



**MAHARISHI
MARKANDESHWAR**
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana

(Established under Section 3 of UGC Act, 1956)

(Accredited by NAAC with Grade 'A++')

MM-AVERICK

I'm the change.....



2021-22

धन्य है मार्कंडेय ऋषि

श्रद्धा और विश्वास का तालमेल
तपोबल से पाई प्रसिद्धि
धन्य हैं ऐसे मार्कंडेय ऋषि।

हिंदू धर्म के पुराणों में व्याख्यान हैं
आठ अमरत्वों में इनकी भी एक पहचान है
रिद्धि सिद्धि सी ही, इनकी समृद्धि
धन्य हैं ऐसे मार्कंडेय ऋषि।

पितामह मृगश्रिंश, पिता मुकंड, माता मुनि कन्या मरूदती
ऋषि मुनियों संग, सुमति थी इनकी संगति
तपोबल से इनका जन्म हुआ
महादेव से वरदान के रूप में माता-पिता ने पाया,
पाकर मुनिवर की कुटिया में आई समृद्धि
धन्य हैं ऐसे मार्कंडेय ऋषि।

जन्म के बाद थी एक समस्या
घिरी सोच में मुनि कन्या (मरूदती)
अल्पायु (16 वर्ष) था बालक मार्कंडेय
कालसर्प खा जाएगा,
माता-पिता का मन घबरा गया
तन, मन, कुटी पर बिजली सी कौंधी
धन्य हैं ऐसे मार्कंडेय ऋषि।

MULLANA-AMBALA

माता-पिता की उधेड़बुन
बालक मार्कंडेय ने ली सुन
बोला - पित्तवर! सोच ना करें,
मेरे लिए विलाप ना करें!
श्रद्धा महादेव में पूरी है
तपोबल में इतनी शक्ति है
शिव नाम से आएगी सद्-बुद्धि
धन्य हैं ऐसे मार्कंडेय ऋषि।

बनाकर शिवलिंग पूजा करने बैठ गया
ॐ नाम के जाप में रंग गया,
तल्लीन था, जान न पाया
सामने धर्मराज गुराया,
क्रोधित ने उसके प्राण लेने चाहे।

शिव ध्वनि से गुंजायमान था
बालक शिव भक्ति से कांतिवान था।
महादेव त्रिदेव ने की उसकी रक्षा
महाकाल को वापिस किया
“अमरत्व” का वरदान पाया
विश्वास से पाई जिसने ये प्राप्ति
जय हो !!!
धन्य हैं ऐसे मार्कंडेय ऋषि

सोनिया अग्रवाल
शोध विद्यार्थी
मानविकी विभाग



AS.ARTS.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥



SHRI SANJEEV GARG
(15.11.1972 - 06.04.2022)

**Late Shri Sanjeev Garg ji, Secretary, MM Trust
was the enlightened spirit behind the
philanthropic trust in the field of higher
education and research. He enthused one and all
with his commitment, dedication and optimism.**

**He pioneered to prosper and made the Trust as
well as Institutions governed and financed by it
grow to present gigantic proportions.**

**We are committed to continue on his path of hard work
and perseverance.**

May his Divine Soul rest in peace!

CATALOGUE



MESSAGES
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**EDITORIAL
TEAM**
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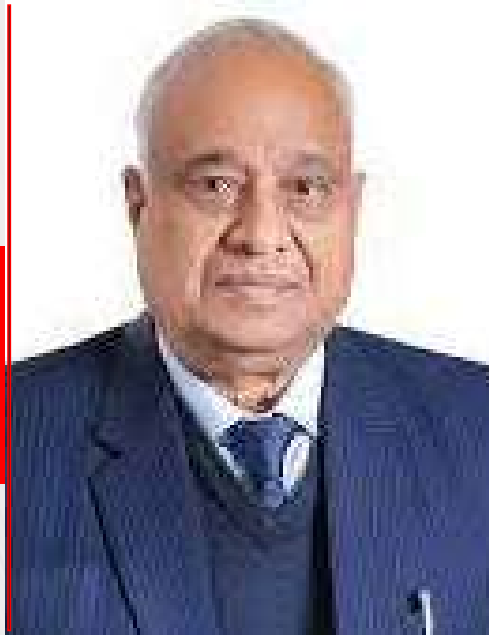
**MM(DU) AT
A
GLANCE**
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STARS
OF
MM(DU)**
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Dr. Tarsem Garg
Chancellor



It is a matter of great pleasure to know that Maharishi Markandeshwar (Deemed to be University), Mullana – Ambala is launching the next issue of its magazine - *MMaverick* with the tagline “I’m the change” for entire student community of this Deemed to be University and its Institutions. It will provide them opportunities to improve their literary skills and manifest their innovative ideas in addition to highlighting the achievements of the students as also to project the student support services and student life on the campus. I believe the magazine would not only motivate the students to utilise their writing capabilities but would also inculcate ethical and human values among them.

I also take this opportunity to convey my best wishes to the Editorial Team of the magazine for achieving success in their objectives.

A handwritten signature in black ink, appearing to read 'Tarsem Kumar Garg'.

Dr. Tarsem Kumar Garg



Dr. Vishal Garg
Treasurer, MM Trust

It is a matter of pleasure that Maharishi Markandeswar (Deemed to be) University, Mullana-Ambala is bringing out the next issue of its magazine *MMaverick* with the tagline "I'm the change". A Magazine provides a platform for the young students to exhibit their talent and showcase creativity in their respective fields. It also helps to ignite young minds and helps in all round development of the students.

MM(DU) has witnessed a praiseworthy success over the years and is growing rapidly to realize its vision to become a leading University in the region. I hope that the magazine will be a step ahead towards this journey of success.

I also take the opportunity to compliment the entire team of Editorial Board in their endeavour in bringing out the next issue of the Magazine.

I wish them all success.

A handwritten signature in black ink, appearing to read 'Vishal Garg', written in a cursive style.

Dr. Vishal Garg

Dr. Meenakshi Garg
Trustee- MM Trust



I am pleased to know that Maharishi Markandeswar (Deemed to be University), Mullana-Ambala is ready to publish the next issue of its magazine *MMaverick* with the tagline "I'm the change". Academic excellence along with co-curricular and extracurricular activities completes the process of education.

A magazine is an expression of innovative and creative ideas of the students and faculty members pertaining to academics, society, and literature. I believe that this magazine will provide an opportunity to the students to showcase their literary and creative skills.

I applaud the efforts and coordination of the entire Editorial Team and wish them all success.

A handwritten signature in blue ink, which appears to read 'Meenakshi Garg'. The signature is fluid and cursive, written on a light blue background.

Dr. Meenakshi Garg



Dr. L.C. Gupta
Managing Director

It is a matter of immense pleasure to know that Maharishi Markandeshwar (Deemed to be University), Mullana–Ambala is bringing out the next issue of it's magazine - *MMaverick* with the tagline "I'm the change", which will augment creativity and writing skills of the students of this Deemed to be University and its Institutions. It goes without saying that this Deemed to be University has broadened the perspective of thousands of youth and has developed them not only as capable human beings but also as responsible citizens of the country.

I congratulate the Editorial Board of this magazine and wish them all success in the venture.

A handwritten signature in black ink, appearing to read 'L.C. Gupta'.

Dr. L.C. Gupta

Dr. H. K. Sharma
Vice Chancellor



I am delighted to know that Maharishi Markandeshwar (Deemed to be University), Mullana - Ambala is bringing out the next issue of its magazine *MMaverick* with the tagline "I'm the change". I admire the hard work and tireless efforts of the entire Editorial team. A magazine always provides a platform to the students and faculty members to express themselves and helps to develop the literary and creative skills. I am sure that this issue has given an opportunity to our students to think beyond the established norms. I am very hopeful that the readers too will enjoy reading various contributions and appreciate the efforts of the authors.

I congratulate the Editorial team for their initiative and wish this issue of the magazine a grand success.

A handwritten signature in black ink, appearing to read "Dr. Harish K. Sharma". The signature is stylized and written in a cursive-like manner.

Dr. Harish K. Sharma



Prof. Rajinder Kumar
Registrar

I am happy to know that Maharishi Markandeshwar (Deemed to be University) Mullana- Ambala, is ready to publish the next issue of it's magazine *MMaverick*, with the tagline "I'm the Change". I am of the firm opinion that 'nurturing creativity and inspiring innovation' are the most essential elements of education, and a magazine is the perfect amalgamation of both. It makes brilliant use of the academic community's creative efforts and distils the essence of their inspired imagination. It felt great to observe and witness our students' potential blossom every day. I am confident that this publication will be educational as well as resourceful.

I am sure that the magazine will become a must-read chronicle on happenings around us. I congratulate the Editorial team of faculty and students for their initiative and wish them all success.

Prof. Rajinder Kumar

Dr. Jyoti Syal

Department of Humanities



EDITOR-IN-CHIEF

Each day is a precious gift God has given us. It's a matter of our choice whether we want to utilize it or simply waste it. There are many people who seem to do much more with their time than others. On the contrary, there are people who keep on postponing their work. The value of our life depends upon what we do in our life. "An inch of time is an inch of gold, but you can't buy that inch of time with the inch of gold". Time is valuable than money. Lost money can be earned back but time once gone is lost forever. It is like flowing water; it never stops and keeps on flowing. If we waste our time, we can never get it back and make it useful. Mother Teresa said, "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin". We should focus on our present, keeping future in our mind. We should not procrastinate but should try to take advantage of the time we have now and should complete every task timely. "Killing the time is not a murder, it's a suicide", suits those who keep on postponing their work and don't understand the value of time. It is rightly said that wise people do something fruitful with each day. We should set long-term and short-term goals for ourselves and try to accomplish them. But by being productive, I am not suggesting that you should keep on engaging yourself in one task or the other. Proper rest along with a healthy diet and exercise are also essential to keep you productive and energetic. Let God guide you, and be purposeful about how you spend your time.

From the Editor's Pen



Our Sincere Editors.....



Dr. Jyoti Syal
Assistant Professor
Department of Humanities
Editor in Chief

Student Editors



Vivek Sharma
Managing Editor
BCA - 2nd Year



Rajvir Singh
Associate Editor (Design)
B.Tech CSE (SD)
4th Year



Anshika Kamboj
Associate Editor (Content)
B.Sc Biotechnology
2nd Year



Shruti Pundir
Associate Editor (Content)
B.Pharmacy
3rd Year

Acknowledgements.....

This Magazine would not have seen the light of the day without the inspiration from our hon'ble Chancellor, Dr. Tarsem Garg. Thanks are also due to Dr. Vishal Garg (Treasurer), Dr. Meenakshi Garg (Trustee) and Dr. LC Gupta, (Managing Director) MM Trust . We are particularly grateful to our Vice-Chancellor, Dr. Harish Kumar Sharma for his continuous guidance and support at every step. We are grateful to the faculty and students for contributing materials that went into the making of the magazine. Thanks are also due to the below mentioned faculty coordinators of the magazine from various Departments and Institutes, who contributed towards the materials incorporated in the Magazine.

- **Dr. Bunt Sharma**, Assistant Professor, Department of Biotechnology
- **Dr. Himali Lakhera**, Assistant Professor, MMICT & BM (HM)
- **Dr. Mohit Sharma**, Assistant Professor, Department of Mechanical Engineering
- **Dr. Nisha Rawat**, Assistant Professor, MMIPR
- **Dr. Pooja Sethi**, Assistant Professor, Department of Chemistry
- **Ms. Pratibha Verma**, Assistant Professor, Department of Law
- **Dr. Preetica Sharma**, Lecturer, MMCD SR
- **Ms. Rachna Rajiv**, Nursing Tutor, MMIN
- **Er. Rahul Bhad**, Assistant Professor, Department of Agriculture
- **Er. Rahul Grover**, Assistant Professor, Department of Civil Engineering
- **Dr. Ranjana Sharma**, Assistant Professor, Department of Physics
- **Er. Savita Wadhawan**, Assistant Professor, MMICT&BM(MCA)
- **Ms. Simarjeet Kaur**, Associate Professor, M.M. College of Nursing
- **Dr. Naaz Gorowara**, Assistant Professor, MMIM
- **Dr. Tarun Singh**, Assistant Professor, MMCP
- **Er. Vishal Gupta**, Assistant Professor, Department of CSE
- **Er. Yogesh**, Assistant Professor, Department of Electrical Engineering

A man with a beard, wearing a blue t-shirt and dark shorts, stands on the edge of a reddish-brown rock cliff. He is looking out over a vast, hazy landscape under a clear blue sky. The cliff edge is sharp and vertical.

OUR VISION

To prepare students with an integrated and technology oriented education for a better career and to be worthy citizens of a global society.

OUR MISSION

To develop better than the best professionals for the economic development of the country.

MM(DU) AT A GLANCE

Maharishi Markandeshwar (Deemed to be University) is a leading Institution in North India and has become a symbol of quality education in technical, medical and other professional streams. MM (DU) has been accredited by NAAC with Grade "A++" and has also been conferred graded autonomy of Category-I status by UGC. It was placed at rank 91 amongst all Government and Private Universities as per NIRF 2022 rankings. Further, the Medical and Pharmacy Institutes of MM (DU) were ranked 32 and 24 respectively by NIRF 2022. However during NIRF ranking 2021, the Dental, Medical and Pharmacy Institutes of MM (DU) were ranked at 34, 35 & 34 respectively. Moreover, MM (DU) has been placed in the Rank Band 601-800 amongst the Top Universities of the world by Time Higher Education (THE) World University Ranking 2023. MM (DU) has also been included in the QS ASIA University Ranking 2021 in the rank band of 551-600 among all the Asian Universities. It has also achieved the rank of 117 and 179 in 'International Students' and 'Faculty Student' Indicators, respectively. MM (DU) since its inception, is committed to excel in research, innovation and skill development. Our Industry oriented education system helps us to make our students leaders in the professional world. The MM Trust is offering plethora of courses through its various teaching institutions spread over to three different Universities at Mullana, Sadopur and Solan. The constituent institutions of M.M. (Deemed to be University), Mullana are: MM Engineering College, MM Institute of Computer Technology & Business Management, MM College of Dental Sciences & Research, MM Institute of Physiotherapy & Rehabilitation, MM Institute of Computer Technology & Business Management (Hotel Management), MM Institute of Medical Sciences & Research, MM Institute of Management, MM College of Nursing, MM College of Pharmacy, MM Institute of Nursing, Department of Law and Department of Agriculture. In addition to this MM Trust is also running MM International Schools at Mullana, Sadopur-Ambala & Ramba-Karnal. During the current Academic Session 2022-23, MM (DU) has also started five online course in the discipline viz MBA, M.Sc. (Mathematics), BBA, B.Com. (Hons) and BCA. All the programs offered by MM (DU) are approved by respective regulatory bodies like MCI, DCI, INC, IAP, AICTE, BCI, PCI,UGC etc. The B.Pharm program of MM (DU) has also been accredited by National Board of Accreditation (NBA). MM Medical Hospital has been accredited by National Accreditation Board for Hospitals & Healthcare Providers (NABH). Moreover, M. M. Institute of Medical Sciences and Research has been accredited with standard ISO 15189:2012 by National Accreditation Board for Testing and Calibration Laboratories (NABL).

