are to within a few inches.

Nancy Sharma
BCA I

Pawanjit Kaur
BCA I



Pubg Addiction



PUBG is a term you must have probably heard by now. It is the abbreviated form of Player Unknown's Battleground. Basically, it is a video game which is a multiplayer battle royal game. It is very famous all over the world. However, the entertainment factor does not mean it is all good. The game has become viral and is played by billions of people. The players have become addicted to this game. Moreover, it is hampering their quality of life.

Impact of PUBG Mobile Game Addiction

When the game got released for Windows, it received rare reviews. Further, upon being released on mobile phones, it caught like wildfire. The craze for this game spread amongst all the age groups.

What started as a recreation game has now turned into an addiction. It is severely impacting the lives of the players and also resulting in various crimes. For instance, a boy killed himself due to PUBG mobile game addiction.

The game interferes greatly with the studies of a person. The students who should be studying waste their time on this game. This results in neglecting studies and also in reduced levels of concentration.

It is so because this PUBG mobile game addiction slows down their brain activity. Their ability to grasp things and focus just lowers. Even research suggests that the academic performance of PUBG players is dropping massively.

Similarly, the people who are working are also addicted to this game. It hampers their work and makes them lose the target of their goals. They are busy playing PUBG instead of focusing on their careers. Even more, than the players take leaves or skip meetings just to play this game endlessly. Due to this addiction, they also miss their deadlines and don't fulfill their duties.

Furthermore, PUBG mobile game addiction ruins the relationships of people. It has even done so as there have been cases of breakups and divorces due to this game. People spend all their time on this game instead of their family and friends. It strains their relationships and causes pain. Similarly, it has also resulted in many crimes of murder.

How to Control PUBG Mobile Game Addiction?

We all know that excess of anything is bad, be it a video game or anything. However, one must also know that we can control any addiction by proper measures. To begin with, try to lessen the time you spend on the game. Leaving it all of a sudden is impractical so set aside a fixed time and try to play it in that specific one.

Similarly, try to divert your mind. Do not always stay indoors. Go out and indulge in physical activities. When you will have other things to do, your mind won't go towards the game. So, meet your friends and take up other hobbies.

Moreover, try to spend time with your family instead of scrolling through the phone or playing your game. When you will be surrounded by your loved ones, you will not care about anything else. So, utilize your time carefully instead of playing PUBG.

Pushpam Kumari
BCA I



Role of Computers in Women Empowerment

As we all know that computers play a crucial role in our lives. Technically in daily life computer is used to convert raw facts and data into meaningful information and knowledge. Computer science is explored and challenged by humans daily.

It also made things easy for women as they can operate from their home. It is universally accepted truth that information technology offer immense opportunities for development of economical, social, educational development of the people. Information technology consists of various hardware, software, internet other communication networks and media used for collection, storage, processing of the data and transmit information in the form of data, voice, text, images etc. information technology offers time and space, these offers valuable resources for women especially



in developing countries who suffer from limited availability of the time, social isolation and lack of access of knowledge and productive resources. Women play an important role in various sectors such as economic, political, social, sports, educational, enterprising etc. Women are crucial part of Indian economy. The movement of self help group plays an important role for empowering women in India. Various IT enabled services given various new trends for the market such as e-commerce, e-learning, etc.

Importance of Information Technology for Women Empowerment

Psychological Empowerment

1. Self confidence and self esteem.
2. Feeling more valued and respected.
3. Motivation, interest and enthusiasm.
4. Freedom to do things or express yourself.

Gurpreet
BCA I

Khushman
BCA I



Chandigarh-Smart City



Chandigarh (local pronunciation is a city and a union territory in India that serves as the capital of the two neighboring states of Punjab and Haryana. The city is unique as it is not a part of either of the two states but is governed directly by the Union Government, which administers all such territories in the country.

Chandigarh was selected as a Smart City in May 2016 in the Fast Track Round of the Smart Cities Challenge period. A Special Purpose Vehicle (SPV) in the name of Chandigarh Smart City Limited was formed in June 2016 for designing and execution of projects being funded by the India Smart Cities Mission.

Chandigarh Smart City has undertaken projects pertaining to basic infrastructure services like Water Supply and Sewerage, Sanitation, Urban transport with innovative smart solutions. Along with these, projects under the ambit of Social infrastructure have also been emphasized for improving the quality of life of the Citizens in Chandigarh. In order to make Chandigarh a vibrant regional centre, urban retrofit and rejuvenation projects will also be executed. Most importantly e-governance solutions have been thought of, integrating all the services provided by the Municipal Corporation of Chandigarh.

Some of the projects under Chandigarh Smart City are being converged with ongoing missions like the Swachh Bharat Abhiyan, National Smart Grid Mission and other Government Initiatives.

Rank of Chandigarh in India



Monika Gujjar
BCA I

Komal Ghanghas
BCA I



Interesting Facts about Computers

If computer is intelligent then we are the god of intelligence.

Computers have become a very important part of our daily life. This awesome machine changed our lives in so many ways. There are lots of interesting facts about computer that I thought you would be interested in. That's why I've listed 20 of them that you can check out.



1. The first electronic computer ENIAC weighed more than 27 tons and took up 1800 square feet.
2. Only about 10% of the world's currency is physical money, the rest only exists on computers.
3. TYPEWRITER is the longest word that you can write using the letters only on one row of the keyboard of your computer.
4. Doug Engelbart invented the first computer mouse in around 1964 which was made of wood.
5. There are more than 5000 new computer viruses are released every month.
6. Around 50% of all Wikipedia vandalism is caught by a single computer program with more than 90% accuracy.
7. If there was a computer as powerful as the human brain, it would be able to do 38 thousand trillion operations per second and hold more than 3580 terabytes of memory.
8. The password for the computer controls of nuclear tipped missiles of the U.S was 0000000 for eight years.
9. Approximately 70% of virus writers are said to work under contract for organized crime syndicates.
10. HP, Microsoft and Apple have one very interesting thing in common – they were all started in a garage.
11. An average person normally blinks 20 times a minute, but when using a computer he/she blinks only 7 times a minute.
12. The house where Bill Gates lives, was designed using a Macintosh computer.
13. The first ever hard disk drive was made in 1979, and could hold only 5MB of data.
14. The first 1GB hard disk drive was announced in 1980 which weighed about 550 pounds, and had a price tag of \$40,000.

15. More than 80% of the emails sent daily are spams.
16. A group of 12 engineers designed IBM PC and they were called as “The Dirty Dozen”.
17. The original name of windows was Interface Manager.
18. The first microprocessor created by Intel was the 4004. It was designed for a calculator, and in that time nobody imagined where it would lead.
19. IBM 5120 from 1980 was the heaviest desktop computer ever made. It weighed about 105 pounds, not including the 130 pounds external floppy drive.
20. Genesis Device demonstration video in Star Trek II: The Wrath of Khan was the first entirely computer generated movie sequence in the history of cinema. That studio later become Pixar.

Pawanjot Kaur Gill
BCA I

Selina Gabriel Surin
BCA I



The Technologies of 2020

1. Multiexperience

Improvements in wearable and advanced computer sensors are paving the way for the emergence of multiexperience, fully-immersive technology. Traditional ideas of the computer will expand to include new, varied touch points. This, of course, will greatly



increase the demand for mobile development as firms rush to compete on better, more immersive apps.

Gartner cites Domino's Pizza, who rolled out an ordering app that combines autonomous vehicles, smart speaker communications, and tracking sensors. The growing popularity of wearable technology is driving development in this field. Greater connectivity and improved user experience will attract more users.

Currently, multiexperience apps use augmented reality, virtual reality, and mixed reality to deliver even more immersive experiences. As consumers demand more and more sophisticated applications, businesses will have to keep up and deliver more ambient experiences.

2. Digital twins technology driven by IoT

Internet of things is an area where the so-called digital twins concept evolves fastest. Modern household appliances use a lot of smart components equipped with sensors to gather data about real-time status, working conditions, and alerts. They're integrated to cloud-based systems to gather data, then process and analyze it.

And here's how a digital twin is created. It's a kind of pairing appliance which reflects its real-life counterpart in the digital environment. This virtual model of a product or service allows for the analysis of a huge amount of varied data. In effect, we can deal with problems before they even occur, prevent downtime, develop new functionalities and much more.

The digital twin concept has the widest coverage in such projects as smart cities, real-time navigable models, or health care – with virtualization of hospital systems for work safety and continuity.



3. Distributed cloud

Distributed cloud systems promise to bring about a new era of cloud computing. These systems distribute public cloud services to several locations outside a provider's data centers, but the provider still controls them. Cloud providers take care of cloud service architecture, governance, operations, updates, and delivery.

Since data centers can be anywhere, latency and data sovereignty challenges are reduced. Distributed cloud services offer the benefit of a public cloud service with those of a private cloud.



4. Event-Driven Applications

Gartner predicts that through the 2020s a real-time, event-based approach will be a core required demand for 80% of all digital solutions. It's crucial for business application development companies to apply "event thinking" to their solution strategy.

Event programming is not a type of technology or programming language. It represents an approach that should be implemented in a product development process. An event-driven application responds to actions generated by the user or the system, for example, mouse clicks or loading a program. From a programming point of view, it's important to separate event-processing logic from the rest of the coding work.

Technologies like AI or IoT speed up event-driven coding as a useful product development strategy. In general, event-driven apps can improve responsiveness, flexibility and give a better understanding of user experience.



5. Blockchain

2017 was the year of blockchain hype. Now that the hype has died down, it's time for practical blockchain applications. Gartner was hesitant in its predictions for blockchain but stressed that in specific cases, firms can leverage blockchain technology to improve internal processes and ensure data security.

Blockchain is a network of interconnected peer-to-peer devices. This technology provides for the absence of central databases, as well as the lack of clearly defined locations where all data is stored. Use cases here are especially useful to the supply chain and real estate asset management sectors as well as in healthcare data management. Throughout the 2020s, advanced in blockchain technology will improve its usability and enterprise applications.



6. Progressive web Apps

We have to add progressive web applications to Gartner's software technologies. The growth of web-based solutions is a solid trend we could observe during the current year. It's no reason to think it's going to change in the coming decade.

On the contrary, in the long term, it's more probable that web apps will take a significant slice of market cake from mobile apps, and not vice versa. We believe it, even more, when we hear Google reps talking about focusing on expanding the features of the current browsers to let web applications achieve the same UX level as mobile apps.

Moreover, progressive web apps are easier to develop and maintain than native applications. They combine the best features of the web and mobile apps. What's more, they make use of the vast web ecosystem, plugins, and community.

Anjali
BCA I



Easy Ways to Reduce Paper Use

- **Create, edit, distribute, and store documents electronically**
 - Send and receive electronic faxes or fax-to-emails instead of paper faxes
 - Set up scanners to convert paper documents into electronic documents that can be searched and shared easily
 - Set up PDF software on all computers for creating electronic documents
 - Set up means of storing documents electronically instead of in filing cabinets. Saves space and makes it easier to locate documents in the future
 - Select and use on-screen editing tools in your electronic documents
 - Budget for multi-function or all-in-one machines. These will save on space, costs, energy and toxic production and end-of-life processes.



www.fppt.info

Did you Know?



One ton of recycled paper can save:

- 17 trees
- 380 gallons of oil
- three cubic yards of landfill space
- 4,000 kilowatts of energy
- 7,000 gallons of water!



**Please
Recycle
Here** 

Anshula
BCA I

Amisha
BCA I

Fear

We are feared not
by our own
by the god
by our religion

Plants which are bent
at the beginning will
grow at the same angle

Our fears are plants
bent at the beginning
we all are feared of
standing straight
it is not god fears us
it is not religion fears us
it is the one who wrongly
interpreted made us to
scare by our own vision

He had programmed you to
live in a world of delusion
of his terms and conditions

The Virtue of reality
The Virtue of being yourself
Is Buried alive
Is bent at the very beginning

Gagandeep Kaur
BCA I

Life is a Computer

Life is a computer
At times slow
And annoying with
Pop ups black outs
Viruses but also is
Very good with Facebook
Myspace twitter and you
Can get all your information
You can read a thousand
Books with a click of a mouse
Right at your finger tips
So there are always pop ups
But all you have to do is keep
Going and they will go away
Just remember that
Life is a computer

Anshula
BCA I

Amisha
BCA I



Technological Error

Technological Error

My computer got a virus
(I didn't know it could)

I gave it orange juice
(It just seemed like I should)

I put it in a chilly bath
(the way my mother would)

And now it won't wake up at all.
This isn't looking good.

Rippendeep Kaur
BCA III

Cyber Life

The little mouse is scrolling
As the ocean waves are rolling
And they beckon me to come down to the sea

The screen before me glowing
While outside the flowers growing
Have a fragrance that is calling out to me

The keyboard keeps me busy
At the same time I am dizzy
Yet the birdsongs out my window sound so sweet

While the gigabytes are loading
My poor eyeballs are exploding
And the circulation doesn't reach my feet

One last video, I say
then another makes its way
Interrupting my intentions to go out

One more minute, then I'll quit
One more hour, here I sit
I've forgotten just what life is all about

There is work and there is play
But somewhere along the way
All my play times are so few and far between

Push a button, L O L
While my spirit goes to hell
As I live my cyber life upon a screen

Tanya
BCA III





*Science
Section*

Editorial- Science Section

Millions saw the apple falling, but Newton asked “Why”.

Today, more than ever, the man of science is in the limelight. As human civilization faces an unprecedented situation, it is science which has held out some hope in the form of a possible solution. Researchers and Research labs, scientists, bio-technicians, bio-chemists, immunologists are working round the clock in all parts of the world, as various government and agencies provide guidelines to tackle the situation. Maybe, this will create and nurture a bright future generation of researchers who are motivated by today's happenings. However, the scientific temperament needs to be nourished from childhood. The right orientation at the right age can go a long way in igniting curiosity for science in a child. The education sector should function in such a way that young learners are provided not only theoretical knowledge, but enough practical activities across all ages. We are fortunate to be living in a part of the nation which prides itself in its educational institutions. Here, at Guru Gobind Singh College for Women, we seek to follow a well-balanced approach towards learning, incorporating theoretical, practical, co-curricular and extra-curricular methods.

Gyan Manik, the College magazine is one such venture in which students from all disciplines put forth their creative endeavours. In agreement with the above quote I take pleasure to acclaim that students have put across some amazing pieces of writings displaying their innovative ideas. The articles included in this addition are extremely simple but will surely stir the minds of the readers and take them to a new journey towards scientific world.

I wish all the readers a happy reading.

Dr Sujata Vohra
Editor, Science Section



Cooking with Chemistry

Cooking itself is really just Chemistry. Heating, freezing, mixing and blending are all processes used in the laboratory and kitchen. When we cook food, a myriad of different Physical and Chemical processes simultaneously take place to transform the ingredients involved. Carbohydrates are an interesting case study. Simple sugars combine with proteins in the Maillard Reaction, which is responsible for browning food when it's cooked. Add a little more heat and caramelization take over, while too much heat for too long leads to burnt flavours. So next time you hear someone say "I don't like to put chemicals into my body" feel free to chuckle.

Everything is made of chemicals. Even the human stomach also contains phosphoric acid (as well as hydrochloric acid) and this has a stronger pH value. Actually, apples and oranges have similar pH value to Coke and lemon juice is ten times now acidic. The acid character of food and drink combine with others chemicals to provide flavour. Chemistry is Everywhere.

**“WE, CHEMISTRY STUDENTS OFTEN SEEM TO BE CHEF IN
LABORATORY..... COOKING WITH CHEMICALS”**

Manshu Thakur
B Sc II



Incomplete Science

Love is a chemical reaction,
But it cannot be fully understood by Science
And though a body cannot exist without a soul
It too cannot be fully understood or defined by Science
Love is the most powerful form of energy,
But Science cannot decipher its elements,
Yet the best cure for a sick soul is LOVE,
But even the most advanced physician,
Cannot prescribe it as medicine.....

Tamanna Gupta
B Sc I

'Chemistry of Poetry'

Every poet is an ion

not an atom

Or a molecule.....

With some freed electrons

He comes in search of your Neurons

Where they join with your soul

To feel the zeal of Wonderful words.

Tamanna Gupta

B Sc I



Science in Pandemic: warrior behind the curtain

Last year in November corona virus struck the world and within no time it spread throughout as a result globalization. In these testing times, the entire humanity is behind bars. When nobody is allowed to move out, the corona warriors like doctors, security personnel, sanitation workers are fighting this pandemic on the frontline. They are fighting with the hope that one day sooner or later things will be better, and we will get a solution to this problem. Their hope is neither from God nor they are expecting some miracle to happen, their hope is from the God called science, and its messengers who are researchers or scientists trying to find the solution to this problem. When the whole world is on brake, the research is moving with its best momentum at full swing. The whole science fraternity is fighting this and contributing to the solution, the computational scientists are screening the molecules suitable for making drugs, the synthesis chemists are making them and the pharmacologists and the biologist are doing trials for drug testing. Not only the drugs but equipment for rapid testing and for preventing the spread of disease are also required. The engineers are also doing their best to provide these things which are cheap, accurate and fast. The whole world is looking towards science to let humanity out of this cage. Hopefully the day will come soon!

Ms Navjot Kaur

Department of Science

Education

For some it is a privilege
for others it's a right
The difference between Darkness
And a future that is Bright.

Some will think a burden
where others see a gift
The key to moving forward
And to give your life a lift.

If school is not your calling
Look beyond its doors
The world can be a teacher
Many adventures are in store.

As long as you feel learning
your education grows
That will lead to contributions
As you share the things you know ...

Meenakshi
B Sc I



Science Riddles

- What periodic element do pyromaniacs love the most?
-Arsenic
- What period of time has the least weight?
- A light year
- What is the most uninteresting of all the periodic elements ?
-Boron
- You can't see me, I can't be touched, you can't feel me, but I can cook your lunch!
-A Microwave particle

Preeti Dalal
B Sc II



Did You Know...

Researchers from the Indian Institute of Technology, Madras have shown that an active compound from the household spice Turmeric can kill the cancer cells. The research team lead by Rama Shanker Verma has published its work in Pharmacological Reports.

The researchers have found that treating Leukemia cells that cause cancer of the blood and bone marrow can be killed with Curcumin (an active compound found in Turmeric). The team chose Curcumin as it is known to inhibit carcinogenesis and induce apoptosis (the ability to program cell death) in various cancer cells. However, they added that the experiments were carried out with isolated cells, outside the human body. It is yet unclear if the same result can be obtained in vivo, that is inside the body.

The paper proved that a turmeric compound Curcumin has enhanced ability to counter the disease.

Anjali Choudhary
B Sc I

ਸੰਪਾਦਕੀ

ਨਵੀਆਂ ਕਲਮਾਂ ਦੇ ਨਾਂ ...

