



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

(Established under Section 3 of UGC Act, 1956)

(Accredited by NAAC with Grade 'A')

# MAVERICK

...I'm the change

JUNE | 2018

SKILLS  
EDUCATION  
COMMUNITY  
PERSONALITY ABILITY  
HUMANITY  
**LEARNING**  
DEVELOPMENT IMPROVEMENT  
PERFORMANCE  
EXPERTISE  
SOCIETY



A central illustration of a person wearing a graduation cap, surrounded by a dashed yellow circle. The person is holding a tablet displaying a resume on the left and a smartphone with an '@' symbol on the right. Below them is a document with a red seal and a signature. The entire scene is set against a solid blue background.

# MAKING MILLION



# VISION

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

A central illustration featuring a blue globe, a black graduation cap with a yellow tassel, a tablet displaying a 'CERTIFICATE', a hand holding an open book, a hand holding a smartphone showing a video of a person, a hand using a magnifying glass on a tablet, and a hand writing in a notebook. These elements are arranged around a central blue vertical bar.

# DREAMS UNITE

# MISSION

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



**PROF. KAPTAN SINGH SOLANKI**  
**GOVERNOR, HARYANA**

## MESSAGE

It is a matter of immense pleasure to note that Maharishi Markandeshwar (Deemed to be University), Mullana-Ambala is launching its Bi-Annual e-magazine MMaverick with the tagline "I'm the change" with the purpose to empower youth and enhance skills.

Electronic magazines and newspapers in the World Wide Web have gained a great popularity in last decade. Nearly every major magazine and newspaper has a Website, where either some selected or all of the articles can be read. One of the most important features of electronic magazines is the ability to integrate various types of media like audio, video and virtual reality (3D) objects. Publication of college e-magazine is useful in many ways. It has a great educative value. In fact, young talent finds its first exposure through this medium and doing so they help their writing skills and bring forth the hidden talent. Thus an e-magazine helps in promoting literary skills among the students as well as enhances their skill in multimedia elements like audio, video and 3D objects.

I appreciate the initiative of Maharishi Markandeshwar (Deemed to be University), Mullana-Ambala to launch Bi-Annual e-magazine. I convey my best wishes for the successful publication of the magazine and wish a bright future to the management, staff and students of the university.

A handwritten signature in blue ink, appearing to read 'K. Solanki', with a horizontal line underneath.

(PROF. KAPTAN SINGH SOLANKI)



**DR. TARSEM GARG**  
**CHANCELLOR**

## MESSAGE

It is indeed a matter of great pride that the Maharishi Markandeshwar (Deemed to be University), Mullana is going to launch an e-magazine which will provide a common platform to its students to showcase their talent and improve their literary skills. Conferred with highest Grade 'A' in NAAC Accreditation and high NIRF ranking the Maharishi Markandeshwar (Deemed to be University) and its Institutions have by now achieved the reputation of one of the most prestigious centre of higher learning in the country. It goes without saying that the Maharishi Markandeshwar (Deemed to be University) has broadened the horizons of its young students and enriched them with skills and excellence in different streams of higher education. The launching of the E-Magazine 'MMaverick' with tagline 'I'm the Change' will prove to be another step in this direction.

I congratulate the Chief Editor and members of the Editorial Board of this Magazine and wish them all success in this venture.

A handwritten signature in blue ink, appearing to read 'Tarsem Garg', enclosed within a white rectangular box.

(DR. TARSEM GARG)





**Dr. L.C. GUPTA**  
**MANAGING DIRECTOR**

## MESSAGE

It is a matter of immense pleasure to learn that the Maharishi Markandeshwar (Deemed to be University), Mullana-Ambala is likely to launch an E-Magazine MMaverick with the tagline “I’m the Change” for the entire student community of this Deemed to be University and its institutions which will provide them opportunities to improve their literary skills and expose their innovative ideas in addition to highlighting the achievements of the students as also to project the student-support services and students life on the campus.

I believe the magazine will not only motivate the students to exploit their writing capabilities but would also inculcate the 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 full success in their objectives behind the launching of this E-Magazine.

(DR. L.C. GUPTA)



**PROF. VICTOR GAMBHIR**  
**VICE-CHANCELLOR**

## MESSAGE

It gives me an immense pleasure to know that Maharishi Markandeshwar (Deemed to be University) is launching an E-Magazine MMaverick which will augment creativity and writing skills of the students of the university. MM (Deemed to be University) established with an objective to provide quality education to the students has now achieved the reputation of one of the most prestigious educational groups of the country because of its state-of-the-art infrastructure and expert faculty. The 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.

This E-Magazine MMaverick with the tagline "I'm the Change" will prove another feather in the cap. It will broaden the horizon of the students, faculty and staff and will cater to the cultural, social and aesthetic upliftment as a whole. The need for emotional, physical, spiritual and moral growth in this fast changing scenario can be supplemented and complemented only by giving voice to the subdued ideas and emotions. The magazine will provide a platform for the same. At the same time, it will be a guide to campus life by documenting the institution's vigorous culture on the campus.

I congratulate the editorial board and wish them all success for their venture.

A handwritten signature in blue ink, appearing to read 'V. Gambhir', on a light pink background.

(PROF. VICTOR GAMBHIR)





**DR. HARISH K. SHARMA**  
**VICE CHANCELLOR,**  
**M. M. UNIVERSITY, SADOPUR (AMBALA)**

## MESSAGE

I am delighted to know that Maharishi Markandeshwar (Deemed to be University), Mullana – Ambala is bringing out an E-magazine MMaverick with the tagline “I’m the Change.”

The ultimate objective of any educational institution is to provide various platforms for holistic development of the student. A Magazine provides a very good opportunity to the students to showcase creative sides of their personalities. I am sure that this effort will go a long way in MMDU’s ongoing endeavor to excel and to succeed in securing academic laurels and leadership.

I hope and believe that this magazine will help in building the students into responsible citizens of this great country while providing passionate, compassionate learning culture.

I congratulate the editorial board for their efforts towards holistic edu-system.

With best wishes

A handwritten signature in blue ink, appearing to be 'HKS', enclosed within a white rectangular box.

(Dr. Harish K. Sharma)



**Dr. ASHOK KUMAR**  
**PRO-VICE-CHANCELLOR**

## MESSAGE

It gives me immense pleasure to know that MM (Deemed to be University) is launching its E-Magazine. I congratulate the team for this initiative as we are living in a scenario where technology has taken charge of every walk of our lives.

For this internet savvy generation, it is a smooth and easy to transmit any information electronically as they can save and further pass on the information within seconds. The E-Magazine MMaverick with the tagline "I'm the Change" is in itself a change over the print media. This E-magazine, I hope, will engage its readers, alumni, parents, faculty and staff - both intellectually and emotionally, nurturing a relationship that leads to participation in the life of the institution.

I extend my warm greetings to the members of the editorial team and wish great success for them.

A handwritten signature in blue ink, appearing to read "Ashok Kumar", written on a white rectangular background.

(DR. ASHOK KUMAR)





**DR. SUMIT MITTAL**  
**REGISTRAR**

## MESSAGE

I am extremely happy to know that Maharishi Markandeshwar (Deemed to be University) is bringing out an E-magazine Mmaverick with the tagline "I'm the Change." In addition to the numerous achievements of the University this is yet another milestone in their curricular and co-curricular activities.

The University magazine is a forum which could aptly be used for recording events, fond memories and creative writing. I am sure that this magazine will be informative and resourceful.

It was quite inspiring to watch and witness the potential of our students unfolding at various stages and situations each day. Trying and testing times during the hectic semester system have elicited our students to put forth their best. I hope the magazine will be another platform for the creative talents of the students of the University.

On this occasion, I convey my good wishes to the editorial board for their endeavors.

(DR. SUMIT MITTAL)





**PROF. TANU GUPTA**  
**PROFESSOR OF ENGLISH**

## **FROM THE DESK OF EDITOR IN CHIEF...**

**Greetings from MMaverick family!!**

With an objective to nurture literary and creative talent of our students along with their academic growth, MM (deemed to be University) has come up with an E-Magazine MMaverick having the tagline “I’m the Change”. The magazine is a humble attempt to promote the university’s world-class quality and core values which inspire and guide students to achieve balanced success in both their academic career and social life.

The magazine “connects the dots” of disparate university communications by breaking down silos and enabling the authorities, students, staff, alumni, stakeholders and many more to communicate at a common platform.

We have an ambitious and talented student as well as faculty team of editors which has left no stone unturned in order to provide our readers with genuine information to help them make the most of their university experience.

I express my deep sense of gratitude for all those who are associated with this project and who directly or indirectly helped us in launching the magazine.

A handwritten signature in blue ink that reads "Tanu Gupta". The signature is written in a cursive style with a horizontal line underlining the name.

**(PROF. TANU GUPTA)**

# EDITORIAL BOARD

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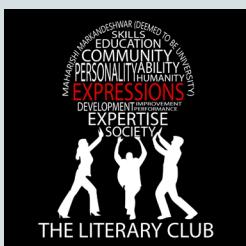
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Akanksha Kaushal (Pharm. D.), Vinay Arya (B.A.L.L.B.), Sheena Manktala (M.B.B.S.), Sakshi Vohra (B.Com.), Vasu Ranjan Shandilya (B.A.L.L.B.), Ayan Dev (B.Tech.), Peeyush Garg (B.Sc. Nursing), Gunjan Arora (B.Pt.), Yogita Gogia (B.C.A.), Arjun Kashyap ((B.Tech.), Saloni Jindal (B.Pt.), Nitin (B.Tech.), Bhawani Partap (B.Com.)

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# LAUDABLE ACHIEVEMENTS

## 33RD ALL INDIA UNIVERSITIES NATIONAL YOUTH FEST 2018

9 Students won in three competitions.  
 WESTERN INSTRUMENTAL SOLO: 2nd Prize  
 WESTERN VOCAL SOLO: 3rd Prize  
 WESTERN GROUP SONG: 3rd Prize



## DIRECT ENTRY TO THE FINAL AUDITION OF MISS INDIA 2018

Miss Kritika Dulal, a Student of B. Sc. Nursing Final Year earned Tiara of FBB Campus Princess 2018 and a direct entry to the final audition of **Miss India 2018**.

## NATIONAL BOARD OF ACCREDITATION TO B. PHARMACY

B. Pharmacy Program of M.M. College of Pharmacy is granted accreditation status by National Board of Accreditation.



## SMART INDIA HACKATHON 2018

Students from CSE Department, M.M. Engineering College, achieved 11th position with a cash prize of Rs 25,000 during National Smart India Hackathon under Ministry of Skill Development and Entrepreneurship at Bhubaneswar.

## LIFE TIME ACHIEVEMENT AWARD

Life Time Achievement Award to Chef Jatinder Thakur by Chefs Association of Five Rivers during the 2nd Chefs Conclave & Awards 2017.





## TOP HOTEL MANAGEMENT INSTITUTE

MMICTBM Hotel Management awarded as Top Hotel Management Institute in the state of Haryana (Private) and Ranked 4th among the Top Hotel Management Institutes of Excellence in India by GHRDC 2018.

## YOUNG SCIENTIST AWARD 2017

Mr. Girish Kumar Gupta, Assistant Professor, M.M. College of Pharmacy, has been felicitated with 'Young Scientist Award 2017' in the field of Pharmaceutical Sciences.



**Prof. Girish Kumar Gupta**  
Assistant Professor, M.M College of Pharmacy, MMU  
**Awardee - Young Scientist 2017**

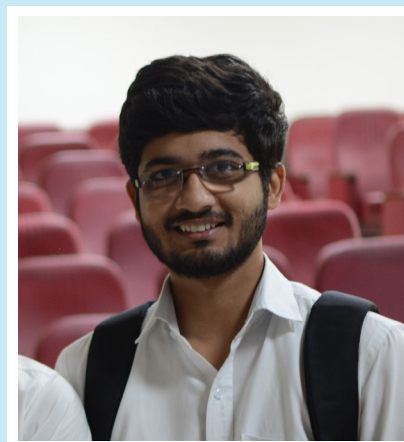


## PATENT FROM UNITED STATES

Mr. Vineet Garg, an alumnus, is granted a Patent from United States in the area of Network Clocking for PTP (IEEE1588) with the title "PTP Over IP in a Network Topology with Clock Redundancy for Better Accuracy and Stability".

## 1ST PRIZE IN STATE LEVEL MEMOIR WRITING COMPETITION

Ahad Ali, a student of the Department of Mechanical Engineering, is raising his voice against the evil menace of Dowry. He has got first prize in State Level Contest in memoir writing held at Government College, Ambala.



## 3RD POSITION IN HACKMANIA, IIT ROPAR

MMEC Students earned 3rd Position at Hackmania, Indian Institute of Technology, Ropar on the occasion of 'Advitya' fest.





## 1ST PRIZE IN INTER COLLEGE ELOCUTION CONTEST

Akanksha Kaushal got 1st prize at DAV College Ambala and at S.A. Jain College, Ambala in Intercollege Elocution contest.

## FIRST PRIZE IN CU FEST

MMDU Students won First Prize in Western Group Song, First Prize in Western Solo Singing and Third Prize in Nukkad Natak at CU Fest, Mohali.



## MR AMBALA 2018

Dr. Debjit Goswami, student of MM College of Dental Sciences and Research got the overall champion "Mr Ambala" 2018 and also the Gold Medal for 70kg category in Mr. Ambala Championship organized by The Indian Body Builder's Federation (IBBF).

## 2ND POSITION IN TOWEL ORIGAMI

Students of MMICTBM (HM) participated in Towel Origami Competition organized by the Amity School of Hotel Management, Noida and secured 2nd Position in the Event.



## DR. ANIL SHARMA AT MIDTECH UNIVERSITY, BAGHDAD

Dr. Anil K. Sharma, Professor & Head, Biotechnology, MMDU, Mullana delivered a key note speech and Guest Lectures at Middle Tech University Medical College, Baghdad and South Technology University, Basra, Iraq during the International Conference on Medical and Health Applications.



## FIRST PRIZE IN CFO, SINGING, DANCE, AND ESCAPADE AT NIT, KURUKSHETRA

Anshul Aggarwal, Saksham Kalra, Soafy Karine, Aayushi Chopra, and Riya Taneja of M.M. Institute of Management won First Prize in CFO, Singing, Dance, and Escapade in 'Vihaan' 18, conducted by National Institute of Technology, Kurukshetra on April, 12-13, 2018.



## 1ST PRIZE AT NATIONAL SEMINAR

Shalini Patyal got First prize in National Seminar on Emerging Trends & Challenges In Biosciences for her poster on Fermented foods as antimicrobial agents.



## FIRST PRIZE IN NATIONAL MOOT COURT

Vinay Kumar Arya, Sahil Alahavathi and Minal Singla got first prize in National Moot Court Competition held at Swami Devi Dyal Law College, Barwala on March 6, 2018.



## BEST FEMALE MOOTER IN NATIONAL MOOT COURT

Jahnvi a student of M.M. College of Law was awarded as best female mooter in National Moot Court Competition held at Swami Devi Dyal Law College, Barwala on March 6, 2018.







# MUSERS' VOICE



# YOUR BLUE EYES

Blue eyes of crystal,  
Garnished in Bristol,  
How can they be so pure?

Through your eyes I can take a leap,  
Into your sight, ocean's deep,  
How melancholy is your soul?

Talk to me, I shall comfort you,  
Open your heart, let it beat too,  
Beyond the realms of murk and gloom,  
The lilac orchids, they bloom.

Shush! Don't let those tears drop,  
The emeralds of your ocean aren't worth the slop,  
A thousand fights you fought, a few hundred lost,  
But in all the struggles, you've learnt the most.

Don't you worry, I'm here for once now,  
To hold you taut and never let you bow,  
To those demons who made you brood,  
Believe me, I do not seek the pleasures of schadenfreude.

Clasp my arm, clutch my soul,  
I'll thrive all hardships to tell you I'm yours,  
It's a unification, a divine amalgamation,  
Pious and angelic, you are my destination.

I'll show you the 7 wonders, then I'll rather make you wait,  
Just to look in your pupils dilated and tell you that you're the eighth,  
Under the moonlight shall we dance as the dawn breaks,  
No need to hasten honey, our existence is at stake.  
Just for once, I beseech, put on my sweaters and robe,  
So that I can capture your scent, in each corner of my wardrobe,  
Nothing to veil or hide, no stone unturned for you,  
I have alas, performed all the rituals I could do.

Once and for all, I promise again,  
I will never inflict the forgotten egregious pain,  
I will never remind you of your wound,  
I will walk beside you at all times, my promise is paramount.  
A sacred union transforms therefore,  
With us being each other's cure,  
How can the Gods not weep?  
Your blue eyes are made of emerald dear,  
As I look at my reflection clear,  
Is it me, in you, I see?

-Geeteshwar Dewan  
(M.B.B.S.)



# WANDERLUST!

Travelling through,  
She dwelled in the beauty,  
Of those innumerable places,  
And this is all she could do.  
For she could not resist,  
To explore the rambling mist,  
Wandering like a free soul,  
She had made that expedition list.

The sunny days and the foggy nights,  
Could not stop her from trotting,  
Ferrying from here to there,  
She made through all the crossings.  
Breathing in the soothing air,  
She sailed through the winds,  
For she loved the seafaring,  
Along with the faraway sea and the trees on the  
shores lined.  
Making her way in the woods,  
She thought of roving in the deep,  
Being the unstoppable,  
She kept wending and did not want to sleep.  
Who could say she had had enough,  
For she wanted more,  
More to jaunt,  
Much more to voyage.

—Anmol Gupta  
(B.D.S.)

## THE DAUGHTER OF SLUMS

Amidst all the atrocious circumstances,  
She only thought about,  
Chapped hands of her mother,  
Debility of her father,  
Nightmare of her siblings,  
AND,  
After hundreds of sleepless nights,  
The daughter of Slums,  
OUTSHINED.  
Just to bring smile to her parents' face.

—Saloni Jindal  
(B.Pt.)



# No ONE

There was a time when there was "everyone"  
"Everyone" in her list of fond people  
That was a history, a mystery that cannot be un-  
scrambled,  
"O life, now she ended up bring a recluse  
For you gave her an exhortation and no clues".  
Now that she is "only she" from everyone  
Concealed deep within her heart and unconscious  
memories  
"Only she" decided not to confess,  
Rather carry that indescribable, undisclosed  
retention,  
"Only she" now believes the imperishably strong  
For she endured agonies and corrected the wrong  
An excruciating life, like a sharp edged knife  
She used her experience to comfort her doom  
In a sight to see her future bloom  
And the end, she touched the skies.

-Kritika Dulal  
(B.Sc. Nursing)

## CHANGE IN THE WORLD

This world needs a change,  
Change in its beliefs,  
Change in its customs,  
This world needs a change in its colours,  
Let's paint this world in new colours,  
Paint it in the colour of knowledge,  
Paint it in the colour of passion,  
Paint it in the colour of happiness,  
Paint it in the colour of harmony,  
Paint it in the colour of love,  
Paint it in the colour of unity,  
And then at last...  
A finishing stroke of 'humanity',  
After all new colours this world would be a  
better place to live in...

-Bhawani Partap Singh  
(B. Com.)



# BECAUSE I LOVE HER

To those beautiful times,  
when our friendship started to brew;  
Both the hearts could feel,  
it was love, which grew.  
To each moment that passed by,  
in a blink of the eye;  
Hours to minutes, minutes to seconds,  
words transforming into silence, love sighs.  
Swayed by her little cute 'n' peppy ways,  
of talking and endlessly smiling;  
Heaven seemed to exist there,  
like that lovely white horse whining.  
But then one day,  
it was a hell awake;  
Love had drained itself out,  
what else she could take.  
Thinking it was love,  
not realizing it was all smeared;  
My reticent cries were not worthy,  
as it was her fakeness, all layered.  
Two halves and not a whole,  
who could say we were complete;  
Money mattered, love didn't,  
it was her win and my defeat.  
Still today those casket of reminiscences,  
that her so-called love has lifted with;  
I guess it's enough for me,  
to live and to breathe.  
If you ask me about this,  
love is not give and take;  
I will continue to love her,  
let's say, it's my unlucky fate.