ACCREDITATIONS, AWARDS & RECOGNITIONS



NIRF 2022, Ministry of Education, Govt. of India

Ranked **91st** Amongst
Top Universities
in India

Ranked **32nd** Amongst
Top Medical Colleges
in India

Ranked **24th** Amongst
Top Pharmacy Colleges
in India



World University Rankings 2023
WORLD WIDE RANK BAND
601-800
Amongst the
Top Universities of the World

World University Rankings by Subject 2023
WORLD WIDE RANK BAND
401-500
in Clinical & Health

NBA ACCREDITATION

B Pharmacy program accredited by National Board of Accreditation

QS REGIONAL RANKINGS 2022

QS World University Ranking has put MM(DU) in 551-600 Rank category in Asia

INDIA TODAY RANKINGS 2022

- 1st Rank in Best BCA Colleges, 2nd Rank in Best Law Colleges, 3rd Rank in Best Hotel Management Colleges, 3rd Rank in Best Colleges offering B Com program, 4th Rank in Best Dental Colleges, 4th Rank in Best Colleges offering BBA program, 5th Rank in Best Engineering Colleges in Haryana State
- 6th Rank in Best Hotel Management Colleges in India under Personality and Leadership Development
- Ranked in Top 10 Private Dental Colleges of North India

CSR-GHRC B-SCHOOLS SURVEY 2022

MM Institute of Management ranked 1st amongst Top Management Institutes in India (under the category of outstanding B. School of Excellence in India)

OUTLOOK RANKINGS 2022

MM Institute of Management ranked at 12th place amongst top MBA colleges of North Zone and at 56th place in India

OUTLOOK - I CARE RANKINGS 2022

MM(DU) ranked at 15th place among the Top Deemed to be Universities of India by Outlook I Care Rankings 2022

CSR - GHRDC ENGINEERING COLLEGE SURVEY 2022

MM Engineering College gets Rank 18th amongst Top Engineering Colleges in India for Faculty, Research, Consultancy, EDP and other programs

GREEN INSTITUTIONAL RANKINGS 2022

MM(DU) ranked 17th across India with a Diamond Band

ATAL RANKING OF INSTITUTIONS ON INNOVATION ACHIEVEMENTS (ARIIA) 2021

MM(DU) gets listed in the Band-Excellent in ARIIA 2021

OUTLOOK RANKINGS 2021

- MM(DU) ranked at 19th place among Top Private Medical University of India

- MM Institute of Hotel Management ranked 27th amongst top Hotel Management Institutes in India
- MM Institute of Management ranked 15th amongst top private B-School in North Zone

COMPETITION SUCCESS REVIEW RANKINGS 2021

- M. M Institute of Management ranked 2nd in Outstanding B-School of Excellence
- Department of Law ranked amongst Outstanding Law School of Excellence

NABH ACCREDITATION

M.M. Institute of Medical Sciences and Research has got NABH Accreditation for all Speciality and Superspeciality services

NABL ACCREDITATION

Molecular Biology Lab of M.M. Institute of Medical Sciences and Research is Accredited by NABL

THE WEEK RANKINGS 2021

MM Engineering College ranked 19th in North India among Top Private Engineering Colleges

CSR-GHRDC SURVEY 2021

- Department of Law gets 1st rank in Haryana
- MM Engineering College ranked 2nd under the category of Top Engineering College of Eminence in India
- MM Engineering College ranked 15th for Faculty, Research, Consultancy, EDP & Other Programmes, ranked 18th for Placement, UPS, Social responsibility, Networking & Industry Interface Category in Top 25 Engineering colleges in India

GHRDC HOTEL MANAGEMENT SURVEY 2021

MM Institute of Hotel Management ranked 1st in Haryana (Private) amongst top Hotel Management Institutes

INDIA TODAY RANKINGS 2020

MM(DU) ranked among Top 25 Private Universities in India

NIRF RANKINGS

- M M College of Pharmacy ranked at 28th place in India, M.M. Institute of Medical Sciences and Research ranked at 33th in India and M M College of Dental Sciences and Research ranked at 25th in India by NIRF 2020
- MM(DU) had been ranked amongst the Best 200 Universities in India for Three Years in a row by NIRF Rankings 2017, 2018 and 2019



**13,000+
STUDENTS**



**NEARLY 50,000
SUCCESS STORIES**



**Nearly 600 PRIME
RECRUITERS**



1300+ FACULTY



**5 MILLION SQ. FT.
BUILT UP AREA**

- **MEDICAL**
- **DENTAL**
- **PHARMACY**
- **PHYSIOTHERAPY**
- **NURSING**
- **PARAMEDICAL**
- **BIO TECHNOLOGY**
- **SCIENCES**
- **ENGINEERING**
- **MANAGEMENT**
- **JOURNALISM & MASS COMMUNICATION**
- **COMMERCE**
- **COMPUTER APPLICATIONS**
- **HOTEL MANAGEMENT**
- **LAW**
- **AGRICULTURE**

ACCREDITED BY
NAAC 'A++'
WITH ITS HIGHEST
GRADE

 **93%**
PLACEMENT

First Self - Financing Univeristy in the State of Haryana, Himachal Pradesh, Punjab, Delhi, Uttar Pradesh, Uttarakhand and UTs of Chandigarh, Jammu & Kashmir and Ladakh to get NAAC 'A++'



OUR TOP RECRUITERS
















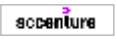


















































WALL OF FAME : STAMPS OF SUCCESS 2021-22 BATCH

50,000+ Dreams Fulfilled

42 LPA Highest Salary Package

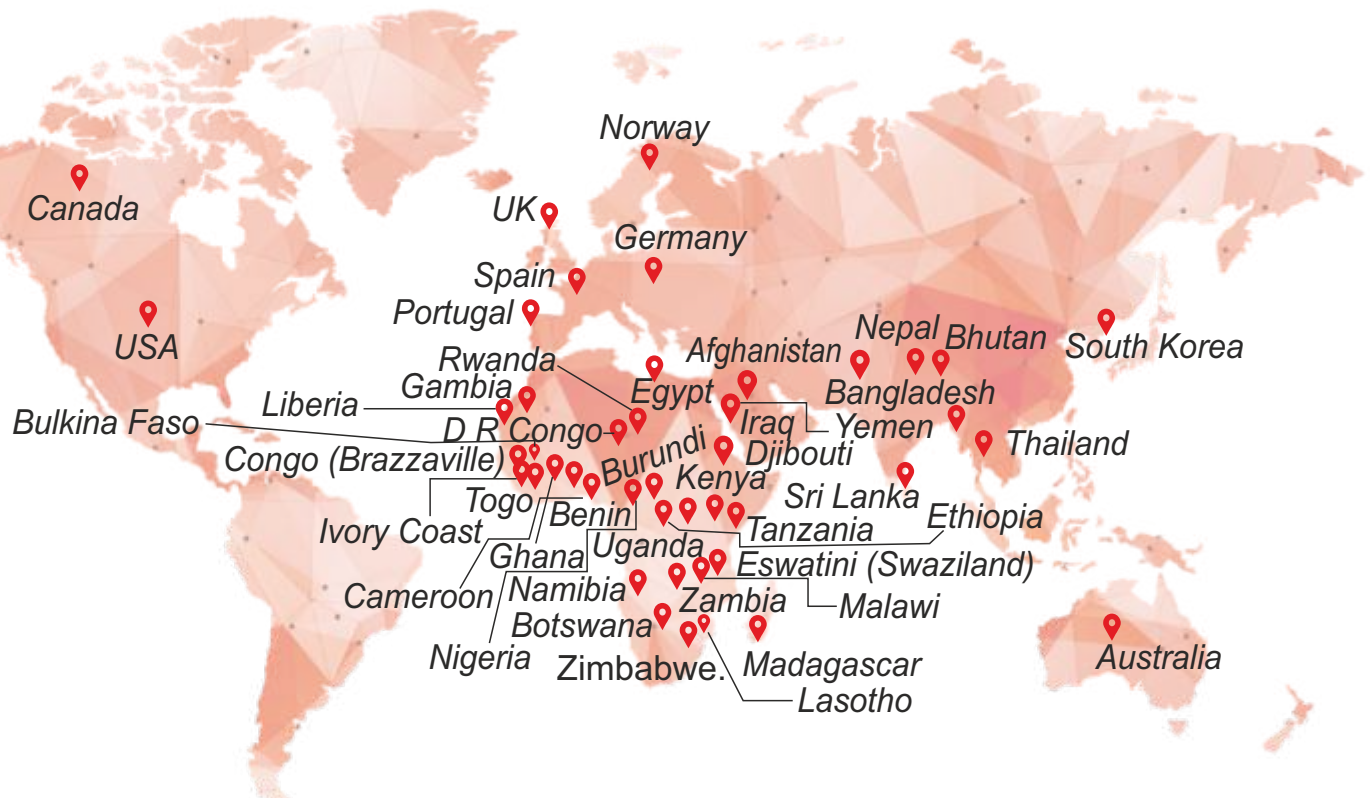
1500+ Annual Placements

Nearly **600** Prime Recruiters

										
Abshul Soni	Simran Kapoor	Rupit Jindal	Ramola	Aakansha Jha	Simarpeet	Abhay	Sourav	Harvinder Singh	Dilpreet	Vaibhav Gagneja
										
										
Susmita Karki	Karan Vig	Navjeet Kaur	Radhika	Vishal Dhiman	Garima	Jatin Ahuja	Sukrut	Anshika	Falakshree	Ishant
										
										And Many More...
Aparajita	Aniket Sharma	Saiyam	Lovedeep	Manan Guglani	Lokesh	Vanshika Chug	Gaurav	Sadhana	Cheshta	
										

INTERNATIONAL COLLABORATIONS

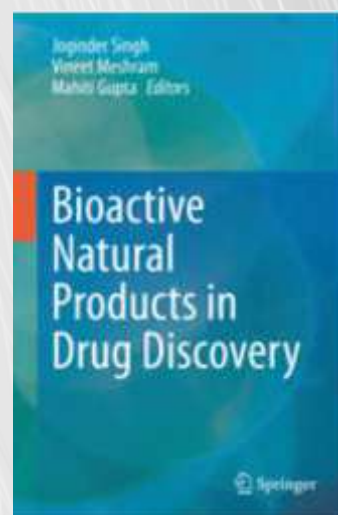
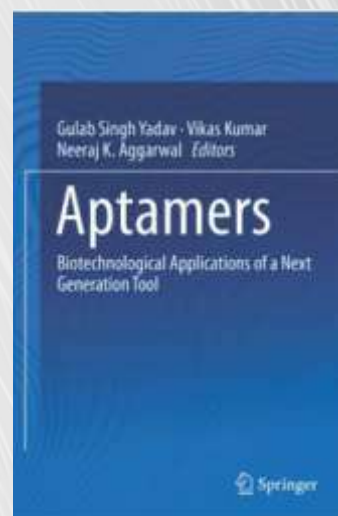
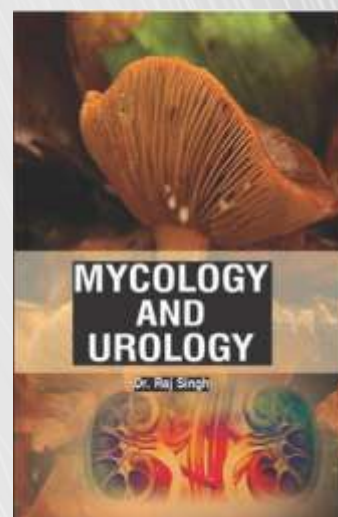
Opportunities in 100+ Highly Ranked and Reputed Partner Universities/ Institutions for Student Exchange /Mobility Programmes (Semester Abroad, International Internships, International Summer/Winter Camps and International Workshops & Conferences)



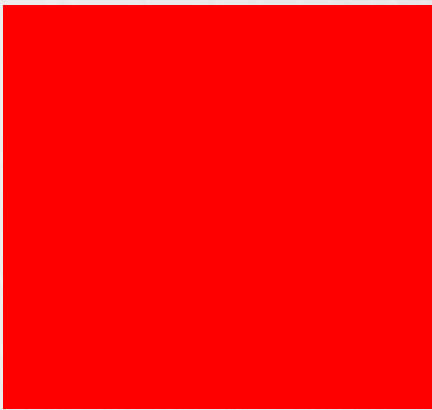
RESEARCH OUTPUT

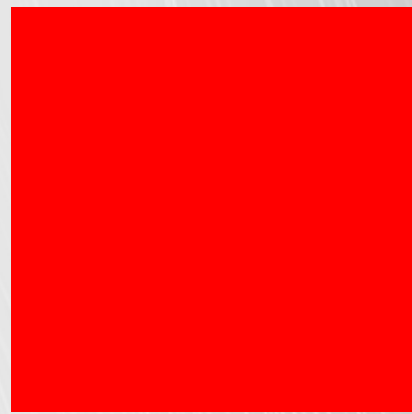
PUBLICATIONS IN SCOPUS/WoS/PUB MED	4,219
i-10 Index Scopus	773
i-10 WoS	474
h-Index Scopus	67
h-Index WoS	56
Citation (Scopus)	33,206
Citation WoS	17,799

Based on Researgance
Research Portal of MM(DU)









SHINING STARS OF MM(DU)



Sumit Mittal

Deloitte, Gurugram



Aakash Verma

Larsen & Toubro
CSE (2004)



Mohit Gambhir

Ministry of Education
CSE (2001)



Ujjwal Gupta

Godrej Properties
Planning Manager
Civil (2012)



Sunita Badhwar

Tourism and Hospitality
Skill Council of India
HM (2006)



Aarti Sehra

Slalom,
Principal Data and Analytics
ECE (2001)



Jules Mwila

Security Architect
Poland



Dr. Usman Umar Zango

Sa'adatu Rimi College
of Education,
Kumbotso, Kano
State, Nigeria



Radha Chawla

ACI Worldwide
New Jersey, USA

SHINING STARS OF MM(DU)



Rajiv Bhatia

Royal Bank of Scotland
Associate VP
MCA (2002)



Prarna Ojha

Goldman Sachs
Analyst
ECE (2016)



Vishal Singh

Sony Interactive
(Sr. Database Developer)
MCA (2003)



Bikram Bir Singh

Glaxosmithkline
(Marketing Manager)
Pharma (2010)



Sanridhi Joshi

Reckitt Benckiser
(Associate Consultant)
MBA (2016)



Sagar Paliwal

Pepsico
(Associate Director)
ECE (2009)



Robin Jain

Reserve Bank of Australia
(Sr. Database Admin)
CSE (2003)



Anubhav Mehan

Boeing
(Project Manager)
ME (2016)



Mahesh Gupta

Intel
(Design Automation Engineer)
ECE (2012)



Musings.....

