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2022-23

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Amrit Mahotsav

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UNIVERSITY OF DELHI
सिद्धा मुनि सत्यम्
YEARS
1922-2022



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(दिल्ली विश्वविद्यालय)
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I, Prof. (Dr.) Yogeshwar Sharma, do hereby declare that the particulars given above are true to the best of my knowledge and belief.

March, 2023



Prof. Yogeshwar Sharma
Principal

Motilal Nehru College, University of Delhi

Navaagat

नवागत

2022 - 2023

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Principal**

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Navaagat / नवागत

MESSAGE FROM CHAIRMAN

I feel a deep sense of elation as we enter yet another wonderful academic year at Motilal Nehru College, University of Delhi. The prospect of new opportunities, new challenges, and new adventures fills me with a profound sense of joy and excitement. As I reflect upon the past years spent at this prestigious institution, I am filled with an overwhelming sense of pride and gratitude for being a part of this remarkable community.

Motilal Nehru College has always been committed to providing quality education to students from all segments of society, regardless of their economic background. The college's objective has always been to promote equality and provide equal opportunities to all students, and this is reflected in its motto, mission, and vision. The college has consistently maintained one of the lowest fee structures in the University of Delhi, making it accessible to a wider range of students.

Additionally, the college offers scholarships, financial assistance, and year-long book bank facilities to help students pursue their academic goals without financial constraints.



Prof. Raj Kishore Sharma
Chairman,
Governing body, Motilal Nehru College

Inclusivity has always been a core and central value to the institution. Motilal Nehru College promotes diversity and prides itself on the diverse backgrounds of its students and staff. This acceptance and propagation of diversity extend beyond just the people; it has created a culture that acts as an incubator for new ideas and safeguards the freedom of expression in its truest sense. The college's commitment to its values of inclusivity and diversity has led to the creation of a dynamic and vibrant community that celebrates differences, fosters personal growth and development, and provides a supportive environment for students to thrive.

WORDS FROM

PRINCIPAL



Prof. Yogeshwar Sharma
Principal
Motilal Nehru College
University of Delhi

As the principal of Motilal Nehru College, University of Delhi, I am delighted to share my thoughts on the exceptional year we have had. It has been a year of immense pride and achievement for both our institution and our nation. India's leadership of G20 has brought accolades and recognition on the global stage, and our college's unwavering commitment to education and inclusivity has added to the nation's success.

For almost six decades, Motilal Nehru College has been dedicated to providing education and value to students from all backgrounds. The legacy of our institution has continued to grow and shine brighter over the years, thanks to the relentless efforts of our students and faculty. Their achievements and honours make me immensely proud and reinforce my belief in our institution's vision and mission.

The pandemic brought unforeseen challenges, and we faced them headstrong as a community. We remember the hardships, but we also celebrate the resilience and the spirit of cooperation that made us emerge stronger. With the combined efforts of all stakeholders, we can proudly say that we have stabilized things this year. Moreover, the integration of technology in teaching has increased significantly, leading to a more comprehensive, accessible, and convenient method of instruction.

As we embark on a new academic year, I extend my warmest wishes to all our dear students. I am proud of the collective achievements of our institution and have full confidence that this year will bring forth even more growth, success, and fulfilment. Let us continue to uphold our values of inclusivity and diversity, and let us work together to make Motilal Nehru College a beacon of hope and inspiration for generations to come.

Words from Convener



Dr. O. P. Gusai, Convener

I am honoured to be the convener of the annual magazine Navaagat which play a crucial part in inspiring our students and providing them with a platform to express themselves through literary and artistic pieces. The essence and importance of Navaagat has always been immense, as it serves as a collection that combines all stakeholders, including students, staff, societies, cells, and administration, and connects them as one institution. It fosters a sense of belonging amongst the students and strengthens their love and commitment towards their institution.

True creativity can only flourish in an environment that promotes freedom of expression. Motilal Nehru College has always strived to inculcate a culture of inclusivity, acceptance, and diversity to encourage the true creativity of our students. Navaagat provides them with an opportunity to showcase their creativity and express themselves to the fullest.

As in previous years, Navaagat continues to strengthen its commitment to inclusivity by being multi-lingual. Pieces submitted in various different languages have been published to promote equality and encourage acceptance of diversity. I sincerely hope that this year's edition, like previous ones, inspires and adds value to all who read it.

In conclusion, Navaagat is more than just an annual magazine; it is a celebration of creativity, inclusivity, and diversity. I am proud to be a part of an institution that encourages and fosters such values. I extend my sincere gratitude to all who have contributed to the magazine, and I look forward to witnessing the amazing talent and creativity of our students in the years to come.



Editorial Board



Shivam Gupta [B.Com (Hons), Batch of 24]

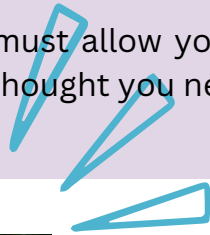
EDITOR-IN-CHIEF

" It's never too late, if you shall dare to take the first step. "
@shivambbps



Isnigdha Rawat [B.com, Batch of 24]
HEAD OF GRAPHICS

" Like wildflowers; You must allow yourself to grow
in all the places people thought you never would. "
@isnigdhaaaa



Lakshita Soni [B.com (hons), Batch of 24]
HEAD OF CONTENT - ENGLISH

" Life's going to give you a million moments per
second to write poetry about. Embrace them and let
them embrace you back. "
@_l.a.k.s.h.u_29

Neha Jain [B.Com, Batch of 24]
EXECUTIVE EDITOR - ENGLISH

" Let's not resign ourselves to mediocrity, but instead, realise that we are entitled to everything we desire. This Universe was designed by the best planners, and everything we yearn for is already woven into the fabric of existence, awaiting our discovery. "

@nehhajain_



Rishi Gupta [B.Com, Batch of 24]
SUB HEAD - PR

"The winds of change may blow, but your roots run deep and will always keep you grounded."

@_.rishigupta._

Palak Raj [B.Com, Batch of 24]
PR HEAD

" Dear Readers, hope you make a great squad studying here because building a good mob is just like those golden daffodils dancing beneath the trees, the trees that personify your college days. "

@palak.raj.0612



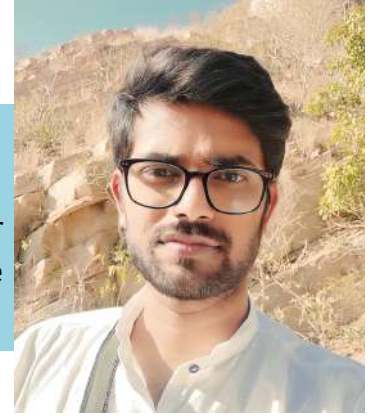
Suyash Kulkarni [B.Com (hons), Batch of 24]
SUB HEAD - ENGLISH

"Choose to become a visionary. Use your creative juices to paint the canvas of your life and never let someone else handpick the colours for your mural. "

@suuyaash

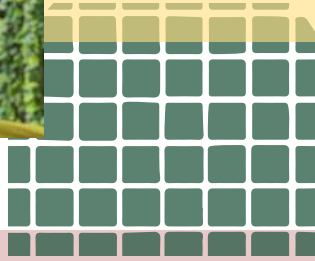
Gaurav Raj [B.A (hons) Sanskrit, Batch of 23]
EXECUTIVE EDITOR - HINDI

" Not having to pretend simplifies your life. On the other hand, pretending day after day to be someone you are not, requires enormous effort. "



Sathvik [B.A (hons.) Sanskrit, Batch of 23]
HEAD OF CONTENT - HINDI

" Go where you are celebrated, not tolerated "



Bhawesh Joshi [B.Com Programme, Batch of 24]
EXECUTIVE-EDITOR

"If you want to shine like a sun, then first burn like a sun"



**Anchit Agarwal [B.A (hons) Economics,
Batch of 25/26]**
GRAPHICS ASSISTANCE

"Sometimes when you're in a dark place you think you've been buried, but actually you've been planted."

**Yashasvi Bhatnagar [B.A (hons) Political Science,
Batch of 24]**
CO-EDITOR

" Just enjoy the process of the goal of the life , the enjoyment leads us to the end results. "



ACKNOWLEDGEMENT

I, Shivam Gupta, Editor-in-Chief, Navaagat, 2022-23, would like to extend my heartfelt gratitude and appreciation to our Convener Dr. O. P. Gusai for constituting the first-ever student editorial board of Navaagat, the annual magazine of Motilal Nehru College, University of Delhi. and for trusting us with true creative freedom while always being there to guide us wherever required.

I extend my respect and reverence to our dear Principal Prof. Yogeshwar Sharma for supporting us in all possible ways and facilitating the whole process in the smoothest form possible.

This magazine could not have been made possible without my dear team, Editorial Board, Navaagat, 2022-23. Working day and night, reading, correcting, re-reading and correcting again, and repeating, I cannot thank my team enough for their creative input and genuine handwork that they put in along with a lot of love which has led to the creation of this year's edition of Navaagat. I would like to thank Isnighdha and Lakshita for continuously editing the graphics of the magazine thousands of times without complaining. To Neha for handling the operations of the endeavour with utmost care. To Sathvik and Gaurav for handling all the operations which demanded their expertise in Hindi. Also, to Palak and Rishi who handled the communication with external stakeholders so efficiently. Finally, to Suyash and Yashasvi for expediting the whole process.

I would also like to express my gratefulness towards our friends of Abhivyanjana- the English Debate, Poetry and Creative Writing Society of Motilal Nehru College and Chayankan- the Film and Photography Society of Motilal Nehru College for proactively helping us and assisting us with their expertise.

Finally, I express my utmost gratefulness towards our readers. We sincerely hope that you find this an enriching experience and feel the love with which we have curated this offering for you.

Shivam Gupta
Editor-in-Chief, Navaagat 2022-23



PAPER TALES



NAVAAGAT
न वा ग त

मोतीलाल नेहरू महाविद्यालय
(दिल्ली विश्वविद्यालय)

The Vastness of the Universe and a Cosmic Perspective on the worldly problems and issues

Introduction

The Universe is vast, so much so that no combination of letters may ever be able to truly express it. In fact, the word 'astronomical' is used to describe really large objects. It is so humongous that its size can only be explained using comparisons.

It houses countless systems of stars that collectively form galaxies and individually form their own stellar systems. It produces several elements using methods such as Nuclear Fusion to combine and react to form all that it encompasses. Over time, a collection of those particles led to the creation of life on a planet (the only one known so far, i.e., Earth). After millions of years of evolution, a life form came into existence that could understand some of the aspects of the Universe in its own terms and methods. While this life-form is unique in the manner that it has not found any other life-form that understands the Universe, it has its own struggles. During its history of more than 10000 years, it has explored and unravelled many mysteries of the universe, but it has also created things, though not intentionally, that have hindered its growth as a species and disrupted the process of finding out more. The human is his own worst enemy. He leaves no stone unturned to get what he wants, and in the process, creates havoc for his peers (of his species and others) and his home.

This article explores this aspect. It describes the vastness of the Universe and introduces an idea that we may call 'Cosmic Perspective'. It talks of the issues and day-to-day problems that tend to hinder growth and brings to light of Cosmic Perspectives. A solution or two is explored at the end.

The vastness of the Cosmos

You can tell that the Antonov AN-225 Mriya (the largest aeroplane humanity has seen) is huge, considering, you can comprehend its enormous wingspan, length, or any other attribute in numbers and units. But words and numbers fall short when it comes to the Universe. All numbers that can be perceived fall short to describe their size. In fact, the units that we use to describe all physical phenomena on Earth fail to describe even any one of the phenomena in the Universe. For the shortest of distances on a cosmic scale, we jump from metres and kilometres to Astronomical Units and Light Years. To describe the further points in the Universe, the huge length of 1 Light Year (1 ly) needs the support of numbers to the order of billions or trillions.

Though the idea of the vastness of the Universe is best conveyed through animations, I will try to convey it through text to the best of my ability.

Let us consider a human being. An average human is about 1.7 m tall. For the sake of simplicity, let us round that to 2 m. The largest statue that we have ever built is over 180 m tall, i.e. 90 times the size of a human. The tallest structure in the plan, the Jeddah Towers, would be over 1000 m tall, i.e., 500 times the size of a human. Further, the tallest point on Earth, the peak of Mt. Everest is 8848 m high, more than 4000 times the size of a human. Leaving the Earth, the International Space Station orbits the Earth at a distance of more than 400 km, i.e. 400000 m, 200000 (two lakhs) times the size of a human. Further ahead, we head to our natural satellite, the Moon, which is at a distance of more than 3,84,000 km, which is 192000000 times the size of a human.

To put into perspective, you would require more than 2 Million humans standing on top of one another to reach the Moon. Further ahead, we reach the Sun, at a distance of approximately 150000000 km, or 1.5×10^{11} m, which is 15 followed by 10 zeroes. This is where things start getting big and the SI system becomes futile. A unit called 'Astronomical Unit' comes into the scene. This distance is so much that even the fastest thing in the universe, Light, takes more than 8 minutes to cover it. It takes many hours for light to reach Neptune, the farthest planet from the Sun. Beyond that, millions of kilometres away lie the boundary of the Solar System, the Oort Cloud. It is believed that its outer layer stands at about a distance of 1 light year from the Sun, i.e. 9.46×10^{12} km (more than 9 trillion kilometres). Even if all the humans who have ever existed were to stand in a line with their hands stretched out, they wouldn't be able to cover this distance. Crossing the Oort Cloud, we reach interstellar space.

The nearest star to the Sun, Proxima Centauri, is at a distance of 4.3 ly (Light years). Sirius, the brightest star in the night sky, is at a distance of 8.6 ly. Further, there exist numerous stars, nebulae, pulsars, rogue planets, and other species at varying distances. The Sun lies at a distance of 26000 ly or 8 kpc (Kiloparsecs) from the centre of the Milky Way Galaxy (1 Parsec is equal to 3.26 ly). The Milky Way Galaxy is over 100,000 light-years across. Our nearest galactic neighbour, the Andromeda Galaxy is over 2.5 Million ly away. These galaxies combined with others nearby form the Local Group, which is over 5 Million ly across. The Local Group is a part of the Virgo Supercluster, which is over 55 Million ly across. This supercluster along with others forms the Universe, known to be about 13.8 Billion light-years wide, and still growing.

Our cosmic address hence turns out to be, Earth, Solar System, Oort Cloud, Orion Arm, Milky Way Galaxy, Local Group, Virgo Supercluster, and Universe.

The Human Worries and Issues

Humankind has been on this planet for tens of thousands of years, a mere speck in comparison to the age of the Universe. But there is something that makes us special. So far, we are the only known life-form that can understand and appreciate the cosmos. Though some animals, especially migratory birds use constellations and positions of stars as navigation tools, they don't bask out under a beautiful night sky. We have come to understand and appreciate the features of the Universe, thanks to all the great minds that have existed.

But in all of our history, the last few centuries have brought great pain to all life, witnessing numerous wars, natural calamities, and man-made disasters. Upon the creation of the first atomic bomb, Albert Einstein quoted, "No rat would ever create a rat trap". The species that had begun to see, observe and appreciate the vastness of the Universe, started fighting amongst themselves, just to acquire more land and status. I question, "What does this land, this status, and this power, stand in front of the mightiest thing we know, the Universe?". For the last few decades, humankind has been fighting to establish the supreme religion, to establish the supreme country, to establish the supreme race, etc. It occurs to me, isn't the purpose of every religion and nation-state the same? Although variations exist in practice, the idea is exactly the same. What will we gain when we kill another member of our species? Just some more land, and more authority. It is, simply, of no use. We are still on the very same planet and nothing has changed in the Cosmos. All this hatred and fighting has led to nothing new on a cosmic scale. Everything is certainly the same everywhere, except Earth. Humankind has to unite. Its disintegration on various grounds has caused a lot of nuisance and trouble to the planet. Speaking in simple words, the planet does not feel. It won't die, and even if it did, it wouldn't feel it.

We would. The animals, plants, and other life forms would. All life forms would feel the slow and painful death that is cast upon them by humans. A unison of humans is needed to protect themselves and other species that they have caused harm to. As a result, the planet itself is protected and nurtured.

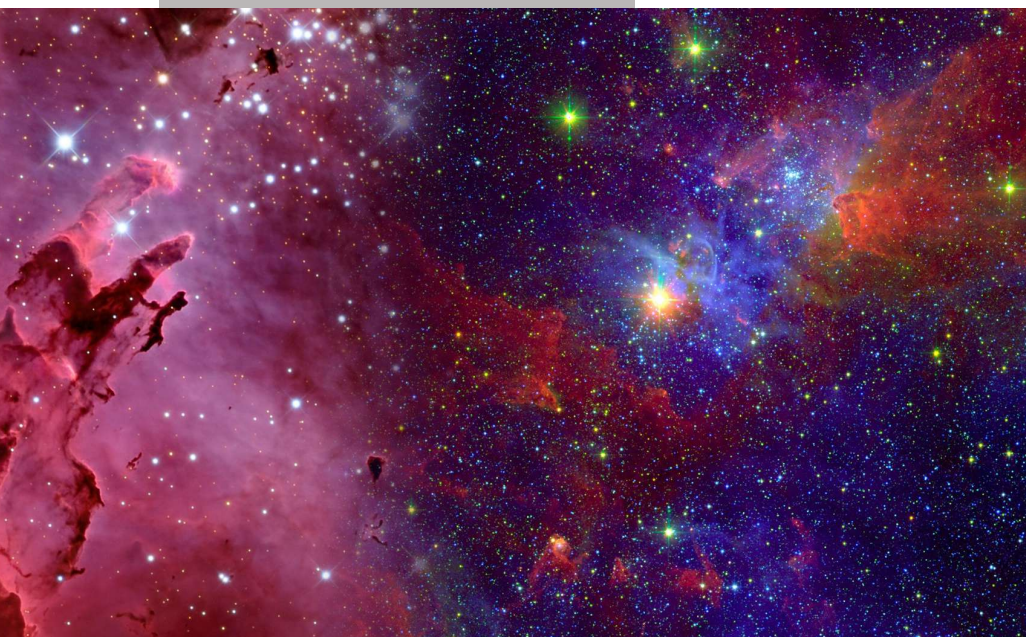
We are afraid of the future, sad about the past, anxious about anything that may come, but haughty with the achievements of the past. Is any of it necessary? It most certainly is not. Can we change the past? No, we can see it, and remember it, but cannot travel to it to effect any change. Can we see the future? No, we cannot see it but theoretically, we can travel to it. If we can't alter the past, why be sad about it? If the achievements of yesterday are only bringing negativity, why not forget them? If we can't know the future with certainty, why bother thinking about it the whole time? We can, surely, adapt and make changes in ourselves, today, reflecting upon the mistakes of yesterday, to make our tomorrow better.

Conclusion

The Universe is large. The Earth is large. It has everything humankind would ever need. But, in the words of Gandhi, it doesn't have enough for anyone's greed. It is high time that humankind comes to senses. All the negative emotions, vis-à-vis, greed, worries, hatred, anxiety, etc., really don't need the attention and time they usually get. Thinking and worrying over a point would never solve it. But making a decision, taking a chance, may help. We must never think of the outcome while performing an action. Do your best, and let the future decide for itself. In the words of a wise man, "Don't worry about the destination, enjoy the journey".

The Universe has everything you will ever need, material or abstract. It will give you the resources you need to survive and also give you hope and happiness to live your life better. Whenever in some kind of a worry or state of sadness, go look outside, be it day or night. During the day, check out the beautiful clouds. At night, check out the Moon, the planets, and the Stars. Whether you are alone, or with someone, the sky will only bring you happiness. It will relieve worries and stress. The shimmering beauties of the night sky bring happiness, hope, and a belief that all that we worry about is so small when compared with the huge, mighty, and gigantic cosmos.

Prabhjot Singh [B.A Programme, Batch of 23]



13 Pages Of I Don't know

Trigger warnings: graphic mentions of suicide, assault, anxiety, death

I wrote a letter to myself yesterday. I often do that when my writer self needs a reminder. "A reminder to what?" I don't know yet.

A reminder to live maybe...

Or is it a reminder to kill the sick twisted part of me that rebels against I don't know what.

This letter was 13 pages long. Is that supposed to be a bad omen? At Least that's what grandma tells me. I know Taylor swift would disagree with my grandma but she doesn't care about Taylor's lavender haze for she's lost in her own sadabahar haze. I should ask grandma about this, but how can I. You see I'm scared to approach her because I wrote a 13-page long letter of "I don't know".

Page 1 had a note to self-written from my mother's kajal pencil to save my writing from nazar.

DON'T CUT YOUR NAILS AT NIGHT. It's a weird warning because it's meant to protect the cells in my body that don't feel pain when cut. Every cut, every scar on my body has been made after midnight yet nails are something I refuse to cut at night, I refuse to let demons and scary monsters come after me. But biting isn't the same as cutting, is it? So I bite my nails to drown the involuntary music from my throat as I paint my skin red using the blade as a brush and the water from my eyes to wet the paint.

Pages 2 to 7 had multiple images of black cats. They too are a bad omen you see. I feel like a bad omen sometimes, so "us moment" black cats. I can't help but wonder though, do we neglect black cats because they're a bad omen or is it something else? Have we treated and abused black cats so harshly that God punished the people who made their life a living hell? I wouldn't be surprised, for Athena did "curse" Medusa to save her from Poseidon.

I love sunsets for they give me a sense of relief that the day is over. I won't have to endure the day again but only replay its memory like a broken record every day. But the glares I get whenever I capture sunsets tell me that we're forbidden lovers. So I tuck the sunset Polaroids and the relief along with them deep within pages 8 and 9 of this 13-page long letter.

Apples are the reason I'm writing this letter and I've reached page 11. They told me "an apple a day keeps the doctor away" but I gobbled down apples till my stomach couldn't take it anymore. Still, a certain set of hands are imprinted deep within my skin and no matter how many times I scrub it off or paint it red, the imprints won't go away. The obscene amount of apples I consumed failed to keep the doctor away but they're the reason I'm vomiting out this string of meaningfully meaningless words.

I've been explicitly instructed **DO NOT ENTER GRAVEYARDS.** But that's what I rebel against the most, for the graveyard near the airport has the clearest view of sunsets. I've also been told not to turn around in graveyards or the demons will catch you. But which demons were everyone talking about, the ones who supposedly live in the graves alongside where my letter is buried, the ones residing in my mind or the ones that lurk outside the gates in cities? Which ones are the scariest? I guess we'll never know.

Lakshita Soni [B. Com (Hons.), Batch of 24]

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Artificial Intelligence: Threat or Opportunity for Employment?



Artificial Intelligence (AI) has become an integral part of modern society. With the rapid growth of technology, AI has played a crucial role in automating various tasks, leading to major changes in the job market. While many fear that AI will replace human labour, it is important to understand the opportunities and challenges that come along with AI.

One of the major impacts of AI on employment is the loss of jobs in certain sectors. For instance, the rise of self-driving cars threatens the employment of truck drivers, while automated manufacturing processes can replace human workers in factories. This has made the Job market very unpredictable and made workers very anxious for their job. However, it is important to understand that AI has the potential to create new job opportunities and make existing jobs more efficient through the entry of artificial intelligence into it.

Just for example recently we saw a collaboration between BCG and open AI in which open AI will be helping out BCG on various consulting projects.

One example of AI's positive impact is in the field of healthcare. AI technology has enabled doctors to diagnose and treat diseases more accurately and efficiently, leading to better patient outcomes. This has created new job opportunities for data scientists and healthcare professionals who can use AI to improve healthcare delivery. Another area where AI has made significant strides is in the financial sector. AI algorithms can analyze large datasets to make investment decisions, leading to increased profitability for businesses and investors. This has created new job opportunities for financial analysts and data scientists who can use AI to make better financial decisions.

It is important to note that technological advancements have always brought about changes in the job market. For instance, the rise of computers led to the loss of jobs in the typewriter industry, but it also created new job opportunities in the technology sector. Similarly, while AI may take away some jobs, it has the potential to create new ones.

Moreover, AI technology is not self-sufficient. It requires human input to function effectively. This means that individuals who upgrade their skills and knowledge to effectively use AI will be in high demand in the job market. In other words, while AI may take away certain jobs, it also presents an opportunity for individuals to upskill and take advantage of new job opportunities.