-Anmol Gupta  
(B.D.S.)



# STILL MY LOVE WILL BE FOREVER

You'll pack your suitcase  
I'll pack one for you  
You'll pack your clothes, all your belongings,  
your mother's lovely gifts  
I'll pack your case with every good memory  
You'll have all the love from your mom  
I'll give patience and gratitude  
You'll wear your favourite shirt  
I'll remind you how nervous you used to be to text  
me  
You'll stand in front of mirror  
I'll be around you, behind you and always with  
you  
You'll have days when you will find yourself  
lonely and frustrated  
I'll be there holding your hand whispering ,  
"everything gonna be alright"  
You'll have growth in life, you will forget me  
But still I'll be there, under the table spelling  
magic  
With all your days passing, you'll be a man  
You will celebrate success, your success with  
your wife  
I'll be there hiding behind the curtains, I'll be  
proud of you  
... With love

-Sheena Manktala  
(M.B.B.S.)

## DEAR ZINDAGI

Dear life, I ain't sad, just flabbergast,  
Your innocent questions, changing at mo-  
ments lasts.

On me inked, leave me irked,  
I didn't think of living, just surviving,  
Weighed down by the lows,  
Have to balance the bows.  
Each time I smile, a smile has to be paid  
off

Today if the bucket is replete,  
They would hail down in complete,  
Who knows what lies tomorrow?  
For 'em eyes might be wanting  
An ounce hid somewhere now lost,  
A tear kept saved somewhere as a frost.

-Tanya Gupta  
(B.D.S.)




# YOURS FOREVER— CONFIDENCE

Remember me when in doubt,  
Wear me and go, step out  
Look at the world with my vision,  
Follow that dream,  
Plan that invasion,  
Push aside that glitch,  
It just needs another stitch.  
Your bliss is my presence,  
For I am yours forever,  
Confidence!  
Go out with me,  
And wear that glee  
I'll be the key ingredient in your success  
story,  
Pour me within measures, don't hurry.  
Walk with me, move ahead;  
To a life: fully fledged,  
To do wonders, never owe me, no favors.  
Walk with pride,  
I'll never let you hide.  
Go off to conquering it all,  
Don't worry, I'll pick you after each fall.  
Try again and don't complain,  
"For winners never quit,  
And quitters never win."  
Wear me like your skin,  
I'll be your favorite kin,  
For I am yours forever,  
Confidence.  
For forever might just be a word,  
But I am you turned inside out,  
It's me that lets you scream and shout,  
That lets you dream every possibility,  
That lets you get off every insecurity.  
You always complain,  
There's no forever,  
But have faith;  
When your confidence says,  
Yours forever.

-Tanya Gupta  
(B.D.S.)



# THE BEAST AND THE PERSIMONN



Once upon a time in the Korean lands,  
Lived a fierce Tiger enjoying sun and sands.  
He had terrorized the priests, monks and all,  
Instilled his fear in big and small.  
There also lived a boy very strong,  
But moaned and cried all day long.  
Mother scared him by the mention of the devil,  
But the child was unbothered of the evil.  
Then the mother took Beast's name,  
But the sobs put her to shame.  
The beast behind the door could not wait,  
Jumped over the window to taste his bait.  
Suddenly, the mother screamed and said,  
"The Persimonn is here in all might and dread".  
The boy turned silent,  
White and non-violent.  
This was the only time,  
Beast was faced with fear and grime.  
Thinking of Persimonn more scary and brave,  
Beast turned pale and fled to his cave.  
With face turned pale grey,  
The so called predator was now the prey.  
Beast was seen not for long,  
Foolish he was as his conceptions were wrong.  
Oh! The Persimonn was just a tree,  
But became the reason for everyone's glee.

-Mitul Garg(X B)  
MM International School

# MY INDIA, MY PRIDE

The might of Himalayas—The Great  
The purity of Ganges—The Sacred.

The Land of four Dhams  
And the kingdom of Sri Ram  
And the place where a battle—The  
Mahabharata was fought.  
The place where Divine Vedas were  
taught.

The East has magic of Sisters Seven  
And the North is the country's  
heaven.

The center is the storehouse of  
resources  
And the South is raged with Tamil  
forces

In the West there is the Great De-  
sert of Rajasthan.

This is my country India—The  
Hindustan.

-Sarthak(X B)  
MM International school

# MY TEACHER

My Teacher . . . the herb which heals me from distress,  
Never let me wither, gets me ever fresh,

You the ocean with pearls of knowledge,  
With a ray of light in the dark sky,  
You make me laugh when I cry,  
You are my book, I learn,  
You light my path like a candle  
To inspire me, to dream for me,  
Affectionate and kind,  
You are my torchbearer.

-Lovepreet Kaur  
(B.Sc. Nursing)



# SIGNIFICANCE OF KNOWLEDGE

Knowledge helps to differentiate between good or bad.

Education is the key which can never make a person mad.

Begins from the starting of life, ends with the ending of life.

Makes a person teacher or barrister,

by improving the person's error. It is the root and we are the stem, helps a person sort out the problem.

Never makes a person failure, makes him a constant improver.

Without this, a man is animal, with this any problem we can handle.

-Peeyush Garg  
(B.Sc. Nursing)

## CHILDHOOD

My Childhood Days, those Golden Days  
When I was a small child,  
The whole world was like a fairyland.  
I wanted to fly and touch the sky,

World was full of loveliness  
My parents' manifestation of Almighty  
It was the time when I lived in wonderland  
Journey takes the whole day.  
No tension, no worries.  
Now today, a busy life,  
Worries and tension but no time.  
Where has my childhood gone?  
Wish I could enliven the moments,  
Again with my doll, colours, and toy racks.

-Jasmine Kaur  
(B.Sc. Nursing)

## YOUR WORDS ARE LIKE AN ARROW

Your words are like an arrow,  
it looks that they are piercing my heart,  
I don't know why nervousness I borrow,  
when I see you apart.  
Being alone is what you like,  
the strongest warrior I have ever seen,  
the spark in your eyes, make me ever feel.  
That you are pure from heart,  
you are pure from soul,  
lets promise each other,  
that we both console.  
Lover of nature; you are, lover of mankind;  
you are, you are the best,  
you are unsurpassed, you are unique,  
in terms of your selection of work or rest.  
You have that indignation,  
for those who practice sin,  
our thought match out of revelation,  
we are together for the destruction of yin.  
Hope we will be boon companion . . .  
and this is not the end,  
this will be the new beginning, under the canyon,  
of our endearment story; my dear friend.

-Kumar Chaitanya  
(B.Tech.)

## OLD THINGS

Old things, old people, old memories  
And all that is old has a distinctive  
texture  
They strike you, meet you very often  
Sometimes are corrosive by nature  
But, when added with lubricant of  
Silence, time and peace with self,  
They shine and their radiance  
Lightens up the mind.

-Amandeep kaur  
(B. Sc. Nursing)



## BEST FRIENDS FOREVER

"BFFs-best friends forever"

When I was young  
I played for fun  
Then suddenly a magic flew  
My dreams came true  
I was in shock  
That I rock  
It's really wow  
Now I'm a pop-star  
I shine like a star  
In a big beautiful sky  
Let's play a game,  
And become fame,

Let's eat a chocolate and crunch.  
We try out best  
And leave the rest,  
'Cause we are the Best!

-Manya Chhabra(VII B)  
MM International School

## LOVE SONG OF A SOUL

Your Silence ...  
Is my starvation  
Your fragrant words  
Once presented a feavvst

My heart craves for the taste  
So sweet, so entangling  
Engrossing my soul  
Mesmerizing my whole existence...

-Dr. Gunjan Agarwal  
(Professor of English)

# SPECTRUM OF CULTURAL EXTRAVAGANZA

## Students' Welfare Council

With an objective of “Stronger student, Stronger nation”, Students' Welfare Council takes care of welfare and well-being of students. It helps the student to showcase their talent in different fields which further caters to their personality development and finally helps them to excel in competitive professional environment.

### Explore Your Co-Curricular Interests and Create Broader Perspectives

Quality education is the education that enables people to develop all the attributes of personality and skills to achieve their potential as human beings and as members of society. Quality education without co-curricular activities cannot be imagined. Co-curricular activities previously known as extracurricular activities are the programs, activities and learning experiences that complement the curricular activities in a number of ways. So these have become part and parcel of educational institutions to develop the students' personality along with the classroom learning. Students develop their particular skills and exhibit their non-academic abilities. These include fine arts, culture, hobbies of singing and dancing and many more.

Historically fine arts included five elements namely painting, sculpture, architecture, music, poetry with performing arts including theatre and dance. Nowadays additionally film, photography, video production/editing, designing, etc. are also attributed to fine arts. At the same time culture being the part of extracurricular activities plays a significant role in everyone's life. Culture simply means the way of living and is the sum of attitudes, customs and beliefs that distinguishes one group of people from another. Culture is transmitted from one generation to another. However, the basic principle of each culture is same. All of us love our youngsters and respect our elders and ultimately have faith and belief in Almighty God.

There are few people with their talents identified and more people with their talents unidentified. Therefore, it is high time for the introduction of extracurricular activities as the compulsory requisite even at the primary level of education so that there is no one whose talent remains unidentified. There are tremendous benefits of extracurricular activities. These play a significant role in stress management. Another advantage of co-curricular

activities is proper utilization of leisure time as it is rightly said that an idle mind is devil's workshop. Involvement in co-curricular activities provides one with energy and enthusiasm to do great things in life. These strengthen students' skills and sharpen their thinking and creativity. They help in the all-round development of students by keeping them motivated. Co-curricular activities inspire them for teamwork by boosting their social skills. They allow students to explore their hobbies and interests and even the career possibilities. They help them to increase self-esteem and self-confidence. They eventually help to develop their competence and better behaviour.

Many co-curricular activities based programs like Northeast Fiesta 2018, AIU, Ammunition and Universum have been conducted in MM (Deemed to be a University) aiming to reveal and promote students' talents and hobbies. The students who participate in these programs definitely develop a positive attitude, self-confidence and self-esteem. In colleges and schools, “SELF DEFENCE” should be included as co-curricular activity giving due priority because in today's scenario antisocial activities against women have increased a lot. The attempt made by MM College of Nursing to initiate self-defense class is appreciable.

Thus, instead of spending much of time on video games and social media, one should take time to engage in productive activities after finishing their assignments assigned at academic institutions. Last but not the least, the outstanding contribution of co-curricular activities can be seen during recruitments and placements as the students who regularly participate in such activities are more confident and are better team leaders.

**-Bhagwoti Khadka**  
**(B. Sc. Nursing)**



# SPARKLING PERFORMANCES IN SPORTS

Athletics Meet conducted on the campus (March 5-7, 2018)





# UNIVERSUMM

The UniversuMM is the most prominent youth festival amongst the inter University youth fests organized in the Northern India. The festival attracts participants from around 130+ colleges across India turning into a huge participation of more than 5000 students. The festival aims at bringing out the hidden talents of the students and helps them in their overall development. A combination of Cultural, Sports, Fine Arts, Technical events, uncontrolled glamour, Literary- the fest creates an aura of fun and frolic for three days. Students being the organizers nurture their leadership and managerial skills during the ceremony. The fest becomes a feast for the students for the whole year to come. Students from different cultural and social background come at one platform to showcase their talents. A plethora of diversity amalgamate into oneness and unity, giving the word UniversuMM its real sense. The main attractions during this mega festival include Fashion Parade, Battle of Bands, Star Night, Group Dances, Mr. & Ms. UniversuMM, Game-Designing, Robowars, Aeromodelling filled with enthusiastic and lively spirit of the youth. UniversuMM in the past has witnessed galaxy of stars in the star nights including the **Aryans, Kailash Kher, Sunidhi Chauhan, Badshah, Shirley Setia, Jubin Nautiyal** etc..





# AMMUNATION

"AMMUnation 2018", an intrauniversity fest from 8th March 2018 to 10th April 2018 was organized with the motto of bringing the talent of all students at one platform.

It provided a superb platform to showcase all kinds of talents ranging from arts, educational and sports to informal ones and ended with a great "gala evening".





# 33RD A.I.U.(ASSOCIATION OF INDIAN UNIVERSITIES)

North Zone Inter university Fest: Yuva Mmahautsav from 12th-16th January 2018.

More than 30 universities participated in different events. This fest was a perfect blend of dance, fashion, theatre, fine arts and many fun events.





# IRIS 2K18

Annual Academic, Cultural and Sports Fest of Maharishi Markandeshwar Institute of Medical Sciences & Research(MMIMSR). March 30th - April 1st 2018

"Imagine, Believe and Achieve": The three days cultural festival of Medical Wing of the university provided a vacation from the hectic routine and took the budding doctors to Cloud Nine. This festival of ecstasy was comprised of diverse academic, sports, cultural events setting a platform which brought the best of our med-icos boosting and appreciating their talent, skills, confidence, team spirit, and what not!





# MM NORTH EAST CULTURAL FIESTA 2018

The cultural flavours of North East were brought to the Green Land of Haryana. It aimed at cumulating every North Eastern staying on our campus and eventually reducing the regional gaps. It also included the northeast exhibition and food carnival and many more alluring performances. It celebrated the essence of North East India and the rich cultural diversity of the 8 states that together make North East.



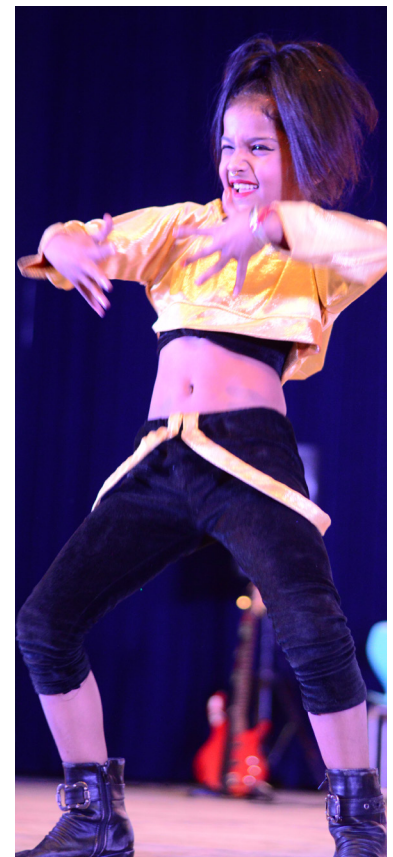


# TSA CENTRE OF EXCELLENCE IN PERFORMING ARTS

Artists of Bollywood fame presented a cultural program in the Central Auditorium of the University. It was followed by free workshops in Dancing, Singing, Modelling and Acting for 90 minutes by the renowned trainers such as Sanjay Vidyarathi, Nitin Sharma, Gaurav Ghawri, Chanchal, Ashima and Model Groomer Naynika Chatterjee.

Diwakar Sharma left his visual impairment behind as he won many hearts and rocked the stage with his singing.

TSA COE in Performing Arts offers modular courses in singing, dancing, acting, modelling and instrumental music at Beginners, Intermediate and Advance levels. State-of-the-Art infrastructure has been created in a centrally located building.



# SYMPHONY OF WORDS



## IT'S OKAY NOT TO BE PERFECT!

**P**erfect' and 'Perfection' are the two words that symbolize the irony prevalent all around. Nothing is perfect to its bits or core. It's not nobody got that perfect aura that could make them superior to everyone and everything else. These are the little imperfections that lead you to the nearest of the utter perfection. Yes, it's necessary to have that speck of imperfection in you to unleash the real you, all the time.

Flaws are perfect in their own way. They give that unique tinge to those amassed souls and realism to those unrealistic minds. And for the world, either you are close to supremacy or not, their eyes will always behold you as the vicious personalities, in some of the other ways. Then what's better than being a bit flawed?

As it's said, "little amount of something harms no one", so are the tiny beaded imperfections in the necklace of life, we wear.

**"Imperfections are good,  
Flaws bring out the beauty,  
Can we stop expecting aces,  
For 'unblemished' also sounds fluty!"**

The little mistakes, some not-so-significant failures and various trials to reach a perfect spot, are all that count. And those who flaunt of being exemplary, well, most of the times, it's the other way out. Seeking the best in everything can be nearly made to happen, requiring the much-needed toil and to-the-fullest input. Only then, some part of conquering and few chunks of success will be at your feet. All you need is to drag up your inner self till the farthest you can!

-Anmol Gupta  
(B.D.S.)

## Youth of India: AN ASSET OR LIABILITY?

"Youth are the pillars which hold the dreams and expectations of the society."

Can Generation Z: The techno-savvy and all-knowing generation be trusted to withhold such responsibility? Youth is the stage when a child becomes learned enough to take on his responsibilities as a citizen and skilled face of the nation. He, not only displays curiosity but also analyses and applies the knowledge gained, to create and consume things. He, via his experiences and that of his ancestors and well-wishers, not only sees the right direction but does works to make it practically possible.

Generation Z, as today's youth is often known, is born at a time when India is quite flourishing. They are not only brought up in an environment where most of the work is done by machines, but Pandora of services like the internet is so cheaply and widely available, it would make all previous generations jealous. This generation not only relies on machines for their day to day work but also considers the readily available information on the internet as their own. Previous generations had to see hardships, seeing long routes while travelling, befriending and visiting strangers, working on farms, seeing sunsets and pondering over the ethics in life, etc. This prepared them for real life situations which many gym visiting youth are deprived off. They may show off their muscles, but their fragility becomes clear when faced with unexpected situations.

While the previous generations enjoyed their time gaining wisdom from elders, this generation worships Wikipedia. In a recent survey, youth who were allowed to check answers on internet felt more knowledgeable and confident while giving a test, then those who were not. Which hallucinating world are they living in?

The over aggression as displayed by today's youth in rallies and agenda has done nothing except disturbing



democracy and functioning of the nation. This may work on the field, but when it comes to deciding the policies that put food on the plates of 1.5 crores people, they better be tolerant. For this Instagram and selfie-loving generation, it seems elders have to hold a little more since the future can't be given to the youth who hasn't matured yet. There is, in fact, no doubt that India was set up by older generations consisting of self-sacrificing warriors.

-Akshit Aggarwal  
(B.Tech.)

*"The greatest power that a person possesses is the power to choose".*

# ATTITUDE - A VALUABLE ASSET

**A**ttitude is the basic fundamental of life. It provides support in every task we do. In order to achieve mastery in professional and personal life, attitude has the power to control our future destiny. "Your Attitude determines your success tomorrow". The most valuable asset a person can possess is a positive attitude towards life. Success comes to those who dream it and who have the capability to achieve it. The attitude of a person can turn his dreams into reality.

D- Desire, R- Reality, E-Enthusiasm, A-Attitude, M- Make it happen

Attitude is the cornerstone upon which we build our lives. It can be a powerful tool for our action. A person might not be able to change his height or body structure but he may change his attitude. Attitude determines that whether you are living a life or life is living you. Attitude determines that whether you are in the way or on the way. Attitude is nothing but it is a reflection of what resides.

ATTITUDE = 100: A = 1, T = 20, T = 20, I = 9, T = 20, U = 21, D = 4, E = 5

Whatever we do in life, if we have a positive attitude, we'll always be 100 percent. Even if we go by alphabetical system of English language, and if we assign a numerical value to each alphabet (1-26), attitude will be equal to 100 percent.

"The most powerful computer in the world is the

human computer. It is the strongest computer in the world". It works what we see, we hear and we say through the eye door, the mouth door and the ear door.

What we see through our eyes directly goes to your heart and has a profound impact on our state of mind.