FEMINISM IN INDIAN MIDDLE CLASS

Rebecca West said, "I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat." This is exactly the situation of every Indian middle-class girl when it comes to feminism. The use of the mere word 'feminism' is regarded as a form of abuse because it certainly impacts the mind of a young girl in the most negative way. Consider yourself in the middle of an argument supporting the independence of women and a question pops-up: "feminist hai kya tu?" (Are you a feminist?) and suddenly you have to back off from all your points because in an Indian middle-class household, declaring yourself a feminist is a form of embarrassment. If you accept that you are a feminist then you are the outcaste. According to me, the definition of feminism or being a feminist in the Indian middle-class is glorifying the women and not equality; being disrespectful towards the family and societal values; being a subject of mockery and most importantly being unvirtuous and shameless. So let us not talk about what sorts of equalities we need to bring, let us just talk about what sorts of minds are actually required to accept the idea of equality and what sort of minds we have as a major part of our society because I am highly certain that even the existence of this article makes me a girl whom your parents will advise to stay away from, as well as such works might be considered unworthy of publication. Readers, consider yourself to be present in a family that supports equal standards for its daughters and sons and a situation arises where parents have to go out of town and the kids are on their own. In the given condition it is quite natural that the daughter will cook the food and the son will go out to bring the groceries. How did this happen automatically? Let me explain this to you: it is not the theory of equality that works towards the idea of feminism, rather it is the practical behavior and mindset that develops such ideas and regulate it in real life. The minds of both the sexes have been trained since childhood to behave in a particular manner and hence, the idea of equality is never fulfilled. When I talk about the idea of feminism in the Indian middle-class families, I want people to understand how the existence of this very word affects the men as well as women; how the younger generation is treated by the parents while having a debate about the most basic issues which condemn patriarchy. Although this topic has become a part of every middle-class family, but to give a precise explanation I would like to become a mouthpiece of every such girl out there who is declared a rebel by her father as well as her mother just because she stood up for her mother being correct in an argument against her father; whose mind is declared as spoiled by modern thoughts





for favoring a girl going out on social service campaigns with boys of her age and who has been condemned for supporting divorces and not submitting to chauvinism. Through this piece of writing, I would like to address all the elderlies and youngsters who see feminism as an idea that spoils the younger generation. I would like to request them to open up their minds and understand what is the actual meaning of feminism. Friends, comrades, the people of my nation... let us just try to go into the definition and real meaning of this word. Cheris Kramarae said, "Feminism is the radical notion that women are human beings". Keeping this view in mind let us first try to accept feminism as an idea and we can talk about the means and methods of practicing this idea later because we have miles to go in this campaign, both the younger and the older generation, hand in hand. So, I would like to wind up my thoughts with the hope that I have made my point clear about keeping an open window to this issue and accepting and understanding the debates going on in your homes on a daily basis; as well as being tolerant towards the so called 'rebellious ideas'. This is the only way we, as a society, can take a step forward towards achieving true feminism or in simpler words **EQUALITY**.

Ms. Aman Sharma
 Assistant Professor,
 Department of Humanities



INFERTILITY: CAUSES AND TREATMENT

WHAT IS INFERTILITY?

Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse or Infertility is inability to conceive after 12 months of unprotected intercourse.

VARIOUS MALE FACTORS INVOLVED WITH INFERTILITY

Obstruction of the reproductive tract causing dysfunctionalities in the ejection of semen. This blockage can occur in the tubes that carry semen (such as ejaculatory ducts and seminal vesicles). Blockages are commonly due to injuries or infections of the genital tract.

HORMONAL DISBALANCE

Hormonal disorders leading to abnormalities in hormones produced by the pituitary gland, hypothalamus and testicles. Hormones such as testosterone regulate sperm production. Example of disorders that result in hormonal imbalance include pituitary or testicular cancers.

TESTICULAR FAILURE

Testicular failure to produce sperm, for example due to varicoceles or medical treatments that impair sperm-producing cells (such as chemotherapy).

ABNORMAL SPERM

Abnormal sperm function and quality can lead to infertility. Conditions or situations that cause abnormal shape (morphology) and movement (motility) of the sperm negatively affect fertility.



For example, the use of anabolic steroids can cause abnormal semen parameters such as sperm count and shape.

VARIOUS FEMALE FACTORS INVOLVED WITH INFERTILITY.

OVULATION DISORDERS

Ovulation is the monthly release of an egg. In this case the eggs may never be released or they may only be released in some cycles. Ovulation disorders can be due to: premature ovarian failure: The ovaries stop working before the age of 40 years.

POLYCYSTIC OVARY SYNDROME (PCOS)

The ovaries function abnormally and ovulation may not occur.

HYPERPROLACTINEMIA

If prolactin levels are high, and the woman is not pregnant or breastfeeding, it may affect ovulation and fertility.

POOR EGG QUALITY

Eggs that are damaged or develop genetic abnormalities cannot sustain a pregnancy. The older a woman is, the higher the risk. Thyroid problems: An overactive or underactive thyroid gland can lead to a hormonal imbalance.

CHRONIC CONDITIONS

These include AIDS or cancer. Fallopian tubes or uterus disorders: An egg released from the ovaries passes through the fallopian tube to the uterus. Any damage anywhere in the tube or uterus affect fertilization and implantation. Various causes includes: Ubmucosal fibroids: Benign or non-cancerous tumors occur in the muscular wall of the uterus. They can interfere with implantation or block the fallopian tube, preventing sperm from fertilizing the egg. Large submucosal uterine fibroids may make the uterus' cavity bigger, increasing the distance the sperm has to travel.

SURGERY

Pelvic surgery can sometimes cause scarring or damage to the fallopian tubes. Cervical surgery can sometimes cause scarring or shortening of the cervix. The cervix is the neck of the uterus.



ASSISTED CONCEPTION TECHNIQUES AVAILABLE ARE:

IUI (intrauterine Insemination): At the time of ovulation, a fine catheter is inserted through the cervix into the uterus to place a sperm sample directly into the uterus. The sperm is washed in a fluid and the best specimens are selected. The woman may be given a low dose of ovary stimulating hormones. IUI is more commonly done when the man has a low sperm count, decreased sperm motility, or when infertility does not have an identifiable cause. It can also help if a man has severe erectile dysfunction. IVF (in Vitro Fertilisation): Sperm are placed with unfertilized eggs in a petri dish, where fertilization can take place. ON): Sperm are placed with unfertilized eggs in a petri dish, where fertilization can take place. The embryo is then placed in the uterus to begin a pregnancy. Sometimes the embryo is frozen for future use.

INTRACYTOPLASMIC SPERM INJECTION (ICSI):

A single sperm is injected into an egg to achieve fertilization during an IVF procedure. The likelihood of fertilization improves significantly for men with low sperm concentration.

SPERM OR EGG DONATION:

If necessary, sperm or eggs can be received from a donor. Fertility treatment with donor eggs is usually done using IVF/ICSI.

SUGGESTIONS:

Since cases are increasing every year so various lifestyle modifications can help various infertile couples to conceive. Various lifestyle modifications in males are : Avoid drug and tobacco use and drinking too much alcohol. Avoid high temperatures found in hot tubs and hot baths, as they can temporarily affect sperm production and motility. Avoid exposure to industrial or environmental toxins, which can affect sperm production. Limit medications that may impact fertility. Exercise moderately. Regular exercise may improve sperm quality and increase the chances for achieving a pregnancy. Various lifestyle modifications in female helps in conception are Quit Smoking. Tobacco has many negative effects on fertility. Avoid alcohol and street drugs. These substances may impair your ability to conceive and have a healthy pregnancy. Limit caffeine. Women trying to get pregnant may want to limit caffeine intake. Exercise moderately. Regular exercise is important as it helps in balancing the hormone and thus in conception. Avoid weight extremes. Being overweight or underweight can affect your hormone production and cause infertility.

SURROGACY:

Patients own embryos made through IVF/ICSI can be transferred into surrogate mother if indicated.

COMMENTS: Infertility cases are increasing due to certain factors factors involved such as urbanization, pollution, chemical exposure, stress, competitive work environment, fast paced lifestyle, more women opting to work & increased incidence of diabetes & PID etc



Dr. Shilpa Marwah

Chief Embryologist,
Neelkanth Hospitals, Gurgaon

Dr. Ajay K Gupta,

Prof. Department of Biotechnology
MMEC, MM(DU), Mullana

BEYOND INFINITY

"Is there life beyond death?"

Nobody knows the truth, but it could be true,

It could be something between the wild storm and the calm trees,

It could be true if life wasn't a journey but a promise; a promise of the soul.

It could be true if life was like a song and we could dance carefree,

It could be true if we understood that age is just a number but life is counting beyond infinity.

It will come true if love takes over hatred and death won't be feared,

Then somewhere in our hearts we will embrace ourselves and be thankful,

For this life is too small to love and too big to hate.

Closing my eyes, in my dreams, I sway with the breeze,

Calming myself to go with ease.

My pursuit of happiness will be achieved, if not now maybe at sometime infinite.

My belief that life is eternal, it will go on beyond reality in my dreams!

Dr. Divya Jain,

Department of Oral Maxillofacial Radiology

ACTIVE MIND, YOUTHFUL BODY

There is much wisdom in the classical saying ("a sound mind in a sound body"): it reminds us that mind and body are important, and that the health of one is connected to that of the other. It has been shown that maintaining an active adaptable mind is one of the key factors in staying young. Having a youthful mind also drives you towards a healthy lifestyle that will show the aging process. Just as a physical exercise has negative effects on our bodies and mood, lack of mental exercise is bad for us because it causes our neurons and neural connections to deteriorate - and, as a result, reduces our ability to react to our surroundings. This is why it's so important to give your brain a workout.

Varun Dutt Sharma,

Research Scholar

Department of Physics

"Ambition, Power and Strength comes from Within"

The fear of being evaluated, denigrated, and questioned plagues us whenever we consider performing on stage, whether it be in a seminar or in our class. To our astonishment, we entirely forget our "Right to Freedom," leading to self-degradation and inappropriate and uncontrollable situations. So now the question is how can the person get past this anxiety and establish their credibility?

The answer to any question or circumstance can be found at the root cause because that is where everything begins and where it all ends. As a result, while trying to figure out how to perform at my best, I've discovered that a person's performance and public interactions are mostly determined by their level of confidence.

So how can you get confident is the question here. Is there a treatment or medication that will instantly boost your confidence? Or is it necessary to read some books in order to learn this particular skill? Can someone instil confidence in you? Is there a qualified trainer or teacher who can impart this particular knowledge to you? And to your astonishment, it's none other than you, therefore you must now be wondering how? Let's examine what are the real hurdles on this path.

In this deep dive research, I came across three major factors which effect any individual's confidence, firstly the performance, then public acknowledgement and lastly the appreciation. Thus, to become confident one should follow four life mantras.

First and foremost, people are here to make fun of whatever you do right or wrong doesn't matter so stop thinking about how they will react. (Get rid of fear of being judged)

Secondly, keep in mind that knowledge and learning have no bounds, just like life itself. Every single person, place, and day is intended to teach you something. If you want to be confident, keep learning. Sometimes with respect, other times with some painful experience.

Thirdly, make sure you remember you do everything only for yourself, doesn't matter what!! Just do what you love, because even the crap that we don't value brings wealth to the wise person, because of their passion and confidence.

And Last but not the least, Keep smiling, not because you are crazy or naive, but because every day you are alive which is a fresh opportunity to improve your life.

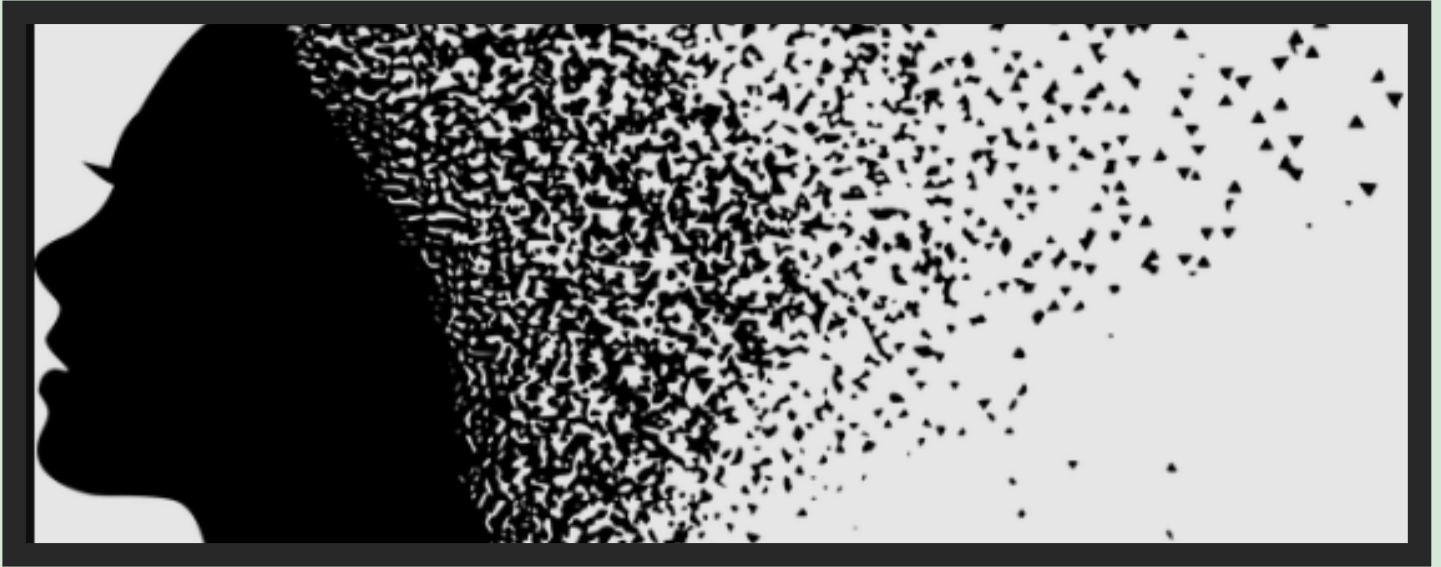
Once you follow these steps you will realise the fact that, "Ambition, Power and Strength comes from within", and cannot be acquired, taught or grabbed as this can just evolve with every single effort you make. Let's Just Try once!!!!

Good Luck!

Shikha Kashyap

Quality & Training Manager
Training & Placement Department MM(DU)

I am not okay!



DEPRESSION! A very simple word but hard to deal with. Depression means deep rest; resting your soul, resting your body, resting your mind, your thoughts. Rest because you are too tired by the burden you carry in your head which you didn't asked for. We all experience bad days in our life. We all have to face a time when we feel our mind is stuck and our soul is tired. Expressing emotions is tough and seeking help is the toughest part of a depressed person. In our society, we have made an image that a depressed person might be always sad with a dull face but that's not true, sometimes a happy person laughing all the time, dancing and playing around you might be a lonely person because it is about carrying our problems with us not about bragging it. We as a person have our individuality and we carry our sorrow and brief in our own ways. Some people can face big problems easily while on the other side some might not be able to bear the minimum. There is no parameter of being depressed. We should not judge people on how they act and handle even minor problems. You may not have noticed but the person who is depressed might have asked for your help in their own way.

They may have talked about their problems about someone else or they may have asked it as a joke. Asking for help is the toughest part of a depressed person as they can have the fear of judgment. We have to be very careful with the words we use around them. Our words can affect their thoughts, their feelings in a way we haven't meant them to be. Your words can help them through their darkness. Here are certain things which you say and which you should avoid saying to a depressed person.

THINGS TO SAY TO A DEPRESSED PERSON:

You are important to me
You are not alone in this
I am not going to abandon you
I am not going to judge you
You are loved
You have a purpose in your life
Your existence matters
You are not crazy for having such thoughts.
These feelings are temporary but you have to be strong enough to handle them. I am here to listen ; It's pretty normal to have a rough phase and your emotions are valid.



