



Gyan Manik 2023

Saluting Womanhood Since 1973



GURU GOBIND SINGH COLLEGE FOR WOMEN SECTOR-26, CHANDIGARH

A Premier Multi-Faculty Post Graduate Institution (NAAC Re-Accredited)

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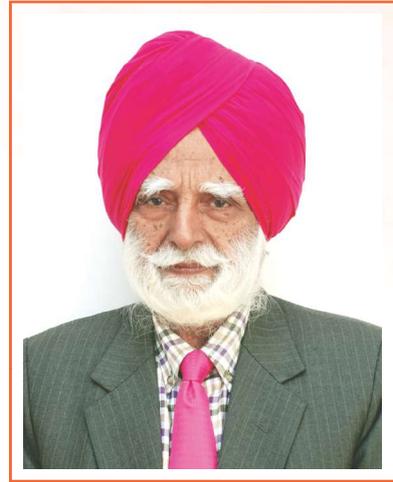
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Chandigarh.*

Message



It is a moment of immense pride and joy to celebrate the remarkable milestone of completing fifty years of the establishment of Guru Gobind Singh College for Women. An institution conceived with a vision inspired by the teachings of Guru Gobind Singh, has flourished over the past five decades, embodying the profound philosophy of "*Shubh Karman Te Kabhoo Na Taron*" - a philosophy that has guided us in our pursuit of excellence and service.

Established in the name of Guru Gobind Singh Ji, the college stands as a testament to the values of courage, righteousness, and selfless service. Guru Gobind Singh, the Tenth Sikh Guru, not only infused the Sikhs with a spirit of fearlessness but also emphasized the importance of engaging in virtuous deeds and righteous actions.

The philosophy of "*Shubh Karman Te Kabhoo Na Taron*," meaning "Never delay in performing good deeds," has been our guiding light. It serves as a constant reminder that our actions have the power to shape our destiny and the destiny of those around us. It encapsulates the essence of proactive and positive engagement with the world, aligning perfectly with the ethos of our college.

Over the past fifty years, the College has been dedicated to instilling these principles in its students, fostering an environment that encourages not only academic excellence but also a commitment to social responsibility. We have strived to create a community where individuals are inspired to contribute meaningfully to society, guided by the values that Guru Gobind Singh so eloquently preached.

As we mark this Golden Jubilee, let us reflect on the journey that brought us here and rededicate ourselves to the principles that have guided us thus far. May the coming years see our college continue to shine as a beacon of knowledge, virtue, and service, staying true to the vision set forth by Guru Gobind Singh.

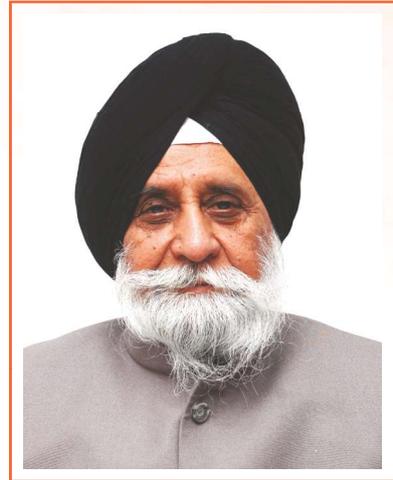
I applaud the herculean efforts of the principal and the faculty who have played a huge role in the successful completion of the fifty glorious years. Their dedication and grit will definitely elicit many such celebrations in the future.

S Gurdev Singh

I.A.S. (Retd.)

President, Sikh Educational Society

Message



It is with great pleasure and pride that I extend my heartfelt congratulations on the momentous occasion of the Golden Jubilee of Guru Gobind Singh College for Women. Fifty years of academic excellence, cultural vibrancy, and intellectual growth are truly worth celebrating.

As we reflect on this significant milestone, it is heartening to witness the legacy of the College and the impact it has had on countless lives. The journey has been marked by dedication, perseverance, and a commitment to foster holistic education. In the spirit of this celebration, let us acknowledge the collective efforts that have shaped the College into the beacon of knowledge and inspiration it is today.

I am reminded of the words of Guru Gobind Singh Ji, whose teachings on courage, justice, and the pursuit of knowledge continue to resonate through the ages. In celebrating this Golden Jubilee, we honor the values that this institution upholds and the transformative power of education. Guru Gobind Singh's commitment to righteousness and inclusivity serves as a guiding light for all of us as we continue to strive for excellence in education and character.

I am particularly delighted to commend the College Magazine, Gyan Manik, for its unwavering commitment to showcasing the creativity and intellect of our students. The literary contributions serve as a testament to the vibrant intellectual community that thrives within our College walls.

May this Golden Jubilee be a time of reflection, gratitude, and renewed dedication to the pursuit of knowledge and excellence. Let us continue to build on the foundation laid by those who came before us and pave the way for future generations.

Wishing Guru Gobind Singh College for Women continued success and looking forward to the enriching literary journey that lies ahead.

Col. (Retd) Jasmer Singh Bala

Secretary, Sikh Educational Society



From the Principal's Desk

Dear Students and Readers,

It is with great sense of pride that I welcome you to this year's edition of GyanManik, our college magazine. As we celebrate 50 years of our existence, I am reminded of the remarkable journey we have collectively undertaken. Our college has been a cradle of knowledge, fostering growth, nurturing dreams, and shaping the leaders of tomorrow. This magazine is a testament to the vibrant tapestry of experiences that define our college.

Guru Gobind Singh College was founded with a vision to provide quality education, foster a spirit of inquiry, and shape young women who would contribute meaningfully to society. Today, as we stand at the threshold of the future, we can look back with gratitude for the countless individuals who have contributed to our success and forward with anticipation for the limitless possibilities that lie ahead.

Looking ahead, our commitment to excellence remains unwavering. We are poised to embrace the challenges of the future, to adapt to evolving educational paradigms, and to continue fostering an environment that encourages intellectual curiosity and innovation.

To the students, I encourage you to dream big, to strive for excellence, and to make the most of the opportunities that our college provides. To the faculty and staff, I extend my deepest gratitude for your tireless efforts in shaping the minds of the future.

Dr. Jatinder Kaur

Principal

Guru Gobind Singh College for Women

From the Chief Editor

It is with profound pleasure, humility and anticipation that I present the current issue of our annual college magazine, Gyan Manik. On behalf of the Editorial Team, I would like to extend a very warm welcome to the readers. I, take this opportunity to thank our student authors, faculty members and all of whom have volunteered to contribute to the successful publication of this Golden Jubilee edition of the magazine. Fifty glorious years of our college are a testament to the enduring legacy, unwavering spirit of learning, growth and transformation. It is only an opportunity to look back with gratitude but also to look forward to being at the fore front of preparing students to thrive in an ever changing world. I would like to express my gratitude to all of you who have been a part of this incredible journey.

The pursuit of knowledge has always been fundamental aspect of human civilization. From the earliest civilizations to the present day, humans have sought to understand the world around them, unravel the mysteries of existence, and comprehend the principles that govern their societies. The journey of knowledge has taken various forms, including philosophy, science, art, literature, and religion. Ancient civilizations, such as those in Mesopotamia, Egypt, India, and China, made significant contributions to knowledge in areas like mathematics, astronomy, medicine, and philosophy. During the Classical period in Greece, philosophers like Socrates, Plato, and Aristotle laid the groundwork for Western philosophy, exploring fundamental questions about ethics, metaphysics, and the nature of knowledge itself. The scientific revolution in the Renaissance further transformed the way humans approached understanding the natural world, with figures like Copernicus, Galileo, and Newton making ground-breaking discoveries.

The Enlightenment era emphasized reason, science, and individual rights, fostering advancements in various fields and contributing to the development of modern democratic societies. The Industrial Revolution brought about technological progress, changing the way people lived and worked.

In the 20th century, rapid advancements in science and technology, along with the globalization of information, expanded the frontiers of knowledge. The digital age has ushered in a new era, providing unprecedented access to information and transforming the ways in which humans communicate, learn, and share knowledge.

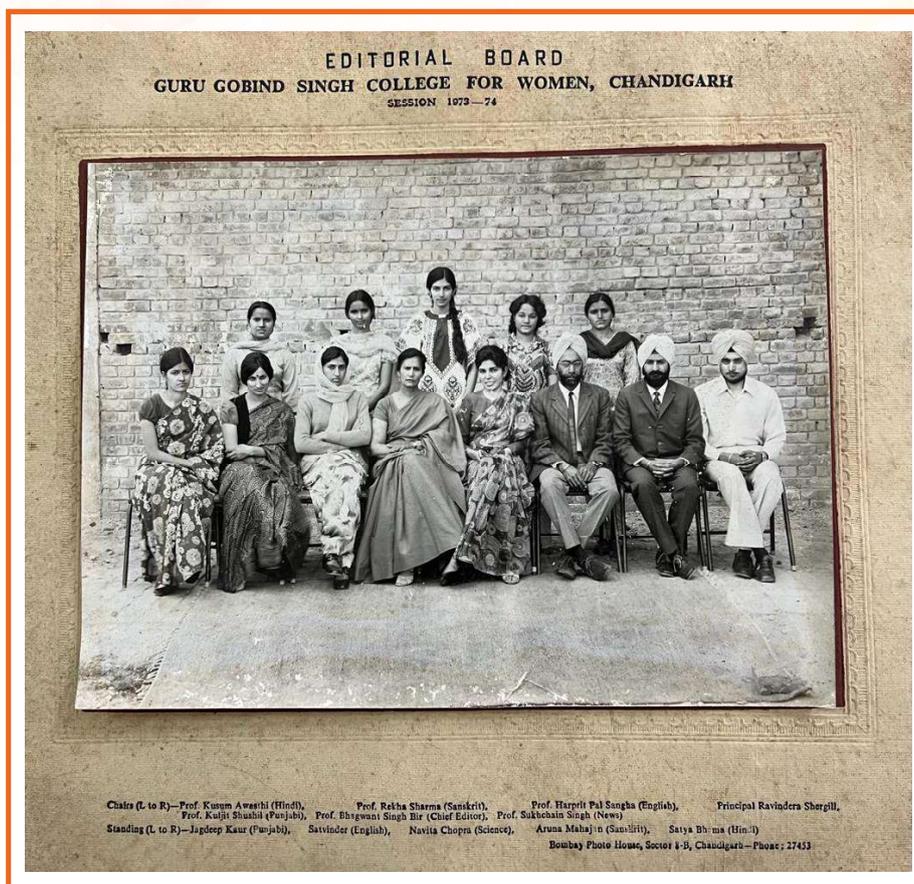
Artistic and creative endeavours not only serve as outlets for personal expression but also contribute to the collective exploration made in pursuit of truth and understanding. They can capture the complexities of the human experience, reflect diverse perspectives, and evoke empathy and understanding among readers. By showcasing the creative works of our budding writers, Gyan Manik, becomes a conduit for the exchange of ideas and a catalyst for dialogue as students share their unique insights, aspirations, and convictions.

I extend my gratitude to the our Principal, Dr Jatinder Kaur who has guided and motivated us at every stage.

Dr Sarabjit Kaur

Assistant Professor
PG Department of English

‘Echoes Across Eras: The College Editorial Board, Then and Now’





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ENGLISH SECTION

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Editorial

As we mark the golden jubilee of our beloved College, it's a time to reflect on the many achievements, challenges, and milestones that have shaped our institution over the past fifty years. But it's also a time to celebrate all that we have accomplished and to look forward to a bright future ahead.

As a tribute to this momentous occasion, we are thrilled to present a special issue of Gyan Manik that captures the spirit and essence of our College. Within these pages, you will find the creative efforts of our students.

As we turn our gaze to the future, we know that the next fifty years will bring their own set of challenges and opportunities. But with the strength of our community and the legacy of our past, we are confident that we will continue to thrive, to innovate, and to inspire generations to come. We are honoured to be a part of this incredible journey, and we can't wait to see what the future holds.

Teaching a literature and creative writing class can be a tremendously rewarding experience, offering teachers the opportunity to share their love of language and storytelling with a new generation of students. Whether you're teaching in a formal classroom setting or leading a writing workshop, there are many joys to be found in the process of teaching literature and creative writing.

One of the greatest joys of teaching literature and creative writing is the opportunity to inspire and encourage young writers. By sharing your own experiences and insights, you can help students to discover their own voices and develop their own unique writing styles. Seeing students grow and evolve as writers over the course of a semester or year is one of the most rewarding experiences a teacher can have.

Another joy of teaching literature and creative writing is the opportunity to introduce students to new and exciting works of literature. Whether you're teaching classic literature or contemporary poetry, you have the power to open up new worlds for your students and to broaden their horizons in unexpected ways. Sharing a great work of literature with a student who has never read it before can be a transformative experience, both for the student and for the teacher.

Teaching literature and creative writing also offers the opportunity to connect with students on a personal level. Through writing and storytelling, students are often able to share their own experiences and perspectives, creating a space for dialogue and understanding. As a teacher, you have the privilege of helping to facilitate these conversations and of learning from your students in the process.

Finally, teaching literature and creative writing is a joy simply because of the passion and energy that students bring to the class. Whether they are avid readers, aspiring poets, or curious learners, students in a literature and creative writing class are often engaged, enthusiastic, and eager to learn. Their enthusiasm can be contagious, inspiring teachers to keep exploring new works of literature, experimenting with new writing techniques, and pushing themselves to be better writers and teachers.

Teaching literature and creative writing is a deeply rewarding experience, one that offers a chance to share the joys of language and storytelling with a new generation of students. Whether you're a seasoned teacher or just starting out, the rewards of teaching literature and creative writing are many and varied, and the joy of working with young writers is truly unparalleled.

College students are often full of surprises, and one of the most exciting hidden talents that can be found among them is their creativity in the literary arts. While many students may not immediately think of themselves as writers or poets, there is often a hidden talent just waiting to be discovered.

The literary arts are a powerful tool for self-expression, and for many College students, they provide an outlet for their thoughts, feelings, and experiences. Through poetry, fiction, and non-fiction, students can explore complex themes, grapple with challenging questions, and share their unique

perspectives with the world.

In fact, some of the most powerful and moving works of literature have come from young writers who are just starting to explore their talents. From Sylvia Plath's *The Bell Jar* to J.D. Salinger's *The Catcher in the Rye*, the literary canon is full of works that were written by young writers who had a unique voice and perspective to share.

Today's College students are no different. From slam poetry to short stories to personal essays, students are exploring the full range of literary genres and finding new and exciting ways to express themselves. And with the rise of digital media, they are able to share their work with a wider audience than ever before.

For students who are interested in exploring their literary talents, there are many resources available. Writing workshops and classes can provide a structured environment in which to learn and grow as a writer, while online communities can offer support and encouragement.

Whether they realize it or not, College students are often full of creative potential, and the literary arts are one way to tap into that potential and explore the many facets of the human experience. By encouraging and supporting young writers, we can help to ensure that the literary arts continue to thrive for generations to come.

As the world becomes increasingly digital, it's more important than ever to remember the power of the written word. That's why we're proud to present the latest edition of our College literary magazine, a celebration of the creativity and talent of our student body.

In this issue, you'll find a wide range of work, from poetry to fiction to nonfiction essays. These pieces showcase the diversity of our community, with writers exploring everything from personal experiences to social justice issues to fantastical worlds of their own creation.

But what unites all of these pieces is their commitment to craft. Our writers have taken the time to hone their skills, to experiment with form and style, and to dig deep into their own experiences and imaginations. The result is a collection of work that is both thought-provoking and beautifully crafted.

In an era of quick, disposable content, it's easy to forget the value of literature. But as you read through these pages, we hope you'll be reminded of the power of words to connect us, to challenge us, and to inspire us. Whether you're a writer yourself or simply a lover of great storytelling, we hope you'll find something to savour in these pages.

So take a deep breath, settle in with a cup of tea, and immerse yourself in the world of our College literary magazine *Gyan Manik*. We're honoured to share it with you.

Dr Harnheet Kaur
Associate Professor
PG Department of English

Happiness and Health

“Being happy doesn't just make us feel better, it improves our health. It helps us eat healthier, be more active and sleep better.”

Happiness is good. It provides us with a sense of optimism, a “take on the world” attitude and a positivity that can be infectious. Everyone attempts to find happiness in three ways: Doing good for others; doing things you’re good at; and doing things that are good for you. Moreover, those who are the most optimistic, are the happiest overall.

For most people, happiness is a sense of purpose and well-being. This positive attitude translates to a variety of effects on a person’s health both physically and mentally, including:

- Opening a person’s mind to positivity: Optimism and vitality are critical to a person’s well-being.
- Improving a person’s problem-solving ability: Positive-minded individuals believe they “can” and want to achieve their goals.
- Building physical, intellectual and social resources: This allows people to learn better because they seek other positive-minded people.
- Protecting your health: Happiness lowers your risk for heart disease, lowers your blood pressure, enables better sleep, improves your diet, allows you to maintain a normal body weight through regular exercise and reduces stress.

Common experience tells us that when people suffer from a serious illness or are in pain, their capacity for happiness is impaired. Longitudinal population studies have documented associations between these negative psychological states and incident coronary heart disease, stroke and type 2 diabetes, whereas depression predicts increased mortality among people with documented chronic obstructive pulmonary disease, diabetes, CHD, stroke, and some cancers.

Happiness may be relevant not only to the incidence of disease and disability, but also to prognosis. A meta-analysis of studies on a range of conditions, including spinal cord injury, coronary artery disease, and heart failure, documented a small protective effect of hedonic and eudemonic well-being on recovery and survival. For example, an analysis of the National Health and Nutrition Epidemiologic Follow-Up Study found that enjoyment of life was associated with reduced all-cause mortality over 10 years among individuals with diabetes after adjusting for age, ethnicity, self-rated health, and physical activity. Nonetheless, prognostic studies are difficult to interpret in the absence of strong measures of baseline illness severity. Sicker people are more likely to have a poor prognosis and may also report less happiness, perhaps because they have more severe symptoms or have more pessimistic communication with health professionals. This scenario could lead to spurious associations between happiness and prognosis. Such processes are difficult to evaluate in the absence of detailed evidence of health status and Studies have found that mental health was positively associated with leisure time and transport physical activity but negatively related to occupational activity. Longitudinal studies assessing physical activity and subjective well-being over a number of years have shown both that greater well-being predicts maintained or increased activity over time, and that changes in leisure-time physical activity predict changes in happiness.

Links between diet and subjective well-being have also been explored, given longitudinal evidence that poor diets are associated with future depression. Intriguing associations between the consumption of fruit and vegetables and subjective well-being have been reported.

Interventions in the health arena depend on devising generalizable and cost-effective methods of inducing sustained improvements in subjective well-being so that impacts on healthy populations and people with chronic illness can be assessed. Enhancing the well-being of the population is a laudable societal aim; whether this translates into improvements in health has yet to be proven.

Ways to Improve Your Well-Being

According to some research well-being can be learned by practicing the following:

- Resilience, a function of the brain, resides in the ability to bounce back from adversity.
- Positive outlook lies in a person's ability to see the positive, both in people and in experiences.
- Attention, or a lack of, can affect a person's well-being. Being more attentive and using better listening skills can make a person more focused and positive.
- Generosity equals a sense of well-being. Acts of kindness make others and yourself happy.

Your own well-being shouldn't be mysterious. Know what works for you and what doesn't, and remove the barriers that are preventing your happiness. Be content with your life choices. Your health and well-being are dependent on it.

Dr. Savneet
PG Department of Psychology

Interactions in the Classroom

The term most associated with a classroom is communication. In very simple terms, communication relates to the act of sending and receiving information. The different types of communication include verbal, non-verbal, one way or two-way communication. While verbal communication refers to the use of words, non-verbal communication is highlighted through the tone of voice, body language, and eye contact. Similarly, one-way communication is linear and limited because it occurs in a straight line from sender to receiver and serves to inform, persuade or command, while two-way communication always includes feedback from the receiver to the sender which in turn informs the sender that the message has been received accurately. But when we talk about communication in a classroom, I believe a smile goes a long way than a long speech about feelings, for non-verbal communication is often more subtle and more effective than verbal communication and can convey meaning better than words. For instance, when a teacher asks a question in class and it results in pin drop silence. The silence in itself speaks louder than any word ever written or spoken. But communication has many limitations in itself.

Firstly, in a classroom environment any and all types of communication are often associated with the syllabus and the need to do well in the examination. To achieve this specific goal, a teacher mostly uses verbal and one-way communication which often results in deafening silence or a shy smile from the students who try and avoid eye contact with the teacher at all cost. Two-way communication can only be effective if it is accompanied by effective listening on the part of the students which is difficult to achieve in the current smart phone pandemic with easy social media access. Thus, the need of the hour is not just effective communication but also an overall effective interaction in which both the parties—teacher and student—are able to affect each other. Communication constitutes an important part of the broader term known as interaction. Interactions between a teacher and students, and students and students are needed in class room activities as they help in the smooth running of the teaching and learning process. Ellis (1990) stated that interaction is meaning-focused and carried out to facilitate the exchange of information and prevent communication breakdowns. Moreover, Brown (2015) stated that interaction is the basis of learning, through which learners are engaged both in enhancing their own communicative abilities and in socially, constructing their identities through collaboration and negotiation.

Interaction begins the second a teacher enters the classroom and the students rise from their seats to

greet her, in turn allowing her the focal position. In terms of the physical environment, the lecture stand and the white board or chalk board represent tools of communication which help in the transfer of knowledge and information. Who-so-ever is positioned near them, automatically takes on the burden to teach the rest. Audio visual aids hold an important place in the current scenario where interactive media has the innate power to hold the other person's attention. In an ideal lecture of forty five minutes, it is impossible for the teacher to hold the attention of all the students for the complete duration. In essence, if just text reading is undertaken by the teacher, she will lose the interest of her students within the first five minutes for it will turn into just a one-way communication without any teacher to student interaction. If the teacher, allows only one student to read the text it will result in winning the attention of that specific student. In case the reading process is undertaken in an orderly manner with each student reading one or two sentences or a paragraph at a time, it will lead to the whole class becoming attentive towards the text but once the previous student's turn is over, he/she will lose interest. Another way is to allow different students to read small portions of the text which are then explained in detail by the teacher. I find this specific method to have better results than all the previous ones but still many students seem to lose interest before the end of the lecture.

In my personal opinion, optimum level of teacher-student interaction can be achieved when some interesting examples from the contemporary world or history are used to explain the significance of certain aspects of the text. However, this method has many drawbacks as well. Only those examples prove to be effective about which there is awareness in the students and thus, help improve the classroom interaction. The other drawback being that it allows students leverage to divert the conversation; even though it reflects a two-way communication, the diversion causes wastage of time and energy. In effect, there is no specific teaching method for effective interaction in a classroom and every teacher needs to make adjustments and devise teaching plans according to the students present in their classrooms, after due consideration.

Dr Kamalpreet Kaur

Assistant Professor
PG Department of English

Migration of Students from India

In the last decade, there has been a significant increase in the number of students who prefer to study abroad. India, after China, is the second largest student-sending nation for higher studies. Today, the world demands global education. For receiving higher education, students travel internationally and they look forward to seeking opportunities overseas. The majority of the student movement from India is concentrated in five countries namely, the United States of America, Canada, Australia, the United Kingdom and Germany. This phenomenon of migration of students is called 'brain-drain'. Students' migration of such magnitude has certain push and pull factors. The two major propelling reasons for students' migration are economic and educational. Receiving a degree from an international university gives students an edge over other students while seeking job opportunities.

Indian education system demands improvement. Only a few institutions from India feature in the world rankings from primary level to higher education level. "When our institutions become world-class centers of excellence, to some extent our youth will want to stay in our country", said Philip Thomas, a skill development expert.

Indian universities are unable to accept all applicants, especially for masters and doctoral studies. In

a country of more than 1.3 billion people, there are only 504 universities which is not a sufficient number to accommodate a large number of students. Admission to higher education institutions in India is very competitive, given that many students leave high school every year, and the places available for admission are quite limited. IIMs (Indian Institute of Management), IITs (Indian Institute of Technology) and AIIMS (All India Institute of Medical Sciences) are some of India's dream schools. The race for admission becomes much more intense depending on the level of training and discipline. In addition, students must deal with stress when taking entrance exams in certain disciplines, such as the Joint Entrance Examination (JEE mains) for engineering colleges and the National Qualification and Entrance Test (NEET) for medical colleges.

The quality of education of Indian universities is also the cause of educational migration. Only a few higher education institutions in the country meet international standards. A common problem of the Indian education system is that its academic institutions focus only on providing popular STEM courses (science, technology, engineering and mathematics). A segment of Indian students who want to take the road less traveled is constantly looking to promote their higher education abroad just because their desired program is not widely available in the country. Even if the course is available, universities in India do not have the experience and accreditation to prepare talented students for better career growth.

Students get enrolled in their desired courses abroad unlike in India, where students may have to take up other courses due to the ranking and reservation system prevalent in India. Apart from higher studies, most of the young people who go abroad want to spend their future life in those countries because of the regulatory framework of the country, rising income levels, improved lifestyle to climb up the social ladder. Students are tempted to explore the world by themselves. They do not want to always be under the guidance and control of their parent and guardian and this is one of the main factors for students to move out of their hometown and seek education in foreign countries.

Not only educational opportunities but also career opportunities attract Indian students. Once they complete their education, they seek job opportunities there only. Universities often have dedicated services to help their students with careers, including those from overseas.

Throughout the year workshops are held to provide students with new skills, or to help with CVs, interviews, and specific career advice. It's important to make use of any services like this, especially as universities are well-connected across the fields they teach and can often put you in touch with contacts. There is a remarkable difference in income levels, increase in income at later stages, and lucrative incentives also, for which students wish to continue working in foreign countries only. Countries like Canada and the US are welcoming more immigrants into their homeland these days by giving them lucrative prospects of jobs. A recent study has shown that, after completing their graduate studies, 80 per cent of students from Asian countries choose to continue living outside. Studying abroad is considered a golden opportunity by most Indians to stay ahead in the game.

In sum, international education is a life-changing experience that more Indian students should not only aspire for but also get access to. On the other hand, this arises the situation of extreme brain-drain wherein India may lose its youth power. This is an alarming situation where the government of India needs to retain its students in the country. The Government of India should encourage Indian states to set up universities to accommodate more students and also bring a plethora of courses to mitigate the massive exodus of students. The dedication, hard work, innovativeness, and quest of knowledge of the youth will not only help them to lead a satisfactory life in their homeland but will also be their contribution towards making India a superpower.

Ms Parminder Kaur

Assistant Professor
PG Department of English

Exploring the Evolution of Reading Spaces

The popularity of traditional libraries has declined over the period of time in the age of digitalization. The establishment of *e-libraries* and virtual resources has made knowledge and information more accessible and convenient than ever before. We can access millions of books, journals and resources online with a few mouse clicks. While this is a great technological advancement, we have lost sight of the essence of traditional libraries in the process. Libraries were more than just places to borrow books, they were community hubs where people could meet, converse, attend events and learn about one another. Libraries provided solace from the outside world as well as a space for both individual and collaborative learning full stop. However, with the rise of e-books and online databases, human connections are being lost. Traditional libraries were a place to escape and explore. You could wander through stacks, search the shelves and discover unexpected treasures.

On the other hand, *e-libraries* lack a tangible environment, making it difficult for people to connect with one another and also with the content they are accessing. Moreover, *e-libraries* have made it easier for people to access a specific piece of information without devoting time to research topics.

Traditional libraries encouraged browsing which is a major part of the learning process. People were exposed to new ideas and gained a broader perspective. Internet surfing and *e-libraries* are a limited and narrow search, making it difficult to discover new interests and passions. And as we understand this shift, we can see that gone are the days when people visited local libraries to find their favourite books. As libraries lose their relevance, many book cafés not only serve food and drinks but also provide a conducive environment for reading and studying. The ambience of these café is often cosy, with comfortable sitting, soft lighting and artistic décor. They have also become popular among professionals who need a quiet environment while enjoying a cup of coffee. While the concept of book cafes as libraries may seem appealing, it is important for us as a society to understand that traditional libraries preserve our cultural heritage and provide information to everyone, they are the community centres and provide resources for people from all layers of society.

In conclusion, the emergence of *e-libraries* has undoubtedly facilitated fast access to information and brought about convenience, but at the same time, they have led to the loss of the essence of traditional libraries. Traditional libraries used to be a place of tranquillity, where one could indulge in reading, research, and exploration. They were viewed as intellectual centres and cultural hubs of the communities they served. The *e-libraries* lack the physical manifestation that allows the user to interact with books and discuss and exchange ideas with colleagues, librarians, and fellow patrons. The oral tradition of storytelling, which is at the heart of traditional libraries, has been lost in *e-libraries*. To regain the essence of traditional libraries, it is vital to build a balance between the conveniences and efficiency of e-libraries and the traditional library as value of a physical space of intellectual and cultural exchange.

Ibaadat

B. A. III

Flash Fiction

Eva sat down on the bench just outside her house quietly admiring the moon that was hiding behind the minimal clouds. Whatever horrific happened throughout the day was eating her up from inside.

She kept staring at the moon with a mystic smile on her face somehow feeling calmness engulfing her. So lost in the beauty and shutting down everything around her she did not even notice someone approaching. Feeling a tap on her shoulder, she looked behind to see her sister Emy standing there with sorrowful eyes. Emy knew her like the back of her hand just like He did. She very well knew whatever turmoil was going inside Eva. She was somewhere terrified after seeing Eva being so calm and quiet. She wanted her to vent out whatever she was feeling “What are you doing here?” Emy sat on her left and spoke carefully. “Nothing”, Eva said after a slight pause. “Eva”, Emy called her sister, “Let’s go home please. You need rest.” Eva gave out a chuckle with sparkles in her eyes. She recalled his exact wordings” I’ll be the sparkle of your eyes whenever you will see the moon” Giving a last glance at the moon, she inhaled a sharp breath before letting out, “I am home” and closed her eyes when a tear trickled down. A sob echoed in the surroundings when Emy held the lifeless body of her sister. She looked at the promise ring sparkling under the moonlight before uttering, “He indeed is your home.”

Jaspinder Kaur

M. A. English

Education Post Covid

Education is that which differentiates us from other living beings on earth. It makes man the smartest creature on earth. Education still remains a luxury and not a necessity in our country.

The COVID-19 pandemic is the first and foremost health crisis of the 21st century. The worldwide lockdowns because of the global pandemic affected many important sectors badly, one of them was the education sector. The pandemic forced schools, colleges and universities to shut abruptly which exposed students to online learning. Going to schools is the best public policy tool available to raise skills. School time can be fun and can raise social skills and social awareness,. The changes of classroom learning to digital learning disturbed the learning of children and made it difficult for them to study. In the low income areas it was difficult for the students to learn and to study through online classes. The families who could not afford wi-fi, computers, laptops or mobile phones had the greatest disadvantage. The parents of some students lacked the skills of becoming a home teacher. Internet connectivity issues, limited data, lack of resources were the main problems faced by the students during virtual classes. The closure of schools, colleges and universities not only interrupted the teaching for students but also lead to cancellation of exams and some were postponed also. Internal assessments were ignored and were considered less important. In higher education many colleges and universities replaced traditional exams with online assessment tools. The career of university graduates was severely affected by the COVID -19 pandemic.

The changes in the method of learning has advised us to move to methods that have never taken before, it gave students a chance to change and experience exposure. During the initial period, the institutions were confused because they had no idea how to proceed but they developed the digital infrastructure and the study pattern started to settle. Placements for the students was also affected. Many passout students lost their jobs opportunities and many students and job workers had to return home because the pandemic was disrupting their work.

After two years when the situation started improving and when people started moving back to their normal lives it was difficult for all of us to settle back in an environment where we need to cover our face through masks, where we need to maintain distance from the people. Schools, colleges, universities and all working institutions were opened but with lots of restrictions. COVID -19 has had a positive and a negative effect on education.

The lockdown changed the habit of learning and studying. The caliber of the students decreased. Some students were against physical classes as they were happy with online classes because it was their choice to attentively attend class or not. Nobody was watching them that whether they are attending classes or not whether they are understanding what the teacher is saying. Students lost the habit of writing and memorizing . It became hard for both students and teachers to cover the loss happened during the period of lockdown. The students living in backward areas faced a lot of difficulties as they were not able to attend online classes due to poor network connections, wi-fi was not available and some did not have tools to attend their classes which led them to score less marks. Many schools were closed permanently leaving children and youth out of schools. The teachers of kinder garden sections were not able to build a perfect base of the children due to distance learning. This all led to the decrease in the literacy rate of our country.

This pandemic also had some positive effects on education. It advanced the technology, digital classes were introduced, online tests and exams are possible to be conducted. It led to the rise in online meetings through teleconferencing, virtual meetings and webinars. It increased the use of electronic media and gave a new experience of learning to the students.

COVID 19 has had a very deep effect on the lives of every individual. It affected every sector in a positive or a negative way. One of them is the education sector which was also affected by the pandemic. Students and teachers learnt a new way of interaction through online classes which is also practiced nowadays. Technology got advanced which also helped the economic sector to grow. Overall COVID has had a positive and a negative effect on education.

Anjali Himta

B. A. III

Student Editor

English Section

Are Romantic Movies Damaging Real Relationships?

In the current situation of Indian Cinema, one can easily observe the fact that almost all the movies produced are romantic movies, or at least have one of their major themes as romance. On the other hand, there is also no denial that the influence of movies on the common people of India is strikingly amazing and widespread. Among this widespread audience of Indian movies, the major part is constituted by the youth of India, whose actions and ideology both are inspired by the movies they see, which in turn greatly impact the relationships in their real life. Be it love at first sight or stalking of the love interest, these common 'trends of love' are popularised by none other than the cinema. Now the question arises, are these impacts of romantic movies in real relationships productive or damaging? Movies create a world of fantasies and inspire standards that are impossible to achieve in real life.

One can start, for instance, with the portrayal of the perfect physical appearance of the actors in the movie. The actress, if nothing else, is almost always the epitome of beauty and the actor the handsomest and strongest man ever. Nobody is perfect, it is said, but the protagonists of romantic movies are indeed perfect. Superficial love is very much popularised by romantic movies. People

are attracted to the physical characteristics of a person rather than the inner self. Having a beautiful partner is somewhat of a social status thing. Sometimes, the more 'modern' romantic movies also lead audience to mistake physical intimacy for love and also popularised the terms like 'one night stand'. Movies, also, a lot of times fail to portray the real life hardships as well as to appreciate the little pleasures of life. One might find the real life relationships and partners boring in comparison to romantic movies while in reality they are just practical and beautiful in their own way. The movies raise the expectations of people about love when love is to be found in the most common things. Romantic movies induce youth to think as if romance is the only important thing in life and sometimes also normalize the idea of elopement.

Most romantic movies portray women as an object of sexual desire or prizes to be pursued and won, not an individual with her own will. The very popular 'Kabir Singh' is one example of this problem which sadly had a great impact on the ideology of the youth and formed a wrong impression of how an ideal and healthy relationship should be. But gladly there are also movies in the present times that are working towards the breaking of stereotypes and inspiring one to love unconditionally. There are movies that set false trends and there are movies that break stereotypes but they do undeniably impact our daily lives. The ratio of the latter is definitely less than the former, as cinema like any other business, is mostly guided by economic gains. Cinema should be more contemplative about what it shows to its audience as it holds more power over the minds of the young generation than that is acknowledged. In addition to that, as audience we should be aware of what is real and what is fantasy in what we see in movies. We need to understand that movies are meant to be the imitation of real life, real life is not meant to be the imitation of movies!

Anisha

M. A. English

A book that changed my Vision

After completing my semester exams I was idle and was looking for something interesting. One of my friends had suggested me a novel to read a few months ago, so now it was the right time to go through the novel. The book was entitled 'It ends with us' by Colleen Hoover.

The book has answered all the questions to abusive relationships and complexity behind them. This is not another love story that we find in most of the books today, it's about the tough decisions, making mistakes and knowing that love is not always kind. A few instances from the novel I found interesting are discussed here.

It is a story of a girl named Lily who is self independent and has opened a flower shop which was her dream. She has seen a devastating past and had always seen her father hitting her mother and she developed a childhood trauma. In her childhood she had a boyfriend whom her father nearly killed after knowing their affair and he went to the army and she never met him again. He was very caring and loved Lily. After facing all these issues in her childhood she finally moved to another city and followed her dreams. Everything was going well until she fell in love with a boy named Ryle. He was very nice to her at the starting but as soon as she married him he started beating her and she was again hit by the childhood trauma. She always saw husband wife relationship like this. She wasn't able to move on until she was pregnant and decided to make her child safe and She divorced her husband. She did what her mother was not able to do for her. After her divorce she met her

childhood love Atlas who had been hit by her father. He again came in her life and accepted Lily and her daughter and gave them proper love and care a gentleman should provide. Lily finally got over her past and looked towards relationships in a different manner.

I learnt a lot from this novel as it carries a heavy , pivotal message about abusive relationships. It teaches us to choose ourselves before everyone else and get out of abusive relationships as soon as they start bothering us. Maybe, the things are not right for us at the moment but someday everything will be fine.

Kanika
B. A. III

Saying Goodbye to College

Leaving college after three years is an emotional roller coaster. It's incredible how three years have flown by so quickly. My professors have been the heart and soul of my college experience. They've not only been teachers but mentors, counsellors, and friends as well.

I am so grateful for their guidance and support throughout my college journey. They have helped shape me and challenged me in ways that I never thought possible. They believed in me, inspired me, and encouraged me to reach my fullest potential.

As I walk through the campus for the last time, I feel a sense of nostalgia and sadness. The places that used to feel like home now seems unfamiliar and strange. The classrooms that were once filled with laughter and chatter are now silent and empty, reminding me that this chapter of my life has ended. But amidst all the sadness, there is also a sense of achievement and excitement for what's to come. Leaving college is bittersweet. I am excited to start a new chapter and pursue my dreams, but I am also sad to leave behind the people who have become my family.

I will cherish the memories made and the lessons learned. College has been an incredible journey, and I am grateful for the love and support of my professors. Their impact on my life will last forever, and I am so fortunate to have had them on this journey with me.

Oh, professors of my college,
How you have shaped my heart and mind
I have walked these halls for years on end
And now it is time to leave behind
I shall miss your wisdom, love, and care
The lessons learned, the laughter shared
And though I'll venture to a new land
It's here where I've grown, as planned
This place feels like home to me

The comfort, peace, and memories
It's hard to leave, I must confess
The thought alone brings some distress

But as I say my last goodbyes
I'll cherish all that I've imbibed
The knowledge, skills, and friendships made
Will stay with me, I won't evade
So, dear professors, know that you
Have helped me grow in ways so true
I leave with gratitude and love
A legacy that all rise above.

Ibaadat
B. A. III

Spring: Season of Blooms and Blossoms

“**SPRING**” is the season of blooming new flowers. A season in which people enjoy the beautiful weather with birds chirping on the trees , bees buzzing on the flowers which gives euphoria to everyone . Spring is happiness in itself . The blossoming of the flowers brings positive energy and joy to everyone .

Spring is one of the four temperate seasons, succeeding winter and preceding summer. Summer, Winter and Autumn may have their fans , but spring is clearly the most lovable of the four seasons. Spring is the season during which the natural world revives and reinvigorates after the harsh winter months. Spring season comes with beautiful mornings with birds chirping outside your window . During spring plants begin to grow again, new seedlings sprout out of the ground and hibernating animals awake. Spring generally considered the period between the spring equinox and the summer solstice. Many cultures celebrate the return of spring , the blossoming of nature or the rise of the vernal equinox.

Many animals reproduce in the spring , when the temperature are warmer and food is plentiful . Baby Bunnies, Ducklings and other adorable animals abound come spring. Seeing those cute animals gives positive energy and joyful mood to humans . “If we had no winter, the spring would not be so pleasant,” wrote English poet Anne Bradstreet. “If we did not sometimes taste of adversity, prosperity would not be so welcome.”

Riya Sharma
B. A. III

The Creative Outlet

In the busy world of today, hobbies are a luxury. In an era where all that people want is, to work, earn, spend, sleep, eat and surf the net, inner feelings are getting buried deeper and deeper. In the midst of all this, people are losing touch with themselves. They are making global connections and

losing all sense of identity. It is good to belong to something bigger but only when you know yourself in and out, not letting our feeling out we are brewing with turmoil inside of us. A turmoil no one can do anything about except us.

Why do we let that happen? Why lose touch with ourselves? The biggest question of all is, how unhealthy is this for us?

Because we all know that it is unhealthy, there is no denying it. We need to and we deserve to let it all out. We deserve that kind of satisfaction; we owe it to ourselves. At times even when we want to let it out, we are embarrassed, we feel overwhelmed, and we think whatever we are feeling is wrong whatever we are feeling. We feel like something is wrong, and we cage ourselves mentally.

We make a narrow version of what should be expressed. We poison our soul and let it spread until we cannot take it. Creative outlets just might be the answer we are looking for. A subtle outlet that lets you express, delve and discover yourself, something with a touch of subjectivity and anonymity.

One's creative outlet can positively range from doodling to playing sports, from knitting to cooking. The idea is not to have a grand or brag-worthy outlet but something to put your mind at ease. You can keep your doodles to yourself or you can let the world discover its beauty, it is up to you. Take some time out of your busy life and maybe give it a try. Choose what suits you and fall in love with what you can.

Jyoti Basneet

B. A. III

The Importance of Mental Health and Self-care

'Self-care is not selfish. You cannot serve from an empty vessel.' As we all know, mental health is an essential part of our overall well-being. It affects how we think, feel, and behave, and it plays a crucial role in our ability to navigate life and its challenges.