ਸਾਹਿਤ ਨਿਰੀ ਸ਼ਬਦਾਂ ਦੀ ਘਾੜਤ ਨਹੀਂ, ਨਾ ਹੀ ਇਹ ਨਿਰੋਲ ਮਨੁੱਖੀ ਭਾਵਾਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਹੈ। ਕਿਸੇ ਵੀ ਸਮੇਂ ਦਾ ਸਾਹਿਤ ਆਪਣੇ ਸਮੇਂ ਦੀਆਂ ਮੁਖਤਲਿਫ ਪ੍ਰਸਥਿਤੀਆਂ ਦੀ ਉਪਜ ਹੁੰਦਾ ਹੈ ਅਤੇ ਮੋੜਵੇਂ ਰੂਪ ਵਿੱਚ ਇਹਨਾਂ ਪ੍ਰਸਥਿਤੀਆਂ ਨਾਲ ਸੰਵਾਦ ਵੀ ਰਚਾਉਂਦਾ ਹੈ। ਸਾਹਿਤ ਦਾ ਮਨੋਰਥ ਮਨ-ਪਰਚਾਵੇਂ ਦੇ ਨਾਲ ਨਾਲ ਮਨੁੱਖ ਦੀ ਨਿੱਤ ਦੀ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਗੁੰਝਲਦਾਰ ਸਮੱਸਿਆਵਾਂ ਸੰਬੰਧੀ ਗਿਆਨ ਦੇਣਾ ਅਤੇ ਇਨ੍ਹਾਂ ਸਮੱਸਿਆਵਾਂ ਨਾਲ ਜੂਝਣ ਦੀ ਪ੍ਰੇਰਨਾ ਦੇਣਾ ਵੀ ਹੈ। ਇਸੇ ਲਈ ਜਿਵੇਂ ਜਿਵੇਂ ਸਮਾਜ ਵਿਕਾਸ ਕਰਦਾ ਹੈ ਉਵੇਂ ਉਵੇਂ ਸਾਹਿਤ ਵੀ ਵਿਕਾਸ ਕਰਦਾ ਹੈ। ਸਾਹਿਤ ਰਚਨਾ ਇੱਕ-ਦੂਜੇ ਨਾਲ ਜੁੜੇ ਰਹਿਣ ਅਤੇ ਮਨੁੱਖਤਾ ਨੂੰ ਜਿਉਂਦੀ ਰੱਖਣ ਦਾ ਵਿਲੱਖਣ ਸਾਧਨ ਹੈ। ਸਾਡੀ ਰਚਨਾ ਸਾਡੀ ਆਵਾਜ਼ ਹੋ ਨਿੱਬੜਦੀ ਹੈ। ਕਦੇ ਵੀ ਸਾਨੂੰ ਆਪਣੀ ਆਵਾਜ਼ ਨੂੰ ਦਬਾਉਣਾ ਨਹੀਂ ਚਾਹੀਦਾ। ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਹਮੇਸ਼ਾ ਹਵਾ ਵਾਂਗ ਰੁਮਕਦੇ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ ਜਿਵੇਂ ਪਾਣੀ ਹਮੇਸ਼ਾ ਵਹਿੰਦਾ ਹੀ ਚੰਗਾ ਲੱਗਦਾ ਹੈ, ਉਸੇ ਤਰ੍ਹਾਂ ਸਾਨੂੰ ਵੀ ਕਦੇ ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਬੰਨ੍ਹ ਕੇ ਨਹੀਂ ਰੱਖਣਾ ਚਾਹੀਦਾ। ਅਸਲ ਵਿੱਚ ਸਾਡੀ ਮੌਲਿਕ ਰਚਨਾ ਸਾਡੀ ਆਤਮਾ ਦਾ ਪ੍ਰਗਟਾਵਾ ਹੁੰਦੀ ਹੈ। ਹਰ ਵਿਅਕਤੀ ਦਾ ਆਪਣੇ ਆਪ ਨੂੰ ਸਮਝਣਾ ਅਜੋਕੇ ਸਮੇਂ ਦੀ ਮੰਗ ਹੈ। ਸਾਹਿਤ ਸਿਰਜਣਾ ਜਿੱਥੇ ਇਸ ਕੰਮ ਵਿੱਚ ਸਾਡੀ ਮਦਦ ਕਰਦੀ ਹੈ, ਉੱਥੇ ਨਾਲ ਹੀ ਸਾਨੂੰ ਸੁਹਿਰਦ ਅਤੇ ਸੁਚਾਰੂ ਸੋਚ ਦੇ ਮਾਲਕ ਵੀ ਬਣਾਉਂਦੀ ਹੈ।

ਅਜੋਕੇ ਸਮੇਂ ਦੀ ਭੱਜ-ਦੌੜ ਵਿੱਚ ਮਨੁੱਖ ਸਿਰਫ ਆਪਣੀਆਂ ਸਰੀਰਕ ਲੋੜਾਂ ਦੀ ਤ੍ਰਿਪਤੀ ਕਰਦਾ ਹੋਇਆ, ਪਦਾਰਥਕ ਚੀਜ਼ਾਂ ਹੀ ਇਕੱਠੀਆਂ ਕਰਦਾ ਰਹਿੰਦਾ ਹੈ। ਜਿਸ ਦੇ ਫਲਸਰੂਪ ਆਤਮਿਕ ਭੁੱਖ ਅਣਗੌਲਿਆਂ ਕਰਕੇ ਬੇਚੈਨ ਰਹਿੰਦਾ ਹੈ। ਸਾਹਿਤ ਸਿਰਜਣਾ ਦਾ ਨਿੱਘ ਸਾਡੀ ਆਤਮਿਕ ਭੁੱਖ ਦੀ ਤ੍ਰਿਪਤੀ ਕਰਦਾ ਹੋਇਆ ਸਾਡੀ ਰੂਹ ਦੀ ਖੁਰਾਕ ਹੋ ਨਿਬੜਦਾ ਹੈ। ਕਲਮ ਰਾਹੀਂ ਅੱਖਰਾਂ ਦੇ ਰੂਪ ਵਿੱਚ ਕਾਗਜ਼ ਦੀ ਬੁੱਕਲ ਵਿੱਚ ਇਨ੍ਹਾਂ ਨੂੰ ਜਨਮ ਦੇ ਕੇ ਜੋ ਖੁਸ਼ੀ ਮਿਲਦੀ ਹੈ ਉਹ ਲਿਖਤਾਂ ਨੂੰ ਪਿਆਰ ਕਰਨ ਵਾਲੇ ਅਤੇ ਆਪਣੇ ਮੌਲਿਕ ਵਿਚਾਰਾਂ ਤੇ ਪਹਿਰਾ ਦੇਣ ਵਾਲੇ ਮਨੁੱਖ ਹੀ ਸਮਝ ਸਕਦੇ ਹਨ।

ਸੋ ਪਿਆਰੇ ਵਿਦਿਆਰਥੀਓ, ਹਰ ਸਾਲ ਦੀ ਤਰ੍ਹਾਂ ਇਸ ਸਾਲ ਵੀ 'ਗਿਆਨ ਮਾਣਿਕ' ਦਾ ਸੰਪਾਦਕੀ ਮੰਡਲ ਅਤੇ ਪੰਜਾਬੀ ਵਿਭਾਗ ਤੁਹਾਡੇ ਸੁਨਹਿਰੇ ਭਵਿੱਖ ਦੀ ਕਾਮਨਾ ਕਰਦਾ ਹੋਇਆ ਉਸ ਵਾਹਿਗੁਰੂ ਅੱਗੇ ਅਰਜ਼ੋਈ ਕਰਦਾ ਹੈ ਕਿ ਤੁਸੀਂ ਜ਼ਿੰਦਗੀ ਦੇ ਸਫਰ ਵਿੱਚ ਨਿਰੰਤਰ ਅੱਗੇ ਵੱਧਦੇ ਜਾਵੋ, ਖੁਸ਼ੀਆਂ ਖੇਡੋ ਤੁਹਾਡੇ ਹਮੇਸ਼ਾ ਹੀ ਅੰਗ-ਸੰਗ ਰਹਿਣ।

ਮੈਂ ਉਨ੍ਹਾਂ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਤਹਿ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੀ ਹਾਂ ਜਿਨ੍ਹਾਂ ਨੇ ਵੱਡਮੁੱਲੀਆਂ ਰਚਨਾਵਾਂ ਦੇ ਕੇ 'ਗਿਆਨ ਮਾਣਿਕ' ਦੇ ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ ਨੂੰ ਪ੍ਰਫੁੱਲਤ ਕੀਤਾ ਹੈ। 'ਗਿਆਨ ਮਾਣਿਕ' ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਸਾਹਿਤਕ ਸੰਭਾਵਨਾਵਾਂ ਨੂੰ ਹੁਲਾਰਾ ਦੇਣ ਦੇ ਨਾਲ-ਨਾਲ ਉਨ੍ਹਾਂ ਦੀ ਸਰਵਪੱਖੀ ਪ੍ਰਤਿਭਾ ਦੀ ਪਹਿਚਾਣ ਵੀ ਕਰਵਾਉਂਦਾ ਹੈ। ਅਸਲ ਵਿੱਚ ਲਿਖਦੇ ਰਹਿਣਾ ਹੀ ਸਾਡੀਆਂ ਸੰਭਾਵਨਾਵਾਂ ਨੂੰ ਜਗਾਉਂਦਾ ਹੈ ਕਿਉਂਕਿ ਲਿਖਣਾ ਸਾਡੇ ਜਿਉਂਦੇ ਰਹਿਣ ਦੀ ਨਿਸ਼ਾਨੀ ਹੈ।

ਪ੍ਰੋ ਸੁਖਮੀਨ ਕੌਰ
ਪੰਜਾਬੀ ਵਿਭਾਗ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ

ਮੈਂ ਆਪਣੀ ਕਲਮ ਰਾਹੀਂ ਲਿਖੀਆਂ ਕਿੱਠੀਆਂ ਹੀ ਲਿੱਖਤਾਂ ਨੂੰ ਹਮੇਸ਼ਾ ਹੀ ਲਕੋ ਕੇ ਰੱਖਿਆ ਆਖਿਰਕਾਰ ਅੱਜ ਮੈਨੂੰ ਮੌਕਾ ਮਿਲਿਆ ਕਿ ਮੈਂ ਆਪਣੀ ਕਲਮ ਰਾਹੀਂ ਲਿਖੀਆਂ ਕੁਝ ਨਿੱਜੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਦਰਸਾਉਂਦੀਆਂ ਲਿੱਖਤਾਂ ਤੁਹਾਡੇ ਅੱਗੇ ਪੇਸ਼ ਕਰ ਸਕਾਂ। ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਮੈਂ ਆਪਣੇ ਆਪ ਨੂੰ ਬਹੁਤ ਖੁਸ਼-ਕਿਸਮਤ ਸਮਝਦੀ ਹਾਂ ਕਿ ਮੈਨੂੰ ਇਸ ਮੈਗਜ਼ੀਨ ਦੇ 'ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ' ਨੂੰ ਸੰਪਾਦਨ ਕਰਨ ਦਾ ਮੌਕਾ ਮਿਲਿਆ। ਬਹੁਤ ਸਾਰੇ ਸਾਥੀ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਦਰਜ ਕਰਨ ਲਈ ਦਿੱਤੀਆਂ। ਸਾਰੇ ਹੀ ਨੌਜਵਾਨ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀਆਂ ਸਾਹਿਤਕ ਰਚਨਾਵਾਂ ਰਾਹੀਂ ਸੱਚਾਈ ਨਾਲ ਆਪਣੇ ਦਿਲ ਦੀ ਅਵਾਜ਼, ਲੋਕਾਂ ਤੇ ਮਨੁੱਖਤਾ ਦੀ ਅਵਾਜ਼ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ ਦਾ ਯਤਨ ਕੀਤਾ ਹੈ। ਮੈਂ ਸਾਰੇ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਤਹਿ ਦਿੱਲੋ ਧੰਨਵਾਦ ਕਰਦੀ ਹਾਂ ਜਿੰਨ੍ਹਾਂ ਨੇ ਮੈਗਜ਼ੀਨ ਰੂਪੀ ਬਗੀਚੇ ਨੂੰ ਆਪਣੀਆਂ ਫੁੱਲਾਂ ਰੂਪੀ ਸਾਹਿਤਕ ਰਚਨਾਵਾਂ ਨਾਲ ਸ਼ਿੰਗਾਰਿਆ ਹੈ।

ਕਿਸੇ ਵੀ ਸਾਹਿਤਕ ਮੈਗਜ਼ੀਨ ਦਾ ਉਦੇਸ਼ ਹੁੰਦਾ ਹੈ ਕਿ ਉਹ ਪਾਠਕ ਦੀ ਸਾਹਿਤਕ ਭੁੱਖ ਜਾਂ ਤ੍ਰਿਪਤੀ ਮਿਟਾਵੇ। ਮੈਨੂੰ ਆਸ ਹੈ ਕਿ 'ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ' ਵਿੱਚ ਦਰਜ ਸਾਰੀਆਂ ਹੀ ਰਚਨਾਵਾਂ ਪਾਠਕਾਂ ਨੂੰ ਸਾਹਿਤਕ ਆਨੰਦ ਦੇਣਗੀਆਂ। ਮੇਰੀ ਸਾਰੇ ਹੀ ਸਾਥੀ ਵਿਦਿਆਰਥੀਆਂ ਅੱਗੇ ਇੱਕੋ ਹੀ ਅਪੀਲ ਹੈ ਕਿ ਕੁਝ ਅਜਿਹਾ ਕਰਨਾ ਕਿ ਕਾਲਜ ਅਤੇ ਮਾਪਿਆ ਦਾ ਨਾਂ ਰੋਸ਼ਨ ਹੋਵੇ। ਇਸ ਲਈ ਭਾਵੇਂ ਸਾਨੂੰ ਹਜ਼ਾਰਾਂ ਮੁਸ਼ਕਿਲਾਂ ਦਾ ਸਾਹਮਣਾ ਕਿਉਂ ਨਾ ਕਰਨਾ ਪਵੇ। ਇਸ ਲਈ ਜ਼ਿੰਦਗੀ ਨੂੰ ਖੁਸ਼ੀ-ਖੁਸ਼ੀ ਜਿਉਣਾ ਹੈ। ਜਿਵੇਂ ਕਿ ਮੈਂ ਆਪਣੀ ਕਲਮ ਰਾਹੀਂ ਲਿਖੀਆਂ ਹੋਈਆਂ ਸਤਰਾਂ ਤੁਹਾਡੇ ਅੱਗੇ ਪੇਸ਼ ਕਰ ਰਹੀ ਹਾਂ :

ਕਦੇ-ਕਦੇ ਹੱਸੋਂਦੀ ਤੇ ਕਦੇ-ਕਦੇ ਰੱਵੋਂਦੀ ਜ਼ਿੰਦਗੀ

ਕਦੇ-ਕਦੇ ਪਲਕਾਂ ਤੇ ਵੀ ਬਿਠੋਂਦੀ ਜ਼ਿੰਦਗੀ

ਪਰ ਕਦੇ-ਕਦੇ ਕੱਖਾਂ 'ਚ ਵੀ ਰੋਲ ਦਿੰਦੀ ਆ

ਕਦੇ-ਕਦੇ ਅੱਖਾਂ ਅੱਗੇ ਪਰਦੇ ਵੀ ਖੋਲ ਦਿੰਦੀ ਆ

ਹਿੱਕ ਠੋਕ ਜਿਉਣਾਂ ਅਸੀਂ ਰੋਜ਼-ਰੋਜ਼ ਨਹੀਉ

ਆਉਣਾ ਦੋਸਤੋ

ਜੇ ਇੱਕ ਵਾਰ ਤੁਰਗੇ ਫਿਰ ਕੀਹਨੇ ਇਸ ਜਾਮੇ

ਪਾਉਣਾ ਦੋਸਤੋ-2

ਅਸੀਂ ਕਿਤੇ ਵੀ ਹੋਈਏ ਕਾਲਜ ਦੀਆਂ ਯਾਦਾਂ ਸਦੀਵੀ

ਰੂਪ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਰਹਿਣਗੀਆਂ।

ਅੰਤ ਵਿੱਚ ਕੁਝ ਲਾਇਨਾ ਲਿੱਖ ਰਹੀ ਹਾਂ:-

ਕਾਲਜ ਦੀਆਂ ਯਾਦਾਂ ਕਦੇ ਭੁਲਾਈਆਂ ਨਹੀਂ ਜਾਣੀਆਂ।

ਬਹੁਤ ਸਿੱਖਿਆ, ਦੇਖਿਆ ਅਤੇ ਪਰਖਿਆ।

ਪਿਆਰੇ ਦੋਸਤਾਂ ਨਾਲ ਬਿਤਾਈਆਂ ਘੜੀਆਂ ਭੁਲਾਈਆਂ

ਨਹੀਂ ਜਾਣੀਆਂ।

ਸਾਡੇ ਮਾਰਗ ਦਰਸ਼ਕ ਬਣੇ ਅਧਿਆਪਕ ਇੱਥੇ ਉਹਨਾਂ
ਦੀਆਂ ਗੱਲਾਂ ਕਦੇ ਭੁਲਾਈਆਂ ਨਹੀਂ ਓ ਜਾਣੀਆ।
ਕਰ ਦੇਣਾ ਰੋਸ਼ਨ ਅਸਾਂ ਵੀ ਕਾਲਜ ਦਾ ਨਾਂ
ਕਿਉਂਕਿ ਮਨਜੋਤ ਮੁੜ-ਮੁੜ ਜ਼ਿੰਦਗੀ ਨੇ
ਇਹ ਸੁਨਹਿਰੀ ਵਾਰੀਆਂ ਨੀ ਦੇਣੀਆ।

ਮਨਜੋਤ ਕੌਰ ਭੁੱਲਰ
ਬੀਐਸਏ ਭਾਗ ਤੀਜਾ

ਪੈਸਾ

ਕਿਸੇ ਨੇ ਸਾਂਭਿਆ ਕਿਸੇ ਨੇ ਉਡਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਜਿੱਤਿਆ ਕਿਸੇ ਨੇ ਹਰਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਰੱਖਿਆ ਕਿਸੇ ਨੇ ਕਮਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਵਰਤਿਆ ਕਿਸੇ ਨੇ ਬਣਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਸੁੱਟਿਆ ਕਿਸੇ ਨੇ ਅਜਮਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਲੁੱਟਿਆ ਕਿਸੇ ਨੇ ਚੜਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਵੇਖਿਆ ਕਿਸੇ ਨੇ ਬਚਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਮੰਗਿਆ ਕਿਸੇ ਨੇ ਲੁਟਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਦੱਬਿਆ ਕਿਸੇ ਨੇ ਵਿਖਾਇਆ ਪੈਸਾ
ਕਿਸੇ ਨੇ ਖੋਇਆ ਤੇ ਕਿਸੇ ਨੇ ਗਵਾਇਆ ਪੈਸਾ
ਕਿਤੇ ਕੰਮ ਆਇਆ ਕਿਤੇ ਨਾ ਆਇਆ ਪੈਸਾ
ਥੋੜ੍ਹਾ ਥੋੜ੍ਹਾ ਸਭ ਨੇ ਦਿਲ ਨੂੰ ਲਾਇਆ ਪੈਸਾ

ਦਿਲਜੋਤ ਕੌਰ ਸੰਧੂ
ਬੀਏ ਭਾਗ ਤੀਜਾ

ਕੋਈ-ਕੋਈ

ਚੜ੍ਹਦੇ ਸੂਰਜ ਨੂੰ ਸਲਾਮਾਂ ਕਰਦੇ ਨੇ ਸਾਰੇ,
ਪਰ ਲਹਿੰਦੇ ਨੂੰ ਕਰਦਾ ਏ ਕੋਈ-ਕੋਈ।
ਪੱਥਰਾਂ ਦੀ ਪੂਜਾ ਤਾਂ ਕਰਦੀ ਹੈ ਦੁਨੀਆਂ,
ਇਨਸਾਨਾਂ ਦੀ ਕਰਦਾ ਏ ਕੋਈ ਕੋਈ।
ਦਿੰਦੀ ਹੈ ਝੂਠੇ ਦਾ ਸਾਥ ਅਕਸਰ ਦੁਨੀਆਂ,
ਪਰ ਸੱਚ ਨਾਲ ਖੜ੍ਹਦਾ ਏ ਕੋਈ ਕੋਈ।
ਵਸਦੇ ਉੱਜਾੜੇ ਹਰਦਮ ਇਹ ਦੁਨੀਆਂ,
ਪਰ ਉੱਜੜੇ ਵਸਾਉਂਦਾ ਏ ਕੋਈ-ਕੋਈ।
ਰੱਜਿਆਂ ਨੂੰ ਰੋਟੀ ਪੁੱਛਦੇ ਨੇ ਸਾਰੇ,
ਪਰ ਭੁੱਖੇ ਨੂੰ ਖਵਾਉਂਦਾ ਏ ਕੋਈ-ਕੋਈ।
ਕਰੇ ਝੁਕ-ਝੁਕ ਸਲਾਮਾਂ ਅਮੀਰਾਂ ਨੂੰ ਏ ਦੁਨੀਆਂ,
ਪਰ ਗਰੀਬਾਂ ਨੂੰ ਹਾਲ ਪੁੱਛਦਾ ਏ ਕੋਈ-ਕੋਈ।
ਤੁਰਦੇ ਨਾਲ ਕਦਮ ਮਿਲਾਉਂਦੀ ਏ ਦੁਨੀਆਂ,
ਪਰ ਡਿੱਗਦੇ ਨੂੰ ਉਠਾਉਂਦਾ ਏ ਕੋਈ-ਕੋਈ।
ਸੁੱਖਾਂ 'ਚ ਵਾਅਦੇ ਤਾਂ ਕਰਦੀ ਏ ਦੁਨੀਆਂ,
ਦੁੱਖਾਂ 'ਚ ਨਿਭਾਉਂਦਾ ਏ ਕੋਈ-ਕੋਈ।
ਇੱਕ ਦੋ ਕਦਮਾਂ ਤੱਕ ਤਾਂ ਤੁਰਦੇ ਨੇ ਸਾਰੇ,
ਸੰਗ ਉਮਰਾਂ ਤੀਕ ਨਿਭਾਉਂਦਾ ਏ ਕੋਈ-ਕੋਈ।

ਰਮਨਪ੍ਰੀਤ ਕੌਰ ਗਿੱਲ
ਪੰਜਾਬੀ ਵਿਭਾਗ

ਅੱਗ ਬਲਦੀ ਰਹੇ ਤਾਂ ਚੰਗਾ ਏ

ਅੱਗ ਬਲਦੀ ਰਹੇ ਚੰਗਾ ਏ
ਬੁੱਝ ਗਈ ਤਾਂ ਸਵਾਹ ਦਾ ਕੀ ਕਰੋਗੇ।
ਮੰਜ਼ਿਲ ਯਾਦ ਰਹੇ ਤਾਂ ਚੰਗਾ ਏ
ਭੁੱਲ ਗਈ ਤਾਂ ਰਾਹ ਦਾ ਕੀ ਕਰੋਗੇ।

ਅਰਜ
ਬੀਕਾਮ ਭਾਗ ਪਹਿਲਾ

ਕੁਝ ਅਪਣਾਈਏ, ਕੁਝ ਛੱਡੀਏ

ਆਓ 550 ਸਾਲਾ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਨੂੰ ਮਨਾਉਂਦੇ ਹੋਏ ਅਰਦਾਸ ਕਰੀਏ ਕਿ ਕੁਝ ਗੁਣ ਅਪਣਾਈਏ ਤੇ ਕੁਝ ਅਵਗੁਣ ਛੱਡੀਏ ਤਾਂ ਹੀ ਸਾਡਾ 550 ਸਾਲਾ ਗੁਰਪੁਰਬ ਮਨਾਇਆ ਸਫਲ ਹੈ।