THINGS NOT TO SAY TO A DEPRESSED PERSON:

- Stop being so negative
- Your feelings are invalid and have no meaning
- Your thoughts are nonsense and irrelevant
- You don't look depressed, it's in your head.
- Don't be so dramatic
- It's your fault
- Your vibes are bringing everyone around you down
- Be socialised Grow up, it's not a big deal Try harder



HOW YOU CAN IDENTIFY A DEPRESSED PERSON

Every person have a different pattern to deal with issues but here are the most common factors which could help you recognise a depressed person.

They have trouble sleeping and their sleep schedule is destroyed. Either they sleep too much or they are unable to sleep . Lack of interest in hobbies and their favourite activities. They isolate themselves and often do not socialize at all Change in appetite. Either they eat too much or it's the opposite of it. Expressing guilt all the time.

Unexplained physical symptoms. they might feel a bad stomach or feel a persistent headache. An emerging dark side. A depressed person might have started talking about death and other morose topics. See they do not willingly think about being depressed. Having no control over their thoughts completely consumes them. Create a safe environment and be kind around such people. Depression is a serious condition and should not be avoided. It drains the person's energy, motivation, purpose. It's difficult for such people to emotionally connect to others and might say hurtful things to their loved ones even when they don't mean it. I know you can't completely help the depressed person but you can provide a helping hand to them. You can offer your love and support to them but the ultimate recovery is in the hands of a depressed person.

Er. Rahul Bhad

Assistant Professor, Department of Agriculture

Himanshi

B.Sc. Agriculture (Hons.)

The Impressions of Morning

From dark blue to golden hours the sky changing its colour in early morning is worth watching. I think everyone wants the first sight of the day to be more peaceful and If you are a morning person you might have experienced the freshness of air in the morning, the nature in its disciplinary action. Just being arouse may not help you to enjoy the benefits of morning.If you want to know how early morning can help you changing your personality then you must read the following points:

1. Early mornings are so quiet: If you wake up between 3:30 – 4:30 everything is so quiet and calm outside. The mind works at its full potential and early people are more energetic and you will have a positive aura throughout the day.

2. Better sense and usage of time: working early in the morning enhance the productivity of your work and also provides you more time to plan out your day. You can do important things first without any distractions.

3. You get time to exercise: if you wake up early in the morning you get the time to exercise that will help your body to get prepared for the whole day. Doing physical exertion in the first light helps your body to prepare itself for the long run of life.

4. Healthy breakfast: waking up early in the morning helps you in eating healthy food. If you're in a hurry you would eat anything that is easy to make or probably junk but trust me nobody wants to start their day with eating junk. If you wake up early in the morning you get the time to prepare healthy breakfast for you.



5. Enjoy better sleep: people who wake up early tends to go to bed early. They enjoy the quality sleeping hours which eventually help their body to function properly.6. Manage stress and helps to concentrate: The energy of early morning synchronise with our body and it releases out stress and helps us in better congregation. People who wake up early have a positive impact on their own life not just for a short duration but overall in life.

THINGS TO DO IN EARLY MORNING:

1. Begin your Day with gratitude, put your phone aside for at least 30 minutes after waking up and sit with yourself for atleast 10 minutes in the morning. It will help you to connect to yourself and brings up positive energy.

2. Tell yourself that you have the potential. Have complete trust in yourself in early morning, neglect all the negative thoughts. It will help you in gaining confidence and also help you in confronting the challenges you will be facing throughout the day.

3. Always take small steps and do the small things Such as making your bed, drinking a glass of water, walking a mile.

4. Decide to be kind and help at least one person in your day. It will help you broaden your vision helps you finding your purpose in life. We all youngsters may find it difficult to being awaken early in the morning and keeping ourselves busy in those morning hours might be boring but trust me you will thank yourself later in life if you make it your habit . Just trust the process and follow the impression of morning and see how your life changes in a pragmatic path.

Er. Rahul Bhad

Assistant Professor

Department of Agriculture

Himanshi

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MILLENNIALS VS GEN Z

Defining generations and exploring their differences is a subject of current debate that involves both social and economic interest. Millennials, also known as Generation Y are the ones born between 1981 to 1995 whereas generation Z also referred to as Digital native or i-generation is the cohort that comes after millennials. Millennials witnessed the growth of internet and digital technologies while Gen Z grew up with technology. Good old fashioned books still top millennials preferences whereas YouTube is Gen Z's top preferred learning method. Members of Gen Z are more concerned about cost of education, compared to millennials. Millennials value stability while Gen Z puts more emphasis on finding their dream job. Gen Z uses more advanced, on-the-go technology and is more focused on social justice in comparison to millennials. Millennials still lurk on Facebook, large product-specific videos, optimistic and idealistic. While on the other hand Gen Z live in Tik Tok, quick bite videos, realists and practical. Gen Z'ers tend to be more interested in saving money than millennials were at the age. Millennials are raised by baby boomers and grew up during an economic boom and prefer brands that share their value while gen Z is raised by gen Xers, who grew up during a recession and prefer brands that feel authentic. Millennials are mobile pioneers and prefer Facebook whereas Gen Z are mobile natives and prefer Snapchat. Gen Z is more racially and ethnically diverse than other generations Millennials don't want to fix their weakness, they want to develop their strengths whereas Gen Z wants to have tools to win, either through developing weakness or strengths.

Anshika Kamboj
B.Sc Biotechnology



THE AGNI-V

RANGE
5,000 km to 8,000 km

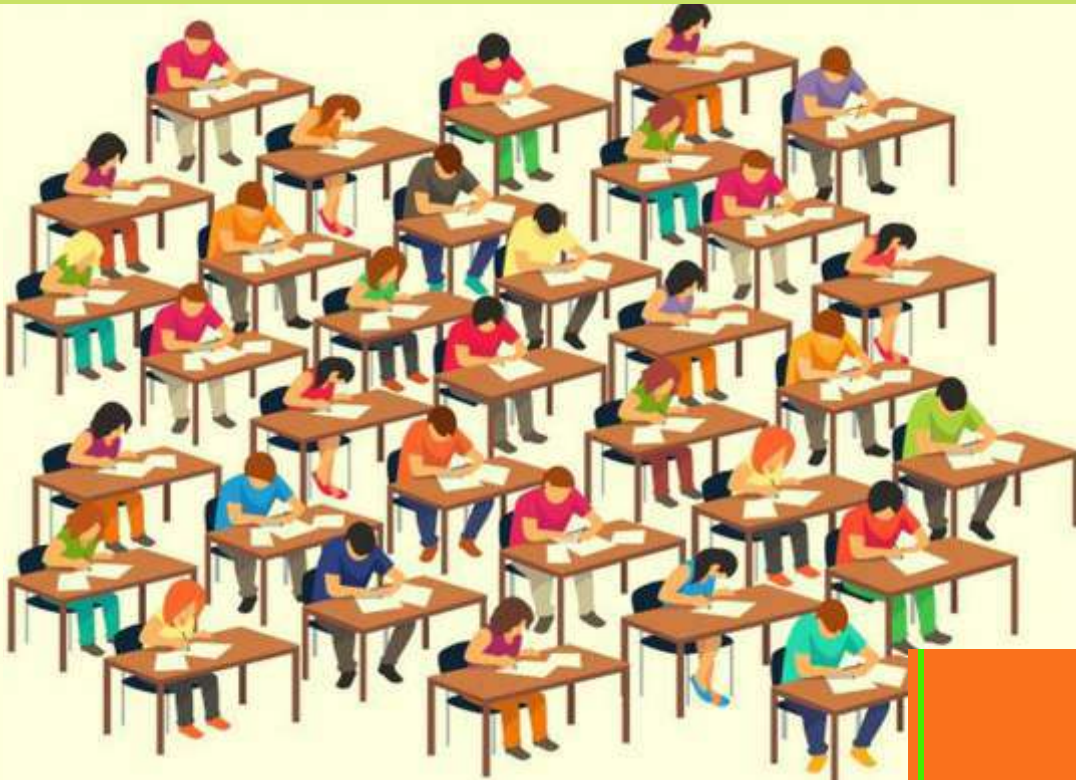
WEIGHT: **50 tonne** | LENGTH: **17 metres**

FIRING PROWESS	AGNI-V TRIALS
AGNI-I 1,700 km	1 APRIL 19, 2012
AGNI-II 2,000 km	2 SEPT 15, 2013
AGNI-III 2,500 km	3 JAN 31, 2015
AGNI-IV 3,500 km	4 DEC 26, 2016
	5 JAN 18, 2018

NEW TECHNOLOGY IN PLACE
New technologies tested in the Agni-V trial include navigation systems, high-accuracy ring laser gyro-based inertial navigation system and modern and accurate micro-navigation system, which now ensure the missile has a few metres of accuracy.
“All the radars, electro-optical tracking stations and telemetry stations tracked the vehicle all through the course of the trajectory. All the mission objectives have been achieved. Ministry of Defence

A large missile, the Agni-V, is shown launching from a silo. The missile is white with red and black markings, and the word "INDIA" is visible on its side. It is surrounded by a large plume of smoke and fire at the base.

THE WORLD - AN EXAMINATION HALL

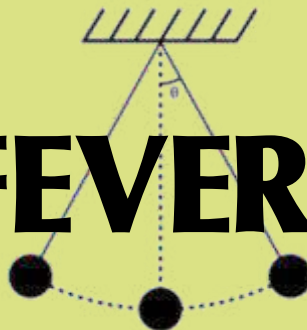


God is the great examiner, we are His students,
This life is the answer sheet and the world is a hall.
Where we all are sitting to take examinations.
The time allowed is three hours,
The first hour we know is childhood,
The second hour, the youth,
And the third hour is our old age.
The copy is snatched as the time is up.
Life is at its end. Don't try to cheat, if you do so,
You deceive none, but yourself.
For you may loss marks by wasting time and gaining nothing,
So write what you know....
Do as much good as you can, so that you may not repent, And say
"The paper was lengthy and time was short" If we fail, we come back
to the same hall, to begin with a new life. And if we pass, we go to
Heaven and return no more.

Yoganshi Dhingra
B.Sc Chemistry (Hons.)



SCIENCE FEVER

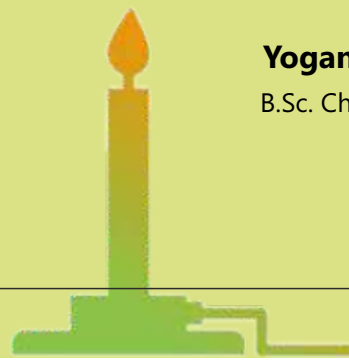


Look at this; \triangle you will say it's a triangle. Now; show this to a chemistry student. She\he will say, it's a Cyclopropane!!! The thing which was a triangle for us has now become cyclopropane!! Earlier, the word, Table meant a dining table but now it is a periodic table, reference table, log table, and so on..... If an apple falls on somebody's head, the only thing which anyone would do is just eat it. But no! Newton, instead of eating it, stared at it and proposed the "Theory of Gravity". Please don't ask a crying child – "What's the matter?" The answer will be – "Matter is anything that occupies space and has

mass". The gifts of science are called scientists. Almost all scientists had such funny names- De Broglie, Bronsted Lowry, Plank Boyle.....I used to think that I have a long name but after meeting Mr. Avogadro, this nine scattered into pieces. His full name is – "Lorenzo Romano Amendeo Carlo Avogadro Edi Carrete". Whenever my father used to say - 'Talk about some agents'. I used to wonder about bank agents, etc. But now, we have an oxidizing agent, reducing agent.....Ever heard of imaginary numbers? They don't have a tail or three legs.... They have 'iota' so they become imaginary. We used to say that – go this way or that way, both are same. But now we look at functional groups, branches etc. and then say – go for parent chain this way or that way, both are same. DIAMOND, you will say, is a precious stone but now, I say, it is a carbon compound having dense covalent bonding resulting in high boiling point and making it the hardest substance.

Yoganshi Dhingra

B.Sc. Chemistry (Hons.)



CHANGING ERAS

Walking on the green grass. Away from the toxicity alas! The sun setting far away into the waves. The rising moon and the evening maze. Every bird going back to its nests. Small babies clutching to their mothers' chests. A mother shouts "Aarav! It's late please come back home!". Holy bells ringing under the temple's dome. Girls counting the coins they collected to have *Chaat*. Some shopping dresses at *Dilli Haat*. Raman is whistling while walking back home from work. A young lady shouting at her man "oh lord! What a jerk!" In all of this hustle. Without twitching a muscle. A seven year old sits at her window. Staring at all of this daily routine meadow. Who knew all of this would soon be gone. People will be behind screens from dusk to dawn. Aarav no longer stays outside of his room Only in videos do the flowers bloom. Grandma talks on video calls. Shopping is done at expensive malls. Uncles don't chitter chatter in the parks anymore Instead What'sapp groups spread rumours for sure Where has all of the connect gone the 21 year old now wonders. An owl said " behind the big screens and earphones that thunder".

Lagan
BDS



YOU ARE MY EVERYTHING!

From the first time, it's you. Who came to me Even though we only pass by each other. My eyes let me know you; You pass by me like a gentle wind. I hope that it's not destiny Like a fool, I couldn't say anything at first I couldn't do anything, You are my everything!. My destiny comes like shooting stars Letting me meet someone like you.

And deep in my heart It's only my love for you. You are my everything appearing in the fog. You are tinged by white fog My heart seems to stop at this moment. I come to you; You are my everything. My destiny comes like a shooting stars; Letting me meet someone like you.

And deep in my heart It's only my love for you. You are my everything appearing in the fog. You are tinged by white fog My heart seems to stop at this moment. I come to you; You are my everything. My destiny comes like a shooting stars; Letting me meet someone like you.

And deep in my heart. It's only my love for you You are my everything. Though my love couldn't start before; Now I can say. It's the miracle that nobody can have; You are my everything. My passionate love belongs to you; Even if seasons change, I'll still be here Deep in my heart. It's only my love for you; You are my everything!

Anshika Arora
BPT



INSPIRATION.....

He works hard from dusk to dawn, For all those he loves the most, Stand for them like a firm fountain, Still never off to boast. Seldom speak of his dreams, Giving youngsters a chance of big leap, Most often hiding all his worries, But motivating others to go beyond the limits. Giving errors no room in life, Still if something goes wrong, He always stand stiff to rectify it all. He is a lamp in the darkest night, And the best shadow for harsh sunlight, A sturdy hand to hold on to, in times of stress and strife. A true friend to turn to, And the best inspiration all the time, May have different names, But we call him Dad.



TOGETHER WE CAN, TOGETHER WE HAVE TO.....

Be the celebration of festivals, or fighting the unwanted odds, we stand together always, and that makes us a nation so strong. Unshaken we stand, though physically apart, but always ready to lend, a helping hand to indigent. Because together we can, together we have to. It's our time, to carry on the development, by staying inside, for those on frontline, who bet their lives for us all. the moment we fell apart, the breakdown will again start, that's why efforts is the need. Because together we can, and together we have to.

Dheeraj Malik
B.Sc. Physics (Hons.)





TOBACCO RELATED HEALTH HAZARDS

" Tobacco, UV rays, viruses, heredity and age are the main causes of cancer."