Taking care of our mental health is just as important as taking care of our physical health, and neglecting it can lead to serious consequences. Self-care is a vital component of maintaining good mental health. It involves engaging in activities that promote relaxation, stress reduction, and overall well-being. This can include things like exercise, meditation, spending time with loved ones, or indulging in a favorite hobby.

The benefits of self-care are many. It can help reduce stress, anxiety, and depression, boost self-esteem, and improve our overall mood. It also allows us to recharge and refocus, giving us the energy we need to tackle life's challenges.

In today's fast-paced world, it is easy to overlook the importance of mental health and self-care. But taking the time to prioritize our mental well-being can have a significant impact on our overall quality of life. So, make self-care a priority, and give your mental health the attention it deserves.

Aarti Sharma

B. A. I

Negative Effects of Video Games

When video games were first available to consumers and brought into homes it was to serve the purpose of entertainment. Now since the evolution of gaming unfortunately a new purpose has been served. Precisely, we can assume that most of the gamers spent over 13 hours playing video games weekly.

Although current gaming systems may help increase motor skills, there have been many problems associated with excessive video games. It is clear that this new wave of video games has a negative effect on the youth. Among those problems is obesity. Many activities that should be done outside, thanks to gaming have now been modified to a remote and sensor and it is not a good sign for children and teenagers as it leads to a lowering of the child's metabolic rate, making weight gain more likely. Parents could easily prevent this by giving their children time limits when playing video games and encouraging them to go out and play with friends, or take them to the park. Along with obesity violent behaviour has been deemed as another video game related problem. Violent video games have been linked to anti-social and aggressive behaviour in children and adolescents. No matter which video game first began shaping our impressionable minds, one thing is for sure, violent video games increase violent thinking, attitude and behaviour. One of the primary concerns with violence in video games is that gaming is not passive. In order to play and win, the player has to be the aggressor. Rather than watching violence, as he might do on television, he's committing the violent acts. Most researchers acknowledge that this kind of active participation affects a person's thought patterns, at least in the short term.

In order to stop them from addiction to video games outdoor activities are required by the video games. Family members must also help them to make sure that the child rests for a few hours while playing the video games.

Khangembam Nongmainu Chanu

B. A. III

What will life be like in 2050

The year of 2050 is almost thirty years away from today. Life in 2050 will be very much different from today's life. Being a human being it is very difficult to know what is going to happen in the next moment. Only the scientists can be able to tell us that what will life be like in 2050 by their predictions and their calculations.

According to their predictions population will increase phenomenally in 2050. In 2050, about 75% of the world population will be living in cities. The height of the building in the cities will be touching the sky. By 2050, due to the lack of greenery, number of forests will be very limited. There will be shortage of land.

In 2050, surgeries and operations will be performed by robot arms. There will be shortage of stem cells in every new born baby in the year 2050. Human body may not be perfect, but the mind will certainly be safe. Human brain will be connected by a computer. Many serious disease like cancer will end. Only few medicines or vaccines will be enough for all the types of diseases.

In 2050, schools and colleges will be completely digital, student will not carry heavy burden of bags on their backs, they will have smart phone and laptops in their hands. In 2050, there will be no use of

blackboard, chalk and papers in schools or colleges. In 2050, transportation will likely be very much different from today's life. Cars will be driven by computers, no one will have to learn driving by 2050 driving manually will be illegal. You will just tell the car where you want to go.

In 2050, there will be different environment, education, different way of living, modern and developed technology, the more modern technologies we will have the more polluted environment will be.

In conclusion, it seems that life in 2050 will be very cushy, technology is coming very fast toward us. We need time to consider whether 2050 life is good or harmful for the earth and also for the humans.

Renu
B. A. III

What Difference do you want to make in the World?

There are many differences in this world that I should really want. First I really want to make a difference to poverty. According to my view poverty is a thorn in the flesh of the world. Society in India is very sharply divided between 'Haves' and 'Have Not'. With all the wealth of the country getting so accumulated in a few hands the rest of the population finds it difficult to even make two ends meet. So the obvious reason for poverty is 'uneven distribution of wealth'. On one side, India is leading gold importer in the world, whereas on other side India's population cannot even afford a single meal as stated as follows.....' Rich continues to become richer and poor continues to become poorer'. In news coverage, media focusses fully on Indians and their blackmoney deposited in Swiss and Morocco banks and a pitiful fact is that most of them having these accounts are politicians of our very own country. Harmful effects of poverty include mitigation of crime activities like theft, robbery, smuggling, kidnapping, cheating which have become a menace to society. Poor people in a pursuit of living indulge in these kind of activities. Owing to greed of wealth string of kidnapping incidents happened. Secondly, I really want to make difference in 'Racial Discrimination'. It is unfairness in treatment based on the group, class or category to which the person is perceived to belong. Discrimination is based on skin colour most likely with dark skinned people while privileging those with lighter skin. Darker skinned people tend to receive smaller incomes, lower marriage rates, longer prison terms, and fewer job. Discrimination based on skin color has existed for centuries analysis has shown that it is particularly in America. As well as discrimination based on religion, it is a person's right to believe in whatever religion or belief they follow, religious discrimination can occur in many places like workplaces, when providing goods, facilities or services so, second reason that I really want to make a difference to a better World.? Third one is "Better Education" for every person. Today governments take many steps to give education to every student but in some places there is no source to give better education. I understand that it would be difficult to accomplish all that, but it all starts with small steps. Small steps can start to accomplish big things, it just takes the right attitude and right decisions.

Kanika Kumari
B. A. III

Education System of India

Education begins at home and continues throughout our life. It gives job opportunity and makes a person more civilized and social as well. The history of Indian education System comes from the times of Ramayana and Mahabharata. The historic Indian Education System was also called the Gurukul System. Here they were given practical knowledge which is very helpful for them. The Gurus and the Shishyas lived together under one roof in Gurukul until the completion of their education. There were no classrooms they used to sit under the tree and learn about literature, religion, war fare and scripture, not simply mugging up but understanding the concept by practical. This early system of education in India continued for many years until the Morden education system came. In 19 th century during the British period, the modern education was bought into our country. The school system in India has four levels: lower primary(age 6-10), upper primary (11and12), high (13-15), and higher secondary (17and18). There are many problems in our Indian Education System, the biggest one is the poor grading system. It judges the intelligence of a student on the basis of academic studies which is in the form of exam papers. This is not fair to students who are good in their over all performance but not that good at some subjects. They only try to get good marks not paying attention and understanding what is taught. This encourages getting good marks through mugging up and not actually learning the concept. We see now the Indian Education System focuses on theory more. Only a little percentage is given for practical. As the result students have bookish knowledge not practical knowledge. Our Indian Education System focuses mainly on theoretical knowledge. Students must be imparted practical knowledge for better understanding. The curriculum of our schools and colleges must be revised. We see in many schools and colleges the condition of the teachers are not that good because they are not paid enough salary so they leave the government schools and colleges and go to the private ones, as the result the poor students who can't study in private schools suffer. Many schools under government are not properly built. No proper teaching is done by the teachers in government schools. If Indian government will improve the facilities and educational quality in the govt. school then more people become educated then India will become developed country. Until then India remains a developing country. Good teaching staff must be hired in order to nurture the young minds well. The education system of our country must look beyond academics. Sports, arts and others activities must also be given importance to ensure the all round development of the students. Most of the time the Indian students keep on working hard in wrong direction opposite to their interest and passion. 3 Idiots is among the all time favourite blockbuster films of the country people appreciated it a lot. Repeatedly, this film gives out the message that you should choose your passion (a dialogue from this film) "A great man has said, study not to be successful, but to improve yourself don't run after success pursue excellence success would follow you". But even after 12 years of the release of this film, if we look at the reality people are still running after the handful of career options. Because the Indian education system, failed to help the students explore themselves. We see many engineers they are qualified, cleared all the exams but not getting jobs. But everybody wants to become an engineer so. Most of the students go into depression thinking about their exams, career and so on.

Teachers must be like a gardner who take care of different types of plants, these plants are the students who needs like gardeners who in every stage.

NEW EDUCATION POLICY (NEP2020) our education system tries to fit the students into three categories after class10 such as science, commerce, humanities. But the students are interested in a variety of subjects, for example a student wants to study science but at the same time he/she is interested in history. But now the government has changed this through the New Education Policy (NEP). Now the students have more flexibility to choose their subjects. Upon the implementation of this policy, a student can study Political science with physics and chemistry with history and so on, now students are free to choose the subjects. A second major change by the government is that

they have replaced the existing 10+2 academic structure. Preschool would be from the age of 3-6 and then class 1 and 2 for the next two years. Right from class 6, students would have to do internships in vocational training jobs. There would be a bag less period of 10 days where the students would take no bags to school, coding would be taught to children from class 6. And also assessment will be done by not only the teachers, but students will also self evaluate themselves. The government has decided that at least 6% of the GDP will be spent on education. But it depends on implementation as well how soon the government is able to achieve it.

The Indian Education System is one of the oldest education systems. In olden times the Indian education system was just for the upper classes and castes. But now it is for all, boys and girls, low and high all are equal in the eye of education especially the New Education System of 2020 will open the door of creativity in students.

Nidhi Jaya Tete

B. A. III

Goodbye to Childhood

The word 'childhood' is filled with emotions, feelings of everyone's life. Whether everyone has different definitions, thoughts about childhood but the hidden meaning and emotion are the same. It is one of the beautiful phases or a part of life that everyone lives. Toys, innocence, purity of thoughts, dreams, idols, sweets, these are same words that childhood consists of we all have heard many people, or our elders saying "when we were children, we had enjoyed that phase yeah! those amazing days" and many incidents related to childhood. In all of these incidents they want to express their beautiful experiences and joyful moments. God has created the human life with all its power and in this life, He has given us the beautiful childhood filled with immense joy.

Everyone says that there are no other phases that can be compared to childhood. I also have many emotions towards my childhood days, when I used to be free of tensions, joyful feeling, enthusiastic courage. I remember the circle of friends in childhood was big and the sharing habit starts with this. The kindness, the innocence and the pure heart and mind was filled with pure thoughts. The word 'future' was nowhere in children's mind. I used to enjoy my present and live in it with happiness. But this phase of 'childhood' has an end. Not the end of life but the age of childhood has a limit . The above limit is called youth where we cannot have the childish behavior and have to act like a well mannered person. Childhood could be compared with the seasons. The only difference between these two is that childhood is a phase of human life which has an end and it never comes back again but seasons change. Saying "Goodbye to Childhood" is very hard and a harsh reality of this life but yet we all have to face and accept it with all our dignity. When I think of childhood it would be like a dream. Childhood has its own importance in itself. I have experienced that childhood phase is different from the real world. The beauty of feelings and children is different from other phases of life. It cannot be compared to any other phase. After childhood we the grownups, feel delighted when we recollect our childhood memories. But it is obvious that every memory of childhood days can't be good.

There may be same unwanted memories. When we grow up we miss every single day of our childhood period. Our life is fully dependent on time. The time that has already passed cannot be brought back and so can't our childhood. Children may fail to realize what golden moments they are passing through only until they reach adulthood. For an adult the best days of his life were spent while he was a child and it is during his stressful days he longs for the lost time . This is when the significance is best realized.

Childhood is the time where parents have the most important responsibility of teaching their children, the differentiation between right and wrong and important moral values. Children have no idea of discrimination also.

The childhood memories we all gather stay with us throughout our life. They bring happiness in our life when we are down.

Banita
B. A. III

Planning a Career

A career plays a crucial role in everyone's life. From childhood we listen to our elders telling us to study hard and score good marks which will help us in achieving a good career because a good career leads to good life. But in today's era of diversity choosing a career is a crucial decision for an aspirant because a career is important to attain success in life. From personal to professional life everything is affected by career. Society also respects those people who have a good career. Planning a good career is a hectic, lengthy and time consuming process which also includes lots of confusion. Many students want to become a doctor, engineers, teachers etc in future but for choosing a right career one must look upon the interests, passion and ability of his own. A career is a future path that leads us towards the path of success.

There are many factors that affect the decision of a good career. The first thing that we should consider is our areas of interest. Our interest makes us more perfect in our job. Another thing is the future prospects. The field you are opting for must have a good future scope so that later it gives you fruitful scope. Thirdly it is very difficult to choose a field from hundreds of fields is very much difficult, so one must choose that career which he will never get bored of.

For me, planning a career is very important but it is uncertain. As I will complete my graduation in next three months it is very crucial to plan a career. After considering all the factors like my interest, my ability and will power, I started preparation for civil services in my second year of graduation. I took a lot of help from my parents, teachers, mentors and friends in choosing a better future.

It is important to come up with your career planning not for me but all of us it gives you the much needed direction and makes it clear there where you see yourself in future. It makes you aware of your strength and weakness, skills and knowledge that are required to achieve your goals in future.

But recent developments have shown that career opportunities are available in abundance.

Choosing a career is no more a matter of one's likes and dislikes but how much you earn? So choose your career wisely which gives you satisfaction, joy and peace and will never get bored.

Sanjana Gupta
B. A. III

Migration of Students from India

India is the world's second largest student sending country after China. Students' migration of such magnitude has become a major source of capital and brain drain for India while hugely benefitting the economics of advanced countries. 90% of students movement from India is concentrated. With the rapid rise of international education more and more students are seeking higher education in foreign countries and settle there because of better work and attractive pay packages. Students from India migrate to other countries for better career prospects. They get attracted by better standards of living and quality of life, higher salaries, access to advanced technology, higher education and more stable political condition in developed countries which lead to migration from less developed countries.

There are many factors contributing to the growing number of students migration from India. Many developing countries have an under supply of university places to satisfy demand and as a result students have no other choice but to study abroad. Generally, students seeking cross-border education migrate to countries with more developed education institutions than their own. The factors for the rise of "MIGRATION OF STUDENTS FROM INDIA" are also called Push and Pull factors. The Push factors are the factors connected to the country of origin and Pull factors are the factors connected with country of destination.

PUSH FACTORS :-

- Less economic opportunity
- Poor quality of living
- Limited access to health care & education facilities
- Political instability
- Less higher education

PULL FACTORS :-

- Modern education system & better chance of advancement
- Better economics prospects
- Employment opportunities
- Relative political stability
- Better research facilities

Basically, education plays an important role in every individual's life. At times, people in their native land are faced with challenges with education because of large number of people who want to go school or universities. There are few schools and universities available in countries making hard for people to have access. When this happens, either they have to pay a higher amount of money or emigrate to a country where they will have easy access to school or universities. Not only does affordability and accessibility of school and universities contribute to students emigrating to other countries but for post graduate students good job and high payed jobs opportunities are also major factor. In summary, students emigrate to other countries for better economical and educational reasons. They feel that their talent is being recognised and acknowledged deservedly abroad. India can't offer such stability to its citizens. Hence, they move out. If the migration is left open to happen without any restrictions, India would be in shambles. If all the students in the country go for the other countries to avail for better higher education, better working conditions there would be no talent left. The only way to restrict migration of students from India is to better than living standards, better education in the country itself. Other countries act as a magnet to skilled students because they promise them a better life and offers better works.

- Indian universities are unable to accept all applicants, especially for master courses and doctoral studies. Admissions to higher education institutions in India is very competitive, many students leave high school every year and the places available for admission are quite limited. In addition students must deal with stress when taking exams like – JEE MAINS, NEET etc.
- The quality of education of Indian university is also a cause of educational migration. Only a few higher education institution in the country meet international standards.

- A degree obtained in foreign countries is considered more valuable than a degree obtained in Indian educational institutions.
- Another motivation for students abroad is the opportunity to continue scientific research and obtain a doctorate or PhD, better working conditions and more equipped facilities in departure of students abroad.
- Generally, immigration is one of the main reasons why Indian students especially at graduate level, seek a degree abroad. Countries such as UK, CANADA offer attractive employment prospects after graduation and their flexible immigration policies allow students to seek employment upon graduation.
- A common problem of Indian education system is that its academic institutions focus only on providing popular courses – Science, Technology, Engineering , Mathematics. A segment of Indian students who want to take the road less travelled are constantly looking for promoting their higher education abroad, just because their desired program is not widely available in the country. Even if the course is available, the universities in India do not have the experience to prepare talented students for better career growth.
- The other reason is policy of discrimination against students from low – income families and individual castes in higher- education. Thus, the majority of talented students from certain castes, can't get higher education in their areas of interest or go to universities of their choices . So, the students migrate from India to other countries for better higher education, better employment , better higher education and attractive pay packages , better career prospects , better standard of living and quality of life.

Tripti
B. A. III

Online Shopping

Shopping is an essential part of our daily life. There are many different ways of shopping for buying different type of goods. Shopping in virtual mode is one of the fastest growing trend in the world. To define it more precisely, Online shopping is a process of buying and selling goods digitally without any intermediary in between. It is a recent phenomenon, starting in 1995, when Amazon for the first time used internet as a platform to sell books online. but its rapid emergence was seen in covid times. The COVID-19 crisis accelerated an expansion of e-commerce towards new firms, customers and types of products. It has provided customers with access to a significant variety of products from the convenience and safety of their homes, and has enabled firms to continue operation in spite of contact restrictions and other confinement measures. Earlier, shopping was seen as a recreational activity, but now it is considered as a basic necessity. Both businesses and customers have embraced online sales as a cheaper and more convenient way to shop.

There are both advantages and disadvantages of online shopping. Benefits of online shopping are the following, convenience, cost savings, easy comparison of goods and a lot of variety to choose from. These benefits are not only limited to customers but are equally available for the e-commerce giants and also for transforming Indian economy and society. This on going digital transformation in India is expected to push up India's total internet user base to 829 million by 2021 from 560.01 million as of September 2018. The Indian E-commerce market is expected to grow to US\$ 200 billion by 2026 from US\$38.5 billion as of 2017. The country's e commerce sector, which is poised to become a \$400 Bn market by 2030, is likely to grow at a CAGR of 19% between 2022 and 2030.

These statistics and growth prospects shared by the India Brand Equity Foundation are an indication of the promise, potential and growth of the Indian e-commerce sector. While a lot of this growth is driven by big e-commerce companies like Amazon, Flipkart and others, there are innumerable small e-commerce platforms who are contributing to the upward growth trajectory. But at the same time there are some disadvantages too vendor fraud, where the vendor after accepting payment refuses to send the good and services. Increased risk of identity theft, where hackers hack the account identity and other personal info. According to Accenture's Cost of Cyber crime Study, 43% of cyber attacks are aimed at small businesses. One of the consequences of cyber attacks are financial losses, loss of productivity, reputation damage, legal liability, business continuity problems. Online shopping can be further strengthened through adopting practices such as promoting your online presence, instilling confidence in customers, by prominently displaying clear policies, trust certificates, security badges and contact information to enhance product find ability, enable customers to quickly find and discover products by offering robust search and navigation.

At the end, online shopping has opened doors for the small retailers and businessmen to participate in this giant e commerce business and make their presence felt. Online shopping brings us great convenience, but it also brings irresponsible consumption habits like exploiting the advantages of free returns and faster shipping. These add on to the pool of environmental problems that we are dealing with – global warming, wastes and pollution. Therefore, we should change our attitude towards e-commerce – to be more responsible, less exploitative and more thoughtful for the environment.

Shifali Sharma
M. A. English

Religion and Spirituality

At some places all religions started as a spiritual process. The moment when someone says that he/she belongs to a religion, he/she calls themselves a believer. The moment someone say that he/she is on a spiritual path, they call themselves a seeker. Religions are most often based upon the likes, teachings, and beliefs of a historical or archetypal (e.g. Christ, Buddha, Krishna, Muhammad). The details of their lives as holy as highly evolved beings have been came to us across the mister of times through oral tradition and written scripiter. These are the subjects of worship and devotion and form the foundation of religion practices and rituals in a community. A country like India has so many religions. Hinduism, Jainism, Buddhism, Sikhism etc. Indian religions, are sometimes also termed Dharmic religions or Indian religions . Hindus make up 79.8% of India's population and Muslims account for 14.2%, Christians, Sikhs, Buddhist and Jains account for most of the remaining 6%.

Religion involves an organized entity with rituals and practices focusing on a higher power or God.

There are some mental health benefits of religion. It gives people something to believe in, provides a sense of structure and typically offers a group of people to connect with over similar beliefs.

It initiates social connections with other members, creates a sense of belonging to a group, offers trustworthy and safe social engagements, helps people to cope with difficult life situations, provides structure, regularity and predictability, provides guidelines to live by, teaches compassion and identifies life lessons, even from challenging situations.

Spirituality is more often based upon the practical applications of the founders teachings. Spiritual aspirants lend the advice that do not seek to follow in the footsteps of the wise, seek what they sought instead. It includes the recognition of a feeling or sense or belief that there is something greater than myself. It involves exploring certain universal themes- love, compassion, death, wisdom and truth. It provides meaning to someone's life, spirituality has the potential to improve physical, mental and emotional well- being. The spiritual knowledge is about the deep human concerns of our existence, and of our connections with the whole universe. Spirituality is somewhere related to health. No one really knows for sure how spirituality is related to health. However it seems the body, mind, and spirit are connected. The health of any one of these elements seems to affect the others.

There are some spiritual practices performed by the people which involves, prayers, connecting with nature, yoga, attending a spiritual service and meditation.

Religion is about faith. That is to say, belief in something based upon unconditional acceptance of the religion's teaching. Spirituality doesn't dismiss faith, however, it often learns more heavily on direct experiences of the soul or divinity.

Religion can sometimes contain a subtle undercount of fear woven into their teachings. The concepts of eternal punishment can create a mental environment burdened in worry your actions will divine retribution or karmic punishment.

By contrast, spirituality typically discards the vestiges of fear and worry in favour of a more loving , compassionate approach to life and death. We need to move from Religion to Spirituality, it unites people of all religions.

Siya

B. A. III

Every Day is a New Day

A poor young girl's fate changed when one night two men knocked at her door, calling out her name. "Sanjana open the door." She got scared and did not have the courage to check who is at the door.

Sanjana finally gathered all her courage and opened the door to check but there was no one there. She quickly shut the door and stayed inside her house. Again after few days, Sanjana started crying and the people from her slum came to see if she is okay.

Her neighbours called the police for the help. But by the time police came and investigated, they realized there was nobody. Sanjana, a 14 year old, who recently lost her parents in an accident, was traumatized. The young girl needed help but she herself did not know this.

Sanjana being the youngest in the family was the most loved child but that one incident changed the fate of the poor young girl. Sanjana was taken by the police to a government hospital for check up. The psychiatrist diagnosed Sanjana with schizophrenia.

The doctor told the investigating officer that she is experiencing 'episodes of schizophrenia' as recently she has lost all hope in life. Thereafter Sanjana was taken care by the police and doctors until she was completely fine.

In the year 2012, Sanjana became an IAS officer who topped her exams, all her teen days were spent recovering and one of the the cops adopted Sanjana when she was sixteen year old. She grew up in an atmosphere where she saw her father wearing uniform and coming home late at night. Sanjana

was a girl who dreamed life with open eyes and she achieved her dreams even after going through so much. No one expected that Sanjana's life would be so different after ten years

Ibaadat
B. A. III

Life or Dilemma

We all are human beings and we have some confusion in our life. We live our life in dilemma and never understand what is true and what is false. I always live my life in a dilemma. I know you would ask what is my dilemma? My dilemma is time. The time I wanted to live the most, I lost it because of dilemma and the time I didn't want to live, I had to live for my family. I never understand which is the best stage of our life? Is it childhood, adulthood or old age? Is it student life or college life? Is it family life or married life? I can't understand it. When I was a child, I always saw adults and wanted to be an adult. The way adults take independent decisions inspired me, for there were no restrictions. That is why I wanted to be like them but when I was a child, I didn't understand that each decision is accompanied by a set of responsibilities and duties. I never lived my childhood with the happiness which I deserved, for I always aspired to become an adult and wasted my childhood completely. But when I became an adult, I came to understand that our childhood is precious and we can't find it anywhere in the world. I became an adult, the time I was looking forward to the most, but it didn't give me happiness as it was accompanied by responsibilities. During my childhood I wasn't aware of such a term like responsibility. I was just lost in my own happiness. Now I understand that we are nothing without our family, with out their love and without their restrictions. I am unable to carry all this burden by myself and need my family and their love which they give me selflessly. But the thing I lost in all this is my childhood, even if I wanted to relive my childhood, I will not be able to do it. It can only be possible if I play with a baby then I can relive my childhood but if I act like a child, in my adulthood, people will think that I have gone mad. Therefore, every stage of life is precious and every stage has its own sphere of happiness. So, live your life with happiness without caring for any kind of dilemma.

Sandhya
B. A. II

School Life or College Life

We all are aware of school life and college life as we have experienced both these aspects of life. There are many differences in school and college life but the biggest and major difference is restrictions. As you all know that in school there are many restrictions and laws that the students are expected to obey. But in college, no one imposes such restrictions on the students. In school, it is the rule which forces students to obey their teachers and to attend all the classes. But in College, such rules seem to be amiss as students are free to make their own decision. No one cares what you choose? whether it is wise or not? In school life, students are not allowed to go home until they attend all the classes but in college, students can come and go as they like. While schools highlight rules and discipline, colleges reflect ones own choice. These are the merits and demerits of school and college life. Which one do you like? If you ask me, I prefer my school life over college life, with

all its laws and restrictions. The reason why I love school more than College life is because for the first eighteen years of my life, I was trained to live according to the rules and restrictions of my elders. And I became habitual of obeying those rules and restrictions, without them I sometimes feel that my life is incomplete. Like you, I also dreamt of freedom since my childhood but when I was offered that same freedom, I realized I didn't want to be free.

College life gives us freedom but this freedom makes me feel incomplete. Everyone says that now you are an adult that you are in college, so you should act like one. Yes, I am in college but I have not fully matured, I don't know what's right or wrong? Or what to do or not? The reason being that during my school life, these very restrictions and rules stopped me from doing wrong things. Yes, there are many rules in school but I love to break them with my friends. We loved to undertake punishments together for these constitute the good and lovely memories of my childhood. It is not right to say, but breaking rules has its own happiness. In my opinion school life completes me, what about you?

Sandhya
B. A. II

The Sun and Rain

“SUCCESS IS THE KEY HOLE, SHRINK TO ENTER”

It was raining that day, roads were as usual flooded with water. The Sun was not supposed to rise because it was surrounded by clouds. I was sitting outside the room enjoying the rain with a cup of coffee in one hand, mobile in another, and thousands of thoughts disturbing my peace. I was going through many things. I was broken, I was tense. I actually never thought of doing things like this, not even in my nightmares. I never dreamt of keeping myself busy like this (can't clearly disclose at this step). I wanted to cry, I wanted to shout loud at someone, my tears were dying to come out but somehow I managed not to cry. I then gathered my broken pieces to write something after so long, just because I realized something. Give me a minute and I will show you what exactly I am talking about. Just as the sun has two aspects, shine and heat, our lives revolve around the same. Let me make it more clear. The shine has to do something with our success part or you can say, the rising phase of our career. We love shining at times as we are recognized for our deeds, for what we are and we have done! Makes sense right?

What does not make sense is always wanting to shine, we want to give our best, we want to rise high, but a rain cools down our inner heat and a massive destruction is caused afterward. Here, I am referring to rain with the hurdles we face while preparing ourselves to shine. What we usually forget is, we or the sun can never rise without the vigorously ignited heat within us.

You must be thinking it's natural for the sun to rise irrespective of everything. Yes, it's absolutely correct, no one can deny this. But a similar kind of observation can actually lead us in making ourselves better and doing things even better than before.

Let the rain (problems, failure, hurdles) come, they will come and go because time and rain never last longer. What should last is the heat to move ahead of everything, to forget everything and rise, to not get trapped in the prison of disappointments.

Rain is today, Sun is every day!

Be like the Sun

Priyam Singh
Student Editor-Commerce
B. Com III

Mothers: Irreplaceable by Others

She hid her pain behind a mask,
but never failed in her daunting task.
Despite the difficulty she faced,
she cared for her loved ones with grace.
A mother, like a God so mighty,
always ready to battle society.
Her lap, a haven of security,
no love like hers, no possibility.
In walls of siege, she may reside,
but the freedom she always did provide.
Her beauty and character combined,
a perfect portrayal of love so refined.
Words cannot express her true worth,
her character is unmatched on earth.
A mother's love, a gift divine,
forever cherished, forever mine.

Sanjana
B. A. III

A Reminder for Yourself

Your body is your own autobiography
each stretch mark tells a story
of growth and becoming
your skin is a silent conversation
of how much you have accomplished
just as stars ignite the sky
the Earth needs your light
nobody shines like you do
know that you are doing better than you think.

Khangembam Nongmainu Chanu
B. A. III

A Parent's Love

No gift on earth is greater,
no treasure held above,
the joy that come from knowing,
a parent's endless love.

In spite of how it's tested,
it grows from year to year,
providing strength and comfort,
it always draw us near.

It warms and it protects us,
and guides us from afar,
shedding light upon us,
like a bright and shinning star.

And when all things are measured,
not one shall rise above,
or be compared in value,
to a parent's endless love !

Ridhi Abrol

B. Com I

The Lost City

Take me to the mountains for it puts me at ease,
I will seek solace among the trees,
I will dive deep into the ocean as you will watch me being lost in the sea,
I feel so lost, in the lost city.

Let's go in the snow and feel the unease
as the temperature falls below the negative degrees,
or give me the wings and set me free,
I want to kiss every flower as does the honeybee,
I will admire nature for it is heavenly,
I feel so lost, in the lost city.

The glitters and shimmers masking up big industries,
see them ready to set up mechanical plants by cutting off real trees,
please find me the way to the fields of wild berries,
or that river bank so I can feel the breeze,

I'm grasping for air and struggling to breathe,
I feel so lost, in the lost city.

Aatifa Masood
B. A. II

Woman- Who Exactly is She?

A woman brings us into the world,
a woman suffers in the cages being hurled.
A woman gives us her nature and wind to breathe,
a woman certifies her modesty weighed through her clothes' sleeve.
A woman holds our hand and walks miles of life with us,
a woman yet harassed in the morning bus,
a woman raises us with her unconditional love,
a woman to be loved must act like a little dove.
A woman learns, grows, and flourishes in life,
a woman only matters to be a suitable wife.
A woman carries a life inside her womb,
a woman lives in the society's made up tomb.
A woman carries her self-respect like a jewel,
a new woman in the man's world is ready to rule.
With all her glory, she will break free,
for she will rise from the ashes, I hope you all are ready to see.

Shivika
B. Com I

Women and their Fierce Beauty

A woman gives birth to a whole new world
she does everything without any reward
all her beauty lies in her innocent femininity
to be loved she must pretend to be a little dove
the day she screams and stands
everyone stops and stare
as she is no longer that little dove
but a woman standing up for all the wrongs being done

I say her resistance is beauty
her voice speaks for the thousands in misery
this world wants to lock her up in cages
they've forgotten, she's been our origin since ages
the power that grants our existence's start,
might one day bring our world apart
whilst she is Parvati, the embodiment of love, harmony and devotion
with the change of winds can be Kali, the ultimate force of destruction
so let us honor the tenderness she brings to the table
but never forget the power of storm she carries in her eyes
as that's where her beauty lies.

Shivika
B. Com I

My First Day in College

I still remember that day,
my first day in College,
I was happy as well as nervous,
experiencing the place and meeting new friends.

College to me was cheerful,
accounts, Economics were fearful,
as I stepped into my class,
I thought I was the greatest fool.

Then I made my self relaxed,
introduced myself to them all,
though I was shy in front of girls,
somehow I managed to befriend them all.

And now in came our Miss,
having a smile on her lips,
she then asked our names,
and we began to play some games,
she looked extremely happy,
and made us all yappy.

I became happy in a different way,
I still remember that day,
my first day in College.

Monika
B. Com I

She is More

She is more,
she is more than her skin color
she is beautiful or not
who are you to declare,
she is more than her body size,
who are you to judge
come on think wise,
she is more than just that short dress,
would you be comfortable
calling your sister with the same address,
she is more than
your dreams with her
in your bed,
your mentality is the reason
that incident was held,
she is more than
a toy you think to be,
she is a human being
and the right to say this,
she is more
she is more than you think
she is she is a mother,
she is a daughter,
she is a sister,
she is a goddess,

Which you are blind to see,
she is a magic

and trust me when she losses it
its going to be tragic.
before you disrespect a woman
think twice,
your mother is a woman too
who carried you in her womb.
it's time to respect women
which they deserve
and pay your mother's sacrifice.

(This poem won 3rd prize in Online Inter College Competition Poem Writing Competition)

Priyam Singh
Student Editor-Commerce Section
B. Com III

Think and Believe

If you think, you are alive
if you think you are a human
if you think, you can believe
having with them something common.
if you think, you are happy
if you think, you can believe
you can believe you are equal to them not less
if you think, you can fall
if you think, you have been cheated
if you think, you can believe
you can believe in getting support
trust from them to again live.
They are the idols of us
and so powerful, thus
their powers are beyond all the dimensions,
but do they exist? Where they exist?
Why about them who science hardly mentions?
If you take them as the Almighty,
trust them of having nothing with fame.
But for the answers to questions,
it is simple to feel their existence,
no Almighty, no God, yes they exist with a relation.

Yes they exist, I say
they are in relation with us
it is, it is in our heart or somewhere
the common name- 'the soul' is given
your soul is them you are forever
forever you live, you human
you are happy, you succeed, falling, hurt, getting up
anything, you are thinking, you believe
it is done by the soul to make you up.
Cause once you have started, thinking
believing your work, 'the soul' is there
each and every second, every minute developing
that humans are for evolution and to keep living.

Priyam Singh

Student Editor-Commerce Section
B. Com III

Where the Head is Held High ...

Where the head is held high....
After breaking the discrimination ties....
Where knowledge is retained,
and humanity sustained;
Where the mind is without fear...
To give her a powerful cheer...
For leading women,
to show their power...
And deep down her internal self to take a shower,
to collect all her strength
Without any need of hiding her scar;
where money is maternal,
her day passes chanting the eternal;
where antagonists have no space,
and technology runs at full pace;
where nation is priority,
and arms lead to a nation's prosperity

Palak

B. Com II

This is My India

Delhi for duty,
Kashmir for beauty,
Mysore for silk,
Gujarat for milk,
Shimla for peaches,
Goa for beaches,
Madhya Pradesh for jungles,
Madurai for temples,
Mumbai for movies,
Meghalaya for rains,
Uttar Pradesh for sugarcanes,
Rajasthan for sand,
Haryana for fertile land,
Punjab for bravery,
Bengal for poetry,
Bihar for coal,
Assam for petrol,
Tamil Nadu for coconuts,
Maharashtra for groundnuts,
This is my land,
Pick up its sand,
I wish my country,
Would be cleanest,
May it be the greatest,
I do love my country
And I shall do this for eternity.

Tanisha Sethi
B. Com II

'Nasha Mukht Bharat Abhiyaan and the Roadmap Ahead for its Success'

Shakespeare speaking through Angelo in Measure for Measure asks a pertinent question that resonates even today, “The tempter or the tempted, who sins the most?”

For a hundred years, addiction to drugs has represented the failure of one's willpower as well as the death of moral righteousness, ergo, the tempted sins the most. The nodal ministry for drug demand reduction, Ministry for Social Justice and Empowerment launches the Nasha Mukht Bharat Abhiyaan on 26 June 2021, on International Day Against Drug Use.

It is believed that addiction to drugs infiltrate the minds of many, a poison that is often than not, incurable. The very first institution to recognize drug use as a serious threat was the New York Inebriate Asylum in 1964, even though the tales of drug use have haunted many, well before the year 1864. From Cleopatra to the Turkic Invaders of Bharat, all were slaves to substance abuse addiction.

The Government has launched this initiative to prevent this evil of drug use from invading the lives of the budding youth of this nation by implementing the Gandhian principle enshrined under Article 47 of the Constitution.

Mahatma Gandhi, himself had stood against substance use and alcohol consumption, strongly. He believed that these evils destroyed lives and hampered the growth of a nation.

It is possible that he was referring to the “Great Century of Shame” faced by China, which is now the second largest economy of the world. During the 1800s, the Chinese population was enslaved by opium, a drug that many believe is euphoric but it cannot be further from the truth.

In India, drugs have crossed the threshold of the logistics problem and they are available quite abundantly throughout the country.

Article 1 of the constitution of India says that, “India that is Bharat shall be a union of States” but how can this union stay powerful when enormous states like Punjab have fallen prey to a vicious cycle of substance abuse?

It is said that, “He who steals little with the same wish as he who steals much but with less power.” Many have been sceptical about this noble initiative by the government as words do not hold much power unless action follows suit.

Now, a question arises. How does one fight this uphill battle against substance abuse and what alone can be done to prevent this inexorable march of history towards an apocalypse?

The answer would be pure voluntarism because you cannot win against something or someone you cannot say no to. In the famous words of Heraclitus, “Everything flows and nothing abides, everything gives way and nothing stays fixed.” One should move past setbacks and embrace opportunities as they arise.

Nasha Mukht Bharat Abhiyaan is that golden opportunity. Every citizen of this great nation should be aware about the dangers of substance abuse so that they can make informed decisions. The government on its end, should start at the grass root level by utilising the potential of Gram Panchayats which, though effective, are grossly underfunded.

Awareness campaigns should be organised not only in tier one cities but also in tier two and three cities. Another initiative that reflects the ancient culture and the great history of India is promoting family values and harmony.

We, as a civilization and a society, have become disconnected from our families and loved ones. Our

hearts are crippled by the fear of abandonment, depression, peer pressure and anxiety. We have forgotten that substance use not only affects us but all those who are connected to us. What we leave behind is not what is engraved in stone monuments but what is woven into the lives of others.

The initiatives by the government and society will be futile if we do not possess the gift of maturity. Do not be a slave, when it is easy to dream, do not quit, instead take a leap of faith to believe in what is right, for every heart sings a song, incomplete, until another heart whispers back; those who wish to sing, always find a song.

Shradha Sharma

B. Com III

Youth and Drugs

A nation's youth is its backbone. It represents modern civilization and the future of the world lies in their hands. They play a very important role in shaping our societies. During early adulthood, people indulge in various activities. Some of the activities may lead to good causes but others not so.

Drugs can adversely affect an individual's life. One of the leading causes for the increase in drug usage in today's youth is peer pressure. Seeing another person become addicted to substances through their own eyes, some of the youth voluntarily tarnish their lives. The excessive consumption of substances can result in losing all sense of reality and in some cases, severe addiction.

They use drugs in order to keep up with their peers and sooner or later they become a victim of addiction. Through their eyes, consuming drugs becomes uncontrollable and irresistible and they go to unfathomable extents to feel that short-lived high. In some cases, they resort to stealing money, selling personal possessions, and loans. Moreover, their behaviour disrupts the harmony of their household. All sense of basic morals that had been taught to them in school seems long lost and all their mistakes, irrevocable. However, to stop addiction from reaching such extreme levels, many steps can be taken.

To repair the damage that has been done to our youth, governments need to open rehabilitation centres so that necessary care and required facilities can be provided to the affected youth, irrespective of their caste, gender, or financial background. Since prevention is better than curing, awareness campaigns should be held in schools and colleges to provide children with the opportunity to recognize the detrimental effects of drugs on their body and their loved ones. The students should also be advised on how to deal with peer pressure and they should be encouraged to not get influenced by people who use drugs.

The war against drugs has been continuing for decades. It has affected entire countries and, in some cases, collapsed governments. However, the youth of a nation need to be free of such evils. Therefore, with the right approach, sufficient resources and a positive mind set, the drug problem in today's youth can be reduced and we, as a society, could live with the fact that our future is in safe hands.

Khangembam Nongmainu Chanu

B. A. III

Serendipity

The front door slams shut, angry thumps of feet going up the stairs and the door of my 14 year old son, Aarav's room bangs loudly.

“What happened?” I ask myself and before I finish I find myself going to his room. Sounds of glass breaking and screaming echoes through the house.

I open his bedroom's door and what I see first is not his trashed room but a black eye on his face and the remnants of the food I sent for him.

“Wh-? How d-? stammering not able to form a single question properly.

“Why can't we be normal mama? Why can't we be like them?!” My son shouts while crying.

“Aarav, calm down, let me get the first aid okay?” My son slams the door shut and when I knock again, all I get is a “leave me alone”.

When he doesn't come down for the dinner, I pick up his plate and go to him. I knock on his door and he opens it.

“Can I come in?” I ask

He opens the door wider, letting me come in. I put his plate on his desk and turn around to face him.

“Do you want me to talk to the authorities at the school or the parents of the students who did this to you?” I ask

“No, mom, that will just give them more reasons to bully me.” He says

“Then tell me what should I do to help you” I ask him, pleading not being able to see my child going through this.

“Nothing mom. Do nothing.” He says. dejectedly.

“Why do you want to be like them?” I ask him

“Because they are normal, ordinary, accepted.” He says.

“Are you sure you won't regret being ordinary?”

“Leave that for me to decide mom”

ten year later

“What time does your flight land?” my mom asks, clearly exhausted.

“At 9:05 am. I think.”

“Have you packed your white kurta? Yes you know you will have to wear it.”

“Yes mama.”

“Okay, I won't hold you back anymore. Go finish what you were doing” the call ends.