In conclusion, AI is a powerful technology that has the potential to transform our lives in many positive ways. While it may lead to job losses in certain sectors, it also presents opportunities for new job creation and increased efficiency in existing ones. As with any technological advancement, it is important for individuals and businesses to adapt and upgrade their skills to effectively use AI. In this way, AI can become a threat for employment and a tool for improving productivity and efficiency, ultimately leading to a better future for all.

Life of a College Student

College life is one of the most exciting and challenging phases of a young adult's life. It is a time when individuals are discovering themselves and the world around them, and laying the foundation for their future. For some of us, it is the first time we will be living away from home, and the first time we will be responsible for managing our lives independently.

Let's explore our lives as college students, from the challenges we face to the experiences that shape our personal and academic growth.

Academic Life: Academic life is a significant aspect of a college student's life. It is during this period that we have the opportunity to specialize in our chosen fields of study and work towards earning a degree. The academic rigours of college life can be overwhelming, and we must learn to balance our academic responsibilities with other aspects of our lives. The college workload is significantly more demanding than that of high school, we are expected to be self-motivated and disciplined in our studies. Classes are more extensive, and we all want to keep up our coursework and assignments to stay on top of our grades. Some of us struggle with time management, and it can be challenging to balance academic work with extracurricular activities, social life, and part-time jobs. We must also learn to adapt to different learning styles, as classes are often taught in different formats, such as lectures, discussions, and labs. Professors expect students to engage in critical thinking and independent research, which can be challenging for those who are not used to it. Additionally, we must learn how to write academic papers, conduct research, and present our findings, which requires a high level of academic writing skills.

Social Life: College life is also about building social connections and relationships. Some of us will be staying away from home for the first time, and it is essential to develop a social support system to help us adjust to our new surroundings. This can be through joining clubs, organizations, and teams that align with their interests and hobbies. Socializing is a crucial aspect of college life, and some of us form lasting friendships during this period. It is also a time when individuals begin to explore their romantic relationships and dating. While the social aspect of college life can be exciting, it can also be overwhelming for some students. Some of us struggle with homesickness and loneliness, especially during our first year, when we are still adjusting to our new environment.

Internships & Part-Time Jobs: Many of us work with different internships or with part-time jobs to help thoroughly for paying for tuition, books, and living expenses. Part-time jobs can also be an excellent opportunity for students to gain work experience and develop essential skills that will be useful in their future careers. However, juggling a part-time job with academic responsibilities can be challenging. Working students must learn to balance their schedules and prioritize their responsibilities. They must also learn to manage their finances effectively to avoid falling into debt. While working can be a great way to earn extra money, students must also be careful not to let it impact their academic performance negatively.

Personal Growth: College life is a time of personal growth and self-discovery. It is a time when individuals begin to explore their identities and discover their passions and interests. Many students use this time to explore their beliefs, values, and political views. Additionally, students have the opportunity to develop critical thinking skills and learn to engage in thoughtful debate and discussion with their peers.

College life also provides opportunities for students to develop leadership skills and take on positions of responsibility within their societies, organizations, and teams. This can help build confidence and self-esteem, and students learn to work collaboratively with others to achieve common goals.

Challenges Faced by College Students: College life is not without its challenges. Students face various obstacles, including academic pressure, financial difficulties, and social anxiety. Many students struggle to balance it.

In Conclusion, the college experience is a time for growth, learning, and self-discovery. Students should make the most of this time and take advantage of the opportunities available to them. They should seek support when needed, build meaningful relationships, and stay curious and open-minded. College life is a journey, and the experiences gained during this time will shape the rest of a student's life.

College Life is a transformative experience that shapes an individual's personal and professional growth. It provides an environment where students can discover their passions, develop their skills, and learn about the world around them. College also offers a platform for students to connect with people from diverse backgrounds and cultures, which broadens their perspectives and helps them develop empathy and understanding.

Rishi Gupta [B.Com, Batch of 24]



Veda and Science:

Exploring the Connections

The Vedas are a collection of ancient texts that form the foundation of Hinduism. These texts are believed to have been written between 1500 BCE and 500 BCE and contain a wealth of knowledge on various subjects, including philosophy, spirituality, astronomy, and mathematics.

Over the centuries, the Vedas have been studied and interpreted by scholars and practitioners, and their teachings have influenced many areas of life, including science. Let's explore the connections between Veda and science and how these ancient texts can inform and enrich our understanding of the world around us.

One of the most striking features of the Vedas is their sophisticated understanding of astronomy and mathematics. The Vedas describe the movements of celestial bodies and their impact on human life, including the positions of the planets, the phases of the moon, and the cycles of the sun.

The Vedas also contain mathematical concepts that are still relevant today, such as the concept of zero and the decimal system. In fact, it is believed that the Indian numeral system, which uses a base of 10 and the concept of zero, was first developed by Indian mathematicians who were influenced by the Vedas.

The Vedas are not just a collection of scientific knowledge; they also contain profound philosophical insights that have shaped Hinduism and influenced many other spiritual traditions. The Vedas explore the nature of reality, the human condition, and the relationship between the individual and the universe.

These philosophical insights have been studied by modern scientists and have been found to have relevance to contemporary scientific theories. For example, the concept of consciousness in the Vedas has been compared to the concept of quantum mechanics, which explores the relationship between the observer and the observed.

The Vedas also contain valuable knowledge on medicine and health, including the system of Ayurveda, which is still widely practised in India and other parts of the world. Ayurveda is a holistic approach to health that emphasizes the balance between the body, mind, and spirit.

The Vedas describe the properties of various medicinal plants and their therapeutic uses, and Ayurveda uses this knowledge to treat a wide range of ailments. Modern scientific research has also validated many of the principles of Ayurveda, and it is now recognized as a valuable complementary approach to modern medicine. The Vedas are a rich source of knowledge that has influenced many areas of life, including science. The sophisticated understanding of astronomy, mathematics, and medicine contained in the Vedas has contributed to the development of modern science, while the philosophical insights of the Vedas continue to inspire and challenge scientists and thinkers. By exploring the connections between Veda and science, we can gain a deeper appreciation for the wisdom and knowledge contained in these ancient texts, and apply them to our lives and our understanding of the world around us.



Gaurav raj [B.A (Hons.) Sanskrit, Batch of 23]

Regrets, Secrets, And Distress

Sometimes Despite doing something with a leap of thousand miles sponsored by confidence things don't work out exactly how they are supposed to

But my grandmother made me believe in the philosophy to let things go as it is because good things take time and one will value their good time only when they know the meaning of tough times as well.

Have we ever thought how much time "good time" takes to come?

What stops a person from wondering this is what if it's far too away or what if it never comes?

Somewhere millions and millions of questions which keep triggering us end up killing ourselves and our identity.

Do we value tough times the exact way we value good times?

The answer is No.

How sad it is, every one of us prays for a healthy and safe life but we never appreciate our life, its existence.

Is it okay to regret?

Is it okay to keep secrets? Is it okay to feel distressed?

It is completely fine to have regrets.

What is not fine is when we do not take a lesson from those mistakes.

Making mistakes is a part of life, and learning from them is the best use of that part of life.

Remorse for mistakes made always requires a large heart.

Also, life is only ideal when happiness and regrets are distributed fairly

When it comes to keeping secrets, If everyone becomes aware of the reality of everything, the world would be in utter turmoil.

But, keeping a secret can become a burden that plays on our minds, even while it might strengthen relationships and make us feel cherished.

On the other hand, it is completely normal to keep a secret if It seems harmful to others.

Some lies are better than destroying someone's mental state.

Is it ok to feel?

If yes, it's ok to feel distressed.

Life is a cycle and it has different phases.

If life is a coin, Ecstasy and Sadness are its two faces.

What becomes more important here is to cope with that sadness.

No matter how many times we toss a coin it is not possible to get the same side every single time.

Even a flower blooms one day and shrinks another day.

Khushi Singh [B.Com, Batch of 24]

नारी सशक्तिकरण या संगठित नारी

नारी , स्त्री , महिला ये सभी नाम एक असीमित शक्ति के संसाधन के है जिनका शोषण आदिकाल से ही होता आ रहा है पर हैरानी इस बात की है यह संसाधन कोई अल्पसंख्यक नहीं है वरन समाज में आधे की हिस्सेदारी रखता मै यहा संसाधन इसलिए प्रयोग कर रहा हूं क्योंकि आदि काल से ही इन्हे उपभोग की वस्तु के अलावा और कुछ समझा ही नहीं गया है । अमूमन यह देखा गया जहां कहीं भी एक स्त्री का शोषण हो रहा होता है उसके पीछे कहीं न कहीं किसी न किसी रूप में सदा हाथ किसी अन्य महिला का ही रहा है । उदाहरण के रूप में जब एक गर्भस्थ महिला को यह पता चलता है की उसके गर्भ में जो शिशु है वो कन्या है वो उसे नष्ट कर देती है यहां शोषण का पहला स्तर शुरू होता है ध्यान देने वाली बात यह है की शोषक और शोषित दोनो ही स्त्री के विभिन्न किरदारों को निभा रहे है । फिर एक मां के अपने पुत्र और पुत्री में किए जाने वाले भेद तो घर - घर की कहानी है । एक सास के अपने बहु पर अत्याचार या बहु के सास पर ये सभी महिलाएं है जो अपने विभिन्न किरदारों में शोषण के मौकों का बखूबी लाभ उठा रही है । एक बहुत ही प्रसिद्ध पंक्ति है की 'नारी ही नारी की शत्रु है' । इस पंक्ति को चरितार्थ करती है 'सास भी कभी बहु थी' जैसे चलचित्र जो समाज के कटु सत्य को प्रदर्शित कर रहे हैं। नारी सशक्तिकरण से पहले ये आवश्यक है की संगठित नारी जैसे विचारों को बढ़ाए क्यूंकि जो नारी स्वयं में ही शक्ति स्वरूपा हो उसे कोई क्या ही सशक्त बनाएगा ये तो सूरज को दिया दिखाने जैसा है । नारी सशक्तिकरण के नाम पर जो कार्य हो रहे है वो नारी को सशक्त बनाने के बजाए पंगु बना रहे । मसलन जब हम देखते हैं की महिला खिड़की, महिला सीट आदि तो उसे अपने संसाधन के लिए स्वयं संघर्ष करने की क्षमताओं को दबा रहे है की ,क्या वो महिला, पुरुषो से स्पर्धा में अक्षम है ? क्या वो स्वयं से सीट प्राप्त नहीं कर सकती ? क्या वो साधारण पंक्ति में टिकट हासिल नहीं कर सकती ? बिलकुल कर सकती है उसे स्पर्धा में बस भाग तो लेने दो ना की उनमें ही स्पर्धा करा दो । नारी सशक्तिकरण के लिए नारी का शिक्षित होना तो आवश्यक है ही शिक्षा के साथ आवश्यक है उसमे आत्म चेतना का विकास ताकि वो किसी भी किरदार में किसी अन्य महिला पर किसी प्रकार का कोई शोषण न करे और न ही किसी और को करने दे।

सुदीप पाण्डेय [बी.ए प्रोग्राम 2025/26 बैच]



A Love Letter? Not Really

Sara Dwivedi [B.A (hons) Maths, Batch of 2025/26

Dear you,

By the time this letter would reach, the mists of your eyes would have already taken the shape of a pearl, and the shine of the long-knitted wait for hope would have dimmed. Yet, writing this in a hope that my words act like fireflies in the night sky of your Garland. The pain that poets romanticize is never beautiful, but the feeling of a lump being stuck in your throat choking and making you scrutinize your whole existence. So when you don't find a beautiful metaphor for your broken heart or a simile for the one who broke it, when you don't render into artistic valour, just breathe in, because pain is never romantic. There's not much of a difference between us and the toddler playing with an hourglass watching time fleet, except that they're having the best moments like the time slips of hands. We sit by reminiscing old memories so much, that the buckets of our lives are filled up to the rim, and there's no space left for anything new, but you see time doesn't stop and on this earth, we've got very little of it. Your soul is not a graveyard, for them to bury their lethal confessions and the bodies of their brokenness. I know it makes their ribs heavy, and that you love them, but when your bones start to ache and your nerves tremble, remember you are no priest to conduct this funeral, **NEITHER IS ANYONE**. Self-love doesn't birth itself in people like us, because all our lives we've been conditioned to cut ourselves to fit in the narrative set around us, we've been taught that the only time our existence is worth it is if we make someone happy, so here we are, bleeding to write them notes of love. But you see, if our minds could get manipulated once, why not again? Maybe this time into changing the narrative. You see these faces, with curves of lips, all around, but the night when snatches away their mask, they too, as you sit under the moon, asking the universe the very same questions. But despite it, you wake up in the morning wearing that mask on the crowded bus and curse your life on their highlight reels. **WE ARE ALL IN THIS TOGETHER**. I am writing this to you in the hope that when you inhale the next, your soul won't be your first rejection but home to your naked self. I hope with every heartbeat your heart pumps up gratitude to you for standing tall and strong through all the highs and lows of life. I hope you keep peace above everything and do not take it personally when others do the same. I hope that the next time when you see your dismantled self, you still appreciate it. I hope you throw away the masks of the happy face because loneliness resides without paying the rent in every soul, we're all lonely but not alone in feeling so. I hope you let a little bit of self-love creep into your life tonight.

Love,
Sara

India's Quest to become a Global Soft Power



Soft power is a concept that has recently received a lot of attention in international relations. It was initially introduced by political scientist Joseph Nye in the late 1980s to describe the advantages which a country can gain by being attractive enough to others in areas such as politics, culture, and foreign policy. Nye argued that soft power, which is based on the ability to build positive relationships and promote cultural awareness, is more effective than hard power in achieving foreign policy objectives. In essence, soft power allows countries to gain an edge over others by creating a positive image and forming alliances that benefit their interests. India, being the largest democracy in the world, has a unique advantage in becoming a global leader, not only in terms of soft power but also in terms of hard power. With its fast-growing economy and fourth most powerful army, India is positioned to be a global force. India's contribution has massive influence, ranging from its thriving film industry to its delicious cuisine, diverse culture, and the gift of yoga. These attributes have bolstered India's soft power on a global scale, further strengthening its position as a potential global leader. Soft power is the ability of a country to persuade others to adopt its ideas or policies without resorting to military or economic coercion, while hard power is the use of military force or economic sanctions to achieve political objectives. Japan and Korea are examples of countries that have successfully used soft power to achieve global influence, with its pop culture industry gaining widespread popularity and reaching India.

Yoga is a prime example of how India is becoming a soft power. This ancient practice has its roots in the Indus-Saraswati civilization and has been widely adopted by Western countries due to its numerous benefits. India's efforts to promote yoga have helped to create a positive image of the country as a centre for wellness and spirituality. Yoga has become a powerful tool for enhancing India's soft power, with over 300 million people practising it worldwide. The Indian government has also emphasised the spiritual aspect of yoga, which has contributed to the idea that India is a hub for enlightenment and spiritual development. The United Nations has recognised yoga's significance, and June 21 is celebrated as International Yoga Day. India has the potential to become a leading economic power by 2047, which also marks the country's 100th anniversary. This is due to various advantages that India possesses, particularly its rich ancient heritage. India has joined the western countries by marketing yoga and ayurveda globally through entities like Patanjali.

The Bollywood industry is one of the most acclaimed film industries in the world, known for its impressive box office collections. The Bollywood industry could be considered a soft power asset for India, enabling the promotion of Indian culture, values, music, and dance on a global scale. Cricket is the most popular game in India, and the BCCI is the world's largest and wealthiest cricket board, with an IPL valuation of \$11 billion.

Hence, India has a rich heritage in art, ancient civilization, and mythologies, which can contribute to its soft power status, but it needs to leverage its strengths to gain prominence. Despite the advantages, there are a few sections which India needs to work on. India's position as the fifth largest economy in the world is undoubtedly impressive, yet there remain challenges to address, particularly in the area of economic inequality. According to the World Inequality Report, India still struggles with a significant wealth gap, with the top 10% of the population holding more than 60% of the country's wealth. The World Inequality Report highlights the need for India to tackle economic inequality and improve its global reputation as India still struggles with a significant wealth gap, with the top 10% of the population holding more than 60% of the country's wealth. India's rank of 85 in the Global Corruption Index for 2022 indicates that corruption continues to be a significant challenge in the country. Education is also a crucial element that plays a vital role in the overall development of a country. Although India has been working towards enhancing its education sector, a significant portion of the population still lacks access to quality education. This inadequacy hinders the country's progress and makes it vulnerable to issues such as unemployment and poverty. The presence of such challenges is impeding India's progress towards achieving the status of having soft power. Therefore, it is essential for the Indian government to adopt the most efficacious measures to tackle these problems to ensure the country's advancement on the global stage. Hence to achieve its full potential, India needs an integrated approach that combines public diplomacy at the global level with a creative economy at the local level, involving all stakeholders of the society. To further elevate its position as a rising global soft power, India must capitalise on its soft power assets to become a soft power superpower of the 21st century.

Bhawesh Joshi [B.Com (Prog.), Batch of 24]



मम ग्रामःचान्दपुरः

आदित्य पासवान [बी० ए० (ऑनर) संस्कृत, 2024 बैच]

यदा अहं रेलमाने आरुघ गतः तदा मम ग्रामस्य प्रतिमा मम दृष्टेः पुरतः आगता यथा अहं स्वग्रा उपविष्टः अस्मि । मम नाम आदित्यः । अहं प्रथमवारं ५ वर्षे प्राथमिक विद्यालय गत तत्र अहं ३ वर्षाणि यावत् अध्ययनं कृतवान् । तस्मिन् समये अहं केवलं मम नाम एवं लिखितुं शक्नोमि स्म । तदा मम पिता ग्रामात् बहिः एकस्मिन् सार्वजनिक विद्यालये मम नाम नामाङ्कनं कृतवान् । अहं स्वग्रामात् एकः एव तत्र गच्छामि स्म, कतिपयेषु दिनेषु अहं सुहृदः अभवम्, मम सहपाठिनः सर्वे सह मित्रतां कृतवान्, अमनः, विकासः राहलः, मधुः, बिट्टू च मम परममित्राः आसन् । वयं सर्वे अमनः मुन्शी जी इति आढयन्तः आसन् मतः सः अस्माकं सर्वेभ्य अपेक्षमा अधिकं पठितु समर्थः आसीत् वयं सर्वे एकत्र ७ कक्षापर्यन्त अधीतवन्तः तथा च एतत् चिन्तयन् एव अहं प्रायः ७०० कि.मी. अधुना केवलं २ घण्टाः यात्रा अवशिष्टाः आसन् । यवत् स्मरामि यदा आहं मम ग्रामे आसम् तदा तत्र ८०० जनाः निवसन्ति स्म । लघुग्रामः आसीत्, सर्वे मिलित्वा निवसन्ति स्म । एकदा अस्माकं सर्वे मित्राणि एकत्र भ्रमणार्थं गतवन्तः मम २, बिट्टूः इत्यस्य ३स, मुन्शीः जी इत्यस्यः पूर वयं सर्वे स्वपसन्दस्य पुस्तकानि क्रीतवन्तः खादित्वा चपिबति स्म । तदनन्तरं २ दिवसाभ्यन्तरे अहं दिल्ली नगरम् आगतः । अद्य अहं ६ वर्षाणाम् अनन्तरं स्वग्राम गच्छामि । इति चिन्तयित्वा अहं स्वग्रामस्य रेलस्थानकं प्राप्तवान्, ततः उच्चैः स्वरं श्रुतवान् । आदित्यः, महोदय, भ्राताः आदित्यः.....॥ सहसा मम नेत्राणि उद्घाटितानि, अहं स्वप्ने आसम् ततः यदा अहं जागरितः तदा अहं स्वग्रामं व्यकुम् आरब्धवान्, अहं निश्चयं कृतवान् यत् अहम् अस्मिन् ग्रीष्मकालीनावकासे अवश्यमेव स्वग्राम गमिष्यामि इति। मम प्रिय ग्राम चान्दपुरः ॥

Economic Disparity: India's Worst Enemy

Anurag Tripathi [B.Com, Batch of 24]


Economic disparity is India's worst enemy. It is a cancer that has been eating away at the heart of the country for decades, leaving a trail of poverty and inequality in its wake. Despite India's impressive growth and development, a large portion of the population still struggles to make ends meet, while a small minority of us enjoy unimaginable wealth. This divide is not only unjust, but it is also a threat to the country's stability and progress.

Economic disparity refers to the unequal distribution of wealth and opportunities among individuals and communities. It's like the difference between a CEO making millions and a minimum-wage worker barely scraping by. It is not just about money and other monetary things; it's about having access to opportunities and resources that can determine a person's success in life. It is a widespread problem in India, because of the significant gap between the rich and the poor. This unequal distribution of resources has far-reaching consequences, impacting various aspects of life and contributing to a range of social, economic, and political problems.

One of the main causes of this disparity in India is its unequal distribution of wealth. According to a report by Credit Suisse, India has the third-highest number of billionaires in the world, with more than 100 billionaires. A recent report showed that India's richest 1% of the population holds 42.5% of the nation's wealth while the bottom 50%, or the majority of the population, owns a mere 2.8%. Meanwhile, nearly half of India's population lives below the poverty line, earning less than \$1.90 per day. This unequal distribution of wealth is a result of a number of factors, including the lack of access to education and healthcare, the prevalence of corruption and nepotism, and the lack of opportunities for the poor to improve their economic conditions.

The cities in India appear to be split into three sections economically speaking. The millionaires and businessmen who reside in opulent homes and apartments make up the first segment. The second category consists of urban professionals who work in fields like medicine, law, and engineering. The final division consists of the workers, who live in crowded housing and slums. The city's first two sections are well-developed, with up-to-date amenities, facilities, and infrastructure whereas the third section is characterised by squalor, poverty, and a lack of necessities.

Economic inequality has a significant impact on many facets of life in India. The terrible standard of living of the poor, who are deprived of basic necessities like food, clothing, and shelter, is one of the most obvious effects. Due to the lack of access to basic goods and services, there is a high rate of infant mortality, poor productivity, and poor health. Furthermore, economic inequality has an effect on the nation's overall economic development and growth. Lack of access to education, healthcare, and economic opportunities leads to a low rate of labour force participation and a high rate of unemployment, which lowers the GDP of the nation. As a result, the majority of the populace lives in economic hardship, which makes it more difficult for the nation to compete with other countries' economies on a global level.



The issue of economic disparity in India is not only a social and economic problem; it also has political implications. The unequal distribution of wealth has led to widespread discontent and social unrest among the poor, who are demanding better access to education, healthcare, and economic opportunities. This discontent has fueled the rise of populist politicians who use their rhetoric to exploit the anger and frustration of the poor, leading to further polarization and instability in the country. Economic Disparity is something which needs to be worked on by the government. They should start investing in the education and training of individuals. Providing affordable, high-quality education and job training opportunities can help individuals from disadvantaged backgrounds acquire the skills and knowledge they need to succeed in the workforce and improve their economic prospects. They should also work on creating jobs and boosting economic growth as it can create job opportunities and increase the overall wealth of society, which can help reduce economic inequality. The government can implement policies and programmes to stimulate economic growth, such as investing in infrastructure projects and supporting small businesses. Reducing corruption and improving governance are also of uttermost importance. Corruption and poor governance can exacerbate economic inequality by allowing the wealthy and powerful to exploit the system for their own benefit. Implementing stricter anti-corruption laws and improving transparency and accountability in government can help to level the playing field and reduce inequality. They should implement ways for providing a safety net for the most vulnerable sections of society. For those who are unable to work or who are unable to find sufficient employment, it is important to provide a safety net in the form of social welfare programmes such as unemployment benefits, healthcare, and housing assistance. This can help to prevent poverty and ensure that all members of society have access to the necessities of life. Implementing a minimum wage policy is crucial as well. Ensuring that workers are paid a fair wage for their Labour can help reduce income inequality and lift people out of poverty. Overall, addressing economic inequality in India will require a combination of short-term and long-term measures and will likely involve a range of different approaches and solutions. In conclusion, economic disparity in India is a pervasive, complicated problem with wide-ranging ramifications. Millions of people's lives have been impacted by a variety of social, economic, and political issues caused by the unequal distribution of wealth. It is crucial that the government and decision-makers address this problem and take action to build a society that is more inclusive and equitable.