ਅਪਣਾਈਏ	ਛੱਡੀਏ
ਗੁਰੂ ਮਾਨਿਓ ਗ੍ਰੰਥ	ਪਾਖੰਡੀ ਸਾਧ ਤੇ ਨਕਲੀ ਬਾਬੇ
ਦਸਾਂ ਨਹੁੰਆਂ ਦੀ ਕਿਰਤ	ਪਰਾਇਆ ਹੱਕ ਤੇ ਰਿਸ਼ਵਤਖੋਰੀ
ਨਿਤਨੇਮ ਤੇ ਸਹਿਜ ਪਾਠ ਕਰੀਏ ਤੇ ਵਿਚਾਰੀਏ	ਲੱਚਰ ਗੀਤ ਸੰਗੀਤ ਸੁਣਨਾ ਅਤੇ ਢੋਰਾਉਰਦ ਕਰਨਾ
ਕਿਰਤ ਕਰੋ, ਨਾਮ ਜਪੋ, ਵੰਡ ਛਕੋ	ਸ਼ੋਸ਼ਲ ਮੀਡੀਆ ਦੀ ਦੁਰਵਰਤੋਂ ਤੇ ਸਮੇਂ ਦੀ ਬਰਬਾਦੀ
ਕੇਸਾਂ ਦੀ ਸੰਭਾਲ	ਪਤਿਤਪੁਣਾ ਤੇ ਰੋਮਾਂ ਦੀ ਬੇਅਦਬੀ
ਵਾਤਾਵਰਣ ਦੀ ਦੇਖ-ਰੇਖ ਤੇ ਹਰਿਆਵਲ ਵਿੱਚ ਵਾਧਾ	ਪ੍ਰਦੂਸ਼ਣ ਤੇ ਗੰਦਗੀ ਫੈਲਾਉਣਾ
ਸੱਚ ਬੋਲੀਏ ਤੇ ਇਮਾਨਦਾਰ ਬਣੀਏ	ਝੂਠ ਤੇ ਬੇਇਮਾਨੀ
ਗੁਰੂ ਦੀ ਗੋਲਕ, ਗਰੀਬ ਦਾ ਮੂੰਹ ਅਤੇ ਲੋੜਵੰਦ ਦੀ ਮਦਦ	ਨਿੰਦਿਆ, ਚੁਗਲੀ, ਤੇ ਫੋਕੀ ਖੁਸ਼ਾਮਦ ਕਰਨੀ
ਮਨ ਨੀਵਾਂ ਤੇ ਮੱਤ ਉੱਚੀ (ਨਿਮਰਤਾ)	ਕ੍ਰੋਧ ਤੇ ਹਉਮੈ
ਉੱਚਾ ਸੁੱਚਾ ਜੀਵਨ	ਪਰਾਈ ਇਸਤਰੀ/ਪੁਰਸ਼ ਤੇ ਬੁਰੀ ਨਜ਼ਰ
ਮਿੱਠਾ ਬੋਲੀਏ ਤੇ ਸਰਬੱਤ ਦਾ ਭਲਾ ਮਨਾਈਏ	ਕੌੜਾ ਬੋਲਣਾ ਤੇ ਗਾਲਾਂ ਕੱਢਣੀਆਂ
ਨਸ਼ੇ ਦਾ ਤਿਆਗ ਤੇ ਸਮਾਜਿਕ ਜਾਗਰੂਕਤਾ	ਸ਼ਰਾਬ ਤੇ ਹੋਰ ਸਾਰੇ ਨਸ਼ੇ
ਪਾਣੀ ਦੀ ਸੰਭਾਲ	ਪਾਣੀ ਦੀ ਦੁਰਵਰਤੋਂ
ਪਰਿਵਾਰ ਤੇ ਬਜ਼ੁਰਗਾਂ ਦੀ ਸੰਭਾਲ ਤੇ ਪਿਆਰ ਸਤਿਕਾਰ	ਨਫਰਤ, ਲਾਲਚ, ਹੰਕਾਰ ਤੇ ਤੇਰੀ-ਮੇਰੀ ਦੀ ਭਾਵਨਾ
ਆਪਣੇ ਕੰਮ ਆਪਣੇ ਹੱਥੀਂ ਕਰਨਾ	ਆਲਸ ਕਰਨਾ ਤੇ ਹਰ ਕੰਮ ਲਈ ਦੂਜਿਆਂ ਤੇ ਨਿਰਭਰ ਹੋਣਾ
ਬੱਚਿਆਂ ਲਈ ਉਚੇਰੀ ਸਿੱਖਿਆ ਤੇ ਮੁਕਾਬਲੇ ਦੀ ਤਿਆਰੀ	ਮਾੜੀ ਸੰਗਤ, ਗ਼ਲਤ ਆਦਤਾਂ, ਗ਼ਲਤ ਖਾਣ-ਪੀਣ, ਦਾਜ, ਭਰੂਣ ਹੱਤਿਆ, ਲੋਕ-ਦਿਖਾਵਾ
ਸਾਦਾ ਜੀਵਨ, ਸਾਦੇ ਵਿਆਹ, ਸਾਦੇ ਭੋਗ।	ਦਾਜ, ਭਰੂਣ ਹੱਤਿਆ
ਨਾ ਕੋਈ ਚਿੰਤਾ, ਨਾ ਕੋਈ ਰੋਗ	ਲੋਕ-ਦਿਖਾਵਾ, ਫਜ਼ੂਲ-ਖਰਚੀ ਤੇ ਫੈਸ਼ਨ-ਪ੍ਰਸਤੀ

ਡਾ ਸਵਨੀਤ
ਸਾਈਕੋਲੋਜੀ ਵਿਭਾਗ

ਹਿੰਮਤ ਚਾਹੀਦੀ ਜਿਉਣ ਲਈ

ਖਾਰੇ ਹੰਝੂ ਪੀਣ ਦੀ
ਹੱਸ ਕੇ ਜਖਮ ਸੀਣ ਦੀ
ਮੌਤ ਤੋਂ ਭੈੜੀ ਜ਼ਿੰਦਗੀ ਨੂੰ
ਹੱਸ ਕੇ ਬਿਤਾਉਣ ਦੀ
ਵਾਧਾ ਕੀਤਾ ਹਰ ਕੋਈ
ਹੱਸ ਕੇ ਨਿਭਾਉਣ ਦੀ
ਭੁੱਲੇ ਭਟਕੇ ਦਿਲ ਨੂੰ
ਮੁੜ ਸਮਝਾਉਣ ਦੀ
ਉਂਝ ਜ਼ਿੰਦਗੀ ਤਾਂ ਅਉਖੀ ਨਹੀਂ
ਬੱਸ ਹਿੰਮਤ ਚਾਹੀਦੀ ਜਿਉਣ ਦੀ

ਰਵੀਨਾ
ਬੀਏ ਭਾਗ ਪਹਿਲਾ



ਟਾਕੀਆ ਵਾਲਾ ਕੁੜਤਾ

ਅੱਜ ਹਰਮਨ ਸਵੇਰ ਤੋਂ ਜਿੱਦ ਕਰ ਰਿਹਾ ਸੀ ਕਿ ਉਸਨੇ ਮੇਲੇ ਜਾਣਾ ਹੈ, ਕਿਉਂਕਿ ਉਸਦੇ ਦੋਸਤਾਂ ਨੇ ਉਸਨੂੰ ਮੇਲੇ ਬਾਰੇ ਦੱਸ-ਦੱਸ ਕੇ ਐਨਾ ਉਤਸੁਕ ਕਰ ਦਿੱਤਾ ਸੀ ਕਿ ਉਸਨੂੰ ਲੱਗਿਆ ਅੱਜ ਜੇਕਰ ਉਹ ਮੇਲਾ ਦੇਖਣ ਨਾ ਗਿਆ ਤਾਂ ਉਸਦੀ ਜ਼ਿੰਦਗੀ ਖਤਮ। ਉਸਦੀ ਮਾਂ ਉਸਨੂੰ ਟਾਲਣ ਲਈ ਕਦੇ ਕੋਈ ਤੇ ਕਦੇ ਕੋਈ ਬਹਾਨਾ ਲਾ ਰਹੀ ਸੀ। ਪਰ ਹਰਮਨ ਨੂੰ ਤਾਂ ਜਿਵੇਂ ਮੇਲੇ ਬਿੰਨਾਂ ਕੁਝ ਦਿੱਖ ਹੀ ਨਹੀਂ ਰਿਹਾ ਹੋਵੇ।

ਆਖਰ ਥੱਕ-ਹਾਰ ਕੇ ਉਸਦੀ ਮਾਂ ਨੇ ਕਿਹਾ ਚੱਲ ਮੈਂ ਤੈਨੂੰ ਮੇਲਾ ਵਿਖਾ ਲਿਆਉਂਦੀ ਹਾਂ ਪਰ ਜਾਣਾ ਤੈਨੂੰ ਤੁਰ ਕੇ ਹੀ ਪੈਣਾ।

ਹਰਮਨ ਮੰਨ ਗਿਆ। ਪਾਟੇ ਕੁੜਤੇ ਨੂੰ ਲੀਰਾਂ ਲਾ ਕੇ ਸਿਉਤਾਂ ਤੇ ਕੱਲ੍ਹ ਦਾ ਰੀਝ ਨਾਲ ਧੋ ਰੱਖਿਆ ਟਾਕੀਆਂ ਵਾਲਾ ਕੁੜਤਾ ਪਾ ਕੇ ਮਾਂ-ਪੁੱਤ ਮੇਲੇ ਨੂੰ ਤੁਰ ਪਏ। ਹਰਮਨ ਬਹੁਤ ਖੁਸ਼ ਸੀ ਪਰ ਉਸਦੀ ਮਾਂ ਫਿਕਰਾਂ ਦੀ ਮਾਰੀ ਪਈ ਸੀ ਕਿ ਬਿੰਨਾਂ ਪੈਸਿਆਂ ਤੋਂ ਉਹ ਉਸਨੂੰ ਲੈ ਕੇ ਕੀ ਦੇਵੇਗੀ। ਉਸਨੂੰ ਡਰ ਸੀ ਕਿ ਮੇਲੇ ਵਿੱਚ ਵੰਨ-ਸਵੰਨੀਆਂ ਚੀਜ਼ਾਂ ਦੇਖ ਕੇ ਹਰਮਨ ਉਹਨਾਂ ਨੂੰ ਖਰੀਦਣ ਦੀ ਜ਼ਿੱਦ ਨਾ ਕਰੇ। ਮੇਲੇ ਜਾਏ ਹਰਮਨ ਦੀਆਂ ਪੈੜਾ ਖੁਸੀ ਵਿੱਚ ਤੇ ਮਾਂ ਦੀਆਂ ਪੈੜਾਂ ਸੌਚਾਂ ਵਿੱਚ ਡੁੱਬੀਆ ਸਨ। ਅਖੀਰ ਉਹ ਮੇਲੇ ਵਾਲੀ ਜਗ੍ਹਾਂ ਤੇ ਪਹੁੰਚ ਗਏ। ਮੇਲੇ ਦੀ ਰੋਣਕ ਦੇਖ ਕੇ ਚੱਕਰ ਚੜ੍ਹੇ ਵੇਖਕੇ ਕੇ ਹਰਮਨ ਨੂੰ ਦੋਸਤਾਂ ਦੀਆਂ ਕਹੀਆਂ ਗੱਲਾਂ ਸੱਚੀਆਂ ਲੱਗੀਆਂ ਤੇ ਮਾਂ ਨੂੰ ਝੂਟੇ ਲੈਣ ਲਈ ਕਿਹਾ। ਮਾਂ ਨੇ ਕਿਹਾ ਇਹਦੇ ਨਾਲ ਚੱਕਰ ਆ ਜਾਣਗੇ ਅਤੇ ਤੂੰ ਅੱਜ ਤੱਕ ਕਦੇ ਨਹੀਂ ਚੜ੍ਹਿਆਂ। ਇਸ ਤਰ੍ਹਾਂ ਜਦੋਂ ਹੀ ਹਰਮਨ ਕੋਈ ਨਾਂ ਕੋਈ ਚੀਜ਼ ਲੈਣ ਬਾਰੇ ਬੋਲਦਾ ਮਾਂ ਕੋਈ ਨਾ ਕੋਈ ਬਹਾਨਾ ਲਗਾ ਦਿੰਦੀ। ਮਾਂ ਨੇ ਕਿਹਾ ਚੱਲ ਵਾਪਸ ਚੱਲੀਏ, ਮੈਂ ਤੈਨੂੰ ਖਾਣ ਲਈ ਚੀਜ਼ ਪਿੰਡ ਦੀ ਦੁਕਾਨ ਤੇ ਲੈ ਦੇਵਾਂਗੀ।

ਵਾਪਸੀ ਸਫ਼ਰ ਤੇ ਹਰਮਨ ਦਾ ਮੂੰਹ ਉਤਰਿਆ ਹੋਇਆ ਸੀ ਤੇ ਮਾਂ ਨੂੰ ਕੁਝ ਸਬਰ ਸੀ ਕਿ ਉਸਨੇ ਹਰਮਨ ਨੂੰ ਟਾਲ ਦਿੱਤਾ ਪਰ ਮਨ ਵਿੱਚ ਦੁਖੀ। ਇਨ੍ਹਾਂ ਸੋਚਾਂ ਵਿੱਚ ਉਸਦਾ ਪੈਰ ਪੱਥਰ ਨਾਲ ਜਾ ਲੱਗਿਆ ਤੇ ਉਸਦਾ ਬਣੂਆ ਡਿੱਗ ਪਿਆ। ਹਰਮਨ ਨੇ ਭੱਜ ਕੇ ਬਣੂਆ ਚੱਕਿਆ ਤੇ ਦੇਖਿਆ ਬਣੂਆ ਖਾਲੀ ਸੀ। ਹਰਮਨ ਨੇ ਇੱਕ ਪਲ ਲਈ ਮਾਂ ਵੱਲ ਦੇਖਿਆ ਤੇ ਸੋਚਿਆ ਕਿ ਮਾਂ ਐਵੇਂ ਨਹੀਂ, ਬਲਕਿ ਮੁਸੀਬਤਾਂ ਦੀ ਮਾਰੀ ਟਾਲੇ ਮਾਰ ਰਹੀ ਸੀ। ਉਸਦੀਆਂ ਅੱਖਾਂ ਵਿੱਚ ਅੱਥਰੂ ਸਨ, ਤੇ ਜਿਹੜੀ ਸੜਕ ਤੇ ਮਾਂ-ਪੁੱਤ ਚੱਲ ਰਹੇ ਸਨ ਉਹ ਬੁਰੀ ਤਰ੍ਹਾਂ ਟੁੱਟੀ ਹੋਈ ਸੀ। ਉਹ ਆਪਣੀ ਗ਼ਰੀਬ ਹਾਲਤ ਦਾ ਮੁਕਾਬਲਾ ਸੜਕ ਨਾਲ ਕਰ ਰਿਹਾ ਸੀ। ਉਹ ਆਪਣੇ ਮਨ ਵਿੱਚ ਕਹਿ ਰਿਹਾ ਸੀ ਕਦੇ ਸਾਡੇ ਵੀ ਦਿਨ ਚੰਗੇ ਆਉਣਗੇ ਤੇ ਇਸ ਟਾਕੀਆਂ ਵਾਲੀ ਸੜਕ ਦੇ ਵੀ। ਅਜੇ ਤੱਕ ਤਾਂ ਇਹ ਸੜਕ ਵੀ ਸਾਡੇ ਵਰਗੀ ਹੈ। ਇਹ ਕਹਿ ਕੇ ਉਸਨੇ ਆਪਣੀ ਮਾਂ ਦਾ ਹੱਥ ਘੁੱਟ ਕੇ ਫੜ ਲਿਆ ਜਿਵੇਂ ਉਹ ਮਾਂ ਦਾ ਮੇਲਾ ਦਿਖਾਉਣ ਦਾ ਧੰਨਵਾਦ ਕਰ ਰਿਹਾ ਹੋਵੇ। ਹੁਣ ਹਰਮਨ ਦੇ ਮਨ ਵਿੱਚ ਕੋਈ ਗੁੱਸਾ ਨਹੀਂ ਸੀ।

ਐਸ਼ਵੀਨ ਕੌਰ
ਬੀਐਸਸੀ ਭਾਗ ਤੀਜਾ



ਦੁੱਖ

ਦੁੱਖ ਦਰਦ ਤਾਂ ਮੇਰੇ ਮੁਕੱਦਰ ਵਿੱਚ,
ਮੈਂ ਸ਼ਿਕਵਾ ਕਰਕੇ ਕੀ ਕਰਦੀ?
ਜਦੋਂ ਜਿਉਣਾ ਆਇਆ ਮੈਨੂੰ ਨਾ,
ਮੈਂ ਮੌਤ ਵੀ ਮੰਗ ਕੇ ਕੀ ਕਰਦੀ?
ਜਦ ਅੰਤ ਜੁਦਾਈਆਂ ਪੈਣੀਆਂ ਸੀ,
ਤੇਰਾ ਸਾਥ ਵੀ ਮੰਗ ਕੇ ਕੀ ਕਰਦੀ?
ਤੂੰ ਪਿਆਰ ਦੀ ਕਿਸ਼ਤੀ ਡੁਬੋ ਚੱਲਿਆ,
ਮੈਂ ਤਰ ਕੇ ਵੀ ਕੀ ਕਰਦੀ?
ਜਦ ਤੂੰ ਹੀ ਅੱਥਰੂ ਪੁੰਝਣੇ ਨਹੀਂ,
ਮੈਂ ਅੱਖੀਆਂ ਭਰ ਕੇ ਵੀ ਕੀ ਕਰਦੀ?
ਏਥੇ ਲੱਖਾਂ ਹੀਰਾਂ ਫਿਰਦੀਆਂ ਨੇ,
ਮੈਂ ਸਾਹਿਬਾਂ ਬਣ ਕੇ ਕੀ ਕਰਦੀ.....?

ਮਨਪ੍ਰੀਤ ਕੌਰ
ਬੀਏ ਭਾਗ ਦੂਜਾ

ਅੱਖਾਂ

ਬੜਾ ਕੀਮਤੀ ਰੱਬੀ ਉਪਹਾਰ ਅੱਖਾਂ
ਸੋਹਣਾ ਮੁੱਖ ਤੇ ਸੋਹਣਾ ਸਿੰਗਾਰ ਅੱਖਾਂ।
ਬਿਨਾਂ ਅੱਖਾਂ ਤੋਂ ਘੁੱਪ ਹਨੇਰ ਦੁਨੀਆਂ
ਰੰਗ ਭਰ ਕੇ ਕਰਨ ਰੰਗਦਾਰ ਅੱਖਾਂ।
ਕਿਸੇ ਦੀ ਜ਼ਿੰਦਗੀ ਦੀ ਬੇੜੀ ਦੇਣ ਡਬੋ ਅੱਖਾਂ
ਤੇ ਕਿਸੇ ਨੂੰ ਜਾਣ ਤਾਰ ਅੱਖਾਂ।
ਰੋਮ-ਰੋਮ ਮਾਂ ਦਾ ਖਿੜ੍ਹ ਜਾਂਦਾ,
ਜਦ ਬੱਚਿਆਂ ਦਾ ਕਰਨ ਦੀਦਾਰ ਅੱਖਾਂ।
ਜਦੋਂ ਬੁੱਲ੍ਹਾ ਤੋਂ ਨੀ ਬੋਲੇ ਬੋਲ ਜਾਂਦੇ,
ਪਿਆਰ ਦਾ ਫਿਰ ਕਰਨ ਇਜ਼ਹਾਰ ਅੱਖਾਂ।
ਕੁੱਝ ਤੱਕ ਕੇ ਨੀਵੀਂ ਪਾ ਲੈਦੀਆਂ,
ਕੁੱਝ ਕਰਨ ਸੀਨੇ ਚੋ ਤੀਰ ਧਾਰ ਅੱਖਾਂ।
ਕਈਆਂ ਨੂੰ ਦੋਸਤ ਬਣਾਉਦੀਆਂ ਨੇ
ਤੇ ਕਈਆਂ 'ਚ ਕਰਾਉਣ ਤਕਰਾਰ ਅੱਖਾਂ,
ਪੜ੍ਹ ਲਿੱਖ ਪੈਰਾਂ ਤੇ ਜਦ ਖੜ੍ਹੀ ਹੋ ਗਈ,
ਨਾ ਫਿਰ ਝੁਕਾਉਗੀ ਕਦੇ ਮੁਟਿਆਰ ਅੱਖਾਂ,
ਜਦ ਧੀ-ਪੁੱਤ ਬਦਨਾਮੀ ਕਰਵਾ ਦੇਦੇ,
ਉਂਦੇ ਹੁੰਦੀਆਂ ਬਾਬਲ ਦੀਆਂ ਸ਼ਰਮਸਾਰ ਅੱਖਾਂ।

ਮਨਜੋਤ ਕੌਰ ਭੁੱਲਰ
ਬੀਐਸਸੀ ਭਾਗ ਤੀਜਾ



ਮਹਿਕ

ਆਪਣੇ ਆਪ ਵਿਚ ਕੈਦ ਸੀ ਉਹ ਪਰਿਵਾਰ ਤੋਂ ਟੁੱਟਿਆ ਤੇ ਦੋਸਤਾਂ ਤੋਂ ਛੁਟਿਆ, ਜ਼ਿੰਦਗੀ ਦਾ ਅੰਤ ਉਡੀਕਦਾ ਰਹਿੰਦਾ ਸੀ।

ਪਵਨ ਨਾਮ ਦਾ ਅੱਧਖੜ ਉਮਰ ਦਾ ਵਿਅਕਤੀ ਜਿਸਨੂੰ ਖੁਦ ਦੇ ਸਾਹਾਂ ਵਿਚੋਂ ਬਦਬੂ ਆਉਂਦੀ ਮਹਿਸੂਸ ਹੁੰਦੀ ਸੀ।

ਪਰਿਵਾਰ ਉਸਨੇ ਆਪ ਛੱਡ ਦਿੱਤਾ ਤੇ ਦੋਸਤਾਂ ਨੇ ਉਸਨੂੰ ਛੱਡ ਦਿੱਤਾ। ਬਹੁਤਾ ਪੜ੍ਹਿਆ ਲਿਖਿਆ ਨਾ ਹੋਣ ਕਰਕੇ ਕੋਈ ਨੌਕਰੀ ਉਸਦੇ ਵੱਸ ਦੀ ਗੱਲ ਨਹੀਂ ਸੀ।

