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How Childhood Memories of Colour Shape Happiness

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Beyond the Index: The Vibrant Colours of Indian Happiness from Snow to Deep Sea

Abhanshu Dwivedi

New Delhi: India often feels like a painting that stretches across a continent. From the white snow of the Himalayas to the deep green tea hills of the Northeast, from Rajasthan's golden deserts to the blue shores of Kerala, our land is a long canvas brushed with every shade nature knows. And within this canvas lives another world of colour, the bright yellow of turmeric, the glowing red of sindoor, the orange of marigold flowers tied at every temple gate.



drop.

The Real Index of India's Happiness

If India wrote its own happiness index, its colours would be very different, brighter, warmer, and more human. Our diversity is our biggest source of joy. We do not merely tolerate differences. We celebrate them. From Eid biryani to Onam pookalam, from Bihu dances to Garba nights, India's happiness grows from its mix of identities and the freedom to live them. During floods or cyclones, people help one another long before anyone else arrives.

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Colour Psychology in India

- **Red** increases heart rate and attention. It is why Indian bridal wear traditionally uses red.
- **Yellow** boosts memory and alertness. Indian classrooms often use yellow charts for this reason.
- **Blue** reduces stress and is used in hospitals and police branding.
- **Green** relaxes the mind and improves long focus, which is why agricultural regions show lower stress markers in surveys.
- **White** in India signifies purity, but also withdrawal and simplicity in many communities.

Colour Economy of India

- India is the second largest producer of natural dyes after China.
- Rajasthan and Gujarat contribute over 60 percent of India's fabric dye exports
- India's decorative colour market, including rangoli powders and festival colours, is valued at over 700 crore rupees annually.
- Synthetic dye industry in India is expected to cross 60,000 crore rupees by 2027.

Colour Customs You did not Know

- In Kerala, brides often wear light gold sarees.
- In Nagaland, each tribe has distinct colour patterns in shawls that signify rank, age or achievements.
- In Rajasthan, turbans change colour based on region, caste and the season.
- Buddhist monks wear saffron or maroon depending on the order they belong to.



AI ki Duniya

Arya Kumari

Adi Vaani: Bharat's Old Wisdom, New Intelligence

New Delhi: In a world obsessed with fast-paced digital tools & advanced technologies, Bharat is developing an AI to understand and revive the forgotten languages of country through Adi Vaani- an artificial intelligence. Adi Vaani is an AI powered translator app specifically designed to bridge the communication gaps between tribal and non-tribal groups in remote areas. Adi Vaani offers bilingual dictionaries as well as instant translation such as text to text, speech to speech or speech to text between widely spoken languages and other tribal languages. As per census, India is the home for more than 19,500 mother tongues or regional dialects. However, younger generation rapidly moves towards Hindi and English as spoken languages. At this point, Adi Vaani enters to take a step ahead to preserve the endangered languages of our country. Adi Vaani, an AI model, will simply translate tribal languages like Santali, Bhili, Mundari, and Gondi into Hindi and English. This development becomes a digital companion for many tribes or groups to preserve their recognition. With the help of Adi Vaani, citizens can now easily access any government schemes, documentation and services without any linguistic barriers, as it shows digital inclusion. The upcoming phase of the project will include more such languages like Kui and Garo. Adi Vaani is a huge ecosystem of different version of voices, linguistic developers, and researchers that collectively contribute their knowledge to build this culturally rooted AI to preserve the fading languages of nation. Evolution of Adi Vaani shows globally that AI can serve tradition as well - with accuracy and efficiency. With the innovation of Adi Vaani, government facilitates accessible education in native languages among scholars, healthcare and important advisories while maintaining linguistic connection. As India is moving into digital future, this new innovation ensures that no community, languages and tribes are left behind in the race of digital India.

Food as Happiness in our Daily Life

Sonakshi Gupta

New Delhi: Food is the basic need of survival. But it has become more than just a source of nutrition. For many people, especially Gen-Z, food brings energy, comfort and emotional happiness. Eating the right, balanced food keeps our body healthy and strong. But when we eat too much or choose unhealthy food without thinking, it harms our health. So, food can make us feel happy and satisfied, but only when we make mindful and healthy choices. For Gen-Z, food is an emotion, mood changer



and stress reliever in their daily life. When they feel hungry, angry, sad, lonely, stressed or depressed, a comforting plate of their favorite food can bring peace and joy. Research in psychology shows that food affects the brain's dopamine and serotonin levels, which are responsible for happiness, satisfaction, and

emotional stability. According to psychologists, almost 90% of the body's serotonin is produced in the gut, which shows that the food we eat directly affects how we feel, think, and respond to situations. Psychology also calls it "EMOTIONAL EATING".

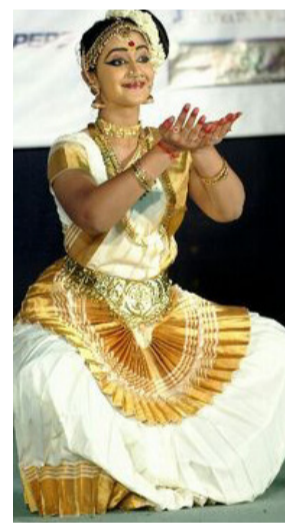
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Dance: Therapy of Happiness

Tamanna

New Delhi: Dance is more than a profession and more than a hobby—it is a feeling that cannot always be expressed through words. There are emotions we hold within ourselves that the world may not understand, but through movement, we find a way to release them. The quote "When words fail, dance heals" truly reflects this power. When people cannot hear what our heart wants to say, our dance and music speak for us. Dance heals the parts of us that life tries to break. Whether it is a Bollywood beat that matches

our emotions or lyrics that relate to our struggles, music reaches deep into the heart. Dance then becomes the expression of those feelings—showing our pain, joy, strength, and hope. The combination of music and movement becomes a therapy that refreshes the mind and lifts the soul. Music hits the heart, but dance gives therapy. It brings back the lost smile, the lost confidence, and the happiness we forget in our busy lives. Through dance, we feel free, understood, and emotionally light. In the end, it doesn't matter which dance style we



follow. What matters is the happiness it gives—the way it makes us forget our problems, express our personality, and embrace joy. Dance truly is therapy to happiness.

पत्रकारिता में विश्वसनीयता सबसे बड़ी जिम्मेदारी : अरविंदेश शर्मा

आईएमएस गाजियाबाद (यूनिवर्सिटी कोर्सज कैंपस) के एक कार्यक्रम में एनडीटीवी के कार्यकारी संपादक एवं वरिष्ठ एंकर अखिलेश शर्मा से विशेष मेट हुई। इस अवसर पर IMS Today के रिपोर्टर अमांशु द्विवेदी को श्री अखिलेश शर्मा से विशेष बातचीत करने का अवसर मिला। इस संवाद में उन्होंने मीडिया की वर्तमान चुनौतियों, समाचारों की विश्वसनीयता, एआई के प्रभाव, पत्रकारिता के बदलते स्वरूप तथा युवा पत्रकारों की भूमिका जैसे महत्वपूर्ण मुद्दों पर अपने विचार साझा किए। प्रस्तुत हैं इस संवाद के प्रमुख अंश:

अमांशु द्विवेदी
 हाल ही में ऑपरेशन सिंदूर की कवरेज के दौरान कुछ राष्ट्रीय समाचार चैनलों द्वारा अश्लील तथा अपुष्ट जानकारीयों प्रसारित की गईं। ऐसे प्रसारण का दर्शकों पर क्या प्रभाव पड़ता है और इस स्थिति से कैसे बचा जा सकता है?
 अश्लील और अप्रामाणिक जानकारी का प्रसारण दर्शकों को प्रभावित करता है और समाचार माध्यमों की विश्वसनीयता को गंभीर रूप से क्षति पहुंचाता है। इससे चैनलों की साख घूमिल होती है और दर्शकों में अविश्वास बढ़ता है।
 यह स्पष्ट कहते हैं, कि सूचना तब तक प्रसारित नहीं की जानी चाहिए जब तक उसकी पूरी तरह पुष्टि न हो जाए। ऑपरेशन सिंदूर के दौरान इस सिद्धांत की अनदेखी होने से

कई प्रश्न स्वाभाविक रूप से उठते। इससे बचने का एकमात्र तरीका यह है कि हर समाचार को सत्यापन के बाद ही प्रसारित किया जाए और जल्दबाजी में आधी जानकारी दर्शकों तक न पहुंचाई जाए।
 कुछ वरिष्ठ पत्रकारों का मानना है कि टेलीविजन समाचार माध्यमों पर प्रोपेगेंडा और एजेंडा हावी हो गया है, इसलिए लोगों को टीवी देखना कम कर देना चाहिए। आप इस विचार से किस हद तक सहमत हैं?
 शर्मा इसे एकतरफा नजरिया मानते हैं। टेलीविजन भी सूचना का एक माध्यम है और केवल उसे दोषी ठहराना उचित नहीं है। उनका कहना है कि यदि कोई दर्शक टीवी से दूरी बना लेता है, तो उसे जानकारी सोशल मीडिया जैसे 'जे।व्च, थ्रमहववा या र से ही मिलेगी, जहाँ गलत सूचना का खतरा कहीं अधिक है।



उचित यह है कि दर्शक अपने विवेक से विश्वसनीय चैनलों का चयन करें। यदि किसी चैनल की सामग्री प्लागैटपूर्ण लगे तो चैनल बदला जा सकता है, परंतु पूरे माध्यम को नकारना आत्म-प्रतिबंध जैसा है।
कृत्रिम बुद्धिमत्ता (एआई) के बढ़ते उपयोग को देखते हुए कई लोग लेकर चिंतित हैं। न्यूजरूम में एआई के प्रवेश से पत्रकारों की नौकरियों पर क्या असर पड़ेगा, और एनडीटीवी इस तकनीक को

किस प्रकार अपना रहा है?
 अखिलेश शर्मा इस पर व्यावहारिक दृष्टिकोण रखते हुए कहते हैं, हर नई तकनीक की तरह एआई भी प्रारंभ में रोजगार को लेकर चिंताएं पैदा करती है। कंप्यूटर आने के समय भी यही आशंकाएँ थीं, जबकि आगे चलकर वही तकनीक एक बड़े उद्योग का आधार बनी। एआई के कारण कुछ पारंपरिक भूमिकाएँ प्रभावित होंगी, लेकिन नई तरह की नौकरियों और अवसर भी उत्पन्न होंगे। न्यूजरूम में एआई का उपयोग जटिल घटनाओं के विजुअल तैयार करने, इमेज



क्रिएशन, डेटा आधारित एक्सप्लेनर और विश्लेषणात्मक सामग्री विकसित करने में किया जा रहा है। एनडीटीवी भी ऐसे कई क्षेत्रों में एआई का सहायक रूप से प्रयोग करता है, परंतु दर्शकों को यह बताना पत्रकार का दायित्व है कि कौन-सी सामग्री एआई आधारित है। पारदर्शिता ही विश्वास को मजबूत रखती है।
पत्रकारिता में प्रवेश करने वाले अधिकांश छात्र एंकर बनने या अपना प्राइम टाइम शो पाने का सपना देखते हैं। ऐसे छात्रों को कौन-से कौशल विकसित करने चाहिए और उन्हें किन व्यावहारिक चुनौतियों के लिए तैयार रहना चाहिए?
 इस पर वे काफ़ी सीधी सलाह देते हुए कहते हैं कि एंकरिंग के अवसर वास्तविकता में सीमित हैं। हिंदी और अंग्रेजी चैनलों को मिलाकर लगभग पाँच सौ से एक हजार

Guest Editor of This Issue

From the Editor's desk

Mrs. Usha Sharma
 L.K International School

Painting Happiness: How Colors Shape Mood and Well-Being

Colors aren't just visual treats—they're emotional powerhouses that can lift our spirits and chase away the blues. Science backs this up: research from the University of Sussex shows that exposure to green reduces anxiety by 30%, mimicking nature's calming embrace. Psychologists call it color therapy, where hues influence mood through associations wired into our brains. Yellow bursts with optimism, evoking sunshine and laughter. Studies in Color Research & Application link it to heightened energy and creativity—perfect for combating winter doldrums. Orange, its lively cousin, fuels enthusiasm and social vibes, often seen in playful branding like Fanta or Halloween pumpkins. Blue soothes like a gentle wave, promoting trust and serenity, while pink radiates warmth and affection, proven to lower aggression in high-stress environments. Even red, with its passionate edge, boosts confidence when used sparingly. Surround yourself with happy hues: paint a room sunny yellow, wear a green scarf, or add orange accents to your workspace.

