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The Toxic Grind of Hustle Culture

Kirti Saini

New Delhi: One more email, one more text, one more report – and just like that, before you know it, it's nine at night. Office hours have been long over, but you are still there. Some of your colleagues are there too. When you finally reach home after this and manage to eat dinner in the time you can spare, you return to your emails. Your team members are still sending you doubts and notes on your presentation, and your side hustle begins.

This is what hustle culture is – an always-on, always-working lifestyle where being stressed and overwhelmed is a medal of honor, and your work and identity are synonymous with each other. And it is really stressing people out. This is turning out to be a big challenge as a large of body research states that stress is highly detrimental to our physical and mental well-being. In order to be truly healthy, one needs to prioritize health and happiness through good sleep, real-world connections, proper meals, and rest – exactly the kind of things that the hustle culture looks down upon.

As per GOQii India Fit Report 22-23's Stress & Mental Health Study, an astounding 24% of working Indians are struggling with work-related stress. The main reasons behind the



stress were longer working hours, higher competition, and lack of financial stability. Clearly, hustle culture is terrible for the working class's collective productivity, performance, and mental well-being.

The problems with hustle culture are countless. At the onset, it tends to sell the destination rather than emphasize the journey. Glamorizing the end result perpetuates the belief that the final outcome solely determines success.

This focus on the destination neglects the importance of the journey itself, personal growth, and the valuable lessons learned along the way.

Furthermore, hustle culture equates non-stop hustling with success, creating an unhealthy equation between the amount of time and effort invested and one's achievements. This narrow perspective disregards the role of privilege, systemic advantages, and sheer luck in achieving success.

Additionally, hustle culture fosters unhealthy competition among individuals and within communities. The relentless drive to outperform one another can create a toxic environment where individuals constantly feel pressured to outdo their peers. Another critical issue with hustle culture is its tendency to shame people for prioritizing a work-life balance. The

prevailing notion that success can only be achieved through constant hustle disregards the importance of personal time, rest, and self-care.

In the face of the alarming drawbacks of hustle culture, it becomes imperative to reevaluate our approach to work and success. To combat its toxic impact and foster a healthier work-life balance, people must take proactive steps towards self-care and personal growth. Here are some strategies to break free from the hustle trap and lead a more fulfilling life:

See yourself as more than just productivity: It's crucial to recognize that your productivity or professional achievements do not solely define your worth. Embrace your multifaceted nature and acknowledge that personal growth, hobbies, and

passions play an equally essential role in shaping your identity and well-being.

Take time out for yourself: Make self-care a non-negotiable priority. Set aside time for activities that rejuvenate your mind and spirit, such as engaging in hobbies, spending time in nature, or simply enjoying moments of quiet.

Declare an end to the day, even if you haven't completed everything: Break free from the never-ending cycle of work by setting clear boundaries for your work hours. Learn to let go of unfinished tasks and trust that there will always be tomorrow to continue your efforts. Remember that true productivity is not about constant motion but about working efficiently and effectively.

Take frequent breaks: Incorporate regular breaks into your work routine. Stepping away from tasks for a few minutes every hour can significantly improve your focus and productivity. Use these breaks to stretch, meditate, or simply take a few deep breaths to clear your mind.

Prioritize relationships: Invest time and effort in nurturing meaningful relationships with family, friends, and colleagues. Strong social connections provide vital support during challenging times and offer a sense of fulfillment that transcends professional accomplishments.

By implementing these strategies and recognizing that life's true riches lie beyond the confines of work, we can gradually dismantle the toxic aspects of hustle culture and embrace a more balanced and fulfilling existence. Remember that success and happiness are not found solely in the race to the top but also in savoring the journey, nurturing ourselves, and cherishing the relationships that enrich our lives.

Origin Of Hustle Culture

The emergence: The concept of hustle culture began gaining momentum during the late 20th and early 21st centuries, coinciding with advancements in technology, globalization, and the rise of the gig economy.

Silicon Valley influence: The tech industry, particularly in Silicon Valley, played a significant role in popularizing hustle culture. Tech moguls and startup founders promoted a relentless work ethic, emphasizing long hours and all-consuming dedication to their ventures.

Rise of social media: The advent of social media platforms further fueled hustle culture. Instagram, Twitter, and LinkedIn became platforms for showcasing one's success, leading to a "hustle and grind" mentality that glorified non-stop work and achievements.

Cultural Shift in work values: Traditional notions of job security and steady careers gave way to a more entrepreneurial and individualistic mindset. As the gig economy grew, freelancers and entrepreneurs embraced hustle culture as a means to stand out and succeed in a competitive landscape.

Celebrity entrepreneurship: High-profile entrepreneurs and influencers, often sharing their success stories through books, podcasts, and speaking engagements, contributed to the widespread adoption of hustle culture as a pathway to personal and financial success.

Push for productivity: In a fast-paced world, hustle culture capitalized on the desire for maximum productivity and efficiency. The emphasis on constant improvement and self-optimization further reinforced the hustle mindset.



Get good sleep

Prioritize getting enough restful sleep each night. Lack of sleep not only impairs cognitive function but also contributes to increased stress and burnout. Establish a consistent sleep schedule and create a calming bedtime routine to ensure quality rest.

The Never Ending Ocean of Acting

Mansi Bhardwaj

Ghaziabad: Acting the art of assuming a character's persona and bringing it to life. It is an activity in which a story is told by an actor or actress who takes on a role and enacts it, and an actor is someone who adapts a particular character and through that they are ready to portray the character in theatre, film, television and other performing media and they also made their place in the hearts of thousands of people by planning one particular character. Such like that there is one capable actor Mr. Govind Pandey.

Mr. Govind Pandey is a well known name in the Bollywood industry. He has worked in many super hit films. He debuted in the year 1982 with the movie Angoor. Recently I had a conversation with Mr. Govind Pandey in an event organized by IMS Ghaziabad (UCC). During the event many celebrities, actors, directors, models visited the campus. We got the opportunity to meet Mr. Govind Pandey. Below are the excerpts from the discussion.

How did you start your career?

I started my career at the age of 19. I used to go to Mandi house and had a target of going to NSD. I stayed in NSD for 10 years, had done Doctorate and PHD in theatre and learn to sing and play guitar, Indian classical and western classical as well. Worked with V.M. Vadola, Vinod Nakpal, Manoj Shyam Joshi, Neena Gupta



etc. and we learnt from them that I started as a small student and while taking training, I reached the film through NSD.

As IMS has organized KIIFA festival, what would you like to say about it?

There are many films which don't get theatre or don't get a chance to come in front of people. So, they get a place here and get a chance to showcase their talent. Even famous films, documentaries are also showcased here. It is very good that they are continuing this and increasing its scope.

As, you are from NSD, we wanted to know about your journey from NSD to film industry. What are the challenges which you faced?

Ans. There were no such difficulties in going into films but the real challenge was to get into NSD. Being in a Brahman family and that to with 7 brother and sisters and there was no one who entered into this field and the

mentality of society was narrow. According to them the filmy world was not good and was not made for people like them. But after getting into NSD everything got simple and smoother.

When reading the script of a film, what are the things you would concentrate on first? How do you figure out if the character is made for you or not?

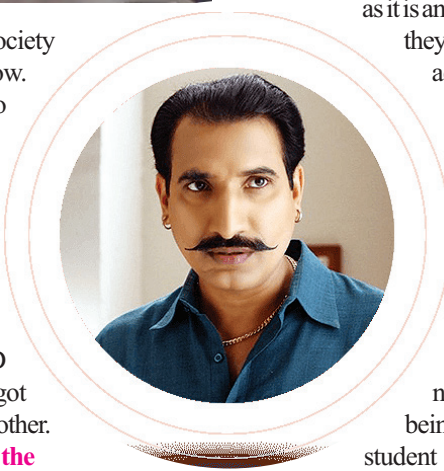
Ans. In the beginning the main thing was to do any role which was being offered but now I check that the film is not C grade films which offer more money but are not good enough. Many things matter as the character which he would be playing, the actors with

whom I would have to work with the script and the role they have to play. These are some of the major things which have to be considered before moving a step forward to choose the film.

What advice you would like to give to the youth who want to join theatre and are interested in acting?

Ans. The first thing is that the students after completing their graduation from any field should think before entering the industry as it is a big ocean and if they don't carry their acting boat perfectly and go without being prepared they might sink. The acting line is an ocean which will never end. After being an NSD student and also a

Bollywood actor for many years there are many things which still he has to learn, as this field is a learning field where we have to learn each day as there is so much to learn. So take your boat with courage and power. If acting is just a hobby, do it as a hobby in continuation with your field and if acting is really your passion then just be well prepared before entering this industry.



Change in Environment: An Alarm to Society



Sakshi Anand

New Delhi: The world is passing rapid-fire and unknown changes in its environment. Climate change, deforestation, pollution, and overpopulation are some of the crucial aspects of this change. The consequences of these changes are apparent in rising ocean situations, extreme rainfall events, loss of biodiversity, and the emergence of new challenges to our society and humanity.

One of the most significant challenges we face is climate change. The increase in greenhouse gases, emissions from the factories and transportation services, similar as burning fossil energies and deforestation, has led to a steady rise in global temperatures. Global warming is causing glaciers to melt, leading to rising ocean situations, increasing situation of droughts and severe storms. There are also more



health risks. Extreme rainfall events, like hurricanes, famines, and droughts, have come more frequent and violent, performing in significant profitable losses and loss of life. Changing climate patterns are affecting husbandry, making it difficult for farmers. Areas like agriculture, fisheries, animal husbandry are highly dependent on the nature. And these all areas provide the food for the whole world, so indirectly everyone is affected.

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The Web Explorer's Guide



Kirti Saini

A monthly list of the most unique, helpful, and accessible online resources for students that will help them navigate various life challenges. It features curated collections of Ted talks, videos, blogs, and much more—covering a wide range of topics from personal development and mental well-being to financial literacy and career advice.

1. 7 Easy and Non-Corny Ways to Start a Gratitude Practice

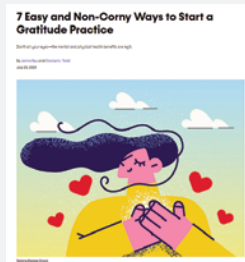
Where to read: [Self.com's official website](#)

Why read: In this insightful piece by Self, you are introduced to a treasure trove of gratitude practices that are easy to adopt and refreshingly free from clichés. The article delves into the transformative power of gratitude and its positive impact on overall well-being and mental health. By exploring seven practical and non-corny ways to start a gratitude practice, the authors offer readers a chance to embrace this powerful habit in their daily lives without feeling overwhelmed or insincere. The provided tips and strategies guide readers on cultivating genuine gratitude, fostering a positive mindset, and building resilience to navigate life's challenges.

2. India and Pakistan's Shared Pop Culture History Episode With The Swaddle's Respectfully Disagree Podcast

Where to listen: [Spotify](#), [Swaddle](#), [Apple Podcasts](#)

Why listen: In this episode of "Respectfully Disagree" by The Swaddle, listeners are treated to a captivating discussion on the shared pop culture histories between India and Pakistan. Joined by Joyland director Saim Sadiq and producer Apoorva Charan, the podcast explores the rich tapestry of art and culture that transcends the border, highlighting the significance of fostering collaboration in this realm. Delving into the depths of India and Pakistan's intertwined pop culture, the episode sheds light on the profound impact this shared history has had on the artistic landscape of both nations. Through their insightful conversation, they reveal how art has the potential to bridge divides and cultivate understanding, despite political complexities.



Pioneering Women Leading the Charge for Equality in Modern India

Sajal Kulshrestha

New Delhi: India, a land of diverse cultures and rich traditions, has witnessed a remarkable transformation in the last few decades, with women playing a pivotal role in shaping its future. The fight for gender equality has been a long and arduous one, but Indian women have emerged as trailblazers across various sectors, breaking barriers and shattering stereotypes. From fashion to startups, government to sports, Indian women have proven their mettle and continue to inspire generations to come. In this article, we celebrate the top Indian females from each sector who have been instrumental in advancing women's rights and reshaping the narrative of women's equality in modern India. Ritu Kumar, often regarded as the "Queen of Indian Fashion," has been a driving force in promoting traditional Indian craftsmanship and empowering women artisans. Her label, Ritu Kumar, not only celebrates the rich heritage of Indian textiles but also supports local artisans, especially women, by providing them with opportunities and fair wages. Ritu Kumar's designs have graced international runways, showcasing India's cultural diversity and empowering women to embrace their identity through fashion.

Falguni Nayar, the founder of Nykaa, revolutionized the beauty and cosmetics industry in India. She established Nykaa as an e-commerce platform that offers a wide range of beauty products, catering to the needs of Indian women. Falguni's vision and entrepreneurial spirit have not only created a successful business but also provided employment opportunities for countless women in various roles within the company. Her journey exemplifies the potential of Indian women in the startup ecosystem and has inspired many aspiring entrepreneurs to pursue their dreams fearlessly.



Ritu Kumar's designs have graced international runways, showcasing India's cultural diversity and empowering women to embrace their identity through fashion.