होड़ हथियारों की

एक समय था जब मनुष्य पत्थरों को हथियार के रूप में इस्तेमाल करता था , धीरे धीरे एक सतत प्रक्रिया के तहत मानव जाति का विकास हुआ साथ ही विकास हुआ शिकार करने के लिए हथियारों का ये पत्थर से शुरू होकर तलवार भाले तीरकमान आदि तक सभी को मनुष्यों ने इजाद किया , अपने जरूरतों और समय की मांग के साथ इसमें बदलाव भी किए ।

आज हथियार कुछ इस तरह से विकसित हो चुके है की वो स्वयं में ही सम्पूर्ण मानव जाति को नष्ट करने की क्षमता रखते है , ये हथियार परमाणु बॉम, हाइड्रोजन बॉम आदि है , आज इनके इस्तेमाल की प्रवृति बदल गई है , आज इसका प्रयोग देश करते है, अपने वर्चस्व स्तापित करने , भूराजनैतिक प्रभाव बढ़ाने , देश की सीमाओं का विस्तार , आत्म रक्षा आदि इनके इस्तेमाल की प्रमुख उद्देश्य है । जहां मानव जाति ने हर क्षेत्र में अनेक उपलब्धियां हासिल की है वो वकायी काबिल-ए-तारीफ है । आज कोई भी क्षेत्र हो शिक्षा, स्वास्थ्य, अंतरिक्ष सभी में मानव जाति ने काफी तरक्की की है , परंतु साथ अपने एक साथ नष्ट होने की पूरी तैयारी भी कर ली है , आज जो हथियार विकसित हो चुके है वो स्वयं में सम्पूर्ण मानव जाति के लिए खतरा बनते जा रहे है। जापान के हिरोशिमा और नागासाकी पर गिरे बॉम इसकी एक झाकी है आज तो उससे भी कई गुना अधिक ताकतवर प्रक्षेपास्त्र और परमाणु हथियार मौजूद है , इंटर कॉन्टिनेंटल बैलेस्टिक मिसाइल जिसकी मारक क्षमता हजारों हजार किलोमीटर तक है । रूस - यूक्रेन युद्ध जिसने हजारों लोगों की जानें ली और अब भी ले रहा है ये सभी इसी के दुष्परिणाम हैं ।

"भय छाया है देश देश में अस्त्र शस्त्र के छद्म वेश में " आज हर तरफ डर का माहौल है हर देश प्रत्यक्ष अथवा अप्रत्यक्ष रूप में इस डर के साए में जी रहा है की कही कोई देश उनपर हमले की योजना न बना रहा हो यही फिर और हथियारों के लिए माहौल तैयार करता है और यही कारण भी है हथियारों की होड़ का , अगर ये भय न हो तो हथियारों की ज़रूरत ही नहीं पड़ेगी इस कारण जो व्यय इन पर हो रहा है वो कही किसी विकास कार्यों पर खर्च होंगे । आज आवश्यकता है की सभी देश हथियारों का होड़ छोड़ अपना ध्यान अपनी जनता के विकास में लगाए । दुनिया में ऐसे कई देश है जिनके पास खाने को संसाधन नहीं है पर हथियार उनकी प्राथमिकता है । ऐसे में जरूरी है की सभी देश आपने सहमति से अब भी हथियारों का विचार त्याग दे इसी में उनकी और उनके लोगो की भलाई है अन्यथा आने वाली त्रासदी को कोई नहीं रोक सकता

सुदीप पाण्डेय [बी.ए प्रोग्राम, 2025/26 बैच]

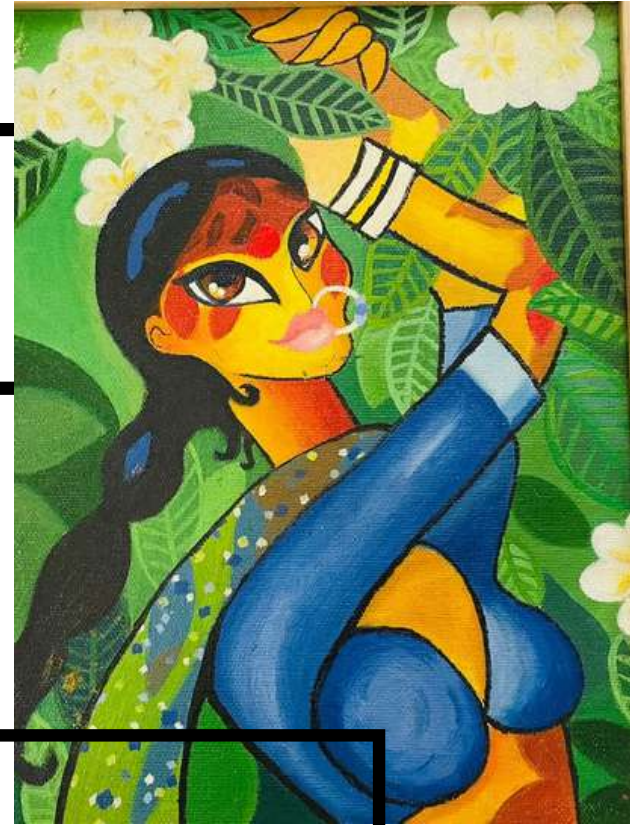
You Are Art

The clouds talk of pain and love and hurt and falling. How they hold all the tears in but when the seasons change they burst onto the little petals and the streets you walk on, the shore where lovers make out, and on your umbrellas. Some dance in their tears and that gives joy, for they find love in smiles and the dancers are their listeners. I zone out in the middle of chaos. I'm like the breeze which flows and touches the skin and goes missing. I zone out in the middle of conversations and I'm not sorry, for I find solace in my head I find love in the middle of zones, there's a fine line between loving and falling. You're an art I need to admire, I have fallen into it, and every adjective adjusts itself to find space in you. You're an art

"तुझे पा के लगे मुकम्मिल है खुदा"

Are you aware of the bold strokes you carry and how you manage to remind me of all the beauty in this universe? Love is an art and you're the artist of the love my skin beholds. What is love? I'm deeply, madly, overwhelmingly in love with you. Phases of red, white, and black in my bones, my love is lazy. I hold pain and I'm hurt and I'm afraid to admire you to touch you to let you know of my admiration. I'm lazy, you make love at the moment. I'm afraid you'll not love me back, You're an art I need to admire. I keep secrets, you're one, no don't get me wrong you're someone I can proudly say is my love but will the fine line still be fine? of you knowing me and holding me? Will you hold me and tell me you feel the same? I am an art but isn't art meant to be admired? Like blossoms, tears fall, the voice modulates, and the reflection is hazed. Don't artists need validation for their art? Don't we all are art and the artists of our spares? Don't we all admire love and hurt and pain and falling? The fine line is some find love some don't, some just admire the artist's skills and some die for love. Pain and hurt and love and falling. You're an artist of my smile, for date me, in museums, and libraries, give me coffee and sunflowers. I'm an art.

Samvedna Raj [B.A (Hons.) English, Batch of 25/26



TEACHERS'

WRITE UPS



दिल्ली विश्वविद्यालय ध्यान एवं मानसिक स्वास्थ्य

अजय

शोधार्थी - हिंदी विभाग

मोतीलाल नेहरू कॉलेज (दिल्ली विश्वविद्यालय)

दिल्ली विश्वविद्यालय द्वारा 'हर घर ध्यान' का आयोजन बीते 3 मार्च 2023 को किया गया जिसमें मुख्य अतिथि के रूप में पदम् विभूषण से सम्मानित गुरुदेव श्री श्री रवि शंकर जी (संस्थापक- आर्ट ऑफ लिविंग फाउन्डेशन), विशिष्ट अतिथि श्री मनोहर लाल खट्टर (माननीय मुख्य मंत्री - हरियाणा), अध्यक्ष प्रो. योगेश सिंह (कुलपति दिल्ली विश्वविद्यालय) का प्रो. के पी सिंह (निदेशक गांधी भवन) द्वारा स्वागत किया गया। जैसा कि विषय से ही स्पष्ट है कि 'हर घर ध्यान' यानी भारत के हर घर में ध्यान की परंपरा को आरम्भ करना है।

जब 2015-16 में भारत में मेंटल हैल्थ का सर्वे कराया गया तो उसमें पाया गया कि 150 मिलियन से ज्यादा भारतीय मेंटल इलनेस झूझ रहे हैं। ये नम्बर इसलिए भी ज्यादा है क्योंकि भारत में जो मेंटल इलनेस के सिस्टम हैं उसमें जागरूकता की कमी है। भारत में एक समस्या है कि हम हमारे मेंटल हैल्थ के ऊपर बात नहीं करते एवं भारतीयों को मेंटल इलनेस के बारे में जानकारी भी कम है यही कारण है कि इसका नम्बर इतना ज्यादा है। साथ ही आप देखेंगे कि 2020-21 एवं 2022 के दौरान कोरोना महामारी को देखा गया जिसमें बोहत से लोगो की नॉकरी चली गई और उसकी वजह से बहुत से लोगो को डिप्रेसन का शिकार होना पड़ा और अभी भी बोहत से ऐसे लोग हैं जो मेंटल हैल्थ से झूझ रहे हैं। इसलिए जनता के बीच मेंटल हैल्थ की जागरूकता फैलाने के लिए 'हर घर ध्यान' का कम्पेन चलाया जा रहा है जो कि मिनिस्ट्री ऑफ कल्चर द्वारा चलाया जा रहा है। इस कम्पेन के माध्यम से जो ध्यान का महत्व है उसे सार्वजनिक रूप से फैलाया जायेगा।

मिनिस्ट्री ऑफ कल्चर के इस कम्पेन को आर्ट ऑफ लिविंग फाउन्डेशन के साथ मिल कर चलाया जा रहा है। यह फाउन्डेशन श्री श्री रवि शंकर जी द्वारा चलाया जाता है। जो कि भारत के जाने-माने अध्यात्मिक गुरु के रूप में जाने जाते हैं एवं इन्होंने भारत और भारत से बाहर भी अन्य देशों में अपने उपदेश के माध्यम से जनहित का कार्य करते हैं। इनकी संस्थाएं विश्व के लगभग 180 देशों में फैली हुई हैं। इस कम्पेन के माध्यम से जो आर्ट ऑफ लिविंग में टिचर्स होंगे वो ध्यान की क्लास को कराएंगे इसका मुख्य उद्देश्य है कि युवाओं को शशक्त किया जाए, जन भागीदारी लाए जाए, जनभागीदारी का मतलब है कि आम जनता की भागीदारी को बढ़ाया जाए। यह कम्पेन हर नागरिक को यह जिमेदारी देगा कि वो अपनी मेंटल हैल्थ को सुधार सके और ध्यान करना सीख सके आज के समय जब एकल परिवार बढ़ रहा है तो बच्चे अपने परिवार व संस्कृति से दूर जा रहे हैं और वर्तमान समय में सोशल मीडिया के समय ना जाने किन किन बुरी आदतों का शिकार हो रहे हैं। वो जैसा देखते हैं उसकी कल्पना में लग जाते हैं और व्यवहार में उतारने की कोसिस करते हैं जिसकी वजह से उनका पतन हो जाता है और मेंटल हैल्थ के शिकार हो जाते हैं। कई बार व्यक्ति जब टीनएजर में होता है तो उसे बोहत सी ऐसी चीजें अच्छी लगती हैं जो वास्तव में व्याहारिक जीवन में अच्छी नहीं हैं और नाही उनका कोई स्थान होता है। इस प्रकार से ये सारी चीजें मेंटल हैल्थ के लिए सही नहीं हैं साथ ही इन सबके बीच नशा एक बहुत बड़ा कारण है जो मेंटल हैल्थ को खराब करता है इसलिए मिनिस्ट्री ऑफ कल्चर ने 'हर घर ध्यान' शुरू किया।

इस कम्पेन का उद्देश्य है कि भारत के हर युवाओं को ध्यान का अभ्यास कराया जाय आज के वर्तमान समय में एक ओर समस्या दिन प्रतिदिन बढ़ती जा रही यही वह है एकल परिवार की समस्या। एकल परिवार होने की वजह से व्यक्ति आइसोलेशन का शिकार हो गए हैं, आज कल हर व्यक्ति चाहे वह बस में हो या मेट्रो या कहीं भी सिर्फ अपने मोबाइल में व्यस्त है उसे किसी दूसरे व्यक्ति से बात करने की जरूरत महसूस ही नहीं होती और इसी वजह से कहीं न कहीं युवा भी अपने माता पिता से कम से कम बात करते हैं और एक अकेलेपन का जीवन जी रहे हैं इसलिय ध्यान का महत्व युवाओं को बताना जरूरी है। जिससे कि वो शांति और संवेदना में ताल मेल बिठा सके। यही इस ध्यान के फायदे हैं जो इस कम्पेन के माध्यम से सिखया जाएगा। दिल्ली विश्वविद्यालय द्वारा आयोजित इस कार्यक्रम में सभी वक्ताओं ने अपने विचार रखे जिसमें कार्यक्रम की शुरुआत करते हुए प्रो के पी सिंह ने सभी का स्वागत किया और अपने सुभवचनों से संबोधित करते हुए कहा कि कार्यक्रम की संकल्पना का बीज हैं - हित, चित, मित्र, और चरित्र यह किसी भी पहचान के मोहताज नहीं होते क्योंकि यह अपने आप में ही एक पहचान है इसी संदर्भ में आगे बताते हुए उन्होंने कहा कि देश का वो भू-भाग जो शुरू से ही शूर वीरो के नाम से जाना जाता है और जहां हमारे पवित्र ग्रन्थ महाभारत का उद्भव हुआ उस प्रान्त और दिल्ली विश्वविद्यालय के एलुमनाई मुख्यमंत्री मनोहर लाल खट्टर जी का मैं स्वागत करता हूँ।

आर्ट ऑफ लिविंग के फाउंडर गुरुदेव जी का भी मैं ज़वागत करता हूँ क्योंकि शिक्षा सिखाती है इंसान को कैसे ट्रेन किया जाए और गुरुदेव सिखाते हैं ब्रेन को कैसे ट्रेन किया जाय। ततपश्चात प्रो. योगेश सिंह जो कि दिल्ली विश्वविद्यालय के कुलपति हैं उन्होंने दिल्ली विश्वविद्यालय के 100 वर्षों होने की खुसी में सभी को बधाई दी और श्री श्री गुरुदेव के बारे में कहां की he is humanitarian eader, spiritual teacher and ambassador of peace. इसी के साथ उन्होंने गुरुदेव के स्वागत में अहमद फ़राज का शेर पढ़ते हुए कहा कि

सुना है लोग उसे आंख भर कर देखते हैं
सो उसके शहर में कुछ दिन ठहर कर देखते हैं ।
सुना है बोले तो बातों में फूल झड़ते हैं
ये बात है तो चलो बात करके देखते हैं ॥

साथ ही मुख्य मंत्री मनोहर लाल खट्टर जी का स्वागत करते हुए कहा कि विशिष्ट अतिथि के रूप में आये मुख्य मंत्री मनोहर लाल खट्टर जी ने भी 'हर घर ध्यान' के विषय में सोभनिय भाषण दिया और कहा कि मैंने दिल्ली विश्वविद्यालय से 1975 में ग्रेजुएशन किया और आप सबके स्नेह का आभारी हूँ । छोटे गांव में खेलने वाला एवं पिता के वही सादगी, वही सौम्यता, वही अपनापन इन्हें बनाए रखिये यही आपकी ताकत है । साथ खेतों में काम करने वाला बच्चा आगे चलकर क्या करना है कुछ सूझता नहीं था उस समय तक तनाव रहता था । जीवन में तनाव यह नहीं है कि क्या करना है बल्कि तनाव यह है की क्या बनना है यही तनाव का कारण है। एक सामान्य व्यक्ति जब तनाव की स्थिति में होता है तो उसे यह नहीं पता होता कि क्या करना है या इससे बाहर कैसे निकला जाए इसका सिर्फ रक रास्ता है हर घर ध्यान ।

दिल्ली विश्वविद्यालय विश्वविद्यालय के इस कार्यक्रम में मुख्य अतिथि के रूप में जिन्हें आमन्त्रित किया गया था वह थे हमारे परम् पूज्य गुरुदेव श्री श्री रविशंकर जी यह एक आध्यात्मिक गुरु हैं और विश्व के अनेक देशों में आध्यात्मिक मार्ग का संदेश देते हुए मानवता को स्थापित करने की बात की है और वर्तमान समय में युवाओं की स्थिति को देखते हुए आर्ट ऑफ लिविंग की शुरुआत की जिससे कि युवाओं में एक ऊर्जा का संचार हो सके और वह तनाव ग्रस्त जीवन से बाहर आ सके इसी के संदर्भ गुरुदेव जी ने अपने व्यक्तव्य में बताया कि तनाव का फार्मूला क्या है की बोहत कुछ करना है, बोहत कुछ पाना है, लेकिन उसे करने के लिए लोगों में ताकत नहीं है और समय नहीं है। एवं डिप्रेशन का फार्मूला है कि मेरा क्या होगा,

डिप्रेशन तभी आता है जब हम सिर्फ अपने बारे में सोचते हैं, दुसरो से कट जाते हैं यहां तक कि अपने माता-पिता से भी कट जाते हैं । और साथ ही स्कुलो, कॉलेजों में बोहत समय तक मानसिक रोग जैसे विषयों पर कोई ध्यान नहीं दिया गया । दुनिया में हर 40 सेकंड में एक व्यक्ति आत्महत्या करता है, 2022 में अमेरिका में 400 डॉक्टर ने आत्महत्या कर लिया। तो इस तरह के तनाव का रास्ता क्या है वह केवल एक रास्ता है 'ध्यान' । ध्यान से मन में शांति आती है ऊर्जा बनी रहती है । और आप सभी को हमेशा मुस्कुराते रहना चाहिए किसी को भी दुख नहीं देना चाहिए जीवन में हस्ते हुए आगे बढ़ो,' हँसो और हँसाओ, मत फ़सो मत फ़साओ। इस तरह से गुरुदेव ने तनाव मुक्त रहने का संदेश दिया और कुछ समय तक सभी लोगों ध्यान भी कराया जिससे कि सभी ने एक शांति का अनुभव किया। अंतिम समय में प्रो. के पी सिंह ने सभी का पुनः धन्यवाद करते हुए कार्यक्रम को समापन की दिशा में आगे बढ़ाया ।

जीवने पुरुषार्थस्य महत्त्वम्

डॉ. वेदमित्र आर्यः

संसारे सर्वेषां दुःखानां नाशाय पुरुषार्थात् ऋते नापरो मार्गो वर्तते । संसारकोशे एतादृशः कोऽपि पदार्थो नास्ति यः पुरुषार्थः प्राप्तुं न शक्यते ।

उक्तञ्च न तदस्ति जगत्कोशे शुभकर्मानुपातिना ।

यत्पौरुषेण शुद्धेन न समासाद्यते जनैः ॥

त्रिषु लोकेषु एतादृशं किमपि वस्तु नास्ति यत् उद्वेगरहितैः पुरुषार्थः प्राप्तुं न शक्यते । यः यं पदार्थं लब्धुं इच्छति यं च प्राप्तुं क्रमेण प्रयतते , सः तं पदार्थं अवश्यमेव प्राप्नोति । अत्र अयत्नेन किमपि न लभ्यते । यः यथा यत्नं करोति तथैव फलं प्राप्नोति ।

यो यो यथा प्रयतते स स तत्तत्फलैकभाक् ।

न तु तूष्णीं स्थितेनेह केनचित्प्राप्यते फलम् ॥

ये मनुष्याः एवं चिन्तयन्ति यत् वयं ईश्वरप्रेरितः सन् स्वर्गं नरकं वा गच्छामः , ते सदैव पराधीनाः भवन्ति नात्र संशयः । कश्चिन्मां प्रेरयति एवं चिन्तयित्वा ये जनाः प्रयत्नं त्यजन्ति ते अधमाः दूरतः त्याज्याः । ये पुरुषार्थं त्यक्त्वा दैव विश्वसन्ति ते आत्मनः रिपवः सन्ति सर्वान् एतान् धर्मार्थकामान् च नाशयन्ति । संसारे एवं दृश्यते अनुभूयते श्रूयते च ये कुबुद्धयः भाग्याधीनाः वर्तन्ते तेषां अवश्यमेव नाशो भवति । ये शूराः धीराः पण्डिताश्च सन्ति ते भाग्यस्य प्रतीक्षां न कुर्वन्ति , स्वपुरुषार्थेनैव सर्वाणि कार्याणि साधयन्ति ।

ये शूरा ये च विक्रान्ता ये प्राज्ञा ये च पण्डिताः ।

तैस्तैः किमिव लोकेऽस्मिन्वद दैवं प्रतीक्ष्यते ॥

अस्मिन् जगति दैवं नाम न किञ्चन अस्ति । दैवं अस्माकं कृते किमपि न कुरुते । दैवेन सर्वं सिध्यति ईदृशी अस्माकं कल्पना एव वर्तते । पण्डिताः बुद्धिमन्तः जनाः च पुरुषार्थः जीवने स्वलक्ष्यं प्राप्य आनन्दं अनुभवन्ति । दैवाधीनाः मूढास्तु विनश्यन्ति । दैवस्य कल्पना दुःखेषु विपत्तिषु च अल्पबुद्धीनां पुरुषाणां आश्वासनाय क्रियते ।

दैवमाश्वासनमात्रं दुःखे पेलवबुद्धिषु ।

समाश्वासनवागेषा न दैवं परमार्थतः ॥

पुरा तीव्रसंवेगात् यत् कर्म कृतं तदेव अस्मिन् समये “ दैवम् ” इति नाम्ना व्यवह्रियते । पूर्वकृतानां कर्माणामतिरिक्तं दैवं नाम किमपि वस्तु नास्ति । पूर्वकृतः पुरुषार्थः एव दैवशब्देन कथ्यते । यथा यत्नः क्रियते तथैव फलं प्राप्यते ।

अतः पुरुषार्थः एव शाश्वतो नित्यः सत्यश्चास्ति ।

यथा यथा प्रयत्नः स्याद्भवेदाशु फलं तथा ।

इति पौरुषमेवास्ति दैवमस्तु तदेव च ॥

यः उद्वेगरहितो भूत्वा पुरुषार्थं करोति स एव विजयते इति सिद्धमेव । पूर्वकर्मापेक्षया अद्यतनीयं क्रियमाणं कर्म अधिकं बलवत् भवति । अत एव यथा युवकः बालान् जेतुं शक्नोति तथैव अद्यतनीयः पुरुषार्थः दैवं जेतुं शक्नोति । द्वयोरद्यतनस्यैव प्रत्यक्षाद्वलिता भवेत् ।

दैवं जेतुं यतो यत्नैर्बालो यूनेव शक्यते ॥

पुरुषार्थः द्विविधो भवति । एकः शास्त्रानुसारः अपरश्च शास्त्रविरुद्धः । प्रथमेन परमार्थस्य सिद्धिर्भवति अपरेण अनर्थस्य । तस्मात् शास्त्रयुक्तं सत्पुरुषाणां संगतियुक्तं च पौरुषमाश्रित्य स्वबुद्धिं निर्मलां कृत्वा जगद्गुपीसागरं सन्तरेत् । तस्मात्पौरुषमाश्रित्य सच्छास्त्रैः सत्समागमैः ।