What we hear through our ears has great power to lift us up and throw us down.

What we speak with our mouth has a direct connection with our heart which is known as the heart-mouth connection.

As a proverb says, "All the issues of your heart, your mouth speaks". So basically attitude is the foundation stone of individual on whose basis an individual can make the best or the worst. Tap into the power of positive attitude and stay in the game by playing with your NBA -Natural Born Abilities. Your attitude reflects you. So, have a positive attitude toward life and be the game changer. Change the negative into positive and then see what happens to your life, you will really enjoy your life with the new attitude. Change your attitude now and enjoy the life to your full extent because the best attitude can make the best things happen in your life than anything else.

"The greatest power that a person possesses is the power to choose".

-Vinay Kumar Arya  
(B.A.L.L.B.)

# “3-B” MODEL: BELIEF, BEHAVIOR AND BUSINESS

The story of business and the globe of our mythological stories are not different. The characters and the conditions are alike. I relate their importance to modern corporate management world. Business follows the pattern of behaviour. I have tried to create the belief which governs the behaviour.

A businessman Rohan made a sketch of Shiva (the Hindu God) in yoga meditation posture and advised the young managers to add some established or traditional symbolic significance to it. They identified that Shiva must have a snake around his neck and the moon on his head and at last must have a third eye on his forehead. With the example, Mr Rohan tried to give an understanding how beliefs are created and formed over the centuries. He explained how people are culturally familiar, intuitive and associated with the professional space. Therefore, he said, “Brands are about image, belief and meaning.”

Another example in the mythological character is that of Narada (Narad Muni) who plays the role of office politics. The customer is Lakshmi, the goddess of wealth. Therefore, that was the person who spreads the real diffusion with word of mouth.

“The standard Western Management principle is ‘If you can’t measure it, you can’t manage it,’ ” Rohan said. “In our ethos, ‘if you measure it, you destroy it.’ So, build a model of Belief, Behaviour and Business.

-Dr. Meenu Gupta  
Assoc. Prof. in Management





# विश्व की शांति के लिए युवाओं की भूमिका

किसी मकसद के लिए खड़े हो तो,  
एक पेड़ की तरह।  
गिरो तो बीज की तरह,  
ताकि दुबारा उगकर,  
उसी मकसद के लिए फिर से जंग कर सको।

आज विश्व की रीढ़ की हड्डी युवा वर्ग को कहा जाता है। देश को बनाने के लिए युवा मुख्य भूमिका निभाता है। किसी भी देश का भविष्य देश के युवाओं से सुन्दर बनता है। भारत देश को आज़ादी दिलाने में मुख्य भगत सिंह, चन्द्रशेखर आज़ाद, खुदीराम बोस, इसके अलावा बहुत से स्वतंत्रता संग्रामी थे, जिन्होंने देश के लिए अपनी जान भी दे दी। भारतीय युवा ने देश को कहाँ से कहाँ पहुँचा दिया। युवाओं के चलते देश में कितना विकास किया गया। परन्तु क्या आज का युवा पहले जैसा है? क्या आज का युवा विश्व की शांति के लिए सोच रहा है? क्या आज का युवा देश की उन्नति के लिए कार्य कर रहा है? नहीं, आज का युवा बहुत स्वार्थी हो गया है। जो देश की तरक्की के बारे में न सोचकर सिर्फ अपने बारे में सोचता है।

हम सब जानते हैं की स्वामी विवेकानन्द जी ऐसे युवा रहे जिन्होंने विश्व की शांति के लिए अपना पूरा जीवन लगा दिया। वे कहा करते थे कि युवाओं को एक ऐसी शिक्षा चाहिए, जिससे चरित्र का निर्माण हो, मन की शांति बढ़े, बुद्धि का विकास हो, और अपने पैरों पर खड़े हो सके।

ऐसे ही एक बार उन्होंने भरी भीड़ में पूछा कि “मुझे विश्व की शांति के लिए एक सुधारक चाहिए”। लाखों लोगों के हाथ खड़े हो गए। उन्होंने फिर कहा, “मुझे वो चाहिए जो खुद सुधरा हुआ हो”। सबके हाथ नीचे हो गए। इसलिए उन्होंने कहा ---- जिस दिन आपको यह पता चलेगा कि नेकी करने से मन को शांति मिलती है, उस दिन आप बुरे कार्य करना छोड़ देंगे। क्योंकि जब तक मन शांत नहीं होगा, तब तक समाज, देश, विश्व में शांति नहीं आ सकती। इसलिए हर व्यक्ति समाज को यह समझना होगा कि इंसानियत ही सबसे बड़ा धर्म है, शांति ही मानव कल्याण के लिए उत्तम है। फिर प्रत्येक युवा की जिम्मेदारी बनती है कि वह पूरे विश्व से प्रेम करे और प्यार, नम्रता, सहनशीलता, शांति लाने का प्रयत्न करे। हर सामाजिक, आर्थिक, राजनीतिक, प्रशासनिक कार्य में धैर्य और संयम होना चाहिए।

असल में देखा जाए युवा कौन है?  
जो अनीति से लड़ता है।  
जो दुर्गणों से दूर रहता है।  
जो काल की चाल को बदल देता है।  
जिसमें जोश के साथ होश भी है।  
जिसमें राष्ट्र के बलिदान के लिए आस्था है।  
जिसमें देश के लिए प्यार है।  
जो समस्या का समाधान निकालता है।  
जो प्रेरक इतिहास रचता है।  
जो बातों का बादशाह नहीं, बल्कि करके दिखाता है।

तो आईए, हम सब युवा मिलकर विश्व की शांति के लिए एक जुट हो जाएं। क्योंकि किसी ने बहुत खूब कहा है, “खुद को माचिस की तीली न बनाओ की थोड़े से घर्षण से सुलग जाओ, पर खुद को वो शांत सरोवर बनाओ, जिसमें कोई अंगारा भी फेंके तो खुद शांत हो जाए”।  
तो अगर विश्व में शांति चाहिए तो सबसे पहले—

सबसे प्यार करते चलें जाएं।  
सबको माफ करते चलें जाएं।  
सबको सहन करते चलें जाएं।  
सबके सुख-दुख बांटते चलें जाएं।  
सबको गले लगाते चलें जाएं।  
सबका अच्छा करते चलें जाएं।

अन्त में बस इतना ही—

“मैं मुस्लिम हूँ, तू हिन्दू है, हैं दोनों इंसान।  
ला मैं तेरी गीता पढ़ लूँ, तू पढ़ ले कुरान।  
अपने तो दिल में दोस्त बस एक ही है अरमान।  
एक थाली में खाना खाए ये सारा जहान”।

-Navita  
(B.Pt.)



# WE ARE GLOBAL

## প্রাকৃতিক বাংলাদেশ

ছোট সুন্দর দেশ

নাম তার বাংলাদেশ।

সুফলা সুজলা সুন্দর প্রকৃতির দেশ

সেই আমার হৃদয়ের বাংলাদেশ।

কৃষকের ধানে ধানে ভরা

জেলের মাছের নদী গড়া,

কোকিলের মিষ্টি ডাকে শোনা ছড়া,

গাছের সবুজ বাকে আলোর ঝড়া

সেই আমার ভালোবাসার বাংলাদেশ।

বাংলাদেশ বাংলাদেশ বাংলাদেশ

তুমি আমার স্বপ্নের বাংলাদেশ।

-Md. Abdul Kader  
(B.H.M)



## একটি কষ্টের দিন কিংবা একটি মৃত্যু

আজ মঙ্গলবার, ৩০/০৬/২০১৫

অন্যান্য দিনের মতই, আজ দিনটি শুরু হয়েছে।

কিন্তু, আমার কাছে দিনটি একটি কষ্টের দিন,

কারণ, আমার কাঁধে আমার মায়ের লাশ।

আমি কাঁদছি,

কিন্তু, আমার কান্না কেউ দেখতে পারছে না।

আমার হৃদয় চিৎকার করছে,

কিন্তু, তার আওয়াজ কেউ শুনতে পারছে না।

আমি আমার মাকে চাই,

কিন্তু, কোথায় পাব তাঁকে?

সে তো নেই, আর কোনোদিন আসবেও না।

আমি আমার জীবনের কিছু দিন,

আমার মাকে দিতে চাই,

তবুও আমি আমার মাকে চাই।

আমি তাঁকে সবখানে খুঁজি,

কিন্তু, কোথাও সে নেই।

আমি জানি,

হ্যাঁ, আমি এখন জানি,

“মা”, কাকে বলে?”

-Md. Shafir Uddin Mobin  
(Foundation Course)





## आमा तिम्रो माया

संसार को अमूल्य चिज हो आमा तिम्रो माया ।  
चहिएर पनि किन्न सकिन आमा तिम्रो माया ।  
खोजेर पनि पाउन सकिन आमा तिम्रो माया ।  
यो कस्तो माया हो तिम्रो गहिराई मा डुबेर पनि पाउन सकिन आमा तिम्रो माया ।

कामना गर्छु तिम्रो आखामा कहिले आँसु नआयोश मेरि आमा ।  
सधैँ झै तिम्रो अनुहारमा हासो रहोस् मेरी आमा ।  
तिमी कति शीतल र ममतापूर्ण मेरी आमा ।  
तिमी नै हो मेरो भगवान, तिमि नै हो मेरो दाता मेरी आमा ।

-Nirmal Gurmaita  
(B.B.A.)

## म !

नखोज्नु है मलाई बसन्त ऋतुको हरियालीमा  
म त उजाड मरुभूमिमा हराई सकेछु  
नसम्झिनु है मलाई कुनै खुशियालीमा  
म त दुःख र आँशुको सागरमा पो डुबि सकेछु  
नखोज्नु है मलाई पूर्णिमाको जुनेली रातमा  
म त ५५ डिग्रीको घाममा जल्न पुगेछु  
नखोज्नु है मलाई हजारौं दुनियाँको भिडमा  
म त बालुवै बालुवाको मरुभूमी मा पुगी सकेछु  
नखोज्नु है मलाई बिहानीको सुस्तरी पवनमा  
म त समुन्द्री आँधिमा बडारीन पो पुगी सकेछु  
नखोज्नु है मलाई वरपिपलको छहारीमा  
म त रुखै नभएको मरुभूमीमा पो मडारिन पुगी सकेछु  
नखोज्नु है मलाई जन्मभूमिको कुना कुनामा

-Nikita Pokhrel  
(M.P.T.)

## ਸਵੇਰ ਹੋ ਗਈ

ਰਾਤੀਂ ਸੱਜਣਾ ਦੇ ਕੋਲ ਬੈਠੇ ਦੇਰ ਹੋ ਗਈ ।  
 ਦੇਰ ਐਨੀ ਜ਼ਿਆਦਾ ਹੋਈ ਕੇ, ਸਵੇਰ ਹੋ ਗਈ ।।  
 ਬਣਿਆ ਸਬੱਬ ਅੱਜ ਤੇਰੇ ਮੇਰੇ ਸਾਥ ਦਾ ।  
 ਕੱਲੇ ਨਹੀਂ ਨਾਲੇ ਚੰਨ ਤਾਰੇ ਭੱਰੀ ਰਾਤ ਦਾ ।  
 ਇਹੋ ਮੰਗਦਾ ਸੀ ਰੱਬ ਕੋਲੋਂ ਅੱਜ ਮਿਹਰ ਹੋ ਗਈ ।।  
 ਦੇਰ ਐਨੀ ਜ਼ਿਆਦਾ ਹੋਈ ਕੇ, ਸਵੇਰ ਹੋ ਗਈ ।।  
 ਗੱਲਾਂ ਬਾਤਾਂ ਚੱਲਿਆਂ ਜੋ ਮੁੱਕਣ ਤੇ ਆਉਣ ਨਾਹ ।  
 ਰਹੇ ਸਾਰੀ ਰਾਤ ਜਾਗਦੇ ਦਿੱਤਾ ਅੱਖਿਆਂ ਨੂੰ ਸੌਣ ਨਾਹ ।  
 ਸੀਸ਼ਾ ਤੱਕਿਆ ਅੱਖਾਂ 'ਚ ਲਾਲੀ ਫੇਰ ਹੋ ਗਈ ।।  
 ਦੇਰ ਐਨੀ ਜ਼ਿਆਦਾ ਹੋਈ ਕੇ, ਸਵੇਰ ਹੋ ਗਈ ।।  
 ਤੇਰੇ ਹੁਸਨ ਵਾਲੀ ਮੈਨੂੰ ਚੁੱੜੀ ਜਾਂਦੀ ਲੋਰ ਆ ।  
 ਵੱਖ ਹੋਣਾ ਜੇ ਆ ਲੇਖ ਕੀਥੇ ਚੱਲਣਾ ਸਾਡਾ ਜੋਰ ਆ ।।  
 ਕੀਤੇ ਹੋ ਜੇ ਨਾਹ ਬੇਗਾਨੀ ਗੱਲ ਛੇੜ ਹੋ ਗਈ ।।  
 ਦੇਰ ਐਨੀ ਜ਼ਿਆਦਾ ਹੋਈ ਕੇ, ਸਵੇਰ ਹੋ ਗਈ ।।  
 ਬੱਦਲਿਆ ਸਮਾ ਆ ਗਈ ਤਬਦੀਲੀ ਏ ।  
 ਵੱਖ ਤੇਥੋਂ ਹੋਣ ਵਾਲੀ ਪੀੜ ਅਵੱਲੀ ਏ ।  
 ਦਿਨ ਚੱੜ ਗਿਆ ਤੁੱਪਕਾ ਤੂਲ ਹੋ ਗਈ ।।  
 ਦੇਰ ਐਨੀ ਜ਼ਿਆਦਾ ਹੋਈ ਕੇ, ਸਵੇਰ ਹੋ ਗਈ ।।

-Gurjeet Singh  
 (B.A.L.L.B.)



## ਅੱਠ ਸਾਲਾਂ ਦੀ ਸੀ...

ਅੱਠ ਸਾਲਾਂ ਦੀ ਸੀ ਉਹ  
 ਜਿਸਨੂੰ ਤੁਸੀਂ ਤੜਫਾ ਤੜਫਾ ਮਾਰਤਾ  
 ਪਤਾ ਨੀ ਕੀ ਕੀ ਸੁਪਨੇ ਸੀ ਉਹਦੇ  
 ਤੁਸੀਂ ਉਸਦਾ ਹੱਸਦਾ ਵੇਹੜਾ ਹੀ ਉਜਾੜਤਾ  
 ਕਿੱਥੇ ਗਈ ਹੁਣ ਤੁਹਾਡੀ ਇਨਸਾਨੀਅਤ  
 ਬੱਸ ਹਵਾਸਾਂ ਦੇ ਭਰੇ ਸਰੀਰ ਨੇ...  
 ਕਾਸ਼ ਦਰੀਦਰ ਉਸੀ ਕੁੜੀ ਹੁੰਦੇ  
 ਤਾਂ ਪਤਾ ਲੱਗਦਾ  
 ਕੀ ਬੀਤਦੀ ਜੱਦ ਕਪੜੇ ਹੁੰਦੇ ਲੀਰ ਨੇ..  
 ਤੁਹਾਡੀ ਇਕ ਇਕ ਚਾੜ ਨੇ  
 ਸਾਰੀ ਦੁਨਿਆ ਤੋਂ ਭਰੋਸਾ ਹਟਾ ਤਾ..  
 ਚੰਗਾ ਸੀ ਉਹ ਨਾਨਕਾ ਵਾਲਾ ਦੋਰ  
 ਹੁਣ ਪਤਾ ਨੀ ਸੰਸਾਰ ਕਿਹੜੇ ਕੱਮ ਲਾ ਤਾ  
 ਤੇਰੇ ਹਿ ਦਰ ਤੇ ਹੁਣ ਇਹ ਕੁਝ ਹੋਣ ਲੱਗ ਗਿਆ  
 ਕਿਹੜੇ ਪਾਸੇ ਜਾਇਐ ਰਬਾ  
 ਹੁਣ ਤੂੰ ਵੀ ਚੱਕਰਾਂ 'ਚ ਪੋਣ ਲੱਗ ਪਿਆ  
 ਨਵੀਂ ਉਮੀਦ ਦਾ ਚੀਰਾਗ ਸੀ ਉਹ  
 ਭੈਣ ਸੀ ਉਹ ਕਿਸੇ ਦੀ  
 ਤੇ ਮਾਂ ਪਿਉ ਦੀ ਪਾਈ ਬਾਤ ਸੀ ਉਹ  
 ਹੁਣ ਦਵਾ ਦੇ ਉਸ ਬੇਕਸੂਰ ਨੂੰ ਇਨਸਾਫ  
 ਜਿਸ ਦੇ ਜਿਸਮ ਤੇ ਵੱਜੇ  
 ਤੁਹਾਡੀ ਅੱਖਾਂ ਦੇ ਤੀਰ ਨੇ...!!

-Harsha Chahan  
 (B.Tech)



## Ry Gasikarako

Rehefa iny lavitra iny  
Any ianao vao mahatsiaro  
Ilay hatsarany iny  
Hoe ay tena lavorary

Ny mihaina eo anilanao  
Koloin'ny hankantonao  
Dia hafaliana hatrany  
Hasambarana tototra tsy lany

Eny ry Gasikarako  
Tsara dia tsara tokoa ianao  
Tanindrazako malalako  
Lavorary ny fitiavako anao

-Soafy Karine  
(B.B.A.)



## Daktulo babu amcho

Sodanch to khushal  
Mon thachem vishal  
Sorvank to mogacho  
Daktulo babu amcho

Vodpon kedinknch dakoyna  
Maan moryad to asena  
Sikoyta shegun khalteponaso  
Daktulo babu amcho

Photi kedinknch sangona  
Hankoran bhorona, dwesh mothim dovorna  
Mankulya hasyani sorvanchi monam jikcho  
Daktulo babu amcho

-Dr. Vencita Aranha  
(Asst. Prof. in Physiotherapy  
and Rehabilitation)

## توانا بود هر که دانا بود

توانا بود هر که دانا بود  
ز دانش دل پیر برنا بود

\*\*\*

ز دانش نخستین به یزدان گرای  
کجا هست و باشد همیشه بجای

\*\*\*

به دانش ز یزدان شناسد سپاس  
خنک مرد دانا و یزدان شناس

\*\*\*

دگر آن که دارد ز یزدان سپاس  
بود دانشی مرد نیکی شناس

\*\*\*

به دانش فزای و به یزدان گرای  
که او باد جان ترا رهنمای  
بپرسیدم از مرد نیکو سخن  
کسی کو بسال و خرد بد کهن  
که از ما به یزدان که نزدیکتر  
که را نزد او راه باریکتر  
چنین داد پاسخ که دانش گزین  
چو خواهی ز پروردگار آفرین

\*\*\*

به گیتی به از مردمی کار نیست  
بدین با تو دانش به پیکار نیست  
سر راستی دانش ایزدیمست  
چو دانستیش زو نترسی ، بدیست

-Jurat Omrai  
(B. C. A.)



# UNE MOTIVATION POUR LA VIE

La vie est simple, c'est l'homme qui la rend difficile.

Le point de départ c'est l'état de notre esprit, notre mental.

Que croyons-nous ?

Que savons-nous de nous-même ?

Comment nous définissons nous nous-même ?

Enfin comment définissons-nous la vie ?

Quoi donc ? La définition que nous donnons à la vie, définit la façon dont nous la prenons également. L'importance que nous donnons à notre quotidien explique notre caractère et attitude et chaque instant. Détrompons-nous. La vie ne se définit ni se qualifie par rapport aux circonstances et aux biens matériels que l'on peut avoir. Je me dis à moi-même que la vie ne consiste pas dans le manger et le boire, plutôt dans la paix, la joie et la justice de l'Esprit.