ਮਾਤਾ-ਪਿਤਾ ਤਰਸ ਕਰਕੇ ਉਸਨੂੰ ਗੁਜ਼ਾਰੇ ਜੋਗੇ ਪੈਸੇ ਭੇਜਦੇ ਰਹਿੰਦੇ। ਪਿੰਡ ਤੋਂ ਬਾਹਰ ਉਸਨੇ ਇੱਕ ਮਕਾਨ ਕਿਰਾਏ ਤੇ ਲੈ ਲਿਆ ਸੀ। ਖਾਣਾ ਬਣਾਉਣ ਲਈ ਉਸਨੇ ਰੁਲਦੂ ਨਾਮ ਦਾ ਇੱਕ ਨੌਕਰ ਰੱਖਿਆ ਸੀ ਜੋ ਰੁੱਖੀ ਸੁਖੀ ਸਵੇਰੇ-ਸ਼ਾਮ ਬਣਾ ਕੇ ਚਲੇ ਜਾਂਦਾ ਸੀ।

ਪਵਨ ਮੰਜੇ ਤੇ ਪਿਆ ਆਪਣਾ ਅੰਤ ਉਡੀਕਦਾ ਰਹਿੰਦਾ। ਹਾਲਾਂਕਿ ਉਸਨੂੰ ਕੋਈ ਬਿਮਾਰੀ ਨਹੀਂ ਸੀ। ਚੰਗਾ-ਭਲਾ ਕਿਸਾਨ ਦਾ ਪੁੱਤ ਲੰਮਾ-ਜਵਾਨ ਜਿਵੇਂ ਉਮਰ ਰੋਲ ਰਿਹਾ ਸੀ।

ਉਸਨੂੰ ਜ਼ਿੰਦਗੀ ਜ਼ਹਿਰ ਤੋਂ ਵੀ ਕੌੜੀ ਲੱਗਦੀ। ਇੱਕ-ਦੋ ਵਾਰ ਉਸਨੇ ਖੁਦਕੁਸ਼ੀ ਕਰਨ ਦਾ ਯਤਨ ਕੀਤਾ ਜੋ ਕਿ ਅਸਫਲ ਰਿਹਾ।

ਹੁਣ ਉਹ ਕਿਸੇ ਨਾਲ ਗੱਲ-ਬਾਤ ਨਹੀਂ ਸੀ ਕਰਦਾ, ਘਰ ਤੋਂ ਬਾਹਰ ਵੀ ਨਹੀਂ ਨਿਕਲਦਾ। ਰੁਲਦੂ ਨੂੰ ਕਹਿ ਕੇ ਸਮਾਨ ਮੰਗਵਾ ਲੈਂਦਾ ਤੇ ਕੰਮ ਕਰਵਾ ਲੈਂਦਾ।

ਪਵਨ ਵਿਆਹ ਨਹੀਂ ਕਰਵਾਉਣਾ ਚਾਹੁੰਦਾ ਸੀ ਇਸੇ ਗੱਲ ਤੋਂ ਉਹ ਪਰਿਵਾਰ ਤੋਂ ਵੱਖ ਹੋਇਆ। ਪਿਉ ਦੇ ਬਾਰ-ਬਾਰ ਕਹਿਣ ਤੇ ਉਹ ਗੁੱਸੇ ਹੁੰਦਾ ਤੇ ਫਿਰ ਹੋਰ ਵੀ ਉਦਾਸ ਹੁੰਦਾ। ਫਿਰ ਇੱਕ ਦਿਨ ਫੈਸਲਾ ਕੀਤਾ ਉਹ ਖੁਦ ਘਰ ਛੱਡ ਕੇ ਤੁਰ ਗਿਆ।

ਨਵੇਂ ਦੋਸਤ ਬਣਾਉਣ ਲਈ ਵੀ ਉਸਦਾ ਮਨ ਨਹੀਂ ਮੰਨਦਾ ਸੀ ਅਤੇ ਪਿਆਰ ਭਾਵਨਾ ਜਾਗਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਉਹ ਉਸਦੀ ਭਰੂਣ-ਹੱਤਿਆ ਕਰ ਦਿੰਦਾ। ਉਹ ਜਿਉਣਾ ਹੀ ਨਹੀਂ ਸੀ ਚਾਹੁੰਦਾ। ਉਸਦੀਆਂ ਭਾਵਨਾਵਾਂ ਤੋਂ ਉਹ ਬਹੁਤ ਦੁਖੀ ਮਾਲੂਮ ਹੁੰਦਾ ਸੀ।

ਇਕ ਦਿਨ ਰੁਲਦੂ ਆਪਣੀ ਭਤੀਜੀ ਨੂੰ ਕੰਮ ਤੇ ਨਾਲ ਲੈ ਗਿਆ। ਆਪ ਕੰਮ ਕਰਦਾ ਤੇ ਭਤੀਜੀ ਨੂੰ ਪਵਨ ਕੋਲ ਖੇਡਣ ਲਈ ਛੱਡ ਦਿੰਦਾ। ਭਤੀਜੀ ਦਾ ਨਾਮ ਮਹਿਕ ਸੀ। ਮਹਿਕ ਦਾ ਪਵਨ ਨਾਲ ਲਗਾਵ ਹੋਣ ਲੱਗ ਗਿਆ ਪਰ ਪਵਨ ਨੇ ਮਹਿਕ ਪ੍ਰਤੀ ਆਪਣੀਆਂ ਭਾਵਨਾਵਾਂ ਦੀ ਵੀ ਭਰੂਣ ਹੱਤਿਆ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ।

ਪਰੰਤੂ ਮਹਿਕ ਵਿੱਚ ਉਸਦੇ ਨਾਮ ਵਾਲੇ ਸਾਰੇ ਗੁਣ ਸਨ। ਮਹਿਕ ਜੋ ਰੋਕਿਆ ਰੁਕਦੀ ਨਹੀਂ, ਦੱਬਿਆ ਦੱਬਦੀ ਨਹੀਂ ਅਤੇ ਮਾਰਿਆ ਮਰਦੀ ਨਹੀਂ। ਮਹਿਕ ਲਗਾਤਾਰ ਆਪਣਾ ਕੰਮ ਕਰਦੀ ਰਹੀ ਉਹ ਰੋਜ਼ਾਨਾ ਰੁਲਦੂ ਨਾਲ ਕੰਮ ਤੇ ਆ ਜਾਂਦੀ ਤੇ ਪਵਨ ਨਾਲ ਖੇਡਣ ਲੱਗ ਪੈਂਦੀ।

ਮਹਿਕ ਕੱਚੀਆਂ ਕਲੀਆਂ ਵਰਗੀ, ਕਣਕਾਂ ਹਰੀਆਂ ਵਰਗੀ, ਟਾਹਲੀ ਦੀਆਂ ਫਲੀਆਂ ਵਰਗੀ, ਧੁੱਪ 'ਚ ਪੈਂਦੀਆਂ ਕਣੀਆਂ ਵਰਗੀ, ਸੱਚ ਦੱਸਾਂ ਉਹ ਲਗਦੀ ਨਿਰੀ ਪਰੀਆਂ ਵਰਗੀ। ਮਹਿਕ ਚੰਚਲ, ਸੋਹਣੀ, ਸ਼ਰਾਰਤੀ ਤੇ ਸਿਆਣੀ ਵੀ।

ਮਹਿਕ" ਜਿਸਦੀ ਮਹਿਕ ਪਵਨ ਦੀਆਂ ਦਿਮਾਗੀ ਕਬਰਾਂ ਤੱਕ ਪਹੁੰਚਦੀ ਸੀ। ਮਹਿਕ" ਜਿਸਦੀ ਰੋਣਕ ਉਜਾੜਾਂ ਨੂੰ ਭਾਗ ਲਾਉਣ ਦਾ ਦਮ ਰੱਖਦੀ ਸੀ।

ਰੋਣਕ ਉਹ ਸ਼ਬਦ ਹੈ ਜੋ ਮਰੇ ਹੋਏ ਨੂੰ ਦੁਬਾਰਾ ਜਿਉਣ ਲਈ ਮਜ਼ਬੂਰ ਕਰਦਾ ਹੈ।

ਪਵਨ ਉਹੀ ਉਜਾੜ ਸੀ ਜਿਸ ਬੰਜਰ ਜ਼ਮੀਨ ਵਿੱਚ ਮਹਿਕ ਨਾਮ ਦਾ ਬੂਟਾ ਉਗਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰ ਰਿਹਾ ਸੀ। ਉਸ ਫੁੱਲ ਨੇ ਉਜਾੜ ਨੂੰ ਰੋਣਕ ਵਿੱਚ ਬਦਲ ਦਿੱਤਾ।

ਜੀ-ਹਾਂ ਪਵਨ ਵੀ ਮਹਿਕ ਨਾਲ ਲਗਾਵ ਰੱਖਣ ਲੱਗ ਪਿਆ ਸੀ। ਥੋੜੇ ਹੀ ਸਮੇਂ ਵਿੱਚ ਪਵਨ ਦਾ ਮਹਿਕ ਨਾਲ ਇੱਕ ਪਿਆਰਾ ਰਿਸ਼ਤਾ ਬਣ ਗਿਆ ਸੀ। ਮਹਿਕ ਜਦ ਪਵਨ ਦੇ ਕੋਲ ਹੁੰਦੀ ਉਹ ਉਸ ਨਾਲ ਖੇਡਦਾ, ਗੱਲਾਂ ਕਰਦਾ ਅਤੇ ਜਦ ਕੋਲ ਨਹੀਂ ਹੁੰਦੀ ਤਾਂ ਉਹ ਉਸਦੀ ਕਲਪਨਾ ਕਰਦਾ ਉਸਦੀ ਤੋਤਲੀ ਅਵਾਜ਼ ਉਸਦੇ ਕੰਨਾਂ ਨੂੰ 24 ਘੰਟੇ ਸੁਣਦੀ ਜਿਸ ਕਾਰਨ ਉਹ ਦੁਬਾਰਾ ਜਿਉਣਾ ਚਾਹੁੰਦਾ ਸੀ।

ਪਵਨ ਆਪਣੇ ਮਾਂ-ਪਿਓ ਨੂੰ ਮਹਿਕ ਨਾਲ ਮਿਲਾਉਣਾ ਚਾਹੁੰਦਾ ਸੀ। ਜਿਸ ਕਾਰਨ ਉਹ ਦੁਬਾਰਾ ਪਰਿਵਾਰ ਨਾਲ ਜੁੜ ਗਿਆ। ਉਹ ਹੁਣ ਦੋਸਤ ਵੀ ਬਣਾਉਣਾ ਚਾਹੁੰਦਾ ਸੀ ਕਿਉਂਕਿ ਜਦੋਂ ਮਹਿਕ ਉਸਨੂੰ ਆਪਣੇ ਦੋਸਤਾਂ ਦੀਆਂ ਗੱਲਾਂ ਦੱਸਦੀ ਤੇ ਉਹ ਬਹੁਤ ਖੁਸ਼ ਹੁੰਦਾ।

ਜਾਣੋ ਉਸਦੀ ਜ਼ਿੰਦਗੀ ਹੁਣ ਰੋਣਕ ਨਾਲ ਭਰ ਚੁੱਕੀ ਸੀ। ਮਹਿਕ ਨੇ ਉਸਨੂੰ ਕਬਰਾਂ ਵਿੱਚੋਂ ਹਲੂਣ ਦੇ ਉਠਾ ਦਿੱਤਾ ਸੀ। ਰੋਣਕ ਹੁਣ ਉਸਨੂੰ ਜਿਉਣ ਲਈ ਮਜ਼ਬੂਰ ਕਰਦੀ ਸੀ। ਉਸਨੂੰ ਜ਼ਿੰਦਗੀ ਬਹੁਤ ਖ਼ੁਬਸੂਰਤ ਲੱਗਣ ਲੱਗ ਪਈ।

ਕਿਸੇ ਦਾ ਤੁਹਾਡੇ ਨਾਲ ਜੁੜਣਾ ਉਸਨੂੰ ਖਾਸ ਬਣਾ ਦਿੰਦਾ ਹੈ ਤੇ ਤੁਹਾਨੂੰ ਵੀ ਗੂੜੀਂ ਨੀਦ ਚੋਂ ਉਠਾ ਦਿੰਦਾ ਹੈ।

ਪਵਨ ਕਦੀ ਗੂੜੇ ਖਿਆਲਾਂ ਵਿੱਚ ਪਿਆ ਸੋਚਦਾ " ਮੇਰੇ ਵਰਗੇ ਕਿੰਨੇ ਹੀ ਪਵਨ ਉਸ ਨਰਕ ਵਿੱਚ ਫਸੇ ਹੋਣਗੇ ਜਿੰਨਾਂ ਨੂੰ ਅਜੇ ਤੱਕ ਕੋਈ ਮਹਿਕ ਨਹੀਂ ਮਿਲੀ " ਉਹ ਸੋਚਦਾ ਹਰੇਕ ਦੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਮਹਿਕ ਦੀ ਜ਼ਰੂਰਤ ਹੈ।

ਮਹਿਕ" ਉਹ ਸੁਗੰਧੀ ਹੈ ਜੋ ਸਾਰੇ ਫੁੱਲਾਂ ਵਿੱਚੋਂ ਆਉਂਦੀ ਹੈ ਪਰੰਤੂ ਕੋਈ ਇੱਕ ਫੁੱਲ ਹੀ ਸਾਨੂੰ ਆਪਣੀ ਸੁਗੰਧੀ ਵੱਲ ਖਿੱਚਦਾ ਹੈ।

ਮਹਿਕ" ਮਾਂ ਹੋਵੇ, ਬੇਟੀ ਹੋਵੇ, ਦੋਸਤ ਹੋਵੇ ਜਾਂ ਮਹਿਬੂਬਾ ... ਮਹਿਕ ਤੋਂ ਬਿਨ੍ਹਾਂ ਜ਼ਿੰਦਗੀ ਹੀ ਅਧੂਰੀ ਰਹਿੰਦੀ ਹੈ ਜਾਂ ਸਮਝੋ ਇਸ ਤੋਂ ਬਿਨ੍ਹਾਂ ਉਜਾੜ ਹੋ ਜਾਂਦਾ ਹੈ। ਮਹਿਕ ਦੀ ਭਰੂਣ ਹੱਤਿਆ ਨਾ ਕਰੋ, ਮਹਿਕ ਤੁਹਾਡੀ ਹੱਤਿਆ ਰੋਕ ਸਕਦੀ ਹੈ।

ਗੁਰਵਿੰਦਰ ਕੌਰ
ਬੀਏ ਭਾਗ ਦੂਜਾ



ਮਾਪੇ

ਮਾਪਿਆਂ ਦਾ ਕਰਜ਼ ਕਿਵੇਂ ਚੁਕਾਵਾਂਗੇ?
ਮਾਪਿਆਂ ਦਾ ਦਿੱਤਾ ਕਦੇ ਨਾ ਮੋੜ ਪਵਾਂਗੇ।
ਮਾਪਿਆਂ ਨੇ ਬਹੁਤ ਪਿਆਰ ਦਿੱਤਾ
ਮਾਪਿਆਂ ਨੇ ਸੰਸਕਾਰ ਦਿੱਤੇ
ਮਾਪਿਆਂ ਨੇ ਹੀ ਹੁਣ ਤੱਕ ਸਹੀ ਦਿਸ਼ਾ ਦਿਖਾਈ।
ਮਾਪਿਆ ਦੇ ਸਿਰ 'ਤੇ ਹੀ ਮੌਜ ਉਡਾਈ।
ਮਾਪਿਆਂ ਨੇ ਬੜਾ ਲਾਡ ਲਡਾਇਆ
ਮਾਪਿਆ ਨੇ ਹੀ ਕਾਬਿਲ ਬਣਾਇਆ।
ਪੜ੍ਹ ਲੈਂਦੇ ਬੱਚਿਆਂ ਦਾ ਮਨ ਇਹ ਮਾਪੇ,
ਦੁੱਖ-ਸੁੱਖ ਵਿੱਚ ਨਿਭਾਉਂਦੇ ਸਾਥ ਇਹ ਮਾਪੇ,
ਹਰ ਮੁਸ਼ਕਿਲ ਵੇਲੇ ਢਾਲ ਨੇ ਬਣਦੇ ਇਹ ਮਾਪੇ,
ਸੁੱਖ ਹੀ ਦੇਣਾ ਲੋਚਣ ਇਹ ਮਾਪੇ,
ਦੁੱਖ ਦੇਖ ਬੱਚਿਆਂ ਦਾ ਰੋ ਪੈਂਦੇ ਇਹ ਮਾਪੇ,
ਹਰ ਪਲ ਸੁੱਖਾਂ ਦੀ ਦੇਣ ਦੁਆਵਾਂ ਇਹ ਮਾਪੇ,
ਮਾਪਿਆਂ ਨੂੰ ਭੁੱਲ ਕੇ, ਪਾਪ ਹੀ ਕਮਾਵਾਂਗੇ,
ਮਾਪਿਆਂ ਦਾ ਕਰਜ਼ ਨਾ ਕਦੇ ਚੁੱਕਾ ਪਾਵਾਂਗੇ।

ਅਲੀਸ਼ਾ
ਐਮਕਾਮ ਭਾਗ ਤੀਜਾ



ਔਰਤ ਦੀ ਦਸ਼ਾ

ਅੱਜ ਦੀ ਨਾਰੀ ਦਾ ਕੀ ਮੈਂ ਹਾਲ ਦੱਸਾਂ,
ਜੰਮਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ ਮਾਰ ਦਿੰਦੇ ਇੱਥੇ।
ਕੁੱਖ ਵਿੱਚ ਕਤਲ ਹੁੰਦੀਆਂ ਨੇ,
ਕੋਈ ਸੁਣਦਾ ਨੀ ਇੰਨਾ ਦੀ ਪੁਕਾਰ ਇੱਥੇ।
ਦਾਜ, ਦਹੇਜ ਵਾਲੀ ਬਲੀ ਵੀ ਬਹੁਤ ਚੜ੍ਹਦੀਆਂ
ਤੇਲ ਪਾ ਕੇ ਦਿੰਦੇ ਸਾੜ੍ਹ ਇੱਥੇ।
ਅੱਜ ਕੱਲ ਕੁੜੀ ਦੀ ਕੋਈ ਕਦਰ ਨਹੀਂ
ਭਾਵੇਂ ਜੰਮੀਆਂ ਸਾਹਿਬ ਕੌਰ, ਮਹਿਤਾਬ ਇੱਥੇ
ਪਰ ਫਿਰ ਵੀ ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ
ਕਰਦਾ ਏ ਔਰਤ ਨੂੰ ਬਰਬਾਦ ਇੱਥੇ
ਔਰਤ ਨੂੰ ਮਰਦ ਬਰਾਬਰ ਖੜ੍ਹਾ ਕਰਨਾ,
ਨੇਤਾ ਕਰਦੇ ਨੇ ਬੜਾ ਪ੍ਰਚਾਰ ਇੱਥੇ
ਉਸਨੂੰ ਕਿਉਂ ਮੰਦਾ ਆਖੀਐ
ਜਿਸ ਪੈਦਾ ਕੀਤੇ ਨਾਨਕ ਜਿਹੇ ਅਵਤਾਰ ਇੱਥੇ।
ਕੀ ਹੋਇਆ ਗੁਨਾਹ ਇਸ ਵਿਚਾਰੀ ਕੋਲੋ,
ਜਿਹਨੂੰ ਡੱਟ ਕੇ ਕਰਦੇ ਨੇ ਬਦਨਾਮ ਇੱਥੇ....।

ਸਿਮਰਨ

ਬੀਏ ਭਾਗ ਪਹਿਲਾ

ਪਾਰਟੀ ਟਿਕਟ

ਵਿਧਾਨ ਸਭਾ ਦੀਆਂ ਚੋਣਾਂ ਦਾ ਐਲਾਨ ਹੁੰਦਿਆਂ ਹੀ ਵਰਕਰ ਪਹੁੰਚ ਗਿਆ ਪਾਰਟੀ ਦਫਤਰ ਘੋੜੇ 'ਤੇ ਸਵਾਰ ਹੋ ਕੇ, ਪਾਰਟੀ ਪ੍ਰਧਾਨ ਕੋਲ ਐਮ.ਐਲ.ਏ. ਦੀ ਟਿਕਟ ਲੈਣ ਲਈ। ਅੱਗੋਂ ਪਾਰਟੀ ਦਾ ਪ੍ਰਧਾਨ ਬੋਲਿਆ, "ਭਾਈ ਟਿਕਟ ਜਾਂ ਤਾਂ ਮੇਰੇ ਰਿਸ਼ਤੇਦਾਰ ਨੂੰ ਮਿਲੂ 'ਤੇ ਜਾਂ ਫਿਰ ਜਿਹੜਾ ਵੀਹ ਲੱਖ ਰੁਪਏ ਪਾਰਟੀ ਫੰਡ ਦਿਉ।"

ਵਰਕਰ ਨੇ ਪ੍ਰਧਾਨ ਜੀ ਅੱਗੇ ਚਾਲੀ ਲੱਖ ਰੁਪਏ ਰੱਖਦਿਆਂ ਬੋਲਿਆ, "ਆਹ ਲਓ ਜੀ ਪਾਰਟੀ ਫੰਡ, ਇੱਕ ਟਿਕਟ ਮੈਨੂੰ 'ਤੇ ਇੱਕ ਟਿਕਟ ਮੇਰੇ ਘੋੜੇ ਨੂੰ ਦੇ ਦਿਉ। ਪਾਰਟੀ ਪ੍ਰਧਾਨ ਗੁੱਸੇ ਨਾਲ ਲਾਲ ਹੋ ਕੇ ਬੋਲਿਆ, "ਉਏ ਤੈਨੂੰ ਪਾਰਟੀ ਦੇ ਅਨੁਸ਼ਾਸਨ ਦਾ ਪਤਾ ਨਹੀਂ, ਸਾਡੀ ਪਾਰਟੀ ਵਿੱਚ ਸਿਰਫ਼ ਗਧੇ ਹੀ ਚੋਣ ਲੜ ਸਕਦੇ ਹਨ - ਹੋਰ ਜਾਨਵਰ ਨਹੀਂ।"

