



English Section



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Don't Give Up



*Don't give up and don't give in,
 It's all in the Lord's hands,
 No matter what you are facing,
 He is the one who can,
 In any situation.
 His grace can turn it around,
 So you can be victorious,
 As his love does abound,
 By knowing the beginning and end,
 That's all in between.
 So put your faith in him,
 For him all is seen,*



*He knows about your hard work,
 He knows about your pain,
 And definitely will help you to regain.
 So don't give up and don't give in.
 Don't quit before it's time in life,
 God's grace will give
 you positive power,
 To make it to the finish
 line with enthusiasm,
 Don't give up and don't give in.*

Mannika

B.A. I

Roll No. 3195620038

Self-reflection - Seeing Beauty Everywhere



There was a busker playing his violin just outside Washington DC metro station. He was wearing normal busker clothes. He was playing one of the most expensive violins ever and some of the most beautifully composed music from the most talented artists and talented composers. The funny thing, a thousand and ninety seven people walked past and barely any one really connected, barely anyone was engaged. In just under an hour, he'd accrued about just over 30 dollars and that's not a bad amount for a busker but the fascinating thing was that just a week before he had sold out an arena for \$100 per seat. This was actually a social experiment conducted by the Washington DC post which showed- do we miss beauty when we see it unexpectedly? Are we not able to observe beauty, observe talent? Is it that we miss the most amazing things in the world just because we don't see them on television or they are not presented to us in a set format or in a certain package or in a certain box? One should focus one's life on observing little things because one day you'll look back and realize

they were the big things we miss, the sparks of brilliance, we miss the joys of nature, we miss the blooming of flowers, we miss all of these sensations. Reducing the pace of life doesn't mean becoming slow or less ambitious. That actually means that we take more time to regenerate, rejuvenate and we energize ourselves. We can actually find how we can be guided and navigate life because the egos have little ears and that means we can't hear properly because the truth is everything has beauty, everything has life everything has energy, but we don't have the eyes to see it ,we don't have the eyes to perceive it ,we don't have the eyes to appreciate it but we can have those ,we can actually develop inside ,we can actually develop new ways of looking at things simply by becoming more attentive simply by becoming more mindful ,simply by becoming better observers of reality rather than participants. What we need to do is just to think out loud!!!

Nidhi

B.C.A. I

Roll No. 3282720015

Childhood Beauty Pageants or Childhood Exploitation



It's no secret that childhood Beauty pageants are pretty controversial. From their link to devastating tragedies like murder of Jon Benet Ramsey to quintessentially "trash television" shows like *Here comes Honey boo boo*,

pageants have given rise to serious questions regarding child exploitation.

One can certainly argue that child beauty pageantry is nothing more than a form of playing dress up and having

a good time. Yet, there does seem to be a difference between the good old fashioned fun of putting on pearls, lipsticks and a sparkly dress and being made to dress like a Las Vegas show girl. When television series *Toddlers and Tiaras* premiered, it almost immediately became a major point of contention. The program's detractors accused its adult participants of a range of highly questionable behavior. Some of the show's most notable controversies included an instance when a 4 years old, Dolly Parton was padded with fake breasts. Another little girl smoked on stage.

Why would a child want to erase wrinkles? It's a good question, and was answered by pageant mom Kerry Campbell in 2011, after she admitted to injecting her then 8 years old daughter Britney with Botox. She said that children don't look good with wrinkles and other mothers were giving more harmful chemicals; so what if we did botox.

As far as I have analysed the depth to cosmetic surgeries, I found that the models are hit with the

sense of insecurities regarding their appearances as well as their value and position in the fashion industry. I want to tell every girl reading it that fake nails and teeth, false eyelashes and hairpieces don't make you beautiful. Beauty comes from the inside. The outer beauty will fade one day but your character and conscience will never. Try to beautify your thoughts and not just the outer looks. Every face and body, every colour and complexion, every shape and size is beautiful. Realise your worth. Also, parents should not force their daughters to participate in such 'lower than hell' shows. Little girls are not that mature and sometimes I feel that their parents aren't either.

Most importantly, the work of childhood is to play. That's why, let the children be children. Put the parents on the catwalk if they want to compete and see how they feel about it at the end of the day.

Sarika

B.A. II

Roll No. 2314320187

Happiness



"If you aren't grateful for what you already have, what makes you think you would be happy with more."

-Roy T. Bennett

Happiness is a very complicated thing. Happiness can be used both in the context of a person's emotional and mental state. It can vary largely from a feeling of contentment to a very intense feeling of joy. It can also mean a life of satisfaction, well-being and so much more. Happiness is a very difficult phenomenon to describe as it is something that can



be felt only. Happiness is very important if we want to lead a very good life. Sadly, happiness is absent from the lives of a lot of people nowadays. We all have our own very different perception of happiness. As we might probably know, happiness is nothing more than the state of one being content and happy. A lot of people in the past, present and some (even in the

future will) have tried to define and explain what they think happiness really is. So far, the most reasonable one is the one that sees happiness as something that can only come from within a person and should not be sought for outside in the world. A lot of us try to find happiness where it is not. We associate and equate money with happiness. If at all there is happiness in money then all of the rich people we have around us would never feel sad. What we have come to see is that even the rich amongst us are the ones that suffer from depression, relationship problems, stress, fear and even anxiousness. A lot of celebrities and successful people have committed suicide. This goes a long way to show that money or fame does not guarantee happiness. There is a saying that explains that one can only get true happiness when one comes to the realisation that only one can make himself/herself happy. We can only find true happiness within ourselves and we can't find it in other people. This saying and its meaning is always

hammered on in different places but we still refuse to fully understand it and put it into good use. It is very important that we understand that happiness is nothing more than the state of a person's mind. Happiness cannot come from all the physical things we see around us. Only we through our positive emotions that we can get through good thoughts have the ability to create true happiness. Once you realise that happiness is a product of our own mind so if we want to live a happy life, we need to work on our happiness every day.

Every day, we should take account of the things that make us happy and enjoy them. Be aware of them, and do more of what makes you happy and what doesn't to allocate our energy and time accordingly. Why would we want to do more of what makes us hate us more makes us uncomfortable ultimately feeling unhappy!

Sidhi Sharma

B.A. III

Roll No. 1578820012

MeToo Campaign: Tool to Trap or Breaking Silence to Win the War



The MeToo Movement is a movement against sexual harassment and sexual assault which was initiated in 2006 by a social activist Tarana Burke in America to help survivors of sexual violence, particularly non-white young women who were not so well off to find ways to make them come out of the aura that they had suffered. It gained momentum in October 2017 when a tweet asking the victims and survivors of sexual

assault came out, accepting the bitter truth of the society and letting others know that they are not alone. It began to spread virally as a hash tag on social media in an attempt to demonstrate the widespread prevalence of sexual assault and harassment, especially in any workplace.

Year 2017 that sparked off the "MeToo Campaign" after the heavy Weinstein Scandal in the US has motivated the women to throw allegations in India especially the Bollywood and Media arena.

Many men in the field of art, media and films have been called out by women who accused them of sex harassment and inappropriate behaviour. Were these allegations genuine or were they made to hit headlines which later result in defamation suits against women? Cases in courts filed by these women for the alleged sexual harassment that is said to have happened 10-15 years ago, have started piling up. One of the interesting facts is that only famous personalities are being made accused in these cases like- Bollywood actors Alok



Nath; Nana Patekar who are facing the brunt of MeToo campaign and trying to get their reputation back.

The idea behind this movement was "Empowerment Through Empathy" and to bring forward the Silence Breakers i.e. any man or woman who come forward to say that they had been the victim of abuse. The movement has recently gained momentum in India as more women have begun sharing their experiences of sexual harassment on social media and also with the huge involvement of celebrities like Lady Gaga; Rachel Wood and many more who are making their fans aware by tweeting.

In the coverage of #MeToo, there has been widespread discussion about the best way for sufferers of sexual abuse or harassment to stop what is happening to them at work. There is general agreement that a lack of effective reporting options is a major factor that drives unchecked sexual misconduct in the workplace.

False reports of sexual assault are rare but when they happen, they are put in the spotlight for the public to see. The media does this to portray the image that the majority of the reported sexual assaults are falsely reported by women. However, falsely reported sexual assaults only make up 2%–10% of the total number that are reported. This does not even take into account the number of women that still do not report their stories. This is yet another reason why women are scared to report their experiences with sexual assault because they are afraid that no one will ever believe their story and in the process they will have embarrassed and humiliated themselves.

The use of the #MeToo hashtag on social media spread quickly in India, where sexual harassment is commonly referred to by the word 'eve-teasing', a term described as misleading, tame, and diluting the seriousness of the crime. In response to #MeToo, there have been attempts to teach Indian women about workplace rights and safe reporting, as well as educate men about the scope of the problem. In France, a person who makes a sexual harassment complaint at work is reprimanded or fired 40% of the times, while the accused person is typically not investigated or punished. In the United States, a 2016 report from the Equal Employment Opportunity Commission states that although 25–85% of women say they experience sexual harassment at work, few ever report the incidents, most commonly due to fear of reprisal.

This movement empowered the women to form a community and help each other in talking about the bitter truths of sexual abuse in the world and has helped the victims better fit in the society. It raised awareness among women about their rights as an individual in the work place or outside and helped men understand the consequences of the same. This has helped bring out the buried truth and brought them to justice in the eyes of the world. The criticism of this could cause possible trauma to the victims as it publicizes the assault and harassment of the victims which in turn can re-trigger their trauma and anxiety. But each and every new change takes some time to heal or cure the problem.

Simer

B.Com. III

Roll No. 1578620036

Domestic Violence and Women

"If you want to know what it's like to survive hell and still come out shining brighter than the sun, just look into the eyes of a woman who has survived intense damage and refused to allow it to destroy her softness".



-Anonymous

Domestic violence against women is the most common term for all. One of the reasons for it being so prevalent is the orthodox thinking and idiotic mind set of the society that women are physically and emotionally weaker than the males. Though women today have proved themselves in almost every field of life affirming that they are no less

than men, the reports of violence against them are much larger in number against men. According to the United Nations Population Fund Report, around two-third of married Indian women are victims of domestic violence and as many as 70% of married women in India between the age of 15-49 are victims of beating, rape or forced

sex. In India, more than 55% of the women suffer from domestic violence. The most common causes for women stalking and battering include dissatisfaction with dowry and exploiting women for more of it, arguing with the partner, refusing to have sex with him, neglecting children, going out of home without telling the partner, not cooking properly and many more. Violence against young widows has also been on a rise in India. More often they are cursed for their husband's death and are deprived of proper food and clothing. One of the severe



VIOLENCE -AGAINST- WOMEN

side effects of domestic violence against women is its effect on her children. They get used to such happenings at home and have a tendency to reciprocate the same in their lives. It's common especially in rural homes of India which are victimized by the evil of domestic violence. Battered women have a tendency to remain quiet and emotionally disturbed after the occurrence of the torment. A working woman may drop out from work place because of the ill-treatment, she may even lose her efficiency in work. Her health may deteriorate if she is not

well physically and mentally. Some women leave their home immediately after few atrocious attacks. Many such women come under rescue of NGO's. A very important question in the wake of domestic violence remedies is that what exactly we are looking for in the process of minimising their occurrences. Having looked at a sensitive topic of 'Domestic violence against women' we can sense the importance of discussing such a topic. The varying causes which can spark off the violence within the four walls of homes need to be analysed

carefully and a wise study of the factors causing the violence may prevent a family to suffer from the menace of domestic violence. Domestic violence may have a far wider and deeper impact in real life than what has been covered in this essay. What is required to see closely the association of the factors provoking a particular form of domestic violence in order to control them.

Tanya
B.A. II

हिन्दी विभाग

प्राध्यापिका संपादक
डॉ. सुनीता सलारिया

छात्रा सम्पादक
हरमनदीप कौर (बी.ए. तृतीय)

अनुक्रमणिका

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बस! नजरिए का फ़र्क है



एक गाँव में कुछ मजदूर पत्थर के खंभे बना रहे थे। उधर से एक साधु गुजरे। उन्होंने एक मजदूर से पूछा-यहाँ क्या बन रहा है? उसने कहा-देखते नहीं पत्थर काट रहा हूँ। साधु ने कहा-हाँ, देख तो रहा हूँ। लेकिन यहाँ बनेगा क्या? मजदूर झुंझला कर बोला-मालूम नहीं। यहाँ पत्थर तोड़ते-तोड़ते जान निकल रही है और इनको यह चिंता है कि यहाँ क्या बनेगा? साधु आगे बढ़े। एक दूसरा मजदूर मिला। साधु ने पूछा- यहाँ क्या बनेगा? मजदूर बोला-देखिए साधु बाबा, यहाँ कुछ भी बने। चाहे मन्दिर बने या जेल, मुझे क्या। मुझे तो दिन भर की मजदूरी के रूप में 100 रुपए मिलते हैं। बस शाम को रुपए मिले और मेरा काम बने। मुझे इससे कोई मतलब नहीं कि यहाँ क्या बन रहा है? साधु आगे बढ़े तो तीसरा मजदूर मिला। साधु ने उससे पूछा-यहाँ क्या बनेगा? मजदूर ने कहा-मन्दिर। इस गाँव में कोई बड़ा मन्दिर नहीं था। इस गाँव के लोगों को दूसरे गाँव में उत्सव मनाने जाना पड़ता था। मैं भी इसी गाँव का हूँ। ये सारे मजदूर इसी गाँव के हैं। मैं एक-एक छैनी चलाकर जब पत्थरों को

गढ़ता हूँ तो छैनी की आवाज में मुझे मधुर संगीत पड़ता है। मैं आनंद में हूँ। कुछ दिनों बाद यह मन्दिर बनकर तैयार हो जाएगा और यहाँ धूमधाम से पूजा होगी, मेला लगेगा, कीर्तन होगा। मैं यही सोचकर मस्त रहता हूँ। मन्दिर बनाने की मस्ती में मैं रात को सोता हूँ तो मन्दिर के खम्भों को तराशने के लिए चल पड़ता हूँ। बीच-बीच में जब ज्यादा मस्ती आती है तो भजन गाने लगता हूँ। जीवन में इससे ज्यादा काम करने का आनंद कभी नहीं आया। साधु ने कहा- यही जीवन का रहस्य है मेरे भाई। बस नजरिए का फ़र्क है। कोई काम को बोझ समझ रहा है और पूरा जीवन झुंझलाते और हाय-हाय करते बीत जाता है लेकिन कोई काम को आनंद समझ कर जीवन का लुत्फ़ ले रहा है।

अनीता
बी.ए. तृतीय वर्ष
1578820116

सोच



आपको पता है?
हमारे कॉलेज में विवाहित लडकियाँ भी आती हैं, पढने।
शादी हो गई,
अब पढ़कर क्या करेगी?
पढ़ाई तो अच्छे रिश्ते के लिए की जाती है ना
बेकार समय बर्बाद करती हैं।
घर नहीं संभाल सकती अपना?
“जितनी जिसकी सोच”
पड़ोस वाली दादी का देहांत हो
गया।
बेचारी बेटे की सन्तान भी न देख सकी
पर उनकी तो दो पोतियाँ है ना
अरे पागल! पोता तो नहीं है।
मतलब पोती सन्तान नहीं होती?
“जितनी जिसकी सोच”
माँ! सुनो ना,
ये मुझसे मार-पीट करते हैं।
हर दिन अलग बात,
नया झगड़ा और सबका गुस्सा
मुझपर आकर निकलता है

मैं अपने घर आ जाऊँ क्या?
नहीं! कैसी पागलों जैसी बातें कर रही हो।
अब वही घर है तुम्हारा,
पति-परमेश्वर होता है।

अभी कह देती हूँ “सम्भल जा”

“जितनी जिसकी सोच”

जैसी जिसकी सोच,

वैसी उसकी सोच।

“सोच”

हर किसी की ‘अपनी’ सोच, ‘सही’

सोच पर,

वो सोच सब पर क्यों थोपी जाती

है?

हमारी ‘अपनी’ सोच

और इसे तब तक तोड़ा-मरोड़ा जाता है,

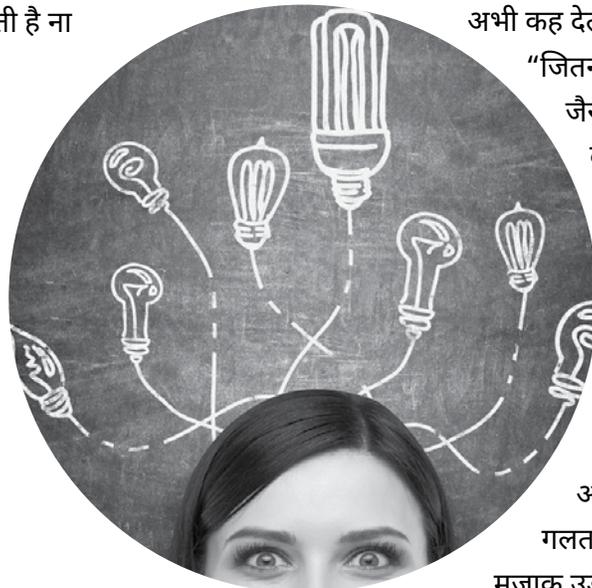
गलत ठहराया जाता है,

मजाक उड़ाया जाता है,

जब तक हम भी अपनी सोच त्यागकर

वही ‘सामान्य’ सोच न अपना लें।

पर अब ऐसा नहीं होगा



अब अच्छे दिन आएँगे,
इस बार उन्हें देश के प्रधानमंत्री नहीं,
बल्कि देशवासी, अपनी 'स्वतंत्र-सोच' द्वारा लायेंगे।

सारिका
बी.ए. द्वितीय वर्ष
2314320187

ना मारो बेटी

ना मारो ना मारो बेटी पाप भयंकर है।
जननी और जन्म भूमि स्वर्ग से बढ़कर है।
अर्थ करो दयावान का दोहा क्यों ये घर-घर है।
जननी और जन्म भूमि स्वर्ग से बढ़कर है।
ना मारो ना मारो बेटी पाप भयंकर है।
लाख बुराइयाँ हो लड़कों में, एक नजर न आती है।
उस बेटी से नफरत क्यों, जो दुःख-सुख की साथी है।
बेटी बोझ नहीं, ये तेरी सोच में गड़बड़ है।
जननी और जन्म भूमि स्वर्ग से बढ़कर है।
ना मारो ना मारो बेटी पाप भयंकर है।
बाबुल का धन कितना भी हो, ना हिस्सों की बात करें।
गर्भ में मार मुकाने का, फिर बाबुल क्यों पाप करें।
बेटी बची तो जगत बचेगा, एक ही मन्त्र है।
जननी और जन्म भूमि स्वर्ग से बढ़कर है।
ना मारो ना मारो बेटी पाप भयंकर है।
बेटी, बहन, बहू बनती बहू से माँ हो जाती है।
सृष्टि रचयिता के बाद, ये संसार रचाती है।
ये उपजाऊ धरती जैसी, ना के बंजर है।
जननी और जन्म भूमि स्वर्ग से बढ़कर है।
ना मारो ना मारो बेटी पाप भयंकर है।
प्रभु ने नहीं बक्शी बेटों में, नर्म दिली बेटी में जो
माँ हो दुखी या बाप दुखी, वो देती है पहले रो।

बेटी और बेटे में इतना जान लो अंतर है।
जननी और जन्म भूमि स्वर्ग से बढ़कर है।
ना मारो ना मारो बेटी पाप भयंकर है।
कर-कर काम गृहस्थी का माँ जब थक जाती है।
कपड़े धो, कभी बर्तन धो, बेटी हाथ बंटाती है।
सदा ना राही साथ रहे, मेहमान ये घर पर है।
जननी और जन्म भूमि स्वर्ग से बढ़कर है।
ना मारो ना मारो बेटी पाप भयंकर है।



रीटा
बी.ए. द्वितीय वर्ष
2314320057

नारी

नारी है वो नहीं किसी पर बोझ,
फिर भी वही किसी पर बोझ।
माँ दुर्गा का है वो स्वरूप,
ममता का है वो रूप।
फिर भी वही परेशान होती है हर रोज।
बेटे जो होते हैं चिराग हर घर के,
नारी ही लाती है उन्हें जन्म देकर

हर दर्द को सह कर
नारी तो घर की शान होती है,
अपनों की पहचान होती है।
फिर भी वही तकलीफों की शिकार होती है,
हर रोज बस नारी ही बलिदान होती है।।



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हिन्दी तुम्हें बुलाती है



हिन्दी-प्रेमियों सुनो जरा,
चीत्कार कहाँ से आती है?
अपनी उपेक्षा से पीड़ित,
हिन्दी तुम्हें बुलाती है।
राष्ट्रभाषा से अलंकृत यह,
स्वाभिमान की निशानी है।
इसे अपने अस्तित्व से होता हुआ,
खिलवाड़ नजर आता है।

अपने ही लोगों से होता,
अपमान नजर आता है।
अंग्रेजी के सामने क्यों,
मातृभाषा हीन हो जाती है।
अपनी उपेक्षा से पीड़ित,
हिन्दी तुम्हें बुलाती है।
अंग्रेजी को उन्नति की सीढ़ी मान,
हम उसको अपनाते हैं।
अंग्रेजी मानसिक गुलामी है,
ये बात न समझ पाते हैं।
हिन्दी प्रेम दिखाने हेतु,
हिन्दी दिवस मनाते हैं।
पर हिन्दी-डे लिखकर,
विकृत मानसिकता दर्शाते हैं।

किरण
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बेटी



जब-जब जन्म लेती है बेटी,
खुशियाँ साथ लाती है बेटी।
ईश्वर की सौगात है बेटी,
सुबह की पहली किरण है बेटी।
तारों की शीतल छाया है बेटी,
आँगन की चिड़िया है बेटी।
त्याग और समर्पण सिखाती है बेटी,



नये-नये रिश्ते बनाती है बेटी।
जिस घर जाए, उजाला लाती है बेटी,
बार-बार याद आती है बेटी।
बेटी की कीमत उनसे पूछो,
जिनके पास नहीं है बेटी।

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'हाय! यह अंग्रेजी प्रेम'



सब पर अब अंग्रेजी का भूत,
घर-घर इसका राज्य बढ़ा है।
"हैलो-हाय" का प्रचार हुआ है,
नमस्कार बेचारा हताश खड़ा है।
कभी कृष्ण और राम हुए,
अब तो "डिस्को" ही भगवान हुए।

गायब हुआ शब्द 'शुक्रिया' 'माफी',
अब सब कहते हैं "थैंक्यू और सॉरी"।
अँधेरे में खो गई सलवार-कमीज,
इसके साथ गई हाय तमीज।
अब दाल-भात से बचते सब,
"केक-पेस्ट्री खाते सब"।

दूध-दही से नाता टूटा,
“कॉफ़ी और चाय से दिल” को लूटा।

अमन शर्मा
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मेरी प्यारी भाषा



हिन्दी भाषा का ज्ञान है सबसे महान,
भाषा से ही तो है मेरे देश का सम्मान।

हिन्दी भाषा बनी है आज मेरी सूत्रधार,
विश्व छोर तक हिन्दी दस्तक का आधार।

हर राष्ट्र की पहचान होती है उनकी भाषा,
संस्कृति व सभ्यता की प्रहरी होती है भाषा।

गर्व करो गर्व मेरे भारत देश की
राष्ट्रभाषा है हिन्दी।

गर्व करो हिन्दुस्तान पर, कितनी
प्यारी है भाषा हिन्दी।



आओ मिलकर भाषा को बनाए अपनी पहचान,
जग-जननी हिन्दी भाषा बने मेरे देश की शान।

सत्य, धर्म और शान्ति का पथ है मेरी राष्ट्रभाषा,
अहिंसा, क्षमा व त्याग की मूर्ति है मेरी राष्ट्रभाषा।

आज की युवाओं की मार्गदर्शिका है हिन्दी भाषा,
भौतिक, आध्यात्मिक ज्ञान का भण्डार है हिन्दी भाषा।

रामायण, वेद-पुराणों का अहसास है, मेरी हिन्दी भाषा,
गुरुकुल में ऋषि-मुनियों की तपस्या है, मेरी हिन्दी भाषा।

ललिता
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जीवन को भरपूर जियो

दोस्तों! आज के समाज में कुछ ऐसा हाल हो गया है हम लोगों का कि इंसान अपनी आत्मा की आवाज न सुनकर अपनी हर इच्छा को दबाकर रात-दिन पैसा जोड़ता है। वह सोचता है कि आने वाले समय में वह इस पैसे से ऐश और आराम करेगा। इसी चक्कर में इंसान ना जाने कितनी तकलीफें देखता है? न जाते कितने सपनों को अधूरा छोड़ देता है? कितने लोगों के दिल दुखाता है। लेकिन अंत समय में इंसान की जब आँखें खुलती हैं तो वह इस लायक ही नहीं रहता कि इस जोड़े हुए धन से सुख-सुविधाएं प्राप्त कर सकें।

फिर दोस्तों, ऐसे धन-संचय का क्या लाभ? वैसे भी इस संसार में ऐसा कोई धनी नहीं जो बीते-हुए समय को खरीद सके। समय और जीवन अमूल्य है, कीमती है, मैं यह एक कहानी के माध्यम से बताना चाहूंगी।

एक बात एक जंगल में कोको नाम की ईमानदार और मेहनती गिलहरी रहती थी। जंगल के राजा शेरसिंह के यहाँ कोको नौकरी करती थी। शेरसिंह ने उसे दस बौरी अखरोट देने का वायदा किया था। इसलिए



कोको पूरी लगन और मेहनत से काम करती थी। कभी-कभी तो वह बहुत ज्यादा काम करती थी। उसे खुशी थी कि जब उसका मालिक उसे दस बौरी अखरोट देगा तो वह सारी जिन्दगी मजे से खाएगी। उसकी सारी मित्र गिलहरियाँ काम करते-करते खूब मस्ती करती, खेलती। कोको का भी बहुत मन करता पर अखरोट का ध्यान आते ही वह लालचवश फिर से काम में लग जाती।

समय का चक्र अपनी गति से चलता रहा और वह समय भी आ गया जब शेरसिंह ने दस बौरी अखरोट देकर कोको गिलहरी को आजाद कर दिया। कोको खुशी-खुशी अखरोट लेकर अपने घर आ

गई अचानक उसे ख्याल आया कि उसके दांत तो पूरी तरह घिस चुके हैं। अब ये अखरोट उसके किस काम के? उसकी आँखों से आंसू निकल आए, जो रूकने का नाम नहीं ले रहे थे।

मित्रों, मुझे उम्मीद है आप अपनी इस छोटी सी जिन्दगी का आनंद लेंगे और पैसे के

पीछे न भागकर भलाई रुपी धन का संचय करेंगे और अपना जीवन खुशी-खुशी भरपूर जियेंगे।

धन्यवाद!