"Tobacco, UV rays, viruses, heredity, and age are the main causes of cancer," the statement was given by Harold E Varmus, Nobel Prize Winner for Medicine in 1989, and the Director of National Cancer Institute, the USA from 2010 to 2015. This proves the depth of seriousness on the consumption of tobacco. But the situation was never the same. Tobacco has been known to human beings for the last 8,000 years and has been grown for the last 5,000 years. Its earlier use was limited to smoking on religious ceremonies and medicinal purposes. People used it to heal wounds, to reduce pain, and even for toothaches. But with the discovery of America by Christopher Columbus in 1492, everything changed as dried tobacco leaves were gifted to him and with this tobacco was introduced to Europeans. With time tobacco cultivation spread all across the world. Around the mid-16th century, European doctors published works on healthy properties of the tobacco plant and claimed that it could cure numerous diseases from toothache to lockjaw and cancer. After all this, tobacco got a monetary standard that was twice the value of gold. Its consumers rose manifold with time. By the time, when the first clear connection was proved between tobacco and lung cancer, over 30 billion cigarettes were being sold alone in the US. Now in 2020, the situation is even worse. Around 6.5 trillion cigarettes are being sold around the world each year, which translates to roughly 18 billion cigarettes per day with more than 1 billion smokers around the world. The number is on an increase with many teens adding on in there thinking it cool or a way to enjoy their life in a better way and sometimes in a way to get rid off problems such as depression. But most of them do not know about its addiction and its consequences. It is no longer a hidden fact that tobacco is the root cause of a lot of health issues ranging from chest pain to more than 15 types of cancer. Cancer, as we know, is a disease in which abnormal cells divide out of control and can even spread to other tissues. Smoking can highly increase someone's chances to suffer from cancer. Tobacco smoke has at least 70 chemicals that cause cancer, also known as carcinogens. Every time someone breathes in smoke, the chemicals get into their bloodstream and are carried to all the parts of their body. The poison in cigarette smoke can weaken the immune system of the body making it hard to kill cancer cells. The smoke even damages or changes the DNA of a cell. When DNA is damaged, a cell begins growing out of control and creating a cancer tumour. According to a study, in recent years smokers have a much higher risk of lung cancer than it was in the 1960s as the chemicals being used by the industry are more harmful.



Today, 9 out of 10 lung cancer patients are regular smokers. Not just lung cancer but smoking can cause cancer almost anywhere in the body and in most cases, people tend to lose their fight with cancer. Apart from cancer, another major disease is Chronic Obstructive Pulmonary Disease (COPD) in which several airflow blockages and breathing-related issues are faced. Due to smoking or use of tobacco, the airways and tiny air sacs in the lungs lose their ability to stretch and shrink back. The walls between many of the sacs are destroyed. Smoking makes more mucus in the airways which can clog them and block the airflow. There are no such big symptoms of COPD in starting but once it gets worse, it makes life so hard. The Centre for Disease Control and Prevention (CDC) indicates that smoking during childhood and teenage years slows the lung growth and increases the risk of developing COPD. Alone in the US, there are over 15 million COPD cases. The COPD cases in India rose from 28 million to 55.3 million in 2016 which clearly shows the high-risk factor. Heart-related diseases that are faced by the people who smoke. The most common heart disease is coronary heart disease, which is narrowing of the blood vessel that carries blood to the heart. This causes several problems like chest pain, heart attack (when blood flow to the heart is blocked and the heart gets damaged.), heart failure (when the heart cannot pump enough blood and oxygen to support other organs). Smoking is a major cause for every two of four deaths by cardiovascular diseases. Before the 20th century, most of the smoking community comprised of men. But around the 1920s, Cigarettes companies hired a lot of women sales executives which brought a revolutionary change and since then women in large numbers started smoking without knowing its effects on their health. At present, there are more than 250 million women across the globe who smoke daily. Apart from regular diseases for both men and women, several other problems are more likely to occur. Smoking especially affects pregnancy in women. Women who smoke have more difficulty becoming pregnant and have a higher risk of never becoming pregnant. Also, smoking during pregnancy can cause tissue damage in the unborn baby, particularly in the lung and brain, and some studies even show a link between maternal smoking and cleft lip. Around 11% of ectopic pregnancy is directly associated with smoking.

Carbon monoxide in tobacco smoke can keep the developing baby from getting enough oxygen. Tobacco smoke also contains other chemicals that can harm unborn babies. The risk of developing cervical cancer doubles in women who smoke. Regular smoking and use of tobacco products cause erectile dysfunction in the male because smoking builds up plaque in the arteries and obstruct blood flow. Along with these so many studies have proved the relation of other diseases directly with smoking. Studies have shown that people who smoke have a greater risk of cataract and glaucoma. Smoking even increases the risk of osteoporosis and fracture as it highly weakens our bones. According to a study by Live Well, people who smoke are 70% more likely to suffer from hearing loss with age. It even increases the risk of developing psoriasis, Crohn's disease and Rheumatoid arthritis. Smoking can cause premature baldness and lowers the age at which hair begins to turn grey. Smoking even causes wounds to heal slower because it reduces the blood flow to the skin. All these health-related issues are not a result of using tobacco or its products. Tobacco smoke also contains other chemicals that can harm unborn babies. The risk of developing cervical cancer doubles in women who smoke. Regular smoking and use of tobacco products cause erectile dysfunction in the male because smoking builds up plaque in the arteries and obstruct blood flow. Along with these so many studies have proved the relation of other diseases directly with smoking. Studies have shown that people who

smoke have a greater risk of cataract and glaucoma. Smoking even increases the risk of osteoporosis and fracture as it highly weakens our bones. According to a study by Live Well, people who smoke are 70% more likely to suffer from hearing loss with age. It even increases the risk of developing psoriasis, Crohn's disease and Rheumatoid arthritis. Smoking can cause premature baldness and lowers the age at which hair begins to turn grey. Smoking even causes wounds to heal slower because it reduces the blood flow to the skin. All these health-related issues are not a result of using tobacco or its products. There are thousands of people around the world who do not smoke but still face the same type of diseases. This happens because of secondhand smoke. It is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Statistics clearly show that millions of people have lost their lives in the last few decades just by inhaling secondhand smoke. Secondhand smokers tend to be more prone to smoking diseases because secondhand smoke contains around 7000 harmful components. Nonsmokers who are exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25–30% and the risk of stroke by 20–30%. Nonsmokers who are exposed to secondhand smoke are inhaling many of the same cancer-causing substances and poisons as smokers so they are always at a high risk of getting a disease like cancer. Even infants who are exposed to secondhand smoke after birth are also at greater risk



Say No To Tobacco

Why smoke when it kills you ?
Quit Smoking !!!



for Sudden Infant Death Syndrome (SIDS). Chemicals in secondhand smoke appear to affect the brain in ways that interfere with its regulation of infants' breathing. This can be effective as a 2009 survey in China showed that only 38% of smokers knew that smoking could cause heart disease, while only 27% knew that it could lead to a stroke. Also, just 17% of smokers in New Zealand, 14% in France, and 13% in the United States were unaware of the cardiovascular risks of smoking despite the fact that heart disease is the number one killer of smokers. So spreading awareness can bring about a big change. But if this problem is to be eradicated, then the big tobacco-producing farms have to be shut down and farmers should be encouraged to grow other valuable crops. A successful example has been set-up by Lebanon government encouraged the farmers to grow a crop called Zaatar and many farmers have already shifted their crop. If these programs are a success we can save millions of lives every year, set a good example for future generations and the most important is we can have that satisfaction of passing on things to responsible generations.



Dheeraj Malik
B.Sc. Physics (Hons.)





AN UNSAID CONVERSATION

Green curtains were stretched, Bed sheet had full white glare, Characteristics smell of floor cleaner was vouching the passing by of the sweeper, he enters. His eyes were desperately searching that pink tiny face, But first he wanted to tribute some loyalty to the soulmate, Laying on the glaring white bed sheet on the bed of hospital ward. As she saw him, A battalion of thick and fat tears marched out of her sunken eyes To diminish into the tired cheeks .He thought now, Wish I could mix your tears with mine, But I have to hound within, The socially established peripheries of masculinity. Wish I could give up this pretension of strength And let you that, I'm not weaker or stronger than you, I'm you, just you, as you're me, just me. Wish I could hold universe still for now, and burst the bulk out,The which I'd been gathering last few hours.I wish I could rest my head on your chest, And ask your pardon for sharing the pleasure of sex mere, That night when you conceived, But not this pain you underwent, Delivering this pink faced precious gift. A sound disturbed..... "Beta.. This is your daughter" His mother in law gave him the child. He still remained entangled with her eyes, An unsaid conversation goes on.I remember you desired a kiss on forehead,When I meet you with baby for the first time. I'm sorry for falling in transition of thoughts I broke your expectation again. Another drop of tear rolled out, Confirming the acceptance of forgiveness. He now moved a step and bend on his knees near the bed So that he can hold her hand having child in arm. She now casts a laborious smile towards baby in his arm, And now he sees baby for the first time. The cheeks of the baby were blushing without blush, Though they will not remain same forever, She will demand blush someday." so you're the one whose father I have to be" A deep breath was heard..... Announcing completion of both him and wife.

Vivek Misra
Pharm D



FLIGHT MODE



"Hey, are you alright?" "What do you want?" "You didn't recognize me?" "Are that kind of spectacles available in the optical store?" "No, you need to make a special order for yourself" What happened? Did you meet an accident?" "No, it's a genetic malformation." "Oh! I wasn't aware of it. Can I touch?" "Jolene, get up you snoozing bug. Its already 7!", cried Aunt Hailey. Jolene snapped out of her dream but thanked her aunt for waking her up from her weird nightmare. As soon as Jolene stepped down from the staircase, her aunt presented a questionnaire in front of her and chided for staying awake late night. Her Aunt also informed that a girl named, Suzzane wrote a letter to her and warned Jolene not to talk with strangers neither on social media nor on the streets. Jolene, being reticent and an introvert, gave a mix of confused and ensuing expression and said, "I will keep that in mind." Last night, Jolene stole Diazepam from her aunt's cupboard which she takes as a sedative-hypnotic. She once overheard her saying that it hastens onset of sleep, reduces intermittent awakening and increases total sleep time. Little

did she know about its action on midbrain ascending reticular formation which maintains wakefulness and on limbic functions (thought and mental functions). She kept her phone in flight mode and took one tablet of the drug and started reading a novel by Mansi Narula Kashyap and slept nearly at 3am, midnight. Jolene was recollecting the visuals of the girl which she met in her fantasy dream. The girl looked pale, chubby and frivolous. She was about 15 years and the most peculiar thing was her face. As if two faces of different body tried to merge into one. She had two normal eyes but at two corners of the face. And, that's why the bridge between the two rims of her glasses was too wide. She once read about craniofacial abnormalities and tried to correlate it with face morphing. She got all confused and tried to take a nap after all "sleep is the best escape". "Since birth, I have been wearing these kinds of spectacles as the surgeons couldn't mask my eyes with their maxillofacial prostheses." Do you suffer from any other ailments?"

"Yeah! There are few, but all are internal. People judge you by your external looks, that's why I always acknowledge about the reason of my appearance first. You wanted to touch my face, right?" "Oh no, not at all. Now I fear more!" "You can touch it to reduce your terror." Just at the moment Jolene took a hold of the girl's spectacles, all the cosmetic and functional replacement of maxillofacial structures came along attached with her eye-wear. And she could only read a name engraved on its temples, that read 'Suzzane' before she again startled from the reverie. Jolene rushed towards Aunt Hailey's bedroom and brought the letter which came from a girl with the same name called, 'Suzzane'.



THE LETTER READ

Dear Jolene,

I'm so sorry. I didn't see another way of coming. I know that you have never heard of such a case. I never even mentioned myself on call or mail for all these ten years. Also, it was hard to communicate with you as you don't deal with someone you are unfamiliar with. I'm once again really sorry that I left you before you came into this world because after your birth I was gone. Yes, you got it right, I am your elder sister. Since death, I couldn't come back to my home and now I have found my hiraeth in you. Don't freak out. Let me lighten up your mood a little as you are experiencing a Déjà vu. But, one request, do not forget taking Benzodiazepines and keep your mobile in flight mode. With comfort and a key to induce your sleep, Suzzane.

Priyanka More

BDS

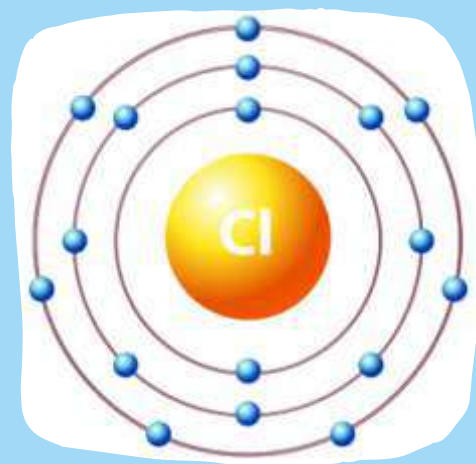


AUTOBIOGRAPHY OF CHLORINE

My famous name is chlorine. Generally people call me " Cl_2 ". I was born in 1774. My father's name is " MnO_2 " and Mother's name is " HCl ". When I grew up, I married a man called "slaked lime". I call him " Ca(OH)_2 ". After some time I gave birth to a boy called "bleaching powder". He is very powerful. He kills all dangerous germs and insects in water. I wear a green saree. It adds more beauty to my body. I give sweet smell. I am poisonous in nature and 20 to 25 times heavier than air. When I meet my brother ' H_2O ' people call us "Chlorine water".

Hitesh Goyal

M.Sc Chemistry



My Experience Till Date.....



College life is all about self-reformation and learning. And that's what I want. From the very first day of my college, I want to shape my mind into something that will best serve me....no matter what I do. And the best part is, this university provides you so many platforms where you can explore yourself in very different ways. Honestly, I was very worried about so many things like how I'll adjust into a new environment, as an introverted person, how I'll make new friends and much more. And now my favorite part of college is the difference in the environment from what I've been used to. Apart from this I'm able to talk with my professors without any hesitation. For me another major task was making friends, it took time but in the end I found my whole class so supportive and friendly.

Mistakes that I made but you should not..... the very first mistake that I made was, I completely lost myself in a new environment that I could not even realize that my studies were suffering. So, one should make a balance between studies and other activities that we perform which may be not in the prior list so be very choosy about what to do and what to not. Next mistake which I made was, during my first semester exams me and my best friend wrote organic reactions on our hands.... I know this sounds so silly and foolish but yes, we did this and the moment we saw our paper we realize that there was no need to do so but it was too late to realize and teacher caught us.....and now we have no idea what punishment we will get.....it's a shameful act and we regret it. So, please don't do that. Till now I've learnt that Life is a roller coaster ride.....just enjoy every moment of your life. But at the same time don't forget this is the age where you can either bright up your future or darken it.....completely depends on you.... wish you luck.