Getting out of the airport and the journey to his aunt's place was an experience out of this world for him. Seeing cows roaming freely on the road and countless wires strangled together on poles. Aarav was a grown man now yet the man was still not ready to accept his heritage as soon as he got out of the car, he could fill the sadness around him. Never did he think that his first time coming to India would be for his grandfather's funeral.

After the rituals all the family members sit together and reminisce their time together with his grandfather. He sits beside his mother and rubs her back soothingly in hopes to make her feel better as she had just lost her father.

Though he hadn't spent a lot of time with his grandfather, he did have one vivid memory of his grandfather weaving magical stories about India. The way his eyes shone at the time showed his

love for his country.

A tap on his shoulder breaks him out of his reverie. His aunt hands him the letter and says “This is for you” and walks away.

He opens the letter carefully and starts to read-

“Dear Aarav,

You don't know how much of a joy it was for me when you were born. You are the greatest gift that your mother Aarohi ever gave to me. The Gods blessed me with such a wonderful grandson and I couldn't be more proud of you.

My dear, I know what you went through when you were young is something that should never happen to anyone and I know you don't have any hatred towards the one who hurt you then why are you still reluctant to accept your culture. I've seen the longing in your eyes so why don't you take a step towards something you really want.

I want you to experience everything this world has to offer, the good and the bad. I want you to live your life to the fullest.

Find yourself, See this land for what it truly is and the moment you accept yourself, what you truly are, you will see what a beautiful cosmos this world and you are.

Lots of love

Your Grandfather”

Tears welled up in his eyes. The realization hit him hard but he finds the courage to truly find himself.

The next four months, Aarav travels all over India from Kashmir to Kanyakumari and learns new things about himself as well as slowly accepting the younger version of himself and the mistakes he made.

From Kashmir he learnt how heaven and hell exist at the same place.

From Punjab he learnt how to be a friend.

From Himachal Pradesh he learnt to believe in God.

From Gujarat he learnt how to find joys in small things.

From Maharashtra he learnt not to give up on your dreams.

From Kerela he learnt how to devote yourself.

From Kanyakumari he learnt how to be patient.

From Assam he learnt how to be united.

On his journey to find himself. Aarav felt a great sense of peace that was never there before. He felt as the war that started years ago had finally come to an end, though unexpectedly on his trip to India.

He found himself and lived his life to the fullest by being true to himself.

Ananya



COMMERCE SECTION



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Editorial

It is indeed a pleasure to present the articles related to commerce and business written by our budding writers for yet another edition of our college magazine, *Gyan Manik*. While talking of commerce, the economic and trade conditions can't be left alone. Let's draw our attention towards the economic impact of Ukrain-Russia war on the economic condition of our country. Indian Rupee recently lurched to a record low of 78.85 against the US Dollar amidst growing uncertainty within domestic equity markets. One of the principal factors responsible for this decline is the decrease in Foreign Direct Investment (FDI) because of the ongoing war in Ukraine. India has also banned wheat exports citing a risk to its overall security which has led to an increase in wheat prices by six percent. This is also because Ukraine, a leading global supplier of wheat, is unable to supply the planet with agricultural produce.

The war has adversely impacted the Indian economy by intensifying existing financial problems: supply-demand gaps in the availability of essential daily goods to the consumers along with rising commodity inflation. The war in Ukraine has highlighted that the Indian economy is not immune to international shocks. While the Indian market is fuel dependent, an incremental increase in the cost of essential oils, combined with rising costs of importing crude oil, has dented the Indian treasury. The burden of payment has been passed on to the consumers, who have limited absorption capabilities as their principal supporting agencies, the banks, are increasing interest rates against loans to cushion themselves against the crisis. The annual budget is still concentrating on infra structural development and urban planning and talks less about the economic support to the common man.

This war has provided India with the opportunity to reassess its priorities and attempt to shift from being a fuel dependent economy to a greener one, reducing its dependence on autocratic states. This can be done by allocating Special Economic Zones (SEZs) to greener enterprises. India can also work towards resolving the domestic crisis by sourcing Russian oil at cheaper rates since oil is an everyday commodity that is used by masses and classes alike. This will assist the recovery of the India economy after the pandemic induced slowdown. In the long run, India should reduce its reliance on fossil fuels so that it is not caught in the crossfire between the West and Russia again. Simultaneously, India could strengthen the Indian banking system by addressing asset quality concerns and strengthening banks' balance sheets.

Dr. Savneet Kaur

Assistant Professor

PG Department of Commerce



Customer Relationship Management

“REMAIN EXCITED TO WIN AND DON'T FEAR TO LOOSE”

Customer Relationship Management (CRM) is a strategy for managing all your company's relationships and interactions with your customers and potential customers. It helps you to improve your profitability.

It is being considered as an effective tool for informing the satisfaction level of customer. This information technology is used to create a sustainable relationship with the customers, which ultimately helps in earning the loyalty of the customers.

DEFINITION- Customer relationship management

Customer relationship management (CRM) refers to the principles, practices and guidelines that an organization follows when interacting with its customers. From the organization's point of view, this entire relationship encompasses direct interactions with customers, such as sales and service-related processes, and forecasting and analysis of customer trends and behaviors. Ultimately, CRM serves to enhance the customer's overall experience.

CRM is a cross functional strategic approach concerned with creating improved shareholder value through the development of appropriate relationships with key customers and customer strategies, the acquisition and distribution of customer knowledge, deciding appropriate segment granularity, managing the co-operation of customer value, solutions to create superior customer experiences. CRM technology and systems are created to support CRM process, which are directed towards enhancing the values of customer relationships.

Types of CRM

1. Operational CRM:

Operational CRM streamlines the business process that includes Sales automation, Marketing automation and Service automation. Main purpose of this type of CRM is to generate leads, convert them into contact, capture all required details and provide services throughout customer lifecycle.

2. Analytical CRM:

Analytical CRM helps top management, marketing, sales and support and support personnel to determine the better way to serve customers. Data analysis is the main function of this type of CRM application. It analyzes customer data, coming from various touch points, to get better insights about current status of an organization. It helps top management to take better decisions, marketing executives to understand the campaign effectiveness, sales executives to increase sales and support personnel to improve quality of support and build strong customer relationship.

3. Collaborative CRM:

Collaborative CRM, sometimes called as Strategic CRM, enables an organization to share customers' information among various business units like sales team, marketing team, technical and support team. Collaborative CRM helps to unite all groups to aim only one goal- use all information to improve the quality of customer service to gain loyalty and acquire new customers to increase sales.

Benefits of CRM

Introducing a CRM platform has many benefits which have been shown to produce real results-

including direct improvements to the bottom line. CRM applications have a proven track record of increasing:

Sales by up to 37%

Sales Productivity by up to 44%

Forecast accuracy by 48%

1. Identify and categorise leads

One of the main benefits of a CRM system is that it can help you to identify and add new leads easily and quickly and categorise them accurately. You can create customized pitch documents in less time, cutting down on response time enabling sales teams to move on to the next opportunity.

2. Increase referrals from existing customers

By understanding your customers better, cross-selling opportunities become clear- giving you the chance to win new business from existing customers.

3. Improve products and services

An often overlooked benefit of CRM software is that it will gather information from a huge variety of sources across your business. This gives you unprecedented insights into how your customers feel and what they are saying about your organization- so you can improve what you offer, spot problems early and identify gaps.

And though it's traditionally been used as a sales and marketing tool, customer service teams are seeing great benefits from CRM systems. Today's customer might raise an issue in one channel- say Twitter- and then switch to email or telephone to resolve it in private. A CRM platform enables you to manage the enquiry across channels without losing track.

“ACCEPT ALL CHALLENGES AND NOT THE ONE YOU LIKE”

Priyam Singh

Student Editor- Commerce Section
B. Com III



Case Study: Chanda Kochhar Rise and Fall of a Padma Bhushan Awardee

Mrs. Chanda Kochhar is the ex CEO and MD of ICICI Bank. She has been a significant figure in shaping India's retail sector. Under her leadership ICICI Bank not only flourished but also bagged the 'Best Retail Bank Award' for four consecutive years from 2001-2004. She was conferred the 'Padma Bhushan' Award in 2011. She has appeared consistently in Fortune's list of most powerful women since 2005. Mrs. Kochhar has been accused in a case wherein a fraud of 1600 crores of rupees was done by Videocon and its representative Venugopal Dhoot.

It all started when Videocon asked a consortium of banks to lend it loans of around 40000 crores of rupees. There were a total of 28 banks and ICICI Bank was one of them. ICICI Bank had vouched to lend around 3600 crores but could not do so and could only lend around 1730 crores of rupees which later turned into NPA. There were serious transactions which had place between Videocon and ICICI Bank during the time when Mrs. Kochhar was the CEO.

Incidentally during this time, Deepak Kochhar; husband of Chanda Kochhar and Venugopal Dhoot formed a company named 'NUPOWER' and Mr. Dhoot provided this a company a loan of

64 crores. Things took an interesting turn when Mr. Dhoot transferred almost all the shares of 'Nupower' to Mr. Deepak Kochhar and his father's company and his family members. This had a reek of conspiracy and CBI sprang into action and accused Mrs. Kochhar of nepotism, abuse of power and other charges against corruption.

An independent panel was set up under the Chairperson of a Retd. Chief Justice of Supreme Court, Sri B N Srikrishan and this committee held her guilty as she was not able to prove no conflict of interest on her part. She was removed from her post and all her bonuses for the last ten 10 years have been scrapped. The case still on and only time will tell whether Mrs. Kochhar was actually guilty of misconduct or not. But this case has certainly maligned the image of Mrs. Kochhar who had worked earnestly for the progress of ICICI Bank and all her contributions to the banking sector have gone in vain. She appealed again in the Supreme Court and only after the case is settled, things will become more clear. People both in favour and against Mrs. Chanda Kochhar have come up. Till the decision of the final court of appeal, the debate is still on.

Priyam Singh

Student Editor-Commerce Section

B. Com III

Startup India

“Remain Motivated to Achieve Success One Day”

Start up India is a flagship initiative of the Government of India, intended to build a strong ecosystem that is conducive for the growth of start-up business; to generate large scale employment opportunities and to enhance the economic growth of India. The governments through this scheme aims at building a robust system of start-ups and enhance innovation in the country.

The vision of making India a place of job creators instead of job seekers can be achieved through this scheme. This initiative has created an atmosphere of innovative ideas and many entrepreneurs an availing the benefits of standing their own business in India. The government has launched in 19-point Start-up India Action Plan which envisages incubation centres, easier patent filling, and tax consumption, ease of setting business, an INR 10000 Crores Corpus fund and a faster exit mechanism.

This scheme at providing at providing “ease of business” by removing License Raj, permission from various authorities, cleanness from different departments; it is run under the department of Industry and Internal Trade. The schemes provide youth a platform for loans through MUDRA Scheme- an initiative which aims to provide micro- finance low interest rates to entrepreneurs.

This scheme has provide a mile-stone and Government has left unturned to make this scheme a successful one. This has provided a fraction a freedom from tax for first 3 years of operations. It aims at creating own innovation hub, under have collaborated with IITs NITs IISERs and NIPERs to setup over 75 innovation hubs across the country. The state has actively participated in this scheme and Gujarat has topped the 2018- Start-up state Rankings declared by DIPP (Dept. of Industrial Policy and Promotion).

The vision of Indian Government to increase employment and make Indian an easier place to invest in, have been fairly achieved through this.

Riya Thapar

B. Com III

Effects of GST on Middlemen “New Innovation Ensures Success”

GST is an indirect tax which has replaced many other indirect taxes in India which used to exist before. The Goods & Services tax act was passed in the parliament on 29th march, 2017. This act came into effect on 1st July, 2017. Goods and Services tax law in India is a comprehensive, multi-stage, destination-based tax that is levied on every value addition.

GST affected middlemen directly, as with the GSTs implementation, the middlemen will come into the organized bracket & will have to pay taxes for the very first time.

Being the middlemen they make gains from unbilled goods that do not attract VAT. For instance, if a product which should have cost the wholesaler Rs. 112.5 (assuming 12.5% VAT & Rs. 100 product cost) it will cost him only Rs. 100, so it was a profit for the wholesaler. With introduction of GST they have to pay tax at every level. This lead to an increase in compliance costs and taxation for them.

The result of GST at every level of distribution chain made the companies to think over their direct network to reach retailers.

FMCG (Fast Moving Customer Goods) companies such as **Emami, Dabur and Bajaj** corporations that totally relied upon layers up middlemen are now setting up their direct network to reach the retailers.

Companies say that decision to reduce dependence on the wholesale network while increasing focus on direct distribution will help to mitigate challenge of GST.

From **Emami Ltd. To Dabur India**, is trying to reduce their dependence on wholesale market. Before GST implementation wholesale contributed 50-52% on Emami's overall sales, but after GST implementation it reduced to 40-42%.

Dabur India is also planning to significantly increase its direct reach to its retailers because of implementation of GST. **Sunil Duggal**, the CEO said “we plan to increase it (direct reach) by least 20%.,

After the implementation of GST the profit margin of the wholesalers remains as low as 1 percent. Since under the GST regime every invoice pertaining to taxable supply has to be uploaded on GSTN's common portal and has to be accepted by the buyer, the wholesalers are unable to escape their tax liability for tax invasion for wholesalers would rise if the entire supply chain is outside the tax network and did not file a return under GST, which is very unlikely.

Nowadays, the wholesale sector is undergoing a major change in the way they do business. The implementation of GST has reduced the cost advantage of wholesalers drastically. They are in very big loss.

Laxmi Kohli
B. Com III

Money

Money is a wonderful invention of man. It is the power that helps in earning and spending .Its importance can be understood by knowing how it solves the problems of human beings. Money is a wonderful invention of man the value of money is based on the following functions:

- Medium of exchange

- Money is a store of value
- Unit of account Money is indeed important but money cannot buy everything.

A miser may think the “money talks,” but if you only give your attention to making money, you may lose many things, such as health, friendship and love. I don't think we should regard money as everything. Money is just a tool that can help us solve problems or enable us to live a comfortable life. What we should do is to use it appropriately and not become misers. This way, all of us can lead a happier life. Money is an economic unit, widely accepted and used in transaction of goods and services. In today's competitive world, money is very essential for survival. Earning money will give people hope and direction to lead a happy life. Types of money

- “Commodity Money” is money, whose value comes from the commodity it is made of Ex-gold, silver, livestock etc.
- “Representative Money” is a type of money which has a face value greater than its materialistic value. For Ex-gold certificate, silver certificate etc.
- “Fiat Money” is a type of money which has the value only through legal declaration and has materialistic worth Ex-legal tenders declared by the government.
- “Black Money” is earned illegally by people who are rich or higher government official through corruption.
- “Plastic Money” or ATM cards are small cards through which money is withdrawn from ATMs (automated teller machine). Ex Visa, Master card, Rupay etc.
- “Digital Money or Electronic Money” is a new concept where money is transferred electronically. Ex-Bank's websites and apps such as payment, phonepe, etc
- “Paper money” is a kind of money which is printed, approved, regulate and circulated by the central bank of a country. It is approved as legal tender by the government.

Monika
B. Com I

Careers Related to Commerce

With the positive changing scenario around the world in the realm of economic activity, Commerce as a career option is one of the best to grab. Commerce students are familiar with concepts of business, trade, market fluctuations, basics of economics, Fiscal policies, industrial policies, stock markets, etc. It is way more than just a subject. It's so dynamic that it encompasses a whole field of knowledge in itself.

A person who is in this field for a number of years knows how to predict an event, decide upon its outcome how it may affect the decisions made by him in present and in future. Here are some of the best career options that one may pursue after graduating from high school.

- The first and the most popular course that attracts maximum number of students is Bachelor of Commerce (B.Com). It is a degree course that continues for a period of 3 years. It covers subjects like Marketing, Law, Corporate Accounting, Business Environment, etc.
- The other important course is Bachelor of Economics that has subjects like Micro and Macro Economics, Indian Economy, International Trade, etc.
- Bachelor of Business Administration (BBA) is another course where students gain expertise of

how to manage business and its administration. It is best recommended for people for have a knack for managing business and the subject matters relate to doing managerial tasks.

- Chartered Accountancy (CA) is a professional course which is administered by The Institute of Chartered Accountants (ICAI). The level of difficulty is higher in this as compared to bachelor courses. It involves subjects like Taxation, Law, Auditing, Costing, etc.
- Company Secretary (CS) is apt for students who have interest in Law and theoretical subjects. It is also a professional course and involves different levels like that of CA. By undergoing this course, students understand the functioning and legal compliance related to companies. It is administered by The Institute of Company Secretaries of India (ICSI).
- Cost and Management Accountant (CMA) is another professional course that includes knowledge relating to Costing, Planning, Controlling and different aspects of Management Accounting. It is governed by The Institute of Cost Accountants of India.
- Certified Financial Planner (CFP) is meant for students who have interest in areas like personal finance, wealth management, insurance planning and mutual fund investing. It is governed by Financial Planning Standards Board India (FPSB).
- Last but not the least Diploma in Digital Marketing is one of the best career options available today. Digital marketing is different from traditional marketing where one can promote brand, services or products sitting on a chair through digital mediums. Statistics shows that digital marketing managers are getting 16% higher incentives in comparison to others and many of market researchers have claimed that by the end of 2020, it will generate more than 2 million job opportunities.

At last what I can say is that commerce as a career is still a developing and in the near future it will provide the maximum number of employment to the people all around the globe and with time, it will only expand. And that gives the conclusion that **Future is Commerce**.

Sneha Verma

B. Com I

Corporate Social Responsibility

Corporate Social Responsibility (CSR) is a type of business approach that contributes to sustainable development by delivering economic, social and environmental benefits for all stakeholders. It is titled to aid an organization's mission as well as serve as a guide to what the company represents for its consumers. Business ethics is a crucial part of applied ethics that examines ethical principles and moral or ethical problems that can arise in a business environment. Corporate Social Responsibility is a concept with a number of definitions and practices. The practice of CSR as a paradigm for firms and businesses to follow has evolved from its early days as a slogan that was considered trendy by some firms to the present day realities of the 21st century where it is no longer just fashionable but a necessary business requirement. CSR promotes a vision

of business accountability to a wide range of stakeholders, besides shareholders and investors. The key areas of concern are the well being of employees, the community and civil society in general, both now and in the future. The concept of CSR is underpinned by the idea that corporations can no longer act as isolated economic entities operating in detachment from broader society. Traditional views about competitiveness, survival and profitability have lost their relevance. This evolution has been necessitated due to the myriad problems that we, as a race, face which have changed the environment. Corporate Social Responsibility as a part of specific theory affirms that corporations are entities with economic, legal, ethical, and philanthropic obligations. Corporate ethics built on stakeholders theory seek to involve all those affected by the organization in its decision making process. For instance, corporations exist in a symbiotic relationship with their environment (the term environment refers to all the components of the external environment and not to ecological environment alone) where their exchange with the larger environment determines to a large extent how well they do in their profit seeking endeavors. **THE LEGAL MANDATE**

- Under Companies Act, 2013 any company with
 1. Net worth of Rs.500 crore or more,
 2. Turnover of Rs.1000 crore or more or
 3. Net profit of Rs.5 crore or more, has to spend at least 2% of last 3 years average net profits on CSR activities as specified in Schedule VII and as amended from time to time. The rules came into effect from 1 April 2014.

- India is the first country in the world to enshrine corporate giving into law.
- Further as per the CSR Rules, the CSR provisions are applicable to Indian companies as well as branch and project offices of a foreign company in India. The qualifying company will be required to constitute a CSR committee consisting of 3 or more directors.

❖ The Company has to disclose the reason for not spending the required amount of net profits, in such a case. Non-disclosure or absence of the details will be penalized from Rs.50, 000 to Rs.25 lakh or even imprisonment of up to 3 years. **CSR ACTIVITIES** Corporate Social Responsibility is also treated as a commitment to support initiatives that measurably improve the lives of the underprivileged by one or more of the following focus areas as:-

- Provision of job security, adequate wages and adopting safety measures for employees.
 - Promotion of education, sports and other art forms.
 - Ensuring balanced regional development.
 - Ensuring environmental sustainability.
 - Financial assistance during natural calamities
 - Protection of national heritage
 - Honest advertising and prevention of monopolistic tendencies.
 - Measures for the benefit of armed forces
- BENEFITS OF CSR** Consumers actively seek out companies that support charitable causes. They extend continuous patronage to the organization and also publicize the organization by word of mouth publicity. The organization also spreads the cause further down the hierarchy of employees, thus, giving an opportunity to individuals to work towards the betterment of the society. An organization which actively works towards environmental issues gains the confidence of the government. This acts as a favorable factor for the sundry project approvals, as the company builds goodwill. CSR helps to reduce business costs by supporting practices such as recycling and conserving energy. It also boosts the morale of

employees by providing them with job security, adequate wages, regular perks and personality development opportunities. Thus, the employees are motivated and encouraged to fulfill the organizational goals with higher efficiency. Investors are also attracted towards entities that are socially responsible as CSR acts as a barometer of efficient managerial personnel and positive reputation.

Purnima Handa

B. Com II



Story of the Great Stock Market

"Stock Market Invincible."

"Billions Lost in the New Stock Crash."

These are some headlines that you may have seen in the newspaper while randomly flipping the pages. But did you ever go on to read the news further? Anyways, you must have pondered on the word STOCK MARKET and what it meant. Well, you may find answers to some of your questions here. Stock Market, also referred as the Equity Market, is one of the most vital components of a freemarket economy to transfer money from the impatient to patient. It is a place where shares of public listed companies are traded through an open electronic limit order book which allows the buyers and sellers to remain anonymous and brings transparency. It gives the investors a slice of ownership in the company of whose shares they hold and participate in their financial achievements. When the companies are profitable or the market is bullish, investors make money through dividends, companies' pay-outs and by selling appreciated stocks at a profit called Capital Gain. But every coin has two faces. The investors can lose money if the companies whose stock they hold lose money or the market is bearish; the stock's prices go down and they are sold at a loss. Now breaking down the stock market into two parts, the primary market is where companies float shares to general public in an initial public offering (IPO) to raise capital and then they are traded in the secondary market, where one investor buys shares from another investor at the prevailing market price or at whatever price they both agree upon. Indian Stock Market is one of the oldest stock markets in Asia. Regulated by the Security and Exchange Board of India (SEBI). India's premier stock exchanges are the Bombay Stock Exchange (BSE) and the National Stock Exchange (NSE). The roots of BSE can be traced back to 1875 when the Share and Stockbrokers Association was established and is situated at Dalal Street in Mumbai. The most decisive period for BSE, however, took place after 1992. In the aftermath of a major scandal with market manipulation involving a BSE member named Harshad Mehta, BSE responded to calls for reform with intransigence. All these events encouraged the creation of the National Stock Exchange which created an electronic market place, brought more transparency and broke the monopoly which was enjoyed by BSE brokers. To understand the working of the stock market better, I took the liberty of performing an experiment. Under that, an amount of approximately Rs.50000 was invested in the shares of five different companies: Larsen & Toubro, HDFC Bank, Tata Motors, ITC and Reliance Industries for a period of fifteen days. During this holding period, fluctuations were noticed in the prices of portfolio shares. On the date of sale, all the shares held in the five companies were sold. It was noticed that the amount received on sale of shares was less than the amount invested and there was a total loss of Rs.378.4 on the investment. The profit and loss in the stock market are a result of the fluctuations in the prices of shares. There are various reasons for these fluctuations involving the industry performance, investor sentiment, economic factors like interest rates, inflation,

changes in economic policies etc. According to experts, most of the time markets have overvalued or undervalued stocks. This is the reason why you get a wonderful buying and selling opportunity due to high and low valuations at the time when stocks are traded. There are numerous scams relating to the stock market all over the world. These scams rattled the stock market and made a place in the headlines. Some of these major scams include the Rajat Gupta scam on insider trading, the very famous Harshad Mehta scam, CRB scam, Ketan Parekh scam, Stayam scam. **OVERCOMING THESE SCAMS** - To overcome the problems and to reduce these scams, the government has fast-tracked many reforms over the past few years. One of the major reforms includes the establishment of SEBI to ensure that the equity market operates fairly. The brokers deal justly with the customers and the firms provide true and complete information about themselves while raising funds from the public. For this purpose, SEBI has introduced many rules and regulations as well to ensure smooth functioning of the stock market. Another reform introduced by the government is the setting up of Private Mutual Funds to end the monopoly position of UTI in Mutual Fund business. A significant reform brought is that the Indian capital market has been opened up for Foreign Institutional Investors (FII) to attract foreign capital. The Indian government has also given access to International Capital Markets through American Depository Receipts, Global Depository Receipts, Foreign Currency Convertible Bonds and External Commercial Borrowings. Another important step includes the introduction of Electronic trading systems which increase liquidity and improve efficiency by reducing transaction costs and increasing information availability. New insider trading regulations, improved accounting and disclosure standards have been enacted. All these reforms are expected to improve market performance, by increasing liquidity, enhancing efficiency, reducing trading costs and erasing the unprincipled behavior as stock market is in place to test your financial knowledge, analytical capabilities, thought process and mental strength. But this arena is not for tricksters and cozeners.

Purnima Handa

B. Com II

What are the Mutual Funds

A mutual fund is a company that pools money from many investors and invests the money in securities such as stocks, bonds, and short-term debt. The combined holdings of the mutual fund are known as its portfolio. Investors buy shares in mutual funds. Each share represents an investor's part ownership in the fund and the income it generates. These days' investors are more attracted towards investing in mutual funds because of the professional management of the company as they do research and select the securities and monitor the performance. Mutual funds typically invest in a range of companies and industries. This helps to lower your risk if one company fails. These investors can easily redeem their shares at any time, for the current net asset value (NAV) plus any redemption fees. There are many types of mutual funds but broadly they fall into one of four main categories – money market funds, bond funds, stock funds, and target date funds. Each type has different features, risks, and rewards. Mutual funds offer professional investment management and potential diversification. They also offer three ways to earn money: dividend payment, capital gain distribution, increased NAV. Today's most popular mutual funds are Axis small cap fund, Axis midcap fund, canara robeco blue-chip equity fund and many more companies. And there are two ways to invest in mutual funds: SIP (systematic investment plan) or lump sum. All funds carry some level of risk. With mutual funds, you may lose some or all of the money you invest because the securities held by a fund can go down in value. Dividends or interest payments may also change as

market conditions change. A fund's past performance is not as important as you might think because past performance does not predict future returns. But past performance can tell you how volatile or stable a fund has been over a period of time. The more volatile the fund, the higher the investment risk.

Anjali Yadav

M. Com I

G20: Global Economic Policy

Title: The G20: Shaping Global Economic Policy the G20, short for Group of Twenty, is a prominent international forum that brings together the world's major economies to discuss and coordinate on global economic issues. Comprised of 19 countries and the European Union, the G20 represents more than 80% of the global GDP and two-thirds of the world's population. Since its inception in 1999, the G20 has emerged as a critical platform for shaping global economic policy. The G20 was established in the aftermath of the Asian financial crisis in 1997-1998, as a response to the need for a more inclusive and representative forum for economic cooperation. It was originally formed as a meeting of finance ministers and central bank governors from the 19 countries with the largest economies, along with representatives from the European Union. Over time, the G20 has evolved into a high-level forum for heads of state and government to engage in discussions and decisions on pressing economic and financial issues. One of the key functions of the G20 is to promote international economic and financial stability. Through regular meetings, the G20 leaders and representatives discuss and coordinate on policies related to fiscal and monetary measures, trade, investment, and development. The G20 also addresses issues such as the regulation of financial markets, addressing tax evasion and corruption, and promoting sustainable economic growth. The G20 has played a crucial role in responding to global economic crises. During the 2008- 2009 financial crisis, the G20 took coordinated action to stabilize financial markets, prevent the collapse of major financial institutions, and stimulate economic growth. The G20 leaders also committed to implementing comprehensive reforms to strengthen the global financial system and prevent similar crises in the future, leading to the establishment of the Financial Stability Board (FSB) and the adoption of regulations such as the Basel III framework for banking supervision. In addition to addressing immediate economic challenges, the G20 also focuses on long-term sustainable development. The G20 has taken measures to promote inclusive growth, reduce poverty, and improve infrastructure investment in developing countries. The G20 has also prioritized the United Nations' Sustainable Development Goals (SDGs) and has taken steps to align its policies with the SDGs to address global challenges such as climate change, gender equality, and health. Another important aspect of the G20 is its engagement with other stakeholders. The G20 encourages dialogue and cooperation with international organizations such as the International Monetary Fund (IMF), the World Bank, and the World Trade Organization (WTO). The G20 also seeks inputs from business, labor, civil society, and youth organizations to ensure a broader representation of interests in its deliberations. Despite its achievements, the G20 also faces challenges. One of the criticisms of the G20 is its lack of formal structure and accountability mechanisms. As a forum of major economies, the G20's decisions are not legally binding, and implementation depends on the voluntary commitments of its members. There are also concerns about the representativeness of the G20, as it does not include all countries and regions, leading to potential issues of legitimacy and inclusivity. In conclusion, the G20 has emerged as a critical forum for shaping global economic policy. It has played a pivotal role in

addressing global economic crises, promoting sustainable development, and engaging with other stakeholders. However, the G20 also faces challenges in terms of its structure and accountability. As the world continues to face complex economic challenges, the role of the G20 in shaping global economic policy is likely to remain significant

Kajal
M. Com I

Analysis of the Budget 2023-24

The Union Budget 2023-24 was presented on February 1, 2023 by the Finance Minister Ms. Nirmala Sitharaman. It proposes to spend Rs 45, 03,097 crore in the financial year. Seven priorities of the Union Budget 2023-24: 'Saptarishi' are Inclusive development, Reaching last mile, Infrastructure and investment, unleashing potential, Green growth, Youth Power, Financial Sector. Out of the total expenditure, revenue expenditure is estimated to be Rs 35, 02,136 crore (1.2% increase from revised estimates of 2022-23). Interest expenditure is 41% of revenue receipts. Capital expenditure is estimated to be Rs 10, 00,961 crore, a 37.4% increase from revised estimates of 2022-23. The increase in capital expenditure is driven by higher outlay on transport infrastructure and capital loans to states. Revenue deficit in 2023-24 is targeted at 2.9% of GDP, which is lower than the revised revenue deficit of 4.1% in 2022-23. Fiscal deficit in 2023-24 is targeted at 5.9% of GDP, lower than the revised fiscal deficit of 6.4% in 2022-23. Direct Tax Proposals from FM's Budget Aim to maintain continuity, further, rationalization of provisions, Next generation ITR to be rolled out, Enhanced limits for presumptive taxation for MSMEs and Professionals at Rs. 3 cr & Rs.75 lacs turnover, respectively New Cooperatives into manufacturing to enjoy lower tax rate of 15% ,Relaxation in TDS on cash withdrawal in cooperative sector, Startups to be allowed carry forward of losses on change in shareholding for 10 years, Extends the date of incorporation for startups for income-tax benefits up to Mar 31, 2024. 5 major announcements on Personal Income-tax: 1. Rebate limit increased to 7 Lakh INR in the New Tax Regime, 2. Proposes to reduce the number of slabs to 5 and increase the exemption limit to 3 Lakhs (0-3 lakhs - NIL, 3-6 lakhs 5%, 6-9 lakhs 10%, 9-12 lakhs 15%, 12-15 lakhs 20%, above 15 lakhs 30%) Highest surcharge to be reduced from 37% to 25%, resultant reduction in MMR to 39% , New income tax regime to become default tax regime but taxpayers allowed to take benefit of the old regime Under the Finance Bill, 2023, a number of changes have been made to the new tax regime. The income limit to avail a rebate and not pay any taxes has increased from Rs 5 lakh to Rs 7 lakh. Further, the numbers of tax slabs have been reduced from six to five. The surcharge for the highest slab (income over Rs 5 crore) has been cut from 37% to 25%. The Union Budget 2023-24 highlighted that the current year's economic growth is estimated to be at 7%, "highest among all the major economies." Finally, with regards to the fiscal deficit, she retained it to the target of 6.4% in the revised estimate for FY2022-23 and reduced it to 5.9% for the next fiscal. Fiscal deficit would be brought down to below 4.5% by 2025-26, Ms. Sitharaman said.

Anjali Yadav
M. Com I

The Truth of Life: Accounting

Life! Life, What a life
Without money,
Money, money, what money
Without counting,
Counting, counting
What counting
Without accounting
SO accounting is the real base
Think, understand and realize
Accounting, Accounting
What is this?
Scientific calculation of net money
Why?
For increasing business from profit
How?
With the help of professional accounting
Make your life perfect by taking perfect Knowledge
Knowledge What Knowledge = Accounting equation!!!

Tanisha Sethi

B. Com II

India: A Startup Hub

A start-up is technically any business that focuses on developing, commercializing, and developing novel goods, services, or systems powered by innovative technology or intellectual property. Startups do not exist in isolation; rather, they are part of a larger corporate environment dedicated to developing solutions with significant social and economic impact. Because start-ups are incubators for cutting-edge inventions, they create jobs, which mean more career opportunities; more employment leads to a stronger economy, and a stronger economy has a direct impact on the growth of cities where startups are located. Start-ups will demonstrate a new perspective on entrepreneurship. And the wave of startups has come to India now. India is a young country, with 65% of its population falling under the age bracket of 25 to 35 years. The rise of startups in India didn't happen overnight, but slowly, over a gradual period. However, if one were to pin down the exact year the startup revolution took shape in India, it would be 2008. We all know about the big recession that hit the world in the year 2008 and forced businesses around the globe to reallocate their resources and lay off employees in large numbers. In India, it mostly affected the IT

professionals, who grew extremely fearful for their jobs and started looking for different means to keep themselves afloat. This fear, along with an insatiable aspiration to prove one's mettle, shook the young nation and had its people break the shackles of mediocrity and rise to the challenge. And recently this got a push with the arrival of covid-19, people lose their jobs, got time to explore themselves during lockdown and come up with various interesting and innovative ideas. As of now, India is laying on many other countries. India needs to be self-sustainable in every field such as medical, education, technology for these, startups are very necessary, that's why governments are implementing many schemes for a start-up. The government has introduced many policies that aim to ease the business environment for startups. Studies show that India needs more than 100 million jobs a year and the jobs, start ups may be small companies but they play a major role in giving jobs in India. When more jobs are created more income for people are created that means the much-improved economy is created. When people have money to spend then it is circulated in the Indian market which improves the income of the government. A good entrepreneurship culture is developing in India which gives importance in quality and timely delivery of work which attract customers toward their product or service. India is a country filled with talented professionals. This meteoric rise of start-ups has made India the world's third largest start-up ecosystem, and it has had a significant impact on the Indian economy, demonstrating the ability to contribute approximately 4-5 percent of India's GDP. And startups will lead to the development of India in various aspects in the manner described ahead. The serious problem that India is facing is unemployment. Jobs which are generated are mostly from startups and not big enterprises. Since the startups are free from economic downturns and free from encumbrance they can manage more staffs. Technological advances will significantly improve operations and lower the cost of doing business. Startups will search for new technology or create new technology in India which simplifies the workload. When new technologies are accepted and demand increases then many multinational companies will show interest in investment in India. Not only that, much Advancement in the computer industry, coupled with advancements in telecommunications, has increased job opportunities and strengthens economic growth in recent years. Good healthy competition is always required for the improvement of the quality and updating of a product or service. When competition increases the companies studies the behavior of customers and launch new products which the users demand which increases the demand for the product and increases the sales which directly benefits the Indian economy. Start-ups are proliferating at an unprecedented rate. Both male and female entrepreneurs are launching new ventures. In order to maintain their credibility, women are contributing more ideas and taking risks. Indian start-ups strive to create a start-up environment by focusing on important education, talent, innovation, and incubators, as well as communicating with funding agencies. The government is now assisting new businesses. A start-up allows an entrepreneur to educate and inspire others while they consider what to do and how to do it. This new start-up initiative promises faster approvals for starting a business, easier exits, tax breaks, and faster patent registration. This initiative has the potential to create jobs at a time when the manufacturing sector is in decline. For any new idea to become a successful venture, it requires appropriate support, synchronization, and mentoring from stakeholders, the government, and the community. To wrap it up, today's Indian youth isn't afraid of casting aside their 9 to 5 jobs to see their dreams take flight and become a living reality. They're all set to break the ceiling to attain real powerful leadership roles and leading India towards becoming a "startup hub".

Arshmeet Kaur

B. Com III

Importance of Applying Economics in our Day-to-day Life

Economics is a social science that studies the production, distribution and consumption of good and services. It plays a vital role in our daily lives, as it affects our lives, in big or small ways. When making a decision, people tend to choose the option that makes the best use of their resources in order to achieve the best possible outcome. That is what economics all about. Here is the importance of economics in our daily lives:

- **Understanding the economy:**

Economics help us to understand how the economy works, how it grows and what factors influence it. This knowledge can help individuals make informed decisions about their careers, investments and financial planning.

- **Resource allocation:**

Economics help us to understand how resources such as land, labor, and capital are allocated and used in production of goods and services. This knowledge helps individual to make better decisions about how to allocate their resources, such as time and money, to achieve their goals.

- **Price determination:**

Economics help us understand how prices are determined in markets. This knowledge helps the individual to make decision about what to buy and how much to pay for them.

- **Policy making:**

Government uses economic principles to make decisions about taxation, regulation, and public spending. Understanding economics help individual to engage in debates about public policy and make informs decisions about who to vote for in elections.

- **International trade:**

Economics help us to understand the benefits and cost of international trade. This knowledge can help individuals make decisions about buying goods and services from other countries and investing in foreign markets.

- **Job market:**

The knowledge of economics can help the individual to make decisions about what jobs to pursue, how to negotiate salaries and benefits and how to adapt to changes in labor market.

- **Budgeting and financial planning:**

Understanding basic concepts of economics such as demand and supply, inflation and interest rates can help us create a budget and make decisions about saving and investment our money.

- **Business decisions:**

Economics plays a crucial role in business decision making. Businesses use economic principles to make decisions about pricing, production and investment. Understanding economics can help individuals make informed decisions about starting a business, investing in a company, or managing their own finances.

In conclusion, economics has numerous practical applications in our daily lives. Understanding economics will make you think bigger and problem solver. The concept learned will help explain our behaviors when it comes to allocating our time, money and other resources and will help us to make intelligent and rational decisions.

Harjas Kaur

B. Com I

Growth of a Auditing in India

Audit is the examination or inspection of various books of accounts by an auditor followed by physical checking of inventory to make sure that all departments are following documented system of recording transactions. It is done to ascertain the accuracy of financial statements provided by the organisation. The auditing origin can be traced back to the 18th century, when the practice of large-scale production developed as a result of the Industrial Revolution. The word 'audit' has been derived from the Latin word 'audire' which means 'to listen.' In ancient times persons preparing accounts used to read out entries and statements to the verifier or auditor who would pass them, if found correct, simply by listening to the reader. Earlier practices of auditing though not well documented present proof for the existence of auditing. The joint stock form of business enterprise has been mainly responsible for the phenomenal growth of auditing. The separation of capital from management and the dependence of shareholders on a limited number of persons like directors, managing directors and officers of a company called for some machinery for independent verification of accounts on behalf of shareholders.

Audit which was considered essential for this purpose has been made compulsory in respect of all companies under the Company, Banking and Insurance Laws and for some assesses under the Income Tax Act. Similar considerations also apply to big partnership businesses and sole trading concerns, management of which must be entrusted to paid employees or agents. As auditing is built on the questioning of correctness and appropriateness, it plays a critical role in bringing about the transparency that is required to provide and maintain an environment of trust in the markets. The purpose of auditing in joint stock companies is to protect, on the one hand, the company entity, its partners and its creditors, and, on the other, future partners and creditors. Audited accounts are found useful for submission to various taxation authorities, avoidance of disputes among partners, negotiation of loans or credit and sale or purchase of business and also with regard to insurance claims. Besides, statements certified by auditors are required for obtaining Government patronage e.g., import and export licenses etc. Besides, "The increasing size and sophistication of to-day's enterprises have resulted in decentralisation of their activities and functions. This has led to increasing the remoteness of top management of enterprises from day-to-day activities".

Thus, audit is now accepted almost universally as a reliable machinery to inspire confidence in regard to financial matters in the minds of those who invest their funds as capital of a business and also those who may have dealings with or interest in a particular organisation. The shift to remote working during the COVID-19 pandemic has accelerated a trend that was already in place in the auditing profession. Audit firms are now expected to move to more flexible ways of working based on the requirements of the audited company, the firm and the individual. The new environment has also highlighted the need for auditors to leverage available technology, have an agile mindset that embraces change and disruption, and to operate effectively in teams.

Bhanvi
B. Com II

Enhancing Employee Performance Through Monetary Incentives

Money is a universal commodity that can be used as means of exchange for goods and services. It is a fact no one wants to work for free. Employees want to earn reasonable remuneration and rewards. Similarly, organizations wish their employees feel the value for money. This therefore, makes money to be among the most motivating factors to all. Salary is thought to be one of the key factors influencing career choices Lai (2009). One employee in RRA described salary as, ‘the salary paid to me is what the organization thinks of me.’ Another one said, “even if I am offered additional 20% on my current pay, I would not leave the organization”. This tells us that people are unique and have different preferences and can be influenced by different factors. Employee performance is very paramount in organization and it is believed that job satisfaction leads to employee performance. Incentive pay motivates employees and maintains high work performance.