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गुरु तेग बहादुर-हिन्द की चादर



सिख धर्म की स्थापना गुरु नानक देव जी द्वारा की गई। उस समय इंसान पूर्ण रूप से कुरीतियों, वहमों व अंधविश्वास से ग्रसित था। गुरु जी ने इन बातों का विरोध किया व इनसे उभरने का मार्ग दिखाया।

गुरु नानक देव जी के बाद सभी नौ गुरुओं ने उनके सिद्धांतों का अनुसरण किया।

दसवें गुरु "गोबिंद सिंह जी" ने भक्ति व शक्ति का मेल किया। धार्मिक अत्याचारों से लड़ने के लिए सन् 1699 में उन्होंने 'खालसा' पथ की सृजना की। उस समय हुकूमत हिन्दुओं के धार्मिक चिह्नों (जनेऊ, चोटी इत्यादि) को काट कर अपमानित कर रही थी। शासन को चुनौती देते हुए, गुरु जी ने खालसा को पूरे केश रखने का आदेश व अलग पहचानकर, उससे मदद मांग सके।

इतिहास गवाह है कि 'खालसा' ने कमजोर व असहाय की मदद के लिए कभी अपनी जान की परवाह भी नहीं की। सिखों को त्याग व बलिदान की प्रेरणा अपने गुरुओं से मिली जिन्होंने स्वयं मानवता के कल्याण के लिए कई अद्वितीय कुर्बानियां दीं। नवम गुरु "श्री गुरु तेग बहादुर जी" द्वारा हिन्दू धर्म की रक्षा के लिए दी कुर्बानी ऐसी ही एक मिसाल है।

औरंगजेब, मुगल बादशाह, ने सन् 1658 से 1707 तक हिंदुस्तान पर राज किया। वह पूरे हिंदुस्तान से हिन्दू धर्म को मिटाकर इस्लाम धर्म फैलाना चाहता था। उसने अपने अधिकारियों को हुक्म दिया कि हिन्दुओं के माथे से तिलक मिटा दिए जाएँ और उनके जनेऊ उतारकर जबरदस्ती मुसलमान बना दिया जाए। हिन्दू जाति के

मुखिया बहुत चिंता में थे। 500 कश्मीरी पंडितों का जत्था गुरु तेग बहादुर जी के पास आनंदपुर (पंजाब) पहुंचा। मुखिया पंडित किरपा राम ने गुरु जी से फ़रियाद की।

गुरु जी इस्लाम के विरुद्ध नहीं थे, परन्तु वे यह बर्दाश्त नहीं कर सकते थे कि किसी को अपना धर्म त्यागने के लिए मजबूर किया जाए।

11 नवम्बर सन् 1675 को गुरु जी ने हिन्दू धर्म की रक्षा के लिए दिल्ली में कुर्बानी दी। यह अद्वितीय कुर्बानी लोगों के दिलों को छू गई कि गुरु जी की कृपा से अब वे धार्मिक आजादी के साथ इस देश में सांस ले पायेंगे। अतः गुरु जी को इन शब्दों से याद किया जाने लगा-

'गुरु तेग बहादुर, हिन्द की चादर'

जिस तरह चादर हमारी रक्षा करती है, गर्मी-सर्दी से बचाती है उसी तरह गुरु तेग बहादुर जी ने हिन्दू धर्म और हिंदुस्तान की रक्षा की। अपने धर्म व अपनी धार्मिक आजादी के लिए हर व्यक्ति लड़ता है, परन्तु किसी और धर्म की रक्षा के लिए दी गई कुर्बानी की मिसाल दुनिया में दूसरी नहीं है। अगर गुरु जी ने कुर्बानी नहीं दी होती तो शायद भारत का नक्शा आज कुछ और होता। इसीलिए हमें गुरु जी की इस शहादत को भुलाना नहीं चाहिए।

हरमनदीप कौर
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संस्कृत विभाग

प्राध्यापक-सम्पादिका

डा. साबिरा शर्मा

विवरणिका

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गंगायाः महत्त्वम्

अस्माकम् देशस्य सर्वाषु नदीषु गंगा श्रेष्ठा वर्तते। इयं हिमालयात् निःसृत्य बंगोपसागरे पतति। अस्या पावन तटे



अनेकानी नगराणी स्थिताः सन्ति। गंगाजलम् अति स्वच्छम् पवित्रं च अस्ति। गङ्गायाः सर्वे माता मन्यते। अनेन स्नानेन चेतः निर्मलः भवति। इयम् नदी भागीरथेन स्वर्गात् अनीताः। जगद्गुरुशकराचार्यः गंगास्तोत्रे कथयति

देवि सुरेश्वरि भगवति गङ्गे त्रिभुवन तारिणी तरलतरङ्गे
शङ्करमौलि विहारिणि विमले मम
मतिरास्तां तव पदकमले
भागीरथि सुखदायिनि मातस्तव
जलमहिमा निगमे ख्यातः।

नाम-अनुराग

कक्षा-बी.एससी. द्वितीय वर्ष
अनुक्रमांक-2285820029

पर्यावरणं संरक्षणं

अस्मान् परितः पञ्चमहाभूतानि यानि क्षिति, जल, पावक, गगन, समीरः समवायुः एव परिसरः अथवा पर्यावरणम् कथ्यते। इत्युक्ते मनुष्योः यत्र निवसति, यत् खादति, यत् वस्त्रं धारयति, यत् जलं पिबति तत्सर्वं पर्यावरणम् इति शब्देनाभिधायते। अधुना पर्यावरणस्य समस्या न केवलं भारतस्य अपितु समस्तविश्वस्य समस्या वर्तते। पर्यावरणम् भारतदेशस्य राजधानी विश्वस्य अतिविशालासु नगरीषु अन्यतमा इति गण्यते। जलं वायुः च जीवने महत्त्वपूर्णो स्तः। साम्प्रतं शुद्ध पेय-जलस्य समस्या वर्तते। एवमेव प्रदूषित पर्यावरणेन विविधाः रोगाः भवन्ति। पर्यावरणस्य रक्षायाः

अति आवश्यकता वर्तते। प्रदूषणस्य अनेकानि कारणानि सन्ति।

औद्योगिकापशिष्ट-पदार्थ-उच्च-ध्वनि-यान-धूम्रादयः प्रमुखानि कारणानि सन्ति। पर्यावरणरक्षायै वृक्षाः रोपणीयाः। वनं नदीषु तडागेषु च दूषितं जलं न पतेम्। तैल रहित वाहनानां प्रयोगः करणीयः। जनाः तरूणां रोपणम् अभिरक्षणं च कुर्युः।



पर्यावरण-प्रदूषण-निरोधाय जनाः यत्र तत्र मलमूत्र-प्रक्षेपणं न कुर्युः। बालकाः, युवकाः, कृषकाः, युवत्यश्च विद्यालयेषु, उद्यानेषु, क्षेत्रेषु गृह-उद्यानेषु वृक्षरोपणं कुर्युः। वृक्षच्छेदनकानां कृते दण्डव्यवस्था भवेत्।

वस्तुतः समस्या निराकरणं युक्तिसंगतेन समाधानेन सम्भवम्। वर्तमानयुगे पर्यावरणशोधनस्य परमावश्यकता। प्रबुद्धाः भारतीयाः पुरा वायुशुद्धयर्थं स्वानदिकम् अकुर्वन्। ते वृक्षारोपणीयं सूर्य-पवन-वरुण-वनस्पतीनां स्तुतिम् अकुर्वन्।

येन ते सुखेन स्वजीवनं यापयामासुः।

नाम-हिमांशी

कक्षा-बी.ए. द्वितीय वर्ष

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योगः कर्मसु कौशलम्

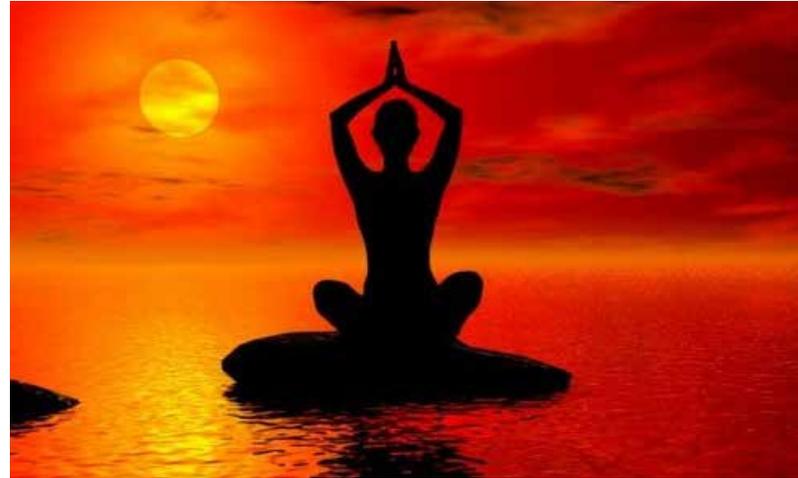
योगविद्या भारतवर्षस्य अमूल्यनिधिः। पुराकालदेव अविच्छिन्नरूपेण गुरुपरम्परा पूर्वकं प्रचलिताऽसीत् गुरुपरम्परेयम्। वस्तुतः ऋषिमुनियोगिनामध्यवसायजनितं साधनालब्धं अंतर्जगतो महत्त्वपूर्णमन्तर्विज्ञानं भवति तथा अनेन योग-समाधिना ऋषयो मन्त्रान् द्रष्टुं समर्थाः आसन्। श्रीमद्भगवद्गीतायां योगस्य द्विविधित्वं वर्णितं श्रीकृष्णेन। यथा-ज्ञानयोगः, कर्मयोगः च। परम्परानिरपेक्षं मोक्षसाधनत्वेन कर्मज्ञानयोगरूपं निष्ठाद्वयमुक्तम्। योग-दर्शनानुसारेण योगस्य अष्टौ अङ्गानि सन्ति। तदुक्तं योगदर्शने यम्-नियम्-आसन-प्राणायाम्-प्रत्याहार-धारण-ध्यान-समाधयोऽष्टाङ्गानि-इति। एतेषां वहिरङ्गान्तरङ्गभेदेन द्विविधित्वं कल्प्यते। एषु यम्-नियम्-आसन-प्राणायाम्-प्रत्याहारादीनि पञ्चाङ्गानि वहिरङ्गानि सन्ति। धारणा-ध्यान-समाधीति त्रिणि अन्तरङ्गानि भवन्ति। यतो हि एतेषामन्तःकरणेन साकमेव सम्बन्धो विद्यते। अतः एतेषामन्तरङ्गत्वं। महर्षिणा पतञ्जलिना प्रयाणां कृते संयमः इत्युच्यते। तद्यथा त्रयमेकल संयमः। अष्टाङ्गयोगद्वारा प्रमाण-विपर्यय-विकल्प निद्रास्मृत्यादिपञ्चपरवृत्तीनां निरोधं कृत्वा योगसमाधौ प्रविशति योगी कर्मफलमनपेक्षमाणः सन् अवश्यं कार्यतया विहितं कर्म यः करोति स एव योगी भवति। इन्द्रियभोगेषु तत्साधनेषु च कर्मसु यदा आसक्तिं न करोति, सर्वान् भोगविषयान् परित्यजति तदा स योगारूढः उच्यते। स एकान्ते स्थितः सन् सङ्गशून्यो भूत्वा मनः वशीकृत्य

आशां परिग्रहञ्च परित्यज्य सततमात्मानं समाहितां कुर्यात्। तत्रासनमुपविश्य एकाग्रं विक्षेपरहितं मनः कृत्वा योगमभ्यसेत्। यस्य आहारः विहारश्च नियमितः, सर्वेषु कर्मसु यस्य चेष्टा नियमिता, यस्य शयनः जागरणञ्च नियमितां, तस्य दुःखनिवर्तको योगो सिध्यति।

गीतायाम् अपि कथ्यते-योगः कर्मसु कौशलम्।

अधुना अखिलम् विश्वम् अपि जून मासस्य एक एकविशन्ति तिथिः योगदिवसः इति मन्यते।

समस्तदेशाः सम्प्रति योगस्य महत्त्वम् स्वीकुर्वन्ति।



नाम-रीचा

कक्षा-बी.ए. द्वितीय वर्ष

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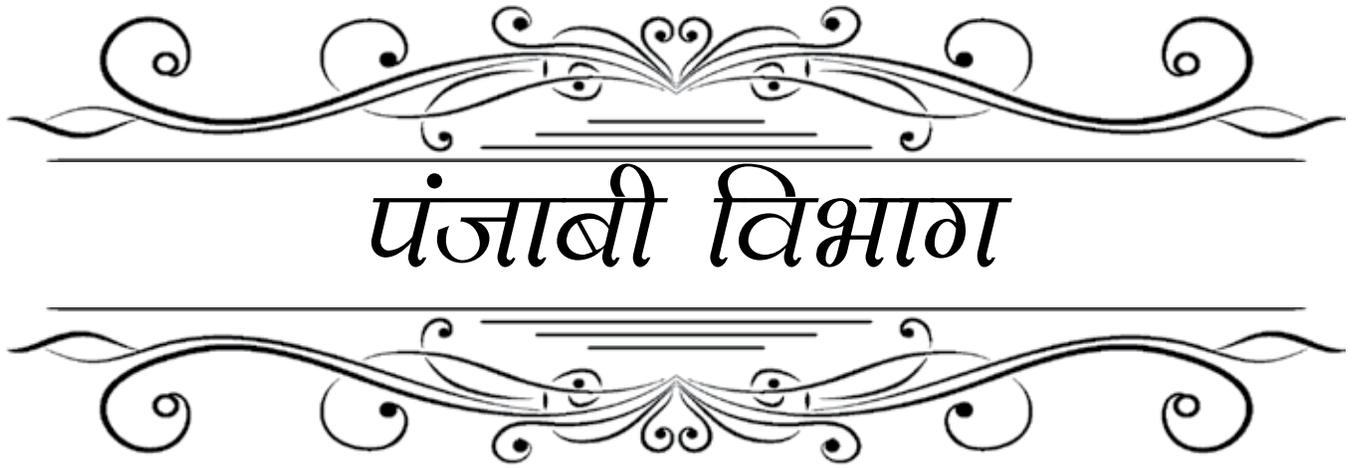
श्लोकाः

- | | |
|---|---|
| <p>1. भूमेः गरीयसी माता, स्वर्गात् उच्चतरः पिता ।
जननी जन्मभूमिश्च स्वर्गात् अपि गरीयसी ।</p> <p>2. आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।
नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ।</p> <p>3. देवो रूष्टे गुरुस्त्राता गुरोः रूष्टे न कश्चन् ।
गुरुस्त्राता गुरुस्त्राता गुरुस्त्राता न संशयः ।</p> | <p>4. विद्या मित्रं प्रवासेषु भार्या मित्रं गृहेषु च ।
व्याधितस्यौषधं मित्रं धर्मो मित्रं मृतस्य च ।</p> <p>5. दयाहीनं निष्फलं स्यान्नस्ति धर्मसु तत्र हि ।
एते वेदाः अवेदाः स्युर्दया यत्र न विद्यते ।</p> |
|---|---|

नाम-रीचा

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अनुक्रमांक-2314320118



ਪੰਜਾਬੀ ਵਿਭਾਗ



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ਗੁਰੂ ਉਪਦੇਸ਼ - ਕਵਿਤਾ



ਦਸਾਂ ਗੁਰੂਆਂ ਸਿੱਖੀ ਦੀ ਜੋਤ ਬਾਲੀ,
ਰੋਸ਼ਨ ਸ਼ਮਾ ਇਹ ਰਹੂਗੀ ਜੱਗ ਅੰਦਰ।
ਨੂਰੀ ਬਾਲੂ ਚਿਰਾਗ ਇਹ ਸੋਚ ਅੰਦਰ,
ਸੂਰਜ ਵਾਂਗ ਲਿਸ਼ਕਾਏਗੀ ਮਨ-ਮੰਦਰ।
ਰਹਿਮ, ਕਰਮ ਤੇ ਧਰ ਦੀ ਸਾਂਝ ਗੂਹੜੀ,
ਕਦੇ ਤੋੜਨੀ ਨਹੀਂ ਤੁਸੀਂ ਮੂਲ ਸਿੰਘੋ।
ਸਾੜ ਦੇਵੇ ਇਹ ਅੱਗ ਘਰ ਆਪਣੇ ਵੀ,
ਦੇਣੀ ਅੱਗ ਨੂੰ ਕਦੇ ਨਾ ਤੂਲ ਸਿੰਘੋ।
ਉੱਚਾ ਨੀਵਾਂ ਨਾ ਕੋਈ ਵੀ ਜੱਗ ਅੰਦਰ,
ਇੱਕੋ ਨੂਰ ਇਲਾਹੀ ਦੇ ਨੇ ਸਭ ਬੰਦੇ।
ਬੰਦੇ ਰੱਬ ਦੇ ਸਮਝ ਕੇ ਪਿਆਰ ਕਰਨਾ,
ਨਾ ਬੋਲ ਬੋਲਣੇ, ਕਿਸੇ ਨੂੰ ਵੀ ਮੰਦੇ।

ਇੱਕ ਬਾਟੇ ਵਿੱਚ ਅੰਮ੍ਰਿਤ ਤੁਸੀਂ ਛਕਿਆ
ਰਹੀ ਜਾਤ ਨਾ ਪਾਤ ਅੱਜ ਖਾਲਸੇ ਦੀ।
ਇੱਕੋ ਰੂਪ ਸਰੂਪ ਅਤੇ ਧਰਤ ਇੱਕੋ,
ਸਾਂਝੀਵਾਲਤਾ ਦਾਤ ਅੱਜ ਖਾਲਸੇ ਦੀ।
ਸਾਰੇ ਧਰਮਾਂ ਦੇ ਚੰਗੇ ਜੋ ਤਰਕ ਲੈ ਕੇ,
ਮਹਿਲ ਸਿੱਖੀ ਦਾ ਅਸੀਂ ਉਸਾਰਿਆ ਹੈ।
ਮੀਰੀ-ਪੀਰੀ ਦੇ ਨਵੇਂ ਵਿੱਚ ਰੰਗ ਭਰਕੇ,
ਅੱਜ ਮੈ ਖਾਲਸਾ ਨਵਾਂ ਉਭਾਰਿਆ ਹੈ।

ਤਮੰਨਾ

ਬੀ.ਏ. ਪਹਿਲਾ ਭਾਗ
ਰੋਲ ਨੰ- 3195620216

ਤਿੰਨ ਕਹਾਣੀਆਂ



1. ਇੱਕ ਵਾਰ, ਸਾਰੇ ਪਿੰਡ ਵਾਸੀਆਂ ਨੇ ਮੀਂਹ ਲਈ ਅਰਦਾਸ ਕਰਨ ਦਾ ਫੈਸਲਾ ਕੀਤਾ, ਅਰਦਾਸ ਸਮੇਂ ਸਾਰੇ ਇੱਕਠੇ ਹੋਏ ਪਰ ਸਿਰਫ ਇੱਕ ਹੀ ਬਚਾ ਨਾਲ ਛੱਤਰੀ ਲੈ ਕੇ ਆਇਆ ਸੀ। - ਇਹ ਹੈ ਵਿਸ਼ਵਾਸ
2. ਜਦੋਂ ਤੁਸੀਂ ਹਵਾ ਵਿੱਚ ਇੱਕ ਸਾਲ ਦੇ ਬੱਚੇ ਨੂੰ ਉਛਾਲਦੇ ਹੋ ਤਾਂ ਉਹ ਹੱਸਦਾ ਹੈ ਕਿਉਂਕਿ ਉਹ ਜਾਣਦਾ ਹੈ ਕਿ ਤੁਸੀਂ ਉਸ ਨੂੰ ਫੜ ਲਵੋਗੇ। - ਇਹ ਹੈ ਭਰੋਸਾ
3. ਹਰ ਰਾਤ ਸੋਣ ਸਮੇਂ ਸਾਨੂੰ ਸਵੇਰ ਤੱਕ ਜਿਉਂਦੇ ਰਹਿਣ ਦਾ ਕੋਈ ਭਰੋਸਾ ਨਹੀਂ ਹੁੰਦਾ, ਪਰ ਫਿਰ ਵੀ ਅਸੀਂ ਸਵੇਰ ਲਈ ਅਲਾਰਮ ਲਗਾਉਂਦੇ ਹਾਂ। - ਇਹ ਹੈ ਉਮੀਦ

"ਸੱਚ ਦੀ ਕਲਮ"

ਕਮਲ

ਬੀ.ਏ. ਪਹਿਲਾ ਭਾਗ
ਰੋਲ ਨੰ. 139

ਪੰਜਾਬੀ ਬੋਲੀ



ਪੰਜਾਬੀ ਭਾਰਤ ਅਤੇ ਪਾਕਿਸਤਾਨ ਦੇ ਪੰਜਾਬ ਸੂਬੇ ਦੀ ਭਾਸ਼ਾ ਹੈ। ਇਹ ਭਾਰਤੀ-ਇਰਾਨੀ ਵਰਗ ਦੇ ਵਿੱਚੋਂ ਭਾਰਤੀ ਯੂਰਪ ਵਰਗ ਨਾਲ ਸੰਬੰਧਤ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਪੰਜਾਬੀ ਸ਼ਬਦ ਨੂੰ ਪੰਜਾਬ ਨਾਲ ਸੰਬੰਧਤ ਕਿਸੇ ਵੀ ਚੀਜ਼ ਲਈ ਵਰਤਿਆ ਜਾਂਦਾ ਹੈ, ਜੋ ਕਿ ਪੰਜਾਬ ਦਾ ਪੰਜਾਬੀ ਨਾਲ ਸੰਬੰਧਿਤ ਹੋਵੇ, ਜਿਵੇਂ ਕਿ ਪੰਜਾਬੀ ਬੋਲਣ ਵਾਲਿਆਂ ਨੂੰ ਪੰਜਾਬੀ ਅਤੇ ਪੰਜਾਬੀ ਖੇਤਰ ਵਿੱਚ ਪੰਜਾਬੀ ਹੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਪੰਜਾਬੀ, ਭਾਰਤੀ ਪੰਜਾਬ ਸੂਬੇ ਦੀ ਸਰਕਾਰੀ ਭਾਸ਼ਾ ਹੈ ਅਤੇ ਨੇੜਲੇ ਸੂਬਿਆਂ ਵਿੱਚ ਵੀ ਬੋਲੀ ਜਾਂਦੀ ਹੈ, ਜਿਵੇਂ ਕਿ ਹਰਿਆਣਾ, ਹਿਮਾਚਲ ਪਰਦੇਸ਼ ਅਤੇ ਦਿੱਲੀ ਆਦਿ।

ਪੰਜਾਬੀ ਨੂੰ ਉਨ੍ਹਾਂ ਸਾਰੇ ਮੁਲਕਾਂ ਵਿੱਚ ਵੀ ਘੱਟ ਗਿਣਤੀ ਭਾਸ਼ਾ ਦੇ ਤੌਰ ਤੇ ਬੋਲਿਆ ਜਾਂਦਾ ਹੈ ਜਿੱਥੇ ਵੀ ਪੰਜਾਬੀ ਗਏ ਹਨ, ਜਿਵੇਂ ਕਿ ਇੰਗਲੈਂਡ, ਅਮਰੀਕਾ, ਆਸਟਰੇਲੀਆ ਅਤੇ ਖਾਸ ਕਰਕੇ ਕੈਨੇਡਾ, ਜਿੱਥੇ ਕਿ ਪੰਜਾਬੀ ਕੈਨੇਡਾ ਦੀ ਜਣ-ਗਣਨਾ ਦੇ ਮੁਤਾਬਕ ਪੰਜਵੀਂ ਆਮ ਬੋਲੀ ਜਾਣ ਵਾਲੀ ਭਾਸ਼ਾ ਹੈ। ਪੰਜਾਬੀ ਸਿੱਖੀ ਦੀ ਧਾਰਮਿਕ ਭਾਸ਼ਾ ਵੀ

ਹੈ, ਜਿਸ ਵਿੱਚ "ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ" ਦੀ ਸੰਪਾਦਨਾ ਕੀਤੀ ਗਈ ਹੈ, ਇਹ ਭੰਗੜਾ ਸੰਗੀਤ ਦੀ ਬੋਲੀ ਹੈ, ਜਿਸ ਨੇ ਦੱਖਣੀ ਏਸ਼ੀਆ ਅਤੇ ਸੰਸਾਰ ਭਰ ਵਿੱਚ ਚੰਗਾ ਨਾਮਣਾ ਖੱਟਿਆ ਹੈ।

ਪੰਜਾਬੀ ਸਭਿਆਚਾਰ ਭਾਰਤ ਅਤੇ ਪਾਕਿਸਤਾਨ ਵਿੱਚ ਹੋਈ 1947 ਈਸਵੀਂ ਦੀ ਵੰਡ ਕਰਕੇ ਪ੍ਰਭਾਵਿਤ ਹੋਇਆ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਤੇ ਸਭਿਆਚਾਰ ਵੰਡੇ ਹੋਏ ਦੇਸ਼ਾਂ ਅਤੇ ਧਾਰਮਿਕ ਸੰਬੰਧਾਂ ਨੂੰ ਆਪਸ ਵਿੱਚ ਜੋੜਦਾ ਹੈ। ਨਵੀਂ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਹੋਰ ਭਾਸ਼ਾਵਾਂ, ਜਿਵੇਂ ਹਿੰਦੀ, ਪਰਸ਼ੀਆਈ ਅਤੇ ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਹੈ, ਹੋਰ ਉਤਰੀ ਭਾਸ਼ਾਵਾਂ ਵਾਂਗ ਇਸ ਦਾ ਵਿਕਾਸ ਸੰਸਕਰਿਤ ਤੋਂ ਹੋਇਆ ਹੈ। ਪੰਜਾਬੀ ਦੇ ਕਈ ਰੂਪ ਹਨ ਜਿਵੇਂ ਕਿ ਪੱਛਮੀ ਪੰਜਾਬ ਵਿੱਚ ਲਹਿੰਦੀ ਜਾਂ ਲੋਹੰਦਾ ਅਤੇ ਪੂਰਬੀ ਪੰਜਾਬ ਵਿੱਚ ਸਿਰਆਕੀ, ਹਿੰਦਕੋ, ਮਾਈ, ਪੋਠੋਹਾਰੀ, ਪਰ ਇਹ ਪੰਜਾਬੀ ਦੇ ਸਾਹਮਣੇ ਨਿਗੂਣੇ ਜਿਹੀ ਹੀ ਹਨ।

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਲਿਖਣ ਲਈ ਕਈ ਲਿੱਪੀਆਂ ਹਨ, ਜੋ ਕਿ ਖੇਤਰ

ਅਤੇ ਇਸ ਦੇ ਉਪਭਾਸ਼ਾ ਦੇ ਨਾਲ ਬੋਲਣ ਵਾਲੇ ਦੇ ਖੇਤਰ ਉਤੇ ਵੀ ਨਿਰਭਰ ਕਰਦਾ ਹੈ। ਭਾਰਤ ਪੰਜਾਬ ਦੇ ਸਿੱਖ ਅਤੇ ਹੋਰ ਇਸਨੂੰ ਗੁਰਮੁੱਖੀ ਵਿਚ ਲਿਖਦੇ ਹਨ। ਹਿੰਦੂ ਅਤੇ ਨੇੜੇ ਦੇ ਸੂਬਿਆਂ ਦੇ ਵਾਸੀ ਇਸ ਨੂੰ ਦੇਵਨਾਗਰੀ ਵਿਚ ਲਿਖਦੇ ਹਨ।