Se mettre à la quête de la paix, c'est une très bonne initiative, mais je ne parle pas de la paix de l'entourage plutôt de celle du plus profond de moi.

Je parle de la paix de mon moi intérieur. Simplement sans tourner en rond, je parle de la paix du cœur. Celui qui se fait de l'argent sale et s'amasse des fortunes avec des mains sanglantes n'aura jamais la paix, car la conscience est notre autre personne très juste qui ne nous laissera jamais tranquille même si nous résolvons de l'ignorer, elle est toujours là, il suffit que l'on se décide de prendre un petit repos pour que la conscience nous reproche.

Alors qui veut la paix, pratique la justice, même si de fois la justice ne sera pas toujours du genre à réjouir le cœur, mais au fond, il y aura cette forte et profonde paix que personne ne pourra jamais arracher.

Si le monde se décide de vivre par la justice, alors tout changera et l'harmonie règnera à jamais.

Au bout du champ, je suis en train de parler de l'AMOUR, car l'amour ne consent pas au mal, ne craint point, ne faillit jamais, ne ment pas, ne triche pas, ne fraude pas, n'insulte pas et jamais il ne peut détruire.

Et alors Qui aime ?

L'amour est patient, il est plein de bonté. L'amour n'est point envieux; L'amour ne se vante point, L'amour ne s'enfle point d'orgueil, L'amour ne fait rien de malhonnête, il ne cherche point son intérêt, il ne s'irrite point, il ne soupçonne point le mal, il ne se réjouit point de l'injustice, mais il se réjouit de la vérité.

Un simple message aux lecteurs.

Beaucoup d'entre vous souffrent de cette maladie de manque de paix et de joie. La paix n'est pas loin de toi, elle est près de toi, dans ta bouche et même dans ton cœur. Il te suffit de t'accepter et accepter que tu es en paix d'abord avec toi-même, et ensuite parce que qu'il y a une loi d'attraction autour de nous, nous attirerons vers nous ce qui se trouve au-dedans de nous. Sur ce, si la paix personnelle s'établit, le reste n'aura plus de choix. Comment tu fais la paix avec toi-même ? C'est en te pardonnant tous les maux que tu t'es déjà fait toi-même, et par la suite, en pardonnant ceux qui te hantent dans tes heures de tranquillité et tu seras à jamais dans la paix. Mais à vrai dire tu n'es pas à mesure de pardonner les autres si tu n'as pas le divin en toi. Et ce divin c'est JESUS CHRIST de Nazareth

-Mikh Mikhombe  
(B.C.A.)

# BRAVE NEW WORLD THROUGH SOCIAL UPLIFTMENT

## NECESSITY OF VALUE ORIENTED EDUCATION

Everybody is running recklessly behind an unseen truth. Today we all are focused on appearing in an exam and clearing it somehow . . . only a few look for the true importance of books in their lives. Have you ever thought of the state we will be in after getting a job in any sort of industry or company without any fundamental knowledge though vainly thinking of knowing everything? The moral values hold true importance in our lives and we must imbibe them very deeply in our attitudes.

**“Knowledge is the essence of society which is passed from one generation to another.”**

Since we live in a modern age, our advancement has both positive and negative aspects just as the two sides of a coin. I don't think that anybody here can contest the fact that present generation has an enviable access to the best of educational avenues, with loads of information at one click of a mouse, at their doorstep.

But a few years back, those who were at the helm of affairs were quite worried that a very tiny proportion of our young boys and girls get admission in higher education institutions, resulting in a very low rate of enrolments in higher education in comparison to developed countries. This being an important indicator of our development has obviously pointed to our backwardness in comparison to other countries in relation to higher education. To tackle the problem, various agendas were set and to our pleasure, the goals were successfully achieved to a large extent.

But let us pause and assess as to what kind of human resource do these higher educational institutions are churning out. It is an open secret that majority of the pass-outs of these institutions or even those institutions providing professional degrees are unemployable. Only a few parents who can afford to send their wards to good schools and colleges enable them to speak in English with correct grammar. With superficial knowledge, in fact, school and college brand names are used to flaunt the social status both by parents and children.

Our educational system fails to teach the students that honesty and truthfulness which will continue to be the long lasting knowledge that humanity possesses. It never promotes students to come out of their comfort zones and reach out to those who really need them. In fact, our education system has segregated children totally. Majority of the highly expensive self-finance courses adopted by high elite class are churning out trainees who never identify themselves as the ordinary citizens of the country.

The question that arises here is to what extent do we do with such human resource that has become a parasite on the very society to which it belongs? Do we really need an education system that creates such corrupt and insensitive human beings who are oblivious to their values, traditions or culture? “Education is not only filling up of pails but lighting up of fire.”

-Parth Goel  
(B.A.L.L.B.)



# Camps Organised



Blood Donation Camp



Legal Aid Camp



Pulse Polio Immunization Camp



School Health Program

## NSS : Seven Day and Night Camp

A Seven Day and Night Camp was organized by NSS from March 17 to 23rd, 2018 in Holi and Sohana village. A number of awareness programs like Nukkadd Natak on the theme of Empowerment of Women, Yoga Camp, Medical checkup of the villagers etc. were conducted.





# AWARNNESS CAMPS

World Aids Day was organized for raising awareness towards AIDS pandemic with the theme of "Right to Health". The objective of the rally was to aware people about the prevention, precautions and management and other commodities which can help them to fight against HIV/AIDS.

## World Aids Day



## Visit to Observation Home



## National Education Day



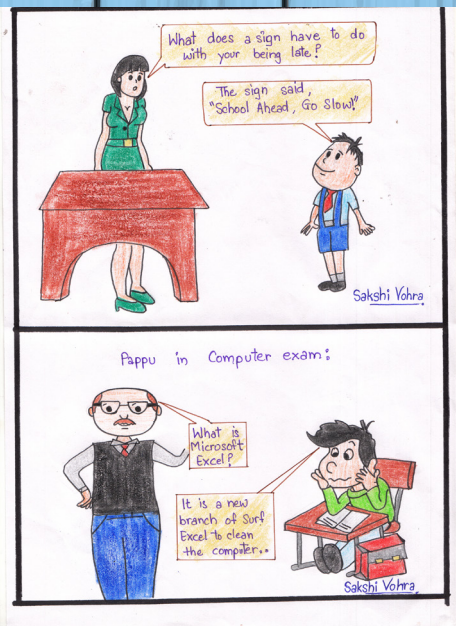
## National Unity Day



## Visit to Old Age Home



# MASTI KI PATHSHALA



## FUN RIDDLES

1. Which is faster, hot or cold?
2. What has teeth but cannot eat?
3. What kind of dog never bites?
4. What wears a cap but has no head?
5. Why is six afraid of seven?
6. It is black, but you say it is clean. It is white, but you say it is dirty. What is it?
7. Why did I throw the butter out of the window?
8. What start with a "t", end with a "t" and is full of "t"?
9. From what number can one take half and leave nothing?
10. What has hands but no feet, a face but no eyes, tells but does not talk?
11. How many months have 28 days?
12. What 5-letter word has six left when you take 2 letters away?

### ANSWERS:

- |                                   |  |
|-----------------------------------|--|
| 1. hot, you can easily catch cold | 7. because I wanted to see the butterfly |
| 2. a comb                         | 8. teapot                                |
| 3. a hot dog                      | 9. 8                                     |
| 4. a bottle                       | 10. clock                                |
| 5. because seven eight (ate) nine | 11. all                                  |
| 6. blackboard                     | 12. sixty                                |

# ROAR FOR AURA

## Mother Nature : A Sarcasm

We call nature as our "mother" then why the human race is doing the heinous crime of degrading the beauty of their own mother? It's not just the fault of our generation, it's a matter of concern since a long time that woman, especially our mothers are not treated with the affection and care that they really deserve and that's what happening with nature too because the noble human race has considered nature as the mother. Humans have a habit of exploiting their mother for their selfish needs and demands without praising the dedication and sacrifices of their mother and the mothers being the holy source of our existence, have a very big heart and they easily ignore and forgive the mistakes of their children. Similarly our mother nature too possesses a very kind heart and she only believes in giving to the human race and never expects anything in return from her children but whether it is just to torture our mother nature by polluting her and by destroying her magnificent beauty just because she is unable to express her pains and sorrows to her children. Now the next question which arises here is if we would have treated nature only as an object and not as our mother then it would have been in a better condition in comparison to the present scenario of destruction, did we, the great human race are really responsible for the vulnerable state of our mother nature? Then it is really a subject of great sarcasm that we call nature as our "mother nature".

-`Ananya Srivastava  
(B.A.L.L.B.)





# Hey Brother! Bother About your Mother Earth

O Man! When you litter things here and there  
When you make air full of pollution  
You would feel like it's all piling up  
Remember there is a solution

Let's shake hands and do efforts  
To keep our rivers clean  
To keep the air fresh that we breathe  
And keep the forest green

Come! Move ahead and think  
Save water and recycle cans  
Learn about the problems we face  
And make others understand

Let's decide and take an oath,  
Each of us should do our share  
Spare some time for Mother Earth  
To show that we love and care

-Devanshi Garg (VIII B)  
M.M. International School



# Think and Act

I think of how the winds keep changing,  
Of how fast earth is aging,  
Of how my kids would never see this  
serenity,  
If everyone keeps thinking it is till infinity.  
Oh, the rivers are running dry,  
Someone, listen to the earth's cry.  
She is catching a fever, burning up high,  
But no one does anything except shed a  
sigh!  
The trees are being torn away,  
There's more dust and hay,  
More and more forests catch fires,  
Create imbalance, haywires.  
Everybody thinks about these things like  
me,  
But then no one does something, they  
ain't that free.  
The glaciers are weeping,  
Snow layers are depleting,  
Ozone hole is increasing,  
Quality air is decreasing.  
End is near if we won't change,  
Let's plan, evolve and re-arrange.  
Let's save this planet, and get it back  
together.  
Let's get real, change this weather.

Let's plant them more,  
And enjoy the shade,  
Let's sprinkle water, save the fade.  
Let's use the resources responsibly,  
Let's live really happily.  
It is time we move head on,  
Let's try to bring a new dawn,  
Where sunshine doesn't kill but soothe,  
Where rains come only when due,  
Where flowers bloom and blossom more,  
Where temperature is optimum in its  
core,  
Where people can breathe in air,  
And for every living being, atmosphere is  
fair.  
End is near if we won't change,  
Let's plan, evolve and re-arrange.

-Tanya Gupta  
(B.D.S)





# Perfection Personified: Clubs and Societies

Societies and clubs help to build a sense of collaboration and indulgence of students in the fields of academics and practical life.

## *Glimpses of Clubs and Societies*



# होन्वे रे वीहवोहवन "होन्वे"

## वक्त और ज़िन्दगी

ज़िन्दगी ने कई इम्तिहान दिए...  
और हुआ कुछ ऐसा तजुर्बा,  
मुश्किलें जैसी भी हो...  
बिना हल के नहीं होती!  
तेरे सवालों में उलझ...  
के रह गई हूँ मैं,  
और यही दुआ है...  
ताउम्र उलझी ही रहूँ!  
हमने देख लिया आज...  
रिश्तों को बदलते हुए,  
कि जिन्होंने चलना सिखाया...  
उन्हीं को हाथ झरकते हुए!  
मौत के बाद होगा क्या...  
ये जानते तो नहीं,  
जीते जी देख लिया...  
खून को पानी में बदलते हुए!  
मेरी माँ की आँखों में...  
मेरा इंतज़ार आज भी है,  
और शायद मुझे अपने...  
शहर से प्यार आज भी है!  
मेरे बच्चे ने आज पूछा, "माँ...  
ये घर क्या होता है"?  
और दिल ने रोते हुए कहा...  
"इसी जवाब का इंतज़ार मुझे आज भी है"!

-Sabina Yasmin  
(Asst. Prof in Pharmacy)

## इंतकाम

जीते थे हम भी कभी शान से,  
महक उठी थी फ़िजा किसी के नाम से,  
पर गुजरे हैं हम कुछ ऐसे मुकाम से,  
की नफरत सी हो गयी है मोहब्बत के नाम से।

कर लो आज मोहब्बत की दीवानगी,  
क्योंकि होगी मोहब्बत से नफरत तुझे भी,  
पास होगा कोई लेकिन बीते दिन याद आएंगे,  
चाह कर भी आँसू रोक ना पाओगी।

गुजरेगी तू भी कुछ ऐसे मुकाम से,  
महकेगी फ़िजा तेरी किसी के नाम से,  
तड़पेगी तू भी मोहब्बत की पनाह से,  
जब होगी फ़िजा किसी ओर के नाम पे।

जान भी रहेगी मान भी रहेगा,  
पर किसी ओर की गुलाम बनी रहोगी,  
बंध जाएगी कुछ ऐसे बंधन से तू,  
की आज़ाद परिंदों की बहुत याद आएगी।

ढूँढ़ती रह जाओगी वो कभी न मिलेगा,  
बस यही दुआ है रब से हमारी,  
और पूरी होगी ये तमन्नायें मेरी,  
इंतकाम की घड़ी देख रहा हूँ तेरी।

-Siddhartha Dan  
(B.Tech.)



# पिता का स्नेह

प्यार का सागर ले आते  
फिर चाहे कुछ न कह पाते  
बिन बोले ही समझ जाते  
दुःख के हर कोने में  
खड़ा उनको पहले से पाया  
छोटी सी उंगली पकड़कर  
चलना उन्होंने सिखाया  
जीवन के हर पहलू को  
अपने अनुभव से बताया  
हर उलझन को उन्होंने  
अपना दुःख समझ सुलझाया  
दूर रहकर भी हमेशा  
प्यार उन्होंने हम पर बरसाया  
एक छोटी सी आहट से  
मेरा साया पहचाना  
मेरी हर सिसकियों में  
अपनी आँखों को भिगोया

आशीर्वाद उनका हमेशा हमने पाया  
हर खुशी को मेरी पहले उन्होंने जाना  
असमंजस के पलों में  
अपना विश्वास दिलाया  
उनके इस विश्वास को  
अपना आत्म विश्वास बनाया  
ऐसे पिता के प्यार से  
बड़ा कोई प्यार न पाया

-Parth Goel  
(B.A. L.L.B.)

# बस यूँही

तपते तपते ढूँढी छाँव...  
चलते चलते थक गये पाँव ॥  
प्यास में ढूँढा शीतल जल...  
सम्मुख नदियाँ थी कल कल ॥  
ढूँढा थोड़ा सा प्रकाश...  
यूँ तो रोशन था आकाश ॥  
रिशतों की एक भीड़ अपार...  
फिर भी ढूँढा थोड़ा प्यार ॥  
कुछ शब्दों के ढूँढे अर्थ...  
सब थे व्यर्थ, सब थे व्यर्थ ॥॥

-Ahad Ali  
(B.Tech.)

# ये चाँद

बहुत नटखट सा है  
ये चाँद  
हर बात पर मेरे इसके कई हैं सवाल  
रोज बालकनी में आकर  
ये मुझे सताता है  
पूछने पर मेरे ये बस मुस्कुराता है

हल्की सी चाँदनी बिखेर कर  
ये मुझे अपने पास बुलाता है  
फिर बादलों के पीछे छिपकर  
ये बहुत तड़पाता है

बहुत नटखट सा है ये चाँद  
उलझी सी मेरी लटों को बड़े प्यार से सुलझाता है  
फिर बड़ी बड़ी आँखें दिखा कर  
ये मुझे ही डराता है  
फिर हल्के से मुस्कुराता है

सारे दिन की थकान झट से खुद में समाता है  
न जाने क्यों चाँद सिर्फ रात को ही आता है  
ख्वाबों की दुनिया में मेरे साथ अपना जहाँ बसाता है  
न जाने क्यों चाँद सिर्फ रात को आता है  
मुझे सुला कर कहीं दूर निकल जाता है  
इस दुनिया से परे न जाने कौन सा रिश्ता निभाता है।  
पास आकर कहीं दूर चला जाता है  
बहुत नटखट सा है ये चाँद  
मुझे बहुत सताता है।

-Pourishi Mehta  
(B.A. L.L.B.)

# ये इंसा है . . .

ये इंसा है केवल चमन देखता है,  
सरेराह बेपर्दा तन देखता है।

हवस का पुजारी हुआ जा रहा है,  
कली में भी कमसिन बदन देखता है।

जलालत की हद से गिरा इतना नीचे,  
कि मय्यत पे बेहतर कफन देखता है।

भरी है दिमागों में क्या गंदगी सी,  
ना माँ-बाप, भाई-बहन देखता है।

बुलंदी की ख्वाहिश में रिश्ते भुलाकर,  
मुकद्दर का अपने वजन देखता है।

खुदी में हुआ चूर इतना, कहे क्या,  
पड़ोसी के घर को 'रहन' देखता है।

नहीं "तेज" तूफानों का खौफ रखता,

नहीं वक्त की ये चुभन देखता है।

हर इक शख्स इसको लगे दुश्मनों-सा,  
फ़िजाओं में भी ये जलन देखता है।

हवस की हनक का हुनर इसमें उम्दा,  
जमाने को खुद-सा नग्न देखता है।

-Pourishi Mehta  
(B.A. L.L.B.)

# फिर भी तुझे चलना है।

कर सफर की शुरुआत तू  
आंखों में जोश की चमक लिए,  
राहों में मिलें लाख कांटें तो क्या  
पैरों को बना दे पत्थर तू,

अगर बरसे आसमां से आग के गोले  
हंस हंस के तुझे जलना है,  
ये सफर नहीं आसान फिर भी तुझे चलना है  
ये सफर नहीं आसान फिर भी तुझे चलना है।

सारी बाधाएं जकड़ के जो तुझे रखी है  
अपने आत्मबल की शक्ति से तोड़ दे उन्हें तू,  
पीछे खीचतीं हैं जो मुश्किलें तुझे  
मुंह के बल गिरा उन्हें दे तू,  
ऐसे ही तो सारी बन्दिशों को  
मात देते हुए तुझे बढ़ना है,  
ये सफर नहीं आसान फिर भी तुझे चलना है  
ये सफर नहीं आसान फिर भी तुझे चलना है।

मन्ज़िल मांगती है कई कुर्बानियां  
नींद कुर्बान करदे तू,  
गर जो मांगे तुझसे आराम  
आराम को सूली चढ़ा दे तू,  
लुट के भी मन्ज़िल की चाह में  
हर पल तुझे मुस्कराना है,  
ये सफर नहीं आसान फिर भी तुझे चलना है।  
ये सफर नहीं आसान फिर भी तुझे चलना है।।

-Ajay Yadav  
(B. Tech.)



# “लव यू” ज़िन्दगी

मिल गए हैं नये पर मुझे  
मन करता है उड़ जाऊँ  
पर लगता है डर इन हवाओं से  
कहीं ले जाए न मुझे दूर उड़ाकर  
यही सोच कर रुक जाती हूँ  
पर फिर यह पर कहते हैं मुझसे  
जा जी ले अपनी ज़िन्दगी  
लिख दे आसमान पर अपना नाम  
फिर मैंने भी कहा चल चलें  
इन हवाओं के साथ ज़रा  
मिल गयी है ज़िन्दगी मुझे  
नये दौर से जी रही हूँ मैं  
उड़ रहे हैं अब पर मेरे  
उड़ रहे हैं बड़ी दूर दूर

-Harsha Chauhan (B. Tech.)  
MM University-Sadopur

## मेरा हिस्सा

मैंने कब चाहा सारा...  
आकाश मिल जाए मुझे,  
नही चाहा कभी भी सारा चमन हो मेरा...  
सूरज या चाँद की सम्पूर्ण आभा पर!  
पूर्ण रूपेण अधिकार...  
नही जताया कभी,  
नदियों या झरनों का सौन्दर्य...  
पूरा का पूरा मेरा नहीं है जानता हूँ!  
हवाएँ जो हैं मादक सी...  
कब मैं उन्हें पूरा बाँधता हूँ,  
पर मिल जाए...  
आकाश का छोटा सा टुकड़ा!  
चमन का एक कोना...  
उन चमकते गोलों का थोड़ा सा प्रकाश,  
अंजुरी भर जल...  
और थोड़ी सी बयार!  
परन्तु...  
उतने पर हो मेरा,  
पूर्ण अधिकार...