Aanchal
M.Sc. Chemistry

Once in our lifetime, we have been bullied about our physical appearance or we have made fun of someone for how they look. Since childhood, we have differentiated people as black, white, ugly, fat, skinny but growing older we made this a joke. Tell me how would you feel if someone commented on your colour, your hair, about your weight. I am sure everyone has faced such situations and still we choose to neglect it but deep down it hurts. Isn't it? Why do we have such a stereotypic mind to look perfect and compare ourselves with some random super models? Why do we judge people based on their looks? Why do we mock a person's physical appearance? mind to look perfect and compare ourselves with some random supermodels? Why do we judge people based on their looks? Why do we mock a person's physical appearance? Our one comment can make a person question his appearance. Body shaming can make a person feel disconnected from his own body. Even on our social media, we can see many magazines and posts that claim to reduce fat in certain days. Products that claim us to make slimmer. Many cosmetic companies claim to make our skin colour brighter and whiter. Do we need to look white to fit in society? Do we need to look slim or lose weight to exist in society? We need to understand that every person has their own body type. Everyone's body is different and we should not categorize them. we should stop making such mean comments like you should not wear sleeveless tops, you should try brightening cream, you should try gainer, you have a muscular body, you have fat arms. why? why do we make people so much uncomfortable about their appearance? Even a teenager are concerned about their body. Girls and boys try different products just to look perfect. just because of those comments many people have stopped wearing their favourite clothes, have stopped eating their favourite food, have stopped going out because they don't feel good about



their body, they don't feel themselves when there around people who look perfect according to the society. Body shaming comes from every person around us, our friends, our relatives, family and sometimes even us. We have many more important topics to discuss like malnutrition, hunger crisis etc. Don't you think we should be more focused on them instead of body shaming and making fun of how people look? See stereotypic people are going a continue passing on such comments but we have to break this change by ourselves. First, we have to stop body-shaming ourselves and accept our bodies. Looks are going to fade

away with time what is important is how confident we are, how we live, our stories, our memories, and our struggles will be important. If you look at older people they have wrinkles, some might not have teeth but they don't bother they are just happy with how they look because that doesn't matter. It's very important how we look at ourselves.

If those comments bother you then confront them, and take a step for yourself. Find something you like about your body and stop those negative impacts to destroy Your mental peace, to destroy your happiness. People are going to judge you for everything and anything you do in your life (Kuch to log kahenge logo ka kaam hai Kehna). Let them be judgy but you should never forget who you are and what you are capable of doing and believe me you are capable of changing the scenario only if you take a stand for yourself and you accept how your body looks, you should accept your physical appearance and believe in your existence. Darling! you have a purpose to serve your existence so make it worth living. Accept your scars, accept your stretch marks, accept your flaws and yourself as who you are because what you are is more important than how you look.

Himanshi and Vibha

B.Sc Agriculture (Hons.)

Let me adorn you in broken petals as you adorned me in broken promises. It was early summer when it happened. You said you that you have had enough and said that you were leaving. The fault was mine too as I didn't try to stop you. You wouldn't have even if I had tried. Over the years I've learned that you cannot make a person stay if they've already made up their mind to leave. Let me adorn you with a broken heart as you adorned me with broken feelings. It was late autumn when you came back asking for forgiveness and pouring your heart out, telling me how much you missed me, loved me and how much you wanted me to have you back. And me being the innocent little fool, with a big heart, took you in my embrace. You promised that you won't leave me again and that you'd never hurt me again. Let me adorn you with blood on a broken glass as I killed you. It was early monsoon when I learned that you were cheating on me. I didn't believe it until one day I saw you naked with a woman, I didn't know, in my bed. I kicked her out and you again asked for

Broken Petals.....

forgiveness. I threw things at you. Out of those things one was my favourite flower vase. It fell and broke into a million pieces. Some small, some big. I sat on the ground with those pieces around me. You came towards me trying to calm me down when I took one of the pieces and stabbed you in the heart. You died in a wink and I cried when you did. Let me adorn you with broken petals as you lie cold in your grave.



Arushi
BDS

MAGIC SHOP

On days when you feel lesser than you are, when time gets slow and things get hard remember you will always be loved by people around you, by bonds you carved.

FORWARD

you'll never heal the haunts until you let them tear you a little if a nail gets stuck in your foot you'll have to pull it out for better there'll be a pool of blood below but trust me, this'll be your ultimate low as the wound will care to cover you'll watch winter turn into summer.

NOTE TO MY FRIEND - SELF LOVE

Believe in me friend i'm not sure if i'll give myself a hem to go back from deranged when my heart goes in contempt be patient with me friend



I had been patient through hard times to find you since I lost you for the ninth time. do you know how hard it is to accept you after every battle for every scar, there's a different dagger so hold me till you think i can let the wounds change their color from cyan.

Aahana Verma

BDS





ART OF INVESTING

Investing, oh you mean gambling right. Well, the youth of our nation substantially believes in this retro concept, which has been a prevalent misconception. Investing is something that doesn't generate wealth overnight. In fact, it's a whole ecosystem of growing one's money over a steady period of time. The art of value investing is eminently underrated. It's basically a structured way of using your money in a way that earns you a return. Investments comes in variety of forms what is markedly referred to as securities or investment instruments such as stocks and bonds that comes from the company you want to invest in. These instruments embody the implicit rules of your investment including what you're entitled to and how you anticipate the returns. Investing isn't just a money-making process, in fact it offers much more than that. Throughout the journey of investing one gets to learn and inculcate lots of life skills including patience, self-esteem and abstract. As it's often said the way you invest tells a lot about your risk appetite. Investing is something that has become a necessity in today's modern world as it pushes and endeavors you to financial freedom, if done in a systematic way. It isn't a piece of cake after all. It has its downside as well. Always remember, Investing should be done with proper research backed by solid factual data. The ultimate goal of investing should be to maximize the profits and minimizing the risk. Overtime money starts generating wealth for you as the returns start compounding leading to massive gains. As its popularly said, it's never too late to invest but nowadays, it's important for young adults to start investing in their 20s as riskier assets can be targeted and they will have more time to grow their wealth. In a nutshell it all starts in your head, one just needs to put themselves in the right mindset and they're good to go.

Daksh Ahuja

BDS



Blue Mess

Splashing against the Island's rocks
A hundred ships lined up at it's docks

All the shades of blue you can see
Call it an ocean, a river or the sea

The sun glistening all of it's surface
Waves having their own little race

As you dip your face into it's depths
Holding onto your entire breathes

All your pains wash away
Into beautiful thoughts you are swayed

As you go deep down this massiveness
You release all of your heaviness

Seeing all colours of fishes go by
Some puff themselves and some run by shy

Mesmerized by all shapes of rocks and moss
All coloured with a tint of blue gloss

Time slows down in these blues
All the toxic noises lost in the hues

Coming out back onto the land
You still feel warm sitting on the sand

The sound of the ocean still ringing in your ears
Calming you down and taking away all your fears

Sitting on the ocean side pondering about it's endlessness
The ocean is indeed a beautiful blue mess

Lagan

BDS

Fireflies of the Society

The world threw her into the blistering ocean of subordination, yet the subtle tenderness in heart forgives the society, turns a blind eye to the paucity of opportunities drifting towards her shore, just to see the sun rise for another day in her married life. Compromising every aspect turns out to be the laws of mother, just to nurture her family, dumping seems the way ahead for young blood; for the river of love to fill both hearts. Superiority is the prime of the society, the best are the ones who are given support in their dreams, the rest are the ones cast aside for marriage, but do not forget the illuminating essence of her, for it is this flame without which the world would be a place of eternal dark.



Black Dot

Scorched up in the desert of industrial scum, I sometimes find myself intrigued, on my reflection being obscured; by warm waters wondering, how wonderful would it be to walk past a shadowed street, surfing in the ocean of broken bones, lingering on to the night sky to find my shining pearl so high, I was jinxed to find myself completely, placed safe in the maze of rainforests, yet, it seems so funny, how fresh black air is breathing me, how crystal clear effluvium absorbs the very essence of elixir from my heart, that i feel so cold.

Wild Sherlock

Wild Sherlock Blinded by the star dust, lost in the ocean of northern aurora, sliding on the branches of pine, and then flying on white clay to be an angel in play.

Exploring the depths of the ocean

A floating enigma illuminated my eyes, for I felt elated to traversing through woods beyond my heights, and never thought for a moment; how soothing could the cry of a cicada be. I wonder how fascinating would it be, to ride a dolphin, to fly with the eagle to run like a leopard; or to glow like a firefly, such a beautiful creation she is, yet; such a ravishing temptation is she to lure one into the web of her imagination.

Praneel Sarkar

BDS





Lamentation

'Utter nonsense', said they'good for nothing', spoke the great mouth; dejected into futility, clenched by hoarding ravens, dexterity sucked into the hole of nepotism; juvenile energy drooping down, surrounds blooming souls in the flame of eternal darkness;blood – bathing in the on the rugged slopes of competition yet trekking steadily to torch the pinnacle, blistering in the ocean of toxic society yet counting breaths to survive to the shore;as hopelessness, failure, torment, egoism, privilege – the elements of hell levitate into the atmosphere. Tell me, how can this world ever be pollution free?

Healing Gospel

Dark are these times, i see vulnerable, to the jeopardy of hell fire burning; in the flames of anguish traumatizing the sanctity of pure souls. Charred mortals are the nature's new cloak the torch of hope is flaring out the flame of resistance, flickering wings of our angels withering Mysteriously deceptive is she, wild enigmas make up the mind, i realize yet, she moves on, i learn for quite a busy lady, she is nurture, thus your potential break the barriers of hell and turn them into blossoms of happiness, strength, perseverance, and inner peace.

Praneel Sarkar

BDS



LOST SO LONG.....

Saw a huge ship of purple clouds today,
It's mast were made of golden ray.

Hundreds of birds in the mauve sky flew,
As I tried my broken memories sew.

Wind, whispering vague words to my ear,
Meanings I must clearly hear.

The trees were dancing hustle free,
And all the leaves were calling me.

Head again humming an unknown song,
Sailing high where I don't belong.

Caught in this inescapable tranquil slumber,
Time as long as I can remember.

Alina Yangfo
BPT



What should I attain?

Me and my thoughts,
With a big sky of God.
World was paused,
And I didn't know the cause.
Stars were glowing,
And my eyes were shining.
In no time!
I started smiling.
Then I saw a light,
And it gave me the way.
Which was to show me
What should I attain?
It seemed like the lucky draw,
Choose me, to help!
The needy and the ones
Suffering like hell.

Simranjot
MPT

TERRORISM



Nowadays, no one seems to be saved in the world. Terrorism, an ugly development which has compelled the world leaders as well as the public figures to spend millions of dollars beefing up their security, has become a global threat. Amidst this seemingly tight security and threat, thousands of innocent souls have lost their lives to the annihilation called terrorism.

Statistically, it has been proved that no country of the world is exceptional to terrorist attacks. Pius Odiaka writes on the palpable fear pervading world following the series of bombings in some countries. He declares in the Guardian Newspaper, Friday, July 29th, 2005, (page 24) that "No part of the world has been left without terrorist bloodshed. From Kenya, Algeria, Egypt in Africa to many countries in the Middle East and the Gulf; Indonesia, Philippine, Pakistan and India across Asia; Washington and New York in America; Spain and now London in Europe, many innocent souls have been snuffed out of existence."

The paper will present how terrorism is a threat to Global Peace. It will enumerate the category of acts of terrorism. It will also examine the causes and implications of terrorism in human advancement especially in the area of peace building and keeping.

Above all, it will provide recommendations by referring to the United Nations recommendations for a global counter-terrorism strategy. It concludes by affirming that the global peace can only be achieved if the world- the leaders and the followers-condemn terrorism in all forms and ramifications, and act unconditionally and justly in their quest to providing everlasting solutions to peace, as it constitutes one of the most serious threats to global peace and security.





In human history, terrorism is widely recognized as the world most famous enemy of mankind. As history itself will admit that terrorism is annihilation with far-reaching and destructive effects, it is the cruelest of crimes against humanity. Its remains have turned neighbours into enemies and have made our societies and the whole world unsafe for living. Its aims and applications are global and uncompromising. Neither terrorism nor is perpetrators are new. Even though it has been used since the beginning of recorded time, not history itself can keep, with precision, the number of lives and properties lost to terrorism.

No doubt, terrorism with its destructive power has reshaped the world we live in. We now live in a world characterized by rising violence and conflicts. This, in turn, has led to the world of growing mistrust, fear, division and represents a

significant new threat to international justice, peace and security. This ugly development thus made Amnesty International to observe in its 2004 Report the lasting effects of the crime on humanity. This report and others provide a valid point on how terrorism or terrorist acts have made the world unsafe and how it has threatened global peace.

Jeevika Dhawan
BDS





FRAGILE

Feeling empty
Emotions submerged
And agony rules
Silence, solitude my portion.
Reeling
In the memories before
Before all became vanity
My mind tormented
And my soul
Jerked.
Acrimony
Relentlessly trails
Behind and around
Serenading my subtleness
Speaking not
Lest my lips be my end.
Gloom
And darkness enrages my head
With anger, but with less of a do
So quiescent
I repeal
Yet again my being.
Is it fate
Or maybe my doings
Or just the aura
That likes my presence not
Perplexed, but incoherent Yet again.
Lie my fragility
On the bed of these thorns
With a mattress of metal
Designed to break me
But still
I try to remain unshaken.
End is near
But my spirits wills not So I stay and fight
For my fragile being
Not celestial
For my lungs ooze blood Did
"we" just lose?

Stephen Kimani
BPT



GOD's ART

You can't trust on faces,
I loved her & she left me, but has left
her traces,
I'm always following her, but she
never chases,
She's always busy & I'm lost in her
phases,
Her different moods showcase her
different phases,
She's most close to god, for her I'm
ready to wait for ages,
Being in love with her is like a torture
for me,
I'm in darkness, somebody please
torch her for me,
She's only one of her type, can
somebody forge her for me, But only
god can make her, but he'll not be a
forger for me,
I say it out loud, I rap to stand out in
crowd,
Some love us, many hate us,
We give them heart, but they look for
status,
It's fucking hard to smile, when your
lover turn hater,
She'll understand my love later,
Let her think what she got is best,
I'll never share with her the pain that I
got in chest,
Cause it's hard to let go your heart,
I gave her my time, but she was
touring mart,
It's my pain, people think it's art,
When she smiles, she makes me nart,
She's unaware that she is a god's art...

{Nart- Polish of Mad}
{Polish is language
used in Poland}

Aryan Jaiswal
B.Tech

Why or What is vegan ??

Hello everyone , I'm back with a new topic: veganism. You all must 70 - 80 % people listen to the word vegan or see many profiles named vegan on social media. As you all know, our ancient people live in jungles and for survival they eat what they find like meat and fruits in different areas i.e. different temperature or land . As time changes the surviving changes and the lifestyle changes, our humans population increases and the need for land also increases and the land for animals also decreases and later on some species of animal and plants also

decreases, also deforestation increases i.e. less jungles, For survival animals come at the place where we humans are living and time changes we human became almost stronger i.e. created more resources and researched .

In different countries people became vegetarian and Non - vegetarian i.e. eating animals . As time changes, global warming increases. and earth came to extent to get destroyed by what we are doing . To stop earth from destroying and stop cruelty some people came with an idea to become 'vegan ' means only eat plant based food , not eat food come from animals.

Free animals from zoo and being murdered by us i.e. we humans . Going vegan is very good idea to stop earth from getting destroyed:) . We have to give animals space in our world as they are also a part of earth . If you think that you can't go vegan as from Non - vegetarian then first start going vegetarian. if you are vegetarian then slowly stop consuming dairy products from animals. Veganism is the only trick or method to stop global warming. veganism is the future in the

coming 5 to 10 years . Also stop showing cruelty towards animals, In any possible manner u find animal give them food , place water outside your house and on terrace also . Stop using leather belts and shoes.