ਅੰਗਰੇਜ਼ੀ ਵਾਂਗ ਹੀ, ਪੰਜਾਬੀ ਦੁਨਿਆ ਭਰ ਵਿੱਚ ਫੈਲ ਗਈ ਹੈ ਅਤੇ ਇਸ ਵਾਂਗ ਹੀ ਉਥੇ ਦੇ ਸਥਾਨਕ ਸ਼ਬਦਾਂ ਨਾਲ ਮਿਲ ਕੇ ਆਪਣਾ ਵਿਕਾਸ ਕੀਤਾ। ਹਾਲਾਂਕਿ ਬਹੁਤੇ ਸ਼ਬਦ ਹਿੰਦੂ, ਉਰਦੂ ਅਤੇ ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਆਏ ਹਨ, ਪਰ ਪੰਜਾਬੀ ਵਿਚ ਡੱਚ ਤੋਂ ਵੀ ਸ਼ਬਦ ਆ

ਗਏ ਹਨ। ਇਸ ਕਰਕੇ ਇਕ ਵਿੱਲਖਣ ਤੇ ਮਧੂਰ ਪੰਜਾਬੀ ਉਭਰ ਰਹੀ ਹੈ, ਕਿਉਂਕਿ ਪੰਜਾਬੀ ਵਿੱਚ ਸ਼ਬਦਾਂ ਦੀ ਪਹਿਲਾਂ ਕੋਈ ਗਿਣਤੀ ਨਹੀਂ ਹੈ, ਇਸ ਕਰਕੇ ਲਗਦਾ ਹੈ ਕਿ ਅੱਜ ਦੀ ਪੰਜਾਬੀ ਭਾਰਤੀ ਖੇਤਰ ਵਿੱਚ ਮੌਜੂਦ ਰੂਪਾਂ ਦੋਂ ਵੀ ਭਵਿੱਖ ਬਣਾਏਗੀ।

ਸੁਖਵਿੰਦਰ ਕੌਰ

ਬੀ.ਏ. ਤੀਜਾ ਭਾਗ
ਰੋਲ ਨੰ. 1578820157

ਜ਼ਿੰਦਗੀ

ਜ਼ਿੰਦਗੀ ਇਹ ਫੁਲਾਂ ਵਰਗੀ
ਇਹਨੂੰ ਕੰਡਿਆ ਦੇ ਵੱਸ ਪਾਇਓ ਨਾ।
ਇਹਨਾਂ ਫੁੱਲਾਂ ਵਰਗੀ ਬਹਾਰ ਰੱਖਣੀ
ਕੰਡਿਆਂ ਵਰਗੀ ਬਨਾਉ ਨਾ।
ਰਮਨਦੀਪ ਇਹ ਅਰਜ ਕਰੇ,

ਜ਼ਿੰਦਗੀ ਹੈ ਦਾਤ ਰੱਬ ਦੀ
ਉਸ ਰੱਬ ਨੂੰ ਕਦੇ ਭੁਲਾਓ ਨਾਂ।



ਰਮਨਦੀਪ ਕੌਰ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰ. 227

ਖਾਲਸਾ

ਮੈਂ ਤੇਰਾ ਹੂੰ, ਬੱਚੇ ਭੀ ਮੇਰੇ ਤੇਰੇ ਹੈ ਮੌਲਾ।
ਥੇ ਤੇਰੇ ਹੀ, ਹੈ ਤੇਰੇ ਰਹੱਗੇ ਤੇਰੇ ਦਾਤਾ।
ਜਿਸ ਹਾਲ ਮੇਂ ਰੱਖੇ ਤੂ, ਵਹੀ ਹਾਲ ਹੈ ਅੱਛਾ।
ਜੁਜ਼ ਸੁਕਰ ਕੇ ਆਨੇ ਕਾ ਜ਼ਬਾਂ ਪਰ ਨਹੀਂ ਸ਼ਿਕਵਾ।
ਲੇਟੇ ਹੁਏ ਹੈਂ ਖਾਲਸਾ ਜੀ ਆਜ ਜਮੀਂ ਪਰ।

ਕਿਸ ਤਰਹ ਸੇ ਚੈਨ ਆਏ ਹਮੇਂ ਸ਼ਾਹੀ ਬਿਸਤਰ
ਪਰ।



ਸੁਭਨੀਤ ਕੌਰ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰ. 3281020010

ਮੈਂ ਜਨਮੀ ਤਾਂ ...

ਮੈਂ ਜਨਮੀ ਤਾਂ ਸੋਗ ਪੈ ਗਿਆ,
ਸਭ ਨੇ ਮੂੰਹ ਲਮਕਾਇਆ
'ਚੰਗੀ ਚੀਜ਼' ਨਾ ਦਿੱਤੀ ਰੱਬ ਨੇ,
ਹਉਕਾ ਲੈ ਕੇ ਰੋਸ ਜਤਾਇਆ।
ਸ਼ਰੀਂ ਤੇ ਨਿੰਮ ਕਿਸੇ ਨਾ ਬੰਨ੍ਹੇ,
ਲੈਣ ਵਧਾਈ ਕੋਈ ਨਾ ਆਇਆ
ਨਾ ਕਿਸੇ ਨੇ ਲੱਭੂ ਵੰਡੇ,
ਨਜ਼ਰ ਦਾ ਟਿੱਕਾ ਕਿਸੇ ਨਾ ਲਾਇਆ।
ਤਿਓਰ ਤੇ ਛੂਛਕ ਭੁੱਲ ਗਏ ਸਾਰੇ,
ਭੇਲੀ ਦਾ ਨਾ ਚੇਤਾ ਆਇਆ।
ਗੁੜ੍ਹਤੀ ਦੀ ਥਾਂ ਜ਼ਹਿਰ ਦੇ ਦਿਓ
ਕਿਸੇ ਨੇ ਵਿਚੋਂ ਆਖ ਸੁਣਾਇਆ।
ਹੱਥ ਲਾਇਆ ਮੈਂ ਮੈਲੀ ਹੋਵਾਂ,
ਕਲ-ਮੂੰਹੀ ਕਹਿ ਰੋਲਾ ਪਾਇਆ।
ਫੁੱਲਾਂ ਤੋਂ ਵੀ ਕੋਮਲ ਸਾਂ ਮੈ,

ਆਖਣ ਸਾਰੇ 'ਪੱਥਰ' ਆਇਆ।
ਹਰ ਕੋਈ ਆਖੇ ਕਰਮ ਫੁੱਟ ਗਏ,
ਚੰਦਰਾ ਹੈ ਸੀ ਲੇਖ ਲਿਖਾਇਆ
ਕਲੀ ਪਈ ਮੈਂ ਛੱਤ ਵੱਲ ਝਾਕਾਂ,
ਲਾਡ ਨਾਲ ਨਾ ਕਿਸੇ ਨੇ ਚਾਇਆ।
ਮਾਂ ਵਲ ਸਾਰੇ ਕੌੜੇ ਝਾਕਣ,
ਬੇਦੋਸ਼ੀ 'ਤੇ ਦੋਸ਼ ਲਗਾਇਆ।
ਬੈਠੇ ਸਾਰੇ ਸੋਗ 'ਚ ਡੁੱਬੇ,
'ਸਿਆਣੇ' ਆ ਕੇ ਰੋਹਬ ਜਮਾਇਆ।
ਆਖੇ ਥੋਨੂੰ ਅਕਲ ਨਾ ਭੋਰਾ,
ਪਹਿਲਾਂ ਕਿਉਂ ਨਾ ਟੈਸਟ ਕਰਾਇਆ।
ਛੇਵੇਂ ਦਿਨ ਦੀ ਛਟੀ ਨਾ ਕੀਤੀ,
ਤੇਰੂਵੇਂ ਨੂੰ ਨਹੀਂ ਬਾਹਰ ਵਧਾਇਆ।
ਨਾਮ-ਕਰਨ ਦੀ ਗੱਲ ਛਿਤੀ ਨਾ,
ਨਹੀਂ ਕਿਸੇ ਨੇ ਵਾਕ ਕਢਾਇਆ।



ਦਾਦਾ-ਦਾਦੀ ਸੋਚੀਂ ਪੈ ਗਏ,
ਪਾਪਾ ਦਾ ਵੀ ਮੂੰਹ ਕੁਮਲਾਇਆ।
ਮਾਂ ਮੇਰੀ ਦੀ ਮਮਤਾ ਨੇ ਪਰ,
ਚੁੱਕ ਕੇ ਹਿੱਕ ਦੇ ਨਾਲ ਲਗਾਇਆ।
ਸੁਣ ਵੇਖ ਬੇਕਦਰੀ ਆਪਣੀ
ਖਿੜਦਾ-ਖਿੜਦਾ ਮਨ ਮੁਰਝਾਇਆ।
ਕੀ ਲੈਣਾ ਸੀ ਜੱਗ ਤੇ ਆਕੇ,
ਇੱਕ ਵਾਰੀ ਤਾਂ ਮਨ ਪਛੁੜਾਇਆ।

ਗੁਰੂ ਨਾਨਕ ਨੂੰ ਮੱਥੇ ਟੇਕਣ
ਵੱਡਾ ਫੋਟੋ ਘਰ ਵਿੱਚ ਲਾਇਆ।
ਸੋ ਕਿਉਂ ਮੰਦਾ ਆਖੀਐ
ਬੱਸ ਆਖਣ ਦੀ ਗੱਲ ਬਣਾਇਆ।

ਹਰਮਨਦੀਪ ਕੌਰ

ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ
ਰੋਲ ਨੰ. 1578820268

ਦੌਲਤ ਤੇ ਨਾਮ



- * ਕੁਲ ਦੁਨੀਆਂ ਦੌਲਤ ਇੱਕਠੀ ਕਰਨ ਦੇ ਮਗਰ ਪਈ ਹੋਈ ਹੈ, ਕਿਉਂਕਿ ਦੌਲਤ ਵਿਚ ਹਰ ਚੀਜ਼ ਖਰੀਦਣ ਦੀ ਸ਼ਕਤੀ ਹੈ। ਜੇ ਸਿਹਤ ਖਰਾਬ ਹੋ ਜਾਵੇ ਤਾਂ ਡਾਕਟਰ ਤੇ ਦਵਾਈ ਦੌਲਤ ਹਾਜ਼ਰ ਕਰ ਦੇਂਦੀ ਹੈ। ਨਰਸਾਂ ਮਿੰਟ-ਮਿੰਟ ਦਾ ਧਿਆਨ ਕਰਨ ਵਾਸਤੇ ਤਿਆਰ ਹਨ। ਦੌਲਤ ਸੁੰਦਰ ਕੋਠੀਆਂ ਤੇ ਉੱਚੇ ਦਰਜੇ ਦਾ ਸਮਾਨ ਕੋਠੀ ਨੂੰ ਸਜਾਉਣ ਲਈ, ਬਗੀਚੀ ਦੀ ਠੰਢੀ ਤੇ ਖੂਬਸੂਰਤ ਹਰਿਆਵਲ ਪੈਦਾ ਕਰ ਦੇਂਦੀ ਹੈ। ਦੌਲਤ ਨੂੰ ਇਸ ਕਰਕੇ ਹਾਸਲ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਿਉਂ ਨਾ ਕੀਤੀ ਜਾਵੇ?
- * ਇਹ ਗੱਲ ਸੋਚ ਕੇ ਕੁਲ ਦੁਨੀਆਂ ਦੌਲਤ ਦੇ ਮਗਰ ਲੱਗੀ ਹੋਈ ਹੈ। ਪਰ ਥੋੜੀ ਡੂੰਘੀ ਸੋਚ ਕਰਨ ਨਾਲ ਖਿਆਲ ਦਾ ਰੰਗ ਬਦਲ ਜਾਂਦਾ ਹੈ। ਇਹ ਪਤਾ ਚਲਦਾ ਹੈ ਕਿ ਕੁੱਝ ਲੋਕ ਸਵੇਰ ਤੋਂ ਸ਼ਾਮ ਤੱਕ ਕੰਮ ਕਰਦੇ ਹਨ ਪਰ ਫਿਰ ਵੀ ਉਨ੍ਹਾਂ ਦੀ ਜ਼ਰੂਰਤ ਪੂਰੀ ਨਹੀਂ ਹੁੰਦੀ। ਜਿਨ੍ਹਾਂ ਕੋਲ ਦੌਲਤ ਹੁੰਦੀ ਹੈ ਉਹ ਇਸ ਨੂੰ ਹੋਰ ਕਮਾਉਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਇਸ ਨੂੰ ਹੋਰ ਕਮਾਉਣਾ ਦਾ ਫਿਕਰ ਖਤਮ ਨਹੀਂ ਹੁੰਦਾ। ਇਸ ਦੌਲਤ ਨੂੰ ਸੰਭਾਲ ਕੇ ਰੱਖਣ ਦਾ ਵੀ ਫਿਕਰ ਹੁੰਦਾ ਹੈ। ਪਰ ਇਹ ਰਿਜ਼ਕ ਸਾਰੀ ਉੱਮਰ ਨਹੀਂ ਰਹਿੰਦਾ।
- * 'ਦਾਤਾ' ਉਹ ਹੈ ਜੋ ਦਾਤਾਂ ਮੁਫਤ ਦੇਵੇ ਤੇ ਕੀਮਤ ਨਾ ਲਵੇ। ਵਾਹਿਗੁਰੂ ਬੇਅੰਤ ਹੈ ਅਤੇ ਇਸ ਕਰਕੇ ਉਸ ਦੀ ਦਾਤ

ਵੀ ਬੇਅੰਤ ਹੋਵੇ ਜੋ ਕਦੇ ਨਾ ਟੁੱਟੇ ਤੇ ਨਾ ਖਤਮ ਹੋਵੇ। ਵਾਹਿਗੁਰੂ ਇਕ ਸੰਪੂਰਨ ਸ਼ਕਤੀ ਹੈ ਅਤੇ ਉਸ ਦਾ ਰਿਜ਼ਕ ਵੀ ਸੰਪੂਰਨ ਹੈ ਜੋ ਕਦੀ ਵੀ ਖਤਮ ਨਹੀਂ ਹੋਵੇਗਾ। ਵਾਹਿਗੁਰੂ ਜੀ ਦਾ ਨਾਮ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ ਜੋ ਸਾਰੀ ਉੱਮਰ ਨਾਲ ਰਹਿੰਦਾ ਹੋ ਅਤੇ ਦੌਲਤ ਪਿੱਛੇ ਨਹੀਂ ਭਜਣਾ ਚਾਹੀਦਾ।

- * ਦੌਲਤ ਚਾਹੇ ਕਿਸੇ ਜਤਨ ਨਾਲ ਕਮਾਉ, ਉਹ ਹਮੇਸ਼ਾਂ ਆਈ-ਜਾਈ ਰਹਿੰਦੀ ਹੈ ਤੇ ਭੁੱਖ ਹੋਰ ਵਧਦੀ ਹੈ। ਵਾਹਿਗੁਰੂ ਜੀ ਦਾ ਨਾਮ ਕਦੇ ਖਤਮ ਨਹੀਂ ਹੁੰਦਾ ਅਤੇ ਨਾਮ ਲੈਣ ਨਾਲ ਮਨ ਅੰਦਰ ਸ਼ਾਂਤੀ ਬਣੀ ਰਹਿੰਦੀ ਹੈ। ਗੁਰੂ ਦਾ ਨਾਮ ਲੈਣ ਨਾਲ 'ਦਾਤਾ' ਪ੍ਰਗਟ ਹੁੰਦਿਆਂ ਹਨ ਅਤੇ ਉਹ ਕਦੇ ਵੀ ਨਹੀਂ ਖੁੜਦੀਆਂ। ਵਾਹਿਗੁਰੂ ਜੀ ਬੇਅੰਤ ਹਨ ਇਸ ਵਾਸਤੇ ਉਨ੍ਹਾਂ ਦੀ ਹਰ ਚੀਜ਼ ਬੇਅੰਤ ਹੈ।

ਮਨੁੱਖ ਨੂੰ ਦੌਲਤ ਪਿੱਛੇ ਜਾਣ ਦੀ ਬਜਾਏ ਰੱਬ ਦਾ ਨਾਮ ਲੈਣਾ ਚਾਹੀਦਾ ਹੈ।

ਜਿਗਰਦੀਪ ਕੌਰ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰ. 3195620052

ਮਾਂ



ਮੇਰੇ ਸੁਣਨ ਦੇ ਵਿਚ ਹੀ ਆਇਆ ਮਾਂ
ਨਾ ਦੇਖਿਆ ਨਾ ਕਿਸੇ ਦਿਖਾਇਆ ਮਾਂ
ਮੈਂ ਝੱਟ ਪਹਿਚਾਣ ਲਊਂ ਜਦ ਕਿਧਰੋਂ
ਮੇਰੇ ਸਾਹਮਣੇ ਆਣ ਖਲੋਵੇਗਾ।
ਜੋ ਰੱਬ ਹੋਇਆ ਇਸ ਦੁਨੀਆ ਤੇ,
ਮਾਂ ਤੇਰੇ ਵਰਗਾ ਹੋਵੇਗਾ
ਪੀੜਾ ਸਹਿ ਕਿ ਮੈਨੂੰ ਜੰਮਣ ਦੀਆ
ਮਾਂ ਰੋਗ ਲਵਾਂ ਲਏ ਲਖਾਂ ਤੂੰ
ਜੇ ਬੁਖਾਰ ਵੀ ਮੈਨੂੰ ਚੜ ਜਾਂਵੇ

ਭਰ ਆਉਣੀ ਏ ਹਉਕਾਂ ਤੂੰ
ਮੇਰਾ ਰੋਮ-ਰੋਮ ਕਰਜਾਈ ਤੇਰਾ,
ਤੈਥੋਂ ਕੀ ਦਾਸ ਲਕੋਵੇਗਾ
ਜੇ ਰੱਬ ਹੋਇਆ ਇਸ ਦੁਨੀਆ ਤੇ,
ਮਾਂ ਤੇਰੇ ਵਰਗਾ ਹੋਵੇਗਾ
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ਜਿਸ ਘਰ ਤੂੰ ਵਗਦੀ ਗੰਗਾ ਏ
ਉਹਨੂੰ ਰੱਬ ਦੀ ਕਿਥੋਂ ਖੋੜ ਰਹੀ

ਲੋਕ ਮੰਦਰ ਮਸੀਤੀ ਲੱਭਕੇ ਜਾ,
ਤੇਰੇ ਵਿਚ ਹੈ ਜੇ ਕੋਈ ਟੋਵੇਗਾ
ਜੇ ਰੱਬ ਹੋਇਆ ਇਸ ਦੁਨੀਆਂ ਤੇ,
ਮਾਂ ਤੇਰੇ ਵਰਗਾ ਹੋਵੇਗਾ
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ਭੁੱਲਿਆਂ ਨਾ ਕਦੇ ਭੁਲਾਵੇ ਗਾ
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ਤੇਰੇ ਭਾਰ ਦੁੱਖਾਂ ਦਾ ਢੋਵੇਗਾ
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ਮਿਨਾਕਸ਼ੀ

ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ
ਰੋਲ ਨੰ. 1578820255

ਜਿੰਦਗੀ ਦੀ ਦੌੜ



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ਕਿਉਂ ਹਫ ਰਹੇ ਹਾਂ ਅਸੀਂ,
ਮੈਨੂੰ ਵੀ ਦਸਣਾਂ ਜਰਾਂ
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ਦੀਪਾ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰ. 206

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ਸਭ ਦਾ ਫਿਕਰ ਕਰਦੀ ਏਂ
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ਮੈਂ ਤੈਨੂੰ ਸੁੱਤਿਆਂ ਕਦੇ ਦੇਖਿਆ ਨਹੀਂ,
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ਤੂੰ ਫਿਕਰ ਕਿਉਂ ਕਰਦੀ ਏ ?
ਤੂੰ ਮੇਰੇ ਵੱਲ ਵੀ ਏਂ, ਤੂੰ ਉਹਦੇ ਵੱਲ ਵੀ ਏਂ,

ਤੂੰ ਸਭ ਦੇ ਵੱਲ ਦੀ ਹੈਂ ਤੂੰ ਇਕ ਪੱਖ ਦੀ ਕਿਉਂ
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ਮਾਂ ਤੋ ਵੱਧ ਕੋਈ ਸੋਹਣੀ ਲੱਗਦੀ ਕਿਉਂ ਨਹੀਂ ?
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ਮਾਂ ਤੋਂ ਵਧ ਕੋਈ ਪਿਆਰ ਕਰਦੀ ਕਿਉਂ ਨਹੀਂ ?

ਸਰਬਜੀਤ ਕੌਰ

ਬੀ.ਏ. ਪਹਿਲਾ ਸਮੈਸਟਰ
ਰੋਲ ਨੰ. 0051

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਸਿੱਖਾਂ ਦੇ ਪਹਿਲੇ ਗੁਰੂ ਹਨ। ਇਨ੍ਹਾਂ ਦਾ ਜਨਮ 15 ਅਪ੍ਰੈਲ 1469 ਈ. ਨੂੰ ਰਾਏ ਭੋਏ ਦੀ ਤਲਵੰਡੀ ਵਿੱਖੇ ਪਿਤਾ ਮਹਿਤਾ ਕਾਲੂ ਅਤੇ ਮਾਤਾ ਤ੍ਰਿਪਤਾ ਦੇਵੀ ਦੇ ਕੁਖੋਂ ਹੋਇਆ। ਚਾਰ ਉਦਾਸਿਆਂ ਵੱਲੋਂ ਗੁਰੂ ਜੀ ਨੇ ਜਿੱਥੇ ਚਰਨ ਪਾਏ ਉੱਥੇ ਬਣੇ ਇਤਿਹਾਸਿਕ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ

ਗੁਰੂ ਜੀ ਨੇ ਜਿੱਥੇ ਜਿੱਥੇ ਚਰਨ ਪਾਏ ਉੱਥੇ ਬਣੇ ਇਤਿਹਾਸਿਕ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ

ਨਨਕਾਨਾ ਸਾਹਿਬ - ਇਸ ਦਾ ਪੁਰਾਨਾ ਨਾਮ 'ਰਾਏ ਭੋਏ ਦੀ ਤਲਵੰਡੀ' ਸੀ। ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਜੀ ਨੇ ਗੁਰੂ ਜੀ ਦੇ ਜਨਮ ਸਥਾਨ ਤੇ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਦਾ ਨਿਰਮਾਣ ਕਰਵਾਇਆ। ਕਈ ਸ਼ਰਧਾਲੂ ਇੱਥੇ ਦਰਸ਼ਨ ਕਰਨ ਨਹੀਂ ਆਉਂਦੇ ਹਨ। ਇਹ ਗੁਰੂ ਜੀ ਦਾ ਜਨਮ ਅਸਥਾਨ ਹੈ। ਇੱਥੇ ਹੀ ਗੁਰੂ ਜੀ ਪਿਤਾ ਮਹਿਤਾ ਕਾਲੂ ਅਤੇ ਮਾਤਾ ਤ੍ਰਿਪਤਾ ਜੀ ਦੀ ਕੁੱਥੋਂ ਪ੍ਰਗਟ ਹੋਏ ਸਨ। ਇਸ ਕਰਕੇ ਇਸ ਸਥਾਨ ਦਾ ਨਾਂ ਗੁਰੂ ਜੀ ਦੇ ਨਾਂ ਤੇ ਨਨਕਾਨਾ ਸਾਹਿਬ ਰੱਖਿਆ। ਇਸ ਨੂੰ 'ਰਾਏਪੁਰ' ਦੇ ਨਾਂ ਤੋਂ ਵੀ ਜਾਨਿਆ ਜਾਂਦਾ ਸੀ। ਉਸ ਸਮੇਂ 'ਰਾਏ ਭੁਲਰ' ਇਸ ਇਲਾਕੇ ਦਾ ਸ਼ਾਸਕ ਸੀ। ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਰੁਚਿਆਂ ਦਾ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਭੈਣ ਨਾਨਕੀ ਅਤੇ ਰਾਏ ਜੀ ਨੂੰ ਹੀ ਪਤਾ ਲਗਾ ਸੀ। ਰਾਏ ਜੀ ਨੇ ਤਲਵੰਡੀ ਸ਼ਹਿਰ ਦੇ ਆਸ ਪਾਸ ਦੀ 20 ਹਜ਼ਾਰ ਕਿਲੋ ਜ਼ਮੀਨ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨੂੰ ਭੇਟ ਕੀਤੀ। ਜਿਸ ਨੂੰ ਨਨਕਾਨਾ ਸਾਹਿਬ ਕਿਹਾ ਜਾਂਦਾ ਹੈ।

ਪੱਟੀ ਸਾਹਿਬ - ਜਿਸ ਸਥਾਨ ਤੇ ਗੁਰੂ ਜੀ ਪਾਠਸ਼ਾਲਾ ਵਿੱਚ ਪੜ੍ਹਨ ਲਈ ਜਾਂਦੇ ਸਨ। ਉੱਥੇ ਅੱਜ ਪੱਟੀ ਸਾਹਿਬ ਗੁਰਦੁਆਰਾ ਸਥਿਤ ਹੈ। ਇੱਥੇ ਗੁਰੂ ਜੀ ਮੋਲਵੀ ਸਾਹਿਬ ਕੋਲ ਪੜ੍ਹਨ ਲਈ ਆਂਦੇ ਸਨ।

ਬਟਾਲਾ ਵਿੱਚ ਸ੍ਰੀ ਕੰਧ ਸਾਹਿਬ ਗੁਰਦੁਆਰਾ - ਇੱਥੇ ਗੁਰੂ ਜੀ ਦੀ ਬਰਾਤ ਰੁੱਕੀ ਸੀ। ਇਤਿਹਾਸਕਾਰਾਂ ਅਨੁਸਾਰ 1487 ਈ. ਨੂੰ ਗੁਰੂ ਜੀ ਦੀ ਬਰਾਤ ਕੱਚੇ ਘਰ ਵਿੱਚ ਰੁੱਕੀ ਸੀ। ਇੱਕ ਕੱਚੀ ਦੀਵਾਰ ਅੱਜ ਵੀ ਸ਼ੀਸ਼ੇ ਦੇ ਫਰੇਮ ਵਿੱਚ ਗੁਰਦੁਆਰਾ ਕੰਧ ਸਾਹਿਬ ਵਿੱਚ ਸਥਿਤ ਹੈ।

ਗੁਰਦੁਆਰਾ ਡੇਰਾ ਸਾਹਿਬ - ਇੱਥੇ ਗੁਰੂ ਜੀ ਮਾਤਾ ਸੁਲਖਨੀ ਜੀ ਨੂੰ ਵਿਆਹ ਵਾਸਤੇ ਆਏ ਸਨ। ਗੁਰਦੁਆਰਾ ਬੜਾ ਸਾਹਿਬ ਜਿੱਥੇ ਗੁਰੂ ਜੀ ਦੇ ਵਿਆਹ ਦੀਆਂ ਪੂਰੀਆਂ ਰਸਮਾਂ ਹੋਇਆ ਸਨ। ਇਨ੍ਹਾਂ ਗੁਰਦੁਆਰਿਆਂ ਸਾਹਿਬ ਦੀ ਸੇਵਾ ਸੰਭਾਲ ਸ਼ਿਰੋਮਣੀ ਗੁਰਦੁਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਕਰ ਰਹੀ ਹੈ। ਹਰ ਸਾਲ ਵਿਆਹ ਦੀ ਸਾਲਗਿਰਹਾ ਵਾਲੇ ਦਿਨ ਨਗਰ ਕੀਰਤਨ ਸੁਲਤਾਨਪੁਰ ਲੋਧੀ ਤੋਂ ਇੱਥੇ ਆਉਂਦਾ ਹੈ।