Nirmala Sitharaman, India's first full-time female Finance Minister, has played a pivotal role in shaping economic policies and financial reforms. Her leadership and determination have been evident in steering the Indian economy through challenging times. As a prominent figure in the government, Nirmala Sitharaman has broken barriers and shown that women have a vital role to play in governance and policymaking. Pusarla Venkata Sindhu, fondly known as PV Sindhu, is a badminton icon and an epitome of perseverance and excellence. Sindhu's historic achievement as the first Indian woman to win an Olympic silver medal in badminton at the 2016 Rio Olympics inspired a generation of aspiring athletes. She further cemented her legacy by winning the gold medal at the 2020 Tokyo Olympics, becoming India's first female Olympic champion. Sindhu's success on the global stage has shattered

stereotypes and demonstrated that Indian women can excel in any field they choose. Dr. Tessy Thomas, known as the "Missile Woman of India," Dr. Tessy Thomas is the first woman to lead a missile project in the country. Her contributions to India's missile program, particularly her work on Agni and Prithvi missiles, have been invaluable. Dr. Tessy Thomas's achievements are a testament to the capabilities of Indian women in the field of science and technology, challenging gender norms and inspiring more women to pursue careers in STEM. Zoya Akhtar, a prominent filmmaker and screenwriter, has made a mark in the male-dominated Indian film industry with her exceptional storytelling and direction. Her movies, such as "Zindagi Na Milegi Dobara" and "Gully Boy," have not only garnered critical acclaim but have also initiated conversations on societal issues. Zoya Akhtar's success in the entertainment world has broken stereotypes and opened doors for more female filmmakers to share their unique perspectives. Women in modern India are not merely confined to traditional roles but are leading from the front across diverse sectors. From fashion to startups, government to sports, and more, Indian women have shattered stereotypes and overcome societal barriers to rise as exemplary leaders and trailblazers. Ritu Kumar, Falguni Nayar, Nirmala Sitharaman, PV Sindhu, Dr. Tessy Thomas, Zoya Akhtar, are just a few of the many inspiring women who have redefined the narrative of women's equality in the country. Their achievements stand as a testament to the potential and power of Indian women, motivating the nation to strive for a more inclusive and equal future. As we celebrate their accomplishments, let us continue supporting and empowering women, recognizing that true progress lies in providing equal opportunities for all, regardless of gender.

TECH SANSAR

By: Sanskriti Gauba

1. LinkedIn working on AI 'Job Coach' to help people apply for jobs

Microsoft-owned, LinkedIn is reportedly working on an AI tool that can help users in searching and applying for jobs on the platform. This tool will be called LinkedIn Coach, which is a chatbot that will assist users with various details of their career development, such as applying for jobs, learning new skills, and networking with others. App researcher Nima Owji confirmed the news by sharing a screenshot of the tool on Twitter that showed some of the questions that users can ask the chatbot like the work culture of a specific company, such as Microsoft. The feature is currently being tested and not officially announced. LinkedIn has been making big investments in generative AI, focusing on developing and improving these technologies. The company has already added AI features that can help users create profiles, resumes. Earlier, LinkedIn had a built-in resume builder tool that could generate a resume based on the user's profile information. It also has a cover letter assistance tool that can provide suggestions and examples for writing a cover letter.



2. Redmi 12 5G to Launch in India in August

Redmi 12 5G is set to make its debut in India in the first week of August. It is expected to be the international version of Note 12R, which was earlier released in China. The Smartphone is set to excite its users with its stunning crystal glass design and powerful camera capabilities. The phone is equipped with a powerful 50-megapixel camera, which comes with film filters for creative control to capture breathtaking images. The smartphone offers impressive storage since it comes with 8GB physical RAM and an additional 8GB of virtual RAM that ensures smooth multitasking along with 256GB onboard storage. The Redmi 12 5G is provided with Qualcomm's latest Snapdragon 4 Gen2 chipset, 5000mAh battery. The Smartphone also offers a big 6.79-inch screen on the front that gives users a great visual experience and provides display with vibrant colors and sharp details because of its high resolution of 2460x1080 pixels. The display further supports a maximum 90Hz refresh rate and a 240Hz touch sampling. The phone also has a special feature called DC dimming, which helps reduce eye strain when it's used in low-light conditions.



3. WhatsApp announces new video message feature

Meta CEO Mark Zuckerberg has announced the release of an exciting feature to send quick video messages through WhatsApp. "The feature is easy to use and it's just simple as sending a voice message" said Mark Zuckerberg on his Instagram channel. The video messages can be up to 60 seconds long and can be sent using the same microphone button that is used to send voice messages until it changes to a video icon and holding the button will start to record video. The feature is now being rolled out on both Android and iOS platforms, and WhatsApp blog post says it to be available to everyone in the coming weeks. There is an option to record videos (including selfie videos) that allows users to record hands-free videos. Videos would be shot in shape of circles. For privacy reasons the videos will play muted until the recipients manually tap it. The feature could be of great use when wishing someone a happy birthday or laughing on a joke. Just like whatsapp chats video messages will be also end-to-end encrypted.



GMA Organized an Awareness Lecture

IMS News Service

Ghaziabad: As a second event in propagating and outreaching students of various institutions on the subject of National security, GMA along with a group of Rotarians organized an awareness lecture at Ram Chameli Chadha Vishwas College, Ghaziabad on the Northeast Thrombosis as an attempt to understand the basic cause of the turbulence in the area.

Dr. T R Pandey, Honorable Secretary, GMA and Director,



AKGIM introduced the topic and briefly explained the present situation and how it is affecting our country's political scenario. The speaker was

Dr. Aparajita Pandey, PhD in Energy Statecraft and her area of specialization in Latin America and the Caribbean from JNU. She is a professor of geopolitics



& strategy and Public Policy. She also has a background in Domestic politics and has previously worked in Andhra Pradesh, Meghalaya, Tripura, and

Nagaland. She very candidly explained the geo-political and social situation of the entire north east and gave historical background of the reasons

for the disturbances.

The students and others in the audience asked many questions which generated detailed discussion on the subject.

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Change in Environment: An Alarm to Society

Another major aspect of the changing environment is the loss of biodiversity. There are many species of plants and animals which are extinct and many are on the verge of it. Overexploitation of natural products is a major cause of the loss of diversity. We use trees for different needs like for making papers, buildings and different animals are used for in leather and perfume industry. The loss of biodiversity not only disrupts ecosystems but also impacts on human beings. Numerous medicines and drugs are deduced from natural sources, and the exposure of certain species may mean the loss of implicit cures for conditions. Conserving biodiversity is essential for maintaining the delicate balance of life on Earth. Pollution, both air and water, is a patient issue contributing to environmental declination. The major cause of air pollution is the toxic gases that come from the factories and transports. Many factories release the toxic gases directly in the environment. Air pollution is linked to respiratory issues and a decline in air quality. Water pollution from artificial waste, factories, and plastic waste are polluting water bodies and also destroying the

marine animals and plants.

To combat these challenges, transitioning to a circular economy is much needed. A circular economy is a system in which nature's product are used efficiently, waste is minimized, and products are designed for life and recyclability. Embracing sustainable practices and reducing our reliance on limited nature's product can help in tackle the impacts of climate change and reduce pollution. Shifting from fossil energies to renewable energy sources is essential to combat climate change. Solar, wind, hydro, and geothermal energy are sustainable druthers that can give clean and abundant power without farther contributing to hothouse gas emigrations. Investing in renewable energy structure can produce jobs, reduce carbon footprints, and enhance energy security. Governments and businesses must unite to accelerate the use of renewable energy technologies. As the majority of the world's population resides in urban areas, they play a vital part in changing the situation of environment. We can promote some rules and behaviours on daily basis to protect our environment.

This includes promoting public transportation, creating green spaces, enforcing energy-effective structures, and waste reduction strategies. By prioritizing sustainable civic development, urban areas can reduce their waste and bad effects on the environment and enhance the quality of life. Community involvement in conservation area is also very important. Engaging original communities that resides in the natural is a very good idea for protecting the biodiversity. Climate change is profoundly impacting husbandry, posing challenges to food product and food security. Farmers must adapt their practices to manage with changing rainfall patterns, and increased pest pressures. There are many new technology are available these days which such as failure-resistant crop kinds. These can enhance total productivity while minimizing resource operation. Also, promoting sustainable husbandry practices like agroforestry and organic farming can help make adaptability in the face of environmental misgivings. Organic farming does not rely on chemical fertilizers that cause less impact on soil. Use of Compost manure and Green manure are promoted in organic farming. Developing a sustainable future is not only a job for the government or few environmentalists. It is a future which we have to develop together for our younger generation. So we must do it together.

GMA Organized a Capacity-Building Workshop



IMS News Service Ghaziabad: Ghaziabad Management Association, along with IPEM Group of Institutions, organized a capacity-building workshop at IPEM campus on "Workplace Harmony and Professional Ethics" under the aegis of the Internal Quality Assurance Cell. This was a physical cum on-line event. Over 250 participants registered for offline and online participation. National



and International participants from across India, Africa, Europe, and Asian countries like Kenya, South Africa, Sri Lanka, Norway, Sweden, etc.

attended the workshop. The event started with an inaugural speech by Ms. Anubha Gaumat and a keynote workshop address by Mr. Mukul Varshney (Convener). The workshop resource person was Mr. Shashank Chaudhary (Dean Academics), who shared his valuable thoughts and enriched the understanding of workplace harmony and professional ethics in a very comprehensive manner.



विश्वविद्यालयों की खबरें

गौरव उभोति

‘विश्वविद्यालयों की वैश्विक पहचान बढ़ी’



प्रधानमंत्री नरेंद्र मोदी ने दिल्ली विश्वविद्यालय के शताब्दी समारोह के समापन समारोह को संबोधित किया। इस दौरान उन्होंने कहा कि आज पूरे देश में विश्वविद्यालयों और कॉलेजों का निर्माण हो रहा है। पिछले कुछ वर्षों में आईआईटी, आईआईएम, एनआईटी, एम्स जैसे

शैक्षणिक संस्थानों की संख्या लगातार बढ़ रही है। ये संस्थान नए भारत के बिस्विक ब्लॉक हैं। उन्होंने कहा कि जब देश आजादी के 75 साल का जश्न मना रहा है, तब दिल्ली विश्वविद्यालय ने 100 साल पूरे कर लिए हैं। यह सिर्फ एक विश्वविद्यालय नहीं है, बल्कि एक आंदोलन है। इस विश्वविद्यालय ने हर आंदोलन को जीया है और हर आंदोलन में जान डाली है।

आईआईटी दिल्ली ने शुरू किया नया सर्टिफिकेशन

देश के प्रतिष्ठित इंजीनियरिंग कॉलेज आईआईटी, दिल्ली ने वेब 3.0 सोशल मीडिया और मेटावर्स का नया कोर्स लॉन्च किया। इसके आवेदन की प्रक्रिया शुरू हो चुकी है। 11 अक्टूबर 2023 तक विद्यार्थी इस कोर्स के लिए आवेदन कर सकते हैं। कोर्स में भाग लेने के लिए सोशल मीडिया, या मेटावर्स डोमेन में करियर वाहन वाले किसी भी प्रष्ठभूमि से स्नातक किए हुए विद्यार्थी होने चाहिए। सॉफ्टवेयर और आईटी उद्योग के पेशेवर अपने संबंधित क्षेत्रों में इसे लागू करने के लिए वेब 3.0 या मेटावर्स विशेषज्ञता हासिल कर सकते हैं। कोर्स के लिए 1,70,000 रुपये फीस और 18% जीएसटी देनी होगी।

https://timespro.com/ वेबसाइट पर जाकर कोर्स में एनरोलमेंट कर सकते हैं। एनरोलमेंट की अंतिम तिथि 11 अक्टूबर 2023 है।

आईआईटी कानपुर में तैयार किया जाएगा द्विभाषी कोर्स

आईआईटी कानपुर में अब गैर हिंदी भाषी छात्रों के लिए अंग्रेजी में कोर्स को समझने के लिए उन्हें परेशान होने की जरूरत नहीं है। छात्रों की इस परेशानी को देखते हुए संस्थान ने द्विभाषी कोर्स तैयार करने का निर्णय लिया है। अंग्रेजी के साथ मिलकर अन्य क्षेत्रीय भाषा में तैयार कोर्स का लाभ 2024-25 सत्र के छात्रों को मिलेगा। संस्थान के निदेशक प्रो. अभय करदीकर ने बताया कि द्विभाषी कोर्स गैर भाषी छात्रों के लिए बहुत अच्छा साबित होगा। इसी को ध्यान में रखते हुए अंग्रेजी के साथ-साथ अन्य भाषा को समाहित करते हुए कोर्स तैयार होगा। पढ़ाई के बाद नौकरी जब लेनी होती है तो युवाओं को फिर समस्याओं का सामना करना पड़ता है। इसलिए हमें ध्यान रखना है की कोर्स में अंग्रेजी भी जरूर हो।

इंटरनल में फेल छात्र नहीं दे सकेगे एक्सटर्नल परीक्षा

चौधरी चरण सिंह विश्वविद्यालय कैपस में पीजी एनईपी कोर्स में छात्र-छात्राओं को इंटरनल परीक्षा पास करना अनिवार्य होगी। इसमें फेल छात्र किसी भी दशा में एक्सटर्नल पेपर नहीं दे सकेगे। हालांकि फेल होने पर विद्यार्थियों को कालबाधित होने तक बार-बार पेपर देने की सुविधा मिलेगी। लेकिन पेपर में पास होने पर छात्रों को केवल एक बार ही अंक सुधार के लिए परीक्षा की अनुमति मिलेगी। इससे विद्यार्थियों को पढ़ाई के प्रति गंभीर रहने की उम्मीद बढ़ी है।

नवोदय विद्यालय में ट्रांसजेंडर बच्चों को मिलेगा प्रवेश

जवाहर नवोदय विद्यालय में अब ट्रांसजेंडर बच्चों को भी प्रवेश मिलेगा। लेकिन इसके लिए सीटें निर्धारित नहीं हैं। नई शिक्षा नीति के तहत बदलाव किया गया है। उनको शिक्षा से संबंधित सभी सुविधाएं उपलब्ध कराई जाएंगी। ट्रांसजेंडर छात्रों को आवासीय सुविधा भी मिलेगी। इसके अलावा दिव्यांग छात्रों को भी प्रवेश दिया जाएगा। दिव्यांग छात्रों को ध्यान में रखते हुए स्कूलों में उस हिस्सा की व्यवस्था भी सुनिश्चित की जाएगी। बच्चों का बेस मजबूत करने के लिए स्किल एजुकेशन से भी रुबरु कराने की तैयारी है। यह जानकारी जवाहर नवोदय विद्यालय के प्रधानाचार्य मनोज कुमार जैन ने राष्ट्रीय शिक्षा नीति के तीन साल पूरे होने पर आईआईटी में हुई परिचर्चा में दी।

National Sports Day: Commitment towards Promoting Sports

NikshiptaRaut

New Delhi: On August 29th each year, the nation unites to honor the legacy of Major Dhyan Chand, a hockey wizard whose contributions to the sport earned him the title of "The Wizard" and continues to inspire generations of athletes. We celebrate the indomitable spirit of sportsmanship and pay homage to a legendary athlete who personified excellence on the field - The National Sports Day.