Employees find it hard to keep themselves motivated at work. Implementing a good incentive pay program helps to keep the employees engaged and motivated to do well by rewarding them for all the good work they do. For instance, in the Lincoln Electric case employees were paid based on piecework. This would induce the employee to produce as many pieces as possible in order to receive a high compensation. The effort would result in higher productivity for the firm and thereby higher profits. As the employees would get a part of the bonus, they would strive to produce output that was dependable, of good quality, and give their ideas and cooperate in order to get a high merit rating on which the bonus sharing was dependent. In a survey conducted in RRA (2016) on staff motivation, the level of employee motivation was found to be at 73% with salary and wages among the most motivating factors. Out of 281 respondents, 142 (50.5 %) acknowledged salary dissatisfaction as compared to their responsibilities and education levels. My perception though, is that money is not the only factor which makes one to be motivated or engaged because different personalities have different factors which influence their motivation, commitment, involvement, loyalty, satisfaction and engagement such as, opportunities for learning and development, career development, job enrichment, recognition and appreciation for well-done job just to mention a few.

Bhanvi
B. Com II

Social Media Marketing

In today's Era social media plays a vital role in everyone's life. It immensely influences our lives. Marketers came up with an idea of using social media as a platform for marketing the products and services. Nowadays they have started using social media as a platform to not only promote products or services but also launch new ones. With the help of the algorithms of the social media platform people can reach out to their customers in an efficient as well as effective manner. Social media is used by almost all the age groups depending upon a business's target market one can choose the platform for the same. It doesn't matter if a person runs a small local shop or a big National Company. Social media is an essential element of a business's marketing strategy. It helps the marketers to connect with their customers, and boost their need and share. More than 4 million people around the world using social media every month, the users and engagement on major platforms just keep increasing. That is why one should opt for social media marketing.

Social media helps in increasing brand awareness. While people scroll Instagram feeds they come

across various influencers trying out new products from various companies. As per human psychology they are adversely affected by the word of mouth and such advertisements work as word of mouth for companies. This leads to a sudden increase in the goodwill of a company. One such company is skin craft. It has a unique interface for the customers. They customize the products as per the needs of the customers. Unlike other companies who sell the products which are manufactured beforehand.

Social media marketing also helps a business to improve the search engine rankings as when people are aware about a particular brand they are obviously going to search about it and with the maximization in the number of searches the search engine rankings are automatically improved. When the search engine rankings of a company Gets better people searching about similar topics or brands run into the brand whose search engine rankings are improved.

Customer satisfaction and brand loyalty both play a part in making a business more authoritative, but it all comes down to communication. Social media marketing allows the owners to communicate with the customers on a large scale. There are many businesses which regularly run online surveys to improve their product or service being provided. YouTube shows an advertisement where there is a survey about how often a person comes across ads of various brands. They also ask questions about how the experience was while watching videos on YouTube to improve the overall experience of its users.

Social Media marketing has improved the reach of a business, brand awareness, brand authority, customer satisfaction and many more such aspects. All in all it is a beautiful concept which, when implemented accurately, will always work in the favor of business. It will definitely take a business to another level

Navneet Kaur

B. Com II

Sustainable Finance

What do you mean by sustainable finance?

Sustainable finance is defined as investment decisions that take into account the environmental, social and governance factors of an economic activity or project. Sustainability is an integrated concept with three aspects: Economic, Social and environmental, whereas Finance is all about allocating funds to its most productive use. Now how can finance contribute to sustainability? Finance can play a significant role in allocating investment to sustainable companies and thus helping investors in choosing the right long-term investment. In today's business world, Leaders who are thinking differently about Environmental and social performance of their business can drive change which adds immense value to the people and the planet. For example, the accountants and auditors are trained not only for their technical skills i.e basically analyzing and managing numbers in financial statements of the company but they should be well equipped with skills to gather, manage, analyze and report a whole new genre of business metrics, such as Greenhouse gas emissions, gender pay gap results, and ethics and anticorruption Indicators.

Role of sustainable finance in today's business world?

“A healthy society and environment must underpin our economies. The future of business, and our planet, depends on our ability to rethink and evolve our business models. Simply put, investing in sustainability makes good business sense.”

Mark Hawkins, President and CFO, Sales force; Chair, USA Chapter of the A4S CFO Leadership Network.

The future of finance is stakeholder capitalism. Companies can no longer operate by prioritizing shareholders as the dominant audience. Now, employees, communities, customers, regulators, and the planet itself all require their “voices” to be heard. Meanwhile, decision making should be in such a way that all the factors including environmental, social and governance factors while making choices about where to allocate capital. Today, long-term investors are seeking to invest in only those companies and projects which are considering ESG Investing and sustainable business practices while operating their business. Investors are focusing on investing in stakeholder oriented companies rather than shareholder oriented. Sustainable finance plays a significant role in deciding how the company will be performing in future as the shift moves towards all stakeholders of the company instead of only focusing on their goal to maximize profit and build shareholder wealth. Sustainable finance helps business in value creation for the wider community. In the coming business world, those organizations who failed to consider ESG factors will be going to face numerous challenges and different business risks. We will be going to see the transition of the world of finance and investing towards more sustainable and climate-friendly solutions.

Activities that fall under the heading of sustainable finance include green bonds, impact investing, sustainable funds, ESG investing, active ownership and many more. Today, all big corporations are looking to raise finance for their business through the issue of Green and ESG bonds which helps their business to grow sustainably. Financing business through sustainable financial instruments has strong financial as well as social benefits. The transition to a sustainable economy offers considerable investment opportunities present in frameworks such as the Sustainable Development Goals, or in the growth of the renewable energy and energy efficiency sectors. For example, **embedding climate considerations into asset allocation through investments in renewable and other low-carbon technologies offer the finance sector a way to achieve improved returns while also contributing to the low carbon transition.** The crucial thing to remember is that sustainable investment is a blanket term that includes a wide range of investment strategies and approaches.

7 Main Sustainable Investment Strategies:

The European sustainable and responsible investment association breaks sustainable investment into 7 main categories.

1. **Exclusion:** This strategy involves excluding any companies that engage in selling unsuitable products for the environment and society. For example: companies selling arms, tobacco, etc.

2. **Engagement:** This strategy includes acquisition of shares in a company with the intention of changing its behavior policies or practices. Example here is any company by being a shareholder acquires shares of companies like oil and gas as a shareholder and then pushing for more disclosure of emissions or the pursuit of a more diversified strategy. By engaging themselves in the shareholder meetings, they help those companies to modify their business practices in a more sustainable way.

3. **ESG Compliant Investment:** This strategy integrates ESG factors into investment decision making. The ESG stands for environment, social and governance. This strategy takes these factors into consideration when making decisions. For example : investment in only those companies that meet certain thresholds of performance on one or more of those factors that would be an ESG compliant investment.

4. **Norms based screening:** This strategy involves exclusion of those companies that aren't complying to the globally established norms. For example: An investor would eliminate from its portfolio that do not align their business practices according to global agreements like the UN

declaration of human rights, ILO conventions on workers' rights, the paris climate accord or the UN global compact.

5. Best in class: This strategy mainly includes selection of the top companies that are performing well on ESG issues either in general or within an industry. Process of screening companies can be done by investors by using **Dow Jones Sustainability Index** and choosing the top performers on environmental and social factors.

6. Sustainability themed investment: These are the investments in companies that pursue some sort of sustainable development objective. for example **creating a fund of specific sustainability themes such as women empowerment, renewable energy, education, etc.**

7. Impact Investment: Investments made with the intention of generating positive, measurable social and environmental impact alongside a financial return. Impact investments can be made in both emerging and developed markets and they target a range of returns from below market rates depending upon the varied investors' strategic goals.

Conclusion

Sustainable finance provides a competitive edge to the company over its competitors. It is very important for companies to consider sustainability in order to remain viable financially. Sustainable finance helps in mitigating the risk and providing opportunities to the business. Sustainable finance is an emerging concept in today's business world which is going to change the performance measurement standards of business.

Rashita
B. Com III



Corporate Social Responsibility in India

Corporate Social responsibility (CSR) is continuing commitment by businesses to integrate social and environmental concerns in their business operations. Changes in the global environment increasingly challenge business around the world to look beyond financial performance, and to integrate social and environmental concerns into their strategic management.

Prior to companies Act 2013, CSR in India has traditionally been seen as a philanthropic activity. And in keeping with the Indian tradition, it was believed that every company has a moral responsibility to play an active role in discharging the social obligations, subject to the financial health of the company. In the early 90's Mahatma Gandhi introduced the concept of trusteeship helping socio-economic growth. CSR was influenced by family values, traditions, culture and religion. Corporate Social Responsibility (CSR) in India has very recently undergone a metamorphosis to acquire a legally mandatory character under 'The Companies Act, 2013 and associated Companies (CSR Policy) Rules, 2014 (Corporate Social Responsibility Policy) Rules, 2014 requirement of certain thresholds of net worth, turnover, or net profits to constitute a CSR Committee and to spend 2% of a respective company's average profits before taxes for the previous three fiscal years on identified areas of CSR. This requirement became effective on April 1, 2014. The Corporate Social Responsibility Committee formulates and recommends the CSR policy to the Board and monitors CSR budget, activities and expenditure. If a company is unable to spend the required amount, it will be required to disclose the reasons for the shortfall. In January 2021, the MCA issued the Companies (Companies Social Responsibility Policy) Amendment Rules, 2021,

giving effect to the changes introduced in CSR by the Companies Amendment Acts of 2019 and 2020. With such an amendment coming into force, the requirement for CSR spending was made a statutory obligation, which is a significant departure from the earlier approach of 'comply or explain'. Further, the role of a company's board of directors is required to not approve the budget and area of focus for CSR projects but also approve specific CSR projects, oversee the implementation of projects, monitor the disbursement of funds to such projects and obtain Impact assessment of such projects, among other things.

Through its general Circular dated May 5, 2021, the MCA clarified that the spending of CSR funds for creating health infrastructure for COVID-19 care, establishing medical oxygen generation and storage plants, manufacturing and supply of oxygen concentrators, ventilators, cylinders, and other medical equipment for countering COVID-19 or other ancillary activities would be eligible CSR activities under Schedule VI of the Companies Act, 2013. Through its Circular dated July 30, 2021, the MCA further clarified that companies spending CSR funds for COVID-19 vaccination, for persons other than their own employees and their families, would be considered to be an eligible CSR activity under item (i) of Schedule VII of the Companies Act, 2013. As per the amended CSR Rules, in case of excess CSR spending by a company in a fiscal year, such excess amount may be set off against the CSR spend requirement for up to the immediately succeeding three financial years, subject to fulfillment of certain conditions.

Companies from 2022 Burgundy Private Hurun India 500 with the highest CSR spend include Reliance Industries, HDFC Bank, Tata Consultancy Services, Tata Steel, ITC, Infosys, ICICI Bank, Wipro, HCL Technologies, and JSW Steel. While Reliance Industries has spent Rs.736 crore, respectively towards CSR. Tata Steel and ITC have spent Rs. 406 crore and Rs.355 crore, respectively.

Harpreet
M. Com I

Advertising

The term 'advertising' is derived from the original Latin word 'advertere' which means 'to turn' the attention. Every piece of advertising turns the attention of the readers or the listeners or the viewers or the onlookers towards a product or a service or an idea. Therefore, it can be said that anything that turns the attention to an article or a service or an idea might be well called as advertising. It is a medium through which consumers are made aware of new products or enhancements made to the existing products. Some argue that it makes people buy things which they don't need and few refute it stating it does help them in improving their lives. Advertising is everything in today's life.

Advertising is a vital part of the economy and the success of business. Nowadays, we can see advertisements everywhere, from television sets to believe that these various advertisements impress people to buy products which are not needed and only look good on television. Also several companies focus on advertisements more than their products. Even though many products are similar, companies use their ads to make their products seem new.

Advertising has incredible power on affecting people. Children are affected easily from advertisements. Today, advertising is more pervasive than ever before. We are bombarded with ads from the moment we make up to the time we go to bed. Advertising can influence the way we dress and the way we eat. In some cases, advertising can even be dangerous, as it can promote products that are harmful to our health or that are not actually effective.

There are various forms of advertising media like: Internet, online media, newspapers, wall hoardings, cinema slides, radio, television and banners are some of the various ways of advertising.

Most of all, advertising helps the company to get the message across to their intended audience. The audience gets information about the product, which helps them make an informed choice. Advertising also helps contribute productively to the economy. It generates employment in the form of photographers, actors, editors, etc.

Even though advertising is known for some positive effects, in my own point of view, this kind of communication has a lot of negative impacts on consumers and society in general. Some of the aspects that add certain negativity to the field of advertisement. Advertising can have a negative impact, especially on children and teenagers. Many companies, like Thumbs Up, show famous actors performing dangerous stunts. When exposed to such advertisements, children think of trying those stunts themselves. This can prove to be fatal and life-threatening. Small children start cribbing when they see an Advertisement like those of fairness creams create self-doubt and lead to lower self-esteem in young girls. The advertisements show that as soon as a girl becomes fair, she gets a job.

We need to be aware of the messages that ads are communicating to us, and we need to make sure that we are making informed decisions about the products we buy. Otherwise, we risk being manipulated by the ads that we see every day.

Therefore, it can be rightly said that advertising in any form has become an integral part of our lives. It is something we cannot do without. Even though it can be annoying and intrusive at times, it plays an important role in our economy and in our ability to make informed decisions about the products we buy.

Husanpreet Kaur

B. Com III





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ਸੰਪਾਦਕੀ

ਸਾਹਿਤ ਦੀ ਸਿਰਜਣਾ ਕਰਨੀ ਆਪਣੇ ਆਪ ਵਿਚ ਇਕ ਉਤਮ ਕਾਰਜ ਹੈ ਅਤੇ ਸਾਹਿਤ ਨੂੰ ਸੁਹਿਰਦਤਾ ਨਾਲ ਪੜ੍ਹਨਾ ਅਤੇ ਪੜ੍ਹ ਕੇ ਵਿਚਾਰਨਾ ਇਕ ਪਵਿੱਤਰ ਕਰਮ ਹੈ। ਪਰ ਸਾਹਿਤ ਦਾ ਮਨੋਰਥ ਉਦੋਂ ਪੂਰਾ ਹੁੰਦਾ ਹੈ ਜਦੋਂ ਅਸੀਂ ਸਾਹਿਤ ਸਮਗਰੀ ਨੂੰ ਪੜ੍ਹ, ਵਿਚਾਰ ਕੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦੇ ਮਾਰਗ ਤੇ ਲਾਗੂ ਕਰੀਏ। ਇਸ ਤਰ੍ਹਾਂ ਸਾਹਿਤ, ਸਾਹਿਤਕਾਰ 'ਤੇ ਸਾਡਾ ਪਾਠਕਾਂ ਦਾ ਇਕ ਗੂੜ੍ਹਾ ਰਿਸ਼ਤਾ ਕਾਇਮ ਹੋ ਜਾਂਦਾ ਹੈ। ਸਾਹਿਤਕਾਰ ਦੀ ਸਫਲਤਾ ਸਾਹਿਤ ਦੇ ਜ਼ਰੀਏ ਪਾਠਕ ਤਕ ਚਾਨਣ ਪਹੁੰਚਾਉਣ ਵਿਚ ਹੈ, ਪਰ ਪਾਠਕ ਦੀ ਸਫਲਤਾ ਉਸ ਚਾਨਣ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਕੇ ਆਪਣੇ ਰਾਹ ਨੂੰ ਰੁਸ਼ਨਾਉਣ ਵਿਚ ਹੈ। ਬਹੁਤ ਹੀ ਪਿਆਰੇ ਵਿਦਿਆਰਥੀਓ, ਕਾਲਜ ਦੀ ਪੜ੍ਹਾਈ ਤੁਹਾਡਾ ਰੋਸ਼ਨ ਭਵਿੱਖ ਤਹਿ ਕਰਨ ਦਾ ਜ਼ਰੀਆ ਹੈ। ਕਾਲਜ ਵਿੱਚ ਸਿੱਖਿਆ ਹਾਸਿਲ ਕਰਦਿਆਂ ਤੁਸੀਂ ਗਿਆਨ ਨੂੰ ਧੁਰ ਅੰਦਰ ਤੱਕ ਸਮੋਣਾ ਹੈ। ਇੱਕ ਵਾਰ ਸੁਆਮੀ ਵਿਵੇਕਾਨੰਦ ਅਮਰੀਕਾ ਦੇ ਦੌਰੇ ਉੱਤੇ ਗਏ। ਅਚਾਨਕ ਇਕ ਜਗ੍ਹਾ ਤੇ ਲੰਘਦਿਆਂ ਉਨ੍ਹਾਂ ਨੇ ਪੁੱਲ ਤੇ ਖੜੇ ਕੁਝ ਲੜਕਿਆਂ ਨੂੰ ਨਦੀ ਵਿੱਚ ਤੈਰ ਰਹੇ ਅੰਡੇ ਦੇ ਛਿਲਕੇ 'ਤੇ ਬੰਦੂਕ ਦਾ ਨਿਸ਼ਾਨਾ ਲਾਉਂਦੇ ਦੇਖਿਆ। ਕਿਸੇ ਵੀ ਲੜਕੇ ਦਾ ਨਿਸ਼ਾਨਾ ਸਹੀ ਨਹੀਂ ਲਗ ਰਿਹਾ ਸੀ। ਉਨ੍ਹਾਂ ਨੇ ਲੜਕੇ ਤੋਂ ਬੰਦੂਕ ਲਈ ਅਤੇ ਖੁਦ ਨਿਸ਼ਾਨਾ ਲਗਾਉਣ ਲੱਗ ਪਏ। ਉਨ੍ਹਾਂ ਨੇ ਕੁੱਲ 12 ਨਿਸ਼ਾਨੇ ਲਾਏ। ਸਾਰੇ ਨਿਸ਼ਾਨੇ ਸਹੀ ਲੱਗੇ। ਇਹ ਦੇਖ ਕੇ ਲੜਕੇ ਹੈਰਾਨ ਰਹਿ ਗਏ ਅਤੇ ਉਨ੍ਹਾਂ ਨੇ ਪੁੱਛਿਆ- 'ਸੁਆਮੀ ਜੀ, ਭਲਾ ਤੁਸੀਂ ਇਹ ਕਿਵੇਂ ਕਰ ਲੈਂਦੇ ਹੋ?' ਸੁਆਮੀ ਵਿਵੇਕਾਨੰਦ ਬੋਲੇ- 'ਅਸੰਭਵ ਕੁਝ ਨਹੀਂ ਹੈ। ਤੁਸੀਂ ਜੇ ਵੀ ਕਰ ਰਹੇ ਹੋ, ਆਪਣਾ ਪੂਰਾ ਦਿਮਾਗ ਉਸੇ ਕੰਮ ਵਿੱਚ ਲਾਉ। ਜੇਕਰ ਤੁਸੀਂ ਪਾਠ ਪੜ੍ਹ ਰਹੇ ਹੋ ਤਾਂ ਸਿਰਫ਼ ਪਾਠ ਬਾਰੇ ਹੀ ਸੋਚੋ। ਜੇਕਰ ਨਿਸ਼ਾਨਾ ਲਾ ਰਹੇ ਹੋ ਤਾਂ ਤੁਹਾਡਾ ਧਿਆਨ ਸਿਰਫ਼ ਆਪਣੇ ਲਕਸ਼ ਉੱਤੇ ਹੀ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਜੀਵਨ ਵਿੱਚ ਤੁਸੀਂ ਕਦੇ ਵੀ ਝੁਕੋਗੇ ਨਹੀਂ।' ਪਿਆਰੇ ਵਿਦਿਆਰਥੀਓ! ਹੁਣ ਤੁਸੀਂ ਫੈਸਲਾ ਕਰਨਾ ਹੈ ਕਿ ਧਿਆਨ ਲਕਸ਼ ਉੱਤੇ ਲਾਉਣਾ ਹੈ ਜਾਂ ਬੇਧਿਆਨ ਹੋਣਾ ਹੈ।

ਵਰਤਮਾਨ ਸਮੇਂ ਵਿੱਚ ਭਾਸ਼ਾ ਅਤੇ ਸਭਿਆਚਾਰ ਨੂੰ ਨਸ਼ਟ ਕਰਨ ਦੇ ਉਪਰਾਲੇ ਹੋ ਰਹੇ ਹਨ। ਅਜਿਹੇ ਸਮੇਂ ਵਿੱਚ ਸਾਹਿਤ ਰਚਨਾ ਅਤੇ ਚੰਗੇ ਪਾਠਕ ਪੈਦਾ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੈ। ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਉਹ ਦਰਪਣ ਹੁੰਦਾ ਹੈ ਜਿਸ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਮਨੋਭਾਵ, ਵਿਚਾਰ ਅਤੇ ਸਮਾਜ ਪ੍ਰਤੀ ਆਪਣੇ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਕਲਮਬੱਧ ਕਰ ਸਕਣ। ਕਾਲਜ ਦਾ ਇਹ ਉਪਰਾਲਾ ਬੇਹੱਦ ਸ਼ਲਾਘਾਯੋਗ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਕਾਫ਼ੀ ਰਚਨਾਵਾਂ ਆਈਆਂ ਸਨ ਪਰ ਮੈਗਜ਼ੀਨ ਦੇ ਸਾਹਿੱਤਕ ਮਿਆਰ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦੇ ਹੋਏ ਸਾਰੀਆਂ ਰਚਨਾਵਾਂ ਨਹੀਂ ਛਪ ਸਕੀਆਂ। ਬਾਕੀ ਜਿਹੜੀਆਂ ਰਚਨਾਵਾਂ ਇਸ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਛਪੀਆਂ ਹਨ, ਉਨ੍ਹਾਂ ਦੀ ਨਿੱਜਤਾ ਤੇ ਉਨ੍ਹਾਂ ਵਿੱਚ ਪ੍ਰਗਟਾਏ ਵਿਚਾਰ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਉੱਤੇ ਬਿਆਨ ਕੀਤੇ ਗਏ ਹਨ।

ਸੁਖਮੀਨ ਕੌਰ

ਸਹਿਕਰਮੀ ਅਧਿਆਪਕ, ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸੰਪਾਦਕੀ

ਅੱਖਰਾਂ ਦੀ ਸਮਰੱਥਾ ਨੂੰ ਪ੍ਰਗਟ ਕਰਦਿਆਂ ਪੰਜਾਬੀ ਦੇ ਇਕ ਕਵੀ ਨੇ ਲਿਖਿਆ ਹੈ:

ਅੱਖਰ ਇਬਾਦਤ ਨੇ, ਅੱਖਰ ਭਾਲ ਨੇ।

ਅੱਖਰ ਆਪਾ ਨੇ, ਅੱਖਰ ਖਿਆਲ ਨੇ।

ਅੱਖਰ ਰੂਹਾਂ ਨੂੰ ਕਲਾਵੇ ਵਿੱਚ ਕੱਸਣ ਵਾਲੇ ਜਾਲ ਨੇ।

ਅੱਖਰਾਂ ਦੀ ਸ਼ਕਤੀ ਏ ਕਿ ਅੱਖਰ ਸੰਪੂਰਨ ਮਨੁੱਖ ਦੀ ਪਹਿਚਾਣ ਨੇ।

ਮਨੁੱਖ ਦੇ ਭਾਵਾਂ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ ਵਾਸਤੇ ਅੱਖਰ ਹੀ ਮਾਧਿਅਮ ਨੇ। ਜਦੋਂ ਭਾਵਾਂ ਦਾ ਸਮੁੰਦਰ ਮਨੁੱਖ ਦੇ ਅੰਦਰ ਠਾਠਾਂ ਮਾਰਦਾ ਹੈ ਤਾਂ ਅੱਖਰ ਉਨ੍ਹਾਂ ਨੂੰ ਸਾਕਾਰਆਤਮਕ ਰੂਪ ਦੇ ਕੇ ਸਾਹਿਤ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕਰਦੇ ਹਨ। ਅੱਖਰ ਮਨੁੱਖ ਦੀ ਰਹਿਨੁਮਾਈ ਕਰਨ ਵਾਲੇ ਮੀਲ ਪੱਥਰ ਹਨ।

ਸਾਹਿਤ ਵਗਦੀ ਨਦੀ ਵਾਂਗ ਨਿਰੰਤਰ ਵਰਤਾਰਾ ਹੈ। ‘ਗਿਆਨ ਮਾਣਿਕ’ ਮੈਗਜ਼ੀਨ ਦਾ ‘ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ’ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸਾਹਿਤਕ ਪ੍ਰਤਿਭਾ ਨੂੰ ਪ੍ਰਕਾਸ਼ਤ ਕਰਨ ਦਾ ਵਸੀਲਾ ਹੈ। ਬਹੁਤ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਦਰਜ ਕਰਨ ਲਈ ਦਿੱਤੀਆਂ ਹਨ। ਸਾਰੇ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀਆਂ ਸਾਹਿਤਕ ਰਚਨਾਵਾਂ ਰਾਹੀਂ ਆਪਣੇ ਦਿਲ ਦੀ ਆਵਾਜ਼, ਲੋਕਾਂ ਤੇ ਮਨੁੱਖਤਾ ਦੀ ਆਵਾਜ਼ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ ਦਾ ਯਤਨ ਕੀਤਾ ਹੈ। ਮੈਂ ਸਾਰੇ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੀ ਹਾਂ, ਜਿੰਨ੍ਹਾਂ ਨੇ ਮੈਗਜ਼ੀਨ ਰੂਪੀ ਬਗੀਚੇ ਨੂੰ ਆਪਣੀਆਂ ਫੁੱਲਾਂ ਰੂਪੀ ਸਾਹਿਤਕ ਰਚਨਾਵਾਂ ਨਾਲ ਸ਼ਿੰਗਾਰਿਆ ਹੈ। ਮੈਨੂੰ ਆਸ ਹੈ ਕਿ ‘ਪੰਜਾਬੀ ਸੈਕਸ਼ਨ’ ਵਿੱਚ ਦਰਜ ਸਾਰੀਆਂ ਹੀ ਰਚਨਾਵਾਂ ਪਾਠਕਾਂ ਨੂੰ ਸਾਹਿਤਕ ਆਨੰਦ ਦੇਣਗੀਆਂ।

ਗਗਨਜੋਤ ਕੌਰ

ਬੀ.ਏ. ਭਾਗ ਤੀਸਰਾ

‘ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ : ਮਹਾਨਤਾ’

ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਮੱਧਕਾਲ ਦੀ ਸਭ ਤੋਂ ਮਹਾਨ ਅਧਿਆਤਮਕ ਤੇ ਇਨਕਲਾਬੀ ਰਚਨਾ ਹੈ। ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੀ ਮਹਾਨਤਾ ਇਹ ਹੈ ਕਿ ਗੁਰਬਾਣੀ ਦਾ ਸੰਦੇਸ਼ ਸਮੁੱਚੀ ਮਾਨਵਤਾ ਲਈ ਸਾਂਝਾ ਹੈ। ਇਸ ਦੀ ਭਾਸ਼ਾ ਲੋਕ ਭਾਸ਼ਾ ਹੈ, ਜਿਸ ਕਰਕੇ ਹਰ ਕੋਈ ਇਸ ਖਜ਼ਾਨੇ ਵਿਚੋਂ ਆਪਣੀ ਸੂਝ-ਬੂਝ ਨਾਲ ਅਧਿਆਤਮਿਕ ਭੁੱਖ ਨੂੰ ਪੂਰੀ ਕਰਦਾ ਹੈ।

ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਨੂੰ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਸੰਪਾਦਿਤ ਕੀਤਾ। ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਇਸ ਗ੍ਰੰਥ 'ਚ ਵੱਖ-ਵੱਖ ਧਰਮਾਂ, ਵੱਖ-ਵੱਖ ਕੌਮਾਂ ਤੇ ਜਾਤਾਂ ਨਾਲ ਸੰਬੰਧ ਰੱਖਣ ਵਾਲੇ 36 ਮਹਾਂਪੁਰਖਾਂ ਦੀ ਬਾਣੀ ਦਰਜ ਕਰਕੇ ਇਸ ਗਲ ਦਾ ਸਬੂਤ ਦਿੱਤਾ ਹੈ ਕਿ ਇਨਸਾਨੀਅਤ ਤੋਂ ਵੱਡਾ ਕੋਈ ਧਰਮ ਨਹੀਂ ਹੁੰਦਾ। ਮਨੁੱਖ ਆਪਣੀ ਜਾਤ ਨਾਲ ਨਹੀਂ ਕਰਮ ਨਾਲ ਵੱਡਾ ਹੁੰਦਾ ਹੈ।

"ਨੀਚਾ ਅੰਦਰਿ ਨੀਚ ਜਾਤਿ, ਨੀਚੀ ਹੁ ਅਤਿ ਨੀਚੁ ॥

ਨਾਨਕੁ ਤਿਨ ਕੈ ਸੰਗਿ ਸਾਥਿ,

ਵਡਿਆਂ ਸਿਉ ਕਿਆ ਰੀਸ ॥"

ਗੁਰੂ ਸਾਹਿਬ ਜੀਵਾਂ ਦੇ ਉਦਾਰ ਲਈ ਪ੍ਰੇਰਨਾ ਰੂਪੀ ਸ਼ਬਦ ਦੀ ਸੇਧ ਦਿੰਦੇ ਹਨ। ਨਾਮ ਸਿਮਰਨ, ਭਜਨ-ਬੰਦਗੀ ਕਰਨ ਵਾਲਾ ਮਨੁੱਖ ਹਮੇਸ਼ਾ ਹੀ ਉਸ ਅਕਾਲ-ਪੁਰਖ ਦੇ ਰੰਗ ਵਿੱਚ ਰੰਗਿਆ ਰਹਿੰਦਾ ਹੈ। ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਕਰਮ ਕਾਂਡ ਨੂੰ ਮੁਕਤੀ ਦਾ ਸਾਧਨ ਨਹੀਂ ਮੰਨਿਆ ਗਿਆ ਸਮਾਜ 'ਚ ਪ੍ਰਚਲਿਤ ਅਨੇਕਾਂ ਵਹਿਮਾਂ-ਭਰਮਾਂ ਦਾ ਖੰਡਨ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ 'ਚ ਕੀਤਾ ਗਿਆ ਹੈ। ਸੂਤਕ ਦੀ ਰਸਮ ਦਾ ਵਿਰੋਧ ਕਰਦੇ ਹੋਏ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਆਖਦੇ ਹਨ:

"ਜੇ ਕਰਿ ਸੂਤਕ ਮੰਨੀਐ, ਸਭ ਤੈ ਸੂਤਕੁ ਹੋਇ।

ਗੋਹੇ ਅਤੈ ਲਕੜੀ ਅੰਦਰਿ ਕੀੜਾ ਹੋਇ ॥"

ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਬਰਾਬਰ ਹੋਰ ਕੋਈ ਨਹੀਂ ਹੈ। ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਸਾਡੇ ਲਈ ਜਾਗਤਿ ਜੋਤਿ ਗੁਰੂ ਹਨ। ਜਾਗਤਿ ਜੋਤਿ ਗੁਰੂ ਦਾ ਅਦਬ ਸਤਿਕਾਰ ਕਰਨਾ ਤੇ ਕਰਾਉਣਾ ਅਤਿ ਮਹੱਤਵਪੂਰਨ ਪੱਖ ਹੈ। ਬਾਣੀ ਗੁਰੂ ਤੇ ਗੁਰੂ ਬਾਣੀ ਰੂਪ ਹੈ। ਗੁਰੂ ਸਾਹਿਬ ਸਾਰੀ ਖਲਕਤ ਦੇ ਸਾਂਝੇ ਹਨ। ਗੁਰੂ ਸਾਹਿਬਾਨ, ਭਗਤ ਸਾਹਿਬਾਨ, ਭੱਟ ਸਾਹਿਬਾਨ ਅਤੇ ਗੁਰਸਿੱਖਾਂ ਵਲੋਂ ਉਚਾਰੀ ਬਾਣੀ ਦੇ ਸਮੂਹ ਨੂੰ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਰੂਪ ਵਿਚ 'ਸ਼ਬਦ ਗੁਰੂ' ਦੀ ਉਪਾਧੀ ਮਿਲੀ ਹੈ। ਇਸ ਦੀ ਮਹਾਨਤਾ ਲਫਜ਼ਾਂ ਤੋਂ ਬਾਹਰ ਹੈ।

ਮਹਿਕ ਅਹੂਜਾ
ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੇ ਪ੍ਰਮੁੱਖ ਕਾਵਿ-ਰੂਪ

ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਸਿੱਖ ਧਰਮ ਦਾ ਪਾਵਨ ਗ੍ਰੰਥ ਹੋਣ ਦੇ ਨਾਲ-ਨਾਲ ਮੱਧਕਾਲੀਨ ਪੰਜਾਬੀ ਸਾਹਿਤ ਦੀ ਇਕ ਮਹੱਤਵਪੂਰਨ ਕਾਵਿਧਾਰਾ 'ਗੁਰਮਤਿ ਕਾਵਿਧਾਰਾ' ਦਾ ਸੰਕਲਨ ਵੀ ਹੈ। ਗੁਰਮਤਿ ਕਾਵਿ ਦਾ ਉਦੈ ਮੂਲ ਰੂਪ ਵਿਚ ਅਧਿਆਤਮਕ ਕਾਵਿ ਦੇ ਤੌਰ 'ਤੇ ਹੋਇਆ ਹੈ। ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਭਿੰਨ-ਭਿੰਨ ਬਾਣੀਕਾਰਾਂ ਦੀਆਂ ਰਚਨਾਵਾਂ ਸੰਕਲਿਤ ਤੇ ਸੰਪਾਦਿਤ ਹਨ। ਇਹਨਾਂ ਬਾਣੀਕਾਰਾਂ ਨੇ ਆਪਣੇ ਧਾਰਮਿਕ ਅਨੁਭਵਾਂ ਨੂੰ ਪ੍ਰਗਟਾਉਣ ਲਈ ਅਨੇਕਾਂ ਕਾਵਿ ਰੂਪਾਂ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਹੈ। ਇਹਨਾਂ ਕਾਵਿ ਰੂਪਾਂ ਵਿਚ ਕਈ ਲੋਕ ਕਾਵਿ-ਰੂਪ ਵੀ ਹਨ ਜਿਵੇਂ :-

- 1) ਆਰਤੀ :** ਇਹ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੁਆਰਾ ਰਚਿਤ ਬਾਣੀ ਹੈ। ਆਰਤੀ ਅਜਿਹੀ ਗੀਤਾਤਮਕ ਰਚਨਾ ਹੈ ਜਿਸਦਾ ਸੰਬੋਧ ਕਿਸੇ ਪੂਜਨੀਕ ਹਸਤੀ ਜਾਂ ਦੇਵ ਮੂਰਤੀ ਨਾਲ ਹੁੰਦਾ ਹੈ। ਪਰ ਇਹ ਪਰੰਪਰਕ ਆਰਤੀ ਤੋਂ ਅਲੱਗ ਕਿਸੇ ਦੇਵ-ਮੂਰਤੀ ਦੇ ਸਾਹਮਣੇ ਦੁਹਰਾਇਆ ਜਾਣ ਵਾਲਾ ਗੀਤ ਨਾ ਹੋ ਕੇ ਨਿਰਾਕਾਰ ਬ੍ਰਹਮ ਦੇ ਸਨਮੁਖ ਸਮੁੱਚੇ ਬ੍ਰਹਿਮੰਡ ਦੀ ਉਪਾਸਨਾ-ਮੁਦਰਾ ਦਾ ਅਹਿਸਾਸ ਕਰਵਾਉਣ ਵਾਲੀ ਰਚਨਾ ਹੈ।
- 2) ਸਲੋਕ :** ਸਧਾਰਣ ਅਰਥਾਂ ਵਿਚ ਸਲੋਕ ਪ੍ਰਸੰਸਾ ਜਾਂ ਉਸਤਤ ਦਾ ਲਖਾਇਕ ਹੈ ਅਤੇ ਜਿੰਨ੍ਹਾਂ ਛੰਦਾਂ ਵਿਚ ਕਿਸੇ ਦੀ ਉਸਤਤ ਕੀਤੀ ਗਈ ਹੋਵੇ ਉਨ੍ਹਾਂ ਨੂੰ ਸਲੋਕ ਵੀ ਆਖ ਲਿਆ ਜਾਂਦਾ ਹੈ। ਬਾਬਾ ਫਰੀਦ ਜੀ ਨੇ ਪਹਿਲੀ ਵਾਰੀ ਸਲੋਕ ਦੀ ਵਰਤੋਂ ਕਰਕੇ ਪੰਜਾਬੀ ਸਾਹਿਤ ਵਿਚ ਇਸਦਾ ਮੁਢ ਬੰਨ੍ਹਿਆ। ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਹਜ਼ਾਰਾਂ ਦੀ ਗਿਣਤੀ ਵਿਚ ਸਲੋਕ ਦਰਜ ਹਨ।
- 3) ਗੋਸ਼ਟਿ :** ਅੱਜ ਕੱਲ ਇਹ ਸ਼ਬਦ ਵਿਚਾਰ-ਚਰਚਾ ਲਈ ਜੁੜੇ ਵਿਅਕਤੀਆਂ ਦੇ ਇਕੱਠ ਲਈ ਵਰਤਿਆ ਜਾਂਦਾ ਹੈ। ਇਸਦਾ ਆਰੰਭ ਮੁੱਖ ਤੌਰ 'ਤੇ ਧਾਰਮਿਕ ਜਾਂ ਦਾਰਸ਼ਨਿਕ ਵਿਸ਼ਿਆਂ ਬਾਰੇ ਵਿਚਾਰ-ਚਰਚਾ ਨਾਲ ਹੋਇਆ ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ। ਪੰਜਾਬੀ ਸਾਹਿਤ ਵਿਚ ਗੋਸ਼ਟਿ ਰਚਨਾ ਦਾ ਆਰੰਭ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਰਚਿਤ ਸਿੱਧ ਗੋਸ਼ਟਿ ਨਾਲ ਹੁੰਦਾ ਹੈ। ਇਸ ਵਿਚ ਗੁਰੂ ਜੀ ਨੇ ਆਪਣੇ ਜੀਵਨ ਦਰਸ਼ਨ ਦੀ ਵਿਆਖਿਆ ਸਿੱਧਾਂ (ਨਾਥ ਜੋਗੀਆਂ) ਨਾਲ ਵਿਚਾਰ-ਚਰਚਾ ਦੀ ਜੁਗਤ ਰਾਹੀਂ ਕੀਤੀ ਹੈ।
- 4) ਪਉੜੀ :** ਇਸ ਕਾਵਿ ਰੂਪ ਵਿਚ ਵਿਚਾਰਾਂ ਦੀ ਉਸਾਰੀ ਪਉੜੀ ਦੇ ਡੰਡਿਆਂ ਅਨੁਸਾਰ ਹੁੰਦੀ ਹੈ। ਇਕ ਤੋਂ ਬਾਅਦ ਦੂਜਾ ਖਿਆਲ ਲੜੀਵਾਰ ਜੁੜਦਾ ਜਾਂਦਾ ਹੈ ਫਿਰ ਕੁਝ ਪੌੜੀਆਂ ਇੱਕਠੀਆਂ ਹੋ ਕੇ ਇਕ ਸਮੁੱਚਾ ਖਿਆਲ ਬਣਾਉਂਦੀਆਂ ਹਨ। ਗੁਰਬਾਣੀ ਦੀਆਂ ਲੰਮੇ ਆਕਾਰ ਵਾਲੀਆਂ ਰਚਨਾਵਾਂ ਜਿਵੇਂ-ਜਪੁਜੀ ਸਾਹਿਬ, ਅਨੰਦ ਸਾਹਿਬ, ਸੁਖਮਨੀ ਸਾਹਿਬ ਆਦਿ ਵਿਚ ਪਉੜੀ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਗਈ ਹੈ।
- 5) ਬਾਰਹਮਾਹ :** ਬਾਰਹਮਾਹ ਪੰਜਾਬੀ ਸਾਹਿਤ ਦਾ ਇਕ ਲੋਕ ਕਾਵਿ-ਰੂਪ ਹੈ। ਇਸਦਾ ਅੱਖਰੀ ਅਰਥ ਹੈ ਬਾਰਾਂ ਮਹੀਨੇ। ਇਹ ਸਾਲ ਦੇ ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੌਰਾਨ ਬਦਲਦੇ ਮੌਸਮ ਨੂੰ ਕਾਵਿ-ਸਿਰਜਣ ਦਾ ਆਧਾਰ ਬਣਾਉਣ ਵਾਲਾ ਕਾਵਿ-ਰੂਪ ਹੈ। ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਦੋ ਬਾਰਾਮਾਹੇ ਪ੍ਰਾਪਤ ਹਨ। ਇਕ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੁਆਰਾ ਤੇ ਇਕ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦੁਆਰਾ ਰਚਿਤ ਹੈ।
- 6) ਵਾਰ :** ਵਾਰ ਉਹ ਕਾਵਿ ਰੂਪ ਹੈ ਜਿਸ ਵਿਚ ਕਿਸੇ ਯੋਧੇ ਦੀ ਵੀਰਤਾ ਦਾ ਗੁਣ ਗਾਇਆ ਜਾਂਦਾ ਹੈ ਤੇ ਸਰੋਤਿਆਂ ਨੂੰ ਉਤਸਾਹਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਹਨਾਂ ਨੂੰ ਵੀਰ ਰਸੀ ਵਾਰਾਂ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਪਰ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਵੀਰ ਰਸੀ ਵਾਰਾਂ ਦੀ ਬਜਾਏ ਅਧਿਆਤਮਕ ਵਾਰਾਂ ਦਰਜ ਹਨ। ਇਨ੍ਹਾਂ ਵਿਚ ਮੁੱਖ ਤੌਰ 'ਤੇ ਨੈਤਿਕ ਅਤੇ ਅਧਿਆਤਮਕ ਵਿਸ਼ਿਆਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕੀਤੀ ਜਾਂਦੀ ਹੈ।
- 7) ਸੋਹਿਲਾ :** ਇਸ ਕਾਵਿ-ਰੂਪ ਦਾ ਸੰਬੰਧ ਲੋਕ ਸਭਿਆਚਾਰ ਨਾਲ ਹੈ। ਕੁੜੀ ਦੇ ਵਿਆਹ ਸਮੇਂ ਜੋ ਗੀਤ ਰਾਤ ਨੂੰ