Hride Moudgil
BBA



It's getting hard to pretend, That I'm just her friend, Why she can't understand, That I love her, It's getting hard to pretend, That I'm just her friend, Why she can't understand, That I love her, She's A purple heart, I admire her, You're unaware that you're fire girl, When you talk to me, you make me higher girl, I really love you, I'm not a liar girl, Oh darling, come close to me, Such a good being, you scent like a rose to me, I'm writing stuffs for you, you're acting like a drug's dose on me, I just love to see you, don't care if I got any foes on me, Time heals wounds but it doesn't heal the scars, Every time I hold the pen, I just raise the bars, I'm not Musk in a mask, but after you I can come to Mars, When you give me scars, I love it, Show me some love, I deserve it, Girl just call me, I'm always at your service, It's so cold outside, hold me in your arms, I'm about to die,

save me with your charms, It's so warm when I be close to you, I changed myself for you, but you chose to be you, But you chose to be you, It's getting hard to pretend, That I'm just her friend, Why she can't understand, That I love her, It's

PURPLE HEART

getting hard to pretend, That I'm just her friend, Why she can't understand, That I love her, तू मान जा, कर ले हमसे थोड़ी-सी बात, I love you, तू भी दिखा दे प्यार थोड़ी-सी आज, तेरे बिन हारा हुआ हूँ, दिखा दे जीत थोड़ी-सी आज, तू आज वापस, जोड़ दे अपने प्यार से ये टूटी-सी काँच, ये टूटी-सी काँच, मुझे सब में तू ही दिखने लगी हैं, क्या तू भी गैरों के तरह अब बिकने लगी हैं, करती तू भी अब ज़्यादा किसी से बात नहीं, क्या तू भी मेरी तरह लिखने लगी हैं, तू भी चेहरे पर अब झूठी मुस्कान रखती हैं, क्या तू भी मेरी तरह अकेले में चीखने लगी हैं, मैं कितना भी लिख दूँ, तू कभी नहीं

समझती लफ़्ज़ मेरे, मैं कितना भी जता दूँ, तू फिर भी परखती हैं नब्ज़ मेरे, हम तेरे इंतज़ार में अब भी बैठे हुए हैं, कब आकर लौटाओगी वो वक़्त मेरे, तेरे बिन हो गये हैं कमज़ोर हम, कब आकर मिटाओगी वो दर्द मेरे, मेरे सिवा तू सबसे कर रही हैं बातें, तो फिर मुझसे क्यों नहीं, तेरे सिवा यहाँ किसी से मेरे नहीं हैं नाते, खेलों मेरे दिल से तुम यूँ नहीं, वक़्त के साथ तुम एहमियत मेरी समझ जाओगी, जितना इश्क हमने तुझसे किया, वैसा इश्क करने वाला तुम कहाँ पाओगी, कहाँ पाओगी, It's getting hard to pretend, That I'm just her friend, Why she can't understand, That I love her.

Aryan Jaiswal
B.Tech



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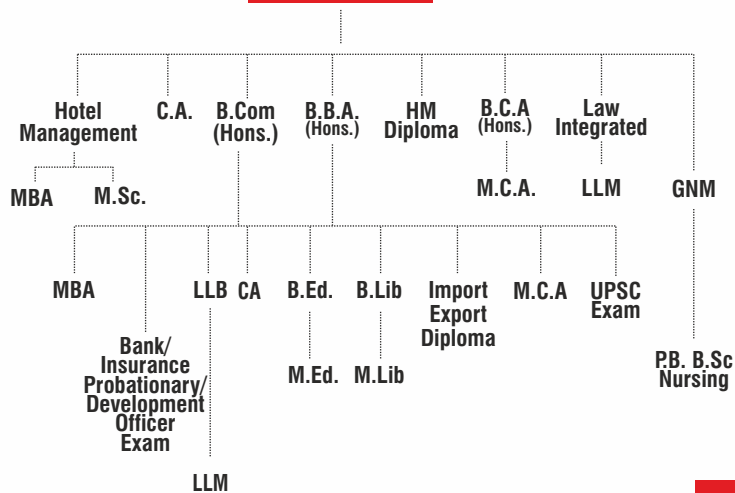


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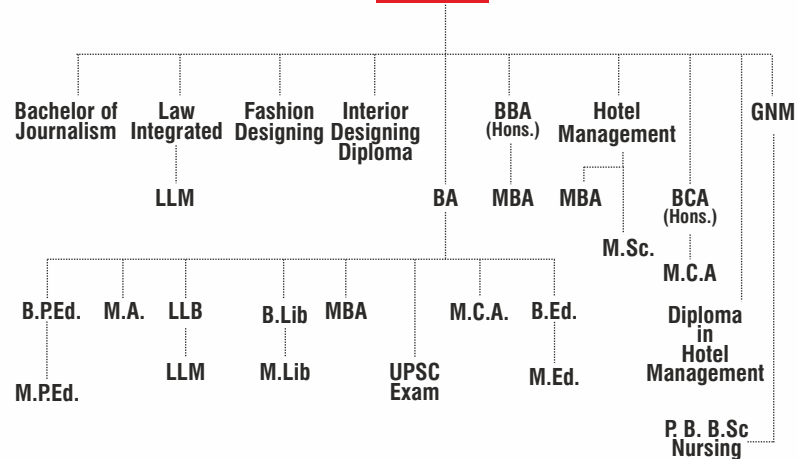
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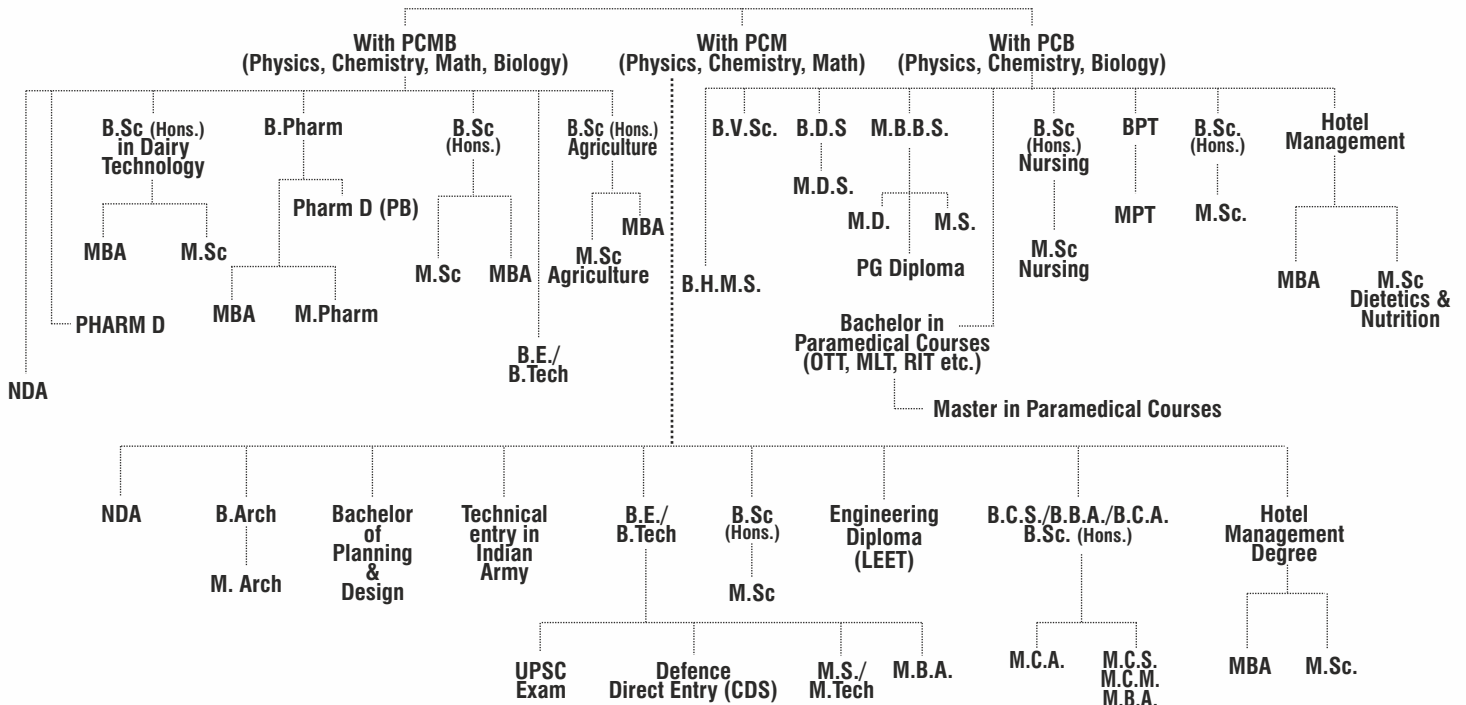
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नारी

अगर इस दुनिया में नारी ना होती
 किसी की थाली में गरम रोटी ना होती
 अगर इस दुनिया में नारी ना होती
 घरों में संभवतः दीया बाती ना होती
 अगर इस दुनिया में नारी ना होती
 ममता की ठंडक और प्यार की तृप्ति
 बिना नारी के कहीं नहीं मिलती
 रसोई के स्वाद की किसी को चाहत ना होती;

अगर इस दुनिया में नारी ना होती
 दीपावली के दीपक का प्रकाश
 होली के रंगों का प्यार
 राखी के बंधन का विश्वास
 ना होता कभी किसी के पास
 अगर इस दुनिया में नारी ना होती
 नारी से ही पूजा की थाली और नारी से ही संसार है ।
 गर्व करो कि हर घर में नारी के रूप में देवी अवतार है॥

डॉ भावना पारेख
 प्रोफेसर और प्रमुख
 रसायनिकी विभाग



अन्तर्राष्ट्रीय श्रमिक दिवस

श्रमजन, श्रमगण, श्रमधन, जय हे। भारत के निर्माता।
संधान सृष्टि, निर्माण दृष्टि, धुन प्रगति वृष्टि के गाता।
परमवीर -हे करमवीर- हे धरमवीर विख्याता।
क्रांतिदूत जग जाने, शांति दूत सब माने।
भारत भाग्य विधाता। श्रम सैनिक श्रम सेना जय हे।
शुभ कर्मफल दाता। जय हे, जय हे, जय हे।
जय जय जय जय हे।

डॉ अमित कुमार सिंह (कृषि विशेषज्ञ)
एसोसिएट प्रोफेसर
कृषि विभाग

मेरी माँ

गर खौफ न होता तेरी रूसवाई का तो, ऐ खुदा, मैं 'माँ' को
हमेशा खुदा कहता, मेरी माँ, बचपन में मुझे, किस्से-कहानियाँ सुनाया
करती थी, दर्द-भरी चोटों को, मीठी लोरियों से सहलाया करती थी।
हार्यों की थपकियों से, कच्ची नींदों को सुलाया करती थी,
उसकी कहानियों में हमेशा; जिन्न-भूत, दैत्य, परियाँ, राजकुमार होते थे,
राजकुमार कैसे परियों की रक्षा करता, जिन्न-भूतों दैत्यों को धराशायी करता,
बचपन के नन्हें सपनों में, तोतली जुबां के हौसलों में,
बहादुरी के हजारों-हजार रंग भरती थी।
आज जिंदगी की भाग-दौड़ में,
शहर की अंधेरी रातों के शोर में, आशंकित धुँधली भोर में,
जब कभी खुद को तन्हा पाता हूँ,
अंधेरे राक्षस के फैले पंजों से घबराता हूँ,
अपने ही कदमों की आहट से डर जाता हूँ ।
माँ के कहे वो बचपन के,
किस्से-कहानियाँ लोरियाँ दोहराता हूँ मैं,
नाकामियों के दौर में भी, नहीं घबराता हूँ मैं,
क्षण-भर भी कभी, नहीं घबराता हूँ मैं।



डॉ सुरेश कुमार 'वारिद'
एसोसिएट प्रोफेसर
भौतिकी विभाग

रंगों का त्यौहार

पक्षियों की चहचहाहट, फिजाएं, आई बसंत ऋतु सुहानी,

नए पत्ते, फूल और मौसम के नाम, रंगों के महीने की ये कहानी निष्ठा और विश्वास का उदहारण, एक राजकुमार प्रहलाद हुआ, डटा रहा जुल्मों के खिलाफ, नारायण को भी प्रमाणित किया, निराकार ही सृष्टि का राजा, बंदे तूँ यूँ ही इतराता है, जब सीमा पार हो तेरे अहंकार की, वो नरसिंह बन के भी आता है, कहानी याद रखे जुबानी, हर शख्स जो होली का त्यौहार मनाता है। हर एक रंग की अपनी ही खूबी, पर केसरी की अलग ही पहचान है, फांसी भी फीका कर न पाई, इस रंग की ऐसी शान है, २३ मार्च के दिन की, दास्तान कुछ साल पुरानी है, अपनी माँ और मिट्टी की खातिर दी ऐसी कुरबानी है, “बलिदान” शब्द के जिक्र से, भगत, राजगुरु, सुखदेव नाम याद आता है, जब आँच आए देश के सम्मान पे, रंग लहू का भी केसरी हो जाता है, कहानी याद रखे जुबानी, नौजवान जो भी रंगों का त्यौहार मनाता है। रंगों का त्यौहार कविता के जरिये, नए पत्तों और फूलों को सन्देश है, भटक ना जाओ, याद रखो तिरंगे में भी केसरी रंग विशेष है, जिस मिट्टी में पैदा हुए, फुले- फले और आहार लिया, वही हमारा देश है।

शिवानी शर्मा
(असिस्टेंट प्रोफेसर)
एम एम सी ओ एन

अनकहे एहसास.....

रिवायतो की भेंट चढ़कर टूट जाता हर एक
ख्वाब है, इस संगदिल जमाने से मेरे सवाल
बेहिसाब हैं। आसमां छूने की ख्वाहिश
जाहिर कर भी दूँ अगर, लडकी हो तुम

संभलकर चलना, मेरे रहबरो का ये
जवाब गलतियों की सजा! अमूमन मिलती
है इस तरह, मसअला जो भी हो मगर
क्रिदर पर उठते सवाल हैं।

इम्तिहां हयात-ए-सफर में दिये हैं इस
कदर मुतमईन सी थी जो ज़िन्दगी बन गई
जैसे अज़ाब है। उसूलों से बगावत करने
की हिमाक़त भी की है कभी-कभार, क्योंकि
मेरी कामयाबी की राह में ग़ैरज़रूरी बन्दिशें
बेशुमार हैं। मर्दों से हमवारी करने की आरजू
नहीं इस दिल को, मिल जाये मेरे हिस्से की
इज़ज़त, ये अदना सी एक दरकार है।

अलकमा मुशरफ़
असिस्टेंट प्रोफ़ेसर
होटल मैनेजमेंट



एक बार.....