National Sports Day was included in the list of celebratory days in India for the first time in 2012. This date marks the birth anniversary of the legendary Indian hockey player Major Dhyan Chand, who is considered one of the greatest hockey players in history.

Known for his extraordinary goal-scoring feats, "The Wizard of Hockey" Dhyan Chand was instrumental in leading India to three consecutive Olympic gold medals in hockey in 1928, 1932, and 1936. Having scored more than 400 goals during his international career. The Government of India awarded him the third highest (then second highest) civilian honor of Padma Bhushan in 1956.

National Sports Day serves as a tribute to Major Dhyan Chand's immeasurable contribution to Indian sports. The day is dedicated to promoting



sportsmanship, encouraging participation in physical activities, and fostering a culture of fitness and wellness across the nation. States like Haryana, Punjab and Karnataka, among others, organize various sporting events and seminars aimed at spreading awareness about the importance of physical activities and sports in life.

The day also serves as an occasion to honor and recognize the achievements of exceptional sports personalities who have brought glory to the country through their remarkable performances. The President of India confers prestigious awards like the Rajiv Gandhi Khel Ratna, Arjuna Award, Dronacharya Award, and Dhyan Chand Award to deserving athletes, coaches, and sports contributors. At a special ceremony held at the Rashtrapati Bhavan, the President of India takes this day to confer these national

sports awards.

The Indian government takes this opportunity to launch various initiatives aimed at promoting sports at the grassroots level. Special events and sports competitions are organized across the country to encourage young talents to showcase their potential and receive the necessary support and training to nurture their skills. The focus is not just on popular sports like cricket and hockey but also on lesser-known disciplines, providing aspiring athletes with a platform to explore various sporting avenues.

The Khelo India campaign, launched by the government, has been instrumental in fostering a

National Sports Day in India is more than just a commemoration of a sporting legend; it is a celebration of the spirit of sportsmanship that runs through the veins of every Indian.

sports culture in the country. This initiative aims to identify and nurture young talent, provide them with necessary facilities, infrastructure and coaching, and groom them to become future champions.

National Sports Day serves as an opportunity to reflect on the progress of these initiatives and perk up the commitment towards promoting sports in India.

In recent years, National Sports Day has also emphasized celebrating the achievements of para-athletes who have defied all odds to excel in their respective sports. India's para-athletes have consistently brought home laurels from the Paralympic Games, showcasing the



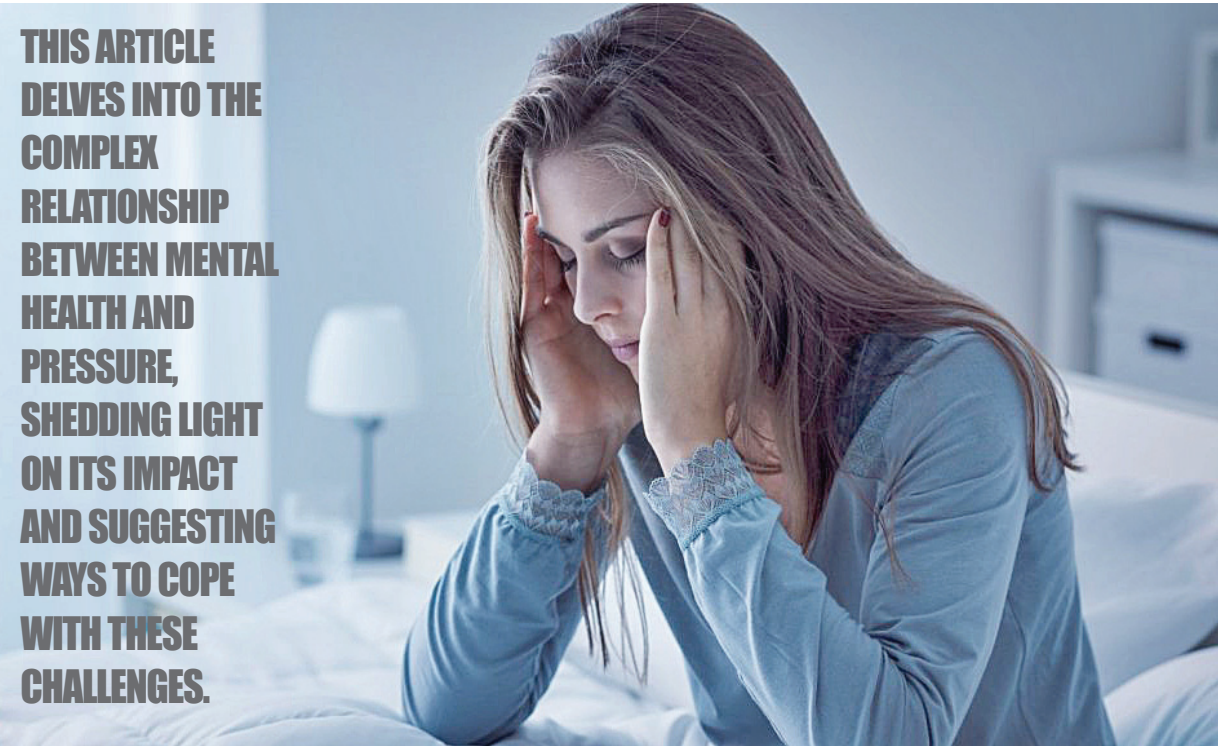
power of resilience and determination. The day acknowledges their unwavering commitment to sports, breaking down barriers and stereotypes, and inspiring a more inclusive and accessible sporting ecosystem in the country.

Beyond the honor and recognition, National Sports Day provides a platform for promoting sports and encouraging active living throughout the country. The government, sports organizations, and educational institutions collaborate to organize various sporting events, competitions, and awareness campaigns to inspire people to embrace sports and physical activities. Various sports federations and associations organize exhibitions, workshops, and seminars to engage the public and showcase the diverse sporting disciplines available. The aim is to break barriers and encourage

people of all ages and backgrounds to participate actively in sports, irrespective of their skill levels.

National Sports Day in India is more than just a commemoration of a sporting legend; it is a celebration of the spirit of sportsmanship that runs through the veins of every Indian. It is a day that encourages individuals to embrace physical fitness and sports as an integral part of their lives, promoting not only a healthier society but also a more united and spirited nation. As we celebrate this day each year, we renew our commitment to foster a sports culture that will propel India to greater heights on the global sporting stage. Let us come together and strive to create a nation where every individual has the opportunity to unleash their potential and soar to greatness through the power of sports.

Mental Health and Pressure



THIS ARTICLE DELVES INTO THE COMPLEX RELATIONSHIP BETWEEN MENTAL HEALTH AND PRESSURE, SHEDDING LIGHT ON ITS IMPACT AND SUGGESTING WAYS TO COPE WITH THESE CHALLENGES.

PathviKakkar

New Delhi: In today's fast-paced and competitive world, the mounting pressures of modern life have led to a significant increase in mental health challenges. From academic stress to work-related demands, societal expectations, and personal relationships, the weight of pressure can take a severe toll on individuals' mental well-being. This article delves into the complex relationship between mental health and pressure, shedding light on its impact and suggesting ways to cope with these challenges.

The Prevalence of Pressure

Pressure is an omnipresent force in contemporary society, affecting individuals across all age groups, genders, and

backgrounds. Students face the intense pressure to excel academically, secure top grades, and obtain admissions to prestigious institutions. Young professionals grapple with the demands of high-performance workplaces and struggle to achieve work-life balance. Meanwhile, parents encounter the burden of providing the best for their children, and the elderly may feel isolated due to societal neglect. Each scenario presents unique stressors that can lead to mental health issues.

Coping Strategies

Recognizing the impact of pressure on mental health is crucial, but equally important is developing coping mechanisms to navigate these challenges effectively. Here are some

strategies to consider:

Self-awareness: Being aware of one's emotions, limitations, and triggers is vital. By recognizing signs of excessive pressure early on, individuals can seek help or make changes before the situation escalates.

Setting realistic goals: Striving for success is commendable, but setting unattainable goals can set the stage for disappointment and burnout. Learning to set achievable objectives is the key to maintaining mental well-being.

Seeking support: Whether from friends, family, or mental health professionals, seeking support during difficult times can make a significant difference in managing pressure.

Practicing self-care: Engaging in activities that promote relaxation, such as

mindfulness exercises, yoga, or hobbies, can help reduce stress and boost mental resilience.

Challenging societal norms: Breaking free from societal expectations and embracing individuality can

alleviate the burden of conforming to unrealistic standards.

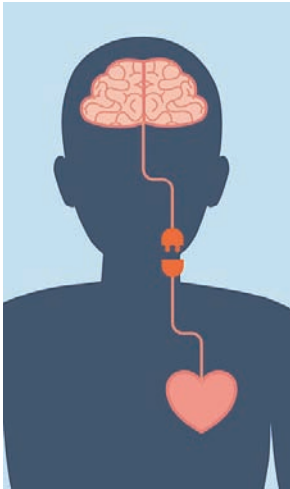
Educating and raising awareness: Society at large can contribute to a healthier environment by promoting mental health awareness, reducing stigma, and fostering empathy and understanding. Mental health and pressure share an intricate relationship, as the demands of modern life continue to impact individuals on multiple levels. Acknowledging the prevalence and effects of pressure on mental well-being is the first step towards creating a healthier, more compassionate society.

By fostering open conversations, supporting one another, and advocating for mental health, we can work collectively to ease the burden of pressure and create a more sustainable and empathetic world for all.

The Mental Health Toll

The cumulative impact of prolonged pressure on mental health cannot be underestimated. Anxiety, depression, burnout, and other related disorders are on the rise, reflecting the struggles individuals face in coping with mounting expectations. When stressors exceed an individual's capacity to manage them effectively, mental well-being can be compromised, leading to a decline in overall quality of life.

Academic pressure can result in anxiety and low self-esteem, leaving students feeling overwhelmed and unable to cope. Work-related pressure can lead to burnout, characterized by emotional exhaustion and reduced productivity. The pressure to maintain perfect appearances, both in person and on social media, can contribute to body image issues and eating disorders. Moreover, the pressure to conform to societal norms can cause distress among those who don't fit in the mold.



Knowledge



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.imsec@gmail.com

1. Which of these parts of the ear responds to sound waves like a microphone's diaphragm?
a) Eardrum
b) Lobe
c) Fluid in the inner ear
d) Pinna
2. What is the S.I. unit of heat energy?
a) Joule
b) Kelvin
c) Candela
d) Ampere
3. What is the absorptive power of a perfectly black body?
a) 0
b) 1
c) 100
d) -100
4. Which of the following is correct about Convection?
a) It is possible in solids only
b) It is possible in fluids only
c) It is possible in solids and gases only
d) None of the above
5. Which of the following is the phenomenon responsible for the trade winds?
a) Convection
b) Conduction
c) Radiation

Solve Quiz No. 106

For Students



6. What do we call the temperature and pressure at which solid, liquid, and vapor phases of a particular substance coexist in equilibrium?
a) Equilibrium point
b) Triple point
c) Normal point
d) None of the above
7. PVC is a polymer of?
a) Propane
b) Vinyl Chloride
c) Styrene
d) Carbonates
8. What is the chemical name of Quick lime?
a) Calcium peroxide
b) Calcium oxide
c) Calcium dioxide
d) Calcium hydroxide
9. What is Rose metal?
a) It is an alloy of Nickel, Tin and Zinc
b) It is an alloy of Bismuth, Copper and Palladium
c) It is an alloy of Palladium, Tin and Lead
d) It is an alloy of Bismuth, Tin and Lead
10. Which of the following is an example of colloidal solution?
a) Milk
b) Fog
c) Smoke
d) All the above

Participation format

Quiz No.....
Name of Student.....
(also attach your PP size Photo)
Class.....Year.....
College ame.....
Mobile umber.....
Email.....
Present Address.....
Permanent Address.....

Answers (QUIZ-105) July, 2023 issue:

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

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

पक्ष-विपक्ष की संसद में तीखी तकरार...