How Childhood Memories of Colour Shape Happiness

Delisha Karanwal

New Delhi : The first time I truly noticed colour, it was not merely a visual experience. It was wonder, curiosity and a kind of quiet joy all at once. The crimson leaf tumbling across the sunlit lawn, the soft blue of the sky stretching endlessly at dusk, or the golden ribbon on a birthday present were far more than sights. They were moments that lodged themselves in memory long before I understood the nature of memory itself. Childhood, I have come to realise, is a mosaic of colour, each hue quietly shaping the way we come to experience happiness and contentment in adulthood. Colours in childhood are never neutral. They seem to speak directly to our emotions, forming a

language we understand instinctively. I remember the bright yellow sand-box at the local park, which seemed to embody adventure, curiosity and laughter carried on summer air. The green of the meadow behind my house felt like freedom, a place where imagination had no boundaries. These early impressions, seemingly trivial at the time, became an invisible guide to how I would later seek joy and comfort as an adult. Colours become more than decoration; they are emotional signposts, gently steering preferences, moods and even our sense of well-being. I often reflect on the room I spent most of my early childhood in. The walls were a muted peach, sunlight falling softly through lace curtains. I would sit with



picture books on the rug, feeling a quiet sense of security and calm. Now, as an adult, I find myself drawn to the same gentle tones in spaces I inhabit. Without consciously realising it, I seek the same reassurance, the same calmness, in the colours around me. Colour is not simply aesthetic; it is a way to revisit the emotional landscape of childhood, to anchor oneself in feelings that remain essential to our happiness. Memory, I have learned, is inherently emotional.

We rarely recall every detail of a moment, yet the feelings are vivid and lasting. I remember the red of a fire truck racing down the street, the sparkling blue of the swimming pool in the summer sun, or the amber glow of a kitchen lamp at bedtime. These colours are intertwined with emotion, and when I encounter them as an adult, they transport me back to moments of delight, security and wonder. Childhood colours, in this sense, become a reservoir of hap-

piness, quietly influencing the way we feel in the present. Artistic expression has always reflected this phenomenon. I find myself instinctively drawn to certain colours in writing, painting and even home decoration. Golds, blues and reds often appear in my creative choices, though I seldom consider why. It is as if these shades hold fragments of my younger self, offering access to the emotions and joys that defined my early

years. Colour, therefore, becomes a language of the self, a means of connecting with the inner child whose experiences continue to shape adult contentment. Cultural and familial context only deepens this connection. In my own family home, yellow was the colour of the kitchen, of warmth, nourishment and conversation. It is unsurprising that, as an adult, yellow brings a subtle but unmistakable sense of belonging and comfort. On the other hand, I have friends whose formative spaces were muted or stark, who now seek vivid hues as a form of emotional restoration. Colour is both compass and anchor, linking us to our past while shaping the ways we pursue happiness.



SCI-TECH WORLD

ICLR 2026 Review Crisis: AI-Written Reports Exposed, Triggering Scrutiny and New Oversight Measures

The trustworthiness of peer review faced doubt when researchers submitting to ICLR 2026 started observing strange trends in their reviews—ambiguous comments, excessively detailed explanations, made-up references and irrelevant requests. These anomalies led to concerns that AI systems, rather than human specialists - were responsible for many of the evaluations. Graham Neubig from Carnegie Mellon University openly highlighted the issue. Addressing the issue, Max Spero from Pangram Labs examined close to 20,000 entries, discovering that 21% of the evaluations were entirely AI-produced, while, over half exhibited some degree of AI involvement. The findings sparked immediate concern from ICLR organisers. Programme chair Bharath Hariharan acknowledged this as the first large-scale misuse of AI in the conference's review process. In response, ICLR has announced the deployment of automated detection tools to monitor both submissions and reviewer contributions for policy violations. The incident has intensified calls within the research community for clearer guidelines, stronger oversight, and ethical use of AI in scholarly evaluation—reinforcing that while AI can assist, human judgement remains essential to maintaining trust and integrity in scientific research.

Nature's Blue Winged Marvel Guides a New Path in Cancer Research

The brilliant blue wings of the blue morpho butterfly-native to the rainforests of South America-represent more than just a visual marvel. Their intense color, generated not through pigmentation but by light reflecting off structural formations on the wings surface is currently assisting scientists in investigating innovative medical uses. Researchers at the University of California San Diego (UCSD) have found that these natural microscopic structures may provide an approach to analyzing biological tissues, potentially helping physicians evaluate cancer progression and intensity. In their experiment, UCSD scientists placed a morpho butterfly wing on one microscope slide and a thin slice of tissue on another. Once aligned, they illuminated both using polarized light. This light passed through the wing and the tissue, reflected back, and then passed through them again, revealing subtle structural changes within the tissue. The team's findings suggest that the butterfly's natural optical properties could become the foundation for a non-invasive diagnostic tool—opening the door to more precise and visually enhanced analysis of cancerous tissues.

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DeepSeek Breaks Ground with a Smarter Approach to AI Reasoning

Launched on January 20, DeepSeek rapidly became popular, topping download charts and attracting over 22 million users. Similar to AI bots like ChatGPT, Claude, Grok and Gemini, its standout feature is high efficiency. According to MIT computer scientist Vijay Gadepally, DeepSeek matches the performance of leading models while using significantly less energy, making it more eco-friendly. Developed in Hangzhou, China, its creators detailed the system's energy-efficient architecture in an arXiv paper on December 27, later releasing DeepSeek-R1. Beyond regular conversation and coding help, DeepSeek-R1 functions as a reasoning agent, processing information in structured steps for more accurate outcomes.

Session on Finance for Non-Finance

IMS News Service

Ghaziabad: Ghaziabad Management Association organised a session on "Finance for Non - Finance" at GMA conference room, Ghaziabad. The objective of the session was to enable managers from non-finance backgrounds to understand key financial concepts, interpret financial information, and make decisions that positively impact profitability, cash flow, and business value. It is planned in two sessions to cover all topics of finance. Session 1: Understanding



Financial Fundamentals. It covered: Why finance matters for every manager, Understanding basic financial terms - revenue, cost, profit, and cash flow, Decoding financial statements: Profit & Loss, Balance Sheet, Cash Flow, Key financial concepts: fixed vs. variable costs, contribution

margin, break-even, cost control. The takeaways were: Grasp of how business activities translate into financial results, Ability to read and interpret core financial statements, Awareness of cost behaviour and its impact on profitability. The session was taken by CA DK Arora.

Program Organised on Disha- GSTAT

IMS News Service

Ghaziabad: Ghaziabad Management Association, in collaboration with Ghaziabad Bar Association, organised a program at INMAN-TEC, Ghaziabad to address complex GST issues and their resolution through the newly established GSTAT. With GSTAT set to begin functioning in December 2025, the session highlighted the importance of understanding its digital platform, laws and procedures for filing and hearing 2nd appeals.

Ghaziabad Entrepreneurship Mission

IMS News Service

Ghaziabad: Ghaziabad Management Association has taken an initiative on Entrepreneurship to Create "Ghaziabad Entrepreneurship Mission (GEM)". GEM's aims are: To own and steer the ecosystem development for entrepreneurship growth. The objective was to identify, train, mentor, and launch 50 young entrepreneurs in Ghaziabad at first go. To select interested students for GEM, GEM awareness sessions were conducted in 7 GMA Member insti-



tutions: RKGIT, BBDIT, AKGEC, AKGIM, IPEC, IPEM, RCCVC from 9th Oct to 18th Nov 2025. The students were asked to submit Founder Fit test. Total 266 students submitted the online test to select top 100 students for cohort and 6 weeks boot camp.

Visit to WIKA instruments



IMS News Service

Ghaziabad: An Industry Visit was organised by Ghaziabad Management Association at Wika Instruments Pvt Ltd, Ghaziabad for MBA students of AKGIM in two batches of 30 students each. The purpose of the visit was to provide students with practical exposure to real-world project. A presentation on the company's global presence and product portfolio including an overview of major projects undertaken at the Ghaziabad

plant, Explanation of the project initiation process, feasibility analysis, and stakeholder engagement, Insights into the timeline planning (Gantt charts), resource allocation, budgeting, and monitoring systems used at WIKA. A plant tour followed the session, where students observed: Assembly line processes, Calibration and quality inspection units, ERP and project-tracking systems, Safety and compliance practices.

Business Quiz Competition – MANTHAN 2025

IMS News Service

Ghaziabad: Ghaziabad Management Association and RKGIT organized MANTHAN -2025, Business Quiz Competition, Manthan has been continuously organised since 2012. There was an overwhelming response from various colleges throughout various regions across NCR. The quiz took place in three phases. The first phase was a written

round out of which 15 teams were selected for the 2nd Phase. Seven teams competed for the grand finale. This phase also had various rounds related to different aspects of business. It consisted of questions related to the economy, brands, audio-visual recognition, and product-related questions. In the last round i.e., 'RAPID FIRE ROUND' changed the whole scenario, which



gave the final winners for MANTHAN'2025. The winners were also felicitated with the winner trophies and all the participants with a participating certificate.

International Conference on Emerging Technologies

IMS News Service

Ghaziabad: The Second international conference on Advanced Computing and Emerging Technologies was organised by Ajay Kumar Garg Engineering College in association of Ghaziabad Management association at AKGEC, Ghaziabad. Distinguished speakers, including Prof. Armita Dev, Prof.(Dr.) Raghven-

dra Kumar Chaudhary (IIT Kanpur), and Chief Guest Prof.(Dr.) S.N. Singh (Director, ABV-IIITM Gwalior) highlighted the rapid technological revolution and the global impact of emerging innovations. The conference featured international insights from experts such as Prof.(Dr.) Shuai Li (Finland), Col. L.S. Chauhan (Indian Army), Mr.



Rahul Ottade (USA), Mr. Kanhiya Manuja (Canada), and Prof.(Dr.) Akshay Rathore (Singapore), covering breakthrough in AI, sustainability, digital transformation, and automation. With a record 1,172 paper submissions worldwide and only 200 selected after rigorous review, ACET-2025 emerged as one of India's most competitive conferences.

International Conference -BRIGHT 2025



IMS News Service

Ghaziabad: An International Conference on Business Resilience, Innovation, Growth and High-Tech Transformation (IC-BRIGHT 2025), was organised at Ajay Kumar Garg Institute of Management in association of Ghaziabad Management association. The contemporary business landscape is un-

dergoing unprecedented transformation. The advent of Artificial Intelligence, Blockchain, FinTech, Industry 5.0, Cyber security, Green Tech, and Human-AI Collaboration has redefined global enterprises, raising urgent questions about resilience, innovation, and sustainable growth.