Ahad Ali  
(B.Tech.)

## वीर जवान

कुछ बेटे भी घरों से विदा लेते हैं,  
वे देश के वीर जवान होते हैं,

निज कुटुंब का मोह त्याग कर,  
देश रक्षा को फर्ज मानकर,  
सबकी सरहद से सुरक्षा करते हैं।

कभी गोलियों से, तो कभी पत्थरों से,  
लहुलुहान हुए ये वीर हैं,  
पर अपनी जान में ज़्यादा प्यारी,  
इन्हें अपनी माँ संग प्रिय है,

कुछ बेटे भी घरों से विदा लेते हैं,  
वे देश के वीर जवान होते हैं,

-Bhavani  
(B.Com.)

# CONTESSA'S WORLD





# Women Empowerment and Gender Equality in Digital India

National Conference on Women Empowerment and Gender Equality in Digital India was organized by the Department of Pharmacy.



## HER Renaissance on International Women's Day

HER Renaissance-a Socio-Awakening fest on International Women's Day was celebrated in the university in which more than 400 students participated in various events. Hon'ble Deputy Commissioner, Ambala, CJM cum Secretary, DLSA, Ambala, Dr. Minakshi Garg, Member, MMUT along With Hon'ble Pro-Vice-Chancellor and Registrar graced the occasion.

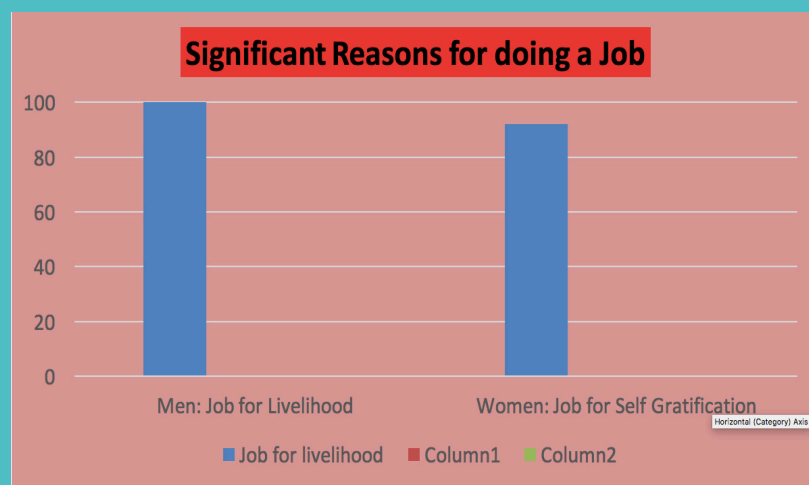
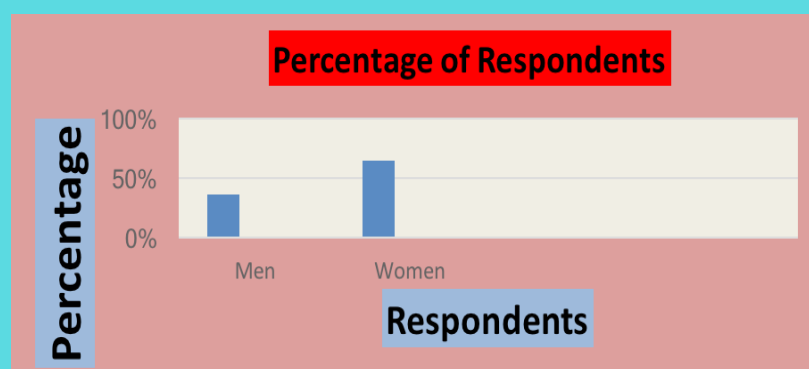
## A report of the Survey conducted at Maharishi Markandeshwar (Deemed to be University) on the Attitude of Educated Masses towards Women and their Problems

- Total respondents participated : 482
- 36% were males while 64% were female respondents comprising both students and faculty

### Awakening and alarming results:

- 99% respondents were of the opinion that women should approach police in case of any crime done against them but there should be more women police officers, less corruption, trust between police and people, confidential complaint system and legal awareness.
- Working hours of women are 14-17 hours including their household duties, while men work for 10-12 hours
- Only 20% girls like household chores
- 100 % women want to join women organizations while only 20 % males want to work for any woman organization.
- Though 100 % male respondents want to do job in order to earn livelihood, 92% females want to do job for self gratification
- 88% were of the opinion that women are considered inferior just because of traditional mental setup and not of biological differences.

100% respondents were of the opinion that our university campus is safe for girls.



# WOMEN RIGHTS AND SOCIAL CHANGE IN INDIA

Social change means change in social relationship. Social change is incomplete without empowering the women. Since half of the population in India is of women so it is essential to improve the plight of women who had been sufferers from ancient times. Though all the religions and placed the women at high pedestal but in real life it is far from reality. Various laws have been passed for empowering women but their implementation is poor. There is development in industry, culture and corporate sector, and police participation in government jobs, and police is increasing day by day. But this change is confined to the elite and the upper middle class women. The law should be implemented in such a way that the women in rural areas, illiterate and poor women should be motivated to harvest the benefits of the development. With the spread of education, economic empowerment among the women, the social change will be possible. Hence law, if effectively implemented will be catalyst to improve the plight of the women.



-S. P. Saini  
(Associate Prof in Law)



# I'M NOT A FEMINIST, BUT I DEMAND EQUALITY

People have ruined up the idea of FEMINISM  
You know if feminist is the one who goes out and asks for the rights by dragging a man down

By asking for the Special privileges just because I am a woman  
Then I am not a feminist

I don't expect society to make me feel STRONG, DIGNIFIED, EMPOWERED

Well as an individual that's my responsibility to make me feel like that

That depends on how strong I am how I see life how determined I am for my goals

How hungry I am to make a change in this society that's what will decide that Whether I am strong, dignified and empowered

Society has nothing to do with that

That's my job I'll take care of that

What I want from society looking at the current scenario of submerged image of women's equality is

That don't bring man down but take me to the equal level where he is standing and serving the society

START TREATING A woman AS AN INDIVIDUAL, AS A HUMAN BEING MORE THAN A WOMAN ; equality is what we need that's it

For rest an individual is responsible!

-Akanksha Kaushal  
(Pharm. D.)

## AND I SAVED HER



Amidst the loud moanings and sobbings and cries, a sighful voice caught my attention- "ab gaadi kon dega tumhare khandaan mein zubaan ki ehemiyat hai bhi? . . ." (Now who will give me the car. . . Is there any importance of promises in your family or not?)

It was a warm September afternoon. We had just returned from the funeral procession of an old man 'sharifchacha', whose death as described by everyone was due to his age. The news of his death had brought the residents of whole colony-me being one-to witness something that had long been ignored. The words I started with were of Sharif Chacha's son in law 'Jamal's'. Even the strongest of efforts to ignore those words couldn't restrain me from asking 'Shaziya Appi' (Sharif Chacha's daughter), what those words actually meant. So, when the dust settled, I went to her- confused, yet curious. "What if she is not comfortable in sharing it with us?" asked my brother.

To my surprise, the moment we asked her; without even a second thought, she spoke her heart out. As if she was not heard since years.

Shaziya was dusky girl in her mid-20s who did not fit in the "definition of beautiful women - set by our society" and hence worried Sharif Chacha very much as he wanted to see his only daughter getting married. At that point, Jamal- a clerk- in electricity department of BHEL, proposed to marry Shaziya if Chacha gives him 5 lakh in cash and a 4-wheeler. After all he had a government job which justified this much dowry.

Sharif Chacha was ready to fulfil any demand to see his daughter getting married; so he gave him the 5 lakh cash at the time of 'nikaah' and promised to give him the car soon (the 'zuban'-Jamal was talking about).

"Since two years my father had been saving money from his pension to fulfil the words he gave and it was the repeated taunts and abuses that spoilt his health and took his life" - said Shaziya with her eyes wet. "Ahad bhai, my father would not have died this painful death if I had been beautiful. It's all my fault. Giving birth to a girl, who Jamal says is a burden, is the other fault of mine"- she continued. I was speechless. "But if I keep quiet today, my 18 years of education is a waste", I thought.

Jamal used to abuse her, even hit her at times while demanding his due car... but now his hopes were shattered. What is he going to do now? Was it really Shaziya's fault? Did she deserve those sufferings? Was her daughter's future at risk?

"Why don't you file a divorce" I asked. "Women are not allowed to. Only men have the right to dissolve a marriage", she sighed.

I was not surprised by this. There is a large population of minority in India, which has no knowledge of Indian Constitution and believe that 'Sharia Laws' (followed in mid-west) are divine and must be bound upon.

I took that moment to explain her the procedure and told her about her rights. "But I don't have money for Court-Kacheri. "Don't you worry Shaziya Appi- I've called you my sister, now let me be the brother. She was so much relieved by those words of mine that her eyes sparkled with the rays of hope. Deep inside that hope, were buried her sufferings - daily verbal and physical tortures, the burden of her just born daughter, the sorrows of her father's death.



I couldn't sleep that night. I and my brother decided to take our Father's help. So, we (I along with my brother and father) went to Sharif Chacha's house the very next day, but this time with a lawyer. Everyone except Shaziya was shocked. It was followed by a huge verbal dispute but Shaziya somehow managed to convince her mother for the separation. Jamal shamelessly countered, "How will you take care of my daughter? (As if he really cared)...What will be your source of income?" "I'll buy a sewing machine and manage. I know how to stitch." Shaziya threw in as if she had planned everything last night.

Jamal's every effort was now suppressed by the lawyer who even threatened him that he would get him behind the bars for demanding dowry if he ever tries to harm Shaziya.

Shaziya exhaled with relief, the moment she signed the divorce papers. She felt like a bird getting freed from cage. She couldn't utter a word at that moment, but I could see in her eyes, how much light she felt.

I cannot put in words how proud I felt about myself and my family after that episode. I had not only saved a victim of domestic violence and dowry disputes but also saved a daughter. Also I had educated her about what her rights are. But this ecstasy was not going to stay for long. How many more Shaziyas are still living in darkness? How many more Jamals are demanding 4-wheelers? How many daughters are being seen as burden? These thoughts started disturbing me. That day I decided to educate as many Shaziyas I can and hence took on public speaking, running awareness drives, pushing NGOs towards women safety and women empowerment.

P.S.

Today Shaziya is earning enough from her electric sewing machine (an anonymous gift that she got) that she has even started saving for her daughter's education.

"Ahad bhai, I wish every Shaziya out there gets a brother like you"- the smile with which she said those words that day, still warms my heart.

-Ahad Ali  
(B.Tech.)



# WHERE IS HUMANITY

This, is not just words rhymed together,  
but indeed the words to give someone a feather,  
a feather, for the birds like canary & nightingale?  
No, the ones that are birds of everyone's life  
yes, it's one's mother, daughter, sister & wife.

From the time their race is burn,  
all their wishes, dreams & feathers torn.  
In today's world, they live a life full of fears  
the fears expressed in daily news, gossips & their tears

Yes. It may sound bad, but that's what we all hear,  
Isn't it, that a woman is the bait of a spear?  
The spear of society and the molesters  
fear not, in the world now, said some sin investors,

Believe me,

The words may seem very profane,  
but that's how the society treat females.  
Since centuries we have witnessed a lot of wars,  
the fights for our freedom & lovers.

So why not now,  
When our own nightingale has to bow,  
bow to the imposters who be in world somehow  
and, their words, as beautiful as Bilbao;  
"Live as they say or you're beheaded now".

What else does this world wish to gain?  
rather than focusing on one-ness and love,  
nearly all societies in salacious strain,  
we need equality, but women should refrain?  
Words and events on such crimes are diverse,  
why to wait for another incident,





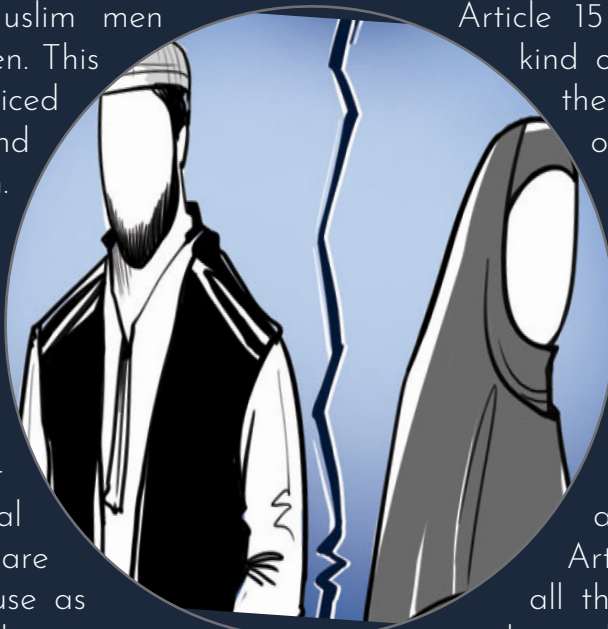
When together we can cure this curse?  
Like virile race, our nightingales too need  
feathers,  
Feathers, safe from all boundaries and re-  
spect depriving weathers.  
Let's join hand in hand to heal this eclipse,  
Work socially rather their dominant scripts.  
And trust me the world,  
soon thou could see ragina's all around you,  
The ragina's of our and their own world.  
that would be the day everyone just heard  
when our ancestors and good lord in the  
heaven would say,  
That was the world they wished to stay,  
That was the world they wished to stay!!  
"Women are the need of life, let them grow"

-Shubham Soni  
(B.Tech)



# TRIPLE TALAQ OR INSTANT DIVORCE

Marriage is a divine relationship and it ought to be broken up in extremely holy way regardless of religion however this evil routine with regards to Talaq-ul-Biddat damages the essential human rights which are regarded to every single human. This training makes Muslim men superior to Muslim women. This is absolutely being practiced at the impulses and fancies of Muslim men. Muslim ladies are given separation through speed post or message or telephonic discussion or even without wife and the most brutal thing is and still, after all that it is substantial and permanent. Women are tossed out from the house as they progress towards becoming Haram for men. In case, in the event that they need to remarry then additionally women need to endure as they are the persons who need to experience nikah-halala. In the Muslims, marriage is an authoritative connection between the male and female and it is performed when both the gatherings articulate "Qubool Hai, Qubool Hai, Qubool Hai". Then why it gets broken down when the spouse articulates "Talaq, Talaq, Talaq" thrice. Article 14 is that which explicitly provides equality before the law and equal protection of laws. Equality before the law means -every person is equal in the eyes of law irrespective of religion, sex etc. and equal protection of laws which means every person shall be treated equally. This training does not treat Muslim men and women similarly as this power is just given to males



and besides, he can utilize this power whenever and without sensible reason. Since this grouping is not done on the premise of understandable differentia, henceforth this practice is violation of Article 14 of the constitution of India.

Article 15 gives protection against any kind of discrimination including even the discrimination on the basis of gender. But Muslim women have to suffer just because they are Muslims. Hence, it is also violation of Article 15. The most supreme right i.e. Right to life and personal liberty prohibits every person to do any act or practice which takes away their right to live a dignified life under Article 21.

Article 25 advances protection to all the religious practices which are subjected to public order, morality and health. Since this practice is not in favour of public order, morality and health, therefore, this religious practice is not protected under this article. This is truly amusing that the majority of the Islamic nations including Sri Lanka, Tunisia, Egypt, Pakistan and so forth have restricted or nullified this type of Talaq and those nations too accommodate compromise endeavor then why wouldn't we be able to receive another type of Talaq which is Quranic as well as sacred in nature like Talaq-ul-Ahasan.

-Dr. Shipra Gupta  
(Assoc. Prof in Law)



# A DESPERATE CRY

## *Do you Hear?*

A girl or a woman! Who is she? Does one even exist? Well, physically, yes, she does exist, but has she ever been respected for her contribution, her sacrifices, her love, her care? This is a question to be asked, not to others but your own soul as she is the one holding the supreme power granted by nature to continue the existence of human beings on the Earth. She has been a mother, a sister, a daughter, a wife and she is the one who doesn't need any qualification to be the nurse, an educator, a guide, an advisor, a supporter because she reckons that she has been privileged to be a woman.

But there are a lot of people in this brutal world who have never understood and valued her. She has been going through a lot of pain and sorrow. Increasing atrocities against girl child is being a global issue, especially in Asian countries. Everyday, when I turn on my TV and get through the news I confront the typical conservative society. It's no more a shock to me when a girl child gets aborted just because she is a girl and I have been hearing this for eternities now. The young girl is now limited to her mother's fetus and her only mistake is that she is a girl child. Even if she makes her way out to this world somehow, she curses herself because she gets raped when she is in the age of wearing a diaper. If fortunately, she escapes from that she will always have to go through molestation, sexual assaults, discrimination, deprivations, abuse, domination, violence

and so on. She is never safe not even in her house, not even within the family circle. She is wearing a skirt doesn't mean that she is flaunting her thighs and wants you to jump over her rather her clothing preference is her right. But what amazes me is when the girls wearing "Burka" are also raped who weren't even showing the skin, not even slightly which gives me a slight of conscience what kind of the world I'm surviving in and how our people are. I am girl and I am afraid of getting out of the house after 7 PM in the evening. I live in the same society where girls are not allowed to raise their voice higher, where I have to abide by the set of strict rules which no boy child follows, where I have to double the speed of walking after 7, where the rate of my heart beat goes beyond normal when I find someone staring at me. You can't even imagine the mental torture through which I pass. You don't hear my cry because it is never loud. It is suppressed by my conscience which constantly pricks me, "You are born to bear, nobody will hear your cries".

Aayushma Koirala  
(B.Sc. Nursing)

# Come on, Get up!

Akanksha Kaushal  
(Pharm. D.)

People's perception of you will always shift  
Their opinions will keep on switching  
At times they will dismiss you like anything  
And the next moment they will go gaga about you  
So the only thing you need to focus about is what you DO!  
You cannot hope for someone's approval  
Some people might like you some might love some might hate  
But if you are confident about what you do they will perceive you  
accordingly  
So as women we don't have to hope for anything  
We need to get up  
Stand for ourselves and get it done ourselves!

# Right to live



Let me live,  
Let me bloom,  
Let me shine like a beautiful moon,  
Let me come and see this earth,  
Let me flow with the river of love,  
Let me play the game of life,  
Let me feel pleasure and pain,  
Let me manifest God in me,  
Please don't kill me before my birth.

Tanishq Garg  
(VII B)  
MM International  
School



# वही एक संस्कारी है . . .

चरित्र पर मेरे सवाल तो हर कोई उठाता है  
क्यों मेरे होंठों का लाल रंग मेरे दामन पर कलंक बन जाता है  
कपड़े मेरे छोटे होने से क्यों निगाहें सबकी खुल जाती है  
वहीं इज्जत लुटती देख कर क्यों नजरें सबकी झुक जाती है  
चरित्र पर मेरे सवाल तो हर कोई उठाता है  
पति परमेश्वर है ये तो हर कोई समझाता है  
पर जिंदगी तुम्हारी है ये कोई न बताता है  
उसमें हो लाख ऐब उसका तो सर जाता है  
लेकिन मेरी एक कमी से मुंह सबका खुल जाता है  
चरित्र पर मेरे सवाल तो हर कोई उठाता है  
क्यों अक्सर ये समाज भूल जाता है  
कि पूजा जिसकी करते हो वो भी एक नारी है  
प्यार करती है जो बेशुमार वो भी एक नारी है  
बस पता नहीं समाज में ये क्यों बिमारी है  
कि बेटी जो हमारी है बस वही एक संस्कारी है  
बस वही एक संस्कारी है |

-Ainna Sandhu  
(B. Pt.)