अगस्त में विपक्ष ने मोदी सरकार के खिलाफ अविश्वास प्रस्ताव लाया। इस दौरान हुई चर्चा में पक्ष-विपक्ष के बीच जमकर तकरार हुई। कांग्रेस नेता राहुल गांधी ने एनडीए के नेतृत्व वाली सरकार को नाकाम बताया और मणिपुर मुद्दे पर भी विफल रहने का आरोप लगाया। लेकिन लोकसभा में अविश्वास प्रस्ताव पर चर्चा के अंतिम दिन प्रधानमंत्री नरेंद्र मोदी ने सदन को संबोधित किया। उन्होंने करीब दो घंटे 13 मिनट भाषण दिया और विपक्ष पर जमकर वार किया। पीएम ने विपक्षी गठबंधन इंडिया-कांग्रेस नेता राहुल गांधी पर निशाना साधा। पीएम के संबोधन का आखिरी हिस्सा मणिपुर हिंसा पर फोकस रहा है। हालांकि इस दौरान विपक्षी संसद सदन में मौजूद नहीं थे। पीएम मणिपुर पर संबोधन शुरू करने वाले थे उससे पहले ही विपक्षी सांसद बॉयकाट कर दिया था। इससे पूर्व राहुल गांधी ने अपने 35 मिनट के भाषण में भारत जोड़ो यात्रा और मणिपुर पर बात की। राहुल ने आरोप लगाया कि हमारे प्रधानमंत्री आज तक मणिपुर नहीं गए। उनके लिए मणिपुर हिंदुस्तान नहीं है। मैं रिलीफ कैंप गया। महिलाओं-बच्चों से बात की। प्रधानमंत्रीजी ने आज तक नहीं किया। सेना एक दिन में वहां शांति ला सकती है। आप ऐसा नहीं कर रहे हो, क्योंकि आप हिंदुस्तान में मणिपुर को मारना चाहते हो। आप भारत माता के रखवाले नहीं, आप भारत माता के हत्यारे हो। हालांकि राहुल ने अपने भाषण के प्रारंभ में यह भी कहा कि मैं लोकसभा अध्यक्ष का धन्यवाद करना चाहता हूं कि आपने मेरी सांसदी बहाल की। जबकि पीएम मोदी ने कहा कि जहां पर एक दो लोकसभा सीट होती थीं उनकी तरफ कांग्रेस का ध्यान नहीं, लेकिन हमारे लिए नॉर्थ ईस्ट जिगर का टुकड़ा है, वहां की समस्या के लिए कांग्रेस जिम्मेदार है। दोषियों को कड़ी से कड़ी सजा दिलवाने के लिए राज्य और केंद्र दोनों सरकारें हर संभव कोशिश कर रही हैं। मैं लोगों को आश्वस्त करना चाहता हूं कि आने वाले समय में मणिपुर में शांति बहाल होगी। उन्होंने बिना नाम लिए राहुल गांधी पर निशाना साधा। उन्होंने कहा कि यहां दिल से बात करने की बात कही। उनके दिमाग के हाल को देश ने देखा था। अब दिल का हाल भी देख लिया। इनका मोदी प्रेम भी जबरदस्त है। इनके सपने में भी मोदी आता है। अगर मोदी भाषण करते वक्त पानी पिए तो सीना तानकर कहेंगे कि देखिए मोदी को पानी पिला दिया। उन्होंने कहा कि अगर मैं धूप में लोगों के बीच जाऊं तो कहेंगे देखिए मोदी को पसीना ला दिया। दलितचस्प बात यह है कि जब प्रधानमंत्री सदन में बोल रहे थे तो विपक्षी नेता सांसद से बाहर चले गए। पीएम ने कहा कि ये इंडिया गठबंधन नहीं है, घमड़िया गठबंधन है। इसमें हर कोई दूल्हा बनना चाहता है। हर कोई प्रधानमंत्री बनना चाहता है। कांग्रेस के लोग लाल और हरी मिर्च में फर्क नहीं कर पाए। जिन्हें सिर्फ नाम का सहारा है उनके लिए कहा गया कि दूर युद्ध से भागते नाम रखा रणधीर, भाग्य चंद की आज तक सोई है तकदीर। मोदी ने अपने संबोधन में विपक्ष पर निशाना साधते हुए कहा कि मैं उनके प्रति संवेदना व्यक्त करना चाहता हूं। कुछ ही दिन पहले बेंगलुरु में इन्होंने यूपीए का अंतिम संस्कार किया, क्रिया कर्म किया। उन्होंने कटाक्ष किया कि लोकतांत्रिक व्यवहार के मुताबिक मुझे आप लोगों को सहानुभूति व्यक्त करनी चाहिए थी। विपक्ष को भारत के सामर्थ्य पर विश्वास नहीं है। इन्को भारत के लोगों पर भरोसा नहीं है। लेकिन मैं बताना चाहता हूं कि इस देश का भी भारत के लोगों का कांग्रेस के प्रति अविश्वास का भाव गहरा है। कांग्रेस घमंड में इतनी चूर हो गई कि उसे जमीन नहीं दिखाई दे रही। अंततः कांग्रेस द्वारा सदन में लाया गया अविश्वास प्रस्ताव तो गिर गया लेकिन इस दौरान हुई बहस ने आम जनता को चिंतन और मंथन करने के लिए कुछ मुद्दे अवश्य दे दिए।



उत्तर प्रदेश बना सक्षम प्रदेश

अब उत्तर प्रदेश विकास के रास्ते पर है और यह विकास राज्य सरकार के पूरी रणनीति के साथ आया है। पिछले कई अरसों से उत्तर प्रदेश बीमारू प्रदेश की श्रेणी में था। राज्य की आर्थिक और सामाजिक व्यवस्था बिल्कुल ही खराब चल रही थी पर अब राज्य सरकार ने विकास की कमान पूरे जोर-शोर से पकड़ी है। बीमारू प्रदेश से सक्षम प्रदेश बनने का यह दौर इतना आसान नहीं था क्योंकि उत्तर प्रदेश की जनसंख्या देश की जनसंख्या का 16.2% है, जो की दुनिया के पाँच राष्ट्रों को छोड़कर अन्य देशों से कहीं अधिक है। ऐसे में राज्य का सम्पूर्ण विकास एक बड़ी चुनौती बन कर रह जाता है पर जब इरादा सशक्त हो तो हर चुनौती भी एक मौका बन जाती है।

नीति आयोग द्वारा हाल ही में जारी की गयी एक रिपोर्ट बताती है कि उत्तर प्रदेश अब सक्षम प्रदेश बन चुका है। अगर हम नीति आयोग का आंकड़ा देखें तो "2015-16 में उत्तर प्रदेश में लगभग 6 करोड़ लोग जो की राज्य की आबादी का 37.68% है, गरीबी रेखा से नीचे थी। उत्तर प्रदेश सरकार के प्रयासों से 2019-20 में गरीबी रेखा से नीचे लोगों का प्रतिशत 37.68% से घटकर 22% हो गया, जो 2023 में 12% है।

लखनऊ में आयोजित एक कार्यक्रम में योगी आदित्यनाथ ने 1573 एएनएम स्वस्थ कार्यकताओं को नियुक्ति पत्र देते हुए नीति आयोग के आँकड़ों पर अपनी टिप्पणी दी और बताया कि इस विकास के पीछे राज्य सरकार की पूरी योजनावात रणनीति थी। राज्य सरकार ने अपनी पूरी नीति के साथ ऐसे जिलों का चुनाव किया जो आर्थिक और सामाजिक रूप से विकास की दौरे में कहीं पीछे रह गए थे। इनमें बहराइच, श्रावस्ती, बलरामपुर, बदायूं, सीतापुर, सिद्धार्थनगर, संभल, खीरी, हरदोई और बांदा जिले शामिल हैं। सरकार ने इन जिलों के विकास के लिए काम किया जिसका परिणाम आज



का सक्षम उत्तर प्रदेश है।

अगर हम पिछले दस सालों के विकास के ऊपर एक नजर डालें तो यह बात बिल्कुल साफ हो जाती है कि राज्य ने आर्थिक और सामाजिक दोनों रूपों में विकास किया है गाजियाबाद, गौतमबुद्ध नगर, नोएडा और ग्रेटर नोएडा आदि ऐसे जिलों के रूप में उभरे हैं जो हर क्षेत्र में अपना परचम लहरा रहे हैं। इन जिलों में सबसे ज्यादा शिक्षण संस्थान, बहुराष्ट्रीय आइटी कंपनियों के हब तथा सरकारी दफ्तर आदि खुले हैं। इतना ही नहीं कई आइटी कंपनियों के मुख्य दफ्तर और सेल्स कार्यालय का भी निर्माण हुआ है। पहले की अपेक्षा अपराध और गुंडाराज में भी लगाम लगी है। फिल्म सिटी, रैपिड मेट्रो, हाइवे को देश की राजधानी दिल्ली



प्रो. पूनम कुमारी

से जोड़ने आदि कार्य भी उत्तर प्रदेश की बदलती रूपरेखा और विकास का नमूना पेश करती है। आज केन्द्रीय सरकार की भी कई नयी परियोजनाएँ राज्य के अंतर्गत कार्यरत है।

देश की तीसरी सबसे बड़ी अर्थव्यवस्था वाला राज्य उत्तर प्रदेश सूक्ष्म, लघु और मध्यम

उद्यम की संख्या वाले राज्यों में भी पहली स्थान पर है। यूपी में निवेश आकर्षित करने के उद्देश्य से उत्तर प्रदेश सरकार द्वारा उत्तर प्रदेश रक्षा और एयरोस्पेस यूनिट और रोजगार संवर्धन नीति 2022' को मंजूरी भी दी है। इस नई नीति का उद्देश्य उत्तर प्रदेश के डिफेंस इंडस्ट्रियल कॉरिडोर में रक्षा और एयरोस्पेस विनिर्माण क्षेत्र में अपनी इकाइयाँ स्थापित करने वाले

देश की तीसरी सबसे बड़ी अर्थव्यवस्था वाला राज्य उत्तर प्रदेश सूक्ष्म, लघु और मध्यम उद्यम की संख्या वाले राज्यों में भी पहले स्थान पर है। यूपी में निवेश आकर्षित करने के उद्देश्य से उत्तर प्रदेश सरकार द्वारा उत्तर प्रदेश रक्षा और एयरोस्पेस यूनिट और रोजगार संवर्धन नीति 2022' को मंजूरी भी दी है।

निवेशकों को उच्च प्रोत्साहन प्रदान करना है। इस नई नीति में 7 प्रतिशत/10 प्रतिशत या अधिकतम 500 करोड़ रुपये की पूंजीगत सब्सिडी का प्रावधान है।

उत्तर प्रदेश की बढ़ती जनसंख्या भले ही राज्य के विकास में हम बाधक मान सकते है पर कहीं न कहीं ये राज्य की ताकत भी है राज्य के पास बड़ी कंपनियों के इनवेस्टमेंट का एक कारण यह भी है की यहाँ भारी संख्या में श्रमबल आसानी से मिल जाते हैं जो कंपनियों को विस्तार करने में भी मददगार साबित होती है। आज उत्तर प्रदेश का जो हश्य है वह एक सशक्त राज्य की तस्वीर बनकर उभरी है जो अपना नेतृत्व हर मंच पर करने की ताकत रखती है पिछले कुछ वर्षों में उत्तर प्रदेश में जिसे उल्टा प्रदेश भी कहकर निंदा की जाती थी वह आज भारत में निवेश करने वाली कंपनियों के चुनिन्दा जगहों में से एक है। आज उत्तर प्रदेश में स्थापित जेवर एयरपोर्ट आधुनिक भारत की छवि दर्शाती है।

विश्व स्तर में उभरते भारत की नयी तस्वीर में उत्तर प्रदेश की भूमिका अहम है। पावन तीर्थों और पवित्र नदियों वाला यह राज्य अपनी संस्कृति को संभाले हुए आधुनिक भारत का मोर्चा बुलंद करती है, जो आज, कल और आने वाले कई वर्षों तक राज्य के नाम होगी।



Radhika Sharma

Quiet India Seeks to Promote Digital Detox

India, a land of diverse cultures, bustling cities, and vibrant celebrations, has long been associated with its characteristic noise and liveliness. However, in recent times, there has been a growing movement towards embracing tranquillity and promoting the essence of a "Quiet India." This newfound appreciation for peace amidst the chaos aims to foster a more mindful and harmonious society. In this article, we delve into the concept of a Quiet India and explore the initiatives that have helped this philosophy gain momentum. India's relationship with noise is deeply rooted in its cultural fabric. The cacophony of traffic, bustling markets, and exuberant festivals has been an integral part of Indian life. Yet, this very noise can sometimes overwhelm the senses, leading to stress and fatigue. Recognizing this, individuals and organizations across the country are championing the cause of quiet spaces and mindful living. One of the essential aspects of the Quiet India movement is the preservation of sacred spaces and historical sites. India boasts a rich heritage of temples, mosques, churches, and other sacred places that have served as beacons of tranquillity for centuries. Efforts to maintain the sanctity of these places by encouraging silence and reverence have gained prominence in recent times. Urban areas are often the epicentre of noise pollution, but even amidst the hustle and bustle, the Quiet India movement is thriving. Communities are coming together to create green spaces and parks

where people can retreat from the city's chaos. These initiatives promote a sense of togetherness and offer respite from the stress of urban living. Meditation and mindfulness practices have been integral to Indian traditions for millennia. Today, they have gained global recognition for their immense benefits in promoting mental well-being. As part of the Quiet India movement, mindfulness workshops and meditation retreats are gaining popularity across the nation. These practices encourage individuals to introspect and find inner peace amidst the noise of daily life. The importance of silence in education is another dimension of the Quiet India movement. Schools are incorporating moments of quiet reflection and meditation into the curriculum to help students manage stress and improve their focus. By instilling these practices from a young age, the movement aims to create a more balanced and focussed generation. With the advent of technology, screen time and digital noise have become significant sources of distraction. The Quiet India movement seeks to promote digital detox and screen-free time, encouraging people to engage with the world around them rather than being consumed by virtual distractions. Environmental consciousness is an integral part of the Quiet India movement. Recognizing the detrimental impact of noise pollution on wildlife and ecosystems, individuals and organizations are advocating for responsible sound management and reducing noise levels in natural habitats.