Continue Page 1 Beyond the Index ..

The SBI Ecowrap report argued that if factors like community bonds and resilience were included, India's position would rise from 126 to around 48.

Traditional Colours of India

Walk into a kitchen and you see the colours of food, saffron biryani, green chutneys, crimson pickles. Walk into a market and you see the colours of tradition, bandhani, Kanchipuram silk, Banarasi brocades, each fabric a festival of its own. Step outside during Holi and the entire nation

becomes a moving kaleidoscope, a blur of pinks, blues, purples, and laughter. Saffron Wisdom: The Inner Lamp

India's spiritual heritage gives another dimension to happiness. The Bhagavad Gita teaches samatvam, staying steady in success and failure. It tells us to do our duty without worrying about the result. This idea gives Indians a quiet strength. Colours of Progress: Growth, Pride and Global Achievements

India's mood is also shaped by its rising strength. India remains

the fastest growing major economy. This growth creates jobs, confidence, and opportunity. It also shows in new airports, smoother highways, the expanding Metro lines, and the comfort of Vande Bharat trains. India in 2025 is not the India of a decade ago. Artificial Intelligence labs, new startups, digital public goods like UPI and the world's growing trust in India's tech talent have given young Indians fresh hope. The opening of the new Ram Mandir in Ayodhya has also added a strong emotional moment for millions, not as a political symbol but as a cultural

and architectural achievement that blends history with modern craftsmanship. A New Spectrum for the World India has challenges, and we accept them. But we also know that a rank cannot define a civilisation. Especially a civilisation that keeps its festivals alive, keeps its democracy noisy, keeps its traditions diverse and keeps its spirit bright even in hardship. On the night of Diwali, when millions of lamps turn darkness into gold, you see something no survey can capture. A glow that comes from community, resilience, pride,

hope and heritage. That light, ancient, colourful, modern, and unstoppable, is India's real happiness. And no number can ever measure it.

Food as Happiness..

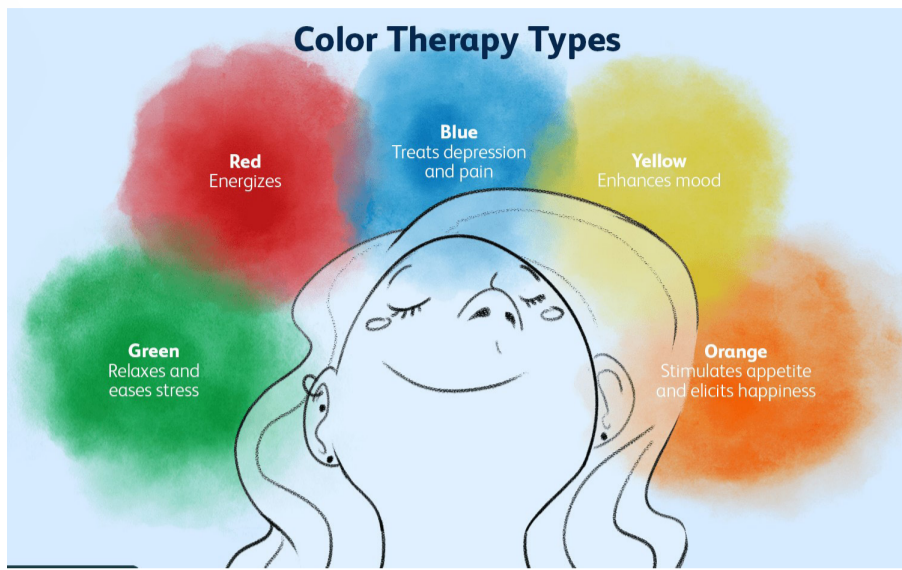
That's why Gen-Z take food as a way for managing their emotions. Food is important for keeping our body healthy, but it also affects our mood, thoughts, and emotions. When we eat balanced and healthy meals, our mind stays clear, our energy stays high, and we feel happier overall. But if we eat without thinking—like choosing junk food too often—it can

harm our health and disturb our emotions. That is why mindful eating is important. Eating the right food with awareness helps us stay healthy, both physically and mentally, in the long run. As many renowned dietitians emphasize: "When you nourish your body with care, your mind naturally finds balance." Food is not just food—it is a powerful emotion, a mood changer, and a comfort companion for Gen-Z. Therefore, the key is balance: enjoy food for happiness, but choose wisely for long-term well-being.

The Psychology of Colour: Why Bright Hues Make Us Smile

Shaurya Srivastava

New Delhi: We find colours everywhere: on our clothes, our devices, house walls, and even the food we eat every day. Still, we never think about how these colours actually make us feel. Especially the Bright Colours, the colours which have a very powerful effect on our mood. They instantly catch our eye-balls, lift our mood, and make our boring and bad day instantly better. But have you ever wondered why these bright and vibrant hues make us smile? The answer lies in a simple mix of psychology & personal experience. Different colours have different ways of communicating with us. Colours like bright yellow or red instantly grab our attention. This is because bright hues stimulate our brain more strongly than

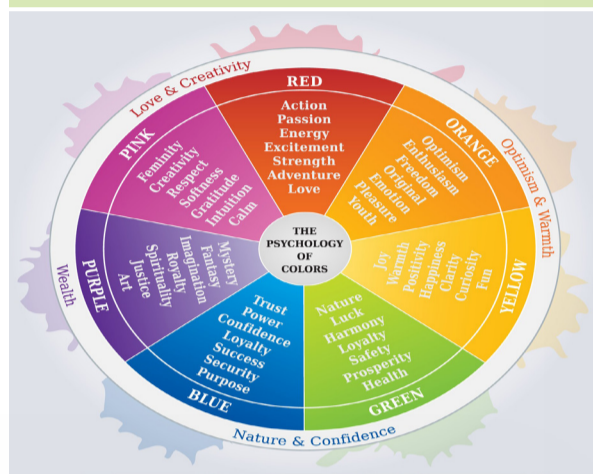


dull colours. They instantly energize us and remind us of beautiful and colourful things like flowers, gardens and colourful festivals. Yellow is often called the "colour of happiness." Many researches show that people exposed to bright yellow shades tend to feel more upbeat and positive. To a large extent, bright colours are part of our everyday life which we

tend to overlook. Companies employ them to lure customers, universities utilize them in their posters to generate hype, and artists decorate their works with them to convey their feelings. Just take the festival Holi for instance, during which bright colours are used to signify the joy and unity. Even at very simple moments like if we chose a bright blue bottle or wear a red t-shirt, we would

still be attracted to colours that correspond to our inner world. Bright colours are usually used in schools and other educational institutions to make the places more attractive. The main reason for this is these colours help to keep everyone's mood good and cheerful. That is why many cafés, sports brands, and social media platforms use bright colours.

Boost our Creativity
Bright colours can boost our creativity. Studies have suggested that colours like red and orange can help in igniting new ideas and boosting your thinking. We also respond to colours differently based on culture and our own personal experiences. Most of us remember the bright colours of our happier childhood moments, balloons, toys, festivals, or celebrations. Gradually, our brain makes a link between these colours and the feeling of joy. That's why each time we encounter them, we don't have to think twice to experience a little elevation of our mood. So the next time you see a bright painting on your school or college wall or pick a colourful outfit, remember: these colours are speaking to your mind, gently reminding you to smile.



Finding Light in the Shadows: Staying Joyful through Cancer Disease

Vanshika Verma

New Delhi: Cancer is not a single illness but a group of diseases where cells grow uncontrollably. These cells can form tumors, invade nearby tissues, and spread to other parts of the body. Common types include breast, lung, prostate, and skin cancers. A cancer diagnosis alters the rhythm of life. It feels like life has been turned upside down. Between hospital visits, treatments, and uncertainty, happiness can seem out of reach. Yet, countless survivors and patients prove that joy is not only possible—it is essential. Instead of chasing constant positivity, aim for steadiness—moments of calm, gratitude, and purpose. Accepting hard emotions often makes space for lighter ones; tears and laughter can live in the same day without canceling each other out.



- Do some everyday practices that lift mood:
- Mindful Breathing: Slow, steady breaths—four counts in, six counts out—help settle the nervous system. Use this during treatment or nighttime worry.
 - Journaling



Writing as a way to heal—write your thoughts without editing. Let worries land on paper so they don't swirl in your head.

- Create Joyful Circles: Share stories, recipes, music, or photos in a group chat dedicated to lightness. It keeps conversations from revolving only around illness.
- Art: Express what words can't. Creating art offers a safe, non-verbal way to process fear, anger, and sadness,

helping reduce emotional overload and fostering a sense of control.

- Music: Listening to or making music can calm the body's stress response & helps people access memories and hope, restoring a sense of identity beyond illness.
- Nature: A balcony breeze, sunlight through leaves, a short walk—can restore attention and lift mood, offering respite from medical settings. Cancer narrows some paths but illuminates others. Happiness during cancer isn't constant cheerfulness—it's the daily practice of returning to what nourishes you. Art expresses, music soothes, nature restores, and prayer steadies. Together, they create small, reliable pathways back to joy and meaning, even on hard days.

Colour Therapy: Can It Heal the Mind?

Hritik

New Delhi: The practice of chromotherapy, known as colour therapy, uses particular colors to create beneficial effects on mental states and emotional health, and supports healing processes. The therapy works through the idea that colors produce specific energy patterns which create particular emotional responses that benefit both mental and physical health. The non-invasive nature of colour therapy makes it more popular as a mental health support method because it provides psychological advantages to patients. The therapeutic effects of colors on mental health vary depending on the specific hue that people use. The nervous system experiences relaxation when people expose themselves to blue and green colors - which also helps them manage stress and anxiety. The calming properties of blue match its natural occurrence in



the sky and sea while it also supports physical recovery and healing processes. The peaceful state of being grounded emerges when people view green color- which represent nature. Yellow color produces an energizing effect which helps people feel more creative and boosts their mental alertness. The stimulating properties of red helps people become more alert and confident, yet, users should limit its application to prevent excessive stimulation. The therapeutic properties of pur-

ple helps people develop their creativity while enhancing their spiritual connection and emotional stability. People can practice colour therapy through different methods which include light exposure and object viewing and environmental color changes and creative activities like drawing. The brain relaxation process of coloring therapy occurs through focused attention which decreases negative thoughts while promoting mindfulness. Research indicates that colour therapy produc-

es beneficial effects on anxiety and depression symptoms while enhancing mood and positive emotions when used with conventional medical treatments. The scientific community continues to study colour therapy effectiveness but numerous practitioners along with users claim the method produces positive results for mood improvement, focus en-

hancement, emotional stability and stress reduction. The therapy provides a safe, accessible and time-efficient method for mental health support because it requires no special equipment. The therapy serves as an attractive additional mental health treatment because of its simple requirements.

Interesting Facts

- It was practiced in Egyptian temples, where light passed through coloured gemstones to treat emotional imbalance.
- Some studies suggest that skin can detect and absorb light frequencies, influencing mood and hormonal balance.
- Blue and turquoise shades have been shown to help regulate circadian rhythms, improving sleep cycles.
- Calming shades reduce stress-related muscle tension, which lowers perceived physical pain in some patients.
- Warm colours feel psychologically warm; cool colours feel fresh and calm—even if the real temperature is unchanged.
- Some therapists combine colours with matching sound frequencies and fragrances to multiply emotional healing effects.



IIT Madras to host Institute Open House 2026 from January 2 to 4

IIT Madras is preparing to welcome thousands of visitors early next year at its campus for a three-day public event that will showcase its research, labs and student innovations. IIT Madras will open its campus to the public from 2nd to 4th January, 2026- as part of Institute Open House 2026, an annual outreach event aimed at giving visitors a close look at the institution's research and innovation ecosystem. The event is open to school and college students, teachers, researchers, industry professionals and anyone interested in science and technology.