ਲੁਧਿਆਨਾ ਵਿੱਚ ਗੁਰਦੁਆਰਾ ਗਉਘਾਟ - ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ 1515 ਈ. ਨੂੰ ਇੱਥੇ ਆਏ ਸਨ। ਉਸ ਸਮੇਂ ਲੁਧਿਆਨਾ ਸਤਲੁਜ ਦਰਿਆ ਦੇ ਕਿਨਾਰੇ ਸੀ। ਲੁਧਿਆਨਾ ਦੇ ਨਵਾਬ ਜਲਾਲ ਖਾਂ ਲੋਧੀ ਆਪਣੇ ਦਰਬਾਰਿਆਂ ਨੂੰ ਨਾਲ ਲੈ ਕੇ ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਰਨ ਵਿੱਚ ਆਏ। ਉਨ੍ਹਾਂ ਨੇ ਗੁਰੂ ਜੀ ਨੂੰ ਕਿਹਾ ਕਿ ਜਦੋਂ ਇੱਥੇ ਤੁਫਾਨ ਆਉਂਦਾ ਹੈ ਤਾਂ ਬਹੁਤ ਲੋਕਾਂ ਦਾ ਨੁਕਸਾਨ ਹੁੰਦਾ ਹੈ। ਤੁਸੀਂ ਆਪਣੀ ਕ੍ਰਿਪਾ ਕਰੋ। ਗੁਰੂ ਜੀ ਨੇ ਕਿਹਾ ਕਿ ਸੱਚੇ ਮਨ ਤੋਂ ਰੱਬ ਦਾ ਨਾਮ ਲਉ ਆਪੇ ਸਭ ਠੀਕ ਹੋ ਜਾਵੇਗਾ ਨਾਲ ਹੀ ਗੁਰੂ ਜੀ ਨੇ ਕਿਹਾ ਕਿ ਦਰਿਆ ਸਤ ਕੋਸ ਦੂਰ ਜੋ ਜਾਵੇਗਾ। ਇਹ ਦਰਿਆ ਬੁੱਢਾਂ ਹੋ ਕੇ ਇੱਥੋਂ ਚਲੇਗਾ। ਐਸਾ

ਸਮਾਂ ਆਵੇਗਾ ਕਿ ਲੁਧਿਆਨਾ ਸ਼ਹਿਰ ਨੂੰ ਦੁਨਿਆਂ ਵਿੱਚ ਜਾਨਿਆ ਜਾਵੇਗਾ। ਇਸ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਦਾ ਨਾਂ ਗਉ ਘਾਟ ਰੱਖਿਆ ਗਿਆ।

ਸੰਗਰੂਰ ਵਿੱਚ ਗੁਰਦੁਆਰਾ ਨਾਨਕਿਆਣਾ ਸਾਹਿਬ - ਸੰਗਰੂਰ ਤੋਂ ਚਾਰ ਕਿਲੋਮੀਟਰ ਦੂਰ ਗੁਰਦੁਆਰਾ ਨਾਨਕਿਆਣਾ ਸਾਹਿਬ ਸਥਿਤ ਹੈ। ਇੱਥੇ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਅਤੇ ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਦੇ ਚਰਨ ਪਏ ਹਨ। 16 ਵੀਂ ਸ਼ਤਾਬਦੀ ਨੂੰ ਗੁਰੂ ਜੀ ਇੱਥੇ ਆਏ ਸਨ ਅਤੇ ਉਨ੍ਹਾਂ ਨੇ ਪਿੰਡ ਮੰਗਵਾਲ ਵਰਤਮਾਨ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਦੇ ਨੇੜੇ ਇਕ ਤਾਲਾਬ ਨੇੜੇ ਲੋਕਾਂ ਨੂੰ ਸਚਾਈ ਦਾ ਰਾਹ ਦਿਖਾਇਆ। ਇਕ ਸਦੀ ਤੋਂ ਬਾਦ ਗੁਰੂ ਹਰਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਇਸ ਪਿੰਡ ਵਿੱਚ ਆਏ ਉਨ੍ਹਾਂ ਨੇ ਇੱਥੇ ਗੁਰਦੁਆਰਾ ਬਣਾਇਆ। ਇੱਥੇ ਹੀ ਗੁਰਦੁਆਰਾ ਮੰਜੀ ਸਾਹਿਬ ਅਤੇ ਥੜਾ ਸਾਹਿਬ ਹੈ। ਇੱਥੇ ਇਕ ਪਵਿੱਤਰ ਹਥਿਆਰ ਵੀ ਰੱਖਿਆ ਹੈ। ਜਿਸ ਨੂੰ 1724 ਦੇ ਨਾਲ ਫਾਰਸੀ ਅੰਕਾ ਵਿਚ ਗੁਰਜਿਤਾਬਾਦ ਨਾਮ ਦਿੱਤਾ ਗਿਆ।

ਫਾਜ਼ਿਲਕਾ ਵਿੱਚ ਗੁਰਦੁਆਰਾ ਬੜ ਸਾਹਿਬ - ਗੁਰੂ ਜੀ ਉਦਾਸੀਆਂ ਦੇ ਦੌਰਾਨ ਫਾਜ਼ਿਲਕਾ ਦੇ ਪਿੰਡ ਹਰਿਪੁਰਾ ਵਿੱਚ ਰੁੱਕੇ। ਉਨ੍ਹਾਂ ਦੇ ਉੱਥੇ ਪੈਰਾਂ ਦੇ ਨਿਸ਼ਾਨ ਅੱਜ ਵੀ ਮੌਜੂਦ ਹਨ। ਜਿੱਥੇ ਉਹ ਰੁੱਕੇ ਸਨ ਉੱਥੇ ਅੱਜ ਬੜ ਸਾਹਿਬ ਗੁਰਦੁਆਰਾ ਹੈ। ਗੁਰੂ ਜੀ ਇਕ ਬੜ ਦੇ ਰੁੱਖ ਹੇਠ ਬੈਠ ਕੇ ਗੁਰੂ ਦੀ ਭਗਤੀ ਵਿੱਚ ਲੀਨ ਹੋ ਗਏ। ਉਨ੍ਹਾਂ ਨਾਲ ਉਨ੍ਹਾਂ ਦੇ ਦੋ ਸਾਥੀ ਭਾਈ ਮਰਦਾਨਾ ਜੀ ਅਤੇ ਭਾਈ ਬਾਲਾ ਜੀ ਸਨ। ਜਦੋਂ ਲੋਕਾਂ ਨੂੰ ਪਤਾ ਲਗਾ ਤੇ ਉਹ ਗੁਰੂ ਜੀ ਕੋਲ ਆਏ ਅਤੇ ਚਰਨਾਂ ਤੇ ਸ਼ੀਸ਼ ਝੁਕਾਏ। ਉਨ੍ਹਾਂ ਦੇ ਦੁੱਖ ਦੂਰ ਕਰਨ ਤੋਂ ਬਾਦ ਗੁਰੂ ਜੀ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨਾਮ ਜਪਨ, ਵੰਡ ਕੇ ਛਕਣ ਲਈ, ਨਾਲ ਹੀ ਲੰਗਰ ਲੋਕਾਂ ਨੂੰ ਛਕਾਣ ਲਈ ਕਿਹਾ। ਉਥੇ ਇਕ ਸੁੰਦਰ ਧਰਮਸ਼ਾਲਾ ਬਣਾਉਣ ਲਈ ਕਿਹਾ। ਫਿਰ ਗੁਰੂ ਜੀ ਉੱਥੋਂ ਤਲਵੰਡੀ ਲਈ ਰਵਾਨਾ ਹੋ ਗਏ।

ਸੁਲਤਾਨ ਪੁਰ ਲੋਧੀ ਵਿੱਚ ਸ੍ਰੀ ਬੇਰ ਸਾਹਿਬ - ਇੱਥੇ ਗੁਰੂ ਜੀ 14 ਸਾਲ 9 ਮਹੀਨੇ 13 ਦਿਨ ਭਗਤੀ ਵਿੱਚ ਲੀਨ ਰਹੇ। ਜਿੱਥੇ ਆਪ ਨੇ ਬੈਠ ਕੇ ਭਗਤੀ ਕੀਤੀ ਇਸ ਨੂੰ ਭੇਰਾ ਸਾਹਿਬ ਆਖਦੇ ਹਨ। ਉਥੇ ਹੀ ਨੇੜੇ ਇਕ ਬੇਰੀ ਦਾ ਰੁੱਖ ਹੈ। ਜਿਸ ਨੂੰ ਆਪ ਦੇ ਭਗਤ ਖਰਬੂਜੇ ਸ਼ਾਹ ਨੇ ਆਪ ਜੀ ਦੀ ਕਹਿਣ ਤੇ ਲਾਇਆ ਸੀ। 550 ਸਾਲ ਬਾਦ ਵੀ ਇਹ ਹਰਾ-ਭਰਾ ਹੈ।

ਗੁਰਦੁਆਰਾ ਸੰਤ ਘਾਟ - ਬੇਰ ਸਾਹਿਬ ਤੋਂ ਤਿੰਨ ਕਿਲੋਮੀਟਰ ਦੂਰ ਗੁਰਦੁਆਰਾ ਸੰਤ ਘਾਟ ਹੈ। ਇੱਥੇ ਗੁਰੂ ਜੀ ਇਸ਼ਨਾਨ ਕਰਨ ਲਈ ਆਏ ਸਨ ਅਤੇ 72 ਘੰਟੇ ਤੱਕ ਆਲੋਚ ਹੋ ਗਏ ਹਨ। ਉਨ੍ਹਾਂ ਨੇ ਇੱਥੇ ਹੀ ਮੂਲ ਮੰਤਰ ਦਾ ਉਚਾਰਨ ਕੀਤਾ।

ਸ੍ਰੀ ਹੱਟ ਸਾਹਿਬ - ਗੁਰੂ ਜੀ ਨੇ ਸੁਲਤਾਨਪੁਰ ਲੋਧੀ ਵਿੱਚ ਰਹਿੰਦੇ ਹੋਏ ਦੌਲਤ ਖਾਨ ਦੇ ਲੋਧੀ ਦੇ ਮੋਦੀ ਖਾਨੇ ਵਿੱਚ ਕੰਮ ਕੀਤਾ ਅਤੇ ਇਥੇ ਹੀ ਉਨ੍ਹਾਂ ਨੇ ਤੇਰਾ-ਤੇਰਾ ਦਾ ਉਚਾਰਨ ਕੀਤਾ।

ਸ੍ਰੀ ਕੋਠੜੀ ਸਾਹਿਬ - ਮੋਦੀਖਾਨੇ ਦੇ ਹਿਸਾਬ ਵਿੱਚ ਗੜਬੜੀ ਦੇ ਇਲਜ਼ਾਮ ਕਰਕੇ ਆਪ ਜੀ ਨੂੰ ਇਸ ਸਥਾਨ ਉੱਤੇ ਲਿਆਂਦਾ ਗਿਆ ਅਤੇ ਦੁਬਾਰਾ ਹਿਸਾਬ ਕੀਤਾ ਜੋ ਘੱਟ ਦੀ ਥਾਂ ਵੱਧ ਗਿਆ। ਇਸ ਇਲਜ਼ਾਮ ਗਲਤ ਨਿਕਲਿਆ।

ਸ਼੍ਰੀ ਅੰਤਰਆਤਮਾ ਸਾਹਿਬ – ਇੱਥੇ ਗੁਰੂ ਜੀ ਨੇ ਨਵਾਬ ਦੋਲਤ ਖਾਨ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਮੇਲਵੀ ਨੂੰ ਮਸਜਿਦ ਵਿਚ ਨਮਾਜ਼ ਦੀ ਅਸਲਿਅਤ ਦਸੀ ਅਤੇ। ਉਸਨੂੰ ਤਨ ਦੇ ਨਾਲ ਮਨ ਨੂੰ ਵੀ ਸ਼ਾਮਲ ਕਰਨ ਲਈ ਕਿਹਾ।

ਗੁਰੂ ਕਾ ਬਾਗ – ਇੱਥੇ ਗੁਰੂ ਜੀ ਆਪਣੇ ਪਰਿਵਾਰ ਨਾਲ ਰਹੇ। ਇੱਥੇ ਹੀ ਉਨ੍ਹਾਂ ਦੇ ਪੁਤਰਾਂ ਦਾ ਜਨਮ ਹੋਇਆ। ਬਾਬਾ ਸ਼੍ਰੀ ਚੰਦ ਅਤੇ ਲਛਮੀ ਚੰਦ ਜੀ ਦਾ। ਇਸ ਕਰਕੇ ਇਸ ਨੂੰ ਗੁਰੂ ਕਾ ਬਾਗ ਕਿਹਾ ਜਾਂਦਾ ਹੈ।

ਪੰਜਾ ਸਾਹਿਬ ਗੁਰਦੁਆਰਾ – ਇੱਥੇ ਗੁਰੂ ਜੀ ਨੇ ਵੱਲੀ ਕੰਧਾਰੀ ਦਾ ਹੰਕਾਰ ਤੋੜਿਆ ਸੀ। ਗੁਰੂ ਜੀ ਆਪਣੇ ਸਾਥੀ (ਮਰਦਾਨਾ ਜੀ) ਨਾਲ ਇਕ ਪਹਾੜੀ ਥੱਲੇ ਬੈਠ ਗਏ। ਗੁਰੂ ਜੀ ਨੇ ਉਸ ਦਾ ਹੰਕਾਰ ਤੋੜਨ ਲਈ ਮਰਦਾਨਾ ਜੀ ਨੂੰ ਉਥੋਂ ਦੇ ਚਸ਼ਮੇ ਤੋਂ ਪਾਣੀ ਲਿਆਨ ਵਾਸਤੇ ਕਿਹਾ ਜਦੋਂ ਉਹ ਪਾਣੀ ਲੈਣ ਵਾਸਤੇ ਗਏ ਤਾਂ ਉਨ੍ਹਾਂ ਨੂੰ ਵੱਲੀ ਕੰਧਾਰੀ ਨੇ ਮਨਾ ਕਰ ਦਿੱਤਾ। ਮਰਦਾਨਾ ਜੀ ਨੇ ਮਿਨਤਾਂ ਕੀਤੀਆਂ ਪਰ ਉਹ ਨਹੀਂ ਮਨੇ ਅਤੇ ਕਹਿਣ ਲਗੇ ਕਿ ਅਗਰ ਉਸ ਦਾ ਗੁਰੂ ਸ਼ਕਤੀਸ਼ਾਲੀ ਹੈ ਤਾਂ ਉਹ ਸ਼ਕਤੀ ਨਾਲ ਚਸ਼ਮਾਂ ਬਣਾ ਕੇ ਪਾਣੀ ਪਿਆ ਦੇਵੇ। ਜਦੋਂ ਇਸ ਸਭ ਕੁਝ ਮਰਦਾਨਾ ਜੀ ਨੇ ਗੁਰੂ ਜੀ ਨੂੰ ਦਸਿਆ ਤਾਂ ਗੁਰੂ ਜੀ ਨੇ ਕਿਹਾ ਕਿ ਸਤਿਨਾਮ ਦਾ ਨਾਂ ਲੈਕੇ ਇਹ ਪਥਰ ਦੂਜੇ ਪਾਸੇ ਰੱਖ ਦੇ। ਜਦੋਂ ਪੱਥਰ ਦੂਜੇ ਪਾਸੇ ਰਖਿਆ ਤਾਂ ਉਥੋਂ ਚਸ਼ਮਾ ਨਿਕਲ ਗਿਆ ਅਤੇ ਉੱਤੇ ਦਾ ਚਸ਼ਮਾਂ ਦਾ ਪਾਣੀ ਬੰਦ ਹੋ ਗਿਆ। ਇਹ ਦੇਖ ਕੇ ਕੰਧਾਰੀ ਨੂੰ ਗੁੱਸਾ ਆ ਗਿਆ ਉਨ੍ਹਾਂ ਨੇ ਆਪਣੀ ਸ਼ਕਤੀ ਨਾਲ ਇਕ

ਪਹਾੜ ਗੁਰੂ ਜੀ ਵਲ ਨੂੰ ਵਗਾ ਦਿੱਤਾ। ਇਹ ਪਹਾੜ ਨੂੰ ਗੁਰੂ ਜੀ ਨੇ ਆਪਣੇ ਪੰਜੇ ਨਾਲ ਰੋਕ ਦਿੱਤਾ। ਇਹ ਦੇਖ ਕੇ ਵੱਲੀ ਕੰਧਾਰੀ ਦਾ ਹੰਕਾਰ ਟੁੱਟ ਗਿਆ ਅਤੇ ਉਹ ਗੁਰੂ ਜੀ ਦੀ ਚਰਨੀ ਪੈ ਗਿਆ। ਇੱਥੇ ਪੰਜਾ ਸਾਹਿਬ ਗੁਰਦੁਆਰਾ ਸਥਿਤ ਹੈ।

ਗੁਰਦੁਆਰਾ ਮੰਜੀ ਸਾਹਿਬ (ਕਰਨਾਲ) - ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਆਪਣੀ ਯਾਤਰਾ ਦੇ ਸਮੇਂ ਕਰਨਾਲ ਸਥਿਤ ਮੰਜੀ ਸਾਹਿਬ ਗੁਰਦੁਆਰਾ ਤੇ ਸਥਾਨ ਤੇ ਆਏ ਸਨ। ਗੁਰੂ ਜੀ ਇਕ ਬਗੀਚੇ ਦੇ ਉੱਚੇ ਟੀਲੇ ਤੇ ਬੈਠ ਗਏ ਅਤੇ ਉੱਥੇ ਭਗਤ ਗੁਰੂ ਦੇ ਇੱਕਠੇ ਹੋ ਗਏ। ਇਹ ਦੇਖ ਕੇ ਅਬੂ ਅਲੀ ਕਲੰਦਰ ਗੁੱਸੇ ਵਿਚ ਆ ਗਿਆ। ਉਨ੍ਹਾਂ ਨੇ ਇਕ ਦੀਵਾਰ ਬਨਾਈ ਅਤੇ ਉਸ ਉੱਪਰ ਬੈਠ ਗਏ ਨਾਲ ਹੀ ਉਹ ਗੁਰੂ ਵੀ ਵੱਲ ਇਹ ਦੀਵਾਰ ਲੈ ਕੇ ਗਏ। ਜਦੋਂ ਗੁਰੂ ਜੀ ਦੇ ਨੇੜੇ ਪਹੁੰਚੇ ਤਾਂ ਇਹ ਦੀਵਾਰ ਰੁੱਕ ਗਈ। ਗੁਰੂ ਜੀ ਨੇ ਕਿਹਾ ਕਿ ਆਪਣੀ ਸ਼ਕਤੀ ਦਾ ਗਲਤ ਇਸਤੇਮਾਲ ਨਾ ਕਰ ਇਸ ਨੂੰ ਲੋਕਾਂ ਦੇ ਦੁੱਖ ਦੂਰ ਕਰਨ ਲਈ ਪ੍ਰਯੋਗ ਕਰੋ। ਉਹ ਕਲੰਦਰ ਗੁਰੂ ਜੀ ਦੇ ਚਰਨੀ ਪੈ ਗਏ। ਗੁਰੂ ਹਰਕ੍ਰਿਸ਼ਨ ਜੀ ਵੀ ਆਪਣੀ ਯਾਤਰਾ ਦੇ ਦੌਰਾਨ ਇੱਥੇ ਆਏ ਹਨ। ਅੱਜ ਇੱਥੇ ਗੁਰਦੁਆਰਾ ਮੰਜੀ ਸਾਹਿਬ ਸਥਿਤ ਹੈ।

ਜਿਗਰਦੀਪ ਕੌਰ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰ. 3195620052

ਕਵਿਤਾ - "ਕਾਂ"

ਕਾਲੀ ਚੁੰਝ ਕਾਲਾ ਪਹਿਰਾਵਾ
ਮੈਂ ਬੱਚਿਆਂ ਦਾ ਮਨ ਪਰਚਾਵਾਂ!
ਧਿਆਨ ਜ਼ਰਾ ਜੇ ਹੋਵੇ ਪਾਸੇ,
ਹੱਥੋਂ ਖੋਹ ਬੁਰਕੀ ਲੈ ਜਾਵਾਂ।
ਬੈਠ ਬਨੇਰੇ ਗੀਤ ਸੁਣਾਵਾਂ,
ਤੁਸੀਂ ਤਾਂ ਆਖੋ ਕੰਨ ਮੈਂ ਥਾਵਾਂ
ਮੈਨੂੰ ਰੋਟੀ ਤੁਸੀਂ ਨਾ ਦੇਵੋ,
ਦੱਸੋ ਭਲਾ ਮੈਂ ਫਿਰ ਕੀ ਖਾਵਾਂ ?
ਜੇ ਕੋਈ ਚੀਜ਼ ਖਾਣ ਨੂੰ ਲੱਭੇ!
ਰਲ ਮਿਲ ਆਪਾਂ ਖਾਂਦੇ ਸੱਭੇ!
ਭੈਣ-ਭਰਾਵਾਂ ਨੂੰ ਸਦਣ ਲਈ,
ਤਾਹੀਉ ਤਾਂ ਮੈਂ ਰੋਲਾ ਪਾਵਾਂ

ਮੈਂ ਬੇਸ਼ਕ ਕਾਲੇ ਕੰਮ ਕਰਦਾ,
ਪਾਉਂਦਾ ਨਹੀਂ ਪਰ ਚਿੱਟਾ ਪਰਦਾ,
ਮੈਂ ਨਹੀਂ ਕਪਟੀ ਬੰਦੇ ਵਰਗਾ,
ਅੰਦਰੋਂ ਬਾਹਰੋਂ ਇੱਕੋ ਹਾਂ।
ਮੈਂ ਹਾਂ ਬੜਾ ਸਫਾਈ ਪਸੰਦ,
ਵੱਧ ਤੋਂ ਵੱਧ ਮੁਕਾਵਾਂ ਗੰਦ
ਇਸਦੇ ਬਦਲੇ ਲੋਕੀ ਮੈਨੂੰ
ਬੇਸ਼ਕ ਭੈੜਾ ਆਖਣ ਖਾਂ



ਜਯੋਤੀ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
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ਜ਼ਿੰਦਗੀ ਦਾ ਸੱਚ

ਜਦੋਂ ਜਿੰਦਾ ਸੀ ਤੇ ਕਿਸੇ ਨੇ ਕੋਲ ਵੀ ਨਹੀਂ ਬਿਠਾਇਆ,
ਹੁਣ ਆਪ ਮੇਰੇ ਚਾਰੇ ਪਾਸੇ ਬੈਠੇ ਹੋਏ ਨੇ।
ਪਹਿਲਾਂ ਮੇਰਾ ਕਿਸੇ ਨੇ ਹਾਲ ਵੀ ਨਹੀਂ ਪੁੱਛਿਆ,
ਹੁਣ ਸਾਰੇ ਹੰਜੁ ਬਹਾਈ ਜਾ ਰਹੇ ਨੇ।
ਇਕ ਰੁਮਾਲ ਵੀ ਕਦੋਂ ਨਹੀਂ ਸੀ ਕਿਸੇ ਨੇ ਦਿੱਤਾ,
ਹੁਣ ਕਪੜੇ ਮੇਰੇ ਉੱਤੇ ਪਾਈ ਜਾ ਰਹੇ ਨੇ।
ਸੱਭ ਨੂੰ ਪਤਾ ਹੈ ਇਹ ਕਪੜੇ ਮੇਰੇ ਕੰਮ ਦੇ ਨਹੀਂ,

ਹੁਣ ਦੁਨੀਆਂ ਦਾਰੀ ਨਿਭਾਈ ਜਾ ਰਹੇ ਨੇ।
ਕਦੇ ਕਿਸੇ ਨੇ ਇਕ ਰੋਟੀ ਨਹੀਂ ਸੀ ਖਵਾਈ,
ਹੁਣ ਦੇਸ਼ੀ ਘੀ ਮੇਰੇ ਮੂੰਹ ਚ ਪਾਈ ਜਾ ਰਹੇ ਨੇ।
ਜ਼ਿੰਦਗੀ ਵਿਚ ਕੋਈ ਇਕ ਕਦਮ
ਮੇਰੇ ਨਾਲ ਨਹੀਂ ਸੀ ਤੁਰਿਆ
ਹੁਣ ਫੁੱਲਾਂ ਨਾਲ ਸਜਾਕੇ ਮੋਢਿਆਂ ਤੇ
ਰੱਖ ਲਿਜਾਏ ਜਾ ਰਹੇ ਨੇ।



ਅੱਜ ਪਤਾ ਲੱਗਾ ਮੋਤ ਚੰਗੀ ਹੈ ਜਿੰਦਗੀ ਨਾਲੋਂ,
ਐਵੇਂ ਹੀ ਜਿੰਦਗੀ ਦੀ ਆਸ ਲਾਈ ਜਾ ਰਹੇ ਨੇ।

ਦੀਪਿਕਾ

ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰ. 2314320312

ਵਿਚਾਰ

ਜਿੱਤਣ ਦੇ ਲਈ ਜੇ ਕੋਈ ਚੀਜ ਹੈ - ਪਿਆਰ
ਪੀਣ ਦੇ ਲਈ ਜੇ ਕੋਈ ਚੀਜ ਹੈ - ਗੁੱਸਾ
ਖਾਣ ਦੇ ਲਈ ਜੇ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਗਮ
ਦੇਣ ਦੇ ਲਈ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਦਾਨ
ਲੈਣ ਦੇ ਲਈ ਜੇ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਗਿਆਨ
ਕਹਿਣ ਨੂੰ ਜੇ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਸੱਚ
ਰੱਖਣ ਨੂੰ ਜੇ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਇੱਜ਼ਤ

ਛੱਡਣ ਦੇ ਲਈ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਮੋਹ
ਦਿਖਾਣ ਦੇ ਲਈ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਦੁਆ
ਦੂਰ ਸੁਟਣ ਨੂੰ ਜੇ ਕੋਈ ਚੀਜ ਹੈ ਤੇ - ਇਰਸ਼ਾ