Market Uncertainty Prevails

In international finance and economics, uncertainty remains a triumphant subject matter as markets grapple with a myriad of demanding situations. Geopolitical tensions among the principal economies continue to cast shadows of doubt over trade relationships, with the latest escalation of tariff disputes sparking concerns over worldwide growth prospects. The rising inflation rates in numerous regions have, in addition, exacerbated uncertainties, forcing investors to undertake a careful approach. In addition to these geopolitical factors, the persistent risk of the pandemic continues to disrupt economies worldwide, creating an unstable and unpredictable environment. The ongoing tensions between America and China, two of the sector's biggest economies, have kept markets on edge. Every tit-for-tat measure inside the change conflict sends ripples throughout monetary markets, leading to heightened volatility. Traders are carefully monitoring the developments in this ongoing saga, with the final results of those negotiations likely to have

ways-achieving implications for worldwide alternates and financial balance. The surging inflation prices across numerous predominant economies have emerged as a first-rate subject for traders and policymakers alike. As consumer charges rise, there are fears of potential hobby rate hikes by using primary banks, that can dampen the financial boom and investor sentiment. The latest spike in commodity charges, driven by supply chain disruptions and elevated demand, further contributes to inflationary pressures, making it difficult for businesses to predict their operational fees. While economies had been displaying signs and symptoms of restoration from the pandemic-brought about recession, the emergence of the latest COVID-19 versions has raised sparkling uncertainties. The exceedingly contagious nature of these versions and their potential impact on healthcare systems have caused renewed

regulations in a few regions, hindering monetary interest. The travel and hospitality sectors, which had been regularly rebounding, now face some other wave of uncertainty as borders near and purchaser self-assurance wavers. Moreover, regulatory modifications in numerous sectors are contributing to marketplace uncertainty. For instance, the tech industry faces increased scrutiny from governments worldwide, with proposed regulations aimed at curbing the strength and influence of major tech companies. Those capability regulations ought to reshape the landscape of the generation quarter, affecting each buyer and purchaser. The power sector is likewise navigating through uncertainty as governments globally attempt to lessen carbon emissions and transition to renewable energy assets. This shift toward sustainability is causing shifts in funding patterns, as companies face the



Tanishi Benerjee

challenge of balancing environmental concerns with their financial performance. In the face of these demanding situations, traders are looking for refuge in safe-haven belongings including gold and government bonds. These danger-averse movements are reflective of the triumphing uncertainty in monetary markets. Furthermore, groups are adopting careful growth plans, opting to wait for clearer financial indicators earlier than committing to main investments. Critical banks, for their part, are treading cautiously on their financial guidelines. While some are maintaining accommodative stances to assist economic healing, others are facing the sensitive project of handling inflationary pressures without impeding growth. The choices made by using significant banks can extensively have an effect on marketplace movements, adding to the intricacies of market uncertainty. Because the marketplace remains risky and uncertain, economic specialists recommend investors diversify their portfolios to mitigate the dangers.

AI: Pioneering the Future of Industries and Society

In recent years, Artificial Intelligence (AI) and automation have emerged as transformative technologies that are reshaping industries and societies globally. With breakthroughs in machine learning, robotics, and data analytics, the possibilities seem endless. In this article, we explore the latest developments in AI and automation, their impact on various industries, and the broader implications for society. Advancements in AI and machine learning have been nothing short of revolutionary. Deep learning models, such as neural networks, have exhibited remarkable capabilities in tasks like image recognition, natural language processing, and game playing. Companies have leveraged these technologies to develop products and services that were once considered science fiction. Personal assistants, self-driving vehicles, and sophisticated



Akshita Jain

recommendation systems are now a reality, enhancing convenience and efficiency in our daily lives. Furthermore, researchers have made significant strides in creating AI models that can learn from limited data, known as few-shot and zero-shot learning. This development has profound implications for industries where data is scarce, making AI more accessible to smaller businesses and specialized sectors. Automation, enabled by AI and robotics, has led to profound changes across various industries. Manufacturing, in particular, has witnessed a significant transformation through the use of smart robotics and automation systems. These technologies have improved production efficiency, reduced errors, and increased overall output. As a result,

manufacturing processes are faster and more cost-effective, leading to increased competitiveness in the global market. In the financial sector, AI-driven algorithms have revolutionized trading, portfolio management, and risk assessment. Automation has not only reduced the need for human intervention but also enhanced decision-making processes, making them faster and more accurate. However, the rise of AI in finance also poses challenges, such as regulatory compliance and ethical concerns, which require careful attention. The healthcare industry has also seen remarkable developments, with AI revolutionizing diagnostics, drug discovery, and personalized medicine. AI-powered imaging technologies, for instance, can



assist medical professionals in detecting diseases with unprecedented precision. Moreover, the ability to analyze vast amounts of patient data has opened new avenues for tailoring treatments to individual needs, leading to better patient outcomes. AI in the field of education has been equally transformative. Intelligent tutoring systems and adaptive learning platforms are reshaping traditional teaching methods, allowing personalized learning experiences for students. AI-powered chatbots and virtual assistants are also becoming common in educational institutions, providing instant

support to students and faculty. While AI and automation bring undeniable benefits, they also pose significant challenges for society. One primary concern is the potential displacement of jobs. As machines and algorithms become more capable, some low and medium-skill jobs may be at risk of automation. However, history has shown that technology also creates new job opportunities. To mitigate the impact of job displacement, there is a growing need for re-skilling and up-skilling the workforce to adapt to the changing job landscape. Ethical considerations are another pressing issue. AI systems

are only as unbiased as the data they are trained on, and the lack of diversity in datasets can lead to biased decision-making. It is essential to ensure that AI systems are designed and developed with a focus on fairness, transparency, and accountability to avoid perpetuating societal biases. Privacy and security are also significant concerns in an increasingly AI-driven world. As AI systems rely on vast amounts of data, the risk of data breaches and misuse of personal information rises. Robust data protection measures and strict regulatory frameworks are crucial to safeguard individuals' privacy and prevent misuse of sensitive data. Artificial Intelligence and automation have undoubtedly ushered in a new era of innovation and progress. With advancements in AI and machine learning, industries are witnessing unprecedented efficiency and productivity gains. From



manufacturing to healthcare, education, and finance, AI is transforming how we live and work. However, the rapid adoption of AI and automation also brings challenges that demand careful consideration. Ensuring a smooth transition in the job market, addressing ethical concerns, and safeguarding data privacy are essential steps in realizing the full potential of AI for the benefit of society as a whole. By embracing AI responsibly and ethically, we can pave the way for a future where technology empowers us to achieve new heights while preserving our core values and humanity.

Youth is the Backbone of the Society

Shruti Raj

New Delhi: In India, National Youth Day is celebrated to promote awareness about people's rights and to provide information about them. Keeping the ideals of Swami Vivekananda alive by motivating young people is the main objective of the celebration.

On 17 December 1999, in its resolution 54/120, the United Nations General Assembly endorsed the recommendation made by the World Conference of Ministers Responsible for Youth (Lisbon, 8-12 August 1998) that 12 August be declared International Youth Day.

The theme of the

International Youth Day 2023 is "Viksit Yuva - Viksit Bharat". Youth Day brings youth issues to the attention of the international community and celebrates the potential of youth as partners in today's global society. Today, the world is embarking on a green transition. The shift towards an environmentally sustainable and climate-friendly world is critical not only for responding to the global climate crisis but also for achieving the Sustainable Development Goals (SDGs). A successful transition towards a greener world will depend on the development of green skills in the population. Green skills are "knowledge, abilities, values and



attitudes needed to live in, develop and support a sustainable and resource-efficient society".

For the official commemoration of International Youth Day 2023, DESA will organize a global webinar in collaboration with the UN Global Initiative on Decent Jobs for Youth and Generation Unlimited. The webinar will offer critical information and data and will promote discussions and an exchange of ideas on green skills for youth. It will feature perspectives from international organizations, national governments and

young experts working in this area.

The day focuses on the difficulties that some young people are experiencing throughout the world. Half the children between the age of 6 and 13 lacks basic reading and math skills and childhood poverty is still a prevalent problem globally. International Youth Day was created by the UN to help draw awareness to these issues as we strive to find solutions. It's a day for reflection but also a day for taking action so get involved. There will be many concerts, workshops and cultural events taking

place so have a look at what is happening in your local area. Most children are deprived of basic education and suffer from hunger and poverty which is a great hindrance towards their growth. To secure their future, so that they can grow into promising youths, steps need to be taken now. The day calls everyone to join the efforts of United Nation and help it achieve its SDGs.

Many activities and events that take place around the world on International Youth Day promote the benefits that young people bring into the world. Many countries

participate in this global event, which may include youth conferences on issues such as education and employment.

Other activities include concerts promoting the world's youth, as well as various sporting events, parades and mobile exhibitions that showcase young people's achievements. Survey shows that 67% of people believe in a better future, with 15 to 17 year-olds being the most optimistic about this.

Today, there are 1.2 billion young people aged 15 to 24 years, accounting for 16 per cent of the global population. By 2030—the target date for the Sustainable Development Goals (SDGs) that make up the 2030 Agenda—the number of youth is projected to have grown by 7 per cent, to nearly 1.3 billion. International Youth Day can only bring the change when you will bring the change. So, let's unite by saying the slogan - "Be a hero, always say I've no fear, arise awake and stop not until the goal is achieved"



नियम ही अनुशासन है: पूनम विशनोई

पृथ्वी कवकड़

गाजियाबाद। खेलो इंडिया सेंटर पहल का उद्देश्य भारत में खेल के बुनियादी ढांचे को मजबूत करना है। यह अन्य चीजों के साथ-साथ वित्तीय सहायता और सहायक कर्मचारियों और उपकरणों की सुविधा मुहैया करा कर मौजूदा खेल प्रशिक्षण सुविधा का समर्थन करता है। आईएमएस गाजियाबाद विश्वविद्यालय कार्यक्रम परिसर में खेलो इंडिया कार्यक्रम अयोजित करवाया। इसी अवसर पर गाजियाबाद की उप खेल अधिकारी पूनम विशनोई से बातचीत हुई। प्रस्तुत हैं कुछ प्रमुख अंश :-

अंतरराष्ट्रीय स्तर पर हमारे भारतीय खिलाड़ियों को एक्वोपजर देने के लिए खेलो इंडिया किस तरह से योगदान कर रहा है ?

खेलो इंडिया एक दिशा है। इसके तहत खिलाड़ियों को बहुत कम समय में और सही दिशा में उनकी डाइट, उनको अलग-अलग देशों में ट्रेनिंग करवाई जा रही है। खेलो इंडिया के विविध केंद्र चल रहे हैं। हमारे खिलाड़ियों को राष्ट्रीय और अंतरराष्ट्रीय पटल पर ट्रेनिंग दी जाती है उनको स्कॉलरशिप दी जा रही है। यही नहीं, खिलाड़ियों की आर्थिक स्थिति कमजोर होती है, उनको भी मदद दी जाती है।

खेलो इंडिया से भारतीय महिलाओं को कैसे प्रोत्साहन मिलेगा ?

महिला हो या पुरुष खिलाड़ी तो खिलाड़ी ही होता है। खेलो इंडिया दोनों महिला और पुरुष वर्ग के लिए काम कर रहा है। यह एक समानांतर योजना है और महिला एवं पुरुष सबके लिए है। साथ ही साथ उत्तर प्रदेश सरकार और भारत सरकार बहुत सारे आयामों पर काम कर रही हैं। सरकार की बेटी बचाओ, बेटी पढ़ाओ योजना को खेल जगत में क्रांतिकारी कदम के तौर पर लिया जा रहा है।



आपके अनुसार खेल हमारे जीवन को कैसे अनुशासित करता है ?

खेल ही अनुशासन है। कोई भी खेल शुरू करने से पहले हम छोटे या बड़े का सत्कार करते हैं। अपने गुरु को सम्मान देते हैं। मुकाबले के बजजुद भी हम प्रतिद्वंद्वी टीम को प्रणाम करते हैं। हम जिन नियमों का पालन करते हैं, वही अनुशासन है। हमें

संपूर्ण जीवन में अनुशासित रहना होता है।

जब खिलाड़ी अनुशासन के साथ खेलता है तो वह राष्ट्र को 100 फीसदी मेडल देता है। हम जब किसी भी अनुशासन के साथ कोई कार्य करते हैं तो उसमें सफल ही होते हैं। खेल-खेल में ही हम अनुशासित हो जाते हैं और अपने बड़े और छोटे का सम्मान करते हैं।



Khushi Varshney

Topic: The Healing Power of Music Therapy

- Since ancient times, including in Egypt, Greece, and China, music therapy has been employed as a kind of therapy. Dopamine and other neurotransmitters can be released when you're listening to music, which can lift your mood and lessen stress and anxiety.
- After suffering from trauma or brain impairments, music therapy has occasionally been utilised to assist patients in regaining their speech and language skills.
- Music therapy has demonstrated efficacy in reducing depressive symptoms and offering emotional support to people dealing with mental health issues.
- For those who have experienced trauma, the use of customised playlists in music therapy can arouse intense memories and feelings that support emotional processing and self-expression.