Delhi University SOL Releases BA(Hons) Odd- Semester Date Sheet

The University of Delhi's School of Open Learning (SOL) has officially released the detailed date sheet for the BA (Honours) odd- semester examinations for the academic session December- January 2025-26. Along with SOL, the university has also issued a separate timetable for regular BA (Honours) students. As per the notification, the examinations will be conducted for students of both regular colleges and SOL who are enrolled in the 1st, 3rd, 5th, and 7th semesters.

Jamia Millia Islamia Opens Admissions for 42 Skill- Based Short- Term courses

Jamia Millia Islamia's Centre for Innovation and Entrepreneurship (CIE) has started the registration process for 42 short-term, skill- focused courses, aimed to boost employment skills, entrepreneurship abilities, and provide hands-on-training. Application mode: •11 courses- Apply online through the university website. •31 courses- Apply offline

Dr. B.R. Ambedkar University, Sri-kakulam Releases Exam Schedule

Dr. B.R Ambedkar University, Sriakulam has announced the exam schedules and notifications for the December 2025 examinations for several courses, including B.Tech and LLB. Student are advised to visit the university official website to view the detailed timetables, updates, and all exam- related instructions. The university also provides notifications for other programs like B.Ed. which usually contain important information such as registration dates, required eligibility, and other exam guidelines.

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Knowledge

Solve Quiz No. 134

For Students

Solve the following quiz and reply promptly through email. Names and photos of students who answer correctly will be published in IMS TODAY. IMS Engineering college students can provide reply through personal submission-Editor. Email imstoday.imsc@gmail.com

- If the plane of the earth's equator were not inclined to the plane of the earth's orbit,
 - The year would be longer
 - The winters would be longer
 - There would be no change of seasons
 - The summers would be warmer
- Which of the following colours has got the maximum refractive index for glass?
 - Blue
 - Red
 - Green
 - Indigo
- The conservation of hawks and owls is important to mankind chiefly because these birds eat
 - Numerous weed seeds
 - Harmful birds
 - Many harmful rodents
 - Harmful reptiles
- The drug quinine is used in the treatment of
 - Bubonic Plague
 - Malaria
 - Typhus
 - Yellow fever
- Which one of the following statements regarding sound is true?
 - It travels at its greatest speed in vacuum.
 - It produces transverse vibrations in the medium in which it travels
 - Its source is always a vibrating material
 - It cannot travel through liquids
- Photophobia is
 - A disease caused by too much sunlight
 - Abnormal intolerance of light
 - The adjustment of the eye for light
 - The ability to perceive light
- The number of chromosomes in human body is
 - 42
 - 44
 - 46
 - 48
- The chief constituent of gobar gas is
 - Ethane
 - Methane
- Hydrogen
 - Carbon dioxide
- How can the spherical aberration of a human eye be corrected?
 - By using cylindrical
 - By using a plano-convex lens
 - By using a thin lens
 - None of the above
- In which season do we need more fats?
 - Rainy Season
 - Spring
 - Winter
 - Summer

Participation Format

QUIZ No.

Name of Student.....size Photo.....

(also attach your PP size Photo)

Class.....Year.....

College ame.....

Mobile number.....

Email.....

Present Address.....

Permanent Address.....

Answers (QUIZ-131) September, 2025 issue:

1	2	3	4	5	6	7	8	9	10
b	c	c	b	c	a	a	b	b	d

Prepared By: Prof. Pradeep Kumar, Assistant Professor (AS&H)



Happiness in Every Shade: From Tricolour to Festival

Colours breathe life into the human experience. They energise our minds, heal our hearts, and shape our emotions in ways we often take for granted. A world without colour would be a dull expanse—no saffron sunrises, no lush green fields, no serene blue rivers. But fortunately, life is painted in hues that spark joy and belonging. Nowhere is this interplay of colour and happiness more vividly expressed than in the cultural soul of India—a land where colours aren't just seen, but celebrated, sung, and lived.

India's identity is proudly symbolised through its tricolour flag. Each colour, stitched into the fabric of the nation, carries a message of emotional strength. Saffron, bold and bright, speaks of courage, sacrifice and the burning flame of determination. It ignites passion in every citizen when the flag rises against the morning sky. White, calm and pure, stands for honesty, peace and the collective aspiration for harmony. It reminds us that true happiness thrives where there is unity. Green, soothing and fertile, symbolises growth, prosperity and the embracing warmth of nature. And at the centre spins the deep Ashoka Chakra, reflecting progress, discipline and the constant cycle of life. When millions wave the tricolour during Independence Day or Republic Day, happiness becomes a feeling shared across diverse hearts—one emotion, many colours. But the bond between colour and happiness in India extends far beyond national symbolism.

It flows into the rhythm of everyday life and explodes in spectacular form during festivals. Holi, the festival of colours, is perhaps the most vivid example. Streets transform into rainbows as people smear Gulal on one another, dissolving social boundaries with laughter. Red Gulal for love, yellow for joy, green for renewal, blue for calm—every shade tells a story. Holi teaches us that happiness multiplies when shared, and colours become language in themselves. Diwali, too, is a celebration of luminous hues—homes dressed in golden lights and vibrant rangolis. The brightness dispels shadows both inside the house and inside the mind. The flicker of diyas, the sparkle of new clothes, the glow of family gatherings—Diwali reminds us that light is a colour of hope. Durga Puja in Bengal paints the city in deep reds and resplendent whites, symbolising strength and purity. Onam in Kerala decorates courtyards with intricately designed pookalams, floral carpets that bloom happiness with each petal. Even our marketplaces are a palette of joy—the turmeric yellow of spice shops, the ruby red of roses, the deep blue of traditional indigo prints, the bright orange marigolds hanging in strings at temple gates. Step into an Indian wedding, and you witness colours taking human in every hue lies a reminder that life is not merely to be lived, but to be celebrated.

Yogita Sharma

New Delhi: A house is not just a collection of walls, furniture, and decorating items but it is also a feeling that it evokes each and every day. And one of the most potent instruments to control the way we feel is colour. Colour psychology: The science of colour has revealed that the colours we fill our lives with have the power to make us happier, reduce stress, become creative or even warm. Colours, when applied in any purposeful manner can make any otherwise mediocre room joyful, comfortable and inspiring. Each colour includes

emotional charge. As an example, yellow is generally regarded as the colour of hope. A mere spot of yellow, a cushion, a lamp, an accent wall, is enough to bring a gloomy corner to life. It resembles sunlight and that is why, it creates a natural uplifting factor in us. Conversely, the blues produce a feeling of tranquility. Light blues should be used in bedrooms since they relax the mind making it sleep better. Dark blues or darker blues suit a living room perfectly when they are complemented by warm lighting and give the impression of elegance but not a chilly room. Another category of mag-

ic is the greens. Green colors are associated with nature, growth, and balance, which effortlessly introduce a freshness that will be found in any room. Regardless of whether it is a sage-green wall or simply a few house-plants, this colour will decrease mental exhaustion and make spaces feel grounded and restorative. Green accents at your workspace can even enhance concentration and alleviate stress, even in case you are a person who works or studies at home. The warm colours such as oranges and reds are lively and spirited. They are communal colours and are ideal in a din-



Yogita Sharma

ing room or living room where people mingle and parties are held. The trick is to be moderate, however, an excess of red may be overwhelming. Such colours, by way of decor objects, paintings or textured objects—will bring the warmth without overwhelming the room. Those who are neutral, though delicate, are also

very crucial. Whites, light greys and soft greys work together to form a clear canvas, and therefore your house will be open and breathable. They also permit the brighter colours to shine without conflicting. Combining with the textures such as wooden furniture, woven baskets or cosy throws, neutrals turn a home into something sophisticated and yet comfortable. It is the actual magic if you amalgamate the colours intelligently. A happy house does not require being noisy, it must be harmonious. The first step is to select a main colour that pre-determines the atmosphere of the room, and then colour the room

with the additions of the complementary colour that will contribute to the ambiance you aim to achieve. You should also be sensitive to natural light, colours appear different when the room receives warm sunlight and when they receive cool shade. Lastly, to make your home happy is to know what makes you feel good. Allow your personality to be depicted in your choice of colours. When all its shades are deliberate, your home will be a place where happiness will not seem artificial. And that is the scientific principle of happy space.

Urban Colour: How Public Art and Murals Bring Happiness to Cities

Mahi Nehra

New Delhi: Urban colours are the colours that make the visual appearance of a city. Every city has its own combination of colours that comes from buildings, nature, public art, objects and everyday surroundings. Urban colours play an important role in creating an identity of a city. For instance, Jaipur is famously known as the pink city because of its uniformly painted pink buildings while Jodhpur is known as the blue city. Urban colours make spaces feel lively, affect people's mood, make public places more attractive and friendly, encourage creativity and they also help in increasing tourism. Urban cities

often look dull in comparison to the rural areas which is because modern cities rely on concrete for buildings, flyovers, bridges and parking lots, which makes the city look grey and tedious, lacking variation in colours and textures. This dullness further increases when pollution and dust settles on the surfaces causing walls, signboards and buildings to lose their brightness and colour over time. Lack of greenery in many urban areas also removes the natural colour that makes the space more alive and refreshing. In such dull environments, Murals and Public Art acts like spark of liveliness, bringing back life, creativity and adding warmth to the space.

In such colour starved environments, public art acts as a visual sto-



Mahi Nehra

rytelling tool, reflecting culture, community and local identity. Colourful art reduces stress, uplifts mood, and creates a sense of joy for passersby. Art in public spaces encourages people to explore, walk and spend time outdoors. These murals and art promotes creativity and local artists.

Murals and public art can spark conversations resulting in people making



social connections. Apart from just adding colours, public art has the power to completely transform urban spaces, buildings and streets into vibrant and engaging environment. Many cities have successfully used murals and public art to brighten their streets and public areas. For instance, in

Ghaziabad, under the Mohan Nagar flyover, artists have painted a

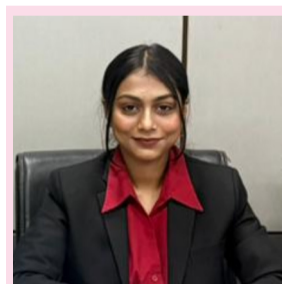
cheerful mural on the pillars. Bright blue sky with birds and sunflowers brings life to what would have been dull and dusty concrete. Similarly in Noida, the NTPC Chowk underpass features murals of traditional Indian motifs, such as an elephant, Kalpavriksha (wishing tree), and women carrying pots, reflecting local culture while making space visually appealing. Additionally, Noida has implemented Madhubani style murals and theme based sculptures in parks and intersections and plans for large 15-foot lion murals made from recycled materials, aiming to create iconic landmarks. These examples show how local and government led projects can lead to vibrant and colourful environments that uplifts mood and foster community pride. Colours and murals play a powerful role in creating an identity of a city and making urban life happier. They create spaces where people feel welcomed, inspired and connected.