ਪੂਜਾ

ਬੀਏ ਭਾਗ ਦੂਜਾ

ਉਲਝ ਜੇ ਜਾਵਾਂਗੇ

ਰੋਜ਼-ਮਰਾਂ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ
ਉਠਾਂਗੇ, ਨਹਾਵਾਂਗੇ ਤੇ ਫਿਰ
ਕੰਮ ਤੇ ਜਾਵਾਂਗੇ।
ਲੰਬੀ ਚੌੜੀ ਲਿਸਟ ਘਰਦੇ
ਹੱਥ ਵਿੱਚ ਫੜਾਵਣਗੇ।
ਲਿਖੀਆਂ ਹੋਈਆਂ ਚੀਜ਼ਾਂ ਨੂੰ ਦਿਮਾਗ
ਵਿੱਚ ਰਟੀ ਜਾਵਾਂਗੇ।
ਇਹੀ ਆਂ ਜ਼ਿੰਦਗੀ ਸੱਜਣਾ ਤੇ
ਇਹਦੇ ਵਿੱਚ ਹੀ ਹੌਲੀ-ਹੌਲੀ
ਉਲਝੀ ਜਾਵਾਂਗੇ।

ਕਿੰਨਿਆਂ ਹੀ ਲੋਕਾਂ ਨੂੰ ਰੋਜ਼
ਆਪਣਾ ਸਮਝ ਸੀਨੇ ਨਾਲ ਲਾਵਾਂਗੇ।
ਉਹਨਾਂ ਵਿੱਚੋਂ ਪਤਾ ਨੀ ਕਿੰਨੇ
ਈ ਸਾਡੇ ਸੀਨੇ ਵਿੱਚ ਤੀਰ ਚਲਾਵਣਗੇ।
ਤੇ ਕਿੰਨੀਆਂ ਹੀ ਕੀਤੀਆਂ ਗਲਤੀਆਂ
ਦਾ ਭੁਗਤਾਨ, ਵਾਹਿਗੁਰੂ ਦੇ
ਦਰ ਤੇ ਜਾਕੇ ਕਰਾਵਾਂਗੇ।
ਇਸੇ ਤਰ੍ਹਾਂ ਹੀ ਹੌਲੀ-ਹੌਲੀ
ਜ਼ਿੰਦਗੀ ਦੇ ਝੱਮੇਲਿਆ 'ਚ
ਉਲਝੀ ਜਾਵਾਂਗੇ।

ਕਿੰਨਿਆਂ ਹੀ ਖਰਾਬ ਹੋਏ
ਰਿਸ਼ਤਿਆਂ ਵੱਲ, ਦੋਸਤੀ
ਦਾ ਹੱਥ ਵਧਾਵਾਂਗੇ।
ਰੁੱਸੇ ਹੋਏ ਯਾਰਾਂ ਨੂੰ ਮੁੜ
ਫਿਰ ਗੱਲ ਨਾਲ ਲਾਵਾਂਗੇ।
ਤੇ ਮੁੜ ਫਿਰ ਦਿਲ ਦੀਆਂ ਸਾਂਝਾਂ ਵਧਾਵਾਂਗੇ।
ਇਸੇ ਤਰ੍ਹਾਂ ਹੌਲੀ-ਹੌਲੀ ਉਲਝੀ
ਹੋਈ ਜ਼ਿੰਦਗੀ ਨੂੰ ਸੁਲਝਾਉਣ
ਦੀ ਕੋਸ਼ਿਸ ਕਰੀ ਜਾਵਾਂਗੇ।।

ਮਨਜੋਤ ਕੌਰ
ਬੀਐਸਸੀ ਭਾਗ ਤੀਜਾ

ਮਾਡਰਨ ਕੁੜੀਆਂ

ਪੰਜਾਬਣਾ ਸੀ ਸੋਹਣੀਆਂ ਦਲੇਰ ਕੁੜੀਆਂ
ਪੱਛਮੀ ਰਵਾਇਤਾਂ ਵੱਲ ਜਾਣ ਰੁੜੀਆਂ
ਗੁੱਤਾਂ ਵਿੱਚ ਅੱਜ ਰਹੀਆਂ ਨਾ ਪਰਾਂਦੀਆਂ
ਕੁੜੀਆਂ ਨੇ ਹੁਣ ਪੋਨੀਆਂ ਕਰਾਉਂਦੀਆਂ
ਘੱਗਰੇ ਫੁਲਕਾਰੀਆਂ ਹਵਾ 'ਚ ਉੱਡ ਗਏ
ਚਰਖੇ ਮਧਾਣੀਆਂ ਪੜਛੱਤੀ ਪੁੱਜ ਗਏ
ਘੁੰਡ 'ਚ ਨਾ ਹੁਣ ਸ਼ਰਮਾਉਣ ਚੁੰਨੀਆਂ
ਧਾਰਾਂ ਕੱਢਣ ਤੋਂ ਖਿਸਕਾਉਣ ਕੰਨੀਆਂ
ਗਿੱਠ ਗਿੱਠ ਲੰਮੀਆਂ ਹੀਲਾਂ 'ਤੇ ਭੁੱਲੀਆਂ,
ਜੁੱਤੀਆਂ ਪੰਜਾਬੀ ਨੇ ਇਹ ਪਾਉਣਾ ਭੁੱਲੀਆਂ
ਇਹਨਾਂ ਦੇ ਤੇ ਹੁਣ ਸੁਆਦ ਹੀ ਅਵੱਲੇ ਪਿਆਰੇ ਨੇ,
ਚੂਰੀ ਦੀ ਥਾਂ 'ਤੇ ਬਰਗਰ ਪੀਜ਼ੇ ਹੀ ਨਿਆਰੇ ਨੇ,
ਬਾਗ, ਫੁਲਕਾਰੀ, ਸੱਗੀ-ਫੁੱਲ ਵਿਸਰੇ,
ਜੀਨ, ਮਿੱਡੀ, ਟੌਪ ਦੇ ਨਮੂਨੇ ਨਿੱਸਰੇ,
ਫੈਸ਼ਨਾਂ ਨੇ ਇਹਨਾਂ ਦੇ ਤਾਂ ਘਰ ਪੱਟਤੇ,
ਮਾਪੇ ਅੱਜ ਇਨ੍ਹਾਂ ਨੇ ਲਿਆਂਦੇ ਵੱਟ 'ਤੇ।

ਮਨਪ੍ਰੀਤ ਕੌਰ
ਬੀਏ ਭਾਗ ਦੂਜਾ





*Hindi
Section*

सम्पादकीय

अभी-अभी हमने गुरु नानक देव जी का 550वां जन्मदिवस मनाया है। इसी वर्ष 'करतारपुर कॉरिडोर' का निर्माण भी पूर्ण हो गया। श्रद्धालुओं की वर्षों पुरानी इच्छा पूर्ण हो गई। इस उपलक्ष्य में महाविद्यालय में अनेक कार्यक्रम आयोजित किए गए। पिछले वर्ष 'ज्ञान माणिक' का अंक भी गुरु नानक देव जी को समर्पित किया गया। गुरु नानक देव जी के बारे में समाचार पत्रों, विभिन्न संगोष्ठियों में, विद्वानों की लेखनी तथा उनके मुख से बहुत कुछ पढ़ने-सुनने को मिला। गुरु जी के व्यक्तित्व ने मुझे अत्यन्त प्रभावित किया। परिवार से मिले संस्कार गुरु जी की वाणी के बहुत करीब लगे। विचार करने के अनन्तर मुझे अनुभव हुआ कि हमें गुरु जी वाणी से स्वयं को जोड़ने की अत्यन्त आवश्यकता है। आज के युग में भ्रम, अन्धविश्वास, गला काट प्रतियोगिता, धन की प्रधानता, नैतिक मूल्यों का ह्रास हो रहा है। ऐसे में गुरु जी के वाणी ही हमें इस भटकन से छुटकारा दिला सकती है।

असाधारण व्यक्तित्व के स्वामी गुरु नानक देव जी एक आध्यात्मिक विचारक थे। उन्होंने भूली-भटकी जनता को सही राह पर लाने का प्रयास किया। गुरु नानक देव जी के विचार किस प्रकार आज भी हमें शिक्षा दिखा सकते हैं, इसके लिए उनकी वाणी का मनन करने की आवश्यकता है।

सबसे पहले धर्म की बात करते हैं। आज विश्व के विभिन्न धर्म एक दूसरे को संदेह व नफ़रत की दृष्टि से देख रहे हैं। धर्म के नाम पर झगड़े, पाखण्ड तथा आडम्बर पहले से भी अधिक बढ़ गए हैं। अनेक तथाकथित धर्मगुरु तथा नेता अपने व्यक्तित्व स्वार्थों के लिए जन-सामान्य को गुमराह कर रहे हैं। यदि इन सबसे बचना है तो हमें एकेश्वरवाद की राह लेनी होगी। गुरु नानक देव 'जपजी साहिब' में ईश्वरीय अभिव्यक्ति इस प्रकार करते हैं-

सतिनाम करता पुरुख
निरभौ, निरवैर, अकाल मूरति
अजूनी सैभ, गुरु प्रसादि

अर्थात् ईश्वर एक है, वह सर्वव्यापक है, सत्य है, वही कर्ता है और वही संहारक है। वह निर्भय है। उसका कोई शत्रु नहीं। वह सबको एक सा प्यार करता है। वह समय और जन्म-मरण के चक्र से परे है। उसका कोई रूप नहीं है। वह अपना निर्माता स्वयं है और उसे गुरु की कृपा से प्राप्त किया जा सकता है।

यदि हम गुरु नानक द्वारा व्यक्त इस ईश्वरीय स्वरूप को स्वीकार कर लें तो सारे झगड़े समाप्त हो सकते हैं। क्योंकि सभी धर्म उसी एक प्रभु को ही पूजते हैं।

आज का मनुष्य सांसारिक प्रलोभनों तथा झमेलों में बुरी तरह फंस चुका है। अहंकार, दिखावा तथा भोगवाद मनुष्य को अपनी गिरफ्त में ले चुका है। धन ही व्यक्ति की हैसियत का पैमाना बन चुका है। गुरु नानक देव ने अमीर जागीरदार मलिक भागो के घर आयोजित भोज का निमन्त्रण टुकराकर एक गरीब बड़ई लालो के घर रुखा-सूखा भोजन स्वीकार किया। कारण, मलिक भागो अपने यहां काम करने वालों पर अत्याचार करता था और उनके खून - पसीने की कमाई को खाता था। दूसरी ओर भाई लालो मेहनत का धन खाता था। अतः स्पष्ट है कि असली संपत्ति, रूपये पैसे तथा गहने नहीं बल्कि गरीबों की सेवा में है। इस प्रकार गुरु नानक के जीवन से प्रेरणा लेकर हम सांसारिक प्रलोभनों से बाहर निकलने में सक्षम हो सकते हैं।

गुरु नानक जी के अनुसार ईश्वर को छोड़कर कुछ भी सत्य नहीं है अर्थात् हमारे आस-पास का संसार अस्थायी तथा नश्वर है।

आदि सचु जुगादि सचु,
है भी सचु नानक होसी भी सचु।

यदि हम इस तथ्य को समझ लें और गांठ बांध लें तो जीवन की इस आपाधापी तथा अन्धी भागदौड़ से बचा जा सकता है।

गुरु नानक देव जी सांसारिक परेशानियों से छुटकारा पाने के लिए उस ईश्वर का नाम जपने के लिए कहते हैं। उनके अनुसार इस तरह का ध्यान करने के लिए किसी प्रकार के कर्मकांड की आवश्यकता नहीं है। ईश्वर का ध्यान सुबह-

सुबह करना चाहिए ताकि सांसारिक उलझनें तथा नित्य कर्म व्यक्ति का ध्यान अपनी ओर न खींच सकें।
अमृत वेला सच नाउ, वडिआई विचारु

ध्यान के साथ ही उन्होंने कर्म को भी बहुत महत्व दिया। उनके अनुसार मनुष्य के कर्म ही निश्चित करते हैं कि वह पुर्नजन्म लेगा अथवा उसे मुक्ति प्राप्त होगी। इस मुक्ति प्राप्ति के लिए अहंकार, काम, क्रोध, लोभ तथा मोह को छोड़ना आवश्यक है। आज के भागमभाग भरे जीवन में यदि मनुष्य ध्यान और कर्म का सामंजस्य बिठा ले तो उसके कष्ट दूर हो सकते हैं।

गुरु नानक जी गुरु को बहुत महत्व देते हैं। उनका मानना है कि गुरु की कृपा से ही ईश्वर की प्राप्ति होती है। आज की इस व्यावसायिकता के दौर में गुरु शिष्य के संबंधों में पहले जैसा विश्वास नहीं रह गया। उनकी वाणी गुरुओं को इस व्यावसायिक दृष्टिकोण को बदलने तथा विद्यार्थियों को गुरु का आदर और सम्मान करने के लिए प्रेरित करती है।

गुरु नानक देव जी ने जन्म के कारण कुछ जातियों को निम्न मानने का विरोध किया। उनके अनुसार जन्म कभी अपवित्र नहीं हो सकता। उन्होंने नारी को ईश्वर के बराबर का दर्जा दिया है क्योंकि स्त्री के बिना इस धरती पर जन्म संभव नहीं है।

‘सो क्यो मंदा आखिए,
जितु जमे राजान’

इस प्रकार हम देखते हैं कि गुरु नानक देव आज से कई वर्ष पहले स्त्री समानता की आवाज ही उठा चुके थे। आज जब कन्या भ्रूण हत्या की समस्या हमारे सामने खड़ी है, लड़कियों को बोझ समझा जाता है। समाज में स्त्री पुरुष की संख्या में असंतुलन उत्पन्न हो गया है तब गुरु जी का आदेश शिरोधार्य करके इस समस्या का निदान संभव है।

गुरु नानक जी अहंकार का विरोध करते हैं। धन जोड़ने के स्थान पर जरूरतमंदों को देने की बात करते हैं।

‘नाम जपो, किरत करो, वंड छको’

गुरु जी द्वारा दिया गया एक ऐसा सूत्र है जिस पर आचरण करके व्यक्ति का जीवन सुखद हो सकता है।

गुरु नानक देव जी प्रकृति प्रेमी थे। वह उस ईश्वर को प्रकृति में देखते थे।

‘पवन गुरु पानी पिता, माता धरत महत्त’

कहकर उन्होंने मानव जीवन में प्रकृति के महत्व तथा संरक्षण की बात कही। आज जब वैश्विक ताप बढ़ रहा है; वायुमंडल परिवर्तित हो रहा है; हिमनद पिघल रहे हैं; पर्यावरण प्रदूषित हो रहा है; मानव अस्तित्व पर संकट के बादल मंडरा रहे हैं; ऐसे समय में गुरु जी की वाणी हमें रास्ता दिखाती है। प्रकृति को माँ तथा पिता का दर्जा देकर ही बचाया जा सकता है।

शिक्षा के विषय में गुरु नानक जी के विचार अत्यंत सुलझे हुए थे।

‘विद्या विचारी तां परोपकारी’

गुरु नानक के अनुसार यदि हम वास्तविक ज्ञान प्राप्त करना चाहते हैं तो परोपकार की भावना हमारे जीवन का लक्ष्य होना चाहिए। उन्होंने प्रत्येक धर्म स्थल के साथ विद्यालय खोलने पर बल दिया। आज की शिक्षा में वैज्ञानिक दृष्टि पर बल दिया जा रहा है। परंतु गुरु जी ने तो बहुत पहले ही इस बात को समझ लिया था। पवित्र जनेऊ पहनना, अपना पुरखों को पानी पहुंचाना आदि अनेक प्रथाओं को नए ढंग से देखने की दिशा दी। वह अंधभक्ति, अन्ध श्रद्धा तथा अन्ध अनुसरण का विरोध करते थे। उनके अनुसार शिक्षा बुद्धिमत्ता प्रदान करती है तथा विचारों में स्पष्टता लाती है। भ्रमण उनके जीवन का एक अनिवार्य अंग था। उनकी उदासियां आज विद्या अर्जन का एक महत्वपूर्ण तरीका मानी जाती हैं। वह तर्क और विचार-विमर्श को प्रोत्साहन देते थे। इस प्रकार हम देखते हैं कि गुरु नानक देव अपने समय से बहुत आगे चल रहे थे। आवश्यकता है उनकी वाणी की गहराई को समझकर अपने जीवन में ढालने की। यही उनके प्रति सच्ची श्रद्धांजलि होगी।

डॉ. आराधना
हिन्दी विभाग

मुहर्रम का इतिहास

मुहर्रम इस्लामी वर्ष यानी हिजरी सन् का पहला महीना है। हिजरी सन् का आगाज इसी महीने से होता है। इस माह को इस्लाम के चार पवित्र महीनों में शुमार किया जाता है। अल्लाह के रसूल हजरत ने इस मास को अल्लाह का महीना कहा है। साथ ही इस मास में रोजा रखने की खास अहमियत है। इस दिन अल्लाह के नबी हजरत नूह की किशती को किनारा मिला था। इसके साथ ही आशूरे के दिन यानी 10 मुहर्रम को एक ऐसी घटना हुई थी, जिसका विश्व इतिहास में महत्वपूर्ण स्थान है। यह घटना इराक स्थित कर्बला में हुई थी। इस घटना में हजरत मुहम्मद के नवासे (नाती) हजरत हुसैन को शहीद कर दिया गया था। करबला, इराक की राजधानी बगदाद से 100 किलोमीटर दूर उत्तर-पूर्व में एक छोटा सा कस्बा है। 10 अक्तूबर, 680 (10 मुहर्रम 61 हिजरी) को यहां एक युद्ध हुआ। इसमें एक तरफ 72 और दूसरी तरफ 40,000 की सेना थी। हजरत हुसैन की फौज के कमांडर अब्बास इब्ने अली थे। उधर यजीदी फौज की कमान उमर इब्ने सउद के हाथों में थी। हुसैन इब्ने अली, इब्ने अबी तालिब हजरत अली और पैगंबर हजरत मुहम्मद की बेटी फातिमा के पुत्र थे। जिनको करबला के मैदान में यजीद के हाथों शहीद कर दिया गया। मुहर्रम महीने के 10वें दिन को 'आशुरा' कहते हैं। इसी दिन यह घटना घटी थी। इस धर्म युद्ध में वास्तविक जीत हजरत इमाम हुसैन अ. की हुई। मुहर्रम इस्लाम धर्म में विश्वास करने वाले लोगों का एक प्रमुख त्यौहार है। इस माह की बहुत विशेषता और महत्व है। मुख्तलिफ हदीसों, यानी हजरत मुहम्मद के कौल (कथन) व अमल (कर्म) से मुहर्रम की पवित्रता व इसकी अहमियत का पता चलता है। ऐसे ही हजरत मुहम्मद ने एक बार मुहर्रम का जिक्र करते हुए इसे अल्लाह का महीना कहा। इसे जिन चार पवित्र महीनों में रखा गया है उनमें से दो महीने मुहर्रम से पहले आते हैं। यह दो मास हैं जीकादा व जिलहिज्ज। एक हदीस के अनुसार अल्लाह के रसूल हजरत मुहम्मद ने कहा कि रमजान के अलावा सबसे उत्तम रोजे वे हैं जो अल्लाह के महीने यानी मुहर्रम में रखे जाते हैं। यह कहते समय नबी-ए-करीम हजरत मुहम्मद ने एक बात और जोड़ी कि जिस तरह अनिवार्य नमाजों के बाद सबसे अहम नमाज तहज्जुद की है, उसी तरह रमजान के रोजों के बाद सबसे उत्तम रोजे मुहर्रम के हैं। इस्लामी यानी हिजरी सन् का पहला महीना मुहर्रम है। इस माह में अल्लाह की इबादत करनी चाहिए। जबकि पैगंबर इस्लाम (हजरत मुहम्मद) ने इस माह में खूब रोजे रखे और अपने साथियों का ध्यान भी इस तरफ आकर्षित किया। मुहर्रम की 9 तारीख को की जाने वाली इबादतों का भी बड़ा सबाब (फल) बताया गया है। हजरत मुहम्मद के साथी इब्ने अब्बास के मुताबिक हजरत मुहम्मद ने कहा कि जिसने मुहर्रम की 9 तारीख का रोजा रखा, उसके दो साल के गुनाह माफ हो जाते हैं तथा मुहर्रम के एक रोजे का सबाब (फल) 30 रोजों के बराबर मिलता है। अतः मुहर्रम के महीने में खूब रोजे रखने चाहिए। 12वीं शताब्दी में गुलाम वंश के पहले शासक कुतुब-उद-दीन-ऐबक के समय से ही दिल्ली में इस मौके पर ताजिये (मुहर्रम का जुलूस) निकाले जाते रहे हैं। इस दिन शिया मुसलमान इमामबाइं में जाकर मातम मनाते हैं और ताजिये निकालते हैं। भारत के कई शहरों में मुहर्रम में शिया मुसलमान मातम मनाते हैं लेकिन लखनऊ इसका मुख्य केंद्र रहता है। शोक प्रकट करने के लिए शिया मुसलमान अकेले में और सार्वजनिक रूप से अपने सीने को पीटते हैं, रोते हैं और इमाम हुसैन की याद में गीतों (मरसियों) को गाते हैं। सुन्नी मुसलमान केवल इस अवसर का स्मरण करते हैं। कुछ स्थानों पर अलम बिठाने का कार्य सुन्नी भी करते हैं। शिया लोग मुहर्रम में विवाह नहीं करते तथा इस महीने में पति-पत्नी संबंध नहीं बनाते। विवाह न करने की प्रथा सुन्नियों में भी रही है, परंतु वहाबी और उदारपंथी विचारधारा के तहत आजकल कई सुन्नी मुसलमान मुहर्रम में विवाह कर रहे हैं।