प्रज्ञाममलतां नीत्वा संसारजलधिं तरेत् ॥



स्मरण शक्ति प्रो. पवन सिन्हा

अनेक विद्यार्थी कमजोर या क्षीण स्मरण शक्ति की शिकायत करते हैं। एक बार जैसे तैसे परीक्षा दे दी फिर उसके बाद यह याद नहीं रहता कि क्या पढ़ा था या फिर ऐसा भी होता है कि बच्चे परीक्षा में सब कुछ भूल जाते हैं। ऐसा नहीं है कि सिर्फ बच्चे ही क्षीण स्मरण शक्ति से पीड़ित हैं बल्कि बड़े भी अपनी कमजोर याददाश्त के कारण अनेक बार अपना अहित कर बैठते हैं। बड़े भी अक्सर छोटी-छोटी चीजें रख कर भूल जाते हैं जैसे चाबियां, मोबाइल, कागज आदि। ऐसा क्यों होता है? दरअसल क्षीण स्मरण शक्ति के कुछ कारण हैं जैसे डर, चिंता, भ्रम, रुचि का अभाव, ध्यान न देना, एकाग्रता की कमी, समझ न आना, बीमारी, भरपूर नींद न लेना, संतुलित भोजन का अभाव, समस्याओं से भरा जीवन आदि। इन सबका असर स्मृति पर नकारात्मक प्रभाव डालता है क्योंकि ऐसी स्थिति में न तो हम पर्याप्त ध्यान दे पाते हैं और न ही एकाग्र होकर कार्य कर पाते हैं। परिणाम स्वरूप, धारणा शक्ति का विकास नहीं हो पाता। अतः यह जरूरी है कि इन मनोवैज्ञानिक कारणों को दूर किया जाए।

अपनी जिंदगी को बेहतर बनाने के लिए, परीक्षाओं में उत्तम अंक लाने के लिए और जीवन में बड़ा मकाम हासिल करने के लिए हमें स्मरण शक्ति को बढ़ाना ही होगा। समस्या यह आती है की स्मरण शक्ति को बढ़ाया कैसे जाएं। हमने अनेक बार अनेकों प्रयास किए होंगे जिसमें हम असफल रहे होंगे और फिर बाद में यही सोचा होगा कि काश बनाने वालों ने कोई ऐसी चिप बनाई होती जो हमारी स्मरण शक्ति को बढ़ा देती तो फटाफट किसी कंप्यूटर वाले की मदद से उसे अपने दिमाग में फिट कर लेते।

यह संभव नहीं है। यहां पर एक बात बहुत विशेष रूप से कहना चाहता हूं कि हर भूलने वाले व्यक्ति की नृत्य स्मरण शक्ति ही कमजोर हो ऐसा नहीं है। कभी-कभी अत्यधिक तनाव से, अनेक कार्यों को एक साथ करने से, अनिच्छा से, बीमारी की अवस्था में या घबराहट में कोई कार्य करना या डर से कोई कार्य करना भी हमारी स्मरण शक्ति को कमजोर कर सकता है।

जिन की स्मरण शक्ति कमजोर है, उन सभी के लिए ये उपाय हैं:

1. नियमित रूप से व्यायाम करें जिससे मस्तिष्क में ऑक्सीजन की आपूर्ति होती रहे। व्यायाम करने से स्मृति लोप को बढ़ावा देने वाले विकारों में भी कमी आती है। साथ ही, मस्तिष्क की कोशिकाओं का संरक्षण भी होता है।
2. अपने तनाव को दूर करने के लिए उपाय करें। यह देखें कि किन कारणों से आप तनावग्रस्त हो जाते हैं, उन स्थितियों और व्यक्तियों से बचने या उनसे निबटने का प्रयास करें।
3. स्मृति विकास के लिए भरपूर या पर्याप्त नींद लेना जरूरी है। अतः सही समय पर सो जाएं और सुबह जल्दी उठे ताकि आप ताजा और शुद्ध हवा का ज्यादा से ज्यादा लाभ उठा सकें। अगर नींद पूरी नहीं होगी तो आप थकान का अनुभव करेंगे और एकाग्रचित्त होकर भी कार्य नहीं कर पाएंगे।
4. रोज कम से कम 8 गिलास पानी अवश्य लें। पर्याप्त मात्रा में पानी न पीने के कारण स्वास्थ्य एवं स्मृति संबंधी परेशानियां उत्पन्न होती हैं।
5. किसी बात को याद रखने का एक तरीका यह है कि जो पढ़ा है, समझा है, अनुभूत किया है, उसके बारे में अपने मित्रों के साथ बातचीत कीजिए, लिखिए, दूसरों की बात सुनिए, और पढ़ी हुई बातों को व्यवहार में लाइए।
6. पढ़ी हुई बातों को अपने शब्दों में संक्षेप में सुनाइए और लिखिए जरूर। स्वयं को शिक्षक मानकर पढ़ी हुई बातों को दूसरों को समझाएं।
7. जो बात या चीज़ याद करनी है उसे छोटे-छोटे समूहों में बांट लीजिए।
8. मज़ेदार बात जैसे चुटकुलों का प्रयोग कीजिए। आपको जो तथ्य और नाम याद रखने हैं उन पर मजेदार चुटकुले बना लीजिए।

यह तो हुई तकनीकी बातें। अब स्मरण शक्ति को बढ़ाने के लिए कुछ और उपाय जैसे जड़ी-बूटियां, योग और व्यवहार। जिस मस्तिष्क के न्यूरोन्स जितने मजबूत होंगे, उस मस्तिष्क की उतनी ही ज्यादा शक्ति होगी। जिस मस्तिष्क में ऑक्सीजन, ग्लूकोस आदि का संतुलन जितना अच्छा होगा, उस मस्तिष्क में उतना ही अच्छा कार्य होगा। हमारे मस्तिष्क में कुछ विशेष किस्म की तरंगें उठती हैं जो हमारे मस्तिष्क की मजबूती को दर्शाती हैं इसलिए बार-बार यह कहा जाता है कि ऐसा भोजन किया जाए जो स्वास्थ्यवर्धक हो, जिससे रक्त संचार अच्छा हो, जिससे रक्त में ऑक्सीजन की मात्रा बढ़े और मस्तिष्क की कोशिकाओं को आवश्यकता अनुसार ग्लूकोस, कैल्शियम आदि मिलता रहे। साथ ही देर रात को किया जाने वाला भोजन भी मस्तिष्क की शक्ति को कमजोर करता है। मांस, चीज़ और मिठाई का अत्यधिक सेवन नहीं करना चाहिए। विद्यार्थियों को दिन में 2 कप से अधिक कॉफी अथवा अधिक दूध वाली चाय का प्रयोग नहीं करना चाहिए। जो विद्यार्थी कॉफी और चाय का प्रयोग काफी ज्यादा करते हैं, वे कभी भी किसी एक विचार पर अपनी एकाग्रता नहीं बना पाते और वायु विकार का शिकार हो जाते हैं। अत्यधिक चिंगम चबाने वाले बच्चों की स्मरण शक्ति पर भी नकारात्मक प्रभाव पड़ता है। साथ ही ज्यादा खाने वाले बच्चों के स्मृति पर भी नकारात्मक प्रभाव पड़ता है। दिमाग को मजबूत बनाने के लिए लिवर को खुश रखना बहुत जरूरी है और साथ ही लिवर को जितना आराम मिलेगा उतना हमारा दिमाग तेज़ चलेगा।

जड़ी-बूटियां: इनकी महत्वपूर्ण प्रक्रिया है दिमाग को मजबूत करने में:

1. ब्राह्मी - ब्राह्मी में वे प्राकृतिक रसायन होते हैं जो नर्वस सिस्टम को मजबूत बनाते हैं। ब्राह्मी से सोचने समझने की क्षमता बढ़ती है। ब्राह्मी उलझन भरे व्यवहार को भी ठीक करते हैं।
2. अश्वगंध - अश्वगंध हमारे मस्तिष्क की कार्य क्षमता को बढ़ाता है। उसके प्रयोग से तनाव भी कम होता है।
3. मुलेठी - मुलेठी पित्त को शांत करती है, शारीरिक व्याकुलता को कम करती है और मस्तिष्क सेल को ताकत देती है। इससे चीजों को समझने में स्पष्टता आती है।
4. सेब - सेब खाना मस्तिष्क के लिए बहुत आवश्यक है। सेब में कुवैरसिटिन उत्तम मात्रा में होता है जिसके कारण सेब स्मृति क्षमता बढ़ाता है।
5. अंगूर - अंगूर खाना आवश्यक है, विशेषकर काला अंगूर जिसमें फाइटो रसायन की मात्रा उत्तम होती है।
6. पालक - पालक स्मृति लोप की बीमारी में भी दवाई का काम करता है इसलिए वह स्मृति को बढ़ाने के लिए उत्तम है।
7. आंवला - आंवला विद्यार्थियों के शरीर में विटामिन सी की कमी नहीं होने देता और रक्त आपूर्ति करके मस्तिष्क को बेहतर करता है।
8. शरीर में विटामिन बी की कमी स्मृति को कमजोर करती है इसलिए सूरजमुखी के बीज, बीन, मशरूम, मूंगफली आदि से विटामिन बी के पुष्टि करना आवश्यक है।

इसके साथ साथ शरीर के लिए कुछ योगिक क्रिया बहुत आवश्यक है जैसे खेलना, ताली बजाना, ताड़ आसन करना, शीर्षासन करना, सर्वांगासन करना, त्राटक करना और ध्यान करना। अपने व्यवहार से भी हमें स्मरण शक्ति बढ़ाने होती है जिसके लिए अपनी दिनचर्या में कुछ बातें शामिल करनी आवश्यक है। जैसे बहुत सारे कार्य एक साथ ना करना, प्रत्येक विषय के लिए एक निश्चित समय देना, विषयों में समरसता बनाए रखना और क्रोध ना करना। पढ़ते समय नोट्स बनाने से या जो भी पड़ा है उसे आज की स्थिति से जोड़ते हुए और रटने के बजाय समझने का प्रयास करने से हमारी स्मरण शक्ति बढ़ती है।

स्मरण शक्ति को मजबूत करना मुश्किल कार्य तो नहीं है लेकिन किसी साधना से कम भी नहीं है और इसमें समय भी बहुत लगता है। लेकिन यह संभव है इसलिए उपाय करके इसे बढ़ाना चाहिए।



कोविड- 19 और ऑनलाईन शिक्षा का बढ़ता प्रभाव (दिव्यांग बच्चों की चुनौतियाँ और समाधान) डॉ. महती प्रसाद यादव

'कोविड' यह एक ऐसा शब्द है जिसे अक्सर आपने अपने स्कूलों की छोटी कक्षाओं में सुना होगा जिसका इस्तेमाल उस समय भी खांसी, बुखार, जुखाम आदि के लिए होता था परंतु यह शब्द केवल नाम मात्र से ही आपके सामने से गुजर जाता था या किताबों में अन्य शब्दों के बीच कहीं खो जाता होगा।

बीते कुछ वर्षों में इस एक शब्द ने बता दिया है कि 'मैं सिर्फ एक शब्द नहीं हूँ बल्कि एक जाल हूँ जिसने पूरी दुनिया को अपने शिकंजे में जकड़ लिया है इस कोविड कि महामारी ने अनेक समस्याओं को बढ़ाया है साथ ही शिक्षा व्यवस्था को रद्द कर दिया है। जहाँ विद्यार्थी अपने अनुशासन का पालन करते हुए समय से उठता, स्कूल जाता था और ट्यूशन जाने में बिताता था वहीं उस विद्यार्थी का नाता अब इस प्रकार के दिनचर्या, शिक्षक और शिक्षक संस्थाओं से टूट गया है। लेकिन समस्या कितनी भी बड़ी हो कुछ न कुछ समाधान मिल ही जाता है। अक्सर आपने एक कहावत सुनी होगी - 'आवश्यकता अविष्कार की जननी होती है' इसका अर्थ यही है कि जब व्यक्ति या समाज किसी समस्या से झूझ रहा हो तो उसे आवश्यकता होती है इस समस्या से निकलने की और वह अपने बुद्धि कौशल के बल पर समस्या का समाधान भी ढूँढ ही लेता है। ठीक इसी प्रकार जिस तरह से भारत के स्कूलों, कॉलेजों में शिक्षा व्यवस्था चरमरा गई थी उसके समाधान के लिए ऑनलाईन शिक्षा ने अपना स्थान बनाया।

और जैसा कि विषय भी यही है - 'कोविड और ऑनलाईन शिक्षा का बढ़ता प्रभाव' (दिव्यांग बच्चों की चुनौतियों और समाधान) इस विषय के बारे में बताते हुए यहीं कहूँगा कि ऑनलाईन शिक्षा का इस महामारी के समय में महत्वपूर्ण योगदान रहा है, लेकिन जैसा कि आप जानते हैं कि हर वैज्ञानिक प्रौद्योगिकी के विकास के पीछे कुछ सकारात्मक और नकारात्मक पहलू आवश्यक ही रहते हैं। इस प्रौद्योगिकी के विकास से एक तरफ तो शिक्षा व्यवस्था का विकास हुआ परन्तु दिव्यांग बच्चों के लिए यह पूरी तफह सहयोगी साबित नहीं हुआ है। कोरोना के समय दिव्यांग बच्चों को इंटरनेट की सुविधा उस तरह नहीं मिल पाई जिस तरह अन्य बच्चों को साथ ही दिव्यांग बच्चों को मोबाइल, कम्प्यूटर इत्यादि में जॉर्ज टेक्नोलॉजी आदि का इस्तेमाल करना होता है उसमें भी टाइपिंग आदि की समस्या आती है। इस प्रकार दिव्यांग बच्चों के उज्ज्वल विकास के लिए ऐसी कई संस्थाएँ हैं जिन्होंने शिक्षा के क्षेत्र में उनकी मदद की है जैसे गायत्री देवी कल्याणकारी संस्था, AICB, NFD आदि ये संस्थाएँ दिव्यांग बच्चों के मदद के लिए हमेशा ततपर रहती हैं।

शिक्षा जीवन का एक महत्वपूर्ण हिस्सा है। शिक्षा एक संस्कृत शब्द है जिसका अर्थ है सीखना या सिखाना। शिक्षा हम किसी भी माध्यम के द्वारा ग्रहण कर सकते हैं। शिक्षा मनुष्य को बौद्धिक रूप से तैयार करती है। वैसे ही आज के आधुनिक युग में शिक्षा प्राप्त करने का एक सरल तरीका है ऑनलाइन शिक्षा। आधुनिक समय में ऑनलाइन शिक्षा प्रणाली एक वरदान की तरह है। जिसने किसी कारण वश शिक्षा ग्रहण नहीं की वो ऑनलाइन शिक्षा प्रणाली से नए आयाम हसिल कर सकता है।

जैसे कि हम पारंपरिक रूप से गुरुकुल या कक्षा में जाते हैं और उनके शिक्षक के सामने बैठकर उनका ज्ञान प्राप्त करते हैं। लेकिन ऑनलाइन शिक्षा प्रणाली में इसे शिक्षा का नवीनतम रूप माना जाता है, हम अपने शिक्षक से इंटरनेट से मिलते हैं और लैपटॉप या सेलफोन के माध्यम से उनसे मिलते हैं और अपना ज्ञान प्राप्त करते हैं।

वर्ष 1993 से ऑनलाइन शिक्षा को वैध शिक्षा माध्यम के रूप में भी स्वीकार किया गया है। जिन्हें प्रयुक्त भाषा में दूरस्थ शिक्षा कहा जाता है। इसमें निर्धारित पाठ्यक्रम को VS /डीवीडी और इंटरनेट के माध्यम से शिक्षा दी जाती है। बड़ी बड़ी सेवाओं जैसे सिविल सर्विस, इंजीनियरिंग और मेडिकल, कानून आदि की शिक्षा भी आज कई संस्थान ऑनलाइन उपलब्ध करवा रहे हैं। कोरोना महामारी ने पिछले 2 वर्षों में दुनिया भर में शिक्षा और शैक्षिक प्रणालियों को अत्यधिक प्रभावित किया है। कोरोना के प्रभाव को कम करने की कोशिशों में दुनिया भर की शिक्षण संस्थानों को अस्थायी रूप से बंद कर दिया गया। पूरी दुनिया में 100 करोड़ के आसपास शिक्षार्थी स्कूल बंद होने के कारण प्रभावित हुए हैं। अब सबसे बड़ा सवाल उठता है कि विद्यार्थी शिक्षा कैसे ग्रहण करें। इसके लिए कई बड़ी संस्थाओं ने इसका एक ही हल निकाला वो है ऑनलाइन शिक्षा। जिसका असर हर जगह देखा जा सकता है।

ऑनलाइन शिक्षा एक प्रकार से कंप्यूटर के माध्यम से इंटरनेट की सुविधा से प्राप्त की जा रही है। ऑनलाइन शिक्षा के लिए कम्प्यूटर और कई तरह के गैजेट्स का सहारा लिया जाता है। पर इसके लिए इंटरनेट की क्वालिटी अच्छी होनी चाहिए, इस बात पर हमें ध्यान देना होगा।

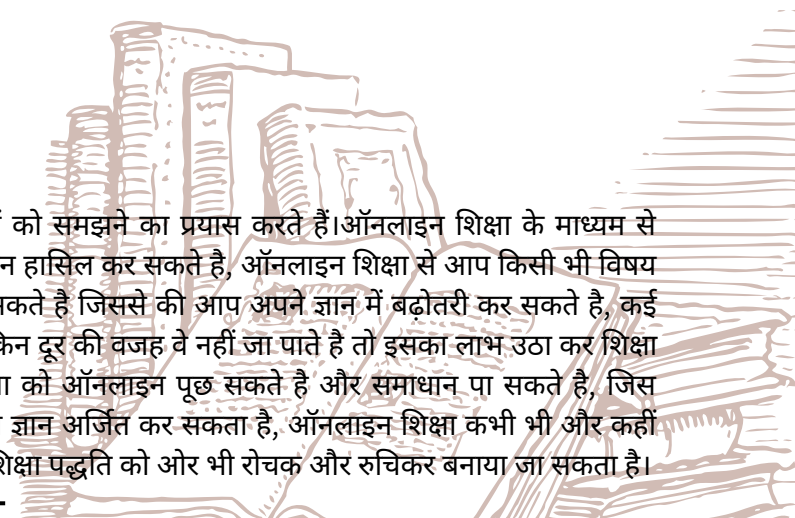
ऑनलाइन शिक्षा उन लोगों के लिए सुविधा जनक है जो काम करते हुए या घर की देखभाल करने के साथ अपनी पढ़ाई जारी रखना चाहते हैं। वह सुविधा ऑनलाइन शिक्षा प्राप्त कर सकते हैं। यह एक नयी शिक्षा प्रणाली है जो हर देश अपना रहा है। छात्रों को ज़रूरत है कि वह मन और ध्यान केंद्रित करके रखें। जो छात्र ऑनलाइन शिक्षा को ग्रहण करने में असमर्थ है उनके लिए निशुल्क ऑनलाइन शिक्षा की व्यवस्था करने की ज़रूरत है ताकि शिक्षा से कोई वंचित ना रहे। ऑनलाइन शिक्षा एक उम्दा माध्यम है जहाँ छात्रों को शिक्षा प्राप्त करनी चाहिए।

महामारी के चलते छात्रों को ऑनलाइन शिक्षा के अनुरूप ढालना कठिन है, इंटरनेट की पहुंच हर विद्यार्थी तक नहीं है, इंटरनेट स्पीड भी एक बड़ी समस्या है, शैक्षिक दूसरा कारण आज भी कई मध्यम वर्गी परिवारों में स्मार्टफोन जैसी मूल सुविधा उपलब्ध नहीं हैं, हर शिक्षा संस्थान का अपना शैक्षिक बोर्ड, विश्वविद्यालय है जिसमें अलग अलग पाठ्यक्रम के अनुसार शिक्षा ग्रहण की जाती है। पाठ्यक्रम की असमानता सबसे बड़ी चुनौती है। कई विषयों में व्यवहारिक शिक्षा की जरूरत होती है। तकनीकी समझ भी सबसेबड़ी चुनौती है क्योंकि ये शिक्षा प्राप्त करने का नया माध्यम है। ऑनलाइन शिक्षा में सम्भावनाओं की बात करे तो आधुनिक युग में इसका उपयोग बड़ी तेज़ी से बढ़ रहा है। आज कल कम्प्यूटर की तैयारी करा रहे संस्थान इस पदचाली का उपयोग कर के पढा रहे हैं। अन्य शिक्षा संस्थानों में भी इसका इस्तेमाल हो रहा है। आने वाले समय में भारत में इस शिक्षा प्रणाली में अपार अवसर है।

ऑनलाइन शिक्षा में आ रही दिक्कतों के कारण करीब 43 प्रतिशत दिव्यांग बच्चे पढ़ाई छोड़ने की तैयारी कर रहे हैं। एक सर्वेक्षण में यह बात सामने आयी है। दिव्यांग लोगों के अधिकारों के लिए काम करने वाले संगठन स्वाभिमान ने मई में ओडिशा, झारखंड, मध्य प्रदेश, त्रिपुरा, चेन्नई, सिक्किम, नगालैंड, हरियाणा और जम्मू कश्मीर में यह सर्वेक्षण किया। इस सर्वेक्षण में छात्रों, अभिभावकों और शिक्षकों समेत कुल 3,627 लोगों ने भाग लिया।

सर्वेक्षण के अनुसार 56.5 प्रतिशत दिव्यांग बच्चों को मुश्किलें आ रही हैं तब भी वे रोजाना कक्षाएं ले रहे हैं जबकि 77 प्रतिशत छात्रों ने कहा कि वे दूरस्थ शिक्षा के तरीकों से वाकिफ नहीं होने के कारण पढ़ाई नहीं कर पाएंगे। सर्वेक्षण में पाया गया कि 56.48 प्रतिशत छात्र अपनी पढ़ाई जारी रख रहे हैं जबकि बाकी के 43.52 प्रतिशत छात्र पढ़ाई छोड़ने का मन बना रहे हैं। इसमें कहा गया है कि 39 प्रतिशत दृष्टिबाधित छात्र कई छात्रों के एक साथ बात करने के कारण विषयों को समझने में सक्षम नहीं हैं। करीब 44 प्रतिशत दिव्यांग बच्चों ने शिकायत की कि वेबिनार में सांकेतिक भाषा का कोई दुभाषिया मौजूद नहीं होता। 86 प्रतिशत दिव्यांग बच्चों के अभिभावकों का कहना है कि वे तकनीक का इस्तेमाल करना नहीं जानते और करीब 81 फीसदी शिक्षकों ने कहा कि उनके पास दिव्यांग छात्रों तक पहुंचाने के लिए शिक्षण सामग्री नहीं है। सर्वेक्षण में कहा गया है, शिक्षकों ने यह भी कहा कि 64 प्रतिशत दिव्यांग बच्चों के पास घर में स्मार्टफोन या कम्प्यूटर नहीं है। 67 प्रतिशत छात्रों ने कहा कि उन्हें ऑनलाइन शिक्षा के लिए टैब या कम्प्यूटर की आवश्यकता है।"

इसमें कहा गया है कि 74 प्रतिशत दिव्यांग बच्चों ने कहा कि उन्हें पढ़ाई के लिए डेटा/वाईफाई की आवश्यकता है जबकि 61 प्रतिशत सहायक की आवश्यकता बताई। सर्वेक्षण के आधार पर तैयार की गई एक रिपोर्ट में कोविड-19 वैश्विक महामारी के वक्त नीतिगत बदलावों और आवश्यक संशोधनों की सिफारिश की है। स्वाभिमान की संस्थापक और मुख्य कार्यकारी श्रुति महापात्रा ने कहा कि सभी दिव्यांग बच्चों को एक समूह में नहीं रखा जा सकता क्योंकि उनमें अलग-अलग शारीरिक अक्षमताएं होती हैं और इसलिए उनकी जरूरतें भी अलग-अलग होती हैं।



यहाँ कुछ बिन्दुओं के जरिये इस नवीन प्रणाली के फायदों को समझने का प्रयास करते हैं। ऑनलाइन शिक्षा के माध्यम से दिव्यांग छात्र भी घर से ही शिक्षा प्राप्त कर सकते हैं और ज्ञान हासिल कर सकते हैं, ऑनलाइन शिक्षा से आप किसी भी विषय में या टॉपिक को समझ सकते हैं और उसके बारे में जान सकते हैं जिससे की आप अपने ज्ञान में बढ़ोतरी कर सकते हैं, कई दिव्यांग छात्र ऐसे भी हैं जो कोचिंग सेंटर जाना चाहते हैं लेकिन दूर की वजह वे नहीं जा पाते हैं तो इसका लाभ उठा कर शिक्षा ग्रहण कर सकते हैं, दिव्यांग छात्र अपनी किसी भी समस्या को ऑनलाइन पूछ सकते हैं और समाधान पा सकते हैं, जिस दिव्यांग व्यक्ति का सम्बन्ध शिक्षण संस्थाओं से ही है वह भी ज्ञान अर्जित कर सकता है, ऑनलाइन शिक्षा कभी भी और कहीं भी प्राप्त की जा सकती है, ऑनलाइन शिक्षा के माध्यम से शिक्षा पद्धति को ओर भी रोचक और रुचिकर बनाया जा सकता है।