How Traditional Indian Textiles Reflect the Spectrum of Happiness

Anushka

New Delhi: Colors of happiness have always been bright in India, and nowhere is it better reflected than in our traditional textiles. Be it a silk saree for festivals, an everyday soft cotton drape, or a vibrant Bandhani dupatta—every fabric carries emotions that shape both lifestyle and well-being. These textiles are not just worn; they are lived, felt, and celebrated. Indian apparel traditions have a strong link with our daily lives. Soft handloom cottons, which are worn in many regions, support calm and comfortable living. Their breathability and natural dyes keep the body relaxed and showcase how well-being actually starts with the fabric we choose to wrap ourselves in. The gentle feel of these textiles uplifts the mood, reduces discomfort, and creates a sense of inner peace. Colours in Indian textiles also play a major role in emotional well-being. Yellow, which is worn during pooja and haldi, brings positivity and spiritual calmness. Red, the colour of bridal wear, speaks volumes about celebrations, strength, and a new beginning. Green is for harmony and growth, while blue and indigo fabrics reflect mental balance and serenity. Gold and vibrant hues are worn on Diwali to mirror joy, hope, and the light of new possibilities. These colors are like emotional therapy, influencing the mood of the wearer and

reflecting the spectrum of happiness. To this colorful emotion, regional textiles add their own expressions. Bandhani bursts with playful dots, representing festive joy. The silks of Kanchipuram, rich in gold zari, represent grandeur and festivity. Phulkari is vibrant embroidery that reflects warmth, plenty, and affection. Chanderi and Maheshwari fabrics bring gentle elegance and peaceful charm. Ajrakh and Indigo cottons bring grounding and mindfulness to wearers, perfectly fitting into a lifestyle of balance. Traditional textiles also shape how India celebrates festivals. During Diwali, shimmering silks and mirror-work outfits brighten the atmosphere. For pooja, simple yellow or white cotton sarees symbolize purity and devotion. Holi turns plain white kurtas into symbols of freedom and joy. Durga Puja sarees in red and white reflect devotion and strength. Clothing becomes ritual, emotion, and identity—all at once. Wrapped up in this colourful tradition is a powerful truth: Purity, devotion, love, lifestyle, and happiness are all interwoven in every thread of Indian fabric into one cloth, nurturing culture and sustaining our well-being. Traditional Indian textiles tell us that happiness is not a single emotion, but a whole spectrum. Through color, comfort, culture, and craftsmanship, they weave a lifestyle that keeps us emotionally connected, spiritually grounded, and culturally proud.



Anushka

From Grey to Green: How Colourful Spaces Improve Community Well-being

Anjali Singh

New Delhi: The prevalence of grey concrete buildings, steel-like buildings, and the uniformity of the scenery in the fast-growing cities has a great influence on the way people may think, feel and communicate within the environment. The World Health Organization has conducted research which published that green spaces can reduce stress levels up to 25 percent, and this demonstrates the strength of the environmental design in terms of mental health. The environmental psychology also proves that nature-filled and colourful environments can restore attention and reduce cortisol. The green plants facilitate the activation of the parasympathetic nervous system that facilitates relaxation and bright colours are stimulating neural pathways that are linked to creativity and optimism. As contemporary living becomes even more hectic and digital, these therapeutic places pro-

vide the much-needed balance through the provision of natural spaces of reflections and sensory experiences. Environmental psychol-



Anjali

ogy studies carried out in the University of Exeter assert that people who are exposed to a green environment have a higher level of concentration, better memory, and general mood. Analytical research also indicates that citizens dedicate more time to the outside, engage with each other in a better way, and have a more health-friendly behaviour when the area around them becomes friendly and has features that provide visual appeal. Parks that have murals, flowering plants, textured lanes, and artistic installations motivate

people to slow down and look around and reconnect with their community. In addition to psychological effect, colourful green spaces bring social and economic benefit through the height of foot traffic, local business support, and neighbourhood identification. The communities that have green space in their proximity usually demonstrate a better state of the population health, including physical activity and emotional strength. Micro-interventions like turning empty plots into pocket parks, developing green corridors along walkways, providing colourful sitting areas in the public, installing murals, and trees with native vegetation are small but high impact interventions that improve

the mood and atmosphere. According to urban planning studies published by the American planning association, these beautification projects result in closer community ties and safer and livelier public areas. Finally, the grey-green transformation is not only aesthetical, but a scientifically justified measure of constructing healthier, more unified and inspiring urban spaces. With growing urbanisation and the increasing influence of modernity, it is important to consider colourful and nature-filled environments as the key to the notion of mental clarity, social interconnectedness, and well-being in the long-term perspective of the community. Turning ordinary city

areas into green, livelier ones is not just an aesthetic addition to the urban environment, but a viable investment into the well-being of the community. It has been scientifically proven that vegetation and colour alleviate stress and increase attention, as well as social cohesion. Planners, communities and individuals should focus on accessible parks, artistic murals, native plants and well thought-out public spaces in order to create healthier and more inspirational cities. When we decide to make the world around us colourful and closer to nature, we make the right move toward building cities that would help us maintain emotional balance and quality of life.

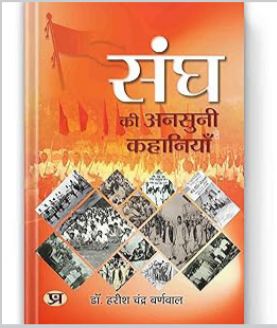




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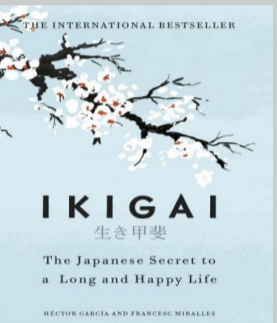
Sonakshi Gupta

Book: Sangh ki Unsuni Kahaniyan
Author: Dr. Harish Chandra Burnwal
Published: 2025
by: Prabhat Prakashan
Rating: 5 stars



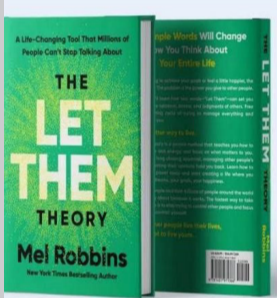
Untold Stories of the Sangh by Dr. Harish Chandra Burnwal is a collection of real yet lesser-known narratives associated with the Rashtriya Swayamsevak Sangh (RSS). Written in simple and accessible Hindi, the book serves as an eye-opener for many readers by presenting a factual account of the Sangh's deep involvement in India's freedom struggle and nation-building efforts. Reviewers have praised its clarity, authenticity, and lucid style, as well as its compelling accounts of the RSS's role during Partition, the Emergency, and the COVID-19 pandemic. The book challenges prevailing myths and highlights the organization's grass-roots-level dedication and service.

Book: Ikigai
Author: Héctor García & Francesc Miralles
Published: 2016 by Hutchinson
Rating: 4.6 stars



Ikigai explains the Japanese idea of finding your purpose in life. The book focuses on living happily through balance, meaningful work, and healthy habits. With stories of long-living people, it shows how small routines, positive thinking, and staying active create a joyful life. I liked its simplicity and practical advice. It taught me to slow down, enjoy small moments, and follow what truly matters.

Book: The Let Them Theory
Author: Mel Robbins
Published: 2024
Rating: 4.4 stars



The Let Them Theory teaches a peaceful mindset: stop controlling others and let people behave as they want. The book explains how letting go reduces stress and protects your mental peace. With simple examples, it shows that focusing on yourself is the real strength. I liked how calm and realistic the message is. It taught me that peace comes from acceptance, not from forcing situations.



Anushka Khurana

- **Christmas:** Celebrated on 25th December as a birth anniversary of Jesus Christ across the country as a gazetted holiday, especially with great fervor in states like Goa, Kerala, and the North-eastern states.
- **Guru Gobind Singh Jayanti:** On 27 December 2025, The birth anniversary of the tenth Sikh Guru, Guru Gobind Singh Ji. Observed with prayers, Kirtan (religious singing), and processions.
- **New Year's Eve:** Celebrated nationwide with parties, events, and gatherings to welcome the New Year on 31st December 2025.
- **New Year's Day:** The first day of the Gregorian calendar, celebrated as a public holiday in many regions on 1st January 2026.
- **Lohri:** A popular winter Punjabi folk festival, will be celebrated on 13 January 2026, primarily in North India, marking the end of winter. Bonfires are lit, and people offer popcorn, peanuts, and revari to the fire.
- **Makar Sankranti:** 14 Jan 2025, Celebrated across India, marking the Sun's transit into the Capricorn sign. This signals the end of the winter solstice and the beginning of longer days. Holy dips in rivers and kite flying are common.
- **Pongal:** 14 Jan to 17 Jan 2025, A major four-day harvest festival celebrated in Tamil Nadu, named after the sweet dish "Pongal" made of - Rice, Jaggery, Milk, Ghee, and Cardamom. Rangoli is made by people at their door steps by using rice flour as a ritual.

Exploring the Rich Legacy of Gobindgarh Fort in Amritsar

Gurpreet Kaur

New Delhi: I just got back from Amritsar, and let me tell you, Gobindgarh Fort totally changed the way I see the city's history and culture. Walking through its massive gates was like entering a living museum—every wall and courtyard felt like it was sharing tales of bravery, empires, and resilience.



Gobindgarh Fort is located near Old Cantt Road and Lohagarh Chowk, right in the center of Amritsar. With 43 acres of space along the historic Grand Trunk Road, it's super easy to get to from the Golden Temple. The moment you enter, you're greeted by towering brick ramparts, old gateways, open courtyards, and beautifully restored buildings. The place has a royal charm yet feels inviting at the same time. Museums, small shops, and cultural zones are thoughtfully ar-

ranged, making the fort feel like a vibrant blend of past and present. Gobindgarh Fort's story goes all the way back to the 18th century, when it was built by the Bhangsi Misl and known as "Bhangian da Kila." Later, in the early 1800s, Maharaja Ranjit Singh took over, strengthened its defenses, and renamed it Gobindgarh in honor of Guru Gobind Singh Ji.

The fort played a major role in protecting Amritsar and the Golden Temple from repeated invasions, especially from

Travel Tales

the northwest. Over the years, Sikh Wars, then to the Indian Army after independence, and finally opened to the public in 2017 after massive restoration work. Gobindgarh Fort is basically a cool reminder of Punjab's warrior vibes and rich culture. It's one of the rare military forts that's still in great shape, tucked away in the heart of a bustling city. Its history is pretty fascinating,

from the days of Sikh leadership to the British rule, going through Partition, and making its way into modern India. Now, it's also known for its

lively cultural experiences: museums dedicated to Maharaja Ranjit Singh, traditional weapons, energetic Bhangra performances, and stunning multilingual light-and-sound shows that bring Punjab's story to life. There are museums and galleries that beautifully explain the life of Maharaja Ranjit Singh, the rise of the Sikh Empire, and Punjab's military history through artifacts, models, and multimedia. By evening, the whole place transforms folk performances, & make the fort feel like a lively cultural village.

Reason to Visit

Gobindgarh Fort isn't merely an old monument; it's an adventure waiting to be discovered! It combines history, culture, Tradition, Authenticity, and feelings in a way that totally resonates. Whether you're hitting the books, passionate about history, or simply a traveler on a quest for knowledge, this fort serves up fascinating insights into Sikh culture, military strategies, and key happenings and Partition.



Pushing Yourself Beyond Your Comfort Zone: Alumni

Kushagra Garg

Alumni Corner

time—and what routine or habit helped you survive?

For me, time management always came down to one thing—focus. If something truly matters to you, you will make time for it. Saying "I don't have time" is mostly an excuse.