आप जीतते हैं या हारते हैं, यह इस बात पर निर्भर करता है की आप अपनी गलती के साथ क्या करते हैं - इसे पहचानें, स्वीकार करें, इससे सीखें, या फिर इसे भूल जाएं।



नई किताब

BOOK – Psych: The Story of the Human Mind

Radhika

Name- SPARE
Publication Date - 10/01/2023
Author - Prince Harry
Extent- 416
ISBN - 9780593593802
Publisher- Penguin Random House

It's hard to separate the writing of the memoir Spare and the choice of content, but the writing was intimate—at times funny, at times biting—and took the reader on an emotional journey.

In every corner of Harry's life is the shadow of his mother's death and the grief that still hasn't fully been processed. It is the very through-line of his story. That little boy behind the coffin is never far away from the reader's mind.

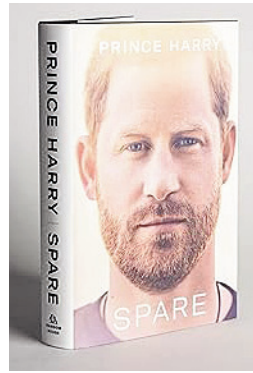
There are moments when your heart breaks for Harry, like when as boy, he was convinced his mother hadn't been killed, but that it was a public hoax so that she could start her life over somewhere. Or, when as a young man, he felt the need to go repeatedly through the tunnel in Paris at the same speed that killed Princess Diana.

There are moments of such sweetness in his memoir: his overwhelming love and respect for his grandpa, his final tender memories of his grandmother, his adoration of Africa, and his awe of being a father. Harry also takes us on a journey as he falls in love with Meghan. We feel his true excitement that he could finally have a person. There are also times when we learn more about his "todger" than we needed to know, though he points out that even the New York Times ran a piece speculating about his penis as a child (and whether he was circumcised). So, not even the privacy of his own body parts belonged to him. Still, it's a bit much.

But, the majority of the book covers his impressive public work and his military career; both aspects of his life endangered by being hounded by the press. It is a pattern in his life that those close to him have their lives threatened either by or because of paparazzi presence—once endangering a whole unit in Iran—meaning that few are willing to get too close or stay that way. It's understandable that he would want to tell his story himself. Only, maybe we could do with less of his "todger."

Through the first third of the book, I felt that advanced leaks from the memoir were taken out of context and that his love of his father and brother shine through. By the end, it is clear that love is still there and strong, despite the gloves being off, but that Harry is choosing to protect his own family (his wife and children) in a way that he was never chosen and protected. (These warm fuzzies do *not* extend all the way to Camilla.)

It's apparent in this memoir that Prince Harry let down his walls and that he was willing to be vulnerable. He paints a very clear picture of why he had to step down from his role and move to protect his family and his own well-being, but the future of his relationship with his natal family is considerably murky.



The IMS Journey Worth It

Disha Sharma

In this interview, Tanya Sharma talks about her experience at IMS Ghaziabad, her learning as a student and everything she learned for her career growth. Tanya Sharma is a alumni of IMS Ghaziabad University Courses Campus, Bio-science Batch 2019-2022 and at present working with Medirich as Officer 1 Qc Microbiologist.

What are your learnings at IMS?

Hey, This is Tanya Sharma; I have done my masters from IMS Ghaziabad. Although I was from Covid batch and was not able to explore myself in labs and offline classes but still they had arranged some workshops and industrial

visit through which I got some hands-on experience on techniques which helped me to get my internship. Also, I had full guidance of faculty which helped me a lot.

Is the journey of IMS worth it?

As alumni, I can confidently say that the college journey is absolutely worth it. College provides a unique opportunity for personal growth, intellectual development, and career preparation. It offers a chance to explore various subjects, interests, and fields of study, helping students discover their passions and strengths. Overall, the college journey is worth it as it opens doors to exciting opportunities, personal development, and rewarding careers. It is a transformative



experience that helps shape individuals into confident and knowledgeable professionals, while also providing cherished memories and life-long connections

Why did you choose IMS?

ALUMINI: I had heard excellent feedback about the college from both current students and past graduates. They spoke highly of the quality of education, the dedicated faculty, and the opportunities for personal and professional growth. Overall

I chose IMS college because of its stellar reputation, strong program



Tanya Sharma

offerings, extracurricular opportunities, and excellent facilities. As an alumnus, I can confidently say that my decision was well-founded, as IMS college provided me with a high-quality education and prepared me for a successful career in my chosen field.

What is something at IMS that you absolutely loved

being a part of?

Honestly I did not take part in extracurricular activities but yeah I think they plan good events and extracurricular activities in college are an integral part of the holistic college experience. They offer numerous benefits, from exploring new interests, building leadership skills, and fostering friendships to enhancing personal growth and creating a well-rounded profile. Engaging in these activities enriches the college journey and creates memories and experiences that last a lifetime.

What is your Feedback to the IMS?

According to me it is good institute, faculty is very good. They provided us full guidance.

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WE HAVE NO BRANCH IN NOIDA

News Brief

Visit to Anveshan Foundation- I IGDTUW Campus



Ghaziabad (IMS News Service): Students of MCA 1st year visited Anveshan Foundation- I, IGDTUW Campus, Kashmere Gate, Delhi along with Head of the Department Dr. Kavita Saxena, and faculty member Mr. Varun Chaudhary.

This visit was planned to help students to get familiar with the incubation centre of Anveshan Foundation-I. Dr. V K Arora Chief Executive Officer, AF-I enlightened students about various programs/schemes which are going on under Anveshan and explained how students can take the advantage of this opportunity. Students were given tour to GUI server lab, Incubation centre and were thoroughly demonstrated by Ms. Ritu, Research Scholar, IGDTUW.

Inauguration Ceremony-ICT Academy



Ghaziabad (IMS News Service): The Department of Computer Science and Engineering at IMSEC takes immense pride to announce the commencement of the Training Program "Data Analytics & Data Science" by ICT Academy in collaboration with Capgemini for Women Students (3rd Year) of CSE/CS/IT. This program is set to empower participants with valuable skills and insights in these rapidly growing fields. Prof. (Dr.) Vikram Bali, Director of IMS Engineering College, Ghaziabad welcomed the key guest speakers Mr. Abhinandan Pandey, State Head, Delhi NCR -ICT Academy, and Mr. Satyendra Narayan, Relationship Manager, ICT Academy. Prof. (Dr.) Bali motivated the students by throwing light on the importance of the "ICT Academy - Capgemini CSR Training Program" program scheduled for them. All the invited eminent personalities inaugurated the Center of Excellence for Women Empowerment Association of ICT Academy. During the Inaugural ceremony, various HoDs and faculty members were present. Special thanks to the coordinator - Ms. Ritika Dhyani and her team for making this event a grand success.

Talk Delivered on Role of Innovation to become a Successful Entrepreneur

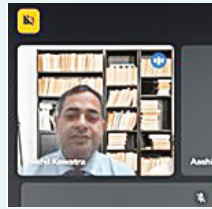


Ghaziabad (IMS News Service): Dr S N Rajan, Professor, Department of Information Technology, an Innovation Ambassador of IMS Engineering College, delivered an expert talk on Role of innovation to become a successful entrepreneur. Around sixty-five students of MBA & MCA participated in the talk and got benefited. Dr Rajan described the basic concept of innovation and entrepreneurship. Subsequently he elaborated the efforts of innovation to become a successful entrepreneur. He discussed the case study of successful ventures like OLA, UBER, & Zomato. The faculty members of MBA & MCA also attended the talk.

Expert Talk on Igniting the Biotech Spark

Ghaziabad (IMS News Service): An expert talk titled "Igniting the Biotech Spark: Welcome to a Journey of Limitless Possibilities," by Dr. Ajay Kumar Sharma, Head of the Biotechnology Department, was organized exclusively for the newly admitted students in B.Tech Biotechnology at IMS Engineering College. The talk, held on July 17, 2023, proved to be a remarkable experience for all the students in attendance. Dr. Sharma not only shared valuable insights about the wide scope and abundant opportunities in the field of biotechnology but also provided crucial information about the department, including its state-of-the-art facilities, cutting-edge research projects, and esteemed faculty members. Moreover, he enlightened the students about the excellent placement opportunities available to them in leading biotech companies and research institutions.

Additionally, Dr. Sharma showcased the achievements of the department's alumni, who have made significant contributions to the field. His expertise and passion for the subject shone through as he expertly addressed all the students' questions, making the session engaging and interactive. The talk left a lasting impression on the enthusiastic attendees, inspiring them to embark on their academic journey with enthusiasm and fervor in the promising realm of biotechnology. The event was coordinated by Mr. Nikhil Kawatra, Assistant Professor, Department of Biotechnology.



Inaugural Session of Induction Program at IMS Ghaziabad



IMS News Service

Ghaziabad: The Inaugural Session was graced by the chief guest IAS Vishal Singh, Municipal Commissioner and VC, Ayodhya Development Authority and an Alumnus of IMS Ghaziabad. He shared his life lessons with the students. Going forward Mr. Gaurav Saini mesmerized the students by his keynote address. Mr. Ajaya Kumar Sahoo shared the key skills relevant for the students in the contemporary corporate world. The welcome address for the session was delivered by Dr. Prasoon M. Tripathi, PhD, Director. The students had an interactive experience during a specially curated learning session on the changing landscape by Dr. Vishal Talwar.

Exploring Minds, Connecting Ideas: A Day of Learning and Collaboration

It was a productive and engaging day for the students at IMS Ghaziabad! The Mind Benders Activity stimulated their creativity and critical thinking skills as they worked together in teams to connect, create, and present on three random pictures. Following that, Dr. Ajay Kumar Patel's session provided the students with valuable research inputs. The discussion on the theme of "The Power of Connections, Communication & Networking Strategies" with the panelists was thought-provoking. Ms. Shweta Berry, Mr. Vishal Srivastava, Mr. Kapil Sharma Kush and Dr. Rudresh Pandey, as the moderator, brought diverse perspectives and insights to the table.

Additionally, the representatives from CMIE Prowess, EBSCO, and ET Prime, along with Dr. Lalita Tyagi, the Librarian, provided valuable information about the library resources at IMS Ghaziabad. Overall, the day seems to have offered a mix of creative, informative, and interactive activities, providing the students with a well-rounded educational experience at IMS Ghaziabad.

Day 2: Induction Program started with an overview of course curriculum by Dr. Vaishali Agarwal and Outcome Based Education by Dr. Anindita. The Ice-Breaking session, IMS Bingo was conducted with



enthusiasm and energy by Dr. Rina Pandey and Ms. Shivangi Verma. The students had a great time reaching out to each other and their faculty members to know them. The class of 2023-25 had a not so usual afternoon on day 3 of their induction. Enthusiasm was visible all around when the students were made to play 'Market Capture' an innovative team-building game designed exclusively for them. Here we share the cheerful glimpse of their journey from individuals coming from different places to bonding together into a team of budding professionals.

Hum apne baare mein hi soch tera henge kya? Itne selfish hai kya hum? (Should we always think about ourselves? Are we selfish?) With these opening words, our newly enrolled PGDM students of batch 2023-25 experienced the importance of inculcating self-love, positive mindset and being empowered. Book Author Talk at IMS Ghaziabad by Anu Malik Garg and Aakarshan Srivastava encouraged the students to develop a roadmap to love yourself first. Their

often face in the business world. Mr. Rajesh Popli addressed the queries and questions posed by the students. To ensure a smooth flow and effective communication during the panel discussion, Dr. Pankaj Rawal acted as the moderator. Through this panel discussion, students had the opportunity to gain valuable insights, understand industry expectations, and get a realistic view of the challenges and opportunities they may encounter in their professional journeys.

It was a great opportunity for the newly inducted batch to hear from experienced alumni and learn from their journeys. Here's a summary of what the alumni shared: Ms. Indu Chopra as an alumnus from the first batch of PGDM

in 1991-93, shared her experiences from the early years of the program. Her insights provided a historical perspective on the institution and the impact it has had on the alumni's careers. Mr. Varun and Ms. Anshika (Batch 2001-03) talked about the changing business landscape, advancements in technology, and how those factors influenced their careers. Mr. Faizan, from the batch of 2007-09, would provide insights into the more recent trends and developments in the industry. Overall, the Alumni Hangout session was an enriching experience for the new batch, allowing them to connect with and learn from successful individuals who have gone through the same institution and program.

Expert Talk on the Potential of Innovations in Biotechnology



IMS News Service

Ghaziabad: Under the umbrella of IIC-IMSEC, Innovation Ambassador, Dr. Siddharth Vats, delivered a talk to the students of Biotechnology on the topic 'Potential of Innovations in Biotechnology'.

Dr. Siddharth started the talk about the role of IIC-IMSEC in fostering innovation amongst the student. He also shared the great vision of Director IMSEC, Prof Vikram Bali about making the IMSEC as the Centre of Innovation.

The talk gave students insight about



entrepreneurship and innovations, pathway to commercialization, support mechanism, key policy initiatives by the government and private sectors for research and grants and fellowships available for students in India and abroad. The talk was attended by students as well as faculties from the Department of Biotechnology.