जिससे बच्चे इस पर अधिक ध्यान दे सके, ऑनलाइन शिक्षा पद्धति में समय की बचत होती है, ऑनलाइन शिक्षा पद्धति से बच्चों को सर्वश्रेष्ठ शिक्षक से गुणवत्तापूर्ण शिक्षा मिल सकती है, ऑनलाइन शिक्षा पद्धति से एक ही समय पर कई बच्चों को पढ़ाया जा सकता है, ऑनलाइन शिक्षा पद्धति में पैसे कम खर्च होंगे, ऑनलाइन शिक्षा में कोई विषय समझ नहीं आने पर उसे बार बार देख कर समझ सकते हैं, ऑनलाइन शिक्षा के माध्यम से बच्चे नए नए ज्ञान भी प्राप्त कर सकते हैं। इसी प्रकार से ऑनलाइन शिक्षा पद्धति की कुछ अपनी खामिया भी हैं जो इस प्रकार हैं। अगर देखा जाये तो शिक्षक और छात्र अधिकतर आठ घंटे ऑनलाइन टाइम बिताते हैं जो की मानसिक और शारीरिक स्थिति के लिए नुकसान है, बोहत से दिव्यांग छात्र ऐसे भी हैं जो आर्थिक रूप से कमजोर हैं ऐसी स्थिति में उनके लिए इलेक्ट्रॉनिक डिवाइस जो कि महँगे होते हैं खरीद पाना कठिन है, ऑनलाइन शिक्षा, शिक्षक और छात्रों के सामंजस्य स्थापित नहीं कर पाते, जब कोई छात्र स्कूल में पढ़ाई में ध्यान नहीं लगा पाता तो ऑनलाइन में कैसे ध्यान केन्द्रित कर पायेगा। इस प्रकार से ऑनलाइन शिक्षा ने अनेक समस्याओं को भी बढ़ाया है। विषय के सभी पक्षों को देखने के बाद यही कहना चाहूँगा कि समस्या समाज का ही एक रूप है जिससे व्यक्ति को जूझना होता है इसके समाधान के लिए जो नियम, कायदे कानून बनाए जाते हैं वह सब समाजिक व्यवस्था को ठीक रखने के उद्देश्य से ही बनाए जाते हैं, इसके साथ ही जिस भी टेक्नोलॉजी का विकास होता है उनके सभी पहलुओं को देखते हुए ही होना चाहिए जिससे कि दिव्यांग बच्चों की समस्याओं को सुलझाया जा सके धन्यवाद

DELHI: THE CITY OF CITIES

Dr. Ravindra Singh,
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What do I have with Delhi, which makes it turn history again and again? No place becomes the capital of a country like this. It has cultural and geographical features. Among all the capitals in the world, Delhi is the most different and boasts many characteristics. A lot of archaeological history and stories are associated with Delhi. In fiction, Delhi is mentioned in the Mahabharata period as Indraprastha, the city of Pandavas. It is believed that Vishwakarma built this city at the behest of Shri Krishna and named it Indraprastha, the city of Indra. But with no more available evidence, this thing is limited to fiction only. There are so many interesting stories about the name of Delhi. Delhi stands with the oldest cities in the world like Rome and Istanbul. It has witnessed the rise and fall of empires over generations and the merging of different cultures and traditions.

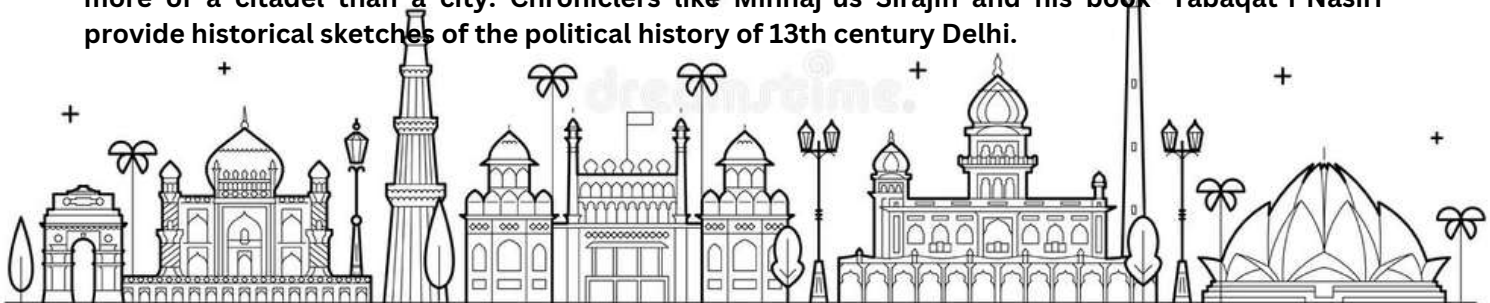


Historians trace these "Seven Older Cities of Delhi" which developed around the fortresses of each dynasty that ruled Delhi from 1100 AD through 1947 AD. Many historical studies about the Capital city of Delhi mention several sites of Delhi. The seven sites generally mentioned from north to south are Shahjahanabad, Firuzabad, Dinpanah, Siri, Jahanpanah, Dihli-i-Kuhna, and Tughluqabad. Delhi has had a rich urban past, for nearly a thousand years the rulers of North Indian states established their capitals in the Delhi area. The Delhi triangle, a sixty-square-mile area bounded by the Aravali hills on the west and south and the Jamuna river on the east, occupied a strategic position in upper India. It commanded the 115-mile wide corridor that, on the one hand, separated the Deccan tableland and the Thar desert from the Himalayas and, on the other, separated Punjab and the lands of the Northwest from the rich unbroken floodplain of the Ganges. Touching the Jamuna at its northernmost point of year-round navigation, the Delhi triangle encompasses the major break in transportation between the two great river systems of the subcontinent, the Ganges and the Indus.

Few cities in India could claim the long continuity and status that Delhi has enjoyed. This settlement was known by different names at different times. It is generally assumed that the word Delhi has come from either Dhilli or Dhillika. The word has been found in the Biholia inscription of the Udaipur district of AD 1170, which speaks of the capture of Delhi by the Chauhan King, Vighararaja IV or Bisal Deo (c.1153-64). Barani had described Delhi as a huge commercial centre with a cloth market in front of Badaun gateway that he called Sarai Adal, and had mentioned the grain market in front of Mandvi gate situated in the present Mehrauli city. This brings us to the question of how the city came to be known by its name Delhi or Arabic Dahli or Persian Dhilli became in the 13th century the capital of Dar-ul-Mulk of Hindustan. It was referred to as the capital of the whole Kingdom of Hindustan or the domains of Hindustan and also as the capital of the entire kingdom of Hind Hama Mulk-I-Hind. Hindustan as distinct from Hind was sometimes an appellation reserved for the regions of Awadh and Delhi, in short for the provinces immediately east of Punjab. The spatial meaning of Dhilli kept on shifting and changing. What was just known as Dhilli in reference to the Qutb complex became 'Old Dhilli' by the time of Sultan Jalaluddin Khalji and Khalji city became Shahr-i-Nau or the 'New City'. In absence of any written records, we have to rely upon what has been found during several excavations done in and nearby Mehrauli that people had been living here since the early stone age period but because of the language limitations no name of the area is traceable before the name of Yoginipura. In a later period, several records of inhabitation in Mehrauli are found. There may be a difference in the claims about the history of Delhi, but there is no doubt that the capital of our country is standing in front of a huge history.

Even as far back as the 14th century, an Arab account of India informs us, 'Delhi is composed of many towns (integrated into one). Each one is known by its name. Delhi, being one of them, has given its name to all of them. It is extensive in length and breadth and covers an area of forty miles. At present, Delhi consists of twenty-one towns. In the case of Delhi, we must deal with several urban settlements and with the coexistence of the 'old' and 'new'. In another statement provided by Arab writer Bin Fazlu'llah al-'Umari: I enquired from Shaik Mubarak about the city of Delhi, its condition and other affairs; it comprises different cities, everyone bears its particular name and all of them combined are called Delhi. It is extensive in length and breadth and has a circumference of forty miles. The buildings are of stone brick, roofed with wood and floored with marble-like white stone. In some cases, the houses in Delhi are only two-storied high. The floors of royal palaces are paved with marble.

An inscription of King Anangapal has been found on the iron pillar stating that in 1109 Sambat, King Anangapal had settled people at Mehrauli Delhi. During the 13th century, the Delhi Sultans were stationed here, under Khalji's capital city moved to Siri or Dar-ul-khalifa (present Hauz Khas) a few kilometres away. Ibn Battuta has considered Delhi the metropolis of India, a vast and magnificent city uniting beauty with strength. Ibn Battuta reached Delhi from Hansi and stated that surrounded by a wall, Delhi was the biggest Indian as well as Muslim city in the east. This city was constructed with four neighbouring cities. Earlier, Delhi was an old Hindu city occupied by Muslims. The second city was Siri which was called Dar-ul-khalifa. The third was Tughlaqabad, and the fourth was Jahanpana. Tomar Rajputs established themselves in the hills south of Delhi in the 9th or 10th century, founded Lal Kot, by Tomar Anangapal as the founder of Lal Kot and were overthrown and supplanted by the Chauhan (Chahamana) Rajputs. The Chauhan kings Visaldev or Vighrahadev of Ajmer conquered Lal Kot in 1180 and extended the Lal Kot Fort, constructed a wall around it, and it was then called Killa Rai Pithora. The Delhi Sultans established six other settlements in the riverine plain: Kilokhari, Siri, Tughlaqabad, Adilabad, Jahanpanah, and Firuzabad. Some cities like Dihli-I-Kuhna, Kilokhari, Siri, and Firuzabad were the capitals of successive Sultans, sometimes serially, at other times after a gap of several years, others like Tughlaqabad or Jahanpanah remained settled but were the capitals of only one Sultan. And there was also 'Adilabad, inhabited very briefly, was more of a citadel than a city. Chroniclers like Minhaj-us Sirajin and his book 'Tabaqat-i-Nasiri' provide historical sketches of the political history of 13th century Delhi.





Can education conquer genetics?

Dr. Devendra Jarwal

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Department of Commerce

Recently I read a book “Born, Not Made: The Entrepreneurial Personality” where authors argue that some personalities are much more favourable for entrepreneurship. It is an important thing, and it really constraints and influences outcomes. Entrepreneurs are different; They have the ability to deal with uncertainty, to take risks and tolerate ambiguity. They usually have a personality that is mercurial, and they have highs that are really high and lows that are really low. As a consequence, if you want to know who's most likely to be an entrepreneur, don't go to a business school and see who has taken entrepreneurship courses, instead just observe the behaviour of a person to find his entrepreneurial abilities.

After reading this book I thought authors have put a question mark upon the face of education. In my opinion they simply concluded that education can instil skills but cannot groom personality traits. I am inclined to think that in the education system whether we are creating any value or wasting our resources. I have firm belief that though we cannot teach a person to take risk, we can still teach him how to calculate the risk and cover risk with available resources and knowledge. Practice makes a man perfect is a proverb which tells us the importance of continuous practice in any subject to learn anything. There is no alternative to hard work and success. We must practise in the particular field on a regular basis in which we want to succeed. Nobody can perform well in his field if he does not practise on a regular basis. Only by continuous practice, a man achieve his target and succeed in his particular field. Knowledge is a big thing but if practice is not done, knowledge cannot take us to our goal. We have to convert our knowledge into action which

needs regular practice. I am assured that teachers of this college have delivered their best in imparting knowledge and training. I request all the students of this college to use their knowledge to the full extent and apply it in the practical field. Together we need to prove that we can revolve the axis regardless of our genetics and education has power to change personality traits.

वीरता वंदन

बहरहाल ।
कहानी काँधों की
मज़बूत जज़्बात इरादों की-
टहल-
निकल- ख़ामोश अल्फ़ाज़
बिखेर चाँदनी की तू
नई आवाज़ ॥

अल्फ़ाज़ हर
ज़ुबान पर ठहरे
नहीं ये रचयता की चाल ।
रचना,
तुम विभिन्न हो॥

परछाइयों का दर्पण, कल-कल हँसी
गुंजन सुना
विफलता का शून्य सफल कर जा तू ।
बहरहाल॥

तू मज़बूत हमारा काँधा है,
माँ का अपना लहराता आँचल है।
आपाहूँ, पिता का गौरव है।
अनूठा आयना है तू -
सपनों में वीरता का बिगुल है तू॥
हर लफ़्ज़ ज़ुबान पे ही आये,
नामुमकिनों को ही आंका जाये -
ये नहीं है गति वीरता की।
माटी में बचपन की आयरा सदा बिखरती रहे
पहचान तभी है बुलंद हमारे अपने वीरों की ॥

डॉ. वन्दिता गौतम
अंग्रेजी विभाग

नन्हीं गुड़िया

कल तक थी मैं एक नन्हीं गुड़िया
आज हुई एक प्यारी बिटिया
आँखों में लेके सपने हजार
नई सोच में मेरा विस्तार
छूना है उन ऊँचाइयों को
नहीं है नीचे आना
उड़ते जाना, उड़ते जाना
मुझे दूर मंजिल तक जाना
सपनों को है साकार बनाना
कर जाऊंगी ऐसा कुछ
याद रखे मुझे संसार
दे जाऊंगी प्यार मैं सबको
ताकि लोग करें बेटियों से प्यार

डॉ. प्रियंका चौरसिया
संस्कृत विभाग

CREATIVE LYRICISM



नावगात / नावगात

Heading towards the battlefield-

Dear Diary,

Sometimes I question why I chose to be helped and get stripped of the habits that vanquished my will to live?

Why am I trying to make myself familiar with the world that mocks my attempts?

Why did I choose to listen to the voice inside my heart and yet forbade the voice of my head?

How did I choose to take a step ahead? Ahead in the direction of a new old life.

Ahead where my life had some sort of light.

Ahead where my mind had a heart of its own.

Ahead where my mind was not in turmoil to make excuses on the go.

Why did I choose to recover, when I was so used to the way I was living?

Maybe, because the only thing that proved my existence was nothing but merely breathing.

KANGANA MITTAL [B.A PROGRAMME
Batch of 24]

कब हम से मैं हो गए ?

दुआओं में हम,
ख्वाबों में हम,
क्या दुआओं और ख्वाबों में
मैं हो गए ?

पता न चला सब,
कब हम से मैं हो जए ?
जिसे सोचा न था,
कभी होगा पराया !
वो भी अब पराय हो गए।
पता न चला सब,
कब हम से मैं हो जए ?

गौरव राज [बी.ए. (ऑनर)
संस्कृत 2023 बैच]

कलयुग की परछाई

भाईयो की दरिंदगी नज़र आई,
घर के अंदर रावण ने अशोक वाटिका
बनाई,
सीता तो फिर भी शुद्ध थी,
मुझे घर के रावण ने अशुद्ध कर दिया,
ये सब है कलयुग की परछाई ।

बाहर मैं किससे बोलू,
जब घर में बैठा दानव है,
भगवान को मैं कैसे मानू,
जब राक्षस बन बैठा मानव है ।

चार दिवारी के अंदर डरती हूँ,
दुनियां से कैसे लडू,
अभी मैं घर के अंदर लड़ाई करती हूँ।

मेरी हकिकत को सुनने वाले मिले नहीं,
जिसे देखों मुझपे ऊंगली उठा रहे हैं,
दुनियाँ को सुनाकर करूँ क्या,
जब अपने घरवाले सुनकर हिले नहीं।

हिम्मत देने वाले ने साथ छोड़ दिया,
सपने जो संजोए थे मैंने,
अब उसे भी तोड़ दिया,
अपने आंसू के लिए किस कंधे को खोजू
मैं,
सुना था हर जगह भगवान होते हैं,
मेरी हालत को भगवान ने देखा या नहीं,
ये सवाल किससे पूछूँ मैं ।

मनीष गुप्ता [बी.ए. (ऑनर) संस्कृत
2023 बैच]

Dear self,

I thought you were fine before,
But you weren't
I thought I had saved you before
But I couldn't
I thought I had stopped the tears which weren't coming
But I didn't
I thought you existed before,
But you didn't.

Dear Self,
You stood by me, when no one else did
You held my hand, when no one else did
You hugged me to sleep, when no one else did
You lifted me up, when no one else did

Dear Self,
You fed me when I was hungry,
No matter what hunger it was.
You never judged me,
No matter how stupid I was.
I wish I could be the same for you,
As you were for me
To you Dear Self,
I'm eternally grateful
Now let me take your pains away
Let me bring you into my arms
Let me take you out to a picnic like you always wanted to,
Let me take you out to a movie like you always wanted to,
Let me sing you a song like you always wanted to.

My my my Dear Self,
I sure did hurt you many times
Yet you never abandoned me
You never questioned me,
Is it possible for me to love you,
As you have loved me
Maybe I was too harsh to you sometimes,
But all you gave me back was a bright warm smile

I hope your tears will stop now
I hope we'll stroll together in a garden full of Hyacinth,
I hope you'll show me your hidden bruises now,
I hope the Hyacinths soon turn into Chrysanthemums,
I hope we'll sleep together among the clouds,
I hope you accept the Lily which I offer to you
And I hope you give me back a Daffodil.

Dear Self,
I hope you're fine now,
I hope yours tears have turned into smiles
Maybe I was a tad bit too late,
Maybe I should've realised before,
I can see it as clear as day now,
That you were my sun,
The sky is cloudy for now
Maybe it'll clear up soon
Don't worry Dear Self, I'm not giving up on you,
As you never gave up on me,
I love you Dear Self, ironically selflessly now.

APOORV CHAUHAN
B.A (Hons.) Economics, Batch of 24

प्रेम-नगर का अनन्त मधुमास
अरुण-रश्मिकाओं का वह शर-
पुंज
नव-पत्रों से छनकर आता हुआ,
भेद रहा है तृष्णा-संस्ृति के गहन
अस्तित्व को
और
मेरी धमनियों में प्रणय-पुष्प
विसर्जित कर रहा है

मैं खिलने लगा हूं
प्रेम की गुलाबी गलियों में
गुलमोहर की तरह
लगता है, प्रेमोद्वेग से
मैं स्वयं प्रेम का सोता बन गया हूँ

पैरों में कांटे तो है पर
चलता-दौड़ता, भटकता पहुच
गया हूं
प्रेम के चौराहे पर
और तभी दिखी, तुम,
तुम दिखी, तुम्हारी
कनखियों की कशिश और मैं नत
बस, पलकों से चुन डाले है काँटे
फिर...

कुछ तुम चली, कुछ मैं बढ़ा
अहसाह हुआ
मैं रेगिस्तान की रेत-सा और
तुम वर्षा की बूँद-सी
दोनों एकाकार हो चल पड़े है
इश्क़-ए-मजाजी से इश्क़-ए-
हकीकी की ओर..

सौरभ शर्मा [बी.ए प्रोग्राम 2025/26 बैच]

Clueless

Crouched I sat, with a dampened tee,
pondering over something cluelessly

It all started at Mr Mir's residence
when I enquired Jo, my friend
about his infrequent visits to the ground
and he told me, someone else he has found

When I further asked "Who?"
He held my hand and drew me to his room
Softly he said
"It's a new friend.
I met him first on the last day of May
He buries
all my worries
And he claimed he'll bury it all one day"

While he spoke his eyes shone brightly
So with jealousy
I said, "Yes, forget us all!
And stay with him only, you moron"
I gave him a toss
But Jo remained lost
Then for brunch, his mum called us
And I left the room calling Jo a 'cuss'
In the foyer, I apologised to aunt for not
having the coffee,
she offered me
And with a plastic smile left their abode
But Jo never came out to see me off
By the night, I was guilty
I started feeling I overreacted
So I decided to call him morrow
And at 9, I dialled his number just to hear
something which filled me with sorrow
"Jo is no more"
Jo was no more
No one knew what had happened
It was a whodunnit
And now he was being buried
As his friend had promised

No one had a clue about any new friend of his
Jo left no clue
Jo simply left us
And now it seemed he left with his friend
A friend no one knew

He was lost in another world already
And now the world lost him
We lost him
Lost him so cluelessly.

Manasvi Mittal [B.Com (Hons.), Batch of 24]

मजदूर नहीं मजबूर है वो

क्या कहा ?

मजदूर!

मजदूर नहीं साहब

वो मजबूर है!

मजबूर है अपने हालातों से,
मजबूर है सत्ता की बातों से,,
ठिठुरना आदत हो गई है उसकी,
वो मजबूर है ठंडी रातों से।
दो वक्त की दो रोटी पाने के लिए
वो घर से कोसों दूर है
मजदूर नहीं साहब
वो मजबूर है।

पीड़ित है वो कमरतोड़ महंगाई से,
काम चला रहा है वो सस्ती दवाई से,,
सुना है बच्चों के बड़े अरमान पूरे करता है,
घर चला रहा है वो छोटी सी कमाई से।
धनवान नहीं है तो क्या हुआ
वो धन्य जरूर है
मजदूर नहीं साहब
वो मजबूर है।

तनख्वा नहीं वो हररोज पगार पाता है,
नगद नहीं वो पास के लाला से उधार खाता है,,
वक्त पे बच्चों की ट्यूशन स्कूल फीस भरने के लिए,
पता नहीं कहा से जैसे तैसे पैसे जुगाड लाता है।
समाज में सम्मान नहीं मिला तो क्या
पर सही मायनो मे वो मशहूर है।
मजदूर नहीं साहब
वो मजबूर है।

पेशा ऐसा है की हर रोज काम नहीं मिलता,
काम मिला तो भी शाम को उचित दाम नहीं
मिलता,,
हर रोज दर बदर भटकता है वो काम की तलाश मे,
उसे मेरे और आप जैसे वीकेंड पे आराम नहीं
मिलता।
धन दौलत जवारात का नहीं
उसे अपनी मेहनत पे गुरूर है।
मजदूर नहीं साहब
वो मजबूर है।

शिवम कुमार झा [बी.ए प्रोग्राम, 2024 बैच]

A Pixie in my roses

A perfumed bud of rose springs in my garden,
To whom I water twice with utmost care.
But the musky rose of mine was quite
disheartened,
So I asked the rose of mine (most soft and rare),

"Why is this discontent? My fairy rose!"
To which she thus replied in mood of gloom.
"O sweet boy bend! Reach down! And come here
close."
With a bend now I could smell her soft perfume.

She hushed in ears of mine and this she said:
"On yesternight I saw a pixie lurking
Beneath the glades of moon on garden's bed,
When flowers were all asleep but I was working.

I asked her for her name with great surprise.
"Embrosa" said this she. She was quite weary.
Thrice fairer than the moon, were both her eyes,
A prancing pixie sweet! She was quite deary.

A limpid hole she needed for her sleep,
But finding none she sat on grass forlorn.
Thus I invited her into my keep,
And so she crept inside and took a yawn.

But now I want to bloom, yet she's asleep,
For I don't want to disconcert her dreams."
"Just spread your wings, fair rose! You shall not
weep."
Her petals opened up like rubied streams.

And from the rose I saw a creature looming,
Like endless stars she was all glinting bright.
The gift of sleep she was (with peace) consuming.
But now awakened, sat she there upright,

With spread of wings and now her life resuming,
She flew away in her own tameless musing.

RAJ ARYAN [B.A(Hons.) English, Batch of 24]

जब सारा जहाँ देखेगा,
मंज़र आपकी सफलता का,
इंतज़ार जब खत्म होगा,
हर कम्बख्त ज़रूरतों का,
खुद चलकर आयेगा वो,
मीठा होगा जो आपके इंतज़ार का,
बस कुछ बूंद पसीना और बहा
लीजिए जनाब,
फिर बदलते देखिये, नज़रिया इस
समाज का!