During my MSc, I reminded myself daily that if I am dedicated and passionate about my goal, I will find the energy and time to work toward it. That mindset really kept me going. **How did your MSc program influence the way you solve problems today—whether in your profession or everyday life?**

Shivanshi Pandey (Batch-2023-25) is a dedicated life-sciences enthusiast & a proud alumna of Biotechnology Dept. at IMS Ghaziabad (University Courses Campus). Her passion for biological research and curiosity about the mechanisms of life have guided her academic journey, fueling her ambition to contribute meaningfully in the field of biotechnology. Outside classrooms and labs, Shivanshi remains grounded in her vision for the future -driven by scientific curiosity and a desire to make a tangible difference through her work. **Many MSc students struggle balancing research, practical work, and personal life. How did you manage your**



The biggest technique I still follow is learning continuously and staying consistent. Many people see research or complex tasks as a hardship, but I found enjoyment in learning new things and gaining new experiences. My mindset has always been: "No pain, no gain." That discipline still shapes the way I approach challenges in my professional life. **What is one habit or academic practice you**

developed during your MSc that unexpectedly helped you in your professional journey?

One habit that changed everything for me was reading consistently. Whether it was research papers or books. I made it a point to read—even if just for 10-15 minutes a day. That small routine helped me grow personally and academically. It continues to support my professional development today. **What advice would you give to current MSc students of IMS who feel overwhelmed by research pressure or the fear of not being "good enough"?** Mastering "Never think you are less than anyone". Most of the time, it's not about knowl-

edge—it's about how confidently you express it. In the beginning, I also used to hesitate during interviews. With time, I learned that self-belief is the real key. Work on yourself, trust your abilities, and stay positive. Confidence develops slowly, but it transforms everything. **The industry you are part of is constantly evolving. What is one trend or innovation that excites you?** I believe students should stay in close contact with their faculty and their professors because they are the first to share new trends, updates, and opportunities. The world is evolving fast, and to stay relevant you need to stay updated, learn continuously, and

keep reading about new developments in the field. Growth happens when you remain curious. **What message would you like to convey to your juniors at IMS College to help them make the most of their time here?** Maximize your experience at IMS by actively developing your technical and soft skills through hands-on projects and learning. Embrace challenges as opportunities for growth, pushing yourself beyond your comfort zone. Stay curious and updated on the rapidly evolving science & research field to remain adaptable. Foster a mindset of continuous learning to keep pace with emerging developments.

Your Career, Your Canvas: Building Skills for a Limitless Tomorrow

CAREER CANVAS



Pooja Bakshi Malik
International Facilitator & Coach Director - Skill Set Consulting

A career today is n't a pre-drawn path—it's a blank canvas waiting for your imagination. And the best part? You're the artist, the critic, and occasionally, the one who spills paint and still makes it look like modern art. In India's dynamic job market, this canvas is expanding every day, especially with AI jumping into the picture like an over-enthusiastic intern who wants to do everything. This means young graduates now have limitless opportunities—but also a gentle nudge to stay curious, keep learning, and be ready to colour outside the lines. This shift has changed how institutions prepare students. They're no longer polishing you for one job; they're preparing you for a lifetime of exciting plot twists. Today's universities and management schools emphasise leadership, a

creativity, data flirts with design, and communication stands tall next to technical know-how. A student from a small town can compete head-on with peers from metros proof that talent needs no PIN code. But remember, this canvas comes with its own adventure mode. Careers today aren't a one-time selection; they're a journey of shaping, reshaping, unlearning, and relearning. The beauty of today's career canvas? There's no single "perfect picture." Your masterpiece grows with every layer you add, every colour you dare to try, and every bold stroke you make. So step forward. Pick your brush. Have some fun with it. Your canvas is ready — waiting to be shaped by your ambition, powered by your learning, and brightened by your wonderfully unique mindset.

daptability, digital fluency, and the ability to think strategically -because the workplace now rewards brains that can juggle ideas, communicate clearly, and stay calm when the world goes left instead of right. In short: it's less about "What job can you do?" and more about "What value can you create?". Freshers now step into a world where skills matter more than labels. Coding dances with

If you have any query email to head.cdc@imsuc.ac.in



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WE HAVE NO BRANCH IN NOIDA

News Brief.....

IPR Awareness and Capacity-Building Workshop

Ghaziabad (IMS News Service): The IPR Cell, in collaboration with the Department of Research & Development, IMS Ghaziabad (University Courses Campus), organized an insightful Awareness and Capacity-Building Workshop on Research and Development to enhance understanding of Intellectual Property Rights (IPR). The session was conducted by Ms. Suchita, Senior Manager (Patents) at Ennoble IP, who served as the expert resource person.

The workshop aimed to familiarize students and faculty with the significance of IPR in the R&D ecosystem, with special emphasis on patent procedures, protection of innovations, and their practical applications in academia and industry. Key topics included fundamentals of IPR such as patents, trademarks, and copyrights, the role of IPR in career growth, and inspiring case studies of student-led innovations. Participants gained a clear understanding of the patent lifecycle, from identifying patentable ideas to filing and prosecution.

IMS Ghaziabad Signs Strategic MoU



Ghaziabad (IMS News Service): IMS Ghaziabad (University Courses Campus) is pleased to announce the signing of a strategic Memorandum of Understanding (MoU) with EnnobleP Consulting Pvt. Ltd., marking an important milestone in strengthening industry-academia collaboration. This partnership is designed to create enhanced learning avenues and meaningful professional exposure for students.

The MoU aims to establish a strong platform for experiential learning, research-oriented initiatives, professional skill development, and consulting-based exposure. Through this collaboration, students will gain valuable industry insights, hands-on project experience, and improved employability skills aligned with current market demands.

In collaboration with EnnobleP Consulting Pvt. Ltd., the institute looks forward to nurturing talent, encouraging collaborative growth, and driving value-based academic-industry initiatives.

Workshop on Entrepreneur Awareness Design



Ghaziabad (IMS News Service): The E-Cell of IMS Ghaziabad (University Courses Campus), in collaboration with E-Cell, IIT Bombay, organized an intensive ILLUMINATE Workshop on Entrepreneur Awareness Design. The workshop was aimed at fostering entrepreneurial thinking and equipping students with essential skills to conceptualize, design, and develop innovative business ideas.

The session featured eminent speakers Mr. Manu Kumar, Business Mentor at the Wadhvani Foundation & I-Hub, and Mr. Madan Mohit Bharadwaj, Founder of SheWings Healthcare. Their expert insights focused on building an entrepreneurial mindset, identifying opportunities, understanding business models, and leveraging creativity to transform ideas into viable ventures.

EWL Cell Organizes Educational Excursion Trip

Ghaziabad (IMS News Service): The EWL Cell of IMS Ghaziabad (University Courses Campus) organized an enriching educational excursion to the International Trade Fair, providing students with a dynamic real-world learning experience in Mobile Photography and Videography.

During the visit, students explored various thematic pavilions, exhibitions, and cultural showcases, capturing impactful visuals using creative angles, effective framing, lighting techniques, and visual storytelling. The vibrant and diverse environment functioned as a live experiential laboratory, allowing students to apply media concepts practically while observing global trends, cultural diversity, and innovation.



IMSians Attended Sustainable Non Woven Tech Asia Convention

IMS News Service

Ghaziabad: Students from IMS Ghaziabad visited the Non-Woven Tech Asia Convention at Yashbhoomi Convention Centre, New Delhi. The event provided rich exposure to sustainable innovations in the non-woven fabric industry and demonstrated how eco-friendly materials are shaping future manufacturing trends. Students explored various applications of non-woven technology in sectors such as health-



care, hygiene, automotive, and packaging. They also gained practical insights into INF (Infrastructure-grade non-wovens), bag manufacturing, and the mar-

keting and shipping processes associated with non-woven products. The experience deepened their understanding of sustainability-driven production and its growing global relevance. The visit was graced by several officials from the Government of India, adding further significance to the event. Prof. Swati Tripathi and Prof. Anirban accompanied the students, guiding them throughout this enriching industry interaction. The convention proved highly informative and broadened students' perspectives on sustainable manufacturing and market opportunities in the non-woven sector.

Guest Lecture on Excellence and Organisational Culture

IMS News Service

Ghaziabad: IMS Ghaziabad was honoured to host Dr. Sudhanshu Pathak, Vice President – HR, JK Tyre, for an impactful session on Human Resource Excellence, Organisational Culture, and Evolving Workforce Expectations. Dr. Pathak shared deep insights on how leading organisations today are reshaping their HR practices to build agility, employee-centricity, and high-performance cultures. He discussed the growing

importance of leadership transparency, talent development, digital HR transformation, and the need for organisations to foster environments that encourage innovation and collaboration. Dr. Pathak also highlighted the changing expectations of the modern workforce, emphasising flexibility, continuous learning, well-being, and purpose-driven engagement as key drivers of employee satisfaction. The session was highly enriching and provided students with a practical understanding of contemporary HR dynamics.



Campus placement at Mondelez



IMS News Service

Ghaziabad: Institute of Management Studies Ghaziabad proudly congratulates PGDM Batch 2024–26 students Harsh Giri and Shubhika Srivastava for securing placements with Mondelez International, the global powerhouse behind iconic brands like Cadbury, Oreo, and Toblerone and many more iconic brands. The proud moment for IMS.

17th Annual International Conference

IMS News Service

Ghaziabad: IMS Ghaziabad (University Courses Campus) proudly celebrates the outstanding achievement of its faculty members from the Department of Biosciences, who were invited to the 17th Annual International Conference on “Geopolitics, Travel and Economic Growth. The event was organized by the International Acad-

emy of Business in collaboration with renowned global institutions, including the Centre for Global Studies, Howard University (USA); Institute of Tourism, Dr. B. R. Ambedkar University (India); Coppin State University, College of Business (USA); Livingstone College (USA); University of Uyo (Nigeria); and the Divi Welfare Society (India). We are proud to highlight



that Dr. Swati Tyagi, Department of Biosciences, served as the Session Chair during the plenary session and was honoured as a Valedictory Speaker. Additionally, Dr. Sanghdeep Gautam was invited as the Guest of Honour for the inaugural session. The international conference was hosted across multiple global venues, witnessed participation from over 400 scholars, academicians, and professionals worldwide.

India's First Agentic AI Founder's National Hackathon



IMS News Service

Ghaziabad: Team ‘The Vision’ from IMS Engineering College, Ghaziabad, secured the 2nd Runner-Up position at India's First Agentic AI Founder's National Hackathon – Hack with Uttar Pradesh, held at Chandigarh University (Lucknow Campus) and sponsored by Blackbox AI. The team showcased their exceptional skills and in-

novation in the theme of Blockchain and Web3. The winning team members include 2nd year students: This success was guided by the constant motivation and support of Dr. Sonali Mathur, Head of the Department (CSE), and Dr. Sonia Juneja, Head of the Department (CS), under the esteemed leadership of Prof. (Dr.) Manas Kumar Mishra, Director, IMS Engineering College.

Campus Placement Drive with Tripple One Solutions

IMS News Service

Ghaziabad: IMS Ghaziabad (University Courses Campus) successfully organized a Campus Placement Drive in collaboration with Tripple One Solutions on 28th November 2025 for MIB and BBA students. Tripple One Solutions is an emerging EdTech organization that provides online industrial training and internship programs, helping students and professionals gain practical industry exposure and en-

hance their skill sets. The placement process witnessed enthusiastic participation from 52 students and comprised a Personal Interview (PI) followed by an HR Discussion Round. These stages offered candidates an opportunity to showcase their communication abilities, learning orientation, and overall employability. We are pleased to announce that 20 students were selected during the drive.



Seminar on Building an Outstanding Profile

IMS News Service

Ghaziabad: The Department of Computer Science organized an insightful seminar on “Building an Outstanding Profile for Premium Placements and Higher Education” at the Auditorium, C Block. The session was conducted by

Mr. Satish Anand, TEDx Speaker, who guided students on how to strengthen their academic and professional profiles for top-tier placements as well as higher-education opportunities in India and abroad. Mr. Satish discussed various competitive exams important for higher stud-



ies, including Gate, CAT and GRE, and explained their structure, preparation strategies, and success ratios. The session concluded with an interactive Q&A and to enhance their resumes.