ਔਰਤਾਂ ਰਲ ਕੇ ਗਾਉਂਦੀਆਂ ਹਨ ਉਹਨਾਂ ਨੂੰ 'ਸੋਹਿਲੜੇ' ਕਹਿੰਦੇ ਹਨ। ਪਰ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਦਰਜ ਸੋਹਿਲੇ ਵਿਚ ਵਿਆਹ ਦਾ ਚਾਅ ਅਤੇ ਉਮਾਹ ਭਰਿਆ ਜੋ ਮਾਹੌਲ ਸਿਰਜਿਆ ਗਿਆ ਹੈ ਉਹ ਪ੍ਰਤੀਕਾਤਮਕ ਤੌਰ 'ਤੇ ਜੀਵਾਤਮਾ ਅਤੇ ਬ੍ਰਹਮ ਦੇ ਰੂਹਾਨੀ ਰਿਸ਼ਤੇ ਲਈ ਸਿਰਜਿਆ ਗਿਆ ਹੈ।

ਸੋ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਇਹਨਾਂ ਮਹੱਤਵਪੂਰਨ ਕਾਵਿਰੂਪਾਂ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਵੀ ਕਾਵਿ ਰੂਪ ਵਰਤੇ ਗਏ ਹਨ ਜਿਵੇਂ :- ਅਨੰਦ, ਅੰਜਲੀ, ਅਲਾਹੁਣੀਆਂ, ਅਸ਼ਟਪਦੀ, ਸੁੱਚਜੀ-ਕੁੱਚਜੀ, ਸਦ, ਸ਼ਬਦ, ਕਾਫੀ, ਘੋੜੀਆਂ, ਪੱਟੀ, ਬਾਵਨ-ਅੱਖਰੀ, ਪਹਿਰੇ, ਥਿਤੀ, ਬਿਰਹੜੇ, ਰੁਤੀ ਆਦਿ।

ਹਰਮਨਪ੍ਰੀਤ ਕੌਰ
ਬੀ. ਏ. ਭਾਗ ਤੀਜਾ

ਭਗਤ ਰਵਿਦਾਸ

ਮੱਧਕਾਲੀਨ ਭਾਰਤ ਦੇ ਪ੍ਰਮੁੱਖ ਧਰਮ-ਪ੍ਰਵਰਤਕਾਂ ਵਿਚ ਭਗਤ ਰਵਿਦਾਸ ਜੀ ਦਾ ਵੀ ਪ੍ਰਮੁੱਖ ਸਥਾਨ ਹੈ। ਇਹ ਸੁਆਮੀ ਰਾਮਾਨੰਦ ਦੇ ਚੇਲੇ ਤੇ ਭਗਤ ਕਬੀਰ ਜੀ ਦੇ ਗੁਰਭਾਈ ਸਨ। ਰਵਿਦਾਸ ਜੀ ਦਾ ਜਨਮ 1376 ਈਸਵੀ ਨੂੰ ਉੱਤਰ ਪ੍ਰਦੇਸ਼ ਵਿਚ ਕਾਸ਼ੀ ਦੇ ਨੇੜੇ ਮੰਡੂਆਡੀਹ ਨਾਮਕ ਸਥਾਨ 'ਤੇ ਹੋਇਆ। ਇਹਨਾਂ ਦੀ ਮਾਤਾ ਦਾ ਨਾਮ ਕਰਮਾਦੇਵੀ ਅਤੇ ਪਿਤਾ ਦਾ ਨਾਮ ਮਾਨਦਾਸ ਰਘੂ ਸੀ। ਇਨ੍ਹਾਂ ਦਾ ਦੇਹਾਂਤ ਸੰਮਤ 1584 ਬਿਕਰਮੀ ਨੂੰ ਚਿੱਤੌੜ ਵਿਖੇ ਹੋਇਆ।

ਭਗਤ ਰਵਿਦਾਸ ਜੀ ਦਾ ਜਨਮ ਦਲਿਤ ਵਰਗ ਵਿਚ ਹੋਇਆ ਜਿਸ ਬਾਰੇ ਉਹਨਾਂ ਨੇ ਆਪਣੀ ਬਾਣੀ ਵਿਚ ਵੀ ਕਈ ਥਾਵਾਂ ਉਤੇ ਹਵਾਲੇ ਦਿੱਤੇ ਹਨ ਜਿਵੇਂ:-

"ਨਾਗਰ ਜਨਾਂ ਮੇਰੀ ਜਾਤਿ ਬਿਖਿਆਤ ਚੰਮਾਰੰ ।।

ਰਿਚੈ ਰਾਮ ਗੋਬਿੰਦ ਗੁਨ ਸਾਰੰ ।।।। ਰਹਾਉ ।।

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ਅਬ ਬਿਪ੍ਰ ਪਰਧਾਨ ਤਿਹਿ ਕਰਹਿ ਡੰਡਉਤਿ

ਤੇਰੇ ਨਾਮ ਸਰਣਾਇ ਰਵਿਦਾਸੁ ਦਾਸਾ ।।"

ਰਵਿਦਾਸ ਜੀ ਨੇ ਆਪਣੀ ਜਾਤ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਿਸੇ ਕਿਸਮ ਦੀ ਨਮੋਸ਼ੀ ਦੀ ਭਾਵਨਾ ਨਾਲ ਨਹੀਂ ਕੀਤਾ ਸਗੋਂ ਪ੍ਰਭੂ ਭਗਤੀ ਰਾਹੀਂ ਆਪਣੀ ਬਲਵਾਨ ਹੋਈ ਰੂਹਾਨੀ ਸ਼ਖ਼ਸੀਅਤ ਦਾ ਸੰਕੇਤ ਕੀਤਾ ਹੈ ਜਿਸ ਕਾਰਣ 'ਬਿਪ੍ਰ ਪਰਧਾਨ' ਵੀ ਹੁਣ ਉਹਨਾਂ ਦੀ 'ਡੰਡਉਤਿ' ਕਰਨ ਲਗ ਪਏ ਹਨ।

ਭਗਤ ਰਵਿਦਾਸ ਜੀ ਦੀ ਪ੍ਰਮਾਣਿਕ ਰਚਨਾ ਆਦਿ ਗ੍ਰੰਥ ਵਿਚ ਸ਼ਾਮਿਲ ਹੈ। ਇਹ ਰਚਨਾ ਭਿੰਨ ਭਿੰਨ ਰਾਗਾਂ ਵਿਚ ਹੈ ਅਤੇ ਇਸਦੇ ਕੁਲ 40 ਪਦ ਮਿਲਦੇ ਹਨ। ਭਗਤ ਰਵਿਦਾਸ ਬਾਣੀ ਦਾ ਕੇਂਦਰ ਬਿੰਦੂ ਆਪੇ ਅਤੇ ਬ੍ਰਹਮ ਦੀ ਏਕਤਾ ਅਤੇ ਅਭੇਦਤਾ ਦਾ ਅਹਿਸਾਸ ਜਗਾਉਣ ਵਾਲਾ ਹੈ।

‘‘ਤੋਹੀ ਮੋਹੀ ਮੋਹੀ ਤੋਹੀ ਅੰਤਰੁ ਕੈਸਾ।।

ਕਨਕ ਕਟਿਕ ਜਲ ਤਰੰਗ ਜੈਸਾ।।’’

ਭਗਤ ਰਵਿਦਾਸ ਬਾਣੀ ਦਾ ਇਕ ਮਹੱਤਵਪੂਰਨ ਪੱਖ ਦਲਿਤ ਚੇਤਨਾ ਵੀ ਹੈ ਜਿਵੇਂ :-

‘‘ਜਾ ਕੀ ਛੋਤਿ ਜਗਤ ਕਉ ਲਾਗੈ ਤਾ ਪਰ ਤੁਹੀ ਢਰੈ।।

ਨੀਚਹ ਉਚ ਕਰੈ ਮੇਰਾ ਗੋਬਿੰਦੁ ਕਾਹੂ ਤੇ ਨ ਡਰੈ।।’’

ਭਗਤ ਰਵਿਦਾਸ ਜੀ ਨੇ ਰਾਜ ਦਾ ਨਵਾਂ ਸੰਕਲਪ ਵੀ ਪੇਸ਼ ਕੀਤਾ ਹੈ। ਭਾਵੇਂ ਰਾਜ ਦਾ ਇਹ ਸੰਕਲਪ ਸੁਪਨਮਈ ਕਲਪਨਾ ਹੈ ਪਰ ਹਰ ਸੁਪਨਾ ਭਵਿੱਖ ਵਿਚ ਸੰਭਾਵਨਾ ਨਾਲ ਭਰਪੂਰ ਹੁੰਦਾ ਹੈ। ਉਦਾਹਰਣ ਵਜੋਂ :-

‘‘ਬੇਗਮ ਪੁਰਾ ਸਹਰ ਕੋ ਨਾਉ।। ਦੂਖੁ ਅੰਦੋਹੁ ਨਹੀ ਤਿਹਿ ਠਾਉ।।

ਨਾਂ ਤਸਵੀਸ ਖਿਰਾਜੁ ਨ ਮਾਲੁ।। ਖਉਫੁ ਨ ਖਤਾ ਨ ਤਰਸੁ ਜਵਾਲੁ।।

ਅਬ ਮੋਹਿ ਖੂਬ ਵਤਨ ਗਹ ਪਾਈ।।

ਉਹਾਂ ਖੈਰਿ ਸਦਾ ਮੇਰੇ ਭਾਈ।।।।। ਰਹਾਉ।।।।’’

ਭਗਤ ਰਵਿਦਾਸ ਜਿਸ ਬੇਗਮਪੁਰੇ ਦੀ ਗੱਲ ਕਰਦੇ ਹਨ ਉਹ ਅਸਲ ਵਿਚ ਵਿਸ਼ਵ ਦੇ ਸਮੂਹ ਦੱਬੇ-ਕੁਚਲੇ, ਗਰੀਬ ਅਤੇ ਮਸਕੀਨ ਲੋਕਾਂ ਦਾ ਸੁਪਨਾ ਹੈ ਜਿਸਨੂੰ ਯਥਾਰਥ ਦੇ ਧਰਾਤਲ ਉੱਤੇ ਉਸਾਰਨਾ ਸਮਾਜਿਕ, ਆਰਥਿਕ ਅਤੇ ਰਾਜਨੀਤਿਕ ਉਪਰਾਲੇ ਦੀ ਮੰਗ ਕਰਦਾ ਹੈ।

ਆਚਲ ਸ਼ਰਮਾ

ਬੀ. ਏ. ਭਾਗ-ਤੀਜਾ

ਸਥਿਰਤਾ ਅਤੇ ਯੋਗ

ਸਥਿਰਤਾ ਅਤੇ ਯੋਗ ਵਿੱਚ ਸਿੱਧਾ ਸੰਬੰਧ ਹੈ। ਯੋਗ ਦਾ ਮਨੋਰਥ ਹੀ ਸਥਿਰਤਾ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨਾ ਹੈ। ਸਥਿਰਤਾ ਹੀ ਯੋਗ ਹੈ। ਸਥਿਰਤਾ ਹੀ ਸਾਨੂੰ ਧਾਰਨਾ, ਧਿਆਨ ਅਤੇ ਸਮਾਧੀ ਵਿੱਚ ਲੈ ਜਾਂਦੀ ਹੈ। ਇੱਕ ਸਾਧਕ ਨੂੰ ਯੋਗ ਵਿੱਚ ਸਥਿਰਤਾ ਨੂੰ ਵੱਖਰੀ-ਵੱਖਰੀ ਤਰਤੀਬ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨਾ ਹੁੰਦਾ ਹੈ, ਜੋ ਇਸ ਪ੍ਰਕਾਰ ਹੈ:-

1) ਸਰੀਰਕ ਸਥਿਰਤਾ: ਸਰੀਰ ਨੂੰ ਇਕੋ ਅਵਸਥਾ ਵਿੱਚ ਲੰਬੇ ਸਮੇਂ ਤੱਕ ਠਹਿਰਾਉਣ ਦੀ ਸ਼ਕਤੀ ਪ੍ਰਾਪਤ ਕਰਨਾ ਹੀ ਸਰੀਰਕ ਸਥਿਰਤਾ ਹੈ। ਇਸ ਲਈ ਸਰੀਰ ਦੇ ਅੰਗ, ਮਾਸਪੇਸ਼ੀਆਂ, ਹੱਡੀਆਂ, ਗ੍ਰੰਥੀਆਂ, ਪ੍ਰਣਾਲੀਆਂ, ਪਾਚਣ, ਖੂਨ ਪ੍ਰਵਾਹ ਆਦਿ ਦਾ ਸਿਹਤਮੰਦ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੈ। ਇਨ੍ਹਾਂ ਨੂੰ ਭੋਜਨ, ਸੁੱਧ ਕ੍ਰਿਆ ਅਤੇ ਆਸਨਾਂ ਦੇ ਅਭਿਆਸ ਨਾਲ ਸਿਹਤਮੰਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।

2) ਸਾਹ ਦੀ ਸਥਿਰਤਾ: ਜੇਕਰ ਸਰੀਰ ਵਿੱਚ ਸਾਹ ਲੈਣ ਦੀ ਸਥਿਰਤਾ ਠੀਕ ਨਹੀਂ ਹੋਵੇਗੀ ਤਾਂ ਭੌਤਿਕ ਅੰਗਾਂ ਦੀ

ਕੰਮ ਕਰਨ ਦੀ ਸ਼ਕਤੀ ਘੱਟ ਜਾਵੇਗੀ। ਵਿਅਕਤੀ ਦੇ ਸਾਹ ਛੋਟੇ ਤੇ ਉਖੜੇ ਹੋਏ ਹੋ ਜਾਣਗੇ। ਜਦੋਂ ਇਕ ਸਾਧਕ ਸਰੀਰਕ ਸਥਿਰਤਾ ਪ੍ਰਾਪਤ ਕਰਕੇ ਪ੍ਰਣਾਯਾਮ ਦਾ ਅਭਿਆਸ ਕਰਦਾ ਹੈ ਤਾਂ, ਉਸਦੇ ਸਾਹ ਗਹਿਰੇ, ਲੰਬੇ, ਲੈ-ਬੱਧ ਤੇ ਸੂਖਮ ਬਣਨ ਲਗਦੇ ਹਨ।

3) ਮਨ ਦੀ ਸਥਿਰਤਾ: ਇਕ ਵਿਅਕਤੀ ਜਿੰਨ੍ਹਾਂ ਜਿਆਦਾ ਸੰਸਾਰਿਕ ਹੋਵੇਗਾ, ਉਸਦਾ ਮਨ ਵੀ ਉਨ੍ਹਾਂ ਹੀ ਜਿਆਦਾ ਬਾਹਰਮੁੱਖੀ, ਅਸ਼ਾਂਤ ਅਤੇ ਅਸਥਿਰ ਹੋਵੇਗਾ। ਅਜਿਹਾ ਵਿਅਕਤੀ ਸਾਧਨਾ ਦੇ ਮਾਰਗ 'ਤੇ ਅੱਗੇ ਨਹੀਂ ਵਧ ਸਕਦਾ। ਸਾਧਨਾ ਦੇ ਰਸਤੇ 'ਤੇ ਅੱਗੇ ਵਧਣ ਲਈ ਮਨ ਦੀ ਇਕਾਗਰਤਾ ਅਤੇ ਸਥਿਰਤਾ ਦਾ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੈ। ਅਸਥਿਰ ਮਨ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਰੋਗਾਂ ਨੂੰ ਜਨਮ ਦਿੰਦਾ ਹੈ। ਦਿਲ ਸੰਬੰਧੀ ਰੋਗ, ਬੱਲਡ ਪ੍ਰੈਸ਼ਰ, ਨੀਂਦ ਨਾ ਆਉਣਾ, ਤਨਾਉ, ਗੁੱਸਾ, ਯਾਦਾਸ਼ਤ ਕਮਜ਼ੋਰ ਹੋਣਾ, ਚਿੰਤਾ ਵਿੱਚ ਡੁੱਬੇ ਰਹਿਣਾ ਆਦਿ ਦੋਸ਼ਾਂ ਦਾ ਮਹੱਤਵਪੂਰਨ ਕਾਰਨ ਮਨ ਦਾ ਅਸ਼ਾਂਤ ਤੇ ਅਸਥਿਰ ਹੋਣਾ ਹੈ। ਜਿਸਦਾ ਮਨ ਅਸ਼ਾਂਤ ਤੇ ਅਸਥਿਰ ਹੁੰਦਾ ਹੈ, ਉਹ ਆਪਣੇ ਅਧਿਆਤਮਕ ਪੱਖ ਨੂੰ ਵਿਕਸਿਤ ਕਰਨ ਤੋਂ ਵਾਂਝਾ ਰਹਿ ਜਾਂਦਾ ਹੈ। ਅੰਤ ਧਿਆਨ ਜਾਂ ਸਮਾਧੀ ਵਿੱਚ ਜਾਣ ਲਈ ਮਨ ਦਾ ਸ਼ਾਂਤ ਅਤੇ ਸਥਿਰ ਅਵਸਥਾ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨਾ ਜ਼ਰੂਰੀ ਹੈ।

ਬੁੱਧੀ ਦੀ ਸਥਿਰਤਾ—ਮਨੁੱਖ ਦੀ ਸਥੂਲ ਬੁੱਧੀ ਸੰਸਾਰਿਕ ਫੈਸਲੇ ਲੈਂਦੀ ਹੈ। ਸਥੂਲ ਬੁੱਧੀ ਉਪਰ ਵਿਅਕਤੀ ਦਾ ਚੰਚਲ ਅਤੇ ਅਸਥਿਰ ਮਨ ਹਮੇਸ਼ਾ ਭਾਰੀ ਰਹਿੰਦਾ ਹੈ, ਜਿਸ ਕਾਰਨ ਵਿਅਕਤੀ ਠੀਕ ਤੇ ਗਲਤ ਦੇ ਅੰਤਰ ਨੂੰ ਸਮਝ ਨਹੀਂ ਸਕਦਾ। ਇਸ ਕਰਕੇ ਉਹ ਗਲਤ ਫੈਸਲਾ ਲੈਂਦਾ ਰਹਿੰਦਾ ਹੈ ਅਤੇ ਉਸਦੇ ਜੀਵਨ ਦੀ ਦਿਸ਼ਾ ਵੀ ਗਲਤ ਹੋ ਜਾਂਦੀ ਹੈ। ਜਦੋਂ ਇਕ ਸਾਧਕ ਮਨ ਦੀ ਸਾਧਨਾ ਕਰਕੇ ਮਨ ਨੂੰ ਸ਼ਾਂਤ ਤੇ ਸਥਿਰ ਕਰ ਲੈਂਦਾ ਹੈ ਤਾਂ ਉਹ ਸੂਖਮ ਬੁੱਧੀ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰ ਲੈਂਦਾ ਹੈ, ਜੋ ਸਾਧਕ ਨੂੰ ਅਧਿਆਤਮ ਵੱਲ ਲੈ ਜਾਣ ਵਾਲੀ ਹੁੰਦੀ ਹੈ।

4) ਚਿੱਤ ਦੀ ਸਥਿਰਤਾ—ਜਦੋਂ ਮਨੁੱਖ ਦੇ ਚਿੱਤ ਦਾ ਪੂਰਨ ਸ਼ੋਧ ਹੋ ਜਾਂਦਾ ਹੈ ਤਾਂ ਉਹ ਆਪਣੇ ਸਵਰੂਪ ਵਿੱਚ ਸਿਹਤਮੰਦ ਹੋ ਜਾਂਦਾ ਹੈ। ਚਿੱਤ ਨੂੰ ਸਥਿਰ ਕਰ ਦੇਣਾ ਯੋਗ ਹੈ।

ਰੋਜ਼ੀ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

ਪੰਜਾਬ ਦੀਆਂ ਉਪਭਾਸ਼ਾਵਾਂ

ਪੰਜਾਬ ਖੇਤਰ ਦੀ ਆਪਣੀ ਵਿਲੱਖਣ ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਹੈ। ਜੋ ਪੰਜਾਬੀਆਂ ਦੀ ਵੱਖਰੀ ਪਹਿਚਾਣ ਹੈ। ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਹਰ ਕੋਹ ਉਤੇ ਬੋਲੀ ਬਦਲ ਜਾਂਦੀ ਹੈ। ਸੋ ਇਸੇ ਤਰ੍ਹਾਂ ਪੰਜਾਬ ਦੀ ਬੋਲੀ ਪੰਜਾਬੀ ਹੋ ਕੇ ਵੀ ਉਸ ਵਿਚ ਇਲਾਕੇ ਅਨੁਸਾਰ ਪਰਿਵਰਤਨ ਦਿਖਾਈ ਦਿੰਦੇ ਹਨ। ਕਿਸੇ ਇਕ ਭਾਸ਼ਾ ਵਿਚ ਹੀ ਥੋੜੇ-ਥੋੜੇ ਪਰਿਵਰਤਨ ਵਾਲੀਆਂ ਬੋਲੀਆਂ ਨੂੰ ਉਪਭਾਸ਼ਾਵਾਂ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। 'ਉਪਭਾਸ਼ਾ' ਕਿਸੇ ਭਾਸ਼ਾ ਦੀ ਇਲਾਕਾਈ (ਸਥਾਨਿਕ) ਜਾਂ ਸਮਾਜਿਕ ਤੌਰ 'ਤੇ ਨਿਖੜਵੀਂ ਇਕ ਵੰਨਗੀ ਹੁੰਦੀ ਹੈ। ਉਪਭਾਸ਼ਾ ਟਕਸਾਲੀ ਭਾਸ਼ਾ ਦੇ ਵਿਸ਼ਾਲ ਦਾਇਰੇ ਵਿਚੋਂ ਸੀਮਿਤ ਖੇਤਰ ਦੀ ਇਕ ਆਮ ਬੋਲਚਾਲੀ ਬੋਲੀ ਹੁੰਦੀ ਹੈ ਜਿਸ ਵਿਚ ਮੁੱਖ ਭਾਸ਼ਾ ਤੋਂ ਵੱਖਰੀਆਂ ਕੁਝ ਨਿਵੇਕਲੀਆਂ ਵਿਸ਼ੇਸ਼ਤਾਵਾਂ ਹੁੰਦੀਆਂ ਹਨ। ਪਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀਆਂ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਬੁਲਾਰੇ ਆਪਸ ਵਿਚ ਇਹਨਾਂ ਵੱਖਰਤਾਵਾਂ ਨੂੰ ਸਮਝ

ਸਕਦੇ ਹਨ।

ਪੰਜਾਬ ਵਿਚ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀਆਂ ਉਪਭਾਸ਼ਾਵਾਂ ਦੀ ਪਛਾਣ ਦਾ ਆਧਾਰ ਭੂਗੋਲਿਕ ਵੰਡ ਹੈ। ਜਿਵੇਂ ਮਾਝੀ, ਮਲਵਈ, ਦੁਆਬੀ, ਪੁਆਧੀ ਉਪਭਾਸ਼ਾਵਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵੰਡ ਭੂਗੋਲਿਕ ਖੇਤਰਾਂ ਦੇ ਸੰਦਰਭ ਵਿੱਚ ਹੀ ਕੀਤੀ ਗਈ ਹੈ। ਸੋ ਇਹ ਪੰਜਾਬ ਦੀਆਂ ਖੇਤਰੀ ਉਪਭਾਸ਼ਾਵਾਂ ਹਨ। ਇਹਨਾਂ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਖੇਤਰਾਂ ਦਾ ਵੇਰਵਾ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ:-

ਮਾਝੀ: ਮਾਝੀ ਪੰਜਾਬ ਦੇ ਮਾਝਾ ਖੇਤਰ ਦੀ ਸਥਾਨਕ ਬੋਲੀ ਹੈ।

ਮਾਝਾ ਦਾ ਮੂਲ ਅਰਥ ਹੈ-ਮੱਧ ਦਾ, ਵਿਚਕਾਰ ਦਾ, ਕੇਂਦਰੀ। ਭੂਗੋਲਿਕ ਤੌਰ 'ਤੇ ਹਿੰਦ-ਪਾਕ ਦੇ ਸਾਂਝੇ ਪੰਜਾਬ ਦੇ ਵਿਚਕਾਰਲੇ ਜਾਂ ਕੇਂਦਰੀ ਇਲਾਕੇ ਨੂੰ ਮਾਝਾ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਰਾਵੀ ਤੇ ਬਿਆਸ ਦੇ ਦਰਿਆਵਾਂ ਦੇ ਦਰਮਿਆਨ ਸਥਿਤ ਇਲਾਕੇ ਨੂੰ 'ਮਾਝਾ' ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਇਸੇ ਕਰਕੇ ਇਥੋਂ ਦੀ ਬੋਲੀ ਨੂੰ 'ਮਾਝੀ' ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਮਾਝੀ ਹੁਣ ਭਾਰਤੀ ਪੰਜਾਬ ਤੇ ਪਾਕ-ਪੰਜਾਬ ਦੋ ਦੇਸ਼ਾਂ ਵਿਚ ਬੋਲੀ ਜਾਂਦੀ ਹੈ। ਭਾਰਤੀ ਪੰਜਾਬ ਵਿਚ ਜ਼ਿਲ੍ਹਾ ਅੰਮ੍ਰਿਤਸਰ, ਜ਼ਿਲ੍ਹਾ ਗੁਰਦਾਸਪੁਰ (ਬਟਾਲਾ, ਗੁਰਦਾਸਪੁਰ ਦੀਆਂ ਦੋ ਤਹਿਸੀਲਾਂ), ਬਿਆਸ ਦਰਿਆ ਦੇ ਦੁਆਬੇ ਵਾਲੇ ਪਾਸੇ ਲਗਦੇ ਖੇਤਰਾਂ ਵਿੱਚ ਵੀ ਮਾਝੀ ਬੋਲੀ ਜਾਂਦੀ ਹੈ।

ਮਲਵਈ: ਪੰਜਾਬ ਦੇ ਮਾਲਵਾ ਇਲਾਕੇ ਦੀ ਇਲਾਕਾਈ ਬੋਲੀ ਨੂੰ 'ਮਲਵਈ' ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਮਲਵਈ ਮਾਲਵ ਤੋਂ ਬਣਿਆ ਸ਼ਬਦ ਹੈ। ਮਾਲਵ ਆਰੀਆ ਲੋਕਾਂ ਦੀ ਇਕ ਪ੍ਰਾਚੀਨ ਜਾਤੀ ਸੀ। ਸੰਸਕ੍ਰਿਤ ਦੇ ਪ੍ਰਾਚੀਨ ਗ੍ਰੰਥਾਂ ਵਿਚ ਮਾਲਵ ਗਣ-ਰਾਜ ਦਾ ਉਲੇਖ ਹੋਇਆ ਹੈ। ਇਸਦੀ ਪ੍ਰਾਚੀਨਤਾ ਦਾ ਇਸ ਗੱਲ ਤੋਂ ਵੀ ਪਤਾ ਲਗਦਾ ਹੈ ਕਿ ਮਲਵਈ ਬੋਲੀ ਵਿਚ ਪੁਰਾਣੀ ਵੈਦਿਕ ਭਾਸ਼ਾ ਦੇ ਕਾਫੀ ਸ਼ਬਦ ਸੰਭਾਲੇ ਪਏ ਹਨ। ਮਲਵਈ ਭਾਸ਼ਾ ਦੇ ਖੇਤਰ ਵਿਚ ਬਠਿੰਡਾ, ਫੀਰੋਜ਼ਪੁਰ, ਸੰਗਰੂਰ, ਫਰੀਦਕੋਟ, ਮੋਗਾ ਤੇ ਲੁਧਿਆਣਾ ਜ਼ਿਲ੍ਹੇ ਸ਼ਾਮਲ ਹਨ।

ਦੁਆਬੀ: ਦੁਆਬਾ ਸ਼ਬਦ ਤੋਂ ਭਾਵ ਹੈ-ਦੋ ਦਰਿਆਵਾਂ ਦਾ ਇਲਾਕਾ। ਭਾਵੇਂ ਦੋ ਦਰਿਆਵਾਂ ਦੇ ਦਰਮਿਆਨੇ ਇਲਾਕੇ ਨੂੰ ਦੁਆਬਾ ਹੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਪਰ ਦੁਆਬੀ ਸ਼ਬਦ ਸਤਲੁਜ-ਬਿਆਸ ਦੇ ਦਰਮਿਆਨੇ ਇਲਾਕੇ ਦੀ ਬੋਲੀ ਲਈ ਰੂੜ੍ਹ ਹੋ ਗਿਆ।

ਭੋਜਨ ਹੀ ਔਸ਼ਧੀ

ਭੋਜਨ ਅਜਿਹਾ ਠੋਸ ਤੇ ਤਰਲ ਪਦਾਰਥ ਹੈ, ਜਿਹੜਾ ਸਿਹਤ ਨੂੰ ਬਣਾਈ ਰੱਖਣ ਤੇ ਜਿਉਂਦੇ ਰਹਿਣ ਲਈ ਜ਼ਰੂਰੀ ਹੈ। ਅੰਗਰੇਜ਼ੀ ਵਿੱਚ ਇਸ ਨੂੰ ਫੂਡ ਕਹਿੰਦੇ ਹਨ। ਭਗਵਾਨ ਸ੍ਰੀ ਕ੍ਰਿਸ਼ਨ ਨੇ ਗੀਤਾ ਵਿੱਚ ਕਿਹਾ ਹੈ ਕਿ ਅੰਨ ਨਾਲ ਹੀ ਜੀਵਨ ਦਾ ਸੰਚਾਰਨ ਹੁੰਦਾ ਹੈ। ਸਰੀਰ ਦੀ ਰੱਖਿਆ ਵਾਸਤੇ ਭੋਜਨ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਸਾਧਨ ਹੈ। ਸਰੀਰ ਨੂੰ ਜ਼ਿੰਦਾ ਰੱਖਣ ਵਾਸਤੇ ਸੰਤੁਲਤ ਭੋਜਨ ਦੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ। ਹਾਂ, ਜਿਹੜੇ ਲੋਕ ਸਰੀਰਕ ਮਿਹਨਤ ਜਿਆਦਾ ਕਰਦੇ ਹਨ ਅਤੇ ਦਿਮਾਗੀ ਕੰਮ ਘੱਟ ਕਰਦੇ ਹਨ, ਉਨ੍ਹਾਂ ਨੂੰ ਵਧੇਰੇ ਭੋਜਨ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ।

ਸ਼ਾਸਤਰਾਂ ਵਿੱਚ ਭੋਜਨ ਦੇ ਮਹੱਤਵ ਨੂੰ ਨਿਰਧਾਰਿਤ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਕ ਸਾਧਕ ਅਤੇ ਜਗਿਆਸੂ ਨੂੰ ਸਰਲ ਤੇ ਪਚਨ ਵਾਲਾ ਭੋਜਨ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ। ਲੋੜ ਤੋਂ ਵਧੇਰੇ ਖਾਣਾ, ਅਨਿਸ਼ਚਿਤ ਸਮੇਂ ਖਾਣਾ, ਫਾਸਟ ਫੂਡ, ਤਲਿਆ ਹੋਇਆ ਅਤੇ ਵਧੇਰੇ ਮਿਰਚ-ਮਸਾਲੇ ਵਾਲੇ ਭੋਜਨ ਨੂੰ ਹਜ਼ਮ ਕਰਨ ਵਿੱਚ ਕਠਿਨਾਈ ਹੋਵੇਗੀ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਤੁਸੀਂ ਕਈ ਰੋਗਾਂ ਨੂੰ ਸੱਦਾ ਵੀ ਦਿੰਦੇ ਹੋ।

ਜਿਸ ਪ੍ਰਕਾਰ ਕਿਸੇ ਰੋਗ ਨੂੰ ਠੀਕ ਕਰਨ ਲਈ ਦਵਾਈ ਦੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ, ਉਸੇ ਪ੍ਰਕਾਰ ਸਰੀਰ ਦੇ ਸੰਚਾਲਨ ਲਈ ਸੰਤੁਲਿਤ ਭੋਜਨ ਦੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ। ਠੀਕ ਮਾਤਰਾ ਵਿੱਚ ਲਏ ਭੋਜਨ ਨਾਲ ਹੀ ਸਰੀਰ ਨੂੰ ਊਰਜਾ ਮਿਲਦੀ ਹੈ ਅਤੇ ਇਸੇ ਊਰਜਾ ਨਾਲ ਸਰੀਰ ਵਿੱਚ ਚੁਸਤੀ-ਫੁਰਤੀ ਰਹਿੰਦੀ ਹੈ। ਰੋਗੀ ਵਿਅਕਤੀ ਨੂੰ ਹਲਕਾ ਭੋਜਨ ਜਿਵੇਂ ਖਿੱਚੜੀ, ਦਲੀਆ, ਪੋਹਾ ਆਦਿ ਦਿੱਤਾ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ। ਜੇਕਰ ਸਹੀ ਮਾਤਰਾ ਵਿੱਚ, ਸਹੀ ਸਮੇਂ ਤੇ ਅਤੇ ਸਹੀ ਗੁਣਵਤਾ ਵਾਲਾ ਭੋਜਨ ਲਿਆ ਜਾਵੇ ਤਾਂ ਭੋਜਨ ਤੋਂ ਹੋਣ ਵਾਲੇ ਰੋਗਾਂ ਤੋਂ ਬਚ ਸਕਦੇ ਹਾਂ।

ਜਸਮੀਨ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਤੁਲਸੀ ਦਾ ਦੈਵੀਕ੍ਰਿਤ ਤੇ ਮਿਥਕ ਸਰੂਪ

ਲੋਕ-ਧਰਮ ਵਿਚ ਬਨਸਪਤੀ ਦੀ ਪੂਜਾ ਦਾ ਬਹੁਤ ਵੱਡਾ ਮਹੱਤਵ ਰਿਹਾ ਹੈ। ਭਾਰਤ ਖੇਤੀ ਪ੍ਰਧਾਨ ਦੇਸ਼ ਹੈ ਤੇ ਇਥੋਂ ਦੇ ਲੋਕਾਂ ਦੀ ਆਰਥਿਕਤਾ ਖੇਤੀ ਉਤੇ ਨਿਰਭਰ ਹੈ, ਜਿਸ ਲਈ ਮੀਂਹ ਦਾ ਪਾਣੀ ਤੇ ਨਦੀਆਂ ਦਾ ਪਾਣੀ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਸੋ ਮੀਂਹ ਅਤੇ ਨਦੀਆਂ ਰਾਹੀਂ ਭੂਮੀ ਨੂੰ ਉਪਜਾਊ ਰੱਖਣ ਲਈ ਆਰੀਆ ਲੋਕ ਪ੍ਰਕਿਰਤੀ ਦੀ ਪੂਜਾ ਕਰਦੇ ਸਨ, ਜਿਸ ਤੋਂ ਬਨਸਪਤੀ ਦੀ ਮਹੱਤਤਾ ਸਿੱਧ ਹੁੰਦੀ ਹੈ।

ਪੰਜਾਬੀ ਲੋਕਧਰਮ ਦੀ ਬਨਸਪਤੀ ਪੂਜਾ ਪੱਧਤੀ ਵਿਚੋਂ ਤੁਲਸੀ ਦੇ ਬੂਟੇ ਦੀ ਪੂਜਾ ਦਾ ਵਿਸ਼ੇਸ਼ ਮਹੱਤਵ ਹੈ। ਆਯੁਰਵੇਦ ਵਿਚ ਤੁਲਸੀ ਨੂੰ ਉਸਦੇ ਵਿਸ਼ੇਸ਼ ਗੁਣਾਂ ਕਾਰਨ ਬਹੁਤ ਮਹੱਤਤਾ ਦਿੱਤੀ ਗਈ ਹੈ। ਤੁਲਸੀ ਇਕ ਅਜਿਹੀ ਰੋਗਾਣੂਨਾਸ਼ਕ ਔਸ਼ਧੀ ਹੈ ਜਿਸਦੀ ਗੰਧ ਨਾਲ ਟੀ.ਬੀ. ਅਤੇ ਮਲੇਰੀਆ ਦੇ ਕੀਟਾਣੂ ਨਸ਼ਟ ਹੋ ਜਾਂਦੇ ਹਨ। ਇਹ ਸਰਦੀ-ਜੁਕਾਮ, ਦੰਦਾਂ ਦੇ ਰੋਗ, ਸਾਹ ਸੰਬੰਧੀ ਰੋਗ ਅਤੇ ਖਾਂਸੀ ਦੇ ਰੋਗਾਂ ਤੋਂ ਆਰਾਮ ਦਿੰਦੀ ਹੈ। ਆਯੁਰਵੇਦ ਵਿਚ ਦੱਸਿਆ ਗਿਆ ਹੈ ਕਿ ਤੁਲਸੀ ਦਾ ਸੇਵਨ ਜਲ (ਸਾਧਾਰਨ ਪਾਣੀ) ਜਾਂ ਸ਼ਹਿਦ ਨਾਲ ਕੀਤਾ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ। ਇਹ ਖੂਨ ਦੇ ਵਿਕਾਰਾਂ ਤੋਂ ਵੀ ਬਚਾ ਕਰਦੀ ਹੈ। ਅੱਖਾਂ ਦੀ ਰੋਸ਼ਨੀ ਵਾਸਤੇ ਵੀ ਤੁਲਸੀ ਦਾ ਸੇਵਨ ਉਪਯੋਗੀ ਸਿੱਧ ਹੁੰਦਾ ਹੈ।

ਤੁਲਸੀ ਦੀਆਂ ਵਿਭਿੰਨ ਵਿਸ਼ੇਸ਼ਤਾਵਾਂ ਕਾਰਨ ਇਹ ਵੈਦਿਕ ਕਾਲ ਤੋਂ ਹੀ ਭਾਰਤੀ ਲੋਕਾਂ ਦੀ ਸ਼ਰਧਾ ਦਾ ਪਾਤਰ ਬਣੀ ਰਹੀ ਹੈ। ਇਸਦੀ ਪੂਜਾ ਕਰਨ ਪਿੱਛੇ ਕਈ ਮਿੱਥ ਕਥਾਵਾਂ ਪ੍ਰਚਲਿਤ ਹਨ। ਜਿੰਨ੍ਹਾਂ ਵਿਚੋਂ ਇਕ ਮਿੱਥ ਕਥਾ ਇਸ ਪ੍ਰਕਾਰ ਹੈ:-

ਤੁਲਸੀ ਕ੍ਰਿਸ਼ਨ ਭਗਵਾਨ ਨੂੰ ਪਿਆਰ ਕਰਦੀ ਸੀ। ਕ੍ਰਿਸ਼ਨ ਭਗਵਾਨ ਨੇ ਤੁਲਸੀ ਨਾਲ ਵਚਨ ਕੀਤਾ ਕਿ ਜੇਕਰ ਉਹ ਆਪਣੇ ਪਤੀ ਚੰਨੂ ਨੂੰ ਮਾਰ ਦੇਵੇ ਤਾਂ ਉਹ ਉਸ ਨਾਲ ਵਿਆਹ ਕਰਵਾ ਲਵੇਗਾ। ਚੰਨੂ ਦੀ ਜਾਨ ਇਕ ਦਰੱਖਤ ਵਿੱਚ ਸੀ। ਕ੍ਰਿਸ਼ਨ ਤੇ ਤੁਲਸੀ ਨੇ ਉਸ ਦਰੱਖਤ ਨੂੰ ਕਈ ਵਾਰ ਕੱਟਣ ਦੀ ਸਾਜ਼ਿਸ ਕੀਤੀ ਪਰ ਚੰਨੂ ਹਰ ਵਾਰ ਦਰੱਖਤ ਨੂੰ ਬਚਾ ਲੈਂਦਾ ਸੀ। ਪਰ ਇੰਨੇ ਬਚਾਵਾਂ ਤੋਂ ਬਾਅਦ ਵੀ ਕ੍ਰਿਸ਼ਨ ਤੇ ਤੁਲਸੀ ਨੇ ਦਰੱਖਤ ਨੂੰ ਡਰਾ ਲਿਆ ਤੇ ਚੰਨੂ ਦੀ ਮੌਤ ਹੋ ਗਈ। ਪਰ ਕ੍ਰਿਸ਼ਨ ਇਹ ਵਿਆਹ ਨਹੀਂ ਕਰਨਾ ਚਾਹੁੰਦਾ ਸੀ। ਜਦੋਂ ਤੁਲਸੀ ਨੇ ਵਿਆਹ ਲਈ ਕਿਹਾ ਤਾਂ ਕ੍ਰਿਸ਼ਨ ਕੋਹੜੀ ਦਾ ਰੂਪ ਧਾਰ ਕੇ ਤੁਲਸੀ ਕੋਲ ਗਿਆ। ਤੁਲਸੀ ਨੇ ਉਸਦਾ ਇਹ ਰੂਪ ਦੇਖ ਕੇ ਵਿਆਹ ਕਰਵਾਉਣ ਤੋਂ ਮਨ੍ਹਾਂ ਕਰ ਦਿੱਤਾ ਤੇ ਵਿਆਹ ਦਾ ਦਿੱਤਾ ਵਚਨ ਵਾਪਿਸ ਕਰ ਦਿੱਤਾ। ਉਸ ਤੋਂ ਬਾਦ ਕ੍ਰਿਸ਼ਨ ਆਪਣੇ ਅਸਲੀ ਰੂਪ ਵਿਚ ਵਾਪਿਸ ਆ ਗਿਆ। ਇਹ ਦੇਖ ਕੇ ਤੁਲਸੀ ਨੇ ਕਿਹਾ ਕਿ ਕ੍ਰਿਸ਼ਨ ਨੇ ਉਸ ਨਾਲ ਕਪਟ ਕੀਤਾ ਹੈ, ਹੁਣ ਉਹ ਕਿਸੇ