ਦੀਪਿਕਾ

ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ
ਰੋਲ ਨੰ. 2314320312

ਮਿਜ਼ਮਾਨੀ

ਮਿਤਰਾਂ ਦੀ ਮਿਜ਼ਮਾਨੀ ਖਾਤਰ,
ਦਿਲ ਦਾ ਲਹੂ ਛਾਣੀਦਾ।
ਕਢਿ ਕਲੇਜਾ ਪ੍ਰੀਤਮ ਬੇਰੇ,
ਸੋ ਭੀ ਲਿਕ ਨਾਂਹੀ ਤੇਰੇ,
ਹੋਹੁ ਤਉਫੀਕ ਨਾਹੀ ਕਿੱਛੁ ਮੇਰੇ,
ਪੀਉ ਕਟੋਰਾ ਪਾਣੀ ਦਾ।
ਮਿਤਰਾਂ ਲਿਖ ਕਿਤਾਬਤ ਭੇਜੀ,
ਲਗਾਂ ਬਾਣ ਫਿਰਾ ਤਤਫੋਂਦੀ,
ਲਗਾਂ ਵਿੱਚ ਤਾਕਤ ਰਹੀ ਨਾ ਤੂਲੇ,
ਰੋ ਰੋ ਹਰਫ ਪਛਾਣੀ ਦਾ
ਤਨ-ਮਨ ਆਪਨਾ ਪੁਰਜੇ ਕੀਤਾ,

ਤੈਨੂੰ ਮਿਹਰ ਨਾ ਆਈਆਂ ਮੀਤਾ,
ਅਸਾਨੂੰ ਹੋਰ ਉਜਾਹ ਨ ਕੋਈ,
ਚਾਰਾ ਕਿਆਂ ਨਿਮਾਣੀ ਦਾ
ਕਹੇ ਹੁਸੈਨ ਫਕੀਰ ਨਿਮਾਣਾ,
ਤੈ ਬਾਝਹੁ ਕੋਈ ਹੋਰ ਨਾ ਜਾਣਾ,
ਤੂੰ ਹੀ ਦਾਨਾ ਤੂੰ ਹੀ ਬੀਨਾ,
ਤੂੰ ਹੈ ਤਾਣਿ ਨਿਤਾਣੀ ਦਾ।



ਅੰਜੁ ਰਾਜਪੁਤ

ਬੀ. ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰ. 3195620239

ਜੀਉਂਦੇ ਭਗਵਾਨ

ਓ ਦੁਨੀਆਂ ਦੇ ਬੰਦਿਓ ਪੂਜੋ ਉਹਨਾਂ ਨੇਕ ਇਸਾਨਾਂ ਨੂੰ
ਦੇਸ਼ ਦੀ ਖਾਤਰ ਵਾਰ ਗਏ ਜੋ, ਪਿਆਰੀਆਂ ਪਿਆਰੀਆਂ ਜਾਨਾਂ ਨੂੰ।
ਸਰੂਆਂ ਵਰਗੇ, ਸੋਨੇ ਵਰਗੇ, ਹੀਰੇ ਪੁੱਤਰ ਮਾਵਾਂ ਦੇ
ਚਾ ਜਿਨ੍ਹਾਂ ਦੇ ਮਿਲਣ ਵਾਸਤੇ, ਰੋਂਦੇ ਭੈਣ ਭਰਾਵਾਂ ਦੇ
ਬੁੱਢੇ ਬਾਪੂ ਖੜੇ ਉਡੀਕਣ, ਗੱਭਰੂ ਪੁੱਤ ਜਵਾਨਾਂ ਨੂੰ
ਓ ਦੁਨੀਆਂ ਦੇ
ਕਈ ਨਾਂਗ ਦੇ ਫੁੱਲਾਂ ਵਰਗੇ, ਹਾਲੇ ਰੂਪ ਨਰੋਏ ਨੇ
ਸ਼ਗਨਾਂ ਦੇ ਹਥਾਂ ਵਿੱਚ ਗਾਨੇ ਚਾ ਨਾ ਪੂਰੇ ਹੋਏ ਨੇ
ਦਿਲ ਦੇ ਵਿਚ ਲਕੋਈ ਬੈਠੀਆਂ ਲੱਖਾਂ ਹੀ ਅਰਮਾਨਾਂ ਨੂੰ
ਓ ਦੁਨੀਆਂ ਦੇ
ਕਿਹਨੂੰ ਨਹੀ ਜੀਵਨ ਦੀਆਂ ਲੋੜਾਂ, ਹਰ ਕੋਈ ਜੀਉਣਾ ਚਾਹੁੰਦਾ ਏ
ਤਰ੍ਹਾਂ ਤਰ੍ਹਾਂ ਦੇ ਇਸ ਜੀਵਨ ਲਈ, ਬੰਦਾ ਜਾਲ ਵਛੋਦਾ ਏ
ਜੀਉਣਾ ਉਸ ਬੰਦੇ ਦਾ ਜੀਉਣਾ, ਰੋਕੋ ਜੋ ਤੂਫਾਨਾ ਨੂੰ

ਓ ਦੁਨੀਆਂ ਦੇ
ਸ਼ੇਰਾਂ ਦੀ ਛਾਤੀ ਤੇ ਬਹਿਕੇ, ਮੌਤ ਜਿਨਾਂ ਨੇ ਮੰਗੀ ਏ
ਖੂਨ ਦੀਆਂ ਨਦੀਆਂ ਵਿੱਚ ਡੁਬਕੇ ਗੰਗੀ ਚਮੜੀ ਰੰਗੀ ਏ
ਨਵੀਂ ਦੇਸ਼ ਦੇ ਰੰਗਣ ਚਾੜੀ, ਪੂਜੋ ਉਨ੍ਹਾਂ ਭਗਵਾਨਾਂ ਨੂੰ
ਓ ਦੁਨੀਆਂ ਦੇ
ਜੀਉਣਾ ਹੁੰਦਾ ਉ; ਮਰਦ ਦਾ ਕਿਸੇ ਲਈ ਜੋ ਮਰਦਾ ਏ
ਆਪਣੇ ਦੇਸ਼ ਕੌਮ ਦੀ ਖਾਤਰ, ਜੀਵਨ ਅਰਪਨ ਕਰਦਾ ਏ
'ਨੂਰਪੂਰੀ' ਬੰਦ ਕਰਦੇ ਬੀਬਾ, ਝੂਠੀਆਂ ਹੋਰ ਦੁਕਾਨਾਂ ਨੂੰ
ਓ ਦੁਨੀਆਂ ਦੇ



ਕਾਜਲ

ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ
ਰੋਲ ਨੰ. 3195620257



Social Science Section



Teacher Editor
Dr. Anuradha Nagia

Student Editor
Ms. Sarika (B.A. II year)

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Article 370 of Indian Constitution

Article 370 of the Indian constitution gave special status to the region of 'JAMMU AND KASHMIR', allowing it to have a separate constitution, a state flag and autonomy over the internal administration of the state. It existed until 2019, when it was revoked.

The article was drafted in part XXI of the constitution: Temporary, Transitional and special Provision. The Constituent Assembly of Jammu and Kashmir after its establishment was empowered to recommend the articles of the Indian constitution that should be applied to the state or to abrogate the Article 370 altogether.

After consultation with state's Constituent Assembly the 1954 Presidential Order was issued specifying the

articles of the Indian constitution that applied to the state. Since the Constituent Assembly dissolved itself without recommending the abrogation of article 370, the article was deemed to have become permanent feature of the Indian constitution.

This article along with Article 35 defined that the Jammu and Kashmir state's residents live under a set of law, including those related to citizenship, ownership of property and Fundamental rights, as compared to resident of other Indian States. As a result of this provision Indian citizens from other states could not purchase land and property in Jammu and Kashmir.



Shiwani
B.A. I

Psychological Fact

1. The colder the rooms you sleep in, the better change are that you'll have a bad dreams.
2. Your body is the weakest during 3:00am to 4:00am. This is the time most people die in their sleep.
3. When a person dies, they have 7 Minutes of brain activity left. It's the mind playing back the person's memories in a dream sequences.
4. When a person dies, first sense lost was sight and last is hearing.
5. People says, 'god bless you' when you sneeze because your heart stops for a millisecond.
6. When someone cries tears of joy, the first tear drop would always come from the right eye. Tears of pains start from the left.
7. Psychology says the first impression is always made 7 seconds.
8. The stranger in your dreams is actually people that you've seen in your real life.
9. Daytime naps improve memory and cut the risk of heart attack.
10. Listening to 5 to 10 songs a day can improve memory, strengthen immune system and reduce depression risk by 80%.
11. By thinking one positive thought every morning you can psychologically trick your brain into being a happier person.
12. According to psychology, the inability to fall asleep at night means you're awake in someone's dreams.
13. When people say, "You've changed", there's a 95% chance that you just stopped acting the way that they wanted to you.



Chehak
B.A. I

The Onus is on us

*And so here we are here on the brink of the day,
This week we will know how our future will sway....
The duffer, the bluffer, the man with the muffler,
Which one of these men will we have to suffer??
Democracy demands we give them a chance
But this time I think we should join in the dance.
'coz whoever they are the men at the helm,
The country still belongs to us, not to them..*

*We gave them their seats the two seventy two,
We voted them to power
between me and you...
But whether they prove to be wise men or fools,
This nation is ours so let's play by the rules....
Let's be the part of reason our country is great,
Let's be good citizens before it's too late,
Let's serve our great country without hesitation,*



Let's work together to build a strong nation...
They might have the seats, the two seventy two,
But the country belongs to me and you,

And we are a billion people, a billion and plus,
At the end of the day the ONUS IS ON US.....

Shalini Bhardwaj
B.A. II

Freedom

Freedom from fear is the freedom, I claim for you my motherland! Freedom from the burden of the ages, bending your head, breaking your back, blinding your eyes to the beckoning call of the future; Freedom from the shackles of slumber where with you fasten yourself in night's stillness, mistrusting the star that speaks of truth's adventurous paths. Freedom from the anarchy of destiny whole sails is weakly yielded to the blind uncertain winds, and the helm to a hand ever

rigid and cold as death. Freedom from the insult of dwelling in a puppet's world, where movements are started through brainless wires, repeated through mindless habits, where figures wait with patience and obedience for the master of show, to be stirred into mimicry of life.



Nancy Saini
B.A. II

India: The Next Super Power

Superpower refers to those nations which are demographically, economically, politically and socially flourished. In this 21st century the nation that fulfills all these aspects is USA. But there are certain other countries whose constant progress can easily make them superpower in few decades, and the most debated country to be the next superpower is India.

India to be the next superpower is the hot topic at the world stage. The dream that India will be the next superpower is almost bleak in the last decade as the growth rate in 1950-51 i.e. 0.64% slightly rises to 3% in 2015. But the increase in growth rate or GDP to 8.6% in mid 2018, India became the fastest growing economy in the world. Increase in GDP from 2015-18 is much more than the GDP increase from 1950-2015. So with strong

economic conditions and world's largest democracy added with one of the strongest military and defence system no one can stop India to become a superpower. But there are many challenges in front of India which can slow down its progress. Firstly it has to increase its economic pace surpass the growth of China which is also in the competition to become the next superpower. Secondly it has to correct its social structure and be politically strong.

After suppressing these challenges India with its beautiful heritage, strong political structure and economic background India can become a world leader



Priyanka Puri
B.A. III

Green GDP

Green GDP refers to a national accounting system of the utilization of non renewable natural resources of any country and is now being seen as a part of sustainable development. The objective is to utilize the resources optimally, efficiently and effectively in furthering the growth of economy at the same time a realization of their scarcity value. It is also believed that such an accounting system will also have paved the way for greater research and development for developing viable alternatives to the fast depleting non renewable natural resources of the country.

Clearly the biggest issue is that of absolute poverty which has to be addressed in prior, before can talk about

broader aspects of sustainable development. Thus for India addressing the needs of the poor is unquestionably the priority providing them means of living and hygiene decent living standard.

Thus inclusive growth, sustainable development (growth) and green GDP are all different terms, totally distinct from each other in their meaning, but cannot be sad to be independent but inter related in terms of their implication.



Vanshika Sharma
B.A. III

Education

What happen when a country of a size of India has over 3 million children living on the street? or has over 150 million children working as bounded labourers? What happen when despite having a national policy for compulsory primary education, only 50% of children have access to education?

- ◆ As per the children right charter, a universal definition of "child" include all person under the age of 18.
- ◆ 40% of India's population is below the age of 18 years which at 400 millions is the world's largest child population.
- ◆ Less than half of India's children between the age 6 and 14 go to school. At least 35 million children aged 6 to 14 years do not attend school. 53% of girls in the age of 5 to 9 years are illiterate. In India only 20% of habitation has a secondary school.
- ◆ In Andhra Pradesh 52 upper primary schools were operating without a building in 2002.

- ◆ In Maharashtra there were 10 schools operating without a building.
- ◆ More than 50% of girls fails to enroll in school that do are likely to drop out by the age 14.
- ◆ Indian authorities noted in 2017 that 60% of engineering graduates remain unemployed, while a 2013 study of 60 thousand university graduates in different discipline found that 47% of them are unemployable in any skill occupation.
- ◆ The number of school affiliated with CBSE jumped from 309 in 1962 to 20,299 in 2018 and the board continues to attract growing number of newly affiliated school each year.
- ◆ In January 2019, India had over 900 universities and 40,000 colleges and also gave reservation for it. Maharashtra has 73% reservation for it, highest percentage of reservation in India.

Tanisha
B.A. III

Crypto Currency: A bright future or just a fad



A crypto currency is a digital or virtual currency that uses cryptography to secure, create and control its transactions. Unlike traditional currencies, which are issued by central banks, crypto currency has no central monetary authority. Bitcoin is the first crypto currency which came to public notice in 2009. Following this a number of other crypto currencies, such as Ethereum, Ripple, Litecoin, Cardano etc. exist in the market. Crypto currency can be exchanged for other currencies, products, and services.

Facts and figures:

- ◆ The total crypto currency market capitalization increased more than 3X since early 2016, reaching nearly USD 25 billion in March 2017.
- ◆ Active users of crypto currency wallets are estimated to be between 2.9 million and 5.8 million.
- ◆ Vanuatu, a Pacific Island Nation, located in the South Pacific Ocean became the first nation to accept Bitcoin in Exchange for as payment for its citizenship program.
- ◆ While countries such as the United States, Canada, Australia, Japan etc. allow trade and investments in

crypto currencies; there are countries such as Iceland, Vietnam, Kyrgyzstan and Bolivia where crypto currencies are totally banned.

Features:

- ◆ No central authority can trace it like RBI, central government so it can be sent and received without knowing each other identity simply using bitcoin address.
- ◆ It has no intrinsic value because it has no physical form or shape.
- ◆ Illegal trading is done frequently.
- ◆ It can besplit into smaller unit....1 bitcoin=100000000
- ◆ The fee for crypto transactions is relatively low as compared to other digital transactions such as credit cards and other modes.
- ◆ The mechanism behind crypto generation is highly complex which prevents duplication or creation of fake currency.

Alisha Mehla
B.A. III

Lakhmi Chand

Dada Lakhmi Chand also known as Pandit Lakhmi Chand was an Indian poet of Haryanvi language. He was given the title of 'Pandit'. He has been accorded the honor of the 'Surya Kavi' of Haryanvi music genres Raagni and Saang. He is popularly referred to as 'Dada Lakhmi Chand' out of love.

He was born in Jati Kalan, a village located in Sonapat district of Haryana. He had to resist his family's

opposition to come to the field of art. He used to sing various stories with great morals in his 'Raagni' and basically gave a message to live a good lifestyle through skits called Saang also he used to entertain people through his acts Saang in the native language. His widely popular work is 'Lakhmi Chand ka Brahmgyaan part1 and 2'.



Shilpa
B.A. III

Kashmir - A Valley of Chaos

'Kashmir' is one of the most beautiful places to live. Kashmir is awarded by many titles like it be, 'The Paradise on the Earth', 'The Crown of India' and so on. But depending on the circumstances of this place, I would like to give it a sobriquet of 'A Valley of Chaos'. The snow covered mountains in this valley are nowadays covered with the pall of uncertainties. So far, I am talking about the miscellaneous condition of Kashmir, now let us talk about the causes for this. But before this I would like to mention here about a historical day in the annals of Indian politics and it is 5th August 2019 on which certain provisions of Article 370 were 'Abrogated'. Under this article, Kashmir was given a special status along with a separate constitution, separate flag and separate identity.

However, with the strong move of the NDA Government, the 72 years old issue of Kashmir is now solved. Now there would be more and more investments and development projects in the valley. But the challenges

have not been ended rather started. One such challenge is Pakistan. It has already moved to UN to oppose this step of India. It has cancelled the bilateral trade with India. Also it has expelled Indian ambassador from Pakistan.

Well, this is about Pakistan but one more challenge is inside the country and it is the opposition parties. Yes, I agree that opposition should oppose the government but not always. One should keep aside the game of politics and consider the national interests.

Moreover, there are many other challenges too. Now, in 2019 Kashmir is same as India was in 1947. India was a new-born country. Similarly Kashmir, now, is a new-born union territory. So there are same challenges for the government and also for us, the citizens. Government is giving its best and we should also give our contribution to maintain India's unity in diversity.



Harmandeep Kaur
B.A. III

Most Influential People of 20th Century

We think that people of the past centuries were different from us. Their thoughts and deeds are deeply reflected in art, science, and technology. The 20th century was one of the brightest periods of the world. Enormous events happened during that time. People that lived in the past century could contemplate both beautiful and horrible scenes.

1. Adolf Hitler-This man did everything to make himself a hateful person. His name is associated to the World War II, the Holocaust, and annihilation of Jews. He was one of the greatest German leaders

and one of the most influential men in European history.

Hitler possessed a huge power of persuasion. He made the whole nation to follow him. People trusted Hitler. Some experts claim that he could use human's nervous system. That was the reason of why society obeyed him. He had a particular aura that spread over all people.

2. Martin Luther King Jr.-His impact on American society and world was great. This person had an idea of equality. The race question was the key element of how people were treated and how did



them live in United States. Martin Luther King Jr. wanted to change it, and he did.

3. Mother Teresa-Indeed, this woman was a big inspiration for everyone and everywhere. Although most people would connect her name with care about poor, she did far more. Mother Teresa believed that every person deserved respect, kindness and support. Mother Teresa always told that the Lord influenced her decision. God said a word that made Teresa to change her life. She started the first mission in India. Soon after that Mother Teresa decided to dedicate her life to those who suffered and needed aid.

4. Nelson Mandela-All people in South Africa were grateful for his life. Mandela was a freedom fighter. He wanted to see equality and justice in South Africa. Nelson Mandela was struggling for social justice, for human dignity, and human rights. He captured the symbol of what the fight was about. Mandela was a South African political activist who spent over 20 years in prison for his opposition to the apartheid regime. He was awarded the Nobel Peace Prize for his work in helping to end racial segregation in South Africa.

Anita
B.A. III

War of 1812

In the War of 1812, the United States took on the greatest naval power in the world, Great Britain, in a conflict that would have an immense impact on the young country's future. Causes of the war included British attempts to restrict U.S. trade, the Royal Navy's impressment of American seamen and America's desire to expand its territory. The United States suffered many costly defeats at the hands of British, Canadian and Native American troops over the course of the War of 1812, including the capture and burning of the nation's capital, Washington, D.C., in August 1814. Nonetheless, American troops were able to repulse British invasions

in New York, Baltimore and New Orleans, boosting national confidence and fostering a new spirit of patriotism. The ratification of the Treaty of Ghent on February 17, 1815, ended the war but left many of the most contentious questions unresolved. Nonetheless, many in the United States celebrated the War of 1812 as a "second war of independence," beginning an era of partisan agreement and national pride.



Anita
B.A. III

मजहब नहीं सिखाता आपस में बैर रखना

आजकल आए दिन धर्म के नाम पर होने वाले संघर्षों के समाचार अखबारों में आते रहते हैं। भिन्न-भिन्न सम्प्रदाय के लोग आपस में टकरा जाते हैं। देश में बहुत सारे धर्म हैं जैसे कि हिन्दू धर्म, सिख धर्म और ईसाई धर्म हैं। जिन धर्मों ने हम सभी को आपस में बाँध रखा है लेकिन कुछ लोग धर्म के नाम पर दंगे करते हैं। हर धर्म हमें अंधकार से प्रकाश की ओर, अज्ञान से ज्ञान की ओर और बुराई से अच्छाई की ओर ले जाते हैं तो मैं आपसे पूछना चाहती हूँ कि कोई भी धर्म वैर भाव को उत्पन्न करने वाला कैसे हो सकता है। मजहब नहीं सिखाता कि हम सभी आपस में मजहब कि नाम पर एक दूसरे से लड़े।

गीता में लिखा है कि:-

हम जीते दूसरों के लिए है।

हम कमाते दूसरों के लिए हैं।

हम जब मरते हैं तो दूसरों के कंधों पर शमशान या कब्रिस्तान जाते हैं।

फिर अहंकार क्यों?

क्यों आपस में झगड़ना। मैं आप सब से पूछना चाहती हूँ कि यह सब सही है क्या? हम सभी जानते हैं कि ये गलत है फिर भी लोग इंसानियत को भूल जाते हैं। मान लीजिए कि किसी पिता के 4 पुत्र आपस में लड़ते हैं तो उस पिता के दिल पर क्या गुजरती है। उसी तरह से जब हमारे देश में कई धर्म आपस में लड़ते हैं तो इससे हमारे देश का ही नुकसान होता है। कुछ राजनीतिक पार्टियाँ मौके का फायदा उठा कर अपनी रोटियाँ सेकने से नहीं चूकती। क्योंकि उन्हें इस मौके का तो बड़ी ही बेसब्री से इन्तजार रहता है ताकि उनका वोट बैंक मजबूत हो सके। फिर हम सभी धर्मों के लोग जब आपस में भाई-भाई है तो दूसरों के हाथों में गलती क्यों दे? जिससे वो हमारा नजायज फायदा उठाएँ। अतः मैं यही कहना चाहती हूँ कि हमें भारत कि अखंडता में एकता कि मिसाल को कायम रखना चाहिए एवं धर्मों के नाम पर जो दंगे होते हैं इसमें कितने मासूमों एवं निर्दोषों कि जान चली जाती है।



पथ का हो बंटवारा, मंजिल को तुम मत बांटों।
किरणों का हो बंटवारा, सूरज को तुम मत बांटों।

अतः हमें यादा रखना चाहिए कि धर्म व्यक्ति से जोड़ता है, तोड़ता नहीं। इसलिए इकबाल जी ने कहा था कि 'मजहब नहीं सिखाता आपस में बैर रखना'। हमें अपने देश कि हजारों साल पुरानी

संस्कृति को बचाकर रखना होगा। इसके लिए सबको मिलकर प्रयास करना होगा तभी हमारा देश और यह विश्व मनुष्यों के लिए एक बेहतर स्थान बना रहेगा।

नाम-शिवानी
कक्षा-बी-ए. द्वितीय वर्ष

शशश... अंदर की बात है

दुनिया, समाज, लोग
परिवार, रिश्ते-नातेदार
बातें
कुछ कही
कुछ अनकही
कुछ सुनी
कुछ अनसुनी
तोड़ी-मरोड़ी बातें
पर सिर्फ बातें
जिनका कोई वजूद नहीं
और अंदर की बातें
जो सभी जानते हैं
पर कोई नहीं जानता
जानकर भी मानना नहीं चाहता
क्योंकि फिर मायूस होता चला जाता है
पर बदल नहीं पाता।

चौधरी साहब के घर लड़का हुआ
तीन लड़कियों के बाद
पर तीन तो केवल दिखाई देती हैं
वैसे तो पाँच थी।
तो दो कहाँ गई?
ये मत पूछो!
अंदर की बात है।

कितनी संस्कारी पुत्रवधु भी ठाकुर साहब कि
अगर सुंदर नहीं लगती थी,
तो विवाह क्यों किया?
पहले ही मना कर देते,
अब तलाक क्यों?

बस आगे मत पूछो!
अंदर की बात है।

अरे भाई, देखो! घोर कलयुग आ गया है
इस महंगाई के जमाने में लडकी कि
बिना दहेज़ दिए ही विदा कर दिया।
सामान का क्या करना है?
ये नकद का जमाना है।
बाकी मेरा मुंह न खुलवाओ
ये अंदर की बात है।

अंदर की बात??
ये कैसी बात?
जो सभी जानते है
फिर भी अनभिज्ञ होने का दिखावा
अगर गुनाह पर्दे में हो
तो क्या मायने बदल जाते हैं?
मैं जो कहना चाहती थी
मैंने कह दिया
तुम सुनने को तैयार न थे
तो लिख दिया
ताकि तुम जान सको,
कि मैं जानती हूँ
मानती हूँ
महसूस तो जैसे बरसों से कर रही थी।
पर मायूस नहीं हूँ
क्योंकि मैं समाज बदल सकती हूँ
दरअसल समाज मैं ही तो हूँ।



नाम-सारिका
कक्षा- बी.ए. द्वितीय वर्ष

अहिंसक समाज की संरचना

अंग्रेजों के जमाने का भारत देश,
दिए जाते थे जहाँ अनगिनत आदेश,
हर बात पे होता था मासूमों पे अत्याचार
विदेशी जुल्मों से हो रहा था हाहाकार,

समय बदला देशवासियों में आई जागृति,
वे भी समझने लगे उन्नति व अवनति,
देश भक्तों ने दिए यहाँ लाखों बलिदान,
सच्चाई, ईमानदारी व त्याग के दिए



प्रावधान

हुआ एक बार ये देश अंग्रेजों से स्वतंत्र,
खुशियाँ ही खुशियाँ मिली छूटा परतंत्र,
सोचा था देशभक्तों से बनेगा ये देश,
सुंदर देश किन्तु भ्रष्टाचारियों ने बदल दिया इसका परिवेश,
स्वार्थी होकर इन्होंने यहाँ फैलाई हिंसा,
कहाँ गया राष्ट्रपिता महात्मा गांधी का सपना अहिंसा,
आओ हम युवा ही मिलकर कुछ ऐसा करें,
लोगों में हिंसा की चिंगारी ठंडी करें,

जाने हर कोई सबका दुःख और खुश हो जाना,
जाने दुश्मन भी कौन अपना कौन पराया,
अरे मिलकर ही तो हमने विदेशियों को भगाया,
क्या तुम्हारे मन में नहीं होता कभी रोष,
व्यर्थ जा रहा यूँ ही देशभक्तों के जोश।
क्यों बिगाड़ रहे हम ही मिलकर ईश्वर की रचना,
प्रण लों अब करें अहिंसक समाज की रचना।

नाम-हर्षिता
कक्षा-बी.ए. प्रथम वर्ष

दहेज प्रथा

रिश्ते के दौरान लेन-देन की बात चली।
वर पक्ष ने दी सफाई,
बुरा मत मानिए, हमें कुछ नहीं चाहिए।।

हमारे टूटे पलग पर शायद आपकी बेटी सो ना पाए।
डबल बैड तो ले आईये,
बुरा मत मानिए, हमें कुछ नहीं चाहिए।।

गर्मी में आपकी बेटी को पसीना बहुत आएगा।
सच मानिए, हमसे देखा नहीं जाएगा,
एक ए.सी. और फ्रिज तो दे डालिए
बुरा मत मानिए, हमें कुछ नहीं चाहिए।।

मनोरंजन का दौर है, घर में टी.वी. और विडियो

हो तो बात ही कुछ और हो,
बुरा मत मानिए, हमें कुछ नहीं चाहिए।।

घर से लेकर लडके के ऑफिस कि बहुत दूरी है।
इसलिए एक कार का होना जरूरी है,
बुरा मत मानिए, हमें कुछ नहीं चाहिए।।

हमारे विचार एकदम साफ़ है।
हम दहेज के बिलकुल खिलाफ है।।

नाम-ललिता
कक्षा-बी.ए. द्वितीय वर्ष

**जिन्दगी**

दर्द अपनाता है पराए कौन,
कौन सुनता है और सुनाए कौन,
कौन दोहराए वो पुरानी बात,
गम अभी सोया है जगाए कौन,

वो जो अपने हैं क्या वो अपने हैं,
कौन दुःख झेले आजमाए कौन,

अब सुकूं है तो भूलने में है,
लेकिन उस शख्स को भुलाए कौन,
आज फिर दिल है कुछ उदास उदास,
देखिए आज याद आए कौन।

नाम-भारती
कक्षा-बी.ए. द्वितीय वर्ष



Geography Section



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Global Warming

Global warming is the term used to describe a gradual increase in the average temperature of the earth's atmosphere and its oceans, a change that is believed to be permanently changing the earth's climate. There is a great debate among many people and sometimes in the news on weather. Global warming is real (some call



it a hoax). But climate scientists looking at the data and facts agree the planet is warming. While many view the effect of global warming to be more substantial and

more rapidly accruing than others do. The scientific consensus on climate change related to global warming

is that the average temperature of the earth has risen between 0.4 and 0.8 degree Celsius over the past 100 years. The increase in the volume of carbon dioxide and other green house gases released by the burning of fossil fuels land clearing agriculture, and other human activities, are believed to be the primary sources of the global warming, that has accured over the past 50 years. Scientist from the Intergovernmental Panel on Climate Change carrying out global warming research have recently predicted the average global temperatures could increase between 1.4 and 5.8 degree Celsius by the year 2100, changes resulting from global warming may include rising sea level due to the melting of the polar ice caps, as well as an increase in occurrence and severity of storms and other severe weather events.