Lecture on Current Trends in Financial Markets



IMS News Service

Ghaziabad: IMS Ghaziabad organised a guest lecture on “Current Trends in Financial Markets and Career Opportunities” delivered by Prof. Dr. Pratibha Wasan, Area Chair – AACSB and Professor of Finance Accounts.

The session offered students a clear and updated understanding of how India's financial markets are transforming with the rise of fintech, digital payments, sustainable finance, algorithmic trading, and data-driven financial decision-making. Dr. Wasan also spoke in detail about the expanding career opportunities in the financial sector. She discussed roles such as financial analyst, equity research analyst, investment banking associate, credit and risk analyst, corporate finance professional, wealth manager, and emerging positions in ESG and digital finance. She emphasised the importance of analytical skills, financial modelling, and professional certifications for building strong career pathways. The lecture was highly engaging and helped students connect academic learning.

IT Quiz – Brainy Web Battle

IMS News Service

Ghaziabad: To encourage logical thinking, technical aptitude, and enthusiasm for the world of Information Technology, the Department of MCA organized an IT Quiz – “Brainy Web Battle” for 1st-year MCA students in the Seminar Hall, A-Block.

The event was held under the Web Warrior banner, aiming to test and enhance students' knowledge of computers, programming, and emerging IT trends in a fun and competitive environment. The quiz commenced at 3:00 PM, with enthusiastic participation from 1st-year MCA students. Participants competed in multiple rounds that included technical MCQs, debugging challenges, and rapid-fire questions, covering diverse topics such as programming fundamentals, web technologies, operating systems, and general IT awareness. The “Brainy Web Battle” successfully blended learning with excitement, motivating students to explore the fascinating dimensions of Information Technology with renewed curiosity and confidence. Winners were -1. Vivek Solanki, 2. Anamika Singh, 3. Shourya Tyagi

Industrial Visit to DUCAT School of AI



IMS News Service

Ghaziabad: The Department of Computer Science and Engineering successfully organized an enriching industrial visit to DUCAT School of AI, Greater Noida for our 2nd-year CSE2 students. The visit provided students with valuable exposure to Drone Technology, where they learned about its design, components, working principles, and applications in various sectors such as

defense, agriculture, and surveillance. Experts at DUCAT conducted interactive demonstrations and hands-on sessions, allowing students to experience how drones are programmed and controlled using advanced AI tools. This visit not only enhanced students' technical understanding and practical skills but also motivated them to explore innovative ideas in the field of artificial intelligence and robotics.

Vishleshan- National Level Summer Internship Project Competition

IMS News Service

Ghaziabad: IMS Ghaziabad organized Vishleshan (SIP Competition). The event witnessed participation from both the Undergraduate (UG) and Postgraduate (PG) categories, who displayed exceptional analytical skills and innovative solutions. This year's competition showcased the incredible talent and dedication of students in the field of Internship Project with

participation from 16+ colleges across India. Students presented their Summer Internship Project work both in offline and online mode.



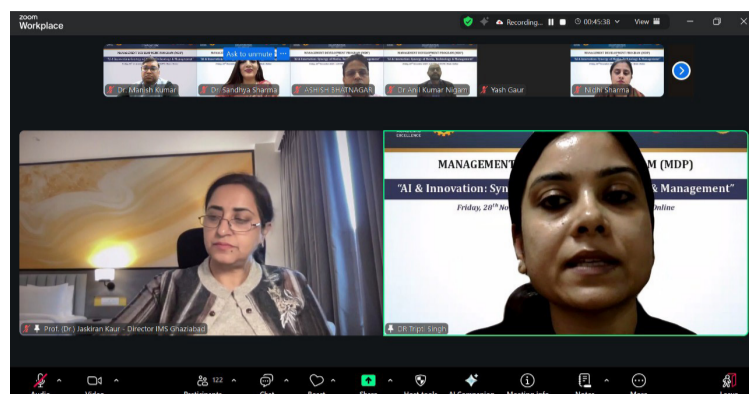
MDP on AI & Innovation: Synergy of Media Technology & Management



IMS News Service

Ghaziabad: The MDP Cell, in collaboration with the Department of Journalism and Mass Communication, organized a two-day Management Development Programme focused on Artificial Intelligence, its technological foundations, ethical implications, and its emerging uses across media and management. Dr. Jaskiran Kaur, the director IMS ghaziabad (University Courses Campus)

stated that AI is playing very significant role in both our professional and personal lives. The programme integrated theoretical understanding with hands-on exposure to advanced tools and real-world applications. Day 1 explored foundational AI concepts, Deepfake technologies, and misinformation. Participants were introduced to software and mechanisms behind Deepfake creation and



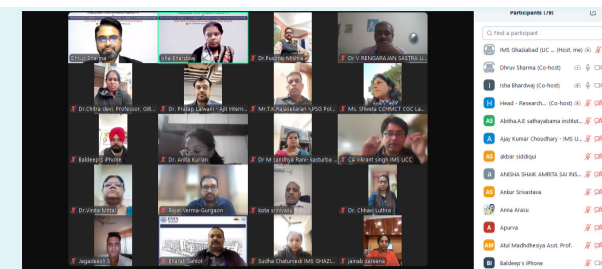
detection using tools such as Resemble AI and HeyGen. Discussions emphasized the ethical challenges posed by synthetic media, including impersonation and manipulation. The sessions further addressed AI-driven misinformation, fake news, and echo chambers, highlighting the need for digital vigilance, legal awareness, and responsible citizenship. Day 2 focused on applied AI tools, content creation, and digital presence. Participants learned

how Generative AI is transforming storytelling and media workflows through text-to-video, text-to-image, and voice synthesis tools. The session on digital identity highlighted the role of AI-driven analytics and branding in shaping audience engagement, along with demonstrations of Orange software for practical skill building. The programme strengthened participants' understanding of Generative AI, enabled responsible use of media technologies.

Six Days AICTE ATAL FDP

IMS News Service

Ghaziabad: IMS Ghaziabad (University Courses Campus) inaugurated the 6-Day Online AICTE ATAL Faculty Development Programme on "Next-Gen Business Intelligence: Leveraging AI and Machine Learning for Transformational Growth". The inauguration commenced with Saraswati Vandana, followed by a formal welcome address by Prof. (Dr.) Jaskiran Kaur, Director, IMS Ghaziabad (University Courses Campus). She warmly welcomed academicians, research scholars, post-graduate students, and industry professionals participating from reputed universities, institutes, and organisations across



India. Her address highlighted the increasing importance of Artificial Intelligence and Machine Learning as transformative enablers for enhancing productivity, enriching decision-making, and shaping the future of business innovation. The inaugural ceremony received enthusiastic participation and appreciation. Ms. Minu Beena Sisupal, Senior Project Manager, Advancing Analytics, United Kingdom, on the topic "Introduction to AI, Data Science

& Machine Learning for Business." The session provided a foundational understanding of AI-driven business intelligence frameworks. Mr. Zulfikar, Senior Consultant - Rewards & Insights, AXA AL, on "Data Collection, Preprocessing & Effective Data Visualization for Business Insights." The session focused on real-world data handling, analytical readiness, and dashboard visualization practices.

Department of JMC Organized Research Paper Presentation

IMS News Service

Ghaziabad: The Department of Journalism and Mass Communication organized a Research Paper Presentation session for BAJMC third-year students.

The event, conducted by Dr. Sandhya Sharma, Associate Professor, aimed to enhance students' research aptitude and presentation skills by allowing them to present papers on various communication and media-related topics.

Each of the six participating students presented their research papers on distinct themes related to media, communication, and society. The presentations reflected the students' understanding of theoretical concepts,



research methodology, and their ability to analyze current trends and issues in journalism. Dr. Sharma provided valuable feedback to each student, highlighting the importance of clarity in research objectives, logical structuring, and the relevance of findings.

She emphasized how research in journalism contributes to informed media practices and helps strengthen the connection between communication

theories and real-world media operations. The session also encouraged peer learning, as students interacted, discussed each other's topics, and gained diverse perspectives on emerging media trends.

Through this activity, students not only honed their analytical and presentation skills but also developed a deeper appreciation for the role of research in journalism education.

News Brief.....

Placement Drive with Arvind Fashions Limited

IMS News Service

Ghaziabad: IMS Ghaziabad (University Courses Campus) successfully organized a Campus Placement Drive in collaboration with Arvind Fashions Limited on 18th November 2025 for BBA students.



Arvind Fashions Limited is a leading name in India's apparel and retail industry, known for its iconic fashion and lifestyle brands across premium, casual, and denim segments. The placement process witnessed the participation of 37 students and comprised Group Discussion (GD) and Personal Interview (PI) rounds. These stages offered students an excellent opportunity to showcase their communication abilities, confidence, and readiness for customer-oriented roles in the retail sector. We are pleased to share that 5 students were selected during the drive. IMS Ghaziabad congratulates the selected candidates and wishes them great success and continuous growth in their professional careers.

Biosciences Students Achieve Distinction at International Conference

IMS News Service

Ghaziabad: Undergraduate and postgraduate students from the Department of Biosciences, IMS Ghaziabad (University Courses Campus), along with faculty members, actively participated in the 17th Annual International Conference on "Geopolitics, Travel and Economic Growth," organized by the International Academy of Business in collaboration with reputed global institutions from India, the USA, and Nigeria.



The conference was hosted across multiple international venues, including BHU Varanasi, B. R. Ambedkar University Agra, Livingstone College (USA), and the University of Uyo (Nigeria), and witnessed participation from over 400 delegates worldwide. The students showcased outstanding academic excellence at this global platform. Jhanvi Sharma, M.Sc. Biotechnology (Final Year), secured the Second Position in the Best Paper Presentation (Student Category) for her research on herbal biotherapeutics in PCOD management. Additionally, Navya Mittal, Vanshika Singh, and Karan from B.Sc. (H) Microbiology (Second Year) achieved Third Position for their innovative project on reducing food waste.

Campus Placement Drive with Zillion Analytics Pvt. Ltd.

IMS News Service

Ghaziabad: IMS Ghaziabad (University Courses Campus) successfully conducted a Campus Placement Drive in collaboration with Zillion Analytics Pvt. Ltd. on 7th November 2025 for BBA students. Zillion Analytics is a leading business automation company, widely recognized for driving operational excellence through advanced technology solutions. The placement drive witnessed the participation of 39 students and featured a rigorous multi-stage selection process, including a Personality Test, Psychometric Assessment, Group Discussion, and Personal Interview. We are delighted to share that 5 students were selected during the drive.

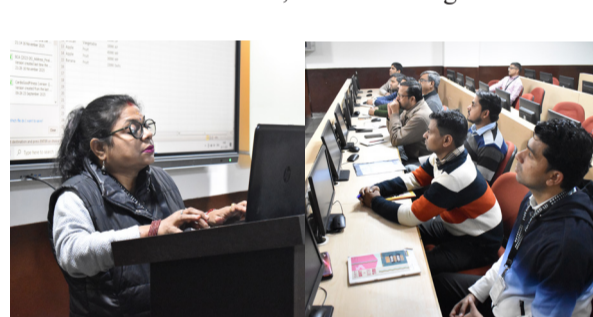
Hands on Training for Staff on Advanced Excel for Smart Data

IMS News Service

Ghaziabad: Department of Computer Science at IMS, Ghaziabad (University Courses Campus) organized a Staff Development Program on "Advanced Excel for smart Data Handling".