अजरा प्रवीण
बीए तृतीय वर्ष
छात्र सम्पादिका



कुछ तो शर्म कर ले

आज लिखती हूँ यह कविता सुनकर निर्भया की चीख,
“छोड़ दो मुझे” कहकर मांगी थी उसने भीख।
लोगों के लिए तो होगी वह सालों पुरानी बात पर,
असलियत में तो मरती है निर्भया, हर रात।
रात को क्यों कोसूँ दिन कहां कम है,
अखबार पढ़कर देखो तो हर तरफ वही गम है।
हर रोज निर्भया बनती है, हर रोज निर्भया मरती है,
शायद वह कमजोर सी आवाज़ कभी शिकायत भी करती है।
पर हमारे समाज में तो उत्तरदायी भी लड़की होती है,
किसी और की हवस की वजह से वो अपना सब कुछ खोती है।
अरे बेशर्मों, चलो मान लिया जवान लड़की पर नीयत तेरी फिसलती थी,
पर ये तो बता दे 8 साल की आसिफा की क्या गलती थी?
नहीं आई तुझे दया?
भोली सी मासूमियत पर न कर तू सितम
अब कुछ तो शर्म कर ले बेशर्म
आज लिखी थी यह कविता सुनकर निर्भया की चीख,
छोड़ दो मुझे कहकर मांग भी उसने भीख।

साक्षी दूबे
बीए प्रथम वर्ष

परशुराम भगवान् विष्णु के छठे अवतार

परशुराम त्रेता युग में एक ब्राह्मण थे। उन्हें विष्णु का छठा अवतार भी कहा गया है। पौराणिक वृत्तान्तों के अनुसार उनका जन्म महर्षि जमदग्नि द्वारा किए गए पुत्रेष्टि यज्ञ से प्रसन्न देवराज इन्द्र के वरदान स्वरूप माता रेणुका के गर्भ से हुआ था। जमदग्नि का पुत्र होने के कारण इन्हें जामदग्न्य नाम भी दिया गया। शिवजी ने इन्हें परशु दिया था। उस परशु को धारण करने के कारण यह परशुराम कहलाए। वह शस्त्र विद्या के महान गुरु थे। उन्होंने भीष्म, द्रोण व कर्ण को शस्त्र शिक्षा प्रदान की थी। परशुराम अहंकारी और घृष्ट हैहयवंशी क्षत्रियों का पृथ्वी से 21 बार संहार करने के लिए प्रसिद्ध हैं। वे धरती पर वैदिक संस्कृति का प्रचार-प्रसार करना चाहते थे। कहा जाता है कि भारत के अधिकांश ग्राम उनके द्वारा बसाए गए हैं, जिनमें कोंकण, गोवा एवं केरला शामिल हैं। पौराणिक कथा के अनुसार भगवान् परशुराम ने तीर चला कर गुजरात से

लेकर केरल तक समुंद्र को पीछे धकेल कर नई भूमि का निर्माण किया। इसी कारण कोंकण, गोवा और केरल में परशुराम वंदनीय हैं। वे पशु-पक्षियों की भाषा समझते थे और उनसे बात कर सकते थे। यहां तक कि कई खूंखार पशु भी उनके स्पर्श मात्र से उनके मित्र बन जाते थे। उन्होंने सैन्य शिक्षा केवल ब्राह्मणों को ही दी। लेकिन भीष्म और कर्ण इसका अपवाद हैं।

श्रीमद्भागवत् में एक कथा है कि गन्धर्वराज चित्ररथ को अप्सराओं के साथ विहार करता देख हवन हेतु गंगा तट पर जल लेने गई रेणुका आसक्त हो गयी और कुछ देर तक वहीं रुक गई। हवन काल व्यतीत हो जाने से क्रुद्ध मुनि जमदग्नि ने अपनी पत्नी को व्यभिचार करने के दण्डस्वरूप सभी पुत्रों को माता रेणुका के वध की आज्ञा दी। अन्य भाईयों द्वारा ऐसा न करने पर पिता ने अपने तपोबल से उन्हें पत्थर की मूर्ति में परिवर्तित कर दिया इसके पश्चात परशुराम ने उनकी आज्ञानुसार माता का सिर काट दिया। उनकी इस पितृ भक्ति के कारण जब पिता ने उन्हें वर माँगने को कहा तो परशुराम ने उन सभी को पुनर्जीवित होने एवं उनके द्वारा वध किए जाने सम्बंधी स्मृति नष्ट हो जाने का वर माँगा।

शिल्पा
बीए तृतीय वर्ष

याद

यादों का हमारे जीवन में महत्वपूर्ण स्थान है। अगर हम विभिन्न वस्तुओं, घटनाओं, व्यक्तियों को याद न रख पायें तो हमारा अस्तित्व खतरे में पड़ जाता है। उर्दू शायरी में 'याद' कवियों का मनपसंद विषय है। अपनी महबूबा की याद में उन्होंने बेतहरीन शेर लिखे हैं। यहां 'याद' पर कुछ चुनिन्दा शेर प्रस्तुत हैं।

उजाले अपनी यादों के हमारे साथ रहने दो,
न जाने किस गली में जिन्दगी की शाम हो जाए।

-बशीर बद्र

गरज की काट दिए जिन्दगी के दिन ऐ दोस्त,
वो तेरी याद में हों या तुझे भुलाने में।

-फिराक गोरखपुरी

तुमने किया न याद कभी भूलकर हमें,
हमने तुम्हारी याद में सब कुछ भुला दिया

- बहादुरशाह जफ़र

तुम्हारी याद के जब ज़ख्म भरने लगते हैं,
किसी बहाने तुम्हें याद करने लगते हैं।

- फैज़ अहमद फैज़

दिल धड़कने का सबब याद आया,
वो तेरी याद थी अब याद आया।

- नसीर काजमी

याद रखना ही मुहब्बत में नहीं है सब कुछ,
भूल जाना भी बड़ी बात हुआ करती है।

- जमाल अहसानी

जिस को तुम भूल गए याद करे कौन उसको,
जिस को तुम याद हो वो और किसे याद करे।

- जोश मल्लिसयानी

जरा सी बात सही तेरा याद आ जाना,
जरा सी बात बहुत देर तक रुलाती थी।

- नासिर काजमी

उनका ग़म, उनका तसव्वुर, उन की याद,
कट रही है जिन्दगी आराम से।

- महशर इनायती

याद करना हर घड़ी उस यार का,
है वजीफ़ा मुझ दिले बीमार का।

- वली मुहम्मद वली

कर रहे थे गमे जहां का हिसाब,
आज तुम याद बेहिसाब आए।

- फैज़ अहमद फैज़

तुमने किया न याद कभी भूलकर हमें,
हमने तुम्हारी याद में सब कुछ भुला दिया।

- बहादुरशाह जफ़र

निशा
बीए द्वितीय वर्ष



धाम अतुल्य धरोहर

जिस प्रकार किसी स्थान की पारंपरिक वेशभूषा, भाषा और कला में उसकी सांस्कृतिक झलक दिखती है उसी प्रकार भारत के विभिन्न प्रान्तों के विशिष्ट व्यंजन भी लोकप्रिय हैं। हिमाचल प्रदेश अपने पारंपरिक भोज के लिए प्रसिद्ध है जिसे स्थानीय भाषा में 'धाम' कहा जाता है। पुराने समय में धाम भगवान को भोग लगाने के लिए बनवाया जाता था। इस परंपरा का प्रत्यक्ष रूप आज भी विवाह, मेलों, त्यौहारों तथा मृत्यु के उपरांत आयोजित भोज के रूप में देखा जा सकता है।

इसकी शुरुआत हिमाचल प्रदेश के प्रसिद्ध राजा जयस्तंभ के समय में हुई थी। उन्हें कश्मीरी व्यंजन बेहद पसंद आया। उन्होंने अपने रसोइयों को उससे मिलता जुलता शाकाहारी विस्तृत भोज बनाने का आदेश दिया। इस प्रकार हिमाचली भोज आरंभ हुआ। यह हिमाचल की सभ्यता का महत्वपूर्ण अंग बन गया।

यह भोज केवल ब्राह्मण श्रेणी के लोगों द्वारा ही बनाया जाता है, जिन्हें 'बोटी' कहते हैं। ये खानदारी रसोइये होते हैं जो सदियों से इसी काम में माहिर होते हैं। इन्हें विशेष मान सम्मान दिया जाता है। यह भोजन चूल्हों पर बनाया जाता है तथा दोपहर के भोजन में परोसा जाता है।

धाम बनाने के लिए तांबे और पीतल के बर्तनों का प्रयोग किया जाता है, बड़े तांबे के घड़े जैसे बर्तनों को 'चरोटी' कहा जाता है। यह भोज समाज में एकता का अनूठा उदाहरण प्रस्तुत करता है। बर्तन धोने, सब्जी काटने, चटाइयां बिछाने, मंदिर साफ करने तक सभी कार्य अत्यंत कुशलतापूर्वक मिल-जुलकर सम्पन्न किए जाते हैं। इस भोज में सभी लोग एक साथ बैठते हैं और समाप्त होने पर ही उठते हैं। फिर उस स्थान की सफाई करते हैं।

धाम में बनाए जाने वाले व्यंजन अलग-अलग स्थानों पर एक-दूसरे से भिन्न होते हैं। इसके मुख्य व्यंजन हैं- चावल, मदरा, दाल, कढ़ी, खट्टा और मीठा। हर व्यंजन का अपना अद्वितीय स्वाद होता है। मदरा एक प्रकार की कढ़ी है जो धीमी आंच पर पीतल के बर्तनों में पकाई जाती है। यह घी और दही से बनाई जाती है। इसके विभिन्न प्रकार हैं- सेपू कढ़ी, काला चना, सफेद चना और गुच्ची मदरा। बाकी सभी व्यंजन भी अपने में अनूठे हैं। हिमाचल के विभिन्न प्रान्तों में यह भिन्न-भिन्न नामों से विख्यात है, जैसे चम्बा में चम्बाली धाम, कांगड़ा में कांगड़ी धाम, कुल्लू में कुल्वी धाम, मण्डी में मंड्याली धाम इत्यादि। यह सभी व्यंजन बिना, प्याज और लहसुन के बनाए जाते हैं। यह अनूठा धाम हिमाचल की सभ्यता की झलक प्रस्तुत करता है।

डॉ रोहिणी अरोड़ा
गृह विज्ञान विभाग

लंकापति रावण

दशानन ने अपने तप से न केवल ब्रह्मा और शिव को प्रसन्न किया बल्कि वह वेदों का ज्ञाता भी था। परंतु उस प्रकांड ज्ञानी के सारे गुण उसके अहंकार के आगे गौण होकर उसके अंत का कारण बने। आइए जानें, लंकापति रावण से संबंधित कुछ रहस्यमयी बातें। रावण को रंभा नामक अप्सरा से श्राप मिला था कि वह किसी भी स्त्री से उसकी मर्जी के बिना संबंध बनाएगा तो उसके सिर के टुकड़े-टुकड़े हो जाएंगे और उसकी मृत्यु हो जाएगी। जिसके कारण रावण ने कभी भी माता सीता के साथ बल का प्रयोग नहीं किया।

रावण एक ऋषि पिता और राक्षसी माता का पुत्र था। जन्म के समय रावण बहुत डरावना था। उसके पिता प्रथम बार देखने पर डर गए थे। बाल्मीकि रामायण में वर्णन है कि रावण के रथ में घोड़े नहीं अपितु गधे जुते हुए थे।

कहा जाता है कि रावण ने देवलोक की विजय के पश्चात यमलोक पर आक्रमण किया था। ब्रह्मा जी के वरदान के कारण रावण ने यमराज को पराजित करके यमलोक पर विजय प्राप्त की थी और नर्क भोग रही आत्माओं को अपनी सेना में सम्मिलित कर लिया था।

धन के देवता कुबेर रावण के सौतेले भाई थे। रावण ने कुबेर से युद्ध करके लंका पर अधिकार कर लिया था। रावण ने कुबेर के सिर पर प्रहार करके उसे घायल कर दिया और ताकत से उसका पुष्पक विमान ले लिया था।

रावण को ज्योतिष का भी ज्ञान था। उन्होंने अपने पुत्र को अजेय बनाने हेतु नवग्रहों को आदेश दिया था कि वे मेघनाथ की कुंडली में सही बैठें। शनिदेव ने जब उनकी बात नहीं मानी तो रावण ने उन्हें बंदी बना लिया था।

रावण के दरबार से बाहर सभी देवता और दिग्पाल हाथ जोड़कर खड़े रहते थे। हनुमान जी जब लंका गए थे तो उन्होंने उन्हें रावण के बंधन से मुक्ति दिलाई थी।

रावण की अशोक वाटिका में एक लाख से अधिक अशोक के वृक्ष थे। इसके अतिरिक्त दिव्य पुष्प और फलों के पेड़ भी थे। कहा जाता है कि यहीं से राम भक्त हनुमान आम लेकर भारत आए थे।

रावण की नाभि में अमृत था जिसके कारण उसका एक सिर कटने के पश्चात दूसरा सिर आ जाता था और वह जीवित हो जाता था।

1825-1850 में रावण के कुछ चित्र मिलते हैं जिनमें रावण के दस सिरों के ऊपर गधे का सिर बनाया गया है। गधे का सिर प्रतीकात्मक रूप में रावण के हठ तथा अज्ञानता का घोटक है।

सुरभि
बीए तृतीय वर्ष



शिक्षक

आदर्शों की मिसाल बनकर,
बाल जीवन संवारता शिक्षक।
सदाबहार फूल सा खिलकर,
महकता और महकाता शिक्षक।
संचित ज्ञान का धन हमें देकर,
खुशियां खूब मनाता शिक्षक।
जीवन के घने अंधेरों में,
रोशनी दिखाता है शिक्षक।
सिर्फ किताबी ज्ञान नहीं,
जीवन जीना सिखाता है शिक्षक।
जब बंद हो जाएं सब दरवाजे,
नया रास्ता दिखाता है शिक्षक॥

कल्पना पोखरल
बीए तृतीय वर्ष

‘चल बंदेया’

अपने अंदर के गुण को पहचान बनाकर लाना है,
चल बंदेया, अब तो कुछ करके दिखाना है।

खुद के अंदर की ताकत को पहचानना है,
हम जीतेंगे एक दिन, इस सोच को अपनाना है।

पैसा, अय्याशी, रिश्ते ये सब सुकून का झूठा दिलासा है,
असल कामयाबी तो खुद को इसके काबिल बनाना है।

अकेले हो तो खुद को खुद ही बहलाना है,
चल बंदेया अब तो कुछ करके ही दिखाना है।

अपने अंदर की शक्ति को जीत की खातिर जगाना है,
हार देखने की हिम्मत रख अपना हमदर्द खुद को बनाना है।

सकारात्मक सोच रख रोशनी का दीपक जलाना है,
सुख-दुख हर हाल में हौसला लिए मुस्कुराना है।

बढ़ता चल आगे यह मुश्किल समय एक दिन ढल जाना है,
चल बंदेया अब तो कुछ करके ही दिखाना है।

अलीशा
बीकॉम तृतीय वर्ष

मंजिल

सोचने से मंजिल नहीं मिलती,
मंजिल को पाने की कोशिश कर।
गिर जाएगा तो निराश मत होना,
गिर कर उठने का हौसला रख।
दिल से चाहेगा तो मंजिल को अवश्य पायेगा,

पान से जुड़े रोचक तथ्य

क्या आप जानते हैं:-

1. ऐसा माना जाता है कि भगवान शिव तथा पावती ने मिलकर हिमाचल के एक पहाड़ पर पान का पहला बीज बोया था। उसके बाद से ही पान के पत्ते को एक पवित्र पत्ता माना गया और हिन्दु रस्मों में इसका इस्तेमाल आरंभ हुआ। पूजा हो या अन्य कोई शुभ कार्य पान के पत्तों को उसमें जगह मिली।
2. रामायण में जब हनुमान लंका की अशोक वाटिका में सीता को श्री राम का संदेश देते हैं तो सीता प्रसन्न होकर भेंट के रूप में हनुमान को कुछ देना चाहती हैं। उनकी दृष्टि पान के पत्तों पर पड़ती है। वह उन्हें एकत्रित कर एक माला पिरोती है और वह माला वह हनुमान को भेंट करती है। इसी कारण हनुमान जी को पान के पत्ते अर्पित करने का रिवाज आरंभ हुआ।
3. महाभारत में पान के पत्ते को यज्ञ की एक बहुत ही महत्वपूर्ण सामग्री के रूप में दर्शाया गया है। ऐसा माना जाता है कि महाभारत का युद्ध जीतने के पश्चात अर्जुन द्वारा यज्ञ शुरू करने से पहले पंडित ने पान के पत्ते मांगे। अर्जुन ने बहुत खोजा परंतु उसे आस-पास पान के पत्ते नहीं मिले। ऐसा कहा गया है कि अर्जुन को पान के पत्ते लेने के लिए नागलोग जाना पड़ा। जब वहां के राजा की अनुमति के बाद अर्जुन पान के पत्ते लेकर आया तो यज्ञ सम्पन्न हो पाया।
4. कहते हैं कि एक रानी पान खा रही थी। उसने पान खाते खाते दीवार पर थूक दिया। वह दीवार चूने से पुती थी। पान के छींटे पड़ते ही दीवार का वह हिस्सा लाल हो गया जहां छींटे पड़े थे। इस घटना के बाद से पान में कत्थे के साथ चूना भी लगाया जाने लगा।
5. पेरिस में एक भारतीय संगीत सम्मेलन हो रहा था। इस सम्मेलन में संगीतकार बार-बार उगलदान में पान की पीक मार रहे थे। सुबह वहां के अखबारों में खबर छपी कि भारतीय कलाकारों ने इतना अच्छा गाया बजाया कि खून उगलने लगे।
6. सन् 1298 में मार्को पोलो ने लिखा था, “राजा और धनी लोग इन पत्तों को कपूर और अन्य सुगन्धित मसालों से तैयार कराते हैं।”
7. सन् 1617 में एक योरोपीय को शिकायत थी कि भारतीय दिन का अधिकतर समय बातें बनाने और पान खाने में बिताते हैं।
8. अंग्रेजों की विजय के बाद दक्षिण में पान के व्यापार पर ईस्ट इंडिया कंपनी का एकाधिकार हो गया था।
9. भारत में युद्ध पर जाने से पहले रानी राजा को आरती के साथ पान का बीड़ा खिलाती थी।
10. बिहार में एक उक्ति प्रसिद्ध है, “तुम्हें मगही पान की तरह संभालकर पाला है”, मगही पान कम पानी में सूख जाता है, और अधिक में गल जाता है इसलिए उसे बार-बार उलटना पलटना पड़ता है।
11. पान का पत्ता एक आयुर्वेदिक औषधि है। यह खाना खाने के बाद खाया जाता है। इससे लार बनती है जो पाचन के लिए लाभदायक होती है। इसे खाने से मुँह से खुशबू भी आती है। प्रीति भोज के बाद पान खिलाने का प्रचलन था जिस मुख शुद्धि भी कहा जाता है।
12. आज पान का जो रूप मिलता है उसे मुगलों ने आरंभ किया था, अर्थात पान में चूना, कत्था, इलायची तथा लौंग आदि डालना।
13. मुगलकाल में उत्तरप्रदेश के मोहाब में पान को पैसे के तौर पर प्रयोग किया जाता था। मुगल काल में मोहाब के लोगों से भूमिकर न लेकर उनसे पान के पत्ते लिए जाते थे।
14. नूरजहाँ ने पान का सौन्दर्य प्रसाधन के रूप में प्रयोग करना आरंभ किया। अपने ओठों पर लाली लाने के लिए इसका प्रयोग करती थी।

मेरी प्यारी माँ

तेरे ही आँचल में निकला बचपन,
तुझसे ही तो जुड़ी है हर धड़कन।
कहने को तो माँ सब कहते,
पर मेरे लिए तो है तू भगवन।
माँ बिन जीवन है अधूरा,
खाली-खाली सूना-सूना।
खाना पहले हमें खिलाती,
बाद में वह खुद है खाती।
हमारी खुशी में खुश हो जाती,
दुख में हमारे आँसू बहाती।
कितने खुशनसीब हैं हम,
पास हमारे है माँ।
होते बदनसीब वे कितने,
जिनके पास न होती माँ।
वह माँ ही है जिसके रहते,
जीवन में कोई गम नहीं होता।
दुनिया साथ दे या न दे,
पर माँ का प्यार,
कभी कम नहीं होता॥

कल्पना पोखरल
बीए तृतीय वर्ष



गुरु नानक देव की दृष्टि में ईश्वरीय अनुभूति का मार्ग

भारत की पावन धरती पर कई सन्त महात्मा अवतरित हुए जिन्होंने धर्म से विमुख सामान्य मानव में अध्यात्म की चेतना जगाकर उसका नाता ईश्वरीय मार्ग से जोड़ा है। ऐसे ही एक अलौकिक अवतार गुरु नानक देव का आगमन ऐसे युग में हुआ जो इस देश के इतिहास में सबसे अंधेरे युगों में से था।

धर्म थोथी रस्मों और रीतिरिवाजों का नाम बनकर रह गया था। उत्तर भारत के लिए यह समय कुशासन और अफरा तफरी का था। सामाजिक जीवन में भ्रष्टाचार था। धार्मिक क्षेत्र में द्वेष तथा कशमकश का दौर था। यह द्वेष केवल विभिन्न धर्मों में ही नहीं था अपितु एक ही धर्म के विभिन्न संप्रदायों में आपसी खींचतान चलती रहती थी। इस कारण विभिन्न संप्रदायों में कट्टरता तथा वैर विरोध की भावना उत्पन्न हो चुकी थी। उस समय समाज की स्थिति बहुत खराब थी। ब्राह्मणवाद ने अपना एकाधिकार बना रखा था। गैर ब्राह्मणों को वेद शास्त्र पढ़ने से हतोत्साहित किया जाता था। निम्न जातियों के लिए तो इन्हें पढ़ना वर्जित था। गुरु नानक देव जी ने इस ऊँच नीच का विरोध करते हुए जपुजी साहिब में कहा है:-