ਕੰਮ ਦੀ ਨਹੀਂ ਰਹੀ। ਕ੍ਰਿਸ਼ਨ ਨੇ ਉਸਨੂੰ ਵਰ ਦਿੱਤਾ ਕਿ ਤੂੰ ਹਮੇਸ਼ਾ ਮੇਰੇ ਅੰਗ-ਸੰਗ ਰਹੇਂਗੀ ਅਤੇ ਮੇਰੇ ਮੰਦਰ ਵਿਚ ਤੇਰੀ ਵਿਸ਼ੇਸ਼ ਥਾਂ ਹੋਵੇਗੀ। ਇਸੇ ਕਰਕੇ ਹੀ ਕ੍ਰਿਸ਼ਨ ਦੇ ਮੰਦਰਾਂ ਵਿਚ ਤੁਲਸੀ ਦਾ ਬੂਟਾ ਲਾਇਆ ਜਾਂਦਾ ਹੈ। ਮਿੱਥ ਕਥਾਵਾਂ ਦੇ ਆਧਾਰ 'ਤੇ ਤੁਲਸੀ ਦੀ ਪੂਜਾ ਕੀਤੀ ਜਾਂਦੀ ਹੈ।

ਤੁਲਸੀ ਦੇ ਵਿਸ਼ਿਸ਼ਟ ਗੁਣਾਂ ਕਾਰਣ ਲੋਕਮਨ ਨੇ ਤੁਲਸੀ ਨੂੰ ਆਪਣੇ ਲੋਕ ਨਾਇਕ ਕ੍ਰਿਸ਼ਨ ਅਤੇ ਜਗਤ ਪਾਲਕ ਵਿਸ਼ਨੂੰ ਨਾਲ ਜੋੜ ਕੇ ਇਸਦਾ ਦੈਵੀਕਰਨ ਕਰਕੇ ਦੈਵੀ ਮਾਨਤਾ ਦੇ ਦਿੱਤੀ ਹੈ।

ਆਸ਼ੂ ਸ਼ਰਮਾ
ਬੀ. ਸੀ. ਏ. ਭਾਗ ਦੂਜਾ

ਮਾਂ

ਕਰਾਂ ਕੀ ਸਿਫਤ ਰੁੱਖ ਤੋਂ ਵੀ ਠੰਡੀ ਛਾਂ ਦੀ,
ਅੱਜ ਮੈਂ ਗੱਲ ਕਰਦੀ ਆਂ ਇਕ ਮਾਂ ਦੀ।
ਨਿੱਕੀ ਉਮਰੇ ਹੀ ਵਿਆਹ ਦਿੱਤੀ, ਉਸਦੀ ਖੁਸ਼ੀਆਂ ਨੂੰ ਫਾਂਸੀ ਲਵਾ ਦਿੱਤੀ।
ਬੱਚੀਆਂ ਪਿੱਛੇ ਛੱਡ ਦਿੱਤੇ ਜਿਸਨੇ ਆਪਣੇ ਚਾਅ ਨੇ,
ਸਾਡੇ ਚਾਅ ਪੂਰੇ ਕਰਨ ਖਾਤਰ ਅੱਜ ਤੱਕ ਕੁਝ ਨੀ ਲਿਆ ਉਸ ਮਾਂ ਨੇ।
ਜਦੋਂ ਜਿੰਮੇਵਾਰੀਆਂ ਨੇ ਉਸਨੂੰ ਘੇਰਿਆ ਸੀ,
ਉਸਦੇ ਰਿਸ਼ਤੇਦਾਰਾਂ ਨੇ ਵੀ ਮੂੰਹ ਉਸ ਤੋਂ ਫੇਰਿਆ ਸੀ,
ਫਿਰ ਵੀ ਉਹ ਡੋਲੀ ਨਾ, ਅੰਦਰ ਹੀ ਅੰਦਰ ਸਭ ਕੁਝ ਸਹਿੰਦੀ ਰਹੀ,
ਪਰ ਅੱਜ ਤੱਕ ਕੁਝ ਬੋਲੀ ਨਾ।
ਸਾਡੇ ਪਿੱਛੇ ਪਤਾ ਨਹੀਂ ਉਹ ਕੀ-ਕੀ ਕਰ ਗਈ,
ਉਹ ਇਕ ਮਾਂ ਹੀ ਸੀ ਜੋ ਐਨਾ ਕੁਝ ਜਰ ਗਈ।
ਹੋ ਕੇ ਜਾਂਦਾ ਮਾਂ ਤੋਂ ਹੀ ਹਰ ਰਾਹ ਏ,
ਸੱਚ ਕਹਿੰਦੇ ਆ ਲੋਕ ਰੱਬ ਦਾ ਦੂਜਾ ਨਾਂ ਹੀ ਮਾਂ ਏ।
ਕਰਾਂ ਕੀ ਸਿਫਤ ਰੁੱਖ ਤੋਂ ਵੀ ਠੰਡੀ ਛਾਂ ਦੀ,
ਅੱਜ ਮੈਂ ਗੱਲ ਕਰਦੀ ਆ ਇਕ ਮਾਂ ਦੀ।

ਮਨਜੋਤ
ਬੀ. ਸੀ. ਏ. ਭਾਗ ਦੂਜਾ

ਕਵਿਤਾ ਅੰਮੜੀ ਦਾ ਵਿਹੜਾ

ਬੀਤ ਗਿਆ, ਦਿਨ ਬੀਤ ਗਿਆ,
ਜਿਉਂ ਕੱਤਿਆ, ਤੁੰਬਿਆ ਹੰਢ ਗਿਆ,
ਇੱਕ ਰੂੰ ਦਾ ਗੋਹੜਾ।

ਜਿੱਥੇ ਸੁਪਨੇ ਕਈ ਬਣਾਏ ਸੀ,
ਅੱਜ ਆਪੂੰ ਸੁਪਨਾ ਬਣ ਗਿਆ,
ਅੰਮੜੀ ਦਾ ਵਿਹੜਾ।

ਇੱਕ ਬਾਦਸ਼ਾਹੀ ਅਸਾਂ ਮਾਣੀ ਸੀ,
ਜਿੰਦਾ ਬਾਬਲ ਰਾਜਾ ਸੀ,
ਤੇ ਅੰਮੀ ਰਾਣੀ ਸੀ।
ਭਾਵੇਂ ਲੱਭਾ ਪਲੰਘ ਨਵਾਰੀ ਸੀ,
ਜਾਂ ਮੰਜੀ ਸਿਰਫ਼ ਅਲਾਣੀ ਸੀ।
ਭਾਵੇਂ ਮੱਖਣ-ਪੇੜੇ ਰੁਲਦੇ ਸਨ,
ਭਾਵੇਂ ਸੁੱਕਾ ਟੁੱਕਰ, ਪਾਣੀ ਸੀ।
ਪਰ ਖੱਲ, ਖੱਲੀ ਅਣਮੁੱਲੀ ਸੀ,
ਜਿਹੜੀ ਬਾਦਸ਼ਾਹੀ ਅਸਾਂ ਮਾਣੀ ਸੀ।
ਜਿੱਥੇ ਖਿਦੋਂ ਗੀਟੇ ਖੇਡ-ਖੇਡ,
ਬੇ-ਫ਼ਿਕਰੀ ਚਾਦਰ ਤਾਣੀ ਸੀ।

ਪਿੱਪਲ ਦੀਆਂ ਪੀਘਾਂ ਝੂਟ-ਝੂਟ,
ਜਿੱਥੇ ਚੜ੍ਹੀ ਅਖੀਰ ਜਵਾਨੀ ਸੀ।
ਜਿੱਥੇ ਸਾਈਆਂ ਭੇਰੇ ਬੈਠ-ਬੈਠ ਕੇ,
ਗਾਂਦਿਆਂ ਰਾਤ ਲੰਘਾਣੀ ਨੀ।
ਲੋਹੜੇ ਦੀ ਘੂਕਰ ਚਰਖੇ ਦੀ,
ਲੋਹੜੇ ਦੀ ਚੜ੍ਹੀ ਜਵਾਨੀ ਨੀ।
ਅਸਾਂ ਸਾਉਣ ਹੁਲਾਰਿਓ ਝੂਮ-ਝੂਮ,
ਮੋਰਾਂ ਨਾਲ਼ ਸ਼ਰਤ ਲਗਾਣੀ ਨੀ।
ਤੇ ਪੀਂਘ ਹੁਲਾਰੇ ਚਾੜ੍ਹ-ਚਾੜ੍ਹ,

ਅਸਮਾਨਾਂ ਨਾਲ਼ ਛੁਹਾਣੀ ਨੀ।
ਜਿੱਥੇ ਚੰਨ ਵਾਂਗਰ ਦਿਸਦਾ ਸੀ,
ਤੇ ਫੁੱਲਾਂ ਵਾਂਗੂੰ ਹੱਸਦਾ ਸੀ,
ਖੁਸ਼ੀਆਂ ਦਾ ਖੇੜਾ।
ਕਦੇ ਮੈਂ ਉਸ ਵਿਹੜੇ ਵੱਸਦੀ ਸਾਂ,
ਅੱਜ ਮੇਰੇ ਸੀਨੇ ਵੱਸਦਾ ਨੀ,
ਅੰਮੜੀ ਦਾ ਵਿਹੜਾ।

ਉਸ ਚੁੱਪ ਕਰਾਣਾ ਨੀ,
ਅਸਾਂ ਰੋਲਾ ਪਾਣਾ ਨੀ।
ਉਹਦੀ ਨਾਂਹ ਨਾ ਮੁੱਕਣੀ ਨੀ,
ਅਸਾਂ ਆਖ਼ਰ ਚੁੱਕਣੀ ਨੀ,
ਤੇ ਆਖ਼ਰ ਦਾਦੀ ਤੋਂ,
ਅਸਾਂ ਹਾਰ ਮਨਾਣੀ ਨੀ।
ਥੋੜ੍ਹਾ ਜਿਹਾ ਰੁੱਸ ਕੇ ਤੇ,
ਥੋੜ੍ਹਾ ਜਿਹਾ ਹੱਸ ਕੇ ਤੇ,
ਉਸ ਬਾਤ ਸੁਣਾਉਣੀ ਨੀ,
ਕੋਈ ਕਹਾਣੀ ਪਾਉਣੀ ਨੀ।

ਅੱਜ ਕਿੱਥੇ ਵੇ ਉਹ ਸਵਰਗ?
ਜੇ ਲੱਭਿਆ ਭੀ ਤੇ ਖੋਇਆਂ ਭੀ,
ਹੁਣ ਦੱਸੋ ਕਿਹੜਾ?
ਕਦੇ ਸਾਨੂੰ ਕਹਾਣੀਆਂ ਪਾਂਦਾ ਸੀ,
ਅੱਜ ਆਪ ਕਹਾਣੀ ਹੋਇਆ ਨੀ,
ਅੰਮੜੀ ਦਾ ਵਿਹੜਾ।

ਜਸ਼ਨਦੀਪ ਕੌਰ ਮਹਿਰਾ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

- ਕਹਾਣੀ - ਤਲਾਸ਼

ਇਹ ਕਹਾਣੀ ਹੈ ਇੱਕ ਕੁੜੀ ਦੀ ਜਿਹੜੀ ਰੱਖਦੀ ਸੀ ਸੋਚ ਉੱਚੀ ਤੇ ਮਾਰਨਾ ਚਾਹੁੰਦੀ ਸੀ ਅੰਬਰਾਂ 'ਚ ਉਡਾਰੀਆਂ ਦੇ ਕੇ ਆਪਣੇ ਸੁਫਨਿਆਂ ਨੂੰ ਖੰਭ। ਉਸ ਕੁੜੀ ਦਾ ਨਾਂ ਸੀ ਰਹਿਮਤ ਕੌਰ, ਰੱਬ ਦੀ ਉਹਦੇ ਉੱਤੇ ਬੜੀ ਰਹਿਮਤ ਸੀ। ਉਸ ਦੇ ਮਾਂ-ਪਿਉ ਉਹਨੂੰ ਬਹੁਤ ਪਿਆਰ ਕਰਦੇ ਸਨ ਤੇ ਉਸ ਨੂੰ ਹਰ ਖੇਤਰ 'ਚ ਅੱਗੇ ਵਧਦਾ ਵੇਖਣ ਦੀ ਤਾਂਘ ਰੱਖਦੇ ਸਨ। ਰਹਿਮਤ ਕੌਰ ਸਿੱਖ ਪਰਿਵਾਰ ਦੀ ਕੁੜੀ ਸੀ, ਜੋ ਕਿ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਵਿਚਾਰਾਂ ਤੇ ਆਪ ਜੀ ਦੀਆਂ ਸਿੱਖਿਆਵਾਂ ਤੋਂ ਬਹੁਤ ਪ੍ਰਭਾਵਿਤ ਸੀ। ਗੁਰੂ ਸਾਹਿਬ ਜੀ ਦੇ ਇੱਕ ਮੰਤਵ ਨੂੰ ਲੈ ਕੇ ਉਹ ਬਹੁਤ ਗੰਭੀਰ ਸੀ, ਕਿ ਰੱਬ ਇੱਕ ਹੈ, ਭਾਵੇਂ ਉਹਨੂੰ ਰਾਮ-ਰਾਮ ਕਹਿ ਕੇ ਪੁਕਾਰ ਲਵੇ, ਭਾਵੇਂ ਅੱਲ੍ਹਾ-ਅੱਲ੍ਹਾ ਕਹਿ ਕੇ ਪੁਕਾਰੇ, ਭਾਵੇਂ ਕੁਝ ਹੋਰ ਕਹਿ ਕੇ ਪੁਕਾਰੇ ਪਰ ਰੱਬ ਤਾਂ ਇੱਕੋ ਹੀ ਹੈ। ਉਹ ਇੱਕ ਦਿਨ ਬਜ਼ਾਰ ਵਿੱਚੋਂ ਦੀ ਲੰਘ ਰਹੀ ਸੀ ਤੇ ਉਹ ਵੇਖਦੀ ਹੈ ਕਿ ਦੋ ਆਦਮੀ ਇੱਕ ਦੂਜੇ ਦੇ ਧਰਮ ਬਾਰੇ ਗੱਲਾਂ ਕਰਦੇ-ਕਰਦੇ ਲੜਾਈ 'ਤੇ ਉਤਰ ਆਏ, ਇਹ ਵੇਖ ਕੇ ਰਹਿਮਤ ਦਾ ਮਨ ਬਹੁਤ ਦੁਖੀ ਹੋਇਆ। ਘਰ ਆ ਕੇ ਵੀ ਉਦਾਸ ਹੀ ਆਪਣੇ ਕਮਰੇ 'ਚ ਬੈਠੀ ਸੋਚੀ ਜਾਵੇ ਕਿ ਲੋਕਾਂ ਨੇ ਧਰਮ ਜਿਹੀ ਉੱਚੀ ਤੇ ਪਵਿੱਤਰ ਵਿਚਾਰਧਾਰਾ ਨੂੰ ਕੀ ਚੀਜ਼ ਬਣਾ ਕੇ ਰੱਖ ਦਿੱਤਾ ਹੈ। ਉਹ ਦੁਖੀ ਸੀ ਕਿ ਲੋਕੀ ਇੱਕ ਦੂਜੇ ਦੇ ਧਰਮ ਦਾ ਸਤਿਕਾਰ ਕਰਨਾ ਭੁੱਲ ਗਏ ਨੇ। ਹਰ ਗੱਲ ਤੇ ਇੱਕ ਦੂਜੇ ਨਾਲ ਭੇਦ ਭਾਵ ਕਰਦੇ ਨੇ, ਧਰਮ ਨੂੰ ਅਧਾਰ ਬਣਾ ਕੇ। ਜਦ ਕਿ ਕਿਸੇ ਵੀ ਧਰਮ 'ਚ ਦੂਜੇ ਧਰਮ ਬਾਰੇ ਕੋਈ ਗਲਤ ਵਿਚਾਰਧਾਰਾ ਨਹੀਂ ਹੈ। ਰਹਿਮਤ ਬਦਲਾਵ ਚਾਹੁੰਦੀ ਸੀ, ਤੇ ਉਸ ਨੇ ਮਿੱਥ ਲਿਆ ਕਿ ਉਹ ਉਸ ਵਿਚਾਰਧਾਰਾ ਨੂੰ ਤਲਾਸ਼ ਕਰੇਗੀ ਜੋ ਸਭ ਨੂੰ ਇੱਕ ਨਜ਼ਰ ਨਾਲ ਵੇਖੇ, ਇਕ ਵਿਅਕਤੀ ਨੂੰ ਧਰਮ ਦੇ ਅਧਾਰ ਤੇ ਨਾ ਵੇਖੇ, ਕੰਮ ਬੜਾ ਔਖਾ ਸੀ, ਪਰ ਉਸ ਦੇ ਇਰਾਦੇ ਬੜੇ ਪੱਕੇ ਸਨ।

ਰਹਿਮਤ ਨੇ ਸਮਾਜ ਦੇ ਲੋਕਾਂ ਨੂੰ ਜਾਗਰੂਕ ਕਰਨਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ, ਉਹ ਵੱਖ-ਵੱਖ ਧਰਮ ਦੇ ਲੋਕਾਂ ਨੂੰ ਮਿਲਦੀ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣਾ ਨਜ਼ਰੀਆ ਦੱਸਦੀ ਤੇ ਉਨ੍ਹਾਂ ਦਾ ਨਜ਼ਰੀਆ ਸੁਣ ਕੇ ਉਦਾਸ ਜਿਹੀ ਹੀ ਹੋ ਜਾਂਦੀ ਸੀ। ਉਸਨੇ ਬਹੁਤ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਪਰ ਨਾ ਤਾਂ ਉਸਨੂੰ ਉਹ ਨਜ਼ਰੀਆ ਲੱਭਿਆ, ਨਾ ਹੀ ਉਹ ਕਿਸੇ ਦੀ ਵਿਚਾਰਧਾਰਾ ਬਦਲ ਸਕੀ। ਇਹ ਸਭ ਕਰਦਿਆਂ ਉਹ ਬਹੁਤ ਹੀ ਟੁੱਟ ਚੱਲੀ ਸੀ, ਲੋਕਾਂ ਅੰਦਰ ਭਰੀ ਨਫ਼ਰਤ ਉਸ ਨੂੰ ਕਮਜ਼ੋਰ ਕਰਦੀ ਜਾ ਰਹੀ ਸੀ।

ਇੱਕ ਦਿਨ ਉਹ ਦੁਖੀ ਹੋ ਕੇ ਗੁਰੂ ਘਰ ਚਲੀ ਗਈ ਤੇ ਆਪਣੇ ਮਨ ਦੀ ਬਿਰਥਾ ਗੁਰੂ ਸਾਹਿਬ ਅੱਗੇ ਰੱਖੀ ਤੇ ਕਥਾ-ਕੀਰਤਨ ਸੁਣਨ ਲਈ ਬਹਿ ਗਈ, ਕਥਾ ਵਿੱਚ ਭਾਈ ਸਾਹਿਬ ਜੀ ਨੇ ਇੱਕ ਗੱਲ ਕਹੀ ਜੋ ਕਿ ਰਹਿਮਤ ਦੇ ਮਨ ਨੂੰ ਫੂਹ ਗਈ। ਉਹ ਗੱਲ ਸੀ, 'ਆਪ ਸਵਰੋ, ਫਿਰ ਪਰਿਵਾਰ ਸਵਾਰੋ, ਸਮਾਜ ਆਪੇ ਹੀ ਸਵਰ ਜਾਏਗਾ।' ਰਹਿਮਤ ਨੂੰ ਇੰਝ ਮਹਿਸੂਸ ਹੋਇਆ ਜਿਵੇਂ ਭਾਈ ਸਾਹਿਬ ਦੇ ਰਾਹੀਂ ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਉਸ ਨੂੰ ਨਵਾਂ ਰਾਹ ਦਿਖਾ ਦਿੱਤਾ ਹੋਵੇ।

ਰਹਿਮਤ ਨੇ ਇਸੇ ਤਰ੍ਹਾਂ ਕੀਤਾ, ਉਸਨੇ ਪਹਿਲਾਂ ਆਪਣੇ ਪਰਿਵਾਰ ਤੋਂ ਸ਼ੁਰੂ ਕੀਤਾ। ਉਹ ਆਪਣੇ ਦੋਸਤਾਂ-ਮਿੱਤਰਾਂ ਨੂੰ ਵੀ ਸਵਾਰਿਆ ਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਵੀ ਇਸ ਕਾਰਜ ਵਿੱਚ ਆਪਣੇ ਨਾਲ ਲਗਾ ਲਿਆ। ਕਿਉਂਕਿ ਜਿਹੜੀ ਚੀਜ਼ ਵੇਖ ਕੇ ਵਿਅਕਤੀ 'ਤੇ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ, ਉਹ ਸੁਣ ਕੇ ਨਹੀਂ ਪੈ ਸਕਦਾ।

ਰਹਿਮਤ ਆਪਣੀ ਇਸ ਖੋਜ ਵਿੱਚ ਲੱਗੀ ਰਹੀ ਤੇ ਨਿੱਕੇ-ਨਿੱਕੇ ਕਦਮ ਪੁੱਟਦੀ ਰਹੀ ਤੇ ਇਸ ਆਸ 'ਤੇ ਚਲਦੀ ਰਹੀ ਕਿ ਕਦੇ ਤਾਂ ਉਹਦੀ ਇਹ ਤਲਾਸ਼ ਖਤਮ ਹੋਵੇਗੀ ਹੀ ਹੋਵੇਗੀ।

ਅਰਸ਼ਮੀਤ ਕੌਰ

ਦਿਲ ਵਿੱਚ ਉਮੀਦ ਦਾ ਦੀਵਾ ਜਗਦਾ ਰਹੇ

ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਰੂਹਾਨੀਅਤ ਪ੍ਰਧਾਨ ਸੰਸਕ੍ਰਿਤੀ ਹੈ। ਭਾਰਤ ਦੀ ਮਿੱਟੀ ਦੇ ਕਣ-ਕਣ ਵਿੱਚ ਇਸ ਦੀ ਖੁਸ਼ਬੂ ਸਮਾਈ ਹੈ। ਸਾਡੀ ਸੰਸਕ੍ਰਿਤੀ ਸੱਚ, ਸਬਰ, ਅਹਿੰਸਾ ਅਤੇ ਤਿਆਗ ਦੇ ਖੰਬਿਆਂ 'ਤੇ ਟਿੱਕੀ ਹੋਈ ਹੈ। ਇਹ ਹੀ ਸਾਡੇ ਅਸਤਿਤੱਵ ਦੀ ਆਤਮਾ ਹੈ। ਭਾਰਤੀ ਸਭਿਅਤਾ ਮਨੁੱਖ ਨੂੰ ਸਮਾਜਿਕ ਪ੍ਰਾਣੀ ਮੰਨਦੀ ਹੈ ਅਤੇ ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਉਸ ਨੂੰ ਮਨੁੱਖ ਬਣਨ ਦਾ ਮਾਰਗ-ਦਰਸ਼ਨ ਦਸਦੀ ਹੈ। ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਆਸਥਾਸ਼ੀਲ ਸੰਸਕ੍ਰਿਤੀ ਹੈ। ਸਾਡੀ ਸੰਸਕ੍ਰਿਤੀ ਨੂੰ ਨੁਕਸਾਨ ਪਹੁੰਚਾਉਣ ਲਈ ਇਸ ਉਪਰ ਕਈ ਪ੍ਰਕਾਰ ਦੇ ਪ੍ਰਭਾਵ ਪਏ ਹਨ ਪਰੰਤੂ ਉਹ ਇਸਦੇ ਪ੍ਰਵਾਹ ਨੂੰ ਤੋੜਨ ਵਿੱਚ ਸਫਲ ਨਹੀਂ ਹੋਏ। ਵਰਤਮਾਨ ਸਮੇਂ ਵਿੱਚ ਹਰ ਪੱਖੋਂ ਜਾਤੀਵਾਦ, ਸੰਪ੍ਰਦਾਇਕ ਤਣਾਉ, ਅਸਮਾਜਿਕ ਵਾਤਾਵਰਣ, ਹਿੰਸਾ ਅਤੇ ਅਸ਼ਾਂਤੀ ਦੇ ਕਾਰਨ ਸਾਡੇ ਯੁੱਗਾਂ ਪੁਰਾਣੀ ਪਰੰਪਰਾ ਅਤੇ ਸੰਸਕ੍ਰਿਤਕ ਮੁੱਲਾਂ ਦੀ ਵਿਰਾਸਤ ਨੂੰ ਭਾਰੀ ਸੱਟ ਵੱਜੀ ਹੈ। ਇਸ ਵਿਰਾਸਤ ਨੂੰ ਕਰੋਨਾ ਤ੍ਰਾਸਦੀ ਨੇ ਵੀ ਨੁਕਸਾਨ ਪਹੁੰਚਾਇਆ ਹੈ।

ਦੀਵਾ ਰੋਸ਼ਨੀ ਦਾ ਪ੍ਰਤੀਕ ਹੈ। ਦੀਵਾ ਮਨੁੱਖ ਦੀ ਪ੍ਰਕਾਸ਼ ਚੇਤਨਾ ਦਾ ਪ੍ਰਤੀਕ ਹੈ। ਦੀਵਾ ਸਾਡਾ ਲੋਕ ਵੀ ਹੈ, ਆਤਮਲੋਕ ਵੀ ਅਤੇ ਪ੍ਰਲੋਕ ਦੇ ਪ੍ਰਤੀ ਰੋਸ਼ਨ ਹੋਣ ਦੀ ਕਾਮਨਾ ਹੈ। ਤਿਉਹਾਰਾਂ ਵਿੱਚੋਂ ਦੀਵਾਲੀ ਨੂੰ ਤਾਂ ਰੋਸ਼ਨੀ ਦਾ ਤਿਉਹਾਰ ਕਿਹਾ ਗਿਆ ਹੈ। ਦੀਵਿਆਂ ਵਾਲੀ ਦੀਵਾਲੀ ਕੇਵਲ ਧਨ ਦੀ ਚਮਕ-ਦਮਕ ਹੀ ਨਹੀਂ ਹੈ। ਇਹ ਗਿਆਨ ਦੀ ਰੋਸ਼ਨੀ, ਰਾਸ਼ਟਰੀ ਏਕਤਾ, ਸਮਾਜਿਕ ਵਰਤਾਰੇ ਦੇ ਨਾਲ ਵਾਤਾਵਰਣ ਦਾ ਪ੍ਰਕਾਸ਼ ਅਤੇ ਰਿਸ਼ਤਿਆਂ ਦੀ ਚਮਕ ਵੀ ਹੈ। ਦੀਵੇ ਦੀ ਰੋਸ਼ਨੀ ਸਾਨੂੰ ਸੰਦੇਸ਼ ਦਿੰਦੀ ਹੈ ਕਿ ਕਿੰਨਾ ਵੀ ਮੁਸ਼ਕਿਲ ਭਰਿਆ ਸਮਾਂ ਹੋਵੇ ਮਨ ਦੀ ਸ਼ਾਂਤੀ ਨੂੰ ਕਮਜ਼ੋਰ ਨਹੀਂ ਹੋਣ ਦੇਣਾ ਚਾਹੀਦਾ। ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਉਮੀਦ ਦਾ ਦੀਵਾ ਕਦੇ ਬੁੱਝਣ ਨਹੀਂ ਦੇਣਾ ਚਾਹੀਦਾ। ਮਨੁੱਖ ਨੇ ਪ੍ਰਕ੍ਰਿਤੀ ਨਾਲ ਕਦੇ ਸੰਘਰਸ਼ ਨਹੀਂ ਕੀਤਾ, ਉਹ ਪ੍ਰਕ੍ਰਿਤੀ ਤੋਂ ਕਦੇ ਜਿੱਤਿਆ ਵੀ ਨਹੀਂ। ਪ੍ਰਕ੍ਰਿਤੀ ਨਾਲ ਮਨੁੱਖ ਨੇ ਜਦੋਂ ਵੀ ਛੇੜ-ਛਾੜ ਕੀਤੀ ਹੈ, ਉਹ ਹਾਰਿਆ ਹੀ ਹੈ। ਕੇਵਲ ਉਸ ਨਾਲ ਮਿਤੱਰਤਾ ਕਰਦੇ ਹੀ ਅਸੀਂ ਆਪਣਾ ਅਸਤਿਤੱਵ ਬਚਾ ਸਕਦੇ ਹਾਂ। ਸਾਨੂੰ ਆਪਣੇ ਪ੍ਰਕਾਸ਼ ਨੂੰ ਫੈਲਾਉਣ ਲਈ ਪਹਿਲਾਂ ਆਪ ਤਪਨਾ ਪਵੇਗਾ। ਪ੍ਰਕਾਸ਼ ਪੈਦਾ ਕਰਨ ਲਈ ਸਾਡੇ ਅੰਦਰ ਚਿੰਗਾਰੀ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।

ਮਨੁੱਖ ਹੀ ਨਹੀਂ, ਪ੍ਰਾਣੀ ਮਾਤਰ ਨੂੰ ਵੀ ਹਨੇਰਾ ਰਾਸ ਨਹੀਂ ਆਉਂਦਾ। ਉਹ ਪ੍ਰਕਾਸ਼ ਲਈ ਤਤਪਰ ਹੁੰਦਾ ਹੈ। ਗਹਿਰੀ ਸ਼ਾਹ ਕਾਲੀ ਮੱਸਿਆ ਦੇ ਦਿਨ ਦਿਵਾਲੀ ਹੁੰਦੀ ਹੈ। ਸਾਨੂੰ ਇਸ ਦਿਨ ਦੀਵੇ ਜਗਾ ਕੇ ਘਰ-ਦੁਆਰ ਹੀ ਨਹੀਂ ਅੰਤਰ ਮਨ ਵਿੱਚ ਵੀ ਉਜਾਲਾ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਜਦੋਂ ਚੇਤਨਾ ਜਾਗਰੂਕ ਹੋਵੇਗੀ ਤੱਦ ਹੀ ਸਮਾਜ ਤੇ ਦੇਸ਼ ਜਾਗਰੂਕ ਹੋਵੇਗਾ। ਹਨੇਰਾ ਲੰਘਣਾ ਹੋਵੇਗਾ। ਉਜਾਲੇ ਦੀ ਸੰਭਾਵਨਾ ਦੀ ਤਲਾਸ਼ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ ਅਤੇ ਮਨ ਅੰਦਰ ਦਬੀਆਂ ਅਨੰਤ ਉਮੀਦਾਂ ਨੂੰ ਜਗਾਉਣਾ ਚਾਹੀਦਾ ਹੈ।

ਜਸਪ੍ਰੀਤ ਕੌਰ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਪੰਜਾਬੀ

ਡੋਲਿਆਂ ਤੇ ਖੰਡੇ ਉੱਤੇ ਗਜ਼ ਚੌੜੀ ਛਾਤੀ
ਕਦੀ ਹੱਥ ਤੂੰਬੀ ਅਤੇ ਕਦੇ ਹੱਥ ਦਾਤੀ
ਦੇਵਾਂ ਨਾਲ ਛੇੜਦੇ ਏਹ ਤਾਨ ਵੱਖਰੀ।
ਯੂਕੇ ਵਿਚ ਚਲੇ ਜਾਣ ਭਾਵੇਂ ਜਾਣ ਇਟਲੀ
ਹੁੰਦੀ ਆ ਪੰਜਾਬੀਆਂ ਦੀ ਸ਼ਾਨ ਵੱਖਰੀ
ਹੱਥ ਕੜਾ ਸਿਰ ਤੇ ਸਜਾਉਂਦੇ ਦਸਤਾਰ
ਚਾਦਰੇ ਨਾਲ ਜੁੱਤੀ ਤਿੱਲੇ ਵਾਲੀ ਨੋਕਦਾਰ
ਖੜੀਆਂ ਨੇ ਮੁੱਛਾਂ ਗੁੱਸਾ ਪੂਰਾ ਰੋਬਦਾਰ।
ਹਾਣੀਆਂ ਨਾਲ ਜੱਟੀ ਵੱਡਿਆਂ ਨੂੰ ਸਤਿਕਾਰੇ
ਖੜ ਜਾਣ ਲਖਾਂ ਵਿਚ ਦਿਸਦੇ ਨੇ ਵੱਖ ਯਾਰੋ
ਇਨ੍ਹਾਂ ਦੀ ਬਣੀ ਹੁੰਦੀ ਆ ਪਛਾਣ ਵੱਖਰੀ।
ਅਮਰੀਕੇ ਵਿਚ ਚਲੇ ਜਾਣ ਭਾਵੇਂ ਜਾਣ ਹੋਲੈਂਡ
ਹੁੰਦੀ ਆ ਪੰਜਾਬੀਆਂ ਦੀ ਸ਼ਾਨ ਵੱਖਰੀ।

ਗਗਨਜੋਤ ਕੌਰ

ਬੀ. ਏ. ਭਾਗ ਤੀਸਰਾ

ਕੁਦਰਤ ਦੇ ਨਜ਼ਾਰੇ

ਕੁਦਰਤ ਦੇ ਨਜ਼ਾਰੇ ਇਹ ਬੜੇ ਪਿਆਰੇ,
ਵੇਲਾਂ ਤੇ ਬੂਟੇ, ਪਿੱਪਲਾਂ ਦੇ ਬੂਟੇ,
ਜਦੋਂ ਕੁੜੀਆਂ ਪਾਵਣ, ਫਿਰ ਖੁਸ਼ੀ ਮਨਾਵਣ,
ਜਦੋਂ ਲੈਣ ਹੁਲਾਰੇ, ਫਿਰ ਦੇਖਣ ਸਾਰੇ,
ਕੁਦਰਤ ਦੇ ਨਜ਼ਾਰੇ ਇਹ ਬੜੇ ਪਿਆਰੇ।

ਤੂੰ ਰੰਗੀ ਨੀ, ਤੂੰ ਰੰਗੀ ਨੀ,
ਤੂੰ ਕਿਹੜੇ ਰੰਗ ਵਿੱਚ ਰੰਗੀ ਨੀ,
ਤੂੰ ਸੋਹਣ ਸੁਣੱਖੀ ਨਾਰ ਕੁੜੇ,
ਤੇਰਾ ਮੰਗਣ ਸਭ ਪਿਆਰ ਕੁੜੇ,
ਤੇਨੂੰ ਚੜਿਆ ਬੜਾ ਖੁਮਾਰ ਕੁੜੇ,
ਤੂੰ ਰੰਗੀ ਨੀ, ਤੂੰ ਰੰਗੀ ਨੀ,
ਤੂੰ ਕੁਦਰਤ ਦੇ ਕਿਹੜੇ ਰੰਗ ਵਿੱਚ ਰੰਗੀ ਨੀ।

ਕੁਦਰਤ ਦੇ ਨਜ਼ਾਰੇ ਇਹ ਬੜੇ ਪਿਆਰੇ,
ਜਦੋਂ ਲੈਣ ਹੁਲਾਰੇ, ਫਿਰ ਦੇਖਣ ਸਾਰੇ।

ਗਗਨਜੋਤ ਕੌਰ

ਬੀ. ਏ. ਭਾਗ ਤੀਸਰਾ

ਵਾਤਾਵਰਨ ਪ੍ਰਦੂਸ਼ਣ

ਵਾਤਾਵਰਨ ਕੁਦਰਤ ਦੀ ਦਿੱਤੀ ਉਹ ਦੇਣ ਹੈ ਜਿਸ ਕਾਰਨ ਮਨੁੱਖ ਧਰਤੀ 'ਤੇ ਜਿਉਦਾ ਰਹਿ ਸਕਦਾ ਹੈ। ਹਰ ਉਹ ਚੀਜ਼ ਜੋ ਮਨੁੱਖ ਦੇ ਜੀਵਨ ਦੇ ਵਿਕਾਸ ਵਿੱਚ ਮਦਦ ਕਰਦੀ ਹੈ ਵਾਤਾਵਰਨ ਅਖਵਾਉਂਦੀ ਹੈ। ਜਿਵੇਂ ਹਵਾ ਸਾਡੇ ਸਾਹ ਲੈਣ ਲਈ, ਪਾਣੀ ਸਾਡੇ ਪੀਣ ਲਈ ਅਤੇ ਰੋਜ਼ਾਨਾ ਦੇ ਕੰਮਾਂ ਲਈ ਧਰਤੀ, ਪੌਦੇ, ਜੀਵ-ਜੰਤੂ ਆਦਿ। ਵਾਤਾਵਰਨ ਸਾਡੇ ਜੀਵਨ ਦਾ ਉਹ ਅਨਿੱਖੜਵਾਂ ਅੰਗ ਹੈ, ਜਿਸ ਤੋਂ ਬਿਨਾਂ ਅਸੀਂ ਧਰਤੀ 'ਤੇ ਜੀਵਤ ਨਹੀਂ ਰਹਿ ਸਕਦੇ। ਪਰ ਅੱਜ ਦਾ ਮਨੁੱਖ ਆਪਣੀਆਂ ਸੁੱਖ ਸਹੂਲਤਾਂ ਲਈ ਕੁਦਰਤ ਦੀ ਦਿੱਤੀ ਇਸ ਦੇਣ ਦੀ ਦੁਰਵਰਤੋਂ ਕਰ ਰਿਹਾ ਹੈ। ਜੇਕਰ ਮਨੁੱਖ ਇਸ ਤਰ੍ਹਾਂ ਹੀ ਕੁਦਰਤ ਨਾਲ ਖਿਲਵਾੜ ਕਰਦਾ ਰਿਹਾ ਤਾਂ ਉਹ ਦਿਨ ਦੂਰ ਨਹੀਂ ਜਦੋਂ ਰੱਬ ਵਲੋਂ ਦਿੱਤੀ ਇਹ ਕੁਦਰਤ ਇੱਕ ਸੁਪਨਾ ਬਣ ਕੇ ਰਹਿ ਜਾਏਗੀ। ਇਸ ਲਈ ਸਾਨੂੰ ਸਭ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਰੱਬ ਵਲੋਂ ਦਿੱਤੀ ਹੋਈ ਇਸ ਕੁਦਰਤ ਨੂੰ ਸੰਭਾਲ ਕੇ ਰੱਖੀਏ।