- पृथ्वीराज सिंह बघेल
बी ए प्रोग्राम
2024 बैच

Of things I'm made of.

One.

The universe is made of a million atoms, a billion galaxies and a trillion stars, uncountable planets, moons, asteroids and comets, and in me lies the cosmos.

The poet in me is a universe unraveling the universe in a complex tapestry of words woven, in complex poetic rhymes, in complex colors of day and night to attain infinity in infinity.

The poet in me is the cosmos residing in poetry, hiding within metaphors.

Two.

I've been writing for a long time, and I write even when all I can write is a string of meaningless words.

I have written some lines that I should have erased, verses about the meaning of my death, and lines about the time I moved along a journey.

And the few more words in my pen are all I have.

I am made of poetry, and only a little more I have to write.

Three.

I have always marveled at the beauty of flowers, and it's always sad when they start to wilt, but I know the new ones are never far away.

My child-like eyes don't like the idea of shriveled flowers representing something that once was.

My eyes are no longer those of a child when flowers wilt. They're of someone who has seen too much and thought too much. Sad and empty.

Yet, when the green buds begin to free themselves from the dirt and flowers bloom again with their twisted stems and curtain petals, I know the sun will rise, and clouds will rain.

I am made of flowers, fragile but blooming. In me, grow the most beautiful flowers.

Four.

I am made of yellow threads of happiness, blue threads of calm, pink threads of love and tenderness, brown threads of warmth, black threads of power and loneliness, green threads of kindness and white threads of hope sewn together.

Tied together by stories, the threads weave tales in my soul. Some cut away; some ripped from tapestries before they could weave their tales.

Five.

I'm made of people, and every day I'm made a little more.

SWATI CHOUDHARY
B.A Programme , Batch of 23

वो दिन

फाल्गुन का महीना और ये उस समय की बात थी

गुम सा अंधेरा और चांदनी रात थी।
बैठ के कमरे में जब मैं कर रहा था पढ़ाई
तभी अचानक मेरे मन में ये ख्याल आई।

क्या थे वो दिन भी, जब मैं था छोटा
जरा सी बात होती, मैं उस पर भी रोता।
अगर कुछ बदला, तो वो है समय
कुछ भी हो जाए, पर कहता ठीक हूँ मैं।

वो गर्मी की छुट्टी और पेड़ों की छाव
वो मई की लूह, और हमारा छोटा सा गांव
मां की डाट, बाद पेड़ों के नीचे बिछा के
खाट।

बैठ कर फिर दूँढना लाइट आने की बाट।

हमारी पंचायत में वो राजा मंत्री चोर
सिपाही
फिर जोर से चिल्लाना, अरे! लाइट आई।
भागें भागें जाना वो सोनपरी और
हातिमताई।
फिर मिलकर देखते सारे बहन भाई

काश! कभी समय वापस वही चला जाता
समय को आगे भेज मैं वही रूक जाता।
हो जाता गुम मैं भी वहीं कहीं
शायद वही था जीवन का सबसे समय
सही।

सुदीप पाण्डेय

बी.ए प्रोग्राम, 2025/26 बैच

That Day

His low voice was like the bells ringing in the
shrine of my body

And a feeling

A feeling unknown spread all over

The way he keeps on calling me pretty, a
beauty that I never saw!

Like the mountains

The beauty of the mountains never ends and
always

Always I feel a discontent that can't ever be
satisfied,

I can't stop looking at you!

Beautiful and strong.

My eyes rest on you and hours tick by

But neither them nor me got tired, he said

Sometimes I don't believe him,

Not the fact that he loves me

Never needed a validation

Just peek into his eyes and they'll narrate it
all!

I say dark, he says moonlight

I see heights, he sees ladders

I dig wells, he builds bridges

A destroyer with a creator.

I tried to run but he held me,

Held me so tightly that I started feeling
protected in his embrace

And fear losing it.

A protection the child inside me longed for

Shielding the entrance of my heart from all

the insecurities and worries and overthinking.

I fear a life without him

Like a world without colors

Do I love him?

I am never sure but he is

I'll just hurt him

But I don't want him to leave either

I can't let my smile vanish

Or should I?

Saloni Tamta

B.A Programme, Batch of 25/26

रोटी का मोल

आज फिर निकला है अपनी ज़िम्मेदारियाँ निभाने,
दो रोटियाँ खा कर चला है दो रोटियाँ कमाने,
लाल किले से चाँदनी चौक तक सैर कराने,
आज फिर निकला है अपनी ज़िम्मेदारियाँ निभाने।

लगा कर अपनी तिपहिया सड़क के किनारे,
बैठा है किसी ख्याल में फुटपाथ के सहारे,
आने जाने वालों को बड़ी उम्मीद से निहारें,
कभी चाचा, कभी भईया तो कभी अम्मा को पुकारें।

खून से चलने वाले पर पड़ रहा पेट्रोल भारी,
पहले जैसी अब नहीं रही तिपहिया की सवारी,
जब होती थी पेड़ों से दोस्ती, हवाओं से यारी,
और होती न थी लोगों को दम फूलने की बिमारी।

अब तो सूरज भी बैठ गया सर पर आकर,
उम्मीद में बैठा है पसीने से नहाकर,
कहीं दूर से पुकारा किसी ने, शायद तरस खाकर,
दिल ही उठा गद-गद, चल पड़े पैर खिल-खिलाकर।

चाँदनी-चौक जाने का क्या लगे यह बताओ?
सिर्फ पचास रुपए लगेगे साहब, बैठो आओ,
चालिस रुपए में चलो, वरना आगे बढ़ जाओ,
चलेंगे साहब, बस हमसे पसीने का मोल न करवाओ।

पेट्रोल की दौड़ में तिपहिया कहाँ दौड़ पाएगी,
हॉर्न की कर्कशता में घंटी कैसे शोर मचाएगी,
समय के वेग के आगे ये मुँह की खाएगी,
सड़क के किनारे बस धीमी-धीमी बढ़ती जाएगी।

धूप की चिल-चिलाहट थोड़ी मंद होने लगी,
चेहरे पर स्वेद और बयारों में टूटने लगी,
चालक की आँखों में नींद स्वच्छंद होने लगी,
सैलानियों की संख्या भी अब चंद होने लगी।

सायं काल तक दो-चार फेरे ही लगा पाया,
दो-ढाई सौ भी मुश्किल से कमा पाया,
अब किस ओर चले यह समझ न आया,
तो बाज़ार से विदा ले घर को लौट आया।

निकला था घर से अपनी ज़िम्मेदारियाँ निभाने,
घर के चुल्हे के लिए दो रोटियाँ कमाने,
लाल किले से चाँदनी चौक तक सैर कराने,
कल फिर निकलेगा अपनी ज़िम्मेदारियाँ निभाने।

कुमार शाश्वत
बी. कॉम ऑनर्स

Maybe I belong
here, maybe I
don't

I wander these hallways in search of
something,
Maybe it is here, maybe it isn't,
Maybe I'll find it, maybe I won't,
Maybe I belong here, maybe I don't.

My heart can't decide if it is at
peace, or wants to move on,
Only my heart knows how my heart
feels,
Maybe I'm conflicted with myself,
maybe I'm not,
Maybe I belong here, maybe I don't.

Their open arms, their welcoming
smiles, their warm hearts,
But my heart can't decide if it wants
to stay or move on.
The heart knows what the heart
knows, but sadly I don't.
Maybe I belong here, maybe I don't.

Maybe I belong here! Maybe I don't!
There's no way to tell
Maybe I'll stay for a bit,
Maybe I'll move on
Maybe I belong here,
Maybe I don't.

APOORV CHAUHAN
B.A (Hons.) Economics
Batch of 24

Once upon a Delhi Winter

Once upon a Delhi winter, oh how it did delight
With chilly winds and clear skies in sight,
The city woke up to a shivering morn
And people bundled up, feeling reborn.
The mist rose slowly, over rooftops high
The sun struggled to break through, up in the
sky,

But as the day wore on, it grew warmer still
And the winter's grip began to weaken, lose its
chill.

Yet, even as the temperature rose, people did
not sway

For they knew the Delhi winter would never
stay,

It was a brief respite from the scorching heat
A time to enjoy the outdoors, before the sun's
defeat.

And so, they flocked to parks and open spaces
Taking in the beauty of nature's graces,
Children ran around, wrapped up in their
woolens

Older folks walked and talked, in groups of
cullens.

The aroma of roasted peanuts filled the air

Vendors sold hot tea, to show they care,

The city was alive, with a festive spirit

A winter wonderland, it was hard to resist it.

But as the day drew to a close, the sky turned
dark

And the cold breeze picked up its pace, left its
mark,

The warmth of the day, now a distant memory

As people headed home, their faces quite
dreary.

Yet, there was a sense of contentment, deep
inside

For they had enjoyed the winter's fleeting ride,

They knew that once a Delhi winter was gone

It would be a long time, before it would dawn.

And so, they embraced the chill, with open
arms

Enjoyed the winter's charms, and all its
charms,

For it was a reminder, that life is but a fleeting
moment

And that we should cherish every bit, before
it's all spent.....

Ashis Kumar Mohanty

B.A Programme, Batch of 25/26

कुछ राज़ की बात बताता हूँ ।

कुछ आज की बात बताता हूँ।
कुछ बीते गुजरे जीवन के,
खाली जज़्बात सुनाता हूँ।

कुछ राज़ की बात बताता हूँ।
कुछ छोड़ दिया, कुछ छूट गए।
कुछ पूरे हुए, कुछ टूट गए।

मझधार में उलझे जीवन के,
सारे एहसास सुनाता हूँ।

कुछ राज़ की बात बताता हूँ।
जीवन की सर्द राहों में,
कुछ रात गुज़ारे ऐसे भी।

जब अपना कोई साथ न था।
वक्त भी देता साथ न था।

उस जीवन से इस जीवन तक,
'श्रद्धा' सारी उलझन
सुलझाता हूँ।

कुछ राज़ की बात बताता हूँ ।

गौरव राज

बी.ए. (ऑनर) संस्कृत

2023 बैच

Living a Lie

My whole life has been a wreath of lies. My most common lies are, "Oh, I'm fine!", "Don't worry, everything's okay!", "I had a great time today!" and so on. But my heart screams, "I'm not good at all. Everyday I go to bed wishing I would somehow die in my sleep and pull my hair when I find myself still breathing the next day." Or something like, "I've never had a good day since the inception of the pandemic and probably never will because things won't ever go back to how they were, my kiths and kins who have died are gone forever and honestly, as messed up as it sounds, I wish I could join them!"

But I won't say all that out loud, it must remain buried deep within me, I don't want to be called a weirdo, an "emo girl", a selfish person, a pessimist and what not.

I'm more scared of judgment and failure than losing my life,

Because what if they think I'm being over dramatic? What if they think I'm just stupid and crying over silly things?

That I'm just a hopeless moron wasting my time away? What if they dig into my heart thinking they'll find some sad but poetic diamond, bright enough to blind the sun; But instead there's a blackened coal, already burnt without ever contacting a I'm terrified of what people will think of me fire and hence utterly useless? I'm scared, I'm afraid, I'm frightened,

Or what do they even think of me now?

What do I look like from other people's eyes? Sad? Happy? Weak? I wonder...

Sometimes I hope people could figure out every complication within me just by looking at me, So that I could be salvaged without going through the excruciating process of telling them one by one what makes my life so pathetic.

But then again the facade, I so meticulously created, will tarnish. Even if it was just a house of cards, destined to fall, I still can't wilfully destroy everything that I was able to somehow clumsily build.

The wreath, twisting and turning like the chains binding my neck, Neither having a beginning or an end like my misery; Has reached so deep within my being, deeper than how much I know myself,

That it cannot be uprooted, because it's all my soul's made up of.

I choose to hide in the cave of lies than to squint at the blinding rays of truth,

I choose to frolic in the pastures of a fable than to float in the sea of uncertain reality, I choose to suffer in silence than to scream for help.

SRISTI DAS

B.A Programme, Batch of 23

अरी शाम !

तू कहा चली रात के खामोश अँधेरे में,

क्या मिटाने चली है अपने होने को ?

या चली है सुबह होने के लिए,

एक नए अंकुरण के लिए,

जरा सम्भल कर जाना वहाँ !

क्योंकि मेरा प्रीतम तकता है वहाँ मेरी राह

क्या तू बताएगी उसे मेरे मन की पीड़ा ?

मैं एक टीस लिए तड़प रहा हूँ..

नहीं..तू नहीं बताएगी उसे

तू तो खुद ही खो जाएगी उसमे उसी की होकर

और बनकर निकलेगी एक परिपक्व सुबह ।

सौरभ शर्मा

बी.ए प्रोग्राम

2025/26 बैच

संभल जाओ

हमारी कौम, तुम्हारी कौम करता
जाएगा बन्दे,
इसी बीच कोई तीसरा ठेंगा दिखा
जाएगा बन्दे,
मौका है संभल जा इससे अभी,
फिर बाद में न मिलेगी वजूद हममें से
किसी की भी ।

तू जो एक मोहर लगा घूमता है बन्दे,
तेरी इन करतुतों को कोई देखता है
बन्दे,
तू गायब हो जाएगा इस दुनियाँ से
कभी भी,
फिर बाद में न मिलेगी तुम्हारी
तकदीर की लकीर भी।

तुम जो यूँ घूमते-फिरते हो बन के
अन्धे,
उठा ले जाएगा कोई बहुरूपीया
परिन्दे,
मिलेगी ना तेरे किस्मत की ताले की
चाभी,
रोता रहेगा पूरी जिंदगी, मौका है
सोच ले अभी ।

मनीष गुप्ता
बी.ए. (ऑनर) संस्कृत
2023 बैच

BLUE LINE/PINK LINE

Trains, buses, planes...

An ever-changing constant in our life

Your rooftop and my lanes, do they share the same
skies?

In my heart, I have to believe that at some point
maybe our skies collide

It's 7 in the morning and I've just stepped out of my
house.

Makes me wonder...

Are your skies blue like the metro line that takes me
home?

"Home" & "house"

They're synonyms in the English dictionary.

Yet the house watches like a bystander while home
mocks and taunts me with questions like "you stay at
a house yet do you know what's it like to live.. at
home?"

This station is Rajouri Garden. Interchange here for
the pink line.

Is that it? Are your skies that rare pink that my phone
camera never seems to capture?

I've realized that pink skies, sand and we are all alike

and I can count the similarities on my fingertips

For one, birds don't freeze up in the sky

Footprints don't stay on the sand

And we don't stay the same versions of ourselves ever

Secondly, the more I try to chase the pink skies, the
faster they disappear

And much like the ghosts of my past self, sand slips
away quicker the tighter I hold onto it.

This station is Durgabai Deshmukh south campus.
Interchange here for the airport express line.

If my past self and present self were two separate
beings

One of them would be on this line catching a plane
and the other would chase her like a typical rom-com
character

But none of them would make the other stay

Instead, they'd tell each other to fly away like a bird in
the orange sky

This line too, funnily enough, is orange in colour.

I'm sure you've seen orange skies at dusk or maybe at
dawn.

"Dusk" and "dawn"

One signifies beginnings and the other is an end

How can such different times be so similar?

For one, my beginnings at 7 am give me hope that by
the end the skies of my past, present, and future will
collide

And this collision will result in life

~Lakshita Soni
B. Com (Hons.)
Batch of 24

व्यथा

भारत तेरी हाय व्यथा को कहेगा कौन ?
तेरी इस विकल वेदना को सुनेगा कौन ?

बताएगा कौन तेरी मनःस्थिति को ?
सुनाएगा कौन तेरी असह्य पीड़ा को ?

देखती होगी जब भी अपनो को लड़ते
धर्म और जाति के नाम पर कटते मरते ।

रोती होगी भारत माता खूब सिसक कर
करती होगी ग्लानि अपने दुर्भाग्य पर ।

कहा हुई गलती ये सोचती होगी
अपने भाग्य को कोसती होगी ।

वो भी आस लगाती होगी आने वाली
पीढ़ी पर
क्या पता ये ही लेकर जाएं किसी नई
सीढ़ी पर ।

हे ! भारत के भाग्य विधाता सम्हालो
अपना ताज
करो कुछ ऐसा की भारत का हो दुनिया
पर राज ।

भूल जाएं गिले सिकवे सभी
करेगा विकास ये देश तभी ।

जन जन में जब व्याप्त होगी भाईचारा
बनेगा तभी तो हमारा हिन्दुस्तान प्यारा ।

सुदीप पाण्डेय, बी.ए प्रोग्राम
2025/26 बैच

MISTAKES

What is a mistake?
Is it a way to learn?
Or, a point or concern;
It is said,
“Failure Teaches Lesson”
Is it?
If then, why remorse?
There is a growing population,
And so is the competition.
So, is there a scope for
mistakes?
History teaches us to tackle the
problem
So, are the mistakes.
Science and life are full of
mistakes
So, why to shy committing
mistakes
A mistakeless thing is a robot,
Are we? We aren't
Embracing it leads to success,
Even, nature learns from
mistakes,
Isn't it? Evolution and amend
the mistakes.
So, why fear committing
mistakes,
As nature says commit and
learn
And move ahead.

Hari Om Sharan
B.A (Hons.) Physics
Batch of 24

हमारे नेता जी

पद मिले एक दिन का तो भी ताउम्र पेंशन पाते है,
जनता के सेवक बन के ही जनता का पैसा खाते है।

चुनाव काल में वोट मांगने हर गली घर मे जाते है,
जीत के सीट को, नेताजी ईद का चांद हो जाते है।

समाज सेवा के नाम पे स्वयं सेवा अभियान चलाते है,
जाति धर्म के नाम पे जनता में भ्रम फैलाते है।

भय लालच के चक्कर मे इनके दल भी बदल जाते है,
छेद करते है जिस थाली में फिर उसी थाली में खाते है।

एक करोड़ मे टिकट और दस मे विधायक खरीदे जाते है,
फंड नही है कहकर फिर जनता को मूर्ख बनाते है।

उद्योगपति के हजारों करोड़ तो यूं ही माफ हो जाते है,
हजार रुपए के लिए किसानों के घर बुलडोजर चलाए जाते है।

देशसेवा को ये फर्ज और राष्ट्रवाद को मर्ज बताते है,
इतनी देशभक्ति है खून में तो इनके बेटे सरहद पे क्यों नही जाते है?

शिवम कुमार झा
बी.ए प्रोग्राम, 2024 बैच

Why?!

The hopes I weaved washed away that night ,
When I cried to be with you..
And you left me UNRECOGNISED.
You brought me to life
Don't part our ways,
Don't dare the shadows -
To take away these shiny sun rays.
You left undone on that day
Without any reason or say ..
You aren't completely be blamed for the agony I hold,
Being your lover be called.
The promise you gave , gave the hope
And I flowed with the words you had thrown !
You said goodbye with a vague phrase
I cried a lot .. a lot and tried to chase .
Back then I was trying to build "US" hopes
And now the word crops apart .

JHANKAR BHATTI
B.A Programme, Batch of 23



ALL ABOUT
OUR
COLLEGE
SOCIETIES



LIFE OUTSIDE THE CLASSROOM



NAVAAGAT / नवगत



THE PLACEMENT CELL

@PLACEMENTCELL_MLNC

The Placement Cell, Motilal Nehru College (Morning), acts as a bridge between the students and the industry. It helps them secure great opportunities by organizing internship and placement drives, workshops, seminars and training sessions. To ensure the students receive offers from premier recruiters, the Cell has revamped its functioning and adopted a new mission statement, "AEDIFICARE-DOCEO-AUXILIO", i.e., BUILD-TRAIN-HELP, to better serve the talent of the college. And this is just the first step in getting them placed in top companies. The Cell has recently conducted 6 online sessions to upskill and mentor students on topics like communication skills, aptitude tests, digital marketing, LinkedIn optimization, and the like. These were delivered with institutions like ITM Business School, Pune Institute of Business Management (PIBM) and Project Statecraft, a United Nations Development Programme.



The Placement Cell has brought a multitude of internship opportunities for students. In February, the Cell served as a platform to over 14 companies like Raise Digital, The Leading Solutions, Graphy (by Unacademy), TBH Circle, among many others, with stipends as high as ₹25,000. The Placement Cell facilitates on- and off-campus placement drives by inviting a multitude of companies. This ongoing Placement Season is witnessing the participation of multiple companies extending offers in domains like consulting, sales, finance, marketing etc. Recently, corporate giants like D.E. Shaw India, Aditya Birla, Bajaj Capital, Headout and PlanetSpark Visited Motilal Nehru College (Morning) to offer full-time positions to the students. On 10th February 2023, The Placement Cell, Motilal Nehru College (Morning) along with Bajaj Capital, hosted a pre-placement talk for the students. It received a great response as 33 students registered for the opportunity. The session started with a discussion of a young Indian man and his finances, followed by the importance of financial management and the role of Bajaj Capital in the industry. The session ended with a Q&A session, where students discussed their growth opportunities in Bajaj Capital

@enactusmlnc

Enactus

Enactus is an acronym for "entrepreneurial action us". Enactus MLNC is a student-run social entrepreneurial organization that works under the mentorship of Enactus India, the Corporate Social Responsibility of KPMG - a global network of professional firms providing audit, tax and advisory services.

Enactus MLNC aims to eradicate social evils and uplift the weaker sections of society. All four of our projects are driven by this unanimous goal.



PROJECT PARIVARTAN deals with the sale and marketing of pet accessories under the brand Be-desi handmade by the underprivileged women of our society. The proceeds from the sales go to women entrepreneurs which helps them in meeting their day-to-day requirements and the rest of the profits go towards Project Desi which works for animal welfare.

Enactus MLNC started Project DESI as an initiative to eliminate animal cruelty. The main aim is to create a safe environment for stray animals by awakening a sense of responsibility and sensitivity among people.



PROJECT SNEH aims to conserve our environment by using cloth diapers instead of plastic diapers which are a deterrent to society. The Sneh cloth diapers are manufactured by women belonging to various NGOs. We strive to give these women a steady and permanent source of income through this Project.



@ABHIVYANAJANA_MLNC

ABHIVYANAJANA

THE ENGLISH DEBATE POETRY AND
CREATIVE WRITING



Abhivyanjana- the English debate, poetry, and creative writing society of Motilal Nehru College is a space where words, thoughts, and life amalgamates to create the never-ending joy of expression. Abhivyanjana literally translates to 'expressions' and here we not only express our ideas and emotions but validate others' as well. It is a chance to open eyes and gaze in other directions with an unorthodox outlook. The awe-inspiring debates challenge your worldview and force you to face your biases. They help you to think out of the box and twist and turn your default thinking into something new. The poetry sessions, here, explore the depth of human behavior and strike a chord in human hearts while breaking barriers of divisions. The spellbinding story tales unearth emotions creating a magical aura. We have debaters with minds like labyrinths and unsolved Rubix cubes. The headspace of poets, storytellers, and writers is like a tornado of emotions one day and a blooming garden the other. Those who have witnessed and been a part of the heart-stirring performances and mind-wobbling debates take an unmistakable pride in the journey. Our reputation precedes us in the DU circuit, for we have been consistent with bringing laurels to society be it debating or slam poetry. We are proud to state that we have collaborated with Tape a Tale more than twice now and plan to do it every year. There is a long list of achievements when it comes to breaking tabs or winning titles in the Debating circuit across India. The ever-so-fascinating trinity of this society holds us together, teaching us new things daily. Abhivyanjana is all about breaking the monotony of words and life, striding through their chaos while finding and exploring one's true self with a bunch of people with similar passion and zeal.

The Desi Club

@THEDESICLUN_MLNC

The Desi Club is a student-led animal welfare society that is an initiative of Enactus, Motilal Nehru College. We are in collaboration with India's largest animal welfare organization, People For Animals (PFA). Earlier it was only about taking care of college campus dogs, but then we started to broaden our horizon by conducting adoptions, rescues, and creating awareness amongst people about animal welfare through webinars and live sessions. The Desi Club MLNC has always been at par with its work for taking care of animals to our maximum potential. Our ultimate goal is to improve the well-being of dogs in our community. We have currently established The Desi Club in Gargi College, SGND Khalsa College, ARSD College, JMI, Miranda House and many more.