# FACT FILE

## F&B is now F&F

Food and beverage (F&B) is now F&F (Food and Fitness). What we eat has changed more in the last 40 years than it did in the last 40,000 years. A good diet is one of the key components of a healthy lifestyle. Chefs have become more creative in minimizing waste with an effort to reach almost a 100 per cent yield of each ingredient. New creative dishes that include ingredients that would not normally be on our plates are fast emerging. Food today needs to be put up on Instagram. It is photographed first and tasted later. If you want to be healthy, your food needs to be nutritious and if you want to look good, it also needs to be lean on the waist. We are looking at vegetables for breakfast, plant-based protein snacks, chia seeds, and pumpkin seeds to name a few. Forms are changing; tea is no longer needed to wake one up but to detox and help lose weight.

-Rakesh Sharma  
(Asst. Prof. in H.M.)

## EUTHANASIA

Euthanasia is the process of intentionally ending a life to relieve pain and suffering. Death is inevitable. Though it is very unfortunate, still some people want it. Some people pray to die, pray to end that pain and suffering. A corpse, just a vegetative body, lying in any hospital, which can just see his/her parents, wife/husband or a small child crying is better that it dies. With a feeling that our body is just a burden, some people think of ending it.

Aruna Shanbaug, a nurse working in Mumbai, got strangled and sodomized by a sweeper. During the attack, she was strangled with a chain, and the deprivation of oxygen had left her in a vegetative state since ever. Many petitions in Supreme Court were filed for granting a merciful death, which is euthanasia. But the decision of Supreme Court to reject the discontinuation of Aruna's life support was based on the fact that the hospital staff who treat her and take care of her did not support euthanizing her. The people surrounding her, even her doctor could not relieve her suffering, but God did. She finally reached heaven on 18th May 2015 due to Pneumonia after being in the coma for a period of 42 years.

Euthanasia involves a clash of two important values—respect for individual's autonomy and respect for life. Even Darwin's theory of the survival of the fittest is in favour of Euthanasia. A person who is fit can only adjust in the society.

Hereby, I conclude by saying to the well-organized mind—death is but the next great adventure.

-Aakanksha Saraf  
(B.Pt.)





# WHY FOODS ARE LABELED TOO MUCH????

Is there any legislation for the food labels????

Food labels are found on the package of food products. They are the primary communication between the producer and the consumer. Labelling foods is an important process in any food processing unit and should not be overlooked. A product can be discriminated from another during purchase just on the basis of food labels. Hence, it is also an important marketing tool. So producers keep them attractive and eye-catching and at the same time informative. They are designed to provide facts that impact common health concerns, such as weight control, diabetes and high blood pressure, and to guide those following a special diet. The label shows calories, total fats, saturated fats, trans fats, cholesterol, sodium, total carbohydrate, fibre, sugar, proteins and certain vitamins and minerals. Labels include name of the food, list of ingredients, date of manufacture/packaging/best before use by dates, names and address of the manufacturer, nutritional information, language of the particulars or declaration on the label, net Content/ quantity, lot/code/batch number, country of origin for imported food, symbol & colour code for vegetarian & non-vegetarian food, storage instructions etc. So next time you see a Food Label, do check out its approved claims and facts & keep yourself safe and healthy.

-Shweta Shandilya  
(Asst. Prof. in H.M.)

## SELF-MEDICATION: A CURRENT CHALLENGE

Many people associated the term "self-medication" with alcohol or substance abuse. However, self-medication can also mean taking prescribed drugs left over from a previous illness or taking multiple over-the-counter drugs to mask the symptoms. The idea of self-medication even for small health issues can lead to complications. Unfortunately, there is very little or almost no awareness about the disadvantages of self-medication. Sadly, we still go ahead and take doses randomly and don't even check the composition of the medicine and are clueless about the side-effects of these on our body. Medicines such as pain relief drugs, cough syrups, laxatives, antibiotics, anti-allergy medicines, vitamins and even antacids because these are OTC drugs, i.e., over the counter meds, these are easier to acquire. But what we do not realize is that opting for self-medication makes us prone to allergies, drug-dependence, and even addiction. A massive problem with self-medication is that we do not know about its dosage. The dangers of self-medication can be life-threatening when inaccurate dosages are taken. Doctors will prescribe medications based on the patients, age, gender, the severity of the disease, immune power, and many other factors. On the other hand, a drug storekeeper or a doctor who prescribes medications online cannot possibly be aware of these

factors. For certain health conditions, doctors will advise using certain drugs for certain time course, but, most of us stop using these medications as soon the condition or disease is cured. This is wrong, this will not cure the disease, but instead, increases the aggression of the disease. Some people take certain medications just because it makes them sleep better. Regular use of any drug will lead to drug addiction and make you more drug dependent. People take self-medication because it is instant, and of course, there is no expense of the doctor. This is a sure shot way to invite a bigger trouble in the long run. But when eventually, they suffer from severe health issues, their medical expense increases two-fold. Self-medication as a habit can damage one's health irrevocably, causing disabilities and even premature death. The practice of self-medication can, and does often, result in death. Your pharmacist and your physician are a team that's working together to help to ensure your safety and maintain your health. Utilize that team by going to the doctor and communicating any concerns with your pharmacist- it could prevent serious complications, including death. Learn about the dangers of self-medication so you can avoid the risk of an adverse reaction.

-Dr. Parminder Nain  
Prof. & Head (Pharmacy)



# CHINA IS THE FATHER OF BEER

Do you know who first made beer?

China could have been making beer as long as 5,000 years ago. Archaeologists unearthed beer-making equipment dating back to 3400 and 2900 BC in the Shaanxi province. Experts said evidences of rice based fermented beverage from 9000 years old Jiahu site suggested that making of beer goes a long way in China but this discovery is the first evidence of any such practices.

-ANURAG THAKUR(M.B.A.)

## ARBITRATION IN **india** AN OVERVIEW

### MEANING & NATURE

Arbitration is a consensual and effective method of resolving commercial disputes. It is an alternate machinery devised to solve issues through an unconventional platform. It allows disputing parties to settle their disputes outside of a National Judicial System by referring to a private system of adjudication.

The Arbitration and Conciliation Act, 1996 is a composite piece of legislation. It provides for domestic arbitration, international commercial arbitration, enforcement of foreign award and conciliation (the latter being based on the UNCITRAL Conciliation Rules of 1980). The main objectives of the Act are 'to minimize the supervisory role of courts in the arbitral process' and 'to provide that every final arbitral award is enforced in the same manner as if it were a decree of Other Court'.

Historically, we find ADR in the Constitution of India under Articles 14 and 21 i.e Equality before the law, Right to Life and Personal Liberty respectively and also take into consideration the concept of Equal Justice and Free Legal Aid from Directive Principle of State under Article 39-A of the Constitution. Arbitration and Conciliation Act, 1996, Legal Services Authorities Act, 1987 and Section 89 of the Civil Procedure Code are the most governing Acts of ADR. They create a fair and compatible alternative

to our traditional judicial system by providing a fast-track way of delivering justice. The various ADR techniques are mainly:

1. Arbitration: In this process chosen persons by parties involved to hear and determine their issues and come to a fair resolution without being biased and without unnecessary delay and expense.
2. Conciliation: An amicable settlement is facilitated between parties in this process. No prior agreement is needed.
3. Mediation: This technique is made to assist two or more parties to an agreement. The parties themselves determine the terms of the agreement, the mediator just facilitates in reaching that goal in an appropriate manner.

### ARBITRATION AGREEMENT

An arbitration agreement is a pre-condition for the commencement of arbitral proceedings. An arbitration agreement may be a clause in a contract or a separate agreement to arbitrate all or certain disputes which have arisen or may arise in respect of a defined legal relationship, whether contractual or not.

### PROCEDURE IN ARBITRATION PROCEEDINGS

Arbitration proceedings are not complex in nature unlike in regular courts, it's pretty simple and easy.



A party commences an arbitration proceeding by issuing a notice in written to the other party of its intention to refer the matter to arbitration. The respondent replies to the arbitration by filing answer against the arbitration claim within stipulated time period specifying relevant facts and available defences against the claim. Unless otherwise agreed by the parties, Arbitration proceedings are deemed to be commenced on the date on which the respondent receives such notice from the claimant. After the selection of Arbitrators, parties meet in persons for the conduct of the hearing in front of arbitrators. Lastly, after the examination of witnesses and pieces of evidence. The arbitrator, in concluding stage, gives 'award' which is binding in nature.

### **ADR HAS NOW BECOME THE NEED OF THE HOUR**

The Indian Judicial system is under a lot of stress because there is a huge stock of pending cases which has a tremendous increase in past years and the

result is the delay of justice. Therefore, ADR has become the call of the hour to help the Indian Judiciary in sustenance. So, one must take advantage of alternative dispute resolution which provided procedural flexibility, saved valuable time and money and avoided the stress of a conventional trial.

ADR mechanism has various advantages that are helping in its growth exponentially. It is affordable and easily available to people belonging to every stratum of society, especially the poor people who cannot afford the litigation expenses. It is a much less time-consuming process, unlike the traditional system which takes years to deliver justice. It is free from all the technicalities of the normal court and doesn't require any expert knowledge. Moreover, the feeling of losing is not there; hence all the parties go as winners in ADR.

-Dr. Shipra Gupta  
(Associate Prof. in Law)

## **A PHYSIOTHERAPIST HAS THE BRAIN OF A SCIENTIST, THE HEART OF A HUMANIST AND THE HANDS OF AN ARTIST**

**P**hysical therapy or physiotherapy is a branch of rehabilitative health that uses specially designed exercises and equipment to help patients regain or improve their physical abilities. Physiotherapy is a therapy in which patients are treated for diseases and body pains not by using medicines but by using special exercises and body movements. If you want to be cured of a disease or body pain in a healthy manner then, Yes !! you should go for physiotherapy. Nowadays the diseases are increasing rapidly and we often visit a doctor but they give us medicines whether is it a good way to be cured or not, we need to analyse, as there may be many side effects of it. The allopathy treatment can irritate a patient after some time but physiotherapy provides enjoyment during the treatment. As it is said that physiotherapy increases the quality of life by providing mental peace as well and not just the quantity of life.

Through physiotherapy, we can cure many problems like the sports injury, back and neck pain, headache, work injuries, post-op rehabilitation etc.

There are many diseases or conditions that many

people don't know which physical therapy could help in treating, there are Parkinson's disease, Huntington's disease, pelvic pain and sexual dysfunction, cerebral palsy and even cancer.

Physical therapy helps people of all ages who have medical ailments, illness or injuries which have limited their regular ability to move and function.

Benefits of physical therapy are that it reduces or eliminates pain, avoids surgery and improves mobility. One of the most important features of physiotherapy is that it can help in avoiding surgery. As surgery will lead to weakness in body and physiotherapy can prevent it.

Physiotherapy is a way through which patient can be treated in a healthy manner.

There is a great scope of physiotherapy as everybody is afraid of eating medicines e.g. 5 to 6 capsules every day. Physiotherapy has a great scope in modern times.

-Gunjan Arora  
(B.Pt.)

# SUFFERING FROM OBESITY? SHED IT NOW!!

A common problem these days is Obesity.

What is obesity?

It is an individual's condition of the body in which there is an accumulation of excessive fat in the body which can be life-threatening.

The person who eats too much gets the fat deposited in the body in layers.

We should keep ourselves normal and should calculate our BMI from time to time. If a person's BMI exceeds 30kg/m<sup>2</sup> then the person is abnormal.

How to calculate your BMI?

Weight in kilograms/height in meter squares (height × height)

Obesity has various stages:

Obesity class 1

Obesity class 2

Obesity class 3

People do work in their daily lives but don't know the perfect reasons for obesity.

The primary causative reason may be genetics that persons can inherit this disease from previous generations. It can also be through some medical conditions like any disease or pregnancy associated with medicines which can be a reason for gaining obesity.

According to Indian ratio of obesity, it is trending like the ratios of other countries. It is increasing day by day. India comes in top 5 countries in having

obese people.

Most commonly nowadays children and teenagers are facing this problem of obesity as they are eating outside foods a lot which is assisting them in gaining fat and due to this they are more prone to have a diseased condition.

We all know if a problem is there solutions are also there.

So some of the easy and commonly used solutions are here:

## Primary Solutions–

-Yoga and exercises: These will help in reducing fat from the body in the form of sweat. One should do regular walking, running or yoga practices.

-Water: When a person drinks water it helps in dissolving some fats from the body slowly & helps a person in reducing weight

## Secondary Solutions–

-prevent eating junk foods

-prefer eating green vegetables at home

-avoid sitting for a long time or lying for a long time

-timely body BMI calculation should be done

- avoid calories rich diet or fat-rich diet

These solutions and preventions may help a person in making his / her life healthy and peaceful with a fitness goal.

-Peeyush  
(B.Sc. Nursing)



# SMARTPHONE: A SLOW POISON



**A**ttention Readers...!! A recent survey report has shown that increased usage of time over the smartphone has lead to several posture problems like back pain and neck pain etc. All age group people are prone to it, with the younger one being the most. Youth nowadays spend most of their time in texting and this prolonged use of the smartphone, ultimately leads to postural problems like rounded shoulder posture, forward neck posture, slouched posture and many more. Sustained forward neck posture can cause injury to the structure of the cervical and lumbar spine as well as the ligaments. While reading this article also, all of us have bent downwards our neck and our eyes kept engaging with letters, but this is for shorter duration only because a major population of age group 18 to 44 have their cell phones with them all the time rather than textbooks and enjoy texting a lot which later damages their cervical spine and could lead to lifelong neck pain

Here are some of the steps to prevent postural problems:

1. Avoid looking down with your headbent forward for extended periods
  2. Hold your smartphone at eye level as much as possible.
  3. Take frequent breaks from your phone.
  4. Exercise daily to strengthen your core muscles and neck muscles.
  5. Perform regular stretching and strengthening of neck muscles during daily activity and learn some basic exercise with the help of health professionals.
- As it is wisely said that the PREVENTION is better than CURE. So, one should try to minimize the use of smartphone and must progress towards an active lifestyle and physical fitness.

-Saloni Jindal  
(B.Pt.)



# Chiliad

*All Crux News in Veil*

## JOHOR CUP HOCKEY INDIAN JUNIOR TEAM WIN BRONZE MEDAL



Indian Junior Men's Hockey team beat hosts Malaysia 4-0 in the Bronze medal match of the 7th Sultan of Johor Cup 2017 at the Taman Daya Hockey Stadium, in Malaysia. Goals from Vishal Antil (15', 25'), Vivek Prasad (11') and Shilanand Lakra (21') were enough for India to finish their tournament with the Bronze medal.

## INDIA'S FIRST PRADHAN MANTRI KAUSHAL KENDRA FOR SKILLING IN SMART CITIES



The Union Home Minister Rajnath Singh along with Minister of Petroleum and Natural Gas and Skill Development and Entrepreneurship Dharmendra Pradhan inaugurated India's first Pradhan Mantri Kaushal Kendra (PMKK) for Skilling in Smart Cities, in collaboration with New Delhi Municipal Council (NDMC). It is launched under skill India Mission. The ministers also laid the foundation for a Skill Development Centre at Moti Bagh and a Centre of Excellence at Dharam Marg, New Delhi.



## INDIA AMONG FIVE COUNTRIES RESPONSIBLE FOR 50% NEWBORN DEATHS



As per a report titled "Levels and Trends in Child Mortality 2017", India along with Pakistan, Nigeria, Congo, and Ethiopia is responsible for half of all newborn deaths in the world. This report has been authored by United Nations Children's Fund (UNICEF), World Health Organization (WHO), World Bank Group and United Nations.

## INDIA WINS ITS FIRST EVER WUSHU WORLD CHAMPIONSHIP GOLD



Pooja Kadian became the first ever Indian sportsperson to win a gold medal at the Wushu

World Championship in Kazan, Russia. Pooja, a head constable in the Central Reserve Police

Force (CRPF) won gold in the South Asian Games and silver in the 2013 World Championship.

## HEALTH MINISTRY AND ICMR

## LAUNCH INDIA HYPERTENSION

## MANAGEMENT INITIATIVE

The Union Ministry of Health and Family Welfare (MoHFW) and Indian Council of Medical Research (ICMR) had launched India Hypertension Management Initiative (IHMI). The IHMI aims to reduce disability and death related to cardiovascular disease (CVD), the leading cause of death in India. It also aims to strengthen CVD component of Health Ministry's National Program for Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS).





# INDIA AND RUSSIA SIGN COMPREHENSIVE ANTI-TERROR PACT

India and Russia have signed comprehensive anti-terror pact agreement for enhancing bilateral cooperation in tackling all forms of terrorism and count. The agreement was signed by Union Home Minister Rajnath Singh and Russia's Interior Minister Vladimir Kolokoltsev in Moscow after they held wide-ranging talks. Both countries emphasized the need to the strength of the relationship between them which has been consolidated in past 70 years in all areas. They also agreed that terrorism must be fought unitedly and there were no good or bad terrorists.

## WHO FOR FIRST TIME RELEASES GUIDELINES ON CHILD SEX ABUSE

The World Health Organisation (WHO) for first time formulated clinical guidelines on responding to children and adolescents who have been sexually abused. The guidelines are grounded in human rights standards and ethical principles. They will assist frontline health care providers, general practitioners, gynaecologists, nurses and others who may directly receive victim of sexual abuse or may identify sexual abuse during the course.

## BRAHMOS FLIGHT TEST FROM IAF'S SU-30MKI FIGHTER AIRCRAFT

Brahmos, the world's fastest supersonic cruise missile created history after it was successfully flight-tested first time from the Indian Air

Force's (IAF) frontline fighter aircraft Sukhoi-30MKI against a sea-based target in the Bay of Bengal. The successful maiden test firing of Brahmos Air Launched Cruise Missile (ALCM) from Su-30MKI will significantly bolster the IAF's air combat operations capability from stand-off ranges.





## TAMIL NADU'S SRI RANGANATHASWAMY TEMPLE WINS UNESCO AWARD



The Sri Ranganathaswamy temple at Srirangam in Tamil Nadu won UNESCO Asia-Pacific award for cultural heritage conservation programme in the Awards of Merit category. It is first temple from Tamil Nadu to grab the prestigious honour from the UN body.

## OLD ONE RUPEE NOTE CELEBRATED A CENTURY

The first one rupee note was introduced on November 30, 1917, with the photo of King George V have been all but tumultuous for this creation. The Reserve Bank website says its issuance was discontinued first in 1926 on cost-benefit considerations. It got reintroduced in 1940, only to be discontinued in 1994 again. The little note got back again in 2015.



A GOOD NEWSPAPER, I SUPPOSE IS A NATION TALKING TO ITSELF.

-ARTHUR MILLER

## HARYANA BECOMES FIRST STATE IN INDIA TO TREAT HEPATITIS - C PATIENTS WITH ORAL MEDICINE

Haryana has emerged as the first state in the country to treat Hepatitis-C patients through oral medicine. For the first time, the state government has included oral medicine in government hospitals. The medicine and treatment costs about Rs 28,000 to Rs 30,000 in the market, but the state government would provide this facility free of cost.



## TAJ MAHAL NAMED SECOND-BEST UNESCO WORLD HERITAGE SITE

The Taj Mahal, India's iconic ivory-white marble mausoleum in Agra, is the second best UNESCO world heritage site in the world, according to a new survey by online travel portal TripAdvisor. The Taj Mahal is rated after Cambodia's Angkor Wat. Other popular heritage sites on the survey include the Great Wall of China (Third) built by Xu Da of Northern Qi Dynasty in 1368 AD. Machu Pichu in Peru in South America has bagged the fourth spot.