Students were happy to know that IMSEC students have filed many patents. The talk proved to be highly motivational and beneficial for the students who raised multiple queries about the post-graduation scholarship and ways to publish good quality research papers. The event was coordinated by Dr. Indu Bhatt, Assistant Professor, Department of Biotechnology.

Visit to ATAL Incubation and Innovation Centre



IMS News Service

Ghaziabad: Under the umbrella of IIC-IMSEC, students of B.Tech 1st year CSE branch, had the opportunity to visit the "ATAL Incubation and Innovation Centre" located at GGS IP University in Dwarka, New Delhi.

The Centre serves as a platform for promoting innovation and entrepreneurship among students and startups. The ATAL Incubation and Innovation Centre boasts state-of-the-art facilities that cater to the needs of startups



and students. The centre houses well-equipped co-working spaces, conference rooms, and dedicated areas for research and development activities.

Visit to the ATAL Incubation and Innovation Centre at GGS IP University, Dwarka, New Delhi, was a

highly enlightening experience. During the visit, students have gained an understanding of the incubation process followed at the centre. Students have gained a deep understanding of the incubation process, witnessed the impact of technology in fostering entrepreneurship, and learned from the experiences of successful entrepreneurs. This visit has inspired our students to explore the possibilities of turning ideas into successful ventures and has given them valuable insights into the world of startups and innovation.

Summer Internship Program on Full Stack Development Using MERN & Data Science Using Machine Learning in Healthcare

IMS News Service

Ghaziabad: The TID Department of CSE IMS Engineering College Ghaziabad has started a Summer Internship Program on 'Full Stack Development Using MERN & Data Science Using Machine Learning in Healthcare' in association with Techno Funnel, MCN Solution, CETPA InfoTech & TPC Global for B.Tech. 4th Year Students of CSE/CS/IT/BIO. About Full Stack



Development Using MERN: -One of the main advantages of the MERN stack is that the entire stack of MERN is open-source, enabling the development of robust web applications. One instance is AngularJS, an open-source frontend

framework designed to enhance HTML and JavaScript and streamline coding. About Data Science Using Machine Learning in Healthcare: -Medical imaging, drug development, genomics, predictive



diagnosis, and other areas of healthcare rely heavily on data science. Medical facilities can use data science and analytics to improve patient care by reducing wait times for diagnosis and delivering more effective, safer

treatments. Machine learning in healthcare can be used for better diagnosis using ML-enabled tools to analyze medical reports and images. This program offers an invaluable opportunity for students to gain practical experience and enhance

their skills in their respective fields of study. Upon successful completion of the Summer Internship Program, the students will be evaluated based on their performance and contribution to the assigned tasks. A certificate of internship completion will be awarded to each participant, highlighting their achievements during the program. These internships will be run in parallel during the summer break on the college campus.

MIB Pre-Orientation Program Organized



IMS News Service

Ghaziabad: The Orientation Day organized by the School of Management was a remarkable event aimed at welcoming and introducing new students to the academic community. It provided a comprehensive overview of the school's facilities, programs, faculty, and various resources available to support the students throughout their

academic journey. The event took place at the auditorium and witnessed an enthusiastic turnout of both incoming students and faculty members. The Orientation Day commenced with a soulful Saraswati Vandana, a traditional invocation to seek blessings from the Goddess of Knowledge, Saraswati. The prayer set a serene and auspicious atmosphere for the event. Dr. Arun Kumar



Singh, Director - IMSUC, delivered the welcome address, extending greetings to all the esteemed guests. He emphasized on the institution's commitment to academic excellence and personal growth while expressing excitement about the new students joining the academic community. The Orientation Day was graced by the presence of six esteemed guest speakers who shared their valuable insights

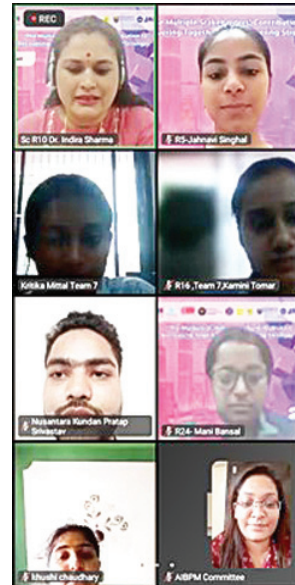
and experiences with the new students. Mr. Ashish Kapoor Embrace agility as a key skill to adapt, innovate, and thrive in an ever-changing world. Mr. Gagandeep Singh: Emphasize practical application of knowledge to equip students with real-world problem-solving skills. Mr. Subhjit Bhattacharya: Explore the dynamic synergy of entrepreneurship and technology to drive

innovation and create impactful ventures. Ms. Sheetal Jerath Sharma: Prioritize work-life balance to sustain well-being and achieve academic and personal success. Mr. Gyan Abhishek: Our strength lies in embracing AI as a powerful tool that enhances, rather than replaces, our capabilities. Mr. Rahul Magan: Strive for clarity and brevity in communication to ensure

effective and concise messages for effective outcome. After the guest lectures, Dr. Pooja Rastogi, Head of the Department, expressed gratitude to the esteemed guests for their presence and enriching contributions. Dr. Rastogi also thanked the students for choosing the School of Management and expressed the faculty's dedication to guiding and nurturing them.

Students Completed and Presented the International Project NUSANTARA 2023

Ghaziabad (IMS News Service): Management students of first and second year of Department of MBA completed the International Project "NUSANTARA PROJECT summer semester 2023" where they worked with international students and also under international mentors of reputed Universities. Total 40 students of MBA first year and second year have worked on this International Project. In this project all the students were divided into 16 teams with students from Malaysia and Indonesia. Each team were supervised by one mentor from each country. All the groups were given a theme (Food Beverage Industry) and they decided a topic after having discussion among all the team members through Zoom meeting under



the supervision of their supervisors. Every team did the research work and final presentation, in front of the panel, held on June 23, 2023. After incorporating the suggestions of the panel members final papers were submitted.

Sadak Suraksha Pakhwara- Traffic Awareness Program Organized



IMS News Service

Ghaziabad: Exciting times at IMS Ghaziabad as we kick off the Sadak Suraksha Pakhwara-

Traffic Awareness Program! With the esteemed presence of District Magistrate Shri Rakesh Kumar Singh as the chief guest and CA(Dr)

Rakesh Chharia leading the way, we're all set to raise awareness about traffic rules and promote self-controlled behavior among our students.

Faculty Development Program Organized



IMS News Service

Ghaziabad: There are so many different ways to learn. One of the most personal and relationship-building learning experiences comes from faulty development program. The Faculty Development Programme(FDP) intends to provide assistance to facilitate up-gradation of knowledge, skill and intends to provide opportunities for induction training to teachers employed in various disciplines. FDP is an opportunity wherein an "influential supporter" share tips, tools, knowledge and assist as personally and academically. With an aim to build a unique guidance system, School of Biosciences under the aegis of SIIC organized a faculty development program on 11th July 2023, where Mr. Jatin Mishra and Ms. Aanchal Verma, delivered a talk entitled "BIG: Outreach funding opportunities in collaboration with SIIC-IIT Kanpur" where they addressed about the project grants and their Significance, funding opportunities, proposal development along with various aspects. Further



FDP was designed and implemented under the guidance of honourable Director, Dr. Arun Kumar Singh. Dr. Surabhi Johari, Head, School of Biosciences and Dr. Indrani Bhattacharjee, Head, IQAC, welcomed the invited guest with sapling and mementos. Both the dignitaries, Mr. Jatin Mishra and Ms. Aanchal Verma, delivered a talk entitled "BIG: Outreach funding opportunities in collaboration with SIIC-IIT Kanpur" where they addressed about the project grants and their Significance, funding opportunities, proposal development along with various aspects. Further

they emphasized on budgeting and resource, review and evaluation process, best practices and various other aspects regarding projects. Dr. Surabhi Johari, Head, School of Biosciences congratulated all faculty members for their outstanding participation and acknowledged Dr. Swati Tyagi for her contribution in organizing the FDP program. Learning Outcome - The FDP is specifically designed to provide faculty members with comprehensive knowledge and practical insights into the intricacies of securing project grants.

AICTE Approved FDP on Universal Human Values & Profession Ethics

IMS News Service

Ghaziabad: IMS EC-GZB is committed to encourage the practice of conducting "Faculty Development Programs" periodically for its faculty members to imbibe and escalate technical skills prevailing in the current industrial scenario and for inculcating moral values too. Thus, the institution has organized a 5-day FDP on 'Universal Human Values & Professional Ethics' from 18th to 22nd of July 2023. This was a collaborative



initiative of 'Universal Human Values Cell and Internal Quality Assurance Cell' of the institution. The Resource persons were Dr. Vanchana Singh, Mr. Pavanendra Kumar and Dr. H. K. Rai. Dr. Sunita Goyal was the Observer. The registered faculty members were highly excited to implement their learning in

real life. Everybody praised the FDP as it was highly informative with sprinkles of quality entertaining ingredients to make it more appealing. All had cherished the comprehensive modules designed for few dedicated hours and felt enlightened. The participants had a new dimension and meaning in their lives to get rejuvenated



and led a social and career path which would certainly be more refined, meaningful and poured in humanism. Last but not least, the Coordinator Dr. Navin Kumar Sharma of IMSEC had bestowed the vote of thanks to all the participants

and showed humble gratitude to all the resource persons and observer. Undoubtedly, this FDP will resonate in the minds of the fortunate participants for indefinite time period as we all can count on the discourse.

Students Participated in the MIC Driven Activity NEP Ki Samajh

Ghaziabad (IMS News Service): Under the umbrella of IIC-IMSEC, in between 12th- 14th July, 2023 students of B.Tech I year, IMSEC had the opportunity to participate in the Short Video Competition on the Implementation of National Education Policy (NEP) 2020 organized by the Ministry of Education, in collaboration with MyGov. The theme for the competition was "NEP Ki Samajh," and participants were required to answer minimum 1 question from the provided list. A participant could answer a

maximum of 3 questions. For each question answered, a separate short video entry was required to be submitted. The duration of each video was expected to be between 45 to 60 seconds. A great no. of students of IMSEC participated and uploaded their videos, with their understanding of NEP, on different social media platforms. The efforts of students were praised by all. This unique perspective made by the students highlight their creativity and encouraged them to perform more enthusiastically in further endeavours.



Peer Enrichment Session on Teaching Through Case Studies Effectively

IMS News Service

Ghaziabad: Research Cell, IMS Ghaziabad (University Courses Campus) with the School of Management organized a Peer Enrichment Session on "Teaching Through Case Studies Effectively" at Mini Auditorium. The Expert for this session was Prof (Dr) Pooja Rastogi, Prof Komal Kapoor from School of Management, IMS Ghaziabad (University Courses Campus). The session began by the Prof. (Dr.) Pooja Rastogi (HoDSOM) by giving a briefing on case studies used in education, focusing on



how participants can encourage to use case study for teaching so that problem-solving and active learning can be inculcated among the students. Participants were urged to discuss their expectations and experiences with the

students along with case-based instruction. The discussion then turned to the advantages of employing case studies as a teaching strategy and what approach should be followed to select the appropriate case based on the level of the students

learning. The facilitator talked about how case studies facilitate collaborative learning, foster critical thinking, and close the gap between theory and practice. In the next session was presented by Prof. Komal

Kapoor by sharing various examples of successful case-based teaching that can be used to illustrate the positive impact on student engagement and knowledge retention. The facilitator also encouraged participants to

write their own cases for teaching learning, practical tips were shared on how to develop realistic scenarios, incorporate diversity in case selection, and align case studies with curriculum goals.



The Real Heroes of Today's society

Mansi Bharadwaj

New Delhi:Independence day is not just a day of celebration; it is also a time of reflection and gratitude. It reminds citizens`the sacrifices made by the freedom fighters who laid down their lives for the country's Independence. There were several prominent figures like Mahatma Gandhi, Mangal Pandey, Chandrashekhar Azad, etc. who played a pivotal role in the fight for freedom. These are people we know and we knowthere story but there are some heroes, whom we don't even know, who helped in the fight for freedom of the country. These people who worked for the welfare of our society.

But the question is, whether all the problems of society were endedafterthe independence? Are we are free now? The answer is No, after independence, there were lot of problems which our society is facing till now.

To overcome these problems, some people have come forward &they are working for the welfare of our country. In today's rapidly evolving world, there are countless unsung heroes whose contribution often goes unnoticed, buttheir impact is felt far and wide. These individuals dedicate their time, skills and efforts to make the world a better place, without seeking orrecognition.

There are individuals who tirelessly work to build and



strengthen communities. Let's shed some light on oneof these unsung heroes and their remarkable contributions.

One of these unsung heroes is **Mr. Anoop Khanna**, he is an Indian social activist and businessman living in Noida city of Uttar Pradesh, India. His father, Mr. P.N.Khanna, contributed to the freedom struggle in India and accompaniedthe legendarysocial activists and politicians Mahatma Gandhi and Muhammad Ali Jinnah. He has received a Purushartha Award and certificate of appreciation from Rajnigandha Silver Pearls.

On August 21, 2015, he founded '**DadiKiRasoi**' that

translates to grandmother's Kitchen. He said he wanted to provide the underprivileged with one square meal once a day at a nominal rate. For the last seven years, daily wage workers, helpers, auto- rickshaw drivers and other members of the working class population around Noida's sector 29 have been eating lunch for rupees 5,at the famous DadikiRasoi near the Ganga Shopping complex.