We play a significant role in the protection and care of animals around Delhi-NCR. The Desi Club MLNC has achieved numerous milestones over time, including rescuing 40+ animals and rehoming 90+ animals that were abandoned, abused, or born on the streets, this process involves a detailed screening of potential adopters, including background checks, to ensure that the animal is going to a safe and loving environment.

Our annual flagship event, "PAWS AND PLAY," continues to raise awareness and funds for animal welfare. We hope to see the same level of enthusiasm and passion from our students towards animals, as we witnessed in our previous events.

It's our responsibility to provide for the animals that share our planet. Animals deserve to be treated with respect and dignity. By ensuring their welfare we can prevent unnecessary suffering and promote a more humane society for both humans and animals alike.



@ABHIVYANAJANA.SOCIETY

अभिव्यंजना

वा द - वि वा द , क वि ता ए वं र च ना ट म क ले ख न
स मा ज , मो ती ला ल ने ह रू म हा वि द्या ल य



अभिव्यंजना, मोतीलाल नेहरू महाविद्यालय की हिंदी वाद-विवाद, कविता एवं रचनात्मक लेखन समाज हैं। जिंदगी के सफर में सबसे मुश्किल है खुद को अभिव्यक्त करना, अपनी इच्छाओं को, अपने हुनर को, अपने समाज की समस्याओं को और अपने मन के अंदर छुपे हर लफ्ज़ को और शायद बचपन से ही हम खुद को अभिव्यक्त करने के लिए एक मंच की तलाश कर रहे होते हैं। इसी तलाश को खत्म करने के लिए अभिव्यंजना ने हमें एक छत दिया जिसके नीचे बैठ कर हमने अपने विचारों को तर्क व कलम के माध्यम से अभिव्यक्त करने की कला को सीखने व सीखाने का काम किया है। कल्पना रूपी एक बूंद से शुरू हुआ हमारा यह परिवार अभिव्यंजना आज दर्शन का विशाल सागर बन चुका है। समय के साथ-साथ इसकी गहराई बढ़ती ही जा रही है और यह सागर अलग-अलग नदियों से ज्ञान रूपी जल एकत्रित कर रहा है और इसी कल्पना रूपी बूंद की शुरुआत १४ वर्ष पूर्व हमारे कुछ सीनियर्स द्वारा की गई थी। उन्हीं बुनियादों पर खड़ी इस अभिव्यंजना रूपी इमारत ने अपने सफ़र में अनेक बुलंदियों को हासिल किया है। न केवल साहित्यिक एवं वैचारिक शब्दों के आवाज़ से बल्कि वास्तविकता में धरातल पर उतरकर भी अभिव्यंजना ने सामाजिक कार्यों के माध्यम से समाज को संदेश दिया है जिनमें स्वच्छता अभियान, वृक्षारोपण अभियान एवं वस्त्र दान शिविर शामिल है। अभिव्यंजना दिल्ली विश्वविद्यालय की पहली सोसाइटी है जिसने सर्वप्रथम इ-पत्रिका 'निनाद' को प्रकाशित कर, पूरे विश्व विद्यालय में साहित्यिक परंपरा को बढ़ाते हुए एक नई पहल की और साहित्य की यज्ञ वेदी बना कर उसमें पूरे देश की आहुति का आवाह्न किया। साथ ही यह ज़ाहिर करते हुए हृदय अत्यंत प्रफुल्लित हो जाता है कि अभिव्यंजना दिल्ली विश्वविद्यालय के साउथ कैंपस में सर्वाधिक पुरस्कार जीतने वाले समाजों में से एक है।

WOMEN'S DEVELOPMENT CELL

@WDC.MLNC

Although officially classified as a college society, WDC is much more than that. *It serves as a secure haven, a close-knit community, and a symbol of inclusivity.* The primary goal of WDC is not only to support feminism and advocate for women's rights, but also to promote human rights in general. The main objective of WDC is to contribute towards creating a more inclusive and accepting society, beginning with our college campus. WDC is a safe and non-judgmental space, where everyone can express themselves freely, happily, and confidently. The Women's Development Cell (WDC) is committed to promoting gender equality and maintaining a safe space in the college campus while working towards the upliftment of the underprivileged sections outside the college as well. Our mission is to foster unity, disseminate vital knowledge on subjects like human rights, sexual education, and menstrual hygiene, support the underprivileged and marginalized, and initiate college-wide campaigns to raise awareness and promote social change. The cell has organized internal sessions for its members on topics such as archetypes in professions, abortion rights, queer rights, intersectional feminism, implications of pornography, beauty standards, and more, as well as professional awareness sessions on gynecological and breast cancer, menstrual hygiene, and mental health, as well as a *PoSH training workshop* open to college students and faculty. The Women's Development Cell also collaborated with *the Aashray NGO to launch the Padhai Program*, which featured personalized learning sessions for women and children in a community near Dilli Haat INA. *The annual events include Rehnuma, an annual webinar series in March, annual magazine, Astitva and Bebakh, an annual fest in April featuring nukkad natak, competitions, and an open mic.*



@cdf_chaptermlnc

CONNECTING DREAMS



Connecting Dreams Foundation (CDF) Chapter MLNC (Motilal Nehru College) aims to bring about a fruitful change in the lives of people who need it and helps them connect to their dreams through its various projects and generous initiatives. Currently, we're working on three projects, namely Project Jazbaat, which is an effort to promote a more positive and proactive approach to addressing mental illnesses and boosting mental well-being. Project Udyam is an initiative that works toward upskilling women coming from impoverished divisions of society through the sale of scrunchies handcrafted by them and helping them gain financial independence. Project Dream Library aims to provide quality education to underprivileged children, by tutoring them and setting up libraries to help them gain the knowledge they deserve. We won the prestigious Dream Award for 'Change Advocacy Award Social Awareness' in the year 2020-21. Project Dream Library conducted a Book Donation Drive to upscale the education of its children. Project Udyam set up a Scrunchies Stall to support the financial health of women at Pragati Maidan through its Sale Proceeds. Project Jazbaat conducted a Spin the Wheel Game that included spreading smiles by delivering positive messages. Project Jazbaat also conducted 'Vent It. Heal It.' in which people vented out their feelings and received a positive message from us. Project Udyam conducted an interactive session on Menstrual Hygiene for the women at Pragati Maidan as an effort to break taboos revolving around menstruation. Project Dream Library set up a library in JJ Colony for underprivileged children in order to upscale their education and build healthy reading habits in them.



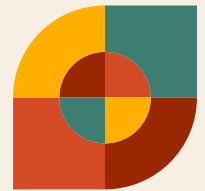
ENTREPRENEURSHIP CELL

@ENTREPRENEURSHICELLMLNC

The Entrepreneurship Cell (E-Cell), Motilal Nehru College, is a non-profit student organization that aims to provide a platform for aspiring entrepreneurs and offer them insight into the world of business. E-cell believes in igniting the entrepreneurial aspect of a student's career disposition. Our primary goal is to create ample opportunities for students who have a dream of starting something of their own. We give our members an opportunity to experience what it actually feels like to work on a startup and give them practical exposure. E-cell conducts a myriad of activities throughout the year for the benefit of the students of our college. We currently run four major startups: The Printing Bus, Resumeing, The Social Chai, and Creo. The Printing Bus was an idea brainstormed in the year 2019 to provide customized services and a variety of products to our customers. Resumeing is a prominent Start-up that boosts career and professional growth by providing competent services like Resume Writing, Cover Letters, and LinkedIn Redo at a very affordable price. The Social Chai is a media house that provides the top informative, edifying, and factual news in a time-friendly way, covering hot trending topics and financial literacy in the most expressive yet simple way. Creo is a digital and fastest-growing start-up that caters to all the graphic design needs of small businesses, start-ups, and individuals. The Entrepreneurship Cell (E-Cell), MLNC has achieved significant success over the years. One of our major achievements is successfully organising 5 annual events; Egnite 1, 2, 3, and Genesis 1, 2. These events provided a platform for aspiring entrepreneurs to showcase their ideas and network with industry professionals. Furthermore, we have represented E-Cell and Motilal Nehru College in numerous prestigious institutes, such as IIT Bombay, IIT Delhi, IIT Kharagpur, IIIT Delhi, and many more. Our participation in these events has helped us gain valuable insights, establish partnerships, and showcase our college's entrepreneurial spirit.



CHAYANKAN



@CHAYANK.MLNC

Chayankan is the photography and film society of Motilal Nehru College (Morning). It tries to capture the moments and the feelings happening around us. Our members are from all the courses coming from different states bringing various perspectives from their background that makes the society culturally and ideologically diversified. Chayankan has conducted many photo walks within the society and in collaboration with other colleges' photography societies like LSR, Maitreyi and many more. The aim of our society is to bring the inner keeda of your photography to the outer world by showing you the benefits and how vast the photography field is. We believe in having the presence of interest rather than the skill. The skill can be gained by practicing more but not the interest. We believe in getting exposure and thus, count participation as our achievement. As a film society, we are initiating making short films on some really arousing topics like women's empowerment. We are also working on a documentary on bullies that has people from other colleges of DU. Apart from that, our team is also planning another short film. In photography, we are soon to organize some photo walks with renowned photographers. We have also participated in many competitions of Ad making, Short Film making and photography competitions in the DU circuit, NIFT, IITs and independent organizations.



AADHAAR

@AADHAARMLNC



Aadhaar - The Theatre Society of Motilal Nehru College was established in 2004 and is one of the college's oldest societies. We aim to provide acting, music, creative writing, and directing a platform while maintaining the integrity of theater by performing both stage and street plays. Our society strives to make a safe space for different ideas and thoughts. With great hard work, dedication and zeal we create two annual productions, a stage and a street play. Both plays encourage the enhancement of literature, writing, and music and bring out the hidden artist in a person. Stage drama enhances literature and brings out the writer in you. An actor performs a character on stage with the feel of that character whom he admires. Stage production is such an entertainment blast with suspense, thriller, drama, social awareness, comedy etc. Our past productions have been I am Yusuf and this is my brother, The Djinn of Eidgah, etc.

2022-23- Mi'raj by Nisha Abdullah

2021-22- Jaal by Annie Zaid

Street theatre is to spread awareness about social issues to tell people the truth about life, society and the problems in it. Make them see what social issues affect them. A Theatre play is a way which gives you the courage to stand against social issues, courage to protest, and to make people share their ideologies with the audience. Our past productions have been The Darkest Hour, You Know Who, etc.

2022-23 Sexual Assault

The play deals with sexual assault, sexual harassment, and the normalisation of it to the point that recognising it has become difficult for a victim.



JHANKAAR

@JHANKAAR.MLNC



Jhankaar- the folk dance society of Motilal Nehru College was established in 2016 with aim to create brave and inviting spaces for students and hone the creative skills of students. Jhankaar has constantly yearned to promote Indian culture through the art of dance. We perform Kalbelia- folk dance of Rajasthan, Bhangra- the folk dance of Punjab and semi- classical forms of dance. We also aim to foster personal agency, responsibility and actions through physical practice, acknowledge and transform power dynamics in a dance space. In the year 2021-22 we bagged the 1st position in solo folk dance competition at IIT Kanpur and Kalindi college. Our kalbelia group also bagged 1st position at ARSD and many more. In 2022-23, Our kalbelia group bagged 1st position at ARSD. Our Bhangra group bagged 2nd position at ARSD. We also bagged 2nd position in a solo folk dance competition at Maitreyi College. We have also received special mentions at NSUT, ARSD, JMC and many more colleges.

Our main source of attraction is our annual fest - "DHAMAAL". In it, we organize a folk dance event and various colleges of Delhi University participate and showcase their various folk dance forms. Through this event, we want to maintain inclusivity in our campus and outside and let culture flourish above all.

MALHAAR

@malhaar.mlnc

MALHAAR - The Music Society of Motilal Nehru College was formed in the year 2010 and is one of the first societies started in our college. It has been growing ever since with new musical prodigies sharing their gifts each year. Malhaar comprises of 3 divisions: Indian Classical Choir, Resonance: The western Acapella Group, and the band. With immense love for Hindustani classical music, the Indian Classical Choir is ever growing through beautiful compositions of Raagas. one will usually find them loitering about college with their Tabla and keyboard trying to find a spot to practice or jam , be it in the canteen or the college grounds. Pitch perfect in every note they hit, RESONANCE, the western acapella group has made quite a name for itself in the DU circuit. Acapella is a form of music where singers perform without any instrumental accompaniment. Members of resonance blend in melodiously just like their harmonies and always have something new and interesting in store! Continuing the Legacy of the Bands that Malhaar has Produced, we had Tapas in 2017, which competed in IIT Kanpur and Mood Indigo. Followed by Phrygian Five in 2019-20, who earned a spot in the finals at MOOD Indigo, the official fest of IIT Bombay. In the past few years, Malhaar has performed and emerged victorious at many Inter-College fests such as Pulse (official Fest of AIIMS), Rendezvous (IIT Delhi and Kanpur), Oasis (Bits Pilani), Symbiosis-Pune and so on. The Official Annual Fest of Malhaar is scheduled in the month of February or March, competitive events such as Solo Singing and Group singing are organised and colleges from all over Delhi participate in it. Our fest has been the ground for many famous Artists such as J-Star, Jazzy-B, and Salim-Sulaiman in the past. Malhaar feels excited and thrilled to see what's in store for it and hopes that this musical journey continues till eternity.



BELLISSIMO

@MLNCBELLISSIMO

What you wear is how you present yourself to the world, especially today when human contact is so quick, and fashion is an instant language. It is the armor to survive the reality of everyday life. We at BELLISSIMO aim to inspire people to make their way into the dynamic world of fashion and make an impact that spectators won't forget. This Society helps one in the networking process and building up connections, and really puts out one's caliber. We are a team of 10 models (both male and female) and multiple makeup artists and designers. Fashion and personal style are something all of us possess, we just need to find them.

BELLISSIMO assists you to discover that style and adds that pinch of confidence to your overall aura. Adding grace and elegance to one's personality is something we've done more often than we think. BELLISSIMO started as a society in 2015, founded by Miss Sheetal in her second year of college. There have been many themes that have been performed by society since then, namely 'Beauty is the beast', 'Human trafficking', 'Devil angel' and 'Women empowerment'. Our theme lately has been focused on "THE TRIBAL REVIVAL" in which we took it upon ourselves to represent the indigenous tribes of our country. .

This very unique theme of ours for the fashion shows has wooed the judges multiple times and has often swept them off of their feet. In order to be irreplaceable one must always be different



KRITIRANG

@kritirang

Kritirang -The Fine Arts Society of Motilal Nehru College has a vision of improving art and craft skills through mutual learning and providing an opportunity to meet people of varied interests and skills in the field of art. Members of this society always test their limits in creativity by using different mediums of visual art and tools to share their thoughts and express their opinions. Fine Arts Society apart from organizing exhibitions and making artwork, also conducts competitions for students and others allowing them exposure and incentive to work on their talents.

As the Fine Arts society, we are also known to conduct various art-related workshops under 'Chitrahaar - Kala ki baat, kalakaar ke sath' each year whether in an online or an offline mode. The fine arts society is well recognised for its contributions towards various events organized by the college events including staff room decoration. We decorated the college at the commencement of the academic session to welcome freshers and explore the budding artists. As a part of our Annual fest- Kalamanjari and our Diwali fest- Artstival, we conduct various art-related competitions, like Sketching, Painting, Graffiti, Collage-Making, Wealth out of Waste, Rangoli making, Face Painting, Poster- making, mobile cover designing, Calligraphy, and other art & craft related competitions. Along with our art exhibition, stalls and games. This year we took the initiative of beautifying our college in the best possible way we can. Therefore, for the first time in our college, we painted the wall of Porta Cabins. Also, we collaborated with the Women's Development Cell to make the women's corridor.



Students for Seva

@sfs_minc

Students for Seva also known as SFS is a student-run organization which solely aims for the betterment and upliftment of the society. The main aim of our organization is to provide education to the underprivileged children, enlighten the students with sex education especially girls, and help the society as much as possible. RITUMATI ABHIYAN focuses on distributing sanitary pads and providing menstrual health education to the underprivileged women and girls in slum areas. We conduct monthly visits to slum areas and menstrual education sessions providing knowledge about hygiene and related information. BASTI KI PATHSHALA focuses on giving basic education to underprivileged students. Our members visit underprivileged students living in slums and provide them with moral, academics and sport education. ONE PEN, ONE NOTEBOOK is a project wherein, we organize donation drives where we gather books and stationery for students who are less fortunate and then give it to them. Our beneficiaries include the poor, orphaned children and elderly people who have been abandoned by their families. Here at SFS, we aim to create awareness and improve the life quality of those who are underprivileged



COMBROSIA

@COMBROSIA

Combrosia the Commerce Subject Society of Motilal Nehru College conducts various activities throughout the year. In December 2021, the digital version of the second edition of Combrosia's annual magazine, Pensieve, was launched. Later, in April 2022, a hard copy of it was launched. One of the flagship events of Combrosia, Inspiron: The Speaker's Conclave, was organized on the 27th, 28th and 29th of January 2022 wherein people like Mr Saurabh Jain, Mr Anil Swarup, Ms Manu Bhaker, Dr Prakash & Dr Mandakini Amte, Dr Kiran Bedi, Ms Arushi Chawla, CA Atul Gupta and Lt. Cdr. Bijay Nair graced us with their presence. The second flagship event of Combrosia, Commerce Buzz, was organized on the 19th and 20th of April 2022.



Anusandhan

@anusandhan_physics_society

Physics is not just a subject, but a way of life. Whether the question seems highly tough, a physicist will dedicate himself/herself to solving the mysteries and explaining that very question. With the tagline - "From the atom to the universe, we'll find the physics of everything", ANUSANDHAN PHYSICS SOCIETY has been serving Motilal Nehru College, University of Delhi to the best of its abilities. With a dedicated team of Union Leaders, Convenors and Teachers, Team heads, and all the personnel of the society, we work round the clock to work as active students, students who are hungry for answers to various mysteries.

Over the years, we have constantly tried to bring new flavours to society's ideology and working style. We have been very successful in terms of providing exposure as many of our students have been invited/participated in many National level programs. One such student, Kaushal Joshi (2020-23) recently visited the Astronomical Society of India's Annual Conference where he displayed a poster of his research work. There are a lot of students who have qualified for various National Level Institutes through IIT JAM, TIFR, etc. and have done/doing wonderful work there. The PHYSICS SOCIETY's mindset is clear - "Without Physics, World would start Falling apart!". So, we are



DIMENSIONS

@dimensionsmInc

Dimension- The Mathematics Society of Motilal Nehru College was established in 2018 by the former students of the course and Dr. Malti Kapoor. This is a departmental society that indulges in mathematics-related activities and keeps the love for mathematics alive. We have events, functions, celebrations, and lectures organized every year to engage students with the subject and make it fun for them. The society's aim is to help students grow personally as well as learn career-oriented skills that help them in their overall development, while keeping them engaged in their love for the subject. Fractal (2-days NONSTOP CAPTIVATING FUN) is the major festival of our society which comes around Feb-March, with a heavy footfall. It is an intercollege event which has a number of mind-boggling games and speaker sessions- an amalgamation of fun and mathematics! Aayam(MINI-CAPSULE of Enjoyment) is a mini festival of our society which comes around September and is a one-day event. It comprises various amusing math as well as non-math games where the Champs are awarded cash prizes and other incentives.

During COVID Times too we organized many online events to keep the college life alive. The society members give their untiring efforts to make these events engaging and entertaining. We organize regular fun events to keep students engaged with their subject and have fun along the way. Dimension strives to work hard to help reduce the fear of mathematics among the students and keep the math circuit connected and alive in the college!



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MARKULT

@markultmlnc

MARKULT - The Marketing Society of Motilal Nehru College was successfully re-established in September 2022 through the efforts of its founding members: Ayush Agarwal, Palak Raj and Dewang Singh Chauhan under the aegis of our esteemed convenor Dr Ekta Duggal with the aim of creating a platform for students interested in marketing to learn, grow, and network with professionals in the industry. By providing its members with a comprehensive understanding of the marketing world, the society aims to foster a culture of innovation and creativity and promote the importance of marketing in today's fast-paced and competitive business world. Students who join the society get to learn about various aspects of marketing, including branding, market research, social media marketing, and event management, among others. By working closely with industry professionals and attending workshops and seminars, students also gain insights into the latest trends and practices in the field of marketing. Overall, MARKULT provides students with a unique learning experience that equips them with the skills and knowledge needed to succeed in the dynamic and competitive world of marketing. We recently organized a successful national event - Comienzo'22 that provided a platform for students to showcase their marketing skills and knowledge through various activities, including case study analysis, group discussions, and marketing simulations. The event was well-received by the participants, and it was a testament to the marketing society's dedication to promoting excellence in marketing education and providing its members with opportunities to network with professionals in the industry. The society hopes to create a culture of excellence and innovation in the field of marketing, and to inspire future generations of marketers.



ANKUR THE INCUBATION CELL

@incubationcell.mlnc



Ankur: The incubation cell of Motilal Nehru College was formed under the department of commerce in 2022. The society was formed with the main objective of inducing and inculcating an entrepreneurial mindset in the students and creating a conducive environment for the growth of entrepreneurs as well as enterprises. One of the major and very first achievements of the cell was the industrial visit conducted by it last year. The visit was organized in collaboration with National Small Industries Corporation (NSIC), Okhla, New Delhi. A total of 30 students from different colleges participated in it. The participants were given practical exposure to different types of machines that are used in several industries. The society has conducted several successful webinars during the last year such as “Getting into VCs in your college days”.

These webinars were attended by more than 100 attendees. The society has also been quite successful in creating a great social media presence within a very small period of time. On its social media handles, it posts various informative content in an interactive manner that aims to add value to its audience. The society is yet to come up with its very first annual flagship event which is scheduled to be organized in the month of April 2023. The event will consist of several unique competitions, informative speaker’s sessions and many more fun activities where students from all colleges of the university will be invited to participate in the event.

180 DEGREES CONSULTING

@ 1 8 0 D C . M L N C

180 Degrees Consulting is the world's largest university-based consultancy that opens up branches with different colleges and universities across the globe. This year '2023' marks the year in which 180 Degrees Consulting Motilal Nehru College has been established in our college which is one of the few branches at Delhi University and especially in South Campus which denotes the exclusivity as well as the prestige it brings on the table for the students.

This society is primarily focused on providing social impact consulting to non-profit organizations and working with sustainability-oriented startups. Students will use their analytical and creative minds to come up with solutions to improve such organizations. The impact model allows students to learn consulting from professionals working in companies like McKinsey & Company, Bain & Co, BCG, Deloitte, KPMG, PwC etc., while also having the opportunity to apply these principles on real-life projects that they will be assigned once they become a part of the society



. Furthermore, consultants have access to a global network of consulting resources, along with mentorship sessions from Industry professionals to help them frame deliverables for clients and gain an understanding of industry standards, which will prove beneficial for their careers in most fields and will prepare them for future leadership roles.

All in all, 180DC MLNC propagates itself as the best outlet on campus to stimulate your brains with business models and intellectual discussions, while helping social organizations to increase their impact. The goal is to foster a culture of like-minded students from different fields to bring change in society as well as upskill one in order to stand out from the crowd.



NCC MLNC

The NCC unit of MLNC has always worked hard to integrate the aims of NCC laid out in 1988. We have aimed at and worked towards developing character, comradeship, discipline, a secular outlook, the spirit in our members. Our goals have stood the test of time and continue to meet the requirements expected of it in the current socio-economic scenario of the country. We take great pride in our members, their bravery, integrity and disciplined approach towards everything. NCC MLNC has shown enthusiastic participation in the army attachment camp conducted by the 6th Rajput Regiment. We also participated in the Prime Minister Rally and advanced leadership camp 2022. Our members also showed rigour and enthusiasm at the Ek Bharat Shreshth Bharat camp conducted by the Jammu, Kashmir and Ladakh Directorate. Our members were also a part of the Republic Day camp. 3 of our members, JUO Abhishek, JUO Himanshu Chauhan and SGT Anand were also awarded the ADG commendation



2023 ▶

PHOENIX

VOL.3

MUSIC TALK

With the onset of the festival season in DU Circuit, our college conducted its Annual Fest Phoenix' 23 for the first time post-pandemic on the 19th and 20th of April, 2023. The event involved an array of cultural events like dance, music, drama, etc. On April 19, the event commenced with an inaugural ceremony that included Saraswati Puja, an address by the principal, and a speech by the chairman. This was followed by the western dance competition. The day ended with the street play competition at the mukaam ground. Day 2 started with a blast of culture through the folk dance competition, followed by a fashion show.