Alka Pal

B.A. II

Roll No. 231432220

Decline In Global Wildlife Population

Humanity has wiped out 60% of mammals, birds, fishes and reptiles. Tracking population of more than 4000 mammal, bird, fish, reptile and amphibian species, the WWF researches found staggering declines between 1970 and 2014. The biggest cause of wildlife losses is the destruction of natural habitats, much of it to create farmland. While the oceans are massively overfished with more than half now being industrially fished. Conservation efforts can work, with tiger numbers having risen 20% in India in six years as habitats is protected. Giant Pandas in China and others in UK have also been doing well.

Three quarters of all land on earth is now significantly devoid of wildlife since 1970, leading the world for

most expert to warn that the annihilation of wildlife is now an emergency that threatens civilization. The new estimate of the measure of wildlife is made in a major report produce by WWF and involving 59 scientists from across the globe. It finds that the vast and growing consumption of food and resources by global population is destroying the web of life, billion of years in the making, upon which human society ultimately for clean air, water and everything else.



Anita

B.A. III

Roll No. 1578820116

Environment

The word environment has been derived from the French word 'environ' which means to surround. Thus environment refers to the sum total of condition which surrounds man at a given point of space and time. Considering its basic structure, environment may be divided into two broad types that is physical environment and biotic environment. Physical environment is sub divided into three broad categories: solid, liquid and

gasses. The biotic component of environment consists of plant and animals including man as an important factor.

Now, in the era of advance living standard of human being, our environment is getting affected to a great extent by the means of air pollution, noise pollution, deforestation, water pollution, acid rain and other dangerous disasters created by human being through



technological advancement. We all must take an oath together to protect our natural environment to keep it safe as usual for ever. We need to maintain originality of our environment to continue the life on the Earth, the only place where life is possible till now in the whole universe. World Environment Day is a campaign being celebrated every year on 5th of June in order to spread

the public awareness all over the world towards the environment safety and cleanliness. There are various cycles which happen regularly between environment and living things to maintain the nature's balance.

Anju Narwal

B.A. II

Roll No. 2314320202

El Nino and The Indian Monsoon

El Nino is a cold ocean current that flows along the western coast of South America. The system involves oceanic and atmospheric phenomena with the appearance of warm current off the coast of Peru in Eastern Pacific and affects weather in many places including India. It is merely an extension of the warm equatorial current which gets replaced temporarily by cold Peruvian current or Humboldt current.

This results in:

- ◆ The distortion of equatorial atmosphere circulation;
- ◆ Irregularities in the evaporation of sea water;
- ◆ Reduction in amount of planktons which further reduce the number of fish in the sea.

It is also called the Peru or Humboldt. It is a complex weather system that appears once every three to seven years, bringing drought, floods and other weather extremes to different parts of the world.

Effects of El Nino over India:

- ◆ Whenever, El Nino appears there is bound to be arid condition in India .
- ◆ In total of 27 El Nino years since 1875 India experienced at least 10 percent less than normal rainfall 11 times.
- ◆ On 15 other occasions when the Peruvian coast had experienced the appearance of El Nino, rainfall has been normal in India.
- ◆ The interesting thing is that it never rained 10 percent of what is normal for India even once during an El Nino year.



Bhavishya Pant

B.A. III

Roll No. 1578820001

Glaciers

A glacier is a thick mass of ice derived from snowfall which moves slowly on a land surface. It originates on land from the accumulation, compaction and recrystallization of snow. A glacier moves very slowly. Like wind, streams, groundwater and waves, the glaciers are also dynamic erosional agents that accumulate, transport and deposit sediment.

Although glaciers are found in many parts of the world today, most of them are located in remote areas, near the poles of the earth and in high mountains. Glacial ice covers about 10 per cent of the earth's land surface. A reasonable estimate of the frozen water



piled up on land in glaciers and snow is, that a land area of about 15 billion square kilometres, is covered and of this around 96 per cent is in Antarctica and Greenland. Glaciers confined to valleys in mountainous regions are called valley glaciers, which are long narrow bodies of ice whose position and movement are largely determined by the local topography. Ice caps and continental ice sheets differ from the valley glaciers in that the ice moves outward spreading in all directions from centres of accumulation. Today these glaciers exist only in Greenland and Antarctica.

Glaciers are essentially giant rivers of ice that are formed over eons as fallen snow is compressed into layers of



ice. Glaciers are found on about 10 percent of Earth's land area, with most of them found in the Arctic and Antarctica regions, but some occurring high up on mountains, even in tropical areas. Glacial ice makes up the ice sheets that cover Antarctica and Greenland, with glaciers flowing out to sea, where their ends float on the water as ice shelves. Eventually pieces of the ice shelves break off, or calve, to form icebergs. The movement

of glaciers scours the underlying rock, and a glacier's movement can be affected by climate change, with worries that global warming could cause substantial glacial melt and impact global sea levels.

Mansi Grover

B.A. III

Roll No. 1578820072

Environmental Protection

The environment protection is an act, 1986 authorizes the central government to protect and improves environmental grounds. The environment rules lay down produce for setting standards of emission of environmental pollutants. Provision of Environment Protection Act, 1986. On November 9, 1986 the Environment Act of 1986 came into force and was extended to the whole country. The act comprises of 4 chapter and 26 sections pertaining to the roles and responsibilities of different government actor and agencies. The EPA of 1986 enables the central government to act or give direction for process, closure of a particular establishment violating the rules and guidelines of the act, regulation and prohibition of an industry and many such things that protect and ensures that the EPA is followed central government can formation pollution. Environmental Protection Act of 1986 includes penalties in case there is a violation of any aspect of the act. In case there is any such



violation the head of the department and office incharge are liable for the offense. The environmental pollution act as defined certain areas as restricted due to ecological sensitivity such as Aravalli region in Alwar, Rajasthan, and coastal Doon valley in Uttarakhand. In 2015, the newly elected central government wanted to bring in new amendments to the bill that instead of strengthening it would have diluted the environment protection act that since 1986, has helped protect the country's environment from being exploited at the hands of private contractors and miners. One of the proposed amendments includes the constitution of an adjudicating body where grievances could be heard before reaching the national green tribunal, however, after protest from several environmentalists and civil society members who wrote to the ministry of environment.



Priyanka Narwal

B.A. III

Roll No. 1578820056

Amazon Rainforest Fire

Amazon rainforest, the world's largest rain forest is at the risk of getting burned out completely. The rainforest, which contributes almost 20 percent of the earth's oxygen the global fight against climate change. The fire will not only result in a major loss of trees and biodiversity but also release excess CO₂ into the atmosphere. The forest fires also release pollutants including particulate matter and toxic gases such as carbon monoxide, nitrogen oxides and non-methane

organic compounds into the atmosphere. Amazon rainforest fire impact can already be seen in different regions in South America including the Atlantic coast and Sao Paulo, Brazil's largest city. Though forest fires are common in the Amazon during this period, as it is a dry season in the southern Amazon, the year 2019 has seen an unprecedented rise in the number of the fires and their intensity. According to environmentalists, 99 percent of the forest fires are a result of human actions,

either on purpose or by accident. Farmers and ranchers use fire generally to clear the land for further utilisation. This year's fires also fit perfectly into the established seasonal agricultural pattern. This time is the most suitable to burn because the vegetation is dry. Farmers generally wait for the dry season to start burning and clearing areas so that their cattle can graze. The environmentalists are blaming Brazilian President Jair Bolsonaro for the forest fires. When Bolsonaro was running for President, he had promised to restore Brazil's economy by exploring the economic potential of the Amazon rainforest. As per environmentalists, Bolsonaro has encouraged the farmers and ranchers to exploit and burn the rainforest like never before. According to scientists, the Amazon rainforest fire could deliver a huge blow to the global fight against climate change. The fire will not only result in a major loss of trees and biodiversity but also release excess CO₂ into the atmosphere. The forest fires also release pollutants including particulate matter and toxic gases such as carbon monoxide, nitrogen oxides and non-methane organic compounds into the atmosphere.



Amazon rainforest, is considered to be the planet's lungs as it contributes about 20 percent of the earth's oxygen, which is vital to slow down global warming. The rainforest is currently home to uncountable species of fauna and flora. While the immediate impact of the fire would be changes in the heating of the regional atmosphere, in the long term it is expected to lead to a potential decline in natural carbon.

The rainforest is home to 40 percent of the world's tropical forest and holds 20 percent of the world's freshwater supply. It is also home to 10 percent of the world's species and 40,000 plant species and around 3000 varieties of edible fruits.

Further, the Amazon rainforest is also the natural habitat of 430 species of mammals and millions of insect species. So the environment must be saved by the collective efforts of every nation.

Sarika

B.A. II

Roll No. 2314320187

Atmosphere



An atmosphere is a layer or a set of layers of gases surrounding a planet or other material body that is held in place by the gravity of that body.

The atmosphere of earth is composed of Nitrogen (78%), Oxygen (21%), Argon (0.9%), CO₂ (0.04%) etc. Oxygen is used by most organisms for respiration, nitrogen is fixed by bacteria and lightning to produce ammonia used in the construction of nucleotides and amino acid and carbon dioxide is used by plants, algae and cyanobacteria for photosynthesis. The current composition of the atmosphere is the product of billions of years of biochemical modification of the pale atmosphere by living organisms.



EARTH'S ATMOSPHERE has a layered structure. These layers are given below:

TROPOSPHERE is the lowest atmospheric layer. The troposphere extends from ground to about 8kms at Poles to 16kms at equator. The top of troposphere is higher in summer than in winter. Solar heat penetrates the troposphere easily. This layer also absorbs heat that is reflected back from the ground in a process called greenhouse effect.

STRATOSPHERE

The troposphere tends to change suddenly and violently, but the stratosphere is calm. The stratosphere extends from tropopause, the upper boundary of troposphere, to about 50 kms above the earth's surface. This is ideal for planes that can fly in this part of atmosphere. This layer is very dry and clouds are rare. Ozone layer also found in this layer.

MESOSPHERE

The mesosphere extends from the stratopause to about 85kms above the surface of earth. Here temperature begins to fall. The mesosphere has coldest temperature in atmosphere dipping as low as 120 degrees celsius.

IONOSPHERE

The ionosphere extends from the top half of mesosphere all the way to exosphere. This atmospheric layer conducts electricity.

EXOSPHERE

The fluctuating area between the thermosphere and exosphere is called turbopause. The lowest level of exosphere is called exobase.

Shivani

B.A. II

Roll No. 2314320008

Galaxies- The Milky Way

The observable universe contains about 100 billion of galaxies. A galaxy may contain over 1,00,000 million stars along with huge mass of stellar gas and clouds.



The Milky Way is one such galaxy to which our solar system belongs. It owes its name to the fact that it resembles a faint dried band left by spilt milk. This is due to the presence of millions

of stars which emit huge amount of light into that space. The disk of the Milky Way has a diameter of nearly 100,000 light years and a thickness of 10,000 light years. In India, it is popularly known as Akashganga which means white river of light in the sky. The Milky Way has approximately 150,000 million stars in all. These are distributed quite unevenly. The largest and the brightest stars - super giants - show a tendency to concentrate near the Galaxy's plane. The Universe has millions of Galaxies.



Saumya Vohra

B.A. III

Roll No. 1578820267

Tourism

The alarming popularity of organized tours across the border has become a matter of grave concern for the host nation. International tourism demands developed infrastructure like wide transportation network, mindset of the locals and also bring change in their life style priorities. Moreover, the transfer of terror and diseases from one part to another could permit easy flow within the nation and also across the borders. This is possible only by over-exploitation of manmade and natural resources. Likewise, a wide range of hotels, restaurants and rest houses are developed in the tourists attracting cities to accommodate the tourists. What is more, the global tourists look for buying of souvenirs from the country they have visited thus promoting industrialization. Although, it strengthens the economy of the state and it generates employment yet contributes towards global warming. Undeniably, the culture of the country is also affected as people from varied nationalities tend

to influence the world to the other cannot be overlooked. Eco-tourism is the most suitable solution to it. For instance, the tourists can be attracted towards camping for adventure reasons and staying outdoors to enjoy the natural beauty. Apart from that, the state must encourage the masses to purchase of eco- friendly measures like solar panels, cleaner fuels for transportation. Like recently, Australia has started a campaign as to minimize the rubbish which is otherwise caused by discarding the disposables. It is high time, thatstate motivate the use of eco- friendly measures because economic development at the cost of peace, health or environmental degradation might not be worth.



Vishakha

B.A.II

Roll No. 231432177



Science Section



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Sustainable Energy From Algae

Did you know that algae is the most promising and sustainable source of biofuel? It can be grown on land or sea and even purify waste water. It double its mass in a few hours and can be harvested daily, rather than seasonally like conventional crops used as biofuel sources .For every gallon of fuel, we will get 10 pounds of food to go with it!

Using algae is arguably one of the best solution to the worlds growing energy demand .Algae is particularly environments-friendly source of renewable energy because it uses an enormous amount of CO_2 through photosynthesis remaining it from the atmosphere and

releasing O_2 . Algae also depollutes the water through absorbing remaining contaminants.

It is also considered an effective source of energy because around 50% of its weight is oil. This lipid oil in their biomass can be used to make biodiesel for cars, trucks and airplanes. Algae use photosynthesis to convert solar energy into chemical energy which is stored in fatty oils. Because of disadvantages of fossil fuels, renewable energy sources are getting importance for sustainable energy development and environmental protection.



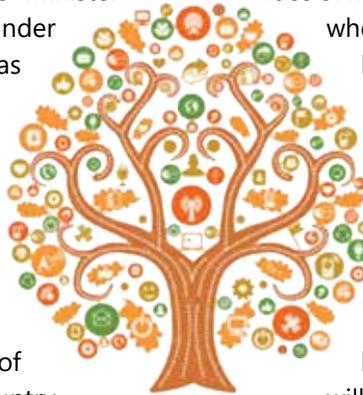
Barjinder Pal Kaur

B.Sc. III (Medical)

Roll No. 1550220001

Digital India

Digital India was started by our Prime Minister Mr. Narendra Modi on 2 July 2015 under the motto "Power to Empower". This was introduced in order to make most of the things online and it also made many transactions very easy, it has aimed to provide Internet facility to all the villages in India so that even they can make the best used of internet because of digital India program. There will be very good development in the field of internet connectivity and it makes the country digitally empowered. Digital India has helped the people to get government services online and also they can post their complaints. Digital India will change the



face of many states, for example Himachal, where many basic things such as

health care system, education, online business and even the Vidhan Sabha of the state has been changed a lot. Digital India has the mission of making India digitally empowered, literate and all the services will be given online which made people to get information easily and in all languages, it aims at all the services be available to its citizens digitally which will make our country empowered and more developed country.



Anshul Sharma

B.Sc. II (Medical)

Roll No. 2285720031

Zombies are real!!!

A zombie crawls through the forest. When it reaches a good spot, it freezes in place. A stalk slowly grows from its head. The stalk then spews out spores that spread, turning into zombies. The zombies isn't a human. It's an ant, and the stalk that emerges from its head is a fungus . it's spores infect other ants, which lets the cycle begin new. In order to



grow and spread , this fungus must hijack an ant's brain . Zombie spiders and cockroaches

babysit developing wasp larvae-until the babies devour them. All of these "zombies" have one thing in common -parasites. A parasite lives inside or on another creature, on its host. A parasite may be a fungus, a worm or another tiny creature. A parasite might get



its host to die or be eaten by a certain creature. A fungus doesn't have a brain. Ad worms and single celled critters obviously aren't very smart. Yet somehow they still control the brains of larger, and smarter, animals. for example –The horsehair worm, for instance needs to emerge in water, To make this happen, it forces its insect host to leap into a lake or swimming pool. often the horse dies.

Taxoplasma gondii is a single celled creature that can only complete its cycle inside a cat. So, it lives inside rat to ensure this part time gets eaten by a cat, The parasites turn rats into cat loving zombies.

Weiner smith's specially is zombie, she studies California killifish infected with worm called *Euhaplochis californiensis*. A single fish may have thousands of fish. The wormier the brain the more likely the fish is to act strangely. The worm life cycle completes inside the bird. So it makes the fish to dark towards the surface, twists its body around or rub against rocks. It's almost like the infected fish wants to get eaten. This work could lead to new medicines or therapies for human brain.

Chetna

B.Sc. II (Medical)

Roll No. 2285720021

It is Raining Plastic

Plastic is so common place in modern society that even protected natural areas are being inundated with it. Atmospheric deposition samples were collected by U.S. Geological Survey (USGS) and plastics were identified on over 90% of the filters to obtain the particulates washed from the atmosphere.

Plastic materials are mostly fibers and there were Present a variety of colors, the most Frequently Observed color was blue founded by red, silver, purple, Green etc. on the Rocky Mountains in America. These plastic materials are accumulating and being assimilated in the environment. An atmosphere deposition is the transfer of atmospheric pollutants like nitrogen to a natural area. There are at least 17 known source of Micro

plastics ranging from packaging material like polyethylene, nylon and paints. Trash is one of the biggest contributors to the global spread of Micro plastic. It's in the rain, it's in the snow, it is a part of our environment. Scientists around the globe have been tracking the Spread of Micro plastics for years. They have been discovered in The Arctic and remote beaches, so sadly finding plastics in the Rockies Is not as shocking as it should be. But we know enough to say that breathing plastic probably is not Good, we should start thinking about dramatically our dependence on plastic.



Chetna

B.Sc. II (Medical)

Roll No. 2285720021

Insomnia

Sleep is as important to your health as a healthy diet and regular physical activity. In today time, nearly everyone has an occasional sleepless night. Insomnia is a sleep disorder that is characterized by difficulty in falling and/or staying asleep.

Symptoms of insomnia includes waking during the night being unable to return to sleep and waking up early, not able to focus on daily tasks, difficulty in remembering, daytime sleepiness, irritability, depression or anxiety, feeling fatigued or having low energy during the day etc.

The problem of insomnia can be caused by various ways such as use of psychoactive drugs, including certain medications, herbs, caffeine, nicotine, cocaine, amphetamines or excessive alcohol intake, heart diseases, use of or withdrawal from pain relievers such

as opioids, poor sleep, hygiene, chronic pain, asthma etc.

Prevention and treatment of insomnia may require a combination of cognitive behavioral therapy medications and lifestyle changes. Among lifestyle practices going to sleep and waking up at the same



time each day can create a steady pattern which may help to prevent insomnia. Other practices to improve sleep hygiene may include avoiding or limiting naps, avoiding large meals, beverages, alcohol and nicotine before bedtime, maintain regular exercise, avoidance

of vigorous exercise and caffeinated drinks a few hours before going to sleep is recommended while exercise earlier in the day may be beneficial.

Deepika Mathiyar

B.Sc. III (Biotech)

Roll No. 1550620003

Nanotechnology

Nanotechnology ("nanotech") is manipulation of matter on an atomic, molecular and supermolecular scale. The earliest widespread description of nanotechnological goal of precisely manipulating atoms and molecules for fabrication of macroscale products, also now referred to as molecular nanotechnology. A more generalized description of nanotechnology was subsequently established by



the national nanotechnology initiative, which defines nanotechnology as the manipulation of matter with at least one dimension sized from 1 to 100 nanometers. This definition reflects the fact that quantum mechanical effects are important at this quantum realm scale, and so the definition shifted from a particular technological goal to a research category inclusive of all types of research and technologies that deal with the special properties of matter which occur below the given size threshold.



Diksha Rana

B.Sc. III (Medical)

Roll No. 1550220024

The impact of wildfires on climate and Air Quality

A warmer and drier climate is expected to lead to more frequent and more intense fires near or within the populated areas. Widespread burning in summertime and even spring time is rapidly becoming the 'new normal' in the American west.

Wildfires Affect Climate – wildfires releases large amount of Carbon dioxide, black carbon, brown carbon and ozone precursor into atmosphere. These emission affects radiation, clouds and climate on regional or global areas.

Wildfires Affect Air Quality – wildfires also emit substantial amounts of volatile and semi-volatile organic material and nitrogen oxides that form ozone and

organic particulate matter. Direct emission of toxic pollutant can affect first responders and local residents.

CSD has a long history of success in research to study air quality and climate together just what is needed for understanding the complex atmospheric effect of wildlife

IN FIREX, CSD will lead field and laboratory studies of wildlife emission and chemistry using a chemically instrumented, NOAA research aircraft and other measurement platforms.



Kajal Rana

B.Sc. III (Medical)

Roll No. 1550220011

In Vitro Fertilization (IVF)

In Vitro Fertilization (IVF) is a process by which an egg is fertilized by sperm outside the body; in vitro. IVF is the major treatment for infertility when other methods of assisted reproductive technology have failed.

The process involves monitoring and stimulating a women's ovulatory process, removing ovum or ova from women's ovaries and letting sperm fertilise them

in a fluid medium in laboratory. The fertilized egg (zygote) cultured for 2-6 days in a growth medium and is then transferred to mother's uterus with the intention of establishing a successful pregnancy.

The first successful birth of a "test tube baby", LOUISE BROWN, occurred in 1978. Louise Brown was born as a result of natural cycle IVF where no stimulation was



made. Robert G. Edwards was awarded noble prize in 2010 for development of this treatment.

The term *in Vitro* refers to any biological procedure that is performed outside organism. "Test tube" refers to tube shaped containers of glass or plastic resins in which the whole process is done. However, in Vitro fertilization is

usually performed in shallower containers called Petri dishes. One IVF method, autologous endometrial coculture, is actually performed on organic material, but is still considered in Vitro.

Khushboo

B.Sc.II (Medical)

Roll No.2285720003

Plastic Eating Bacteria that can Breakdown PET was Ideonella Sakaiensis



We manufacture over 300 million tonnes of plastic each year for use in everything from packaging to clothing. Their resilience is great when you want a product to last. But once discarded, plastic linger in the environment, littering streets, fields and oceans alike. Every corner of our planet has been blighted by our addiction to plastic. But now we need have some help to clean up the mess in the form of bacteria that have been found slowly munching away on discarded bottles in the sludge's of a recycling center.

ENZYME INNOVATION

Now a team at Kyoto University has, by rummaging around in plies of waste, found a plastic munching microbe. After 5 years of searching through 250 samples, they isolated bacteria that could live on polyethylene terephthalate (PET), a common plastic used in bottles and clothing. They named the new species of bacteria.

Ideonella Sakaiensis. *Ideonella sakaiensis* seems to have evolved on efficient enzyme that the bacteria produce when it is in an environment that is rich in PET. Kyoto researchers identified the gene in the bacteria's DNA that is responsible for the PET digesting enzyme. Then they were able to manufacture more of the enzyme and then demonstrate that PET could be broken down with the enzyme alone.

At present, most plastic bottles are not truly recycled. Instead they are melted and reformed into other hard plastic products. The PET-digesting enzymes offer a way to truly recycle plastic. They could be added to waste, breaking all the bottles or other plastic items down into the easy to handle chemicals.

Mittal

B.Sc. II (Medical)

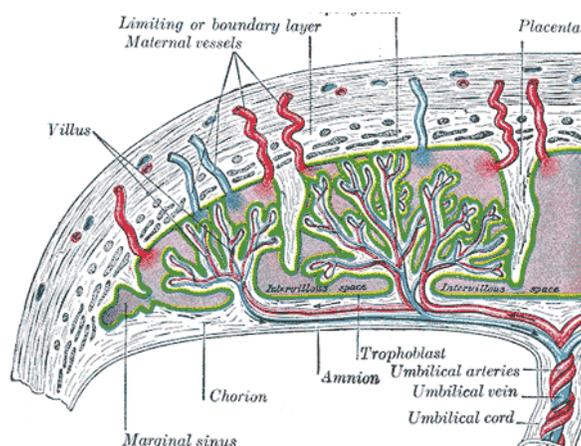
Roll No. 2285720026

Placental Microbiome

The placental microbiome is the non-pathogenic, commensal bacteria claimed to be present in a healthy human placenta and is distinct from bacteria that cause infection and pre-term birth in chorioamnionitis. Until recently, the healthy placenta was considered to be a sterile organ but now genera and species have been identified that reside in the basal layer.

It should be stressed that the evidence for a placental microbiome is controversial. Most studies supporting the existence of a placental microbiome back the appropriate experimental controls, and it has been found

that contamination is most likely responsible for reports of a placental microbiome. The placental microbiome more closely resembles that of the oral microbiome than either the vaginal or rectal microbiome.



Bacterial infection of the placenta is not a common cause of adverse pregnancy outcome and the that the human Placenta does not have a microbiome, but it does represent a potential site of perinatal acquisition of *Sagalactial*, a major cause of neonatal sepsis.

Monika

B.Sc. III (Medical)

Artificial Intelligence

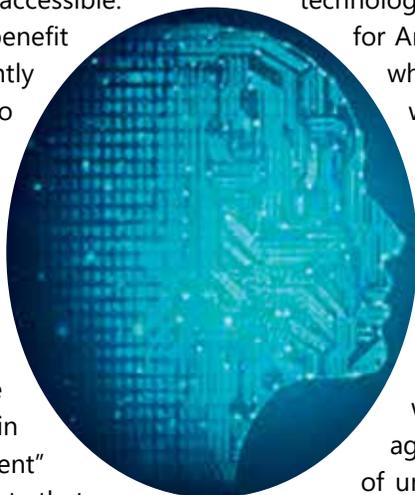
Computers are everywhere today. It would be impossible to go your entire life without using a computer. Cars, ATM's and TV's we use everyday, and all contain computers. It is for this reason that computers and their softwares have to become more intelligent to make our lives easier and computers more accessible.