नानक उत्तम नीच न कोई

अर्थात् - ईश्वर की दृष्टि में कोई छोटा-बड़ा नहीं होता।

समाज में समानता का नारा देने के लिए नानक ने कहा 'ईश्वर हमारा पिता है' जब हम एक पिता एकस के हम वारिस बन जाते हैं तो पिता की निगाह में जात-पात का सवाल ही उत्पन्न नहीं होता।

अवल अल्लाह नूर उपाया कुदरत के सब बंदे,

एक नूर ते सब जग उपजया को भले को मंदे।।

उनके लिए कोई हिन्दु अथवा मुसलमान नहीं था। वे ईश्वर को सर्वोच्च सत्ता मानते थे। वह सबके साथ मिलकर रहने का संदेश देते थे। वह मानते थे कि सृष्टि के प्रत्येक कण में उस ईश्वर का निवास है, इसलिए किसी से घृणा या पक्षपात करना अनुचित है।

गुरु नानक मानते थे कि ईश्वर को प्राप्त करने का एकमात्र उपाय आत्मसमर्पण है। धन दौलत, कर्मकांडों से उसे प्राप्त नहीं किया जा सकता। जब आप निर्लिप्त होकर जग में रहेंगे, उस परम-पिता की इच्छानुसार जीवन व्यतीत करेंगे तभी उसे पा सकेंगे।

वे ईश्वर को सृष्टि का कर्ता तथा संचालक मानते थे। उनका कहना था कि ईश्वर एक है, वह सनातन है, सर्वव्यापक है, अजर अमर है। उस दिव्यज्योति में सौंदर्य, प्रेम, न्याय, परमानंद आदि गुण विद्यमान हैं। मानव के शरीर में विद्यमान आत्मा उस परमात्मा का अंश है।

वे आध्यात्मिक विकास के पाँच सोपान मानते थे।

प्रथम - 1) धर्म खण्ड अर्थात् निष्ठा पूर्वक कर्म कराने का सोपान। 2) ज्ञान खण्ड नामक सोपान में मनुष्य को ईश्वर की महानता का ज्ञान होता है। 3) शर्म खण्ड में भक्त का मन पवित्र हो जाता है। 4) कर्म खण्ड नामक सोपान में पहुँचने पर भक्त को अच्छे कर्मों का फल मिलता है। उसे ईश्वरीय कृपा तथा वास्तविक आध्यात्मिक शक्ति मिल जाती है। 5) सच खण्ड में मनुष्य ईश्वरीय क्षेत्र में प्रवेश करता है। ईश्वर की कृपा द्वारा ही उस ईश्वर को अनुभव किया जा सकता है।

गुरु नानक संन्यास के विरोधी थे। उनके अनुसार इस समाज में रहकर भी मुक्ति प्राप्त की जा सकती है। उसके लिए जंगलों या गुफाओं में जाकर रहने की आवश्यकता नहीं है। उन्होंने स्वयं भी एक साधारण गृहस्थ का जीवन व्यतीत किया। उन्होंने समाज में रहते हुए जीवन व्यतीत किया।

गुरु नानक विनम्रता का प्रतीक थे। वह स्वयं को ईश्वर का सेवक अथवा दास कहते थे। मानवता की सेवा को वह ईश्वर की सेवा मानते थे। वह सदा अहंकार का त्याग करने का संदेश देते थे। गुरु नानक जी विचारों की अहिंसा तथा वाणी की अहिंसा का समर्थन करते थे। अर्थात् किसी के बारे में बुरा न सोचें। किसी के कार्य में बाधा न डालें। अपने बारे में बुरा बोलने वाले को माफ कर दें।

भजन तथा नामस्मरण को वह बहुत महत्व देते थे। इनके द्वारा मनुष्य ईश्वर रूपी सागर में डुबकी लगा सकता है तथा उससे एकाकार कर सकता है। नानक प्रार्थना को बहुत महत्व देते थे। उनका ईश्वर प्राप्ति का मार्ग अत्यंत सरल है। उसे पाने के लिए सेवा और समर्पण की आवश्यकता है। वह किसी विशेष जाति वर्ग की बपौती नहीं है।

वह अपने समय में प्रचलित, तंत्र-मंत्र, छुआ-छूत, पित्त-पूजा आदि की कटु आलोचना करते थे। पित्त पूजा का विरोध करते हुए उन्होंने जीते जी माँ-बाप की सेवा करने का संदेश दिया। पितरों को भोजन अर्थात् माता-पिता की मृत्यु के बाद उन्होंने भोजन करवाने की प्रथा का विरोध किया।

वह ईमानदारी तथा मेहनत करके उदरपूर्ति का संदेश देते थे। मेहनत से कमाए धन में से जरूरतमंदों को कुछ हिस्सा देने की वकालत करते थे।

अतः स्पष्ट है गुरु नानक देव जी के व्यक्तित्व में एक सामान्य व्यक्ति और एक महान आध्यात्मिक चिंतक का अदभुत मिश्रण मिलता है। वे नवी भी थे लोकनायक भी। वे साधक भी थे, उपदेशक भी, कवि भी थे और ढादी भी, गृहस्थ भी थे और पर्यटक भी।

दीपिका
बीए तृतीय वर्ष



पिता

जीवन मे सही गलत का अंतर समझाते हैं आप,

जिन्दगी के हर अंधेरे में दीपक की तरह रोशनी भी दिखाते हैं आप,

अगर बंद हो जायें सब दरवाजे,

नया रास्ता दिखाते हैं आप,

एक नयी राह पर चलने का,

मकसद देते हैं आप,

सिर्फ किताबों का मतलब नहीं,

जीवन जीना सिखाते हैं आप,

आप ही से सीखा है मैंने,

आपसे ही सब कुछ जाना और समझा है मैंने,

आप ही को गुरु माना है मैंने,

आप ही को गुरु माना है मैंने॥

क्षमा बंसल
बीकॉम तृतीय वर्ष

बस कुछ दिन और

जिन्दगी के किसी न किसी मोड़ पर कभी न कभी हमें हमारी कुछ गलतियों का अहसास होता है, कभी देर से होता है, तो कभी जल्दी। कुछ गलतियाँ सुधारी जा सकती हैं और कुछ का सिर्फ पछतावा होता है। इस रंगीन दुनिया में आकर अकसर लोग मोह-माया के जाल में फँस जाते हैं। ऐसा ही कुछ हुआ था सेठ धनीराम के साथ। उसने अपनी पूरी जिन्दगी धन एकत्रित करने में लगा दी। धन के अलावा उसे किसी चीज की सुध-बुध नहीं रहती थी। न अपने परिवार की न किसी रिश्ते की और न ही खुद की।

उसकी आदतें जैसे हर चीज में कंजूसी करना। किसी दुकानदार से सामान लेना और उसे उसके आधे पैसे देना, हर किसी पर चिल्लाना, बीमार पड़ने पर कभी दवा न लेना और चंद पैसों के लिए किसी से भी लड़ पड़ना। यही कारण था, जिसकी वजह से हर कोई उससे परेशान था। जब भी उसके बेटे उसे समझाने की कोशिश करते वह हमेशा उन्हीं पर क्रोधित हो जाता था और धमकी देने लगता था कि वे उसके मुताबिक नहीं चलेंगे तो उन्हें अपनी जायदाद में से फूटी कौड़ी भी नहीं देगा। परिवार वाले भी क्या करते उसको कुछ समझाने की कोशिश करना तो जैसे दीवार में सिर मारने के जैसा था। कुछ समय बाद जब उसके बेटों की शादी हुई तो उसने लड़की वालों के साथ खूब छल-कपट किया। उसने ज्यादा से ज्यादा पैसे लड़की वालों के ही खर्च करवाये। नई नई परंपराओं के नाम पर उनसे हीरों के हार, कपड़े, गहने, मोटरकार सब कुछ निकलवा लिया। यहां तक की बैंड-बाजे के पैसे भी लड़की वालों को ही देने को कहा यह कह कर कि हमारे यहाँ ऐसा ही होता है।

जब कभी बहुओं को कुछ देने की बारी आई तो साफ मना करते हुए कहा कि हमारे यहां ऐसी कोई परंपरा नहीं है। इस विवाह के कारण उसने रिश्तेदारी में खुद को खूब अपमानित करवा लिया था। उसे लगता था कि किसी को उसके छल-कपट समझ नहीं आते पर ऐसा नहीं था। हर कोई उसकी आदतों से बेहद परेशान था पर संयम के अलावा परिवार वालों के पास और कोई चारा भी नहीं था। अपनी तेज रफ्तार के साथ समय बीतता गया और किसी ने उसे कुछ कहना ही छोड़ दिया।

एक दिन सेठ के पेट में अचानक बहुत तेज दर्द उठा लेकिन डॉक्टर की फीस न देनी पड़े इस डर से उसने बीवी को कहा कि “पानी और अजवायन दे दो”। बहु से जब सेठ की तड़पना देखा न गया, तो उसने झूठ ही कह दिया कि उसके मायके में एक डॉक्टर है जो फीस नहीं लेगा। यह सुनते ही सेठ ने कहा कि, “जल्दी बुला लो उसे, अब दर्द सहन नहीं होता।”

जब उसे डॉक्टर के पास ले जाया गया तो डॉक्टर ने बताया कि सेठ को एक भयंकर बीमारी ने जकड़ लिया है जिसका कोई इलाज नहीं है। सेठ ने अपने बेटे को बुलाया और कहा, “उसके मरने के बाद ज्यादा खर्च करने की जरूरत नहीं है और ब्राह्मण को भी ज्यादा पकवान मत खिलाना और न किसी रिश्तेदार को कोई भोजन करवाना।” उसे इस वक्त भी यह बातें करते देख कर उसके बेटों का सिर तो शर्म से ही झुक गया। वहां का एक कर्मचारी यह सब होते हुए देख रहा था। सेठ की बातें सुनकर उससे रहा नहीं गया और यह झट से बोल पड़ा कि, “सेठ जी सारा जीवन जो आपने इस धन को इकट्ठा करने में लगा दिया है इसे लेकर कहाँ जाना है। ‘कफन में तो जेब भी नहीं होती’ और जो धन आपके साथ जाना है आपके अच्छे कर्म वे तो आपके पास हैं ही नहीं।”

मृत्यु शैया पर पड़े सेठ को पहली दफा अपनी गलती का एहसास हो रहा था। उसकी जुबान पहली बार किसी के आगे बंद हुई थी। उसकी आँखें सारा नजारा देख रही थी। उसकी संतान की आँखों में उसके जाने का गम नहीं था। उसका कोई रिश्तेदार उससे मिलने नहीं आया था। उसने कभी कोई अच्छे कर्म किये ही नहीं। अपनी पत्नी को समय दिया, न अपने बच्चों को, कभी किसी से प्रेमपूर्वक बात भी नहीं की और न ही किसी का भला किया। उसकी हर एक गलती अब उसकी आँखों में चुभ रही थी। वह हर एक बात जिसे उम्र भर नजरअंदाज कर रहा था अब उसकी नजरों से हट ही नहीं रही थी। अपनी आँखों में दुख के आँसू लिए वह भगवान से यहीं माँग रहा था कि उसे जिन्दगी के कुछ दिन और दे दो, बस कुछ दिन और। पर कहा था न कि कुछ गलतियों का सिर्फ पछतावा ही होता है।

सीख:- आपके पास अभी जिंदगी के कुछ दिन और हैं तो इसे धन नहीं खुशियाँ एकत्रित करने में लगायें।

हिमांशी

बीकॉम तृतीय वर्ष

गुरु गोबिंद सिंह कॉलेज फॉर वुमैन, सेक्टर-26, चंडीगढ़

हिन्दी दिवस पर आयोजित कहानी लेखन प्रतियोगिता में तृतीय पुरस्कार प्राप्त कहानी

दीवाली की दिव्यता

दीवाली आई तो सीमा और विभोर,
पर नई जिम्मेवारी आई।
पिता थे दफ्तर में व्यस्त,
माँ थी गई सिंगापुर बहन के घर।
दोनों ने परंपरा निभाने का किया प्रण,
माँ को प्रसन्न करने का किया यत्न।
घर को अच्छे से साफ किया,
परदों को भी धोकर उजला किया।
नौकरों के लिए नए-नए वस्त्र बनवाए,
खील-बताशे भी मंगवाए।
रंग-बिरंगे बल्बों की लड़ियां लाए,
प्लास्टिक के फूलों के बंदनवार लगाए।
बिजली वाले को बुलवाया,
बिजली के एक बटन से घर जगमगाया।
कंप्यूटर खोला, स्क्रीन पर माँ को,
अद्भुत मंजर दिखलाया।
जब पूजा करने को बैठे,
घर में एकदम अंधेरा छाया।
सारे घर की बत्ती गुल,
बिजली वाले को फोन लगाया।
पर उसने न फोन उठाया,
तब दोनों हो गए निराश।
तब पिता ने एक बक्सा उठाया,
और उसमें रखे दियों को जलवाया।

फिर से घर हो गया जगमग,
तब पापा ने समझाया।
दीवाली त्योहार है अंधकार पर प्रकाश की विजय का,
जब पारंपरिक रूप से इसे मनायेंगे,
तो कुम्हार के घर का अंधकार मिटायेंगे।
रूई तथा फूल उगाने वाले किसान का घर जगमगाएंगे,
तेली का घर भी प्रकाशित होगा,
अब बच्चे समझे यह बात।
अब त्योहार पर हावी है बाजार,
दीवाली तो है प्रकाश का उत्सव,
जिससे बढ़े सुख शांति और उल्लास,
पारंपरिक ढंग से इसे मनायेंगे,
प्रदूषण से देश को मुक्ति दिलवायेंगे॥

लखविद्र कौर
बीए तृतीय वर्ष

एक बेबस बेटी

बात दिल्ली के मौसम से शुरू होकर फिल्मों तक पहुंच गई थी। सर्दी का मौसम था पर जिंदगी बिखर सी रही थी। रोज की तरह आज भी मैं उसी सड़क से गुजर ही रही थी कि मानो जैसे किसी ने आवाज देकर पुकारा हो। खाली सड़क पर सुबह की धुंध में सहमी-सहमी सी गहरी साँस लेते हुए आगे ही बढ़ती जा रही थी। अचानक रास्ते में मुझे कुछ गुंडों का सामना करना पड़ा। दिल्ली की खाली सड़कों पर मानो जैसे एक चींटी को रास्ता पार करने के लिए किसी नदी का सामना करना हो। मैं सहमी सी घबराती हुई घर की ओर वापिस लौट चली पर वह दर्दनाक सफर मेरा पीछा न छोड़ पाया। उस रास्ते से घर के दरवाजे तक मेरा सफर उन्हीं गुंडों के मनोरंजन के बीच चलता रहा। जैसे ही घर का दरवाजा खटखटाया और मैं जोर से माँ को पुकारने लगी मानो जैसे मेरी जिन्दगी का आखिरी दिन हो। माँ ने मेरी पुकार सुन जल्दी से आकर दरवाजे को खोला और मुझसे मेरी बेचैनी का राज पूछने लगी। अब तक उन गुंडों की भी हलचल थम सी गई थी। 'क्या हुआ तुम गहरी सांसें क्यों भर रही हो'? माँ ने मुझे पूछा। "रास्ते में चलते गुंडों ने मुझसे शरारत करने की कोशिश की जिस कारण मुझे लौटकर

घर की ओर आना पड़ा’। मैंने माँ से कहा। माँ यह सब सुनकर गुस्से भरी नजरों से मेरी ओर देखने लगी मानो इस बात का गहरा असर हुआ हो। मैं घबराई हुई जैसे ही अपने कमरे की ओर बढ़ी तभी अचानक से पापा से पुकारने की आवाज आई। मैं पापा की आवाज सुन सहम सी गई थी। “तुम यही सब करने जाती हो बाहर,” पापा ने मुझसे कहा। मैं व्याकुल सी हो उठी, पापा की ऐसी बात पर मुझे विश्वास सा न हुआ। इन सारी बातों ने मुझे समाज के सामने शर्मिंदा कर दिया- पापा ने मुझसे कहा। बात क्या थी जाने बगैर ही मुझ पर बरस रहे थे। मैं डरी-डरी पापा को सारी बात बताने लगी। किन्तु पापा ने मेरी एक न सुनी। गुंडों का मुझे छेड़ना उन्हें गवारा नहीं हुआ। उन्होंने मेरा घर से निकलना भी बंद करवा दिया। अब मैं उस चींटी की तरह सी थी जो सही सलामत रहकर भी अपनी राह पर नहीं पहुंच सकती। आज पापा की दुलारी अपने पापा के लिए बोझ सी बन गई थी। पापा को इस घटना की बहुत गहरी चोट लगी थी। “इसकी जल्द से जल्द शादी करवाओ”- पापा ने माँ से कहा। माँ भी कुछ बोल न पाई और मेरे लिए लड़के की तलाश में सभी रिश्तेदारों से पूछने लगी। कभी-कभी जिन्दगी की डोर वहां जाकर उलझ जाती है जहां उलझनों से ही खुशियों और उम्मीद के नए सिरे मिलते हैं।

अब जिन्दगी कुछ ऐसी सी ही लगने लगी थी। ‘सत्य की राह पर भी चल खुद को ही चोट लगने लगी थी।’

मां को लड़का मिलते ही उनसे शादी के विषय में बातचीत शुरू होने लग गई। मेरी पसंद की किसी को फिक्र ही नहीं थी। मैं गहरी सोच में डूबी अपने भविष्य की चिंता में ही रह गई थी और दूसरी ओर मेरे विवाह की तैयारियां शुरू हो गई थी। मैं तो जैसे घर वालों के लिए पराई सी ही हो गई थी। मन में डर और आँखों में बैचेनी सी लेकर अपने कमरे में सहमी सी बैठी हुई सोच रही थी कि मैं एक लड़की हूँ खिलौना नहीं, जो मुझे पराया बना दिया। न जाने क्यों मेरे सत्य को भी, समाज की बातों ने झूठा बना दिया गया। सबका घर पर आना जाना शुरू हो गया था। सब कुछ इतनी जल्दी हो रहा था जैसे मानों सर्दी के मौसम का ढलता सूरज। बचपन की यादों को याद कर दिल सहमता जा रहा था।

‘माँ तूने तो मुझे फूलों की तरह पाला था, इस तन पर आंच तक न आने दी थी, उन दरिदों का आखिर मैंने क्या बिगाड़ा था, क्यों वह मुझे कुचल कर चले गए।’ विवाह का दिन आया, रस्मों को पूरा कर आज इस दिन का भी शोर पूरे घर में मच उठा था। अभी भी मौका था जिसमें अपना स्वार्थ देख मुझे अपनी जिंदगी को बचाना था- मैंने खुद से कहा, “सहनशीलता को छोड़ सत्य को सबके सामने लाना था”- मैंने सोचा पर फिर सोचा ‘एक लड़की हूँ घर की इज्जत हूँ।’

उस दिन पापा को गहरी चोट दी थी आज नहीं दे सकती थी। मैं बेटी हूँ अपने प्यारे पापा की, उनके लिए अपने अरमानों का गला भी घोट सकती थी। मुहंरत का समय निकला जा रहा था पर मन के सवाल के जवाब नहीं मिल पा रहे थे। मानों जैसे हवाओं की तरह सवाल भी आकर गुजर रहे हो। समय बीत गया और जो पापा को ठीक लगा था वहीं हुआ मंडप में सात फेरे लेते हुए मन से आवाज आ रही थी - ‘मैं कौन हूँ, मैं क्या हूँ।’

मैं उस आधुनिक युग की नारी हूँ
उस द्रौपदी की साड़ी हूँ
जिसने खुद को सूली पर चढ़ा दिया
उस सिंदूर की पहचान हूँ
जिसने सीता की लाज रखी
उस नारी की नींव रखी
मैं वह हूँ।

कुछ समय बाद जिंदगी कुछ इस तरह से बदल गई थी जैसे मानों सुबह से शाम का बदलता मौसम हो। जिन्दगी के सब अरमान इस तरह से टूटते हुए नजर आ रहे थे जैसे काँच टूट रहा हो। सपनों को टूटता देख सहनशीलता से दूसरे अनजान घर ओर अनजान लोगों के बीच अपनी जिंदगी नये सिरे से शुरू करने चली थी। अपने पापा की लाज रख अपने बारे में न सोच अपने ही घर से पराई हो चली थी।

न जाने क्यों बेटियाँ अपने स्वार्थ को छोड़ सबके बारे में सोचती हैं। अपने सपनों को तोड़ कर औरों के सपनों की लाज बचाती हैं। अपने परिवार की लाज रखने के लिए चुपचाप अपने आपको सूली पर चढ़ाती हैं। अपने सपनों को टूटता देखती चली जाती हैं।

काजल
बीए द्वितीय वर्ष
पीजीजीसी सेक्टर-42, चंडीगढ़
हिन्दी दिवस पर आयोजित कहानी लेखन प्रतियोगिता में प्रथम पुरस्कार प्राप्त कहानी



जल

जल के बिना जिया नहीं जा सकता,
जल के बिना कुछ किया नहीं जा सकता।
जल को बचाओगे,
तभी अनमोल जीवन बना पाओगे।
समस्या को समझोगे नहीं,
तो विपत्ति का हल कैसे निकाल पाओगे।
सब देखते हो, पर कुछ करते नहीं,
कुछ करोगे नहीं।
तो जो बचा है वह भी खो बैठोगे,
जल को बचाओगे।
तभी आगे कुछ कर पाओगे,
जल को बचाना है।
और जीवन अमूल्य बनाना है।