## INDIA'S FIRST RUNWAY ON 'SEA BRIDGE' IN LAKSHADWEEP

India is all set to get its first runway on a 'sea bridge' as the Airports Authority of India (AAI) has been given a nod to extend Lakshadweep's Agatti Airport. The task will be carried out by building an RCC platform on the beach and shallow area which will allow bigger ATRs to operate on the island. The Project is likely to cost about Rs 1,500 crore.

## MIRABAI CHANU BECOMES FIRST INDIAN IN 2 DECADES TO WIN GOLD AT WORLD WEIGHTLIFTING CHAMPIONSHIP – NOVEMBER 2017

Saikhom Mirabai Chanu, a 23-year-old resident of Imphal, ended a 20-year-long wait by winning gold at the World Weightlifting Championship. She lifted 85 kg in snatch and 109 kg in clean and jerk, adding to an impressive 194 kg in the 48 kg category, breaking her own national-record of 108 kg that she set in June this year.





# ISRO CONTINUES TO MAKE INDIA PROUD



It was yet another year of jubilation for Indian Space Research Organisation (ISRO) for it achieved a historic feat of having launched a massive 104 satellites using its Polar Satellite Launch Vehicle (PSLV).

On February 15, the Indian rocket successfully managed to launch Cartosat-2 (India's earth observation satellite weighing 714 kgs) along with 103 other co-passenger satellites in a single go. ISRO is aiming bigger and better accomplishments in the next couple of years with the planned launch of Chandrayaan II and Aditya-L1.

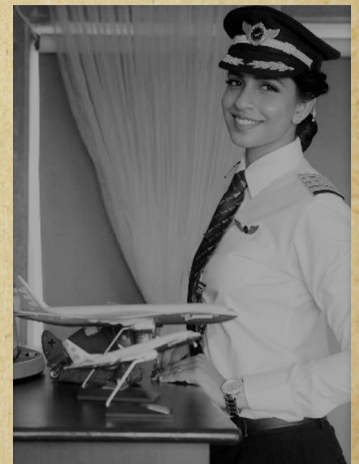
# DELHI METRO BECOMES WORLD'S FIRST GREEN METRO

The metro in the capital became the only completely green metro system in the world for adhering to green building norms for its 10 residential colonies from the Indian Green Building Council (IGBC). The Delhi Metro Rail Corporation said in a statement that they had previously received green certificates for its stations, depots and sub stations.

# INDIAN WOMAN BECOMES WORLD'S YOUNGEST FEMALE COMMANDER TO FLY A BOEING 777

Anny Divya, a 30-year-old Air India pilot became the world's youngest female captain of a Boeing 777. She flew the world's largest twin jet during advanced training in London

which was indeed a moment of immense pleasure for all Indians.





# UPGRADING KNOWLEDGE



Convocation for International Students (April 19, 2018)



National Moot Court Competition (April 11-13, 2018)



International Conference on Emerging Trends in Engineering, Science and Technology (Feb. 16-17, 2018)



# International Conference on Skill Development in Hospitality, Tourism and Food Technology: Challenges and Opportunities (March 23-24, 2018)





# National Conference on Emerging Trends in Cardiopulmonary Rehabilitation (March 16, 2018)





# Indian Solar Vehicle Championship 2018

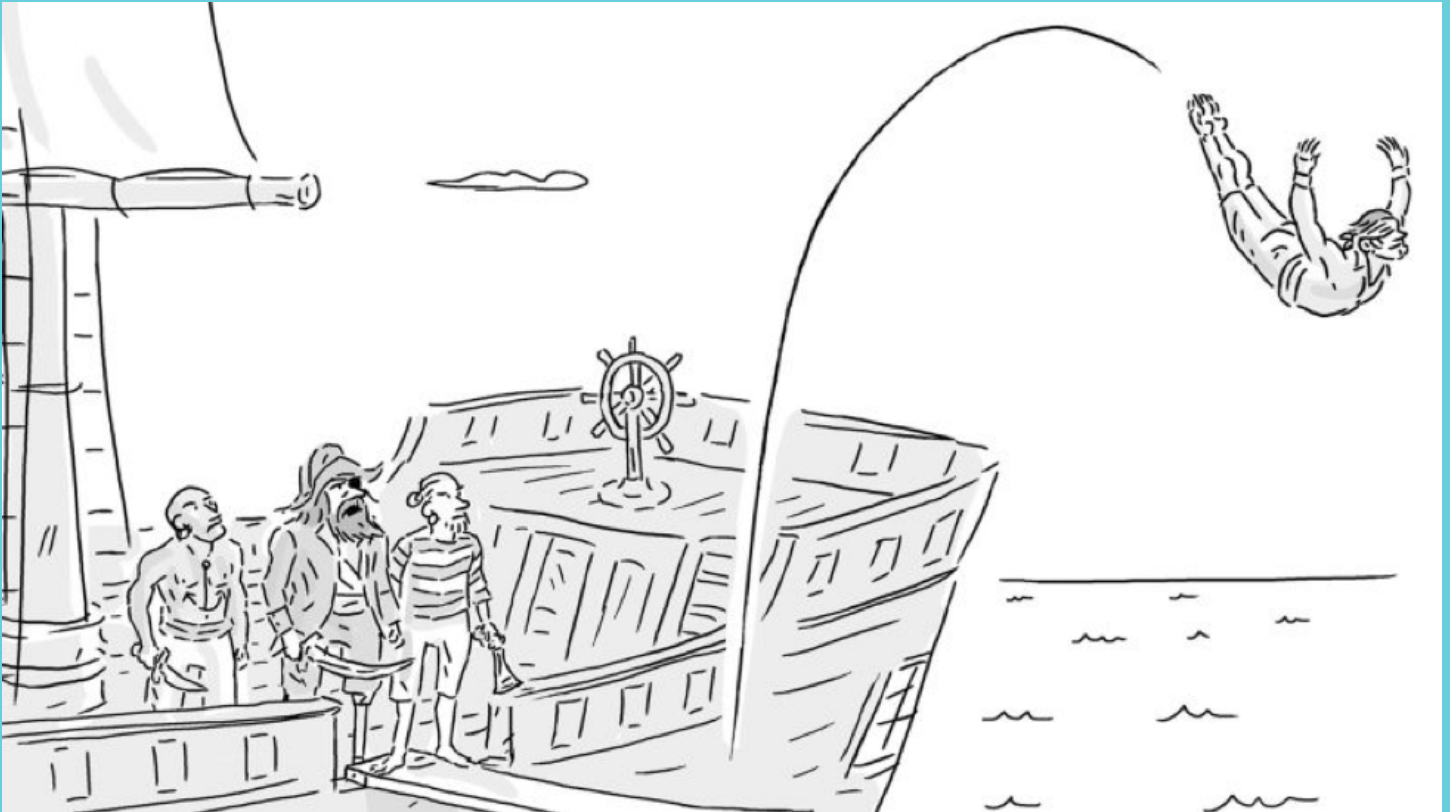




# PLAY AND WIN

## 1. CAPTION CONTEST

*Give a caption to the given picture in at least six words.*



## 2. PLAY WITH WORDS

*Write a story in about 300 words using all the words given below:*

Memento, Mountain, Bell, laboratory, Aeroplane, Farm, Earthen lamp, Broken Glass, Mechanic, Hospital, Mobile Battery, Bomb, Coca-Cola, Library, Paper Weight.



### 3. POEM WRITING

*Write a poem by using the following picture:*



### 4. JUMBLED WORDS

*Make appropriate words.*

ESMATLUISUON  
OPREDESMTEE  
ALTUANNFEDM  
IYECONCAELDP  
UFCIREERCCMNE  
EIASSULTD  
HUNSICETTS  
UGYROTH  
MIENNVRETON  
ETAPRONSTNEI

## 5. BUG WORD TEASER

*Find forty Bugs' names in the given table.*

B	G	R	A	S	S	H	O	P	P	E	R	Y	T	M	G	W
M	A	P	H	I	D	L	O	U	S	E	G	E	I	U	U	E
O	N	C	N	H	P	K	P	U	P	A	N	D	B	W	B	E
S	T	G	K	K	S	G	B	T	S	R	G	Y	E	A	K	V
Q	T	I	H	S	A	W	G	D	O	E	D	U	O	L	N	I
U	E	P	C	O	W	I	A	H	E	A	F	D	R	K	I	L
I	R	B	B	K	W	I	R	T	L	A	T	L	A	I	T	G
T	M	O	A	R	R	N	M	O	T	G	H	Y	Y	N	S	S
O	I	T	A	R	E	S	I	M	E	H	G	L	I	G	R	G
H	T	E	A	C	A	E	T	C	E	U	D	F	N	S	E	E
O	E	K	C	N	H	C	E	V	B	R	I	N	G	T	D	L
N	F	C	V	C	G	T	S	U	G	E	D	O	M	I	I	G
E	I	I	F	L	E	A	T	I	D	H	Y	G	A	C	R	N
Y	R	R	K	J	K	T	K	E	N	M	T	A	N	K	T	O
B	E	C	A	T	E	R	P	I	L	L	A	R	T	A	S	L
E	F	S	J	R	L	I	O	N	M	D	K	D	I	D	R	Y
E	L	D	F	A	T	O	I	R	E	D	I	P	S	A	E	D
S	Y	L	R	N	W	A	T	E	R	B	U	G	V	C	T	D
D	Y	V	E	D	E	P	I	L	L	I	M	F	C	I	A	A
V	A	C	T	A	R	A	N	T	U	L	A	D	F	C	W	D

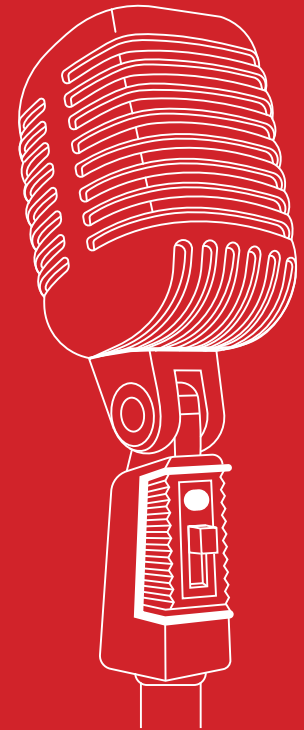


## 6. SUDOKU

7		1	3		9			5
					1	6		4
5		4				7		
							1	
8		7	6		4	9		
	1		5			3		6
9		3		6	5		8	7
	5					1		
			8	3				9

**Note:** The participant has to send all the answers within one month from the publication of this magazine at [literaryclubmmu@mmumul-lana.org](mailto:literaryclubmmu@mmumul-lana.org)  
The winner will be awarded by the club.

# OVER A CUP OF COFFEE...



## An Interview With Mr. Sunil Kumar Malik (Head, Training & Placement Dept)

### Q - 1 Can you give us an introduction about Training and Placement Department of MMDU?

The Training & Placement Department of MMDU has legacy of more than two decades, we have a dedicated team of highly experienced professional from Industry and Academia, with expertise in liaising with the respected names in the corporate world.

We groom our students in accordance with the aspirations and expectations from our prospective recruiters. On one hand we prepare students for the jobs, for different type of multinationals and global companies and on the other we provide an excellent platform to our students who have innovative bright ideas to establish their own start-ups. We have more than 5 Million square feet built-up infrastructure with high-end, state of the art scientific research labs and center of excellences such as Google Learning Center of Excellence, SAP University Alliance Program, BOSCH-Center of Excellence, CISCO-Networking Academy, National Instruments-Center of Excellence, Texas Instruments-Center of Excellence etc. to train students to go beyond and achieve their ambitions and career goals.

Lot of our students aspire for the Govt. jobs and some of them go for the higher studies as well, so we provide them excellent in-house facilities for the preparation of CAT, GATE, GRE, TOEFL, MPSC, UPSC, Bank PO, Civil Services etc.

### Q-2 What variety of Companies visit MMDU for

### placements?

We provide ample opportunities to our students of different professional courses. Companies like Infosys, KPIT, LG Soft, IBM, Kony, Byju, Nestle, Capgemini, Deloitte, Burger Paint, Asian Paints, HDFC, ICICI, Indian Army, Indian Navy, Indian Airforce, Vodafone, Sobha Infrastructure, Everest Industries, Era Group, Shree Ram Group, Shree Cement, Hettich, Mukini, L&T, Macdonalds, Piaggio etc. visit us regularly to hire students from our University.

### Q-3 Does MMDU offer any support to Start-ups and entrepreneurs?

Oh Yes! we have our own "Entrepreneur Development Cell" within the University, where in we guide & mentor our students who have bright ideas and we also help them to establish their own startups within the university by giving them free space in well established "Campus Business Park".

Some of the Start-up Companies of our own students have their offices within the University and some of them are in the process of planning to establish their own ventures soon. We help students by calling different entrepreneurs, alumni and industry experts from time to time to understand the challenges, methodologies, practices, trends and technologies in the present industrial scenario nationally and globally.



**Q -4 What according to you, a company aspires in the candidate?**

This is an important question because the employment market has become more demanding, not only in our country but also globally. The companies are always on the lookout for the students who are vibrant, energetic individuals and ready to accept challenges, attentive, with good academic background, fast learners, open to learning even at work and more importantly have good communication skills.

Industry already knows that fresher had worked as intern (during Internship in different organizations) and they want them to be specialists who can be of use to them quickly, so they regularly demand us to guide students about the expectations and preparedness needed at the time of recruitment.

We update our curriculum, focusing on the need and demand of the industry. We provide robust soft skills training, intensive interview and resume preparation which combined with our extensive industry connects ensure that our students are completely assisted in achieving their ambitions and career goals.

**Q-5 How does the Training & Placement Department prepare students to get through Aptitude Tests and Interviews?**

We have created a unique and result oriented process to prepare the students to clear the Aptitude Test and Interviews. We customize and create training syllabi, contents, mock tests and doubt sessions according to industry requirements to enable the students to develop strong basics and also be placement ready before the placement season. We have an intense training for students starting from the first year till the final year. We conduct special training sessions and summer training programs. Periodic tests, activities, assessments and feedback sessions help the students to overcome their weaknesses and improve on their strengths. Our mock tests (online and offline) and mock interviews are as per industry standards and students get to know the various techniques to clear the tests and interviews. Emphasis on communication skills starts from an early stage and we also incorporate confidence building measures in our activities to motivate and guide the students. Our highly experienced and professional trainers ensure that the students develop their overall personality and become future ready during their meaningful association with us.

**Q-6 How many companies visit MMDU us and do we offer Pool Campus to some other colleges and Universities too?**

Over three hundred prime recruiters visit us regularly to hire students from our University. We organize many Pool Campuses every year for the different Companies such as Infosys, Capgemini, Deloitte, PWC, Tech Mahindra, Wipro, Coffee Day beverages, Daffodil, Hettich etc

**Q-7 How much according to you, does the Training and Placement Dept. prepare a student for the corporate world?**

The training department plays a major role in shaping the careers and future aspirations of our students. We have a team of highly dedicated and passionate professionals who are constantly striving for perfection. Every activity we do is aimed at creating future citizens who are ready to face the challenges and excel in everything they do. The journey of our students from the first year to the final year is continuously monitored and mentored by our team. Our main emphasis is on developing the soft skills, Verbal ability, aptitude and overall personality of our students. We organize guest lectures, special trainings and facilitate corporate interaction to help our students gain in-depth knowledge about the corporate world. Our group discussions cover a variety of topics which enhance the general awareness and knowledge of our students. Our training syllabus and content is world class and we also provide extra study materials to our students. The corporate world expects students to have good knowledge, skills, attitude and behavior and we put our best efforts to meet the corporate expectations. We believe in creating value and worthy future citizens who have the ability to overcome challenges and achieve their dreams and goals.

**Q-8 Would you like to give a few words for the aspiring students of the University?**

Be yourself....be proactive. Don't believe in hearsay and don't hesitate to take advice from the experienced people. Ample of opportunities will come to you but you should be ready to grab them. Carry yourself properly, look around yourself and be aware of the happenings around the globe...There are no shortcuts for success and it will only come through best efforts and hard work....Luck may play its role but don't depend on it. Stay Safe & be blessed!



# THE START-UP: SIMPLIFYING AND SOLVING PROBLEMS

## INTRODUCTION

While studying in the University, six students discovered their ability of being entrepreneurs and joined hands to make products and provide services which are helpful for the community as well as for business to increase their growth rate. Clantadon was started in May 2017 with a vision to make things easier for the community and The Start-Up: Simplifying and Solving Problems business to grow.

## THE PRODUCT

Clantadon basically focuses on marketing and promotion of generic and branded drugs. While this is the major focus, there are many other wings working on different sectors in the company. One of them is Online food and cake ordering service under the name of Piconto, which is currently active in six cities across India. Another wing works on providing digital services like Web and Mobile app development, Digital Payment Solutions, GST and Company Registration and Start-Up consultancy. As India is focusing on growing digital, the need of these services is must in Tier II and Tier III cities, with most of the start-up focusing only in Tier I cities in India.

"It takes time for a company to grow. When I turn back and remember about my journey of being an entrepreneur, it gives me a boost and motivates me to work hard and work for the community", says Mritunjoy Roy, Managing Director of Clantadon.

## BUSINESS MODEL

Modern business owners need assistance to grow themselves and they want to promote themselves digitally, Clantadon provides one-in-all solution for the business to grow.

While focusing on online ordering, Piconto has also launched its first franchisee based The Start-Up: Simplifying and Solving Problems physical outlet, which was a boost in food ordering and delivery sector. The team has planned 3 more franchisees by the end of 2018 and 10 franchisees by end of 2019.

## FUTURE PLANS

Clantadon has planned to expand their services all over the country, mostly in all Tier II and Tier III cities because this is where Investors and Start-Up ignore to focus on.

Clantadon is working for betterment of community, with the help of technology. Think logical, grow digital.





# Your Vocabulary:

## An Inexhaustible Source of Magic

The space between your eyebrows is called a Glabella.

The way it smells after the rain is called Petrichor.

The plastic or metallic coating at the end of your shoelaces is called an Aglet.

The rumbling of stomach is actually called a Wamble.

The cry of a new born baby is called a Vagitus.

The prongs on a fork are called Tines.

The sheen or light that you see when you close your eyes and press your hands on them is called Phosphenes.

The tiny plastic table placed in the middle of a pizza box is called a Box tent.

The day after tomorrow is called Overmorrow.

Your tiny toe or finger is called Minimus.

The wired cage that holds the cork in a bottle of champagne is called a Graffe.

The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song are called Vocables.

When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an Interrobang.

The space between your nostrils is called Columella nasi.

The armhole in clothes, where the sleeves are sewn, is called Armscye.

The condition of finding it difficult to get out of the bed in the morning is called Dysania.

Unreadable hand-writing is called Griffonage.

The dot over an "i" or a "j" is called Tittle.

That utterly sick feeling you get after eating or drinking too much is called Crapulence.

The metallic device used to measure your feet at the shoe store is called Bannock device.

The warmth of the sun in winters is called as Apricity.

The confused mental state due to fever or illness or a state of wild excitement and great happiness is called as Delirium.

Making marks that cannot be erased, removed, or forgotten is called as Indelible.

A letter or parcel that is undeliverable by the post office because of a faulty or illegible address is Nixie.

# What Our Stal



**Yogita Gogia**  
B.C.A.

What matters the most is to cherish the place we live in. This university gave me a chance to develop culturally and academically. Lecturers are always ready to be a helping hand and give us the time. It has made me more confident and an independent individual. All that I think to improve is to ensure that all students are able to gain practical experience as well and take the best out of this diverse platform.

**Ugen Dorjee Bhutia**  
B.Sc. Radiology (1st year)

My experience in MMDU has given me the opportunity to sharpen my skills in the field of my choice. Every step in this university is a new phase of experience.