Intelligent computer systems can do benefit to us all; however people have constantly been warned that making computers to intelligent can be to our disadvantage

"Someone on TV has only to say, 'Alexa', and she lights up. She is always ready for action, the perfect woman never says, "Not tonight dear".

According to the definition of AI in Oxford Dictionary, Artificial Intelligence is intelligence exhibited by machines in Computer Science and ideal "intelligent" machine is a flexible rational agent that perceives its environment and takes actions that maximize its chances of success at some goals. Thus, when a machine mimics human-like behaviour for example learning, planning, reasoning, problem solving, the perception of the environment, natural language processing etc., then it all falls under the category of AI.

Artificial Intelligence is transforming the nature of almost everything which is connected to human life example employment, economy, communication, warfare, privacy, security, ethics, healthcare etc.. However, we



are yet to see its evolution in long-term whether it's leading humanity towards making this planet a better place to live or a place which is full of disaster. Every technology has its advantages and disadvantages but advantages always outweigh disadvantages for the

technology to survive in the market. Nonetheless,

for Artificial Intelligence, we are not yet sure whether in the long term positive effects will always keep outweighing the negative effects and if that isn't the case then we are in a serious trouble.

If we look around us, on the one hand we seem to embrace the change been brought by technology be it smart home, smart healthcare, industry 4.0, autonomous cars. On the other hand, we often found ourselves protesting against the government in the context of unemployment, taxes, privacy, etc. As AI development is speeding up more robots like

Sophia or autonomous systems are being born and replacing human labour. This is the current situation, however, in long-term, results seem to get more interesting.

Once you trust a self driving car with your life, you pretty much will trust Artificial Intelligence with anything.

Nidhi

B.C.A. I

Roll No. 3282720015

Artificial Leaf

To convert the energy of sunlight into chemical energy, the leaf splits water via the photosynthesis process to produce molecular oxygen and hydrogen, which is in a form of separated, protons and electrons. The primary steps of natural photosynthesis involve the absorption of sunlight and its conversion into spatially separated electron-hole pairs. The hole of this wireless current are captured by the oxygen evolving complex(OEC) radiations are captured by ferredoxin of photosystem. With the add it on of ferredoxin-NADP+ reductase, they are cised to produce hydrogen in the form of NADPH. For a synthetic material realize the solar energy conversion function of the leaf, the light absorbing material must capture a solar photo to generate a wireless current

that is harnessed by catalysts which drive the four electron/hole fuel-forming water splitting reaction under behigh conditions and under 1 sun(100MW/cm2) illumination.

In this 1912 paper in science, "GLACOMO CLAMICIAN" posed a compelling challeng- to fix the solar energy through suitable photochemical reaction with new compounds that master the photochemical processes that hitherto have been the guarded secret of plants. The most important of these photochemical processes is the splitting of water to oxygen and hydrogen.

Nisha Malik

B.Sc. III (Biotech)

Roll No.1550620017



Medical Technology

In today's world, technology plays an important role in every industry as well in our personal lives. Out of the industries that technology plays a crucial role in, healthcare is definitely one of the most important. Medical technology is a broad field where innovation plays a crucial role in sustaining health. Areas like biotechnology, pharmaceuticals, information technology. The development of medical devices and equipments and more have all made significant contribution to improving the health of people all around the world. From "small" innovations like adhesive bandages and ankle



braces, to larger, more complex technologies like MRI machines, artificial organs and robotic prosthetic limbs, technology has undoubtedly

made an incredible impact on medicine. In the health care industry, the dependence on medical technology cannot be overstated, and as a result of the development of these brilliant innovations, healthcare practitioners can continue to find ways to improve their practice—from better diagnosis, surgical procedures, and improved patient care.



Prachi Choudhary

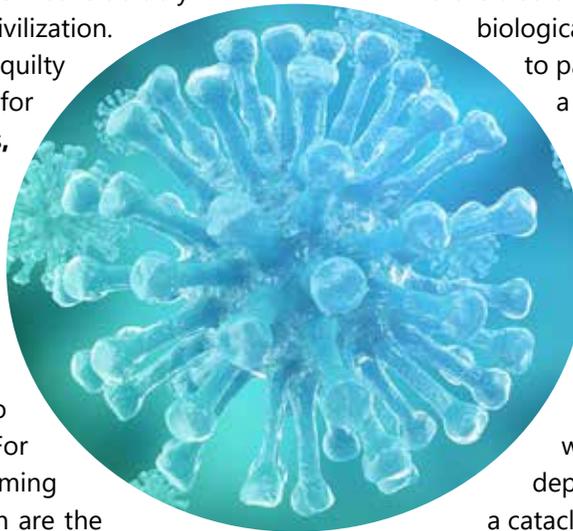
B.Sc. III (Biotech)

Roll No. 1550620016

Easy Life but Endangered Life

Scientific advancements have considerably contributed to the growth of our civilization. Scientists have improved the quality of our lives immeasurably, for example computers, telephones, television, airplanes etc. Science is man's only hope against diseases which were incurable in the past.

But Science has also produced problems that are inherently hazardous and detrimental to the very human existence. For example, Pollution. Global warming and the fear of global induction are the fallouts of pollution. Nuclear weapons have led to a constant apprehension of annihilating warfare.



There is also the scare of an obnoxious biological warfare that might lead

to painful destruction of our race. On a less hazardous front, we see that people have become lethargic and obese because of the conveniences in excess.

A mechanised lifestyle has led to the breakdown of human communication. People are becoming distant islands—in different towards each other and without tender emotions. Excess dependence on science could bring a cataclysmic end of our earth.



Ritu Jangra

B.Sc. III (Medical)

Roll No. 1550220006

Immunity Boosting Virus

A naturally occurring virus, which can be injected directly into the bloodstream, has the potential to boost the immune system and enable it to fight with aggressive brain tumour, scientist have found that a type of virus called retrovirus, when injected directly

into the bloodstream can cross the blood brain barrier to reach tumour deep inside the brain.

Here, it replicates cancer cells and switches on body's defence system to attack and kill them. It could act as an effective immunotherapy in patients with brain



cancer or other types of cancer that have spread to brain. According to Aodd Samson, medical oncologist, "It has been observed that a therapeutic virus is able to pass through the brain blood barrier, and that opens

up the possibility this type of immunotherapy could be used to treat more people with aggressive brain cancer."

Sakshi

B.Sc. II (Medical)
Roll No. 2285720037

Zika Virus

The zika virus is mosquito-borne and spread by the *Aedes* mosquito; to the same species that transmits dengue, chikunguniya and yellow fever. The virus is



transmitted when an infected person is bitten by a mosquito, which then bites other people. It can also transmits from a pregnant women to her baby. These are some symptoms which can be shown by an infected person-fever, headache, rash, joint pain, muscle-pain, pink- eyes. Although there is no vaccine or medicine for zika but preventions can be affected. Use of goodnight patches is effective. Use of pesticides nearby parts and gardens, wear suitable clothing that covers most of our body such as long-sleeves shorts, pants etc. To conclude the zika virus, can only be prevented by preventing mosquito bites. So take appropriate steps to stay healthy and safe.

Supreet Kaur

B.Sc. III (Medical)
Roll No. 1550220014

New Tool for Cancer Testing

Scientists have developed a new tool which uses tiny nanoparticles to detect blood samples for information about cancer. The technology developed by the scientists at University of the Manchester in the UK for analysis of blood allows the identification of previously unknown molecules .Minimally invasive blood tests have the potential to detect and monitor Life-threatening diseases such as cancer, according to the

research published in the journal of 'Advanced Materials'. However, our blood contains so much information, it is hard to uncover disease-specific signatures. Markers released into the blood-stream in response to a disease are of often difficult to detect because they are too small and too few in number.



Urvashi

B.Sc. II (Medical)
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Home-Science Section



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Ms. Nandini (B.Voc. III)

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How Fashion Rules The World

In the 21st century the style trends of the fashion industry dominate the world more than they ever did, and control not only the way people dress but also trends in home ware design, makeup fashion and people's overall attitudes.

Nowadays, fashion is bold and daring, and this reflects a naughtiest generation that is not afraid to say what they think, or wear what they want. Fashion is not just a means of clothing your body, it is the essence of your personality and beliefs, and designers are well aware of the power they hold. Designers' predictions and designs for the coming season are more hotly anticipated than any other revelation in the world. Trends in fashion unify women and men around the world, yet they still allow people the ability to portray their own individual style at the same time.

Fashion can change from one second to the next, but what never changes is the hold it has over society, and the role it plays in the modern world. Fashion is

so important that whole magazines are dedicated to it, TV programs dedicate hours of transmission time to the subject, and people discuss it between their friends continually.

To keep up with the latest fashions, people subscribe to fashion magazines, keep a keen eye on what has appeared in shops and what has been there for a long time, and go to fashion shows to see what the designers are putting on the catwalk this season, and therefore what will make it in to the shops.

Designers continue to market the importance they know people put on fashion, and people continue to hang on to designers' every move in the fashion world, therefore as long as this carries on fashion will continue to maintain its dominant position in society for a very long time to come. It influences not only what we wear, but everything we do, say, and even think.



Mansi
B.Sc. FD. III

Impact of Fashion Shows on Society

Fashion shows are a channel of communication between fashion designers and customers, where designers showcase new ideas through merchandise on live models.

Fashion designers forecast trends. They attend trade shows or visit manufactures to select fabrics and trims.

Designers conduct fitting and adjustments on samples of their designs and the end product is marketed to clothing retailers.

Fashion designers aim to inspiring the target audience to purchase their creations. Everyone

like to track everyday fashion. Fashion gives designers a chance to be independent in ideas. Fashion is a platform for both the creators and the wearer.



Nandini
B.Voc. III
Roll No. 1669320007

How Culture has an Influence on Fashion Trends?

Fashion and culture are like the two sides of same coin. The more we keep learning about different cultures the more we move towards creating a different fashion trends.

Culture along with fashion together helps us learn about the future global consumerism and its effects on trends.

Culture of the people all over the world is creating a huge impact on purchase decision for cloths in order

to meet new objectives. Culture plays an important role in selecting the fabrics and designs of products.

There are so many varieties now that are the opportunities for growth are innumerable.



Nandini
B.Voc. III
Roll No. 1669320007

Fashion You Can Buy and Style You Possess

“Everyday is a fashion show and the world is your runway”

What is fashion? It's not easy to answer this question because this means different things to different people. Fashion is an art, a job, a peak into personality, an escape or disguise. But ultimately the fashion is the total outlook of an individual of today and only today. Fashion is not something that exist only, fashion is in the sky, in the street fashion has to do with ideas the way you live what is happening, fashion is something we deal with it every day. Fashion is something that is in vogue. This particularly refers to clothing, hairstyle, footwear and various accessories. People these days are very particular about staying in style. They love to

dress up well in order to look presentable in the society. To keep up with the changing times, people upgrade their style according to the latest trend in the market. Fashion has become more than a style these days and almost has become a necessity of everyone. The youth of our country follows the fashion trends like no other generation. They are always on the lookout for new fashion trends. Fashion holds an important place in the life of people today. It has become a way of expression.

“Fashion is the armor to survive the reality of everyday life”



Stuti

B.Sc. (FD) III

Fashion and Style

Fashion is fleeting;

Style lasts

Fashion is dictated by others;

Style comes from within

Fashion is a group thing;

Style is an individual thing

Fashion is superficial;

Style is integral

Fashion comes from the mass media;

Style is personal



People pick fashion from the available options;

Style is a matter of unlimited choice

Fashion is a part of our culture;

Style is a part of our soul

Style can't be bought –It's free



Komal

B.Sc. F.D. II

Roll No. 2286020027

Fashion

“Fashion is Innovative

Is what is in this shop

The latest and the coolest

On the list it's right on top

Each time that you enter something new is there”

Fashion, the style of clothing, style of looking different, style of talking and style of living, etc is now the need of various people who want to be and behave according to the changed outside environment. Fashion has been always a centre of attraction for most people since many

years. Generally, the trend of fashion has been viewed in young generation people.

Trend of fashion depends on place to place, people to people or as per the interest according to need. Fashion always keeps changing and attracts mostly the young age people. In India world of glamour completely depends on the fashion and also we can say that fashion is created by glamorous world, where every day trend of fashion changes.



Kirti Sharma

B.Voc. F.T. III

Natural Cosmetics

Cosmetics are products designed to cleanse, protect and change the appearance of external parts of our bodies. Natural cosmetics are the latest craze in the field of beauty and fashion. These breakthroughs are gaining more and more popularity as women seek organic or more important natural ingredients in their makeup.

Women are always in the lookout for better products and natural cosmetics happened to be one of them. These cosmetics speak for themselves just like their name connotes, they are all natural. It means that the ingredients used are not chemically or synthetically

made. Instead, plant and flower extract are used. They also contain natural ingredients like Vitamin E that keep skin healthy and glowing compared with the other beauty products, natural cosmetics are safer to use. They are hypo-allergenic and tested and proven by dermatologists to be safe to use anytime, anywhere. Natural cosmetics are perfect for all skin types. The natural ingredients used guarantee no side effects; you can apply anytime.



Shivani Sharma
B.A. II Cosmetology

Role of Cosmetology in Education and Career

Hands on Cosmetology training and qualification plays a vital role for students. It enhances your skills and allow you to grab it as a profession. Specific techniques and new products being developed all the time. In this fashion and style era this becomes an eye-capturing profession.

A Cosmetologist serves customers by providing various beauty services such as hair styling, manicure, pedicure, treatments and so on. A person can be well known in a specialize trade.

You can earn more by profits with less consuming material.



Tanya
B.A. II Cosmetology

Benefits of Yoga and Exercise to Enhance Beauty

Besides your weight management, mood upliftment and overall fitness, everyday yoga could do wonders



for your face too. A beautiful, supple, glowing and flawless skin can be achieved by treating yourself from inside through a selection of

yoga poses and exercises rather than relying on expensive cosmetics and time consuming salon treatments. According to experts- practicing yoga everyday could ensure a significant difference in the quality of life, which in turn, has a positive effect on a variety of aspects in one's life, beauty being one. There are many as that could help you fight a variety of your woes. Yoga is very relevant to our modern life style, in terms of both health and beauty.



Vaishali
B.A. I Cosmetology

Why Use Natural Beauty Products?

Natural beauty products are earth friendly because product made from conventionally product ingredients can have a negative environment impact. The

manufacturing of chemical based on health and beauty products. It is also used to avoid irritation as chemicals, artificial colors, and fillers in skin



care products and make-up can cause redness, irritation and break outs. The other use of applying natural products is that it has no strange side effect. Many natural products



work better than their conventional counter parts because they do not contain unnecessary fillers or irritants.

Muskaan

B.A. I Cosmetology

How Do We Get Glowing Skin



Eat or Drink too much and we wake up with puffy skin. But get a stretch of feeling great, exercising, eating right, and we positively glow with health. Honey is the best ingredient for glowing skin. We can use it in a numerous ways. You can use it on your own for your skin and avoid beauty products which are loaded with chemicals. It will clean acne, heal scars and even your skin tone. Lemon contains Vitamin C and citric acid

which improve skin health. When combined with honey, both work wonders for the skin.

Take one tablespoon of lemon juice and honey each and mix them well. Apply this mixture on your face and leave it for 10 to 15 minutes then wash it off with bit warm water. It makes your skin fully nourished and glowing.

Namanpreet

B.A. II Cosmetology

Clothing and Textile

Knowledge of aesthetic hygienic and economic value of clothing is important for home science students. This area includes the selection of construction and care of clothing. Its effect on the family income, the chemical nature and behaviour of different textiles, different types of weaves, dyeing and printing, the quality, color fasteners, shrink ability and durability of the fabrics. The nature and characteristics of natural fibers like cotton, silk, wool, linen and synthetic fibers in the market.

This branch also provide the knowledge of choice of clothes according to income, age, season, occupation,

colour, design, advantages of making clothes of historical background of clothing, methods of washing clothes, mending, taking care of clothes, repairing and storing of clothes etc.

This branch of home science requires knowledge of science as it deals with understanding the chemistry of Textile Engineering as well.

Priyam

B.A. II

Roll No. 2314320036

How to get rid of constipation?

It can be caused by food you eat or avoid lifestyles, choices, medication or disease. But for many people the cause of their chronic constipation is often unknown. To overcome this you can do these things:

1. Drink plenty of water- being dehydrated regularly can make you become constipated. To prevent this, it is important to drink enough water and stay hydrated.

2. Eat more fibre especially soluble, non fermentable fibre: people who are constipated are often told to increase their fibre intake. This is because increasing fibre intake is thought to increase the bulk and consistency of bowel movement, making them easier to pass.

3. Exercise more: A recent randomised controlled study on constipated people with IBS found

some interesting result. It found that IBS found that exercise significantly reduced symptoms of constipation.

4. **Try a low FODMAP diet:** FODMAP stands for fermentable oligosaccharides disaccharides

monosaccharides and polyols. The diet involves limiting high FODMAP food for a period of time before reintroducing them to determine which ones you can tolerate.

Sidhi Sharma
B.A. III

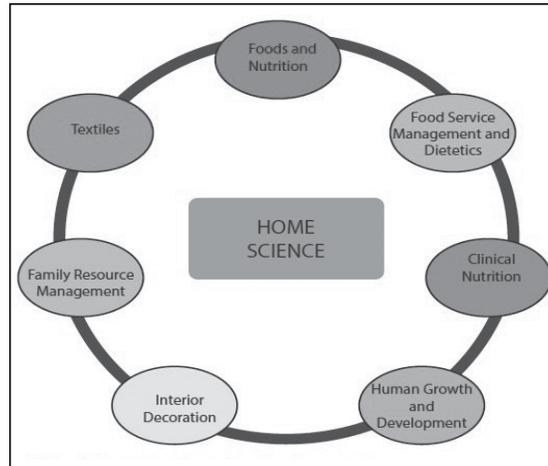
Scope of Home Science



Home Science is concerned with the home. The perception of a lay person is that it is a subject about home making and household chores. They are only partly correct because the area covered by the subject of Home Science is vast and varied. Its scope extends far beyond the 'HOME' and is not limited to cooking, laundry, needle work and home decoration. In fact it is the only subject which prepares young learners for the two most important goals in their lives looking after their home and family and preparing for a career or vocational life.

Home Science, in reality is a well developed multidisciplinary field of study. The multiple fields of Home Science include Resource Management, Food Science and Nutrition, Human Development, Textile and Fabric.

Its scope is not limited only upto household activities of women but now even the men are getting attracted towards this field due to the diverse exposure it provides to the learners and practitioners. A closer look to the study will reveal that the subject prepares its student not only to take care of their homes and people who live in it but also prepares the students with the great variety of vocation and career



fields and also enables them to get self employed which means working for other in return of money in the form of wage or salary whereas self employment means starting and owning a new enterprise.

Nitika
B.A. II
Roll No. 2314320178

How beneficial turmeric can be?

- 1. Turmeric contains an anti inflammatory compound (CURCUMIN):** It helps you body fight foreign invaders and also has a role in repairing damage. Without inflammation, pathogen like bacteria could easily take over your body and kills you.
- 2. Turmeric dramatically increase the antioxidant capacity of the body:** It involves free radicals, highly reactive molecules with unpaired electrons. Free radicals tend to react with important organic substances, such as fatty acids proteins or DNA.
- 3. Curcumin boosts Brain –Derived neurotrophic factor, linked to improved brain function and lower risk of brain disease:** Neuron is capable of forming new connection but in certain areas and increase in number. One main drivers of this process is brain derived neurotrophic factor which is a type of growth hormone that junction in your brain.
- 4. Curcumin should lower your risk of heart disease:** when it comes to heart disease is improving the function of the endothelium which is the lining of your blood vessels.

fruit moisture content and to kill bacteria. Sugaring (to prevent their re growth and sealing within an airtight jar(to prevent recontamination). Some traditional methods of preserving food have been show to have a lower energy input and carbon footprint, when compared to modern methods.

Traditional techniques- New techniques of food preservation become available to the home chef from the down of agriculture until the industrial revolution.

Drying- Drying is one of the oldest techniques used to hamper the decomposition of food products. As early as 12,000 B.C middle eastern and oriental cultures were drying food using the power of sun. Vegetables and fruit are naturally dried by the sun and wind but still houses were built in area that did not have enough sunlight to dry thing.

Cooling - Main article: Refrigeration Cooling preserve food by slowing down the growth and reproductive of microorganisms and the article of co- enzyme that cause food to rot. The introduction of commercial and domestic refrigerators drastically improved the diet of many in the western world by allowing foods such as fresh fruit, salads and dairy products to be stored safely for longer periods.

HEATING Temperature which are sufficient to kill microorganisms inside the food is a method used with perpetual stews milk also boiled storing to kill many microorganisms.

Upasna

B.Voc. (FSQC)

Roll No.1671320001

Food Wastage



Food wastage in india

Food wastage is a global problem. According to Food and Agriculture Organization (FAO) of UN, approximately one third of food produced for human consumption, which amounts to 1.3 billion tones, get lost or wasted.

India is the second largest population in the world in 2012 government announced that about 22% of Indian population lives below poverty line according to FAO estimates in 'the state of food security and nutrition in the world 2017' report, 190.7million people are undernourished in India. This represent 14.5% of the Indian population, which makes India, the home to largest undernourished population in the world.

Food wastage in India s happening at every level from harvesting, transporting, processing, packaging and consuming.

Weddings events, restaurant, hotels, and houses are major source of food wastage of cooked food. There are major organization in the country who are working towards helping to reduce this food wastage by collecting the food and distributing it to the needy.

The government has looked into this and started finding investment to develop better technology to reduce this wastage.

Be careful and alert about the food wastage. Always remember every grain counts.

Prevention of food wastage

India is a poor country. Here millions of people do not get enough food to eat. Hence, we should never waste food. To prevent wastage of food , we should take the following steps:-

- ◆ Control of weeds and harmful insects in fields would increase yield of food grains , fruit and vegetables.
- ◆ Proper storage of food grains (cereals) and fruits and vegetables is essential to protect them from damage.



- ◆ We should buy only that much quantity of food which can either be consumed or kept safely at home.
- ◆ We should not waste food at social and religious functions.
- ◆ We should avoid incise refining and processing of food.

- ◆ We should avoid undesirable cooking practices like:
 1. Repeated washing of pulses should be avoided.
 2. Excessive use of baking soda should be avoided as it destroy vitamin C and vitamin B complex.

Pragati

B.Voc. (FSQC)

Roll No. 1671320006

Difference between Probiotics and Prebiotics



Prebiotics are a type of fiber that the human body cannot digest. They serve as food for probiotics, which are tiny living microorganisms, including bacteria and yeast. Both prebiotics and probiotics may support helpful bacteria and other organisms in the gut.

These food components help promote beneficial bacteria by providing food and creating an environment where microorganisms can flourish.

Prebiotics are present in fiber-rich foods, such as fruits, vegetables, and whole grains. Probiotics occur in many fermented foods, including yogurt, sauerkraut, and tempeh.

Benefits and side effects of probiotics

Research on the effects of probiotics is inconclusive, but it suggests that they may be beneficial in the following areas:

Digestive health

Numerous studies have found that probiotics may improve digestive health in some people. A 2017

Cochrane review found that taking probiotics while using antibiotics reduced the risk of antibiotic-related diarrhea by 60 percent. A 2014 analysis of 24 trials found that probiotics could help prevent the life-threatening disease necrotizing enterocolitis in preterm infants.

Gastrointestinal health

The results of studies generally suggest that people with disorders affecting the stomach and intestines may see improvements with probiotics.

For example, a systematic review of trials in people with irritable bowel syndrome (IBS) found that probiotics seem to improve the symptoms of this condition. However, the authors caution that it is unclear how significant the benefit may be or which strain of probiotic is most effective.

Side effects

People with weakened immune systems were also more vulnerable to side effects. Other research from the National Center for Complementary and Integrative Health supports the conclusion that probiotics may not be safe for people with serious underlying medical conditions.

A 2018 analysis of probiotic trials warns that many studies do not report safety data, including information on adverse events, even when they claim to prove that probiotics work. The lack of data regarding safety shows that scientists know little about the risks of probiotics, especially the potential issues of long-term use.

Benefits and side effects of prebiotics

- ◆ Some research suggests that prebiotics may benefit the body by:
- ◆ Improving calcium absorption

The Difference Between Probiotics and Prebiotics

This is your gut (intestines)



Probiotics



Prebiotics

<p>Probiotics are alive! Usually bacteria or yeast Aid digestion & other health benefits Good sources are: Yogurt, kefir, buttermilk, aged</p>	<p>Prebiotics are a form of fiber Serve as food for probiotics! Good sources are: Chicory root, Jerusalem artichoke and dandelions</p>
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- ◆ Changing how quickly the body can process carbohydrates
- ◆ Supporting the probiotic growth of gut bacteria, potentially enhancing digestion and metabolism

Nidhi
B.Voc. FSQC III
Roll No. 1671320015

Trends in Fortification of Foods



Health and food have a direct correlation and are significant factors that control life expectancy. The ever-increasing incidence of lifestyle-based disorders and deficiency diseases has led to a pressing need to curb this unsatisfactory situation. Sedentary lifestyles and improper choice of foods are important reasons that contribute to this plight.



There is a growing trend of consuming packaged processed foods; those have already lost a portion of native nutrients due to the harsh processing conditions that they are exposed to and therefore rendering it unhealthy. Hence, people have slowly begun to resort to functional foods and beverages that claim to offer health benefits. Consumers across the globe are opting for preventive measures rather than reactionary ones

by consuming functional foods and beverages that complement healthy living.

The health and wellness trends have been driving the functional food and beverage market to new heights and are likely to aid the industry to grow at a steady pace. "Green"; "Eco-friendly"; "Natural"; "Fortified"; and "Healthy" are the buzzwords in today's food and beverage markets. Modern day consumers exhibit a strong preference for functional foods and beverages. Fortified food is one of the most prominent categories within the functional food space.

Fortification in India – Standards: Recently, the Food Safety and Standards Authority of India (FSSAI) in partnership with the government of India has taken an initiative to fortify several other staple foods to reduce the effects of hidden hunger. The government believes that fortification will be an effective strategy to combat malnourishment among the Indian population. Fortification of staple food assures acceptability among consumers because there is no change in the dietary patterns, socio-cultural acceptance, and also does not affect the innate characteristics of the food. The FSSAI has drafted the regulations pertaining to the fortification of staple food, including the permissible limits of fortificants in each application.