चैरी नाहर
बीकॉम तृतीय वर्ष

‘वक्त का बदलाव’

वह भी वक्त था जब इन्सान इन्सान को अपना दोस्ता मानता था,
आज वह वक्त है जब इन्सान इन्सान को अपना दुश्मन मानता है।

वह भी वक्त था जब इन्सान के दिल में एक दूसरे के लिए प्यार था,
आज वह वक्त है जब इन्सान के दिल में प्यार की जगह नफरत है।

वह भी वक्त था जब इन्सान इन्सान के लिए कुछ कर सकता था,
आज वह वक्त है जिसने इन्सान को स्वार्थी बना दिया है।

वह भी कोई वक्त था जब इन्सान इन्सान की इज्जत करता था,
आज वह वक्त है जब इन्सान इन्सान का अपमान करने का कोई मौका नहीं छोड़ता।

इतना बदल क्यों रहा है यह इन्सान?, यह जिन्दगी तो खुदा का दिया तोहफा है,
हे मानव! सबकी भावनाओं की कदर करना सीख।

तुझे क्या पता ओ अनजाने मुसाफिर! न जाने किस मोड़ पर तेरी,
कौन सी मुलाकात आखिरी होगी।

चैरी नाहर
बीकॉम तृतीय वर्ष

सफलता

सफल होना है
तो सफल होने की राह अपना,
सफल बनना है,
तो सफल रास्ता चुन कर दिखा।
सफलता तो जरूर मिलेगी,
मुश्किल को पार कर दिखा।
मुश्किल को पार किये बिना,
मंजिल नहीं मिलती।
मंजिल पानी है तो,
रात दिन का वक्त लगा।

चैरी नाहर
बीकॉम तृतीय वर्ष

माँ

माँ तो ममता की मूरत है,
माँ तो मेरी जरूरत है।
तेरे बिन न रह पाऊंगी,
तू न दिखे तो मर जाऊंगी।
माँ तू ममता का वरदान,
तेरा साथ मिला तो,
दूर हुए लाखों तूफान।
मंजिल मुझे मिल जाएगी,
मैं जीत तेरे कदमों में लाऊंगी।
जब मैं गिरी तूने सम्भाला,
बोला यह तो जीवन की कठिनाई है,
मेहनत कर मंजिल को पाना,
पर्वत चीर कर राह बनाना।
यह ही है तूने सिखलाया,
माँ तू मेरा है भगवान्,
माँ तू ममता का वरदान ॥

चैरी नाहर
बीकॉम तृतीय वर्ष

अब्दुल कलाम के अनमोल विचार

- महान् सपने देखने वालों के सपने हमेशा पूरे होते हैं।
- सपने वे नहीं जो आप नींद में देखें, सपने वे हैं जो आपको नींद ही नहीं आने दें।
- हमें हार नहीं माननी चाहिए और हमें समस्याओं को खुद को हराने नहीं देना चाहिए।
- आइए हम अपने आज का बलिदान कर दें ताकि हमारे बच्चों का कल बेहतर हो सके।
- इन्सान को कठिनाइयों की आवश्यकता होती है क्योंकि सफलता का आनंद उठाने के लिए यह जरूरी है।
- छोटा लक्ष्य अपराध है, लक्ष्य महान् होना चाहिए।

- शिखर तक पहुंचने के लिए ताकत चाहिए, चाहे वह माउण्ट एवरेस्ट का शिखर हो या आपके व्यवसाय का।
- आत्मसम्मान आत्म-निर्भरता के साथ आता है।
- अगर तुम सूरज की तरह चमकना चाहते हो तो पहले सूरज की तरह जलो।
- विज्ञान मानवता के लिए एक खूबसूरत तोहफा है, हमें इसे बिगाड़ना नहीं चाहिए।
- मैं इस बात को स्वीकार करने के लिए तैयार था कि मैं कुछ चीजें नहीं बदल सकता।
- जो अपने दिल से काम नहीं करते वे हासिल करते हैं - खोखली चीजें। अधूरे मन से मिली सफलता अपने आस-पास कड़वाहट पैदा करती है।
- इन्तजार करने वालों को उतना ही मिलता है जितना कोशिश करने वाले छोड़ देते हैं।
- महान् शिक्षक ज्ञान, जुनून और करुणा से निर्मित होते हैं।
- किसी विद्यार्थी की सबसे जरूरी विशेषताओं में से एक है प्रश्न करना। विद्यार्थियों को प्रश्न पूछने दीजिए।
- जिस दिन हमारे हस्ताक्षर ऑटोग्राफ में बदल जायें, उस दिन मान लीजिए आप कामयाब हो गए।

कल्पना पोखरल
बीए तृतीय वर्ष



‘सपनों की उड़ान’

पंछी की तरह उड़ जाऊं मैं
 लोगों से कुछ अलग कर दिखाऊं मैं।
 आसान जिन्दगी तो सब जीते हैं,
 कांटों की राह पर चल कर फूल बनकर खिल जाऊं मैं।
 खुद को कुछ ऐसा बनाऊं मैं,
 कि भीड़ में सबसे आगे निकल जाऊं मैं।
 दुनिया के किसी भी कोने में जाऊं,
 अपनी सूरत से नहीं हुनर से पहचानी जाऊं मैं।
 सबको अपना एक रंग दिखाऊं मैं,
 कि दुनिया की आँखों में बस जाऊं मैं।
 हर परीक्षा को पार कर लूं,
 एक दिन आसमान को छू जाऊं मैं।

स्नेहा गुप्ता
बीकॉम तृतीय वर्ष

दादा जी की बगिया

आज जब वह स्कूल से लौटा, तो उसने मुझे बुलाया और कहा, “ पापा यह देखो आज मुझे क्या होमवर्क मिला” (थोड़ा झुंझलते हुए) “क्या?” मैंने पूछा। पता लगा कि उसे आज कुछ पौधों और वृक्षों की तस्वीर दी गई थी जिन्हें देखकर उसे पेड़ या पौधों का नाम लिखना था। उसने बताया कि वह इंटरनेट की भी मदद ले सकता है, पर वह यह कार्य ही नहीं करना चाहता है।

“अरे! कुश यह तो बड़ा आसान है”। “पर मुझे यह पसंद नहीं पापा”, और वह दौड़कर अपनी माँ के पास चला गया।

किन्तु पेड़ों के चित्र मुझे मेरे अतीत की ओर खींच ले गये। कितने अच्छे थे वे दिन। उस जमाने में हमारी भी मानो एक बटालियन होती थी। हम सब साथ खाते, नहाते और बगिया में भी साथ ही जाते थे। गर्मियों में तो सगों के साथ-साथ चचेरे, मौसैरे, फुफेरे भाई भी आ जाते थे। घर में इतने शैतान बच्चे होने के कारण दादा जी अनुशासन कड़ा कर देते थे फिर देखें, कैसे कोई उनसे पूछे बगैर बगिया से कुछ तोड़ ले जाये। वैसे कहो कुछ भी इस बगिया की हरियाली का राज तो दादा जी को ही पता था। (संजय बोला) “तुझे पता है दादा जी आज बाजार जा रहे हैं, और कह रहे थे कि 4 बजे तक आयेंगे।”

मैं - ‘तुझसे कह रहे थे क्या’?

संजय - ‘अरे नहीं नहीं वह तो मैंने चुपके से सुन लिया दादी को बता रहे थे।’

फिर तो आज खूब मजा आयेगा। अब बगिया को लेकर बनाई गई हमारी ऐसी योजनाएं अक्सर विफल हो जाया करती थी, क्योंकि दादा जी कभी भी आ जाते थे और कई रोज तो पकड़े भी जाते थे तो बगिया की सफाई करनी पड़ती थी। फिर दादा जी प्यार से अपने हाथ से फल तोड़कर देते थे। दादा जी का स्नेह हमें हमारी गलतियां भुला देता था और हम एक नयी योजना की तलाश में रहते।

गाँव वालों के लिए वह बगिया तो बहुत महत्व रखती थी। प्रतिदिन कोई न कोई ग्रामीण आ ही जाता था और कहता - ‘दादा ओ दादा’ थोड़े नीम के पत्ते चाहिए, बिटिया को माता आयी है।’

तो कोई, “दादा आम के पत्ते दे दो घर पर पूजा है।” दादा जी किसी को मना नहीं करते पर शर्त यह थी कि उनसे पूछना आवश्यक था। दादा जी पक्षियों के अति प्रेमी थे। वे अक्सर उनका ध्यान रखते और कहते, देखो लल्ला इस आम पर उस घोंसलें में छोटे-छोटे बच्चे हैं ध्यान रखना कोई इसपर चढ़ने न पावे। ‘ठीक है दादा जी’ - हम कहते।

दादा जी बगिया से कोई सूखा पेड़ भी नहीं काटना चाहते थे जब तक कि वह कोई दूसरा पेड़ उसके स्थान पर न लगा दें। मेरे अनुभव से दादा जी की उम्र का एक बड़ा भाग उस बगिया में बीता। दादा जी के जाने के बाद उस बगिया में कोई आकर्षण न था। माँ ने मुझे भी बाबू जी के पास शहर भेज दिया था। और अब मैं पढ़कर वकील बन चुका हूँ तब भी आज मैं स्वयं के साथ न्याय नहीं कर पा रहा हूँ, कि मेरे लिए इंद्र का स्वर्ग यह वर्तमान दुनिया है या दादा जी की वह बगिया, जहां मैं पेड़ को आखें बंद करके स्पर्शमात्र से उसका नाम बता देता था।

तभी एक जोरदार हवा के झोंके ने मेरे इस अतीत के आह्वान से मुझे अलग किया और मैं वर्तमान में आ गया।

मैंने एक लम्बी साँस ली - नयी सदी के स्वागत के लिए मुझे प्रकृति के सुख से मुख मोड़ना पड़ेगा, ऐसा अनुमान मुझे न था।

निखिल

पीजीजीसी, सेक्टर-11, चंडीगढ़

हिन्दी दिवस पर आयोजित कहानी लेखन प्रतियोगिता में तृतीय पुरस्कार प्राप्त कहानी



माँ पहला प्यार

आप ही पहली पहचान मेरी,
बस आपकी ही तो परछाई हूँ माँ।
आपका ही साया माँ,
पता है मुझे चाहे सभी छोड़ दे मेरा साथ,
तेरा मेरे सिर पर रहेगा हमेशा हाथ।
मेरे शब्द भी तेरी अहमियत कभी बयां नहीं कर पायेंगे।
कम से कम मेरे अंदर तेरे प्रति प्यार को तो दर्शायेंगे,
अरे तेरी मुहब्बत का अहसान तो वह खुदा भी वहीं चुका सकता,
इसलिए ही उस ने यह ममता का सागर है बनाया,
क्योंकि हर जगह तो वह भी नहीं जा सकता।
कौन कहता है हर मुहब्बत में धोखा है?
एक बार अपनी माँ की गोद में
सिर रखकर तो देखो,
वह ही असली प्यार की रेखा है,
असली प्यार की रेखा है ॥

क्षमा बंसल
बीकॉम तृतीय वर्ष



‘काश जिन्दगी सचमुच किताब होती’

काश जिन्दगी सचमुच किताब होती,
जान पाती कि क्या कुछ ये दिल पाएगा,
और क्या कुछ खोएगा,
काश जिन्दगी सचमुच किताब सी होती।
फाइ सकती उन पन्नो को
जिनसे यह दिल घबराता है,
नाँच फेंकती उन यादों को,
जिन्होंने मुझे रुलाया है।
और जोड़ती कुछ उन पन्नो को,
जिन्होंने मुझे हँसाया है।
काश जिन्दगी सचमुच किताब सी होती,
काश जिन्दगी सचमुच किताब सी होती।
वक्त से नजर चुराकर
पीछे चली जाती
अपने टूटे सपनों को,
अरमानों से सजाती।
हिसाब लगा पाती,
कि कितना कुछ मैंने पाया।
और कितना कुछ खोया है,
काश जिन्दगी सचमुच किताब सी होती।
काश जिन्दगी सचमुच किताब सी होती

किरण
बीकॉम तृतीय वर्ष



मेरी पहली मुहब्बत

अजीब पहली मुहब्बत थी मेरी,
उसका मुस्कराना मेरे दिल का सुकून था।
जरूरत नहीं थी मेरी रात को चाँद की,
उसका चेहरा ही मेरे आसमां का नूर का।
तड़पता उस कम्बखत के लिए मैं रहा,
जो ख्वाबों के पास, हर हकीकत से कोसों दूर था।
जो पूरी ही न हो सकी,
उस टूटी मोहब्बत पर मुझे बेइंतहा गुरुर था।
वो मेरी कहानी का किरदार था,
वो मेरे दिल का दिलदार था।
और क्या लिखूँ उसके बारे में,
मेरी जिन्दगी के चुनाव का वह एकमात्र उम्मीदवार था।
दुनिया से चुराया वह मेरा मनचाहा वक्त था,
उसे देखते ही पिघल गया, यूँ तो दिल मेरा बड़ा सख्त था।
मेरे ख्वाबों का बादशाह, मेरे सपनों का वह यार था,
शब्दों में लिखना मुमकिन नहीं उसे, वह मेरा पहला प्यार था।

श्वेता भारद्वाज
बीकॉम तृतीय वर्ष



‘बस एक कदम और.....’

बस एक कदम और इस बार किनारा होगा,
बस एक नजर और इस बार इशारा होगा।
अम्बर के नीचे उस बदली के पीछे कोई तो किरण होगी,
इस अन्धकार से लड़ने को कोई तो किरण होगी।
बस एक पहर और इस बार उजाला होगा,
बस एक कदम और इस बार किनारा होगा।
जो लक्ष्य को भेदे वह कहीं तो तीर होगा,
इस तपती भूमि में कहीं तो नीर होगा।
बस एक प्रयास और अब लक्ष्य हमारा होगा,
बस एक कदम और इस बार किनारा होगा।
जो मंजिल तक पहुंचे वो कोई तो राह होगी,
अपने मन को टटोलो कोई तो चाह होगी।
जो मंजिल तक पहुंचे वो कदम हमारा होगा,
बस एक कदम और इस बार किनारा होगा।
बस एक नजर और इस बार इशारा होगा,

दिव्या
एमकॉम द्वितीय वर्ष

बेटी पढ़ाओ, बेटी आगे बढ़ाओ आज पढ़ेगी बेटी, तो और भी सुनहरा होगा कल

जैसे ही मैं सुबह उठी, माँ के गुनगुनाने की मधुर ध्वनि मेरे कानों में पड़ी। मैं समझ गई आज कोई तो खास मेहमान घर आने वाला है। माँ की पुरानी आदत थी, जब भी किसी खास ने आना होता तो सुबह-सुबह उठ कर नहा-धोकर, कुछ बढ़िया बनाने लग जाती। मैं जान चुकी थी कि आज तो स्वादिष्ट व्यंजन बनाए जाएंगे। मैं दौड़कर माँ के पास रसोईघर में गई। “माँ, कौन आ रहा है?” मैंने पूछा। “अरे कोई नहीं बेटा, बस मेरी सहेली अपने बेटे को तुम से मिलाने ला रही है।” माँ का जवाब सुनते ही मैं थोड़ा चौंक सी गई। तो मैंने पूछा, “मुझसे? मैं क्या करूंगी उससे मिलके?” तो माँ ने कहा ‘अरे प्रिया अगर अब नहीं मिलोगी तो जान पहचान कैसे बनेगी’। जान-पहचान न बनी तो रिश्ता कैसे निभाओगी? माँ के

यह शब्द मेरे कानों में चुभ गए। माँ की सुरिली आवाज अब कर्कश लग रही थी। हवा में सांस लेना कठिन हो गया। तो मैं भी बोली पड़ी, “माँ यह क्या कह रही हो तुम? मेरा करियर, मेरी पढ़ाई? जब हम सबने मिलकर यह निर्णय लिया था कि मुझे आगे पढ़ने दिया जाएगा तो क्यों कर रही हो तुम यह सब, माँ? पिता जी भी यही चाहते हैं कि मैं कुछ करूं, आगे बढ़ूँ, कुछ बन जाऊँ।” “तुम्हारे पिता को कुछ नहीं पता।” अरे बिटिया पराया धन होती हैं। तुम्हारी शादी होगी, बच्चे होंगे। हमें भी तो कोई नाना-नानी कहे।” माँ की ये बातें सुनकर मानों एक करंट सा मेरे पूरे शरीर में दौड़ गया। मैंने जब पूछा कि पिता जी कहाँ हैं तो पता चला कि माँ ने उन्हें मिठाईयां लाने भेजा है। ऐसी हालत में घबराहट भी हो रही थी, रोना भी आ रहा था।

मैं खिड़की के बगल वाली कुर्सी पर जाकर बैठ गई। आसमान आज साफ था, लेकिन मेरा दिल भर आया था। जो लक्ष्य मैंने मेरे जीवन में चुना था अब वह धुंधला दिखाई पड़ता था। इतने में बाहर मुझे एक स्कूल बस दिखाई। माँ-बाप अपने बच्चों को स्कूल भेजने के लिए आए थे। मुझे मेरा बचपन याद आ गया। कैसे माँ रोज खाना डिब्बे में डालकर थोड़ी मिश्री कोने में छिपा देती थी। ताकि जब मैं खाना खालूँ तो मिश्री देखकर खुश हो जाऊँ। पिता जी बस स्टॉप लेकर जाते थे और जब भी बस आती थी तो कस कर गले लगाकर स्कूल भेजते थे। जिंदगी कितनी आसान थी। तभी मैंने आईएएस ऑफिसर बनने का सपना भी देखा था। लेकिन अब वह सपना दूर जाता दिखा रहा था। मेरे विचारों की कड़ी मेरी माँ के गुस्से भरे आदेश ने तोड़ दी। “वे लोग आने वाले हैं, जल्दी से तैयार हो जा।” इस वक्त मुझे किसी खाई में कूदना ज्यादा बेहतर लग रहा था। मैं तैयार होकर नीचे आई तो पिता जी आ चुके थे। मैं रोती हुई आखें लेकर पिता जी की ओर दौड़ी, तो मालूम चला वह भी माँ के आदेश के आगे लाचार थे। मैंने उनसे विनती की कि मेरी सहायता करें।

हम बात कर ही रहे थे कि दरवाजे से आवाज आई, ‘अरे शिखा बहन जी किधर हो?’ स्वागत नहीं करोगी हमारा? “तो मेरी माँ ने कहा, “आइए-आइए रश्मि जी, आप ही का इंतजार था” और सब बैठ कर बातें करने लगे। तभी माँ ने मुझे पुकारा, “प्रिया चाय लेकर आओ।” मैं बे मन से चाय और कुछ सैक्स ले गई। रश्मि आँटी ने पूछा, “बेटा आज कल क्या कर रही हो?” मेरे जवाब देने से पहले ही उन्होंने दूसरा सवाल पूछ लिया, “खाना बना लेती हो?” मैंने मन में सोचा कि आज जब एक लड़की लड़के से कंधा मिलाकर चल रही है इन आँटी को आज भी लड़कियाँ रसोईघर में पसंद आती हैं। मेरे विचारों की शृंखला फिर मेरी माँ के जवाब ने तोड़ी, “हाँ-हाँ। सब कुछ बना लेती है। आज कल तो इटैलियन खाना भी सीख रही है। माँ की बातें सुनकर मुझे बुरा लगा। इन सवाल-जवाबों के घेरों में मैंने मेरे पिताजी को देखा। उनकी मुस्कान के पीछे का दर्द शायद मैं ही समझ सकती थी। काफी देर तक यह सिलसिला चलता रहा। वह कहने लगी, ‘देखो बेटा, अब लड़कियों की तो क्या ही पढ़ाई घर संभालना’ उनको बीच में काटने वाले मेरे पिता जी थे। ‘देखिए बहन जी, मेरी बेटा को मैंने आज तक हर आज्ञा दी है। उसका आईएएस बनने का सपना सिर्फ उसका नहीं मेरा भी है।’

ताकि वह उन सब औरतों को यह समझा सके कि लड़कियाँ चाहे तो चाँद पा सकती हैं और मैं उन पिताओं में से नहीं हूँ जो अपनी बेटा के पंख काट दे। यह उड़ेगी।” मेरी आँखों से आँसू आ गए। रश्मि आँटी बिना कुछ कहे चली गई। मैं दौड़कर पिताजी के पास गई और उन्हें वैसे ही गले लगा लिया जैसे बचपन में स्कूल जाने से पहले लगाती थी। मेरे सपनों की राह अब मुझे साफ दिख रही थी, और उन्हें पाने से मुझे कोई नहीं रोक सकता था।

मानवी शर्मा
पीजीजीसीजी, सैक्टर-11, चंडीगढ़
हिन्दी दिवस पर आयोजित कहानी लेखन प्रतियोगिता में द्वितीय पुरस्कार प्राप्त कहानी



‘अपने दिन को समझाया करो’

यूँ अखियों से अशक बहाया न करो,
बस अपने दिल को समझाया करो।
क्या हो तुम क्या औकात है तुम्हारी,
हर एक शख्स को यह बताया न करो।
उस रब के आगे क्या कर लोगो,
यूँ कोशिशों को अपनी हराया न करो।
कुछ हालात नहीं होते बस में,
यूँ गुरुर में आया न करो।
बादल ही तो हैं हट जाएंगे एक दिन,
उम्मीदें अपनी माटी में मिलाया न करो।
वह बात नहीं समझते तो रहने दो न,
खुद को खुदा की नजरों में गिराया न करो।
रातों के अंधेरे में दिल को डुबाया न करो,
तुम्हारा ही दिल है न फिर उसे समझाया करो।

हिमांशी
बीकॉम तृतीय वर्ष

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The articles in the magazine are to promote and encourage budding student writers, to hone their composition skills and creativity. The editorial board exercises due care and caution in verifying the material. In spite of this if any omission, inaccuracy or printing error occurs, the institution shall not be held liable.



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