**Anirban Deb**  
B.Tech (Bio-Tech .)

Passion driven the wheels of life and also being so colourful. The journey that I have started here, took a great turn. The nodes are connecting with success now. College management has been very supportive throughout the journey, thanks to them.

**Rajat Patnaik**  
B.Tech (CSE)

I believe that determination and moral support are required to take an initial step of something best in life. The former part is within ourselves and for the latter there are the people who provide us with utmost help for which, I would like to thank Management and the faculty of MMDU. The culture, values and the morale that the university provide for complete development of my work life balance are undeniable.





# Stakeholders Say

**Jurat Omrai**  
B.C.A.

It's been one year here and it astounds me of what I have achieved from this university. I have been so happy and comfortable from almost the moment I got here, this place is really welcoming for international students. Everyone has been so friendly and helpful. No matter where I go it's really rewarding and energizing for me to become MMDU international 2018 and Model Hunk 2018.



**Bhanu Biswas**  
M. Pharma.

MMDU is an amazing place and platform to grow up in as a gentleman and as a professional. It makes the students ready to face the outside world.

**Nirmal Gurmaita**  
B.B.A.

MMDU is the best university across India. Taking admission here is like paying for an exclusive world tour. The university is comprised of different people from different nationalities which makes it a global community for diverse learning. It has all the best facilities under one roof - professional teachers, well stocked libraries, good computer lab, hygienic hostels, sports and studios with all requirements.



**Yugarshi Kaul**  
B.D.S.

MMDU: Making Million Dreams Unite "Every beginner possesses a great potential to be an expert in his or her chosen field." Well, this is quite a prologue to what an educational center is or in this case a university is. A university gives an abode to reside under and practice what you have always wanted to and further shapes up the curriculum of your life. Giving million hopes to students from India as well as abroad to come and flourish their progress under the aegis of reputed professors, there is this huge campus of Maharishi Markandeshwar Deemed to be University. This university has a lot to give to its students barring if we are ready to accumulate it with both hands as correctly said by Leonardo da Vinci that, "Study without desire spoils the memory, and it retains nothing that it takes in."



Jyoti Choudhary  
ATHM

I am a student of Hotel Management. Teachers of the university are very skilled and passionate about their work. The university campus is so good and peaceful. I love the university.

Meenu Sheoran  
M.Sc.

The staff and students are all friendly and very co-operative, the courses offered here are brilliant and the social life is simply great. The campus provides a safe and friendly environment to all the students.



Pomi Bagan  
B.A. L.L.B.

My life at MMDU prepares me for all the challenges. It is a perfect blend of joy and hardship. I met different types of people here, interacted with them & learned about their culture and today I have emerged as a confident person just because of MMDU.



Mildred  
B.A. L.L.B.

Being at MMDU is the best decision one can make considering the level of focus here. I have had a good experience with the lecturers who are so accommodative as well as the students especially the budding lawyer.





Ayswarya Alex  
B.D.S.

Hostel life gives practical training to a student for mental, moral, and spiritual development and so is Hostel 8 of MMDU. The seniors in our hostel are very friendly and helpful as well. All the students take meals together at the fixed time. There are specialized committees to discuss the problems of students in different aspects.



Suryadita Das  
B.D.S.

Besides seemingly endless pressures a medical student has to face, choosing this university to complete my degree definitely has its own privileges and after 8 months of my stay I can say with absolute certainty that my parents made the right decision in getting me admitted to MMDU which happens to be the best university for the field of dentistry in the entire north India.



Tarini Rai  
B.B.A.

I appreciate all the efforts and team work of all the management, faculty and supporting staff in creating the perfect environment for the students to fulfill the purpose of their coming here and keeping up the aspirations of the parents.



Abhishek Sharma  
B. Pt.

MM (Deemed to be University) is one of the best university diversified with different streams of education. Really, it's like a pride for me to be a part of it. The relationship between faculties and students is very cordial, which gives me an opportunity to excel in my area of interest. The years spent here are splendid and have helped me to grow professionally and personally.





**Akriti kumari**  
B.Pt.

Our University is the second name for knowledge and excellence. As a Physiotherapy student, I was given a full expanded exposure and opportunities as a student. The university and the institute offer facilities which are outstanding for a student for being a great professional. This institution has groomed me in such a way that I am now prepared both clinically and academically with professional skills. I feel honoured to be a part of this institution.

**Dr. Jaspreet Kaur**  
Assoc. Prof. in Pharmacy

MMCP is a pioneer renowned institution in the field of Pharmaceutical education in India. 64 copyrights have been filed by the institute, out of which seventeen have already been awarded by Ministry of Human Resource Development, Department of Higher Education, and Government of India. Currently five Research project are going on under the Department of Science and Technology (DST), Ministry of Science and Technology, Govt. of India, New Delhi in our institute apart from industrial collaborative projects. I feel proud to be a part of this institution.



**Dr. Nipun Aggarwal**  
Associate Professor in MBA

I am proud to say that I am working as an Associate Professor at this wonderful temple of knowledge: MM Institute of Management. It is great working here in this cognitive and learning environment in which there are daily new opportunities to learn new things that make me always active and enthusiastic. The management and colleagues are very supportive to work as a team and achieve the ultimate objective of imparting the quality education among the students.



**Mr. Vishal Gupta**  
Asst. Prof. in Computer

MMDU is leading University across the north India providing quality and industry oriented education and nurturing environment to augment one's skill as a student as well as faculty, MMDU enlightens one's path in a journey of continuous learning and discovery. I am glad to be a part of this university.



Dr. Saroj Chhabra  
Professor of Law



I joined MMDU in 2010, it has been a Journey with MMDU, it feels as if I have grown here professionally, intellectually and academically. I have seen the Department of Law which started in 2008, just two years earlier to my joining this university, transforming to a well established and successful Legal Institution. I feel proud to be the part of the success story of this department. We are lucky to have a vibrant, motivational and enthusiastic management that is always ready with all the resources to change our ideas into reality, be it any academic, cultural, co-curricular or legal venture.

Dr. Atul Garg  
Associate Professor in MCA



MM Institute of Computer Technology & Business Management (MCA) motivates everyone to think beyond the classroom and furnish with key lessons of innovation and leadership. It provides multi-cultural environment, where students with varied culture and professional backgrounds are valued and pampered. It is a great privilege that I am associated with such an institution which focuses on the growth of faculty as well.

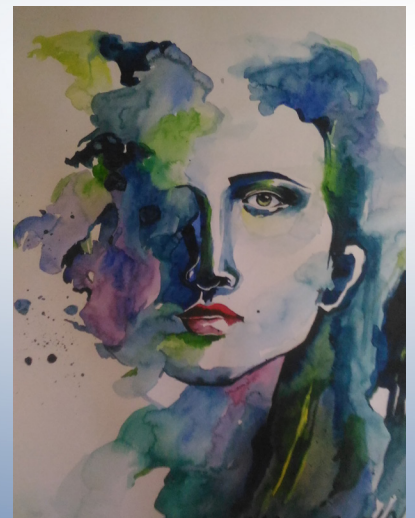
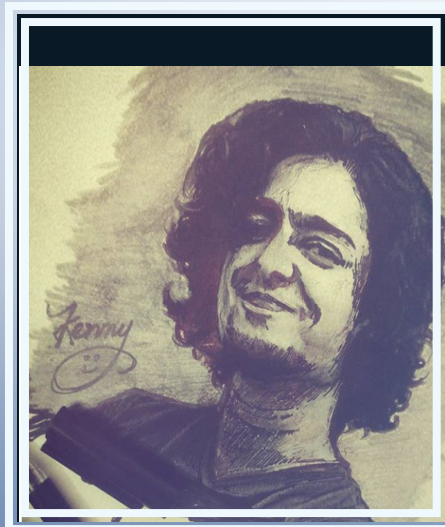
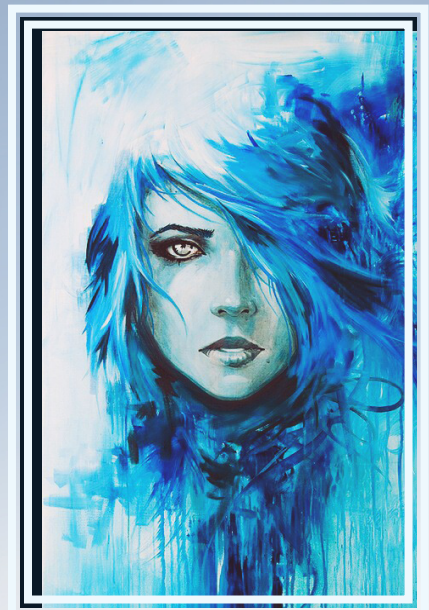
## B.Tech.-Computer Science with specialization in Software Development



Prof. Martin Radley  
(Program Director)

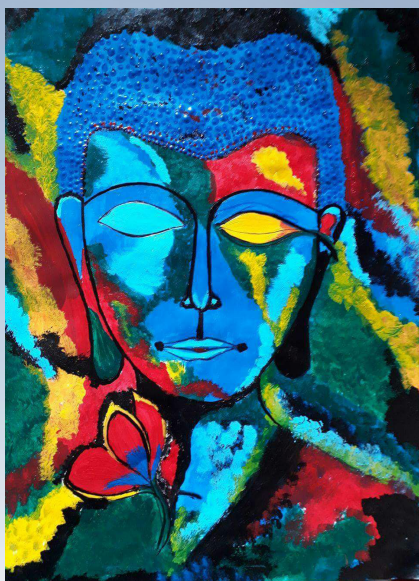
Software Development Program is carefully designed to produce Job-Ready Graduates. Students role play as interns and receive on-the-job experience all four years. Students work on real projects using the tools and processes that professionals use. Students create professional deliverables (Case, Documents and Presentations). They receive feedback on their deliverables and behavior from professionally trained mentors. This unique program is offered exclusively at Maharishi Markandeshwar (Deemed to be University) under the guidance of Dr. Lynn Carter and Martin Radley.

# From Notebook To Canvas....

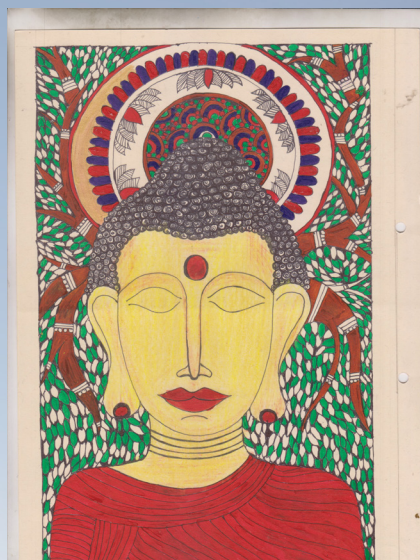


ART BY: PRATIK RANJAN





Art by- Sukriti



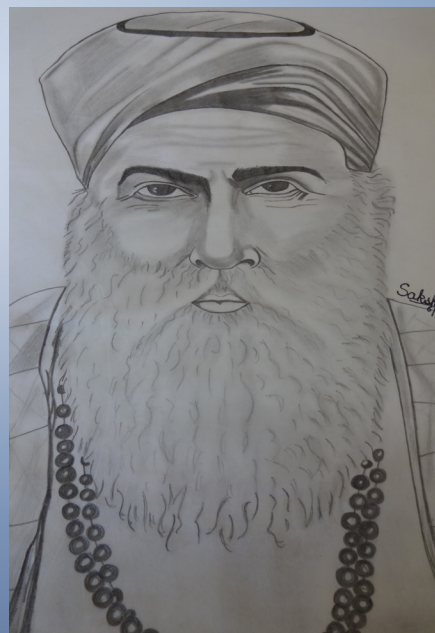
Art by- Akriti



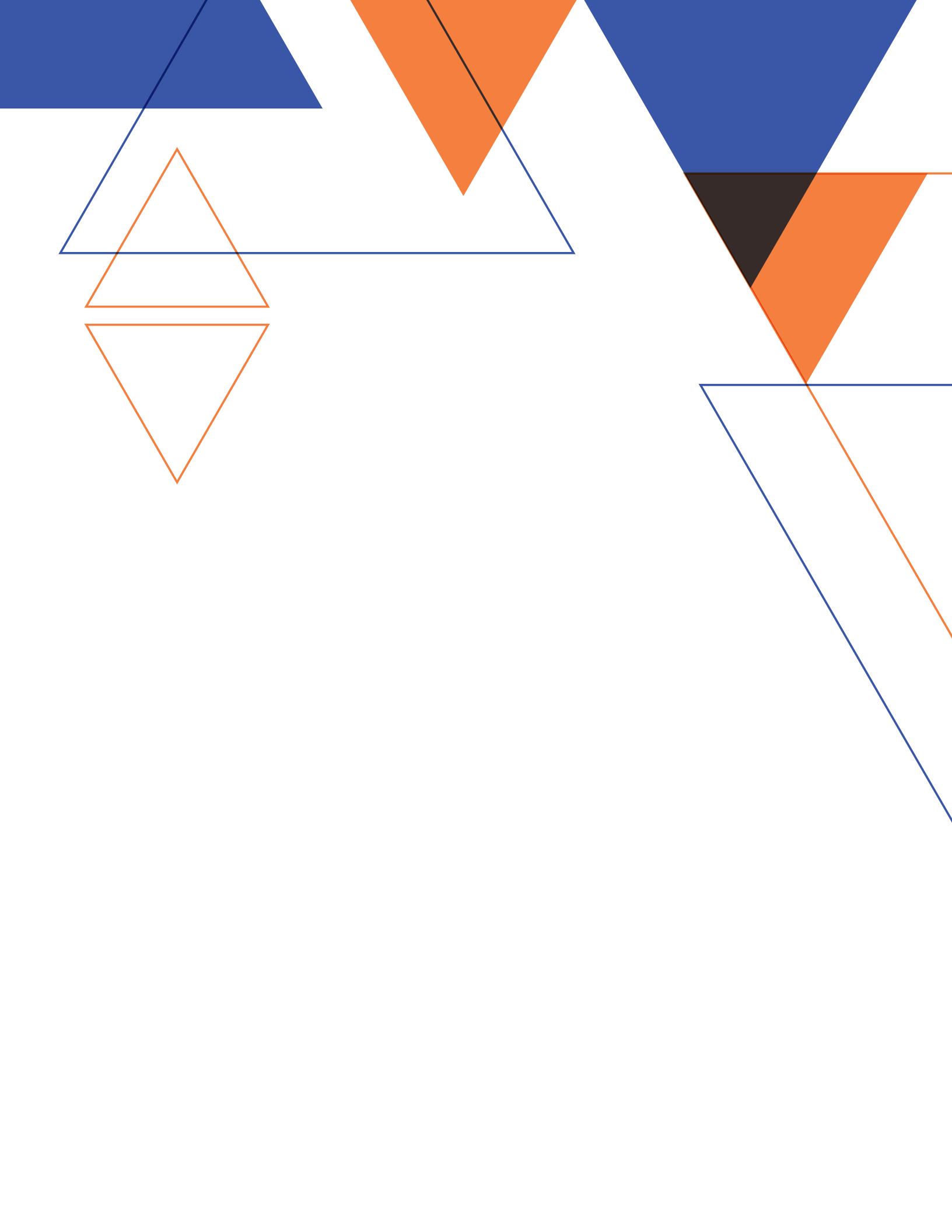
Art by- Ashish



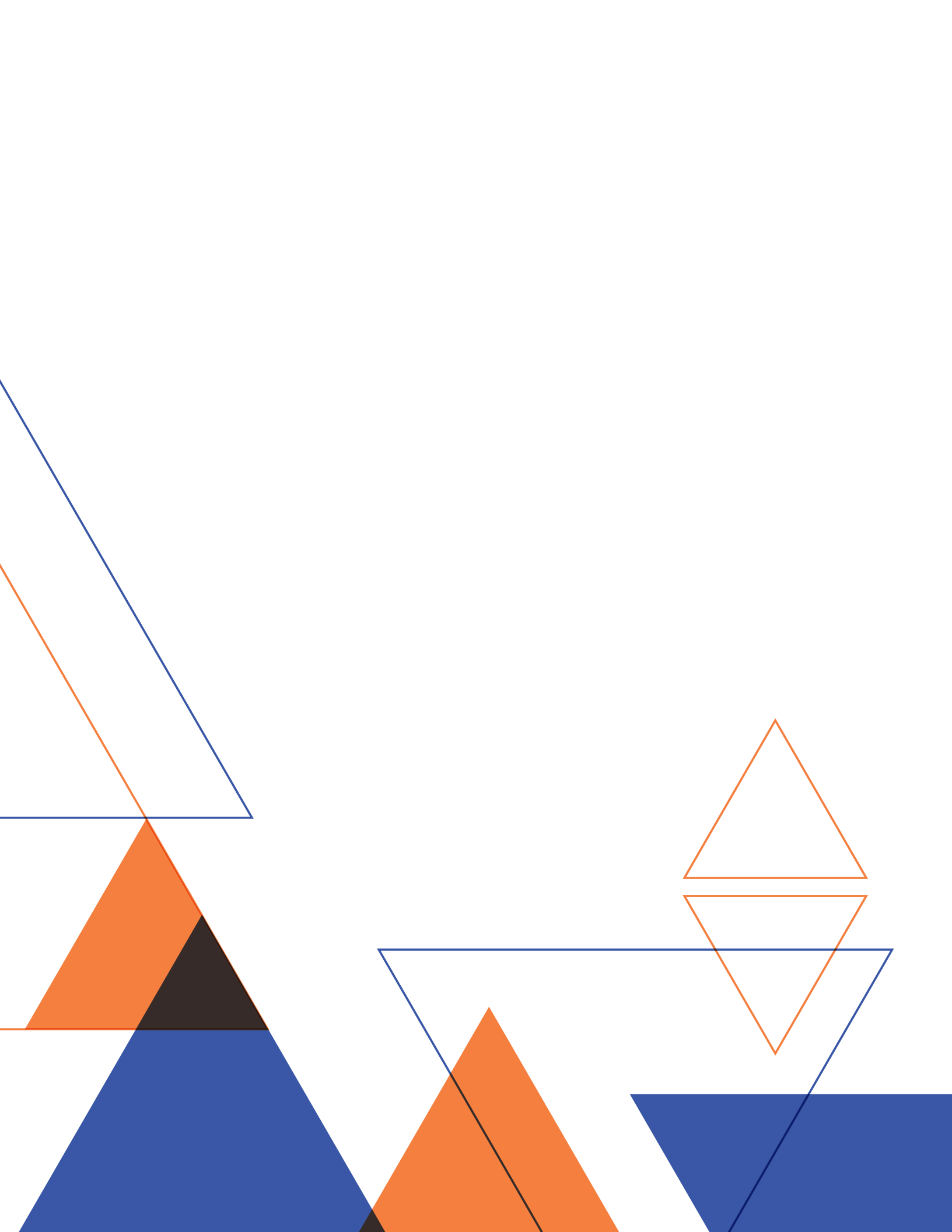
Art by-Sakshi



Art by-Sakshi









# THINK SUCCESS THINK MMDU

## Over 200 UG, PG and Doctorate Programs offered

Engineering | Medical | Computer Applications  
Dental | Hotel Management | Management Arts  
and Commerce | Law | Physiotherapy Pharmacy  
Nursing | Applied Science | Paramedical

## GOALS

To excel in various disciplines of education.  
To encourage research and development in  
various departments in thrust areas  
identified by various national agencies.

## QUALITY POLICY:

Committed to produce trained and  
professional manpower competent and  
responsive to the challenges of a dynamic  
and vibrant society.

## Scholarship for Meritorious Candidates

MMDU MULLANA, AMBALA - 133207 (HARYANA), TOLL FREE: 1800 274 0240 | SMS MMU AT 54646 | [www.mmumullana.org](http://www.mmumullana.org) | [info@mmumullana.org](mailto:info@mmumullana.org)