This hands-on session was designed to enhance the skills in transforming raw data into insightful data representations that drive decision-making. The session began with a comprehensive introduction of Advance Excel and its basic functionalities. Participant learned how to make pivot table from spread sheets and using advance filter which is useful in decision mak-

ing. The demonstration was given about key features, of pivot table using pivot chart using slicer to filter and analysis of data. Participants were guided through practical exercises, where they applied techniques to visualize data trends, identify patterns, and present information effectively. The hands-on approach allowed to explore Excel diverse capabilities. By the end of the session,



participants gained the knowledge of Advance Excel and how to apply its knowledge of data which can be used for making consolidation of report and making pivot chart. This Staff Development Program experience not only deepened on technical knowledge but also emphasized the importance of clear, compelling data presentation in strategic decision-making too.

IMS Ghaziabad University Courses Campus Honors Teachers in Ranchi

IMS News Service

Ghaziabad: IMS Ghaziabad University Courses Campus organized a Teacher Felicitation Ceremony at Hotel Lemon Tree, MG Main Road, Ranchi. The objective of the event was to celebrate the remarkable contributions of teachers from Ranchi in the field of education and to honor those educators who, through their dedication and teaching, have not only enhanced the quality of school education but have also enriched the lives of students.

The program commenced with the Chief Guest, Dr. Ajit Kumar Sinha (Former Vice Chancellor, Ranchi University, Ranchi), and Prof. (Dr.)

Jaskiran Kaur, Director, IMS Ghaziabad University Courses Campus, offering floral tributes before the idol of Goddess



Saraswati. Addressing the gathering, Chief Guest Dr. Ajit Kumar Sinha wholeheartedly welcomed all the teachers. Emphasizing the importance of education, he highlighted

the duties of a teacher and stated that a teacher is like a lamp that burns itself to illuminate countless paths. A teacher is an

architect who transforms the words of books into character, values, and personality. Behind every major achievement, every great personality, and every shining success in society, there is always

the priceless contribution of a teacher. The Director of the institute also addressed the audience and elaborated on the true meaning of education and the responsibilities of teachers. The Chief Guest was highly impressed with the event and appreciated its purpose and execution. During the program, more than 300 teachers from over 50 schools in Ranchi were honored. Renowned schools such as Firraya Lal Public School, Jharkhand Public School, Army Public School, Dayanand Arya School, Vivekanand Vidya Mandir, Nirmal Convent School, Holy Cross School, among others, participated in the ceremony.

Session on Project Success Blueprint : Feasibility Evaluation and Risk Mitigation

IMS News Service

Ghaziabad: The Department of Management at IMS Ghaziabad (University Courses Campus) organized a highly insightful guest session titled "Project Success Blueprint: Feasibility Evaluation and Risk Mitigation". The session was de-

livered by CA Vivek Agarwal, Deputy Chief Finance Officer at GMR Group.

The objective of this session was to provide students with practical exposure to how feasibility studies, financial analysis, and risk evaluation contribute to the success of large-scale projects. Drawing from



his extensive experience in the infrastructure and energy sectors, Mr.

Agarwal shared valuable insights from real-life cases.

Visit to NIB Laboratory

IMS News Service

Ghaziabad: Department of Biosciences, IMS Ghaziabad (UC Campus) organized a Laboratory visit to NIB for groups of graduate students from M.Sc. Biotechnology I and II-year. The visit was a conducted using direct laboratory observation of NIB, Noida. The students were exposed to various laboratories & were given demonstration about collection of biological materials and its uses in various experiments, medical testing, therapies, kits development

and research purpose in Medical Science across the world. Moreover, students were also provided with opportunity for exploration of national laboratory and to launch medical based entrepreneurship. The types of learning method included thinking ability (i.e. both descriptive and critical), group discussion, real life experience for scope of biologicals samples. Self-learning skill development as well as record preparations, regulation and review process were involved during the approval of vaccine, drugs, medical devices, etc.

IIC Regional Meet-2025 Attended



IMS News Service

Ghaziabad: The (IIC), under the Ministry of Education's Innovation Cell, organises Regional Meets across various parts of the country to strengthen the innovation and entrepreneurship ecosystem in higher education institutions. The IIC Regional Meet-2025 aims to bring together IIC institutions,

innovators, faculty members, and student leaders on a common platform where they can share best practices, success stories, and innovation models demonstrated by top-performing institutions. The meet also focuses on providing a deeper understanding of IIC activities, evaluation parameters, and annual performance metrics.

The Festival that Paints India in Colour and Joy

Palak Mehta

New Delhi: Holi is one of the happiest and most colourful festivals celebrated in India. Often called the “Festival of Colours,” it brings people together in a spirit of joy, unity and celebration. Every year, Holi arrives in March, marking the beginning of spring. This season stands for new life, fresh beginnings and hope, and the festival beautifully reflects this spirit.

During Holi, not just the air but also people’s hearts fill with warmth, laughter and togetherness. The festival starts with Holika Dahan, which takes place on the night before Holi. Families and neighbours gather around a bonfire and pray for positivity and good luck. This ritual is based on the story of



Prahlad and Holika from Hindu mythology. It reminds everyone that no matter how strong evil seems, goodness and devotion always win. This message still guides people in their daily lives. The next morning comes Rang-wali Holi, the most exciting part of the festival. Streets and open spaces burst into colours as people play with gulal, water and flowers.

Pink, yellow, green, blue and red shades cover everyone, creating a joyful and care-free environment. On this day, people forget differences of age, caste, class or background. Holi becomes a moment where everyone is equal, laughing, dancing to music and enjoying each other’s company. Festive food adds even



more charm to Holi. Traditional treats like gujiya, malpua, dahi bhalla and chilled thandai are prepared in almost every home. Friends and relatives visit each other, exchange sweets and strengthen bonds. These simple moments of sharing create memories that stay forever. Holi is much more than a colourful celebration. It is a festival that teaches us to forgive, to let go of old grudges and to spread happiness. It also encourages cultural harmony, as people from different communities join in the fun with love and respect. Today, Holi is celebrated in many countries, but the way India enjoys it remains truly special. With its vibrant colours, lively energy and message of unity, Holi continues to paint India in shades of love, joy and hope.



Movie Name: Baramulla
Release date: November 7, 2025
Director – Mr. Aditya Suhas Jambhale
Production: Jio Studios and B62 Studios
Based on: The real-life trauma and history of the Kashmiri Pandit exodus with supernatural elements
Music: Clinton Cerejo and Bianca Gomes (Shor police)

Baramulla is a slow-burn supernatural drama set against the haunting landscape of Kashmir. The storyline follows DSP Ridwaan, who moves into an old house with his family just as children begin disappearing across the valley. What starts as a crime investigation gradually shifts into psychological and supernatural territory, blending personal grief with the region’s historical trauma. The narrative is ambitious, tying horror to themes of memory, exile and collective pain, though at times, the pacing becomes uneven and the middle stretches feel slightly dragged. The cinematography is one of the film’s strongest elements. Snow-covered mountains, abandoned houses, dimly lit interiors and long silent shots create a heavy, immersive atmosphere. The visuals turn Kashmir into a character itself—beautiful yet burdened. Combined with subtle sound design, the film builds dread through stillness rather than jump scares. In terms of acting, Manav Kaul delivers a powerful, restrained performance as a father and cop struggling with guilt and fear. The supporting cast, including Bhasha Sumbli and the child actors, add emotional depth, keeping the supernatural elements grounded.

Why our World Needs More Colours: A Pathway to Collective Happiness

Saransh

New Delhi: The choice of wearing bright colours might look small, but the impact on our emotions and behaviour is powerful. Human beings have a strong connection with colours, and the very moment we wear something bright, there is a corresponding mental reaction.

Just think of the difference between a sunny yellow T-shirt and a boring grey one—the comparison is almost immediate. Bright colours are very commonly associated with cheerful feelings and have the potential to generate warmth, positivity, and even vibrancy of mood. Choosing bright colours means to change not only the appearance but also the very quality of the day, possibly going on. Many psychologists assert that colours represent and even trigger certain

Facts

- Wearing bright colours has a strong impact on emotions and behaviour
- Different colours trigger different emotions

Bright colours can uplift mood even on dull days, making a person feel more energetic, lively, and active.

- Choosing bright outfits increases self-confidence, encouraging individuals to stand out rather than blend in, resulting in more openness and interaction.

emotions. For instance, the colour red can make one feel strong, orange can bring in the vibe of cheerfulness, while blue can be a mix of relaxation and clarity. A signal of such small influence is perceived as a part of the personality exhibited throughout the day. On even the dullest of mornings, the cheerful colour could be the reason for the little mood lift that helps to turn into more lively and active Human-like way that bright colours affect confidence. The more we wear something that is vibrant, the more we stand out between the rest of the

crowd and us. A small group may consider this to be a discomfort feeling, but in reality, it supports and gives way to self-confidence. When individuals opt for a bright outfit, then they are choosing to be noticed instead of being ignored. This simple act makes a person feel more friendly, more ready to talk and more sure of themselves. It feels like a small energy inside that helps them interact with others in a confident way. Another important point is the effect bright colours have on the people around us. Those near us usually react positively



to bright colours. Compliments, smiles, and friendly reactions become a positive atmosphere. More common, creating

Sportify

Akshat



Women’s Kabaddi World Cup 2025: India Lifts the Title Again



IMS News Service

India clinched the Women’s Kabaddi World Cup 2025 in Dhaka, Bangladesh on Monday, defeating Chinese Taipei with score of 35–28 in a thrilling final to claim their second consecutive world title. The Indian team displayed exceptional balance of defence and attack throughout the tournament and delivered their most composed performance in the summit clash, maintaining control from start to finish. India began with a solid defensive setup and sharp raiding combinations to secure a narrow first-half lead. After the break, the team switched to an aggressive approach,

preventing Chinese Taipei from staging a comeback. Captain Ritu Negi and vice-captain Pushpa Rana led the charge with tactical maturity and consistency, while Champa Thakur, Bhawna Thakur and Sakshi Sharma added crucial strength in both raiding and defence. Head coach Tejaswi and assistant coach Priyanka earned praise for shaping a disciplined, well-coordinated unit capable of excelling under pressure.

India crowned as champions of the inaugural Blind Women’s T20 World Cup.



India completed an unbeaten run to lift the first Blind Women’s T20 World Cup, defeating Nepal

by seven wickets in the final at Colombo’s P. Saravanamuttu Stadium on Sunday. The title capped a flawless campaign that saw India outplay every opponent across the six-team event. India chose to field first and tightened control early, restricting Nepal to 114 for 5 in 20 overs. Nepal managed only one boundary in the entire innings, with Sarita Ghimire holding the effort together through her 35 off 38 balls. India’s bowlers maintained pressure across all categories, ensuring Nepal never lifted the scoring rate.

Syed Mushtaq Ali Trophy 2025–26 kicks off strongly

The domestic cricket season picked up pace as the Syed Mushtaq Ali Trophy began on November 26, featuring 38 teams from across the country. The tournament started with a bang when Prithvi Shaw, captaining Maharashtra, smashed a rapid 23-ball fifty against Hyderabad.

His aggressive knock reignited conversations about his potential and brought fresh energy to the tournament, setting the tone

India’s best-ever medal haul at the 2025 Asian Youth Games



India delivered its finest performance yet at the Asian Youth Games held in Manama, Bahrain. The young contingent secured an impressive total of 48 medals, including 13 gold, 18 silver, and 17 bronze.

This record-breaking haul highlighted the growing strength of India’s youth development programs. It showcased the emergence of promising athletes who may shape the nation’s performance in future continental and global sporting events.