Palak
B.Voc. FSQC III
Roll No. 1671320013



Commerce Section

Teacher Editor
Ms. Jasmeen Jodhka

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Ms. Shreya (M.Com. Final Year)

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Inner Beauty



A simple word but momentous meaning. Beauty does not mean having stunning face or body but true beauty lies in your soul, character and confidence. "Your inner beauty never needs makeup." It only needs a good heart filled with selflessness, love and care. Real beauty is about always being willing to assist anyone even if there is nothing in it for you except the pure pleasure of seeing satisfaction. The physical appearance may look appealing to you for sometime but inner beauty is something that remains in heart of others for the lifetime. Inner beauty is hard to find in someone. Every person is Deep Ocean you do not know what's on the

surface until you dive deep within that person. "Beautiful people are not always good but good people are always beautiful." See the nature; they do not care about anyone. The sun does not care how hot it is the moon does not care that he has stains, the clouds do not care they are uneven. So goes with you feel beautiful do not care what others think of you. May be you become the reason of someone's smile and smile is the best feeling in the world.

Aarti

B.Com. I

Roll No. 3213220012

Advertisements



Most of the revenue generated by a firm or a business or any profit earning organization is by the way of selling their products or rendering their services but "HOW IS IT BROUGHT TO LIGHT?"

Advertisement is the source through which the products and services are brought into the notice of the public in general. As per the definition of business dictionary, "Advertisement is a paid, non-personal, public communication about causes, goods and services, ideas, organizations, people and places through means such as direct mail, telephone, print, radio and television and internet."

Advertisements, the vital source of generating revenue for an organization, can we even think them being true...?

Companies promise big in their advertisements but "great cries, little wools" suits most of the promises. Claims like "gives you wiings!" "G for genius", and many more are worthless as how a person can get wings after drinking a Red Bull or how can a child become genius just by consuming a pack of Parle-G??? This is the way the advertising companies attract people towards their products and influence them in such a way that the termination of this process is the purchase of

that product. And many a times by seeing this kind of misleading advertisements and make us feel so in need of that product even though its out of one's budgetary league. Buying any product that is out of one's budget may lead to poor financial conditions and may also reduce current consumption as well as future savings of the individual.

The impact is not only on the adults or youth but also on young children. Some advertisements being broadcasted are not meant to be seen by children as it may give them some mischievous ideas and may put them in dangers. It also leads them to make unhealthy choices. Digital media allows companies to reach kids more directly than traditional media like television and magazine. It also cuts out parents as the voice-of-reason middlemen and adds more advertising possibilities—some of which aren't obvious.

Impacting a lot many people in lot many ways still it continues....

Arnima

M.Com. II

Roll No. 2286620006

Generation Gap



*When I was a kid I promised I won't be a parent like mine
I will be accepting, cool and fine*

*It's about my Childs confidence in me after all
I would never let this relationship fall*

*I will give my child freedom and space
So that she can grow up in grace*

*I was doing a good job, until she asked for a night stay
Night stay?? She is a kid, she can go out and play*

*I had to refuse because I care
I won't allow any non sense, anyone dare*

*She questioned me back and asked why
And to top it up her tears and cry*

*I still did not allow her to go
Then no matter how much would she blow*

*She has to realise that she is my daughter
Good or bad but I am her life sorter*

*It was shocking when I saw her with a guy alone
It took me to a different zone*

*I had to question her on this
Before she spoils our families name by giving him a kiss*

*I have to tell her difference between wrong and right
I won't let her spoil her future, it has to be bright*

*She got angry when I asked
She said its ok mom, the world is so fast*

*How the world is I don't care
If she meets that guy again, I won't spare*

*She stopped sharing things with me now
Questions in my heart, why did she change and how*

*I could not understand her behaviour
I am her mother, her well wisher, her saviour*

*I was in a big trap
As I could not understand this generation gap*

Babita Chhabra

M.Com. II

Roll No. 2286620008

PPE Safety



Personal Protective Equipment (PPE) is clothing or equipment designed to protect workers from physical hazards when on a worksite. PPE should only be considered as a last line of defence between a hazard and the worker. Attempts to control workplace risks and hazards should always be addressed first.

Workplace safety should begin with a hazard assessment. Once the hazards and risks have been identified, a plan can be put forward to prioritize and reduce risk of injury. Useful systems and tools to perform hazard assessments include performing a Risk Assessment and a Job Safety Analysis.

Basic Types of PPE

Following basic types of PPE should be made available in every worksite:

1. Head Protection

PPE includes hard hats and headgears and should be required for tasks than can cause any force or object falling to the head. When performing head protection safety checks, ensure that there are no dents or deformities on the shell and connections are tightened inside. Do not store in direct sunlight and always replace a hard hat if it was used for any kind of impact, even if damage is unnoticeable.

2. Face and Eye Protection

PPE includes safety goggles and face shields and should be used for tasks that can cause loss of vision and an

eye, burns, splashes, sprays of toxic liquids etc.

When conducting equipment safety checks, ensure that there are no cracks or deformities on the lenses, ensure the strap is in good working order and is firmly sealed to the cheek and forehead.

3. Foot Protection

PPE includes knee pads and safety boots and should be used for tasks that can cause serious foot and leg injuries from falling or rolling objects, hot substances, electrical hazards and slippery surfaces. Use boots with slip-resistant soles that protect against compression and impact.

4. Hands Protection

PPE includes safety gloves and should be used for tasks that can cause hand and skin burns, absorption of harmful substances, cuts, fractures or amputations. When inspecting hand protection equipment, ensure that they fit perfectly with no spaces and are free from cuts, burns and chemical residue. Always replace them if any sign of contamination was observed.

5. Body Protection

PPE includes safety vests and suits and should be used for tasks that can cause body injuries from extreme temperatures, flames and sparks, toxic chemicals, insect bites and radiation. Ensure that they are clean and free from cuts and burns. Always get a good fit to ensure full body protection.

6. Hearing Protection

PPE includes ear muffs and plugs and should be used for tasks that can cause hearing problems and loss of hearing. When ensuring hearing safety, the equipment must fit the ear canal perfectly. Recommended types include formable earplugs to fit on different sizes of ear canals.

7. Fall Protection

PPE includes safety harnesses and lanyards and should be strictly used for task that can cause falling from heights and serious injury or death. When inspecting equipment, ensure that the straps are free from tears,

deformities and burn marks and buckles are connected securely and tightly. It is very important to dispose them if used after a falling incident.

8. Respiratory Protection

PPE includes respirators and should be used for task that can cause inhalation of harmful materials to enter the body. When conducting respiratory protection safety, ensure that the equipment is fit-tested and the employee has undergone proper training before wearing one

Ishu Gupta

M.Com. II

Roll No. 2286620026

The Companies Act, 2013

The companies Act, 2013 consists of 470 sections spread over 29 chapters and 7 schedules appended to it whereas there were 658 sections in the Companies Act, 1956. Thus, as many as 188 Sections of the preceding Companies Act, 1956 have been dropped in the Companies Act, 2013 so as to make it a more compact and effective law.

Salient features

1. The concept of person Company (opc) has been introduced by this Act which means a private limited company having only one person as a member.
2. It prescribes a uniform financial year i.e. from 1st April to 31st March for all the companies subject to certain exceptions.
3. The requirement of 'object clause' of the memorandum of association into 3 distinct classes i.e. the main, ancillary and other objects, have been scrapped in the new companies Act 2013

and now only the object for which the company is incorporated are required to be mentioned in the memorandum of Association (MOA).

4. Where money raised from public through, prospectus was not been fully utilized for the purpose and object it was raised, the unspent money cannot be utilized for any other object unless special resolution for this purpose has been passed, dissenting share - holders are provided an exit-opportunity.
5. The new Act 2013, requires a detailed prospectus to be issued and the companies cannot vary the terms of contract or object referred in the prospectus without the approval of share holders by special resolution in the general meeting of the company.

Kajal

M.Com. I

Roll No. 3167920003

DIGITAL INDIA: Transforming India to a knowledge Economy



Journey towards a digitally – connected India began in the early 90s and 2000s with the introduction of a range of e – governance programmes. However, its impact was limited.

With a clear vision, the present government is pushing ahead the Digital India initiative to transform the country into a digitally empowered society and a knowledge economy. With the launch of this initiative, the government aims to reach out to citizens in the

remotest of locations and make them a part of India's growth story. Since technology is a key driver in causing disruptive change, digital tools will empower citizens and prove to be a game-changer.

Digital India provides the much-needed thrust to the nine pillars of growth areas, namely Broadband Highways, Universal Access to Mobile Connectivity and Public Internet Access Programme, among others.

The Digital India vision provides the intensified impetus for further momentum and progress for e-Governance and would promote inclusive growth that covers electronic services, products, devices, manufacturing and job opportunities.

- **Governance and Services on demand**

Digital India aims to create a seamless ecosystem across multiple government departments to make services available on both online and mobile platforms. As part of the initiative, financial transactions would be made cashless and entitlements would be available on the cloud.¹²

- **Digital empowerment of citizens**

This programme will provide universal digital literacy to enable citizens to use the digital platform. The government services can be accessed in local languages to help users participate in the new governance mechanism. Since technology is the key driver in India's economic growth, it will spur growth in areas of governance and service delivery.

SUCSESSES OF DIGITAL INDIA

E-Pathshala: Transforming Learning through Technology

The Ministry of Human Resource Development introduced the e-Pathshala programme to promote 'learning on the go' among students, teachers and parents. Through this initiative, free access to NCERT books is available to students of classes 1 to 12. These books are available in both Hindi and English.¹⁴

- **eBiz platform**

The initiative, driven by the Department of Industrial Policy and Promotion (DIPP), seeks to provide comprehensive Government-to-Business (G2B) services to business entities with transparency, speed, and certainty. The aim is to reduce several levels of points of contact between business entities and government

agencies, establish single-window services and reduce the burden of compliances.¹⁵

- **My Gov platform**

This is a platform for citizens to exchange ideas and suggestions with the government. Through this initiative, the government receives feedback, inputs and ideas from people regarding policy decisions and new initiatives like Digital India, Swachh Bharat, Make in India, among others.¹⁶

- **Jeevan Praman**

The Jeevan Praman programme enables pensioners to conveniently submit their life certificates online through this portal. The certificates are stored in the Life Certificate Repository and available to pensioners and Pension Disbursing agencies.¹⁷

- **Digital Locker System**

DigiLocker is a key initiative under Digital India. This programme is targeted at paperless governance and is a platform for issuance and verification of documents and certificates digitally. A dedicated cloud storage space is given to all those who register for the Digital Locker account. To make it an easy process, this storage is linked to their Aadhar (UIDAI) number. Organisations that are registered with Digital Locker can push electronic copies of documents and certificates (e.g. driving license, Voter ID, School certificates) directly into the citizens' lockers. As per the official website, there are 39, 64, 008 registered users and 50,47,204 uploaded documents.¹⁸

Digital India has been introduced to ensure smooth implementation of e – governance in the country and transform the entire ecosystem of public services through the use of information technology. There is no better way to promote inclusive growth other than through the empowerment of citizens.

Komal Sharma

M.Com. II

Roll No. 2286620050

Entrepreneurship

An entrepreneur is addicted to the feeling of winning! He needs to smell success everywhere he go!! Be a vision king! not a dreamer. Entrepreneurship is basically the process of capability and willingness in creating the business. If one needs to be successful entrepreneur, his/her attitude will matter a lot. Your attitude is what

will see you through the tough times and guides you towards success.

Everyone should have the quality to be an entrepreneur to avoid unemployment and poverty in india. Start-ups are best example of this. The more risk you will take,



the more chances of getting success will increase.
So be a JoBMAKER, don't be Job seeker!!

Kritika Sharma
M.Com. I
Roll No. 3167920027

Love as in Commerce



*Love can be called as an Intangible Asset,
But it is surely a Fixed.
It is also the Goodwill of the Business Firms
where firms are the human souls.
It changes its form as Capital
in the Balance Sheet, is the summation of
Commitment and special care where,
the former being Assets and latter as Liabilities.
It should always be credited as Net Profit
in the Profit and Loss Account,
should be debited as Surplus in
the Income and Expenditure Account.*

*It is not to be considered as Position Statement
But not an Income Statement.
It's difficult to calculate its ratio,
But easy in flow statement.
The admission is restricted, once retired,
then not possible to be registered.
If death occurs, then Executor's
Account gets over flooded
with love like fund from the other existing account.*

Shreya
M.Com. II
Roll No. 2286620010

Revoking of Article 370



Special status to Jammu and Kashmir under Article 370 of the constitution has been removed by a presidential order that would come into force 'at one Home Ministry Amit Shah said in parliament, announcing the most far-reaching move on the state in nearly seven decades. The announcement came after Prime Minister Narendra Modi held a meeting of his cabinet at his house. Amit Shah also introduced a bill to bifurcate Jammu and Kashmir into two union territories, which was passed in Rajya Sabha.

Here are the 10 latest developments in this big story:-
Removal of Article 370 gave Jammu and Kashmir its own constitution and decision-making rights for all matters barring defence, communications and foreign affairs.
Article 370 made it necessary for the centre to get the state legislature's approval for introducing any policies or constitutional powers to the state.

Ladakh will be a union territory without legislature and Jammu and Kashmir will have a legislature.

Minorities will be available for 16% reservation.

If a woman marries out of state or country, she will retain all her rights and Indian citizenship.

Panchayat will have the same rights as in other states.

RTI will be applicable.

Children's in the state will benefit from RTI.

Assembly duration in Union territory of J&K will be for 5years.

Arun Jaitely said in tweets: "A historical wrong has been undone today. Article 35A came through the back door without following the procedure under Article 368 of the Constitution of India. It had to go."

Taniya Aggarwal
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What is 5G?



5G, the fifth generation of cellular communication technology, promises not just faster download speeds but also other enhancements – such as lower latency – which will be required for the coming wave of tech (IoT devices, self-driving cars, etc). 5G networks will use radio technology known as 5G NR (New Radio). This allocates chunks of radio bands, some below 6GHz, and others above 24GHz (also known as mmWave). In contrast, 4G LTE frequencies are much lower (Band 5 is around the 800MHz mark while Band 40 is around the 2300 MHz mark). 5G is faster, can support more devices, and opens the doors for new applications. Lower latency will open up new applications. Better coverage in stadiums, airports, and shopping centres.

We can't beat the laws of physics. The higher frequencies used in 5G networks may be great for carrying large amounts of data at once, but they're terrible at penetrating obstacles. In fact, mm Wave 5G

can be stopped by your hands! This means that you're unlikely to get 5G coverage inside a building unless the network has placed indoor signal boosters. Even in open spaces, 5G signals drop off rapidly. This is why the 5G rollouts that have taken place so far have been restricted to dense urban areas, with networks placing cell transmitters at short distances.



India is also in the midst of preparing for 5G networks. TRAI has chosen the 3.3GHz to 3.6GHz band as the main band for 5G (spectrum availability is limited as much of it is earmarked for defence and government purposes), while many telcos have expressed concern that the asking price could be too high to make services financially viable in a price-sensitive market like ours. According to current plans, the TRAI envisages spectrum auction to be completed this year, with commercial roll-out sometime in 2020.

Dilasha Tomar

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Drawbacks of Social Networking Sites



Today, as we all know social media has reached upto that limit where you can find anyone, you can know about everything and can gain knowledge relating to anything. It's good to keep us updated with what's going on in the world.

But, with all these benefits of social media, there are a lot of bad things and criminal activities that might take place.

Disadvantages of social media:

1. Hacking - Anyone's personal data can be easily hacked if not properly secured and can be shared all over the internet. The hacker may mis-use their private property. Hacking is known as an illegal activity.
2. Addiction - Now-a-days teenagers and even kids are getting so much into social media that they can be termed as addicted. Addiction is a bad thing and can easily ruin someone's personal life.
3. Frauds & Scams - Social Media is a good place for a business but can also be a scam or a fraud in the name of a company. Since these scammers know the high population of social media, they take advantage of it for their personal desires. Several examples are available where individuals have scammed and commit fraud through the social media.
4. Security Issues - Now-a-days security agencies have access to people personal accounts. Which makes the privacy almost compromised. You never know when you are visited by any investigation officer regarding any issue that you mistakenly or unknowingly discussed over the internet.
5. Reputation - Social media can easily ruin someone's reputation by spreading rumors all over the internet.

Some other disadvantages for new generation

- ◆ Lacks Emotional Connection

- ◆ Gives People a License to be Hurtful
- ◆ Decreases Face-to-Face Communication Skills
- ◆ Conveys Inauthentic Expression of Feelings
- ◆ Diminishes Understanding and Thoughtfulness
- ◆ Facilitates Laziness
- ◆ Creates a Skewed Self-Image
- ◆ Reduces Family Closeness
- ◆ Causes Distractions
- ◆ Lack of concentration
- ◆ Distraction
- ◆ Mis-leading

- ◆ No Emotional Connection
- ◆ Lack of sportsmanship - children are playing online games and their outdoor activities have decreased. This leads to bad health.

As far as I remember I watched a Steve Jobs interview where he clearly mentioned he has kept his children away from such gadgets till primary studies are over.

We must learn from him, how dangerous this can prove in the near future.

Himanshi

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Big Data and Hadoop Ecosystem



Apache Hadoop is a well known Big Data technology that has an important supporting community. It has been designed to avoid the low performance and the complexity encountered when processing and analyzing Big Data using traditional technologies. One main advantage of Hadoop is its capacity to rapidly process large data sets, thanks to its parallel clusters and distributed file system. In fact, unlike traditional technologies, Hadoop do not copy in memory the whole distant data to execute computations. Instead, Hadoop executes tasks where data are stored. Thus, Hadoop relieves network and servers from a considerable communication load (Usha and Aps, 2014). For instance, it takes just few seconds on Hadoop to query terabytes of data instead of 20 min or more on classic SIEM. Another advantage of Hadoop is its ability to run programs while ensuring fault-tolerance, usually encountered in distributed environment. To guarantee that, it prevent data loss by replicating data on servers.

The power of Hadoop platform is based on two main sub-components: the Hadoop Distributed File System (HDFS) and the framework (explained in the following sections). In addition, users can add modules on top of HMap Reducadoop as needed according to their objectives as well as their application requirements (e.g., capacity, performances, reliability, scalability, security). In fact, Hadoop community has contributed to enrich its ecosystem with several open source modules. In parallel, IT venders provide special enterprise hardening features delivered within Hadoop distributions.

To store data, Hadoop relies on both its file system HDFS and a non relational database called Apache HBase. Hadoop Distributed File System (HDFS).

HDFS (White, 2012) is a data storage system. It supports up to hundreds of nodes in a cluster and provides a cost-effective and reliable storage capability. It can handle both structured and unstructured data and hold huge volumes (i.e., stored files can be bigger than a terabyte). However, users must be aware that HDFS do not constitute a general purpose file system. This is because HDFS was designed for high-latency operations batch processing. In addition, it does not provide fast record lookup in files. HDFS main advantage is its portability across heterogeneous hardware and software platforms. In addition, HDFS helps to reduce network congestion and increase system performance by moving computations near to data storage. It ensures also data replication for fault-tolerance. Those features explain its wide adoption.

HDFS (Mall et al., 2016) is based on master-slave architecture. It distributes large data across the cluster. In fact, the cluster has a unique master (NameNode) that manages file system operations and many slaves (DataNodes) that manage and coordinate data storage on individual compute nodes. To provide data availability, Hadoop lies on data replication.

Kajal

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Can A Computer Be Smarter Than Human?



Who's smarter — you, or the computer or mobile device on which you're reading this article? The answer is increasingly complex, and depends on definitions in flux. Computers are certainly more adept at solving quandaries that benefit from their unique skill set, but humans hold the edge on tasks that machines simply can't perform. Not yet, anyway.

Computers can take in and process certain kinds of information much faster than we can. They can swirl that data around in their "brains," made of processors, and perform calculations to conjure multiple scenarios at superhuman speeds. For example, the best chess-trained computers can at this point strategize many moves ahead, problem-solving far more deftly than can the best chess-playing humans. Computers learn much more quickly, too, narrowing complex choices to the most optimal ones. Yes, humans also learn from mistakes, but when it comes to tackling the kinds of puzzles computers excel at, we're far more fallible.

Computers enjoy other advantages over people. They have better memories, so they can feed a large amount of information, and can tap into all of it almost instantaneously. Computers don't require sleep the way humans do, so they can calculate, analyze and perform tasks tirelessly and round the clock. Notwithstanding bugs or susceptibility to power blackouts, computers are simply more accurate at pulling off a broadening range of high-value functions than we are. They're not affected or influenced by emotions, feelings, wants, needs and other factors that often cloud the judgement and intelligence of us mere mortals. Computers can be programmed to replicate some of those tasks, but they don't possess the innate ability to create the way humans do.

Let's start by defining what we mean by "smarter" or "more intelligent." Intelligence has two components. One is the ability to learn, the other is the ability to solve problems. And in those areas, computers can be smarter than humans. "No, because it was simply able to calculate an enormous number of possible chess moves in a fraction of a second," "Speed is not intelligence. But, yes, because it was able to analyze these chess moves and pick the best one sufficiently well to beat a competitor."

Computers don't suffer from important limitations that plague human beings. They're not restricted by biology, they don't get tired, they can crunch numbers for long hours, and they're exceptionally smart while doing repetitive mathematical tasks. But experts agree that humans still tower over computers in general intelligence, creativity, and a common-sense knowledge or understanding of the world.

"Computers can outperform humans on certain specialized tasks, such as playing [the game] go or chess, but no computer program today can match human general intelligence. "Humans learn to achieve many different types of goals in a huge variety of environments. We don't yet know how to endow computers with the kind of common sense understanding of the everyday world that underpins human general intelligence, although I'm sure we will succeed in doing this one day."

"But what if we roll the clock far enough ahead? Experts generally agree that the computers of tomorrow will possess some of the traits that today are seen as uniquely human." "The human brain has 86 billion neurons (nerve cells), all interconnected," says Maital. "Computer neural networks have far, far fewer 'cells.' But one day such neural networks will reach the complexity and sophistication of the brain."

Some of that's rethinking how we approach these questions. Rather than obsessing over who's smarter or irrationally fearing the technology, we need to remember that computers and machines are designed to improve our lives, just as IBM's Watson computer is helping us in the fight against deadly diseases. The trick, as computers become better and better at these and any number of other tasks, is ensuring that "helping us" remains their prime directive.

"The important thing to keep in mind is that it is not man versus machine," "It is not a competition. It is a collaboration." "It's a big supporter for our present and future Lives."

Manisha Midha

PGDCA

Roll No. 3168320001

Silence

*Yesterday, silence talked to me
Told me that I wasn't lonely
I was surrounded by uncountable thoughts*

*That were purifying my polluted soul
I was taken over by beautiful imaginations
That seemed more real than most
of the people I came across*



*I was mesmerized
For me it was a wonderland
After a long time I was finally happy
After a long time I didn't feel empty
I discovered utter peace in shut voices
And then those foxes wearing human
masks flushed into the room*

*They started faking
I couldn't take in
Peace was gone all over again
Long lost friend-happiness was lost again.*

Nidhi

B.C.A. I

Roll No. 3282720015

मां मुझको ला दे कम्प्यूटर

नहीं चाहिए मुझको ट्यूटर
मां मुझको ला दे कम्प्यूटर।
कम्प्यूटर में ज्ञान है सारा
ये है सारे जग से न्यारा।
ये स्पेलिंग सिखलाता है
शब्दकोष इसमें आता है।
पूछो कोई भी सवाल तो

गूगल भाई सुलझाता है।
गणित और विज्ञान सभी के
मिनटों में ले आता उत्तर।
नहीं चाहिए मुझको ट्यूटर
मां मुझको ला दे कम्प्यूटर।

रिया

बी.सी.ए. द्वितीय वर्ष

अनुक्रमांक-2286420007

Computer and School Education today

Computer education in schools plays an important role in students career development. Computer with the internet is the most powerful device that students can use to learn new skills and more advanced version of current lessons. Schools are around the globe teaching student's basics of computers and internet.

The uses of computers and internet are growing day by day at high speed. In almost all business, companies, and schools the computers are used for various official operations. New tech tools are coming that help students to learn better.

Computers help students to draw on the computer such as by using windows paint program. If students

are taking Hindi Classes or poem writing then they can do it by typing in Hindi on computer. If students are taking Mathematical classes they can use Microsoft Excel application to solve and understand questions.

Computers and the internet not only help students to explore creativity and imagination but also help to understand technologies. Students are future leaders for any nation. Current school students are future doctors, engineers, entrepreneurs. So, for the education development, it is really important to teach students in schools about computers, the internet and its benefits.

Sangeeta

B.C.A. II

Roll No. 2286420002

Artificial Intelligence

Computers are everywhere today. It would be impossible to go your entire life without using a computer. Cars, ATM's and TV's we use every day, and all contain computers. It is for this reason that computers and their software have to become more intelligent to make our lives easier and computers more accessible. Intelligent computer systems can be beneficial to us all of us.

"Someone on TV has only to say, 'Alexa', and she lights up. She is always ready for action, the perfect woman never says, "Not tonight dear".

According to the definition of AI in Oxford Dictionary, Artificial Intelligence is intelligence exhibited by machines in Computer Science and ideal "intelligent" machine is a flexible rational agent that perceives its environment and takes actions that maximize its chances of success at some goals. Thus, when a machine mimics human-like behavior for example learning, planning, reasoning, problem solving, the perception of the environment, natural language processing etc., then it all falls under the category of AI.

Artificial Intelligence is transforming the nature of almost everything which is connected to human life example employment, economy, communication, warfare, privacy, security, ethics, healthcare etc.. However, we are yet to see its evolution in long-term whether it's leading humanity towards making this planet a better place to live or a place which is full of disaster. Every technology has its advantages and disadvantages but advantages always overweigh disadvantages for the technology to survive in the market. Nonetheless, for Artificial Intelligence, we are not yet sure whether in the long term positive effects will always keep overweighing the negative effects and if that isn't the case then we are in a serious trouble. If we look around us, on the one

hand we seem to embrace the change been brought by technology be it smart home, smart healthcare, industry 4.0, autonomous cars. On the other hand, we often found ourselves protesting against the government in the context of unemployment, taxes, privacy, etc. As AI development is speeding up more robots like Sophia or autonomous systems are being born and replacing human labour. This is the current situation, however, in long-term, results seem to get more interesting.

Once you trust a self driving car with your life, you pretty much will trust Artificial Intelligence with anything.

Nidhi

B.C.A. I

Roll No. 3282720015

Technology

*I wake up each morning,
When my android makes noise
Technically speaking
It's just one of my toys.*

*Call me lazy,
But i try to save time
Microwaving my breakfast
Is not a real crime.*

*Before i dance,
With my electronic toothbrush
Straight for the inbox,
I dive in a rush.*

*With the click of a mouse,
I outsource my work
Through Amazon reviews,
I search for my perk.*

*I won't wait for weeks,
Demand it today
Another ps4 game,
I can't wait to play.*

*I attempt to snap out,
From my wired realm.
It seems like technology,
Is right at the helm.*

*I drive half a block,
To the grocery store
Technology is friendly,
And opens the door.*

*I finally use
my dry mouth to speak.
I'm definitely rusty
And sound like a freak.*

*Why can't they get a robot,
To slice the meat.
My disappointment,
I eagerly tweet.*

*At the checkout,
I have a clear choice
Use a human
Or a machine with a voice.*

*I return to my office,
My game has arrived.
My ancestors were truly,
Technology deprived*

Vibha

B.C.A. I

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