ਗਗਨਜੋਤ ਕੌਰ

ਬੀ. ਏ. ਭਾਗ ਤੀਸਰਾ

ਰੁੱਖਾਂ ਦੀ ਮਹੱਤਤਾ

ਪੰਛੀਆਂ ਦੀ ਚਹਿਚਹਾਟ, ਮਧੂਮੱਖੀਆਂ ਦਾ ਫੁੱਲਾਂ ਨਾਲ ਗੱਲਾਂ ਕਰਨਾ, ਹਵਾਵਾਂ ਦਾ ਰੁੱਖਾਂ ਨਾਲ ਮਿਲ ਕੇ ਗੁਣਗੁਣਾਉਣਾ ਇਹ ਮਨੁੱਖ ਦੀ ਹੀ ਕਮੀ ਹੈ ਕਿ ਉਹ ਇਹ ਅਵਾਜ਼ਾਂ ਸੁਣ ਨਹੀਂ ਪਾਉਂਦਾ। ਮਦਰ ਟੈਰੇਸਾ ਦਾ ਕਹਿਣਾ ਹੈ ਕਿ ਜੇ ਮਨੁੱਖ ਰੱਬ ਨੂੰ ਪਾਉਣਾ ਚਾਹੁੰਦਾ ਹੈ, ਉਹ ਸ਼ੋਰ-ਸ਼ਰਾਬੇ 'ਚੋਂ ਨਹੀਂ ਮਿਲ ਸਕਦਾ। ਉਹ ਸ਼ਾਂਤੀ ਪਸੰਦ ਕਰਦਾ ਹੈ। ਦੇਖੋ ਕੁਦਰਤ ਕਿਵੇਂ ਰੁੱਖਾਂ, ਫੁੱਲਾਂ, ਚੰਦ-ਤਾਰਿਆਂ ਅਤੇ ਸੂਰਜ ਦੇ ਰੂਪ ਵਿੱਚ ਸ਼ਾਂਤੀ ਨਾਲ ਚੱਲਦੀ ਹੈ। ਇਹ ਸ਼ਾਂਤੀ ਹੀ ਕੁਦਰਤ ਨੂੰ ਰੂਹ ਨਾਲ ਮਿਲਾਉਂਦੀ ਹੈ। ਜਿਵੇਂ ਇੱਕ ਮਾਂ ਆਪਣੇ ਬੱਚੇ ਨੂੰ ਜੀਵਨ ਪ੍ਰਦਾਨ ਕਰਦੀ ਹੈ, ਉਸੇ ਤਰ੍ਹਾਂ ਰੁੱਖ ਵੀ ਕੁਦਰਤ ਦੀ ਆਤਮਾ ਬਣ ਜਾਂਦੇ ਹਨ। ਰੁੱਖ ਵਾਤਾਵਰਨ ਨੂੰ ਸਾਫ਼ ਕਰਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਦੇ ਪੱਤੇ ਹਾਨੀਕਾਰਕ ਪਦਾਰਥਾਂ ਨੂੰ ਆਪਣੇ ਅੰਦਰ ਸਮਾ ਲੈਂਦੇ ਹਨ ਜਿਸ ਸਦਕਾ ਵਾਤਾਵਰਣ 'ਤੇ ਜ਼ਿਆਦਾ ਨੁਕਸਾਨਦਾਇਕ ਪ੍ਰਭਾਵ ਨਹੀਂ ਪੈਂਦਾ ਹੈ। ਪਰ ਅੱਜ ਦਾ ਮਨੁੱਖ ਆਪਣੇ ਸਵਾਰਥ ਲਈ ਜੰਗਲਾਂ ਦੇ ਜੰਗਲ ਸਾਫ਼ ਕਰ ਕੇ ਰਹਿਣ ਲਈ ਘਰ ਬਣਾ ਰਿਹਾ ਹੈ। ਉਹ ਦਿਨ ਦੂਰ ਨਹੀਂ ਜਦੋਂ ਧਰਤੀ ਇੱਕ ਅੱਗ ਦਾ ਗੋਲਾ ਬਣ ਜਾਵੇਗੀ।

ਅੰਤ ਵਿੱਚ ਮੈਂ ਇਹ ਕਹਿਣਾ ਚਾਹੁੰਦੀ ਹਾਂ ਕਿ ਰੁੱਖਾਂ ਦਾ ਸਾਨੂੰ ਸਤਿਕਾਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਮੱਸਿਆ ਨੂੰ ਜੜ੍ਹੋਂ ਖਤਮ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਸਾਡੀਆਂ ਆਉਣ ਵਾਲੀਆਂ ਪੀੜ੍ਹੀਆਂ ਨੂੰ ਸਾਡੇ ਵੱਲੋਂ ਦਿੱਤੀ ਸਭ ਤੋਂ ਵਡਮੁੱਲੀ ਵਿਰਾਸਤ ਮਿਲ ਸਕੇ।

ਗਗਨਜੋਤ ਕੌਰ
ਬੀ. ਏ. ਭਾਗ ਤੀਸਰਾ

ਮਾਪਿਆਂ ਦਾ ਪਿਆਰ

ਮਾਪਿਆਂ ਵਰਗਾ ਹੋਰ ਕਿਤੇ ਨਾ ਪਿਆਰ,
ਪਿਆਰ ਮੁਹੱਬਤ ਨਾਲ ਇਹ ਕਰਦੇ ਘਰ ਦਾ ਬਾਗ
ਤਿਆਰ
ਹਰ ਪੌਦੇ ਨੂੰ ਦੇਂਦੇ ਨਵੇਂ ਰੰਗ ਬਹਾਰ,
ਮਾਪਿਆਂ ਵਰਗਾ ਹੋਰ ਕਿਤੇ ਨਾ ਪਿਆਰ।

ਬੱਚੇ ਮਾਪਿਆਂ ਤੋਂ ਹੋ ਜਾਂਦੇ ਦੂਰ,
ਮਾਪੇ ਤਾਂ ਵੀ ਰਹਿੰਦੇ ਸਦਾ ਹਜ਼ੂਰ,
ਮਾਪਿਆਂ ਦਾ ਦਰਜਾ ਰੱਬ ਵਰਗਾ ਸਤਿਕਾਰ,
ਮਾਪਿਆਂ ਵਰਗਾ ਹੋਰ ਕਿਤੇ ਨਾ ਪਿਆਰ।

ਗਗਨਜੋਤ ਕੌਰ
ਬੀ. ਏ. ਭਾਗ ਤੀਸਰਾ

ਕਵਿਤਾ ਮੇਰੇ ਪਿੰਡ ਦੀ ਬਹਾਰ

ਆਜਾ ਮੇਰੇ ਪਿੰਡ ਦੀ ਬਹਾਰ ਵੇਖ ਲੈ
ਸੋਹਣੇ ਤੇ ਮਿੱਠੜੇ ਨਜ਼ਾਰੇ ਵੇਖ ਲੈ
ਸੋਹਣੀਆਂ ਕਣਕਾਂ ਨਿੱਸਰੀਆਂ
ਸੋਹਣੇ ਫੁੱਲ ਗੁਲਾਬ ਦੇ
ਆਜਾ ਵੇਖ ਲੈ ਨਜ਼ਾਰੇ
ਮੇਰੇ ਪਿੰਡ ਦੀ ਬਹਾਰ ਦੇ।

ਸਾਉਣ ਮਹੀਨਾ ਝੂਟਣ ਪੀਘਾਂ
ਕੁੜੀਆਂ ਤੇ ਮੁਟਿਆਰਾਂ
ਗਾਵਣ ਕੁੜੀਆਂ ਗੀਤ ਬਹਾਰ ਦੇ
ਆਜਾ ਵੇਖ ਲੈ ਨਜ਼ਾਰੇ
ਮੇਰੇ ਪਿੰਡ ਦੀ ਬਹਾਰ ਦੇ।

ਹਰੀਆਂ ਤੇ ਭਰੀਆਂ ਫਸਲਾਂ
ਆਜਾ ਵੇਖ ਮੇਰੇ ਪਿੰਡ ਦੀਆਂ
ਮੌਰ ਪਾਂਦੇ ਪੈਲਾ ਵਿੱਚ ਬਾਗੀ
ਨੱਚਦੇ ਤੇ ਟੱਪਦੇ
ਖੁਸ਼ੀ ਮਨਾਦੇ ਸਾਰੇ ਪੰਜਾਬੀ।
ਆਜਾ ਮੇਰੇ ਪਿੰਡ ਦੀ ਬਹਾਰ ਵੇਖ ਲੈ
ਸੋਹਣੇ ਤੇ ਮਿੱਠੜੇ ਨਜ਼ਾਰੇ ਵੇਖ ਲੈ

ਜਸ਼ਨਦੀਪ ਕੌਰ ਮਹਿਰਾ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ

ਹਮੇਸ਼ਾ ਯਾਦ ਰੱਖੋ

- ਨਾਕਾਮੀ ਕਾਮਯਾਬੀ ਲਈ ਪੁੱਟਿਆ ਇਕ ਪਹਿਲਾ ਕਦਮ ਹੈ।
- ਕੋਈ ਵੀ ਕੰਮ ਕਰਨ ਤੋਂ ਪਹਿਲਾਂ ਸਾਨੂੰ ਆਪਣੀ ਆਤਮਾ ਦੀ ਆਵਾਜ਼ ਸੁਣਨੀ ਚਾਹੀਦੀ ਹੈ।
- ਸੱਚਾ ਦੋਸਤ ਉਹ ਹੈ ਜੋ ਦੁੱਖ ਸਮੇਂ ਤੁਹਾਡੀ ਮਦਦ ਕਰਦਾ ਹੈ।
- ਸਾਨੂੰ ਕਿਸੇ ਦੀ ਨਿੰਦਿਆ ਕਰਨ ਤੋਂ ਪਹਿਲਾਂ ਆਪਣੇ ਔਗੁਣਾਂ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ।
- ਸੱਚ ਬੋਲ ਕੇ ਉਸਨੂੰ ਯਾਦ ਰੱਖਣ ਦੀ ਜ਼ਰੂਰਤ ਨਹੀਂ ਹੁੰਦੀ ਜਦਕਿ ਝੂਠ ਇੱਕ ਵਾਰ ਬੋਲਿਆ ਤੇ ਯਾਦ ਵਾਰ-ਵਾਰ ਰੱਖਣਾ ਪੈਂਦਾ ਹੈ।
- ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਅਸਲ ਵਾਟਾਂ ਤੁਸੀਂ ਇੱਕਲਿਆਂ ਹੀ ਤੈਅ ਕਰੋਗੇ।
- ਤੁਹਾਡੇ ਜੀਵਨ ਦਾ ਹਰ ਪਲ ਸ਼ੁਰੂਆਤ ਅਤੇ ਅੰਤ ਜਿੰਨਾ ਹੀ ਮਹੱਤਵਪੂਰਨ ਹੈ।
- ਵਕਤ ਸੱਚ ਝੂਠ ਦਾ ਨਬੇੜਾ ਕਰਦਾ ਹੈ।
- ਜੋ ਵਾਪਰ ਗਿਆ ਉਸ ਨੂੰ ਖਿੜੇ ਮੱਥੇ ਸਵੀਕਾਰ ਕਰੋ।
- ਸਾਨੂੰ ਕਿਸੇ ਦੀ ਸੁੰਦਰਤਾ ਨਾਲ ਨਹੀਂ ਬਲਕਿ ਉਸਦੇ ਗੁਣਾਂ ਨਾਲ ਪਿਆਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਨੰਦਨੀ

ਬੀ. ਏ. ਭਾਗ-ਤੀਜਾ

ਧਰਮ ਤੇ ਰਾਜਨੀਤੀ

- (1) ਗੱਲ ਅੱਜ ਦੀ ਭਾਵੇਂ ਕੱਲ ਦੀ ਏ,
ਪਰ ਸਿਆਸਤ ਉਹੀ ਚਲਦੀ ਏ।
- (2) ਗੱਲ ਸੁਣ ਲਾ ਪੱਤਝੜ ਰੁੱਤੇ ਨੀ,
ਤੇਰੇ ਵਾਂਗ ਹੀ ਦੇਸ਼ ਏ ਟੁੱਟਦਾ ਏ,
ਉਲਝੇ ਬੈਠੇ ਨੇ ਜਾਤ-ਪਾਤ ਵਿੱਚ,
ਤਾਂਹੀ ਤਾਂ ਨਹੀਂ ਏ ਜੁੱਟਦਾ ਏ।
- (3) ਭਾਰਤ-ਪਾਕ ਦੀ ਵੰਡ ਵੀ ਤਾਂ,
ਧਰਮਾਂ ਦੇ ਨਾਮ ਤੇ ਹੋਈ ਸੀ,
ਅੰਗ੍ਰੇਜ਼ ਵੀ ਕਰਗੇ ਰਾਜ ਕਿੰਨੇ ਚਿਰ,
ਵੰਡ ਕਰੋ ਰਾਜ ਨੀਤੀ ਹੋਈ ਸੀ।
- (4) ਉਹ ਸਮਾਂ ਸੀ ਉਹ ਜਦ ਗੈਰ ਸਾਡੇ,
ਮੁਲਕ' ਚ ਆਨ ਸਮਾਗੇ ਸੀ,
ਅਤੇ ਕਣਕ ਚ ਲੱਗੀ ਘੁਨ ਦੇ ਵਾਂਗ,
ਸਾਡੇ ਦੇਸ਼ ਨੂੰ ਖੋਰ ਕੇ ਖਾ ਗਏ ਸੀ।
- (5) ਅਸੀਂ ਕਹਿੰਦੇ ਆ ਸਰਕਾਰ ਦੀ ਗਲਤੀ,
ਪਰ ਗਲਤੀ ਮਨਾ ਦੀ ਵੰਡ ਦੀ ਏ
ਸਰਕਾਰ ਤਾਂ ਕਰਦੀ ਵੰਡ ਕੇ ਰਾਜ,
ਸਰਕਾਰ ਤਾਂ ਕਰਦੀ ਵੰਡ ਕੇ ਰਾਜ,
ਸਾਨੂੰ ਖ਼ਬਰ ਨਹੀਂ ਇਸ ਪੱਲ ਦੀ ਏ।
- (6) ਜੇ ਖ਼ਬਰ ਵੀ ਏ, ਤਾਂ ਵੀ ਅਸੀਂ,
ਬਸ ਜਾਤ-ਪਾਤ ਲਈ ਲੜਦੇ ਆ,
ਫਿਰ ਜਾਤ-ਪਾਤ ਦੇ ਪੁੰਦਲੇ-ਧੰਨ ਨੂੰ
ਅਸੀਂ ਵੇਖ ਕੇ ਸ਼ਾਸਨ ਚੁਣਦੇ ਆਂ।
- (7) ਸਰਕਾਰ ਤਾਂ ਆਉਂਦੀ ਜਾਂਦੀ ਏ,
ਹਰ ਵਾਰ ਵਾਅਦੇ ਕਰ ਜਾਂਦੀ ਏ,
ਅਸੀਂ ਇਹ ਕੁਝ ਕਰਾਂਗੇ ਤੁਹਾਡੇ ਧਰਮ ਲਈ,
ਜੇ ਖੋਰ ਕੇ ਦੇਸ਼ ਨੂੰ ਖਾਂਦੀ ਏ।
- (8) ਸਾਡਾ ਦੇਸ਼ ਹੈ ਇਹ, ਕੋਈ ਬੋਹੜ ਨਹੀਂ,
ਜਿਨੂੰ ਵਾਰ-ਵਾਰ ਘੁਨ ਲੱਗ ਜਾਵੇ।
ਹੁਣ ਅੱਖ ਖੋਲੋ ਨੌਜਵਾਨ ਪੀੜੀ,
ਕਿਤੇ ਦੇਸ਼ ਦਾਵ ਤੇ ਨਾ ਲੱਗ ਜਾਵੇ।
- (9) ਅੰਗ੍ਰੇਜ਼ਾਂ ਨੇ ਹੁਣ ਆਪਣਿਆਂ ਨੇ,
ਇਸ ਦੇਸ਼ ਦਾ ਖੂਨ ਹੈ ਚੂਸ ਲਿਆ,
ਸਾਨੂੰ ਉਠਣਾ ਪਊ ਕੁਝ ਕਰਨਾ ਪਊ,
ਇਮਾਨਦਾਰੀ ਨੂੰ ਨਾਲ ਲਿਆ।
- (10) ਨੌਜਵਾਨ ਪੀੜੀ, ਭਵਿੱਖ ਦੇਸ਼ ਦਾ,
ਬੜੀ ਵਾਰ ਸੁਨਣ ਨੂੰ ਮਿਲਦਾ ਏ,
ਪਰ ਰਾਜਨੀਤੀ ਉਹ ਤਖਤਾ ਪਲਟ ਹੈ,
ਜੇ ਬੁੱਢਿਆਂ ਦੇ ਮੋਢਿਆਂ 'ਤੇ ਦਿਸਦਾ ਏ।
- (11) ਅਰਾਮ ਦੇਓ ਇਨ੍ਹਾਂ ਦੇ ਮੋਢਿਆਂ ਨੂੰ,
ਹੁਣ ਬੋਝ ਏਦਾ ਤੁਸੀਂ ਆਪ ਲਉ,
ਮਿਹਨਤ, ਪਿਆਰ, ਇਮਾਨਦਾਰੀ ਨਾਲ,
ਆਪਣਾ... ਤੁਸੀਂ ਆਪਣਾ ਦੇਸ਼ ਸਵਾਰ ਲਉ।

ਆਂਚਲ ਸਰਮਾ
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ

ਹੈਂਕੜ ਅਤੇ ਹਉਮੈ

ਹਉਮੈ ਇਕ ਵੱਡਾ ਰੋਗ ਹੈ। ਕਈ ਵਾਰ ਅਕਲਾਂ ਵਾਲੇ ਮਨੁੱਖ ਨੂੰ ਘੁਮੰਡ ਅਤੇ ਹੰਕਾਰ ਜੱਫੀ ਪਾ ਲੈਂਦੇ ਹਨ। ਬੁੱਧੀ-ਜੀਵੀਆਂ ਅੰਦਰ ਅਲੱਗ ਕਿਸਮ ਦੀ ਹਉਮੈ ਵਾਸ ਕਰਦੀ ਹੈ ਜਿਹੜੀ ਉਨ੍ਹਾਂ ਦੀ ਸ਼ਖ਼ਸੀਅਤ ਨੂੰ ਉਭਾਰਦੀ ਹੈ। ਹਉਮੈ ਇਨਸਾਨ ਅੰਦਰ ਜਮ੍ਹਾਂ ਹੋ ਕੇ ਉਸਦੇ ਦਿਮਾਗ ਨੂੰ ਹੰਕਾਰ ਨਾਲ ਭਰ ਦਿੰਦੀ ਹੈ। ਮਨੁੱਖ ਨੂੰ ਇਸ ਗੱਲ ਦਾ ਪਤਾ ਉਦੋਂ ਲਗਦਾ ਹੈ ਜਦੋਂ ਉਹ ਨਿੱਕੀ ਜਿਹੀ ਗੱਲ ਦੀ ਟੋਕਾ-ਟਾਕੀ 'ਤੇ ਖਿੱਝ ਜਾਂਦਾ ਹੈ, ਕੋਈ ਵੀ ਸਵਾਲ ਪੁੱਛਣ ਉੱਤੇ ਛੇਤੀ ਚਿੜ ਜਾਂਦਾ ਹੈ, ਕਿਸੇ ਦੂਜੇ ਦੀ ਤਾਰੀਫ਼ ਨੂੰ ਬਰਦਾਸ਼ਤ ਨਾ ਕਰ ਸਕੇ, ਆਦਿ।

ਆਮ ਤੌਰ ਉੱਤੇ ਹੰਕਾਰੀ ਬੰਦੇ ਕਿਸੇ ਨੂੰ ਆਪਣੇ ਤੋਂ ਬਿਹਤਰ ਸਾਬਤ ਕਰਦਾ ਵੇਖ ਕੇ ਉਸ ਉੱਤੇ ਟੁੱਟ ਕੇ ਪੈ ਜਾਂਦੇ ਹਨ। ਅਜਿਹੀ ਹਾਲਤ ਵਿਚ ਆਪਣੇ ਦ੍ਰਿੜ ਇਰਾਦੇ ਅਤੇ ਪੂਰੀ ਮਾਨਸਿਕ ਤਾਕਤ ਨਾਲ ਡਟੇ ਰਹਿ ਕੇ ਅਤੇ ਢੁੱਕਵਾਂ ਜਵਾਬ ਦੇ ਕੇ ਬੰਦੇ ਨੂੰ ਚੁੱਪ ਹੋਣ ਲਈ ਮਜ਼ਬੂਰ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਹੰਕਾਰੀ ਬੰਦੇ ਦੇ ਬੋਲ ਸੁਣ ਲੈਣ ਤੋਂ ਬਾਅਦ ਆਪਣੇ ਆਪ ਨੂੰ ਬੇਕਾਬੂ ਨਾ ਹੋਣ ਦਿੱਤਾ ਜਾਵੇ। ਇਸ ਨਾਲ ਹੰਕਾਰੀ ਬੰਦੇ ਦੀ ਹਉਮੈ ਨੂੰ ਤਗੜੀ ਸੱਟ ਵਜ ਜਾਂਦੀ ਹੈ। ਬਹੁਤੇ ਹੰਕਾਰੇ ਅਫ਼ਸਰ ਆਮ ਤੌਰ ਉੱਤੇ ਆਪਣੀ ਗੱਲ ਮੁਕਾ ਕੇ ਦੂਜੇ ਕੋਲੋਂ ਕਿਸੇ ਜਵਾਬ ਦੀ ਉਮੀਦ ਹੀ ਨਹੀਂ ਰੱਖਦੇ ਹੁੰਦੇ। ਸੋ ਸੁਣ ਕੇ ਸਿਰ ਹਿਲਾ ਕੇ ਕਮਰੇ ਵਿਚੋਂ ਬਾਹਰ ਨਿਕਲਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਜੇ ਬਹਿਸ ਛੇੜ ਲਈ ਤਾਂ ਕਈ ਵਾਰ ਮਾੜੇ ਨਤੀਜੇ ਨਿਕਲ ਸਕਦੇ ਹਨ। ਤੁਹਾਡੀ ਮਾਨਸਿਕ ਸ਼ਾਂਤੀ ਭੰਗ ਹੋ ਸਕਦੀ ਹੈ।

‘ਹੰਕਾਰਿਆ ਸੋ ਮਾਰਿਆ’ ਦੀ ਹਕੀਕਤ ਜਾਣ ਲੈਣ ਤੋਂ ਬਾਅਦ ਆਪਣੀ ਹਉਮੈ ਨੂੰ ਸਿਰ ਉੱਤੇ ਚੜ੍ਹ ਜਾਣ ਤੋਂ ਪਹਿਲਾਂ ਹਾਂ ਪੱਖੀ ਬਣਾ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ।

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਜੀ ਨੇ ਫ਼ਰਮਾਇਆ ਹੈ, “ਹਉਮੈ ਵਡਾ ਰੋਗ ਹੈ ਦਾਰੂ ਭੀ ਇਸ ਮਾਹਿ।” ਹਉਮੈ ਇੱਕ ਵੱਡੀ ਬਿਮਾਰੀ ਹੈ ਪਰੰਤੂ ਇਸ ਦੀ ਦਵਾਈ ਵੀ ਇਸੇ ਵਿਚ ਹੀ ਹੈ। ਹਉਮੈ ਜਦੋਂ ਸਵੈ-ਵਿਸ਼ਵਾਸ ਦਾ, ਆਪਣੀ ਆਤਮਾ ਦੀ ਪਛਾਣ ਦਾ ਅਤੇ ਆਪਣੀ ਸਮਰਥਾ ਨੂੰ ਸਮਝ ਲੈਣ ਦਾ ਰੂਪ ਧਾਰਨ ਕਰਦੀ ਹੈ ਤਾਂ ਇਹ ਹਾਂ-ਪੱਖੀ ਹੋ ਜਾਂਦੀ ਅਤੇ ਆਤਮਾ ਦੀ ਪਛਾਣ ਕਰਨ ਵਾਲਾ ਵਿਅਕਤੀ ਸਨਿਮਰ ਅਤੇ ਸਾਚੇ ਰੂਪ ਵਿਚ ਪ੍ਰਗਟ ਹੁੰਦਾ ਹੈ।

ਕਾਜ਼ਲ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ



SCIENCE SECTION



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Editorial

Science generates solutions for everyday life and helps us to answer the great mysteries of the universe. It plays a very crucial role in the development of a country. It contributes to ensure a longer and healthier life, monitors our health, provides medicine to cure diseases and helps us in providing basic needs like clean water, food etc.

The college magazine is a periodical publication intended to enhance the progress of science, by sharing knowledge and innovative ideas with readers. It gives a platform to the students to communicate their understanding of science and innovative ideas in an excellent way so that the others are also enriched by the same.

The present issue of the magazine contains many informative science articles. I am sure that you 'll find them very inspiring and interesting. At last giving an end to my words, I would like to thank all students who contributed to science section.

I wish all the readers a happy reading!

Dr Sujata Vohra
Editor, Science Section

The Growing Importance of Renewable Energy

- Renewable energy sources such as solar, wind, and hydro power are becoming increasingly important as the world moves towards a more sustainable future. Unlike traditional fossil fuels, renewable energy sources are clean and can be replenished naturally, making them a more sustainable option for meeting our energy needs.
- One of the most significant benefits of renewable energy is its potential to reduce greenhouse gas emissions and mitigate climate change. Fossil fuels are a major source of carbon emissions, which contribute to global warming and climate change. By shifting to renewable energy sources, we can reduce our reliance on fossil fuels and decrease our carbon footprint.
- Renewable energy sources also have the potential to improve energy security and independence. Unlike fossil fuels, which are often imported from other countries, renewable energy sources can be produced locally, reducing our dependence on foreign oil and gas.
- In addition, renewable energy sources can create jobs and stimulate economic growth. The renewable energy industry is a rapidly growing sector, with increasing demand for skilled workers in areas such as solar panel installation, wind turbine maintenance, and energy storage.
- Despite the many benefits of renewable energy, there are still challenges that need to be overcome. One of the biggest challenges is the intermittency of some renewable energy sources, such as solar and wind power. These sources of energy are dependent on weather conditions, and energy production can fluctuate throughout the day. This has led to the need for better energy storage technologies, such as batteries, to store excess energy during times of high production and release it during times of low production.
- Another challenge is the cost of renewable energy technologies. While the cost of solar and wind power has decreased significantly in recent years, they still require significant upfront investment. This has led to the need for government incentives and subsidies to promote the adoption of renewable energy.
- As the world continues to prioritize sustainability and address the challenges of climate change, renewable energy sources are likely to become an increasingly important part of our energy mix. By investing in renewable energy technologies, we can reduce our carbon footprint, improve energy security, and stimulate economic growth while building a more sustainable future for generations to come.

Binita Sharma

B. Sc II

Science, Nature, Man

There exist 1.5 billion intelligent species in milky way, the man is one of them. You can imagine that only one in 1.5 billion .So what do you think where is the man in competition? The major role played by man is in science. Science is meant to be discovered, knowing what already exists. Everything about the universe has not been known yet or it can be said the known thing are very little. In science declarations nothing is 100% correct because what was impossible till some time ago is a reality today. The limits of scientific world are keep varying with time, we can't say something is impossible.

What is the role of man?

Man always tries to be superior, unaware of the fact that he is just one of the existing species on earth and the universe is very large or continuously expanding.

But the Nature is superior than man, whenever a person thinks himself to be stronger than anyone, time proves him wrong and also proves the existence of super powers beyond this physical world.

You can also examine some cases for that like covid 19 eras which destroyed everything drastically.

Also in the scientific research we found quantum physics some time ago which is still a very curious part of our existing world

And now recently nobel prize in physics is at another level which are on consciousness of human with matter.

Here is the quote of Ernest Rutherford

< It is not in the nature of things for any one man to make a sudden violent discovery; science goes step by step and every man depends on the work of his predecessors. Scientists are not dependent on the ideas of a single man, but on the combined wisdom of thousands of men , all thinking of the same problem , and each doing his little bit to add to the great structure of knowledge which is being erected. >

So keep doing contributing your efforts for science.

Because science plays major role in developing our nation.

Chanchal

B. Sc III

Crispr-The Most Powerful Gene Editing Tool

CRISPR-Cas9 [Clustered regularly interspaced short palindromic repeats and CRISPR - associated protein 9] is a genome- editing tool that has created a sensation in the scientific community. It is faster, cheaper, and more accurate than previous DNA editing methods, and has a wide range of potential applications.

It is currently making waves in the scientific community as the simplest. Most comprehensive and most accurate method of genetic engineering. The **CRISPR-Cas9** system consists of two main molecules that introduce changes (**mutations**) into DNA. These are:- * **enzyme** called Cas9. They function as “**molecular scissors**” that can cut two strands of DNA at a specific location in the genome, adding or deleting a piece of DNA. * **A single strand of RNA** called **guide RNA [g RNA]**. It consists of small portion of a pre-designed RNA scaffold. The flanking fragment binds to the DNA and pre-designed sequence “directs” Cas9 to the correct part of the genome.

Traditional gene direction has been very useful for the study of gene and genetics, but generating mutations is time- consuming and expensive. The **CRISPR-Cas9** system currently stands out as the most reliable “**gene editing**” system.

CRISPR- Cas9 has great potential as a tool to treat many disease with genetic component, such as

Cancer, Hepatitis B, and even Hpercholesterolemia. Although many proposed applications involve genome editing in somatic (non-germ) cells, there has been much interest and debate about the potential for editing in germ cells. This has important ethical **implications**, as **change made to germ cells are passed from generations to generations.** **Germline** gene editing is currently illegal in the UK and most other countries.

On the contrary, the use of **CRISPR-Cas9** and gene editing technology in somatic cells of exceptional and/or life threatening cases, they are **already being used to treat human ailment.**

Gurpreet Kaur

B. Sc III

Article: Machine Learning in Action as a Dynamic System

Machine learning is a dynamic system that enables computer systems to learn and make decisions by giving them the ability to come up with results on their own. Those who are trained in machine learning don't need skills to handle their problems, but rather the ability to analyze their results by thinking, performing actions, and observing existing conditions, which allows them to test their outcomes.

Machine learning is extensively used as a dynamic system, as it relies on data and input to provide outputs that enable users to understand how to improve the quality of their work. By using machine learning, organizations and individuals can develop programs that can recognize patterns and learn from them, such as how to recognize objects in images or categorize different data types.

Machine learning can also be used to create intelligent decision-making systems that allow computers to make decisions based on analysis and reasoning. These systems can be used in a variety of applications, including fraud detection, product recommendation, and predicting outcomes in financial markets.

Machine learning has also seen significant growth in the field of artificial intelligence, where researchers are working to develop systems that can learn and evolve on their own. This has led to the development of deep learning algorithms that can analyze complex data and identify patterns that humans may not be able to recognize.

Overall, machine learning has proven to be a powerful tool in creating dynamic systems that can learn and evolve based on input and analysis. As more organizations and individuals look to leverage the power of machine learning, we can expect to see even more advancements in this field in the future.

Kiran

B. Sc II

Saving Earth From Killer Asteroids

Only about 40% of near earth asteroids. Estimated 25,000 with the potential to destroy the planet have been detected. Scientist Dr. Ed Lu, along with his non-profit B612 are working to Create a way to detect the other 60%. Scientists and home astronomers report new asteroids all the time, but it's the ones that go unnoticed that could cause a surprise collision if not detected in time.

This type of planetary defense is exactly- what asteroid institute. Executive director Dr. Ed Lu, former NASA astronaut and physicist is developing with the non-profit group B612 foundation. B612, a program of the Asteroid institute, is building a comprehensive map of the Solar system that surpasses the limitations of Current technology. Thorough the ADAN (Asteroid discovery analysis and Mapping) cloud- based astrodynamics platform, the first 104 newly discovered asteroids to this cutting-edge announced thanks to this Scalable computational System. The researchers are able to Scan 412,000 images from the digital archives of the National optical – Infrared Astronomy Research Laboratory to find undetected asteroids within the images.

Discovering and tracking asteroids is Crucial to understanding our solar system, enabling development of space, and protecting our planet from asteroids impacts with THOR running on ADAM, any telescope with an achieve can now become an asteroid search telescope “ said Dr. Lu. We are using the power of massive computation to enable not only more discoveries from existing telescopes, but also to find and track asteroids in historical image of Sky that had find the gone previously unnoticed brave they were never intended for asteroid searches”.

Muskan Saini

B. Sc II

The Impact of Artificial Intelligence on Society

Artificial Intelligence (AI) is rapidly changing the way we live, work, and interacts with the world around us. AI refers to the development of computer systems that can perform tasks that would normally require human intelligence, such as problem-solving, pattern recognition, and decision making.

One of the most significant impacts of AI on society is in the field of automation. AI-powered robots and machines are replacing human workers in many industries, such as manufacturing, transportation, and customer service.

Another important impact of AI is on the field of healthcare. AI-powered systems are being used to analyze medical data. But it also raises concerns about privacy and data security.

AI is also transforming the way we interact with technology. Voice assistants such as Siri and Alexa are becoming increasingly popular, and AI-powered chatbots are being used to provide customer service and support. But it also raises concerns about privacy and the impact on human-to-human interactions.

As AI continues to advance, it is important for society to consider the potential impacts and ensure that the development and use of AI is aligned with our values and priorities. This will require collaboration between technology developers, policymakers, and society as a whole to ensure that the benefits of AI are maximized and the potential risks are minimize.

Nidhi Bhatia

B. Sc II

The Future of Science: Breakthroughs and Challenges Ahead

As we move into the second decade of the 21st century, the field of science is experiencing a period of unprecedented growth and development. From advances in artificial intelligence and biotechnology to breakthroughs in renewable energy and space exploration, the possibilities seem endless. However, with these exciting opportunities come a host of challenges that will need to be addressed if we are to continue pushing the boundaries of human knowledge and understanding.

One of the most promising areas of science is biotechnology. With the recent development of gene editing tools such as CRISPR, scientists can now edit the DNA of living organisms with unprecedented precision. This has enormous potential for everything from curing genetic diseases to creating new and improved crops. However, with this power comes great responsibility, and the ethical implications of manipulating the building blocks of life are still being debated.

Another area of science that is rapidly advancing is artificial intelligence (AI). With the ability to process vast amounts of data and learn from experience, AI has the potential to revolutionize everything from healthcare to transportation. However, as machines become more intelligent and autonomous, questions of control and accountability arise. The development of ethical guidelines for AI will be crucial in ensuring that these technologies are used in a responsible and beneficial way.

Finally, the exploration of space remains one of the most exciting frontiers of science. With recent advances in rocket technology and the prospect of sending humans to Mars in the near future, the possibilities seem endless. However, space exploration is a costly and risky endeavor, and the potential benefits must be weighed against the significant challenges and uncertainties involved.

As we move into the future, the field of science will continue to hold enormous promise and potential. However, it will also present significant challenges that will need to be addressed in order to ensure that these breakthroughs are used in a responsible and beneficial way. Whether it is developing ethical guidelines for biotechnology and AI, transitioning to renewable energy, or exploring the vast reaches of space, the future of science is sure to be filled with both excitement and uncertainty.

Nikki
B. Sc II

Friendly Meals because Cooking is Hard

Your mom can't make your lunch for you every day!! You have to provide for yourself in college. If you have some sort of meal plan, that's great. If not, knowing a few quick and easy meals really comes in handy when you're starving and have class in half an hour.

TURKEYBURGER

We all crave burgers on a weekly basis, there's no doubt about it. But, as adults, we all realize that maybe we shouldn't indulge on those weekly cravings. Enter the turkey burger that are actually good and made instantly by healthy proteins.

To make it in a easy way at home we can make it by-

Simply combining grouped turkey, diced onion, bread crumbs, egg whites, garlic, parsley, salt, some seasoning veggies and ground pepper in a bowl. Mixture is put into the bun and cook by grilling it for 5 minutes. Delicious low-carb diet is ready to consume.

SMOOTHIE BOWL

Smoothie bowl are rich in fibre and natural sugars, it allow better digestion, allows better absorption of all nutrients, boost immunity as well as maintain healthy heart and improve quality of life. It is a great way to start day or eat something light.

To make it in a easy way at home we can make it by-

Simply add frozen fruits like bananas, mixed berries, mango to a blender and blend on low until it looks like Dip 'n' dots (like yogurt). Then add a little non-dairy milk i.e. coconut and you can use dairy milk if you prefer. Pour the mixture into a bowl and add a hit of protein by topping with Chia seeds, coconut flakes and sliced fruits.

Niyati

B. Sc III

Ethane in the Sky

On March nights, we were treated to the glorious spectacle of Hyakutake spreading across the sky. Astronomers from all over the earth turned to look at the comet. They were well rewarded. The Hubble Space Telescope got the first – ever look from the earth at the icy nucleus that inside a comet. (It is just around 2 kilometers in size). For the first time, a comet was seen giving off X-rays faint, but because Hyakutake passed only 15 lakh kilometers from the earth. They were caught by an X-ray telescope. Other astronomers have been busy looking the spectrum of the comet. This usually gives a lot of information about the compounds that are in the comet. Michael Mumma and Michael Di Santi found methane in the comet, forming 1% of the comet's ice. Until now methane has only been found in the planets and their moons. Happy at their success, Mumma and Di Santi then looked even more carefully at the spectral lines of the comet. They found the lines of ethane, a compound which has not been found in space before. Ethane is another 1% of the comet's ice. They are looking at the lines again. Who knows, they might even find something like naphthalene!!

Priyanka Kumari

B. Sc III

Why is Pluto not a Planet Anymore?

It was well-known that there existed nine planets in the universe, namely- Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto.

But in 2006, the International Astronomical Union (IAU) downgraded the status of Pluto to that of 'dwarf planet'. But why? The answer is right below!

Wait, let's first see what are a 'planet' and a 'dwarf planet'.....

According to IAU, the three criteria for a full-sized planet are:

- (1) It is in the orbit around the Sun
- (2) It has sufficient mass to assume hydrostatic equilibrium (a nearly round shape)
- (3) It has 'cleared the neighborhood' around its orbit.

Pluto meets only two of these criteria, losing out on the third one. In all the billions of years it has lived there, it could not manage to clear his neighborhood. You may wonder what does 'not clearing its neighborhood' means. This means that the planet has become gravitationally dominant – there are no bodies of comparable size other than its own satellites or those otherwise, under its gravitational influence, in its vicinity of space.

So any large body that does not meet all of these criteria is classed as 'dwarf planet', and that includes Pluto.

Rhea Sharma

B. Sc II

Water Scarcity

'If there is no water, there is no life'.

As we all know that water is the basic necessity of every living beings and it is a precious gift that is provided by the nature. About 70% of water is covered by earth, only 2.5% is suitable for drinking water. Every activity we do for our survival is related to the need of water.

India has a huge population and majority of the people depend upon agriculture for their economic growth and for their lifestyle. They produce lot of food to fulfil our needs. So producing this much food require lots of water too. India is rich in natural resources like water, soil, etc but the management of these resources is very poor. Water is being wasted day by day as a result the ground water level is decreasing. We have seen mostly while washing utensil and washing hand we often left the tap running which waste a thousands of water. The water scarcity we are facing is a major issue which is rising rapidly and it's not just in India, but now it become a global issue that many countries are facing.

Water scarcity is due to the increasing population and rapid industrialization and urbanization and rising standard of living. Many urban centres are over exploiting the water resources which cause the pollution and depletion of water resources.

Insufficient management of water resources, leakage and water losses can cause water shortage, so we should replace those broken tap immediately to save water. For agriculture we can use alternate irrigation techniques like sprinkler, drip irrigation, etc. Rainwater harvesting is also a best example to save water. By knowing the importance of water we should save it from contamination and getting polluted from the waste material of industries, sewage, toxic chemicals and other waste.

To conclude, water scarcity has become a serious issue that we need to focus. The government need to enhance it's technology and invest in water treatment. It's each and everyone responsibility to save water and not to waste it. We all need to unite together and spread the awareness about the importance of water.

Tsering Diskit

B. Sc I

Advancements in Space by India

India has made significant advancements in space technology over the years, positioning itself as a key player in the global space industry. From launching satellites to exploring the moon and beyond, the country has made significant strides in space research and development. In this article, we will explore some of the key advancements made by India in space technology.

SATELLITE LAUNCHES:

India's space program began in 1975 with the launch of its first satellite, Aryabhata. Since then, India has come a long way in satellite technology, launching a series of satellites for various purposes. The Indian Space Research Organisation (ISRO) has been at the forefront of these launches, and their satellites have played a crucial role in various sectors, including telecommunications, weather forecasting, and navigation.

One of the most significant achievements in this regard was the successful launch of 104 satellites on a single rocket in 2017. This feat set a new world record for the highest number of satellites launched on a single rocket.

MOON MISSIONS:

India's Chandrayaan-1 mission in 2008 was a landmark achievement for the country. It was India's first lunar mission, and it successfully mapped the moon's surface and detected water molecules in its polar regions. In 2019, India launched Chandrayaan-2, a more ambitious mission that involved a soft landing on the moon's south pole. Although the landing was not successful, the mission still achieved significant scientific objectives and demonstrated India's capability to undertake complex space missions.

MARS MISSION:

In 2014, India successfully launched the Mars Orbiter Mission (MOM), becoming the first country to reach Mars on its maiden attempt. MOM's primary objective was to study the Martian atmosphere and surface, and it continues to provide valuable data to scientists around the world.

HUMAN SPACEFLIGHT:

India is now planning its first manned mission, Gaganyaan, which is expected to take place in 2024. The mission will involve sending three Indian astronauts to space, making India the fourth country to independently send humans to space. The mission is a significant milestone for India's space program and highlights the country's growing capabilities in space technology.

Conclusion:

India has made remarkable advancements in space technology over the years, from launching satellites to exploring the unknown.

Vanshika
B. Sc II



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COMPUTER SCIENCE SECTION

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Editorial

Emerging technologies and computing services are now an indispensable part of our lives, supporting our need for information, communication, and entertainment—anywhere, anytime, and anyhow. We have observed a shift in use of these services and technologies from a passive style to one that is more mobile, interactive, and real-time. These services have significantly improved our capacity to make informed decisions about our everyday activities, which has a particular impact on our physical and psychological health, social interactions, and environment.

Gyan Manik has been creating a platform which provides an opportunity to the students and staff to express their original thoughts about technology. The magazine plays an instrumental role in providing exposure to the students to develop written communication skills and command over the language. The Computer Section of this magazine will provide awareness to students about state of the art technologies and most importantly the cautions required while using this trending technology.

I want to congratulate students and faculty associated with the Editorial team for successfully publishing the College magazine Gyan Manik.

Ms Maninder Kaur

Editor, Computer Science Section

Assistant Professor,

Department of Computer Science and Applications

Computer Courses for Future Jobs

Everyone who is ready to put in the time to upgrade their skills and acquire new technology can take advantage of a wide range of chances in the age we live in. Computer-related abilities, which are essential in practically every business, are at the top of the job market. We'll force you to investigate the top most in-demand computer courses in order to assist you land a solid job.