तूने एक बार भी नहीं सोचा, मेरा हाल भी नहीं पूछा,
हम खोये अफसूर्दगी में, तूने एक बार भी नहीं खोजा,
खो रहा हूँ मैं ज़िंदगी की गहराइयों में, तुम नहीं तो गले लगकर सो
रहा मैं तनहाईयों के, तुमसे मिले ज़ख्म छोड़ रखे हैं बिन दवाइयों
के, अब तो फर्क ही नहीं पड़ता हमको तबाहियों से, ये बता दो
कितने झूठ की तुम अब गवाही दोगी, मत जाओ छोड़कर, वरना
मुझको तुम गवा ही दोगी, हम तेरे हैं मरीज़, ये बताओ कब हमको
दवाई दोगी, तू भूल रही वो पल जोबिताए हमने साथ में, हमने ख्वाबों
को भी ज़िंदा रखा हैं तेरे आने की आस में, तू गहरा दरिया कोई
और तुझमें डूबे जो जहाज मैं, तू मेरा बीता हुआ कल

और अपना हारा हुआ आज मैं, सब कुछ दिया हैं हार फिर भी नहीं आ रहा
बाज़ मैं, जिनको तेरी कदर नहीं, तू उनके पास हैं, और हमको तेरी कदर,
तो तू हमसे निराश हैं, तू कलम की कला से ख़फ़ा हैं, तू अनजान की हमने
चाहा तुझे कितना हर दफ़ा हैं, तू मुझे दिखता हर जगह हैं, तू मुझे मुझसे भी
ज़्यादा लगता सगा हैं, तेरी याद में ये कलम हर वक़्त ही चला हैं, एक साँस
में बोला जो ये तो गला भी जला हैं, आंसू मेरे बहते रहे, तूने एक बार भी
नहीं पोंछा, तूने एक बार भी नहीं सोचा, मेरा हाल भी नहीं पूछा, हम खोये
अफसूर्दगी में, तूने एक बार भी नहीं खोजा।

आर्यन जयसवाल
बी.टैक प्रथम वर्ष

पिता और बेटी का प्यार

शाम हो गई अभी तो घूमने चलो न पापा,
चलते चलते थक गई कंधे पर बिठा लो ना पापा,
अँधेरे से डर लगता है सीने से लगा लो ना पापा,
मम्मी तो सो गई,
आप ही थपकी देकर सुलाओ ना पापा।
स्कूल तो पूरी हो गई
कॉलेज जाने दो ना पापा।
पाल-पोस कर बड़ा किया
अब जुदा तो मत करो ना पापा,
अब डोली में बिठा दिया है तो
आंसू बहाओ मत पापा।
आपकी मुस्कुराहट अच्छी है
एक बार मुस्कुराओ ना पापा,
आपने तो मेरी हर बात मानी है
एक बात और मान जाओ ना पापा
इस धरती पर बोझ नहीं मैं
दुनिया को समझाओ ना पापा।

आरती गुप्ता
बीडीएस



माँ

तेरा क्या जिक्र करूँ माँ, तेरे लिए जहान का हर शब्द फीका है, तेरे बिना जिन्दगी, अधूरी तुझसे ही जीने का सलीका है,
मुश्किल है तेरी ममता को शब्दों में पिरोना, सबसे महफूज है माँ तेरे आंचल का सिरहाना,
फीका है वजूद तेरे बिन माँ, मेरे सात जन्म भी न उतरे मुझ पर वो एहसान है तेरा, तू तो मेरे लिए जन्नत की फूल है माँ, तूने तो माफ करी मेरी हर एक भूल है माँ,
तू तो सबसे बड़ा रब है मेरा, हर पल मेरे सर पर हाथ हो तेरा,
तेरा प्यार और स्नेह बहुत आपार है, चंद शब्दों में कहूँ तू तो मेरा पूरा संसार है।

नैसी
बी एस सी नॉन-मेडिकल

कोरोना

युवा शक्ति ने ठना है, कोरोना मार भगाना है।
जो घर से बाहर जाएगा, कोरोना लेकर आएगा।
युवा जागरूकता लाएंगे, घर-घर अलख जगाएंगे।
एक मीटर की दूरी है, दूर रहना जरूरी है।
जब कोरोना भागेगा, देश श्रेष्ठ कहलाएगा।
न डर जाना जरूरी है, न घबराना जरूरी है।
ये कोरोना गुरुरी, भगाना भी जरूरी है।

नीतू
बी एस सी. नर्सिंग



गुरु: जीवन का अहम अंग

राह बन कर जो मंजिल तक पहुँचा दे वो है गुरु,
खुद तप कर जो हमको सिखा दे वो है गुरु,
बच्चों के साथ बच्चा बन कर जीवन संवार दे वो है गुरु,
घर से दूर जो जीवन जीना सीखा दे वो है गुरु,
चंद लफ्जों में जो अपनी बात समझा दे वो है, गुरु
गुरु जीवन का वो अहम अंग है जो जिन्दगी संवारता है,
सही राह दिखाता है, खुद जलकर वो हमें निखारता है, एक
बार ना समझ आया तो हजारों बार समझाता है, अपना
जीवन छोड़ लाखों बच्चों का जीवन संवारता है। सजदा है
हर गुरु को जो जीवन का हर पाठ पढ़ाते हैं यजब कभी
प्यार से समझ न आये तो डांट लगाते हैं,
और इसी डांट और प्यार से हमारा जीवन संवार जाते हैं।

निकिता
बीएससी रसायन विज्ञान (ऑनर्स)

मैं मजदूर हूँ

पत्थर तोड़ रहा मजदूर, पत्थर तोड़ रहा मजदूर,
थक के मेहनत से है चूर, फिर भी करता जाता काम,
श्रम की महिमा है मशहूर।
मेहनत से न पीछे रहता, कभी काम से न यह डरता, पर्वत
काट बनाता राह, नवनिर्माण श्रमिक है करता। नदियों पर
यह बांध बनाता, रेल पटरियां यही बिछाता,
श्रम की शक्ति से मजदूर, कल कारखाने भवन बनाता।
खेत में करता मेहनत पूरी, पाता है किसान मजदूरी,
कमाता जो भी है श्रम से, उसे घेरती है मजबूरी।

प्रियंका कुमारी
बी एस सी जैव प्रौद्योगिकी



गज़ल

थोड़ा लिखा और ज्यादा छोड़ दिया,
उसकी खातिर मैंने नए बगीचे में जाना छोड़ दिया।
और वो तितलियां भी न कितनी बेवफा निकली,
नया बाग मिलते ही पुराना छोड़ दिया।
और जो कहते थे कि साथ निभायेंगे जिंदगी भर,
उसने तो बीच दरिया में मुझे डूबता छोड़ दिया।
और आए हैं मुद्दों बाद उन लबों की मुस्कुराहट देखने,
जिसने बरसों पहले मुस्कुराना छोड़ दिया।

शेर

चिड़ियों का यूं कैद रहना अच्छा नहीं लगता,
बिन मौसम के ये बूंदों का टपकना अच्छा नहीं लगता,
और वो कहते हैं खुदा खुश रखे तुम्हें जिंदगी भर,
उस बेवफा की जुबां से ये दुआ अच्छा नहीं लगता।

मोहम्मद आजमी
एम एम आई पी आर

ऑनलाइन क्लास

खेलते थे फोन पर गेम
अब करते हैं पढ़ाई
ऑफ करो ना वायरस
तुमने कैसी महामारी फैलाई
कानों में है ईयर फोन
आंखों पर लग गया चश्मा
टीचर लैपटॉप के अंदर हैय
यह ऑनलाइन क्लास का करिश्मा
पीडीएफ में है किताबें कॉलेज स्कूल एप
ग्रुप मीटिंग हो गए क्लास
अब तो टीचर की बात डायरेक्ट
कानों में आती हैय
नेटवर्क चला जाए बीच में
तो अटेंडेंस पीछे से डराती हैय
बगल में ना कोई दोस्त रहाय
ना ही बैच रहा
क्लास रूम प्लेग्राउंड हो गया किस्सा पुराना
“एम आई ऑडिबल टू यू गाइस”
“इज माय वॉइस ब्रेकिंग”
और कुछ इस तरह के ऐसे शब्द 2020 में लाया
अन म्यूट का सीक्रेट गेम्स साथ लाया
वाईफाई का पूरा खर्चा बढ़ाया
अब तो सपनों में भी ऑनलाइन क्लास का भूत
पीछे पड़ा है कहता हैय पिक्चर अभी बाकी है मेरे दोस्त
यह कह कर मुझे हंसकर डराता है।

आरती गुप्ता
बी डी एस

Two+In+One=Twins

पहले जब हम बचपन में स्कूल जाया करते थे ।
तो, हमारे पास हमारे Teacher's Three in
one Notebook को लगवाया करते थे ।
ना Bag में वजन होता था ना दिल में भारीपन
... .. लेकिन वक्त की सुईयाँ इस तरह चलती चली गई
जैसे आँधी के बाद हवा चली जाती है। ना वो Bag रहे ना
वो Three in one Notebook और ना वो Dost ...
जो हर चीज में शामिल रहा करते थे ,सब जैसे बिछड़ - से
गये हो ,लेकिन ! लेकिन ! लेकिन ! सब तो बिछड़ गए ...
... पर मेरा वो Three in one Notebook की तरह
Two in one वाला दोस्त ,आज भी शामिल है, था
और हमेशा रहेगा साथ मेरे ... -- हाँ रास्ते अलग बेशक
हो गए हो हमारे ,लेकिन ! एक- दूसरे की फ्रिज और प्यार..
आज भी उतना तो नहीं पर उससे कई ज्यादा बढ़ गया है
!! हाँ !!!! पसंद आज भी Match नहीं करती हमारी !
अरे ! जैसे Three in one Notebook 3 subjects
की होती थी - Hindi, English और Math ... -
वैसे ही हमारी Two in one dosti एक हिन्दी है तो
दूसरी English, एक Math है तो दूसरी Science; Two
in one हमारी दोस्ती तो थी ... पर रास्ते Two in one
रहे ही नहीं !!!! लेकिन ! लेकिन ! हम एक दूसरे के साथ
इस तरह जुड़े हैं जैसे Three in one Notebook जुड़ी
होती थी पक्के धागे से !!!!! अगर कोई तोड़ने की कोशिश
भी करे, अपनी इस Two in one yaari को तो टूटे तो
शायद ही ... - पर एक दूसरे के बिना रह नहीं पाएंगी !!!!!
जैसे jhree in one Notebook से एक Page भी अगर
अलग कर देते थे , तो दूसरा Page खुद ही निकल जाया
करता था !! ऐसी ही अंतरंगी है अपनी यारी एक दुःखी है ,
तो दूसरा खुश रह ही नहीं पाएगा ।
धन्यवाद !
Dedicated to my best friend...--

विशु

एम एस सी, रसायन शास्त्र

माँ मेरी प्रेरणा

अक्सर जब पाती हूँ, खुद को मैं जिंदगी से हारा ।
न जाने कैसे माँ तू बन जाती है, हमेशा मेरा सहारा ।
जब भी मुझे दुनिया दिखाती है आँखें,
याद आती है तेरी बातें ।
कैसे तू छिपा लेती है, मुझे आंचल में अपने,
नहीं पड़ने देती है मुझे कोई ताने ।
तूने पाला है मुझे नाजों से,
कभी नहीं बाँधा मुझे समाज के धागों से
अच्छा लगता है देखना दुनिया तेरे नजरिये से ।
लगता ही नहीं कोई बुरा होगा रवैये से ।

मैं जब आंखों में ख्वाबों को बुनती रही,
तू मुझे होंठों पर मुस्कान लिये दूर जाती देखती रही ।
माँ मैं तेरे साए में रहना चाहती हूँ ,
पर ख्वाबों की गलियाँ
तूझ से दूर ले कर जा रही हैं ।
ख्वाबों की गलियों से ज्यादा सुकून तेरे आंचल में है,
पर कैसे इन ख्वाबों को तोड़ दू मैं माँ ।
तुझ से लेकर चली हूँ मैं माँ प्रेरणा ,
फिर कैसे तेरे किए संघर्ष से मुँह मोड़ लूँ मैं माँ ।

जैसमीन कौर
एम एम आई पी आर

जीना इसी का नाम है

बार्ते कुछ अनकही सी ३३ लोग कहते हैं कि जीवन जीना कठिन है पर मेरा मानना है कि जीवन अपने मुताबिक जी पाना कठिन है। हर चीज आपके अनुसार नहीं हो सकती, आप हर कुछ और हर किसी को नहीं पा सकते। ऐसे में व्यक्ति खुद को अकेला महसूस करने लगता है और त्रस्त होकर दिल से आवाज आती है-

“हाल अपना क्या बताऊँ बात कुछ खास नहीं। आगे पड़ी है जिंदगी पर उससे कोई आस नहीं।”

मेरा मानना है कि जीवन जीना भी एक कला है यही आप पर निर्भर करता है कि आप अपने जीवन रूपी चित्र को हरा भरा कर दें या फिर उसे रंगों की तपिश में झोंक दें। जीवन के मिनी उसूल को समेटे हुए है मेरी एक कविता-

जीना भी कला है। जिंदगी की इस कशमकश में हर बार कोई ना कोई जला है, बचपन की दोस्ती, नजदीकियां दूरियों में बदल जाती है। अंधेरा क्या छाता है। परछाइयां दगा दे जाती हैं। टूटता है विश्वास तो खनक ही सीने में होती है यूं तो पोंछ लेते हैं हम आंसुओं को, पर वह जख्म तो सदा हरा होता।

इस मतलब को समझ लेना है करोड़ों की भीड़ में तू तो बस एक छोटा सा खिलौना है।

टूटने पर टूटना नहीं यछूटने पर छूटना नहीं य मिल जाएंगे अपने लाखों यहां बस आंखों को अपने मूंदना नहीं।

आंखें खुली रखना यबाहें फैलाए रखना य छलकनी चाहिए खुशी चेहरे से क्योंकि यही तो जिंदगी का जाम है य आखिर जीना इसी का नाम है।

अभिषेक कुमार
रसायन विज्ञान विभाग

आज तेरा गागर रोता है!

आज तेरा गागर रोता है य सम्पूर्ण जग में तेरा नाम अछूता है; बना मति की सोच का तिलिस्मय कल्पना भविष्य की, हम जीवों को असीम फिर भी अनन्त ज्ञान रूपी मेघ, चलते-चलते सिमट नहीं पाता है। आज तेरा गागर रोता है। एक दिन है वो दूर जिसमें जीने को तेरा मन आतुर य जलते दीपक की लो के समान विचित्र, खिले पुष्प के समान सचित्र; नील परत पर दौड़ लगाते मेघ-सा विक्षिप्त; जब यह शरीर ठहर जाएगा, जीवन में उमड़ता गुमान मर जाएगा य अतीत का विभव भविष्य बन जाएगा समूचा विश्व तुझे मानता है य आज तेरा गागर रोता है।

आयुष कौशिक
बीएससी नॉन-मेडिकल

जिद्द जीतने की

डर दिल में जगे या किसी को देखकर लगे, खोखलापन भर जाता है जिंदगी में भी। निकल जाये डर ‘रूह’ से अगर, आमना-सामना हो ही जाए डटकर, तो मंजिल का रास्ता मिल ही जाता है। अंदर से झकोर कर उठाना होता है खुद को, अपनी ‘कमजोर सोच’ को ही बनाना होता है ताकत, रखते हुए कदम हौसलों की सीढ़ियों पर, जकड़ते हुए डर को रौंद कर आगे बढ़ना होता है। डर पर ही नहीं बेबसी और लाचारी पर भी, बुलंद करके हौसले जीत जाना होता है।

जीतने की जिद्द कर ही ली तो, जख्मों को भी भूलाकर आगे बढ़ना होता है। मदद खुद की करेंगे तभी तो कस्मिन्त देगी साथ, नहीं देखना मुड़कर पीछे ‘जिद्द है’ बस जीत जाना है।

सुरुचि मान
एमएससी रसायन विज्ञान

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