"There is very little that one can buy with rupees 5, but at DadikiRasoi, one can have a full plate of food complete with desi ghee. The initiative has extended its branch to clothing, medicine, and other necessities for the

people. Anoop has launched SadbhavnaAnoopStore, a placewhere the needy can purchase clothes, shoes, books and other accessories in just Rs 10. Apart from feeding the needy,he also works forthe encouragement and development of sports and education in Noida. He is the president of Noida's District Student Guardian Association. Anoop and his Rasoi have been featured by You Tubers like Technical Guru (Gaurav Chaudhary) and Varun Pruthi, media outlets like Indian Express Online and Zee News, ad talk shows like Zindagi with Richa. He has his website www.anoopkhanna.com.

Snippets from his Interview



How does this thought come in your mind that you have to feed people and work for the society?

Once we were sitting in the dinning table, my mother then advised to share the left over food with needy.Than suddenly, my young daughter questioned if grandmother wishes something why can't we fulfill it? Why can't we open dadikirasoiwhere we could help the less fortunate? My daughter's statement was emotional which touched our hearts. So, I asked to my mother what we can gave people to eat, she said Dal, rice and green chillies. This incident dates back to 13th - 14thAugust and 21st August is my birthday. So, my mother said ifyou want to start, and then start from 21st August itself. We didn't even get time to think about it. It happened suddenly. Due to our social circle we could feed more than 150 people on the first day alone.

How did you decide the location for it and

what is your concept behind selling food at such minimal amount?

So,first day we started with the discussion with our kids about the location for the food stall. We decided we would not go place to place. My thinking from the start is that, the well should not go to the thirsty; the thirsty should come to the well. Secondly, we strongly oppose the free circulation of any material. We shouldn't give anything for free; we made this sure right from the day one. Hence, we had to decide on a fixed sum for this .So we believed that 5 rupees would be a respectable sum to offer and everyone could afford it also.

Someone gives this amount with pride. It is an amount which a person can give with whole respect. The person does not feel like a beggar. I am not begging, though I'm paying less but at least paying for what I'm eating and when person gives 5 rupees, there's a satisfaction on their faces.

As you are doing a great work, so where do you get funds from, and how you cover the cost of feeding so many people?

Shopkeepers give me raw materials at a discounted price like vegetables, ghee, rice etc. Many residents donate special meals on special occasions like birthday, wedding anniversaries and so on. Their support is immense.

How many people you feed in starting and how many you feed now?

We were able to feed more than 150 people on the first day aloneand nowApprox 500 people each day.

"DadikiRasoi" ,started on August 21, 2015,is now an inspiration and people are coming forward to take up such initiatives to bring the change in society.

Raksha Bandhan: The Love and War Bond

Shreya Kumari

New Delhi:Raksha Bandhan, also known as Rakhi, is an ancient Hindu festival celebrated in India and other parts of the Indian subcontinent. It is a festival that celebrates the bond of love and protection between brother and sister. The word "Raksha" means protection, and "Bandhan" means bond or tie.

The festival is observed on the full moon day of the Hindu lunar month of Shravana, which typically falls in August.The historical origins of Raksha Bandhan are rooted in various legends and stories from ancient Indian scriptures and mythology. The Story of Lord Krishna and Draupadi: According to the Mahabharata, when Lord Krishna cut his finger while handling sugarcane, his cousin Draupadi tore a piece of her saree and tied it around his finger to stop the bleeding. In return, Krishna promised to protect her, and he fulfilled this promise during her times of distress.

Raksha Bandhan is a time for siblings to come together and celebrate their love and bond. On this day, sisters tie a colorful thread called a Rakhi around their brothers' wrists, and brothers, in turn, give



gifts or tokens of appreciation to their sisters. The Rakhi represents the sister's love and prayers for her brother's well-being, while the brother's gift symbolizes his promise to protect and support his sister throughout her life.The festival not only strengthens the bond between brothers and sisters but also serves as a reminder of the importance of love, unity, and protection within families and society. Raksha Bandhan is celebrated with great enthusiasm across India and among Indian communities worldwide, and it transcends religious boundaries, with people from various faiths participating in the festivities.The

brother-sister bond is a special and unique relationship that exists between siblings who share the same parents. It is a bond that can be filled with love, care, understanding, and sometimes a little bit of rivalry. This bond is one of the most enduring connections in many people's lives, as it typically lasts from childhood into adulthood.

Every brother and sister has their own memories together. The fights on the dining table for the food and extra slice of pizza to the war of who will be having control of the television remote today. Each day has been a chaotic situation for the mother and father to take whose sides, son or daughter? The fights

I still remember as a kid I went to multiple shops to buy a single thread of Rakhi for my brother. My brother and I always use to fight on this day like every other Indian household families, we always use to pass dialogues to each other like why only the brother has to provide so many gifts and chocolates to their sisters on this day for a piece of thread.

Laughingly, every member in the room use to smile and say “It’s a ritual son”. Now the story turns into emotions, today on Raksha Bandhan he comes to my place and say “Where is my Rakhi” and that feeling of tying a tread turns into lots of wondering love, and the security of having someone behind you always.



ओपन हाइमर: सिनेमा अपने बेहतरीन रूप में



सरवन कोरी

क्रिस्टोफर नोलन द्वारा निर्देशित फिल्म ओपनहाइमर 21 जुलाई को भारत समेत दुनियाभर के सभी सिनेमा घरों में रिलीज हो गयी है। यह नोलन की 12वीं फिल्म है। कमाल की बात यह है कि अब तक उनकी एक भी फिल्म ऐसी नहीं रही जिसे खराब कहा जा सके। ओपनहाइमर भी इसका अपवाद नहीं है, बल्कि डनकक, द डार्क नाइट, इंटरस्टेलर, और इन्स्पेक्शन जैसी फिल्मों की सूची में एक और बेहतरीन नाम जुड़ गया है।

फिल्म की कहानी जे. रोबर्ट ओपनहाइमर के जीवन के इर्द-गिर्द रची गयी है। क्वांटम फिजिक्स से उनका परिचय, मैनहट्टनप्रोजेक्ट, ट्रिनिटी टेस्ट और फिर उससे होने वाली घटनाओं के असर। निःसंदेह, यह फिल्म ओपनहाइमर के बारे में जरूरत है, पर यह सिर्फ उनके बारे में ही नहीं है। फिल्म बड़े स्तर पर बात करती है। पाँवर, पॉलिटिक्स और विज्ञान की। उसके उपयोग में छिपे सुजन और विध्वंस की क्षमता की। फिल्म के स्क्रीनप्ले की बेहतरीन बात है कि यह खुद को किसी एक शैली में नहीं बाँधती। यकीनन फिल्म बायोपिक है, पर उसी समय यह एक हाई बजट की डॉक्यूमेंट्री भी लगती है। कोर्ट-रूम ड्रामा, साइकोलॉजिकल थ्रिलर, पोलिटिकल-वॉर कमेन्ट्री, सस्पेन्स मिस्ट्री जैसे कई जॉनर फिल्म में बहुत बारीकी से पिरोये गए हैं, और सभी फिल्म के सहज प्रवाह में आते चले

जाते हैं। चूँकि फिल्म नोलन की है, इसलिए कहानी के लीनियर होने की उम्मीद ही बेइमानी है। कहानी तीन टाइमलाइन को एक साथ ले कर चलती है। फिल्म का फर्स्ट एक्ट, मिडल एक्ट, और फाइनल एक्ट शुरूआत से ही एकसाथ चलते हैं, पर फिर बड़ी सहजता से मिलकर एक-दूसरे को पूरा करते हैं। इतना ही नहीं, फिल्म इसी क्रम में दो दृष्टिकोणों को भी साथ में लेकर चलती है। फिल्म का रंगीन भाग ओपन हाइमर के सबजेक्टिव दृष्टिकोण को दिखाता है तो वहीं ब्लैक एंड व्हाइट वाला भाग ऑब्जेक्टिव दृष्टिकोण को। फिल्म के कास्ट की बात करें तो रोबर्ट डाउनी जूनियर, एमिली ब्लंट, मैट डेमोन, समेत कई बड़े-बड़े नामों से फिल्म भरी पड़ी है। यूँ तो पूरी कास्ट ने ही बेहतरीन अभिनय किया है, लेकिन ओपनहाइमर के किरदार में किलियन मर्फ़ी आपको स्तब्ध कर देते है। लुडविग ग्रोअर्त्सॉफ़ का स्कोर और होयतो वान होयेतोमा की सिनेमेटोग्राफी उच्च गुणवत्ता की है। यही कारण है कि फिल्म देखने के लिए सिनेमाघर की जरूरत को एक अनिवार्य शर्त बनाती है।

यूँ तो जाने कितनी ही बातें की जा सकती है, पर संक्षेप में कहें तो आज जब फिल्में लोगों को सिनेमाघर तक लाने के लिए एक्शन या ऐसे ही जॉनर की तरफ देख रही हैं। वहीं ओपनहाइमर शुद्ध रूप से एक ड्रामा फिल्म होने के बावजूद ऐसा करने में सफल रहे हैं। यकीनन, यह फिल्म सबके लिए नहीं है, पर एक बहुत बेहतरीन सिनेमा से कम भी नहीं है।

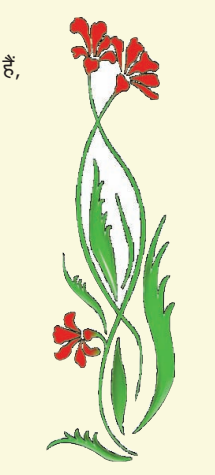
Creative Corner

मणिपुर

कलयुग और कितने रंग दिखाओगे, कभी द्रौपदी कभी सीता, राम रूप में और कितने, रावण धरती पर लाओगे। भुला कर इतिहास अपना, सभी दुशासन और दुर्योधन बन बैठे हैं औँख वाले भी घृतराष्ट्र हैं यहाँ, भीष्म और द्रोण की द्वापर की तरह मूक बैठे हैं। ननन कर नारी को जो खुद के वीर का हिसाब लगाते हैं, स्वयं निर्लज्ज हैं जो, वो नारी की लज्जा का गणित बनाते हैं। असुर भी लज्जित हैं इन असुरों पे, कहते अब मौन नहीं तुम वार करो सुदर्शन और गण्डीव धारण कर, स्वयंर इनका संहार करो। मृगतृष्णा बनो, हर दुशासन के लिये कृष्णा बनो, बन कर भीम दुर्योधन कर अंत करो, द्रौपदी सा प्रण लेकर अब तुम भी, इन पापियों के रक्त से शृंगार करो। इन पापियों के रक्त से शृंगार करो।



आदिल



जय हिंद जय भारत

आजादी का जश्न उन माँओं ने भी मनाया था जिन माँओं ने जंग ए आजादी में अपना बेटा गवाया था ।

सौंप दिए जिन्होंने अपने बेटे भारत मां के आंचल को कैसे भूल जाओगे उन वीर जानों को आजादी की खातिर जिन्होंने खुन की नदियां बहाई थी ।

मां का सिर नहीं जुकने देंगे जिन्होंने ऐसी कसमें खाई थी जीत गए जो जंग ए आजादी, हार के अपनी जानों को ओर क्या खुब लड़े वो बाध के सिर से भारत मां के आंचल को

जिन्होंने आत्मसम्मान की खातिर खाई गोली सीने पे और डटे रहे जो चट्टानों से दुश्मनों से आंख मिलाने को भूल गए क्या ऐसे वीर जानवां को ।

और जब वक्त आया जश्न मनाने का सो गए ओढ़ के कपन तुम्हे आजादी मुबारक हो बच्चो कहके देश की संतानों को ।

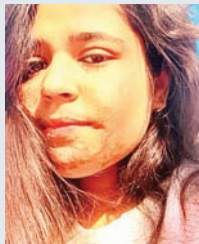


दिशा शर्मा



माग दौड़...

प्रतियोगता के पीछे इतना भाग रहे हैं हम, न जाने कब सो रहे हैं, कब जाग रहे हैं हम । सबको सबसे आगे जाने की होड़ है, ना जाने कौन सी वो मोड़ है । जिसके लिए, सारी खुशियों को मारे जा रहे हैं हम, न जाने कब सो रहे हैं, कब जाग रहे हैं हम । एक दूसरे से हर वक्त द्वंद है हमारा, नहीं बन पा रहे हैं अब हम एक दूसरे का सहारा । सब सफलताओं का रास्ता ही अब तो निहार रहे हैं हम, न जाने कब सो रहे हैं, कब जाग रहे हैं हम । हर पल ये आँखें ताक लगाय बैठी रहती हैं, कब किसकी कमी बाहर निकाली जाए । कि कब किसको कम बता कर खुद के कलाओं को निहारी जाए खुबी तो मुझमें भर- भर कर पड़ी है । इसका ढिंढोरा पूरी दुनिया में पिटे जा रहे हैं हम, न जाने कब सो रहे हैं, कब जाग रहे हैं हम । अपनी खुशियों का अब बस ख्याल है हमें, दूसरों के दुख का जरा भी मलाल नहीं । दूसरों से पूछने के लिए ही कई सवाल है मन में, खुद से पूछने के लिए एक भी सवाल नहीं एक अच्छे इंसान तो बन पा नहीं रहे । और खुद के भगवान बनने के गुंण की गिनती दूसरों को गिनवा रहे हैं हम, कुछ इस तरह अपने आप को निखार रहे हैं हम न जाने कब सो रहे हैं, कब जाग रहे हैं हम ।



संजना प्रभा