Data Science: The most fundamental skill of Data Scientists is the ability to work with code and the knack for statistics. Skill sets for Data Science are Predictive Analytics using Python, Statistics, Big Data Analytics, Machine Learning, Data Visualization.

Big Data Engineering: The primary job of a Big Data Engineer is to build large-scale data processing systems. Big Data Engineering involves creating, evaluating, testing, and maintaining Big Data solutions within an organization. Skill sets required are Python, Spark, Scala, R, MySQL, NoSQL, Hive, Apache Kafka, etc.

Data Analytics: Organizations profit from the data analysis process in a variety of marketing, production, and administrative processes. Although Data Scientists and Data Analysts are closely connected, there are several differences that make them distinct, such as the fact that the latter need not always worry about complex code unlike the former. Skill sets required are Statistics, Big Data Analytics, Machine Learning, data visualization, Predictive Analytics

Artificial Intelligence: Many tech firms are creatively utilising this technology on a huge scale, including IBM, Microsoft, Amazon, Accenture, and others. Skill sets required are NLP, Deep Learning, Predictive Analytics, Neural Networks, Graphical Models, Keras, TensorFlow, Deep neural networks.

Search Engine Optimization (SEO): Adding SEO knowledge to your resume is a wise move. For anyone wishing to work professionally in the field of digital marketing, it is not only a highly sought-after profession but also one that offers excellent career advancement. Skill sets for SEO are Search Engine Marketing (SEM), Content marketing, Social media marketing, Branding, Marketing analytics.

Software Development: As you may already be aware, software developers are key players in any organization's software development process as well as the creation of mobile and online apps. They are proficient in a variety of programming languages. Skill sets required for SD are C++, JavaScript, iOS, Android, Unity, Java, .NET, ReactJS, Native, etc.

Cyber Security: Records have found Cyber Security jobs to be the most in-demand jobs. Every organization with e-commerce depends heavily on online data and transactions, which makes it crucial for them to have a strong Cyber Security system. Skill sets required in Firewalls, networking, virtualization software, Wireshark, Syslog, tcpdump, assembly language, Java, C/C++, disassemblers, scripting languages.

Web Development: The ability to build interactive websites for various businesses allowing them to function and operate at a global level is what the Web Development process entails. This is the reason why Web Development jobs are always available. Web Developers get highly paid. Freelance and work-from-home opportunities are great in this field of work due to the convenient setup, which only requires a computer system and an Internet connection. Skills required for WD are HTML, CSS, JavaScript, PHP, Python, Ruby, Java, .Net etc.

Taranjit Kaur
B.C.A. III

Nanobots to make Humans immortal by 2030

Ray Kurzweil, a former Google scientist, predicts that nanorobots will accelerate human immortality over the next seven years. **The computer scientist**, who is 75 years old, has a track record of making wise predictions. His 147 predictions have so far come true in about 86% of cases. Kurzweil made this claim in a YouTube video by tech vlogger Adagio while addressing the development of genetics, nanotechnology, robots, and other areas.

Ray Kurzweil believes that because to the present advancements and expansions in genetics, robotics, and nanotechnology, nanobots will soon be able to run through our veins. These 50–100 nm broad nanorobots are now used in research as cell-specific delivery systems, DNA probes, and imaging tools. Kurzweil claims that nanorobots will be essential in the battle against ageing and sickness.

Nirmala Giri
B.C.A. II

Beware of Robocalls and Texts

- Never respond to calls from unknown callers. If you take the call, hang up right away.
- It could take some time to figure out if an incoming call is fake. Remember: Just because Caller ID displays a "local" number doesn't guarantee the call is coming from a local number.
- When a caller or a recording asks you to press a button to stop receiving calls after you pick up the phone, you should just hang up. This tactic is frequently used by scammers to find potential victims.
- Never respond to unexpected calls or if you are asked for personal information such as account numbers, passwords, or other identifying information.
- If you receive a call claiming to be from a corporation or a government agency, hang up and contact the number provided on your account statement, in the phone book, or on the organization's website to confirm the legitimacy of the enquiry.
- If you feel forced to provide information right away, proceed with care.
- Check out apps that you may download to your mobile device to block incoming calls and inquire with your phone provider about any call blocking features they may offer.
- Never respond to a spam text message, as it will confirm that your number is valid.

Sneha Thapa
B.C.A. II

ChatGPT?

With the help of ChatGPT, an AI-powered natural language processing tool, you can communicate with the chatbot in a variety of ways that are human-like. The language model may help you with things like writing emails, essays, and code as well as provide answers to your inquiries. ChatGPT was created by OpenAI, an AI and research company. The company launched ChatGPT on Nov. 30, 2022.

ChatGPT was developed using real-time discussions with human contractors employed by OpenAI and a massive collection of articles, images, websites, and social media posts that were collected from the internet. These conversations were mostly in the English language. It picks up on writing's grammar and organisation and learns to reflect commonly used expressions. It also learns to spot patterns and forms in pictures, such the lines on a cat, a kid, or a clothing. Additionally, it can match words and phrases to those patterns and shapes, enabling users to inquire about an image's content, such as what a cat is doing or what colour the garment is.

Arshpreet Kaur
B.C.A. II

Women Safety Apps

With the rise in crimes against women, the Indian government has made women's protection a top concern. On the Google Play Store, you may find a variety of safety apps made specifically for women's security and protection.

Safetipin: When it comes to women's safety apps, Safetipin is a solid choice. The idea of personal safety was taken into consideration when creating the app. It has all the necessary components, including GPS tracking, emergency contact information, routes to secure areas, etc. The software also saves the safe regions with their safety rankings so users know where to go in case of emergency. Users can also pin dangerous spots and provide assistance. Together with English, Safetipin is also available in Hindi, Bahasa, and Español.

Raksha: The Raksha app is made to make sure that women are always safe. The app has a button that, when pressed in a crisis situation, will notify your loved ones of your whereabouts. You can choose the people who will be able to see where you are. Additionally, you may still send notifications even if the app is not running or switched on by just holding down the volume key for three seconds.

Himmat: The Delhi Police recommends the free Himmat app for women as a means of safety. The user must register on the Delhi Police website in order to use the app. The user will receive an OTP after completing the registration process, which must be entered when finishing the app configuration. The GPS data and audio video will be immediately communicated to the Delhi Police control room whenever a user issues an SOS alert from the app in a hazardous circumstance. The police will then be dispatched to the scene.

Smart24x7: The police in several states support the Smart24x7 app solely to safeguard the safety of women and older citizens. In a difficult scenario, the app sends panic notifications to emergency contacts. During the panicky scenario, it also records voices and snaps pictures and transfers these

to the authorities. Also, it features call centre assistance, which will track down the user's first steps. Users only need to press the panic button, choose the necessary service type, and then click the submit button.

Akansha Chauhan
B.C.A. II

Identify Fake News on Whatsapp

WhatsApp is frequently used to spread false information. Despite WhatsApp's claims that it has installed a number of mechanisms to stop the spread of false information, users frequently receive misleading messages with unreliable information. So, understanding how to validate the information you receive over WhatsApp becomes crucial.

To allow users to review the information they receive, up to 10 fact-checking organisations in India have made their tiplines available on WhatsApp. The International Fact-Checking Network (IFCN) verifies these tiplines, which can be used to validate potentially deceptive content such as images, videos, and audio files. Up to 11 Indian languages, including Bengali, Hindi, Marathi, and Punjabi, are supported by the majority of them in addition to English.

Some fact checking tiplines are:

AFP: +91 95999 73984

Boom: +91 77009-06111 / +91 77009-06588

Fact Crescendo: +91 90490 53770

Factly: +91 92470 52470

India Today: +91 7370-007000

Newschecker: +91 99994 99044

To get their information verified, users must keep the phone numbers of the provided fact-checking hotlines in their contacts or click on their links, then WhatsApp "Hi" to them. By contacting them via the messaging app, the majority of the fact-checking hotlines also provide access to their most recent fact-checked content. The tiplines are essentially chatbots, so it's crucial to keep in mind that they require some time to validate the data you provide them.

Komal Kaushik
B.C.A. II

and

Muskan
B.C.A. II



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हिंदी अनुभाग

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सम्पादिका की कलम से

मुहब्बत के घर

मुहब्बत के घरों की दीवारें नहीं होती,
परदे भी नहीं होते।
भेद-भाव के गर्भ गृह भी नहीं होते।
ऊँचे-नीच के तल भी नहीं होते।
कपट की घुमावदार सीढ़ियाँ भी नहीं होती।
अहंकार की तरह वे घर ऊँचे भी नहीं होते।

वे घर होते हैं सीधे-सपाट।
ज़मीन पर पैर टिकाए हुए।

डॉ. आराधना

एसोसिएट प्रोफेसर
हिंदी विभाग

आज सम्पादिका की कलम से

पिता

पिता का स्थान,
बहुत महत्वपूर्ण व महान,
फिर भी हम है अनजान, क्योंकि रहते घर से बाहर
वह दिन-रात।
वह क्लान्ति से निढाल
जिसमें न रही अब शक्ति,
रहते वह दुःखी-दुःखी,
पर दुःख प्रकट करने की उनको मनाही।
सब का दुःख हरने वाले,
आज हुए अकेले,
कहा-सुनी से दूर,
ऐसा जीवन जीने पर मज़बूर।

मैं था उनका सहारा,
बना दिया उनको बेचारा,
अंधा था मैं पैसों के मोह में,
पहुँचा दिया उनको गहरी खोह में।

मेरा यह अहंकार,
जिसने नहीं करने दिया विचार,
भूल गया पिता का प्यार,
और उनका हर आभार,
क्यों किया मैंने अत्याचार?
अब है हमारे बीच एक बड़ा अंतराल,
जिसका मैं हूँ जिम्मेदार,
यह है मेरे जिंदगी की सबसे बड़ी हार!
आज स्मृति में साक्षात् हुआ उनसे
जिन्हें दुःख दिया था मैंने हर रोज,
गलत था मैं और मेरी सोच,
जिसने खोया था अपना होश,
नहीं था उनका कोई दोष,
मुझे रिश्ते लगने लगे थे बोझ,
नहीं किया बुद्धि का प्रयोग,
किया था मैंने अत्यंत आक्रोश,
जिसका हमेशा रहेगा मुझे अफसोस!

संजना

बी. ए. तृतीय वर्ष

क्या है भारत

बदल रहा है देश, बदल रहा है दौर।
बदल रहा है मंजर, बदल रहे हैं लोग।
इस बदलते भारत में क्या-क्या बदलते देखा,
कभी इंसान को जलते देखा, कभी इंसानियत को मरते देखा।
आओ सुनाती हूँ मैं सबको इक दास्तान,
कहानी में कुछ और नहीं, है बदलता हिंदुस्तान।
आज दौर है कुछ ऐसा,
हर इंसान बना है ऊँचा।
सत्य को छोड़कर झूठ का साथ देता है,
रिश्तों का कत्ल करके माया को चुनता है।
सत्ता के नाम पर लूट है, पैसे की भूख है।
प्रेम का व्यापार है, धोखे का समाचार है।
गुनाह खुले आम है, न उठे कोई आवाज है।
सड़कों पर पड़ी बेटी की चीखती पुकार है।
कत्ल को आत्महत्या कहे,
जो आवाज़ उठाए उसे बेघर करें।
कान नहीं सुनते हैं, आँख नहीं देखती।
मुँह वहीं बोलता जो राग दुनिया गाती।
आगे तो बढ़ गए हम,
मंगल पर तिरंगा फहराया।
क्या सोच को बदल पाए हम?
जब इंसान ने इंसान को गिराया।

आज़ादी को तो स्वीकार किया,
क्या दिमाग से आज़ाद हो पाए हम।
पढ़ लिख लिया बहुत हमने,
जीना न सीख पाए हम।
हर नज़र में रावण हैं,
राम कहाँ खोजें हम?
भेड़ियों की भीड़ में,
खुद को कैसे महफूज रखें हम?
प्रकृति भी स्तब्ध गई।
कुदरत का ऐसा कहर हुआ।
न हम रहे, न तुम रहे,
बस मैं ही मैं जिंदा है।
हर इंसान यहाँ दरिन्दा है।
इस बदलते दौर में बदल गया सब कुछ,
जीत के लिए इंसान हार गया सब कुछ।
बदल रहा है देश, बदल रहा है दौर।
बदल रहा है मंजर, बदल रहे हैं लोग।

प्रियम सिंह

बी. कॉम. तृतीय वर्ष

वीडियो गेम खेलने के दुष्परिणाम

आज मोबाइल पर ऑनलाइन गेम खेलना बच्चों और युवाओं की पसंद में शुमार है। डिजिटल युग में बिन इंटरनेट सब सून वाली स्थिति है। पिछले दो दशकों में टेक्नोलॉजी ने हमारे जीवन के हर पहलू को प्रभावित किया है और इसे बहुत आरामदायक भी बनाया है। बच्चे खेल के मैदान, पार्क, सब कुछ को छोड़कर इंटरनेट में लगे रहते हैं। आउटडोर गेम्स से ज्यादा अब इन्डोर गेम्स को भी नहीं बल्कि इंटरनेट गेम्स को महत्ता मिलने लगी है। इंटरनेट पर मिलने वाले रोमांचक ऑनलाइन गेम्स अब बच्चों के दिलों-दिमाग पर हावी हो रही हैं। हर सेकंड बदलती दुनिया और पल-पल बढ़ता रोमांच, रंग-बिरंगे थीम के साथ म्यूज़िक का कॉम्बिनेशन, कंप्यूटर या फिर मोबाइल की एक छोटी सी स्क्रीन पर एक ऐसा वुर्चअल संसार जो बहुत आकर्षक होता है। एक दूसरे को हराने और जीतने की होड़ में बच्चे लगातार डिवाइस से चिपके रहते हैं। 10 मिनट का गेम कब दो-दो घंटों में बदल जाता है, पता ही नहीं चलता और यहीं से शुरू होता है गेमिंग एडिक्शन। मोबाइल गेम में जगमगाती रोशनी आँखों को नुकसान पहुँचा रही है। कुछ लोग मोबाइल हैंडसेट को इस तरह से पकड़ते हैं जिससे उनके कान और कंधे दर्द करने लगते हैं।

निधि

बी.ए. द्वितीय वर्ष

आग

आज समाचार में देखा,
एक इमारत जल कर राख हो गई थी।
इतना आनन-फानन में हुआ सब
28 लोगों की जल कर मौत हो गई थी।

इमारत का मलबा बिखरा हुआ था,
अभी भी सुलगता सा धुआं निकल रहा था।
हो सकता है और भी लाशें दबी होंगी,
उफ! उन लाशों को खोजने का मिशन चल रहा था।
मलबे से निकलता धुआं,
दुहाई दे रहा था
उन सपनों की,
जो दिन दिहाड़े जल कर राख हो गए थे।
पहली मंजिल से आग लगनी शुरू हुई,
उस मंजिल पर प्लास्टिक का सामान बनता था।
सैंकड़ों गरीब उधर काम करने आते थे,
ताकि महंगाई में घर की ज़रूरतें पूरी हो जाएं।
बस यही उम्मीद लगाते थे।
उस मलबे को मैंने ध्यान से देखा,
यह मलबा था उन उम्मीदों का,
जो अब जलकर राख हो गयी थी।
कितने ही परिवारों का,
इकलौता कमाने का सहारा
जा चुका था।

फिर दिखी कुछ सैंडल्स और चप्पल,
जो उन कदमों की गवाही दे रहे थे,
जो घर से निकले तो थे,
पर वापिस न जा सके।

एक थैले में देखा,
गुड़िया पड़ी थी।
शायद वह किसी नन्हीं बच्ची की,
नन्हीं ख्वाहिश से जुड़ी थी।
एक झोले में थी कुछ दवाइयां
जो किसी के जीने की उम्मीद थी।
पर अफसोस!
वो दवाइयां जहां तहां बिखरी पड़ी थी,
एक लेडीज़ पर्स में पड़े थे,
बिजली-पानी के बिल, बच्चों की स्कूल फीस की रसीदें,
जो चीख-चीख वयान कर रही थी,
घर की ज़िम्मेदारी उठाती वह महिला अकेली थी।
वे लोग जलते हुए कितना तड़पे होंगे,
उस आग से नहीं,
बल्कि उस चिंता से,
ये ज़िम्मेदारियां वे आज के बाद पूरा न कर सकेंगे।
कितनी ही जिंदगियां आज उस मलबे में बिखरी पड़ी थी,
कुछ अधूरे सपने जले हुए से ज़मीन पर पड़े थे,
कितने ही घाव ऐसे दिखे उस मलबे में।
जो शायद
अब भी पूरे हो सकते थे।
धू-धू कर सब जलता सा जा रहा था
और मेरा मन बड़ी खामोशी से चिल्लाता-चीखता
सा सुन्न पड़ा था।

डॉ. अंजू वाला
असिस्टेंट प्रोफेसर
ललित कला विभाग

मेरी पहचान

कहीं गुम है, मेरी पहचान,
भीड़ में, अकेलेपन में,
खुशी के बीच, गम में,
कहीं नहीं मिलती खुद की पहचान,
प्यार कह लो, प्रेम कह लो,
मुहब्बत या इश्क उसकी तलाश
है मुझे
अनजान हूँ मैं, खुद की खूबसूरत,
चहकती पहचान से,

किसी और को इश्क करने से
पहले मुझे खुद से इश्क करना है,
मुहब्बत को परवान चढ़ाने से
पहले मुझे अपने साथ सुकून
का वक्त बिताना है।

अमीषा होबो
बी.ए. - द्वितीय वर्ष

जीवन की दिशा बदलती आपकी प्रतिक्रिया

मानसी की सास यूँ तो बहुत अच्छी थी परन्तु वह अपनी छोटी बहू और बड़ी बहू में भेद-भाव करती थी। छोटी बहू स्निग्धा अच्छी नौकरी करती थी और अपने पति से भी ज़्यादा पैसे कमाती थी। पैसे के प्रभाव के आगे सास दोनों बहूओं में बहुत अन्तर करती थी। स्निग्धा का कार चलाना, मोबाइल फोन, महँगी साड़ियाँ, गहने तथा स्वतन्त्र व्यक्तित्व सास की दृष्टि में प्रशंसनीय था। सास स्निग्धा के कपड़े, गहने दिखा दिखाकर मानसी को नीचा दिखाने की कोशिश करती रहती थी। बड़ी बहू कम आमदनी तथा कच्ची नौकरी के कारण संभल कर पैसे खर्चती थी। छोटी बहू अच्छे पैसे कमाती थी, इसलिए वह विशेष अवसरों पर सास तथा ननद के लिए महँगे तोहफे लाती रहती थी। एक दिन बड़ी बहू बरेली से अपने ससुराल में दिल्ली आई हुई थी। मानसी अपने तीन साल के बेटे के लिए राजमा चावल में दही डाल रही थी तो सास ने हाथ रोक लिया और कहने लगी, “बहू बस भी करो अभी स्निग्धा ने भी भोजन करना है।” मानसी हैरान रह गई ऐसी बात नहीं थी कि दही बहुत कम थी।

इसी प्रकार एक बार सभी परिवारगण छुट्टियों में शिमला गए और होटल में ठहरे हुए थे। सभी नाश्ता कर रहे थे। आलू के परौंटे, दही, कटलस आदि बने थे। मानसी स्वास्थ्य समस्याओं के कारण तला भोजन नहीं खाती थी इसलिए उसने केवल आलू की सूखी रोटी ली और दही डालने लगी। अभी वह दही का दूसरा चम्मच डालने ही लगी थी कि सास ने उसका हाथ पकड़ लिया और कहने लगी ‘बस बहू अभी तो मेरी पोती यानि स्निग्धा की बेटी अंकिता ने भी दही खानी है। मानसी कुछ नहीं बोली पर बहुत शर्मिन्दा हो गई। सास का यह व्यवहार उसे परेशान कर गया। बाद में जब सबने नाश्ता कर लिया और जब सामान इकट्ठा कर वापसी की तैयारी कर रहे थे तो मानसी की सास एक बड़ी कटोरी में दही लेकर मानसी के पति अरविन्द के पास लेकर आई और बोली, “बेटा यह दही खा ले।”

मानसी को लगा कि परिवार में यह भेदभाव ही उसके तनाव का मुख्य कारण है। अपनी सास की जगह अगर मानसी होती तो वह तो कभी भी किसी को खाना खाते समय न टोकती। दही तो कोई बड़ी चीज़ नहीं है। अगर खत्म भी हो जाती तो बाजार से तुरन्त मँगवाई जा सकती थी। मानसी छल कपट से परे बहुत सच्ची और प्यार से भरपूर स्त्री थी परन्तु परिवार का ऐसा व्यवहार देखकर वह अपने को अलग-थलग रखने का प्रयास करती। परन्तु मन में उमड़ने वाली प्यार की भावनाओं को तो रोक नहीं जा सकती इसलिए थोड़े समय बाद वह फिर परिवार से स्वयं को जोड़ लेती। उसने पति से इस बारे में कई बार बात की पर पति ने उसे इन बातों पर ध्यान न देने की सलाह दी।

मानसी मन ही मन कुढ़ती रहती जिससे उसकी स्वास्थ्य सम्बंधी समस्यायें बढ़ने लगी। एक दिन उसने निश्चय किया कि अतीत को भूलकर वह नई शुरुआत करेगी। मन में आने वाले कड़वे भावों को बाहर निकालकर वह फिर से पहले वाली प्रसन्नचित, प्यार से सराबोर हृदय वाली मानसी बन गई।

डॉ. आराधना
एसोसिएट प्रोफेसर
हिन्दी विभाग

उम्मीद

उम्मीद और विश्वास का
छोटा सा बीज,
खुशियों के विशाल फलों से
बेहतर और शक्तिशाली है।

मुश्किल नहीं है कुछ दुनिया में,
तू जरा हिम्मत तो कर
खाब बदलेंगे हकीकत में,
तू ज़रा कोशिश तो करा।

उड़ान तो भरनी है, चाहे कई बार
गिरना पड़े।
सपनों को पूरा करना है
चाहे खुद से भी लड़ना पड़े।

जिंदगी में हार तब नहीं
होती जब आप हारते है,
हार तो तब होती है जब
आप हार मान लेते है।

शाहीन

बी. कॉम. द्वितीय वर्ष

मुहब्बत

मुहब्बत चीज़ बड़ी कमाल है,
जो दिन-रात आता है,
वह महबूब का ख्याल है,
मुहब्बत बिगाड़ती ही नहीं,
सँवारती भी है,
फिर भी न जाने क्यों है?
यह जमाना उठाता है सवाल।

मुहब्बत होती नहीं हजारों से,
यह होती है चाँद सितारों से,
जो सच्चे दिल से रिश्ता निभाए,
वही तो सच्चा प्यार है,
मुहब्बत चीज़ बड़ी कमाल है।

जो वक्त पड़ने पर साथ निभाए,
महबूब वह अच्छा है।
आपकी गलतियों पर, आपको समझाए,
उसका प्यार सच्चा है।
कभी आपकी ख्याल रखने वाली माँ,
तो कभी वह बन जाता आपका यार है।
मुहब्बत चीज़ बड़ी कमाल है,
मुहब्बत चीज़ बड़ी कमाल है।

अनुशिखा मेहता

बी. कॉम. द्वितीय वर्ष

यादें

बचपन की यादें
जैसे गुलों की महक से लवरेज़ हवा,
जैसे सुरमई बादलों की घटाओं की छआ
जैसे रिमझिम बरसती बारिश की झड़ी,
जीवन के संघर्ष से थके शरीर तथा
कटी पतंग जैसे,
डोलते अस्तव्यस्त मन को देती हैं सुकून।
लेती है सम्भाल।

जुग-जुग जिये ये यादें।
जुग-जुग जियें ये यादें।

डॉ. आराधना

एसोसिएट प्रोफेसर

मिलो न कभी

मिलो न कभी
तुमसे एक बात बोल दूं, खुद से जो
कहता हूं वह राज खोल दूं ?
यह इश्क है, मुहब्बत है, न
जाने और क्या है?
ख्यालों में, इन राहों में, बस
तुम्हारा चेहरा है।
मिलो न कभी खुद को
हम अब खोते जा रहे हैं
तन्हा इन रातों में, रफ्ता-रफ्ता
तेरे होते जा रहे हैं।

निकिता

बी. कॉम-प्रथम वर्ष

गर्व

हम है भारत के वासी
हमें साथ चलना आता है।
आए चाहे कितनी विकटता,
हमें साथ निभाना आता है।
गूंज रहा धरती पर हमारा नगाड़ा,
चमक रहा आसमान में देश हमारा।
आन देश की शान देश की,
तीन रंगों में रंगा तिरंगा।
आओ चलें नमन करें,
दें सलामी देश को।
रखें हमेशा सदा ही ऊँचा
इसकी आन, बान शान को।

नन्दिनी

बी. कॉम-तृतीय वर्ष।

एक गरीब और जवान लड़की की किस्मत का अचानक बदलना

एक समय की बात है। एक गाँव में एक गरीब लड़की रहती थी। वह गरीब बेशक थी मगर दिल की साफ, दयालु एवं पढ़ी लिखी थी। शुरू से ही उसके पिता जी ने उसे पढ़ाने पर ज़ोर दिया था। वह बहुत मेहनती भी थी। वह अब नौकरी की तलाश कर रही थी। एक दिन जब वह नौकरी की तलाश के लिए घर से निकली, तब रास्ते में उसे एक रोता हुआ बच्चा दिखा और उससे रहा न गया। उसने बच्चे से रोने का कारण पूछा तो पता लगा कि वह बच्चा अपने माता-पिता से बिछड़ गया है। लड़की ने उसे अपनी पूरी जान लगाकर उसके माता-पिता से मिलवा दिया। जब लड़के के माता-पिता को पता चला कि लड़की ग्रेजुएट है और नौकरी की तलाश कर रही है तो उन्होंने उसे अपनी कंपनी में मैनेजर की नौकरी दी। जिससे उसकी किस्मत बदल गयी। अब वह अपने माता-पिता का नाम रोशन कर रही है। उसके लिए एक अच्छा वर भी मिल गया। उसका पति उसका पूरा ख्याल रखता है और उसे उसके सपनों की उड़ान भरने में उसकी मदद करता है।

शिक्षा : अगर दिल साफ है, शिक्षा का साथ है, मन में जज्बा है कुछ करने का, तो सवाल ही नहीं है हारने का।

अणुशिखा मेहता

बी. कॉम. द्वितीय वर्ष

बदलता भारत

आओ सुनायें एक कथा
उस देश की जो कहलाता था कभी।
सोने की चिड़िया।
बढ़ रहा है देश,
बदल रहा है देश,
दुनिया की नज़रें इस पर
लाजवाब है बदलाव की गति।
सड़कें हो या जनता,
सबकी बदली है दशा।
अपनी जिम्मेदारी है समझी
स्वच्छता हो या हरियाली।
अंतरराष्ट्रीय स्तर पर छवि है बदली,
यह बात तो सबने मानी,
बदला है भारत,
मेरा प्यारा भारत।
डिजिटल इंडिया, मेक इन इंडिया,
है हमारा ध्येय,
बन रहे हैं आत्मनिर्भर।
बदल रहा है भारत,
मेरा प्यारा भारत।

सिमरनजीत कौर पुंज

बी. कॉम तृतीय वर्ष।

भारत

लहर-लहर लहराया है,
अपना जान से प्यारा तिरंगा।
भारत के हर जन में बहती,
प्रेम भाव की निर्मल गंगा।
सुख समृद्धि के प्रतीक,
कल कारखाने व खेत-खलिहान।
सदा विश्व का प्रथम गुरु रहे,
अपना प्यारा हिन्दुस्तान।
ऊँचे पर्वत, बहती नदियाँ,
सीमाओं पर वीर जवान।
भेदभाव से कोसों दूर रहे,
अपना प्यारा देश महान।
राम, कृष्ण गांधी का भारत,
ईश्वर-अल्लाह की यह धरती,
सम्पूर्ण धरा पर यही स्वर्ग
मेरा प्यारा भारत महान्।

तनीशा सेठी

बी. कॉम द्वितीय वर्ष

अखंड भारत-सशक्त भारत

सफलता की सीढ़ियाँ चढ़ता, जो देश महान् है
वह सबसे प्यारा देश हमारा, भारत हमारी शान है।
भूमि यह वीर शहीदों की, बढ़ाता स्वाभिमान है।
तिरंगे के तीन रंग हर भारतीय की जान है।
यहाँ पर है आशियाना हर धर्म का,
हमें देश के प्रति अपना कर्तव्य निभाना है।
देश के जवान इस देश की शान हैं,
देश पर कर प्राण न्यौछावर, कहलाते सच्चे लाल हैं।
सेना करती है इसकी रक्षा देकर अपनी जान
किसान, अध्यापक, कलाकार भी देते है
अपना योगदान।
मुश्किल समय में हाथ मिलाकर देते है।
एकता का प्रमाण.....

भिन्न-भिन्न भाषायें, कला, विज्ञान
साहित्य भरते है इसका दामन।
कश्मीर से कन्या कुमारी तक फैले,
भारत पर हमें अभिमान है।
भारत का रूप अखंड है,
इसका वैभव, प्रतिष्ठा हमारा गर्व है।
भारत का विकास, विश्व को दे रहा चुनौती,
आओ एकजुट, होकर करें इसे प्रमाण !
जियो भारत। बेटा भारत। क्रांति की
राह पर चलते रहो भारत।

साक्षी हर्षवाल

बी. कॉम-प्रथम

क्या हम सच में आजाद हैं?

छोड़ गए अंग्रेज़ भारत 1947 में,
आजाद है अब देश हमारा।

यह मैं नहीं, मेरे देश के लोग कहते हैं।

पर क्या हम सच में आजाद हैं?

आजाद नहीं हैं हम, यह तो बस एक भ्रम है हमारा
हमें तो आज भी अपने घर से बाहर निकलने में,
घबराहट होती है, कहीं कोई दरिदा किसी सूनसान
सड़क पर बैठा, हमारा इंतज़ार कर रहा हो।

आजाद नहीं हैं हम, ये तो बस एक भ्रम है हमारा

आजाद उस दिन हो जाएंगे हम, जिस दिन हमें

चार लोग क्या कहेंगे? इस बात की चिंता नहीं सतारेंगी।

आजाद उस दिन हो जाएंगे हम, जिस दिन जाति-पाति का
अंत हो जायेगा।

आजाद उस दिन हो जाएंगे हम जिस दिन नर और

नारी को एक समाज माना जायेगा

आजाद उस दिन हो जाएंगे हम, जिस दिन 'रंग भेद का
अंत'

हो जायेगा।

आजाद नहीं हम, यह तो बस एक भ्रम है हमारा।

प्रियम सिंह

बी. कॉम. तृतीय वर्ष

कविता प्यार

प्यार एक खूबसूरत अहसास है,

प्यार में परमात्मा का वास है,

प्यार वह पवित्र नदी है,

जो हर व्यक्ति के दिल में,

बहती है, प्यार का उम्र से

कोई लेना देना नहीं होता,

प्यार तो व्यक्ति के जीने,

की वजह बन जाता है,

यदि सही इंसान से किया,

गया हो, प्यार एक पवित्र

एहसास है जो हर व्यक्ति,

के दिल में है, जब

हमें किसी व्यक्ति से

प्रेम होता है, तो कोई

खामी हमें उस व्यक्ति मे

नज़र नहीं आती। प्यार एक

खूबसूरत अहसास है। प्यार

व्यक्ति की सोच में बदलाव

लाता है। प्यार व्यक्ति को

बदलाव के रास्ते पर ले जाता है

प्यार एक खूबसूरत अहसास है।

कोमल देवी

बी. ए. तृतीय वर्ष

गुबरैला

देहातों में एक कीड़ा पाया जाता है, जिसे गुबरैला कहा जाता है। उसे गाय, भैंसों के ताजे गोबर की बू बहुत भाती है। वह सारा दिन गोबर की तलाश में निकलता है और सारा दिन गोबर का गोला बनाना शुरू कर देता है। शाम तक वह गोबर का एक बड़ा सा गोला बना लेता है और उस गोले को धकेलते हुए अपने बिल तक ले आता है। बिल पर पहुँच कर उसे पता चलता है कि गोला तो उसके बिल के द्वार से बहुत बड़ा है। बहुत प्रयत्न के बाद भी वह उस गोले को बिल के अन्दर धकेल नहीं पाता और मायूस होकर अपने बिल में चला जाता है। यही हाल मनुष्य का भी है। वह जिन्दगी भर धन एकत्रित करने में लगा रहता है। अन्त समय आने पर उसे पता चलता है कि वह तो उस धन को साथ नहीं ले जा सकता। तब वह जीवन भर की कमाई, को बड़ी हसरत से देखते हुए इस संसार से विदा हो जाता है।

स्नेहा प्रजापति

बी. ए. प्रथम वर्ष

राजा परीक्षित की कथा

राजा परीक्षित अर्जुन के पुत्र अभिमन्यु के पुत्र थे। जब यह गर्भ में थे तब अश्वत्थामा ने ब्रह्मास्त्र से परीक्षित को मारने का प्रयत्न किया था। कृष्ण ने अपने योग बल से उत्तरा के मृत पुत्र को पुनः जीवित कर दिया था। महाभारत के अनुसार कुरुवंश के परीक्षित होने पर जन्म होने से वे परीक्षित कहलाए। जब पांडव संसार से उदासीन हो चुके थे और तपस्या करने के अभिलाषी थे, वे परीक्षित को हस्तिनापुर का शासन सौंप कर द्रौपदी के साथ तपस्या हेतु प्रस्थान कर गए। ऐसा माना जाता है कि परीक्षित के समय में द्वापर का अंत और कलियुग का आरम्भ हुआ था। भागवत पुराण के अनुसार एक दिन राजा परीक्षित को ज्ञात हुआ कि कलियुग उनके राज्य में प्रवेश कर गया है और अधिकार स्थापित करने का अवसर देख रहा है। परीक्षित उसे ढूँढने निकले ताकि उसे राज्य से बाहर निकाल दें। एक दिन इन्होंने देखा कि एक गौ, एक बैल, और एक अनाथ कातर भाव से खड़े हैं।

एक व्यक्ति जिसका वेष, आभूषण तथा ठाठ-बाट राजा के समान था, उन्हें प्रताड़ित कर रहा था। बैल का केवल एक पैर था। राजा ने उन तीनों का परिचय पूछा। गौ ने बताया कि वह पृथ्वी है, बैल धर्म है और वह व्यक्ति कलिराज है। धर्मरूपी बैल के तीनों पैर-सत्य, तपस्या तथा दया (रूपी पैर) कलियुग ने काट दिए थे। केवल एक पग 'दान' के सहारे वह भागने का प्रयास कर रहा था और कलियुग सतत उसका पीछा कर रहा था। यह बात जानकर राजा परीक्षित को बड़ा क्रोध आया और वह उसका वध करने को उद्यत हुए। परन्तु कलि गिड़गिड़ाने लग गया। तब राजा ने उसे रहने के लिए केवल पाँच स्थान दिये। वे पाँच स्थान थे-जुआ, स्त्री, मद्य, हिंसा और स्वर्ण। कलि ने प्रतिज्ञा की कि वह इन पाँच स्थानों के अतिरिक्त कहीं नहीं रहेगा। राजा ने पाँच स्थानों के साथ उसे पाँच वस्तुएं भी दीं जो थीं- मिथ्या, मद, काम, हिंसा तथा वैरा।

इस घटना के बाद महाराज परीक्षित एक दिन शिकार खेलने निकले। कलियुग तो लगातार परीक्षित को समाप्त करने का मौका ढूँढ रहा था ताकि वह बिना किसी बाधा के राज्य कर सके। राजा का मुकुट सोने का बना हुआ था अतः कलियुग उसमें प्रवेश कर गया। राजा शिकार करते-करते अपने घोड़े पर एक हिरण का पीछा कर रहे थे पर हिरण हाथ न आया। राजा थक गए थे और प्यास भी लग रही थी। वन मार्ग में एक वृद्ध ऋषि शमीक का आश्रम था। राजा ने ऋषि से हिरण के बारे में पूछा। ऋषि मौन धारण किए हुए थे इसलिए राजा के प्रश्न का उत्तर न दे सके। ऋषि के इस व्यवहार से राजा क्रोधित हो गया। कलियुग तो सिर पर सवार था ही अतः राजा ने ऋषि को घमंडी समझ कर उनके पास ही मरे हुए साँप को अपने तीर की नोक से उठाकर ऋषि के गले में डाल दिया। ऋषि का एक पुत्र था जिसका नाम था-श्रृंगी। वह उस समय आश्रम में नहीं था। आश्रम लौटने पर जब उसने अपने पिता के गले में मरा हुआ साँप देखा तो क्रोधित होकर उसने शाप दिया कि जिस व्यक्ति ने यह काम किया है उसे सात दिन के भीतर ही तक्षक नामक साँप डसकर मृत्यु लोक पहुँचा दे। जब परीक्षित को पता चला तो उसने समझ लिया कि वह शाप तो अटल होगा इसलिए उसने अपने पुत्र जनमेजय को राजा बना दिया और स्वयं मंत्रियों के कहने पर एक ऊँचे महल पर सब ओर से सुरक्षित होकर रहने लगे। तक्षक को यह ज्ञात हुआ वह किसी प्रकार परीक्षित तक पहुँचने का उपाय खोजने लगा। मंत्रियों ने ऋषि कश्यप को भी बुला भेजा जो सर्पदंश का इलाज जानते थे। तक्षक ने ऋषि कश्यप को बहुत अधिक धन देकर उनका मन बदल दिया। तक्षक फलों में एक कीट का रूप धारण कर राजा तक पहुँच गया। अन्ततः वह मृत्यु को प्राप्त हुए। तक्षक द्वारा अपने पिता की मृत्यु के बारे में सुनकर उसने पुत्र जनमेजय ने एक सप्ताह के भीतर तक्षक को मारने की कसम ली। उसने नाग दाह यज्ञ शुरू किया, जिससे ब्रह्माण्ड के सर्प एक-एक करे हवन कुंड में गिरने लगे। तक्षक हवन कुंड में गिरने लगे तो इन्द्र ने उसे खींचकर बचाने का प्रयास किया। यज्ञ करने वाले मुनि 'इन्द्राय स्वाहा तक्षकाय च स्वाहा का जाप करने लगे तो तक्षक के साथ इन्द्र भी खिंचने लगे। लेकिन अस्तिका मुनि ने यज्ञ को ऐसा करने से रोक दिया। इस प्रकार तक्षक को बक्शा गया और जनमेजय ने अपने नाग दाह यज्ञ को रोक दिया। उस दिन सावण के महीने में शुक्ल पक्ष पंचमी थी तब से उसे नाग पंचमी के रूप में मनाया जाता है।

ज्योति गुप्ता

बी. ए. द्वितीय वर्ष

हकीम लुकमान

एक बार हकीम लुकमान और उसका बेटा आपस में बातें कर रहे थे। तभी बेटे ने पूछा कि, “पिता जी अगर भगवान् मुझसे कुछ माँगने के लिए कहें, तो मैं क्या माँगू? लुकमान ने जवाब दिया कि “परमार्थ का धन मांगे।” बेटे ने सोचा यह तो दूसरों को देने के लिए होगा इससे उसे क्या फायदा। फिर उसने पिता से कहा कि, “पिता जी अगर ऊपर वाले ने एक और इच्छा पूछी तो क्या माँगू?” पिता ने बोला, “पसीने की कमाई माँग लेना।” बेटे ने सोचा पसीने की कमाई परमार्थ में लुटाना भी कोई बताए हुए। उसने फिर पिता से पूछा कि शायद इस बार पिता जी उसे अपने लिए कुछ माँगने के लिए कहें। पिता ने तीसरी बार बोला, “बेटा इस बार उदारता माँग लेना।” बेटा फिर बेचैन हो गया पर उसने धैर्य न छोड़ा। एक बार फिर पिता से वही प्रश्न दोहराया। लुकमान ने जवाब दिया “बेटा शर्म माँग लेना।” बेटे को चौथी बार भी मनोकूल उत्तर नहीं मिला। उसने एक बार फिर पूछा, “पिता जी, ऊपर वाला एक बार फिर माँगने को बोले तो?” “इस बार अच्छा स्वभाव माँग लेना।” लुकमान ने शांत भाव से जवाब दिया। बेटा भी कहाँ मानने वाला था। एक बार फिर उम्मीद से बोला “पिता जी, ऊपर वाला....” इससे पहले कि वह अपना सवाल पूरा कर पाता, लुकमान ने उसे बीच में ही टोकते हुए कहा, “बेटा जिन लोगों के पास ये पाँच चीजें होती हैं उन्हें माँगने के लिए कुछ बचता ही नहीं है।”

इस घटना से स्पष्ट होता है कि खुशहाली का रास्ता यही है। हमें इसी रास्ते पर चलना चाहिए। हमें एक चीज़ मिलती है तो हम खुश हो जाते हैं। कुछ दिनों बाद हमें दूसरी वस्तु को पाने की इच्छा होने लगती है। हम जीवन भर असंतुष्ट रहते हैं और पाने की इस दौड़ में जीवन भर बेचैन रहते हैं। हकीम लुकमान द्वारा बताए इस मंत्र पर गौर करें तो हमारा जीवन सुखद तथा शांत हो सकता है।

मुस्कान

बी. ए. प्रथम वर्ष



‘Through the Sands of Time: Glimpses of our College Over the Past 50 Years’



College in 1995-96



College in 2018-19



College in 2018-19



College in 2022-23



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