"PRABH GILL"

The event ended with a power-packed performance by the famous singer Prabh Gill. With two days full of life, adrenaline, and enjoyment, and Phoenix '23 was a success.

ANNUAL FEST 2023

Motilal Nehru College

STUDENT DIARIES



NAVAAGAT 2023



College Life is one of the most remarkable and lovable times of an individual's life. Unlike School Life, College Life has a different experience, and a person needs to have this experience in his/her life. College Life exposes us to whole new experiences which we always dreamt of experiencing after our school life. College Life Firstly, some of the most fun memories of college are the "college canteen". The canteen is supposed to be where most of the students satisfy their hunger and hang out with their friends. Secondly, it's the "annual fest" of the colleges. Fests always fill the student's life with excitement and buzz. It gave new opportunities to explore, compare, compete, and provide a platform to showcase their talent. It became a place where students take lots of pictures and record their experiences. Last but not the least, it's the college trips. One of the best things in college life is field trips where they can go out and have quality time with their friends and teacher and a learning experience. Field trips or just any other college trips are filled with stories and dramas. Every student has their own story to tell about their college trips. We should enjoy our college days as they cannot be brought back just like our school days.

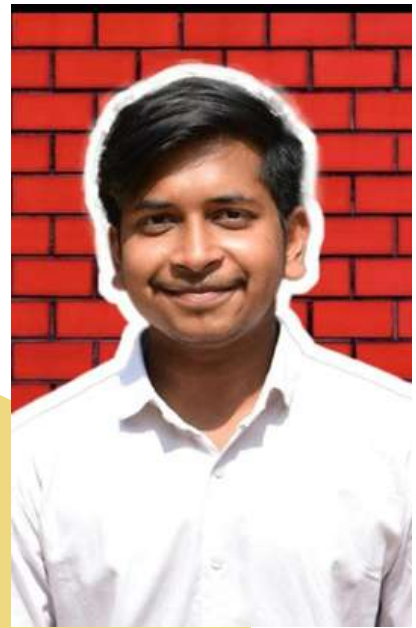
KASHISH
B.Com, Batch of 24

I stepped out of the house for a newer, bigger metropolis but it took me not more than a second to realize how tiny a part of the world it is. A college is a dream place for every school-going student but that very dream place makes us reanalyze and mistrust our dreams and visions and brings existential crisis our way, but we the students still manage to outlive the crisis part somehow. Likewise, I managed to find an escape room for being able to survive in the new eerie setting, amongst the new public, and that escape room is called Society. College societies make me realize that I am competent, I am not a coward, I can do it, I have to do it and I am no less than others. This is my way of contesting my pessimistic gloomy thoughts and my way of building college remembrances.

SUHANI DOGRA
BA Programme, Batch of 24



When it was announced that we wouldn't be having exams for class 12th, I never expected to end up at Delhi University. I initially enrolled in another college, but fate intervened and led me to Motilal Nehru College. Excitement and a little trepidation filled me as I embraced the prospect of experiencing a completely new life outside of my comfort zone. At first, I found myself yearning for a better college, but I soon came to accept my reality and focused on what I could do to stand out. I threw myself into college societies and even founded my own - The Marketing Society. Through my journey at MLNC, I have experienced the highs and lows that have taught me invaluable lessons. If I were, to sum up, my college experience, 90% of it would be attributed to college societies. The Entrepreneurship Cell has undoubtedly proven to be the most astute decision and has served as a beacon of inspiration, igniting my fervent passion for entrepreneurship, and has been a constant thread that has seamlessly woven itself into the fabric of my college experience. I have formed more friendships here than within my section. From volunteering in events to conducting complete events, it has been a truly memorable experience. Founding like-minded individuals, running societies and projects, and competing in diverse competitions, every aspect has contributed to my growth. Motilal Nehru College is an ideal place for any student to thrive. All one needs to do is take the initiative and embrace challenges.

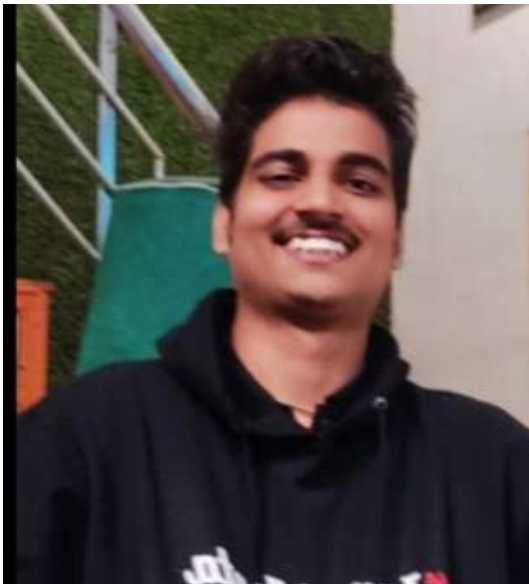


AYUSH AGARWAL
B.Com, Batch of 24



Never had any great expectations from college, and was never a guy for late-night parties and night outs which students usually do. However, the only thing I had expected was to learn, work on something investing, and be involved in something I never did before. The societies provided me that, or maybe A Society provided me with that. A person always neglected by teachers when it came to the school assembly and debates can now give a 7 min 20-sec speech in a go. The stammering under confident speeches to smooth confident and bold ones is my college life.

UJJAWAL TYAGI
BA Programme, Batch of 24



As I sit down to pen my college experience, I cannot help but feel a sense of nostalgia wash over me. It's hard to believe that it has already been four semesters since I embarked on this journey. The pandemic may have robbed us of a semester, but it couldn't dampen our spirits in fact, I would say that it made us more resilient and resourceful. Starting with the faculties, they have been incredibly supportive and always willing to go above and beyond to help us out. Whether it is related to the syllabus or not, they have always been approachable and ready to lend a helping hand. But my college experience wouldn't be complete without mentioning the societies. I was fortunate enough to join different college societies, where I gained valuable experience and developed my skills. From being a part of events to organizing events, from heading the entrepreneurship cell to founding a new society, I had the opportunity to work with some incredible people and make a difference in my college community. Of course, no college experience is complete without making lifelong friends. I've been lucky enough to meet some of the most amazing people, both in my class and in various societies. We spent hours together, whether it was bonding over chai and samosa in the canteen or exploring new hangout spots, and made memories that I will cherish forever.

As I look back on my college experience, I am filled with gratitude for the opportunities and experiences that I've had. It's been a rollercoaster ride, but I wouldn't have wanted it any other way.

ANURAG TRIPATHI

B.Com, Batch of 24

I see a big black gate every day, yet I only enter this place through that small one where familiar faces with not-so-welcoming looks ask for my ID card, every day, for the past two years. As I enter the gates the atmosphere around me changes, PT. Motilal Nehru's bust welcomes me every day upon my arrival, standing there surrounded by the most beautiful flowers where I seldom click pictures when I adorn a good outfit to college. I checked the Whatsapp group for my Professor's text, and it was already time, and no text yet, well would it have mattered even if they had texted about the class? NO. I stroll through the college and go to everyone's favourite place- "The Canteen" 1 Samosa from the canteen and 1 Kulhad Chai from Vaibhav bhaiya's café are where most MLNC students start their day in college from. Attending lectures in the AC-equipped classes of the Jubilee block, which is a rarity of course, studying up before a class test in the library, sitting in the Sem lawn underneath that lovely Winter sun, attending society sessions in the most random places, watching a new face every day until there are no new faces left and just as we think that, an influx of first years happen. Motilal Nehru college, maybe some of us were disappointed at getting into this college at first, but most of us are now falling in love with it a little bit more every day.

APOORV CHAUHAN

BA(Hons.) Economics, Batch of 24





I love some parts of my college. The parts which have our lovely campus dogs in. The way I feel so pacified and warm when I pet Emma. The way I admire the greenery around me. There's no bigger joy than being around trees and these furry friends. The canteen's cold coffee is another reason to feel relaxed in a stressful situation. Samosa and Chai are just the cherry on the sundae which can make your day. The metro rides also sometimes make one feel the hustle and bustle of college, seeing passengers board and deboard their personalities. We all suffer and we all strive.

**ANURAG SHARMA
B.Com (Hons.), Batch of 24**

As a student pursuing Economics Honors at Motilal Nehru College, I have had a diverse and enriching college experience. The college has provided me with numerous opportunities to explore my interests, make new friends, and learn valuable life lessons. Making new acquaintances in college has been one of my most unforgettable experiences. The college is a melting pot of cultures and backgrounds since it attracts a varied student body from across the nation. I was able to meet new friends on my first day of college who have since grown to be an important part of my life. The college also puts on several social and athletic events that unite students and promote a sense of belonging. Being a part of the entrepreneurial cell at Motilal Nehru College is another exceptional experience I've had there. The Entrepreneurship cell is a student-run group that gives aspiring businesspeople a stage on which to present their concepts and make them a reality. As a part of the entrepreneurship cell, I had the opportunity to take part in business competitions, interact with successful entrepreneurs, and attend various courses. This experience not only broadened my understanding of entrepreneurship but also provided me with insightful knowledge about the business world. In conclusion, my college experience at Motilal Nehru College has been diverse and enriching. From making new friends to being a part of the entrepreneurship cell and pursuing my passion for Economics Honors, the college has provided me with opportunities to grow and develop as an individual. I am grateful for the experiences that I have had at Motilal Nehru College, and I am confident that they will serve me well in the future.

**PRATHAM
BA(Hons.) Economics, Batch of 24**





भारत के सुदूर दक्षिणी प्रांत से होते हुए मेरा दिल्ली आना थोरा कठिन था। परंतु अपने सपनों के साथ मेरा दिल्ली आगमन हुआ। ढेर सारे उम्मीद और सपनें। मेरी हिंदी भी अच्छी है तो मुझे दिल्ली में भाषा के कारण कठिनाई भी न हुई। मेरा नामांकन कोविड के दौर में हुआ था, परंतु फिर भी मुझे महाविद्यालय आने की ज्यादा उत्तेजना थी, जो डेढ़ सालों बाद कोविड की समाप्ति पर पूरी हुई। महाविद्यालय का पहला दिन किसी सपने के सच होने जैसा था, नए मित्र और नए माहौल। महाविद्यालय में जो भी समय बिते वो उत्कृष्ट रहे है और जीवन भर के लिए संजोए जाने वाली स्मृति है, कॉलेज के पहाड़ी पर मित्रों के साथ बिताए हरेक पल यादगार और रोमांचित करने वाले है। यहाँ बिताए गए वर्ष सीखने के अवसरों से भरे हुए हैं जो मज़ेदार और कभी-कभी अकादमिक परिश्रम के साथ जो सभी को करना पड़ता है। हमारे कॉलेज में अध्ययन के लिए सुखद वातावरण है। हमारे कॉलेज में बीते अनुभव ने मुझे चुनौतियों से सामना करने के लिए एक बेहतर इंसान बनाया। महाविद्यालय के विभिन्न प्रतियोगिताओं में भी भाग लिया जिसने मेरे आत्मविश्वास के स्तर को बढ़ाने में मदद की। कुल मिलाकर महाविद्यालय ने मुझे मजबूत बनाया और एक स्वतंत्र व्यक्ति होने के लिए मुझे एक कदम आगे बढ़ाया। मैं उन सभी शिक्षकों और अपने मित्रों का आभारी हूँ जिन्होंने मेरा समर्थन किया।

सात्विक गुब्बा

B.A (hons.) Sanskrit, Batch of 23

College Life is one of the most remarkable and lovable times of an individual's life. Unlike School Life, College life has a different feel to it where everything might not seem to fit into the right place yet everything seems to be coarsely related by something or the other. My college experience has been nothing less than a rollercoaster ride. One of the most fascinating things that I have experienced after coming to college, has to definitely that it is a blend of both, joys and hardships. It tends to prepare you for dodging some of the toughest blows that ever come your way. Another experience that I have gained through college is that- Learning never ends. You learn to sit through a boring lecture; you try to cope with the surprisingly strenuous syllabus, and you have the opportunity to learn from some great research minds. Academia, as they say, never lets you go free.

Life at college is a wild mish-mash of experiences, what with all sorts of hilarious stuff going down in the hostels, all the students getting their crazy mathematicians hats on when it comes to splitting up the college canteen's bill, all the heartwarming talks that you have with your professors about their academia journey, helping somebody to sail through their tough times, and obviously with an effort of trying to maintain 75% of attendance. For me, college has been a mix of every little joy that I could have ever thought of.

VANSHIKA SINGH

B.Com (Hons.), Batch of 25/26





Palak Raj

B.com, Batch of 24

From the very start of high school, I was determined to achieve my goal of excelling academically and gaining admission into a top college. After years of hard work and dedication, my efforts paid off, and I was accepted into the prestigious Motilal Nehru College. This was a dream come true for me, and it allowed me to pursue my passion and carve out a successful future for myself. Going to college is a very different experience, unlike school. After years of following a strict routine of school life, college gives us the freedom to explore and discover new opportunities. Become a better person and learn various new things. Being a part of Motilal Nehru College has been a life-changing experience for me. It has provided me with the opportunity to learn from some of the best minds in the field and to gain a deep understanding of my chosen subject. The college has also given me a platform to explore my interests, pursue my hobbies, and engage in various extracurricular activities. Currently, in 2nd year, all this time was very valuable for me. Explored various things like forming a new society (Markult), holding head positions at others, working hard for academics, and at last partying with friends. All these things had made me taught various new things and helped me become a better person. College is where you find your true passions, and learn to navigate the world as an adult. This is so very true, I always used to limit myself inside a bubble until my college life started where I could experience various new opportunities that can become a full-time career for me. Overall, I am grateful for the opportunity to attend Motilal Nehru College and to be a part of the vibrant community of students and faculty members. This experience has enriched my life in ways that I could never have imagined, and I am excited to see what the future holds for me.

Being from a small city, wondering about my college always used to make me feel excited. I always wanted to study at the prestigious college of Delhi University. I worked hard and harder, finally made out and got admission into Motilal Nehru College. Then what? With millions of dreams, much nervousness, and plenty of self-confidence, I came away from home, all alone for the very first time. Stepping into college feels like what I used to think sitting in my bedroom, working for my dreams. This college has impressive facilities and a significant library, which, in my opinion, is victorious. Currently studying in 2nd year, I had the best experience with our faculty members, who are so helpful and are available all the time. I am eager to learn and MLNC has provided me with the edge to carve my niche. Attending classes, completing assignments on time, and preparing for exams are so much fun under their umbrella. Also, meeting people with great minds adds value to my college life. Studying, working, and exploring the campus with them are one of the best things. No doubt college has made me flexible and self-determined to explore new things and mould myself according to the environment. Being a part of this prestigious college has given me a lot of opportunities to explore myself and learn many things. College life has taught me the true meaning of self-esteem by giving me so many experiences. Looking forward to more such valuable experiences. I am so very thankful to the institution for making me a better person and equipping me with the knowledge and skills to do wonders in the future.

KHUSHI SINGH

B.Com, Batch of 24





What I imagined was a mundane ritual of an overly exhausting routine to fulfill daily for quite a few months, what I got instead was an exhilarating experience of new memories and adventures each passing day. College life varies for every individual, it might not have been one of the best times of a person's life but that never held for me. I was blessed with the lovely company of people from different backgrounds, cities, and states who turned out to be my chosen family here in college. From attending classes every morning to making sudden plans all afternoon, From planning a million imaginary trips to actually making a thousand memories together. It might seem like hyperbole but I am living my typical - Bollywood - Karan Johar University life; and as much as I must adore these days I know for a fact that my heart will ache soon when it's all over. Though our routine might not be the same or perhaps our states, these memories will hold a special place in nine of our hearts for eternity.

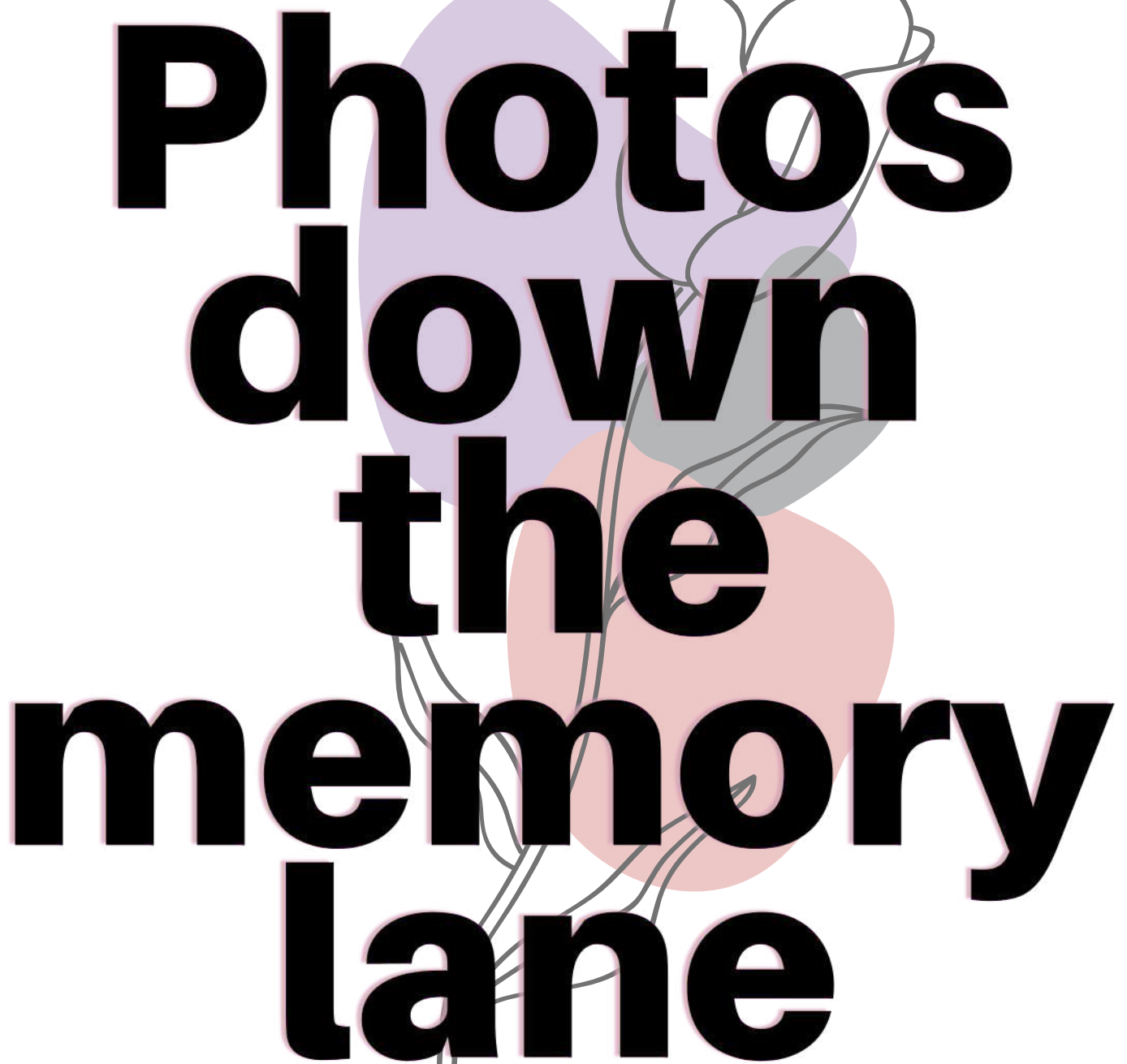
KANGANA MITTAL
BA Programme, Batch of 24

College is something I was unsure about. I was doubtful, hopeless, and clueless! How would it be? Whether I'll find some good people over here or will I be able to fit in?

All these doubts vanished once I entered college. I still remember the first day of my college, entering through the blue gate with our pay slips, every other person was just as nervous as I was. The 'freshers' as we were called entered a whole new world to explore the unknown and make ourselves known. My heartbeats were so fast during the first day of this new chapter but now I can wholeheartedly say that my college life is just going amazing. The biggest thing I got to learn here was about how diverse people can be but still, the differences don't block our perfect interactions and bondings. We all are here from different states, cities, and hometowns, and the way we share our stories and learn about someone else's is just such an overwhelmingly beautiful experience that I won't be able to forget in a lifetime to be sure. From classrooms to the canteen, from Jubilee block to the sem lawn, from the library to the pc block, I cherish every part of this college as it became such an important part of my life in a click! The amount of good people I found here from my classmates to my seniors is just sometimes unbelievable to me, being an introvert. I certainly unlocked a part of me here that I never knew existed since the day I entered this college for which I'll be forever grateful, always and forever.

SALONI TAMTA
BA Programme, Batch of 25/26





Photos down the memory lane

Trembling hands, worry lines on your forehead, a million questions in your head and a single notebook; that's what you carried with you when you stepped into the college for your first day. "Will I make friends here?" Was one of the million questions you carried. What your heart truly meant to ask was "will I make memories here?"

Now your hands don't tremble but your eyes twinkle due to joy, the worry lines on your head do exist but they disappear for a while because now your backpack also has a million memories along with the single notebook.

*Here's a look back at those million memories
- Lakshita Soni, Bcom hons, Batch of 24*

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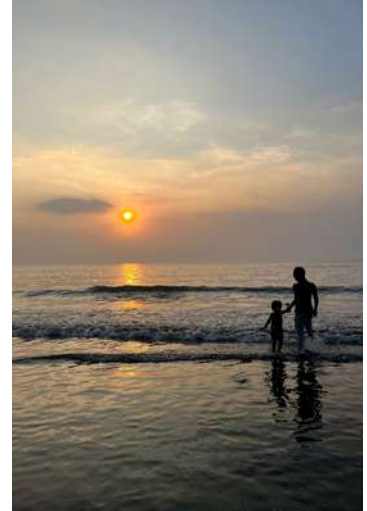
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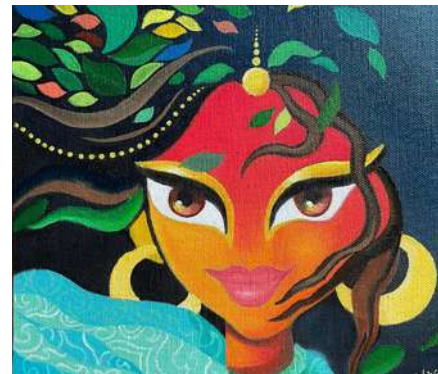
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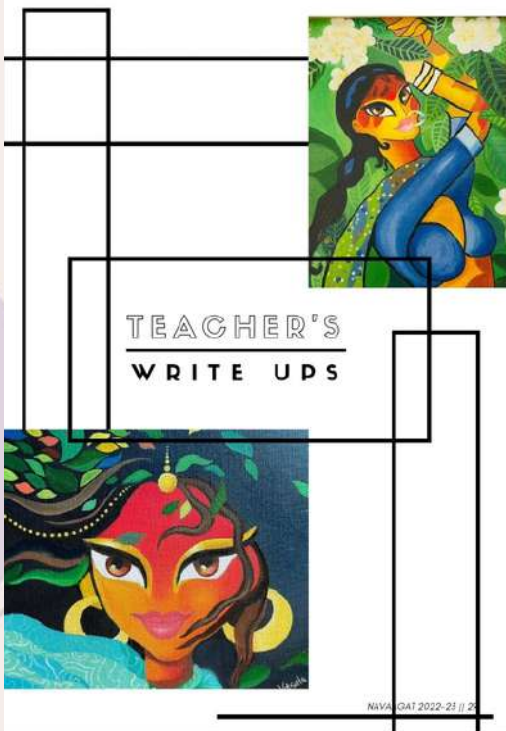
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Photos down the memory lane

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- Lakshita Srivastava, Batch of 21



ALL ABOUT
OUR
COLLEGE
SOCIETIES

LIFE OUTSIDE THE CLASSROOM



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